

## Useful contacts

You would like to know more?

Do not hesitate to contact your "visitor centre".



"What if we set off  
to visit the lagoons ? "

It could help you to do guided nature tours and discover amazing areas, according to the seasons and their particularities.

### Websites:

Education structures for the coastal environment of:

- Languedoc Roussillon : [www.graineLR.org](http://www.graineLR.org)
- Provence-Alpes-Côte d'Azur : [www.reseautour.org](http://www.reseautour.org) and [www.grainepaca.org](http://www.grainepaca.org)
- Corsica : [www.oec.fr](http://www.oec.fr)

To know more about the Mediterranean lagoons:

[www.pole-lagunes.org](http://www.pole-lagunes.org), [www.lifelagunes.fr](http://www.lifelagunes.fr) and [www.lagunesettourisme.org](http://www.lagunesettourisme.org)

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A respectful discovery of  
the Mediterranean lagoons



” You’re coming just at the right time!

This is where I live during the summer. “

> Welcome to the lagoons!

“ I’d like to introduce myself. My name is *Sterna albifrons* (Little Tern) but some people also call me “Sea Swallow”. During the breeding season, my bill is very yellow with a black tip and my forehead is white in contrast with the top of my head and the black stripe on my eye.

” Follow me, I’m going to show you where I live: in the lagoon. “

You’ll see! It’s very pleasant to live here. Located between land and sea, it’s made of dunes, salt meadows, brackish marshes, tidal marshes, magnificent reed beds and ponds. I share my habitat with humans, plants and other animals that you could discover all along your visit.

Like us, humans have always used this space for many activities. There are about 232 bird species here, which is more than 70% of the species found in France! However, for us, waterbirds, only these spaces can provide for us! That’s why it’s important to protect them.

During your walk, stay quiet and leave no trace of your presence. Think of my family, don’t take any plants from my habitat; take photos instead! If your dogs are kept on a leash and you are quiet, my chicks will grow peacefully on their sand islands.



” Yummy recipe “

> This visit open my appetite, are you hungry too?

Discover a delicious dish... a recipe made with lagoon products:

## Oysters au gratin

Preparation time: 30 mins - Baking time: 20 mins

Ingredients (for 4 persons):

- Two dozen large Mediterranean oysters
- Two shallots
- Local dry white wine
- Breadcrumbs

Preparation:

Open the oysters, drain the water and cut the “endon”. Finely chop the shallot and then put it on the oysters. Sprinkle with breadcrumbs and wet with the white wine without flooding the shell. It has to stay damp and not wet.

Bake in the oven at 200°C for approximately 10 minutes and broil another 10 minutes until breadcrumbs are brown.

Serve hot.

