WONDERGREECE

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

WONDERGREECE

Day 1

1. Chania
   About region/Main cities & villages
2. Milia Mountain Retreat
   Accommodation

Day 2

1. 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

1. 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

Day 5

1. Milia Mountain Retreat
   Accommodation
2. Chania
   About region/Main cities & villages

Day 1



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.

Day 2

WONDERGREECE



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

Location:
Chania

Contact:
T: (+30) 6951 002502

Απόσταση:
by car 56.5km
Χρόνος:
1h04′

GPS: N35.5072971, W24.027751800000033

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.



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

Location:
Chania

Contact:
T: (+30) 6951 002502

Απόσταση:
by car 56.6km
Χρόνος:
1h06′

GPS: N35.5072971, W24.027751800000033

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.



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.

Day 3

WONDERGREECE



1. Milia Mountain Retreat

Accommodation

Απόσταση:
Start -
Χρόνος:
-

GPS: N35.41262041546595, W23.664119220484963

Note: 10:30 After enjoining another delicious breakfast meet the team at the organic garden of Milia. There you will pick up fresh ingredients for your second cooking workshop!



2. Natour Lab Experiences

Interests & activities / Selected tours

Location:
Chania

Contact:
T: (+30) 6951 002502

Απόσταση:
by car 56.5km
Χρόνος:
1h04′

GPS: N35.5072971, W24.027751800000033

Note: 11:00-14:00 Based on your ingredients (flour, olive oil, vegetables, cheese, fruit and eggs) you will examine their cultivation, their nutritional value and processing while performing some traditional recipes (kalitsounia). When finished, pack your food supplies and prepare yourselves for some swimming!



3. Elafonisi

Nature / Beaches

Απόσταση:
by car 76.2km
Χρόνος:
1h32′

GPS: N35.2719081, W23.541112500000054

Note: It’s time for our well anticipated excursion to Kedrodasos- Elafonisi coastal area! Enjoy the crystal clear waters and relax under the warm sun. Later on enjoy an outdoor lunch with the snacks and dishes prepared in the morning workshop.



4. Milia Mountain Retreat

Accommodation

Απόσταση:
by car 27.1km
Χρόνος:
47′

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.

Day 4

WONDERGREECE



1. Milia Mountain Retreat

Accommodation

Απόσταση:
Start -
Χρόνος:
-

GPS: N35.41262041546595, W23.664119220484963

Note: Yet another intriguing day ahead! Wear long trousers, socks and shoes for a visit to a honey bee garden!



2. Natour Lab Experiences

Interests & activities / Selected tours

Location:
Chania

Contact:
T: (+30) 6951 002502

Απόσταση:
by car 56.5km
Χρόνος:
1h04′

GPS: N35.5072971, W24.027751800000033

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 alcohol shot) and seasonal fruit.



3. Anoskeli Winery & Oil Mill

Local Products & Gastronomy / Wineries

Location:
Anoskeli

Contact:
T: (+30) 28240 83127

Απόσταση:
by car 33.3km
Χρόνος:
35′

GPS: N35.45991634758184, W23.77597483306579

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 extra virgin olive oil with a snack.



4. Natour Lab Experiences

Interests & activities / Selected tours

Location:
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...

Day 5

WONDERGREECE



1. Milia Mountain Retreat

Accommodation

Απόσταση:
Start -
Χρόνος:
-

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

Chania Prefecture

Access

By plane: The district of Chania has the airport 'Ioannis 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