

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



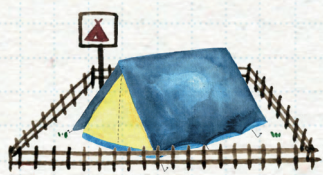
**Do not pick any flowers or fruit.**  
They are necessary for development of plants and as a food resource for many animals.



**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 not permitted.**



**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](http://www.iatlanticas.es).

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

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

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### CORTEGADA ARCHIPELAGO

#### DID YOU KNOW THAT...?

...the laurel forest of Cortegada is one of the most important in the Iberian Peninsula? Some of its specimens reach heights of 13 m.

...on 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).

#### NATIONAL PARK OFFICE:

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#### VISITORS CENTRE:

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## 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.

## CHRONICLE OF CORTEGADA

### ANCIENT TIMES

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



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



### MIDDLE AGES

The Arousa Ria was the sea port used by Vikings and Muslims in their raids 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 ria, including perhaps one on Cortegada, of which there are no remains.



Virgen de los Milagros Chapel

1334

Beside the village, the Virgen de los Milagros Chapel was built. Many sick people 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, away from its original location.

### BEGINNING OF THE 20TH 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, 28th May 1907.

16TH 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 2nd 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.



Marasmiellus candidus



# A WALK AROUND CORTEGADA

## THE MEDICINE OF THE SEA

On this route you will discover how the Island of Cortegada takes care of your well-being. Each of the five stops marked on this route will reveal beneficial secrets for our health: medicinal plants, revitalising salts, advice on prevention...



**TECHNICAL SPECIFICATIONS**

OPTION A: 3,2 KM, 1 H

OPTION B: 2,1 KM, 45 MIN

DIFFICULTY LEVEL: LOW

**Information**

**1** Route stops

**03** Pier / Evacuation zone



### 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 village 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.



### 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 true remedies for illnesses. **Please remember that you are not allowed to pick plants here.**

**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.



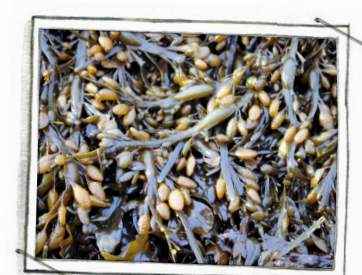
For **pain and fever**: Willow, as its bark contains salicylic acid, which is used to make Aspirin.



### HEALING PROPERTIES OF SUN AND SALT: THE BEACHES

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

- SUN:** Its rays stimulate the calcification of the bones.
- SAND:** Walking barefoot on it activates the circulation.
- SEA WATER:** Minimises the pain of rheumatism and arthritis.
- SEAWEED:** Its mucilage offers remedies for cellulite, rheumatism, immunodepression, burns...

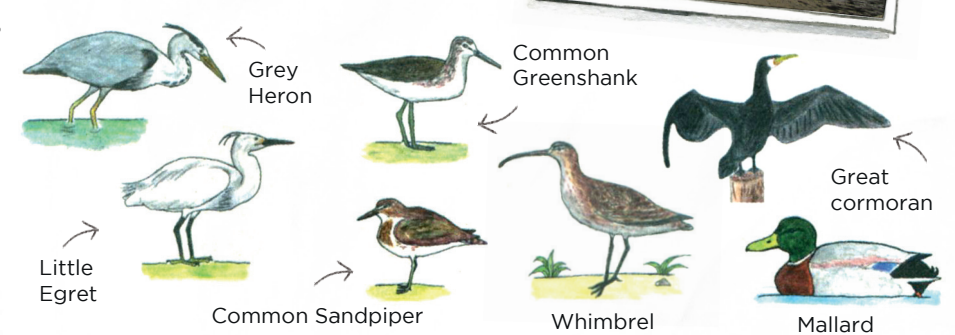


The most abundant seaweed is the knotted wrack, which contains growth stimulants for vegetables. From the town of Carril, there is a cart path marked by the farmers when they came to the island in search of this seaweed.



### HEALING THE SIGHT: THE RIA VIEWPORT

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 shellfish along the coast.



For **stomach illnesses**: Laurel. An infusion after a large meal steadies an upset stomach.



To regulate **blood pressure** and improve **arrhythmia**: Hawthorn.



For **gastroenteritis**: Oak, by boiling it.



For **sore feet and insect bites**: Alder, using poultices of its leaves.



### PREVENTION IS BETTER THAN CURE. UNDER THE VILLAGE 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 **faladoiros** were benches fitted on the windowsills in order to have a pleasant chat whilst admiring the landscape, what better remedy against stress?

