



SARDINIA TOUR

A CULINARY AND CULTURAL TOUR OF ITALY'S MOST PRISTINE REGION

SEPTEMBER 19 – 26, 2007 (8 DAYS/7 NIGHTS)

IN ASSOCIATION WITH "ASSOCIAZIONE CULTURA VIVA INTERNAZIONALE"

Over 1000 miles of coastline with the lowest population density in Italy... an ancient island rising from the Mediterranean long before the Appenines and the Alps were formed... seven thousand nuraghi (prehistoric dwellings), and eighteen miles of remarkable archeological sites, true open sky museums... important ancient centers going back to the Paleolithic Age (600-250 million years ago)... a pastoral cuisine unique in its freshness... artisanal cheeses and genuine ingredients... traditional foods and local wines... spectacular seafood... celebrated olive oil... delicious breads and pastries... this and more is what you will discover with us in Sardinia.

Explore the human footprints left over the course of the millennia. Excellent guides will help you relive the island's distant past. Discover the hidden corners of the Nuragic, Phoenician and Punic civilizations until Roman rule.

Delight in the rich creativity of native artists and craftsmen, from the famous hand-woven rugs of Aggius to the musical instruments of Tadasuni, from the extraordinary popular museum of "Luras" to the ceramics and cork of Calagianus.

For your comfort, we have arranged for you stay in four first class hotels during the length of the trip, thus avoiding long distance drives between points of travel.

Julia della Croce

Clarisse Schiller

Mary Wallace



SILVER SPOON TRAVELS

1 Pine Street, Nyack, NY 10960
(845) 353-0046

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website: www.juliadellacroce.com

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JULIA DELLA CROCE is an award-winning cookbook author, teacher, journalist, and noted authority on Italian food. She has traveled widely throughout Italy for her researches and is passionate about its folk culture and traditional cuisines. Her eleven highly acclaimed books about the food of Italy include *Umbria: Authentic Recipes from the Heartland of Italy* (Chronicle Books, 2004). She will draw you into this enchanting region where you will share her passion for Umbria's splendid wines, genuine foods and enduring traditions.

DR. CLARISSE SCHILLER is a psychologist, writer, and author. Born in Austria, she is both Swedish and Italian in nationality, and speaks five languages. She teaches in Italy and throughout Europe and Russia and has published many articles about nutrition and mind-body health and wellbeing. For many years, Clarisse has lived in a beautiful old country house in Umbria surrounded by olive trees and nature, cultivating her own land. She has been leading tours to Italy for many years.

MARY WALLACE is an accomplished cook and seasoned traveler. She has spent much time in Italy and France as well as the rest of Europe, the Middle East and West Africa including 2 years in the Peace Corps. She has lived and studied in Rome and in Bologna. She holds a law degree and speaks four languages. The Italian people and its culture remain her very special love and interest.

PROGRAM

DAY 1

The tour begins in Alghero, situated on the west coast, where we will spend a night by the sea.

Lunch free.

In the afternoon we tour the old Spanish-built city of Alghero, where 13th century Catalan is still spoken. Toward evening we will visit the old town and have dinner there.

DAY 2

At 9 a.m. we begin our trip to Bosa, one of the oldest and most beautiful towns of Sardinia. Our route takes us along the spectacular panoramic western coast of the island amidst unspoiled wild mountain scenery. At Bosa we stop for cappuccino, some shopping and a visit to the ancient town.

Lunch free

At sunset we arrive in Tharros, which overlooks the beautiful harbor of the Phoenicians on the Penisola di Sinis. The town, situated on a promontory was founded in 800 B.C. It is of great interest to archaeologists from all around the world.

In the evening we arrive at our second hotel, a charming villa owned by the most important family of Cabras which has been transformed into a first class hotel. The villa is situated next to a salt lake, paradise to many kinds of migratory birds.

A delicious seafood dinner will be the highlight of our evening.

DAY 3

On this morning we will go to spiaggia di quarzo (quartz beach), for swimming and relaxing in the sun.

Lunch free--there are some lovely trattorias on the beach

In the afternoon we continue our tour into the heart of Sardinia and the famous magic mountains, the Barbagia. On the way we will visit the Nuraghe, mysterious Stone Age structures unique to the island, which have been standing for some 5,000 years. In the evening we arrive at our third hotel, Succuluccone, nestled in the valley between Monte Gennargentu and Supramonte in a beautiful national park.

Dinner at the hotel--its restaurant is one of the best in Sardinia.

DAY 4

Today we travel by Jeep to the Barbagia. We will have lunch al fresco with shepherds cooking over an open fire. We will taste the famous specialties of the island—porcheddu (spit-roasted pork scented with myrtle leaves), brodo di agnello (lamb soup), hand-made artisanal cheeses and more. What an opportunity to immerse ourselves in local culture by speaking to the shepherds and learning their ways! This culture is still steeped in the genuine pastoral traditions of the island.

The afternoon provides a break, perhaps a walk or a dip in the pool.

Dinner free--after this sumptuous lunch a light meal suffices.

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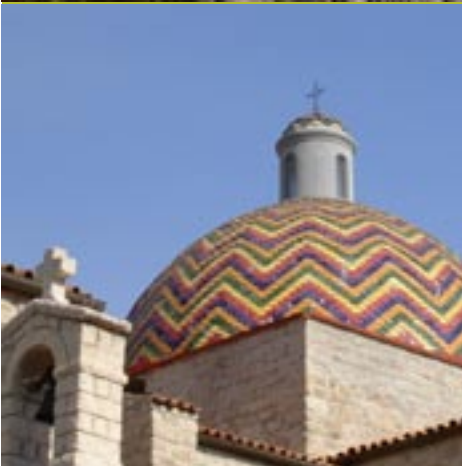
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PROGRAM (CONT'D)

DAY 5

Now our tour continues toward the northern part of the island, Gallura and the famous Emerald Coast built by the Aga Khan. On the way we will make some stops: Calangianus, for lessons on the cork oaks; Luras to see a 4,000 year-old olive tree. Picnic lunch.

In the evening we arrive at our last hotel on the Emerald Coast, La Vecchia Fonte in Palau.

Dinner free--Palau has many charming restaurants

DAY 6

Free day to relax under the sun on one of Sardinia's beautiful, pristine beaches. If there is interest we can organize a tour to the nearby famous archaeological sites of Arzachena.

For lunch, we will eat in a typical trattoria in Palua. Some might like to try spaghetti allo scoglio, a pasta and seafood dish classic to the region.

DAY 7

This day we experience the spectacular Emerald Coast, where the "glitterati" and VIPs of the world meet in summer. We will tour Porto Cervo, Baia Sardegna, La Maddalena and Caprera where Garibaldi, the general who united Italy, spent his last years .

Lunch free

Farewell Dinner

DAY 8

Departure in late morning. Traveling at a leisurely pace, we head for the airport of Alghero making stops along the way for shopping and light lunch in a characteristic seaside restaurant.

\$2,900

Price includes:

- * 7 nights in first class hotels, double rooms, private bath and breakfast buffet
- * a private coach at our disposal throughout the tour
- * 8 excellent meals, wine included
- * wine and olive oil tastings
- * personal guides who will introduce you to local history, culture and folklore
- * Julia della Croce, Clarisse Schiller and Mary Wallace are always available to discuss any concerns you may have
- * single rooms available upon request
- * demonstrations by local chefs

ARRIVEDERCI! ALLA PROSSIMA VOLTA

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REGISTRATION FORM



NAME: _____ **PASSPORT #:** _____

ADDRESS: _____ **PHONE:** _____

_____ **WORK:** _____

_____ **MOBILE:** _____

_____ **EMAIL:** _____

ROOMMATE: _____ **PHONE:** _____

EMERGENCY CONTACT: _____ **PHONE:** _____

OTHER HELPFUL INFORMATION: _____

COST

\$2,900 land arrangements including hotel, ground transportation and most meals, see brochure.
(airfare not included).

PAYMENT

\$1,000 deposit due July 1, 2007

\$1,900 full payment due August 19, 2007

Please mail completed registration and a check to:

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