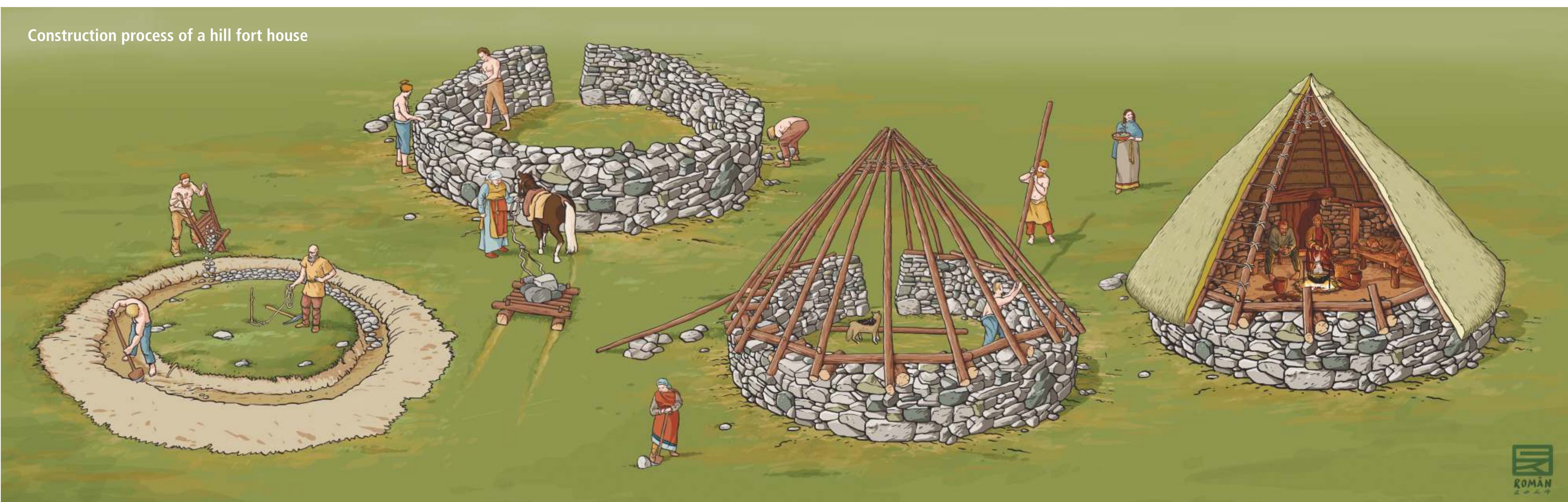




Canelas-Punta Cabicastro coastal trail

Coastal trail of Sanxenxo



Cabicastro Mountain and Headland

It is easy to guess the reason for the name of Cabicastro, since at the highest point of its summit there was a coastal hill fort of great antiquity. (castro from the Latin castrum: hill fort)

Located in strategic places and with spectacular views, the forts are pre-Romanesque fortified villages (from the 8th century BC to their progressive decline from the 2nd century AD onwards) that show the type of habitat of their dwellers. They also have a magical dimension, since, being in high areas they were believed to facilitate the contact with the afterlife.

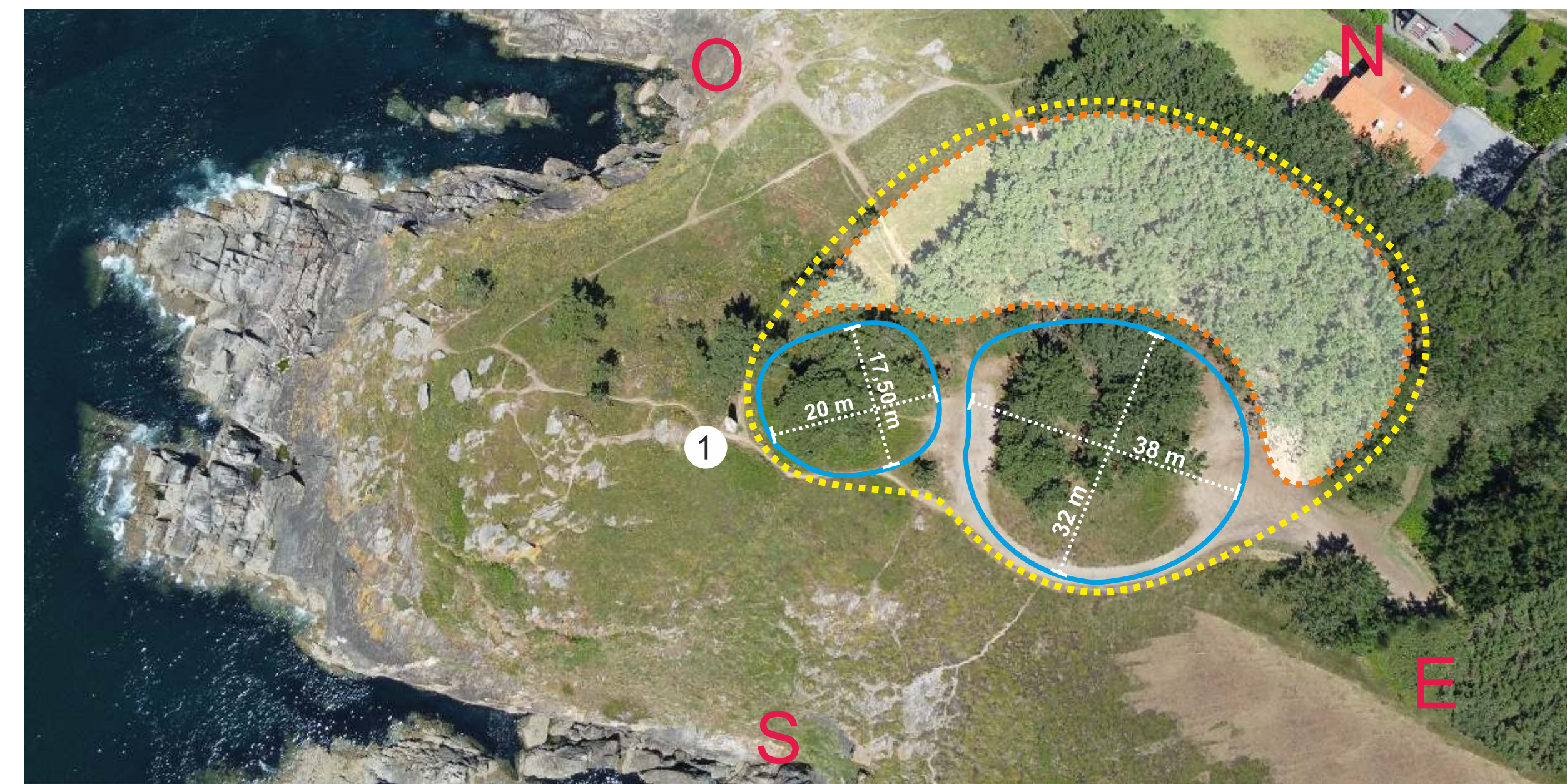
These vestiges of the hill-fort culture show buildings with circular or oval plants without streets, crop areas (wheat, legumes, flax, millet and barley) as well as areas for sheep and cattle farming. They were surrounded by moats and walls and with a single entrance to facilitate access and defense, thanks also to their excellent peripheral vision.

They consisted of a "croa" or upper area, which was surrounded by a series of terraces arranged downwards where the homes were located. The settlement was walled and often also protected by moats and parapets and even towers.

The Punta Cabicastro settlement presents a great alteration in its structure, both in the "croa" and in the terraces that surround it.

It consists of two main enclosures or "croas", in a shape that resembles a figure 8. These "croas" were protected by the cliff itself in the south and southwest, and in the north and east by the arrangement of several terraces and moats.

The two "croas", or main enclosures, were of different sizes, one clearly smaller than the other. The smallest of approximately 350 m² was located further west; The largest "croa" reached 1,266 m² and was located towards the east. To the north of the "croas" there were up to three terraces, the second of which would be a defensive parapet on the external face of the moat, now missing but recognizable by an inflection of the land. To the northwest we can also see two terraces. To the south, the natural fall of the terrain made the construction of defensive structures unnecessary.



Approximate boundaries of the hill fort

Terraces and moat area
Cardinal points



Punta Cabicastro is a natural space with a great abundance of pine trees, pure air and nature. The particularity of Mount Cabicastro is that its woods end right on top of the sea, a cliff coastline like few others in the entire Estuary of Pontevedra, similar only to Punta Faxilda, also in the municipality of Sanxenxo.

The highest point of Mount Cabicastro reaches 57 m. Around its perimeter we can see large cliffs battered by the winds and waves of the ocean, especially harsh in the winter months. These conditions justify the large number of furnas (sea caves) and the occasional rockfalls over the sea.

Punta Cabicastro and, on the other side of the estuary, Punta

Centolira, mark the entrance to the Pontevedra Estuary. But due to the SW orientation of this point, the outer area of the estuary up to the islands of Ons can be seen better (about 130 km²).

In the sharp rock formation of O Coitelo (knife in Galician) at the Point of Sefexeiros we will obtain a fantastic view of the beaches of Montalvo and Paxariñas. Towards the south we have the mouth of the Pontevedra Estuary, Cape Home and Cape Sillero, already at the corner of the Vigo Estuary. In addition, we can contemplate three of the four archipelagos belonging to the Maritime-Terrestrial National Park of the Atlantic Islands of Galicia: the Cies Islands (17 km to the south), the Ons islands (7 km, centre) and Salvoira Island (17 km to

the north).

At the top there is a three-meter cement obelisk that could date from the first decades of the 20th century and could have been used as a signaling beacon to calculate the speed of a ship or to mark their position at sea. (On the graphic representation on the left, we have left a reduced version of the obelisk (1) to help you locate the hill fort).

Information phones

Local council: 986 720 075
Local Police: 986 727 072
Civil Guard: 986 720 252
Baltar Health Center: 986 727 072
Emergencies: 112

Data route

Route type: natural
Length: 2,08 km
Estimated duration: 1 h 15 min
Difficulty: medium



Code of conduct

- Fire is absolutely forbidden.
- Respect animals and plants, however insignificant they may be. It's better to take notes and photos than specimens.
- Enjoy the route on foot.
- Don't throw litter on the ground.
- Walk your dog on a lead and do not forget to collect its excrements.

ADEAC

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WHAT ARE THE BLUE TRAILS?

The Blue Trails program is an initiative promoted and developed by the Association for Environmental and Consumer Education (ADEAC). The objective of the program is to reward, through the Blue Trail award, the recovery and enhancement of trails and itineraries throughout the national territory, transformed into valuable resources for environmental interpretation and the enjoyment of nature. The Blue Trails are ideal places for environmental awareness, understood as a tool that contributes to social change.

ADEAC's Blue Trails allow for the simultaneous enhancement of the conservation of already humanized environments and the interpretation of natural and cultural heritage, using the Blue Trails as resources for conservation and environmental education through the realization of recreational, sporting, tourist and leisure activities.