

senses & Sardinia

MAY 16-23, 2009



**REMOTE, ANCIENT, NATURAL,
THE UNKNOWN ISLAND OF ITALY.**

“This land doesn’t look like any other place” said D. H. Lawrence when he explored Sardinia in 1921. Besides, not much has changed since then. Incomparably beautiful coasts of crystal water and white and pink sands envelop this land like a box full of precious stones, jealously kept inside.

This epicurean journey will awaken all your senses:

Your **sight** will be exposed to endless plateaus and flourishing green pastures spotted by the yellow of the Genista, spectacular valleys stained by the light rose of the King's Spear and pink clouds of flamingoes.

Your **hearing** will perceive the true vibrations of this unique island where the sound of the bells of the grazing animals travel with the wind and blend with the rhythmic cadence of the waves, through the silence of the dales.

Your sense of **touch** will discover the power of hand work through the experience of those who have been creating artifacts and objects with the same techniques of their ancestors. Iron will be forged into knives, cotton threads will become precious laces and coral branches will transform into jewels.

Your sense of **smell** will be amazed by the pungent perfume of the Mediterranean bush, rosemary, myrtle and lavender blending together with the intense aroma of freshly baked breads and cookies.

By learning the way seasonal food is cherished and prepared, your sense of **taste** will be forever changed by an explosion of flavors. Secrets of simple recipes to appreciate genuine natural ingredients and seasonal produce will be revealed.

To complete this full immersion of senses and to enhance the wellness experience, you will be invited to connect with your body as well as with your surroundings by practicing postures, breathing techniques and meditation led by a yoga master.

Sardinia is a land where you can sense the infinite. Sincere and straight, you won’t be left untouched by its enchantment.





Location

You will be located in the ancient city of **Bosa**, on the west coast of the island, a lovely quaint small town on the river Temo which gently leads to the turquoise sea only two miles away.

Bosa rises on a hill, where the Malaspina Castle sits among the colorful typical houses and the tiny cobblestone streets of the medieval district of Sa Costa.

You'll be staying at a highly comfortable charming hotel in an old family palace, recently masterly renovated maintaining the original structure and providing the beauty of new traditional elements and great comforts. Each room has a private bathroom with hair dryer, satellite TV, air conditioning and direct telephone.



THE PACKAGE

INCLUDES:

Accommodation

- 7 nights in double room in a charming hotel fully equipped and highly comfortable

Meals

- 7 breakfasts
- 6 gourmet lunches with pairing of local wines
- 3 gourmet dinners complete with wine

Yoga sessions

- 6 yoga morning classes (75 min.) in studio

Activities and Excursions

- lecture "Introduction to Sardinia"
- educational lectures on local food and recipes
- 6 full day excursions with English-speaking local guide
- private vehicle and private driver
- entrance tickets to museums

Services

- transfer to/from Alghero airport
- group host
- assistance on site

DOES NOT INCLUDE:

- airfare
- travel insurance
- dinners not mentioned

PRICE \$2,595 PER PERSON

- registration \$200 per person (deductable from the final balance and non-refundable)
- 30% deposit by February 1st, 2009
- balance by February 28th, 2009
- single room at no extra-charge (limited availability)
- taxes and tips included

ADDITIONAL COMPLIMENTARY SERVICES:

- planning of trip extension anywhere in Italy
- international flights research

limited to 12 people only

PROGRAM AND MORE INFO laura@exclusivelyItalian.com - TEL. 619 564-4798 - www.exclusivelyItalian.com

ORGANIZED AND FACILITATED BY



Exclusively Italian – Travel by Design represents a different way of traveling. We design journeys by placing a high value on **quality** and **authenticity** seeking locations that are traditional yet highly comfortable. We create the opportunity to learn about local **art** and **history**, experience **culture**, **traditions** and **life-style**, through the direct contact with **local people**. Our groups are small, **limited to 10-12 people**. We respect privacy, time and space, by balancing the group activities with personal time, rest and meditation. We believe a slow pace is the best pace to be enriched with true Italian life and unique memories.

Benvenuti in Italia.

THE PROGRAM

Food & Wine experience

Sardinia is in everything different from the rest of Italy. This is why its gastronomic resources are so special and even peculiar, in fact many of Sardinia's delicacies are declared **Slowfood heritage**. In particular two of our lunches will be experienced at locations directly supported by Slowfood where each product will be widely presented in their characteristics and production process.

In **Santu Lussurgiu** you'll try the **Casizòlu cheese**, especially tasteful because the milk comes from the **Bue Rosso**, a special breed of cows that graze wild all year-round only in this area.

In the ponds of **Cabras** you'll be hosted directly by the fishermen, to taste two delicacies: **bottarga and merka**. **Bottarga** is considered the Italian caviar and it is made with the eggs of the mullet, while **merka**, a salted fillet, is made with the meat of the mullet. These preparations date back to the Phoenician era.

You will be introduced to the taste and culture of **Pecorino** directly by the shepherds who produce the cheese symbol of Sardinia itself; discovering the tiny differences from village to village and appreciating the special delicacy of the **Fiore Sardo**, an even more sophisticated pecorino.

What is cheese without bread in the typically pastoral island of Sardinia? An incredibly wide variety of breads accompany traditional local dishes. The most famous is the very ancient **Pane Carasau**, an extra-thin bread layer, toasted and crispy, which makes sounds at every crack, and therefore also known as the music paper. Special breads that look like art sculptures are made for special occasions and you will see them in the **Museo del Pane Rituale** – the Ritual Bread Museum. Directly in the artisan laboratory we will see how they make the **pane pistoccu**, an artistic bread hard outside and soft inside.



One more revelation about this true and unique culinary voyage: **honey**, a precious ingredient of simple yet savory and delicate dishes, including delicious desserts. Sardinia can boast excellent quality honey and unique flavors due to the combination of local plants such as strawberry-tree, thistle, asphodel and myrtle, from which the well known liquor called **Mirto** is also produced.

The wine production won't disappoint you. Along the **Strada della Malvasia di Bosa** – the Malvasia path of Bosa – you will visit one of the major Malvasia wineries of the island and will be led through this special wine's tasting. The Malvasia, is a meditational noble wine, excellent also as an aperitif and with desserts. Another specific visit will be to a distillery for the production of **abbardente** – hot water, strong liquor aromatized with wild plants and produced following antique manual techniques.



Exploring the territory

Our local specialist, English-speaking, will lead you in the discovery of some of the most beautiful and interesting sites of the region. During the entire week, through your daily excursions, you will be introduced to the history and culture of the Sardinian land and people. Excursions will reach the inland as well as the coast; particularly, the inland area west of Bosa, touching archeological sites and visiting typical villages of the pastoral tradition, and the beautiful coasts from Alghero to Oristano with its fishermen lifestyle. You will experience an alternation of sea and land, natural and archeological sites, gastronomical and artisanal places, life-style and culture, at a relaxed pace: the perfect blend to appreciate this hidden gem of Italy.

Nature, history, culture and people

A MYSTERIOUS CIVILIZATION STILL UNREVEALED

The Nuragic Civilization

- The **nuraghe** is a conic tower made of blocks of stones that dates back to the second millennium B.C. The *nuraghes* represented the center of the social life of ancient Sardinian people and gave the name to their civilization, the **nuragic civilization**, one of the most mysterious of the entire Mediterranean. There are more than 7,000 *nuraghes* in Sardinia.
- The **sanctuary village of Santa Cristina**, is a prehistoric village with a sacred well (the spring is still active today), perfectly maintained, and dedicated to rituals and sacrifices in honor of Mother Earth. In the surroundings a number of *nuraghes* were the premises for the functions of the local community.
- Dedicated to the dead is the **Necropolis of Sant'Andrea Priu**. This complex includes magnificent *domus de janas* – literally fairies houses, which are tombs excavated in the rock walls, already used in the third millennium B.C. The tomb of the chief reaches 18 premises and is decorated with graffiti and frescoes from the Byzantine period.
- In the **Nuraghes Valley** we find the **royal nuraghe of Santu Antine** one of the largest of the island. Especially impressive, this *nuraghe* includes a major 55-foot high tower with 3 minor ones connected through internal corridors, stairs and passages, forming a kind of prehistoric castle.

Traditions and life-style

- Among their cork-made utensils and tools carried by every shepherd and peasant is the **resolza sarda**: a knife manually forged and carved by expert hands, especially in **Santu Lussurgiu**. In this quaint village nicely located on minute mountains we will visit a laboratory for iron works producing these unique knives.
- The city of **Alghero**, famous for **red coral**, fished all along the coast, artists will handcraft beautiful pieces of jewels.
- In the ponds of **Cabras**, you will witness the work of the fishermen dedicated to the production of the **bottarga**.

Bosa

- **Sailing the river Temo** along which green orchards of orange trees are part of the beautiful scenery, dominated by the hilly *Malvasia* wineries in the surroundings and the **Malaspina Castle** on top of the hill;
- **Visiting the tanning museum** you will learn about the tanning tradition, which dates back to the Roman times ending only at the beginning of 1900; the old tanneries have been renovated and transformed into residential and commercial spaces full of magnetism, like our yoga studio.

Alghero

- A full day dedicated to the Catalan city of **Alghero**, also known as the *Barceloneta* of Italy. The Catalan language, still spoken today, was brought by the Aragon conquerors around 1350, which left behind their dialect and a vast culinary culture. A stroll in the historic center, through the tiny ancient streets rich of churches, monuments as well as boutiques and jewelry shops, will be a delighting and interesting experience.
- A boat trip will take you to the amazing **Neptune's cave** located under the impressive cliff of **Capo Caccia**.

The Sinis peninsula

- An extraordinary scenery that embraces the entire gulf of **Oristano** with the ancient roman city of **Tharros** right on the water, overlooked by the promontory of **San Marco cape** and charming **S. Giovanni in Sinis**. The area includes the major ponds of Europe where land and sea touch each other creating a mosaic of beautiful expanses of water, rich in rare spices of plants, fish and birds.
- Along the coast, you will be amazed by the tiny transparent rose quartz stones of **Is Arutas** and **Mari Ermi** beaches.