

## One week Vacation Program in SARDINIA the Island of the Sun



### Cooking course of sardinian cuisine Capoterra (Cagliari)

- Sun: arrive at the house near Cagliari/Capoterra,  
Mon: Sightseeing in Chia / Nora - dinner at the pizzeria  
Wed: Sightseeing in Barumini / Nuraghi  
Tue: Cooking lesson 1 (Sardinia's typical dish)  
Thu: Sightseeing in Cagliari / museum of Archaeology in the morning  
Fri: Cooking Lesson 2  
Sat: Free  
Sun: Leave from/to Airport Elmas, Cagliari

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#### \* Price and numbers of person:

The vacation costs 800.00 euro for 1 person (excluding airfare).  
Number of people should be minimum 5 / 6 per house.

#### The prices include:

- Cooking courses are held on Tuesday and Friday
- Check into lodging on Sunday, check out following Sunday
- Pick up service from and to Cagliari at arrival and departure
- Monday, Wednesday and Thursday excursions in a private car or minibus
- Ingredients for cooking
- Same bicycles available for use

\* Optional tour to Agriturismo if wish (lunch/dinner are not included)

#### \* More info, rates and availability schedule, owner info :

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## \* SIGHTSEEING PROGRAM

### Monday to Chia and Nora

#### Chia



Baia Chia with its silky sand, up to 30 meter-high white dunes and crystalline, turquoise-hued water is reminiscent of an idyllic Caribbean beach. The bay is bordered by majestic, age-old junipers and a few stone traces of the Phoenician city of Bithia whose site Baia Chia now occupies. And if it's your lucky day, you might catch a glimpse of dolphins and, on the lake, flamingos. Chia is also a wonderful venue for surfers because the winds blow just the right way.

Nora is Roman-Punic city founded by Phoenicians in the VIII century B.C. on the southern coast of Sardinia. It has been one of the nerve centres of the Carthaginian's power in the island and, after the Roman invasion in the 238 B.C., it was a prosperous and vital municipality.

### Wednesday to "Su Nuraxi" Nuraghe - Barumini

This Nuraghe is situated in the Marmilla territory, along the provincial road that conducts from Barumini town to Tuili. The polylobe Nuraghe stands on a brief plateau, around 230 meters of quota, and it shows a central tower surrounded by a bastion with four towers, which is one's turn contained in a vast barbican, approximately from the hexagonal plant, with seven towers and many union rectilinear curtains and two contrasted entries. The major tower of the "Su Nuraxi" Barumini Nuraghe goes up to the XII-XI century B.C..



### Thursday to Cagliari

#### the Roman Amphitheatre



The origins of the city of Cagliari can be traced back to the Phoenicians, as its name Karalis or Karales would seem to suggest. However, the settlement's growth and development occurred under the dominion of the Carthaginians, when it became an important trading centre, thanks to its natural harbour in the Mediterranean.

It was conquered by Tiberio Gracco consul in 238 BC. and during the Roman era enjoyed a long period of prosperity, which was accompanied by great urban development. It was declared a municipium and later the Bishop's See. Magnificent testimony to the Roman period still remain today, among which [the Roman Amphitheatre](#), the [Grotta della Vipera](#) and the [Villa di Tigellio](#)

The museum boasts a vast selection of relics from various ancient civilisations, among which an exceptional collection of bronzes dating back to the Nuragic civilisation. There are also numerous relics from all over the island, particularly from the regions of Sarrabus-Gerrei, Marmilla, Trexenta, Campidano, Sulcis-Iglesiente, Oristanese, Barigadu and Montiferru. These relics can be traced back to Phoenician and Punic times, as well as to the Roman era.



The National Archaeological Museum

## \* COOKING LESSONS

Our courses can be followed by anyone. No particular requirements are requested to attend this program. All lessons can be taught in English or Italian. Come when all nature wakes up and rejoices, when its fragrance stretches along the fields and in the sky. Prepare and eat in our garden, first courses of pasta and the huge variety of our vegetables and legumes, not to mention our local meat.



Ancient traditions go also for liquors, transforming the rich variety of plants, features of the insular landscape, in excellent aromatic and delicate substances. Among the liquors, the symbol is surely the myrtle, white and red, but we cite also the liquor of Indian fig and the "aqua vitae", more known with the name of "filu'e ferru".

Among the meat dishes the most characteristic ones are pork on the spit, roasted and flavoured with branches of myrtle, kid and boiled lamb, as well as mixed grill of fish.



Sardinia is the symbol of pastoral civilization. Goat and sheep breeding represents the most important economical activity. Among the finest cheeses we find the Sardinian pecorino, a D.O.C. cheese, produced exclusively in Sardinia.

### **Course Outlines**

- Each session lasts 3 hours
- All students will receive a certificate of participation
- The course will be taught in English and Italian
- The course is organized for small groups of min 5 participants
- Each lesson ends up with all the participants, lunching on the dishes they've prepared