



Mediterranean Experience of EcoTourism

Let us re-introduce you to the Mediterranean

Itineraries for the experiential traveller

Designed by parks and their communities

Locally crafted experiences

Robust sustainability and quality standards

Where land and sea shape culture and heritage



Diverse Experiences Across the Mediterranean Basin

MEET Network Founding Members:



Funding support provided by:



Project co-financed by the European
Regional Development Fund

Join or collaborate with the MEET Network

Contact: secretariat@meetnetwork.org
www.meetnetwork.org

Customize a MEET itinerary for your Mediterranean portfolio

Contact: commercial@meetnetwork.org
www.meetnetwork.org/ecotourism-experiences

Nature and Culture Itineraries

Designed by Mediterranean Parks

SPAIN: TERRES DE L'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.

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. Discover 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
- 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
- Stay in a cave and experience silence, peace and tranquility.

FRANCE: CALANQUES NATIONAL PARK

Explore a Land of High Contrasts (6 days)



Immerse yourself in the heart of Mediterranean Biodiversity with this active itinerary in one of France's most famous national parks! Learn about the park's natural heritage from local guides as well as its people, with a genuine opportunity to get to know their lifestyle!

- Go on a kayak tour along the south coast of the park
- Visit the picturesque Croisette Cape near the little village of Les Goudes and its small harbour, for a typical French aperitif
- Join an oceanographer and discover the magical world of sea plankton

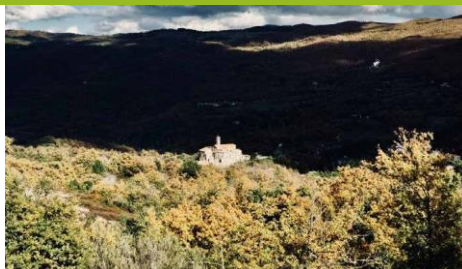
- Wine tasting at a typical French vineyard where first labelled French wine was produced
- Wind down at the end of your trip with a tranquil yoga session against a stunning natural backdrop.

Nature and Culture Itineraries

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ITALY: COLLINE METALLIFERE NATIONAL PARK

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



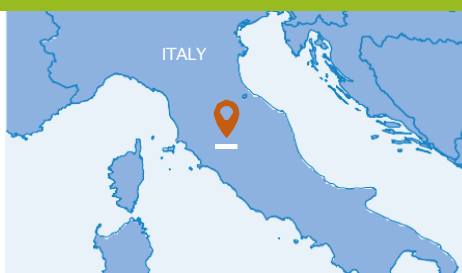
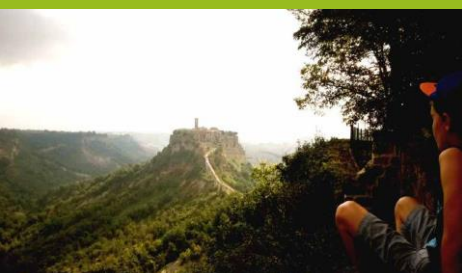
Delve into the architecture and medieval art of this Geological Mining and Industrial Archaeology Park and stand in awe of the scenery formed by geologic phenomena. Discover the heat of the earth in this underground world filled with natural and cultural heritage.

- Explore Massa Marittima, the gem of the Middle Ages
- Cook Tortelli, a traditional Tuscan Pasta, with Salvatore and Patrizia at the Trattoria il Mutino

- 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 boars in their natural habitats along the way.

ITALY: MONTE RUFENO NATURE RESERVE

Central Italy's Hidden Beauty (5 days)



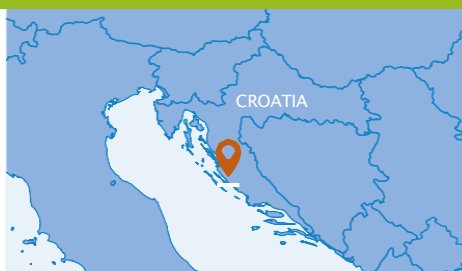
Sense the perfumes and colors of nature, wandering from medieval towns to beautiful forests in an unspoiled land between Rome and Florence.

- Meet the woman whose family has owned a medieval castle for 400 years, dine on regional wine and cuisine inside her fortress
- Enjoy a guided walk through the fairytale Sasseto Woods in the shade of monumental trees

- 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.

CROATIA: KORNATI NATIONAL PARK

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



Kornati National Park, known for its magnificent geomorphology and 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 Colentun, learning about the remnants of the Roman empire

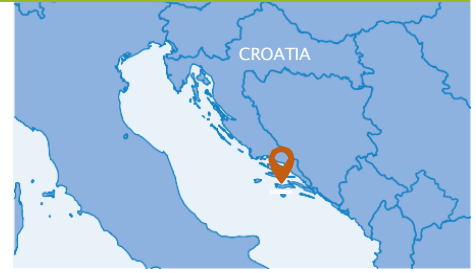
- Go Snorkelling & Scuba Diving in the Adriatic sea and lose yourself in its diverse and colorful undersea world
- Take a breathtaking boat ride to Vrujle Bay and visit a bee farm where you can experience traditional honey making.

Nature and Culture Itineraries

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CROATIA: LASTOVO ARCHIPELAGO NATURE PARK

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

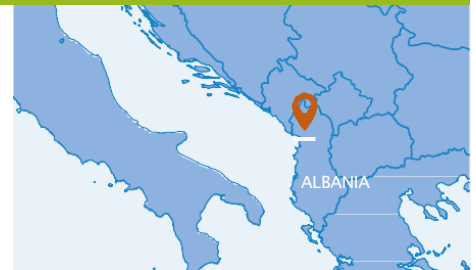


Bike, kayak, boat and hike around the 46 islands, islets, rocks and reefs and explore one of the richest and best preserved botanical areas in the Mediterranean. Enjoy the island's slow-paced life, steeped in tradition, history and natural beauty.

- 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.

ALBANIA: SHKODRA REGION

Dance With the Welcoming Beauties of Lezha and Shkodra (7 days)

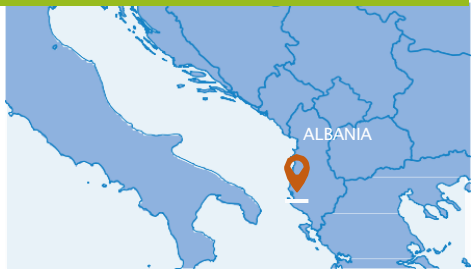


Travel across 4 protected areas from the coast to the heart of the Albanian Alps and enjoy warm hearted hospitality while hiking through Thethi National Park, the crown jewel of all Albanian Natural Landscapes.

- Explore the country's capital Tirana with a local fauna and flora specialist
- Lunch with 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.

ALBANIA: VLÖRE REGION

Where Nature and Antiquity go hand in hand! (7 days)



Discover the unique biodiversity and wild nature of Albania, its history, cultural heritage and gastronomical patrimony. Experience the love of Albania, the outstanding balcony on the border between the theatrical Ionian and Adriatic seas.

- Discover the area with a passionate group of local fishermen and have lunch with the fresh catch of the day
- Visit the National Park of Butrint, one of the prides of Albanian history but also nature
- Hike to the "Stan" of a local shepherd
- Help park rangers in repairing the trail infrastructure, check the monitoring camera in the Park and check for signs of the presence of the animals' footprint.

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 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.

LEBANON: SHOUF BIOSPHERE RESERVE

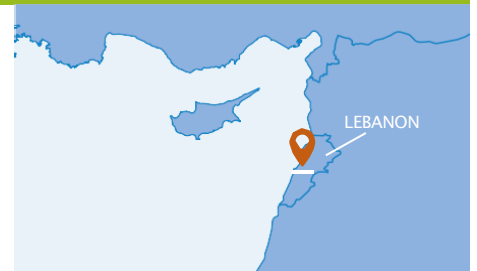
Cedars and Faces (6 days)



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.



- Enjoy the silence walking in the shadow of a Cedar Trees forest
- Play the craftsman: try your hand at a weaving loom
- Encounter a Druze Sheikh and listen to him share his long-held beliefs



- Learn about the history of Baalbek, also called City of the Sun, discovering its hidden treasures with a local guide
- Hike in Shouf Biosphere Reserve and enjoy a picnic lunch watching the stunning natural landscape.

LEBANON: JABAL MOUSSA BIOSPHERE RESERVE

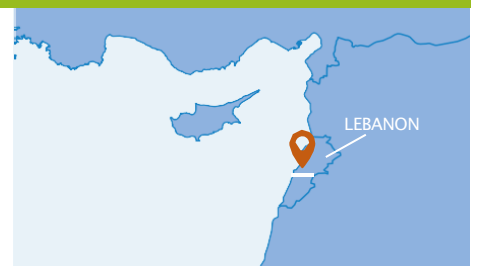
Cedars, Gods and Faces (8 days)



From Biblical Cedars to Phoenician Gods, Mount Lebanon is an open book for you to read. Traditional villages hide jealously their natural treasures conserved within the Biosphere Reserves.



- Walk in the shadow of a Biblical Cedar Tree forest and encounter a Druze Sheikh telling stories about local beliefs
- Enjoy a guided trek in Chouane and learn about the plants and the animals that live in this beautiful territory



- Be amazed by the 1300 meters deep Mythological Adonis Valley and its beloved Jabal Moussa mountain
- Collect your own herbs and experience a cooking session of Lebanese food.

Nature and Culture Itineraries

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TUNISIA: GHAR EL MELH & ICHKEUL NATIONAL PARK

The Other side Of Tunisia (6 days)



Discover the Northern region with cultural and natural attractions, the unique agricultural system of the wetland of Ghar El Melh a Ramsar site, the rituals practiced in a Marabout and the Ichkeul National Park.

- Hike to join the Marabout of Sidi Ali El Makki to discover the rituals practiced with a traditional musical atmosphere
- Visit a local family, discovering the women practice handcraft of this wetland
- Enjoy horse riding in the Forest of Cap Blanc between mountain and beach
- Visit a Berber potters and participate in a pottery session with women artisans and then enjoy a lunch with the hosting family.

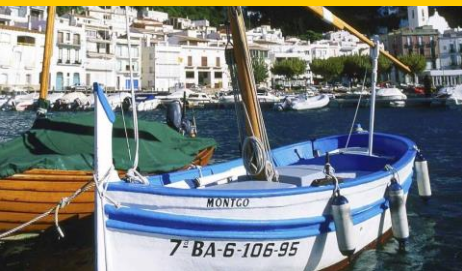
COMING SOON!

Nature and Culture Itineraries Designed by Mediterranean Parks



SPAIN: MONTGRÍ NATURAL PARK

Discover The Authentic Sensations and Emotions of Costa Brava (4 days)



Transport yourself to a territory where the colors and smells derive from the land, the sea, and northern wind "Tramuntana". Get to know 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.

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 flavours and ancient heritage.

- Snorkel through the ancient submerged harbour of Hatria
- Hike from Pineto centre along one of the beautiful Cerrano coastline past soft dunes and rare plants to the Cerrano Tower

- Dine at Taverna Ferretti and experience one of the most incredible views of the Adriatic coast
- Cycle E-bikes through the old town of Atri and Calanchi Nature Reserve.

SPAIN: BAHÍA DE CÁDIZ NATURAL PARK

The Art of Salt (4 Days)



Bahía de Cadiz Natural Park Salt Pans are a unique example of how human activity and natural processes tie together.

- Taste the local products that come from the estuary and learn about artisanal fishing practises
- Learn about the local flora and fauna of the salt pans

- Meet the local producers and artisans, who will warmly welcome you and introduce you to the art of salt and everything surrounding it

MOROCCO

MEET Network is working with the Moroccan partners for the development of Ecotourism products in key protected areas in the country.

IN DEVELOPMENT WITH DESTIMED PLUS PROJECT

Nature and Culture Itineraries Designed by Mediterranean Parks

SPAIN: CABO DE GATA-NÍJAR NATURAL PARK

Cabo de Gata Salvaje: Land, Sea and Sky (6 days)



A journey through the land, sea and sky of a surprising territory. Its light, landscapes and the character of its people give it a unique charisma that you won't forget. Discover the Biosphere Reserve, Geopark and Natural Park, a natural jewel of great value.

- Discover the hidden nature of the protected wild region in southern Spain
- Meet the traditional fishermen and discover the route La Isleta del Moro – Los Escullos and relax in this unique area
- Visit the salt flats for birdwatching
- Enjoy a picnic dinner and astronomical observation on the beach
- Explore the natural area on horseback along the coast
- Climb to Mesa Roldan and visit its lighthouse guided by the lighthouse keeper: from here you can enjoy a beautiful sunset!

SPAIN: LA GARROTXA VOLCANIC ZONE NATURAL PARK

Discover the Land of Volcanoes (7 days)



What is the landscape of an area? Forget about only walking to a viewpoint. This is only what you can see, from above. But, what about the historic landscape or even the gastronomy landscape? You need to walk the area, discover all these amazing places.

- Walk on the four volcanoes of the town and the amazing views from the top of the craters will easily make you understand why this region is known as "Catalonia little Switzerland"
- Enjoy different natural landscapes everyday: from Mediterranean to Pyrenees, from the rich fields to volcanoes
- Enjoy panoramic views and discover the charming villages and old trails from medieval times
- Explore "La Garrotxa" way of living: worked by the landscapes.

FRANCE: BOUCHES DE BONIFACIO NATURE RESERVE (CORSICA)

Heading South to Bonifacio to Discover its Treasures and Traditions (7 days)



Enter the oldest city of Corsica and witness the magnificence of the old citadel overlooking the sea lying on the limestone cliff of Bonifacio. Join the Natural Reserve of Bonifacio, you are welcome to experience an adventure that will awaken your senses.

- Meet the local producers who will show you their land, their craft and will introduce you to local production and tradition
- Visit a permaculture garden with seasonal fruits and vegetables and taste edible flowers
- Take an old path on the cliff and discover the local fauna and flora and navigate to Lavezzu Island to meet endemic and rare species on a snorkeling adventure
- Meet passionate people who love their city and want to show you its specificity and treasures.

IN DEVELOPMENT WITH DESTIMED PLUS PROJECT

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ITALY: PORTO CONTE REGIONAL PARK

The "Sleeping Giant" Tour (5 days)

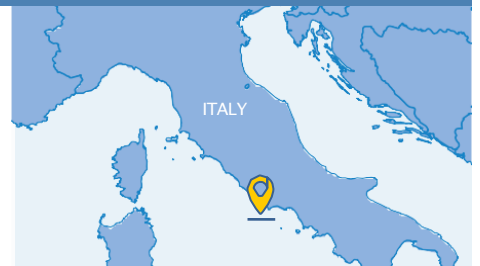


There is an island in the Mediterranean called Sardinia with an ancient history and culture, rich of nature and wildlife. This trip takes you in a small world inside the Natural Regional Park of Porto Conte, walking among the Medieval towers and Italian and German fortress.

- Taste the food and wine of local producers
- Hike in the trails above the sea, wrapped in the sounds and perfumes of nature, and bike in the old routes of the last war
- Sail in the Natural Reserve to the Cape known as the "Sleeping Giant"
- Walk in the narrow streets of Alghero, "The little Barceloneta", chat with locals to discover the origin of Catalan language, the only town in Sardinia with a strong relationship with Catalonia
- For sure when you fly back you need to come back again!

ITALY: PONZIANE ARCHIPELAGO

Dive into the History and Natural Wonders of the Pearls of the Pontine Islands (4 days)

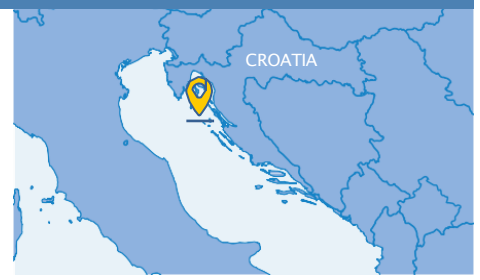


These tiny islets, in the very middle of the Tyrrhenian Sea, are a real paradise for nature enthusiasts. Fundamental sites for birdlife and migration and one of the most interesting areas for Scuba Diving, these pearls will enchant you.

- Enjoy a naturalistic walk with local guide to discover the natural history and botanical essences
- Observe the unique biodiversity of coastal environments and tie pools
- Visit to the Museum of Bird Migration, the first of its kind in Italy
- Visit the Ventotene Lentil fields and discover the techniques of sowing and harvesting, savoring the fruit of hard work with a tasting of the famous soup of this extraordinary cultivar
- Enjoy a night walk while listening to the chants of shearwaters at the nesting site.

CROATIA: CRES-LOŠINJ MARINE PROTECTED AREA

Rhythm of the Senses – The Island of Lošinj (6 days)



It is the place where all your senses will be engaged at once. Catch your own rhythm of senses throughout this inspiring and educational NATURA 2000 site, which has become known as the 'Island of Vitality' and a shining eco-tourism rhapsody of senses.

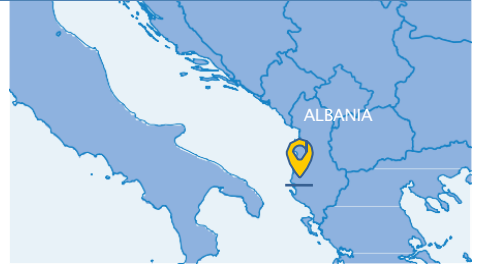
- Taste fresh meal prepared traditionally, reviving the ancient times of Apoxyomeno
- Explore the Island's rich cultural heritage from Venetian, Austro-Hungarian, and Yugoslavian times
- Learn about Mediterranean wild plants in Lošinj Aromatic Garden
- Relax with the sound of the waves intertwined with the sounds of Duje, Nola, or some other joyful dolphins.

IN DEVELOPMENT WITH DESTIMED PLUS PROJECT

Nature and Culture Itineraries Designed by Mediterranean Parks

ALBANIA: DIVJAKË-KARAVASTA NATIONAL PARK

Pelican's Letters (8 days)

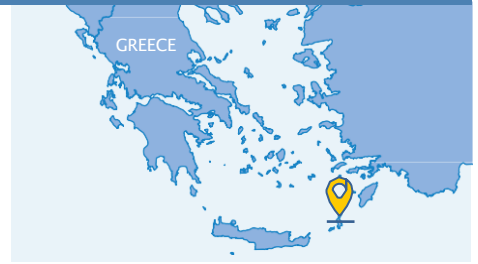


Imagine being in between two rivers, in a fortress of nature and life where you are welcomed every day by the Pelican. Divjaka - Karavasta Park is a journey between the discoveries of Albania's third treasure.

- Visit the Pelican Island and monitor the heron colony
- Discover the hospitality of the inhabitants, fishermen and artisans of the area
- Learn about bats habitat and hike to the watchtowers to see the landscape of the park and the reservoir of Kryekuq
- Explore the area through walking trails or by horse that traverse the experience of visiting from the tall pines to the centuries-old churches
- Visit the Church of St. Thanas by bicycle and see one of the most beautiful sunsets in Karavasta.

GREECE: NORTH KARPATOS AND SARIA ISLANDS

Feel Like a Local in an Amazing Destination Combining Culture with Pure Nature (6 days)

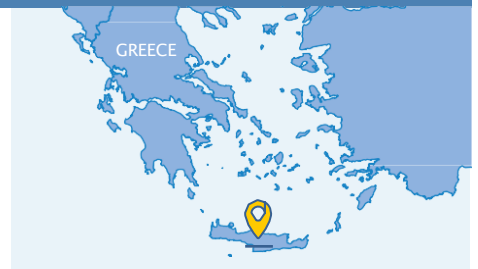


Karpathos island is a destination characterized by its pure nature and unique culture. Its isolated location and low population density have played key roles in the conservation of nature, customs and relevant cultural activities.

- Learn about the centuries-old history of the island
- Discover its traditional tastes, music, dance, dressing and food and cook like a local
- Admire its amazing pure nature sites through hiking experiences
- Observe the protected -and other- species that live in the protected area, like the unique species Karpathos frog Salamander and Mediterranean monk seal.

GREECE: WESTERN ASTEROUSIA BIOSPHERE RESERVE (CRETE)

Between the Mountain of Stars and the Gorge of Saints (6 days)



Every place in Greece has its legends, stirring tales of heroism and adventure. Western Asterousia offers tranquility in a stunning natural environment. The impressive landscape of the Asterousia mountain range is included in the Natura 2000 network.

- Learn about the process of olive oil production by visiting an Olive Oil farm
- Enjoy a hiking reaching the highest summit of Asterousia, the sacred summit of Kofinas (1231 m)
- Enjoy high-quality organic Cretan wines by visiting a third-generation family company Winery on the way to the mountains
- Relax in the azure blue waters of Mediterranean Sea.

MEET CATALOGUE OF EXPERIENCES

The Mediterranean region has so much to offer: heritage, culture, gastronomy and unique flora and fauna are the true essence of the Mediterranean.

Our 3-7 night shoulder and low season itineraries focus on MEET's 4C Values: **Compassion, Connection, Community and Conservation**. This allows us to capture the diversity and uniqueness of the areas that make up the Mediterranean Basin and elevate the destination to something truly remarkable.



COMPASSION



CONNECTION



COMMUNITY



CONSERVATION

Each itinerary in our MEET Catalogue:

- is focused around iconic parks and their surrounding communities;
- features 100% locally based operators, lodging, activity providers and guides;
- is built around hands-on nature, cultural and adventure experiences;
- includes comfortable mid-range accommodations with local flair;
- is designed by local communities, SMEs and park managers;
- directly supports conservation of the park; and
- has a measured and managed ecological footprint.

OUR STORY AND MODEL

MEET is a **conservation project** at its core, designed to support parks in the Mediterranean which play a critical role in protecting the region's threatened biodiversity.

We provide visitors to the region with meaningful, market-ready experiences built following the **MEET Model** for ecotourism development. MEET travellers experience the same authentic Mediterranean flavour as locals do.

Our partners are the **protected areas** themselves. Each park collaborates with a team of local travel suppliers to design and refine the products you will find in this catalogue.

Itineraries have achieved **high standards of quality and sustainability**. Suppliers have implemented tangible measures to reduce negative impacts on the local environment and way of life.



In 2018 the MEET Network Association was founded to represent this new ecotourism model and provide a membership network for protected areas and organisations who are committed to embracing a new way of developing tourism in the Mediterranean.

Today MEET operates in 9 Mediterranean countries and over 20 protected area destinations, and is continuing on its journey to shaping the Mediterranean into a leading ecotourism destination.

MEET has received support from projects funded by European Union (Interreg MED's DestiMED and DestiMED PLUS; ENI CBC MED's MEET) and MAVA Fondation pour la Nature.

WHY MEET?



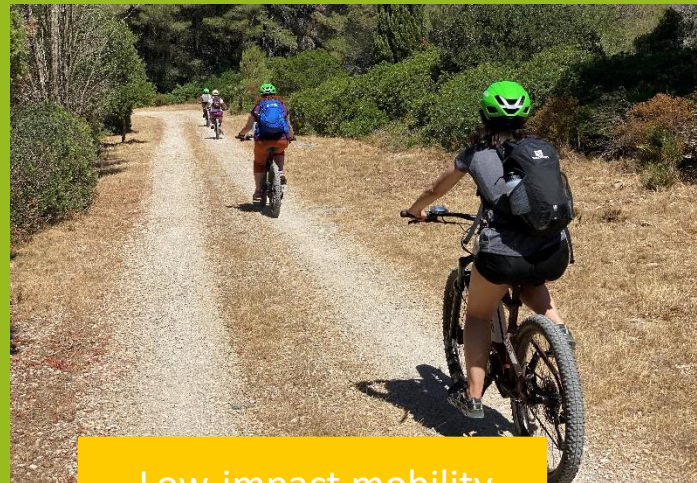
Genuine experiences



Healthy local food



Authentic accommodations



Low-impact mobility

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Contact: secretariat@meetnetwork.org
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Customize a MEET itinerary for your
Mediterranean portfolio

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