

# Sardinia

ITALY

April 29 -  
May 9, 2020



MYRA



### *Dear Compass Traveler,*

We invite you to join us on our trip to Sardinia, the enchanted Italian island rich in old traditions, folklore, archeology, and the most beautiful beaches of the Mediterranean Sea. Come discover the mysteries of the Nuraghi dwellings, indulge in the pleasure of Sardinian cuisine (pane carasau bread and the Filindeu pasta among others), and taste their delicious wines. Learn why the locals are included in the Blue Zone—an area that boasts the healthiest and longest living people on the planet (*maybe it's the wine!*)

*Holly & Luigi*

## Itinerary



*Cagliari cityscape—a colorful past, a colorful present. Stay awhile with us at this historic seaside town.*

### **Wednesday, April 29**

Our trip begins this afternoon with a private transfer from New London, New Hampshire, to Boston's Logan Airport for our overnight flight to Sardinia.

### **Thursday, April 30**

Our professional guide meets us upon arrival in Cagliari, the capital of Sardinia. With an amazing panorama of stone and sea, salt pans and Roman and Spanish heritage, it represents the quintessential Mediterranean city.

Overnight: Cagliari–Villa Fanny (D)

### **Friday, May 1**

We are very lucky to be in Cagliari the day of the most important Feast of Sardinia. The patron saint of the city, Sant'Efisio, is celebrated with

a colorful parade of thousands of devotees coming from all over the Island, walking on a carpet of flower petals or riding a horse, wearing their traditional dresses, some of which are over 100 years old.

We will attend the start of the procession early in the morning in a little church before we sit on the stands to watch the entire parade. Taking part in this festival is like entering the heart of a tradition that has lasted more than three centuries.

Overnight: Cagliari–Villa Fanny (B, L)

### **Saturday, May 2**

Mining in Sardinia has a history that spans over two thousand years. The Phoenicians, the Romans and more recently, even the British and French, all mined valuable natural sites

which are now protected by Unesco. Built between 1922 and 1924, we visit the mine of Porto Flavia—a daring enterprise suspended between sky and sea, which made it possible to load minerals directly onto the ships destined for the Northern European foundries.

After lunch we visit the town of Iglesias and the Roman temple of Antas, built on a pre-existing Phoenician site.

Overnight: Cagliari–Villa Fanny (B, L)

### **Sunday, May 3**

Our destination this morning is Nora, one of the most important archeological sites of Sardinia. The town will be crowded with the devotees of Sant'Efisio who have



*Locals ride in the traditional procession to celebrate the Feast of Sardinia.*

come all the way from Cagliari. Our day continues with a scenic drive along the coast to the island of Sant'Antioco (connected to the land by a causeway) where we visit the island with its Roman and Phoenician remains. There, we enjoy a special visit with the only surviving maker of a rare cloth called byssus, or sea silk, a precious thread obtained from the filaments secreted by a species of marine mollusks.

Overnight: Cagliari–Villa Fanny (B, L)

### Monday, May 4

This will be a long but wonderful day as we transfer from Cagliari to Oliena! Our first stop is the UNESCO World Heritage site of Su Nuraxi, the largest nuraghic fortress in Sardinia and the symbol of the island. We continue on to the Giara di Gesturi, a basaltic plateau, for a one-hour hike with a local expert to discover the wild horse breed Cavallino della Giara.

Our home for the next five nights is Su Gologone, an “experience hotel” like no other on the island—famous in all Sardinia for the beauty of its setting, the colorful decor, and the quality of its restaurant.

Overnight: Oliena–Su Gologone (B, L)

### Tuesday, May 5

Today we take an excursion in four-wheel-drive vehicles to the Supramonte, the highest mountain range in Sardinia, where we visit an archeological site before arriving at Mount Corrasi to enjoy amazing views from the highest peaks on the island. We then meet the Shepherds and have lunch with them for an



unforgettable and extremely authentic experience.

Back at the hotel, relax before we gather at the Nido del Pane (Bread Nest) where we are shown how different types of bread, including

the famous Sardinian flat bread, Pane Carasau, are made. We enjoy the warm bread served with local cold cuts and cheeses—and of course wine!

Overnight: Oliena–Su Gologone (B, L, D)

### Wednesday, May 6

We embark on a private boat today from the seaside town of Cala Gonone and navigate in the deep transparent sea to visit the most famous beaches of Sardinia. Lunch is served on board and weather permitting, we can also swim! Tonight at the hotel we learn the old tradition of the local BBQ, an ancient way to cook local meat on a spit.

Overnight: Oliena–Su Gologone (B, L, D)



*Sardinia is an island jewel off the western coast of Italy. Above: Cala Luna Beach.*

### Thursday, May 7

Our destination today is Mamoiada, famous for its Mamuthones mask tradition. At Carnival, the men in town wear the wooden masks and tie a set of cow bells to their backs, reinterpreting an old procession to celebrate Saint Anthony. We visit the museum and an artisan studio where we see how the masks are made. We then enjoy a cocktail in the vineyards drinking Cannonau, the most important red grape of Sardinia. After lunch, we visit Orgosolo, the “town of the bandits,” with its incredible and colorful murals that adorn the walls of the village.

Overnight: Oliena–Su Gologone (B, L)

### Friday, May 8

We spend the morning in a local, remote agriturismo making cheese from scratch, together with a shepherd. And we also watch su filindeu (the rarest pasta in the world whose name means “the threads of God”) being made. Enjoy a farewell dinner at our hotel.

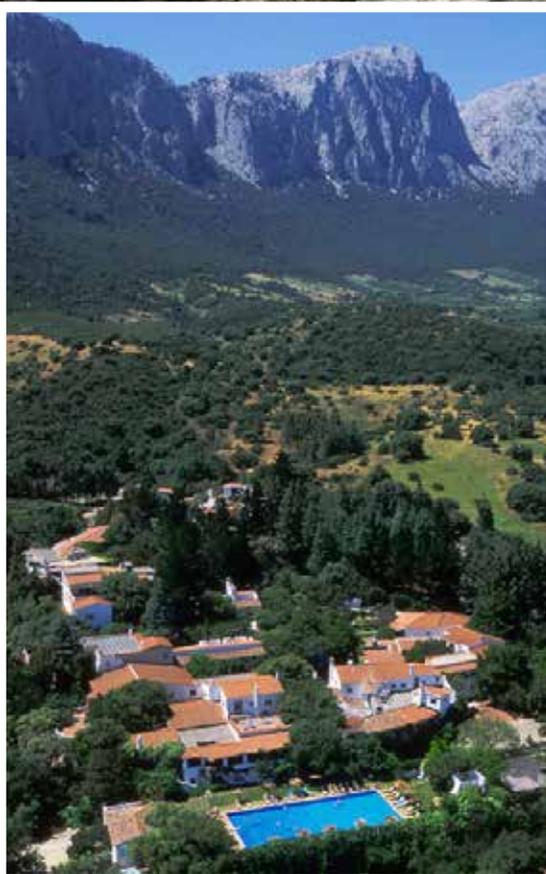
Overnight: Oliena–Su Gologone (B, L, D)

### Saturday, May 9

We reluctantly bid Adiosu to Sardinia and transfer to the Olbia Airport for our flight to Boston. Our private motorcoach transfers us back to New London. (B)



*The Gazebo Restaurant at our hotel Su Gologone. Left: Aerial view of the hotel.*



### Included Features:

- Escorted by Holly Walker and Luigi Minoletti
- Private motorcoach from New London, NH to Logan Airport and return
- Accommodations for 10 nights in first class hotels
- Meals: 9 breakfasts, 8 lunches, 4 dinners (noted in itinerary as B, L, D)
- Sightseeing as outlined in the day-to-day itinerary
- Services of a professional, English-speaking tour guide throughout
- Transportation by private motorcoach
- Portage of one suitcase per person at hotels

*Compass Travel reserves the right to adjust the itinerary due to weather and other circumstances beyond our control.*

### PRICE

\$5,995.00 per person  
Based on double occupancy  
(Single supplement upon request)

**Airfare Not Included**

**TOUR LIMITED TO 20 PARTICIPANTS**

*Note: The tour price is subject to change due to currency fluctuation.*

For more information, please contact:

**Compass Travel**

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