WINES OF CRETE MAP

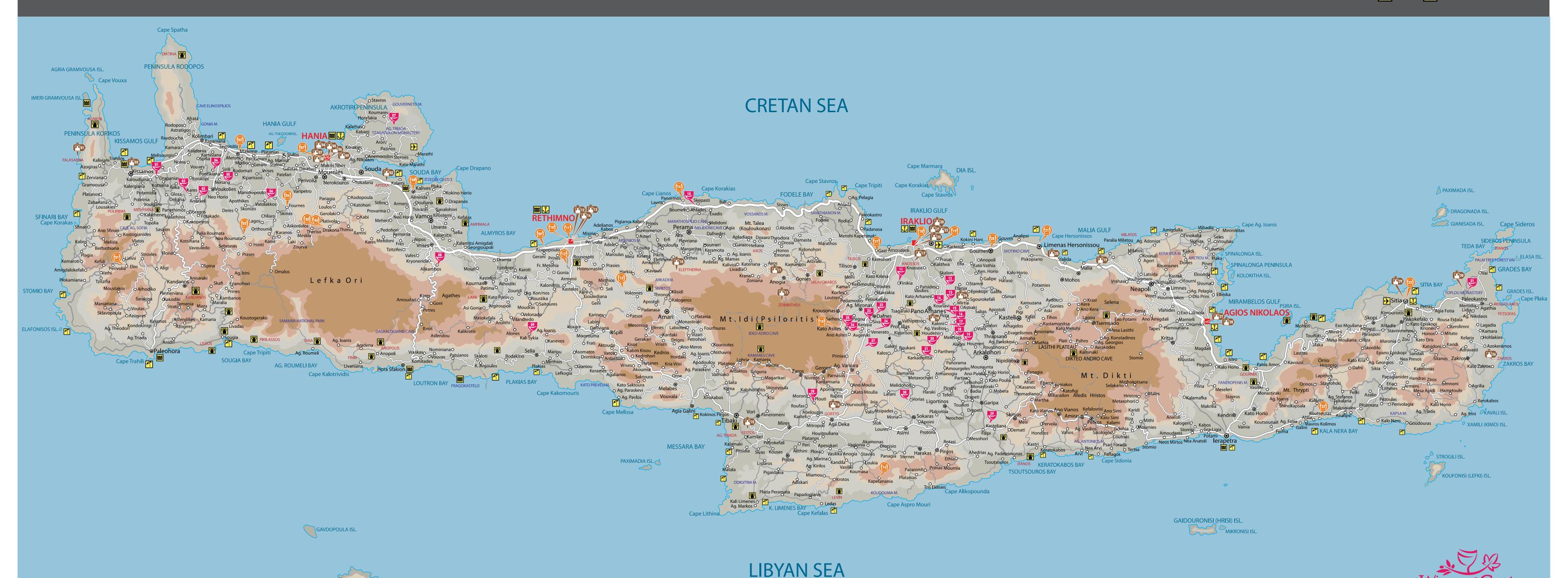












WINERIES:

HANIA:

01] Pnevmatikakis Winery Location: Drapanias, Kissamos (35°.29'.43.78" N / 23°.42'.47.43" E) Tel.: (0030) 28220 31740, 28220 31741 Email: pnevmatikakis@yahoo.gr

02] Loupakis Estate Location: Karres, Kissamos (35°.27'.38.00" N / 23°.45'.44.38" E) Tel.: (0030) 28240 91111 Email: info@loupakiswines.com

03] Anoskeli S.A. Location: Anoskeli. Kissamos (35°.27'.35.40" N / 23°.46'.32.83" E) Tel.: (0030) 28240 83127, 28240 31700 Email: anoskeli@gmail.com

04] Karavitakis Winery Location: Pontikiana, Kolimpari (35°.30'.07.17" N / 23°.47'.28.22" E) Tel.: (0030) 28240 23381, 28210 33326 Email: karavitakiswines@hotmail.com

05] Douroudakis Winery (35°.29'.06.25" N / 23°.48'.51.58" E) Tel.: (0030) 28240 31151 Email: douroudakis@yahoo.gr

06] Manousakis Winery - Nostos Wines (35°.26'.56.55" N / 23°.53'.16.15" E) Tel.: (0030) 28210 78787

07] The Holy Monastery of Agia Triada (35°.33'.38.38" N / 24°.08'.06.65" E) Tel.: (0030) 28430 61084, 6996467556 Email: info@vinolio.gr

08] Dourakis Winery Location: Alikampos, Apokoronas (35°.20′.57.88″ N / 24°.12′.11.21″ E) Tel.: (0030) 28250 51761 Email: info@dourakiswinery.gr

RETHIMNO:

09] Zoumperakis Family Vineyards Location: Kali Sykia, Ag. Vasileios (35°.14′.07.26" N / 24°.22′.53.25" E) Tel.: (0030) 28320 51075, 6977503308

10] Klados Winery Location: Skepasti, Mylopotamos (35°.24′.59.66" N / 24°.42′.31.06" E) Tel.: (0030) 28340 51589, 2834051169

Email: kladoswines@hotmail.com IRAKLIO: 11] Alexakis Winery Address: 104-106, Eirinis & Filias Str.

Location: Iraklio-Malades (35°.18'.07.90" N / 25°.06'.57.46" E) Tel.: (0030) 2810 252019, 2810 252020 Email: info@alexakiswines.com

12] Boutari Winery - Fantaxometocho Estate (35°.16'.34.00" N / 25°.11'.32.19" E) Tel.: (0030) 2810 731 617, 2810 731 750

Email: export@mediterrawines.gr 14]Winery Stilianou (35°.14′.09.09" N / 25°.11′.29.04" E) Tel.: (0030) 6936 430368

(35°.13'.59.00" N / 25°.11'.05.30" E)

Tel.: (0030) 2810 741383

13] Mediterra Winery - Creta Olympias S.A.

15] Titakis Winery Location: Kounavoi (35°.13'.59.00" N / 25°.11'.01.92" E) Tel.: (0030) 2810 743630 Email: info@titakis.gr

Email: info@stilianouwines.gr

16] Minos - Miliarakis Winery Location: Peza (35°.12'.59.40" N / 25°.11'.39.17" E) Tel.: (0030) 2810 741213 Email: info@minoswines.gr

17] Peza Union Location: Kalloni (35°.12′.32.34″ N / 25°.11′.50.75″ E) Tel.: (0030) 2810 741945-7 Email: info@pezaunion.gr

18] Paterianakis Estate (35°.10'.51.22" N / 25°.11'.46.85" E) Tel.: (0030) 2810 226674, 6974 461501 Email: info@paterianakis.gr

19] Lyrarakis Wines (35°.11′.04.79″ N / 25°.12′.79.73″ E) Tel.: (0030) 2810 289501, 6981 050681 20] Tamiolakis Winery Location: Houdetsi (35°.11'.53.50" N / 25°.10'.50.80" E) Tel.: (0030) 2810 742083 Email: info@tamiolakiswines.gr

21] Michalakis Estate Location: Metaxochori (35°.09'.22.22" N / 25°.09'.20.86" E) Tel.: (0030) 2810 381304, 2810 741222 Email: info@michalakis.gr

22] Douloufakis Winery Location: Dafnes (35°.12'.54.25" N / 25°.02'.58.80" E) Tel.: (0030) 2810 792017 Email: wines@cretanwines.gr

23] Silva - Daskalaki Location: Siva (35°.12'.31.98" N / 25°.02'.09.07" E) Tel.: (0030) 2810 792-021, 6944501619 Email: silva_wine@yahoo.gr

24] Idaia Winery Location: Venerato (35°.11'.49.95" N / 25°.02'.23.22" E) Tel.: (0030) 210 2440396, 6973768053 info@idaiawine.gr

25] Diamantakis Winery Location: Kato Asites (35°.12′.42.99″ N / 24°.59′.32.91″ E) Tel.: (0030) 2810 861137, 6949198350 Email: info@agrunion.gr 28] Domaine Zacharioudakis Location: Plouti - Municipality of Faistos (35°.04'.38.42" N / 24°.56'.29.23" E) Tel.: (0030) 28920 96226, 6972 992488

26] Efrosini Winery

Location: Avgeniki

(35°.11'.57.00" N / 25°.01'.52.03" <u>E</u>)

Email: info@efrosini-winery.gr

Tel.: (0030) 2810 791 989, 6992 399606

27] AGRUNION - Union of Agricultural

(35°.10'.26.36" N / 25°.01'.29.18" E)

Location: Kerasia

29] Strataridakis Winery (35°.02'.35.20" N / 25°.14'.23.63" E) Tel.: (0030) 28910 71275 Email: info@strataridakis.gr

Email: info@zacharioudakis.com

30] Winery Nikos Gavalas Location: Vorias Monofatsi (35° 5'59.23"N / 25° 6'58.91"E) Tel.: (0030) 28940 51060 Email: info@nikosgavalas.gr

LASITHI:

31] Toplou Monastery (35°.13′.16.30″ N / 26°.12′.57.04″ E) Tel.: (0030) 28430 29630

MUSEUMS & SIGHT SEEING:

HANIA:

ARCHAEOLOGICAL SITES:

01] Ancient city of FALASARNA **02]** Ancient city of APTERA

MUSEUMS: **03]** Archaeological Museum of Kissamos Address: Stratigou Tzanaki Sq., Kissamos Tel.: (0030) 28220 83308

04] Archaeological Museum of Hania Address: 21, Halidon Str. Tel: (0030) 28210 90334

05] Folklore Museum of Hania Address: 46B, Halidon Str. Tel: (0030) 28210 97930 **06]** The War Museum of Hania Address: 100, Tzanakaki Str. Tel: (0030) 28210 44156

07] Byzantine Museum of Hania Address: 78, Theotokopoulou Str. Tel: (0030) 28210 96046 Open: 8.30-15.00

08] The Historical Archive of Crete Address: 20, I. Sfakianaki Str. Tel: (0030) 28210 52606 **09]** The Nautical Museum of Crete Location: Kountourioti coast

Tel: (0030) 28210 91875

RETHIMNO:

MUSEUMS:

12] Paleontological Museum of Rethimno Location: Veli Pasha Mosque (Temple of Mastaba) Tel: 28310 23083, 6989906018

IRAKLIO:

ARCHAEOLOGICAL SITES: **15] Palace of Festos** Tel.: 28920 22615

16] Ancient city of Gortys Tel: (0030) 28920 31144

17] Palace of Knossos Tel: (0030) 2810 231940

18] Minoan villa in Vathipetro 19] Palace of Malia

MUSEUMS: **20]** Iraklio Archaeological Museum Address: 2, Xantoudidou Str. Tel.: 2810 279000

ARCHAEOLOGICAL SITES: 10] Ancient city of Eleftherna

11] Ancient city of Zominthos

13] Archaeological Museum of RethImno Location: Fortetza main gate Tel: (0030) 28310 54668

14] Historical and Folklore Museum of Rethimno Address: 28-30, M. Vernardou Str. Tel: (0030) 28310 23398

26] Palace of Zakros

21] Historical Museum of Crete Located in: A. \otimes M. Kalokerinos House

Address: 27, Sofokli Venizelou Ave. /
7, Lysimachou Kalokerinou St.
Tel: (0030) 2810 283219, 2810 288708

23] Natural History Museum Exhibition Address: Sof. Venizelou Ave., Dermatas Bay Tel: (0030) 2810 282740

LASITHI:

24] Nikos Kazantzakis Museum FoundationLocation: Mirtia, Municipality of Nikos Kazantzakis
Tel: (0030) 2810 741689, 2810 742451

27] Archaeological Museum of Agios Nikolaos Address: 74, Konstantinou Palaiologou Str. Tel: (0030) 28410 24943

28] Folklore Museum of Agios Nikolaos Address: 1, Konstantinou Palaiologou Str. Tel: (0030) 28420 25093

29] Archaeological Museum of Sitia Address: National Road Sitia-Piskokefalos Tel: (0030) 28430 23917

30] Ecclesiastical Museum of Toplou Location: Toplou Tel: (0030) 28430 61084

HANIA:

Tel.: (0030) 2822 061332, 6974 344213

22] The Battle of Crete and National Resistance Museum Address: Doukos Beaufort and Merambelou Str. Tel: (0030) 2810 246554 02] Mistral Hotel

> 03] Nea Roumata Location: Nea Roumata, Chania Tel.: (0030) 2821 077937, 6947 354415

Location: 15th km, National road of Hania Fournes, Omalos Tel.: (0030) 6976 860573

05] Tzaneris and Archontissa Location: Drakona Tel.: (0030) 28210 75997, 6973 210847, 6973 786747

RESTAURANTS:

06] Ntounias Tel.: (0030) 2821 065083, 6974 989248

07] Kouzina EPE Location: Daskalogianni 25, Chania Tel.: (0030) 2821 042391

Location: Kalives Apokoronou Tel.: (0030) 28250 31245, 31077

RETHIMNO:

10] Alana Location: Rethymnon Old Town Tel.: (0030) 28310 27737, 6948 374330

Location: Xanthoudidou 22 ® Radamanthios, Rethym Tel.: (0030) 28310 58250/26213

Tel.: (0030) 228310 56990, +30 6945 170257

13] Panakron Location: Near Sholi Asomaton Tel.: (0030) 28330 22120

Location: Panormo, Rethymno Tel.: (0030) 28340 51362, 51057, 6937 097757

Location: Gournes, Heraklion Tel.: (0030) 2810 762666, 6937 453980

21] Hotel Creta Maris Location: Hersonissos Tel.: (0030) 28970 27000

19 Tris Mouries

IRAKLIO:

Location: Kapetaniana, Gortyna Municipality Tel.: (0030) 2893 041762, 6976 994896

17] Ambrosia (Apollonia Beach Resort ® Spa) Location: Ellinoperamata, Gazi, Heraklion Tel.: (0030) 2810 821603

18] ErganosLocation: Georgiou Georgiadi 5, Oasi, Heraklion
Tel.: (0030) 2810 285629

Location: Ikarou Str. 84, Nea Alikarnassos Tel.: (0030) 2810 243003

LASITHI: **22**] Robinson Tavern

Location: Koutsouras, Lasithi Tel.: (0030) 2843 051026

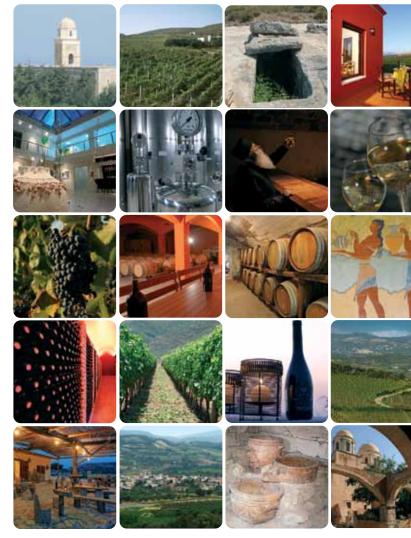
23] Yantes Location: Vartholomaiou 25, Sitia Tel.: (0030) 2843 110217







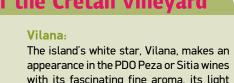
www.winesofcrete.gr



WEST CRETE WINEMAKERS ASSOCIATION HERAKLION CHAMBER OF COMMERCE had been co-funded by the EU and GREECE







with its fascinating fine aroma, its light taste and its refreshing lemon-scented

ing creamy taste. These elements make discover and enjoy them. Vidiano the rising diva of the Cretan vineyard and justify its qualifying as Greece's Viogner!

and its people, Mantilari is considered to its name. Quite a remarkable variety, be the king of native red varieties. This is whose scarcity is matched by the rarity of where the PDO (Protected Designation of its taste character. Origin) Peza and Archanes wines draw

their strength from.

Yet another variety recently saved from extinction, Plyto completes the mosaic Soft and mellow, full of plum fragrances, of Cretan aromas and tastes with its rethe fleshy Kotsifali can be described as freshing acidity, its lemon scent and its the Cretan equivalent of Merlot. Jointly lightness. responsible for the wonderful PDO Peza

and Archanes wines.

Excellent red variety which may be lack- is where the white PDO Sitia wines draw ing in color, but offers unique sweetness their particular taste from. and character. The mind-blowing sweet and dry PDO Sitia and Dafnes wines are Malvazia di Candia: indisputable proof.

A variety which gives lively red wines with dry wines of the island.

high alcohol content, average acidity and variable color – due to the distinctive var- Muscat of Spina: iegated grapes growing on the numerous This clone of Muscat is a small-grape treabranches of the plant. The traditional wine sure. In fact, its thin skin skyrockets the Marouvas, is made out of this variety. fine character of the dry wines it offers.

A blessed land, with authentic people

Minoan palaces built 3,500 years ago, Byzantine temples, Venetian and Turkish forts, crystal-clear lacy shores, but also snow-clad mountain tops rising 2,500 meters high. Chestnut and oak forests, exotic palm groves next to beautiful beaches, fertile plains with maturing vines gleaming in the summer sun, hills covered with thousands of olive trees – the wind turning their leaves into a stormy sea. But also ultra-modern tourist resorts offering hospitality and entertainment to millions of visitors, day and night!

Few places in the world have nothing to envy from this magnificent mosaic of tradition, natural beauty and history that is Crete: the island with the oldest European civilization!



Photos courtesy of Nikos Psilakis

A land with an unenslaved soul Cretans: the guardians of tradition

Crete is the largest island in Greece and the 5th largest in the Mediterranean. The capital and largest city is Heraklio. Crete is divided into four prefectures: Heraklio, Chania, Lasithi and and their clear language intact: bravery mixed Rethymno. Running 250 km long, it often makes with a sense of independence, vivid intelligence, visitors forget they are on an island. Every year, nillions of tourists come to enjoy its beauty, the spontaneous and simplicity; love for every kind hospitality of its people, the good weather and the of adventure; and an irresistible urge to be free. years, people from all over the world who have the worthiest people in democracy, sciences and visited Crete have decided to make it their home, letters as they saw in this island the ideal haven where they can relax, have fun, and taste pleasures which most people can only dream of.

One of the first civilizations in Europe flourished hundred years ago, Sir Arthur Evans brought to light the miraculous Minoan civilization and the oldest architectural monument in Europe: the palace of Knossos. Ever since the time of the Minoan civilization, Crete was the apple of discord for all European empires, but also for nore recent superpowers which tried to conquer it; the Romans, the Venetians, the Turks and the Germans were only a few in the long list of those who tried to enslave it. Cretans had to being skilful warriors and free-spirited by nature, land the bigger its pull on you to remain there. ney managed, despite adversities, to become a symbol of freedom and to carry their age-old

tradition intact through time. When you find yourself in Crete, right away you feel that this land has a true soul, that it is a living trying to change them. The reason why we are untamed soul springing from virgin nature, its Cretans display their true character. This is pure products, its age-old and tumultuous history, and, most importantly, from its spontaneous their bond with their land, a land that is special, people, who stand ready at all times to welcome ideal. This is where they will proudly talk about you in their home and offer you a treat.

All the while, Crete remains a well-hidden secret herbs. And, in most cases, with a fair dose of and a land open to exploration. No matter where Cretan humour, which makes you want to never you are on the island, there are endless different upset them. And all this always with a glass of routes you may take to get to know it better. Every single one of them holds different surprises panies their sorrow and their joy, their feasts and there is one thing you can be certain about, it is that Crete offers such diversity that can impress archaeological sites narrating in their own unique the start, once you realize the Cretan mentalway the island's tumultuous journey through ity and the tradition of drinking, you will easily time; thousands of paths and imposing gorges, but also naked hills and plateaus providing habi tat to dozens of birds and animals; romantic atin cities such as Chania and Rethymno; beautiful heartily accept all it has to offer. Become one cosmopolitan beaches, but also more secluded few miles down the road, dozens of villages insist you to leave, you will not be able to say "goodon their own way of life, preserving their tradition, bye". Only "until next time"! their language, their manners and customs. Here you will also meet genuine Cretans: people with pride and humour; friendly people, eager to help you wherever they can and offer you a glass of

tsikoudia or local wine.

Cretans are truly remarkable. In spite of adversities going back fifty centuries, they have managed to preserve their national characteristics fervent imagination; language full of imagery,

The culture and character of Cretans are quite unique. Influenced by the different conquerors in the course of their history. Cretans are culturally multidimensional and never fail to impress their in Crete from around 3,000 BC until 1,400 BC. One visitors. Hospitable, joyous, vigorous, traditional and modern, they will be glad and proud to show you around, urge you to taste all (and there are truly many) their local products, and tell you stories and myths about their island.

All of us, more or less, have heard about the Cretan's upstandingness, their outspokenness, their directness and their hospitality; the pride, the peculiarity, but also the resilience in time of this lively and special part of Hellenism. But ight for their freedom and independence almost when you come into direct contact with them, you hroughout their long history. Nevertheless, realize right away that the more you stay on this

If you are invited to a Cretan table, you will feel

right from the start the authenticity of these people: how dedicated they are to their glorious past and how tenaciously they reject anything organism gradually casting its spell over you; an talking about the Cretan table is that it is where where they will tell you about their history, about their island and its products: from wine to olive oil, on to the various kinds of cheese, greens and plays constantly alternating images. If social events, their welcomes and goodbyes. But beware! Never refuse their offer. They consider it an insult, since they are prepared to offer you even the most demanding visitor: museums and everything to please you. Although a bit tricky at

with the land and savour it with all your being. oves, with inviting crystal-clear waters, while, a And rest assured that, when the time comes for

And There Was Wine

he was invited to could continue

probably when they first settled at their current

art of winery from, but, according to one of the

most prevalent theories, they learned it from the

eastern people (Phoenicians or Egyptians), with

whom the Greeks, especially the Minoans, had

of the first European civilization

However, the history of wine in Crete and its

even further back than the Homeric epics.

bonds with the island have deeper roots, dating

Arthur Evans brought to light the miracle of the

Knossos, the oldest architectural monument in

found, with services the rest of Europe acquired

several thousands of years later. Evans was so

Cretans he very often praised them in front-page

depict a life full of creativity, good taste and in

Minoans cultivated their land and tasted what

it so generously offered. Hundreds of tablets

discovered by archaeologists show a flourish-

ing economy with agricultural, livestock-raising

complete harmony with the natural environment.

impressed by the living standards of ancient

is probably due to the fact that better vine variet- articles in the world's most popular journals. The

ies starting growing in the Mediterranean climate multicoloured wall-paintings in Minoan Palaces

Minoan Civilization in Crete. At the palace of

Europe, luxurious four-storey buildings were

developed commercial relations.

Wine as a core element

land. It is not certain whom they learned the

The history of the vineyard can be traced back to the furthest reaches of time. Seeds of wild vines have even been found in caves inhabited by prehistoric nomadic tribes. Before the ice age, also merchants: Phoenician wine amphorae the vine flourished in the polar zone. Glaciers, however, limited its spreading and pushed various species of wild vines towards warmer zones, such as central and eastern Asia, central and southern Europe, but also the greater area almost establishing a monopoly in the market of south Caucasus. That is the birthplace of Vitis for centuries. They acquired knowledge of wine vinifera, the wine-bearing vine, several varieties of which are almost exclusively being cultivated

The art of viniculture is said to have started with the agricultural revolution around 5.000 BC. The Arians (ancestors of Indians living in the area of Caucasus-Caspian Sea), the ancient Persians, the Semitic people and the Assyrians are considered to be among the first known vine growers. In fact, at that time, wine was known even in ancient China! The art of viniculture and Crete, "the land in the midst of the wine-dark winery was then passed on to the Egyptians, the sea," according to Homer. various peoples of Palestine and Phoenicia, and

the Greeks. Egypt had a long tradition in winery, starting prior to 4000 BC: Ancient Egyptians even used mechanical presses, while amphorae of the New One hundred years have passed since Dynasty (1600 - 1100 BC) have also been discovinternationally-acclaimed archaeologist Sir ered, indicating origin, harvest and wine-maker. Around 1700 BC in Mesopotamia, Babylonian king Hammurabi had passed legislation on the price of wine, but also on having it consumed only during the period after harvest (ageing obviously was an unknown concept at the time). Despite their long tradition, these people soon lost their reputation as great winemakers, which

The Semitic people of the eastern Mediterranea got acquainted with wine early on, judging from the numerous accounts found in the Old Testament. The significance of wine in social life was so great: one has only to consider that Jesus Christ performed his first miracle at Cana in Galiand commercial activities. The main products

of Phoenicia and Greece.

lee, turning water into wine so that the wedding Phoenicians were renowned winemakers, but have been found in every region of eastern and central Mediterranean. One of the first great centres of maritime wine trading was Tyros. Greeks developed winery to a great extent,

olive oil, cereals and wine.

Minoans' know-how.

The vine has known around 4000 years of

in the region of Vathipetro. Homer informs us

that, at his time, Cretan wines were renowned

throughout the known world. Apart from the

However, Cretan wine was not confined to the

island. It travelled. Minoans went all around the

Mediterranean, their ships filled with products of

most powerful man in the world, the Egyptian

Pharaoh: Egyptian wall paintings depict Cretan

ships arriving at Egyptian ports. Merchandise

wine. At the wreckage of such a ship off the

coast of Turkey, archaeologists found a sealed

amphora filled with wine over 3000 years old.

unabated throughout the ages. The Law Code of

Gortyn, the oldest legal text in Europe, includes

The Roman Empire conquers Crete

and Cretan wine conquers Rome

A few centuries later, when Crete became a

province of the Roman Empire, the Romans

realised that their needs in wine - a commodity

Vine-growing and winemaking continued

the first set of rules on vine-growing.

included amphorae, probably filled with Cretan

3500-year-old wine-press, impressive ampho-



Cretans successfully cultivated and traded were They eventually turned to Crete. Its plains and hills were gradually turned into vast vineyards, while Cretan winemakers increasingly improved systematic cultivation in Crete! No wonder that their vinification skills and produced excellent the oldest wine-press (3500 years old) was found sweet wines which, through Rome, conquered

the entire known world at the time. Many Greek and Latin writers of the time spoke very highly of Cretan wine, which was also conrae, vast underground wine storage facilities and sidered to have medicinal properties. The numerrelevant drawings in all Minoan Palaces provide ous Cretan amphorae found offer indisputable evidence not only of wine's central role in the life proof of this ancient commercial success. What of the island, but also of the sophistication of the is more, one such amphora found in Pompeii had

"CRET EXC" inscribed on it, which, according to

experts, means "Exceptional Cretan Wine".

Post-Christianity

the Cretan land. So they reached the court of the Christian tradition slowly started to dominate the world and the star of the pagan Roman Empire started to fade. But wine still held a high place in people's lives. Greece, together with almost the entire Mediterranean world, became part of the Byzantine Empire, the first Christian superpower which was beginning to form.

> Crete took part in a series of wars and went through tumultuous times which did not favour vine-growing and winemaking. Finally, it was conquered by the Venetians in 1204. In Byzantine Greece, wine production and wine exports in particular started dwindling. Cretans, however, taking advantage of both the security and the commercial networks offered by the Venetians, set off for a second time in their age-old history to dominate the European wine markets – and this time for longer.

they were particularly fond of – was too great to

Cretan winemaking and exports thrived under Vebe met by the vineyards of the Italian peninsula. netian rule. In 1415, annual exports of exceptional



In 1669, Crete was conquered by the Ottomans.

For the next two centuries, there is no clear

prohibition of wine consumption must have

picture of wine production in Crete, but Islam's

had a negative impact. Nevertheless, even the

Ottomans, the Sultans, often succumbed to the

supreme religious and political leaders of the

Cretan wine in the 20th century

late 19th century. The new and fairly progres-

sive independent administration of the island

promoted the restructuring and updating of

Crete was liberated from the Ottoman rule in the

temptation of this exceptional drink.



agricultural production with all its might. The wheels of wine production thus started turning anew. In the international fair held at Chania at the beginning of the 20th century with the aim of promoting new Cretan products to the markets of the West, 18 winemakers were awarded prizes for the quality of their wines.

In 1913, Crete was annexed to the Greek state But Greece's tumultuous history over the next decades, with one war after the other, did not favour exports, affecting wine in particular. Despite

adverse conditions, however, Cretan winemaking

tradition survived all these hard years, owing

to its core unit: the family. To this day, many

modern companies producing and exporting

wines, which are becoming all the more popular

in foreign markets and are awarded prizes in international competitions, come from families of large and medium landowners, who kept both tradition and their love of wine alive all these

In modern reality. Cretan wine has long attracted the attention of and is being increasingly preferred by the general public. Cretan wines are a valuable heritage of traditional varieties, in Cretan wine's high quality standing and ongoing

This tradition, however, would not bear fruit without knowledge and technology. Cretan

winemakers took recent advancements, but also the consumers' preferences, seriously into account. This is largely due to the existence of a new generation of winemakers, enologists, viniculturists, etc, who are trying to improve all aspects of Cretan wine with knowledge, vision,

complete harmony with the island's climate. The New varieties are being tested, and new aromas great number of local varieties, the diversity and and flavours are emerging, presenting the uniqueness of various wine regions, but also the consumer with fine wines, which can satisfy all long Cretan wine tradition form the foundation of tastes and needs. Making good use of traditional vine varieties and age-old experience, modern wine producers in Crete have managed to elevate Cretan wine to its rightful position.

HOTEL INFO

www.agroxenia.net | mail info@agroxe

agrotourcrete.gr Tel.: 2810 285372 info@agrotourcret

RESTAURANTS

Crete is widely known for its unique cuisine. It is the birthplace of the Mediterranean diet and eve servation of the Cretan diet, as well as of the Cretan quality agreement, a non-profit organizat aiming at the promotion of the Cretan diet. For more information and updates, visit the following webpages:



Cretan Cuisine The cornerstone 0 Mediterranean Diet

In recent years, the international scientific community has been increasing its efforts in the auest for the ideal diet in terms of health. Cretan diet lies at the centre of attention, as most studies present Cretan cuisine as the most typical example of

hiah-auality Mediterranean cuisine. Cretans admittedly, have the highest longevity rate in the world and the lowest mortality rate from conditions such as cardiovascular diseases and cancer. But what is the secret of the Cretan diet?

Crete has one of the oldest and most tastefu cuisines in the world. It is the continuation of traditional flavours, aromas, ingredients and styles dating all the way back to its autonomy, its identity and its flavour. They all show that 4000 years ago ancient Cretans consumed more or less the same products as Cretans today. Many large urns used for storing oil, wine, cereals, legumes and honey Cretans feed on the products of their land: plenty were found in the Minoan palaces.

The recipe for longevity never tasted any better

In the course of its long history, Crete's gastronomy has been greatly influenced by the many people who tried at one point or another to conquer it. But if we examine this timeline more closely, we will find that Cretans had a way of filtering every dietary habit and adapting it to their ents, and the art that comes from the love for the standards, thus adding a special character to it. Century after century, the soul, the language and the cuisine of Cretans has remained unchanged!



preserve its personal character, despite changes and adversities, formed a tradition which is now proven to be particularly valuable. Thus, the international scientific community not only speaks about Cretan cuisine, but also about the miracle of the Cretan diet!

The Cretan cuisine is not considered rich in terms of variety of ingredients. It is a cuisine based on what the Cretan land has to offer. Focus is placed on the art of cooking and the processing of simple ingredients, rather than on using complex and rare combinations of expensive raw materials. The Cretan cuisine is different from other cuisines because it does not try to mix flavours, irrespective of the variety of the ingredients used

for the everyday table. Each ingredient maintains co-exist in harmony, highlighting this fine balance that defines the Cretan cuisine and the island in Each region in Crete has its own specialties. of fruit and vegetables, greens, and legumes. The

use of meat is relatively limited in Crete, while cheese holds a special place on the table. Herbs and plants picked from the island's mountains add flavour to everyday food. As a rule, lunch or dinner is always accompanied with local wine and exceptionally tasty hand-kneaded bread. In general, one might describe Cretan cuisine as an imaginative, creative, and particularly aromatic proposition, based on simple seasonal ingrediland and the attachment to traditional cooking

RETHYMNO

USEUMS & SIGHT SEEING:



Olive oil and wine: a holy alliance for good health

dinner or lunch. Wine is a part of Cretan culture. Cretans never drink on their own. Wine is the If you go on a tour around the villages of the Crebasic ingredient of companionship and socialistan inland, wherever you turn your head, you will ing. They drink together, they laugh and they talk. see the holy alliance that lies at the heart of the Modern wineries in Crete have put to good use Mediterranean diet: every vineyard is always next the traditional vine varieties and the experience to an olive grove. It does not require much effort accumulated over the centuries. Tradition goes to understand that olive oil is a special nutritional hand-in-hand with knowledge and technology, for product for Cretans, who, like the rest of the maximum enjoyment and good health. Mediterranean people, use it as their main source of fat. Olive oil has been used in Crete since the Minoan times, replacing butter or other kinds of f the Cretan diet oil used in other regions of the world. Its value is immense, given that it is the most powerful

3000 BC. The Mediterranean climate of the island a natural way, one might say. Simplicity brings olive trees not only to grow everywhere, but also to provide the highest possible quality of oil, with low acidity and a wonderful flavour. The fact that Cretans live longer and have the lowest disease rates seems to be directly connected to their being among the largest consumers of olive oil

antioxidant found in nature.

The second, yet as important, chapter in Cretan diet is wine. In recent years, it has been proven that two or three glasses of wine per day offer protection from cardiovascular diseases. Moreover, the substances contained in the skin of the grape interact with the barrel where the product is stored to create polyphenols, very powerful antioxidants with significant anticancer properties! Cretans, however, do not need medical studies proving that wine, when consumed in moderation, may have a beneficial effect on ing dish or salad, sometimes used only to add



The Cretan diet is a way of life: plain, simple, with

no redundant spices or taste boosters. But, at

forward the ingenuity of the hostess, who wields

her age-old experience without strictly adhering

cuisine is imagination. Cretans may eat greens or

legumes every day, but they almost never eat the

same food. The Cretan hostesses continuously

invent new ways of bringing out the quality of

ingredients through various simple and ingenu-

A typical feature of the Cretan table is the variety

form a tasteful entity. Besides, the main features

of Cretan cuisine can be summarised as follows:

the products used are strictly local and seasonal.

Wild greens are eaten raw or boiled, either as the

main cooking ingredient or as an accompany-

of dishes, which combine with one another to

What counts the most in traditional Cretan

to recommended doses.

the same time, it is particularly scrumptious in

health. For them, there is only the traditional way of life, which dictates that wine should accompany

used to make various beverages. The main sweeteners in Crete have always been grape syrup and thyme honey. Finally, when talking

also very popular, in several varieties.



consumed in large quantities, usually during about Crete, we cannot leave out what Cretans



free-range), poultry and pork. Spices are always cooked with askolymbros, a fleshy and tasteful present, but in a rather discreet way.

Dairy products are an important part of the Cretan The ingenious Cretans have even included the diet. Fish and other seafood are considered won- vine itself in the list of raw materials used in derful dishes, while no other cuisine in the world local cuisine. In the spring, in certain well-hidden places snails at such a high place. Legumes are taverns in Crete, one may taste a rare specialty: fasting periods, while aromatic herbs are mainly

The dairy products of the island are particularly themselves consider one of their greatest secrets dakos, which is Cretan barley rusk topped with for longevity and good health: Cretan tsikoudia, a tomato, olive oil, and fresh whey cheese. strong spirit produced from the grape residue left The island's snails hold a special place in the from the winemaking process. Tsikoudia, accom- Cretans' menu. Once you have tasted the famous panied by a tasty snack, as well as the sounds of local recipe, you will become a fan for life.

Local delicacies

A glass of kotsifali along with some kefalograviera cheese is the best prelude to a Cretan meal. Cretan whey cheese, honey, and cinnamon are Besides, on Crete, cheese always comes before also used to make the famous Cretan kaltsounia the main course, so as to clear the taste palette and sharpen the appetite. An ideal snack to accompany wine or tsikoudia is also Cretan apaki, turnover pastry sprinkled with local aromatic oblong slices of smoked pork. Cretan sausages, honey. made of pork minced meat and lots of spices, are If you are looking for a healthy diet without There is abundant game in mountainous regions, just found out the most tasteful way to live a including hares and rabbits, in addition to various long life with no health problems. Besides, 4000 birds. A particularly tasteful specialty is hare years of tradition cannot be pointing in the wrong then cooked in an earthenware pot. There are more tasteful.

also plenty of wild aromatic mountain greens

used to make delicious pies.



goat cooked with fresh vine sprouts. popular. Gruyere, semi-hard kefalotyri cheese, goat cheese, fresh and dry whey cheese stand out and are considered to be among the best kinds of cheese Greece has to offer. A typical treat is lyre and lute, can calm any untamed Cretan soul! Turning to dessert, an exceptional choice is Cretan yogurt served with aromatic thyme honey,

while a particularly pleasant surprise awaits you

when you taste the irresistible combination of local gruyere and honey! or lychnarakia. At weddings and christenings,

compromising your enjoyment for food, you have cooked in wine. The hare is first marinated and direction. The recipe for longevity has never been



lative varieties of the Cretan vineyard

Unique aromas, unforgettable flavors, unparalleled character. The Cretan vineyard hides a valuable treasure of native varieties, which will open up Vidiano: new taste horizons for every Unique apricot aroma, rich body, transfixrestless wine lover who will

The various aromas of Dafni bring to mind Wild and untamed like the Cretan land the well-known plant dafni (laurel), hence

A variety grown everywhere in Crete, offering balanced wines, rich in flavor. This

This special clone of the aromatic Malvazia has returned to the fore, offering a real scented bouquet to both sweet and

2] Paleontological Museum of Rethimn Location: Veli Pasha Mosque Temple of Mastaba) Tel: 28310 23083, 6989906018 13] Archaeological Museum of Rethlmno Location: Fortetza main gate Tel: 28310 54668 [4] Historical and Folklore Museum Address: 28–30, M. Vernardou Str. Tel.: 28310 23398 RESTAURANTS: el.: 28310 27737, 6948 374330 cation: Xanthoudidou 22 & Radamanthi .: 28310 58250/26213



