



FALKENSTEINER

RESORT CAPO BOI

UNIQUE MOMENTS

MAY EDITION

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TIMELESS SARDINIA: MAY'S TRADITIONAL FESTIVITIES



WELCOME TO FALKENSTEINER HOTEL CAPO BOI

In May, Sardinia honors its rich traditions, as locals uphold ancient customs and celebrations that define the island's cultural heritage, shaped by historical Saracen and Spanish influences. Among the most cherished events is the Feast of Sant' Efsio in Cagliari on May 1st. Our Perfect Day entails exploring Capo Carbonara's promontory, discovering scenic coves, and Spanish watchtowers. The day concludes with relaxation and an evening immersed in Sardinian culture at a traditional home, featuring authentic dishes, music, and folklore. I am Francesca Corda, your dedicated Guest Experience Specialist, ready to assist with any needs or arrangements. Do not hesitate to contact me directly via email at concierge.fcb@fatravel.it or via WhatsApp at +393493177742.



FRANCESCA CORDA

GUEST EXPERIENCE SPECIALIST

OUR PERFECT DAY

08 AM - BREAKFAST AT THE HOTEL

09 AM - SARACEN COASTAL TREKKING

12 PM - RETURN TO THE HOTEL

01 PM - LUNCH IN PIZZERIA AT THE HOTEL

04 PM - MASSAGE AT AQUAPURA

05 PM - RELAX AT OUR HEATED POOL

7:30 PM - DEPARTURE FROM THE HOTEL

8:15 PM - TRADITIONAL DINNER IN A TYPICAL SARDINIAN HOUSE





FARM-TO-TABLE

CULINARY WORKSHOP



Delve into Sardinia's culinary heritage with our Farm to Table Culinary Workshop in the island's southeast. Engage in a hands-on experience that combines traditional recipes and modern sustainable practices using ingredients from local farms. Guided by our expert chefs, create dishes that celebrate Sardinia's gastronomic legacy in an eco-friendly approach. Cook, learn, and enjoy your creations amid the scenic beauty of the region—a feast for the senses and a tribute to sustainable living.





ARCHEOLOGICAL WONDERS

AND WATERFALLS

Set out on an off-road coastal tour to the archaeological wonders of "Is Concias," renowned for its prehistoric 'Giants' Tombs,' echoing the Nuragic civilization's grandeur. Continue to the quiet S. Pietro Paradiso waterfall, nestled amidst ancient landscapes. The excursion invites you to traverse through the Mediterranean maquis to reach the cascading waters, where history and natural beauty intertwine in a tranquil embrace.





SARACEN COASTAL TREKKING

Set out on an adventurous hike along the trails traversing the peninsula of Capo Carbonara, the southernmost tip of Eastern Sardinia. Explore the stunning Cala Giunco, Cava Usai, and Cala Burroni, uncovering ancient mining sites, centuries-old Spanish towers, and the picturesque coastal Mediterranean scrub, shaped and guarded by the relentless winds that sweep through it. Marvel at breathtaking marine landscapes that will leave you in awe.





SNORKELING SAFARI & UNDERWATER WONDERS

Slip into the clear waters of Villasimius for a snorkeling experience like no other. Gaze through the gentle waves to find a bustling, colorful world below. Bright fish dart through the warm water, weaving between swaying plants and scattered pebbles that sparkle under the sun. As you glide over the shallow reefs, keep an eye out for the shy creatures hiding in nooks—each look might reveal a new underwater friend. Simple, serene, and utterly magical, it's a glimpse into a world of wonders just beneath the surface.





CULINARY DELIGHTS & CULTURAL CHARMS: AN EVENING IN A TRADITIONAL SARDINIAN HOUSE

Experience the authentic flavors and cultural richness of Southern Sardinia with an enchanting evening in a traditional Sardinian house. Immerse yourself in the warmth of Sardinian hospitality as you enjoy a meticulously prepared dinner showcasing local specialties and time-honored recipes. Delight in the vibrant ambiance enhanced by live music and traditional dance performances, offering a glimpse into the island's rich heritage. Savor the essence of Sardinia's culinary and cultural traditions in the inviting setting of our Campidanese home.





UNCOVER THE MISTYQUE OF THE BRONZE AGE

WITH A JEEP 4 X 4

Take a thrilling 4x4 ride along the southeast coast, where you'll visit age-old Phoenician and Punic landmarks, explore prehistoric tombs, and roam through time-worn ruins. Be awed by the towering Nuraghe Pentolobato "Sa Domu 'e S'Orcu" in Castiadas, investigate the secretive Domus de Janas of Monte Nai, and reveal the enigmatic Menhirs and Roman Necropolis of "Susalei" in Costa Rei.





SEA EXPLORATION

Dive into the enchanting seascape of Villasimius with our premier boat tours. Cruise through sparkling waters, framed by the striking contrast of sheer cliffs and unspoiled sands. Stumble upon hidden coves and sun-kissed beaches, as our guides bring to life the rich underwater world and the storied past of this Mediterranean jewel.





SEA AND MOUNTAINS E-BIKE TOUR

Experience the stunning beauty of Southern Sardinia on our exclusive e-bike tour, where you'll explore the rugged mountains and pristine beaches of this breathtaking region. This four-hour tour is the perfect way to discover the natural splendor of the area. Helmets are provided for your safety, ensuring that you can fully immerse yourself in the experience without any worries. Your professional guide will lead you on a journey of discovery taking you to breathtaking mountain views of the Monte Minni Minni, a majestic mountain that stands at 730 meters high, providing stunning panoramic views of the surrounding landscape. The tour is on intermediate level of difficulty, making it suitable for all skill levels.



DID YOU KNOW ?

In Sardinia, May 1st is celebrated as one of the most cherished regional festivals: the Feast of Sant'Efisio, a traditional religious and folkloric celebration. During this day, the city comes alive with colors, sounds, and traditions, with thousands of people participating in the captivating procession honoring the patron saint. The highlight of the festival is the procession of faithful from all over Sardinia, parading in traditional Sardinian dress.





JEEP 4X4 ADVENTURE

Explore on board of a Jeep 4x4 the beautiful volcanic mountains and the coastal area of southern Sardinia. We will discover the green of nature, the blue of the crystal clear waters, the gold and white of the sand and the immensity of enchanting bays. A half day experience where guests can the thrill of a very special off-road tour, which combines nature discovery with fun.





SUSTAINABLE SPRING

IMMERSIVE ADVENTURES IN CAGLIARI

Set off from Falkensteiner Capo Boi and meet your private guide for an immersive tour through Cagliari, the sparkling jewel of the Mediterranean. Wander through the labyrinth of alleys dotted with small artisan shops, revealing the city's vibrant spirit. Discover the unique character of its four historical districts—Castello, Villanova, Marina, and Stampace—and observe the layers of history that define this enchanting city. Spend a captivating morning or afternoon exploring hidden delights, from the charming Sant'Anna church to the panoramic majesty of Bastione Saint Remy, and delve into the stories of the Ghetto degli Ebrei.





CAGLIARI'S WONDERS

TOUR & FLAMINGO ADVENTURE

Get ready to embark on a fascinating journey as you meet your guide directly at your hotel. Immerse yourself in the charming alleys and small craft shops, and uncover why Cagliari is truly the jewel of the Mediterranean. After your city tour, prepare to be enchanted by a unique blend of history and science, water and ancient salt pans in the breathtaking Molentargius Park, one of the most beautiful natural parks in Italy. Witness the perfect harmony between man and the environment, and discover the tranquil oasis where more than 230 bird species and magnificent pink flamingos call home. Get ready to unwind and revel in the wonders of nature.





WINE TASTING EXPERIENCE



Indulge in a unique and refined experience at one of the most renowned vineyards near Cagliari. Discover the art of wine tasting and become a sommelier as you sample a selection of six premium red and white wines, perfectly paired with a selection of locally sourced cold cuts. Delve into the world of winemaking during an exclusive Master Class in the intimate setting of the wine cellar barrel, and savor "The Perfect Pairing" as you discover how to expertly match the flavors of high-quality local produce from land and sea with the nuances of each wine. A truly unforgettable opportunity to explore the intricacies of wine and indulge in the best of Sardinia's culinary delights.





TREKKING AT THE DEVIL'S SADDLE

Begin your adventure in Cagliari and set off on a trek to the storied Devil's Saddle, a landmark where myth and history converge against a backdrop of Mediterranean greenery and relics of bygone eras. The approximately two-hour hike will culminate in a breathtaking panorama overlooking the city and coastline. Conclude your excursion by unwinding with a local aperitif, choosing between the soothing sands of the beach or the captivating ambience of a terrace overlooking the Gulf of Angels. This is more than a trek; it's an immersive experience that harmonizes the allure of nature, the whispers of history, and the flavors of Sardinian culture.





UNVEILING CAGLIARI'S

UNDERGROUND SECRETS

Take part on a unique and exclusive journey as you depart from your hotel and meet your expert guide in the city center. Brace yourself for an unforgettable adventure as you discover the secrets that lie beneath the charming streets of Cagliari. Uncover fascinating stories and legends as you navigate through a maze of secret passages, caves, tunnels, and shelters that stretch for kilometers along an underground network that runs through most of the city. Join us on this remarkable expedition as we unravel the mysteries of Cagliari's underground world and delve into the rich culture and history of this magnificent city.





BARUMINI & THE GIARA'S WILD HORSES

Embark on a journey of discovery to the heart of Sardinia's ancient culture with a day trip from your hotel. Our expert guide will take you to Su Nuraxi, the stunning nuragic complex in Barumini, a UNESCO World Heritage site. Learn about the sophisticated architecture of the nuragic civilization and their complex social system. After exploring Su Nuraxi, enjoy a traditional Sardinian lunch in the charming nearby village of Gesturi. Then, head to the stunning Giara plateau, a nature reserve where you'll experience the true wilderness of southern Sardinia. Witness the wild horses, known as "cavallini della giara," roaming free in their natural habitat. Your guide will reveal the secrets of this unique ecosystem, allowing you to fully immerse yourself in the stunning beauty of Sardinia.





DID YOU KNOW ?

"Sardinia has been the stage for various settlements by foreign peoples over the centuries, including the Spanish and the Saracens, whose influence is still evident today in the island's cultural, architectural, and linguistic traditions. These incursions have helped shape Sardinia's unique cultural identity, bestowing upon it a richness and diversity that are reflected in its traditions, cuisine, music, and arts."





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