

 Circular route between meadows and small river valleys belonging to the Mariñas Coruñesas e Terras do Mandeo Biosphere Reserve. The route begins at the Sobrado Lagoon, a major birdwatching spot. A paved track leads to the Rego de Caxide and from there, thanks to a dirt track, you can cross a couple of small streams before reaching Castro do Seixo. The ascent to the Serra do Bocelo is through a wide well-surfaced track with views of the huge granite boulders of the Ruta dos Megalitos, which also includes the Forno dos Mouros, a prehistoric dolmen dating from the 3rd millennium BC. Continuing to Coto dos Tarbos, you can enjoy a splendid view before setting off back down to the starting point.

