



Mushrooms

From the forest to the plate

AUTUMN - PYRENEES - COOKING

Mushrooms :

From the forest to the plate

Autumn arrives and all over the forest appear strange and mysterious beings of all shapes and colours. Mushrooms and fungi are certainly some of the most fascinating species found in autumn.

A walk with an expert guide leaves us amazed by the diversity and unknown details of these dwellers in nature. Along the way you can learn to identify the most common local species, some toxic and others highly priced and delicious for cooking. This country has a real passion for collecting and, above all, cooking mushrooms. And that's what we'll do! A fun and yet instructive and practical activity. We carefully collect the specimens we find and then learn the best way to cook or preserve them. This activity can also be concluded with a natural Eco-Picnic or a Wine Pairing Among Flowers where possible.

Season: Autumn

Duration: Walk 2,5-3h - Cooking 2h

Location: On demand

Group: Maximum of 12 people

Difficulty: Easy

Price includes: Information and postactivity consultation

Travel agency GC - 004776

www.naturalwalks.com