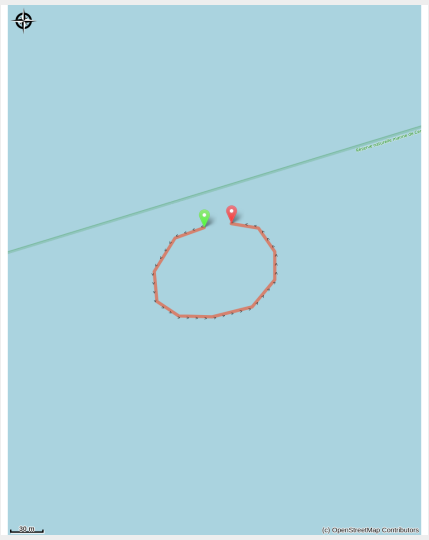
Le Dôme du Cap de l'Abeille

Côte Vermeille

Flabelline (Aquatile)



Discover the "Cap de l'abeille" and its famous Dome

The very fishy site makes it an excellent diving spot

Useful information

Practice : Scuba diving

Duration : 1 h

Length : 0.3 km

Difficulty : Medium

Type : Boucle

Themes : Fauna, Flora, Géologie

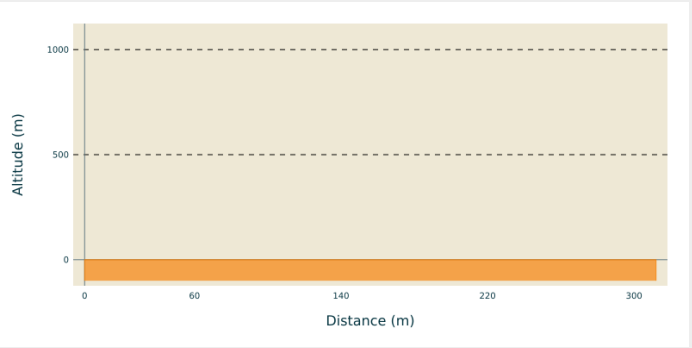
Trek

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

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

Cities : 1. BANYULS SUR MER

Altimetric profile



Min elevation 0 m Max elevation 0 m

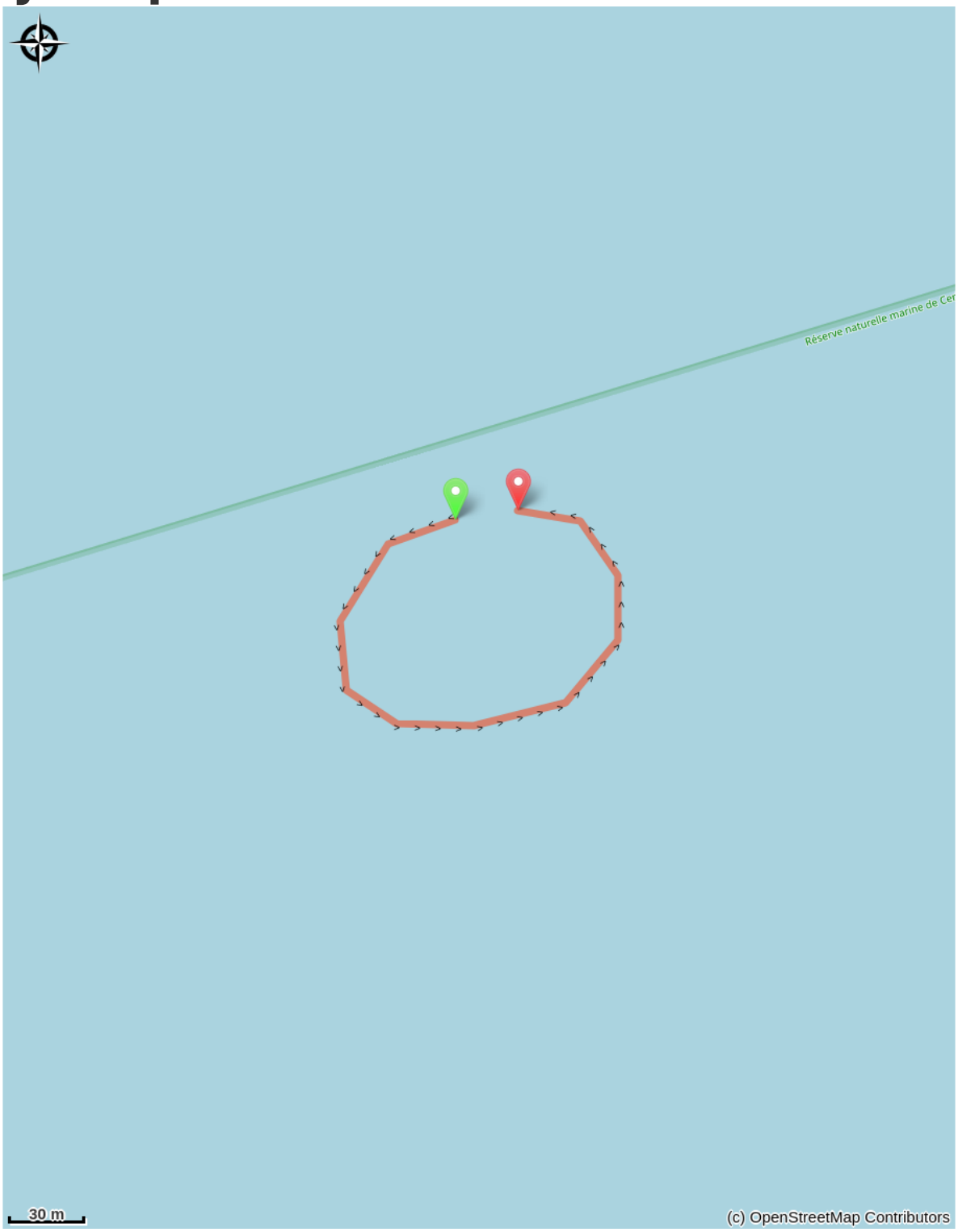
Discover Cap Abeille and its famous dome. Inside the reserve, an organized anchorage area prohibits anchoraging . Here on the north face of Cap Abeille is located the dome, site accessible by boat. Two buoys allow to dive on the site.

It’s necessary to move north to join the dome from the buoy n° 2 (3-4 meters of displacement) or to east from the buoy n° 14 (8-9 meters of displacement).In both cases, the important is to join the rocky rise and turn around. A second half of the dive, is around and above the dome (between 12 et 5 meters) to optimise decrompression. It’s also the space in which the observation will be the simplest and the richest.

During exploration, observe the species hidden in the scree. You will easily see barracudas, groupers and sometimes some stingrays. Beautiful light buds emerge from the solitary yellow coral Leptopsammia pruvoti . Don’t forget to look at the surface and to the top of the wall don’t miss the show.

This diving site allows to dive easily during one hour. There’s no difficulty for the orientation if you take the dome as a reference and stay close to it. The ideal is to go up along the two buoys but if it is’nt possible, the lift will be after deploying the parachute by positioning on the dome. Indeed, according the seasons there can be an important passage of boats. Depending conditions of visibility, currents and swell, more precise instructions will be proposed. In general, we don’t touch the species and we limit the maximum of the supports especially for macro viewing observation or for photographers. Don’t forget that diving is done on a reserve where the impact on the environment must be limited.

On your path...



The Grouper (A)

The fauna of Cap l'Abeille (B)

The Mola-Mola (C)

All useful information

⚠ Advices

Go safe and be supervised by professional scuba diving from all the ports of the Côte Vermeille.

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 / 06 25 59 35 77 - 8 Résidence les Villégiales
La Sirène Plongée : 04 68 81 60 58 – Camping la Sirène, route de Taxo
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
AquaBlue Plongée: 04 68 88 17 35 - 5 Quai Georges Petit
Plongée Bleue: 07 85 75 67 45- 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.

Réserve Naturelle Marine de Cerbère-Banyuls

Sensitivity period: January, February, March, April, May, June, July, August, September, October, November, Decembre

Réserve Naturelle Marine de Cerbère-Banyuls

On your path...

The Grouper (A)

The brown grouper is an iconic fish of the Mediterranean. Its presence and abundance reflect the richness and balance of the marine environment as a whole. Long hunted, it has been protected since the 1990s, thanks in part to the marine reserve that provides a safe breeding ground. It is commonly found around Cap l’Abeille (F.Brun - Le Roussillon Sous-marin - Ed. GAP).

Attribution : Aquatile plongée

The fauna of Cap l'Abeille (B)

In a cloud of chromis, schools of mullets, anchovies, and bogue fish move about, attracting numerous wolf fish and barracudas. Groupers, the emblematic fish of the reserve, are abundant and can be seen in groups. It is not uncommon to encounter moray eels and some octopuses, which try to move despite the potential predators. Depending on the season, mola-mola (sunfish) and rays (stingrays and eagle rays) may make an appearance.

Attribution : Aquatile plongée

The Mola-Mola (C)

Behind this name lies the ocean sunfish. It’s commonly found in the waters of Roussillon, especially at the beginning of summer. It floats near the surface, with its dorsal fin protruding. No need to panic—it's just a Mola-Mola, not a shark! It's easy to spot around shipwrecks. It may either swim away upon your approach or stay with you for several minutes (F. Brun - Le Roussillon Sous-marin - Ed. GAP).

Attribution : Aquatile plongée