FORMENTERA
A CHILD-FRIENDLY ISLAND
FORMENTERA is the smallest inhabited island in the Balearic archipelago. It is the southernmost island and together with Ibiza it forms the Pitiúses archipelago. It is located at 38° north and 001°30’ east. It has a surface area of 83.2 km² and its resident population is approximately 12,000 people although in the tourist season this number increases significantly. Geographically, the island is flat and has two elevations surrounded by cliffs: Cap de Barbaria to the south and l’A Mola to the east, where the highest point on the island is located, so called Sa Talaiassa, with an altitude of 192 m above sea level. The rest of the island is notable for several salt water ponds: S’Estany des Peix and S’Estany Pudent, the latter frequently visited for bird watching, and Ses Salines bears witness to the old salt production of the island.

There are extensive areas of dunes and forests in which Mediterranean vegetation such as pines, aromatic plants and emblematic savins are the most predominant with their fanciful shapes adapted to the most precipitous landscapes.

The 69 km of coastline are highly diverse and vary between white sandy beaches, rocky beaches and cliffs with different heights where the erosion of the limestone forms caves and hollows, and rockfall creates an original landscape, especially when viewed from the sea. Currently, the majority of the residents make a living from tourism, but without abandoning their old customs and traditions.

Only the love of the Formentera people for their land, has made it possible for the dramatic changes of recent decades not to erode the identity of an island that deserves to be visited and conserved. One of the great things about Formentera is the local habit of including children in many seemingly adult activities.
Formentera is undoubtedly the top destination to visit and enjoy unforgettable holidays with your family and children.

The turquoise, tranquil and warm waters and the perfectly preserved environment make it a true paradise for the entire family.

Formentera offers different kind of lodgments such as: a typical island's construction located close to the Natural Park of Las Salinas, a rural cottage in the countryside, or accommodations in one of the different towns. All of these accommodations will never take more than 10 minutes by car from the furthest point of the island. This fact allows tourists to enjoy all kind of activities on land and sea.

Enjoy tranquil bike rides on the different tourist cycling paths, walks through the countless rural tracks and visits to the many destinations of cultural heritage throughout the island, all of which allow you to enjoy nature in its most pure, unspoilt form on land.

There is a wide range of aquatic activities on offer such as windsurfing, stand up paddle boarding, kayaking, scuba diving, or simply relaxing on the idyllic white sandy beaches and/or in the small coves with transparent water, making a stay here a unique experience.
The ideal climate of Formentera throughout the entire year allows each nook and cranny to be enjoyed and makes it possible to swim in the sea at any time of year. In spring the island is at its best for enjoying the magnificent light and incredible colours of its skies. Far from the seasonal mass tourism, a sunset or a simple glance at the sky and the sea become a unique spectacle in themselves and justify a visit to the island. The island is the perfect place for active tourism combining land sports and activities with aquatic sports.

We should always keep in mind our children's physical conditions when it comes to planning an excursion. The peerless beauty of its coastline, the absence of construction along the coast and the almost untouched state of its sand dunes differentiate Formentera from other Mediterranean destinations. Here we can enjoy idyllic beaches with all the services and safety we need.

On land, the 32 tourist cycling routes are highly varied. For children we recommend the 30 minute non-sloping routes so that they don't get too tired. Cycling and hiking allows you to enjoy the beautiful scenery with its watchtowers from the days of pirates which awaken the curiosity of the little ones. Along the track there are spots with a large variety of birds and vegetation, and sand dunes and scrubland which provide shelter to the native fauna, which ultimately allows for direct contact with nature. A particular landscape of savines with fanciful shapes and the peculiar shape of the fig trees stimulate the imaginations of children. And the grandeur of the lighthouses on the edges of the majestic cliffs and the old windmills will draw the attention of young minds. These routes are indicated on the Formentera tourist map which can be easily downloaded from the website: www.formentera.es and also available in the different tourist information offices of the island.
Rest on shiny white sand or swim in transparent water and see your shadow reflected on the seabed. It alternates between the beige of the sand banks, the dark green of the Posidonia meadows and the dark brown of the rocky formations inviting the visitor to go snorkelling. Formentera boasts a virtually tideless sea in large part due to the barrier of Posidonia Oceanica which surrounds it and which, as well as filtering the water and leaving it pure and crystalline, is a barrier against the power of the waves. A large variety of colourful fish approach the shore and swim very near us, and we can see them with the naked eye providing both adults and children with an endless amount of unique experiences.

There are different active tourism companies on the island offering activities and courses for children from age four such as: kayaking, windsurfing, horse riding and sailing.

Sailing can offer a unique experience here due to the pronounced relief of the cliffs and vertical walls. You will be able to share all of this with your children: while the little ones take courses in these sports, parents may accompany them and learn together, meaning this is the ideal holiday for both. The facilities of the Municipal Sailing School are in the Estany des Peix, one of the two lakes in Formentera, located near the port of Savina. With a small passage leading to the sea, it is the ideal place to take small children as its shallow and warm water offer the safety and tranquillity that we want for our children.
Formentera also has a Sports centre, open all year round, with an indoor heated pool, the length of which is 25 m, and a smaller pool where children carry out their first water activities. Here you can swim freely with your children, free of charge for children up to age four. Tennis courts, basketball courts, a skate park, a football field and multi-purpose courts which can be made available to the public to organise children's events or to rent for birthdays, etc. Furthermore, if it coincides with any of the patron Saint's festivals, such as the Fiestas del Carmen in La Savina or Sant Jaume in Sant Francesc Xavier (see the events calendar on www.formentera.es), the little ones will be able to enjoy the performance groups and shows, gymnastics, fancy dress and a long list of activities designed with them in mind.

Another possibility is to enjoy the options offered at El Casal de Jóvenes (The Youth Centre). This service runs different activities and has different spaces aimed at young people. The activities target those between 10 and 26 years of age, making use of different event rooms according to demand and the schedule established. Every month different activities are set up such as sing star and karaoke, horse riding excursions, documentary and film screenings, dances and workshops, etc.

Another option is to consult the different services offered by the Youth Information Centre of Formentera. All of its information can be consulted at www.consellinsulardeformentera.cat.

In the summer season, the different Sports Clubs offer various sports camps, basketball activities, tennis, synchronised swimming, etc., both for residents and tourists, which allow the little ones to enjoy their holidays while doing sports.
The **Summer Camps**, offer sports for kids and adolescents between the ages of five and 14 years old, from Monday to Friday from 9:00 h to 14:00 h. Early drop-off from 8:00 h and late pick-up at 15:00 h are also an option. The sports covered by the Summer Camps are athletics, swimming, tennis and football. Every Friday there are outings to do sports on the beach and even to visit the neighboring island of Ibiza.

During this season, the **arts and crafts markets** act as a meeting point on the island for families attending musical performances. You can find anything from jewellery to wooden toys which the little ones will thoroughly enjoy. On Saturdays in August and September at the Sant Ferran Market, there are children’s activities such as clown performances, story-telling, circus shows and workshops. The outdoor cinema is another attractive option for summer evenings.

**Horseback riding** is a way to enjoy the island and its natural surroundings. For horse lovers, parents and children can enjoy pleasant activities all year round through the various rural tracks on the island.

In mid-December there is an annual event called **Diverespati**, which involves a group of activities and games for boys and girls who can visit the sports area and enjoy the activities. There are bouncing castles, inflatable animals and different figures with climbing walls, nets and other obstacles that they have to complete. There are also themed workshops led by monitors who will help you to paint faces, makes sweets, etc.
Flora and fauna are within the reach of everyone at the Can Marroig Interpretation Centre, which offers a wide range of interactive information which will arouse the curiosity of children on hearing the different sounds of nature and touching different textures of animals and plants, etc. It is ideal for a picnic in the shade near the pine forest with its leisure area with swings, wooden tables and benches where, in the autumn and winter (15 October to 15 March), open air barbecues can be enjoyed for free.

Formentera shares its traditional gastronomic culture with Ibiza. Fish is the island’s main dish and it appears in many of their recipes, whether as built de peix (a stew made with potatoes), or as the protagonist in any of the rice dishes, or simply grilled. The Peix Sec (dried fish) salad, which is prepared via traditional methods by leaving the fish to dry in the sun, frit de palo (fried octopus), sofrit pagès (a local stew with meat), or calamaris a la brut (a local fresh squid dish), are examples of typical island dishes.

A new smartphone application so called Formentera Passport can be used to run a gymkhana through which we can visit different tourist attractions on the island of Formentera, stamping a virtual passport while taking funny family photos/selves in the most emblematic locations in Formentera. Likewise we can download the audio guides in seven languages for more information when we visit places of cultural heritage on Formentera at www.formentera.es.

In regard to accommodation more than 150 options can be found offering visitors a wide range of possibilities. You may choose between hotels, small hostels, guest houses, tourist houses and apartments, which are very suitable for families (more information at www.formentera.es). That is to say, Formentera island can match all your family needs it terms of magical experiences related to nature and stunning landscapes and of course related to sports activities. That make Formentera a child-friendly island.
CONTACTS

RELATED TO THE SEA • ACTIVE TOURISM AND NATURE • SPORTS CENTRES • CYCLING ROUTES AND GREEN CIRCUITS • FOR YOUNG PEOPLE
RELATED TO THE SEA

Scuba diving:
Vellmari: +34 971 32 12 05 · www.vellmari.com
Orcasub: +34 971 32 80 01 · www.orcasub.com
Blue adventure: +34 636 81 74 19 · www.blue-adventure.com

Water Sports:
Escuela Municipal de Vela (Sailing School) – Formentera 4
Nómadas: www.4nomadas.com
O’Neil Sailing Club: jesussantcmaria@hotmail.com
Wet 4 Fun: www.wet4fun.com

Sailing:
Náutica Pins: www.nauticapins.com
La Savina Sailing Club: www.formenteracentronautico.com

Excursions and Water taxi:
Barco Salac: (+34) 609847116
Taximar: (+34) 607188981 · 629158664
Fast Ferrari: www.fastferrari.com
Isla Azul: farislaazul@hotmail.com
Helix Rent a Boat: www.helixrentaboat.com
Barca Bahía: Contact at the Port harbour.
Cruceros Formentera: www.crucerosformentera.com
Charter y Excursiones Rubén: rubenar_mol@hotmail.com
Sa Barca de Formentera: www.sabarcadeformentera.com

Marinas and Anchorage:
Formentera Mar: www.formenteramar.com
Marina de Formentera: www.marinaformentera.com
ACTIVE TOURISM AND NATURE

Multiaventura M.A.T. Formentera: www.multiaventura.com
Horse Riding Club: www.rutaseseixos.com - vicent_juan@hotmail.com
Birdwatching: www.formenterabirding.com
Can Marroig Interpretation Centre: espaixdenatura@gmail.com

SPORTS CENTRES

Antoni Blanc Sports Centre: www.conSELLinsulardeformentera.cat
Indoor pool, indoor court (basketball, handball, volleyball),
one football field, three tennis courts, one skate-park, gym,
multiuse room, etc.

SPORTS ASSOCIATIONS

Espalmador Sports Group: www.grupesportiuessalmador.org
Covers of Formentera: www.colgadosdeformentera.blogspot.com
Amics de Formentera: www.amicde'ormentera.cat

SPORTS CLUBS ON THE ISLAND

Formentera Basketball Club: basketformentera@gmail.com
Formentera Sports Association: sdformentra@gmail.com
Swimming Club: sincroformentera@gmail.com
Synchronised Swimming Club: sincroformentera@gmail.com
Volleyball Club
Judo Club: josep@jformentera.cat
Formentera Racing Club: racingformentera@yahoo.es
Activities such as Capoeira, Pilates, Dance, etc., are activities carried out by private professionals, at the municipal sports facilities.

More contact information at:
polliesportiu@conseildesformentera.cat · 971 32 12 40

CYCLING ROUTES AND GREEN CIRCUITS

See island map: www.formentera.es

SPECIFIC GUIDES FOR...

Active tourism, Formentera on Horseback, Kayaking, Gastronomy, Beaches, Formentera Under the Sea, Get Married in Formentera, Culture and Heritage, Accommodations and rural houses, Tourist Manual:

www.formentera.es

FOR YOUNG PEOPLE

Youth Area of the Formentera Island Council: joventut@conseildesformentera.cat

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Youth Centre
Youth Information Centre
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