



Aromas of the Mediterranean diet

Walking among wild tapas!

TAPAS – NATURE – SENSES

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An easy and fun walk to enjoy the most unusual and natural green tapas that nature can provide: its wild plants and flowers!

Spicy flowers, salty leaves, crisp stalks, sweet roots. A walk to surprise your senses and to wake your untamed instincts with the most natural ingredients!

A tour through nature with 6 to 8 stops where we can find different species of plants and mushrooms -according to the season and region- which are interesting from a culinary perspective and related to the Mediterranean and local cuisine.

At each stop we do a little tasting of these to learn, for example, how to taste a flower in order to perceive its subtle nuances. At the same time, we explain its traditional and modern uses in different types of cooking: from haute cuisine to novelty vegan shakes, always in a fun and interactive way.

This activity can be complemented with a collective showcooking, where different tapas or creative recipes are prepared using some of those edible wild plants or mushrooms that are collected during the previous walk. This activity is subject to the location and season and its conditions are specified upon request.

It can also be combined with an Eco-Picnic or a Wine Pairing Among Flowers..

Duration: Walk (2,5 - 3h)
Showcooking (2h)

Location: Determined according to your request

Group: 18 people maximum

Price: Consult our rates

Price includes:

- Information on the plant species and subsequent consultation by email
- Private, custom-made activity

www.naturalwalks.com