



bluegr

HOTELS & RESORTS

# MINOS BEACH

ART HOTEL

DELUXE



EXPERIENCES CRETE 2021

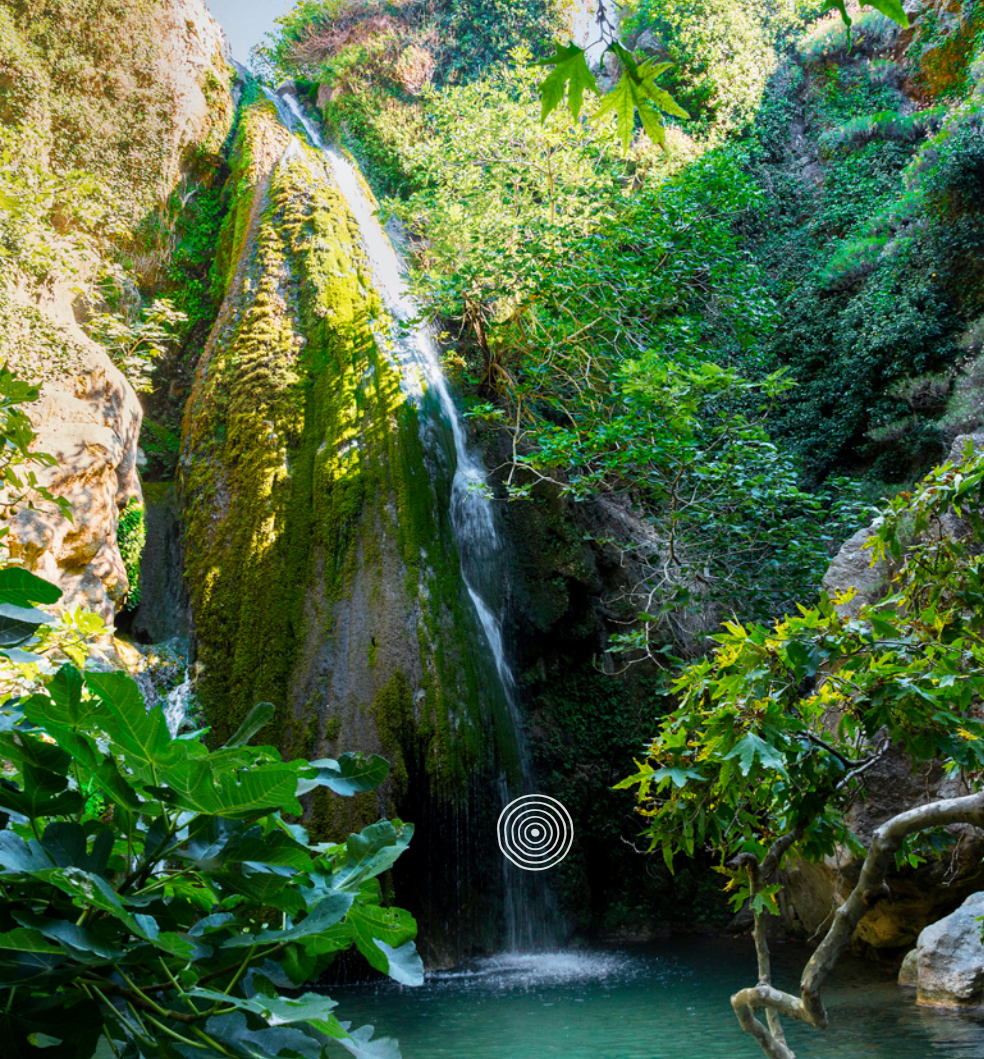


# CRETAN NATURE

DISCOVER THE BEAUTY AND UNIQUE DIVERSITY OF CRETE

## Richtis Gorge

The amazing gorge of Richtis is located in Lasithi Prefecture, on the north side, between Agios Nikolaos and Sitia. The total length of the route is approximately 3 kilometers and the elevation difference between the starting point and the beach is about 350 meters. Hiking in the gorge takes three to four hours. The route continues in a lush landscape in the river, an amazing scenery of East Crete. Platan, oleander and sage are numerous, and the smells of fresh herbs change constantly. The highlight is, of course, the beautiful waterfall of over 20 meters form with a small pond formed below it. The path finishes in the beautiful pebbly beach of Richtis. The beach has enough tamarisk trees, with stone seats and tables around. Also, there is a stone water fountain with water all year round.







## Lasithi Plateau Diktaean Cave

The birthplace of Zeus is located just 10 minutes walking-distance from Psychro, in Lassithi Plateau, at an altitude of 1025m. The route to the cave is magnificent as the view to the Lassithi Plateau is breathtaking. The cave, which has an area of 2200 sq.m, is well lit and the paths in it come along a well-designed path of 250m length.





## HIGH MOUNTAINS Kritsa & Kroustas Forest

The cypress wood of Kritsa is formed across a deep ravine, at the southern foot of Mount Tsiva. The forest is in the middle of the ancient path that led Minoans to the plateau of Katharo, with many Minoan pottery remains found here.

One of the rare forests of eastern Crete, the Kroustas Forest Park was first systematically settled and intensively used by man about four thousand years ago. In the older Minoan Palace period many agricultural installations (pens, enclosure walls) and house foundations were built with large blocks and are visible on the surface until today.

## Aromatic Gardens

Visit our gardens and discover Mediterranean and Cretan aromatic herbs learn their healing properties, discover their aromas





# ART & CULTURE

FROM ANCIENT HISTORY TO MODERN ART



## Long live the King

Palace of Knossos, the culture's lair and center of Minoan civilization. According to tradition, it was the seat of King Minos and the capital of his state. The palace of Knossos is associated with the exciting myths "the Labyrinth and the Minotaur" and "Daedalus and Icarus".



## The island

The island of Spinalonga is located in the Gulf of Elounda opposite the village of Plaka. Spinalonga is a magnificent island with fortresses dating from the Venetian period. It is an island of legends and a triumph to survival in the early 20th century from the scourge of leprosy. It is a place of great archaeological and historical significance, a source of inspiration for authors, film directors, artists and musicians. Spinalonga is in the tentative list of UNESCO world heritage sites.





## a Monk's Tale

Toplou Monastery is a vibrant convent of great spiritual radiance from the 14th century onwards. This byzantine monastery is built around a courtyard on three floors with ramparts, covering an area of approximately 800 square meters. Discover the humble life of a monk and explore the monastic tradition and local wine making.





## Art walk

The open-air art museum of Minos Beach art hotel hosts the valuable collection of G&A Mamidakis foundation which is created over the years, containing monumental works of leading Greek and foreign artists.



## Mythology Class

Put aside those memories of your dull and dusty school days and prepare for a learning experience like no other. Dive into the stories of creation, join the heroes Hercules, Odysseus, Jason and Achilles on their adventures, thrill at tales of deep-sea monsters and epic battles, and immerse yourself in the tales of the gods



# AUTHENTIC CRETE

LIVE THE CRETAN EXPERIENCE





## Minoan Cooking

Cretan cuisine is among the healthiest diets in the world. Based on authentic recipes and using fresh local ingredients our Chef will take you on a unique journey of flavors and tradition.

A fun and interactive cooking class where you will have the chance to prepare and taste a full Cretan menu using authentic techniques.



## Wine Tour

Vineyards have been cultivated in Crete for about 4,000 years. The native varieties grown in Crete, combined with the modern methods of viticulture make Cretan wines truly exceptional. The long tradition has made the vine growing in Crete a part of its lifestyle.

Discover the Cretan terroir and indigenous grapes through a private wine tour to some of Crete's most prestigious wineries and experience tailor made wine tastings and food pairings.



## Meet the Locals

Cretans are a very distinctive people, with their own spirited music and dances, remarkable cuisine and traditions. Proud, patriotic and fierce yet famously hospitable, Cretans maintain a rich connection to their culture. Exploring the Cretan villages you'll meet Cretans speaking local dialects, creating regional delicacies, and combining the old world with the new. They always have a story to tell.





## Women in action

In the traditional village of Kritsa a group of women have created a cooperative in order to maintain the traditions of the village. Get the chance to scroll around Kritsa's small paths, meet the women and get involved in their culinary and embroidery creations.



INSPIRED BY THE SEA

END TO END BLUE

## Sailing Trips

Choose the day and the vessel and let the experienced Captain to guide you through Mirabello bay. Either on a full day or half day cruise, private or in group there are plenty to discover. (options include catamaran, caique, yaucht, sailing boat)



## Chrysi Island

Also known as donkey island for the locals, the famous small island of Chrysi is located south of Ierapetra. Accessible only by ferry or a speed boat Chrysi is an exotic, uninhabited island of outstanding natural beauty with a cedar forest of 35 hectares, turquoise waters, shallow bays and countless shells. a half day excursion to be remembered.



## Underwater Treasures

PADI certified Diving Centre is located on the grounds of the hotel giving guests the opportunity to participate in the Discover Dive sessions and enjoy diving in the tranquil waters of the sea as they explore the seabed, the ancient remains, the wrecks, the rocky slopes, the caverns, the walls and reefs found in the region. The diving center also features a great range of water sports activities for the more adventurous guests including dinghy sailing, windsurfing, water-skiing, donut and banana rides.





## Explore Mirabello bay

Rent a boat grab a map and explore the Mirabello bay. Follow the specially designed sea routes and discover the picturesque Mirabello coastline, undisclosed coves and beaches. Find out where the famous pirate Barbarossa was hiding his vessel before attacking and dive into crystal clear waters.





## Catch and relax

Spend an exciting day on the crystal-clear waters of Mirabello by joining a fishing trip, discover the best fishing hot spots around. The joy of finding a fish pulling on the end of your line is always an amazing experience, no matter your age or your skill level, Yacht fishing trips In Crete are perfect for you, your family or friends.





# MIND & SOUL

FIND YOUR INNER SELF



## Yoga Sessions

### Hatha Yoga - AM

Waking up the body through gentle stretching, while gradually increasing the intensity with Sun Salutations and winding down with forward folds and spinal twists. The class is designed for everyone. Our Hatha sessions are scheduled in the mornings, as they are ideal for waking the body up before all other movement. All are welcome to this class.

### Flow Yoga - PM

For those who like to keep moving through a steady tempo. Flow is for everyone who has already been in contact with yoga and would like to deepen their practice. The class strengthens the body while also improving flexibility. It is a fast paced class which everyone can follow. Our Flow classes are best to be practiced in the evening when the muscles and joints are warm and ready.

## Spa

Ananea Wellness by Aegeo Spa guarantees to introduce guests to a unique world of wellness and relaxation, a true 5 star spa hotel experience! Reinvigorate, revive and rejuvenate yourself with our extensive range of spa services and treatments, from express 15 minute facials to 50 minute deep cleansing treatments and 2 hour full-body massages.

All Ananea Wellness by Aegeo Spa services use only the best, premium spa products, focussing on natural ingredients such as lavender, seaweed, pomegranate, olive oil and sea salt.





## Tennis

An opportunity to get away from stress and relax awaits you at our fully equipped tennis courts. Enjoy a game with a friend or try your skills with a professional tennis instructor.



## Personal Training

Get energised during your holidays with a training session held by a professional trainer, combining different techniques and modern gear.



## Cycling

Discover Cretan nature and seaside by following routes provided by cycling experts. Feel rejuvenated and empowered by the landscape through routes designed depending on the level of difficulty. Bike rental is available on site.





# BLUE EXPERIENCES

SIGNATURE



## Floating Breakfast

Paddle in your private pool and enjoy an inspired healthy or naughty breakfast, at the privacy of your villa, while gazing the Mirabello waters.



## Private Dining

Barefoot on our sandy beach or elegantly dressed at one of our waterfront decks you can transform your special day to an unforgettable experience. Allow our experts to travel your senses with tailored made options. Dinners may be further enhanced with live music, fire pot and more.



## Wine Master Class

Greece is one of the oldest wine-producing regions in the world and among the first wine-producing territories in Europe. The earliest evidence of Greek wine has been dated to 6,500 years ago where wine was produced on a household or communal basis. Rediscover a lost gem of wine making by a private wine tasting through Greece's most important terroirs.



## Degustation Dinners

Yannis Baxevanis, the well-known Executive Chef of bluegr hotels and resorts, has been passionately working for many years in making Cretan cuisine known to people from all walks of life. As an award-winning Chef in Greece and abroad, he has been renowned as Status Magazine's Chef of the year, and as the 2006 Global Gastronomy Academy's Chef of the Future. Years of practice and expertise has led him to receive multiple awards in the scope of Greek cuisine. Chef Baxevanis in turn welcome's famous chefs that he met in his path creating unique menus presented with passion.





## Blue Bikes

Hop on a blue bike and of you go to discover the region's secret gems with the most enjoyable mean of transport. Check out our couples' tandem bike. Don't forget to grab a map of cycling routes as you go.



KIDS & FAMILY

KEEP LIFE FUN





## Finding Nemo

CretAquarium is an expert in presenting species and ecosystems of the Mediterranean, a sea of unique biodiversity that gave birth to ancient civilizations and welcomes millions of visitors every year from all over the world. Offering 60 tanks of different sizes, containing a total amount of 1,700,000 litres of sea water, it is home to 2000 sea animals, 200 different species found in the Mediterranean basin, and together with the appropriate scenery, it successfully represents the Cretan and Mediterranean sea beds. Additionally CretAquarium designs and implements educational programmes and other innovative services, treats injured animals and is constantly enriched with new marine species.



## The Cretan Way

Discover the Cretan way of living in the Museum of Rural History and Folk Art Arolithos. Located close to Heraklion. You can admire works of Cretan handicrafts such as traditional clothing, weaving, wood carving and more. In the next hall, have a look at a representation of traditional Cretan home. Learn about agricultural occupations through the tools that farmers used to use in years past and explore a shepherd's house called "Mitato".



# ENVIRONMENTAL ACTIVITIES

BECAUSE WE CARE





## Recycling Program



## Tree Planting

## Support Local Animal Shelters







## Beach & Coast Cleaning



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