

OLDWAYS CRETE CULINARIA

With Chef Ana Sortun
October 28-November 4, 2026



Wednesday, October 28, 2026: Welcome!

All Day Check in at Megaron Hotel in Heraklion

After you check in, unpack and rest, or take the short walk into the center of town to get your bearings and discover a favorite spot or stop for coffee.

6:30 pm Welcome Session and Dinner at Peskesi

We'll welcome you on the rooftop of the Megaron Hotel with a glass of wine and an introductory session with Ana Sortun, Sara Baer-Sinnott, and Gena Deliyannis. After you've heard from us, you'll have the chance to meet your fellow travelers.

We'll then ask our guide to lead us to Peskesi Restaurant, a wonderful part of the Heraklion restaurant scene. You'll be charmed by the setting and the food, and the representation of the old ways. Panagiotis Manganas, the owner, started a farm to grow the produce he needed to serve his family's recipes.

Thursday, October 29, 2026: Ancient Times and Tradition

- Morning Traditional and Modern Breakfast Buffet on the lobby floor of the Megaron Hotel
- 9:00 am Visit to the Archaeological Museum and Knossos Palace**
 Regarded as one of Europe's most important museums, Heraklion's Archaeological Museum brings together archaeological finds from all over Crete, covering over 5500 years of the island's history. As the museum houses the most important collection of Minoan antiquities, this stop is the perfect introduction before our visit to Knossos Palace.
- Knossos was the center of the Minoan civilization and capital of Minoan Crete – flourishing for around two thousand years. It had large palace buildings, extensive workshop installations and luxurious rock-cut cave and tombs. As a major center of trade and the economy, Knossos maintained ties with the majority of cities in the Eastern Mediterranean.
- 1:30 pm Lunch at Kritamon in the village of Archanes**
 We'll leave Knossos for a short drive to Archanes and our lunch at the very special restaurant, Kritamon (meaning fennel of the sea – a long-forgotten Mediterranean plant). Chef Dimitris Mavrakis is proud that every ingredient on the menu is produced or collected from his family, or local farmers, shepherds, artisan cheese makers, fishers, vintners, olive oil producers, and many other neighbors that are dedicated and passionate about the high quality of their products.
- 6:30 pm Wine and Cheese Tasting**
 The Lyrarakis Winery will bring their wines to the Megaron Hotel for a wine tasting on the rooftop of the hotel. They will make an introduction to their wines and winery and also give us a general introduction to the wines of Crete. Following the wine tasting, we'll have a tasting of Cretan cheeses.

Friday, October 30, 2026: Cooking!

- 7:00 am** Traditional and Modern Breakfast Buffet on the lobby floor of the Megaron Hotel
- Morning Ana's Cooking Demo**
 We'll start our day with Chef Ana's Cooking demonstration – her take on the best of Cretan Mediterranean dishes.
- Mid-Day Lunch at the Peskesi Farm**

Following Chef Ana's cooking demonstration, we'll travel to the Peskesi farm for lunch.

Evening Free evening in Heraklion

After a full day and a long lunch, you'll have an evening on your own – explore restaurants in Heraklion (see our suggestions in the program book)

Saturday, October 31, 2026: On the Road

Morning Traditional and Modern Breakfast Buffet on the lobby floor of the Megaron Hotel

**Morning Depart for the west and Chania.
Visit to Women's Cooperative**

En route to Chania, we'll visit a women's cooperative outside of Heraklion where we'll learn how they make traditional sweet cheese pies and xerotigana (fried dough with honey and nuts).

1:00 pm Rethymnon and Lunch at Restaurant Avli

We'll arrive in the seaside town of Rethymnon and take a walk through the markets of the Old City, stopping to watch [Giorgos Hatziparascos](#), who has the last workshop that makes hand-rolled phyllo. We'll then relax with a lunch in Restaurant Avli's beautiful Venetian garden.

6:00 pm Early evening check in at the Chania Hotel in Chania

After our check in at the Chania Hotel, in the center of Chania, you'll have time to unpack and rest before an evening in Chania.

Sunday, November 1, 2026: Into the Mountains

Morning Breakfast Buffet at the Chania Hotel

9:00 am Chef Ana's Spice Presentation

We'll start the day with everyone's favorite – Chef Ana's Spice Presentation. Ana will talk about the spices that are important in Eastern Mediterranean cooking and answer all your cooking questions.

Mid-Morning Travel into the mountains for Dounias, a traditional tavern

We'll travel up into the mountains south of Chania to visit the farm, the gardens, a local honey producer and a local cheese maker at Dounias, a traditional taverna. We'll finish with a special Dounias lunch. This is a day you won't forget!

Afternoon Return to the Chania Hotel

Evening Free evening

After the Dounias lunch, you'll be free this evening – to have dinner at the hotel or to go into Chania for a dinner on your own (see our Chania restaurant suggestions in the program book).

Monday, November 2, 2026: Old Town

Morning Breakfast Buffet at the Chania Hotel

8:30 am Depart for the Old Town of Chania, Tour and Free Time

Our day will begin with a guided Tour/exploration of the Old Town, including visits to the Market and the Synagogue. After touring, you'll have free time for more exploration and have lunch on your own.

4:00 pm Presentation: Cooking in Clay – Exploring Minoan Cuisine and Pottery

We'll meet at the hotel for a presentation by Epalladio Ceramics. You will learn about the connection between food and pottery in Minoan culture, how the various shapes and sizes of vessels were designed for cooking, storing and presenting food, both in domestic and ceremonial contexts. You'll also have a chance to make your own vase!

7:00 pm A New Take on Cretan Cuisine

Taking a different take on the food of Crete, Chef Dimitris Malandrenis of Matzēnta Kuzina del Sol marries his Cretan heritage with his love of North Latin American flavors.

Tuesday, November 3, 2026: Tradition and Innovation

Morning Breakfast Buffet at the Chania Hotel

9:00 Visit to Biolea, an Organic Olive Oil Producer

We will head west to visit the organic olive oil producer, Biolea. We hope that they will be producing oil this day, so we have the great experience of watching the whole process.

11:00 Tour, Tasting and Lunch at Manousakis Winery

We'll leave Biolea for the Manousakis Winery, where we'll have a tour of the beautiful winery, plus a tasting of their wines, and our final lunch.

7:00

Leave for Chania's Old Town

We'll have our Farewell Dinner on Chania's seaside.

Wednesday, November 4, 2026: Farewell!

Morning Breakfast Buffet at the Chania Hotel

Departure from Chania or Heraklion