



Concello da Coruña

EXPLORE THE COAST OF A CORUNA

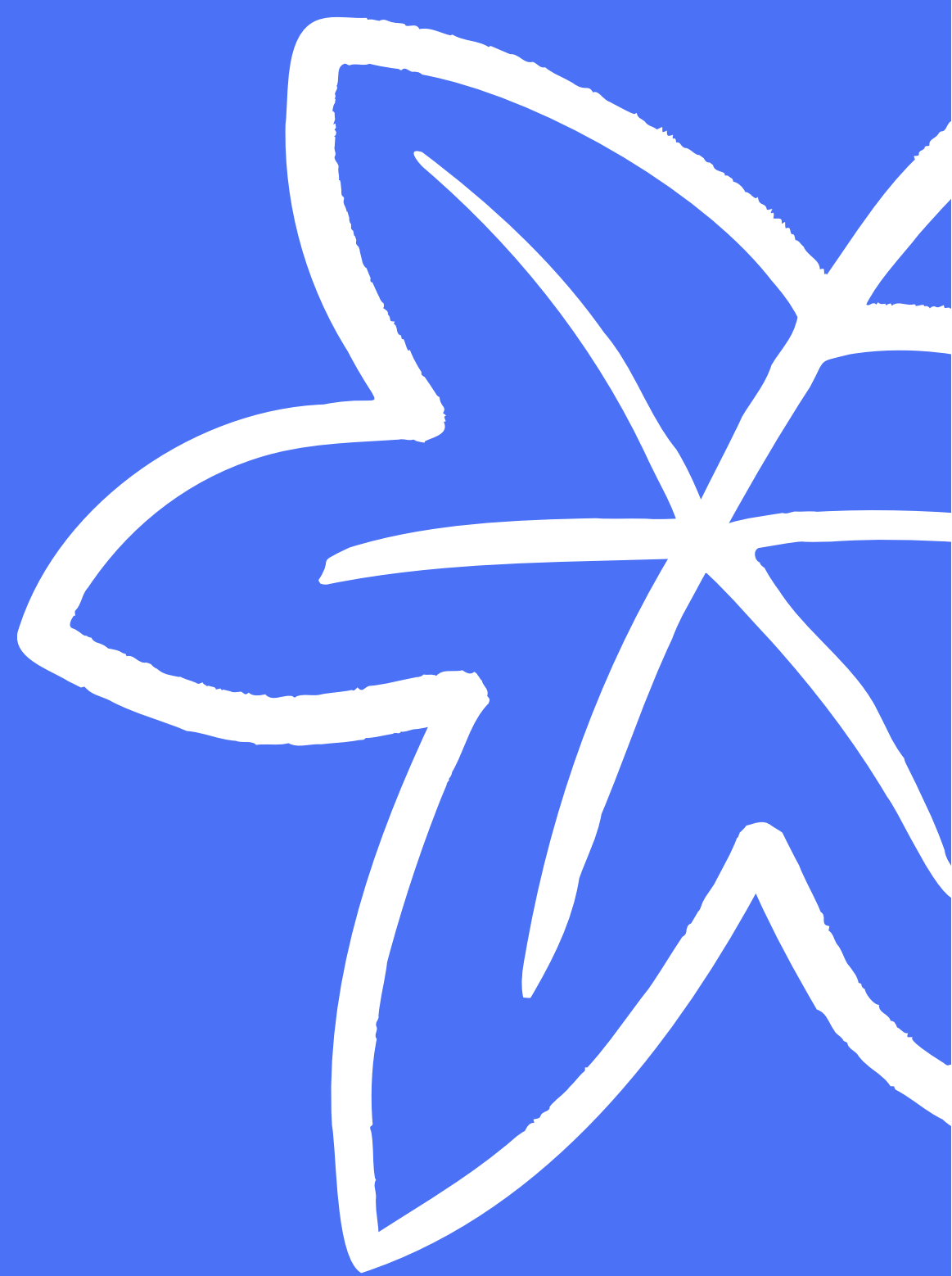
with the adventure guide!



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 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.

[Link](#) - Attribution: [caroline legg](#), [CC BY 2.0](#), vía Wikimedia Commons



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.

[Link](#) - Attribution: [Janek Pfeifer](#), [CC BY-SA 3.0](#), vía Wikimedia Commons





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.



[Link](#) - Attribution: [Justin Cormack](#), [CC BY 4.0](#), via Wikimedia Commons

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.



[Link](#) - Attribution: [Andreas Trepte](#), [www.photo-natur.de](#), [CC BY-SA 2.5](#), via Wikimedia Commons



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.



[Link](#) - Attribution: [Lamiot, CC BY-SA 4.0](#), via Wikimedia Commons



Concello da Coruña

2

SAN PEDRO ISLANDS



XUNTA
DE GALICIA



Financiado por
la Unión Europea



Plan de Recuperación,
Transformación
y Resiliencia



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.

[Link](#) - Attribution: [Loz \(L. B. Tettenborn\), CC BY-SA 3.0](#), via Wikimedia Commons



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.

[Link](#) - Attribution: [Martin Kunz, CC BY 4.0](#), via Wikimedia Commons



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.

[Link](#) - Attribution: [Xosema, CC BY-SA 4.0](#), via Wikimedia Commons





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.





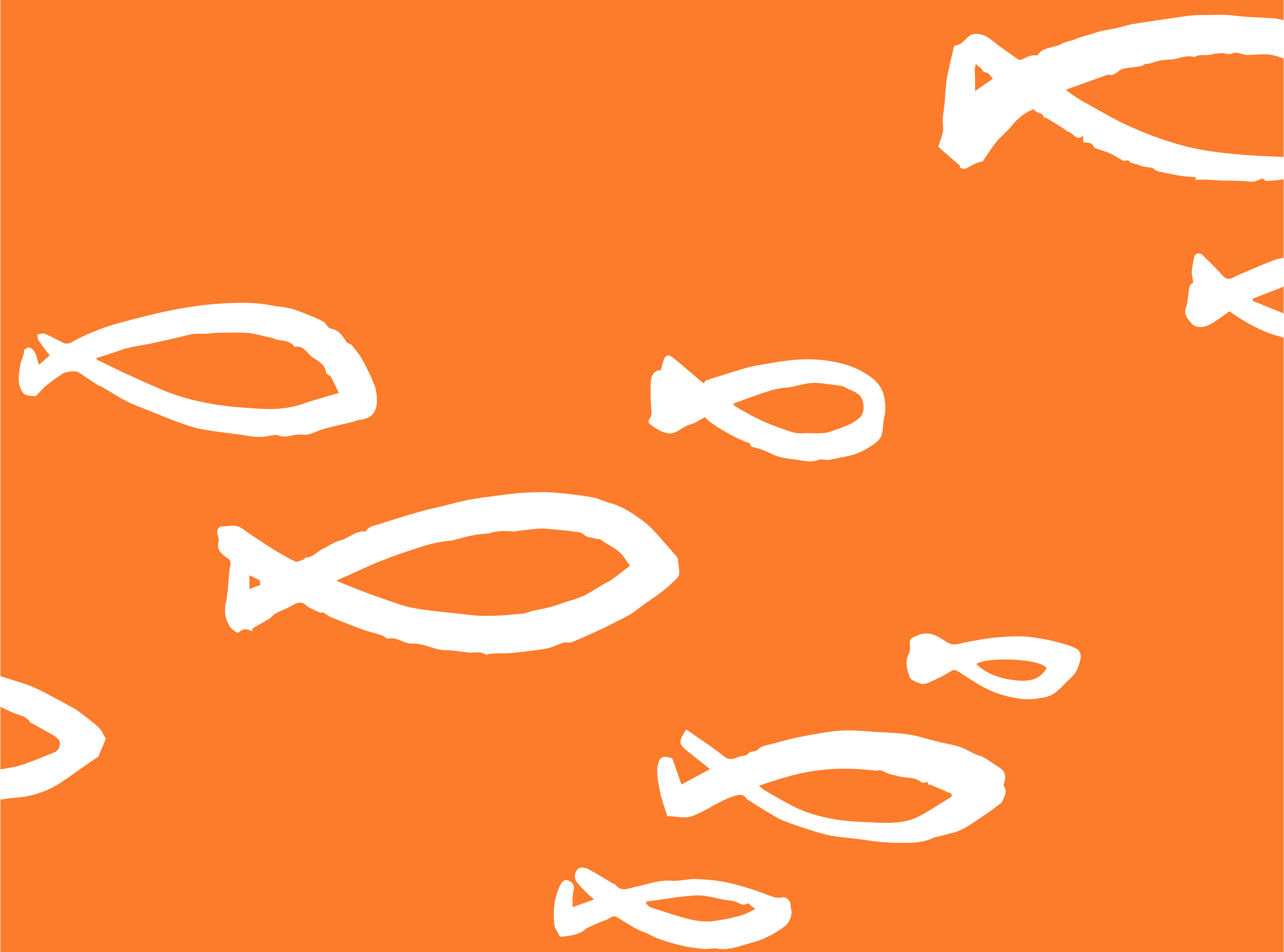
Concello da Coruña

3

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.

[Link](#) - Attribution: [Gordito1869](#), [CC BY 3.0](#), via Wikimedia Commons



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.

[Link](#) - Attribution: [Fernando Losada Rodríguez](#), [CC BY-SA 4.0](#), via Wikimedia Commons





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".

[Link](#) - Attribution: [José Antonio Gil Martínez, CC BY 2.0](#), via Wikimedia Commons





Concello da Coruña

4

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.

[Link](#) - Attribution: [Baraloco](#), [CC BY-SA 3.0](#), via Wikimedia Commons



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.

[Link](#) - Attribution: [O. Nevestveit, CC BY-SA 4.0](#), via Wikimedia Commons



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.

[Link](#) - Attribution: [Frédéric Ducarme, CC BY-SA 4.0](#), via Wikimedia Commons





5

BIBLIOGRAPHY



- Mariñas Coruñesas e Terras do Mandeo Biosphere Reserve. Ornithological Tourism Guide. Tourism of Galicia. Xunta de Galicia. 2020. Retrieved August 2024 ,1, from [link](#)
- Where to see birds. Sustainable Coruña. Concello da Coruña. 2024. Retrieved August 2024 ,1, from [link](#)
- A Coruña beaches information [link](#)
- San Pedro Islands. Sustainable Coruña. Concello da Coruña. 2024. Retrieved August 2024 ,1, from [link](#)
- Fishing in Galicia. Consellería do Mar. Xunta de Galicia. 2024. Retrieved August 2024 ,1, from Pesca de Galicia - Plataforma tecnolóxica da pesca
- DECREE 2020/62, of 8 April, pole that is approved or Plan for the conservation of natural space of local interest Illas de San Pedro (A Coruña). Official Gazette of Galicia (DOG). Xunta de Galicia. 2020. Retrieved August 2024 ,1, from [link](#)
- Marine biodiversity of the Gulf of Ártabro (A Coruña) 50th anniversary of the Oceanographic Centre of A Coruña. Spanish Institute of Oceanography (IEO) - Ministry of Science and Innovation. 2021. Retrieved August 2024 ,1, from [link](#)
- 50 years, 50 species. Commemorative Guide to the 50th anniversary of the IEO in A Coruña. Spanish Institute of Oceanography (IEO) - Ministry of Science, Innovation and Universities. 2018. Retrieved August 2024 ,1, from [link](#)
- Ministry for the Ecological Transition and the Demographic Challenge (Miteco). 2024. Retrieved August 2024 ,1, from [link](#)
- Coruña Litoral Project 21. Sustainable Coruña. Concello da Coruña. 2005. Retrieved August 2024 ,1, from [link](#)
- Blue Flag. Association of Environmental and Consumer Education (ADEAC). 2024. Retrieved August 2024 ,1, from [link](#)
- Sustainable Coruña. Concello da Coruña. 2024. Retrieved August 2024 ,1, from [link](#)
- SEO Birdlife. 2024. Retrieved August 2024 ,1, from [link](#)
- Taxonomy. National Center for Biotechnology Information (NCBI). 2024. Retrieved August 2024 ,1, from [link](#)
- Catalogue of Life. 2024. Retrieved August 2024 ,1, from [link](#)
- Castroviejo, S. (coord. gen.). 2012-1986. Iberian flora 21 ,18-17 ,15-10 ,8-1. Royal Botanical Garden, CSIC, Madrid.
- Virtual encyclopedia of Spanish vertebrates. National Museum of Natural Sciences. Spanish National Research Council (CSIC). 2024. Retrieved August 2024 ,1, from [link](#)
- Asturnatura. 2024. Retrieved August 2024 ,1, from [link](#)
- CRAM Foundation. 2024. Retrieved August 2024 ,1, from [link](#)
- Virtual Herbari of the Western Mediterranean. University of the Balearic Islands. 2024. Retrieved August 2024 ,1, from [link](#)
- Mycological Files. «Baxauri» Cultural Association. 2024. Retrieved August 2024 ,1, from [link](#)
- World Register of Marine Species (WORMS). Flanders Marine Institute (VLIZ). 2024. Retrieved August 2024 ,1, from [link](#)
- Bellmann, H. (2017). Guide to the Butterflies of Europe. Barcelona: Omega.
- Froese, R. and D. Pauly. Editors. FishBase. 2024. Retrieved August 2024 ,2, from [link](#)
- European Commission. Commercial designations of fishery and aquaculture products. 2024. Retrieved August ,2 2024, from [link](#)
- Birds of Portugal. 2024. Retrieved August 2024 ,2, from [link](#)
- Hayward, P. J. & Ryland, J. S. (Ed.) (1995). Handbook of the marine fauna of north west Europe. Oxford University Press Inc., New York, United States of America. 800 pp.
- Guiry, M.D. & Guiry, G.M. 2024. AlgaeBase. University of Galway. Retrieved August 2024 ,2, from [link](#)



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.