

TRAVEL PLAN – SINIS BY FOOD

3 days/2 nights - Hotel accommodation with HB formula

Day 1 - DISCOVERING CABRAS

Around 06:00 pm arrival, welcome drink and welcome by the Cultour, package's description to the participants and delivery of information materials relatives to the travel plan. Later on delivery of the keys and accommodation in a double room at the hotels in the old part of Cabras (Aquaie Sinis Hotel and Villa Canu Hotel). The village offers the chance in campidano's typical houses renovated and transformed carefully into comfortable hotels with the use of eco-friendly materials such as stone, raw land and the reuse materials. With typical furnishings, the Cabras' campidano houses, are perfectly integrated in the urban context center of the matrix centre. An holiday choice projected for the people who wants to enjoy completely the local community in warm and comfortable contexts.

The structures offer large and painstaking Mediterranean gardens enriched by sought-after and particular botanic species. Green spaces are inside the structures and have an outdoor pool provided with deckchairs and sunshades for the guests.

08.00 pm dinner at the hotel, free evening and overnight stay.

Day 2 – SALTED MULLET ROE AND SINIS WINE STREETS

8:00 am breakfast in hotel.

9:30 am meeting with a Cultour's guide and transfer by minibus to the Mistras Lagoon, a stretch of water that joins the passage between Sinis plain and the depressed area of the Oristano's gulf.

The lagoon, with an area of 450 hectares and a depth ranging between 0.50 and 1.05 m, is separated from the Oristano's gulf by extensive and continuous sand bars and it's known as a interest site of the European Community. The stretch of water, thanks to the contacts with the sea, has brackish waters and they give rise to a rich biodiversity, making it a true marsh paradise. Its particular environment characterized by constant winds, salinity and a low rainfall favoured the presence of significant animals species, especially birds, so that from the ornithological outlook , it's one of the most important sites in Sardinia.

A journey, through the nature of these hidden places for the eyes of the visitor, to discover the salicornia grasslands, the obione, the statice and the scirpo and the high vegetation such as bulrushes, spazzaforro, salsola, tamarisk, marsh reeds and cattail. The tour includes the observation of marsh grasses and description of the ancient uses of these in the local handicraft like as basket weaving, fassonis and fish traps. The itinerary continues with birdwatching that, in this area, gives a great choice thanks to a rich birdlife: the flamingo, the shag, the Purple Gallinule, the mallard, the sea partridges and others. Visitors will be provided with binoculars and technical data sheets for an easy acknowledgment. The tour continues with a visit in the Mistras fishpond which is managed by the Manca Brothers, where it is practised the extensive fishing and the semi-intensive aquaculture.

In the waters of Mistras lagoon there are many valuable fish species such as mullet, eels, bream, striped bream, sea bass and shellfish. The visit includes a path over the water between the “workers” and fishing environments to explore the secrets of the L’Oro di Cabras, the mullet salted roe, famous all over the world and dedicated to the most demanding palates. The morning ends with a tasting of salted mullet roe and fish products at the rooftop of Mistras fishpond with a wide view on the ponds and the Oristano's Gulf.

01:00 pm return and lunch at the restaurants of the old part of the village (Cabras), *Il Caminetto* or *Zia Belleda*, with fish, salted mullet roe and Cabras traditional dishes.

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03:30 pm transfer by minibus and visit the Fratelli Manca's fish establishments called 'L'Oro di Cabras'. Salted mullet roe history and traditional and no - traditional machining processes. Visit to shop with the possibility to buy the fish (salted mullet roe, smoked fish, etc.) directly from the producer.

5:30 pm transfer by foot to the Cantina Contini, guided tour of the historic cantina of Contini family and local wine tasting with an aperitif. Visit to the shop with the possibility to buy the wines and the winery products directly from the producer.

07:30 pm return to the hotel.

08:00 pm dinner at the hotel, free evening and overnight.

Day 3 – SINIS BARNS: FROM PRE-HISTORY UP TO TODAY

8:00 am breakfast in the hotel.

9:30 am check-out, meeting with the guide of Cultour and transfer by minibus at Rural Company Sa Ruda, located in the heart of Sinis, famous for the multi-functionality of the company farm. Sa Ruda, in fact, as well as being an educational farm and farm holidays, is the only example in Sardinia of experimental archaeological village. There has been rebuilt, life-size, a Neolithic village which retraces the main steps of the prehistory in the Sinis. Visitors will be involved in the visit of the archaeological village and in the study of the agricultural economy which has made the history of these lands, strategic and fertile since the past for the presence of waterways and autochthonous natural resources. Since the introduction of cereals to their processing and transformation until they get to simple products.

11:30 am transfer to the archaeological area of Tharros, Phoenician-Punic city founded in the VIII century b.C, a true cultural pearl in the territory of Oristano which registers every year thousands of visitors from all over the world. The tour includes a targeted analysis of the site with particular regard for the history of the local economy and the cereal production of the Sinis' plains from the Phoenician-Punic age to Middle Ages.

01:00 pm free lunch at the beach bar / restaurants and dining options in San Giovanni di Sinis.

03:00 pm meeting with the guide at the parking area of San Giovanni di Sinis and transfer to Cabras at the shop of the Consortium 'Sinis Agricola'. Meeting with local agricultural producers members of the Consortium, illustration and design of the products of Sinis short chain includes the production of pasta, rice, bran, rutting, Sinis' prickly artichoke in oil and pickled, artichoke creams, artichoke and salted mullet roe creams, artichoke and smoked mullet etc. Visit to shop with the possibility to buy the products directly from the producer.

05:00 pm tasting the products of *Sinis Agricola* and 'farewell drink'. Greetings and thanks, delivery of a small gadget / gift to the participants and administration a short satisfaction questionnaire.

INFORMATION

Recommended season:

SPRING (April / May / June), AUTUMN (September / October)

Structures:

Hotel Aquae Sinis www.aquaesinis.it

Hotel Villa Canu www.hotelvillacanu.com

Restaurants

Il Caminetto Restaurant www.ristorante-ilocaminetto.com

Zia Belledda Restaurant (no website)

Farm holidays:

Sa Ruda www.agriturismosaruda.it - www.villaggiosaruda.it

Producers:

Fratelli Manca 'L'Oro di Cabras' www.oroedicabras.it

Cantina Contini www.vinicontini.com

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Consortium 'Agricola Sinis' www.sinisagricola.it

Touristic services and reception:

Cultour Soc. Coop. www.cultour.sardegna.it

Interest: Environmental - Naturalistic - Enogastronomic – Ethnographic

Target audience: suitable for everyone, ideal for families, students, couples and small groups

Participants: minimum 16/ 8 maximum

Cost: € 279.00 per person

Children 0-3 years: free

Children up to 12 years (with additional 1 bed in triple room): € 200.00

The cost includes: the welcome on arrival, the accompaniment and guided tours with one guide full day for 2 days) / tourist guide and environmental hiking guide regularly authorized organized by Cultour; accommodation in hotel in the old part of Cabras in double room HB in low season; tastings and visits at the *Sinis Agricola*, the company F.Ili Manca '*Oro di Cabras*' and *Cantina Contini*; the entrance into archaeological sites of Tharros and Neolithic Village *Sa Ruda* included in the tour; N. 1 typical lunch at the Cabras historic restaurants (*Zia Belledda* or *Il Caminetto*), the transfer in 8 seats minibus, a welcome drink and goodbye; insurance and travel assistance.

The cost DOES NOT include: transfers to / from the airport, gratuities, free lunches and dinners, the extra, personal purchases, supplements and anything not specified in this travel plans. The cost from Cagliari Elmas Airport to Cabras and back is € 120.00 each way (minibus 8 seats); the cost from Alghero Fertilia to Cabras and back is € 140,00 each way (minibus 8 seats), the cost from Olbia Costa Smeralda to Cabras and back is € 180,00 each way (8 seats minibus).

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