

TABLE OF CONTENTS

Imprint/Map legend	2
List of Maps	6-7

HISTORY AND CULTURE

A Portrait of Crete	15
Profile of Cretan Civilization	19

TRAVELING IN CRETE

CHANIA	55
-------------------------	-----------

Chania City	56
Akrotiri Peninsula	62
From Chania to Omalos	63
Samaria Gorge	67
Sfakia and the Askifou Plain	70
Gavdos	74
From Chania to Sougia	77
From Chania to Paleohora	78
From Chania to Kastelli Kissamou	82
Gramvousa	85
West Coast	86
GUIDEPOST: Hotels, Restaurants, Sights	87

RETHIMNON	93
----------------------------	-----------

Rethimnon City	93
Arkadi Monastery and Pottery Village Margarites	98
Quiet villages southwest of Rethimnon	99
To Preveli and Plakias on the south coast	103
From Plakias to Frangokastello	107
Spili and Agia Galini	109
East of Rethimnon	111
GUIDEPOST: Hotels, Restaurants, Sights.	113

IRAKLION	121
---------------------------	------------

Iraklion City	121
Knossos	140
Day trips from Iraklion.	149
South to the Messara Plain	155

TABLE OF CONTENTS

Festos	158
Agia Triada	160
Vori, Vrontisi and Valsamonero	162
Hike to the summit of Psiloritis	163
Pitsidia and Matala	165
The southcoast between Matala and Ierapetra	166
Limenas Hersonissou and Malia	170
<i>GUIDEPOST: Hotels, Restaurants, Sights.</i>	175

LASSITHI	181
---------------------------	-----

From Malia to Plaka	182
Lassithi Plain	185
Agios Nikolaos	187
Elounda and Spinalonga	188
Kritsa and Lato	190
Gournia and Ierapetra	191
From Agios Nikolaos to Sitia	193
Sitia	196
Toplou, Vai and Itanos	197
Palekastro and Kato Zakros	199
Across the Handras Plain to the South Coast	201
<i>GUIDEPOST: Hotels, Restaurants, Sights.</i>	203

FEATURES

Flora and Fauna	210
Caves	216
Cretan Cooking	218
Eating and Drinking from Early til Late	222
Grapes and Olives	224
Tourism	226
Zorba's Dance	228
A Taste for Weapons	230
Byzantine Churches	232
Minoan Human Sacrifice	234
Minoan Art	236

GUIDELINES

Travel Preparation	238
Climate / Clothing	238
Entry Regulations	238
Customs	238
Currency and Exchange	239
Healthcare	239
Traveling to Crete.	239
Air / Ship / Car.	239
Traveling in Crete.	240
Bus / Rental car / Motorcycle / Bicycle	240
Speed Limits / Organized Excursions / Hitchhiking	240
Practical Tips from A to Z	240
Accommodation.	240
Banks	241
Business Hours	241
Camping.	241
Credit Cards	242
Disabled Facilities.	242
Electricity	242
Environment.	242
Festivals and Holidays / Festival Calendar.	242
Fish Dishes	244
Hiking and Mountaineering	244
Newspapers and Magazines / Photography	244
Post and Telephone Services	244
Shopping / Souvenirs	245
Sports	245
Time Zone	245
Tipping	245
Youth Hostels	245
Addresses	246
Automobile Club / Breakdown Service	246
Embassies and Consulates.	246
Internet Websites	246
Offices of the GNTA Abroad	246
On Arrival	246
Useful Telephone Numbers	247
Maps	247
Greek Alphabet.	247
Glossary.	247
Authors / Photographers	249
Index	250