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cultourgastrology.eu



A newsletter for CultourGastronomy Explorers!

In this newsletter, we give a first glance at good practices that highlight valuable lessons and inspiration for advancing gastronomy tourism and fostering sustainable local development in rural areas.

Explore the CultourGastronomy website!

We are pleased to announce that the official engaging website of CultourGastronomy is now available in 7 languages: French, Italian, Greek, Bulgarian, Spanish, Portuguese, and English!

Visit cultourgastrology.eu to explore our project and learn more about our team!

And follow **Facebook page:** [CultourGastronomy](https://www.facebook.com/CultourGastronomy)
Instagram account: [cultourgastrology4](https://www.instagram.com/cultourgastrology4)



Training course on its way!

During the last year, we developed **11 training Modules** - Course for local food and beverage producers and small tourism service providers as part of our commitment to continuous skill-building.

This Course will be soon uploaded on the CultourGastronomy platform and aims at supporting tourism stakeholders to enhance sustainable offerings and attract new tourists.

Let's discover together some good practices about the gastronomy tourism supported by local producers!

The Ellassona Winery at the foot of the Olympus mountain, Greece



At 400m altitude in Kalouda Ellassona, **beneath Mount Olympus, Ellassona Winery** select grape varieties among ideal biological conditions.

Housing wooden barrels for red wine maturation and storage areas for wine-making products, **winery's cellar** is the heart of Ellassona Winery. It expresses the owners' passion for wine. Decorated with respect to tradition, it is open to visitors and can accommodate people for **tastings** or to organize tasting events.

The winery also organises **cooking lessons** and other activities for visitors!

Learn more on:
<https://ellassonawine.gr/>.



Local production and tourist activities in Portugal: the Casa da Esquila restaurant by Chef Rui Cerveira



In **Casteleiro**, a remote village with only 311 inhabitants in the district of Guarda, in Portugal, the restaurant **Casa da Esquila** is located in communion with an olive grove.

It immediately showcases **Chef Cerveira's** innovative cuisine, which uses only local products for ingredients. Chef Cerveira purchases lamb exclusively from the producer's cooperative, along with bread, potatoes, chickpeas, and Serra da Estrela cheese, all sourced from local producers to boost the local economy. But that's not all! The chef also offers great meals among the olive groves and gives his visitors the opportunity to collect mushrooms and edible plants together while enjoying nature.

See more on:
<https://www.casadaesquila.com/>





In Bulgaria: combining fine wine, local food and outdoor activities!



In 2017, located **in the heart of the Rose Valley, Bulgaria, the Minkov family** added **Maison Copsa**, a boutique art hotel and restaurant to their family-owned winery. They transformed it into an alternative and discreet retreat for urban people.

Surrounded by the beauty of the Rose Valley, visitors can enjoy conversations with friends, accompanied by fine wine and locally sourced cuisine.

The facility also offers **entertainment activities** for visitors, including retro carriage rides, horseback riding, historical tours to nearby museums, and extreme sports such as flying parachutes and mountain biking.

During the last Partner meeting of **CultourGastronomy** project, we had the opportunity to visit the winery in Sofia and learn more about this initiative!

Meet the Minkov family: <https://copsa.bg/>



In France, in the Mercantour park, Charlaine welcomes visitors with her Culinary preparations using fresh local products

Charlaine Davy, the creator of Les Herbes Folles, is following our project since it started! Her exemplary practices demonstrate the possibility to think “**circular gastronomy tourism**”!

Learn more on Facebook [Les Herbes Folles](#)
And on their [Instagram page](#)

Les Herbes Folles, created by **Charlaine Davy**, is located in Roure, in the Tinée valley at the heart of the Mercantour park in France. Charlaine's range of sweet and savory preserves are produced solely with seasonal products.

Jams, syrups, soups, herbs and other delicious, traditional products are crafted on a small scale, exclusively distributed through short distribution channels.

Les Herbes Folles is a member of the Scop TERRA SUD, the Mercantour Eco-Tourism association and its products are stamped with the **Esprit Parc National Mercantour label**.



Ávila Aunténtica in Spain: Celebrating Gastronomy and Tourism in the Province of Ávila!

To learn more, visit:
<https://avilaautentica.es/>

The "**ÁVILA AUTÉNTICA**" brand is an instrument and strategy for promotion and distinction of producers, shops, hotels and accommodations in the province of Ávila.

Connected to the values that shape the identity of the area, its culture, history and tradition, this brand also provides consumers and visitors a guaranteed quality seal, which encompasses agri-food products, catering and hospitality establishments, food retail store, online food commerce and rural accommodation establishments in Ávila.



Discover the essence of traditional Italian cuisine with Slow Food Movement

Rooted in Italy, the Slow Food movement emerged in the late 1980s as a response to the rise of fast food culture and the industrialization of food production.



This global movement **promotes local, seasonal ingredients and traditional cooking methods**. It advocates for sustainable, traditional, and locally sourced food practices to preserve **biodiversity**, and support **small-scale producers**.

The Slow Food Presidia projects support small-scale farmers and producers in preserving traditional foods and agricultural practices, such as the cultivation of ancient grain varieties like Farro della Garfagnana.

Slow Food introduces a fresh way of **tourism, connecting curious travelers with local communities of farmers**, cheesemakers, herders, butchers, bakers, and winegrowers. These communities, along with chefs, share their stories and traditions, offering engaging travel experiences. Learn more on:

<https://www.slowfood.com/biodiversity-programs/slow-food-travel/>