

Lourenzá - Gontán

This section begins in **Lourenzá**, going up with some respite here and there towards the area of Arroxo, where you will find the N-634, which will take you to Carballal. After that, you have to take a detour to the chapel of Nuestra Señora de Guadalupe.

Down in the valley, you will see the town of **Mondoñedo**, with its wonderful architecture, one of the 7 capitals of the ancient Kingdom of Galicia. The cathedral of Santa María is mainly built in Gothic style, with an impressive rose window on the main façade, though some parts are Romanesque and others are built in Renaissance style. Apart from the Cathedral, the old town also offers the beautiful Praza da Catedral, the chapel of Os Remedios, the seminary of Santa Catalina and the old Town Hall.

Once you finish your visit to this beautiful town, you can leave going past the Fonte Vella towards **Lousada**, an 8-kilometre stretch on a quiet local road. You should take some provisions with you before you start this part of the section, which alternates mild climbing and level walking. From Lousada, you cross the Creek Carballo and carry on until **Gontán**, already in the municipality of Abadín, where you can find all sorts of services.

El consejo del cartero

“You should stop in Mondoñedo to taste one of its famous “O rei das tartas” cakes and to see the cave of Rei Cintolo, the longest cave in Galicia (7.5 km). The cave is located in Supena (Argomoso, very close to Mondoñedo) and it contains several halls and galleries inside, a small lake and underground rivers. You can visit the cave after obtaining permission from the Tourist Office in Mondoñedo. On the top of the town, once you enter, you will find the park of “Os Remedios”, one of the oldest “Alamedas” in Spain” **José Claro, Correos of Mondoñedo.**

Teléfonos de interés

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