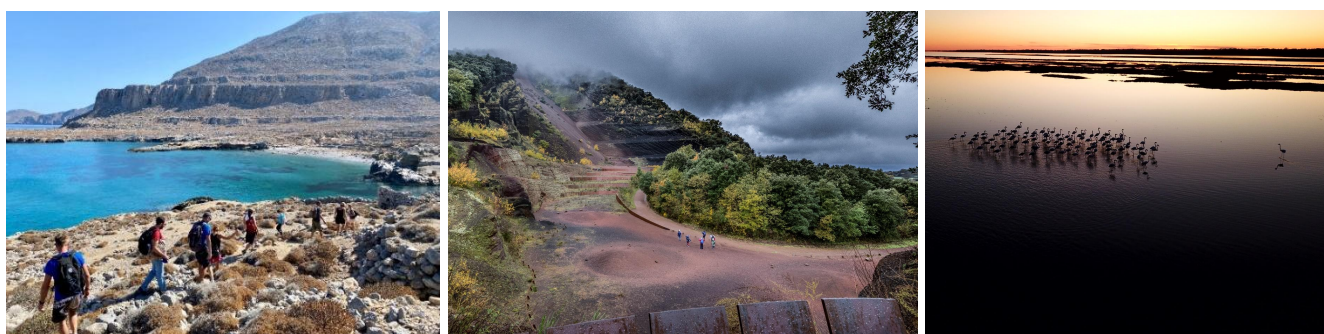


Call for Media and Outbound Tour Operators

FAM Trips – Mediterranean Experience of Ecotourism

DESTIMED PLUS PROJECT FAMILIARISATION TRIPS - SPRING 2022

Are you an outbound tour operator looking for small group immersive tours to include in your Mediterranean portfolio? Are you a travel journalist or blogger that wants to learn about exciting travel opportunities in Mediterranean protected areas and spread the word? DestiMED Plus project and MEET Network are welcoming applications to participate in our FAM trips this spring 2022!



Destinations and MEET Ecotourism Experiences

The destinations have been implementing the MEET Model for ecotourism development in Protected Areas, which ensures local participation, good governance and alignment with the conservation objectives of the protected areas, besides going through rigorous sustainability assessments and testing. Those multi-day tours include a balance of cultural, soft adventure and conservation activities, authentic accommodations and locally-sourced food, underpinned by storytelling and interpretation of the exceptional Mediterranean nature and culture. Find in the following list all the destinations and dates of the spring FAM Trips 2022, and scroll down for further information. Please note that the trips will be a condensed version of the regular itinerary.

FAM Trip / Destination	Dates*	Days
Cabo de Gata-Níjar Natural Park (Andalusia, Spain)	9 May – 12 May	4
Bouches de Bonifacio Nature Reserve (Corsica, France)	14 May – 18 May	5
Ponziane Archipelago (Lazio, Italy)	16 May – 20 May	5**
Porto Conte Regional Park (Sardinia, Italy)	18 May – 22 May	5
Divjakë-Karavasta National Park (Albania)	21 May – 25 May	5
Garrotxa Volcanic Zone Natural Park (Catalonia, Spain)	22 May – 25 May	4
Cres-Lošinj Marine Protected Area (Croatia)	25 May – 27 May	3
North Karpathos and Saria Island (South Aegean, Greece)	26 May – 30 May	5
Bahía de Cádiz Natural Park (Andalusia, Spain)***	30 May – 3 June	5**
Western Asterousia Protected Area (Crete, Greece)	30 May – 3 June	5

* Includes arrival & departure day / ** Full programme / *** Not in DestiMED PLUS

For any questions please contact us via secretariat@meetnetwork.org. For further information check destimed-plus.interreg-med.eu and meetnetwork.org websites.

Further Practical Information

FAM Trips – Mediterranean Experience of Ecotourism

DESTIMED PLUS PROJECT FAMILIARISATION TRIPS - SPRING 2022

Purpose and profile for participating in these FAM Trips

TOUR OPERATORS: We are targeting outbound international tour operators in key European markets (UK/Ireland, Germany, Scandinavia, Netherlands, France, Italy), focusing on small-group tours, interested in ecotourism activities and committed to the sustainable principles that MEET exemplifies. These packages will be included in the [MEET Catalogue](#), which features 13 destinations with market ready tours. Tour operators will have the opportunity to establish commercial partnerships with the MEET Network for commercialising the full MEET portfolio.

MEDIA: We are expecting travel journalists and bloggers based in Europe, preferably publishing for the above target markets or internationally. Media participating in the trips will be encouraged to publish content about the experience.

Costs and Logistics

Travel costs to participate in the FAM trips will be covered by the project, including accommodation, transfers, food and activities, plus the travel to and from the destination. If you wish to participate in several FAM trips, DestiMED will only cover costs between back-to-back ("chained") destinations. Other costs not stated above (e.g. insurance, Covid certificates, incidentals...) will be covered by the participant, including early arrivals or extended stays.

We are expecting participants to attend the full trips proposed, but can discuss exceptions to attend parts of the trips on a case-by-case basis. We welcome participants that would like to participate in more than one FAM trip (note that several trips overlap). We suggest you to aim for those that can be chained, with the following potential combinations:

- Corsica (France) – Sardinia (Italy) – Catalonia (Spain)
- Lazio (Italy) - Albania – Karpathos (Greece) - Crete (Greece)
- Lazio (Italy) - Albania – Croatia

How does it work

2. Fill out this **APPLICATION FORM** (takes approx. 10 minutes) as soon as possible as we will be selecting on a rolling basis - by the **18th of April 2022 the latest**.
3. In the application form you will be asked to select your availability and preference for the 10 destinations. **Please note that you can be selected to participate in more than one trip.**
4. Our project selection panel **will review the applications and select** the participants, according to the above profiles, needs of the project and your expressed preferences.
5. We will communicate the results with selected participants on a rolling basis, with final communications by the **20th of April 2022**.

About DestiMED PLUS and the MEET Network

DestiMED PLUS is a cross-border co-operative ecotourism project funded by the European Union (in the framework of the InterregMED), and is currently in its final months of activities. DestiMED PLUS supports the MEET Network, an independent organisation. During 2020 and 2021, sustainable tourism packages were created following a participative approach to involve and benefit local communities in 9 protected areas across several Mediterranean countries (Spain, France, Italy, Croatia, Albania and Greece). In the case of the Bahía de Cádiz Natural Park, this initiative is supported by the ENI CBC MED MedArtSal project and IUCN Med thanks to the support from the MAVA Foundation.

DestiMED PLUS FAM Trips Spring 2022 - Mediterranean Experience of Ecotourism

Nature and Culture Itineraries Designed by Mediterranean Parks

SPAIN (ANDALUSIA): CABO DE GATA-NÍJAR NATURAL PARK

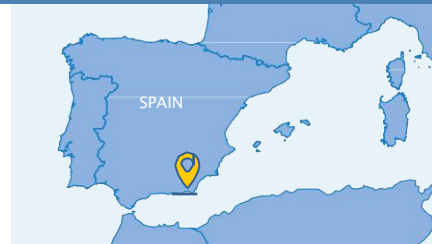
Cabo de Gata Salvaje: Land, Sea and Sky



A journey through the land, sea and sky of a surprising territory. Its light, landscapes and the character of its people give it a unique charisma that you won't forget. Discover the Biosphere Reserve, Geopark and Natural Park, a natural jewel of great value.



- Discover the hidden nature of the protected wild region in southern Spain
- Meet the traditional fishermen and discover the route La Isleta del Moro – Los Escullos and relax in this unique area
- Visit the salt flats for birdwatching



- Enjoy a picnic dinner and astronomical observation on the beach
- Explore the natural area on horseback along the coast
- Climb to Mesa Roldan and visit its lighthouse while you enjoy the sunset!

* **DIFFICULTY OF THE TRIP:** easy-moderate

SPAIN (CATALONIA): LA GARROTXA VOLCANIC ZONE NATURAL PARK

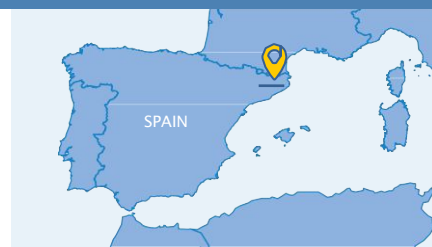
Discover the Land of Volcanoes



What is the landscape of an area? Forget about only walking to a viewpoint. This is only what you can see, from above. But, what about the historic landscape or even the gastronomy landscape? You need to walk the area, discover all these amazing places.



- Walk on the four volcanoes of the town and the amazing views from the top of the craters will easily make you understand why this region is known as “Catalonia little Switzerland”
- Enjoy different natural landscapes everyday: from Mediterranean to Pyrenees, from rich fields to volcanoes



- Enjoy panoramic views and discover the charming villages and old trails from medieval times
- Explore “La Garrotxa” way of living: worked by the landscapes.

* **DIFFICULTY OF THE TRIP:** easy-moderate; it includes many hiking activities

FRANCE (CORSICA): BOUCHES DE BONIFACIO NATURE RESERVE

Heading Bonifacio to Discover its Treasures and Traditions



Enter the oldest city of Corsica and witness the magnificence of the old citadel overlooking the sea lying on the limestone cliff of Bonifacio. Join the Natural Reserve of Bonifacio, you are welcome to experience an adventure that will awaken your senses.



- Meet the local producers who will show you their land, their craft and will introduce you to local production and tradition
- Visit a permaculture garden with seasonal fruits and vegetables and taste edible flowers



- Take an old path on the cliff and discover the local fauna and flora and navigate to Lavezzi Island to meet endemic and rare species on a snorkeling adventure
- Meet passionate people who want to show you the city's treasures.

* **DIFFICULTY OF THE TRIP:** moderate

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Nature and Culture Itineraries Designed by Mediterranean Parks

ITALY (SARDINIA): PORTO CONTE REGIONAL PARK

The “Sleeping Giant” Tour



There is an island in the Mediterranean called Sardinia with an ancient history and culture, rich nature and wildlife. This trip takes you in a small world inside the Natural Park of Porto Conte, walking among the Medieval towers and Italian and German fortress.



- Taste the food and wine of local producers
- Hike in the trails above the sea, wrapped in the sounds and perfumes of nature, and bike in the old routes of the last war
- Sail in the Natural Reserve to the Cape known as the “Sleeping Giant”



- Walk in the streets of Alghero, “The little Barceloneta”, chat with locals to discover the only town in Sardinia with a strong relationship with Catalonia
- For sure when you fly back you will need to come back again!

* DIFFICULTY OF THE TRIP: moderate-difficult; biking-focused

ITALY (LAZIO): PONZIANE ARCHIPELAGO

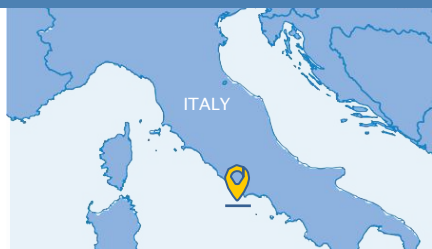
Dive into the History and Natural Wonders of the Pontine Islands



These tiny islets, in the very middle of the Tyrrhenian Sea, are a real paradise for nature enthusiasts. Fundamental sites for birdlife and migration and one of the most interesting areas for Scuba Diving, these pearls will enchant you.



- Enjoy a naturalistic walk with local guide to discover the natural history and botanical essences
- Observe the unique biodiversity of coastal environments and tie pools
- Visit to the Museum of Bird Migration, the first of its kind in Italy



- Visit the Ventotene lentil fields and discover the techniques of sowing and harvesting, tasting of the famous soup of this extraordinary cultivar
- Enjoy a night walk while listening to the chants of shearwaters at the nesting site.

* DIFFICULTY OF THE TRIP: easy

CROATIA: CRES-LOŠINJ MARINE PROTECTED AREA

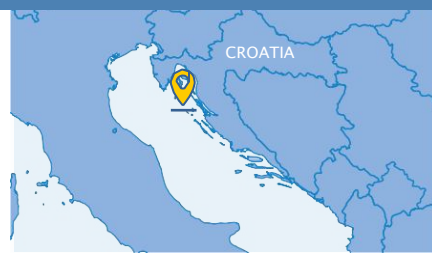
Rhythm of the Senses – The Island of Lošinj



It is the place where all your senses will be engaged at once. Catch your own rhythm of senses throughout this inspiring and educational NATURA 2000 site, which has become known as the ‘Island of Vitality’ and a shining eco-tourism rhapsody of senses.



- Taste fresh meal prepared traditionally, reviving the ancient times of Apoxyomeno
- Explore the Island's rich cultural heritage from Venetian, Austro-Hungarian, and Yugoslavian times



- Learn about Mediterranean wild plants in Lošinj Aromatic Garden
- Relax with the sound of the waves intertwined with the sounds of Duje, Nola, or some other joyful dolphins.

* DIFFICULTY OF THE TRIP: easy

DestiMED PLUS FAM Trips Spring 2022 - Mediterranean Experience of Ecotourism

Nature and Culture Itineraries Designed by Mediterranean Parks

ALBANIA: DIVJAKË-KARAVASTA NATIONAL PARK

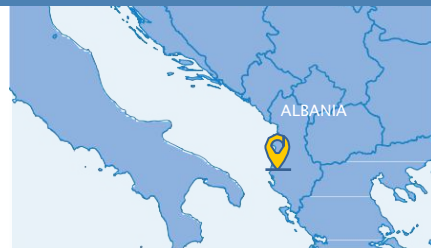
Pelican's Letters



Imagine being in between two rivers, in a fortress of nature and life where you are welcomed every day by the Pelican. Divjaka - Karavasta Park is a journey between the discoveries of Albania's third treasure.



- Visit the Pelican Island and monitor the heron colony
- Discover the hospitality of the inhabitants, fishermen and artisans
- Learn about bats habitat and hike to the watchtowers to see the landscape of the park and the reservoir of Kryekuq



- Explore the area through walking trails or by horse that traverse the experience of visiting from the tall pines to the centuries-old churches
- Visit the Church of St. Thanas by bicycle and see one of the most beautiful sunsets in Karavasta.

* DIFFICULTY OF THE TRIP: moderate

GREECE (SOUTH AEGEAN) : NORTH KARPATHOS AND SARIA ISLANDS

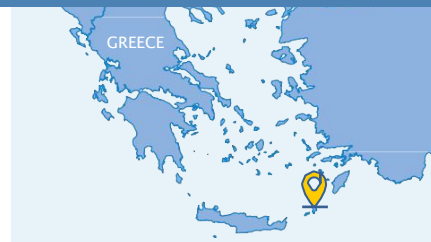
Feel Like a Local Combining Culture with Pure Nature



Karpathos island is a destination characterized by its pure nature and unique culture. Its isolated location and low population density have played key roles in the conservation of nature, customs and relevant cultural activities.



- Learn about the centuries-old history of the island
- Discover its traditional tastes, music, dance, dressing and food and cook like a local



- Admire its amazing pure nature sites through hiking experiences
- Observe the species that live in the protected area, like the unique species Karpathos frog Salamander and Mediterranean monk seal.

* DIFFICULTY OF THE TRIP: easy-moderate

GREECE (CRETE) : WESTERN ASTEROUSIA BIOSPHERE RESERVE

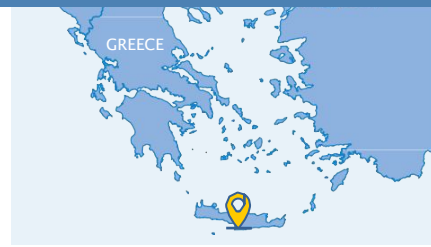
Between the Mountain of Stars and the Gorge of Saints



Every place in Greece has its legends, stirring tales of heroism and adventure. Western Asterousia offers tranquility in a stunning natural environment. The impressive landscape of the Asterousia mountain range is in the Natura 2000 network.



- Learn about the process of olive oil production by visiting an Olive Oil farm
- Enjoy a hiking reaching the highest summit of Asterousia, the sacred summit of Kofinas (1231 m)



- Enjoy high-quality organic Cretan wines by visiting a third-generation family company Winery on the way to the mountains
- Relax in the azure blue waters of Mediterranean Sea.

* DIFFICULTY OF THE TRIP: moderate

MEET FAM Trip Spring 2022 - Mediterranean Experience of Ecotourism

Nature and Culture Itineraries Designed by Mediterranean Parks

SPAIN (ANDALUSIA): BAHÍA DE CÁDIZ NATURAL PARK

The Art of Salt



Bahía de Cadiz Natural Park Salt Pans are a unique example of how human activity and natural processes tie together.



- Taste the local products that come from the estuary and learn about artisanal fishing practises
- Learn about the local flora and fauna of the salt pans



- Meet the local producers and artisans, who will warmly welcome you and introduce you to the art of salt and everything surrounding it

* DIFFICULTY OF THE TRIP: easy



These FAM trips are organised by IUCN Med and MEET Network on behalf of the DestiMED PLUS project



Project co-financed by the European Regional Development Fund



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