

KOURITIA ODOS

Eco Museum - Life on the mountain Rethymno

CULTURAL ROUTES & PATHS

This program includes a tour which teaches visitors the unique sites and landscapes of the Northwest Psiloreitis Mountain, being the site of the eco-museum KOURITIA ODOS. The Ecomuseum is a cultural laboratory that acts as a center of documentation, research, formulation and implementation of educational, scientific and training programs to promote an experiential relationship with the cultural heritage for sustainable development of the site.

Participants acquire comprehensive knowledge of the area, are educated in standard environmental behaviours and learn the heritage of the history and culture of the area. In the educational team participate, in joint effort, multidisciplinary scientists - teachers, social scientists, geographers, architects, archaeologists, environmentalists, biologists- as well as the local inhabitants.

A. TRAVELLING WITH KOURITES

1. Margarites – the place and its monuments

The Kouriton House - historic cultural monument from the 19th Century.

Tzanakiana – rural village at the beginning of the routes of the eco-museum

Margarites - ancient ceramics centre, centre of the Byzantine and Venetian time, a traditional village with live social function and structures.

Thematic dinner at an accredited dining place in a historic tower of the village

Tasting of homemade cakes and traditional drinks

2. Eco-museum KOURITIA ODOS – the place and its history

Tour - Teaching at the archaeological sites

Eleftherna - Necropolis of the Standing Stone (Orthi Petra) – Acropolis – archaeological excavations

Arkadi Monastery - restored Memorial - Symbol of Freedom

Thematic dinner at an accredited farm in Eleftherna

3. The way of Hermes

Visit to the sacred caves-temples of the eco-museum:

- Talaios Ermis at Melidoni
- In the sanctuary of Hermes in the archaeological park of Eleftherna
- Kranaios Ermis cave at the Patsos gorge
- Visit the village of Apostoloi, the openair museum of sculpture by the sculptor J. Neonakis - pilgrimage in memory of Anassouvari

Special dinner at an accredited traditional restaurant in Apostoloi

4. The way of the Caves

Visit of the cave Sfondoni in Zoniana

Visit of the cave of Zeus in Ideon Andron.

Encounter with the domed stone structures of Psiloreitis – the Mitata

Visit of the Geophysical Park of Psiloreitis.

Special dinner at an accredited traditional restaurant in Anogia

5. The way of the water

Hiking trail through the gorge of Agios Antonios of Patsos,
Visit to the lake of the River-Dam.

Thematic dinner at an accredited restaurant at the exit of the gorge

6. The path of herbs

Hiking trail through the gorge of Lagga, from Margarites to Eleftherna with
autogenous herbs and wildflowers. Teaching of myths and fairytales.

7. Eco-museum KOURITIA ODOS

Traditional Villages and the natural environment

Acquaintance with the traditional villages of northwest Psiloritis.

Visit and educational presentation of Margarites, Lagga, Kato Tripodo,
Bergiana, Stavromeno, Pleyriana.

Thematic dinner at a traditional cafenion in Margarites.

8. The way of Pana

Visit of archaeological sites

The Sacred spot of Pana in Tzanakiana, in Margarites, in Arkadi, at Moni
Asomaton, in Panakron, at Byzari, Petrochori, Ano Meros, Kaloeidena

The place at Moni Sotiros Christou and in Gerakari

Thematic dinner in Ano Meros, traditional coffee in Spili

9. The way of the stone

The route starts from Tzanakiana and through Moni Assomaton, Monastiraki
and Vistagi climbs to Vistagiano Aori, with its unique natural landscape of
standing stones –ortholithoi- up to the caves of Pana, Sardis to reach finally
the mountain lodge.

Special traditional dinner in a shepherds stone house - mitato

10. The archeological park of Eleftherna

Guiding and teaching in the historic area of Eleftherna – From the carved
tombs of the ancient quarry, the mills and the ancient bridge approaching the
Necropolis of Standing Stone & the Acropolis.

Thematic dinner in a traditional place at Eleftherna

11. The path of the noble gardens

Hiking trail from the cult cave of St. Onoufrios to Tripodo, to Margarites and
the cult cave of St. Anthonios.

Marked trail by the forestry through the Laggos gorge.

Special dinner at an accredited traditional restaurant in Margarites

12. Meet the historical town of Rethymno

Tour to the monuments and cultural treasures of this Venetian city.

Dinner at an accredited restaurant in the historic center

B. THE TASTES OF PSILOREITIS

The Gastronomy program of eco-museum KOURITIA ODOS

Teaching and workshop lectures about the

1. Greater area of the eco-museum KOURITIA ODOS
2. Rural economy of the area such as
 - Crops
 - Autogenous species
 - Endemic plants
 - Farming
 - Local activities of the inhabitants
 - Eating habits

The program is based on the idea of presenting the eating habits of the people of Psiloreitis from Minoan times until today, through routes that link the natural environment and cultural reserves with residents and their daily occupations. The Diet is an experimental contact with the local history and cultural identity of the site, highlighting the cultural profile, an innovative element of competitiveness of places in international tourism market.

ROUTE 1 – THE WAY OF WINE YARDS AND THE SHEPHERDS

- Visit the monastery of Arkadi – Tour through the vineyards with a presentation of the culinary facilities of the monks - types of monastic architecture and development of traditional production, storage and food preparation
- Visit of an organized vineyard – Meronas in the municipality of Sivritos – Presentation of wine making with wine tasting
- Lunch in an agro-tourist center
- Climbing with pick-up cars to the Vistagiano Aori and the Mitata (the traditional stone house of the shepherds of Crete)
- Visit of a traditional dairy at Kalogerou – Purchase of local cheese products
- The road to the Livadiotiko Aori in Psiloritis - Visit the Mitata – the shelter, the Refuge (height 1900m) – the making of cheese and traditional food from the shepherds of Psiloritis – Mountain walk on top of Psiloritis (2 hours)

ROUTE 2 – THE WAY OF THE OLIVES

- Visit at the Nekropolis of Eleftherna — walk through olive groves – tour of the excavation site
- Visit to the traditional village Lagga to a traditional olive press factory - the local fabrikes - pre-industrial archaeology
- Lunch at a local farm
- Demonstration of the preparation of local food
 - Salad preparation of local green herbs with nuts and spices
 - First plate – the ancient palikaria – current multigrain – legumes and wheat
 - Main course – Kokoras Krasatos with rice (rooster in red wine sauce)
- Visit to a traditional ceramic workshop in Margarites
- Visit of the Kouriton House - Tour through this historic designated villa of the 18th century - presentation of the rehabilitation project and of the objects of

daily use - audiovisual material on Cretan gastronomy from ancient time to today.

- Tasting of traditional sweets and liqueurs (local production of the house) - Mantinada (musical poems) with Cretan Lyra

ROUTE 3 –THE WAY OF HERBS AND MYTH

Hiking trail through the gorge of Lagga, from Margarites to Eleftherna with autogenous herbs and wildflowers. Teaching of myths and fairytales.

Traditional Villages and the natural environment

Visit and educational presentation of Margarites, Lagga, Kato Tripodo, Bergiana, Stavromeno, Pleyriana.

Thematic dinner at a traditional cafenion in Margarites.

The above methodology is an innovative proposal in the field of ecotourism with significant impact on local economic development as well as the protection of environmental protection and cultural heritage by raising the consciousness of residents and visitors alike.

Your guide-persons to culture are

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