

# Isle of Crete

## Post Conference Tour

**Field to Plate** Exchange Forum  
- Post Conference Tour.

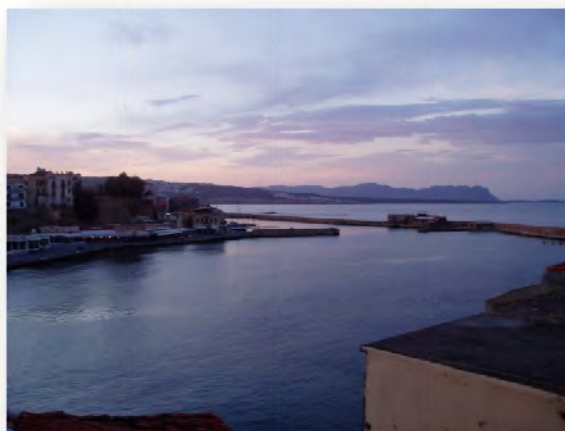
In conjunction with Cretan Adventures

Tours immediately follow the end of the second and third conference programs.

An additional tour will be added following the first conference program should there be sufficient interest.

October 11 – 16, 2008  
October 18 – 23, 2008

\$1300 - \$1700 (on group size basis)



## Post Conference Tour

Field to Plate reached out to a professional outdoor activities company in Crete to develop a custom program for us.

Our program will take us mostly to the Western and Central mountains, gorges and coastline. It is a five day island experience designed for you to pick and choose activities from. Choose to participate in scheduled hiking and touring activities that expose you to the nooks, crannies and unrivaled beauty of Crete, or simply relax in glorious locations on the island.

### DAY 1

Transfer from Vamos to Milia. Dinner and overnight at Milia.

### DAY 2

2-3 hours hike around the area of Milia (for wild berry collecting, etc.). Visit Milia's organic gardens. Dinner and overnight at Milia

### DAY 3

Depart after breakfast for the village of Agia Irini. Walk through the Agia Irini gorge to Sougia (3-4 hrs walk). This gorge provides a nice and quiet path next to a stream and rivals its famous neighbor gorge (Samaria) in beauty and spectacle.

Sougia is a beautiful village on the southern coast of Crete where we will have the opportunity to enjoy a swim in the crystal-clear waters of Mediterranean Sea. Dinner & Overnight in Sougia

### DAY 4

Starting from the small port of Sougia, we will cross the beautiful gorge of Selinou. Following the European path E4 we reach the ancient city of Lissos, an important center of hydrotherapy in ancient years, which flourished in the Hellenistic, Roman and Byzantine era. Here we will visit

*"The ideal way, to explore the heart of Crete is by walking on coastal paths, ascending the highest peaks and crossing spectacular gorges. Each season gives magnificent colours and interests. Beyond the beaten path, you will explore Crete's rich flora and fauna; visit mountain villages; meet local Cretans; experience our history and traditions"*

a well-preserved temple with mosaic floor dedicated to the God of medicine Asklepios. We will also have time to visit and view the city. (2-3 hrs walk)

We'll refresh ourselves in the cove and then take a delightful boat ride back to Sougia.

Dinner & Overnight in Sougia

## **DAY 5**

For those interested in Cretan and Greek history, today's excursion is a rewarding one.

Starting early in the morning we will be transferred to the Rethimno's area to visit the historic Arkadi Monastery. The monastery is a symbol of the Cretan Revolution movement, which was burnt by the Turks. We then go on to also explore the ancient city of Eleftherna built between 970 – 820 B.C. At Eleftherna, we will visit the Byzantine tower at city's entrance, the Roman reservoirs and the Hellenistic bridge.

Continuing on through the beautiful countryside we will end up at the pottery village of Margarites where we will have the chance to visit the ceramic workshops and be introduced to the traditional art of pottery. From Margarites we will travel to Heraklion where we will eat and spend the night.

**DAY 6** After breakfast, we'll transfer you to Heraklion's airport at convenient time.

### **Trip includes**

- ✓ Accommodation at Milia Ecolodge , Aretoussa Hotel and Lato Hotel in Heraklion
- ✓ English-speaking guide.
- ✓ All transfers, as indicated in the itinerary, by 16+1 seats A/C bus.
- ✓ Boat ticket from Lissos to Sougia
- ✓ Entrance fees in the sites as indicated in the itinerary
- ✓ 5 Dinners
- ✓ 4 picnic lunches
- ✓ All breakfasts at your accommodation
- ✓ Personal insurance
- ✓ Local taxes

### **Not included:**

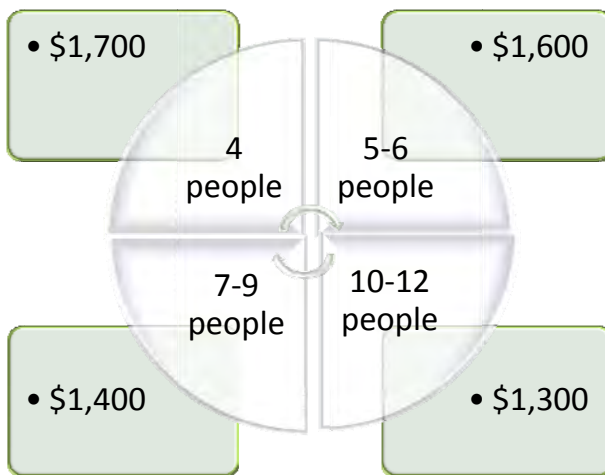
- ✓ Alcoholic beverages and soft drinks
- ✓ Entrance fees in Museums, and other sites of interest that are not included in the program
- ✓ Expenses of a purely personal nature

### Activity levels and recommended fitness

The hiking components of this post-conference tour assume a moderate level of fitness. Hikes can be altered to reflect the experience and activity level of the group, however Crete is a mountainous island and hikes do require you to be an active walker or hiker in everyday life. We invite you to pick and choose from our scheduled hiking activities and to relax at the incredible Milia EcoLodge and Mountain Retreat, a true respite from everyday life.

### Pricing

Our pricing is structured based on the number of participants. At this point in time, we are offering the post-conference tour after the October 4-11<sup>th</sup> and October 12-17<sup>th</sup> Exchange Forums. By consolidating our post-conference tours, we feel that we can gather a larger group of participants and therefore reduce your price. **We are not limited to this arrangement and can also schedule a post-conference tour following the first conference program, if there is demand.** Please ask us about this and any preferences you may have.



Single Supplement: \$150