



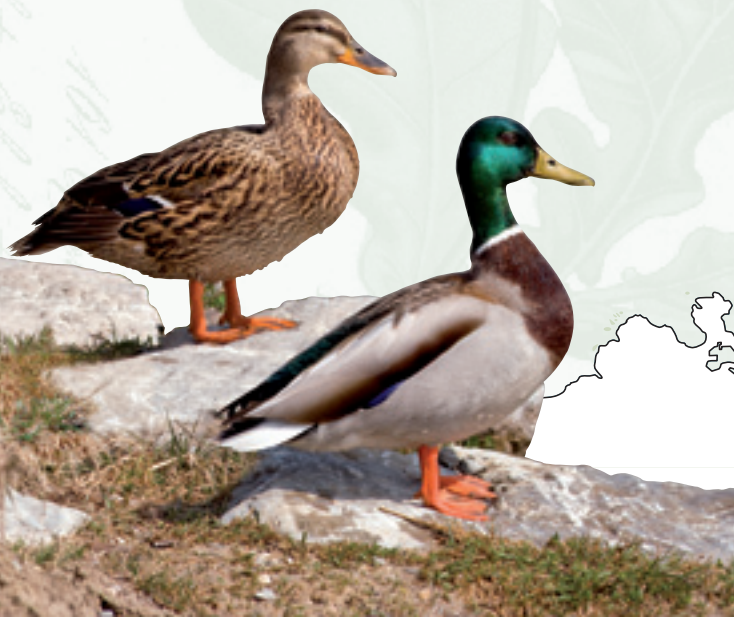
FERROLTERRA  
RÍAS ALTAS

🌿 YOUR GUIDE TO 🌿  
**NATURAL  
PROTECTED SPACES  
IN FERROLTERRA**

ENGLISH

## NATURAL PROTECTED SPACES IN FERROLTERRA

Red Natura 2000 is a network of spaces protected by the European Union, created for the protection of the most important natural spaces and conserve its natural habitats and wild fauna and flora. It is composed of the Special Conservation Areas (ZEC) and Special Protection Spaces for Birds (ZEPAS)





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ZEC COSTA ÁRTABRA

ZEC ESTACA DE BARES

CARINO

MAÑÓN

ZEC COSTA ÁRTABRA

CEDEIRA

ORTIGUEIRA

ZEC ORTIGUEIRA-MERA

VALDOVIÑO

CERDIDO

MOECHE

ZEC XUVIA - CASTRO

NARÓN

AS SOMOZAS

NEDA

SAN SADURNIÑO

AS PONTES

FENE

A CAPELA

ZEC SERRA DO XISTRAL

CABANAS

PN FRAGAS DO EUME

PONTEDEUME

MONFERO

VILARMAIOR

## FRAGAS DO EUME NATURAL PARK

**Fragas do Eume is one of the best conserved Atlantic seaside forests in Europe. Its low population density explains the virgin state of these exuberant forests that follow the course of the Eume river**



Gold-striped salamander *Chioglossa lusitanica*

### » LOCATION

Fragas do Eume Natural Park is situated in the northwest of A Coruña province, in the low part of the river Eume course. It has a surface of 9,126 hectares shared by the councils of Cabanas, A Capela, As Pontes, Monfero and Pontedeume.

### » GETTING THERE

The park has four established points of access without transport routes between them.

From Pontedeume: The itinerary goes from road DP-6902 to the river Eume, where the natural park visitor's office is situated and in its final stretch to Caaveiro Monastery.  
From As Neves

(A Capela) along road AC-564 which has access to A Ventureira hydroelectric power plant. In the tiny village of As Neves there is a local official visitors centre. Along the AC-564 road in the direction of As Pontes, in the small village of Goente, there is a local road that goes to the dam of the river Eume. From Monfero: to reach Monfero Monastery, where we can find the new visitors centre, drive from Pontedeume, first along road AC-144 which connects with road DP-5003 all the way to the Monastery.

### » OTHER CATEGORIES OF PROTECTED AREAS

Special Area of Conservation  
Special Protection Area for Natural Values



Marten  
*Martes  
martes*





Mountain cat  
*Felis silvestris*



Horseshoe bat  
*Rhinolophus ferrumequinum*



Common frog  
*Rana temporaria*



**THE BASIN IS ALSO HOME TO SPECIES OF IMPORTANT BOTANIC UNIQUENESS, RARE, THREATENED OR SURVIVORS FROM LONG GONE EPOCHS SUCH AS SOME FERN FROM THE TERTIARY PERIOD**

The basin of the river Eume, as it passes this zone, flows along an abrupt valley of deep gorges and steep slopes, in some cases with a steepness of 300 metres, such as the spectacular canyon seen behind the reservoir's dam.

The fragum of the Eume river hosts in its foothills, the most important example of Atlantic forest in Europe. The Galician oak tree prospers here as the prevailing species, along with small oaks, alders, hazelnut trees, ash trees, hawthorn, chestnut trees, birch trees, holly trees and strawberry trees, among others. The basin is also home to species of important botanic uniqueness, rare, threatened or survivors from long gone epochs such as some fern from the Tertiary Period. The variety of species of lichen and mosses is also exceptional.

As far as the fauna is concerned, the group is extremely diverse: among the invertebrates several



White-throated dipper *Cinclus cinclus*

protected species stand out: Amphibians and reptiles are one of the most important values in this natural space. There are more than one 100 species of birds, among which the Eagle Owl has been cited, and no less than 40 species of mammals, among which carnivores and bats stand out.

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## COSTA ÁRTABRA

***Magnus Portus Artabrorum* is the name which the Romans gave a place to the northwestern angle of the Galician coast, between the Ares and the Ortigueira Estuaries, the exact location of which is unknown**

### » LOCATION

It goes from the Estuary of Ares to Cape Ortegal, belonging to the district of Ferrol and in some degree to Ortegal. It has a surface area of 7,546 hectares.

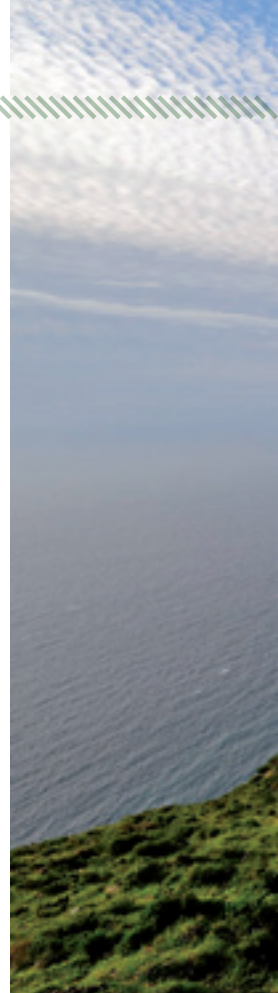
### » COUNCILS

Ares, Mugardos, Ferrol, Narón, Valdoviño, Cedeira, Cariño and Ortigueira.

### » GETTING THERE

The main Access points to the area of Covas-Doniños are the local roads near Ferrol. To enter the A Meirás-Valdoviño-Cedeira area take local roads AC-566 and AC-113 coming from Ferrol and Ribadeo.

To get to the area Candieira point-A Capelada-cape Ortegal, take local roads and DP2205 (Cariño-San Andres de Teixido) and DP 6121 (Mera-Cariño-Viveiro-Ribadeo).



Goose necked barnacles  
*Pollicipes pollicipes*

### » OTHER SPECIAL PROTECTED AREAS

Area of Special Protection for Natural Values

Area of Special Protection for Birds ( ZEPA Coast of Ferrolterra-Valdoviño).

Protected Wetlands (Valdoviño lagoon and sandbank).

Ramsar Wetlands (Valdoviño lagoon and sandbank).

IBA (International Bird Area) 005 and 006 Costa de Ferrolterra-Valdoviño





In the southern end, on horseback between the Estuaries of Ares and Ferrol, there flows a sinuous riverbank, rich in contrasts and seaside villages. To the north of the Estuary of Ferrol, in Prioriño Chico, we can see the beginning of a high and rocky coast sprinkled by small capes and wide open bays. In this coast, we can observe a succession of sandbanks with

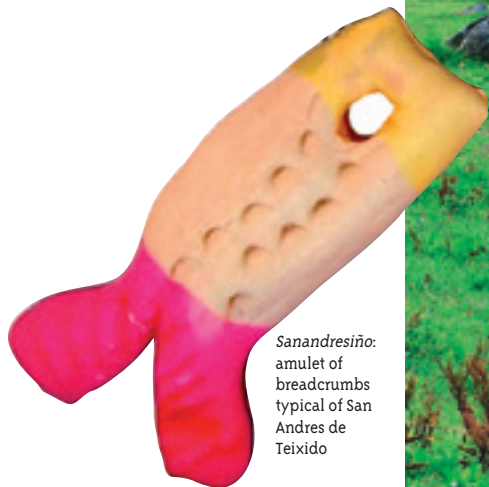
an extensive system of dunes and rugged marine cliffs as we can see in the beaches of Doniños, San Xurxo, Santa Comba, Ponzos, Valdoviño, Pantín and Vilarrube. This stretch of coast is characterized by coastal lagoons such as A Frouxeira, with its salty and superficial water and influenced by a regular marine influence, while the Doniños lagoon has sweeter and deeper water.



Sea-thistle *Eryngium maritimum*



European shag  
*Phalacrocorax aristotelis*



*Sanandresiño*:  
amulet of  
breadcrumbs  
typical of San  
Andrés de  
Teixido





From top to bottom:

Sea-parsley

*Crithmum maritimum*

Dragon mouth

*Antirrhinum majus subsp. linkianum*

Sea-fern

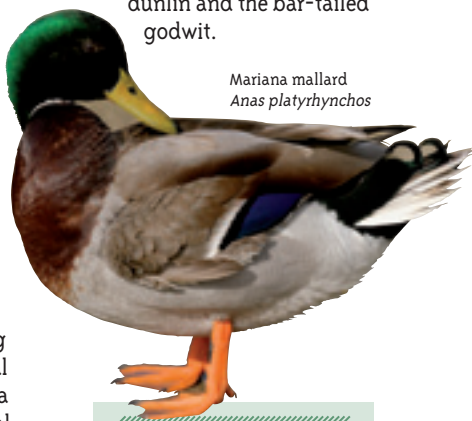
*Asplenium marinum*

**THIS STRETCH OF COAST IS CHARACTERIZED BY COASTAL LAGOONS SUCH AS A FROUXEIRA, WITH ITS SALTY AND SUPERFICIAL WATER AND INFLUENCED BY A REGULAR MARINE INFLUENCE, WHILE THE DONIÑOS LAGOON HAS SWEETER AND DEEPER WATER**

The most abrupt stretch begins in Cedeira, where the sierra de A Capelada's relief reaches heights above 500 m forming spectacular sea cliffs such as Vixia Herbeira's (613m), where we can find San Andrés de Teixido Sanctuary where, according to the legend, ("He who does not go while alive, will go when dead"). Although there are not many islets here, some of them show an important vertical development, thus forming amazing crags, such as those of Os Aguillóns in Cape Ortegal. In this space, there are two areas which are catalogued as being international geological points of interest -Punta Candieira - Cape Ortegal Complex and San Andrés de Teixido-. This geological and morphological variety

determines the manifestation of native plants (unique in the world) and rare vegetation in other parts of Galicia, many of them which appear in dunes.

Fauna is well represented in this area where native species from the west of the Iberian Peninsula, amphibians and reptiles, prevail, but bird life is also one of the main values of this area which accommodates sea colonies of European storm-petrel, shag, and yellow-footed gull, concentrating a large variety of aquatic and marsh birds. Here it is possible to see the threatened common bittern and Kentish plover as in spring this area becomes an essential migration refuge, especially for the dunlin and the bar-tailed godwit.



Mariana mallard  
*Anas platyrhynchos*

» **ON THE NET**

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turismo.gal  
turferrol.com

## ORTIGUEIRA-MERA

**The end of the Mera and Baleo rivers as well as the numerous smaller rivers that flow into this beautiful, wide and flooded valley shape one of the biggest marshes in Galicia**

### » LOCATION

The Special Area of Conservation, Ortigueira - Mera is situated in the extreme north of the province of A Coruña, district of Ortegal, and it extends into the country through the municipalities of Cerdido, As Pontes and As Somozas. It has a surface area of 3,868 hectares

Moorhen  
*Gallinula chloropus*



### » COUNCILS

Cariño, Ortigueira, Cerdido, As Pontes de García Rodríguez and As Somozas.

### » GETTING THERE

The main Access points to the Estuary and its surroundings are the roads coming from Ferrol and Viveiro, and leading to the small towns of Cariño and Ortigueira. In order to reach the inner part of this area: -the high basin of the River Mera- take the local road C-7010 (As Pontes de García Rodríguez - As Somozas).

### » OTHER CATEGORIES OF PROTECTED AREAS

Special Protection Area for Natural Values

Special Protection Area for Birds (ZEPA Ortigueira Estuary and Ladrido).

Protected Wetlands (Ortigueira Estuary and Ladrido).

Ramsar Area Ortigueira Estuary and Ladrido).

IBA (International Bird Area) 005 Costa de Ferrolterra-Valdoviño and IBA 006 Punta Candieira - Ría de Ortigueira - Estaca de Bares.

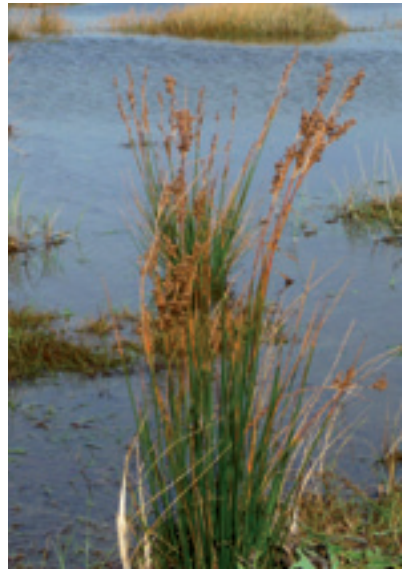
Sea reed  
*Juncus maritimus*



Armeria *Armeria pubigera*



Blue rock thrush *Monticola solitarius*





The Special Conservation Area (ZEC) covers two different zones to the north of ría de Ortigueira and Ladrido, and the basin of the River Mera to the south, a riverine like stretch with areas of woods and bushes. The estuary like space is formed by the Ortigueira

European nightjar  
*Caprimulgus europaeus*



Estuary per se which is a typical estuary of a waterborne valley where the river Mera meets the sea and Ladrido cove, an estuary made of sedimentary sandbars where the Boleo river ends. In low tide, the major part of the surface becomes a sandbank but in the better sheltered and interior areas, slime prevails. In the outer part, we find Morouzos sandbank, thus named

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**IN THE OUTER PART,  
WE FIND MOROUZOS  
SANDBANK, THUS NAMED  
DUE TO THE DARK COLOUR  
OF ITS SAND**  
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due to the dark colour of its sand. Ortigueira Estuary and Ladrido make up the greater part of marshlands, rushes and Galicia sea-prairies. Thus, this is a very important area due to the total number of wintering aquatic birds and the big concentration of other birds present the rest of the year or flying through,

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**ORTIGUEIRA AND LADRIDO  
 ESTUARIES MAKE UP THE  
 GREATER PART OF THE  
 MARSHLANDS, RUSHES AND  
 SEBAE SEA PRAIRIES**  
 //////////////////////////////////////

making it a rest and feeding haven. Here the Eurasian Wigon, the oystercatcher, the grey plover, the dunlin, the bar tailed godwit, the Eurasian curlew, the redshank, loons, terns and seagulls in general, stand out.

The River Mera flows embedded with a strong stream, picking up water through a number of affluents from the eastern part of the Municipality of Cerdido, forming a valley of pronounced slopes and of great depth. Up the river, besides a river borne forest, we can highlight various species of threatened fern, a relict from the Tertiary Period.



Gadwall *Anas strepera*



Dunlin  
*Calidris alpina*

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 » **ON THE NET**

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 turismoortigueira.com  
 turismo.gal

## SIERRA DE O XISTRAL

**On horseback between a Terra Chá and the bay of Biscay you can find this mountain range beaten by the Xistra—the wind from which it gets its name—and which stands out because of its numerous caves and cavities as well as for being one of the main peat bogs of the peninsula**



Peat bog lizard  
*Zootoca vivipara*

Dartford warbler  
*Sylvia undata*

### » LOCATION

The ZEC Sierra de O Xistral is in the province of Lugo and touches a small part of the Council of As Pontes in the A Coruña province (22, 946 hectares).

### » GETTING THERE

From Villalba take IU-540 with diversions in the east in Muras and Ouroil towards o Valadouro. On the other slope there is local access from Mondoñedo.

### » OTHER PROTECTION STATES

Special Protection Area of Natural Values and Biosphere Reserve.

The round summits of the Serra do Xistral shape the mountainous massif which separates A Terra Cha from the Bay of Biscay, from where the Xistra arrives, that humid and icy wind that continuously beats the area. The most significant thing about the space, as well as the cavities and caves such as that of the Cintolo King, is that in this area the biggest system of peat bogs in the Iberian Peninsula is found.

## XUVIA-CASTRO

**River flows and beautiful landscapes of pastures and peat bogs attract a great variety of fauna which wild nature lovers find of the utmost interest**

### » LOCATION

The ZEC Xuvia-Castro is comprised by the basin of the río Grande de Xuvia which empties into the Ferrol Estuary. It has a surface of 2,074 hectares.

### » COUNCILS

The councils of A Capela, Moeche, Narón, Neda, San Sadurnino, As Somozas and As Pontes de García Rodríguez, in the province of A Coruña.

### » GETTING THERE

Its places of reference are Moeche, San Sadurnino and ubia. There are deviations towards the river in Naraio or Moeche on the road AC862.

### » OTHER STATES OF

#### PROTECTION

Natura Values  
Special  
Protection  
Area.

The area is comprised of two very different natural spaces. On the one side, the fluvial system formed by the Grande de Xuvia river and its contributory tributaries amongst which the Castro river stands out and on the other, the Forgoselo mountain range, whose northern slope empties its water in it.

The basin of the Grande de Xuvia river extends from the



lands of As Somozas, where it is born, to Ferrol estuary where it empties. During its fluvial path, it crosses wide and beautiful valleys such as that of Moeche, which contrasts with the narrow canyon of the Castro river as it passes through San Sadurnino. In its final stretch, the Xuvia joins

Otter  
*Lutra lutra*







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**BOTH FLUVIAL PATHS  
MAINTAIN THEIR  
RIVERSIDE VEGETATION  
IN A GOOD STATE OF  
CONSERVATION AND THERE  
ARE STILL VALUABLE  
MARKS OF AUTOCHTONOUS  
VEGETATION**

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bordering Ancos Mount and expands on reaching Presa del Rey- between Naron and Neda- after which it ends.

Both fluvial paths maintain their riverside vegetation in a good state of conservation and there are still valuable marks of autoctonous vegetation. The great vegetable richness is home to a varied aquatic fauna and circling mills and other fluvial constructions, it is possible to find wild boars, roe deer, martens and otters, amongst a great variety of birds.

The massif of Forgoselo-A Capela, San Sadurnino, As



Pontes and As Somozas- has a soft orography (about 500m) in which the peat bogs and prairies stand out on the plain summits of the mountain range, where the small slope facilitates the accumulation of water, of great interest due to its valuable vegetation and the amphibian and reptile community. The re-forestation of pine groves has made an interesting habitat for the observation of birds, which are scarce

in the rest of the province. Also this area maintains important herds of horses and cows which live in semi-freedom which periodically attract wolves.

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**» ON THE NET**

turismoferrolterra.es  
turismo.gal  
sansadurnino.gal  
rioxuvia.naron.es

## ESTACA DE BARES

**The most northern point in the Iberian Peninsula is a place of wild and captivating nature; of high cliffs beaten by the constant wind**

### » LOCATION

The ZEC Estaca de Bares is at the furthest northern point of the province of A Coruña and has a surface of 852 hectares.

### » COUNCILS

Councils of Mañón and Ortigueira.

### » GETTING THERE

From Ortigueira and Ribadeo (both on the local road C-642) there is a local road to the Port of Bares.

### » OTHER SPECIAL PROTECTED AREAS

Area of Special Protection for Natural Values  
Natural Area of National Interest  
IBA (International Bird Area)  
006 Punta Candieira – Ría de Ortigueira – Estaca de Bares.

Estaca de Bares, situated between Ortigueira Estuary and O Barqueiro Estuary, represents the furthest northern point of the Iberian Peninsula and constitutes the geographical limit between the Bay of Biscay and the Atlantic Ocean. The cape is extremely uneven and is surrounded by cliffs that in some spots rise above 100 metres in height. It has striking granite rocks and is covered by scrub vegetation and plants, which have adapted to a marine ecosystem, showing some native varieties (unique in the world).



The protected area extends all the way to the Loiba Cliffs (Ortigueira), safeguard of inaccessible beautiful beaches and one of the main highlights of the value of its landscape. The importance of this area however, rests on being one of the best European enclaves to observe the migration of sea birds. The autumn migratory stopover is most abundant between August and November, when the birds gather in their winter resting areas. Various thousands of birds



Northern gannet  
*Morus bassanus*



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**THE IMPORTANCE OF THIS  
 SPACE IS THAT THIS IS ONE  
 OF THE BEST EUROPEAN  
 ENCLAVES FOR WATCHING  
 THE MIGRATION OF SEA-  
 BIRDS**  
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Migratory falcon  
*Falco peregrinus*

have been accounted for every day and more than 250.000 individuals in a year. Some of the most representative species are the gannet, the shearwater, the cormorant, and different species of seagulls, the common scoter and the auk. In the most abrupt parts of the cliffs the migratory falcon nests.

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MANCOMUNIDADE  
Concellos da Comarca  
de Ferrol



XUNTA DE GALICIA

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