

Regional Stage Itinerary

CRETE

SUNDAY 22th MARCH 2009

8:00 Departure from Colorno

8:30 Departure from Parma

18:00 Plane arrival in Hania airport, Crete.

18:30*Departure from Hania airport by vans.

20:00 Dinner in a traditional tavern in the village of Armenoi

22:30 Arrival in the accommodation area in Rethymnon town.

MONDAY 23th MARCH 2009

08:45 Departure from Hotel.

09:00 Stop in a popular bakery for getting Cretan goodies. Breakfast “on the run”.

10:00 Walk on the countryside and collection of wild greens with Manolis, local restaurant owner.

13:30 Visit to a cheese making factory in Karines village. Light lunch with cretan dairy products.

16:00 Visit to an organic pig farm

17:30 Return to the hotel in Rethymnon.

17:30-20:00 Free time

20:30 Cooking demo and dinner in Manolis taverna, in Atsipopoulo village, preparing and eating food with wild greens collected during the morning activity.

23:00 Return to the hotel in Rethymnon.

TUESDAY 24th MARCH 2009

09:00 Departure from Hotel.

09:30 Breakfast in a pastry shop, very popular place among Greeks, in Rethymnon Down Town.

10:00 Meeting with representative of Rethymnon Town Council and official welcome.

10:30 Guided tour in the old venetian part of Rethymnon town

12:00 During the guided tour, visit to traditional filo maker in Rethymnon old town.

13:30 Cooking demo and lunch in a restaurant certified by the Greek Academy of Taste,

16:00 Departure for Melidoni village. Visit to olive oil extraction factory. Introduction to the history of olive oil extraction methods on Crete through the ages and olive oil tasting.

18:30 Return to the hotel in Rethymnon.

21:00 Dinner in a popular traditional taverna.

WEDNESDAY 25th MARCH 2009 (GREEK NATIONAL HOLIDAY)

Late waking up! Departure from hotel at 09:45.

10:00 Breakfast in Rethymnon old town.

10:30 Cretan gastronomy in luxury hotels of Grecotel. A presentation by gourmet specialist Mr. Dimitris Kalaitzidakis, manager of Grecotel Creta Palace (5* hotel in the area of Rethymnon

11:30 Presentation of the activities of the Mediterranean Association for Soil Health, by Kostas Bouyouris, agronomist and president of M.A.S.H.

12:30 Presentation of the recently formed Cretan Food Quality Standards association.

13:30 Departure for South Crete, swim in the Libyan Sea (for the brave ones!!), eat lunch in beautiful beach tavern.

19:00 Return to the hotel in Rethymnon.

Free evening and dinner

THURSDAY 26th MARCH 2009

09:00 Departure from Hotel.

09:15 Breakfast.

09:45 Visit to the Rethymnon Farmers' Market.

11:30 Visit to a fish restaurant. Diving and gathering sea urchin, sea weed and other sea food. Preparation of octopus. Sea food cooking demo.

13:30 Sea food lunch.

16:00 Departure for the mainland of Rethymnon district.

17:00 Visit to the Women's Association in Amari Valley. Cooking demo and tasting of home preparation of small pies (wild greens pie, cheese pie), artichoke preservation in olive oil, "spoon sweats" and more...

20:00 Return to the hotel in Rethymnon.

Free dinner

FRIDAY 27th MARCH 2009

08:30 Departure from Hotel.

08:45 Breakfast "on the run".

09:15 Departure for Heraklion city.

11:00 Visit to the Medical School, Department of Preventive Medicine. Lecture on the effect of Cretan Diet on the human body.

12:30 Departure for the highlands of Crete. Visit to Anogeia village, the highest village of the island.

14:00 "Shepherds' lunch" on the highland plateaus!

16:00 Introduction to local textile making.

16:30 Visit to traditional bakery in Anogeia.

18:00 Return to Rethymnon town.

21:00 Dinner in a fish tavern in the Old Venetian Port of Rethymnon.

SATURDAY 28th MARCH 2009

08:30 Departure from Rethymno

09:30 Arrival in Chania Airport for check-in

10:45 Departure from Chania Airport

20:00 Arrival in Colorno

20:30 Arrival in Parma