

With the collaboration of:

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| Ajuntament de Torroella de Montgrí | Entitat Municipal Descentralitzada de l'Estartit |
| L'ESTARTIT - ILLES MEDES Estació Nàutica | Ajuntament de l'Escala |
| Museu de la Mediterrània | |
| Project funded by the EUROPEAN UNION | ENPI CBCMED |
| Mediterranean Experience of Eco-Tourism | |

Sea rescue: Tel. (+34) 902 202 202 · Channel 16 VHF

Emergencies: 112

Closest hyperbaric chamber: Hospital de Palamós
C/ Hospital, 36 · 17230 Palamós · Tel. (+34) 972 60 01 60

Parc Natural del Montgrí, les Illes Medes i el Baix Ter
Generalitat de Catalunya

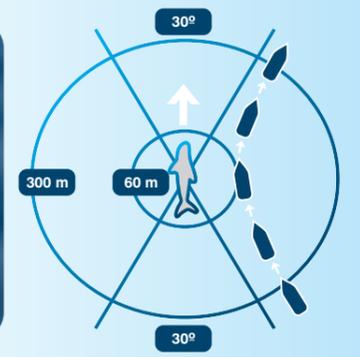
More information:
Passeig del Port, s/n · 17258 l'Estartit
Tel. 972 75 17 01
pnmbt@gencat.cat
www.gencat.cat/parcs/illes_medes



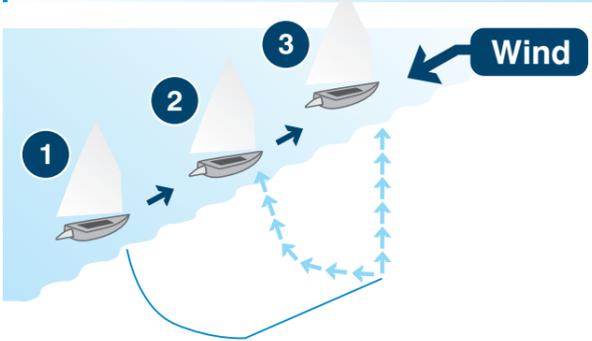
Respectful behaviour when observing cetaceans

- ▶ **500-300 m distance:**
Approach area
- ▶ **300-60 m distance:**
Restricted stay area
- ▶ **<60 m distance:**
Exclusion zone

Royal Decree 1727/2007 of 21 September
(Official State Gazette of 12 January 2008)



Weigh anchor in a way that respects the seabed



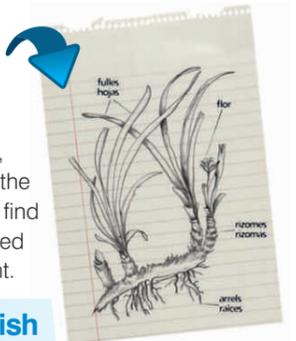
Responsible navigation

- ▶ Respect the alpha flag on the vessels or buoys indicating there are divers below the water and keep a safe distance.
- ▶ It is absolutely forbidden to dump any type of substance within the Natural Park or to feed the marine wildlife.
- ▶ Do not anchor in the seagrass meadows.
- ▶ Moderate your speed. Maximum navigation speed within the Partial Nature Reserve is 3 knots.



Posidonia, a green underwater treasure

- The underwater meadows of this aquatic plant (which isn't seaweed), popularly referred to locally as «*alguers*» (algae fields), are an extremely valuable habitat, protected throughout Europe. To the west of the large Mede island we find one of the country's best conserved fields containing this aquatic plant.



A breeding ground for fish

- Among other ecological roles, the Posidonia fields, provide a refuge for thousands of juvenile fish, providing a nursery that benefits a variety of species.

Regulated anchoring, protected Posidonia beds!

- Recreational sailing in the waters around the Medes Islands is permitted, but anchoring is strictly limited to buoys with low-impact securing.

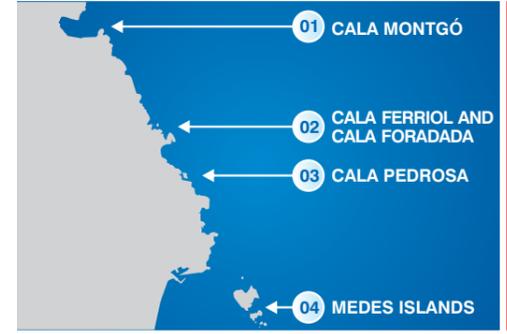


The Mediterranean's green lung

- Posidonia grows slowly at a rate of just 1 to 2 cm a year.
- The full anchoring manoeuvre of a vessel above Posidonia can destroy from 16 to 34 clusters of the plant if it is not carried out in a manner that seeks to protect the seabed.
- Posidonia is the Mediterranean's green lung: it absorbs CO2 and supplies O2, and it does so much better than any forest.
- It is essential in mitigating the effects of climate change.



Responsible anchoring



LEGEND

- Posidonia area
- Anchoring above Posidonia is forbidden
- Private paid buoy
- Paid buoy: Boats >= 9 m in length
- Paid buoy: Boats < 9 m in length



01 CALA MONTGÓ

- Anchoring above Posidonia is forbidden
- Private paid buoy



02 CALA FERRIOL AND CALA FORADADA

- Anchoring above Posidonia is forbidden
- FREE



03 CALA PEDROSA

- Anchoring above Posidonia is forbidden
- FREE



04 MEDES ISLANDS

- Anchoring above Posidonia is forbidden
- Private paid buoy
- Private paid buoy

Marine activities Montgrí, Medes Islands and Baix Ter Natural Park



Marine area at the Montgrí, Medes Islands and Baix Ter Natural Park

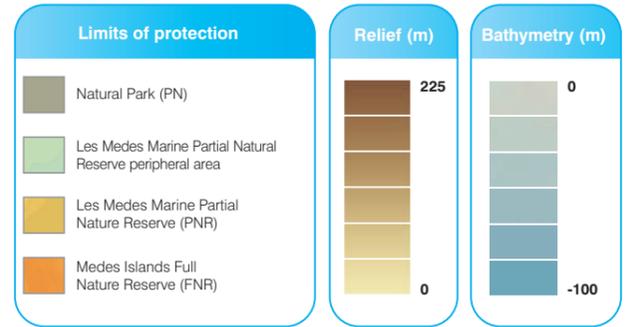
Marine area at the Montgrí, Medes Islands and Baix Ter Natural Park

Cartographic base

Cartographic Institute of Catalonia · Topographic base of Catalonia 1:5000 System of reference: Ed50 (European Datum 1950) Projection: Universal Transverse Mercator (UTM)



Legend



Regulation of uses

- A** Montgrí, Medes Islands and Baix Ter Natural Park
- B** Les Medes Marine Partial Natural Reserve peripheral area
- C** Les Medes Marine Partial Nature Reserve
- D** Medes Islands Full Nature Reserve
- X** Prohibited activities
- ☀** Regulated activities
- ✓** Permitted activities

It is absolutely forbidden to access the part of the Medes Islands above the water without prior authorisation from the managing body.

| | A | B | C |
|---|---|---|---|
| Littering; camping and making fires (on beaches and coasts) | X | X | X |
| Trawling and seine fishing | X | X | X |
| Feeding marine wildlife | X | X | X |
| Underwater recreational fishing | ☀ | X | X |
| Surface recreational fishing | ☀ | ☀ | X |
| Removal of marine resources | ☀ | ☀ | X |
| Artisanal fishing (trammel and longline) | ✓ | ☀ | X |
| Diving (with or without diving suit) | ✓ | ✓ | ☀ |
| Anchoring | ✓ | ✓ | ☀ |
| Navigation | ✓ | ✓ | ☀ |

Activity in the Medes Islands Protected Natural Reserve

| Activity | Fee |
|------------------------|-----|
| ANCHORING | ✓ |
| DIVING | ✓ |
| SNORKELLING WITH GUIDE | ✓ |

Main natural features



Seagrass meadows
The seagrass meadows (*Posidonia oceanica*) make up one of the Mediterranean's richest ecosystems. Avoid anchoring there.



Coralline communities
Made up of fragile, slow growing species that require priority conservation measures. Divers must be careful not to damage them.



Fish communities
The stability of the fish populations is of vital importance for the balance of our seas. Where fishing is permitted, it must be done in a sustainable way.



Nesting birds
Endangered species such as the European shag or some types of heron find food, tranquillity and shelters for reproducing here.

Cartographic Institute of Catalonia
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Buoy available for activities

