

SARDINIA'S blue zone experience

12 days, 11 nights



Explore the secrets of Sardinia's Blue Zone, where longevity is shaped by local food, strong community ties and a close bond with nature. Encounters with centenarians, traditional cooking and ancient crafts offer a glimpse into the habits behind this remarkable way of life.

CAGLIARI

1. Arrival at Cagliari Airport and transfer to the hotel. Overnight stay in Cagliari or the surrounding area.



CASTELLO QUARTER - MONTELAGGIUS

2. Visit to the historic **Castello quarter**, the **Church of Sant'Eufisio** and the underground sites of Cagliari. Bike or e-bike excursion through **Molentargius Natural Park**. Overnight stay in Cagliari or the surrounding area.

SERRENTI & GIARA DI GESTURI

3. Departure for **Serrenti** for a yoga and meditation session with essential oils, followed by a hands-on workshop introducing cold-process soapmaking and distillation techniques. Lunch included. Walk across the **Giara di Gesturi**, a distinctive plateau known for its landscapes and wild horses. Overnight stay in Laconi.



4.

SEULO: SARDINIA'S BLUE ZONE

Village visit in **Seulo**, one of Sardinia's Blue Zone villages, with encounters with local residents aged around 90 and an opportunity to hear their stories and learn about everyday life in the community. Preparation and lunch featuring traditional local dishes. Overnight stay in Seulo.



6.

MAMOIADA & DORGALI

Departure for **Mamoiada** and visits to local artisans, such as a traditional mask maker or knife maker, to learn about their craftsmanship. Cooking class with a local grandmother, aged around 90, followed by lunch featuring traditional Sardinian recipes. Departure for **Dorgali**. Overnight stay in Dorgali.



tradition of terracotta working, with an introduction to his creations, including traditional terracotta *pompia* holders. Cooking experience and lunch. In the afternoon, one hour of relaxation by the sea, followed by departure for **Montalbo**. Stop at the **Casu 'e Babbu** mini-dairy, part of a Slow Food Presidium, to meet the animals, learn about the production chain and taste its specialities. Continue to Montalbo for a sunset trek accompanied by tastings of local Slow Food products. After sunset, a 30-minute walk back to the vehicles. Departure for Olbia. Overnight stay in Olbia or the surrounding area.



5.

ATZARA, ORGOSOLO & BARBAGIA

Departure for **Atzara** and a visit to the **La Robbia** natural dye workshop. Introduction to the history of the workshop and Sardinia's ancient botanical dyeing traditions, including an overview of plant-based colouring materials and practical demonstrations of natural dyeing techniques. Departure for **Orgosolo**. Traditional lunch with local shepherds, beverages included, followed by a visit to the village's famous murals. Departure for the **Fonni** or **Gavoi** area. Overnight stay in the area.

7.

SLOW FOOD EXPERIENCE

Full day dedicated to local food traditions and the **Slow Food movement**. Departure for Siniscola and presentation of the activities of the *Pompia* Slow Food Presidium. Visit to the municipal fields to learn about the *pompia* tree, its fruit, history and traditional uses. Visit to the historic centre of **Siniscola** and one of the founders of the *Pompia* Slow Food Presidium, with tastings of local specialities including *pompia* jam, *s'aranzata* and *sa pompia intrea*. Visit to a local *brokkarju*, a craftsman who preserves the family

8.

SAN PANTALEO - ARZACHENA

Departure for **San Pantaleo** and attendance at Mass at 10:00. Departure for **Arzachena** and visits to two archaeological sites, followed by a stop among ancient wild olive trees. Visit to a local cork artisan to learn about traditional techniques for working with this emblematic Sardinian material. Departure for **Tempio Pausania**. Overnight stay in Tempio Pausania.

**NEPTUNE'S CAVES**

10.

Morning canoe excursion combined with a beach-cleaning activity. Afternoon boat excursion and visit on foot to **Neptune's Caves**. Return to the harbour. Overnight stay in Alghero.

**DEPARTURE**

12.

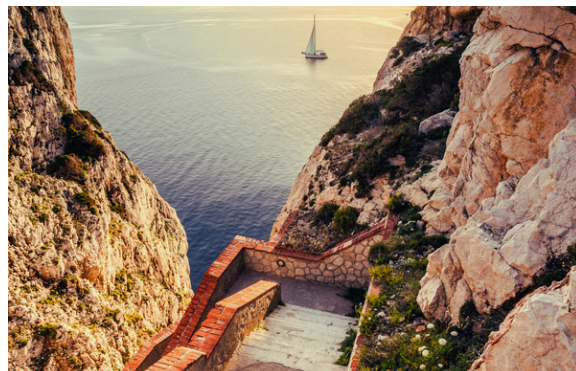
Transfer to Olbia Airport for departure.



9.

VALLE DELLA LUNA - CASTELSARDO

Departure for **Castelsardo** through the striking landscape of **Valle della Luna**. Visit to the historic centre of Castelsardo, renowned for its traditional basket weaving. Departure for **Alghero** and a visit to its historic centre, with its distinctive Catalan heritage. Overnight stay in Alghero.



11.

VILLANOVA MONTELEONE - OLBIA

Departure for **Villanova Monteleone** and Locanda Minerva. Walk through the woods and visit to the Domus de Janas, prehistoric rock-cut tombs. Prehistoric ceramics workshop and lunch at the location. Departure for **Olbia**. Overnight stay in Olbia or the surrounding area.

RATES AVAILABLE UPON REQUEST

VARIATIONS

Programs may vary depending on arrival and departure times at port/airport.

CONTACT DETAILS

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