

EXPERIENCE: IMMERSION IN THE ANCESTRAL CULTURE OF BORDER VILLAGES

- **Duration:** Day and a half experience. (they can be separate experiences).
- **Availability:** From October to May
- **Minimum:** 5 people
- **Maximum:** 8 people
- **Requirements:** Suitable for anyone
- **Accommodation Type:** Rural House (It is a restored traditional house, with the best views of the mountains in a small village with a rich ethnographic heritage).

DAY 01: Traditional basket weaving workshop with product tasting.

PM. Recibimiento de Marta Delgado, anfitriona.

Duration: 4 hours

Includes:

- 30 minutes introductory talk about life in the border villages (Smuggling, refugees, emigration) within the facilities.
- 2 hours of traditional Xurés basket weaving workshop.
- 1 tasting dinner with contraband products and traditional preparations.

Personal Equipment:

- Comfortable clothing.

Activity Description:

In this sustainable Eco experience, led by Marta Delgado González, visitors will have the opportunity to immerse themselves in the rich ancestral culture of the border villages in the Xurés area.

We will start by getting to know the natural environment in a brief 10-minute talk that will introduce us to the way of life in border villages, based on smuggling, traditional agriculture, and the use of natural resources for survival. Subsequently, we will approach to explore the facilities and prepare all the materials we will work with. Materials such as willows, brooms, gorses, and rye straw, collected from our natural surroundings, will be used to craft containers that were used over the ages for daily life activities, such as fruit picking, transportation of goods (smuggling), traps for hunting and fishing, and displaying products at fairs.

There is a legend that explains when a young man courted a girl for marriage, he would give her a basket, which would be the cradle for their children. Therefore, it could be said that basket weaving has been with us since the beginning of life.

We will conduct a basket weaving workshop, where we will work on a catch-all tray using these natural materials and our hands. We will do it in an artisanal and traditional way, like authentic artisans who are disappearing from our society.

Finally, in the evening, we will have a setup prepared for us to taste typical local foods that were part of the commercial exchange (barter) and smuggling route.

DAY 2: Gastro-cultural workshop for traditional Galician bread making.

AM Check-in. Breakfast prepared by Marta with locally sourced products (traditional corn bica, artisanal jams, pastries, corn and rye bread toasts, and milking milk).

Duration of the experience: 5 hours.



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Includes:

- Products for dough preparation.
- Apron.
- In addition to the bread, we will make in our batch: roast, empanadas, "bolos preñados" (pregnant cakes), vegetable pie, and bica, for our lunch.
- 1 tasting lunch with the bread and all the products prepared in the batch, with our guests.

** It takes about 2 hours for the entire process from the start of kneading, the fermentation process, until the ignition the oven.

** Food restriction must be indicated on the booking process.

Activity Description:

- Comfortable clothing.
- Hat to tie back hair.
- Comfortable and washable footwear.

Activity Description:

We will start with the dough preparation, oven heating, "baking" the bread, and preparation of other typical products (empanadas, "bolos preñados", bica), in an ancestral ritual full of magic, legends, and tradition, performed in our villages and in the communal oven.

In this process, participants in the workshop will engage in each stage, sifting the flour, kneading, creating their own bread, shaping it, feeling the magic of dough rising, the aromas of the oven after cleaning with laurel, or the scent of freshly baked bread. The flavours of the empanada and roast made with time and local products will give us the feeling of living in a bygone era, of which there are few places left to relive such experiences, as our grandparents did, enjoying the authentic.

After traversing several paths and meeting many people, I stick to my roots, nourishing myself with folk wisdom to transmit to the next generations the values of our ancestors, in the respect and care of nature and the use of natural resources.

Eco-Friendly Practices:

- Casa Miraxurés has been restored and rehabilitated with noble materials.
- It exhibits recovered and restored utensils and tools as a representation of rural life.
- Recycles all the waste generated by its guests.
- Has its own garden to provide seasonal foods.
- Has farm animals to share with children (dwarf goats, chickens, and rabbits). The manure from their animals helps fertilize the land. Everything is reused.
- She reuses pruning and clearing remnants to heat the oven.





