

# Chronicle of Cortegada

## ANCIENT TIMES

For Greeks, Romans and Arabs, the Arousa Estuary and the River Ulla were an important river route to inland Galicia.



Roman Amphora from the 1<sup>st</sup> century, found by a sailor in 1957 on the coast of Cortegada.

## MIDDLE AGES

The Arousa Estuary was the sea port used by Normans and Muslims in their invasions on the Cathedral of Santiago, which was living its heyday after the discovery of the Apostle's sepulchre. In order to defend itself from the attacks, the Church erected various defence towers on the Estuary, including one on Cortegada, of which there are no remains

## 1334

Beside the village, the Virgen de los Milagros Chapel was built. Many of the sick went on a pilgrimage to this Chapel in search of relief.



## 1652

The Chapel was rebuilt on the site where it can be found today, far from its original location.

## BEGINNING OF THE 20<sup>th</sup> CENTURY

Negotiations began to donate the island to King Alfonso XIII, in order to build his summer residence

"...a commission has reached this town (Carril) (...) with the aim of asking various wealthy property owners who are residents here (...), to contribute to the popular subscription to purchase the Island of Cortegada and give it to the King. The purchase price comes to 4000 duros". ABC, 28<sup>th</sup> May 1907.

## 16<sup>th</sup> JULY 1910

After a lengthy process for the purchase and expropriation of the properties on Cortegada, the deeds were signed to transfer the island to the Royal Household. However, La Magdalena Palace was already being built in Santander, so the Island was kept as the King's hunting reserve.



## 1931

During the 2<sup>nd</sup> Republic the State took control of the Island.

## 1958

Juan de Borbón recovered ownership of the island

## 1978

The island was sold to a property developer. Those who defended the right to a public Cortegada in order to enjoy its natural resources managed to stop the development.

## 2002

Cortegada was included in the National Park.

## 2007

The Regional Government of Galicia purchased it to make it public.

## DID YOU KNOW THAT...



In this island there are more than 800 species of mushrooms? It is one of the sites with the greatest variety in Galicia and is of great scientific value (do not pick any).



The posts staked in the sea mark the areas where the famous "carril" clam is cultivated? It is an activity with more than 500 years' history. Pullet carpet shell, Manila clam and grooved carpet shell are cultivated here.

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## GALICIA'S ATLANTIC ISLANDS LAND-MARITIME NATIONAL PARK

### Cortegada Archipelago



Give your brochure a new life. Take it back to the hut.

## REGULATIONS AND RECOMMENDATIONS FOR VISITORS

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

There are no refuse containers on the islands, because they are an eyesore and create the environmental problems involved in transporting and storing waste. We would ask visitors to please take their waste back to the port of origin.



Cigarette butts are particularly difficult to collect from beaches and paths. Please put them out and take them back with you.



Camping is not permitted.



Pulling up plants or picking flowers is prohibited as it has an adverse effect on plant growth and reduces the food resources of insects and birds.



Bringing animals onto the islands is prohibited (with the exception of guide dogs) as they interfere with the native species by hunting birds and mammals, pulling up plant roots in the dunes, etc.



Making noise that interferes with the natural tranquillity of the islands, disturbs other visitors and the wildlife is prohibited.



Walking outside the main paths leads to plants being stepped on and, by making a secondary path, increases the risk of erosion.



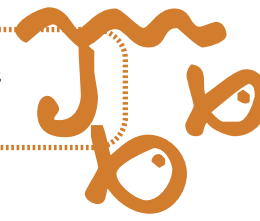
In order to prevent forest fires, the lighting of fires is prohibited.



Do not disturb the wildlife. The birds and fish should not be fed as this can lead to disease and a change in their feeding habits. Pulling shells from the rocks, i.e. mussels, limpets, is prohibited.



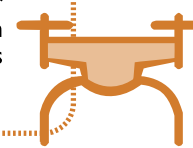
Sport fishing is prohibited.



The authorisation of the National Park Authority is necessary if visitors wish to sail, anchor or scuba dive.



Drones, kites or any other flying gadgets are forbidden without the National Park's express permission.



Collecting shells from the beaches is prohibited as it reduces the amount of nutrients available to the plants in the dunes.



Some areas are nature reserves to which access is prohibited, the cliffs or the dunes for example, as they are host to important seabird breeding grounds or have fragile vegetation, etc.



# A WALK AROUND CORTEGADA

## the medicine of the sea

On this route you will discover the Island of Cortegada along the paths given to us by nature to improve our health.

Each of the five stops marked on this route will reveal beneficial secrets for health: medicinal plants, revitalising salts, advice on prevention...

**TECHNICAL SPECIFICATIONS**  
**Distance and duration:**

Option A: 3.2 Km, 1 h.

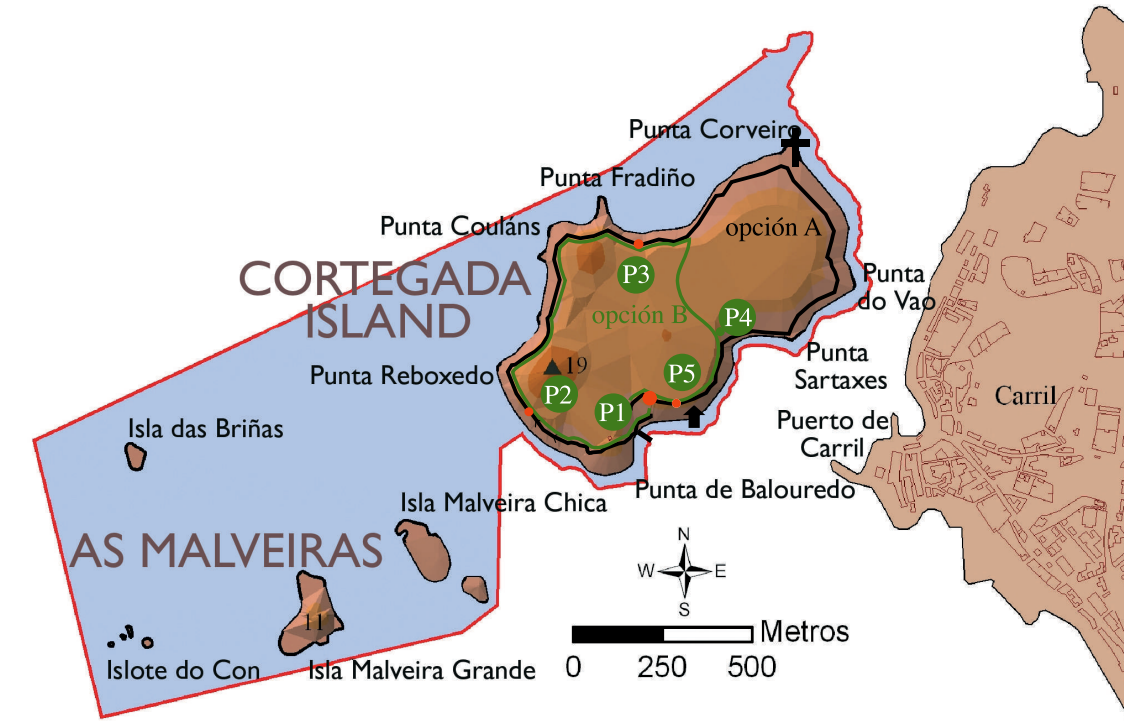
Option B: 2.1 Km, 45 min.

**Difficulty: low**



+ INFO info about the routes on the Park's website

- Limits of National Park
- Información Point
- Dock
- Old village
- Stone Cross



### STOP 1. HEALING THE SOUL. THE CHAPEL OF MIRACLES

Faith in the healing capacity of the Virgen de los Milagros (Virgin of Miracles) has made this the object of many pilgrimages by the sick since ancient times. There were so many sick people and such a high risk of infection from the epidemics, that in 1652 the Church decided to move the Chapel away from the town to its current location. At the same time a small hospital was built beside the Chapel to attend to the pilgrims, of which there are hardly any remains.



### STOP 3. TREES THAT HEAL

When the island became unpopulated and the crops were abandoned, the forest gradually covered it and created green spaces for life. You are now in a kind of pharmacy, as this forest contains Laurels and Willows; and behind them, Alders and Hawthorns on the coastline, and a short distance ahead you will see the Oaks. These are all characteristic trees of this area, where you will find genuine remedies for illnesses. Please remember that you are not allowed to pick plants here.



For stomach illnesses: Laurel. The origin of the word "bacalaureate" (bacca-laureatus) comes from the fact that in ancient times students were given a laurel branch with berries



For pain and fever: Willow. As its bark contains salicin, which is used to make aspirin.

### STOP 4. HEALING PROPERTIES OF SUN AND SALT. THE BEACHES

If you look with the eyes of a pharmacist, you will see a vast variety of health benefits around you:

- Sun: Its rays stimulate the calcification of the bones.
- Sand: Walking on it barefoot activates the circulation.
- Sea water: Minimises the pain of rheumatism and arthritis.
- Seaweed: Its mucilage offers remedies for cellulite, rheumatism, immune depression, burns...



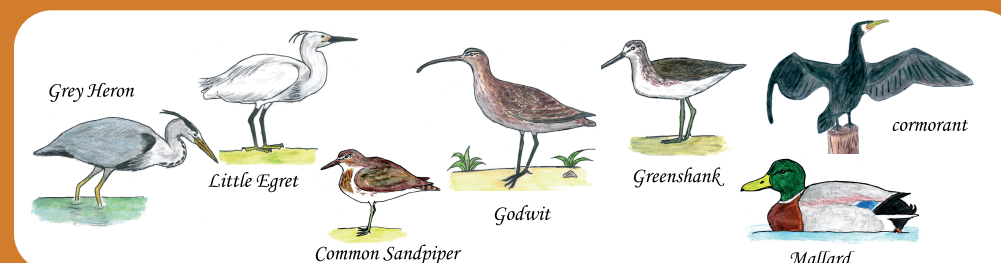
The most abundant seaweed is Norwegian Kelp, which contains growth stimulants for vegetables. From the town of Carril, we can see the cart path marked by the farmers when they came to the island in search of this seaweed.

### STOP 2. HEALING THE SIGHT. THE ESTUARY VIEWPOINT

You are now facing the Arousa Estuary, between the Barbanza Mountains to the north and the Castrove Mountains to the south. This wide horizon, which hides behind the Malveiras Islands, is a soothing balsam for the eyes.



Hidden amongst the landscape you can see marine birds catching fish and seafood along the coast.



For sore feet and insect bites: Alder. Using poultices of its leaves



For gastroenteritis: Oak. By boiling it.



To regulate blood pressure and improve arrhythmia: Hawthorn.

### STOP 5. PREVENTION IS BETTER THAN CURE. UNDER THE TOWN'S PROTECTION

A roof over our heads is greater prevention than what many medicines can cure. The people who lived here before the island was donated to Alfonso XIII created a place to shelter and keep warm in the south-east of the island, the sunniest side of Cortegada, away from the cold northerly winds. Among the ruins of the homes you can see water troughs for animals, stone ovens and the faladoiros on the windows.



The bread oven is a round stone structure fitted into the walls of the house.

The faladoiros were benches fitted on the windowsills in order to have a pleasant chat whilst admiring the landscape, what better remedy against stress?



### PATH OPTIONS

After continuing for a short distance you will come across a small crossroads that will allow you to choose between the path that follows the coast or the path that leads inland (see map). The two come out onto the same point and you will not miss any stops.