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# TALE OF TWO ISLES We visit Jersey & Sardinia to help you pick your next short but sweet break

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## Sardinia

WRITER Nikki Ackerman checked into Valle dell'Erica Resort Thalasso & Spa.



Seas the day on a beach in Sardinia, Italy

### The pad

Despite its size (271 rooms across two hotels), this resort never feels crowded. Covering 1,400m of unspoilt coastline and 69 acres of parkland on the island's north east coast, you can easily have a small bay to yourself, enjoy a morning jog or just chill at one of the four pools and swim-up bar.

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Buggies will whizz you to free yoga classes, the outdoor gym or for kayaking from the beach. Pick Hotel La Licciola in the newer half of the resort for modern rooms with terraces and sea views.

Try traditional thalassotherapy in salt-water pools at the spa or book a massage using all-natural and gorgeously fragrant Sardinian oils, £84 for 50 minutes.



**Try traditional thalassotherapy in salt-water pools at Hotel La Licciola**

## Explore

Did you know that Sardinia has an archipelago of islands? Discover the main seven by boat, from £53 per person for a half day, bookable at the hotel.

La Maddalena island, 20 minutes away, is one of the largest after Sardinia itself, filled with boutique shops and restaurants. Or drive 15 minutes to Santa Teresa Gallura, a seaside town with a pretty, shop-filled square and beautiful beach.

The quaint village of Aggius is also nearby, with cobbled streets lined with cafes and houses decorated by local artists. Then head to the small museum for an insight into local culture, entry £3.

Later, stop by neighbourhood fave Lu Gaffe dal 1930 for a coffee or Sardinian craft beer.



Wander for hours through the cobbled streets of La Maddalena

**Refuel**

Start the day with fresh fruit and pastries on the terrace of cafe-style Nautilus.

Later, pick one of the other six on-site restaurants, including romantic Li Zini for a candlelit meal on the seafront. At Les Bouches and Grecale, expect loads of local produce, including canapés, cured meats, cheese, salads and made-to-order pasta.

Come evening, there's fillet steak and delicious seafood. At smaller sister hotel Capo d'Orso, tuck into à la carte dishes, such as sea bass and squid ink fregula ([Hotelcapodorso.com](http://Hotelcapodorso.com)).

End your night with cocktails at buzzy Bar Nemo, £10.



Get your just desserts at Hotel La Licciola's restaurant