



Concello da Coruña

# EXPLORE THE COAST OF A CORUÑA

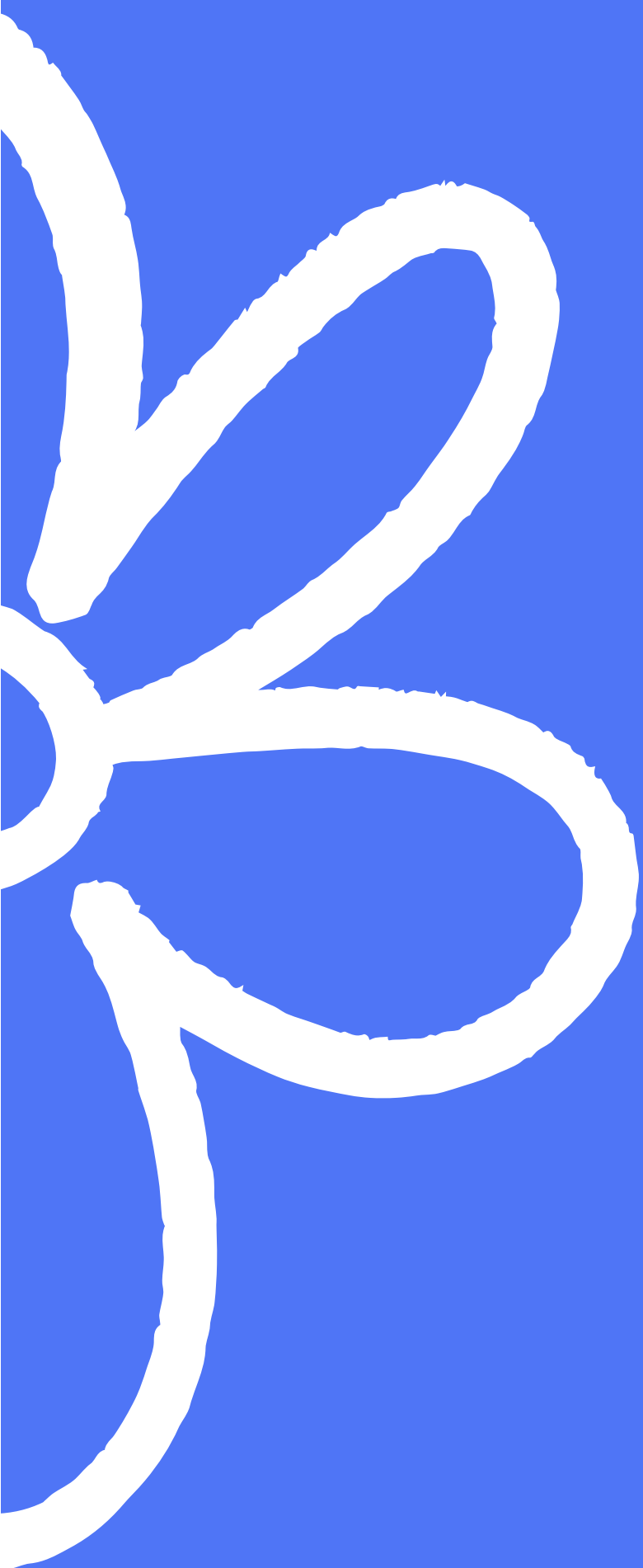
with the adventure guide!



# 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!



# 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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# 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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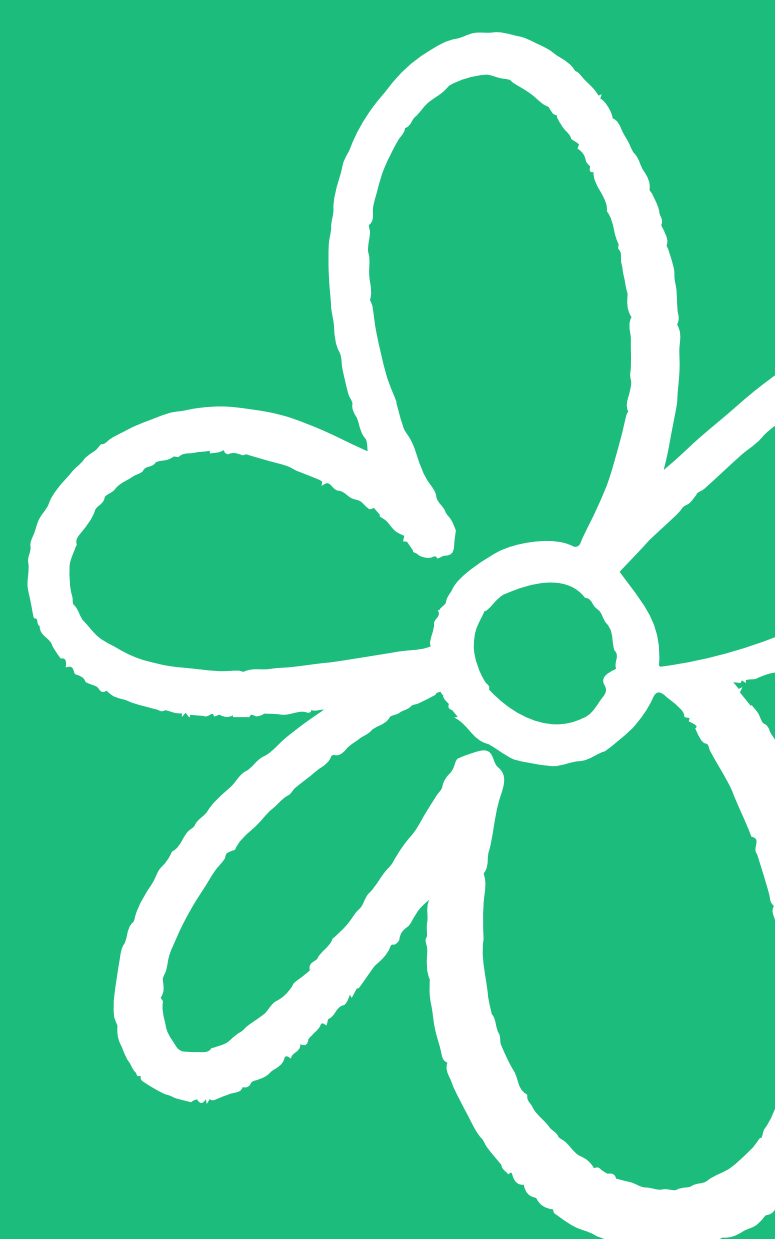


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# SAN PEDRO ISLANDS





# 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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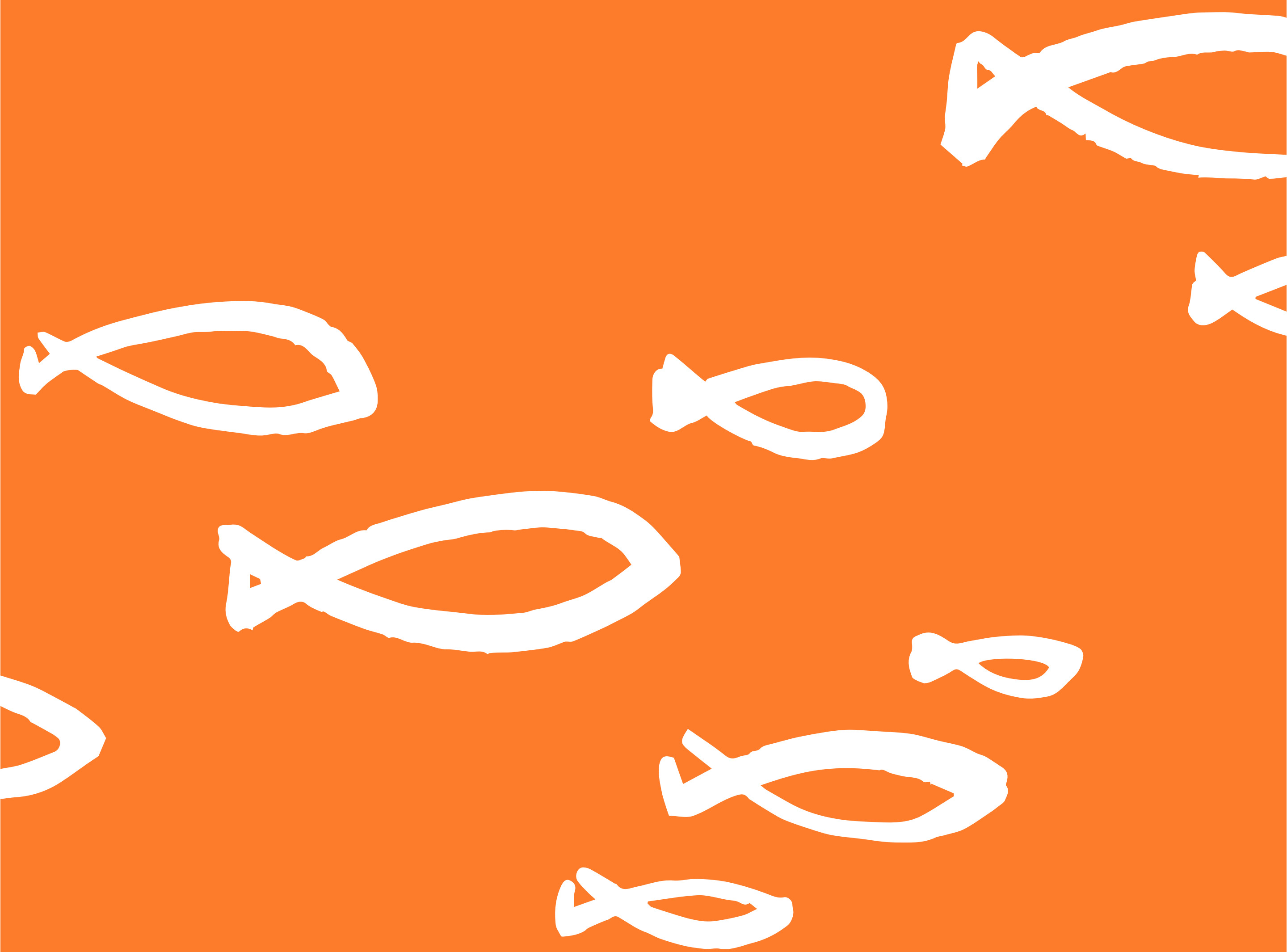
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# PORT AND CITY



# 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



# 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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# EXPLORE THE COAST OF A CORUNA

with the adventure guide!

GUIDE FRAMED IN THE CREATION AND PRODUCTION PROJECT OF TWO DIGITAL GUIDES AIMED AT THE DISCLOSURE AND PRODUCTION OF THE NATURAL AND ENVIRONMENTAL RESOURCES OF THE MUNICIPAL COAST OF LA CORUÑA, SUBSIDIZED BY THE XUNTA DE GALICIA WITHIN THE FRAMEWORK OF THE RECOVERY, TRANSFORMATION AND RESILIENCE PLAN , FINANCED BY THE EUROPEAN UNION-NEXTGENERATIONEU.