

# Valbel

CRETE

## JOURNEY INTO TRADITION: FROM THE COAST TO THE ROOTS

Discover the natural wonders of Crete on an adventure that blends geology, history, and culture. Admire the “embroidery” created by nature on the rocks, explore an ancient monastery, and experience the warm hospitality of a traditional Cretan tavern.

### What you will do:

- We start the day by enjoying the breathtaking views of the **Mirabello Gulf** coastline during our journey.
- We will stop at a panoramic viewpoint overlooking the sea from the mountains—an excellent opportunity for taking photos and appreciating the beauty of the coast. For those who wish, a coffee or other refreshments can be enjoyed at a nearby bar.
- We continue towards the village of Lastros, nestled in the mountains. Lastros is a traditional Cretan village known for its picturesque streets and authenticity.
- We will take a short break at an ancient beach, where you can relax and capture stunning landscapes surrounded by crystal-clear waters.
- We will visit a section of the Crete Geological Park, where you will admire unique rock formations dating back to the Miocene era, appearing as if nature itself embroidered them. Here, you will discover a piece of Crete’s natural history and the importance of the island’s geology.
- We continue towards the village of Panagia of Faneromeni to visit its charming monastery and enjoy a panoramic view of the region. This monastery is significant from a historical, cultural, and spiritual perspective and offers a serene atmosphere.
- We will have lunch in the village of Faneromeni at a rustic traditional tavern serving authentic Cretan dishes. Dining at Katerina’s feels like having lunch at your grandmother’s or aunt’s house—where traditional recipes from a bygone era are still cherished, and only local ingredients are used.







## JOURNEY INTO TRADITION: FROM THE COAST TO THE ROOTS

### Duration:

The experience lasts approximately 8 hours, including travel time, stops, and visits.

### Places Visited:

Lastros village, ancient beach, rock formations in the Geological Park, Monastery of Panagia of Faneromeni.

### Included:

- Assistance from a local guide and an Italian-speaking guide, ensuring a warm welcome and a personalized experience.
- Lunch at a traditional tavern featuring homemade dishes (including appetizers, a main course, and dessert).

### Not Included:

- Water and beverages during the journey.
- Private transport to and from Almyros.

### Requirements:

No special skills are required, but comfortable shoes and appropriate clothing are recommended.

