

# THE MEDITERRANEAN CENTRE for Art, Gardens, Plants and Design



## PLANTS OF PELION

05 May - 12 May 2017

*Identification, Foraging, Herbs & Cuisine in the Garden of the Gods*

08 Sept - 15 Sept 2017

*Identification, Therapies, Creams & Herbs in the Garden of the Gods*

Pelion's plant biodiversity is astonishing mainly due to the lack of intensive agricultural practices and the wealth of untouched 'forest' and meadow land. Knowledge of the uses of these plants, for food, for healing and well being have been handed down from generation to generation. Locals scour the land foraging for delicacies in the spring (horta), herbs in the summer and fruits and nuts in the autumn.

The markets sell wild plants, herbs and bottled produce such as tsisiravla (*pistacia terebinthus* shoots), kritama (sapphire) as well as glyka tou koutalaiou (spoonsweets) from fruit and vegetables. Ancient books pertaining to plant usage (including an early copy of Dioscorides) are found carefully preserved in a local library. Pelion is known as the Garden of the Gods as it was considered the summer residence of the 12 Gods of Mt. Olympus.



## COURSE TUTORS

Due to the varied disciplines involved in these courses several knowledgeable teachers have been selected to present on different days throughout the weeks. These will be coordinated by Maria Zaferiou from Lafkos.

**PROGRAMME** All Sessions at Lagou Raxi Country Hotel unless stated and include six hours tuition per day except on the excursion day.



\* *The course in May* will concentrate on the botanical aspects of the Plants of Pelion including natural spring greens, herbs and other mediterranean vegetables and fruit. The course will show how locals use them for culinary purposes. Participants will also learn how to evaluate different types of olive oil.

\* *The course in September* will concentrate on the therapeutic uses of Pelion's rich plant heritage. Participants will be shown the art of making creams including those using local olive oil and other folk remedies. One day will be devoted to soap making using essential oils.



Friday

Arrival of participants - Meet & Greet - Dinner at the hotel

Saturday to Thursday

This is a hand-on course and lessons and practical work will take place in the 'Atelier' of the hotel. Included will be short and longer walks, visits to sites of plant interest and one full day excursion with lunch in a beachside taverna.



The sessions will commence after breakfast and break at 2.30 p.m. They will resume for 2hrs. before dinner except when there is an early evening walk or on the excursion day.

At any time participants can walk into the village at their leisure or enjoy the pool.

Thursday evening  
Friday

Farewell Dinner  
Departure of participants, or a rest over the weekend\*

\* please ask if you would like to stay for extra nights



## 2017 COURSES in Pelion, Greece - PRACTICAL INFORMATION



- \* Lessons are with fully experienced teachers and practitioners, passionate about their subject
  - \* All courses are suitable for beginners and intermediate participants
  - \* All materials will be provided including a board on which to work, but you may bring your own watercolours or other #
  - \* Groups benefit from a quiet 'atelier' space with excellent light for their practical work
  - \* Excursions are planned to suit the particular course
- # in the case of the mosaics course there is a supplement of 48€ per person for marble, cutter and goggles. We can arrange delivery of the work home if required

### WHAT IS INCLUDED?

- \* Six days of tuition and transport for related excursions - coffee and tea throughout the day
- \* Time for rest and relaxation on the beach, by the pool or in the village square
- \* A full cooked breakfast, five three-course dinners and two lunches (half-board)
- \* Our library which includes the complete set of Mediterranean Garden Society journals
- \* Meet and greet, depending on your choice of transport. Flights are NOT included

There are a few lowcost/charter (flight only) companies flying directly to Volos Airport. (see <http://www.volosairport.gr/en/flights-en-menu.html>) Alternatively Athens, Skiathos or Thessaloniki.

### PRICES PER PERSON INCLUDING TUITION + ACCOMMODATION (HALF-BOARD) MATERIALS AND EXCURSIONS

The 20 spacious and comfortable bedrooms are all named after local beaches. Free WiFi throughout.

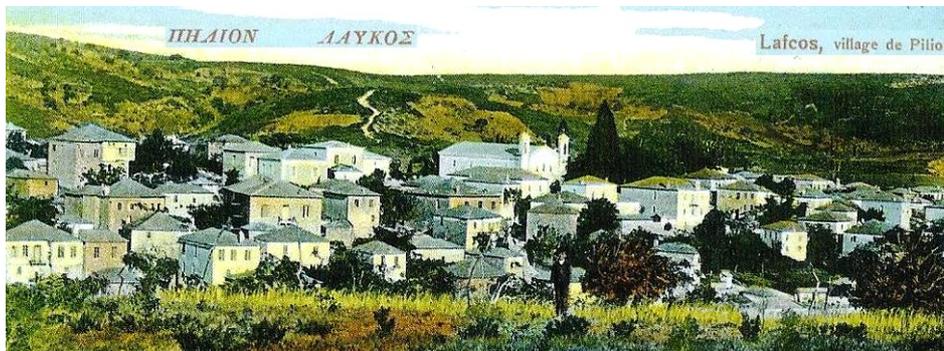
Single room	Twin double occupancy	Triple double occupancy
695 €	575 €	675 €

- \* If you would like to bring family member(s) or friend(s), NOT participating in the courses, please contact us for the prices of different combinations including Double rooms and Suites.



## THE VILLAGE OF LAFKOS - SOUTH PELION

Lafkos is one of the 24 officially 'listed' villages in the region of Pelion, about 45 km from the city of Volos. Medieval paths (Kalderimia) stretch around this car-free village and further afield to neighbouring villages and the sea. Three museums and five tavernas are open all year. The smell of freshly baked bread in a wood-fired oven draws you to the bakery shop. The village has three small 'mini-markets', a craftsman jeweller, home made soaps and a gift shop. In under 10 minutes you can walk from the hotel through the village lanes to the square with its imposing church and plane trees. View <http://www.southpelion.com/index.html>



### LAGOU RAXI COUNTRY HOTEL \*\*\*

Lagou Raxi Country Hotel (330m) opened in 2014 and was built according to the local traditional architecture. It has a breathtaking view of the Pagasitic Gulf and it's also close to the Aegean sea. There is an easy footpath from the hotel down to Milina. The British/French owners are putting their own cultural and culinary accents to add to the Greek traditions, which results in a very attractive mix. The hotel has a good-sized swimming pool and an all-weather tennis court as well as the Library, Terrace, Azure Restaurant, yoga mats and the purpose-built 'Atelier' or workroom.



2017  
courses:

- \* Mediterranean Garden and Landscape Design and Planting (English & German language editions)
- \* Plants of Pelion: Therapies/Foraging/Cuisine in the Garden of the Gods
- \* Botanical Painting from the hills and shores of South Pelion (English and Greek language editions)
- \* Olive! Creating sculptures and decorative/wearable 'Objets d'art' (English/Italian/Greek/French)
- \* Classic and Contemporary Mosaics Workshop



The courses are held in association with the Mediterranean Garden Society  
A donation will be made to the Society for each course participant

**CONTACT** For more information and to reserve a place on one of the courses  
See our website [www.lagouraxi.com](http://www.lagouraxi.com) for reviews of previous participants

+(30) 24230 65144 mail@lagouraxi.com

LAGOU RAXI A.E. Lafkos 37006 - South Pelion, Magnesia, Greece  
ΛΑΓΟΥ ΡΑΧΗ Α.Ε. Λαύκος 37006 - Δήμος Ν. Πηλίου, Μαγνησία ΜΗΤΕ 0726Κ013Α0448301