

# Natural Gastrosail

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*The Most Appetizing Costa Brava*

MEDITERRANEAN COAST SAILING GASTRONOMY

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## *The Most Appetizing Costa Brava*

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Can you imagine taking an excursion by sea and land, between secluded coves and at the same time discovering some of the best kept secrets of the famous Mediterranean diet?

From the millenary plants used by our ancestors to the flowers used in the avant-garde cuisine. A quiet and fun boat ride to enjoy the most unusual and natural green tapas that nature can provide: plants and flowers, algae or Mediterranean mushrooms!

A pleasant and entertaining excursion by boat and on foot to enjoy the Mediterranean Coast from another point of view: on board a boat at the hand of the gastrobotanist Celler de Can Roca. Along the way we will stop to taste first hand, the most delicious hidden wild ingredients of our coast.

Spicy flowers, salty leaves, crispy stems or curious algae. A walk on our bluest coast to awaken the senses and flavors on our palate! A tour for lovers of the sea and foodies alike and for the youngest ones.

This activity can be complemented with a wild ecopicnic or a wine pairing between flowers. The conditions will be specified upon request according to the area and the season.

Duration: 4 hours approximately  
Place: Costa Brava and Catalonia.  
Maximum group: 18 people

The price includes:

- Information on plant species and subsequent advice on the activity via mail.
- Tailored-made private activity
- Skipper
- Fuel
- Pack of fruit and drinks with water, soft drinks and cava
- Private nature professional guide, throughout the whole activity.

Travel agency GC - 004776

[www.naturalwalks.com](http://www.naturalwalks.com)