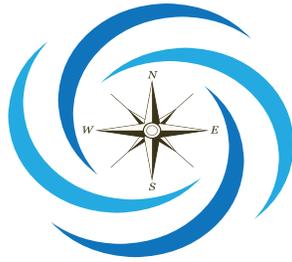


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# SPECIAL INTEREST OR THEMED TOURS





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**ASTONISHING SARDINIA**

**CLASSICAL ISRAEL**

**ITALIAN COOKING TOUR**

**NORMANDY AND MONT ST. MICHELE**

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## CASTELSARDO

# ASTONISHING SARDINIA

An amazing voyage amongst natural contrast, lights and colors, old traditions and a wild and pure nature

Castelsardo, Asinara, Oliena, Monte Corrasi, Cala Luna/Gorroppu - 8 Days/7 Nights

### TOUR INTRODUCTION

Sardinia is one of most beautiful islands in the world: it is also called Paradise island. In this tour you will live a real Italian life experience. Discover ancient traditions and local crafts, unique flavors with km 0 products and wines with unmistakable aromas, but especially untouched nature, like that of Cala Luna or the Gorroppu.

Loose yourself in the alleys of one of "I Borghi più belli d'Italia" (the most beautiful villages of Italy), Castelsardo, the pearl of Asinara Gulf. Do not miss a visit to nuragic archaeological sites, prehistoric buildings that can be seen in Sardinia only... the most beautiful island of the world!

### ITINERARY

#### Day 1

Arrival at the airport of Alghero or Olbia. Transfer to Castelsardo area to your hotel. Spend some time at leisure. Welcome Dinner at the hotel and overnight. **(D)**

#### Day 2

After breakfast depart for the Catalan master's retablo and the Gothic rite of the "Lunissanti." Perched on a large promontory facing the sea, Castelsardo with its Citadel, Casteddu quarter - the maze of twisted narrow streets in the old town - offers an enchanting vision. In fact just about anywhere you look, from any perspective - with the exception of the view of the modern quarter of Pianedda and the seaside area by the Marine - the promontory of Castelsardo offers picture-postcard views, especially of the Castle, which today houses the Museum of

Mediterranean Basketry and Wickerwork and is also used for conventions and cultural events. With its endless steps and the labyrinth of narrow streets lined with the typical tall, narrow houses, and stone paved squares, the historic center preserves the layout it has had since its founding in 1102, over 900 years ago. One of the most important monuments is the Cathedral of St. Anthony Abbot, the town's patron saint, visible from several miles out at sea, thanks to its bell tower tiled with colored majolica. The church was built in 1503, and contains one of the most precious retables in Sardinia, made by the "Master of Castelsardo." **(B)**

#### Day 3

After breakfast departure for a boat excursion. For groups: Excursion to Asinara. For individual: Sea Excursion to the wonders of Sardinian north coast. **(B)**





## CALA LUNA

### Day 4

Discover the Tiscali Chasm!  
Discover the valley of Lanaitho! With an easy half-hour walk in the Horojos canyon, you will reach the “Tiscali Chasm”. There are two openings: one is an entrance, while the other is a window. At about midday, a strong ray of light enters, similar to a laser ray. Excursion: quite easy.

For groups: Visit of Tiscali Chasm  
For individual: Visit of S’Abba Mediha Oliena, the village of handicrafts. The town of Oliena stretches out on the lower slopes of Monte Corrasi. Famed for its handicrafts, in particular its carved wooden chests for storing the local paper thin bread, pane carasau, Oliena has a living tradition of silk shawl embroidery and incredibly intricate filigree jewelry. One of the town’s main claims to international fame is its Nepente, a rich Cannonau grape wine made locally and which was once celebrated by Italian poet D’Annunzio, whose words are now featured on the wine’s label. Its benefits arise from the health giving properties of hot air and water. The center also offer a fantastic aquatic area, an oasis

of movement, fun and relaxation where you can enjoy a spectacular view of the mountains from which the water originates. Return to your hotel for an overnight. **(B, D)**



Pane Carasau

### Day 5

Breakfast at your hotel. Monte Corrasi, on the set of the film “The Ten Commandments”. Monte Corrasi with its 1457 m dominates the town of Oliena and the whole Supramonte. Thanks to its dramatic landscapes, in 1956 the area was chosen for the shooting of some of the scenes of the film “The Ten Commandments.” According to philologist G. Paulis, the name derives from the Latin word “cornu” with the addition of the suffix -arius and indicates the uneven profile of the mountain (just like a series

of horns), especially when seen from Oliena. **(B, L, D)**

### Day 6

After breakfast, Handcraft laboratory – half day. You can choose between sewing, decoration, jewels and embroidery (minimum 2 people). Or, you can choose between ceramic, sewing, decoration, jewels and embroidery (minimum 10 people). Lunch at leisure. Tasting of typical products accompanied by very fine sardinian wine. Spend your time in one of the beautiful panoramic terraces of the hotel. Special dinner at “Sa Corte e Su Re,” typical restaurant with grilled meat tasting. Overnight Overnight in your hotel. **(B, D, WT)**

### Day 7

Breakfast at your hotel. Depart for the beautiful beach of Cala Luna, among wonderful sea and white sand. The beach of Cala Luna, positioned within the wide Golfo di Orosei, is made up of coarse, light-coloured sand mixed with stones. Its waters are transparent and of a changing blue due to the plays of light created by the sun reflected on the sea-





## CULINARY EXPERIENCES

bed: a further spray of colour is offered by the green of the vegetation that hems the beach. Held tight as in an embrace from the steep walls of rock, are deep caves which open onto the beach and offer shelter from the summer heat. This corner of nature was chosen as the set for the film “Travolti da un Insolito Destino” both in its version with Mariangela Melato (1974) and in the remake “Swept Away”, with Madonna as lead actress. The beach offers some facilities: it has a bar and café, and is characterised by shallow waters, making it suitable for children to play. It is possible to hire a pedal boat.

The “Goroppu” Throat - European Great Canyon In the Barbagia’s territory, dipped in the Supramonte, we find the most imposing natural abyss of Italy and whole Europe, surrounded by thick forests and bright oleanders: the “On Goroppu” Throats also called European Great Canyon. This is one of the most fascinating and impressive symbols of the Gennargentu mountains. The enormous vertical walls exceed the 400 meters of height. **(B)**

### Day 8

After breakfast, depart for the airport of Alghero or Olbia for your return flight home.

### *What’s Included*

- 3 nights in 4\* Superior hotel in double/twin room Castelsardo B&B treatment
- 4 nights in 4\* original Sardinian experience hotel, in double/twin room B&B treatment in Oliena area. One of the most experienced hotels in Europe
- Typical welcome dinner in hotel in Castelsardo
- 3 typical dinners in hotel in Oliena
- 2 lunch boxes ( in Punta Corراسi & in Su Goroppu/Cala Luna)
- 1 wine tasting with typical products
- 1 guided visit of Castelsardo (half day)
- 1 guided boat excursion to discover the ancient technicals of fishing (duration: 2h)
- 1 half day excursion by boat in the Sardinian north coast
- 1 half day excursion of S’Abba Mediha caves
- 1 full day Naturalistic excursion in

### Punta Corراسi

- 1 handcraft laboratory (half day)
- 1 full day excursion in Cala Luna or Su Goroppu
- 1 astrology night in a terrace of the hotel in Oliena

### *Not Included*

- Car rental with chauffeur available on request
- Drinks
- City tax (if expected)
- Extra, tips, entrance tickets for churches, museums etc... and anything else that is not listed under “the price includes”

### Legend

B	Breakfast
L	Lunch
D	Dinner
WT	Wine Tasting





## MONTE CORRASI

### OPTIONAL TOURS

#### Archaeological tour: Sa Sedda and Sos Carros

Duration: half-day

An impressive tour through some of the areas archaeological sites. The villages of Sa Sedda 'e Sos Carros and Serra Orrios. This nuraghe village dates back to the Bronze Age. It was built in about 1300 BC. Here there are many circular and oval huts, even if the bulk of the settlement has not been excavated yet. It is possible to visit the holy area, where where the workshop are present, in particular for the processing of metals. This area is characterized by the presence of a large central courtyard overlooked by many rooms and the sacred well of the area, the most important and interesting monument.

#### Guided visit of Sassari, a little taste of Mesopotamia

Duration: half-day

Sassari is the main city in northern Sardinia, proudly playing its double role of historic city and lively modern-day economic and cultural hub of the northern part of the island.

The area was already inhabited in prehistoric times, as witnessed by many remains, including the Nuragic complex of Monte d'Accoddi. This structure is one of a kind in Sardinia: a majestic megalithic altar, reminiscent of the ancient Mesopotamian temples. Its surrounds are dotted with the rock-cut tombs known as domus de janas, several menhirs or standing stones, and too many nuraghes to count. The historic heart of the city is packed with beautiful monuments: the most impressive is the Cathedral of San Nicola di Bari, closely followed by the charming churches of Santa Maria di Betlem and Sant'Apollinare, the latter being the oldest in town. On the city's outskirts stretches a beautiful park, Parco di Monserrato, a well tended historical green oasis with a rich and varied plant life.

#### Alghero, the catalan city of Sardinia

Duration: half-day

An ancient Catalan burg on the sea, an infinite variety of colors and landscapes, sun and year-round mild temperatures, stories and legends of ancient civilizations, the sound of the ancient Catalan

tongue, the allure of sailing, the adventure of extreme sports and much more.

When you walk through Alghero, on its centuries old walls, among its distinctive narrow cobble-stone alleyways, you notice the particular allure that only a seaside city can have. A sea that is always there in the landscape and always at hand, a tourist port where next to large yachts can be seen the colors of the typical fishing boats for local fish; and among the shapes and colours of history.

#### Guided visit of Cagliari, an ancient city founded by Phoenician traders

Duration: half-day

Cagliari, overlooking the Golfo degli Angeli, is an ancient city founded by Phoenician traders. Long the heart of Sardinia's political, economic, tourist and cultural life, it spreads across seven hills: Castello, Colle San Michele, Colle di Bonaria, Monte Urpinu, Monte Claro, Tuvu Mannu and Tuvixeddu.

The city, which has preserved soaring towers and sections of the massive curtain walls which once encircled its medieval Castello district, has the



largest and most important Phoenician necropolis in the Mediterranean, whose finds are on show both at the city's Archaeological Museum and at the British Museum in London.

### Guided visit of Nuoro, in the heart of Barbagia

Duration: half-day

Nùoro, nestling in the green foothills of Monte Ortobene lies in a land steeped in ancient history, witnessed by the eerie domus de janas and nuraghes dotting its hinterland. Indeed, the countryside has yielded a rich booty of stone axes, pottery and obsidian blades. To learn about the area's folk traditions, visit the Museo Etnografico, which has several rooms with traditional costumes, the carnival masks of Barbagia, hand-woven carpets and artistic bread and sweets. But Nuoro also has a very modern cultural establishment; the Museo d'Arte provincia Nuoro (MAN) in recent years has become one of the most lively and exciting place for contemporary art exhibitions. With its permanent collection of works by the best Sardinian artists, and rich calendar of temporary exhibitions MAN attracts growing numbers of visitors. Finally, drive up Monte Ortobene, a nature oasis on whose summit stands the statue of Cristo Redentore (Christ the Redeemer), celebrated by a great festival in the last week in August.

### Guided visit of Oristano, the city of flamingos

Duration: half-day

Oristano lies on the central-western coast of Sardinia, on a plain in front of the Gulf of the same name. Its "centro storico", the old town centre, dates back to the 11th century, and is signposted by the hulking tower of San Cristoforo, also known as Porta Manna (the great gate). For part of the Middle Ages it was the seat of powerful local rulers, the most famous being Eleanor of Arborea,

a sort of heroine, who fought to preserve Sardinia's independence and drew up the Carta de Logu, one of the first legal codes in Europe. The flat coast around Oristano has several wetlands of great environmental importance, rich in bird life. The largest is the laguna di Cabras, which in the summer becomes home to colonies of flamingos while taking in the charming timeless atmosphere of the town, step into the Antiquarium in the ancient Palazzo Pargaglia and browse through its interesting archaeological finds from the nearby ruins of the Phoenician-Punic city of Tharros.

In keeping with its history, Oristano has plenty of charming churches: from the imposing Cathedral of Santa Maria Assunta, in the historic heart of town, to a rare example of Gothic architecture in Sardinia, the small church of Santa Chiara, hidden among the city's alleys.

### Guided visit of Tharros ruins

Duration: half-day

Tharros is a natural setting of extraordinary beauty, a fascinating archaeological area in the heart of the Sinai Peninsula, overlooking a terrace overlooking the sea: this is the ancient city of Tharros, San Giovanni di Sinis, near Cabras (Oristano). Walking through the ruins of this Phoenician - Punic city built before the VIII century. BC, it is possible to find testimoniances related to the funerary and votive aspects and the Tophet, the typical Phoenician- Punic sanctuary. Most of the remains belong instead to the Roman domination, as the spa (including a apodyterium, a vast frigidarium, a tepidarium three calidaria), the castellum aquae (an aqueduct distribution tank of the city) and the cardo, (the ancient Roman paved road that was the largest city street).

### "Santu Antine", a typical Sardinian "Nuraghe"

Duration: half-day

In the centre of the plain of Cabu Abbas, in the Meilogu district, you will find the

compact mass of the Santu Antine, also known as the nuraghe of Torralba. Santu Antine is a nuraghe of the trilobate type, in which the central keep, some 17 m high, it is reinforced and protected by a strong curtain wall with three smaller towers.

All around stretches a village of circular planned nuraghic huts, among them stands out the meeting hut, distinguished by a round stone bench and a raised hearth in limestone. Other, square plan houses dating from the Roman period show that the site remained in use long after the nuraghic period.

### Archaeological tour in the ancient necropolis of Anghelo Ruju

Duration: half-day

The necropolis of Anghelu Ruju is the largest and most important prehistoric burial site in northern Sardinia. It lies in the Alghero countryside, about 9 km from the sea, on a fertile plain crossed by the Rio Filibertu. It includes 38 rock-cut tombs or "domus de janas" hewn into sandstone and grouped in two clusters of 7 and 31 units; the sharp stones used to dig them out were found in large numbers inside the tombs during excavations. These chamber tombs are decorated with bull symbols and horns sculpted into the walls and on the pillars; there are also traces of red ochre, the colour of the blood of regeneration and false doors of eastern origin representing the gateway to the afterlife.

### Tour of Sos Pinnettos

Duration: half-day

Difficult: medium

Following the ancient paths of goat shepherds, we can see their traditional sheds. The only materials used in their construction are rocks (no mortar) and juniper beams. Some of them are still lived in today. The excursion is of average difficulty and lasts all day.



## Visit the ancient rupestrian church of SS. Trinity of Saccargia

Duration: half-day

The ancient rupestrian church of SS. Trinity of Saccargia is the best known and most spectacular medieval churches of the island. Its high bell tower emerges from the surrounding countryside. The importance of the monument lies not only in the relevant dimensions, but also in the frescoes that decorate the apse, among the few surviving in Romanesque style in Sardinia.

## Laboratory of Ancient baskets

Duration: half-day

All over the Sardinian territory there is no shortage of that raw materials necessary for the work of basket weaving. From this point of view the area of Oristano is the most important and relevant area of the Island as about the processing and the creation of the traditional baskets. Behind the ponds grow, in fact, marsh plants that provide the raw materials for the manufacture of wicker and splint baskets. Among them skilful hands grew the baskets, with several shapes and sizes, the processing began with

a tissue called "Spiral", on which was wrapped, by magic, the straw that ultimately was sewn. The skill of the poor artisans focused also on creativity, or the ability to generate beautiful designs using colored straw.

## Sardinian Handcrafted laboratories: Ceramic, sewing, decoration, jewels and embroidery

Duration: half- day

We will let you discover the ancient Sardinian handcraft with ceramic, sewing, decoration, jewels and embroidery laboratories.

## EVENTS

### ORISTANO – Sa Sartiglia, February

The route of Sartiglia unwinds along the

old streets of the town. Following the dressing of 'Su Componidori' – usually taking place outside the old centre – the cortege heads for via del Duomo, the setting of the star joust. The gallop of horsemen trying to catch the star riding past the church of Sant'Antonio, the chapel of an ancient medieval hospital, and the small church of the Holy Spirit, of Byzantine origin – ends in the square in front of the church of San Mauro. Following the route towards the

street where the 'pariglie' will show their performances, the horsemen parade reaches Piazza Eleonora.

### SASSARI – Cavalcata Sarda, May

The Cavalcata Sarda came into being as a homage to the island's rulers, but it soon took on a deeper meaning. Today it is a testimony of the pride of the Sardinian people, who for two days set Sassari alight, parading on foot and on horseback, decked in traditional costumes. Its magic remains unchanged – the streets echo with timeless melodies, paraders and spectators mingle in a living museum of men and women proudly wearing their traditional colourful costumes and headdresses, unchanged over the centuries.

### NUORO – Redentore Festival, August

The religious feast "Sagra del Redentore" takes place in Nuoro every 29th of August.

The event celebrates the date when, in 1900, the colossal statue of the "Cristo Redentore" was located on the top of Monte Ortobene. Even if the lay festivity attracts the greatest movement of tourists, the religious one is the most important and beloved by the people from Nuoro. During the celebration of "Redentore" people gather in the public square since dawn, in front of the Cathedral and, singing Sardinian songs, they start a procession towards

the statue. The cortege is headed by a cart decorated with ears of wheat and oleander flowers. In front of the statue will be celebrated a sung Mass, followed by a solemn procession along the streets of Monte Ortobene. The great lay festivity is represented by a beautiful and colourful parade: the procession of the characteristic sardinian costumes will go through the city among typical songs and dances. The parade will end with the "Folklore Festival" that will take place in the amphitheatre situated in the centre of Nuoro.

### SASSARI– Candelieri's descent, August

With its roots back in the Middle Ages, at the time of Pisan rule, the Faradda di li Candareri is the celebration closest to the heart of the Sassaesi, who proudly refer to it as their great fest, the Festha Manna.

While a number of side events have been added over time, the essence of the festival remains unchanged. It is still today held in honour of the Virgin Mary of the Assumption, in gratitude for freeing Sassari from the plague on several occasions.

On 14 August each year the dancing procession is held to fulfil the ancient vow by parading the wooden candles along the city streets. The various phases of this day of rejoicing are carefully planned: during the early morning hours, the members of the city's ten guilds deck the votive candles with colourful, symbolic decorations. In the early afternoon, the participants come together in Piazza Castello and some hours later, in an atmosphere of devotion but also revelry, the "Faradda" begins; to the infectious rhythm of drums and pipes, the candles are shoulder-carried along Corso Vittorio Emanuele, ending their descent before the Church of Santa Maria di Betlem. What makes the procession especially



impressive and unique are the spectacular evolutions which the weighty candles are made to perform along the route.

Tradition has it that the greater the agility of the candle-bearers, the greater the prosperity of the year to come.

### BARBAGIA – Autumn in Barbagia, Autumn

Event of folklore and food and wine of the Barbagia. During the fall all the courts of the villages open to the public with handicraft exhibitions, demonstrations of ancient crafts and tastings of Sardinian wines, cheeses and salami. Do not miss performances in folk costumes.

## NATURE

“Su serhone”, the ancient route of shepherd

Duration: half-day

Difficult: medium - high

Following the ancient paths of shepherds through holm-oak forests and small clearings in the “Trokos” (canyons), visitors reach the largest Karst dolina in Europe, “Su Serhone”. The excursion is of average-high difficulty, lasting all day, with a sack lunch.

Punta Lamarmora, the highest peak of Sardinia

Duration: half-day

Difficult: medium - low

Travel by Jeep as far as the top of Bruncu Ispina, at 1828 metres. From this point on, follow a path along the crest going down to Arcu Gennargentu, from where you again ascend to 1834 metres to reach Punta La Marmora, the highest point in Sardinia! You can enjoy a panoramic view of the entire island, and moreover, this is the best time of year to see the flowers in bloom. The excursion is classified medium-low dif-

iculty, and occupies the whole day. Take a packed lunch.

Orchid tour (available from May to September)

Duration: half-day

Difficult: easy

Discover the countless species of wild Sardinian orchids. Fabulous furry Mirror Orchids are commonplace and there are Man Orchids, elegant Sword-leaved Helleborines and Serapias lingua to keep photographers occupied. This is a remarkable area for bee orchids. As well as widespread Sawfly Orchid there's Ophrys eleonorae with glowing lips of blue and purple, endemic Ophrys chesermannii with large velvety flowers, and the gorgeous grey, purple and pink oval-lipped Ophrys morisii. Towards the coast lies a pinewood where the impressive flowers of the tongue orchids Serapias cordigera will impress. Violet Limodores will be about to flower and in the driest spots blooms the unusual bulb Simethis Mattiazii.

Endemic flora tour

Duration: half-day

Difficult: medium - high

Sardinia is the second largest island in the Mediterranean Sea (after Sicily), occupying an area of 24,090 square km and comprising a flora of 2,407 species. The isolation and the high geological diversity in this island have created a wide range of habitats with high level of endemism (347 plant species), especially on the Gennargentu, Supramonte and Sulcis-Iglesiente Mountains. Come with us in our guided excursion to Mount Corrasi to discover endemic plants.

Asinara full-day excursion; choose the best way for your visit to paradise island: bike, touristic train, jeep, sail boat

The island of Asinara, at just under 18 km long and up to 6km wide, is situated

in the municipality of Porto Torres (Sassari): in its compact size it manages to be one of the most evocative islands of the Mediterranean, having maintained its naturalistic charm unchanged. Its use as a penal colony for many years fortunately meant that it kept the number of visitors to an absolute minimum, favouring the preservation of its precious but delicate natural environment. It has been a National Park since 1997, and frequent destination of brief cruises along the coast.

The panorama is decidedly variegated and the presence of a holm oak wood in the Vallombrosa enriches the characteristic vegetation of the Mediterranean brush, that also has examples of rare species like *Evax rotundata* and *Nanthea perpusilla*: specimens which enchant the enthusiastic botanist. Among the animals that live there, besides the albino donkeys, are numerous sea birds, mouflon and wild boars.

## GASTRONOMY

Visit of a vineyard and tasting of typical products

Since the mid-18th Century, Sardinia has been one of Italy's five autonomous regions, but its separation from the mainland has led to a culture and identity somewhat removed from the Italian mainstream. This is reflected in the Sardinian relationship with wine. Wine is much less culturally and historically engrained there than in the mainland regions. Today, Sardinia has one DOCG wine, Vermentino di Gallura, 19 DOC zones and 15 IGT zones. Given its relatively hilly topography that limits its available wine area, Sardinia's relatively large number of certified wine categories denotes a significant attention to quality.

Nocturnal Castelsardo with tasting of



## typical products

Duration: 2 h

Castelsardo is a charming coastal town whose destiny has always been linked to the sea. In ancient times it was both a defence post and a strategic watch point. The old town, perched on a hill beside the sea, has preserved its medieval fortress structure, with soaring bastions, steep stairways and a maze of narrow streets and alleys. On top of the plateau rises the Doria castle, which houses the Museum of Mediterranean Weaving. A short walk from the castle stands the 14th century cathedral of Sant'Antonio Abate, with its tall bell tower topped by a dome in coloured majolica tiles. On the slopes of the Castello stands the Medieval church of Santa Maria delle Grazie, with a wooden crucifix of the Black Christ dating from the 14th century.

## Happy hour at Bar Magico Tablao

This is the meeting place for guests staying, but you will always also find someone who is just passing through for a few hours. You can have a chat and enjoy an aperitif together, perhaps with a warm antipasto based on artichokes and wild cardoons.

## Cooking class of typical Sardinian recipes and dinner

Duration: half-day Sardinian cuisine expresses a simple, genuine, frugal approach to life, with strong, authentic flavors. Examples of this approach include the local sheep's cheeses, the fire-roasted meats, the crunchy flatbread, the flavoursome olive oil and the pasta made by hand every day by Sardinian women, who demonstrate and teach the secrets of their art to those who want to learn. the aromas. Here there is a gastronomic itinerary composed of the fragrances and flavors of tradition. Tasting of typical Sardinians salamis. The traditional Sardinian food includes many different salamis and cold cuts. Other than pork salamis,

traditional local delicacies include boar, goat and sheep sausages which are produced in a limited number of areas. There is also Sardinian sausage, which used to be home made but nowadays is produced on an industrial level and it is sold fresh, seasoned or smoked. The ingredients utilised to manufacture Sardinian sausage are: pork meat cut into pieces, lard, salt, pepper, aniseed or fennel, cloves and parsley. Wild boar ham, which is a local delicacy is in great demand by gourmets.

## Preparation and tasting of some products of the traditional bakery

Duration: half-day

This is an oven within the hotel, where you can watch and prepare various types of bread, including pane carasau (a crunchy flatbread) that, once cooked, is offered to all those present. Resting upon the stones, a number of panels tell the story of Sardinia's different types of bread: Those made for special occasions, Those dedicated to the saints, and even the play breads that were baked for children. The pine tree that grows at the center of the Nido will recount its own story, making the atmosphere all the blackberries evocative and unique.

"Tex" comic strip. Live the myth of Tex through his landscapes.

## SPORT

### Canoe on lake Cedrino

Duration: half-day

Difficulty level: easy

Departure in a canoe from the Su Gologone spring, through the Ganagosula ravine, to reach the Cedrino Lake. The return journey is on foot, following the coalmen's route.

### Tex's environment by quad

Duration: half-day

Difficulty level: easy

By motor quad enter the famous







Acre

## CLASSICAL ISRAEL

Tel Aviv (1 NIGHT), TIBERIAS (2 NIGHTS), JERUSALEM (4 NIGHTS)  
8 Days/7 Nights Itinerary

### DAY 1: WELCOME TO ISRAEL!

Arrival at Ben Gurion International Airport where you will be met by our representative who will assist you through baggage claim and customs, transfer you to your hotel in Tel Aviv. Dinner and overnight in Tel Aviv. **(D)**

### DAY 2: CAESAREA – HAIFA – ACRE – TIBERIAS

After breakfast we depart Tel Aviv and head north along the beautiful coastline to see the impressive remains of Caesarea, built by Herod the Great and once was the seat of Roman rule. View the excavations of the Crusader's city including the Roman Theater. Our visit includes a new audio-visual presentation that brings to life the times of the Romans who controlled these shores 2,000 years ago.

We continue on to Haifa, the greatest harbor of Israel, for a breathtaking panoramic view of Haifa Bay and of the beautiful Baha'i Gardens with their impressive Temples.

You'll then have time to enjoy lunch overlooking Haifa Bay.

We then head northwest to Acre, for a visit to the Crusader Fortress and the Museum of the Underground Prisoner. See the port and fortifications that enabled the inhabitants of the town to resist invasion by Napoleon Bonaparte. Acre is a city of intrigue, where you can walk through labyrinthine alleys and streets, where we'll have time to explore the remnants of the Crusader, Muslim and Ottoman conquerors. Dinner and Overnight: Tiberias **(B, D)**

### DAY 3: SEA OF GALILEE – CAPERNAUM – MOUNT OF BEATITUDES – WINERY

After breakfast enjoy a Boat ride on the Sea of Galilee and then visit Capernaum where a 2nd century synagogue was discovered which threw light on the life of the community of that era. According to Christian tradition, Jesus served here as a local rabbi and performed most of his miracles.

Drive to the Mount of Beatitudes, north of the Sea of Galilee. Atop this Mount lies a beautiful church with an octagonal dome that represents the 8 "Beatitudes" in the sermon preached by Jesus Christ to his disciples 2,000 years ago. Continue for a visit to the Chateau Golan Winery, one of the most advanced wineries in Israel. Chateau Golan combines traditional winemaking knowledge with cutting-edge wine-related technologies. Dinner and Overnight: Tiberias. **(B, WT, D)**

### DAY 4: BEIT SHE'AN - JERICHO – BETHLEHEM

After a delicious breakfast drive through the Jordan Valley to Beit She'an with its recently excavated amphitheater. Drive towards Jerusalem and stop for a breathtaking view of Jericho and the St. George Monastery which is hidden in a deep canyon in Wadi Kelt.

Continue on for a visit to Bethlehem. You'll visit the Church of the Nativity and the remains of ancient Bethlehem from the times of Christ (beneath the Greek





## Tel Aviv

Monastery). Return to Jerusalem for dinner and overnight. **(B, D)**

### DAY 5: MOUNT OF OLIVES – GETHSEMANE – WESTERN WALL - VIA DOLOROSA -

After breakfast, ascend the Mount of Olives for a spectacular view of Jerusalem. Overlooking the Old City, the Mount is covered partly in olive trees, ancient cemeteries and numerous churches.

Enter the Garden of Gethsemane, with the ancient olive trees believed to date back to the times of Christ. Enter the ancient old city of Jerusalem via the Zion Gate and continue by foot into the walled city. In the Jewish Quarter we will see the Cardo and the Western Wall, and enjoy a panoramic view of the Dome of the Rock on the Temple Mount. Visit the Archaeological Park at the Davidson Center, one of the most visited sites in Jerusalem including a film presentation. Continue on to the Via Dolorosa and visit the Church of the Holy Sepulcher.

This evening we suggest a visit to the Mamilla outdoor complex with a variety of high-end stores as well as delicious restaurants and cafes. Dinner and overnight in Jerusalem. **(B, D)**

### DAY 6: DEAD SEA – QUMRAN – MASADA

After breakfast, Drive to the lowest spot on the face of the Earth the Dead Sea, which is more than 1412 feet below sea level! Visit Qumran, where the Dead Sea Scrolls were found. Ascend by cable car to Masada to marvel at King Herod's desert fortress-palace. Masada was the last stronghold of the Jewish Zealots against Roman domination in 73 CE where you'll learn about their tragic outcome. Afternoon of leisure with time to float on the unsinkable waters of the Dead Sea. Dinner and overnight in Jerusalem. **(B,D)**

### DAY 7: THE NEW CITY OF JERUSALEM

Today you'll spend the day in Jerusalem. After breakfast, you'll be driven to see the Israel Parliament (Knesset) and the Menorah (the symbol of the Jewish State) which was donated by the British people to Israel in 1956, showing 29 icons of Jewish History.

Tour of Yad Vashem which is the Holocaust Memorial Museum. This is the Jewish people's memorial to the Six Million who were murdered during the Holocaust of World War II. The museum contains the world's largest repository of information on what happened during this tragic period.

Continue to the Israel Museum where you will see the Shrine of the Book housing the Dead Sea Scrolls and a model of Jerusalem as it looked during the late Second Temple Period. Dinner and overnight in Jerusalem. **(B,D)**

### DAY 8: JERUSALEM – JAFFA – TEL AVIV – DEPARTURE FOR HOME

After breakfast we will check out of the hotel, depart Jerusalem and drive to Jaffa, one of the oldest port cities in the world today and one of Tel Aviv's most desirable areas filled with restaurants, cafes, small boutiques and designer shops.

It is from the port of Jaffa that Jonah set sail on his epic voyage only to be swallowed by a whale. You'll walk through its ancient narrow streets and the famous Artists' Quarter. Continue to Rabin Square in Tel Aviv to view a memorial on the site where Israeli Prime Minister Yitzhak Rabin was assassinated in 1995.

Transfer to Ben Gurion International Airport for departure. Shalom (Good-bye/Peace) and have a safe and comfortable flight back home! **(B)**





## The Western Wall and Temple Mount

### WHAT'S INCLUDED

- Round trip transfers from Ben Gurion Airport to your Hotel in Tel Aviv upon arrival and from Jerusalem to Ben Gurion Airport upon departure
- Meeting & assistance at Ben Gurion Airport
- Porterage at Hotels, as of second touring day
- 7 Overnights at your confirmed hotels
- 7 full days of sightseeing as per the itinerary with English speaking licensed Tour guide via a luxury air-

conditioned touring vehicle

- Full Israeli Breakfast and Dinner daily
- All entrance fees are included per the program

### TOUR EXCLUSIONS:

- Any tests that will be required due to Covid-19 regulations
- Tips to guide, driver, hotel staff
- International airline tickets
- Meals that are not mentioned above



Spice Market, Jerusalem



Yad Vashem, Jerusalem

### Legend

B	Breakfast
D	Dinner
WT	Wine Tasting





## NIZZA MONFERRATO

# ITALIAN COOKING TOUR

Nizza Monferrato, Canelli, Costigliole d'Asti, Acqui Terme, Gavi, Barbaresco, Barolo, Alba, Grinzane Cavour,  
Torino - 8 Days/7 Nights

### ITINERARY

#### DAY 1: Nizza Monferrato

Arrival at Nizza Monferrato in Piedmont. In the evening you will enjoy an “apericena,” an aperitif with plenty of different appetisers, a mixed combination between an aperitif (aperi) and a full dinner (cena), a very popular tradition in Piedmont. Accommodation in a deluxe farmhouse/country inn. Overnight in hotel. **(D)**



#### Day 2: Nizza Monferrato/Canelli/Nizza Monferrato

Breakfast in hotel. Morning visit of the Bersano wine cellars and old farm tools museum in Nizza Monferrato, displaying a collection of top wines, including Barbera d'Asti D.O.C.G. and Barbera del Monferrato D.O.C.G. Transfer to the nearby village of Canelli, home to the Asti D.O.C.G., the bestselling Italian wine abroad, made with sweet Moscato grapes with the champenois method, the same used in the production of Champagne in France, adapted to this sweet wine. Visit of a winery and cellar to get a full knowledge of this wine and of course, a taste of it! Back to the farmhouse in Nizza Monferrato. Lunch in restaurant in Nizza Monferrato. Afternoon experience the first session of your Piedmontese and Italian cooking class, an award winning

chef will show you all the secrets of the most renowned Piedmontese and Italian dishes. Lesson ends with the delicious dinner, prepared by yourself under the chef supervision. Overnight in hotel. **(B, L, WT, CC, D)**

#### Day 3: Nizza Monferrato/Costigliole d'Asti/Nizza Monferrato

Breakfast in hotel. Morning transfer to the village of Costigliole d'Asti for a truffle hunting (white or black depending on the time of the year). You will visit the “Casa del Trifulau ” (truffle hunter’s house) and will be taught everything about history, characteristics, environment and traditions of truffles. Most important thing, you will take part actively in the truffle hunting with the support of an expert and his dogs, trained for this purpose.





## TRUFFLE HUNTING

Afternoon visit of Costigliole d'Asti's old city center and his wonderful Castle. This majestic building was built in the XIII century. In the sixteenth century it was an important military stronghold, but what we see today is the result of a restoration made in the nineteenth century that transformed the building into a fashionable neogothic structure. Lunch in a typical restaurant. Return to Nizza Monferrato. Second session of your cooking course with a dinner made by yourself under the chef supervision. Overnight in hotel. **(B, L, CC, D)**



**Day 4: Nizza Monferrato/Acqui Terme/ Nizza Monferrato**  
After breakfast in the hotel you will just relax and unwind! Transfer to the nearby Roman historic city of Acqui Terme, the

most renowned spa resort in Piedmont, where you will enjoy a few hours of total care of your body and mind. Lunch in restaurant. Afternoon visit of the old city center. Return to Nizza Monferrato. Third session of your cooking class with a dinner made by yourself under the chef supervision. Overnight in hotel. **(B, L, CC, D)**

**Day 5: Nizza Monferrato/Gavi/Nizza Monferrato**

After breakfast in the hotel enjoy a driving tour through the hills and vineyards of Monferrato up to the village of Gavi, that gives its name to the Gavi D.O.C.G., probably the most renowned white wine of Piedmont. Visit of its fort and its main wine cellar and shop. Lunch in restaurant.

Afternoon: return to Nizza Monferrato, fourth and last session of your cooking course. Overnight in hotel. **(B, L, CC, D)**

**Day 6: Nizza Monferrato/Barbaresco/ Barolo/Alba/Grinzane Cavour/Nizza Monferrato**

After breakfast in the hotel you will ex-

plore the Langhe area, a part of Piedmont that may be considered the food and wine district along with Monferrato and Roero, UNESCO heritage. First stop at Barbaresco, giving its name to one of the best red D.O.C.G. wine, nicknamed "The wine of queens" according to an old saying. Here you will visit and have a taste at the renowned Marquis of Gresy wine cellars. Trip goes on to Barolo, home to the worldwide famous Barolo D.O.C.G., also nicknamed "Wine of the kings." Visit at a local wine maker premises followed by a Piedmontese typical lunch accompanied by a taste of different kinds of Barolo D.O.C.G. and other wines of this area. Afternoon depart for Grinzane Cavour, where you will visit its castle hosting the Enoteca Regionale Piemontese Cavour (Cavour Piedmontese regional cellar) and Langhe Museum. The castle is also home to a famous international literary award held here once a year, named Grinzane Cavour Prize. Transfer to Nizza Monferrato with a stop along the way in Alba, the "capital" of the Langhe, a beautiful medieval city home to the famous white truffle and the "round and mild nut", basic ingredient of Nutella, the worldwide famous nut and





## BAROLO

cocoa cream produced by Ferrero company, which has its headquarters here. Back to your hotel for dinner and overnight. **(B, WT, L, D)**

**Day 7: Nizza Monferrato/Torino**  
After breakfast in the hotel. Transfer to Torino to begin a walking tour through the beautiful streets of the old town centre. Free Afternoon: visit to the Royal Residence hub: Palazzo Reale and its Gardens, symbol of the magnificence and opulence of the Savoy dynasty, is the epicentre of all this power, and where the Royal Collections are held, bearing witness to the careful administration by the Savoy and their love of art; Palazzo Madama, the first Senate of the Italian Kingdom, and takes its traditional name from the embellishments it received under two queens (madama) of the House of Savoy; Palazzo Carignano, a symbolic place for the history of the House of Savoy and the Italian Risorgimento: as well as being the birthplace of Charles Albert and Victor Emmanuel II, it was the site for the Piedmontese Parliament and the first Parliament of Italy. Dinner and overnight in hotel. **(B, D)**

**Day 8: Departure**  
Breakfast in hotel. Time at leisure according to departure time. **(B)**



### Legend

B	Breakfast
L	Lunch
D	Dinner
CC	Cooking Class
WT	Cooking Class





## Normandy

# NORMANDY AND MONT-SAINT-MICHEL

### 4 Days/3 Nights Itinerary

#### DAY 1: PARIS, GIVERNY, BAYEUX

(Private Transfer) Pick up by a private minibus & your driver-guide at your hotel or airport/ train station in Paris. Transfer to Giverny for a guided visit of Monet's house and gardens. Claude Monet lived for forty-three years, from 1883 to 1926; with a passion for gardening as well as for colors, he conceived both his flower garden and water garden as true works of art. Walking through his house and gardens, visitors can still feel the atmosphere of the Master of Impressionism and marvel at the floral compositions and nymphaeas, his greatest sources of inspiration. Transfer to Bayeux. Accommodation and overnight at your hotel.

#### DAY 2: NORMANDY TOUR

Breakfast at your hotel. Pick up at your hotel by your driver-guide. **(B)**

#### PACKAGE 1: FULL DAY TOUR US SECTOR (Shared Tour)

Today you will discover an interesting area, stopping to visit all major sites in the U.S sector. Visit of St Mére-Eglise strategically situated on the main N13 highway to Cherbourg and only a few miles away from the coast, this farm-

ing community became the center of the huge airborne operation (with 15,000 U.S paratroopers) that started during the night before D-day.

- **Airborne Museum** Built at the location where a house was on fire during the night before D-day, this museum has been gathering an amazing collection of memorabilia, in particular in the form of donations from the veterans themselves.
- **Utah beach** Closest to the Germans around Cherbourg, and quite separated from the other beaches, it could have been a disaster. Utah was rather lightly defended and had the great privilege to be protected by the American paratroopers (who had been in the area for several hours already). A quick stop at German cemetery that was originally started as an American cemetery in 1944 (for both Americans and Germans). After the war this cemetery became the largest German one in Normandy with over 21,000 soldiers buried here.
- **Pointe du Hoc** One of the largest German coastal batteries with six cannons. Being of 6-inch caliber and of a range of about 10 miles, these cannons would be a threat to both Omaha and Utah beaches. Thanks to the first help of a group of locals to make this incredible site a place of memory, it has been well preserved since, with its monuments and a number of bunkers and also bomb craters all over this 30-acre battlefield.
- **Omaha Beach** The most famous and most difficult of the five D-day beaches. It took the highest casualties, due in particular to its topography, it was the only beach with high ground just beyond.
- **US cemetery** The Normandy American Cemetery is the final resting place for 9,387 Americans. It covers 172 acres and is an actual battleground as it overlooks the "Easy Red" sector of Omaha Beach. Soldiers of all ranks honored here were buried after the war was over, by their families' request. Your guide will give you time on your own at the end, to either stay longer in the cemetery or save time for the Visitor Center that was opened in 2007 by the American Battle Monuments Commission and was designed to put the D-Day invasion of June 1944.





## Le Mont Saint Michel

### PACKAGE 2 : HALF DAY TOUR CANADIAN SEC-TOR (Shared Tour)

Today, you will discover the places where the principal events and battles made up the Battle of Normandy, in particular all major sites in the Canadian sector.

- **Visit of the Juno Center**

This museum, the only Canadian one in Normandy, commemorate the contributions and sacrifices of Canadian soldiers during the liberation of Europe in WW2. Divided in seven parts, it explains what Canada was before the war started, how the country turned completely toward the war effort, the different Canadian campaigns in Europe and the total human cost.

- **Graye/Courseulles-Sur-Mer**

Western part of the assault on Juno Beach, three sectors were given to different regiments to attack: Canadian Scottish / Royal Winnipeg Rifles/ Regina Rifles. The troops landed on either side of the Seulles river and the small fish-

ing village of Courseulles-Sur-Mer was liberated in the afternoon.

- **Bernieres/St-Aubin**

On this eastern side of Juno Beach, two other infantry regiments attacked: the Queen's Own Rifles and the North Shore. At Bernières, where La Chaudière Regiment later landed, is located the main monument close to the famous big Norman house that is in so many D-day pictures, and which still permanently flies a Canadian flag.

- **Canadian Cemetery**

Located between Bény and Reviere, inland from Juno Beach on top of the little hill that overlooks the coast, this cemetery is beautifully maintained by the Commonwealth War Graves Commission. Enjoy a visit of the Abbey d'Ardenne, beautiful Norman Abbey from the 12th century. A number of Canadian prisoners were brought here and executed on June 7th and 8th. Back to your hotel in Bayeux. Overnight in Bayeux

### DAY 3: THE MONT-SAINT-MICHEL (Shared Tour)

Breakfast at your hotel. Pick up at your hotel by your driver-guide and departure to Le Mont Saint-Michel. Perched on a rocky islet in the midst of vast sandbanks exposed to powerful tides between Normandy and Britain stand the 'Wonder of the West'. Visit this exceptional site formed by a granite island with its village houses huddled close together and encircled by walls. On top lies the Abbey of the Mont-Saint Michel, a Gothic and Benedictine abbey dedicated to the archangel St Michael. The breath-taking view from the top that is worth the number of steps you have to come up! Transfer back to your hotel in Bayeux. Overnight at your hotel. **(B)**

### DAY 4: DEPARTURE (Private transfer)

Breakfast at your hotel. Pick up at your hotel by a private taxi and transfer to Bayeux train station. **(B)**



## WHAT'S INCLUDED

- Private transfers on Day 1 & Day 4
- Transport in air-conditional minivan (8 participants maximum) with the services of a qualified English speaking driver-guide according to the above program
- Day 2: Full Day Shared Tour Normandy Landing Beaches US Sector or Half Day Shared Tour Normandy Landing Beaches Canadian Sector
- Day 3: Full Day Shared Tour MontSaint-Michel.
- 3 nights hotel accommodation and daily breakfast
- Entrances according to the above program:
  - Juno Beach Museum (Day 2 Canadian Sector)
  - Airborne Museum (US Sector)
  - Entrance & private guided visit of Monnet's House & Gardens in Giverny

## NOT INCLUDED

- Entrance to the Abbey of Mont-Saint-Michel: Estimate 10 Euros per person
- Any other options, tips or personal expenses, luggage handling
- Insurance



The Centre Juno Beach, D Day Canadian Memorial

## Legend

B	Breakfast	CT	Cheese Tasting
L	Lunch	CL	Cooking Lesson
D	Dinner	A	Aperitif
WT	Wine Tasting	HD	Half Day





## SAGRADA FAMILIA, BARCELONA

# RIOJA AND SPARKLING WINE REGIONS

BARCELONA, PENEDES, SITGES, LOGROÑO, MONTBLANC, HARO, LAGUARDIA, LABASTIDA, STO. DOMINGO DE LA CALZADA, SAN MILLAN DE LA COGOLLA, ZARAGOZA - 7 Days/6 Nights Itinerary

### DAY 1: BARCELONA

Arrive in Barcelona airport and transfer to your hotel. Afternoon, guided tour to familiarize yourself with the town, strolling around the Gothic quarter full of buildings of the twelfth and sixteenth centuries, and the Cathedral. Next, visiting the district 'Eixample', with the main modernist buildings and the famous Sagrada Familia. To complete the tour, walking through the famous "Ramblas," streets full of life, bars, cafes, restaurants and street performers. Dinner and overnight at hotel. **(D)**

### DAY 2: BARCELONA-PENEDES-SITGES-BARCELONA

After breakfast depart for a full day guided excursion to the nearby wine region of PENEDES (about 60 kms), the largest sparkling (in Spanish 'cava') wine region in the whole world. We will visit one of the most famous wineries, Codorniu, featur-

ing the largest subterranean wine cellar in the world, more than 30 kms, riding on a little train. We will also visit the famous wine cellar of Torres. In the afternoon depart for SITGES we will follow to this beautiful seaside village, residence of many famous worldwide painters due to the amazing light. Return to hotel. **(B, D)**

### DAY 3: BARCELONA-MONTBLANC-POBLET-LOGROÑO

After breakfast depart for Montblanc. We suggest a walk around this little walled town, with plenty of pretty gothic buildings. There is the curious little Wine Museum Prenafeta, where we can see all the elements used in the traditional family wine process. POBLET The most important middle age monastery in the Catalonian region, it is like a little village itself. They had a big influence in the culture of the region. Depart for Logrono (The capital of the Rioja region) Dinner and overnight at

hotel. **(B, D)**

### DAY 4 : LOGROÑO-HARO- LAGUARDIA-LABASTIDA - LOGRONO

After breakfast depart and visit the Rioja wine world. Everything in this region is in relation with the Rioja wine. We start in the morning with the area called 'High Rioja,' and its main village. Depart for Haro, here we will visit the Museum of the Wine, and The Technical Institute of the Wine. Depart for Laguardia and visit Villa Lucia complex dedicated to wine (possible to arrange tasting and technical talks). In the afternoon, we will go to Labastida a little village which the economy are in relation with Rioja wine. Visit the wine cellar of 'Nuestra Señora de Remelluri (little familiar producer but very nice). Return to the hotel for dinner and overnight. **(B, WT, D)**





## JEREZ DE LA FRONTERA

### DAY 5: LOGROÑO-STO. DOMINGO DE LA CAL-ZADA-SAN MILLAN DE LA COGOLLA-LOGROÑO

After breakfast depart and visit other wine cellars. Excursion to STO. DOMINGO CALZADA. An important stop in the ‘St. James Pathway’ and S. MILLAN COGOLLA where the monasteries of Yuso and Suso are located and are considered the ‘birth-place of The Spanish’ language, it is also an architecture masterpiece. Return to the hotel and overnight. **(B, D)**

### DAY 6: LOGROÑO-ZARAGOZA

After breakfast, depart for Zaragoza. Stop for walk in the Pilar Square, where the local citizens congregate for important events, and where there are the main monuments: Pilar Basilic, Seo, XVIth cent. Lonja (old market). Afternoon guided city tour (Basilic of Pilar, Palacio Aljaferia). Dinner and overnight at hotel. **(B, D)**

### DAY 7: ZARAGOZA-BARCELONA

After breakfast, transfer to the airport in Barcelona for your return flight home. **(B)**

### WHAT'S INCLUDED

- 6 overnights in hotels (First Superior Category), in standard rooms

- 6 buffet breakfast (hot and cold)
- 6 dinners in hotels (Buffet). No drinks
- Guided tour of Barcelona
- Guided excursion to wine region of Penedes and visit of Codorniu, Torres and Nuestra Senora de Remelluri and other wineries
- Visit Sitges, Montblanc, the wine museum of Prenafeta, the monastery in Poblet, the capital of

the Rioja region Logrono, Rioja wine world, Haro’s museum of wine and technical institute, Villa Lucia complex, the little village of Labastida

- Excursion to Sto. Domingo Calzada, St. James Pathway and S. Millan Cogolla for the monasteries of Yuso and Suso
  - Luggage portorage at ho-tels (1 piece of luggage per pax)
- Other itinerary suggestions:
- In case of departure flights before 13’00hrs, Day 6th overnight would be nearer toBarcelona airport (Lleida or same airportarea,

etc.)

- This Itinerary also available with slightmodifications with arrival and departureMadrid airport or Bilbao Airport
- Day 2 visit of wine cellar can be combinedwith Montserrat Monastery instead of Sitges
- Barcelona would be worthy of one day more, in case you would have it.

### Legend

B	Breakfast
D	Dinner
WT	Wine Tasting





## Lavender Fields

# THE BEST OF PROVENCE

## 5 Days/4 Nights Itinerary

### DAY 1: ARRIVAL IN AIX-EN-PROVENCE

Private transfer from airport or train station. Accommodation and overnight at your hotel.

### DAY 2: HALF DAY TOUR - AIX-EN-PROVENCE & GOURMET WALKING TOUR

Morning at leisure. Meet your English speaking guide at your hotel and start your gourmet walking tour in the historical center of Aix en Provence. Thanks to this guided tour, you will be able to discover this charming provencal town and also to please yourself with the diversified scents and flavours of the region. Let your senses be amazed by the colors and the smells of several local products, be tempted by some Calisson, the sweetest candy of all time created in Aix en Provence, appreciate a toast of green or black tapenade, taste a piece of cheese or a glass of wine from one of the local wine appellations. Everything is organized in order to allow you to discover what Provencal gastronomy truly means. End of the tour in the old town. Overnight

at your hotel. **(B)**

### DAY 3: FULL DAY TOUR - CASSIS & CARMARGUE (This tour is valid only Thursday)

Pick-up at your hotel by your driver guide and transfer to Cassis. Some places let you fall in love at first sight, and Cassis is part of them! Drive from Aix to the Cape Canaille, the highest maritime cliff in France and enjoy the panoramic view on the bay. Spend some free time at leisure in the charming fishermen harbor. Join a cruise to discover the calanques, limestone cliffs diving in the clear blue waters of the Mediterranean sea and creating natural coves (fat, rocky claws that resemble Norwegian fjords and poke out into the sea).

This afternoon, drive through Arles, to the Regional Natural Park of Camargue where bulls and horses roam free in wide spaces. Arrival in Saintes-Maries-de-la-Mer, the capital of Camargue, along the wild and picturesque Route de Cacharel. Visit the fortified church with its famous



legend and free time in the village (possibility of swimming or sunbathing) before going back to Aix-en-Provence. Back to Aix-en-Provence.

Overnight at your hotel. **(B)**

### DAY 4: FULL DAY TOUR - VALENTOLE, MOUSTIERS-SAINTE-MARIE, VERDON

Breakfast at your hotel. Pick-up at your hotel by your driver-guide, and drive through the valley of the





## Provence

Durance river, and discover the Plateau of Valensole specialised in the cultivation of « lavandin », where small roads are winding through the fields of flowers. Many stops are included by the fields in bloom. Stop at a farmer/ producer's place lavender and lavandin essential oils, olive oil, lavender honey. Stop in the perched village of Moustiers-Ste-Marie, so famous for its earthen ware workshops (free time for visit and lunch not included on your own). In the afternoon, continue to the breathtaking opening of the Grand Canyon of the River Verdon. Photo stop in the lavender fields. Free time in the picturesque village of Sainte Croix du Verdon settled by Sainte Croix Lake (possibility of swimming or sun-bathing: don't forget your swimsuit) before going back to Aix. Overnight at your hotel. **(B)**

### DAY 5: DEPARTURE

Breakfast at your hotel and check-out. Private transfer to the train station or airport. **(B)**

### Legend

B	Breakfast	CT	Cheese Tasting
L	Lunch	CL	Cooking Lesson
D	Dinner	A	Aperitif
WT	Wine Tasting	HD	Half Day

### WHAT'S INCLUDED

- Private transfers & transport in air-conditioned minivan with the services of a qualified English-speaking driver-guide according to the above program.
- 4 nights hotel accommodation with daily breakfast
- Entrance & Visits according to the above program
- Private transfer on day 5
- Shared Tour: Aix-en-Provence Historical & Gourmet walking tour (This tour is valid Wednesday and Saturday).
- Shared Tour : Cassis and Camargues (This tour is valid Thursday)
- Shared Tour: Valensole, Moustiers-Sainte-Marie, Verdon (This tour is valid: From Monday to Sunday)

### NOT INCLUDED

- Drinks, other meals
- Any other options, tips or personal expenses, luggage handling.
- Insurance.





## Lisbon

# TREASURES OF PORTUGUESE INTERIOR

LISBON, TORRES VEDRAS, OBIDOS, COIMBRA, ANADIA, CURIA, SANGALHOS, CAREGAL DO SOL, VISEU, SANTAR, AVEIRO, PORTO 8 Days/7 Nights Itinerary

### Day 1 Lisbon

Arrival at the Lisbon Airport. Private transfer to the hotel. Check in. Rest of the day at leisure. Overnight Lisbon.

### Day 2 Lisbon - Torres Vedras - Óbidos - Coimbra

Breakfast at the hotel. We'll leave Lisbon towards Torres Vedras, to visit a winery that's surrounded with 40 hectares of vineyards, besides being a wine temple, its contemporary architecture will amaze you, at the end of the visit will savor their wines. Continuing to Óbidos, one of the most beautiful villages in Portugal with a captivating medieval history. After lunch, will discover what makes this village special, starting with an arch from the XVIII covered with Portuguese tiles called "azulejos", its narrow and maze like streets with white houses and terraces fulfilled with flowers, dozens of temples, a well preserved castle and handicraft

stores. In the end of our stroll, try a local speciality : Ginjinha, liquor served in a chocolate glass. Our last stop will be Coimbra, a mystical city that has one of the most ancient universities in the World. Overnight Coimbra.

### Day 3 Coimbra - Anadia - Curia

Breakfast at the hotel. Our morning will be reserved to carefully unveil the wonders of Coimbra, a charming city situated on the banks of the Mondego River, calmly walk through its narrow streets, passing by the fascinating ruins of Santa Clara Monastery and other enchanting historical traits. At the end of the morning, we'll proceed to another wine region called Dão, we'll have lunch and visit at a unique winery considered to be one of the most modern, due to its avant guard architecture from cellar to the restaurant, and were you will have a taste of Portuguese nouvelle cuisine. Then, we'll visit

another winery with a more traditional background, 16 hectares of vineyards that's been producing wine since XVIII, finishing our visit with a wine tasting. We'll continue to Curia, a city known for its magnificent hot springs, as well as, being surrounded by lushes gardens and forest. Overnight Curia.

### Day 4 Curia - Sangalhos - Carregal do Sal - Viseu

Breakfast at the hotel. We'll begin our day jumping into the world of wine and art in a unique manner, appreciating eight art collections with the most diverse themes, that's been carefully blended with the wine universe, finishing with a wine tasting. Then we'll unveil another relic in the heart of the Dão, a place that combines two pleasures in life, wine and gastronomy.





## Viseu

This wine estate is well known in the region, its restaurant offers succulent and regional dishes and its cellar produce renowned wines. After lunch, we'll visit the cellar to learn more about the characteristics of the wine. We'll proceed to Viseu, a city that's surrounded by mountains and rivers, besides playing an important role in the Portuguese history, its known for its sacred art and religions architecture. Overnight Viseu.

**Day 5 Viseu - Santar - Viseu**  
Breakfast at the hotel. Our day will be reserved to uncover a beautiful village, that's been preserving its architectural heritage, where the granite reigns with imposing houses, and throughout the years, the wine production has imprinted the lifestyle in Santar . The first visit will be to a property from XVII century, recently renovated, beginning with a stroll in the vineyards, passing by a small garden and finishing with a wine tasting. After lunch, we'll walk down the street to discover another property that's over flowing with history, a magical garden that carefully blends with the vineyards leading to the wine cellar. Dinner at the cellar before returning to Viseu to visit a unique place

that embraces the local wines in a special manner. Overnight Viseu.

**Day 6 Viseu - Aveiro - Porto**  
Breakfast at the hotel. We'll make our way to the coast to Aveiro, known as "Portuguese Venice" due to a set of canals that are intertwined with Aveiro streets. Spending the morning appreciating its pastel colors art nouveau buildings, visiting its monuments and museums, and a lovely trip aboard a typical boat called "moliceiros". During the afternoon, we'll visit a distinctive place that produce a famous pastry made from egg yolk and sugar among other sweets from the region, besides tasting these delicacies; you can roll up your sleeves and make the delicious dough. Continuing to Porto, an enchanting city situated at the banks of the Douro River. Dinner with local specialties and Port tasting. Overnight in Porto.

**Day 7 Porto**  
Breakfast at the hotel. We'll visit the enchantments of Porto, classified as a UNESCO World Heritage Site due to its staggering monuments and historical buildings. During the morning we'll stroll through picturesque streets with typi-

cal houses and fascinating monuments. In the afternoon, we'll see the city from a different perspective, navigating the waters of the Douro River in a typical boat called "Rabeloâ." In the past, these boats used to carry Porto Wine Barrels from the Douro Region to Vila Nova de Gaia (Porto), where the wine was stored. Afternoon at leisure. Sight seeing suggestion: unveil the famous Lello bookstore, considered to be one of the most beautiful bookstores in the world. Farewell dinner in a special typical restaurant with Portuguese wine paring. Overnight in Porto.

**Day 8 Porto**  
Breakfast at the hotel and transfer to the Airport.

### Legend

B	Breakfast
L	Lunch
D	Dinner
WT	Wine Tasting

