

Luxury Fitness & Wellness Tour in Sardinia



AVAILABILITY14-16 pax

DATE

DURATION11 days

PRICEfrom \$3990

The triumph of wellness, beauty and delicious healthy cuisine on the island of longevity in the heart of Mediterranean in the outstanding program with the fitness stars and local celebrities

Exclusively by Visit Sardinia® for the wonderful women. Special workouts Piloxing® & Bootybarre® by the fitness stars Stefano Deveteris and Nathalie Ott!

Outstanding tour program by Visit Sardinia CEO Natalia Vlaskina

VIP gift exclusively for our guests – Wellness Package “Thalasso Discovery In Sardinia”!

The triumph of beauty & wellness in Sardinia, the beautiful island of centenarians in the heart of Mediterranean with breathtaking nature and ancient traditions, in our awesome program exclusively created for women to perfect the body, health, and spirit including thalassotherapy, Sardinian diet, tours, and activities.

A holiday to lengthen and strengthen a woman's muscles!

Set in an incredible natural frame and pampered with all luxury comforts, not only will this holiday regenerate your body and mind, but also give you new, fresh, amazing positive energy and vibes for a whole new you!

Specially created by women for women, our fitness program is designed to lengthen and strengthen a woman's muscles and sculpt their feminine figure.

That's why we are bringing to you two of the most complete, innovative and fun women workouts: **Bootybarre** and **Piloxing**, as well as the father par excellence of all modern training: the Pilates method!

Both Bootybarre and Piloxing blend elements of dance with cardio dynamics, merging the grace of ballerinas, the stability, and flexibility of Pilates and the strength of boxing and tonification exercises!

These special and world-famous formulas are packed with energy, great music and lots of smiling!! Furthermore, they are the best summer workouts for they are all done barefoot!

Barefoot workouts are incredibly important for us women, as they reawaken the roots of our bodies, our feet, which are normally constrained into tight and uncomfortable shoes. Working out barefoot means strengthening our ankles and activating our proprioceptors.

Solid foundations mean better posture, graceful movements and

athletic silhouettes.

Special Guests:

- STEFANO DEVETERIS (Milan) – Piloxing® international master-trainer
- NATHALIE OTT (Paris) – Bootybarre® international master-trainer
- VIVIEN BASS (Milan) – fitness & travel blogger, Nike ambassador

Stunning Accommodation:

- Marinedda Hotel Thalasso & SPA 5* Isola Rossa
- Grand Hotel Poltu Quatu 5* Costa Smeralda

Awesome Tours:

- Alghero, Riviera dell Corallo, Sassari, Castelsardo, Aggius, Gallura, Costa Smeralda

Unique Food & Wine Experience:

- Special menus based exclusively on authentic Sardinian food

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**10% discount
till**

**promo code
FITSARDINIA18**

- **5* accommodation**
- **Private transfers**
- **VIP assistance**
- **Fitness workouts**
- **Escorted tours**
- **Yacht trip**
- **Food & wine experience**
- **Thalasso gift**

Have a question?

Ask Sardinian Expert

or Call Us

+39 389 9293493

Day 1

Arrival at the Alghero or Olbia airport, welcoming by our assistant and transfer to the hotel.

Check-in and accommodation.

Welcoming aperitif with the company.

Dinner in the hotel.

Day 2

ALGHERO AND CORAL RIVIERA

“IN SARDIGNA” – LIFE IN SARDINIA, TYPICAL SARDINIAN VILLAGE, CULTURE, TRADITIONS & CUISINE

Breakfast.

Workout.

Lunch in the hotel.

ALGHERO AND RIVIERA DELL CORALLO TOUR WITH NEPTUNE GROTTOS

An exciting journey along one of the most beautiful Mediterranean coasts – famous Coral Riviera, so called because of the presence of rare corals of extraordinary beauty, and famous Alghero jewelry. The marine park of Porto Conte, the highest point of the promontory of Capo Caccia (Hunter Cape), the magnificent Neptune’s Grotto by the famous stairs Cabirol consisting of 656 steps, along with the huge rocks. These caves are 2 million years old and they are one of the largest in Europe.

Alghero – a picturesque medieval town surrounded by ancient bastions on the sea in the heart of the Coral Riviera with amazing long white sandy beaches, cliffs, caves, streams, pine woods, marine parks and Mediterranean nature, in a large area

of the northwest coast of Sardinia.

The city was founded in the 12th century the powerful Doria family of Genoa, who ruled it for centuries, then was captured by the Aragonese and further developed under their influence. Under the crown of Aragon, Alghero has reached its peak as a fortress: the deep bond of the past is still evident in the local dialect, and the Aragonese style of the ancient city appears constantly in the old city walls, churches, houses and roads. The old town can be called a true treasure of history, culture and archeological sites. Alghero was and is a city of charm, ideal for those who love the typical features of the past of old Europe under the strong influence of the Aragonese domination. Currently, it is one of the most famous, the pleasant and relaxing, romantic landscapes, as well as shops, supermarkets, and restaurants.

SARDINIAN VILLAGE AND TRADITIONAL CUISINE OF THE ISLAND

“In Sardinia” – “Life in Sardinia” tour in the typical Sardinian village and traditional dinner in one of the best farmhouses of the island.

An unforgettable journey into the traditional life of Sardinia, culture, and cuisine of the island in the typical Sardinian village. This is a special day that you can not miss while you are on the island. Agriturismo – typical farm-house, reveals the essence of the mood in Sardinia, where the owners keep the traditions of the island. All products from the farm are homemade, cooked according to the old traditions and are the basis of the Sardinian cuisine – different varieties of sheep’s cheese, sausages, typical home-made pasta, bread, meat, sweets, wine, and liqueurs. It’s a real familiarity with the culture, traditions and typical cuisine of the island, which can be discovered here. The culmination of the traditional Sardinian cuisine – the famous “porchetto arrosto” (or «porceddu» in Sardinian language) – suckling pig roasted on a spit for several hours in a special way how it was cooked by Sardinian shepherds for centuries. It offers a variety of unique traditional dishes and wines.

Included: aperitif, varieties of Sardinian appetizers, main

courses, sweets, water, local wine, coffee/tea, typical digestives.

Day 3

Breakfast.

Workout.

Free time, Thalasso & SPA treatments or relax on the beach.

Dinner in the hotel.

Day 4

SASSARI – NORTH CAPITAL OF SARDINIA, TRADITIONAL SASSARESIAN CUISINE

DISCOVER WHAT MEANS “CIONFRA” AND “SASSARESE DOC”

Breakfast.

Workout.

Lunch in the hotel.

SASSARI TOUR

North capital of Sardinia – the ancient city of Sassari (Tàttari in Sardinian language), the cultural center of the island, with the one of the oldest university in Italy, theaters, authentic culture and traditions, the colorful mixture of the past, history of Sardinian Kingdom, traditions and modern times. Sassari – is the style of life. Sassaresians have their ancient traditional dialect besides the Italian language.

Sassari is famous for its festivals and carnivals, the most famous of which is Cavalcata Sarda – a beautiful parade of costumes and traditions of the island, launched two centuries ago by Queen Margherita di Savoia, which is held in Sassari every year on the third Sunday of May.

Candelieri (“Parade of Candlemen”; “Faradda di li Candareri” in sassaresian; “Discesa dei candelieri” in Italian)– just

for 500 years is the greatest and the most important traditional feast in Sardinia and patrimony of UNESCO. Is the sacred ceremony and spectacular parade of craft guilds "gremi" of the city, which for 500 years, every year on August 14, carry huge candles with signs of guilds to the church of Santa Maria, dancing accompanied by the sounds of drums. The procession terminates by the mayor and the city government, who greet the townspeople, who express their attitude to the head of the city when they pass through.

Sassari is included in the 3 best places in the world for the climate and quality of life.

Dinner in traditional "trattoria" of Sassari with the local cuisine and folk music.

Sassaresian cuisine – is rich and varied, composed of many dishes strongly linked to the farming tradition of the city but spread and also tied to the traditions of neighboring towns. Vegetables are indeed queens in most local dishes, the most known and used in the cuisine of Sassari are the eggplant (mirinzana), onion (ziodda) and broad beans (faba).

Sassaresian cuisine can't miss famous and typical here "lumache" – various snails and cooked in different ways, with olive oil and parsley, or tomato sauce, with spices and etc.

Cionfra – is the symbol of Sassari, is the fascinating way to live, to joke, to sing and to eat. It's satire in sassaresian style. To understand that you have to feel the way to pass the time here and to stay with locals. Feel here what means "Cionfra" and "Sassarese DOC"!

Day 5

Breakfast.

Workout.

Free time, Thalasso & SPA treatments or relax on the beach.

Dinner in the hotel.

Day 6

CASTELSARDO AND ELEPHANT ROCK; WINE TASTING ON THE SUNSET

SARDINIAN FOOD & WINE EXPERIENCE BY TASTE ACADEMY VISIT SARDINIA

Breakfast.

Workout.

Lunch in the hotel.

CASTELSARDO TOUR

Castelsardo (Sardinian Castle) – one of the most beautiful medieval towns in Italy (Borghi d'Italia). Driving along the breathtaking coast through the northern panorama, we are approaching the delightful medieval town of Castelsardo of the 12th century, which stands on a promontory in the center of the Asinara Gulf. The time is stopped here, its small old streets climb the hill to the top, where stands the ancient castle of Doria, blowing us in the past centuries. Beautiful, breathtaking landscape from the top of the chapel on the sea around the island of Asinara and Corsica. Castelsardo is famous for traditional Sardinian handicraft and typical hand-made local baskets.

Visit Roccia dell'Elefante (Elephant Rock) – the famous rock in the natural form of an elephant and a prehistoric burial «domus de janas» of the prenuragic period, app. 5000 years.

TYPICAL FAMILY WINERY AND SUNSET WINETASTING OVER ASINARA GULF WITH THE SPECIAL BUFFET DINNER BY VISIT SARDINIA AND COOKING-CLASS BY FAMOUS CHEF

The famous local stellar winery and sunset wine tasting over Asinara Gulf with special buffet dinner.

Visit the typical local winery situated on the hills with a fantastic overview over Gulf of Asinara, who produce stellar premium wines. Nice journey to the ancient wine traditions of the island and the story about typical Sardinian wines. Wine

tasting on the sunset with the special buffet with local products and cuisine. Cooking-show by famous Sardinian chef.

Day 7

AMAZING BEAUTY OF GALLURA AND RELAXING WORKOUT IN THE MOON VALLEY

Breakfast.

Check-out

HIKING IN AGGIUS

Hiking tour in Agguis and Valle della Luna (Moon Valley).

It is a unique experience that worths your visit. Gallura, the unique area in the northwest of Sardinia famous for the sculpture granitic rocks, virgin forests with ancient cork oaks, breathtaking endless landscapes and dramatically beautiful beaches, this is one of the most beautiful places in the world. Aggius, an amazing medieval town called "granitic village", all built with the famous granite of Gallura, situated among the famous rocks and forests. Aggius is famous for the unique Valle della Luna (Moon Valley) with breathtaking panorama with granitic rocks.

Relaxing workout in the Moon Valley between granitic rocks famous for their specific energy. Dynamic stretching.

Light aperitif in the Moon Valley.

Departure to Costa Smeralda.

Check-in and accommodation in the luxury hotel **Grand Hotel Poltu Quatu 5* MGallery by Sofitel (Porto Cervo)**

The unique luxury village of Costa Smeralda – Poltu Quatu (in Sardinian language means "hidden port"), set amongst natural granite fjord with the charming Grand Hotel Poltu Quatu 5, with hotel and residence, a true example of wonderful architecture and design, created by the legendary architect of Costa Smeralda, Jean Claude Lesuiss. Here you'll find glamor, relax, luxury style, nightlife, port with luxury yachts, famous diving center "Marina del Orso", shops, restaurants,*

bars, famous nightclub «Vita Smeralda».

Welcome aperitif and gourmet dinner in the Grand Hotel Poltu Quatu.

Day 8

SARDINIAN CHARM & LUXURY OF COSTA SMERALDA

Breakfast.

Workout.

Free time.

COSTA SMERALDA TOUR

One of the most exclusive places in the world – the legendary Costa Smeralda (Emerald Coast), famous as a center of world jet-set and celebrities. We'll show you the famous luxury villages and legendary hotels in Sardinian style with natural local materials and typical architecture, created by world famous designers. It is also the place of nightlife with the famous clubs and discos like "Billionaire", "Ritual", "Sopra Vento", "Sotto Vento", "Vita Smeralda", completely full during high season months in July and August.

A short walk around the famous Porto Cervo – the luxury center of Costa Smeralda with legendary small square Piazzetta, yachts, famous restaurants and shops with luxury brands. A visit to Liscia di Vacca – a unique village, built on canals with porticos, as "Little Venice", with the theater, open in summer for shows, fashion weeks and concerts.

Gourmet dinner in the famous winery with wine tasting.

Day 9

YACHT TRIP TO PARADISE ISLANDS OF ARCHIPELAGO DELLA MADDALENA

Breakfast.

YACHT TOUR TO ARCHIPELAGO LA MADDALENA WITH THE WORKOUT ON THE BEAUTIFUL BEACH ON ONE OF THE ISLANDS

(tour depends on weather conditions)

Archipelago La Maddalena is one of the most beautiful places in the world, a national marine protected area. The archipelago consists of 6 large islands (only 2 of them are inhabited – the central island La Maddalena, connected with ferries; Caprera, where lived and buried a legendary national hero of Italy, Giuseppe Garibaldi), desert large islands Spargi, Budelli, Razzoli and Santa Maria, and 20 small islands of archipelago. Here every year sailing yachts of world celebrities. The archipelago is famous for its white sandy coves, bizarre granite sculpted rocks, rare flora, and fauna and extraordinary crystal-clear sea, the color of which varies from aquamarine in Cala Corsara Bay to emerald in Piscinas bay.

Workout on the beach.

Light aperitif with snacks.

Dinner in the Grand Hotel Poltu Quatu.

Day 10

Breakfast.

Workout Grand Finale.

Free time, SPA treatments or relax on the beach.

Gala dinner.

Day 11

Breakfast, check-out, and transfer to the Olbia airport/port.

INCLUDED:

Accommodation:

- 6 nights Marinedda Hotel Thalasso & SPA 5* (Isola Rossa), Classic room, HB basis (breakfast + dinner or lunch, drinks are not included)
- 4 nights Grand Hotel Poltu Quatu 5* (Porto Cervo – Costa Smeralda), Classic room, BB basis + 2 gourmet dinners (drinks are not included)

NOTE: Room upgrade for the extra charge, depending on availability. In Grand Hotel Poltu Quatu is possible accommodation in 1-bedroom or 2-bedroom apartment.

Transfers during the tour according to the program

Escorted tours:

- Tour Alghero – Riviera dell Corallo with Neptune Grottos
- Tour “In Sardinia” + traditional dinner (4 hours)
- Tour Castelsardo
- Tour Sassari
- Hiking in Aggius and in the Moon Valley
- Tour Costa Smeralda
- Yacht trip

Food & Wine Experience:

- Traditional dinner in the typical farmhouse (drinks included)
- Typical winery in Asinara Gulf, wine tasting over panoramic bay with special buffet dinner
- Typical sassaresian trattoria with folk music (drinks included)
- Gourmet experience by the stellar chef in the famous restaurant in Porto Cervo.

GIFT:

Thalasso Discovery in Sardinia

An amazing offer during which you can begin to discover the pleasures and benefits of fabulous Thalassotherapy & SPA world in total freedom.

- 3 free entrances (half-day per person, to be booked locally) to the Wellness Centre L'Elicriso, including the use of seawater warm pools with hydro massage jets, sauna, Turkish bath, cardio-fitness gym and relaxation area.
 - 1 Relaxing massage (25 minutes) with essential Sardinian oils
 - 1 Hydrotherapy treatment
-

NOT INCLUDED:

- flights
- entrance tickets and boat to grottos
- extra services and meals not included in the tour

ALL MENUS BASED ON HEALTHY LOCAL FOOD ARE SPECIALLY CREATED FOR THE FITNESS PARTICIPANTS. ALWAYS AVAILABLE VEGETARIAN AND GLUTEN FREE MENU ON REQUEST.

THALASSO & SPA TREATMENTS ARE BASED ON SARDINIAN SPECIAL PRODUCTS

Languages: English, Italian, Spanish, Russian.

All other services in request on extra charge

Note: The program is subject to varieties.

Travel agencies inquiry