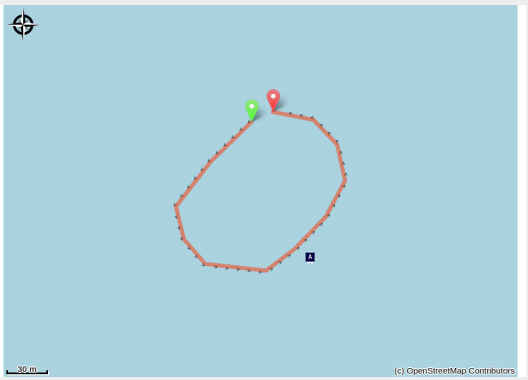
The Rock of Lioze

Côte Vermeille

Blennie (Aquatile plongée)



Riches and diversity

Observe the geology of the site, diving or snorkeling

Useful information

Practice : Scuba diving

Duration : 1 h

Length : 0.4 km

Difficulty : Easy

Type : Boucle

Themes : Fauna, Flora, Géologie

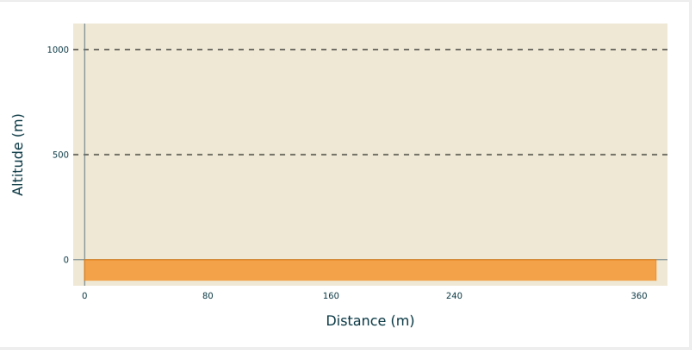
Trek

Departure : Port d'Argelès-sur-Mer, de Collioure, de Port-Vendres, Banyuls-sur-Mer and Cerbère

Arrival : Port d'Argelès-sur-Mer, de Collioure, de Port-Vendres, Banyuls-sur-Mer and Cerbère

Cities : 1. PORT-VENDRES

Altimetric profile



Min elevation 0 m Max elevation 0 m

La Lioze, also called « Sec Valenti » by some divers, is a diving and snorkeling site . This beautiful site allows dives between 3 and 20 meters deep in a set of rocky slopes, halfway between the peak of Cape Béar and the beach of the cove of Paulilles. It’s sheltered from the Tramontane, even when it is very strong, however it is very exposed in case of sea wind.

The exploration of this site makes it possible to observe several faults and ridges, mainly oriented southeast and rapidly descending at depths ranging from 12 to 20 meters on coralligenous sea beds.The area near the small rocky islet is a set of small rocky plateaus interspersed with sea rifts that are not so deep, about 3 to 10 meters. This area is ideal for beginners, and also for first time divers and even for baptisms. Conditions are perfect for enjoying this place.

This plentiful with coral and also by the species of rock fish such as yellow gibies with black head, blenny, castagnoles, wrting or crenilabres of all kinds. The rocky ridges are dominates by very large schools of saupes and black-headed sar but sometimes also small schools of Mediterranean barracudas. The faults of the collarigenic bottoms are ideal for observing many rock lobsters and bones. More and more often morays eels of good size and several groupers, still relatively fearful, are also observed, especially in the shallows.

The size of this site requires several different dives to appreciate the richness and diversity. Accessible to different levels and different activities, you are sure to find something of interest to bring enjoyment as you explore this site !

On your path...

The saupe (A)

All useful information

⚠ Advices

Play it safe and go with a professional scuba diving instructor from all the Port of Vermeille coast.

Argelès-sur-Mer:
Argelès Plongée: 06 78 48 76 30 / 06 83 89 96 90 - Résidence Santa Maria Rue des Matelots
Aquatile Plongée: 06 16 51 31 06 - Résidence Atalaya 2 Place Magellan
Archipel Plongée: 04 68 95 71 03 - 8 Résidence les Villégiales
Collioure:
CIP Collioure: 04 68 82 07 16 - 24 Rue Ravin du Coma Xeric
Port-Vendres:
Paradis des bulles: 06 70 55 69 18 - Quai Fanal
Tech of Plongée: 06 58 55 41 04 -2 Quai Fanal
CAP Port-Vendres: 04 34 12 09 27 - 4 rue Jules Ferry
Scuba Passion: 06 07 56 03 73 - Plage des Tamarins Route de la Jetée
Banyuls-sur-Mer:
Rédéris Plongée: 04 68 88 31 66 - Quai A Port Parking Méditerranée
Banyuls Plongée: 06 81 84 48 45
AquaBlue Plongée: 04 68 88 17 35 - 5 Quai Georges Petit
Plongée Bleue: 06 78 16 64 51 - 10 quai Georges Petit
Cerbère:
Aloès Plongée: 06 33 33 18 44 - Résidence les Aloes Cap Peyrefite
Plongée Cap Cerbère: 04 68 88 41 00 - Route d'Espagne

Environmental sensitive areas

Along your trek, you will go through sensitive areas related to the presence of a specific species or environment. In these areas, an appropriate behaviour allows to contribute to their preservation. For detailed information, specific forms are accessible for each area.

Zone Natura 2000 Directive Habitat

Sensitivity period:

Zone Natura 2000 Directive Oiseaux

Zone Natura 2000 Directive Oiseaux

Sensitivity period:

Zone Natura 2000 Directive oiseaux

On your path...

The saupe (A)

The saupe is a species of fish from the sparidae family. She is recognizable by golden stripes along her body and she lives in schools of fish. She is particularly fond of seagrass beds (posidonia) and rocky bottoms. When this fish is eaten, it can cause hallucinations because it accumulates, in its body, sme toxins produced by hallucinogenic algae. This fish would have been consumed as a drug during the time of the Roman Empire.

Attribution : elcoste