

# EXPLORE!



## Self-Guided Walking in Sardinia

ITALY - TRIP CODE WSSD

WALKING AND TREKKING

### Why book this trip?

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Explore the Southwestern corner of Sardinia and its unspoilt beauty with wild dramatic coastlines and crystal-clear waters. Hike along the Costa Verde among dunes and wildflowers, past abandoned mines, ancient watchtowers and natural granite breakwaters with incredible views of the surrounding coast.

- **Spectacular landscapes** - Little-known part of Sardinia immersed in wild nature
- **Beautiful beaches** - Such as Piscinas, perfect for a dive in the Sardinian crystal clear water
- **Accommodation** - Small, family run hotels with many chances to try the local specialties and local Carignano wine



**INCLUDED MEALS**

Breakfast: 8  
Dinner: 2

**TRIP STAFF**  
None

**TRANSPORT**  
None

**ACCOMMODATION**  
2 nights standard  
guesthouse  
5 nights standard  
hotel

**WALKING GRADE:**  
Moderate

## Itinerary

Itineraries on some departure dates may differ, please select the itinerary that you wish to explore.

### DAY 1 - Trip starts in Montevecchio

A private transfer will take you from Cagliari to Montevecchio, where you will spend two nights in a family run Agriturismo surrounded by nature. Here you can relax or take a dip in the pool, admiring the Sardinian sea at a distance. Your evening meals are include while staying here and are provided by the host, allowing you to try some traditional Sardinian cuisine.



**ACCOMMODATION:**  
La Miniera Fiorita (or similar)

**Grade: Standard Hotel**



**SINGLE ROOM AVAILABLE**



**MEALS PROVIDED: BREAKFAST & DINNER**

### DAY 2 - Montevecchio mine visit and circular forest walk

Montevecchio is one of the most ancient mineral mining sites in Italy. This morning you have the option to go on a guided tour (there are 4 different tours of about 45 minutes) of the abandoned mine site of the Miniere di Montevecchio. In 2007 this mine was added to the UNESCO list of Geoparks. After visiting the

mine you can enjoy a circular walk in the Croccorigas forest, thick with ilex groves, cork oaks and home to Sardinian indigenous deer.

Today's 9.5km walk is expected to take about 3 hours and you will ascend 370m and descend 370m



ACCOMMODATION:

La Miniera Fiorita (or similar)



Grade: Standard Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST & DINNER

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### DAY 3 - Walk the dunes of Piscinas to Scivu

The dunes of Piscinas are some of the tallest in Europe and located next to Sardinia's most beautiful beaches. Today's walk explores this desert, and for about 6 km it is likely to be just you, the sea, the sand and the wind! The last part of the walk is on gravel roads to the Agriturismo Fighezia, where you spend the next two nights. If you arrive early you can enjoy exploring the gardens or relaxing on the veranda.

Today's 13km walk is expected to take about 4.5 hours and you will ascend 335m and descend 193m



ACCOMMODATION:

Agriturismo Fighezia (or similar)



Grade: Standard Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

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### DAY 4 - Cape Pecora to Portixeddu beach Loop walk

Today you head back to the sea (Scivu beach) then take a footpath into the Mediterranean macchia or shrubland, leading you to a panoramic view point on the Cape Pecora granite headland. This strip of pink granite shaped by wind and water juts out into the blue sea, considered to be the gem of the green coast. Continue along to Portixeddu, a 2.5 km white sand beach famous for surfing which is bordered by dunes, with forests of pines, oaks and junipers offering shelter during hot summer days. After relaxing on the beach return to Portixeddu by a different path.

Today's 18km walk is expected to take about 6 hours and you will ascend 637m and descend 665m



ACCOMMODATION:  
Agriturismo Fighezia (or similar)



Grade: Standard Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

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## DAY 5 - Walk from Portopaglia to Portoscuso

Today you have a taxi ride of around 1 hour to the ancient fishing village of Porto Paglia. Take time to explore the village before starting today's walk along a very wild and remote coastline. The route you follow is a sandy footpath with stunning views of the cliffs. This walk is not suitable for people who suffer from vertigo, since there are a couple of sections with no railings close to the cliff's edge. The path then winds down to Portoscuso where you spend the night. Portoscuso is home to a 16th century Spanish Tower, the 17th century church of Madona d ltria as well as the famous tuna fishery, all worth a visit.

Today's 12km walk is expected to take about 4 hours and you will ascend 392m and descend 419m



ACCOMMODATION:  
Hotel Don Pedro (or similar)



Grade: Standard Hotel



SINGLE ROOM AVAILABLE





MEALS PROVIDED: BREAKFAST

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### **DAY 6 - Ferry to San Pietro Island, circular walk from Carloforte. Ferry and taxi to Sant Antioco**

First thing you hop on the ferry to the port of Carloforte on neighbouring San Pietro Island. Today's walk starts climbing on a secondary asphalt road towards the north side of the Island, where at the end of May they start the so-called Mattanza, a system of nets that for about 45 days catch tuna fish. Walk back to Carloforte from where you will take the ferry to Calasetta and then a private transfer takes you to the town of Sant Antioco on the island of the same name where you spend the last two nights of this holiday. Once a Phoenician Carthaginian colony, then a Roman city, today Sant Antioco is a charming seaside town. Wonder through the streets and admire the coloured houses, maritime history and impressive churches as well as the working fishing port.

Today's 12km walk is expected to take about 4 hours and you will ascend 379m and descend 379m



ACCOMMODATION:

Il Sentiero B&Bio (or similar)



**Grade: Standard Guesthouse**



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

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### **DAY 7 - Drive to Cape Sperone then walk back to Sant Antioco via Torre Cannai**

Today starts with a short drive to Cape Sperone, from where you walk back to Sant Antioco. During today's walk you pass by the imposing watchtower of Torre Cannai, once the backbone of the medieval defence system. Following on past the watchtower the path takes you to the beautiful beach of Maladroxia, a popular spot for surfers and windsurfers when the Maestrone wind blows (winter and spring). The last part of the walk back to Sant'Antioco town is alongside the asphalt road.

Today's 18km walk is expected to take about 5.5 hours and you will ascend 363m and descend 342m



ACCOMMODATION:

Il Sentiero B&Bio (or similar)



Grade: Standard Guesthouse



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

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### **DAY 8 - Trip ends in Sant Antioco**

After breakfast, the organised part of your holiday comes to an end.



MEALS PROVIDED: BREAKFAST

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## **Trip information**

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### **Country information**

#### **Italy**

##### **Climate**

April/May and October/November are pleasantly warm. June/September are the hottest months. Showers are common in Autumn.

<b>Time difference to GMT</b>	<b>Plugs</b>	<b>Religion</b>	<b>Language</b>
+1	2 Pin Round	Roman Catholic	Italian

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### **Budgeting and packing**

#### **Clothing**

Take light and comfortable clothing that can be layered according to the temperature. July and August are the hottest months whilst early and late in the season go prepared with clothing to suit drops in temperature and possible showers. Light rainwear may be needed at any time of year, and a warm fleece/jacket is recommended for cooler evenings and nights.

#### **Footwear**

Walking boots or shoes and comfortable trainers and/or sandals for sightseeing and relaxing.

## Luggage

20kg

### Luggage: On tour

You will need one main piece of baggage and a daypack sufficiently large to take everything needed for your walking day, such as your water bottle, snacks, spare clothing and camera. Your main luggage will be transferred to your next accommodation. Please clearly mark all your belongings with your name and the name of the next accommodation and have your bags ready and at the reception by 09:00 on the morning of your departure.

### Luggage transfer

Included between hotels.

## Equipment

Insect repellent, sunglasses, walking poles, sunscreen and a water bottle are all recommended.

### Italy

#### Food and drink

The costs for meals may vary depending upon location, type of restaurant and number of courses eaten and so the prices given are an average guide. Local restaurants located off the beaten track may be less expensive, whereas an upmarket restaurant located in the centre of a major city may charge more.

Lunch price	Dinner price	Beer price	Water price
£5.00 - 10.00	£15.00 - 20.00	£2.00 - 4.00	£1.00 - 2.00

#### Foreign Exchange

Local currency	Recommended Currency For Exchange
Euro.	GBP.

#### Where To Exchange

We recommend that you change any currency into Euros prior to arrival. Bureau de Change are generally only found in major cities and large airports.

ATM Availability	Credit Card Acceptance
Major towns.	Larger hotels and restaurants.

#### Travellers Cheques

Only in major towns. Please note, the exchange rate for cash and Travellers Cheques is poor.

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## **Transport, Accommodation & Meals**

### **Recommended airport**

For this trip you can fly into and back from Cagliari Airport.

### **Flying to your destination**

We recommend flights into Cagliari airport which are served by both budget (including Ryanair and Eurowings) and non-budget airlines (including British Airways) from multiple airports in the UK.

### **Arrival and departure information**

At the start of your trip you can fly into Cagliari Airport. A private transfer will take you from Cagliari airport to Montevecchio, where your trek starts. From Sant'Antioco, where the trip ends, you can take a bus to Carbonia (<http://www.arstspa.info/801.pdf>) and then a train from Carbonia to Cagliari Airport.

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## **Essential Information**

### **FCO Advice**

We strongly recommend that you check your government's travel advisory for up-to-date information and advice about your destination: safety and security, entry requirements, health, local laws and customs. For UK Foreign and Commonwealth Office advice [click here](#).

For more information from Explore about travel advice, [click here](#)

### **Under 18 immigration guidance**

Please note that some countries require proof of parental consent when travelling overseas with under 18s. Please check requirements with the relevant embassy or consular office well in advance of travel if this applies to your party.

### **Price Guarantee**

Once your booking has been confirmed we guarantee the price will not increase, whatever the circumstances. Before booking please ensure you have read our important tour pricing information. [Booking Conditions](#)

### **Visa and Passport Information**

Italy: Visas are not required by UK, Australian, US, New Zealand, US or Canadian citizens. Other nationalities should consult their local embassy or consular office.

All visa information is subject to change. You should confirm all visa related questions with the relevant Embassy prior to departure.

If you do require assistance in obtaining a visa then you may consider applying through Explore's recommended visa service in the UK, Travcour. See [www.travcour.com](http://www.travcour.com) to download the relevant visa



application for your trip, if applicable (UK citizens only), along with details of how to apply for your visa through Travcour. The Team at Travcour will be happy to answer specific questions relating to visa applications, please call them directly on 0208 5431846.

It is your responsibility to ensure that you are in possession of a full passport, with the correct validity for your chosen destination.

## Booking conditions

Before booking your Explore trip, please ensure that you read both our Essential Information and Booking Conditions.

## Transfers

[Find out more about Trip Transfer Terms and Conditions before you book.](#)

### Booking a land only package with Explore

Customers who have chosen to book on the 'Land Only' arrangements of our tour, please ensure that you have checked your tour specific 'Joining Instructions' prior to booking your own travel arrangements. Your joining instructions can be found below in the dates and prices information.

You may also be eligible for the Free Explore Transfer.

### Joining Tour Abroad

Customers booked on the 'Land Only' arrangements will now receive a Free Transfer, provided you arrive and depart on the tour only itinerary start and end dates. The complimentary transfers will be arranged from the Explore designated airport or train station to your trips joining point, and then back from the ending point to the designated airport or train station. Generally the airport or station that Explore have selected will be the one that is closest to the town or city where the trip starts, or the one nearest to the joining point. It will be either an airport or train station but not both.

The exception to this rule is customers who are booked on a tour where the joining and ending point is at the designated airport or train station.

Free transfers are not available for Self-Guided, Polar, Tailormade or Tours for Churches customers.

If you are not eligible for the Free Transfer then you will need to make your own way through to the joining and ending point. On a majority of our tours Explore will be able to provide a private transfer at an additional cost. Please ask for a quote at the time of booking.

For more information regarding the Explore Free Transfer [click here](#)

## Insurance

It is a condition of booking with Explore that you have adequate valid travel insurance. It is your responsibility to arrange appropriate travel insurance and ensure you have read and understood the full terms and conditions of your travel insurance policy to ensure that you are covered for all activities you intend to undertake whilst on the tour, including all optional activities. Your Insurance Policy must fully cover you for medical expenses and emergency repatriation to your home country. Please ensure your policy includes medical emergency helicopter evacuation in the event of illness or injury and covers the entire duration of your holiday. If you are trekking at altitude please ensure that there is no upper altitude limit which may limit or exclude cover for your trip. The cost of many of our Polar Voyages will exceed the capped amount covered by standard insurance premiums and you will be required to pay an

additional premium to cover the full value of your trip. Please ensure that you are covered for the full amount of your holiday cost, as insufficient cover could invalidate a claim under the policy. Medical and repatriation insurance cover is not mandatory for UK residents who are travelling on trips within the United Kingdom.

Read more information about what travel insurance is required.

## Flight information

Explore offers a wide range of flexible flying options to make joining and leaving our trips easy. Read more about them here.

### Flight Information

You are able to book this tour on a 'land only' basis or as a 'flight inclusive' package. Your flight inclusive package will be fully protected by the Civil Aviation Authority (CAA) ATOL protection scheme.

### Booking a flight inclusive package with Explore

We have a good selection of flights not only from London but from many regional airports around the UK allowing us to compare fares between scheduled carriers as well as low cost and charter airlines. Our dedicated flights team will match the best flight options to your arrival and departure airport.

On our website we display a UK flight inclusive package guide price which is generally based on a London departure. To avoid paying supplements or to secure your preferred flight option, we recommend booking as early as possible, especially for peak travel dates.

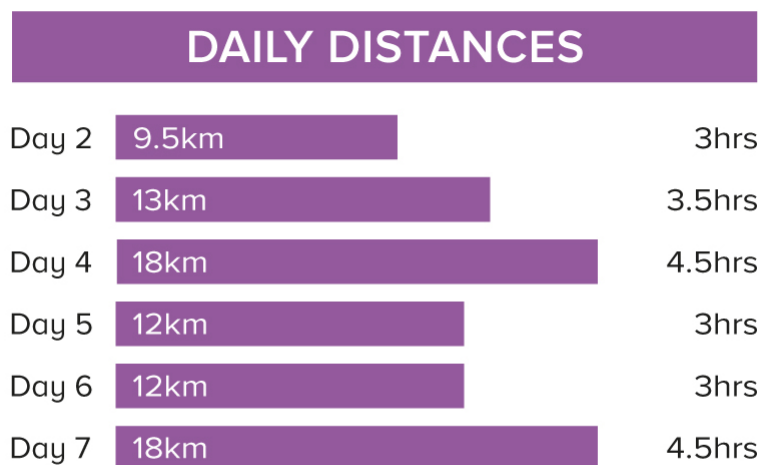
## Italy

### Vaccinations

Nothing required. Tetanus recommended. Please check the latest requirements with your travel clinic or doctor prior to departure. The above is not an exhaustive list. Further information regarding vaccinations and travel health advice can be found by following the NHS and NaTHNaC links at Explore Travel Health and from your local healthcare provider. Visa and vaccination requirements are subject to change and should be confirmed by you before travelling.

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## Walking and Trekking information



## Walking grade

Moderate

## Trek details

On this journey you walk 82 km over 6 days (an average of 14 km per day). The two longer walks can be shortened by taxi transfer to the starting point (5km on day 4 and 4km on day 6). The walks are on various terrains: gravel road and paths, in the forest, along a beautiful rocky and sandy beach, following rocky coastal footpaths, sometimes through low vegetation/bushes and along mule tracks, along remote sandy footpaths by high cliffs, with a few sections of secondary surfaced roads as you enter the villages and towns. We have graded the route as moderate.



**AWARD WINNING  
EXPLORE LEADERS**



**PRICE GUARANTEE  
PROMISE**



**AIRPORT  
TRANSFERS**