

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 disturb or feed the animals.
Don't take or tear off mussels, limpets, periwinkles, etc. from the rocks either.



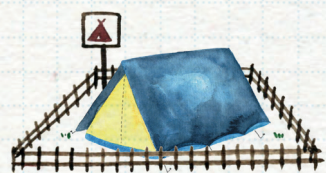
Do not pick any flowers or fruit.
They are necessary for plant development and as a food resource for many animals.



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



The lighting of fires is prohibited.



Camping is only permitted on the campsite.



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.

In case of emergency:



GALICIA'S ATLANTIC ISLANDS LAND-MARITIME NATIONAL PARK

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CÍES ARCHIPELAGO

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

XUNTA DE GALICIA

FONDO EUROPEO DE DESENVOLVIMENTO REGIONAL
"Unha maneira de facer Europa"

PARQUE NACIONAL MARÍTIMO TERRESTRE DAS ILHAS ATLÁNTICAS DE GALICIA

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 the sand. This sand is retained by the dune plants, thus preventing beach erosion.



Sandpipers and plovers



Portuguese crowberry



Linaria arenaria

They search for food in the sand.

They 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

It survives among the rocks withstanding the salty winds.

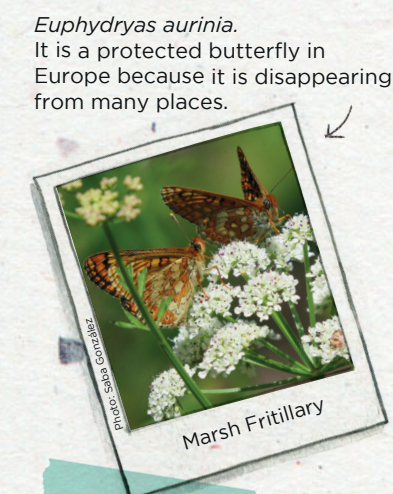


Juvenile European shag

On these islands there is one of the largest breeding colonies of these two seabirds.



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.



Marsh Fritillary

Euphydryas aurinia. It is a protected butterfly in Europe because it is disappearing from many places.



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 | Access is not permitted from 1/04 to 31/08 because of bird breeding. |
| Alto do Príncipe route | |
| Peito lighthouse route | |
| Information | Volunteer camp |
| Red Cross | Campsite/Restaurant |
| Viewpoint | Bird observatory |
| Visitor Centre | Zone of regulated anchoring |
| Recommended diving area (don't stray from the coast) | Restaurant/Bar |
| | Dock/Evacuation zone |
| | Bathrooms |



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.



ALTO DO PRÍNCIPE

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.

PUNTA DO CABALO

ALTO DAS CÍES 197 m

MONTE AGUDO 182 m

JULES VERNE VIEWPOINT

O PEITO OR MONTEAGUDO LIGHTHOUSE

NORTHERN OR MONTEAGUDO ISLAND

FIGUEIRAS BEACH

PUNTA MUXIEIRO

AREA PEQUENA BEACH

RODAS BEACH

THE LAKE

PUNTA DAS VELLAS

OS BOLOS BEACH

PENELA DOS VIÑOS

NOSA SEÑORA BEACH



VISITOR CENTRE

In the former San Estevo Monastery. There is an exhibition inside where you can discover the nature and history of the islands. Check its opening times.



PORTA LIGHTHOUSE

Facing the Southern Island, offers one of its best panoramic views.

PUNTA DO PAU DA BANDEIRA

PUNTA DA GALEIRA

MONTE GALEIRA 128 m

MONTE PEREIRA 175 m

SAN MARTIÑO BEACH

PUNTA DA CONCELA

BICOS LIGHTHOUSE



O PEITO OBSERVATORY

The O Peito Lighthouse and 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.

It is 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.



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.



PARQUE NACIONAL MARÍTIMO TERRESTRE DAS ILHAS ATLÂNTICAS DE GALICIA

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 and sport shoes.



ACCESSIBILITY

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



(*) Some stretches with slopes greater than 10%.

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



CÍES LIGHTHOUSE ROUTE

Distance: Information point-Cíes lighthouse 3,5 km
Duration (ONE WAY): 1 h 30 min. Up to Pedra da Campá: 1 h
Height variation: 175 m

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. The Campá detour allow us a bird's eye view of the lake.

PORTA LIGHTHOUSE ROUTE

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

The least steep of the walks, and entirely by the sea. Walkers can see fishes 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 1,7 km
Duration (ONE WAY): 45 min
Height variation: 95 m

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 native vegetation of the islands.

PEITO LIGHTHOUSE ROUTE

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

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.