

## Trek and sail in Sardinia

8 days / 7 nights

An unforgettable journey along the extraordinary coast of the Supramonte de Baunei in the heart of Ogliastra, a wild region of Sardinia where a strong island culture is found.

Experience this magnificent coastline with a daily 4 to 5 hour hike before spending the afternoon relaxing on your boat.

Walk, swim, sail (and learn to sail); a superb way to explore and experience the beauty of Sardinia. Every night will be spent sleeping comfortably in your catamaran in the middle of a small creek.

### YOUR PROGRAM

#### Day 1 - Arrival in Cagliari and transfer to Santa Maria Navarrese

Arrive at Cagliari airport (Elmas), the capital of the region, located in the south of Sardinia.

Transfer from the airport to the Ogliastra region (1h30) located in the east of the island, and arrive in the port of Santa Maria Navarrese.

After a welcome drink on the boat, we take advantage of the late afternoon to prepare the boat trip (food purchases for example). Possibility to discover this small village. Dinner on the boat and presentation of the holiday. Overnight at the port of Santa Maria Navarrese.



#### Day 2 - Santa Maria Navarrese - Pedra Longa – Cala Fenile

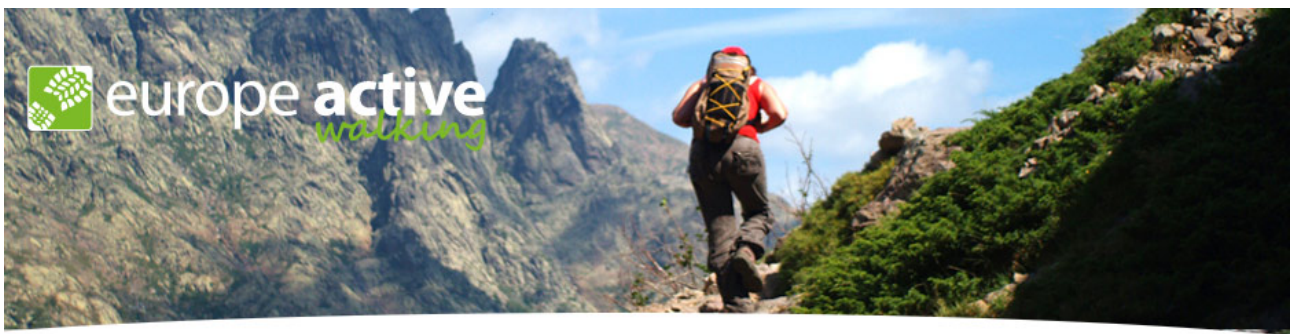
Upon awakening, we eat breakfast on the boat before sailing the first leg towards Pedra Longa. The boat follows the coast and we discover the small island of Isolotto, a nature reserve.

Once we arrive in Pedra Longa, we start with a hike that follows the coast. Once at Cala Fenile beach, lunch is taken on the boat or on the beach. The afternoon is spent relaxing on the catamaran whilst we sail. The evening is spent in one of the stunning coves in the region.

Sailing time: 3h - 3h30

Walking time: 2h - 3h

Height difference: 200m



### **Day 3 - Porto Cuau – Porto Pedrosu**

After an hour by boat, we disembark on the small beach of Porto Cuau, a beautiful little cove difficult to reach as its name suggests, "Cuau" meaning hidden. The beach is known to contain the remains of a ship that sank in 1963, which can still be seen underwater. Excursion to Capo Monte Santo. From the top, we overlook the coastline, enjoying a superb view.

We make our way to another cove in Porto Pedrosu.

Sailing time: 2h

Walking time: 3h - 3h30

Height difference: 200m



### **Day 4 - Cala Goloritze- Punta salinas**

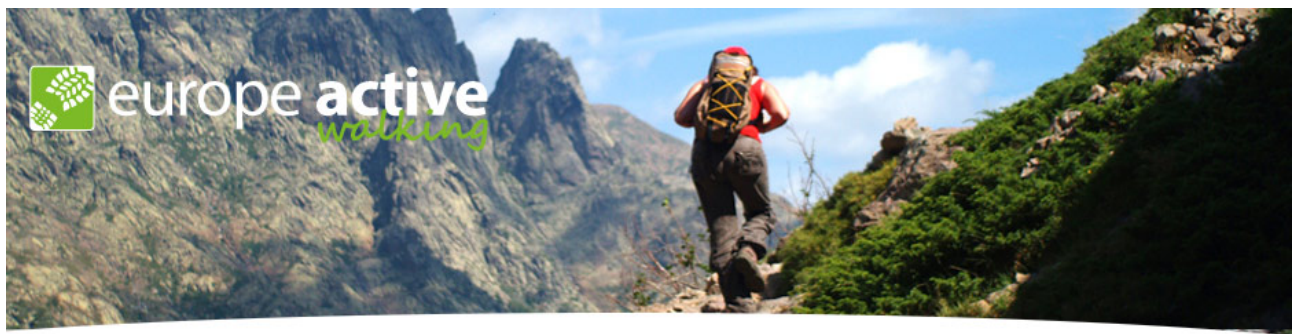
Take advantage of the morning to discover the fresh water springs that gush out of the sea, like geysers. We also explore the magnificent seabed with its multicoloured fish.

Leave for another beautiful hike through the maquis-scrub, which allows us to admire the coves and steep cliffs. We visit a small sheepfold, an "ovile".

Sailing time: 1h - 2h

Walking time: 5h - 6h

Height difference: 450m



#### **Day 5 - Cala Sisine - Cala Luna**

After a climb, the hike is very pleasant and offers an exceptional panorama on the sea and a perspective on the rocky coast of Capo Monte Santo. We also see the famous "arco di roccia s'arcada de s'archiddu lupiru", an impressive rock facing the horizon. Photos can be taken to capture this landmark. We arrive on a beautiful beach.

Sailing time: 1 hour, if necessary

Walking time: 5h - 6h

Height difference: 600m



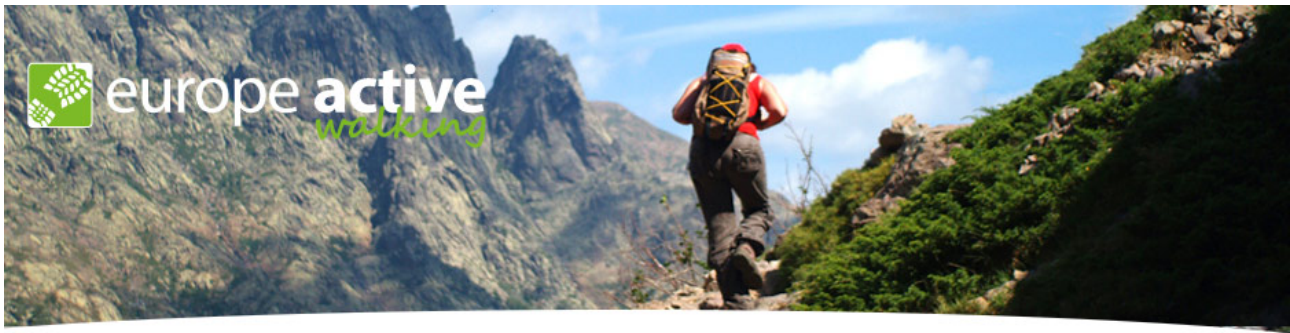
#### **Day 6 - Cala Luna - Caletta Fuili**

Hiking along the heights, we arrive in the late morning on the beautiful small beach of Caletta Fuili. We have lunch on board to allow us to return in the afternoon by boat and have the opportunity to see the entire route of our tour from the sea. We take this opportunity to observe this magnificent coast. We explore many small coves of great beauty and caves with purple colours. We arrive in Santa Maria Navarrese in the late afternoon.

Sailing time: 3h - 4h

Walking time: 3h - 4h

Height difference: 200m



### Day 7 - On shore excursion

We are invited to leave Santa Maria Navarrese for an excursion in the Supramonte to Orgosolo, a famous Sardinian village with a life illustrated in its "murals" (Sardinian street art).

We take this opportunity to discover life in the sheepfolds in the middle of a mountainous, unspoiled wilderness. Walk with Sardinian donkeys and possible sightings of wild bighorn sheep that go down into the valley to drink.

We participate in the shepherd's tasks: making cheese, milking goats and having lunch in his refuge, "ovile".

This is an optional excursion (45€ per person to be paid on site), people who want to stay on the boat or go to the beach can do just that.

Walking time: 4h

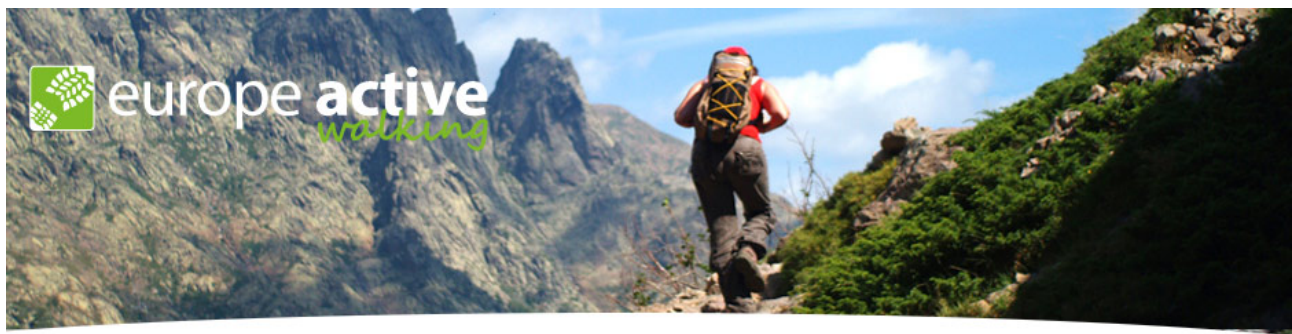
Height difference: 400m



### Day 8 - End of stay

Minibus transfer to Cagliari airport.

## Additional information



## **TARIFFS**

Price from 1380 euros per person.

## **OPTIONS**

Single room supplement : 900 euros per person.

Picnic lunches, breakfast and evening meals (except on the 7th day) prepared with the assistance of the whole crew! To be paid on the spot : 150 euros per person.

## **INCLUDED**

Transfer from/to Cagliari airport

Accommodation on the boat

The skipper

The guide (English-speaking) for hikes

Fins, masks, snorkels and sea kayaks

The fuel

Towels, bed linen

## **NOT INCLUDED**

A possible excursion to discover some Sardinian shepherds (about 50€ per person, to be paid on site)

Meals (see extras)

## **LEVEL OF DIFFICULTY**

Easy, the Selvaggio Blu is known as a difficult and committed walking route, but the use of the boat is perfect to access easily the coves. The relaxation can then be extended around the boat.

## **ACCOMMODATION**

Accommodation on board a catamaran in a double cabin with toilet and private shower.

## **SIZE OF GROUP**

From 8 people

## **DEPARTURE**

Santa Maria Navarrese (transfer from Cagliari airport to the harbour)

## **DISPERSION**

Santa Maria Navarrese (transfer to Cagliari airport)

## **IMPORTANT INFORMATION**

The proposed itinerary can be modified according to navigation or weather conditions. It is possible to sleep in a port if necessary.