

Centenarian Rituals

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

ForteVillage
SARDINIA



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CAGLIARI

Some islands are destinations. This one is a lesson.

There are places where time softens. Where days stretch gently into one another, guided by light, by the rhythm of the sea, and by habits that have endured for centuries.

Sardinia is one of those places.

Shaped by the Maestrale wind and the scents of myrtle and rosemary, the land of *nuraghes* hosts rare **Blue Zones**, regions where scientists, searching for the secret of longevity, found something they had not expected.

Not a secret at all, but a way of life.

Centenarian Rituals invites you to experience this way of living in either **Forte Village**, where pine forests meet the calm of a private shore, or **Palazzo Doglio**, where vibrant Cagliari unfolds around you.

Both experiences draw from the island's traditions, guiding you through food, movement sessions, community, and daily rituals, where nothing is performed, only lived.



The Philosophy

Centenarian Rituals was not designed. It was observed.

It began with a question that science has been asking for decades, that found its answer not in a laboratory, but in a kitchen, on a hillside, at a table set for more people than expected.

What emerged is not a wellness programme, but a portrait of life: meaningful relationships, purposeful movement, and food prepared with care and knowledge.

For a few days, you step inside this portrait, long enough to understand something that cannot be read, only lived.

And to carry its essence home with you.





The Blue Zone

A **Blue Zone** is a place where people live measurably longer and healthier lives, not because of a single habit or ingredient, but because of an entire way of being. There are only a handful of them in the world and Sardinia is one of the few places that holds more than one.

In 2023, **Teulada** was officially recognised as the island's newest epicentre of longevity. It is a small village in the south, where the land meets the sea in a stretch of coast that has changed very little over the centuries: narrow streets, stone walls, olive groves that have been producing oil for generations.

A place whose stories time has treated gently, just like its inhabitants.

Just a few kilometres from Santa Margherita di Pula and Cagliari, it is close enough to visit in a morning, and home to people who have mastered the rituals of long life.

Whether at Forte Village or Palazzo Doglio, you are invited to discover Sardinia through the unique lens of its art of living, in harmony with nature, with others, and with time itself.

You will meet the people who carry, in their stories and in their bodies, the living proof of everything this experience is built around.



On the **southern coast of Sardinia**, between tropical gardens and a white-sand beach, the Resort offers world-class dining, renowned sports academies and the AcquaForte Thalasso&Spa, where wellness meets science.

From here, the **Blue Zone** is a short journey away.

Immerse yourself in a **3-day journey** into the timeless lifestyle of Sardinia's centenarians, where authentic traditions, daily rituals, and meaningful local encounters reveal a genuine way of living.

Day 1:

- Guided walk through Teulada's historic centre: meeting with a local centenarian and tasting of local products, with live demonstrations of traditional craftsmanship;

Day 2:

- Coastal walk to Capo Spartivento along Sardinia's unspoiled southern coastline;
- Cannonau wine tasting, Sardinia's iconic red, rich in flavonoids;

Day 3:

- Restorative circuit through AcquaForte Thalasso & Spa's six thermal pools;
- Hands-on cooking session with traditional Sardinian recipes.

Prefer to experience *Centenarian Rituals* in the heart of the city?

The same programme will soon be available at Palazzo Doglio, Cagliari.

What Awaits You



A Day in Teulada: into the heart of the Blue Zone

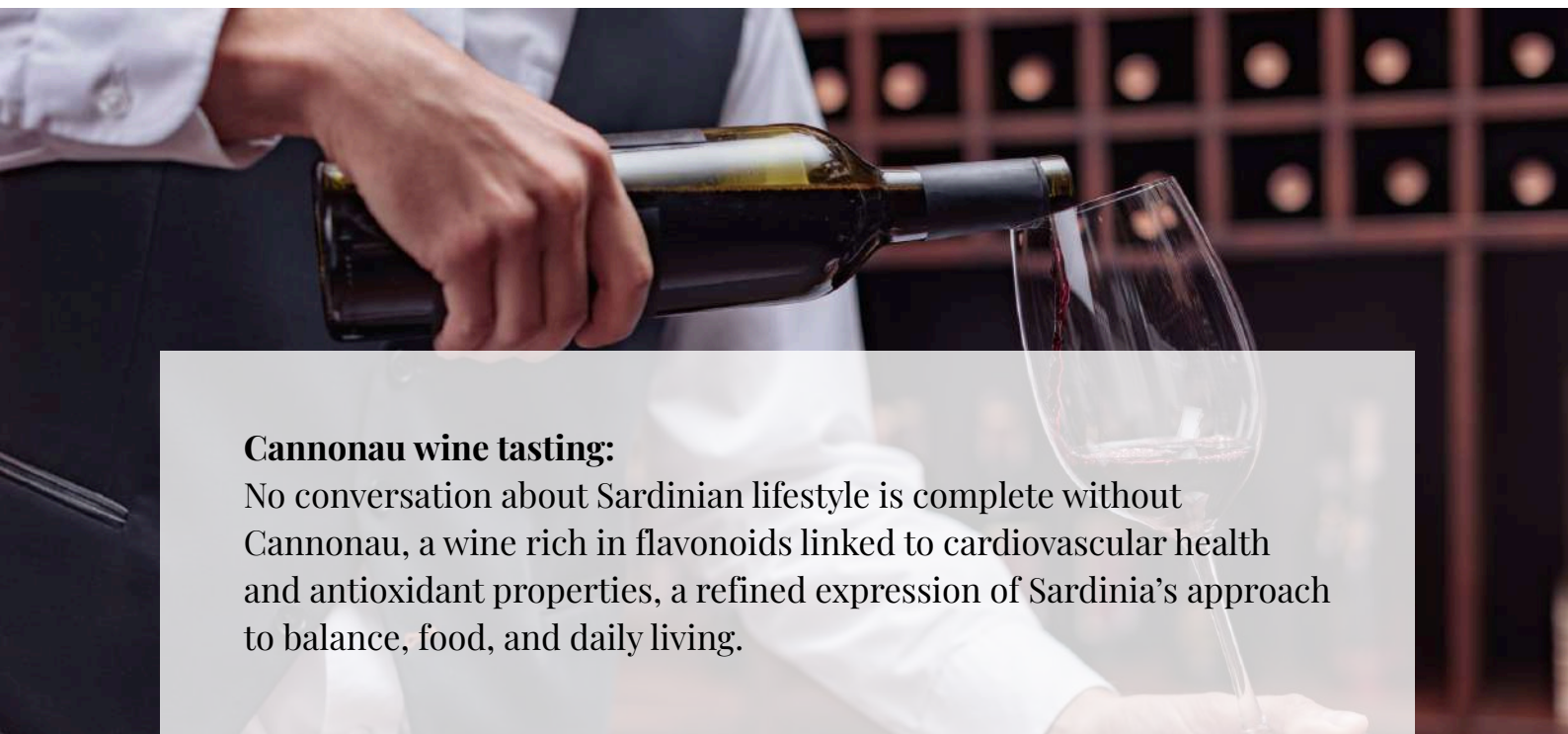
Wander through the narrow streets of Teulada and meet a local centenarian, entering into a genuine exchange of stories that become memory. Observe traditional embroidery, bread-making, and sweet-making as they unfold in living stations, then sit at the table and savour simple, authentic dishes together.

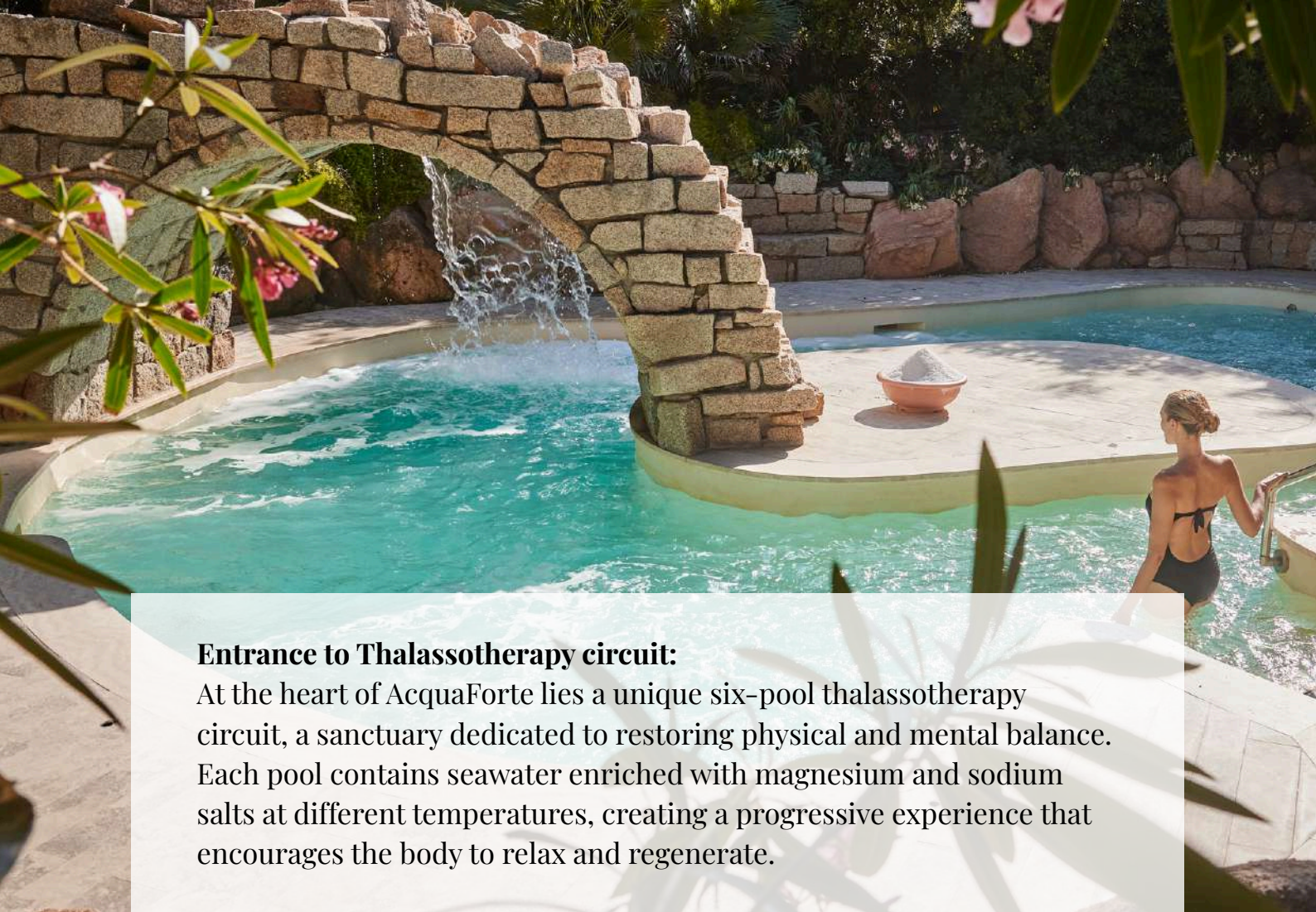
Guided walk to Capo Spartivento:

Capo Spartivento is where Sardinia meets the open sea. A simple act of movement through wilderness and wind, with the whole Mediterranean spread before you, reflecting the Blue Zone principle that movement and connection to nature are part of everyday living.

Cannonau wine tasting:

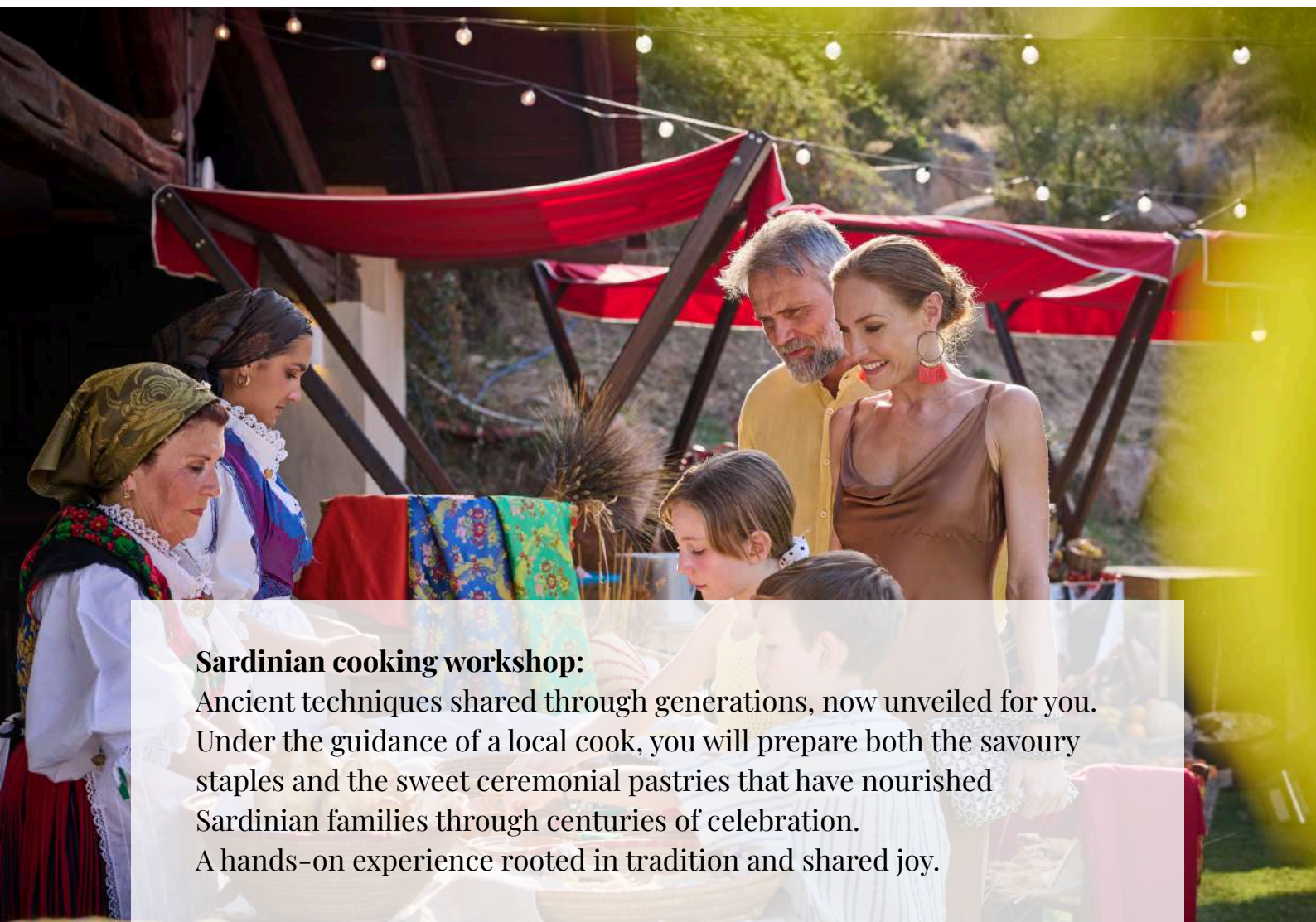
No conversation about Sardinian lifestyle is complete without Cannonau, a wine rich in flavonoids linked to cardiovascular health and antioxidant properties, a refined expression of Sardinia's approach to balance, food, and daily living.





Entrance to Thalassotherapy circuit:

At the heart of AcquaForte lies a unique six-pool thalassotherapy circuit, a sanctuary dedicated to restoring physical and mental balance. Each pool contains seawater enriched with magnesium and sodium salts at different temperatures, creating a progressive experience that encourages the body to relax and regenerate.



Sardinian cooking workshop:

Ancient techniques shared through generations, now unveiled for you. Under the guidance of a local cook, you will prepare both the savoury staples and the sweet ceremonial pastries that have nourished Sardinian families through centuries of celebration. A hands-on experience rooted in tradition and shared joy.

Centenarian Rituals asks you to carry a little of this home: a new perspective that settles quietly into the way you move through your days, the way you sit at a table, the way you understand rest.

Sardinia does not offer a formula for living longer. It offers something you didn't know you were missing: proof that this way of living is not a theory. It is a quite afternoon in a village that has been doing this for centuries.

The island has always known this. Now, so will you.

