

## VISIT THE LOCAL PRODUCERS

*The essential four of Cretan Nutrition.*

*We will visit the people who continue a centuries-old tradition.*

- **Herbs**

Natalia collects the herbs from the natural world that surrounds us, and makes teas with them. The sea salt comes from the local salt pans and she smokes it or she mixes it with lemons from her garden. Her orange-lemon jam is delicious. Using carob pods, she makes a very nice carob syrup, the most natural and organic sweetener you can find!

- **Olive Oil**

At the olive mill of the Melissakis Family, we are already at the fifth generation of olive oil producers. One of the most modern olive mills in the area, guaranteeing the quality of the Crown of Cretan products, Olive Oil

- **Cheese**

George, at his dairy, continues the long tradition of Cretan mountain cheese-making. In cooperation with the shepherds of the White Mountains, he produces some of the finest cheese in Crete!

- **Wine**

At the winery of Vlassis with the atmospheric cellar, we find many of the local wine varieties, as well as some of the familiar international ones. Fabulous creations from the Cretan Vineyard!



### **Lunch**

Last (but not least) at Manolis' taverna, we have a nice, home-cooked food, based on traditional Cretan recipes.



### **Details**

- Start: 10:00 from Vamos Tourist office
- When: Every day upon request (except Sundays)
- Min. number of persons 6 adults, pre-booked at least one day before
- Including:
  - Local Cretan Food, drinks
  - Guide
  - Transfer (+ € 10 per adult & + € 5 per child)
- Duration: Approx 5-6 hours
- Cost: 75€ per person/ 40€ child 11-16 yo & € 30 child 5-10yo



**Book your spot!**

**Tel: 0030 28250 22190**

**E-mail: [info@vamosvillage.gr](mailto:info@vamosvillage.gr)**

# THE OLIVE OIL PATH

Discover the authentic soul of Crete

- **From an Organic Olive Grove**

First stop at the olive grove of Nikos, who uses organic methods of cultivating. We will walk with him under the olive trees, we will discuss the methods, the secrets and the difficulties of cultivating olive trees, we will see the olive trees planted by his father and at the end we will taste his excellent olive oil at his hospitable yard.

- **To the modern Olive Oil Factory**

We will have the opportunity to discuss the modern methods of olive oil extraction, the important things to check when buying olive oil, we will have olive oil tasting and we will discover some of the cosmetics based on olive oil.

- **And a flashback in the past**

Next stop is the Monastery of St. George, an impressive architectural monument, probably the most important in the whole of Apokoronas.

We will continue to drive up to the mountainous and historical village of Vafes. We will visit a well-preserved old family olive mill, where we will have the opportunity to see how olive oil was pressed in former times, and the difficult working conditions back then.

- **Traditional Cretan Lunch**

We will enjoy the lunch at Stavroulas cozy tavern, who cooks local recipes using the ingredients of her own garden. We shouldn't forget to taste the home made "soumada", a soft drink based on almonds!



## Details

- Start: 10:00 from Vamos Tourist office
- When: Every day upon request (except Sundays)
- Min. number of persons 6 adults, pre-booked at least one day before
- Including:
  - Local Cretan Food, drinks
  - Guide
  - Transfer (+ € 10 per adult & + € 5 per child)
- Duration: Approx 4-5 hours
- Cost: € 65 per person / € 45 child 11-16 yo & € 30 child 5-10 yo

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## BOTANICAL GUIDED WALK

### Wild Flowers, greens & Aromatic Herbs of Crete

We will meet at Vamos village office and from there you follow with your car our guide Manolis that will drive you through one of the greenest roads of our area towards the village of Paidochori.

There you will start the walk to a land full of thyme, oregano, sage, julian, marjoram, which will stimulate our senses, leading us to explore the garden of healing and aromatic herbs. We may collect some of them.

Wandering among olive trees, fruit-bearing trees, citrus trees and various other plants we will smell, touch and taste their aromatic fruits.

After this beautiful walk, about 4 km, is a good moment to sit, relax while admiring the incredible view of the White Mountains. We will enjoy a wonderful meal made by the hands of Manolis and his wife with local fresh products and original Cretan recipes.

A unique experience into the beauty of Crete for all of us who love to stay in touch with mother Nature



#### Details

- Start time 10:00 or 16:00 from Vamos Tourist office
- When: Every day upon request (except Sundays)
- Min. number of persons 4 adults, pre-booked at least one day before
- Including:
  - Local Cretan Food, drinks
  - Guide
- Duration: Approx 4-5 hours
- Cost: € 55 per person / € 30 child 11-16 yo & € 20 child 5-10 yo
- What to bring with you: drinking water, closed comfortable walking shoes, warm clothes (during autumn-winter)

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## 'In the heart of the Mountains'

### Meet the cretan shepherd and bee-keeper

- **Taste pure Thyme Honey directly from the hive**

We visit Stavros the beekeeper close to the mountain village of Embrosneros and learn the secrets of beekeeping and good honey. We will taste honey with cheese!

- **Make cheese with the Shepherds**

We drive really high up, to the pastures of Yiorgis the shepherd. Under the oak trees Yiorgis milks his sheep with the valuable assistance of his dog! We will prepare "tyrozoulia", the freshest cottage cheese you will ever taste!

- **Learn the secrets of traditional Cretan Pilafi (rice)**

Meanwhile lamb will be boiling in the vat and Spiros will prepare for us the traditional "pilafi"= rice, a plate served during big social events (weddings, panigiris etc) in Crete.

- **Traditional Cretan Lunch**

We will enjoy the delicious food in the heart of the Mountains.



### Details

- Start: 11:00 from Vamos Tourist office
- When: Every day upon request (except Sundays)
- Min. number of persons 6 adults, pre-booked at least one day before
- Including:
  - Local Cretan Food, drinks
  - Guide
  - Transfer (+ € 10 per adult & + € 5 per child)
- Duration: Approx 4 hours
- Cost: € 65 per person / € 45 child 11- 16 yo & € 30 child 5-10yo

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