



Cagliari and the heritage of southern Sardinia

THREE DAYS OF ANCIENT HERITAGE, LIVING TRADITIONS AND LUMINOUS LANDSCAPES SHAPED BY THE SEA.

Please note: All experiences are subject to availability (some are genuinely irreplaceable). The final itinerary may undergo minor variations depending on live availability and your hotel location.

Cagliari's History & Everyday Life

Markets, fortified streets and the vibrant character of Sardinia's capital.









Discover **Cagliari**, where fortified hilltop streets, colourful neighbourhoods and views across the gulf reveal a city shaped by its enduring relationship with the Mediterranean.

Begin around **Piazza Yenne**, with the option of a short stop at the small Santa Chiara market during trading hours for an introduction to local produce. Continue with your dedicated guide through **Castello**, exploring the Cathedral, historic lanes and panoramic bastions. An underground visit may also be arranged within an available visitor programme, revealing another layer of the city's history.

Pause for a lunch featuring Sardinian specialities before discovering **Villanova**, where flower-filled corners and colourful façades offer a more intimate glimpse of everyday life. For those interested in nature, the afternoon may continue with a guided visit to the Molentargius wetlands, introducing this distinctive landscape and its birdlife, with the opportunity to observe pink flamingos depending on conditions on the day.

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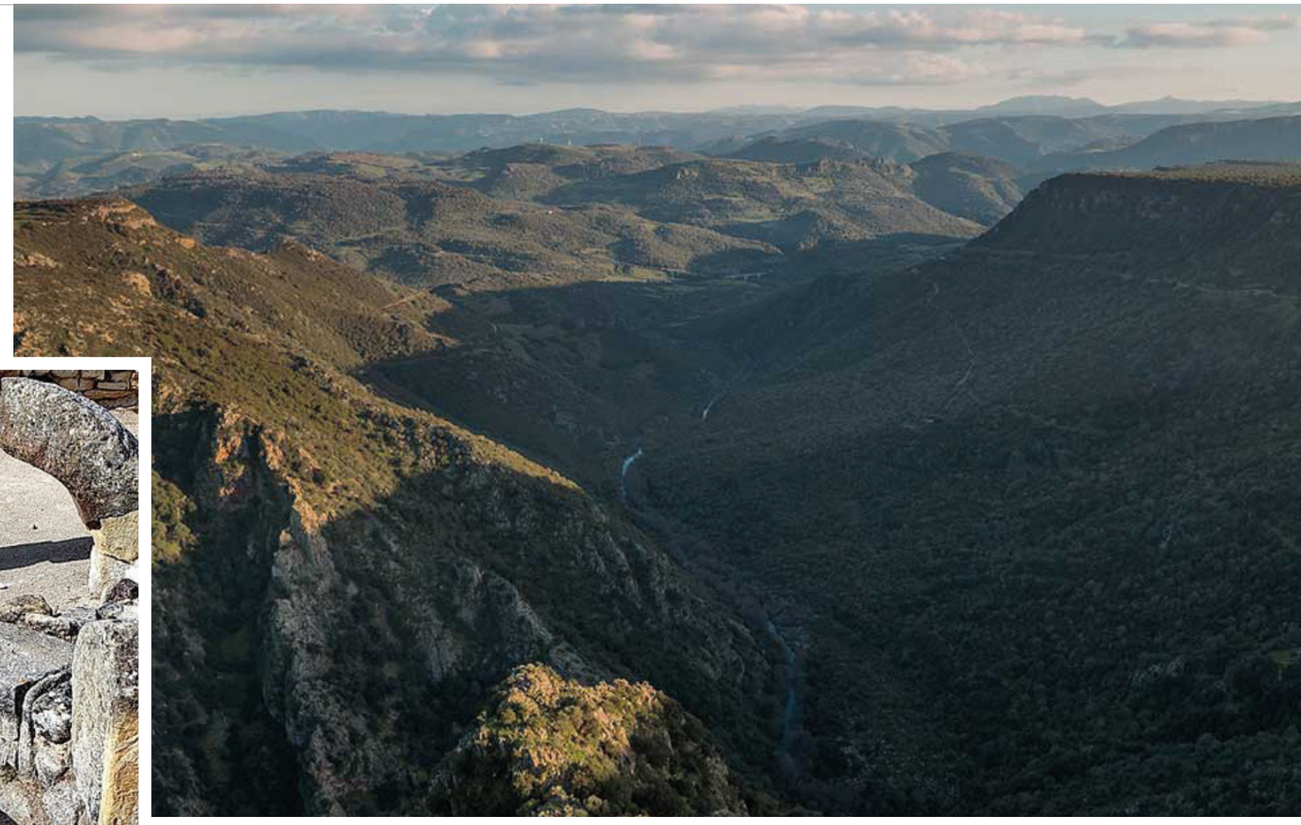
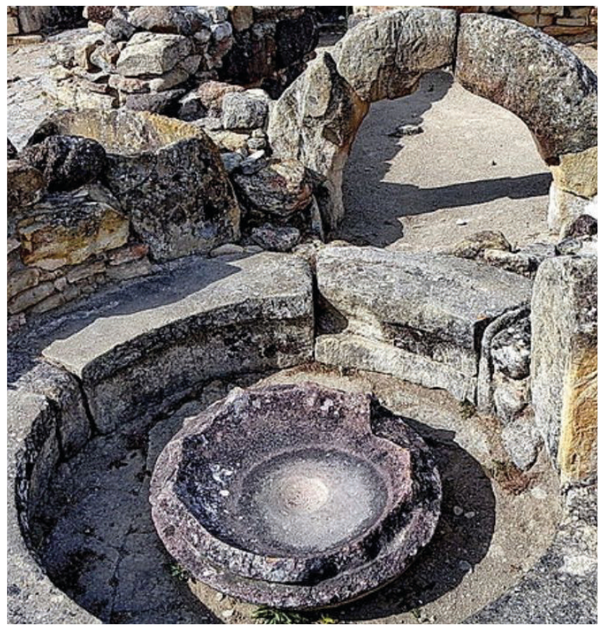
Art, Sardinian Flavours & Nuragic Heritage

Bronze Age monuments, ancient crafts and the traditions that still shape island life.





Journey inland for a day combining artistic encounters, local hospitality and the extraordinary legacy of Sardinia's ancient builders.

Begin in **San Sperate**, where murals transform village streets into an open-air gallery. Continue to **Pinuccio Sciola's Giardino Sonoro**, discovering how the artist's sculpted stones become instruments in an evocative encounter between art, sound and nature.

Travel onwards to **Gergei** for a hands-on cooking class with a local host. Explore traditional recipes and techniques while discovering the place of food within Sardinian family life, then sit down to enjoy the dishes you have helped prepare for lunch.

In the afternoon, visit **Su Nuraxi** at Barumini with your dedicated guide. Its imposing stone towers and surrounding village offer a fascinating introduction to Sardinia's Nuragic civilisation, bringing the ingenuity of its Bronze Age builders into focus before your return.

Alternatively, a filigree workshop may be arranged in place of San Sperate and the Giardino Sonoro, offering an introduction to the delicate craftsmanship behind Sardinia's traditional jewellery.





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Coastal Landscapes & a Private Day at Sea

Clear waters, wild headlands and the Mediterranean beauty of Sardinia's southern coast.

Set out on a boat reserved for your party to discover the **southern Sardinian coast**, where rocky headlands, sandy bays and clear water reveal the island's Mediterranean beauty.

With a base in **Costa Rei**, the excursion may explore the **Capo Carbonara** area from **Villasimius**. For stays around Chia or Pula, a departure and coastal route closer to the hotel will be selected, shaping the experience around the chosen base.

The skipper will confirm the route and any swimming stops according to sea conditions and local marine access requirements. Guided snorkelling may be arranged with a qualified operator, while lunch can be booked ashore where landing arrangements allow.

Alternatively, explore the coast on a guided walk tailored to your interests and ability, taking time to enjoy the changing views before returning to your hotel for a relaxed afternoon.










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