



Marc Gimenez / Silvia Sebastian / MMA 2014

Cave diving



- ▶ Cave diving is a risk activity. Many of the caves on the coast require special preparation and training, and specific cave diving equipment.
- ▶ Do not enter unknown caves. Be informed in advance.
- ▶ Never go through narrow holes.
- ▶ Always keep an eye on the kind of bottom and avoid mud.
- ▶ Make sure your equipment does not hit the walls.
- ▶ Bear in mind that going in may be easy but getting out may be much more difficult.

Sea Rescue

Tel. 900 202 202 · Canal 16 VHF

Emergencies: 112

Nearest hyperbaric chamber:
Palamós Hospital

C/ Hospital, 36 · 17230 Palamós · Tel. 972 60 01 60



More information:

Passeig del Port, s/n · 17258 l'Estartit | Tel. 972 75 17 01 · Fax 972 75 20 04
pnmmbt@gencat.cat | www.gencat.cat/parcs/illes_medes

Safe and responsible diving El Montgrí, les Illes Medes i el Baix Ter Natural Park



Christiane Delbour / Corinne Goffre / MMA 2015

Welcome to the Natural Park

The diversity of fish populations is one of the main assets of its waters. You can observe them without offering them food.



David Antoja / Salvador Grange / MIMA 2014



David Antoja / Salvador Grange / MIMA 2014

The seagrass meadows form one of the richest ecosystems in the Mediterranean, where many species are born. Do not anchor there.



Marc Gimenez / Regina Malles / MIMA 2015



José Ma. Baré / Enric Cabestany / MIMA 2015

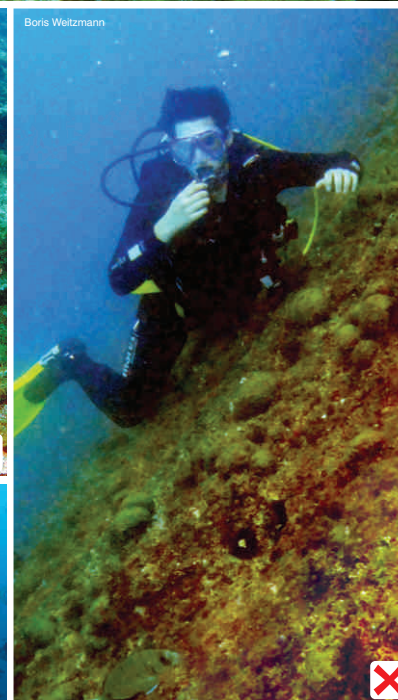
The coralline is formed by very fragile, slow-growing species. Contact tends to damage them. Avoid handling them or touching them involuntarily.



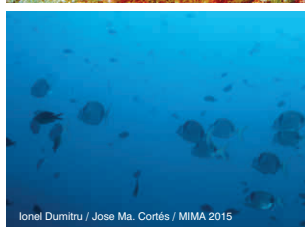
Boris Weitzmann



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Ionel Dumitru / Jose Ma. Cortés / MIMA 2015

Ten commandments of the responsible diver

- 1 Find out about the diving spot before diving in and respect the specific regulations applicable to it.
- 2 Check the weather forecast and any factors which might have an effect on you when diving.
- 3 Stay fit and technically prepared.
- 4 Check your equipment regularly.
- 5 Learn different buoyancy techniques in order to observe the bottom without damaging it, keep your distance and avoid touching the bottom with your fins and hands when diving.
- 6 Do not dive alone, enjoy a shared experience.
- 7 Slow your descent by the buoy rope so as not to Touch the bottom.
- 8 Do not interfere with the marine life. Do not touch or feed the animals. Avoid direct eye contact with the animals.
- 9 If you go into caves, do not stay there for a long time and always do so in small groups. Air bubbles adversely affect all the species living attached to the ceiling.
- 10 If you take a camera, pay particular attention to buoyancy.

Good practice will avoid causing potentially irreversible damage to the marine species.

Put the ten commandments of the responsible diver into practice!

