

Conference Guide

Conference Venue

Conference Location: Athina Palace Hotel

Athina Palace Hotel

The hotel is situated at the gulf of Made at a quiet area, 15 km west of Heraklion, 5km from the small village of Agia Pelagia and 100 m. from the settlement Made, overlooking the sea with a small creek nearby. The airport is 17 km away.



Address: Made, 71500 Heraklion, Crete, Greece

Tel: 2810 811800

E-mail: frontoffice@athinapalace.com.gr

History of Heraclion

Heraklion is the largest city of Crete and one of Greece's major urban centers. Its development begun in the wake of the 9th century AD (in antiquity, Knossos was the island's most important centre, followed by Gortyn). In later times, Heraklion came under Arabic, Venetian and Ottoman rule; its conquerors initially gave it the name Khandaq or Handak which was corrupted to Candia. During the 2004 Olympic Games, the city of Heraklion provided one of the venues for the football tournament. Among the most outstanding sights of Heraklion are the fortification walls that delimit the "old city". The first fortifications were built by the Arabs and were later reinforced by the Venetians (15th century). From the seven bastions, only the Martinengo bastion survives to this day; there visitors will find the tomb of the renowned writer N. Kazantzakis, overlooking the city. From the four gates to the city, only Chanioporta (1570) with the characteristic winged Lion of Saint Marc and the New Gate (1587) at the southern side survive today. In the old (Venetian) port, next to the modern facilities, one can see the vaulted tarsanades where ships used to be built, while the western side is dominated by the Koule fortress (16th century). In the heart of the city there are many monuments dating to the Middle Ages, a period in which Heraklion witnessed great prosperity.



From the port, ascending 25 Avgoustou (August) street, one reaches a square where the church of Agios Titos is found (built in 1872 at the site where a Byzantine church once stood), while next to it lies the Venetian Loggia (16th century), a magnificent, ornate arcaded Venetian building decorated with blazons, trophies, etc., which served as a meeting place for the Duke and other noblemen during the Venetian period. A typical feature of Heraklion is its Venetian and Turkish fountains, scattered all around the city. The most famous one is the Venetian-style Morozinifountain, also known as the Lions (1628), a landmark for local inhabitants and visitors alike. Other noteworthy Venetian fountains are the Bembo fountain (1552-1554) on Kornaros Square, the Sagredo fountain (1602-1604) built in the northwestern corner of the Loggia, and Priuli fountain (1666) located near the port. The most interesting Turkish fountains are the Charity fountain (1776), next to the Bembo fountain, which today functions as a café, the

“Idomeneas fountain” (behind the Historical Museum of Crete), the “Genitsar Aga Fountain” (on Ikarou street), etc. Among the churches of Heraklion the one that stands out is the imposing and sizeable Metropolis of Agios Minas (on Agia Ekaterini Square), built between 1862-1895. Adjacent to it, stands the chapel of Mikros Agios Minas and on the northeast is situated the church of Agia Ekaterini (16th century), which functions as a museum housing exhibits from the Cretan Renaissance. The church of Agios Markos (13th century) towers over Venizelou Square, while other important churches in the city are the Monastery of Agios Petros and Pavlos, the Panagia Akrotiriani, the Panagia ton Stavroforon, etc. One should not miss out on a visit to the Archaeological Museum, one of the most important museums in Greece; it contains almost all the unique treasures of the Minoan civilization unearthed at Knossos, Phaistos, Malia and other sites. Other museums that are worth visiting are the Historical Museum, the Museum of Natural History and the Acquarium “Cretaquarium” (in the area of Gournes). In the market of Heraklion, one of the richest in the Mediterranean, visitors can find all sorts of modern products, as well as traditional Cretan products such the famous Cretan olive oil, raki, local wine, honey, herbs, etc. Moreover, a modern golf course both for beginners and advanced players operates not far away from the city of Heraklion (in the area of Hersonisos). Five km south of Heraklion lies Knossos, one of the most important archeological sites in Europe, the legendary centre of the Minoan civilization from 1900 to 1400 BC. The Palace of Knossos, the largest one in Minoan Crete, witnessed two architectural phases and which was devastated by the earthquake of Santorini (1450 BC). The site contains the remains of the palace of Minos, of dwellings occupied by officials, priests and residents, as well as of cemeteries. The Palace was an intricate building complex built around a central court. It was laid out on a surface of 22,000 m² and apart from the royal apartments, it encompassed were also ceremonial quarters, treasure rooms, workshops and storage spaces. 63 km southwest of Heraklion lie the remains of the Phaistos Palace, second in importance in Minoan Crete, inhabited since the Neolithic times. The architectural layout of the palace is identical to the one of Knossos. Here too, rooms are clustered around a paved court. As regards the interior decoration, the Phaistos Palace did not yield many frescoes, however, the floors and walls are covered with stark-white gypsum slabs. The Palace occupied a surface of 9,000 m² approximately. Moreover, in the vicinity of Malia (34 km east of Heraklion) excavations have brought to light a palace similar to the one of Knossos and Phaistos. At Hrissolakos (Pit of Gold), archaeologists also unearthed the districts surrounding the Minoan palace and cemetery. The palace covered an area of about 9,000 m². Finally, 46 km south of Heraklion lies the archaeological site of Gortyn, boasting finds from the 16th century BC up to the 2nd century AD.

Source: <http://www.heraklion.gr/>

How to get to Heraklion

By Plane:

The city is served by **Heraklion International Airport (IATA code: HER)**, or **Nikos Kazantzakis Airport** is located about 5 kilometres (3 miles) east of the city. The airport is named after Heraklion native Nikos Kazantzakis, a writer and philosopher. It is the second busiest airport of Greece, because of Crete being a major holiday destination. The airfield is shared with the 126 Combat Group of the Hellenic Air Force.

There are daily flights from Athens airport and other major Greek cities by Olympic Air and Aegean Airlines. The recently established Athens Airways also connect Heraklion with Athens. During summer, Sky Express flies to several Aegean islands. From April till early November charter airlines fly directly to Heraklion from many European airports.

Local buses leave from the airport every few minutes. The services start from early morning until late in the evening from Monday to Saturday but less frequent on Sundays.

By Ferry:

There are ferries from:

- Athens (Piraeus): Minoan Lines, Anek Lines and Superfast Ferries Thessaloniki and Dodecanese - G.A. Ferries
- Cyclades: G.A. Ferries, Sea Jets and Hellenic Seaways. The frequency is reduced in the winter.
- Santorini

Visa:

Before you start planning your travel to Greece you should visit the Ministry of foreign affairs' web page to see if you need to get a Visa.

For more details: <http://www.mfa.gr/en/visas/visas-for-foreigners-traveling-to-greece/>

- National Visas: <http://www.mfa.gr/en/visas/visa-types/national-visas.html>
- Schengen Visas: <http://www.mfa.gr/en/visas/schengen-visas/>
- Visas for Foreigners traveling to Greece: <http://www.mfa.gr/en/visas/visas-for-foreigners-traveling-to-greece/>

Heraklion International Airport

Code: HER

Address: 71601 Heraklion Crete, Greece

Phone: +30 2810 397129

Athens International Airport "Eleftherios Venizelos"

Code: (ATH)

Address: Attiki Odos, Spata-Artemida, 190 04,
Greece

Phone: +30 21 0353 0000

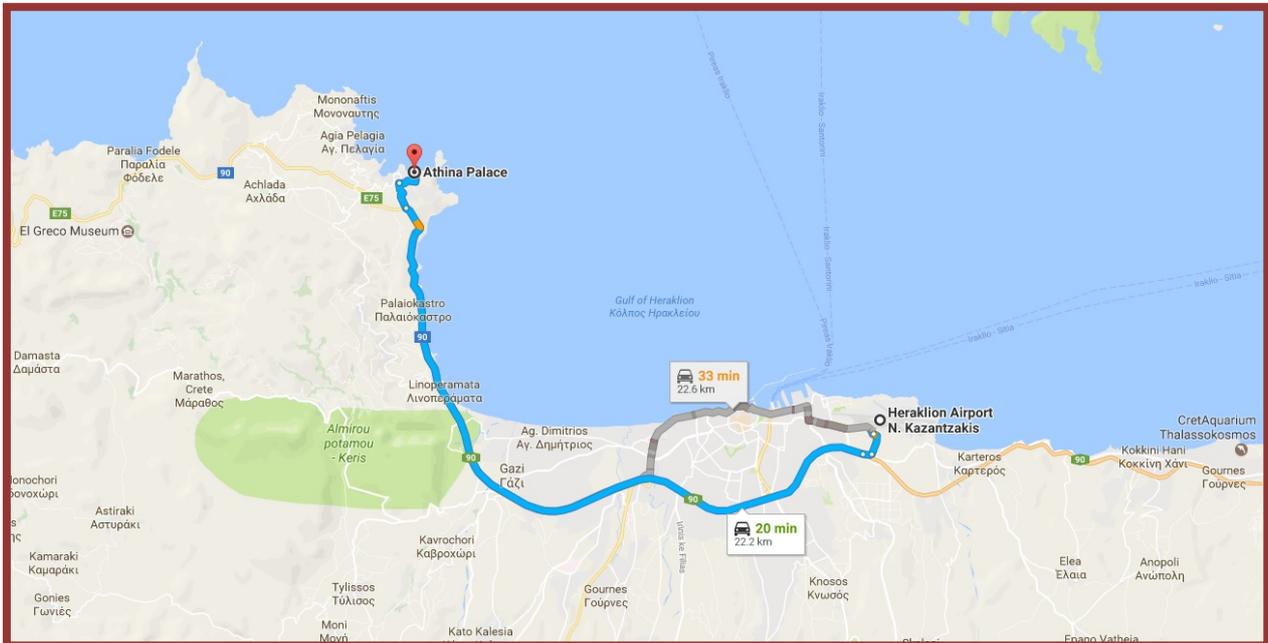
E-mail: airport_info@aia.gr

Website: www.aia.gr

Transportation in Heraklion - How to get from the Airport to the Venue

By Car:

Athina Palace Hotel is located in a very accessible location near Mades beach, a short distance from the airport, just a 20 minutes drive via national road VOAAK/E75 from the airport.



Car Hire:

The best way to see Crete and experience its magic, wonderful villages and beaches, hidden bays and splendid drives, is to hire a car. Having your own car is a great way to explore Crete. Roads have improved hugely in recent years, but in the more remote areas (particularly the south) you'll still find unpaved roads that are only suitable for 4x4 Cars or Jeeps. Also be very careful on narrow and windy mountain roads. Road signs when they exist, are usually marked in Greek and English (the English one follows a few meters after the Greek) except in remote areas.

Heraklion Airport Rent a Car

- EURODOLLAR: +302810281338
- AVIS: +302810229402
- AUTOHELLAS: +302810341734
- TRAVEL STAR: +302810240047

By Public Transportation:

Taking the BUS

You can use the public city bus network to get around Heraklion, but you have to figure out the line to your destination. Online schedules state the departure time from the start of the route, usually the airport or port, and differ for summer [27] and winter [28]. Almost all buses pass through the centre (except line 21 and the Knossos Express). Buses are numbered according to the destination, and so are different for outbound and return. There are usually no routes or schedules posted at the bus stops.

Line 1 goes to the airport.

Line 2 goes to Knossos.

Line 6 goes to Amoudara.

Line 20 goes to the port.

Tickets can be bought from kiosks and small shops, and from automated machines at select bus stops. They can sometimes be bought on the bus at a higher price. There are two zones: the inner zone A includes the centre, the port, and the airport; the outer zone B includes Knossos and Amoudara. Zone A tickets (orange) cost €1,20 (€2,00 on the bus) and zone B tickets (blue) cost €1,70 (€2,50 on the bus). The Knossos Express between Amoudara and Knossos costs €5,00. There is also a one-day ticket for €5,00. For transfers from one bus line to another, separate tickets are needed.

Buses do not stop at bus stops, unless you signal the driver by raising your arm. When you get on the bus, hold the bottom half of your ticket in your right hand. The bus driver will grab the top half (side with number value of ticket) and the two of you will rip it in half.

By Taxi

Locations of taxi ranks include:

- Liberty square
- Dikeosinis (near Lions square)
- Kornarou square
- Misotaki (bottom of 25th August)
- Chanioporta
- Airport
- Port
- Hospitals
- Giofyro
- Amoudara (Agapi Beach/Marilena)

The local taxi company can be contacted by telephone (2810 210 102) or online.

PLACES TO VISIT

Knossos

The centre of Minoan civilisation and capital of Minoan Crete lay 5km south of Heraklion. Knossos flourished for approximately two thousand years. It had large palace buildings, extensive workshop installations and luxurious rock-cut cave and tholos tombs. As a major centre of trade and the economy, Knossos maintained ties with the majority of cities in the Eastern Mediterranean.

Phone: +30 2810 231940

Fax: +30 2810 241515

Email: protocol@kgepka.culture.gr

URL: http://odysseus.culture.gr/h/3/eh355.jsp?obj_id=2369

Heraklion Archaeological Museum

The world famous Heraklion Archaeological Museum was built between 1937 and 1940 on a site that had been occupied during the Venetian Period by an imposing Catholic monastery of St. Francis, which was destroyed by the earthquake of 1856. The Museum houses archaeological finds from all over Crete. Pride of place goes to the treasures of the earliest European civilization, the Minoan, which can here be admired in all its historical continuity. You may leave Plateia Eleftherias by looking to the left of the cinema, called Astoria, to a shopping street called Daidalou, named after Daidalos, the teacher of Ikaros who flew too close to the sun in his efforts to leave Crete. It is a chic shopping street that borders, on the right, an interesting old section known as Korai, the place for smart Herakliotes to go at night, with some very interesting café's and bars and a night-time party atmosphere. At the far end of Daidalou, you return Heraklion's famous Lion Square.

Address: Xanthoudidou 2 Str., 71202, Herakleion

Phone: 2810 279000, 2810 279002, 2810 279087

Email: amh@culture.gr

Admission: Full: €10, Reduced: €5



Natural History Museum of Crete

The Natural History Museum of Crete is housed in the renovated former premises of the Heraklion Public Power Corporation, on Dermatias' Bay and it is the largest exhibition of its kind in the Mediterranean, showcasing the natural environment of Crete and the wider Mediterranean area. Visitors have the opportunity to explore Cretan ecosystems alongside their equivalents in mainland Greece and elsewhere in the Mediterranean via dioramas, i.e. full-scale models of natural landscapes. Other areas are dedicated to exhibits such as the Giant Deinotherium, the largest prehistoric animal ever to live on Crete, the Living Museum, a display of typical animals of Crete and the Mediterranean, the Enceladus, an earthquake simulator where one can experience several earthquakes known to have occurred in different areas in the past, as well as the Erevnotopos Discovery Centre, an area specially designed for younger visitors, where they can dig for fossils and explore Cretan nature hands-on.

Address: University of Crete, S. Venizelou Ave.

Tel: Reception-Bookings +30 2810 393630

Email: info@nhmc.uoc.gr.

URL: <http://www.nhmc.uoc.gr/en>

Nikos Kazantzakis Museum

Situated in the historical village of Myrtia or Varvaroi, just 15km from Heraklion town, the recently renovated Museum of Nikos Kazantzakis impresses with its sophisticated structure and aesthetics. The Nikos Kazantzakis Museum pays tribute to the important intellectual, author, thinker, philosopher, politician and traveller Nikos Kazantzakis. The Museum is made up of a cluster of buildings in the central square of the historical village of Varvari, now known as Myrtia. The Museum Exhibition is housed on a site formerly occupied by the home of the Anemoyiannis family, which was related to Nikos Kazantzakis' father, Kapetan Michalis. The Museum was founded by set and costume designer Yiorgos Anemoyiannis, a pioneering figure in Greek theatre. The epitaph on his grave in Heraklion consists of his own words: "I hope for nothing, I fear nothing, I am free".

Address:

Tel.: (+30) 2810 741689

Fax: 2810 742232

E-mail: info@kazantzakis-museum.gr



Around Heraklion

The Market

Walk slowly through the Agora, the Market Street that runs alongside a shopping boulevard called 1866, after a Cretan uprising. From top to bottom, with some shaded sideways exits, this old Market Street is still a place for 'Herakliotes' to come every day to find socks, shirts, herbs, fish and fresh meat. It's a good place to find thyme honey, raki (the Cretan clear spirit) from among shops selling everything from selections of Cretan music to the finest cheese. This market has a long history, always a place to meet and make plans. Walk the side-streets and you will smell good Cretan food and feel the buzz around you. Cafés here do not distinguish much between Greeks and foreigners, neither do the inexpensive eating houses that serve good food to all who enter. There are some tourist traps, but all are friendly and offer good quality. At the top end, at the last turn, find the fish market and some great little fish ouzeries (smaller and less formal than a taverna) that fill up at night and provide excellent, simple, seafood. Plateia Kornarou lies at the top of the market, with a lovely Venetian fountain of its own, the Bembo Fountain, probably the oldest, and it bears some very good decoration, although it has ceased to fount. The Bembo Fountain was built in 1588 by Venetian architect Zuanne Bembo. It is decorated with columns, Venetian family coats-of-arms and a headless male statue, brought here from Ierapetra. At one time, people believed that the statue had supernatural powers and, every May, religious rituals were organised in its honour. The atmospheric kafeneio alongside it, still serving Greek coffee and aperitifs from an antique stone pavillion at its centre, is a great reminder of Crete's Turkish past. The Plateia itself is named after Vitsenzos Kornaros (1553 to approx.1614), composer of the epic poem Erotokritos, which is regularly performed around Crete, and still evokes pride in every Cretan heart. From here, it is close to Agios Minas Cathedral or, in the opposite direction, Freedom Square. From the top of the Market, turn right, and find the large square of Saint Katherine in which stands the dominating form of the cathedral.



Sports

The fact that Heraklion was an Olympic City of the Athens 2004 Olympic Games, gave a boost to the city's sporting infrastructure. The new Pancretan Stadium and the new Indoor Sports Center complement the existing infrastructure of the city, and gave citizens more places to exercise and the opportunity to organise a lot of sporting events. Recently, Municipality of Heraklion offers free bicycle rental service to citizens and visitors.

Nightlife

Heraklion is one of the most lively cities of Greece. You can find something for everyone. Nightclubs, bars, traditional coffee shops and modern cafeterias are located all over the center of the city. Lions Square, Freedom Square (Plateia Eleftherias) and the streets around them are full of bars, cafeterias, tavernas and restaurants. The costal area of the city is also a place to visit with nightclubs and tavernas beside the sea. During the summer, numerous art festivals and cultural events are organised, with tradional cretan music and modern music, dance and theatre performances.



Events

A wealth of cultural events are organized every year. If you wish to listen to the municipal symphonic orchestra or to dance pentozali, you can always find a place to go. The Municipality of Heraklion is also a supporter of many exhibitions, seminars and other cultural events throughout the year. The annual Summer Festival lasts from July 1 until the mid of September. It presents significant artists in a festivity of music, dance and colors.

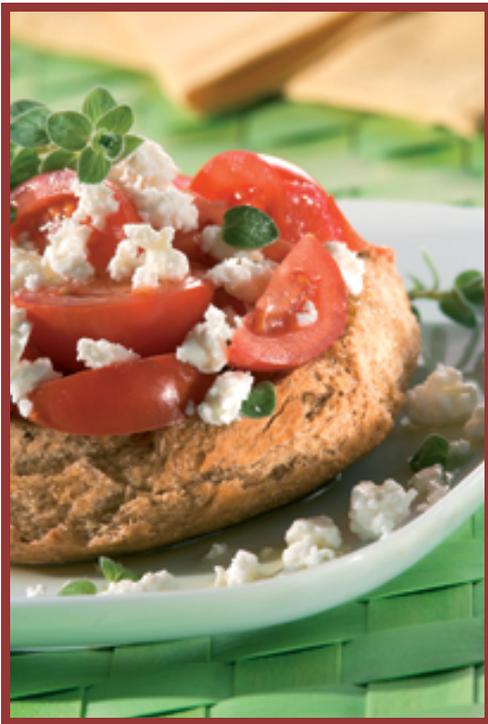
Beaches

Close to the centre of the city, one in the east and the other in the west, two well organised clean long beaches offer a great experience under the Cretan sun. Amnisos Beach, in the east, and Ammoudara Beach, in the west, with modern infrastructures for bathing, lifeguard, sea sports and other sea pleasures Both beaches can be reached easily by local bus. The visitors of the city can also enjoy the water parks which are available very close to Heraklion.



Local cuisine – what you should taste in Heraklion

Set out on an exhilarating journey of gastronomic imagination to Heraklio, one of the most desired Cretan destinations! A Bouyatsa with cream, a delicious cream pie dusted with powdered sugar based on an old Asia Minor recipe, is the sweetest way to start your day! Continue your culinary quest with a visit to the “temple of gastronomy”, the Chania Municipal Market. Here, in a deep mystic atmosphere, wander around various food stores, and taste the divine gifts of Cretan Nature! Search for all the ingredients of the world renowned Cretan diet: aromatic herbs and fresh edible weeds, virgin olive oil, pulses and vegetables, cereals, fish, meat, dairy products, honey and fennel. Taste culinary delights like fresh handmade wedding cookies, dry bread wreaths, yraviéra cheese (full fat sheep’s cheese with appellation of controlled origin), sweet smelling anthótyros from Sfakiá (fresh, soft, white cheese made of either sheep’s or goat’s milk), fresh staka butter (the cream of the butter) for the Cretan wedding rice (rice cooked in meat broth), roasted goat or sea food delights – special ingredients blended in delicious sea-urchin salads or divine fish soups!



Indulge your palate with traditional Cretan specialties: eggs with stàka, cretan kalitsoùnia (sweet mini cheese pies), lamb served with spiny chicory, dácós (the traditional hard Cretan bread accompanied with tomato, mizithra cheese and plenty of virgin Cretan oil), snails boubouristi (popping fried snails), haniotiko boureki (patty from Chania, a vegetable specialty) and kserotigana (honey dipped spiral pastries). Gourmet specialists will be delighted by the wide range of choices that can easily satisfy all tastes and desires! Accompany your dinner with a glass of deep-red Cretan wine, the divine marouvás or drink after your meal an ice-cold tsikoudia (or raki), traditional Cretan spirits distilled from pomace, with a delicate aroma of ripe grapes.

The treat is always on the house, a sign of traditional Cretan hospitality! The non-alcohol lovers can have a hot soothing drink instead, the herb dittany, widely known in Crete as “diktamo”. The Cretans prefer to call it “eróntas” (meaning “love”). They definitely feel true love for it.



Cretan culinary glossary

- Chochlius: snails that are cooked in a lot of ways, either boiled in salt water with onions and tomato sauce and are titbits for raki, or fried in olive oil, with vinegar and rosemary.
- Kakkavia: is the tastiest fish soup that you have ever tried! It includes fish (every fish you can imagine), a lot of lemon, olive oil, potatoes and onions for unique perfume.
- Ahinosalata (echinus salad): even if it is an expensive titbit in order to accompany a glass of raki, it is worth trying.
- Dakos: it is a snack made by barley bread, soaked in water and vinegar, which is accompanied with small pieces of tomato, garlic and onion, and feta cheese.
- Apaki: smoked meat, usually lamb.
- Ofto: meat cooked in earthen utensil and fried non pilled potatoes. Staka: dairy product, a kind of butter, custard from fresh milk that is used in many dishes.
- Gamopilafo: it is the most famous Cretan dish, a kind of risotto, cooked with sauce from meat and staka.
- Cheeses: mizithra, anthotyro, Cretan graviera.
- Kaltsounia: sweet snack with Cretan honey of exceptional quality.
- Bougatsa: special sweet. It is a kind of pie, such as the cheese pie, that includes custard cheese and sugar. recognise them by the fine scent of the Corfu bergamot (pergamonto) (a special white kind which only grows in Corfu), of the tiny tangerine and the kum-kuat.

DINNING IN HERAKLION

7 Thalasses

7 Thalasses – which means ‘seven seas’ in Greek – provides one of the most interesting culinary experiences in the city of Heraklion with its wonderful and relaxing atmosphere. Here you will enjoy flavors of traditional Mediterranean cuisine, mostly composed of fish dishes, all cooked with care and fresh ingredients. Some of the most special dishes include the grilled fish, the shrimp saganaki, the calamari with pesto, the lobster, and the sushi.

Address: 1 Irakleitou Street, Hraklion, Greece

Tel: +30 281 034 2945

URL: <http://7thalases.gr/>

Alla Ki Alla

Alla Ki Alla is an alternative option to the modern nightlife of the island, and was established back in 1980. The Lambraki family owns this traditional place, offering nights with abundant classic cuisine and traditional live music. Freshly cooked, home-made food and a wide range of local meze perfectly accompanied by local wine or raki are the ingredients of the recipe for a delightful night out in Heraklion.

Address: 16 Kagiampi Street, Hraklion, Greece

Open Hours: 8 am - 5 pm

Tel: +30 281 024 0004



Peri Orekseos

Peri Orekseos serves meze varieties and dishes of Cretan and Greek cuisine with care and dedication, in a warm venue built out of stone and wood. The chef respects the tradition of Greek cuisine and adds a gourmet twist to classic ingredients and dishes. You should definitely try the chicken burgers stuffed with cheese and dried tomato, as well as the cabbage rolls with groats, which are the restaurant's specialties.

Address: 10 Korai Street, Hraklion, Greece

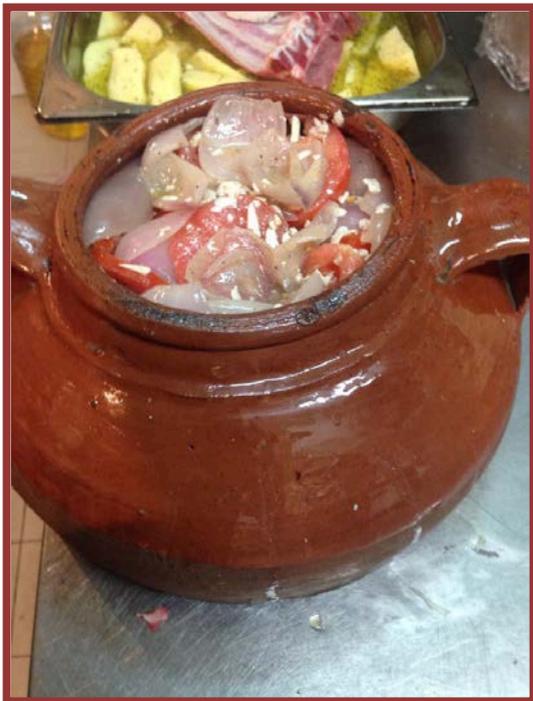
Phone: +30 281 022 2679

Baltas

Baltas is a recently renovated modern mezedopoleio. It offers unique nightly entertainment with live Cretan music and is a culinary highlight of Greek and Cretan cuisine. Dishes served here include potato salad with cheeses, shrimps in tomato sauce with feta cheese, grilled eggplant, fried lamb, meat pie and courgette balls stuffed with smoked cheese.

Address: 12 Eleftheriou Venizelou Street, Hraklion, Greece

Tel: + 30 281 028 2356



Parasties

According to the local dialect, 'parasties' is the word for the traditional Cretan cooking style. This is the culinary philosophy of the restaurant, which aims to combine classic flavors to satisfy even the most demanding palate. Some of the best dishes are the Parasties Salad, the grilled mushrooms and the traditional pie. In line with Cretan hospitality, at the end of your meal you will receive a treat consisting of exceptional raki, fruits and dessert. Watch out for: the grilled mushrooms & traditional pie!

Address: 19 Leoforos Sofokli Venizelou, Hraklion, Greece

Phone: +30 281 022 5009

Pantopoleio Geuseon

The friendly staff, the excellent service and the pleasant decoration here create a wonderful atmosphere in which to enjoy delicious local food. Try the sausage, the halloumi cheese, the courgette balls, the dakos and the chicken souvlaki, all of which come in generous portions. Don't miss the restaurant's special; the delicious pork marinated in honey sauce. Live traditional music adds to the warm and authentic ambiance of Pantopoleio.

Address: Piata Sfatului 12-14, Brasov, Romania

Phone: +(4) 0786 11 25 26

Open Hours: 10am-12am

URL: <http://www.gauradulce.ro>



Sources:

<https://theculturetrip.com/europe/greece/articles/the-7-best-restaurants-in-heraklion-crete/>
<http://www.heraklion.gr/>
<http://www.cretetravel.com/guides/area/heraklion/>
<http://wikitravel.org/en/Heraklion>
<https://en.wikipedia.org/wiki/Heraklion>
<http://www.greeka.com/crete/heraklion/>