

DAY EXPERIENCE – FOLLOWING THE RURAL NATURAL RHYTHM

“If they had the interest they would discover in our rural areas a light signaling their ways with no ambush, a light coming from ancient times and fading in the horizon of our future” Joan Pellicer. Customari etnobotanic.

Every time an old woman, an old farmer or a shepherd of our rural areas passes away, is like a small library disappearing or bursting into flames. Our rural area is the library of our cultural heritage. It has been growing and providing light to our cities that live backwards to the natural world and to the natural rhythm of life which include our own culture and traditions.

Sharing this day experience with us provides you the opportunity to stop and see, to enjoy the present moment and to connect to the land through the daily work of an organic farm. This day is conceived as a chance to come back to our roots and to be able to connect with this region touching its soil with your hands, speaking with the people and spending a morning with no more objectives than working hand by hand with a family of farmers with a small organic initiative.

BACKGROUND

Together with your local host you will dive into the farm, the initiative and the life-style of Roberto, a former art design director that quit his job for returning to his origins. Their initiative Mas dels Xaus is named after the family nickname “Xaus”, a typical bird of the place.

Once at the plot, Roberto and family will introduce us to their initiative and we will share a day with him participating in the daily tasks of an organic farm (pruning, harvesting, preparing the land, planting, etc.) understanding the whole process of natural products, the importance of the 4 main elements (air, land, wind and water) and more important, working with your hands and connecting with the ancient rhythm of life.

Working hand by hand with Roberto during the different seasons will let you enjoy the best moments of the year understanding the natural process of plants, the seasonal products, the different works and the way it all fits with the weather, the seasons of the year and the natural rhythm of life.

Physical condition

Activities of the day experience may include the use of pruning scissors, kneeling down to collect the wild herb, harvesting the fruits, etc. We will also sit down in some fruit boxes at the plot of land for having a nice cup of coffee and tasting some of the local products, always surrounded by nature. You will need, therefore, to be somehow fit if

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you want to participate in these tasks, though you may choose just to listen to the things we tell in the mean time.

The times will be adapted according to the session

ITINERARY

- **Prepack:** email sent with a detailed map on how to get to the starting point, contact phones and emails.
- **09:30 Welcome at the meeting poin:** you will have an informal welcome chat with the local persons serving as your hosts throughout the morning and who will explain you the activities and the philosophy of the initiative “to the core of things”.
- **9:30-10:15 introduction of Roberto and organic farming,** the tasks of the day, and explanation of some of the tools traditionally used in the agriculture in the region (and how they reflect another way of doing things and another rhythm). Further the guests will answer to a quiz that introduces what organic farming is about including the most important factors, principles and philosophy behind.
- **10:15-11:15 stroll through the plots of land of Roberto and start working.** The group will be divided into two for start working hand by hand with Roberto in the daily tasks he will be doing that day. One group might be pulling up wild weeds meanwhile the other is learning how to build up a cane structure for the tomatoes.
- **11:15-11:45 time for a coffee and a local snack** sitting in the plot of land of Roberto, admiring the views and getting to know a bit more of their life-style, philosophy, and initiatives. It is also a good time for letting Roberto get to know you, where are you coming from and share your own culture with him.
- **11:45-12:30 the groups will continue their tasks** meanwhile Roberto and your hosts will explain you the ins and outs of being an organic farmer in the region, the importance of the land, the rotation and association of plants, etc.
- **12:30-12:45 p.m. farewell** the group will now check out their answers to the quiz done at the beginning of the day and ask any questions they may have to Roberto and their local host.

Roberto and family during a break



The bicycle ride



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The tomato canes during the summer



The fruits of the work



THINGS GUESTS SHOULD BRING:

- Hat
- Sun cream
- Water
- Snack (for breakfast)
- Umbrella or rain coat in case of rain
- Appropriate shoes and clothes (long trousers and closed shoes are a must)

BASIC DATA OF THE EXCURSION

- MAX. SIZE OF GROUP: groups with more than 10 people shall ask for availability
- MIN. SIZE OF GROUP: 5 (individuals will be grouped to fill the minimum required. If groups do not reach the minimum people all costs will be reimbursed)
- NUMBER OF HOSTS ACCOMPANYING THE GROUP: 3 (2 organic farmer and 1 local host speaking English)
- DATES: AVAILABILITY EVERY WEEK DAY TO BE CONFIRMED BY BOOKING REQUEST

PRICE S

SERVICES INCLLUDED

- o Guided bike tour from and to the starting point
- o 3 local guides (one speaking English and one organic farmer)
- o Organic farming quiz
- o Gloves and basic farming tools
- o Water, coffee and local snack

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PRICES PER INDIVIDUALS:

PRICE PER PERSON:

- Basic pack: 21,4€
- Service: 3€
- VAT: 5,1€
- **TOTAL gross: 29,5€**

(DISCOUNTS AVAILABLE FOR GROUPS)

PRICES FOR OTHER POTENTIAL EXTRA SERVICES

- Extra hour: 5€ per person
- Any other extras: According to market prices

Prices include: guided bike tour from an to the starting point, 3 local guides, organic farming quiz, gloves and basic farming tools, water, coffee and local snack.

*extra charge of 5€ per person for trips during regional and national bank holidays

** Other services not mentioned are not included in the price (transportation, bike rental, etc.)

BANK ACCOUNT TO TRANSFER PAYMENTS:

HOLDER: TO THE CORE OF THINGS S.L.U

IBAN: ES20 1465 0716 5119 0047 3109

Código BIC/SWIFT : INGDESMXXX

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