



### WHY GO?

On the tip of Spain's extreme north-west corner, and with its own Land's End (Fisterra), Galicia is bounded on two sides by the Atlantic. Also, like Cornwall, heavy winter frosts are rare, summer temperatures reach no more than 28°C and showers are frequent. The climate, the terrain and the ocean are ideal for viniculture, dairy produce and seafood, and in Spain, the region is celebrated for its distinctive wines, creamy cheeses, buttery cakes and luscious shellfish.

The two coastlines are characterised by their wide river estuaries. On the north coast, the estuaries are known as the Rías Altas (high rivers), and the Rías Baixas (low rivers) are the immense estuaries that cut through the coastline on the west coast.

### GETTING THERE

Clickair ([www.clickair.com](http://www.clickair.com)) flies from London Heathrow to La Coruña and to Vigo; Iberia Airlines ([www.iberia.com](http://www.iberia.com)) flies from London Heathrow to La Coruña; Easyjet ([www.easyjet.com](http://www.easyjet.com)) flies from London Stansted to Oviedo (Asturias province); and Ryanair ([www.ryanair.com](http://www.ryanair.com)) flies from London Stansted to Santiago de Compostela.

### GETTING AROUND

#### By train

Trains run between all major Galician cities: RENFE ([www.renfe.es/horarios/english/](http://www.renfe.es/horarios/english/)).

# Galicia *food & wine*

## Enjoy a feast of Spanish food and wine from Galicia

#### By bus

Buses run between all major Galician cities: Galicia Guide ([www.galiciaguide.com/Travel-index.html](http://www.galiciaguide.com/Travel-index.html)), Monbus ([www.monbus.es](http://www.monbus.es) – this website is in Spanish).

#### SEAFOOD

The Rías Altas (high rivers) are on the north coast and the Rías Baixas (low rivers) are on the west coast. These sheltered, tide-washed estuaries, particularly of the Rías Baixas, are popular holiday resorts and shellfish heaven.

A Costa da Morte (the Coast of Death) is home to the goose barnacle. Unfortunately, these crustaceans live in rather deep water and it isn't unknown for gatherers to be washed out to sea. Bear this in mind when splashing out €35 for a small portion – a kilo hovers around the €200 mark.

Huge street-side steaming cauldrons can be seen in villages and towns, particularly on the weekends and on market days. These cauldrons are full of octopuses, boiled for *polbo á feira*, a traditional dish of fleshy octopus chunks served with paprika and olive oil.

#### WINES

Of the three main wine producing areas, the most familiar name in the UK is Albariño from the Rías Baixas. This small coastal wine area is perfectly positioned geographically,

because the sharp, fruity white wine is the perfect accompaniment to seafood. Wine bodegas are generally open Monday-Friday, 10am-1pm, 4pm-8pm.

#### ALBARINO WINE

##### Camabados

The Albariño wine capital of the Rías Baixas is Camabados. This handsome town, on the edge of the Arousa estuary, is surrounded on three sides by vineyards and bodegas, and is devoted to Albariño wine.

##### Albariño Museum (Museo del Vin de Cambados)

<http://tinyurl.com/pfq5ct>

Open 10am-2pm, 4.30pm-7.30 Tue-Sun  
Admission €3

#### Seafood translation

GALICIAN	SPANISH	ENGLISH
Ameixo	Almeja	Clam
Berberecho	Berberecho	Cockle
Camarón	Camarón	Prawn
Centola	Centolla	Sea spider
Choco	Sepia, jibia	Common cuttlefish
Cigala	Cigala	Norway lobster (scampi)
Lura	Calamar	Squid
Mexillón	Mejillón	Mussel
Navalla	Navaja	Razor clam
Nécora	Nécora	Velvet swimming crab
Ostra	Ostra	Oyster
Percebe	Percebe	Goose barnacle
Polbo	Pulpo	Octopus
Vieira	Vieira	Scallop
Volandeira	Volandeira	Queen scallop
Zamburiña	Zamburiña	Variegated scallop

## Wine bodega

■ **Martin Codax wine producer's cooperative**  
[www.martincodax.com](http://www.martincodax.com)

## O ROSAL WINE

### ■ O Rosal

Close to the Portuguese border, O Rosal is at the hub of a tiny wine growing area that produces a flavoursome light white wine, which is low in alcohol. Tendra Paquin, on the village square, sells a selection of local wines.

## Wine bodegas

### ■ Bodega la Val

Five kilometres from O Rosal on the PO552.

### ■ Bodega Terras

On the PO552 (provide guided tours).

## RIBIERO WINE

### ■ Ribadavia and Leiro

Ribiero wine is produced 50km inland from the medieval coastal town of Pontevedra, just below Cambados. Most of the bodegas are around the bucolic hinterland of Ribadavia and Leiro.

## Wine bodegas

### ■ Bodega Vina Mein

Close to the signed Mosteiro de San Clodio hotel between Ribadavia and Leiro, is a family owned bodega that sells a small but first-class range.

### ■ Cooperativa Vitivinícola

[www.vinoribeiro.com](http://www.vinoribeiro.com)

Just above Ribadavia, has a shop of produce.

## RIBEIRA SACRA

### ■ Monforte de Lemos

Wines from A Ribeira Sacra, in the heart of the region, are a mixture of reds and whites. The reds are superb, full and fruity and with a taste that lingers on the palate. Quality Amandi wines are found around Sober and Doade villages, close to the ancient town of Monforte de Lemos.

## Wine bodegas

### ■ Bodegas are in Sober and Doade villages

([www.turispain.com/bodegas-en-lugo.html](http://www.turispain.com/bodegas-en-lugo.html)).

## CHEESE

Three famed cheeses are produced around parts of the Santiago Way, the pilgrim route to Santiago de Compostela.

### ■ Cebreiro cheese

High up in the Cordillera Cantábrica, the light young cheese, named after the Celtic village of O Cebreiro, is made in the surrounding farms.

### ■ Tetilla and Arzúa-Ulloa cheeses

Closer to Santiago, three workaday towns – Palas de Rei, Melide and Arzúa – are known for their cheeses. The first two are famous for the emblematic, soft breast-shaped Tetilla cheese, also characterised by its holes and elastic texture. Arzúa-Ulloa is creamy and soft with no holes.



Tetilla cheese, which has holes, is soft and has an elastic texture, comes from Palas de Rei and Melide

### ■ San Simón cheese

From the town of Vilalba, 40 kilometres from A Coruña, the smoked strong-tasting San Simón cheese is shaped like a spinning top and is semi-hard with an oily texture.

The food markets offer a wide choice of cheeses from small producers and are by far the best place to taste and buy cheese. Choose the superior farm-produced cheeses (labelled Casero or Artesanal) over the factory produce.

## CAKES

With one exception, speciality Galician cakes will have to be tracked down. As each of our four favourite cakes is made in a lovely place, the best strategy is to acquire the confection at source.

## SANTIAGO DE COMPOSTELA

### ■ Tarta de Santiago/torta de Amendra

Known throughout Spain, *torta de Santiago* is easily distinguished by the icing sugar imprinted cross. *Torta de Amendra* is the richer, luxury version of the tart, and more expensive.

### ■ O CEBREIRO

#### ■ Tarta de queixo

This cheesecake is made from Cebreiro cheese and local chestnuts.

## MONDONADO

### ■ Tarta de Mondoñado

This elegant ancient town, founded in the 12th century, has its eponymous colourful tart of dried fruits, pistachio and almond. Sunday morning is the best time to visit the town, when the cathedral square becomes a lively market.

## CASTRO CALDELAS

### ■ Bica amantecada and rosquillas

East of the city of Ourense, a buttery sponge cake called *bica amantecada* and *rosquillas* (small doughnuts) are among the specialities made in the mountain village crowned by its castle.



Galicia has an array of speciality cakes, tarts and cheesecake

## SHOPPING

## A CORUNA

### Delicatessens

#### ■ Aniceto Rodrigues, Cantón Pequeño 23

Among the many treats offered are: Galician wines, *torta de amendra* and *fabada asturiana* (a casserole from neighbouring Asturias).

#### ■ Hercules

Franja, 54 Bajo

Sells Galician wines and cakes, ceramics, cheeses and tinned shellfish.

#### ■ La Té Coruñesa

Riego de Agua 8

Galician made chocolate, *torrón* (nougat), *augardente* (local alcoholic beverage).

## Food markets

**Mercado de San Agustine** and

**Mercados Coruñeses**

Open 8.30am-3pm, Mon-Sat

## SANTIAGO DE COMPOSTELA

### Delicatessens

These virtually line the streets in the city centre, selling similar produce. Small specialist food shops are more of a rarity. We found two, highly recommended, old-fashioned concerns, just off the main tourist-choked streets.

#### ■ Elena de Suarez Panadería

Rúa das Ameas 6

A tiny bakery that sells traditionally made bread.

#### ■ La Casa de los Quesos Artesanos

Boutizados 10

Farm cheeses, *chorizos gallegos* (hot Galician dried sausages) and wines.

## Food markets

**Mercado de Abastos** and **Plaza de Abastos**

Open 8am-2pm, Mon-Sat

## PADRON (gateway to the Rías Baixas)

### Sunday morning market

A vast street market that runs across the city. Padrón is famous for *pimientos de Padrón* (tiny roasted peppers), only available in summer.



Many tasty Spanish dishes on offer include a bowl of mussels with garlic and bay leaves

## GOOD PLACES TO STAY

Prices listed here are for the cheapest double en-suite room, including breakfast and taxes (unless otherwise stated), for an overnight stay in September 2009.

### A CORUNA

#### ■ Mariá Pita Hotel

Tel 0034 9812 05565

[www.meliahotels.com](http://www.meliahotels.com)

A modern comfortable hotel within easy walking distance of the historic part of the town and overlooking the bay. An excellent buffet breakfast is served in the smart restaurant. Bedrooms are elegantly furnished (ask for a sea view room).

Price €102 (£89)

Rooms 174

Facilities shops

Disabled facilities lift

### CAMBADOS

#### ■ Taberna Hostal a Traiña

Tel 0034 9865 24684

On the inland side of the coast road close to the town centre this well-maintained family-run hostelry with rooms is a great base for anyone on a strict budget. The bar and restaurant are neat and large bedrooms are bright and clean.

Price €50 (£43)

Rooms 6

### FERROL

#### ■ Parador de Ferrol

Tel 0034 9813 56720

[www.parador.es](http://www.parador.es)

Once a 19th century Admiralty building the handsome stone and stucco block is a smart hotel with small tastefully decorated lounges, bar and restaurant. Snug bedrooms have parquet floors and solid oak furniture.

Price €108 (£94)

Rooms 37

Disabled facilities lift, ramps, two wheelchair-adapted rooms

### ■ Parador de Cambados El Albariño

Plz Calzada

Tel 0034 9865 42250

[www.parador.es](http://www.parador.es)

An 18th-century aristocrat's mansion close to the main square and the sea. The low-slung house is set in a large garden, with a tennis court and unheated pool. The plush and inviting interior has a long timber-beamed carpeted lounge and elegant restaurant and bar. Large bedrooms have armchairs and are smartly turned out with matching dark-wood furniture and a French balcony at the large windows.

Price €117 (£102)

Rooms 58

Facilities pool, tennis court

Disabled facilities two wheelchair-adapted ground-floor rooms, lift, ramps

### LEIRO

#### ■ Monasterio San Clodio

Tel 0034 988 601

[www.monasteriodesanclodio.com](http://www.monasteriodesanclodio.com)

Way out in the sticks, this huge monastery is now an upmarket hotel. The smart lounges, bar and restaurants are furnished minimalist-style and the bedrooms are cavernous and tastefully furnished. The best rooms have large windows.

Price €85 (£102) room only

Rooms 25

Disabled facilities lift

### MONTFORTE DE LEMOS

#### ■ Parador de Montforte de Lemos

Plz Luis de Góngora y Argote

Tel 0034 9824 18484

[www.parador.es](http://www.parador.es)

Perched at the top of a steep-sided hill, the lofty 9th-century monastery, now a swish hotel, overlooks the town and surrounding countryside. Plush lounges and the formal restaurant and bar radiate off the glass-screened cloister. Bedrooms are large and tastefully furnished.

Price €112 (£97)

Rooms 43

Facilities pool, gym, Jacuzzi

Disabled facilities two wheelchair-adapted rooms

### PONTEVEDRA

#### ■ Parador Pontevedra

Tel 0034 91516 6666

[www.parador.es](http://www.parador.es)

This 17th-century baron's mansion is now a superb hotel with formal courtyard gardens. The splendid interior is kitted out with elegant carpets and antique furniture. The elegant bar and restaurant extend o a terrace that overlooks the garden. Bedrooms are large and sumptuously colour-themed in burgundy and cream.

Price €117 (£102)

Rooms 47

Facilities games room (cards, chess, etc)

Disabled facilities one wheelchair adapted room, lift, ramps

### ■ Rúas Hotel

Sarmiento 37

Tel 0034 9868 46416

[www.hotelruas.net](http://www.hotelruas.net)

In a smart 18th-century house, this budget option is at the end of a terrace on a pretty square. Bedrooms are simply furnished (the front rooms overlook the square).

Price €45-£53 (£30-£46). Breakfast €5

Rooms 20

Disabled facilities lift

## SANTIAGO DE COMPOSTELA

### ■ Airas Nunes Hotel

Tel 0034 9024 05858

[www.pousadasdecompostela.com](http://www.pousadasdecompostela.com)

Housed in a large 16th-century house the Airas Nunes Hotel is just 50 metres from the cathedral. There are no public areas here, but the bedrooms are beautifully designed. Antique furniture and pieces of exposed wall revealed from stucco walls lend a showy class to the rooms. Below the hotel, a restaurant serves breakfast, lunch and dinner.

Price €80 (£69)

Rooms 13

Disabled facilities not suitable for people with mobility problems

## GOOD PLACES TO EAT AND DRINK

With a bountiful choice of epicurean delicacies, the ancient gaelic province of Galicia is ripe for foodie exploration.

### A CORUNA

#### ■ A Taberna de Cunqueiro

C/Estrella 22

Tel 0034 9812 12629

Coins litter the stone-exposed wall crevices in this cool seafood restaurant. A family favourite.

Mid-range prices

### ■ Coral

Callejón de la Estecada 9

Tel 0034 9812 00569

Intimacy and style characterise one of the town's top seafood restaurants. Expensive option

### CAMBADOS

#### ■ Los Amigos

C/Real 7

Tel 0034 9685 20676

Honest, tasty seafood dishes made from local ingredients in an old-fashioned and friendly hostelry. Cheap and cheerful

### FERROL

#### ■ Pataquiña

C/Dolores 35

Tel 0034 9813 52311

The dining room might be simple and functional, but the Galician speciality seafood dishes are to be savoured. Mid-range prices

## LEIRO

### ■ Monasteiro San Clodio

32420 San Clodio

Tel 0034 9884 85601

[www.monasteriodesanclodio.com](http://www.monasteriodesanclodio.com)

Lavish fare served up by eager waiters in a smart minimalist dining room (see 'Good places to stay'). **Top-notch**

## MONTFORTE DE LEMOS

### ■ Parador de Montforte de Lemos

Plz Luis de Góngora y Argote

Enjoy a modern twist on traditional

Galician dishes in sumptuous surroundings

(see 'Good places to stay'). **Expensive**

## PONTEVEDRA

### ■ La Navarra

Princesa 13

Drink wine straight from the barrel and chomp on smoked sausages from León province in this old-fashioned bar. **Cheap and good value**

### ■ Casa Filgueira

Plz da Leña

Tel 0034 9868 58815

Hearty meals of traditionally prepared food in an intimate first-floor dining room.

**Mid-range option**

## SANTIAGO DE COMPOSTELA

### ■ Casa Marcelo

Rua Hortas 1

Tel 0034 9815 58580

The true art of modern cuisine is to be savoured from one daily menu. **A special treat**

## RECOMMENDED GUIDEBOOK AND MAP

### ■ Northern Spain,

Cardogan Guides, £14.99  
(ISBN 978-1-86011-395-6)

■ *Michelin 571 Regional España*,  
£4.99 (ISBN 978-2-06-100887-4)

### ■ Spanish Tourist Board

([www.spain.info/](http://www.spain.info/))

