

# Trek Sardinia—ENTHUSIAST



A colorful mix of hiking, Sardinian cuisine, culture and seaside adventure. Each day is a new experience and you are sure to stumble upon other adventures as organized activities are coupled with free time for your own exploration. Come “home” each night to your friendly hotel by the sea.

*Often times the perfect vacation is having found the balance between scheduled activities and complete free time; to intentionally partake in an activity or visit a historical site and then have no plan at all, simply allowing the fun and interesting situations to happen. ISA's Enthusiast tour is structured around that theory. Each day involves an exciting outing; from hiking to cooking to boating. Each day also allows time for your own exploration and enjoyment into stumbling upon your personal traveling treasures. We create the framework, you design the picture.*

## **Traveling with Island Spirit Adventures means...**

Truly experiencing an island culture and having lots of fun doing it.

Having pre-arranged activities, but with a feeling of being on vacation, not a schedule.

Getting off the beaten path; meeting natives and visiting places of cultural significance.

Experiencing authentic and memory imprinting food and wine - ALOT.

Having friendly, intelligent and attentive guides through-out your trip.

Spontaneity for fun, safety always. Grape picking? Sheep sheering? *Our* local connection is *your* advantage.

Leaving with new friends, new knowledge of a place and priceless memories to keep forever!

## The Adventure

**Sunday:** What better way to jump into Sardinian culture than with dinner and toasts overlooking the Mediterranean Sea?! Meet your guides and fellow adventurers before embarking on tomorrow mornings hike along the sea.

**Accommodations:** Il Vecchio Mulino

**Meals:** D

**Monday:** Today's hike is a traverse along the cliffy Sardinian seaside. Enjoy views of the sea from above as the trail winds in and out of the Mediterranean vegetation. You may even catch a glimpse of a goat or two! Dine overlooking the sea and the National Landmark called Pedra Longa. (Meaning long rock and indeed it is!) Afterwards, you will have a chance to meet a true Sardinian shepherd, Pietro as he shares his treasure; cheese!

**Accommodations:** Il Vecchio Mulino

**Meals:** B, L

**Tuesday:** After lunch it's aahhh Cala Goloritzè! This is one of the most photographed beaches in Sardinia for those who can find their way there. After a downhill hike; we will arrive to its crystal clear blue waters washing upon the smooth pearly white stones which makes up the beach. Explore around the incredible rock formations, swim, sun bath, find some shade and read a book; the choice is yours! Upon return, a complete dinner with local specialties will be served overlooking the largest plateau on the island called Golgo.

**Accommodations:** Il Vecchio Mulino

**Meals:** B, D

**Wednesday:** Some say you want to learn to prepare Italian food; some just want to eat it. Today's activity satisfies both needs! Learn from the experts as Signora Amelia and her sisters introduce the world of Sardinian pasta and Signor Dino stokes the fire in preparation for grilled lamb. The result? A full on island style barbecue; a "never to miss while in Sardinia!" experience.

**Accommodations:** Il Vecchio Mulino

**Meals:** B, L

**Thursday:** Put on the sunscreen for it's a full day on the sea exploring the secluded bays, caves and beaches of the Gulf of Orosei. Because these places are only accessible by boat or treacherous hiking, the serene-ness is practically guaranteed. Watch the hues of the sea change as the sun rises and falls against the enormous limestone cliffs. It's a scene out of a picture book only you're in it!

**Accommodations:** Il Vecchio Mulino

**Meals:** B, L, D

**Friday:** Sip down one last Italian cappuccino before departing for the International Airport of Olbia.

**Meals:** B

**Islandspiritadventures.com ~ 208.208.3252**





## The Details

### Dates:

June—October 2010

### Duration:

6 days/5 nights

### Start/Finish:

Noon pick-up Olbia International Airport  
AM drop-off Olbia International Airport

### 2010 Prices:

2200 Euros  
(440 Euros single supplement)

### Hotel:

Hotel Il Vecchio Mulino (Arbatax)

## What's Included

- Airport transfers
- 5 nights hotel
- Services of ISA guide/s
- Traditional Sardinian barbecue
- Italian cooking class
- 2 guided hikes
- 1 full day at sea by boat
- 5 breakfasts, 3 lunches and 3 dinners
- ISA water bottle
- Cheese tasting with a Sardinian shepherd
- *Travel Guard* insurance

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