

A Eureka Trip

TASTE OF CRETE

A HANDS-ON STUDY OF TRADITIONAL MEDITERRANEAN FOODS

Accompanied by Professor Kristen Rasmussen

OCTOBER 9 – 19, 2024

Price per person: \$5,395 double occupancy, \$6,595 single occupancy



TOUR HIGHLIGHTS

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, juxtaposing seaside villages and fertile valleys with ancient castles and archaeological treasures. Embedded in the picturesque landscape is a deep-rooted connection between its 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.

LEVEL 3 ACTIVITY RATING

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.

For more information on physical requirements, please visit alumni.berkeley.edu/activityrating.

ITINERARY

- **Day 1**

Wednesday, October 9, 2024

In Transit

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

- **Day 2**

Thursday, October 10, 2024

Heraklion

Arrive in Heraklion in the late morning or early afternoon. Check into GDM Megaron Hotel in the heart of the city. Meet the group for a welcome dinner and orientation. (Dinner included)

- **Day 3**

Friday, October 11, 2024

Knossos Palace

After breakfast enjoy a lively seminar and discussion on the Mediterranean diet. Venture to Knossos Palace for a cultural tour of the most expansive and famous palace of the Minoan period. Linked with King Minos, Daedalus, and the Minotaur, this site unveils the advanced civilization, technology, and mystery of the Minoans. Return to the hotel for an evening at leisure or explore the town. (Breakfast and dinner included)

- **Day 4**

Saturday, October 12, 2024

Spinalonga

Head out this morning for the island of Spinalonga, 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 an included lunch before heading back for a free afternoon to explore Heraklion or an optional hike on Mount Juktas. (Breakfast and lunch included)

- **Day 5**

Sunday, October 13, 2024

Heraklion

Today, delve deeper into daily life and culinary delights of Crete. Enjoy a seminar and discussion on “Mediterranean Wild: Bees, Greens, Microbes, and Sea.” Then journey to a local farmhouse for a tour, an olive oil tasting, and an olive harvest. Gather ingredients on the farm before a lively cooking class and group lunch. Return to the hotel for a free evening. (Breakfast and lunch included)

- **Day 6**

Monday, October 14, 2024

Chania

After breakfast, depart for Chania and tour the Mastoraki cheese factory. Learn about local cheese making traditions and how new technology is incorporated while preserving tradition. Check into the Avra City Boutique Hotel in the heart of town. Enjoy a free afternoon to explore Chania, relax on the beach, or indulge in an optional Turkish bath experience before joining the group for dinner. (Breakfast and dinner included)

- **DAY 7**

Tuesday, October 15, 2024

Manousakis Winery

This morning begins with a seminar and discussion about fermentation and its health effects. Continue afterwards to Manousakis Winery for a tour of the property including a wine tasting and lunch. The late afternoon and evening are free to relax in town. (Breakfast and lunch included)

- **DAY 8**

Wednesday, October 16, 2024

European Sustainability Academy

Today, venture to the European Sustainability Academy for a seminar and discussion. Learn from experts about creating a sustainable environment, community impact, 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 an evening at leisure. (Breakfast and lunch included)

- **DAY 9**

Thursday, October 17, 2024

Falassarna

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 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 surroundings or even take a swim in the sea. The evening is free. (Breakfast and lunch included)

- **DAY 10**

Friday, October 18, 2024

Chania

This morning, partake in one final seminar and discussion about the nutrition transition and traditional diets of the world. Enjoy an afternoon at leisure before coming together for a celebratory farewell dinner. (Breakfast and lunch included)

- **DAY 11**

Saturday, October 19, 2024

In Transit

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

ABOUT THE LECTURER



Kristen Rasmussen M.S., R.D.N., is a culinary nutrition and food system expert. Kristen's work has led her to 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 nonprofit 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.

TERMS & CONDITIONS

Price per Person: \$5,395 per person (double occupancy), \$6,595 per person (single occupancy).

Final Payment: Reservations are to be paid in full by July 10, 2024 (91 days prior to departure). Final payment may be made by personal check, MasterCard, Visa, or American Express. Checks may be made payable to Cal Alumni Association. Late payments will be subject to a \$100 per person late fee and/or subject to cancellation.

Cancellations and Refunds: All cancellations must be submitted in writing to be valid. Cancellations made for any reason prior to the final payment date will forfeit a \$350 cancellation fee from the initial deposit. Cancellations made 90–65 days before departure will forfeit 25% of the total trip cost. Cancellations made 64–45 days before departure will forfeit 50% of the total trip cost. No refunds are granted within 45 days of tour departure or for no-show or early departure from a trip already in progress.

CAA Membership Policy: One traveler per room, whether an alumni or friend, must be a current Cal Alumni Association member at the time of departure to participate in Cal Discoveries Travel offerings. Payment of \$60 for seniors 65 years and over and \$75 for others establishes a membership with all association benefits. Memberships are for individuals only and are nonrefundable and non-transferable. A traveling pair and their children under 21 years of age may travel on one membership. Please enroll online at alumni.berkeley.edu/join.

Cost Includes: Seven nights accommodation; daily breakfast, six lunches, and four dinners; local transportation via private, luxury bus; all visits and sightseeing as indicated on the itinerary; English-speaking tour director; gratuities for local guides, drivers, and service at included restaurants; gratuities for baggage handling, hotel tips and taxes; services of on-site tour director and lecturer (cannot be guaranteed).

Cost Does Not Include: Airfare, ground transportation, meals not specified, beverages, optional tips or gratuities, travel insurance, and expenses of a personal nature (e.g., liquor, laundry).

Mobility and Fitness To Travel: This trip has a Level 3 Activity Rating. 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.

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California Seller of Travel #: 2090031-50

CONTACT US

Don't hesitate to reach out for additional information about this trip or other Cal Discoveries Travel inquiries.

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