

ITALIAN JOURNEYS

Longevity Roads

4 Days · Private Journey

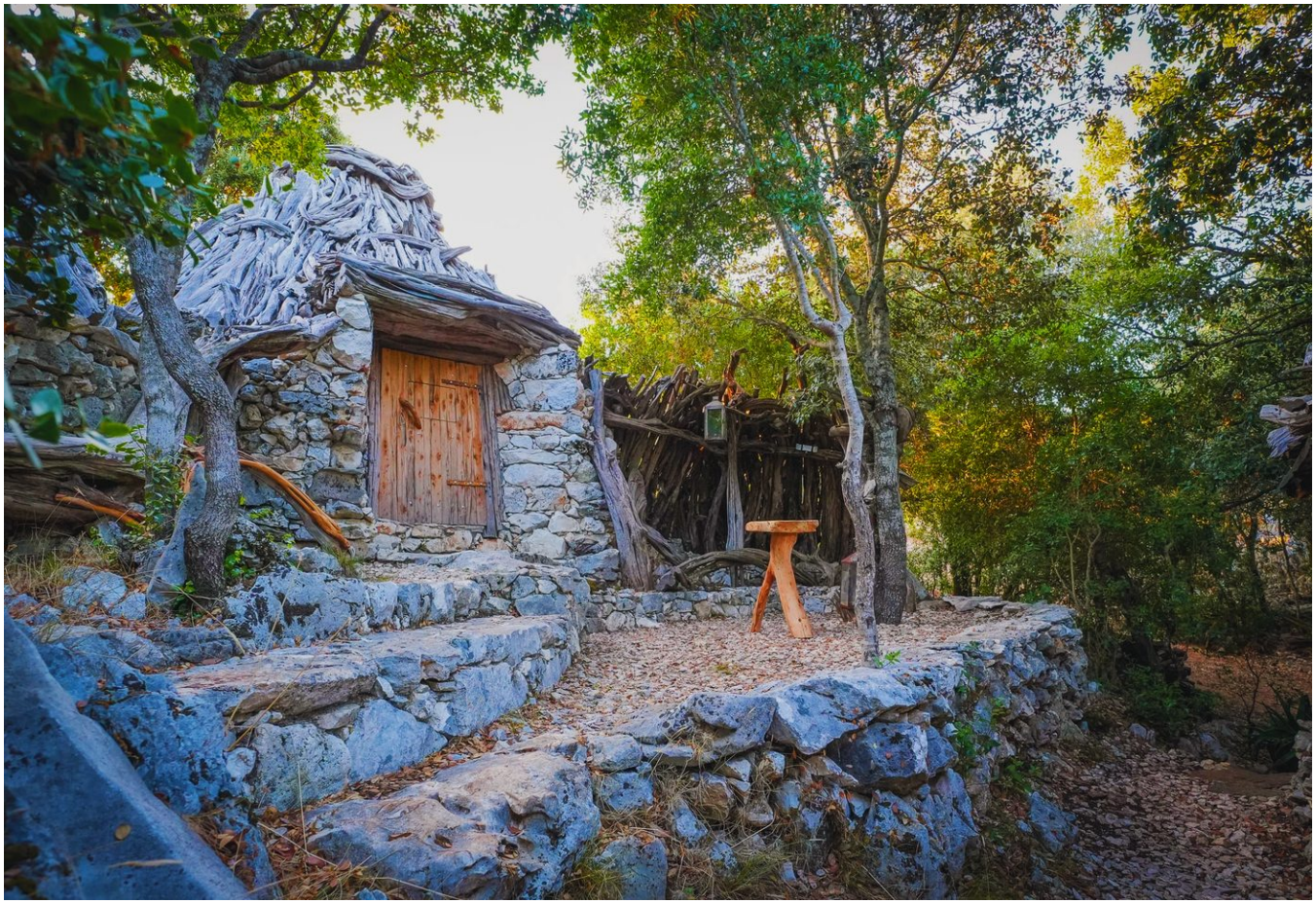
Sardinia · Barbagia & Ogliastra · The Blue Zone Villages

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THE JOURNEY

Some places add years to your life just by slowing you down — and Sardinia is the proof. This four-day private escape takes you into the island's Blue Zone heartland, where centenarians are not a curiosity but a way of life: a pastoral-Mediterranean table of pane carasau, hearty legume soups, pecorino and Cannonau wine; elders at the center of extended families; pure air and mineral-rich spring water where the mountains meet the Mediterranean. There is no rigid schedule here. After an arrival day spent settling into the island's quieter rhythm, your two full days are built entirely around your interests — cooking, hiking, artisans, shepherds — chosen from the experiences below. Now more reachable than ever with nonstop flights from the United States, Sardinia is the Mediterranean's most compelling emerging destination, and this is its soul.



THE EXPERIENCE

Day 1 — Arrive in Sardinia. Settle into carefully selected accommodations and unwind, surrounded by the quiet beauty of the island; your first evening runs at Sardinian pace.

Days 2–3 — Build your own experience. Two full days tailored to your preferences and the season, drawn from the experiences below — scenic treks across unspoiled landscapes, intimate encounters with local shepherds, hands-on workshops with artisans, cooking classes, and tastings at family-run farms and producers.

Village Immersion & Artisan Encounters. Stroll a village of artisans — jewelry, textiles, woodwork — and taste Sardinia's specialties: olive oil, cheeses, cured meats, nougat and mirto liqueur, each paired with the warmth of local hospitality.

Nature & Ancient Legends. A guided walk through ancient sites and unspoiled landscapes — the dramatic Golgo plateau, the Nuragic complex of S'Arcu e Is Forros (c. 3000 BC), or the mysterious "tombs of the giants" — where nature and tradition reveal the island's secret rhythm of life.

Cooking with the Locals: The Longevity Kitchen. Bake pane carasau, stir the hearty minestrone of the centenarians, make fresh pecorino or goat cheese, and taste a cuisine rooted in place, seasonality, and simplicity — where food is life, and every ingredient tells a story.

Dining the Sardinian Way. An authentic meal in a shepherd's hut or family farmhouse — hearty soups, handmade breads, local cheeses and robust island wines, with the stories and science behind these time-honored ingredients.

Longevity Lifestyle Coaching. A workshop blending tradition and science — nutrition, movement, stress management and connection, with interactive discussion and simple rituals like mindful eating and conscious breathing to inspire lasting balance.

The Shepherd's Haven. A night in a reimagined shepherd's lodge where rustic charm meets modern comfort — dawn milking, tales of tradition passed down through generations, and the art of traditional cheesemaking.

199 Steps to Heaven. A guided hike through the wild valleys and passes of Barbagia and Ogliastra to the panoramic heights of Pizzo San Giovanni, ending with a rustic open-air lunch of Sardinian flavors.

Chestnut Harvest in Tonara. In season, walk Tonara's chestnut forests with a local guide, gather the harvest beneath centuries-old trees, hear how this humble fruit shaped the area's traditions, and end with a traditional roasting.

Day 4 — Departure. After breakfast and check-out, depart enriched not only by what you have seen, but by what you have felt: a rhythm of life that values simplicity, tradition, and connection.

Included throughout: three nights in carefully selected accommodations, the experiences you choose with local guides, hosts and producers, and tastings at family-run farms as described. Every escape is built to order — longer stays and additional experiences are quoted separately, and the journey can be tailored in any direction.



Every journey begins with a conversation. Tell us where Italy has been calling you, and we will design the rest — privately, personally, and entirely around you.

Booking your journey: a deposit of 20% confirms your dates, with the balance due two months before arrival. Payment by bank wire or Zelle carries no surcharge; credit card payments add 5%.

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