

The massif of **Psiloritis** is the highest and most **mythical mountain of Crete**. His highest peak (2.456m) "Timios Stavros" – it means Holy cross in Greek – offers a panoramic view all over the Island, given the fact that you are standing at the highest level of it. Psiloritis mountain has its own landmark high there. A small church, made of stone, is rising at the top in the style of the Cretan "mitato" (traditional shepherds mountain-house/shelter). A typical example of interaction between the Cretans and the landscape.

Because of its history, its geological and its environmental value, Psiloritis is part of Geoparks of **UNESCO**, which places the mountain amongst the Geoparks of high importance at global level! Don't forget that the starting point of **Greek mythology** is set at the mountain range of **Ida Mountain** (Psiloritis).

According to **Greek mythology**, in Nida plateau is located the "Idaion Antron", the cave where Zeus, the **King of Gods**, was born and raised here. A little bit further in the surrounding areas we can see the excavations at the ruins of "Ancient Zominthos" a Minoan city-palace. With many scattered traditional villages near the fringes of the mountain and the intense pastoral practices that have been held by the local shepherds for 4.000 years now, the **diachronic exploitation** of landscape by man, is still visible until our days.

After all this, who can doubt that conquering the highest peak of Crete it's not an extraordinary experience?

