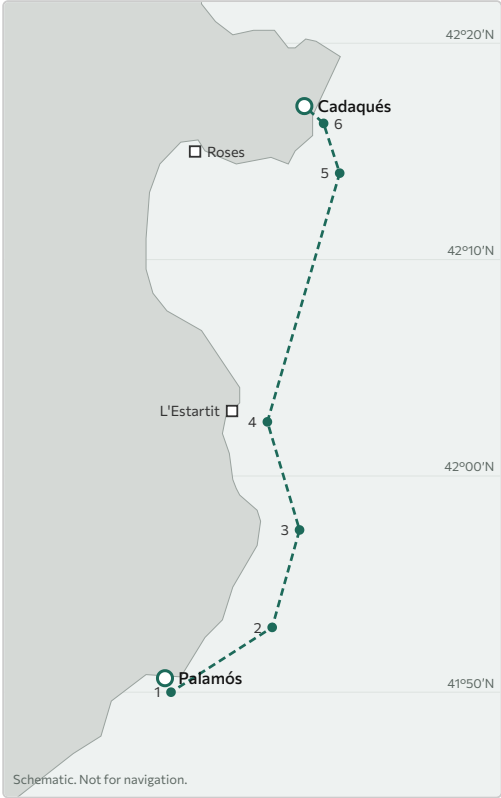


Palamós to Cadaqués

About 31 nautical miles up the Costa Brava past Calella de Palafrugell and the cliffs of Begur to the Medes islands, a marine reserve, then across the Gulf of Roses to Cadaqués at the foot of Cap de Creus.

DATE	Monday 24 May 2027
DISTANCE	31.8 nm, 7 legs
TIME	7 h 18 min, including 1.5 h stopped
DEPART	09:30 CEST from Palamós. 3 hours 10 minutes after sunrise (06:20 CEST).
ARRIVE	About 16:48 CEST at Cadaqués. In the late afternoon, after a stop at the Medes, with about 4 hours 20 minutes of daylight in hand (sunset 21:10 CEST).
TIDES	Range about 0.2 m: no practical effect
WIND	Sea breeze in the afternoon; the Tramontana (north) is the wind to fear on this coast
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 6, with ports of refuge as squares.

Go or no-go

Decide at 08:30 CEST. Go only if all of these hold:

- ☐ No Tramontana forecast: it blows hard from the north down this coast, often with little warning, and Cap de Creus is its worst corner.
- ☐ A mooring at Cadaqués confirmed, or Roses as the plan.
- ☐ For the stop only: permission to use a Medes buoy.

If a Tramontana is forecast, stay in Palamós. The weather day held at Gruissan absorbs a day lost here.

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	Marina Palamós	41°50.6'N	003°08.1'E				09:30 CEST	Depart.
1	Palamós approach	41°50.0'N	003°08.5'E	157°T	0.7	0.7	09:41 CEST	Out of the harbour
2	Off Cap de Sant Sebastià	41°53.0'N	003°14.8'E	057°T	5.6	6.3	10:36 CEST	2 nm off the tip
3	Off Begur	41°57.5'N	003°16.5'E	016°T	4.7	11.0	11:23 CEST	2.5 nm off.
4	Illes Medes	42°02.5'N	003°14.5'E	343°T	5.2	16.2	12:26 CEST to 13:56	Stop only on a permission. A CHECK ON
5	Off Cap Norfeu	42°14.0'N	003°19.0'E	016°T	12.0	28.2	15:56 CEST	Inside the Cap A CHECK ON
6	Cadaqués approach	42°16.3'N	003°18.0'E	342°T	2.4	30.6	16:25 CEST	South of the buoy light. CHECK ON
7	Cadaqués bay	42°17.1'N	003°16.8'E	312°T	1.2	31.8	16:48 CEST	Mooring field A CHECK ON

Tides and time

PALAMÓS · MON 24 MAY · CEST (UTC+2)

LW	07:22	0.2 m
HW	10:55	0.2 m
LW	16:48	0.1 m

From the Port Vendres station.

CADAQUÉS · MON 24 MAY · CEST (UTC+2)

LW	07:22	0.2 m
HW	10:55	0.2 m
LW	16:48	0.1 m

From the Port Vendres station.

Monday 24 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 and Cadaqués use 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 Palamós 06:20 CEST. Sunset at Cadaqués 21:10 CEST.

Weather

- **Tramontana.** A cold north to north-westerly from the Pyrenees, strongest round Cap de Creus and in the Gulf of Lion. It can reach gale force within hours.
- **Sea breeze.** In settled weather a south-easterly sea breeze builds in the afternoon.

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

- **Illes Medes.** A protected marine area: anchoring is not permitted, fishing is banned, landing is forbidden, and visits are regulated. There are about 13 buoyed moorings round the islands. Whether a visiting yacht may use one, and at what cost, could not be checked.
- **Cap de Creus Natural Park.** Anchoring outside authorised places and exceeding the speed limit are offences under the park's law. The Encalladora islet is an integral reserve, open only with authorisation. Current anchoring zones, buoy fields and speed limits could not be checked. [CHECK ON THE CHART](#)

- **Cadaqués.** The bay and Portlligat have a marked entrance and exit channel (buoys renewed by the town in 2025). The mooring field's operator, booking and depths could not be checked.

CHECK ON THE CHART
- **Rocks.** The Costa Brava is steep-to but rocky close in; Cap de Sant Sebastià and the Formigues islets need sea room.

Ports of refuge

PORT	FROM THE ROUTE	USE IT WHEN	NOTES
Palamós	Start	Within the first hour	Marina Palamós.
L'Estartit	2 nm from waypoint 4	Weather turns at the Medes	Entrance 6 m, berths 1 to 4 m. +34 972 751 351.
Roses	6 nm from waypoint 5	Tramontana, or no mooring at Cadaqués	Entrance 6 m; yacht berths 1 to 3 m, so check yours. Port de Roses +34 972 154 412.

Pilotage

LEAVING PALAMÓS

1. Leave the marina and head east round Cap de Sant Sebastià.
2. North past Begur toward the Medes.

INTO CADAQUÉS

1. From Cap Norfeu, head north toward the Cala Nans light (Fl(4+1) 25s).
2. Enter the bay by the marked channel.
3. Pick up the mooring you have booked. Operator and VHF:

CHECK THE PILOT BOOK

LIGHTS ON THE WAY

Palamós	Fl(1+4) 18s, 22 m
Cap de Sant Sebastià	Fl 5s, 167 m, 32 M
Hormiga Grande	Fl(3) 9s, 14 m
Medes	Fl(4) 24s, 87 m
Roses	Oc(4) 15s, 24 m
Cala Nans (Cadaqués)	Fl(4+1) 25s, 33 m
Cap de Creus	Fl(2) 10s, 87 m

Communications

Marina Palamós	VHF 9 · +34 972 601 000
Llafranc (Club Nàutic)	VHF 9 · +34 972 300 754
Port de Roses	+34 972 154 412
Ajuntament de Cadaqués	+34 972 258 200
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

- **Tramontana arrives.** Run for Roses, in the lee of the cape, or back to Palamós. Do not try to round Cap de Creus in it.
- **No buoy at the Medes.** Do not anchor; carry on.
- **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
 - ☐ Cadaqués mooring booked
 - ☐ Medes permission confirmed, or the stop dropped
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- ☐ Fuel for 8 hours under engine, plus a reserve
 - ☐ Water, food and hot drinks for 10 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

- Illes Medes: Llei 15/2010 (boe.es); Divernet, December 2025 (secondary).
- Cap de Creus: Llei 4/1998, amended by Llei 10/2011 (boe.es).
- Cadaqués buoyage: cadaques.cat (2025).
- Palamós, Llafranc, L'Estartit, Roses: ports.gencat.cat; marinapalamos.com.
- 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.