

# Sea Life of the Mar Menor

One of the most common types of fish you are likely to see in the Mar Menor are Bream. There are a number of different varieties all with slightly different markings on their bodies. Bream and Seabream are made up of many different species, which have similarities both in habitat and behaviour. They are mainly found near rocky reefs, which are covered in sea-grass and algae. They are relatively unafraid of humans and if you approach them slowly you should be able to get a good look.

Probably the most common Seabream in the Mar Menor is the White Seabream. It is identified by a black spot just in front of its tail.

## White Seabream *Diplodus sargus sargus*

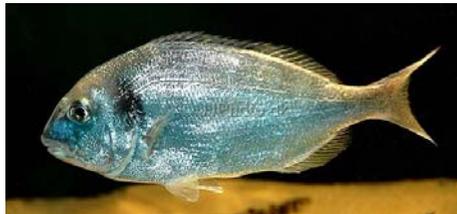
Normal Max Size: 40 cm  
Behaviour: social found in shoals



One fish, which you may have encountered at the fish counter on a restaurant menu, is the Dorada or Guilt-head Seabream. This species are quite common in the Mar Menor but most commercially sold Dorada are bred in fish farms as wild stocks are declining due to over fishing.

## Dorada, Guilt-head Seabream *Sparus aurata*

Normal Max Size: 35 cm  
Behaviour: solitary or in small groups



Can be identified by their silvery appearance and the slight dark streak just behind the head.

Another commonly found seabream is the Two-banded Seabream. As its name suggests it has two black bands across its body. It may often be found with the White Seabream.

## Two-banded Seabream *Diplodus vulgaris*

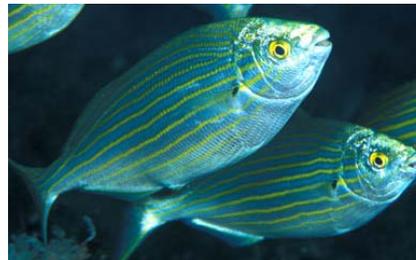
Normal Max Size: 45 cm  
Behaviour: social found in shoals



A really attractive variety is the Cow Bream, which has bright golden bands down its body. It is always found in shoals close to the shore.

## Cow Bream *Sarpa salpa*

Normal Max Size: 50 cm  
Behaviour: social found in shoals



Finally the Sharp-snout Seabream has dark stripes all the way down its body and a black stripe just in front of the tail.

## Sharp-snout Seabream *Diplodus puntazzo*

Normal Max Size: 25 cm  
Behaviour: solitary



Many varieties of bream have strong jaws as they eat shellfish and need to be able to crush the shells to find their food. They also supplement their diet with plankton and algae.

Although I have shown maximum sizes in the descriptions above, the majority of the fish found in the shallows of the Mar Menor are less than 15 cm in length.

Lesley Singleton  
AQUA ADICTA



Email: [lesley@aqua-adicta.co.uk](mailto:lesley@aqua-adicta.co.uk)

Tel: 968 545 193 Mob: 659 434 811

Sailing & Windsurfing Lessons, Kayak Safaris  
Powerboat Trips & Equipment Rentals  
ALL INSTRUCTION TO RYA STANDARDS



## Aqua Adicta

Water Activities La Manga  
[www.aqua-adicta.co.uk](http://www.aqua-adicta.co.uk)