

## Guest information

Ajò (Hello) dear friends!

... and welcome to *casa di lea*.

It's nice that you're here.

I hope you had a pleasant journey!

I am happy to welcome you as a guest on Sardinia and wish you a relaxing and pleasant stay. In the following I would like to give you some information worth knowing about this holiday home and the beautiful surroundings.

Your suggestions and comments about my holiday home and the guest folder are very welcome and will be gladly taken up.

Guest evaluation forms are enclosed with the guest folder.

I am happy if you share your opinion and suggestions with me.

In addition, I am happy about an entry on Instagram, Facebook, Google or my website.

To make your stay as pleasant as possible, we ask you to contact me in case of problems and wishes. I will be happy to help you.

Now I wish you a lot of fun browsing through our guest folder and above all a wonderful holiday.

Yours, Lea

Dear holiday guest!

The holiday flat *casa di lea* should be a second home to you. You should feel comfortable and be able to rest.

I have put a lot of effort into the furnishing and hope that you will find everything you need.

The following information should help you to have a harmonious stay.

I would also like to ask you to consider a few points. Treat and leave this flat as you found it yourself or as you would like to find it.

I hope for your understanding. Please help me to continue to offer you and other guests a flat that makes you feel comfortable.

In the second part, I will give you a number of recommendations and addresses which might be of help to you in your daily life.

## Hints from A – Z (apartment)

### GENERAL

If you should miss anything in the furnishings or need help, please feel free to contact me. All things in the holiday flat or on the terrace, or belonging to it, may and should be used by the guests. Please take care of all furnishings and inventory and treat the flat with care. Please ensure that your fellow travellers also comply with the rental conditions.

### AIR CONDITIONING / HEATING

The flat is equipped with hot/cold air conditioning. The remote control is on the sideboard in the living room and operates all the appliances.

Remember to always close doors and windows when you leave the flat. This way it stays cool and its use is efficient and saves energy. It is advisable to keep the temperature around 24°C so as not to have too big a temperature difference with the outside.

In the winter season, you can also use the air conditioner for heating. To do this, you can set the system to "heating" with the remote control to heat the rooms and reduce the humidity from the sea.

### ARRIVAL AND DEPARTURE

The flat is usually available from 3 pm. Earlier arrival is also possible by arrangement.

On the day of departure, please vacate the flat by 12:00 noon at the latest. On your departure, the flat should look the same as it did when you arrived.

Please note the following small checklist before your departure:

- Put the last dishes in the dishwasher and switch it on,
- Empty the fridge and freezer,
- Close windows, doors and shutters,
- put the chain on the car park,
- Lock keys in the designated key safe at the gate.

## BARBECUE / OPEN FIRE

Barbecues or other open fires are prohibited on the terrace for fire safety reasons.

## CLEANING

The final cleaning of the holiday flat is included in the rent. You will receive the flat in a perfectly clean condition. For cleaning you will find the necessary cleaning equipment (broom, hand brush, dustpan) in the cupboard on the terrace.

For long-term bookings (2 weeks or more) we can offer additional cleaning of the holiday flat incl. towel change for a fee.

Should you ever have a mishap (extreme dirt, liquids on the floor or work surfaces, etc.), please clean it up immediately.

Please keep the flat clean and leave it broom-clean on departure. Should the flat require a disproportionate amount of cleaning on departure, I will charge for cleaning at cost.

## DAMAGE

No one intentionally damages things, but it can happen to anyone that something gets broken. I would be pleased if you could inform me of the damage and that I do not discover it only after your departure at the final cleaning.

The tenant shall be liable for culpable damage to furnishings, rented rooms or the building, as well as the installations belonging to the rented rooms or the building. The tenant is liable to pay compensation if and insofar as it was culpably caused by him or his companions or visitors.

## DISPOSAL

Waste is separated into residual waste and garden waste (grey), glass and metal (green), paper (white), plastic (yellow bag) and organic waste (brown).

It is essential to observe this separation. Otherwise, the waste will not be taken away. The municipality of San Teodoro imposes severe fines for incorrect waste separation, which I have to charge you for.

You will find the corresponding rubbish bins in front of the kitchen door. For waste collection, please note the waste collection schedule (stuck on the inside of the kitchen door above the oven).

For organic waste, you will find a small bin under the sink, which may only be used with The tenant shall be liable for culpable damage to furnishings, rented rooms or the building, as well as the installations belonging to the rented rooms or the building. The tenant is liable to pay compensation if and insofar as it was culpably caused by him or his companions or visitors.

If you use rubbish bags, black rubbish bags must not be used under any circumstances.

Please use only bin liners and cosmetics bins in the bathroom and dispose of them closed in the residual waste bin.

No rubbish, food leftovers, harmful liquids or similar should be thrown or poured into the kitchen sink, toilets, washbasins or showers!

Avoid anything that can lead to blockages in the pipes (no hygiene articles in the toilet).

Please support me in ensuring effective and thus cost-saving and environmentally friendly disposal by separating waste.

## DUTY OF CARE

I ask you to take care of all the furniture and fixtures and to treat the flat with care. Make sure that fellow travellers and relatives also observe the rental conditions. The entrance door should always be closed and locked with a key when leaving the house. All windows must also be closed when leaving the windows should also be closed when leaving the flat in order to avoid possible damage due to storms or burglary. Please use the resources water and electricity sparingly.

## ELECTRICITY

In Italy, the electricity provided is limited. If you use a dishwasher and a washing machine at the same time, for example, the circuit breaker will cut off the power.

If this happens to you, you will find the key for the electricity meter in the sideboard in the living room.

The electricity meter is outside the flat. On the street Via Aresula (by the street lamp) there are electricity meter boxes in the wall. The meter box for the *casa di lea* is marked A3. There you have to switch on the main circuit breaker again.

## FIRST AID KIT

You will find a first aid kit in the sideboard in the living room.

## HOUSE RIGHTS

In case of immediately necessary repairs, it can be indispensable that I as landlord, or a craftsman commissioned by me, must enter the holiday flat without unannounced notice. I will endeavour to inform you of this in good time, if possible.

## INTERNET / WIFI

A wireless internet connection (WLAN) is available in the holiday flat.  
The access code is:

Username: casadilea  
Password: CasadiLea#04

The use of the internet with your own WLAN-enabled end device (notebook, tablet, smartphone etc.) via the WLAN connection is free of charge for you.

You use the internet on your own responsibility.

As the landlord, I exclude any liability in connection with the use of the internet by you or your companions.

For the use of the internet access via WLAN, the WLAN usage rules must also be observed.

## KEY

Please never give the front door or flat key out of your hand. The loss of the key must be reported to me immediately. You will be liable for all costs of replacing or replacing the locks

and for the cost of the on-site locksmith to open the doors. Access to the property is by electronic remote control. In the event of loss, you will be responsible for the cost of new hand-held transmitters and for their installation by the property management. Please remember to lock the keys back in the key safe when you leave.

I recommend that you keep the key in the key safe when you go on excursions. There are not only nice people on the beach.

## KITCHEN

Please take care of the kitchen equipment and the technical devices.

A dirty kitchen pleases no one. Please only put dishes, pots and cutlery in the cupboards when they are clean and dry.

Dishwasher tabs for the dishwasher can be found in the cupboard under the sink. Please do not place hot pots and other hot objects on the tables or worktop without a trivet. Always use a chopping board as a base for cutting.

Your next tenants will be as happy as you are to see a clean oven.

You will find operating instructions in the sideboard in the living room.

## LIABILITY

As the landlord, I am not liable for your valuables or those of your fellow travellers.

I will provide you with a safe in the wardrobe of the large bedroom.

The safe can be locked by yourself with a code of your choice. Please leave the safe open when you leave.

## PARKING

The flat has 2 parking spaces (marked P1 and P2 on the picture). You can park your car directly on the property in the allocated parking space. You open the gate with the hand transmitter on the key. The left button is for the entrance to P1, with the right button you open the gate to P2.

The electric gates will not open if the light barriers are blocked, please keep them clear.

In case of loss or damage on the property of your parked or manoeuvred vehicle, I am not liable as the landlord. I am also not liable for the contents of your vehicle.



## PETS

Unfortunately, you cannot bring your pet with you. As an animal lover, I understand if the next guest may have problems with animal hair allergies. Thank you for your understanding.

## QUIET TIMES

In the interest of good neighbourhood, I ask you to observe the public rest periods such as midday, night and Sunday rest. Out of consideration, quiet should also be kept in the holiday flat itself between 10 pm and 7 am.

## SMOKING

Smoking is not allowed in the holiday flat. Not even with open doors and windows. Please leave the flat when smoking. There is an ashtray on the terrace.

## TERRACE

The terrace invites you to relax, weather permitting. Garden furniture is available for you on the terrace.

When leaving the flat, please keep the seat covers in the flat. The weather can change quickly in Sardinia.

## TOURIST TAX (IMPOSTA DI SOGGIORNO)

The town of San Teodoro charges a daily tourist fee of 2,00 Euro per person. You will find this amount on the bill and pay it together with the whole bill.

I have to register you. Therefore, please send me a picture of the front and back of your identity card at the latest on arrival, or better beforehand, also of each of your fellow travellers.

## TV / STEREO SYSTEM

The flat screen TV is connected to the internet.

You can connect the stereo to your mobile phone via Bluetooth.

The Bluetooth ID is: B06T3

## VIDEO SURVEILLANCE

The flat has video cameras on the outside of the terrace. I understand and respect your privacy.

The cameras are only for surveillance against unwanted access to the flat and are not directed at the terrace.

## WASHING MACHINE

The flat has a washing machine. You will find it in the cupboard on the terrace in front of the kitchen door. The key is in the sideboard in the living room. You will find detergent under the sink in the kitchen.

A clothes horse and an ironing board are in the small bedroom behind the wardrobe. The iron is in the sideboard in the living room.

Italian	German	English
Accensione / Spegnimento	Einschalten / Ausschalten	Switch on / Switch off
Avvio / Pausa	Start / Pause	Switch on / Switch off
Partenza Ritardata	Verzögertes Starten	Delayed start
Velocità	Drehzahl	Speed
Temp.	Temp.	Temp.
Cotone	Baumwolle	Cotton
+Pre Lavaggio	+Vorwäsche	+Prewash
Eco 40-60	Öko 40-60	Eco 40-60
20°C	20°C Kaltwäsche	20°C
Delicati	Feinwäsche	Delicates
Pulizia Cestello	Trommelreinigung	Basket cleaning
Centrifuga	Schleudern	Centrifuge
Centrifuga + Risciacquo	Schleudern + Spülen	Centrifuge + Rinse
Misti	Gemischt	Mixed
Rapido	Schnell	Quick
Lana	Wolle	Wool
Camicie	Hemden	Shirts
Sportivi	Sportlich	Sporty
Intensivo	Intensiv	Intense
Trapunte / Lenzuoli	Steppdecken / Laken	Quilts / Sheets
Baby Care	Baby Pflege	Baby Care

## WINDOWS

All windows (doors not included) are fitted with fly screens.

## Information from A-Z

### ACTIVITIES

What can you do in the surroundings of San Teodoro?

Not far from the city centre, halfway between San Teodoro and Olbia, is Loiri Porto San Paolo, a municipality consisting of a district above the hills and a coastal village. From the latter, boats go to the protected marine area of Tavolara and Molara: stunning islands that you can visit with organised excursions, offering you the chance to climb, dive, snorkel or simply enjoy the breathtaking scenery under a parasol. There are also a few options for dining out.

The island of Tavolara has a peculiar and rather interesting history, namely "the island has a king who will not abdicate". The story goes that in 1836, when the King of Sardinia Carlo Alberto di Savoia was passing through this region, he presented himself to the inhabitants as the "King of Sardinia". Immediately Giuseppe Bertoleoni, convinced that it was a joke, replied: "And I am the King of Tavolara!". The documents about this conversation seem to have been lost, but even today you can meet the descendants of Giuseppe Bertoleoni on the island. There is also a small cemetery near the beach that you can visit.

Further south from San Teodoro, only 20 minutes away, you will find Posada, a small village on the east coast. The old town is dominated by the ruins of an old castle, of which one tower still remains. The fortress is called "Castello della Fava", and the 360° view is well worth it.

Further south, you pass through Orosei and then Dorgali, where the village of Cala Gonone is particularly well known. From Cala Gonone, ferries and rafts leave for the numerous bays and the famous caves "Grotte del bue marino".

If you are in the area with children, we recommend a visit to the aquarium.

The island with its many possibilities invites you to swim, boat, kite, stand up paddling (SUP), dive, snorkel, surf and sunbathe.

The Sardinians like to remind you that Sardinia is more than just beach and sea. Whether hiking, mountain biking or road biking, motorbike tours, climbing, canyoning, culture and nature, city trips to e.g. Cagliari or Alghero and much more, the island leaves nothing to be desired.

Discover your personal Sardinia!

### AIRPORT

The return journey to Olbia airport is also about 30 minutes. The distance is 29 km.

### BANKS AND SAVINGS BANKS

You can pay everywhere with your EC card or credit card. If you need cash, you can use one of the numerous ATMs (Bancomat). You can also find ATMs in supermarkets.

### BEACH

The eastern part of Sardinia is very varied and the beaches here can be compared with the dream beaches in the north of Sardinia. Around Orosei you will find countless long white sandy beaches that are also very suitable for children. Beautiful examples are the beaches of Cala Liberotto and Cala Ginepro. The coast of Cala Gonone just north of Arbatax is unique.



This coastal strip is characterised by high cliffs and countless small bays, often consisting of a mixture of gravel and sand and crystal-clear water. Don't forget your bathing shoes here. We recommend renting a boat locally or taking a mini-cruise to the most beautiful bays of the Gulf of Orosei, you will discover great beaches. Of course, you can also swim and/or snorkel along the way.

From Cala Gonone you can sail along the coast via the caves of Bue Marino towards the famous bay of Cala Luna. Other absolute highlights are Cala Sisine, Cala Mariolu and of course Cala Golorizè. For adventurous explorers, there are many hiking trails to reach these bays. Often these hikes through the mountains are challenging because of the large differences in altitude, but if you are a bit sporty, these routes are definitely worth it!

It is impossible to describe all the beaches. That's why I'm giving you a small, special selection here.

In front of San Teodoro is a beautiful long sandy beach that has made the formerly small fishing village a destination for many tourists.

From the nearby town centre, it is possible to reach the most beautiful and largest beach - La Cinta, characterised by white fine sand and a shallow water depth. Here the water is warm enough to swim in for hours. The beach, is especially good for children, but it also offers many opportunities for youngsters, as well as water sports, or walks in the sunset.

The 3 km long beach is surrounded by dunes and Macchia Mediterranea, the sea is deep blue and crystal clear, the water only gets deeper slowly.

Services include bars, restaurants, kite zone, windsurfing, sun lounge and parasol hire, canoe, pedal boat and rubber dinghy hire.

Porto Taverna beach is just a few kilometres from San Teodoro and Porto San Paolo. The beach enchants with its white sand, crystal-clear, azure-coloured sea, and the gorgeous view of Tavolara Island.

The services offered: restaurant with sea view "La Tavernetta", beach bar "Tavernetta Beach", deckchair rental, windsurfing school, canoe, kayak, SUP and inflatable boat rental.

Cala Girgolu beach or Sassi Piatti (because of the granite formations shaped by wind and weather) is just after Porto Taverna beach. Cala Girgolu is famous for the rock in the shape of a turtle, destroyed years ago by vandals, and for its small coves. The sand is fine and the water crystal clear.

The services on offer: sun lounge and parasol hire, pedal boat, canoe and rubber dinghy hire.

Cala Brandinchi beach is a few minutes' drive from San Teodoro. It is often compared to the Polynesian island of "Tahiti". Cala Brandinchi is a paradise beach with fine sand, a shallow seabed and a pine forest that provides shade in summer. The island of Tavolara rises in the background.

Services: bar, sun lounge and parasol hire, canoe, pedal boat and rubber dinghy hire.

Lu Impostu beach is a few minutes' drive from San Teodoro and the "twin beach" of Cala Brandinchi. Fine sand, crystal clear water, a shallow seabed and Mediterranean scrub characterise this beach and its sister beach Cala Brandinchi.

Services: bar, sun lounge and parasol hire, canoe, pedal boat and rubber dinghy hire.

The beach of Capo Coda Cavallo is located in the marine park of Tavolara. From Capo Coda Cavallo you can admire the entire marine park. Capo Coda Cavallo with its shallow seabed is sheltered from the wind and the beach is fine sand.

Services: sun lounge and parasol hire, canoe, pedal boat and rubber dinghy hire.

Porto Istana beach is a few minutes' drive from San Teodoro. The white sand is fine, the sea crystal clear and the water depth suitable for everyone. Porto Istana is located near Capo Ceraso. Capo Ceraso is a popular bathing destination among the inhabitants of Olbia thanks to its small bays sheltered from the wind.

Services: bar, restaurants, sailing, windsurf, deckchair and sunshade rental, canoe, pedal boat and inflatable boat rental.

## CAR HIRE (AUTONOLEGGIO)

Sarda Rent (300 m walk)	Via Nazionale, 34 San Teodoro SS	tel. +39 34 96360580 Web: <a href="http://www.sardarent.it">www.sardarent.it</a>
Autonoleggio Tani's Rent	Via Nazionale San Teodoro SS	tel. +39 34 73712808 Web: <a href="http://www.tanisrent.com">www.tanisrent.com</a>
PlanetCar Srl	Via la traversa, 33 San Teodoro SS	tel. +39 33 49809556 Web: <a href="http://www.autonoleggioplanetcar.com">www.autonoleggioplanetcar.com</a>
San Teodoro Autonoleggi	Via Sardegna San Teodoro SS	tel. +39 34 90039786 Web: <a href="http://www.santeodoroautonoleggi.it">www.santeodoroautonoleggi.it</a>

At the airport in Olbia you will find all the other well-known car rental companies.

## CLUBS / DISCOS / BARS

Ambra Night	Via Cala D'Ambra, 1	San Teodoro SS
Ambra Day	Via Sardegna, 20	San Teodoro SS
Piazza Gallura	Via Toscana, 1	San Teodoro SS
Meet	Via Toscana, 1	San Teodoro SS
Buddha del Mar	Via Toscana, 1	San Teodoro SS
Luna Glam Club	Via Kupfer Edgar max	San Teodoro SS
BeachBar La Cinta	La Cinta	San Teodoro SS
MARACUJA Club	Via Marco Polo, 1	Agrustos SS
BRIO Music Bar	Via Marco Polo, 1	Agrustos SS

## EMERGENCY NUMBERS

**Important emergency numbers for your holiday in Sardinia and Italy:**

You can call the emergency numbers free of charge from any telephone or mobile phone.

**The European emergency number is valid in all EU countries: 112.**

This number will take you to a control centre. From there, the relevant organisation will be alerted. Depending on the jurisdiction, this could be the police, ambulance service or fire brigade.

The following emergency numbers are also valid throughout Italy:

- 112 Military police (Carabinieri)
- 113 Police (Polizia)
- 115 **Fire brigade (Vigili del fuoco). This number is especially important in summer! If you notice a fire, call this number immediately.**
- 118 Ambulance (Ambulanza)
- 1515 Forestry Guard (Guardia Forestale)
- 1530 Coast Guard (Guardia Costiera)
  
- 803116 Assistance of the Automobile Club ACI
- 803803 Breakdown and towing service Europ Assistance, German-speaking

It is an advantage if you have a few phrases in Italian at hand, because unfortunately not all telephone helpers speak other languages.

### **General European emergency number: 112**

Here you will first be directed to the nearest carabinieri. They will then forward you to the appropriate rescue centre if necessary.

Do not simply hang up, but wait until the operator asks you to do so when all the necessary information is available.

TIP: The emergency numbers can also be reached with mobile phones without credit. If you are in a dead zone with the network operator currently active on your mobile phone, you should try to connect to another network operator.

*The trick:* Switch off your mobile phone and enter the emergency number 112 instead of the PIN code when you switch it on again. Your mobile phone will then automatically search for the strongest operator network and make the emergency call.

### **Another tip for holidaymakers from Germany:**

Remember the central emergency number for credit or debit cards and mobile phones:  
+49 116 116

The most important facts in brief:

- You must have your bank card blocked if it has been lost or stolen.
- Until the card is blocked, you are liable for a maximum of 50 euros. Exceptions apply if you are grossly negligent with your card. Then you may be liable to the full extent.
- Banks are not allowed to charge you for blocking your Girocard (formerly EC card) or credit card.

This is how you proceed:

- To block a lost or stolen card, either call the blocking emergency number 116 116, your bank or the credit card company.
- Also report the loss of your Girocard to the police and ask them to block the card via the police's own Kuno system.

- Check your bank statements regularly. This may be the only way to find out if someone is using your card without authorisation.

The blocking emergency call is available 24 hours a day on +49 116 116 and +49 30 4050 4050.

## FERRY

Please pay attention to the arrival time at the port indicated by the ferry company.

The distance to the "Olbia Terminal traghetti", the ferry port, is 30 km. You should allow 30 minutes for this - via the Strada Statale 131.

If you want to drive along the coast, via the SS 125 Orientale Sarda, you will need about 15 minutes more.

It takes about 2 hours to reach the port of Porto Torres. The distance is 150 km.

## HOSPITAL & EMERGENCY ROOM

For urgent cases, or major ailments, hospitals are spread all over Sardinia. Statutory health insurance companies will cover the cost of treatment during your holiday, provided that you present an insurance card to the contract doctor or contract hospital. The patient must pay any co-payment required by Italian law.

List of all contract hospitals: [www.sardegna salute.it](http://www.sardegna salute.it)

Olbia:	Ospedale San Giovanni di Dio via Aldo Moro 07026 Olbia	Tel. +39 0789 552200 Web: <a href="http://www.aslolbia.it">www.aslolbia.it</a>
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## MEDICAL CARE / DENTAL CARE

### First aid centre for holidaymakers

The "Guardia Medica Turistica" is present in various places and is usually open 24 hours from June to September. Outside the season you have to ask for the times by phone. There is a practice fee of about €15.00 for treatment or medical prescriptions.

List of all offices: [www.sardegna salute.it](http://www.sardegna salute.it)

### Tourist emergency doctors in the Olbia region

Budoni:	via Mannironi tel. +39 0789 552067
Cannigione:	via Normandia tel. +39 0789 552020
Golfo Aranci:	via Libertà tel. +39 0789 552075
Olbia:	Struttura Sanitaria San Giovanni di Dio, viale Aldo Moro tel. +39 0789 552266
Palau:	via degli Achei tel. +39 0789 552022

Porto San Paolo: via Nazionale  
tel. +39 0789 552018

San Teodoro: via Sardegna  
tel. +39 0789 552076

In Porto Pollo, Palau, **Dr. Cornelia Seifert** established herself as a German doctor in 2001. She has medical experience in the fields of accident surgery, emergency medicine, internal medicine, paediatrics, dermatology, ear, nose and throat medicine, ophthalmology, homeopathy, high-altitude and expedition medicine.

The distance is about 75 km. It will take you about 1 hour 15 minutes.

Studio medico Dott.ssa Cornelia Seifert  
Via Sebastiano Satta 2  
07020 Palau  
Tel: +393391068964  
E-mail: [info@docsardinia.com](mailto:info@docsardinia.com)  
Web: [www.docsardinia.com](http://www.docsardinia.com)

There are some dentists from Sardinia, including the German-speaking oral surgeon Michael Gnass in San Teodoro.

List of some dentists: [www.yelp.de](http://www.yelp.de)

Budoni:	Mazza / Gianfranco	Via Nazionale, 119 tel. +39 0784 844343
San Teodoro:	Dentista Michael Gnass (German speaking)	Via G.deledda, SN tel. +39 0784 866227
	Studio Dentistico Antonella Delogu	P.zza DE Bernardi, 8 tel. +39 0784 253012

## PHARMACIES

A pharmacy in Italy is called a farmacia. You can usually recognise them by a green illuminated sign in the shape of a cross.

- Farmacia Monaco Via Sardegna, SN. San Teodoro  
tel. +39 0784 865789
- Farma Ambra Via Cala D'Ambra 26, San Teodoro  
tel. +39 0784 869092
- Parafarmacia Drugstore Via Rockefeller 9, San Teodoro  
tel. +39 0784 866242
- Farmacia SS 125 Orientale Sarda 101, San Teodoro  
tel. +39 0784 865170
- Medda Dottor Alessandro Via della Pietà 49, San Teodoro  
tel. +39 333 614 9810

## The right words to use in case of emergency:

Help	<>	Aiuto
Emergency	<>	Emergenza
accident	<>	incidente
Doctor	<>	Medico
illness	<>	malattia
heart attack	<>	infarto
Burn	<>	Brucciatura
sunstroke	<>	insolazione
rash	<>	eritema
fever	<>	febbre

## RESTAURANTS

You will find plenty of restaurants everywhere. There is really no such thing as bad food in Italy, and even more so in Sardinia. Sardinian cuisine is similar, but not the same as Italian cuisine.

I am always grateful for tips on good restaurants that are not yet on the following list. Help me to expand the list for future guests, maybe you will be there again.

These restaurants have been tested by myself and are, in my opinion, recommendable:

Retrò Ristorante Pizzeria Olbia	Via Regina Elena 105 Olbia Tel. +39 327 184 5239	Italian, Pizza, Seafood, Fast Food, Mediterranean
La Sartoria del Gusto	Via Dello Zaffiro 17 Olbia Tel. +39 0789 68745	Central Italian, Sardinian, Southern Italian
Doppio Malto	Via Bambini Di Beslan 36 Olbia Tel. +39 0789 641088	Italian, American, pub, steakhouse, bar, BBQ, European, pub brewery
12.1	Spiaggia Porto Taverna Porto Taverna Tel. +39 324 896 0340	Italian, Barbecue, Sardinian, Southern Italian
Ristorante Quattro Venti	Via Cala Girgolu 5 Monte Petrosu Tel. +39 0784 835241	Italian, Pizza, Seafood, Mediterranean, European, Sardinian, Southern Italian
Ambàra Sardinian Lounge	Via Di Li Graniti Monte Petrosu Tel. +39 340 199 1233	Italian, Sardinian, Southern Italian
Il Mangiatutto	Via San Francesco 2 San Teodoro Tel. +39 0784 852023	Italian, Pizza, Seafood, Mediterranean
Beachbar La Cinta	Localita Spiaggia La Cinta, San Teodoro Tel. +39 331 390 0368	Italian, Bar, Seafood, Sardinian, Southern Italian, International

Il Diamante	Via Cala D'ambra 22 San Teodoro Tel. +39 0784 195 3707	Italian, Pizza, Sardinian, Southern Italian
Simona Griglieria	Via naz. Fraz- Straulas San Teodoro, Straulas Tel. +39 392 100 1828	Italian, Barbecue, Sardinian, Southern Italian, Mediterranean
Ristorante da Silvio	Via Degli Asfodeli 18 San Teodoro Tel. +39 338 714 7875	Italian, Pizza, Seafood, Mediterranean, Sardinian, Southern Italian
La Margherita	Piazza Emilio Lussu 1 San Teodoro Tel. +39 0784 865435	Italian, Pizza, Seafood, Mediterranean, Sardinian, Southern Italian
Ristorante Mama's	Via Pasteur 19 Budoni Tel. +39 0784 842043	Italian, Seafood, Mediterranean, Sardinian, Southern Italian
Pizzeria la suprema	Via Nazionale 238 Budoni Tel. +39 329 185 4230	Italian, Pizza
Minnannu Wine Bar	Via Nazionale 131 Budoni	Wine bar
La Tavernetta	Loc. Marina di Budoni 1 Budoni Tel. +39 0784 844324	Italian, Pizza, Seafood, Mediterranean, Sardinian, Southern Italian
Ristorante Shardana	Piazza Pineta Sant'Anna 1 Tanaunella, Budoni Tel. +39 334 102 6814	Italian, Pizza, Seafood, Mediterranean, European, Sardinian, Southern Italian
Bar Caffè Nautilus	Via delle Camelie Banchina del Porto Budoni Tel. +39 0784 846310	Italian, Seafood, Mediterranean, European, Sardinian, Southern Italian

## SIGHTS

The island has countless sights to offer. Sardinia - that is much more than beautiful sandy beaches and azure sea. Take a look at my top 10 Sardinia sights and discover the most beautiful places and highlights that you should have seen. Caves and historical excavation sites with an exciting history await you as well as beautiful old towns, gorgeous islands, high mountains and hidden swimming pools!

### The Neptune Grotto

One of the many beautiful excursions you can make in Sardinia is a tour to the stalactite caves of Neptune, the "Grotta di Nettuno", near Alghero. This cave, which is decorated with countless stalactites and stalagmites, is located at Capo Caccia, an imposing limestone cliff near the

town. You can reach the Neptune Grotto by boat from the port of Alghero or on foot via the "Scala del Cabiro", a staircase carved into the rock with no fewer than 654 steps.

Alghero has much more to offer besides the caves and its charming historic centre. Lonely bays, long sandy beaches and impressive cliffs alternate and give this coastal strip a very special character. A boat trip along the coast with the historic sailing ship Andrea Jensen is a must!

Tip: Visit other sights in and around Alghero (Sassari)!

### Nuraghi - Sardinia's exciting past

Sardinia is the land of the nuraghi, the island of the mysterious tower buildings. There are more than 7000, maybe 8000 remains from the Bronze Age on the island. Nuraghi are impressive cone-shaped defences built from large, intricately stacked boulders, without the use of cement. You can visit a particularly beautiful example in the town of Barumini in southern Sardinia: The Nuraghe Su Nuraxi. UNESCO inscribed Su Nuraxi on the World Heritage List in 1997 and declared it the most important monument of Sardinia's ancient civilisation.

Tip: Visit the nearby Giara di Gesturi Nature Park and, if children are with you, the Sardegna in Miniatura theme park.

### La Maddalena - The Island Paradise of Sardinia

La Maddalena in the north-east of Sardinia consists of a group of more than 60 islands. The seven largest are La Maddalena, Caprera, Santo Stefano, Spargi, Budelli, Razzoli and Santa Maria. Only the main island "La Maddalena" of the islands in this nature reserve is inhabited. It has about 13,000 inhabitants.

The main island with its many shops and restaurants is a popular day trip destination for many tourists who reach the island by a short crossing from Palau. To really enjoy this fascinating area, we recommend taking a boat trip through the fantastic island archipelago. Experience the magnificent views, marvel at bizarre rock formations, experience the unique nature, the crystal clear sea, the countless bays and beaches.

Tip: Book a catamaran excursion to the Maddalena Islands or take a snorkelling tour to Caprera.

### Cagliari - The livable capital of Sardinia

The capital of the island, Cagliari, deserves a special mention. Stroll through the narrow streets of the old town, go shopping in one of the countless small boutiques, enjoy tasty food in a "trattoria" or do as the Cagliarians do and enjoy a snack in one of the countless beach stalls on the city beach Poetto. The road to the beach leads past shimmering salt lakes where you can watch graceful pink flamingos. And all this in the middle of Sardinia's largest city!

Cagliari is more than worth a visit! The Castello district is the beautiful upper town. The medieval centre - situated on a hill - was the power centre of the island for a long time. Here in the old town you will find many Pisan buildings, museums and city towers. An imposing city wall was built around the old town.

Tip: Book a guided tour to explore the city! How about a Segway tour or a nice bike ride through the city and to the salt flats?

### Costa Smeralda - The Emerald Coast of Sardinia



The heart of the Costa Smeralda, the "Emerald Coast" of Sardinia, is Porto Cervo. This beautiful luxury resort is situated on a rugged coastline characterised by countless bays and cliffs. When Prince Aga Khan discovered this area in the 1970s, he decided to turn it into an exclusive resort. This region is popular with the rich and beautiful from all over the world. Besides Porto Cervo, Poltu Quatu, Porto Rotondo, Cala di Volpe and Liscia di Vacca are also part of the Emerald Coast. The old harbour Porto Vecchio dates from the 1960s and is located on the southeast side. It is the parade ground for countless luxury yachts. The new harbour is equipped with state-of-the-art tourist infrastructure for international yacht traffic. Both the harbour and Capo Ferro, a 46-metre-high cape with a lighthouse north of Porto Cervo, can be seen from the sea. The beautiful white sandy beaches of Capriccioli and La Spiaggia del Principe are worth a visit.

Tip: Make sure you also visit the unspoilt hinterland of Porto Cervo!

The province of Nuoro is a very diverse region, which occasionally gives the impression that time has stood still. With a unique stretch of coastline that merges inland into beautiful, unspoilt nature, here you can enjoy the true Sardinia.

### Gennargentu | The authentic Sardinia

Dorgali, Oliena, Orgosolo Ollolai and are just some of the exciting mountain villages in the rugged Gennargentu mountains. This spectacular natural area is the roof of the island and ideal for beautiful hiking tours. In a wooded area near Oliena lies the largest water source in Sardinia: Su Gologone, an impressive karst spring that gushes out over 300 litres of water per second. It flows into Lake Cedrino, where you can go sea kayaking. Behind it is the beautiful Valle di Lanaitho. This great hiking area is dominated by the huge limestone massif of Monte Corrasi. From April to October, you can also enjoy several beautiful excursions, such as a visit to Tiscali, the caves of Sa Ohe and the Nuragh village of Sa Sedda e sos Carros. A must-do in the interior of Sardinia is a tour to Su Gorropu, an impressive gorge that you can also visit with a guide. On the eastern edge of the Gennargentu Mountains is the lively coastal town of Cala Gonone. From here you can discover the unique east coast of the Golfo di Orosei by rubber dinghy. This varied coastline is also known for the grottoes of Bue Marino and the beautiful bay of Cala Luna, which you can reach by boat from the harbour.

Tip: Read more about all the interesting sights in the province of Nuoro here.

### Iglesiente - The Unknown Southwest Sardinia

An exciting, rather unknown area of the island is the south-western part of Sardinia. An impressive winding road leads you through Fluminimaggiore, famous for its caves Su Mannau and the temple of Antas. On the coast are the former mining villages of Buggeru, Nebida and Masua. A panoramic drive along the sea takes you past abandoned mines, rugged cliffs and steep rock faces that plunge vertically into the sea. The view of the 133-metre-high white limestone island of Pan di Zuccheru, which lies off the coast, is particularly beautiful. Directly adjacent to this region is the Medio Campidano. Be sure to visit the highest dunes in Europe in Piscinas. You can reach these dunes by following the signs from Arbus to the former mine of Ingurtosu. A fantastic natural spectacle here is the beach of Scivu. If you stay here in the southwest, it's worth crossing to the rocky island of Isola di San Pietro. The ferry takes you from Portovesme or Calasetta (Sant'Antioco) in half an hour to the small harbour of the fishing town of Carloforte, the only settlement on the island. The island has been in many hands over the years. First settled by the Phoenicians and Romans, until the Genoese settled here around 1700. The founding of the town of Carloforte bears its name in honour of King Carlo Emanuele

Ill di Savoia. Today this is a convivial place, with many terraces and restaurants by the sea, where the tuna, which is still traditionally caught here, is used in countless dishes that can only be tasted here. For this reason, Isola di San Pietro is also known as Tuna Island.

Tip: Look out for all the other sights in the Carbonia - Iglesias region.

## Sinis - Paradise Peninsula of Sardinia

Northwest of Oristano, on the gulf of the same name, lies the peninsula of Sinis. The region is rich in salt lakes, populated by countless water birds that make their home here. Among them are thousands of pink flamingos. On the edge of the Sinis peninsula lies the coastal town of San Giovanni di Sinis, once famous for its fishermen's cottages built of reeds and wood. Today, unfortunately, there are only a few of them left. Some stand not far from the archaeological site of Tharros.

The coastal strip of the Sinis peninsula consists of countless beaches; from your towel you can see the island of Mal di Ventre on the horizon. A very special beach is Spiaggia Is Arutas. This beach, several kilometres long, has a unique sand: small, round quartz grains shimmering in colours ranging from pink to light green to white.

Tip: Here you will find all the sights in the Oristano region.

## Tombe dei Giganti - Mysterious Sardinia

Prehistoric finds can be found all over Sardinia. In addition to the Nuraghic towers, there are burial sites from various periods of early history to marvel at. The largest of these are also called gigantic tombs. There was room for several burials in each of these tombs - hence the name "Tomba dei Giganti". In addition to being a cemetery, the cult site also served as a temple building where sacrifices were made. In northern Sardinia, about 4 km south of Arzachena, near the Domus de Janas and the nuraghe Albucciu, lies Coddu Vecchiu, one of the most complete giant tombs and most impressive contemporary witnesses of the Ursards. In the same region are the Tomba dei Giganti of Li Lolghi and the much older stone cist tombs of the necropolis of Li Muri.

After so much culture, the palate should not be neglected either. How about a flying visit to San Pantaleo? Spectacular rock formations characterise the former shepherd village, which has a cosy "piazza". Even today, San Pantaleo is characterised by the so-called "stazzi": traditional farmhouses and country houses made of granite blocks that were originally used by shepherds as shelter, stables or lodging.

## Natural swimming pools - Hidden bathing spots in Sardinia

Sardinia - You can only swim in the sea? No way! In Sardinia it is often dry for months in summer. The water level of the bathing pools, rivers and waterfalls can therefore fluctuate greatly. A beautiful saltwater pool is located in the southwest, on the Sant'Antioco peninsula: Is Praneddas, also called Arco dei Baci. This special bathing spot is directly on the sea. The hike there, with some rock climbing, is short but steep, so put on some sturdy walking shoes.

To the north, in the hills of San Teodoro, is the Rio Pitrisconi swimming pool. To reach this bathing place, you have to climb along the riverbed with the help of a guide. A very nice excursion for all sporty canyoning enthusiasts!

Very impressive is the natural pool Sa Stiddiosa, just outside the small village of Seulo in the interior of Sardinia. You reach the pool via an adventurous hiking trail through the forest. The

last 20 minutes of this route are very steep, but with a good pair of shoes you can make this journey without any problems. At the bottom you will find a true wonder of nature!

## SUPERMARKET

In contrast to other countries, it is no problem to shop on Sundays in Sardinia. Most shopping centres and supermarkets are open on Sundays in Sardinia.

There is a small but well-stocked supermarket, MD S.p.A., 1 km away. The "MD S.p.A" is in the district of Straulas. When you go down to the main road, turn right towards Budoni.

Diagonally opposite the supermarket is a good butcher's shop selling regional farm produce.

Other supermarkets can be found in San Teodoro, Budoni or Olbia.

- Eurospin Budoni: Strada Statale 125, Ponte.
- Eurospin San Teodoro: Via Sardegna, San Teodoro

In Olbia-Tempio - i.e. near the airport - there is a LIDL market. This is practical, because you can get toilet paper, water, bread, washing powder and other basic things here at a reasonable price.

- LIDL in Olbia: Via degli Astronauti 2, Olbia.

Even if wine is on offer in the discount store, it is also available in every other supermarket. And it's guaranteed to be better there. Cheap discounters like LD Market, Eurospin or LIDL do not stock local wines. Good wines are available in normal supermarkets or in wine shops (Enoteca) at slightly higher prices, but of considerably better quality.