

# Marine activities

## Montgrí, Medes Islands and Baix Ter Natural Park

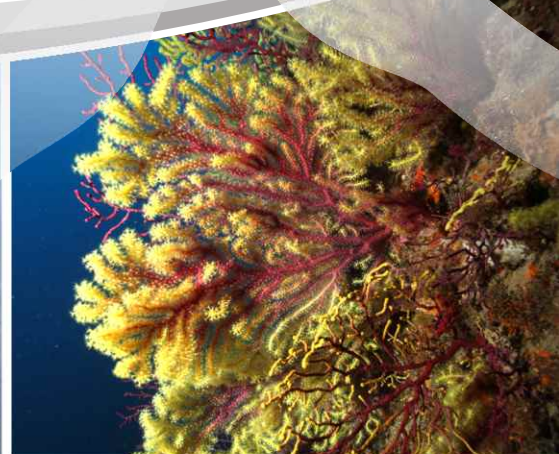
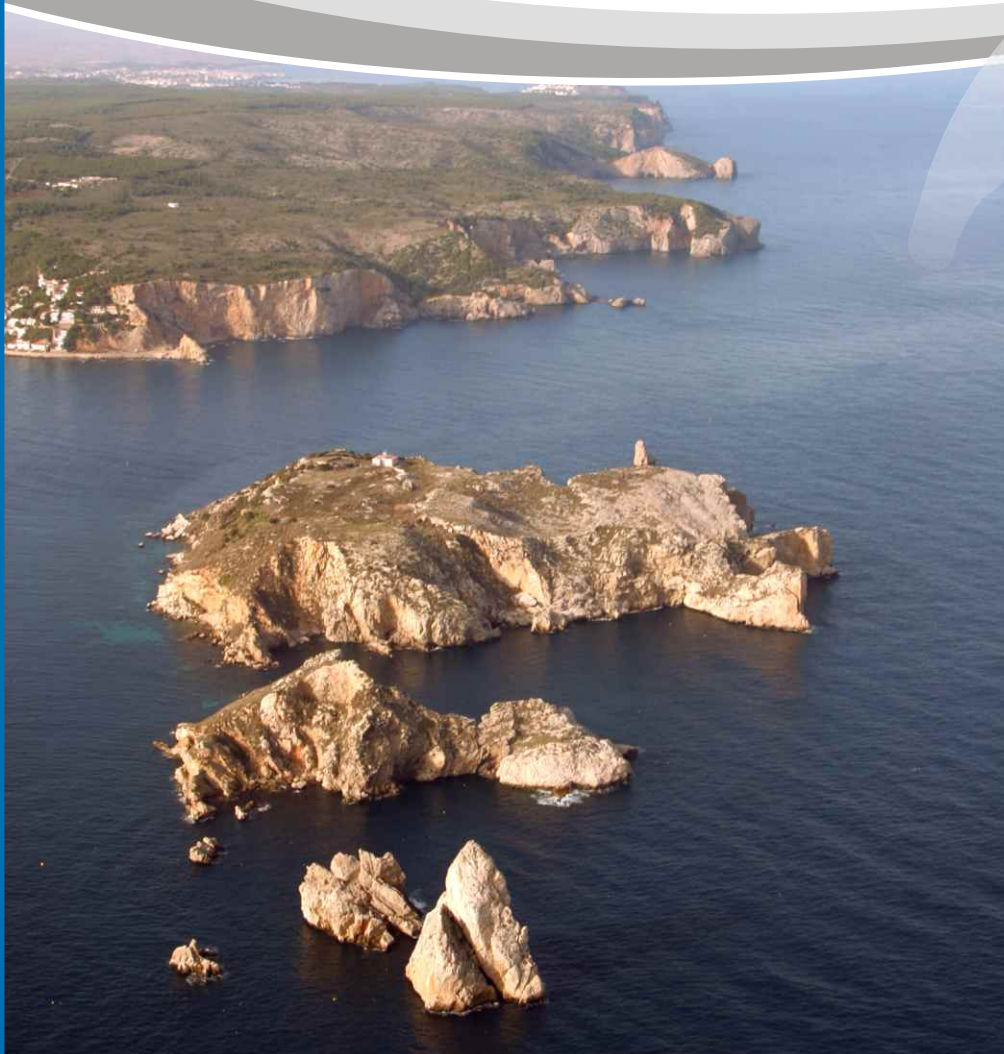
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Parc Natural  
**del Montgrí, les Illes Medes  
i el Baix Ter**



Generalitat de Catalunya  
Departament d'Agricultura, Ramaderia,  
Pesca, Alimentació i Medi Natural



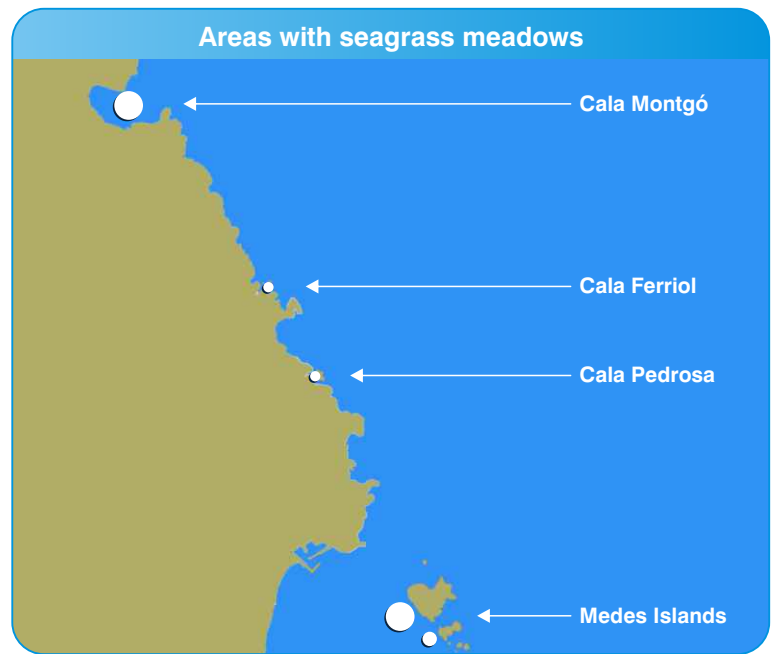
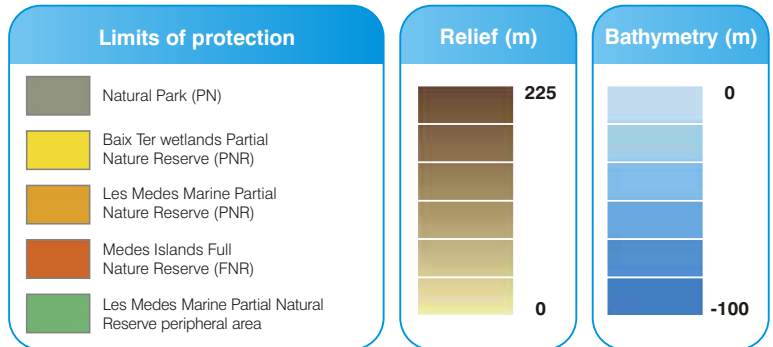
More information:

Passeig del Port, s/n · 17258 l'Estartit  
Tel. 972 75 17 01 · Fax: 972 75 20 04  
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[www.gencat.cat/parcs/illes\\_medes](http://www.gencat.cat/parcs/illes_medes)

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



## Legend



## Regulation of uses

### Date

**Declaration of Natural Park:**  
Law 15/2010 of 28 May

### Cartographic base

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



**Montgrí, Medes Islands and Baix Ter Natural Park**



**Les Medes Marine Partial Natural Reserve peripheral area**



**Les Medes Marine Partial Nature Reserve**



**Prohibited activities**



**Regulated activities**



**Permitted activities**

Littering; camping and making fires (on beaches and coasts)

Trawling and seine fishing

Feeding marine wildlife

Underwater recreational fishing

Surface recreational fishing

Removal of marine resources

Artisanal fishing (trammel and longline)

Diving (with or without diving suit)

Anchoring




Navigation

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







# Buoys available for activities

## Legend

**Limits of protection**

	Les Medes Marine Partial Nature Reserve (PNR)
	Les Medes Marine Partial Natural Reserve peripheral area
	Medes Islands Full Nature Reserve (FNR)

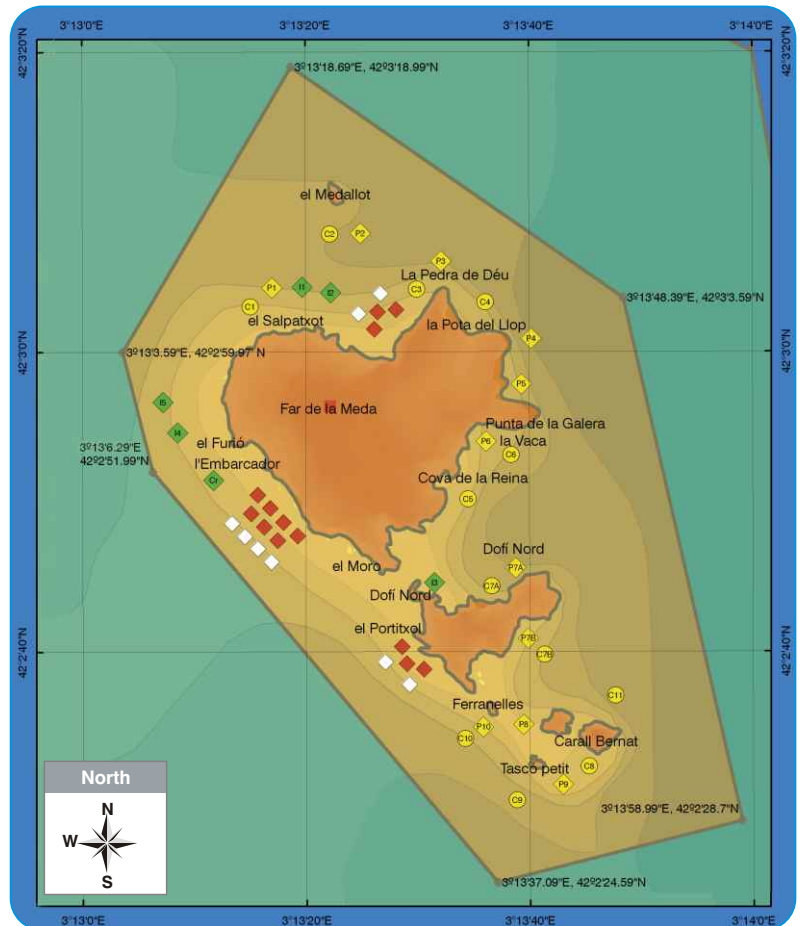
It is absolutely forbidden to access the part of the Medes Islands above the water without prior authorisation from the managing body.

	Diving centres		Passenger transport cruises
	Private diving		Private vessels ≥ 9 m in length
	Guided underwater itineraries		Private vessels < 9 m

**Cartographic base**

Cartographic Institute of Catalonia

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



# Main natural features



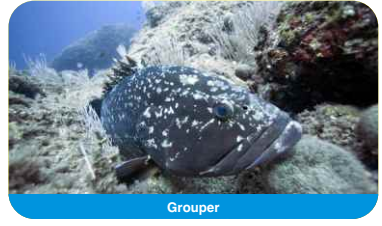
**Seagrass meadows**

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



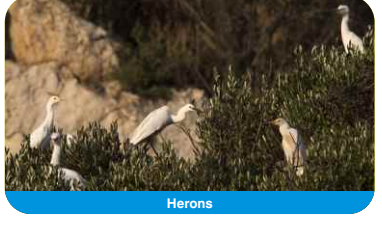
**Coralline communities**

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**

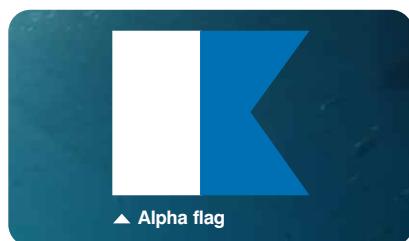
Endangered species such as the european shag or some types of heron find food, tranquillity and shelters for reproducing here.

# Respectful diving



- ▶ Have good buoyancy so as to avoid touching the bottom with your fins, equipment or body. Respect the distance of 1.5 m from the walls.
- ▶ Do not interfere with marine life. Do not touch the animals or feed them.
- ▶ When going into caves, avoid staying for a long time and do it always in small groups. Air bubbles have a negative effect on all the animal species that live attached to the ceiling.
- ▶ Participate in initiatives to conserve the marine environment.

# Responsible navigation

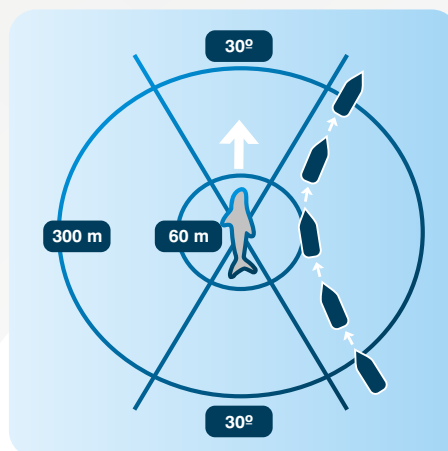


- ▶ Respect the alpha flag on the vessels or buoys indicating there are divers below the water and keep a safe distance.
- ▶ It is absolutely forbidden to dump any type of substance within the Natural Park or to feed the marine wildlife.
- ▶ Do not anchor in the seagrass meadows.
- ▶ Moderate your speed.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

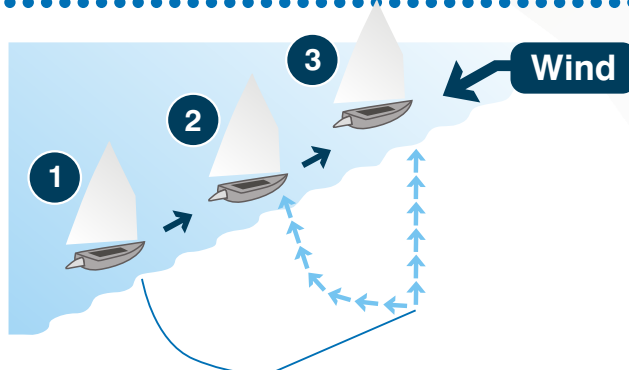
# Respectful behaviour when observing cetaceans

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

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



# Weigh anchor in a way that respects the seabed



With the collaboration of:



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



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