

EXPERIENCE

Blue Zone Italy

TRIP IN



FEMALE ONLY TRIP



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Blue Zone



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BLUE ZONE



“Blue Zone” is a term given to geographic regions that are home to some of the oldest and healthiest people in the world. The five areas in the world in which people live exceptionally long lives are Greece (Icaria) , Italy (Sardinia), Japan (Okinawa), Costa Rica (Nicoya Peninsula) & USA, California (Loma Linda) based on a research conduct by National Geographic with .

Blue Zones Power 9: Main Lifestyle Habits of the World’s Healthiest, Longest-Lived People are:

- **Move naturally.**
- **Purpose.**
- **Downshift.**
- **80% Rule.**
- **Plant slant.**
- **Belong.**
- **Loved ones first.**



ABOUT THE TRIP



Blue Zone Wellness trip is set for travelers who seek inner bliss. For five days, your mind and body will be rejuvenated in an island where centenaries is the norm. You will experience warmth of traditional Sardinian hospitality and you will be inspired by a way of life that hasn't changed in centuries.

The program is constructed on the **nine shared characteristics of the Blue Zones residents**, which centre around **natural movement, diet and most importantly enjoying yourself** and provide the basis for a long and happy life.



ABOUT SARDINIA



Sardinia is a stunning island in the Mediterranean Sea, located west of the Italian peninsula. It offers a wealth of attractions and experiences for travelers, from its stunning beaches and delicious cuisine to its rich history and culture. Whether you're looking to relax, explore, or learn something new, Sardinia is a destination that should not be missed.

Sardinia boasts some of the most beautiful beaches in the world, with crystal-clear turquoise waters and powdery white sand. Sardinia's natural beauty is not limited to its beaches. The island is also home to stunning mountain ranges, forests, and wildlife.

Sardinia has a rich history and culture, with evidence of human habitation dating back to prehistoric times. The island was once home to the Nuragic civilization, whose stone towers and fortresses still dot the landscape. Visitors can also explore ancient Roman ruins, such as the amphitheater in Cagliari.

TRIP ITINERARY

Below is a list of the trip itinerary, which includes details of timings and activities:

■ Day One

Arrival Day (Cagliari)

14:00 - 15:00	Lunch at Hotel
15:00 - 16:00	Orientation and Bluezone Introduction
16:00 - 18:00	Cagliari City Tour
19:00 - 21:00	Sardinian Welcome Dinner

■ Day Two

Perdas City

7:00 - 8:30	Breakfast at the Hotel
9:00 - 10:30	Scenic drive heading to the country side of Perdas
10:45 - 11:30	Farm Tour & Meeting Centenaries
12:00	Longevity Cooking Class with Italian Grandma's
15:00 - 16:00	Back to Cagliari

■ Day Three

Siliqua

4:00 - 4:30	Drive to Siliqua
4:30 - 8:00	Sunrise Hike and Meditation
9:00	Free Time Activities



TRIP ITINERARY



Day Four

Orgosolo

7:30 - 8:30	Breakfast at the Hotel
9:00 - 11:00	Drive to 17th Century
11:00 - 13:00	Lunch with the local shepherds
16:00 - 18:00	Discover Blue zone city "Orgosolo"
18:00	Back to Cagliari

Day Five

Sant'Antioco

7:30 - 8:30	Breakfast at the Hotel
9:00 - 11:00	Transfer to the breathtaking Sant' Antioco Beach
11:00 - 13:00	Light Lunch at the Beach
13:00- 14:00	E-Bike Sunset Tour
16:30 - 18:30	Farewell Dinner
19:00 - 21:00	Back to Cagliari

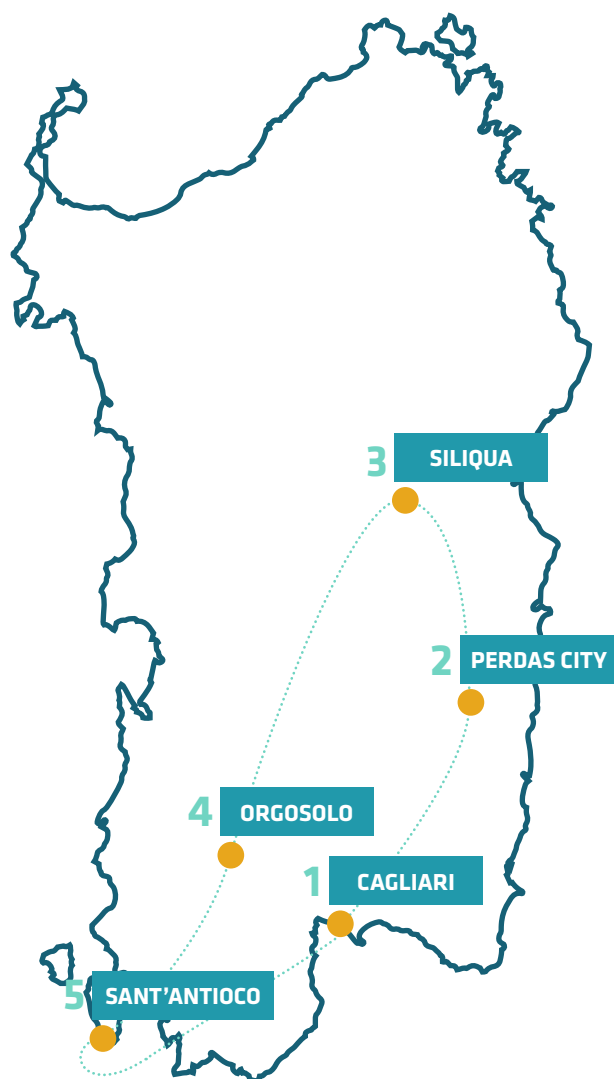
Day Six

Departure Day (Cagliari)





TRIP ROUTE



DAY ONE: CAGLIARI

Arrival Date

Tour Around the City

OVERVIEW

This is the arrival day, where you will meet the rest of the group and check in to your rooms.

The activities will be short and easy, it will start with an afternoon walking tour to explore the history of Cagliari, followed by an orientation session.

The day will end with a nice traditional Sardinian welcome dinner.

DURATION

16:00 - 21:00



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DAY TWO: PERDAS CITY

■ Meeting Centenaries

and Longevity Cooking Class

OVERVIEW

Since your well-being starts from the food you eat. You will attend a cooking class with centenaries (People that live more than 100 years) that takes you back to nature; the class offers an entire experience that connects food to mother Earth.

You will start the day with a tour in an organic farm where you get to harvest your own cooking ingredients. Then you will get your hands fully ready for the cooking experience and learn about secret blue zone recipes. This class will teach you the secrets of healthy and organic lifestyle.

DURATION

10:30 – 15:00



DAY THREE: SILQUA

■ Sunrise Hike

through multiple touristic activities

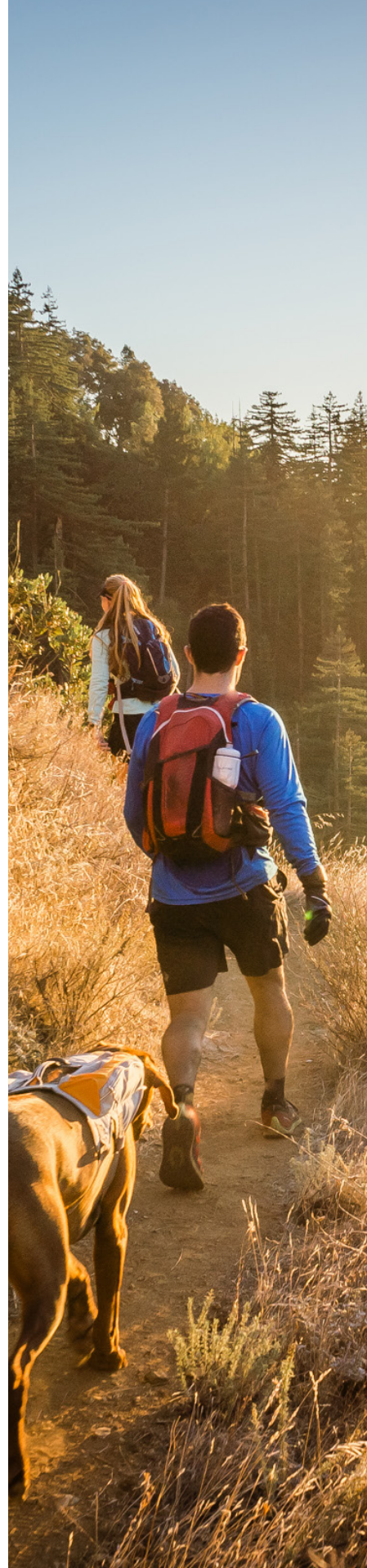
OVERVIEW

This trip will allow you to connect with your physical side through fun, adventurous activities in picturesque natural settings. Activities range from nature hikes to rafting to cycling trips across the countryside.

Silqua is considered one of the most beautiful hikes in Sardina. Once you get to the top you'll be blown away by the incredible panoramic views that the rising sun reveals. After you soak up the sunrise view, you will continue your journey past many authentic mountain villages.

DURATION

4:30 – 8:00 AM



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DAY FOUR: ORGOSOLO

■ **Discovering Orgosolo Village** and the Silkworm experience

OVERVIEW

You will visit the Heart of Sardinia - Orgosolo. This city offers glimpses of an ancient and timeless Sardinia, surrounded by unspoilt nature. You will stroll through town to learn about its history and art, then head into the mountains to admire bird's-eye views over the island.

DURATION

11:00 – 13:00

You will end your tour with a silkworm workshop where you will learn about Sardinian slik art weaving.

DURATION

13:30 – 15:30

■ **Lunch in the Woods**

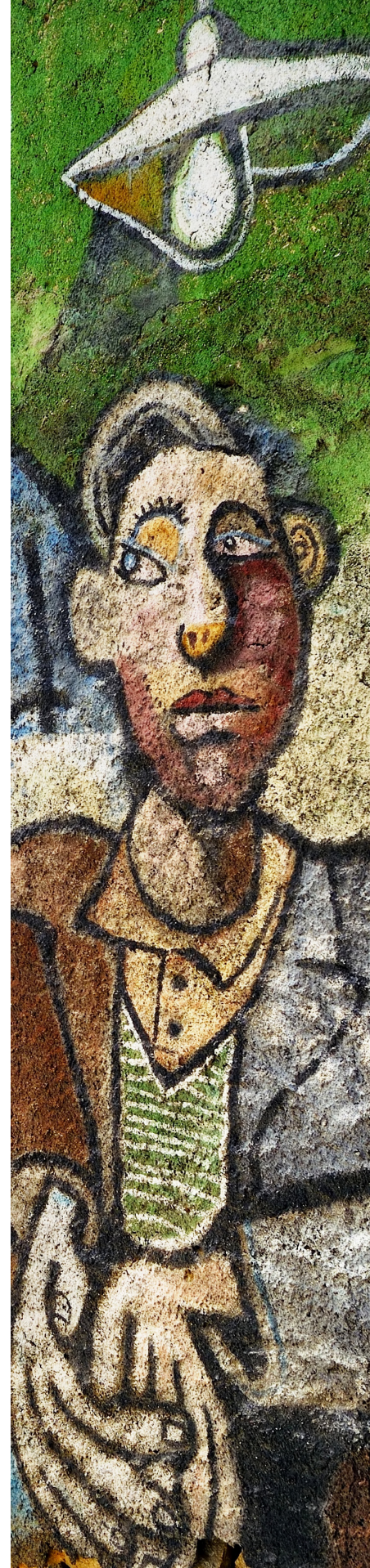
Rural area, Countryside.

OVERVIEW

After strolling around the village you will have a chance to eat in countryside rural place, where you will be served authentic lunch made with local produces.

DURATION

16:00 – 18:00



DAY FIVE: SANT'ANTIOCO

■ Explore the Southern Island

This is the longest day of the itinerary

OVERVIEW

We will head to southern island within Sardinia called Sant'Antioco, it will start with a seamstress experience, followed by lunch.

We will spend the afternoon on an e-bike tour to explore the different beaches and views of the island.

The day will end with a farewell dinner and reflect on the trip with each other.

DURATION

11:00 – 19:00



ACCOMMODATION OPTIONS



The package includes twin sharing room for a 5 nights stay, and if you wish to upgrade to a single room please find the below for following upgrade prices.

Hotel Aristeo

Accommodation Included in the Package

OVERVIEW

You will be staying at Hotel Aristeo a hotel located in the cagliari city.

Upgrade to Single Room

Upgraded Accommodation Option

\$840 USD

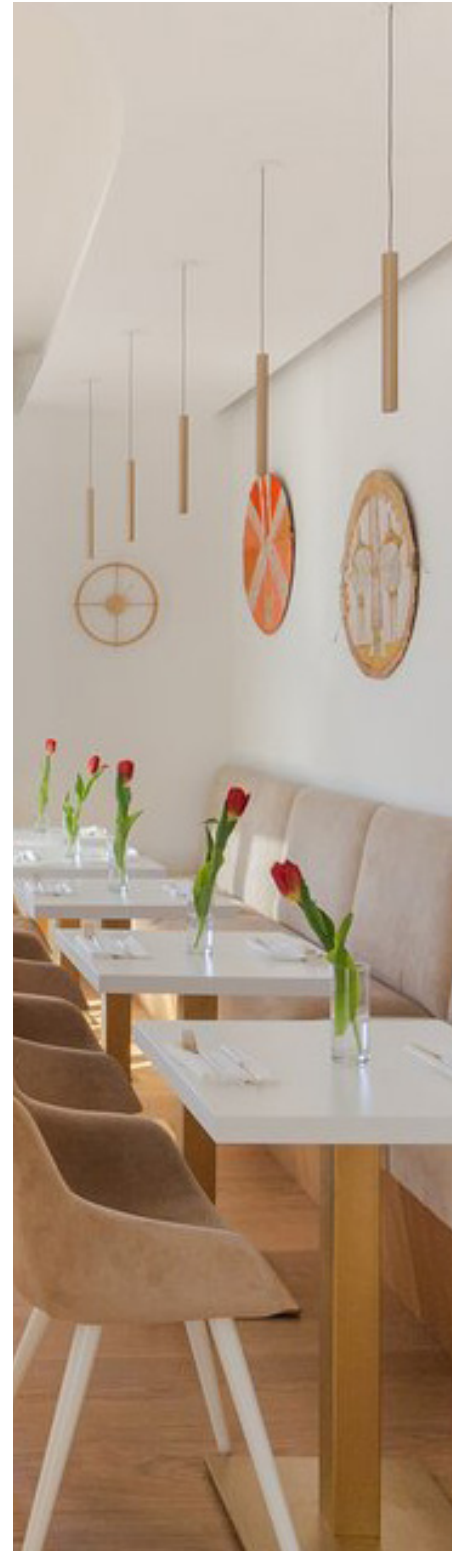
Additional - Single Room

Additional Stay

Extra Day Cost (Single Room)

\$305 USD

Additional Cost for a Single Room



HOTEL ARISTEO





SUSTAINABLE EXPERIENCE

Since NomuHub focuses on sustainable trip experiences, you will be part of our movement to encourage green traveling. All of the activities listed in this itinerary are environmentally friendly and all of the activities support locals.

“Change starts with you”



PRICES & FEES

Our projects are priced and booked based on number of weeks

◀ **\$2690** USD ▶
Per Person

5%
Group (3+) Discount

- Group discount only applies for a group of 3 or more applicants, all of whom must pay the deposit. Use discount code GROUP5 on checkout.

Should any applicant not follow these terms, discount will be deactivated by NomuHub and amount added to applicant's final invoice.

Contact info@nomuhub for two weeks package

- A Deposit of \$650 is required to secure booking and per NomuHub terms and conditions deposit is non-refundable.
- Payment shall be received at least a month prior to trip start date.

PRICES & FEES

The travel package includes and excludes the following:

INCLUSIONS



SHARED TWIN BED
(same-gender) at 4* Hotel



Airport Pick-up (CAG)
and other transportation



General tourist
attractions



Two meals per day
(Breakfast and Lunch)



Special Welcome
and Farewell dinners



24/7 in-country local
NomuHub staff support

EXCLUSIONS



Flight
Tickets



Personal
spendings



Daily
dinners



Accommodation
upgrade to Single Room



Travel visa
and insurance



FLIGHT BOOKINGS



Arrival to (CAG)

SATURDAY



Departure from (CAG)

THURSDAY

- We recommend to arrive a day before the start date of the program.

Please note that accommodation isn't included beyond the program dates. Contact our support team for extra days of accommodation arrangements.



FLIGHT BOOKINGS



There multiple ways to book your flights to Sardinia:

- Book a flight departing from your home destination to Cagliari Elmas Airport (CAG) which will involve connection in one of the European cities.
- Book a flight that connects your home destination to Rome, Milan, or Barcelona, and then book an internal flight to Cagliari Elmas Airport (CAG) if you wish for a layover in one of these cities.

Contact NomuHub's WhatsApp number +968 93580983, or Instagram DM, and the team will assist you step by step to make your booking.

BOOKING PROCESS



■ Step One **Apply Online**

Read the Travelers Manual carefully. Ensure to read our terms & conditions before applying

nomuhub.com/terms-of-use/

Fill in all your details in the online application form.

■ Step Two **Pay Deposit**

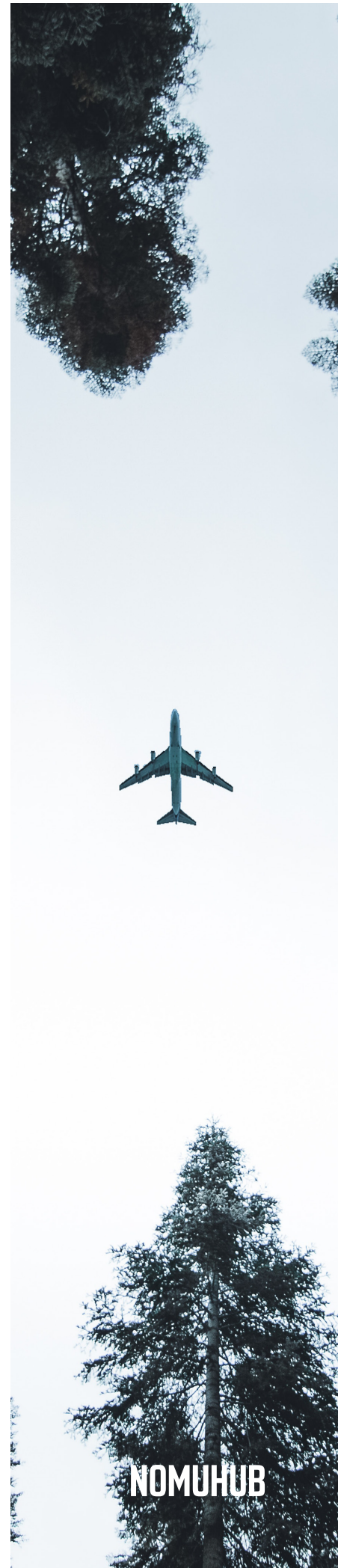
In order to reserve a seat for yourself, you will be required to pay a deposit of **\$650** (which will be deducted from the total package price).

In the meantime, NomuHub will be reviewing your application.

■ Step Three **Book Flights, Visa & Travel Insurance**

According to the information provided to you in this manual, kindly follow the instructions to further your application process.

- Book your flight ticket
- Apply for Schengen Visa.



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BOOKING PROCESS

- Step Four
Complete Full Payment

Final payments must be completed no later than 1 month prior to your trip start date, otherwise your application will be cancelled.

- Step Five
Receive Confirmation Email

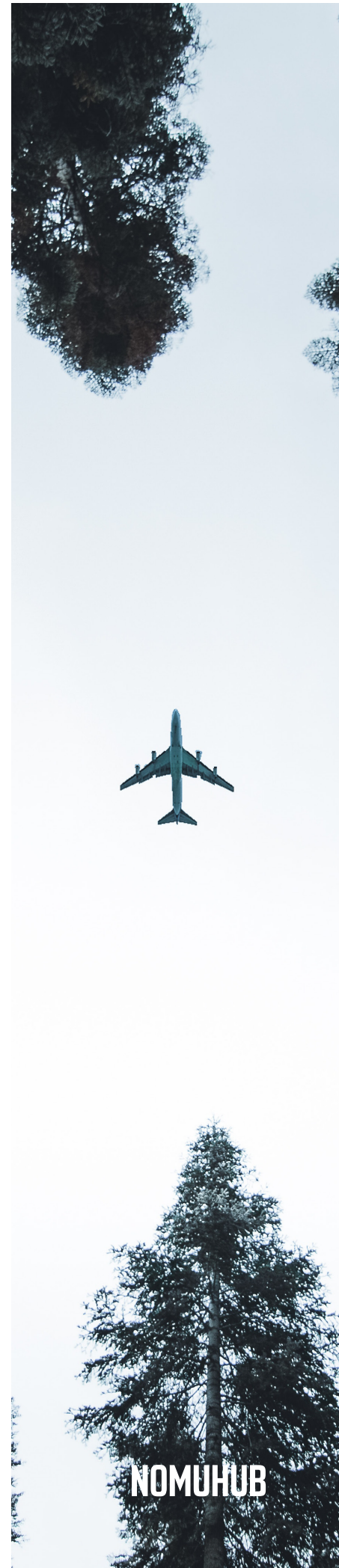
Following full payment completion, an email and a call confirming your accommodation dates and airport transfers will be made to you.

- Step Six
Ready to go!

It is now time to finish packing up and get ready for your trip with us.

You will be added to a Whatsapp Group a few days before your trip and a Travelers Handbook will be shared with you, containing useful information about your accommodation, NomuHub local team contact information, currency exchange, sim cards, and much more!

***For any queries or for further information, please do not hesitate to contact us.**





PACKING ESSENTIALS

RECOMMENDED CLOTHES

- ☐ Hiking Shoes
- ☐ Socks
- ☐ Tops
- ☐ Jeans
- ☐ Dresses
- ☐ Swimsuits
- ☐ Light Jacket (for chilly nights)
- ☐ Sandals
- ☐ Flip Flops
- ☐ Sunglasses
- ☐ Underwear
- ☐ Headwear (hat, cap, head scarf)

APPLIANCES

- ☐ Chargers
- ☐ Plugs for Chargers
- ☐ Travel-size Torch

IMPORTANT DOCUMENTS

- ☐ Passport / Visa
- ☐ Identification
- ☐ Trip Itinerary
- ☐ Boarding Passes
- ☐ Travel Insurance

TOILETRIES

- ☐ Sunscreen & Lip Balm
- ☐ Hair Brush
- ☐ Nail Clippers & Scissors
- ☐ Toothpaste
- ☐ Toothbrush
- ☐ Razor
- ☐ Deodorant
- ☐ Shampoo & Conditioner
- ☐ Body Wash & Moisturizer



Travel with a purpose



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