# Travel with the Friends of the INSTAP Study Center for East Crete



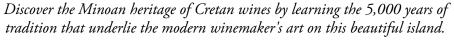
The Legacy of the Minoans & the Heritage Wines of Crete May 17-26, 2024 (10 days | 20 guests)

with archaeologist Tom Brogan, wine writer/archaeologist Al Leonard & special guest archaeologist Kostas Chalikias

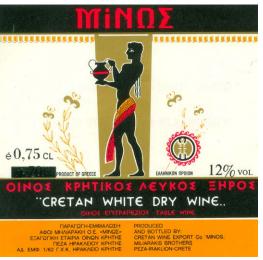












## Your study leaders are looking forward to sharing with you their decades of archaeological experience - as well as some excellent wines!



Thomas M. Brogan (Ph.D., Bryn Mawr College) is the newlyelected Director of the Institute for Aegean Prehistory (INSTAP), and he has been the Director of the INSTAP Study Center for East Crete since 1997. The foundation annually provides support to more than 60 international projects working on prehistoric material culture. He is a longstanding member of the American School of Classical Studies, for which he often leads student trips to Crete. Since 1989, Tom has worked on numerous Cretan excavations, including several directed by members of the Greek Ministry of Culture (e.g., Pacheia Ammos, Bramiana, Mesorachi, Papadiokampos, and Chryssi). He has also spent the past 35 years tasting Greek wines from the hills of Macedonia to the valleys of the Peloponnese and the rugged slopes of Crete. During that period, Tom also has been fortunate to find unique evidence for wine production in the Minoan towns at Mochlos and Papadiokampos, and help other projects trace Cretan wine production back to the Neolithic.

### MINOTAGE

(Minoan Meritage)
combines the term "merit"
(the quality of the grapes)
with "heritage" (the
centuries-old traditions
of winemaking) that we
have inherited from the
Minoans, Europe's first
great civilization.



**Al Leonard** (Ph.D., University of Chicago) is a Research Associate at the Harvard Museum of the Ancient Near East, and Professor Emeritus in both the Departments of Classical Archaeology and Near Eastern Studies at the University of Arizona. He is an archaeologist who specializes in trade among the cultures of the ancient Mediterranean World, and has directed excavations on Crete as well as in Egypt, Cyprus, Israel, Italy, Jordan, and Portugal. As his *alter* 

ego, The Time Traveling Gourmet, Al combines his archaeological work with skills acquired at the Culinary Institute of America (Napa, CA), where he was partially supported by a Robert Parker Wine Advocate Scholarship. For more than 20 years, he has been a member of the Society of Wine Educators and the Northern Sonoma County convivium of Slow Food International. Al's latest book, Mediterranean Wines of Place: A Celebration of Heritage Grapes, was published by Lockwood Press in 2020.



COVER: (clockwise from top) Tylissos, Knossos, Tom Brogan at Lyrarakis Winery, Miliarakis' iconic Minos label from the 1960s, harvesting at Lyrarakis Winery



Kostas Chalikias (Ph.D., Ruprecht-Karls University Heidelberg), a native of Crete, is an archaeologist who has participated since 2002 on several excavations throughout Crete, including Azoria, Chryssi Island, Mochlos, Papadiokampos, Zominthos, and Ierapetra; and was the co-director of the excavation of the Minoan building at Gaidourophas in east Crete. He has been living since 2012 in Philadelphia, where he is currently the Assistant Director of the Institute for Aegean Prehistory while regularly teaching courses on archaeology and ancient art at Arcadia University and other academic institutions in the wider Philadelphia metropolitan area. Kostas will accompany the tour from May 21st through May 23rd.



#### Dear traveler.

We invite you to join us on a unique eight-night, luxury tour of Minoan archaeological sites and modern wineries working with legacy grapes on the beautiful island of Crete. Last summer I identified five exemplary vineyards to include on this tour, and over the winter Tom Brogan and Kostas Chalikias selected neighboring archaeological sites (Minoan, Greek, and Roman) that contribute to both our knowledge of the early history of winemaking and the heritage grapes that flourished here. Together, we pooled our many years of close association with the island to choose restaurants known not only for serving healthy Cretan cuisine, but also the wines that bring out the best in it. As a semi-retired

• Enjoy structured tastings of legacy wines crafted where Minoan viticulture was born over 5,000 years ago. Savor excellent meals and wines at restaurants serving only the freshest, healthiest ingredients.

archaeologist who has been a member of the Society of Wine Educators for over twenty years, we are eager to share our knowledge and passion with you next spring.

- Visit two of the most impressive Minoan sites, Phaistos and Knossos, the latter with the site's curator.
- Explore several less-visited archaeological sites such as Azoria, Zakros, Mochlos, Gournia, and Tylissos, often with the very people who excavated them.
- Discover the world's finest museum collections of Minoan artifacts, as well as a remote monastery with historic icons and precious religious objects.
- Gain an insider's perspective on the important work of the INSTAP Study Center, and enjoy a catered, Minoan-inspired meal while looking out over the beautiful valley below.
- Stay at two luxurious 5-star hotels, one in Crete's capital Herakleion and the other on the gorgeous southeast coast of the island. An expert tour manager/local guide will accompany our group and handle all the logistics.

Join us to learn and enjoy!

Huma Ki

Al Leonard President, Friends of INSTAP Study Center for East Crete

= Flights

= Winery visits

= Site visits

# = Overnight stays

= Other itinerary stops

GREECE



The archaeological site of Vathypetro contains some of the oldest wine presses in the world.



Visit the Lyrarakis Winery for a wine tasting and tour before enjoying lunch at the vineyard.



Phaistos

## **ITINERARY**

 $(B) = Breakfast, \ (L) = Lunch, \ (R) = Reception, \ (D) = Dinner$ 

Friday, May 17, 2024: Depart home for Herakleion, Crete, Greece

## Saturday, May 18: Arrive Herakleion | Transfer to hotel | PM at leisure | Welcome reception

Upon arrival at Herakleion's Nikos Kazantzakis International Airport (HER), you are met for a private transfer to our hotel. Enjoy some time to relax and settle in. Gather this evening for a welcome reception with wine and *mezzes*, hosted by INSTAP's Tom Brogan and Al Leonard plus your tour manager/local guide. Dinner is on your own. *Overnight at the 5-star Megaron Hotel (or similar) for three nights.* (R)

## Sunday, May 19: Herakleion Archaeological Museum | Vathypetro | Lyrarakis Winery | Herakleion | Welcome dinner

Visit the celebrated Herakleion Archaeological Museum, which houses the world's finest collection of Minoan art and artifacts. Drive 30 minutes to the ancient Minoan estate at Vathypetro, with its 3,500-year-old wine press. Then tour the Lyrarakis Winery and enjoy a tasting and lunch. Return to our hotel in Herakleion and gather this evening for a 10-minute walk along the Venetian harbor walls to a local restaurant for a festive welcome dinner. (B,L,D)

#### Monday, May 20: Knossos | Miliarakis-MINOS Winery | Archanes | Herakleion

Begin the day with a visit to the legendary, partially-reconstructed Minoan palace at Knossos, rich in imagination thanks not only to its associated myth of the Minotaur and labyrinth but also to the excavation and reconstruction efforts of Sir Arthur Evans in the early  $20^{\rm th}$  century. In addition to your INSTAP experts, the curator of Knossos will join us.



We then enjoy a tour and tasting at the Miliarakis/ MINOS Winery, joined by the owner. After lunch at a taverna in Archanes, we will tour the village including its small archaeological museum. Return to Herakleion, and gather this evening for a 10-minute walk to a restaurant for dinner. (B,L,D)



The Friends of the INSTAP Study Center was founded in 2004 with the goal of bringing together the Aegean Bronze Age community in the Philadelphia area through lectures by specialists in the field on topics that would be of interest to scholars, students, and the general public.

We raise funds that benefit scholars who use the Study Center and the facilities of the Study Center itself, which is visited and used by hundreds of students, researchers, and volunteers annually.

Bull Leaping fresco (Herakleion Archaeological Museum)

## Tuesday, May 21: Azoria | Short boat ride to Mochlos | Ierapetra

Depart Herakleion, heading east to the remote and rarely visited archaeological site of Azoria, which we will reach by Jeep, ascending a double-peaked hill overlooking the Gulf of Mirabello. Azoria boasts extensive remains of an Archaic Greek city, but the vast site was first occupied in the Final Neolithic and last occupied in the Hellenistic period. After lunch we take a boat ride to the island of Mochlos, where complex archaeological remains ranging from 3000 B.C. to the 10th century A.D. have been found, including a Minoan town (ca. 1700-1430 B.C.) and a Mycenaean village and cemetery (ca. 1400-1250 B.C.). We return by boat and drive south to check-in to our luxury hotel on the coast. (This is where archaeologist Kostas Chalikias joins us for the next couple of

days.) Gather for dinner this evening. Overnight at the 5-star <u>Numo Ierapetra</u> resort (or similar) for three nights. (B,L,D)

#### Wednesday, May 22: Archaeological Museum of Siteia | Zakros | Toplou Monastery & vineyards | Ierapetra

Drive to Siteia to explore its little-visited archaeological museum, with Minoan wine presses from Petras and Papadiokampos; storage jars for wine from Zakros, Petras, and Papadiokampos; drinking equipment from dozens of Minoan sites; and Linear A tablets from Zakros recording wine in the palace. Continue on to visit the Minoan palace at Zakros, followed by lunch at a local taverna on the beach. This afternoon we visit the 14<sup>th</sup>-century Toplou Monastery and its organic vineyards with Abbot Filotheos Spanoudakis, including a tasting of its special wines. The monastery houses important frescoes, icons, and a museum of religious objects. Return to our hotel in Ierapetra and gather for dinner. (B,L,D)

## Thursday, May 23: Gournia | INSTAP Study Center for East Crete | Pefka | Ierapetra

This morning we drive to the well-excavated and well-preserved Minoan town of Gournia, where we may best envision life in a Late Bronze Age (ca. 1500 B.C.) town as we stroll cobbled streets among the ruins of some 50 houses, a small Minoan palace, and a cemetery. Gournia's houses offer a plethora of evidence for wine production. Then tour INSTAP Study Center for East Crete with its Director (and our co-leader), Tom Brogan, to learn about the Center's mission and scholarship program. A local taverna will cater a special lunch at the Center. We then tour the Minoan dye-works at Pefka, and see the wine press at

the home of early 20<sup>th</sup>-century American archaeologist Richard Berry Seager. Return to our hotel in Ierapetra and gather for dinner. (B,L,D)

#### Friday, May 24: Tylissos | Douloufakis Winery | Herakleion: Historical Museum of Crete, walking tour

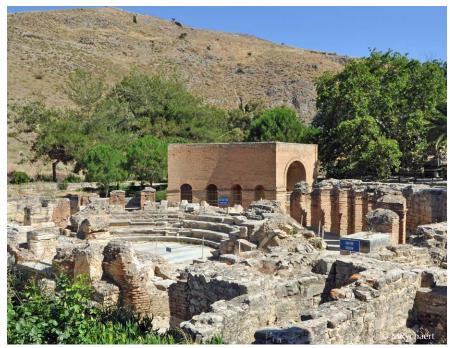
Today we return to Herakleion, stopping along the way at ancient Tylissos. This ancient Minoan town includes the ruins of three luxurious Minoan houses, a cistern and an aqueduct with clay pipes, and evidence for elite feasting: dozens of large storage jars, some incised with Linear A, possibly for storing wine; large bronze cauldrons to prepare stews; and miniature frescoes depicting processions and preparations of feasts. We then tour the local family-run Douloufakis Winery and enjoy a wine tasting and lunch. We arrive this afternoon in Herakleion, where we will have a guided tour of the Historical Museum of Crete and then check-in to our hotel. After some time to freshen up, take a walking tour (en route to the





Al Leonard at Douloufakis Winery





Gortyn

restaurant where we will have dinner) focusing on Herakleion's Byzantine, Arab, Venetian, and Ottoman history. *Overnight at the 5-star Megaron Hotel (or similar) for two nights.* (B,L,D)

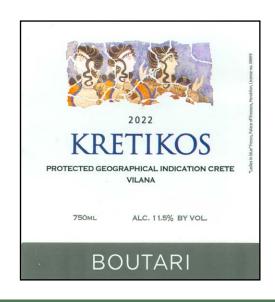
## Saturday, May 25: Gortyn | Zacharioudakis Winery | Phaistos | Herakleion | Farewell dinner

Drive south this morning to the famous Greco-Roman site of Gortyn, which became the dominant city in the region after Phaistos fell, later becoming the first city on Crete to accept Christianity. We will see its wall with the famous 5th-century B.C. law code and the 6th-century A.D. basilica of St. Titus. Then tour and enjoy wine tastings at Zacharioudakis Winery before having lunch at a taverna in Zaros. Our last Minoan site of the program is the magnificent palace at Phaistos. Return to our hotel in Herakleion and gather this evening for our gala farewell dinner hosted by our INSTAP leaders. (B,L,D)

#### Sunday, May 26: Fly home

Individual transfers are provided to Herakleion's Nikos Kazantzakis International Airport (HER) for return flights homeward. (B)

Boutari's Kretikos Vilana wine bottle label with the Blue Ladies fresco from Knossos





MODERATE: Must be able to walk one to three miles per day on mostly flat, but often uneven, terrain.

### What to Expect

You must be able to make long walks, unassisted, over uneven terrain and up and down steps. Some sites require strenuous and/or brisk walking or climbing, sometimes with difficult footing. Participants who are not able to walk or stand unassisted for extended periods are kindly advised not to join this tour. All participants are expected to be physically active and not be an impediment to others on excursions, to enjoy traveling as part of a group, and to be ready to experience cultural differences. All participants will be required to follow safety/sanitization protocols set forth by Sponsors/Operator, local staff, and host country laws. If the tour manager decides that a participant cannot visit a site safely or in a timely manner, their judgment will be final. Where possible, an alternate activity may be suggested; additional costs may apply. If you have any questions about your ability to participate, we suggest that you visit your personal physician with this brochure in hand and discuss whether or not this program is appropriate for you. Hotels have been chosen for their excellent locations and generous comfort. Included meals and wine tastings are of a very high quality. Average temperatures, in the springtime when you can enjoy the wildflowers in this region, range from the low 60s F at night to the mid-70s F during the day. Complete pre-departure details will be sent to participants.

The *Plyto* grape, grown on Crete since at least the 14<sup>th</sup> century, was recognized and saved from extinction by members of the Lyrarakis family. It was replanted on their property near Herakleion, where its wine will be included in our tasting.









#### Tour Prices Per Person (8 nights)

DOUBLE Occupancy (16-20 participants)	\$5,995
DOUBLE Occupancy (12-15 participants)	\$6,445
SINGLE Supplement	\$1,295

Single room supplement will be charged when requested or required (limited availability). With fewer than 12 participants, a small group surcharge may be added.

#### Prices Include:

- Leadership of **lecturers/hosts Tom Brogan and Al Leonard** throughout the tour, **and Kostas Chalikias** for several days
- Meetings with the curator of Knossos at Knossos, and with heritage vineyard owners/managers
- A professional tour manager/local guide throughout
- Eight nights at two well-located, 5-star hotels
- Delicious meals: breakfast daily; 7 lunches; and 7 dinners, including a
  welcome reception, and welcome and farewell dinners. All meals include
  bottled water or a soft drink, plus coffee/tea; wine is included with
  group dinners
- Excursions, entrance fees, and wine tastings as per itinerary
- Ground transportation by modern, air-conditioned vehicles for touring and transfers, and via Jeeps at Azoria, including bottled water
- Private arrival and departure airport transfers
- **All gratuities** to the tour manager/local guide, drivers, waiters for included meals, and hotel porters
- Baggage handling at hotels
- VAT, local taxes, and service charges
- Comprehensive pre-departure information, including a suggested reading/media guide, travel guide, and packing list

### Flights & Transfers

Airfare from/to home is not included. Private transfers are included on your arrival at and departure from Herakleion's Nikos Kazantzakis International Airport (HER). Your flight itinerary must be provided to our office prior to the tour. Once you have received your final payment invoice, you should book your flights. If you are considering booking non-refundable airline tickets before this time, please contact our office first. We do not accept any liability for cancellation penalties related to domestic or international airline tickets.

Prices Do Not Include: Airfare from/to home; passport and visa fees; airport fees and departure taxes; cost of personal, trip cancellation, and baggage insurance; transportation of excess baggage; personal tips; items of a personal nature, such as medical expenses, laundry, taxi, telephone, and fax charges; meals and beverages except as noted; optional excursions or deviations from scheduled tour; other items not listed as included.

**Payments**: A deposit of \$1,000 per person is required to reserve your space and is payable by Visa, MasterCard, American Express, or check made payable to "EOS CreteINSTAP5/24." Final payment is due 90 days prior to departure and must be by check, ACH transfer, or wire transfer only; credit cards are not accepted for final payment. By submitting your deposit you are bound by the terms and conditions delineated throughout this brochure and elsewhere published.

Participant Cancellation Fees: All requests by participants for cancellations must be received in writing by Eos Study Tours. Cancellations received at least 180 days prior to departure (November 19, 2023) are fully refunded. Cancellations received from 179 days through 90 days (February 17, 2024) prior to departure are refunded less a cancellation fee of \$250 per person. Cancellations received from 89 days through 61 days prior to departure are subject to a cancellation fee equal to 50% of the tour cost. Cancellations received 60 days or less prior to departure are subject to a cancellation fee of 100% of the tour cost. For this and other reasons, participants are strongly encouraged to purchase trip cancellation insurance. Information will be provided with confirmation of receipt of your deposit.

**Note:** Prices are based on tariffs and exchange rates in effect at the time of publication and are subject to change prior to departure. Substantial changes in tariffs, exchange rates, and the price of fuel, services, and labor may increase the cost of arrangements significantly, and we reserve the right to alter our prices.

Prices, itinerary, accommodations, leaders, and special guests are subject to change. Prices quoted are based on group participation and no refunds will be made for any part of the program in which you choose not to participate. It is understood that refunds cannot be made to participants who do not complete the tour for whatever reason.

Due to space limitations, this is abbreviated information. Complete terms and conditions are available upon confirmation or request.

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Eos Study Tours - PO Box 938, 47 Main Street, Suite 1, Walpole, NH 03608-0938



# MINOTAGE

The Legacy of the Minoans & the Heritage Wines of Crete

May 17-26, 2024 (10 days | 20 guests)



To fill out an online reservation form, click here. Or, print and mail or fax this form to the address below.



## **Travel with the Friends of the INSTAP Study Center for East Crete**

#### - RESERVATION FORM ———

## MINOTAGE: The Legacy of the Minoans & the Heritage Wines of Crete

May 17-26, 2024 (10 days | 20 guests) with archaeologist Tom Brogan, wine writer/archaeologist Al Leonard & special guest archaeologist Kostas Chalikias

To hold your reservation for seven days	s while this form and your de	eposit are in the mail,	, please contact us at 800-856-8951 or <u>eos@studytours.org.</u>
Name 1			
(as it appears on passport) Name 2			
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Email(s)			
☐ I/We have read the 'What to Expect	t' section and am/are pl	nysically able to p	participate fully on the program.
Are you traveling with any other partie	es on this program? Yes	;,	
How did you hear about this tour? $\Box$ e	Newsletter 🗖 mailing 🕻	□ website □ frie	nds/family • other
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☐ Double (one bed) ☐ Twin (two bed)		on preferences are not g	guaranteed.)
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	on is required to confirm	n a reservation. Fir	nal payment is due 90 days prior to departure. All prices and payments are in US dollars.
	DEPOSIT TYPE	(PLEASE CHEC	K ONE):
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CC#			
Exp. Date	3- or 4-Digit Code		
Name on Card			
Please complete this reser		close your method email, mail, or fax	d of deposit, and sign the release statement. x to:
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LYST	OURS Fax: 603-756-	2922 • Email: e	os@studytours.org
By signing this form, you are ack	nowledging that you hav	ve read and agree	to all Terms & Conditions delineated throughout.
Signature (participant #1)			Date
Signature (participant #2)			Date

## TERMS AND CONDITIONS, RELEASE OF LIABILITY, ASSUMPTION OF RISK, AND DISPUTE RESOLUTION AGREEMENT

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Sponsors/Operator and others and covers certain expenses in conjunction with cancellation due to illness or accident and damaged or lost luggage. Sponsors/Operator will send participants an application upon receipt of their reservation. PRICES: Prices guoted are based on fares in effect at the time of publication and are subject to changes at any time. On all programs, even after full payment, Sponsors/Operator reserve the right to increase the tour price in the event of cost increases due to changes in supplier costs, tax increases, currency fluctuations, or fuel and energy surcharges, and all such increases are to be paid to Sponsors/Operator upon notice to the participant. FORUM AND METHODOLOGY FOR DISPUTE <u>RESOLUTION</u>: Any dispute or claim which refers or relates to this contract, any literature related to the trip, or the trip itself shall be litigated solely and exclusively in and for courts in Keene, New Hampshire, subject to substantive and procedural New Hampshire law, and for this limited purpose, the parties agree to exclusive venue and personal jurisdiction therein. At the participant's option, however, in lieu of litigation, Sponsors/Operator will agree to binding arbitration in Keene, New Hampshire, subject to substantive, but not procedural, New Hampshire law, pursuant to the then existing commercial rules of the American Arbitration Association. In any such arbitration, the arbitrator, and not any federal, state, or local court or agency, shall have exclusive authority to resolve any dispute relating to the interpretation, applicability, enforceability, conscionability, or formation of this contract, including but not limited to any claim that all or any part of this contract is void or voidable. <u>U.S. STATE DEPARTMENT & CENTERS</u> FOR DISEASE CONTROL: Both the Centers for Disease Control and U.S. State Department publish and update important country-specific information for travelers. We strongly recommend that you review them. They can presently be found at: <a href="https://wwwnc.cdc.gov/travel/">https://wwwnc.cdc.gov/travel/</a> notices\_and\_https://travel.state.gov/content/passports/en/ alertswarnings.html. ASSUMPTION OF RISK: Participants agree to fully accept all known and unknown risks, including the potential risk of exposure to respiratory illnesses or other illnesses, viruses, diseases, or conditions. Participants understand and agree to hold Sponsors/ Operator, their officers, vendors and suppliers harmless and not liable for any real or perceived symptoms of any disease, virus, illness, or condition, nor for exacerbating any existing symptoms of any illness, virus, disease or condition, quarantine requirements, disability, and other short-term and long-term health effects, including death. MISCELLANEOUS: Participants should not purchase airline tickets prior to receiving their final payment invoice so as to avoid airline cancellation penalties if a tour is canceled or otherwise modified subsequent to the participant's purchase of those tickets. Baggage and personal effects are at all times the sole responsibility of the participant. If, due to weather, flight schedules, or other uncontrollable factors, you are required to spend (an) additional night(s), you will be responsible for your own hotel, transfers, and meal costs. Baggage is entirely at owner's risk. Sponsors/Operator reserve the right to decline to accept or retain any participant at any time. The right is reserved to decline to accept as a participant, or remove from a trip, without refund, any person it judges to be incapable of meeting the rigors and requirements of participating in the activities, or who is abusive to other trip participants, leaders, or third parties, or who is determined to detract from the enjoyment of the trip by others. Specific room assignments are within the sole discretion of the hotel. APPEARING IN PHOTOS: Photos from Eos Study Tours' trips may be posted on photo-sharing web sites or on social networking sites. Your likeness may appear in some photos or videos, posted either by other travelers or tour lecturers/guides, and the circulation of the materials could be worldwide. Trip photos may also be selected to appear in future Eos Study Tours promotions; no compensation is available for appearing in a trip photo used for promotional purposes. ACCEPTANCE OF <u>CONTRACT</u>: By forwarding of deposit, the participant certifies that he/ she agrees with these terms and conditions, and accepts the terms contained in these Terms and Conditions, Release of Liability, Assumption of Risk and Dispute Resolution Agreement. The participant affirms that he/she has not received or relied upon any oral representation of Sponsors/Operator as a basis for executing this Release. 11/2021