



Sail Sardinia & Corsica

20-27 September 2026

@ne_sss



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**JOIN @NE_SSS this September 20-27
FOR A 7 NIGHT SAIL THROUGH SARDINIA & CORSICA**



Not just a cruise. This is a week of slowing down.. on the water, in the Mediterranean, with a small group of likeminded people.

Sail aboard a luxury yacht that becomes home for the week.

Each morning you wake up somewhere new, a secluded bay, a clifftop village, a stretch of water so clear you can see the bottom from the deck.

7 nights navigating the pristine waters of Sardinia (Italy) and Corsica (France), known for some of the best beaches in the world.

Think movement, snorkelling, SUP and hiking around travel, experiences, good food and wine. The perfect balance of relaxation and adventure, luxury and nature.

Days unfold at their own pace. Morning movement on deck. Jumping off the boat into the bluest waters. Hiking to views that don't feel real. Learning to make pasta from someone who grew up doing it. Wine that tastes better when you're anchored in a harbour at golden hour.

No packed itinerary. Just daily movement, good food, good company and the kind of quiet that's hard to find anywhere else.

ONE FINAL cabin left, you don't want to miss this.



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WHERE IS IT?

Sardinia and Corsica boast some of the most spectacular coastlines in the world. Think turquoise bays, white-sand beaches, dramatic cliffs and hidden coves you can only reach by boat.

Sardinia brings ancient history, iconic beaches and that “world apart” island magic. Corsica adds jaw-dropping granite landscapes, deep forests and rugged beauty that still feels untouched.

Together? They’re a paradise of warm seas, epic views, and Mediterranean colour. The perfect playground for an unforgettable sail adventure.

HOW DO I GET THERE?

FLY INTO:

Olbia Airport in northern Sardinia.

From there, Cannigione Port, where the yacht will be waiting is just a 30 minute taxi ride. Easy.

Check-in time will be 18:30 on the 20th Sep.

Ness will be in touch for anyone wanting to meet for a light lunch and meet and greet beforehand and can also help to arrange transfers from the airport if needed (at your own cost).

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Your Retreat Leader



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Meet Ness

Ness is a strength coach and community builder who has spent 8+ years helping her clients get stronger, feel confident and show up fully for themselves.

Her real superpower though, is the people she brings together and the experiences she creates around them. Having lived in Bali for three years, Ness knows what it means to build a life around movement, connection and intentional travel.

She has led retreats across Australia, Bali and Greece and every one of them carries the same DNA, grounded, genuine and designed to leave you more aligned than when you arrived.

This upcoming sail will be no exception.

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WHAT'S INCLUDED?

7 Nights Aboard a Luxury Yacht:

Your own private cabin with ensuite, plus a full professional crew taking care of everything so you can fully switch off.

Daily Breakfast & Light Lunch:

Fresh, onboard, every day.
Fuel sorted so you can focus on the experience.

3 Chef-Prepared Dinners:

Eaten on the water, under Mediterranean skies.
No restaurant can compete with that setting.

Pasta Making Workshop:

Learn to make traditional Sardinian pasta with the onboard chef, hands on, no experience needed.

Wine & Cheese Tasting:

Sardinian cheese-making traditions, Corsican wines and the kind of afternoon you'll talk about for years.

Daily Movement Sessions:

Movement sessions, strength, mobility, Pilates and beach sports. Enough to feel good in your body, nothing that feels like a chore.

Hike Through Bonifacio, Corsica:

Explore ancient cobbled streets, coastal cliffs and one of the most dramatic towns in the Mediterranean.

Beach Sports, Games & Snorkelling Equipment:

All onboard and ready to use whenever the mood strikes.

SUP (stand up paddleboard):

Onboard. Step off the yacht and onto the water, the Mediterranean is your playground.

Daily Cabin Service:

Fresh linens and towels taken care of every day.
This is a proper escape.

The shape of the week is set; the exact anchorages and stops always flex a little with the weather and the captain's call. Here's the best of what each stretch has to offer.

Sunday | Day 1

20th September



CANNIGIONE PORT

Welcome to Sardinia.

Afternoon

18:30 meet at Cannigione Port to embark
Settle in, familiarise yourself with the yacht, meet the crew + briefing
A first swim and snorkel in Caprera's sheltered coves

Evening

Welcome Aperitif
Dinner aboard



Overnight anchor in Cannigione

Monday | Day 2

21st September



MADDALENA ARCHIPELAGO, CALA GARIBALDI

A full, unhurried day in the heart of the archipelago.

Morning

Movement on deck
Breakfast aboard

Day

Anchor at a secluded bay with pristine waters + discover vibrant marine life
Swim | SUP | Snorkel | beach games
Optional on shore: walk to Garibaldi's house + museum (Hero of two worlds)
Lunch aboard, prepared with local ingredients, emphasising flavours of the region

Evening

Evening at your leisure: explore the island, relax on board or enjoy a sunset SUP
Dinner aboard filled with authentic tastes of Sardinia



Overnight anchor in Cala Garibaldi

Tuesday | Day 3

22nd September

📍 PORTO VECCHIO, CORSICA

Corsica's most beautiful coast - white sand, red granite, umbrella pines.

Morning

Movement on deck as we set sail, capturing the first light over the Mediterranean
Breakfast aboard
Beach games

Day

Lunch stop at Golfo di Porto Nuovo
Snorkel by the rocks at Palombaggia / Santa Giulia
Ashore: Porto Vecchio Old Town + salt marshes

Evening

Corsican Island Wines + Cheeses: the local cantine here are the real thing
Dinner ashore in Porto Vecchio: delight in the local flavours



Overnight anchor in Porto Vecchio

Wednesday | Day 4

23rd September

📍 GOLFO DI DI SANT'AMANZA, CORSICA

A sheltered Corsican Gulf, on the doorstep of Bonifacio & the Lavezzi.

Morning

Breakfast aboard
Movement session

Day

Snorkel the Lavezzi Islands - a marine reserve + granite maze protected since 1982 - some of the clearest water + richest snorkelling in the Mediterranean
SUP or simply relax + soak in the sun on the deck for some downtime | Lunch aboard
Explore Old Town Bonifacio + it's ancient cobbled streets
Optional: scenic hike along Bonifacio's dramatic clifftop citadel

Evening

Dinner ashore in Bonifacio



Overnight anchor in Porto Novo

Thursday | Day 5

24th September

📍 PORTO DELLA MADONNA, PORTO LISCIA (PORTO POLLO)

The Archipelago's natural swimming pool & Sardinia's wind & water playground.

Morning

Slow morning
Breakfast aboard

Day

Swim+ snorkel the turquoise 'Manto della Madonna' pool
SUP at Porto Pollo
Lunch aboard | Porto Pollo Beach Bars
Optional: kite, windsurf, wind-foil school *your own cost (all levels)
Walk Isola dei Gabbiani + admire Budelli's famous pink beach

Evening

Pasta making workshop: make traditional Sardinian pasta with the chef
Savour every bite over sunset aboard



Overnight anchor in Razzoli or Budelli

Friday | Day 6

25th September

📍 SPARGI, LA MADDALENA

Spargi's sculpted granite coves, explore stunning La Maddalena Town.

Morning

Movement session
Breakfast aboard

Day

Snorkel at Cala Corsara + Spargi's hidden coves
Ashore: explore La Maddalena's waterfront + Piazzetta

Evening

Aperitivo before dinner
Dinner in Maddalena Town: eat a traditional Sardinian meal, like a local



Overnight anchor in Spargi

Saturday | Day 7

26th September

📍 GOLFO DELLE SALINE

A relaxed day, swim, final evening of the Gulf of Arzachena.

Morning

Movement session on deck as we set sail
Breakfast aboard

Day

Swim + relax at Golfo delle Saline
Slow sail back to Cannigione: explore it's waterfront | Lunch aboard
Optional: Costa Smeralda's Porto Cervo + Village of San Pantaleo are a short hop inland

Evening

Aperitivo: Vermentino di Gallura
Farewell dinner ashore in Cannigione



Overnight Anchor in Cannigione

Sunday | Day 8

27th September

📍 CANNIGIONE PORT, SARDINIA

Farewell & disembark.

Morning

Stretch + mobility session before travelling
Final breakfast aboard + goodbyes
9am we disembark at Cannigione Port

Activities

Movement Sessions

Every session is designed to leave you feeling better than when you started, not wrecked.

Expect mobility and stretching on deck with the ocean as your backdrop, strength and bodyweight workouts, Pilates, and enough beach sports to keep it fun. Energising without being intense. Restorative without being passive. Your body will thank you.



Hike

We step ashore in Bonifacio, one of Corsica's most dramatic towns, perched on white limestone cliffs above the sea. Wander the ancient cobbled streets, then hike the clifftops for views that genuinely stop you in your tracks.



SUP, Swim, Snorkel

Anchor at secluded bays, dive into pristine waters for exhilarating snorkelling experiences, discovering vibrant marine life.

Spend the afternoon or sunsets indulging in water activities like SUP or simply relax and soak in the sun on the deck.



Activities



Cheese & Wine Tasting

Savour the rich flavours of Corsica with a cheese & wine tasting session that showcases the best local varieties & discover the island's cheese-making traditions

Corsican cheese, local wine, afternoon sun.
That's all the plans we need

Pasta Making Workshop

Hands on, onboard the yacht, guided by our private chef. You'll learn how to make traditional Sardinian pasta from scratch.

And then savour it.



Island Hopping, Free Time

A full day weaving through the Maddalena Archipelago, one of the most beautiful island chains in the Mediterranean. Each stop brings a different beach, a different shade of water, and another reason to jump in

SUP, swim, snorkel, or just be

When we're docked, the time is yours. Three evenings during the week are free to explore on land, wander into town, find somewhere locals eat and do it completely at your own pace

Accommodation

Flexible payment plans are available to make completing the balance easy and stress-free

Secure your spot today with a 50% deposit with final payments due before 10th August 2026
*deposits are non refundable

Victoria Gulet

Step aboard the stunning Gulet Victoria, a 26m luxury yacht that will be your home for a week of movement, connection and adventure across the turquoise waters of Northern Sardinia and Southern Corsica



Port of Cannigione, Sardinia

The Cabins

Each cabin offers cosy accommodation with its own ensuite, to unwind after a day of exploration and adventure

Aboard the Victoria Gulet, you'll find your floating retreat equipped with all the comforts of home.

Meals



Breakfast



Every morning starts with a chef-prepared breakfast onboard, organic, locally sourced ingredients that reflect the flavours of the region.



Lunch

A light chef-prepared lunch onboard every day.



Dinner



Two evenings you'll sit down to a chef-prepared dinner onboard — organic, locally sourced, and built around the flavours of Sardinia and Corsica. Eating on the water as the sun goes down never gets old



Other



The pasta making workshop and wine and cheese tasting are woven into the week and all included, just part of how this trip is designed to feel.

Four dinners will be yours to explore on land. Find a harbourside table, order the thing you can't pronounce, and eat where the locals eat. That's half the adventure.

Feel free to bring any of your own snacks, drinks, or a favourite bottle onboard, this is your home for the week.