

BEACHES



CREDITS

Published by

Commonwealth of Municipalities of the Region of Ferrol
Ferrolterra's Tourism Promotion Plan

Design and layout

Item-Aga Comunicación

Contents

Commonwealth of Municipalities of the Region of Ferrol in collaboration with the municipalities of Mañón, Ortigueira, Cariño, Cedeira, Valdoviño, Narón, Ferrol, Fene, Mugardos, Ares, Cabanas, Pontedeume and As Pontes

Translations

Review and Update 2017: Item-Aga

English: www.englishspanish.com

French: Lucía Rouco Paz (ICE Galicia)

Photographs

Cover photo Ovidio Aldegunde

Archive of PDPT Ferrol Ortegal

Commonwealth of Municipalities of the Region of Ferrol

Council of Ortigueira, Council of Cedeira, Council of Pontedeume, Council of Mugardos

DMC Galicia

Legal deposit

C 2159-2014

Reedited version: 2017

© of the Publication, maps and texts Commonwealth of Municipalities of the Region of Ferrol

© of the Photographs, their authors

Updated and printed 2017



Deputación
DA CORUÑA



UNIÓN EUROPEA

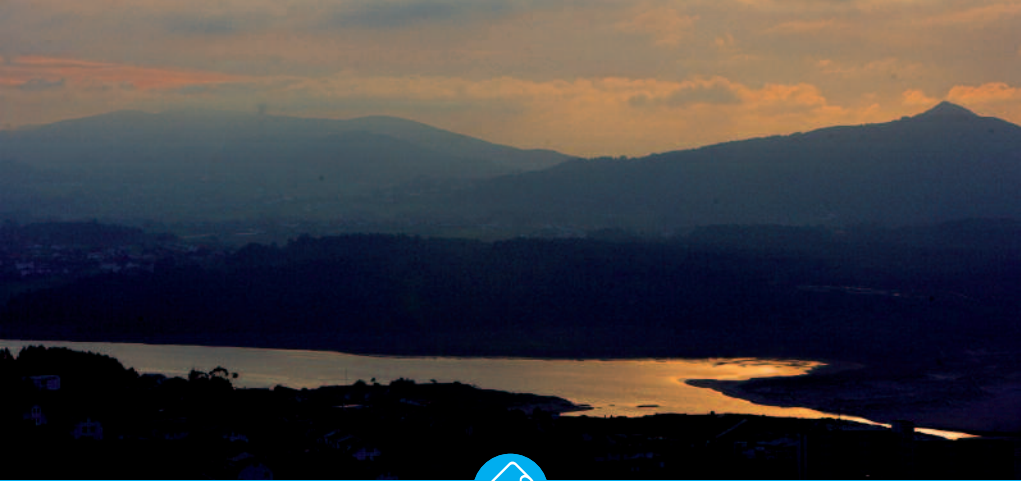
FONDO EUROPEO DE
DESENVOLVEMENTO REXIONAL
"Una maneira de facer Europa"



XUNTA
DE GALICIA





MANCOMUNIDADE
Concellos da Comarca
de Ferrol



Valdoviño

The beaches of the Ferrolterra Rías Altas region make it possible to choose among the longer beaches facing the open sea with a view of a spectacular landscape, or the quieter inland ria beaches of Ortigueira, Cedeira, Ferrol, and Betanzos. The coastline that runs from the Municipalities of Mañón to Pontedeume boasts a selection of sustainable beaches, in terms of environmental conditions and facilities, which is reflected in the twelve Blue Flag beaches that are found in the Municipalities of Ferrol, Valdoviño, Ortigueira and Mañón.

The Blue Flag is an award and an environmental quality certification system that rewards participation in environmental initiatives of the municipal authorities, the local and visiting population and agents of the tourism sector. The updating of the beaches with Blue Flag status was carried out in 2017; this data that may undergo variations in forthcoming years, given that the distinction is renewed on an annual basis. The beaches distinguished with Blue Flag are shown in the guide with the following symbol: 

At the same time, 7 beaches of the Ferrolterra - Rías Altas area are included in the Galician Network of No Smoking Beaches, and belonging to the municipalities of Cabanas, Ferrol, Mañón, Ortigueira and Valdoviño. They appear in the guide with the following symbol: 



Esteiro (Mañón)

Municipalities from North to South

MAÑÓN

■ Vilela Beach

43° 45' 12.4" N - 7° 41' 23.2" W

Description: a sheltered beach, 270 metres in length, with soft sand.

■ Bares Beach

43° 46' 17.8" N - 7° 40' 24.4" W

Description: a sheltered and semi-urban beach. Its 1500 metres of soft white sand will entice you to swim in a natural environment, facing the mountain range of Serra da Faladoira and the Estaca de Bares Lighthouse. Its features as a quiet beach and the services it has to offer make it especially suitable for families. Non-smoking beach.

Facilities:

- Car park and leisure area.
- Showers / Accessible toilets.
- Accommodation and restaurants nearby.
- Life guard Service.
- Cleaning service. Selective waste collection.
- Sports court / Children's park.

■ Esteiro Beach

43° 44' 50.9" N - 7° 43' 22.7" W

Description: a beach in the countryside, with 1850 metres of soft sand and a view of the cliffs. It has sand dunes and it is known for its surf and ocean currents. It is a benchmark in the area for surfing (several surf schools are located there). It is located in the recreational area of Esteiro, which has a pine forest with barbecue facilities, tables, children's playground and sports hall. Non-smoking beach.

Facilities:

- Car parking / Assisted access.
- Showers / Toilets.
- Restaurants nearby.
- Life Guard Service.
- Cleaning service. Selective waste collection.

ORTIGUEIRA

■ Picón Beach

43° 44' 38.1" N - 7° 44' 35.3" W

Description: a straight beach set within a rural, isolated, setting, 470 metres in length and with soft white sand. Windy with strong surf and significant risk of undertows. Breath-taking views of the sea and cliffs. Ideal for enjoying the sun, water sports and a natural setting in an uncrowded environment with difficult access. It has stairs to for pedestrian access, showers, parking and picnic area.

O Coitelo Viewpoint

("The best bench in the world")

Description: this spectacular viewpoint claims to have the best bench in the world, from where you can admire the Cliffs of Loiba and the river mouth of the ria with the headlands of Ortegal and Estaca de Bares on either side.

Access: from Ortigueira take the AC-862 in the direction of Viveiro, and drive 11 km until Loiba Parish. Turn left, in the direction of Picón. At the following intersection, drive towards Loureiros-Picón and continue until you arrive at a bus shelter, then turn left and you will be close to the cliff face.

■ Gabioteira Beach

43° 44' 29.7" N - 7° 45' 17.4" W

Description: Sheltered pebble beach with pedestrian access.



"The best bench in the world" (Loiba)

■ **Castro Beach**

43° 44' 22.3" N - 7° 45' 33.6" W

Description: a sheltered beach, 520 metres in length, with soft sand.

■ **Fabrega Beach**

43° 44' 18.1" N - 7° 45' 54.9" W

Description: a small beach cove, 500 metres in length, at the end of spectacular cliffs found in the vicinity of Loiba. Almost empty beach with coarse sand and difficult access.

Leisure area of Cadaval

Description: found among a coastal outcrop of the Loiba Parish and has a recreational area on Gaivoteira Beach with tables, benches and information boards about the area.

Access: from Ortigueira, take the AC-862, in the direction of Viveiro, and travel 11 km until arriving at the Loiba Parish. Turn left in the direction of Picón. At the following intersection, take the route to Loureiros - O Picón and then follow the directions to the lookout.

■ **O Carro Beach**

43° 44' 17.5" N - 7° 46' 11.3" W

Description: a sheltered beach, 500 metres in length, with soft sand.

■ **Ribeira Grande - O Sarridal Beach**

43° 44' 04.3" N - 7° 46' 31.7" W

Description: 1000 metres of beach and open sea, providing fresh air and at times strong surf. It is found within a breath-taking back-drop at the foot of a high cliff. Pedestrian access only.

Pena Furada Viewpoint

Description: a must-do hiking trail that runs along the local coast, the Pena Furada viewpoint, situated along Sarridal Beach, offers unique panoramic views of the coastline from the Céltigos and Loiba Parishes. Situated upon a coastal outcrop, from where you can admire Pena Furada, a stunning rock formation shaped by the sea facing the beaches of Ribeira Grande (Sarridal). It also offers a spectacular postcard view of the cliffs of Loiba with the zigzagging path leading down to Ribeira do Carro and Os Castros.

Access: from Ortigueira, take the AC-862 in the direction of Viveiro and travel 11 km until reaching Loiba Parish. Turn left, in the direction of Picón. At the following intersection, take the route to Loureiros - O Picón and then follow the directions to the Viewpoint.

■ **Arxúa Cove**

43° 43' 38.5" N - 7° 47' 43.8" W

Description: a sheltered beach, 60 metres in length, with soft sand.

■ **Bimbieiro Beach**

43° 43' 34.9" N - 7° 47' 41.1" W

Description: a small beach (160 metres), known as the only pebble beach in the area. Its shape varies due to the mouth of the small river flowing into it. Between Eirón Beach and Bimbieiro Beach is a headland, upon which the remains of a Neolithic fortified settlement are found and are now substantially eroded.

Facilities: easy pedestrian access, hazard signs, showers, cleaning services, toilets.



Espasante

San Antonio (Espasante)

■ **Eirón Beach**

43° 43' 23.8" N - 7° 47' 47.5" W

Description: Eirón is a pristine beach, 400 metres in length. It is quite sheltered, has soft golden sand and a low risk of undertows.

Facilities: rubbish bins.

■ **San Antonio Beach**

43° 43' 18.9" N - 7° 48' 16.9" W

Description: a crescent shaped beach within a rural setting, 150 metres in length, with soft golden sand. Low winds with moderate surf and ideal for surfing. Close to the town and port of Espasante. Breath-taking views of the sea and cliffs. The woodlands extend down to the beach. Ideal for enjoying the sun, bathing and the natural surroundings. Adjacent to Eirón Beach. Coast path.

Facilities:

- Car parking.
- Accommodation and restaurants nearby.
- Assisted access.
- Cleaning services.
- Toilets

■ **Santa Crsitina Cove**

43° 43' 22.6" N - 7° 48' 46.0" W

Description: a sheltered beach, 50 metres in length, with soft sand. This beach provides access to Castro Punta dos Prados.

■ **A Concha Beach** 

43° 43' 15.8" N - 7° 48' 34.0" W

Description: an urban beach, light winds and calm seas, with very low risk of undertows, making it to enjoy swimming and the sun along its 1 km length. An area for leisure boating, with vessels often anchored here. Its features as a quiet beach and the services it

has to offer make it especially suitable for families. Non-smoking beach.

Facilities:

- Car parking.
- Train stop (FEVE).
- Assisted access.
- Showers / Toilets.
- Accommodation and restaurants nearby.
- Life guard Service.
- Cleaning services.

A Concha Leisure area

Description: the leisure area can be found alongside the beach with the same name. This means it has amenities such as tables, benches, table tennis, showers, accessible toilets, waste recycling, a car park, playground and exercise park. It is also close to the starting point for the *Ruta dos Mariñeiros* (The Mariners Path), which is part of the *Camiño da Costa* (The Coastal Path).

■ **O Ladrado Beach**

43° 42' 11.7" N - 7° 49' 45.6" W

Description: a secluded beach with soft sand and calm seas, 50 metres in length. Protected by Isla de San Vicente (St. Vincent's Island), a naturally enclosed spot with a unique ecology found between the mouth of the Ladrado and Santa Marta de Ortigueira Estuaries.

■ **Morouzos Beach**  

43° 42' 10.1" N - 7° 50' 55.1" W

Description: beach within a 3km rural setting, straight, with soft dark sand and very windy. Moderate surf and some risk of undertows. You can see the beautiful pine forest and extended sand dunes. San Vicente Island faces the beach,



Morouzos (Ortigueira)

which can be cautiously reached on foot during low tide. Ideal for enjoying the sun, bathing and the natural surroundings. Non-smoking beach.

Facilities:

- Car parking.
- Halt (FEVE).
- Showers.
- Assisted access.
- Life guard Service.
- Cleaning services.
- Toilets.

**Pinar de Morouzos leisure area
(Morouzos Pine Forest)**

Description: Pinar de Morouzos is part of the maritime public domain, consisting of the beach ecosystems, sand dunes and marshlands. In 2005, the whole area became part of a regeneration project that improved amenities and accessibility, with the construction of an accessibility services building, car parking, walkways, table and benches, shelters, information and rest areas, walking trails and bird watching. Due to all of this, Morouzos Beach has for many years received the Blue Flag and Ecopraias Flag. Part of the area is authorised camping space for Ortigueira's International Festival of the Celtic World, one of the most important Celtic festivals in Europe, along with Lorient in France

Access: upon exiting the town of Ortigueira, in the direction of Viveiro, the road to the beach is to the left. Continue along this road for 1.5 km until reaching the beach itself.

CARIÑO

■ Figueiras Beach

43° 42' 41.8" N - 7° 51' 39.7" W

Description: a small beach, 250 metres long, in a well-maintained environment. Straight with soft white sand. Its calm waters provide the perfect conditions for water sports.

Facilities:

- Cleaning Services.

■ Fornos Beach

43° 42' 47.8" N - 7° 51' 15.4" W

Description: isolated within a rural setting, a crescent-shaped beach with soft grey with yellow tones sand and close to a pine forest. Windy (ideal for surfing) with moderate surf, apt for swimming and water sports such as water skiing, jet skiing and windsurfing. Located at the entrance to the Ortigueira Ria, making it perfect to take in the amazing natural beauty of the area. Boat anchoring area.

Facilities:

- Car parking.
- Showers.
- Rubbish Bins.
- Life guard Service.
- Cleaning services
- Toilets.
- Assisted access

■ Basteira Beach

43° 43' 53.9" N - 7° 52' 22.1" W

Description: a sheltered beach, 500 metres in length, with soft sand that enjoys medium-sized crowds during the summer months.

Facilities:

- Car parking.
- Bus service.



Cariño



Sonreiras (Cedeira)



- Showers.
- Accommodation and restaurants nearby.
- Rubbish Bins.
- Seafront Promenade.
- Cleaning services.

■ A Concha Beach

43° 44' 18.5" N - 7° 52' 12.3" W

Description: a crescent shaped beach within an urban setting, 750 metres in length, with soft white and grey sand. Apt for swimming and water sports. With excellent views of Ortigueira Ria... Docks, with an anchoring area for boats.

Facilities:

- Car parking.
- Bus Service.
- Showers.
- Accommodation and restaurants nearby.
- Cleaning services.
- Assisted access
- Accessibility.

■ O Peiral Cove

43° 44' 39.9" N - 7° 52' 01.8" W

Description: a 40 metre-long beach with dark sands and gravel, within an urban setting. Large crowds that are mostly locals. Formed of pebbles and a small part of sand. Windy and moderate surf. Great for snorkelling.

Facilities:

- Showers.
- Cleaning Service.
- Drinking water.

CEDEIRA

■ Sonreiras Cove

43° 39' 32.7" N - 8° 04' 22.4" W

Description: a small cove (20 metres), with difficult access down long steps and only during low tide. Despite this, the area has a lot of charm and it is shared with an ancient and abandoned shellfish farm.

■ Area Longa Beach

43° 39' 36.1" N - 8° 04' 05.1" W

Description: 220 metres of beach in a semi-urban setting, located near Cedeira Port. A crescent-shaped beach with soft white sand. Sheltered from the wind, calm waters, ideal for swimming and water sports (light sailing vessels and rowing). A beach harbour, with anchorage for boats.

Facilities:

- Car parking.
- Showers.
- Rubbish Bins.
- Life guard Service.
- Accommodation and restaurants nearby.

■ A Magdalena Beach

43° 39' 34.7" N - 8° 03' 19.9" W

Description: beach within an urban setting, crescent-shaped beach, 1300 metres in length, with soft white sand. Very sheltered with calm waters, making it apt for swimming and water sports. A beach harbour, with anchorage for boats. A seafront promenade winds its way through the bottom of a pine forest that has tables, benches and a playground... Pleasant for a stroll, with a children's playground nearby.



A Magdalena Beach (Cedeira)



Pantín (Valdoviño)



Facilities:

- Car parking.
- Cleaning services.
- Drinking water.
- Life guard Service.
- Assisted access.
- Accommodation and restaurants nearby.

VALDOVIÑO

■ Vilarrube Beach

43° 38' 17.8" N - 8° 04' 19.5" W

Description: having passed Valdoviño and Pantín, you will arrive at Vilarrube Parish, where there are directions to the beach, 1420 metres of soft white sand and calm waters. The beach is surrounded by mountains and far from built-up areas.

Facilities:

- Car parking.
- Cleaning services
- Showers
- Life guard Service
- Toilets.

Vilarrube recreational area

Description: much more than a recreational area, it is also a rest area, since it is located between the AC-566 motorway and Vilarrube Beach. It is equipped with four tables and benches, a camping area and surrounded by vegetation. The woodlands are noted for their chestnut trees.

Access: this rest area is reached by following the AC-566 that passes through the township of Valdoviño in the direction of Cedeira. It is located at km 24.

■ Graxal Cove

43° 39' 16.9" N - 8° 05' 39.2" W

Description: a sheltered pebble beach, 100 meters in length.

Chirlateira Point or Pantín Point

Description: an amazing panoramic view that includes, on one side, Vilarrube Beach and the town of Cedeira with its port, and on the other side, the Canello Coast with Frouxeira Point in the background. From here, you can take in the immensity of the ocean.

Access: from the municipal capital, along the AC-566 motorway towards Cedeira, you will come to a left hand turn-off heading to Baleo Beach. Continue along this road for 2.7 km and you will arrive at a small lookout providing a right-hand side view of the remaining distance to travel. The rest of the way is a path amongst pine trees, which ends at the headlands.

Ouzal Point or Prucallo Point

Description: it is located at 65 metres above sea level. To the right, you can see Chirlateira Point, also called Pantín Point, and to the left Baleo Beach. On a slightly cloudy day, it is possible to even see Frouxeira Point with its distinctive lighthouse, Galicia's latest, and even catch a glimpse of the silhouette of Prior Cape.

Access: from the municipal capital, along the AC-566 motorway towards Cedeira, you will come to a left-hand turn-off heading to Baleo Beach. Continue along this road for 1.7 km and you will see Ouzal Point (Prucallo Point) to the left.



O Baleo (Valdoviño)

■ O Baleo Beach

43° 38' 47.3" N - 8° 06' 07.9" W

Description: a crescent-shaped beach within a rural setting, 400 metres in length, with soft white sand. Moderate to strong surf. Ideal for sunbathing and swimming in a natural environment with small crowds.

Facilities:

- Showers.
- Cleaning services.
- Accommodation and restaurants nearby.
- Life guard Service.
- Toilets.

■ Porto Carrizo Beach

43° 38' 34.7" N - 8° 06' 31.4" W

Description: a sheltered beach, 200 metres in length, with soft sand.

■ Pantín / O Rodo Beach

43° 38' 20.1" N - 8° 06' 33.7" W

Description: this straight beach is in a rural setting, with soft white sands, is very windy and apt for water sports, especially surfing. This place has been chosen for the celebration of the Pantin Classic International Surfing Competition, one of the most prestigious in Europe. 950 metres of beach with a few undercurrents and significant surf.

Facilities:

- Bus service.
- Life guard Service.
- Accommodation and restaurants nearby.
- Cleaning services.
- Assisted access.
- Toilets.
- Showers.

O Rodo-Marnela leisure area

Description: O Rodo leisure area is found at the entrance to Rodo- Marnela Beach. It has wooden tables and chairs and a children's play area and car park. It is close to Da Rega Lagoon, a reed bed with interesting flora and fauna.

Access: from the municipal capital, in the direction of Cedeira along the AC-566 motorway, to the left you will come across a road with a sign indicating the way to Marnela de Riba. Take this road and continue until you get to O Rodo Beach and the recreation area of O Rodo.

■ Rosella Cove

43° 38' 03.6" N - 8° 07' 39.6" W

Description: a sheltered pebble beach, 150 metres in length.

■ Prados Cove

43° 38' 01.6" N - 8° 07' 59.3" W

Description: a crescent-shaped beach within a rural setting, pristine, isolated, 100 metres long, with pebbles and coarse sand. Windy with strong surf. An ideal place to enjoy the quietness of a natural environment with small crowds and watch as the seas come rolling in and break against cliff faces.

O Paraño Lookout

Description: offering a panoramic view of the coast, from Prior Cape (Ferrol) up to the area of Cedeira, specifically A Frouxeira (beach and lagoon).

Access: to get here, take the secondary road from the roundabout at Frouxeira Beach, continue along the coastline for 2 km in the direction of Pantín and Cedeira. The asphalt road leads to the lookout. It has stone benches and a fountain.



A Frouxeira (Valdoviño)



A Frouxeira (Valdoviño)



■ A Frouxeira Beach

43° 36' 53.9" N - 8° 09' 10.3" W

Description: 3500 metres of breath-taking beach, within a semi-urban setting, windy and apt for surfing. Since it is open sea, quite often undertows are created around the end of August, called riptides or *largarteiras*. The beach is enclosed at the headlands where there is a lighthouse and a clear view of the sea and cliffs.

Close by, there set of dunes that can be seen and also the protected area of Frouxeira Lagoon.

Facilities:

- Car parking.
- Camping site nearby.
- Life guard Service.
- Accessible toilets.
- Cleaning services.
- Accommodation and restaurants nearby.
- Toilets.
- Showers.



Frouxeira leisure area

Description: this leisure area is found close to the Frouxeira beach and lagoon. A place enhanced by its beautiful views of the beach and the surrounding natural environment. The meeting of fresh and salt water places a limitation plant diversity of the area. Even so, there are pine trees and other deciduous trees and shrubs (alders, willows).

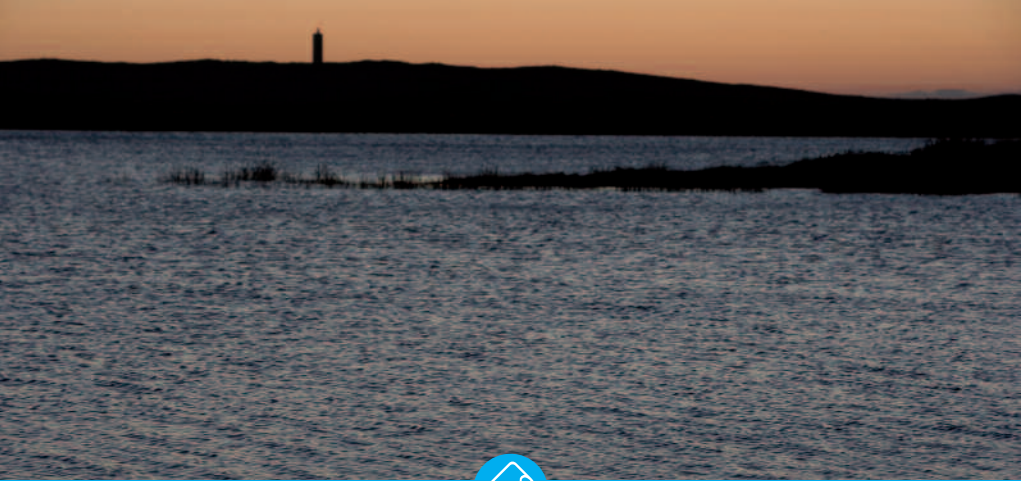
Due to A Frouxeira Lagoon, it is possible to catch sight of a large number of birds that live in the area, either as permanent residents or just passing through: the Gadwall, blackheaded gull, mallard, Eurasian teal, Eurasian oystercatcher, gray heron, gray plover, Kentish plover, Ringed plover, sanderling and waterfowl, among others. The beach and lagoon at Valdoviño is declared as a RAMSAR area (Wetlands of International Recognition), allowing this leisure area to encroach into a unique and special place. It has tables, benches, a wooden walkway, children's play area and parking.

Access: you can arrive from the municipal capital by taking the road on the left, taking you to A Frouxeira Beach, with the tourist office to your right. After driving 1.5 km, you will come to the beach. The leisure area is to the left as you face the beach.

■ O Rego Beach

43° 36' 42.4" N - 8° 11' 30.7" W

Description: an isolated pebble beach set within a rural setting, 160 metres in length. Windy. Nearby is Nuestra Señora do Porto Chapel, which can only be reached during low tide, and Frouxeira Headland Lighthouse. An ideal place to enjoy the quietness of a natural environment with small crowds.



Valdoviño

■ O Porto Cove

43° 36' 35.7" N - 8° 11' 36.6" W

Description: a pristine, crescent-shaped beach with soft white sand and stones within a rural setting, Windy with moderate surf. Nearby is Nuestra Señora do Porto Chapel, which can only be reached during low tide, and Frouxeira Headland Lighthouse. An ideal place to enjoy the quietness of a natural environment with small crowds. Boat anchoring area.

Frouxeira Lookout (Meirás Light- house)

Description: Lighthouse and the areas surrounding O Porto Chapel (Meirás) can only be reached during low tide. An amazing area with views of cliffs. It is possible to park close by.

Access: from the municipal capital, along the AC-566 motorway in the direction of Narón, take the right at the first roundabout that you come to after exiting the township. Drive 3 km along the AC-116 motorway and to the right you will come to a crossing that takes you to the Lighthouse and Frouxeira Point.



■ Mourella Cove

43° 36' 33.2" N - 8° 11' 33.9" W

Description: a sheltered beach cove with soft sand, 130 metres in length. Non-smoking beach.

■ O Cano Grande Cove

43° 36' 31.7" N - 8° 11' 33.0" W

Description: a small sheltered beach cove with soft sand, 70 metres in length.

■ O Río Beach

43° 36' 06.0" N - 8° 11' 34.8" W

Description: a beach within a semi-rural setting, 220 metres in length, with soft white sand, ideal for water sports, surfing and windsurfing. Strong surf, open seas and numerous ocean currents. Camping sites nearby. It is located in the parish of Meirás and is accessed from Valdoviño by the C-646 road, following signposted directions to Meirás beach.

Facilities:

- Camping site nearby.
- Life guard Service.
- Showers.
- Accommodation and restaurants nearby.
- Cleaning services.
- Toilets.

■ Campelo Beach

43° 34' 59.0" N - 8° 12' 56.5" W

Description: within a rural setting, a crescent shaped beach with soft white. Very windy, favourable for surfing. Has car parking.

Facilities:

- Life guard Service.
- Showers.
- Toilets.



Santa Comba (Ferrol)

Montefaro o Alto del Campelo

Viewpoint

Description: a small point of elevation, just over 250 metres above sea level. From its summit, once occupied by ancient military batteries, there are majestic views of Prior Cape to the west and Frouxeira Point to the east. Down below is Campelo Beach.

Access: you can get to the lookout by driving along the AC-116 motorway, which joins Ferrol with the Municipality of Valdoviño. Upon reaching Meirás Parish, take the road leading to Campelo Beach. For the first section, take the asphalted road and, from the beach car park, follow the asphalted road that heads in the direction of Pico da Vela, Montefaro or Alto do Campelo.

NARÓN

■ Lopesa Cove

43° 34' 37.6" N - 8° 13' 28.9" W

Description: located in O Val. Within a rural setting, pristine, isolated, and a crescent-shaped beach, 300 metres long. Soft white sand.

■ Hortiña Cove

43° 34' 18.1" N - 8° 14' 10.4" W

Description: within a rural setting, pristine, isolated, a crescent-shaped beach with white sand. Windy with strong surf. Accessible by car.

■ Casal Cove

43° 34' 02.3" N - 8° 14' 31.6" W

Description: within a rural setting, pristine, isolated, a crescent shaped beach with white sand. Windy with strong surf. A perfect place to contemplate while admiring the force of the waves, the landscape of the mountain range and the beaches facing Covas and A Frouxeira. Ideal for nature lovers and those that like uncrowded locations.

From the municipal capital, take the Ferrol-Ferrol-Covas motorway, after the parish church take the road to the right in the direction of Ponzos Beach. Take the road to the subdivision until you arrive at the path leading down to the beach.

FERROL

■ Ponzos Beach

43° 33' 15.5" N - 8° 16' 20.2" W

Description: a large windy beach, with strong surf and significant undertows, surrounded with vegetation, woodlands and orchards, found at a distance from any dwellings. 1370 metres in length. Separated by just a small headland on Casal Beach. Within a rural setting, and green areas close by.

Facilities:

- Life guard Service.
- Showers.
- Rubbish Bins.
- Cleaning services.

■ Sartaña Beach

43° 33' 20.2" N - 8° 16' 31.5" W

Description: open beach, 110 metres in length, with soft sand.



Santa Comba (Ferrol)

■ As Fontes Beach

43° 33' 29.3" N - 8° 16' 57.2" W

Description: a sheltered beach, 60 metres in length, with soft sand.

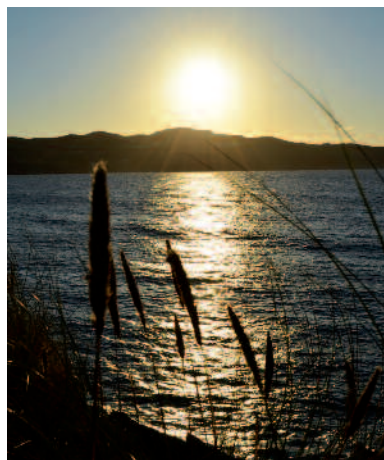
■ Santa Comba Beach

43° 33' 27.0" N - 8° 16' 59.7" W

Description: a long crescent-shaped beach with soft sand, 1,500 metres in length. Within a rural setting. Ideal for water sports and surfing. Close to Santa Comba Island, with a small chapel dedicated to the Saint herself, which can be reached at low tide with caution.

Facilities:

- Bus service.
- Life guard Service
- Cleaning services.



■ Porto Cove

43° 33' 35.6" N - 8° 18' 12.6" W

Description: open beach, 50 metres in length, with soft sand.

Prior Cape Lookout

Description: the viewpoint is set within a natural sea landscape, alongside the Prior Cape Lighthouse. This lighthouse guides navigators sailing up the Ferrol Ria. A place of great natural beauty, where you can observe the treacherous landscape as it descends into the sea and appreciate the gentle views of the beaches of Santa Comba, Ponzos, Esmelle, "A Fragata"... An ideal place to enjoy the sunset. From the 13th century, this place was a stopping point for whaling ships. From this point, it was possible to catch sight of the arrival of the whales as they passed through these cold waters during the winter months. Goose barnacles are quite common here. **Access:** Ferrol-Covas motorway, take the road at Covas to the Prior Cape Lighthouse.

■ O Vilar Beach

43° 32' 25.7" N - 8° 17' 52.7" W

Description: 250 m in length, with a bicycle and walking path nearby that links the beaches along this part of the coast de Covas. Open beach with soft sand, quiet. This beach has good amenities and a camping place nearby.

Facilities:

- Car parking.
- Life guard Service.
- Restaurant nearby.
- Cleaning services.

■ A Fragata-Pareixal Beach

43° 32' 19.9" N - 8° 17' 46.5" W

Description: a Blue Flag beach, crescent-shaped with soft white sand, 160 metres in length. Next to Vilar and Esmelle Beaches. It has good amenities and a camping site,



Doniños (Ferrol)

making it a beach that brings in large crowds.

Non-smoking beach.

Facilities:

- Car parking / Bicycle lane.
- Life guard Service.
- Restaurant nearby.
- Cleaning services.

■ **Esmelle Beach** 

43° 32' 09.1" N - 8° 17' 39.4" W

Description: a crescent shaped beach with soft white sand and at times can be windy.

Alongside A Fragata Beach, it joins to San Xurxo Beach. A beach with many amenities, allowing it to win the Blue Flag award.

Facilities:

- Car parking / Bicycle lane.
- Life guard Service.
- Restaurant nearby.
- Cleaning services.

As Cabazas leisure area

Description: in Covas Parish, only a few kilometres from the city of Ferrol, the recreational area known as "As Cabazas" can be found. This is an extended open area dedicated to rest and leisure, and is frequently visited during the summer and winter months.

Access: from Ferrol. Take the Ferrol-Covas motorway, following the signs, go through the town of Covas, take the "Esmelle" road/ Ferrol-San Xurxo motorway, take the road to "Esmelle".

Outeiro Viewpoint

Description: a viewpoint located at one of the access points to the Doniños beach. An ideal place to take in the sunset, attracting visitors on clear evenings and with a fabulous panoramic view of the beach.

■ **San Xurxo Beach** 

43° 31' 23.8" N - 8° 18' 29.7" W

Description: a Blue Flag beach, extending 2,100 metres with soft sand, windy and strong surf. Also known as the beach of two rivers, where the Esmelle and O Xuncal Rivers flow into the sea. Next to "A Fragata" and "Esmelle" Beach (these are only separated by a small rocky outcrop), it ends with the winding road of Monte de San Xurxo. Rural setting. Beautiful views of the sea during spring tides. Ideal for windsurfing.

Facilities:

- Car parking.
- Life guard Service.
- Restaurant nearby.
- Cleaning services.

■ **Lobadiz Cove**

43° 30' 33.4" N - 8° 19' 40.5" W

Description: A sheltered beach with coarse sand.

■ **Doniños Beach** 

43° 30' 10.5" N - 8° 19' 10.1" W

Description: a straight Blue Flag beach of 1700 metres. White sand and strong surf. Has two entry points: Penencia Point (small-sized crowds, but does have lifeguards and restaurants - 43°29'16.2"N · 8°19'19.7"W-) and Outeiro (brings in large crowds). Ideal for surfing and body-boarding and the remains of a pre-Roman fort can be seen, where jewellery and Celtic artefacts had been found, and also, along the length of the beach, on the remains of a castle, the installations of a coastal artillery battery was utilized by the Marines. According to the Chronicles, on 25 August 1800, a British flotilla composed of a hundred warships and a large contingent of infantry faced the beach



Doniños (Ferrol)

ready to attempt a landing and take Ferrol. Although apparently straightforward, Admiral Warren's troops had great difficulty with the tidal undertows. The launches became cannon fodder for the soldiers of Ferrol, as the road was well defended and the pass via the lagoon was impractical. Doniños Beach helped contribute to the English defeat.

Facilities:

- Car parking.
- Life guard Service.
- Restaurant nearby.
- Cleaning services.
- Toilets.
- Accessible toilets.

■ **Lumbó Cove**

43° 29' 01.8" N - 8° 19' 30.0" W

Description: a sheltered beach, 150 metres in length, with soft sand.

Monteventoso viewpoint

Description: a lookout on top of a rural setting, next to the meteorological observation centre. A place of great natural beauty, where the majestic ocean can be seen between Prior Cape and Prioriño Cape. Spectacular views at 245 m above sea level.

Access: from Ferrol. On the Ferrol-San Xurxo motorway, at Balón (km 2) take the road to Confurco, from here take the road indicated to the Meteorological Observatory.

■ **Cariño Beach**

43° 28' 14.7" N - 8° 19' 00.2" W

Description: a small beach (90 metres) with soft white sand. It does not come with any services or specific amenities.

■ **San Felipe Cove**

43° 28' 07.0" N - 8° 16' 41.6" W

Description: a sheltered beach, 10 metres in length, with soft sand.

■ **A Graña Beach**

43° 28' 51.6" N - 8° 15' 36.7" W

Description: a straight beach, 250 metres in length, located on Ferrol Ria, with soft golden sand, calm waters, ideal for swimming and water sports (light sailing vessels and rowing). Semi-urban setting. Docks, with an anchoring area for boats and sailing, which provides diesel fuel, cranes, mooring, repair workshop, customs clearance and shipyard. A must-see view along the ria. Close to the naval base.

■ **Caranza Beach**

43° 28' 38.0" N - 8° 12' 08.3" W

Description: a straight beach, 600 metres in length, located in the Caranza Inlet, with soft white sand, calm waters, ideal for water sports (sailing, rowing). Has a seafront promenade. Beautiful views of the Ferrol Ria.

FENE

■ **San Valentín / O Regueiro Beach**

43° 28' 46.3" N - 8° 10' 12.5" W

Description: a riverbank beach along Ferrol Ria, sheltered by an inlet, with fine soft white sand, close to the San Valentín seafront Urban setting. During high tide, there is small beach. This does not have many services, although nearby there are parks, gardens and even a sports pavilion. Ideal for watching the boats and fishermen along the ria.



San Xurxo (Ferrol)



A Bestarruza (Mugardos)

■ Carril Cove

43° 27' 50.7" N - 8° 11' 32.0" W

Description: a straight riverbank beach with soft golden sand, along the Ferrol Ria, in a rural setting. Calm waters apt for swimming. Calm waters suitable for bathing. Ideal for the quiet and beautiful view of the city and the Ferrol Ria. Parking.

Facilities: parking within 500 metres and litter bins.

■ A Garita Beach

43° 27' 34.1" N - 8° 12' 12.6" W

Description: a straight riverbank beach with coarse golden sand along the Ferrol Ria, in a semi-rural setting. Calm waters apt for swimming. Under the sands you can even collect shellfish in the ria, and also during ideal low tides this activity of traditional harvesting can be witnessed.

■ Río Sandeo

43° 25' 36.5" N - 8° 11' 51.5" W

Description: a riverbank beach along Ares and Betanzos Ria, 70 metres long, and sheltered in an inlet with soft sand. Rural setting with calm waters apt for swimming. Boat anchoring area. Difficult to access, however, it is worth the trouble due to its peacefulness and natural beauty. Very sheltered.

■ Coído

43° 25' 33.5" N - 8° 11' 35.8" W

Description: calm waters apt for swimming in the Ares and Betanzos Ria, about 100 metres in length. Boat anchoring area. Difficult to access, however, its peacefulness and natural landscape make it worth the effort.

■ Almieiras

43° 25' 28.4" N - 8° 11' 13.7" W

Description: a riverbank beach along Ares and Betanzos Ria, 60 metres long, crescent shaped and sheltered with soft sand. A rural setting with calm seas, ideal for swimming and water sports. The beach is very much reduced during high tide. Boat anchoring area. Beautiful views of the ria.

Facilities:

- Parking within 500 m.
- Showers.
- Litter bins.
- Restaurants within 500 m.
- Cleaning service.

■ Río Castro Beach

43° 25' 27.4" N - 8° 11' 09.7" W

Description: a sheltered beach, 50 metres in length, with soft sand.

MUGARDOS

■ Bestarruza Beach

43° 27' 41.5" N - 8° 15' 32.2" W

Description: located in the heart of Mugardos, in the parish of San Xulián, on the ria and sheltered from the wind, it is ideal for enjoying a good swim in a calm and pleasant environment. It is an enticing beach with large, broad dunes, surrounded by thick vegetation. From there, you can see the ruins of an old fish-curing factory from the 18th century.

Facilities:

- Showers.
- Litter bins / Cleaning services.
- Life guard Service .
- Accommodation and restaurants nearby.
- Toilets.



Chanteiro (Ares)



Ponzos (Ferrol)



ARES

■ Chanteiro Beach

43° 26' 44.6" N - 8° 18' 08.9" W

Description: a crescent-shaped beach, 350 metres in length, with golden sand, situated within the Ares Inlet between Segaña Point and Coitelada Point, in a semi-urban setting. Warm, windy and moderate surf, ideal for windsurfing, sailing, and water sports such as snorkelling. Perfect for sailing, with anchorage for boats. Ideal for swimming and enjoying the water and sun on a quiet and uncrowded beach.

Facilities:

- Car parking.
- Bus.
- Camping site nearby.
- Showers.
- Assisted access.
- Accommodation and restaurants nearby.
- Cleaning services.
- Life guard Service.

■ Ribada Cove

43° 25' 28.2" N - 8° 15' 38.3" W

Description: a sheltered beach, 130 metres in length, with soft sand.

■ Os Colados Cove

43° 25' 25.0" N - 8° 15' 37.8" W

Description: a small-crescent shaped beach within a pristine setting, 100 metres in length, with soft golden sand and difficult access. Warm, windy and calm seas, ideal for swimming and enjoying the water and sun in a rustic and peaceful setting. The perfect starting point for a trip along the Ares Ria.

■ Barrosa Beach

43° 25' 22.2" N - 8° 15' 28.5" W

Description: a crescent-shaped beach, situated within the Ares Inlet, a pristine and rural setting, 240 metres in length, with soft golden sand and difficult access. Warm, windy and calm seas, ideal for swimming and just to enjoy the water and sun in an almost wild setting, a short distance from built-up areas.

■ Estacas Beach

43° 25' 12.9" N - 8° 14' 54.8" W

Description: an isolated straight beach that is difficult to reach, with white sands, located in the Ares Inlet, 150 metres in length, next to an urban area. Rural setting. Warm, windy and moderate surf, ideal for swimming, taking a dip and enjoying the water and sun in a pristine and peaceful setting.

■ Centeás Beach

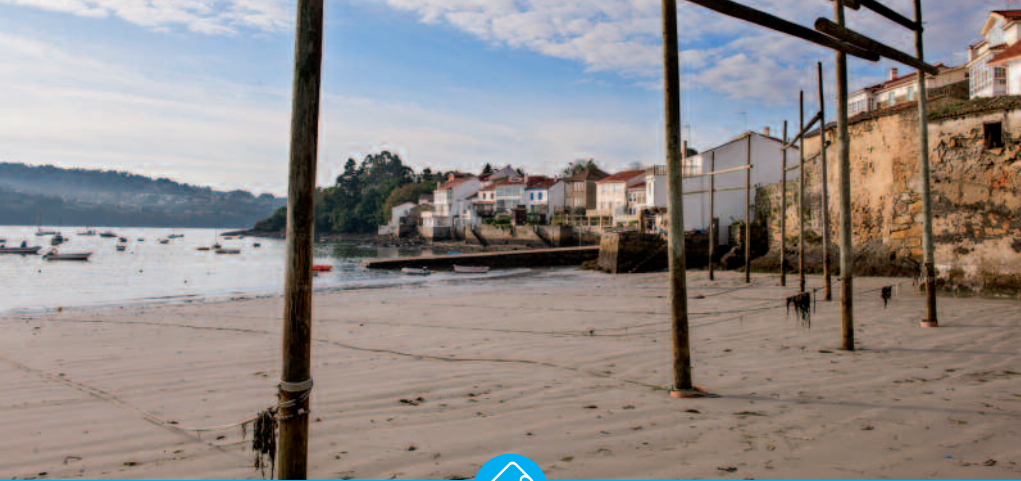
43° 25' 11.2" N - 8° 14' 48.6" W

Description: a small white sand straight beach, 80 metres in length, isolated, with difficult access and a pristine environment. Warm with calm seas, ideal for swimming and enjoying the sun.

■ Ares Beach

43° 25' 26.6" N - 8° 14' 41.0" W

Description: a crescent shaped beach with golden sand, 1250 metres in length, situated within the Ares Inlet, in a semi-urban setting, surrounded by trees and a picnic area nearby. Warm, windy and calm seas, ideal for sailing, windsurfing and water sports such as snorkelling. Docks, with an anchoring area for boats. With a seafront promenade that passes



Redes (Ares)

through the village. Ideal for swimming and enjoying the water and sun on a quiet beach.

Facilities:

- Car parking.
- Bus service.
- Showers.
- Litter Bins.
- Accommodation and restaurants nearby.
- Life guard Service.
- Cleaning services.
- Toilets.

■ **Seselle Beach**

43° 25' 42.8" N - 8° 13' 31.7" W

Description: a crescent-shaped beach with golden sand, 950 metres in length, situated within the Ares Inlet, in a semi-urban setting. Warm, windy and moderate surf, ideal for sailing, windsurfing and water sports such as snorkelling. Perfect for sailing, with anchorage for boats and boat hire. Ideal for swimming and just to enjoy the water and sun on a quiet and uncrowded beach.

Facilities:

- Car parking.
- Bus service.
- Showers.
- Accommodation and restaurants nearby.
- Cleaning services.
- Life guard Service.

■ **O Raso Beach**

43° 25' 31.3" N - 8° 13' 10.3" W

Description: an isolated straight beach with coarse golden sands, located in the Ares Inlet, being 850 metres in length, in a semi-urban area surrounded by forests. South facing, warm, windy and moderate surf, ideal for sailing, windsurfing and water sports such as

snorkelling. Perfect for sailing, with anchorage for boats and also boat and peddle boat hire. Ideal for swimming and just to enjoy the water and sun on a quiet beach.

Facilities:

- Car parking.
- Bus service.
- Camping site nearby.
- Showers.
- Accommodation and restaurants nearby.
- Cleaning services.
- Life guard Service.

■ **Sabadelle Beach**

43° 25' 16.3" N - 8° 12' 32.8" W

Description: a crescent-shaped beach, situated within the Ares Inlet, pristine and isolated, 150 metres in length, with coarse golden sand and difficult access. Warm, windy and calm seas, ideal for swimming and just to enjoy the water and sun in a pristine and peaceful setting.

■ **Area Morta Beach**

43° 25' 29.8" N - 8° 12' 07.0" W

Description: a crescent shaped beach, 210 metres in length and within a “semi-urban” setting, on the Ares Inlet, alongside Redes Beach with its picturesque harbour, one of the most charming landscapes along the Galician coastline. Offering golden sand, warm, windy and calm seas, ideal for swimming and just to enjoy the water and sun on an uncrowded beach.



Cabanas



Sopazos (Pontedeume)



CABANAS

■ Chamoso Beach

43° 25' 17.5" N - 8° 10' 47.4" W

Description: white sand and quiet waters in a cliff area. The access is through a track opposite the church of San Martín do Porto. Non-smoking beach.

■ A Magdalena Beach

43° 24' 37.8" N - 8° 10' 19.1" W

Description: white sand beach, calm waters and not very windy. Ideal for enjoying the sun, swimming and water sports. Located in a semi-urban environment, it is 1,100 metres in long and its average width is 50 m. A highlight is its beautiful, extensive and outstanding pine forest. It also has multiple services: showers, public toilets, catering and accommodation services, lifeguards, accessibility and amphibious chairs, ample parking, Wi-Fi, bus and train service and water sports.

Areal Leisure area

A leisure area for all ages, located at the entrance to Cabanas, and serving as a gateway to the beach and Magdalena pine forest. In this vast green area we can find a playground, a biosafety circuit, a basketball court and a children's bicycle circuit, which offer a wide variety of activities including rest and relaxation - its trees offer great shade. The Cabanas Tourism Office and a Wi-Fi zone round of the services that this area has to offer. From the municipal capital, take the N-641, at the roundabout, take the turn-off to the right to the beach, where the leisure area is located.

Accessibility (nearby): car, bus, pedestrian.

Resource: pedestrian

PONTEDEUME

■ Sopazos Beach

43° 24' 41.9" N - 8° 10' 29.1" W

Description: a small straight beach, 30m in length within an urban setting and soft white sand. Sheltered from winds, offering calm seas and no undertows. Ideal for enjoying the sun, bathing and water sports (swimming, snorkelling, fishing...). Close to Pontedeume Jetty. Boat anchoring area. The perfect place to enjoy the beach and visit the town that belonged to the Andrade family (15th century feudal lords), whose presence is still visible in a castle and A Homenaxe Tower.

This is the only beach found within the outskirts of the actual town itself, and is located at the end of the pier, almost under the railroad bridge, equipped with fresh water showers.

■ Centroña Cove

43° 24' 37.8" N - 8° 11' 40.8" W

Description: a 50m straight beach within a semi-urban setting with soft golden sand. Sheltered from winds, offering calm seas and no undertows. Ideal for enjoying the sun, bathing and water sports (swimming, snorkelling, fishing...). Boat anchoring area. Also known as Portiño Beach.

This beach is located in Centroña Parish, about two kilometres from Pontedeume along the coastal road. Forming a series of coves, which during high tide become very confined.

■ Sartexes Beach

43° 24' 31.8" N - 8° 12' 14.2" W

Description: a sheltered beach, 160 metres in length, with soft sand.



Ver Beach (Pontedeume)



Lago de As Pontes



■ **Ver Beach**

43° 23' 51.3" N - 8° 12' 41.5" W

Description: a 150m straight beach within a semi-urban setting with coarse white sand. Sheltered from winds, offering calm seas and no undertows. Ideal for the enjoyment of sun-bathing and swimming. Camping sites nearby. Boat anchoring area. An easily accessible beach with showers.

■ **Paredes Cove**

43° 23' 27.3" N - 8° 13' 03.2" W

Description: a sheltered beach, 100 metres in length, with soft sand.

■ **Coido Cove**

43° 23' 23.5" N - 8° 13' 07.0" W

Description: a sheltered pebble beach, 60 metres in length.

■ **Ínsua Beach**

43° 23' 07.8" N - 8° 13' 13.4" W

Description: beach within a rural setting, with soft white sand. Sheltered from winds, offering calm seas and no undertows. Ideal for enjoying the sun, bathing and water sports (swimming, snorkelling, fishing...). Boat anchoring area. For naturalists and nudists.

AS PONTES

■ **Lago de As Pontes Beach**

43° 27' 13" N - 7° 52' 1" W













Description: this beach is located alongside the largest artificial lake in Europe. Until 2012, this lake was an open pit coal mine, and as an environmental solution it was converted into a lake. This beach is 400 metres in length and has cleaning services and lifeguards. It is suitable for water activities. There are two islands on the lake, one for bird watching and another for Galician arboreal flora. As Pontes lake has a walking / cycling route that crosses the perimeter of the lake. On the Memory Footpath, you can discover the natural heritage and the living history of the As Pontes area and its mine.








FERROLTERRA RÍAS ALTAS





-  **Información**
Information
-  **Vista panorámica**
Panoramic view
-  **Área recreativa**
Recreational area
-  **Portal das Fragas do Eume**
Portal of the Fragas do Eume
-  **Conxunto singular**
Singular ensemble
-  **Centro histórico**
Historic centre
-  **Castelo**
Castle
-  **Faro**
Lighthouse
-  **Santo André de Teixido**
San Andrés de Teixido
-  **Mosteiro**
Monastery
-  **Museo**
Museum
-  **Área de autocaravanas**
Area of motorhome areas

-  **Porto deportivo**
Puerto deportivo
Marina
-  **Surf**
Surf
-  **Parque natural**
Parque natural
Natural park
-  **Espazo Natural - ZEC**
Espacio Natural - ZEC
Natural space - SAC
-  **Camión de Santiago [inglés]**
Camino de Santiago [inglés]
Way of St James
-  **Camión Santo André de Teixido**
Camino San Andrés de Teixido
Way of St Andrés de Teixido