

The background of the urbanisation process that has taken place in Catalonia, the Valencian Country and the Balearic Islands is analysed in the first part of this paper, and the four phases that this process has gone through over the course of the last half-century are described. The second part looks into one of the main and most visible consequences that the urbanisation process has had on the environment: the change in the uses of the land, as is the case of the abandonment of cultivated areas or the increase in the extension of forests, as well as other effects of territorial or environmental character such as the flooding of large valleys, the change of the coastline, or the increased consumption of energy. The paper closes with some brief conclusions.