

# Vines and flowers at the Cap de Creus

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Discover wines through the landscape where vines are planted and grow!

The organic vineyards by the Marès farmhouse, located in the Cap de Creus Natural Park, offer the ideal setting to understand the relationship between viticulture and environment and to taste different wines of the region. We propose a walk among the vines planted by the sea, arranged in terraces and surrounded by pastures and some oak trees, which remind us where we come from and of the importance of preserving this legacy that we have inherited. The Espelt winery and Naturalwalks offer experiences that combine tradition and innovation in the world of wine and relate it to landscape and nature, accompanied by a representative of the winery and an expert guide in gastro-botany.

## Walking

Walk in and around the vineyards to discover and taste the wild plants that grow next to the vines (1.5 h)

Walk by the seashore to discover and taste wild coastal plants at the Costa Brava (1,5 h)

## Wine pairings, a unique and original way to combine natural landscape and history through wine

Wine pairing among flowers: By the Marès farmhouse, right by the vineyards, we pair four of the Espelt wines with wildflowers collected on the previous walk (1,5 hours)

Wine pairing by the sea: On a small beach near the vineyards, we pair four of the Espelt wines with wild flowers from the coast (1,5 h)

Wine pairing at the winery: We return to the Espelt cellar and pair their wines with wild flowers that we collected during the walk (2h)

## Accommodation

The farmhouse Espelt, next to the winery and vineyards, overlooking the Cap de Creus and Aiguamolls de l'Empordà Natural parks, is ideal for enjoying a few days in the countryside and discover the many places of cultural and natural heritage of the region! Renovated to offer all the comforts of modern life, its stone walls and wood beams remind us of its history.

Accommodates up to 12 (+ extra beds for children).

## Activities for companies

We offer activities that encourage the participation of companies and institutions seeking a connection with the natural environment.

Team building: Nature as a source of inspiration: Relaxed efficiency!

**Ask us about other activities near the winery Espelt and Cap de Creus Natural Park**

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[www.naturalwalks.com](http://www.naturalwalks.com)