



SARDINIA: Wild Scenery and Ancient Culture – Trip #xxxx
July 1-10, 2021 **Leader Merri Fox**

Join leader Merri Fox on this AMC adventure to the beautiful island of Sardinia where we will enjoy a variety of activities designed to appreciate the culture and scenery of this island - a prime tourist destination for Europeans but not well known on this side of the pond. Our hikes and walks will be easy to moderate level (see itinerary below for details), we'll have the support of an outfitter, local drivers and guides for all activities so we can make the most of our time here. In addition, we'll enjoy many fine meals and stay in good quality hotels in several of the most famous of the island's historic towns.

Sardinia is the second-largest island in the Mediterranean Sea, yet still one of Italy's least known regions, with extensive wilderness areas, sparsely-populated farming regions and long stretches of coastline accessible only on foot or by boat. It is home to some of Europe's most beautiful beaches. Numerous signs of the bronze-age Nuraghic culture are scattered across the landscape, as well as traces of the Roman Empire and other groups that dominated at different times during Sardinia's turbulent history.

The island has a vibrant culture that is distinctly different from mainland Italy. Each town and village has their own unique festivals celebrating religious events and ancient traditions. Sardinia's cuisine is based around fresh seafood and farm-produce, complemented by a wide range of excellent local wines.

The 10-day itinerary is designed to highlight the unique characteristics of each place we visit. Each day carefully-selected walks and hikes will put us in touch with Sardinia's natural and cultural environment. Folk-singers, local guides, a cooking class and several specially-planned meals will give us insights into the region's heritage and culinary traditions. This is high season in Sardinia, with dry warm days, cooler nights, warm seas and many special cultural activities going on.

Contemporary Sardinian cuisine has ancient roots in the island's fishing, gardening and shepherding traditions. We'll enjoy an incredible range of vegetables, cheeses, breads, pastas, meats, seafood, pastries, desserts and more as we journey from the coastline to the mountains. Most meals are included, and dinners will include samples of complimentary Sardinian wines.

This is a fully outfitted trip supported by local guides and drivers from the time we arrive on the island to the time we depart. The local connections and knowledge of the language, history and traditions these individuals can provide will make this a unique and even pampered experience. We'll travel in comfortable 9-seat vans driven by our outfitters/guides and stay in quality 3- and 4-star hotels each night.



Cagliari.

AMC 2021 adventure travel: Sardinia, Italy Itinerary details.

<p>Wednesday June 30</p> <p>Day 1: Thursday, July 1</p>	<p>Flights depart U.S. to arrive Cagliari, Sardinia on Thursday, July 1.</p> <p>Cagliari, Sardinia: start of the tour. Group members can check in to the hotel any time from 2pm onward. Leader will set a meet up time at airport for those who wish to share transport. At 5pm we'll rendezvous in the foyer for a stroll through the oldest part of the city, Castello, with its labyrinth of narrow, medieval-era streets and panoramic viewpoints over the city. A special 'Welcome to Sardinia' dinner will be enjoyed in an elegant restaurant, along with introductions and a trip briefing.</p> <p>More about Cagliari: <i>An ancient city at the crossroads of the Mediterranean, Cagliari has seen the rule of several civilizations including the Phoenicians, the Romans and the Spanish, each leaving their physical and cultural imprint and influence. Today Cagliari is Sardinia's political and artistic center; a colorful, cosmopolitan city of narrow lanes, lively piazza's, solemn churches and bustling markets.</i></p> <p>Accommodation: Hotel Flora (4-star), Cagliari. www.hotelfloracagliari.it/en/ Meals included: dinner</p>
<p>Day 2: Friday, July 2</p>	<p>Cagliari. Today begins with a walking tour of Cagliari (2.5 hours, 4 miles, ascent/descent 600 ft) led by a local historian-guide, focused on the history of both the city and Sardinia in general. The tour ends at San Benedetto's fresh produce market, with its incredible array of stalls selling fresh seafood, fruit, vegetables, breads, pastries, meats and more. Lunch-time!</p> <p>The afternoon is free to wander on your own through Cagliari's magnificent galleries, museums, castles, cathedrals and public gardens. Or or you can join your leader Merri in a tour of her choice. In the evening we'll reconvene for another group meal highlighting Cagliari's local cuisine.</p> <p>Accommodation: 2nd night at Hotel Flora, Cagliari. Meals included: breakfast and dinner.</p>



Day 3:

Saturday,
July 3

Cagliari to Baunei.

Following breakfast at the hotel we'll drive (2 hours 30) to the seaside town of Santa Maria Navarrese for lunch. From there we'll hike along the first section of Sardinia's famous, multi-day *Selvaggio Blu* coastal trail. **(Duration: 2 hours 30; distance: 6 miles; ascent/descent: 750 feet).**

At the end of the hike it's a short drive (15 minutes) to the village of Baunei - our base for the next two nights.

More about Baunei: *Situated on a natural terrace 1500 feet above the sea, Baunei has for centuries been a trading center where the shepherds of the Supramonte mountains could meet the fishers of the coast and the farmers of the plains below. Neolithic-era rock-carvings just a few minutes' walk from the town center testify to the presence of humans here at least 4000 years ago. Today Baunei is home to around 3500 people. Sardo, the Sardinian dialect, is the primary language though Italian is also widely-spoken. The primary industries of farming, forestry and fishing are still central to the economy while at the same time Baunei is gaining renown as a center for walking-tourism.*

After settling in to our hotel the guides will lead a stroll around the village ending at a friendly trattoria – just in time for dinner.

(Duration: 1 hour; distance: 1 mile; ascent/descent: 150 feet).

Accommodation: Hotel Bia Maore (3-star), Baunei. www.biamaore.it Meals included: breakfast, dinner.

<p>Day 4: Sunday, July 4</p>	<p>Baunei & Cala Goloritzé beach.</p> <p>A beautiful 3-hour guided hike leads through the Supramonte wilderness area down through a canyon to the beach of Cala Goloritzé. After a picnic and the opportunity to swim we'll travel by boat (40 minutes) along the spectacular Supramonte coastline to Santa Maria Navarrese and the short drive back uphill to Baunei. (Duration: 2 hours 30; distance: 5 miles; descent: 2150 feet).</p> <p>Once back in Baunei: time permitting we may offer a loop-walk around the prominent outcrop Monte Oro, offering spectacular views over the surrounding countryside and coast. (Duration: 1 hour 30; distance: 3.5 miles; descent: 500 feet).</p> <p>Accommodation: 2nd night at Hotel Bia Maore, Baunei. Meals included: breakfast.</p>
<p>Day 5: Monday, July 5</p>	<p>Baunei to Cala Luna beach, then and on to Bitti.</p> <p>A very scenic drive (1 hour 15) leads through the mountains and down to Cala Gonone. This is the closest town to Cala Luna, renowned as one of the most beautiful beaches in Europe and accessible only by boat or on foot. To get to Cala Luna we'll hike with a local guide along a spectacular coastline of cliffs, caves and forest, with the sea a translucent blue. If anyone prefers not to hike they can travel by water-taxi. (Duration: 3 hours; distance: 6.25 miles; descent: 850 feet).</p> <p>After time to enjoy the beautiful beach we'll travel by a water-taxi back to our vehicles and drive (50 minutes) to Bitti, our base for the next three nights. A dinner of local specialties will be served in the hotel's restaurant.</p> <p>More about Bitti: <i>Bitti is a town of around 5000 people in Sardinia's high-plains region, Barbagia, one of the least-populated areas in Europe. This remoteness has allowed its people to preserve their cultural identity and natural resources. Bitti's history has ancient origins, with archaeological sites showing evidence of human settlement dating back to the Bronze-age, around the 18th-century BC. According to a number of scholars the local dialect is the modern-day language closest to ancient Latin. The economy is based primarily upon agriculture, especially the production of cork-wood, olives, wine, wool and cheese. Bitti is the home of 'Cantu a Tenore', a unique style of traditional singing recognized by UNESCO as a 'masterpiece of the intangible heritage of humanity'.</i></p> <p>Accommodation: Hotel Su Lithu (4-star), Bitti. www.sulithu.it Meals included: breakfast and dinner.</p>

<p>Day 6: Tuesday, July 6</p>	<p>Following breakfast at the hotel we'll drive 45 minutes to Montalbo, a magnificent mountain wilderness. Led by local guides we'll follow trails linking ancient shepherding shelters and alpine meadows. We'll stop for a picnic lunch along the way, and enjoy views extending across the high plains of Barbagia, down to the coast and out to the islands beyond. (Option 1 Duration: 4-5 hours; distance: 8 miles; ascent/descent: 2000 feet). (Option 2 Duration: 3-4 hours; distance: 5 miles; ascent/descent: 1250 feet).</p> <p>In the evening a traditional Sardinian wood-fired meal will be served in a private vineyard and country-house, a short distance from our accommodation.</p> <p>Accommodation: 2nd night at Hotel Su Lithu, Bitti. Meals included: breakfast, lunch, dinner.</p>
<p>Day 7: Wednesday, July 7</p>	<p>In the morning: a hands-on cooking class, culminating in a shared lunch. Together under the watchful eyes of local women we'll prepare local culinary staples such as <i>carasau</i> (bread), <i>culurgiones</i> (ravioli) and <i>sebàdas</i> (dessert). Throughout the class we'll sample essential elements in Sardinian cooking including fresh organic herbs and vegetables, olive oil, honey, various cheeses, cured meats and wine.</p> <p>In the late afternoon we'll take a short drive to one of Sardinia's most important archeological sites, Su Romanesezu, a Bronze-age temple and settlement where an historian-guide will show us around. Dinner will be served at a high-country farm, accompanied by a live performance of <i>Cantu a Tenore</i>, traditional folk songs.</p> <p>Accommodation: 3rd night at Hotel Su Lithu, Bitti. Meals included: breakfast, lunch, dinner.</p>



<p>Day 8: Thursday, July 8</p>	<p>A morning to explore the small town of Bitti and the workshops of local artisans, and to visit the town’s Museum of Rural Life. At 1pm we’ll drive (2 hours) to Alghero. After checking in to our hotel we’ll head out on a walking tour of this ancient city led by an historian-guide. (duration: 2 hours 30; distance: 4 miles; ascent/descent: 600 feet).</p> <p>More about Alghero: <i>Alghero is home to one of the Mediterranean’s best preserved historic city centers. Sturdy sea-walls and imposing fortifications enclose a tightly-knit network of cobble-stoned lanes, shady piazza’s, stately buildings, churches and monuments. Spanish influences are still apparent three centuries after the end of Spain’s rule: the local dialect is a form of medieval Catalan and street signs and menus are often written in both Catalan and Italian.</i></p> <p>Accommodation: Bienestar boutique hotel (3-star), Alghero. www.maisonbienestar.com/en/ Meals included: breakfast.</p>
<p>Day 9: Friday, July 9</p>	<p>For our last full day together in Sardinia we’ll head out for a half-day hike through Porto Conte Nature Reserve to the spectacular cliffs of Capo Caccia. After a free afternoon we’ll gather together for the short walk to an end-of-tour celebratory dinner. (Duration: 4 hours; distance: 7.5 miles; ascent/descent: 850 feet).</p> <p>Accommodation: 2nd night at Bienestar boutique hotel, Alghero. Meals included: breakfast and dinner.</p>
<p>Day 10: Saturday, July 10</p>	<p>End of tour. Following breakfast at the hotel we’ll drive to either Alghero International Airport or Cagliari airport to catch our return home flight.</p> <p>Meals included: breakfast.</p>

Fitness Level and Equipment: Each of our day hikes and activities are described on their respective days in the daily Itinerary herein. The activities and day hikes are rated as moderate (level 4) based on the AMC rating scale <https://www.outdoors.org/outdoor-activities/difficulty-ratings>

Trails are well maintained and marked varying in distance from 4-8 miles, with elevation gains or loss up to 2,000 feet. Short and long hikes can both be offered on some days if there is interest. Some terrain will be steep, rocky and uneven. You will need sturdy hiking boots (sneakers or other walking shoes not permitted), appropriate for day hiking on varied terrain, and a daypack suitable for carrying lunch, water, personal first aid kit and rain gear. Hiking poles are optional but recommended. Please note that this trip includes van rides of up to 2.5 hours on some travel days as well as a boat ride. If you have problems with motion sickness please discuss this with the leaders before applying.

Risks and Group Safety: While we will work hard to make this a fantastic, fun trip for all, the safety of all participants and the group as a whole is our number one priority. So to participate in this trip, you should be in proper condition for the activities outlined in the itinerary and equipped with the appropriate gear as noted above. You should always be aware of the risks associated with any outdoor adventure activity, including but not limited to adverse weather and environmental conditions, transportation in vehicles, by boat or on foot. Guides will provide specific information relative to the areas we are in each day, including detailed descriptions of terrain and what to carry with you, as well as any specific hazards to be aware of. Participants will be expected to follow instructions of guides and AMC leader in all issues regarding personal or group safety. When you apply for acceptance on this trip, please carefully read and sign the **Adventure Travel Acknowledgement and Assumption of Risk and Release and Indemnity Agreement**, and call Leader if you have any questions

Because we are committed that everyone has a safe and enjoyable trip, we contact all potential participants to discuss your capabilities, experience and expectations. Of course this is a 2-way conversation for you to discuss your questions with the leader as well. Based on this discussion, leader may request references to confirm your fitness level and suitability for this trip. On the trip itself, although leaders and guides are vigilant to ensure participant safety, each individual is ultimately responsible to keep themselves safe and within their physical capabilities.

Group Dynamics This trip is designed for persons who enjoy being part of a group, to have fun in company with adventurers of similar interests. AMC travelers are known for their cooperative efforts and camaraderie. Expectations are that all participants will be inclusive and considerate of others, mingle and participate in most of the group activities. Trip leaders encourage participant conduct consistent with Leave No Trace environmental and conservation principles and local regulations.

It may happen on any trip that a participant is or becomes unable to participate in one or more of the planned activities. AMC Trip Leader in their sole judgment, has the right and obligation to refuse participation in any activity to any group member for reasons of safety, whether it is of the group or of the individual. Examples of some conditions that might result in a participant's being unable to perform one or more activities include illness, injury, lack of proper gear, or inappropriate fitness level. Leader and outfitter will diligently try to find a substitute activity for the trip member, but this may not always be possible.

Lodging: We will be staying in 3 and 4-star hotels in Cagliari, Alghero, Baunei and Bitti. Two persons will share a room with private bath. Leader will assign you a roommate of the same gender unless you are traveling with another participant. A single supplement may be possible; please

discuss this option with leader if you are interested. All breakfasts are included and will be taken at our hotels.

Meals: *All breakfasts, 2 lunches and 7, 3-course dinners with beverage are included. Participants will be given recommendations for where they can purchase lunches when not included. The evenings when dinners are not included we will be in quaint villages with many choices; participants can stroll around and make their own choice or join leader to eat.*

Flights: *Leader will provide round trip flight recommendations to arrive and depart from Cagliari, Sardinia departing US East coast major airports on June 30th and arriving Cagliari early afternoon on July 1st, when our adventure begins. Flights to and from Cagliari can be made via connections through many European cities and participants may choose to extend their stay in one of them. Our outfitter will be happy to provide recommendations for add-ons in Italy. Leader will arrange a meet up time at Cagliari airport to greet arriving participants.*

Trip Price - \$4,325 (non-members \$4,425)

To join the AMC (2020 pricing \$50 individual, \$75 family) click [here](http://www.outdoors.com/get-involved/join) (URL: www.outdoors.com/get-involved/join). If you are not now a member and do not join, please include the additional \$100 with your deposit – see instructions below.

This is a non-profit excursion conducted by the AMC leader on a voluntary basis. However, some of the leader's expenses for the trip and administrative costs to support the trip are factored into trip costs to be shared by participants.

Included in Trip Price:

- 9 nights' accommodation (3 and 4-star hotels) double/twin rooms, all with private bathrooms.
- One AMC-AT leader certified for CPR and Wilderness First Aid
- Emergency Medical & evacuation travel insurance (limited), 24x7 emergency worldwide assistance, 24x7 AMC-AT emergency telephone access
- Tamarillo Active Travel directors Marina Mantovani and Anthony Norris traveling with the group throughout as tour managers, translators and guides.
- Additional Sardinian guides, access & admission fees for the following activities:
 - The historical walking tour of Cagliari, day 2.
 - Guided hikes on days 3, 4, 5 and 6.
 - The cooking class, day 7.
 - The guided tour of the archeological site on day 7.
 - The private performance of Barbagia's traditional *Cantu a Tenore* folk songs, day 7.
 - The tour of Bitti's Museum of Rural Life, day 8.
 - The historical walking tour of Alghero, day 8.
- All necessary vehicle transport from the group's departure from Cagliari on day 3 through to the group's arrival at Cagliari International or Alghero Airport on day 10.
- Boat travel along Sardinia's Supramonte coast on day 4.
- 9 breakfasts (ie: each day of the tour), 2 lunches and 7 three-course dinners with wine, still and sparkling water, tea or coffee.
- Marina and Anthony's assistance, advice and support with any travel that group members may be doing in Italy before and after the tour.

The Price Excludes:

- RT airfare to Sardinia (estimated at \$950-\$1100)
- Trip cancellation, lost baggage and Travel insurances coverage (all recommended)
- Cancellation charges
- Medical and evacuation insurance *beyond* that provided in AMC-AT trip price
- Any snacks, meals or beverages not specified above, including special-order drinks and menu items at group dinners.
- Entrance fees, tours etc. you elect to do on your own, not part of group itinerary
- Tips (approx. US\$75)
- Personal expenses such as laundry, souvenirs, phone and internet charges, etc.

APPLICATION AND DEPOSITS:

To apply for this trip, you must complete and submit a Participant Application, Confidential Health Questionnaire, and Acknowledgement and Assumption of Risk and Release form, enclosing a **registration deposit of \$2,325 (plus \$100 if you are not an AMC member at the time of applying)**. Until the trip is declared a 'go' by meeting its minimum requirement of 12, your deposit is fully refundable, less a \$100 administrative fee, which may be waived at the leaders' discretion. (See Cancellation Policy below) Your application will be subject to a full screening, including contacting your references and conducting a brief phone interview. A spot on the roster is not assured until this process has been completed and you have been notified. Once your roster spot is confirmed, your check will be deposited and become subject to the full cancellation terms stated below. **A final payment of \$2,000 is due February 1, 2021.** Please make payments by check payable to the "Appalachian Mountain Club" and mail to the address shown on the Participant Application. **NOTE: if you submitted application forms for the cancelled 2020 Sardinia trip, I can send you a special AMC waiver form to allow me to use your original forms (who needs more paperwork?)**

Between the time you are accepted on the trip and we reach our minimum number of participants (12) do not purchase any non-refundable airline tickets. Your leader will send you a formal notice when trip is full, and provide information on flight options and required arrival times in Sardinia.

CANCELLATION POLICY: The AMC Adventure Travel cancellation policy is based on the fact that your cancellation may not raise the cost to the other participants or to the leaders. Once you are notified the trip is declared to run as scheduled, the minimum cancellation fee is \$100. If actual costs (expenses already incurred on your behalf and any unavoidable future expenses that will be incurred as a result of your registration and cancellation) are higher, they will be assessed instead, unless they can be applied toward another acceptable participant. Should the leaders be able to replace you, you may be charged a reduced penalty. This will generally not be determined until after the trip. Failure to make trip payment(s) in a timely manner will be considered a cancellation.

On rare occasions AMC Adventure Travel may need to cancel all or a portion of a trip due to *force majeure* [e.g. terrorism, local health conditions, natural disaster, changes in local regulatory environment, etc]. In the event of such a cancellation, your trip fee will be refunded less any trip expenses already incurred plus any non-cancellable future trip expenditures. AMC Adventure Travel is not responsible for additional expenses incurred by you in preparing for the trip (including non-refundable air tickets, visa fees, gear or medical expenses, etc).

Airline tickets are purchased separately and owned by the participant. Penalties and forfeitures will be in accordance with the terms of the tickets you purchase for international and domestic travel.

Travel Insurance: Though every effort will be made to protect your investment and minimize any financial loss due to unforeseen emergencies, once payments are made by leaders to secure

services and accommodations, we cannot assure you will bear no financial risk. As always, we strongly suggest you purchase trip insurance to cover any need to cancel or interrupt your trip. The AMC insurance does not cover these circumstances. Leaders will provide you with a link to AMC's insurance provider, who offers an add-on to the medical and evacuation insurance that is provided. You are also encouraged to research other underwriters of travel insurance and make an informed choice. Leaders will help you, but are not insurance agents or experts. Detailed information about your coverage and options will be provided in the Letter of Acceptance and Trip Declaration that will be sent once we achieve the minimum number of participants on the trip.

Please note that the medical and emergency evacuation insurance provided through AMC and included in your trip price is secondary to your personal insurance. In the event of a claim, your personal medical insurance will be the principle payer and any subsequent expenses can be submitted to the AMC policy underwriter.

Your AMC Leader



Merri Fox retired from Pratt & Whitney after 35 years, where she worked as a Digital Technology project manager and Financial business systems analyst. Because she loves sharing her favorite outdoor destinations, over the past 22 years she has led hiking, snorkeling and cultural excursions in Belize, Paris, Hawaii, Arizona, the Tetons, Switzerland, California, Utah, New Zealand, and the Virgin Islands. Merri leads local hikes in CT and weekend AMC trips. She lives with husband Rance in NW Connecticut, where she enjoys gardening, cooking, and entertaining guests.

Next Steps:

For more information or an application package please contact: Merri Fox, fmerri99@gmail.com, 860-485-1697. If telephoning, please call between the hours of 9am and 9pm.