

The Cariño Mariñeiro initiative aims to enhance the value of our maritime heritage. Local people and visitors can explore the seafaring history of Cariño via several self-guided routes that showcase its marine trades, workplaces, and landscapes.

These town and coastal routes can be completed on foot or by mountain bike. They are suitable for all abilities.



@visitacarino



Concello de Cariño



@ConcelloCarino



www.visitacarino.gal

The municipalities of Cedeira, Cariño, Cerdido, Moeche, Ortigueira, San Sadurniño and Valdoviño are currently promoting the region as a UNESCO World Geopark candidate. The area that you are about to discover is the result of a major geological event known as the Variscan Orogeny, which took place 350 million years ago. There are 108 Places of Geological Interest in the region, 6 of them of international relevance.

The Cariño Mariñeiro Project is a tourism programme promoted by the Council of Cariño. It has been made possible thanks to the financial support of the A Mariña – Ortegal FLAG and the European Maritime and Fisheries Fund (FEMP)



HIKING AND MOUNTAIN BIKING

Discover the maritime heritage and coastal environment of Cariño





QR WIKILOC



Route
information
and video
story



CARIÑO – SAN XIAO DO TREBO – CAPE ORTEGAL

Starting in Cariño town centre, this **linear route** follows the coast and offers some magnificent scenic views. The walk takes you through the old part of Cariño and then on to the Camino Viejo de San Xiao, a pathway which runs through a beautiful stretch of gallery forest. This leads to the chapel of San Xiao de Trebo, where the route then connects with a trail leading directly to Cabo Ortegal and the Os Aguilóns rocky islets.

- Distance:** 4.5 km (one way)
- Terrain:** Medium
- Time:** 1.5 hours (one way)
- Start point:** Cariño Town Hall
- End point:** Cape Ortegal

A MALVEIRA VP – VÍXIA DA HERBEIRA / A MIRANDA VP

This **linear route** begins at the A Malveira viewpoint and runs through the Sierra de A Capelada. There are two possible end points that you can choose for your walk. One end point is the Vixia da Herbeira viewpoint, which offers a breathtaking view of the highest cliffs in continental Europe. The other end point is the A Miranda viewpoint, from which you have a spectacular view of the Ortigueira estuary, a real environmental gem of the area.

- Distance:** 11 km (Vixia da Herbeira) / 12 km (A Miranda)
- Terrain:** Difficult
- Time:** 3 hours (Vixia da Herbeira) / 3.5 hours (A Miranda)
- Start point:** A Malveira VP
- End point:** Vixia da Herbeira VP / A Miranda VP

CARIÑO – FIGUEIROA

This **circular route** starts from Cariño town centre and goes around Monte Mazanteo. Each of its slopes offers fantastic scenic views: the Ortigueira estuary with the island of San Vicente to the south and southeast; and the town of Cariño with the peaks of Faroleiro and Gargadico to the north. You also have the possibility to visit Fornos beach or Punta do Frade on this route.

- Distance:** 9 km
- Terrain:** Easy
- Time:** 1.5 hours
- Start and end point:** Cariño Town Hall

PRESERVING MEMORIES

Enjoy a **circular walk** through the old part of Cariño, a town adapted to its unique landscape which reflects a life that has always revolved around the sea. On this route you can see some distinctive maritime architecture, visit local viewpoints, and learn about the history of the town's canning and fishing industry.

- Distance:** 6.5 km
- Terrain:** Easy
- Time:** 2 hours
- Start and end point:** Cariño Town Hall

MADERA DE MARINEROS

The main feature of this circular route is the coastline of the parishes of Feás, Landoi and Sismundi. Highlights include learning about some traditional local trades, such as shoreline boat-building and shellfish extraction, the old piers used to transport passengers to Ortigueira, and the apple orchards of Olo Landoi. The route also offers an incredible view of part of the Ortigueira estuary. This environmental jewel is part of the Natura 2000 Network of protected areas and has been designated as a wetland of international importance under the Ramsar Convention.

- Distance:** 10 km
- Terrain:** Medium
- Time:** 3 hours
- Start and end point:** Hotel Pedramea car park