

Baiona to A Insua

About 88 nautical miles north from Baiona, outside the Rías Baixas islands and round Cabo Fisterra, to anchor off Praia da Insua in the Ría de Corme e Laxe, south of Malpica. A long day passage up the whole Galician west coast.

DATE	Saturday 12 June 2027
DISTANCE	87.6 nm, 14 legs
TIME	14 h 53 min at 6 kn under sail, 5.5 kn under engine at each end
DEPART	06:00 CEST from Baiona, 59 minutes before sunrise (06:59). At first light: the bay is well lit, and the day needs every hour.
ARRIVE	About 20:53 CEST at A Insua, 1 h 23 min before sunset (22:16), on the rising tide.
TIDES	First quarter moon, neaps: range about 2 m. Tidal streams on this coast are weak; the wind sets the current.
WIND	In June the north to north-east wind of settled weather is a headwind for this route. Go on a day of light winds, or on a southerly ahead of a front that is forecast to stay moderate.
BOAT	35 to 38 ft sailing yacht, 1.9 m draught, 6 kn under sail, 5.5 kn under engine
CREW	Skipper and 3 crew, 2 watches of 2



Track and waypoints 1 to 13, with ports of refuge as squares.

Go or no-go

Decide at 20:00 the evening before with the AEMET and MeteoGalicia forecasts, and confirm at 05:15 on the morning with the latest forecast and NAVTEX.

- ☐ Wind no more than Force 5 from the north or north-east at Fisterra, where it accelerates round the cape
- ☐ Wind no more than Force 6 from the south or south-west, and no front forecast to cross the coast before evening: this coast is a lee shore in westerlies
- ☐ Swell no more than 2.5 m at Cabo Fisterra and Cabo Vilán. The Corrubedo and Vilán shoals break in big swell
- ☐ Visibility forecast good or moderate. Fog is common on the Costa da Morte
- ☐ No gale warning for the Finisterre high-seas area
- ☐ Engine, radar and AIS working, and all crew fit for a 15-hour day

If the morning check fails, stay in Baiona. If conditions worsen on the way, break the passage: Ribeira or Muros before Fisterra, Camariñas after it.

Route and waypoints

Waypoints are planning positions in open water, checked against a 1:10m coastline to be at least 1.5 nm off land except at the harbour ends. Distances and courses are calculated from them. Plot every one on the current chart before use. Courses are true. The route stays inside the inshore traffic zone, well east of the Finisterre traffic separation scheme.

#	WAYPOINT	LATITUDE	LONGITUDE	COURSE	LEG NM	TOTAL NM	ETA	NOTES
0	Monte Real Club de Yates, Baiona	42°07.3'N	008°50.7'W				06:00 CEST	Depart. Call the club slipping. CHECK ON THE CHART
1	Baiona entrance	42°07.8'N	008°52.5'W	291°T	1.4	1.4	06:16 CEST	Out of the bay to the Serralleiras (FI G 4s). CHECK ON THE CHART
2	West of Islas Estelas	42°07.8'N	008°56.5'W	270°T	3.0	4.4	06:45 CEST	Clear of the Estelas a Turn north.
3	West of Islas Cíes	42°13.0'N	008°59.0'W	340°T	5.5	9.9	07:40 CEST	About 2 nm off the w National park: no and permit.
4	West of Illa de Ons	42°23.0'N	009°00.0'W	356°T	10.0	20.0	09:21 CEST	About 2.5 nm off Ons
5	West of Sálvora	42°28.0'N	009°06.0'W	318°T	6.7	26.6	10:28 CEST	Outside the shoals w CHECK ON THE CHART

#	WAYPOINT	LATITUDE	LONGITUDE	COURSE	LEG NM	TOTAL NM	ETA	NOTES
6	Off Corrubedo	42°34.0'N	009°11.0'W	328°T	7.0	33.7	11:38 CEST	About 4 nm off the cape. Corrubedo shoals. Do not anchor here. CHECK ON THE CHART
7	Off Monte Louro	42°44.0'N	009°12.0'W	356°T	10.0	43.7	13:18 CEST	Ría de Muros e Noia does not have a refuge. Muros is the first refuge.
8	South-west of Cabo Fisterra	42°52.0'N	009°20.0'W	324°T	9.9	53.6	14:58 CEST	About 2.5 nm off. Expect a confused sea at this point.
9	West of Cabo Fisterra	42°56.0'N	009°21.0'W	350°T	4.1	57.7	15:38 CEST	Turn north along the coast.
10	Off Cabo Touriñán	43°03.0'N	009°21.5'W	357°T	7.0	64.7	16:49 CEST	About 2.5 nm off the mainland Spain.
11	Off Cabo Vilán	43°10.0'N	009°17.0'W	025°T	7.7	72.5	18:06 CEST	About 3 nm off. Shoal cape. Camariñas lies here. CHECK ON THE CHART
12	North of Cabo Vilán	43°12.5'N	009°15.0'W	030°T	2.9	75.4	18:35 CEST	Over 3 nm off the cape. Turn east along the coast point.
13	Mouth of the Ría de Corme e Laxe	43°15.0'N	009°03.0'W	074°T	9.1	84.5	20:06 CEST	Between Punta Ronco and Punta Laxe to the south.
14	A Insua anchorage	43°15.9'N	008°58.9'W	073°T	3.1	87.6	20:53 CEST	Off Praia da Insua, where the anchor is. Anchor in sand. CHECK ON THE CHART

Tides and time

BAIONA (VIGO) · SAT 12 JUN · CEST (UTC+2)

LW	05:08	0.9 m
HW	11:26	2.8 m
LW	17:28	1.1 m
HW	23:48	3.0 m

From the Vigo station.

CORME (LANGOSTEIRA) · SAT 12 JUN · CEST (UTC+2)

LW	05:23	0.9 m
HW	11:44	3.0 m
LW	17:43	1.1 m

From the Langosteira station.

Saturday 12 June 2027 is the day of the first quarter moon, so tides are at neaps: about 1.9 m at Vigo and 2.1 m at Langosteira, the nearest station to Corme. Spring ranges here reach about 3.5 m.

Tidal streams along this coast are weak, generally under 1 knot, and the current is driven more by the wind than the tide. No leg is timed for the stream. What matters is depth at the anchorage. You arrive about 3 hours after low water (17:43), at roughly half tide. The water rises about 1 m more to high water at 00:08, then falls to low water at 06:28 (1.0 m), about 1.2 m below the level on arrival. Anchor in at least 4.5 m as you arrive, and allow for high water in the scope.

All times are CEST (UTC+2). Spain keeps the same clock all the way. Keep the log in UTC.

Tide times are predictions made for this plan from the TICON-4 harmonic constants with the Neaps tide predictor, because the official 2027 tables were not yet published when it was written. Heights are above lowest astronomical tide. Check every time against the official Instituto Hidrográfico de la Marina 2027 tables before sailing.

Weather

- In settled spring and summer weather the Azores high brings north to north-east winds down this coast, often Force 4 to 6 and strongest in the afternoon. Off Cabo Fisterra and Cabo Vilán they accelerate. For a northbound passage that is a headwind, so the window is a day of light winds or a moderate southerly.
- Southerly and south-westerly winds come ahead of Atlantic fronts. They help northbound, but the coast becomes a lee shore and the swell builds. Only use a southerly that is forecast to stay moderate until evening.
- Atlantic swell from the north-west is almost always present. It breaks on the Corrubedo shoals, round Sálvora and off Cabo Vilán even in light wind.
- Fog and low visibility are common, especially with a warm southerly over cold water. Radar and AIS on, sound signals ready.

FORECASTS TO CHECK

- AEMET coastal forecasts for the Pontevedra and A Coruña coastal waters, and the high-seas area Finisterre. [CHECK THE PILOT BOOK](#)
- MeteoGalicía (Xunta de Galicia) marine forecast and wave model, meteogalicia.gal.
- NAVTEX Coruña: 518 kHz, station D, at 0000, 0400, 0800, 1200, 1600 and 2000 UTC. Check the station letter on the receiver.
- Salvamento Marítimo safety broadcasts on VHF after a call on channel 16.

[CHECK THE PILOT BOOK](#)

Hazards

- **Las Serralleiras and Islas Estelas.** Islets and rocks off Baiona. Waypoints 1 and 2 keep you south and west of them. [CHECK ON THE CHART](#)
- **The Islas Atlánticas national park.** The Cíes, Ons and Sálvora are a national park. Passing outside is unrestricted; anchoring needs a permit from the Xunta de Galicia.
- **Sálvora and the shoals to its west.** Rocks and shoals extend west and south of the island and break in swell. Waypoint 5 is outside them. [CHECK ON THE CHART](#)
- **The Corrubedo shoals.** Extensive shoals lie off Cabo Corrubedo. Keep at least 4 nm off and do not cut the corner. [CHECK ON THE CHART](#)
- **Cabo Fisterra.** Wind accelerates and the sea is confused off the cape. Shipping converges on the cape: keep a close lookout and watch AIS.
- **Cabo Touriñán and Cabo Vilán.** High cliffs, outlying rocks and swell. Waypoint 11 is 3 nm off Vilán. [CHECK ON THE CHART](#)
- **Fishing gear.** Pot buoys and nets are laid along the whole coast inside about 3 nm and at the mouths of the rías. Keep a bow lookout, especially in the last hour into Corme.
- **Punta Roncudo.** Rocks off the point on the north side of the ría entrance. Approach A Insua from the south-west, not along the north shore. [CHECK ON THE CHART](#)

Ports of refuge

PORT	FROM THE ROUTE	USE IT WHEN	NOTES
Ribeira (Ría de Arousa)	About 7 nm east of waypoint 6	Weather worsens before Corrubedo	Large fishing port with a marina. Enter the Ría de Arousa south of Sálvora. CHECK THE PILOT BOOK
Muros (Ría de Muros e Noia)	About 7 nm east of waypoint 7	The last sheltered harbour before Fisterra	Marina in the town. Sheltered from the north and west. CHECK THE PILOT BOOK
Fisterra harbour	About 2 nm east of waypoint 8, inside the cape	Short-term shelter from the north and west	A fishing harbour with limited room for yachts. Anchoring off the beach to the north. CHECK THE PILOT BOOK
Camariñas	About 5 nm east of waypoint 11	Weather worsens after Fisterra	Marina inside the Ría de Camariñas, good shelter. Enter in daylight. CHECK THE PILOT BOOK
Laxe and Corme	At the destination	If A Insua is untenable	Laxe on the south shore and the anchorage off Corme harbour on the north shore. CHECK THE PILOT BOOK

Pilotage

LEAVING BAIONA

1. Call Monte Real Club de Yates on VHF 9 before slipping. Engine on, fenders and lines stowed once clear.
2. Leave the marina and head west out of the bay, keeping south of Las Serralleiras (Fl G 4s).
[CHECK ON THE CHART](#)
3. At waypoint 2, west of the Estelas, turn north and set sail if the wind allows.
4. Log the time, position and log reading at each waypoint.

ARRIVING AT A INSUA

1. At waypoint 13 in the mouth of the ría, identify Punta Roncudo light (Fl 6s) to the north and Punta Laxe light (Fl(5)20s) to the south.
2. Steer east up the middle of the ría. Keep clear of the rocks off Punta Roncudo.
3. Approach Praia da Insua from the south-west, watching the depth. Anchor in sand in about 5 to 8 m, clear of moorings and pot buoys. [CHECK ON THE CHART](#)
4. The anchorage is sheltered from the north and north-east and open to the south and south-west. If a southerly is forecast overnight, move to Laxe.

LIGHTS ON THE WAY

Cíes, Monte del Faro	Fl(2)8s, 185 m
Ons	Fl(4)24s, 127 m
Sálvora	Fl(3+1)20s, 38 m
Corrubedo	Fl(3+2)20s, 32 m, red sector to the south
Louro (Punta Queixal)	Fl(2+1)12s, 27 m
Cabo Fisterra	Fl 5s, 143 m
Cabo Touriñán	Fl(2+1)15s, 65 m
Cabo Vilán	Fl(2)15s, 104 m
Punta Laxe	Fl(5)20s, 66 m
Punta Roncudo	Fl 6s, 38 m

Communications

Monte Real Club de Yates, Baiona	VHF 9	CHECK THE PILOT BOOK
Salvamento Marítimo, MRCC Finisterre	VHF 16, DSC 70 · +34 981 767 500	CHECK THE PILOT BOOK
Emergency	VHF 16, DSC 70 · 112	

Contingencies

- Behind schedule at Fisterra (past waypoint 9 later than 16:30): continue only if the forecast holds; otherwise put into Camariñas and finish the next day.
- Wind over Force 6 or swell over 3 m before Corrubedo: turn into the Ría de Arousa for Ribeira, or the Ría de Muros e Noia for Muros.
- Fog: reduce speed, radar and AIS watch, sound signals, and keep the planned offing from the capes. Do not close the coast to find a mark.
- Engine failure: sail to the nearest ría with room to manoeuvre under sail. Anchor rather than enter a busy harbour.
- Man overboard: shout, point, press MOB on the plotter, then a Mayday on VHF 16 and DSC.
- Injury or illness: MRCC Finisterre on VHF 16 or 112, and head for the nearest harbour.

Before leaving

- ☐ Forecasts read and logged before the go or no-go time
 - ☐ Navigation warnings checked
 - ☐ Waypoints entered and checked against the chart
 - ☐ Ship's log started in UTC
 - ☐ Crew briefing: route, watches, safety gear, MOB, fog
 - ☐ Passage plan left with someone ashore, with an expected arrival time
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- ☐ Fuel for 16 hours under engine, plus a reserve
 - ☐ Water, food and hot drinks for 16 hours
 - ☐ Lifejackets with crotch straps, jackstays rigged, harnesses
 - ☐ Liferaft, grab bag, flares in date, handheld VHF
 - ☐ Radar, AIS and navigation lights tested
 - ☐ Anchor and at least 40 m of chain ready on deck before the ría

Sources

- Tides: predictions from TICON-4 harmonic constants (Hart-Davis, Dettmering and Seitz, DGFI-TUM, 2025) with Neaps (openwaters.io), Vigo and Langosteira stations. Check against the Instituto Hidrográfico de la Marina 2027 tables.
- Sunrise and sunset: calculated (NOAA method).
- Lights: The Lighthouse Directory (Rowlett), ibiblio.org/lighthouse, Galicia southern and western pages. Cross-check with the List of Lights.
- Positions of Praia da Insua, Corme, Punta Roncudo and the capes: OpenStreetMap.
- Coastline for the clearance check: Natural Earth 1:10m.
- Pilot: RCC Pilotage Foundation, Atlantic Spain and Portugal, 9th edition (2025).

A planning exercise to RYA Yachtmaster standard. Not for navigation: use current official charts, the pilot book and the forecasts on the day.