



10 Evans str. - 712 01, Heraklion – Crete – Greece

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Tourism License: 1039 E 6061 00773 01

# Health, Nature and You

## An Inner and Outer Adventure



### INTRODUCTION

Crete, the largest and most mountainous of the Greek islands, is the cradle of Europe's earliest civilization and the land where ancient myth and modern reality blend seamlessly against a backdrop of outstanding natural beauty. With the scientific guidance of Dr. Menas C. Kafatos and surrounded by beautiful landscapes we will explore the main principles of the modern quantum view of the universe and how these principles can be applied in a common-sense and practical approach to our everyday lives for our well-being and happiness. We will explore the nature of time, the role of the observer and underlying consciousness, all emerging from the basic inner nature of each person's core of being, which is universal peace and love. The answers will surprise us. Not only are the views that modern science presents us relevant for a modern person, they are even more relevant for understanding of who we really are. The setting will be informal and relaxed.

Starting from Heraklion with its picturesque old port we will follow ancient paths to reach the summit of Mt. Giouhtas. We will visit the ancient city of Eleftherna built between 970 – 820 B.C. and be introduced in the ancient art of pottery that has been kept alive through the centuries in the village of Margarites.

Ascending well-maintained trails we will reach Kallergi mountain hut for stunning views to Omalos plateau, the White Mountains and the Samaria gorge - Europe's largest gorge, that offers us one of the most rewarding walks through a spectacular botanic garden, the home of the wild goats (Kri-kri) and griffon vultures.

Superb coastal trails will take us to the picturesque St Paul's chapel and the azure blue waters of Marmara beach to end up at the white-blue washed houses of the charming village of Loutro. Finally on the way to Sfakia we will have the chance to drink fresh water from the "Sweet water beach".

Join us to explore the inner landscape along with the outer landscape in beautiful southern Crete.



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SCIENTIFIC HOST



**Dr. Menas C. Kafatos** is The Fletcher Jones Endowed Professor of Computational Physics at Chapman University. He received his B.A. in Physics from Cornell University in 1967 and his Ph.D. in Physics from the Massachusetts Institute of Technology in 1972 under the direction of Prof. Philip Morrison. After postdoctoral work at NASA Goddard Space Flight Center, he joined George Mason University and was University Professor of Interdisciplinary Sciences there from 1984-2008, where he also served as Dean of the School of Computational Sciences and Director of the Center for Earth Observing and Space Research. He has 40 years of experience in undergraduate and graduate teaching and research, in a variety of subjects, including climate change, natural hazards, astrophysics, cosmology, quantum mechanics and its philosophy, Eastern metaphysical systems, and most importantly, consciousness and the nature of reality. He gives workshops in science and spirituality as well as Natural Laws for the public, business and policy people and youth.

He has published or co-authored numerous books including *The Conscious Universe*, *The Non-local Universe* (Springer-Verlag and Oxford University Press, 1990, 2000 and 1999), *Principles of Integrative Science* (Romanian Academy of Sciences Press, 2000); *Looking In, Seeing Out* (Theosophical Publishing, 1991). He is co-author with Deepak Chopra of upcoming book *The Creative Cosmos* (Harmony, 2016). Follow him on Facebook: [www.facebook.com/menas.kafatos](http://www.facebook.com/menas.kafatos) Twitter: @mckafatos LinkedIn: Menas Kafatos, [www.menaskafatos.com](http://www.menaskafatos.com)

PROGRAM

DAY 1	Arrival in Heraklion (Overnight Heraklion)
DAY 2	Hike Mt. Giouhtas (Overnight Heraklion)
DAY 3	The Ancient city and the Pottery village (Overnight Chania)
DAY 4	Hike to Kallergi Hut (Overnight Kallergi Hut)
DAY 5	Hike Samaria Gorge (Overnight Agia Roumeli)
DAY 6	Coastal walk, Agia Roumeli - Loutro (Overnight Loutro)
DAY 7	Coastal walk, Loutro - Sfakia (Overnight Heraklion)
DAY 8	Depart



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## PROGRAM DETAILED

**DAY 1 - Arrival:** Meet at the airport of Heraklion and transfer to our hotel.

In the evening we will have a group meeting, a brief presentation of the whole trip and will continue with a dinner at a traditional tavern. (*Overnight in Heraklion*)

**DAY 2 - Hike to Mt. Giouhtas:** After breakfast we will head to the inland of Crete and the village of Archanes starting point of today's hike. We will climb up sacred Mount Giouhtas which is said to be the "sleeping profile of Zeus". This is a small mountain (811 m) with spectacular view to the Crete's highest mountains, Messara plain and north coast. It is covered with phrygana, maquis and olive-groves and we may also meet some pairs of Eagles or vultures flying over the cliffs of the impressive west face.

Giouhtas is nominated from 1982 as a biotope of importance at European level and since 1989 included in the international ornithological biotope catalogue. The top of Giouhtas, overlooking the mainland of Crete, will be an ideal location to start our inner adventure.

We will continue by hiking down from another trail and visit a traditional olive oil mill where we will be introduced to the process of olive oil production from the olive grove to the bottle and taste the different types of olive oil produced in the mill.

**Walking time:** 2.30 hours - **Driving time:** 1 hour - **Overnight:** Heraklion

**DAY 3 - The Ancient city and the Pottery village:** Starting from the ancient city of Eleftherna, built between 970 - 820 B.C. we shall have many things to admire such as the Byzantine tower at city's entrance, the Roman reservoirs and the Hellenistic bridge. Continuing through the beautiful countryside we end up at the pottery village of Margarites where we shall have the chance to visit the ceramic workshops and be introduced to the traditional art of pottery. On the way to Chania we will stop to visit the historic Arkadi Monastery, symbol of the Cretan Revolution movement, which was totally burnt by the Turks.

**Walking time:** 3.30 hours - **Driving time:** 2.30 hours - **Overnight:** Chania

**DAY 4 - Hike to Kallergi Hut:** Today we will be transferred to Omalos plateau to hike up to Kallergi hut at the altitude of 1650m. Following an isolated dirt road we will hike where the wild goats of Crete (Kri-kri) live as well as some of the most rare and highly threatened with extinction wild birds of Europe, such as the griffon vulture and the lammergeier (*Gypaetus barbatus*). After approximately 2 hours we will reach the hut with the superb view to the highest summits of the White Mountains and Samaria gorge.

**Walking time:** 2 hours - **Driving time:** 1 hour - **Overnight:** Kallergi Hut

**DAY 5 - Hike Samaria Gorge:** Our hike starts early in the morning from Kallergi Hut. After approximately 1.30 hours of downhill on dirt road we will reach Xiloscalo, the entrance of Samaria gorge. Samaria is the largest gorge in Europe and one of the most beautiful that nature can provide. We walk on a good path in shady pine forest and beside a melodic stream. At the exit of the gorge we reach the small village of Agia Roumeli, where we can relax and enjoy a swim.

**Walking time:** 7.30 hours - **Overnight:** Agia Roumeli



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## PROGRAM DETAILED

**DAY 6 - Coastal walk, Agia Roumeli - Loutro:** We continue our walk close to the Mediterranean Sea (coastal path). We will pass the picturesque St Paul's chapel, which was built on the sand next to the sea. After a needed-refreshing break at the "Marmara" beach, we arrive at the small port of Loutro.

**Walking time:** 5 hours - **Overnight:** Loutro

**DAY 7 - Coastal walk, Loutro - Sfakia:** Today we will continue on the coastal path that crosses "Glika Nera - Sweet water beach" (there are many fresh water springs, coming out of the pebble beach) to reach the village of Chora Sfakion (or Sfakia). From Chora Sfakion we will be transferred to Heraklion.

**Walking time:** 2 hours - **Driving time:** 2.30 hours - **Overnight:** Heraklion

**DAY 8 - Departure:** Depending on departure time you will have free time to shop and relax. We will transfer you to Heraklion airport at a convenient time.

## TRIP RATES

**Price:** €1480,00 / person

**Price includes:**

- All accommodation with breakfast,
- 7 dinners (days 1-7)
- Services of the tour leader - guide,
- Group transfers from/to Heraklion Airport,
- All land transfers as described in the itinerary
- Baggage transfers
- Entrance fees in Samaria National Park, Arkadi monastery and olive oil farm
- Entrance fees in Agia Irini gorge,
- Personal accident insurance
- VAT 23%

**Not included:**

- Transport to and from Crete,
- Lunches
- Alcoholic beverages and soft drinks
- Entrance fees in sites of interest that are not described in the itinerary
- Everything that is not listed above.



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## TRIP DETAILS

### Indicative Daily program:

- 30' of meditation before breakfast
- Breakfast
- Day's hike
- Free time
- 1 hour speech before dinner
- Dinner
- 30min Discussion

**Period: 21 - 28 June 2016.**

Group Size: 10-20 participants.

Transport: We travel by our own rented air-conditioned mini-bus or van.

Accommodation: Half Board. Hotels in the main cities, village pensions with private facilities and mountain hut on day 4. The trip prices are based on double occupancy.

Food: Every morning we have breakfast in the hotels and a nutritious dinner at local taverns with dishes of traditional Greek and Cretan cuisine. (Vegetarians are welcomed on the trips)

Activity Level: The hikes offer a moderate trek with a maximum of 7 hours walk on rocky footpaths. Sometimes we cross-streams in the gorges and on the coast we walk on sand and shingles for short distances.

Participants should be in good physical condition with a little of experience.

Equipment: Daypack (approx.25-35lt), trekking shoes, mountain clothing (waterproof wind jacket, polar fleece sweater etc.) water bottle, hat, sun cream, sun glasses, swimming suit, casual clothing.

Insurance: Everyone participating in any of Cretan Adventures events/activities is covered by personal insurance through A.I.G Europe Limited. In case a participant is already covered by her/his insurance under better conditions for the chosen activities and is unwilling to be covered by A.I.G Europe Limited, s/he must notify in paper the above to Cretan Adventures one day before the event (excluding weekends or holidays), the latest.

***Note on Itineraries: Please bear in mind that the itinerary can be altered for numerous reasons beyond our control (e.g. harsh weather, trail conditions) to ensure the safety and the well being of the group. The final hiking selection is left up to the trip leader.***