

Tour
Information



Sardinia





Passports

Please ensure your 10 year British Passport is not out of date and is valid for a full three months beyond the duration of your visit. EU, Andorra, Liechtenstein, Monaco, San Marino or Switzerland valid national identification cards are also acceptable for travel to Italy.

Visas

Visas are not required for British and EU nationals. For all other passport holders please check the visa requirements with the appropriate embassy.

Italian Consulate-General: "Harp House", 83/86 Farringdon Street, London EC4A 4BL.

Tel: (0)20 7936 5900. Fax: (0)20 7583 9425.

Email: consolato.londra@esteri.it

Website:

http://www.conslondra.esteri.it/Consolato_Londra

Open Mon-Fri 0900-1200



Tickets

Included with this documentation is an e-ticket, which shows the reference number for your flight. EasyJet have now replaced all of their airport check-in desks with EasyJet Baggage Drop desks.

Therefore you must check-in online and print out your boarding passes before travelling. Checking in online also provides the opportunity for you to pre-book seats, if you wish, at an extra cost.

Online check-in is available 30 days prior to travel using the reference number provided. Please see the enclosed e-ticket for more information or visit;

www.easyjet.com

Please check that the details on your documentation are accurate and that all names are spelt correctly and match the names on your passport. Your flight ticket is non-transferable and non-refundable. No refund can be given for non-used portions.



Baggage allowance

We advise you to check the baggage allowances carefully as you are likely to be charged the excess if you exceed the weight limit. Maximum weights for single bags apply.

With Easyjet your ticket includes one hold bag of up to 20kg plus **one** cabin bag no bigger than 56 x 45 x 25 cm. Please note that personal bags (such as handbag or computer case) must be stored within you single piece of hand luggage and that on some busy flights you bag may have to go into the hold, at no extra cost. If you bring **one** piece of cabin baggage no bigger than 50 x 40 x 20 cm, it is guaranteed to always travel with you in the cabin, in the overhead lockers or under the seat in front of you.

Please contact the airline for further information

<http://www.easyjet.com/en/planning/baggage>

Labels

Please use the luggage labels provided. It is useful to have your home address located inside your suitcase should the label go astray.

Transfers

On arrival in Olbia, transfer by coach to Santa Teresa di Gallura and the Hotel Corallaro.

Departure Tax

The departure tax is included in the price of your flight tickets.

Special Requests

If you haven't already, please notify Travel Editions of any special requests as soon as possible to allow sufficient time to make the necessary arrangements. Please note that some airlines may charge for use of wheelchairs.



Accommodation

Hotel Corallaro, Santa Teresa Gallura

Bright and airy, this four-star hotel is located just 200 metres from the golden sands and crystal clear water of Rene Bianca beach and a 10 minute walk from Santa Teresa di Gallura's main square with shops, bars and restaurants. Please note that to walk to the centre of Santa Teresa di Gallura there is a short steep hill.

Facilities at the hotel include a restaurant serving traditional cuisine, bar, sun terrace, outdoor pool and comfortable well-furnished bedrooms with en-suite shower, hairdryer, air-conditioning, TV, telephone, safety deposit box and minibar. Wi-fi is available in the lobby.

Unfortunately, rooms at the Hotel Corallaro do not include coffee/tea making facilities, so we recommend you bring a travel kettle if required.

For more information please visit the hotel's website: <http://www.hotelcorallaro.it/en/ambiente.htm>



Food

Sardinian cuisine is influenced by the geography and history of the island. With over a thousand miles of coastline, the region boasts an abundance of seafood – rock lobsters, clams, crabs, squid, anchovies, sardines, shark... But is it the traditional peasant style cooking of the mountainous inland area that is the heart of Sardinian cuisine. It tends to revolve around pig, goat, sheep, fresh locally grown vegetables (tomato, aubergine, courgette, artichoke) and herbs like myrtle, juniper and mint. You will see roasted and preserved meats, such as the unmissable *Maialetto* (spit roasted suckling pig), strong aged cheeses like *pecorino* and *casu marzu*, and delicious breads – the light wafer thin *Carasu* bread and the thick, hard crusted, but wonderfully soft and fluffy loaf.

Rich, hearty stews and soups are also popular, such as *Fregula* (pork, onion and pecorino soup), *Favata* (fava bean, salt pork and sausage stew), *Su Farro* (beef, cheese and farro grain stew), *agnello con finocchietti* (lamb, fennel, tomato and onion stew), and *Zuppa Gallurese* (bread, cheese and meat broth casserole).

And as in most Italian locations, pasta is a must-try. Along the more familiar shapes, Sardinian produces

some unusual specialities – *culingiones* (pecorino filled ravioli), *malloreddus* (gnocchi served with sausage and tomato sauce), *lorighittas* (ring shaped pasta), and *fregula* (tiny pasta balls, made with a semolina dough)

Traditional Sardinian desserts are often based on almonds, raisins, ricotta cheese and flavoured with spices or citrus. Lovely, light pastries are typical - try the raisin and walnut *pabassinas*. Other traditional sweets include *Gattò* (honey and orange peel cake), *Sebadas* (cheese and honey fritters), and of course the famous *Amaretti* biscuits.

Table service is common in most restaurants and bars. Usually, a discretionary service charge is added to your bill in restaurants and bars, and no further tipping is required.



Drink

The world's largest wine producer, Italy is home to some of the oldest viticulture regions. The wines are named according to their grape variety or after their village or area of origin. Sardinian wines are influenced by the island's location in the Mediterranean and by the region's history of contact with other cultures.

The island's white wines tend to be made from grape varieties seldom seen elsewhere in Italy – *Nuragus* produces a fresh crisp wine, *Vermentino* a dry, clean white, *Moscato* is a sweet and often sparkling wine and *Malvasia* comes dry or sweet. When it comes to wines, Sardinia's most unique produce is *Vernaccia*, aged in barrels, it is reminiscent of sherry. The island's red wines also have a tie to Spain, the main grapes *Cannonau* and *Monica* being of Spanish Origin.

Apéritifs such as *Campari* and *Punt e Mes* are excellent appetisers, while Italian liqueurs include *Grappa*, *Stregga*, *Galliano*, *Amaretto*, *Sambuca* and *Limoncello*.

Meals included in the price of your holiday are:

Breakfast – daily

Dinner – on first evening at hotel



Destination

"Lost between Europe and Africa and belonging to nowhere" (DH Lawrence), Sardinia is an exceptionally beautiful place with a spectacular coastline and fiercely independent attitude. The Costa Smeralda is home to Italy's cleanest beaches and fringed with powdery sand, dramatic cliffs full of hidden coves and picturesque villages.

Details of sights included in the itinerary:

Costa Smeralda

This 10 kilometre "emerald" stretch of coastline is one of Europe's most exclusive beach destinations for a good reason – it is breathtakingly beautiful. Lovely beaches, rugged cliffs and rocky coves give way to crystal clear waters whilst on land, purposeful subtle development have created glamorous resorts set against a backdrop of lush hills. Today we will visit *San Pantaleo* with its lovely old square and country church; *Cala di Volpe*, a Moorish style resort; and opulent *Porto Cervo*, the centre point of the coast.

For more information about the Costa Smeralda:
<http://www.costasmeralda.cc/en/>

Santa Teresa di Gallura

Located on the Stetto di Bonifacio, at Sardinia's northern tip, Santa Teresa Gallura is a small, unspoilt seaside resort, best known for its excellent beaches. Standing on the lovely beach of Rena Bianca, just north of the town, you can see across the water to Corsica. The small, charming centre has a number of little shops, delis and restaurants.

Castelsardo

Perched on a promontory above the Golfo dell'Asinara, picturesque Castelsardo is a perfectly preserved medieval town. The town grew up around the 12th century castle of the powerful Genoan Doria family, which now houses a museum of basketwork.

It is a lovely place to wander, with its warren of narrow atmospheric streets still exuding a strong medieval flavour – keep an eye out for elderly women sitting in front of their houses weaving traditional baskets.

For more information about Castelsardo:
<http://www.castelsardoturismo.it/>

Bonifacio, Corsica

Just an hour across the strait from Santa Teresa di Gallura, Bonifacio's magnificent old citadel teeters above the water on the edge of cliffs of white limestone – a spectacular sight. A natural harbour formed by the peninsula and the mainland means that the town has a long seafaring history, and was, in fact, once a colony of Genoa. Within this *haute ville* you'll find an atmospheric maze of alleyways lined with old townhouses and faded chapels, whereas around the calm waters you'll find many buzzy cafes and restaurants where you can relax and watch the boats come and go.

For more information about Bonifacio:
<http://www.bonifacio.fr/> (French only)

La Maddalena and Caprera Islands

An archipelago off Sardinia's north-eastern coast, made up of more than 60 small islands, now a protected national park, the Maddalena Islands are both attractive and mostly undeveloped. La Maddalena itself is the only island that is inhabited, and the town of Maddalena has a lovely compact historical centre to explore, with the local church housing a crucifix and two candelabras that were donated by Admiral Nelson. The Island is also known for its excellent beaches.

La Maddalena is connected by a causeway to the nearby island of Caprera, known for being the home of the Italian revolutionary Giuseppe Garibaldi. Whilst here we will visit the *Compendio Garibaldino*, the house where Garibaldi lived his simple farming life on Caprera which now houses some of his possessions and interesting artefacts.

Tempio Pausania and Nuraghe Majori

Amongst wild scrub and spectacular cork forests, *Tempio Pausania* is a small village with a history that can be traced back to the 16th century BC. Once a prosperous town, its Byzantine granite *Cathedral* is set against harsh, austere ground-level dwellings and small stone buildings.

We then explore nearby *Nuraghe Majori*, an early bronze age fortified tower on a natural rock outcrop. One of the most important prehistoric sites in the region, its ogive corridor is well preserved along with the high parapet which allowed observation the district's other principal nuraghe.

Reading suggestions

D. H. Lawrence, *Sea and Sardinia*.

An account of the author's journey to Sardinia in January 1921 – a delightful and insightful description of the landscape, the people, and the culture.

Grazia Deledda, *After the Divorce* and *The Mother*.

Sardinian author and Nobel Prize winner Grazia Deledda paints the picture of life on her native with beautiful depth and feeling.

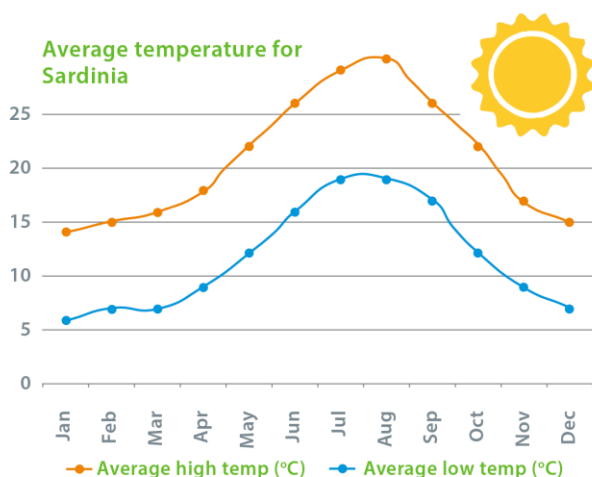
Tour manager

Your tour manager will be on hand throughout the tour to ensure that everything operated according to plan. If you have any problems or questions please see him or her immediately – it is often possible to resolve complaints or problems very quickly on the spot, and do everything to help you enjoy your holiday.



The Basics

Climate – Sardinia has a warm Mediterranean climate with long, hot summers and short mild winters. The sea is a suitable temperature for swimming from May to October. There is a chance of showers, so a waterproof or umbrella would be wise.



Time – GMT +2 hours (Summer time Apr-Oct);
GMT + 1 (Standard time Nov-Mar)

Language – Italian and Sardinian

Religion – predominantly Roman Catholic

National holidays – New Year's Day (01 Jan); Epiphany (06 Jan); Easter Monday; Liberation Day (25 Apr); Sa Die de Sa Sardigna (28 Apr); Labour Day (01 May); Republic Day (02 Jun); Assumption of Mary (15 Aug); All Saints' Day (01 Nov); Immaculate Conception (08 Dec); Christmas Day (25 Dec); St Stephens Day (26 Dec).

Currency – Euro. €1 = 100 cents. Notes are in denominations of €500, 200, 100, 50, 20, 10 and 5. Coins are in denominations of €2 and 1, and 50, 20, 10, 5, 2 and 1 cents.

Banks – Cashpoints compatible with international banking networks are located in all towns and cities, as well as airports, major train stations and other spots. They usually offer an attractive exchange rate. Those banks that still exchange foreign currencies into local money will always charge a transaction fee, so withdrawing money from an ATM usually represents the most logical means of obtaining euros.

Credit cards – American Express, Diners Club, MasterCard and Visa are widely accepted across the

country. If you're eating at a restaurant, check prior to the meal that your card will be an acceptable form of payment. Even in cities, it's advisable to carry a supply of cash with you at all times. Varying amounts of commission can be charged.

Electricity – 220 volt, two-pin continental plug.

Drinking water – Tap water is safe to drink. (Although you'll find plenty of bottled water for sale too)

Shops and museums – Department stores are open 0830-1930 Monday to Saturday. Most shops are closed between 1230-1530. Please note that some museums close on Mondays.

Although very common in tourist towns in Italy, please note that street and beach vendors selling all kinds of designer knockoffs are illegal and could land you with a hefty fine. Care should also be taken when buying antiques since Italy is renowned for skilled imitators.

Clothes & Shoes – You may like to bring a warm sweater for cool evenings. Light rain wear for the occasional storm and good grip/flat walking shoes are recommended.

Camera – Bring plenty of memory cards/film and any spare camera batteries as these are not always available. Please check with your guide before photographing people.

Bath plugs – The hotel has plugs for basins, but it is useful to carry a 'universal' one with you.

Telephones/mobiles – You should be able to use your mobile phone in Italy, depending on your operator and contract.

Tipping – To keep our tours affordable, we do not increase the tour price by adding in tips. However, in the tourism industry, there is a certain level of expectation that when receiving a good service, one does award with a tip. Tour Managers, Representatives, Guides and Drivers appreciate a tip at the end of their involvement with the tour, but this is entirely at your discretion. We believe in allowing you to tip according to your level of satisfaction with their services, but for your guidance about £2-3 per person per day for the tour manager is the norm. We would like to reiterate that tipping is an entirely optional payment and this information is given purely to answer any questions you may have about it.



Health

Doctor/Dentist/Chemist

Please talk to your tour manager if you are feeling unwell and they will organise for you to see a doctor.

Keep receipts for insurance claims.



Hospital

Your tour manager/hotel reception will arrange hospital transport.

Keep receipts for insurance claims.

General Health Advice

We suggest you take a good supply of your own individual medicines with you and always keep some in your hand luggage in case you get delayed or your luggage goes astray. General-purpose supplies for bites, stings, or scratches, and your usual medication for headaches, or stomach upsets are always recommended. Oral re-hydration sachets are excellent for topping up salt and glucose levels.

Visit the NHS Fit For Travel website for more generally information specific to the country you are visiting – www.fitfortravel.nhs.uk

Sun Protection

Always ensure you take sufficient sun protection and moisturiser. A sun hat and sunglasses are also advisable.

Mosquitos

Like most Mediterranean islands, you might get a few mosquitos about in the evenings so it is worth taking some repellent.

Inoculations

You should check with your own doctor and take their advice as to which inoculations are required for the country you are visiting, as only they know your medical history and recommendations are liable to change at short notice.



Insurance

To be covered under your Travel Insurance Policy, if you become ill, it is essential that you contact a local doctor and also telephone the emergency number of your insurance company. You will **NOT** be covered for any claim unless this procedure is carried out. Your insurance company will then decide on the best course of medical attention.

European Health Insurance Card (EHIC)

The EHIC replaced the old E111 in 2006. Valid in all EEA countries, the card lets you get state healthcare at a reduced cost or sometimes for free. It will cover you for treatment that is needed to allow you to continue your stay until your planned return. It also covers the treatment of pre-existing medical conditions.

Please note that the EHIC **is not** an alternative to travel insurance. It will not cover any private medical healthcare or costs such as being flown back to the UK, or lost or stolen property. Therefore, it is important to have both an EHIC and a valid private travel insurance policy. It is also important to note that each country's healthcare system is slightly different, so the EHIC might not cover everything that would be generally free on the NHS.

We strongly recommend that you take out an appropriate travel insurance policy when you travel abroad.

For more information about the EHIC please visit:

<https://www.ehic.org.uk>



Emergencies

Should an emergency arise, please call our offices on:

00 44 20 7251 0045

Outside office hours (Mon-Fri 0900-1700), telephone our emergency staff on:

00 44 20 7431 8201 or

00 44 7899 796542 or

00 44 7831 133079 or

00 44 1235 850720

PLEASE USE THESE NUMBERS ONLY IN THE EVENT OF A GENUINE EMERGENCY.

If you find that you are in need of consular assistance during your holiday:

British Honorary Consul, Cagliari

Vila Colombo 160

I-09045 Quartu SE CA

Tel: +39 7082 8628

Fax: +39 7086 2293

Email: agraham@iol.it

Open Tue and Thu 0900-1230. Outside of these hours, phone lines are open and it is possible to arrange a meeting.

Travel Editions

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Email: info@traveleditions.co.uk www.traveleditions.co.uk

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