

## 2. STAR TOUR - 7 DAYS WITH STAY IN ADAM'S HOUSE

**Sunday: Welcome to Crete**

**Individual arrival to Crete**

**Meals: Dinner**

**Accommodation: Adam's House or nearby**

**Monday: Tris Ekklisies, the lonely beach in the south**

After an explanation of the function of the e-bikes, we cycle 1 km to a café where we have breakfast together every day. On the first day, we head south until we reach the foot of the Asteroussia Mountains. We continue east, passing many villages until we reach the village of Charakas. From here, we cycle south uphill to an altitude of 630 m until the Libyan Sea spreads out impressively in front of us. With a breathtaking view, we cycle 5 km downhill and have the turquoise blue sea within reach. The smell of thyme and sage, as well as the buzzing of bees accompany us throughout the descent. Panagiotis and his wife Marinela await us in their taverna right on the beach of Tris Ekklisies, where we enjoy Cretan cuisine.

**Route 60 km - Time 5 hrs - Ascent 990 m - Descent 1200 m - Dirt road 0 km**

**Meals: Breakfast, lunch / Accommodation: Adam's House or nearby**

**Tuesday: Mountain tour through the Ida massif**

We drive west through the partisan village of Asites. Here we visit an impressive workshop that takes us back in time. Then we cross vineyards and olive groves until we reach another partisan village, Kroussonas. From here we cycle up into the mountains to an altitude of 1300 m, passing many typical "mitata", the traditional stone round shepherd huts. We then descend to 800 m to the village of Anogia, known and loved for its traditional lamb cooked on the fire. Our lunch here consists of the tasty traditional local dishes.

**Route 40 km - Time 5 hrs - Ascent 1100 m - Descent 680 m - Dirt road 5 km**

**Meals: Breakfast, lunch / Accommodation: Adam's House or nearby**

**Wednesday: The villages of our area and the Minoan wine presses**

The tour takes us through vineyards and along low-traffic roads past traditional Cretan villages. On the way we look at interesting sights such as the Minoan wine presses and the church of Saint Panteleimon on the top of a hill where the Minoan city of Trizinia was located 4500 years ago. Shortly afterwards we will visit the hermitage of Saint Myron, who lived in the 4th century AD and gave his name to the village of Agios Myron. After these impressions we will enjoy lunch at Nikos' taverna with a breathtaking panorama.

**Route 43 km - Time 5 hrs - Ascent 760 m - Descent 840 m - Dirt road 3 km**

**Meals: Breakfast, lunch / Accommodation: Adam's House or nearby**

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### **Thursday: Tour with 4 different landscapes**

After an explanation of the function of the e-bikes, we cycle 1 km to a café where we have breakfast together every day. Today we experience 4 different landscapes of Crete: Lush green with vineyards and olive groves, the fertile Messara plain, the barren mountains of the Asteroussia range and the wild beauty and blue of the Libyan Sea. We head south until we reach the village of Agios Thomas after 12 km. Here we visit ancient Roman tombs. We continue on a low-traffic route for 36 km to the village of Vassiliki at the foot of the Asteroussia Mountains. Initially we drive uphill on a picturesque and serpentine road and later on a panoramic road downhill to the fishing village of Lentas. The rock above the village in the shape of a lion (Leontas) gives the village its name. We drive past Lentas to the small village of Dyskos, where the sea invites you for a refreshing swim. At Mrs. Voula's, the fantastic panorama can be enjoyed with cold drinks and a sumptuous lunch before the journey home.

**Route 52 km - Time 5 hrs - Ascent 860 m - Descent 1150 m - Dirt road 1.5 km**

**Meals: Breakfast, lunch / Accommodation: Adam's House or nearby**

### **Friday: Wine tasting with the winemaker Fereniki and dinner with Yannis in the village of Kyparissi.**

To end the week, we go to surrounding villages in our region. The young winemaker Fereniki will then welcome us in the village of Dafnes for a wine tasting and present some of her wines.

After a "siesta", the joint farewell dinner takes place in the evening at Jannis' in the village of Kyparissi.

Cretan cuisine has a special place on this day.

**Route 40 km - Time 5 hrs - Ascent 720 m - Descent 720 m - Dirt road 0 km**

**Meals: Breakfast, wine tasting, dinner / Accommodation: Adam's House or nearby.**

### **Saturday: Farewell to Crete**

**Drive to the airport and return flight home**

**Meals: Breakfast**