

Nature and Culture Itineraries Designed by Mediterranean Parks

GREECE: SAMARIA GORGE NATIONAL PARK

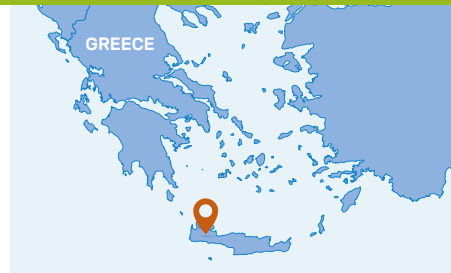
From the Mountain to the Sea: Trails of the Gods (6 days)



Trek the White Mountains, playground of the Greek Gods, and the Samaria Gorge. Swim in the turquoise waters of the Mediterranean Sea, taste and learn about traditional Cretan cuisine, and meet unique species of plants and animals found nowhere else in the world.



- Hike to Kalergi Refuge and enjoy sweeping panoramic views of the mountains and the Samaria Gorge
- Trek the famous Samaria Gorge with a local guide, ending at the shores of the Mediterranean sea, where you'll overnight in an isolated coastal village



- Enjoy a guided nature walk getting to know the local landscape on a walking path developed by the MEET Network!
- Live, eat, and dance like a local in small hotels with incredible food and plenty of live music provided by villagers.

ITALY: MONTE RUFENO NATURE RESERVE

Central Italy's Hidden Beauty (5 days)



Sense the perfumes and colors of nature, wandering from medieval towns to beautiful forests in an unspoiled land between Rome and Florence.



- Explore the life of a farmer while staying at the guesthouse of a local agriturismo
- Harvest edible wild plants, fruits and mushrooms while hiking, then learn how to prepare them from local chefs
- Enjoy a guided walk through the



- fairy tale Sasseto Woods in the shade of monumental trees along a carpet of moss-covered stones
- Meet the woman whose family has owned a medieval castle for 400 years, then dine on regional wine and cuisine inside her fortress.

LEBANON: SHOUF BIOSPHERE RESERVE

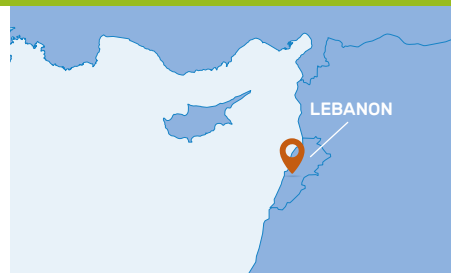
Cedars and Faces (6 days)



From Biblical Cedars to paradise land, Mount Lebanon is an open book ready for your exploration. On the way, discover Lebanese traditions conserved in old villages of the Shouf Biosphere Reserve, and spend time with locals who hold the keys to history spanning more than 4,000 years.



- Walk in the shadow of a Biblical Cedar Trees forest in Barouk range
- Encounter a Druze Sheikh and listen to him share his long-held beliefs
- Play the craftsman: try your hand at a weaving loom
- Experience the dynasties of the Emirs of Mount Lebanon within the walls of Beiteddine



- Palace, and wander around medieval streets of the National Heritage town of Deir el-Qamar
- Have lunch prepared by the local women of the Beqaa Valley in the Eco-restaurant of Tawlet Ammiq
- Cooking (and eating) Lebanese cuisine together is never a lesson, it is an enchantment.

SPAIN: MONTGRÍ NATURAL PARK

Discover The Authentic Sensations and Emotions of Costa Brava (7 days)



Transport yourself to a territory where the colors and smells derive from the land, the sea, and the mysterious northern wind known as the "tramuntana". Get to know the community and the local producers whose way of life integrates with the natural park.



- Explore charming villages and stay in a traditional Catalan home
- Connect with nature and understand local conservation needs through guided activities in the natural park



- Spend the day at sea experiencing life as a traditional fisherman
- Enjoy show-cooking with an expert chef while learning how to use local oil, flour, rice, wine, and other seasonal products.

SPAIN: SIERRA NEVADA NATIONAL PARK

Caves, Cowboys, and Mediterranean Mountains (5 days)



Hike ancient staircases, and climb alpine peaks in Sierra Nevada, the southernmost mountain range of Spain, situated just above Granada. Discover stunning Andalusian landscapes and develop a deep connection to the past and the people who depend on the Mediterranean's highest mountains.



- Cross the mountain range from North to South to discover a new landscape in each corner, from the forest to the desert
- Stay in a cave, a traditional habitat of the Sierra Nevada, where you can experience silence, peace and tranquility
- Share a day at 2,000 meters above sea level



- with Torcuato, a passionate cattle breeder, who is trying to save the oldest breed of cows in Europe known as the Pajuna
- Discover the Alpujarras, an isolated area in the south of the Sierra Nevada, featuring white villages perched in the slopes, and architecture that preserves their Berber origins.

ALBANIA: VLÖRE AND SHKODRA REGION

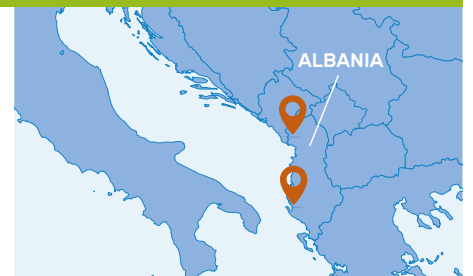
Dance with The Welcoming Beauties of Lezha and Shkodra (7 days)



Travel across 4 protected areas from the coast to the heart of the Albanian Alps and enjoy warm hearted hospitality while hiking through Thethi National Park, the crown jewel of all Albanian Natural Landscapes.



- Explore the country's capital Tirana with a local fauna and flora specialist
- Lunch with the typical dish of Carpe and garlic sauce, onions and laurel with a fisherman's family in the village of Zogaj



- Enjoy panoramic views of the Cursed Mountains at the Edith Durham monument
- Hike past waterfalls and Swim in the stone basins of Thethi National Park.

CROATIA: KORNATI NATIONAL PARK

Break from Civilisation and Back to the Basics (6 days)



Kornati National Park, known for its magnificent geomorphology and underwater biodiversity, holds more than 1,500 marine species. Explore this dense Mediterranean archipelago by land, by sea and through the gripping stories of the ancient people who created this landscape.



- Enjoy a guided walking tour and experience the real Sibenik from the perspective of a local
- Cycle through the ancient villages of Betina and Colentum, learning about the remnants of the Roman empire



- Go Snorkelling & Scuba Diving in the Adriatic sea and lose yourself in its diverse and colorful undersea world
- Take a breathtaking boat ride to Vrulje Bay and visit a bee farm where you can experience traditional honey making.

ITALY: COLLINE METALLIFERE NATIONAL PARK

The Heat of the Heart Tuscan mining UNESCO Global Geopark (4 days)



Delve into the ancient architecture and medieval art of this Geological Mining and Industrial Archaeology Park and stand in awe of the extraordinary scenery formed by geologic phenomena. And discover the heat of the earth in this underground world filled with natural and cultural heritage.



- Explore Massa Marittima, the gem of the Middle Ages
- Go beer tasting at Vapori di Birra, a sustainable brewery
- Enjoy a guided donkey trek to the highest peak in the territory and observe plants



- and wild animals such as wild boar in their natural habitats along the way
- Cook Tortelli, a traditional Tuscan Pasta, with Salvatore and Patrizia at the Trattoria il Mutino.

CROATIA: LASTOVO ARCHIPELAGO NATURE PARK

Croatia Islands: Lastovo's Nature & Culture (6 days)



Bike, kayak, boat and hike around the 46 islands, islets, rocks and reefs and explore one of the richest and best preserved botanical areas in the Mediterranean. Enjoy the island's slow-paced life, steeped in tradition, history and natural beauty.



- On a Catamaran boat ride to the islands listen to stories and learn about the islands rich history from a local tour guide
- Visit a beautiful olive grove and try locally grown produce on Skrivena Luka - Hidden bay



- Experience Europe's darkest skies with an open air dinner beneath the stars
- Attend a unique workshop with the last wooden ship builder on the island and make your own souvenir.

ITALY: TORRE DEL CERRANO MARINE PROTECTED AREA

The Sea of Emperor Hadrian: A Tower in Defense of Nature (4 days)



Travel across space and time, exploring the concept of sustainability. Enjoy hiking, cycling, snorkeling and diving in a wonderful blend of nature and culture, enriched with authentic flavours and ancient heritage.



- Dine at Taverna Ferretti and experience one of the most incredible views of the Adriatic coast
- Snorkel through the ancient submerged harbour of Hatria



- Cycle E-bikes through the old town of Atri and Calanchi Nature Reserve
- Hike from Pineto centre along one of the beautiful Cerrano coastline past soft dunes and rare plants to the Cerrano Tower.

SPAIN: TERRES DEL EBRE BIOSPHERE RESERVE

Spanish Culture, Cuisine and; Wildlife in the Ebro Delta (5 days)



Experience the wildlife and seasonal colours of the largest wetland in Catalonia. Sail, birdwatch and cycle across the Ebro Delta's unmistakable horizontal landscape and explore Encanyissada and Tancada lagoons.



- Visit the salt world of Mon Natura and travel from the Trabucador Isthmus to the Trinidad Salt Pans of the Alfacs Peninsula
- Learn about the sustainable production of mussels and oysters in Alfacs Bay



- Enjoy a guided walking tour through the old Ebro Lands capital in Tortosa City
- Wine tasting at the Gandesa Cathedral Wine Cellar.

COMING SOON!

MEET is Constantly Developing New Ecotourism Packages!

CIRCEO

Water Tales: Memories and Magic (4 days)

Visit one of the oldest in National Parks in Italy, a treasure chest of biodiversity and human history. Enjoy the wonders of the Plain forest on foot or by bike, trek to Picco di Circe to see a great variety of landscapes and take a sailboat or canoe out into the crystal blue waters.

CAMARGUE

Camargue: A Hidden Gem of Provence (6 days)

Explore the largest wetland in France, a hidden gem of Provence where Rhone river meet the Mediterranean. Cycle, walk or ride horseback and marvel at colonies of pink flamingos, learn about the regions beautiful rice fields and vineyards and cook alongside a famous french chef.