

A CAPILLA FARM-SCHOOL

ECO-EXPERIENCE

MY FARM, MY HOME

Location

Lentellais, O Bolo

Availability

Every Saturday from April to July and from October to November

Duration

4-5 hours (adaptable to group needs)

Groups

Minimum 2 people, maximum 25 people

Reservations

At least 48 hours in advance with a deposit guarantee

Parking

Space for over 10 cars and buses

Recommended gear

Comfortable clothing and hiking shoes

Live the authentic rural experience

Immerse yourself in the true essence of farm life with this unique experience. We will begin with an introduction to the history of A Capilla and the importance of preserving native livestock breeds such as Galo de Mos, Galo Celta, and Cachena, highlighting sustainable farming practices.

Guided farm tour

Get up close to donkeys, sheep, chickens, and geese in their natural habitat while exploring sustainable breeding cycles and their impact on local gastronomy. Take part in hands-on activities like collecting fresh eggs or feeding the animals.

Gastronomic tasting

We will conclude the experience with a four-course meal prepared with farm-fresh products and cooked in the traditional style.

Walk with donkeys

Enjoy an interpretive walk showcasing the region's flora and fauna, depending on weather conditions and time availability.

Traditional four-course menu

- 1. Starter:** Tostas de touciño entrefebrado, papada ou porco ibérico (a elixir).
- 2. Second starter:** Embutidos variados con queixos curados.
- 3. Main course (choose one from):** 1. Galician lamb with seasonal garnish. 2. Beef cuts (rib, shoulder, or flank) with potatoes and peppers. 3. Slow-cooked Rubia Galega or Cachena beef with Mencía wine reduction. 4. Galo de Mos (local rooster) stewed with Godello wine (requires one-week in advance booking).
- 4. Dessert:** Homemade mille-feuille, tiramisu, or yogurt cake with wild berries.
- 5. Includes:** One bottle of wine for every four guests (other beverages available at additional cost).

* Gluten-free options available, but no vegan menu.

Eco-friendly practices

- > Reusable tableware to reduce waste.
- > Traditional wood-fired cooking, to optimize energy consumption.
- > Responsible waste management, to promote recycling and composting.

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