**Botanical Walks in the magnificent Pelion**

### Discover the magic of nature through a unique experience on the Botanical Walks we organize in Pelion. I am Manolis Manos, Medical Herbalist, and I will lead you on an interactive exploration of the native herbs and plants of the region, analyzing their therapeutic actions, their uses in traditional and modern herbal therapy, as well as their historical and mythological connections with Pelion and Greek tradition.

**What the experience includes**

### ****Plant & herb identification:** we will learn to identify important Pelion herbs, understand their properties and explore their uses.**

### ****Mythology & History:** known as the mythical home of the Centaurs, Pelion is full of myths associated with the region's herbs. We will discover the lore and historical narratives surrounding them.**

### ****Local information:** We will learn about the rich natural and cultural heritage of the area, talking about the old paths, the traditional uses of herbs by local people and the importance of preserving the natural flora.**

### ****Tasting of herbal infusions****

### **During each route, we will take a pleasant break for a tasting of traditional herbal infusions from local organic growers, offering you the opportunity to taste authentic Pelion flavours and learn more about the benefits of local plants in everyday wellbeing.**

**Available Routes**

**The Botanical Walks take place on various routes in Pelion, adapted to the needs and interests of each group. Some of the available routes include:**

****Portaria**: A beautiful route through nature, ideal for herb identification combined with village history.**

****From Agios Lavrentis to Drakeia**: A trail that combines natural beauty, historical elements and rare botanical finds.**

****Itineraries in Trikeri Magnesia**: Unique hikes in one of the most special places of Pelion, with rich flora and stunning views.**

****Other routes:** We carry out walks in other areas upon request.**

**For more information or to arrange a Botanical Walk in your area, please contact us.**

**Yours sincerely,**

**Manolis Manos**

**Medical Herbalist**