

EAST CRETE NATURISM

WHY TAKE YOUR CLOTHES OFF IN EAST CRETE?

With it's heady combination of secluded coves, sandy – and naked-body friendly! – beaches, and unpolluted sparkling clear seas, it's difficult to resist the urge to strip in east Crete, but if you want to go nude without problems, follow our guide to naturism in east Crete

IS NATURISM ALLOWED IN EAST CRETE?

Naturism or nudism is illegal throughout Greece, but in practise if you are sensitive to those around you it's ok to strip off in a secluded spot.



TOP TIPS FOR STRIPPING

- *Don't shed your togs in front of a Greek family. Cretans are very conservative when it comes to baring all, so be sensitive to this and don't offend locals by stripping off in front of granny, and the kids.*
- *Do put on plenty of suntan cream. Even on a cloudy day the sun will burn those sensitive parts*

in seconds.

- *Don't break the law. Never go bare on a beach with signs saying 'no nudism'.*
- *Do avoid nudist activities on busy beaches during July and August. Here in east Crete you can usually find a secluded cove even in the height of summer, but don't expect to be able to strip on the busier beaches during the summer months.*
- *Don't go nude near a church or a taverna (unless there's a sign saying you can)*

TOP FIVE PLACES IN EAST CRETE TO GET THAT ALL OVER TAN

1. Chrissi island, Ierapetra.

Just a short boat ride away from Ierapetra, this tiny island dotted with shells is a popular haunt with naturists. The boat leaves daily at 10:30 and returns at around 16:30. You can buy tickets from May to the end of October.

2. Itanos beach, Vai

Close to the palm tree-packed bounty island advert beach of Vai, Itanos beach has few facilities, apart from rocks that provide shade. This pretty cove is often deserted, however and therefore ideal for nudists... And whilst you're there don't forget to visit the archaeological site! .

3. Maridati beach, Palaiokastro

Look out for a small signpost on the road from Vai to Palaiokastro and you'll find a small road - that rapidly becomes a dirt track, leading to this tiny pebble beach where many naturists congregate. There is also a charming taverna serving fresh fish and other flavoursome dishes in summer.

4. Eftyhia beach, Kalo Nero

This sandy beach, which sits directly beneath The (expensive) Dragon's Lair taverna on the road to Moni Kapsa a few kilometres from the buzzing resort of Makrigialos, is a popular spot for nudists.

5. Rocky Beach, Elounda

Small, sheltered and - as its name suggests - rock-strewn, this pretty and secluded beach

between Agios Nikolaos and Elounda, is an ideal choice for naturists.

OTHER WAYS TO PRACTISE NATURISM IN EAST CRETE

- *Hire a boat from a local fisherman and ask him to drop you off at a secluded cove for the day*
- *Rent a trail bike and follow the labyrinth of dirt tracks near Palaiokastro and Sitia to find deserted beaches,*
 - *Go to the beach on a weekday and before 17:00 to avoid the rush of Greek families.*
 - *-Visit [Barefoot in Crete](#)*