MED-GIAHS | Interreg Euro-MED | Co-funded by the European Union

MED-GIAHS

Sustainable agricultural tourism experiences Joint Catalogue

Interreg Euro-MED

MED-GIAHS



Year 2025

MED-GIAHS | Interreg Euro-MED

Co-funded by the European Union



SUSTAINABLE AGRICULTURAL TOURISM

IN THE MEDITERRANEAN REGION

This Joint catalogue is an outcome of the local and interregional cooperation within the MED GIAHS Network. A broader initiative to enhance the value of Mediterranean agricultural heritage by preserving and fostering GIAHS through a sustainable agricultural tourism, funded by the Interreg Euro-MED Programme, with the support of the FAO and within the framework of the Globally Important Agricultural Heritage Systems (GIAHS) Programme.

GIAHS destinations are vibrant landscapes shaped by centuries of sustainable interaction between nature, farming, and local culture. In the face of modern threats such as climate change, rural depopulation, or the erosion of traditional knowledge, this project promotes tourism as a tool for rural development—blending innovation, preservation, and authentic experiences.

This catalogue collects experiences from actually recognised GIAHS sites in the Mediterranean basin, in Algeria, Italy, Morocco, Spain and Tunisia, and from potential GIAHS sites located in Bulgaria, Greece and Montenegro.

Discover. Taste. Connect.

Immerse yourself in a living agricultural heritage through experiences designed to connect you with the spirit of each village and its traditional way of life.

INDEX

MED-GIAHS | Interreg Euro-MED

Co-funded by the European Union

GIAHS EXPERIENCES

ITALY

Olive Groves of the Slopes between Assisi and Spoleto

MOROCCO

The ksour of Figuig: oasis and pastoral culture around the social management of water and land

SPAIN

Malaga Raisins Production System in La Axarquía

The Agricultural System of Valle Salado de Añana

The Agricultural System Ancient Olive Trees Territorio Sénis

POTENTIAL GIAHS EXPERIENCES

BULGARIA

The "Bulgarian Rose" Agroecosystem in the Rose Valley area of Pazardzhik Region in Strelcha

GREECE

The agricultural landscapes of mastic cultivation

MONTENEGRO

Katuns of Montenegro

OTHER GIAHS SITES VISITS

MOROCCO

Argan based agro sylvo pastoral system within the area of Ait Souab Ait Mansour

Oases System in Atlas Mountains

THIS PDF IS INTERACTIVE

GIAHS EXPERIENCES

Olive Groves of the Slopes

between Assisi and Spoleto, Italy

Interreg Euro-MED

MED-GIAHS

EXPERIENCIAS TOP

MED-GIAHS | Interreg Euro-MED

Co-funded by the European Union

Year 2025

SUSTAINABLE AGRICULTURAL TOURISM OF THE OLIVE GROVES OF THE SLOPES BETWEEN ASSISI AND SPOLETO

The "Olive Groves of the Slopes Between Assisi and Spoleto" GIAHS site is located in the central part of Italy, in the Umbria region, and was recognized as a globally important agricultural heritage system by the FAO GIAHS Programme in 2018. The site extends over an area of 9,213 ha in the Municipalities of Assisi, Spello, Foligno, Trevi, Campello sul Clitunno, and Spoleto - all located in the Perugia Province - and boasts also a national recognition being it inscribed since the same year also in the National Register of Historical Rural Landscapes established at the Italian Ministry of Agriculture.

The system is characterized by olive growing, often linked to the presence of dry-stone terraces, lunettes, and earth embankments. These traditional features, beside allowing cultivation on steep slopes, represent a fundamental defence against hydrogeological risks, contributing to the preservation of the soil and reducing erosion. A significant number of olive trees are present in the hills, being them in some cases cultivated within the walls of some villages or outside these in the clausurae, indicating a plot of olive groves delimited by dry-stone walls or hedges to protect the olive trees from grazing livestock. Important historical settlements in the area are located along the foothills, including towns, sanctuaries, dovecotes, castles, and villas.

The "Olive Groves of the Slopes Between Assisi and Spoleto" GIAHS site represents an extraordinary example of a living cultural landscape and traditional farming, which is the result of a harmonious and interdependent men-nature interaction and where one of Italy's finest PDO extra-virgin olive oils (the Umbria D.O.P.) is produced, mainly by small and family farmers.

INDEX

GIAHS EXPERIENCES

ASSISI AND SPOLETO - ITALY

MED-GIAHS | Interreg Euro-MED

Co-funded by the European Union

1 Frantoi Aperti in Umbria – The Grand Cycling Tour Through the Olive Groves

2 Olive Trees and Tradition: The Walk with the Italian Olive Oil Towns Association.

3 Walk and Picnic Among the Olive Trees in the Woods of Saint Francis (FAI)

4 Taste & Tradition: Guided Tours Among the Olive Trees and Tasting at the Antico Frantoio

5 Rural Itinerary: among olive trees, wild herbs, and dry-stone terraces at the Maria Zappelli Cardarelli Agricultural Estate

THIS PDF IS **INTERACTIVE**

Frantoi Aperti in Umbria – The Grand Cycling Tour Through the Olive Groves



MED-GIAHS | Interreg Euro-MED

Co-funded by the European Union

Prices

45 per person. The price may vary depending on the route planned each year.

Duration

8 hours.

Season

October marks the high season for olive harvesting.

Group size

Minimum: 15 people and Maximum: 30 people.

Ideal for

Ideal for small groups, sports tourism, couples, and families. Suitable for regional and national tourism.

Difficulty / accessibility

Not suitable for individuals with mobility issues or precarious cardiovascular conditions.

Language

Italian and English.

Highlights

- ✓ Engaging both locals and tourists in a shared activity being the olive growing activity at the centre of the experience.
- ✓ Discovering and exploring places that are not easily accessible.
- ✓ Creating a connection with the natural and cultural heritage of the area meeting the producers and the local community.

Frantoi Aperti in Umbria – The Grand Cycling Tour Through the Olive Groves





A complete experience

The Great Ride through the Olive Groves is an olive oil tourism experience linked to Frantoi Aperti, a seasonal event that promotes the olive-growing heritage of the"Olive Groves of the Slopes between Assisi and Spoleto" GIAHS Site, that integrates the productive, evironmental, and cultural dimensions.

Organized by Strada dell'Olio DOP Umbria in collaboration with You Mobility and FIAB, it is a guided cultural bike tour of about 40 km, suitable for both e-bikes and traditional bikes crossing historic agrarian landscapes, characterized by terraced slopes, dry-stone walls, and centuries-old olive groves.

The route connects key attractions in Spoleto, Campello, and Trevi, offering full immersion in the Umbrian landscape and in the olive growing tradition: along the route, direct interaction with local producers and didactic stops allow participants to engage with the crop diversity of the area, highlighting the importance of local agrobiodiversity and of traditional knowledge linked to the agricultural activity.

Itinerary

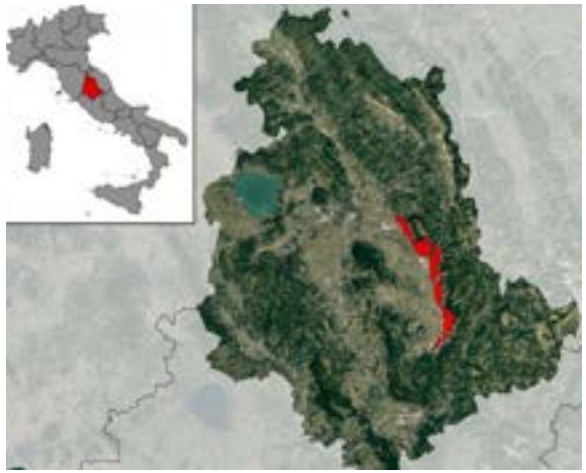
The route may vary depending on the edition. In previous programs, the itinerary included

- ✓ Departure from Spoleto.
- ✓ Visit to the Basilica of San Salvatore (Spoleto) – a UNESCO World Heritage Site, part of the serial site "The Longobards in Italy. Places of Power (568–774 A.D.)".
- ✓ Visit to the Tempietto del Clitunno (Campello sul Clitunno) also a UNESCO World Heritage Site within the same serial site "The Longobards in Italy. Places of Power (568–774 A.D.)".
- ✓ Return to Spoleto.

The activity takes place during the day, starting at 10:00 and concluding at 17:30/18:00. The itinerary varies depending on the editions; the itinerary described pertains to the previous edition of 2024.

Location. Address and map:

The program is carried out throughout the entire GIAHS site "Olive Groves of the Slopes between Assisi and Spoleto," therefore, the route address may vary depending on the edition.



What's included?

- ✓ Visits to the main cultural and scenic points of the belt
- ✓ Tasting tours, snacks, lunch at some of the olive oil mills in the Assisi-Spoleto olive oil belt
- ✓ Electric bicycle and tools provided for pedaling
- ✓ Discount on local products for their acquisition

What's not included?

- × Accessibility with people of different disabilities and Room and board in the facilities.

Contact details

(information and bookings)

The activities included in the described tourist experience are as follows: Guided visits to the most significant cultural landmarks and scenic viewpoints along the Assisi-Spoleto Olive Belt.

The experience also features olive oil tasting sessions, light snacks, and traditional lunches offered at selected olive mills within the region with the active involvement of local producers. Participants are provided with electric bicycles and all the necessary equipment to enjoy a comfortable and immersive cycling journey.

Additionally, visitors benefit from exclusive discounts on the purchase of local products, allowing them to take home the authentic flavors of the area.

ASS. STRADA DELL'OLIO E.V.O. DOP UMBRIA

Email: info@stradaoliodopumbria.it

Website: www.frantoiaperti.net

Olive Trees and Tradition: The Walk with the Italian Olive Oil Towns Association



MED-GIAHS | Interreg Euro-MED

Co-funded by the European Union

Prices

Free and open entry; this is an open event marking the conclusion of the olive harvest.

Duration

1 hour and 30 minutes.

Season

Last Sunday of October - marks the high season for olive harvesting.

Group size

Minimum: 15 people and Maximum: 50 people.

Ideal for

Ideal for small groups, sports tourism, couples, and families.

Difficulty / accessibility

The initiative is open to everyone; however, it does not offer customized paths for individuals with mobility issues. Easy difficulty level.

Language

Italian language.

Highlights

- ✓ This initiative aims to enhance the beauty and importance of monumental olive trees while promoting local organic production.
- ✓ It also focuses on raising awareness about the rich culture of olive growing in the area and educating people about the qualities and benefits of freshly pressed, new olive oil.

Olive Trees and Tradition: The Walk with the Italian Olive Oil Towns Association





A complete experience

The "Walk Among the Olive Trees" in Spoleto is a simple loop hike that is scheduled annually and takes place during the event day, ending at one of the local organic farms. The route winds through olive groves, grain fields, and woodlands, enhanced by the scents of the Mediterranean scrub.

At the end of the hike, participants are welcomed at the selected organic farm with a tasting of products from the local agricultural business. The day is usually enriched by live music and the promotion of freshly pressed new olive oil, along with other typical local products from the GIAHS site area.

Itinerary

The starting point is arranged based on the town organizing the walk on the last Sunday of October, such as Spoleto, Trevi, or Foligno. This is the itinerary provided in 2024 by the municipality of Spoleto;

9:30 AM – Departure from the organic farm "Patrice" in the Uncinano district, No. 148, and return to the same location.

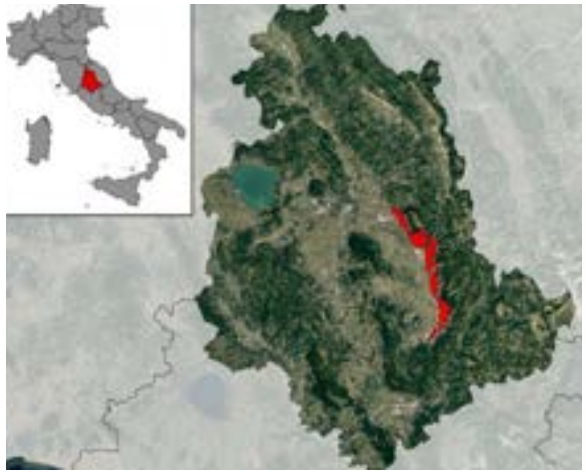
10:00 AM – Tasting of products from local farms belonging to the "Terre del Ducato di Spoleto" Association.

11:00 AM – Live music and taste workshops.

Since this is a national event, each area being a member of the "Città dell'Olio" Association plans its own itinerary through the olive groves. We have reported the itinerary proposed by the municipality of Spole-to in 2024, but other municipalities of the GIAHS site area also offer their own tourist itineraries, which can be requested.

Location. Address and map:

The starting point is arranged based on the town organizing the itinerary, such as the Spoleto, Spello, or Trevi municipalities.



What's included?

- ✓ Visit to local farms.
- ✓ Visit to olive-growing areas of high landscape value.
- ✓ Guided hiking tour.
- ✓ Tastings and samples offered.
- ✓ Discount on local products for their acquisition.

What's not included?

- × Accessibility for people with different disabilities and room and board available at the facilities.
- × Meals are not included in the itinerary.

Contact details

(information and bookings)

The activity is intended to be open to all types of tourists interested in enjoying a short experience in the various municipalities of the GISHAS site.

It includes the opportunity to purchase local products from organic farms and to take part in creative events celebrating the so-called "olio novello" —the freshly pressed, new olive oil produced by local mills.

Name Coordinating and/or marketing entity: Associazione Nazionale città dell'Olio.

ASSOCIAZIONE NAZIONALE CITTÀ DELL'OLIO

Email: info@camminatatragliolivi.it

Website: www.camminatatragliolivi.it

Walk and Picnic Among the Olive Trees in the Woods of Saint Francis (FAI)



MED-GIAHS | Interreg Euro-MED | Co-funded by the European Union

Prices

The price is determined by purchasing the picnic basket, which is available as follows: Adult Basket: €10.00 and Children's Basket: €8.00).

Duration

Approximately 4 hours.

Season

Springtime, typically around May.

Group size

Up to 30 participants.

Ideal for

Ideal for groups, families, and couples looking to organize a tasting activity. Also perfect for schools and student groups interested in learning about traditional olive oil production.

Difficulty / accessibility

No access difficulties. It is a simple, immersive route surrounded by nature.

Language

Italian and English.

Highlights

- ✓ **Exploration of Local Agrobiodiversity:** Participants will gain insight into the rich variety of local agricultural species and traditional farming practices that define the region's rural identity.
- ✓ **Understanding the Forest's Significance**: The experience highlights the ecological importance of the forest, as well as its deep connections to the area's religious and cultural heritage.
- ✓ **Sharing and Tasting of Local Products:** Visitors will have the opportunity to discover and share locally produced foods, offering a direct connection to the land and its community through authentic flavors.

Walk and Picnic Among the Olive Trees in the Woods of Saint Francis (FAI)



A complete experience

The Walk Among the Olive Trees of Umbria's Heritage are organized by the Italian association Fondo Ambiente Italiano (FAI). This national organization works to promote, preserve, and facilitate the enjoyment of cultural and natural heritage, including landscapes such as the Bosco di San Francesco in the Municipality of Assisi-Trevi.

The activity, guided by the Director of the Bosco, is aimed at tourists and families eager to discover the relationship between the olive groves and the forest, promoting a complete and immersive experience in nature and an exploration of the local biodiversity.

Itinerary

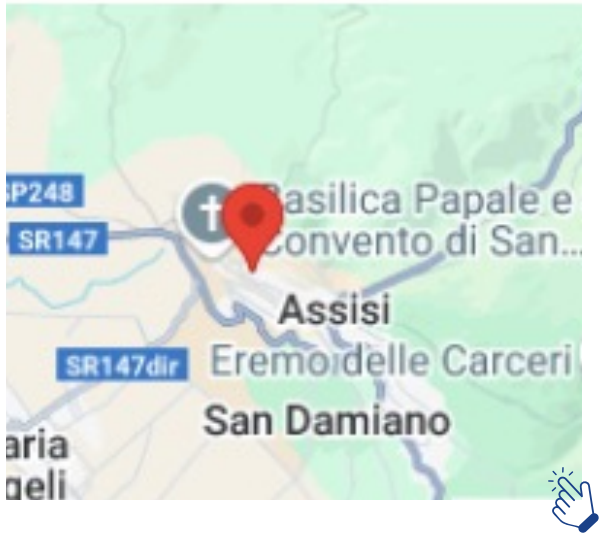
The itinerary begins at the Benedictine Complex of Santa Croce in Assisi (Perugia Province) and continues through the forest, guided by the Director of the Woodland, for an introductory lesson on the tree species that characterize the area. The walk leads to the olive groves within the park, restored by FAI, and ends at the Third Paradise installation by Michelangelo Pistoletto.

Participants will have the opportunity to stop for a picnic and celebrate the festive day immersed in nature. The area is equipped with tables and benches that can be reserved. A picnic kit with eco-friendly cutlery will be provided, and picnic baskets may be ordered online up to 48 hours before the event.

Comfortable clothing, rubber-soled shoes, and a blanket are recommended.

Location. Address and map:

Benedictine Complex of Santa Croce, Via Ponte dei Galli (no number), Assisi (PG), Italy.



What's included?

- ✓ Packed lunch with cutlery kit made of eco-friendly materials.
- ✓ Guided tour in the park.

What's not included?

- × Meals and accommodation.
- × Trekking equipment.
- × Tickets for other FAI museums and properties registered in the same area.

Contact details

(information and bookings)

The activity is designed for all potential tourist groups visiting the Assisi area who wish to enjoy a picnic in nature. This program aims to offer educational insights into the landscape and the tree species found in the forest, while also incorporating recreational activities.

The added value of this experience lies in the scientific and technical guide provided to lead the visit through the Woods of Saint Francis.

FAI - FONDO AMBIENTE ITALIANO

Contact person: Dr. Laura Cucchia.

Phone: 075 813157

Email: faiboscoassisi@fondoambiente.it

Website: fondoambiente.it/eventi/picnic-con-vista

MED-GIAHS | Interreg Euro-MED
Co-funded by the European Union

Taste & Tradition: Guided Tours Among the Olive Trees and Tasting at the Antico Frantoio



Prices

€25 per person. The ticket price is fixed and does not vary based on the number of people.

Duration

2 to 4 hours.

Season

October to December (autumn and winter season).

Group size

Minimum: 15 people, Maximum: 30 people.

Ideal for

Ideal for groups, families, and couples looking to plan a tasting experience. Also perfect for schools and student groups interested in learning about traditional olive oil production. Suitable for rural and cultural tourism at regional, national, and international levels.

Difficulty / accessibility

No access difficulties. It is a simple, immersive route surrounded by nature.

Language

Italian and English.

Highlights

- ✓ Storytelling of the traditional olive oil transformation process.
- ✓ Description of the historic olive-growing landscape.
- ✓ Insight into the involvement of younger generations in the olive harvest.
- ✓ Tasting freshly pressed olive oil.

Taste & Tradition: Guided Tours Among the Olive Trees and Tasting at the Antico Frantoio





A complete experience

The Antico Frantoio Carletti, located in the GIAHS site"Olive Groves of the Slopes between Assisi and Spoleto" , offers an authentic olive oil tourism experience in Campello sul Clitunno.

This family-run business welcomes visitors among terraced olive groves bordered by dry-stone walls, guiding them through the discovery of ancient manual harvesting and milling techniques. The visit includes a tasting of first cold-pressed extra virgin olive oils and an immersive introduction to the olive-growing culture of Umbria.

Itinerary

The itinerary begins within the estate, with a guided tour of the family-owned land, showcasing terraced olive groves, pruning techniques, and cultivation methods. Guests are taken on a walk through the olive groves to learn about the cultivation agricultural practices and to understand the care required in each stage of the olive oil production process — from the tree to the mill.

The second part of the visit takes place at the family's olive mill, where the traditional milling process is demonstrated using Sardinian granite millstones. This method produces a first cold-pressed extra virgin olive oil of the highest quality.

The experience concludes with a tasting of the olio novo — the freshly pressed olive oil — typically served on fresh bread, allowing guests to appreciate the different varieties and flavuor intensities of the oils produced.

Location. Address and map:

Via Camesena, 1, 06042 Campello sul Clitunno PG



What's included?

- ✓ Transportation
- ✓ Guided tour
- ✓ Opportunity to purchase local products, including olive oil and other regional food specialties. Also includes the chance to dine at their restaurant and buy freshly processed products directly.
- ✓ Includes two activities: a walk through the terraced olive groves and a tasting of their local products
- ✓ Sale of non-food products dedicated to linked to cosmetics
- ✓ Online booking platform
- ✓ Possibility of accommodation and dining at their facility
- ✓ Camper van parking area.

What's not included?

Opportunities include olive harvesting experiences, workshops, and a tourist loyalty program. Activities are supported by an e-commerce platform and partnerships with tour operators for organized group visits.

Contact details

(information and bookings)

The Antico Frantoio Carletti also offers oleotourism experiences that include tastings of their three olive oils, guided tours of the mill and the terraced olive groves on the estate.

During these activities, the history of the mill is shared, along with demonstrations of traditional pruning and harvesting techniques — still performed manually today, without the use of mechanical tools.

Contact person: Settimio Carletti

Phone: + 39 0743 521247

+39 3664147494

Email: info@anticofrantoiocarletti.it

Website: anticofrantoiocarletti.it

Rural Itinerary: among olive trees, wild herbs, and dry-stone terraces at the Maria Zappelli Cardarelli Agricultural Estate



MED-GIAHS | Interreg Euro-MED

Co-funded by the European Union

Prices

30-40 euros per person, discounts available for large groups (minimum 10 people). This activity is offered exclusively during the months of April and May. The price varies depending on the number of participants and the arrangement of the day's menu.

Duration

3-4 hours of activity.

Season

Spring: wild herb harvesting from April to mid-June.

Group size

Minimum 10 people and Maximum 50 people
The activity schedule is organized based on the number of participants.

Ideal for

This experience caters to both national and international tourists, with a special focus on nature lovers and groups interested in health and wellness.

Difficulty / accessibility

Accessible to everyone, with specific accommodations for mobility issues.

Language

Italian and English.

Highlights

- ✓ Lessons on biodiversity and typical wild herbs found in the GIAHS site.
- ✓ Visits to the main historical, agricultural, and archaeological sites in the area.
- ✓ Enhancement of local agricultural products and their connection to the production territory.
- ✓ Visits to traditional terraces, highlighting their cultural and environmental importance.
- ✓ Promotion of agroforestry activities within the farm.

Rural Itinerary: among olive trees, wild herbs, and dry-stone terraces at the Maria Zappelli Cardarelli Agricultural Estate





A complete experience

On the hills of Trevi, the “Mandorli” Agritourism tells the story of the Zappelli Cardarelli family, guardians of ancient agricultural traditions and oleotourism innovation offers the Rural Itinerary: among olive trees, wild herbs, and dry-stone terraces at the Maria Zappelli Cardarelli Agricultural Estate experience. Walks among centuries-old olive trees, stops at the Roman aqueduct and the monumental olive tree of Sant’Emiliano, lessons on wild herbs, and visits to dry stone terraces guide visitors to discover a unique landscape.

The experience concludes with a tasting of olive oils and local products, immersed in nature, flavors, and the memory of tradition.

Itinerary

The tour begins in the town of Trevi around 10:00 AM. The walk, approximately 4-5 km long, includes:

- ✓ Visit to the Roman Aqueduct of Trevi.
- ✓ Visit to the monumental olive tree of Sant’Emiliano, with an explanation of the historical importance of the olive tree in local culture and landscape.
- ✓ Description of wild herbs and a demonstration of their gathering, with insights into their culinary uses.
- ✓ Visit to the traditional terraces, including a description of the historic lunette and an explanation of the dry-stone construction technique, highlighting their hydrogeological and landscape significance.
- ✓ Arrival at the farm and visit to the 18th-century olive oil mill, once powered by donkeys.
- ✓ Tasting of three of the farm’s olive oils, accompanied by a selection of typical local products: legumes, cheeses, and jams, all produced on-site.

Location. Address and map:

Bovara,6 06039 Trevi (Pg)



What’s included?

- ✓ Walk through the olive groves of the area and the farm’s own production.
- ✓ Guided tour available in both Italian and English.
- ✓ Opportunity to purchase products from the farm as well as agricultural products from other local farms.
- ✓ Lessons on the use of wild herbs and their culinary applications.
- ✓ The visit is open to guests of the farm, with the possibility to stay for multiple nights.

What’s not included?

- × Does not include personal insurance during the visit
- × Does not include transportation between locations
- × Does not include provision of clothing or gear for the walk.

Contact details

(information and bookings)

On the gentle hills surrounding Trevi, in the heart of Umbria, unfolds a story of family, land, and passion. Here lies the “Mandorli” Agriturismo, a peaceful haven nestled among olive groves, where tradition blends with the innovation of oleotourism.

Contact person: Maria Zappelli Cardarelli.

Phone: +39 074278669

Email: Info@agriturismoimandorli.com

Website: www.agriturismoimandorli.com

GIAHS EXPERIENCES

The ksour of Figuig: oasis and pastoral culture around the social management of water and land, Morocco

Interreg Euro-MED
MED-GIAHS



MED-GIAHS | Interreg Euro-MED
Co-funded by the European Union

Year 2025

MED-GIAHS | Interreg Euro-MED
Co-funded by the European Union

THE KSOUR OF FIGUIG: OASIS AND PASTORAL CULTURE AROUND THE SOCIAL MANAGEMENT OF WATER AND LAND, MOROCCO

Pastoralists nomadic communities have always traded with Figuig farmers who developed smart cities called Ksour based on water springs. Each Ksar is the starting point of an outstanding irrigation network that extends into hundreds of oasis plots.

This astonishing architecture of the desert (the ksour of figuig) is closly linked to the north part of the region (way to the Mediterranean culture: Douar Ino) and its south part (reaching the steps to gafait oasis).

INDEX

GIAHS EXPERIENCES

MOROCCO

MED-GIAHS | Interreg Euro-MED

Co-funded by the European Union

1

Route of the ksour of Figuig , living oasis and remarkable landscapes

2

Heritage oasis in Gafait

3

Douar Yno: Rural family home and ecotourism" and Gastronomy and healthy food

THIS PDF IS **INTERACTIVE**

Route of the ksour of Figuig, living oasis and remarkable landscapes



MED-GIAHS | Interreg Euro-MED

Co-funded by the European Union

Prices

Price available on request per person, depending on group size.

Duration

5 to 9 days.

Season

From October to late may / Beginning of June.

Group size

Maximum 10 people.

Ideal for

Groups of friends, families, and couples. Lovers of the oasis, the palm trees, the sands, the desert and lots of sun.

Difficulty / accessibility

Easy.

Language

Arabic, French and English.

Highlights

- ✓ Nature discovery: Landscapes and biodiversity.
- ✓ Hiking / Horseback Riding.
- ✓ Tasting and cooking workshops.
- ✓ Guided tours of sites and cooperatives.
- ✓ Local Craft Workshops.
- ✓ Local Gastronomy, Hospitality and Accommodation.
- ✓ Local Architecture.
- ✓ Visit to the Fouss O kfouss Cooperative and tasting of local products.

Route of the ksour of Figuig, living oasis and remarkable landscapes





A complete experience

- ✓ Remarkable oasis and desert landscapes.
- ✓ The green belt, the palm trees.
- ✓ Ancestral water management (scarcity of water).
- ✓ Slow tourism, slow food, slow way of life (no stress at all).
- ✓ Descovering and tasting Aziza date which is.
- ✓ An environmental management of territories and tourism businesses (accommodation, restaurants).
- ✓ Local architecture and eco construction - bioclimatic and HQE (High Environmental Quality) construction.
- ✓ Sustainable agriculture / agroecological transformation / organic / oasis agroecology.

Itinerary

5 to 9 day stays from Figuig to Ich:

- ✓ The Oasis of Figuig.
- ✓ The water circuit with Esseraifi (the water master).
- ✓ Visit the Oasis of Ich and its Ksar.
- ✓ Discover the desert with the nomads (nomad center).
- ✓ Visit the Ksar of Figuig by bike.
- ✓ Visit the Fouss cooperative union.
- ✓ Visit the couscous production cooperative.

Location. Address and map:

Municipality: Figuig in the Region of l'Oriental



What's included?

See Itinerary





Contact details

(information and bookings)

For accommodation:

Sylvie Bierry Bassim

Maison de Nanna in Figuig 722 rue Ksar Zénaga 61000

Website: www.la-maison-de-nanna.com

Phone: +212 658 579 573

To buy Aziz Dates: Youssef Aissa

Al Kousour Cooperative

Phone: +212 613 710 410

Email: aissagritech@gmail.com

To meet with the nomads:

Moumna Dahmani,

Coopérative NISSAE in Tendrara

Phone: +212 668 842 663

Email: chabab.almassira.tandrara@gmail.com

To buy local products made from dates:

Fatima Mabrouk / Chaima Mabrouk

Coopérative DAYAATE AMRA in Bouarfa

Phone: +212 643 296 400

Email: dayaat.amra@gmail.com

Heritage oasis in Gafait



MED-GIAHS | Interreg Euro-MED

Co-funded by the European Union

Prices

Price available on request per person, depending on group size.

Duration

1 to 2 days.

Season

From October to late may / Beginning of June.

Group size

Maximum 10 people.

Ideal for

Groups of friends, families, and couples. Lovers of the oasis, the palm trees, the mountain and the desert.

Difficulty / accessibility

Easy.

Language

Arabic, French and English.

Highlights

- ✓ Heritage village where “we live feeling the water with our feet“.
- ✓ The Oasis of Gafait: a flow of more than 20 water sources.
- ✓ Water management.
- ✓ Bio products.
- ✓ Eco-construction accommodation.
- ✓ Remarkable landscapes.
- ✓ Visit Local association of Gafait : organizing and structuring local dynamics of action related to the environment and human development of Gafait.

Heritage oasis in Gafait





A complete experience

- ✓ About 20 kilometers from Jerada, an old mining town in the east part of Morocco.
- ✓ The landscapes are sublime upon arriving in Gafaït: a green oasis in the heart of the mountain.
- ✓ The village is very dynamic thanks to its association, which implements numerous initiatives for the development of tourism in the region.
- ✓ At the entrance to the village, visit the Gafaït cheese factory. Cheese is made from cow's milk, a small tasting is worth ta try.
- ✓ A little further into the village, meet with the source of the Za river. A peaceful place where it is good to swim and why not enjoy a tea or a Moroccan tagine with your feet in the water.

Location. Address and map:

Municipality: Jerada Commune: Gafait Région of the Oriental



Contact details

(information and bookings)

For accommodation: Sameh Derouich, Gite Guafait / Association Gafait

Phone: +212 661 120 812

Email: samehder@yahoo.fr

Itinerary

The Oasis of Gafait - long and slow walk around the oasis.
The water circuit - a good and healthy meal pieds dans l'eau'.

What's included?

See description









Ecolodge Douar Yno: Rural family home and ecotourism and Gastronomy and healthy food



MED-GIAHS | Interreg Euro-MED

Co-funded by the European Union

Prices

Price available on request per person, depending on group size.

Duration

It is up to you from 1 day to 5 days.

Season

Available all year, on request.

Group size

Maximum 10 people

Ideal for

Groups of friends, families, and couples.
Lovers of the mountain and rural areas.

Difficulty / accessibility

Easy.

Language

Arabic, Tamazight, Spanish, French and English.

Highlights

- ✓ Hiking and horseback riding
- ✓ Tasting and live food workshop
- ✓ Discovering the SIBE wildlife of the Beni Snassen
- ✓ Discovering the Pigeon Cave
- ✓ Riding from valley to valley
- ✓ Meeting an extraordinary association and people from the Beni Snassen territory

Ecolodge Douar Yno: Rural family home and ecotourism and Gastronomy and healthy food





A complete experience

- ✓ All of the activities are available and adapted to the 4 seasons.
- ✓ Each season brings its own specificities, and above all can attract different customer niches.
- ✓ Lovers of nature in winter, those of summer.
- ✓ Adapting each thematic product according to each season.
- ✓ Agriculture is different in each season, by following the biological rhythms of nature you can discover new itineraries.

Itinerary

5 days in the Beni Snassen:

- ✓ Nature itinerary in the Béei Snassen
- ✓ Experience the landscapes of the Beni Snassen
- ✓ On the paths of agroecology in the Beni Snassen
- ✓ Flavors and tastings of healthy, living foods: tasting tagine of Neflier (Medlar) couscous with seven vegetables and meat.

Location. Address and map:

Municipality: Berkane in the Region of l'Oriental

Territory of Beni Snasen, Tafoghalt, Zegzel



What's included?

See itinerary

Contact details

(information and bookings)

For accommodation: Mohamed El Quadiri, Association Maison Familiale Rurale Beni Snassen in Ait Yahya.

Phone: +212 661 416 535

Email: contact@mfrbenisnassen.org

For gastronomy and healthy food: Mohamed Al Ahmadi, Restaurant Al AHMADI in Zegzel.

Phone: +212 065 958 9120

Email: Lafermeelahmadi@gmail.com









GIAHS EXPERIENCES

Malaga Raisins Production System

in la Axarquia – Spain

Interreg Euro-MED

MED-GIAHS

EXPERIENCIAS TOP

MED-GIAHS | Interreg Euro-MED

Co-funded by the European Union

Year 2025

MED-GIAHS | Interreg Euro-MED
Co-funded by the European Union

THE GIAHS OF THE MALAGA RAISIN IN AXARQUIA

WHERE HEROIC VITICULTURE CREATES GASTRONOMIC GEMS

Come explore Axarquia's "raisin territory," an awe-inspiring inland landscape of Malaga where Muscat grapes have been cultivated for centuries on seemingly impossible slopes. Through a globally unique drying process, these grapes become one of the region's gastronomic treasures: the Malaga raisin and its renowned wines.

Experience the heart, history, and traditions of its warm communities in whitewashed mountain villages. Let yourself be captivated by dramatic landscapes, vineyards, the peaks of natural parks, and the nearby Mediterranean Sea.

GENERAL CONSIDERATIONS FOR ALL EXPERIENCES IN THIS CATALOGUE:

- Activities and services are subject to availability at the time of booking.
- Booking and purchase conditions can be found on the websites of the listed tour operators.
- Package availability may vary depending on dates.
- Additional services can be added to any package upon request.

By joining any of our experiences, travelers actively support local farmers and producers, help preserve nature and rural environments, and contribute to the protection of a unique agricultural system and its centuries-old knowledge.

These are small-group experiences, hosted in small, locally-owned establishments. They promote nature, outdoor activities, and healthy, crowd-free environments.

INDEX

GIAHS EXPERIENCES SPAIN

AXARQUIA – SPAIN

MED-GIAHS | Interreg Euro-MED

Co-funded by the European Union

1

Raisin Route and Heroic Viticulture in the Axarquia region of Malaga (Moclinejo), a Globally Important Agricultural Heritage System

2

Experience a day in the life of a raisins producer at a vineyard in Malaga's Axarquia region

3

The winemaking tradition and flavour of Malaga's raisins are found in the villages Malaga's Axarquia region: Algarrobo, Sayalonga, and Cómpeta

4

Moscatel Heart: Embracing tradition in Almáchar, El Borge, and Moclinejo - a World Agricultural Heritage site

5

Comares and Cútar: The Andalusian origins of the Raisin Route in Malaga's Axarquia - a World Agricultural Heritage site

6

Raisin Route for schoolchildren through Malaga's Axarquia and its production system, recognised as a World Agricultural Heritage site

THIS PDF IS **INTERACTIVE**

Raisin Route and Heroic Viticulture in the Axarquia region of Malaga (Moclinejo), a Globally Important Agricultural Heritage System



MED-GIAHS | Interreg Euro-MED

Co-funded by the European Union

Prices

Price available on request per person, depending on group size.

Duration

3 to 4 hours.

Season

Available year-round, allowing you to experience the full vine growing cycle. However, to see the grape harvest and raisin production in person, visits should be arranged for August, September, or October.

Group size

Maximum 12 people.

Ideal for

Groups of friends, families, and couples.
Lovers of wine tourism, gastronomy, and agritourism.

Difficulty / accessibility

Easy.

Language

Spanish and English (other languages available on request).

Highlights

- ✓ Immerse yourself in the tradition of vine cultivation.
- ✓ Visit a family-run vineyard and lagar.
- ✓ Explore Moclinejo, a charming white village in Axarquia.
- ✓ Enjoy a wine tasting in a traditional historic winery.
- ✓ Receive a gift of local products from Axarquia's unique agricultural system.

CEDER AXARQUIA

MANCOMUNIDAD DE MUNICIPIOS COSTA DEL SOL AXARQUIA

AXARQUÍA COSTA DEL SOL APTA

Raisin Route and Heroic Viticulture in the Axarquia region of Malaga (Moclinejo), a Globally Important Agricultural Heritage System





A complete experience

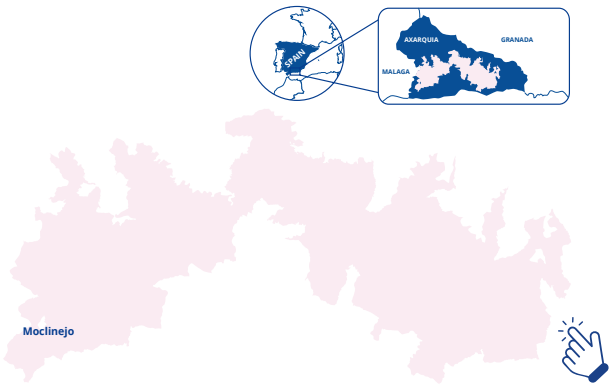
You'll immerse yourself in the traditions and culture of the village that marks the start of the raisin grape route. You'll walk among vines clinging to the steep slopes, rooted firmly in the land that gives them life. You'll experience firsthand what the farmers of Axarquia feel as they work the vineyards. Discover life in the lagares, where you can take part in producing Malaga's muscat raisins and savour their unique flavour. The rugged, dramatic landscape will take your breath away. Wineries here carefully guard the secrets behind wines that tell stories. You'll be surrounded by a burst of flavour and culture as you enjoy exquisite wines from the Malaga and Sierras de Malaga Designations of Origin. To take a piece of our tradition home, you'll receive a gift of products from the special agricultural system of Malaga raisin grape production in Axarquia, recognised as a Globally Important Agricultural Heritage System.

Itinerary

In the morning, the group will be welcomed in Moclinejo, the gateway to the raisin grape route of Axarquia in Malaga. We will travel by private vehicle to a vineyard, where you'll experience how the vines are cultivated, touching the plants and taking part in traditional farming tasks that have been carried out here since time immemorial. The visit includes a tour of a lagar and a raisin tasting. After leaving the vineyard, we'll return to Moclinejo to explore its streets and discover its most distinctive heritage while enjoying time with the locals. Following this, we'll delve into the traditional craft of winemaking at a local winery, where we'll sample excellent wines bearing the Malaga and Sierra de Malaga Designations of Origin and learn about the history of this Moclinejo estate.
There's also the option to extend the experience with lunch in Moclinejo (not included).

Location. Address and map:

Located in the town of Moclinejo, in the Axarquia region of Malaga.



What's included?

- ✓ Guided tours provided by the municipality of Moclinejo.
- ✓ Experience life in a vineyard, learning about seasonal agricultural activities.
- ✓ Visit a typical Axarquia lagar and meet the family who live there.
- ✓ Immerse yourself in the winemaking culture of Axarquia at a traditional winery, where you'll taste and learn about their unique wines.
- ✓ Travel insurance included.

What's not included?

- × Transfer service (available on request).
- × Lunch (available on request).

Reservations

OLETRIPS - Cipriano and María
oletrips.es
CIAN: 297149-2

PLAN A – Elena
planamalaga.com
Registration No. AT/MA/00321

RUTAXAR – Sebastián
rutaxar.com
Registration No. AIAT/MA/00115-4

AXARTRIPS – José Carlos
axartrips.com
Registration No. Pending

CEDER AXARQUIA
MANCOMUNIDAD DE MUNICIPIOS COSTA DEL SOL AXARQUIA
AXARQUÍA COSTA DEL SOL APTA Asociación para la Promoción Turística de la Axarquía

Experience a day in the life of a raisins producer at a vineyard in Malaga's Axarquia region



MED-GIAHS | Interreg Euro-MED

Co-funded by the European Union

Prices

Price available on request per person, depending on group size.

Duration

2.5 to 4 hours.

Season

Available all year, though the specific agricultural activities depend on the season. The grape harvest and raisin production mainly occur in August, September, and October.

Group size

Maximum 10 people.

Ideal for

Groups of friends, families, and couples.
Enthusiasts of oenology, gastronomy, and agritourism.

Difficulty / accessibility

Moderate to easy.

Language

Spanish and English (other languages available on request).

Highlights

- ✓ A unique landscape: rugged mountains dotted with vineyards and lagares.
- ✓ A distinctive agricultural system: the ancient method of raisin grape production in Axarquia, preserved over time.
- ✓ Culture and tradition: the rich history of vine growing and raisin production in Axarquia.
- ✓ Personal experience: share activities with local farmers and their families, experiencing vineyard work firsthand.
- ✓ Connection to Global Agricultural Heritage: learn from those who maintain this system, recognised as a Globally Important Agricultural Heritage System.

Experience a day in the life of a raisins producer at a vineyard in Malaga's Axarquia region





A complete experience

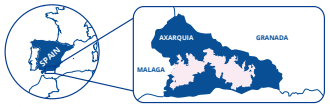
You won't just be a spectator — you'll actively participate in creating your own experience! Immerse yourself in the ancestral tradition of vine cultivation and Malaga raisin production, a system that shapes this unique landscape and defines life in Axarquia. At the vineyard, feel the work of a viticulturist by participating in pruning, harvesting, and transporting grapes to the lagar. During the season, get involved in the drying and crushing process of raisins, accompanied by local farmers who preserve these traditions. The experience concludes with a tasting of Malaga raisins and local gastronomy paired with Axarquia wines, sharing a special moment with the farmers.

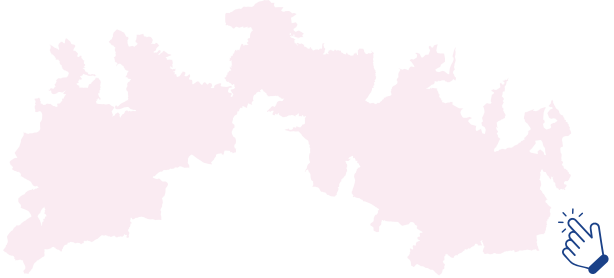
Itinerary

Groups meet at an agreed starting point and travel by private vehicle with the product operator. You'll explore the vineyard to learn the secrets of vine cultivation, touch the vines, and understand agricultural tasks depending on the season. Visit a lagar where you can help with raisin drying operations (spreading and turning grapes, handling the covers, crushing raisins) alongside those who care for the vineyard. The experience ends with a tasting of Malaga raisins and traditional cuisine at the lagar.

Location. Address and map:

Vineyards and raisin drying sites in the Sierra of Axarquia, Malaga.





What's included?

- ✓ Visit with a guide knowledgeable about the destination and its agricultural production system.
- ✓ Immersion in the tradition of cultivating a vineyard in Malaga's Axarquia, accompanied by the person responsible for its care who will explain in detail the agricultural tasks carried out. During the season, visitors will be able to see the agricultural activities related to raisin production in full swing.
- ✓ Visit to a lagar and tasting of traditional gastronomy, Malaga raisins, and a glass of local wine.

What's not included?

- × Transfer service (available on request).
- × Lunch (available on request).

Reservations

OLETRIPS - Cipriano and María
oletrips.es
CIAN: 297149-2

PLAN A – Elena
planamalaga.com
Registration No. AT/MA/00321

RUTAXAR – Sebastián
rutaxar.com
Registration No. AIAT/MA/00115-4

AXARTRIPS – José Carlos
axartrips.com
Registration No. Pending

The winemaking tradition and flavour of Malaga's raisins are found in the villages Malaga's Axarquia region: Algarrobo, Sayalonga, and Cómpeta



✓ IR A MENU SPAIN 01 01

MED-GIAHS | Interreg Euro-MED
Co-funded by the European Union

Prices
Price available on request per person.

Duration
Full day.

Season
Available all year except August; September availability on request.

Group size
Minimum 20 people, maximum 25.

Ideal for
Groups of friends, families, and couples.
Lovers of wine tourism, gastronomy, and agritourism.

Difficulty / accessibility
Easy.

Language
Spanish and English (other languages available on request).

Highlights
- ✓ Dramatic and varied landscapes dotted with vineyards, lagares, and raisin drying racks.
- ✓ Charming white villages that maintain their traditions.
- ✓ The rich tradition and culture of winemaking.
- ✓ Ancient methods of vine cultivation and artisanal raisin production.
- ✓ Warm hospitality of the local people.
- ✓ Tasting authentic local delicacies made from products of a unique agricultural system recognised as Global Agricultural Heritage.

The winemaking tradition and flavour of Malaga's raisins are found in the villages Malaga's Axarquia region: Algarrobo, Sayalonga, and Cómpeta





A complete experience

This experience is designed for those seeking something different and authentic. You will immerse yourself in the stunning vineyard landscape of Malaga's Axarquia, exploring its picturesque villages and tasting the most authentic wines, made from Moscatel grapes grown in a unique and heroic way. You will learn about the agricultural system declared a Globally Important Agricultural Heritage System, guided by locals who get the best out of these untamed lands. We will visit an old artisan winery where we will taste their wines while enjoying the vineyard scenery. You will be amazed by the unique cemetery of Sayalonga and the beauty of Cómpeta, with its charming corners and breathtaking viewpoints. The vineyard landscape that defies gravity will accompany you all day!

Itinerary

In the morning, we will pick up the group at the meeting point to start the tour by coach. During the journey, we will delve into the heart of the Globally Important Agricultural Heritage System, enjoying the landscape and learning about the tradition preserved for generations. The first stop will be at the Sayalonga viewpoint, where we will admire the picturesque village.

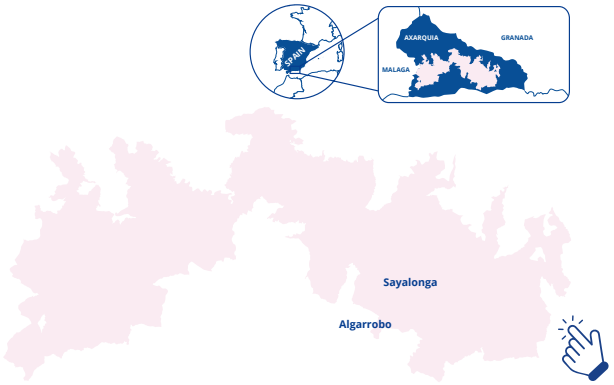
We will continue to Cómpeta, where a traditional winery surrounded by vineyards awaits us. There, we will learn about the local winemaking history and tradition and enjoy a tasting of exquisite Axarquia wines.

In Cómpeta, we will visit its Museum of Arts and Popular Customs and enjoy a typical lunch at a restaurant with spectacular views of the Axarquia landscape and the Mediterranean Sea in the background.

In the afternoon, we will stroll through the streets of Cómpeta, exploring its corners, crafts, and rich tradition. At the end, we will return to the starting point by coach.

Location. Address and map:

Algarrobo, Sayalonga, and Cómpeta in Malaga's Axarquia.



What's included?

- ✓ Coach transportation from an official stop in Malaga or another agreed point with the group.
- ✓ Breakfast in Algarrobo.
- ✓ Visit to Almijara Winery and wine tasting.
- ✓ Guided visit in Cómpeta.
- ✓ Lunch in Cómpeta.
- ✓ Tour leader during the trip.
- ✓ Travel insurance.

Reservations

OLETRIPS - Cipriano and María
oletrips.es
CIAN: 297149-2

PLAN A – Elena
planamalaga.com
Registration No. AT/MA/00321

RUTAXAR – Sebastián
rutaxar.com
Registration No. AIAT/MA/00115-4

AXARTRIPS – José Carlos
axartrips.com
Registration No. Pending

CEDER AXARQUIA
MANCOMUNIDAD DE MUNICIPIOS COSTA DEL SOL AXARQUIA
AXARQUÍA COSTA DEL SOL APTA

Moscatel Heart: Embracing tradition in Almáchar, El Borge, and Moclinejo - a World Agricultural Heritage site



MED-GIAHS | Interreg Euro-MED

Co-funded by the European Union

Prices

Price available on request per person.

Duration

Two days and one night.

Season

Available year-round. Raisin drying racks and agricultural tasks can only be seen during July, August, and September.

Group size

Small groups only, maximum 15 people.

Ideal for

Groups of friends, families, and couples.
Lovers of wine tourism, gastronomy, and agritourism.

Difficulty / accessibility

Easy.

Language

Spanish and English (other languages available on request).

Highlights

- ✓ Stunning and varied landscapes dotted with vineyards and lagares.
- ✓ Charming white villages.
- ✓ Rich tradition and culture of winemaking.
- ✓ Ancient vine cultivation and artisanal raisin production.
- ✓ Warm hospitality from local people.
- ✓ Enjoy authentic regional delicacies.

Moscatel Heart: Embracing tradition in Almáchar, El Borge, and Moclinejo - a World Agricultural Heritage site





A complete experience

It's not about knowing, it's about feeling! It's not about looking, it's about living! Feel Axarquia, learn its way of life and share it with its people, immerse yourself in a dramatic mountainous landscape studded with vineyards. A unique territory with a production system that is a Globally Important Agricultural Heritage.

Itinerary

MOSCATEL HEART
DAY 1: EL BORGE AND ALMÁCHAR

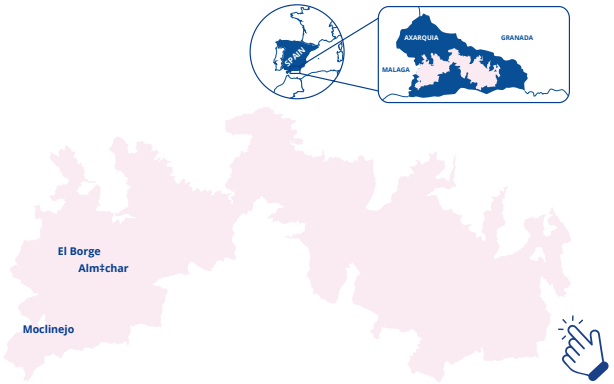
El Borge is a "Magic Town" of Spain. Here you can dive into the history of banditry. It is the birthplace of Bizco de El Borge, one of the most famous bandits of these lands! Don't forget to taste its rich and varied menu featuring native products from Malaga's Axarquia. A must-visit to know your BANDIT SOUL is the Bandit Interpretation Center. Here you will dynamically discover the most famous bandits of the area, how they lived, and how they were captured. Also, you can visit the Vivo Moscatel Interpretation Center to learn the history and importance of this ancient crop, along with enological and gastronomic experiences, directly from producers. You can experience there the different techniques used to obtain the Malaga raisins and wines.

ALMÁCHAR: THE ADVENTURE CONTINUES! Start this amazing day by visiting the Raisin Museum at Santo Cristo square. There you will find an extensive collection of tools, utensils, and scenes related to raisin harvesting that will transport you to the past. Don't forget to explore its streets and murals, including the mural dedicated to raisin production located at the Paseo de la Axarquia. Enjoy the Axarquia landscape and discover the path the grape takes from the vineyard to becoming wine.

DAY 2. MOCLINEJO: Costumbres y cultura, son sello de identidad en Moclinejo.
Customs and culture are the hallmark of Moclinejo, also a Magic Town of Spain. The visit begins with the Axarquia House Museum located in Valdés, a district of Moclinejo. The house was built to display local crafts, especially ceramics. Enjoy a guided tour of Moclinejo starting at the town's entrance arches, dedicated to the Battle of Axarquia. Be surprised by its streets, white houses, sea views... Do you like wine? Want to taste or buy some? Don't miss tasting their famous wines with Denomination of Origin.

Location. Address and map:

Municipalities: Almáchar, El Borge, and Moclinejo in Malaga's Axarquia.



What's included?

- ✓ Transport during the trip to different local places (to be confirmed).
- ✓ Two lunches and one dinner (to be confirmed).
- ✓ One night of accommodation with breakfast (to be confirmed).
- ✓ Liability insurance.

Reservations

OLETRIPS - Cipriano and María
oletrips.es
CIAN: 297149-2

PLAN A – Elena
planamalaga.com
Registration No. AT/MA/00321

RUTAXAR – Sebastián
rutaxar.com
Registration No. AIAT/MA/00115-4

AXARTRIPS – José Carlos
axartrips.com
Registration No. Pending

CEDER AXARQUIA
MANCOMUNIDAD DE MUNICIPIOS COSTA DEL SOL AXARQUIA
AXARQUÍA COSTA DEL SOL APTA

Comares and Cútar: The Andalusian origins of the Raisin Route in Malaga's Axarquia - a World Agricultural Heritage site



MED-GIAHS | Interreg Euro-MED | Co-funded by the European Union

Prices

Prices depend on group size (lunch optional).
Lunch price available on request.

Duration

6 to 8 hours.

Season

From 15th September to 15th June.

Group size

Minimum 15, maximum 50 people.

Ideal for

Groups of friends, families, and couples.
Lovers of wine tourism, gastronomy, and agritourism.

Difficulty / accessibility

Easy.

Language

Spanish and English (other languages available on request).

Highlights

- ✓ Immersion in Andalusian history through its agricultural systems and traditions.
- ✓ Cultural tour of Comares, including tastings of local wines and cuisine.
- ✓ Exploration of rural life in Cútar via a theatrical route with Andalusian origins.
- ✓ Sustainability and local products through visits to authentic production sites.

CEDER AXARQUIA | MANCOMUNIDAD DE MUNICIPIOS COSTA DEL SOL AXARQUIA | AXARQUÍA COSTA DEL SOL APTA

Comares and Cútar: The Andalusian origins of the Raisin Route in Malaga's Axarquia - a World Agricultural Heritage site





A complete experience

This experience explores the historical origins of Axarquia. Visitors will enjoy an immersive day touring two of the comarca's most authentic municipalities. The Andalusian heritage that permeates Comares and Cútar takes us back to the origin of traditional agricultural systems and techniques still used by locals for growing raisins, olives, and almonds—a landscape shaped by generations over more than 1,000 years. In Comares, known as "The Balcony of Axarquia," we will follow the "Muslim Route," exploring the town's streets, monuments, plazas, and viewpoints. We will also visit an old artisan winery to taste its wines and enjoy local cuisine. In Cútar, we will visit its Interpretation Center and experience a theatrical route performed by locals, immersing us in the last years of al-Andalus. We will also visit the organic jam factory, where the products are made from local ingredients.

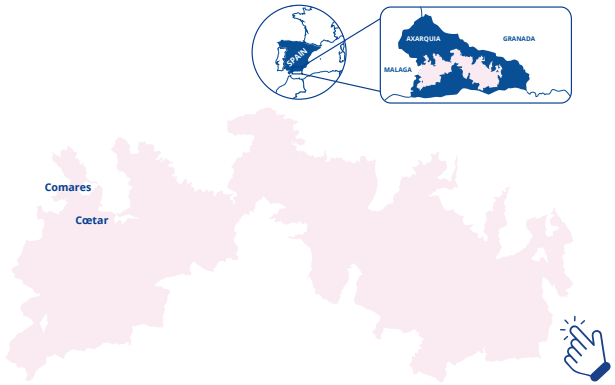
Itinerary

In the morning, we will pick up the group at the meeting point to begin the coach tour. During the journey, we will delve into the heart of the Globally Important Agricultural Heritage System, enjoying the landscape and learning about the tradition preserved for generations. The first stop will be at the Malaga Gate of Comares, where we will start the so-called "Muslim Route," a guided tour visiting the town's monuments, plazas, and points of interest such as the Church of the Incarnation, Verdiales Square, and the remains of the old castle. We will also enjoy the stunning views from various viewpoints overlooking the comarca. After the visit, we will tour an old winery where we will enjoy a tasting of Comares' exquisite wine and (optionally) a lunch of local cuisine.

In the afternoon, we will transfer to Cútar to explore its medieval layout and some notable spots such as the algorfa (traditional irrigation system), the Arabic fountain, and the Mudéjar Church of the Incarnation. We will visit the Interpretation Center of Alquería de Cútar and its Andalusian manuscripts. A local guide will accompany us as we follow a theatrical route based on the incredible story of the Andalusian manuscripts found in the municipality in 2003. The afternoon will end with a visit to TurboJam organic jam factory, where we will enjoy a tasting of their products.

Location. Address and map:

Municipalities: Comares and Cútar.



What's included?

- ✓ Bus transport from the meeting point and during the tour to the various local destinations.
- ✓ Visits with local guide.
- ✓ Winery visit with tasting.
- ✓ Jam tasting.
- ✓ Travel assistance insurance and taxes.

What's not included?

× Lunch (upon request).

Reservations

OLETRIPS - Cipriano and María
oletrips.es
CIAN: 297149-2

PLAN A – Elena
planamalaga.com
Registration No. AT/MA/00321

RUTAXAR – Sebastián
rutaxar.com
Registration No. AIAT/MA/00115-4

AXARTRIPS – José Carlos
axartrips.com
Registration No. Pending

Raisin Route for schoolchildren through Malaga's Axarquia and its production system, recognised as a World Agricultural Heritage site



MED-GIAHS | Interreg Euro-MED

Co-funded by the European Union

Prices

Price per person available on request.

Duration

Approximately 6 hours.

Season

Available year-round, except July, August, and September.

Group size

Minimum 40, maximum 50 people.

Ideal for

School groups.

Difficulty / accessibility

Easy.

Language

Spanish and English (other languages available on request).

Highlights

- ✓ Immersion in the tradition of Malaga raisin grape production in Axarquia.
- ✓ Stunning landscapes and charming historic sites such as lagares.
- ✓ Learning about the region's enogastronomic heritage.
- ✓ Direct contact with the raisin-growing community and intergenerational knowledge exchange.
- ✓ Active, shared, fun, and participatory learning involving the entire community.

CEDER AXARQUIA

MANCOMUNIDAD DE MUNICIPIOS COSTA DEL SOL AXARQUIA

AXARQUÍA COSTA DEL SOL APTA

Raisin Route for schoolchildren through Malaga's Axarquia and its production system, recognised as a World Agricultural Heritage site





A complete experience

An experience combining active learning with fun and creativity. Children will immerse themselves in the tradition of Malaga raisin production in Axarquia, becoming aware of the value of maintaining this agricultural system declared a World Heritage Site.

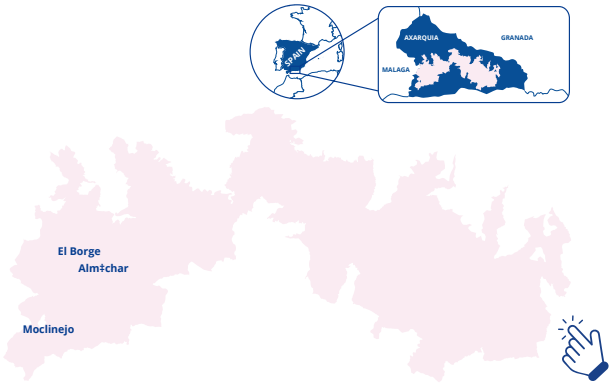
They will learn about the effort and work of generations of farmers who have cultivated vines on steep mountains and produced Malaga's famous raisins. They will get to know the villages of Axarquia, their lagares and vineyards that create a unique landscape, and will have the chance to meet local farmers to expand their knowledge and discover firsthand the accumulated experience after centuries of this crop's history.
The experience will include various games to keep children motivated, and at the end of the day, the winning group will receive a prize. A life lesson full of tradition, history, and fun!

Itinerary

The group of schoolchildren will be picked up at their educational center, accompanied at all times by the necessary teachers according to group size. There will be explanations during the journey about the history of the territory linked to the Malaga raisin production system in Axarquia.
Visit to the historic center of Moclinejo and breakfast (not included). On the way to El Borge, a traditional lagar with paseros will be visited, where children can learn about the different vineyard activities and tasks related to transforming grapes into raisins. After this immersion, they will visit the municipality of El Borge. Afterwards, the group will head to Almáchar for an interpreted visit of its historic center and Raisin Museum. Lunch will be at María Zambrano facilities in Almáchar (not included). Afterwards, return to the school by group transport.

Location. Address and map:

Municipalities: Almáchar, El Borge, and Moclinejo in Malaga's Axarquia.



What's included?

- ✓ Bus transportation from the school.
- ✓ Complete guided visit.
- ✓ Visit to a lagar and raisin tasting.
- ✓ Civil liability insurance.

What's not included?

- × Breakfast.
- × Lunch.

Reservations

OLETRIPS - Cipriano and María
oletrips.es
CIAN: 297149-2

PLAN A – Elena
planamalaga.com
Registration No. AT/MA/00321

RUTAXAR – Sebastián
rutaxar.com
Registration No. AIAT/MA/00115-4

AXARTRIPS – José Carlos
axartrips.com
Registration No. Pending

CEDER AXARQUIA
MANCOMUNIDAD DE MUNICIPIOS COSTA DEL SOL AXARQUIA
AXARQUÍA COSTA DEL SOL APTA

GIAHS EXPERIENCES

The Agricultural System

of Valle Salado de Añana - Spain

Interreg Euro-MED

MED-GIAHS

EXPERIENCIAS TOP

MED-GIAHS | Interreg Euro-MED

Co-funded by the European Union

Year 2025

THE GIAHS OF THE SALT VALLEY OF AÑANA WHERE ANCESTRAL SPRINGS SHAPE A UNIQUE LANDSCAPE OF SALT AND HERITAGE

Discover the Salt Valley of Añana, in the heart of Álava (Basque Country, Spain), an extraordinary agricultural landscape where salt has been produced continuously for more than **7,500 years**. This ensemble of terraces with impossible geometry, built from stone, wood, and clay and traversed by a network of channels that distribute salty water from the springs, constitutes the **oldest working saltworks in the world**. Its traditional engineering reflects an admirable adaptation to the natural environment and ancestral knowledge passed down through generations.

Walk among its white platforms, watch the water slowly flow through wooden channels until it crystallizes under the sun, and meet the salt workers who keep this ancient craft alive. The Salt Valley is much more than a landscape: it is a living experience that unites history, nature, and sustainability, **recognized by the FAO as a Globally Important Agricultural Heritage System (GIAHS).**

CREDITS: ©AÑANA SALT VALLEY FOUNDATION

INDEX

GIAHS EXPERIENCES

VALLE SALADO DE AÑANA - SPAIN

1

Forest bathing and wellness in the world's oldest salt landscape

2

Salt worker for a day: discover the best salt in the world

3

Salt Valley and Sierra Salvada: 3 days of flavour and nature

MED-GIAHS | Interreg Euro-MED

Co-funded by the European Union

THIS PDF IS **INTERACTIVE**

Forest bathing and wellness in the world's oldest salt landscape



MED-GIAHS | Interreg Euro-MED

Co-funded by the European Union

Prices

€30.50/person (groups of 6 to 15 people).

Duration

½ day – 3 h (forest bathing, guided tour, and Saline Spa).

Season

Spring, summer, and autumn (April to October includes Saline Spa).

Group size

Min. 6 – max. 15 people.

Ideal for

People seeking relaxation and contact with nature – Wellness tourism.

Difficulty / accessibility

Easy – Suitable for all ages, no special physical condition required.

Language

Spanish, Basque, French, English.

Highlights

- ✓ Agricultural landscape shaped for over 7,500 years.
- ✓ Globally Important Agricultural Heritage System (GIAHS).
- ✓ Hypersaline waters with health benefits.
- ✓ Sensory connection with nature.

Valle Salado de Añana
Añanako Gatz Harana

Forest bathing and wellness in the world's oldest salt landscape





A complete experience

A sensory and healthy experience in the Salt Valley of Añana. Enjoy a forest bathing guided walk through a millenary landscape, followed by a tour of a unique salt-making system. From April to October, immerse feet and hands in the hypersaline waters of the outdoor Saline Spa, enjoying its benefits for body and mind.

Itinerary

Reception at the Visitor Centre. Forest bathing guided walk through the Salt Valley. Guided tour of the GIAHS site and time to shop for local products.



Location. Address and map:

Salt Valley of Añana, Basque Country Spain



What's included?

- ✓ Forest bathing with specialized guide
- ✓ Guided tour
- ✓ Outdoor Saline Spa (seasonal)
- ✓ Taxes

What's not included?

- × Transfers from place of origin

Reservations

www.vallesalado.eus

Valle Salado de Añana
Añanako Gatz Harana

Salt worker for a day: discover the best salt in the world



MED-GIAHS | Interreg Euro-MED

Co-funded by the European Union

Prices

Adults: €79.50.
Reduced: €76.50 (students, retirees, people with disabilities).
Children 4-12 years: €50.

Duration

1 day.

Season

Summer.

Group size

Min. 2 – max. 12 people.

Ideal for

Families and groups of friends – Cultural, gastronomic, and experiential tourism.

Difficulty / accessibility

Easy – Suitable for families with children and people without prior experience.

Language

Spanish, Basque, French, English.

Highlights

- ✓ Hands-on workshop on traditional salt production
- ✓ Santa Engracia brine spring and unique hydraulic system
- ✓ Local gastronomy paired with Añana Salt
- ✓ Arreo Lake, Ramsar wetland

Valle Salado de Añana
Añanako Gatz Harana

Salt worker for a day: discover the best salt in the world





A complete experience

Become a salt worker for a day and discover the trade in a hands-on workshop. Learn to fill salt pans, use traditional tools, and collect the salt. Complete the day with a visit to the springs, relaxation at the Saline Spa, and a tasting menu in local restaurants, ending with a walk around a unique natural setting.

Itinerary

Visitor Centre: hands-on salt workshop.
Visit to the springs / Saline Spa / Lunch in local restaurant
Free walk by Arreo Lake.



Location. Address and map:

Salt Valley of Añana, Basque Country Spain



What's included?

- ✓ Hands-on activity with guide
- ✓ Visit to springs
- ✓ Saline Spa
- ✓ Tasting menu (drinks not included)
- ✓ Taxes

What's not included?

- × Transfers from place of origin

Reservations

www.vallesalado.eus

www.genuinespain.es

Valle Salado de Añana
Añanako Gatz Harana

Salt Valley and Sierra Salvada: 3 days of flavour and nature



MED-GIAHS | Interreg Euro-MED

Co-funded by the European Union

Prices

From €235 per person (Natura Sobrón).
From €266 (Madera y Sal).
From €269 (Caserío Montehermoso).

Duration

3 days / 2 nights (Friday afternoon to Sunday afternoon).

Season

Spring and summer.

Group size

Min. 4 – max. 12 people.

Ideal for

Couples, families, and groups – Experiential, cultural, and gastronomic tourism.

Difficulty / accessibility

Easy – Suitable for all audiences with independent mobility.

Language

Spanish, Basque, French, English.

Highlights

- ✓ Tailored local workshops and activities
- ✓ Tour of springs and salt tasting
- ✓ Local gastronomy with Añana Salt
- ✓ Idiazabal cheese in Sierra Salvada

Valle Salado de Añana
Añanako Gatz Harana

Salt Valley and Sierra Salvada: 3 days of flavour and nature





A complete experience

Enjoy a complete getaway combining culture, nature, and gastronomy. Choose between a ceramic workshop, segway tour, or Japanese bath depending on your accommodation. Visit the Salt Valley springs with tasting and Saline Spa, enjoy local restaurants, and participate in a workshop at Izoria cheese dairy to discover Idiazabal with Añana Salt.

Itinerary

Day 1: arrival and activity according to accommodation.
Day 2: visit springs, salt tasting, virtual reality and lunch. Free afternoon.
Day 3: workshop and tasting at Izoria cheese dairy.



Location. Address and map:

Salt Valley of Añana, Basque Country Spain



What's included?

- ✓ 2 nights accommodation.
- ✓ Activity/workshop on day 1.
- ✓ Visit springs, tasting, VR and Saline Spa.
- ✓ Tasting menu lunch.
- ✓ Tasting at Izoria cheese dairy.
- ✓ Taxes

What's not included?

- × Transfers from place of origin

Reservations

www.vallesalado.eus

www.genuinespain.es

GIAHS EXPERIENCES

The Agricultural System Ancient Olive Trees

Territorio Sénia - Spain

Interreg Euro-MED

MED-GIAHS

EXPERIENCIAS TOP

MED-GIAHS | Interreg Euro-MED

Co-funded by the European Union

Year 2025

THE AGRICULTURAL SYSTEM ANCIENT OLIVE TREES

TERRITORIO SÉNIA, SPAIN

"Territorio Sénia" has the highest concentration of ancient olive trees in the world. The existence of 5 000 ancient olive trees of native varieties and related knowledge and tradition makes this territory unique, offering numerous opportunities for rural development, including the recovery of abandoned ancient olive trees and utilisation for production.

CREDITS: ©MANCOMUNIDAD TAULA DEL SÉNIA

INDEX

GIAHS EXPERIENCES

TERRITORIO SÉNIA - SPAIN

MED-GIAHS | Interreg Euro-MED

Co-funded by the European Union

1

Lunch under the ancient olive trees of la Jana

2

Millenary olive trees with a star

THIS PDF IS **INTERACTIVE**

Lunch under the ancient olive trees of la Jana



Prices

€35/person.
Minimum: 2 people. For larger groups, ask for discounts.

Duration

3 hours.

Season

All year.

Group size

Minimum 2.

Ideal for

All types of public.

Difficulty / accessibility

Easy.

Language

Portuguese, French, English, Spanish, Catalan/Valencian.

Highlights

- ✓ Explore the largest concentration of ancient olive trees in the world. their presence has given character to the landscape, formed by a mosaic of trees and dry stone, known as the sea of olive trees.

Lunch under the ancient olive trees of la Jana



A complete experience

A complete culinary experience at Pou del Mas,one of the areas with the highest concentration of ancient olive trees. Guided tourof ancient olive trees where tranquility and nature go hand in hand.

Itinerary

Departure in private vehicles from the plaza of the La Jana Church to the Pou del Mas Natural Museum of Ancient Olive Trees (3 km).
The entire activity will take place at the Pou del Mas estate. An explanation of the oil-making process will be given, along with a tasting of oils produced in La Jana to understand what goes into a bottle of EVOO (Extra Virgin Olive Oil). Finally, lunch will be served under the olive trees with local products from La Jana.

Location. Address and map:

Municipalities: la Jana (Territorio Sénia).
https://maps.app.goo.gl/dHEi2ADCoJNdSZGF6

What's included?

- ✓ Guided tour of the Pou del Mas open-air museum.
- ✓ Cultivation workshop: the secrets of olive cultivation and production led by a farmer.
- ✓ Opportunity to participate in the olive harvest (only during the month of October).
- ✓ Demonstration of the construction of the traditional dry-stone construction technique.
- ✓ Guided tasting of single-varietal olive oils.
- ✓ EVOO pairing lunch accompanied by local, local products.
- ✓ A bottle of extra virgin olive oil.
- ✓ Opportunity to purchase olive oil.

What's not included?

- × Transportation.
- × Travel insurance.
- × Personal expenses.
- × Anything not reflected in the itinerary.

Contact details

(information and bookings)

Explora Maestrat
Phone: +34 630196296
Email: info@exploramaestrat.com
Website: vivepeniscola.com

Millenary olive trees



Prices

From €235 per person (Natura Sobrón).
From €266 (Madera y Sal).
From €269 (Caserío Montehermoso).

Duration

3 days / 2 nights (Friday afternoon to Sunday afternoon).

Season

Spring and summer.

Group size

Min. 4 – max. 12 people.

Ideal for

Couples, families, and groups – Experiential, cultural, and gastronomic tourism.

Difficulty / accessibility

Easy – Suitable for all audiences with independent mobility.

Language

Spanish, Basque, French, English.

Highlights

- ✓ Tailored local workshops and activities
- ✓ Tour of springs and salt tasting
- ✓ Local gastronomy with Añana Salt
- ✓ Idiazabal cheese in Sierra Salvada

Millenary olive trees







A complete experience

An immersion in the ancient culture of olive oil, a visit to the Millenary Olive Trees of Arion, where La Farga is located, the oldest olive tree in the world, planted by the Romans, followed by an oil tasting and concluding with a tasting menu at a Michelin-starred restaurant.

Itinerary

Meeting point at 11:00 a.m. at the Ulldecona tourist office.

Brief explanation of the old Art Nouveau mill.

Departure by private car to Via Augusta and the Arion (5 km).

Guided tour of the ancient olive trees and oil tasting.

Transfer by private car to the chosen restaurant.

- ✓ ANTIC MOLÍ Restaurant
- ✓ LES MOLES Restaurant

Location. Address and map:

Municipalities: Ulldecona (Territorio Sénia).
https://maps.app.goo.gl/EKcnwbQUavfhM5VX6

What's included?

- ✓ Explanation of an ancient olive oil mill at the Ulldecona tourist office.
- ✓ Tour of the Roman Via Augusta.
- ✓ Complete tour of the Arión: the monumental trees, the dry stone banks, and its buildings. Of special interest is La Farga, the oldest olive tree in the world.
- ✓ Oil tasting.
- ✓ Bottle of EVOO.

What's not included?

- × Transportation.
- × Travel insurance.
- × Personal expenses.
- × Everything not reflected in the itinerary.

Contact details

(information and bookings)

Conficon

Email: tortosa@conficon-hostes-ses.com

Website: conficon-hostes-ses.com

Phone: +34 977 443 174

670 795 217

Website: www.anticmoli.com/es/

Website: lesmoles.com/es/

POTENTIAL GIAHS EXPERIENCES

Agricultural TOURISM EXPERIENCES linked to the "Bulgarian Rose" Agroecosystem in the Rose Valley area

of Pazardzhik Region in Strelcha – Bulgaria

Interreg Euro-MED

MED-GIAHS



MED-GIAHS | Interreg Euro-MED

Co-funded by the European Union

Year 2025

SUSTAINABLE AGRICULTURAL TOURISM IN "BULGARIAN ROSE" AGROECOSYSTEM IN THE ROSE VALLEY AREA OF STRELCHA

The Valley of Roses is in the heart of Bulgaria, named after the traditions in cultivating Damascena rose, a symbol of Bulgaria. Rose fields spread between Stara Planina and Sarnena Sredna Gora mountains. Cultivation of the Damascena rose began here in the middle of the 15th century. There are many hypotheses about the origin of the activity. Some historians claim the flower was brought here from Asia Minor by soldiers of Alexander the Great. In the 16th century extraction and export of Bulgarian rose oil began and continues to present days with rose blossoms still picked by hand, starting very early in May/June mornings till noon hours of the day at the latest. This is to preserve the aroma and humidity of the petals as much as possible. The oil is extracted by steam distillation of fresh pink blossoms. For many years, Bulgaria has been the world leader in the export of rose oil. About 283 components are found in its composition. It is one of the most expensive and in-demand essential oils on the global perfumery market. The price of 1 kg of rose oil reached a record value of 7,000 euros in 2015.

In most villages in the Rose Valley traditions and local knowledge of rose cultivation are passed through generations. During the rose harvest in late May and early June locals celebrate annual Rose Festivals and Strelcha is also proud of its festivities. Local food features emblematic of the region rose blossom jam made from rose petals sprinkled with sugar and cooked over moderate heat; usually served with strained yogurt from local cow or buffalo milk. The region also has a long tradition of sheep and goat farming, with a number of local breeds preserved and raised in the region. A traditional spirit drink is Gyulova (rose) brandy, made from roses and known in the region as gyulovitsa.

Along with rose growing a shift to lavender and other essential oil crops has started recently as being less labor intensive. The Strelcha agroecosystem also has excellent conditions for wine production dating back to the Thracians. Other resources of Strelcha are thermal mineral waters long known and used for their healing properties in balneo and spa tourism. The area is also known as "Valley of the Thracian Kings" because of the numerous tombs discovered here and the remains of Seutopolis - considered the former capital of the Kingdom of the Thracian tribe Odrisi – a precondition for historical and archeological tourism.

INDEX

POTENTIAL GIAHS EXPERIENCES

BULGARIA

MED-GIAHS | Interreg Euro-MED
Co-funded by the European Union

1

With a scent of roses through the centuries

2

Rose-growing productive system in Strelcha's Cultural Identity and Ethnography

3

Culinary treasures of Strelcha based on local resources, with an emphasis on rose agricultural production

THIS PDF IS **INTERACTIVE**

With a scent of roses through the centuries



MED-GIAHS | Interreg Euro-MED

Co-funded by the European Union

Prices

15 EUR for adults.
8 EUR for children from 7 to 18 years old.
8 EUR for pensioners.
Free for children under 5 years old.
Additional cost for guide in English.

Duration

4 hours max.

Season

April – May, June (the second and fourth Saturdays of these months – six times a year).

Group size

Minimum : 6 maximum : 8.

Ideal for

Easily accessible for children and adults.
Possible access for people with disabilities.

Difficulty / accessibility

Easy.

Language

Bulgarian/English by request to: museumstrel@abv.bg.
Brochures in English for foreign tourists.

Highlights

- ✓ Picking up oil-bearing rose blossoms and use them to prepare jelly/ jam preserve.
- ✓ Witness the process of producing precious rose oil, the basic ingredient of most world-famous perfumes.
- ✓ Enjoy the wonderful views of the diverse landscape of Strelcha area, from the gentle hills of the Sredna Gora mountain to the hay meadows and rose fields along the Luda Yana river.

With a scent of roses through the centuries





A complete experience

Immerse yourself in the aroma of the oil-bearing Damascena Rose in the area of Strelcha. Get up early at dawn and breathe in the air carrying the freshness of the Sredna Gora mountain and the rose aroma. Strelcha is an hour and a half drive from the capital city of Bulgaria, Sofia. With its rose fields and thermal mineral waters, Strelcha will enchant you and you will never forget it and would want to come back here again and again.

Itinerary

The experience takes half a day.

10:00 - 10:30
Group meeting in front of the Tourist Information Center in the town of Strelcha.

10:30 – 12:00
Visit to a rose field together with a local farmer and a guide from the Tourist Information Center and the Strelcha Historical Museum.

12:00 – 13:30
Visit one of the rose distilleries in the town of Strelcha (two rose distilleries operate in the town). The rose distillery offers testings and one can purchase products made with rose oil and derived products (rose water, rose oils and oils from other herbs and plants). Cosmetic products (creams and serums) and food are offered.

14:00
return of the group to the Tourist Information Center in the town of Strelcha.

Location. Address and map:



What's included?

- ✓ Visit to a rose field with a local farmer and guide.
- ✓ Visit to a rose distillery with a guide from the distillery itself.
- ✓ Travel insurance (transportation by municipal mini bus).
- ✓ Fee for the half-day experience determined by the municipality, the Historical Museum and the Tourist Information Center.

What's not included?

- × Food
- × Personal expenses

Contact details

(information and bookings)

Strelcha Municipal Historical Museum
Registration/license No. NA
Contact person: Mrs. Nikoleta Petkova
Phone: +359 3532/3533
Email: museumstrel@abv.bg
Website of the entity where information about the product/ package is provided: strelchamuseum.com

Rose-growing productive system in Strelcha's Cultural Identity and Ethnography



MED-GIAHS | Interreg Euro-MED

Co-funded by the European Union

Prices

15 EUR for adults.
8 EUR for children from 6 to 18 years old.
8 EUR for pensioners; Free for children under 5 years old.
Additional cost for guide in English.

Duration

5 hours max

Season

April – June and September – November first and third Saturdays of the months of April, May, June, September, October and November – twelve times a year.

Group size

Minimum : 6 maximum : 8.

Ideal for

Easily accessible for children and adults. Possible access for people with disabilities in the part of the Historical Museum.

Difficulty / accessibility

Medium (in the farmer's house).

Language

Bulgarian /English by request to: museumstrel@abv.bg.
Brochures in English for foreign tourists.

Highlights

- ✓ Walk through the rooms of the museum in Strelcha and learn from a professional guide how rose-growing shaped our ancestors' lives;
- ✓ Walk the streets of Strelcha to feel present-day atmosphere of the town;
- ✓ Visit the house of a present-day rose farmer and hear from them their routine in the different agricultural seasons. Interact with their family to learn how the tradition is passed through generations. Discover how to make a home-made rose petal jam and rose brandy and open your senses to taste them.

Rose-growing productive system in Strelcha's Cultural Identity and Ethnography





A complete experience

Visit the Historical Museum of Strelcha with newly renovated exhibitions and numerous artifacts of our ancestors' rose-growing past in a modern way of presentation with interactive information boards.

Join a guided tour to learn about the link between historical rose-growing and nowadays activities of rose farmers with a visit to a rose-grower's house and demonstration/tasting of home-made rose jam and rose brandy preparations.

You will learn from both a professional guide and a local rose-grower about the activities involved and how traditional knowledge is passed through generations.

Itinerary

Day tour lasting no more than 6 hours

10:00 - 10:30 – Group meeting in front of the Tourist Information Center in the town of Strelcha.

10:30 – 11:30 – Visit to the Museum with a professional guide explaining the link between historical rose-growing and local cultural identity and ethnography.

11:30 – 12:00 - Walking tour to visit a local rose-grower's house.

12:00 – 14:30 Local rose-grower sharing their family's routine about all activities involved in rose-growing, traditional knowledge passed to generations and demonstrating their home-made rose-petal products.

14:30 – 15:00 – Tasting of home-made rose jam and rose brandy.

15:00 - 15:30 - Return of the group to the Tourist Information Center in the town of Strelcha.

Location. Address and map:

Town of Strelcha
Thracian cult complex - Heroon "Frog Mound"
Medieval Fortress "Strelchansko Kale



What's included?

- ✓ Visit to the Strelcha Museum.
- ✓ Visit to a local rose-grower's house with tasting of home-made products.

What's not included?

- × Dinners or lunches not explicitly mentioned.
- × Drinks (except tasting brandy).
- × Travel from/back home.
- × Personal expenses.

Contact details

(information and bookings)

Strelcha Municipal Historical Museuma

Registration/license No. NA

Contact person: Mrs. Nikoleta Petkova

Phone: +359 3532/3533

Email: museumstrel@abv.bg

Website of the entity where information about the product/ package is provided:

strelchamuseum.com

Republic of Bulgaria Regional Administration Pazardzhik

Municipality of Strelcha

Strelcha Historical Museum

Culinary treasures of Strelcha based on local resources, with an emphasis on rose agricultural production



MED-GIAHS | Interreg Euro-MED

Co-funded by the European Union

Prices

10 EUR for adults.
5 EUR for children from 6 to 18 years old.
5 EUR for pensioners.
Free for children under 5 years old.
Additional cost for guide in English.

Duration

4 hours max.

Season

2 hours maximum.

Group size

minimum : 10 maximum : 20.

Ideal for

Easily accessible for children and adults.
Possible access for people with disabilities.

Difficulty / accessibility

Easy.

Language

Bulgarian/English by request to:museumstrel@abv.bg.
Brochures in Bulgarian with recipes.
Brochures in English with recipes for foreign tourists.

Highlights

- ✓ Take a walk around our beautiful town of Strelcha and interact with the locals.
- ✓ Visit the best traditional restaurants in Strelcha.
- ✓ Learn local recipes for “Strelchaski tutmanik” pastry and rose blossom jelly/jam.
- ✓ Take home the rose aroma from the products presented on site.

Culinary treasures of Strelcha based on local resources, with an emphasis on rose agricultural production





A complete experience

The "Tutmanik" is a local traditional Bulgarian pastry. The dough is prepared with vinegar, then rolled out into several separate layers, with cheese and fat sprinkled in between. An irresistible snack!

The following ingredients are needed:

1 kg flour;

1 tsp sugar;

1–2 tbsp salt;

1 tsp vinegar;

600 g cheese;

125 g of cow's milk oil;

100 ml oil;

But to know how exactly it is prepared, please, visit us and you will find out! You will also taste this national treasure.

In addition, taste and buy the traditional "Rose Jelly Jam", an irresistible addition to the pastry "Tutmanik".

Itinerary

15:00 - 15:15 – Group meeting in front of the Tourist Information Center in the town of Strelcha.

15:15 – 16:30 – Traditional food tasting tour at a local restaurant.

16:30 – 17:00 – Presentations of recipes and purchasing of rose products.

17:00 – Closing

Location. Address and map:

Town of Strelcha
Restaurant "Sredna Gora"



What's included?

- ✓ Visit to the Tourist Information Center in Strelcha.
- ✓ Tastings of local foods: " Srelchanski tutmanik" pastry and rose blossom jelly/jam.
- ✓ Presentation of the recipes for both local food products.
- ✓ Rose products on display.
- ✓ Fee for the two-hour experience determined by the municipality and the Tourist Information Center.

What's not included?

- × Dinners or lunches that no are mentioned explicitly.
- × Drinks.
- × Travel from home.
- × Transfers not mentioned.
- × Personal expenses.

Contact details

(information and bookings)

Strelcha Tourist Information Center

Registration/license No. NA

Contact person: currently not assigned

Phone: 0879 245 433

Email: tic.strelcha@abv.bg

Website subject , where information about the tourist product/package is given: NA

POTENTIAL GIAHS EXPERIENCES

Agricultural TOURISM EXPERIENCES in the agricultural landscapes of mastic cultivation

South Chios, North East Aegean- Greece

Interreg Euro-MED

MED-GIAHS

EXPERIENCIAS TOP

MED-GIAHS | Interreg Euro-MED

Co-funded by the European Union

Year 2025

MED-GIAHS | Interreg Euro-MED
Co-funded by the European Union

AGRICULTURAL TOURISM EXPERIENCES IN THE AGRI-CULTURAL LANDSCAPES OF MASTIC CULTIVATION

SOUTH CHIOS, NORTH EAST AEGEAN- GREECE

Explore the agri-cultural landscape of southern Chios, a Greek island in the eastern Aegean Sea, where mixed cultivation and centuries-old practices have shaped a unique rural heritage. Visit the 24 Mastichochoria, the traditional mastic-producing villages, and discover their medieval architecture, taste local products, and enjoy the warmth of rural Greek hospitality. At the heart of the region are the mastic orchards—low evergreen shrubs (Pistacia lentiscus var. chia) cultivated exclusively in these villages. This ancient practice is globally recognized and listed by UNESCO as Intangible Cultural Heritage.

The mastic landscape is a mosaic of tradition, environmental, economic and social resilience, and cultural richness. Wonder through a Mediterranean scenery shaped by generations: dry-stone terraces, chapels, cisterns, thresholds, irrigation channels, and watchtowers

In spring, red tulips and wild orchids bloom across the fields, adding color to the historic land. Lived experiences with the locals will give you a perspective of how their life stories shaped the landscapes.

Beyond mastic, Chios features olive groves, citrus orchards (notably in the plain of Kambos), vineyards, and, herb and vegetable gardens. It is a living landscape where agriculture, ecology, and heritage coexist in harmony. To explore it is to read a story written in the land—a story of survival, memory, and pride in a place that still gives generously to its people.

INDEX

POTENTIAL GIAHS EXPERIENCES

GREECE

1 A lived experience in the mastiha fields and rural homes

2 The Precious Mastiha Tear falls into the Aegean

3 A gastronomic symbiosis throughout the years: the Mastiha culture embedded in other local crafts

4 The roots that connect us all

MED-GIAHS | Interreg Euro-MED

Co-funded by the European Union

THIS PDF IS **INTERACTIVE**

A lived experience in the mastiha fields and rural homes



MED-GIAHS | Interreg Euro-MED

Co-funded by the European Union

Prices

Prices per person to be consulted with producers, families, members of the Chios Mastiha Growers Association.
Tickets for the museum: 8 euros for the standard, 4 euros the reduced one, free for children up to 17 and special categories.

Duration

6-8 hours.

Season

June - September for field visits or November - December for inside practices. For the museum, check out the website: https://www.piop.gr/en/dik-tuo-mouseion/chios-mastic-museum/

Group size

Minimum 3 maximum 10.

Ideal for

Adults, Families, Schoolchildren.

Difficulty / accessibility

Easy, fully accessible when the activities are inside.

Language

English, Greek.

Highlights

- ✓ Community involvement in sustainable practices.
- ✓ Locals come together to harvest and process mastic, fostering a sense of belonging and shared responsibility for their environment. This collective effort not only strengthens community ties but also promotes environmental stewardship while preserving cultural heritage.
- ✓ Local varieties adopted to water scarcity.
- ✓ Lived experience during harvest of the mastic and/or participation at Kentima.

A lived experience in the mastiha fields and rural homes





A complete experience

A lived experience in the mastiha fields and rural homes of Mastihochoria offers hands-on participation in traditional cultivation practices; from crafting tree incisions to harvesting the precious resin. Visitors connect with local growers, explore historic villages, and share homemade meals in authentic rural settings, gaining insight into a way of life rooted in the land and shaped by generations.

Itinerary

Begin your journey at the **Chios Mastic Museum**, where you'll metaphorically lose yourself in centuries of mastiha cultivation and its deep-rooted connection to the land and local culture. Wander through both the museum's interior and outdoor exhibition spaces, which features photographs, oral histories, videos, tools and live demonstrations of traditional agricultural practices. Step outside the museum, where mastiha growers are ready to guide you into the fields for a hands-on, immersive experience just a short walk away.

In June, you can take part in "cleaning the floor", thus preparing the soil beneath the mastic trees. In July, participate in the delicate incisions on the tree's bark, the so-called "κέντημα-kentima" (embroidery). In August and September, help collect the precious resin tears, carefully gathered and preserved by local hands.

Continue to **Pyrgi village**, where a local family opens their home to visitors during the winter season. Join them in the careful washing, cleaning, and sorting of mastiha, an intimate glimpse into daily life and tradition.

In the nearby village of **Olympoi**, growers and their families welcome you for more stories, encounters, and walks through mastic fields and narrow alleys that echo with architectural and historical richness.

Your travelling experience ends in Mesta, where a mastiha grower takes you on a journey through the village's unique fortified architecture shaped by the history of mastiha cultivation, a lived experience that connects you to the land, people, and tradition.

Location. Address and map

Chios Mastic Museum, Rachi, Pyrgi. bit.ly/3ZtZu1K



What's included?

- ✓ Visit to the emblematic Chios Mastic Museum.
- ✓ Visits in the fields by mastiha growers, learning and participation on the activities.
- ✓ Visits to the villages, guided tour in Olympoi village from a local family.

What's not included?

- × Lunch/dinner.
- × Personal expenses.

Contact details

(information and bookings)

CHIOS MASTIHA GROWERS ASSOCIATION
+30 22710 21001
info@gummastic.gr
Contact person:
Aristarchos Sarris
Phone: +30 6983087523
Email: aristarchos.sarris@gmail.com
Contact person:
Alexios Tsounakos
Phone: +30 6973352876
Email: tsounakos.a@gmail.com
Website: www.gummastic.gr/en/

CHIOS MASTIHA MUSEUM
Phone: +30 22710 72212
Email: info@piop.gr
Website: www.piop.gr/en

CHIOS CHAMBER DEVELOPMENT COMPANY (HORECA information)
Phone: +30 22710 44524
Email:
anaptyxiaki@chioschamber.gr
Website: https://www.chios-chamber.gr/

The Precious Mastiha Tear falls into the Aegean







MED-GIAHS | Interreg Euro-MED

Co-funded by the European Union

Prices

Prices per person to be consulted with members of the Mastiha grower association, the fishermen and other providers of the experience.

Duration

2 days.

Season

June - September.

Group size

Minimum 3 maximum 5.

Ideal for

Adults, Families.

Difficulty / accessibility

Media, accessible for people walking without aid.

Language

English, Greek.

Highlights

- ✓ Community involvement in sustainable practices.
- ✓ Locals come together to harvest and process mastic, fostering a sense of belonging and shared responsibility for their environment. This collective effort not only strengthens community ties but also promotes environmental stewardship while preserving cultural heritage.
- ✓ Respect of the marine ecosystem.

The Precious Mastiha Tear falls into the Aegean





A complete experience

A lived experience in the mastiha fields (skínos in Greek- the endemic variety of pistacia plant from which mastíha (gum mastic) is produced -Pistacia lentiscus var. Chia) combined with a seascape journey and pesca tourism. Visit important historical Mastihochoria (mastiha production villages), take a hiking tour to experience the agricultural landscape, stay in a Mastihochori.

Itinerary

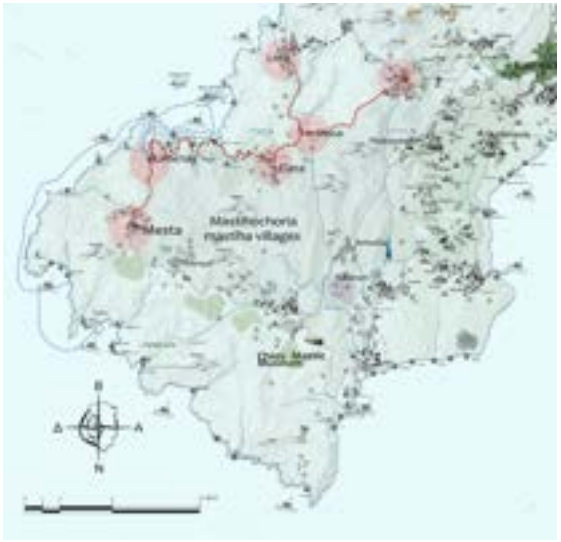
Day 1.
Wake up early (around 6:00 AM) in the medieval village of **Mesta**. Local mastiha growers will guide you into the fields to take part in the delicate process of "kentima"—the traditional incisions on the mastic trees. After returning and resting, head to Limenas, where a local fisherman will welcome you on board for a full day at sea. Enjoy fishing, swimming, eating freshly caught seafood, and immersing yourself in the rhythms of the Aegean blue through a pesca tourism experience up to Agios Stefanos and nearby beaches and caves, **Kalolimeni, Potamoi, Agia Eirini, Dydimes**. In the evening, return and spend the night back in Mesta (choose from various accommodation options yourself).

Day 2.
Begin your day with a drive to **Elata and Vessa**, two lesser-known but historically rich Mastichochoria. Explore a landscape shaped by Genoese rule, where mastiha production once followed strict, time-bound rituals.

Continue your journey with a guided hiking tour from **Fa to Lithi**, tracing the path of the precious mastiha tear toward the Aegean. Walk through stunning dry-stone terraces, where mastic trees, pines, and olive groves coexist, offering sweeping views of the sea and sunset.

Location. Address and map

Mesta, Mastihochoria, bit.ly/3H7x9rI



What's included?

- ✓ Mastiha Field visit.
- ✓ Participation to tasks.

What's not included?

- × Breakfast/lunch/dinner.
- × Personal expenses.
- × Accomodation.

Contact details

(information and bookings)

CHIOS MASTIHA GROWERS ASSOCIATION
+30 22710 21001
info@gummastic.gr
Contact person: Aristarchos Sarris
Phone: +30 6983087523
Email: aristarchos.sarris@gmail.com
Contact person: Alexios Tsounakos
Phone: +30 6973352876
Email: tsounakos.a@gmail.com
Website: www.gummastic.gr/en/

FOR PESCA TOURISM
Website:https://pescatourism.gr/route/chios/

FOR HIKING TOURS
Website: Chios Trails
Website: Chios Hiking

CHIOS CHAMBER DEVELOPMENT COMPANY (HORECA information)
Phone: +30 22710 44524
Email: anaptyxiaki@chioschamber.gr
Website: https://www.chios-chamber.gr/

ARISTOTLE UNIVERSITY OF THESSALONIKI

Visit chios.gr
or more information
on Chios island:

A gastronomic symbiosis throughout the years: the Mastiha culture embedded in other local crafts



MED-GIAHS | Interreg Euro-MED

Co-funded by the European Union

Prices

Prices per person to be consulted with producers, families, members of the Chios Chamber Development Company.

Duration

1 day.

Season

All year around, best in springtime.

Group size

Minimum 3 maximum 10.

Ideal for

Adults, Families, Schoolchildren.

Difficulty / accessibility

Easy, accessible for people walking without aid.

Language

English, Greek.

Highlights

- ✓ Local products.
- ✓ Revitalization of local population and young enterpreneurship.
- ✓ Pluriactivity of local families. A symbiosis of activities to revitalize local community.

A gastronomic symbiosis throughout the years: the Mastiha culture embedded in other local crafts



A complete experience

All five senses will be awakened on this journey: scent, taste, touch, sight, and sound. Taste and collect local gastronomic treasures: rose products, 'pasteli', ouzo, aromatic herbs, local beer, traditional pasta, homemade jams and of course mastiha. Find out connections between the above gastronomic treasures and **mastic culture**. Do you want to know how mastiha can be used in several local products and recepies: in beer, pasta, jams? In this experience you can visit family run open farms and small local businesses and participate in cooking lessons.

Itinerary

Start your day in **Agios Georgios Sykousis** with a morning coffee and a sweet rose flavored delight. Continue by tasting and collecting local treasures along the way: pasteli from **Neochori**, ouzo from D**afnonas and Ververato,** aromatic herbs from **Chalkios**, Beer from **Vavili, traditional pasta from Armolia** and mastiha from **Kallimasia**.

Conclude your day in the historic area of **Kampos**, where you'll be immersed in the aromas and flavors of citrus. Taste local delicacies made from citrus fruits and mastiha, and experience a form of gastronomic tourism enriched with the essence of citrus.Visit open citrus groves, stroll through stone mansions and fragrant orchards, and let the landscape speak to your senses.

Additional Experiences: Visit **Thymiana**, known for its distinctive local stone, "Thymianousiki," which was traditionally used to build the elegant mansions of Kamposused to build the elegant mansions of Kampos. and some of the Mastiohochoria.

Location. Address and map

Ag. Georgios Sikousis bit.ly/4k80Uar.



What's included?

- ✓ Visits at local SMEs, mostly family run
- ✓ Field visits
- ✓ Open farms
- ✓ Tastings

Contact details

CHIOS CHAMBER DEVELOPMENT COMPANY

Phone: +30 22710 44524

Email: anaptyxiaki@chioschamber.gr

Website: chioschamber.gr

LIST OF SMES* AND PEOPLE IN REFRENCE TO EXPERIENCE

Rose farm and mastiha, Ta Agiorgousika of Chios, Chrysanthi Patouna +30 6974732965

Pasteli, To Patroparadoto, Kleo Proaki +30 6974492534

Pasteli, To chiotiko, Michalis Ntiniakoudakis, pasteli +30 6972878583

Mastiha spirit, Stoupakis Chios Distillery Company S.A., Dimitra Stoupaki, +30 6943520355

Mastiha spirit, K. Psychis & Sons Distillery, Konstantinos Psychis +30 22710 78230

Herbs, Myrovolos organics, Argyro Koutsouradi, herbs +30 6983677471

Beer with mastiha, Chios beer, Iakovos Amygdalos +30 22710 33107

Traditional pasta, Chiotiko kellari, Stylianos Konstantoulakis, traditional pasta, +30 6979767130

Mastiha spirit, Apalarina distillery, info@apalarina.gr 10. Perivoli, Odysseas Xydas, citrus museum +30 22710 33202, Instagram: Perivoli.chios

Perleas Mansion, Vangelis Xydas, open farm, +30 22710 32217, info@perleas.gr

Website: perleas.gr

To Archontiko tis Chiou, Anneza Klouva, citrus farmer, +306982950701, annezaklouva@gmail.com

*All the SMEs operate under the national law

The roots that connect us all



MED-GIAHS | Interreg Euro-MED

Co-funded by the European Union

Prices

Prices per person to be consulted with rural families mastiha growers, members of Mastiha growers Association. Tickets for the museum: 8 euros for the standard, 4 euros the reduced one, free for children up to 17 and special categories.

Duration

1 day.

Season

All year around.
June - September for field visits.
November - December for inside rural practices.

Group size

Minimum 3 maximum 10.

Ideal for

Adults, Families, Schoolchildren.

Difficulty / accessibility

Easy, accessible for people walking without aid for field visits.

Language

English, Greek.

Highlights

- ✓ Environmental Conservation: The Mastic Trees of Chios are vital to ecological balance, contributing to soil stability and biodiversity.
- ✓ Local varieties (roses, herbs, citrus, wild toulips).
- ✓ Lived experience during harvest of local products, agricultural heritage & nature observation.

The roots that connect us all





A complete experience

Actual or metaphorical Roots connect us to the past and to each other and allow us to blossom into the future. In the mastic groves of Chios, emblematic crops and rich native vegetation tell stories of biodiversity and tradition. Trees like citrus trees, olive trees, almond trees, and Pistacia terebinthus, a tree similar to the mastic tree have long coexisted with mastic trees, while wild orchids, anemones and tulips enrich the landscape. These elements shape not only the ecology but also the way of life, from traditional farming practices to recipes passed down through generations.

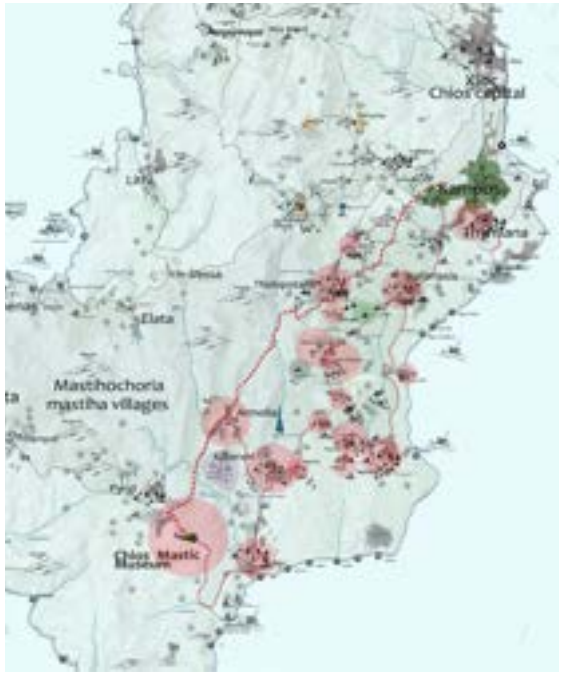
Explore the native flora, rich in ecosystem services as it unfolds in a vivid, seasonal rhythm throughout the year. In autumn, cyclamens bloom in the south, while fig, oak, and plane tree leaves turn golden and copper. From winter to spring, almond trees blossom from February, followed by wild anemones, tulips, daisies, orchids, and fragrant lilacs. In spring and early summer, the island bursts with wild lavender, oregano, thyme, cistus, and poppies. This ever-changing floral landscape reflects the island's rich biodiversity and the deep connection between nature and tradition.

Itinerary

Your journey begins in **Kallimasia**, where a local mastiha grower introduces you to the roots of mastiha cultivation. There, you can also find the centuries-old Liverani olive tree. In March, see the blooming tulips at **Tholo Potami.** Continue to **Mesa and Exo Dydima**, where a grower guides you through the fields, sharing cultivation techniques and offering a light lunch among the trees. Visit **Nenita,Vouno and Armolia**, before wandering through the narrow alleys of **Kalamoti**, a historic village with preserved architecture. The experience concludes at the **Chios Mastic Museum**, where the fieldwork comes full circle, offering insight into the questions sparked along the way. More villages to visit on the way: **Kini, Patrika, Pagida, Mirmigki and Flatsia.**

Location. Address and map

Kallimasia, bit.ly/3ShquO4



What's included?

✓ Visits to the local companies.

What's not included?

× Lunch/dinner.
× Personal expenses.
× Displacements not mentioned.

Contact details

CHIOS MASTIHA GROWERS ASSOCIATION
+30 22710 21001
info@gummastic.gr
Contact person: Lenia Zigklaki
Phone: +30 6945994100
Email: lzyglaki@gmail.com
Contact person: Aristarchos Sarris
Phone: +30 6983087523
Email: aristarchos.sarris@gmail.com
Website: mastiharoots.gr

CHIOS MASTIHA MUSEUM
Phone: +30 22710 72212
Email: info@piop.gr
Website: piop.gr/en

CHIOS CHAMBER DEVELOPMENT COMPANY
Phone: +30 22710 44524
Email: anaptyxiaki@chioschamber.gr
Website: chioschamber.gr

ARISTOTLE UNIVERSITY OF THESSALONIKI

Visit chios.gr
or more information
on Chios island:

POTENTIAL GIAHS EXPERIENCES

Agricultural TOURISM EXPERIENCES through the land of shepherds and cheese Katuns – Montenegros

Interreg Euro-MED

MED-GIAHS

EXPERIENCIAS TOP

MED-GIAHS | Interreg Euro-MED

Co-funded by the European Union

Year 2025

AGRICULTURAL TOURISM EXPERIENCES THROUGH THE LAND OF SHEPHERDS AND CHEESE KATUNS – MONTENEGROS

Katuns of Montenegro are places where the traditional form of seasonal animal husbandry are still alive, where landscape, heritage and biodiversity are preserved, where visitors can experience real life in nature, get to know traditions, try local products and support local herders through sustainable tourism.

In the heart of Montenegro's rugged highlands, the Katuns tell tales of a time-honoured way of life. These seasonal mountain settlements, nestled amidst peaks of Durmitor, Prokletije, Bjelasica, Sinjajevina and other mountains, are more than mere shelters—they are living museums of pastoral heritage.

For centuries, Montenegrin herders practiced transhumance, guiding their livestock to these elevated pastures each summer.

Here, without the trappings of modernity, they embraced a life that was simple and often harsh—but one deeply rooted in respect for the land. In these highlands, they lived in harmony with nature, relying on its bounty and preserving centuries-old traditions.

Visitors to the Katuns are invited into this authentic world. Engage in daily rhythms of shepherd life, savour hearty dishes like kačamak and cicvara, enjoy in nature and peace, and listen to legends passed down through generations. The Katun trails offers a journey through this rich tapestry of culture and landscape, connecting travellers to the soul of Montenegro.

In the Katuns, time slows, the presence of nature is deeply felt, stories flourish, and the essence of Montenegrin heritage endures.

INDEX

POTENTIAL GIAHS EXPERIENCES

MONTENEGRO

MED-GIAHS | Interreg Euro-MED

Co-funded by the European Union

1

Through the Land of Shepherds and Cheese - Taste of Katuns

2

Through the Land of Shepherds and Cheese - Stars from Katuns

3

Through the Land of Shepherds and Cheese - Katuns on your own

THIS PDF IS **INTERACTIVE**

Through the Land of Shepherds and Cheese - Taste of Katuns



MED-GIAHS | Interreg Euro-MED

Co-funded by the European Union

Prices

Price available on request per person, depending on itinerary.

Duration

Half-day

Season

May - October.

Group size

Minimum 2 persons, maximum 10 persons.

Ideal for

Families, Rural tourists, Nature tourists, Cultural tourists.

Difficulty / accessibility

Easy. Everybody can be involved.

Language

English, Montenegrin/Serbian/Bosnian/Croatian

Highlights

- ✓ Visit traditional Montenegrin Katun.
- ✓ Meet local herders and learn about traditional transhumant way of life in katuns, about nature and animals. Designed also for young people and children.
- ✓ Take part in different seasonal activities in Katun (helping with cattle, milking, picking wild herbs, preparing firewood or food).
- ✓ Taste exceptional traditional cuisine, with all products made at Katun. or herders' lowland village.

Through the Land of Shepherds and Cheese - Taste of Katuns





A complete experience

Step into the Katuns of Montenegro and experience a way of life unchanged for centuries. In these rugged, breathtaking mountains, locals still practice transhumance—living in harmony with nature and animals. Take part in daily activities, meet shepherds, and taste exceptional traditional mountain food unique to this region. An unforgettable opportunity, especially for young people and children, to learn, connect, and rediscover the roots of sustainable living.

Itinerary

Drive from the town (Podgorica, Kolašin, Berane, Žabljak, or other) to specific Katun (there are different katuns spread all over the country). Arrive to the Katun arround noon. Activities at Katun include:

- ✓ A brief introduction to the host and the farm (welcome drinks – juice, brandy and coffee, and a showing around the house, garden or stable).
- ✓ Whichever works is planned for that time – the guests are invi-ted to come, see and possibly try (it can be feeding the pigs, picking something from the garden, or picking some wild herbs from the field).
- ✓ Children are introduced to some animals. The adults are invi-ted to participate in wood gathering or wood cutting, and as the meal is already in preparation, they either watch the making of the pies or help with picking vegetables for the salads, and preparation of the salads.
- ✓ Lunch – soup/corba, pie, main meal depends on season, sa-lads, and some homemade cake. Lots of juices, some preser-ves, brandies.
- ✓ A short walk, playing with animals and departure.
- ✓ These visits last 4-5 hours, including lunch.

Location. Address and map:

Can be organised in many Katuns spread all over the country.



What's included?

- ✓ Transport to Katun.
- ✓ Guiding.
- ✓ Lunch and refreshments.
- ✓ Participation in activities at katun.

What's not included?

- × Optional Excursions.
- × Personal expenses.
- × Insurance.

Contact details

(information and bookings)

Montenegro Adventures

Contact person: Slavica Vukčević

Phone: +382 20 208 000

Email: info@montenegro-adventures.com

Website: montenegro-adventures.com

Through the Land of Shepherds and Cheese - Stars from Katuns



MED-GIAHS | Interreg Euro-MED

Co-funded by the European Union

Prices

Price available on request per person, depending on itinerary.

Duration

One day or multi-day.

Season

May - October.

Group size

Minimum 2 persons, maximum 14 persons.

Ideal for

Adult groups and families, Rural tourists, Nature tourists, Cultural tourists, Active tourists.

Difficulty / accessibility

Easy/ Media.
Everybody can be involved. In the option with hiking or biking adequate physical condition is necessary.

Language

English, German, Montenegrin/Serbian/Bosnian/Croatian.

Highlights

- ✓ Stargazing at high Montenegrin mountains.
- ✓ Visit traditional Montenegrin Katun and meet local herders.
- ✓ Hiking, biking, horse riding or taking part in different seasonal activities in Katun.
- ✓ Taste exceptional traditional cuisine with local products.

Through the Land of Shepherds and Cheese - Stars from Katuns





A complete experience

Far from city lights, the Montenegrin Katuns offer one of the most magical stargazing experiences. Sleep under vast, clear skies where the Milky Way feels close enough to touch. By day, discover the hidden world of Montenegrin Katuns—traditional highland settlements where nature and culture come together. Spend your days hiking, horse riding, or helping locals with daily tasks like milking or cheese-making. It's a rare chance to slow down, explore, and reconnect with the rhythms of mountain life.

Itinerary

Self-guided stargazing Katun package 2 days/1 night from Podgorica:

Begin journey from Podgorica and drive to one of the many traditional katuns scattered across Montenegro—or start your adventure with a scenic hiking or biking route.

Arrive at the katun around noon and enjoy a homemade lunch in the heart of the mountains.

Spend the afternoon immersed in authentic experiences such as hiking, horse riding, or helping with daily katun life—milking cattle, gathering wild herbs, or preparing traditional meals.

In the evening, enjoy a hearty dinner and then gaze up at one of Europe's clearest night skies—perfect for unforgettable stargazing. Overnight in the katun.

Breakfast the next morning, followed by your return.

Start from other towns in Montenegro are possible. Please contact us for a tailored offer.

Location. Address and map:

Can be organised in many Katuns spread all over the country.



What's included?

- ✓ Return transfer from Podgorica directly to Katun or to start of hiking or biking tour.
- ✓ Overnight at katun.
- ✓ Fullboard.
- ✓ Access to stargazing audio guide
- ✓ GPX-data for walking or biking tour (2 days hiking or mountainbiking).
- ✓ Luggage transfer to katun if you choose to hike or bike.
- ✓ 24/7 service line.

What's not included?

- × Drinks
- × Optional activities offered by the katun itself.

Optional:

- ✓ Mountainbike rental, min. 2 days.
- ✓ E-Mountainbike rental, min 2 days.
- ✓ English speaking mountain guide, min 2 days.

Contact details

(information and bookings)

3E TRAVEL.

Contact person: Angelika Temper Jablan

Phone: +382 67 636364

Email: office@3etravel.me

Website: 3etravel.me

Through the Land of Shepherds and Cheese - Katuns on your own



MED-GIAHS | Interreg Euro-MED | Co-funded by the European Union

Prices
Price available on request per person, depending on itinerary.

Duration
3 days

Season
May - October.

Group size
Minimum 2 persons, maximum 10 persons.

Ideal for
Families, adult groups, and travelers who love nature, culture, and active adventures off the beaten path.

Difficulty / accessibility
Media.
It is necessary to a have person that is able to drive 4x4 car in unpaved mountain roads.

Language
English, Dutch, Montenegrin/Serbian/Bosnian/Croatian

Highlights
- ✓ Tour remote katuns by authentic Lada Nivas.
- ✓ Meet local herders and discover traditional transhumant way of life in katuns.
- ✓ Taste traditional cuisine and sleep in katuns traditional cottages.
- ✓ Enjoy ride through katun landscape of few different mountains.
- ✓ Experience shorter comfortable hikes or/and swim in a mountain lakes.

Through the Land of Shepherds and Cheese - Katuns on your own





A complete experience

The best way to discover diverse Katuns of Montenegro, with authentic vintage looks but fully equipped 4x4 Lada Nivas, including great combination of drive on the unpaved mountain roads with shorter hikes and enjoyment in outstanding nature. An ideal opportunity to combine adventurous trip with meeting local herdsmen, and experience centuries old transhumant way of life, with tasting traditional cuisine and sleeping in traditional katun cottages.

Itinerary

The suggested itinerary links katuns in the Kuči mountain, Sinjajevina, and Bjelasica—though alternative routes can also be arranged.

Day 1 - Pick up Ladas in Podgorica with safety briefing. Drive along the Cijevna Gorge—off-road begins where asphalt ends. The stony trail leads to Lake Rikavacko where a warm stew by locals awaits. Learn about the Kuči tribes from your guide. Continue via Veruša and Kolašin to Lipovo Valley, then climb Sinjajevina Mountain—an open plateau dotted with shepherd huts. Dinner, overnight, and breakfast at Katun Potrk, a remote pastoral settlement. 150 km | 5h drive | 50% asphalt | Medium.

Day 2 - After breakfast, drive country roads through Sinjajevina to Štitarica village, then descend to the Tara River Valley and into Kolašin (refuel). Climb into the Bjelasica Mountains, mostly above the tree line, and hike Crna Glava (2139m) for lake views. Overnight at Katun Suvodo with local cuisine by local host. 75 km | 4.5h drive | 30% asphalt | Challenging.

Day 3 - Leisurely morning at Katun Suvodo, then descend to Jelovica Valley. Drive back up to Pešića Lake for swimming and optional 3h hike to Zekova Glava. Lunch at Pešića Katun with grilled trout from a local pond. Descend again to Jelovica and continue to Kolašin for trip end.

Location. Address and map:

Katuns in the Kuči mountain, Sinjajevina, and Bjelasica, or alternative routes.



What's included?

- ✓ 3 days and 2 overnight stays.
- ✓ Meals according to proposal.
- ✓ Rent of 4 Lada Nivas.
- ✓ Final cleaning at all locations, towels & bedding.
- ✓ Guiding, an extensive package of background information.
- ✓ Travel information in a handy app.
- ✓ Navigation for all tours in an offline app.
- ✓ 24/7 local assistance during the trip.

What's not included?

- × Fuel
- × Optional Excursions
- × Entrance fees
- × Insurance (always check if your travel insurance covers any high-risk sports you are going to undertake)

Contact details

(information and bookings)

Travel Agency Montenegro 4×4 Adventures D.O.O.

Contact person: Bojan Galić

Phone: +382 69 501 785

Email: info@montenegro4x4adventures.com

Website: www.montenegro4x4adventures.com

OTHER GIAHS SITES VISITS

Argan based agro sylvo pastoral system within the area of Ait Souab Ait Mansour, Morocco

Interreg Euro-MED
MED-GIAHS

EXPERIENCIAS TOP

MED-GIAHS | Interreg Euro-MED

Co-funded by the European Union

Year 2025

ARGAN-BASED AGRO-SYLVO-PASTORAL SYSTEM WITHIN THE AREA OF AIT SOUAB AIT MANSOUR, MOROCCO

The cultivation of argan trees is based on agroforestry practices in dry stone terraces highly resilient to arid environment, water scarcity and poor soils . The system uses locally adapted species and pastoralism activities and utilizes underground water tanks called Matifyia The local population is linked to the agricultural cycle and learns cultural practices as well as how to interact with their surroundings. **Agritourism**, or tourism oriented agriculture, begins with culinary arts based on argan products and finish with tourists experiencing exchange with local cooperatives.

INDEX

OTHER GIAHS SITES VISITS

MOROCCO

1

Community supported agriculture in the Ammeln Valley and the Ait Mansour oasis

MED-GIAHS | Interreg Euro-MED

Co-funded by the European Union

THIS PDF IS **INTERACTIVE**

Community supported agri-culture in the Ammeln Valley and the Ait Mansour oasis



MED-GIAHS | Interreg Euro-MED

Co-funded by the European Union

Prices

Price available on request per person, depending on group size.

Duration

5 to 7 days.

Season

From October to late may/Beginning of June.

Group size

Maximum 10 persons.

Ideal for

Groups of friends, families, and couples.
Lovers of the oasis and the mountains.

Difficulty / accessibility

Easy to medium.

Language

Arabic, French and English.

Highlights

- ✓ Oasis Life is a journey through the oasis of Ait Mansour.
- ✓ A tour through the Afla Oughir oases along 32 km.
- ✓ Discovering the Ammeln Valley and the Ait Mansour Gorges towards community supporting agriculture.
- ✓ The traditional water distribution system throughout the oasis (techniques passed down from generation to generation).
- ✓ Amazigh cuisine (asenwi amazi) traditional ancestral amazigh cuisine based on argan, native to Tafraout.
- ✓ Argan oil extraction techniques and Amlou production (women's coorperatives).
- ✓ Amazigh architecture. The fortress of Ighir Ouriz, a rare communal stronghold in North Africa.

Community supported agri-culture in the Ammeln Valley and the Ait Mansour oasis



A complete experience

- ✓ A hike to the summit of Bab Nouayad at 2804 meters.
- ✓ A visit to the two lakes, the Aoujgal granary, and an exploration of the Akhiyam cave.
- ✓ A weekend full of adventure and discovery awaits you.

Itinerary

5 to 7 day stays: A hike that will allow you to make a loop Tafraoute - Ammeln - Tafraoute (11 km - 3 h 30 min)

The Ammeln Valley, rich in colors and contrasts, is located at an altitude of 900 meters, surrounded by high mountains reaching 2,500 meters in the Anti Atlas chain. This magnificent valley is situated in a basin dominated by cliffs adorned with brightly pink rocks. It boasts extensive natural wealth concerning fauna and flora, cultural elements, architecture, customs and traditions, as well as grandiose landscapes. These features provide visitors with a vast green space scattered with various prosperous villages, all forming breathtaking panoramas. It offers perfect conditions for mountain hiking. Its exploration on foot is accessible to hikers of all levels.



Location. Address and map:





What's included?

- ✓ Diversified "Azkief," a local soup made with maïs and ore flour, local fruits, and oils of argan , olive, amlu , and miel . In addition to the hundreds of traditional plates made from local agricultural products, there is a variety of other dishes, ranging from couscous to Tajine
- ✓ The tourist can work in the fields and experience production, or they can visit the cooperatives that are already in place and have a good time while learning how to make argan , amlou, or even couscous.



OTHER GIAHS SITES VISITS

Oases System in Atlas Mountains

Morocco

Interreg Euro-MED

MED-GIAHS

EXPERIENCIAS TOP

MED-GIAHS | Interreg Euro-MED

Co-funded by the European Union

Year 2025

MED-GIAHS | Interreg Euro-MED
Co-funded by the European Union

OASES SYSTEM IN ATLAS MOUNTAINS MOROCCO

Despite difficult conditions in high mountainous areas, farmers have succeeded in creating adapted cold oases systems by integrating vegetables, cereals and fruits production with pastures for animals through crops rotation and agroforestry.

They conserved their ancestral way of living in the these astonishing mountains of the south east of Morocco: special fiançailles and annual social gathering of the people of the mountains.

INDEX

OTHER GIAHS SITES VISITS

MOROCCO

1

Vibrant echoes from Imilchil to Amellago

MED-GIAHS | Interreg Euro-MED

Co-funded by the European Union

THIS PDF IS **INTERACTIVE**

Vibrant echoes from Imilchil to Amellago



MED-GIAHS | Interreg Euro-MED | Co-funded by the European Union

Prices

Price available on request per person, depending on group size.

Duration

It is up to you from 1 day to 10 days.

Season

Available all year, on request. Recommended to go there in September for the festival of the finaçailles.

Group size

Minimum 8 persons and maximum 18 persons.

Ideal for

Groups of friends, families, and couples.
Lovers of the mountain and rural areas.

Difficulty / accessibility

Easy to medium.

Language

Arabic, Tamazight, Spanish, French and English.

Highlights

- ✓ Discovering the mountainous areas of Morocco from the other side, the south east, and the people towards culture and community supporting agriculture.
- ✓ Meet with the territory of the cold oases of the mountainous areas.
- ✓ Hiking, climbing and discovering caves.
- ✓ Fairy tales of the two lakes Isli and Tislit.
- ✓ Amazigh festival of the fiançailles in Imilchil.
- ✓ Special amazigh cuisine, music and dance on the mountainous areas.

Vibrant echoes from Imilchil to Amellago





A complete experience

- ✓ A hike to the summit of Bab Nouayad at 2804 meters.
- ✓ A visit to the two lakes, the Aoujgal granary, and an exploration of the Akhiyam cave.
- ✓ A weekend full of adventure and discovery awaits you.

Itinerary

Discovering the astonishing areas and the fairy tales of the two lakes

Day 1 : arrival to imilchil village

Departure is scheduled from Casablanca at 5 PM towards Beni Mellal . A dinner break is planned in El Ksiba , before continuing to Imilchil . Upon arrival, check in and overnight stay at the hostel.

Day 2 hike to the summit of Bab Nouayad & a visit to the two lakes (Isli and Tislit

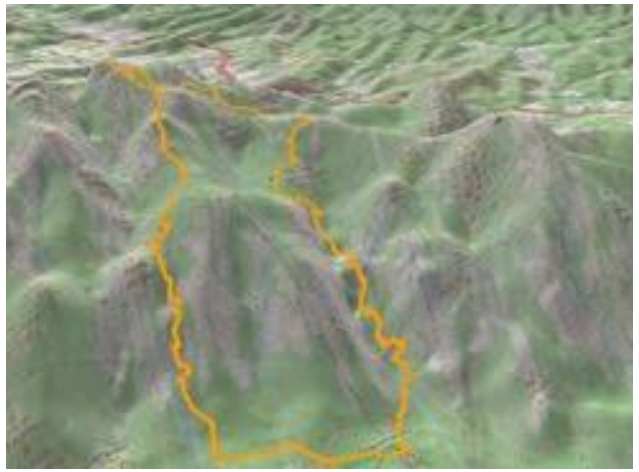
After an early wake-up and a hearty breakfast, our adventure begins in the village of Imilchil, situated at an altitude of 2,120 meters. We start our hike towards the summit of Bab Nouayad at 2,804 meters, enjoying stunning views of Lakes Isli and Tislit throughout the ascent and from the top. After the descent, we'll take a well deserved break by Lake Tislit, where we'll enjoy a picnic lunch. Then, we'll visit Lake Isli before returning to our guesthouse in Imilchil.

Day 3 : Visit T he Aoujgal granary, and an exploration of the Akhiyam cave and turn back to Casablanca

The third and final day of the trip will be dedicated to visiting Akhiam Cave and the Aoujgal Granary. We will begin our visits in the morning with Akhiam Cave, famous for its fascinating geological formations. A hike of approximately 30 minutes is required to reach it.After this exploration, we will return to our guesthouse for lunch. Then, we will leave the magnificent Imilchil Valley and head towards the Aoujgal Granaries, an exceptional site perched on a ledge in the heart of an imposing cliff. We will then begin our journey back to Casablanca.

Location. Address and map:

Commune Imilchil Midelt Province Morocco



What's included?

- ✓ See itinerary



Contact details

(information and bookings)

Coppérative AKHIAM









Interreg
Euro-MED

Co-funded by
the European Union

MED-GIAHS