



Visitor Guidelines for Areoso Islet

Welcome to one of the treasures of the Ría de Arousa!

Areoso Islet is a protected natural area of outstanding ecological and archaeological importance. To preserve this unique environment and ensure that everyone can continue to enjoy it, it is essential that all visitors follow these guidelines during their visit.

Respect the fenced-off areas

Do not enter any fenced or restricted areas. These zones are protected to preserve the island's wildlife, vegetation, and archaeological heritage.

Do not disturb the birds

Areoso is an important nesting site for seabirds.

- Do not approach nests.
- Do not chase or feed the birds.
- Avoid making unnecessary noise near nesting areas.

Remember, **we are the visitors in their home.**

Do not take shells, sand, or stones

Everything on the island is part of its natural ecosystem.

The best souvenir you can take home is a photograph. 

Do not climb on the dolmen

The Areoso dolmen is a prehistoric megalithic monument that is over 4,000 years old.

Please help preserve this important archaeological site by **not climbing on it or touching its stones.**

Take all your rubbish with you

There are **no bins** on Areoso.

Everything you bring to the island must leave with you.

Leave no trace of your visit.

Dogs are not allowed

To protect the island's wildlife and nesting birds, **dogs and other pets are not permitted on Areoso.**



No fires allowed

Campfires, barbecues, and any type of open fire are strictly prohibited.

Access by authorisation only

Access to Areoso Islet is regulated by the **Galician Regional Government (Xunta de Galicia)** and **prior authorisation is required**.

If you are visiting with **Amare Turismo Náutico**, we will take care of obtaining your access permit.

Thank you for helping us protect Areoso

Every small action makes a difference.

By following these guidelines, you are helping to preserve one of Galicia's most spectacular and fragile natural treasures so that future generations can enjoy it too.

Visit Areoso. Enjoy it. Respect it. Leave it exactly as you found it.

Amare Turismo Náutico

We sail today to preserve tomorrow.