**A snorkel in the mountains**

Set out on a combined mountain and sea adventure, spirited with a strong influence of local gastronomy and culture.

Hike through breathtaking cliff landscapes, snorkel in marine gorges, participate in winery lessons and Greek cooking classes before resting in traditional guesthouses.

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**Cévennes National Park**

Hike to discover the exceptional biodiversity and particular balance between man and nature.

Each evening, a renowned chef will prepare a tasting of highland dishes including suckling lambs, goat’s cheese, local vegetables and chestnuts... all from the Cévennes national Park.

Rest your legs at night in the cozy « Les Gorges du Tarn » 3 star hotel.

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**Port Cros National Park**

Enjoy ‘slow tourism’ by completely immersing yourself within the landscapes of this breathtaking territory and meeting the local people via zero-emission eco-mobility (walking, cycling and kayaking only!)

Visit the Cap Garonne mine in Le Pradet and go bird watching in the Salins of Giens Peninsula. This trip also includes visits to the archaeological park of Olbia in Hyères and the Sainte-Agathe Tower on the island of Porquerolles.

Meet the local fishermen and a wine-growers, and relax for an aperitif and game of pétanque. Rest for the night in local lodges and campsites.
**Myths & roots trail**

Hike in Jabal Moussa Biosphere Reserve area and discover the mythology of Adonis the Phoenician God; starting from the impressive water source of Afqa, down the Adonis river. Complete your tour with visits of archeological sites related to Adonis mythology and let the Maronite local community tell you the stories of their ancestors.

Learn about the Mediterranean endemic botanical features of Jabal Moussa mountain as well as the local ancestral usage of the mountain resources (charcoaling from oak trees, water collection cisterns).

- **What**: Hiking, history & culture
- **Who**: Friends, adults & families
- **When**: 5D/4N 13 - 21 Oct '14

**Al Shouf Cedars Biosphere Reserve**

Discover the Typical Cedar forest of Mount Lebanon. Find wild aromatic herbs that you will use to make your salad for lunch; learn with the members of the druze local community how to cook a local healthy dish and participate in activities related to Mediterranean forests protection.

- **What**: Hiking & gastronomy
- **Who**: Adults
- **When**: 5D/4N 13 - 21 Oct '14

**Phoenician fishing & frolics**

Discover the sandy beaches of the Tyre Coast Nature Reserve as well as the rocky trade ports. Visit and get to know the stories behind the historical sites of the ancient city of Tyre. Meet the DNA tested local community of Tyre who proudly demonstrate their phoenician roots, and find the departure place of Elyssa towards Carthage.

Snorkel in the crystal clear waters to uncover the archaeological remains, which can be seen from just 3 meters away. Finally, fish your lunch with the local fishermen and stay at a local ‘inn’.

- **What**: Hiking & marine watersports
- **Who**: Friends, adults & families
- **When**: 5D/4N 13 - 21 Oct '14
**Arts & artisans**

Cap de Creus, Aiguamolls, & Montgri National Parks

Discover this unique natural terrestrial and marine landscape, which inspired the international artist Salvador Dali. Walk through a vineyard, explore rice and olive fields and get to know the local people and their gastronomic specialties. Finally, acquaint yourself with the history and heritage of the small villages and roman ruins.

**Who**
Friends & adults

**When**
5D/4N 20 - 25 Oct ’14

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**Mujib & Ajloun Biosphere Reserves**

Wet ‘n Wild discovery

Visit historical and religious sites before immersing yourself in a cultural experience of culture and cuisine. Swim in the dead sea, hike wet trails to waterfalls and try some mild to wild adventure activities such as ziplining and rockclimbing.

In this package you will also discover the fauna and flora of the reserves, as well as a castle, local markets and people before setting out on a three day hike per park. You can also have a lesson of rug weaving and take your work home.

**What**
Fauna and culture discovery

**Who**
Adults, Families, couples, friends

**When**
5D/4N 9-15 Nov ’14

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**Walking history**

Dana Biosphere Reserve

Visit the only reserve in Jordan that encompasses the four different bio-geographical zones of the country: Mediterranean, Irano-Turanian, Saharo-Arabian and Sudanian.

Take a three day hike with stops along Rummana campsite/Dana Guest House and Feynan Ecolodge enjoying the unique nature of the reserve leading to the pathway to Petra...

**What**
Hiking, nature, culture

**Who**
Adults & Families

**When**
5D/4N 16 - 22 Nov ’14
Flower Power

Monte Rufeno National Park

Arouse your senses through an intense, fascinating and unforgettable experimentation with edible plants, flowers and fruits, tasting unique flavours, and smelling unusual scents. Get busy creating artistic hand-made works, before taking a walk on the ancient “Francigena” route to discover the pilgrim paths of the Middle Ages. Hike on easy trails through a monumental century old forest snapped from a fairytale wood, harvest olives to produce olive oils before tasting them on traditional Italian “bruschetta” breads and sleep in traditional rural farmhouses.

4D/3N 15 - 18 Oct '14

Adults & Families

Coasts & cucinas

Coastal Dunes Regional Park

This coasts and culture package takes you on an adventure through nature, finishing up in the ‘cucina,’ (Italian for kitchen).

“Taste Workshops” of olive oil and traditional cuisine will be organized, as well as traditional handicraft courses.

Visit the Park by biking, trekking and diving and moving always on a “zero emissions” scheme.

4D/3N 29th Sept - 2nd Oct

Adults, Families, couples, friends

Europe big fauna

Mercantour National Park

Discover the largest European fauna in their natural environment animals in Mercantour national park!

Search for wolves, deers and bisons on land and then spot whales in the Pelagios Marine Sanctuary.

Sleep in the cutesy chalet “Les Carabiniers,” a certified ‘green’ label hotel.

4D/3N 13th-17th Oct '14

Adults, Families, couples, friends

What
Cultures, Nature, Gastronomy
Who
Adults & Families
When
4D/3N
15 - 18 Oct ‘14

What
Culture, nature, gastronomy
Who
Adults, Families, couples, friends
When
4D/3N
29th Sept - 2nd Oct

What
Fauna and culture discovery
Who
Adults, Families, couples, friends
When
4D/3N
13th-17th Oct ‘14
Deep SEAnís

An active travel experience across a marine protected area and its Mediterranean landscape lived in since the XVII Century BC.
Discover the archaeological heritage in a wide variety of habitats and taste the local traditions. TO BE CONFIRMED

Who
Adults, couples, friends

When
3D/2N
12 - 14 October '14

Taste of the Seasons

Visit the lifestyle, traditions and amazing natural heritage of the Appennino Lucano national park in the heart of Italian Appennino.
Get in touch with local communities, enjoy their cuisine and way of life and learn visiting the museums of the last declared Italian national park.

Who
Adults, couples, friends

When
4D/3N
24 - 27 October '14