

Year 7, Number 28

[www.e-inon.com/magazine](http://www.e-inon.com/magazine)

# In-On

Special Term Crete Business Issue

Promotion  
of natural  
cultural  
heritage



Manolis Kallergis

ISSN 2241-6897



Upgrading tourism infrastructure



# In - On

Special Term Crete Business Issue

[www.e-inon.com/magazine](http://www.e-inon.com/magazine)

Year 7, Number 28



Photo of the Municipality of Sitia

Geopark of Sitia

## Table of Contents

### 4 Periscope:

#### Tourism Battle Track

"As a Chamber of Commerce we make two strategic points. The first is to identify a new development model for Greek tourism in the coming decades. In the digital age, we cannot go... Arab. This means investing in upgrading all infrastructure related to tourism, from airports, harbors and marinas to golf courses or seaplanes. It also means a clear spatial planning to ensure that environmental protection rules are in place and that it is exploited as a huge comparative advantage for our tourist product. It also means a pro-investment environment. From the issuance of the first license to the opening of the investment", Alexandros Vassilikos, President of the Chamber of Commerce, said in an interview with "In-On".

### 6 Special reportage: Geoparks of Crete

#### • Geopark of Psiloritis

"In the Municipality of Anogeia is the information center of Psiloritis Natural Park as well as the headquarters of the organization's management which is made up of AKOM SA. and works with the help of the Museum of Natural History of the University of Crete, "Mayor of Anogia Manolis Kallergis said in an interview with "In-On".

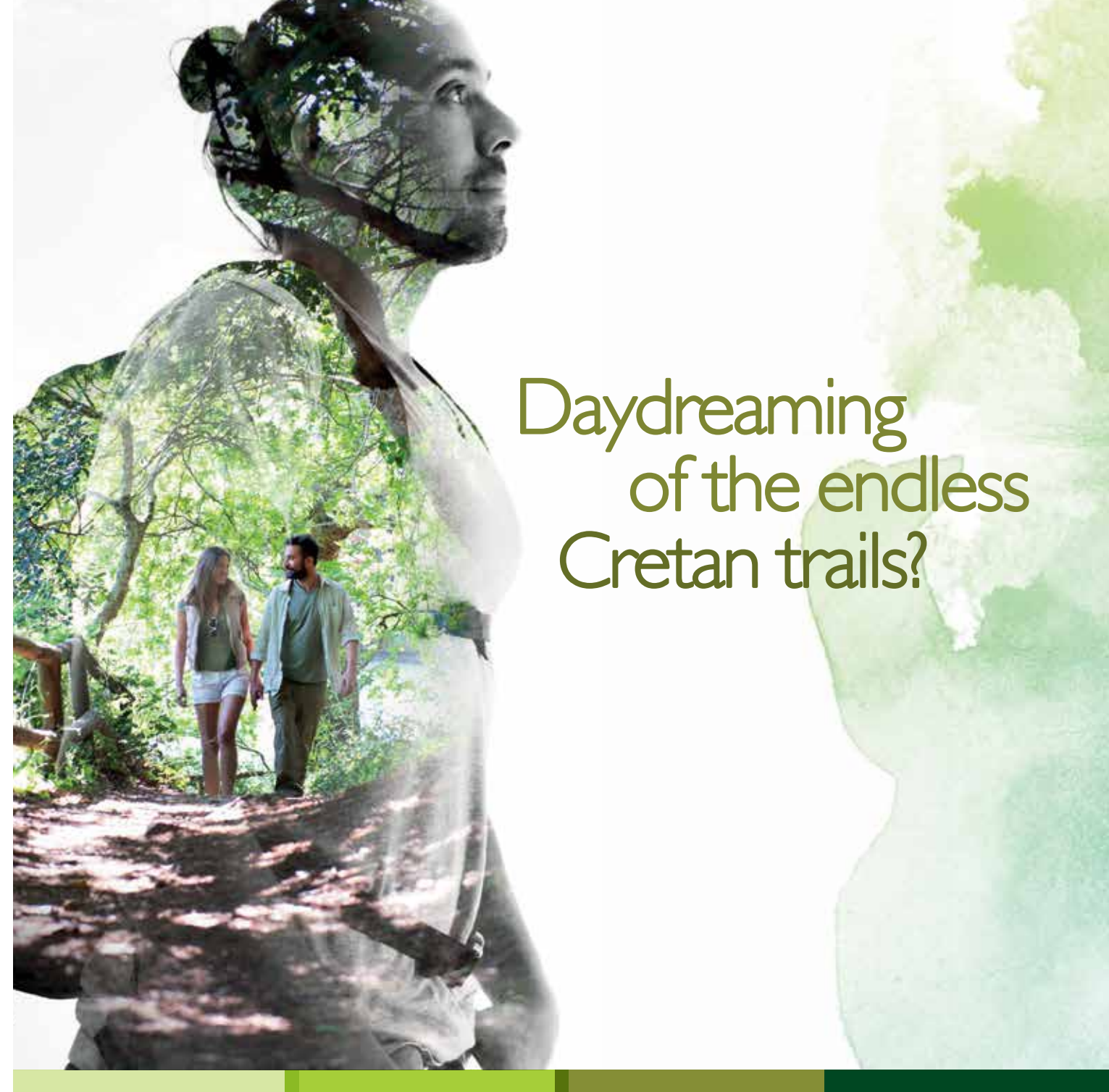
#### • Geopark of Sitia

"Sitia's Geopark offers a wide range of activities that cover a wide range of preferences, from those who just want to rest in a traditional and unique part of Crete, even to the most demanding adventure seekers," he stressed in an interview with "In-On" the Mayor of Sitia Thodoros Paterakis.

#### 14 Traditional businesses:

##### Herbs and cultural products

"The production of herbs is in harmony with nature and gives a cultural product," the farmer Vangelis Geronimakis stressed in an interview with Nektarios Sfakion.



## Daydreaming of the endless Cretan trails?

It's only natural.

Because Crete is an island that caters both to lovers of the sea and to avid mountaineers. Put on your hiking boots or get on your bike. Dare to paraglide down the steep cliffs, or navigate the snow-covered slopes of Mount Psiloritis on your snowboard. This is the very essence of Crete. All it takes is a single trail, and the island will live in your heart forever.





## Tourism Battle Track

"As a Chamber of Commerce we make two strategic points. The first is to identify a new development model for Greek tourism in the coming decades. In the digital age, we cannot go... Arab. This means investing in upgrading all infrastructure related to tourism, from airports, harbors and marinas to golf courses or seaplanes. It also means a clear spatial planning to ensure that environmental protection rules are in place and that it is exploited as a huge comparative advantage for our tourist product. It also means a pro-investment environment. From the issuance of the first license to the opening of the investment", Alexandros Vassilikos, President of the Chamber of Commerce, said in an interview with "In-On".

**Q.** What are the new strategies of the Chamber for the development of tourism?

**A.** The question of the strategy you put in your question is crucial. But we need to take a step back to grasp the "big picture". We all need to realize the importance of tourism - especially in this context - for the economy and society. The contribution of tourism is national in order for the country to return to regularity. So there is a need for a national strategy for the further development and development of tourism in Greece. Tourism cannot be in the "autopilot", nor can complacency be because a season is going well and our tourist product is in demand. It is imperative for all and above all by those in charge of governance to design and compose a national strategy, integrated and coherent, innovative and competitive, enabling Greek tourism to unleash its full potential and to give what it really can.

The Hellenic Chamber of Commerce as an institutional advisor to the State and has the obligation to embody this design with ideas and suggestions. Let's open the road to tomorrow in a demanding global environment dominated by relentless competition to attract tourist preferences. It is a true "battlefield" in which we must realize that we are not alone. There are others who "run", old and new competitors, so in order to gain competitive advantages we really have to give our best.

Here, as a Chamber of Commerce, we make two strategic points. The first is to identify a new development model for Greek tourism in the coming decades. In the digital age, we cannot go... Arab. This means investing in upgrading all infrastructure related to tourism, from airports, harbors and marinas to golf courses or seaplanes. It also means a clear

spatial planning to ensure that environmental protection rules are in place and that it is exploited as a huge comparative advantage for our tourist product. It also means a pro-investment environment. From the issuance of the first license to the opening of the investment. Growth without investment is not happening and at the moment, our industry as a whole makes the largest private investment in the country, supporting the national economy. It creates the climate of stability and confidence to come to tourism and direct foreign investments that can give even greater impetus to the Greek tourism product in the global market.

But designing this new developmental model that will take us in the future is not enough. So I come to the second strategic point we make as a Chamber of Commerce. We have to root out all the "weeds" that exist at the moment and threaten the boom of Greek tourism and the Greek hotel, despite the possibilities that exist. And these "weeds" are nothing but overexploitation that has exhausted the financial capacity of the Greek hotel, the unfair competition from the impudence of those who pretend to be the hoteliers without being, through the short-term lease of real estate, and finally, the "red loans" which need to enter a final phase of solution with productive and fair market-based criteria.

**Q.** What thematic tourism has a rapid growth in Greece? Necessary statistics.

**A.** Your second question is equally important, as thematic tourism is one of our most important weapons in the fight against the seasonality of Greek tourism, aiming to achieve the prolongation of the tourist season. The country has excellent opportunities for developing various forms of thematic tourism. Based on its own comparative strengths and attributes, each region can shape the theme or combination of topics that can provide expert experiences that are the core of thematic tourism.

So we would offend the possibilities of the country if we said that or another form of thematic tourism goes better than the others. The important thing is, as says a famous saying, "Let all flowers flow".

However, we must always have our feet on the ground. Theoretical approaches are good, but the issue is not just about the benefits of thematic tourism. The best words are the acts. In order to go ahead, thematic tourism in all its dimensions and forms needs work. It will not fall as a success from the sky. Thematic tourism requires vision, plan,

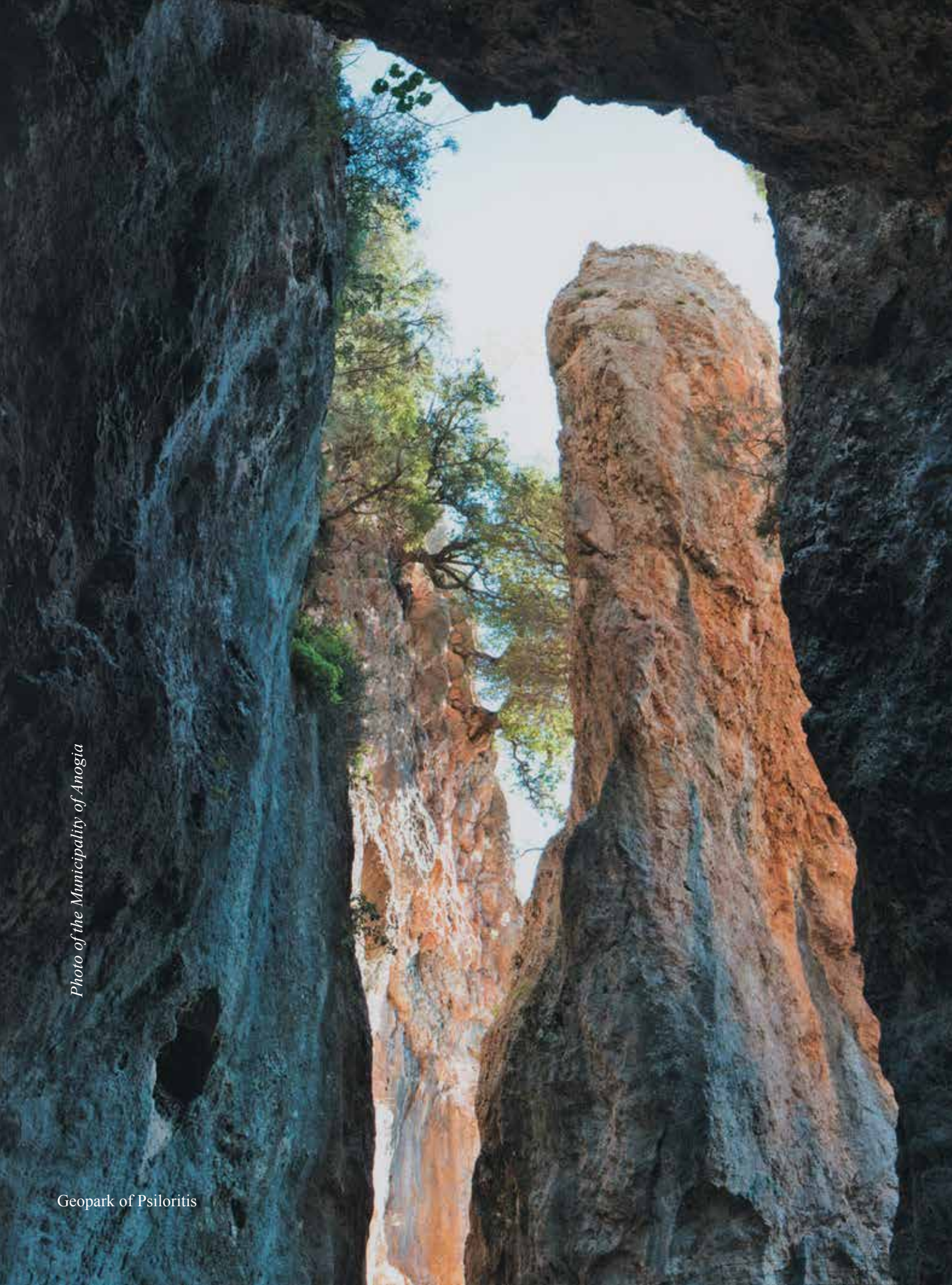


Alexander Vasilikos

program and investment. It also requires high value-added products and services. We, as a Chamber of Commerce, established the "Greek Breakfast" that links the tourism with the primary production sector and serves the experience of agro-food tourism. We supported this initiative on the quality of Greek products and at the same time we supported these products to find their way to foreign markets. The benefits are multiplier. This is confirmed by the studies we have prepared as a Chamber of Tourism for Health Tourism and Third Age Tourism.

But to win the theme of thematic tourism we also need a great change of attitude from all of us. From hoteliers, local communities, local authorities, all without exception. Thematic tourism as stressed wants design and quality. It cannot be served by the convenience of "Harpa glue", from the "room to let" rationale of the 80s or the Airbnb today. Easy winnings usually have small prizes. The theme of thematic tourism is great and we can win it by demonstrating responsibility and seriousness. Having 12 months of tourism is a very big prize!



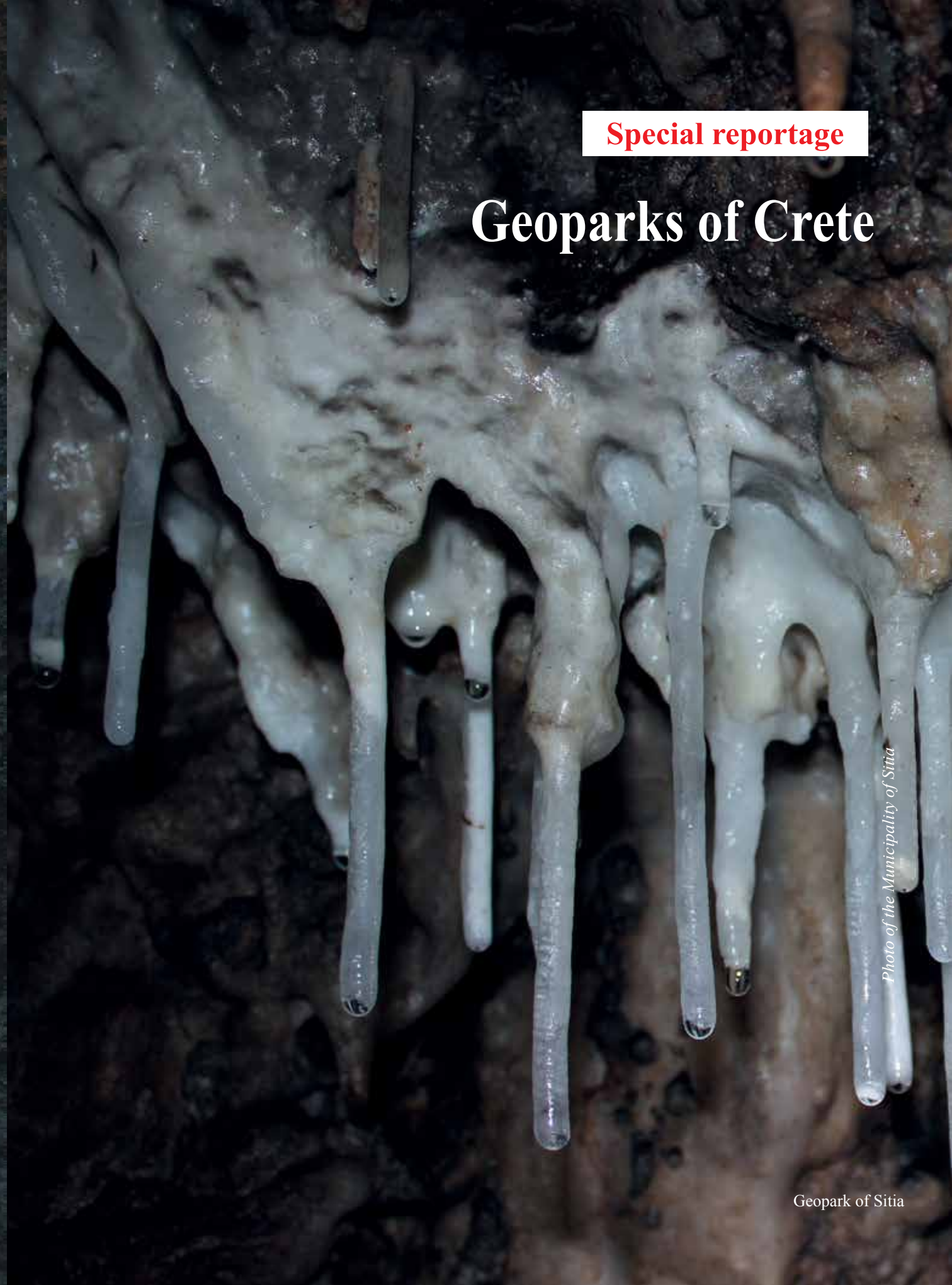


*Photo of the Municipality of Anogia*

Geopark of Psiloritis

**Special reportage**

# Geoparks of Crete



*Photo of the Municipality of Sitia*

Geopark of Sitia



## Geopark of Psiloritis

"In the Municipality of Anogeia is the information center of Psiloritis Natural Park as well as the headquarters of the organization's management which is made up of AKOM SA. and works with the help of the Museum of Natural History of the University of Crete, "Mayor of Anogia Manolis Kallergis said in an interview with "In-On".

**Q.** What are the privileges of the Geopark of Psiloritis?

**A.** The geopark of Psiloritis spans a large area of central Crete with well-known geological features such as caves, caverns, gorges, sinks, fossils and is a geotope that gives information on the geological evolution of the history of Crete where the visitor can meet throughout the geopark area. The great capital of the place is outside the amazing natural environment and the beauty of the local culture of Psiloritis. Reference points are the archaeological site of Idaion Andros, the Kamares cave, Zominthos, Eleftherna, the monastery of Syritchos, Axos, Tyllissos and other monasteries such as Arkadi, Diskouri, Bosakos, Halepa, Vrontissi, Kaloidena et al. Still you meet historic sites with their Mitata and their shepherds, live villages with festivals, festivals and quality local products that are the basis of the Cretan diet as well as beaches and tourist places with modern development. Therefore, the hinterland of Geopark has a quality in the natural and cultural environment, it is an ideal place for visiting visitors and suggests various forms of alternative tourism, sightseeing, natural, geotourism, winter, ecclesiastical, tasteful, historical, cultural. Tourism that focuses on the environment, human life and the creation of the local population.

**Q.** What are the Areas?

**A.** The natural park of Psiloritis spans eight municipalities of central Crete around the Psiloritis mountain range. It includes the entire municipalities of Anogia of Mylopotamos and Armaris and part of the Municipality of Rethymnon (Eleftherna-Arkadi), Saint Vassiliou, Phaistos, Gortyn and Malevizi.

**Q.** What tours can be done?

**A.** In the municipality of Anogeia is located the information center of the Psiloritis Natural Park as well as the headquarters of the organization's management which is made up of AKOM SA. and works with the help of the Museum of Natural History of the University of Crete. There are also tours from Herakleion and Rethymnon depending on the desired destination of the visitor. There are many suggestions for one-day trips, two-day or three-day excursions with the possibility of overnight stay in villages with similar slopes both on the North side of Psiloritis such as Anogia, Axos, Panormos and in the south as in Amari, Zaros, Gergeri, Krousson and

elsewhere. The site of the Natural Park provides information on the routes and the geotopes that any interested visitor can find as well as to shape his / her own program according to the destination and the time he / she is interested in getting to know their place, people and our culture.

**Q.** What is the history of the Geopark?

**A.** The Natural Park Psiloritis was founded in 2001 by the company AKOMM - Psiloritis Development SA OTA with the scientific support of the Museum of Natural History of the University of Crete.

Due to its rich biodiversity, its beautiful landscape and undeniable history and tradition, Psiloritis Nature Park has been incorporated since its foundation in the European Geoparks Network and a little later in the UNESCO World Geopark Network, thus achieving its worldwide recognition place. Since then, the Psiloritis Nature Park, in cooperation with the Park Municipalities and other competent bodies, has developed the appropriate infrastructure to provide both its guests and permanent residents with a quality life in a non-urban environment.

Today, Psiloritis Nature Park is actively involved in global efforts to protect and enhance the environment, natural and cultural heritage, as well as sustainable, local development through geotourism and other forms of alternative tourism.

**Q.** What is the management of the Geopark?

**A.** It is a fact that the protection and management of areas such as Psiloritis, in most cases is done without taking into account the human activity that develops in parallel.

But in most of these areas the natural environment is the largest part of their "local capital". Local capital is considered to be the sum of the material and intangible resources available to an area. The "spatial approach" to the development of the countryside of Europe, and in particular the mountainous regions, presupposes that these regions can stand "competitive" in the international economic realm, exploiting their environmental elements and shaping through them a "distinct" developmental proposal.

In such a direction, classical management methods where the state and local authorities have the exclusive role cannot be effective, but coordinated management through co-operation schemes between the state, local government and the social partners - research and universities, etc.

The Board of Directors of AKOMM - PELORIOS DEVELOPMENT SA, having ascertained the above and evaluating the actions of the Natural Park and the dynamics that this has as a tool for the promotion and protection of the natural and



Manolis Kallergis

cultural environment of Psiloritis, decided that the Committee for Management of PHYSICAL PARK PALOIRIS.

Certain responsibilities have been delegated to the Commission by the Board (in accordance with the possibility provided by the statutes of the development body), making it virtually a subsidiary body to the Board of Directors.

The Commission, among other things, contributes to the distinct and autonomous operation of NATURAL PARK as a part of the development body.

Purpose of the Board the composition of the committee was made up of representatives of local government, public services, scientific and research bodies, environmental education centers and collective business organizations.

It was then followed by consultation with bodies with the above characteristics and finalized which of them would participate in the committee.

The entities that finally participate in the Management Committee of PHYSICAL PARK PALLOKI are:

- AKOMM-PSILORITIS DEVELOPMENT SA OTA (Two Mayors of the Board of Directors)
- Natural History Museum of Crete (one member)
- Environment Directorate of the Region of Crete (one member)
- Department of Forests of Crete (one member)
- Center for Environmental Education of Anogia (one member)
- Institute of Speleological Research (one member)
- Geographical Network GH OF PSILORITI SA (a member)
- GEOTEE - Branch of Crete (one member)

The Commission operates under a specific operating regula-

tion.

**Q.** What is the position of the Geopark?

**A.** The Natural Park of Psiloritis is located in central Crete and includes the mountain range of Psiloritis and its northern extension to the Kouloukona mountain range. It is administratively incorporated into the prefectures of Herakleion and Rethymnon. It has an area of approximately 1,200 sq. kilometers.

**Q.** What is its access?

**A.** Access to the Natural Park is:

- east of the city of Herakleion via the provincial road that passes through the Gazi junction and connects successively Tyllisos, Gonias, Anogia,
- West of the city of Rethymno via the old highway connecting Perama, Garazo, Axos, Anogia,
- south of the main road connecting Herakleion, Agia Varvara, Gergeri, Zaro, Arches, Fourfoura, Agia Fotini, Arkadi, Margarithes, Perama, Rethymnon
- north of the new Herakleion - Rethymno highway, turning left at the Siesse - Alois,
- north of the old highway connecting Herakleion, Gazi junction, Marathos, Damasta, Garazo, Axos, Anogia.

Access to the areas of the Park is served by the network of intercity bus services (Herakleion) and Rethymno.

Access to Crete takes place either via the city of Herakleion, which has daily ferry routes and airplanes, or via the city of Chania, which offers daily ferry services.

**Q.** Where has the Park been included?

**A.** The Natural Park Psiloritis has been incorporated since its foundation in the European Geoparks Network and the

UNESCO World Geopark Network, thus achieving the world-wide spread of the reputation of this place.

The European Geoparks Network currently consists of 35 sites working together to preserve and enhance their geological heritage through integrated actions for the sustainable development of their areas. The Network was created to protect, enhance and promote both the geological as well as the rural areas of Europe's natural and cultural heritage, developing and promoting educational and geotourist activities with high quality standards.

Members are evaluated every four years by Network and other International Organizations' experts to ensure high quality qualities in each area. All members of the Network are automatically members of the UNESCO Global Geoparks Network.

**Q.** Who are the Psiloritis Geotopes?

**A.** The monuments of the earth and the geotopes of Psiloritis are scattered all over the area. They include unique rock formations, fossil sites, impressive forms of relief, caves and other karstic forms, ridges and stones of rocks, particularly important for the natural environment water appearances, elements of human interaction with stone and the relief, all of which make up the history of Earth and man in Psiloritis. Many of these geotopes are adjacent to each other and can combine small parts of the geological history of the mountain. Others again have common geological and physical characteristics that one completes the other and all together a complete thematic picture of the mountain. For the above reasons, but also for the needs of their emergence, many geotopes have been grouped into sub-regions.

Thus, the "intersection of the Taliban Mountains: a trip of 250 million years in the past" in the Kouloukon mountain range, the "mountain landscapes of Psiloritis" in the mountainous zone of the mountain, "from the mountain to the plains" embraced by the eastern and the southern foothills of the mountain, the "Amari" cliffs "in the homonymous valley and the" cave-tree "that includes the most important caves of Psiloritis. At the same time, there are also individual geotopes, which for various reasons have not been included in any of these sub-areas and are distinguished as individual formations.

The subsequent presentation of the most important geotopes of the Psiloritis Nature Park will follow the above distinction of the sub-regions. Most of these geotopes are accessible from the existing road network, others only via mountaineering paths, while some are connected by a network of walking routes. Several of the sites have or will have information signs posted from the Natural Park or other Local Authorities.

**Q.** What is her flora?

**A.** Psiloritis with the wildness of life and nature is a true paradise endowed with high peaks with beautiful plateaus, ravines with springs and rivers that offer generous water, lively forests, rocks that have emerged from the depths of the earth, gorges - large mountain doors, caves - wildlife shelters, rich valleys and cultivated lands in the most lowlands.

The relief of Psiloritis promoted the growth of vegetation, so that different forms of flora can be observed in different regions. The gorges are probably the most important wealth.

In the gulf of Gafari in the forest of Rouvas one can see first, huge cypresses and olive trees, while interesting are many endemic plants, the Cretan Cretan, the Cretan Cyclamen and two endemic orchids, the Cretan Khelanthero and the sadness. In the most difficult canyons of Vorizia and Kamares, one can admire magnificent isophytes, many of which are endemic to Crete, such as the Petromarula, its great Zeus, and the plant-symbol of Crete, the Dyattemos. The Patsos Gorge is of great botanical interest as it includes giant plantains, tiny sunscreens, nails and endemic verbosco. But in the gonian gorge the visitor will gather oregano and admire the ravines, the centaurs, the endemic float and the autumn cyclamen. Plateaus are also areas of particular vegetation and unique species.

The endemic red tulip on the plains of Ious Kampos in Amari is dramatically spreading as well as the saffron and the nephritis, a ravenous endemic plant of Crete on the Nida Plateau. In the plateaus around Skokina, the richest plant in Crete, the chorus that is in danger of extinction due to grazing, grows. The geological and climatic diversity of the mountain is reflected in the different types of vegetation. The tree-like forms of vegetation sometimes form small clusters and sometimes extensive forests.

The forest of Rouvas, one of the largest in Crete, has gigantic forests and among them deciduous maples. Here is an important habitat of the endemic tree of Crete, the vineyard, which, because of its rarity, is often referred to as "Unknown Tree". A smaller but equally stunning forest is found in Vromonero, Krouson.

At the southern outskirts of the mountain we find woods with cypress trees and rough pine trees, while the deciduous oak trees are present near the village of Margarites and Vroulidia of Anogia. Very impressive trees are the terns and the burrows that break when they bear the monotony of the horror. It is worthwhile the forest of Mylopotamos and the forest of Kalyvos. In relation to forests, phrygana have a much greater biodiversity.

In spring and summer, the low slopes of Psiloritis are filled with colors and aromas: aspathes, thorns, thimbles, thyme, snakes, squirrels, wild boars, spiders using animal thorns, lint and foliage to protect against dehydration, aromas to attract insects or repel enemies.

We also find snowdrops, cyclamen, ores, tulips, shrubs and a variety of orchids. At higher altitudes, the phrygana mainly due to winds and snow are lower, and due to chronic grazing spiny. We still find shells, anklets, embroidery, lynxes, acantholymones, snowdrops, coats and yolks. The shrubs that make up the macedonian vegetation are evergreen.

Carp, bushes, shrubs, bumblebees, laurels, coumars resisting the drought of the Cretan summer with hard leather leaves and deep roots. Inconspicuous clusters create the heather and the kumari on the northern slopes of Kouloukonas.

**Q.** What is the fauna?

**A.** The geological richness of Psiloritis, the intense geomorphology and the variety of rocks are responsible for the presence of an incredible variety of animals that survive in the microclimatic conditions of each region.

Hundreds of birds find here places for nesting, hunting, resting from the strain of immigration or places to mate. Here survives one of the few remaining populations of the Cretan wildcat, the ghost-animal for the researchers.

In the Psiloritis viscera hundreds of tiny bugs, beetles, snails, cranberries and isopods have lived silently (and blindly) for thousands of years.

The isolation of Crete, makes mountainous mass one of the most important "points" of high biodiversity and endemism in Greece and has led to its integration into the NATURA Network.

In Psiloritis live the bokeh or gouache, one of the largest and most spectacular birds of prey in Europe. The Cretan population of this bird is probably the last viable in the Balkans, as the use of poisons and the irrational growth led the bird to be extinct from mainland Greece, while its last resort seems to be Crete.

The Psiloritis vultures also leave the mountain walker speechless with their magnificent "team" flying, creating large colonies and nesting in steep rocky roofs and "lofts", always against the winds they use to climb up and look for when they are fed on dead animals. Most of the nests in Ida are located in Amari and Pano Riza, using the northern smooth slopes of Mylopotamos for food search. A crowd of other raptors, complements the Psiloritis ornithological trek: golden eagles, petrites, olives, geranines and brachinquit.

In the area of Psiloritis we will meet the three species of Cretan amphibians: the green toena, the Cretan tree and the Cretan frog, all kinds of Cretan reptiles (shammiths, lizards and the four species of snake on the island), as well as most mammals of Crete. Unique and sad absence from Ida is the wild animal, which was exterminated by the mountain with the proliferation of firearms in the 20th century. Many caves and beaches of the area host colonies of protected bats (bats), with the cave of Ephons in the lowlands of Mylopotamos (hosts several hundred people), the cave of Kamilari in Tyllisos (with at least four species in very large populations), the cave Drown in the Shroud of Krouson which hosts dozens of people of five different species, the Kamares cave and many more.

Among the invertebrates, snails, isopods, and several families of terrestrial beetles' exhibit narrow-endemic forms that spread exclusively to the Idi mountain. Seventeen of the snail species of Mylopotamos are Cretan endemic species. Recent studies of "hot" biodiversity points based on the invertebrate fauna of southern Greece, highlight the mountainous mass of Psiloritis at the second most important point in southern Greece.

**Q.** What is the Climate?

**A.** In general, the climate of Crete belongs to the type of terrestrial Mediterranean climate. Its main characteristics are sweetness and mildness. In terms of mildness and change, the climate of Crete is considered privileged and is due to the central position of the island in the eastern Mediterranean. The winter is mild, making frequent arrival to the area of hot and liquid gas masses from the southwest. In contrast, summer, mainly August, is characterized by the northern winds

that offer cool meltemia.

Summer is hot with a warmer month in July with a maximum temperature of 30 ° C and a minimum of 22 ° C. The summer season lasts from June to September and the months of July - August are almost anomalous. Sunshine reaches 300 days a year.

Winter usually begins in mid - December. In the lowland and semi - mountainous areas, it is mild or warm, while in the mountainous areas it is mild or chilly. Finally, in a very small part of the very mountainous regions, the winter is shining with heavy snowfall and characteristic alpine landscape.

Psiloritis is covered with snow and is kept in the white until spring, while in ravines and sunshine the snow remains in the summer.

Most rainfall occurs during December and January. In winter or maximum temperature is 16 ° C and minimum 9 ° C.

**Q.** What are the Educational Programs?

**A.** The Physical Park has developed two special Museums that concern environmental education programs implemented by school groups in the classroom and in the field. Museums have been sent to all schools in the Natural Park and are available to other teams at the Park's premises in Anogia.

"The Water Journey"

It is a mosaic that focuses on the course of water over and over the limestone mountains and the individual ecosystems it creates, i.e., plateaus, caves and springs.

Includes indoor and outdoor activities, field observations, data collection and processing, games and other activities.

"The Plateaus Plateau"

This Museum focuses on the unique life forms and ecosystems that host the Psiloritis Plateau. It focuses on specific species, such as the Cretan Wildcat, the Butterfly of Psiloritis and many others. By combining field, recreational and exploratory activities, the special characteristics of the animals and plants of the area as well as the particular ecosystems are explored.

**Q.** How does the Information Center work?

**A.** The Psiloritis Natural Park Information Center operates in Anogia in an appropriately shaped area of the building of "AKOMM-PILORITIS" where, with dioramas and special applications, it is the promotion and promotion of its activities and in general the promotion of natural and cultural resources of the region through permanent exhibitions and events. The main task of the Information Center is to educate and sensitize not only visitors, but also students, educational and social groups for the rational management of natural resources of Geopark Psiloritis through specially designed visit and tour programs.

The space consists of two sections.

A) RECEPTION AND INFORMATION SPACES

They include:

- Reception area - information
- Geopark Exhibition with Supervisory Material and Diodes
- Simulation of Cave
- Cretan house diorama

B) MEETINGS - LECTURES

It includes a lecture-event hall with a view of approximately 40 people with suitable electronic equipment.



## Geopark of Sitia

"Sitia's Geopark offers a wide range of activities that cover a wide range of preferences, from those who just want to rest in a traditional and unique part of Crete, even to the most demanding adventure seekers," he stressed in an interview with "In-On" the Mayor of Sitia Thodoros Paterakis.

**Q.** What are the privileges of Geopark Sitia?

**A.** SPA: The advantage of the Geopark of Sitia is that it has a large number of geotopes that are distinguished for their geological value due to its geographic location, as well as the whole of Crete. It is located at the meeting point of two lithospheric plates, with the plate of Africa submerged beneath the Eurasian, meaning that the geology of Crete is active and very rich.

Lack of vegetation is a desirable element since the geology of the place is visible and you see it in front of you.

In the area of Geopark we can find the oldest rocks of Crete. Limestones and shale dominate. Karstic landscapes are found everywhere, while the most important geological monuments are the large cave systems, the lilies and the fossils of mammals

A large variety of fossils has been found in the Park area covering a large number of species and periods. The older fossils have been found in foliage and consist of plant residues (~ 300 million years).

The low-key period in the park area is represented by one of the most impressive and important fossils, the *Deinotherium Giganteum*, or *Deinotherium proavum* a primitive elephant species. He lived on the island 8 to 9 million years ago. Its height was between 4.5 - 5 meters and its length at 6 meters. Deer (*Candiacervus cretensis*), *Hippopotamus creutzburgi*, *Elephas antiquus*, Rodents (*Kritimys tousus*), marine organisms and animals make up this unique wasteful wealth of Geopark Sitia

**Q.** What are the Geopark's tour routes?

**A.** Geopark has designed geographic routes through which the visitor can explore and get to know the natural, geological and cultural wealth of the area. The geographic routes include road routes, cycling and, of course, hiking or otherwise... geo-trails! Geo-tracks are fully imprinted with modern Geographic Information Systems (GIS) technologies and are available in various forms for park visitors.

In addition, the geostationary maps of the area where all the geographic routes are presented are also available at the

Park's information centers. In the countryside, all geotrails are adequately labeled, with signs at their entrance / exit, as well as with guiding signs along their entire length.

The Geopark of Sitia is ideal for numerous activities that cover a wide range of preferences, from those who simply want to rest in a traditional and unique part of Crete to the most demanding adventure seekers. In addition, there are world-renowned sites for windsurf sport, in Kouremenos there are mapped areas of rock climbing, such as Kato Zakros Gorge, bird watching, while innumerable caves and canyons offer thrills to the more daring and trained.

**Q.** What is the history of the Geopark?

**A.** In November 2014 the Municipal Organization for the Socio-Cultural Development of Sitia, DOKAS submitted an application for the inclusion of the Natural Park of Sitia to the European and World Network of Geoparks of UNESCO. The application was positively evaluated on 2 September 2015 during the 13th Conference of the European Geopark Network at ROKUA Finland. On 17/11/2015, the Sitia Geopark is now officially recognized as "UNESCO World Geopark". The area is mainly mountainous with striking coastlines. It is administratively owned by the Municipality of Sitia. Area: 517 km<sup>2</sup>.

### Curriculum Vitae

Mayor of Sitia Thodoris Paterakis was born in Stavrochori of the former municipality of Makry Gialos. He is married to Pelagia Papadaki and has two children working as Civil Engineers. He is a graduate of the Department of Chemistry of the National Kapodistrian University of Athens. His Educational and Administrative Experience starts in 1982. From 1982 to 1999 he was a Professor of Advanced Studies at the Kalymnos Gymnasium and the Sitia High School. In the above period, he was responsible for environmental education programs, assessor and coordinator of the chemistry course and supervisor of the project of EPEAEK II. From 1992-1996 he developed intense trade union action as President of the Union Lassithi Secondary Education Officers. From 1-9-1999 to 31-8-2000 he served as deputy director of IEK of Sitia, and from 1995 to 2002 he was also a member of the Board of Directors of the Municipal Water Supply and Sewerage Company of Sitia. From September 1-9-2000 to 31-7-2004 he served as Deputy Chief of the Department of Nutrition and Dietetics of TEI



Theodoros Paterakis

of Crete, based in Sitia and the Administrative Head of the department and since 2003 a member of the Board of Directors KEK Lassithiou and a laboratory associate in the Department of Nutrition and Dietetics.

His Political and Social Activity started in 1992-1998 as a member of the Prefecture of Nd666 / 85, while in 1994 he was elected Prefectural Councilor of Lassithi, where until 2002 he participated in the following institutions:

Member of the Prefectural Committee of N 2218/94.

Member of the Coordination and Planning Committee of the Prefectural Council.

Chairman of the Education Committee of the NMS

Member of the Management Committee of Law 2218/94.

Member of the Joint Committee of Lassithi with TEI Crete for the construction and certification of (3) wind turbine models under the Altener program).

Member of the Article 18 Committee of Law 2216/94.

Member of the Regional Committee for Vocational Education and Training.

Member of the Hospital of Sitia.

From 2002-2006 he was President of the Prefecture of Lassithi. In 2008-2009 he was Chairman of the Leader Plus (+) Program Management Committee of N. Lassithiou, and from 2006 to 2010, where he was elected Mayor of Sitia, he was Deputy Prefect of Lassithi Prefecture.

Since January 1, 2011 he has served as mayor of the Municipality of Sitia. From 1/2015 he is Vice President and member of the Executive Committee of the Unified Waste Management Association of Crete, since 6/2015 he is Chairman of the Development Organization of Sitia (OAS), and from 7/2016 he is Vice-President of the Educational Development "NAVIGATOR".



## Herbs and cultural products

"The production of herbs is in harmony with nature and gives a cultural product," the farmer Vangelis Geronimakis stressed in an interview with Nektarios Sfakion.

**Q.** What herbs are grown?

**A.** The herbs we cultivate are: dittana, oregano, lavender, marjoram, peppermint, sage, safflower, aloe vera, alfalfa, mint, myrtle, laurel, dwarf, small quantities of thyme etc.

**Q.** What do the herbs produced give to the human body?

**A.** Herbs are used in many ways, such as cooking as flavor and olfactory enhancers. For beverages, where each has its own properties, also combinations of herbs, such as the mallow with the marjoram, can also be made. And the third category is that they are used as essential oils. Essential oils are used in cosmetology (human body care), climatotherapy, paramedics (they do not substitute for medical treatment and the doctor has the first opinion)

**Q.** What do they offer to the human body?

**A.** Dittama is an endemic plant found on Crete and used as a beverage. Hippocrates used it against stomach and digestive disorders, rheumatism, arthritis, healing, menopause, tonic and antispasmodic.

Marjoram in Greece has been known since ancient times to use it as a medicine against stomach and intestinal discomfort.

The oregano has many pharmaceutical properties, with the main (known pharmaceutical) active substance carbaprol.

In particular, they are anti-diarrheal, anti-inflammatory, bactericidal. In the form of beverages is used for bowel weakness, expectorant for cough, helps in hypertension and atherosclerosis.

Sage is used in beverage therapy in-house as antiperspirant (especially against night sweats of tuberculous and neuralgia). Sage in the form of a beverage is ideal for oral therapies in case of injuries, bruises, pharyngitis and gingivitis.

Thyme in a beverage can be used to treat cough and bronchitis. To prepare an infusion, put 1 tablespoon dry or 2 tablespoons of fresh herb, without stalk, into 1 cup of boiling water, cover it for 10 minutes and then strain it.

St. John's wort grows in many regions and is highly regarded as a healing herb. It is a small plant that reaches a height of 80 cm. Its leaves are many, small, oval, pale green and have dark spots on the edges.

Contains tannin, flavonoids, red dye (hypericin), resin, volatile oils, glycosides and others.

At the time of the Drydes, the safflower was considered as a blessed plant, which only suffered its aroma to expel the demonic spirits.

Dioscuriides, a famous herbalist in ancient Greece, claims that local herbal use helps heal burns, and its consumption in the form of a beverage relieves indigestion and colic pain, but should be given until full healing.

Aloe is a naturally occurring plant growing in warm regions of the planet, while in Greece it is abundant. It is related to onion, garlic, asparagus and turnip and this affinity appears during its flowering.

Aloe contains amino acids (the eight basic and other non-essential), anthraquinones (12 anthraquinones are found in its cortex and have antibiotic, bactericidal, antiviral, antiinflammatory and analgesic properties), enzymes (amylase, catalase, alkaline phosphatase, , minerals (calcium, copper, iron, magnesium, potassium, phosphorus, sodium, zinc), sugars (monosaccharides and polysaccharides), malic acid, salicylic acid, saponins, steroidal fatty acids, lectins and vitamins (A, B, B2, B3, B6, B12, C, E).

Myrtle is a kind of plant belonging to the myrtus genus (Myrtus) and the Myrtaceae family. The genus of myrrh includes about 75 species, which thrive in tropical and subtropical regions. In Greece, Myrtus communis, native or decorative, is found. It is grown in the open air, in pots and in greenhouses. It is used in perfumery, cosmetics and pharmaceuticals. It produces essential oil (butter oil). Its durable wood is used in softwood and its branches in basketry. The plant has been known since ancient times, and Dioskouridis mentions it.

Diocourides classified the myrtles into blue and white-fruit, which have medicinal properties. It gave them an antidote for scorpion and spider stings and to cure bladder diseases and diarrhea in the form of boiled juice.

**Q.** How many years have herbs been produced?

**A.** About the last 20 years I have been growing herbs. My visitors observe the production process. The production of herbs is in harmony with nature and gives a cultural product.





Ελληνικά

English

**News Agency**

**In - On**

**[www.e-inon.com](http://www.e-inon.com)**

**N**

**- On**

**A**