

Fish smart Fish sustainable



The regulation of minimum catch sizes follows three geographic zones on the French mainland coast : North Sea-English Channel (north of North 48th parallel), Bay of Biscay (south of North 48th parallel) and Mediterranean sea.

Local restrictions may apply to other aspects (prohibited areas, quotas, fishing seasons, fishing equipment...). Consult local authorities, anglers organizations or a Life project partner to find out about these.

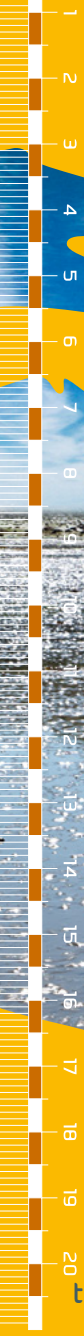
4						
	Blue mussel : 4 cm	Scallop : 4 cm	Cockle : 3 cm 2,7 cm in the Mediterranean	Warty venus : 4,3 cm 2,5 cm in the Mediterranean	Carpet shell : 4 cm In the Mediterranean : 3,5 cm european carpet shell, 3 cm other carpet shell	Wedge shell : 2,5 cm
6						
	Green ormer : 9 cm	Dog cockle : 4 cm recommended	Whelk : 4,5 cm	Native oyster : 6 cm	Pacific oyster : 5 cm 6 cm in the Mediterranean	Razor clam : 10 cm
7						
	Great scallop : 11 cm 10 cm in the Mediterranean	Sea urchin (spine excluded) : 4 cm 5 cm in the Mediterranean in sea 3,5 cm in the Mediterranean in ponds	Spiny spider crab : 12 cm	Edible crab : north of the 48 th North parallel : 14 cm south of the 48 th North parallel : 13 cm	Octopus : 750 g	
12						
	Sole : 24 cm <i>Species to be marked</i>	European lobster > From the back of the eye to the base of cephalothorax : 8,7 cm > In the Mediterranean : from the tip of the rostrum to the extremity of telson : 30 cm	Velvet crab : 6,5 cm			
13						
	Plaice : 27 cm	Prawn : 5 cm	Other shrimps : 3 cm			

**Valid informations
on french metropolitan coasts**
Current regulation on January 1st, 2015

For a sustainable seafood harvest :

- Be sure to know and respect minimum catch sizes, quotas and harvesting seasons.
- If you catch crabs, shrimps or clams that are too small, be sure to release them straight away on the foreshore.
- Do not trample on or rake in seagrass beds.
- Release female crustaceans carrying eggs.
- When looking for crabs or shellfish under boulders, make sure you replace these gently on the right side (seaweeds up).
- Use appropriate, non destructive tools.

Fish smart, fish sustainable



By following good fishing practices, we contribute to the preservation of the marine environment, shellfish stocks and our own safety.

It is up to each and every fisher to make sure that this pleasure remains accessible to all and for the future.

Pêche à pied
DE LOISIR



The LIFE project for the recreational hand harvesting of seafood, funded by the European Commission to help recreational fishermen to care for the marine environment and to maintain their activity.

Communauté d'Agglomération de **La Rochelle**



Conservatoire du littoral

Agence des aires marines protégées



VivArmor Nature

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