



Trekking Sardinia

8 days / 7 nights

The area we have chosen for this week of trekking is in the Supramonte di Oliena and Dorgali. This area on the east side of Sardinia boasts excellent deep gorges, good solid rock, wilderness trails, coastal paths in a surrounding of emerald blue seas and natural unspoilt beauty.

Each day, using small paths and goat trails we explore the marvels of this limestone massif, reaching mountain ridges to enjoy the stunning views, spot the rare moufflon mountain goats and rare birds of prey, explore the many hidden archaeological sites. Highlights of this week are trekking to the highest point in Sardinia, Punta La Marmora (1983mt), exploring the deep gorge of Gorropu, and discovering the hidden gems on the wild east coast.

Accommodation for the week is in two locations to make the most of the trekking regions. Starting in a traditional "agriturismo", here Sardinian hospitality is at its best, and where evening meals are prepared using local home grown ingredients with traditional recipes. Being a wine producing region, the evening meals would not be complete without tasting the local variety.

YOUR PROGRAM

Day 1 - Arrival in Sardinia

Arrive in Alghero and transfer to Oliena. Settle into the Agriturismo, dinner and meet your guides for a briefing.

Day 2 - Tiscali

After breakfast we transfer (30 min) to Valle del Lanaittu and the start of our trek. It is a truly historical trail, taking us to the abandoned Bronze age village of Tiscali. The surrounding landscape is truly wild, with barren lunar limestone rocks and pinnacles, with the occasional rare centenary juniper trees that testify the harshness of this territory. Agriturismo and dinner. (B,L,D provided)

Day 3 - Gorropu Gorge

After another hearty breakfast, we transfer to Genna Siliana Pass (40min) at 1200mt. From here our trek begins, taking us down along a well marked trail and through thick woodland, finally reaching the deepest and most spectacular gorge in Sardegna, Gorropu. From Jurassic origin, the gorge has walls as high as 500 mt, extending into the Supramonte mountains for almost two km. Moving away from the gorge, a wide open track will take us along the Flumineddu valley to the pick up point. A 30 minute transfer will take us to our agriturismo and dinner. (B,L,D)



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Day 4 - Punta La Marmora

With the help of a transfer, we head to the highest mountain range in Sardinia, Gennargentu. Here we spend the day trekking to the highest point, Punta Lamarmora 1834 mt. Stopping in the villages of Orgosolo on the way, you get a better flavour of the traditions of the mountain villages. Orgosolo is famous for the “murales” painted all over the external walls of the houses. Transfer to a hotel on the coast at Calagonone and dinner.(B,L,D)



Day 5 - Rest day

Options (not included in price): Boat trip along the coast, snorkelling, scuba-diving, speed boat hire, kayaking to visit of coastline natural caves.

Possible dinner in town. (Breakfast only included)

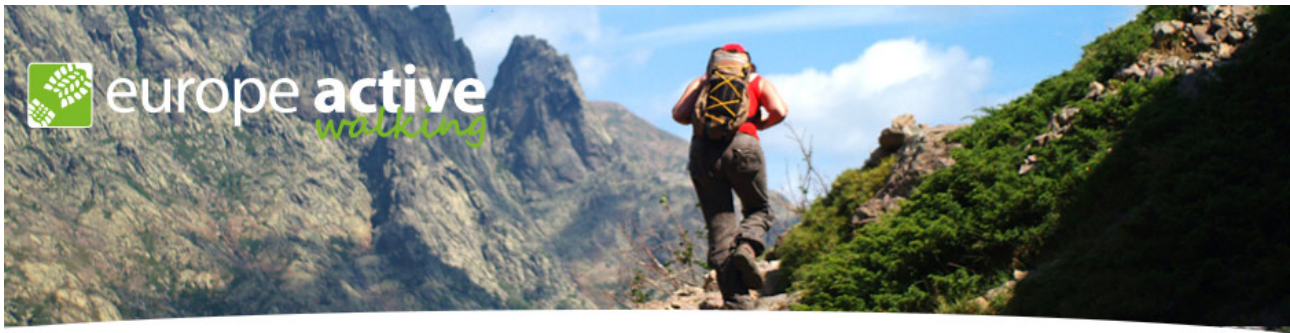
Day 6 - Cala Luna and Cala Sisine

After breakfast we will enjoy a scenic boat ride to Cala Sisine, an idyllic sandy cove set amongst limestone cliffs and natural grottoes of “Neptune”. After a refreshing dip in this emerald green water, we depart on our return trek to Cala Gonone, via Cala Luna, along parts of the famous “Selvaggio Blu” route(a 7 day coastal trek that covers the whole of the Orosei gulf and is known as the most difficult in Europe). This winding trail leads along narrow gorges taking ancient mule routes, past abandoned shepherd huts and prehistoric dwellings, finally reaching the idyllic beach of Cala Luna, with the colourful Oleander covered lagoon creating true paradise. On route we could be lucky enough to see griffon vultures and peregrine falcons. Time for another dip in the warm Mediterranean sea before we tackle the final stretch of the coastal route which will take us all the way back to Cala Gonone and our Hotel. Dinner (B,L, D)



Day 7 - Mont Corrasi

The small town of Oliena is known as the gateway to some of the wildest and remote mountains in the Mediterranean: the limestone mass of the Supramonte. Here rocky cliffs and barren stony plateaus covered with Mediterranean shrub



characterize an extremely impressive landscape. Transferring from the hotel we start walking just above Oliena on a trail which will gradually climb through Holm oak wood, to then open up to an extremely impressive panorama of the Cedrino valley, extending 1000 mt below. Reaching Mt Corراسi (1463 mt), the day's effort will be rewarded with a breathtaking view into the valley below. Return route will take us back to the vehicles and then a transfer back to the hotel. (B,L)



Day 8 - End of trip

After breakfast transfer to airport for your scheduled flight. (B)

Additional information

TARIFFS

Price from 912 euros per person.

OPTIONS

Single room supplement : 190 euros per person.

INCLUDED

Meals, as per the itinerary (B= Breakfast, L= Picnic Lunch, D=Dinner). All internal transfers and transfers to and from Alghero airport. Local guide.

NOT INCLUDED

The transfer to and from Sardinia, meals not included in the itinerary, drinks, optional activities, unplanned transfers. Personal expenses. Insurances.

LEVEL OF DIFFICULTY

From 4 to 6 walking hours per day in the Sardinian mountains.

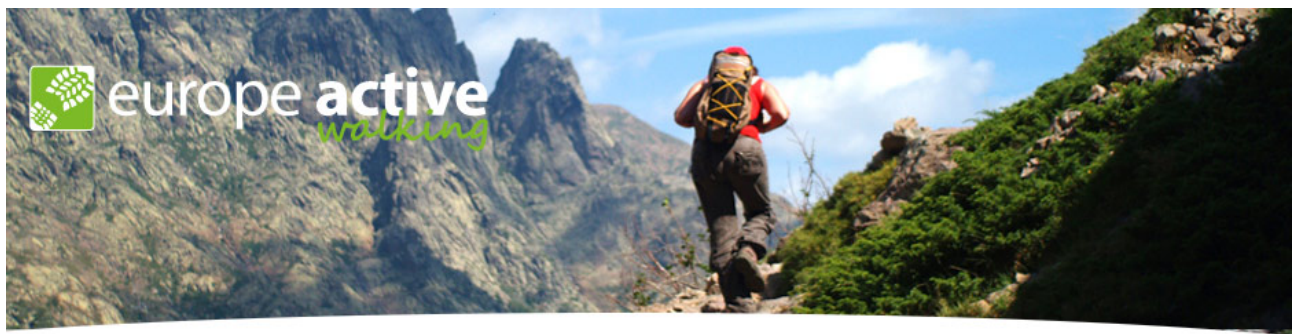
ACCOMMODATION

3 nights in a typical family run agriturismo (shared twin rooms with private bathroom). 4 nights in a hotel

SIZE OF GROUP

Maximum of 15 participants

DEPARTURE



Alghero airport.
Easy access by plane.

DISPERSION

Alghero airport.

HOW TO GET THERE

By plane to Alghero.