

## FLAVOURS OF CRETE: A TASTY TOUR AROUND CRETE - AUTUMN 2025

Join us for an extraordinary journey through Crete, where sun-kissed landscapes meet a culinary paradise! Our exclusive food and wine tour invites you to taste, explore, and savor the essence of this stunning Greek island, renowned for its rich cultural background, deep culinary heritage and exquisite wines.

### What Awaits You:

**\*\*Gourmet Delights\*\*:** Savor authentic Cretan dishes made with fresh and seasonal, locally-sourced ingredients. From the famed dakos, the surprising variety of cheeses, and the world renowned olive oil, each meal is a celebration of tradition and flavor.



**\*\*Wine Tasting Adventures\*\*:** Discover the renowned vineyards of Crete, where you'll sample an array of exquisite wines. Learn about indigenous grape varieties and the unique winemaking process that produces wines that will catch you by surprise. Be amazed by terroir and natural surroundings that create a unique spot for wine lovers.

**\*\*Cultural Insights\*\*:** Immerse yourself in the rich history of Cretan cuisine and wine. Our passionate local guides will share stories of tradition and craft, giving you a deeper appreciation for each bite and sip. Engage with the locals and experience first hand the cultural and historical characteristics that make people express what it feels to be from Crete.

**\*\*Farm-to-Table Experiences\*\*:** Visit charming family-owned local businesses and tavernas, where you'll witness the art of Cretan cooking firsthand. Engage in hands-on cooking classes and learn how to prepare classic dishes, using time-honored recipes.



**\*\*Unforgettable Moments\*\*:** Capture memories as you connect with fellow food and wine enthusiasts. Whether you're a seasoned connoisseur or a curious adventurer, our tour is designed to delight every palate.

## THE TRIP

### DAY 1: Monday Oct. 6th

- Arrival in Heraklion / transfer to hotel
- Welcome dinner / Introduction from food expert-anthropologist



*Learn about the history of Cretan gastronomy from ancient times until today and the particular benefits of the world-renowned Cretan diet.*

*Taste a big variety of mouth-watering delicacies and embrace the simplicity of our island's cuisine!*



- Overnight in Archanes (Villa Archanes or similar)

### DAY 2: Tuesday Oct. 6th

- Cooking lesson and lunch in Alagni

*In the traditional village of Alagni you will join our food expert and the real Cretan mamas in a fun cooking lesson and learn all the secrets of famous Cretan diet.*

*You will cook and you will eat what you made. You will enjoy Cretan delicacies paired with good Cretan wine!*

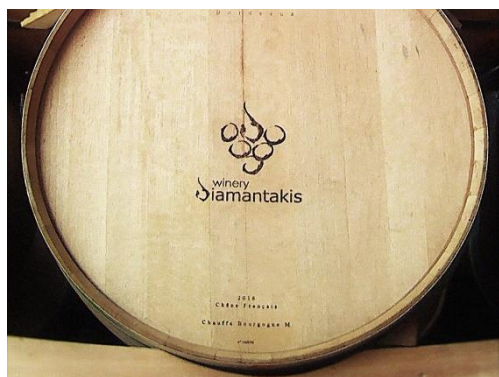
- Overnight in Archanes (Villa Archanes or similar)



**DAY 3: Wednesday Oct. 8th**

- *Wine tour / wine routes around the region of Archanes (Douloufakis, Diamantakis, Idaia and/or Angelakis).*

*Enjoy tours inside the family-owned wineries and around the vineyards, where you can learn about indigenous grape varieties and sustainable farming practices. Spoil yourselves with wines from the vineyards on a full-day tour with stunning views.*



- *Overnight in Archanes (Villa Archanes or similar)*

**DAY 4: Thursday Oct. 9th**

- *Cheese making with shepherds in Nida Plateau / Anogeia region*



*Find out where the heart of Crete beats: in the high mountains!*

*Spend a day with shepherds around their typical hut (mitato) in the Psiloritis mountains and participate in the various stages of cheese making.*

- *Melidoni Cave*



*The rather small but nevertheless impressive stalactite cave impresses with atmospheric lighting, massive stalactite formations and an interesting (albeit tragic) historical background.*

- *Overnight in Rethymno (Pepi Boutique Hotel or similar)*

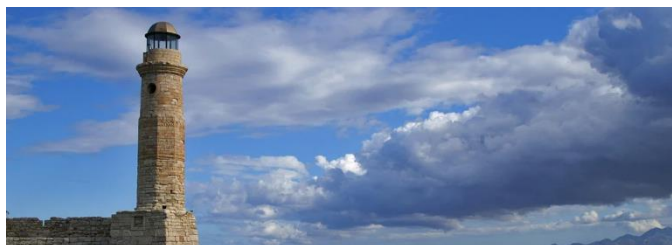
#### **DAY 5: Friday Oct. 10th**

- *Tour and typical lunch in an organic herbs farm*



*Visit a farm of organic herbs, a vivid paradise of vegetables, fruit trees and indigenous animals. Sense the Cretan nature with all your senses and learn how the organic herbs can be used in different ways in modern lifestyle.*

- *Free afternoon in the city of Rethymno*



- *Overnight in Rethymno (Pepi Boutique Hotel or similar)*

## DAY 6: Saturday Oct. 11th

- *Olive oil tasting in Kapsaliana*

*Get a deeper insight into olive oil history, production and practices and unravel how this oily treasure ends up in a bottle. Learn to appreciate the aromas of olive oil in a unique village hotel around a historic olive grove.*



- *Arkadi monastery*



*Visit the historic monastery of Arkadi, Crete's most famous, a symbol of freedom, set in an idyllic location.*

- *Winery Manousakis*

*Enjoy an exquisite wine tasting with the right mezze ! Privately tour the fermentation floor and barrel room where winemaking will be explained.*

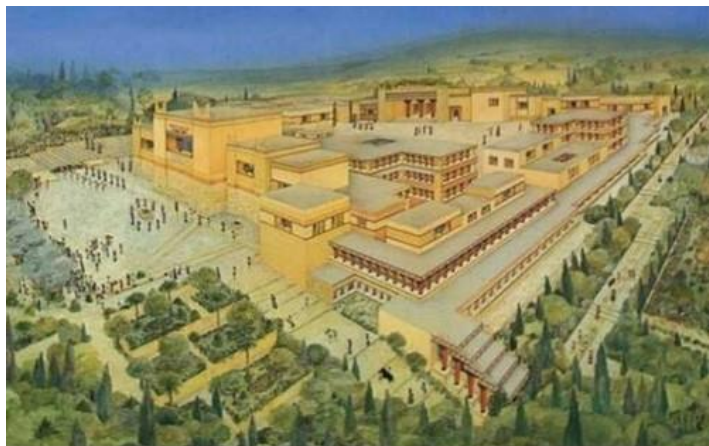
- *Overnight in Chania (Elia Bettolo or similar)*

*Preceded by a delicious dinner of choice in the harbour*



## DAY 7: Sunday Oct. 12th

- *Knossos palace tour / optional museum tour*



*Meet your archeological guide for an interesting private tour in the most significant archeological area of Crete: the famous palace of Knossos.*

*Also you can visit afterwards the Archaeological museum in the city of Heraklion and learn about the History of Wine or participate to a food tour in Heraklion (optional)*

- *Wine tasting in Strafilo wine bar*



*The winebar is a unique space with a variety of labels and the vinyl collection gives a distinct identity. Indulge yourselves here in a special wine tasting to wave farewell to Crete!*

- *Overnight in Heraklion (Kastro Hotel or similar)*

## DAY 8: Monday Oct. 13th

- *Departure from Heraklion/ transfer to airport*

## Your Wine Guide : Georgios Maltezakis

- George is an **Anthropologist and a Culinary Tourism Professional** specializing in the promotion of food travel **focusing on the Culinary Culture of Crete.**
- He holds a **PhD in Anthropology** with research on food consumption patterns with a **comparative research in the European Food Markets of Greece and Slovenia.** He



has been involved in the travel industry since 2012 and has dedicated himself in bringing Crete in the attention of the world of travel, outside the mass tourism models, showcasing it as a unique and special destination. His main effort is to link cultures through the awakening of the senses, with taste being in the starring role.

- In recent years, he has been **involved in the production and sale of wine in various ways:** from organizing Cretan wine tastings to teaching wine tourism at MBS College of Heraklion, but mainly from his position as Regional Wine Sales Coordinator and trainer for the largest wine and spirits distribution company in Crete.

## **COSTS | 1,620.00 EUR per person (for 8 persons)**

### **INCLUDED**

- Accommodation with breakfast
- Rental minivan with Full Damage Waiver (FDW) - category Group: 9 seat mini- van
- Driver / Guide-food expert (accommodation and food included)
- Welcome dinner (wine included)/ Introduction from food expert-anthropologist
- Cooking lesson and lunch in Alagni
- Wine tour & wine tasting in 3 wineries
- Cheese making experience (lunch included)
- Tour and lunch in organic herbs farm
- Olive oil tasting
- Wine tasting and dinner under the stars experience
- Knossos palace tour with official guide
- Wine tasting at Strafilo wine bar
- Customization of the itinerary, personalized booklet, maps of the regions you visit
- Phone support 24 hours a day
- Third Party Liability
- Taxes
- Transfer from / to airport

### **NOT INCLUDED**

- International & domestic flights
- Personal travel Insurance (upon request)
- Entrance fees for museums and organized historical/archaeological sites
- Accommodation VAT (it depends on the type of hotel): it varies from 0.50 to 5 euros per day, per room, to be paid on spot, to each hotel.
- Meals (around 15,00€-30,00€ per person per meal), beverages and drinks - if not mentioned above
- Personal expenses & tips
- Anything not mentioned above