



Naturalwalks

Ecotourism - Nature - Sustainability

The wildest Costa Brava

Natural tapas by the sea!

COASTAL TRAILS – WILD TAPAS - COSTA BRAVA

The wildest Costa Brava:

Natural tapas by the sea!

Walking the trails that connect the beautiful coves of the Costa Brava and discover where its name -Wild Coast- comes from: a natural landscape between sandy beaches and cliffs covered with pines and where cork oaks bow over clear waters. Where the salty fragrance of the sea blends with aromas of Mediterranean plants and herbs.

Strolling calmly along the seashore, our expert guide will show you which of the wild plants and flowers we can taste right there and how we use them in the well-known Mediterranean cuisine: aromatic flowers, salty leaves, crisp stems and sweet roots like natural tapas. A walk to surprise your senses and to awaken your wild instincts with most natural ingredients!

An easy and fun itinerary for adults or the whole family, with a choice of different trails: uncomplicated and shaded or challenging for the adventurous. The walk can be complemented with a cooking class or demonstration at your holiday home or another suitable facility, where we create original dishes or tapas using the plants, or mushrooms, that we harvested along the trail. The activity can also be complemented with an organic and locally grown picnic or a wine pairing with wild flowers.

Season: All year round
Duration: From 2,5 to 3 hours
Location: On request
Group: Maximum of 12 people

Public: Adults and children from 8 years old accompanied
Difficulty: easy to medium. (according to chosen trail)
The price includes: Information and consultancy after activity

Travel agency GC - 004776

www.naturalwalks.com