



is molas resort

Our proposals for you!





How about
a bit of
SPORT?

Golf

Championship course (white + red course)

18 holes par 72, an overall length of 6,383 meters, inaugurated in 1975 and designed by the architects Cotton, Pennink & Partners based on a project by Piero Mancinelli.

4 Italian Open took place on this course.

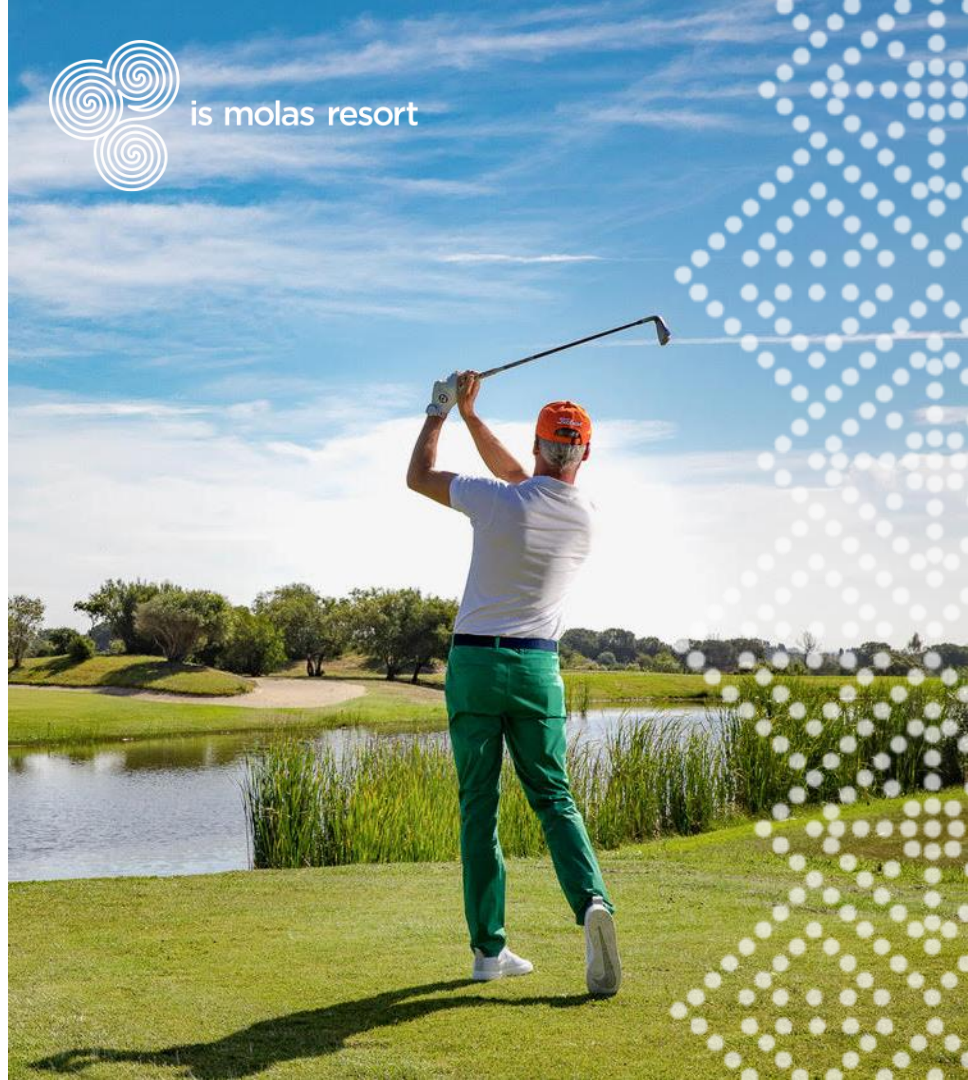
Yellow course)

9 holes PAR 36 – 3.164 MT The nine holes of the yellow course, the most challenging, have the signature of Franco Piras, Gary Player Design representative in Italy. The presence, along the route, of all the species typical of the spontaneous flora of Sardinia and of the Mediterranean bush makes Golf Is Molas a beautiful garden with a sea view.

Starting from €40,00 per green fee



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Golf Academy

The golf school for those who want to discover this sport or improve their skills

Is Molas is the best place to learn to play golf in Sardinia!

Dan Williamson, our Golf Pro, who boasts four generations of golf instructors in his family, has established his Academy in Is Molas, the only one in Sardinia where it is possible to take advantage of **Trackman** technology for the analysis of ball and club flight. during the swing.

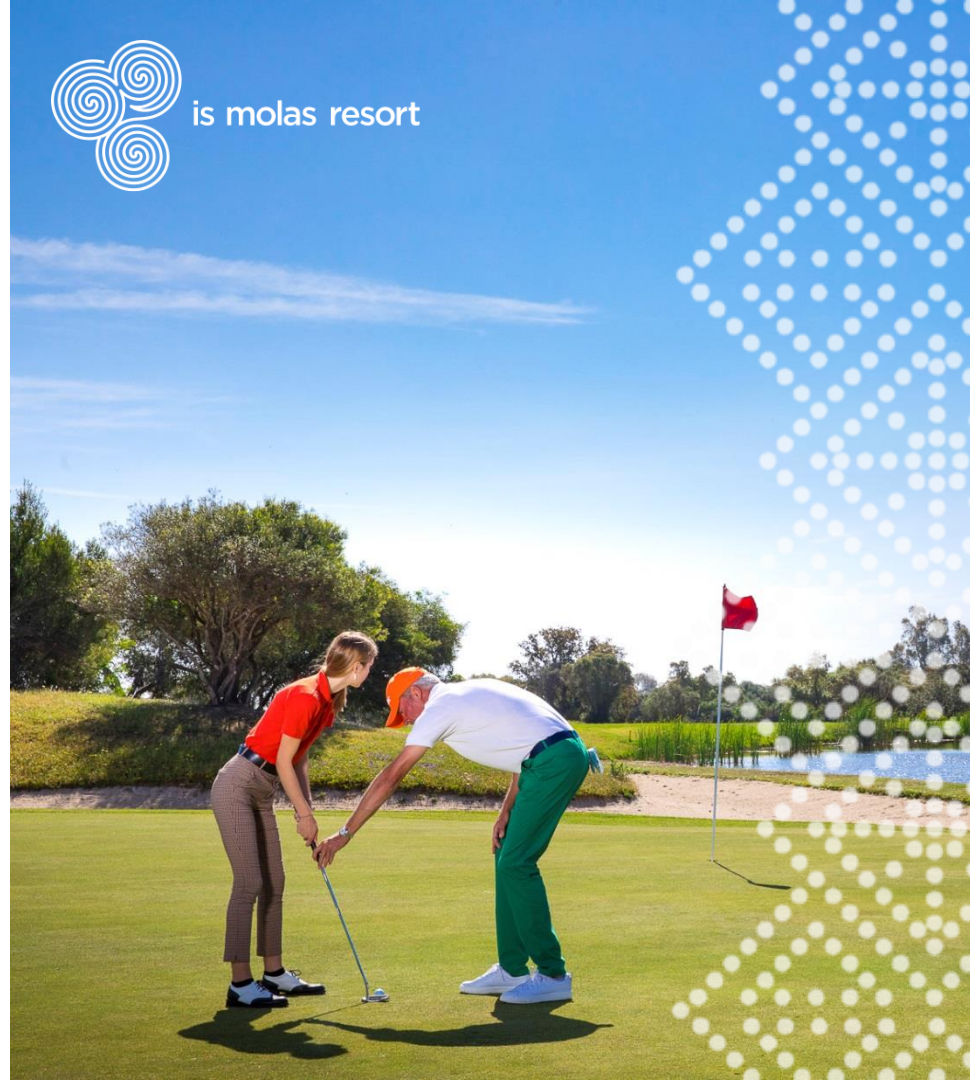
Thanks to a video shooting system and V1golf, it is possible to propose personalized lessons for each level of play by providing an in-depth analysis of one's swing with the support of digital slow-motion.

The **Academy** gives you the opportunity to receive the video file, via e-mail, of your golf experience both in door and on the field, along the beautiful 27 holes of Is Molas.

Starting from €40,00 per lesson



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Tennis

Let's play tennis!

For tennis lovers and for all those who want to get closer to this sport during their summer holidays, at Is Molas there is the opportunity to play on our new court immersed in the Mediterranean scrub.

Our **FIT teacher** is available for individual or group lessons by reservation.

It is also possible to rent the court per hour and rent the sets and balls at the hotel reception.

Starting from €50,00 per lesson



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Sailing school

The wind, the most loved element.

The Agumu sailing club overlooks the bay of the same name, an ideal setting for sailing in safety, near the beautiful archaeological area of Nora and a stone's throw from the town of Pula.

Come and discover the wind with our **sailing** courses.

Starting from €190,00 per course



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Diving

Discovering the deep blue

The **Diving Center** offers a full range of technical courses. All the technical courses refer to the TSA and CMAS International didactics and are conducted with customized programs and times.

The costs of the technical courses include teaching materials, equipment, diving and theory lessons, excluding the personal consumption of gas.

Appropriate licenses are required for technical diving.

Starting from € 65,00 per dive



Biking

Cycling between the green and the sea of Sardinia

Guided and individual excursions by mountain bike, cycle tourism and road are available for guests of the Resort to have fun in company and in contact with nature.

You can experience fantastic itineraries among the natural beauties of Sardinia with varying difficulties according to the level of preparation of each one.

At the hotel concierge it is also possible to rent bicycles or e-bikes to move freely.

Starting from € 15,00 per bike per day



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Relax with our

WELLNESS

proposals

Wellness & therapy

Wellness project signed by Natked at Is Molas

Available for Is Molas guests a functional training course that combines strengthening techniques with creative sports activities, martial arts, dance settings and yoga.

The "**Wellness by NATKED**" team is available with postural gymnastics and pilates instructors, massage therapists and personal trainers, ready to offer an unforgettable experience through targeted and personalized courses.

Starting from € 20,00 per hour



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Massages & treatments

Anti-stress / lymphatic drainage massage: Relief of nervous tension, removal of muscle blocks, analgesic function, neuromuscular relaxation, manual lymphatic drainage, therapeutic support technique, decisive for the rebalancing of lymphatic functions

Traditional : Elimination of hypertonic states and removal of metabolic products of muscle breakdown.

Foot reflexology: involves pressure and massage of the soles of the feet, with the final aim of relieving certain ailments located in other parts of the body.

Shiatsu and Thai massage: ancient traditional oriental methods that reduce pain, rebalance muscle tension and loosen joints

Connective tissue / fascial massage: The goal is to deeply remove the muscle, stimulating blood circulation, realign the muscle fibers where there are contractures and important muscle restrictions.

Starting from € 70,00 per massage



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Acquagym

A dynamic activity to keep fit!

Guests of Is Molas Resort can take advantage of **water aerobics courses** to attend during their stay directly in the hotel swimming pool.

In addition to the physical benefits such as the reactivation of circulation, the contrast of cellulite, the reactivation of the joints, the reduction of swelling, etc., water aerobics will give you a moment of total fun in an incredible location like that of the **swimming pool** at Is Molas Resort.

Starting from € 15,00 per person



Pilates and postural gym

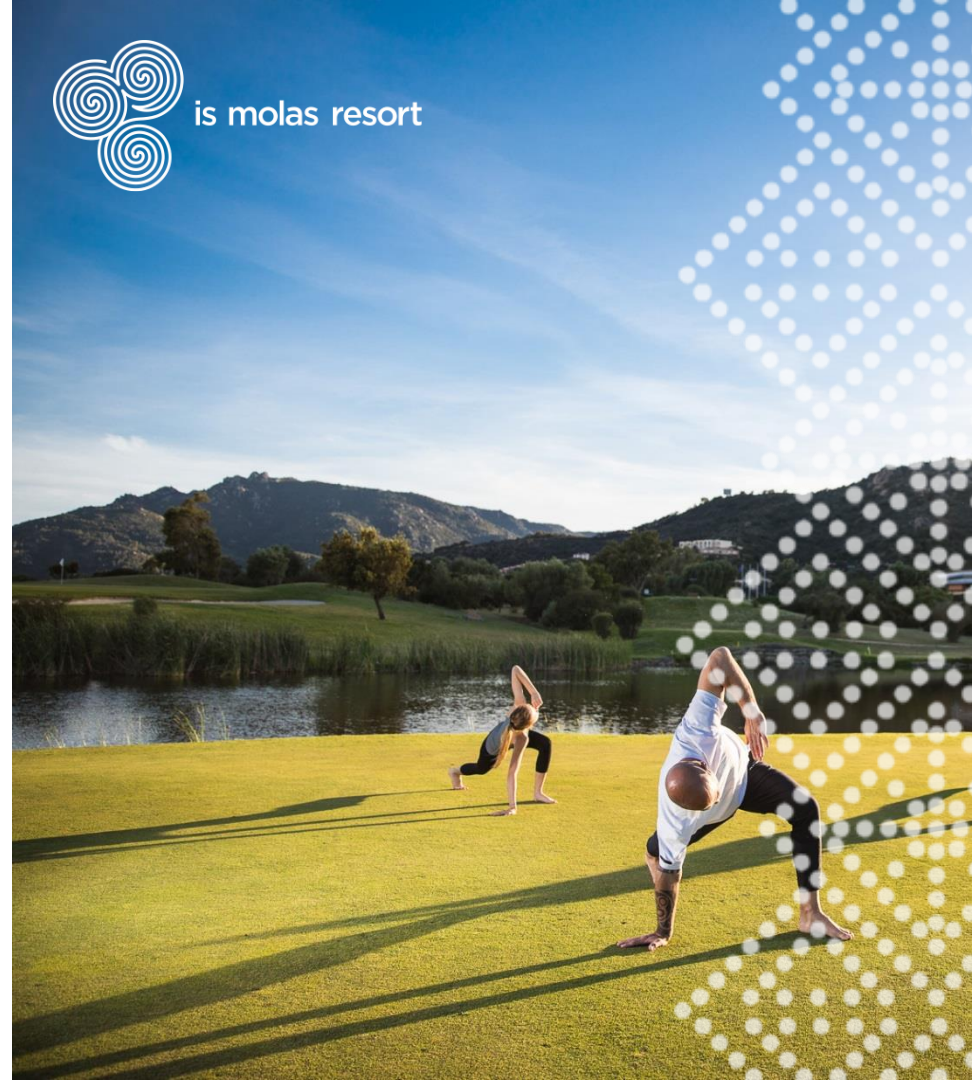
An activity aimed at the knowledge and awareness of your body

The **pilates** course is available for Is Molas Resort guests to attend during their stay on set days.

Pilates aims to strengthen the body without excessively increasing muscle mass, to develop fluidity and precision of movements, to improve or correct posture with a work centered on the abdominal and dorsal regions.

The Method aims to achieve these objectives by performing slow movements, maintaining great concentration and attention to breathing, so that physical activity results in greater awareness of one's body and the movements that are made.

Starting from € 20,00 per person





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Let's make an
EXCURSION!

An evening with the stars

Stories and myths enclosed in the constellations of the sky

The sky, for the ancients a stage where heroes and their deeds came to life, where fantastic animals lived and ancient and magical objects found their place.

Myth means legend, history, and its story facilitates the reconstruction of the map of the sky. Knowing the sky and its movements, the names of the planets, stars and constellations with their myths is part of a natural, historical and cultural heritage dating back at least to the Paleolithic, when the asterisms of some constellations had already been coined and represented as engravings on the stone, of which we also find examples in our great nuragic culture.

An **evening lesson of astronomical orientation**, aimed at recognizing the constellations, lasting about 2 hours. The observation will be conducted with the naked eye and with the aid of optical instruments.

Starting from € 35,00 per person



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Canoeing in the lagoon

Glide with the canoe along the Nora lagoon

A guide will accompany us with the **canoe** between the inlets, the islets and the mouth of the river to closely observe the herons, egrets, seagulls in their natural habitat.

The excursion starts from the main body of water of the **Nora lagoon**, runs along its banks and then enters the dense network of canals that are created.

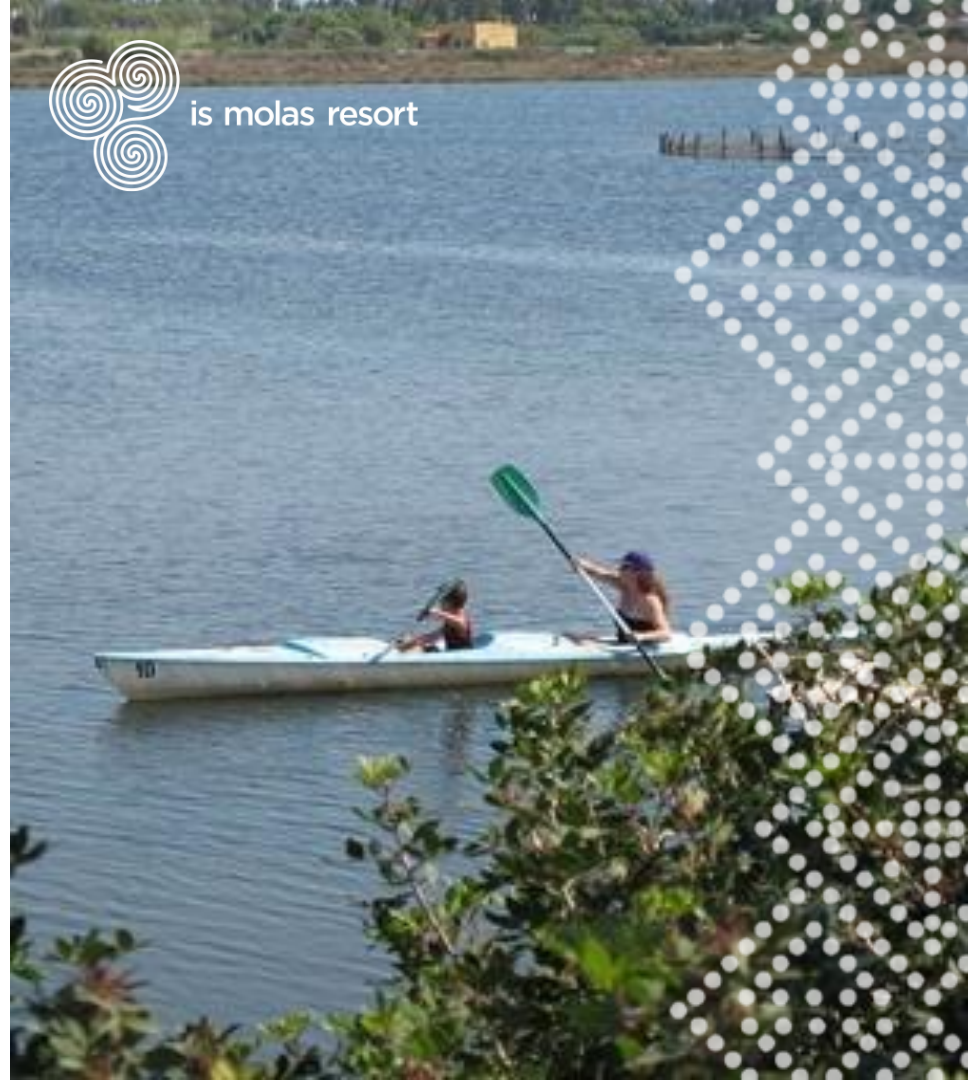
The route winds for about 2 and a half kilometers which can be covered in just over an hour. After landing, you can sip a drink on the panoramic terrace of the bay.

The excursion continues with a visit to the Center where you can learn more about the marine ecosystem of the Mediterranean.

Starting from € 25,00 per person



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Horse-riding excursion

Another way to experience Sardinia

Horse riding is one of the best ways to live, love and learn about nature, in harmony and respect with the environment that hosts us.

The journey on horseback allows us to fully appreciate the territory that we cross with “natural” times and rhythms of travel marked by our needs and those of our horse, not considered a simple means of locomotion but a real companion of adventure.

Individual lessons, group lessons. Individual walk, group walk. During the summer, walks take place in the mountains, while in winter they are also done on the beach.

Starting from € 35,00 per lesson



Sail ships

The sun, the sea, the wind

Spend a wonderful day on a **sailing boat** visiting the beautiful **coasts of Southern Sardinia**.

The outings, with skipper on board, generally vary from three to seven hours and there is always the possibility to savor a break or a light lunch / dinner on board among the Standard, Sea and Veggie menus selected for you.

All high quality local products, accompanied by a selection of wines and drinks, which can be conveniently chosen when booking.

Starting from € 340,00 per day



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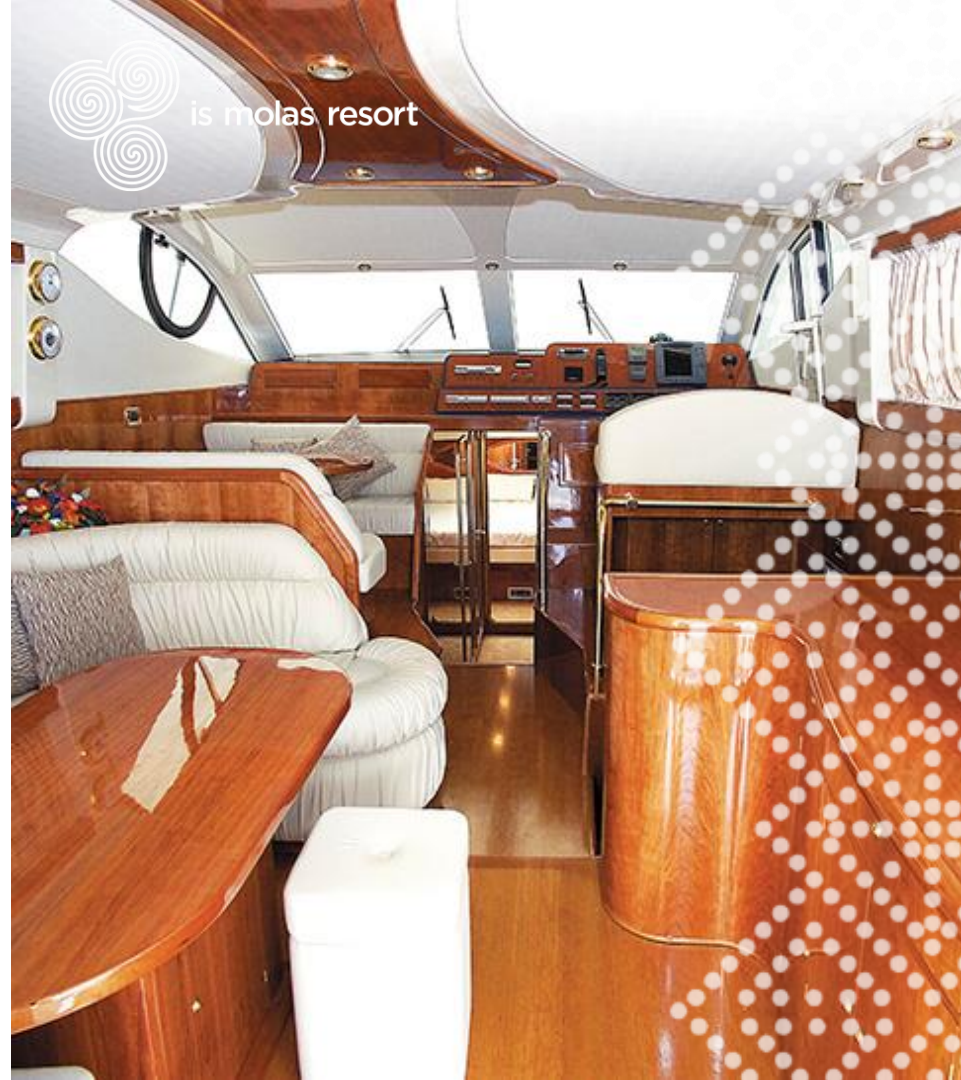
Yachts & other ships

Free to experience the sea

We are able to offer you the boat that best suits your nautical needs: **yachts, sailboats or motorboats.**

You can choose the boat that best suits your needs among yachts, sailboats and motorboats and the necessary means for your transfers to spend one or more days in the middle of the sea and fully enjoy the magnificent coasts of our island.

Starting from € 2.500,00 per day
€ 1.800,00 half day



The schooner

Discovering south Sardinia!

Two itineraries departing from **Teulada harbour**:

towards the west among the most suggestive beaches of the extreme south of Sardinia Porto Tramatzu, Porto Scudo, Porto Pirastu, Porto Zafferano towards Capo Teulada, where we will see the highest wall overlooking the sea (220 meters).

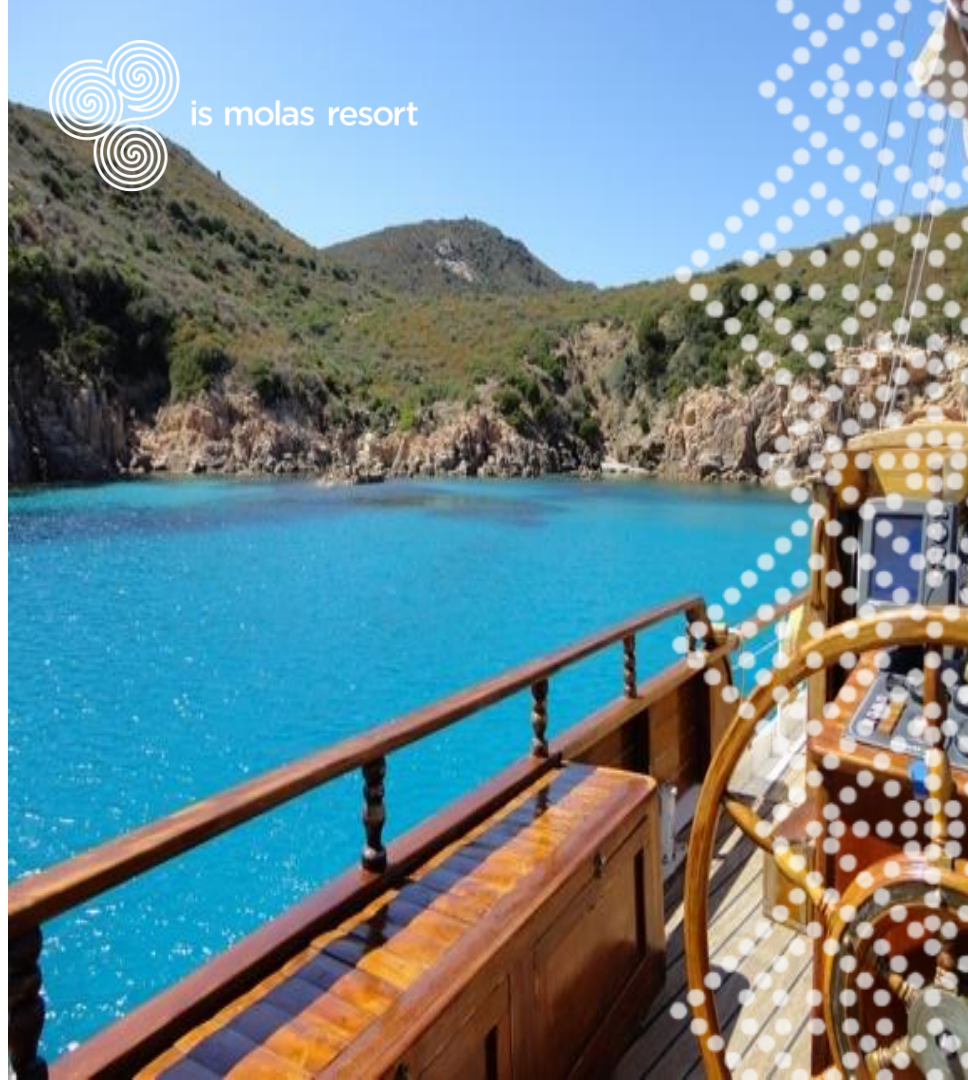
To the east, the beaches of **Chia**, bathed by a sea of an unsurpassed emerald green, here is the lighthouse of **Capo Spartivento**.

The Captain will be happy to offer all participants in the excursion **lunch on board**: seasoned Carasau bread, olives, salami, cheese, spaghetti with mussels or scampi in sauce, tuna or swordfish carpaccio, white wine, water, fruit, coffee and myrtle.

Starting from € 85,00 per person



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Fish tour

A day with fishermen

On board the Santa Croce II, you will live a unique experience, you will be the protagonists of a day of **fishing** along one of the most evocative stretches of coast on the island.

Starting from the **Portu Nou** in Teulada, you can choose whether to head north, towards the enchanting dunes of **Is Arenas Biancas**, or south, towards the beaches of **Chia**.

You will travel along stretches of coast full of coves and inlets that can only be reached from the sea. During the navigation, Sandro, the captain, will involve you in the fishing actions, setting sail from the pots and nets that will provide Valeria, the cook, with the **catch of the day** which will be served during lunch.

The **menu** is always rich and is made according to the fish, you will have the opportunity to taste excellent soups, fried foods, first courses, appetizers accompanied by local wines and drinks.

Starting from € 65,00 per person



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Rubber dinghies

Discovering the best bay of south Sardinia

Following the Spanish towers of **Chia**, **Capo Malfatano**, **Piscinì**, **Porto Botte**, we can spend a whole day discovering enchanting places.

Along the way we will see barren and wild coasts now high above the sea, now gently sloping to form white sunny beaches.

We will sail among many small enchanting coves set by granite rocks. If lucky, it will be possible to see dolphins and some predatory tuna along the way.

Alternatively, you can rent the boat the boats asking at the concierge desk.

Starting from € 130,00 for half day
€ 180,00 full day



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DISCLAIMER

- All the services listed above are on reservation and subject to availability of the suppliers
 - The reservation of the services must be made at the Is Molas concierge by mail, telephone or APP with at least 24h notice
 - The concierge once verified the availability and the price of the requested service will confirm the booking or propose an alternative date
 - Some activities are subject to supplier confirmation based on weather conditions



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