

## Granja de Moreruela-Tábara

The first section brings pilgrims from the Vía de la Plata to the Sanabrian Way, so that they may follow it instead of the French Way. The section starts at the village of Granja de Moreruela from behind the parish church and goes along a road towards Ourense beside the stream of Laguna. If you follow the signs, you will find yourself climbing a soft slope to then go down towards the river Esla, over the bridge of Quintos.

After 8 kilometres going uphill, you will reach the mountaintop with a great view over the area. From there, you go down across the Finca Val de la Rosa to continue on paved paths to the village of Faramontanos de Tábara, where you will find the 13th-century church of San Martín and its Romanesque sculpture of Jesus Christ in the altarpiece. At this point, twenty kilometres are already behind you. Thus, those who want to have a more relaxed section may spend the night here.

If you want to continue you need to get provisions and walk 5 more kilometres to Tábara, past the stream of Molino, to find the church of Santa María, an artistic and historic monument. You can also have a look at the statue of the local poet León Felipe in the Plaza Mayor, the façade of the Renaissance palace of the Marquis of Tábara, and the convent of La Asunción, which was used as a chapel for the palace.

This area still has many traditional buildings, traditional ovens to bake bread, farmyards, washhouses, river mills... and is home to many rare species such as vultures, Egyptian vultures, storks and otters.

### El consejo del cartero

“From Tábara you can admire the wonderful landscape of the Sierra de la Culebra, visible from any spot in the county. This mountain range offers interesting fauna, with sightings of deer and roe deer. In the winter, you can enjoy the so-called berrea, their mating ritual in which stags deliver strong guttural sounds and fight with their huge antlers. Typical of this area is also the “chuletón alistiano”, beef steak of local cows from Aliste”. Ana Esteban, **Correos de Tábara**.

### Teléfonos de interés

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#### Ayuntamiento de Tábara

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