

TASTE OF CRETE:

A HANDS-ON STUDY OF TRADITIONAL MEDITERRANEAN FOODS

OCT. 9–17, 2026

\$6,235 PER PERSON*



Join Cal Discoveries Travel and 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.

 Like us on Facebook!
facebook.com/CalDiscoveriesTravel

 Follow us on Instagram!
[@caldiscoveries](https://instagram.com/caldiscoveries)

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 Crete and settle in before enjoying a warm welcome and group dinner, setting the tone for an unforgettable cultural immersion. (D)

DAY 3 | OCT. 11

Begin with an engaging seminar, “Beyond Olive Oil: Health & Traditions of the Mediterranean Diet,” followed by a guided olive oil sensory tasting. In the afternoon, step back in time with a guided visit to the legendary Palace of Knossos, uncovering the history and culture of the Minoan civilization. (B, L)

DAY 4 | OCT. 12

Explore Crete’s culinary heritage during the seminar “Cretan Foodways: The Intangibles,” led by guest lecturer Lisa Trocchia. Enjoy a wine tasting and leisurely lunch at Angelakis Winery, then visit a traditional village to experience the art of raki distillation and local hospitality. (B, L)

DAY 5 | OCT. 13

Travel toward Rethymno with a stop at the historic Carob Mill Arts & Culture Center for a hands-on cooking workshop and guided tour. Continue to the Apithano Honey Museum for tastings, then relax with a swim break at Panormos Beach before continuing on to Chania. (B, L)

DAY 6 | OCT. 14

Delve into the science and culture of fermentation during the seminar “A Culture of Cultures: Fermentation, Microbes & Health.” Later, head into the Chania countryside for a hands-on culinary field experience. Participate in a traditional cheese-making workshop using locally produced milk, then prepare a classic Cretan dish to enjoy together.

The evening comes alive with a festive dinner accompanied by traditional Cretan music and Greek dance instruction. (B, D)

DAY 7 | OCT. 15

Begin with the seminar “Ancient Foodways, Modern Environmental Challenges,” exploring the intersection of tradition and sustainability. Visit the renowned Mill.O.Petres olive mill for an immersive field trip tracing olive oil from harvest to production. Enjoy a guided olive oil tasting paired with local snacks, then take part in a hands-on workshop crafting natural olive oil soap—highlighting Crete’s long-standing zero-waste traditions. (B, L)

DAY 8 | OCT. 16

Attend the seminar “The Nutrition Transition: Globalization and Traditional Eating Patterns,” reflecting on how modern forces are reshaping food cultures worldwide.

The remainder of the day is free to explore Chania at your own pace before gathering in the evening for a celebratory farewell



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 DISCOVERIES TRAVEL

A Program of the Cal Alumni Association

A Eureka Trip

ITINERARY, CONTINUED

dinner with the group. (B, D)

DAY 9 | OCT. 17

Enjoy breakfast before departing from Chania or Heraklion airport, carrying home new insights, flavors, and memories from Crete. (B)

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

Pricing*

\$6,235 per person, double occupancy

\$7,435 per person, single occupancy

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

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.

Reserve Your Place Now

For more information or to book your space:

alumni.berkeley.edu/cretfood

Or Scan the QR code below

