



Concello da Coruña

EXPLORE THE COAST OF A CORUÑA

with the adventure guide!



Let's begin!

Get ready to discover the flora and fauna of A Coruña in this adventure guide with which **you will learn all the secrets of the ecosystem that surrounds us.**

How many of these animals and plants can you find...? Ready, set... Go!



Concello da Coruña

1

TOWER OF HERCULES



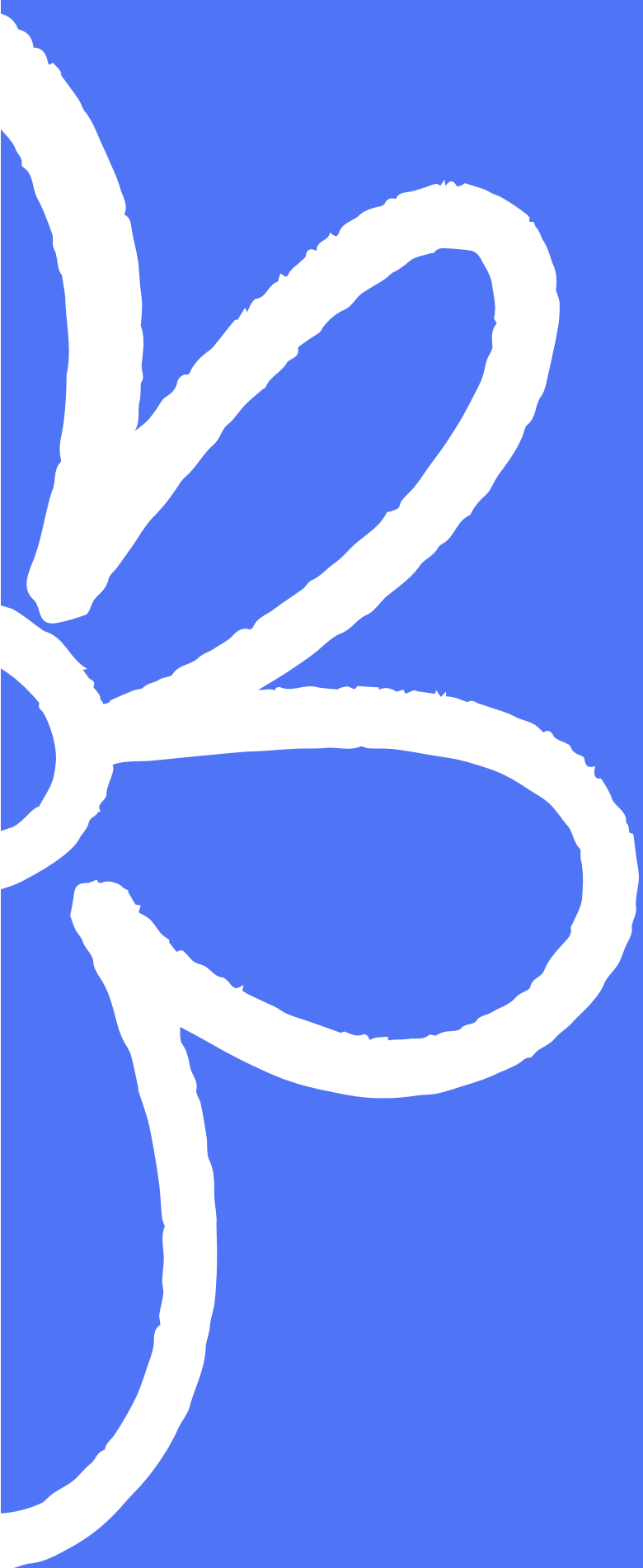
XUNTA
DE GALICIA



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Plan de Recuperación,
Transformación
y Resiliencia



In Spring...

the Tower of Hercules shows all its colors! Beautiful plants bloom, colorful animals return to nest, and clouds mix with the rays of the sun.

It is the perfect time to look for those birds that travel the world and come back to visit us in this season.



Feiticeira común

Vanessa atalanta

ESP: Almirante rojo | ENG: Red admiral | POR: Almirante-vermelho

This butterfly travels long distances. Its bright-colored wings make it stand out. When it's small, it hides under plant leaves for protection.



Herba de namorar penuxenta

Armeria pubigera

ESP: Hierba de enamorar | ENG: Sea thrift | POR: Armeria pubigera

You can see this plant's flowers from March to August. According to legend, if you put its flower in the pocket of someone you love, they will love you back.



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Lavandeira branca

Motacilla alba

ESP: Lavandera blanca | ENG: White wagtail | POR: Alvéola-branca

A bird with a long tail and white, black, and gray feathers. It's called «wagtail» because it often walks near puddles moving its tail up and down.





Pega rabilonga

Pica pica

ESP: Urraca común | ENG: Eurasian magpie | POR: Pega-rabuda

A bird related to crows that likes to live near humans. It has a very unique sound.



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Sendeiriña

Marasmius oreades

ESP: Serenduela | ENG: Fairy ring champignon | POR: Marasmius oreades

A very common mushroom found all over the country. It has different names depending on where you are.



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In Summer...

seabirds fly freely over the sea, the water shines under the sun, people enjoy the green meadows, and the Tower of Hercules gleams with joy.

If you want to find all the animals in this season, you must look closely, as some of them are very small and hide from the heat.



Macaón ou cola de andoriña

Papilio machaon

ESP: Macaón | ENG: Swallowtail | POR: Borboleta-cauda-de-andorinha

This butterfly has amazing wing patterns. During mating season, males and females fly beautifully together over hills to find a mate.



Furabuchos balear

Puffinus mauretanicus

ESP: Pardela balear | ENG: Balearic shearwater | POR: Fura-bucho das Baleares

This bird is in danger and could disappear if we do not protect it. It only nests in the Balearic Islands but comes to our coasts in winter.



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Rato de campo

Apodemus sylvaticus

ESP: Ratón de campo | ENG: Wood mouse | POR: Rato-do-campo

A common mouse across the continent, living in many different places. It has short brown fur, except on its tail.



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Cirrio común

Apus apus

ESP: Vencejo común | ENG: Common swift | POR: Andorinhão-preto

This bird lives on cliffs but also makes nests in buildings in cities. It spends almost its whole life flying, except when nesting.

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Anduriña común

Hirundo rustica

ESP: Golondrina común | ENG: Barn Swallow | POR: Andorinha-das-chaminés

A bird with shiny black feathers, a white belly, and a reddish face. It has long, pointed wings and a V-shaped tail.

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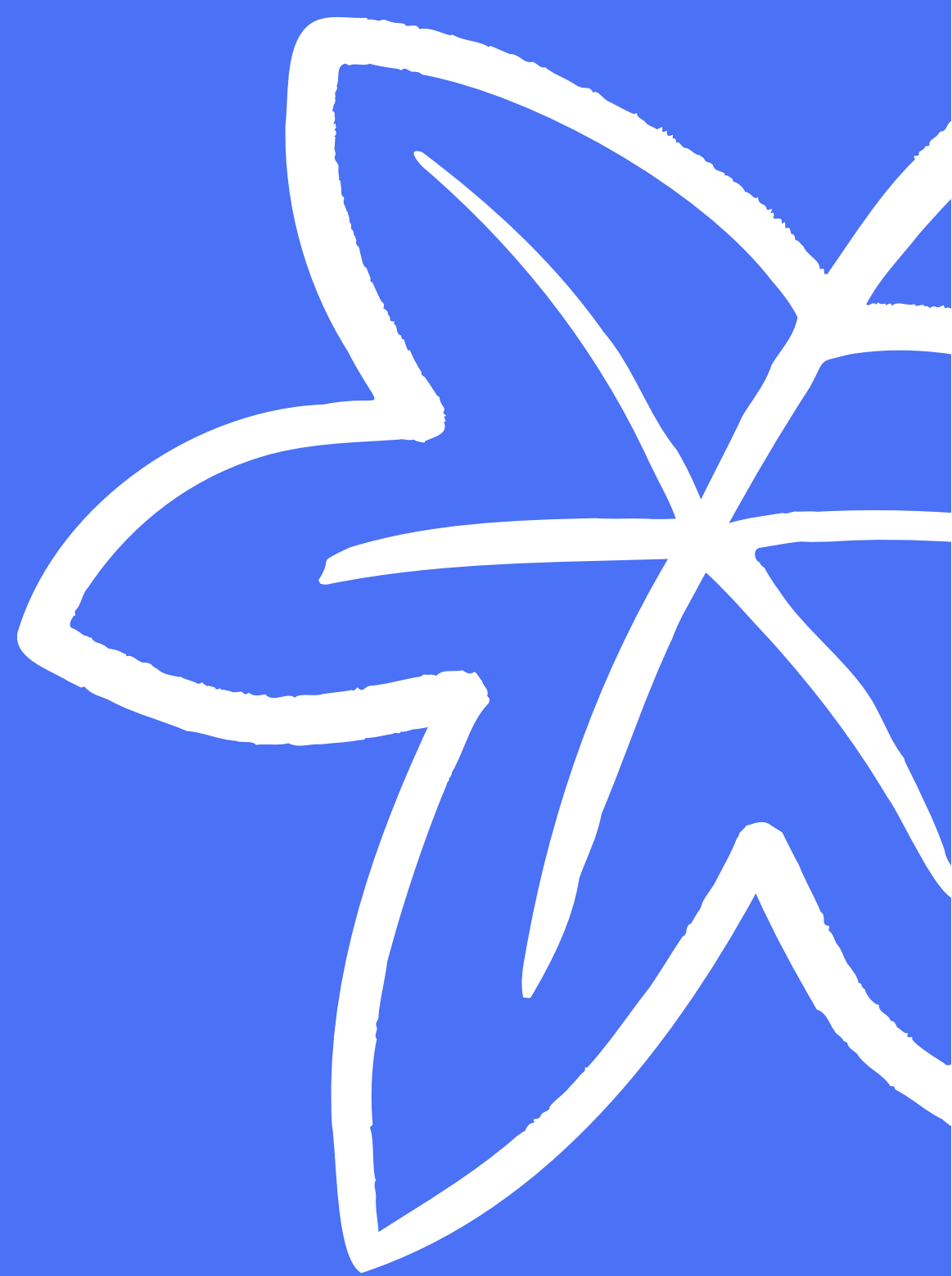
Lavandeira amarela

Motacilla flava

ESP: Lavandera boyera | ENG: Western yellow wagtail | POR: Alvéola-amarela

A bird with a yellow belly and gray or brownish wings. Sometimes, its colors may vary.





In Autumn...

In autumn... The leaves fall, flooding the surroundings of the Tower of Hercules with reddish, yellowish, and brownish tones, among which the animals camouflage with their color.

It is a very quiet time of the year when the waters, land and air begin to cool down to prepare the environment for a new season.



Volvaria vistosa

Volvopluteus gloiocephalus

ESP: Volvaria vistosa | ENG: Big sheath mushroom | POR: Volvopluteus gloiocephalus

A sticky, whitish mushroom seen in summer and fall. It has white or pink gills under its cap.



Xílgaro común

Carduelis carduelis

ESP: Jilguero común | ENG: European goldfinch | POR: Pintassilgo

A small bird with bright red, yellow, white, and brown feathers. It is often kept as a pet in homes.



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Sapiño pintado

Discoglossus galganoi

ESP: Sapiño pintado ibérico | ENG: Iberian painted frog | POR: Rã-de-focinho-pontiagudo

This frog only lives in Galicia and Portugal, often in ponds. It lives in puddles of still water. One of its biggest threats is losing its habitat.



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Fumaria das paredes

Fumaria muralis

ESP: Conejito de los muros | ENG: Common ramping fumitory | POR: Fumária-das-paredes

A climbing plant that blooms between January and October. It has pink flowers with pointed petals.



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Lagarteiro común

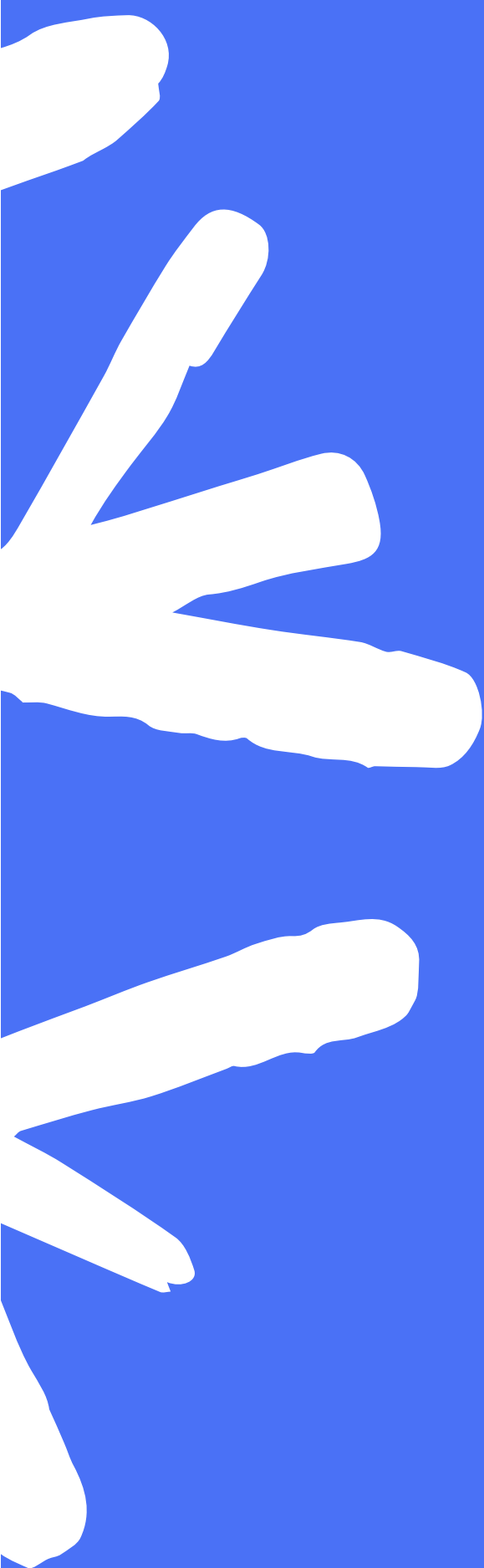
Falco tinnunculus

ESP: Cernícalo vulgar | ENG: Common kestrel | POR: Peneireiro-aurasiático

A small bird of prey, related to hawks and eagles. Males are orange with gray heads, while females are brown. They both have darker brown spots all over their body.



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In Winter...

The surroundings of the tower become calmer, with fauna that shelters from the cold temperatures and wind.

The sea, although cold, is still home to many species that can only be seen by the most attentive eyes, with migratory birds flying over the waves on their journey.



Donicela

Mustela nivalis

ESP: Comadreja | ENG: Weasel | POR: Doninha

This mammal is very common across the continent. Its fur is reddish-brown all over its body except for its belly, which is white. It mostly eats small rodents.

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Pica dos prados

Anthus pratensis

ESP: Bisbita pratense | ENG: Meadow pipit | POR: Petinha-dos-prados

A small bird with brown and greenish feathers and a white belly with dark stripes. It is usually found on the ground, blending in with its surroundings. It is a species that only comes here in winter.

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Gaivota chorona

Chroicocephalus ridibundus

ESP: Gaviota reidora | ENG: Black-headed gull | POR: Guincho-comum

During breeding season, this gull has a dark head. The rest of the year, it has just a small dark spot behind its ear. Its singing is very special.

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Corvo mariño grande

Phalacrocorax carbo

ESP: Cormorán grande | ENG: Great cormorant | POR: Corvo-marinho-de-faces-brancas

A fishing bird found in the city during winter. It is black with some white feathers on its throat. It spends a lot of time on rocks or plants with its wings open to dry its feathers. It is black with white feathers on its throat and often dries its wings on rocks.

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Ourizo cacho

Erinaceus europaeus

ESP: Erizo europeo | ENG: Western hedgehog | POR: Ouriço cacheiro

This animal lives in fields, forests, and city gardens. It comes out at night and likes to be alone. It has spikes on its body that protect it from predators. When it feels in danger, it curls up into a ball.

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Toxo

Ulex europaeus

ESP: Tojo | ENG: Gorse | POR: Tojo-arnal

This plant can grow in soils that do not have many nutrients. Between December and June, it shows a bright yellow flower. It is very common in our community.





Invasive species

Sometimes, the things we humans do, like international travel, trading animals, or releasing pets, bring new species from other parts of the world.

These new species can be harmful to the plants and animals that already live there. They might destroy homes or poison them.

These harmful organisms are called invasive species and they are a big threat to nature today.



Herba do coitelo

Carpobrotus edulis

ESP: Uña de gato | ENG: Hottentot-fig | POR: Chorões

A plant with claw-shaped leaves that came to Spain as a decorative plant but is now invasive.



Plumeiro da Pampa

Cortaderia selloana

ESP: Plumero de la Pampa | ENG: Pampas grass | POR: Capim-dos-pampas

This plant invades coastal and river habitats. It has a very unique shape, looking like a feather. Nowadays, it is a problem for nature in almost every country in the world.



Sargazo xaponés

Sargassum muticum

ESP: Sargazo japonés | ENG: Japanese sargasso weed | POR: Sargaço-japonês

Seaweed of Japanese and Chinese origin, which reached our shores hidden in the waters transported by ships. It is able to resist large changes in the environment and grows very quickly, which makes its invasion much more serious.



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SAN PEDRO ISLANDS



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In Spring...

During spring, the San Pedro Islands become filled with bright colors as the plants start to bloom.

The colorful feathers of the birds living on the islands add to this beautiful scene. It is the perfect time to explore the variety of species in this natural environment.



Paporrubio común

Erithacus rubecula

ESP: Petirrojo europeo | ENG: European robin | POR: Pisco-de-peito-ruivo

A small, chubby bird that's easy to recognize because of its orange chest and part of its head. You can often find it hopping around bushes and on the ground.

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Percebe

Pollicipes pollicipes

ESP: Percebe | ENG: Gooseneck barnacle | POR: Perceve

This animal may look strange, but it's a crustacean, just like crabs and lobsters. It is a valuable food and is very common in this area. You can often see people collecting them around the islands.



Arroaz

Tursiops truncatus

ESP: Delfín mular | ENG: Common bottlenose dolphin | POR: Roaz-corvineiro

This marine mammal is endangered, so we need to protect it to keep it from disappearing from our shores. It looks similar to the common dolphin, but you can tell them apart: the bottlenose dolphin is light gray, while the common dolphin is dark gray with a white belly.





Herba das anduriñas

Spergularia media

ESP: Cominillos | ENG: Greater sea-spurrey | POR: Spergularia media

A plant that lives on beaches and cliffs. Its flowers can be seen from January to June.



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Liñaceiro común

Linaria cannabina

ESP: Pardillo común | ENG: Common linnet | POR: Pintarroxo-comum

A small brown bird. In spring, the males show a red patch on their forehead or chest.



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In Summer...

In summer, just like in spring, you can enjoy the colorful flowers on the San Pedro Islands. Some seabirds fly over the clear skies.

It is one of the best times to explore the coastline and enjoy the warm weather.



Silene dioica

Silene dioica

ESP: Borbonesa | ENG: Red campion | POR: Silene dioica

Its bright purple flowers can be seen from April to August.



Pardela cincenta atlántica

Calonectris borealis

ESP: Pardela cenicienta atlántica | ENG: Cory's shearwater | POR: Cagarra-do-atlântico

A seabird with long, slim wings and a strong yellow beak. Its feathers are mostly dark, except for the belly and part of the wings, which are white. It breeds on our coasts.



Rabirrubio tizón

Phoenicurus ochruros

ESP: Colirrojo tizón | ENG: Black redstart | POR: Rabirruivo-preto

This bird's main feature is the reddish feathers on its tail, which gave it its name, while the rest of its body is dark. It likes to live on cliffs but can also be seen in cities.



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Lavatera cretica

Lavatera cretica

ESP: Malva | ENG: Cornish mallow | POR: Malva-alta

A plant that grows in grass, along the edges of paths, on beaches, and in rocky coastal areas. Its purple flowers appear from March to July, with darker lines on the petals.

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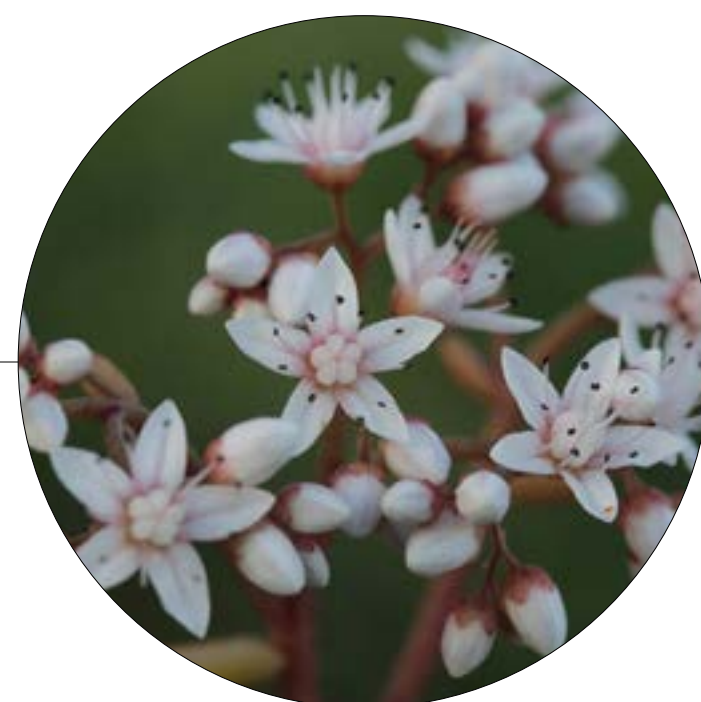
Uva de raposo

Sedum album

ESP: Uva de gato | ENG: White stonecrop | POR: Arroz-dos-telhados

A succulent plant that stores lots of water in its thick leaves. Its white flowers bloom in spring and summer, and its stem can grow straight up or along the ground. It's very good at surviving dry conditions.

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In Autumn...

In autumn, the colors on the San Pedro Islands change as the coastal plants shift shades. Birds start visiting and passing through the area.

It is a peaceful season, perfect for watching the plants and animals as they prepare for winter. The sea and environment start cooling down, signaling a new change.



Miñato común

Buteo buteo

ESP: Busardo ratonero | ENG: Common buzzard | POR: Bútio-comum

A bird that likes to hang out in places where humans live or work, like fields. It is very common in the northern part of our country.

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Verderolo común

Chloris chloris

ESP: Verderón común | ENG: European greenfinch | POR: Verdilhão

This little bird looks a lot like a sparrow but is bright emerald green with some yellow patches.

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Lagarta galega

Podarcis bocagei

ESP: Lagartija de Bocage | ENG: Bocage's wall lizard | POR: Lagartixa-de-Bocage

A very common lizard in Galicia, easily spotted because of its green color and yellow belly. It hunts and eats insects.

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Choia de bico vermello

Pyrrhocorax pyrrhocorax

ESP: Chova piquirroja | ENG: Red-billed chough | POR: Gralha-de-bico-vermelho

A bird similar to a crow, but with a long, curved red beak. They often perform acrobatics in the air when they gather in groups.



Fiúncho do mar

Crithmum maritimum

ESP: Hinojo marino | ENG: Rock samphire | POR: Funcho- do-mar

A green coastal plant found on sea cliffs. Its flowers, which look like small umbrellas, bloom between May and July and are white-yellow in color.





In Winter...

In winter, the islands' plants are adapted to the cold and windy conditions.

It is a great time to see seabirds, as many visit our coasts during this season.



Corvo mariño cristado

Phalacrocorax aristotelis

ESP: Cormorán moñudo | ENG: European shag | POR: Corvo-marinho-de-crista

A seabird that nests on the islands. It has a tuft of feathers on its head during mating season, which is why it is called the “crested shag”.

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Gabita común

Haematopus ostralegus

ESP: Ostrero euroasiático | ENG: Eurasian oystercatcher | POR: Ostraceiro

This bird visits our coasts in winter but doesn't usually nest here. It has a long, red beak that it uses to open shellfish.



Mourelo común

Melanitta nigra

ESP: Negrón común | ENG: Common scoter | POR: Pato-preto

A duck species where males and females look different: females are brown, and males are black.

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Mascato común

Morus bassanus

ESP: Alcatraz atlántico | ENG: Northern gannet | POR: Ganso-patola

One of the biggest seabirds on our coasts. With its wings open, it can be nearly two meters wide. It has a white body, a yellow head, and gray beak, with black at the tips of its wings.



Virapedras común

Arenaria interpres

ESP: Vuelvepedras común | ENG: Ruddy turnstone | POR: Rola-do-mar

This bird visits us in winter after a long journey from northern Europe. It flips stones with its beak to find food.



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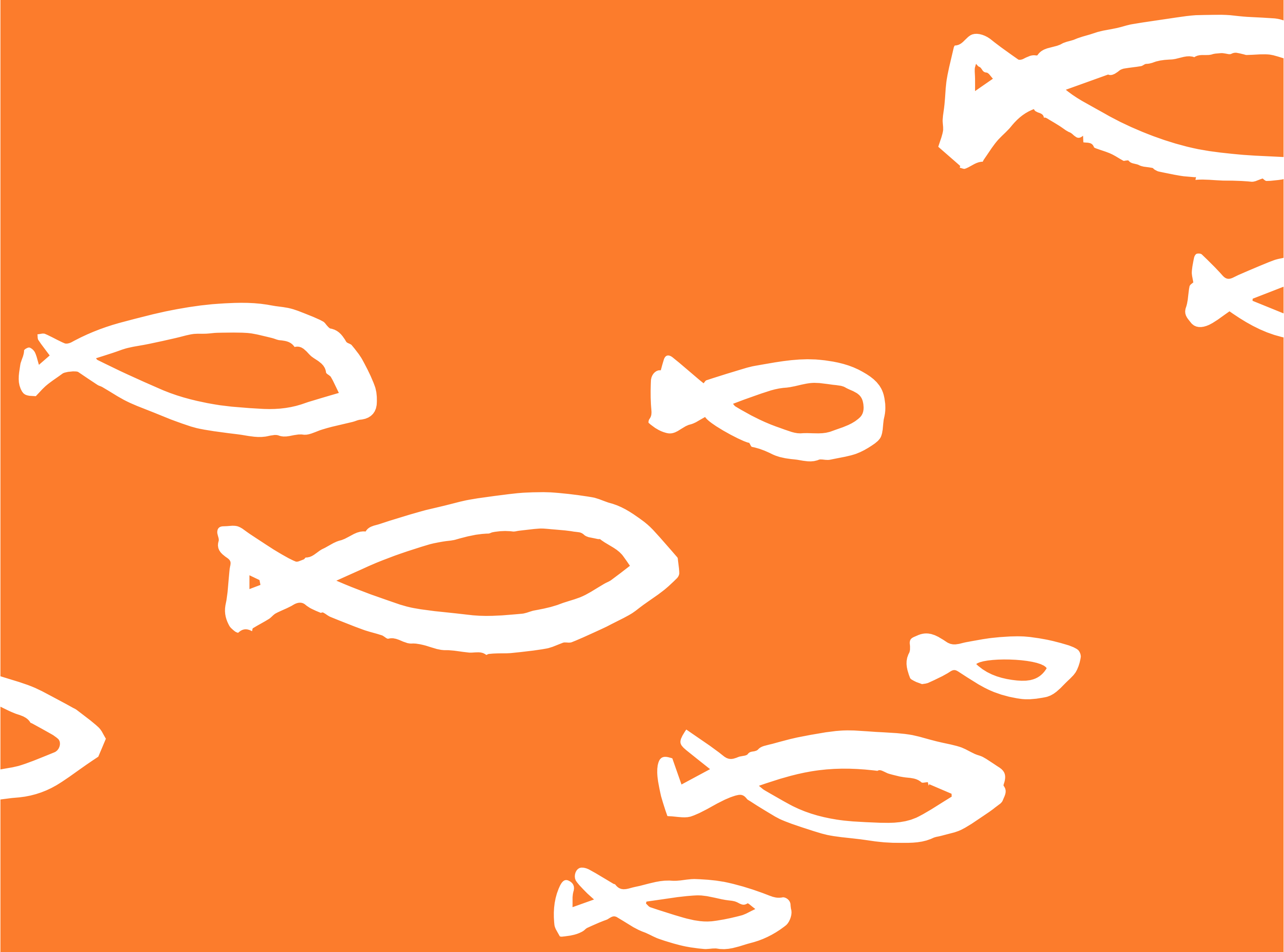
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PORT AND CITY



The fish market



The port is a very important source of wealth for the city of A Coruña, and within it, the fish market is essential, as it is the place where the fish we include in our daily meals are sold.



Peixe sapo

Lophius piscatorius

ESP: Rape blanco | ENG: Anglerfish | POR: Tamboril

A fish that hides on the sea floor. It looks flat and has a large jaw. It buries itself and uses a lure to catch its food.

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Polbo

Octopus vulgaris

ESP: Pulpo | ENG: Common octopus | POR: Polvo

Many people think of this animal as an alien. It usually lives alone and is very smart and flexible. Its mouth is shaped like a beak, and it has excellent vision. It can camouflage itself like a chameleon.



Pescada

Merluccius merluccius

ESP: Merluza | ENG: European hake | POR: Pescada

A long, gray fish that's lighter on its sides and shiny on its belly. It lives on the sea floor, in the mud or sand, and doesn't come close to shore in winter. Its big mouth is full of sharp teeth to catch prey.

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Sardiña

Sardina pilchardus

ESP: Sardina | ENG: European pilchard | POR: Sardinha

A blue fish with a green and silver belly that lives in many parts of the sea. It comes closer to shore in spring. To protect itself, it swims with other sardines in what's called a "school".

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BEACHES



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Our beaches

The beaches along the coast of A Coruña offer a rich and diverse variety of coastal fauna and flora. On the surface, we can find seabirds and different plants, while underwater, we can discover a fascinating world with sea urchins, anemones, and seaweed.

Remember: each beach is a unique ecosystem that we must take care of.



Riazor

Riazor is one of the few beaches in Spain located in the center of a city, and its characteristic shell shape is surrounded by the A Coruña Promenade.

It always is full of local bathers and tourists, it is an open, windy beach with waves that make it an ideal place for surfing and other beach sports.



Orzán

Orzán is Riazor's sister beach, and therefore they share almost all their characteristics. Both are separated by the well-known "Breakwater," a large wall that helps control the strong waves and features a large white ribbon sculpture, honoring the heroes who rescued people at sea.



Matadero

Matadero Beach is a small beach in the center of A Coruña, very close to Riazor and Orzán, but more sheltered than the other two. It is a beach with gentle wind and very gentle waves where surfing is also practiced.



Las Lapas

Las Lapas Beach is located at the foot of the great Tower of Hercules in A Coruña. It is not a very large beach and is very sheltered by its natural surroundings, making it a quiet and cozy place to enjoy the sea.



San Amaro

San Amaro is a small beach with fine white sand in the city of A Coruña. Its waters are calm and cold, but with very gentle waves, making it a very pleasant place to enjoy the sun and the sea.



San Roque

San Roque is a small, sheltered beach in A Coruña, with a much quieter atmosphere than the city's larger beaches. Its coarse sand is surrounded by a rocky background that makes it very special, but one must be very careful when swimming and walking.



Portiño

O Portiño is a small semi-urban beach in A Coruña located in the Bens Park area. It consists of rocky areas and fine golden sand with moderate waves, close to a small dock for small boats and skiffs.





Oza

Oza Beach is a medium-sized beach in the city of A Coruña, very sheltered from the wind and waves. The sand is white and fine, and there is hardly any surf, making it a quiet and very safe place for swimming where you can also enjoy sports like sailing or paddle surfing and, if you're lucky, see a dolphin or two.



Adormideras

Adormideras is a small urban beach in A Coruña, very quiet and sheltered. Its fine sand and clean waters, with moderate waves and gentle wind, make it ideal for a good dip in the summer.





What can we find...?





Gaivota patiamarela

Larus michahellis

ESP: Gaviota patiamarilla | ENG: Yellow-legged gull | POR: Gaivota-argêntea

A bird you can see all over the city. This is because they live in coastal cities. Be careful with your snacks, as they might take them!



Golfo

Saccorhiza polyschides

ESP: Argazo bravo o golfo | ENG: Furbellow | POR: Golfo

A brown seaweed that you can easily find washed up on beaches. Along with other seaweeds, it forms big underwater forests that are home to many animals.

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Leitugas de mar

Ulva spp.

ESP: Lechugas de mar | ENG: Sea lettuces | POR: Alfaces-do-mar

A green seaweed that can also be found in rivers or lakes. It comes in many different shapes, like threads or sheets.





Estruga de mar

Actinia equina

ESP: Tomate de mar | ENG: Beadlet anemone | POR: Morango-do-mar

Many people think this is a plant, but like corals, it's actually an animal. You might see it on the coast, stuck to rocks with its tentacles out if it's underwater.

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Cangrexo común

Carcinus maenas

ESP: Cangrejo verde o común | ENG: Green crab | POR: Caranguejo-verde

This crab is very common in many parts of the sea. You can find it hiding in the sand or between rocks. It's very tough and can handle the rough conditions of the ocean.



Ourizo de mar

Paracentrotus lividus

ESP: Erizo de mar | ENG: Stony sea urchin | POR: Ouriço verde

A purple sea animal with a spiky shell. It has a mouth with five teeth, which is one of its surprising features.

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