

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.

In case of emergency:



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.



Do not make any noise that may disturb the peace.



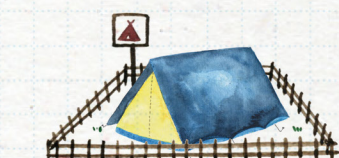
Do not take any shells from the beach or any other natural element.



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



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



Camping is only permitted on the campsite.



Sport fishing is prohibited.



Drones and kites are forbidden.



Bringing animals is forbidden (except guide dogs).



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...?

...there are forest under the sea? These forest are formed by big algae that provide food and refuge to hundreds of species. Algae, sandy and rocky bottoms form a mosaic of landscapes for different form of marine life, principal natural value of the Park.

...Is Ons island inhabited? They were born in the island and they live through very attached her, with custom tied to the sea and to the isolation. In Visitor Center you will be able to know more on this.

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VISITORS CENTRE:
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XUNTA DE GALICIA



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Design and illustration: Reta Ortega - www.retaortega.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 Cies, 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 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.



Cotton weed plant
It dresses in white to avoid heat.



Linaria arenaria
Find one of their last refuges on these islands.

THE EDGES OF THE CLIFF, on 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 stones.



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



European shag chick



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 and 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 Europe.

The Ons broom
Endemic to these islands, together with the gorse, withstands the battering of the strong salt-laden winds.



ROUTE MAP SYMBOLS

- | | |
|--|--|
| Lighthouse route | Other roads |
| South route | Access is not permitted from 1/4 to 31/08 because of bird breeding |
| North route | |
| Castelo route | |
| Information | Workcamp |
| Red Cross | Campsite/Restaurant |
| Viewpoint | Bird observatory |
| Information point | Zone of regulated anchoring |
| Recommended diving area (Don't stray from the coast) | Bathrooms |
| | Restaurant/Bar |
| | Dock/Evacuation zone |
| | Bathrooms |

A crack facing the southerly sea storms, which widened and deepened the cave until its roof collapsed, creating a huge sea cave.



BURACO DO INFERNO

ISLOTE AS FREITOSAS

BURACO DO INFERNO

FEDORENTOS VIEWPOINT

FEDORENTOS COVE

ONZA OR ONCETA ISLAND

PUNTA DOS GALOS

ALTO DE ONZA 72 m



FEDORENTOS VIEWPOINT

Offers a great panorama of the Island of Onza, the Cíes Islands and the Pontevedra Ria. In the 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.



ONS LIGHTHOUSE

At the highest point of the island—its light can be seen 45Km away—is one of the main lighthouses of the Galician coast. It is one of the last lighthouses to be still inhabited by a lighthouse keeper. No visitors are allowed inside.

CONS DE LIÑEIRO

ONS ISLAND

CON DOS GALOS

CANIVELIÑAS COVE

MONTE DO CASTRO 76 m

CANEXOL NEIGHBORHOOD

O CAIRO

CANEXOL BEACH



BEACHES AND WATERS

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.

ONS LIGHTHOUSE 119 m

PUNTA ESTRIPEIRAL

BASTIÁN DE VAL COVE

PUNTA XUBENCO

ALTO DA CERRADA 106 m

POCIÑA COVE

PUNTA DO CENTOLO

MELIDE BEACH

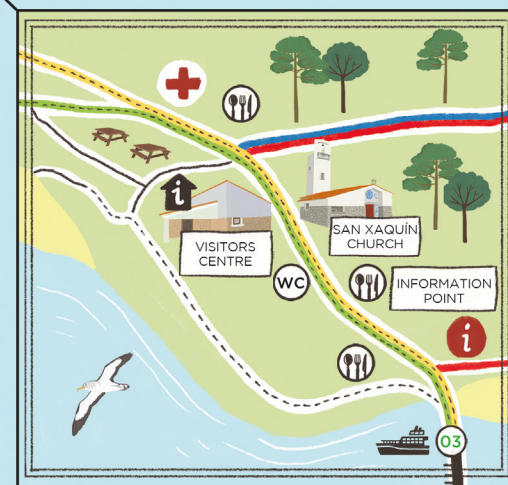
A nudist beach, where you can bathe, observe the marine fauna and dune flora (without walking on it).

PUNTA DO CASTELO

DORNAS BEACH

AREA DOS CANS

LAXE DO CREGO



CURRO NEIGHBORHOOD

Built by the State in the 60s to provide the island with a school, church, civic centre silo and a pen to hold livestock.

THE VISITOR CENTRE

In the former school, is currently hosting an exhibition on the history and customs of the inhabitants of Ons.



PUNTA DO CENTOLO



MELIDE BEACH



PUNTA DO CASTELO

A viewpoint flanked by the ruins of a defensive fortress from the 19th century.



PARQUE NACIONAL MARÍTIMO TERRESTRE DAS ILHAS ATLÂNTICAS DE GALICIA

ROUTES IN THE ONS ARCHIPELAGO

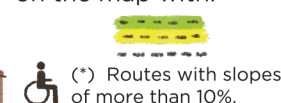
All the paths of the routes are marked with the same colour as on the map. They start at the information booth, where you can ask for routes, reading material you can borrow, activities to do on the island, etc. Before setting off on your walk, **turn over the leaflet** and make sure you read the **regulations**.

TIPS FOR WALKING TOURS

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

ACCESSIBILITY

The sections paved with cement (*) are from the port to the lighthouse and from the port to the Canexol neighbourhood. Marked on the map with:



(*) Routes with slopes of more than 10%.

+INFO

More info about the routes on the park's website



LIGHTHOUSE ROUTE

Distance: 4km / **Duration:** 1h30min (circular route) / **Height variation:** 120m

This is the most popular route, as it slopes gently from the inner part of the island to the lighthouse (closed to visitors), returning via the western route until reaching the Caniveliñas cove from where it returns to the village. From the highest spot on the island the emblematic Ons lighthouse looks out across the landscape to ria. The beautiful Caniveliñas cove is proof of the force of the open sea.

SOUTH ROUTE

Distance: 6,2km / **Duration:** 2h30min (circular route) / **Height variation:** 86m

A complete route which takes us around the southern half of the island; from the soft, sandy beaches which look out to the Ria, such as Area dos Cans or Canexol, to the steep cliffs of the western face. You will enjoy views from the Fedorentos viewpoint, with Onza and the Cíes Island in the background, and the renowned Buraco do Inferno shaped by the force of the Atlantic ocean.

NORTH ROUTE

Distance: 8,1 km / **Duration:** 3h (circular route) / **Height variation:** 100 m

This is the longest route and it follows the northern part of the island, first crossing a gentle slope on the east with views stretching from the ria to Melide Beach, then rising slowly towards the west, where the Atlantic Ocean dominates the landscape. On the secluded rocks it is likely to observe European shags drying their plumage in the sun.

CASTELO ROUTE

Distance: 1,1 km / **Duration:** 40min (circular route) / **Height variation:** 33 m

The shortest and simplest route. A small path leads us from the Dornas beach along the eastern coast to the Castelo vantage point. From there we return to the port via the main path. The "dorna" is a traditional vessel common to the Ons. The "Castelo" are the ruins of an ancient defensive fortification.