

Ourense - Cea

You leave **Ourense** through the Roman bridge, where you will have two options for the section: to your right, through Tamallancos, and to your left through Canedo. Both have similar ups and downs and are properly signposted.

Through Tamallancos, you will have to walk one extra kilometre and reach **Cudeiro** after a strenuous climb that will, however, offer you some great views over Ourense. Past the chapel of San Marcos, you cross to the area of Outeiros da Forca, and the Camino continues for 5 kilometres until **Tamallancos** itself, with the church of Santa María and services for pilgrims. You continue through the municipality of Vilamarín, over the medieval bridge of Sobreira, across the River Barbantiño. After Viduedo, you reach **Casanovas**.

Through Canedo, you go past Ourense's railway station, you cross the lines and climb the Costiña de Canedo. You reach Castro de Beiro, walk past **Reguengo**, where you will find La Parada del Peregrino. This beautiful path takes you to Puente Mandrás, a medieval bridge over the River Barbantiño. You cross Mandrás and end up in Casanovas.

Both paths join in this village, from here you have 2 kilometres left to Cea. While Galician bread, in general, is famous for its quality, the bread from Cea, in particular, is especially highly regarded and tasty. It has a Denomination of Origin and is baked in wood-fired ovens in a process that has not changed much over the centuries. You should try it and after that visit the village's Praza Maior, where you will see the clock tower.

El consejo del cartero

"In Cea we are famous for our bread, so please do not leave without trying it. We have a tour around the bakeries, the Ruta dos Fornos, where you can see ovens from different periods. The Clock Tower, with four clocks, one on each front, and four water pipes is also remarkable. Pilgrims usually gather around it". **Purificación Fernández, Correos of Cea.**

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