

Italy

Self-Guided Hiking Tour

Active Journeys



Tour descriptions

Day 1	
Arrive Oliena	
Day 2	11km
Around Monte Corrasi	
Day 3	15km
To Su Gologone	
Day 4	11km
To Mount Tiscali	
Day 5	11/15 km
Choices of walks	
Day 6	11km
To Orosei Gulf	
Day 7	9/16 km
Cala Luna Beach walk	
Day 8 Cala Ganone	
Tour Ends	

Wilderness of Sardinia

Sardinia is the second largest Mediterranean island after Sicily, separated from Southern Corsica by just 13km of sea, the Bonifacio straits. It is stunningly beautiful and unspoilt, the ideal place to enjoy hiking or cycling. A wonderful vegetation of myrtle, rosemary, rockrose and sea lavender border the sandy beaches. The white chalk rocks and limestone cliffs give the water an enticing crystalline pale blue colour. In the island's interior, you will find a traditional land of shepherds and agriculture, rolling hills and meadows bright with wild flowers.

In the mountain villages, the older ladies still dress from head to foot in black and the communities are extremely traditional. You will find plenty of local crafts, including hand-made leather goods, ceramics, tapestries, lace and wine.

Our hiking itinerary starts in the high plateau of the Supramonte Massif. You will see a superb variety of terrain and have a real insight into local Sardinian life. The paths wind through Aleppo and maritime pine forests to reach jagged sea cliffs and rocky creeks. There are spectacular views at each turn.

Tour Details:

Dates: Daily April to October

Length: 8 days/7 nights

Cost: \$1695

Single Supplement: \$395

Grade: Intermediate

Starts: Oliena

Ends: Cala Ganone



Fast Facts

- Price includes 7 nights accommodation with breakfasts and 5 dinners
- Luggage transfers, route and maps
- Internal car transfers
- Not suitable for beginners



ITINERARY

Day 1 Arrive in Sardinia and transfer by bus to Oliena. There are regular buses to Oliena from Cagliari, and the ARST bus service is reliable and runs several times per day. We will meet you at the station and transfer you to your first hotel.

Day 2 From Oliena, a short climb takes you to the top of Monte Corrasi, and from here you will hike up Monte Maccione, and get your first glimpse of the Supramonte, as well as the valleys you will be walking through during the next few days. *5 hours, 11 km, 825m ascent, 815m descent*

Day 3 The trip starts with quite an easy walk mostly down hill along the side of the mountain towards Su Gologone, a crack in the rock at the foot of the mountain, where the only running stream in the area appears. *5 hours, 15 km, 395/641m ascent, 990/1249m descent*

Day 4 A short car transfer along the Lanaitto Valley takes you to Grotta di Sa Oche. Not to be missed along the walk is the Nuraghic village of Tiscali, located in a depression at the top of the mountain. This important archaeological site is located in such a perfect hiding place, that it was completely undiscovered for centuries. After passing through the wooded gorge of Surtana follow a descent to the River Flumineddu where you will be picked up for a short ride back to the hotel. *4 hours, 11 km, 497m ascent, 468m descent*

Day 5 A choice of walks through the beautiful Gole di Gorropu, one of Europe's deepest gorges or, following the mountain ridge, starting near the Silana Pass to the town of Dorgali. Short morning and afternoon transfer to/from the start of the walk. *5/3.5 hours, 15/11 km, 341/320m ascent, 177/690 descent*

Day 6 You are driven to the tunnel that connects the inland area of Dorgali to the coast. As soon as you come out of the tunnel, you will have a full view of the Gulf of Orosei, a 40 km stretch of high sea cliffs, full of caves, but with only a few small, beautiful beaches. There is an optional 2-hour extension before you continue to Cala Gonone. *4/5 hours, 11 km, 486m ascent, 958m descent*

Day 7 Today, a choice of final hikes takes us to the most famous beach in the area. At the end of the Codula di Luna, the narrow river valley that ends at the semi-circular beach of Cala Luna, you will experience a surprising phenomenon: a forest of Oleander trees surrounding a sweet water lake that arises or disappears according to the rains. Enjoy an afternoon at the beach, and hike back to Cala Gonone, where you will spend your final night. *6/4 hours, 16/9 km, 569/405m ascent, 946/402m descent*

Day 8

The trip and our services end after breakfast.



What to Expect

What will the weather be like?

The daytime temperature will be warm and sunny. In September, you can expect high 70's (high 20's C), and cooler evenings. Sunscreen is a must during the day, as is a sweater for the cooler nights. Traditionally it does not rain, but it is recommended to bring some rain gear in case.

How many hours of walking a day?

Be prepared to walk between 4-8 hours daily, rarely on flat terrain. Sardinia is all hills. You are either going up or down almost all the time; however, these are shorter rolling ascents and descents, some scrambling may be required.

How fit do I need to be?

Because of the difficult limestone terrain, you must be an experienced mountain walker, have a quality compass, a fully charged and working mobile phone and good map reading skills in order to undertake this Sardinian adventure.

What are the hotels like?

We use 3* accommodations, with twin-bedded rooms, all with private facilities. Hotels are chosen for their charm and location.



Extra Services

Hotels in Rome range from €140 per night to a deluxe 5* property at €450 per night.

We can organize rail passes for Italy only, or for multiple country rail passes. If you require only 2 segments (to/from) then it is less expensive to purchase locally.



Getting There

You can arrive by plane to Olbia, Cagliari or Alghero or by ferry to Olbia or Cagliari. Then you take a bus to Oliena changing in Nuoro.

We suggest to arrive in Sardinia before 4pm because some time is needed to catch the bus to Oliena.

If arriving after 4 pm, we suggest an overnight in the city of your arrival.

On the return, by bus to Cagliari, best to do this Mondays to Saturdays, mornings. Otherwise private transfers are available.

How to book your holiday

- Contact our office to make sure there is space available. One of our travel planners will walk you through the entire booking process.
- Download the reservation form from our website and send in completed form by fax or email. Once this is done, your space is confirmed and a pre-departure packet will be sent immediately.
- Deposit is required immediately, and final payment is due 60 days prior to departure. Terms & conditions are outlined on the back of our Reservation Form.
- Plan your air travel as soon as possible.
- We encourage you to purchase travel insurance, either through us or directly a travel insurance provider.
- Ensure that you are in proper health for the trip chosen. Contact us for more information on vaccinations, inoculations, and fitness requirements.