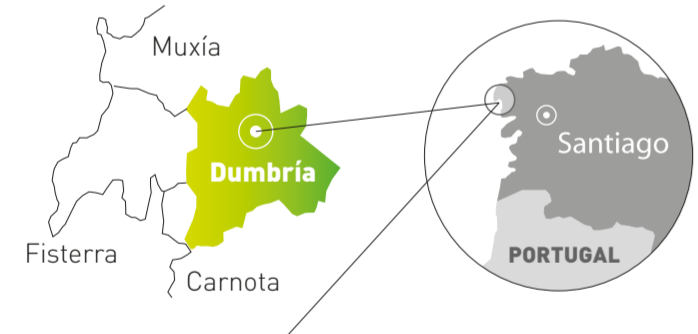




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- Medical Centre 981 744 129
- Chemist 's (Dumbría) 981 706 680
- Chemist 's (Ézaro) 981 712 665
- Hospital Cee 981 706 010
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CIR

INTERPRETATION
CENTRE ABOUT
ROUTES IN THE
PINDO MOUNTAIN
AND ÉZARO
WATERFALL

history >

The first inhabitants in O Pindo. The discovery of an archaeology site shows the prehistoric man in the Pindo Mountain. Inside a cave, ceramic remains appeared and they are dated in the first half of the 2nd millennium BC, which are pertaining to the bell-shaped culture.

The Celtic Olympus. In the cultural heritage is established the belief that the Pindo Mountain was the dwelling of gods. It is said that **Celtic Tribes** were celebrating their **rituals of adoration to the elements** and honouring their gods in A Moa, a magical and inspirational place of respect and admiration.



the cir >

The **Interpretation Centre about Routes (ICR) in the Pindo Mountain and Ezaro Waterfall** is situated at the foot of the **Ézaro** beach. It is a building made of stone, which is restored to publish these natural places. Inside this, you will discover the legends, the history, personalities, flora and fauna, the geology, curiosities and much more. The ICR is a must-visit for the ones who really love the Pindo Mountain. An exciting experience is waiting for you with audiovisual media, display panels and all that you need to know about these routes.

the pindo mountain >

The Pindo Mountain is situated at the foot of the Atlantic Ocean and in the heart of **Costa da Morte**. It has **627 m** of height and its maximum level is to **2 km** of the sea, generating a singular and unique landscape. This granitic mountain stands out for the spectacular relief, the rosy tonality of its stones and its uncountable **anthropomorphic** and **zoomorphic** formations. In addition, it is the place in Galicia where you can see more formations of this style. Moreover, it is recognised as **Geological Interest Point of National Importance**.

The geological history of the Pindo Mountain began around **380 thousand** years ago, at the final years of the Devonian. In its trip along the time, endless granitic shapes that generate surreal landscapes, such as: **rocky geodesic dome, tors and rocky grounds were created**. Its peak is known as A Moa and is an astonishing dome with **more than 200 cavities** and is considered as **remains of the Main Area in Galicia**, which was created around 60 million years ago.



The Walls. In the top of the Pindo Mountain there are remains of walls that seem to close the steps, turning A Moa into a great fortified place with difficulty access. Some theories say that it could be an **oppidum (defence construction dated in the 4th-6th centuries)** and it had the function of refuge and control of the seaways and overland routes.

San Xurxo Castle. It is secured on granitic outcrops in **"O Pedrullo"**, the San Xurxo castle was a part of a coastal castle network. It was built by the **bishop Sisnando II order in the 10th Century** to defence and control the coast front the maritime attacks of the **Vikings and Saracens**.

Peñafiel Castle. According to the sources of information in that period, on the Peñafiel peak there was an old construction; a castle that was destroyed by the **Irmandiños**. Its origin is uncertain, but it appears in several medieval documents and in its vicinity there is a **medieval excommunication carved** in stone.

The Civil War. Along the Civil War and the Francoist repression many people were sheltered in caves in the Pindo Mountain; men from O Pindo, O Ezaro, O Fieiro and other villages tied their destinies sheltered from the stone, under the protection of the Celtic Olympus. **It is the history of a village tied to a mountain, which gave them protection along the most difficult years.**

legends >

Xoana Cave. This cave is out of reach, crosses the mountain from one side to the other one. In addition to this, it is one of the geological formations that gives a mysterious nature of generating legends to this massif. They say that it was the dwelling of witches and at San Juan's night they were gathering together around the bonfire to celebrate their rites. Other people say that this cave was a crematorium, where Ancients in O Pindo were incinerating the cadavers of their fellow men.

The Queen Lupa. This mythical Galician queen whose legend is related to the Santiago Apostle, appears in the Codex Calixtinus. The popular tradition says that she lived in a castle in the Pindo Mountain, in the San Xurxo castle. It is said that after her death, she was buried next to the walls of this castle. Other people declare that she was buried under the "Laxe da Moa" with 7 gold million and the "Warriors of Stone" defend the entrances to this royal sepulchre.

Old rituals of recovery. In "A Laxe de Abaixo", close to A Moa, people were carrying out a ritual of recovery. It is said that they were stretching out the bodies of sick people on the grass and drawing their outlines. After this, they were lifting the clods where the sick people were, later they were putting the clods in the sun on the stones. While these clods were drying, they were getting better.

The fertility bed. In the highest rock of the Peñafiel peak there is a **bed of stone**, where sterile couples were coming "to go to bed" in order to have a baby.

flora and fauna >

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. Inside this, a series of **"natural habitats of community interest" coexists protected by the Habitats Directive of the European Union**, due to they are threatened or endangered. There are also many endemic species such as the Quercus Lusitanica **"miniature oak"**, Isoetes Fluitans **"water fern"** or Iris Boissieri **"Iris"**, all of them are endangered.

The **vegetation** is a part of a forest which is composed of pines, oaks, laurels, birch trees, black poplars and hollies. They coexist with thickets and moors as well as with lots of species of ferns and wild flowers.

Regarding the **fauna** there are: invertebrate animals, amphibians and reptiles, birds like **owls**, the **peregrine falcon** or the **black kite**. There are also mammals such as the **otter**, the **wild cat**, **bats** or the **Iberian wolf** (it could live in this area). The fauna is in balance with the flora and they form a unique ecosystem by its biodiversity and vulnerability, which is necessary to protect.



Ézaro waterfall >

The Xallas River crosses from the North to the South the Dumbría Council, flowing directly into the Atlantic Ocean as a waterfall. It is the **only one river in Europe** that flows in to the sea in this way.

Before jumping to the sea, in its last stretch, the river goes down channelled and creates a great quantity of waterfalls and **Pias or Caldeiras**, which are natural cavities built along the centuries by the river and they are soaked by crystal clear and turquoise water. In the last stretch of the river, it has a drop of 155 metres and **the waterfall has 40 metres of height**.

The Ézaro Waterfall is full of legends, heartbreaks of princess, supernatural powers, enchantments, rituals... César Antonio Molina, in his book "Viaje a la Costa da Morte", makes reference to the existence of a shipyard in the estuary of O Ezaro, where invading **Vikings** were building and repairing its ships.



o Ézaro viewpoint >

At **260 m** above sea level, after an arduous ascent to the **O Ézaro Viewpoint**, you can contemplate one of the most beautiful panoramic views in Galicia. You will see the estuary of the **Ézaro River**, the **Fisterra Cape**, the **Lobeiras Islands** and the **Pindo Mountain**; quite a natural show that will make you excited. Moreover, this emblematic viewpoint whose access is near the **30%** of slope becomes this destination as the ideal place to celebrate important cycling events such as: **La Vuelta Ciclista España** and the **Gran Fondo Ézaro**.



"o xigante da mina" >

This **anthropomorphous** formation that seems a big prehistoric sculpture is one of the most emblematic rocks in the Pindo Mountain. It is situated in **Chan de Lourenzo**, a plain at 400 m above sea level, where there was an ancient mining of wolfram.



magical stones >

In the Pindo Mountain and the Ézaro Waterfall, the stones come to life and you will feel being observed by these strange beings, **giants** that look after the steps, **mythological animals** will change their shapes while you are looking them. Moreover, the lights and the shadows will play with the stone of this Big Colossus; the imagination will shape to the matter.



ROUTE OF ÉZARO WATERFALL AND VIEWPOINT

R1

> Route length	4.250 m (+/-)
> Average slope	17 %
> Starting level	20 msnm
> Ending level	260 msnm
> 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 msnm
> Ending level	628 msnm
> 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 msnm
> Ending level	628 msnm
> 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 VIEWS TO THE ATLANTIC

R4

> Route length	4.100 m (+/-)
> Average slope	14 %
> Starting level	5 msnm
> Ending level	628 msnm
> 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".



ROUTE WAY TO THE PEDRULLO CASTLE

R5

> Route length	6.900 m (+/-)
> Average slope	12 %
> Starting level	15 msnm
> Cota de fin	628 msnm
> 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.

