



# Tour Information



## Culinary Crete





## Passports

You may need to renew your British Passport if you are travelling to an EU country. **Please ensure your passport is less than 10 years old (even if it has 3 months or more left on it) and has at least 3 months validity remaining from the date of travel.**

For more information, please visit: [passport checker](#)

## Visas

You do not need a visa for short trips to Greece. For all other passport holders please check the visa requirements with the appropriate embassy.

For further information, please check here: [travel to the EU](#)

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 or download your boarding passes to your phone 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 any time 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 you to check the baggage allowances carefully as you are likely to be charged the excess if you exceed the weight limit. Maximum weights for single bags apply.

Your EasyJet ticket includes one hold bag of up to 23kg plus **one cabin bag that can fit under the seat in front of you**, (maximum size 45 x 36 x 20cm, including any handles or wheels).

<http://www.easyjet.com/en/planning/baggage>

## Transfers

On arrival at Chania Airport please collect your luggage and exit the luggage area. You will find your tour manager 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 already done so, please notify Travel Editions of any special requests as soon as possible to allow enough time to make the necessary arrangements.

## Border Control

At border control, you may need to show a return or onward ticket, show you have enough money for your stay, use separate lanes from EU, EEA and Swiss citizens when queuing.



## Accommodation

### Sunny Bay Hotel, Kissamos

Our base for this tour is the 3-star **Sunny Bay Hotel**, 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 included 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 choose your fish which 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 can be 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, especially in village tavernas, 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 around 6 euros per half litre.

Other local drinks are ouzo, raki, Metaxa. 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 the holiday

Breakfast daily, three lunches at local tavernas and three dinners at the Cellar Taverna situated on Kissamos sea front promenade, approximately a seven-minute walk from your hotel.

### Taking food into EU countries

You are not able to take meat, milk or any products containing them into EU countries.



# 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, 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 minibus 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 on some evenings!

## Village life

You have the privilege of visiting the home of the parents of our guide in a local village, 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 and sticky 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

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.

## 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. The afternoon will be free for you to enjoy the town further at leisure.

## Chania Botanical Gardens

A visit to Crete's botanical park to learn more about the plants, herbs, fruit and vegetables grown here. The walk here is a little up and down on uneven paths, so it is helpful to wear good shoes today.



## 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 (Summertime 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.

**Banks** – Cashpoints compatible with international banking networks are 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.

**Credit cards** – Credit cards are now widely accepted; however, we do recommend having euros with you too as, in villages, credit card machines are not always available. Varying amounts of commission can be charged for credit card payments, 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 available to buy in the local shops and very reasonable priced.

**Plumbing** - Unless there is information to the contrary, **please do not put toilet paper down the toilet.** This is common practice in Greece due to the narrowness of the pipes.

**Shopping** - There are plenty of mini-markets scattered throughout Kissamos for any basic supplies you might need. 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.

**Stamps** - In most places you can purchase stamps at the same time you **purchase postcards.** This is much easier than trying to find a post office!

**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.

The guarantee of free mobile phone roaming throughout the EU, Iceland, Liechtenstein and Norway has ended. Check with your phone operator to find out about any roaming charges that might be applied after 1st January 2021. A new law means that you are protected from getting mobile data charges above £45 without you knowing. Once you reach £45, you need to opt in to spend more so that you can continue using the internet while you are abroad. Your phone operator will tell how you can do this.

**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 reward 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

Sun cream

Insect repellent

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

## Grading

This tour has been graded as **Moderate**: Walking between sites, lots of standing for viewing.



## 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

There is a medical centre in Kissamos and 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.**

## Pharmacies

Pharmacies throughout Greece are generally well-stocked and have knowledgeable staff who, often, 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 usually on Saturdays.



## Insurance

We strongly recommend that you take out an appropriate travel insurance policy when you travel abroad.

To be covered under your Travel Insurance Policy, if you become ill, it is essential that you contact a local doctor and telephone the emergency number of your insurance company. 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 medical attention.

### Global Health Insurance Card (GHIC)

Before you travel, make sure you've got a valid European Health Insurance Card (EHIC) or UK Global Health Insurance Card (GHIC) or travel insurance with health cover.

You may not have access to free emergency medical treatment and could be charged for your healthcare if you do not have an EHIC or GHIC when visiting an EU country, or travel insurance with full healthcare cover when visiting Switzerland, Norway, Iceland or Liechtenstein. If you have an EHIC it will still be valid while it remains in date. Your European Health Insurance Card (EHIC) or Global Health Insurance Card (GHIC) will be valid if you are travelling to an EU country.

For further information about the GHIC please visit:

<https://www.nhs.uk/using-the-nhs/healthcare-abroad/apply-for-a-free-uk-global-health-insurance-card-ghic/>



## Emergencies

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

00 44 20 7251 0045 (Mon-Fri 09:00-17:00)

Outside the above hours please telephone our emergency staff on:

00 44 7952 237156 (Jane Freeman) or 00 44 7841 023807

**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, 09:00 to 13:00.

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

Telephone enquiries - Monday to Friday, 08:00 to 15:00.

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

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