

Amongst clouds and the most aromatic nature

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Mediterranean flowers and
plants*

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Where the Pyrenees reach the sea, on top of the Sierra de Rodes, we find a monumental complex that offers spectacular 360° views if we reach the top of the Costa Brava. The Romanesque monastery of Sant Pere de Rodes, the ruins of the Verdera Castle and of the medieval village Santa Creu tell us about centuries of ecclesiastical rule and rivalries between feudal lords. The nature surrounding this medieval complex still testifies to how monks and villagers lived here, and also introduces us to Catalonia's avant-garde cuisines.

During a pleasant walk on the south-west side of the Sierra we discover the world of flowers and herbs that flavor the Mediterranean diet, for centuries and even today. We also find forgotten edible plants which modern chefs now use in their award-winning menus. Surrounded by the scents and natural colors and before an endless horizon, we perceive how nature, the origin of all food, is also a source of inspiration in the best-known Catalan restaurants.

The itinerary offers many possibilities: Start with a guided tour of one of the most important Romanesque monasteries of its time, climb to the top where the ruins of the Verdera Castle still watch over the monastery lands, or have a picnic with the Bay of Roses at your feet.

We recommend to time this walk with the sunset, when the sky lightens up the clouds over the plains and the dimming light draws the silhouettes of all the mountains we have in sight.

Season: All year round

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

Location: Around the Sant Pere de Rodes monastery (Port de la Selva/ Costa Brava)

Group: Maximum of 15 people

Public: Adults and children from 8 years old accompanied

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

Travel Agency GC - 004776

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