

Green Adventures Into Albania

AUTHENTIC ALBANIAN
GASTRONOMIC AND NATURAL
LANDSCAPES TOURS

FOOD, TRADITION AND CULTURE
MARKET OF THE GOOD TASTE
The Slow Food Fair 2023



THE ROADS

Hands on Experience Tours

3 selected tours, characterized by feelings of eternity, will dissolve the borders between self and world

THE ROOTS

The Illyrian Culinary

A journey through the beginnings of time in this 9 day Illyricum Trail with The Art of Illyrian Culinary

THE PEOPLE

The Guardians of Tradition

Travel with us to discover the stories of farming families that underscores the legacy of sustainability

Hands on tradition

Tasting Tour

A tour to the pathways of tasting different and unique flavors of Albanian olive oil, authentic wine and homemade honey.

Authentic spirits of Albania land that are processed in an artisan way, applying the techniques of the ancient farmers, even with primitive equipment.

Illyricum trail

Exploring The Resilient Roots Of Albanian Culinary

In the memory of the ancient recipes in this 9 day Illyricum Trail we will go through ancient Illyrian ruins and medieval villages, through fairytale-like stone bridges over mountain rivers and monasteries.

Agritourism tour

A earth-shattering tour that will bring you to the kitchens of the families.

A tailor made gastronomic and heritage tour through the country that rests primarily on the shoulders of the people who keep marginal communities alive and protect biological, cultural, and food diversity.



Olive Groves, Vineyards and Honey Roads

Hands on Experience Tours

The cuisine of special nations has preserved the culinary antique traditions and at the same time, has enriched them with the experience of the culinary art of the other peoples. The direct geographical and historical adjacency has made it possible for them to have a significant influence on economy, culture and particularly on the lifestyle.

Through the Olive Oil, Winery and Honey Trail Tours, you will learn about the history, the soul, the tradition, the gastronomy of Albania.

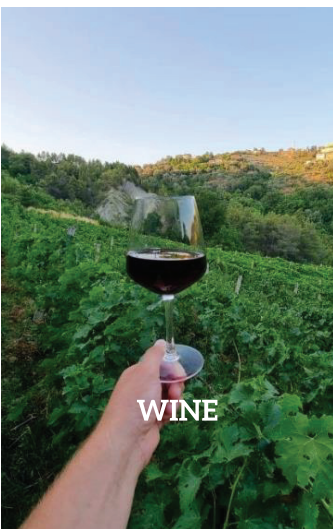
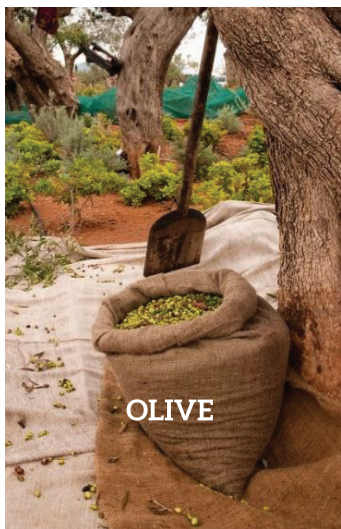
Olive Oil, Honey and Wine making, is an ancient tradition in Albania, dating all the way back to the Bronze Age.

It flourished at the south-western Balkan coasts three thousand years ago. A unique experience in our endless olive groves, vineyards and the longstanding rural beekeepers.

As the old geographer Straboni would describe Iliria, he would state: "This country is warm and fertile because it is full of good olive groves and vineyards.

The Illyrians used to export wine to Rome in wooden containers".

This Hands on Experience Tours are characterized by feelings of eternity, will connect you with an invisible higher power, will let perceive things more real than real, and will dissolve the borders between self and world!





Albania - The Ancient Illyria

Illyricum Trail

A journey through the beginnings of time



Long seen as one of the severest former communist countries, Albania has now emerged from the darkness and is a surprisingly attractive tourist destination.

Welcome to the old lands of Illyria and Epir!

The Illyricum Trail is dedicated to all the adventure seeking, free-spirited travelers who like to explore special places, experience various cultures and taste the ancient receipts of the Illyrian Tribes.

We will travel through the old kingdoms of Illyria, visit natural monuments, witness archaeological remains, and learn about their legends.

We will go into wild parts of Albania, experiencing the real life of Albanian families of different descent, traditions and enjoying the local Food as one of the sacred elements of this 9-day holistic exploration.



GAIALBANIA



AGRO-TOURISM TOURS

How long can an action, production or a system that relies on certain resources (human, economic or natural) last? It will last for as long as it is designed to and for as long as it is able to replenish the resources it uses.

The tradition of the Albanian cuisine, the traditional and the cultural values, as well as the hospitality of our nation originates from ancient times. The characteristic form of all the types of food in our country is that they preserve maximally the natural features of the foods that are generally used, their color and smell.

This tour represent moments of encounter between local farmers and visitors who are passionate and fascinated by stories, products and territories. By focusing on man as a worker of the earth, the preservation of tradition, the craftsmanship of his hands and his mind, a symbol of resilience and elasticity, the pivot of our economy.

GAIA incredible, earth-shattering idea for a tour that will bring you to the kitchens of families, farms and Agro-Tourism for a 4 to 8 day self-guided tour in Albania. Spending time with shepherds, meet friendly locals and enjoying the evenings and nights at their homes.

The idea is both to taste the delights and also be a part of their cultivation or production process - a full experience. Nature will be in abundance.

Art of Illyrian Culinary

THE ANCIENT ILLYRIAN RECIPES BY AHMET DURSUN

Bread of Dasarets

is among the many varieties of the Illyrian period. It was cooked in Autumn by this tribe who lived near the Ohrid lake, the current area of Korçë, Kolonjë, Mokër, Devoll continuing to Antpatrea (today Berat). Flour of wheat, oat and barley was molded with the seasonal flower aromas and was part of the art of living in beauty.



Soup of Dardans

is an incomparable treat, like Kosovo itself. A unique dish, the soup is representative of the impact of the continental climate on the Illyrian culinary arts. Meat boiled in milk, with wild cabbage and dried fruits, was the meal that gave color to the whiteness of the cold months where the tribe lived in the area of today's Kosovo.



Cheeses of Molosses

are original variations of the hearty fare that fortified the Illyrian civilization across the Epirus region. The rich delicate mixtures were cooked with olive oil and the seasonal herbs and flowers that carpeted the rolling pastures.

Meatballs of Penests

are the delicious surprises of ground meats mixed with cabbages, leeks, onions and garlic. The Penests lived along the Black Drini Valley in the area of today's Struga, Tetovo, Gostivar, and Dibra.



Art of Illyrian Culinary

THE ANCIENT ILLYRIAN RECIPES BY AHMET DURSUN

Lamb of Chaons

is believed to have invited attacks and invasions with its enticing aromas and extraordinarily strong flavors. Throughout the region of today's Gjirokastra and Saranda, the lamb was cooked in a mix of olives, vegetables and dried fruits.



Chestnuts with Meat of Taulants

evidences the introduction of highland delicacies into the Illyrian culinary rituals along the Adriatic hills and coastline.



Meat with Quince of Albans

boasts the hues of dawn in the skillful artistry of one of the tribes whose diet included both Mediterranean and Continental influences.



Meat with Prunes of Ardians

is a perfection of fruit extracts (plums, pomegranates, apples, apricots, grapes) cooked with poultry. The Ardians uniquely enhanced the Illyrian cuisine with their original combinations of products from the surrounding lake, sea, fields and mountains.

Ahmet Dursun is an Albanian author, civil rights activist, journalist and culinary chef of ancient and Mediterranean cuisine.

GAIA

Green Adventures Into Albania

Take nothing
but pictures!

Leave nothing
but footprint!

Kill nothing
but time!

Travel is not a rational activity, is Food for the soul! Born from the love for nature, people, earth taste, we want to take care of your soul throughout that part of Albania that is still hidden. That part that is still simple, essential and well preserved from the consumer world. Gaia is a way of traveling, sustaining nature, traditions and bringing you closer to the heart of the people. We want you to experience it as a gift and share it with your darlings. You need a journey away from the crowd, to get lost in an ancient civilization and rediscover yourself. Let's start this new way of journey together.

GAIALBANIA

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