

Sardinia

We explore the secrets of the Blue Zone



What is a Blue Zone?

The term **Blue Zone** describes regions of the world where people live longer than global averages and maintain good health throughout their lifespan.

These are regions known to record a high number of centenarians. Five regions across the world have currently been identified as Blue Zones and Sardinia is one of them.

This does not surprise us.

We've been traveling to Sardinia for the past 15 years and know the place intimately. It is a regular destination of our paddling adventure trips.

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With the collaboration of local and charming Agriturismo (organic farm), we are now ready to launch brand new expertly crafted trips to discover the secrets this Blue Zone withholds.

Trips rich in authentic local experiences. We will visit hidden natural wonders that Sardinia has to offer. There will be opportunities to hike or stroll, swim, meet the locals and, oh so importantly, cook with them their local plates and taste local produce.

We travel off season, stay away from crowded centers, we move leaving a minimal footprint. We prioritize the use of organic farms and local businesses run by passionate people committed to slow food, pure wines and keeping traditional recipes and customs alive.

We believe to travel is to learn.

We will be offering these trips initially to only a very limited number of travelers. We've kept our mailing list short for this purpose as we have chosen to get to know our customers well and develop personal relationships across the years. We are confident the unique concept and identity of these trips will strike a chord with many of you. Contact us if you are interested

Ciao.

#KayakXplore

**Dates: April / May / June / October
2025/2026**

9 days, 8 nights trip

Program:

Day 1: Meeting in Olbia at 13.00 , transfer to the east coast, afternoon visit of the caves in Ispinigoli and walk at Su Gologone Natural springs.

Accommodation and dinner at farm stay;

Day 2: How to make Sardinian pasta cooking class and lunch, afternoon visit of the villages of Orgosolo and Mamoiada to explore local customs and traditions;

Day 3: 4WD tour in wild territories and hike in the Supramonte, Traditional lunch with shepherd;

Day 4: private boat tour of the gulf of Orosei or 4wd and hike to Cala Luna with visit of the best coves and beaches, swim;

Day 5: transfer to the west coast, on the way visit of Nuraghe Santa Sabina, Bosa and accommodation in organic farm, Alghero;

Day 6: cooking class at the farm , afternoon visit of old town, fish dinner in town;

Day 7: Explore the west coast , walk in Natural Reserve of Porto Conte enjoy more local food;

Day 8: Drive eastbound with stops for wine tasting and lunch, arrival in Olbia in the late afternoon, farewell dinner in Olbia

Day 9: after breakfast end of the trip

Accommodations:

Day 1 to 4 Agriturismo Guthiddai in Oliena

Day 5 to 7 Agriturismo Sa Mandra in Alghero

Day 8: Hotel Panorama in Olbia

Info & prices : kayakxplore@gmail.com