REGULATIONS AND RECOMMENDATIONS FOR VISITORS:

Every year, thousands of people visit this island, so each individual action is multiplied by thousands. That is why it is so important that you take this regulation into account.

- Take your rubbish home with you. There are no refuse containers on the islands. Put out your cigarette butts and take them back with you.
- Do not pick any flowers or fruit. They are necessary for development of plants and for feeding many animals.
- The lighting of fires is prohibited.
- Do not make any noise that may disturb the peace.
- Do not take any shells from the beech or any other natural element.
- Sport fishing is prohibited.
- Drones and kites are forbidden.
- Do not disturb or feed the animals. Nor do mussels, limpets, periwinkles, etc tear off the rocks.
- Bringing animals is forbidden (except guide dogs).
- Do not stray from signposted paths. Don’t access dunes or cliffs. Your safety and conservation of many species depend on it.

DID YOU KNOW THAT...?

...there are forest under the sea? These forest are formed by big algae that provide food and refuge to hundreds of species. Algae, sandy and rocky bottoms form a mosaic of landscapes for different form of marine life, principal natural value of the Park.

...Is Ons island inhabited? They were born in the island and they live through very attached her, with custom tied to the sea and to the isolation. In Visitor Center you will be able to know more on this.

A NATIONAL PARK HIDDEN UNDER THE WATER

This is a very unique protected space, since most of its surface is sea. The islands of Cies, Ons and Salvora emerge, creating a natural barrier that protects the Rías Baixas from the harshness of the ocean, while Corteáña is sheltered by the nia.

THE BEACHES are located on the calmer part of the coast, where the sea deposits its sand. These sands are retained by the dune plants, thus preventing beach erosion.

THE EDGES OF THE CLIFF, on the most exposed coast, where the sea hits the rocks. Shhh... There is a nursery for sea birds.

THE SCRUB. Gorse bushes are protected by their thorns and serve as a refuge for many animals and their spectacular flowers tinge the islands with yellow in spring.

THE SCRAP. A seaweed that is becoming increasingly scarce forms breeding colonies here.

THE OCEAN, one of its largest breeding colonies can be found on this island.

THE BEACHES. A plant that survives on the stones.

THE SCRUB. One of its largest breeding colonies is protected butterfly in Europe.
All the paths of the routes are marked with the same colour as on the map. They start at the information booth, where you can ask for routes, reading material you can borrow, activities to do on the island, etc. Before setting off on your walk, turn over the leaflet and make sure you read the regulations.

Tips for walking routes
- Take water
- Use sunscreen and don't forget to wear a hat.

The sections paved with cement (*) are from the port to the lighthouse and from the port to the Canexol neighbourhood. Marked on the map with:

(*) Routes with steps of more than 10%.

**ONIS LIGHTHOUSE**

At the highest point of the island—its light can be seen 45km away—is one of the main lighthouses of the Galician coast. It is one of the last lighthouses to be still inhabited by a lighthouse keeper. No visitors are allowed inside.

**Lighthouse route**

- **Distance:** 4km / **Duration:** 1h30min (circular route) / **Height variation:** 120m
- This is the most popular route, as it slopes gently from the inner part of the island to the lighthouse (closed to visitors), returning via the western route until reaching the Canivelas cove from where it returns to the village. From the highest spot on the island the emblematic Onis lighthouse looks out across the landscape to the sea. The beautiful Canivelas cove is proof of the force of the open sea.

**North route**

- **Distance:** 6.2km / **Duration:** 2h30min (circular route) / **Height variation:** 86m
- A complete route which takes us around the southern half of the island, from the soft, sandy beaches which look out to the sea, such as Area dos Cans or Canexol, to the steep cliffs of the western face. You will enjoy views from the Fedorentos viewpoint, with Onza and the Cies Island in the background, and the renowned Buraco do Inferno shaped by the force of the Atlantic ocean.

**North route**

- **Distance:** 8.1 km / **Duration:** 3h (circular route) / **Height variation:** 100 m
- This is the longest route and it follows the northern part of the island, first crossing a gentle slope on the past with views stretching from the ria to Melide Beach, then rising slowly towards the west, where the Atlantic Ocean dominates the landscape. On the secluded rocks it is likely to observe European shags drying their plumage in the sun.

**Castelo Route**

- **Distance:** 1.1 km / **Duration:** 40min (circular route) / **Height variation:** 33 m
- The shortest and simplest route. A small path leads us from the Domas beach along the eastern coast to the Castelo vantage point. From there we return to the port via the main path. The "castelo" is a traditional vessel common to the Ons. The "Castelo" are the ruins of an ancient defensive fortification.