

STAR TOUR - 6 HIKE EXCURSIONS WITH A STAY AT ADAM'S HOUSE

Sunday: Welcome to Crete

Individual flight to Crete

Meals: Dinner

Accommodation: Adam's house or nearby

Monday: Prinias, the village with the Minoan wine presses

We walk west from our house, stopping first in the village of Kerasia. After a steep ascent, we pass Villa Kerasia and continue walking to the chapel of Agios Panteleimon. The panoramic view over the whole area makes for a fascinating impression. The route up to here is impressive and varied. After Agios Panteleimon and the ancient Minoan city of Trizinia, we continue hiking until we reach the Minoan wine presses of the area. These bear witness to the fact that wine production on Crete dates back over 4,500 years. Our walk continues to the village of Prinias, where we have lunch together before the minibus takes us back to our accommodation.

Route 11km Time 5 hrs Ascent 380m Descent 80m

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

Tuesday: Archanes - Youkhtas - Profitis Ilias

From the village square, we walk west towards Mount Juktas until we reach the path that leads us to the top of the mountain. From there we have a fascinating view not only of the sea but also of the largest wine-growing area in Crete. On the top of the mountain at 811 metres is the Jesus Church, which is celebrated every year on 6 August. This means that this mountain has been sacred for 5,000 years. Then for the ancient Greeks and today for the modern Greeks. We then follow the dirt road down the mountain and further west to the village of Profitis Ilias. Most of the inhabitants of this village are involved in agriculture and the area is characterised by hills where vineyards thrive.

Route 13.5km Time 5 hrs Ascent 630m Descent 670m

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

Wednesday: Zaros' Lake - Rouvas Forest - Zaros

Today's destination is the Rouvas holm oak forest, 5 km from the lake of Zaros. The route goes uphill and first passes the monastery of Agios Nikolaos. After a landscape full of oleanders, plane trees and pines, we reach the entrance of the Rouvas gorge. The vegetation here consists mainly of holm oaks of various sizes, which form the largest forest in Crete. After 2 km we reach the centre of the forest, where there is the church of Agios Ioannis with many benches, tables and water fountains. A suitable place for a rest before we start the way back to the green village of Zaros, perhaps the most water-rich village in all of Crete. Here you can visit an old water mill that was still in operation until the 1970s. A workshop with traditional looms demonstrates the impressive art of this handicraft on a wide variety of weavings. The culinary speciality of Zaros is trout, which is farmed here in tanks located next to the restaurants.

Route 11km Time 5 hrs Ascent 550m Descent 550m

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

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Thursday: Asites, Prinios mountain hut

Our starting point is 4km away from our location near the village of Asites. We hike to an altitude of 1100m to the Prinios mountain hut. The trail is stony and steep, the views are fascinating and the company of the mountain goats particularly impressive and extraordinary. After a break at the hut, we continue east to the Gorgolaini Monastery. The Monastery of Saint Georges (Agios Georgios) Gorgolaini is one of the oldest monasteries in the history of Crete and was founded in the 13th century by the Venetian prelate Silvestro. From here we continue walking to the village of Kato Asites, where we have lunch at Nikos' taverna.

Route 9km Time 5 hrs Ascent 600m Descent 650m

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

Friday: Kroussonas, the partisan village at the foot of the Ida Mountains

Today we also set off on foot towards the northwest, passing through the nearby village of Siva. Behind the hills are the villages of Pyrgou and Agios Myron with the beautiful and picturesque church from the 11th century A.D. and the skete of Agios Myron from the 4th century A.D. This saint lived here as the first bishop of Crete. The Romans killed him because Christianity was illegal at the time. We continue walking downhill towards the valley that lies between the village of Agios Myron and Kitharida and then up to the village of Kroussonas, the destination of our excursion today.

Route 13km Time 5 hrs Ascent 530m Descent 420m

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

Saturday: Kyparissi, the most interesting tavern in Crete

Today we walk to our friend Yannis in village of Kypasissi. After crossing the village of Venerato, which, as the name suggests, was the holiday village of the Venetian rulers, we reach the oldest monastery in Crete called "Paliani". After visiting the monastery, we hike up the hills south of the monastery and then further east to the village of Synapi. With a bit of luck, we will meet its only inhabitant here. After about half an hour we reach the village of Kyparissi and enjoy a meal in Jannis' taverna. Perhaps Jannis will play traditional Cretan music for us on his Cretan lyre.

Route 11km Time 5 hrs Ascent 200m Descent 300m

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

Sunday: Farewell to Crete

Drive to the airport and return flight home

Meals: Breakfast