

FloYo / NuAdventure Retreat

Arrival Alghero: August 29th at 3:25 pm

Departure Alghero: September 4th at 4:10pm

Local Contact:

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This is a rough itinerary, remember that all of our activities are very weather dependent so what follows is a general flow of events, but please ***"Expect the unexpected and prepare to be flexible"!!***

DAY 1 Alghero - Stintino -

- Arrive in Alghero 3:25 pm and transfer to Stintino.
- Welcome SUP session in Stintino La pelosa (aperiSUP) - 17:30-18:30
- Transfer to Agriturismo Finagliosu. Welcome Kit. - 19:00
- Welcome traditional dinner at the Finagliosu farm. - 20:30
- Night at the Farm

DAY 2 Capo Caccia - Alghero

- Breakfast 6:45
- Transfer to Capo Caccia-Alghero 7:20
- Adventure of the day : via Ferrata* 8:00

*The Via Ferrata del Cabirol was created recently above the high sea cliffs at Capo Caccia on the west coast of Sardinia. The itinerary is never particularly difficult as it almost always traverses along a series of narrow exposed ledges which, every now and then, are interrupted by short stepped vertical ascents. The environment and panorama out onto the sea and dramatic coastline render this ferrate - the southernmost outing in Italy - quite simply unique.

- swim time after via ferrata
- Lunch on the beach - 12:30
- free time / play time - 16:30

- check in room Corte fiorita - 18:30
- Malvasia wine test experience - 19:30
- Dinner – 20:30
- Night in Bosa

DAY 3 Alghero or Bosa

- Morning Yoga Wake-Up Routine 7:00 am
- Breakfast 8 am

- Bosa Tour guided – 9:30
- Lunch – Bosa 12:30/13

Option A: Paragliding

• Adventure of the day : Paragliding* Tandem Flight**(*Due to how fast the weather changes in sardinia we can never guarantee a flight. In case of bad water we can do a different activity like: SUP River Eco tour/ horse ride)

*Experience Sardinian nature from above, silently gliding with the birds. On our Introductory Tandem Paragliding Flight you are in the safe hands of a qualified Instructor as he takes you on your first flight of freedom!

Option B: In case of bad weather conditions for Paragliding, SUP Eco Tour on the coast.

- Dinner Pizza Sa Pischedda

DAY 4 Bosa

- Breakfast - 7:30
- Adventure of the day : Stand-up Paddle Boarding tour down the Bosa river and check out the city center from another point of view. FloYo class
- Lunch Alduccio - 12:00
- Free time
- transfer to Oliena 17:00
- Dinner 20:30
- Night at Neulè Eco Park

DAY 5 Option A Cala Luna \ Option B (in case of bad sea conditions) Oliena Cedrino River

- Breakfast - 7:00

Option A: Cala Luna - 8:00

- transfer to Golfo di Orosei*
- Adventure of the day : SUP Tour* along one of the most fascinating coast of Sardinia **6 km of coastline that give wonderful natural corners, untouched beauty and the presence of some forms of underwater life and not to make you gasp. Paddling south we arrive in Cala Luna.
- Lunch 12:30
- free time / time for some fun on the beach
- Setup Camp under the star with our tent
- Dinner

Option B in case of bad sea conditions) Cedrino River

- transfer to Oliena*

- Adventure of the day : SUP Tour* along one of the most fascinating river of Sardinia*
- Lunch
- free time / Time for some fun on the beach
- Setup Camp under the star with our tent
- Dinner & bonfire

DAY 6 Cala Luna

- Morning Yoga Wake-Up Routine on the cave
- Breakfast
- Boat tour to Cala Goloritze
- Free time on the beach
- Lunch Cala Luna 12:30
- Adventure of the day : Hiking "Getting a Goat's View of Sardinia's East Coast" The best way to explore, is along ancient trails, known only to generations of shepherds. 16:00
- Setup Tentsile Camp
- traditional shepherds' dinner

DAY 7 Departure

- Breakfast
- transfer to Alghero Airport

Departure