

SARDEGNA



Ogliastra

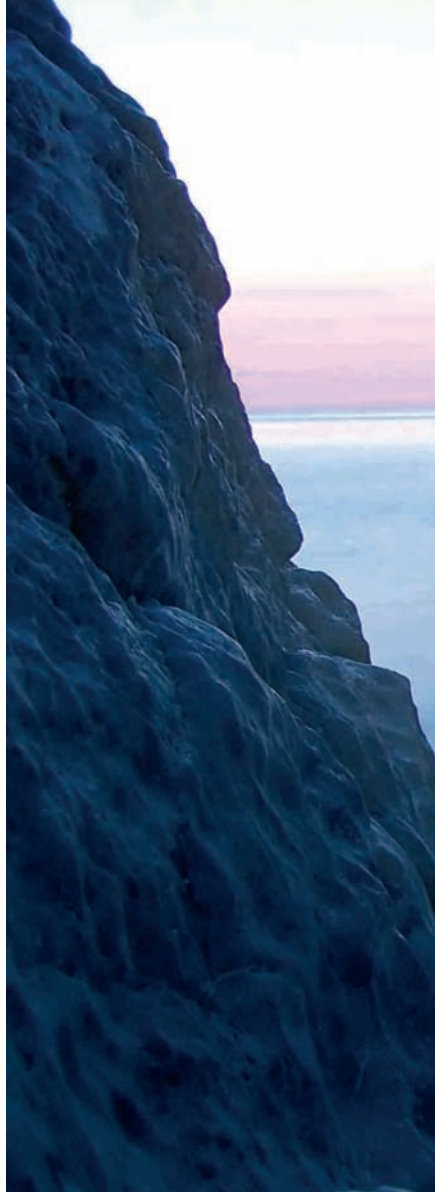
Ogliastra. Total wellbeing.



[When precious holiday time is dedicated to personal wellbeing, to freeing the body and mind from the stresses of everyday life, each day passes slowly.

It is still dark when the jingle of the goats' bells announces their return from milking in the mountains.

The sky begins to turn shades of pink and the sun slowly skims the horizon.]






Baunei, Cala Goloritzè - h 06.00



Tortoli, Porto Frailis - h 08.00



Tennis shoes, t-shirt, shorts, and off
out to meet the morning.

Perhaps the day will begin with a run
on the beach.

Fresh air fills the lungs and the sound
of the surf counts the beat
of every step.



Cardedu, Perd 'e Pera - h 10.00



The sun is high in the sky.
It's time for a little relaxation, a swim or a
leisurely stroll along the shore in search of
shells. Or maybe it's time to simply bask in
the sunny climate and enjoy some time-out
from the frenzy of everyday life.



Lanusei - h 12.00




The aroma of meat on the grill fills the air and blends with the scents of the sea; a tantalising taster of the wonderful local flavours to come.

In the Sardinian kitchen the tasks are divided: women take care of preparing the pane carasau, a thin and crispy bread that becomes soft when moist, and the desserts, the creation of these "sculptures" being almost an art form.

Men are in charge of appetizers and roasts. They slice the ham and the sausage by hand and supervise the slow-roasting of the baby goat and piglet. The meat is served straight from the grill on large cork or juniper boards scented with wild myrtle.



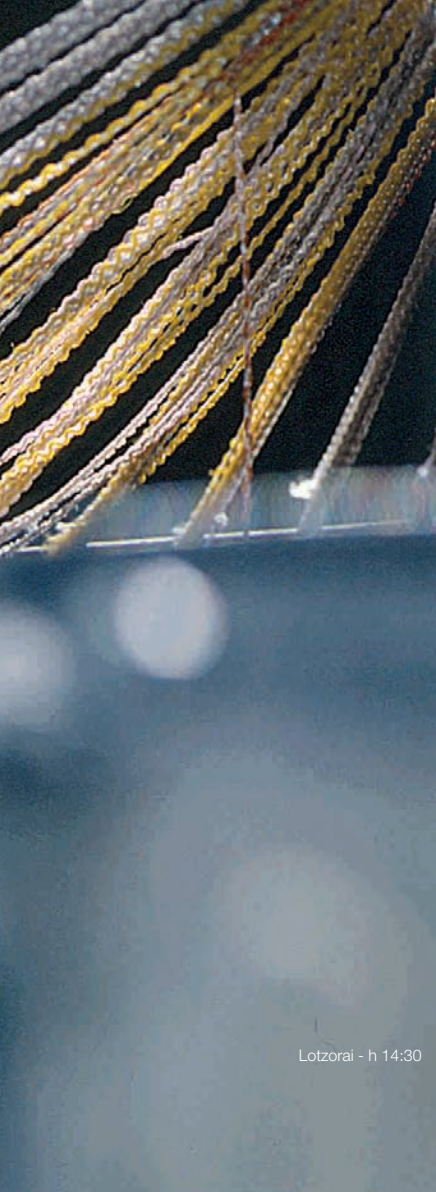
While the bread, pasta, and desserts are coming together, the women exchange stories. While the sauce simmers on the flame, one of the experienced elders seams together the golden edges of the culurgiones, quickly testing the pasta. Another prepares the sebadas; desserts fried in hot oil and drizzled with orange blossom honey.

A glass carafe and a wine glass filled with dark wine are placed on a wooden table in a cellar. The background shows several wooden barrels stacked on shelves under a brick archway. The lighting is warm and focused on the glassware.

Jerzu - h 13:00

Naturally,
the mouth-watering
Oglastran cuisine is best served with wine,
and even better, with the king of wines:
a Cannonau. The fact that the pitchers are constantly
emptied and refilled is testament to how delicious the wine is.





A hammock sways gently in the sea breeze. The sun filters through the juniper branches. While you rest, the afternoon sunlight and shadows alternate in an almost kaleidoscopic dance, allowing you to really detach from your working life.

Dedicating time to your body, getting it moving again or leaving it to the expert hands of a masseuse, leaves you with a great sense of calm and liberation from the physical and mental tensions that build up when at work.

Wellness centres offer opportunities for intense relaxation, with suitable treatments for any need.






Barisardo - h 15:30

Wide open spaces, long, crowd-free beaches, and hidden away cliff ravines become the setting for a leisurely read of the newspaper.
What better place to read about what's going on in the world without being prey to it?



Tortoli, Cea - h 16:00



A photograph of a lush green hillside. The foreground is dominated by a vegetable garden with rows of young plants, each protected by a white plastic mulch and a small wooden stake. A thin wire runs across the garden. In the background, a dense forest of tall, thin trees covers the hillside. The lighting is soft, suggesting late afternoon or early morning.

Along the streets,
beyond the gates of the vegetable gardens,
naturally-grown fruit and vegetables
are on proud display.
Perfect to enjoy the day after
under a beach umbrella.

Cardedu - h 18:30



The delicate flavours of local-caught fish, making for the perfect romantic dinner, contrast with the richer flavours of the inland cuisine.

Under the moonlight, the evening continues with music and dancing.

Hearing the stories told by elderly locals over the last glass of wine brings the evening to a pleasant close.

Laid-back enjoyment of the lifestyle and surroundings guarantees total immersion in the local healthy-living philosophy.


Although also having to work hard in the fields and mountains, it would certainly appear that Ogliastrans may well harbour the elixir for a long life; the area, in fact, has the highest concentration of people aged over 100 and has attracted scientists from around the world, who have come to study the local lifestyle and diet.



Urzulei - h 18:45



Eating well, taking time for themselves, and living in perfect harmony with the environment is their secret to a long and happy life. Catching scent of the aromas, losing themselves in the colours, listening to the sounds of nature: this is the simple recipe for a healthy holiday. The essence of freedom.]





Oglastra - h 20:30

SARDEGNA



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Giorgio Altieri, Mario Pierro, Roberto Moro,
Archivio Provincia dell'Ogliastra



Sardegna

Italia



Temperatures are reported as the monthly and annual average taken from three decades, 1961-1990. The Capo Bellavista weather station is located in the province of Ogliastra, in the town of Tortoli, 156 metres above sea level and with the geographic coordinates 39°56' N 9° 43' E

	Jan	Feb	Mar	Apr	May	June	July	Aug	Sept	Oct	Nov	Dec	Year
T. max °C	14	14	15	17	21	25	28	29	26	22	18	15	20,3
T. min. °C	8	8	9	11	14	18	21	21	19	16	12	9	13,8
Rain mm	32	42	41	32	23	11	4	13	43	71	58	73	44