

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

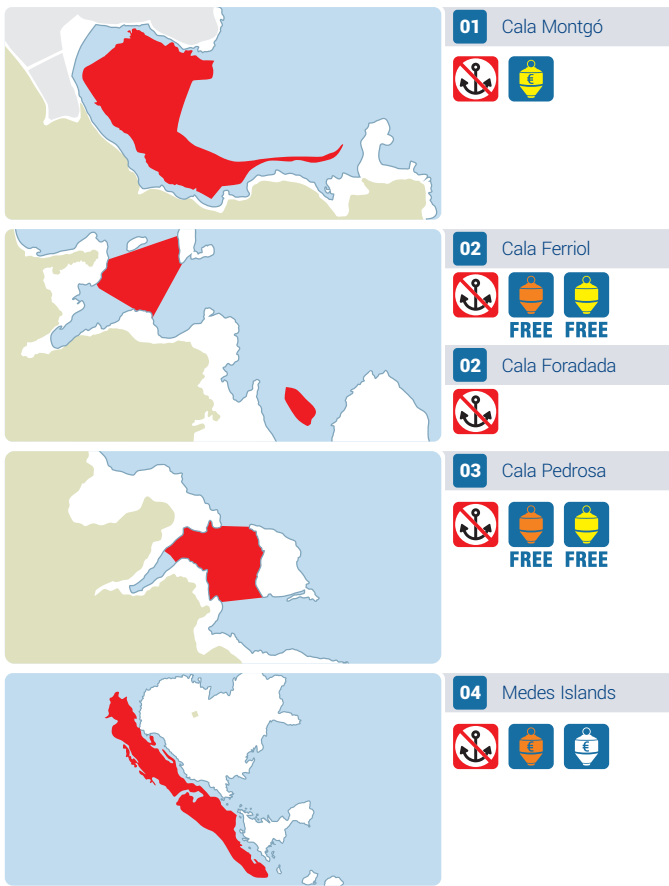


The Mediterranean Landscapes

Responsible anchoring



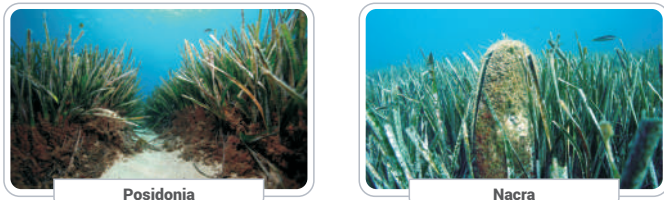
It is forbidden to anchor in the coves of Montgó, Ferriol, Foradada and Pedrosa and in the PNR



Natural heritage of the MMBTNR

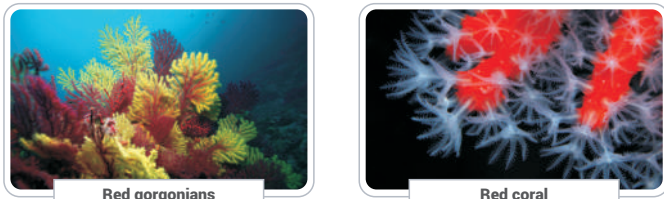
Posidonia meadows

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.



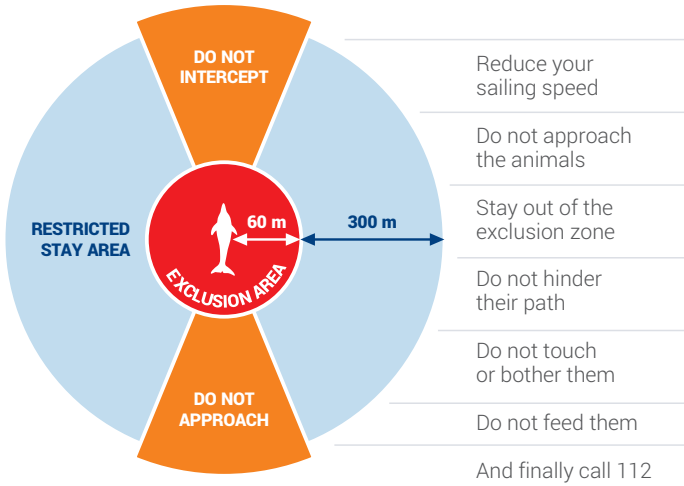
Nesting birds

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



Act respectfully when observing cetaceans

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



Responsible fishing in MMBTNR

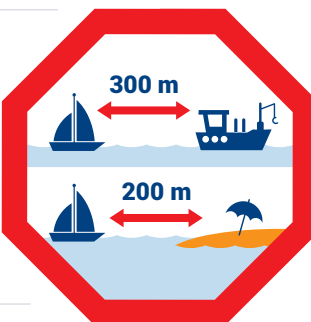
Minimum distance of 300 m from any professional fishing vessel that is fishing; and 200 m from the beaches with bathers or port breakwaters where there are land fishermen.

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

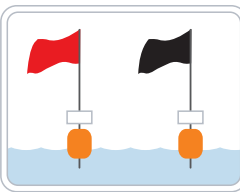
Do not anchor over the Posidonia seabed

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.

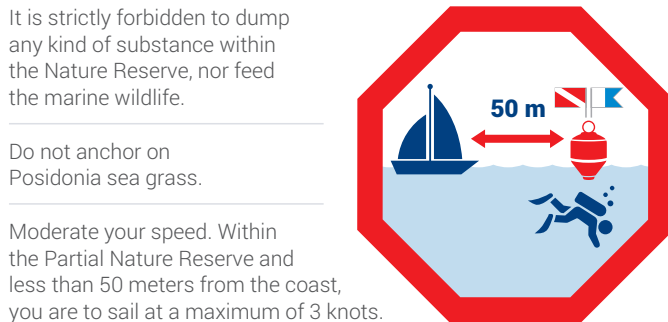


General regulations

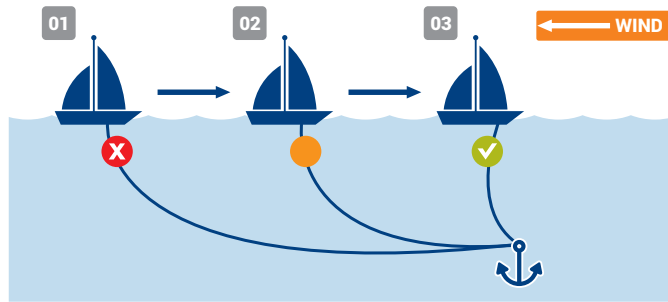
Do not dump any substance inside the NR.
Do not feed the marine wildlife.
Do not anchor above Posidonia sea grass.
Do not disembark in the SNR of the Medes Islands

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).



Withdraw your anchor in a manner that respects the seabed



Collaborate



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

Emergencies: 112



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





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)	Prohibited	Prohibited	Prohibited
Trawling and purse seine fishing	Prohibited	Prohibited	Prohibited
Feeding marine wildlife	Prohibited	Prohibited	Prohibited
Recreational underwater fishing	Regulated	Regulated	Prohibited
Recreational surface fishing	Regulated	Regulated	Prohibited
Extraction of marine resources	Regulated	Regulated	Prohibited
Artisanal fishing (trammel nets and longlines)	Permitted	Regulated	Prohibited
Diving (with or without diving suit) and Free Diving	Permitted	Permitted	Regulated
Anchoring	Permitted	Permitted	Regulated
Navigation	Permitted	Permitted	Regulated
Prohibited activities	Regulated activities	Permitted activities	

Activity in the Medes Islands PNR

Anchoring

Diving

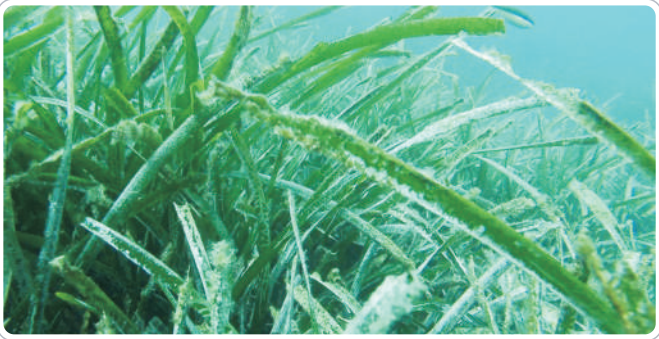
Free Diving

Guided snorkelling


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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.




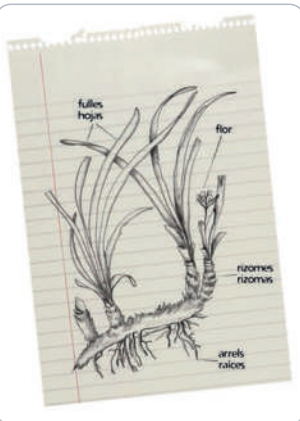


Anchors and chains break the roots and damage the stems.



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.

