

ITALY: MONTE RUFENO NATURE RESERVE



Central Italy's Hidden Beauty (5 days)

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

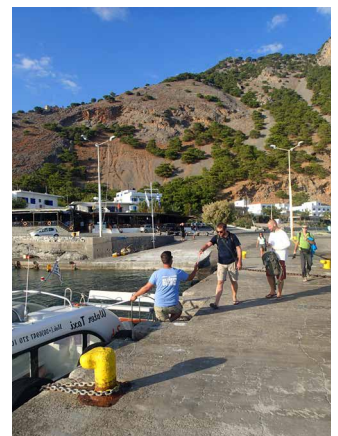
- Explore the life of a farmer while staying at the guesthouse of a local agriturismo
- Harvest edible wild plants, fruits and mushrooms while hiking, then learn how to prepare them from local chefs
- Enjoy a guided walk through the fairytale Sasseto Woods in the shade of monumental trees along a carpet of moss-covered stones
- Meet the woman whose family has owned a medieval castle for 400 years, then dine on regional wine and cuisine inside her fortress.

GREECE: SAMARIA GORGE NATIONAL PARK

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

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

- Hike to Kalergi Refuge and enjoy sweeping panoramic views of the mountains and the Samaria Gorge
- Trek the famous Samaria Gorge with a local guide, ending at the shores of the Mediterranean sea, where you'll overnight in an isolated coastal village
- Enjoy a guided nature walk getting to know the local landscape on a walking path developed by the MEET Network!
- Live, eat, and dance like a local in small hotels with incredible food and plenty of live music provided by villagers.

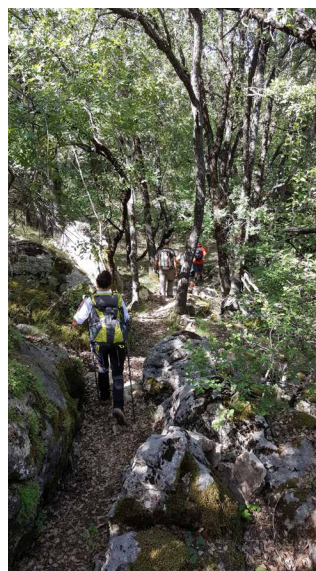


LEBANON: AL-SHOUF CEDAR NATURE RESERVE AND JABAL MOUSSA UNESCO BIOSPHERE RESERVE

Cedars, Gods, and Faces (8 days)

From Biblical Cedars to Phoenician Gods, Mount Lebanon is an open book ready for your exploration. On the way, discover traditional villages which hide their natural treasures conserved within two different Biosphere Reserves, and spend time with locals who hold the keys to traditions spanning more than 4,000 years.

- Walk in the shadow of a Biblical Cedar Tree in Barouk range
- Encounter a Druze Sheikh and listen to him share his long-held beliefs
- Play the craftsman: try your hand at a weaving loom and make a traditional felt wool hat
- Feel the presence of the Emirs dynasties within the walls of Beiteddine Palace, and wander around medieval streets in order to learn their stories
- Be amazed by the 1,300 meters deep Mythological Adonis Valley and hike around its beloved Jabal Moussa mountain while exploring its varied biodiversity
- Cooking (and eating) Lebanese cuisine together is never a lesson, it is an enchantment



SPAIN: NORTH CATALONIA PARKS (CAP DE CREUS, AIGUAMOLLS, MONTGRÍ)



Natural and Cultural Landscapes of North Catalonia (7 days)

Learn about the geology of Cap de Creus, observe the biodiversity of Aiguamolls, and be amazed by the cliffs of the Medes Islands and Montgrí, while following thousands of years of Mediterranean history that shaped our civilization.

- Guided hikes with certified naturalists among the vineyards, olive trees, and rice fields of the natural parks
- Show-cooking with an expert chef while learning how to use local oil, flour, rice, wine, and other seasonal produce
- Explore the Catalan coast via fisherman's boat, and get to know the ancestral techniques used by artisanal fishermen
- Bike among the rural pueblos and walk up a stunning path to the Montgrí castle
- Accommodation in a cozy rural guesthouse with plenty of local character

Coming soon!

MEET is currently developing several new products, which are expected to be available in late 2019



ALBANIA

Albania North

Visit the “sleeper hit” of the Balkans, linking together five protected areas into an experience filled with stunning mountain scenery, flowing rivers and waterfalls, amazing coastal landscape, an unforgettable farm stay, and ancient mountain codes of behaviour for you to learn as you explore.

Albania South

Explore the wild heritage of the Albanian Riviera, filled with history, culture, heritage and gastronomic richness. Enjoy hands-on experiences with local people as you hike and swim through Albania’s nature parks.



FRANCE



Calanques National Park

Active multi-sport itinerary with local guides focused on conservation of the park’s natural heritage, including hiking, biking, kayaking, sailing, cooking, and meditating.

Camargue Regional Nature Park

A hidden gem of Provence where the Rhône river meets the Mediterranean. Explore on foot, bicycle, and horseback, marvel at colonies of pink flamingos, learn about the secrets behind the region’s rice and vineyards, and cook alongside a famous French chef.

Port Cros National Park

Forget everything you know about the French Riviera. Reach for adventure and discover rich biodiversity each day as you cycle, hike, and kayak your way through the Mediterranean’s oldest marine park.



CROATIA

Kornati National Park

Explore this dense Mediterranean archipelago by land, by sea, and through the stories of ancient people who created its landscape. This area is known for its magnificent geomorphology and underwater biodiversity, including more than 1,500 marine species and more than 650 terrestrial species.

Lastovo Islands Nature Park

Welcome to the Croatian island where life still moves at a slow pace and old customs remain. Explore on foot, by bike, in a kayak and underwater. Stay with a local family, see Europe’s darkest skies, and meet the last wood ship builder on the island. Immerse in local cuisine while enjoying greens from the fields and seafood from local fishermen.



ITALY



Circeo National Park

Explore the history, nature, and legends of sunny Southern Italy through varied modes of exploration. Enjoy the wonders of the Plain Forest on foot or by bike, trek to Picco di Circe to see a great variety of landscapes, and take a sailboat or canoe out in the crystal blue waters.

Colline Metallifere Tuscan Mining Geopark

Discover the Heat of the Earth, an underground world filled with natural and culture heritage. Local experts will guide you through a territory with spectacular scenery formed by an ancient geologic phenomena. Walk among an extensive network of mining tunnels initially designed for experienced miners. Taste wine and other typical Tuscany products which emerged from the region's unique geodiversity.

Torre de Cerrano

A 4-day tour across space and time, exploring the concept of "sustainability" as developed through the centuries. Enjoy trekking, cycling, snorkeling and diving in a wonderful blend of nature and culture, enriched with authentic flavours and ancient heritage

Ulysses Riviera

Experience the Ulysses Riviera park as a true explorer and discover a land full of myth and history, doused with the sweet perfume and unmatched cuisine of the Italian Mediterranean.

SPAIN

Ebro Delta

Experience the wildlife and seasonal colours of the Ebro Delta, including a sailing expedition, birdwatching throughout the natural park, and a chance to lose yourself among wetlands and rice fields by bicycle.

Menorca

Discover the first Mediterranean island to be fully declared as a "UNESCO Biosphere Reserve" by hiking in the S'Albufera de Grau National Park, kayaking and snorkeling through the island's turquoise waters and tasting the authentic Menorcan lobster stew cooked with traditional methods.

Sierra Nevada National Park

Discover the great biodiversity and cultural heritage of the Sierra Nevada range. Hike through spectacular landscapes, spend the day living and eating like a local farmer, and explore the iconic Alhambra through its connection to nature and the park.

