

# MEDINA



## SLOW FOOD TRAVEL: A UNIQUE TOURISM EXPERIENCE



Local honey has been made by producers in caves for centuries in the Medina region.

The second day is based in the holy city of Medina and focused on culinary experiences of Medina's most important agricultural product: dates. At the date farm, visitors will learn about the importance of fresh water for life and agriculture provided by wells.

### A JOURNEY THROUGH TRADITION AND HISTORY

The Slow Food Travel itinerary for the region of Medina is based on two days of activities covering the areas around Al Jafer and Al Figrah, and the holy city of Medina.

First, in Al Jafer, the visit of an organic farm offers interactive experiences such as cooking classes, mint picking, honey tasting, and crafting different beeswax products. After hiking in the Figrah Mountains, travelers can enjoy an evening by the fire and stargazing.



Al-Bakaya Dates, a Slow Food Ark of Taste product

### 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, hotel 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 Medina is based on two days of activities covering the city of Medina and the areas around Al Jafer and Al Figrah.

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

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