

PROGRAMME OF HISTORIC ATLANTIC PATHS  
around THE way OF ST. James.

6 nights - 7 days

ALL PATHS  
LEAD TO CALDARIA

CALDARIA LEADS  
TO ALL PATHS

Cabezoá viewpoint.  
Towards the Sil Canyon. (Ribeira Sacra)

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HOTELES Y BALNEARIOS  
Living, in one word





**G**alicia has retained numerous historic paths that have allowed people to travel across these lands since the times of the most ancient cultures. This programme promotes Galicia's paths by revealing the natural setting of our community step by step... sharing the feelings down time of those who have walked these routes. Coastal

experts offer an insight into the culture and traditions of the people, and a view of the challenges and hopes for the future. This is a journey into feelings: feel the sea breeze or the dew on the meadow and enjoy the flavours of these lands from the best local gastronomy after the rewarding activity.



## FROM A SPA

That is why we invite you to take the challenge to discover, from a

spa, the most spectacular **Historic Atlantic Paths around the Way of St. James**. A very complete week in which, in addition to a journey through history and nature – delving back to the times of the Celts or the Middle Ages – you will be able to relax with the treatments we offer at the **Laías and Arnoia Spas**, and savour the best dishes from Galicia's gastronomy. The 6 night/7 day

paths along the edge of the **Atlantic Ocean**, riverside paths through historic areas – **Ribeiro, Riberia Sacra** - leafy woodlands, vineyards and meadows..., these are the photos that the traveller will take away with them, the great diversity of Galicia's scenery. Guided tours with specialised

programme includes a boat trip along the coast to visit one of the rafts where the renowned Rias Baixas mussels are farmed, with a chance to taste them on the way, followed by a seafood lunch in the town of O Grove.



# PROGRAMME

## DAY 1:

- Arrival.
- Dinner at the Spa.
- Accommodation.

## DAY 2: OURENSE ROUTE

- Breakfast at the Spa.
- Transfer to the start of the "Loria-Santome-Miño River Route"
- Visit to the cathedral of Ourense.
- Transfer to the Spa.
- Lunch at the Spa.
- Treatments at the Spa.
- Dinner at the Spa.
- Accommodation.

## DAY 3: RIBEIRA SACRA ROUTE

- Breakfast at the Spa.
- Transfer to Loureiro for the Ribeira Sacra Route.
- Lunch at a typical restaurant.
- Visit to the monasteries of Santo Estevo and San Pedro de Rocas and to a winery and the historic town of Castro Caldelas.
- Transfer to the Spa.
- Dinner at the Spa.
- Accommodation.



## DAY 4: RIBEIRO ROUTE

- Breakfast at the Spa.
- Transfer to the start of the Avia route at O Ribeiro.
- Lunch at a typical restaurant (Carballiño), specialised in local style octopus "a feira"
- Transfer to the Spa.
- Treatments at the Spa.
- Dinner at the Spa.
- Accommodation.

## DAY 5: STONE AND WATER ROUTE

- Breakfast at the Spa.
- Transfer to the Armenteira Convent for the Stone and Water Route to Cambados.
- Trip in catamaran from O Grove (with mussel tasting).
- Lunch in O Grove (Seafood).
- Visit to Pontevedra.
- Transfer to the Spa.
- Dinner at the Spa.
- Accommodation.

## DAY 6: SANTIAGO ROUTE

- Breakfast at the Spa.
- Transfer to Santiago for the Santiago Route.
- Lunch in Santiago...
- Visit to Santiago de Compostela.
- Transfer to the Spa.
- Dinner at the Spa.
- Accommodation.

## DAY 7: BREAKFAST AND CHECK OUT

€715  
per person

# PROGRAMME REGIME

- 6 nights accommodation in standard double room.
- Full board regime.
- Free use of thermal pools.
- Load of bath robe and towel.

## ● Thermal Programme:

- Hydromassage Bath.
- Steam Bath/Finnish Sauna.
- Invigorating Jet.
- Partial relax massage.

Programme price per person in double standard room: €715  
Programme price per person in individual room: €834

\* A 25% discount will be applied to a la carte spa services, except beauty treatments and medical check-ups. Services contracted directly at the Spa.

\*Rates include VAT.

\*Poolside footwear and caps must be worn when accessing the Spa facilities.

\*Each one of the thermal techniques mentioned above will be applied per person per stay.

\*Offer valid at Laías from 15.11.2016 to 31.12.2017 and at Arnoia from 1.3.2017 to 31.12.2017.

\*Cannot be accumulated with other offers promotions and/or discounts.

\*Offer not available for people under 18.

\*Limited places.

\*Routes subject to modification for weather reasons.

\*Offer only valid for groups of a minimum of 15 and maximum of 25 people.

# THE ROUTES

## Ourense Route



This route runs along the banks of the rivers Lonia and Miño, with a stop at the Celtic site at Santomé, about 15 Km. It ends with a visit to the Historic Old Town of Ourense, the hot water As Burgas springs, the Cathedral and the Roman Bridge.

## Ribeira Sacra Route

This route runs for 15 kilometres through a woodland area of the Ribeira Sacra, between Loureiro and Cabezoás, with spectacular views of the Sil Canyon from its viewpoints. There are visits to the monasteries of San Estevo, San Pedro de Rocas and the town of Castro Caldelas, as well as to a winery for a tasting.



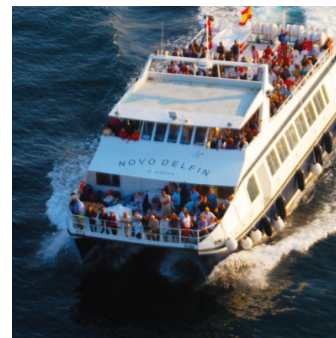
## Ribeiro Route

This 15-km path runs through the vineyards of the Ribeiro district near to the River Avia, between Pazos de Arenteiro and Beade. The trip includes a visit to Ribadavia, the capital of Ribeiro, a tasting at a winery where they make the local wine and lunch of octopus in Carballiño.



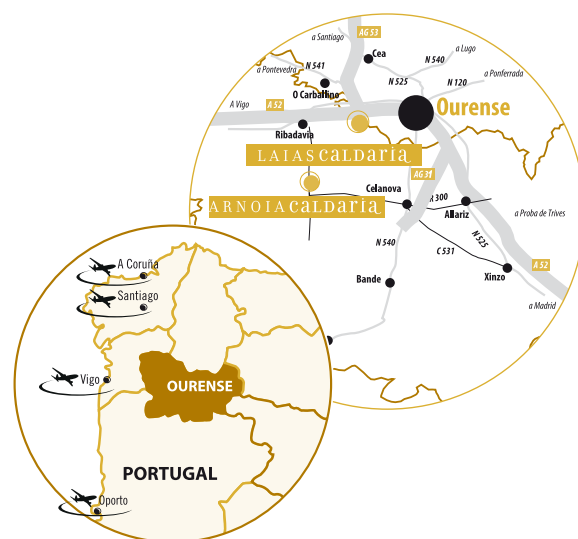
## Stone and Water Route

This 7-kilometre path starts at the Monastery of Armenteira and descends to the town of Cambados, passing through several Galician seaside towns. The trip includes a boat trip in the estuary of Arousa with a food tasting. There is also a visit to Pontevedra, the capital of the Rias Baixas area.



## Santiago Route

This 10-kilometre path forms a part of the Camino de Finisterre, one of the Ways of St. James to Santiago and runs along the banks of the River Sarela. The trip includes a visit to the city of Santiago and its Cathedral and a typical lunch at a restaurant in the historic old town.



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