

The village of Lendas



The village of Lendas is located on the south coast of Crete, right south of Heraklion, the biggest city on the island. Lendas is a very old settlement situated on the beach in a natural harbor between two rocks that are stretched out in the sea. One of these rocks is remarkably similar to a lion and has given the name to the village – Leontas is the Greek word for lion. Archeological findings have been made here both from prehistoric time and from the Roman time. In the outskirts of the village there are, still today, ruins from a Asklepiostemple (Asklepios was the God of the art

of healing in the Greek mythology). The very clean water from the source was considered to be healing and strengthening for the health, reasons for why a health resort was established in Lendas more than 2300 years ago. The drinking water in the village is still coming from the same source and is still of high quality.

The population in Lendas today is about 50 persons who are living from fishing and cultivating vegetables. During summer the population increases since families are renting out rooms and some restaurants open up.

The village can maybe host a hundred guests. No charter tourism exists in Lendas, not in neighboring villages either. In Lendas the simplicity is the luxury. Houses may maximum be built with two floors and traffic is rare.

Staying in Lendas.

We stay in small family hotels, simple and clean, like Irini, Hotel Bungalows Lendas, Stella and Villa



Mary all on short walking distance from each other. All hotel rooms have their own entrance and veranda, bathroom with shower, AC, refrigerator and possibility to cook. One of the places where we meet for sessions is under the bougainvillea close to Irini (see picture to the left).

The beach. The village is located on the beach where you also find a few restaurants. The beach chairs are free and so are the parasols. If you wish, you can walk over the lion rock and find an even longer beach in next village Ditikos.

Shops and restaurants. The village has one bakery and two small shops where you find basic products as bread, butter, cheese, wine, coffee, vegetables, fruits etc. You find what you need for making your own breakfast or lunch, or even a simple dinner. The vegetables and the fruits are mainly locally produced. All restaurants serve Greek food based on locally sourced ingredients and fresh fish. In Greece it is uncomplicated to be a vegetarian or eat food free from lactose, cow milk or gluten. Milk from almonds and goats are sold in the shops as well as yoghurt made by sheep milk. (If you need bread without gluten, bring it from home since the range in the shops is very limited) Food budget/day/person 30-35 euro. Breakfast and lunch at home, dinner at resto.

Money, phone and internet.

Attention! There is no possibility to change money in Lendas and there is no ATM machine so bring the euro you need. If you need to withdraw money on a credit/debet card you have to get a taxi to the village of Mires one hour away. Credit/debit card is only accepted in a few restaurants in Lendas.

There is a small shop with souvenirs, handicrafts, toys and beach towels. Mobile phones work normally and some of the restaurants and hotels have wifi.

It is easy to fall in love with the uncommonly relaxed and calm atmosphere in Lendas. People are friendly, food is fresh and wherever you are you hear the soft music from the sea.

Again, simplicity is the luxury of Lendas.

