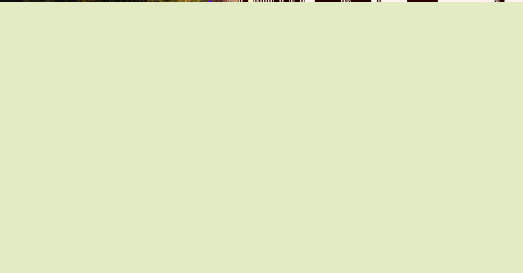
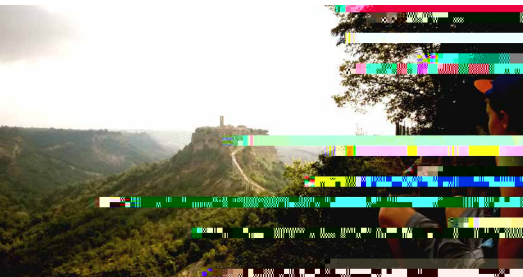


- Hike to Kalergi Refuge and enjoy sweeping panoramic views of the mountains and the Samaria Gorge
- Trek the famous Samaria Gorge with a local guide, ending at the shores of the Mediterranean sea, where you'll overnight in an isolated coastal village

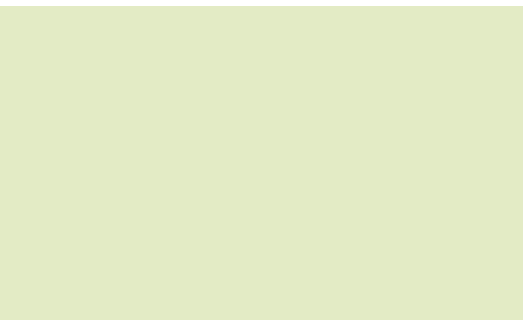
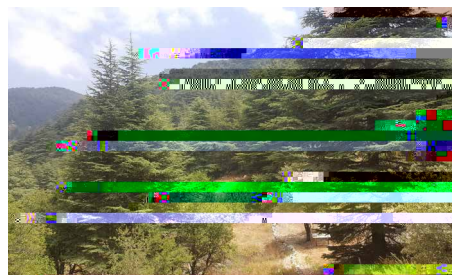
- Enjoy a guided nature walk getting to know the local landscape on a walking path developed by the MEET Network!
- Live, eat, and dance like a local in small hotels with incredible food and plenty of live music provided by villagers.



- 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.



- Walk in the shadow of a Biblical Cedar Trees forest in Barouk range
- Encounter a Druze Sheikh and listen to him share his long-held beliefs
- Play the craftsman: try your hand at a weaving loom
- Experience the dynasties of the Emirs of Mount Lebanon within the walls of Beiteddine

Palace, and wander around medieval streets of the National Heritage town of Deir el-Qamar

- Have lunch prepared by the local women of the Beqaa Valley in the Eco-restaurant of Tawlet Ammiq
- Cooking (and eating) Lebanese cuisine together is never a lesson, it is an enchantment.

Hike ancient stone
alpine peaks in the
southernmost mountains
situated just above the
stunning Andalusian
develop a deep connection
and the people of the
Mediterranean's

