

MARIÑAS CORUÑESAS E TERRAS DO MANDEO BIOSPHERE RESERVE



BIRDING TOURISTS' GUIDE



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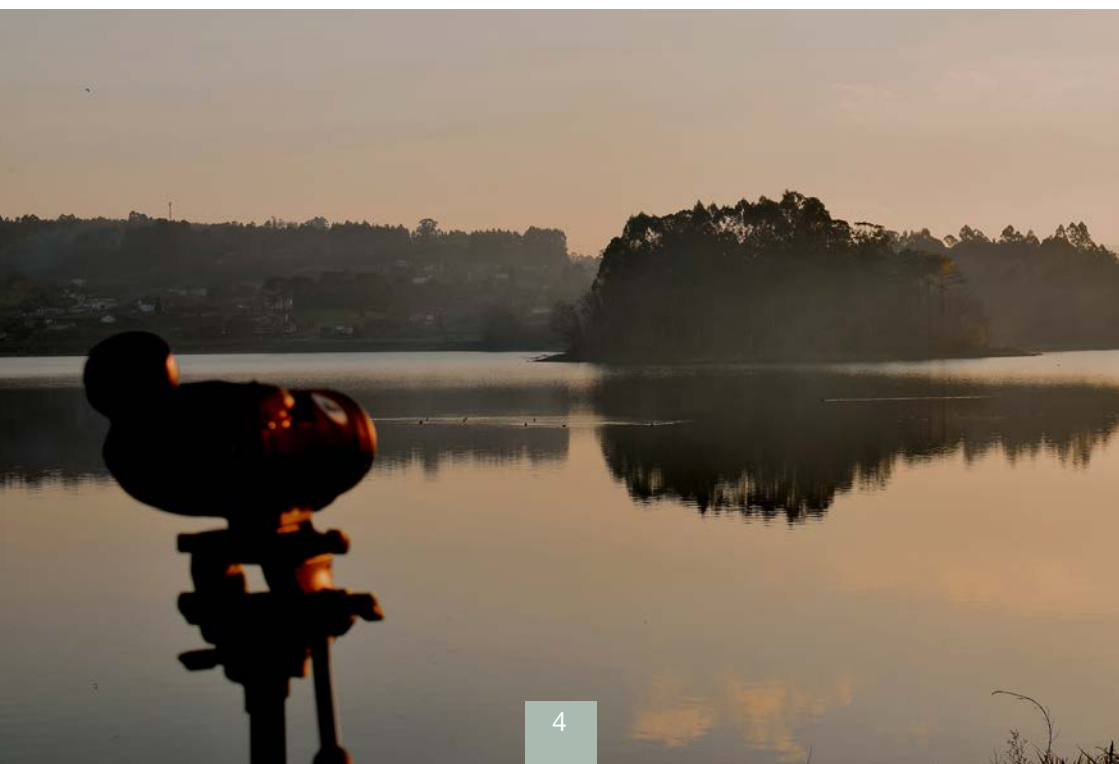
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PRESENTATION

Designated by UNESCO on 28th May 2013, the Mariñas Coruñesas e Terras do Mandeo Biosphere Reserve comprises 17 municipalities in the regions of A Coruña, Betanzos and Terra de Melide. Covering a surface area of 116,726 ha (113,969.7 on land and 2,756.4 offshore), it is home to almost 195,000 people, and boasts a wealth of natural spaces of immense environmental and scenic value, several of which are included in the European Union's Natura 2000 network.

Holding UNESCO Biosphere Reserve status is an undertaking for both the present and the future, requiring a territorial commitment to the principles and objectives of the Man and the Biosphere (MaB) Programme, aimed at experimenting with new forms of development in line with sustainability and the fight against climate change, combining urban-rural dynamics and its status as an Ecotourism destination.

This guide features a number of the most attractive routes, providing an opportunity to discover the bird species that use both this Biosphere Reserve and the city of A Coruña, as well as an insight into the rural, coastal, urban and even marine biodiversity this outstanding ecotourism destination offers.



BIRDWATCHING IN THE BIOSPHERE

The territories that make up the Mariñas Coruñesas e Terras do Mandeo Biosphere Reserve and the city of A Coruña hold a special appeal for birdwatchers in Galicia. The diverse land-scapes (forests, lagoons, fields, rivers, urban areas, reservoirs, beaches, cliffs and open sea...) provide a habitat to a long list of species over the course of the year.

For example, the reserve is home to the largest colony of European Shags on the Iberian Peninsula coast (excluding the islands), which nest on the cliffs that line the Dexo-Serantes coastline, which is also home to other species that are common to these precipices. In turn, in autumn and winter, sites such as O Burgo ria or Sada beach are ideal for spotting and photographing close-up a host of water birds that have become accustomed to the presence of walkers, such as European Spoonbills, Herons and various species of waders. The Western Osprey also spends the winter in Betanzos ria and the Abegondo-Cecebre reservoir, whilst emblematic species such as the Common Kingfisher or the European White-throated Dipper are a frequent sight in and around the rivers.

There are of course many more species, some of which live here all year round. Others, originating from northern Europe, only spend the coldest months of the year here. Others travel from Africa to spend spring and summer among us, before heading south again in autumn. In spring and autumn, they are joined by the species whose migratory routes bring them to this corner of the Iberian Peninsula. Finally, there are also frequent sightings of birds that are rare to Galicia, the Iberian Peninsula or even Europe. In the specialised terminology of birds, they are known as vagrants or rarities.

The species you will encounter on your routes will depend on the seasons you choose. We have included a series of tips and ideas for each destination. In some cases, having a car will prove the most convenient solution, although in others, the public transport offer is sufficient. We have also included telephone numbers where you can obtain this type of information.

It is likely that during or on completion of your routes, you will wish to stop and enjoy the magnificent gastronomy on offer in this corner of the world. The restaurants listed at the end of this guide have been selected and awarded a quality seal for their use of locally sourced organic produce. Together, they form the Network of Biosphere Restaurants.



BIRDWATCHING

If you are a relative newcomer to birdwatching, you may find this information useful.

To start with, it is worth knowing that this is becoming an increasingly popular activity with people of all ages around the world. Some organisations have more than a million members! The principal reason for this is that it combines several magnificent forms of exercise: in addition to walking, your eyes and ears are constantly alert. What's more, you are continually seeking the answers to new questions and increasing your ability to admire and enjoy all the beauty nature has to offer. Indeed, a growing number of health professionals recommend birdwatching as a way of combating stress. It is also ideal for enjoying in the company of friends and family: in addition to having lots of fun, you are also contributing to the conservation of wildlife.

All you need is a lively curiosity, a pair of binoculars (ideally with between 8x and 10x magnification). On occasions, in particular in the case of water and sea birds, a land telescope with a magnification of between 20x and 60x will come in handy, especially if it has a zoom feature. A field guide will help you identify the species you spot. Bookstores stock a wide range of titles, although your smartphone is also a source of endless information, providing details of the birds you encounter on your way.

Remember to wear comfortable footwear and clothing in subdued tones. Don't forget to check the weather forecast, and take your waterproofs if the outlook is wet. On hot days, sun cream and a hat are a must! Carry water and a light snack for an energy boost along the way. A plastic bag will also come in handy for storing any litter left behind by careless visitors.

THE BIRDWATCHING CODE OF ETHICS

The Spanish Ornithological Society (SEO)/ Birdlife sums up the essential points to bear in mind and ensure that this activity does not disturb the birds and their habitats:

1. Bird welfare always comes first.
2. The habitat must be protected.
3. Bird behaviour must not be altered.
4. Be careful when sharing sensitive information about protected species and act when you detect situations that put them at risk.
5. Do not pursue vagrant or rare species.
6. Comply with the bird protection rules at all times.
7. Respect land owners and farm workers' rights.
8. Respect the rights of people in the observation areas and follow the basic safety rules.
9. If you wish to share your experiences, do so with care, and remember that they can contribute to knowledge.
10. Practise sustainable tourism that contributes to maintaining bird-friendly rural environments.

More info: https://www.seo.org/wp-content/uploads/2018/09/Codigo_etico_aves_SEO_-2018.pdf



Eurasian Oystercatcher

GENERAL MAP



1. CARREGAL RIVER
2. SOBRADO LAKE
3. REXIDOIRA FALLS
4. AREA SURROUNDING PONTE ARANGA
5. AREA SURROUNDING AMBALASAUGAS
6. RIVER MANDEO IN CHELO
7. TOWN OF BETANZOS
8. SOUTO OBSERVATORY
9. MIÑO BEACH AND MARSHLAND
10. SADA BEACH AND MEADOWLANDS
11. PAZO DE MARINÁN MANOR HOUSE
12. ABEGONDO-CECEBRE RESERVOIR
13. COSTA DA ÉGOA MILLS
14. MERO RIVERSIDE WALK
15. O BURGO RIA
16. DEXO-SERANTES COAST
17. A CORUÑA (CITY)
18. O REXEDOIRO RESERVOIR AND ARTEIXO COAST

0 5 10 km





1 / CARREGAL RIVER

Municipality: : Curtis

GENERAL DESCRIPTION

Close to the Río Mandeo Ethnography Centre in Teixeira (Curtis), the riverside walk along the banks of the River Carregal takes us through a leafy wood that is home to numerous species of birds that frequent this habitat. In addition to the Alder, Oak and Willow Trees, this is a superb example of the region's typical countryside, formed by a succession of meadows where livestock graze, hedgerows and small woods.

ORNITHOLOGICAL INTEREST

After visiting the Río Mandeo Ethnography centre, your walk will be accompanied by the constant activity among the branches of Great and Coal Tits, Eurasian Blue Tits, Thrushes, Blackbirds, Treecreepers, Robins, Eurasian Blackcaps, Firecrests, Great Spotted Woodpeckers, Common Chaffinches, Common Buzzards, Common Wood Pigeons and Eurasian Jays. As you walk along the riverbank, keep an eye out for the Grey Wagtail. With luck, you will

also be able to spot the Eurasian Nuthatch, Sparrow-hawk and Goshawk, and in spring the Eurasian Hobby, Honey Buzzard or Eurasian Hoopoe. The Hawk-owl sings at dusk or after dark, accompanied from early spring by the Cuckoo, a less common sight in the rest of the region, as well as the Dove or Iberian Chiffchaff. In winter, the meadows nestling above the river provide a home for Pipits, and are occasionally visited by Lapwings, Fieldfares and Redwings. In summer you can spot Swifts and Swallows in flight. If you are visiting in August or September, look among the trees for the European Pied Flycatcher or the Willow Warbler.

PHENOLOGY

Any time of year is perfect for visiting this area.

WHAT TO SEE

After leaving your car in the Centre's free car park, the route starts at the information panel indicating the sites of interest. We strongly recommend visiting the Río Mandeo Ethnography Centre, which offers a fascinating insight into the history and lives of the people that live in this area. After walking round the building, which received an award for its superb architecture, a path will lead you down to the banks of the River Carregal. It leads in both directions to the N-634 road (in a south-west direction) and Generoso Núñez Rega Street (towards the north-west), which are both just a short distance away.

GETTING THERE, ACCESSIBILITY AND RECOMMENDATIONS

The Río Mandeo Ethnography Centre is within easy reach of Teixeira town centre, where there is a regular bus service from A Coruña.

RESOURCES

Curtis town council website includes further information to help you organise your trip: <http://www.curtis.gal/index.php/es/que-ver-es/centro-etnografico-del-mandeo>

NEARBY SITES OF ORNITHOLOGICAL INTEREST

Combining this route with the Sobrado Lake and surroundings route will make for a great day's birdwatching at any time of year.

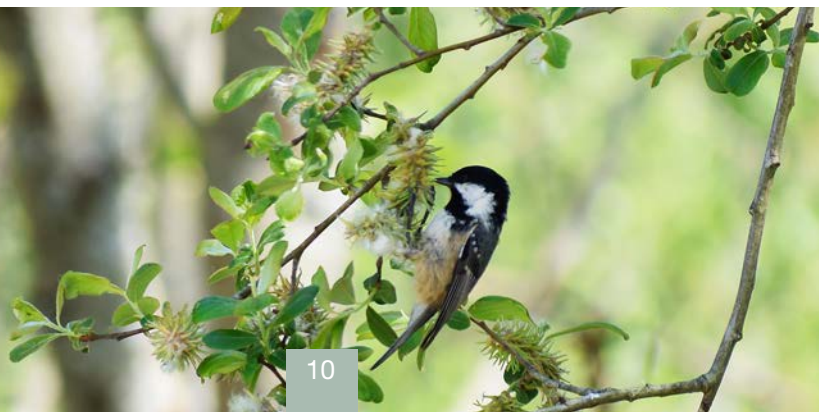
OTHER PLACES TO VISIT

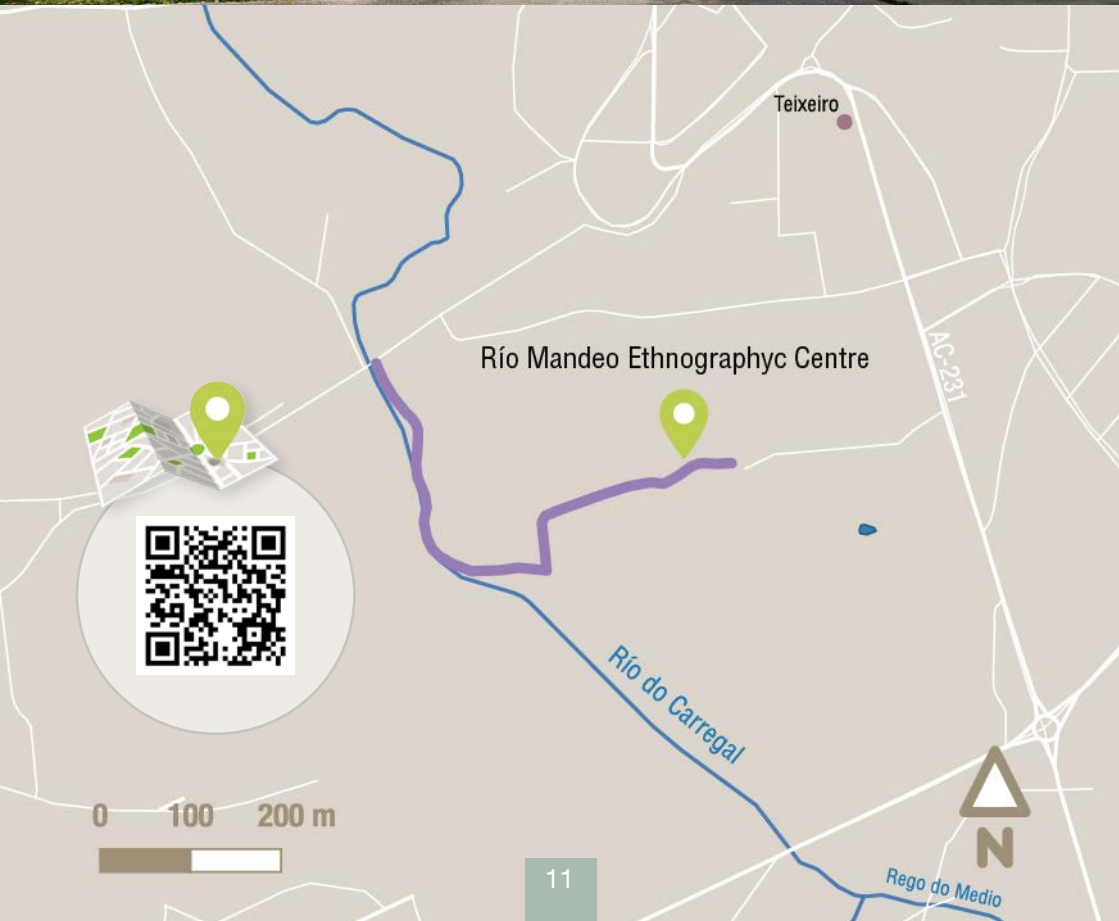
Church of Nosa Señora dos Remedios (10th century). Next to the temple stands the 'Carballo da Nosa Señora', a huge ancient Oak Tree where Our Lady of Los Remedios is said to have appeared.

USEFUL TELEPHONE NUMBERS AND ADDRESSES

- For details of bus times, call A Coruña bus station on 981 184 335.
- Emergency services: 112
- Curtis Town Hall: 981 789 003
- Río Mandeo Ethnography Centre: 981 789 589

Coal tit







2/ SOBRADO LAKE

Municipality: Sobrado

GENERAL DESCRIPTION

This artificial lake, which today blends in perfectly with its natural setting, was built by the monks of the nearby monastery between 1500 and 1530. It is surrounded by a deciduous wood of various species, including Alder, Ash, Birch and Oak trees. Water Lilies abound on the surface of the lake, which extends for almost 10 hectares. Its maximum depth is 4.5 m.

ORNITHOLOGICAL INTEREST

This site is home to an interesting range of water birds, including the Great Crested Grebe and the Little Grebe (both of which build floating nests on the lake surface). Other species to look out for are the Great Cormorant, the Grey Heron, Eurasian Teal, Mallard, Northern Shoveler, Common Pochard, Tufted Duck, Common Moorhen, Eurasian Coot or Common Kingfisher, to name but a few. The surrounding meadows and woods are also ideal for spotting forest birds throughout the year. It is easy to spot birds of prey such as the Common Buzzard

or Sparrowhawk, and in spring and summer, the Eurasian Hobby.

PHENOLOGY

Any time of year is suitable for visiting this lake. In spring, you will be able to marvel at the mating rituals of the Great Crested Grebes, and listen to the dawn chorus of the many forest and field species. Many more species of water birds can be spotted during autumn and winter.

WHAT TO SEE

From the birding hide, you will be able to spot practically all the species in the area on the day of your visit. Many will be located mainly to your right. Do not venture out to look for them: they are in a safe place, free from any disturbance. You will notice that as they become accustomed to your presence, they will gradually come closer.

As you follow the wooden walkway that runs along the north-west shore of the lake,

observe the water and the fields on the opposite side. They are home to Buntings, Flycatchers and other field birds. Look up into the trees to Spot Great, Coal and Blue Tits. In the heart of winter, these meadows occasionally provide shelter for Lapwings and Golden Plovers.

GETTING THERE, ACCESSIBILITY AND RECOMMENDATIONS

From the centre of Sobrado, the AC-934 road leads straight to the lake. Watch out for the traffic if you're walking! You can watch the birds either from the birding hide (there is space for parking your car next to it) or from the wooden walkway that runs along part of the north-west shore. Take care not to raise your voice or make a lot of noise in order not to startle the various species.

RESOURCES

The wooden birding hide is ideal for watching the various species without disturbing them. Inside there are information panels providing details about them. You will find full information about this lake on the Fragas do Mandeo Foundation website at: <http://www.fragasdomandeo.org/habitats-es/la-laguna-de-sobrado/?lang=es>

NEARBY SITES OF ORNITHOLOGICAL INTEREST

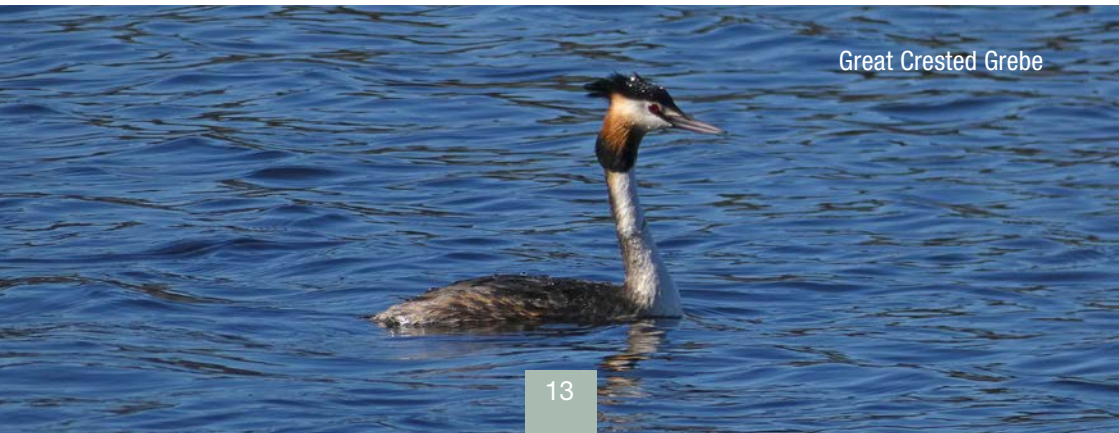
The smaller Millares Lake is just a stone's throw away. Little Grebes and Eurasian Teals are a common sight here. Slightly further away, a walk along the Casa do Gado oak wood public path is a great opportunity to see and hear forest birds such as the Great Spotted Woodpecker, Brambling or Treecreeper.

OTHER PLACES TO VISIT

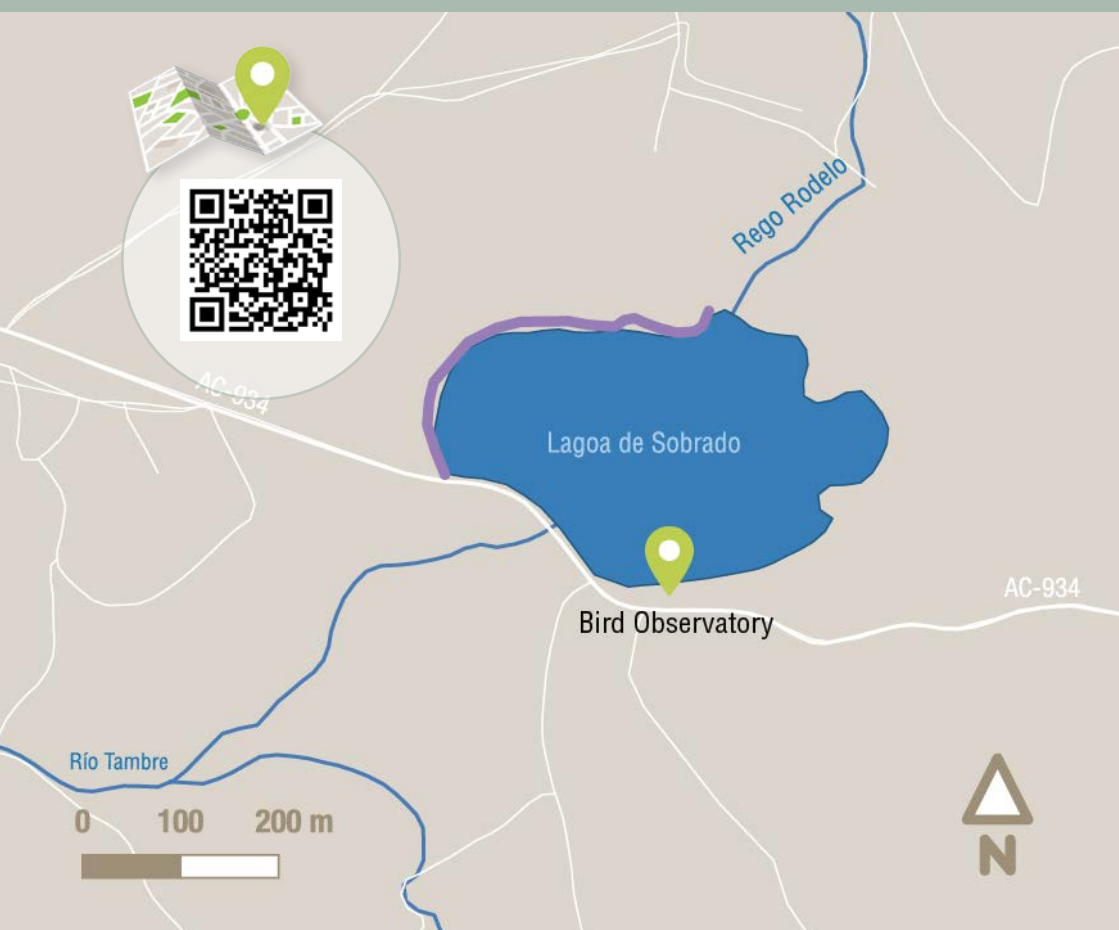
- Sobrado Monastery
- A Ciadella Roman Camp

USEFUL TELEPHONE NUMBERS AND ADDRESSES

- For details of bus times, call A Coruña bus station on 981 184 335.
- Emergency services: 112
- Sobrado Town Hall: 981 787 508
- Sobrado Tourist Information Office: Praza Portal, 1, 15813 Sobrado dos Monxes (A Coruña) 981 787 508. turismosobrado@gmail.com



Great Crested Grebe



Little grebe





3/ REXIDOIRA FALLS

Municipality: Oza-Cesuras

GENERAL DESCRIPTION

Located in the parish of Filgueira de Barranca, part of the municipality of Oza-Cesuras, this short but challenging route leads you to one of the typical habitats of this region: waterfalls hidden among dense autochthonous woods. This section of the River Mendo includes a steep descent from 475 metres to 380 metres above sea level in a mere 600 metre stretch.

ORNITHOLOGICAL INTEREST

As you make your way down to the four waterfalls, treading carefully at all times, you will be accompanied by the comings and goings of numerous forest species fluttering among the Hazel, Alder and Bay trees. Look out for Coal and Great Tits, Treecreepers, Robins, Blackbirds and, in autumn, Flycatchers. On reaching the water, keep an eye out for the White-throated Dipper. In addition, look out for species that prefer more open habitats on the outskirts of A Rexidoira village.

PHENOLOGY

Although this area can be visited at any time of year, the waterfalls are naturally at their most spectacular during the rainy months. In spring, the sounds of the falls is the perfect accompaniment to the bird songs.

WHAT TO SEE

The route leading to the four waterfalls is well signposted. A railing and rope will help you along part of the way. Take extra care when it is wet underfoot. Do not stray off the path at any time – it could be dangerous, as you may slip and fall!

GETTING THERE, ACCESSIBILITY AND RECOMMENDATIONS

By car, from Oza-Cesuras town centre, drive some 15 km in the direction of Curtis. You will come to a right-hand turning along a tarmacked road. Follow this road for about 1 km to the village of A Rexidoira. Park your car and walk 100 m along the wide forest track to the start of the route.

RESOURCES

Details of this route are available on the Wikiloc page of the Mariñas Coruñesas e Terras do Mandeo Biosphere Reserve: <https://es.wikiloc.com/rutas-senderismo/sm-17-ruta-da-rexidoira-9299657>

NEARBY SITES OF INTEREST

Downriver from the waterfalls is San Gregorio wood. In addition, the Reboredo recreation area, also on the banks of the Mendo, is the ideal spot for taking a rest after your walk.

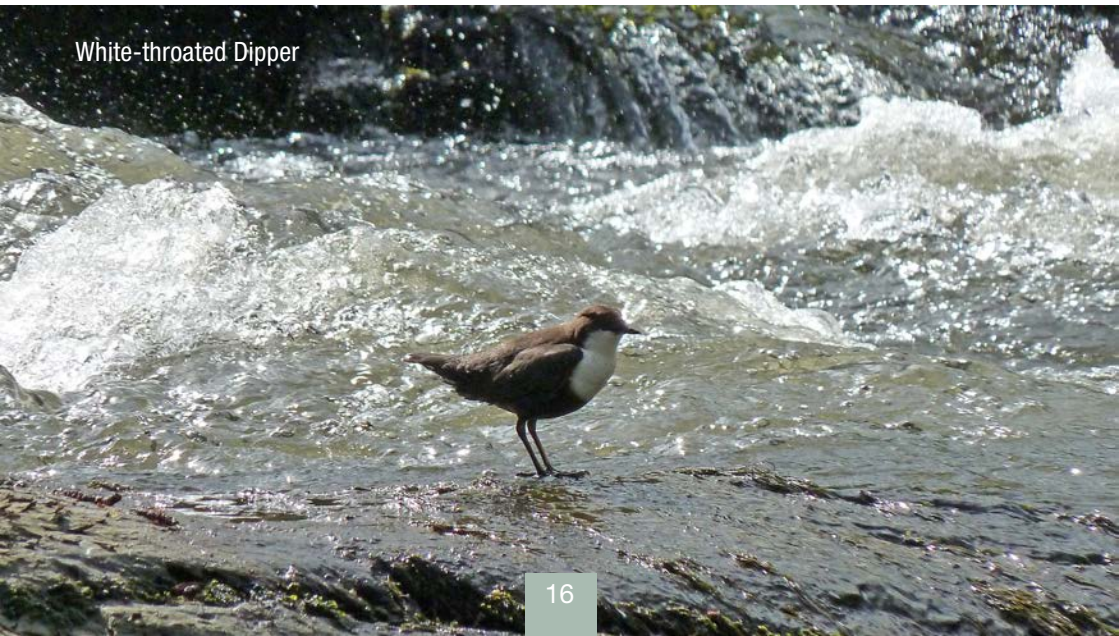
OTHER PLACES TO VISIT

- Church of Nicolás de Cines, part of a mon-astery founded in the 9th – 10th centuries, which is no longer standing.
- Tuberculosis sanatorium, designed by Rafael González Villar.

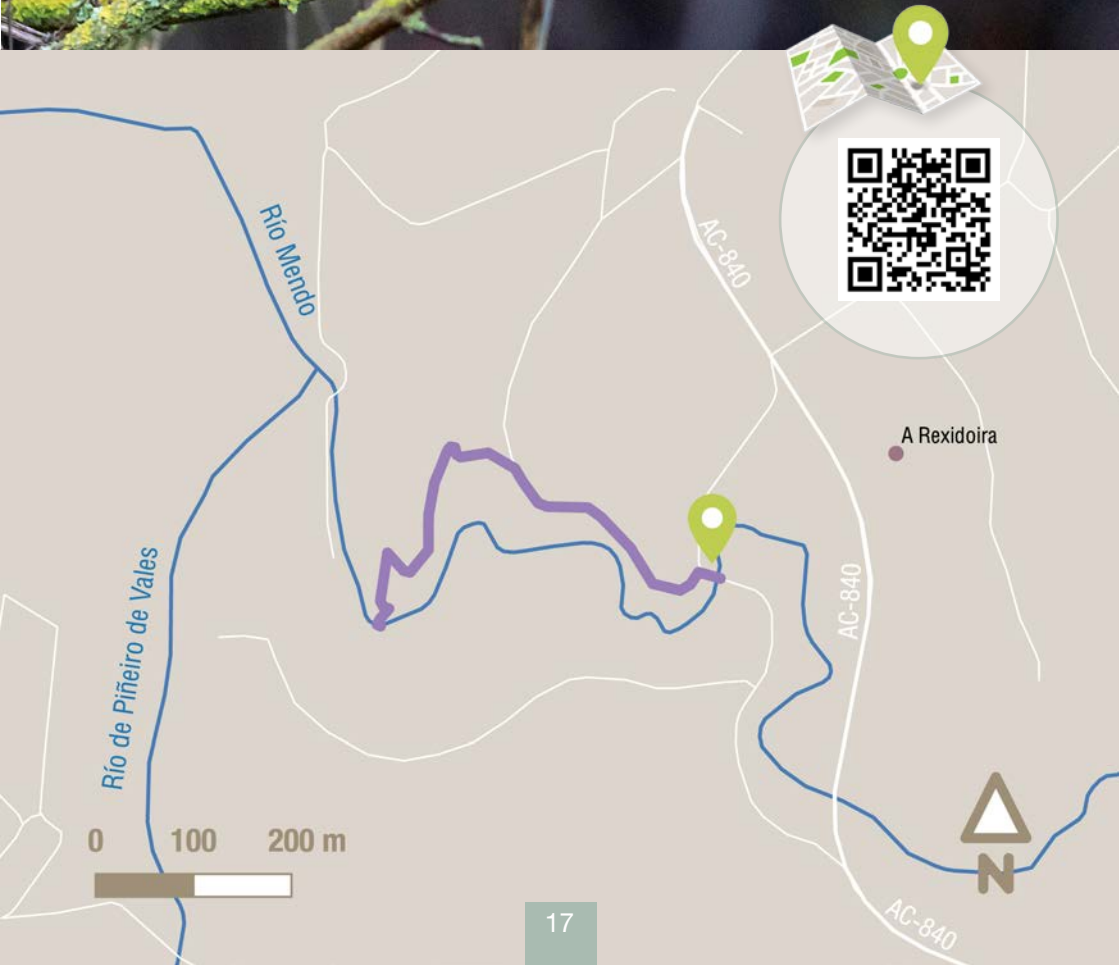
USEFUL TELEPHONE NUMBERS AND ADDRESSES

- Emergency services: 112
- Oza-Cesuras Town Hall: 981 792 000

White-throated Dipper



European Robin





4/ AREA SURROUNDING PONTE ARANGA

Municipality: Aranga

GENERAL DESCRIPTION

From Ponte Aranga, historically a major crossroads nestling on the bank of the River Mandeo, a number of routes take us upriver, providing a perfect combination of hiking and birdwatching. They are generally easy to follow, although the level of difficulty increases slightly in some sections, they run through well-conserved riverside woods that form part of the European Union's Natura 2000 Network, as they belong to the Betanzos-Mandeo Special Area of Conservation (SAC).

ORNITHOLOGICAL INTEREST

Exploring this stretch of the River Mandeo, one of the most important watercourses in the Biosphere Reserve, is a magnificent opportunity to observe a large number of bird species. They include Great and Coal Tits, Blue Tits, Treecreepers, European Robins, Eurasian Blackcaps, Firecrests, Great Spotted Woodpeckers, European Green Wood-

peckers, Common Chaffinches, Common Chiffchaffs (in winter) and Iberian Chiffchaffs (in summer), and Cirl Buntings. Among the branches and flying across the valley, Common Buzzards, Goshawks, Sparrowhawks, Common Wood Pigeons and Eurasian Jays... and in summer, European Honey Buzzards. Look along the river -bank for the odd Grey Wagtail, above all in springtime. After dark, the Hawk-owl comes out, and in spring and summer, the Grey Nightjar.

PHENOLOGY

This route is suitable at any time of year.

WHAT TO SEE

Starting from the Ponte Aranga recreation area, head off downriver along the path with your binoculars. It won't be long before you spot the first species. We recommend taking the left bank of the River Mandeo for a few kilometres as far as a suspension

bridge. As you walk, remember to look out for other species in the nearby farmland.

GETTING THERE, ACCESSIBILITY AND RECOMMENDATIONS

There are several well signposted routes from Ponte Aranga.

RESOURCES

Details of this route are available on the Wikiloc page of the Mariñas Coruñesas e Terras do Mandeo Biosphere Reserve: <https://es.wikiloc.com/rutas-senderismo/sm-05-ruta-veiga-do-mandeo-9297993> On reaching the suspension bridge, you can opt to complete the full route (9.15 km) or make your way back along the same path.

NEARBY SITES OF ORNITHOLOGICAL INTEREST

The other routes starting from this point are also of interest to birdwatchers. Details are available on the Aranga Town Hall website: <http://www.aranga.es/guia-local?showall=&start=7>

OTHER PLACES TO VISIT

- 12th century Romanesque Church of Muñiferral
- Barbudas Wood and the River Cambás Valley.

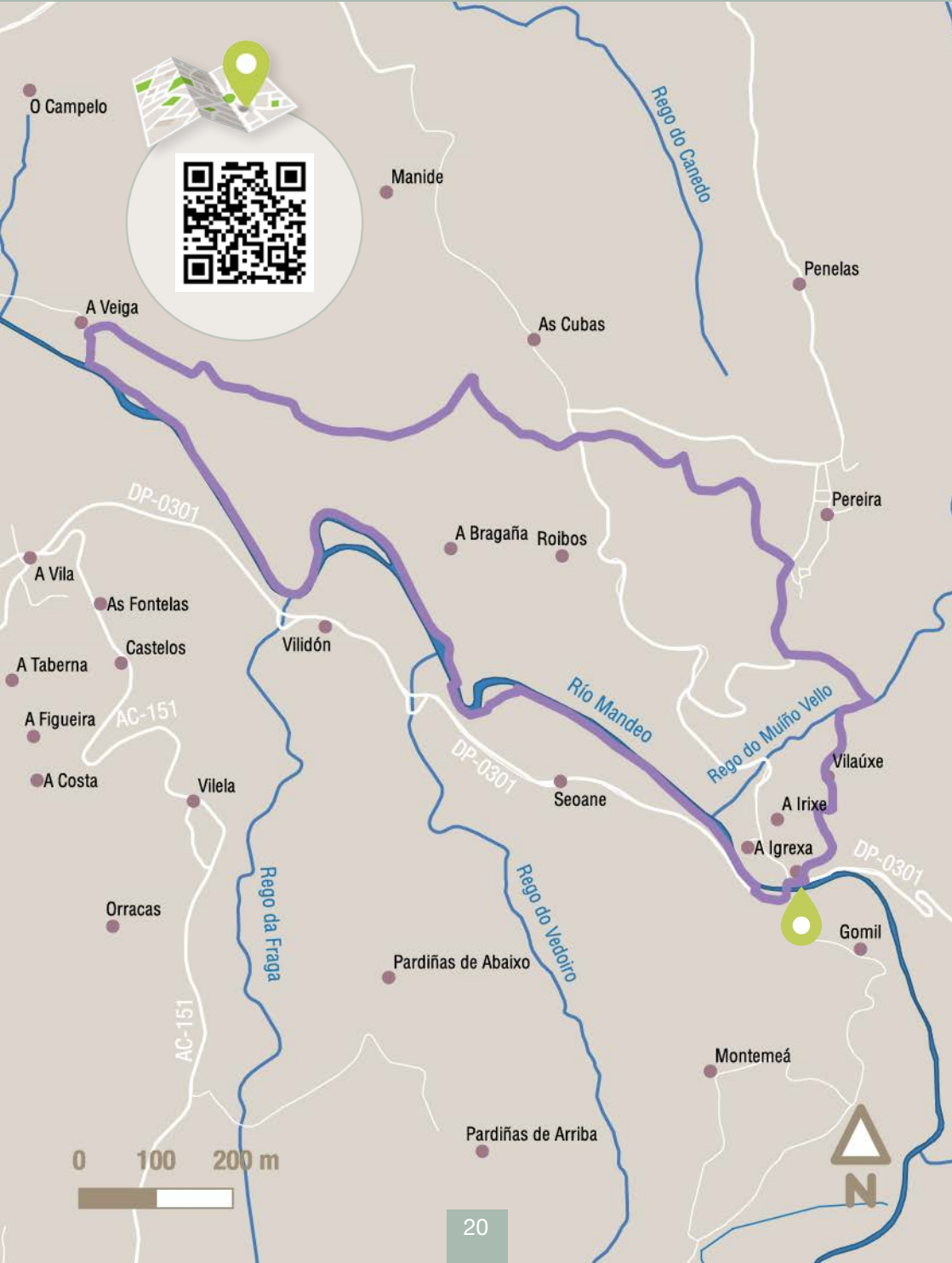
USEFUL TELEPHONE NUMBERS AND ADDRESSES

- Emergency services: 112
- Aranga Town Hall: 981 793 541



Firecrest

4/ AREA SURROUNDING PONTE ARANGA





5/ AREA SURROUNDING AMBALASAUGAS

Municipalities: Coirós and Irixoa

GENERAL DESCRIPTION

These walks along the River Mandeo start from Ambalasaugas Bridge in the parish of Santa María de Ois, before making their way through the river valley in the municipalities of Coirós and Irixoa. In the areas closest to the Mandeo, the path leads through the dense riverside wood. Further on, it also goes through areas of Eucalyptus woods.

ORNITHOLOGICAL INTEREST

These short routes are ideal for groups with children, who will have the chance to discover the biodiversity present in the autochthonous woods and Eucalyptus plantations. A walk in spring is perfect for discovering the best spot to watch and listen to the birds, and which species. Close observation will enable you to identify Long-tailed and Great Tits, Common Blackbirds, Eurasian Blue Tits, Robins, Eurasian Jays and Eurasian Blackcaps. You may also be able to spot a Sparrowhawk or

Common Buzzard soaring above the trees. The playground in the As Pías recreation area will keep the little ones entertained for hours. In the early 20th century, this was the site of one of the area's first hydroelectric power stations. Today all that remains is the waterpipe and the retaining wall that protected the slope.

PHENOLOGY

The best time to visit this area is springtime in the early morning, when the birds are at their most active.

WHAT TO SEE

Ambalasaugas to As Pías: an easy walk of approximately one hour, this is a 3.4 km circular route that takes you along the riverbank as far as As Pías Bridge, where the recreation area is located. It then goes uphill through a landscape of autochthonous Eucalyptus trees before returning along a track to the starting point.

Ambalasaugas to Xielas: this is a longer and more challenging route than the previous one (4.4 km linear route that takes one and a half hours) that takes walkers to Xielas bridge, in the parish of San Martiño de Churío (Irixoa). The route crosses a water channel.

GETTING THERE, ACCESSIBILITY AND RECOMMENDATIONS

To reach Ambalasaugas from the A-6 motorway, take exit 549 for Montesalgueiro. Drive 12.5 km along the AC-151 road as far as Ambalasaugas Bridge. If you prefer to take the second route in the opposite direction, from the same exit on the A-6, drive 7 km along the AC-151 before turning off in the direction of San Martiño de Churío.

RESOURCES

Both routes are signposted as part of A Coruña Provincial Council's Mandeo Project: <http://www.riomandeo.com/index.php?nivel=4&idnivel=1256&s=24&su=33&cat=su>

NEARBY SITES OF ORNITHOLOGICAL INTEREST

You can combine this route with others included in this guide in order to discover the birdlife of the River Mandeo.

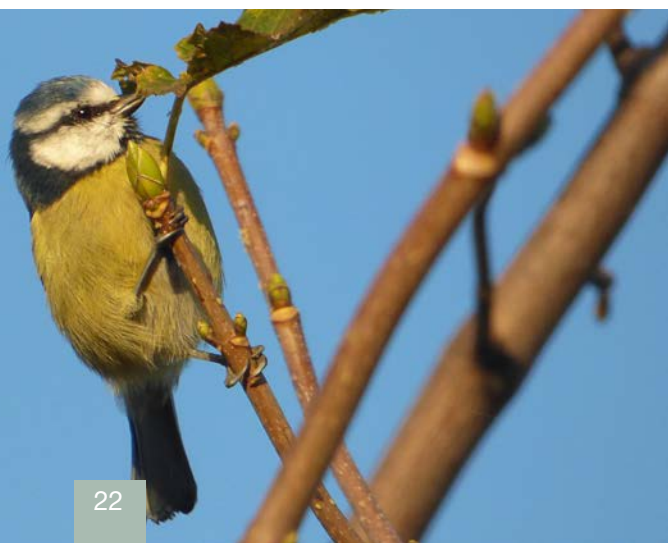
OTHER PLACES TO VISIT

O Catorce Amphibian Micro-reserve <http://www.fragasdomandeo.org/campanas-es/reserva-del-catorce/?lang=es>

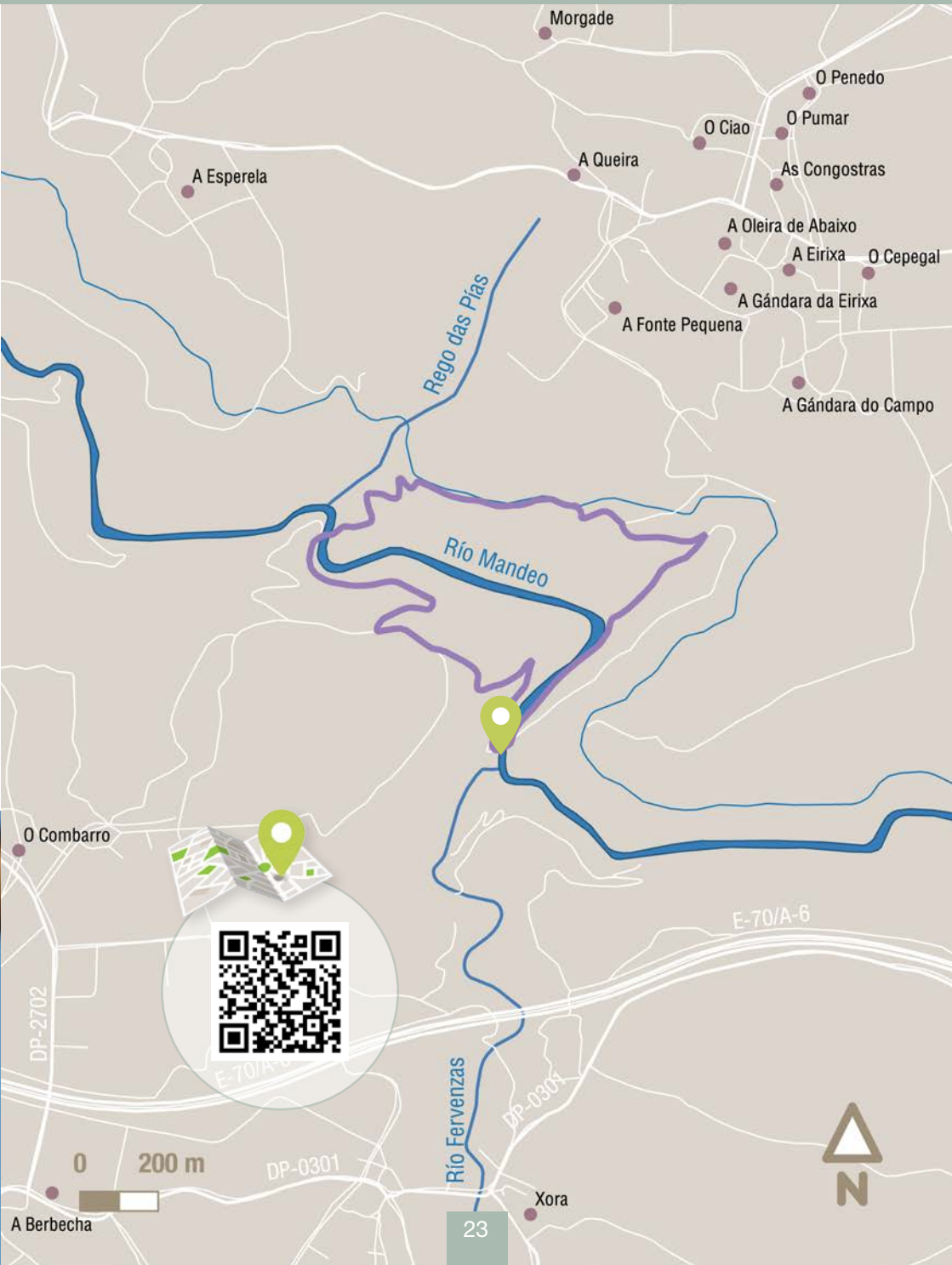
USEFUL TELEPHONE NUMBERS AND ADDRESSES

- Emergency services: 112
- Irixoa Town Hall: 981 793 001
- Coirós Town Hall: 981 796 414

Blue tit



5/ AREA SURROUNDING AMBALASAUGAS





6/ RIVER MANDEO IN CHELO

Municipality: Coirós

GENERAL DESCRIPTION

The banks of the River Mandeo in Chelo, Coirós, are conveniently lined with paths that are ideal for observing the numerous river and forest birds that inhabit this area. To spot them, look carefully among the branches of Ashes, Oaks, Chestnuts, Alders, Hazels and Holly bushes, and many other autochthonous trees. Indeed, the woods cover most of the steep slopes that line the narrow river.

ORNITHOLOGICAL INTEREST

This is probably one of the finest sites in the area for spotting the White-throated Dipper. A great spot is from the bridge that crosses the river at the start of the route, next to the car park. The Grey Wagtail and Common Kingfisher are also a frequent sight, perched on the riverbanks or rocks jutting out from the water, especially in spring. As you make your way through the wood, listen out for the calls of the Common Chaffinch, Long-

tailed Tit, Great Tit, Eurasian Blackcap, Eurasian Blue Tit, Treecreeper, European Robin, Firecrest, Eurasian Jay and Finch. Peering above the treetops, you may well catch a glimpse of a Common Buzzard or Sparrowhawk. And in summer, the European Honey Buzzard can also be seen. If you stay till dusk, you may also be lucky and spot a Hawk-owl.

PHENOLOGY

This is a perfect place to visit at any time of year. In winter the trees are bare, which makes spotting some bird species easier. However, in summer, the area is filled with the melodious calls of the majority of species.

WHAT TO SEE

Before setting off, discover the biodiversity this area boasts at the Chelo Nature Interpretation Centre, situated close to the car park and the starting point for our route.

Walking upriver on the left bank of the river, which occasionally requires climbing over small rocks, will bring you to the Zarzo mini hydroelectric power plant, where a suspension bridge will take you across the river.

Make your way back along the opposite bank, past the ruins of O Bocelo Spa, as far as the bridge, which, after crossing the river, will take you back to the car park. In all, a 6.3 km route of average difficulty.

GETTING THERE, ACCESSIBILITY AND RECOMMENDATIONS

In Queirís, at km 570, there is a turn off from the N-VI road for Betanzos. Just past the crossroads, and almost hidden among the houses on the right-hand side, is a local road. Take this until you come to a fork in the road where you should keep to the right in order to drive down to Chelo, where you will find a small car park.



Long-tailed tit

RESOURCES

- Routes in Chelo on the Coirós Town Hall website: <http://www.coiros.es/chelo.html>
- The Fragas do Mandeo Foundation website provides full details of this area: <http://www.fragasdomandeo.org/rutas-es/?lang=es>

NEARBY SITES OF ORNITHOLOGICAL INTEREST

You can combine this route with the birding route of Betanzos' historic quarter and our suggestions for exploring the ria in order to obtain a full idea of the landscapes forged by the River Mandeo before it flows into the sea. As well as spotting the birds that live there!

OTHER PLACES TO VISIT

- Viewpoint and Romanesque Church of Santa Eulalia da Espenuca (12th century).
- Pena Furada petroglyphs.

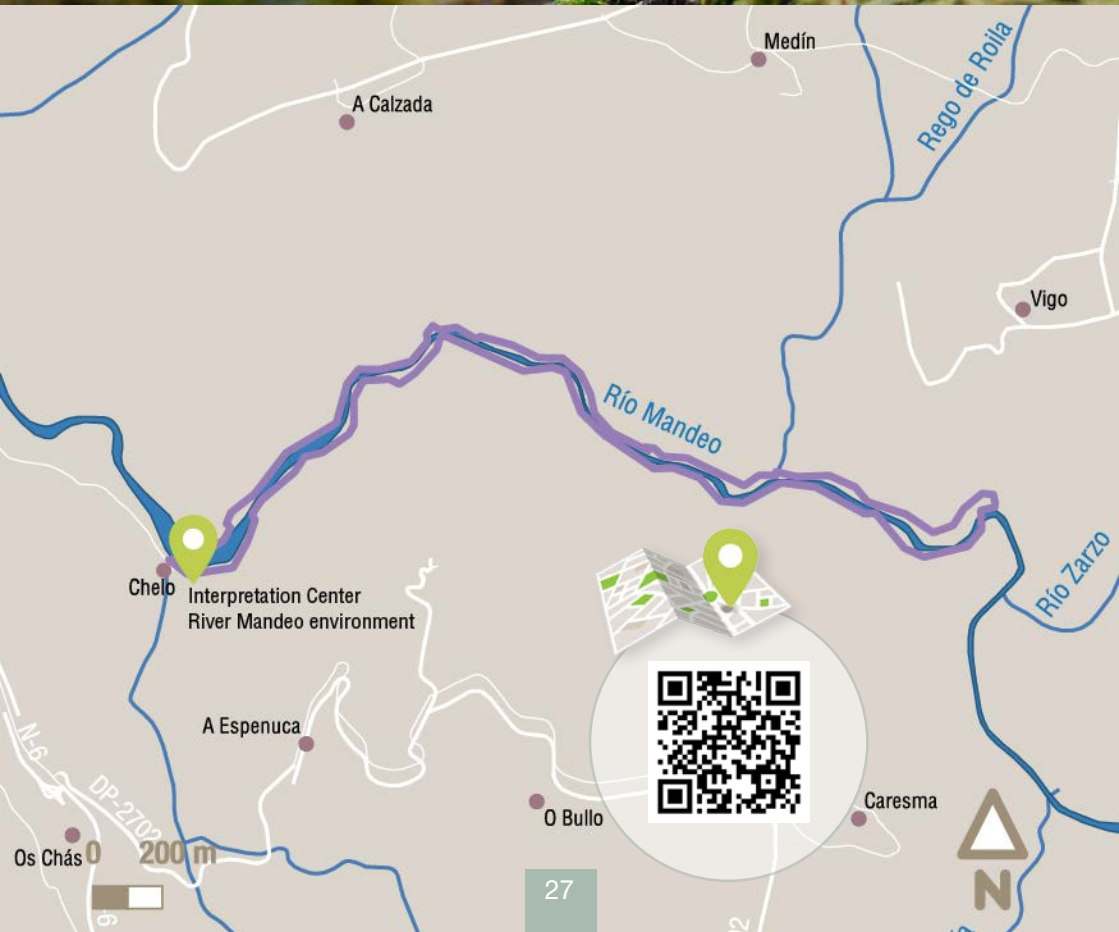
USEFUL TELEPHONE NUMBERS AND ADDRESSES

- Emergency services: 112
- Coirós Town Hall: 981 796 414
- Coirós Tourist Information: <http://www.coiros.es/turismo-en-coiros.html>

Common Kingfisher



Eurasian Jay





7/ TOWN OF BETANZOS

Municipality: Betanzos

GENERAL DESCRIPTION

Betanzos, which was declared a historic site in 1970, is one of the finest destinations for cultural tourism in the Biosphere Reserve. It is renowned for the beauty of its squares and façades and the majesty of many of its religious and civil buildings, as well as its outstanding gastronomy. The town centre sprang up at the confluence of the Mandeo and Mendo rivers. We recommend a walk through the town as far as the banks where both rivers meet to form a wide estuary. You will be pleasantly surprised by the variety of birds you will be able to spot.

the streets and squares provide a habitat for the Common Swift and Common House Martin, as well as a year-round home for the Black Redstart, Magpie, House Sparrow, Spotless Starling and the Eurasian Collared Dove. On reaching the rivers, you may also be able to add to your list species such as the Mallard, Common Sandpiper, Grey Wagtail, Barn Swallow or the Zitting Cisticola. In spring and summer, look up as you walk in order to spot a Black Kite or European Honey Buzzard, or, at any time of year, the Common Buzzard, Sparrowhawk, and, if you are very lucky, a Peregrine Falcon.

ORNITHOLOGICAL INTEREST

The ornithological walk from the centre of Betanzos to the confluence of the Mandeo and Mendo rivers, which forms the start of one of the most spectacular estuaries in northern Galicia, is a magnificent opportunity to observe urban as well as countryside and river species. In spring,

PHENOLOGY

This walk can be enjoyed at any time of year.

WHAT TO SEE

From Praza de García Hermanos, head down along the streets Rúa da Vila and

Rúa dos Prateiros as far as the old bridge (Ponte Vella) where the N-651 road crosses the Mandeo, although we will continue our route downriver along the riverside walk. This will take you around much of the historic quarter, as far as the confluence with the River Mendo.

Here, a pedestrian bridge will take you to the Ramón Beade walk, which will go past several industrial units as far as the start of the estuary.

You will make your way back along the Ramón Beade walk, but instead of crossing the bridge, continue along the banks of the Mendo as far as Pablo Iglesias Park, across the N-VI road bridge and enter Betanzos' monumental area again. Ferreiros and Castro streets will bring you back to the starting point.

GETTING THERE, ACCESSIBILITY AND RECOMMENDATIONS

Getting to Betanzos is easy by car or public transport. There is a public car park under Praza de García Hermanos.

RESOURCES

To organise your visit to Betanzos, go to <https://turismo.betanzos.es/es/betanzos-cerca/>

NEARBY SITES OF ORNITHOLOGICAL INTEREST

You can combine this walk with a visit to Chelo, located upriver on the Mandeo, or both banks of the Betanzos Ria, included in this guide, which takes in the Pazo de Mariñán manor house and Souto bird observatory.

OTHER PLACES TO VISIT

- The churches of Santiago, San Francisco and Santa María do Azogue, in the historic quarter.
- A tour of the works of the town's benefactors, the García Naveira brothers.

USEFUL TELEPHONE NUMBERS AND ADDRESSES

- For details of bus times, call A Coruña bus station on 981 184 335
- Emergency services: 112
- Betanzos Town Council: 981 770 011



Common Starling and
House Sparrow





8/ SOUTO OBSERVATORY

Municipality: Paderne

GENERAL DESCRIPTION

Nestling on the east shore of Betanzos Ria, the Souto Bird Observatory affords spectacular panoramic views of the right bank of the River Mandeo estuary, just before the mouth. Vast expanses of reed beds and halophilic meadows, crisscrossed by a host of channels, form one of Galicia's largest coastal marshlands, included in the European Union's Natura 2000 Network and the Ría de Betanzos-Mandeo Special Area of Conservation (SAC). The path leading to the observatory also crosses well-conserved traditional countryside.

ORNITHOLOGICAL INTEREST

Common anatidae in this area include the Mallard, Northern Shoveler and the Eurasian Teal. On the banks of the channel, it is also easy to spot Dunlins, Eurasian Curlews, Common and Green Sandpipers, Grey Plovers, Grey Herons, Little Egrets and, if you are lucky, the odd Water Rail and more than one European Spoonbill. During the migration season, they are joined by

various species of waders. You will also be able to observe Western Ospreys, Black Kites and Western Marsh Harriers flying low over the reed beds. Furthermore, at varying times of the year, the fields behind the shores are home to European Turtle Doves, Western Barn Owls, Hawk-owls, Cuckoos, European Green Woodpeckers, Common House Martins, Red-rumped Swallows, Eurasian Crag Martins and Sardinian Warblers... In autumn, the fields are visited by species such as the Northern Wheatear, European Pied Flycatcher or the Willow Warbler. Western Yellow Wagtails and Zitting Cisticolas breed among the shore reeds, which also provide a winter home for Common Reed Buntings.

PHENOLOGY

The diversity and numbers of birds reach their height between the months of September and April, and in particular between November and January. However, in late spring and summer, this is the ideal location for spotting species such as the Black Kite, Western Yellow Wagtail and European Turtle Dove.

Zitting Cisticola



WHAT TO SEE

We strongly recommend you spend as much time as you can in the observatory: the longer you are there, the more species of birds you will be able to watch.

GETTING THERE, ACCESSIBILITY AND RECOMMENDATIONS

After parking next to the Church of Santa María de Souto, in Paderne, off the N-651 road, make your way towards the ria along Parroquia Souto street and then, with the observatory practically within sight (it is situated next to a number of greenhouses), follow the path leading to it, although you must first cross the railway track, naturally taking all due care and precaution.

RESOURCES

Paderne Town Hall has published information on its website: <http://concellodepaderne.com/pages/entorno>

A Coruña Provincial Council's Plan Mandeo website features two countryside guides for this natural space that can be downloaded at: <http://www.riomandeo.com/index.php?s=24&su=29&su2=43&cat=su2>.

Ría de Paderne Visitor and Interpretation Centre: <http://auladaria.blogspot.com/>

NEARBY SITES OF ORNITHOLOGICAL INTEREST

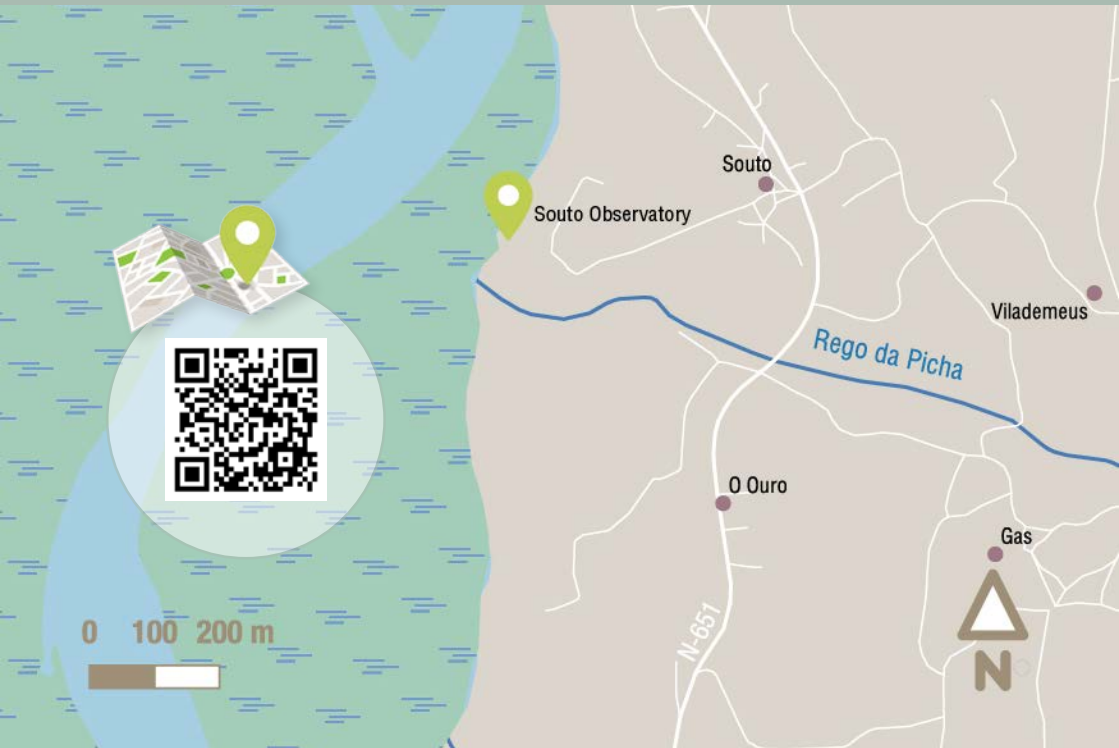
You can combine birdwatching at the observatory with the nearby route from Miño beach and marshland, included in this guide.

OTHER PLACES TO VISIT

- Both the Church of Santa María de Souto and the Church of San Pantaleón das Viñas date back to the 12th century.
- O Pedrido Bridge, built in the mid 20th century, is one of the area's finest civil engineering landmarks.
- Ría de Paderne Visitor and Interpretation Centre.

USEFUL TELEPHONE NUMBERS AND ADDRESSES

- Emergency services: 112
- Paderne Town Hall: 981 797 001



Grey Plover





9/ MIÑO BEACH AND MARSHLAND

Municipality: Miño

GENERAL DESCRIPTION

The marshlands nestling at the mouth of the River Baxoi, in Miño, are home to an outstanding range of bird species. Situated behind the large expanse of sand dunes close to the town, they are mainly covered by inaccessible reed beds and sand and intertidal mudflats. Included in the Betanzos-Mandêo SAC, and therefore also in the European Union's Natura 2000 Network, birdwatching activity in this area should also include the observation of the open waters in the ria, where a wide range of species can be seen.

ORNITHOLOGICAL INTEREST

During the course of the year, it is possible to see Black-headed, Mediterranean, Yellow-legged and Lesser Black-headed gulls in these marshlands. Other species include the Little Egret, Grey Heron, Eurasian Curlew and Whimbrel, as well as the Common Sandpiper. During spring

and summer migration, other species of waders also visit this area. In spring, you can see the Western Yellow Wagtail. During this season, the valley is often visited by Black Kites and Eurasian Hobbies, and Sparrowhawks and Common Buzzards can be seen throughout the year. The dunes on Praia Grande provide shelter in winter for the meadow Pipit, Common Linnet and the White Wagtail. As for the open waters of the ria opposite the beach or port, in winter they are home to Black Scoters and, albeit more unusually, Velvet Scoters, as well as Great Northern and Red-throated Loons, as well as Great Cormorants and European Shags.

PHENOLOGY

This area is best visited in winter or during the spring and autumn migration seasons. In late spring and summer there are far fewer species in this area, and the crowds of beach-goers make birdwatching more difficult during the middle of the day.

WHAT TO SEE

Enjoy a walk along both shores of Miño beach overlooking the ria and the marshlands. If you are visiting in the afternoon, the sun may prove excessively bright when looking towards the river. Enter and leave via the dunes on Praia Grande, remembering to keep to the signposted paths.

GETTING THERE, ACCESSIBILITY AND RECOMMENDATIONS

There is a large car park next to Miño's Praia Grande beach. There is also a bus service from A Coruña, Betanzos, Sada and other nearby towns.

RESOURCES

Details of the beaches and green spaces in the municipality of Miño are available at <https://www.concellodemino.gal/es/medio-ambiente-zonas-verdes-playas-servicios>

NEARBY SITES OF ORNITHOLOGICAL INTEREST

Miño harbour is another great place for birdwatching.

OTHER PLACES TO VISIT

- Church of San Xoán de Vilanova (11th century).
- Ponte do Porco bridge (15th century).
- Miño harbour.

USEFUL TELEPHONE NUMBERS AND ADDRESSES

- For details of bus times, call A Coruña bus station on 981 184 335
- Emergency services: 112
- Miño Town Hall: 981 782 058
- Miño Tourist Information Office: Estrada da Praia, s/n, 15630 Miño (A Coruña). Tel.: 607 803 569. turismomino@gmail.com

Grey Heron



9/ MIÑO BEACH AND MARSHLAND





10/ SADA BEACH AND MEADOWLANDS

Municipality: Sada

GENERAL DESCRIPTION

Located in the centre of Sada itself, these natural spaces make a visit to this town a must for all birders.

ORNITHOLOGICAL INTEREST

In winter, Sada's sea promenade offers a surprising spectacle of coastal species. In turn, As Brañas wetlands are home to a large number of birds that are traditionally found in Galicia's seashore forests. Early in 2020, a local government initiative secured its provisional declaration as a Natural Space of Local Interest (ENIL in its Galician initials) by the regional autonomous government (Xunta de Galicia).

PHENOLOGY

Mid-winter is the best time to visit Sada beach. As for As Brañas, it is a delightful spot at any time of year.

WHAT TO SEE

To visit Sada beach, simply head towards the sands, without actually going down to the shore. In the colder months, you will be able to Spot Mallards and Gadwalls, Common Pochards and various species of Gulls (Black-headed, Mediterranean, Yellow-legged, Lesser Black-headed and Mew), Sandwich Terns, Little Egrets, European Spoonbills, Red-throated Loons, Mute Swans, Ruddy Turnstones, Razorbills... and that's just for starters! If you look further out, towards the middle of the ria, you will be able to spot large numbers of Black Scoters.

As for the wetlands, although the central sections are inaccessible, you can walk around the perimeter starting from the centre of Sada, close to the football field and Avenida de A Coruña or Rúa Tejas. As you stroll among the trees, look out for species such as the Eurasian Teal or the Grey Heron, as well as Long-tailed, Great and Blue Tits. In spring you can also see Iberian

Chiffchaffs, and in winter Common Chiffchaffs and Common Sandpipers. There are also large numbers of Eurasian Blackcaps and Robins, and Sparrowhawks are also a frequent sight.

GETTING THERE, ACCESSIBILITY AND RECOMMENDATIONS

The facilities at Sada beach include a large car park. The town can also be reached by bus: there are frequent services from A Coruña. For details of bus times, call A Coruña bus station on 981 184 335.

RESOURCES

On the sea promenade backing the beach, you will find a number of information panels with details of the birds that can be seen here. Sada Town Hall's website also includes information about As Brañas wetlands: <https://www.sada.gal/es/conoce-sada/descubre/as-branas-de-sada> the Mar de Sada website is also a useful source of information: <http://mardesada.com/que-visitar/biodiversidad/> If you're planning a circular ornithological tour of the wetlands, check out: <https://www.baiasantacruz.org/gl/roteiro/itinerario-a-pe-1-branas-de-sada>

NEARBY SITES OF ORNITHOLOGICAL INTEREST

The jetty in Sada harbour is resting place for various species of waders at high tide.

OTHER PLACES TO VISIT

- Sada terrace.
- “Pintor Lloréns” As Mariñas Impressionist Route.
- Fontán fishing quarter.
- Pazo de Meirás manor house.
- PR-G 96 Mariñán – Costa Doce Route.

USEFUL TELEPHONE NUMBERS AND ADDRESSES

- For tide times and weather forecasts, visit the Meteogalicia website at www.meteogalicia.gal
- For details of bus times, call A Coruña bus station on 981 184 335
- Emergency services: 112
- Sada Town Hall: 981 620 075
- Sada Tourist Information Office: Avenida da Mariña, s/n. Sada Tel: 981 189 952 oficinadeturismo@concellodesada.com

Mallard

Ánade azulón



Common Gull





11 / PAZO DE MARIÑÁN MANOR HOUSE

Municipality: Bergondo

GENERAL DESCRIPTION

This manor house and its gardens have been an artistic and monumental site since 1972, although their history dates back to far earlier times. In the 15th century, Gómez Pérez das Mariñas commissioned the construction of a fortress on this site. Originally known as 'Pazo de Bergondo' and currently owned by A Coruña Provincial Council, Mariñán is not to be missed during your visit to the Mariñas Coruñesas e Terras do Mandeo Biosphere Reserve, not just because of its spectacular architecture, but also because of the countless trees and monumental hedgerows featured in its gardens... which are also home to a large number of bird species!

ORNITHOLOGICAL INTEREST

The gardens of Mariñán (originally laid in the early 19th century) are home to numerous European and foreign species of trees. Highlights include a Caucasian Fir, several

Boxwoods and Yews, as well as a Lawson Cypress. Among these and many other leafy trees, it is easy to spot European Green Woodpeckers, Great Spotted Woodpeckers, Common Chaffinches, Robins, Blackbirds, Song Thrushes, Black Redstarts and Hawk-owls. Species that are a common sight in many gardens, but which here live with other forest species, forming a chorus that has remained practically unchanged for two centuries. From the wooden observation point inside the manor house, overlooking Betanzos ria, visitors can also admire Common Kingfishers, Western Marsh Harriers, Eurasian Curlews and Whimbrels, Common Redshanks and Greenshanks, Black-headed and Yellow-legged Gulls, Grey Herons, Great Cormorants, Little Grebes and the occasional European Spoonbill.

PHENOLOGY

The gardens and manor house can be visited at any time of year. In winter the number of species that can be seen in the ria is far greater.

WHAT TO SEE

The best thing to do is to wander around the garden paths, taking time to sit on a stone bench and gaze out at the ria from the observatory. And the best time is first thing in the morning, as soon as the manor house opens.

GETTING THERE, ACCESSIBILITY AND RECOMMENDATIONS

The gardens are easy to walk around, although we advise you to check the opening and closing times when organising your visit.

RESOURCES

A Coruña Provincial Council's tourism website includes lots of useful information for planning your visit: <https://turismo.dacoruna.gal/es/descubre/patrimonio-provincial/pazo-de-marinan>

The following link provides further details of the birds to be seen in Betanzos Ria: <https://www.baiaasantacruz.org/gl/roteiro/itinerario-a-pe-1-observatorio-de-marinan>

NEARBY SITES OF ORNITHOLOGICAL INTEREST

Under O Pedrido Bridge, a stroll along the beach of the same name is a great opportunity to spot more coastal birds. But watch out for the tides!

OTHER PLACES TO VISIT

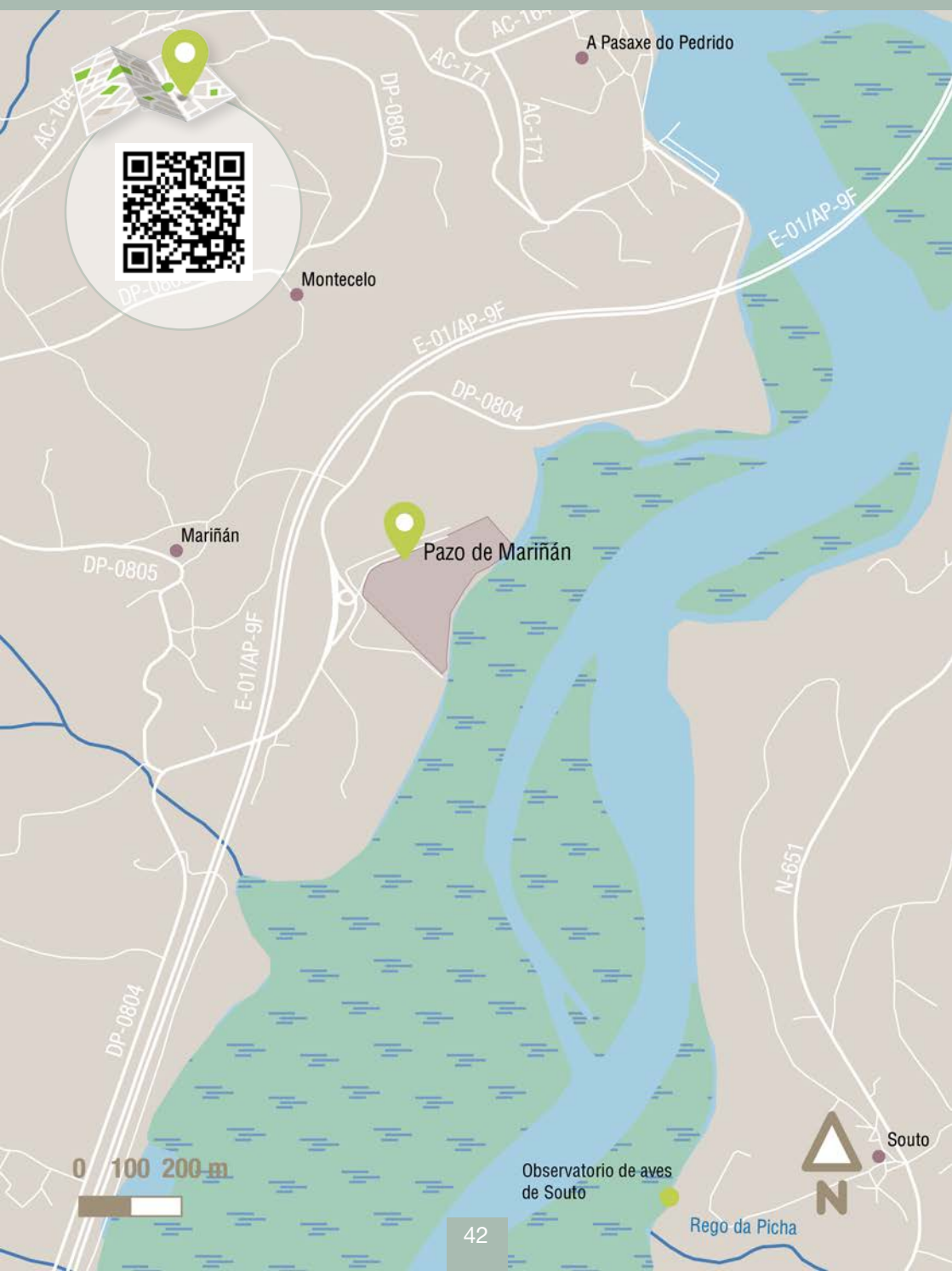
- Mariñán Route along the River Mandeo marshlands (see <https://es.wikiloc.com/rutas-senderismo/bergondo-4-ruta-marina-834419>).
- Monastery of San Salvador de Bergondo.
- Gandarío beach

USEFUL TELEPHONE NUMBERS AND ADDRESSES

- For tide times and weather forecasts, visit the Meteogalicia website at: www.meteogalicia.gal For details of bus times, call A Coruña bus station on 981 184 335
- Emergency services: 112
- Bergondo Town Hall: 981 791 252



Common Greenshank





12/ ABEGONDO-CECEBRE RESERVOIR

Municipalities: Abegondo, Cambre, Betanzos, Carral

GENERAL DESCRIPTION

This reservoir was constructed in 1976 at the confluence of the rivers Mero and Barcés in order to supply the city of A Coruña and its metropolitan area. Surrounded by large expanses of woodland and open fields, this Special Area of Conservation (SAC) covers some 529 hectares and is part of the EU's Natura 2000 Network and one of the core areas of the Mariñas Coruñesas e Terras do Mandeo Biosphere Reserve.

ORNITHOLOGICAL INTEREST

The shallow waters (maximum depth 15 m and average depth 6 m) make this the ideal habitat for numerous species of waterbirds, particularly in winter and during the migration season. The many species that spend the winter here include the Western Osprey and Great Egret. There are also large numbers of Eurasian Teals and Tufted Ducks,

and the reservoir is also noted for the abundance of Little Grebes and Great Crested Grebes. Other typical water birds include the Gadwall, Common Pochard, Common and Green Sandpipers, Northern Lapwings or, when the water level is lower, European Spoonbills and Common Redshanks. In mid-winter, this site hosts up to 900 types of waterbird.

In spring and summer, the species that can be spotted in the nearby woodland include the European Honey Buzzard and Black Kite, as well as the Chiffchaff, present in large numbers. There are also countless small birds that are a common sight in settings such as these. Other birds of prey that can be seen year-round include the Booted Eagle, Goshawk and Sparrowhawk. The Eurasian Crag Martin is also a frequent visitor in winter. Numerous sightings of rare or very rare birds in Galicia and the Iberian Peninsula have also been recorded.

Great Cormorant



PHENOLOGY

The reservoir can be visited at any time of year. Vast numbers of Common Swifts gather here during the spring migration season (and occasionally Pallid and Alpine Swifts), mingled with Barn and Red-rumped Swallows, as well as Sand and Common House Martins. At dawn, the shores echo to the calls of the many birds that breed here: Chiffchaffs, Blackcaps, Robins, Stonechats and Finches. In autumn and winter, there are far more species of waterbirds than the rest of the year. It is also the perfect opportunity to look along the shores for Meadow and Alpine Pipits, as well as White Wagtails.

WHAT TO SEE

The birding hide standing on the shore in Crendes affords excellent views of the section of the reservoir corresponding to the River Mero. The route that starts from here leads to a wood situated on the reservoir shore to your right. Easy to access, it is ideal for spotting both water and forest birds as you make your way there and back. In the

nearby meadows, Stonechats and Starlings are a common sight. If you are not travelling by car, spending some time in these areas will produce highly satisfying results: in fact, many local ornithologists rarely venture into other areas of the reservoir.

There is another birdwatching tower in Orto, on the opposite shore. From there you can observe the same species, although the sun is often against you.

The narrow bridge that crosses this section of the River Mero is the best chance of spotting Great Crested Grebes and Great Cormorants.

At the foot of the dam (there is a car park next to it), you should keep an eye out for Grey Wagtails, as well as the Black Kites that can be seen throughout the reservoir from early spring onwards.

GETTING THERE, ACCESSIBILITY AND RECOMMENDATIONS

If you wish to visit the Crendes Bird Observatory, at the bus stop and shelter, take the left-hand turning off the AC-221. You can leave your car at the side of the road, just past the houses. If you are travelling by public transport, the bus stop is just a few metres from the turning. To check the bus times, call the bus station in A Coruña on 981 184 335. The walk along the path from the Crendes Bird Observatory is easy, but even more so if you remember your water-proof footwear! All other areas should be visited by car. Remember not to go close to the shore as you will startle the birds. For the same reason, try not to make too much noise, and remember to keep pets on a lead. It's better to let them loose in an area where they won't disturb the birds so much!

RESOURCES

The Crendes Nature Centre is just a short distance from the reservoir (in the municipality of Abegondo), offering lots of information about the biodiversity of this space. Check the opening times at <http://www.abegondo.es/>.

NEARBY SITES OF ORNITHOLOGICAL INTEREST

Many of the spots surrounding the Abegondo-Cecebre reservoir are home to the area's traditional countryside fauna. A drive or walk at various times of the year will enable to discover species such as the Melodious Warbler, Common Whitethroat, Hawk-owl, Western Barn Owl, the Common Kestrel and many others. Beche reservoir, just a few kilometres away, is also well worth a visit. You will find a number of possible routes at <https://www.baiasantacruz.org/gl/panel/encoro-de-abegondo-cecebre>

Common Sandpiper



OTHER PLACES TO VISIT

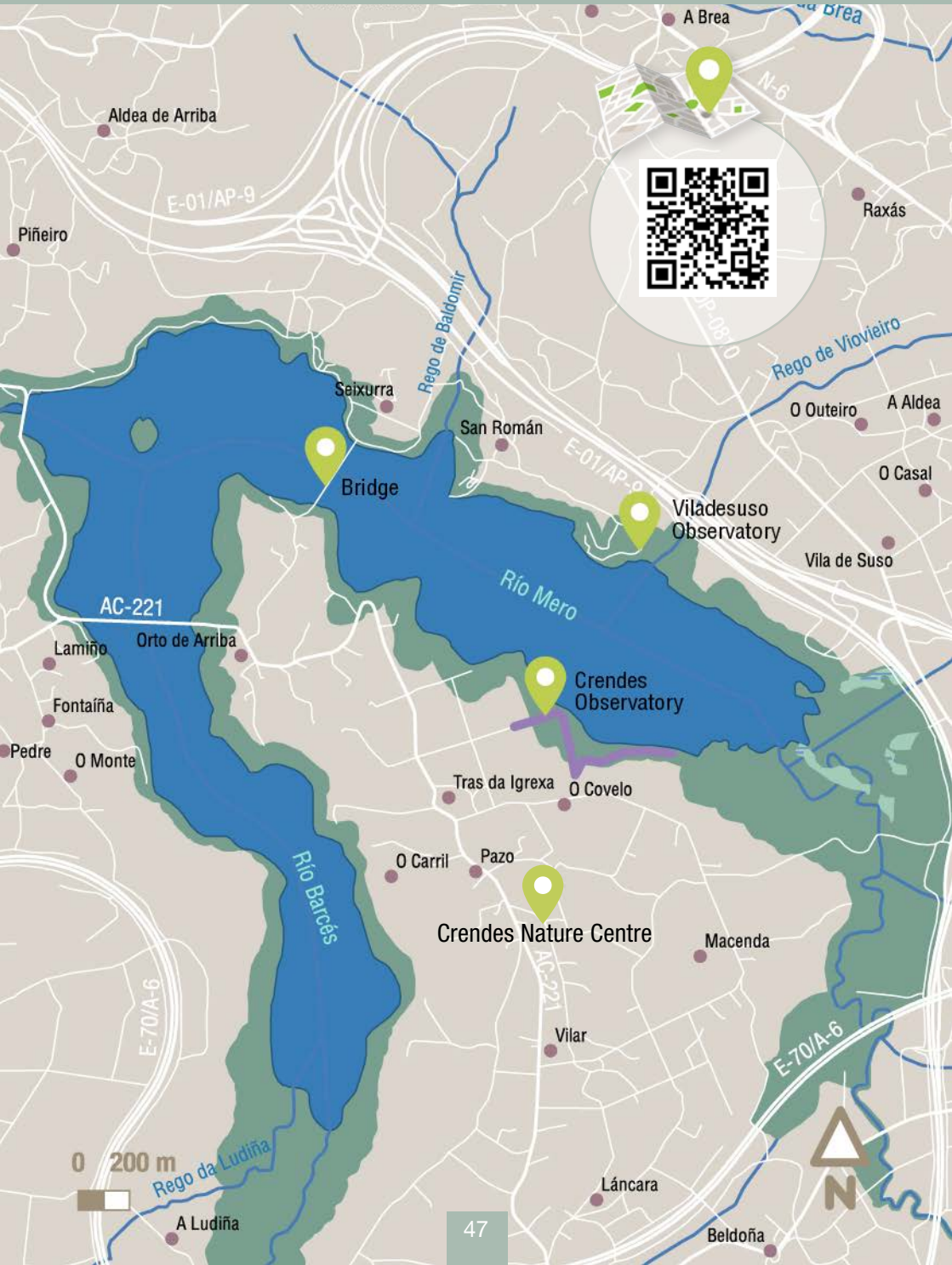
- Headquarters of the Mariñas Coruñesas e Terras do Mandeo Biosphere Reserve'.
- Castro de Cerneda fortified Iron Age settlement.
- Beche reservoir.
- Hops and beer eco-route (see <https://mundoestrellagalicia.es/>)
- Mariñán do río Gobia trail.
- Crendes Nature Centre.

USEFUL TELEPHONE NUMBERS AND ADDRESSES

- For details of bus times, call A Coruña bus station on 981 184 335
- Emergency services: 112
- Abegondo Town Hall: 981 647 909
- Betanzos Town Hall: 981 770 011
- Cambre Town Hall: 981 613 128
- Carral Town Hall: 981 670 002

Common Stonechat







13/ COSTA DA ÉGOA MILLS

Municipality: Carral

GENERAL DESCRIPTION

Nestling in the stunning Barcia valley, this route follows a path that takes you past the Costa da Égoa Eco-Museum, featuring fourteen mills and a small hydroelectric power station, declared a Natural Space of Local Interest (ENIL in its Spanish initials) by the regional autonomous government (Xunta de Galicia), the result of an initiative launched by Carral local authority. On the banks of the fast-flowing River Abelleira, you will be able to watch the birds that form part of the region's river ecosystems, who accompanied the sounds of the water wheels of these devices for several generations.

ORNITHOLOGICAL INTEREST

The species you will be able to hear and see during your stroll along the riverside stroll and past the River Abelleira water mills include the White-throated Dipper, the Grey Wagtail, the Long-tailed paridae such as Blue, Great and Coal Tits, as well as other species such as the Winter Wren, the Com-

mon Chiffchaff (in winter) and the Iberian Chiffchaff (in spring and summer), the Eurasian Bullfinch and the Song Thrush. Look above the treetops for a glimpse of the Common Buzzard, or, in spring and summer, the Black Kite and the European Honey Buzzard. At this time of year, albeit after dark, you can often hear the Grey Nightjar.

PHENOLOGY

This area can be visited at any time of year. In summer, the water level of the river will naturally be lower.

WHAT TO SEE

The best option is to take the path that starts and the Costa da Égoa Rural Tourism House, at follow it at a leisurely pace. You can extend your walk by leaving the riverside and making your way to the small village of Montemeán, where a panel provides details of the valley's geological configuration.

GETTING THERE, ACCESSIBILITY AND RECOMMENDATIONS

After driving to Herves, the route begins next to the Costa da Égoa Rural Tourism House. The first of the water mills are just 200 m away.

RESOURCES

The Mariñas Coruñesas e Terras do Mandeo Biosphere Reserve's Wikiloc channel includes details of this walking route and its extended versions: <https://gl.wikiloc.com/rutas-sendeirismo/pr-g-101-roteiro-marinan-costa-da-egoa-9905731>

NEARBY SITES OF ORNITHOLOGICAL INTEREST

If you continue along the path, you will come to other types of habitat, particularly open fields, farmland and eucalyptus woods. This is a great opportunity to add new species to your list.

OTHER PLACES TO VISIT

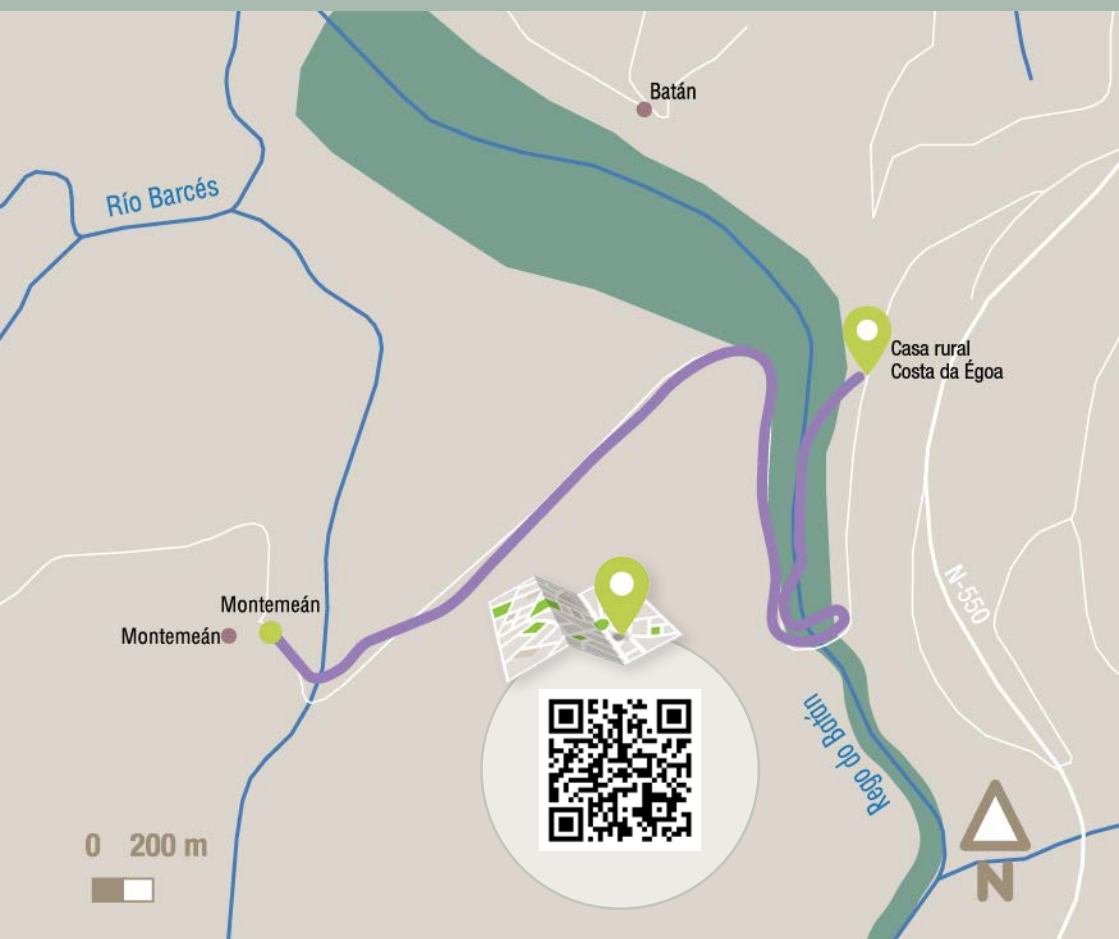
- Castro de As Travesas Iron Age fortified settlement.
- Monument to the Carral martyrs.
- The English Way to Santiago de Compostela.
- Barcés riverside route.
- Cañas wastewater treatment plant.

USEFUL TELEPHONE NUMBERS AND ADDRESSES

- For details of bus times, call A Coruña bus station on 981 184 335
- Emergency services: 112
- Carral Town Hall: 981 670 002



Iberian Chiffchaff





14/ MERO RIVERSIDE WALK

Municipality: Cambre

GENERAL DESCRIPTION

There is a pleasant walk from the vicinity of the Abegondo – Cecebre reservoir dam to where the River Mero flows into O Burgo Ria. You can walk along either side of the river along paths that are almost always shaded by well-conserved woodland. The full route, some 10 km in length can be completed either on foot or by mountain bike. At various points it is necessary to cross secondary roads in order to get back on the path, which means taking particular care.

ORNITHOLOGICAL INTEREST

The riparian woodland that lines the River Mero just before it flows into the sea, made up mainly of Alder and Willow trees, is home to a fascinating community of birds that includes Eurasian Blackcaps, Winter Wrens, Common Chiffchaffs (in winter) and Iberian Chiffchaffs (in spring and summer), Great, Long-tailed and Coal Tits, as well as birds

of prey such as the Common Buzzard or Sparrowhawk, and in summer the European Turtle Dove. On some stretches of the riverbank, such as near Peirao mill, you may catch a glimpse of the White-throated Dipper. Closer to the water, look out for Grey Wagtails, Mallards and Grey Herons.

PHENOLOGY

This riparian woodland can be explored at any time of year. In the early morning on a spring day, the babbling water and the mating calls of the birds hold a particular charm.

WHAT TO SEE

One of the best conserved stretches runs from Peirao mill to Insuas Bridge, next to the railway stop in Cambre.

GETTING THERE, ACCESSIBILITY AND RECOMMENDATIONS

Public transport to this route includes bus and train services; in the case of the latter, passengers should alight at the Cambre or Cecebre railway stops.

In winter, remember to wear waterproof footwear. If you are walking, watch out for the cyclists and move aside to let them pass. And if you're cycling, keep an eye out for walkers!

RESOURCES

The Mariñas Coruñesas e Terras do Mandeo Biosphere Reserve website includes details of places of interest.

NEARBY SITES OF ORNITHOLOGICAL INTEREST

Spending a winter's day exploring this route, the Abegondo – Cecebre reservoir and O Burgo Ria guarantees successful results in terms of the number of bird species you will be able to spot.

OTHER PLACES TO VISIT

- Wenceslao Fernández Flórez House-Museum and the Enchanted Forest.
- Cambre Roman archaeological site museum.
- Romanesque Church of Santa María de Cambre.
- Mariñán Route “Cambre and its surroundings”.

USEFUL TELEPHONE NUMBERS AND ADDRESSES

- For details of bus times, call A Coruña bus station on 981 184 335
- Renfe train times: <https://www.renfe.com/es/es/viajar/prepara-tu-viaje/horarios>
- Emergency services: 112
- Cambre Town Hall: 981 613 128
- Cambre Tourist Information Office: Praza do Mosteiro 1, (15660) Cambre, A Coruña, Tel: 981 656 217. museo@cambre.org

Grey Wagtail







15/ O BURGO RÍA

Municipalities: Cambre, Culleredo, Oleiros, A Coruña

GENERAL DESCRIPTION

Oriented in a south-north direction and formed by the mouth of the River Mero, the ría takes its name from the parish of the same name, located in the municipality of Culleredo. The shallow waters have a silty, sandy bed, in some areas covered with patches of marshland that attract numerous waterbirds that rest there at high tide.

INTERÉS ORNITOLÓGICO

An outstanding location for coastal bird watching in particular, due both the diversity of species (you will be able to spot dozens in a single walk) as well as the opportunity to observe them close-up. The landscaped and urbanised setting also attracts a large community of birds that live in these habitats.

PHENOLOGY

Autumn and winter are the seasons that offer the greatest variety and numbers, conditions that last until mid-spring.

WHAT TO SEE

This walking route begins at the mouth of the River Mero, under O Burgo's medieval bridge. From there, follow the coastal promenade that runs along the left shore of the ría, through the municipality of Culleredo, as far as A Pasaxe Bridge.

From O Burgo's medieval bridge, look towards the AP-9 motorway overpass and you will be able to observe close-up a variety of birds including Gulls, Herons and Ducks, as well as the occasional Common Kingfisher. In summer, keep an eye out for Eurasian Crag Martins and Red-rumped Swallows.

Heading towards the red metal structure situated at the point where the ria begins to widen, it is easy to spot the Little Grebes that spend the winter here on the opposite shore. But before, you are sure to have seen Cormorants, Egrets and Grey Herons, as well as your first waders.

At mid-tide, to the left and right of the jetty there are excellent opportunities to observe close-up the Mute Swans and many other birds, especially waders such as the Bar-tailed and Black-tailed Godwit, Common Redshank and Greenshank, Dunlin and Common Sandpiper, and during the migration season, the Common Ringed Plover and Curlew Sandpiper. In winter, you should also look out for several rare species of gulls.

The marshland plays a key role in attracting numerous species to this area, which use it as a resting place during high tide, or as a feeding or nesting ground, as in the case of the Western Yellow Wagtail. When the tide rises, the shores are filled with Sandpipers, Redshanks, Eurasian Oystercatchers, Godwits, Ruddy Turnstones, Plovers, Whimbrels, Herons, Egrets, Cormorants, European Spoonbills and Gulls. If you look

very carefully in autumn and winter, you may catch a glimpse of the elusive Snipe. Other species include the Zitting Cisticola, Water Rail, Eurasian Rock Pipit. The Blue-throat has also visited this area on several occasions. In spring, it is a nesting place for Iberian Yellow Wagtails. Early in the morning, the promenade gardens are the ideal spot for watching Thrushes, Wood Pigeons and many other species, including the Pied Wagtail in winter. In this area, you can also often spot birds of prey in flight, such as the Common Buzzard, Sparrowhawk, Goshawk, Peregrine Falcon and in winter, even the Booted Eagle.

It is worth stopping along the promenade to admire the Common Sandpipers, Ruddy Turnstone and other species. In winter, next to the artificial lake, you will also spot a number of Grebes. In the distance, the large silt island that emerges in the middle of the ria at low tide provides a feeding ground for countless birds. In the hedgerows and brambles close to the promenade, the Sardinian Warbler is a common sight.

At low tide, a large sandy island emerges opposite this section, on which Oystercatchers, Great Black-backed, Mediterranean Gull and Little Egrets can be seen.



Bar-tailed Godwit

Red-throated Diver



GETTING THERE, ACCESSIBILITY AND RECOMMENDATIONS

The area around the ria has a number of car parks and a frequent bus service connecting it with various places, including the city of A Coruña. The route proposed here runs entirely along a sea promenade, which means it is accessible to all. As you walk, watch out for the cyclists, and stay out of their designated lane. If you are able to choose the time of your visit, go two or three hours before high tide. And of course, do not venture into the ria; you will immediately sink into the muddy bed!

RESOURCES

During your walk, you will come across 52 information panels providing details of the ria and its birds, created by the Mariñas Coruñesas e Terras do Mandeo Biosphere Reserve. In addition, on the shore of the ria, the Juan Lembeye Botanic Garden and Nature Centre (part of the municipality of Culleredo) feature a large number of Galician trees, and organise regular environmental education activities. There are no specific birding hides, but you will soon realise that

there is no need for them: accustomed to the comings and goings of passers-by, the birds allow you to get surprisingly close. More info: <https://www.baiasantacruz.org/es/panel/ria-do-burgo-culleredo-e-oleiros>

NEARBY SITES OF ORNITHOLOGICAL INTEREST

Santa Cristina beach. After crossing A Pasaxe bridge (a mere 20 minutes' walk away), on your way to the beach you will be able to spot Common Ringed Plovers, Cormorants, Egrets and Sandwich Terns. Scan the groups of gulls at low tide and you may spot the odd European Herring Gull. Once at the beach, look out to sea and in winter months you may well discover Black Scoters, Loons, Razorbills and sometimes Black-necked Grebes, as long as the sea is not too rough!

River Trabe. Next to the AC-211 road, the tree-clad banks of the River Trabe are home to the Common Moorhen and a number of forest species. In winter, you may catch sight of the Redwing and Eurasian Siskin.

OTHER PLACES TO VISIT

- O Burgo Romanesque church (12th century).
- Celas tower and Monte Xalo ethnography centre.
- The English Way of Saint James and the Rego das Xesteiras route.
- ‘Juan Lembeye’ Botanic Garden.

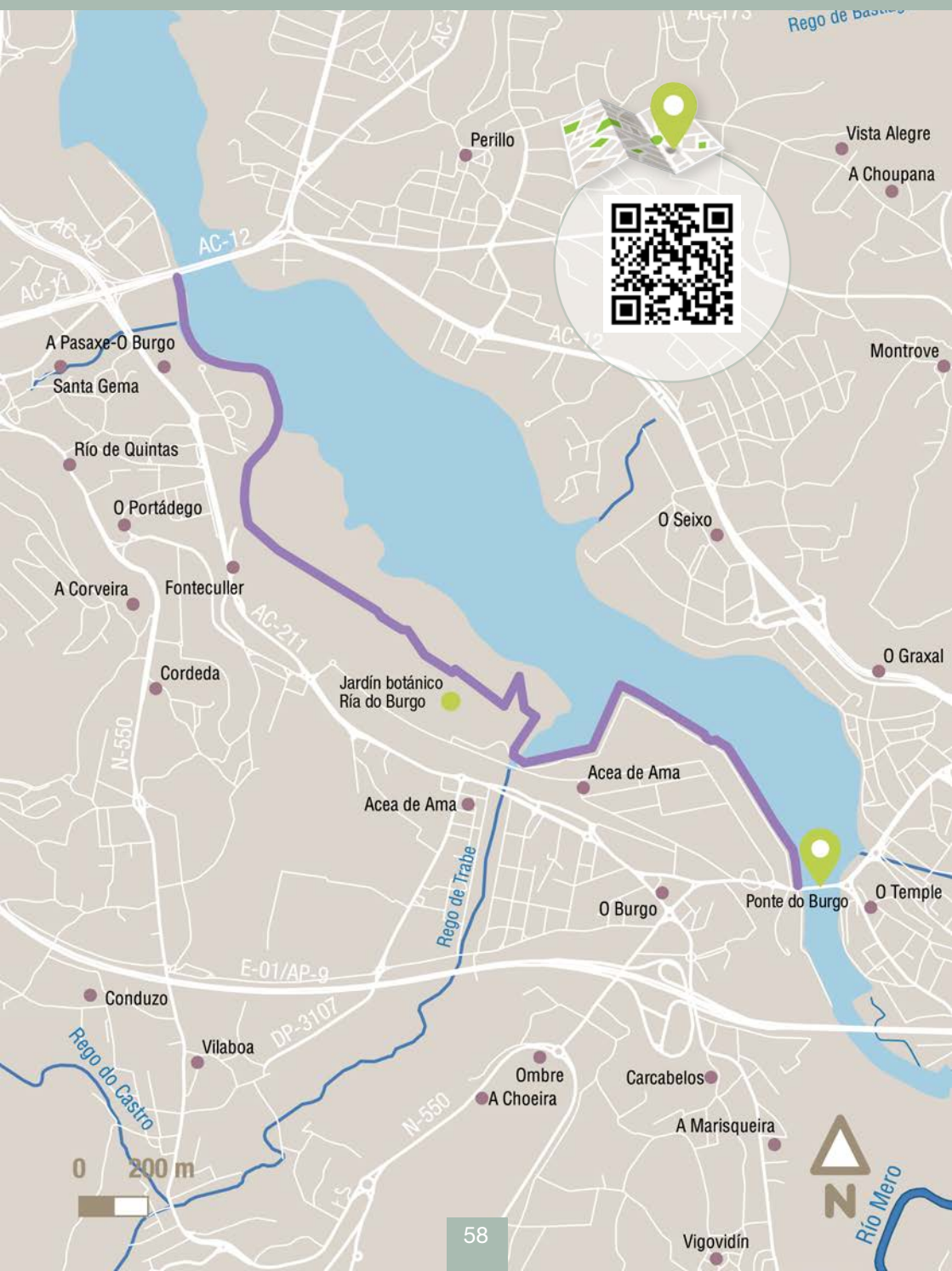
USEFUL TELEPHONE NUMBERS AND ADDRESSES

- For tide times and weather forecasts, visit the Meteogalicia website at www.meteogalicia.gal.

- For details of bus times, call A Coruña bus station on 981 184 335
- Emergency services: 112
- Culleredo Town Hall: 981 677 777
- Oleiros Town Hall: 981 610 000
- Culleredo Tourist Information Office: Rúa do Concello, 12. Culleredo. 15189. Tel: 981677777. <http://turismo.culleredo.es/es/rutas/>
- Oleiros Tourist Information Office: Avenida das Américas, s/n, 15172 Santa Cristina-Perillo-Oleiros (A Coruña). Tel: 981 904 052 / 981 631 706. <http://www.oleiros.org/web/concello-oleiros/turismo>

Eurasian Spoonbill







16/ DEXO-SERANTES COAST

Municipality: Oleiros

GENERAL DESCRIPTION

Listed as a Natural Monument and under the protection of the European Union's Natura 2000 Network as a Special Area of Conservation (SAC), this 270 hectares cliff top coastline situated between the mouths of A Coruña and Ares-Betanzos rivers is a core area of the Biosphere Reserve and one of Galicia's greatest natural treasures. The succession of schist cliff walls dotted with tiny coves, and the fields stretching inland, covered with grassland, heather and gorse, form a unique, unspoilt setting.

ORNITHOLOGICAL INTEREST

One of the highlights of this spot is the magnificent colony of European Shags, the largest on the Iberian mainland. Other attractions include the presence of a number of breeding species that are rare to Galicia, such as the Red-billed Chough, Alpine Swift or Western Jackdaw. It is also home to other species that are common to the Galician cliffs, such as the Peregrine Falcon,

Common Kestrel, Yellow-legged Gull, Black Redstart or Common Raven. A Marola island, situated just off this coast, is a breeding ground for Storm Petrels. In the fields behind the cliffs, there are frequent sightings of European Stonechats (and also Whinchats during the autumn migration season, as well as Northern Wheatears, European Pied and Spotted Flycatchers and even Eurasian Wrynecks), Dunnocks, Dartfield Warblers, Winter Wrens, European Goldfinches, Common Linnets and Eurasian Skylarks. Gaze out to sea and you may spot a Northern Gannet, Sandwich Tern, Razorbill, Balearic Shearwater or Cory's Shearwater. On winter nights, the cliffs provide shelter for Great Cormorants and it is easier to spot Oystercatchers nestling among the rocks than down below.

PHENOLOGY

This area is suitable for visiting throughout the year. In fact, it is well worth visiting in all four seasons in order to varying range of species that can be seen at different times of the year.

WHAT TO SEE

Ruddy Turnstones, Great Cormorants, European Shags and Grey Herons. In winter, Razorbills and even Great Skuas are a common sight in these waters, whilst in summer you will be able to spot Balearic Shearwaters and Cory's Shearwaters. Keep an eye out too for the Common Bottlenose Dolphins!

In Dexo harbour, a flight of wooden steps leads from Praza dos Golfinhos to a path that takes you along some of the most breathtaking cliff tops on this stretch of coast. Don't go too close to the edge! In front of you is A Marola island, a breeding ground for Storm Petrels and Yellow-legged Gulls, as well as a resting place for Great Black-backed Gulls. You will also be able to see O Marolete islet, where many of the breeding

European Shags gather. The pine groves provide a habitat for Great and Coal Tits, as well as Eurasian Blue Tits and European Crested Tits, Short-toed Treecreepers and other forest birds.

Coming from Mera along Rúa Celso Emilio Ferreiro and then Rúa Seixo Branco, leaving the entrance to Canabel inlet behind you on your left, park your car where the road ends at the entrance to a pine grove and next to a huddle of houses. As you set off (or continue walking, if you have come from Mera on foot), look out for forest birds such as those listed above, as well as Citril Finches, Eurasian Jays and European Green Woodpeckers. In summer, there are frequent sightings of Eurasian Hobbies. Once you leave the wooded area behind you, look amongst the heather and gorse bushes and you may see European Stonechats,

Cory's Shearwater



Peregrine Falcon



Dartford Warblers, Dunnocks and Winter Wrens. When you come to Seixo Branco point, find a comfortable place to sit and gaze out to sea to watch the Gannets, European Shags and Linnets.

From Rúa Seixo Branco, the road mentioned above, and just after the turn-off to Seixo Branco, Camiño Carreira will take you past several houses to a spot where you can park your car (or continue your walk) and follow a path that leads to some of this coastline's most breathtaking scenery. Stop halfway to admire the colony of seabirds on Mera point (to your left) and on the opposite shore of the narrow Canabal bay. Literally dozens and dozens of European Shags nest on the cliff walls during the first half of the year. It is also a breeding ground for a number of other species, including the Yellow-legged Gull and Alpine Swift. You will also be surrounded by the species that are common to the coastal thicket. Further on, the path ends opposite Montemeán Island, which each spring welcomes a spectacular colony of Yellow-legged Gulls.

Rúa Celso Emilio Ferreiro leads to a car park next to the Sea Visitor Centre, which is definitely not to be missed (more details below). In spring, as soon as you get out of your car, look up to observe the Red-billed Chough, Common Kestrel and Alpine Swift. With luck, you will also be able to spot a Common Buzzard and Peregrine Falcon. From here, and facing the Sea Visitor Centre, a narrow path takes you down to the ruins of some 17th century defence batteries perched on the cliff edge. Once again, take great care as you make your way down. In addition to the spectacular views of the mouth of A Coruña ria, you will also be able to spot European Shags, more Choughs and, sweeping low above the waves, Gannets, Sandwich Terns, Cory's and Balearic Shearwaters and other seabirds.

European Shag



GETTING THERE, ACCESSIBILITY AND RECOMMENDATIONS

A combination of driving and walking is the best way of exploring this area. There are public bus services, but the stops are a considerable distance from the most interesting areas. Nevertheless, a walk from the village of Mera, which has a regular bus service to other places in Oleiros and A Coruña, to Mera lighthouse or Seixo Branco point will take you little more than an hour. The Sea Visitor Centre website (see the next section) offers more details.

RESOURCES

A visit to the Sea Visitor Centre, housed in the former Mera lighthouse keeper's home, is an absolute must for everyone who is exploring this area for the first time. Inside is a permanent exhibition located in two rooms and two glass lookout points, as well as a laboratory, spaces for showing audiovisuals, a large terrace and birding points. Guided tours are also available for groups.

The 'Bahía de Santa Cruz' website includes a number of ornithological routes similar to those featured here: <https://www.baiasantacruz.org/gl/panel/costa-de-dexo-serantes>

NEARBY SITES OF ORNITHOLOGICAL INTEREST

Mera lagoon. Situated next to the town, a gentle stroll along part of the shore is an excellent opportunity to spot Great Cormorants, Common Moorhens or Mallards, and in winter, Little Grebes and Eurasian Coots. On the shore, look out for Common Sandpipers and the occasional Grey Heron and, with luck, the Common Kingfisher. The Swans, Ducks and Geese that live on the lagoon are semi-domesticated.

Santa Cruz bay. Crossing over to the island of Santa Cruz, site of the magnificent castle that houses the University Centre for the Environmental Promotion of Galicia (CEIDA in its Galician initials and definitely well worth a visit!), you will be able to spot numerous species. Look for the large guano-stained rock to the right of the bay. It is known as O Corval, and is a favourite resting spot for the Cormorants that live in this area. At low tide, the rocks and the beach are dotted with Ruddy Turnstones, Common Sandpipers, Little Egrets and Black-headed, Mediterranean, Mew, Lesser Black-headed, European Herring and Yellow-legged Gulls, as well as Great Black-backed Gulls. And, swooping low above the waves, the Sandwich Tern. From inside the walls of Santa Cruz castle, and from the outer section overlooking the river, you will be able to spot Black Scoters and, with luck, the odd Diver.

OTHER PLACES TO VISIT

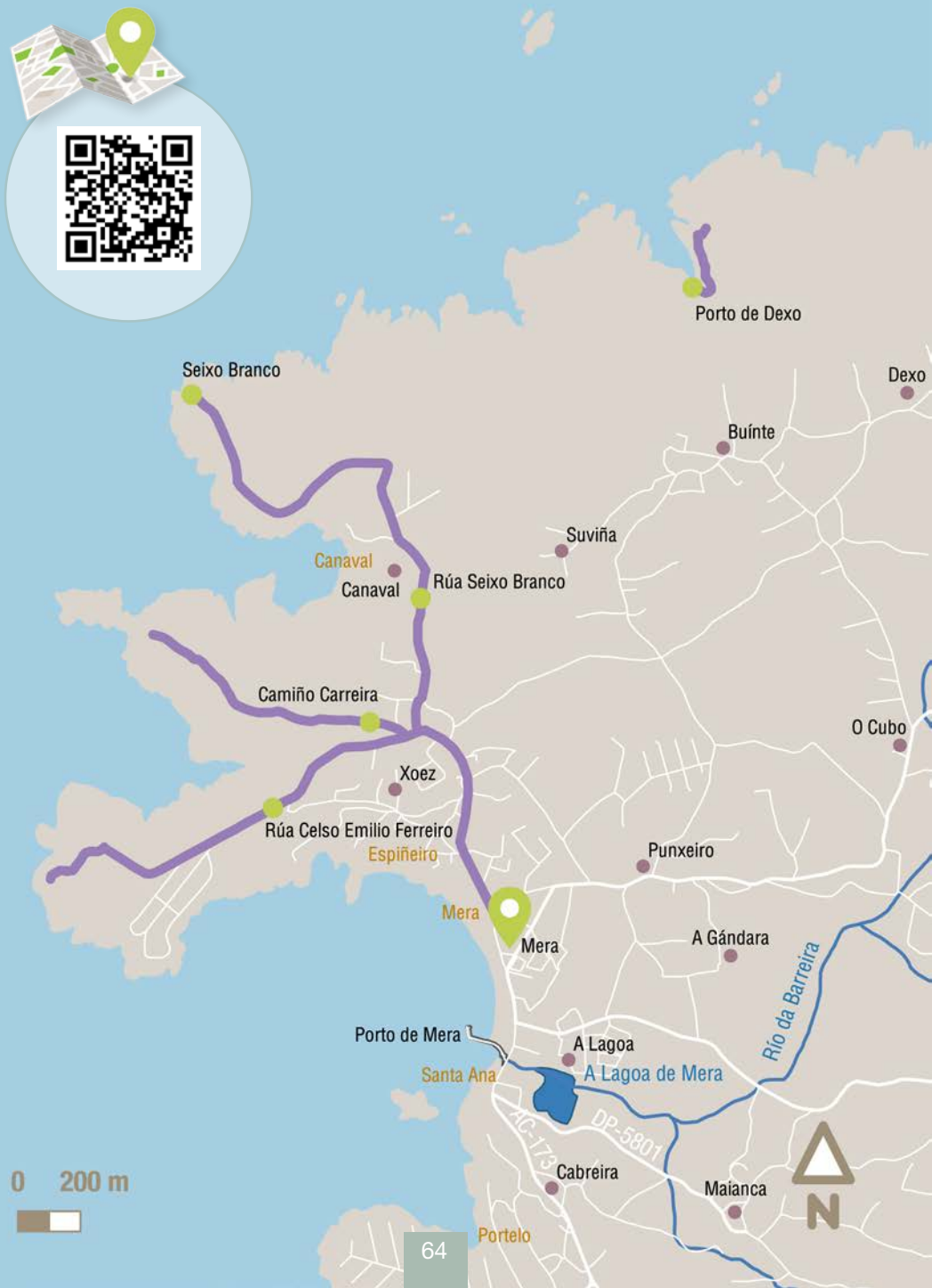
- Church of Santa María de Dexo (12th century) and Church of Santa Eulalia de Liáns.
- “José María Kaydeda” pottery museum housed in Pazo As Torres manor house in Santa Cruz.
- Santa Cruz island and castle.

USEFUL TELEPHONE NUMBERS AND ADDRESSES

- For tide times and weather forecasts, visit the Meteogalicia website at 981 184 335.
- Emergency services: 112
- Oleiros Town Hall: 981 610 000
- Oleiros Tourist Information Office: Avenida das Américas, s/n, 15172 Santa Cristina-Perillo-Oleiros (A Coruña). Tel: 981 904 052 / 981 631 706. <http://www.oleiros.org/web/concello-oleiros/turismo>
- Aula do Mar da Costa de Dexo: <http://www.ceida.org/es/aula-del-mar-costa-de-dexo>
- Centro de Extensión Universitaria e Divulgación Ambiental de Galicia (CEIDA): <http://www.ceida.org/es>. Tel.: 981 639 618.

Red-billed Cough







17/ A CORUÑA (CITY)

Municipality: A Coruña

GENERAL DESCRIPTION

The city of A Coruña stands on a peninsula connected to the mainland by a narrow isthmus, affording it the privilege of having two sea fronts. The inner front, at the entrance to the ria, is lined mainly with port facilities, whilst the opposite side looks out to the open sea. In terms of its biodiversity, the city boasts two Natural Spaces of Local Interest (ENIL in its Galician initials): the area around the Tower of Hercules and San Pedro islands.

ORNITHOLOGICAL INTEREST

A Coruña is a magnificent destination for birders due to its wealth of urban and coastal landscapes and its prime ocean-front location. An autumn or winter day put to good use is an opportunity to spot dozens of species as you explore the coast and parks.

PHENOLOGY

Autumn and winter are the best months in terms of the number of species present in the city, a situation which extends until mid-spring.

WHAT TO SEE

The port of A Coruña is a paradise for gulls. Although it is off limits to pedestrians, if you have a telescope, point it towards the quays, where birds gather in their thousands during the winter months.

The area around San Antón Castle and the sea wall is a great place for spotting Razor-bills, Guillemots, Sandwich Terns, European Shags and Ruddy Turnstones. In rough weather, Storm Petrels and Phalaropes will also seek shelter here!

At Herminia Point, and looking towards the ria, peer among the waves breaking on the rocks and you may spot more

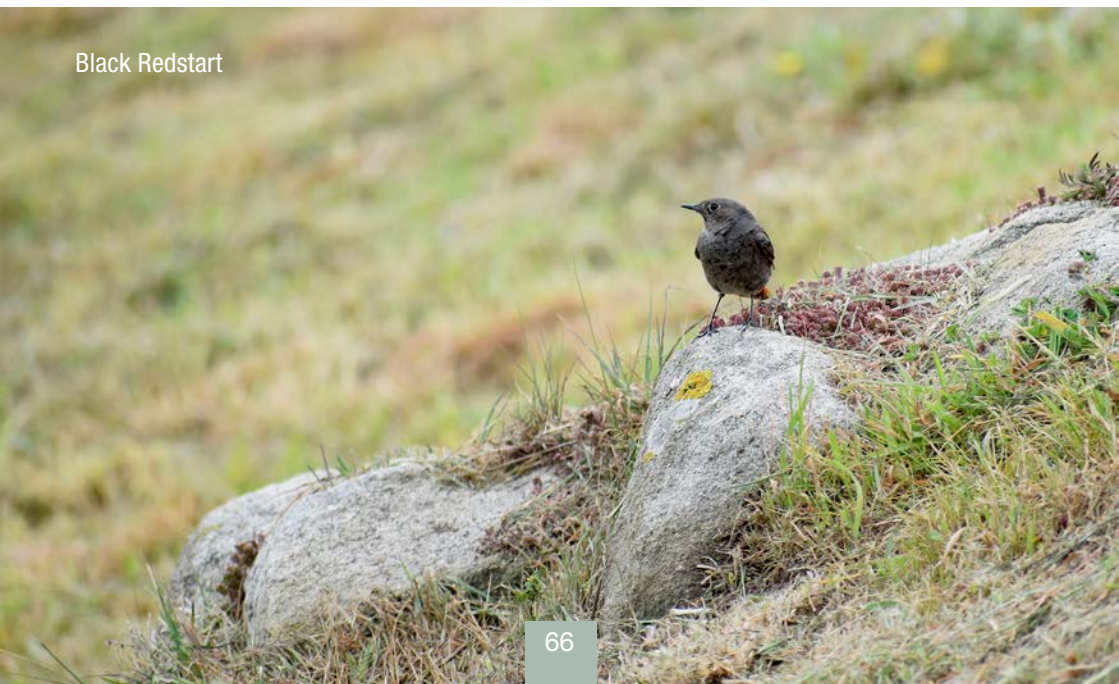
Ruddy Turnstones and a number of Purple Sandpipers. A little further up, and during the migration season, you will see Northern Wheatears and even Snow Buntings. From here, look out to sea for Cory's and Balearic Shearwaters in summer and autumn, Gannets all year round and other seabirds during the migration season, especially when the wind blows from the north: Terns, Scoters, Auks and Skuas. The land around the Tower of Hercules provides a home for Western Yellow Wagtails in spring and summertime, as well as Zitting Cisticolas, Sardinian Warblers or Spotless Starlings, to name but a few. To the south of the tower, in a wooded area, migratory species seek shelter, including the Eurasian Wryneck, European Pied and Spotted Flycatcher, Redwing and Fieldfare.

In winter and at high tide on San Roque de Fóra Beach, it is easy to spot groups of Ruddy Turnstones and Purple Sandpipers among the rocks. You will also be able to catch sight of Whimbrels.

In spring and summer, San Pedro islands are home to a large colony of Yellow-legged Gulls. Throughout the rest of the year, they are the resting place for large numbers of Gulls, including Lesser Black-headed and Great Black-backed Gulls, Great Cormorants, European Shags and Oystercatchers. Beyond the islands, you will also be able to observe a number of interesting seabirds. This area cannot be reached by public transport, unless you take a taxi. However, it is easy to get to if you fancy a walk or a bike ride. If the weather looks uncertain, wear warm clothing and take an umbrella in case you get caught in a shower, as there is nowhere to shelter from the rain. The upside is that you will have these stunning landscapes practically all to yourself.

If you continue up to Bens Park, in addition to the spectacular panoramic views, you will also be able to see a number of open-land species such as the Red-billed Chough, and during the migration seasons, the Whinchat or Northern Wheatear.

Black Redstart



Turnstone



GETTING THERE, ACCESSIBILITY AND RECOMMENDATIONS

A long sea promenade, numerous pedestrian areas and parks, as well as a cycle lane, make exploring the coastline easy. You can also complete part of the route by car or public transport. Take care in rocky areas and watch out for the cars and cyclists on the sea promenades.

RESOURCES

A Coruña City Council's website contains lots of practical information for planning your trip.

There is also a special section on birdwatching in the city: <https://www.coruna.gal/medioambiente/es/sectores-ambientales/biodiversidad/donde-ver-aves?argIdioma=es>

NEARBY SITES OF ORNITHOLOGICAL INTEREST

Other areas of the city also offer visitors the chance to admire other species of birds. Santa Margarida Park and the area around the Castro de Elviña Iron Age fortified settlement are just two sites of interest in this sense. The Pallid Swift breeds in several parts of the city centre (such as the start of Calle Real).

OTHER PLACES TO VISIT

- A Coruña Scientific Museums: Science Museum, Aquarium Finisterrae, Domus.
- Mount San Pedro viewpoint.
- San Carlos Garden and Méndez Núñez Gardens.
- Sea promenade.

USEFUL TELEPHONE NUMBERS AND ADDRESSES

- For tide times and weather forecasts, visit the Meteogalicia website at www.meteogalicia.gal
- Emergency services: 112
- A Coruña City Council: 010
- A Coruña Tourist Information Office: Praza de María Pita, 6, 15001, A Coruña. Telf.: 981 923 093. www.turismocoruna.com infompita@coruna.es

Purple Sandpiper







18/ O REXEDOIRO RESERVOIR AND ARTEIXO COAST

Municipality: Arteixo

GENERAL DESCRIPTION

O Rexedoiro reservoir (also known as Sabón reservoir, due to its location in the centre of the industrial estate of the same name) was built in 1970 and covers almost 40 hectares. It is home to an interesting number of breeding and over-wintering water birds. The dam is just a few metres from Alba beach, the start of the 'Costa da Morte' Special Area of Conservation (SAC), which includes the coastline from here to Fisterra. This initial stretch, part of the municipality of Arteixo and therefore included in the Mariñas Coruñesas e Terras do Mandeo Biosphere Reserve, comprises a succession of beaches interspersed by rocky cliffs, making it an ideal location for birdwatching and geology lovers as they follow the 'Blue Trail'.

ORNITHOLOGICAL INTEREST

The shores of O Rexedoiro reservoir are dotted with large beds of bulrushes where a number of species build their nests, including the Common Moorhen and the Eurasian Coot, which is becoming an increasingly rare breeding species in Galicia. Little Bitterns have also been known to nest here on a number of occasions. In winter, the waters attract more than 200 waterbirds, including Mallards, Tufted Ducks, Eurasian Coots, Little Grebes and Grey Herons. Indeed, more than 180 species of birds have been spotted here.

Arteixo's 'Blue Trail' (6.5 km) makes its way past the large Alba and Barrañán beaches, along a succession of rocky cliffs affording breathtaking views of the ocean, and the opportunity to observe numerous species that are common to both environments.

PHENOLOGY

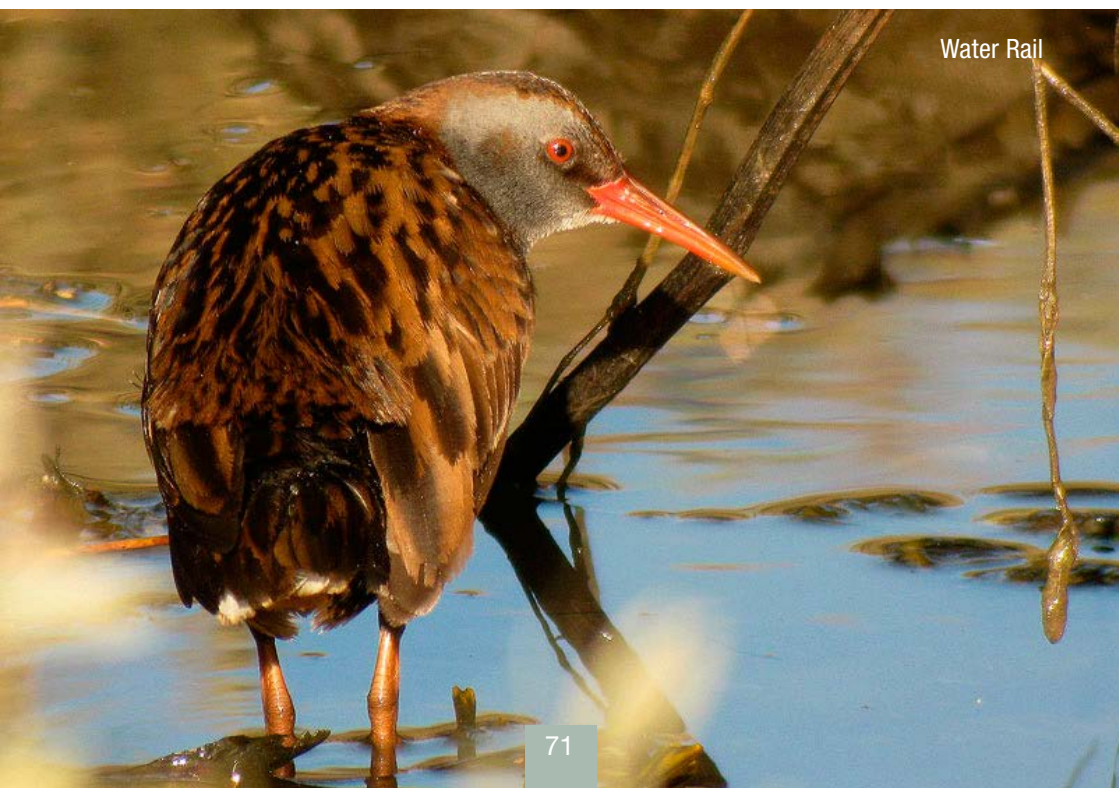
O Rexedoiro reservoir is a great place to visit at any time of year, although its appeal diminishes slightly in mid-summer. On spring days, flocks of Swifts, Swallows and Great Black-backed Gulls feed in the middle of its waters, whilst the breeding species build their nests among the Bulrushes. In winter, the variety and number of birds rise considerably. In autumn, especially when the wind blows in a northwesterly direction, the 'Blue Trail' is perfect for watching seabirds. In turn, easterly winds at this time of year tend to bring small migratory birds to the bushes that line the trail.

WHAT TO SEE

The best place to admire O Rexedoiro reservoir is from the wide pavement that runs along the final section along Avenida da Diputación. To get there, park your car nearby and walk the rest of the way. Find various spots from which to observe the birds on the water surface and among the Bulrushes.

Gulls often use the nearby Alba beach as a resting place. Here it is possible to spot a number of uncommon species such as the Iceland, Caspian or Glaucous Gull. Use the car park when visiting this beach.

At the far western end, the mouth of the River Arteixo also attracts small waders and other species during the migration season.



Water Rail

If a long walk holds little appeal, the first two kilometres of the 'Blue Trail' are probably enough to get an idea of its ornithological interest. In spring, look out for the migrating Northern Wheatears. The same is true in autumn, where you may well catch sight of species such as Whinchats or Eurasian Wrynecks. Out at sea you may catch a glimpse of a Gannet, Sandwich Tern or other seabirds. As you walk, observe the striking geomorphology of this coastline, which is of great interest.

Behind Barrañán beach, where the 'Blue Trail' ends, there is a large reed bed at the mouth of the River Sisalde. It is an interesting spot from which to watch the birds that are typically found in these settings, such as the Common Reed Bunting or the Eurasian Reed Warbler. A path leading from the DP-0514 road takes you round the western perimeter. You can also take a circular route that brings you back across the hillsides, partially clad with trees that attract an intriguing number of forest birds.

GETTING THERE, ACCESSIBILITY AND RECOMMENDATIONS

To reach the birdwatching tower at O Rexedoiro reservoir, leave your car nearby; in front of the industrial units on Avenida da Praia is a good spot. The 'Blue Trail' that starts on Alba beach is fairly easy to walk along. Try not to stray off the path, as this will bring you too close to the cliff edge. If you wish to watch the gulls, it is a good idea to make an early start to avoid the dog walkers whose animals may disturb the birds.

RESOURCES

The Muíño Vello Nature Centre, located on the outskirts of Arteixo, next to Rego da Bidueira, offers lots of information about this municipality's biodiversity. Arteixo Town Council's website also has details of the 'Blue Trail': <http://www.arteixox.org/gl/servizos/turismo/rutas>, and also the circular route that runs around the reed beds formed by the River Sisalde next to Barrañán: <http://www.arteixox.org/gl/servizos/turismo/rutas/rio-sisalde>

Barn Swallow



Eurasian Wryneck



NEARBY SITES OF ORNITHOLOGICAL INTEREST

In winter, gull watchers visit the inlet situated next to the small Suevos industrial estate. Monticaño Park is also visited by migratory birds, especially when the wind blows in a north-easterly direction.

OTHER PLACES TO VISIT

- Arteixo Spa.
- Mariñán Arteixo – Xalo –Sisalde Paleo Route – Costa de Arteixo Route (see <https://es.wikiloc.com/rutas-senderismo/roteiro-marinan-arteixo-xalo-paleo-7540900>)

USEFUL TELEPHONE NUMBERS AND ADDRESSES

- For tide times and weather forecasts, visit the Meteogalicia website at: www.meteogalicia.gal
- For details of bus times, call A Coruña bus station on 981 184 335
- Emergency services: 112
- Arteixo Town Hall: 981 600 009
- Arteixo Tourist Information Office: Avenida de Fisterra, s/n, 15142 Arteixo (A Coruña) 981 659 177. turismo@arteixo.org



RESTAURANTS AND ACCOMMODATION IN THE BIOSPHERE RESERVE

The 'Mariñas Coruñesas e Terras do Mandeo Biosphere Reserve' quality seal was created to promote and highlight the unique qualities of local produce, generating added value, raising awareness and promoting resources with the capacity to boost traditional economic activities and the social economy within the territory covered by the Biosphere Reserve. This seal acts as a link between businesses, products and territory, whilst also building a common image for all member companies.

When you visit these establishments, you will be able to enjoy gastronomy based on quality produce from the Mariñas Coruñesas e Terras do Mandeo: it is a way of guaranteeing the source of the products, as well as boosting the local economy, retaining the countryside population and ensuring the quality of the food you are served.

This is the list to date of the restaurants and accommodation options that hold the Mariñas Coruñesas e Terras do Mandeo Biosphere Reserve quality seal:

RESTAURANTS

Abegondo

– Mesón - Museo Xente do Camiño - Lugar Campo da Saleta, 30, Presedo, Abegondo (A Coruña). +34 678 466 134

Bergondo

– Restaurant La Espina - Praia de Gandarío, 18, 15165 Bergondo (A Coruña). +34 881 308 753

– Restaurant San Isidro - San Isidro, 36, 15165, Bergondo (A Coruña). +34 981 794 602

Betanzos

– Gastroteca A Artesa da Moza Crecha - Rúa Cruz Verde, 3, 15300, Betanzos (A Coruña). +34 616 181 328

– Tasting Store Casa do Queirxo - Rúa Roldán, 1, 15300 Betanzos (A Coruña). +34 981 77 57 43

- Restaurant Mesón O Pote - Travesía do Progreso, 9, 15300, Betanzos (A Coruña). +34 981 774 822
- Restaurant Casanova - Rúa Ferradores, 21, 15300, Betanzos (A Coruña). +34 981 775 500
- Restaurant Cho - Rúa dos Ánxeles, 3, 15300 Betanzos (A Coruña). +34 981 773 254 / +34 881 980 133
- Restaurant O Pasatempo - Rúa das Mariñas, 23, 15300 Betanzos (A Coruña). +34 981 775 022
- Restaurant Os Arcos - Rúa Rollo, 6, 15300, Betanzos (A Coruña). +34 981 772 259 / +34 981 770 057
- Restaurant San Andrés - Rúa dos Anxos, 4, 15300, Betanzos (A Coruña). +34 981 772 044
- Restaurant Vega - Rúa dos Anxos, 3, 15300, Betanzos (A Coruña). +34 981 773 254

Cambre

- Restaurant Casa Celia - A Cabana – Ancéis, 5, 15181 Cambre (A Coruña). +34 981 674 009

Coirós

- Restaurant Caserío de Tión - Lugar Os Chas, 5, 15316, Coirós (A Coruña), +34 981 970 541
- Restaurant La Paz - Lg. Espenuca, 3, 15316 Coirós (A Coruña). +34 981 796 327

Irixoa

- Restaurante O Garfo - Cruce, 4, 15313, Irixoa (A Coruña). +34 981 793 296

Oleiros

- Restaurant Casa Paquita - Avenida Che Guevara, 127, 15172 Oleiros (A Coruña). +34 981 614 077

Oza-Cesuras

- Restaurant El Moderno - Travesía, 7, 15380, Oza-Cesuras (A Coruña). +34 981 792 028

- Carvery Restaurant Terranova - Lugar Igrexario, 10, A Regueira, 15387, Oza-Cesuras (A Coruña). +34 981 792 453
- Gastronomic Country Hotel Rectoral de Cines - Casas Novas, 4, San Nicolás de Cines, Oza-Cesuras, 15380 (A Coruña). +34 981 777 710 / +34 686 385 306

Paderne

- Country House Casa de Sixto - Sas, 44, 15314, Paderne (A Coruña). +34 981 782 831 / +34 659 468 452

Sobrado

- Restaurant-Tasting Shop Casa do Queixo - Casal de Abaixo, 2 - Grixalba, 15816 Sobrado dos Monxes (A Coruña). +34 650 955 265

ACCOMMODATION

Betanzos

- Hotel Garelos - Praza Alfonso IX, 8, 15300 Betanzos (A Coruña). +34 981 775 930. info@hotelgarelos.com
- Hostal Pórtico - Rúa do Castro, 8, 15300 Betanzos (A Coruña). +34 981 458 818. reservas@hostalportico.com

Curtis

- Country House Casa de Barreiro - Abeledo, 5 - Teixeira, 15310 Curtis (A Coruña). +34 670 906 386.info@casadebarreiro.com

Miño

- Hotel La Terraza - A Carreira, 4, 15630 Miño (A Coruña).+34 657 629 292. reservas@hlaterraza.com

Oleiros

- Albarari Astronomic Bubbles - Rúa das Margaritas, 21 - Breixo, 15178 Oleiros (A Coruña). +34 698 107 950. albarari@albarari.es
- Lodges Cabañas de Canide - Rúa Gaza, 13 - Mera, 15177 Oleiros (A Coruña). +34 696 478 947 / 619 738 300. reservas@cabanasdecanide.com

– Hotel Nao Botique - Avda. Concepción Arenal, 51 - Santa Cruz, 15179 Oleiros (A Coruña). +34 881 244 144. reservas@noaboutiquehotel.com. recepcion@noaboutiquehotel.com. info@noaboutiquehotel.com

Oza-Cesuras

– Gastronomic Country House Hotel Rectoral de Cines - Casas Novas, 4, San Nicolás de Cines, 15380 Oza-Cesuras (A Coruña). +34 981 777 710 / +34 686 385 306. larectoraldecines.com

Paderne

– Country House Casa Rural Casa de Sixto - Sas 44, 15314 Paderne (A Coruña). +34 981 782 831 / +34 659 468 452

Hoopoe



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