Sardinia

ITALY'S OTHER ISLAND REGION

Join us in Italy, October 8–15, 2018

Sardinia has all the requisites of paradise: ancient mysteries, a spectacular coastline, rugged mountains, sparkling beaches with pristine water, pink flamingoes, and fragrant herbs.

A true crossroads of civilizations, the island lies in the geographic center of the Mediterranean, an hour's flight from Rome. …

Elifant Archaeo-Culinary Tours
www.elifanttours.com / info@elifanttours.com / +1-347-868-6345

Sardinia

ITALY'S OTHER ISLAND REGION

Sardinia and its surrounding islands form the region of Sardegna.

Maureen Fant and Elizabeth Bartman, Elifant's principals

THIS PAGE AND NEXT: charming bronze statuettes of warriors and other (even domestic) subjects are splendid examples of prehistoric Sardinia's native art. The glass-paste faces were imported by Phoenician settlers. Important collections of both are on view in Cagliari's superb archaeological museum. Above right: a view of the cluster of conical nuraghi at Barumini, a UNESCO World Heritage site.

UNLIKE THE REST OF ITALY, MOST OF SARDINIA'S RICH archaeology is prehistoric, produced by native peoples about whom we still know little except for their sophisticated artistic and architectural legacy.

The island's strategic position and rich mineral resources attracted first Phoenician traders and then Roman invaders. We'll visit the Roman colonial cities, but also see remains left by the Phoenicians, who set up trading centers on the coast. Meanwhile, in the interior, the ancient indigenous people built the evocative, often magnificent, conical stone towers, and clusters of multiple towers, known as *nuraghi*, which survive in the thousands.

Sardinia's cuisine divides rather sharply into land-based and sea-based, and we'll experience both in trattorias, fine restaurants, and encounters with chefs, home cooks, and vintners (at least one winery visit). The peculiarly Sardinian foods we'll taste will include: unique pasta shapes—such as *malloreddus, culurgiones*, and *lorighitta*; full-bodied red Cannonau wine and refreshing white Vermentino; *porceddu* (suckling pig); sheep's milk cheeses; the crisp bread known as "music paper"; fresh tuna; bottarga; *fregula* with tiny clams, and, for dessert, cheese-filled *seadas* drenched in bitter honey (yes, bitter), and any number of almond-flavored *dolcetti*. After all that, we'll drink the island's delicious blueberry liqueur, *mirto*, or, for the fearless, the grappa whose name means "iron wire."

October in Sardinia may just be the best time to go. The summer crowds have left, but the weather will still be pleasantly warm. Our tour will begin in Cagliari, the capital, on the south coast, and end in Olbia, on the northeastern coast (both cities have airports).

See the next two pages for some highlights of the itinerary.

What's included

The tour price of US$6500 per person includes 7 nights bed and breakfast, at least one multi-course Italian meal (including wine) a day as well as other meals and snacks as described in the itinerary; all activities and transport as described; airport or train station transfers; and tips. Plus the undivided attention of Elizabeth Bartman and Maureen Fant, Elifant's principals, who plan and lead the tour themselves.

No additional charge is made for a private room.

Meal Key: B = breakfast L = Lunch D = Dinner S = Snack or tasting

The following program accurately reflects the content of the tour, but unforeseeable circumstances may impose a minor switch or substitution. Rest assured that Plan B, if needed, will be just as good.

Copyright January 2018

Sardinia

DAYS 1–4

"There is not in Italy what there is in Sardinia, nor in Sardinia what there is in Italy."

F. Cetti, 18th-century zoologist

Monday, October 8 INTRODUCING SARDINIA

The tour begins in Cagliari, the regional capital, about an hour by air from Rome or Milan. We'll pick you up at the airport (CAG) and take you to our boutique hotel in town, our base for three nights. L, D

- A casual introduction to Sardinian gastronomy and light lunch at a fascinating food shop.
- Walk through Cagliari and visit to the medieval cathedral.
- Welcome aperitivo with informal introduction to Sardinian history and gastronomy by Liz and Maureen, followed by dinner.

"The best two weeks of eating of my life."

—Bob D., Los Angeles

Tuesday, October 9 PREHISTORIC SARDINIA

Today we meet the various ancient peoples who lived on the island before the Roman conquest, including Phoenician traders and the native builders of the curious stone towers known as nuraghi. B, L, S

- The extraordinary National Archaeological Museum of Cagliari, with its unique collection of prehistoric, Phoenician, and Greco-Roman art, provides an unsurpassed overview of Sardinian archaeology.
- Lunch at a Michelin-starred restaurant near Barumini.
- Su Nuraxi di Barumini, a UNESCO World Heritage Site and Sardinia's largest and most important nuragic complex.

What's the difference between Phoenician and Punic? The Phoenicians originated in what is now Lebanon. Their settlements in the western Mediterranean, notably Carthage, are known as Punic.

Wednesday, October 10 PUNIC (PHOENICIAN) SARDINIA

The focus today is Sardinia's southwest corner, where we'll meet the Phoenicians, the most skilled navigators and industrious traders of the ancient Mediterranean. Their settlement in Carthage, on the nearby Tunisian coast, grew into Rome's archenemy. Their presence in Sardinia, however, was more commercial than colonial. B, L,

- Pula, a major archaeological site, on a spectacular promontory west of Cagliari, preserves both Punic and Roman remains.
- Sulcis, Sardinia's most important Punic site, preserves a fortress on its acropolis, a tophet (cemetery), and a Roman town.
- As time and energy permit, the industrial archaeology of 19th-century mining near Carbonia and the picturesque town of Trattalias (with its intact 13th-century church).

Thursday, October 11 ROMAN SARDINIA

The Roman presence in Sardinia dates to the invasions of the late third century B.C.E. Although the native population did its best to resist, the signs of Roman civilization are ubiquitous and impressive. We'll spend the night near Oristano (west coast). B, L,

- Tharros, the extensive remains of a well-preserved Roman city, beautifully positioned on a promontory.
- Oristano, the main city of western Sardinia, with archaeological museum and 13th-century Duomo and handsome bell tower.
- A lesson in traditional Sardinian gastronomy at a prestigious cooking school.

Sardinia

DAYS 5–8

Famous Sardinians:.
Grazia Deledda, Nobel laureate in literature (1926)
Antonio Gramsci, founder of Italian Communist Party
Antonio Segni, President of Italy 1962–64
Francesco Cossiga, President of Italy 1985–92

"I wish Elifant Tours went everywhere. I would never travel any other way again."

—Patty H., Boston

"This land resembles no other place. Sardinia is something else. Enchanting spaces and distances to travel—nothing finished, nothing definitive. It is like freedom itself."

D. H. Lawrence, *Sea and Sardinia* (1921)

Friday, October 12 INTO THE HINTERLAND

Today and tomorrow we'll go farther into the mountainous interior of Sardinia to meet the pastoral culture of more recent times. Here is where we'll taste the truly traditional cooking, that of the shepherds. We'll spend the next two nights deep in nature (but in perfect comfort!). B, L, D

- The majestic Nuraghe Losa, distinctive for its trilobate shape and complex engineering.
- The natural beauty (mountains, ravines, springs) and traditional houses of the area around Oliena.

Saturday, October 13 TRADITIONAL SARDINIAN CULTURE

Our exploration of Sardinian folkways and traditional food continues in and near the provincial capital of Nuoro. B, L, D

- Nuoro's ethnographic museum, which displays costumes, textiles, musical instruments, cookware, and even an entire room devoted to Sardinian bread art.
- Orgosolo, known for its murals, a form of social protest.

Sunday, October 14 ROMANS ON THE COSTA SMERALDA

No overview of Sardinia would be complete without a peek at the fabled Costa Smeralda, playground of the yachting set. Our tour concludes in Olbia—but not for off-season celebrity watching! B, L

- Olbia's state-of-the-art archaeological museum, which preserves remains of 24 (!) ancient ships of different epochs discovered in the nearby port.
- A fabulous farewell seafood lunch on the Costa Smeralda.

Monday, October 15 DEPARTURE

Individual departures for Olbia Costa Smeralda Airport (OLB). B

Questions about the tour or destination? Send us an email or give us a ring (+1-347-868-6345).

PICTURED ABOVE: Thorny but flavorful Sardinian artichokes (left) and *seadas*, fried pastry filled with pecorino cheese and topped with bitter honey (right)

Elifant

A NEW RECIPE FOR HIGH-END CULTURAL TRAVEL IN THE MEDITERRANEAN

Elifant Archaeo-Culinary Tours are unique, small-group trips for sophisticated travelers who delight in learning about the ancient world while indulging in the culinary present.

Each archaeo-culinary℠ tour concentrates on a circumscribed area of Italy, the route defined by the archaeological remains. We may choose the sites because they're too important to miss or because we have extraordinary access to interesting sites closed to the public.

We build a food-related itinerary around the archaeological route. Through fabulous meals and visits with chefs and niche producers, we learn about contemporary and traditional local food, while the ancient ruins provide a historical backdrop to how this food culture evolved. Informal talks over evening *aperitivi* often supplement topics addressed during the tour. Menus are carefully planned to highlight local specialties and traditions.

Don't worry about a thing

The comfort level is high. Hotels range from very comfortable to downright luxurious, restaurants from rustic trattorias to cutting-edge elegant, and travel (except in city centers) is by private bus. Every hotel choice involves choosing the right balance of charm, location, and comfort. The days are full, but the activity level is moderate. Participants should be able to walk up to half a mile at a time—extraordinary strength or stamina not needed.

Everyone receives plenty of individual attention before and during the trip, whether it's about travel advice, food allergies, or more in-depth discussion of the places we've seen and foods we've eaten.

No elephants in the room

"Elifant" stands for Elizabeth (Bartman) and (Maureen) Fant, Elifant's principals.

Liz, an archaeologist with a lively interest in cookery, is a past president of the Archaeological Institute of America and a prominent scholar of ancient Roman sculpture. Maureen, an award-winning food writer, studied classical archaeology before moving to Rome and becoming an expert in Italian cuisine.

Both Liz and Maureen call on their personal connections in the worlds of archaeology and food for access to special people and places, but curate and lead the tours themselves to give their guests all the convivial pleasures of traveling with friends. Tour participants speak of Maureen and Liz's knack for explaining their subjects without being either too scholarly or too simple.

Great company

If you've read this far, you'll understand that Elifant tours are special tours for special people. Group size ranges from 6 to 12, and includes couples, friends, and a good many solo travelers. Our meals are like dinner parties with an absolutely fantastic mix of guests—often taking their first group tour.

And no one ever feels left out. Liz and Maureen jointly lead and guide every Elifant tour and are always available to chat, have a coffee, or talk in greater depth about the day's subjects.

Every site visit is an adventure in living the past. Every meal is an event.

Destinations so far

Bay of Naples
Basilicata + Puglia
Sardinia
Emilia-Romagna
Western Sicily
Rome
Southern Etruria

Contact us

Elifant Archaeo-Culinary Tours LLC
15 West 81st Street, apt. 5A
New York, NY 10024

+1-347-868-6345
www.elifanttours.com
info@elifanttours.com
Skype: elifanttours

PICTURED ABOVE: Detail from the Villa of the Mysteries, Pompeii (left). Detail from the mosaic pavement in the Otranto cathedral (right).

Terms
AND CONDITIONS

Costs

The 8-day tour—as per the above description, including 7 nights bed and breakfast; meals and other food (including wine), activities, and transport as described; tips; and airport transfers—will cost US$6500 per person. No additional charge is made for a private room.

Reservations and payments

To reserve space, complete the online reservation form or download and print the form. Send your deposit to: Elifant Archaeo-Culinary Tours, 15 West 81st Street, apt. 5A, New York, NY 10024. We accept payment, only in U.S. dollars, by personal check drawn on a U.S. bank, wire transfer, or PayPal.com (including credit cards). You are responsible for any bank or service charges related to the payment method you choose. When you submit your deposit, you are bound to the terms and conditions outlined below.

Cancellation and refunds

You may cancel reservation at any time, provided the cancellation is made in writing. Cancellations will be effective once they are received in writing and confirmed by Elifant. An administrative charge of $100 will apply to all cancellations. Deposits are refundable if written notice of cancellation is received within 30 days of reservation and at least 120 days before the start of the tour; after that, deposits are 100 percent nonrefundable.

Cancellations within 120 days of the start of the tour are 100 percent nonrefundable although you may, with Elifant's approval, transfer your booking to a third party who satisfies

the conditions of the tour (we will retain a $100 administrative fee).

If we are forced to cancel the tour, you will receive a full refund without further

obligation on our part. Partial or full refunds cannot be made to participants who for any reason do not participate in some part of the program or complete the tour, or whose start on the tour is delayed. For this reason, we highly recommend that participants carry personal travel insurance.

Tour cancellation

Tours are costed on the basis of a minimum number of passengers traveling together. If this minimum is not reached, we shall either cancel the tour and offer a refund in full or, subject to clients' agreement, shall operate the tour at the necessary supplement.

Alterations to the tour

We will do our utmost to provide the tour described in the published material, but retain the right to modify or cancel any tour, accommodation, or arrangement due to unforeseen circumstances amounting to Force Majeure. In such circumstances we will inform you as soon as possible, and should the change be such that it alters the nature of the tour, we shall give you the choice of an alternative tour or a full refund of all money paid. As we will absorb all financial loss consequent upon cancellation due to Force Majeure, we shall not cancel any tour for reason of political tension or natural disaster unless the U.S. Department of State so recommends.

We reserve the right to make, without notice, minor alterations to the published program that do not change the nature of the tour or the value supplied.

If we have to cancel at any time, Elifant is not responsible for any monies paid to others for travel in conjunction with this tour, notably any airline cancellation penalty incurred by the purchase of a nonrefundable air ticket.

Surcharges

Our prices are based at the euro–US dollar exchange rate as of January 15, 2018. We reserve the right to impose a surcharge to reflect increases in the exchange rate. If the increase exceeds 5% of the tour price, we will offer you the option to cancel, with a full refund of all monies paid, provided we are notified within seven days of the surcharge's being imposed.

Health and insurance

All participants should be in good health and able to keep up with an active group. You are personally responsible for your own health and medical treatment. You must confirm to Elifant that you carry adequate travel and medical insurance, including medical evacuation. The tour leader, in conjunction with the appropriate medical advice, if applicable, has the right to disqualify any client at any time during the course of the tour, if considered necessary for the medical well-being or safety of the individual, or if, in the tour leader's opinion, the clients' actions are materially affecting

the enjoyment of the tour for the remainder of the group. Any decision with regard to any reimbursement for any part of the tour not completed will be made by Elifant.

Baggage and personal effects

These remain your responsibility and risk at all times. Elifant will accept no liability for loss, damage, or misdirection of your baggage or effects.

Airport transfers

Please book your flights early to avoid disappointment. To arrange for your airport transfers, Elifant will need your arrival and departure information at

least 45 days before the start date of the tour. Clients failing to provide such information by then will be subject to a surcharge of $50 per person or be responsible for their own transfers.

(continued)

PICTURED ABOVE: Detail of a wall painting from the Villa of Livia at Prima Porta, Rome

Terms
AND CONDITIONS

Responsibility

As a condition of participation, each passenger will be required to sign a Release of Liability, which will be sent before the start of the tour.

Elifant is not responsible for the performance of the services provided by carriers, hotels, and agents, and is not liable for any damage or compensation payable to any participant in respect to loss or injury sustained by the participant, regardless of its cause.

Ready to book?

Visit www.elifanttours.com/sardinia to complete a booking form online or download a PDF. Or just email us at info@elifanttours.com.

We request a nonrefundable deposit of $3000, by check in US dollars drawn on a US bank, per person to complete your booking. If you prefer to pay by bank transfer or credit card (through paypal.com), simply make a note on the booking form and we will send instructions. (You will be responsible for any additional charges.)

Please phone or email to say your check is in the mail. Our address:

Elifant Archaeo-Culinary Tours
15 West 81st Street, apt. 5A
New York NY 10024

We will bill you for the balance of the tour, due 90 days before departure.

And next …
ROMANS AND PARMIGIANO IN EMILIA-ROMAGNA

Across the Rubicon
April 1–8, 2019

We don't know whether it's the river Julius Caesar famously marched his army across, but there is indeed a Rubicon, and it can be found just south of Ravenna, where it meets the Adriatic. Our tour will take us to both sides of the Rubicon and, more important, the Po, as we tour (mostly) the Emilia-Romagna region in northern Italy.

We're trying to keep a straight face while we tell you how the Roman towns along our route often preserve the outlines of their forums in their piazzas or were the sites of famous battles. Here are some of their names: Bologna, Modena, Parma, Ravenna, Rimini.

Right. You're not thinking about the Roman army.

Yes, this is the land of prosciutto, culatello, parmigiano-reggiano, aceto balsamico, paper-thin tagliatelle with genuine ragù bolognese, and so much more, such as sturgeon from the Po and seafood from the Adriatic and the unique specialties of Ferrara and Comacchio. Of course we'll see how these classic and delicious products are made. (You'll never look at a piece of cheese or a bottle of balsamic vinegar the same way again, guaranteed.)

Many of the cities and towns boast numerous UNESCO World Heritage sites, and some have been so designated in their entirety. We'll examine the glorious mosaics and late antique churches of Ravenna, the Etruscan site of Marzabotto, and superb architecture throughout. Here and there we'll encounter vestiges of their ancient lives in the Roman ruins, but some must-see ancient art is on view in the regional museums.

Our tour will begin and end in Bologna, which has an international airport and links by high-speed trains with Rome, Milan, Florence, Venice, and other cities. As always, our dining will cover the spectrum from unreconstructed tradition to cutting-edge fine dining.