

Authenticity

Crete is unique by origin and so are its flavors! Join this tasteful tour and explore the authentic aromas, recipes and local ingredients of this great island.

The largest island of Greece and a border to another continent, the cradle of Minoan civilization and a rare blend of Byzantine, Venetian and Ottoman culture, all weaved into a modern net with a signature of the free and robust Mediterranean spirit.

Day 1. Arrive & get settled

Arrive at Chania and check-in at a 5* hotel. Enjoy the hotel facilities and relax by the beach. Meet the group guide and your fellow travelers, and enjoy together a welcome dinner at the hotel restaurant.

Day 2. (Falasarna, Kaliviani & Chania)

Start your trip with a visit to the world famous beach of Falasarna, one of the longest in Western Crete. Enjoy swimming and relaxation in the fascinating crystal turquoise waters. Attend a cooking class focused on fish at a restaurant of unique traditional style – with a barrel shaped gate & a builtin

wine-press! Learn how to properly clean, marinate and barbeque the fish in a traditional way and savor a delicious seafood lunch. In the evening you will enjoy a marvelous dinner at a restaurant at the Venetian port of Chania.

Day 3. (Chania & Akrotiri)

You start the day with a guided tour to the farmers' open air market and an introduction to the great variety of local products. After a relaxed walk through the old town along the Venetian port we reach the municipal cross-shaped Market Hall, a live showcase of all the fresh local aromas & flavors. After tasting a variety of traditional casseroles inside the Market, we pay a visit to the town's oldest wood-fired bakery. In a short drive we reach Akrotiri, where you will experience a cooking class, a wine tasting and a unique meal at an exquisite restaurant with wonderful panoramic views. In the evening special cocktails and relaxation are to follow by the hotel pool!

Day 4. (Vouves, Astrikas & Palaia Roumata)

This morning is an "all about olive" experience! We start by visiting the Olive Tree Museum to observe the oldest olive tree in the world and we move on to an exclusive organic olive oil producing facility, where we will have a guided tour of the factory and taste olives and oil varieties. At a shortdistance,

we find ourselves at the picturesque village of Palaia Roumata, doing some trekking at the nearby gorge and enjoying a fabulous meal. A visit to the local Women's Agricultural Cooperative is to follow, to watch the women prepare tasty traditional sweets, before we move on to the village of Dromonero to visit an old olive-press that was successfully turned into a community Art Factory, serving today as gallery, museum and international art-residency. Finish off this day with some winetasting at a nearby winery!

Day 5. (Aptera, Vamos, Alikampos)

This day begins with a tour around the ruins of Aptera, an ancient city-state of the Minoan era. Moving on, we visit Vamos, a beautiful stone-built traditional village with very well-preserved architecture. Walk around the village and attend a hands-on cooking session where you learn to prepare various local seasonal dishes, and then of course sit back and enjoy this traditional Cretan meal! Before we head to the hotel, we visit an exceptional local winery for another great wine-tasting experience!

Day 6. (Polemarchi, Xirokampi, Vatulakkos)

We start the day with visiting a beekeeper in his farmhouse. After a nice walk around the farm and some fruit picking, we get a homemade treat by the lady of the house. We go on with an introduction to honey making and the local artisan beekeeping, and conclude with some honeytasting.

Our next stop is the settlement of Xirokampi and a traditional country house, where the owner will show you around the vegetable garden and help you collect herbs, seasonal vegetables and eggs from the hencoop, to bring them to the table for your hands-on cooking class to start. Prepare your authentic Cretan recipes guided by the lady of the house. While lunch is cooked in the wood

fired oven, get an extra taste of art by testing your skills in food photography. Our professional photographer will share secret tips, tricks & techniques that will help you take the most outstanding shots of your favorite Cretan dishes. Close this weekly journey to Cretan gastronomy and traditions with an exquisite dinner at the most eminent winery of western Crete!

Day 7. Transfer to the airport and pick your next Culinary Experience destination.

Included:

- Accommodation in Minoa Palace 5* Resort & Spa (or similar)
- Airport pick up & drop off
- Private group luxury transfers
- Guided five-day tour to traditional villages, archaeological & historic sites and major natural attractions
- Five hands-on cooking classes
- One food photography seminar
- Visits to local farms and estates and on-the-spot tastings of local, top quality products
- Six breakfasts
- Five lunches & three dinners
- All entrance fees for scheduled activities / visits
- English speaking guide
- Travel insurance

Excluded:

- International & domestic flights
- Visas
- Meals & Drinks, where not listed as included in the itinerary
- Optional additional tours or activities during free time
- Tips and items of a personal nature