Camino Surf Camp
ANPE Travel S.L.U.
Valdoviño, Galicien
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Betreff: Information zum Surf-Urlaub im Camino Surf Camp in Galicien

Hallo,

Wir freuen uns, dass wir dich heuer bei uns im Camino Surf Camp in Valdoviño begrüßen können. Für deine Anreise und deinen Aufenthalt haben wir dir noch einige wichtige Infos zusammengestellt, damit du easy in deinen Urlaub starten kannst. Zur Einstimmung findest du hier ein kurzes Camino-Video von unserm Spot in Galicien: https://youtu.be/EAGnce-VD6s

Was ist wichtig fürs Surfen?

Eine wichtige Voraussetzung ist, dass du bei allgemeiner guter Gesundheit bist, d.h. dass du keine gravierenden Verletzungen oder Krankheiten mitbringst, die dich am Surfen hindern könnten.

Warst du schon mal in den Wellen unterwegs oder ist es dein erster Surfkurs?

Auf alle Fälle kann ein bisschen Vorbereitung für den Spaß in den Wellen nicht schaden: Beim Surfen werden einige Muskelpartien (gerade im Oberarm und Schulterbereich) etwas mehr beansprucht als sonst, daher bringt es dir nur Vorteile, wenn du etwas Zeit findest, um dich vorzubereiten. Unter folgendem link http://vimeo.com/caminosurf/surf-fitness-training findest du ein kurzes Video mit ein paar Übungen zur Vorbereitung für deinen Surftrip. Mehr Power = mehr Vergnügen.

Was sollst du mitbringen?

Für die Unterkunft im Zelt empfehlen wir dir einen Schlafsack mitzunehmen. Matratzen, Kissen und Laken bekommst du von uns zur Verfügung gestellt. Falls in der Reisetasche kein Platz mehr für einen Schlafsack ist, kann man bei uns, gegen eine kleine Gebühr, einen ausleihen. In diesem Fall gib uns bitte rechtzeitig Bescheid, damit du dann auch gleich in ein voll ausgestattetes Zelt einziehen kannst.

Hast du dich im Appartment, Bungalow oder in der Villa eingebucht, brauchst du dich diesbezüglich um nichts weiter kümmern. Die Unterkünfte sind voll ausgestattet.
Handtücher nimm bitte selber mit. Und auch sonstiges wie Sonnenschutz und eventuell etwas Wärmeres zum Anziehen sind sicher von Vorteil. Es ist zwar meist angenehm warm hier in Galicien, aber nach einer Surf-Session freut man sich doch auch mal über einen warmen Pulli. Da das Wetter manchmal recht wechselhaft sein kann, empfiehlt es sich auch, wetterfeste Sachen dabeizuhaben.

Hinweis: Solltest du mit IBERIA oder VUELING via Madrid oder Barcelona fliegen, dann empfiehlt es sich, im Handgepäck die notwendigsten Dinge für 1-2 Tage einzupacken (Zahnbürste, Unterwäsche, 1-2 T-Shirts, Badehose)... Es ist leider bereits öfter vorgekommen, dass das Gepäck beim Umsteigen in Madrid/Barcelona liegengeblieben ist und das dauert dann immer 1-2 Tage bis IBERIA das Gepäck zustellt.

Wie kommst du zu uns ins Camp?

Wenn du einen Flughafentransfer benötigst, dann gib uns bitte bis spätestens 2 Wochen vor deiner Anreise die Infos bezüglich deiner Ankunft. Ansonsten können wir dir nicht garantieren, dass wir deinen Transfer auch einhalten können. Infos zur Anreise findest du auch hier: https://www.caminosurf.com/de/surfcamp-galicien/ unter dem Tab “Anreise”.

Anreise mit dem Bus

Du kannst auch ganz leicht mit dem öffentlichen Bus anreisen. Dazu folgende Beschreibung:

- Vom *Airport La Coruña* nach *Ferrol*:
    1. Mit dem Airport-Shuttle Bus (Linie 4051/A4 der Firma ALSA) zum Busbahnhof La Coruña an der Station “Alfonso Molina Frente E.A.” bzw. “Alfonso Molina (Fronte Á Est. Autobuses)” in La Coruña. Preis: 1,50 EUR; Dauer: ca. 25Min; Die Busse fahren im 30min-Takt zwischen 07:15 Uhr und 21:45 Uhr. Für weitere Infos bitte HIER KLICKEN
    1. Mit einem Bus der Firma MONBUS von der “Estación de Autobus – EE AA” in La Coruña nach Ferrol zur “Estación de Autobus – EE AA” fahren. Preis: 4,50 EUR. Dauer: ca. 50min. Zu Fahrplan Infos bitte HIER KLICKEN

- Vom *Airport Santiago de Compostela* nach *Ferrol*:HIER KLICKEN
  1. Mit dem Airport-Shuttle Bus (Firma TUSSA/MONBUS) zur Haltestelle “Avda. Rodriguez Viguri (lateral Estación de Autobuses)” in Santiago de Compostela. Preis: ca. 3,- EUR; Dauer: ca. 30Min; Die Busse fahren im 20min-Takt zwischen 07:00 Uhr und 23:00 Uhr. Für den Fahrplan als PDF bitte
  2. Bei der “Estación de Autobuses” in Santiago de Compostela einen Bus der Firma “MONBUS” nach Ferrol zur “Estación de Autobuses Ferrol” nehmen. Preis: ca. 8,- EUR; Dauer: 1h 20min; Für Fahrplan Infos bitte HIER KLICKEN

- Von *Ferrol* nach *Valdoviño*:
  1. von der “Estación de Autobuses EE AA Ferrol” zu Fuss zur Haltestelle “Pintor Perez Villamil”. Entfernung: 600m; Dauer: ca. 7Min – Weg: siehe Karte:

  2. Bei der Estación Pintor Perez Villamil einen Bus der Linie 1-2 in Richtung Porto nehmen und bei der Haltestelle “Estación Correos” am “Plaza de Galicia” aussteigen. Dauer: ca. 4Min; 4

Haltestellen. Siehe Karte:

- Von der “Estación Plaza Galicia” einen Bus nach Valdoviño “Porta do Sol” oder “Playa Frouxeira”. Buslinien: “Monbus” und “AutosPaco”. Dauer: ca. 35Min; Für mehr Infos bitte HIER KLICKEN (MONBUS) bzw. HIER KLICKEN (AUTOS PACO)
- In Valdoviño angekommen zu Fuss zum Camino Surf Camp. Manche Busse fahren auch runter zum Strand und bleiben direkt vor dem “Camping Valdoviño 1A” stehen: In diesem Fall bis zum Camping Valdoviño 1A fahren. Siehe Karte:

Anreise mit dem Auto

Solltest du mit dem Auto anreisen, hier die wichtigsten Daten:

- am einfachsten folgenden Link klicken und dich von Google Maps zu uns leiten lassen: GOOGLE MAPS

Als *GPS-Fahrer* lasst du dich am besten zu nachstehenden Geodaten dirigieren (unterschiedliche Formate für unterschiedliche GPS-Geräte):

- Grad, Min, Sek.: 43° 36' 43.3728" N 8° 8' 58.5672" W
- Dezimalgrad: 43.612048, -8.149602

Hinweis: Wenn du ein Smartphone besitzt, dann empfiehlt es sich, die kostenlose App “maps.me” herunterzuladen (http://maps.me/es/home) und dazu die (auch kostenlose) Karte von Spanien – so machst du dein Smartphone zu einem Offline-GPS-Navigationstool (keine Internet-Kosten!).

Als *Old-School Navigator* solltest du nach folgenden Punkten auf deiner Route Ausschau halten:

- Innerhalb Spaniens über Burgos und Leon Richtung A Coruña.

- Auf der A6 an Ponferrada und Lugo vorbei bis zur Ausfahrt Nr. 522A
- Dann auf die A8 in Richtung Vilalba, Ferrol, Oviedo
- Weiter auf der AG-64 Richtung Ferrol bis zur Ausfahrt Nr. 6 kurz vor Ferrol
- Beim Kreisverkehr gerade über den Kreisverkehr auf die CP-5404 Richtung Valdoviño
- In Valdoviño beim Kreisverkehr links runter Richtung Strand
- Ca. 300m vorm Strand auf der rechten Seite - das Camino Surf Camp

Was ist sonst noch wichtig?

Bitte bring deine Rechnung mit ins Camp (auf dem Smartphone völlig ausreichend – kein Ausdruck notwendig!) - das erleichtert uns vor Ort den Abgleich deiner gebuchten Leistungen.

Solltest du VegetarierIn sein oder eine Lebensmittelunverträglichkeit haben, dann gib uns bitte rechtzeitig Bescheid, damit sich unsere Catering Crew entsprechend vorbereiten kann.
Wenn möglich, nimm bitte einen USB-Stick mit mind 20 GB Speichervolumen mit, damit du dir die Pics und Videos der Woche ziehen kannst, und im Sinne der Müllvermeidung nicht alles auf DVD gebrannt werden muss. Und wenn du ein gutes Buch hast, das du gerne mit anderen teilen möchtest, dann bringt es mit und werte unsere Camino-Bibliothek auf :-)

Das Camp, Valdoviño und Galicien

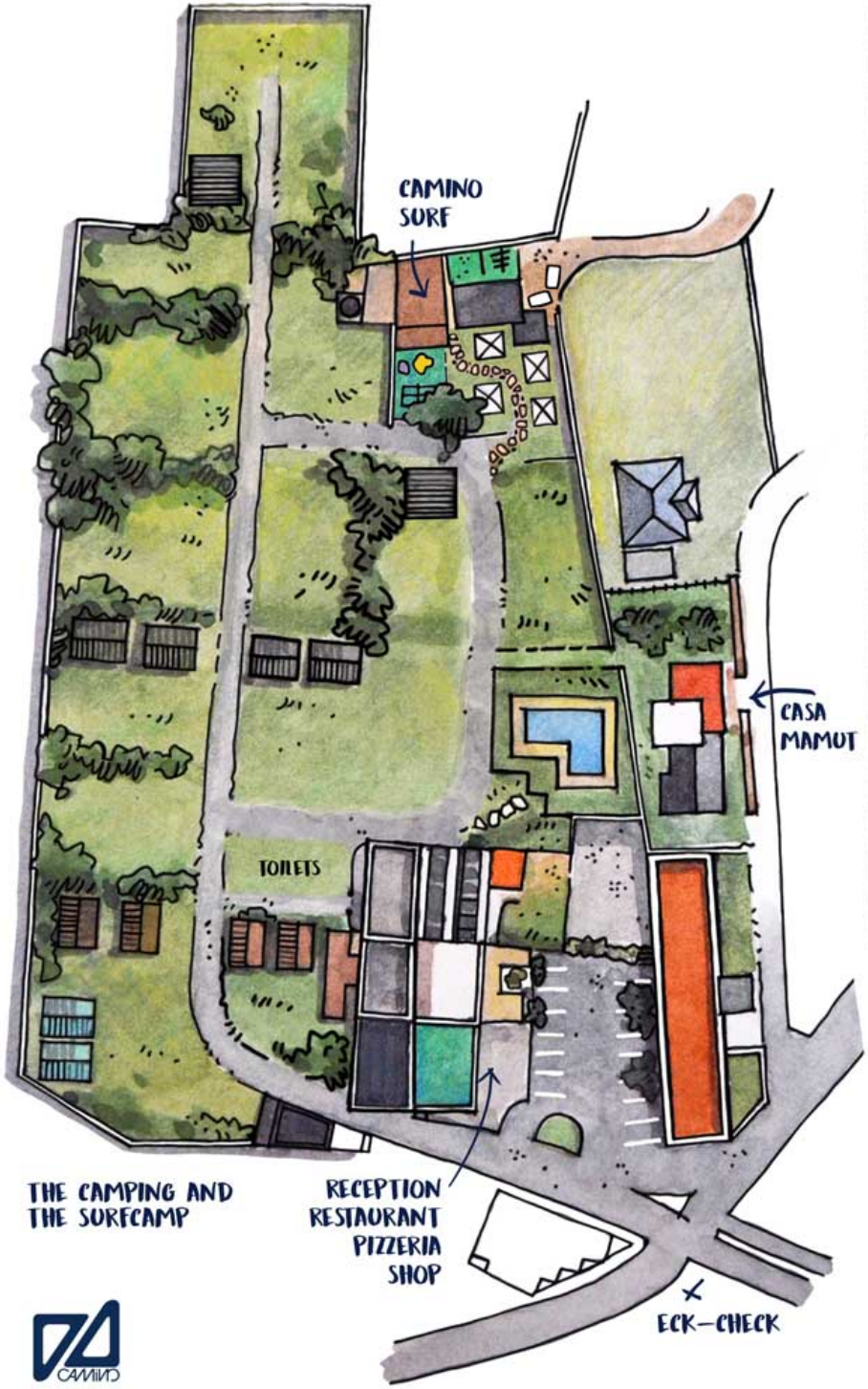
Damit du gleich weisst, wo was zu finden ist, und du dich wie zu Hause fühlen kannst, machen wir bei Ankunft eine kleine Willkommens-Runde mit dir und erklären dir, wie alles bei uns funktioniert.
Wenn du dich schon vorab etwas detaillierter informieren möchtest, findest du im Anhang drei Karten mit Infos zum Camp, zur unmittelbaren Umgebung und dem Ort Valdoviño, sowie zur weiteren Umgebung – unserer Halbinsel Ferrolterra.

Falls du noch Fragen zu deinem Aufenthalt bei uns hast, kannst du uns immer unter folgender Nummer erreichen (auch whatsapp): +34 693 498 929. Wenn du uns deine Nummer an office@caminosurf.com schickst, rufen wir auch gerne zurück.

Wir freuen uns auf dich in Valdoviño,

Bis bald und liebe Grüße,

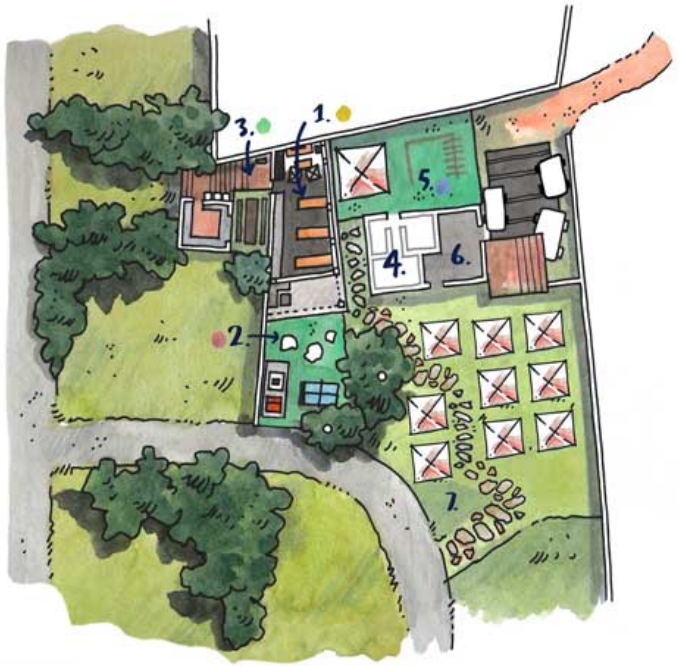
Peter und das Camino Surf Team



THE CAMPING AND THE SURFCAMP

THE CAMPING

1. JAVI'S RESTAURANT
2. PIZZA, SURF SHOP AND SUPERMARKET
3. TOILETS AND SHOWRES
4. SWIMMING POOL
5. KIDS PARK
6. PARKING AREA
7. RECEPTION AND POST BOX
8. WASHING MACHINE, SELF-CATERING KITCHEN



THE SURFCAMP

1. COMMON AREA INDOOR
   - TEA STATION
   - FRIDGE
   - WINE STATION
   - CHIMNEY
2. COMMON AREA OUTDOOR
   - TABLE TENNIS
   - HAMMOCKS
   - SKATEBOARDS
   - MOUNTAINBIKES
3. THE CHANNEL KITCHEN
4. TEAM HOUSE
   - PUBLIC TOILET
   - WASHING KITCHEN
   - SHIATSU ROOM
   - TEAM AREA
5. ACTIVE SURF AREA
   - SURFBOARDS IN USE
   - WETSUITS
   - DRYING AREA
6. BOARD SHACK
7. GLAMPING AREA

CASA MAMUT

- YOGA ROOM
- ROOMS
- ROOF TOP

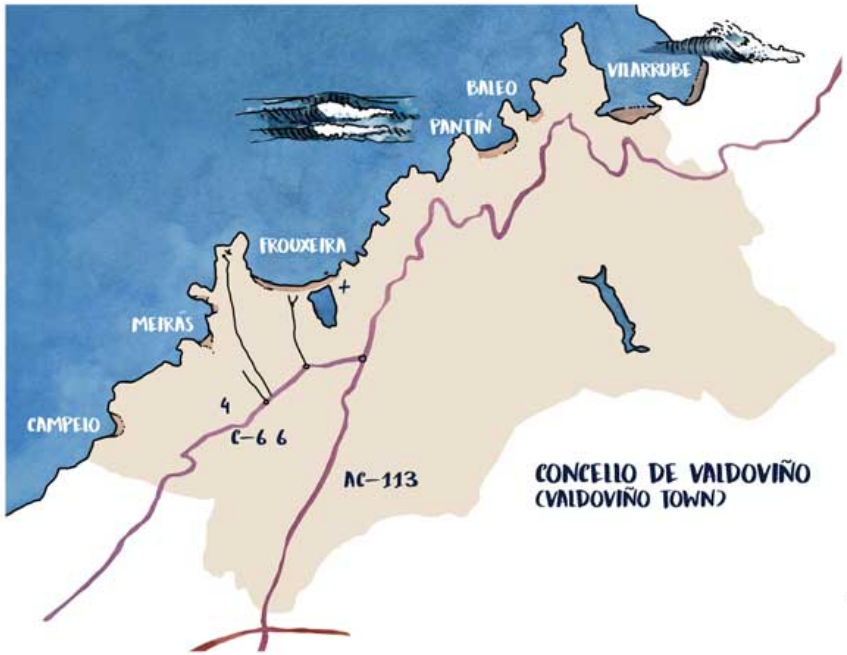
1. INSTRUMENTS

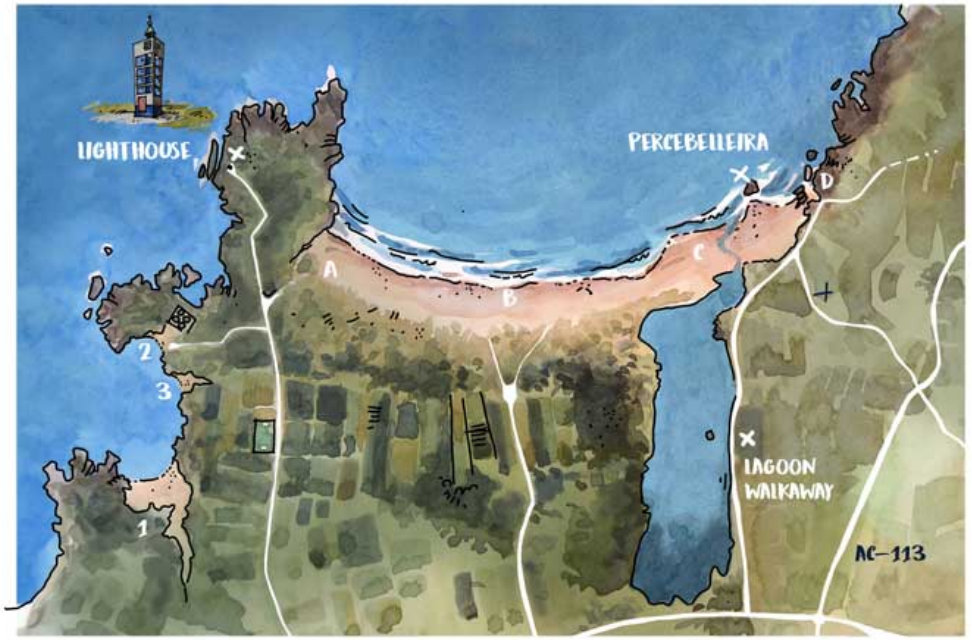
THE INTERNET

2. SKATEBOARDS

PING-PONG TENNIS

5. SURF BOARDS AND WETSUITS IN USE





MEIRÁS

1 PRAIA DO RÍO
2 PRAIA DOS BOTES
3 CALA GRANDE

VALDOVIÑO

A. CRISTINA / LA PUNTA
B. LAGO / OUTEIRO
C. FROUXEIRA
D. PLYA PEQUEÑA

ZOOM 1
BEACH AND ACTIVITIES

EAT AND DRINK

1. JAVI'S RESTAURANT " EL CAMPING"
2. PIZZERÍA NEMESIO
3. CAFE BAR " EL GITANO"
4. RESTAURANTE "EL GITANO"
5. BEACH-BAR "LA PISCINA"
6. RESTAURANT "EL PALMAR"
7. RESTAURANT "A SAIÑA"
8. RESTAURANT "FROUXEIRA"
9. BEACH-BAR/CAFE "SAIÑA"
10. RESTAURANT "PORTA DO SOL"

SHOPS

A. CAMPING SHOP
B. TABAC-SHOP "XEILA"
C. BAKERY
D. BANK "ABANCA"
E. BANK "SANTANDER"
F. SUPERMARKET "ALIPROX"
G. SUPERMARKET "DÍA"
H. FERRETERIA "JOSVY"
I. FARMACY

SERVICES

J. TOWN HALL
K. LOCAL POLICE OFFICE
L. TOURIST INFORMATION
M. POST OFFICE
N. GUARDIA CIVIL
O. SANITARY CENTER
P. BAECH LIFEGUARDS
Q. OCÉANO SURF MUSEO

BUS STOPS
TAXI STOP
981487000

ZOOM 2

CABO ORTEGAL
GARITA DE HERBEIRA
SAN ANDRÉS DE TEIXIDO
ORTIGUEIRA
CEDEIRA
VALDOVIÑO
AS FORCADAS
CABO PRIOR
FERROL
WATERFALL RIO BELELLE
CABO PRIORIÑO
MUGARDOS
FRAGAS DO EUME
CITIES/VILLAGES
ACTIVITIES/PLACES
BEACHES
1 DONIÑOS
2 SAN XURXO
3 ESMELLE
4 A FRAGATA
5 PONZOS
6 SANTA COMBA
7 CAMPELO
8 MEIRAS
9 A FORUXEIRA
10 PANTIN
11 BALEO
12 VILARRUBE
FERROLTERRA
COMARCA

MAP 1 – Camping Valdoviño

Part of Map	*Area*	*Item*	*comments*
SURFCAMP	*(1) Common Area Indoor*	Computer	- The Computer is at your disposal at all times. No need to ask – just use it! - Computer-Password: on the wall - WIFI Password: Also on the wall - find all Pictures and Videos on the desktop in the Folder "Caminosurf" - The last „CS“ folder is from the actual week. Find in there all pictures and videos. Feel free to copy them to your USB-device to take it back home (for free, of course!) - Plesae do NOT delete any content from the harddrive! - connect to the internet for free. Write emails, surf the net, etc. - connect to the big-screen and play movies, etc. (ask the team for assistance, please) - connect to the amplifier (DENON): choose „Media Player“ and play music through the sound-system.
		Play Station	- connect to the Big Screen and play with up to four people. - at the amplifier (DENON), choose „Game“ to get the picture on the TV and the sound to the speakers - Please charge the Gamepads after usage with the according cables - Many Games from different genres available. Something missing? Just ask us and we'll get it!
		Amplifier (DENON)	- make music whenever you want! - connect your Phone/Tablet via bluetooth - please keep the volume on a moderate level - choose the appropriate input when connecting the Computer, Playstation, etc. - please do not unplug/reconnect any cables!
		Buffet	- Here we put breakfast and dinner. There is enough for everyone! No need for greed! - Please respect the vegetarian/vegan/glutenfree/etc. signs. If you have signed up for a certain diet, please stick to it! - at breakfast, please prepare your lunch-box for the day. - if there is something missing, just ask the team! We are happy to refill/restock at any time!

Bottom-Cupboards	- glasses - plates - bowls - some of the drawers are for stashing groceries and for team-usage only! They have the sign „Staff Only“ Please respect this and do not take anything from these drawers!
Top- Cupboards	- books (in different languages) - magazines - board games - Playstation Games - Use whatever you want. Just bring it back after usage!
First Aid Kit	- On top of the upper cupboards there is a first-aid-kit in a silver case! - Use it if necessary and tell someone from the team afterwards so we can restock it!
Tea-Station	- make a cup of tea or coffee at any time (no extra-costs) - please use the kettle responsible (respect the minimum- and maximum-level) - Sugar and Milk should be there at any time (if not, please ask the team. We are happy to refill) - Find Tea-Cups in the same area
Fridge	- grab a lemonade (Coca Cola, Fanta, KAS) or a Fruit Juice at any time - also find White Wine in there! - please make your ticks accordingly on the tally-sheet - also find Milk in the fridge for Tea/Coffe - Please do not use the other items in the fridge (for breakfast use only) - Please do not use the freezer (for team-usage oly)
Wine-Station	- next to the fridge you can find red wine - white wine is in the fridge - there is also a corkscrew next to the fridge - please make your ticks accordingly on the tally-sheet
Chimney	- You want to fire up the chimney? No problem! But please contact the team first! - only burn wood. No plastic, no carton, etc. - don't overfill the chimney. Moderately burn wood. The heating works very well even with little wood!

(2) Common Area Outdoor	Table Tennis	- find all ping-pong gear in the grey metal box next to the Skateboards - please put back ping-pong-bats after usage. It gets quite humid throughout the night which is really bad for the rackets. - no more ping-pong-balls? No worries. Just tell the team. We have an extra-stash! - you want to play after the sun has set? No problem: we have a spotlight for this case. Just inform the team and we'll set it up!
	Hammocks	- There are polls available to hang-up hammocks - find the hammocks in the basket-box next to the couches on the veranda - Please only use the hammocks one person at a time (no two people in one hammock – the polls and the hammocks will break. - We can help you setup the hammocks at any time. - Please remove the hammocks in case of rain or tell the team.
	Skateboards	- There are skateboards available. You can use them anytime. No need to ask! - There are also protectors available. Use them to not hurt yourself! - Please do not use the skateboards in the rain or when streets are wet (danger of accident and really bad for the skateboards) - please always bring back the skateboards and put them back into the skateboard-rack!
	Mountainbikes	- there are bikes available. You can use them anytime. No need to ask! - there are helmets available if you want. Just ask the team! - the bikes have a number-lock with the code: 0815 - if you leave the bike somewhere unattended, please lock them with the numberlock! - please bring back the bikes after usage and put them into the bike-rack under the roof! - in case of a problem (flat tire, etc.), pleae inform the team. We'll fix the bikes asap.
(3) Kitchen Area	Kitchen	Team only. If you need something, please ask the team. We are happy to help!
	The Channel	Chill-out under a living roof and enjoy your breakfast, lunch, dinner or a beer at night!
	Beer-Fridge	get a cold one after the surf-session (please make ticks.

	Rubbish-Area	please separate your rubbish and safe the planet!
	The Sink	- Fresh Drinking Water from the Tap (please refill your bottles and help us safe on usage of plastic bottles!). - Wash your glasses, pots, lunch-boxes. - Wash your hands.
	The Info Board	Find all necessary information here: - breakfast-time - surf-theory-time - surf-praxis-time - yoga-time - dinner-time - time for special activities - sunrise and sunset - wave-height, wave-period and wave-direction - hight-tide and low-tide - wind-direction and wind-strength
(4) Team House	Public Toilet	- there is a public toilet in the Team-House which you can use at all times!
	Washing Kitchen	- after eating, please place your dishes inside the washing kitchen (through the window-hatch) - please do not enter the washing-kitchen: this is for team-usage only!
	Shiatsu-Room	- the Shiatsu-room is upstairs in the team-house - however, please wait for the Shiatsu-masseur downstairs and do not enter up there by yourself
	Team-Area	- Upstairs is where the team lives/sleeps/relaxes - please respect this area!
(5) Active Surf Area	Surfboards „In Use“	- When coming back from surfing, please stash the boards in the outside-board-racks (the surf-teachers will show you anyways) - The Boards in this area are assigned Please do not take at will as someone else will miss the board...
	Wetsuits	- When coming back from surfing, please wash your wetsuit in the fresh-water-buckets - if you want to change the water, please empty the buckets „slowly“ into the „bathtub“ to prevent overflowing. - put the wetsuit only on hangers with reinforced shoulder-protectors. - hang your wetsuits for drying onto the according wetsuit-racks

	(6) Passive Surf Area	Surfboard-Garage	- this is where we store our longer boards. - please do not take boards at will. Contact somebody from the team first
		Surfboard-Shack	- this is where we store our shorter boards. - please do not take boards at will. Contact somebody from the team first
	(7) Glamping Area	Glamping-Tents	- our glamorous-camping-option: hand-made moroccan beduin tents on a levelled floor with 2 beds, power-supply, light, headroom - please be quiet in this area
		Drying-area	- next to the glamping-tents we put some lines where you can dry your towels, wet cloths, etc.
CAMPING	*Surfcamp*	Surfcamp	- this is where our surfcamp is located - see „Surfcamp-map“ for detailled infos
		Shared Apartments	- three shared apartment available with dorm-rooms, twin-rooms and single-rooms - for the kitchen in the shared apartment: - Please keep your groceries with name-tags only! - groceries without name-tag will be removed by our cleaning-team - if anything is missing, just inform the team. - please leave the kitchen as you would like to find it yourself => clean! - please remove your stash from the fridge on your last day!
		Self-catering kitchen	- want to whip up some culinary treats yourself but staying in a glamping-tent? No problem: you can use the self-catering-kitchen - Please keep your groceries with name-tags only! - groceries without name-tag will be removed by our cleaning-team - if anything is missing, just inform the team. - please leave the kitchen as you would like to find it yourself => clean! - please remove your stash from the fridge on your last day! - the washing machine is for team-use only. There are washing machines available on the campsite.
		Eck-Check	- the place to meet to check the waves
	Sleep	Tents	- area to pitch tents
		Caravans	- area to park caravans and mobile-homes

	Bungalows	- Bungalows are available in three different sizes: for up to 3 people, for up to 5 people and for up to 7 people
	Apartments	- Apartments are available in two different sizes: for up to 3 people and for up to 5 people
Facilities	(3) Toilets	- here are the campsite's toilets - please do not enter with wetsuits - daily cleaning service
	(3) Showers	- here are the campsite's showers - please do not enter with wetsuits - daily cleaning service
	(3) Outside-Shower	- Please use this shower when coming back from the beach to wash off the sand. Thank you!
	Rubbish-Area	- please separate the rubbish here
	(7) Reception	- please make sure to sign up upon arrival (we can do this for you!) - bring your passport to sign up – or even easier: send a picture of your passport or your ID via whatsapp to 0034 693 498 929
	(4) Pool	- swimming-pool open for everybody - please respect the pool-rules - shower off sand before entering the pool
	(6) parking area	- you arrive with your own car or a rental? Park here!
	(7) Post-Box (in front of reception)	- send your postcards directly from the camp!
Eat/Drink	(1) Restaurant/Bar	- „Javi's Restaurant“ offers various delicious regional treats - Also a nice Bar for a drink or two. Check out the Gin-Tonic! - A good option to hang out after the Surfcamp's closing hour at 00:00
	(2) Pizzeria	- This is Nemesio's Pizzeria with amazing Pizze
	(2) Supermarket	- A small Supermarket for the very basics of every day's use - more supermarkets available in the village (check detailled map „Valdoviño-map“) - If you are self-catering: order here the bread for the next day.

	Surf Hostel „Casa Mamut“	Surf Hostel	- this is the Surf-Hostel „Casa Mamut“ - 4-bedroom, 3-bedroom, Twin-Rooms and Single-Rooms available. - Ocean-View-Suite with private bathroom for 2 people! - amazing Ocean-View-Roof-Top-Terrace - The Surf Hostel is for guests of the hostel only.
		Yoga-Room	- we have our Yoga-Room in the ground floor of the Casa Mamut
VALDOVIÑO	*Beach*	Playa Pequeña	- small and hidden beach. protected from the winds. - sometimes strong currents! Careful when entering the water!
		Percebelleira	- the rocky island - do not go surf at the eastern side of the island. Strong currents! - good Right-Hander Wave breaking off the western part of the island at low-tide
		(C) Frouxeira	- the eastern part of the beach - some high quality peaks. Best mid to high-tide
		(P) Life-Safer-House	- life-safers on duty from July until beginning of September
		Frouxeira Toilet and Shower	- toilet and shower-facilities avaialble
		Lagoon	- famous for bird-watching - sometimes opens to the Ocean - when open and at hightide it's hard or impossible to cross the lagoon-outflow (careful with beach-walks!) - nice left- and right-hander in front of the lagoon-outflow. Works best at mid-tide.
		(B) Lago / Oteiro	- the middle part of the beach - parking facilities - toilet and shower facilities - some high-quality peaks. Best at mid- to high-tide. - life-safers on duty from July until beginning of September
		(A) Cristina / La Punta	- the western part of the beach - parking facilities - No toilet and shower facilities! - well protected by the headland - works best on big swells and mid- to hightide. - no lifeguards!

Activities	Lighthouse	- nice views - visit the old military installations under the lighthouse! - good area for skateboarding!
	Viewpoint	- Mirador/Viewpoint with a spectacular view of the beach and the coastline
	Wind Generators	- behind the village on top of the mountain ridge - beautiful views from up there - interesting mountainbike-trails
	Lagoon-Walkway	- nice walkway alongside the lagoon - good for bird-watching (with installations) - very nice running-track (no cars! Shadow!)
	Piscina/Swimmingpool	- too much waves in the ocean for a swim? No problem, check out the local Swimming-pool. - good facilities with bar/restaurant included - entry fee!
	Tourist Information	- get a whole bunch of possible activities in the area from the tourist-information - open from July until end of August
Eat & Drink	(1) Javi's Restaurant „El Camping“	- see description in "Camping Map"
	(2) Pizzeria Nemesio	- see description in "Camping Map"
	(3) Cafe/Bar „El Gitano“	- amazing views while enjoying a Coffee or a cold beed!
	(4) Restaurant „El Gitano“	- one of the best midday-menus in the area! - not open at night!
	(5) Beach-Bar „La Piscina“	- legendary bar with good parties in summer
	(6) Restaurant „El Palmar“	- spectacular location but only medium service and medium kitchen - not recommended!
	(7) Restaurant „A Saiña“	- Perfect location at first row with beach-view - Very tasty food! Especially fish and seafood but also meat-treats! - a bit more expensive due to ocean-side-location
	(8) Restaurant „Frouxeira“	- very nice beach-front location - regional especialities - a bit less expensive than it's neighbour „A Saiña“
	(9) Beach-Bar/Cafe Saina (Blabla-Cafe)	- next to the beach - good for a after-surf-beer or a coffee - no kitchen

	(10) Restaurant „Puerta Do Sol“	- looks pretty run-down but has excellent food - don't be fooled by the looks - try Albondigas, Chocos, Tortilla
Shops	(A) Camping Shop	- see description in "Camping Map"
	(B) Tabac-Shop „Xeila“	- tabac shop - postcards and stamps - newspaper and magazines
	(C) Bakery	- fresh bread - small café included - pastry shop
	(D) Bank „Abanca“	- ATM inside
	(E) Bank „Santander“	- ATM outside
	(F) Supermarket „Aliprox“	- a bit hidden on the ground-floor of the huge building next to the Santander-bank - medium-sized supermarket - no open meat-counter
	(G) Supermarket „Dia“	- medium sized supermarket - open meat-counter - very good service
	(H) Ferreteria „Josvy“	- hardware store - excellent service
	(I) Farmacy	- two farmacies in town
	Butcher „Puerta do Sol“	- fresh and tasy meat and sausages - bit higher-priced - very good service!
	(J) Town Hall	
	(K) Local Police Office	
	(L) Tourist Info	
	(M) Post Office	
	(N) Guardia Civil	in case something got stolen...

		(O) Sanitary Center	- medical center with a variety of doctors. For small and medium injuries. - For more serious stuff please consult our team for infos on the next hospitals - open only in the mornings
		(Q) Surf Museum	- museum on the history of surfing in Spain and Galicia. Very interesting and entertaining.
FERROLTERRA	*Beaches*	Doniños	
		San Xorxe	
		Esmelle	
		Fragatta	
		Covas	
		Campelo	
		Meiras	
		Valdoviño	
		Pantin	
		Baleo	
		Villarube	
	Cities/Villages	Valdoviño	
		Cedeira	
		Ferrol	
	Activites/Places to visit	Waterfall Rio Belelle	
		San Andres de Teixido	
		Cabo Prior	
		Cabo Prioriño	
		Cabo Ortegal	
		Fragas de Eume	
		As Forcadas	