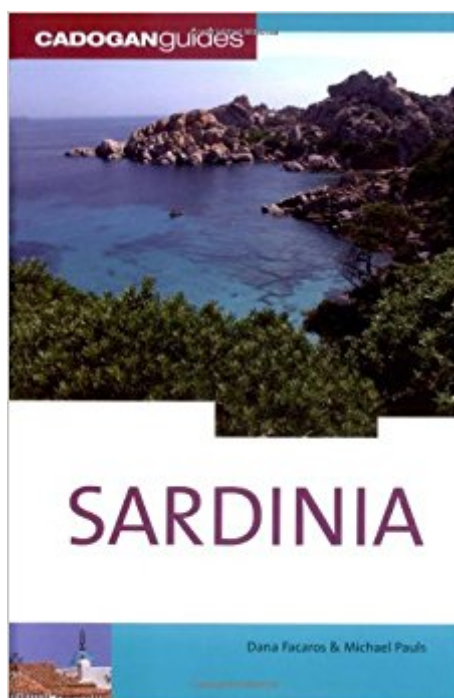


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# Sardinia, 4th (Country & Regional Guides - Cadogan)



## Synopsis

Sardinia has long been a favorite of the Italians; discover why with Cadogan's insightful and fascinating guide. Dana Facaros and Michael Pauls, the Italian travel experts, uncover the hidden sights of the elegant capital of Cagliari and explore the wild beaches and pure turquoise sea of the coast of the Nurra. They ponder the quiet simplicity of Oristano, which explodes into life for a two-day festival every year, and study the beautiful political murals adorning the streets of Orgosolo. Evocative descriptions of the rocky granite mountains of the Gennargentu National Park and the luxury of the Costa Smeralda, playground of the titled and wealthy, will transport you to the island before you have even arrived. A detailed chapter on Sardinian culture includes a section on the island's most enduring mysteries: the nuraghe, ancient towers dotted throughout the landscape. Illustrations of the different types of nuraghe allow you to identify them and understand the differences between them. As always, the very best places to try out Sardinian cuisine are listed, alongside hand-picked hotels, villas, bars and shops.

## Book Information

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## Customer Reviews

âPassionate and packed with good info.â <sup>TM</sup> - National Geographic Traveler (US)â <sup>TM</sup>It's difficult to praise the Cadogan books too highly . . . good writing, amusing comment and invaluable adviceâ <sup>TM</sup> - The Independent (UK)â <sup>TM</sup>Cadogan Guides . . . go a little deeper than most guides, and the balance of infectious enthusiasm and solid practicality should appeal to first-timers and experienced travellers alikeâ <sup>TM</sup> - Michael Palin

The splendidly isolated Italian island of Sardinia is a place where history and geography have conspired to make a world apart. The luxury playground of the Aga Kahnâ™s Costa Smeralda steals the headlines, but the Cadogan guide reveals the true Sardinia: a mysterious Bronze Age civilisation that has left fascinating monuments dotted in profusion throughout rugged landscapes infused with the scent of myrtle and thyme. Added to this are sugar-soft beaches on a turquoise sea, lagoons of pink flamingos, the Sardsâ™ unique culture with village festivals and ancient, haunting polyphonic music, and an unusual and wide-ranging cuisine with plenty of good strong red wine.

Cadogan Guides always have clever and interesting information that reveals more than the typical travel guide about the history of the region or places. These are guides have more primary information about the destination, culture etc. than photos so can be used in companion with other travel guides, although the Cadogan guide is the more indispensable.

Cadogan's guide to Sardinia is filled with history and practical details. The guide doesn't have pictures, just simple illustrations and some useful maps. The recommendations for hotels were also very good. We stayed in Cagliari, Arbus, and Nuoro. We were looking for hotels which were charming and not too expensive, and the book definitely met that need. The beach descriptions were also useful. Sardinia has many of them. :-). It's not necessary to go to the more expensive Costa Smeralda region in order to have a wonderful holiday in Sardinia. As a side tip, if you are going to Sardinia via Cagliari, drop by the tourist office. The people there were very nice, and they had a plethora of good information on Sardinia.

I bought this book because I am actually moving to Sardinia in a few months - and, believe it or not, I've never been there - so I needed a book that encompasses absolutely everything about the island. From food and wine to history, from beaches to the nuraghi, this book definitely has it all! It's a fairly easy read and I've learned so much from it. I feel like I've already been there. Even if you've never thought about visiting Sardinia, you'll want to after reading this guide. It has my highest recommendation.

It is tough to find guides to Sardinia. This one (Cadogan) is the best available. The Insight Guide gives you interesting information about the island, but it doesn't tell you where to stay or eat. The

Eyewitness Guide gives a limited amount of information about hotels and lodging, but does offer helpful explanations of the local food, including pictures. This is great since we do not speak Italian. My Cadogan Guide is well worn, the mark of a truly useful book.

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