# Itineraries of Mother Nature Itinéraires on the Paths of History

*On demand and tailor made Prices are all included We are not subject to the VAT According availability of our partners* 



### **Our Association**

LIVE ART AS AN "ART DE VIVRE" Since 1986, we have developed our expertise in a very special field: cultural tourism.

Our initial ambition is to live art as an « art de vivre », to lead participants by their hand on our trips and tell them a story: the story of a place, its population, its architecture and its culture in the broadest sense.

Our team of professionals works on demand, adapting and creating tours and tailor-made programs.

Cultural tourism, special events and incentives, marketing and communication to be integrated in your seminar or congress: from the guided tour to your cultural event, Itinéraires answers promptly in (almost) every language. Each proposal is adaptable to your wishes and the reality of your timing and objective.



# Rendez-vous with Mother Nature: The Awakening

We generally remember the urban planning ambitions of Leopold II and the grand boulevards laid out by Victor Besme, his master builder. We forget that the King wanted a green city where nature would have its rightful place. At the heart of the new districts that are about to spring up, large estates will be preserved to create magnificent public parks, the green jewels of the inner suburbs. We take you on a tour of the two parks created to open up the borders of Saint-Gilles and Forest: Parc Duden and Parc de Forest. In the same way that the major avenues will create beautiful views in the city, the parks will offer great ventilation, open views over the city, intimate spaces for lovers, great playgrounds for families, but also an inexhaustible palette of colours.

### Practical information :



### Rendez-vous with Mother Nature: The Healing Forest

In the heart of the Forêt de Soignes, there is a place steeped in history where, since the dawn of time, people have come to honour the forest, to live out their spirituality, to exploit it and to find resources not only for their survival, but also for their health. We take you on a journey of discovery – between history and ecology – through one of the most beautiful stretches of the capital's green lung.

Practical information :

Outdoor walk starting from Groenendal station

Price:

280€/guide max 4h *Maximum 25 people per guide* 



### Rendez-vous with sleepy Mother Nature

What better place to admire autumn than in the Pede valley, arguably the most Bruegelian of all, and the setting for several of the painter's masterpieces, including the Peasant Wedding and the Parable of the Blind. Cut by the Ring, the valley passes through all the strata between town and country without leaving the Region, and above all, it offers a magnificent sample of the indigenous flora (black alder, ash, lime, reeds, etc.), offering, at this time of year, an extraordinary palette of golds, carmines, burgundies, oranges and ochres. The beauty and serenity of the area have even won over the wildlife, including the migratory birds that have been flocking to the banks of the many ponds along the river for several years now.

#### Practical information :



# Rendez-vous with Mother Nature: the Silence

More than the Forest, the park must prepare for winter, because 'domesticated' nature is more fragile, more precious and often exotic. We invite you to take a stroll through one of the Region's richest and most romantic parks: Josaphat in Schaerbeek, where the name alone is enough of a winter's tale. We'll see how the municipality has laid out a whole trail of memory and promoted local folklore through remarkable statuary, most of it created by local artists; how it has created places that have become emblematic of the moments of relaxation of the Schaerbeekers who use it throughout the year, as well as a veritable arboretum, at this time of year, dormant and protected from the attacks of the frost, but which remains resplendent.

#### Practical information :



### Cultural anchorage: The Water

From the Place Fontainas to the Grand-Place, via rue Marché aux Poissons, we'll be exploring some little-known aspects of the Senne. We'll follow its winding course, discovering the maritime district with its quays and centuries-old customs buildings, not forgetting the new constructions that recall the old port facilities. Using illustrations from the period and the few traces it has left in today's city, we will bring it back to life. Through the winding streets, the curves of the squares, the "holes in the Senne" and the sites of the old ramparts that lined it, we'll be able to feel the river flowing beneath our feet.

Practical information :



# Cultural anchorage: The Earth

Itinéraires invites you to discover the landscape that our ancestors shaped to become the capital of Europe. After wanting to turn it into a new Rome built on seven hills, in the 19th century they did everything they could to make it resemble Paris, with its boulevards and the legend of its birth on an island in the river Senne around a royal residence...Today, we know that the city was born sheltered from the whims of its river, on Mont Saint-Michel, where a small chapel became a cathedral. All around lay the fields of the first inhabitants of Brussels, the first workshops in the steep streets, often interrupted by staircases leading down to the Grand-Place, and later by magnificent palaces. The city was built on the steep right bank of the Senne, while the other bank was for a long time its food reserve and became Molenbeek.

#### Practical information :



# Cultural anchorage: The Fire

Itinéraires invites you to take a cultural journey: Fire and the Sun. Strong elements in the life of cities, of great fascination for some and great fear for others... These opposing feelings have left contrasting traces in the architecture, in the urban planning choices, in the iconography of the palaces and churches, but also in the bourgeois houses and even in the Houses of the Gildes on the Grand-Place. We invite you to take a stroll through some of the best-known districts, where you'll discover an infinite number of details and symbolic messages flooded with light, warmth... or fear of the terrible plague.

#### Practical information :



# Cultural anchorage: The air

Itinéraires invites you to take a stroll through the world of wind power. Wind power is the easiest form of energy to install in towns and cities, and Brussels seems very reluctant to use it. There is, however, one municipality where wind power has found a home: Woluwe-Saint-Lambert. Around its pioneering windmill, a whole series of projects are trying to use the power of the wind, as well as other techniques, to reduce their carbon footprint. Creative workshops, large companies, commercial spaces, even the names of certain streets – air has the wind in its sails here...

#### Practical information :



### Itineraries of a Sustainable Brussels

Contrary to what you might think if you stay on the beaten track, Brussels is full of green and sustainable initiatives. Brussels deserves its title of "green city". There are, of course, the many parks and gardens, but above all there are the shared vegetable gardens, urban farms, the tanners' market, vertical gardens, shared shopping groups... But there's also the recycling of materials into unique works of art, repurposed buildings, second-hand markets and service exchanges. And let's not forget the many anti-wasteful citizen initiatives, promoting low-consumption means of transport and so on. Our guide will take you on a journey of discovery of a Brussels that's a great place to live and innovate, in search of all those small sustainable and economical actions for an even greener Brussels !

#### Practical information :



### Mother Nature in Anderlecht

Our guide invites you to take a stroll through the "Commune de Saint-Guidon". As master of the place, he invites you to take a natural look at his commune! You'll be drawing parallels – and making journeys – between the traces of nature deeply embedded in our architectural heritage, such as the Art Nouveau style, and the living nature that we can actually handle, in gardens and parks for example. Mother Nature is an inexhaustible well of resources, from the stone and earth we use to build our homes, to Erasmus's medicinal plants to treat ailments, to the flowers and images we use to decorate our homes, to the fibres, plants and materials we use to dress ourselves..

#### Practical information :

Guided tour of maximum 4 hours With our cultural guides Outdoor guided tour + Visit to the Erasmus House Maximum 25 people per guide/group Maximum 14 people per guide/group for the Erasmus House



# Mother Nature in Anderlecht - Prices

	Guided Tour
The price includes	Guide(s) max 4h, back-up guide(s) for Erasmus House, tickets, our services Max 25 pax per guide Max 14 pax per guide for the Maison Erasme
5 pax	98€р.р
8-15 pax	72€ p.p.
16-25 pax	54€ p.p.
26-35 pax	63€ p.p.
36-50 pax	61€ p.p.
51-75 pax	57€ p.p.
76-100 pax	54€ p.p.
From 100 pax	On request



# **ANY QUESTIONS?**

We work on demand: do you want to modify the offer? Adapt it to your budget? Add more experiences? We are always ready to listen!

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