

TRULY ITALY

 www.trulyitaly.tours

Truly Blue Sardinia Sailing Trip

Embark on a transformative wellness journey with our exclusive sailing adventure through the Blue Zone regions of Sardinia and Corsica. Set sail on our state-of-the-art catamaran to explore the serene and healthful lifestyles in these areas, renowned for their high concentrations of centenarians. Discover the pristine beauty of the Maddalena Archipelago, a UNESCO World Heritage site, and uncover the secrets of longevity.



Paddle Boarding and Snorkeling:

Engage in physical activities that are not only enjoyable but also integral to a holistic health regimen.



Cultural Experiences:

Immerse in local traditions and connect with longevity communities, sampling fresh, local diets.



Blue Zone Food Tour:

Embark on a Blue Zone tour of Olbia by van with expert guides, exploring the rich history and longevity secrets of this unique area. Participate in a sheep's milk cheese demonstration. Learn the traditional art of making cheese with a local shepherd. Also indulge in a cheese-tasting with locals.

🔍 Dates & Pricing

May 24-31, 2025

Single Occupancy Per Person: \$10,077

Double occupancy per person per bunk bed cabin \$5299

Double occupancy per person per shared cabin \$6299



Book Your
Vacation Now!

trulyitalytours@gmail.com

<https://www.trulyitaly.tours/>
Katie Portanova





Sardinia Itinerary

Day 1: Arrival and Cultural Immersion in Olbia

- **Arrival:** Land at Olbia Airport and transfer to Olbia Marina either by taxi or bus, with options tailored for comfort and convenience.
- **Cultural Experience in Olbia:** Embark on a Blue Zone tour of Olbia by van with expert guides, exploring the rich history and longevity secrets of this unique area.
- **Culinary Workshop:** Participate in a sheep's milk cheese demonstration. Learn the traditional art of making cheese with a local shepherd. Also indulge in a cheese-tasting with locals.
- **Local Family Lunch:** Enjoy a family-style lunch, where they'll share stories of life in a slow-paced Sardinian town.
- **Sail to Tavolara:** Set sail to the mystical Island of Tavolara and enjoy dinner at a renowned local restaurant famous for its fresh seafood.

Day 2: Royal Beginnings and Coastal Wonders

- **Breakfast with a View:** Start your day with breakfast at anchor, enjoying serene views of Tavolara's lagoon.
- **Sailing to Golfo Pevero:** Sail north along the breathtaking Sardinian coast, taking in the rugged landscapes and crystal-clear waters.
- **Dinner by the Sea:** Conclude the day with a meal at a picturesque waterfront restaurant in Golfo Pevero, offering the best of Italian cuisine and stunning bay views.

Day 3: Archipelago Adventure in Maddalena

- **Discover Maddalena Archipelago:** Enter the captivating Maddalena Archipelago, renowned for its exquisite natural beauty and crystal-clear waters.
- **Explore and Relax:** Spend the day exploring secluded coves, pristine beaches, and vibrant marine life.
- **Spa day:** Select the Spa package of your choosing at Capo d'Orso Resort with access to the hydro massage pools.
- **Evening in Cannigione:** The evening offers a variety of dining options and the chance to stroll through lively night markets in Cannigione.

Day 4: Cross into Corsica's Majestic Cliffs

- **Sail to Corsica:** Navigate across the challenging Strait of Bonifacio towards the striking cliffs of Corsica.
- **Explore Bonifacio:** Arrive in the historic city of Bonifacio, where you can visit ancient sites and wander along beautiful beaches.
- **Wine Visit:** Private wine tour and tasting at an exclusive vineyard near Bonifacio.

Day 5: Southern Corsica's Hidden Gems

- **Island Hopping:** Start with a visit to the serene Il Piana island, followed by the famous Lavezzi island, renowned for its exceptional snorkeling spots and dramatic rock formations.
- **Night in Maddalena:** Spend the night in the lively marina of Maddalena, enjoying its vibrant nightlife.

Day 6: Archipelago Exploration and Sunset Bay

- **Maddalena Archipelago:** Dive deeper into the archipelago with activities like paddle boarding and snorkeling in stunning lagoons.
- **Guided Nature Walk in Caprera:** Take a scenic walk through Caprera's rugged terrain to discover its diverse flora and fauna.
- **Sunset and Dinner in the Bay:** Anchor in a picturesque bay for an unforgettable sunset. Opt for a special dinner prepared by a private chef on board.

Day 7: Scenic Return to Olbia

- **Coastal Sailing:** Sail back south along the scenic Sardinian coastline, enjoying the spectacular views and marine life encounters.
- **Refreshing Swim Stop:** Make a stop in the inviting clear waters for a midday swim.
- **Return and Explore Olbia:** Arrive back at Olbia Marina around 5 pm and spend the evening exploring the dynamic nightlife of Olbia.



Book Your
Vacation Now!

trulyitalytours@gmail.com

<https://www.trulyitaly.tours/>

Katie Portanova