

A photograph of three people standing on a rocky shore next to the ocean. On the left, a man in a black wetsuit with 'mares' and 'diving center' logos is holding a clump of yellow seaweed. In the center, a woman wearing a blue baseball cap with a white 'NY' logo and a blue life vest with 'River People Scutt' text looks at the seaweed. On the right, a man in a red cap with 'SK KAYAK' and sunglasses, and a blue life vest with 'River People' text, also looks on. The background shows the ocean and a rocky shore.

Marine Tapas by Kayak

*Discovering the savoury side of
the Costa Brava*

COSTA BRAVA - SEAWEED - KAYAC

Marine Tapas by Kayak :

Discovering the savoury side of the Costa Brava

A fun kayaking trip along the undoubtedly most beautiful spot of the Mediterranean coast: Cap de Creus!

Accompanied by a specialized kayak instructor and a Naturalwalks guide, we discover the most untamed Costa Brava and its untouched corners: small coves, cliffs and caves surrounded by the calm waters of the Mediterranean Sea. We stop at beaches to walk and discover the most delicious and surprising edible plants that grow on the Costa Brava and that tell us surprising stories about their ancestral and modern uses.

We finish swimming in the crystal clear waters of a cove and those who dare can dive to discover the seaweed and algae that live at the bottom and their surprising use in healthy and natural cooking.

This activity can also be concluded with a natural Eco-Picnic with seaweed or a Wine Pairing Among Flowers with local wines.

Duration: Trip 3,5-4h

Difficulty: Medium

Location: Costa Brava.

Group: 18 people maximum

Public: Adults and children from 8 years old accompanied

The price includes:

- Information on plant species and subsequent consultation by email.
- A Naturalwalks guide and a kayak instructor for each 6 participants.
- Double-seated kayak and material.
- Support boat.
- A private custom-designed experience.

Travel Agency GC - 004776

www.naturalwalks.com