



The Gorliz Tourist Information Office provides visitors with information on health, safety and best practices.

For health and safety reasons and in order to avoid risks to visitors, the Gorliz TIO provides appropriate information concerning:

1. DRINKING WATER

- It provides information about where there are drinking water fountains and if there are exceptional incidents, it also informs about these.

2. Tide forecasts (high tide and low tide).

<http://www.tablademareas.com/es/vizcaya/plentzia>

3. Presence of poisonous plants:

In Gorliz there are a number of poisonous plants. The following are the most important:

HEMLOCK “Conium maculatum”, very similar to “Daucus carota” wild carrot.



Hemlock contains a toxin that inhibits the central nervous system producing hemlock poisoning or cicutism.

The poison is produced in unripe fruits and in their roots. They are plants that typically grow on rough lands, roadsides and rubble heaps and they are very frequent along the edges of the track going up mountains in Gorliz.

MISTLETOE "VISUM ALBUM".



Its berries are quite toxic, causing alterations to the heart and to the nervous system. It appears in the pine groves on Mt. Serantes, both in *renata* and maritime pines.

It is recommended not to touch nor eat unknown flower and plants because they might be toxic.

4. The TIO likewise informs of dangers that may arise for other reasons.
E.g.: Adverse weather conditions (gales, etc.).