

BLUE ZONE EXPERIENCE

A fantastic day in the heart of the **Blue Zone in Sardinia**. An authentic experience in contact with those who live and inhabit this area.

An unforgettable day, in close contact with the local people. Far from the classic tourist routes, to discover the ancient wisdom and rhythms of life that have accompanied this people for millennia.

Among the streets of small villages to discover the aromas and flavors of simple cuisine.

On board a comfortable 4x4 among lush countryside and remains of ancient civilizations that have now disappeared.



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Meet the team who will accompany you on this adventure at your hotel or villa for a welcome briefing.

From there set off on provide you with the points to reach the tour guide. Meeting with the guide in **Oliena** in Loc. **Su Gologone** and departure aboard a comfortable SUV.

After just 2 minutes you leave the main road to immerse yourself in the lush countryside. Vineyards and olive trees alternate with small vegetable gardens and numerous almond trees.

It is through these views that we will immerse ourselves in the Blue Zone to understand the rhythms and activities that locals carry out daily to walk to the small farms where they grow their vegetables and fruit.

Here the watchword is zero km and seasonality... no one forces nature... you have to accompany it slowly following the rhythms of the seasons.

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Once we reach the town of Oliena we will stop with **Mrs. Giuseppina**, over ninety years old with the blood of centenarian aunts and cousins. The Lady will be available to introduce habits and lifestyles, rooted in this Fantastic Corner of Sardinia.

Once the visit is over, we continue with our program and reach an embroidery workshop. Here the ancient costumes embroidered with gold thread are made. Followed by a visit to an artisan workshop where the Shepherds' leather shoes are handmade.

For the lunch break we stopped at a welcoming farm, immersed in the green countryside, where cows and goats are raised. Some of the best cheeses in the region are produced here.

In the afternoon visit to the **Su Gologone Springs**, the most important in Sardinia which have been explored for over 135 meters below the depths of the Earth.

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What makes the case of Sardinia even more interesting compared to other blue zones is that here the ratio between centenarian men and women is almost equal, while in other places in the world the proportion is around **5 women over 100 years old to 1 Man**. This is actually a rarity, and makes the case of the Blue Zone of Sardinia even more special. Although all of Sardinia is considered a Blue Zone, the actual area in which ultracentenarians live is very limited:

The maximum concentration of these incredible communities is found in **Ogliastra** (Villagrande Strisaili, Arzana, Talana, Baunei, Urzulei and Triei), and in **Barbagia** (especially the towns of Tiana, Ovodda, Ollolai, Gavoi, Fonni, Mamoiada, Orgosolo and Oliena) and **Seulo** in the south of the island.

INCLUDES:

- A Premium Car Rental
- English Language Private Guide Experience
- Tour in Jeep 4x4 With Private Tour Guide
- Contribution Ms Congiu
- Typical lunch on the farm

