

SARDINIA

In Spring

April 17-29, 2009

Wild Landscapes • Spring Flora • Archaeological Sites • Cultural Heritage

Dear Friends:

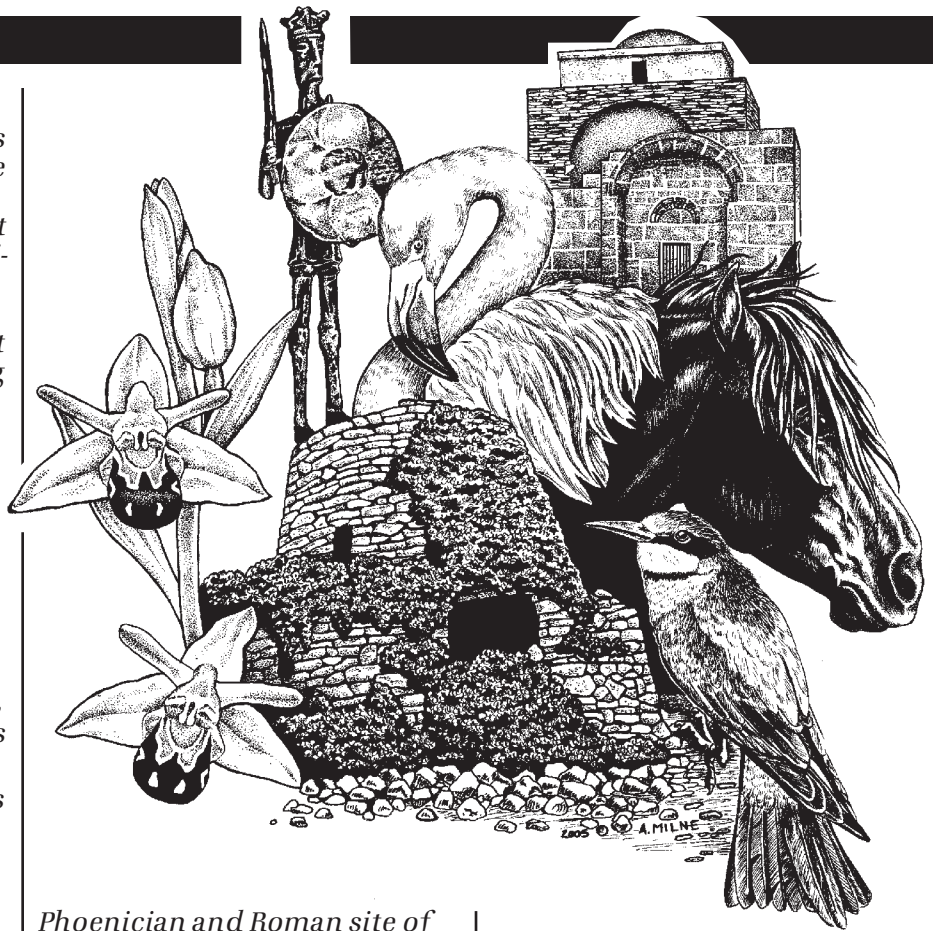
Described by D.H. Lawrence as "a wide, almost Celtic landscape of hills," Sardinia sometimes gives the impression of being lost in space and time. With its fascinating archaeological heritage, a remarkably varied landscape, wonderful spring flora, excellent wildlife sites, and ever-improving gastronomy, Sardinia is a most special—and as yet untapped—Mediterranean destination.

For this 13-day expedition, we have chosen a broad range of Sardinia's highlights for you to sample and enjoy, designed to give you a flavor of the island's heritage, flora, and fauna. Our tour is timed to coincide with spring migration and flowering, so temperatures and landscapes will be at their best.

We have carefully chosen bases around the island which will ensure coverage of Sardinia's distinctive regions. Our first base is in **Alghero**, a town with a centuries-old Catalan heritage on Sardinia's dramatic northwest coast.

We'll explore the area around **Capo Caccia**, one of the island's hotspots for endemic plants. From there we move to the **Gallura region** in the northeast, a curious landscape with pink granite formations. From our base in Santa Teresa we cross to the unspoiled **island of Caprera**, in the heart of the National Park of the **Maddalena Archipelago**, and explore the island's prehistoric Nuragic culture.

Our next stop is the old town of **Oristano**, a convenient base for excursions to the **Sinis peninsula**, the remarkable



Phoenician and Roman site of **Tharros**, and the basalt plateau of **Giara di Gesturi**, now an enthralling nature preserve.

From our final base in **Cagliari**, we pay a visit to the **Botanical Gardens** against the backdrop of the Roman amphitheater, and stroll up to its museum area in the old town. To round off the trip we take a day's excursion to the orchid-rich area of **Domusnovas**, and the ancient Roman temple of **Antas**, set among verdant hills near Sardinia's west coast.

Leading this tour will be **Mark Walters**. A classicist and naturalist, Mark leads expeditions in several Mediterranean countries.

Join us as we explore the wild landscape and sites of Sardinia.

Best regards,

Greg Graves

Greg Graves
Northwest Horticultural Society

Join us! . . . Discover Sardinia on a
Northwest Horticultural Society tour in 2009!

Providing inspiration & education to the Northwest gardening community.

Itinerary

Days 1/2 Seattle to Italy

Depart Seattle for New York and Rome and then fly to Alghero. Transfer to the *Hotel Florida* in Alghero (3 nights). D

Day 3 Alghero

This morning we will take a walking tour of Alghero. We will learn about the extensive Catalan influence in the area as we tour its well-preserved old town, visiting its ancient churches and other monuments. After breaking for lunch near the pedestrianized Piazza Civica by the port, we reconvene for an afternoon excursion to the dramatic limestone cape of Capo Caccia. We will take a coastal walk on a path past a medieval watchtower through thick Mediterranean *maquis* vegetation in full bloom. This is the dominant form of vegetation across much of Sardinia: the gentler sloping east-facing surfaces at the cape are carpeted with such shrubs as prickly juniper, lentisc and myrtle, while *Cistus monspeliensis* and *Calicotome villosa* will be in full flower. This will also be an opportunity to discuss the use and symbolism of certain *maquis* plants in antiquity. Evening lecture. B,D

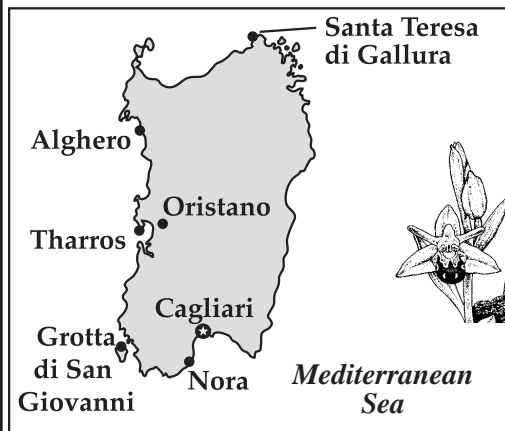
Day 4 Parco Porto Conte & Sella Mosca Winery

Today we take a short trip northwestward to Parco Porto Conte, a scenic nature preserve rich in flora and fauna. A guide from the Environmental Education Centre will take us into the heart of the preserve, through habitats ranging from pinewoods to low-growing *maquis* communities and *garigue* with its characteristic pin-cushion plants. We will look carefully for the early flowering Sea Lily *Pancratium illyricum*, as well as the endemic sea lavender *Limonium nymphaeum*, growing only on this stretch of coastline. We may also have an opportunity to see Europe's most colorful breeding bird, the bee-eater, as well as a range of scrub warbler species. After breaking for lunch in a local *agriturismo*, a working farm which serves regional specialties, we round off the day with a visit to the nearby historic Sella & Mosca wine cellars, followed by a *degustazione*. B,L

Day 5 Aggius & Santa Teresa Gallura

This morning we'll make an early departure eastward across the wild interior of Sardinia toward our next destination Santa Teresa Gallura, situated by the Straits of Bonifacio opposite Corsica. *En route* we stop just outside Sassari at the enchanting 12th century church of Santissima Trinità di Saccargia, with its zebra striped façade and Romanesque frescoes. We will stock up with provisions in Tempio Pausania for a picnic below the granite peaks of the nearby village of Aggius. The village—famous for its weaving tradition—recently received an award for its fine preservation of heritage and customs.

SARDINIA



We will be visiting its state-of-the-art folk museum, especially focusing on the use of cork oak and other Mediterranean plant species until recent times. After our picnic we stroll across the boulder-strewn Valle della Luna, looking especially at roadside orchids. Then continue our journey to Santa Teresa Gallura. Evening lecture. *Hotel Da Cecco* (3 nights). B,L

Day 6 The island of Caprera & Capo D'Orso

We will follow the coast down to Palau and take a short ferry-ride over to Isola della Maddalena and the nearby island of Caprera. This was where the great Italian patriot, Giuseppe Garibaldi, retired in his latter years after his struggle to unite Italy in the mid 19th century. We will tour his fascinating house—now a well-kept museum—and learn about his turbulent but hugely successful career. We stop for a picnic nearby under some umbrella pines, and then enjoy some botanizing along quiet minor roads, looking for orchids such as *Limodorum abortivum* and *Serapias lingua*, and the exquisite wild *Gladiolus italicus*. In the afternoon, we will view the geological marvel of Capo D'Orso, a granite promontory near Palau, modelled by erosion into the shape of a bear. B,L

Day 7 Arzachena & the Nuraghic culture

In April every archaeological site on Sardinia is ablaze with wild flowers and the prehistoric site of Albucciu, near Arzachena, is no exception. Albucciu

is one of the Gallura's best preserved Nuraghic monuments. It is an elaborate tower combining an interesting range of architectural elements, built in the second millennium BC. Our morning of archaeology is completed with a tour of the so-called Tomb of the Giants, known locally as *Coddu Ecchiu*, set in attractive farmland with nightingales in full song, and roadside verges creating a varied palette of colors. Carved granite slabs in a roughly semi-circular formation flank a large stele, marking the entrance to a burial chamber. We then stop for lunch in a local *agriturismo* to sample local delicacies, followed by an excursion to the Capo Testa headland on the Straits of Bonifacio to explore more of the coast. A late afternoon walk here should produce plants like *Cyclamen repandum* and *Narcissus aureus* ssp *italicus*. B,L

Day 8 Mont'Albo, Losa & Oristano

Today we will motor southwestward across the island to our next destination, Oristano. In the morning, we will take a brief deviation via Mont'Albo, a remarkable limestone chain of mountains south of Olbia. Our walk along a quiet road with cowbells tinkling in the background below towering limestone cliffs gives us a chance to view nature at close quarters. Over the years, overgrazing and wildfires have produced a fairly degraded vegetation dominated by *cistus*, though in between we should find the odd clump of flowering peonies. The real treasure trove is

Leadership

Leading this expedition will be **Mark Walters**. A classicist and naturalist, Mark is a popular leader of trips in Italy, Greece, and France for Betchart Expeditions. He has an M.A. from Cambridge University in the Classics, Archaeology, and Anthropology and a Master's Degree in Environmental Management. Mark also leads expeditions to Greece, Tuscany, and Sicily to wonderful reviews. Mark is looking forward to sharing his delight in the remarkable flora, wild landscapes and intriguing prehistoric Nuraghe, Phoenician, and Roman sites of Sardinia. Joining him will be **Greg Graves** from the Northwest Horticultural Society.



to be found in the road cuts, which are remarkably rich in orchids. Overhead we'll be looking out for crag martins, choughs and raptors. Our lunch stop today is at the foothills of Mont'Albo, at Lula. By late afternoon we reach our hotel in Oristano, close to the middle of the atmospheric old town. There will be time to visit some of the major sites, such as the cathedral and the antiquarium. Evening lecture. *Hotel Mistral (2 nights)*. B,L

Day 9 The Sinis Peninsula & Tharros

Today we explore the far south of the Sinis peninsula, taking an electric-powered bus out towards Capo San Marco. A short but enthralling coastal walk will give us an opportunity to see the fairly undisturbed plant community growing close to the shoreline. Here we come across Italy's only native palm, the Dwarf Fan Palm (*Chamaerops humilis*), standing out in a community of *Cistus*, *Rosmarinus* and *Pistacia lentiscus*, as well as rarer local endemics. We view the ancient Phoenician and Roman site of Tharros, situated on the southern tip of the peninsula. We hear about the Phoenicians and their western Mediterranean descendants, the Carthaginians, and note the changes made to the town when the Romans took it over in about 230 BC. We break for lunch at the visitors center close to the archaeological site. In the afternoon there will be time to visit some of the major sites in Oristano itself, such as the cathedral and the antiquarium. Our day round the Sinis peninsula will also be punctuated by birdwatching on the many *Stagni* or lakes to be found in the area. B

Day 10 Giara di Gesturi & Barumini

On our way to the south of Sardinia, our first port-of-call today is the sleepy village of Tuili, where we will join our guide for a fascinating walking tour of the basalt plateau, the Giara di Gesturi. The flowers on the plateau will be at their very best. Given the plateau's relative isolation, this is one of the hotspots for endemic plants in Sardinia. We will look especially for the unusual white-flowering *Polygonum scoparium* and the endemic lily *Romulea requienii* amongst the profusion of spring flowers. A further focus will be to see some of the 500 wild horses that live and breed there. When we come back down from the plateau we enjoy a *degustazione* of local wines and sheep's cheeses. After lunch in a trattoria we will head for Barumini, a town best known for the main Nuragic settlement on the island, Su Nuraxi. Originally built in the Middle Bronze Age, the site was destroyed in the 7th century BC, and then rebuilt and resettled during Roman occupation. Our guided tour takes us up near the top of the central tower,



commanding fine views of the surrounding plain. We then continue our journey southward to the *Hotel Quattro Mori (3 nights)*. B,L,D

Day 11 Grotta di San Giovanni, Antas & the Lagoons of Cagliari

Today we head westward to Domusnovas and the nearby Grotta di San Giovanni. We walk through the cave on a tarmac road and learn from a local forest ranger about the fascinating geology, history and botany in this mineral-rich area. There will be time to look for spring orchids—this is one of the best locations in Sardinia—in the holm oak forest north of the cave. We break for a quick lunch near the entrance to the cave itself. In the afternoon, we visit the ancient Phoenician and Roman site of Antas set in rolling hills west of Domusnovas. On our way into Cagliari we stop at the



wetland site of Sant'Agilla, looking for Greater Flamingos and Slender-billed Gulls. B,L

Day 12 Cagliari

We leave the hotel on foot to visit a newly-excavated Roman villa complex just opposite the Cagliari Botanical Gardens. The gardens themselves have a number of Roman remains—mainly cisterns—which will provide an added focus to our visit. We will learn about the work of the Biodiversity Conservation Center and its efforts to preserve many of Sardinia's 350 endemic plants. After an early lunch we'll head uphill past the Roman amphitheatre to see the archaeological museum and the cathedral in the historical quarter of Castello, and walk the city's ramparts. Farewell dinner at a local restaurant. B,D

Day 13 Departure & return home

Transfer to Cagliari airport for flight to Rome and onward flights home. B

Reservations #1076

Yes! I/We want to join **SARDINIA in Spring Expedition, April 17-29, 2009** offered by the **Northwest Horticultural Society**. Please reserve _____ space(s). As a deposit, I/we have enclosed a check for \$ _____ (\$500 per person), payable to Betchart Expeditions Inc. Trust Account.

Name(s) _____ Age _____ Sex _____
_____ Age _____ Sex _____

Address _____

City _____ State _____ Zip _____

Phone: Home (_____) _____ Work (_____) _____

Email Address _____

Accommodations Preference:

Twin Single Twin Share with a friend *or* assign a roommate
 Nonsmoker Smoker

Signature: _____ Date: _____

Signature: _____ Date: _____

**Please Mail To: Sardinia Expedition
Betchart Expeditions Inc.
17050 Montebello Road
Cupertino, CA 95014-5435**

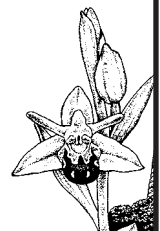
Cost & Conditions

Expedition Fee: \$3,850 per person twin share for 13 days, plus air fare of approximately \$995 plus tax per person from Seattle to New York and to Rome, round trip. In-tour flights Rome/Sardinia, round trip are \$300 additional.

Air Fare: Air fares quoted are based on group fares from Seattle, New York, Rome, and Alghero, with return from Cagliari as of October 2008. All group bookings and ticketing will be handled by Betchart Expeditions Inc. AIR FARES ARE SUBJECT TO CHANGE.

Accommodations:

Are in first class and country-style hotels which reflect the charm and heritage of Sardinia and are well situated for visits to archaeological sites, natural areas, and museums. We encourage singles to register on a "twin share" basis. Should you desire single accommodations, the additional cost is \$595 and is subject to availability.





The Northwest Horticultural Society

P.O. Box 4597, Rolling Bay, WA 98061

With Greg Graves
of the Northwest
Horticultural Society!



FIRST CLASS

Discover Sardinia in Spring! Wild Landscapes, Spring Flora, & Archaeological Sites April 17-29, 2009

Costs & Conditions (CONTINUED)

What to Expect: This expedition is planned for the travel enthusiast who would enjoy exploring and learning about the spring flora and cultural and natural heritage of Sardinia. Travel is by motorcoach, with *daily outings on foot of 1 to 2 miles* at a leisurely pace suitable for botanical walks and exploring archaeological sites, museums, villages, medieval cities, and nature preserves. *Exploration requires some walking uphill and sites may be extensive. Please be prepared to actively explore on foot.* Temperatures will be in the 70's with a sea breeze.

This expedition is a tremendous experience for travelers with an appetite for adventure and discovery who would like to explore Sardinia led by a Mediterranean classicist and naturalist. (No smoking in vehicles, during lectures, or meals, please.)

Expedition Fee Includes:

Land transport; airport transfers; accommodations in first class and country-style hotels which reflect the cultural heritage of Sardinia; breakfasts, 7 lunches, 4 dinners; tips to drivers and local guides; group entrance fees; baggage handling; leadership, admini-

stration; \$200 per person donation to the Northwest Horticultural Society.

Expedition Fee Does Not Include:

International air fare (quoted separately); 3 lunches and 7 dinners; gratuities to expedition leader; personal items such as alcoholic beverages, laundry, phone calls, bottled water, snacks, passport, personal insurance.

Reservations, Deposits and

Payments: Please mail a deposit of \$500 per person to **Sardinia Expedition, Betchart Expeditions Inc., 17050 Montebello Road, Cupertino, CA 95014-5435.** All reservations will be acknowledged in the order received until the maximum enrollment of 24 is reached. Final payment is due February 17, 2009.

Questions: Please call **Betchart Expeditions Inc.,**

Phone: (800) 252-4910

or (408) 252-4910

Fax: (408) 252-1444.

Email: Info@betchartexpeditions.com

Or call Karen Kravitz

Phone: (206) 780-8172

Email: nwhort@aol.com



Cancellations & Refunds:

The initial deposit is refundable up to 60 days before departure, less a handling fee of \$100 per person. There is no refund for any cancellation after the 60 day period unless your space can be resold; then a \$100 per person handling fee applies. No refunds are made for unused services.

Responsibility: Betchart Expeditions Inc and the Northwest Horticulture Society act only as agents for the passenger with respect to transportation and hotels, and exercise every care possible. However, we can assume no liability for injury, damage, delay, loss, accident or irregularity in connection with the services of any airplane, ship, motorcoach, or any other conveyance used in carrying out the arrangements of the tour. We cannot accept any responsibility for losses or additional expenses due to delay or changes in air or other services, sickness, weather, strike, war, terrorism, quarantine, acts of God, or other causes beyond our control. All such losses or expenses will have to be borne by the passenger, as tour rates provide for arrangements only for the time stated. We reserve the right to substitute another leader of similar expertise or to cancel any tour prior to departure, in which case the entire payment will be refunded with no further obligation on our part. The right is also reserved to decline to accept or retain any person as a member of the tour. No refund will be made for the unused portion of any tour unless arrangements are made in sufficient time to avoid penalties. The price of the program is based on current tariffs and rates, and is subject to change. Any tariff, exchange rate, or fuel increases will be passed on to participants. Baggage is carried at the owner's risk entirely. It is understood that the air ticket when issued shall constitute the sole contract between the passenger and the airline concerned. The airlines concerned are not to be held responsible for any act, omission, or event during the time passengers are not on board their plane or conveyance.

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Illustrations by April Milne. CST#2036304-40