

# Sea, Stone & Adornment

*Ten Days of Art, Adornment & Slow Travel in Sardinia*

## DATES

13 – 22 May 2027

## DURATION

9 Nights · 10 Days

## DESTINATION

Sardinia · Italy

## CURATED BY

Sonja Picard & Carolina Mastio



MYSTIC ART RETREATS  
PRESENTING WITH



## I · PREAMBLE

### *A Return to the Sacred Feminine*

# A word of welcome.

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Long before the rise of the patriarchal religions, the island of Sardinia was a cradle of Goddess worship, a place where the Great Mother was honoured in her many forms: as the life-giving water of sacred wells, as the fertile earth cradling the Tombs of the Giants, as the moon that silvers the Tyrrhenian sea. Over ten unhurried days, we will follow her whispered presence through stone and myrtle and salt, and answer her the way makers always have, with pigment, with adornment, with the stringing of a mala for daily practice.

This is a journey of three landscapes. We begin in Cagliari, where the ancient capital meets the sea. The second chapter unfolds in the Supramonte mountains, where the air smells of juniper and the land still remembers the old rites. The third opens to the turquoise shores of the Costa Smeralda, for swimming, boat days, and the making of a single meaningful object you will carry home.

We are a small group, moving gently. Mornings are contemplative; three art sessions are woven through the week. Evenings are for long tables and the food of the island. Between, there is space: for silence, for the sea, for the slow arrival of something the Sardinian elders simply call *la vita lunga*.

#### THREE ART STUDIOS

*I.* Painting Workshop · evening, by lantern light

*II.* Painting Workshop · deepening technique & symbol

*III.* Sacred Mala Making · four hours, 108 beads

## II · SACRED LINEAGE

*A Primal Living Legacy*

# The Enduring Goddesses of Sardinia.

Scholars of the Nuragic civilisation have long recognised a Mediterranean Mother Goddess at the heart of the island's prehistoric spirituality: the *Dea Madre*, a supreme female deity of fertility, death, and rebirth. Where other cultures preserve their goddess traditions only in museums, Sardinia preserves hers in the land itself: in the silent architecture of sacred wells, in the weight of megalithic tombs, in the oral lineage of the *majarzas*, the old female healers who still keep earth-based practice alive in the villages of the interior.

Her first portraits, steatopygous figurines of basalt and marble, some from the Upper Palaeolithic, sit today in the archaeological museum of Cagliari. By the Bronze Age her rites had become architectural: subterranean wells shaped like a yoni, aligned to catch the full moon every 18.5 years; and long gallery graves, the *Tombe dei Giganti*, understood as wombs of the earth.

## SITES WE WILL VISIT

### \* Su Nuraxi di Barumini

The most important Nuragic fortress on the island (UNESCO), built over three millennia.

### \* Sacred Well of Santa Cristina

A perfectly preserved Bronze Age water temple, yoni-shaped and lunar-aligned.

### \* Lanaitto Valley Complex

The sacred interior of the Supramonte: Corbeddu Cave and the holy spring of Sos Carros.

### \* S'Ena 'e Thomes · Tomba dei Giganti

One of the most intact megalithic gallery graves, a womb of the earth.

### \* Olianias Vineyards · Gergei

Biodynamic estate. The Anforaia, and a tasting of three Biointegrale wines on the transfer route.

### III · LA VITA LUNGA

*One of the World's Five Blue Zones*

## Sardinia, where people simply live longer.

In the mountainous province of Nuoro, between the villages of Oliena, Orgosolo, and Fonni, longevity researchers once drew a blue line on a map. The cluster they enclosed, where male centenarians lived in numbers unmatched anywhere in the world, gave the global movement its name: the Blue Zone. Sardinia is one of only five on earth, and the only one where men and women reach a hundred in roughly equal measure.

What the Sardinians call *la vita lunga* is not a prescription but a texture of living. Diet is plant-forward and seasonal: whole grains, legumes, bitter greens foraged from the hills, sheep's milk cheeses, a little honey. Social bonds are tight and intergenerational; elders are kept close, neighbours gather in the piazza, laughter is an afternoon occupation.

Our days have been designed to let this way of living arrive, rather than to study it.

#### DESIGNATION

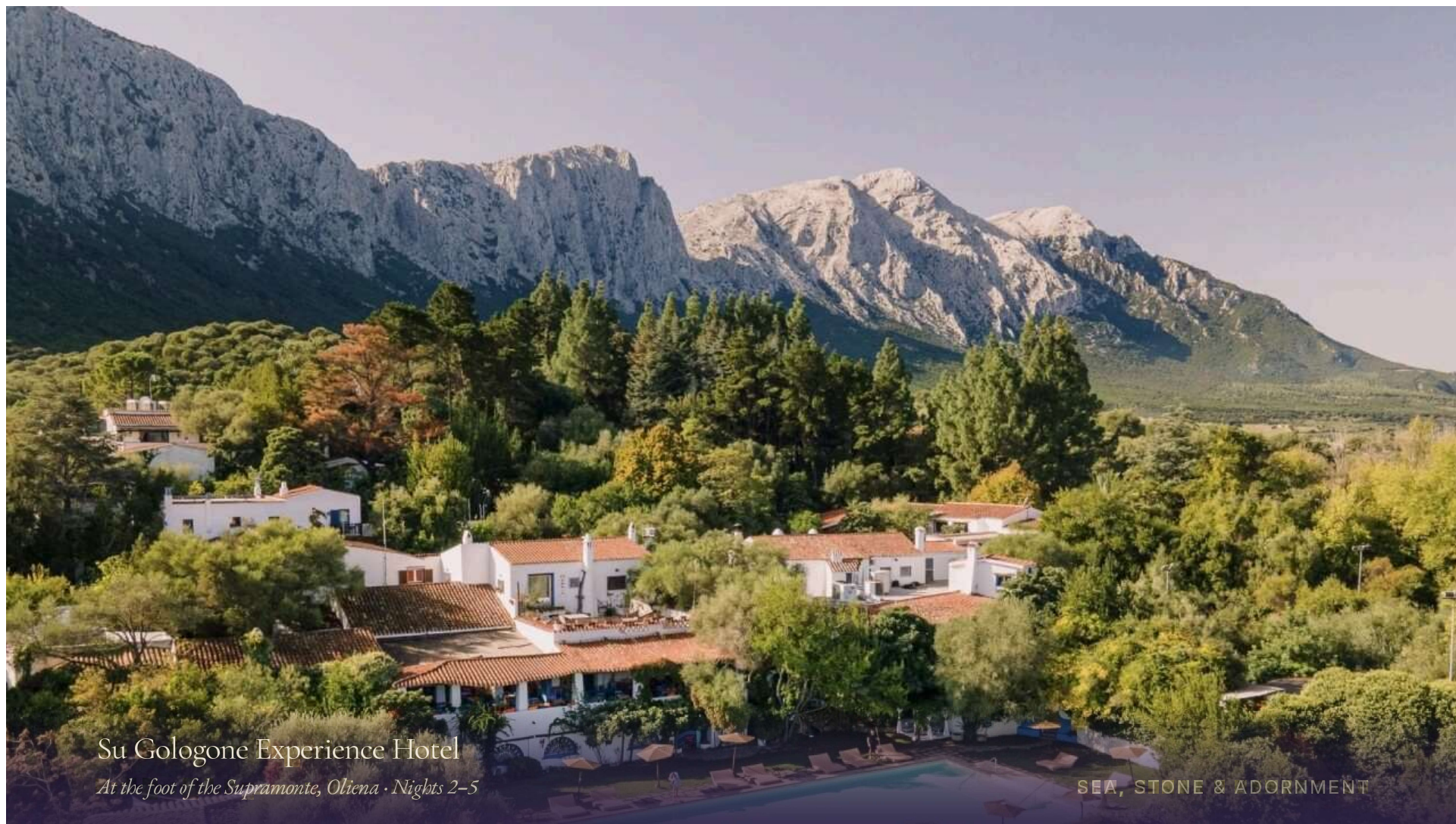
Longevity Blue Zone

#### REGION

Nuoro, inland Sardinia

#### EMBLEMATIC TABLE

Pane carasau & pecorino

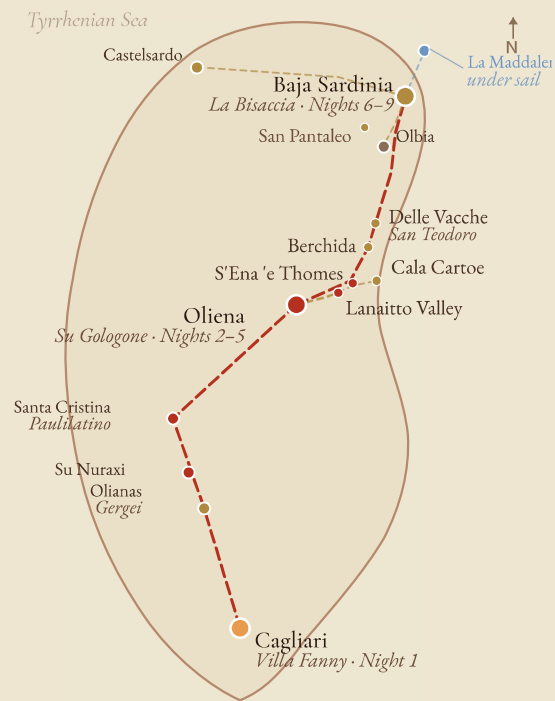


Su Gologone Experience Hotel  
*At the foot of the Supramonte, Oliena · Nights 2-5*

SEA, STONE & ADORNMENT

# IV · THE ROUTE · A MAP OF THE JOURNEY

## Three landscapes: south, mountain, sea.



### LEGEND

- ● Residences, by chapter
- Sacred sites & key stops
- Beaches & excursions
- - - Main route, south → north
- - - Side excursions
- - - By sea

- Cagliari  
Night 1 · Villa Fanny
- Supramonte  
Nights 2-5 · Su Gologone Experience Hotel
- Costa Smeralda  
Nights 6-9 · Hotel La Bisaccia

### DISTANCE & TIME

|                               |                      |
|-------------------------------|----------------------|
| Cagliari → Oliena             | c. 220 km · 3 hrs    |
| Oliena → Baja Sardinia        | c. 180 km · 2 hrs 45 |
| Baja Sardinia → Castelsardo   | c. 110 km · 1 hr 45  |
| Baja Sardinia → Olbia Airport | c. 35 km · 40 min    |

### ARRIVAL

✈ Cagliari Elmas Airport

### DEPARTURE

✈ Olbia Costa Smeralda Airport

V · THE JOURNEY, DAY BY DAY

## Ten unhurried days.

| DAY | STAGE                    | NOTES                                                                            | RESIDENCE                           |
|-----|--------------------------|----------------------------------------------------------------------------------|-------------------------------------|
| 1   | Cagliari · Arrival       | Settle in. Evening welcome dinner and the first gathering.                       | <i>Villa Fanny</i>                  |
| 2   | Cagliari → Oliena        | Olianas Vineyards, Su Nuraxi di Barumini, Sacred Well of Santa Cristina.         | <i>Su Gologone Experience Hotel</i> |
| 3   | Lanaitto Valley          | 4×4 Jeep day. Shepherds' lunch. Painting Workshop I.                             | <i>Su Gologone Experience Hotel</i> |
| 4   | Dorgali · Cala Cartoe    | S'Ena 'e Thomes. Beach picnic. Painting Workshop II.                             | <i>Su Gologone Experience Hotel</i> |
| 5   | Oliena · A Free Day      | The spring-water pool, the art shops, the village. Blue Zone talk before dinner. | <i>Su Gologone Experience Hotel</i> |
| 6   | Oliena → Baja Sardinia   | Coastal transfer. Beach stops at Berchida and Delle Vacche. Lunch independent.   | <i>Hotel La Bisaccia</i>            |
| 7   | La Maddalena Archipelago | Full day under sail. Cala Coticcio, the Pink Beach of Budelli, Santo Stefano.    | <i>Hotel La Bisaccia</i>            |
| 8   | San Pantaleo · Full Moon | Artisan market. Sacred Mala Making. Full moon gala dinner.                       | <i>Hotel La Bisaccia</i>            |
| 9   | Castelsardo              | Medieval hilltop village. Self-guided day. Independent lunch.                    | <i>Hotel La Bisaccia</i>            |
| 10  | Departure → Olbia        | Unhurried breakfast. Private transfer to Olbia Costa Smeralda Airport.           | —                                   |

## I DAY ONE · THURSDAY 13 MAY · ARRIVAL

# Cagliari, the city where the journey begins.

*Cagliari*

### ON ARRIVAL, CAGLIARI ELMAS

#### Met at the airport

On your arrival into Cagliari Elmas, you are met privately and transferred the short distance, less than fifteen minutes, to Villa Fanny for the first night. The afternoon is yours to explore the old town, the Roman amphitheatre, and the seafront promenade, all on foot.

### EVENING, VILLA FANNY GARDEN

#### Welcome dinner and the first gathering

As the sun drops below the city walls, we gather for the first time in the thousand-square-metre garden, then sit to a long welcome dinner in the private dining room. Sonja describes the three studios, the road ahead is named, and the work begins.

### TRANSFER

Airport → Villa Fanny · 15 min

### EVENING

Welcome dinner & first gathering

### RESIDENCE

#### **Villa Fanny**

Cagliari · 1 night

### EARLY ARRIVALS · 12 MAY

Additional nights at Villa Fanny may be booked privately. No programme, only the city.

## II DAY TWO · FRIDAY 14 MAY · TRANSFER DAY

### Cagliari, and the long road into the mountains.

*Cagliari → Su Gologone Experience Hotel*

#### MIDDAY, GERGEI

Olianas Vineyards · a tasting on the road

The retreat truly begins as everyone gathers at Villa Fanny at a quarter to twelve, bags loaded, for the slow drive north. First stop: Olianas in Gergei, a biodynamic estate. We are shown the winery and the Anforaia, where the amphorae rest in the cool, then sit to a tasting of three Biointegrale wines with the estate's extra virgin olive oil and selected local produce.

#### EARLY AFTERNOON, EN ROUTE

Su Nuraxi di Barumini & Santa Cristina

We pause at the UNESCO Nuragic complex of Su Nuraxi di Barumini, where a local archaeologist walks us through the central tower. Then the Sacred Well of Santa Cristina, perhaps the most refined of the island's Bronze Age water temples: yoni-shaped, lunar-aligned, perfectly cut.

#### EVENING, OLIENA

Arrival at Su Gologone

We arrive into the Supramonte as the light turns. A welcome in the garden, keys to your room, and a gentle Sardinian dinner in the lantern-lit courtyard.

#### TRANSFER

c. 220 km · departing Villa Fanny at 11.45

#### TASTING

Three Biointegrale wines, estate olive oil & local produce

#### SITES

Olianas 13.00 · Su Nuraxi 14.30 · Santa Cristina 17.00

#### RESIDENCE

**Su Gologone Experience Hotel**  
Oliena · 4 nights

### III DAY THREE · SATURDAY 15 MAY · LANAITTO VALLEY

## A 4×4 Jeep into the sacred interior of the Supramonte.

*Lanaitto Valley · Su Gologone Experience Hotel*

#### MORNING, LANAITTO VALLEY

##### Into the valley by 4×4 Jeep

An early start. We leave Su Gologone by 4×4 Jeep, climbing through forest along the mountain, pausing to look down over a valley of ancient olive trees and lush terraced vineyards. In the Lanaitto Valley we stop at the Corbeddu Cave, where the oldest evidence of *Homo sapiens* activity in Sardinia was found; at the sacred fountain of the Nuragic village of Sos Carros, still gathering water into its three-thousand-year-old basins; and at the karst complex of Sa Oche and Su Bentu, underground lakes where ESA astronauts have trained for more than ten years.

#### LUNCH, AT A SHEPHERDS' STAZZO

Lunch is taken with a shepherd family deep in the valley: pane carasau over the fire, ricotta still warm, roast suckling pig on myrtle branches, the vegetables of the kitchen garden, with water and house wine included.

#### LATE AFTERNOON & EVENING

##### Painting Workshop I

We return to Su Gologone in the late afternoon, with time to swim or rest before dinner. Afterwards, Sonja opens the first painting session by lantern light.



*Pane carasau · the traditional bread of the Supramonte*

|           |                            |
|-----------|----------------------------|
| VEHICLE   | Open 4×4 Jeep, full day    |
| LUNCH     | Shepherds' stazzo          |
| STUDIO I  | Evening · after dinner     |
| GUIDE     | English-speaking, full day |
| RESIDENCE | Su Gologone                |

DAY THREE · LANAITTO VALLEY

## Lunch at the sheepfold.

Deep in the valley, at a working sheepfold, the shepherds lay a table on planks of olive wood and serve what the day has made. Nothing on it has travelled further than the hill behind us.

- I* The far table  
*House wine and water, included at the table*
- II* A whole pecorino  
*Cut at the table, still sweet from the morning*
- III* Artichokes and casizolu  
*Preserved in oil and hand-pulled that morning, laid on olive wood*
- IV* Fresh cheese in paper  
*Ricotta and casizolu, made that morning by the family*



## IV DAY FOUR · SUNDAY 16 MAY · STUDIO II

### Tombs, a beach picnic, and the second canvas.

*Dorgali · Cala Cartoe · Su Gologone Experience Hotel*

#### MORNING, DORGALI

##### S'Ena 'e Thomes · Tomba dei Giganti

A short drive to one of the most intact Tombs of the Giants on the island, a megalithic gallery grave understood in the old tradition as a womb of the earth where the soul was returned for regeneration. We walk it quietly; our guide speaks of the Dea Madre.

#### AFTERNOON, CALA CARTOE

##### A beach picnic at Cala Cartoe

A small, sheltered cove framed by white cliffs and ringed by clear water. A refined picnic is set in the shade: pane carasau, olives, fresh pecorino, with water and house wine included. Time to swim, to rest, to do nothing.

#### LATE AFTERNOON & EVENING

Back at Su Gologone, Painting Workshop II, deepening technique and intention. Dinner follows in the courtyard, unhurried and late.

#### MORNING

S'Ena 'e Thomes · half-day by  
4×4 Jeep

#### AFTERNOON

Beach picnic · Cala Cartoe

#### GUIDE

English-speaking, for the day

#### STUDIO II

Late afternoon, after the swim

#### EVENING

Dinner at Su Gologone

#### RESIDENCE

Su Gologone Experience Hotel

V DAY FIVE · MONDAY 17 MAY · A FREE DAY

## A day at rest in the Blue Zone, entirely unprogrammed.

*Oliena · Su Gologone Experience Hotel*

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### MORNING, SU GOLOGONE

The spring-water pool, and nothing to keep

No transfer, no hour, no programme. The large pool is fed by the spring itself, the gardens run between arcades and stone alleys, and the terrace under the bougainvillea is the right place for a long breakfast that turns into a long morning.

### MIDDAY & AFTERNOON

The art shops, the library, or the village of Oliena

Lunch is independent. The afternoon holds whatever you want of it: the six art shops in the former stables, the library, the rooms that keep a small exhibition, or the short road up into Oliena itself, where the Blue Zone is not a designation but simply the way the day is lived.

### EVENING, BEFORE DINNER

La Vita Lunga · an informal talk

We are in the heart of the Nuoro Blue Zone, a half-hour from the villages where the first centenarians were counted. Before dinner Sonja and Carolina speak informally about the habits of that life, and what of it can be carried home. Dinner follows in the courtyard.

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### PROGRAMME

None · a free day

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### AT THE HOTEL

Spring-water pool · six art shops · library & exhibitions

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### EVENING

Blue Zone talk, then dinner

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### RESIDENCE

Su Gologone Experience Hotel  
Oliena · night four of four

## VI DAY SIX · TUESDAY 18 MAY · COASTAL TRANSFER

### A leisurely transfer up the eastern coast, two beaches and the sea.

*Su Gologone → Berchida → Delle Vacche → Baja Sardinia*

#### MORNING, BERCHIDA

First beach stop · the wild white sands

We leave Su Gologone after an unhurried breakfast, driving north-east to the coast. Berchida: five kilometres of wild white sand, crystal-clear turquoise water and legendary resident beach cows who wander freely alongside the swimmers. A short walk from the car park brings us down to the sand.

#### MIDDAY, SPIAGGIA DELLE VACCHE

Second beach stop · a quieter cove

Pale stone, low macchia, water of the same impossible clarity. A last long swim on the way north, at our own pace, as the afternoon turns. Lunch is independent, taken locally.

#### EVENING, HOTEL LA BISACCIA

Arrival and welcome dinner

We arrive salt-haired and sun-warm, into the grounds above Baja Sardinia at the northern end of the Costa Smeralda. The light turns gold over the archipelago as we settle in, then dinner at the hotel's panoramic restaurant.

#### TRANSFER

c. 180 km · a full day with beach stops

#### BEACH STOPS

Berchida · Spiaggia delle Vacche

#### EVENING

Dinner at Hotel La Bisaccia

#### RESIDENCE

**Hotel La Bisaccia**

Baja Sardinia · 4 nights



La Maddalena Archipelago

*Day Seven - A full day under sail through the protected waters*

SEA, STONE & ADORNMENT

## VII DAY SEVEN · WEDNESDAY 19 MAY · ON THE WATER

### La Maddalena under sail, a slow day at sea.

*Costa Smeralda → La Maddalena Archipelago*

#### MORNING, 08.45 · AT THE QUAY

Boarding the sailing boat

A short transfer runs from the hotel to the boarding point, where a private sailing boat and an English-speaking skipper wait. Carried by a gentle breeze, the route heads north-east into the protected waters of the archipelago towards Caprera. The first anchorage is Cala Coticcio, known here as Tahiti, for the colour of its water.

#### MIDDAY & AFTERNOON

Brunch aboard · Manto della Madonna & the Pink Beach

Coffee and biscuits come up soon after departure, and a Sardinian brunch is laid on deck: hams and island cheeses, canapés, vegetables, seven kinds of dried fruit, taralli, cake, fresh fruit salad. Swimming before and after. We sail on to Manto della Madonna, between Santa Maria, Budelli and Razzoli, where the fortunate may see dolphins; then in the afternoon to the Spiaggia Rosa of Budelli, observed from the water, into the Maddalena Channel along the coast of Spargi, and a last stop at Santo Stefano.

*"Sardinia is different. Belonging to nowhere. Like nowhere. Sardinia, which has no history, no date, no race, no offering. Let it be Sardinia."*

D. H. LAWRENCE · *Sea and Sardinia*, 1921

#### AT SEA

08.45 – 16.45 · private charter

#### INCLUDED

Coffee on departure, brunch aboard, park entrance, snorkelling gear

#### PLEASE NOTE

Subject to favourable weather; the route may vary with the wind.

#### RESIDENCE

**Hotel La Bisaccia**

## VIII DAY EIGHT · THURSDAY 20 MAY · FULL MOON

### An artisan market, a mala, and a gala under the full moon.

*San Pantaleo · Hotel La Bisaccia*

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#### MORNING, SAN PANTALEO

##### The artisan village, self-guided

A private transfer runs to San Pantaleo, the Costa Smeralda's village of artists, built almost entirely in stone, for the Thursday morning market, the most famous on the coast. A slow wander among the artisan stalls, and time to sit in the shade. Lunch is independent.

#### AFTERNOON · STUDIO III

##### Sacred Mala Making with Sonja Picard

A four-hour studio: choosing the stones, learning the knot, counting out one hundred and eight beads. By evening you hold a single finished object, made entirely by your own hand, to carry home and wear.

#### EVENING, FULL MOON

##### A gala dinner under the full moon

The malas are finished and worn for the first time; the work of the ten days is laid out together. A private gala dinner follows: the chef's menu, the long table, and an unmistakably beautiful evening.

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#### MORNING

San Pantaleo market · self-guided

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#### LUNCH

In the village, at your choosing

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#### STUDIO III

4 hrs · 14:00–18:00

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#### GALA DINNER

20:00 · Full Moon

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#### RESIDENCE

Hotel La Bisaccia

## IX DAY NINE · FRIDAY 21 MAY · AT YOUR LEISURE

### Castelsardo, a medieval hilltop on the Sardinian sea.

*Castelsardo · c. 110 km, 1 hr 45 each way*

#### EARLY MORNING, OPTIONAL DEPARTURE

##### Two paths for the day

Today is yours to choose. Those drawn northward may join the morning private transfer to Castelsardo, a self-guided day, entirely at your own pace. Those who prefer may remain at Hotel La Bisaccia for a last morning at the beach and a slow, unhurried day.

#### MORNING, CASTELSARDO

##### One of Italy's most beautiful villages

A medieval stronghold on a promontory above the Gulf of Asinara, listed among the most beautiful villages in Italy. The historic centre winds beneath the Doria castle through ancient buildings and narrow lanes, where local women still sit in doorways weaving baskets from raffia, dwarf palm and sea hay. The cathedral of Sant'Antonio Abate overlooks the water, its square offering the view of the whole gulf; beneath it, the recently restored crypts may be visited for a small additional fee.



*Castelsardo · medieval hilltop on the Gulf of Asinara*

|           |                               |
|-----------|-------------------------------|
| DRIVE     | c. 1 hr 45 each way           |
| FORMAT    | Self-guided, no guide         |
| LUNCH     | In the town, at your choosing |
| RESIDENCE | Hotel La Bisaccia             |

X DAY TEN · SATURDAY 22 MAY · DEPARTURE

## An unhurried breakfast, and the road to Olbia.

*Baja Sardinia → Olbia Costa Smeralda Airport*

### MORNING, BAJA SARDINIA

A final breakfast in the garden

The last morning is gentle. Breakfast is taken at your own pace in the grounds above the sea, then the closing of bags.

### MIDDAY, PRIVATE TRANSFER

To Olbia Costa Smeralda Airport

Private transfers run to Olbia Costa Smeralda Airport, some forty minutes by road, in time for afternoon and evening flights home. The retreat ends here, but the mala at your wrist, and the canvases, and the colour of the Tyrrhenian sea, return with you.

### BRING HOME

Two canvases · a mala of 108 beads

### TRANSFER

Hotel → OLB · c. 40 min

### DEPARTURE

22 May

## Villa Fanny

*Cagliari · A boutique hotel in a restored town villa, a short walk from the old quarter.*

A period Art Nouveau town villa, meticulously restored, in one of Cagliari's most elegant residential quarters, restored by the family that has kept it for generations. Nineteen rooms and suites, each individually designed, with soft lighting, considered materials and original architectural detail set against contemporary furnishing, opening onto a lush urban garden of a thousand square metres.

The garden is the heart of the house: lawns, Mediterranean shrubs, a heated whirlpool set among the trees, and evenings given over to readings, chamber music and quiet conversation. Inside there is a library and the British Room for a quiet hour before dinner. Breakfast is a generous buffet of fresh pastry, seasonal fruit, island cheeses and cured meats, taken on the terrace.

For our purposes, the chosen detail is position. Villa Fanny stands within one of the city's richest archaeological quarters, a stone's throw from the Roman Amphitheatre, the Villa of Tigellius, the Botanical Gardens and the Orto dei Cappuccini, and the old town, the port and the Castello district are a fifteen-minute walk downhill. Cagliari Elmas is eight kilometres away. A guest arriving in the afternoon may set down their bags and be among Roman stone before the light goes.



*Villa Fanny · the garden front at dusk*

|             |                                     |
|-------------|-------------------------------------|
| LOCATION    | 8 km from Cagliari Elmas            |
| ROOMS       | 19 rooms and suites                 |
| HELD FOR US | 9 Comfort · 3 Deluxe                |
| SETTING     | Villa & 1,000 m <sup>2</sup> garden |
| ON FOOT     | The Roman Amphitheatre              |
| FOR US      | <i>A quiet night in the capital</i> |

VI · RESIDENCES · NIGHTS 2-5 · SUPRAMONTE

## Su Gologone Experience Hotel

*Oliena, Barbagia · A family-owned rural resort in the Supramonte countryside.*

Between Oliena and Dorgali, where the air smells of myrtle and rosemary and ancient olive trees cling to the slopes of the Supramonte, stands Su Gologone, a whitewashed, tile-roofed place that began as a country restaurant in 1967 and has never lost that character. Sixty-eight rooms are scattered amid gardens, arcades, courtyards and stone alleys shaded by lentisks, olive and medlar trees, next to a large swimming pool fed by spring water.

The kitchen remains the heart of the house. Guests are welcomed before a hundred-year-old fireplace where suckling pigs still turn on the spit, or on the terrace frescoed by cascades of geraniums and bougainvillea. What once was reserved for feast days, the hand-folded breads, the roast meats, the almond pastries whose recipes the family keeps, is served here every evening.

Each room is different: juniper-wood beams, blue doors, whitewashed walls hung with paintings by local artists, traditional Sardinian fabrics and carpets. For our purposes, it is the setting that matters most: close enough to the Lanaitto Valley, the sacred wells, and the trails of the Gennargentu, yet comfortable enough that one arrives back from a day in the mountains to a long dinner and a quiet courtyard.

*"The kind of whitewashed, tile-roofed rustic retreat that Italian tourism dreams are made of."*



*Su Gologone · dinner laid in the courtyard*

|             |                                   |
|-------------|-----------------------------------|
| LOCATION    | Oliena, Nuoro province            |
| ROOMS       | 68 rooms and suites               |
| HELD FOR US | 5 Classic · 7 Deluxe              |
| TABLE       | Sardinian cuisine                 |
| FOR US      | <i>The Supramonte at the door</i> |



## NIGHTS 6-9 • BAJA SARDINIA

### The last four nights, from above.

Everything the closing chapter needs sits inside one frame: the bay, the beach, the pool among the pines, and the archipelago waiting on the horizon for the day under sail.

- I The Maddalena Archipelago  
*The sailing day runs out to those islands and back*
- II The private beach  
*Reached on foot from the rooms, no transfer required*
- III The seawater pool  
*Set among the pines above the water*
- IV Hotel La Bisaccia  
*Terracotta roofs in the grounds, the village five minutes beyond*

## Hotel La Bisaccia

*Baja Sardinia · An elegant four-star hotel above the sea at the northern edge of the Costa Smeralda.*

Baja Sardinia sits at the northern end of the Costa Smeralda, where the granite of Gallura breaks into a bay of pale sand and the islands of the Maddalena archipelago rise a few miles offshore. Hotel La Bisaccia stands directly above that bay: an elegant four-star property set within extensive grounds, its terraces looking out over the sea.

The grounds hold the two things the last four days are built around: a private beach reached on foot from the rooms, and a large seawater swimming pool set among the pines and Mediterranean shrubs. The restaurant is panoramic, breakfast is taken looking at the water, and the village of Baja Sardinia, with its bars and its small harbour, is a few minutes' walk from the gate.

For us, the argument is position. The archipelago is at the door for the day under sail; Porto Cervo and the artisan village of San Pantaleo are a short drive inland; and on the free days no one needs to be transferred anywhere at all. A morning swim asks nothing more than a towel and the walk down through the garden.

*The final four nights are spent here, where the Costa Smeralda meets the archipelago: sea on three sides, and nothing further to arrange.*



*Hotel La Bisaccia · the bay of Baja Sardinia, with the archipelago beyond*

|             |                         |
|-------------|-------------------------|
| LOCATION    | Baja Sardinia, Gallura  |
| AIRPORT     | Olbia · 35 km, 40 min   |
| BEACH       | Private, in the grounds |
| POOL        | Large seawater pool     |
| TABLE       | Panoramic restaurant    |
| HELD FOR US | Run of the house        |
| ON FOOT     | The village, 5 minutes  |

VII · THE SEASON · MID-MAY IN THREE LANDSCAPES

## Warm days, cool stone evenings, and the first swimmable sea.

*May is the island before the season: the macchia still in flower, the beaches still empty, the light already long.*

### Cagliari

*South coast · sea level · Night 1*

|          |                  |
|----------|------------------|
| DAYTIME  | 23 – 25 °C       |
| AT NIGHT | 13 – 15 °C       |
| THE SEA  | c. 19 °C         |
| RAIN     | c. 4 days in May |

The warmest of the three. Afternoons in the old town are shirt-sleeve warm and the evening in the garden rarely needs more than a light layer.

### Oliena

*Supramonte · c. 400 m · Nights 2–5*

|          |                    |
|----------|--------------------|
| DAYTIME  | 21 – 24 °C         |
| AT NIGHT | 9 – 12 °C          |
| MORNINGS | cool in the valley |
| RAIN     | c. 5 days in May   |

Altitude is felt after sunset: the courtyard at Su Gologone is properly cool by ten. Mountain mornings in the Lanaitto begin at twelve or thirteen degrees and climb quickly.

### Baja Sardinia

*Gallura coast · sea level · Nights 6–9*

|          |                  |
|----------|------------------|
| DAYTIME  | 21 – 23 °C       |
| AT NIGHT | 12 – 14 °C       |
| THE SEA  | c. 18 °C         |
| RAIN     | c. 4 days in May |

Open to the north, so the mistral can rise in the afternoon and the water is bracing rather than balmy. It is also why the sailing day is scheduled here, and why it may move with the wind.

#### DAYLIGHT

Sunrise c. 06.05, sunset c. 20.25 ·  
fourteen hours of light

#### WHAT THIS MEANS FOR THE BAG

Swimwear from the first day · a warm layer for the Supramonte evenings · a windproof for the boat · a sun hat.

VIII · YOUR HOSTS · LEADING THE RETREAT

## Sonja Picard

*Artist · Jewellery Designer · Teacher · Vancouver*

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WWW.SONJAPICARD.COM

Sonja Picard is a multi-dimensional artist from Vancouver whose work is collected and cherished worldwide. For over thirty-five years her practice has drawn on yogic philosophy, mysticism, sacred mantra, and the profound resilience of the human spirit.

Founded under her own name in Canada in 1990, Sonja's studio is a fusion of jewellery design, fine art, and spiritual alchemy. Inspired by the Shakti lineages of India, each piece begins in meditation and is finished through a devotional method: layered with meaning, embedded with mantra, offered as a visible affirmation.

Her mandate, in her own words, is "to inspire people to adorn themselves and their homes with purposeful art, to empower the self and the space around it." On this retreat she will lead the three studio sessions, two of painting and adornment and one of mala making, and travel with the group throughout.

*No previous art training is required.*

## Carolina Mastio

*Sardinian Travel Curator · Yoga Practitioner · Sardinia*

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Carolina Mastio is a wellness and solo-travel advocate born and raised in Sardinia, one of the world's five Blue Zones, where long life and a deep connection to nature are the ordinary inheritance of the everyday.

She holds an Honours degree in Business and Events Management from the University of Greenwich in London. Her continued training in marketing, hospitality revenue, negotiation, and tourism strategy, combined with her deep love of yoga and her long practice as an events producer, makes her uncommonly suited to curating retreats that are at once soulful and beautifully produced.

For this journey Carolina is our eyes and hands on the ground. She has personally selected every spiritual guide, every sacred site, every residence, every table, and every transfer vehicle. Her insider knowledge opens doors that are simply not accessible to most visitors: private archaeological access, family farms, tables that take no bookings.

## Ten days, three landscapes.

*Everything the retreat asks of a guest, once they have arrived on the island, is already accounted for.*

€ 6,200

PER PERSON

*Payable in full, or in two instalments*

### Included

- Nine nights in the three residences described, in the room categories held for this group
- All breakfasts, and every lunch and dinner named in the daily itinerary
- The three studio sessions with Sonja Picard, and all art and jewellery materials
- Private archaeological and site access with licensed local guides, and all entry fees
- The full-day private boat charter in the La Maddalena archipelago
- All ground transport in private vehicles with driver, including arrival and departure airport transfers
- Yoga, meditation, and the full-moon ceremony, with mats and props provided
- Local taxes and service charges

### Not Included

- International and domestic flights to and from Sardinia
- Travel insurance and any visa costs
- Meals, drinks, and excursions not named in the itinerary, including the free day
- Alcoholic beverages beyond those served with the meals described
- Spa treatments, laundry, telephone, and other charges of a personal nature
- Gratuities for guides and drivers
- Anything not expressly listed as included

### THE GROUP

A small company of guests, so that every table, boat, and studio remains private to us.

### ONCE YOU CONFIRM

Once you confirm your attendance, we shall send you pre-departure information and the other terms of participation.



MYSTIC ART RETREATS

[WWW.MYSTICART.ORG](http://WWW.MYSTICART.ORG)

METICULOUSLY CRAFTED · PRIVATELY DELIVERED