

ANCIENT TRADITIONS OF SARDINIA Sulcis Cuisine

1

Meet the accompanying person at the airport of Cagliari, tour presentation and transfer by GT bus in the **Sulcis**, accommodation in the hotel, dinner and overnight stay.

2

Breakfast and transfer to Tratalias, visit to the **medieval center of Tratalias**; wine tasting route "**Carignano**" and lunch at the farmhouse. Lunch. Afternoon visit of a winery and tasting of the famous Carignano wine of the Sulcis. Return to the hotel, typical dinner with traditional music.

3

Breakfast and transfer to **Santadi**, day of the "**Sardinian cuisine**". Lunch. Afternoon visit of the **caves of IS Zuddas** and/or the archaeological area of **Pani Loriga**. Return to the hotel, dinner.

4

Breakfast and transfer to Narcao, a visit to the mining **village of Rosas**. Afternoon **visit of a winery** and tasting of the famous Carignano wine of the Sulcis. At the hotel, dinner.

5

Breakfast, transfer to Carbonia and a visit of the Great **mine of Serbariu**. Lunch in the restaurant. Free afternoon for shopping. In the evening return to the hotel, dinner.

6

Breakfast and free morning and lunch time. In the afternoon a guided tour to **Sant'Antioco or Iglesias**. Dinner and goodbye greetings. In the evening return to the hotel.

7

Breakfast and departure for Cagliari, free time available for optional visits and lunch. Eventual services can be scheduled on request, according to the timetable of flight.

The dishes include:

- Soups of cereals and strips of pork (chickpeas, vegetables and pork rinds);
- Fresh wholemeal pasta, sappueddus, ravioli, "spizzu and ghetta";
- Sheep's ribs in the Carignano sauce;
- Montanara goat stew;
- Santadese bread soup;
- Pork fillet in crust of carasau bread.

The price includes:

- Bus GT available;
- 3 star Hotel located in the center, half board with beverages included (1/4 of wine and 1/2 of water), typical menu and 1 evening of music and dance;
- Lunches as indicated in the itinerary, visits and entrances as indicated in the itinerary;
- Medical insurance and assistance

Other recommended visits:

- Excursion to the island of San Pietro, Carloforte by ferry;
- Visit of the Iglesiente coast (Porto Flavia and Temple of Antas);
- Visit of the Phoenician-Punic areas;
- Fishing tourism boat trip with lunch;
- Horseback riding excursions in protected areas;
- Participation at the festivals on the occasion of the most important festivals

