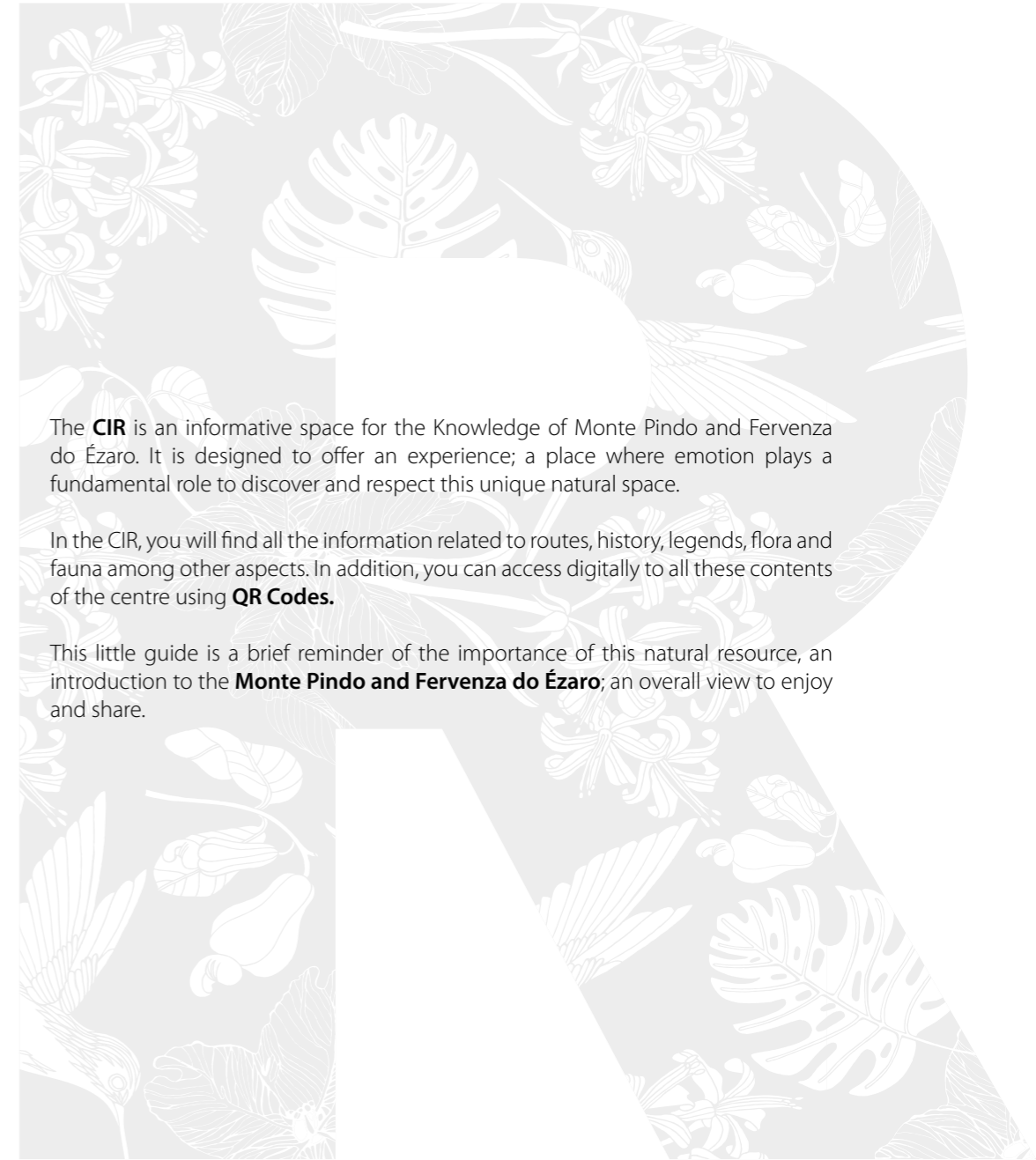


CIR

INTERPRETATION CENTRE ABOUT ROUTES IN **MONTE PINDO AND FERVENZA DO EZARO**





The **CIR** is an informative space for the Knowledge of Monte Pindo and Fervenza do Ézaro. It is designed to offer an experience; a place where emotion plays a fundamental role to discover and respect this unique natural space.

In the CIR, you will find all the information related to routes, history, legends, flora and fauna among other aspects. In addition, you can access digitally to all these contents of the centre using **QR Codes**.

This little guide is a brief reminder of the importance of this natural resource, an introduction to the **Monte Pindo and Fervenza do Ézaro**; an overall view to enjoy and share.



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> THE NAMES OF A RIVER

Ézaro < *Aisaros.

The water-name root of Ézaro is *Ais-, with its alternation *eis-/ *ois-/ *is. Etymologically, this word is Indo-European and it means: "to move with violence, to move with energy and rapidity" and it makes allusion to fast or fallen water. This root and its variations create large water-names with the suffix -aro; Ézaro < *Ais-aros; and it has a parallelism in Αἴσαρος of the Great Greece.

Xallas < *Sal.

The term Xallas and its variations (collected in a medieval documentation), gave it the name to several physical entities in a very small geographic area; from the name of a village to the reserve of an ecclesiastical jurisdiction. Later, in the 20th Century, it has changed its name to Ézaro's River; it seems that we are in front of a place name that became a water place name. The root of this name could be the water-name *sal-, that means "current water, stream"; which creates names of rivers adding suffixes.

From Ézaro to Xallas.

Around the middle of the 20th Century, the Xallas River and its waterfall have been known as Ézaro or Lézaro River; thus has been confirmed by the cartographical sources of the era. The first cartographical reference about the Ézaro denomination appears in the Description of the Galicia Kingdom (1598).

The term Jallas appears for the first time in a map of 1815 to the whole river. This map has a main objective that is the military usefulness: to indicate places in Galicia where you can find deposits and supplies for the troop during the Independence War. For the first third of the 19th Century, both terms has coexisted. It appears in the Archbishopric of Santiago de Compostela carried out in 1825, where it divides between the two parts of the river: Ézaro for the lower stretch and Jallas River for the upper.

Since the middle of the 19th Century, the using of the terms Xallas or Jallas predominates. This change has been during the transition from the Old Regime to the Liberal State, especially with the end of the First Carlist War. During the victory was the moment when the new Liberal Regime has taken place and, with it the development of the new administrative units with more progressive and centralized character. In the 20th Century the new use of the term Xallas stayed permanently established for the whole river.



Map of "GALLACIA REGNUM". Año 1611

> ÉZARO WATERFALL

Topography.

Geographic location: 42° 54 minutos 45" N, 9° 7' 0" W

The Ézaro waterfall is the term of the deep waterway that was created by Xallas River in its mouth. It's nestled between the old Hercynian reliefs of the Pindo Mountain. As a result of different erosive processes, it has nearly vertical gradients and a wide range of granitic shapes. The Xallas River flows at the end of its way over schist rather smooth. It keeps 300m of altitude and to 200m of its estuary. This one fits in creating different leaps to make the waterfall of Ézaro and a deep pothole. It shapes the only example of fluvial river mouth of this type in Europe.

Amazing spectacle.

The Xallas River impregnates and determines the character of the Dumbría Council. It crosses it from the North to the South, and it flows directly into the Atlantic Ocean as a waterfall.

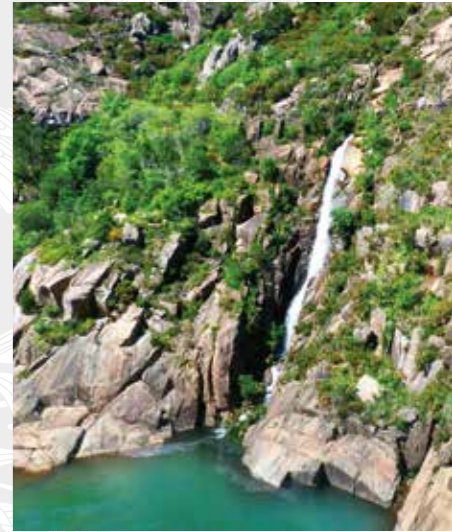
Before becoming a waterfall, it's hold back by four reservoirs: A Ferverza, Ponte Oliveira, Castrelo and Santa Uxia. These places are highly recommended for its beauty landscape and also for its native flora and fauna. The Pias or Caldeiras are specially stood out, because they're natural cavities that has been built along the centuries by the river; they are immersed by turquoise and crystal clear water. At the end of the river, it has an incline about 155 metres and the waterfall height is 40 metres.

Natural Heritage.

The landscape composed of the Waterfall and the arrow estuary in Ézaro (except the coastline) is included in LIC (Place of Community Interest) Carnota-Monte Pindo. Its vegetation and fauna are recognized with the protection of Community Interest Place (LIC) in Nature Network (Red Natura) 2000 and also in the network of natural protected places in Galicia as place of special protection of natural values.

Point of geologic interest.

The exceptional peculiarity of the geomorphologic formations (which includes the gorge of Xallas with its waterfall directly to the Atlantic Ocean and its estuary in Ézaro) preserve a geomorphologic interest and it is considered to be a Point of Geologic Interest (PIG C-115) of national importance.





> INVADING PEOPLE

VIKINGS IN ÉZARO.

In the book "Trip to Coast of Death", written by César Antonio Molina, appears the existence of a shipyard located in the estuary of Ézaro, where Viking invaders built and repaired their ships.

"In the natural port of Quilmas, during the Middle Ages, ships from Normandy had been stopped to be repaired and careened, thus to attack by the interior, the same as the Vikings, Arabs and Turks did. They also think that in the estuary of the Xallas River there was a small shipyard where invaders had built ships with the support of the local forced people."

THE SARACENS.

News about the attacks of the Almoravids in the coastal zones in Gallaecia appears in the Compostela History (a chronicle of the 12th Century). The region that belonged to Nemanco, the estuary of Ézaro, is also included:

"In these times, the Saracens from the Iberian Peninsula and the rest live in the coast from Sevilla to Coimbra; they had the habit of building big ships. They came embarked in the fleet with armed people. They destroyed and depopulated the maritime coasts from Coimbra to Pyrenees, such as: ...Postmarcos, Entines, Nemanco, Soneira... Principally, they were destroying the near littoral to Santiago...; they fixed there their seats and prepared their ships for the trip work."

> A RIVER OF LEGEND

Legends usually are forged in places where nature is astonished by its wild beauty, or even the mystery and the magic that float in the atmosphere like endless drops of a liquid fog... These places invade the soul and the man feels the necessity of telling stories... The waterfall is one of these amazing places, full of legendary stories; heartbreaks of princess, supernatural powers, enchantments, rites...

THE MEDALLION.

At the end of the 19th Century, during some digs made near the Ézaro Waterfall, they found a copper medallion with a relief representation of 7 fowls. This discovery appears firstly in the book named Antiquities in Galicia by Barros Silvelo and published in A Coruña in 1875. This one caused an interesting controversy still not clarified. One of the interpretations, from the ethnologist Lehmann-Nitsche says that the medallion of the Ézaro is a representation of Pléyades. This one is well-known in several European countries like "the chicken with its chicks".

THE TREASURE.

In the waterfall of Ézaro, the hands of the water sculpt in the rock a dark well called Cadoiro. The legend says that in the background of this well, it hides a big treasure kept by three witches; whose silhouettes can be seen in the surrounding rock walls.

THE MAGIC DOOR.

The tradition says that in the waterfall exists a magic door, which conceals behind itself furious water. It's said that it's guarded by witches. If there is someone that dares to cross it, he should break the enchantment with his courage and they should drive him to the bottom of the river by these fearsome guards. But he'll find a beautiful enchanted princess in the depths and he'll be able to get married with her and to have a huge fortune.





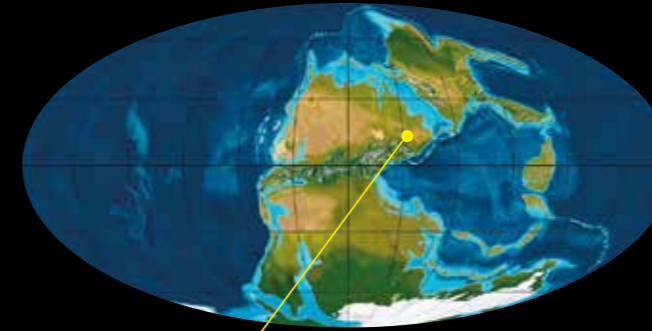
Monte Pindo Monte Pindo Monte Pindo Monte Pindo do



> ORIGIN

THE PINDO'S CREATION.

About 380 million years ago, the Hercynian orogeny started. That long process during the continental masses began to join to construct the only continent, Pangaea. Folds, fusion of rocks and a fast rise of granitic magmas are triggered. The geological history of the Pindo Mountain has the origin during this geological era.



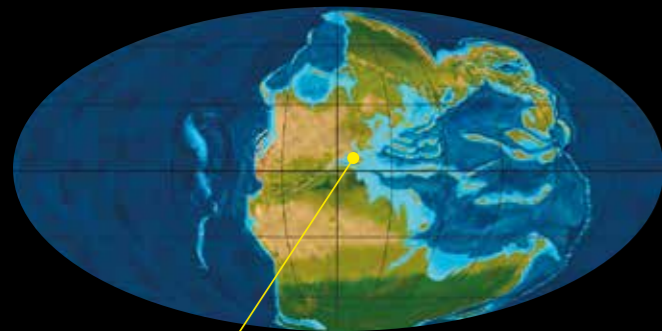
MONTE PINDO
290 million years ago



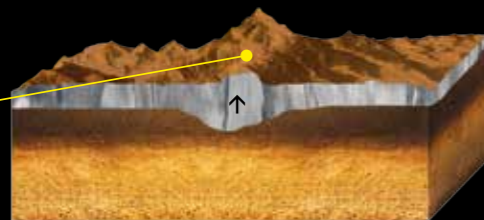
1. PALEOZOIC. (Permian). About 290-280 million years ago.

The last phase of the Hercynian orogeny culminates with the joining of the emerged lands and with the closure of the Reico Ocean. The big continents, Laurasia and Godwana, crash and produce a double subduction to fit in under the small continent of Armórica, where would be the occidental side of Galicia.

There are high temperatures. To a depth more of 24km, there takes place an intrusion of granitic magma in other rocks, which causes the origin of the Pindo Mountain.



MONTE PINDO
245 million years ago



2. MESOZOIC.
About 245 million years ago.

An erosive phase, which destroys the topography originated during the Hercynian orogeny, takes place. It was reaching to the granitic roots of the Pindo Mountain, and the massif is unearthed.

Along the Mesozoic, the big continent Pangaea is fracturing. This break causes the big lines of directions fracture that cut up the Galician massifs and creates significant systems of discontinuities in the Pindo Mountain.

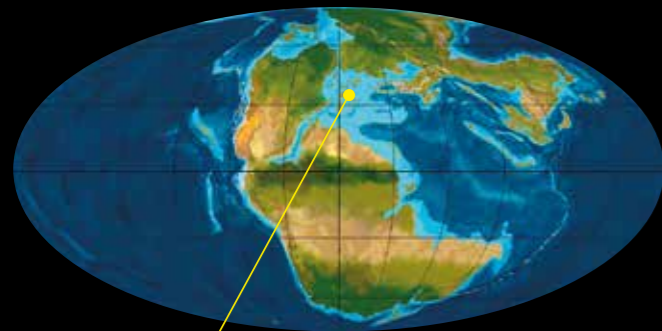
3. MESOZOIC. (Jurassic).
About 200 million years ago.

Along the Jurassic, the Atlantic Ocean is opened. This entails the creation of a new line of coast, the occidental Galicia is surrounded by the new ocean.

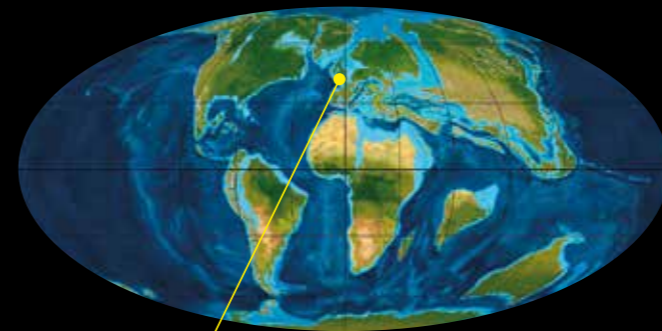
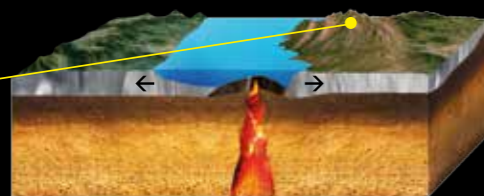
During this process, the cliffs are setting up; the Pindo is a remainder of this cliffs. The rivers start to flow to the Atlantic, continuing the faults system NE-SW.

4. MESOZOIC. (Cretaceous).
About 110 million years ago.

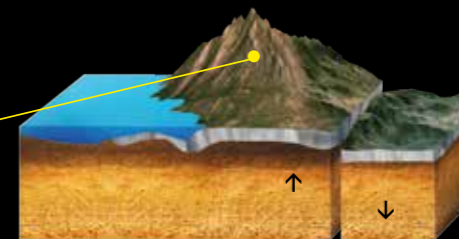
The Cantabrian-Pyrenean Mountain Chain starts to lift itself; the Galician rivers put in place and arrive at the sea. A process of valley excavation starts and will create the Galician sea inlets. The Xallas' river won't end its labour; due to the hardness of the granite, it won't get a estuary but it leaves us the amazing Waterfall of Ézaro.



MONTE PINDO
200 million years ago



MONTE PINDO
65 million years ago



5. TERTIARY. (Paleocene).
About 65 million years ago.

The Iberian plate is between two tectonic plates in collision: the Eurasian and the African plates. This collision triggers the Alpine orogeny, which originated in Galicia a reactivation of the Hercynian fractures.

This caused the raising of blocks, which were affected by the tectonic movements along all the Tertiary. This activity raised the mountain ranges of Galicia, being the Pindo one of them.

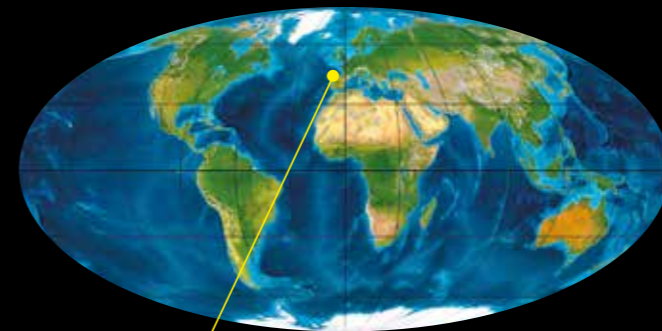
6. TERTIARY. (Miocene).
About 20 million years ago.

Along this period, "the capture of Xallas" takes place, remaining established its hydrographic current configuration. In addition, there is formed the peripheral platform known as Chan das Lamas.

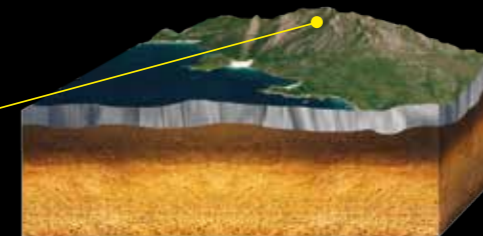
7. QUATERNARY.
About 2 million years ago.

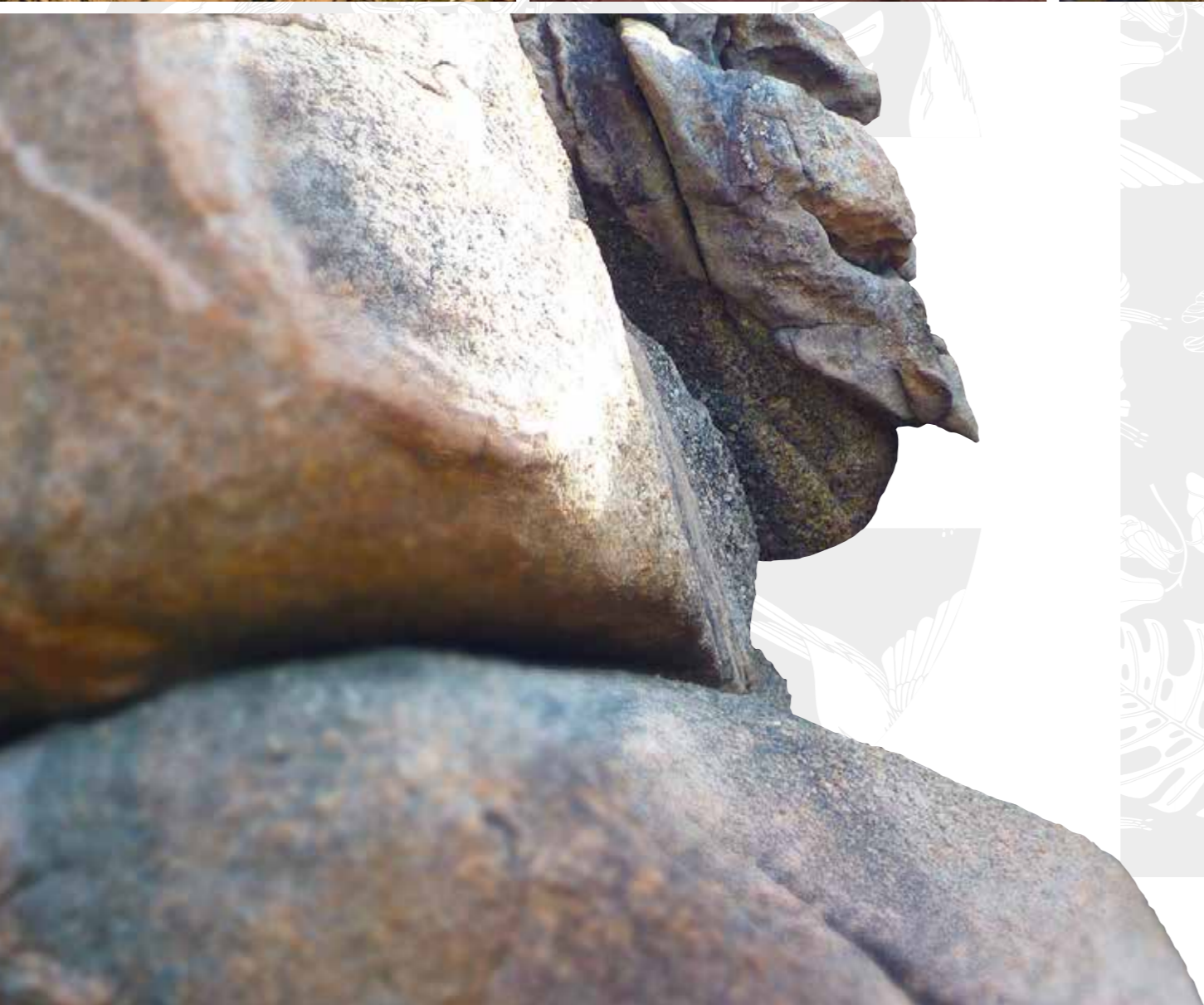
The weather suffers extreme changes alternating cold periods with others warmer.

Along this stage, the sea level varies considerably. 200.000 years ago, the maximum high was in the Muros sea inlet. It starts the modelling of the granite. We could say that about 11.000 years ago, the Pindo's relief would be the same than nowadays.



MONTE PINDO
11.000 years ago





> ROCKY FORMATIONS

The Pindo's massif reaches reaching the 627 m of altitude, scarcely 2 km from the sea. This granitic mass stands out by its spectacular relief and its rosy tonality. From the geological point of view, it's a "complex inselberg" made of late biotite granodiorites.

The diversity of granitic figures, which this giant possesses, generates surreal landscapes that awake the imagination. The most significant are: the rocky domes, the castellated reliefs and the rocky grounds. In addition to this, the innumerable minor forms as gnamma pits, tafoni, pseudo bedding, polygonal cracking and pseudokarren create this singular universe of stone.

All of this large number and variety of relief forms configure an exceptional landscape for its beauty and, geologically, achieves an extraordinary value. This is the reason why it's recognized as the Point of Geological Interest (PIG C-115) of National Significance.

ANTHROPOMORFOUS AND ZOOMORPH FORMATIONS.

The Pindo Mountain is the place in Galicia where you can contemplate more formations of this type.

A MOA. (1)

This amazing dome with a cupola form has until 200 concavities made of stone. This is the highest point of the Pindo Mountain.

TOR IN O PEDRULLO. (2)

These formations so characteristic, that they seem towers or saw teeth, could have formed during the cold periods of the Pleistocene. Tors are the result of the degradation of a dome; they are residual reliefs of harder and more resistant materials to erosion than others that surround them. The remains of the San Xurxo castle are in this area.

PEÑAFIEL PEAK. (3)

Peñafiel peak is a cupola form dome, whose erosion by exfoliation is known as weathering process like an onion. In its top, there was the Peñafiel castle and in its surrounding area there is a medieval excommunication that is chiselled in stone.

LAMA'S PLAIN. (4)

This peripheral platform is located to 200 m of altitude. It was formed 20 million years ago and is coetaneous to the Xallas river. From this place, you can contemplate an extraordinary view of the massif.

XOANA'S CAVE. (5)

This cave of structural origin pierces from one side to another the mountain. It is one of the geologic formations that lends a mysterious nature to this massif.

LORENZO'S PLAIN..

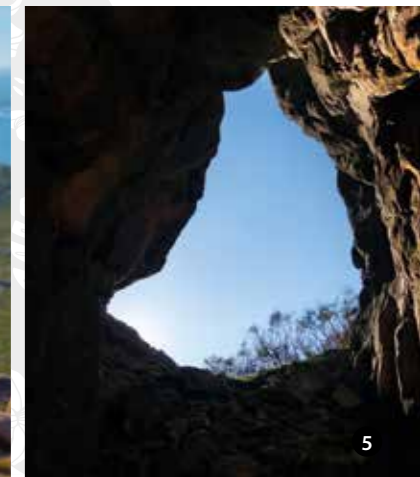
This concave form raises 400 m above the sea level. It is also known as Mina's Plain due to there was an ancient wolfram exploitation in this area. In this place is situated "The Giant".

THE GIANT. (6)

This anthropomorphous formation that looks like a great prehistoric sculpture is one of the most emblematic in the Pindo Mountain.

NARIS HILL.

The relief of this area configure a combination of serrated peaks forming a "castle kopje". Next to the Naris Hill, is "O Coloso", which is one of the most spectacular anthropomorphous formation by its size, realism and location.



> HISTORY

The Pindo Mountain appears in old documents, thus reveals its importance along centuries. However, these stones keep many secrets, pieces of history that are even to discover.

THE FIRST RESIDENTS IN PINDO. (1)

The recent discovery of some ceramic remains places the prehistoric man in the Pindo Mountain. The technical, formal and ornamental characteristics of the discovery place it inside the tradition of the bell-shaped glass, concretely in the first half of the 2nd millennium B.C. The remains are in the Archaeological and Historic Museum of San Antón Castle.

THE WALLS. (2)

In the top of Pindo Mountain, part of some colossal walls survive and close down the steps. There are theories about they could be an oppidum; those big defensive constructions of 4-5th centuries. The Pindo walls could be one of those Castella Tutiora (secure places) that cited Hidacio in his Chronicon, and they had the function of refuge to the population front of attacks.

THE PEÑAFIEL CASTLE. (3)

The remains of Peñafiel peak indicate that there was an old construction here. According to the sources of the epoch, the castle was destroyed by the Irmandiños. The lack of archaeological studies do not allow dating, but there are theories which make sure that both the frame and the strategic location are clearly of the High Medieval Ages. However, the origin of this fortress is unsure, although it appears in medieval documents. In 1384, the bishopric from Santiago de Compostela acquires some real states that belonged to the inheritors of the Ruy Soga de Lobería, among those there was the Peñafiel Castle, so its construction is earlier than this date.



PEÑAFIEL IN THE LAWSUIT OF THE TABERA FONSECA.

At the beginning of the 16th Century, the archbishop of Compostela and his successor had a litigation for the property of the Mitra Compostelana's castles, which was known as "Tabera-Fonseca Lawsuit". Here appear the statements of elderly people who had seen, before their very eyes, many destroyed castles by the Irmandiños, there are no remains of some castles.

"... que lo que save hes que bido al dicho tiempo que dicho tiene el dicho castillo de Peñafiel que hes en el alfoz de Muros estando el testigo en el Hescaro quen es al pie de la sierra donde esta el dicho castillo e desde abajo bido el dicho castillo e que le paresçia que tenia una barezica de casa pequena e su çerquecita e questaba muy alto en uno peñascos..."

THE INSCRIPTION OF EXCOMMUNICATION.

At the feet of Peñafiel peak, there is a mysterious medieval inscription engraved on the stone that says: "REIS OBISPOS PRESBITEROS TODOS POR PODERES RECIBIDOS DE DIOS EXCOMULGARON AQUÍ ESTE CASTILLO". At the beginning of the 12th Century, the archbishop Gelmírez ordered the excommunication of the dependent lands on the castles of San Xurxo, Traba and Ferraria. This stone could be the testimony of this chapter of the history, documented in the "Historia Compostelana", but nobody knows the reason for the location of this inscription in this place and not in the aforementioned castles.

THE SAN XURXO CASTLE.

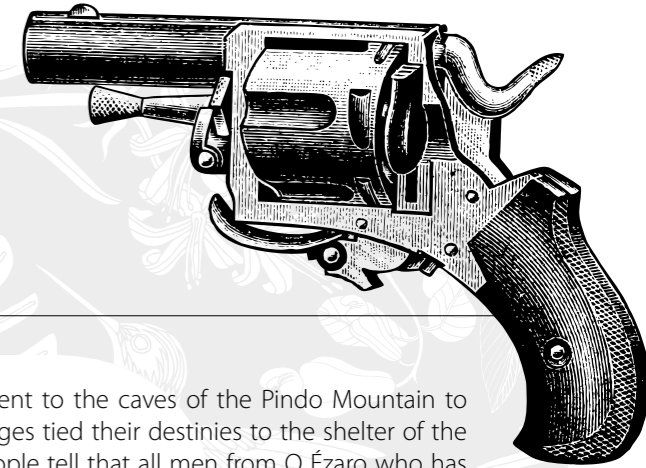
This castle was built on granitic outcrops in "O Pedrullo". It was part of a coastal castle net built by the order of the bishop Sisnando II in the 10th Century in order to defence and control of the coast from the maritime attacks of the Vikings and Saracens. The San Xurxo Castle appears thoroughly documented along the Middle Ages. You can see donations in several documents, which are reflections of the instability of the epoch.

. In the Cartulary of Sobrado there is a list of crown villages assigned to the San Xurxo stronghold, where you can appreciate the importance of this fortress owing to the wide territory that is linked to this.

. Year 1028. A royal donation incorporates the castle of San Xurxo, then known as Sant Jurgium, to the Holy See.

. In the "History of Compostela, 12th century", the facts that lead to the excommunication of San Xurxo castle and its territory are described.

> CIVIL WAR



HIDDEN PEOPLE IN THE PINDO MOUNTAIN.

During the Civil War and the Fracoist repression, many people went to the caves of the Pindo Mountain to take refuge. People from O Pindo, O Ézaro, O Fieiro and other villages tied their destinies to the shelter of the stone, under the protection of the Celtic Olympus. The elderly people tell that all men from O Ézaro who has survived thanks to the caverns, where they stayed hidden. Some protagonists of this horrible part of the history say "everybody had an uncle hidden in the mountain". Nowadays, there are few people who can tell the history. They still remember the signals that did to be able to communicate with their neighbours. Women were rising up a kind of white bed sheet to warn the fugitives don't come down to the village because the Falangists were there. This is the history of a village bound to a mountain. It gave them protection in the more difficult times, and it's also a history of solidarity and fraternity between neighbours.

THE BOAT OF FREEDOM.

The situation of the "maquis" of the Pindo was becoming more and more complicated. It had been a year from the armed uprising against the Republic government. A year in the mountain, a year of anguish, seeing their families secretly and fearing for them. The bread of every day of the "deserters" was horrible. They were going down to their houses but they were living in continuous unease. The neighbours were backing them; the families were hiding food in the planned places. Someone was shouting "men to the mountain" when the militia was appearing, but they couldn't continue like this for more time. It was unstable. Like every night, in the top of the Pindo Mountain some teenagers were guarding the ocean. It was their opportunity: two ships were working in the Lobeiras' Islands. A group of 12 men from O Pindo and O Ézaro went down from the mountain. They negotiated with the guard of the port to depart. They become with the ship "As" from two small boats and they took it at gunpoint. Moreover, its crew was forced to hop on to the other boat.

They were stealing fuel to set out on the voyage and were headed for England, to the hoped freedom. Their trip ended in the Bristol port, where they docked while were singing "The International" and waiting for political asylum. The England government repatriated them, leaving them to choose to that side of Spain they would like to return, to the excited or to the republican side. The 12 teenagers came back to the republican side where they were battling against the excited army of Franco. There is known that one of them has died in Mauthausen, the Nazi camp of terror. Another one was in a French camp and got to embark the Winnipeg and was exiled to Chile. The steps of the others were blurred and nobody knows anything about the rest.

> LEGENDS

When the nature shows itself in so emphatic way, it pervades the hearts of men. The magic and the imagination dominate the laws of the physics. The magical beings spring up from the belly of the ground, conquering the matter. A mountain is the sacred dwelling of the Gods, the Pindo Mountain, where legends are an old gaze that sets in the stones, the immortal heartbeat of the primitive villages.

THE CELTIC OLYMPUS.

In the popular acerbic, they have the belief that the Pindo Mountain was the dwelling of Gods during the former villages. They were saying that Celtic Tribes were celebrating their rituals of adoration to the elements and were honouring their Gods in A Moa, this inspirational place of respect and admiration.

THE QUEEN LUPA.

This mythical Galician queen whose legend is related to the St James apostle appears in the Calixtino Codex. The popular tradition says that "The Queen Lupa" has lived in a castle in the Pindo Mountain, in the San Xurxo castle. It is said that she was buried next to the walls of this castle. Other people affirm that this pagan queen was buried under the "Laxe da Moa" with 7 million in gold near her feet and other 7 of them over her head. Many people declare that "Warriors made of Stone" defend the access ways to this royal sepulchre.

THE FERTILITY BED.

In the highest crag of Peñafiel peak there is a bed of stone, where sterile couples were coming "to lie down" for having descendants. It seems that the magical nature of this fertility altar was helping the lovers to conceive.

This tradition can be related to ancient rituals and worships to the fertility. Moreover, it's associated to the belief about the Pindo Mountain is blessed with the regenerative and healing nature powers. Fray Sarmiento describes this tradition in his book "Trip to Galicia": "... They say thousand things of what exists inside: the grass grows up from the night to the morning, there are endless medicinal grasses and many mysteries, some doctors go there to take them; these animals are very fertile, and I heard that the married sterile couples went to the Pindo Mountain in order to have children..."

FORMER HEALING RITUALS.

In "A Laxe de Abaixo", near A Moa, they were performing a recovery ritual. They were stretching the body of a sick person on the grass and were drawing his silhouette. Later, they were lifting the clods where the sick person had been and were putting them to the sun on the stones. The legend says that while the clods were drying, the sick person was recuperating.



THE XOANA'S HOUSE.

In one of the most inhospitable tops of Pindo there is a mysterious cave, which crosses the mountain from one side to the other side. It's known as "The Xoana's House" and they say it was the dwelling of the witches. At San Juan night, they were meeting around a bonfire to celebrate their rituals and to invoke the devil. Later, they went going out flying to terrify the people of the region with their wickedness'. Others tell that this cave was a crematory, where former settlers of the Pindo Mountain were incinerating the corpses of their neighbours and because of it they didn't have cemeteries.

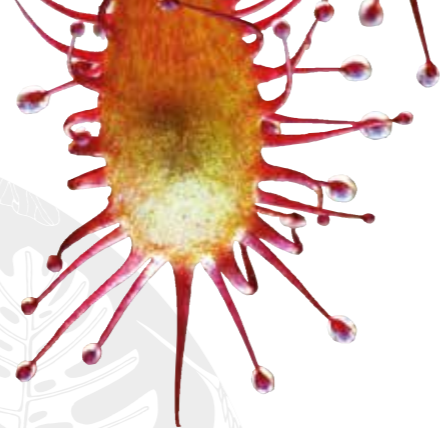


Flora & Fauna Flora & Fauna Flora & Fauna Flora & Fauna



Flora & Fauna

> FLORA



FLORA IN THE PINDO MOUNTAIN AND IN ÉZARO WATERFALL

This natural landscape is included in the LIC (Community Interest Place) Carnota-Monte Pindo of the Red Natura 2000 by its diversity and the ecological value of the species which live there. Many of these are catalogued in "special interest", threatened of with any level of protection for its vulnerability. In Pindo Mountain and Ézaro Waterfall, a series of "natural habitats of community interest", which are protected by the European Union Habitats Directive for being threatened or in danger, coexist with several endemic species. The value of this natural heritage is increased by the presence of some species that are endangered and some natural jewels like *Quercus Lusitanica*. The vegetation is made up of a mixed forest with: pine trees, oaks, laurels, alder trees, birch trees, dark poplars, hollies, ... There are also bushes of gorse, absorbent bushes like *Erica Tetralix* and *Erica Ciliaris*, moors and a wide range of wild flowers and ferns.

Wild Iris. (*Iris Boissieri*).

It is a Galician-Portuguese endemic species. Its main population is situated in Xurés and Gerês Mountains. The other two known Galician populations are in Courel and in the Pindo Mountain. The population in the Pindo Mountain is the northern limit of distribution of this species.

***Hymenophyllum Tunbrigense*.**

This small fern is a sort of the Tertiary. It has translucent laminar leaves. Its distribution is in the West of Europe and in Macronesia. It grows up in siliceous stones, in shaded places with high humidity, from gullies to wooded areas, fundamentally in the Cantabrian Coast. The population in Pindo is the most North of the peninsular ones.

Dyer's Oak. (*Quercus lusitanica*). (1)

This species of high ecological value is an Iberian-Western North African endemism, which are endangered. It only lives in a place of the Galician territory, in the Pindo Mountain which is the North limit of distribution of this species. Moreover, it coexists with other species of oaks such as *Quercus Robur* and *Quercus Pyreanica*.

Common Sundew. (*Drosera rotundifolia*). (2)

It is commonly named as Common Sundew. It is a species of carnivorous plant that eats insects. It thrives in wetlands such as marshes and fens. Its carnivorous behaviour was a result of the evolution in order to adapt to the habitat, which is usually poor in nutrients or is too much acidic. It obtains nitrates and other necessary nutrients from the insects.

Mosquito Fern. (*Isoetes fluitans*).

It is a Galician endemic species. It is an aquatic plant that is the gem of the Xallas. It propagates through spores; it lives submerged and prefers sandy riverbeds and well oxygenated water. Its populations are placed only in two areas; from the one side, the Miño river and its tributaries and, on the other side, the rivers that flows into the sea in Costa da Morte.

Holly. (*Ilex aquifolium*).

It is a native species from Western and Southern Europe and is a part of the understory. This bush, which produces fruit in winter, has a great ecological value due to it is a good source of food for many species along the hardest season. In the Pindo Mountain, there are isolated specimen or with other species such as the laurel and the elder.

Daffodil. (*Narcissus bulbocodium*). (3)

Narcissus Bulbocodium is a protected species of the wild narcissus and is in the northwest of the peninsula. This small plant with big yellow leaf grows in fields and grass of the mountain.

Sphagnum. (*Spahgnum pylaesii*).

The populations in the Pindo Mountain are very close to the southern limit in Galicia. It is a species from the Atlantic area, which is located in oceanic territories. In Europe, there are in Breaña (NW France) and in the NW of the Iberian Peninsula.

Heather. (*Erica tetralix*). (4)

It belongs to the *Erica* or Heather species, a perennial dwarf shrub that has a raceme of small flared rosy flowers and leafs in volutes of four (therefore its name). Its natural habitat is located in moist areas of Europe, mainly in the Atlantic occidental strip, from the south of Portugal to the centre of Norway; it could be also in some marshy regions distant from the Central Europe coast.

> FAUNA

INVERTEBRATES

Great Capricorn Beetle. (*Cerambyx cerdo*). (1)

It is a species of Eurasian distribution, also present in the North of Africa and in some Mediterranean islands. It is a big coleopteran of which length varies between 25 and 62 millimetres. It has strong mandibles and its feelers have eleven knuckles. It is a species that eats wood, which is related to different sorts of *Quercus*, although is also associated to other kind of grove.

Quimper Snail. (*Elona quimperiana*). (2)

This gastropod is located in the Northwest of France and Spain. It is a native species of the moist and shaded areas, in deciduous forests of oaks and chestnut trees. It eats fungus that grows in the foliage or under died trunks. The most significant characteristic is its levelled and translucent shell with spirals and its design is speckled with black.

Kerry Slug. (*Geomalacus maculosus*).

This slug with spots in its back is located in the Atlantic area, in the South-western side of Ireland, Portugal and in the Northwest of Spain.

Stag Beetle. (*Lucanus cervus*). (3)

It is located from Europe to the occidental Russia. In the Iberian Peninsula, it is mainly in the septentrional half. This species eats wood and is associated to deciduous forests of which wood grubs are fed. It is the biggest Iberian coleopteran and can reach the 80 millimetres of length. It has a prominent sexual dimorphism; males have more developed mandibles in order to fight and its shape reminds the horns of a stag, that is the reason of its common name. It is part of food diet of numerous predators.



AMPHIBIANS / REPTILES

Iberian Painted (*Discoglossus galganoi*). (1)

It is an Iberian endemic species whose worldwide distribution includes Portugal and the occidental half of the Iberian Peninsula. It is located on siliceous or metamorphic substratum, in grasslands or in forests. This small toad could measure between 45 and 75 millimetres. It has a characteristic sharp nose, its skin is smooth or with small granulations of very variable colouring with tonalities like grey-brown, greenish, rosy or black.

Iberian Emerald Lizard (*Lacerta schreiberi*). (2)

It is an endemic species of the Iberian Peninsula, of North-western distribution. It is common in moist and deciduous forests of pines, moors and grasslands of mountains. The adult male has the green back dotted in black; during the rut it changes the coloration to a deep blue in its head. It eats a great variety of invertebrates that finds among vegetation and foliage.

Iberian Rock Lizard. (*Iberolacerta monticola*). (3)

It is an Iberian endemic species that is present in the occidental half of the Cantabrian Mountains, the centre of Spain and Galicia. It always uses rocks and hillsides with scrub as favourite places. It can measure between 150 and 160 centimetres. It has brown dorsum; in males it is bright green with irregular black spots along its backbone. It eats insects (beetles, ants, butterflies, maggots ...) and spiders.

Ladder Snake. (*Rhinechis scalaris*). (4)

There are in the Iberian Peninsula and in the Southeast of France. In Galicia, most of them are in the south; in the coast, the Pindo Mountain is the septentrional limit of this species. This snake can reach 120 centimetres of length. It has two dark parallel lines in its body; the young specimen has two perpendicular lines to these dorsal lines, which makes an appearance of stairs. This hunter eats rodents, baby birds and even baby rabbits.

Golden-striped Salamander. (*Chioglossa lusitanica*). (5)

An endemic species of the Northwest of the Iberian Peninsula. It is the only one representative of its genus. It lives in mountainous habitats or in rough areas and depends on the clean pools. It has long body, dark back and two brownish-gold lines that get together in the tail. It has a sticky tongue in order to capture small spiders, slugs, coleopterans and other insects to eat.



MAMMALS

Greater Horseshoe Bat. (*Rhinolophus ferrumequinum*). (1)

It is present in the South of the Palearctic region, the Northern European limit is situated in the South of Great Britain and the eastern in Greece. It is a troglodite and gregarious species that forms colonies from up to nine hundred individuals. It is the biggest representative of this genus in Europe. It has cutaneous nasal folds that make it different to other bats. The design of the wings allows them for developing a very manoeuvrable flight that makes easy the hunting.

European Otter. (*Lutra lutra*). (2)

It is the unique representative of the *Lutra* genus in Europe and in the North of Africa. The otter is a carnivore mammal that belongs to the mustelidae's family. Its brown coat is glossy and impermeable, it has a clearer spot in its neck and chest. It has five fingers that are connected by webbings. Its diet is based on fish, amphibians, crabs, reptiles and insects. The presence of an otter in a river is a good indicator about the purity of the water.

Wildcat. (*Felis silvestris*). (3)

It extends from the Western Europe to the Caucasus. This carnivore is similar to a domestic cat, but it is more stocky and bigger, it can reach 68 centimetres of length, the tail can reach between 21 and 35 centimetres and can weigh 7 kilos. Its fur is brownish-grey, with dark lines that converge in a longitudinal line on its back. The tail has two or three dark circles and the end is black. It fundamentally eats small mammals and birds.

Iberian Wolf. (*Canis lupus signatus*). (4)

The Iberian Wolf is an endemic species of the Iberian Peninsula. Historically, it was distributed throughout the peninsula, but during the last 100 years it suffered a systematic pursuit by the human, reaching the minimum level in the Seventies. Currently, the main populations are distributed in Castile and Leon, Galicia, Cantabria and Asturias; however, in the South of Duero, the population is more vulnerable, is fragmented and threatened. It is different from the European wolf by some physical characteristics that gave it the name of "signatus" (distinguished); it has some white spots in its cheeks and dark spots in the frontal side of its front paws. Its head is big, its ears are small and triangular and its eyes has yellowy colour. This carnivorous predator eats big herbivores and other small mammals. It is gregarious; the female and the alpha male are the only ones of the pack of hounds that reproduce and they are the first to eat.



BIRDS

Great-footed Hawk. (*Falco peregrinus*). (1)

It is a species which is present in almost every continent except in Antarctica. Its distribution sticks to cliffs, mountainous areas and fluvial valleys with rocky outcrops suitable for breeding. It is a diurnal bird of prey of medium scope with long and pointed wings, it has a black top, a very marked whiskers above white cheeks and yellow eyeball. It eats medium-sized birds such as: small ducks, seagulls and doves, but it also captures rats, hares, mice and squirrels. It can reach a cruising speed from 100 to 300 kilometres per hour when makes a dive attack, which turn it into one of the fastest animals in the world.

Black Kite. (*Milvus migrans*). (2)

A species that is present in Europe, Asia, Africa and Australia. In Europe, its populations are in summer, they predominantly hibernate in Africa. In Spain, it only nests in the peninsula and prefers not too wooded areas. It is a medium-sized bird of prey with a stylized flight silhouette and its wings are long and pointed. The coloration of the body is dark brown, its head and neck are lighter. The Black Kite is a opportunistic species that takes advantages of a wide range of trophic resources.

Dartford Warbler. (*Sylvia undata*). (3)

A species of European distribution that prefers bushy areas, most of them are in moors and scrubs. This small insectivorous bird has a very long tail, the plumage of the head and the back is grey with brown spots, the lower body has a red wine colour and the eyeball is reddish.

Northern Long-eared Owl. (*Asio otus*). (4)

It is present in Europe, in most of Asia and in the North of Morocco. It is a forest species but it is not strange to find it in open landscapes and in environments where there are lots of small mammals. It is a nocturnal medium-sized bird of prey, has erect feathers on its head looking like ears and the eyes are orange-coloured. It adopts mimetic postures to the branches of the trees, where sleeps along the day. It has long wings with a special morphology of the flight feathers that allow to fly noiselessly. It eats rodents, shrews or birds among other small animals.





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Routes

Rut

ROUTE OF ÉZARO WATERFALL AND VIEWPOINT

R1

> Route length	4.250 m (+/-)
> Average slope	17 %
> Starting level	20 masl
> Ending level	260 masl
> Gradient	240 m
> Difficulty	Medium
> Duration	2:00 h (one-way)



It is a route to be in the Ézaro village, its magical **Waterfall** and its legendary viewpoint. We will go deep into the mountain to enjoy many mills, such as the **“Louredo Mill”**, which is magnificently restored. In the coast, we will have the chance to enjoy the hypnotist estuary of the Xallas River and its Waterfall. At the end of the route, we will be able to contemplate an astonishing sunset from the Atlantic viewpoint, the **“Ézaro Viewpoint”**.

ROUTE TRACES OF THE HISTORY

R2

> Route length	3.900 m (+/-)
> Average slope	7 %
> Starting level	290 masl
> Ending level	628 masl
> Gradient	338 m
> Difficulty	Low / Medium
> Duration	1:30 h (one-way)



This is the easiest route to ascend to A Moa. At all times, this one passes for the East face of the massif, when you reach the top the sight of the ocean is sudden and surprising. As in the **Route 3**, we start in the O Fieiro village and go up by a path to go deep into the mountain by stone pavements. Continuing the ascent, we reach the **“Alto das Cortes”**, where we can see a panoramic view of the Carnota Beach. We continue and cross the remains of old walls and the pasture of wild horses close to the top.



ROUTE PEÑAFIEL CASTLE

R3

> Route length	4.500 m (+/-)
> Average slope	10 %
> Starting level	290 masl
> Ending level	628 masl
> Gradient	338 m
> Difficulty	High
> Duration	2:30 h (one-way)



We start in O Fieiro village and go down by a path to go deep into the mountain by stone pavements. We ascend to the base of the Peñafiel peak, where in the past was **“The Peñafiel Castle”**. In its summit there is the **“fertility bed”**, where sterile couples were coming to have a baby. In a diversion of the route, there is one of the most colossal and natural rock formations, **“The Xoana Cave”**, which was used as a crematorium. We continue the ascension to link with the **Route 4** in the base of A Moa.

ROUTE WAY TO THE PEDRULLO CASTLE

R5

> Route length	6.900 m (+/-)
> Average slope	12 %
> Starting level	15 masl
> Cota de fin	628 masl
> Gradient	613 m
> Difficulty	Medium / High
> Duration	2:30 h (one-way)



We will start the itinerary to **“A Moa”** from the picturesque village of Vadebois, where we can see the **“A Ponte Mill”**. We cross the Chan das Lamas from where we can contemplate the great magnitude of the Pindo Mountain. Following the markers, we arrive in **“O Pedrullo”** where we link to the **Route 4** and the route begins to be harder and rising.

ROUTE VIEWS TO THE ATLANTIC

R4

> Route length	4.100 m (+/-)
> Average slope	14 %
> Starting level	5 masl
> Ending level	628 masl
> Gradient	623 m
> Difficulty	Medium / High
> Duration	2 h (one-way)



The route starts in the square of the church in **O Pindo**. Shortly, we find many water mills that are abandoned and a cave where runaways were sheltering along the Civil War. We continue to **“O Pedrullo”**, where we can observe remains of walls that were surrounding the primitive construction. After going all over a small stretch, we arrive in “Chan de Lourenzo”, an open space where is **“The Giant of Chan de Lourenzo”** and the remains of a wolfram exploitation. From this place we can see the peak of “A Moa”.

Symbology



Tourist Office



Walls



CIR Pindo Mountain and Ézaro Waterfall



Mina giant



Landscape Viewpoint



Ézaro Waterfall



Cave



Beach



Castle / Ruins



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