Slow Food is an international non-profit organisation based in Italy and currently made up of nearly 1,000 convivia, or chapters, with a growing network of over 80,000 members in over 100 countries.

The Tarnava Mare Tourism Association has been set up as part of the European LEADER programme to promote the development of sustainable tourism in the area, supporting local communities and promoting quality experiences for visitors.

Fundaţia ADEPT (ADEPT Foundation) is a charity working to protect this special countryside and give local people a secure future by promoting sustainable agriculture and the marketing of high quality food products, along with encouraging ancient crafts and skills, rural tourism and nature conservation.

The Saschiz Tourist Information Centre has been established by ADEPT to help visitors book accommodation and a range of cultural and food related activities within the Tarnava Mare region. Local produce, maps and guide books are available for sale.

More information available at: www.discovertarnavamare.org

Saschiz Tourist Information Centre
Str. Principala nr. 166, Saschiz, Mureş 547510 Romania
Tel: +40 (0)265 711 635
Fax: +40 (0)365 814 076
info@discovertarnavamare.org

Other Information Centres in the area:
Sighisoara Cultural Heritage Info Centre
Str. Muzeului nr. 6, Sighisoara
tel. +40 (0)788 11 55 11
sighisoara@dordeduca.ro
The Târnava Mare area of South-eastern Transylvania is one of the forgotten jewels in Romania’s crown. It is one of the Europe’s most important natural and cultural landscapes, including some of the finest pristine wildflower-rich grasslands – the result of centuries of good husbandry by local farming communities, who are still managing the land today in a way that has long protected the countryside and created a unique sense of place.

The region is made up of a mosaic of unspoiled traditional villages and fortified medieval churches, extensive deciduous woodlands and flower rich meadows.

The small communities, the few roads and persistence of traditional and non intensive agriculture have helped preserve a landscape of astonishing natural and cultural richness.

Bears and wolves still roam the woods and corncrakes and quail call among the long grass. This type of landscape was once common across much of Europe but has disappeared in most places.

Târnava Mare provides a magical experience for the visitor, either as your main destination or as a perfect addition to any multi centre holiday in Romania. Situated in the heart of the ‘Transylvanian Triangle’ it complements a visit to the historic cities of Brasov, Sibiu and Sighisoara.

World class Heritage
Time has given the area a rich historic tapestry – most notably the settlement by Saxons and Hungarians during the middle ages. These incomers brought distinctive architectural styles to the villages along with many stunning churches and manor houses. The constant threat of invasion from the east resulted in the construction of fortified churches and citadels.

The churches of Viscri, Saschiz and Biertan are on the UNESCO World Heritage list and are among many that can be visited. Knowledgeable guides help you discover the hidden stories.
Discover Târnava Mare
Unforgettable hospitality and experiences

In many of the villages traditional houses have been restored, and are available as a unique place to stay during your visit and to sample the timeless rhythms of rural life. Hosted by local families, you will get the opportunity to sample wonderful home cooked food made from ingredients grown and raised in the village if not in their courtyard. Meals are washed down with fresh crisp family wines and fiery palinka.

The high quality guesthouses and small hotels in the area provide opportunities for both individual travellers and organised groups.

A stay in one of the peaceful villages of Tarnava Mare gives you the chance to get an intimate insight into rural life. In most of the thirty villages in summer, you can see the evening procession of cows returning to their owners’ homes for milking, generally about an hour before sunset.

The Tarnava Mare Long Distance Walking Network provides opportunities for the walker, hiker or cyclist to explore this stunning landscape for days. This initiative is the first of its kind in Romania is based wherever possible on existing cart tracks that have linked the villages in the area for centuries. From Biertan in the west to Viscri in the south east of the Tarnava Mare area, the long distance path provides a challenge for the more energetic, while other village to village trails provide further choice for walkers of all capabilities.

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Experience traditional bread making. Combine this with a village walk and church visit while the bread is baking, so you can return to see the bread taken out of the oven and taste it while it is still warm.

Visit an organic farming training scheme for young people. Taste their organic milk, cheese, bread and vegetables.

See Barrel making, blacksmith, charcoal burning, weaving and embroidery demonstrations and have the opportunity to take home unique presents.

Slow Food Tarnava Mare is the founder of the Slow Food movement in Romania with the first convivium or chapter being formed in July 2005. A regular Farmers Market in Bucharest was a major initiative to help create demand for local produce from small producers nationwide.

Meet the bees wearing wearing a fully protective bee suit and discover how honey is produced. Taste and buy different types of honey.

Take a horse and cart ride through wild flower meadows to see sheep being hand milked and cheese being made. Picnic lunches can be arranged.

Visit the goats and see cheese making and sample traditional cakes, jams and pickles.

Explore the local fresh produce market held daily in Sighișoara and Rupea, with a wide range of local produce on offer.