

CRETE ISLAND, GREECE

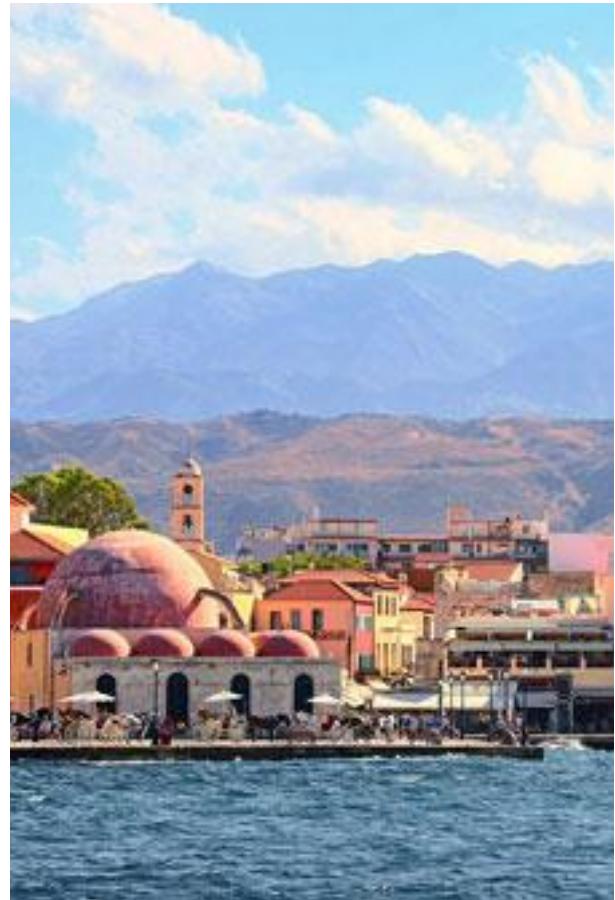
*discover breathtaking  
landscapes in the heart of  
Mediterranean cuisine*

**DATES:** OCTOBER 9-15, 2026

**PRICE:** \$6950.00 US PP\*

## *Questions?*

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## DAY TRIPS & EXCURSIONS

This immersive journey blends vibrant food traditions, breathtaking landscapes, and the warm hospitality that defines Crete. We will explore the flavors and stories that make this island's diet one of the world's most delicious and healthiest, just as Crete celebrates its designation as Europe's Region of Gastronomy 2026.

Wine lovers, we've got you covered! With 4,000 years of winemaking history, Crete is home to ancient roots, unique grape varietals, and expressive, memorable wines. You will love strolling through the vineyards at a renowned family-run estate where they are preserving Crete's rare indigenous varietals. Taste the crisp Vidiano and elegant Liatiko, with their distinctive minerality and floral notes. Then, we'll find a tranquil spot in the vineyard under the shade of the olive trees and enjoy a guided tasting accompanied by traditional delicacies.

Then, we'll take a scenic drive to Chania, where a 14th-century harbor, featuring a stunning Venetian lighthouse, awaits us, along with cobblestone alleys lined with elegant mansions, fun shops, and historic churches. We will travel back in time, and discover the refined culinary habits of ancient Cretans, Romans and Minoans in this beautiful corner of the world.



## WHERE YOU WILL STAY

We've selected two outstanding properties just minutes from the island's best attractions, such as Heraklion's iconic archaeological sites and culinary scene to Chania's stunning landscapes and hidden gastronomic gems.

We'll begin with three nights at Pnoé, an elegant wellness-focused beach resort in Heraklion, which is almost too good to be true. Its central courtyard features an almond-shaped pool, and private suites offer a blend of relaxation and comfort. From the warm welcome with a hand towel infused with a soothing blend of 40 herbs, to extensive wellness facilities, including a sauna, steam room, hydromassage pool, and even your own private heated pool, it's a luxurious place to rest and restore after each day's adventures.



Next, we'll take you to historic Chania, where you'll stay in a beautifully restored 19th-century mansion that once belonged to French consul Paul Blanc. Located in the upscale Halepa district, this boutique hotel features Art Deco interiors, refined suites, and a romantic balcony. Meticulously restored, it features bespoke furnishings, an outdoor swimming pool, a gym, and a spa with personalized treatments. [Click here](#) and take a virtual tour!

## COOKING CLASSES

Get ready to roll up your sleeves and dive into the world of Cretan cuisine, where fresh, local, seasonal, and quality ingredients are the stars of the show! Discover the flavors and stories that make the Cretan diet one of the world's most delicious and healthiest and celebrate the island's designation as Europe's Region of Gastronomy 2026!

Join local cooks and prepare dishes that highlight fresh vegetables, wild herbs, fragrant honey, exceptional cheeses, and—of course—world-class Cretan olive oil, the backbone of the island's cuisine. We'll start with Crete's most ubiquitous starter, dakos. This twice-baked snack of barley toast slowly soaks up olive oil and the juice of chopped tomatoes sprinkled with wild oregano and Xinomizithra (salted white local cheese). Delicious! Then we can make savory and sweet phyllo turnovers, and create photo-worthy cheese boards with regional delicacies including artisanal cheeses and wild greens.

Or we could make regional delicacies, like boureki from Chania, a comforting vegetarian dish layered with zucchini, local cheese, potato, and filo or puff pastry. And, of course, learn how to impress our own friends and family guests by making meze dishes to share at home.

A food archaeologist will introduce us to the local ingredients, herbs and cooking methods used by ancient Minoans. In her clay pots, she will cook an ancient recipe over an open fire and she will teach us how to make our individual unleavened bread loaves.

Come hungry and go to bed with a smile on your face!



**\*\*SAMPLE ITINERARY\*\***

**DAY 1: Welcome to the island of Crete**

Group transfer from Heraklion Airport to the property followed by a welcome reception and a Cretan-style dinner prepared for you by local chefs at our resort.

**DAY 2: A day in the life of a village**

Enjoy a leisurely breakfast buffet at home, then it's off to the village of Episkopi. We'll savor Greek coffee in traditional coffee shops and take a stroll through the streets where we'll find ancient Byzantine churches. Then, join local ladies for a private cooking class and a storytelling journey through Crete. Taste products by small local producers followed by the lunch we cooked with the ladies. Return to the hotel and enjoy free time to rest or enjoy the beach/spa before dinner at one of Greece's top farm to table restaurants.

**DAY 3: The land of Legends!**

Make sure you have some extra virgin olive oil with your breakfast, before embarking on an excursion to the world-renowned Knossos archaeological site for a storytelling guided tour. Then, we'll visit a family-owned winery, where we'll enjoy a tour and tasting, followed by lunch prepared especially for us. We'll visit the Heraklion Archaeological Museum and have some free time to discover the amazing city's Venetian architecture, before having dinner in a modern, gourmet taverna in Heraklion.

**DAY 4: Cultural Immersion**

Fuel up with breakfast for a day packed with adventure. We're heading to another exciting region of the island- Chania! It's a scenic drive and we'll be sure to stop in lovely Atsipopoulo, where we can visit a traditional bakery and have a mezze lunch with friends.

After we settle in at Domus Blanc hotel in Chania, we'll head out for dinner at a local gem which works with dozens of Crete's small artisan producers.

**DAY 5: Discover Cretan wine and food**

After breakfast, we'll visit Aptera's ancient city and theatre. Then, we'll meet an experimental food archaeologist, who will introduce us to the ingredients and cooking methods used by ancient Cretans. In her clay pots, she will cook an ancient recipe over an open fire and teach us how to make our individual unleavened bread loaves. Then, take some time to explore one of the museums near the hotel or Chania's old city. We've selected a scenic and delicious fish restaurant by the sea for dinner out.

**DAY 6: Land of olives and farewell celebration**

Today is our grand finale and we'll make the most of it with a visit to a stunning local olive mill that produces the world's first high phenolic olive oil to be certified as a food supplement. Our guide will take us on a tour through the milling process and we can even try our hand at harvesting! Savor a fantastic private lunch by a chef who loves to interpret Cretan traditions with modern flair, using seasonal ingredients sourced from neighboring villages. And since October is the month of raki distillation in Crete, we will celebrate the completion of our tour with a festive raki distillation, rustic dinner, and a few surprises!.

**DAY 7: Departure**

Enjoy breakfast before the morning group transfer to Chania Airport, concluding your Greek Island adventure.

\*\*sample- for planning purposes only.



RESERVE YOUR SPACE

## TRIP DETAILS

The price for this tour is \$6950.00 US per person\*, based on double occupancy. A deposit of \$2000.00 US per person is required to register for this tour. Limited single-occupancy rooms are available, and a single supplement charge of \$1500.00 US applies for solo travelers. Please read the [Tour Terms and Conditions](#) for details.

**We strongly recommend trip insurance.** Policies vary, so be sure to review the details and make sure that it suits your needs.

### Included:

- Thoughtfully curated and unique itinerary
- Limited group size
- Meals- breakfast, lunch, and dinner (one exception) with wine
- Accommodations at luxurious properties – 3 nights in Heraklion, and 3 nights in Chania
- Hands-on and demonstration cooking classes and tastings
- Extraordinary excursions with knowledgeable and friendly multilingual guides
- Private coach transportation during the tour
- Group transfer from the Heraklion Airport to Pnoé Breathing Life Resort at 4:00pm on Day One
- Group transfer to Chania Airport on the morning of the final day at 9:00am.

