

# THE SECRET OF SARDINIA

For short-haul sunshine and relaxation, this Italian island is a minimoon must

In the translucent sea surrounding Arbatax Park, you're truly in another world. Located on the east side of the Italian island of Sardinia, the resort spreads over 60

hectares of land on the edge of the Capo Bellavista peninsula, surrounded by nature. No, I mean *literally* surrounded. The resort has an on-site nature park which was, as animal lovers, naturally our first stop. We took some time out to explore and strolled past lots of deer; horses, flamingos and even some friendly ostriches!

Although the complex is huge, it really doesn't feel like you're in a resort. The rustic and authentic décor of the rooms and surroundings ensures that you have the true Sardinian experience throughout your stay. The island is one of the world's five Blue Zones (an area where people live measurably longer lives), and after spending time here, I can see why! The food at the hotel's

many restaurants was so fresh, with lots of olive oil and enjoyed with a glass of wine – naturally!

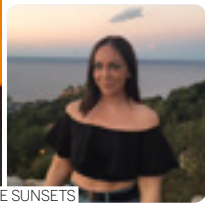
With so many pools, choosing where to enjoy the sunshine was the biggest task we experienced, but the beautiful beach always took priority – who could say no to turquoise waters, soft sand and a Piña Colada or two?

My favourite experience of the trip has to be the spa day at the resort's Bellavista Wellness Thalasso Spa Centre. We made our way around Turkish baths, saunas, waterfalls and salt-water basins before indulging in a heavenly massage. Relaxing in the outdoor pool, with its perfect panoramic position, provided the most beautiful views as the sun set.

If our relaxing experience at Arbatax Park is anything to go by, then it's pretty clear why Sardinian residents enjoy longer; peaceful, happier lives – however, knowing when to stop indulging in the delicious food and wine is something we might have to learn on our own... 

## BOOK IT!

A seven-night, half-board stay in a Garden Room at the Monteturri Hotel at Arbatax Park starts from £678pp, with British Airways flights from London and transfers (inclusive of 25% Early Booking promotion which runs until 28th Feb 2017). [sardatur-holidays.co.uk](http://sardatur-holidays.co.uk)



THE SUNSETS WERE REALLY SOMETHING ELSE



THE BEAUTIFUL RUSTIC DÉCOR ENSURES AN AUTHENTIC EXPERIENCE

