



NAUTICA ASSISTANCE
YACHT AGENTS & SUPPLIERS

SARDINIA
CORSICA
CARIBBEAN

WOW ACTIVITIES



PARAGLIDING & PARAGLIDING WITH GRIFFON

Have you ever wondered how it feels to glide in the air like a bird? With our teams of paragliding experts you can experience this exhilarating emotion, by flying in tandem with qualified instructors. In some of the locations like Alghero and Bosa you might have a chance to share the sky with the magnificent Griffon vultures.



UNDERWATER WEDDING

A Marine Marriage is a magical experience to be offered to your guests, even to those new to diving. We take care of the organization of the full event: the dive spot, Personal Divers for all participants, in cooperation with our Quality Certified Partners, as the supporting Hotel, professional underwater photographers and highly skilled diving instructors and guides.



MERMAIDING

La Casa delle Sirene ("The House of Mermaids") it's a project created to promote swimming with mermaid tail (in italian "sirena": "mermaid") an activity of increasing interest and development throughout the world that allows you to improve your fitness and reduce stress.

The project also includes actions where the mermaid, charismatic figure able to engage not only the children, is protagonist of events related to the promotion of the tourist in the areas in which the activities take place and meetings to raise awareness on conservation marine environment.

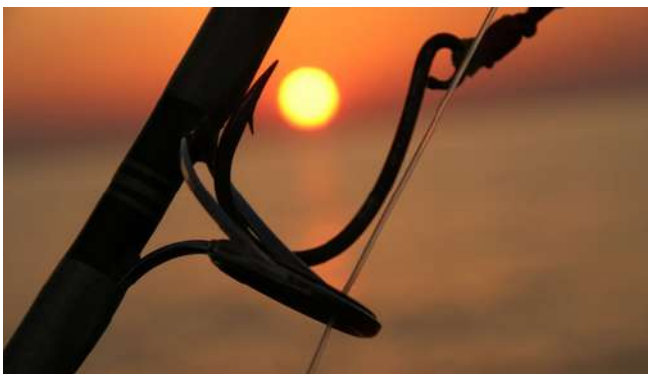


The mermaiding can be practiced by children and adults can swim and in good physical condition, represents an excellent opportunity to improve the water skills and the integration with the aquatic world. It is carried out through a movement of the body with the propulsion of the tail that contains a monofin.

Practicing mermaiding tones the body, stimulates respiration, reduces stress and strengthens the ability to socialize in a playful and relaxing atmosphere, helping to improve the physical appearance and personal well-being through conducting practices such as conscious breathing, free diving and the relaxation in water.

FISHING EXPERIENCE

Summer fishing trips leave from June until late September and last for an average time of 8 hours per day. The departure time is established in agreement with the guests, always keeping in mind the fishing requirements.



Tecniques available:

- offshore trolling • overnight swordfishing
- daytimeswordfishing • giant bluefin tuna
- live bait trolling • deep bottomfishing • jigging



SUP & YOGA-SUP & PILATES

We offers you the opportunity to experience yoga and pilates lessons in a unique environment. Achieve calmness and serenity through the fluid movement of water and nature's surroundings, while at the same time you take advantage of your core's underlying power.



Stand Up Paddle board (SUP) Yoga/Pilates is a fun experience.

It is a unique way of connecting with nature. The yoga practice and postures are adapted to your level of confidence on the board, and to your level of experience in yoga and pilate.



CANYONING

On the granite mountains behind the beautiful and famous beaches of San Teodoro there is one of the most beautiful and popular canyoning routes of Sardinia: Rio Pitrisconi. As with all the canyons of Sardinia the ideal season to descend it is the rainy season: autumn, winter, spring.



In summer, however, unlike most of Sardinian canyons, Rio Pitrisconi maintains a very faint water flow sufficient to maintain most of its beautiful large pools (photos and video refer in fact to summer). So you can enjoy the beauty of Rio Pitrisconi even when the scorching summer heat wraps Sardinia.

HELICOPTER TOUR

Give yourself a magic tour flying comfortably above the Emerald Coast and the Maddalena Archipelago by Helicopter. You will fly over the most striking locations and see the most famous views all around the world. An expert guide will assist you during this breathtaking experience.

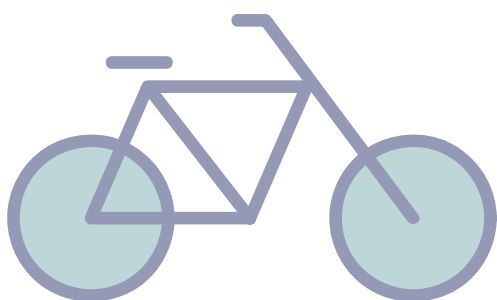


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BIKE TOURS

Explore the dirty roads and the beautiful beaches of Gallura. Visiting Sardinia with an fat e-bikes is a simple, ecological and effective way to discover the landscapes and scenery that the island has to offer by riding through the seaside and countryside as well as through villages and small town centres.



ZIP LINE AND HIKING IN GALLURA

The hiking trails are found within the adventure park near Arzachena and are full of treasures which are waiting to be explored. Cross over a Via Ferrata (a mountain route equipped with steel cables, ladders, and other fixed anchors), a 'Tibet-style' suspension bridge and a 100-metre-long zipline, you will be in close contact with beautiful and unspoiled landscape.



CINEMA UNDER THE STARS



Enjoy a private movie screening under the enchanted Sardinian sky in a gorgeous location. What a better way to spend a romantic evening with your partner with the sound of the background waves, the soft sand under your feet, the heat of the flaming torches around the soft cushions, a carpet of stars that light up the sky or a fun evening with friends! The outdoor cinema is one of the most relaxing and unique experiences that can be lived during a holiday in Sardinia.



HIKING & CLIMBING

Definitely the most beautiful of the Gallura trips: you can walk up and down the hills, across the valleys and small bays and amongst the granite dipped in Mediterranean scrub. During the trip we pass through the famous Valle della Luna, where hippies still live in some of the grottoes. In the valley you can see an ancient granite cave going back to the Roman invasion and on the return road, on the beaches of Capo Testa, some roman columns made from the granite of the nearby caves.



The Island of Tavolara is a huge calcareous mountain that dominates the Gulf of Olbia; its highest peak, Punta Cannone (564 meters), gives us an amazing panorama of the whole Gallura allowing us to sight the Monte Limbara, Monte Nieddu, Montalbo up to Caprera, Strait of Bonifacio and Corsica.



CLIMBING SAN PANTALEO

San Pantaleo is a typical village of Gallura, between his streets it's still visible the architectural style of the ancient "stazzi" while in the background rise granitic towers to protect the country. The route winds below the forest of arbutus and heather climbing around the rocky structures of incredible shapes.

Route length: 8 km - Time: 5 hours - Difference in altitude: 450 m.

Recommended Equipment: Long pants, hiking boots, backpack, water, and for those passionate, the camera.



LUXURY AND SUPER CARS TOURS

One of the greatest features of Sardinia is definitely its natural beauty. What better way to enjoy the landscape than taking a tour around its bendy roads in a luxury super car! We offer 1 to 3 days tours around the island with guide, amazing food and fun locations.



COOKING CLASSES

Have the most authentic cooking experience with our lovely Sardinian ladies that will teach you how to make traditional pasta and other scrumptious food, whilst discovering your hidden culinary talents and enjoying a fantastically delicious day!



We can also arrange cooking lessons and culinary experiences with professional chefs.



SARDINIAN DANCING LESSONS

Enjoy the experience of a personal Sardinian Dance lesson. Sardinian folk dances are quite original ,they are usually danced in big circles, and are constituted by steps, with no movements of the upper part of body and hands.



BUE MARINO CAVES-PRIVATE TOURS

These large caves owe their name to the Sardinian appellative for the monk seal, a magnificent specimen of marine mammal that has almost disappeared from the area.



The splendid caves of Bue Marino are amongst the best known in Sardinia for their clear and crystalline water which reflects the beautiful mineral formations, that have grown in the cave throughout centuries. In fact the place is highly suggestive and very rich in breathtaking stalactites and stalagmites. Private Tours can be arranged on request.



CAVE DIVING & RELICT DIVING IN CALA GONONE

Enjoy the emotion of cave diving! The experienced staff, lover of the sea and nature, will be pleased to accompany you in your underwater adventure exploring the caves or a relict.



FLYING EXPERIENCE

Explore North East Sardinia from the sky with ultralight planes or sea plane. An exciting way to enjoy the wild nature and stunning colours of the Sardinian sea, experiencing the thrill to pilot the plane, with a qualified instructor by your side.



EXPLORING SU GURROPPU GORGE

Su Gurroppu Gorge is the deepest in Italy and one of the deepest in Europe with drops up to 500mt. it's wild beauty and difficult terrain makes it ideal for expert trekkers that want to enjoy a fantastic adventure in one of the most suggestive places in Sardinia. You will be guided through an unforgettable adventure that will take you breath away.



LUNCH OR DINNER WITH THE SHEPHERD

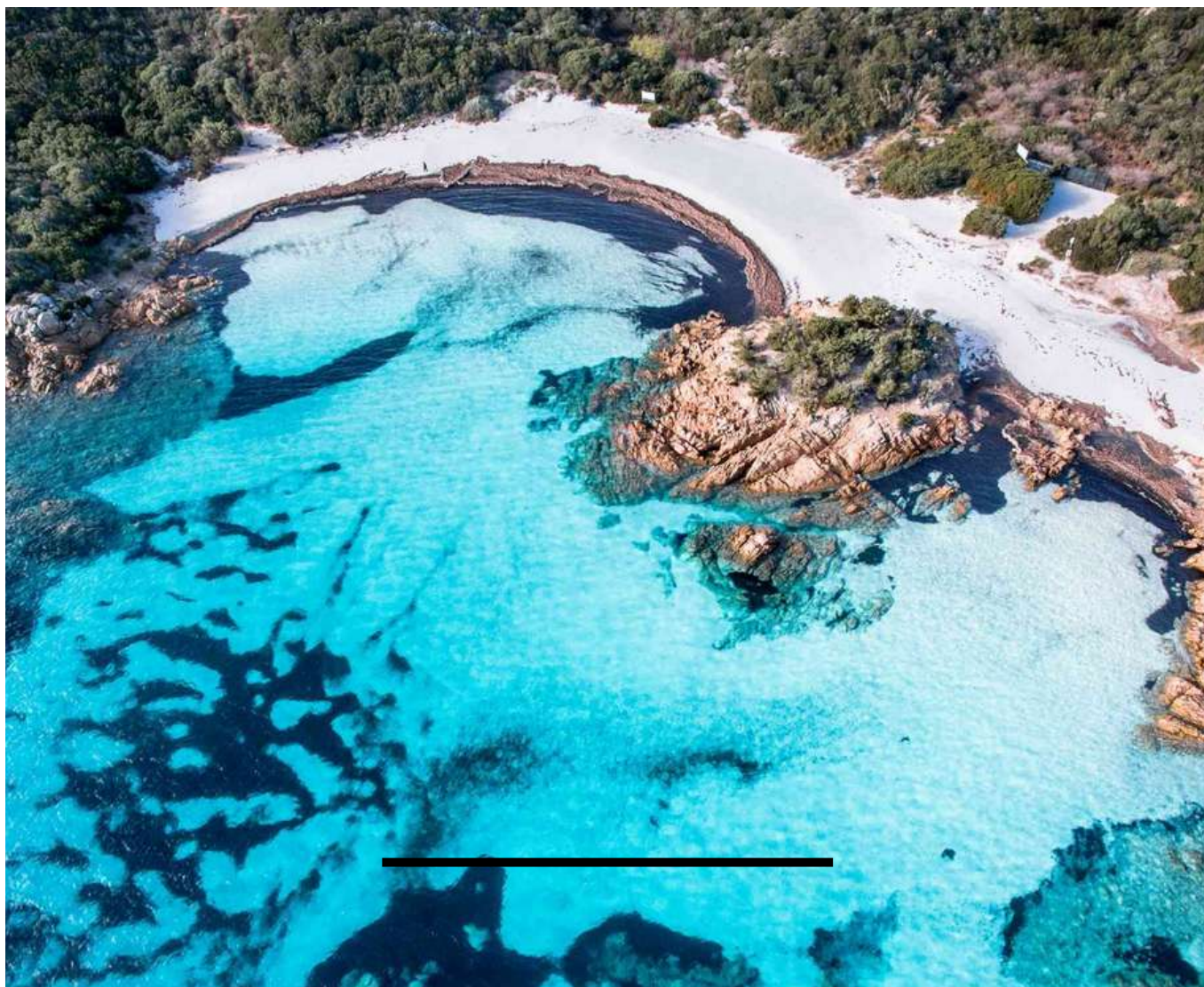
There's nothing more authentic to experience in Sardinia than a lunch or dinner with the Shepherd. They will prepare and cook traditional food with home grown ingredients. Typical dishes include mutton either roasted or stewed, roasted pig, cheese and cured meat produced by the shepherd, all in a stunnig traditional setting in the central areas of Sardinia.



FROM THE GARDEN TO THE POT

In Cascioni Eco Retreat, every dish is a work of art inspired by the generosity of the Earth. It all starts with a basket under your arm, a walk through the rows of the vegetable garden and inside the henhouse. The experience continues with the creation of original vegetarian recipes, a perfect synthesis of the shapes, flavours and colours of the harvest of the day. The experience of 2 hours includes: Chef at your disposal, English-speaking assistance, recipe book and certificate of attendance, accompanying tasting, water and glasses of wine.





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