

Untold Italy Episode 219: 10 (or more) Reasons to Visit Sardinia

This is the Untold Italy Travel podcast, and you're listening to episode number 219.

Ciao a tutti and Benvenuti to Untold Italy, the travel podcast, where you go to the towns and villages, mountains and lakes, hills and coastlines of Bella Italia. Each week your host Katy Clarke takes you on a journey in search of magical landscapes of history, culture, wine, gelato, and, of course, a whole lot of pasta. If you're dreaming of Italy and planning future adventures there, you've come to the right place.

Katy

Buongiorno everyone, are you ready for an island escape? Because today we are headed to one of Italy's largest islands but one that you probably don't know too much about and that's Sardinia or Sardegna in Italian.

A popular vacation spot for Europeans, generally those of us from further afield are yet to discover Sardinia. I'm not sure why, we're probably going to chalk this up to poor marketing yet again because as you're going to hear, if you love nature, beaches and rich culture, Sardinia is a place you're going to want to visit.

Our guest today, Angela Corrias, was born and bred on Sardinia and is fiercely proud of her heritage and the many wonders of the island. Angela and I met recently in Rome and share a background in travel blogging. I love her passion for her homeland and can't wait for you to hear all about it. So let's meet Angela.

Katy

Bienvenue to Angela. Welcome to the Untold Italy podcast.

Angela

Grazie. Thank you for having me.

Katy

You are so welcome. I'm so happy to have you here on the podcast, Angela, after bumping into you a few times in Italy over the last few weeks. That was a lot of fun, wasn't it?

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Angela

Yes, very much.

Katy

We got to know each other a bit over a few coffees, some snacks, and a wander through the Vatican museums. But I was hoping you could introduce yourself to our listeners and tell them where you were from and what you do before we get chatting about beautiful Sardinia.

Angela

I live in Rome, but I actually am from Sardinia. I was born in Cagliari, in the capital of Sardinia, which is in the South. But I grew up in the center of the island in Sardinia, in a very small village called Ghilarza, which I always recommend also to visit. I have lived in Sardinia until I was 19 because at 19 years old, I moved to Rome to study in university, and I graduated in Rome in journalism. And after that, I took off and I traveled around the world. I traveled around South America, Asia, Europe for about 10 years. And then when I moved back to Italy, I settled in Rome. And now I live in Rome. I am based in Rome, but I travel to Sardinia every year. This year, actually, I already booked the tickets because I'm going in June, and that's when the high season starts because it's the Italian summer, and that's when the high season starts. I'm planning to spend a couple of months in Sardinia this year.

Katy

Aren't you lucky?

Angela

Yeah, I think so. Even though the beaches will be super, super crowded. I think I need to do some different planning. Certainly, I will go to the beach also because it will be very hot. But I will be also some planning because every time I go to Sardinia, even though I am from Sardinia, I like to explore areas I still don't know.

Katy

Well, Angela, you are the absolute explorer, having been all around the world. If you ever get a chance to sit down with Angela and explore - she's got several websites, actually, but she's got one blog. She has been to the far-flung places of the Earth and has got many, many tales to tell. It's a delight to actually have you share all about your home in Sardinia, and I can't

wait to hear more about it. But for those of us that... Well, no, I obviously know quite/a little bit about Sardinia, although I haven't been there, I have to confess. But some people may not know where it is. Can you let everyone know where it is and maybe some geography about Sardinia?

Angela

Okay. Sardinia is an island. It's not connected to main land Italy by any bridge. The only way to reach Sardinia is by ferry or by plane. It's located off the Rome Coast. It's on the western side of Rome and north of Sicily. It's the second biggest island in Italy. And so you reach by plane or by ferry. The plane, from many European cities and many Italian cities. There are also low-cost airlines landing in Sardinia, like European low-cost airlines like Wiz Air, EasyJet, Ryan Air, or by ferry, you can reach Sardinia by ferry from Rome, Civita Vecchio, or from other ports like Genoa, Palermo, or also from other European ports like Barcelona, Nice, I think also Marseille in France.

Katy

Would you recommend going on the ferry, or do you think it's better to fly?

Angela

Well, we always go by ferry from Rome because we I go by car. We have a small child, a four-year-old, so we always go by ferry. Before my son, I used to go by plane because by plane from Rome, it's 45 minutes. By ferry, if we go from Civitavecchia to Cagliari, it's 13 hours. Cagliari in the south, a 13 hours ferry. If we go from Civitavecchia to Olbia, it's 8 hours. Now we go to Porto Torres, which is also in North Sardinia, and it's 8 hours, also 8/9 hours.

Katy

It's a good trip.

Angela

Many people, especially from Europe, they come with a camper van, so they have to go by ferry.

Katy

Yeah, I think, obviously, your choices are going to be determined by how much time you have and where you want to go and see, because it is, as you mentioned, it's a big island. I think people maybe think that some of these islands are quite small, maybe like Capri or some of the other Mediterranean islands, but it's actually really big and you need quite a bit of time to explore it properly, right?

Angela

Yes, exactly. If you're only staying a week, I suggest that you pick an area. For example, you visit Northern Sardinia and you explore and you visit the places, many places to visit in Sardinia. If you want to stay two weeks or a month, then you have more time and then you can travel across the island. Yes, you can visit more places, both in the north, in the south, east, west, because it's very interesting. I think you should spend some time in where you decide to visit, not like stay there, you go one hour and then you take off. No, take your time to visit the place because it's very interesting.

Angela

It also depends in not just how long you stay, but for example, you need to consider the flight. Obviously, the flight is shorter, but the ferry, often it's in the night. You can spend a full night. In the night, what do you do? You need to sleep anyway. Just take the ferry, you sleep, you save on the hotel, and then the morning you wake up and you are in Sardinia.

Katy

Well, that sounds pretty magical. Angela, I would say that you would definitely a tremendous slow travel approach. Would I be right?

Angela

To be honest, yes. In Sardinia, I recommend the slow traveling because this is the best way to actually enjoy the island.

Katy

What are some of the things that you love about Sardinia? Why should people go?

Angela

Well, if I have to give you some reasons to be in Sardinia, there are many reasons. First of all, the landscape. The landscape in Sardinia. Sardinia is famous for its Coast, the coastline, obviously, because the beaches in Sardinia are beautiful. But Sardinia has an extremely diverse landscape. We have the mountains, we have the desert, the beaches are different from each other. If you go to the East Coast, it's completely different from the West Coast. Enjoy the landscape. If you come in the summer, I am sure you are going to go to the Coast because it's very hot. But if you come, let's say, in spring, I completely suggest to visit the inland. For example, the mountains, the small towns. Each town, they have a different landscape and they are different. Different customs, different traditions. That's also another reason why I suggest visiting Sardinia, because of all the traditions. Each town has its own it's on language, it's on dialect, it's on traditional customs, it's own food. Food is another big, huge reason to visit Sardinia. We have different, many, many, many different types of bread, many different types of pasta. We have obviously different dishes.

Angela

Where I come from, where I usually go close to the beach, I usually go, there is Cabras, a town that is very famous for the seafood. If you want to eat seafood in Sardinia, I totally suggest Cabras because we have the mullet roe. I don't know if you heard, it's called Bottarga, and it's a specialty from Cabras. It's used in many dishes in Cabras because you can grate it and season the pasta, or you can have a very fine slice, and you can eat it on a bruschetta, let's say, on a toasted piece of bread.

Katy

Is it salty?

Angela

It's slightly salty. In fact, it's nice with some olive oil or some butter for the contrast. It's very nice.

Angela

Or you go to Alghero, they have lobster. They make lobster in a very... They are influenced by the Catalan culture because in Alghero, they speak Catalan. Also the lobster, they make it in a Catalan... Catalan-influenced recipe.

Katy

Why is it influenced by, obviously, Spanish Catalan traditions? What's the history behind that?

Angela

Because Sardinia was invaded by everyone. From the... invaded, and also we have had like an old relationship, relations with the Punic, with the Romans, also the Romans, came to Sardinia. In fact, we have Roman baths, Roman also cities, ancient Punic city - Punic and Roman cities. We have like in more south, Central and south. We have Spanish and the Aragonese from Aragon, which was also Spain, The Spanish population, which is different from the Catalan because in the north we have Catalan. In the south, we have influence from Genoa, like in the food, in the culture.

Katy

Yeah, it's amazing. It's like a little melting pot.

Angela

Then also Arabs. We had also an Arab invasion, Arab invasions. For me, in Cagliari, some of our words they remind of the Arabic.

Katy

Do Sardinians consider themselves to be Italian, or are they more Sardinian?

Angela

That's a little bit tricky and sensitive question. Because, yes, of course, we consider ourselves Italian. But sometimes when they want to be a little bit protective of our culture, we say, first, we are Sardinians, then we are Italian.

Katy

Yeah, I just love that about Italy. People forget. It's such a young country. It's been shoved together not so long ago. What is it now? Nearly 150 years, almost, I think.

Angela

Yes, 1870, that the fire went Rome, where Rome became Italian. Otherwise, even before, yeah.

Katy

Yeah, it's amazing. We think Italy, Italian cuisine, Italian language. But in fact, it's really a melting pot of so many different things. I guess you're seeing that in a really concentrated form in Sardinia, which must make it very exciting to visit because you wouldn't have the same thing at all from town to town, as you were saying.

Angela

Yes. Sardinia, the culture, it's very rich. Each town is different. But also from, if you see Sardinia and then other parts of Italy, it's very different. Different, our culture and our language is completely different. If I speak Sardinian here in Rome, nobody understands anything.

Katy

Do you sometimes forget? Oops, I'm speaking Sardinian in Rome, that would be funny.

Angela

Well, sometimes some words, yes, they come out some words in Sardinia and nobody understands. For example, I don't know, I give just a word. In Sardinian, window, we say ventana, which is close to Spanish because in Spanish, I think it's ventana, ventana. In Italian, it's finestra. It's completely different. If I say ventana in here in Rome, either they speak Spanish and they understand because they speak Spanish, or otherwise, they don't understand it. I'm not saying finestra, window.

Katy

I was getting confused with the French just now.

Angela

In French, it's fenêtre, yes. More similar to Italian.

Katy

It's just great. I love this. In Australia, we just have one word. It's called window. Angela, tell me with the beaches. I know Sardinia is very famous for its beaches. Are they sandy beaches or are they stony or are there some on either side that are mixed? What are the beaches like

Angela

Well, in Sardinia, we have sandy beaches, we have rocky, very rocky beaches. Then we have also in my area, the beach where I usually go, it's sandy, completely sandy. Other beaches that I have very close, they are very sandy, like a very, very fine sand, kind of one. It's very good for families because the water, it's not deep and it's very, very fine white sand. It's very beautiful. But then also close to me, we have another beach, like it's a peninsula. It's the Sinis peninsula. A few beaches in there. They have quartz. So it's like the sand is like rice.

Katy

Wow.

Angela

It's very beautiful.

Katy

There's also some pink sand beaches there, too.

Angela

Yes. In the north, in one of them, La Maddalena. Another archipelago, La Maddalena, they have pink quartz. Also, that's quartz, and it's pink.

Katy

It's so beautiful. Seriously, everyone, go and Google that, or you can go to Angela's website. I'm sure she's got some beautiful photos of those beaches. But Sardinia in Europe is known for having some of the best beaches in Europe. For some reason, that secret has not yet escaped Europe yet and got to the broader English-speaking population. But they're literally compared to the Maldives or places like that. I have not seen them yet, but they are supposed to be that beautiful. Have you seen the beaches in the Maldives? Can you compare?

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Angela

No, I haven't. I only saw pictures. Also many people also from Sardinia, they have been also to the Caribbean. They compared, for example, La Pelosa in Stintino, near Alghero, not far from Alghero in the north of Sardinia. They compared to the Caribbean. I have been to not the Caribbean, I've been to La Pelosa, and it's really nice. From afar, you can see the water changing. It's an emerald, then blue, and then very light blue, and then greenish. It's very beautiful.

Katy

It sounds amazing. When we talked about Sicily on this podcast before, it's quite interesting because I identify myself as an island person because I love islands, and I come from the biggest one in the world.

Angela

Yes, exactly.

Katy

But I think the thing is I really feel at home close to the sea. When you're describing that water, I'm thinking, Oh, gosh, I really would love to be close to that water. Are there many villages along the coast where people can stay and enjoy both the village life and the beaches?

Angela

Yes. There are actually like villages on the coast, and then smaller villages not too far from the coast. For example, where I stay, it's a very tiny village, very small. People live there all year, but there are very few families. But in Sardinia, you are never more than one hour far from the beach. Wherever you are, the maximum time is one hour, you reach the coast. It's not a huge island.

Katy

But it's a decent size that you need to spend some time. Is it a free beach? Or is there a lot of free beaches there, or are there a lot of beach clubs and Lidos there as well?

Angela

It's a mix, but there are many free beaches. Everywhere I go, it's free. For example, there are some beaches that are closed, meaning like there is a limit for the number of people that they can enter each day. You need to book, for example, the one that I mentioned, La Pelosa. Now, it's already been quite a few years, they start in June. From June to September, when it's the high season, they have a limit in the number. For example, I think it's 1,500 each day. You book online from the day before. High season, I suggest a couple of days before. When you arrive, you show your booking, they have your name, and they give you a bracelet, and you have the whole day. But once the number is reached, no, you can not enter. Other beaches, they are private, a lot of private clubs for hotels.

Katy

Yeah. I mean, quite rightly, Sardinians are very protective of their beaches. I think this is the way now. Spontaneity is probably not... If you're traveling in high season, it's very advisable to really search out what you need to know about. If you really want to visit certain beaches, you're probably going to need to get a bit organized. Another thing I wanted to let people know is that in Sardinia, it's illegal to take the sand from the beaches, isn't it?

Angela

Yes, of course, it's illegal because 'cause it's really not sustainable. The beach is beautiful because of the sand. I know the sand is beautiful, but if too many tourists take it away, every year they stop many tourists in the airport or in the ports because they find them with full bags, full of sand, bags or big bottles full of sand. Obviously, they take them, they fine them, but sometimes if they don't find them, if they don't catch them, then they take away bags full of sand away from Sardinia. Year after year, sometimes they're ruining the beach. Then nobody can enjoy it anymore, not even tourists.

Katy

I think we just all need to be a little bit more mindful of things like that. There's a lot more people traveling these days, and obviously, these people aren't going on Ryan Air because there's no way you'd have the luggage allowance to take a big bag of sand on Ryan Air. It's too heavy. But everyone needs to just think about what they're doing and tread a little lightly.

Angela

Yeah, it's a nature in the end.

Katy

It sounds like to me, Sardinia is a little bit more natural than some of the other beachy places in Italy. Am I right?

Angela

You can say wilder, yes. It's true. Sardinia is much, much wilder. If you see it also from the airplane, when you're landing, you see completely different landscape from Sardinia. Sardinia and Sicily, they are completely different. Sicily is much more well looked after. For example, the agriculture and everything, Sardinia is wild. You see more green.

Katy

Are there many agri-tourismos on the island?

Angela

They are starting. It's starting, it's been already a couple of years, but there are many. Unfortunately, I think they should work a little bit better on the marketing because sometimes even I end up in some agriturismo that I didn't know. Just because I saw very close to agriturismo, I saw... I see some signs pointing and then we decide, "okay, let's go there". But not because I had heard before, but sometimes they're very nice. For example, once we went to a Nuraghe, to visit Nuraghe, which is an archeological site. We have many Nuraghe in Sardinia. We visited one, and then we ended up in close to Bonorva. We ended up in a small agriturismo, which was actually very nice, but it was not advertised, so it just happened by chance. Otherwise, there is one I know there is one I haven't visited, but I know it's very famous one close to Dorgali. Dorgali is in the Ogliastra area, close to I don't know if you heard of Su Gorropu, Gorropu Canyon. We have a canyon close to Dorgali. It's very nice, and there is a very beautiful agriturismo there, too.

Katy

It sounds like the type of place that would really... An agriturismo would be the perfect place to stay. I guess there's B&Bs and hotels, but for me, when the scenery is a little bit wild and rustic, I think I'd like to stay in an agriturismo. For those of you who haven't listened to our agriturismo episode, that is a farm stay where they offer accommodation and meals and

things like that. You can really get to know the countryside and the people a little bit better when you stay in a place like that.

Katy

Now, Angela, you mentioned archeological sites, and there's something really incredible about Sardinia that you won't find on the mainland, isn't there? That's historic and very, very ancient.

Angela

Yes. We have... Sardinia has a long history, but while in Sicily, for example, you can go for medieval history and this type of more modern history, Sardinia, it's all about archeology, very ancient relics and sites to visit this Nuraghe. Then there is also, it's called the Ozieri culture, which is even before the the Nuraghe era. Then we have the Punic, for example, you have Nora, which is an ancient city close to Cagliari. Then we have Tharros, which is also an ancient Punic city in the West Coast. Then we have Roman Baths.

Angela

Then we have this Nuraghe, which are Bronze Age towers. Now, in many, you see only the tower, but in many other areas, you see the whole village has been very long excavations, and they managed to find all these villages. You can visit. There are many in Barumini, Su Nuraxi, also Nuraghe Losa. Nuraghe Losa close in Central Sardinia. It's also very interesting to visit because you can visit both the tower and the village. Then there are also always local guides. Usually, when you buy the ticket, there is also included a local guide, like the staff of the place. They're in every language. They have in English, in Spanish, in French, obviously in Italian, and they explain the whole village connected to the territory because even if they are all over Sardinia, they found, I think, like some 10,000, even if they are similar, they are in different areas. They all have a different type of purpose, function, and why they were there, why they built them there, why they built them in the coast. There are some that they were found also in the coast.

Katy

Yeah, it's It's incredible. These are some of the oldest inhabited places in Europe, right? People have been living in these spots for thousands and thousands of years.

Angela

I visited a museum in Cabras because we have also, apart from the Nuraghe, other very extremely interesting archeological sites. It's called in Italian, it's called Tomba dei giganti, which means the giant tombs It's not because they were giants, they were necropolis. They are like graveyards. Then we have the Domus de Janas. It's called in Sardina, which is a fairies' houses, like the houses of the fairies. Also, those, they are tombs, and they are older than the Nuraghei. They belong to this culture of Ozieri culture, which is older than the Nuraghe era.

Angela

Then we have sacred wells. For example, in close to where I live, it's the very famous one. It's called Santa Cristina, Saint Christine Sacred Well. That one is from the Nuraghe period. It's a well. In the bottom, you can see there is still water, but it was not for the water. It's like a temple. It was for religious purpose. It was built like thousands and thousands of years ago. There, every 18 years, the moon goes straight to the bottom. It's like a perfectly calculated.

Katy

Every 18 years?

Angela

Yes. It's not only now we can't reproduce something like this. We are still trying to understand how they made it.

Katy

Yeah. Have you seen it when it goes exactly in?

Angela

No. I think also the sun, there is calculation also of the sun in their wells. It's very fascinating.

Katy

Amazing. We think we're so clever. We're not that clever, are we? These people have been doing the same things for thousands of years. Maybe we have electricity now. Who knows what they had? We don't know, do we?

Angela

Also the Nuraghe, for example, they are thousands of years old. But if you see, they were not built like the stones, the huge stones. They were put on top of each other. They were not glued, and they are still standing.

Katy

Amazing. You've got... I mean, this is an amazing island with thousands of years of history. Beautiful beaches and also beautiful mountains, too, and hills.

Angela

Yes, the mountains are in the Nuoro province. Well, not just. There is also Monte Arci, which is in actually Oristano. In Nuoro, probably they the tallest mountains, Barbagia, Ogliastra. You can visit, you can go hiking. In Ogliastra, there is the Su Gorropu, it's called. It's very famous. It's a canyon. It's like a canyon, you can go down the canyon. They do tours because I wouldn't go by myself. I went, I visited once, but I went with a tour because I think I would get lost. Maybe some people, they are more confident. Hiking, they can go also. There are actually routes and paths that you can follow. I don't have any orientation sense, so 100% I would get lost. I go with someone. But if someone is confident, they can go by themselves. There are the routes that they can follow.

Katy

Some of these experiences, if you're keen to hiking or in any type of nature, it sounds like it's a great place to visit. I think just the contrast of all these different landscapes, the picture you're painting, Angela, is that there's just so many different things to do. Is the culture on the mountain very different to the culture on the plains and by the water?

Angela

Yes, very different. They are more... I think in Barbagia or Ollastra, those areas, they are more authentic Sardinian. Because they were not invaded as much as we were in the coast.

Katy

People ran to the mountains to protect themselves and their culture.

Angela

Exactly. I think so. Yes. They are famous, for example, Mamoiada, which is in Barbagia, also Nuoro province, very close to Nuoro. Nuoro is the capital of the province. They have a very ancient festival. It's called the Mamuthones. They wear wooden masks, very ugly. The uglier, the better. And they dance around the fire for Saint Anthony in January they start. They wear sheepskin and then 30 kilos of bells, the bells of the sheep. Oh, yeah. They wear them. And the mask, the wooden mask, then, when they wear them and they dance around the fire, they have a specific dance, the rhythmical dance. You hear, obviously, they make the noise with the bells. For Saint Anthony, they do it around the fire because in Saint Anthony, in some villages, they lit up the bonfires in every square of the village. They go and they dance around the fire. They come out also for carnival, but they don't do the fire for carnival. They just parade along the streets with the other mask, more modern masks.

Katy

I love that type of stuff. I just think it's so interesting. But that's only in winter.

Angela

Yes, this is in winter also. Okay, the Mamuthones actually, they come out also once in summer, but they suffer a lot because what they wear, it's very warm. They sweat. In summer, it's too hot. Even if they are in the mountain, it's less hot than where I stay. It's still very hot. So they prefer coming out in winter.

Katy

Yeah, I can imagine.

Angela

It's how, obviously, this is a pagan ritual from pagan times before Christianity, because also when they come, it's like to welcome the new the new harvest.

Katy

So interesting. But then Christianity did borrow a lot from many things.

Angela

Yeah, Christianity let's say, that now when Christianity arrived, they let them continue this ritual, but they say, You keep it for carnival. Then after that, there is like ash Wednesday and then lent, and that's it.

Katy

Yeah. Stop now.

Angela

Exactly. You have fun? That's it. Stop.

Katy

Now, there is one thing I do know everywhere in Italy is when you do have celebrations, there is always food. We talked about the lobster, which I'm all about the lobster. We talked about the Bottarga and the bread. Is there any other amazing special dishes everyone should try when they go to Sardinia?

Angela

Okay. Sardinia is famous for the spit-roasted piglet, the suckling pig, and that's eat everywhere. But then every place has its own dishes. Also, yes, depending on the season, for example, if you come for the beginning of November, we celebrate the Day of the Dead. There is a particular cake, Pabassini, which is famous. You can find it throughout the year, but it's traditional for that period.

Angela

If you come for Easter, you have a very particular bread. In some places, they do it with an egg, the whole egg, not the egg in the recipe. The egg and then the bread all around. We have a specific cake for Easter, Pardulas, which is made with a ricotta. It's delicious, very nice. For Carnival, we have other cakes, different areas, different dishes.

Angela

For example, some particular dish in the Panada. Panada is, you can find it very nice in the north, Santa Teresa, which is like a stew in the bread. Let's say the dish is the bread, like the

actual plate. The dish is the bread. The actual plate, the plate is made of bread, and inside it's the stew. You can find also meat-based or fish-based. You can find in the north and also in a small village in Cuglieri, which is a small village in the central western Sardinia. That's very nice. Panada is very nice. It's more a winter dish because it takes time to make. Tourists can find also in summer. I'm sure if they ask some restaurant or if they look, they can find them.

Katy

Sardinian food is very well known throughout the world for being very, very, very healthy. A lot of people are studying this cuisine because there are a lot of people over 100 in Sardinia.

Angela

Yes, that's in Barbagia. It's in the blue zone, Ogliastra and Barbagia. Even though that's the official blue zone in Sardinia, but also close to where we live, there are many 100-year-old people. Also, my village now that I think of, there is a gentleman there. He's 100, either getting close or he's already turned 100. Then in my dad's village, there was a point where they were five, more older than 100.

Katy

Amazing. They're healthy. They're still getting around. They are walking and having good conversations. These are very active. Is it a octogenarian? A hundred-year-old, yeah.

Angela

Yeah. Apart from conversations, here there was a man, he died last year, he was 100. But when he was a 90 years old, he was still climbing the tree. Not just having conversation, he was actually climbing the trees.

Katy

Oh, my gosh.

Angela

Because Sardinia, I think... Well, I live in Rome, but when I go to Sardinia, I find the difference in the actual ingredients, not just the dishes. The ingredients, you can find still more genuine, I think, genuine ingredients.

Katy

Do you think they import much from the mainland, or do you think a lot of it is grown in Sardinia?

Angela

A lot is grown. In Sardinia, it's more common that when I live in Rome to find, for example, if you find a veggie shop in Sardinia, very often, the seller is actually the farmer. Amazing. It's more common to find it than in Rome.

Katy

On the average street, you're probably not going to find too many bananas, I'm suggesting.

Angela

No. If you see bananas, Obviously, you know it comes. It's not from Sardinia.

Katy

It's an interesting thing, though, because in this Anglo-Saxon culture, we have... we're expecting everything to be there. I'll get a little bit upset if my avocados aren't around. But there's really, in certain times of the year, there are no avocados in Melbourne being grown. It's a different way of life, and I think it's slower and more considered. That's why they probably live to be 100 because they're just eating good food, walking a lot, and probably not thinking too hard about world events.

Angela

Yes, they are very relaxed. In fact, those that they actually live 100, they are usually the farmers. Maybe because they live in a more relaxed and cleaner lifestyle. I don't know. But usually they are farmers.

Katy

That's really interesting because those people also work really, really hard. I think farming is not an easy job choice.

Angela

No, but they stay in nature.

Katy

There's something to be said for that, right? Is being connected to the nature and just soaking up the sun and the fresh air makes me want to go for a walk outside. Angela, it's been fantastic. Before we wrap this up, I'd really love you to tell me what if there's one place you wish people could see in Sardinia that will make them fall in love with your special island, what would that be?

Angela

That's a very hard question because of the variety. But one of my very favorite places is really this Barbagia and Ogliastra, where I told you there is the more authentic Sardinian spirit, Sardinian style. The people of Sardinia, they are very friendly and warm all over the island, everywhere you go, but in this Barbagia, Ogliastra, they are warm, hospitable, still the old style. They actually open the door. Even if they don't know you, they actually open the door of their home and tell you to enter. Please come in. When there is no, let's say for a festival, there is no Airbnb, there is no more space in hotels and stuff, private, locals, they actually say, "Okay, come stay in my house."

Katy

Amazing.

Angela

In Sardinia, you can still experience wilderness, real wilderness, a real warm, real hospitality. It's a little continent on its own.

Katy

And it's your home.

Angela

Yes.

Katy

So amazing. It's been so lovely hearing all about your beautiful home. It's just a place that's a little bit off the radar for most of us who don't live in Europe. I just loved hearing about all the contrast and the interesting things you can do there, the festivals and the food and all the archeological sites. Angelina, if our listeners would like to know more about Sardinia and stay in touch with you, how can they do that?

Angela

I have a website sardiniarevealed.com that I update and I give plenty of tips on how to visit. Then I also have a Facebook group for this Sardinia Revealed. It's a public group, so anyone can join. They can ask any question they need to know, and we are there to answer and to help travelers traveling to Sardinia. It still requires planning because sometimes the roads are not marked properly.

Katy

Google Maps may not work, people.

Angela

Exactly. Not everywhere.

Katy

You need to be friendly to get some help. Oh, goodness. Listeners, I really love Angela's thorough and detailed content. She's a really great writer, and she's got a lot of experience over many websites. Definitely, seek her websites out when you're planning your trip to Sardinia and Italy, and we'll put all of those details into our podcast show notes. Grazie, Angela. Thank you for joining us on Untold Italy. Ciao, ciao.

Angela

Ciao.

Katy

I have to admit that pink beach is so tempting. Not to mention the ancient civilisations and the pagan festival which reminds me a little of the Krampus celebrations in the Dolomites. Sardinia seems like one of those places that is just begging to be explored. And it is definitely one for those of you who have an adventurous spirit and love to be spontaneous as the wilds

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of this island outside of the main resort area the Emerald Coast near Olbia are largely untouched.

Do note that you will need a car to get around and not to expect smooth well well-maintained highways. There's not a lot of tourist infrastructure in Sardinia except at the resorts but I know that's a big attraction for many of you

If you'd like to learn more about Sardinia head on over to our website show notes where we've put links to Angela's site [Sardinia Revealed](#). The link is untolditaly.com/219 for episode 219.

Thanks to all our wonderful listeners for your ongoing support of Untold Italy. I hope you enjoyed today's show. If you did then it would be amazing if you gave us a rating or review in your favorite podcast app. That way we can reach more Italy travel lovers just like you. If you listen on Spotify you can also leave comments on each episode and I really love reading all of those. Unfortunately, they haven't worked out a way for podcasters to reply to questions on that function but we're pushing for it.

Next week on Untold Italy, we'll delve into another aspect of traveling in beautiful Italy. But until then it's "ciao for now".