



Seminars Celebrating Historic Food and Wine Routes

Sample Program

Crete's Culinary Sanctuaries Seminar:

Historic Food and Wine Routes from the Minoan Period to Today

Available Dates: ☐ June 6 to 14, 2011

An 8-day program designed for professional researchers and serious enthusiasts of archeology, agroecology, botany and cuisine. Explore Crete's cultural and natural treasures with resident specialists. ☐ Enjoy low and medium-level hiking during the journey, just as our ancestors traveled. Stay in small family-run lodging in the regions we will explore to support community-based sustainable tourism. Discover a taste of Crete's fascinating heritage while supporting important grassroots initiatives of the present. Our professionally guided tours, presentations and hikes are private and customized for our small group of 12 attendees.

Program Highlights :

History: ☐

- * Join resident licensed historians for private tours of the Historic Sites of Knossos, Festos and Gortyna
- * Join Professor Donald Haggis at the archaeological site of Azoria where excavation work is in progress

Music: Visit the Labyrinth Traditional Musical Instrument Museum

Traditional Cuisine: Dinners and demos featuring regional specialties from wild and cultivated sources

Organic Wine: Visit several gorgeous organic vineyards for presentations on indigenous

varietals

Botany and Geology: Explore Crete's beautiful and wild countryside with resident ecologists

Locations:

Days 1 and 2: ☐ Heraklion Area, North-Central Crete

A taste of Minoan culture, traditional music, botany, organic food and wine.

Days 3 to 5: South-Central Region and Coast

Visit Festos and Gortyna, organic farms and a fantastic organic winery.

Days 6 to 8: ☐ Eastern Mountains and Coast

Explore the Azoria Project, an archaeological site- excavation in progress, and other historic sites, farms, vineyards and hamlets with Professor Donald Haggis and the research team.

Day 9: Travel day.

Seminar Fees per person: from 3,200 Euos. Advance reservations are required. [Contact us](#) for more information. Partial scholarships available for professional researchers and students. Application Deadline: December 20, 2010[extended].

Seminar Fees include: Accommodation, expert guide fees, site entrance fees, transportation to/from scheduled tours, all scheduled food and wine tastings, daily breakfasts (simple continental) and lunches and most dinners. Lunch and dinner menus are preplanned, family style, featuring an array of traditional Cretan dishes to sample as part of the seminar, and local wine during dinner (2 glasses per person) or another local beverage of your choice. Accommodation in Heraklion is in a 3-star hotel; accommodation in other regions is simple and often very unique self-catering apartments or cottages run by members of the community. Community-based tourism in action.

Seminar Fees do not include: Travel to Crete or any other transportation, lodging, food or drinks not listed above.

See the links section for general travel advice.

Note: ☐ Level of hiking is low to medium impact, depending on the day. ☐ All attendees must enjoy walking an average of 3 to 6 hours a day in sometimes rocky and steep terrain. Schedule subject to change due to attendee interests, weather and other unforeseen conditions