

Walking along the sea among aromatic herbs in Tarragona

*Herbs during the age of the
Roman Empire!*

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A relaxed walk among aromatic and salty herbs along the most unknown coast of Southern Catalonia where, while walking between cliffs, beaches, dunes and coastal forests you can learn the history and uses of medicinal and edible plants especially relating to the culture of Imperial Rome.

An excursion where you can focus on the local Mediterranean culture and at the same time learn how to identify wild plants and learn their uses, while also enjoying this exceptional coast's landscape that will allow us to learn while at the same time enjoying its coves with a swim, time permitting.

Walking, you will learn the basic knowledge about the world of edible and medicinal plants on the southern coast of Catalonia, so you can safely forage on your own, learn how to identify them, as well as the main ways to use them in the kitchen, their applications to health or their conservation, and their relationship with the origin of our culture: the Greek and Roman world.

The activity can have two formats, a half-day walk or a full-day activity where the contents will be given in more detail.

Season: All year round

Duration: 3 - 3.5 h, option of 8-hour excursion

Location: Altafulla (Tarragona)

Group: Maximum of 18 people

Public: Adults and children from 8 years old accompanied

Difficulty: Easy

Travel Agency GC - 004776

www.naturalwalks.com