

# Food & Wine Tour

*Life's too short to drink bad wine*



In an international scale there is much discussion about, and deep interest in, finding the ideal diet, which will improve the health of human beings warding off illnesses.

Ever since antiquity, the traditional diet of Cretans seems to be just such a one, including all the right ingredients.

The Greek island of Crete has always been identified with healing and regeneration. And once again, an ancient culture may offer lessons to the people of today!

Following scientific research and statistical analyses, the Cretan nutrition and diet has been proven to promote health and longevity. It consists almost exclusively of products that the people of Crete produce naturally.

It is not only the unique in taste and quality Cretan products but also their combination, which gives an enormous nutritional value and can be found in every Cretan dish.

## Day 1

Arrival in Crete. Transfer to your hotel. Dinner and overnight.

## Day 2

Today you will be taken back 4000 years to the time of the oldest civilisation in Europe. The Palace of Knossos, centre of the Minoan Civilisation, will leave you breathless as you wonder over the technology and facilities of that period.

The tour continues through the island's hilly countryside filled, since 4000 years, with the olives orchards and most famous vineyards. We drive through the village of Archanes, just 10 km south of Knossos palace, where we will visit Vathypetro, one of the oldest farmhouses of Crete, belonging to the Minoan period 16<sup>th</sup> century BC, with a ceramic feet wine press. Archanes, is a market town nestled in the broad upland east of Mount Juktas, the god Zeus has been immortalised in the profile you see etched against the clear blue Cretan skies. You will stop in this beautiful place with many restored sandstone houses from the Turkish period and an inviting square with high shady trees.

At the end we will visit the village of Thrapsano to see the pottery of today being made

Driving through this famous wine-country south of Heraklion you will pass vineyards, which are there since the Minoan period. Visit a modern winery, video introduction to Cretan wine production in former times and nowadays, and wine tasting.

Dinner and Overnight



## Day 3

Today we will visit a farm with biological vineyards and other organic products. You will enjoy a Cretan snack and a lecture based on the Cretan diet. Today we will talk about herbs and their use in the Mediterranean cuisine. We will also talk about olive oil and its amazing power. There will also be a brief introduction on vegetables, meats and fish and ways to create easy, healthy and delicious food.

We will continue to Rethymnon town. We will visit Oinothiki a lovely old Venetian House with a great variety of wines. There will be free time for you to explore Rethymnon or enjoy a meal.

Dinner and Overnight

## Day 4

Visit of the traditional village Vafes. We will visit an old olive oil press, and then enjoy a cup of Greek Coffee.

We will then continue to Chania where we will visit the market and a traditional supermarket. There will be free time for you to explore the Venetian town of Chania or have a meal.

There will be free time before we start our cooking lesson. You will get lots of ideas, tips and secrets to create your own meals. At the end we will have a dinner and taste the food with a local Cretan wine.

Overnight

## Day 5

You deserve a free day, all to your own. Relax and spend your day as you like.

In the afternoon we will enjoy a Cretan evening. You will enjoy a show with live music and folklore dances from all over Greece.

Cretan dancers in beautiful costumes will perform their absolute best dances while musicians will play original Cretan music and modern melodies. This is your chance to see the Cretan music instrument 'bouzouki'.

You will have a pleasant night with traditional food, plenty of wine, and a show with folklore dancing, and modern Greek music. Whether you sit back and just enjoy or get up and join in the dancing, the atmosphere is intoxicating and contagious.

## Day 6

Along the north coast via the new national road up to Vrisses and then across the island we will reach Imbros. It is the still unknown beautiful Imbros Gorge. The gorge looks like a labyrinth; and because of its rich vegetation of flowers and shrubs, the gorge is green and colourful during all seasons. About 2½ hours are needed to cross the 7½ km long gorge. The path is partly covered with stones and/or sand. Before starting the hike there will be a break giving you the chance to taste the famous Imbros pies (pitta's).

At the exit of the gorge you will find the small village Komitades, which offers a magnificent view over the partly flat south coast. After the hike it is lovely to sit and to relax in one of the taverns and enjoy the panoramic view.

Dinner and Overnight

## Day 7

The day will be free. Relax or do some shopping.

This is your last night in Crete.

Farewell dinner and Overnight.

## Day 8

Transfer to the airport for departure flight.

While you are on board close your eyes and try to remember the last days. Keep the best moments in your heart and share them with your friends or family. Create a Cretan healthy meal for them and serve it with a lovely wine.



*This tour is designed for **TRAVELS TAR EXCLUSIVE** by Anastasia Vasileiou, author of **Healthy – Yummy – Easy Greek Food** by Anastasia*

