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PONTECESO | OS CAMIÑOS DO MAR

## USEFUL PHONE NUMBERS



### TOURISM

Ponteceso Town Council	981 714 000
Corme municipal - tourist information office	981 738 428
Ponteceso tourist information office and cultural center	981 715 422
Corme municipal computer classroom	981 738 428
Turgalicia - Xunta de Galicia	981 542 500
	902 200 432



### MUSEUMS

Fundación Eduardo Pondal - O Couto	981 714 000
Fundación Torre-Pujales	
Costa da Morte Museum of Contemporary Art (Corme)	981 738 428



### HEALTH INFORMATION

Health emergencies	061
Ponteceso medical center	981 714 802
Ponteceso medical center (emergencies)	981 713 664
Corme medical center	981 738 149
Ponteceso drugstore	981 715 276
Corme drugstore	981 738 046
Sergas, Galician healthcare service (24h, all year)	902 400 116



### PUBLIC SAFETY

Emergencies	112
Local police	630 907 127
Guardia Civil (Spanish Civil Guard)	062 / 981 714 023
Fire brigade	085



### OTHER UTILITIES

Taxis Ponteceso	981 714 110
Carballo coach station	981 700 170
Autos Vázquez, local coach company	981 254 145
Renfe, Spanish rail service	902 240 202
Aena, Spanish airport operator	981 187 200
Pazos petrol station	981 753 796
Mabagas - Ponteceso petrol station	981 714 069
A Campara - Cores petrol station	981 713 001

City Council of Ponteceso  
43° 14' 35" N -8° 54' 02" W

## PONTECESO | OS CAMIÑOS DO MAR

Cape Roncudo, home to legendary barnacles; the villa of Corme, whose fishing history is steeped in the Merchant Navy and cabotage; the cove at Balarés, location of the legendary titanium mine and where part of the town of Ponteceso's industrial heritage was forged, together with the sawmills and sand extraction companies on the banks of the River Anllóns. This river - which runs through the Bergantiños area and empties into the legendary estuary to which the Galician Rexurdimento (19th century) poet Eduardo Pondal sang - creates a rich intertidal space protected due to both its characteristics as well as to the fact that it is the habitat of several endangered species and a source of cockles with its own brand. As the fresh waters of the River Anllóns begin to mix with the salty water of the Atlantic Ocean, the channel becomes the Corme and Laxe Estuary and opens out into the rough sea of the Costa da Morte.

Two marked trails will guide you along this journey through the banks and coastlines of Ponteceso with the advantage that you will also be leaving your footprints on the first two 2.0 routes

in the Costa da Morte region. Along the route, you'll find 30 QR codes that will allow you to access information of interest on the spot using a smartphone.

The "Ponteceso. Os Camiños do Mar" initiative is an activity aimed at boosting tourism that is being promoted by the City Council of Ponteceso (Costa da Morte, A Coruña) and co-financed by the European Fisheries Fund, the Department of Rural and Marine Affairs of the Galician Regional Government and the Ministry of Agriculture, Food and Environment, through the Coastal Zone 3 Task Force - Costa da Morte (GAC 3).

**Make the most of your visit: don't forget your mobile!**



## TIPS



**Look at the official signs, markings and route markers for the Camiño da Ribeira (PR-G 148) hiking trail:** they will help you follow the path. You'll find them on poles, tree stumps and rocks.



**Do not throw rubbish on the path,** in the waterway or in the sea. Keep it and then dispose of it in the appropriate container once you've reached the end of the trail.



**Always hike with one or more buddies,** and leave behind information about when you are leaving and when you expect to return. Follow the path laid out, and take extra care in steep areas.



**Take a mobile** with a charged battery along, so you can always be in contact. If your mobile is a *smartphone*, you'll also be able to get information using the QR codes.



Before planning an outing, check the **weather forecast**.



**Wear appropriate clothing and shoes.**



**Take a bottle of water** along to keep yourself hydrated during the hike.



**Use sunscreen,** even on cloudy days.



**Respect nature** and the habitats of plants and animals; they could be endangered.



**Do not introduce exotic species** that may harm the environment.



**Take extreme caution in the event of fire.**



**Respect the environment.**



**Collecting shellfish is prohibited.**



**Sport fishing is allowed only with the proper permits.**



**Camping is prohibited.**



**Do not bring unleashed animals** into protected habitats.



# Route Camiño da ribeira (PR-G 148)

**STARTING POINT**  
Ponteceso

**END POINT**  
Corme

**TYPE**  
Linear with a bypass (marked in both directions). Walking / Cycling with MTB

**DISTANCE / TIME**  
\_ Main PR-G 148: 11,3 km (Ponteceso – Corme) / 3h45'  
\_ Bypass PR-G 148.1 (Pedra da Serpe – Alto dos Loureiros – Mount Branco): 5,75 km / 2h00'

**CUMULATIVE ASCENT**  
\_ Main PR-G 148: 214,27 m  
\_ Bypass PR-G 148.1: 212,14 m

**CUMULATIVE DESCENT**  
\_ Main PR-G 148: 217,93 m  
\_ Bypass PR-G 148.1: 220,68 m

**DIFFICULTY**  
Medium-low

**SIGNS ALONG SHORT HIKING TRAILS IN GALICIA**

- Continuation of path
- Change of direction
- Wrong way
- Route marker

PR-G 148  
 PR-G 148.1 (bypass)  
 POINTS OF INTEREST

- Ponteceso QR1**  
43° 14' 33" N / -8° 54' 3" W
- Poet Eduardo Pondal birthplace (outside) QR2**  
43° 14' 33" N / -8° 54' 5" W
- River Anllóns's promenade and malecón QR3**  
43° 14' 33" N / -8° 54' 16" W
- River Anllóns estuary QR4**  
43° 14' 42" N / -8° 55' 5" W
- Bird Observatory QR5**  
43° 14' 28" N / -8° 55' 22" W
- Dune system of the A Insua cove QR6**  
43° 14' 5" N / -8° 55' 56" W
- Balarés beach QR7**  
43° 14' 35" N / -8° 56' 36" W
- Mount A Facha QR8**  
43° 14' 51" N / -8° 56' 50" W
- Pedra da Serpe – Gondomil (PR-G 148.1) QR9**  
43° 15' 53" N / -8° 56' 34" W
- Village of Froxán**  
43° 15' 59" N / -8° 56' 3" W
- A Ermida beach- Island of A Estrela QR10**  
43° 15' 52" N / -8° 57' 1" W
- O Osmo beach QR11**  
43° 15' 57" N / -8° 57' 25" W
- Arnela beach**  
43° 15' 58" N / -8° 57' 34" W
- Corme QR12**  
43° 15' 52" N / -8° 57' 42" W
- Fundación Torre-Pujales QR13**  
COSTA DA MORTE MUSEUM OF CONTEMPORARY ART  
43° 15' 51" N / -8° 57' 46" W
- Cape Roncudo QR14**  
43° 16' 30" N / -8° 59' 23" W
- Alto dos Loureiros**  
43° 15' 9" N / -8° 56' 4" W
- Mount Branco**  
43° 14' 23" N / -8° 55' 54" W



## OTHER POINTS OF INTEREST

- Village of O Roncudo**  
43° 16' 56" N / -8° 57' 39" W
- A Barda cove**  
43° 16' 58" N / -8° 55' 36" W
- Port of Santa Mariña**  
43° 17' 39" N / -8° 55' 4" W
- Niñóns beach**  
43° 17' 40" N / -8° 54' 23" W
- Mount O Faro (Brantuas) QR15**  
43° 16' 44" N / -8° 54' 53" W

Five secrets to discover...

- A festival**  
O Roncudo's barnacle festival every second Saturday of July
- A taste**  
Cockles from the River Anllóns estuary
- A sunset**  
From the peak of Mount Branco
- A poem**  
By Pondal, read before the Foundation that bears his name
- A feeling**  
The immensity of the winter storms

# Route PONDALIANA

**STARTING POINT**  
Ponteceso

**END POINT**  
Alto das Travesas. Mount Branco viewpoint

**TYPE**  
Linear  
Walking / Cycling with MTB

**DISTANCE / TIME**  
4 km / 1h30'

**DIFFICULTY**  
Low

**ROUTE PONDALIANA**

- QR1** Monolith tribute Pondal  
43° 14' 33" N / -8° 54' 3" W
- QR2** Eu nacín na pequena Ponteceso  
43° 14' 33" N / -8° 54' 5" W
- QR3** Recorda o seu fogar, o seu rueiro  
43° 14' 33" N / -8° 54' 5" W
- QR4** Subín pola correduira  
43° 14' 38" N / -8° 54' 7" W
- QR5** Fun polo camiño do Couto  
43° 14' 45" N / -8° 54' 13" W
- QR6** Abrín da Bouza a cancela  
43° 14' 47" N / -8° 54' 14" W
- QR7** Contemprei meu val nativo  
43° 14' 57" N / -8° 54' 32" W
- QR8** Como branquea o pombal  
43° 15' 2" N / -8° 54' 33" W
- QR9** O Couto e o seu campanario  
43° 15' 1" N / -8° 54' 38" W
- QR10** Ese pobo renace, resurxe, non morre  
FUNDACIÓN EDUARDO PONDAL  
43° 14' 59" N / -8° 54' 38" W
- QR11** A Agra de Mares  
43° 14' 57" N / -8° 54' 47" W
- QR12** Currás e a Matigueira  
43° 14' 50" N / -8° 55' 2" W
- QR13** Fervenza da princesa moura  
43° 14' 50" N / -8° 55' 3" W  
En escadrón formados  
43° 14' 46" N / -8° 55' 5" W
- QR14** Escuro enigma eu son  
43° 14' 34" N / -8° 55' 45" W
- QR15** Alí xaz o que fora noutro tempo cantor do eido noso  
43° 14' 23" N / -8° 55' 54" W

## HOW DO I READ QR CODE INFORMATION?

- You'll need a smartphone to use any of these options:
- 1 Download free software (I-nigma, QCode Reader o Neoreader) and scan the QR code with the mobile's camera
  - 2 Open the web address on the label and enter the eight-character code you see below
  - 3 If your phone includes NFC technology, activate it and wave the mobile near the label

