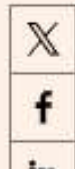


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Four all-star European getaways

Dark-sky escapes to make the most of longer nights



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A rest zone in Sardinia's pacific interior



Su Gologone in Sardinia

Sardinia already has its Blue Zone credentials going for it. In its central and interior regions, away from the north's Costa Smeralda development and metropolitan Cagliari, the south's capital, it also has some of Europe's darkest skies, even at the height of high season. Remote valleys, their steep sides blanketed in untouched woodland – holm oak, juniper, chestnut, uncultivated olives – are bracketed along their eastern flank by the island's famously beautiful sand beaches. The ancient cuisine traditions favour simple, produce-driven dishes, durum-based breads and pastas, and pecorino sheep's milk cheeses (all easy on the microbiome, and a happy gut begets happy sleep). Spring delivers sunshine and shirtsleeves-warm days, ideal for the walking and hiking for which the Gulf of Orosei-Gennargentu National Park is known.

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The pool at Su Gologone



The 68-room hotel

Stay: It's a seasonal operation so won't reopen until 1 April, but remote Su Gologone, miles away from the sea in the Supramonte mountains, is the open-secret best hotel in Sardinia's interior. Launched in 1967 as a destination restaurant, eventually becoming the 68-room property it is today, it's still run by three generations of the Palimodde family's women, who've earned Michelin kudos for both food and hotel. There are canopied beds in whitewashed rooms and endless terraces for admiring landscapes that haven't changed in a thousand years.
sugologone.it, from €330