

## Baamonde - Miraz

As you leave **Baamonde** through the roundabout at the town centre, towards the old main road to A Coruña, you have to follow that road for 3 kilometres, parallel to the River Parga and the railroad. You have to cross the Puente de San Alberte and reach the chapel of the same name, where you will find a fountain.

You continue walking through a forest of “carballos” (oak trees), the typical Galician tree now replaced in many areas by pine and eucalyptus trees. The village of **Carballedo**, in the municipality of Guitiriz, offers a Punto de Apoyo al Peregrino (Pilgrims’ Support Office), properly signposted. This initiative by a local woman offers pilgrims free internet access, the opportunity to stamp their Credential, as well as information and provisions. There is also a new hostel in this area.

You have to continue towards **Seixón**, in the municipality of Friol, and then cross the River Parga again to reach **Miraz**, either on the road or onto a footpath that takes a longer detour.

### El consejo del cartero

“The Torre de Miraz, an old medieval fortress, is attached to an 18th-century manor. It is now a private home, the tower houses heirlooms, an archive and a library. In the month of March, we celebrate the “Feira do Queixo e do pan de Ousá” in Friol. Our cheese is under the denomination of origin Arzúa-Ulloa, a typical product of this area, together with the Pan de Ousá, from an area in the municipality where there is a long tradition of bakers who sell their bread all over the street markets and fairs in Lugo. A monthly market is held every first Sunday of each month”. **José Ramón Busto, Correos of Friol.**

### Teléfonos de interés

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