

# Cangas Coastal Trail Walk & Food Tour, Rias Baixas, Galicia



★★★★★  
2 User Reviews (Duration: 5hrs approx.)

🕒 Half-Day  
(Duration: 5hrs approx.)

📍 Vigo

€ Price from:  
105.00 euros

Need some ideas for things to do in Vigo? How about a Cangas Coastal Trail Walk from Vigo with amazing views and the fresh sea air! Starting with a ferry boat ride, a coastal trail walk, then ending with a tasting of the best Galician food & wine for lunch with our expert foodie guide...

### Highlights

- Enjoy a **coastal trail walk** with views of **Cies Islands**.
- Ferry-boat ride to explore the fishing village of **Cangas**.
- Taste a wide variety of locally-sourced food **and wines** in a stylish Galician tavern.
- Get to know different varieties of wine such as **Godello, Albariño, and Mencía**.

## General Overview

**Country:** Spain  
**Region:** Galicia  
**City:** Vigo  
**Duration:** Half-Day (Duration: 5hrs approx.)

**Type:** Private Half Day Tours  
**Theme:** Food & Wine Tours  
**Group Size:** 1 to 10 People  
**Price from:** 105 €

## Introduction

## Spectacular Cangas Coastal Trail Walk from Vigo

The meeting point in Vigo is right next to the **El Salto**, a statue sculpted by the Galician sculptor Francisco Leiro.

Today we discover the nature and gastronomic delights of the peninsula of **O Morrazo**! Start your slow walking food tour with an amazing ferry ride along the **Vigo Bay** to **Cangas**. Enjoy a coastal trail walk along the **Galician coast**, ending eating **delicious tapas paired** with the finest local wines of **D.O. Rias Baixas** and **D.O. Ribeira Sacra** of Galicia.

### Vigo Bay: A Bay Full of History

While crossing to Vigo's Port we will hear about the historical battles and sunken treasures! Many battles and seizures occurred on Vigo's estuary but the most popular one was the **Battle of Rande**. You can read about this battle in Jules Verne's novel **Twenty Thousand Leagues Under the Sea**, in which the author wrote a full chapter about the battle that took place on Vigo's Bay. Throughout our ferry ride to the village of Cangas do Morrazo we can admire the **Rande Bridge** that connects the fishing villages like; Cangas, Moaña, etc.. with the city of Vigo. We will also have the opportunity during the trip to admire part of the Atlantic Islands National Park, the marvelous **Cies Islands**, dotted with fantastic white sandy beaches, the most famous called **Rodas**, declared the world's best beach, according to "*The Guardian*".

### Discover the Gastronomic Treasures from the Sea in the market of Cangas

In the small fishing village of Cangas, you will take a gastronomic slow walking adventure strolling the town's promenade to the market, here you will learn about the fresh fish and seafood considered to be a delicacy in Galicia!

After the market visit, we will take a short drive to one of the most popular beaches in Cangas, **Limén's Beach**. From here we will start our coastal nature walk making a few stops to relax and take pictures of the **stunning coastal view**. The trail is around 5 kms and goes from Liméns to Cangas.

Before arriving back in the village we will find along the way a **whale processing plant** and an **old factory** that has been abandoned since 1996.

Returning to Cangas, after our pleasant coastal trail walk, we will taste the **Galician gastronomy** at its finest, with traditional dishes of the area such as grilled or fried squid, **Galician-style octopus** (Pulpo A Feira, the region's signature dish), **Padron peppers**, different types of fish and seafood, **empanada** (a typical Galician pastry pie filled with different ingredients), etc.

Ending our fantastic coastal trail walk of Cangas with a short walk to the port of Cangas to take the ferry back to Vigo.

**A day well spent in the outdoors and savouring locally-caught fresh seafood on our Cangas Coastal Walk from Vigo.**

Day by day itinerary

## DAY 1:

### VIGO - CANGAS - VIGO

- **10:15 AM:** The Cangas coastal trail walk tour starts at our meeting point right on Vigo's Port. We will explore a more remote coastal area of the Bay of Vigo today on the Peninsula of O Morrazo.
- We will take a local ferry from **Vigo** and along the journey, you will have the chance to enjoy stunning views of the sea before arriving at the small charming fishing town of Cangas.
- Your local expert guide will explain during the 20-minute trip the history and geography of the area, he will also explain how the fishermen catch the delicious fresh fish and seafood.
- After arriving in **Cangas**, we will start our coastal trail walk with a short stroll along its promenade to the town's market where we will learn about the fresh fish and seafood considered to be a delicacy in Galicia.
- We will take a taxi ride to where we will start the five-kilometer coastal trail walk. Great scenery with golden sandy beaches a dramatic rugged granite coastline. From here you will be able to enjoy splendid views of Spain's most important National Park, Cies Islands. Don't worry you will have the opportunity to take photos during the breaks along the walk.
- Returning to Cangas a small village popular for the traditional fishing boats at the port, we will try typical Galician tapas and wines at a stylish local tavern. Calamares (squids), croquettes, green Padron peppers pairing with delicious local Albariño, Godello, and red Mencía wines. This is a great experience to learn about the different varieties of D.O. (Denominations of Origin or Appellations of Origin) wines in Galicia.
- **At 03:15 PM approx.:** The Cangas Coastal Trail Walk will end at Vigo's Port after taking a ferry at the port of Cangas. If you want to stay longer you can do so, but be aware that the last ferry leaves at 10:00 PM.

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### END OF OUR CANGAS COASTAL TRAIL WALK FROM VIGO

## Included

- Expert English-speaking Food, Wine & Walking guide.
- Transportation included only when required (NOTE: Ferry ticket and taxi fare one-way trip only).
- High-quality typical Galician cuisine paired with local wines (3-4 tapas and 3-4 drinks).
- Local taxes.

### Additional Info:

- There is no dress code, but we recommend comfortable walking shoes.
- Outside of the summer months, there are rainy days so a rain jacket would be recommended when not during summer. We will let you know the weather conditions a few days before the tour start date.
- Please advise if you have any restrictions regarding types of food due to allergies, diet, or religious reasons. This must be included in the comments when you make the booking of this tour.

## Excluded

- Additional food and drinks not included.
- Souvenirs or personal expenses.
- Tips or gratuities for your guide.

## Pick up

- Canovas del Castillo, 22, Vigo, at the Statue La Bañista. (There's a popular statue with a big head "La Bañista", next to the Estacion Maritima). This information is also in the **Location** section.

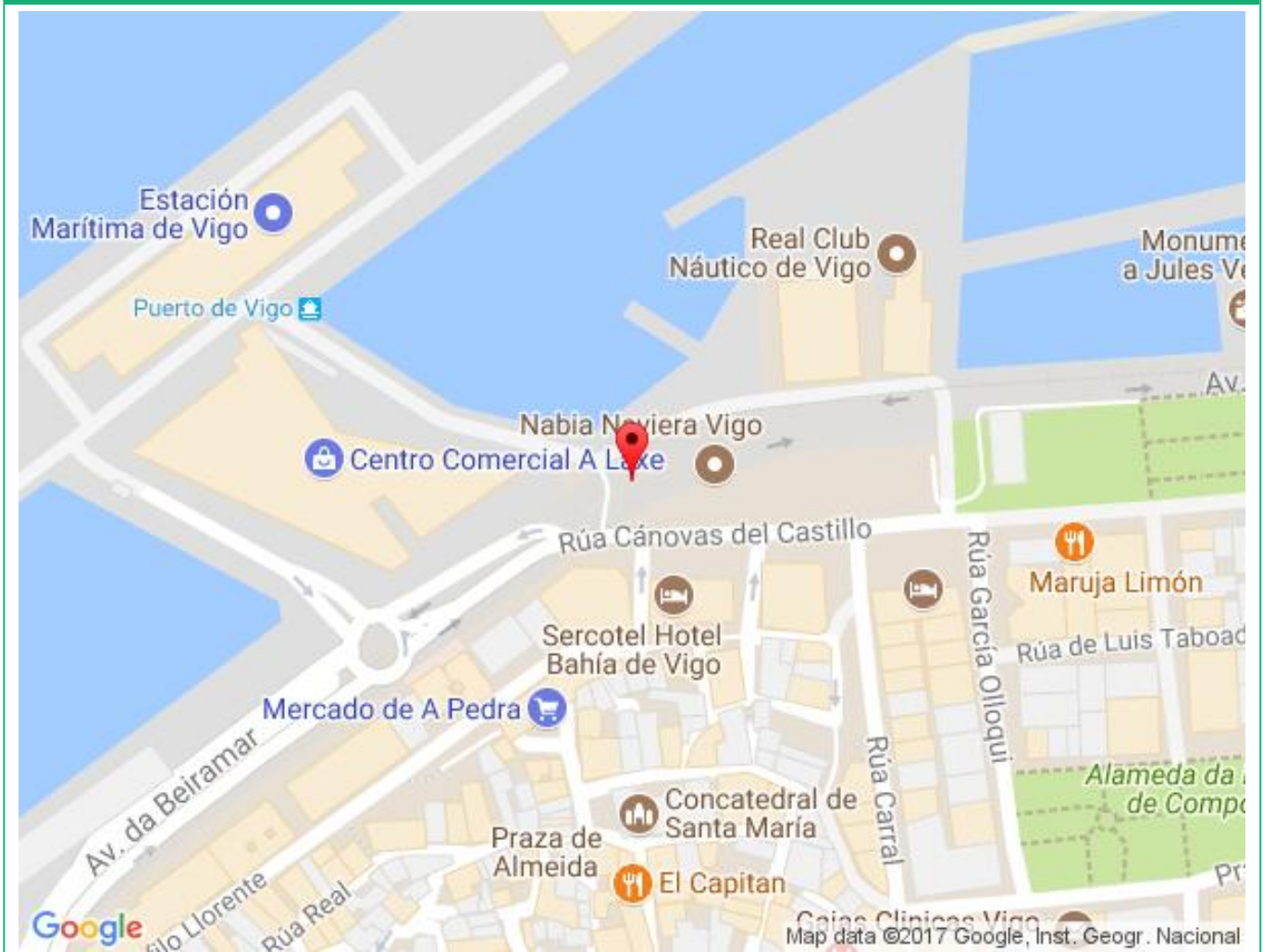
## Drop off

- Drop off at the Port of Cangas, from there you can take a ferry boat back to Vigo (approx. 20 min ride)

## Cancellation policy

- Cancellations that are made in writing more than 48hrs before the start time will be refunded fully. Cancellations 48hrs or less are 100% non-refundable.
- In the case of unforeseen weather circumstances, we will alter the trail walk to explore more the village of Cangas.
- If the weather is too bad to operate the tour or if the ferry boats are cancelled we will suggest another day to do the tour, or refund what has been paid.

## Map



## Reviews

★ ★ ★ ★ ★ adrianbC4382FO (TripAdvisor) (6 December 2018)

A lovely day out, going to places you would never know about .

We were met by our guide, who spoke perfect English, he knew the area and was very friendly and knowledgeable.

We went on a 7k coastal walk, beautiful scenery. Then we went to a local restaurant and tried 5/6 different Tapas and local wines. The flavours were wonderful.

★ ★ ★ ★ ★ pgc150 (TripAdvisor) (21 January 2019)

What a find!

Joined Sean and his wife Angie on a leisurely picturesque coastal path stroll of about 7km across an Cangas. Taken over on the ferry both ways, short car trip of few minutes to start of walk on idyllic Beach. Never know Galicia had so much to offer. At end of walk back in village, by harbour we were introduced to delicious local wines and seafood tapas. Sean is a fund of knowledge and he and Angie added to a very convivial group off our ship. Tour about 5 hours door to door. If you go to Vigo use this company who will show you more local than touristy things. We´ll be back.