

ForteVillage

SARDINIA

CENTENARIAN RITUALS

An immersion into the daily rituals of Sardinia's communities, in one of the world's
Blue Zones.

What do you ask someone who has lived for 100 years?
There's only one way to find out.



BOOK NOW

Call: +39 070 9218820 | email: holiday@fortevillage.com | visit: www.fortevillage.com



DISCOVER THE CENTENARIAN WAY OF LIVING

What does life look like in one of the world's Blue Zones?

Step into a **3-day journey** into the Sardinian centenarian lifestyle, shaped by authentic encounters, daily rituals, and traditions still alive in everyday community life.

Some answers only come when you sit down at their table.

People here walk every day. They cook what they grow.

They share time, stories and meals.

The first day, you sit with them. You listen, you observe, you ask.

Then you live it yourself: the morning walks, the flavour of simple ingredients turned into authentic recipes, the unhurried pace of a life deeply rooted in this land.

Centenarians don't hold anything back. They set the table, pour the wine, share their recipes and tell their stories: all you have to do is show up.





DAY 1: INTO THE HEART OF THE BLUE ZONE

Immerse yourself in the authentic life of *Teulada*, one of the world's newest recognised places where people live longer and healthier lives.

A guided **half-day** of history, people and living traditions:

- Welcome to the historic centre: a stroll through quiet streets and stone homes, at the heart of a close-knit community;
- Meeting with local artisans and a visit to a centenarian in their everyday environment, uncovering the secrets of a long and simple life;
- Introduction to the **Blue Zone** concept, alongside the village's history and cultural evolution;
- Tasting of local products and a curated display of traditional craftsmanship, with embroidery, bread-making and local sweets preparation stations.



DAY 2: FROM LANDSCAPE TO FLAVOUR

A day dedicated to landscape and the senses, lived at the unhurried pace of nature and Sardinian culture:

- Guided **coastal walk** to *Capo Spartivento*, where Sardinia meets the open sea in a striking and unspoiled natural setting (2h);
- Cannonau wine tasting, Sardinia's **iconic red wine**, naturally rich in flavonoids and deeply woven into the local diet and social rituals (45 min).



DAY 3: THE ART OF SLOWING DOWN

A day devoted to the care of body and mind, inspired by traditional Sardinian practices of balance and recovery:

- **Six-pool circuit** at *Acquaforte Thalasso & Spa*, each pool featuring a distinct balance of temperature and salinity for a progressive and restorative sequence (1h30);
- Hands-on **cooking experience**: regional recipes passed down through generations, seasonal ingredients and the pleasure of shared preparation (45 min).



Some places don't just welcome you: they change you. This is one of them.

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