



# Expeditions to Transylvania

We have teamed up with a local conservation project to offer our popular bushcraft and survival courses in the spectacular surroundings of the Transylvanian mountains in Romania

Our local partners are APPP Demsus. They are an association of land owners and are part of the Rewilding Europe : Life Bison project and in the area we have chosen as our base camp there are a herd of bison who roam free for most of the year. Our visits will directly benefit their environmental projects



As well as the bison herd, the area is also home to wolves, bear, deer and there is an occasional sighting of a lynx. We will be taking a nature walk with a local guide to try to spot some of the local species that might not be familiar

Our instructors will be running many of our usual bushcraft and survival activities adapted for the local environment. The local forest is mainly whitebeam and birch and we will be making at least one souvenir made from locally harvested wood for you to take home.



Romania is home to some very skilled craftspeople. Much of the wood carving and embroidered clothing is made in the villages with each region having its own styles and designs. We will have an opportunity to explore some of the local crafts.



# Forest Knights

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We have a well earned reputation for feeding our clients well. This trip will be no different. Wherever possible we will be using locally sourced ingredients. One of our instructors has been spending a lot of time in Romania and has picked up lots of local recipes. Expect sarmale (stuffed cabbage), tocanita de vita (beef stew) and papanasi (donuts with fruit and cream.) And don't worry if you have special dietary requirements, give us notice and we will make sure we can accommodate you.



Our schedule has time to take in some of the history of the area. Not far from our base is a 7<sup>th</sup> century church, built from stones from an earlier Roman temple. And a visit to Transylvania should include at least one of the hundreds of castles. The Gothic Corvin's is about 45 minutes jeep ride from our base.

The expedition will start from Timisoara or Sibiu Airport. We will meet you at the airport and take a jeep safari through the Poiana Rusca mountains to our base near Demsus where the tarmac road ends. The last few kilometers are off road on mountain tracks. We will be wild camping and you will need to bring a tent/hammock/tarp and other personal equipment. A full kit list is available on request.

There are "Pensiuni" nearby if you or travelling companions would prefer more comfort. Transfers to and from the base camp can be arranged.

**Please contact us if you need more information or assistance.**