

TASTE OF CRETE:

A HANDS-ON STUDY OF TRADITIONAL MEDITERRANEAN FOODS

OCT. 9–19, 2024

\$5,395 PER PERSON*



Join Cal Discoveries Travel and enrichment lecturer Kristen Rasmussen on an immersive educational tour of Greece's largest island. At the crossroads of three continents, Crete is abundant in natural beauty and diverse history, unveiling scenery from seaside villages and ancient castles to fertile valleys and archaeological treasures. Embedded in the picturesque landscape is a deep-rooted connection between the rich history and delectable, nourishing Greek fare.

Learn from Kristen Rasmussen, culinary nutrition and food systems expert, about the historical, ecological, cultural, and biological environments that have impacted food systems and human diets of past and present. This tour adapts a nutrition course with an anthropological slant into a one-of-a-kind farm-to-table experience that indulges in the delights of Mediterranean cuisine and culture.

Why Eureka?

eu-re-ka: a cry of joy or satisfaction when one finds or discovers something.

Experience trips built with you in mind — handcrafted itineraries created by UC Berkeley travel experts.



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CAL DISCOVERIES TRAVEL

A Program of the Cal Alumni Association

A Eureka Trip

ITINERARY

DAY 1 | OCT. 9

Depart from your gateway city to arrive in Heraklion, Crete, on Day 2.

DAY 2 | OCT. 10

Arrive in Heraklion in the late morning or early afternoon. Check into **GDM Megaron Hotel** in the heart of the city. Meet the group at the welcome dinner and orientation. (D)

DAY 3 | OCT. 11

After breakfast enjoy a lively seminar and discussion on the Mediterranean diet, setting the tone for your culinary experience. Venture to Knossos Palace for a cultural tour of the most expensive and famous palace of the Minoan period. Thanks to its association with King Minos, Daedalus, and the Minotaur, this well preserved and restored site unveils the advanced civilization, technology, and even mystery of the Minoans.

Return back to the hotel for an evening at leisure to relax in the facilities or explore the town. (B, L)

DAY 4 | OCT. 12

Head out this morning for the island of Spinalgona, a military fortress erected in the Hellenistic period and later taken over by Venetians during the Cretan War (1645-1669). Wander through the maze of Ottoman houses, impressive stone walls, 19th century shops, hospitals, and cemeteries. Enjoy lunch on the island before heading back for a free afternoon to explore Heraklion or an optional hike on Mount Juktas. (B, L)

DAY 5 | OCT. 13

Today delve deeper into the daily life and culinary delights of Crete. Enjoy a seminar and discussion on Mediterranean Wild: Bees, Greens, Microbes, and Sea. After, journey to a local farmhouse for a tour of the operations, an olive oil tasting, and a garden harvest at the olive grove. Gather ingredients from the farm before a lively cooking class and group lunch.

Return to the hotel for a free evening. (B, L)

DAY 6 | OCT. 14

After breakfast, depart for the city of Chania and a tour of the Mastoraki cheese factory. Learn about the local cheese making traditions and how the family has incorporated new technology while preserving traditional recipes. This afternoon, enjoy free time to explore the charming streets of Chania, relax on the beach, or indulge in an optional Turkish bath experience.

Return back to Heraklion in the evening for a group dinner in town. (B, D)

DAY 7 | OCT. 15

This morning begins with another seminar and discussion about fermentation and its health effects. Continue afterwards to Manousakis winery for a tour of the property including a tasting of their delectable wines and a savory lunch. The late afternoon and evening are free to relax and feel like a local in town. (B, L)



LECTURER

Kristen Rasmussen, MS, RDN, is a culinary nutrition and food system expert. Kristen's work has led her many places—from conducting sensory studies in Copenhagen to implementing plant-based menu revamps and exploring fermentation in various Mediterranean climates. She is a teaching faculty member at UC Berkeley, past adjunct faculty at The Culinary Institute of America at Greystone, and a Registered Dietitian Nutritionist consultant for various organizations and restaurants, including Bon Appétit Management Company and Cal Dining. Additionally, Kristen helped initiate Berkeley Open Source, a non-profit dedicated to increasing availability and consumption of wild edible plants through research, education, and outreach. Kristen is passionate about exploring traditional food practices for a modern world. You can find more about Kristen at Rooted Food, where she documents her gastronomic ventures from cultural foods to foraging.

Cal lecturer's participation cannot be guaranteed and is contingent on a minimum number of paying travelers.

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ITINERARY, CONTINUED

DAY 8 | OCT. 16

Today, venture to the European Sustainability Academy for a special seminar and discussion. Learn from experts about their passion for creating a sustainable environment and their impact on the community and efforts to expand on a global scale. Partake in a cooking class and enjoy the delicious and environmentally friendly lunch. Return to the hotel for another evening at leisure. (B, L)

DAY 9 | OCT. 17

After breakfast, depart for the archaeological site of Falassarna. Founded in the seventh century, this city-state controlled the sea routes towards northern Africa and Italy. Tour the huge walls and military buildings of the closed harbor that was carved out of the lagoon. Lunch is enjoyed on the beach with some free time to explore the city or even take a swim in the sea. The evening is free. (B, L)

DAY 10 | OCT. 18

This morning, partake in one final seminar and discussion about the nutrition transition and traditional diets of the world. Wrap up the 10-day educational experience and enjoy an afternoon at leisure before coming together for a celebratory farewell dinner. (B, D)

DAY 11 | OCT. 19

After breakfast, transfer to the Heraklion Airport for a flight back home and reflect on the delectable cuisine and rich culture enjoyed over the tour. (B)

Meals included as listed above: B=Breakfast; L=Lunch; D=Dinner

ACTIVITY LEVEL 3



What to expect: These trips feature long touring days with travel via motor coach, ship, zodiac, all-terrain vehicle, or train. Travelers are required to board transportation without assistance as well as stand and walk over uneven terrain for extended periods of time. Some tours may include optional higher-intensity activities and travel at higher altitudes with steep ascents and descents. Outings last four to six hours most days.

Suitable for: Travelers who are able to comfortably walk four to six miles, or 6,900–9,200 steps, each day.

Pricing*

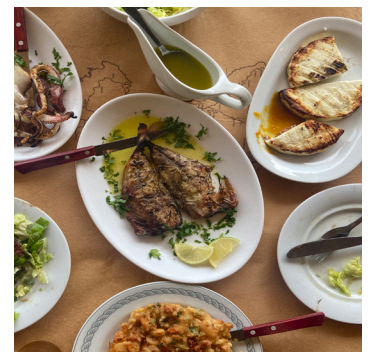
\$5,395 per person, double occupancy

\$6,595 per person, single occupancy

Registration

Reserve your place now at:

alumni.berkeley.edu/cretfood



**Please note: All dates, prices, and itinerary details are subject to change. Finalized pricing and terms and conditions will be made available soon.*