

## DAY TRIP – THE VILLAGES

*Village life is under threat throughout the world, as small-scale agricultural activity becomes more difficult to sustain and cities draw more and more of us in for our economic activity. Busy city life distances us from the natural world and an ancient rhythm of life. So for holidays many of us leave our cities to rediscover ‘authentic village life’. What is this? Can it still be found? How is it changing? What will be the economic make-up of the villages of the future? How does village life compare across the world? Can age old traditions be maintained or adapted for today?*

*Magnificent, beautiful places all, that call us still and deserve to thrive for future generations.*

### BACKGROUND

Only 30 km away from the Mediterranean Sea, hides the valley of la Gallinera, a place surrounded by craggy limestone mountains, oozing authenticity, history, traditions and peaceful hideaways.

This valley is comprised of eight small villages totalling around 595 people and it is surrounded by the Sierra del Almirante and Sierra la Forada which provides the Valley with astonishing views of the mountains and the sea. Strolling through the small and narrow streets take us back centuries where life was simpler and it was always linked to nature.

Through this stroll we want to transmit you the human stories of the people and peoples that inhabited the valley, providing you with an explanation of the names, the places, the traditions and the current challenges ahead. Our main aim is to let you enjoy and rediscover the way you look at rural villages seeing them through the eyes and the feelings of the people living there.

Walk rating

This gentle stroll last for about 3 hours. It is done at a very slow pace and with multiple stops and 3 water points in the way. Therefore, almost all people whether fit or in the way of being it, will enjoy it as it is not physically demanding, though it is recommended for people used to stroll at least once a week.

### ITINERARY

- **Prepack:** email sent with a detailed map on how to get to the starting point, contact phones and emails.
- **10:30 a.m Welcome at the meeting point (the village of Alpatró):** given mobile network fluctuations we will meet at Alpatró for making the payments and we propose you to leave one of our cars in this town and go together in another to

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our starting point of the stroll at Benissili (this will allow us not to walk back to our cars at the end of this stroll as it is linear).

- **10:50 a.m Start of the stroll at Benissili:** you will have an informal welcome chat with the local person serving as your host and who will explain you the activities and the philosophy of the initiative “to the core of things”.
- **11:00-13:30 a.m Stroll “the villages”:** together with your local host you will discover the village of Benissili, Llombay and Patró. From the ancient entrance of the village, you will discover the current and former stories of the villages: the remaining threshing circles and their use, the urban network, some legends and true stories, details of the architecture, and plenty of stories of families that still live up there. Once at Patró, the stroll will finish with a traditional drink in one of the two bars of the village.

Sunrise at Benissili



A village at la Gallinera



#### THINGS YOU SHOULD BRING:

- Hat
- Water
- Appropriate shoes and clothes
- Sun cream
- Snack
- Umbrella or rain coat in case of rain

#### BASIC DATA OF THE EXCURSION

- MAX. SIZE OF GROUP: 15 PEOPLE
- NUMBER OF HOSTS ACCOMPANYING THE GROUP: 1 (speaking English)
- DATES: EVERY DAY OF THE WEEK

The price includes: welcome at the meeting point, 1 host speaking in English; stroll through the villages of Benissili, Llombay and Alpatró discovering the hideaways and the stories behind the doors.

The price does not include: transportation, insurance, meals or drinks

Payment imply acceptance of the the following [Terms & conditions](#) that will rule during the excursions.

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