






















## Make your experience in Sardinia unforgettable

Day	Description	Image	link
1	<b>Morning arrival at Olbia airport</b> and transfer by shuttle to Hotel Su Gologone.		<a href="https://www.sardabus.it/">https://www.sardabus.it/</a>
	<b>Visit to the local craft shops</b> at Hotel Su Gologone.		<a href="https://www.sugologone.it/">https://www.sugologone.it/</a>
	<b>Visit to the Su Gologone springs</b> , where all the waters from the karstic Supramonte converge.		<a href="https://www.sorgentisugologone.it/">https://www.sorgentisugologone.it/</a>
	<b>Dinner at Hotel Su Gologone</b> , featuring typical Sardinian products.		
2	<b>Transfer to Oliena</b> for a visit to the Oliena winery (red wine) to taste the Nepente wine, the elixir of long life.		<a href="https://www.cantinasocialeoliena.it/">https://www.cantinasocialeoliena.it/</a>
	<b>Visit to the embroiderers of Oliena</b> who make the handkerchiefs for the traditional dress (contact them to organize a demonstration) and learn about the longevity of the Sardinian people.	 	
	<b>Lunch at Agriturismo Guthiddai</b> , followed by a cooking class to prepare culurgiones (typical Ogliastra pasta).	  	<a href="https://agriturismoguthiddai.it/">https://agriturismoguthiddai.it/</a>
	<b>Return to Hotel Su Gologone</b> and enjoy an aperitif on the panoramic terrace with a view of the Corraisi massif.		


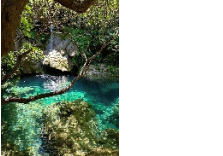








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3	<b>Excursion to the Gorroppu Gorge</b> (the deepest canyon in Sardinia), starting from Ponte Sa Barva (tour guide suggested).		<a href="https://it.wikiloc.com/percorsi-escursionismo/gorroppu-da-sa-barva-al-canyon-gorroppu-percorso-verde-giallo-e-rosso-106892449">https://it.wikiloc.com/percorsi-escursionismo/gorroppu-da-sa-barva-al-canyon-gorroppu-percorso-verde-giallo-e-rosso-106892449</a>
	<b>Dinner with shepherd Angelo</b> , featuring Sardinian products and stories about the longevity of the Sardinian people (a guide who speaks Sardinian is recommended).		<a href="https://www.facebook.com/Zicchette/?locale=it_IT">https://www.facebook.com/Zicchette/?locale=it_IT</a> https
	<b>Return to Hotel Su Gologone</b> for overnight stay and dinner.		
4	<b>Transfer to Cala Gonone</b> for a boat tour to the most beautiful coves of Sardinia, including Cala Mariolu, named the most beautiful cove in Europe and the second in the world.		
	<b>Packed lunch at Cala Luna</b> at the Punto di Ristoro su Neulagi restaurant.	 	<a href="https://www.facebook.com/Calalune/?locale=it_IT">https://www.facebook.com/Calalune/?locale=it_IT</a>
	<b>Return to Hotel Su Gologone</b> for overnight stay and dinner.		
5	Transfer to Rifugio di ogliastra		<a href="https://www.hotelrifugiogliastro.it/">https://www.hotelrifugiogliastro.it/</a>
	<b>Preparation of typical Ogliastra dishes</b> based on the Blue Zone diet (porcetto, culurgiones).	 	
	<b>Visit to the Nuraghe Serbissi</b> by trekking (guide suggested) or off-road vehicle.		<a href="https://it.wikiloc.com/percorsi-escursionismo/nuraghe-serbissi-53430772">https://it.wikiloc.com/percorsi-escursionismo/nuraghe-serbissi-53430772</a>
	<b>Overnight stay</b> at Rifugio di Ogliastra		



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	<p><b>Excursion to the Niala Park</b> and its natural pools (short hike with the possibility of swimming in the pools).</p>			
6	<p><b>Lunch at Punto di Ristoro Niala</b> with demonstrations on cheese making and ancient traditions by local shepherds (a typical activity of Blue Zone inhabitants).</p>			<p><a href="https://nialaristoroetradizioni.it/">https://nialaristoroetradizioni.it/</a></p>
	<p><b>Return at night to Hotel Su Gologone.</b></p>			
7	<p><b>Day dedicated to wellness</b> at the SPA of Hotel Su Gologone (toga &amp; reiki, massages, and gym).</p>			
	<p>For those who wish, it is possible to take an <b>excursion to the Tiscali sinkhole</b> (guide suggested).</p>			
	<p><b>Dinner at the hotel restaurant.</b></p>			
8	<p><b>Transfer to Olbia airport</b> for the return flight.</p>			