



2023 Women's Retreat in Crete 8 October - 16 October 2023

Discover the history & archaeology, the traditions, the craft, and the strength of the people of the Grecian island of Crete on an eight-day adventure led by Cady Rutter, Aegean Imports' travel coordinator, and Argyro Alykatora, an international translator, creator, and island local. For eight incredible days, the rich tapestry of Mediterranean — and Cretan — culture will be ours!

With Ms. Rutter and Ms. Alykatora as our guides, our excursion will take us back to the Bronze Age with outstanding sites of Minoan archaeology, across the varied landscapes of the island as we learn traditional Cretan crafts, and through the most incredible tastes the island can offer!

Sunday, 8 October – Day 0 – *Arrival in Crete*

Our journey begins with our arrival at the [Veneziano Boutique Hotel](#), a restored historic mansion from the Venetian and Ottoman periods, in Heraklion, the capital city of the island. (Direct flights are available from Amsterdam, London, Dusseldorf, and more.) While travel arrangements are on your own, the world famous [Tod Ganje](#), of Travel Incorporated, is available and willing to help you with your plans.

Monday, 9 October – Day 1

After a leisurely morning for breakfasting and exploration to get acquainted with our new home away from home, we'll walk the path of the mythical King Minos with the Minoan archaeological site of [Knossos](#). After our step back in time, we'll have a delicious first lunch with a local friend and incredible home chef, Soula, who produces her own meat, vegetables, honey, and dairy products. We will return to Heraklion to enjoy a small walking tour around the old Venetian town center and free time for shopping, coffee, and other delights.

Tuesday, 10 October – Day 2

Our second day together begins with a guided tour of the world-famous [Heraklion Archaeological Museum](#) — home to the discoveries from Knossos and beyond. After our tour, we'll head down to the picturesque [Domaine Paterianakis](#) winery, run by three sisters in the famous Peza wine region for lunch and wine tasting. After lunch, we will return to Heraklion for free time for exploration, shopping, coffee before a group dinner!

Wednesday, 11 October – Day 3

This morning we'll drive west to the traditional pottery village of Margarites. Here we'll watch a pottery demonstration before venturing further on to the [Arkadi Monastery](#), a site dating back to the 16th century which played an active role in the Cretan resistance of Ottoman rule. After our explorations, we'll lunch at the beautiful [Avli](#) in the port city of Rethymnon. After free time to explore Rethymnon, we will return to Heraklion for free time, dinner, and drinks on your own. Information on our local favorites will be provided.

Thursday, 12 October – Day 4

Today is a day dedicated to the very special ingredients of the island. We will embark for another lesson in traditional ingredients from a shepherd in Kalo Chorio. Our friend will teach us about the tradition of keeping sheep on the island and about a unique type of home: the shepherd's mitato. After a lunch at Kalo Chorio, our exploration continues with a visit to Skotino Cave, an early Minoan place of worship and proposed sanctuary to the goddess, Artemis. We end our day with an olive oil tasting and dinner with Georgios Maltezakias at the very private, [Tasting Crete](#).

Friday, 13 October – Day 5

Day Five will start with a tour through the [Historical Museum of Crete](#) and lunch at a nearby, delicious cooperative café, Poukouvou. We will continue on to a lesson in one of the oldest crafts of the island. In times past, every house on the island would boast a loom to weave all the linens and clothes of the house. Luisa Schuschnigg will teach us the secrets of the loom and each person will be able to take home their very own woven good, crafted from Cretan wool. The late afternoon is free for exploration, shopping, coffee, and rest before live music and fiesta in Heraklion.

Saturday, 14 October – Day 6

This morning we'll rise early for a very special visit south to [Phaistos](#), one of the most beautiful archaeological sites on the island. After our tour of the site, we will continue to an open-learning farm in Listaros where we will learn about the herbs, trees, rare varieties, and eco-friendly agriculture that make the Cretan cuisine so unique and help prepare a lunch from these ingredients. Finally we will visit the beach of Kommos for sunset on the Libyan Sea. Dinner is on your own when we return to Heraklion.

Sunday, 15 October – Day 7

Our last day in Crete begins with a leisurely morning for breakfasting and coffee. We will then visit [Terra Mia](#) for a pottery lesson, one of the longest-lasting traditions and crafts of the island. We will have lunch at local favorite, [To Rovythi](#), a cooperative cafe that produces its own ingredients from a sustainable farm. After lunch, Argyro will welcome us to the Sea of Solidarity, a local not-for-profit that is at the forefront of social justice work in Heraklion. The late afternoon is yours for exploration and rest before our final dinner at the exquisite [Peskesi](#), world-class dining rooted in Cretan and Minoan tastes.

Monday, 16 October – Day 8 – *Return*

In the morning, we depart for the airport for our return flight home, until the next time . . .

Costs:

8 Days in Crete: \$2,395 /person, double occupancy. Cost includes all hotel accommodation, all planned lunches and dinners, transportation, entry fees, all wine tastings, and all lessons. **Single occupancy surcharge: \$395.**

Deposits: A 50% deposit is due 15 March 2023. Final Trip Balance is due 15 July 2023.

Contact

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