



## HORAIRES D'OUVERTURE

**SAISON** JUIN A SEPTEMBRE  
LUNDI AU SAMEDI 9H30-12H30 / 14H-18H  
DIMANCHES ET JOURS FÉRIES 9H30-12H30  
**HORS SAISON**  
MARDI AU SAMEDI 10H-12H / 14H-17H  
MANIFESTATIONS 9H30-12H30

## OPENING TIME

**HIGH SEASON** JUNE TO SEPTEMBER  
MONDAY TO SATURDAY 9.30-12.30 / 2-6PM  
SUNDAY PUBLIC HOLIDAYS 9.30-12.30  
**LOW SEASON**  
TUESDAY TO SATURDAY 10-12 / 2-5PM  
BIG EVENTS 9.30-12.30

## HORARIO DE APERTURA

**TEMPORADA** JUNIO A SEPTIEMBRE  
LUNES A SABADO 9H30-12H30 / 14H-18H  
DOMINGOS Y DIAS FESTIVOS 9H30-12H30  
**FUERA DE TEMPORADA**  
MARTES A SABADO 10H-12H / 14H-17H  
DIA DE EVENTOS 9H30-12H30

## OFFNUNGSZEITEN

**VON JUNI BIS SEPTEMBER**  
VON MONTAG BIS SAMSTAG 9.30-12.30 / 14-18  
SONN-UND FEIERTAGS 9.30-12.30  
**AUßERHALB DER SAISON**  
VON DIENSTAG BIS SAMSTAG 10-12 / 14-17  
SONNTAG GROBER VERANSTALTUNGEN  
9.30-12.30

11-13 ROUTE BLEUE  
13620 CARRY-LE-ROUET  
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# OURSINADES



**INFOS OFFICE DE TOURISME : 04 42 13 20 36**

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## THE HISTORY OF URSINADES:

The town, which is home to seabeds representative of Mediterranean fauna and flora such as posidonia seagrass and wrasse, also has many sea urchins, which have been protected by the Côte Bleue marine park since 1983. Since 1994, it is the only marine park in France to carry out a count of sea urchin populations (before and after the fishing season), in order to see how these species develop and evolve.

In 1952, during a tasting of sea urchins in the creek of Cap Rousset, the fishermen offered the mayor of the time: Jean-Baptiste Grimaldi his weight in sea urchins.

The event is folkloric but the sea urchin obtains its title of nobility.

Thus, in 1960, the municipality of Alfred Martin launched "La Journée de l'Oursin" on the last Sunday of January.

Faced with the growing success, February becomes Sea Urchin Month. Since then, every year, the month of February is dedicated to the "Oursinades". It's a great tasting of sea urchins and shellfish on the port of Carry, animated by parades of folk dances and craftsmen who come to exhibit their products.

In the space of half a century, Carry-le-Rouet has become the sea urchin capital.

## SEA URCHIN

Also known as the "sea chestnut", there are more than 800 different species of sea urchins around the world.

There are sea urchins over 30 cm in diameter, and others a few thousandths, with spines of all sizes and different colors.

This seafood, being protected in many places, serves above all for scientists as a biological indicator. Indeed, thanks to them we can evaluate the pollution indices of a coastal zone according to their concentration. Sea urchins have long remained unknown to the general public. They were better known in the past by local populations as well as fishermen, when they were abundant on our coasts, and at accessible depths. Its reputation has been built over the years thanks to its extraordinary taste and original appearance. It is now proving to be a delicacy and a seafood in its own right.

Sea urchins from the Côte Bleue have the particularity of having an iodized taste.

## FISHING REGULATIONS:

Victim of its own success and non-compliance with fishing rules, the sea urchin is nowadays an endangered species on our coast, which it is becoming essential to protect and respect. Each of us must feel concerned and responsible for these rules.

On the Mediterranean coast sea urchin fishing is subject to strict regulations:

→ It is only authorized from November 01 to April 15 of each year in order to preserve the reproduction of species.

→ The number of sea urchins per catch and per angler is limited to a maximum of 4 dozen.

→ The minimum diameter of the sea urchin must be 50 millimeters in diameter (i.e. 5cm) of the test (around the shell without the spines).

## FISHING METHODS:

Amateur fishermen use the mask, flippers and snorkel. In apnea, the armed arm of a cluster, a sea urchin dredge or a rake, they detach the sea urchins from the bottom and collect them in a net.

Professional fishermen have the right to use diving equipment (oxygen bottle etc...). The pickup method remains the same.

## HOW IS SEA URCHIN EATEN?

The ideal is to taste the sea urchins with your feet in the water!

They are opened with scissors. By shaking them with a dry and frank gesture, the impurities surrounding the gonads / steaks disappear.

Traditionally, the sea urchin is eaten "plain", by taking the steaks directly with a slice of good bread. It can also be enjoyed with a teaspoon, with lemon juice or spread on a buttered rusk.

Mediterranean coral is also available in several gourmet dishes. Scrambled eggs, omelette, soufflé, pancake, so many recipes that will allow you to discover this delicious dish differently.

