

CULINARY ODYSSEY IN CRETE

Exploring The Epicenter Of The Mediterranean Diet

Embark on a culinary odyssey to Crete, the epicenter of the Mediterranean diet. Explore its rich history, diverse landscapes, and self-sustaining traditions that have nurtured an abundance of flavors. Witness the evolution of gastronomy over millennia, savoring the simplicity and delicacy of Cretan cuisine, from fresh fruits and vegetables to homemade dairy products and fresh seafood. Indulge in the island's famed olive oil, enriching every dish. Discover picturesque villages and vineyards while delighting in traditional pies and desserts. Immerse yourself in this gastronomic paradise, celebrating the essence of Crete's culinary heritage and its captivating allure.



YOUR TOUR HOST

**SOTIRIS
BAFITIS**

**Greek wine importer &
Founder of Prospatos**

Sotiris Bafitis, a true culinary journeyman, has dedicated his life to the world of hospitality and wine. Born in Washington DC and raised in a small village in Greece, he has an intimate understanding of the culinary treasures Greece has to offer. From a young age, he discovered his passion while working in a traditional Greek Kafeneio during a summer vacation. Little did he know that this experience would set the stage for an extraordinary career.

Throughout his impressive career, Sotiris worked in renowned restaurants in Washington DC. He worked at Jaleo which left a lasting impact on him. It was there that he realized his true calling lay in the food and wine industry. Sotiris collaborated with esteemed mentors to open Zaytinya, making history with a predominantly Greek wine list, a first in the US. He passionately showcased the gastronomical treasures of Greece, introducing the world to its culinary diversity.

Sotiris' thirst for knowledge took him on a journey through the wine regions of Greece, where he gained first-hand insight into the complexity and richness of local flavors. His upbringing in Achaia, surrounded by fresh produce, exceptional olive oil, and local delicacies, instilled in him a profound love for regional flavors.

As a veteran of over 20 years in the wine/food industry, Sotiris currently serves as the national brand/sales manager for his wine portfolio, SBS wines. In his quest to expose the world to the remarkable flavors of Greece, Sotiris Bafitis stands as a shining example of dedication, expertise, and a profound love for the culinary arts.



PROSPHATOS

ΠΡΟΣΦΑΤΟΣ



'Savoring Greek gastronomy through journeys and shared experiences'

ITINERARY

OCTOBER 21 - 29

DAY 1

ARRIVE IN CHANIA, CRETE

Unveiling Mediterranean Nutrition

DAY 2

OLIVE OIL AND WINE ODYSSEY

Anoskeli Olive Grove and Manousakis Winery

DAY 3

CRETAN VILLAGE CHARM AND GASTRONOMIC DELIGHTS

Vamos and Chania

DAY 4

RETHYMNON'S TREASURES AND CULINARY ARTISTRY

Treasures and Culinary Artistry

DAY 5

EXPLORING ANCIENT WONDERS AND SAVORY WINES

Knossos Palace and A Special Winery

DAY 6

COASTAL ENCHANTMENT AND ISLAND MYSTIQUE

Coastlines and a Hidden Beach

DAY 7

CULINARY TRADITIONS AND SERENITY IN SITIA

Olive Oil and a Greek Grandma

DAY 8

MONASTIC MYSTIQUE AND EXOTIC BEACH PARADISE

Monastery and a Swim

DAY 9

FAREWELL TO CRETE



Trip Highlights:

- Explore the mythical wonders and historical treasures of Crete, including the ancient ruins of Knossos Palace, considered Europe's oldest city.
- Immerse yourself in the authentic Cretan culinary traditions, learning the art of olive oil making, tasting rare local wines, and enjoying cooking experiences with Cretan Grandmas.
- Discover the serene beauty of Crete's landscapes, from the idyllic vineyards and olive groves to the exotic Vai Beach, home to the largest palm forest in Europe.
- Experience the unique monastic diet and culinary traditions at Toplou Monastery, gaining insight into the wisdom of Greek grandparent's cooking and the healing power of herbs and natural foods.

\$7500 per person

(double occupancy or an additional \$900 single supplement)

WHAT IS INCLUDED

- Eight nights of luxury accommodation
- Privately guided tours, experiences and activities
- All meals including wine
- Private transportation and transfers

WHAT IS NOT INCLUDED

- International Flights
 - Travel insurance
 - Personal expenses
 - Anything that is not mentioned in the program
- *We can help airline bookings*

