

Wines, Hikes & History SARDINIA



Interior mountain villages, ancient archeological sites, beaches, caves, wineries, Sardinian barbecue, hikes by the sea, museums and an incredible array of Italian cuisine that ties it all together! Dive into the Sardinian culture as this week is packed with intriguing island goodness!

Most people know Sardinia for its string of never ending beaches and waters of indescribable colors. Indeed the island offers plenty of beachside beauty for sea-goers, but what about the history and traditions? Where do the Sardinians come from? What is their native cuisine? How does a culture of ancient times fit into 21st century living? This tour offers visits to skillfully selected points of prehistoric sites, wineries and hikes through-out a territory that has been lived upon since at least 3500 B.C. The theme is wines, hikes and history and Sardinia has an abundance of all three!

Traveling with Island Spirit Adventures means...

Truly experiencing an island culture and having lots of fun doing it.

Having pre-arranged activities, but with a feeling of being on vacation, not a schedule.

Getting off the beaten path; meeting natives and visiting places of cultural significance.

Experiencing authentic and memory imprinting food and wine-ALOT.

Having friendly, intelligent and attentive guides through-out your trip.

Spontaneity for fun, safety always. Grape picking? Sheep sheering? *Our* local connection is *your* advantage.

Leaving with new friends, new knowledge of a place and priceless memories to keep forever!

The Adventure

Saturday: Pick up at gateway hotel in Olbia at 8:30 AM and immediately get a feel of Sardinia's natural beauty as we take the most scenic drive towards Dorgali and the famous Gola Su Gorropu; a rocky canyon of awesome size and magnitude. Step back into ancient times as we are guided through the Villaggio Nuragico di Serra Orrios e Tomba del Gigante Thomes; archeological sites dating back to 1600 a.c. Stomach growling now? What better way to welcome you to this mystical island than with a full-on Sardinian lunch! Take deep breaths (or sips of wine) between each course as this is just the beginning of your culinary experience with Island Spirit Adventures. Check in to the spectacular Hotel Su Gologone in time for an afternoon around the pool or nap!

Accommodations: Hotel Su Gologone

Meals: L, D

Sunday: Our morning is spent at the Altopiano del Golgo, the highest plateau in Sardinia. Here we visit the 18th century Chiesa di San Pietro; a church seemingly in the middle of nowhere, yet visited by pilgrimages from all over the world. A 1000 plus year old olive tree welcomes you at the door along with perhaps a few cows and wild pigs. Il Golgo, the magnificent 270 m. abyss (don't get too close!) is along our hike down to the most photographed Cala Goloritzè. The color of the sea at this secluded little beach is ineffable and the white-pebbled beach is soothing to your feet. Enjoy a seaside lunch and fun under the sun before hiking back. Dinner is spent with Elias and his family as they prepare a typical Sardinian barbecue; ALL the food is grown, raised and prepared with their own hands.

Accommodations: Hotel Su Gologone

Meals: B, L, D

Monday: Today we are headed to Oristano but not without stopping to the interior villages of Orgosolo and Mamoiada. Orgosolo has created quite an impression for their murales: painted murals throughout the town's homes depicting various scenes of worldly concerns and also of joys. The nearby village of Mamoiada is quaint and eager to present their tradition of masks and festivals. Some of the islands best wine is made in this region and we will have the opportunity to tour one of Mamoiada's oldest wineries where the wine is made with all the traditions of the past - presently intact.

Accommodations: Hotel Lucrezia

Meals: B, L, D

The Adventure

Tuesday: Enjoy the morning at your own pace sipping on a cappuccino by the pool or strolling down the country road; chances are you will meet a shepherd and his sheep! We will reconvene for lunch at the Santa Cristina Nuraghe (1500 – 1200 B.C.) followed by a guided tour of the village site and sacred well. If there was any doubt as to the precision and mathematical advancement of the ancient people of Sardinia, they will vanish after visiting this place. The evening is free to explore the shops and restaurants of Oristano.

Accommodations: Hotel Lucrezia

Meals: B, L

Wednesday: Without doubt, after a few days of eating Sardinian style, an early morning stroll along the beach of the protected park, Is Arùtus is in store. Feel like taking a dip? The sea is yours! Along with the Phoenicians and Carthaginians, the Greeks also left their mark as we will witness by a guided visit to the town of Tharros which dates back to 730 B.C. Enjoy 360 degrees of magnificent views as it is beautifully situated on the Sinis Peninsula. Catch the view from above by taking the path up to the tower of San Giovanni. Enjoy the view at night as we dine overlooking the “enlightened” tower.

Accommodations: Hotel Lucrezia

Meals: B, D

Thursday: On our way to the old Catalan- influenced town of Alghero we will visit one of the most intact towers, Nuraghe Losa. Once three stories high, some of the individual stones themselves are as tall as you! The mysterious Necropolis of S. Andria Priu of incredibly preserved Roman frescos in the middle of the plains of Bonovra will be our next stop. After arrival and hotel check in, the evening includes a stroll down the cobblestone streets of Alghero and a delightful dinner of the local cuisine.

Accommodations: Hotel Catalunya

Meals: B, L, D

Friday: This morning we will take a fabulous boat ride leading us out into the Mediterranean Sea and to the Grotta del Nettuno, one of the largest caves in Sardinia with the entrance via the sea. Afterwards, enjoy free time to shop and roam the lively seaside town of Alghero or take in an afternoon at the spa. What better way to end a beautiful week of touring Sardinia than an evening on the lovely grounds of the Sella & Mosca winery. Enjoy a superb evening amongst 100 year old vines and wine that speaks with age.

Accommodations: Hotel Catalunya

Meals: B, D

Saturday: Savor that last Italian cappuccino e croissant before an early morning departure to Olbia. Arrivederci!

Meals: B

Islandspiritadventures.com ~ 208-209-3252





The Details

Dates:

June—October 2010

Start/Finish:

08:30 pick-up Olbia International Airport
Noon drop-off Olbia International Airport

2010 Prices:

3450 Euros
(690 Euros single supplement)

Hotels:

Hotel Su Gologone (Oliena)
Hotel Lucrezia (Riola Sardo)
Hotel Catalunya (Alghero)

What's Included

- Airport transfers
- 7 nights hotel
- Services of ISA guide/s
- Traditional Sardinian barbecue
- Fees and native guides for:
 - Serra Orrios
 - Tomba di Gigante di Thomes
 - Tharros
 - Santa Cristina
 - Nuraghe Losa
 - Sant' Andria Priu
- Museum entrance fees
- Winery tour and tasting
- Boat ride and tour of Grotta del Nettuno
- 7 breakfasts, 5 lunches and 6 dinners
- All transportation in comfortable touring van.
- *Travel Guard* insurance