

## specialist companies

### ATLANTIS ADVENTURE TURISMO ACTIVO

Xallas, 27 (entrada de Cee) – 15270 (Cee)  
981 760 103 / 637 507 702  
www.atlantisadventure.es  
www.atlantisaventura.com  
info@atlantisadventure.es

Activities: : night and culture trips by kayak on calm waters (O Ézaro Waterfall).

### BOTERO GUNDÍN

Rúa Porto, local 10- 15113 (Malpica de Bergantiños)  
616 126 141  
alfredobotergundin@gmail.com

Activities: boat trips to Sisargas islands, speedboat rental.

### BUCEO CARBALLO

Rúa Vázquez de Parga, 75 - 15102 (Carballo)  
981 754 533  
www.facebook.com/pg/Buceo-Carballo  
buceo@buceocarballo.org

Activities: specialist shop on diving equipment.

### BUCEO FINISTERRE

Rúa Alcalde Fernández, 31 - 15155 (Fisterra)  
981 740 180  
www.buceofinisterre.com  
buceofinisterre@hotmail.com

Activities: courses, dives and “try dive”, online specialist shop, snorkelling.

### BUCEO MALPICA

Rúa Porto s/n - 15113 (Malpica de Bergantiños)  
630 677 910  
www.buceomalpica.com e www.buceomalpica.es  
buceomalpica@hotmail.com

Activities: courses, dives and “try dive”, snorkelling, trips to Sisargas Islands.

### CATAVENTOS ESCOLA DE VELA

Peirao de Corcubión, s/n - 15130 (Corcubión)  
666 369 324 (Whatsapp)  
www.cataventos.net  
info@cataventos.net

Activities: light sail courses and “try sail”.

### CLUB NÁUTICO DE CAMARIÑAS

Peirao Novo s/n - 15123 (Camariñas)  
981 737 130 - 618 950 557 (Whatsapp)  
www.cncamarinas.com  
cncamarinas@cncamarinas.com

Activities: light sail beginners courses, kayak rentals.

### CLUB NÁUTICO DE FISTERRA

Travesía de Castelao, 2, 2ºE - 15155 (Fisterra)  
981 712 196 / 981 740 356 / 981-712 196  
www.facebook.com/Club-Nautico-de-Fisterra  
nauticofisterra@hotmail.com

Activities: light sail courses and “try sail”.

### CLUB SILFO SURFCAMPS

Rúa praia s/n - 15113 (Malpica de Bergantiños)  
617 518 049  
www.silfocamps.com  
info@silfocamps.com

Activities: kayak trips, small-scale snorkelling.

### CLUBE NÁUTICO MALPICA

Porto de Malpica, Departamento 1 - 15113 (Malpica de Bergantiños)  
630 677 910  
www.facebook.com/nautico.malpica

Activities: sea kayaking trips and courses, light sail, equipment rental.

### CLUBE NAÚTICO PEDRA DO RONCUDO

Rúa Nova 38 -2º, Corme - 15114 (Ponteceso)  
689 353 528  
cnpdron@hotmail.com

Activities: kayak rental.

### CRUCEROS FISTERRA

Avenida de Anchoa, 9 - 15155 (Fisterra)  
981 740 341 (ticket selling agency)  
607 198 095  
www.crucerosfisterra.com  
crucerosfisterra@hotmail.com

Activities: boat trips along the Fisterra and Corcubión estuaries.

### ESCOLA SURF COSTA DA MORTE

Praia de Nemiña, 2º beach access - 15124 (Muxía)  
655 883 467 (Suso) /655 578 544 (Rubén)  
www.surfcostadamorte.com  
info@surfcostadamorte.com

Activities: : night canoe and kayak trips (O Ézaro waterfall).

### NATURMAZ

Aeródromo de Ferverza - 15256 (Mazaricos)  
610 550 524  
www.naturmaz.com  
info@naturmaz.com

Activities: calm water kayak trips (O Ézaro dam).

### NÁUTICA GOLFIÑO

2ª Travesía Carrero Blanco, 6 - 15145 (Caión-A Laracha)  
981 604 162  
www.nauticagolfino.es  
info@nauticagolfino.es

Activities: kayak trips, diving for beginners, catamaran rentals (Hobie Cat).



**COSTA DA MORTE**  
Asociación de Turismo CMAT



**XUNTA DE GALICIA**

galicia

# a salt and fresh water experience

from the Caión port to Punta Insua

## EXPERIENCES OF ACTIVE AND SPORTS TOURISM IN COSTA DA MORTE



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galicia



## a salt and fresh water experience

### from the Caión Port to Punta Insua

Costa da Morte is synonymous with its waters. From the salty Atlantic ocean to the fresh waters of the Rivers Xallas and Anllóns. The rivers and estuaries are the main stage for the enjoyment of the adventure by practicing a wide variety of watersports and leisure activities.

The name of Costa da Morte was coined in the late nineteenth and early twentieth centuries. At a time when the Galician coastline was a compulsory passage for international shipping, a large number of shipwrecks occurred. This led to the appearance of several lighthouses at the most dangerous points, such as Cabo Vilán, and thus the name Costa da Morte was born.

Rocks, draughts and the shallows near the land must be taken into account when ensuring the safety of the practice of sports such as sailing, diving or kayaking, which we can do thanks to professionals who guide us and who know well the rough coast.

## journeys

Costa da Morte has an intense maritime tradition and its fresh waters are the backbone of the area. Anllóns and Xallas are great rivers that discharge their waters into the Atlantic; they are, together with lakes, lagoons and reservoirs, the setting for the practice of sports such as kayak.

Hundreds of kilometres of coastline with estuaries such as Camariñas, Corme and Laxe, Cee-Corcubión and Lires, and harbours such as the ports of Caión, Malpica, Corme, Laxe, Camelle, Santa Mariña, Camariñas, Muxía, Fisterra, Portocubelo and Corcubión are exceptional places to practise sports such as sailing or sea kayaking.

A boat trip is a great way of enjoying a full experience. Discovering estuaries such as Fisterra and Corcubion or approaching the extraordinary landscape of the Sisargas Islands in Malpica de Bergantiños are part of the adventure.

## kayaking

There are different kayak competitions in Costa da Morte such as the Kayak Descent of A Ponte do Porto in Camariñas, the Galician Aguas Bravas Descent Championship and some competitions of the Spanish Championship of Slalom in Dumbriá.

Kayaking is a form of canoeing of one, two or four places, which has featured in the Olympic Games since Berlin in 1936. The Inuit, in the Arctic, put it first into practice as they used for fishing and hunting.

Navigating with one double-bladed paddle, we can practice our skills in the calm waters of rivers, lakes and reservoirs as well as in the sea. In the area of O Ézaro, where the Xallas falls into the Atlantic in a unique waterfall in Europe, there are night trips that offer a magical perspective of this privileged natural environment.



image by Escola de Surf Costa da Morte

## sailing

Navigation is one of the oldest human activities. The voyages made by the Egyptians in the Nile waters are considered the first sailing experiences although it is quite likely that this had been done earlier. It first featured in the Olympic Games in London in 1908; nowadays its practice is more accessible thanks to the efforts done to promote its practice among the wider public.

In a region that has been shaped by the sea, sea-related activities are part of its identity. Today is very easy to visit your nearest port and join one of the beginner's courses on offer.

The importance of sailing in Costa da Morte can be seen in the large number of events taking place, such as the races of the Corcubión estuary, the Corcubión Seno or the Costa da Morte League organised by the sailing clubs of Camariñas, Corcubión, Laxe and Fisterra. Other events such as the Xira Náutica Costa da Morte, Volta Náutica to Galicia, the Concello de Mazaricos Trophy or the Sailing Schools Gathering as well as the Costa da Morte Sailing Fair organised by the Camariñas Sailing Club in 2018.



image by Cataventos Escola de Vela

## boat

Boat trips are an interesting option to discover and enjoy Costa da Morte. Here we can enjoy the estuaries of Fisterra and Corcubion, or visit the paradisiacal Sisargas Islands. It is a natural space where protected marine species, some of them endangered, live.



Image by Cruceiros Fisterra

## diving

The amazing fauna and flora of this protected natural space, together with shipwrecks under its waters, are a temptation and an opportunity to live a unique experience and discover the hidden history of Costa da Morte.

## scuba diving

The ocean floor, much in the same way as flying, has always arisen people's curiosity. The first dives were most likely as a way of searching for food. Throughout history, several devices have been devised that improved the diving technique, so, in the mid-twentieth century Jacques-Yves Cousteau and Emile Gagnan from France created a reliable and easy-to-use device that revolutionised the diving scene.

Diving requires the guidance of a professional instructor who will provide us with the necessary equipment and advice to dive safely. Diving allows us to discover a natural and patrimonial paradise that usually remains unseen on the seabed. Scuba diving means a new way of enjoying the Costa da Morte's natural heritage.



## esnorkelling

Snorkelling is a diving practice that is very popular today. This word, coming from the German discoverer Schnorchel, refers to the tube that allows us to breathe while underwater. This leisure activity is practised by professional divers for surface searches and rescue operations. Lightweight equipment composed of a tube, a mask and fins is required.

