Bike routes and short walks

**Route 1: From Camí de sa Guia to Es Trucadors**
On foot: 50 min. | By bike: 15 min. | Easy
Distance: 3.4 km Altitude: 4m
Start from the salt marshes, passing through Sa Sèquia and follow the path to Sa Guia. Enjoy the landscape of junipers, typical sand dune vegetation and the aquamarine waters. If you feel like it, you can continue walking as far as Es Trucadors, the long strip of sand that joins the easterly and westerly parts of the island.

**Route 2: camí des Brols**
On foot: 70 min. | By bike: 25 min. | Easy
Distance: 4.5km Altitude: 23m
This route circumvents the big salt lake known as Estany Pudent. Discover Ses Salines and the path to Es Brols which borders most of the lake, a unique spot for walking, and for watching the flamingos, grey herons and mallards.

**Routes 8, 10 & 11 (final part): Cap de Barbaria**
On foot: 30 min. | By bike: 10 min. | Easy
Parking available at km point 6.5
This route goes to the lighthouse Faro de Es Cap and the Garroveret watch tower. The landscape looks almost like a desert, with a narrow road, the distant lighthouse in the centre, and the blue sea beyond it. When you arrive at the lighthouse, to the right you will find the entrance to a famous cave, with stunning views of the sea and the sunset.

**Route 25: camí de sa Pujada**
On foot: 80 min. | By bike: Not suitable | Difficult
Distance: 4km Altitude: 161m
Starting from Es Caló, take the old historic path that was formerly used to get to La Mola before the present road was built. As you climb you will be able to enjoy the best views of the island, of the Racó de Sa Pujada and the Pou des Verro.

[Formentera with the family]
**Water sports** (from 4 years)
- Centro Náutico Formentera: 627 47 84 52
  www.centronauticoformentera.com
- Municipal Sailing School: 971 32 12 40
  www.emaf.cat | C/Almadrava 10, La Savina
- Wet 4 Fun: 609 766 084 | www.wet4fun.com

**Horse riding** (from 10 years)
Es boixets: 669 572 896
www.rutasesboixets.com

**Hiking and day trips** (from 8 years)
- Walking Formentera: 606 53 68 80
  www.walkingformentera.es

**Scuba diving** (from 10 years) and **snorkelling** (from 4 years if children are able to swim and breathe through the tube)
- Vell Mari: 971 32 12 05 | formentera@vellmari.com
- Blue adventure: 971 32 11 68 | info@blueadventure.com
- Orcasub: 971 32 80 01 | info@orcasub.com
- Formentera Divers: 971 18 05 61
  info@formenteradivers.com

**Antoni Blanc sports centre and municipal swimming pool:**
Open to the public, all activities and facilities. Daily use, or you can buy a pass. Payment with card only. Children under 16 years must be accompanied by an adult. Telephone: 971 32 12 40 | Sant Francesc.

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**Best beaches to visit with children**

Cavall d’en Borràs, ses Illetes, Tanga (Natural Park)
Beaches with white sand and shallow turquoise waters. From mid-May to mid-September you need to pay a small fee to enter the park with a car or a motorbike. Pedestrians, bicycles and electric vehicles can enter free of charge.

Cala Saona. A natural bay surrounded by low cliffs and jetties in good condition. The contrast of the red rocks and the aquamarine blue of the sea is amazing.

Estany des peix. A small lake that opens out to the sea through a small canal with little beaches and shallow waters, with hardly any waves, and the water temperature is slightly higher than the sea. Ideal for small children and babies during the hours when it is not too sunny, and with appropriate sun protection.

Ses Canyes (es Pujols). With its fine sand and turquoise waters, it is a beautiful shell-shaped beach between the Rocabella and Sa Roqueta Hotels, with little sections of rocks, clear blue waters and easy access from the walkway.

Es Arenals (Migjorn). One of the most popular tourist beaches, renowned for its beauty and easy access. Two colours characterise this beach: the turquoise blue of its crystalline waters, and the white sand from which it takes its name.

Ses platgetes (es Caló). It is close to the fishing village of Es Caló de Sant Agustí. With easy access, fine sand, and transparent tranquil waters, provided that the north wind is not blowing.

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**Playgrounds with swings and amusements**
- Es Pujols: Behind the Tourist Office
- La Savina: Plaza de Ses Illes Pitiüses
- Sant Francesc: Av. Portossaler, by the library
- Sant Francesc: in front of the school
- Ses Bardetes (Sant Francesc): Carrer Cala Saona

**Lighthouse of La Mola**
Cultural and educational visitor centre. Open from Tuesday to Sunday (from 11 am to 2 pm) and Wednesdays and Sundays from 5 pm to 9 pm. Closed on Mondays. Entry €4.5 and concessions €2.5. Children free.

**Restaurants with swimming pool** *
- Barbarroja (Migjorn) 971 32 90 77
- Café del Lago (la Savina) 971 32 31 87
- Es Pins (Migjorn) 971 32 82 91
- Florit (Estany des Peix) 971 32 12 61
- Las Dunas Playa (Migjorn) 689 038 677
  - Me gusta (es Pujols) 971 32 82 35
  - Ses EUfabeties (Migjorn) 971 32 25 95

* Restaurant customers can use the swimming pool.

**Family hotels**
Hotels with children’s clubs and entertainment activities:
- Insotel Club Maryland
- Insotel Formentera Platja
- Riu La Mola
- Gecko Hotel & Beach Club

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**Visitor center Can Marroig**
Open Tuesday to Saturday from 9.30 am to 3 pm
There is a picnic area in the shade of the pine trees and the junipers. At Can Marroig you can discover and learn about the flora and fauna of the island. Entry is free. Telephone: 971 30 14 60 ext.3

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**Programme of activities for children**
(concerts, cinema, exhibitions)
www.agendaformentera.cat

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Specially adapted beaches for persons with reduced mobility: Es Pujols and Es Arenals. Please check the state of the beaches at www.platgesdebalears.com