



is molas resort

SIGNATURE EXPERIENCE SELECTION  
**IS MOLAS ESCAPES**

ALL CURATED EXPERIENCE AND  
SERVICES ARE CURATED BY



**FA TRAVEL CONCIERGE**  
Curating unforgettable moments

PROUDLY SUPPORTING **CSR**





## A CELEBRATION OF NATURE



# WELCOME TO IS MOLAS RESORT

---

Dive into Southern Sardinia's rich history and breathtaking landscapes with our specially curated experiences. Discover the ancient whispers of Nora ruins and the vibrant life of Cagliari on our guided tours. Take a thrilling Jeep adventure across rugged terrains, or gaze upon the stars in one of the clearest skies in the Mediterranean. Seize the chance to sail on a luxurious yacht or explore underwater wonders through our exclusive diving experiences. Each of these activities is designed to connect you deeply with the island's rich heritage and the extraordinary longevity known in our local blue zones. We invite you to Is Molas Resort for an unforgettable exploration of all that Sardinia has to offer.



# GET INSPIRED BY

NATURE & SUSTAINABILITY

ART & HISTORY

OUR WINE

MARITIME WONDERS







# COASTAL ROWING

## HALF DAY EXPERIENCE

---

Set sail on a transformative half-day coastal rowing experience, perfectly timed to harness the solar energy of either sunrise or sunset. Glide over the tranquil waters as the first or last light of the day bathes the horizon in hues of orange and pink, invigorating your spirit and setting a serene tone for your day or evening. Whether you choose the morning session to energize and inspire, or the evening row to reflect and unwind, each stroke through the water connects you deeper with nature's rhythms. This picturesque journey along the coast is not just a physical activity, but a soulful voyage that enhances your well-being with every row.



# SUNRISE ON THE ROCKS

## HALF DAY EXPERIENCE

---

Begin your day with the "Sunrise on the Rocks" hiking experience from Is Molas Resort. Climb 300 meters above sea level on a scenic 5 km trail to witness breathtaking views of the South Western coast of Sardinia and the tranquil Nora Lagoon. As the sun rises, the landscape is bathed in a warm, golden glow, transforming the sea and lagoon into a spectacular sight. This early morning journey not only invigorates the body but also offers a serene start to your day from one of the island's most stunning vantage points





# SEA AND MOUNTAINS BIKE TOUR

---

Experience the stunning beauty of Southern Sardinia on our exclusive bike tour, where you'll explore the rugged mountains and pristine beaches of this breathtaking region. This three-hour tour is the perfect way to discover the natural splendor of the area. Helmets are provided for your safety, ensuring that you can fully immerse yourself in the experience without any worries. Your professional guide will lead you on a journey of discovery taking you to breathtaking views. The tour is on intermediate level of difficulty, making it suitable for all skill levels.





# TREKKING AT THE DEVIL'S SADDLE

---



Begin your adventure in Cagliari and set off on a trek to the storied Devil's Saddle, a landmark where myth and history converge against a backdrop of Mediterranean greenery and relics of bygone eras. The approximately two-hour hike will culminate in a breathtaking panorama overlooking the city and coastline. Conclude your excursion by unwinding with a local aperitif, choosing between the soothing sands of the beach or the captivating ambience of a terrace overlooking the Gulf of Angels. This is more than a trek; it's an immersive experience that harmonizes the allure of nature, the whispers of history, and the flavors of Sardinian culture.



A wide-angle photograph of a lagoon at sunset. The sun is low on the right side of the frame, casting a bright, golden glow across the sky and reflecting off the water. In the middle ground, numerous pink flamingos are wading in the shallow water. The background features a range of mountains under a clear sky. The foreground is filled with dark, silhouetted vegetation, including tall grasses and flowering plants.

## DID YOU KNOW ?

Nora Lagoon is a prime spot for birdwatching, especially renowned for its vibrant pink flamingos. This diverse habitat attracts numerous bird species, offering spectacular viewing opportunities. To plan your birdwatching visit, please contact our Guest Experience Specialist.





# NORA LAGOON: A BIRDWATCHING GUIDED EXPERIENCE

---

Immerse yourself in the unspoiled nature of the Nora Lagoon and the Southwestern Wetlands of Sardinia, where you'll be granted the unique opportunity to closely observe a diverse array of bird species. Witness the grace of Pink Flamingos, the dexterity of Grey Herons, and the grandeur of Black-winged Stilts as they navigate the expanses of one of the most significant wetland areas in Sardinia. This captivating experience will connect you with the remarkable birdlife of the region, providing unforgettable moments and treasured memories to hold onto forever





# CAGLIARI'S WONDERS

TOUR & FLAMINGO ADVENTURE

HALF DAY EXPERIENCE

---

Get ready to embark on a fascinating journey as you meet your guide directly at your hotel. Immerse yourself in the charming alleys and small craft shops, and uncover why Cagliari is truly the jewel of the Mediterranean. After your city tour, prepare to be enchanted by a unique blend of history and science, water and ancient salt pans in the breathtaking Molentargius Park, one of the most beautiful natural parks in Italy. Witness the perfect harmony between man and the environment, and discover the tranquil oasis where more than 230 bird species and magnificent pink flamingos call home. Get ready to unwind and revel in the wonders of nature.





# HORSE BACK RIDING

## HALF DAY EXPERIENCE

---

Set off on an exciting horse riding adventure in Southern Sardinia, where you'll explore the region's top locations from a fresh perspective. Experience the thrill of galloping along sandy beaches and trekking through mountain trails while feeling the wind in your hair. Accompanied by skilled equestrian guides, journey along designated paths, immersing yourself in nature, pristine beaches, and the shimmering sea. Reconnect with the wilderness of Sardinia as you discover breathtaking locations during your unforgettable horseback riding experience.





# FOLLOWING THE ROMAN PATHS HIKING EXPERIENCE

HALD DAY EXPERIENCE

---

With its 2,000 km of colorful coastline and endless horizons, Sardinia is without a doubt the paradise for Trekking and Hiking activities. Between the turquoise sea of Southern Sardinia and the Mediterranean Wild Scrub, we will take you through the ancient Roman Road, between Nora and the port of Bithia (the present-day village of Chia), to discover centuries-old traditions and cultures. Located between Pinus Village and Torre di Chia beach, the beautiful coastal path overlooking the sea offer breathtaking views. Let yourself be surprised and discover the most evocative views to make unforgettable memories in our beautiful island on the footsteps of the ancient Romans.





# JEEP 4X4 ADVENTURE

## HAL DAY EXPERIENCE

---

Explore on board of a Jeep 4x4 the beautiful volcanic mountains and the coastal area of southern Sardinia. We will discover the green of nature, the blue of the crystal clear waters, the gold and white of the sand and the immensity of enchanting bays. A half day experience where guests can the thrill of a very special off-road tour, which combines nature discovery with fun.



## DID YOU KNOW ?

The celebration of San Giovanni Battista in Sardinia, spanning June 24th to June 29th, begins with Summer Solstice fires on June 21st and culminates in the feast of Saints Peter and Paul on June 29th. These traditional festivities, with pagan roots, honor the sun and celestial cycles. For customized experiences of these rich traditions, contact our Guest Experience Specialist.







# COOKING CLASS

WITH A LOCAL CHEF - FULL DAY EXPERIENCE

---

Join our guide and a local chef to delve into the heart of regional food culture at one of the local Food Markets in Cagliari. Discover an array of gourmet products and locally sourced ingredients in Italy's largest indoor market, a hub that is also evolving into a gastronomic center showcasing the island's culinary arts to both locals and visitors. On your guided journey through the "Mercato," learn the art of creating Sardinian specialties, from exquisite pasta such as Culurgionis, Ravioli, and Malloreddus to delectable desserts like Sebadas. Conclude your culinary adventure by preparing and savoring an authentic Sardinian meal you have crafted, complemented by a selection of exquisite local wines.





# WINE TASTING EXPERIENCE

HALD DAY OR FULL DAY EXPERIENCE

---

Explore southern Sardinia's wine scene by visiting one or more top wine producers and meeting the passionate winemakers behind the labels. Learn about Cannonau and Vermentino, two signature grapes of the region, as you savor the bold red flavors of Cannonau and the crisp citrus notes of Vermentino. Extend to a full day with a gourmet lunch, pairing regional cuisine with these distinctive wines. Southern Sardinia is gaining recognition for its unique terroir and rich winemaking history, making it one of Italy's most exciting up-and-coming wine regions.





# BEEKEEPER FOR A DAY

## HALD DAY EXPERIENCE

---



Begin an extraordinary journey and become a beekeeper for a day near the Is Molas Resort. This unique experience will reveal the beauty and importance of bees, particularly for children, the future generation that will play a crucial role in protecting bees and preserving ancient traditions. Learn about the roles of the queen and worker bees, observe the honey extraction process, and explore the world of beekeeping firsthand. At the end of the journey, enjoy a delightful tasting of various types of honey to appreciate the rich flavors and quality that bees offer.





# WINE LOVERS & LOCAL ART

## FULL DAY EXPERIENCE

---



Visit a vineyard celebrated for the quality wine production near Cagliari and immerse yourself in the world of wines. Delve into a Master Class in the wine cellar's intimate setting. Relish "The Perfect Pairing," a harmonious blend of food and wine. Learn the art of sommelier skills with a selection of six wines, both whites and reds. After your wine experience, let us guide you in the picturesque town of San Sperate, admire the vibrant wall murals and explore the Pinuccio Sciola Museum. Sciola, an artist of international acclaim, is celebrated for his contribution to the town's murals and his unique "sound stones" sculptures.



# DID YOU KNOW ?

Did you know that the coastal stretch from Nora to Capo Malfatano is a diver's paradise? With crystal-clear waters and vibrant marine life, including stunning coral reefs, it offers exceptional underwater exploration opportunities for swimmers and divers alike.







# RIB-BOAT OR MOTOR-YACHT RENTAL WITH SKIPPER

FULL DAY EXPERIENCE

---

Set out on a thrilling half-day adventure aboard a RIB boat, exploring the breathtaking coastline from Nora to Capo Malfatano. Witness ancient ruins, hidden coves, and pristine beaches as you cruise along crystal-clear waters. Snorkel in secluded bays teeming with marine life, sunbathe on white-sand shores, or simply marvel at the dramatic cliffs and rocky landscapes. With knowledgeable skippers sharing fascinating insights into the region's natural and historical heritage, this RIB boat journey offers an unforgettable glimpse of southern Sardinia's coastal treasures.





# SNORKELING SAFARI & UNDERWATER WONDERS

HALF DAY EXPERIENCE

---

Immerse yourself in the clear waters of Chia and Capo Malfatano for a snorkeling adventure unlike any other. Peer through the undulating waves to discover a vibrant world below. Watch as vividly colored fish dart through the balmy waters, meandering between the swaying sea plants and the shimmering pebbles that glisten under the sunlight. As you drift above the shallow reefs, be vigilant for the more reclusive creatures nestled in their hidden crevices—each glance might unveil a new marine acquaintance. It is an experience of pure tranquility and enchantment, offering you a window into the underwater marvels that lie just beneath the waves' surface





# THE MINE COAST

## DISCOVER PORTO FLAVIA – FULL DAY EXPERIENCE

---

Begin your journey at the charming coastal village of Masua, and head towards the iconic Porto Flavia, a site of world heritage recognized by UNESCO. Witness the spectacular western coastline of Sardinia, a place where ancient traders once sought the rich bounty of the mines. Delve into history at the Henry Gallery, gaze out from La Marmora Station, and experience the old port of Porto Flavia, which offers a striking view between sky and sea. Here, you're greeted with the majestic sight of the Pan di Zuccherò sea stack soaring 133 meters above the azure waters. Cruise along the coast, with the impressive silhouette of Pan di Zuccherò accompanying you. Enjoy refreshing swims and unwind at leisure on pristine beaches or at elegant beach clubs, amidst scenes straight out of a postcard.



# DID YOU KNOW ?

Did you know that Cagliari, the capital of Sardinia, is known for its rich blend of history and natural beauty? This city features ancient Roman ruins, medieval architecture, and stunning views of the Gulf of Cagliari. Whether exploring its historical sites or enjoying its vibrant markets and beautiful beaches, Cagliari offers a captivating experience for every visitor.







# SIGHTSEEING CAGLIARI VINTAGE TOUR

HALF DAY OR FULL DAY EXPERIENCE

---

Discover Cagliari on a lively half day or full day experience, a journey through vibrant history, art, and sun-drenched beaches. Wander through the labyrinth of alleys dotted with small artisan shops, revealing the city's vibrant spirit. Discover the unique character of its four historical districts—Castello, Villanova, Marina, and Stampace—and observe the layers of history that define this enchanting city. End your adventure with a scenic aperitif, where the old town's enchantment meets the serene sea. This tour is your key to unlocking the treasures of the City of the Sun.





# UNVEILING CAGLIARI'S

## UNDERGROUND SECRETS

---

Take part on a unique and exclusive journey as you depart from your hotel and meet your expert guide in the city center. Brace yourself for an unforgettable adventure as you discover the secrets that lie beneath the charming streets of Cagliari. Uncover fascinating stories and legends as you navigate through a maze of secret passages, caves, tunnels, and shelters that stretch for kilometers along an underground network that runs through most of the city. Join us on this remarkable expedition as we unravel the mysteries of Cagliari's underground world and delve into the rich culture and history of this magnificent city.





# LA DOLCE VITA HERITAGE TOUR

HALF DAY EXPERIENCE IN CAGLIARI

---



Indulge in a half-day journey capturing the essence of 'La Dolce Vita' in Cagliari. Begin your adventure aboard a traditional Ape Calessino, navigating the narrow, cobbled streets of the historic Castello district. Marvel at medieval architecture, including the Cagliari Cathedral and Bastione di Saint Remy. Discover hidden gems like Torre dell'Elefante and the lively Piazza Yenne. Enjoy a refreshing gelato or espresso at a traditional café, experiencing the local flavor. Conclude with a leisurely drive through the old city, leaving with a deep appreciation for Cagliari's rich history and charm.





# CONTI VECCHI SALT WORKS THE “WHITE GOLD” OF SARDINIA

## HALF DAY EXPERIENCE

---

Located right at the gateway of the city of Cagliari, the natural habitat of hundreds of different species of birds including the Flamingos, the Conti Vecchi Salt-works cover over 2700 hectares and were funded over 90 years ago. From the Pond of Santa Gilla we will admire the “white gold” mountains, the colorful salt pools and the wildlife surrounding this amazing location. The salt-works are still operating and are managed by a regional organization. By visiting the Conti Vecchi Salt-Works you will travel back in time to 1930s, exploring the ancient workshops, laboratories and historical archives that were part of an avant-garde organization at that time, around which was formed the so called “salt community”, the small village of Macchiareddu located in the nearby area.





# CAGLIARI & NORA ARCHEOLOGICAL GUIDED TOUR

FULL DAY EXPERIENCE

---

Your guide will meet you directly at your hotel. Wander the alleyways, past the quaint craft shops, and see for yourself why Cagliari is considered a Mediterranean gem. You'll witness the city's rich tapestry of history as you stroll through its four historic districts: Castello, Villanova, Marina, and Stampace, each telling a story of the city's evolution through the ages. Following the tour, enjoy lunch in either Cagliari or Pula before we proceed to Nora, one of the best-preserved Roman cities in Sardinia. Here, amidst breathtaking natural beauty, you'll find yourself standing over an ancient Phoenician-Punic settlement. The site is remarkable not just for its visible mosaics, but also for the enduring legacy of its Roman theater, the pillars of the Roman forum, and the remnants of numerous thermal baths.





# BARUMINI & THE GIARA'S WILD HORSES

FULL DAY EXPERIENCE

---

Embark on a journey of discovery to the heart of Sardinia's ancient culture with a day trip from your hotel. Our expert guide will take you to Su Nuraxi, the stunning nuragic complex in Barumini, a UNESCO World Heritage site. Learn about the sophisticated architecture of the nuragic civilization and their complex social system. After exploring Su Nuraxi, enjoy a traditional Sardinian lunch in the charming nearby village of Gesturi. Then, head to the stunning Giara plateau, a nature reserve where you'll experience the true wilderness of southern Sardinia. Witness the wild horses, known as "cavallini della giara," roaming free in their natural habitat. Your guide will reveal the secrets of this unique ecosystem, allowing you to fully immerse yourself in the stunning beauty of Sardinia.