



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 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



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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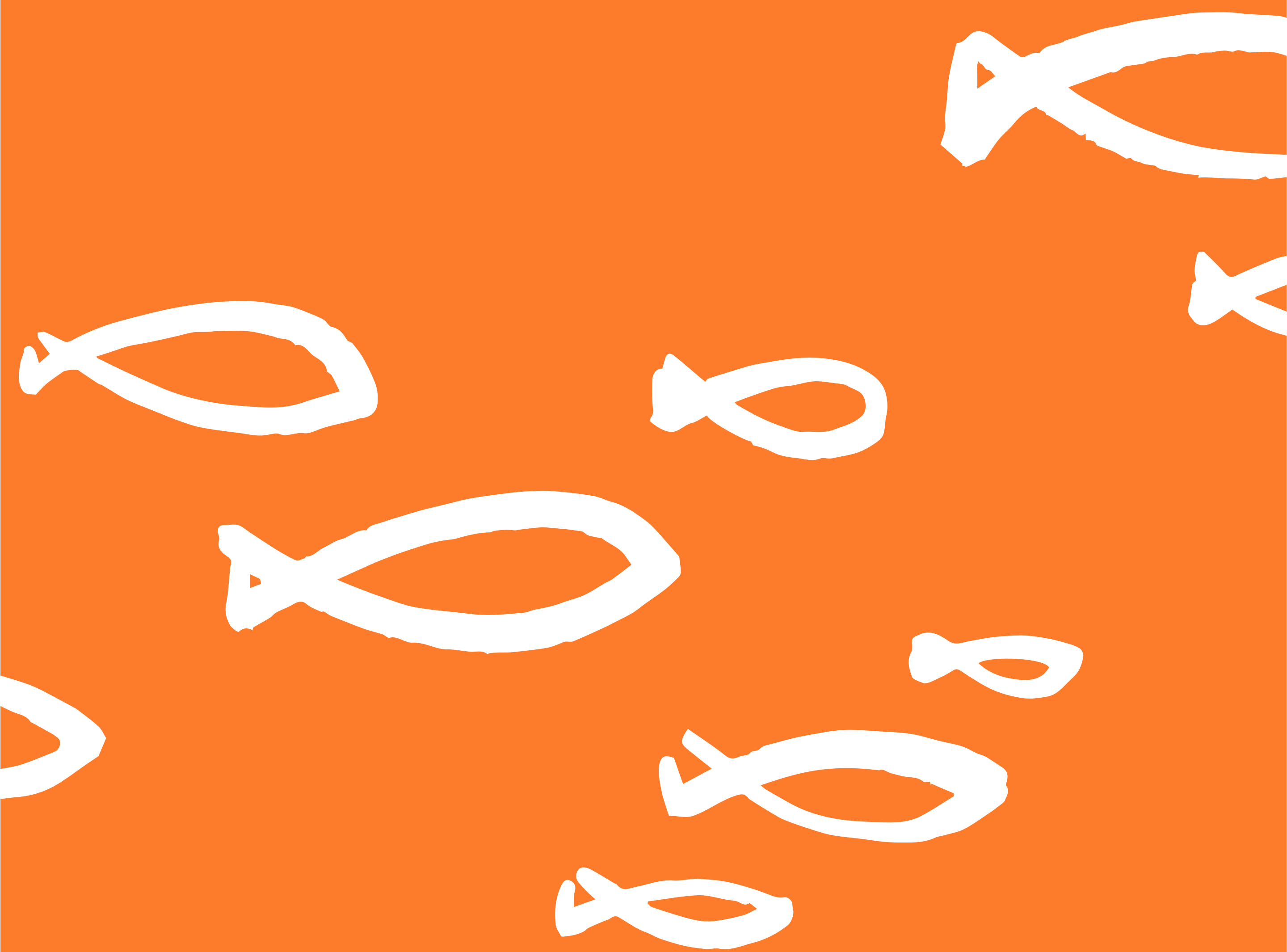
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PORT AND CITY



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



XUNTA
DE GALICIA



Financiado por
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GOBIERNO
DE ESPAÑA
MINISTERIO
DE INDUSTRIA
Y TURISMO



Plan de Recuperación,
Transformación
y Resiliencia

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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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.