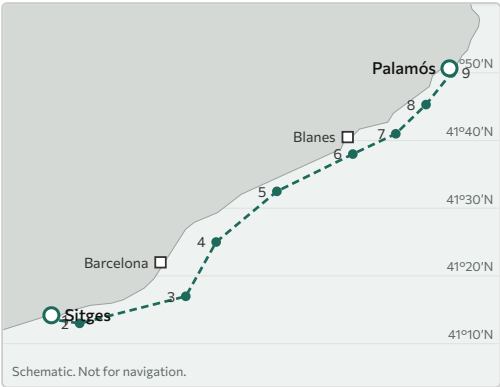


Sitges to Palamós

A long day past Barcelona, outside its port, and along the Maresme to the start of the Costa Brava, where the coast turns to pine-covered cliffs and coves, to Palamós.

DATE	Saturday 22 May 2027
DISTANCE	74.5 nm, 10 legs
TIME	12 h 40 min
DEPART	07:00 CEST from Sitges. 30 minutes after sunrise (06:29 CEST). A long leg.
ARRIVE	About 19:40 CEST at Palamós. In the early evening, with about 1 hour 25 minutes of daylight in hand (sunset 21:07 CEST).
TIDES	Range about 0.2 m: no practical effect
WIND	Sea breeze from the south or south-west in the afternoon; a Levante on the nose
BOAT	35 to 38 ft sailing yacht, 1.9 m draught, 6 kn under sail, 5.5 kn under engine
CREW	Skipper and 3 crew, 2 watches of 2



Track and waypoints 1 to 9, with ports of refuge as squares.

Go or no-go

Decide at 06:15 CEST. Go only if all of these hold:

- ☐ No Levante above force 5: it is on the nose for 70 nm.
- ☐ Visibility 3 nm or more: Barcelona is a major port.
- ☐ Palamós berth confirmed.

If the weather is wrong, stay in Sitges. Arenys, Blanes and Sant Feliu de Guíxols are stops on the way. Palamós has a rest day planned on 23 May.

Route and waypoints

Waypoints are planning positions in open water, checked against a 1:10m coastline to be at least 1 nm off land except at the harbour ends. Distances and courses are calculated from them. Plot every one on the current chart before use. Courses are true.

#	WAYPOINT	LATITUDE	LONGITUDE	COURSE	LEG NM	TOTAL NM	ETA	NOTES
0	Port de Sitges-Aiguadolç	41°14.2'N	001°49.4'E				07:00 CEST	Depart.
1	Sitges approach	41°13.6'N	001°49.4'E	182°T	0.6	0.6	07:09 CEST	Out of the harbour.
2	Off Garraf	41°13.0'N	001°55.0'E	098°T	4.3	4.8	07:51 CEST	1.5 nm off.
3	South-east of Barcelona	41°17.0'N	002°16.0'E	076°T	16.3	21.1	10:34 CEST	East of the arrival buoys, channels and anchorage and 14.
4	Off Badalona	41°25.0'N	002°22.0'E	029°T	9.2	30.3	12:06 CEST	3 nm off.
5	Off Arenys de Mar	41°32.5'N	002°34.0'E	050°T	11.7	42.0	14:03 CEST	2 nm off.
6	Off Blanes	41°38.0'N	002°49.0'E	064°T	12.5	54.5	16:08 CEST	2.5 nm off.
7	Off Tossa de Mar	41°41.0'N	002°57.5'E	065°T	7.0	61.6	17:19 CEST	2 nm off the light (FIC)
8	Off Sant Feliu de Guíxols	41°45.3'N	003°03.5'E	046°T	6.2	67.8	18:21 CEST	1.5 nm off.
9	Palamós approach	41°50.0'N	003°08.5'E	038°T	6.0	73.8	19:26 CEST	South of the marina. CHECK ON THE CHART
10	Marina Palamós	41°50.6'N	003°08.1'E	337°T	0.7	74.5	19:40 CEST	Position from the marina

Tides and time

SITGES · SAT 22 MAY · CEST (UTC+2)

LW	05:57	0.2 m
HW	09:23	0.2 m
LW	15:18	0.1 m
HW	22:44	0.3 m

From the Barcelona station.

LW	05:49	0.2 m
HW	09:43	0.2 m
LW	15:53	0.1 m
HW	22:45	0.3 m

From the Port Vendres station.

Saturday 22 May 2027. **Tides.** The range here is 0.1 to 0.3 m: tides make no practical difference. Wind and air pressure move the sea level more than the tide does.

Palamós uses the Port-Vendres station.

Tide times are predictions made for this plan from the TICON-4 harmonic constants (DGFI-TUM) with the Neaps tide predictor, because the official 2027 tables were not yet published when it was written. Tested against the official APDL table for Leixões on 23 July 2026, the predicted times were within 8 minutes and the heights 0.1 to 0.2 m lower. Heights are above lowest astronomical tide. Check every time against the official 2027 table before sailing.

Daylight. Sunrise at Sitges 06:29 CEST. Sunset at Palamós 21:07 CEST.

Weather

- **Sea breeze.** From late morning a south to south-westerly sea breeze builds: fair for this leg.
- **Levante.** An easterly sets up a sea along the Maresme with few good harbours.

FORECASTS TO CHECK

- AEMET coastal bulletins, aemet.es, predicción marítima: “Costa de Valencia y Murcia” (Aguas costeras de Valencia, de Castellón) and “Costa de Cataluña” (Aguas costeras de Tarragona, de Barcelona, de Girona). High-seas areas Baleares and León.
- NAVTEX Cabo de la Nao: 518 kHz, station X, in English. Further north, La Garde (France) on 490 kHz, station S, in French. Check the times against the Admiralty List of Radio Signals.

CHECK THE PILOT BOOK

Hazards

- **Barcelona port.** Barcelona Traffic (VTS) works VHF 10 and Barcelona Port Control VHF 14, with VHF 16; a watch on 14 and 16 is mandatory in port waters. Vessels not calling are advised to keep east of the arrival buoys (north buoy 41°20.050'N 002°13.010'E, south buoy 41°16.905'N 002°10.880'E), avoid the channels and anchorages, and not cross the precautionary areas. Boats under 20 m must not impede traffic and cross channels at right angles.
- **Maresme harbours.** Arenys has yacht berths of only 1.5 to 2.5 m: tight for 1.9 m.
- **Firing areas.** [CHECK ON THE CHART](#)
- **Costa Brava.** Rocks close under the cliffs from Blanes on; keep 1 nm off unless entering a cove by chart.

Ports of refuge

PORT	FROM THE ROUTE	USE IT WHEN	NOTES
Sitges	Start	Within the first hour	Port de Sitges-Aiguadolç.
Blanes	1.5 nm from waypoint 6	Weather turns	Entrance 8 to 9 m, yacht berths 2 to 8 m. +34 972 330 469.
Sant Feliu de Guíxols	1.5 nm from waypoint 8	Late	Entrance 13 m, berths up to 6 to 8 m. +34 972 320 995.
Palamós	Destination	First choice	Marina Palamós: entrance 10 m, inside 3 to 6 m, fuel 24 h.

Pilotage

LEAVING SITGES

1. Leave the harbour and head east past Garraf.
2. Before Barcelona, listen on VHF 10 and 14 and keep outside the arrival buoys.

ENTERING PALAMÓS

1. From Sant Feliu, keep 1.5 nm off and approach from the south.
2. Call Marina Palamós on VHF 9 (+34 972 601 000) and go to the waiting quay (3 to 5 m).

LIGHTS ON THE WAY

Llobregat	Fl 5s, 32 m
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Montjuïc	FI(2) 15s, 108 m
Calella	FI(3+2) 20s, 50 m
Tossa	FI(3+1) 20s, 60 m
Palamós	FI(1+4) 18s, 22 m

Communications

Barcelona Traffic (VTS)	VHF 10
Barcelona Port Control	VHF 14 (with 16, both 24 h)
Marina Palamós	VHF 9 · +34 972 601 000 · info@marinapalamos.com
Capitanía Marítima, Palamós	+34 972 601 685
Emergency	VHF 16, DSC 70 · 112
Salvamento Marítimo, emergencies	+34 900 202 202
Salvamento Marítimo, Tarragona centre	+34 977 216 203 or +34 977 216 215 (2018 figures: check)

Contingencies

- **Levante.** Stop at Blanes or Sant Feliu.
- **Running late.** If Blanes is passed after 17:30 CEST, stop at Sant Feliu de Guíxols.
- **Fog off Barcelona.** Keep well east of the arrival buoys; radar and AIS watch; listen on VHF 10.
- **Person overboard.** Shout, point, throw the danger buoy, press MOB, DSC distress alert, Mayday on 16.

Before leaving

- ☐ Forecasts read and logged before the go or no-go time
 - ☐ Spanish notices to mariners (Avisos a los Navegantes) checked for the route
 - ☐ Waypoints entered and checked against the chart
 - ☐ Ship's log started in UTC
 - ☐ Crew briefing: route, watches, safety gear, MOB, fog
 - ☐ Palamós berth booked
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- ☐ Fuel for 13 hours under engine, plus a reserve
 - ☐ Water, food and hot drinks for 13 hours
 - ☐ Lifejackets with crotch straps, jackstays rigged, harnesses

- ☐ Liferaft, grab bag, flares in date, handheld VHF
- ☐ Radar, AIS and navigation lights tested
- ☐ Passports, boat papers and insurance aboard

Sources

- Barcelona: Port de Barcelona approach procedure and port ordinance (portdebarcelona.cat, 2021).
- Palamós: marinapalamos.com; ports.gencat.cat.
- Catalan ports: ports.gencat.cat port pages and their internal maritime plans (Pla interior marítim).
- Lights: The Lighthouse Directory, Spain (ibiblio.org/lighthouse/esvc.htm and esct.htm).
- NAVTEX: NGA Pub 117, chapter 3. AEMET zones: aemet.es, predicción marítima.
- Tides: predictions from TICON-4 harmonic constants (Hart-Davis, Dettmering and Seitz, DGFI-TUM, 2025, doi 10.17882/109129) with Neaps (openwaters.io). Check against the Instituto Hidrográfico 2027 tables.
- Sunrise and sunset: calculated (NOAA method).
- Lights: The Lighthouse Directory (Rowlett), ibiblio.org/lighthouse, Portugal pages revised August 2024. Cross-check with the IH List of Lights, volume I.
- Pilot: RCC Pilotage Foundation, Atlantic Spain and Portugal, 9th edition (2025).

A planning exercise to RYA Yachtmaster standard. Not for navigation: use current official charts, the pilot book and the forecasts on the day.