

Oldways Sardinia Culinaria **With Chef Michael Lombardi and Italian Food Expert Alice Rossi**

April 5-12, 2027



April 5, 2027

After arriving in Cagliari, take time to walk around Sardinia's lovely seaside capital city. We'll meet in the early evening for an aperitivo on the hotel's terrace with a wine tasting by our food & wine expert, Alice Rossi, followed by a welcome dinner at the hotel prepared by Chef Mike Lombardi.

April 6, 2027

We'll start our first full day with a city tour of Cagliari followed by a visit to the market with Chef Mike, including some tastings and explanations of products. You'll have free time until later in the afternoon when we'll visit Argiolas winery for a Pasta Filindeu demonstration, one of the rarest shapes of pasta of the world, plus a visit of the estate and dinner paired with three wines.

April 7, 2027

We will spend the whole day in an agriturismo, [fattoria Cuscusa](#). First we'll say hello to the sheep and then learn how to make two different kinds of pasta (fregola and lorighettas). Our lunch will

feature the pastas, the cheese and a suckling pig that is cooked underground using a traditional technique that is rarely used! This is a special experience for our group. After we return to the hotel, you'll have free time to explore and have dinner on your own (we'll have restaurant suggestions!)

April 8, 2027

Today is Carloforte day! We'll drive to reach the port of Calasetta to board a boat that will take us around the island of Carloforte. Chef Mike will cook snacks and lunch on the boat, and Alice will serve wine. We will make stops during the day to see caves and a visit at the Tonnara di Carloforte, the tuna production site. We will also do a tasting of the different types of tuna raw and canned. In the late afternoon we'll have a guided walk in the little village of Carloforte. After a long day on the water, you'll be free in the evening.

April 9, 2027

After checking out of Palazzo Tirso, we'll drive to Cabras to learn about bottarga. We'll have lunch in a local restaurant and then visit and have tastings at the Contini winery where they specialize in Vernaccia di Oristano. We'll depart for Alghero and check-in at the Hotel Carlo V in the late afternoon and then meet in the lobby to walk to a local café for an Aperitivo at sunset.

April 10, 2027

Today, we'll depart with a guide to see the Capo Caccia panoramic road and visit the Nuraghe village of Palmavera. We'll have a late morning aperitivo at a family run Agriturismo, followed by a tasting of their extra virgin olive oil and different kinds of local breads. Lunch is based on their vegetables and a roasted suckling pig. Returning to Alghero, we'll have a guided walking tour of Alghero, stopping in a small artisan coral workshop. You'll be free in the evening.

April 11, 2027

Today we will visit the village of Bosa and have a tasting of Malvasia di Bosa wine. After visiting the charming village of Bosa, we'll have a light buffet lunch with local wines in a wine bar. We'll visit the Museo della Conca, one of the few tanneries museums in Italy. Then we'll divide the group into two. Group one will have a cruise with a tasting of 3 kinds of Malvasia di Bosa, and Group two will have a Nassa demonstration (the old ways of creating a straw cage to catch lobsters + some free time to explore the colorful streets of Bosa. Then we'll switch, so everyone has a chance for both options. We'll return to Alghero and meet in the lobby to walk to our farewell dinner, enjoy the sunset, an aperitivo on the terrace and a final dinner.

April 12, 2027

Departures – for the US or additional travel!