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## ACTIVE TOURISM IN FORMENTERA



Fotografis



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Nómadas

## Active Tourism in Formentera

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# ACTIVE TOURISM IN FORMENTERA

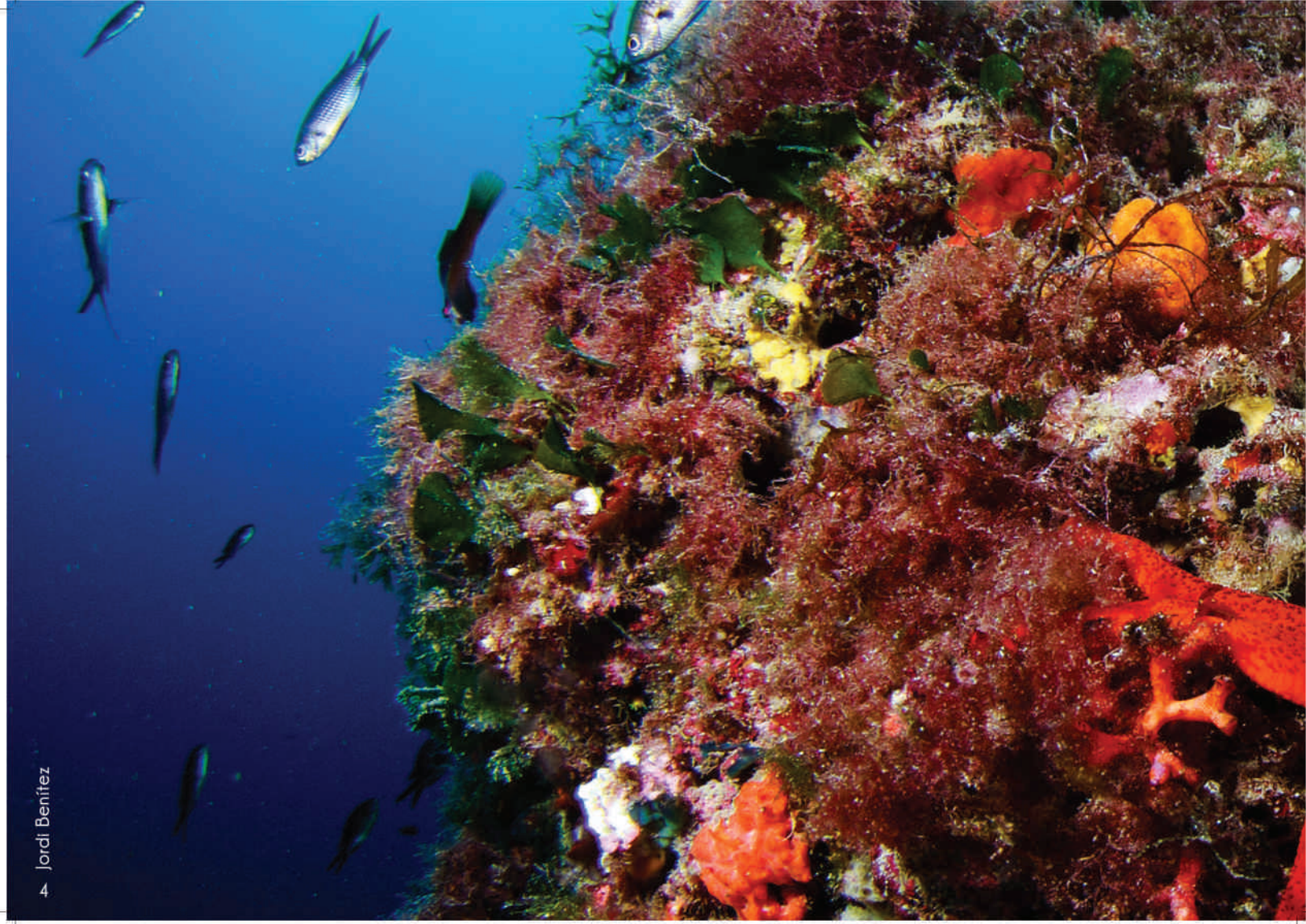
Formentera is not only the last Mediterranean paradise, where you can relax in peace and quiet, it is also a fantastic setting for practising all kinds of outdoor activities. The smaller of the Pityusic islands combines the beauty of its crystal clear waters and an amazing sea floor with a distinctive and geologically fascinating coastline, plus a rich variety of plants and wildlife. All this makes it an idyllic place for active tourism.

Formentera covers a land area of 83 square kilometres, including the small islets, and its relief consists mainly of two high rocky headlands joined by a low-lying central neck of land.

The entire northern part of the island is included in the Parque Natural de Ses Salines de Ibiza y Formentera (Ses Salines of Ibiza and Formentera Nature Reserve), a wetland area that comprises Estany Pudent covering 3.3 square kilometres, Estany des Peix with an area of 1 square kilometre, and other salt lagoons of varying sizes. Juniper and pine forests are dotted all over the island and sand dunes are the main feature along the coast. This combination makes for a varied landscape, where exuberant vegetation and pristine countryside provide unique experiences for outdoor enthusiasts.

The range of active tourism activities available on Formentera has been increasing and diversifying over recent years to satisfy the rising number of devotees and casual participants alike. Some visitors are professional or amateur sports men and women who set up their "holiday" training base here, but many others have no experience whatsoever and see Formentera's active tourism events as a way of enjoying the island's beautiful scenery while getting some instruction from an expert.

In the "Active and Nature Tourism Contacts" list (on page 27) you can find a catalogue of all the activities available on Formentera and how to get in touch with the recommended contacts.





The background of the slide is a vibrant underwater photograph of a coral reef. In the lower-left corner, a large, bright red starfish is prominent. The rest of the frame is filled with various types of coral, including branching and table corals, in shades of red, orange, yellow, and green. A semi-transparent grey rectangular box is centered over the middle of the image, containing the text "SEA" and "WATER ACTIVITIES" in white, bold, sans-serif capital letters.

# SEA

## WATER ACTIVITIES





6 WATER ACTIVITIES



# SEA

Formentera's best-kept secret lies beneath the sea in the *posidonia oceanica* (Neptune grass) meadows. They are responsible for the clean, transparent water and its wonderful colours, providing large quantities of oxygen and organic matter, as well as contributing to the biodiversity of plant and animal species.

Formentera is the island of choice for many visitors wanting to practise their favourite sport of diving, kayaking and sailing. First-time dive sessions and introductory courses for kayaking, sailing, windsurfing, Optimist and Laser dinghy sailing, wakeboarding, catamaran sailing and canoeing are all available at very affordable prices and add a taste of excitement to the traditional beach holiday. Hiring a boat (with or without a skipper) means you can get to amazingly beautiful and hard to access corners where you can snorkel to your heart's content.

There are options to suit all tastes and budgets. You can enjoy yourself safe in the knowledge that everything complies with the strictest European quality and safety standards.







# DIVING

Between Ibiza and Formentera lies the largest continuous meadow of *posidonia oceanica* (also known as Neptune grass) in the whole of the Mediterranean, covering an area of 700 square kilometres and declared a UNESCO natural heritage site in 1999. The biggest *posidonia* colony ever found grows on the northernmost side of the island; it stretches over 8 kilometres and is thought to be 100,000 years old.

The marine reserve of “*Es Freus d'Eivissa i Formentera*” is in charge of conservation in this extraordinary environment. This is also a popular diving area. On the active tourism map, recommended dive sites have been marked with the international diving flag.

Underwater, visibility is so good that you can clearly see all the intricate rock formations, caves and lush vegetation that makes the sea bed look like a garden, plus an enormous variety of marine life: octopus, barracuda, plaice, grouper fish, bream, red mullet, moray eels, conger eels, sole, gilt head bream, starfish, sponges and much more. And although they may be more difficult to spot, the seas here are also home to marine turtles and dolphins.

Many visitors make frequent trips to Formentera to practise their diving, and the Formentera Underwater Photography Week ([www.semanafotosubformentera.com](http://www.semanafotosubformentera.com)) is a major event that attracts at least a hundred fans of the sport every year.

Exploring the sea floor around the island is like exploring another island of immense size...









# KAYAKING

In geomorphological terms, the coast of Formentera is hugely varied, with impressive cliffs, rocky areas and sandy beaches. The many caves and cavities carved from the limestone are only fully visible from the sea, so this is really the only way of reaching some of the island's inaccessible and breathtakingly beautiful spots.

Sea kayaking is an adventure water sport and you don't need a great deal of experience to enjoy a short trip, combining physical exercise with some fun and entertainment. It is suitable for doing with the family or with friends, as both single and two-seater kayaks are available for hire.

In the contacts list (on page 27) you can find the schools that give introductory lessons and hire out equipment for unaccompanied trips. They have also designed a wide-ranging programme of tours that take in the most secluded caves on the nearest stretch of coast, although the most popular trip is always the one that includes watching the sunset. The active tourism map marks out the 6 most recommended and most beautiful kayaking routes, all of which can be done in half a day.

In 2010 and 2011, Formentera hosted the [World Sea Kayaking Championships](#), the sport's biggest event of the year. The Municipal Sailing School organised the competition, attracting many international kayakers, all of whom agreed that this is an ideal location for enjoying their sport.







# WINDSURFING AND SAILING

Formentera is a paradise for sailing and water sports enthusiasts. Its 66 kilometres of varied coastline and turquoise seas, sheer cliffs and white sandy beaches form an idyllic landscape for sailing. Plus, distances are short enough to enable you to sail from the northern to the southern tip of the island in just one day.

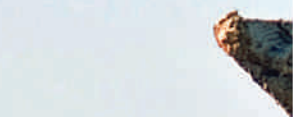
In the summer, winds are light to moderate, ranging from 5 to 15 knots and mainly easterly. In winter, winds are generally westerly and more given to extremes, from storms with winds of over 30 knots to completely calm conditions.

This is why Formentera in winter is the ideal place for both beginners and expert sailors, whereas summer is more suited to family cruising.

Conditions on the island are so perfect for practising and perfecting sailing and water sports that a number of sports professionals have set up their training camps here. In 2007, Formentera's Municipal Sailing School hosted the [World Windsurfing Championships](#) in its various categories, and every year since 2006 a local windsurfer has won a medal or place on the podium in the "Young" category at the World Championships.



ES P







# LAND

## LAND ACTIVITIES





Alex Morin

# 16 LAND ACTIVITIES



# LAND

For lovers of land-based leisure and sports activities, the island has the ideal size and geography for touring on foot or by bike in stages.

Forests of sinuous juniper trees, rural landscapes dotted with fig trees on the island's distinctive terraced plots, sand dunes where native plants flourish, salt lagoons and wetlands for bird watching, amazing cliff formations carved by the action of the wind and the sea and vast beaches of fine sand...

All these natural attractions, combined with Formentera's special geography, give it a set of unique features for practising active tourism, especially in **spring and autumn**, when the explosion of colour and light is breathtakingly beautiful.

On Formentera, to venture along unexplored paths is not to risk "getting lost" because it's safe to say that in a few kilometres you will reach the sea and finding your way will be easy, plus you'll have many chances of taking that once in a lifetime photograph or finding an idyllic spot just by the sea.









# HIKING

· **"Green circuits"**. Formentera has 32 well-signposted green circuits ("circuitos verdes"), 28 of which are suitable for following on foot or by bicycle. The paths cover a total distance of 110 kilometres and are of varying levels of difficulty, with different surfaces and distances, and ranging from 1.5 to 12.3 kilometres in length. They all give superb views of the island's countryside and of other interesting features, including crops and livestock pastures, windmills and wells, endless stretches of dry stone walls that still mark land and property boundaries, and so on.

· **"Nordic walking"**. You can tour the island on foot or by bicycle. For walking tours, the Tourist Office loans trekking poles free of charge for Nordic Walking, a sporting discipline that has its origins in Nordic countries and involves adopting a healthier and more ergonomic walking style.

· **"Audio guides"**. The audio guides are being introduced all over the island and are ideal for people wanting to broaden their knowledge of the area they are visiting. More often seen in museums and monuments for helping visitors interpret what they are seeing, the Formentera audio guides are loaned out free of charge to provide information on the island's cultural attractions, including churches, watchtowers, lighthouses and windmills. The audio guide system is a fantastic tool for planning your walks or cycle rides around the island and is a great way of bringing the countryside and landmarks to life.







Amparo Arias

# 20 RUNNING AND AMATEUR ATHLETICS



# RUNNING AND AMATEUR ATHLETICS

· **Volta a Formentera a Peu** This walking event has a longstanding tradition and is held twice a year. The spring event ("Volta de Primavera") is usually held on May Day (1 May), and the autumn event ("Volta de Tardor") coincides with Spanish national day on 12 October. [www.amicsdeformentera.cat](http://www.amicsdeformentera.cat)

## RUNNING AND AMATEUR ATHLETICS

Its geographical features make Formentera the perfect place for marathon and athletics training. Plus, in recent years the island has become known for a series of running and athletics events, with the most popular being the following:

· **"Media Maratón Popular"** This half-marathon event is held in May and crosses from one end of the island to the other, a total distance of 21 kilometres. A guest athlete is invited every year and the race attracts more than 1,000 runners from a variety of locations. [www.marato-formentera.com](http://www.marato-formentera.com)

· **"Carrera de la Constitución" John Tunks Memorial** This race is held on 6 December and is the oldest of its kind in the Balearic Islands.

· **"Formentera to Run"** This well-established multi-stage race attracts people from around the world. This long-distance event is held over one week and tours the island in 5 stages covering a total distance of 60 kilometres, leaving the afternoons free for other leisure activities. [www.formenteratorun.com](http://www.formenteratorun.com)







# PARQUE NATURAL DE SES SALINES

The Parque Natural de Ses Salines covers a large area of Formentera, including Es Trucadors peninsula with the beaches of Illetes and Llevant, the islands of Espalmador and Espardell, plus the smaller islets in the same area, Ses Salines, the Can Marroig area and Punta Prima headland.

Formentera also has the [Can Marroig](#) visitors' centre, which organises a series of activities showing visitors the Reserve's natural and cultural features, such as native plants and flowers, wildlife, cultural heritage, the legacy of the salt lagoons and much more.

Trips and guided tours can be arranged and there are also several self-guided itineraries.

More information on: [www.caib.es](http://www.caib.es)





jorge jiménez



# BIRD WATCHING

Formentera has a wealth of wetland plant and wildlife, especially in the area around Estany Pudent (a lagoon with fresh water springs) and the nearby salt lagoons.

In fact, the entire northern side of the island is a specially protected environmental reserve:

- Parque Natural de Ses Salines de Ibiza y Formentera since 2001
- European Union Natura 2000 network
- Wetland Site listed in the RAMSAR Convention on Wetlands
- Special Protection Area (SPA) for birdlife

Some of the birds you can see in the Reserve include: various species of duck, such as the common shelduck; herons; little egrets; grebes; stilts; several species of plover; flamingos and more than 200 kinds of migratory birds that may be visiting at various times of year. More information on: [www.formenterabirding.com](http://www.formenterabirding.com)









# CONTACTS

ACTIVE TOURISM AND NATURE





# DIVING

## Vellmari

Diving and snorkeling excursions, shop, professional underwater works, underwater filming and edition.

Area: Punta Prima, Punta Pedrera, Punta Gavina, Punta Rasa, la Mariana (plataforma), Es Vedrà.

La Savina

tlf. (+34) 971 32 21 05

formentera@vellmari.com

info@vellmari.com · [www.vellmari.com](http://www.vellmari.com)

## Orca Sub

Diving and snorkeling excursions.

Area: Punta Prima, Punta Pedrera, Punta Gavina, Punta Rasa, La Mariana, Migjorn (Insotel Hotel Group)

tlf. (+34)971 32 84 43 / (+34)639 60 18 39

ddorcasub@yahoo.it · [www.orcasub.com](http://www.orcasub.com)

## Blue adveture

Diving and snorkeling excursions.

Tlf: (+34) 971 321 168 – 636 817 419

[www.blue-adventure.com](http://www.blue-adventure.com) info@blue-adventure.com



# WATERSPORTS

## Formentera 4 Nómadas

Kayak lessons, rental and tours, Optimist, Windsurf, Laser, catamaran.

Boat rental.

La Savina.

Tlf: (+34)627 47 84 52 / (+34)670 03 01 67

[oficina@centronauticoformentera.com](mailto:oficina@centronauticoformentera.com)

[www.centronauticoformentera.com](http://www.centronauticoformentera.com)

## Centro O'Neil

Kayak lessons, rental and tours, Catamaran excursions, Windsurf. Regular catamaran excursions to Espalmador.

Playa Illetes

Tlf: (+34)609 71 17 74

[Jesussantamaria@hotmail.com](mailto:Jesussantamaria@hotmail.com)

## Wet 4 Fun

Sailing lessons, rental and excursions in catamaran, Windsurf, Canoeing.

Es Pujols.

Tlf: (+34)971 32 18 09 / (+34)609 76 60 84

[Office@wet4fun.com](mailto:Office@wet4fun.com)

[www.wet4fun.com](http://www.wet4fun.com)





## SAILING AND EXCURSIONS

### Nautica Pins

Service for boats. Renting of boats with certificate.

La Savina. Tlf: (+34)971 32 26 51

info@nauticapins.com · www.nauticapins.com

### Boat Salao

Nautical taxi service and renting boats with skipper.

La Savina. Tlf: (+34)609 84 71 16

### Fast Ferrari

Trips on demand in Turkish Coleta. La Savina

Tlf: (+34)699 43 80 85 / (+34)699 43 80 94

reservas@fastferrari.com · www.fastferrari.com

### La Savina Nautical Center:

Trips with skipper on demand, renting of semi-rigid inflatable boat with and without certificate. La Savina

Tlf: (+34)971 32 32 32 / (+34)639 942 490

Info@formenteracentronautico.com · www.formenteracentronautico.com

### S'Aigu Formentera.

Tel. +34 674 409 358. Puerto de La Savina, amarre 48

info@saiguformentera.com · www.saiguformentera.com

### Sa Barca de Formentera

Excursions with llaüt. Tel. (+34) 634 577 932.

www.sabarcadeformentera.com



# SAILING AND EXCURSIONS

## Isla Azul

Semi-rigid boats rental. La Savina

Tlf: (+34) 971 32 34 24 / (+34) 606 732 463 · forislaazul@hotmail.com

## Helix Rent a Boat

Excursions on demand and boat rental.

La Savina · Tlf: (+34) 971 32 23 73 / (+34) 638 118 780

contacto@helixrentaboat.com · www.helixrentaboat.com

## Barca Bahía

Regular excursions from La Savina and Illetes to Espalmador.

3 daily departs and returns. La Savina.

Contact: directly on the dock of the harbor

## Cruceros Formentera

Excursions on demand and regular excursions to Illetes and sunset.

La Savina.

Tlf: (+34)971 32 32 07 / (+34)609 983 369

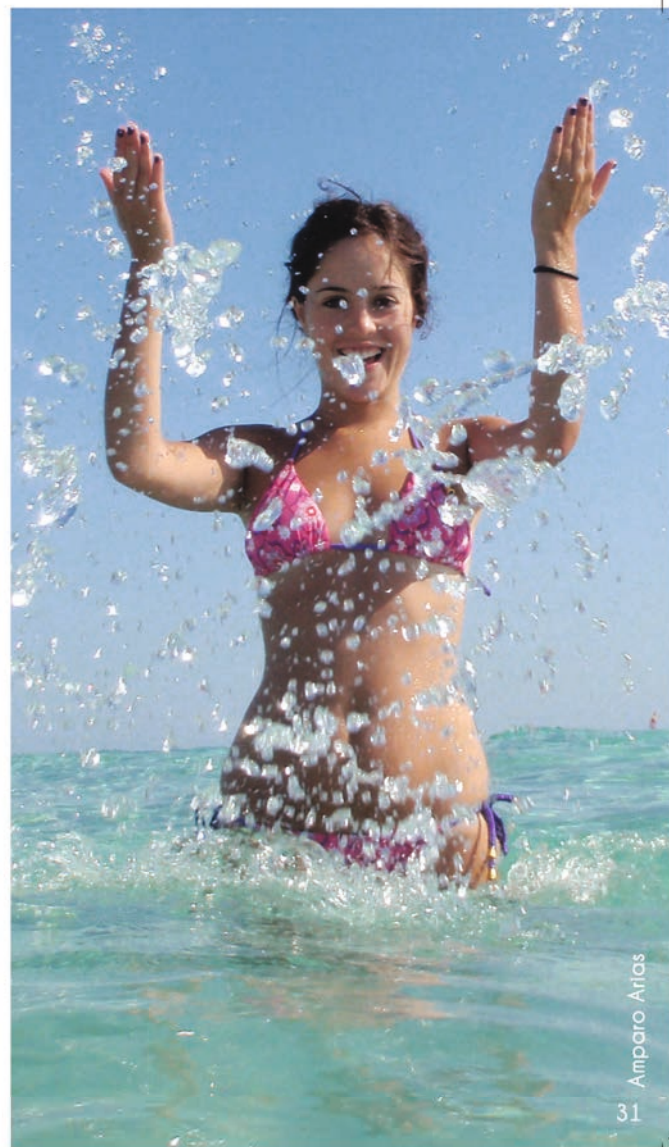
alberto@crucerosformentera.com · www.crucerosformentera.com

## Chárter y Excursiones Ruben

Chárters on demand and boat rental.

La Savina

Tlf: (+34) 677 33 69 32 · rubenar\_melo@hotmail.com ·





# MARINAS

## Formentera Mar

90 moorings, water and electricity, 24 h., baths and showers, slipway with 32 ton travel-lift., boat maintenance services, cafes, restaurants and tourist accommodations.

La Savina.

Tlf: (+34)971 32 32 35 / (+34)616 949 441

[info@formenteramar.com](mailto:info@formenteramar.com)

[www.formenteramar.com](http://www.formenteramar.com)

## Marina de Formentera

64 moorings, water and electricity, 24 h., Baths and showers, gas station (possibility of refueling from mooring) and suction service free sewage.

La Savina.

Tlf: (+34)971 32 23 46 / (+34)971 321 033

[info@marinadeformentera.com](mailto:info@marinadeformentera.com)

[reservas@marinadeformentera.com](mailto:reservas@marinadeformentera.com)

[www.marinadeformentera.com](http://www.marinadeformentera.com)



# OTHERS

## Es boxets

Horseback riding for adults and children.

Tel: (+34) 669 572 896

[vicent\\_juan@hotmail.com](mailto:vicent_juan@hotmail.com)

[www.rutasesboxets.com](http://www.rutasesboxets.com)

## Walking Formentera

Organizes from May to October hiking, trail running and Zen-walking.

Tel: (+34) 606 536 880

[www.walkingformentera.es](http://www.walkingformentera.es)

## Disfruta Formentera

Organizes walkings throughout the year.

Tel: (+34) 686 459 054

[disfrutaformentera@gmail.com](mailto:disfrutaformentera@gmail.com)





## OTHERS

### Grup Deportivo Espalmador

Cycling, triathlon, and running group that organises sports activities and events.

[geespalmador@gmail.com](mailto:geespalmador@gmail.com)

[www.grupesportiuesspalmador.org](http://www.grupesportiuesspalmador.org)

### Interpretation Center of "Can Marroig"

Develops activities to raise awareness of the natural and cultural values of the Ses Salines Natural Park (flora, fauna, salt, wealth, etc.).

Possibility to arrange free guided tours.

Tlf: (+34) 971 30 14 60 ext. 3 · [espaisdenatura@gmail.com](mailto:espaisdenatura@gmail.com)



# BIRDWATCHING

Birdwatching  
[www.formenterabirding.com](http://www.formenterabirding.com)

## SPORTS FACILITIES

### "Antoni Blanc" Sports Center

With the following activities: fitness room, activities room (toning, aerobics, step, abs, lifetraining, boxtube).

25x12.5 meter indoor swimming pool.

Information and reservations:  
+34.971.32.34.15 · [sports@formentera.es](mailto:sports@formentera.es)











Rider: David Cochon | Photo: Imael Ibáñez



Consell Insular  
de Formentera

[www.formentera.es](http://www.formentera.es)

