



Be careful not to swim near jellyfish!



IES JOSEP MARIA QUADRADO

2010



CONTENTS GUIDE



DG Educación y Cultura

Dear students and teachers from Holland,

This is the 4th Bike Coast Bike Exchange between Oscar Romero and Josep M. Quadrado. It is a linguistic exchange adventure where all we have fun together, but it's also the visit of our friends, and we are delighted and very proud to be the hosts of a land that every year offers you an splendid spring as a present.

We also know that you will give us the best of all you when we'll visit you again next September in Holland.

We would like to point out that we are very enthusiastic about welcome you once more, and be sure that we are trying to improve all the aspects in the exchange year after year.

This exchange has brought academic and personal satisfactions to teachers, families and students.

We always get benefits and knowledge when we can discover our own island by bike, when we practice English and when we get the possibility to enjoy your routes in the country of the tulips, windmills, clogs, social tolerance and bicycles.

We want to invite all you to share our enthusiasm, to participate in all the activities, to enjoy our hospitality and to have fun.

Pere Ferrer Benejam

Director IES Josep Maria Quadrado

15:00 Corner of Sta Teresa. Climate of Menorca

16:00 Site of Sa Nitja.

17:00 Binimel·là and return to Mercadal.

18:00 Tidy up. Carry the bikes to the carriages. Return by bus to Ciutadella.

18:45 Arrival at the school.

Friday 21

08:00 Arrive at the school. Presentation route n.5.

08:30 Start route n. 5 . Camí Vell

10:30 Arrival at El Pilar. Break.

11:00 El Pla de Mar. Clean up activity and explanation of "Mediterranean Sea pollution".

13:00 Arrive at La Vall. Beach activities and lunch. Minorquin Geology.

15:00 We continue the route to Cala Morell.

16:30 Visit Cala Morell necrópolis.

18:30 Arrival at the school.

Saturday 22

10:00 Meeting at the Es Born Square.

10:30 By groups, route to Ciutadella.

11:30 Free time, shopping. Activities in families.

19:30 Meeting at the school. Preparation of the last dinner party of Exchange.

20:30 Start the party. Performances dinner. Farewell Ball until 24h. approximately.

24:00 End of music and tidy up.

Sunday 23

Activities in family. Pick luggage up.

11:30 Meeting at the school farewell time.

12:00 Departure by bus to the airport.

14:50 Departure of the flight to Amsterdam.

13:30 Arrive at Binigaus, swim and lunch.

Presentation "The Menorfa endemic flora"

15:30 We continue the route to Son Bou.

17:30 Arrival at the camping. Settle down in the wooden houses. Free time. Bike repair.

19:00 Organization of groups. Prepare the diner.

22:00 Time to have fun all together.

Wednesday 19

08:00 Get up. Prepare the breakfast and lunch picnic for the day. Tidy up the wooden houses and prepare the bags.

09:30 Presentation route n.3 Checking the bikes and fittings.

10:00 Start route n. 3 to Torre d'en Galmes.

10:30 Visit Torre d'en Galmes. Interpretation centre and site itinerary.

11:30 We continue the route to Cala'n Porter.

12:00 We continue the route to Cales Coves. Explanation and visit to necrópolis.

13:00 We continue the route to Es Canutells.

14:30 Arrive at Canutells. Swim and lunch. We continue the route to Maó.

17:00 Arrival at the Consell Insular. Reception. "Menorca, Biosphere Reserve"

18:00 Tidy up. Carry the bikes to the carriages. Return by bus to Ciutadella.

19:00 Arrival at the school.

Thursday 20

08:00 Arrival at the school. Presentation route n.4.

09:00 Carry the bikes to the carriages and take the bus to Fornells.

10:00 Organization of groups and presentation water activities, mailing and Kaiak.

13:00 End of water activities. Lunch

14:00 Start route n.4. Cala Tirant.

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The bike in the **country** and the **mountain**



- When you go out home, remember to take a trash bag to pick up the rubbish, like papers, plastic bags and something like this.
- Moderate speed and be careful with down hills and warning, because there can be another country road's users.
- You must always give your way and overtake people with caution, although this make you stop and get down of your bike.
- Avoid skids. This practise destroys the vegetal cover of you bike and cause its erosion.
- Don't enter in properties with a forbidden pace.
- If during the route you have to open any barrier, you must close it when you passed it. The same cyclist that opened the barrier always has to close it.
- Don't step the sown fields. Turn around it and its better get down of your bike.
- Don't leave the path, so you can destroy the nature of some ecosystems and accelerate the erosion of the land. Be careful with dunes systems of the beaches and respect its delimitations.
- Respect the flora and fauna, and don't frighten off livestock. Respect the tranquillity of the contour.
- If you stop to have something, try to leave the place clear, clearer before you stopped there.

PROGRAMME

Sunday 16

14:00 Arrival Hoom expedition at the airport. A bus will pick you up.

15:30 Arrival of Hoom's expedition to IES Josep.M. Quadrado. Presentation in the Hall. Breakfast.

Parents will pick the students up. Teachers can relax to the apartment Sa Prensa Hostel. Rest of the day free. Activities in families.

Monday 17

08:00 Arrive at the school. Presentation route nº 1. Checking the bikes and fittings.

09:00 Start route nº1.

10:00 Visit Punta Nati. Break and Presentations: The shipwreck and the lighthouses of Menorca

11:00 Arrival to Calà'n Bosch. Beach volley and beach korfball. Lunch.

13:30 Visit Son Saura. Beach free time.

15:30 Return to Ciutadela. Visit and activity in "Son Cat-lar" (prehistoric village)

16:30 Arrive at the school.

19:30 Reception and break at the Town Hall.

Tuesday 18

08:00 Arrive at the school. Presentation route nº 2. Checking the bikes and fittings.

08:30 Start route nº2 "Camping Son Bou"

09:00 Visit "Caballería Nova" faro.

11:00 Cala Galdana. Breakfast.

12:00 Cala Mitjana, Trebalúger, Cala Escorxada I Cala Fustam.

Activity: " The dunes and the posidonia in Menorca".

The rocks of the Sea plain

The Sea plain is a very important part of Menorca as there are some very unique types of rock there, characterised by their round and smooth shape. For this reason it is a good place to go diving.



The worms of the Sea plain

At the Sea plain there are lots of types of worms that are used as bait for fishing. This is very advantageous for the fishermen of Ciutadella.



INTRODUCTION



Ciutadella, has got 20.099 inhabitants, it's the second most important town of Menorca. Since centuries ago, the settlers, have given different names like Jamma, Iamo, Iamona and Medina Minurka. But, it was on the Alfons III government, when the name of Ciutadella was imposed.

Ciutadella's town festival honours Sant Joan, which is celebrated on 23rd and 24th of June. This festival and the virgin beaches are known by the majority of the people who come here and fill Ciutadella's streets during the summer. Usually the Mediterranean climate is characterized by the hot summer and the humid winter.



CIUTADELLA PORT



The port of Ciutadella, small and picturesque is populated in the summer by luxury yachts and tourists of various nationalities walk by the piers. The result is, for many, the most beautiful port in the Mediterranean. On the North shore the traditional fishing boats line up, which during the summer months fish lobster and a variety of fish.

Meanwhile, on the other side of the port, many people are eating typical food of Menorca and drinking a beer or a soft drink in the sun.

Where we can find it

The Sea plane is found between Alocs and Cala Pilar, which is the natural border that separates Ciutadella from Ferreries. Beyond the sea plane, we can find Algairens.



A case in Menorca- the sea plain

This is a beach that has become more polluted with time, due to the waste that people have left there.

This is a very rural place that is difficult to access by car, and it has never been urbanised due to the large amount of rocks that make moving around difficult.



Cleaning Machines



There are some special machines for cleaning rubbish from the water and the beaches so that they don't leave behind chemicals

POLLUTION OF THE MEDITERRANEAN

Clean up of the sea

Location of the Mediterranean Sea



The Mediterranean Sea and the Balearic Isles

The Balearic Islands are situated to the East of the Mediterranean Sea and to the West of the Spanish Peninsula.

Recently the sea has become polluted with the rubbish we produce .



Location of the Sea Plane



The staircase that descends to the port, every night of the summer, is converted into a market where they sell different products, souvenirs, handmade items...

At the end of the port, is the place of pubs and discos of Pla of Sant Joan. It is a place where young people usually go on Friday and Saturday nights.

In the port we can also find the boats that traverse the coast on one day trips, showing the most beautiful beaches in the part of Ciutadella. It is also possible to hire a private tour in a typical Menorca boat with a professional skipper.



CHURCH OF MENORCA

A LITTLE HISTORY

The cathedral of Menorca is the gothic church built in honour of Santa Maria by order of king Alfonso III of Aragon. He conquered the island in 1287.

The building was started in 1300 and it was finished in 1362, it is built in the same place where the Muslim mosque was. The church is a beautiful building with an ogival arch, pointed arch and six chapels on every side.

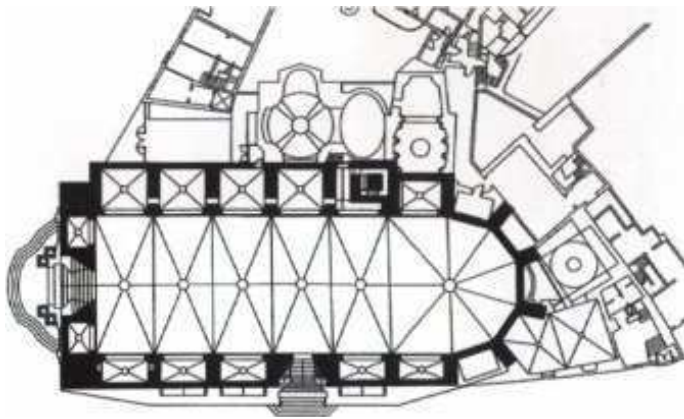
Its a Gothic style building, and it was restored in 1936-1941. It has got 15 meters of height.

The church has got one nave that leads to a polygonal apse and to which open other chapels, testimony of various historic monuments.

Formerly Ciutadella was the capital of Menorca, so it was built here, currently the capital is Mao, but Ciutadella is still the Catholic capital.

The church had three doors of Gothic design, this nowadays has got two doors. The bigger door , whose decoration did was hide in the neoclassic portal , and the door of watch, called this for watch there is up. The church had three doors of gothic design, this nowadays has got two doors.

The bigger door, whose decoration did was hide in the neoclassic portal ,and the door of watch, called this for watch there is up



Interior View of a cave. This cave is special because it has a hole in the roof that allows water to collect and fill the cave.

- The materials found in the coves indicate that it was a working cemetery from the pretalaiotic age until the II Century AD.



Panoramic view of the necropolis.

NECRÒPOLIS DE CALA MORELL

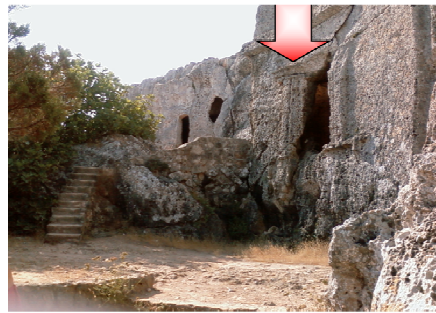
- Within the development of Cala Morell, on the North coast of Menorca, are the most important archeological sites in Menorca. It is the Necropolis of Cala Morell, made up of a collection of 14 caves, which were artificially excavated from the cliff. The necropolis also has about twenty little caves or nínxols, called “wall capes”, that may have been used as storage spaces, urns or for infant burials.



- Together they make up two “oven coves”, with small rooms and large entrances, with columns and other constructed elements. One of the large entrances has sculpting which imitates classical art and some of the coves have small patios at the entrances.



Main Hipogeu entrance



Cove with patterned face



SES VOLTES



After of the Plaça Nova we arrive to Ses Voltes, the real name of the street is Josep Maria Quadrado. He was an historian and one of the most important figures of the Menorcan culture.

For this reason, the school centre IES JM Quadrado take its name in his honour.

It's one of the most important and well known of Ciutadella. It's a narrow road with archway. There are a lot of shops, where you can find a lot of typical souvenirs

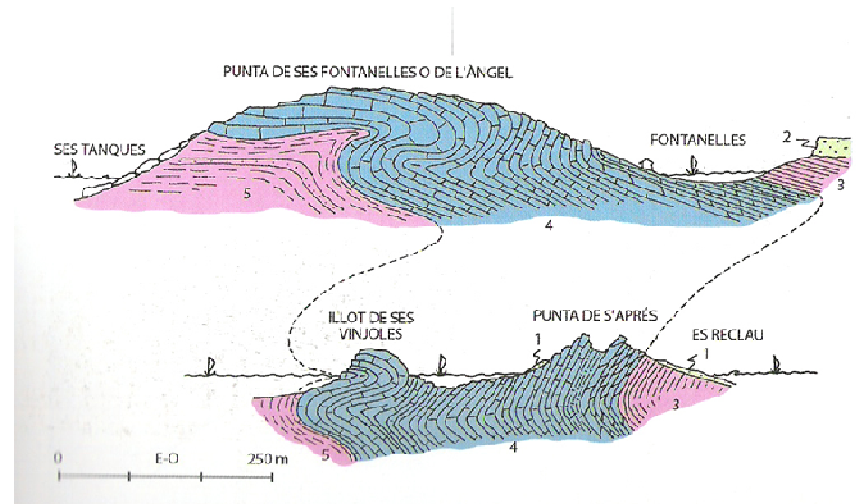


ROUND ARCH
Of the Romanesque period.

GOTHIC ARCH
Of the Gothic period.

PUNTA ROJA

- The close observations can be seen below:
- In the high part of the low Triassic, it has mud as a whole. It is red, and in the contact with the dolomites, the mud is greenish.
- The low Triassic is formed in the island by two levels. The interior: massive, with very big extracts that present crossed, flat and very spectacular laminations. The exterior is red, locally yellowish.
- In the high part of the low Triassic, there is a dike of very upset volcanic rocks, of dark green colour, which correspond to basalts.

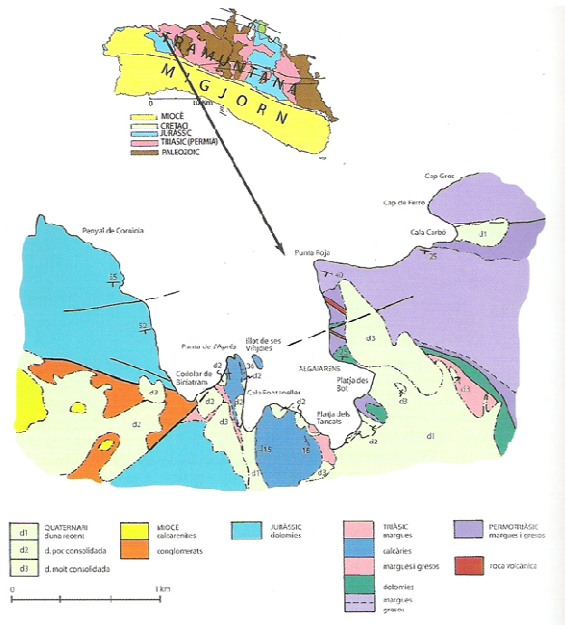


- The dike remains covered by a whitish and irregular cap. This whitish cap corresponds to a quaternary dune.

- Looking at the top of "Ses Fontanelles", it is possible to observe the knocked down fold that draws the calcareous section of the medium Triassic. The erosion of this fold a witness stops: The Island of "Ses Vinjoles".



- Algaiarens is one of the best preserved natural spots of Menorca. It's a piece of costal area located on the north of the island, where you can see very well that the more resistant material has endured the force of the waves, whereas the softer materials were victims of more erosion. Of these materials the most resistant form the Corniola tips, s'Aprés, Fontanelles and the Punta Roja.



It's a symbol of Saint Joan that represents the figure of Saint Joan Baptista.(Saint John the Baptist)

This festival is celebrated the Sunday before the Sant Joan festival.

A young farmer, barefoot and covered with a sheep skin, carries all day on his shoulders a live sheep, very decorated with ribbons and flowers. A farmer is accompanied by a lot of people and four policemen. They go to visit some houses where they rest and eat.



BORN SQUARE



Born square is considered the neurological centre and one of the most important squares of the city. Town hall is in this place. It was built on fifteenth century Muslim.



It is located near the Post office building, Born theatre, and the facades of Saura tower, Salort, Vivó and St. Francis church.

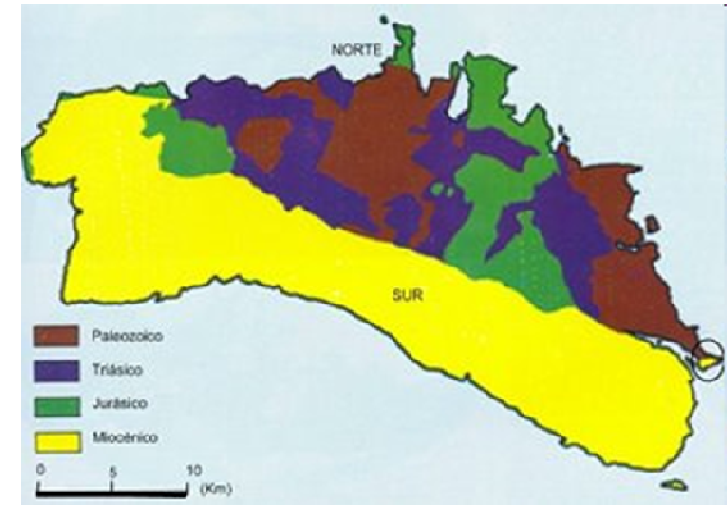


THE OBELISK

It was built in the Turkish attack in 1558 for the commemoration of the defence. It became to contain the invasion by Turkish troops of Mustafa Piali.

The Turks entered the terminal to the damaged walls, killing, looting, destroyed with terrible cruelty. Almost all the survivors, around 4,500, were taken captives and sold to Turkey as slaves.

GEOLOGY OF MENORCA



- Menorca is the oldest island of the Balearics.
- In the North there is a really complex make-up of materials, whereas the; whereas, the South is thoroughly homogeneous. Both areas are separated by an almost straight line from Mahon harbour to Cala Morell (Ciutadella)

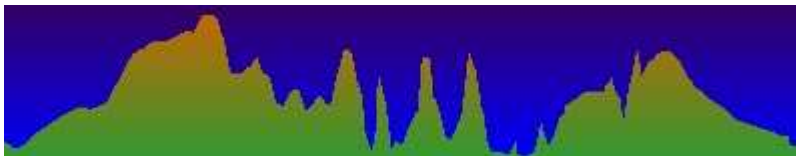
- The North area has terrain with different compositions, colours and ages. This terrain is impermeable and they can make small hills. There are black stones belonging to the Primary Era and reddish materials belonging to the Secondary Era.



ROUTE 5



Ciutadella-Torretrencada-Sant Antoni Marfí-El Pilar-Pla de mar-La Vall-Fontanelles-Cala Morell-Ciutadella



Trail distance: 41,97 kilometers

Elevation min: 2 meters, **max:** 130 meters

Accum. height uphill: 621 meters, **downhill:** 624 meters

Ends at start point (loop): Yes

Coordinates: 154

SES PALMERES SQUARE



When Ciutadella was walled, in this square the so-called Mao's door was opened. Here the Muslims gave the keys of the city to the king Alfons el Liberal, conqueror of Menorca. Every year in this day we celebrate the procession called "Els tres tocs", in English "The three Strikes "in honours of that moment.



Sant Antoni

According to Saint Antoni's story, once the Christian troops of the king Alfons III al Liberal were landed, around Maó's port, a fright with the Muslims started. But the main fight took place on 17th January 1289 on the north side of this port.

In the tower of the Santa Àgueda's castle the Muslims were defeated. Menorca was governed by Christians



THE MILL OF CAS COMTE



I Windmill destined to grind the wheat for obtaining flour, which was constructed in 1778

I It stopped grinding in 1905

I The mill "des Comte" is one of few mills that stay in Minorca with a base of two floors (the fall was using as

store and the second floor was the housing of the milliner) Nowadays turned into a bar.

The mentioned store, the only example of urban store of finals of the 18th century that we know in Minorca

ES BASTIÓ DE SA FONT



– A bastion was a tower with artillery pieces (guns), that it served to reinforce the protection that the walls give to the town.

– The Fountain bastion was created in XVII century to protect the doors of the

medieval walls that surrounded the city.

–This is the only bastion left of the eight that there were. This is located on one of two big cliffs that surrounds the port.

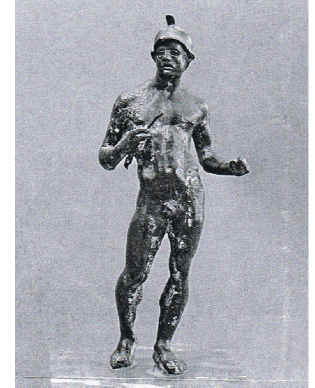
–The bastion was used to save the wheat.

–In this is located the first public fountain of Ciutadella.

– From 1995 is the main museum in Ciutadella.

Discovered objects

In Sanitja much of the finds were works by the Talaiotic people of ancient Des Pujol, next to Sanitja, where one of the most famous bronze statues in Menorca is found. This is a statue that represents the Roman god Mars.



The port of Sanitja

Sanitja was also valued highly for its port. This was one of the most sheltered and safe places from the strong Tramuntana wind. The port is long and narrow with a little island in front, which serves as protection from the fury of Posidon during the Winter.

Sanitja is surrounded by the grandeur of nature and a deserted landscape, inhabited only by goats and some green herbs. Despite this, an unseen city sleeps there, buried underneath the ground by the sea.



Nowadays, visitors can see the remains of the necropolis and of different houses, relics of past splendor, like the austere beauty of the site- the first of its kind on the Island to emerge from the sea.

You can also see the magnificent fishing port of Sanitja which is still used today



In the background you can see "Sa Talaia", a modern day watchtower.

SANITJA Sea-side Roman City

WHAT IS SANITJA ?

• It is an ancient abandoned Roman settlement located to the North-West of the port of Sanitja, in the municipality of Mercadal.

It's current name is said to come from the Latin Sanicera. The point of archaeological interest extends for 60.000 m2.



Excavation at Sanitja

Previous excavations have brought to light the existence of some structures dedicated to workshops as tools have been found that clearly relate to these tasks. Materials have also been found from the Stone Age to the Roman era. Also important are the underwater finds of materials around the area of Sanitja.



An object found in the port of Sanitja during excavation

THE CONVENT OF SANTA CLARA



• The monastery, rebuilt after the assault of the Turks, was a collection of buildings from different periods, with subsequent modifications and extensions, the latest of which in the middle eighteenth century

• After the Civil War and by agreement of the municipal corporation of Ciutadella, began the Reconstruction of the monastery on the spot occupied by the former, although a considerable part of the site was ceded to the Salesian Congregation for the patio school. The new building contains a dependency of the former

• The church was built following the pattern of the nineteenth century Gothic.

ARTRUTX SQUARE



This square is located in the center of Ciutadella. It was restored recently.

The sculpture is located in the middle of the fountain. It is called "El Secret" (The Secret), because it represents two women that tell a secret. It is surrounded by water that wets it.

THE FISH MARKET



It is a market built over the old vegetable garden and orchard of the monastery of the Agustins, and now called freedom square.

It was built by a Catalan architect called Ramón Cavaller, imitating the Boqueria market in Barcelona.

It is an iron building with neoclassic style of XIX century. It is situated in the old nucleus and it was inaugurated in 1869, but it wasn't converted to a market until after the civil war.

In 1895 it was built the central metal structure, with function to protect the counters to sell fish. Nowadays the

market sells meat, vegetables, fruit, cheese of Menorca and fish, that arrive every day from the port.

VEGETATION

Mediterranean vegetation consists mainly of woods and green valleys

The most common vegetation is the evergreen forest or grove of pine trees

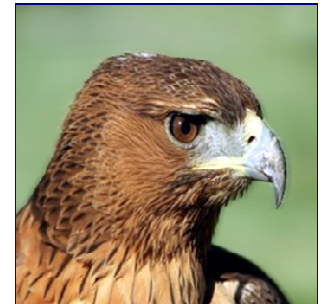
Wooded valleys are a very typical form of Mediterranean vegetation



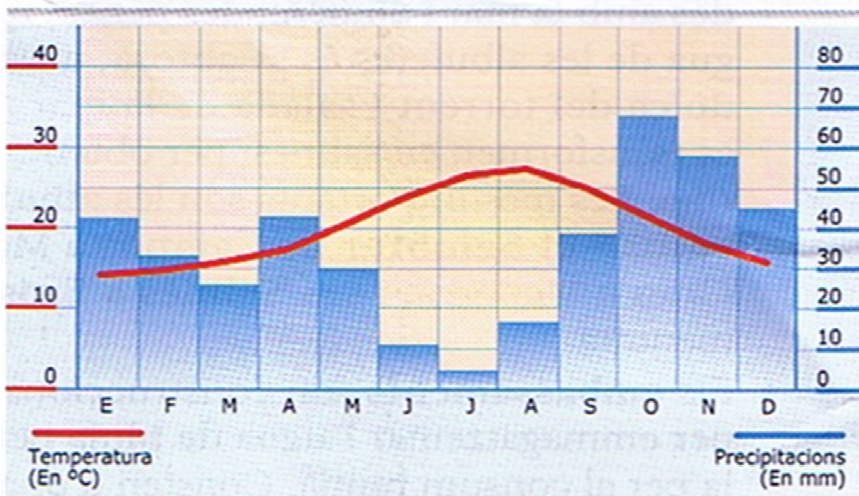
WILDLIFE

Mediterranean wildlife does not consist of large mammals like in other climates, but that there are lots of different types of animals: field mice, wild goats, some snakes (not very poisonous), other reptiles like small lizards... and above all insects.

There are also horses, chickens and sheep



CLIMOGRAPH OF MENORCA



THE WIND

The most constant winds are the coastal breezes. Usually the winds have a moderate force.

The North wind (Tramuntana) is quite strong and as such, shapes the scenery of the island.



The effect of the Tramuntana

THE TORRENTS

In Menorca there are no rivers, but there are torrents that are permanent flows of water, but where the level changes sporadically.



Torrent at Cala Trebalúger

PALACE OF SQUELLA FAMILY (S.XVIII)



The Squella home brings to the architecture of the Ciutadella's palaces two important elements: The conception and the development of the staircase and the formal treatment of the façade

- In Sant Sebastian street we can find the palace of Squella family.
- It's a very old palace in baroque style.
- The main entrance is set in a stone frame, in which the golden tones are noticeable.
- There is a code of arms above the main balcony which is unique.
- The balcony has a baranda made of forged iron.

- Two facades have the same ornaments.
- The entrance includes a covered space with two archways and a stairway at the end.

PATI DE CAL BISBE



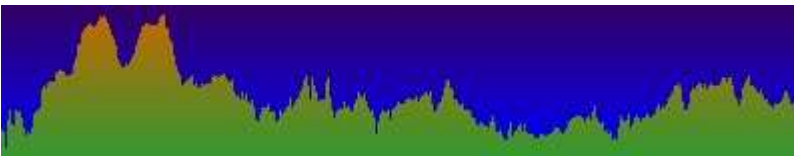
It's the patio of the house where the Bishop of Menorca lives. It has 4 doors: The right door leads to the Cathedral, the middle and left doors lead to Bishop's home, and the other is the entry door.

In the middle of the patio there is a cistern, and on the right side there is a small garden.

ROUTE 1



Ciutadella-Punta Nati-Cala'n Blanes-Ciutadella-Cap d'Artruix-
Son Saura-Ciutadella.



Trail distance: 47,80 kilometers

Elevation min: -10 meters, **max:** 53 meters

Accum. height uphill: 307 meters, **downhill:** 293 meters

Ends at start point (loop): No

Coordinates: 1053

CLIMATE AND SCENERY OF MENORCA



Menorca has a Mediterranean climate. This climate has little overall rainfall, the most of it being torrential. During Winter temperatures stay mild, always above 5°C, and in Summer, temperatures rise to around 25°C and rainfall is rare.

Most of Menorca's vegetation is on the coasts, the majority being evergreen. The most typical vegetation is the evergreen forests and the pine groves.

THE MEDITERRANEAN CLIMATE

PRECIPITATION

The Mediterranean climate is a temperate one that consists of little and infrequent precipitation. It usually fluctuates between 350-500 mm.

The most abundant rainfall occurs during the Spring, and above all during Autumn (as the climograph shows). The Summer is very dry, which means that drought is an important issue.

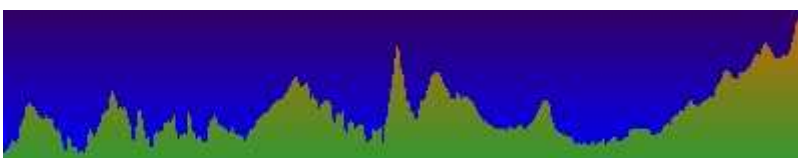
TEMPERATURES

Temperatures in general are quite warm. The climate is characterised by very mild winters. The average temperature is around 10°C in almost all parts. In the Summer temperatures reach 25-30°C. These temperatures are milder due to the effect of the sea

ROUTE 4



Fornells-Cala Tirant-Raconada de Sta. Teresa-Sa Nitja-Cavalleria-Cala Mica-Binimel·là-Mercadal



Trail distance: 22,66 kilometers

Elevation min: -9 meters, **max:** 71 meters

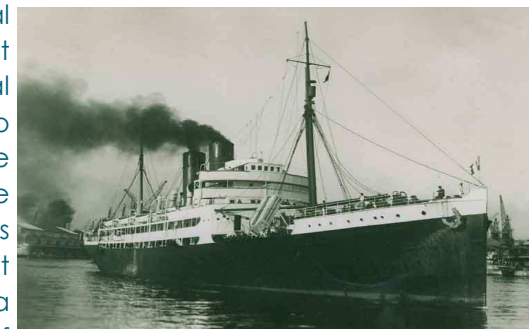
Accum. height uphill: 417 meters, **downhill:** 351 meters

Ends at start point (loop): No

Coordinates: 795

THE SHIPWRECK OF GENERAL CHANZY

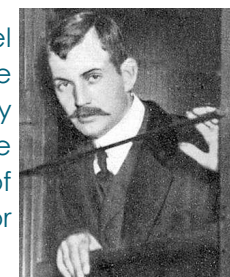
INTRODUCTION: There have been many shipwrecks off the coast of Menorca, but the one that caused the most repercussions on local and international scale is without doubt the shipwreck of General Chanzy. To commemorate one hundred years since the event, this project aims to show you what happened in Ciutadella during that February of 1910- a tragic date that still lingers in the minds of present day Menorcans.



DEPARTURE: The steamboat General Chanzy left the port of Marseille on the 9th February 1910, heading towards Algeria. It had 157 people on board including passengers and crew. A short time after leaving port, the sea began to get choppy due to a strong Northerly wind. During the morning of the 10th February the men felt a strong collision on the side and front of the boat.

THE SHIPWRECK: The deck was covered by huge waves, which broke off the railings, plunging those who were holding them into the sea. The boiler exploded and the wood of the ship was blown into pieces.

THE SOLE SURVIVOR: The only survivor, Marcel Baudez, threw himself into the water with the intention of swimming to land but he was hit by a strong wave and washed up in a cove in one of the cliffs. He remained there for the whole of that day. At dawn the following day the sailor managed to scale the cliff with great difficulty.



THE SHIPWRECK OF GENERAL CHANZY



The cove that Marcel Baudet was washed up in.

SON ESCUDERO : At half-past eight in the morning, barefoot and in a bad way, he arrived at Son Escudero, where he looked for something to eat. When he realised that the man didn't understand french, he grabbed a piece of coal and drew a destroyed boat on the wall, writing next to it "100 men dead".



THE END OF THE TRAGEDY : The man acted immediately by bringing him to the residence of the judge, where the French ambassador took a statement from him about the tragic incident. Afterwards, he was transported to Ciutadella hospital to recover until he could be repatriated.

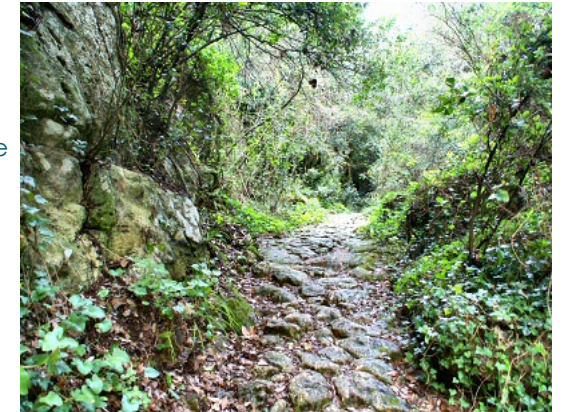
CLIMATE

- The Mediterranean Climate. There are three common factors: a mild temperature, a medium rate of precipitation and an overall temperature variation.
- The Summers are hot and dry, and the Winters are not excessively cold thanks to the temperature-regulating effect of the sea.
- The mean annual temperature varies from 16,5° C i to 17,5° C. Annual rainfall depends on the location but is between 450 and 650 mm. The wind is also a major climatic factor as the climate is affected by the North Tramuntana wind.

BARRANCS AND HUMID ZONES

The Menorcan coves, are characteristic excavations of the Migjorn platform where water from the coves offers a cover for the many types of vegetation.

The humid zones of the Tramuntana region are often above impermeable rocks and they are often a source of fun. Some of these humid zones are Albufera des Grau, Morella, Addaia, Son Saura, Lluriac and to the south, Son Bou.



MENORCA, National Reserve

- In 1971, the council of the MaB organisation (Man and Biosphere, "Home i Biosfera") de la UNESCO decided that their objectives were the conservation of the natural zones and their natural diversity. The natural reserves are treasured as places of value. The reserve of Menorca is a protected area in which the socioeconomic development of the population is possible, but only when an equilibrium is found between the conservation of nature and the development of man and we learn to respect the environment.

MENORCA, ISLAND OF THE NATURAL BIOSPHERE

LAND RELIEF AND SCENERY

The relief of the island does not have many steep points, but neither is it completely flat.

Menorca is divided into two almost symmetrical parts called Migjorn and Tramuntana.

Menorca has great geological diversity. From a geologic viewpoint, the island can be considered as two different parts as well: the Tramuntana region and the region of Migjorn.



Costa des Migjorn

MIGJORN

This is characterised by its gentle relief. It is carved like a cross-section with coves gouged out by the strength of the water, which give the coast an alternating appearance of cliffs and white sandy bays.

TRAMUNTANA

The northern part of the island, called the Tramuntana, has a more pronounced relief and a less symmetrical coastline. There are countless small islands, and the geologic structure is much more complex.



SON CATLAR



INTRODUCTION

The village of Son Catlar is one of the prehistoric talaiots of Minorca, from the Bronze Age, during the second and third centuries B.C. The village was at its largest during the Roman conquest of Minorca.

MAIN PARTS

Bastió sud-est: A complex bastion constructed with big stones rises in the South West corner of the wall, in the highest area of the village.

East Tower: A type of constructive ornament, made by spinning small and finely-cut stones. It is slightly different to that of the one used on the wall and is the best preserved tower from the defensive precinct.

Northeast Door: It is made in a rectangular shape and is the only known access point to the village.

"Capades de Moro": The perforated niches in the rock are known by this popular name. They usually appear with a slab of stone which it seems was used as a container of urns.

Rock pattern with engraving: It is a well weathered stone, with a simple anthropomorphic representation at the top. The meaning of the pattern is unknown, as is the rock's position away from the rest of the wall.

South talayot: This is the biggest talayot of Son Catlar although it is quite disfigured by the collapse of its external structures and by the inner weakening. The accumulation of stones around it in order to facilitate agricultural works also makes it hard to distinguish..



Talaiòtica house: The foundations that can be seen here belong to the outer wall of a talaiòtica house and to several structural elements of the central courtyard.

Cambra hipòstila: These were buildings that are characterised by their monolithic and political serial columns which give support to the roof with slabs of stone. In Son Catlar's case, the "Cambra Hipòstila" is situated next to a very dilapidated talaiot which may be linked with domestic use.

SON CATLAR

Table's sanctuary: It is one of the biggest sanctuaries in the history of Menorca, but unfortunately the table is in a very bad state, the top stone broken into different segments, nowadays almost unrecognizable. Part of the support stone is very dilapidated too.

In this place a lot of religious festivals were celebrated, involving bonfires and sacrifices of domestic animals to fertilize the land.

North Talaiot: It is a talaiot with a slightly circular form and a troncocònic profile connected to a base, the outer part larger and the inner consisting of small stones.

Garites: In the north zone of the Son Catlar's wall we can see a series of Garites or empty spaces that were built inside the wall with an entrance towards the inner part. Until now their function is unknown, but without doubt they are related to the defence of the village. Even so it seems strange that they are only found in this area.

VOCABULARY

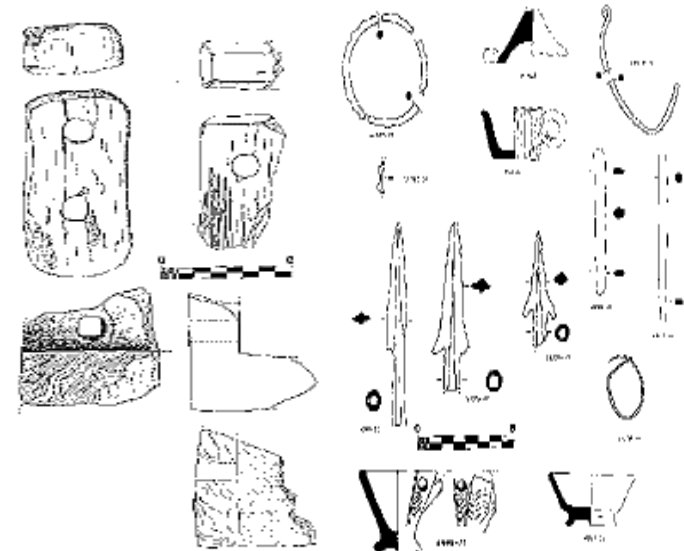
- Talaiot: It is a prehistoric monument from three to six metres of high. We can find it in frequency in the isles of Mallorca and Minorca. They were built began in the prehistory and we only practically meet of it's the buildings in the Balearic Islands.
- Cambra hipòstila: structures that are characterised by their unique method of supporting the surrounding rocks with columns and similar structures.
- Taula: a typical type of construction of the Balearic Islands. It refers specifically to the central element of a table-like structure made with large stones.



NECROPOLIS OF CALES COVES

TOOLS

The caves were built using round tools, made of wood and made of stone. They made holes in the rocks and now they can still be seen.



NECROPOLIS OF CALES COVES



INTRODUCTION

Cales Coves is a beautiful beach and is there a necropolis (a collection of prehistoric tombs and cemeteries).

- It's the largest necropolis of hipogeous in Menorca .
- There are 3 different kinds of caves: oven caves, big hipogeum and natural caves.
- The caves were used from the XI century until the Romans arrived.
- They build the caves, using round tools, made of wood and made of stone. They make holes in the rocks and now they can still be seen.

LIGHTHOUSES OF MENORCA



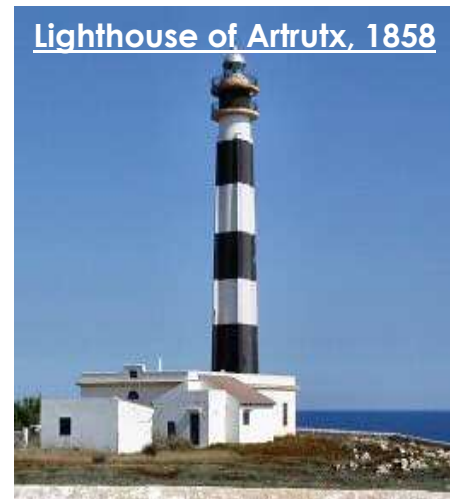
LOCATION OF THE LIGHTHOUSES

In Menorca there are seven lighthouses. They were built as a result of many shipping accidents from insufficient warnings. One of these incidents was the shipwreck of General Chanzy.

Cavalleria Lighthouse ,1857



Lighthouse of Artrutx, 1858



- This is at the southern coast of Ciutadella.
- It has a tower which is 36 metres high, with black and white alternating stripes.
- In 1968 the tower was raised by 17 metres from its original height. To maintain stability four additional cement supports were used and they can still be seen now.

In 1858 the lighting system was oil-based. In 1930 this was changed for a system using ethanol. In 1970 it started to work with electricity and it became automated toward the end of the 1980s.



HOUSE 1

Dimensions:

Internal length House: 6,20 m

Internal width House: 11,20 m

Internal length Caves: 14,50 m

Internal width Caves: 6,10 m



HOUSE 2

It is called "Cercle Cartailhac", and is located in the south of the ancient village.

Dimensions:

Outer diameter maximum: 15,80 m

internal diameter maximum: 12,50m



HYPOSTYLE ROOM

It was used as storage or a stable and it only has one room, covered with rocks and supported by two Mediterranean types of columns.

VOCABULARY



Talaiot



Tables



House



Hypostyle Room



System for collecting water



- This is at the North coast of Ciutadella.
- The lighthouse has a white tower, with a dome and aluminium lantern. There are living quarters for the person responsible for the lighthouse and a patio surrounded by a stone wall.
- It was built in 1913, after the shipwreck of "General Chanzy", where all the crew and passengers died apart from one survivor. It was inhabited from the second half of the 20th Century.

TORRE DEN GALMÉS



It is the biggest ancient village in Menorca.

The location of Torre d'en Galmés, on the hill, makes it extremely suitable for maintaining the territorial control of much of the south coast of the island.



It lasted from the time of pretalaiotic (after 1400 BC) to the Roman era.

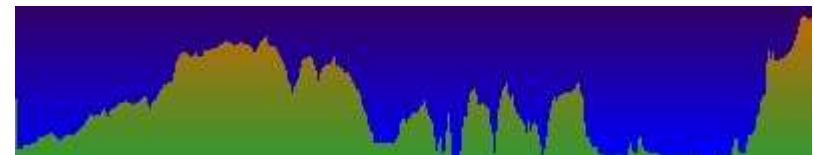
The moment of maximum splendor was during the talaïotic era, from 1300 BC to the Roman conquest.

2000-1400 BC Pretalaiòtic Megalithic tombs Navetas rooms Hypogea plant elongated	1400-1150 BC Talaiòtic •Burial navetas •First talaïots	1150-800 BC Talaiòtic I i II •Walls •Big talaïots •Big walls	800- 450 BC Talaiòtic III •Hypostyle rooms •Circles •Tables	450-123 BC Talaiòtic IV •Roman conquest
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ROUTE 2



Ciutadella-Camí Vell-Cala Galdana-Cala Mitjana-Trebaluger-Cala Fustam-Cala Escorxada-Binigaus-Talis-Son Bou-Càmping de Son Bou



Trail distance: 39,87 kilometers

Elevation min: 0 meters, **max:** 123 meters

Accum. height uphill: 742 meters, **downhill:** 671 meters

Ends at start point (loop): No

Coordinates: 500

L'EXPLOTACIÓ RAMADERA

- It consists of extracting the maximum benefit proceeding from baby animals (young creature).

- Chicken eggs, milk and cheese cow, meat...



COWS

- The most important tools and machines are:

- the milking room: where the cows are milked.

- cooling tanks: they save extracted milk .

- A deposit where the milk is removed and then it is transformed in cheese.



MILK

- Cows can produce between 30 and 35 L. of milk a day.

- They are milked 305 days a year, and they spend two months without being milked.

- They can produce 10.000 L. a year.



ANIMALS FOOD

- Animals eat: fodder, straw, grass, silage with Indian corn.

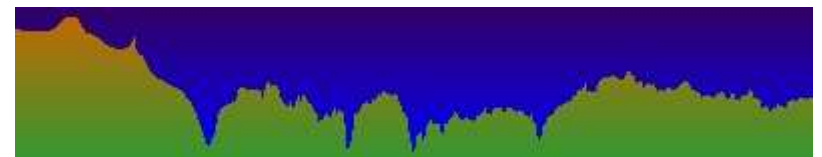
PRODUCTION

Products are sold to a wholesale (he's the intermediary between producer and costumer), and then they're sold to the shops.

ROUTE 3



Càmping de Son Bou-Torre d'en Galmes-Cala'n Porter-Cales Coves-Canutells-Biniparraix-Llumaçanes-Maó.



Trail distance: 32,58 kilometers

Elevation min: 0 meters, **max:** 134 meters

Accum. height uphill: 412 meters, **downhill:** 475 meters

Ends at start point (loop): No

Coordinates: 696

PLANTS OF MENORCA

Helleborus lividus - White Polonia

At the feet of rocks near the Tramuntana mountains and on the island of Cabrera is where this endemic plant is found.

Mançanella

This is usually a light grey colour, almost white, with broad leaves. They live in the cracks of rocks and always have a rounded shape.



Rosmarinus officinalis - Romaní. Romer.

• These are found throughout the Balearic Islands. They abound in both coastal and mountainous regions, above all in calcium rich zones. They are mostly used for cooking, medicines and to create nice aromas. The leaves are broad and long and the flowers are normally lilac.



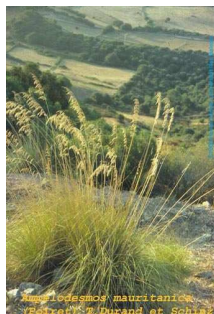
Anthemis maritima Sea Camomila

• They flower in the Spring or Summer. It is one of the few types of this flower that we have in the Balearic Isles. They are not very big and they live at the coast on rocks and sand dunes.



Ampelodesmos mauritanica. Càrritx. Fenassa.

These flourish in April, May and June. They are found in woods far from the sea and also at the tops of the mountains. The leaves are very long



DUNE SYSTEMS

HOW DO THEY FORM?

Dunes form when the wind blows sand inland and there are plants well adapted to these harsh conditions which hold back the sand.

WHERE ARE THEY?

These systems are situated on the beach zones. Dune systems are often on humid areas to slow down the water to the sea.



DUNE VEGETATION

Some of the specialized plants are: Sea Daffodils (Pancratium maritimum), Marran Grass or Beach Grass (Ammophila Arenaria), Searocket (Cakile maritime)... They are very weak and easily destroyed by the sea, the people and the vehicles



THE BEE-EATER

The bee-eater (Metrops apiaster) is a beautiful African bird. They make long tunnels in the sand where they nest. In the last years there have been many sand extractions that have altered these

THE POSIDONIA SEAWEED

What is the posidonia seaweed ?

* It is a dark green plant, with long leaves and tape form, which can measure 2m.

* It lives on the seabed, in smooth, sandy areas with little depth (maximum of 50m) and very exposed to sunlight . This sea plant forms extensive meadows known as "alguers".

* Its scientific name is Oceanic Posidonia referring to poseidon, the god of the sea, but it doesn't live in the oceans. Actually it is a plant endemic to the Mediterranean sea and therefore, we can only find it in this sea.



Where is it found ?



PLANTS OF MENORCA

ENDEMIC PLANTS

* An endemic plant is one that is only found in a single location in the world for climatic reasons.

* Following on there are some common plants endemic to Menorca:

Anacamptis pyramidalis (Autumn Orchid)

Orchids are one of the favourite plants of botanists and nature lovers due to the variety in type and colour



Himantoglossum robertianum

Mosques grosses (Giant Orchid)

This species of orchid is the biggest that is found in our fields.

Crepis triasii Panal Panconia

This is an endemic plant of Menorca, Mallorca i Cabrera that always grows on rock faces, where is quite frequently found.



Hippocrepis Balearica - Indian Horsegrass (Violet Penyal)

The violet penyal is one of the most well-known plants endemic to Menorca. Its smell is very pleasant and despite its name, the colour of its leaves are yellow.