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MUIÑO DA VEIGA

Ourense City of Water

Bathed by the fast-flowing river Minho and covered by countless hot springs, the city of Ourense offers the unique possibility of enjoying an open-air hot water bath surrounded by nature and history. The hot springs come to the surface from the depths of the earth, where they acquire their mineral properties by contact with the granite substrate in the subsoil.

Natural Hot Springs

Following the course of the Minho river, on the pedestrian path along its right bank, we may come across the main springs along a 4 km stretch which can be covered on foot, by bicycle or by the "Tren das Termas" (Thermal Train). The main attraction of these thermal installations is that they are in the riverbank, in the open air and surrounded by vegetation, so that we can enjoy the setting while bathing in the hot spring pools.

As well as the pedestrian path, the thermal installations can be reached by local bus or car, right up to the parking areas.



A CHAVASQUEIRA SPA STATION

A CHAVASQUEIRA HOT SPRINGS

The closest hot springs to the city centre. Their waters with low mineral content flow at temperatures of over 60°. They are divided in two areas:

A Chavasqueira Spa Station: a Japanese-style installation which has a very affordable charge, including sauna and massages as well as a restaurant and cafeteria. Closed on Mondays.

A Chavasqueira Baths: natural pools adapted for bathing. They have locker rooms, toilets, parking areas, bicycle rental and wifi.

A CHAVASQUEIRA BATHS



TINTEIRO SPRING AND REZA SPRING

These springs are free of charge and have water with low mineral content flowing at temperatures of over 40°. Tinteiro spring is situated about 500 metres from A Chavasqueira, on the right bank of the Minho river, and Reza spring is on the left bank, at the "Paseo das Ninfas" (Nymphs' Promenade).



O TINTEIRO

MUIÑO DA VEIGA HOT SPRINGS

Thermal bathing area located in river Minho's basin, at the foot of an old water mill. It has various free pools adapted for bathing surrounded by a large recreational area in a natural environment. The waters flow at temperatures between 61° and 69°. There are toilets, changing rooms, wifi and parking areas.



MUIÑO DA VEIGA HOT SPRINGS



OUTARIZ SPA STATION

OUTARIZ AND BURGAS DE CANEDO HOT SPRINGS

This is the largest hot spring area, with many pools adapted for bathing in the vicinity of river Minho. The waters flow at 60°. There are various areas:

Outariz Spa Station: Japanese-style installations at very affordable prices, with indoor and outdoor pools, water jet pools, beauty and relaxation treatments, as well as restaurant and cafeteria services. Closed on Tuesdays.

Outariz and Burgas de Canedo Baths: Natural pools adapted for bathing, situated very close to each other on the banks of river Minho river. There are toilets, locker rooms, a bar and an information point.

All these hot springs areas, both the public ones and those which have a charge, are located in an attractive natural setting with parking areas which can be reached via the pedestrian footbridge over river Minho.

Untes Campsite: Only 3.7 km from Outariz, the Untes Campsite offers both space for camping and bungalows, and is totally adapted for people with reduced mobility.



BURGAS DE CANEDO

HOT SPRINGS PROMENADE AND HOT SPRINGS TRAIN

All the thermal installations on river Minho's right bank river are connected via a pleasant path for pedestrians and bicycles surrounded by trees and with direct access to the bathing areas. This pedestrian path also runs for 20 km along the Minho's left bank and is ideal for jogging, hiking, etc.

The hot spring area can also be reached using the "Tren das Termas" (Thermal Train), which makes various trips a day between Ourense's Praza Maior (Main Square) and Outariz, with stops at each of the thermal installations.



PASEO TERMAL



THE BURGAS

Historical Thermal Culture

There is a traditional thermal culture closely linked to the history of the city. Two thousand years ago, the Romans called this city *Aquis Auriensis* due to the abundance of gold and hot spring waters. The Romans' fondness for hot springs is documented at the Archaeological Museum and in the excavations done in the area surrounding As Burgas, the historical heart of the city. We can now also enjoy the thermal experience in the heart of the old quarter:

AS BURGAS

Hot spring waters located at to the city's historical centre. The most popular source is the *Burga de Abaixo* (Lower Fountain), a symbol of the city designed by architect Trillo in the mid-19th century. The water, declared as mineral-medical, flows at 65°.



THE BURGAS POOL

AS BURGAS BATHS

Thermal pool located close to As Burgas Spring a few metres from the place commonly known as "O Fervedoiro" (Boiling Water) because its waters flow so fiercely. This is in the heart of the old quarter, thus allowing us to have a relaxing bath while looking at the historical Ourense. This installation closes on Mondays for maintenance work.

As Burgas Interpretation Centre

Space dedicated to the disclosure of Ourense's thermal archaeological heritage. In the garden you can visit the remains of a sanctuary pool from the 1st century AD devoted to indigenous god Revve Anabareago and the ancient Roman baths. Closed on Mondays.



MIÑO RIVER. OLD BRIDGE

Rivers and Bridges

Despite being an inland city, Ourense's main attraction lies in its waters. Not only its hot springs but also its rivers: the Lonja and the Barbana, which have been improved out with promenades which allow us to serenely enjoy the scenery; and river Minho, which bathes the city and provides a large area for leisure and relaxation.

And its bridges too, proudly presiding over the Minho: from the Ponte Vella (Ancient Bridge), a Roman bridge reformed in the Middle Ages, to the innovative Ponte do Milenio (Millennium Bridge).



MILLENNIUM BRIDGE

Ancient Ourense

San Martins Cathedral

Next to the Old Bridge and As Burgas, San Martin's Cathedral, named after the city's patron saint, is one of Ourense's icons along with its Holy Christ. It was built between the 12th and 13th centuries in late-Romanesque style with Cistercian influences. Its Gothic dome and the polychrome "Pórtico do Paraíso" (Gate of Paradise), reproducing the structure of the "Pórtico da Gloria" (Gate of Glory) in Santiago de Compostela's Cathedral, are of particular interest.



CATHEDRAL

Historic Centre

After an intense work of restoration, Ourense's old town currently shines with brand new splendour. The best way to enjoy it is to lose yourself in its streets and squares looking at its monumental facades, such as St. Euphemia's church, "Praza do Trigo" (Corn Square) –on the cathedral's southern side– and the "Praza Maior" (Main Square), an unique sloped square presided over by the City Hall and surrounded by colonnades with terraces where you can have an aperitif while watching its intense activity.



PRAZA MAIOR (MAIN SQUARE)



SANTA EUFEMIA SQUARE

Hometown of great writers such as Eduardo Blanco Amor, Ramón Otero Pedrayo, Vicente Risco and José Ángel Valente, Ourense has provided inspiration for the great Galician literary movements, like the Xeración Nós, and preserves some areas very connected to this literary tradition like Paz Street or the "Liceo" (Lyceum) society, located at the Oca-Valladares Palace, one of Galicia's most important Renaissance monuments.



PAZO DE OCA-VALLADARES. LICEO



PRAZA DE ABASTOS (FOOD MARKET)

Praza de Abastos (Market Square)

Opened in 1935, Ourense's Food Market, located next to As Burgas, is well worth a visit not only due to the majesty of the building but also because of the daily bustling activity of this traditional market.



SANTA MARÍA NAI CHURCH

Churches and San Francis' Convent

The city's old town is full of religious architecture with temples which are remarkable due to their monumentality, like the churches of Saint Mary, Saint Euphemia or Trinity.

In the upper part of the city lies San Francis' Convent. Its 14th century Romanesque-to-Gothic cloister, which is one of the most representative and well-conserved in Galicia, can be visited. Nearby is the hostel for the pilgrims on the Way to Santiago.



SAN FRANCISC' CONVENT

Gastronomy and Viticulture

Four of the five protected designations of origin for Galician wines are concentrated in the province of Ourense: Ribeiro, Monterrei, Valdeorras and Ribeira Sacra (shared with the province of Lugo). The excellence of the wines from Ourense can be seen in the city: the area popularly known as "Os Viños" (the wineries), in the old quarter, is well known for its intense liveliness.



"OS VIÑOS"

Both at dusk and at noon the streets of "Os Viños" are full of people having snacks and tapas in the area's many bars and restaurants, which expose the high culinary quality of this Galician city. Dishes as "pulpo á feira" (traditional octopus), "empanada" (traditional pie), "carne ao caldeiro" (pork stew), eels from river Minho or the "lacón con gregos" (baked ham with turnip tops) are some of the symbols



"PULPO Á FEIRA" (OCTOPUS)

of this gastronomic heritage. Another mouth-watering option is the haute cuisine and signature restaurants which are located throughout the city and the metropolitan area.

Shopping in Ourense

The textile tradition in the province of Ourense, with internationally renowned designers like Kina Fernández, Adolfo Domínguez or Roberto Verino, has its maximum exponent in the city. Here you can find the most important clothing and shoe stores at pedestrian streets such as Paseo, Lamas Carvajal or Santo Domingo, where you can enjoy a stroll while gazing at the most exclusive models in the shop windows.



PASEO STREET

But Ourense, a city which has known like few others how to combine tradition with modernity, also reserves spaces for nostalgia and artisan products with shops specialising in traditional products, gourmet dishes and handcrafts, such as the ones in Colón street, also known as the "Rúa dos Artesáns" (The Artisans' Street).



COLÓN STREET



MUNICIPAL MUSEUM



THE PROVINCIAL COUNCIL CULTURAL CENTRE AND PADRE FEIJÓO GARDEN



CENTRE OR THE ARCHAEOLOGICAL MUSEUM



MUNICIPAL AUDITORIUM

Culture, Celebrations and Shows

Museums and Exhibition Halls

Museums, exhibition halls and private art galleries can be found throughout the city, mainly in the old quarter, with emblematic places showing the artistic vocation of people from Oursense, like the "Museo Municipal" (Municipal Museum), the "Centro Cultural da Deputación" (Province Council Cultural Centre), the Afundación Social Centre or the Archaeological Museum, which bears witness to the city's rich historical past.



MAIN THEATRE

Shows

Ourense's cultural offer is completed with a broad programme of concerts, plays and shows performed in two main venues: the "Teatro Principal" (Principal Theatre) and the "Auditorio Municipal" (Municipal Auditorium).

MUNICIPAL AUDITORIUM

Opened in 2005, the Municipal Auditorium is a modern building located in a privileged setting very close to the historic quarter and the city centre, with panoramic views over the city. It houses concerts, plays, exhibitions, conferences and films.

MAIN THEATRE

This is a small cosy theatre built in 1830 following an Italian model, somewhere between the Baroque and Romanticism styles. Its strategic location in the historic centre of the city and its intense activity make it one of the most representative places of the city's cultural offer.

CINEMAS AND CONCERT CAFÉS

Besides the public offer, in Ourense there are many cafés and pubs programming concerts, storytellers and other cultural proposals, from jazz to traditional music and groups breaking into the current scene.

For film fans, the Ponte Vella Shopping Centre offers the latest movies in the same venue where we can go shopping or enjoy its restaurants and cafes.

Traditional Fairs

On the 7th, 17th and 26th of each month, the traditional fair is held in the city, with its varied and colourful stalls. At the Campo da Feira (Fair Ground), a modern installation close to river Minho, in A Chavasqueira area, we can enjoy the classic "pulpo á feira" (octopus), "carne ao



caldeiro" (pork stew) or "churrasco" (barbecue).

The Expourense exhibition site has a complete programme of fairs including Termatalia (International Exhibition of Thermal Tourism) or

Xantar, a fair specialising in gastronomy which attracts restaurants from all over the Iberian Peninsula.

Feasts

CARNIVAL

Just like throughout the province of Ourense, Carnival ("Entroido") is one of the most deep-rooted and well-known fiestas in the city. The celebration runs from the Saturday to Mardi Gras, declared a local holiday. On Wednesday, "Enterro da Sardiña" (Burial of the Sardine) brings the Carnival to a close.



CARNIVAL

MAGOSTOS

Saint Martin's day (11th November), the city's patron saint, is also a local holiday in Ourense. The "Magosto" is celebrated with mass participation amongst the locals and consists in going up the hill and roasting chestnuts, chorizos (spicy sausages), barbecued steak, etc. This feast extols the autumnal products and is also celebrated



THE MAGOSTOS

in the city and private homes, with urban "Magostos" organised by neighbourhood associations and the Ourense City Council with musical performances.



THE MAIOS

THE MAIOS (MAY DAY)

Closely linked to nature, the city of Ourense does not only celebrate autumn with the "Magostos", but also spring with the "Maios" festivities, which have been declared of National Touristic Interest.

The city's residents prepare sculptures with autochthonous vegetation (moss, flowers, etc.) and recite "coplas" (satirical songs) that they have composed themselves.



"FESTAS GRANDES". MEDIEVAL MARKET

OTHER CELEBRATIONS

The "Festas Grandes" (Annual Festival) is held in the month of June, with over a week of celebrations with concerts, food stands, a medieval market and fair rides for the children.

The most peculiar act is the "Batalla das Flores" (Flower Parade), with a parade of floats. It also has important sporting events like the Ourense Rally.

Most neighbourhoods and parishes also hold their own local festivities like the feast in honour of St. James in A Ponte or the one in honour of Our Lady of Fátima in O Couto, which includes a mass night procession.



OUFF

Festivals

CINEMA AND PHOTOGRAPHY

One of the city's most important cultural events is the Ourense International Cinema Festival (OUFF), which every year presents a selection of the most innovative and outstanding cinematic and audiovisual productions from Galicia, Europe, Latin America and the rest of the world, including feature films, documentaries, short films, animated films, etc.

For photography fans, the "Outono Fotográfico" (Photographic Autumn) is held annually with exhibitions in many different halls and venues throughout the city.

THEATRE

With one of the country's most dynamic theatre companies, Sarabela Teatro, the city of Ourense has become a reference in the stage world.

Its main exponents are the MITEU (International University Theatre Festival), the MOTI (Children's Theatre Festival) and the FITO (Ourense International Theatre Festival).

MUSIC

Ourense is a referent in the field of jazz with the "Festival de Jazz de Primavera" (Spring Jazz Festival). And classical music also has its arena with the "Enclave de Cámara" programme and the "Festival Internacional de Música Pórtico do Paraíso" (Gate of Paradise International Music Festival), which was set up in 2008 to bring to Ourense great ensembles and soloists using as concert halls emblematic places such as the Cathedral, the Liceo or the churches of "Santa María Nai"(St. Mary the Mother) and "Santa Eufemia" (St. Euphemia).

Besides these key events, the city has a varied and interesting music offer, with concerts in cafés and venues all year long.

DERRAME ROCK





O POSÍO GARDEN PARK

Parks and gardens

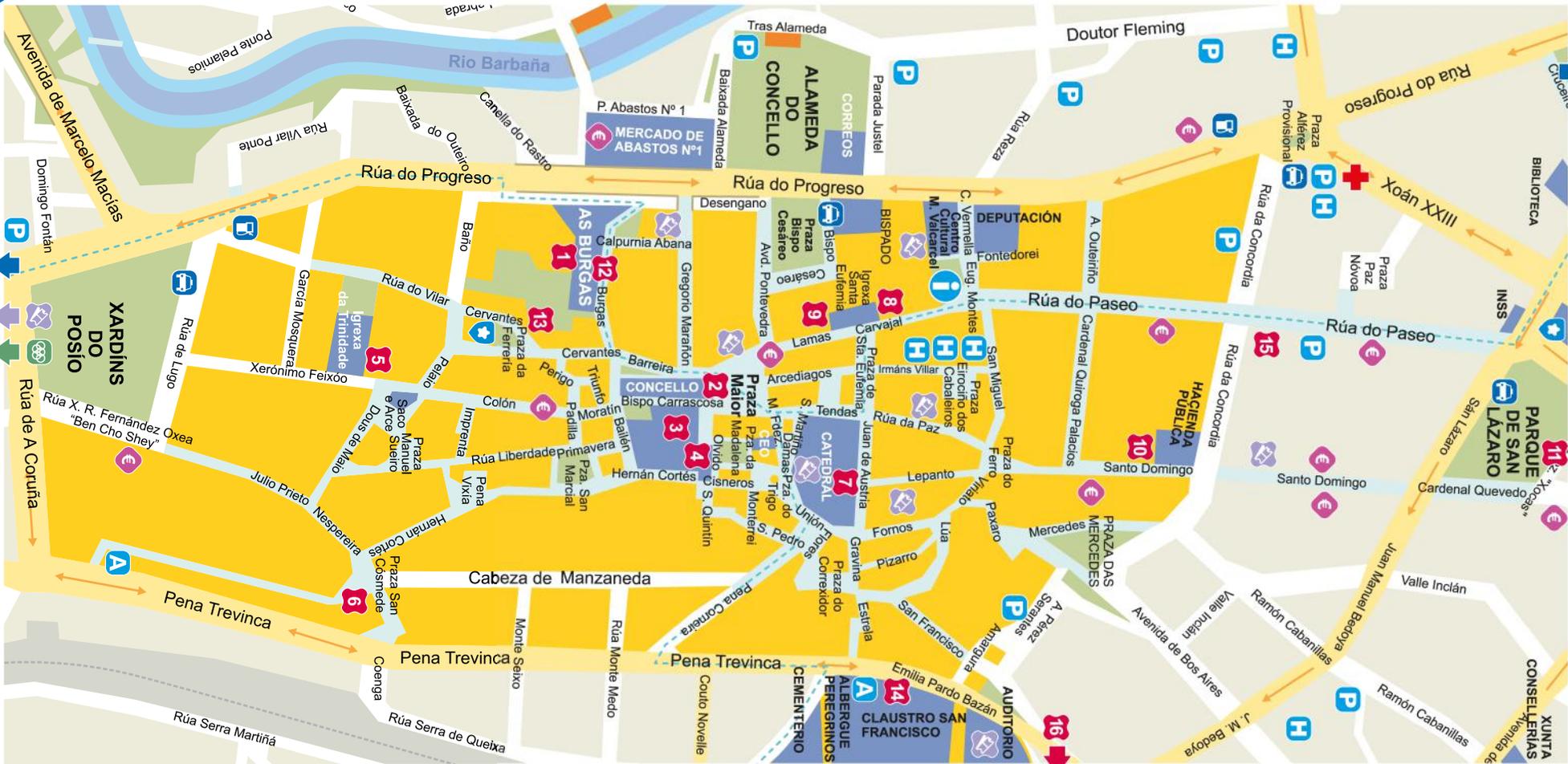
Apart from the banks of the rivers Minho, Lonia and Barbana, allocated as green areas, the city of Ourense has many garden parks like O Posío, created in 1846 as a botanical garden. Minho Park, Barbana Park or St. Lazarus Park park are ideal places to rest right in the city centre.

Outside of the city, only a few kilometres away, we find the Montealegre Botanical Park and the Santomé archaeological site in Mende, where we can see the remains of a fort and a Galician-Roman settlement, all surrounded by oaks trees, strawberry tree and other autochthonous vegetation which makes it an ideal place for hiking.

Madrid - Vigo N525
Portugal - Celanova OU540

Poliígono San Cibrao das Viras OU105
Parque Tecnolóxico de Galicia

Expourense
Pazo dos deportes Paco Paz



Vigo - Madrid A-52
Santiago AG-53

Parque Botánico
de Montealegre