



## EPICUREAN CRETE

Food, Wine & Culture Tours

June 22-29, 2013

*A 7-day professionally guided trip featuring private classes with noted food-writers, historians, star chefs and oenologists.*



### HIGHLIGHTS OF THE TOUR

- Sense the splendor of the Minoan Civilization at Knossos
- Visit local wineries and taste the unique grape varieties indigenous to Crete
- Sample world-famous olive oils
- Experience the famous Cretan Diet first-hand as you learn how to make wonderfully healthy meals using local, seasonal ingredients
- Explore Crete's wild & rugged beauty with resident specialists
- Stroll through traditional villages
- Relax in the tranquility of a seaside resort with private sandy beaches
- Swim in the crystal clear waters of the Aegean

### ABOUT THE TOUR LEADERS

**Nikki Rose**, Founder and Director of Crete's Culinary Sanctuaries, is a Greek-American professional chef, writer and eco-agritourism consultant. She is a graduate of the Culinary Institute of America and has worked in fine dining establishments and cultural-culinary education in Paris, Burgundy, San Francisco, New York and Washington, DC. She explored Greece for over 10 years before establishing Crete's Culinary Sanctuaries in 1997. CCS has earned international recognition and is featured in National Geographic, New York Times, The Guardian, Lonely Planet and Australian Gourmet Traveler.

**Agnes Weninger**, Publisher of Meet & Eat in Crete, is a Canadian-Hungarian restaurateur, food writer, marketer and professor. She has an undergraduate degree in Hotel & Food Administration and an MBA. Her first venture was a restaurant/country inn near her hometown of Ottawa, Canada and that was followed by a fine-dining restaurant in the world-heritage Castle district of Budapest. A love of Greece brought her to vacations all over the country and more specifically to Crete off and on since 2003. In May of 2007, she founded Lizard Publishing-Meet and Eat Guides.



### PRICE OF THE TOUR

**EUR 1,850** per person  
(based on a shared double room)  
**EUR 2,250** per person  
(based on one person in a double room)

**FURTHER INQUIRIES  
& TO MAKE A RESERVATION**  
[nikkirose@cookingincrete.com](mailto:nikkirose@cookingincrete.com)



### INCLUDED IN THE TOUR

- 7 nights exclusive beachfront accommodation with breakfast (continental)
- 5 lunches and 3 dinners
- Airport transfers and transfers to/from scheduled tours
- Guided Tours of Knossos
- Guided Tour of the Historic City of Heraklion and Archaeological Museum
- Guided Botanical Hike
- All scheduled Cooking Demonstrations and Cooking Classes
- All scheduled Winery Tours & Tastings
- A signed copy of Nikki Rose's new book- Crete: The Roots of the Mediterranean Diet, enjoying the benefits of one of the world's healthiest cuisines wherever you live.

### NOT INCLUDED

- Travel to Crete, Travel Insurance, personal expenses or any transfers, food and lodging not listed above.

### PLEASE NOTE

- Scheduled meal menus are pre-planned by the Tour Leaders along with the Chefs, to feature an array of Cretan dishes using fresh, local & organic (whenever possible) ingredients with regional wines. Any requests for food & beverages not included in the program are the financial responsibility of the individual.
- A non-refundable €400 deposit is required upon reservation.
- Itinerary is subject to change due to possible unforeseen conditions.