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 fairytale 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
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 the rural villages of the area 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

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.

Contact: richard@bookgreen.travel • www.meetnetwork.org/MEET-Guide
Join or collaborate with MEET Network: jeremy.sampson@iucn.org • www.meetnetwork.org