



NARÓN

at a glance

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ENGLISH

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NARÓN AT A GLANCE

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NARÓN

at a glance

In this guide, we see Narón as it truly is: a lively, dynamic, extensive and exciting city filled with charming sites. Some of these are well known, but there are many others that are great unknowns and come as authentic surprises to travellers.

Delight in the architectural jewels, the unique natural spaces, the magical mills and streams, the bustle of the shows and relentless culture, the intensive sporting activities, the living art, the energy of the fairs and horses, the unparalleled sweet peppers, the thriving commerce, the vital industry and progress, the dynamism of the streets and people, and the waters, rivers, the sea... Narón is much more than you ever imagined. Take a glance and discover it.



Without a doubt, this is one of the most magical places in Narón

CULTURAL, ARCHITECTURAL AND ETHNOGRAPHIC HERITAGE

PENA MOLEXA

A unique element on the mount known as “Monte da Lagoa” is the Pena Molexa megalithic site, which is considered to be a heritage landmark due to its location, its relationship with the surrounding territory, the construction technique used to erect it and the articulation of its elements, and was possibly dedicated to an old ritual used to worship the dead. The site is an unparalleled material entity in Western Europe and fully documents the lunar funeral rite. Pena Molexa is the tangible reference to a symbolism-rich territory that is intended to be lived as a magical experience. It is surrounded by many legends, the most well-known being the “Lenda da Moura”; a story about a witch who knows secrets about the earth and the afterlife.



Recreation of the Castro of Eiravedra

CASTROS

Narón is filled with these vestiges of the past (a “castro” is a Neolithic fortified settlement): **Castro de Quintá** (Lugar de Quintá, **Santa María a Maior** do Val parish), **Castro da Cruz do Castro** (San Mateo de Trasancos parish), **Castro de Sequeiro** (San Xiao parish), **Castro de A Revolta** (Santo Estevo de Sedes parish), **Castro de Os Vicás** (San Xiao parish), **Castro da Ermida** (San Salvador de Pedroso parish), **Castro de Santa María do Castro** (parish of the same name), and **Castro de Vilasuso** (Santa María A Maior do Val), all of which are private property and may not be visited.

Visits to **Eiravedra**, the dominant castro of Narón, are permitted. The castro dominates the landscape and the territory, from the Pedroso valley to the Xuvia estuary and the lands of San Sadurniño. It has an oval shape and a wall on its inside with an embankment facing outward.

The **Castro do Petouzal** (O Couto) is a sort of coastal settlement that, in its day, used the estuary as a source of food with its fisheries, etc. The only remains from this castro are the walls, being some ten metres in height, and the moats, being five metres deep. These remains are located along the southeastern side, facing the Trasancos valley.



View from the Monte dos Nenos

MONTE DOS NENOS

The prehistoric necropolis of the Monte dos Nenos, with at least 14 burial mounds, is located in the Santo Estevo de Sedes parish, occupying the plateau of the mountain, at 300m above sea level.

This type of monument is representative of the first monumental architecture in Galicia and is also a cultural phenomenon that unites Galicia with Europe's Atlantic façade. Created to endure over time in this location and beginning during the Neolithic period, these structures modified the landscape and humanised it in such a way that it is possible to call them "burial grounds for the living".

These burials were mainly based on a collective funeral rite, with the deceased being accompanied by different ritualistic objects: stone axes, arrow heads, necklaces, ceramic jars, etc.

A large percentage of the burial mounds on the Monte dos Nenos are supposedly from the so-called megalithic era due to the large burial mounds and burial chambers (dolmen).



Apse of the monastery of O Couto. Detail



San Salvador de Pedroso church and stone cross

MONASTERY OF O COUTO

Located along the Jacobean route on the English Way to Santiago de Compostela, its origin dates back to the reign of Ramiro I, in the mid- 9th century. With the Counts of Traba, in the middle of the 11th century, it was reborn, although its era of greatest splendour was in the 12th century with the Cluniac Reforms, when the Romanesque church was built. The building of the current monastery of San Martiño de Xuvia began around the 12th century. Next to the monastery, declared a National Artistic Monument by the Spanish Ministry of Culture, is the church of San Martiño, whose construction dates back to the 12th century, although its façade and tower are from the 18th century. It is owned by the Mondoñedo-Ferrol diocese.

CHAPELS, CHURCHES AND STONE CROSSES

The church of **San Lourenzo de Doso** has an eye-catching 16th-century barrel vault, which welcomes visitors to this ancient place of worship. Today it is virtually in ruins, but elements such as its bell tower continue to maintain their beauty in this model of a Galician parish church.



Church of San Estevo in Sedes



Chapel of San Vicente de Placente



Chapel of Santa Margarida do Val

The church of **San Salvador**, located in the parish of Pedroso, is the heir of the ancient and now long-gone monastery of Pedroso, which was in its splendour in the 13th century. Some elements of the monastery remain in its interior architecture. The figured stone cross in the atrium, the only one in Narón having a pousadoiro (a place on which the body of the deceased could be laid), was created from serpentine rock, which came from the quarries of Moeche.

The chapel of **Santa Margarida do Val** was created in the shelter of the Andrade family in the 15th century and is one of the most ancient chapels in the municipality. It is located on a rural site, has a rectangular shape and situated inside the main nave is a low vault. Nearby this building, it is possible to visit the cruceiro (stone cross) and fountain of Santa Margarida, with the spouts of Santa Margarida and Santa Lucía.

The **chapel of the O** recalls times of drought when the Virgin of the O was taken out during processions in order to pray for rain. Even though it didn't always work, the strong devotion of the locals led to the creation of this simple chapel in her honour and a procession was established that continues even today. Outside of the chapel of the O we find the Chao Bridge and the mills of Perfecto and Chao.



Pazo-convent of Baltar



Chapel of the Sagrado Corazón in the pazo of Baltar



Pazo of Baltar. 16th-century stone coat of arms

THE BALTAR CONVENT

Located within the rural centre of Baltar, its original construction was the work of Juan Pardo e Andrade during the late 16th century, granted by the late Marchioness of San Sadurniño, María da Natividade Quindós e Villarroel, to the Claretian missionaries in 1910. Of the original structure, today only two large crests or emblematic stones carved in masonry remain.

The convent was later modified to include the chapel of the Sagrado Corazón (Sacred Heart) and a Baroque-style fountain. Near Baltar, there are also various medieval houses such as Quintá and the impressive collection consisting of the chapel of Santa Margarida from the 16th century, the stone cross and the fountain with two spouts.



Pazo do Vento



Chalet Antón, municipality property



Pazo of Nelle

MANSIONS AND PAZOS

The **Pazo do Vento** (“pazo” is the Galician word for a manor house) is a mansion made of quarry stone, having numerous architectural details inside. This includes the grand stone staircase and a typical Galician stone fireplace. Its exterior details, including a typical granary (“horreo”) with pilasters and a large polygonal dovecote/leisure area, show the image of the very nobility who had it built.

The **Pazo de Libunca**, the mansion of A Pena de Embade, was created by the Montenegro family in 1922. It has a clear modernist style. Considered modern at the time of its creation, the pazo still maintains columns and terraces, which were decorated using ceramics from Talavera. It is known as the *Cabezas* chalet.

The **Chalet Antón** is a building that was created in the early 20th century and was restored in 1982. The main façade includes ornamentation on the mouldings, impost blocks, capitals and the balustrade in the portico.

The **Pazo de Nelle**, the summer houses of the Pita Romero and the Freire families, as well as that of the Román family, which evokes a Romantic French style from the late 19th century, are some of the many examples of the mansions that exist in this municipality.



As Aceñas mill



Pedroso mill



Xuvia mill

MILLS

As we follow the course of the Freixeiro River, we come upon the **Amenadás mill**, which continues to function today. Created last century, this construction includes a technological advance of great interest, the turbine mill, which takes full advantage of the water and was created for shallow water courses.

The **As Aceñas mill** is a tide mill created in the late 18th century, promoted by a company owned by Galician and French businessmen, and was one of the largest flour factories of Galicia over the 19th century.

The **Xuvia mill**, in 1858, was the country's main mill in terms of production capacity coming from a mill of this sort. It received wheat by boats and exported flour to the Baltic states, America and Santander. This flour mill went on to become a paper factory.

The **Gradaílle mill** dates back to the 1950s. Located on the banks of the Xuvia River, in the parish of San Salvador de Pedroso, this flour mill is also known as the Entrerríos mill.

The **Pedroso mill** and its surroundings are an exceptional recreational area, which includes a campsite, a picnic area, a car park and a reconstructed and functioning mill, which can be visited and which acts as a true interpretation centre of our ethnography.



General view of the theme park facilities



Aldea Nova carries out activities directed toward understanding our origins

ALDEA NOVA

Opened to the public in January 2008, the Aldea Nova rural world theme park is located on the Monte dos Nenos (Sedes). In these 35,000 square metres of space, life, as it used to be, is recreated in a typical Galician-style village. Here, you can find a hostel with space for 50 people, a village house in which the ethnographic museum is located and a farm with all sorts of different animals. This expansive natural park promoting native Galician culture is an exclusive, authentic and living product that is constantly evolving. It is a display exhibiting the recovery of the Galician identity and strives to preserve the values of the Galician territory and environment.



The magnolia grandiflora has been witness to life in Narón for over 200 years

NATURAL SURROUNDINGS

CENTURY-OLD MAGNOLIA TREE

The magnolia grandiflora of Santa Rita de Xuvia, with its more than six metres of trunk perimeter, is the largest in all of Galicia and possibly in Spain.

The Municipality of Narón, in the Urban Plan approved in 2002, granted it full protection. Later, in 2007, the Regional Government of Galicia, upon including it in the *Catálogo de Árbores Senlleiras de Galicia* (Catalog of Unique Trees of Galicia), under number 58A (the only one in this area), granted it regional protection.

Both the magnolia tree, as well as the estate where it is located, have always been and shall continue to be private property; however, their use and upkeep were granted to the Municipality of Narón by the owners.

Although it is difficult to put an exact date on when the tree was planted, it dates back approximately 200-220 years, that is, to the late 18th century. According to diverse sources, it was brought here from another location in Europe by a Spanish ambassador, most likely Eugenio Izquierdo, who was the director of the Royal Mint (copper mint) and who was extremely educated in many areas of science, including botany. He travelled across Europe during these dates and became a plenipotentiary ambassador with the purpose of signing a peace treaty with England after the Battle of Trafalgar.



Banks of the Xuvia River



Floodgates in the Presa do Rei

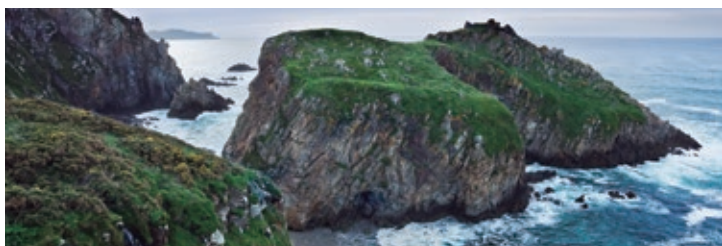
XUVIA RIVER

Made up of the banks of the Xuvia and Castro Rivers, the space extends over 2,074 Ha and is included in the Natura 2000 Network, SCI (Sites of Community Importance) and SPA (Special Protection Areas for Birds), thanks to its natural and ecological interest. One of the most picturesque natural spaces in Narón is the Xuvia River, whose final stretch borders the Monte de Ancos and widens as it reaches the Presa do Rei, the dam that used to supply water to the Royal Mint of Xuvia and to the mill.

The **Presa do Rei**, with its large trees leaning over the water and its roe deer drinking from its banks, also has beautiful falls, created where the Grande River flows into the Xuvia estuary. The Presa do Rei dam was built during the reign of Alfonso XIII. This natural space is one of the most emblematic spaces for pilgrims taking a walk through Narón. The forests of the Xuvia banks create a unique ecosystem.



Bridge over the estuary and the Xuvia promenade



Narón coast. Pena Lopesa between the coves of O Casal and Lopesa

XUVIA PROMENADE

Located to the right of the Xuvia neighbourhood is its marine promenade, with a bridge that joins the riverbanks of Narón and Neda. It is a magnificent place to sit down, observe, spend some relaxing time and watch as all sorts of people come and go, in an oasis where you can play, do sports and walk next to the estuary while you enjoy the views and the tranquillity.

BEACHES

The small coves of O Casal, Lopesa and A Hortiña are situated in a rural, virgin and isolated area, have white sand and are in the shape of a shell. With strong winds and high waves, these coves are ideal for looking at the waves, the mountain landscape and the nearby beaches of Covas and A Frouxeira.

They are the ideal spot for nature lovers and those seeking out less populated spaces.



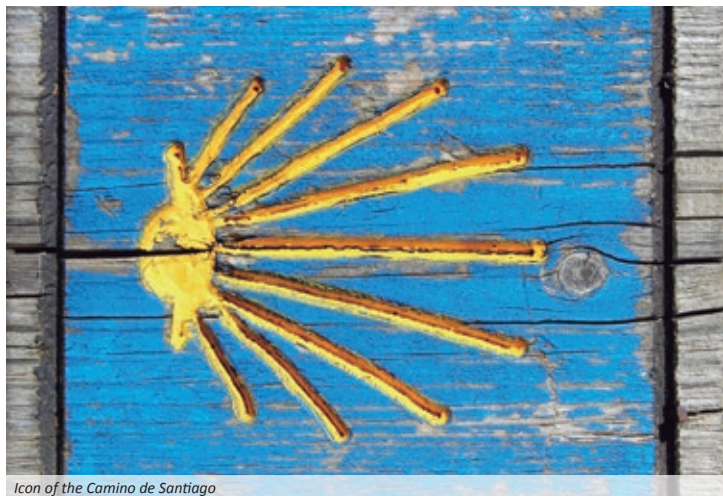
Recreational area of the Pedroso mill

PEDROSO RECREATIONAL AREA

The perfect place to spend a day with the family next to the Xuvia River, whose perimeter is an almost entirely Protected Natural Area (*Coordinates: 43° 31' 16.66" N - 8° 06' 40.03" W*). It is an idyllic stopping point, with its campgrounds, river beach, restored ancient mills, children's park, dining tables, barbecue pits, green areas, walking paths, bridges, etc. It can be reached from the Ferrol-Vilalba AG-64 dual carriageway, heading in direction of Xuvia via the AC-862 and then turning off towards the signalled area at 1 km. It can also be reached through Neda on the Coruña-Ferrol motorway.

FREIXEIRO PARK

This site transforms an urban environment into a friendlier space. Today, in addition to the walking paths, benches and illumination, the park also has an extensive green area and play area for children.



Icon of the Camino de Santiago

ENGLISH PILGRIM'S WAY TO SANTIAGO DE COMPOSTELA

With its generous spirit of welcoming pilgrims and with it being well-equipped to do so, the city of Narón is one of the starting points for many who begin their journey on the English Way to Santiago de Compostela. NARÓN 100 is a stone milepost that marks the remaining

100 km left to reach the capital of Galicia and is the starting point for many pilgrims who, from here, begin to enjoy every step of their journey.

Narón offers all the comforts and services that any pilgrim could need: almost 600 hotel rooms in both urban and rural areas, including those adapted for people with functional limitations; establishments whose priority is to provide a quality and personalised service to their customers; and cuisine with local products ensuring culinary excellence, such as peppers from O Couto, seafood from the estuary, grilled fish and seafood and Galician octopus.

Throughout history, Narón has been a witness to the passage of pilgrims to Santiago de Compostela. Pilgrims here first come across the monastery of San Martiño de Xuvia, also known as the monastery of O Couto. Declared as a BIC (Asset of Cultural Interest) under the category of Historic-Artistic Monument, this emblematic building is the starting point for the Way to San Andrés de Teixido, another pilgrimage route with which the Jacobean Route shares part of the initial route. Despite the year of its foundation being unknown, this monastery is linked to important episodes in the history of Galicia, and was one of the most important monasteries in Spain in the 12th century.



The next site pilgrims find is the As Aceñas mill, which was declared a Royal Flour Factory by Charles IV in 1798, and which was part of the important French industrial milling network in the 18th century. In its day, the mill used the combined energy of the rivers and tides from the water that it accumulated in its large dam. This dam was the largest of its kind in Galicia and the entire Iberian Peninsula and allowed the mill to mill enormous quantities of wheat. It was the last of the great industrial mills from the Age of Enlightenment to stop its production. Before leaving Narón, pilgrims are met with two final surprises, which give them a second wind to tackle the rest of their journey. The Xuvia mill, which was built in 1775, became the main water mill in the country in terms of production capacity at the beginning of the 19th century. The mill was able to supply flour to the whole region and also exported great quantities of surplus flour.

Finally, as a last goodbye to this stretch of the English Way, pilgrims marvel at the century-old magnolia tree of Xuvia. This incredible *magnolia grandiflora* specimen is part of the *Catálogo de Árbores Senlleiras de Galicia* (Catalog of Unique Trees of Galicia). With the perimeter of its trunk measuring more than 6 metres, this tree is the largest of its kind in Galicia and is one of the oldest on the continent.

It is precisely this magnolia, the longest-living resident in the region, that bids a fond “Until next time” to our pilgrims, who continue on their journey to Santiago after having enjoyed their time in Narón. It is truly our honour to host so many pilgrims on their various routes.



Pena Lopesa

ROUTES (rutas.naron.es)

PENA MOLEXA-MONTE DA LAGOA TRAIL

Narón has several geolocated and marked out routes of great cultural, historical and patrimonial interest, among which the trail from Pena Molexa to Monte da Lagoa stands out. In addition to the breathtaking views and unspoilt nature, this route introduces us to the Artabrian coast, which is known for its geological interest due to the variety and age of its rocks.

The whole area is declared a Site of Community Importance (SCI) due to its ecosystems and particularities. Highlights on the route are: Pena Molexa, an extraordinary monolithic monument that marks the rising of the full moon from the summer solstice during the Metonic cycle; Pena Lopesa, Campo do Aveal and O Casal, all three on the coast between the chapels of Santa Comba and San Andrés de Teixido (sanctuaries and places of pilgrimage for the Galicians, full of legends and mysticism). There is also the 'Monte da Lagoa' territory, which is looked over by an early Neolithic causewayed enclosure.

Pena Molexa is a unique megalithic complex that consists of a lunar disk-shaped rock placed on huge boat-shaped rocks. There is no other megalith in Galician with quite as many legends, which are all based on the Celtic concept of sacred sovereignty.



Pena Molexa

The Pena Molexa megalithic complex stands out for its location, its energy and the way in which it was constructed and erected, and is considered to be an astronomical observatory that dates back to before the Cromlech of the Almendres in Portugal (8,000 years old) and the famous Stonehenge (5,100 years old).

Pena Molexa would also have had the function of a *Pousadoiro*, and would have been used for funeral processions (a tradition that is still alive today) to stage the collection of the king's soul after passing a test by the Moura (woman from Galician mythology) and later transporting it in the lunar boat to omóríka (the afterlife).



Recreational area of the Pedroso mill

RUTA DOS MUÍÑOS TRAIL

The ruta dos muíños trail offers a route that combines great historical and culturally important landmarks with landscapes that allow you to enjoy the unique beauty of the surroundings.

From the monastery of San Martiño de Xuvia to the recreational area of Pedroso, this route passes through many places of historical and scenic interest.

Walk along the estuary and the Xuvia river and enter the legendary parish of Doso next to historic mills, dams, bridges and ancient churches. Discover the remains of the important industrial network that once supported a vast number of mills which, through their use of all the natural energy sources in the area, allowed for the creation of tanneries, paper factories and mints, which resulted in a true industrial revolution taking place in the region.



Sanctuary of San Andrés de Teixido



The fish, a symbol of the Way to San Andrés de Teixido

OLD WAY TO SAN ANDRÉS DE TEIXIDO

All of Galicia, and even those from outside of Galicia, make the pilgrimage to San Andrés de Teixido, but the classical way and that which used to be filled with pilgrims making their journey to Teixido both began in Narón, at the monastery of O Couto. The Old Way to San Andrés de Teixido is a very special route for the Galician people. It is a journey through time that brings spirituality, legends, archaeological footprints and magical experiences.

Among the miraculous environment boasting cliffs and unique plant and animal species, you will find churches, chapels and stone crosses mixed with submerged cities, lost souls, miraculous fountains, legends and traditions. Let the spirituality and supernatural beauty of this unique experience run through you and you will surely leave with lasting memories. The legend is well known to all: Christ was travelling across the world and, tired from walking, stopped in Teixido. In order to regain strength, he took an apple and when he opened it, he found San Andrés (Saint Andrew). The Saint complained bitterly about his situation as he had been forgotten about and abandoned in those far away lands. Christ took pity on him and promised him that his pilgrimage would be the most visited, since no one, dead or alive, would fail to make it (“quen non vai de vivo vai de morto”).



The path begins in the atrium of the church of San Martiño. After heading 13 km across Narón, it is necessary to go another 29 km across the towns of Valdoviño and Cedeira. We begin by climbing up towards the hill of the Castro do Petouzal, covered in forest, then going down to the As Aceñas mill. Crossing the Castilla road, the path goes close by the Castro de Sequeiro, travelling across the Feal path and other paths leading to Pena de Embade.

Then it runs through the towns of Narón and Valdoviño: Carreria de Arriba, Monte Boeira, Carballo and the slopes of the Monte Esperón with its splendid views of the Trasancos valley, the Monte da Lagoa Mountains and the great sandy expanse of A Frouxeira.



O Trece Fair: thatched cottage and menhir recreation

ANNUAL EVENTS (confirm dates at turismo.naron.es)

OENACH ATLÁNTICO

Declared a Fiesta of International Tourist Interest in Galicia in 2014, this event is promoted by the Municipality of Narón and the Board of Culture. The Working Group of the Sedes neighbourhood also participates in this event. The highlights of the festival are the *Noite no Castro de Eiravedra* and the recreation of everyday life as it used to be in the Galician Celtic village.

The event is held in the meadow of Sedes on the last weekend of July from Friday to Sunday and includes various activities: The ceremonial lighting of the fire, the night of Galician music, the live museum recreation of life in the *castros*, the international and Galician artisans' fair, the demonstration of popular rural games, the gastronomic Oenach, the race of O Castro and the recreational space.

The Oenach Atlántico runs throughout the year with complementary programming: the village athaenaeum, workshops for the creation of elements and reproductions for the recreation of life in a castro village, etc.

CALENDAR

Carnival in Narón:

Place and date: A Solaina sports court. First Saturday of Carnival.

Details: Parade of Carnival Performance Troupes.

City of Narón Camellia flower show:

Date: February.

Singular Festival. International Theatrical Monologue Festival:

Place and date: Pazo da Cultura (Narón Cultural House). During the month of March.

Details: theatre festival promoting the discipline of theatrical monologue.

Narón May Festival (Os Maios):

Place and date: Piñeiros community centre and Praza de Galicia. Second week-

end in May. Details: the recreation of the traditional May festival with participation from the community.

Pork belly festival:

Place and date: Doso sports court. May.

With participation from the community.

Tripe festival:

Place and date: San Mateo sports court. May.

With participation from the community.

City of Narón Motorcycle Rally:

Place and date: Xuvia promenade - first weekend in June.

City of Narón Rally:

Place and date: Narón and neighbouring municipalities - second weekend in June.

Recreation of the legends of Pena Molexa:

Place and date: lugar de Vilasuso – O Val. Third Saturday in June.

Details: paratheatrical recreation of the legends of Pena Molexa with participation from the community and traditional music events.

Meat and Fish Barbecue celebrating Saint John's Eve:

Place and date: San Xiao sports court. Last Saturday in June.

Details: Community barbecue and traditional Galician folk music with participation from the community.

Alteada:

Place and date: Xuvia promenade. July.

Details: seafood festival with participation from the community.

Jazz de Ría Festival:

Place and date: Freixeiro river park. July.

O Couto Pepper Food Festival:

Place and date: carballeira and O Couto community centre, with participation from the community. July.

Night at the monastery:

Place and date: monastery of San Martiño de Xuvia. July.

Noites á Fresca (Nights Outside):

Place and date: English Way. July. Details: concerts.

City of Narón Rondalla* gathering:

Place and date: Piñeiros. July.

*A Rondalla is a music ensemble that plays plectrum instruments.

Verde que te quero verde:

Place and date: various community gardens in the municipality. Sundays in July.

Details: vermouth gatherings for family and adult audiences in the community gardens, with participation from the community.

International Folklore Festival of Narón:

Place and date: Freixeiro river park. Third Saturday in July.

Details: festival with the participation of different folk groups from around the world.

Oenach Atlántico in Sedes:

Place and date: exhibition grounds of O Trece - Sedes. Last weekend in July.
Details: recreation of the Celtic Galician way of life and musical, theatrical and gastronomic displays with participation from the community.

Gulliver Fest:

Place and date: recreational area of Pedroso. First weekend in August.
Details: travelling culture festival.

21 leguas (21 leagues):

Place and date: Xuvia promenade 7, 8 and 9 October.
Details: ultramarathon race over a distance of approx. 101 km, to be done on foot (walkers) or by mountain bike (ATB).

MOTIX. Children and Youth Theatre Show Narón:

Place and date: municipal auditorium, Pazo da Cultura and municipal infant schools. During the months of October and November.
Details: children and family theatre show for schoolchildren from all over the region.

Samhain in Narón:

Place and date: San Mateo de Trasancos sports court on 31 October.
Details: celebration of the traditional Samhain festival with the theme of the afterlife with participation from the community.

Recreation of traditional corn shucking:

Place and date: Doso sports court. Second Saturday in November.
Details: recreation of the traditional corn shucking with traditional music and dance events, with participation from the community.

Narón's Day (On the 23rd of November):

Local festival. Commemorative activities with community participation.



The O Couto pepper, a star product

GASTRONOMY

O COUTO PEPPER

This variety of the pepper (*Capsicum annuum* L.) with Protected Geographical Indication, originates from the region of Trasancos. Its name comes from the monastery of O Couto where the monks began to select and grow these peppers. The production area consists of the entire Trasancos region, made up of the towns of Ferrol, Narón, Cedeira, Moeche, As Somozas, San Sadurniño, Neda, Fene, Mugardos and Ares.

On the last Sunday in July, the Municipality of Narón celebrates the Festival of the O Couto pepper, helping to spread the word about this gastronomic product of excellence. As testimony to its fame, a number of restaurants in this region include the O Couto pepper on their menus.



Santiago black tomato

SANTIAGO BLACK TOMATO

This old autochthonous tomato variety, which had practically disappeared as a crop, was the subject of intense recovery work by the Mabegondo Agricultural Research Centre, making it widespread and successful in the different Galician orchards. Since 2012, it has been grown and sold by the Cooperative of O Val in Narón, who have been making a true effort to bring this variety back to the market.

It is a seasonal variety of tomato whose fruit is enjoyed exclusively in the summer months. Its characteristic colour and its irregular and whimsical appearance make it a tomato that holds its secret on the inside: it is an incredible tomato that tastes “just how they used to taste”.

This variety has been so widely accepted that its producer, the Cooperative of O Val, has increased its crop-growing surface area three-fold and its production has dramatically increased.



The stage of the Pazo da Cultura is one thousand square meters and seats nine hundred

NARÓN TODAY

PAZO DA CULTURA

After the consolidation of Narón as a reference point in Galician public cultural management, the Municipality of Narón, along with its Board of Culture, inaugurated the new Pazo da Cultura in 2008. It is the second-largest auditorium in Galicia and serves as a venue for major cultural events as well as being home to the Professional Theatre School as well as dance and music schools from the Board of Culture.

It includes a café-theatre that holds up to 80 people and in which more intimate events and shows may be held.

Pazo da Cultura in Narón

R/ Holanda - Urb. Cidade Europa · Tel.: 981 391 144

Box office telephone: 981 102 897 (from 11.00 to 13.30 and from 18.00 to 20.00).

www.padroadodecultura.es



Golf lovers can enjoy the perfect space in the Club Campomar facilities

LEISURE

Cinebox Narón (12 halls)

Pol. Industrial da Gándara, s/n. Dolce Vita Odeon Shopping Centre
www.cinebox.es · Tel.: 902 221 622 · Discount day: Thursday.

Campomar golf course

Lg. Vilacornelle, s/n. O Val · 15541 Narón
Tel.: 981 453 910 / 663 123 398 · www.clubcampomar.com

Motor home service area

Pol. Río do Pozo (43° 31' 59.41" N - 8° 11' 44.44" O)
Recreational Camping Area of Pedroso (43° 31' 16.66" N - 8° 06' 40.03" O)



Traditional commerce has a major influence in Narón, even in the urban centre

NARÓN COMMERCE

Narón's local trade is very diverse, with establishments providing quality and personalised treatment for their customers, making it a symbol of a Narón that progresses but does not lose sight of its roots.

Local commerce has experienced a major boost since the beginning of the decade with the creation of two major commercial, service and leisure areas:

Centro Comercial Narón

Estrada de Castela, 224-226 · 15570 Narón · Tfno.: 981 392 309

Centro Comercial Dolce Vita Odeón

Pol. da Gándara s/n · 15570 Narón · Tfno.: 981 397 940

NARÓN INDUSTRY

The ever-growing and thriving Narón we see today, in which business is booming throughout, is a result of the development of excellent infrastructures for both industry and services, with there being three state-of-the-art industrial estates: Río do Pozo, one of the largest in Galicia, as well as A Gándara and As Lagoas.



ACCOMMODATION, RESTAURANTS, PUBS, ETC.

Accommodation and restaurants _ Narón has over 600 rooms available provided by all types of accommodation, from 4-star hotels to hostels, tourist houses and camping sites. The city also offers a wide variety of restaurants, cafés and café bars which all provide a gastronomic delight with the most refined dishes.

Bars / Pubs / Nightclubs _ One way of enjoying the leisure and nightlife of the different neighbourhoods and areas of the municipality. Narón is a dynamic city that is full of life and offers a myriad of leisure activities for family, friends and visitors.

Castilla Road _ Bars and pubs fill one of the most well-known routes in Narón. This street is full of venues where it is possible to enjoy friendly conversations and dance until the small hours of the morning.

A Gándara _ The newest feel of the city can be found in this neighbourhood, which is situated parallel to the estuary and becomes one of the biggest leisure areas in Narón every weekend.



NARÓN

Praza de Galicia, s.n. 15570 Narón
Tel.: 981 337 700 · naron@naron.es · www.naron.es

Local police: 092 / 981 387 700

Ambulances: 061

Narón Civil Protection-Emergencies: 981 390 000

Women's Help Line: 016

Taxis: 981 388 888

Tourism Office: 657 091 974

