

Walking among plants in jewish Girona

*Flavors, aromas and customs
from ancient times until today*

JEWISH CULTURE – NATURE – GIRONA

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Flowers and plants that are cosmetics, perfumes, medicines, aromas and flavors in the kitchen since yesterday ... until today.

Jewish culture, like Mediterranean culture, is full of references to the use of plants of all kinds. And the bible, its sacred book, is also a compendium of many uses that have been fundamental for more many centuries.

The common landscapes of Girona are full of herbs and flowers that tell us the story of how we have lived through time.

From kitchen herbs, plants to make homemade remedies, the origins of beauty treatments, forgotten energy sources to multiple applications in spiritual traditions, we continue to use these plants today and we can still find them along the trail.

An activity for lovers of popular culture, discover the Jewish and Mediterranean world through curiosities and knowledge which still can help us to live a better and healthier life today.

Season: All year round

Duration: From 2,5 to 3,5 hours

Location: Jewish quarters of Girona and its immediate surroundings

Group: Maximum of 12 people

Public: Adults and children from 8 years old accompanied

Difficulty: Medium

The price includes: Information and consultancy after activity

Travel agency GC - 004776

www.naturalwalks.com