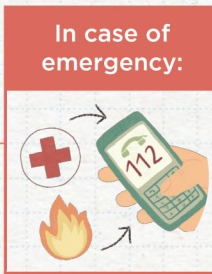


REGULATIONS AND RECOMMENDATIONS FOR VISITORS:

Every year, thousands of people visit this island, so each individual action is multiplied by thousands. That is why it is so important that you take this regulation into account.



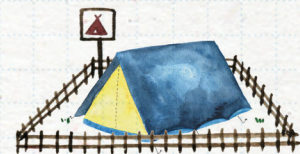
Take your rubbish home with you. There are no refuse containers on the islands. Put out your cigarette butts and take them back with you.



Do not pick any flowers or fruit. They are necessary for development of plants and for feeding many animals.



The lighting of fires is prohibited.



Camping is only permitted on the campsite.



Do not make any noise that may disturb the peace.



Sport fishing is prohibited.



Do not take any shells from the beach or any other natural element.



Drones and kites are forbidden.



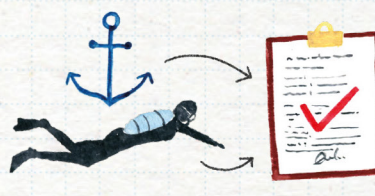
Do not disturb or feed the animals. Nor do mussels, limpets, periwinkles, etc tear off the rocks.



Bringing animals is forbidden (except guide dogs).



Do not stray from signposted paths. Don't access dunes or cliffs. Your safety and conservation of many species depend on it.



Park authorisation is needed for sailing, anchoring or scuba diving: www.iatlanticas.es.

Law 15/2002, Decree 274/99, Law 42/2007, Decree 177/2018.

GALICIA'S ATLANTIC ISLANDS LAND-MARITIME NATIONAL PARK



DID YOU KNOW THAT...?

...the beach sand is so fine and white because its quartz grains are thousands of years old?

This sand comes from the erosion of granite—the most abundant rock on these coasts. The white sand is made up of quartz—a mineral that is highly resistant to erosion. The darker sand, of softer minerals, has been disappearing. Do not take any shells or sand home with you.



NATIONAL PARK OFFICE:
C/ Oliva 3, 2º, 36202, Vigo / T. 886218090

VISITORS CENTRE:
C/ Palma 4,36202, Vigo / T. 886218082

Fax. 886218094 / iatlanticas@xunta.gal / www.parquenacionalillasatlanticas.com
facebook.com/ParqueNacionalIslasAtlanticasDeGalicia



Recycled paper 100%. Ed. 2020.
Give your brochure a new life. Take it back to the hut.
Design and illustration: Renu Ortega - www.renuortega.com

A NATIONAL PARK HIDDEN UNDER THE WATER

This is a very unique protected space, since most of its surface is sea. The islands of Cíes, Ons and Sálvora emerge, creating a natural barrier that protects the Rias Baixas from the harshness of the ocean, while Cortegada is sheltered by the ria.



Limits of the National Park. Total area: 8,480 ha.

DIFFERENT LANDSCAPES TO GET TO KNOW ON THE ISLAND:

THE BEACHES are located on the calmer part of the coast, where the sea deposits its sand. These sands are retained by the dune plants, thus preventing beach erosion.



Sandpipers and plovers

Search for food in the sand.



Portuguese crowberry



Linaria arenaria

Find one of their last refuges on these islands.

THE EDGES OF THE CLIFF, in the most exposed coast, where the sea hits the rocks. Shhh ...! There is a nursery for sea birds.



Armeria pubigera

Plant that survives on the rocks.



European shag chick

A seabird that is becoming increasingly scarce forms breeding colonies here.



Yellow-legged gull

One of its largest breeding colonies can be found on this island.

THE SCRUB. Gorse bushes are protected by their thorns and serve as a refuge for many animals. Their spectacular flowers tinge the islands with yellow in spring.

Euphydryas aurinia. It's a protected butterfly in Europe.



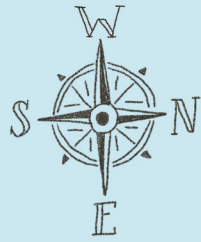
Marsh Fritillary



Ocellated lizard

The largest lizard in occidental Europe.

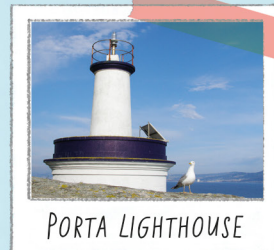
Coastal gorse It can withstand the strong salt-laden winds that defeat the trees.



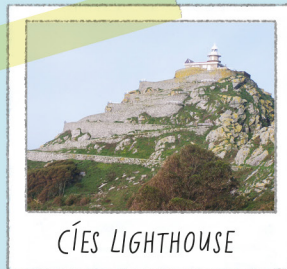
ROUTE MAP SYMBOLS

	Cíes lighthouse route		Other roads
	Porta lighthouse route		Acces is not permitted from 1/4 to 31/08 for breeding of birds.
	Alto do Príncipe route		Information
	Peito lighthouse route		Red Cross
	Viewpoint		Work camp
	Information point		Campsite/ Restaurant
	Zone of regulated anchoring		Restaurant/ Bar
	Bathrooms		Dock/ Evacuation zone
	Recommended diving area (don't stray from the coast)		

THE SOUTHERN OR SAN MARTINO ISLAND



PORTA LIGHTHOUSE
Facing the Sur Island, offers one of its best panoramic views.



CÍES LIGHTHOUSE

Located at the highest point that can be visited. An ideal place to contemplate the cliffs and the flight of the gulls that breed there. To avoid disturbing the birds, do not approach or feed them.



PEDRA DA CAMPÁ

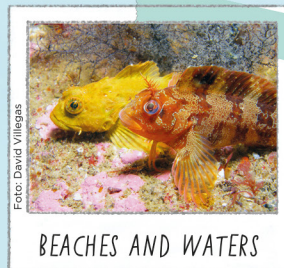
A rock pierced by the action of the wind and the salty environment. You can enjoy beautiful views of the lake and the cliffs from the nearby observatory.

THE LIGHTHOUSE OR MIDDLE ISLAND



INFORMATION POINT

In the former San Estevo Monastery. There is an exhibition inside where you can discover the sculptor who makes models of life on the islands. Check opening times.



BEACHES AND WATERS

A rocky ledge where you can see the lake and the cliffs. In summer, this turns into the nursery for seagull chicks, so please do not go beyond the viewpoint or feed them, so as not to disturb them.



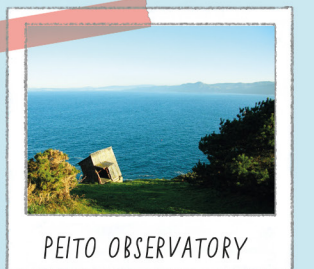
ALTO DO PRÍNCIPE

ENSEADA DOS CHANCELOS

PUNTA DO CABALO



THE NORTHERN OR MONTEAGUDO ISLAND



PEITO OBSERVATORY

The Peito Lighthouse and the observatory, with a beautiful panoramic view of the rias. A good place to observe the seabirds that breed on the cliffs: yellow-legged gulls and shags.



THE LAKE

A haven in the ocean and a refuge for marine life. Take a stroll along its breakwater to see all the different kinds of fish. To avoid upsetting the habits of these fish, please do not feed them or swim in the lake.

On the rocks alongside the beaches you can see a great variety of marine life. Discover more with snorkelling gear. Enjoy them without touching. You need permission from the park to use a lead weight belt.



ROUTES IN THE CÍES ARCHIPELAGO

All the paths of the routes are marked with the same colour as on the map. They start at the information booth, where you can ask for routes, reading material you can borrow, activities to do on the island, etc. Before setting off on your walk, **turn over the leaflet** and make sure you read the **regulations**.

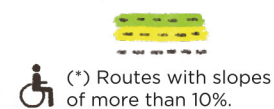
TIPS FOR WALKING TOURS

- Take water.
- Use sunscreen and don't forget to wear a hat.



ACCESSIBILITY

The section paved with cement (*) is from the junction of Figueiras beach to the port of Carracido. Marked on the map with:



+INFO

More info about the routes on the park's website.



CÍES LIGHTHOUSE ROUTE

Distance: Information point-Cíes lighthouse 3,5km
Duration (ONE WAY): 1h30min. Up to Pedra da Campá: 1h
Height variation: 175m

This route has the greatest contrast of landscapes, ranging from the Rodas Beach and The Lake to the viewpoint from the Cíes lighthouse, with the expanse of the ocean to one side and the Vigo ria to the other point. The Campá detour allow us a bird's eye view of the lake.



PORTA LIGHTHOUSE TOUR

Distance: Information point-Porta lighthouse 2,6km
Duration (ONE WAY): 1h
Height variation: 55 m

The least steep of the walks, and entirely by the sea. Walkers can see fish in the lake, the beach and the Nosa Señora Dunes as well as the rocky landscape of the "Freu da Porta", from the lighthouse of the same name.



ALTO DO PRÍNCIPE ROUTE

Distance: Information point-Alto do Príncipe 1,7km
Duration (ONE WAY): 45min
Height variation: 95m

A path which rises gently from the Rodas Beach to the steep Alto do Príncipe cliffs. Along the way walkers will see gorses and blackthorns, a sample of the islands' native vegetation.



PEITO LIGHTHOUSE ROUTE

Distance: Information point-Faro do Peito 2,5km
Duration (ONE WAY): 1h
Height variation: 60m

This route take us around the North Island, from the Muxieiro Dune to the Monteagudo cliffs, from where we can marvel at the view of the island of Ons, and the Costa da Vela cliffs.