



**The natural diet of
Cap de Creus**

A walk along the wild coastline

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In the south of the Cap de Creus Natural Park, among the most beautiful coves of the Costa Brava, a narrow rock that reaches towards the sea is known by the mythical name of Cape Norfeu. Crowned by the ruins of an early-modern watchtower, its slopes are covered with vegetation leaning over the cliffs that are carved out by the waves and the tramuntana north wind.

From the luscious Valley of Montjoi to the tip of the Cape, discover herbs and edible plants of our coastline which were used by local fishermen and farmers in the past and which we use again today in modern cooking and for home remedies. On a pleasant walk, far from busy Costa Brava, enjoy the calm of this magical place full of Mediterranean essences.

At the end of the tour we can swim in the cove Pelosa –depending on the time of year-, have a picnic with local and natural ingredients or, on our way back, stop at the organic vineyards of Mas Marès to pair the wines of a Cap de Creus cellar with some of the wildflowers we came across on our walk.

Season: All year round

Duration: Walk (2,5-3 h), Picnic (1-1,5 h), Wine pairing (1-1,5 h)

Location: Around Cape Norfeu (Roses/ Costa Brava)

Group: Maximum of 15 people

Public: Adults and children from 8 years old accompanied

Difficulty: Low-medium (according to the chosen itinerary)

Price: Consult our rates

Price includes: Information on plant species and subsequent.

A private custom-made experience

Travel agency GC - 004776

www.naturalwalks.com