

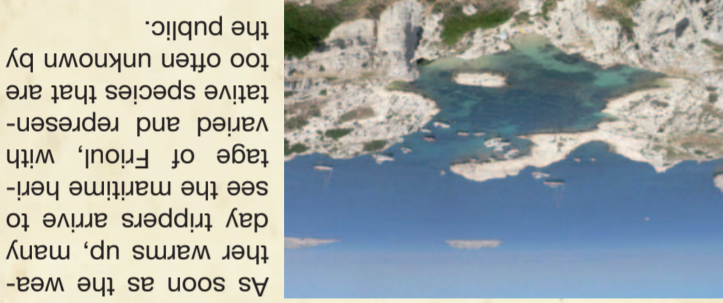


Next are the coralligenous outcrops, like underwater cathedrals with shimmering colours where sponges and rocks have been colonised by a multitude of algae, sponges and fish, such as European Seabass, Gilt-head bream and White seabream.

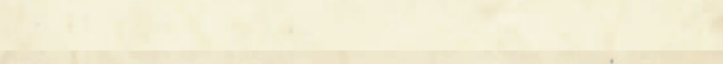
Neptune Grass (Posedonia Oceanica) grows further below the surface and represents an essential ecosystem, a crucial element in the Mediterranean marine equilibrium. These underwater meadows form dark shapes that can be seen from the surface.



Where the land and the sea meet, in the areas that are beaten by the waves, pathways of Lithophyllum can be seen: these red algaes accumulate on chalky concretions, forming raised walkways.



As soon as the weather warms up, many day trippers arrive to see the maritime heritage of Frioul, with varied and representative species that are too often unknown by the public.



Underwater riches

Created on 18th April 2012, the Parc National des Calanques is the 10th French National Park and the first in Europe to include the land, the sea and urban peri-urban areas. Its main mission is to reconcile the preservation of natural heritage with human activity; to welcome, inform and sensitise the public; to fight against pollution on land and at sea.

Along with the Conservatoire d'Espaces Naturels (Local NGO for the Protection of the Environment) and the Parc National des Calanques, the city of Marseille is responsible for the daily upkeep of the 152 hectares on land and the 800 hectares at sea.

Throughout the year, various people work to safeguard this place, where current regulations allow the wilderness to be preserved by encouraging residents and visitors to behave in a respectful way towards the environment.

The natural terrestrial areas on Frioul belong to the city of Marseille. They will be transferred to the Conservatoire du Littoral (The national Agency about Coastal Protection) during 2013.

Regulations

To help us preserve the natural wealth of the site, please stay on signposted paths and follow these regulations.

- To conserve the vegetation, which includes many protected species, it is forbidden to light fires and BBQs or pick plants.
- In order to avoid disturbing the wildlife, camps and bivouacs is forbidden. Dogs must be kept on leads.
- So as not to spoil the quality of the landscape, please take your rubbish home.
- To preserve the character of the natural environment and so as not to disturb the wildlife, loud noise and sudden bright lights are also forbidden.
- The use of motorised vehicles and bicycles is controlled.

(Byelaw n° 03/118/SG, 28th May 2003. Ministerial Decree on the creation of the Parc National des Calanques n°2012-507, 18th April 2012).



disturbance among the rest of the bird population, etc.

Yet, the most widespread species remains the Yellow-legged Gull (locally called Gabian), with over 8,000 couples recorded. This overabundance has led to real problems for the island ecosystem: a change in vegetation, a Mediterranean, is considered a vulnerable species worldwide.

There are also European Leaf-Toed Geckos. This small, nocturnal reptile, endemic to the Western Mediterranean, is considered a vulnerable species.

The cliffs are home to Blue Rock Thrushes, Peregrine Falcons, Kestrels, a population of Little Owls, colonies of Pallid and Alpine Swifts, as well as (Mediterranean) European Shags.

One of the major attractions of Frioul is the presence of remarkable birds, most of which can only be seen on the Mediterranean islands. Cory's Shearwaters, Mediterranean Storm Petrels, a wide variety of birds that spend most of their lives at sea, find refuge on these islands to breed.

Unexpected and fragile fauna

The Frioul Archipelago

Made up of the islands of Ratonneau, Pomègues, If and Tiboulon, the Frioul Archipelago is located at the heart of the Parc National des Calanques, just a stone's throw from Marseille's Vieux-Port.

Swept by the winds and sea spray and shaped by erosion, the chalky white landscape has no desert-like qualities. Exceptional flora and fauna have developed here, adapting to the difficult climatic conditions.

The wealth of this natural heritage can also be found under the sea, which is home to an abundance of life forms, varying according to the depth, currents and winds.

The Frioul Archipelago is testimony to Marseille's history and that of its inhabitants, its pathways revealing clues to a rich past.

Take the time to explore the natural and historical heritage, the remarkable landscapes, to appreciate this restful place and to admire the riches that surround you, by adopting respectful behaviour towards the environment. This exceptional site deserves our attention and our respect. Together we can protect it, let's not leave behind any evidence that we where there.



Almost 350 species of vegetation have been recorded on the archipelago, 14 of which are rare or protected, such as the Marseille Milk vetch, the sea daffodil, Plantago subulata and Pallenis maritima.

Trees such as Aleppo pines and Olive trees can be found but are uncommon, and they are shaped by the wind and sprindrifts.



The low-lying vegetation is halophile (salt-loving) or at least salt-tolerant and can be found among the scree and bare rocks along with other vegetation typical of Mediterranean garrigue (mastic rosemary).

This microclimate has encouraged the development of unique flower species adapted to these very particular weather conditions.

Surprisingly diverse flora

Practical Information

Links by sea from the Vieux-Port: Frioul If Express: 04 91 46 54 65 (<http://frioul-if-express.com>)
 Village: Businesses: bars, restaurants, souvenir shop, marine supplies, grocery store... No accommodation.

Associations:
 Centre Léo Lagrange: 04 91 59 01 73
 Comité d'Intérêt de Quartier: 06 62 35 19 36
 Association Frioul Un Nouveau Regard: 04 91 59 00 15
 Association des Plaisanciers du Frioul: 06 64 25 21 71
 Association des Amis de Robert Penchaud: 06 62 61 36 52
 Frioul Harbour Master's Office: 04 91 59 01 82
 Château d'If (If Castle): 04 91 59 02 30
 Emergency number: 112

Contacts

Conservatoire d'espaces naturels de Provence Alpes Côte d'Azur (CEN PACA)
 Sémaphore de Pomègues - Le Frioul - 13001 Marseille
 Tél.: 04 91 59 09 12
 Courriel: frioul@cen-paca.org
 Site Internet: www.ilesdemarseille.fr ou www.cen-paca.org

National Park (Parc National des Calanques)
 Bât A4 - Parc Valad - Impasse Paradou - 13009 Marseille
 Tél.: 04 20 10 50 00
 Courriel: contact@calanques-parcnational.fr
 Site Internet: www.calanques-parcnational.fr

City of Marseille - Sea and Coastline Service
 Department for Environment and Urban Space
 Commission for Sustainability and Expansion
 Tél.: 04 91 55 25 29 ou Allô Mairie 0810 813 813
 Courriel: service-mer-et-littoral@mairie-marseille.fr
 Site Internet: www.marseille.fr

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The Hospital CAROLINE. Built in 1821-1828 during a yellow fever epidemic, this former lazaretto is part of an important patrimonial restoration project led by the city of Marseille.

On 18th April 2012, the natural part of the Frioul Archipelago integrated in the Parc National des Calanques. Today, Frioul has around 100 permanent inhabitants and welcomes around 400,000 visitors each year.

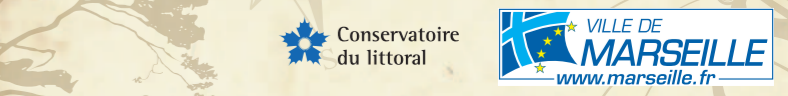
In 1970, the city of Marseille bought a large part of the islands from the Ministry of Defence in order to build a village and marina.

A little history



Frioul Archipelago

a preserved natural site in the heart of the Parc National des Calanques





Marseille Milk vetch



Red coral



Silver Ragwort



Cory's Shearwater



Little Owl



Coastal Ragwort



Long-nouted Seahorse



European Leaf-Toed Gecko



Blue Rock Thrush

Frioul's nature is fragile. To protect the vegetation and keep the peace for nesting birds, please do not smoke, stay on the signposted paths and follow the current regulations.
 (Byelaw n° 03-118-SG, 28th May 2003.
 Ministerial Decree on the creation of the Parc National des Calanques n° 2012-507, 18th April 2012.)



Ratonneau island

Surface area: 93.9ha
 Length: 2.7km
 Highest point: Fort de Ratonneau (75m)
 Points of interest: Village and marina
 Hôpital Caroline (1822 - 1828)
 St-Estève beach
 Journey time: Port du Frioul - Site Caroline: 30 min
 Port Frioul - Fort de Brégantin: 30 min



Historic Buildings

- 1 Château d'If
- 2 Batterie de Croix
- 3 Bird Observation Point
- 4 Pavillon Hoche
- 5 Fort de Ratonneau
- 6 Chapelle de Port Frioul
- 7 Fort de Brigantin
- 8 Fort de Pomègues
- 9 Tour de Poméguet
- 10 Sémaphore
- 11 Batterie de Cavaux

Activities and services

- 12 Refreshment area, emergency station and underwater trail
- 13 Léo Lagrange Centre
- 14 Naval Fire Service
- 15 Villages, businesses
- 16 Harbour Master
- 17 Aquaculture Farm

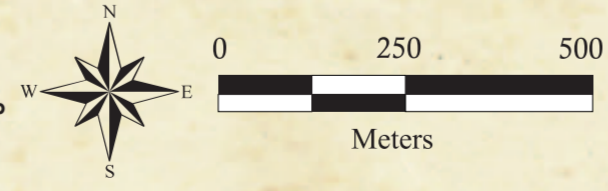
Natural Heritage

- 18 Conservatory Garden
- 19 Bird Observation Point
- 20 Educational trail

- Trail authorised for bicycles
- Signposted trails and paths
- Village
- Historic Buildings

Parc National des Calanques

- Built-up area with place to subscribe to Parc National des Calanques membership
- Natural spaces in the heart of the Parc National des Calanques



- Area reserved only for the bathing
- Restricted zone in the power-driven machines
- Underwater path (summer only)

If Island

Surface area: 3.1ha
 Points of interest: Château d'If (If Castle) (1529-1533)

Pomègues island

Surface area: 88.8ha
 Length: 2.5km
 Highest point: Fort de Pomègues (86m)
 Points of interest: Quarantine port (17th century)
 Aquaculture Farm
 Journey time: Port Frioul - Batterie de Cavaux: 45 min



Dwarf Everlast



Sea daffodil



Peregrine Falcon



Yellow-Legged Gull



Black Redstart



Dusky Grouper



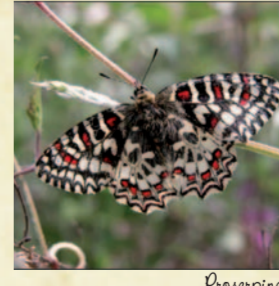
Mediterranean Beach Daisy



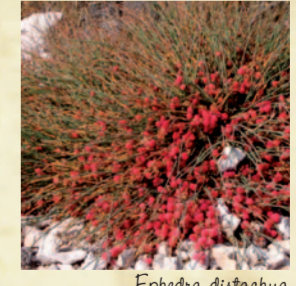
Fan Mussel



Clustered Sponge



Proserpine



Ephedra distachya



Pollenia Martiana

Frioul Archipelago and its inhabitants welcome you to this unique place.
 Take the time to explore and share these special moments.

