

# Culinary Crete





## Passports

Please ensure your 10-year British Passport is not out of date and is valid for a full six months beyond the duration of your visit. The name on your passport must match the name on your flight ticket/E-ticket, otherwise you may be refused boarding at the airport.

## Visas

Visas are not required for Greece for citizens of Great Britain and Northern Ireland. For all other passport holders please check the visa requirements with the appropriate embassy.

Greek Consulate: 1A Holland Park, London W11 3TP. Tel: 020 7221 6467



## Tickets

Included with this documentation is an e-ticket, which shows the reference number for your flight. EasyJet have now replaced all their airport check-in desks with EasyJet Baggage Drop desks. **Therefore, you must check-in online and print out your boarding passes before travelling.** Checking in online also provides the opportunity for you to pre-book seats, if you wish, at an additional cost.

Online check-in is available 30 days prior to travel using the reference number provided. Please see the enclosed e-ticket for more information or visit; [www.easyjet.com](http://www.easyjet.com)

Please check that the details on your documentation are accurate and that all names are spelt correctly and match the names on your passport. Your flight ticket is non-transferable and

non-refundable. No refund can be given for non-used portions.

## Baggage Allowance

We advise that you stick to the baggage allowances advised. If your luggage is found to be heavier than the airlines specified baggage allowance the charges at the airport will be hefty.

With Easyjet your ticket includes one hold bag of up to 23kg plus one cabin bag no bigger than 56 x 45 x 25cm including handles, pockets and wheels.

For more information please visit [www.easyjet.com](http://www.easyjet.com)

## Labels

Please use the luggage labels provided. It is useful to have your home address located inside your suitcase should the label go astray.

## Departure Tax

UK Flight Taxes are included in the price of your holiday.

## Transfers

On arrival at Chania Airport please collect your luggage and exit the luggage area. You will find a driver situated just outside the arrivals area, holding a Travel Editions sign. The journey time to your hotel is approximately 40 minutes.

## Special Requests

If you haven't done so already, please notify Travel Editions of any special requests as soon as possible to allow sufficient time to make the necessary arrangements.



# Accommodation

## Sunny Bay Hotel, Kissamos

Our base for this tour is the 3-star **Sunny Bay Hotel**, which is situated on the sea front at the eastern side of Kissamos. The hotel is family-run and offers comfortable rooms with private bath/shower, air-conditioning (extra charge payable locally, if required), TV and balcony, most of which have a side sea view or a view of the pool.

The hotel is approximately a 7-minute walk from the Cellar Taverna, where most of your evening meals will be taken.

All other facilities in the town can also be accessed easily on foot from the hotel.

If you plan to swim during your stay you might wish to bring some waterproof beach shoes that will make getting into and out of the sea easier on pebble beaches.

For more information visit the hotel website; [www.sunnybayhotel.com](http://www.sunnybayhotel.com)

## Dining

Although most of the meals are included in this holiday, there will be the occasion to eat out at other times when you will have the opportunity to choose for yourselves some of the local cuisine.

The standard of food in Greece is excellent and offers a remarkable variety of freshly prepared and very tasty dishes, many of which use locally grown products and locally produced olive oil.

In Greece, and particularly in Crete, the locals nearly always eat 'Mezedes' style. This generally means ordering several dishes, starters and/or main plates, whatever takes your fancy, to put in the middle of the table for all to share. It's a very sociable way to eat and a great way of tasting lots of different dishes! Don't be shy in the amount

you order, or if you only find yourselves ordering starters – any combination is acceptable.

When ordering fish in Crete you will find the price on the menu relates to a cost per kilo. Don't be put off by this. You are expected to go into the kitchen, choose your fish and then it will be weighed in front of you so you know what you will pay.

Nearly all tavernas sell their own 'open' wine, known as village wine. It is something of an acquired taste, but it goes well with the local food. The Greeks are very proud of their wine and nearly all Cretans make their own. The white is usually always very drinkable, but the red varies quite a lot. If you are unsure you can always ask if you can try the wine before you agree to it. Prices of local 'village' wine are usually between 3 and 5 euros per half litre.

Local drinks are ouzo, raki, metaxa and, of course, Greek wine. Raki is the local firewater! This is distilled from the residue of the grapes after making wine. You will probably find you come across this whether you want to or not, as it is very often served, complimentary, at the end of a meal.

## Meals included in your holiday

Breakfast is provided daily at the hotel and five lunches will be at local tavernas during the day tours. The four included dinners will be at the Cellar Taverna situated on Kissamos sea front promenade, approximately a seven-minute walk from your hotel.



# Destination

## Crete

Crete is a fascinating destination for a cultural and historic tour with its wealth of sights reflecting its ancient Minoan culture that dates back some 3,000 years, but it is also an island with a fantastic nature, some wonderful and diverse scenery and an authentic traditional culture, which very much encompasses the local cuisine, and which is the focus of this tour. The Cretan diet is reputed to be one of the healthiest in Europe with its abundance of locally grown high quality olive oil, pulses, fresh fruit, vegetables, wild greens (horta), and rich red tomatoes and, of course, a glass of wine produced from local vineyards!

## Kissamos

This tour is based at Kissamos (also known as Kastelli), a small seaside town whose focus is on local business and agriculture with just a small influence of tourism. The town is situated along a beautiful bay framed by the twin peninsulas of Gramvousa and Rodopos and is ideally situated for exploring the far west and little developed corner of this beautiful island.

## Your host

This tour is led by Stelios Milonakis, a Cretan who was born in the Kissamos region. Each day begins leisurely departing the hotel between 9 and 10 am and travelling by mini bus to the day's destination. During the visits there will always be plenty of time to stop and admire the views, to take a photo or two and to enjoy refreshments along the way. The late afternoons will be free with time to relax, swim or to explore further.

Stelios will do his best to make you feel at home during your stay. He wants you to get the most from your holiday and to learn more about the traditions and local way of life of the fiercely proud people of this lovely island.

## A little information on the places visited:

### The Cellar Taverna - Cooking

Owned by Stelios, The Cellar taverna provides the setting both to learn about Cretan food and to prepare some popular local dishes. The food you prepare will be served during lunch and dinner on that day at the Cellar Taverna, where you will also be dining!

## Village life

Today you have the privilege to visit the home of Stelios' parents in a local village near to Kissamos, where you will learn about traditional Cretan life and how village life makes it still possible today to be virtually self-sufficient growing most of your own produce and keeping some livestock. There will be wine-tasting from Stelios own barrels and a chance to see some of the families own produce, such as sweet, sticky and delicious Greek spoon sweets, walnuts picked from local trees, the families store of olive oil and raki, local cheese, honey, lemonade and, if it was a wet winter, perhaps some locally gathered snails!

## Cheese, Olive Oil and Sweet producers

Today there will be visits to three local producers to understand more about the production of these items, which all play a big part in Cretan life, its culture and economy today. Lunch will be at a taverna in the picturesque village of Deliana where there will also be the opportunity to visit its lovely 13<sup>th</sup> century church.

## Chania

Set against a spectacular backdrop of majestic mountains and aquamarine seas, Chania is one of Crete's most alluring towns. Its troubled history of occupation by Romans, Byzantines, Venetians, Genoese, Turks and Egyptians has left a rich architectural heritage, particularly in the old Venetian quarter around the harbour. Highlights of this charming and quaint district include the magnificent harbour, Naval Museum, Mosque of the Janissaries and the covered market that sells an excellent variety of local produce.

The visit to Chania will include a short walking tour of the town and lunch in one of the covered market's tavernas, which provides the venue for a very authentic dining experience. The afternoon will be free for you to enjoy the town further if you wish.

## Chania Botanical Gardens

A visit to Crete's botanical park to learn more about local plants, herbs, fruit and vegetables.



## The Basics

**Climate** – The weather in Greece at this time of year is likely to be pleasant, but evenings can be quite cool and there is the chance of the odd shower. Our best advice is to come prepared. Layers are useful as is a light rain jacket.

**Time** – GMT +3 hours (Summer time Apr-Oct); GMT + 2 (Standard time Nov-Mar). This means, summer or winter, Greece is 2 hours ahead of the UK

**Language** – Greek

**Religion** – Greek Orthodox

**Currency** – Euro. €1 = 100 cents. Notes are in denominations of €500, 200, 100, 50, 20, 10 and 5. Coins are in denominations of €2 and 1, and 50, 20, 10, 5, 2 and 1 cents.

**Banks** – Cashpoints compatible with international banking networks are located in all towns and cities, as well as airports and other spots. Those banks that still exchange foreign currencies into local money will always charge a transaction fee, so withdrawing money from an ATM usually represents the most logical means of obtaining euros other than bringing euros with you from the UK.

Banks in Crete are open Monday to Friday 8am – 2pm. ATM machines are available in Kissamos and can be accessed on foot from your accommodation. You can use a UK debit card, using the same pin number you use in the UK, to withdrawn cash. The instructions are in English. Just look for signs on ATM's for Delta or Cirrus.

**Credit cards** – Crete is very much a cash society, so credit cards are not widely accepted, however more places are accepting these nowadays but it is best to check at restaurants and shops that they accept credit cards, if you wish to pay by card. Varying amounts of commission can be charged for credit card payments and you may like to check these with your credit card supplier before travel.

**Electricity** – 220 volt, two-pin continental plug.

**Drinking water** – Tap water is safe to drink although you should check at the hotel if the bathroom water is safe to drink as it could be tank water rather than mains water. Bottled water is

readily available to buy in the local shops and very reasonable priced.

**Shopping** - There are plenty of mini-markets scattered throughout Kissamos for any basic supplies you might need. The mini-markets are usually open from early in the morning until late in the evening. Cretan olive oil, olives and local honey are all excellent produce if you are interested in taking a little bit of Crete home with you. There are also excellent herbs and mountain tea. You may see people advertising honey on the side of the road or in Kafenions when you are out and about, this will usually be their own home produce and is often the best and most pure you can buy.

**English newspapers** – These can usually be found in various outlets in the town.

**Telephones/mobiles** – You should be able to use your mobile phone in Greece, depending on your operator and contract. If you are calling the UK from a mobile in Greece, you will need to prefix the number with the international dialling code 0044.

**Tipping** –To keep our tours affordable, we do not increase the tour price by adding in tips. However, in the tourism industry, there is a certain level of expectation that, when receiving a good service, one does award with a tip. Tour Managers, Representatives, Guides and Drivers appreciate a tip at the end of their involvement with the tour, but this is entirely at your discretion. We believe in allowing you to tip according to your level of satisfaction with their services.

## Practical Information

**We recommend you bring the following items:**

1 light waterproof jacket

1 day sack

1 water bottle (although you can buy water cheaply locally)

A small torch

Sun hat

Sun cream

Insect repellent

1 fleece or warm layer for cold in altitude or chilly evenings

Camera



## Health

### General Health Advice

We suggest you take a good supply of your own individual medicines with you and always keep some in your hand luggage in case you get delayed or your luggage goes astray. General-purpose supplies for bites, stings, or scratches, and your usual medication for headaches, or stomach upsets are always recommended. Oral re-hydration sachets are excellent for topping up salt and glucose levels.

Visit the NHS Fit for Travel website for more generally information specific to the country you are visiting – [www.fitfortravel.nhs.uk](http://www.fitfortravel.nhs.uk)

### Doctor/Dentist/Chemist

Please talk to your tour manager/guide if you are feeling unwell and they will organise for you to see a Doctor. There is normally a charge of about 60 Euros for calling out a doctor (or more, depending on the distance the doctor must travel) and there is also a charge to visit a Doctor.

**Keep any receipts for insurance claims.**



## Hospital

The nearest hospital is in Chania. Your tour manager/hotel reception will assist if you need to visit a hospital during your stay.

**Keep any receipts for insurance claims.**

### Inoculations

No compulsory vaccinations are required for travel in Greece.

### Pharmacies

Pharmacies throughout Greece are generally well-stocked and have knowledgeable staff who, more often than not, will speak good English. Pharmacists will often be able to give advice and medicine for minor ailments. Pharmacies are open Monday to Friday but not on Saturdays.



## Insurance

### European Health Insurance Card (EHIC)

It is essential to carry an EHIC card with you as this will assist you if you are admitted to a hospital in Greece.

The EHIC replaced the old E111 in 2006. Valid in all EEA countries, the card lets you get state healthcare at a reduced cost or sometimes for free. It will cover you for treatment that is needed to allow you to continue your stay until your planned return. It also covers the treatment of pre-existing medical conditions.

Please note that the EHIC is **not** an alternative to travel insurance. It will not cover any private medical healthcare or costs such as being flown back to the UK or lost or stolen property. Therefore, it is important to have both an EHIC and a valid private travel insurance policy. It is also important to note that each country's healthcare system is slightly different, so the EHIC might not cover everything that would be generally free on the NHS.

For more information about the EHIC please visit:

<https://www.ehic.org.uk>

### Travel Insurance

We strongly recommend that you take out an appropriate travel insurance policy when you travel abroad. If you require medical assistance whilst abroad it is essential that you contact the emergency number of your insurance company to advise them of the situation. You will **NOT** be covered for any claim unless this procedure is carried out. Your insurance company will then decide on the best course of action whilst in resort.



## Emergencies

**Should an emergency arise, please call our offices on:**

00 44 20 7251 0045 (Mon-Fri 0900-1700)

Outside the above hours please telephone our emergency staff on:

00 30 6977 465 892 (Greek area manager) or

00 44 7899 796542 or

00 44 7831 133079 or

00 44 1235 850720

**PLEASE USE THESE NUMBERS ONLY IN THE EVENT OF A GENUINE EMERGENCY.**

**If you are calling a Greek number from a UK mobile you should prefix the number with the Greek international dialing code 0030.**

If you find that you are in need of consular assistance during your holiday:

British Vice Consulate Crete  
Candia Tower  
17 Thalita Street, Ag. Dimitrios Square  
71 202 Heraklion  
Crete Greece  
Email: [crete@fco.gov.uk](mailto:crete@fco.gov.uk)

### **Open to the public - by appointment only**

Tuesday to Thursday, 9am to 1pm

Please note that an appointment is not necessary for emergency cases requiring consular assistance.

Telephone enquiries - Monday to Friday, 8am to 3pm

In an emergency outside these hours please call the British Embassy Athens switchboard number: +30 210 7272600 and follow the automated instructions.

Travel Editions

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Tel: 0207 251 0045

Email: [tours@traveleditions.co.uk](mailto:tours@traveleditions.co.uk) [www.traveleditions.co.uk](http://www.traveleditions.co.uk)

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