

A- TOURIST INFORMATION ABOUT THE CITY OF LUGO

B- HOW TO GET TO LUGO

C- SAN FROILÁN FESTIVITIES (5th to 12th of October)

A- INFORMACIÓN TURÍSTICA

Located on a hill by the banks of the Miño River, the city of Lugo preserves significant remnants of its Roman past, including its ancient wall, designated as a UNESCO World Heritage Site.

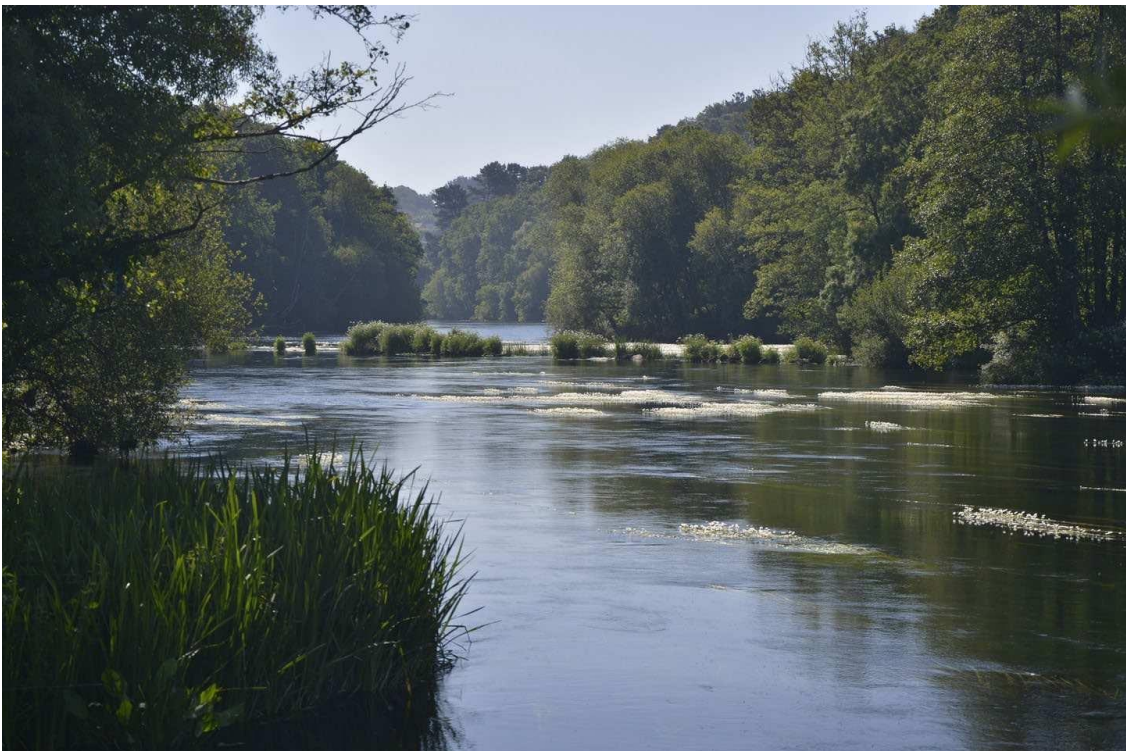


Photo 1 - River Miño passing through the city of Lugo

Within its walls, the city boasts peaceful pedestrian streets, spacious squares, and expansive gardens, where notable buildings like the Cathedral, the Archbishop's Palace, and the Town Hall stand out. The historic centre also hosts some of Galicia's finest restaurants, offering excellent meats and fresh fish that have earned Lugo's cuisine significant recognition.

Lugo, located inland in the province along the banks of the River Miño, is the provincial capital of Galicia, preserving the most significant remnants of Roman civilization. The city's foremost Roman legacy is its wall, built between the 3rd and 4th centuries AD in what was then known as *Lucus Augusti*. This stone construction has withstood the passage of centuries

and remains the city's most distinctive architectural feature, delineating the boundary between the historic centre and the newer urban expansion area.

The uniqueness of this ancient fortress and its excellent state of preservation make it the only Roman wall declared a UNESCO World Heritage site.

A great way to experience the city is by ascending this imposing structure, standing about 10 meters tall, and strolling along its 2,266-meter perimeter. From this vantage point, you can admire the historic centre protected by the walls.

The city

Any of the ten gates of the wall provides access to an urban network of tranquil pedestrian streets lined with austere granite buildings. Among the most emblematic are the Gate of Carmen, commonly known as Porta Miñá, traditionally used by pilgrims heading to Santiago de Compostela; the Gate Nova, the Gate of San Pedro, and the Gate of Santiago, built in the 18th century, offering direct access to Lugo Cathedral.

The squares of Santo Domingo and España are two key points in the centre. In the latter stands the magnificent Baroque façade of the Town Hall, dating back to 1738, and the adjacent clock tower from the 19th century, although the original building was erected by Pedro de Artiaga in the 16th century. Next to the Town Hall, sharing the spotlight in this garden square, are the city's most elegant cafes, as well as sumptuous buildings like the modernist Círculo de las Artes.



Photo 2 - Town Hall of Lugo

Another monumental structure in the historic centre of Lugo is the Cathedral, a Romanesque-Gothic temple whose construction began in the 12th century and continued for over a century, with subsequent additions of great beauty such as the Neoclassical façade, known as the Gate of Santiago. The structure retains original Romanesque traces in the central transept and most of the main nave, as well as in the wings. Elements like the ambulatory, the main chapel, and the north portico belong to the Gothic style, while the sacristy, the cloister, and the Chapel of the Virgin of the Big Eyes are Baroque. Inside, the highlight is the rich walnut choir, from the 17th century, as well as the altarpiece dedicated to the city's patron saint, considered one of the masterpieces of Galician Baroque style.

In the same square as the Cathedral, another renowned building completes this eclectic architectural collection, the Episcopal Palace. This Baroque building dates back to the 18th century and stands on the site of the ancient tower of the Counts of Lemos.



Photo 3.- Roman wall



Photo 4.- Domus de Mitreo

Several bustling commercial streets extend around the arcaded Praza do Campo, which in ancient times was the Roman forum and a medieval market. Nearby is the Church of San Pedro, a beautiful example of medieval architecture that once belonged to the former convent of San Francisco, now housing the facilities of the Provincial Museum, one of the most important in the province of Lugo. On the ground floor, some areas of the old convent are still preserved, such as the 15th-century Gothic cloister, the refectory, and the 18th-century kitchen.

The museum's valuable collection includes an extensive display of archaeological pieces, notably a collection of pre-Roman goldsmithing, industrial arts, and sculptures. It also houses an art gallery featuring works from the 15th century to the present day, with a special section dedicated to Galician painters.

The narrow, cobblestone streets of Rúa da Cruz, Rúa Nova, and the adjacent streets form a genuine tapas route, with stops at numerous traditional bars and taverns inviting patrons to enjoy generous appetizers with each drink. But that's just the beginning. "And for eating, Lugo." So goes the famous motto of the city, whose historic centre also hosts some of the best restaurants in the capital. Here, you can taste the finest of Lugo's cuisine: red meats, lacón con grelos (a traditional dish of pork shoulder with turnip greens), tetilla cheeses, and a wide variety of fresh fish and seafood. Any of these specialties can be accompanied by excellent wines produced in the southern part of the province, protected under the Ribeira Sacra Designation of Origin.

Outside the walls, the city extends outward from the ring road that encircles the old town. This area serves as the starting point for important thoroughfares such as A Coruña Avenue, ideal for shopping, and features expansive green areas like Rosalía de Castro Park. With its lake and forests, the park is an ideal place for leisurely walks and relaxation. It boasts a diverse array of tree species and includes a sculpture of the Galician writer. From the park's viewpoint, visitors can enjoy a panoramic view of the Miño Valley, where the Lugo Spa is located, renowned for its thermal waters.

Declared a Cultural Heritage site, these thermal waters were first utilized by the Romans, who discovered several therapeutic properties in the springs.

Surrounding área

A few kilometers from Lugo lies Santa Eulalia de Bóveda, a Historic-Artistic Site of significant archaeological and artistic value dating from the 4th to 7th centuries AD, whose original purpose remains unknown. Declared a National Monument in 1931, the structure is partially underground and features three naves separated by columns, culminating in an apse. Inside, it is renowned for its rich sculptural decoration and a fine collection of late Roman murals depicting vegetal, geometric, and figurative motifs.

Additionally, you can visit Vilalba, a town situated on the northern route of the Camino de Santiago. Besides a Local Museum of Prehistory and Archaeology, it preserves the octagonal tower of the Andrade castle, which has been converted into a Parador de Turismo. About 25 kilometers from Lugo, in Viladonga, you'll find one of the best-preserved castros (ancient Iberian-Roman hillforts) in Galicia.



Photo 5.- Castro de Viladonga

To the north of the province lies the coast of Lugo, adorned with beautiful coastal towns such as Viveiro, Foz, and Ribadeo. Viveiro, the most important city in the A Mariña region, is situated on the estuary of the same name, where the Landro River meets the sea. This bustling fishing town preserves three gates from its ancient medieval wall, with the Porta do Castelo being the most prominent. Its streets showcase a collection of buildings including the Church and Convent of San Francisco, designated as a Historic-Artistic Site.

Next is Foz, an important tourist destination known for its beautiful beaches. Near this town, you can visit the Celtic hillfort of Fazouro and explore Sargadelos, renowned for its prominent production of contemporary Galician pottery.

Finally, the coast reaches the estuary of Ribadeo, separated from Asturias by the Eo River. The natural landscape offers panoramic views such as those of As Catedrais (The Cathedrals), one of the most unique and expansive beaches along the Galician coast.



Photo .6- Catedrales beach

More information:

<https://amarinalucense.gal/>

In the south, the provinces of Lugo and Ourense are separated by the canyon of the Sil River. This region is renowned as Ribeira Sacra, named for its abundance of monasteries and hermitages established during the Middle Ages. Monks and farmers transformed the landscape in the past through the cultivation of vineyards, a practice known as heroic viticulture, creating an awe-inspiring scenery..



Photo 7.- Ribeira Sacra canyons

More information:

https://www.turismo.gal/que-visitar/cidades/lugo?langId=en_US

"Note: This information has been obtained from various websites dedicated to promoting the city of Lugo. The images may be subject to copyright."

B- HOW TO GET TO LUGO

By plane:

The main international airport in Spain is Adolfo Suárez Madrid-Barajas, which offers connections worldwide. From Madrid airport, you can take a direct bus to Lugo via www.alsa.es. If you prefer travelling by train, you can take the metro at www.metromadrid.es/en to Chamartín train station www.renfe.es.

Another option is flying into Santiago de Compostela Airport (SCQ), which is connected to Madrid and other major cities in Spain and Europe. From there, you can find direct buses to Lugo at www.monbus.es.

Alternatively, you can fly into A Coruña Airport, from where you should take a bus to A Coruña Bus Station and then transfer to a bus to Lugo at www.arriva.es and www.alsa.es.

Finally, if you fly to or from Porto Airport (OPO) at <https://www.aeroporporto.pt/es/opo/home>, you can take a bus to Vigo and then onward to Lugo at www.monbus.es.

By train: Visit www.renfe.es for schedules and bookings. There are direct connections from Madrid (Chamartín station) to Lugo. Chamartín station in Madrid is connected to Atocha station (where high-speed trains depart to cities in the east and south of Spain) via metro (if you purchase a combined ticket, you get a free commuter train ride connecting both train stations).

By bus: The main services are provided by www.alsa.es, www.monbus.es, and www.arriva.es.

By car:

Lugo is connected via the A6 motorway to Madrid (5 hours) and A Coruña (1 hour); and via the A54 to Santiago de Compostela (1.20 hours, part of which is under construction).

C- SAN FROILÁN FESTIVITIES (5th to 12th of October)

Take advantage and enjoy our festivals the weekend before the congress begins!!!

The massive San Froilán festivities are the most beautiful in Galician autumn, as Álvaro Cunqueiro remarked in his time. And he wasn't exaggerating: today, it can truly be said that they are the most beautiful

throughout all seasons in Galicia.

On October 5th, San Froilán, the friend of wolves, sets the stage for celebrations where Lugo, always an open city, becomes more welcoming than ever. Thousands upon thousands of people flock to the old city, not only from nearby areas or all over Galicia, but also from beyond, especially from Asturias and León. The "Domingo das Mozas" (Sunday of the Young Women), following the Patron Saint's day, is a true river of people, where it always seems there isn't enough space, yet somehow, everyone fits.

Moreover, the San Froilán festivities offer one of the best opportunities to explore monumental Lugo. From October 4th to 12th, the historic centre, adorned in celebration, radiates a special splendour, adorned with the light and colours of autumn.