

ESSENZA SARDEGNA

TEPILORA PARK TRAVEL GUIDE

HOW TO TRAVEL TO SARDINIA INDEPENDENTLY

**ONLY IF YOU HAVE MILLENNIA BEHIND,
YOU CAN WAKE UP EVERY DAY FRESH AS A ROSE**

Discover the land of Freedom and find your Essence going back to the origins: the natural and primitive luxury of silence



Sardinia is something else.

Enchanting spaces and distances to travel

nothing finished, nothing definitive. It is like freedom itself.

David Herbert Lawrence



Dear Explorer of the Essence,

You have just taken the first exciting step towards the most intimate and unknown part of the island.

On this journey you will go through off the beaten paths and secret itineraries, which only a few inhabitants and very few other privileged "friends of friends" know.

Beyond the famous beaches and well-known centers, in fact, there is a Sardinia that is still worth smelling, feeling, touching.

They are places where time is circular, intact. And they can evoke something precious in you, that you thought was lost.



Let's start!

There was a time when we lived with the cycles of the earth.

We knew the sky and the stars, we danced to the rhythms of nature.

We breathed in the beneficial plants, we ate with heart and we cooked with stone.

In a hidden place in central Sardinia, that time is intact.

This place is the Tepilora Natural Park.



What is the Tepilora Natural Park



8000 hectares of pristine forests, paths, springs and streams: the Tepilora Regional Park, the only UNESCO Biosphere Reserve in Sardinia, is a secret paradise for those who dream of a beneficial interlude in total harmony with nature.

Here, among expanses of aromatic herbs and hawks in flight, you can experience the full Sardinian experience, with certified guides and in small groups, so as not to lose the feeling of particular peace that reigns in these parts.



There are many activities to do in the area of the Tepilora Natural Park and the Unesco Biosphere Reserve.

You can choose between excursions to Montalbo, to the wood of Sa Dea ("The Goddess") or to the naturalistic oasis of Usinavà, guided visits to the nuraghe San Pietro or to the Castle of Posada, third most beautiful village according to the Authentic Villages of Italy (Borghi Autentici d'Italia)...

And also trekking, canoeing, kayaking, bird watching, mountain biking, archaeological routes, tastings, open museums and much, much more...



Discover the only UNESCO Reserve in Sardinia

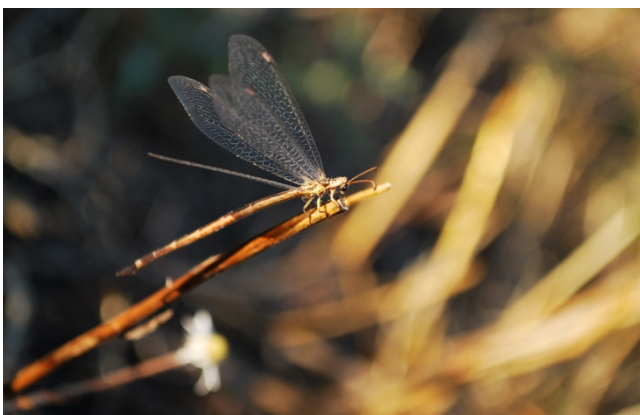
The Regional Natural Park of Tepilora includes the municipalities of Posada, Torpè, Lodè and Bitti, for a total of about 8000 hectares of forests, paths and springs in the historical subregion of Baronìa.

But what is so special about this park established just a few years ago?

In Italy there are over 130 regional parks, covering an area of approximately 1 million and 300 thousand hectares. But unlike the historical parks and classic natural areas of our country, which have been recognized for a very long time, it is difficult for a natural area to be able to become part of this special list today.

This small Sardinian paradise, on the other hand, recently discovered and therefore completely unspoiled until today, has managed to do even more.

At a time when attention to the environment is high and the requirements to become a park have gradually become more restrictive, this area has been awarded as the only UNESCO Biosphere Reserve in Sardinia!



If this seems little to you, know that in this incredible miniature continent you can find:

- ***The most beautiful sea in Italy according to Legambiente and Touring Club***
- *The Rio Posada, a river recognized and protected by the Ramsar International Convention*
- ***Montalbo, a European biogenetic reserve that reaches up to 1127 meters above sea level***
- *Lake Torpè and its dam, surrounded by hectares and hectares of pristine valleys and extremely fertile plains*
- ***The naturalistic oasis of Usinavà, with its junipers, strawberry trees, holm and cork oaks***
- *Unique archaeological ruins in the world, such as the millenary nuraghe called "San Pietro"*
- ***Forests, woods, springs, clean air and spontaneous aromatic plants***
- *Genuine food and millenary traditions, such as religious rites that combine the sacred and the profane*
- ***An incredible variety of fauna, such as turtles, hares, wild boars, foxes, fallow deer, mouflons, hawks, eagles...***



As mentioned earlier, the mouth of the Rio Posada river is part of the wetlands of international importance protected by the Ramsar Convention...

This Convention, signed in 1971 by the International Union for the Conservation of Nature (which also includes institutions such as FAO, UNESCO and WWF) and by the International Council for the Protection of Birds (ICBP - International Council for Bird Preservation), is the first truly global treaty for the conservation of biodiversity and natural ecosystems.

The river area of the Tepilora Park between the two mouths of the Rio Posada, in Orvile and San Giovanni plus the stretch of river in Torpè, has managed to boast this prestigious environmental title, which protects the wetlands of great importance for habitats of waterfowl - and was born to raise awareness of the value of wetlands for humanity and the planet. Numerous species of birds nest here, some of which are highly protected such as the very rare gallinule, pink flamingos and various species of herons and the marsh harrier.

A real nest of life, in the center of the Mediterranean: the river and its delta also offer a safe refuge to migrating bird species during the autumn and spring passages.



What you can do here: the activities

How to fully explore the UNESCO Reserve of Sardinia:

Here is our practical guide to your perfect exploration trip:

Naturalistic excursions in the Tepilora Park

- 🌿 Trekking Sa Dea, Monte Nurres, Montalbo, Usinavà Naturalistic Oasis, Cuccuru 'e Luna, Gorroppu, but also Cala Luna, Cala Fuili, Tiscali, Supramonte, Area Marina Protetta di Tavolara, and much more
- 🌿 Naturalistic excursions themed on ponds, wetlands and waterways of the Tepilora Park
- 🌿 Aperitif and dinner on the beach
- 🌿 Birdwatching
- 🌿 Experiences with the shepherds
- 🌿 Food and wine tastings
- 🌿 Sardinian cooking lessons, workshops and much more

Abbarra Tours +39 351 5700779



Rio Posada mouth



Usinavà Naturalistica Oasis

Archeology and History of the Tepilora Park

- 🌿 Nuraghe San Pietro guided tour
- 🌿 "Domus de janas": "sa domo de sas fadas", "sa conchedda 'e su 'anzu"

Associazione Sardus Pater +39 333 3982713



Nuraghe San Pietro (Torpè)

Culture and Art of the Tepilora Natural Park

- 🌿 Meetings on history, culture, music, art and the environment
- 🌿 Permanent exhibitions
- 🌿 Birdwatching

Ceas Torpè +39 339 5852515



Activities and Sport in the Tepilora Natural Park



- 🌿 Kayak
- 🌿 Dragon boat
- 🌿 Canoe
- 🌿 Stand up paddle
- 🌿 Aperitif at sunset on the river
- 🌿 Small personalized courses

Kayak Rio Posada (Federazione Italiana Kayak) +39 342 6947149

- 🌿 Cycling in the territory of the Tepilora Park
- 🌿 Road cycling with certified cycling guides
- 🌿 Mountain bike excursions for different levels
- 🌿 Tour e-bike (electrically assisted pedaling)

Motus ASD +39 339 4654871



- 🌿 Tennis lessons

Tennis Club Torpè +39 347 8174237

Water sports for young and old

- 🌿 Kitesurf
- 🌿 Windsurf
- 🌿 Stand up paddle
- 🌿 Kayak at sea
- 🌿 Personalized water sports lessons
- 🌿 Equipment rental
- 🌿 Equipment storage

Centro Nautico Posada Surf +39 333 8780549



- 🌿 Guided dives
- 🌿 Day trips and night dives
- 🌿 Water Sports
- 🌿 Snorkeling: exploration of the seabed with mask and fins
- 🌿 Special experiences for children with games and educational activities
- 🌿 Diving courses

Diving Abyssos +39 349 4748924



The Biosphere Reserve from above

- 🌿 Flights to the east coast and north coast by ultralight airplane (1 person at a time)

Aviosuperficie Lu Scupaglio +39 3473701567

- 🌿 Tourist flight by helicopter (3-6 seats)

Star Work Sky + 39 340 0749700



Rio Posada mouth, old village and beach

Northeast coast: the most beautiful beaches

POSADA

Posada is the closest beach to Essenza: at only 8-10 km you can enjoy the first in the classification of the Blue Guide of Legambiente and Touring Club. In fact, Posada received the 5 Sails as a prize for attention to ecotourism and was named best beach in Italy in 2019.

Here you can also find the beach of San Giovanni, dominated by an Aragonese tower and more suitable for families with children, the beach of Orvile and Su Tiriazu. It is the absolute favorite area for surfers and kitesurfers.

🌿 Su Tiriazu

🌿 Iscraios

🌿 Orvile

🌿 San Giovanni



SINISCOLA

Capo Comino is known for the largest dunes on the Sardinian east coast; going south, the white sand gives way to a rocky coast, above which the Capo Comino lighthouse reigns, from which half the island can be seen. The area is of great naturalistic interest and the beaches, the seabed and the crystal clear water make it a renowned tourist attraction. It has been the setting for several films, including "Black Stallion" (1979) produced by Francis Ford Coppola and "Swept Away" (1974) with Madonna.

The Bérchida beach has been reported as one of the most beautiful in Italy because it acts as a barrier to the Rio Berchida, creating a pond rich in animal species, some of which are quite rare. The pond is also a source of water for the herds of cattle and sheep that graze freely in the area and stay on the beach in the colder months. Surrounded by ancient junipers that form curious natural huts, it is a magical and enchanted place for those who want to spend days dedicated to relaxing sea life.

🌿 Capo Comino

🌿 Bérchida



OROSEI

The Bidderosa Oasis consists of five dream coves, where the sea is emerald and the fine silver sand, within a park of 860 hectares. To protect this corner of Paradise where you can also find sea lilies, access to the park by car is limited: no more than a hundred cars a day can be parked in the area (if you want to go there by car in august we recommend booking the ticket a few days before).

 Bidderosa

DORGALI

 Cala Gonone

BAUNEI

 Cala Luna

 Cala Sisine

 Cala Goloritzé

 Cala Mariolu

 Piscine di Venere

The Gulf of Orosei is full of extraordinary caves, which can be visited on guided tours among stalactites and stalagmites: the two best equipped sections are the Grotta del Fico and the Grotta del Bue Marino.



Cala Goloritzé



Cala Mariolu

To visit nearby

POSADA

- 🌳 Guided tour of the Fava Castle, a stronghold of the Giudicati
- 🌳 Posada historic centre (Borghi Autentici d'Italia)
- 🌳 San Giovanni Aragonese tower
- 🌳 Mouth and pond protected by the Ramsar Convention
- 🌳 Orvile pine forest



TORPÈ

- 🌳 Usinavà naturalistic oasis
- 🌳 Sa Dea forest
- 🌳 Monte Nurres
- 🌳 Nuraghe San Pietro
- 🌳 Macheronis lake

SINISCOLA

- 🌳 Visit to the Gana 'e Gortoe cave
- 🌳 Montalbo mountain range
- 🌳 Capo Comino: old lighthouse, tomb of the giants
- 🌳 Santa Lucia, old village and Environmental Education Center



BITTI

- 🌲 Guided tour of Su Romanzesu archaeological site
- 🌲 Multimedia Museum of Canto a tenore
- 🌲 Peasant and pastoral civilization Museum
- 🌲 Oasis of Littos, Crastazza, woods, hiking trails, waterfalls
- 🌲 Bittirex, prehistoric theme park

LODÉ

- 🌲 Sant'Anna Forest complex
- 🌲 Environmental Education Center
- 🌲 Permanent exhibitions on biodiversity and archeology
- 🌲 Archaeological sites: domus de janas, menhir, dolmen, tombe dei giganti, nuraghi



Here are some reviews of those who have visited the Tepilora Park:

- 🌿 *"Wonderful landscape, it is not clear where it begins and where it ends..."*
- 🌿 *"You can choose various routes ranging from wetlands, woods, beaches..."*
- 🌿 *"Unspoilt still unknown places where nature is the host..."*
- 🌿 *"A unique experience"*
- 🌿 *"Wonderful!"*



Sa Dea Forest

***Nature invites you
to your next level
Universe.***



For our guests, it is possible to enrich this experience by booking in advance exclusive services such as:

Massage in room or outdoors

We choose only the best essential oils and every little detail is designed to allow your mind to empty and your body to find relief. You will feel your light flowing freely and fully expressing itself through every part of the body.

Relax Meditation

A moment of pure relaxation, individually or as a couple, or in group. It is a journey made up of visualizations, breaths and small exercises that let you abandon yourself totally. Silence and inner listening within the arms of Mother Earth.

Yoga Session

This experience combines essential oils with major yoga postures to enhance their effects. We work on the execution of various positions, on body and breath awareness, learning relaxation and meditation techniques, and energy control techniques. The lesson is totally personalized by the teacher based on your experience or preference.

Events, workshops and wellness courses

Far from the chaos of the city, surrounded by greenery and tranquility, we host seminars, training activities and events in a privileged atmosphere to achieve all objectives. The success of an event depends so much on the context in which it is lived.

Where to sleep: eco-chic luxury huts

In the Tepilora Natural Park there are the “Essenza Sardegna” typical residences.

Each room is circular with a cone-shaped roof, like the ancient shepherds' huts, consisting of a circular stone base and a cover in sprigs on a frame of resistant tree branches.

They are finely furnished in an essential style as in ancient times and reflect the original elements of Sardinian houses: the rough concrete floors, the electrical system with exposed braids and ceramic knobs, wrought iron lamps and rustic shutters on the windows...



Like millennia ago...

Here you enter an ancient, essential dimension, have a unique experience, enjoy total relaxation and wake up regenerated, with an inner strength that comes from a millenary land.

The structure of Essenza Sardegna itself is a reconstruction of the ancient four-lobed nuraghe (that is, a single central room with four circular chambers at the corners), just like the Nuraghe San Pietro that we have downstream.

A journey into prehistory a few steps from the sea, the only location in Sardinia with such a strong link between historical and cultural heritage and a vocation for sustainable tourism. As in a small museum, we preserve elements of historical importance and Sardinian antiques such as stools and centuries-old braziers, ancient baskets for carasau bread, primitive musical instruments and much more.



In this small eco-chic property, there are only 4 hut suites, so there will never be more than 8-12 people at a time (here you are really pampered!):

- 🌿 White Hut with Myrtle essential oil
- 🌿 Green Hut with Juniper essential oil
- 🌿 Violet Hut with Lavender essential oil
- 🌿 Yellow Hut with Helycrisum essential oil

You can book each room in its single use, twin, double or triple version.

This, for example, is the Helycrisum Hut, with regenerating and invigorating essential oil, extracted according to the tradition of the most experienced family of herbalists on the island:



Helycrisum Hut Suite

Here is what some of the people who have lived this experience have said:

"Essenza Sardegna has won hands down as one of the best properties in the world, one of the most unique, and I highly recommend it to anyone who wants something different than usual! The location, the focus on responsible tourism, the welcoming and colorful rooms... All perfect..."



Crazy Travelista (Shereen) from Washington

"If you are looking for a truly different experience - not just the room but the landscape itself - take a look at this secluded place, and immerse yourself in the great open wilderness. Take a look at these luxury eco huts near the northeastern coast of Sardinia.

Essenza Sardegna consists of four circular stone chambers (pinnettos), each characterized by a unique sensory theme..."



Peter Greenberg (CBS) from New York

"Recommended for lovers of nature, traditional architecture, medicinal plants and dreams come true. Themes and paths related to the stimulation of the five senses for those who want to purify themselves, rebalance, relax or tone up in perfect harmony with nature..."



Elena Torresani (Globetellers) from London

" This place is magical and relaxing, I couldn't have asked for more. Essenza Sardegna is proof that the world can work differently..."

Margaux from Switzerland



"The natural environment is fantastic, it is very hidden but beautiful beaches and cultural attractions are easily accessible by car. These rooms are unique accommodations..."

Armin from Switzerland



"As soon as I entered the door, a wonderful lit fireplace greeted me with its glowing embers and the power of stone. I was able to admire the panorama that goes from the sea to the mountains, from the villages to the Mediterranean scrub. Staying here is a completely different experience from what we are used to: it is a total, almost mystical experience, which involves all the senses and tunes you to mother earth..."

Damiano from Milan



"Fantastic location, with very nice and comfortable rooms. Incredibly relaxing, this place of absolute peace is full of positive energy and vibes. An extraordinary way to experience the island, not being directly on the sea but enjoying a wonderful place and then finding beautiful white sand beaches all around. Highly recommended..."



Davide from Switzerland

"Easy to reach, enchanting views, the place instills calm and serenity, thoughts seem to become more lucid and the heart lighter. The beauty and magnificence of Sardinia seem to be concentrated here, as if a distillate had been made!"



Emanuela from Milan

"Beautiful place, inland but easily accessible. Ideal position to rest and reflect. Very nice rooms, very quiet place. Recommended for those who want to take a break from the beaches, but the sea is close..."



Martino from Milan



If you prefer millions to five stars, come and find yourself.

80,000 hectares of unspoiled nature await you, breathtaking sunsets, scents that reconnect you with the entire universe.

Essenza Sardegna www.essenzasardegna.com





WHERE TO EAT

- 🌿 Antico Terrazzo bar, Posada historic centre
- 🌿 Colorado Grill restaurant/pizzeria, La Caletta
- 🌿 Shardana restaurant, Sant'Anna pine forest, Tanaunella
- 🌿 Sa Corte, Santa Lucia
- 🌿 Farmhouse Sas Predas Latas, Sant'Anna Lodè



And now... you are ready!

Now you are ready: Have a nice trip!

The Tepilora Natural Park awaits you :)

Valeria Gentile

Essenza Sardegna

www.essenzasardegna.com