



# Lagoa de Pallares Route



**Time:**  
1.5 - 2 hours

**Distance (round trip):**  
5,5 Km

**Accumulated slope:**  
88 m.

**Diversion to interest spots:**  
300 m (round trip)

**Technical difficulty:**  
Moderate

**Ground:**  
70 % asphalt and 30 % on dirt roads

Sections shared with motor vehicles.

Sections shared with the Natural Path of the Cantabrian.

Bicycle friendly.

Harshness of the natural environment

Orientation on the itinerary

Mobility challenges

Amount of needed effort

2  
2  
2  
2

Needed effort according to MIDE

## RECOMMENDATIONS:

- You should bring comfortable clothes and footwear that are suitable for the weather, water, binoculars and a phone.
- Check the weather before you start this route.
- Take your physical conditions and your equipment into account.

## INTERPRETATION OF ROAD SIGNS:



CONTINUITY



DIRECTION



WRONG  
DIRECTION

The signalization may be occasionally damaged due to vandalism or similar acts.

## DESCRIPTION:

This route begins at the parking of the football field Cascabeiro (coordinates: 43.554348, -7.238526). From there we'll head northwards until we find a stone cross a few meters ahead, where we'll turn left towards a local road. There we'll begin a mild descent towards the edge of the Foz-Masma ria, which has multiple sightseeing spots where you can see the flora and fauna of this natural space.

This estuary is one of the key spots in Galicia to go birdwatching (it is recommended to bring binoculars). It's also considered a natural jewel and its environmental value is recognized by different protection figures, such as a Special Area of Conservation (SAC), Special Protection Area (SPA), and a Galician Special Protection Area of Natural Values (ZEPVN). It's included within the wetlands of Galicia and in the IBA (Important Bird Areas) catalog.

Near this estuary the small lake of Pallares will be discovered, which gives this route its name.

We'll border Pallares and then we'll go near the lake again (paved road) to turn towards the Vilar and A Áspera villages, entering the route stage that is most tightly linked to the ethnographic, religious and civil cultural heritage.



### MORE INFORMATION ABOUT THIS ROUTE:

[www.concellodebarreiros.gal](http://www.concellodebarreiros.gal) /  
[www.barreirosturismo.gal](http://www.barreirosturismo.gal)  
Profile Wikiloc: "ConcellodeBarreiros"

Tourist office. Rúa Vila 78-bis  
(Sociocultural Centre).  
Tlf: 982 134 400.  
[turismo@concellodebarreiros.gal](mailto:turismo@concellodebarreiros.gal)

The developing entity is not responsible for the use of this route. Once an user starts this route, they must be aware of their physical and mental condition in order to develop the activity safely.



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## INTERESTING SITES:



### Viladaíde cross:

Crosses are one of the most important monuments of Galician popular art. It can be usually found on crossings, the edge of the road or the porch of churches and cemeteries as a protective element.

In this instance, the cross shows a crucified Christ and it's from November of 2009, as the previous one was stolen. Nowadays the difference between the old stone of the shaft and the new stone of the cross is still visible.

### Xestelo area:

When the tide is low in this area, which is located near the mouth of the Esteiro stream, it's a good place to watch the flora and fauna species of this coast. It can even be a good place to go birdwatching depending on the tide.



### A Barcela viewpoint:

Here we can enjoy the beautiful panoramic sights of the Masma ria, which constitutes the natural border between the Barreiros and Foz municipalities. In this picture you can see some of the place names of both sides of this protected wetland. Galicia is very rich in that regard and it constitutes part of the cultural heritage of this region.

### Seimarín. Sights of the ria:

Here we can leave the path briefly to approach the edge of the ria and enjoy the beautiful sights once again, from a place known as Seimarín.

Estimated distance: 100 meters.



### Lagoa de Pallares:

This lake flows out of an old naturalized quarry that was turned into a natural space.

On its center we can see an area with swamp sawgrass (*Cladium mariscus*), bulrush (*Typha*) and common reed (*Phragmites australis*). They're hard to find and they're becoming rare, but if you're lucky and you hide yourself you might see some bird species such as dabchicks (*Tachybaptus ruficollis*), common moorhens (*Tachybaptus ruficollis*) or Eurasian teals (*Anas crecca*) during the winter.

### Pallares area:

This high area next to the train rails is a good viewpoint over a tidal marsh that is a resting place for waders during the medium tide. Some of the species are grey plovers (*Pluvialis squatarola*), dunlins (*Calidris alpina*) and bar-tailed godwits (*Limosa lapponica*). Two of the birds of prey species are ospreys (*Pandion haliaetus*) and western marsh harriers (*Circus aeruginosus*), both very interesting species in ornithology.



### Mondoñedo-style and Ribadeo-style granaries:

Barreiros has a lot of these typically rural buildings, also known as “cabozos”. They were mainly to store and dry corn, but also other cereal. On the left of the road we find a “Mondoñedo-style granary”, with a stone base and a wooden drying chamber. A few meters ahead, on the right, we can see a “Ribadeo-style granary”, which is different from the previous one because it’s made of stone and it has two stories: the cellar, which serves as a storage area and is located on the first floor, and the drying chamber on the upper floor.



### A Áspera and Vilar lavoir:

WARNING: floodable and slippery area.

Estimated distance to the site: 30 meters.

These antique lavoirs, besides being a place to wash clothes, were meeting and chatting spots for the local women. This lavoir was for the rural settlements of Áspera and Vilar. It was built on 1911 and it uses the water flow of Esteiro. The last spots were for soaping up the clothes and the first ones to rinse them, as it was the area with clean water.

### San Cosme church on Vilar:

It was the San Cosme parish church until the construction of the present one in the city center. Still, it continues to serve as a second parish church and the graveyard is located here. It’s a simple construction from the XVII and XVIII centuries, typical on Galician rural areas. As a curiosity, on the exterior of the right part of the cross there is a solar clock made of flagstone. Inside of it there’s a beautiful high altarpiece from the second half of the XVIII century with Solomonic columns and bright colours.



### Indianos house at Áspera:

The emigrants who managed to get wealthy in America during the end of the XIX and the beginning of the XX centuries are known as “indianos”. One of their goals when returning to their original home was to build lush houses that proved their success, and thus showing their cultural sophistication and new social position. This house, known as Casa Grande or “Big House” was promoted by Ignacio López in 1907. It’s worth it to stop for a few minutes to look at its ornamental details, as well as the French-style garden on its entrance.

### Cascabeiro dovecot:

For centuries, having a dovecot was a privilege for pazos, big farm houses and abbeys. They were built as shelter and a breeding spot for doves. On the upper part of its walls, just under the roof, there are openings for these birds to enter and exit. Inside of it there are small gaps on the walls where doves used to build their nests. Nowadays they’re part of our ethnographic heritage and here in Barreiros we have eye-catching examples.

