



CAPO D'ORSO

Hotel Thalasso & SPA

★★★★★
PALAU

IN THE ROMANTICISM





LOCALITÀ CALA CAPRA
07020 PALAU
(SS) SARDEGNA

- ◆ THE HOTEL
- ◆ THE SEA
- ◆ LOCATION
- ◆ WE ARE GREEN
- ◆ PLACES OF INTEREST


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CAPO D'ORSO Is...

Located in the Cala Capra park near the bear shaped rock "Roccia dell'Orso", facing the La Maddalena Archipelago and the Costa Smeralda, 4 km from Palau and 40 km north of Olbia.

- ◆ 2 beaches: one public and one with sunbeds service included
- ◆ 5 wooden solariums set just on the seashore with mattresses service included
- ◆ Seawater swimming pool
- ◆ Cardio-fitness gym on the cliff
- ◆ Thalasso & SPA centre L'Incantu a few metres from the sea
- ◆ 3 restaurants, pizzeria with wood-fired oven and bar few metres from the sea
- ◆ Free wi-fi in the rooms and reception-bar area
- ◆ Live evening music
- ◆ 9-holes Pitch & Putt golf course in the hotel grounds, putting course, driving range and golf simulator. Golf lessons and golf clubs (pitch) rental available at extra charge
- ◆ Two 18-hole courses (Pevero and Sperone) nearby
- ◆ Private helipad with the option of helicopter transfers including scenic flights over the Archipelago
- ◆ Tennis and nearby diving and sailing partners
- ◆ Private marina with exclusive boats, maxi rubber dinghy with skipper, rubber dinghy (no boating license required) and deep sea fishing. Possibility of boat mooring
- ◆ Excursions* with the Pulcinella sailing boat, a different route each day to the islands of the La Maddalena Archipelago national park, departing from Cala Capra marina
- ◆ Half-day and full-day boat excursions* to the La Maddalena Archipelago National Park and Corsica
- ◆ Car rental
- ◆ Free private unattended parking, garage (on request, at extra charge)
- ◆ Charging stations for electric vehicles at extra charge (power 22 kw)
- ◆ Shuttle service to Palau once a day (not available on Saturdays) upon reservation and at extra charge
- ◆ Private babysitting service upon reservation at extra charge
- ◆ Pets not allowed

** (For safety reasons group boat excursions are not allowed for children under 3 years old)*



THE RESTAURANT L'ÎLE FLOTTANTE

THE HOTEL

86 rooms and suites and a superb President sea view, all of them with veranda or terrace.

CUISINE

- ◆ Buffet breakfast is served on the outdoor terrace, accompanied by live harp music or in the room (with supplement)

- ◆ For dinner the hotel restaurant offers a cuisine rooted in local traditions, with show cooking and table service
- ◆ Dining options for lunch and dinner at extra charge: "Il Paguro": located near the sea, with a fish tank of crustaceans and an open grill for meat and fish. "L'Île Flottante": the excitement of a restaurant by the sea. "L'approdo": Pizzeria with wood-fired oven.

Gluten free meals available (to be requested at the time of booking)





L'INCANTU THALASSO & SPA

Wellness centre located a few metres from the sea

- ◆ 2 multifunctional seawater pools at different temperatures
- ◆ 10 equipped cabins for thalassotherapy treatments
- ◆ Gazebo for outdoor massages, turkish bath, jacuzzi, relax area and sunbathing area with sun beds.
Guests can book, together with the accomodation, personalized treatments and 3 to 6 days wellness programmes

FOR THE YOUNGEST GUESTS

Private babysitting, on request with extra charge, to be booked at the hotel.

FREE SERVICES

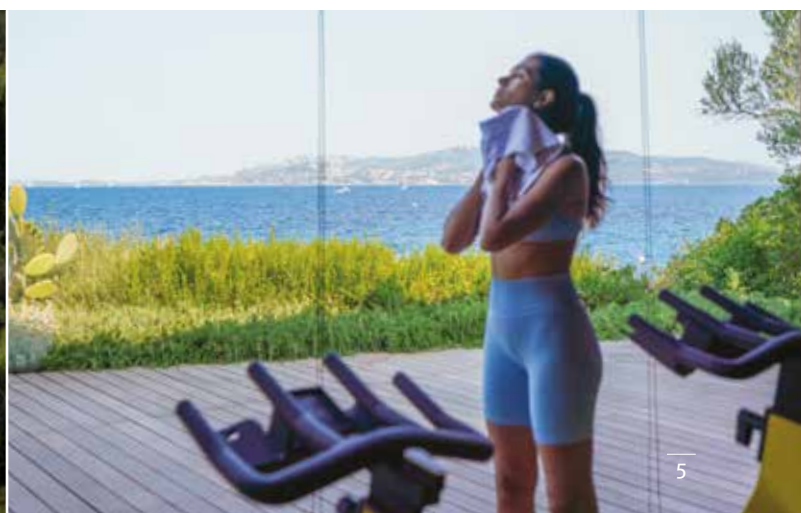
- ◆ Gym, beach service, poolside and solarium sun loungers, wi-fi.

SPORT

Free outdoor cardio-fitness gym and tennis. Sailing and diving schools partnered with the hotel. 9 hole pitch & putt golf course with practice green, ideal for beginners or those wishing to improve their short game with its par 3. Golf classes available and golf clubs rental (supplement applies).

SERVICES WITH EXTRA CHARGE

- ◆ Wellness centre, certificates, medical exams, 9 hole pitch & putt golf, shuttle service, private babysitting, tennis, external services and activities provided by local partners, charters, charging stations for electric vehicles, transfers, car hire, drinks and extras in general.





CALA CAPRA

THE SEA

CALA CAPRA BEACH

One of the most sheltered beaches in the area with wooden solarium and free beach service.

CALA SELVAGGIA

Public beach 3 minutes on foot from the hotel pool. Only our guests can arrive here on foot, following little paths through scented juniper trees. An oasis of unspoilt nature and privacy.

THE SAILING SHIP PULCINELLA

A different route each day towards the islands of the Archipelago National Park, leaving directly from the Capo d'Orso private marina.

AVERAGE TEMPERATURE IN SARDINIA

MONTH	DAY	NIGHT	SEA	DAYS OF RAIN
MARCH	17	10	14	6
APRIL	20	13	15	4
MAY	23	14	18	4
JUNE	28	18	21	1
JULY	31	20	23	1
AUGUST	31	20	24	2
SEPTEMBER	28	19	23	3
OCTOBER	24	15	21	5



THE CAPO D'ORSO LIGHTHOUSE



THE SAILING SHIP PULCINELLA



CALA SELVAGGIA

HOTEL OFFERS

Mini-cruises*

Excursions around the La Maddalena Archipelago National Park or the straits of Bonifacio marine natural reserve, half or full day with fast motorboats.

Pleasure boat or sport fishing charter

Prestigious boats with skippers directly from the private marina of Cala Capra.

Rubber dinghy hire

For you to reach the most beautiful parts of the La Maddalena Archipelago National Park in complete independence.

EXTERNAL SERVICES

Sailing Courses

The Archipelago has stretches of water that are perfect for beginners, but also for more experienced sailors, as can be seen from the presence of the Rolex Cup and other important sailing races.

Diving

Diving between Sardinia and Corsica, with pickup and drop off directly from the hotel's private marina.

**For safety reasons children under the age of 3 are not allowed on the boat trips.*



**HOTEL CAPO D'ORSO
THALASSO & SPA *******
LOCALITÀ CALA CAPRA
07020 PALAU
(SS) SARDEGNA

LATITUDE: 41.169256
LONGITUDE: 9.421339



OLBIA
SS125 / SP13 - 40,1 km



OLBIA
15 min.



ALGHERO
SS672 / SS133 - 154 km



PORTO TORRES
SS672 / SS133 - 142 km



GOLFO ARANCI
SS125 / SP13 - 46,8 km

CAPO D'ORSO
Hotel Thalasso & SPA

PALAU



CAPO D'ORSO AND SURROUNDINGS

PALAU AND CAPO D'ORSO

A focal point for those wanting to discover the most famous corners of the north of Sardinia, epicentre of the La Maddalena Archipelago National Park. From its famous viewpoint, the panorama extends out from the Costa Smeralda to the islands of the Archipelago, arriving as far as the corsican mountains; all under the eye of the Roccia dell'Orso (Bear's Rock) which has stood guard over this same panorama for millennia.

HOW TO REACH PALAU

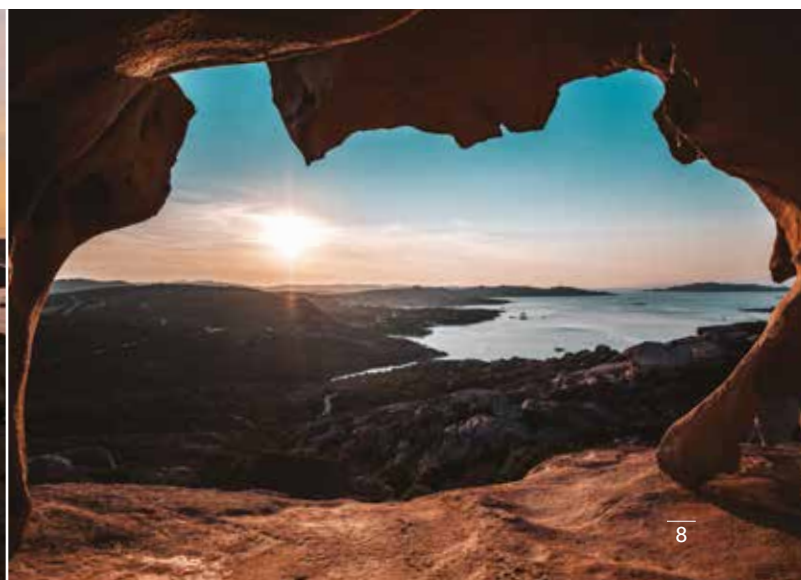
Shuttle bus service or by car: the town's marina can be reached in less than 10 minutes.

WHAT THE AREA OF PALAU OFFERS (EXTERNAL SERVICES)

- ◆ Diving, windsurfing, kitesurfing and sailing schools
- ◆ Shopping, evening markets and nightlife
- ◆ Ferry to the island of La Maddalena
- ◆ Ethnographic Museum
- ◆ Giuseppe Garibaldi memorial and house museum
- ◆ Archaeological Sites
- ◆ Car, motorcycle and bicycle hire
- ◆ Football field



THE BEAR'S ROCK AND THE LA MADDALENA ARCHIPELAGO





WE ARE GREEN®

DELPHINA FOR THE ENVIRONMENT

Love for the environment is made up of small daily actions, but also of responsible and far-sighted choices that stem from nature and become authentic Mediterranean hospitality.

For over thirty years, nature has always been at the center of our projects, not just as a source of inspiration but also as a resource to be protected, a great ally, and a precious added value of Delphina hotels & resorts.

This is the essence of the **WE ARE GREEN® PROTOCOL**, created to represent our commitment to the environment and the land. A collection of good practices and initiatives that outline a path for a sustainable future of the earth we love.

Choosing Delphina means taking part in this great project and strengthening every day our and your pact with the environment.

THE HOLIDAY WITH THE RIGHT ENERGY

Below are some of our most virtuous practices, discover the entire **WE ARE GREEN® PROTOCOL** and Delphina's commitment.

100% GREEN ELECTRICITY

From renewable sources, for all hotels, resorts, villas, residences, and in the headquarters. In the last 7 years, we have saved about 24,285 tonnes of CO₂, an amount absorbed by approximately 172,238 trees in a year.

PLASTIC FREE POLICIES

Elimination of plastic and use of biodegradable materials for lunch-boxes, straws, cutlery, plates, and glasses. Replacement of plastic bottles in minibars, bars, and restaurants, in favor of glass or can water.

NO BOTTLES, YES WATER BOTTLES

Elimination of all plastic bottles for all Delphina collaborators who receive a complimentary refillable water bottle at specific fountains. About 921.081 plastic bottles saved over the last 5 years.

PROTECTION OF THE LANDSCAPE AND NATIVE PLANTS

Low visual impact buildings set in vast green areas rich in numerous species of local plants.

CHARGING STATIONS FOR ELECTRIC VEHICLES

Available at all Delphina resorts and hotels. Guests movements within the facilities are exclusively with electric vehicles.



DELPHINA,
AUTHENTIC MEDITERRANEAN HOSPITALITY IN UNIQUE PLACES.

In an enchanted corner of Sardinia lies Gallura, a land of untouched nature and genuine people. Here, for over thirty years, we have preserved an extraordinary territory, knowing that such beauty belongs to the entire world and must be carefully handed over to those who arrive. It is here that we have built our resorts and hotels, and we await to welcome you to offer the best, like a friend in Sardinia.



	ROMANTIC	THE DREAM	WELLNESS	DYNAMIC	RELAX	SPORTIVE	HAPPINESS	LUXURIANT
FAMILIES	<div><div></div></div>	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div><div></div></div>	<div><div></div><div></div></div>	<div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>
COUPLES	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div><div></div></div>	<div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>	<div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>
WELLNESS	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>	<div><div></div></div>	<div><div></div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div><div></div></div>	<div><div></div><div></div></div>	<div><div></div></div>
SPORT	<div><div></div><div></div></div>	<div><div></div><div></div></div>	<div><div></div><div></div></div>	<div><div></div></div>	<div><div></div></div>	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>
PRICE	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div><div></div></div>	<div><div></div><div></div></div>	<div><div></div></div>	<div><div></div><div></div><div></div></div>	<div><div></div></div>	<div><div></div></div>

WELCOME IN GALLURA.

PLACES OF INTEREST.

BEAR ROCK, PALAU , PALAU (SS) 950 m, 2 min

A granite outcrop 122 metres high, shaped over time by the elements into the form of a bear looking out over the ocean. As with all the other rocks in this area, the Bear dates back to the late Palaeozoic era, between 340 and 250 million years ago



MONTE ALTURA FORTRESS, PALAU (SS) 6,3 km, 11 min

A military fortress dating from the 19th Century. Set amidst thick Mediterranean scrub, it dominates the Corsican waters and those of the La Maddalena Archipelago, while still being just a stone's throw from the prestigious villas of Porto Rafael.



LA PRISGIONA NURAGIC COMPLEX, ARZACHENA (SS) - 23,5 km, 29 min

This monument is made up of a central tower and two lateral towers which were protected by an outer wall around which a Nuragic village of 90 dwellings were erected, not all of which have been unearthed. The site is undoubtedly one of the most important on the island and it dates back to the middle/late Bronze Age (1,500 B.C).



CODDU VECCHIU GIANT'S TOMB, ARZACHENA (SS) - 23,6 km, 30 min

This site is found less than 1 km away from the Prisgiona Nuragic complex to which it is closely linked, and it dates back to the Early Bronze Age (1800 - 1600 BC).



LI MIZZANI GIANT'S TOMB, ARZACHENA (SS) 23,4 km, 28 min

The tomb, which is constructed along a linear format dates back to between the Middle and Late Bronze Age (1500 - 1200 BC). Many visitors stretch out on the stone located in front of the central stele, since according to several scholars, this tomb acts as a conduit for focusing the Earth's energies. These come through the central stele which acts as a kind of antenna and concentrates this flow of energy onto those who are close to the main entrance, and confer benefits of a psychological and physical nature.



PORTO CERVO, COSTA SMERALDA, ARZACHENA (SS) - 27,9 km, 39 min

The glamorous side of Gallura, ideal for a walk among the little squares, luxury boutiques and tourist port that hosts some of the most famous and sought-after craft in the world. An endless source of by-night entertainment among the most well-known night spots in the Italian summer season calendar.



SANTA TERESA GALLURA (SS) 28,8 km, 37 min

A tourist destination on the most Northern point of Sardinia, ideal for a nature walk among the granite boulders of the famous Valle della Luna (Moon Valley) a trip to the Aragonese Tower, and a little shopping between the craftsmen's studios and the central square. Home to the important "Musica sulle Bocche" Jazz festival.



THE CORSICAN ARCHIPELAGO AND BONIFACIO

Together with the La Maddalena Archipelago, the Corsican Archipelago forms the International Marine Reserve of the Straits of Bonifacio, an important natural reserve since it contains the French islands of Cavallo and Lavezzi. The islands can be reached with boat trips directly from Sardinia or Bonifacio, whose mediaeval town, with its city wall and promenades featuring bistros and shops facing the tourist port make up one of the most famous corners of the whole of Corsica..



AGGIUS (SS) 48,7 km, 54 min

An Orange Flag town notable for the interlacing little streets made of the granite from the surrounding cliffs and rocks. The important textile tradition is still alive and well, in the hand-worked looms and workshops and rugs whose colours come from local herbs and grasses..



MEOC ETHNOGRAPHIC MUSEUM, AGGIUS (SS)

The largest ethnographic museum in Sardinia, it holds a wealth of history dealing with traditions and popular Gallura culture, from 1600 to the present day. It is home to the Aggius Permanent Carpet Exhibition, a large weaving workshop for demonstrating techniques, and it organizes workshops on different subjects, for example the working of wool or making of bread.



BANDITRY MUSEUM, AGGIUS (SS)

Murders, ambushes, cattle and sheep rustling and damage in general, were the order of the day. A cross-section of the banditry phenomenon of which Aggius was the epicentre for around three centuries.



MUSEO AAAPERTO, AGGIUS (SS)


































Photographs, installations, statues and art work by artists and street artists from all over Italy. A free, permanent, open-air contemporary art gallery. The visit to the museum is divided into various itineraries within the village of Aggius, each marked with different colour footprints.



VALLE DELLA LUNA, AGGIUS (SS)

"The plain of boulders" is one of the views that best reflects the peculiarities of the Gallura countryside, granite boulders and nature as far as the eye can see from the panoramic viewpoint that dominates the valley.



TEMPIO PAUSANIA (SS) 51,7 km, 57 min The town is set on a granite plateau covered with cork-producing holm-oak trees with the slopes and heights of Monte Limbara as a backdrop, and just a short distance from the town of Calangianus, the world's second most prolific exporter of cork. Exploring the elegant streets of the old town it is possible to visit the first and only shop selling innovative items of clothing featuring this precious material.	  	CASTELSARDO (SS) 88,4 km, 1h 40 min A small town scattered around the base of the Doria castle. The historic centre is home to unchanging religious rites that are of Spanish origin, as well as numerous small handicraft workshops.	  
NURAGHE MAJORI, TEMPIO PAUSANIA (SS) This monument, among the most important in Gallura, dates back to the Middle Bronze Age (around 3,500 years ago). The two storey structure, was built around a granite cupola surrounded by a dense forest of holm-oak trees.	  	WEAVING MUSEUM, CASTELSARDO (SS) One of the most visited in Sardinia, it demonstrates the ancient hand-made weaving techniques used to create everyday items, from baskets to fishing cages and typical fishing rafts for use in the lagoons.	  
THOUSAND-YEAR OLD OLIVE TREES, LURAS (SS) 55,2 km, 1h 4 min The oldest olive trees in Europe are to be found in Luras, on the hillside near the artificial Lake Liscia, authentic living cathedrals. The larger of the two (declared a Natural Monument) is 14 metres high, with a circumference of about 12 metres. The age of these two examples of "Olea europaea var" determined by studies carried out by Sassari University is legendary: 2,500 and 4,000 years old respectively.	  	ELEPHANT'S ROCK, CASTELSARDO (SS) A 4 metre high solid mass of rock which has been eroded by the atmosphere over the ages to give it the unmistakable outline of a sitting elephant. It is archaeologically important since it houses two domus de janas (houses of the fairies) which date back to the pre Nuragic period and which are located inside.	  
BADESI BEACH in auto 68,5 km, 1h 26 min The sheer size of this beach (8 kms) gives you the opportunity to enjoy long walks on a semideserted stretch of sand, surrounded only by the sea, sand dunes and scented juniper bushes. To discover the more exclusive areas we recommend you take a boat (5 minutes from the harbour at Isola Rossa) or on foot (20 minutes from the "Longa" beach) following the tracks along the coast, otherwise it is easier to go by car, a distance of less than 1 km from Badesi.	  	ALGHERO (SS) 154 km, 2h 16 min A town which grew during the period of Catalan domination with its delightful city walls and centre, it numbers Antonio Marras among its citizens, whose boutique can be found among the little alleys of the old town.	  
PUNTA LI CANNEDDI AND THE BAYS ON THE WEST COAST The spectacular coastline that extends from Isola Rossa as far as Costa Paradiso offers unique landscapes made up of red granite gorges and ravines that descend into the transparent emerald green waters. This stretch of coast, not often mentioned in guide books but well known to us Galluresi, has maintained its wild beauty intact, and it can also be seen from under the water, thanks to the marine sea bed environment which supports an impressive amount of seashells, marine and vegetable life forms.	  	NEPTUNE'S GROTTO, ALGHERO (SS) The most famous grotto in the whole of Sardinia, it is more than 4 km long (although only 1 km can be visited by the general public). It is more than 2,000,000 years old and can be reached either by descending a long set of steps, or by boat from Alghero.	  
LA MADDALENA ARCHIPELAGO The most spectacular stretch of water around Sardinia, uninhabited islands and beaches to dream of. The islands of Spargi, Budelli, Razzoli and S. Maria can only be reached by boat while La Maddalena, the only inhabited island can be reached in only 20 minutes with the ferry that leaves from the port at Palau. Instead Caprera is connected to the Island of La Maddalena and can be reached by car.	  	THE GIUSEPPE GARIBALDI HOUSE The Memorial is the first national museum dedicated entirely to a historic figure and is set out on a former military fortress where, thanks to historical documents and multimedia equipment, it is possible to relive the General's entire existence. In the House Museum you can see the rooms where the hero of Two Worlds spent the last intense few years of his life; here you can really understand the passion that Giuseppe Garibaldi had for his homeland and "his" island.	