



# The natural pantry of the Jewish Quarter

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*Get a taste of Jewish cuisine  
strolling through the ancient city!*



PANTRY – A STROLL – GIRONA

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On this walk we follow the steps of a cook from medieval Girona who collects natural ingredients for the Sabbath meal. From the courtyards of the Jewish Quarter to the gardens outside the city walls, Girona offers a great and unsuspecting variety of edible and aromatic plants that are already mentioned in the bible.

We propose a little travelled itinerary to see Girona from a different perspective.

A walk where at each stop we will find a plant with a tradition in century-old cooking and used still in modern recipes and learn how to use them.

**Date:** All year round

**Duration:** 2h - 2,5h

**Location:** Girona

**Group:** Maximum of 18 people

**Public:** Adults and children (8-16 years, accompanied)

**Difficulty:** Low - medium. The course will be adapted to the physical capacity of the group

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