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1 DAY TO DISCOVER WILD EDIBLE PLANTS

Wild picking day

1 day to discover wild edible plants from April to October. In Auvergne, on request and on the date of your choice. From 2 to 3 people, you will share this day with Christophe Anglade, mountain tour leader, naturalist and co-author of the guide "Edible Plants, picking and recipes of the 4 seasons" (Ed. Debaisieux). Together, you will learn to identify, gather and use the wild flora around you to enjoy the forgotten flavors of our living heritage. Under the watchful eye of your guide you will make together dishes prepared from the fruit of your gleaning.

ITINERARY

DAY 1: DISCOVERY OF WILD EDIBLE PLANTS

Picking and wild cooking

Meeting with your guide. Discovery of the wild flora that surrounds us. Cooking workshop with confection of dishes from the fruits of our gleaning.

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Disclaimer

Depending the season, we will find the best habitat for the largest variety of plants. The route may be also modified for reasons of safety, weather or unforeseen circumstances. Events beyond our control can change the course : cut roads, flooded rivers, strikes, local festivals ... we will always make every effort to bring the best solution.

LEVEL

WALKING TIME OR ACTIVITY

4 to 6 hours of activity per day.

JOURNÉES CONSÉCUTIVES D'ACTIVITÉ

A day of discovery, picking, "wild gastronomy" and nature observation.

ELEVATION / ALTITUDE / TERRAIN

Little vertical drop on easy terrain.

CARRYING

Only the personal belongings of the day.

CLIMATE ENVIRONMENT

Mountain climate pleasant to offseason and hot in summer.

COMMITMENT

Accessible to anyone in good health wanting to discover wild flavors and some mysteries of nature. Day of discovery, completely adapted to families with children for the transmission of these gestures as old as the man is on Earth.

EXPERIENCE REQUIRED

No specific experience

DATES & PRICES

The next departure dates are currently being prepared. Please contact us in the meantime!

Possibility of joining a group for a day during a 2, 3 or 5 day picking course:

- Pick-up hike from 9h to 17h with picnic : 55 €/pers
- Pick-up hike from 9h to 21h with picnic + dinner at the gîte (with wild cooking workshop) : 75 €/pers

Privatized stay from April to October.

Contact us to **suggest a date of your choice**, or to **discover the plants around you** (quote tailored for any trip in your area).

For groups of **friends, couples or families**, from 2 to 15 people in the group:

- 2 people: 125 €/pers
- 3 people: 100 €/pers
- 4 people: 85 €/pers
- 5 people: 75 €/pers
- 6 people: 65 €/pers
- 7 people: 60 €/pers
- 8 people: 55 €/pers
- 9 people: 55 €/pers
- 10 and 11 people : 50 €/pers
- From 12 people: 45 €/pers

OUR PRICE INCLUDES

GUIDE

Mountain tour leader, specialist in wild edible plants and co-author of the book "Edible Plants - picking and recipes of the four seasons" (Ed Debaisieux).

HOSTING MODE

No accommodation. Contact us if you wish to spend 1 night with us.

MEAL

Lunch or dinner (according to departures in picking).

EQUIPMENT

Picking bags provided.

OUR PRICE DOES NOT INCLUDE

MEAL

Only 1 meal is included in this formula.

HOSTING MODE

No accommodation. Contact us if you wish to spend 1 night with us.

TRANSPORT

No transport of people included. You will have to have your own vehicle.

VARIOUS

Paid entries in the parks, sites and museums not included in the program. Cancellation, Baggage, Interruption and Repatriation Insurance : 3.95% of the price of your trip.

Compulsory registration fees : 5 € per person.

PRACTICAL INFO

FOOD

For all meals, complementary purchases are made in grocery stores and on the markets of the surrounding villages, making maximum use of products made on farms: cheese, processed products, wines ... The majority of these producers have the label "Organic Farming". It goes without saying that for this stay, everyone is invited to put "the hand in the dough" !!

GUIDING

You will share this beautiful week of discovery with one of the authors of the practical guide "Edible Plants, Picking and Recipes of the Four Seasons" (Ed. Debaisieux). Christophe Anglade, mountain tour leader, will make you discover how generous nature is for who knows its secrets.

HOW TO GET THERE ?

In order to limit your CO2 emissions, we encourage you to use public transport or to co-drive if you come in a group. Go to define according to the season.

BEFORE OR AFTER THE STAY

Contact us if you want to discover our region before or after the stay. We will be happy to put together a program tailored to your desires or simply to book accommodation.

RECOMMENDED EQUIPMENT

A SMALL BACKPACK :

- a hat or cap
- a pair of sunglasses
- a rain cape
- a windbreaker type K-Way or better a jacket in Gore-Tex
- a small personal survey kit (aspirin, plaster, elastoplast, ...)
- some water
- knife, plus a canvas bag for picking

FOR YOUR FEET :

- a pair of light and preferably already used walking shoes.