

# KENTAURO

*Deep in Transylvania: walking along the paths of traditional music, culture, food & agriculture*

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## What?

- Small group holidays with a cultural theme. 4-20 travellers and Kentauro's Agnes Jansen discover the beauty of Transylvanian nature, enjoying the hospitality and good local food in small rural guesthouse. Meeting new people: fellow travellers as well as the Romanian, Gypsy, Hungarian & Saxon communities.
- Family holidays in a Saxon village rectory, including horseback riding for the beginner as well as the experienced rider. Horse & pony trekking in the peace and beauty of the Transylvanian countryside. Excursions to experience cultural highlights of the Saxon heritage.
- Tailor-made holidays with all the above mentioned ingredients and more. In 2007 Kentauro organised: a Modern Art & Cultural Heritage 5-day trip around Sibiu for 6 people; a 2-day Music & Dance Workshop weekend in Marginimea Sibiului for 35 participants; a week-long Informal Concert Tour with accommodation in Transylvania for 40 musicians.
- Accommodation in comfortable 3\*\*\* village guesthouses (certified organic) or self-catering apartment near the Fagaras Mountains (Transylvanian Alps) not far from Sibiu.

## Where?

- Transylvania, Maramures, Moldavia.

## When?

- Throughout the year

## How?

**For a small organisation Kentauro has a remarkably broad and interesting expertise. Kentauro successfully walks the fine line between good basic preparation and organisation, and apparent chaos. This is only possible with the help of local partners having the spirit of humour and the typical Romanian talent for improvisation. Kentauro simply loves Romania.**

- Expertise in traditional music: meeting the musicians, listening to instruments such as the taragot, flute, braci (a Balkan viola) and cymbalom. Concerts of village bands. Dance & music workshops.
- Expertise in organic and biodynamic agriculture; visits to, and stays at, certified organic farms.

## Languages spoken:

- Dutch, Romanian, English, German, Swedish, basic French, a few words of Hungarian.

Sample itinerary overleaf:...../



## Sample itinerary: 8-day autumn food trip in the Sibiu Region

Food processing and culinary traditions are at the heart of this trip to Sibiu and the surrounding area. In Romania, the culture of rural small-holder farming is still very much alive. As in Western Europe 100 years ago, every family has a strong link with the land. In autumn, the collecting and preserving of food for the harsh winter ahead is the priority in each family. Fruit is stored in cellars and made into wine and schnaps. Vegetables are preserved as delicious sauces and pickles. Pigs are slaughtered and processed into sausages and hams. Because of the Orthodox Lent and other fasting periods, there are many vegetarian, vegetable and pastry recipes.

A stay in the countryside of Romania during the autumn is a journey back in time and allows us to experience how the struggle for physical existence consumes so much energy. Far away fast food, we meet here the taste of basic, fair food. Demonstrations of food processing and making traditional dishes are on the program. Not only lunch in the Saxon tradition, or a meal at the home of a gypsy family, but also a feasty dinner at a restaurant with live music.

### **Day 1:**

Arrive in Rasinari, a typical, lively Romanian shepherd village 12 km from Sibiu. Stay at a friendly family pension - good 3\*\*\* accommodation.

### **Day 2:**

Morning: exploring the village, visiting cultural sites like the village museum, a historic Orthodox church, Goga Memorial House (Octavian Goga was a well-known Romanian poet). Afternoon: a walk to Trenei, a dreamy little village without roads. We may meet friendly old people, some artists and donkeys. Overnight in Rasinari.

### **Day 3:**

Walk through the fields and over the hill to the Saxon village Michelsberg (Cisnadioara in Romanian). Introduction to Saxon history and traditions. Enjoy a good meal with a family. Visit the church in the village and on the hill, from where we have a magnificent view. Walk through the orchards to the small town Cisnadia/Helltau with its beautiful historic Saxon church. After a drink in a local pub, transfer to Rasinari.

### **Day 4:**

Free Sunday morning with the possibility of visiting one of the Orthodox churches. In the afternoon we visit the Astra Open Air Museum. Built up between 1963 and 1989 as the most elaborate scientific documentary and technical collection and archives (pictures, photos, films) dealing with pre-industrial folk technology in Romania, it offers a brilliant demonstration of life and material continuity in this part of Europe. Overnight in Rasinari.

### **Day 5:**

Excursions (partly walking) to organic farms around Sibiu: a dairy farm, vegetable grower, beekeeper. Transfer (15km) to Talmacel village. Dinner and overnight in Talmacel.

### **Day 6:**

A day at Dumitru's 'gospodaria' (small holding) and Ana's kitchen. They will show us how they produce all the food they need for winter. We will learn how to prepare traditional dishes like 'sarmale', 'zacusca', and other secrets from Ana's kitchen. The traditional peasant way of life has involved the maximum use of local resources for subsistence. In the sub Carpathian region of Romania fruit constitutes a major resource and various fruits, especially plums, are highly valued for their usefulness in supplying jam, dried fruit and brandy. We visit a local distillery ('cazan') and taste the 'tuica' made there. Overnight in Talmacel.

### **Day 7:**

Sibiu - the Cultural Capital of Europe 2007 - still has much to offer in 2008. During a pleasant stroll with a local guide we get to know the city centre. We visit the squares, the market and the "BIOCOOP" - the first organic food shop in Transylvania. The afternoon is free. You could visit for example the Brukenthal Museum with its famous collection of Dutch and Flemish art. Dinner at a traditional restaurant with live music in Sibiu. Overnight in Talmacel.

### **Day 8:**

Last day, program depending on the chosen route to airport or train station.