

Discover Cretan Gastronomy!

Plan Days 5

4 days in the beautiful Milia Mountain Retreat with the vibrant company of Natour Lab!



By: Wondergreece Traveler

PLAN SUMMARY



Day 1

1. Chania

About region/Main cities & villages

2. Milia Mountain Retreat Accommodation

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Day 2

Milia Mountain Retreat
 Accommodation



2. Natour Lab Experiences
Interests & activities/Selected tours

- 3. Milia Mountain Retreat
 Accommodation
- 4. Natour Lab Experiences
 Interests & activities/Selected tours
- 5. Milia Mountain Retreat Accommodation

Day 3

Milia Mountain Retreat
 Accommodation



- 2. Natour Lab Experiences
 - Interests & activities/Selected tours
- 3. Elafonisi

Nature/Beaches

4. Milia Mountain Retreat Accommodation

Day 4

1. Milia Mountain Retreat Accommodation



- 2. Natour Lab Experiences
 - Interests & activities/Selected tours
- 3. Anoskeli Winery & Oil Mill

Local Products & Gastronomy/Wineries

4. Natour Lab Experiences

Interests & activities/Selected tours

5. Milia Mountain Retreat Accommodation



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Day 5

1. Milia Mountain Retreat



2. Chania

About region/Main cities & villages





1. Chania About region / Main cities & villages



Απόσταση:

Start -

Χρόνος:

GPS: N35.51606541887963, W24.01803670000004

Note: Welcome to Chania! If you have arrived early, take a walk in the city. Visit the local market, walk around the pedestrian streets behind it or enjoy a coffee overlooking the old Venetian harbor. Later prepare to leave the hustle and bustle of the city and set of for a trip like no other...



2. Milia Mountain Retreat
Accommodation



Απόσταση: by car 55.3km

χρόνος:

1h08′

GPS: N35.41262041546595, W23.664119220484963

Note: Welcome in the mountain village of Milia! Magnificent nature, simplicity, harmony, clean air, warm hospitality, relaxed atmosphere, home-cooking are all elements that you will feel from the very first moments after your arrival. Once settled, you will find the team of Milia and Natour Lab in the central area of the village, they will inform you about the activities of the following days.





1. Milia Mountain Retreat
Accommodation



Απόσταση:

Start -

Χρόνος:

GPS: N35.41262041546595, W23.664119220484963

Note: Waking up in the heart of the Cretan nature! Enjoy an authentic traditional breakfast including homemade marmalade, local honey, freshly baked bread, traditional goat cheese, fruits and sweets.



2. Natour Lab Experiences
Interests & activities / Selected tours



Note: At 9:30 the team will guide you in the green paths around the village. Enjoy the surrounding nature and the sea view in the distance.



Chania

Contact:

T: (+30) 6951 002502

Απόσταση:

by car 56.5km

Χρόνος:

1h04′

GPS: N35.5072971, W24.027751800000033



3. Milia Mountain Retreat Accommodation



Απόσταση:by car 56.6km **Χρόνος:**1h06'

GPS: N35.41262041546595, W23.664119220484963

Note: Prior to the afternoon cooking workshop take your time to relax and get acquainted with the other guests of the village. In case you feel hungry, at Milia restaurant you will have the chance to experience the simplicity and uniqueness of the authentic Cretan cuisine. Food is made from excellent raw materials many of which come from the certified organic garden of Milia. Moreover, bread is almost daily being prepared and baked in a wood oven. Here you can experience the simple joy of cutting a piece of bread while still warm!



4. Natour Lab Experiences
Interests & activities / Selected tours



Note: At 16:00 roll up your sleeves and get ready for an introduction to seasonal cooking and the culture of the Cretan gastronomy! With the guidance of Natour Lab culinary team you will mix your ingredients in unique tasteful combinations to create a seasonal 5-dish menu.



Contact: T: (+30) 6951 002502

Απόσταση: by car 56.6km

Χρόνος: 1h06′

GPS: N35.5072971, W24.027751800000033



5. Milia Mountain Retreat Accommodation



Απόσταση: by car 56.6km

Χρόνος: 1h06′

GPS: N35.41262041546595, W23.664119220484963

Note: 19:30 Time for dinner! Gather around the monastery table of Milia and taste your creations with some quality local wine.





1. Milia Mountain Retreat Accommodation

Note: 10:30 After enjoining another delicious breakfast meet the team at the organic garden of Milia. There you will pick up

Note: 11:00-14:00 Based on your ingredients (flour, olive oil,

performing some traditional recipes (kalitsounia). When finished,

vegetables, cheese, fruit and eggs) you will examine their cultivation, their nutritional value and processing while

pack your food supplies and prepare yourselves for some

fresh ingredients for your second cooking workshop!

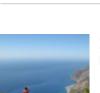


Απόσταση:

Start -

Χρόνος:

GPS: N35.41262041546595, W23.664119220484963



2. Natour Lab Experiences Interests & activities / Selected tours



Q Location: Chania

Contact:

T: (+30) 6951 002502

Απόσταση:

by car 56.5km

Χρόνος: 1h04'

GPS: N35.5072971, W24.027751800000033



swimming!

3. Elafonisi Nature / Beaches

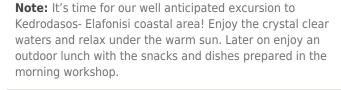


Απόσταση:

by car 76.2km Χρόνος:

1h32'

GPS: N35.2719081, W23.541112500000054





4. Milia Mountain Retreat Accommodation



Απόσταση:

by car 27.1km

Χρόνος:

GPS: N35.41262041546595, W23.664119220484963

Note: Around 19:00 prepare for the way back to the village. Relax and enjoy the beautiful colors of the sunset as they transform the surrounding landscape.





1. Milia Mountain Retreat
Accommodation

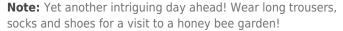


Απόσταση:

Start -

Χρόνος:

GPS: N35.41262041546595, W23.664119220484963



Note: The owner of the beehive will guide you around the

garden and explain the special treatment and handling of the bees (protective equipment provided). Taste some thyme honey

and pollen and enjoy the most healthy brunch; local herbal tea

with honey, sesame bar with honey, rakomelo (honey based

Note: Full of energy, time to move on for a tour around the

facilities of Anoskeli winery and oil mill. Learn about the wine and olive oil production process whilst taste quality wine and



2. Natour Lab Experiences
Interests & activities / Selected tours



Location:

Contact:

T: (+30) 6951 002502

Απόσταση:

by car 56.5km

Χρόνος:

1h04′

GPS: N35.5072971, W24.027751800000033



alcohol shot) and seasonal fruit.

extra virgin olive oil with a snack.

3. Anoskeli Winery & Oil Mill Local Products & Gastronomy / Wineries



Contact: T: (+30) 28240 83127

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Απόσταση: by car 33.3km

Q Location:

Anoskeli

Χρόνος: 35′

GPS: N35.45991634758184, W23.77597483306579



4. Natour Lab Experiences
Interests & activities / Selected tours



Chania

Contact:

T: (+30) 6951 002502

Απόσταση:

by car 33.3km

Χρόνος: 33′

GPS: N35.5072971, W24.027751800000033

Note: 14.30 With everyone's participation let's prepare a barbecue in the Cretan way! Taste the local meat with some Cretan style fried potatoes, fresh seasonal salads, homemade mustard and local bottled wine.



5. Milia Mountain Retreat Accommodation



Απόσταση:by car 56.6km **Χρόνος:**1h06'

GPS: N35.41262041546595, W23.664119220484963

Note: 18.30 Sated and full we take our way back to Milia Mountain Retreat. Time for some good rest! Relax in one of the comfortable hammocks while reading your favorite book or just by listening to the sounds of birds returning to their nests...





1. Milia Mountain Retreat Accommodation



Aπόσταση: Start -

Χρόνος:

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GPS: N35.41262041546595, W23.664119220484963

Note: It was our pleasure to have you as our guest and an honor to introduce you to the authentic side of the Cretan gastronomy. We hope you had an unforgettable experience with us. Have a nice trip back home!



2. Chania About region / Main cities & villages



Απόσταση: by car 55.0km **Χρόνος:**

1h06′

GPS: N35.51606541887963, W24.01803670000004

Πρόσβαση και Χρήσιμες πληροφορίες



Chania Prefecture

Access

By plane: The district of Chania has the airport 'loannis Daskalogiannis', 14km from the city of Chania, which is daily connected with the airport 'El. Venizelos" in Athens and 'Macedonia' in Thessaloniki. The frequency of the itineraries varies depending on the season, with the duration of the flight ranging around 40-50 minutes from Athens and approximately one hour and 15 minutes from Thessaloniki. The airport accepts many charter flights during the summer from several European countries such as Germany, Luxembourg, Italy, Denmark, Britain, Norway, Sweden, the Czech Republic and Finland. You can go from the airport to the city of Chania by bus or by taxi.

By ferry: The district of Chania, with the port of Souda (7 km from the city of Chania), has a daily ferry link with the harbor of Piraeus. Most conventional ferries approach the port after 8-9 hours of trip while the high-speed ferries only after 6-7 hours. You can go from the port of Souda to the city of Chania by bus or by taxi. The district, from the port of Kissamos, also has a ferry link with Kythira, Antikythira, Gythio, Kalamata, Piraeus and Monemvasia. Moreover, there is a ferry link from the port of Chora Sfakion with Gavdos Island. The frequency of the itineraries varies depending on the season.

By car - domestic transportation: The major cities in Crete as well as the main towns with the villages of the district are connected by interurban buses, which have frequent itineraries. As an indication, the city of Chania is 138km from Heraklion, 60km from Rethymnon and 204km from Agios Nikolaos. In the district, by using the interurban buses it takes about 2 hours from Chania to Sfakia (southeast of the district), 2 hours to Sougia (south of the district), 90 minutes to Paleohora (southwest of the district), 2 hours to the well-known Elafonisi (southwest of the district) and 45 minutes to the Kasteli (northwest of Chania), where the starting point for the bus itineraries to the villages located in the western part of the district is.

Bus station Chania: Square 1866, Chania, Tel: (+30) 28210 93024

Tel: (+30) 28210 93024

e-ktel.gr

Intercity Buses: Kydonias 73-77, Chania, Tel: (+30) 28210 93306, 93052

www.bus-service-crete-ktel.com

Buses for Kissamos: (+30) 28220 22035 Marina of Kissamos: (+30) 28220 22024

Useful telephone numbers

Health Services

Ambulance: 166, (+30) 28210 28667

General Hospital of Chania: (+30) 28210 22000-9 Health Center of Vamos: (+30) 28253 40401 Health Center of Kandanos: (+30) 28233 40000 Health Center of Kissamos: (+30) 28223 40100 Naval Hospital of Souda: (+30) 28210 82000 Regional Medical of Souda: (+30) 28210 23538

Regional Medical Center of the Airport: (+30) 28210 83820

Regional Medical of Armeni: (+30) 28250 41216
Regional Medical of Aroni: (+30) 28210 63336
Regional Medical of Voukolies: (+30) 28240 31204
Regional Medical of Gerani: (+30) 28210 61268
Regional Medical of Kalives: (+30) 28250 31244
Regional Medical of Kolymvari: (+30) 28240 22204
Regional Medical of Kontopouli: (+30) 28210 65211
Regional Medical of Maleme: (+30) 28210 62360
Regional Medical of Meskla: (+30) 28210 67356
Regional Medical of Kydonia: (+30) 28210 38002

Regional Medical of Tauronitis: (+30) 28240 22395

Regional Medical of Sfakia: (+30) 28250 91214

Municipalities

Municipality of Chania: (+30) 28210 92000

Municipal Tourist Office in Chania: (+30) 28210 36155, 36204

Police Authorities
Police: (+30) 28210 25700

Chania Tourist Police: (+30) 28210 28750, 25931

Port Authorities

Port authority of Chania: (+30) 28210 98888 Port authority of Souda: (+30) 28210 89240 Port authority of Kissamos: (+30) 28220 22024 Port authority of Paleochora: (+30) 28230 41214 Port authority of Sfakia: (+30) 28250 91292

Transportation

Chania Airport: (+30) 28210 83800, 83805 Taxi: 'Hermes': (+30) 28210 98700, 98770 'Kydon': (+30) 28210 94300, 87700 Bus station Chania: (+30) 28210 93024 Intercity Buses: (+30) 28210 93306, 93052 Buses for Kissamos: (+30) 28220 22035

Other

Marina of Kissamos: (+30) 28220 22024

Consulate of Germany: 1 Digeni str, Chania Tel: (+30) 28210 68876

Consulate of Denmark, Norway, Sweden: 107A Eleftherios Venizelos str, Chania,

Tel: (+ 30) 28210 57330

Consulate of Italy: 70 Tzanakaki str, Chania, Tel: (+ 30) 28210-27315

Consulate of France: 1866 Square No 14

Useful Information

Free Wi-Fi: In the district of Chania, there are 52 so far public spots with Free Wireless Broadband Internet Access (free Wi-Fi Hotspots) in central locations. You will find 18 spots in the area of Chania, 10 in Souda, 8 in Kydonia, 5 in Therissos, 2 in Akrotiri and 9 in the region of El. Venizelos. For more information, contact: (+30) 28213 41706, 41755