



**Turismo da Coruña/**

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Coastal route and beaches/

One of the greatest luxuries of Corunna and its metropolitan district is its coastline and its beaches, which can be visited at any time of year, not just for enjoying the sun and sea in the summer, but for practising all kinds of water sports such as surfing, sailing, windsurfing, diving, rowing, canoeing; and in the winter, strolling along the beach, which is always a good option.

Urban beaches that are open to the wild, impressive sea or the calm waters of the estuary offer a wide variety of possibilities to suit all tastes.



Coastal route and beaches/  
Corunna and its surroundings/



Coastal route and beaches/



The centre of Corunna has more than two kilometres of beaches. The most central and popular beaches are Riazor, Orzán and Matadero, which merge to form a shell that opens out to the Atlantic. Other beaches are Las Lapas, near the Tower of Hercules, San Amaro, in the district of Adormideras, and, leaving the city, near the district of Os Castros, Oza beach. All these beaches have the blue flag.

Outside the city, the beaches of Arteixo are exposed to the force of the Atlantic, consisting of pure, natural spaces with fine sand and enormous waves that are perfect for surfing: the best known beaches are Barrañán and Combouzas, the latter also being one of the few nudist beaches in the province.

For those who prefer quieter waters, there are the beaches bathed by the estuary of Corunna and Betanzos, in Oleiros, Bergondo and Sada.

In beaches such as Sta. Cristina or Bastiagueiro, in Oleiros, there is the option of sailing and enjoying a stroll near the sea. Mera and Sta. Cruz are smaller and more secluded, and are perfect for spending a day with the family.

At sea level, and in contrast with the coast, the Natural Monument of Costa de Dexo-Serantes is a balcony set on an impressive cliff, and perfect for walking or bird-watching.

Gandario is the most popular beach in Bergondo; it has a picnic area and a large number of campsites. Pedrido beach is also in this town, and at the mouth of the river Mandeo.

The Sada coast offers you the chance to explore tiny coves that are difficult to access, such as Lourido and Los Lobos, with sands that practically disappear at high tide and beaches equipped with all types of services such as Las Delicias, in the town centre, San Pedro in Veigue or Cirro. All these beaches are perfect for bathing.



Beaches/

01 Las Lapas/	•	•	•	•	•	•	•	•	•	•
02 Matadero/	•	•	•	•	•	•	•	•	•	•
03 Orzán/	•	•	•	•	•	•	•	•	•	•
04 Oza/	•	•	•	•	•	•	•	•	•	•
05 Riazor /	•	•	•	•	•	•	•	•	•	•
06 San Amaro/	•	•	•	•	•	•	•	•	•	•
07 Alba-Sabón-Arteixo/	•	•	•	•	•	•	•	•	•	•
08 Area Grande-Valcovo-Arteixo/	•	•	•	•	•	•	•	•	•	•
09 As Combouzas-Arteixo/	•	•	•	•	•	•	•	•	•	•
10 Barrañán-Arteixo/	•	•	•	•	•	•	•	•	•	•
11 O Reiro-Arteixo/	•	•	•	•	•	•	•	•	•	•
12 Porto de Sorrizo-Arteixo/	•	•	•	•	•	•	•	•	•	•
13 Repibelo-Arteixo/	•	•	•	•	•	•	•	•	•	•
14 Gandario-Bergondo/	•	•	•	•	•	•	•	•	•	•
15 O Pedrido-Bergondo/	•	•	•	•	•	•	•	•	•	•
16 O Regueiro-Bergondo/	•	•	•	•	•	•	•	•	•	•
17 A Cabana-Bergondo/	•	•	•	•	•	•	•	•	•	•
18 Bastiagueiro-Oleiros/	•	•	•	•	•	•	•	•	•	•
19 Canabal-Oleiros/	•	•	•	•	•	•	•	•	•	•
20 Espiñeiro-Oleiros/	•	•	•	•	•	•	•	•	•	•
21 Mera-Oleiros/	•	•	•	•	•	•	•	•	•	•
22 Naval-Oleiros/	•	•	•	•	•	•	•	•	•	•
23 Santa Cristina-Oleiros/	•	•	•	•	•	•	•	•	•	•
24 Santa Cruz-Oleiros/	•	•	•	•	•	•	•	•	•	•
25 Arnela-Sada/	•	•	•	•	•	•	•	•	•	•
26 Cirro-Sada/	•	•	•	•	•	•	•	•	•	•
27 Lourido-Sada/	•	•	•	•	•	•	•	•	•	•
28 Os Lobos-Sada/	•	•	•	•	•	•	•	•	•	•
29 Morazón-Sada/	•	•	•	•	•	•	•	•	•	•
30 Sada/	•	•	•	•	•	•	•	•	•	•
31 San Pedro-Veigue-Sada/	•	•	•	•	•	•	•	•	•	•

In the city/	Outside the city/	Blue flag/	Access for disabled/	Amphibious wheelchairs/
Parking place/	Toilets/	Showers/	Life guard and rescue service/	Civil protection/

• from the middle of June to the middle of September  
• from 1 June to 30 September

