

EXTEND  
IN CORSICA

# Tastes OF ITALY

GOURMET BREAKS

# Sardinia

2nd - 9th October 2017

*with Brenda Fawdon*



## Introduction: Sardinia's Mountains and Coast - Autumn in the Barbagia



This Autumn enjoy a delectable culinary adventure with Brenda Fawdon, chef, restaurateur, cooking school teacher, food presenter and organic food pioneer who has made food her life's work.

The week in Sardinia combines a chef's tour to discover the traditions of Sardinia, its delicious wines and dishes, together with a relaxing stay at Su Gologone – an enchanting hotel run by charismatic artist and host Giovanna Palimodde.

Barbagia is the name of a mountainous district that provided islanders with safe haven from marauding seafarers. This is the spiritual home of Sardinia, a land of shepherds, vines and olive groves, mysterious remnants of the Bronze Age fortresses and dramatic Karst scenery, dotted with yawning caves and canyons, just thirty minutes from the aquamarine beaches only 16 miles away.

This region of great natural beauty is one of the famed Blue Zones of Sardinia, where people live longer thanks to the healthy lifestyle, diet and clean air.

Highlights include cooking with the shepherds, lunch with cheese maker Giovanni Agostino Curreli, preparing pasta and the local Pane Carasau -the traditional flatbread – with local mammas, wine tasting and visiting the spectacular Gorrupu canyon – Europe's largest – not to mention star gazing with our hostess. You can even enjoy a superb boat tour along the beautiful coastline.



## Dates and prices:

### Monday 2nd – 9th October 2017

From \$4975 AUD per person based on shared accommodation of a double room (single supplement \$595 AUD) including:

- 7 nights' accommodation in Sardinia at 4-star Su Gologone hotel
- 7 breakfasts, 7 tasting lunches with wine and water and 7 dinners with wine and water
- Excursions and highlights in Sardinia as follows:
  - **Three cookery lessons** in three enchanting locations
    - \* Su Gologone at the foot of the Supramonte hills
    - \* A village in the heart of central Sardinia
    - \* A farmhouse in the hills near Oliena
  - Tour local winery to discover the excellent Nepente di Oliena wines
  - Enjoy a great day on a farm to prepare Italy's rarest pasta with one of the last women in the world who can still prepare Filindeu pasta
  - See the dramatic Karst landscape on an excursion by 4x4
  - Enjoy the stunning views from Mount Corrasi
  - See the ancient Nuragic settlements dating from 1500 BC
  - Taste delicious fresh cheeses with Pecorino producer Giovanni Agostino Curreli
  - An evening of music with the "Tenores" singers
  - An evening of star gazing on the "Terrace of Dreams"
  - Visit the village of Orgosolo celebrated for its murals painted
  - Join shepherds in preparing a traditional Sardinian feast
- Group transfers
- Mineral water while touring
- All entrance fees tied to the itinerary
- Tastes of Italy host

*Optional: Enjoy a boat trip along the aquamarine waters of the beautiful Sardinian coast.*

*Not included: International Air Travel, Insurance, Passport expenses*



## How to Book:

We ask you to contact [Brenda Fawdon](#) for full details of the itinerary and accommodation options. We will send you a booking form together with terms and conditions. Following your reservation by phone we can hold your place for 7 days. You must, within this period, complete and return the booking form together with a deposit payment of \$2000 AUD per person.

## Visa and Passport:

Passport Holders of an Australian passport should ensure that the passport is valid for at least 3 months beyond your proposed stay for tourist travel. If you should need a new passport please ensure you enquire in sufficient time before your departure. You can call the Australian Passport Information Service (APIS) for further information on 131 232.

Australian passport holders do not require visas for travel to Italy as a tourist or for business trips up to 90 days. If you are making a longer visit please note you may be required to arrange a visa. For further information check with your local Italian Consulate.





## Accommodation Selection:

All rooms enjoy private en suite bathroom with bath or shower, telephone, satellite TV, complimentary WiFi, room safe, hair dryer, mini bar and air-conditioning or heating depending on season.

### *Hotel Su Gologone*

The 4-star Hotel Su Gologone is located in the Barbagia district, a region of great natural beauty spanning the province of Nuoro and the Gennargentu massif. This is one of the famed Blue Zones of Sardinia, where people live longer thanks to the healthy lifestyle, diet and clean airs.

This luxury Experience Hotel with just 67 rooms is the more particular for the care and attention of owner Giovanna Palimodde, whose love of art and crafts imbues the hotel with its uniquely special character. The hotel has 13 permanent art exhibitions and guest rooms are furnished with original pieces made at the property by resident craftsmen and women. Uniquely it is possible to enjoy workshops in ceramic, painting, embroidery, jewellery, iron and wood work.

The hotel's setting in the midst of the Sardinian countryside at the foot of a mountain, close to the source of the Su Gologone river and



the striking karst landscapes is an ideal place for discovering the heart of the island and its natural beauty.

The hotel offers a spring-fed swimming pool, spa, Jacuzzi, technogym, tennis court, football and minigolf pitch, as well as a selection of electric bikes and mountain bikes for exploring in your free time. The hotel regularly features in the press as one of the most unique places to stay in the world.

## Extending:

An optional extension is available to stay on visiting the island of Corsica. Further details on request.

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