

ECO DOS TEIXOS

ECO-EXPERIENCE

O TEIXADAL DE CASAIO AND ROCK PAINTINGS

Location

Casaio, Carballada de Valdeorras

Duration

3 days, 2 nights

Availability

All year round (subject to hostel availability)

Equipment

Comfortable, mountain-appropriate clothing. Hiking boots. Backpack for carrying water and food

Difficulty Level

Moderate

Includes

- > 2 noches de alojamiento con desayuno en Eco dos Teixos.
- > Actividades guiadas por experto en interpretación ambiental.
- > Traslado en 4x4 hasta los puntos de inicio de las rutas.
- > Seguro de responsabilidad civil.

Not included

- > Meals or dinners (menu or picnic can be arranged upon request).

Activity description

This 3-day, 2-night eco-experience offers a full immersion in the nature and history of Trevinca Mountains. Through guided routes, landscape interpretation, and a blend of adventure and culture, we will explore two unique sites:

- > **Teixadal de Casaio**, an ancient forest with the highest concentration of yew trees on the Iberian Peninsula, habitat to species such as the wolf and the golden eagle.
- > The **rock paintings of San Xil**, the largest set of prehistoric art discovered in Galicia, over 4,000 years old, located in a riverside forest.

During the experience, participants will discover the ecological, historical, and cultural values of these unique landscapes, guided by a nature interpretation specialist.

Day 1: Arrival and Welcome

Morning/Afternoon: Arrival at Eco dos Teixos, and accommodation in double or shared rooms. Free time to relax and get familiar with the surroundings. Option to take a short walk around the hostel.

Evening: Dinner at expense of the participant, and rest for next day's adventure.

Day 2: Route to O Teixadal de Casaio and Slate Art Workshop

09:30AM. Departure in a 4x4 with interpretative stops until the starting point.

10:30AM. Hike (6 km) in the Teixadal forest. Interpretation of native flora and fauna. Connection with the history of this ancient ecosystem.

02:00PM. Rest and picnic in nature (optional, with prior reservation).

04:00PM. Return to the hostel and time to rest.

05:30PM. Slate art workshop with Ada Palla: 2 hours of painting for adults and children, connecting with natural art.

Noche: Dinner at expense of the participant.

Day 3: San Xil Route and Rock Paintings

09:30AM. 4x4 transfer to San Xil, in the heart of the Trevinca mountains.

10:30AM. Start of the hike (4 km) with interpretative stops: History of the hermit San Xil (12th century), who lived in this area in total harmony with nature. Visit to Pala de Cabras, the largest set of rock paintings in Galicia, over 4,000 years old. Walk along the riverbank, discovering the biodiversity and lush vegetation of the area.

02:00PM. Picnic/lunch at a mountain refuge (optional, with prior reservation).

03:30PM. Return to the hostel and end of the experience.

Eco-friendly Practices

- > Promotion of responsible tourism, respecting the flora and fauna.
- > "Leave no trace" policy, encouraging waste collection.
- > Responsible consumption of water and energy during the stay at the hostel.
- > Support for the local economy by consuming locally sourced products.

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