



## PROGRAM OF ACTIVITIES

### > WALKING TRAILS THROUGH THE PLANTATION AND THE FAMILY VEGETABLE GARDEN

A walking route through the plantation and the family vegetable garden to explore the world of botany. It includes breakfast, a *picada* or tea served before or after the walk at "The House of Knowledge and Vegetables". Our "Vegetable Library" is open to all those who want to explore the fascinating world of plants and their therapeutic properties.

Estimated duration: 3 hours

Starting time depends on the time of the year and weather conditions.

You can walk the trails either on your own or accompanied by expert guides.

Maximum: 10 persons

### > HIKING TRAILS WINDING ALONG THE MINUANO STREAM AND VEGETARIAN PICNIC

Walk along the trails through the plantation and the hiking trails following the course of the Minuano stream, in a setting of lush native vegetation and stone quarries. It is also a good place for bird watching.

Going along the footpaths, you will experience a myriad sensations and sounds. It is a uniquely attractive setting that allows us to discover indigenous medicinal species among the native grassland. Resting by the stream helps to develop empathy with nature.

Visitors receive a picnic basket with products from our vegetable garden: lemonade, iced tea, flavored water, a wholemeal bread sandwich with goat cheese and green leaves from the vegetable garden, a tray of regional cured meat and cheeses are some of the options available.

Estimated duration: 4 hours

Starting time depends on the time of the year and on weather conditions.

Maximum: 10 persons

### > COOKING CLASSES AND FOOD TASTING

Cooking classes and food tasting include a visit to the plantation and vegetable garden to pick some of the ingredients which will be used in the preparation of the seasonal menu.

Cooking classes are held in the main house kitchen.

Once every item on the menu has been prepared and cooked, food tasting will take place in the dining-room or in any of the roofed open galleries.

There will be a choice of two menus which participants will be able to select in advance.

Cooking classes are held in Spanish. Cooking classes in English or Portuguese are also available on prior request.

The meal includes white and red wines aromatized with products from our vegetable garden.

Estimated duration: 4 hours

Minimum: 3 persons/ Maximum: 6 persons

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## > CHI-KUNG LESSONS

*Chi-Kung* lessons include a short walk in the plantation and the landscaped garden to find a suitable place for the lesson, which will depend on the time of the day and on weather conditions.

No special clothing is required, but comfortable shoes are recommended.

A herbal infusion will be served at the end of the class at "The House of Knowledge and Vegetables", weather permitting.

Estimated duration: 3 hours

Minimum: 3 persons/ Maximum 6 persons

## > TALLERES DE CESTERÍA

Learn to weave baskets and hampers with materials from nature.

The Basket Weaving Workshop is a plant material recycling activity. Instead of burning dry leaves and branches, we reuse them.

In this workshop we work with previously collected and twisted material, so that at the end of this activity, each participant will leave with his/her own completed basket design.

It includes breakfast and a *picada* or tea served before or after the walk at "The House of Knowledge and Vegetables". Our "Vegetable Library" is open to all those who want to explore the fascinating world of plants and their therapeutic properties.

Estimated duration: 3 hours

Minimum: 3 persons/ Maximum: 6 persons

## > TALLERES DE ARREGLOS FLORALES

The workshop is preceded by a stroll through the plantation, the vegetable garden, and natural grass areas to identify and pick the flowers and foliage that will be used in each flower arrangement.

Each participant will be provided with his/her own basket and garden shears. The flower arrangement will be set in a recycled PET container with some water to ensure that arrives at its destination in good condition.

Participants will have a choice between making a flower arrangement or a bouquet with a variety of aromatic, edible or medicinal plants, subject to availability.

It includes breakfast and a *picada* or tea, served before or after the walk, at "The House of Knowledge and Vegetables". Our "Vegetable Library" is open to all those who want to explore the fascinating world of plants and their therapeutic properties.

Estimated duration: 3 hours

Minimum: 3 persons/ Maximum: 6 persons