



# Green nature of Empúries

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*Between mythology and ovens*



COSTA BRAVA - GREEK CULTURE – NATURE

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How does the nymph Daphne relate to the laurel leaves from god Apollo's crown? Discover ancient history through plants, from vegetable symbols in Greek mythology to recipes of famous Mediterranean cooking.

The privileged situation of the archeological site Empúries invites us to take a walk along the seashore, where the ancient world is present wherever you look.

The wild plants of the dunes and species already cultivated since the time of the Greek colony tell us stories of enamored gods, frightened nymphs or sacred diviners.

At the same time, the plants we find along the way are also some of the best known ingredients of the Mediterranean diet.

We propose an easy, level walk, guided by an expert who presents you the most natural side of the ancient culture of Empúries.

An experience for those who love history and culture in general, curious people who want to learn to interpret the territory through the world of plants and landscapes in a relaxed way.

**Season:** All year round

**Duration:** 1,5-2h

**Location:** Immediate surroundings of the Ruins of Empúries (Empordà-Costa Brava)

**Group:** Maximum of 18 people

**Price:** Consult our rates

**The price includes:** Information on plant species and subsequent consultation by email. A private custom-made experience

Travel agency GC - 004776

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