

# Secret Beach

[Posted from Cagliari, Sardinia, Italy.](#)

My partner and mate Gill spent forced shore leave in Sardinia last year for a couple of weeks. A nice hotel, good food and plenty of sunshine. But it was the 7 km stretch of unspoiled white sands and turquoise water that made her time alone bearable. She found a favourite spot for meditation and here it is ...

Come sailing with us and perhaps she'll take you to experience the magic too.