



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 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.





# 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: Pluero 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



XUNTA  
DE GALICIA



Financiado por  
la Unión Europea



Plan de Recuperación,  
Transformación  
y Resiliencia





# 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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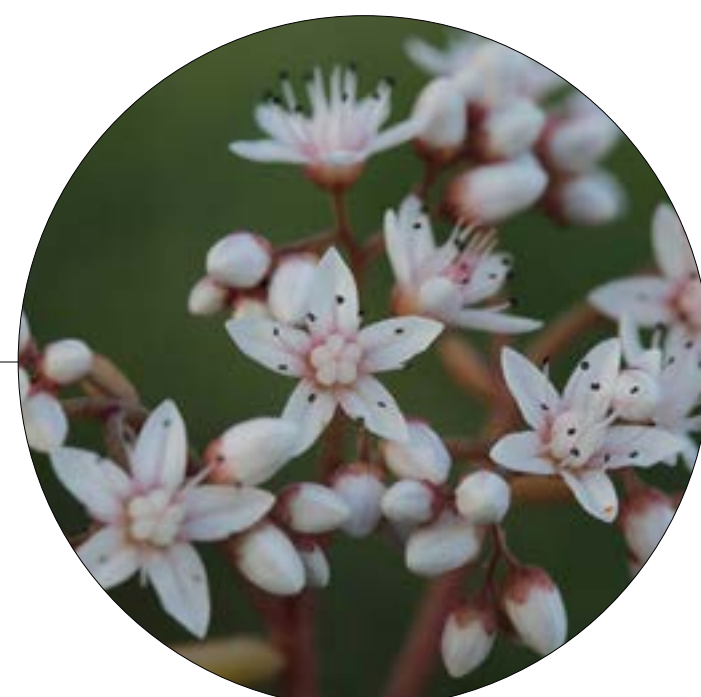
# Uva de raposo

## 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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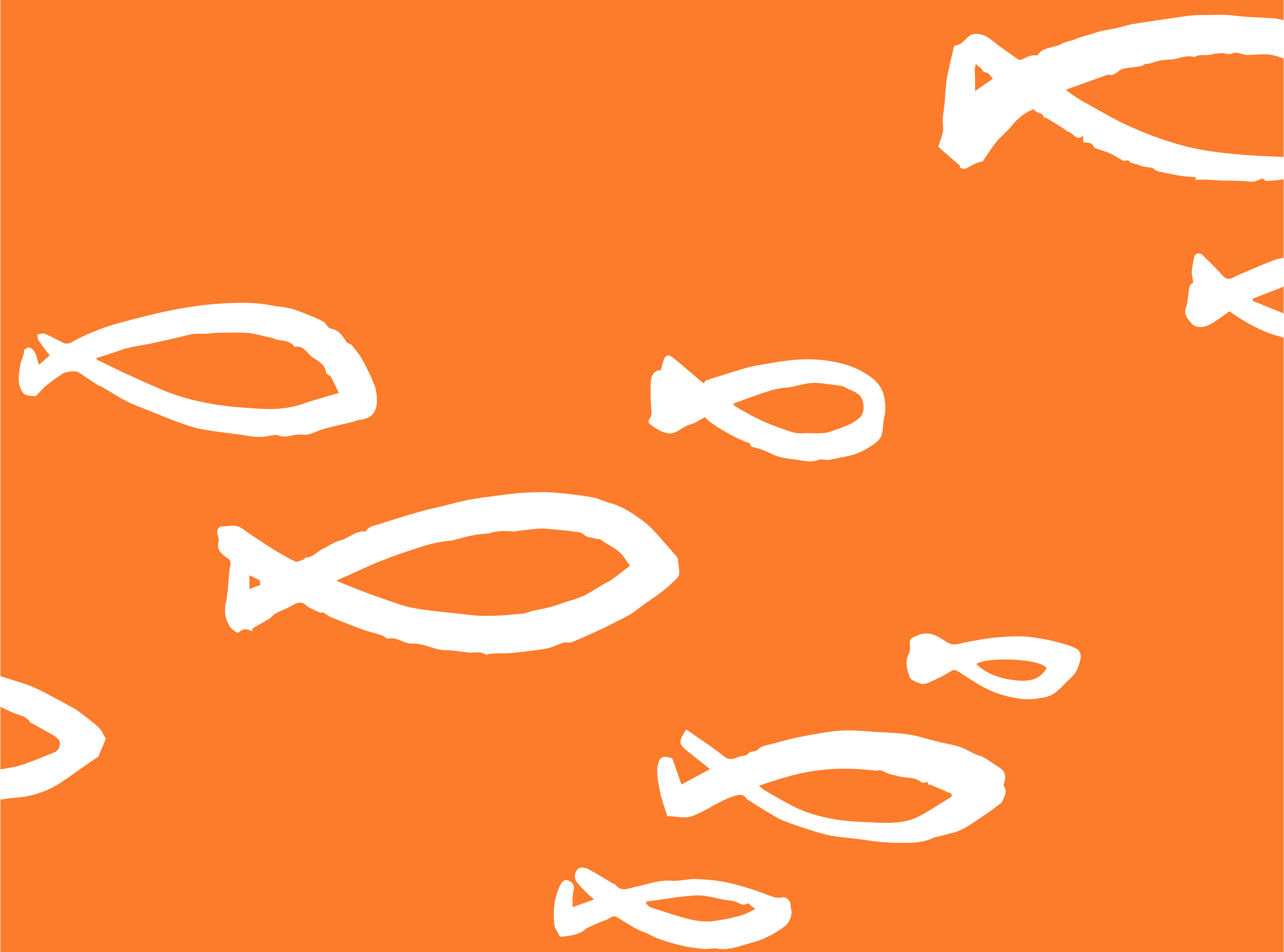
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# PORT AND CITY



# 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.