

# ASIR



هيئة فنون الطهي  
Culinary Arts Commission



## SLOW FOOD TRAVEL: A UNIQUE TOURISM EXPERIENCE



Stay overnight at an organic farm in the Tanomah Mountains

### A JOURNEY THROUGH TRADITION AND HISTORY

Slow Food Travel proposes a three-day itinerary of the Asir region, covering the capital Abha, the Tanomah Mountains to the north, and the Soudah Mountains in the west.

The itinerary begins with an in-depth visit of the city of Abha, revealing its historical importance and the agricultural biodiversity of the Delah Valley. The culinary highlight is certainly the fruit farm, with the production of banana, mango, and papaya. Staying overnight in the Tanomah Mountains offers the opportunity to stargaze after a traditional dinner of local organic ingredients.

A visit to the Asir Region would not be complete without seeing the Soudah Mountains, historically considered one of the most fertile areas of the region due to its mild climate and periodic rainfalls. The farms are organized on terraces, including a special coffee farm. The coffee farmers explain the full coffee cultivation life cycle, during which a tasting of coffee, mint tea and the fruits that are harvested at the farm is offered.



A visit to a family-run coffee farm in the Soudah Mountains to experience the cultivation and tasting of local coffee

### A NEW MODEL OF TOURISM

Slow Food Travel offers a new model for tourism, made up of interactions and exchanges with farmers, cheesemakers, herders, butchers, and bakers who, along with the chefs who cook their products, will be the storytellers of their local areas and unique guides to the local traditions.

### SUSTAINABILITY AND BIODIVERSITY

The aim is to bring travelers closer to the preservation of food biodiversity and an understanding of local cultures, identities, and gastronomies. Itineraries include encounters with **Ark of Taste** products, and stays with **Slow Food communities**.

### TOGETHER WITH FOOD COMMUNITIES

You will be welcomed directly by producers, hosts, and cooks who are committed to promoting their local area by offering "good, clean, and fair" products. They will provide all the information necessary to ensure experience combines the pleasure of food with culture and conviviality.

The Slow Food Travel itinerary for the region of Asir is based on a tour of three days, covering the capital Abha, the Soudah mountains in the West, and the area around the Tanumah mountains north of the city.

To organize your tour in the Asir region, please contact [ssfc@network.slowfood.it](mailto:ssfc@network.slowfood.it)

[www.arabic.slowfood.com](http://www.arabic.slowfood.com)

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