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|                         |  |
|-------------------------|--|
| <b>TOUR NAME:</b>       | <b>Minoan gastronomy through history</b>   |
| <b>Port:</b>            | <b>HERAKLION</b>                           |
| <b>Country:</b>         | <b>GREECE</b>                              |
| <b>Ground Operator:</b> | <b>MSS TOURS - (MALLORCA SEA SHIPPING)</b> |

| Tour Timetable |      | Tour Element/Venue & Description                                | Time in Minutes | # of steps or stairs | Type of Terrain | Restrooms Available? Free or Charge? |
|----------------|------|---|-----------------|----------------------|-----------------|--------------------------------------|
| From           | To   |   |                 |                      |                 |                                      |
| 0:00           | 0:25 | Departure to Minoan Theater/Amnisiades park                     | 25              | NONE                 | FLAT            | NO                                   |
| 0:25           | 1:05 | Minoan gastronomy cooking presentation & brief tour to the park | 40              | NONE                 | PAVED/FLAT      | YES/FREE                             |
| 1:05           | 2:45 | Lunch at Minoan Theater/Amnisiades park                         | 100             | NONE                 | PAVED/FLAT      | YES/FREE                             |
| 2:45           | 3:10 | Departure for a brief photo stop at Karteros area               | 25              |                      |                 |                                      |
| 3:10           | 3:35 | Return to Heraklion port  | 25              | NONE                 | FLAT            | NO                                   |
|                |      |   |                 |                      |                 |                                      |
|                |      |   |                 |                      |                 |                                      |

### TOUR DESCRIPTION:

Leaving port and after a short drive, reach Karteros area, a nice natural environment with great views for you to take some magnificent photos. Thereafter, ascent your motor coach heading straight to Amnisiades Park, an authentic and traditional park, with many trees and grass areas, elements that add to the feeling of peace and inner connection with nature. The energy of the old stones of the theater and olive trees in the park offer the peaceful environment of Amnisiades park. The estate borders on the west near the river Amnisos (today known as Karteros) where, according to the myth, lived the AMNISIADDES, 20 young nymphs, priestesses of the Goddess Artemis who protected the waters of the river and the forests of the area, because the river was the natural road link of Knossos and its port. Its facilities, location and specialization into Minoan culture is an ideal place for you to create your own retreat. Enjoy a cooking lesson dedicated to Minoan gastronomy, learn about Minoan culinary habits and enjoy a unique, freshly and organically homemade produced meal accompanied with local herbal cold tea and wine. Experience an exceptional meal and experience the unique tastes of the Minoans, the base of Aegean and Mediterranean diet, creating unique memories that last a lifetime! The Cretan diet is known worldwide as one of the healthiest foods in the world. The combination of flavors and aromas has its roots in the Minoan era and travels through the centuries until today leaving its mark on the people and culture of Crete. The aim of this tour is to discover new flavors and to be initiated in the preparation of genuine and delicious, Cretan cuisine. After your unique gastronomical tour, head back to Heraklion port to embark your cruise ship.

#### Tour notes / Additional information for guests' guidance:

Approximately 25 min drive from Heraklion port to Amnisiades park.  
Approximately 40 minutes for a Minoan gastronomy cooking presentation (of a traditional pie, using kitchenware/tools of the Minoan era) & brief tour to the park.  
Approximately 100 minutes for lunch at Amnisiades Park.  
Approximately 20 minutes drive from Amnisiades Park to Karteros area.  
Approximately 20 minutes drive from Karteros area to Heraklion port.  
There is no elevator/lift available or ramp for wheel chairs or persons with climbing difficulties.  
Guests with limited mobility are not recommended to select this tour.  
The order of the stops might vary depending on traffic and tour starting time.

#### What Guests should bring / wear on this tour:

Hat, sunglasses, light clothing, Comfortable walking shoes.

#### Please provide 3 selling points for this tour:

- 1.-Explore Amnisiades Park, a natural park full of Cretan tradition, art, culture and cuisine.
- 2.-Learn about Minoan gastronomy and food habits on a special cooking demonstration.
- 3.-Taste Minoan dishes along with an exceptional traditional Cretan meal made of natural farming organic food ingredients.

| SITES / VENUES / ATTRACTIONS VISITED    |      |  |     |
|---|------|--|-----|
| VENUE 1                                 |      |  |     |
| Name of the venue                       |      | AMNISIADES PARK RESTAURANT   |     |
| Restrooms available                     |      | YES  |     |
| MENU                                    |      | <p>CRETAN MENU</p> <p>All our ingredients are family produced with local, homemade and mostly organic ingredients.</p> <ul style="list-style-type: none"><li>•Homemade fermented bread cooked in the Minoan oven accompanied with oregano, olive and olive oil from our ancient olive trees in the park<ul style="list-style-type: none"><li>•Dakos Cretan rusks with fresh tomatoes, Cretan soft white cheese (mizithra) and herbs</li></ul></li><li>•Briam-traditional Cretan “ladero” cooked with olive oil in the Minoan oven with a variety of vegetables<ul style="list-style-type: none"><li>•Hontros (finely chopped wheat cooked with fresh tomatoes, onions, olive oil and herbs<ul style="list-style-type: none"><li>•Dolmades (vine leafs stuffed with rise)</li></ul></li><li>•Chicken with tomato sauce cooked with potatoes in the oven<ul style="list-style-type: none"><li>•Fresh salads with local greens<ul style="list-style-type: none"><li>•Fruits</li><li>•Local wine</li></ul></li><li>•Iced herb tea (with local herbs)<ul style="list-style-type: none"><li>•Water</li></ul></li></ul></li></ul></li></ul> |     |
| Any photo & video restrictions or fees? | NONE | Shopping available ?   |     |
|   |      | Maximum n° of pax per group:   | 45  |
|   |      | 1 ship escort FOC per group?   | YES |
| Special opening fees?                   | NONE | Headsets / audioguides included?   | NO  |

| MEALS & DRINKS         | TOUR PARTICULARS                      |                       |          | VEHICLES             |     |
|------------------------|---------------------------------------|-----------------------|----------|----------------------|-----|
| Is a meal Included:    | LUNCH                                 | Total Tour Duration:  | 3:30     | VEHICLE # 1 - Type:  | BUS |
| Buffet/Set Meal/Boxed: | SET MEAL                              | Minimum / Maximum:    | 10/45    | Passenger Occupancy: | 85% |
| Snack:                 |                                       | Preliminary Counts:   | 1 week   | A/C and or Heat:     | YES |
| Name of Venue:         | AMNISIADES PARK RESTAURANT            | Final Counts:         | 24 hours | P.A. System:         | YES |
| Drinks (number):       | UNLIMITED                             | Cancelation Deadline: | 24 hours | Toilet:              | NO  |
| Type of Drinks:        | WINE, BEER, REFRESHMENTS AND LIQUEURS | Affected By Holidays: | YES      | Wheel Chair Storage: | YES |
| Water on Coach:        | YES                                   | Venue Closing Days:   | NONE     | VEHICLE # 2 - Type:  | NO  |
| Driver / Guide         | 1 Guide per Bus                       |                       |          |                      |     |

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| Please provide details on accessibility of venues (elevator/lift/ramp). |
| NO ELEVATOR /LIFT OR RAMP ARE AVAILABLE                                 |

| RATES                                  |          |  |          |          |         |         |         |
|--|----------|--|----------|----------|---------|---------|---------|
| Type of rate (per person / unit price) | Currency | TIER RATES (average per group/per bus) |          |          |         |         |         |
|  |          | 10                                     | 15       | 20       | 25      | 30      | 40      |
| ADULT                                  | EUR      | 137,00 €                               | 114,00 € | 102,00 € | 96,00 € | 91,00 € | 85,00 € |
| CHILD                                  | EUR      | 68,50 €                                | 57,00 €  | 51,00 €  | 48,00 € | 45,50 € | 42,50 € |

## PICTURES



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|-------------------------|--|
| <b>TOUR NAME:</b>       | <b>Traditional Cretan cuisine</b>          |
| <b>Port:</b>            | <b>HERAKLION</b>                           |
| <b>Country:</b>         | <b>GREECE</b>                              |
| <b>Ground Operator:</b> | <b>MSS TOURS - (MALLORCA SEA SHIPPING)</b> |

| Tour Timetable |      | Tour Element/Venue & Description                                    | Time in Minutes | # of steps or stairs | Type of Terrain | Restrooms Available? Free or Charge? |
|----------------|------|---|-----------------|----------------------|-----------------|--------------------------------------|
| From           | To   |   |                 |                      |                 |                                      |
| 0:00           | 0:30 | Departure from port to the old Venetian port for a brief photo stop | 30              | NONE                 | FLAT            | NO                                   |
| 0:30           | 0:55 | Departure from the old Venetian port to Heraklion town              | 25              | NONE                 | FLAT            | NO                                   |
| 0:55           | 2:55 | Lunch at Peskesi restaurant   | 120             | NONE                 | FLAT            | YES                                  |
| 2:55           | 3:20 | Departure from Peskesi restaurant back to port                      | 25              | NONE                 | FLAT            | NO                                   |

### TOUR DESCRIPTION:

Leaving port and after a short drive, you will reach Heraklion old Venetian port, next to the modern Port of Heraklion, for a brief photo stop. This approximately 2 km long port is one of city's most walking streets. At this port, visitor can admire what is left of the small, picturesque port that functions today as a marina and the imposing 'Koule' Fortress. After a brief photo stop, head to the city center of Heraklion, the largest city in Crete. The city is diverse in culture, with Byzantine churches standing next to the Venetian mansions, Turkish fountains, the Old Town, squares, and pedestrian walkways. For your last stop enjoy your lunch at Peskesi restaurant, a restaurant with traditional Cretan cuisine in the heart of Heraklion city. The restored historical mansion is a unique place that emerges with peace and intimacy, welcoming, full of aromas and flavors, remaining engraved in memory. The restaurant tries to preserve the authenticity of Cretan culture and tradition as owners believe that through gastronomy and local dishes, visitors can get closer to a destination and its way of life. After your lunch break, head back to Heraklion port to embark you cruise ship.

#### Tour notes / Additional information for guests' guidance:

Approximately 15 minutes drive from Heraklion port to Venetian port.  
Approximately 15 minutes for a photo stop.  
Approximately 25 minutes drive from Venetian port to Heraklion town.  
Approximately 120 minutes for lunch at Peskesi restaurant.  
Approximately 25 minutes drive from Heraklion town back to port.  
There is no elevator/lift available or ramp for wheel chairs or persons with climbing difficulties.  
Guests with limited mobility are not recommended to select this tour.  
The order of the stops might vary depending on traffic and tour starting time.

#### What Guests should bring / wear on this tour:

Hat, sunglasses, light clothing, Comfortable walking shoes

#### Please provide 3 selling points for this tour:

- 1.-Visit the small picturesque Venetian old port of Heraklion to admire the Great Koule (Rocca al Mare) fortress and take some exceptional photos.
- 2.-Pass through Heraklion centre, a scenic centre with local architectural style.
- 3.-Taste a traditional menu that combines Cretan tradition and great raw materials in every plate.

| SITES / VENUES / ATTRACTIONS VISITED    |      |   |     |
|---|------|---|-----|
| VENUE 1                                 |      |   |     |
| Name of the venue                       |      | PESKESI RESTAURANT  |     |
| Restrooms available                     |      | YES   |     |
| MENU                                    |      | <div>Appetizers</div> <div>Salad “ofti” with eggs from our farm roasted potatoes with eggs, capers, parsley, olives, spring onion, rusk &amp; soft Cretan cheese (anthogalo),</div> <div>Malakero Kalitsouni (cheese pie) &amp; “Giachnera” pies (greens pies) made with the traditional recipe “Malaka”, a traditional cretan cheese from Chania</div> <div>“Giachnera” called a mix of wild aromatic cretan greens</div> <div>“Kalohoriano” smoked hum with sundried tomato &amp; caramelized onions</div> <div>Crete recipe Flepsia with sikomagis -Stuffed rolls (bourekakia) with Cretan cheese &amp; groats, served with fig marmalade.</div> <div>Fava (Split pea) from Manarolia“Manarolia” is a rarely forgotten variety of legumes revive on the organic farm</div> <div>Main course</div> <div>“Kreokakavos” an ancient recipe which is referred to in the book “Dipnosofistai” by _thinaios pork roasted with honey &amp; thyme from our farm, served with legume puree</div> <div>Local young goat with traditional yoghurt slow cooked, boneless, with yoghurt and kefalotiri cheese</div> <div>Dessert</div> <div>Plakountas “ cheesecake with Cretan cheese &amp; rusk biscuit served with handmade organic apricot jam from our apricot trees or walnuts &amp; honey from our farm</div> |     |
| Any photo & video restrictions or fees? | NONE | Shopping available ?  |     |
|   |      | Maximum n° of pax per group:  | 45  |
|   |      | 1 ship escort FOC per group?  | YES |
| Special opening fees?                   | NONE | Headsets / audioguides included?  | NO  |

| MEALS & DRINKS         | TOUR PARTICULARS                      |                       |          | VEHICLES             |     |
|------------------------|---------------------------------------|-----------------------|----------|----------------------|-----|
| Is a meal Included:    | YES - LUNCH                           | Total Tour Duration:  | 3:20     | VEHICLE # 1 - Type:  | BUS |
| Buffet/Set Meal/Boxed: | SET MEAL                              | Minimum / Maximum:    | 10 /45   | Passenger Occupancy: | 85% |
| Snack:                 |                                       | Preliminary Counts:   | 1 week   | A/C and or Heat:     | YES |
| Name of Venue:         | PESKESI RESTAURANT                    | Final Counts:         | 24 hours | P.A. System:         | YES |
| Drinks (number):       | UNLIMITED                             | Cancelation Deadline: | 24 hours | Toilet:              | NO  |
| Type of Drinks:        | WINE, BEER, REFRESHMENTS AND LIQUEURS | Affected By Holidays: | YES      | Wheel Chair Storage: | YES |
| Water on Coach:        | YES                                   | Venue Closing Days:   | NONE     | VEHICLE # 2 - Type:  | NO  |
| Driver / Guide         | 1 Guide per Bus                       |                       |          |                      |     |

|   |
|---|
| Please provide details on accessibility of venues (elevator/lift/ramp). |
| NO ELEVATOR /LIFT OR RAMP ARE AVAILABLE                                 |

| RATES                                  |          |  |          |          |         |         |         |
|--|----------|--|----------|----------|---------|---------|---------|
| Type of rate (per person / unit price) | Currency | TIER RATES (average per group/per bus) |          |          |         |         |         |
|  |          | 10                                     | 15       | 20       | 25      | 30      | 40      |
| ADULT                                  | EUR      | 107,00 €                               | 103,00 € | 100,00 € | 99,00 € | 98,00 € | 96,00 € |
| CHILD                                  | EUR      | 53,50 €                                | 51,50 €  | 50,00 €  | 49,50 € | 49,00 € | 48,00 € |

## PICTURES

