

Collaborate



Maritime Rescue: Tel. 900 202 202 - Canal 16 VHF

Emergencies: 112



More information:
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www.gencat.cat/parcs/illes_medes



General regulations

**Do not dump any substance inside the NR.
Do not feed the marine wildlife.
Do not anchor above Posidonia sea grass.
Do not disembark in the SNR of the Medes Islands**

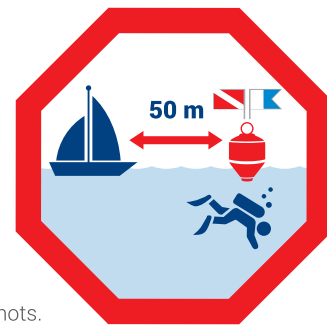
Navigate responsibly

Respect the alpha flag of the boats or buoys indicating that there are low water levels and keep a safe distance (minimum 50 meters).

It is strictly forbidden to dump any kind of substance within the Nature Reserve, nor feed the marine wildlife.

Do not anchor on Posidonia sea grass.

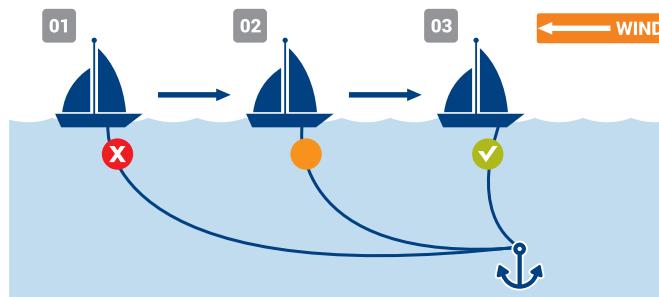
Moderate your speed. Within the Partial Nature Reserve and less than 50 meters from the coast, you are to sail at a maximum of 3 knots.



Alpha Flag > 50 meters

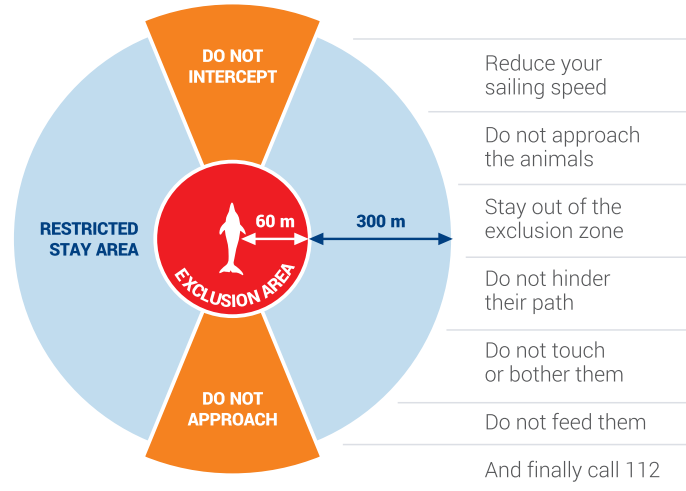
3 KNOTS

Withdraw your anchor in a manner that respects the seabed



Act respectfully when observing cetaceans

**Do not approach closer than 60 meters.
It is forbidden to fly drones in the NR without specific authorisation.**



Reduce your sailing speed

Do not approach the animals

Stay out of the exclusion zone

Do not hinder their path

Do not touch or bother them

Do not feed them

And finally call 112

Responsible fishing in MMBTNR

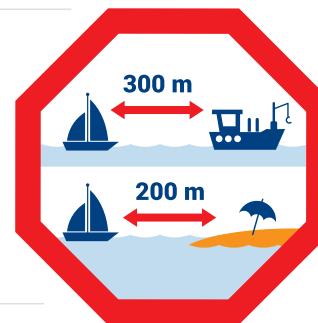
Minimum distance of 300 m from any professional fishing vessel that is fishing; and 200 m from the beaches with bathers or port breakwaters where there are land fishermen.

Do not tie vessels to buoys or any other floating object in the sea.

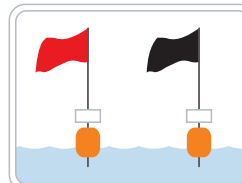
Do not anchor over the Posidonia seabed

You may not fish in the PNR around the Medes Islands.

Always carry your fishing licence



PROFESSIONAL fishing gear in the MMBTNR is usually flagged at each end with a buoy with a black flag in the south and a white or red flag in the north.



Natural heritage of the MMBTNR

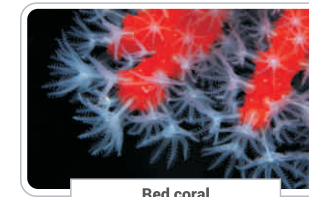
Posidonia meadows

The Posidonia meadows (Posidonia oceanica) form one of the most marvellous ecosystems in the Mediterranean. Anchoring must be avoided.



Coral seabed

It is home to fragile, slow-growing species that require priority conservation measures. During a dive, you must be careful not to damage it.



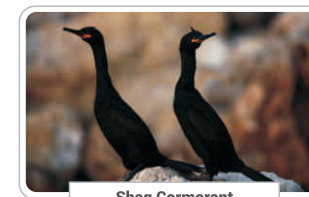
Fish schools

The stability of fish populations is vital to the balance of our seas. Where fishing is allowed, it must be done sustainably.



Nesting birds

Threatened species such as the shag cormorant or some ardeidae find food, tranquillity and shelter to breed.



Responsible anchoring

- POSIDONIA AREA**
- ANCHORING OVER POSIDONIA IS FORBIDDEN**
- PRIVATE PAID BUOY**
- PAID BUOY: BOATS >= 9M IN LENGTH**
- PAID BUOY: BOATS < 9M IN LENGTH**
- SHARED USE BUOY**

It is forbidden to anchor in the coves of Montgó, Ferriol, Foradada and Pedrosa and in the PNR

01 Cala Montgó

ANCHORING FORBIDDEN

02 Cala Ferriol

ANCHORING FORBIDDEN

02 Cala Foradada

ANCHORING FORBIDDEN

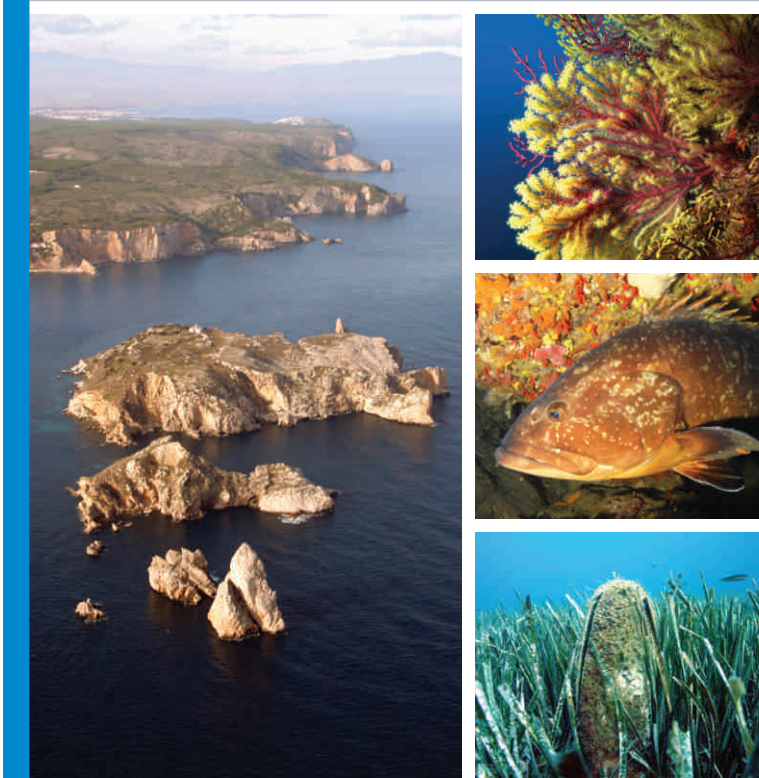
03 Cala Pedrosa

ANCHORING FORBIDDEN

04 Medes Islands

ANCHORING FORBIDDEN

Marine activities in Montgrí, Medes Islands and Baix Ter Nature Reserve



The Mediterranean Landscapes

Marine area of the Montgrí, Medes Islands and Baix Ter Nature Reserve



- PN
- ZP
- RNP
- RNI

Regulation of uses

- PN Montgrí, Medes Islands and Baix Ter Nature Reserve
- ZP Peripheral area of the Medes Marine Partial Nature Reserve
- RNP Medes Marine Partial Nature Reserve
- RNI Medes Marine Strict Nature Reserve

It is strictly forbidden to access the surfaced part of the Medes Islands without prior authorisation from the managing body.

	PN	ZP	RNP
Littering: camping and fire (on beaches and coasts)	Red	Red	Red
Trawling and purse seine fishing	Red	Red	Red
Feeding marine wildlife	Red	Red	Red
Recreational underwater fishing	Yellow	Red	Red
Recreational surface fishing	Yellow	Yellow	Red
Extraction of marine resources	Yellow	Yellow	Red
Artisanal fishing (trammel nets and longlines)	Green	Yellow	Red
Diving (with or without diving suit) and Free Diving	Green	Green	Yellow
Anchoring	Green	Green	Yellow
Navigation	Green	Green	Yellow

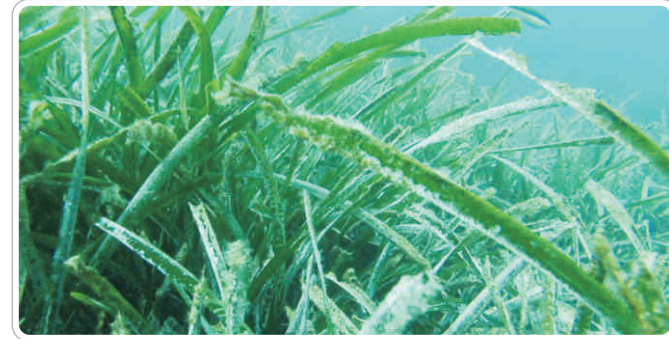
- Prohibited activities
- Regulated activities
- Permitted activities

Activity in the Medes Islands PNR

Anchoring **Diving** **Free Diving** **Guided snorkelling** **Tax**

Posidonia

Posidonia meadows are a European Habitat of Interest and an indicator of good environmental health. It increases biodiversity and provides food and shelter for many commercial fishing species.



It stabilises the seabed and protects the coastline, producing oxygen and absorbing Co2.

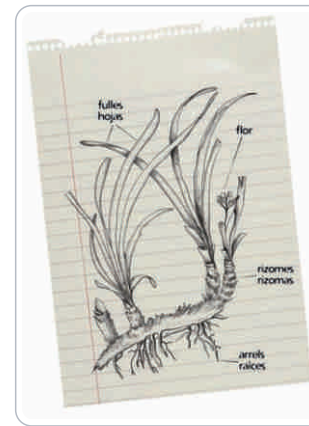


Anchors and chains break the roots and damage the stems.



Posidonia, a green underwater treasure

The underwater meadows of this aquatic plant (not seaweed!), popularly referred to locally as "alguers", are an extremely valuable habitat, protected throughout Europe. To the west of the big Meda 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 beds 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, just 1 to 2 cm a year.

The full anchoring manoeuvre of a vessel above Posidonia can destroy from 16 to 34 plant stems if it is not done in a way that respects 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.

Buoys available for activities

42°3'19"N
3°13'18,7"E

Coordinate corresponding to the north vertex that delimits the area of the RNP



42°3'3,6"N
3°13'48,4"E

42°3'0"N
3°13'3,6"E

42°2'52"N
3°13'6,3"E

42°2'24,6"N
3°13'37,1"E

42°2'28,8"N
3°13'59"E