



formentera

ACTIVE TOURISM  
FORMENTERA



## ACTIVE TOURISM IN FORMENTERA

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# 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 you can find a catalogue of all the activities available on Formentera and how to get in touch with the recommended contacts.



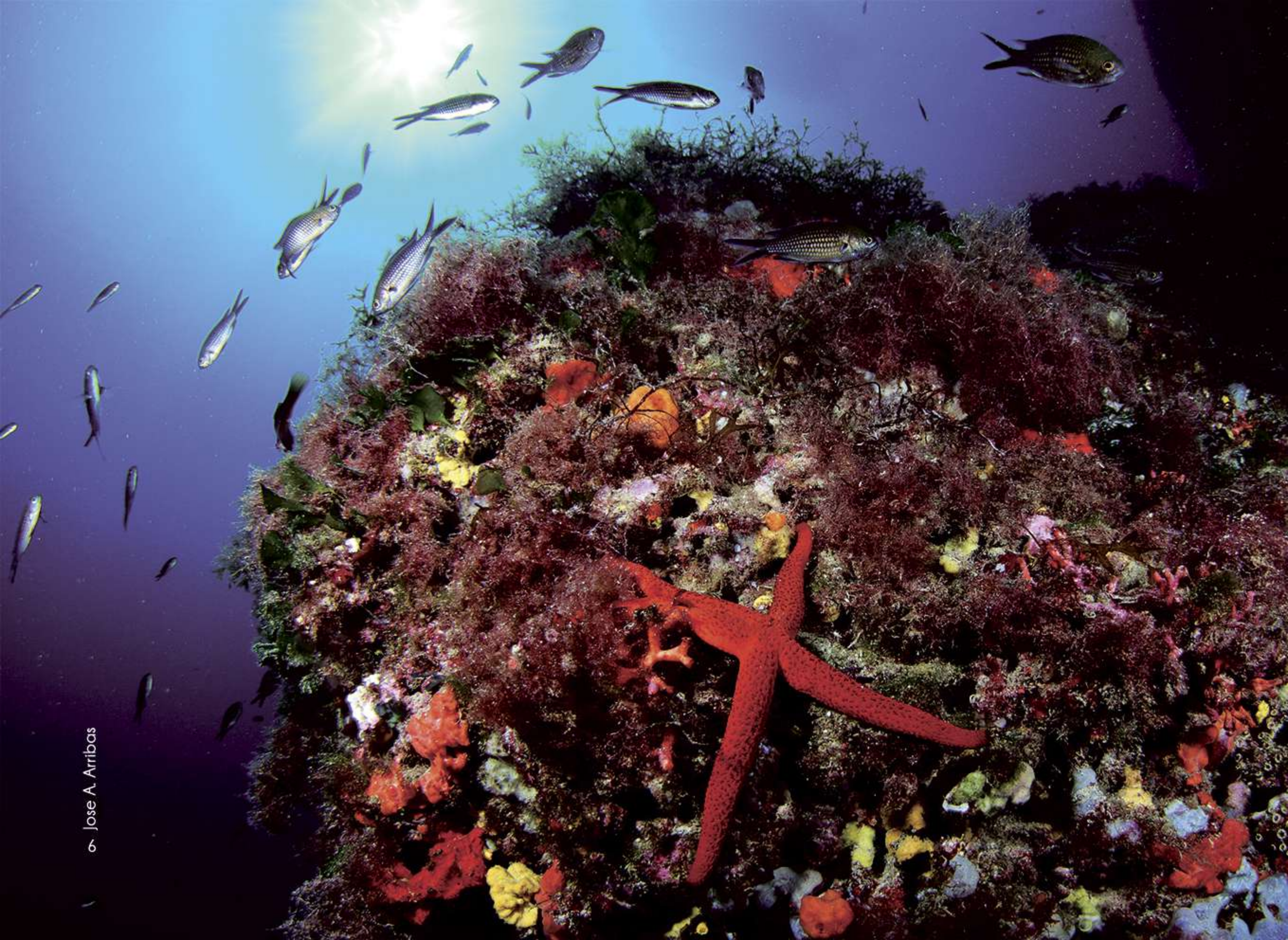
# SEA

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.

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.

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 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.





# 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.





# 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 AND MBT

**GREEN ROUTES:** Formentera has 32 multipurpose routes that can be explored on foot, by Nordic Walking or by bicycle. These 32 green routes (inaugurated in 2015) are a network of more than 100 kilometres of paths, most of them accessible by bicycle.

**BY BIKE:** Formentera's natural environment is ideal for outdoor sports and what better way to enjoy it than by bike, the island's favourite means of transport. Cycling here is very safe thanks to the special cycle routes and lanes. Added to the fact that the island is practically flat, Formentera could be said to be the ideal place for cyclists of all levels. La Mola is the only feature of any altitude that will force you to change gear, but it will be worth it when you get to the top and see the views.

Formentera is also a good meeting point for those who want to participate in sporting events especially organised for mountain bikers. Three races are held on the island in October: the Vuelta Cicloturista a Formentera en BTT (a race for cyclists of any level with no desire to compete, with 1,000 metres of ascent and 3 stages), the BTT La Mola (for cyclists who prefer to compete, with start and finish at Pilar de la Mola) and the Triatlón Illa de Formentera, with 3 modalities (Olympic, sprint and relay team).

**NORDIC WALKING:** Nordic Walking is one of the most highly recommended sports nowadays due to its simplicity and effectiveness. During the off-season period, the necessary equipment for Nordic walking (walking sticks) is available at the tourist information office in Sant Francesc for visitors who request it.





# THE IDEAL PLACE FOR RUNNERS

Running, jogging or simply going for a walk is a healthy, simple and inexpensive activity. It is in fashion -if it has ever stopped being so-, has more and more adepts and provides countless benefits. In addition, several annual races have been organised on Formentera to compete, participate or simply run in other people's company.

**FART (Formentera All Round Trail).** A 72.5-kilometre race that runs along the coast of the island. The 39.5-kilometre Half Round Formentera Trail and the 21-kilometre Tros de Fart are held at the same time. At the beginning of March. [www.trailformentera.com](http://www.trailformentera.com)

**"De Far a Far",** a people's race between the island's two lighthouses. [www.elitechip.net](http://www.elitechip.net)

The **Illa de Formentera People's Half Marathon** runs from one end of the island to the other, covering 21 kms. It takes place at the beginning of May and attracts hundreds of participants from many different backgrounds. [www.marato-formentera.com](http://www.marato-formentera.com)

**"Formentera to Run"** combines holidays and competition. It is a long-distance race that takes place over a week at the beginning of June. [www.formenteratorun.com](http://www.formenteratorun.com)

**Formentera Urban Mile + 5K.** Held in early July in Es Pujols. [www.elitechip.net](http://www.elitechip.net)

**Island of Formentera Triathlon.** Held in es Pujols at the beginning of October. [www.triatlonformentera.com](http://www.triatlonformentera.com)





# LAND

## **BIRDWATCHING**

For nature lovers, Formentera is an island that never fails to surprise. Its strategic location, between Europe and Africa, right in the middle of one of the world's main migratory routes, makes the island an important point for European birdlife. The island's ecosystems also stand out for their uniqueness. The island is small enough to be traversed from end to end in a single day. However, in order to discover and enjoy the charm of its natural areas, it is necessary to spend at least a full week. The attractions to be found on the island vary from season to season. Spring, which is a period of very intense activity here, is one of the best times of the year to get to know the island; as are the autumn months, which are also very good for bird-watching, migratory passages greatly increasing the number of species.

## **SES SALINES NATURAL PARK**

The Ses Salines d'Eivissa i Formentera Natural Park is located between the two islands of Ibiza and Formentera, comprising the southern area of the Ibiza, the north of Formentera and the sea that separates them. The park covers 2,838.44 hectares of land and more than 13,000 hectares of sea, equivalent to 75% of the park's area. The natural park is an example of the richness of Mediterranean biodiversity. Its uniqueness lies in its being a stopover and nesting area for migrating birds. As a natural area of special interest, it encompasses a variety of terrestrial and marine habitats with outstanding ecological, landscape, historical and cultural values at an international level.





## ACTIVE TOURISM AND NATURE CONTACTS

### DIVING

#### **FORMENTERA DIVERS**

Formentera instructors with long experience on the island, together to work on a new facility designed exclusively for scuba diving.

Tel 34 971 18 05 61 - [www.formenteradivers.com](http://www.formenteradivers.com)

#### **VELLMARÍ.**

Diving, snorkeling trips, store, professional underwater work and underwater filming & editing.

Tel 34 971 32 21 05 - [www.vellmari.com](http://www.vellmari.com)

#### **ORCA SUB.**

Diving and snorkeling trips.

Tel 639 601 839 - [www.orcasub.com](http://www.orcasub.com)

# ACTIVE TOURISM AND NATURE CONTACTS

## WATER SPORTS

### **CENTRO NÁUTICO FORMENTERA**

Courses, rentals and tours of Kayak,  
Optimist, Windsurf, Láser, Catamarán. La Savina  
Tlf: (+34) 611 494 530  
[oficina@centronauticoformentera.com](mailto:oficina@centronauticoformentera.com)

### **WET 4 FUN**

Courses, rentals and tours of Sailing, Canoeing,  
Stand up Paddle. Es Pujols.  
Tlf: (+34) 609 76 60 84  
[office@wet4fun.com](mailto:office@wet4fun.com)  
[www.wet4fun.com](http://www.wet4fun.com)





## NAUTICA AND NAUTICAL EXCURSIONS

**NÁUTICA PINS.** Service for boats (shop, repairs and maintenance). Renting of boats with certificate.

Tlf: (+34)971 32 26 51

**BARCO SALAO.** Nautical taxi service and renting boats with skipper. Tlf: (+34) 609 84 71 16

**FORMENTERA A VELA.** Sailing yacht charter and sailing school.

Tlf: (+34) 687 292 959 / 692 686 578

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

### **ISLA AZUL FORMENTERA**

Boat rental Tlf: (+34) 611 494 530

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

**SA BARCA.** Excursions in traditional *llaüt*. Boat rental with or without skipper. Tlf: (+34) 634 577 932

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

### **CRUCEROS FORMENTERA.**

Trips with skipper on demand. Regular trips to Illetes Beach and sunset excursion. La Savina.

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

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





## MARINES & ANCHOR

The port of La Savina has two marinas, one located in the west dock and the other in the east dock.

Anchor instructions and buoys reserve:  
[www.portsib.es](http://www.portsib.es)

## OTHERS

### ES BOIXETS

Horseback riding for adults and children

(+34) 669 572 896

vicent\_juan@hotmail.com

www.rutasesboixets.com

### CLUB HÍPIC CAN SAVINES

Riding lessons

(+34) 625988372

hipicaformentera@hotmail.com

### DISFRUTA FORMENTERA

Trekking. Excursions all year.

Tel: (+34) 686 459 054

disfrutaformentera@gmail.com





## OTHERS

### CENTRO DE INTERPRETACIÓN DE CAN MARROIG

Interpretation Center: developes activities in order to raise natural and cultural values of "Natural Park of Ses Salines (flora, fauna, the salts, heritage, etc).

Tlf: (+34) 971 30 14 60 ext. 3

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

## SPORTS FACILITIES

**POLIESPORTIU ANTONI BLANC** with the following activities: gym, guided activities (toning, aerobics, pilates, abs, machine room, boxtube and GAC) and 25 x 12.5 indoor pool with changing rooms.

Information and reservations:

(+34) 971 32 34 15

[poliesportiu@conselldeformentera.cat](mailto:poliesportiu@conselldeformentera.cat)

**1 soccer field and futsal, both with changing rooms**

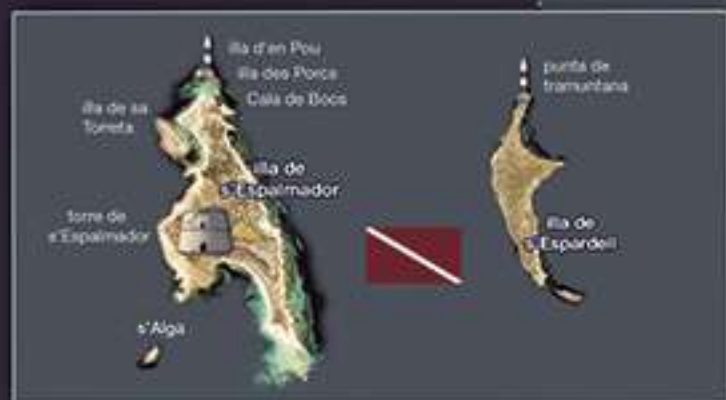
## TENNIS AND PADDLE

**Club de Tennis Illa de Formentera**

Avinguda Porto Sale s / n. (+34) 971323628

Sant Francesc. 3 pistes de tenis.





A Formentera trobem les praderies de posidonia més importants de la Mediterrània, declarades Patrimoni de la Humanitat per la UNESCO (1999).  
 En Formentera se troben les praderies de posidonia més importants del Mediterrani, declarades Patrimoni de la Humanitat per la UNESCO (1999).  
 In Formentera we find the biggest Posidonia meadows in the Mediterranean, declared World Heritage by UNESCO (1999).

Parc Natural de Ses Salines  
 Parque Natural de Ses Salinas  
 Ses Salines Natural Park



## Rutes verdes

rutras verdes / green routes



excepte veïns / excepto vecinos / except residents

1. LA SAVINA - SES ILLETES
2. LA SAVINA - SANT FRANCISCO - ES PUJOLS
3. LA SAVINA - PORTO-SALÉ - CALA SAONA
4. SANT FRANCISCO - CAN MARROIG
5. CAN MARROIG - PUNTA DE LA GAVINA
6. SANT FRANCISCO - PORTO-SALÉ
7. SANT FRANCISCO - SES BARDETES - CALA SAONA
8. SANT FRANCISCO - SES BARDETES - FAR DE BARBARIA
9. ES CAP - PUNTA RASA
10. SANT FRANCISCO - SES BARDETES - FAR DE BARBARIA
11. ES MAL PAS - FAR DE BARBARIA
12. ES CAP - TORRENT DE S'ALGA
13. SANT FRANCISCO - ES MAL PAS
14. ES PUJOLS - ES MAL PAS
15. SANT FRANCISCO - ES CALÓ - LA MOLA
16. SANT FRANCISCO - SANT FERRAN
17. SANT FERRAN - ES PUJOLS - ESTANY PUJOLS
18. SANT FERRAN - ES PUJOLS - PUNTA PRIMA
19. ES PUJOLS - SA ROQUETA - SES ILLETES
20. ES PUJOLS - ES CA MARI
21. SANT FERRAN - CALA EN BASTER - PLATJA DE MJOJORN
22. SANT FERRAN - ES CA MARI
23. ES CAPNATGE - ES ARENALS
24. ES CALÓ - MARYLAND
25. ES CALÓ - EL PILAR DE LA MOLA
26. RACÓ DE SA PUJADA - ES RAM
27. EL PILAR DE LA MOLA - ES RAM
28. EL PILAR DE LA MOLA - PUNTA ROJA
29. EL PILAR DE LA MOLA - FAR DE LA MOLA
30. EL PILAR DE LA MOLA - ES MONESTIR
31. EL PILAR DE LA MOLA - SA CALA
32. PLA DE LA MOLA

	Informació turística Información turística Tourist information office
	Platja Playa Beach
	Vista panoràmica Vista Panoràmica Panoramic view
	Església Iglesia Church
	Molins Molino Mill
	Torre de defensa Torre de defensa Defence tower
	Escala Embarcadero Quay
	Altament d'aus Observación de aves Birdwatching site
	Explosió vinícola Explosión vinícola Winegrowing
	Far Faro Lighthouse
	Hospital Hospital Hospital
	Gasolinera Gasolinera Petrol station
	Lloc d'interès arqueològic Lugar de interés arqueológico Archaeological place of interest
	Museu Museo Museum
	Punts d'immersió Puntos de inmersión Dive spot (diver sites)



www.formentera.es



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