

EXPLORE!



DISCOUNTED

Walking in Sardinia

ITALY - TRIP CODE SAR

WALKING AND TREKKING

Why book this trip?

Rugged limestone mountains, deep boulder-strewn gorges, Bronze Age villages and idyllic coastal trails are the locations for scenic and exciting hikes on this Sardinian walking holiday. Explore the natural beauty of the east of this wild and unspoilt island staying at both a welcoming farm-stay in the tranquil interior and contemporary hotel on the stunning Gulf of Orosei coast.

- **Supramonte Mountains** - Climb the rugged limestone summits of a wild and windswept mountain range
- **Nuragic ruins** - Hike to Tiscali and explore the mysterious legacy of Sardinia's ancient past
- **Gorropu Gorge** - Exciting trek through this geological wonder



INCLUDED MEALS
Breakfast: 7
Lunch: 3
Dinner: 4



TRIP STAFF
Explore Tour
Leader / Trek
Guide
Driver(s)



TRANSPORT
Bus
Boat
Ferry



ACCOMMODATION
4 nights standard
agriturismo
3 nights standard
hotel



WALKING GRADE:
Moderate



GROUP SIZE:
10 - 16

Itinerary

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

DAY 1 - Join trip at Olbia Airport; drive to our agriturismo

After joining the trip at Olbia airport, we drive (1 hour 20 minutes) to our base for the next four nights, the welcoming, family-run Agriturismo Canales. Nanni and Lina's farm-stay occupies a tranquil setting overlooking Lake Cedrino, with views to the mountains beyond. The small agricultural town of Dorgali, known for its crafts and ceramics, is around five kilometres away. The agriturismo's small restaurant serves up tasty cuisine each night including typical Sardinian fare such as hearty pasta dishes made with the local Gnocchetti and Seada, a sweet semolina fritter flavoured with pecorino cheese, lemon and honey.



ACCOMMODATION:
Agriturismo Canales (or similar)

Grade: Standard Agriturismo



SINGLE ROOM AVAILABLE



MEALS PROVIDED: DINNER

DAY 2 - Supramonte Mountains trek including peaks of Monte Corrasi and Punta Sos Nidos

Today's walk will take us to one the most spectacular viewpoints in Sardinia, offering panoramic views over the whole of the Supramonte Mountains and beyond. The Supramonte range is characterised by its rugged karst (limestone) topography from which rivers have carved out deep canyons and ravines.

After driving to the start point of our walk near the steep gravel track of Scala 'e Pradu (approximate altitude 900m) we climb up onto the barren limestone plateau that stretches between the peaks of Monte Corراسi and Punta Sos Nidos. We ascend Monte Corراسi first; at 1463 metres it's the highest peak in the Supramonte. The views from here are simply astounding, reaching from Punta La Marmora (Sardinia's highest peak) and the Gennargentu Mountains to the west to the Oddoene Valley and the Mediterranean Sea to the east. After enjoying the view, we continue at first downhill and then uphill again to the summit of Punta Sos Nidos (1348 m) for a great view down into the Valley of Oliena, hundreds of metres below. The final stretch of our trek takes us back to our starting point.

Today's 12 kilometre walk is expected to take around six hours with a total ascent of 600 metres and a descent of 550 metres.



ACCOMMODATION:
Agriturismo Canales (or similar)

Grade: Standard Agriturismo



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

DAY 3 - Trek to summit of Punta La Mamora, Sardinia's highest peak

Our drive this morning to the starting point of our trek near S'Arena takes us along the western fringes of the Gennargentu and Gulf of Orosei National Park, offering stunning views to the east and on towards the Girgini Forest. Our aim today is to reach Sardinia's highest point, Punta La Marmora (1834 m), starting out at around 1500 metres and passing over Sardinia's second highest peak Bruncu Spina (1828 m). We trek through a bare, windswept landscape covered only by low ground-hugging shrubs and rocks. Throughout April and the beginning of May, snow may still be covering parts of the path. If we are lucky we may spot wild mouflon sheep and soaring eagles, as well as small groups of horses left to graze on the mountains flanks. A variety of colourful wildflowers can be spotted during spring and early summer.

Today's 15.5 kilometre walk is expected to take around five-and-a-half hours with a total ascent of 735 metres and a descent of 685 metres.



ACCOMMODATION:
Agriturismo Canales (or similar)

Grade: Standard Agriturismo



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

DAY 4 - Hike through the homelands of the ancient Nuragic civilization to Tiscali archaeological site

We begin our day with a short drive into the Lanaittu Valley to the Sa Oche Cave where we visit the nuragic temple of the Sacred Spring, an archaeological site discovered only recently. The Nuragic civilization of Sardinia lasted from the 1800 BC (Bronze Age) to the 2nd century BC, with its name deriving from the nuraghe, a fortress-tower construction, the remains of which now dot the Sardinian landscape. The cult of water was an important element of the Nuragic religion and many well-temples and sacred springs were constructed.

We set out from Sa Oche, initially along a wide gravel road which later narrows to a rocky footpath, as we climb up to the site of the village of Tiscali, located in a depression at the top of the mountain of the same name. Invisible until you climb down into the depression, it's thought the village was built here for defensive reasons. A number of nuraghe dating back to the first millennium BC can be seen. In the centre of the site a wide window in the rock opens out onto the Lanaittu valley below. We descend to Sa Oche by a different route, taking us through a narrow gorge with lush vegetation where, if we are lucky, we could spot wild boar or a family of wild mouflon sheep.

Today's nine-and-a-half kilometre walk is expected to take around four hours with a total ascent and descent of 350 metres.



ACCOMMODATION:
Agriturismo Canales (or similar)

Grade: Standard Agriturismo



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

DAY 5 - Free day on the coast at Cala Gonone

We say goodbye to the agriturismo this morning and head for the coast to experience a different side of Sardinia. Our next three nights will be spent at a hotel in the seaside village of Cala Gonone on the Gulf of Orosei. This is a laid back place where life gravitates towards the long seafront promenade with a scattering of bars and restaurants and a gently shelving beach.

The day is left free. You may choose to take a break from walking to relax on the beach at Cala Gonone or nearby Cala Fuili or catch a boat further along the coast to visit various other remote and beautiful beaches and caves. There are also coastal walking options that your leader will be able to brief you about.



ACCOMMODATION:
Hotel Cala Luna (or similar)

Grade: Standard Hotel



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 6 - Hike along part of the Selvaggio Blu coastal trail with fabulous sea views

We catch a boat south to Cala Sisine this morning and enjoy fabulous coastal views of the limestone cliffs and turquoise waters of the Tyrrhenian Sea. Cala Sisine is an unspoilt sandy beach in a gorgeous cove from where we start our trek along a section of the renowned Selvaggio Blu trail. The Selvaggio Blu (Wild Blue) is a multi-day trek, abseiling and climbing expedition that runs for over 50 kilometres along a stretch of Sardinia's remote limestone east coast. But don't worry - the section from Cala Sisine to Cala Gonone that we hike involves only walking! The rocky trail undulates up and down the cliffs from Sisine to another beautiful beach, Cala Luna at nine kilometres from where there's an option to return to Cala Gonone by boat. For those wishing to continue, it's another five-and-a-half kilometres on to the end of the trek, the beach at Cala Fuili, a 20 minute walk back to our hotel.

Today's 14.5 kilometre walk is expected to take approximately five-and-a-half hours with a total ascent of 845m and descent of 910 metres.



ACCOMMODATION:
Hotel Cala Luna (or similar)

Grade: Standard Hotel



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 7 - Trek through the amazing Gorropu Gorge

Today's walk is in the amazing Gorge of Gorropu, dug out by the forces of the Flumineddu River. After breakfast we drive along one of the island's most panoramic roads, to the trailhead of the path at the Genna Silana Pass at a little over 1000 metres. From here we walk along a steep gravel track leading slowly down to the canyon entrance, passing through the fragrant Mediterranean maquis, coloured by wildflowers and the red fruits of the strawberry trees. On arrival at the gorge, local guides will explain the nature and geology of this amazing canyon after which we set out to walk and explore this wonder of nature on our own. The further we hike into the gorge, the bigger the boulders we have to climb over and the narrower the passages we have to squeeze through, until we reach the point where the base of the gorge is only five metres wide. From here we make our way to the gorge entrance and follow an easy trail along the river to our pick-up point near a bridge over the river.

Today's 10.5 kilometre walk is expected to take around five hours with a total ascent of 65 metres and descent of 800 metres.



ACCOMMODATION:
Hotel Cala Luna (or similar)

Grade: Standard Hotel



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 8 - Drive to Olbia Airport where the trip ends

We drive back to Olbia Airport today where our Sardinian adventure ends.



MEALS PROVIDED: BREAKFAST

Trip information

Country information

Italy

Climate

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

Time difference to GMT	Plugs	Religion	Language
+1	2 Pin Round	Roman Catholic	Italian

Budgeting and packing

Optional activities

The following excursions and/or activities are usually available and may be arranged locally. Estimated costs are provided below for guidance only, are on a per person basis unless shown otherwise, and may depend on the number of participants. Prices quoted are correct as of the date these tour notes were originally issued but may change at any time due to currency fluctuations. Please note: These activities are booked and paid for direct with the supplier and do not form part of your Explore holiday contract.

Boat trip Cala Luna to Cala Fuili €xx
Boats to other beaches €xx

Clothing

Bring light and comfortable clothing that can be layered according to the temperature. The weather conditions in the mountains can be changeable, and it can become cool especially early and late season so

make sure you bring warmer layers. Tops made from wicking materials which keep you drier and warmer are recommended as a base layer, and walking trousers are preferable to trousers of heavier material such as jeans. A waterproof jacket is essential at all times in case of rain and wind.

- Breathable wind and waterproof jacket (you may also wish to bring waterproof trousers)
- T-shirts
- Long sleeved tops
- Sunhat
- Warm hat
- Gloves
- Long trousers
- Shorts (if you prefer to walk in them)
- Swimwear
- Midlayer Fleece/pullover
- Socks (liner and thicker pair)

Footwear

We recommend you bring lightweight walking boots, make sure that your boots are worn-in and comfortable before the start of the trip. Also trainers or sandals for relaxing and general wear. We suggest that on international flights you either carry your walking boots in your hand luggage or wear them - should your luggage be lost or delayed, your own boots are the one thing that will be irreplaceable.

Luggage

20kg

Luggage: On tour

One main piece and a daypack.

Equipment

- Sunglasses
- Sun cream
- Small Torch (with spare batteries and bulb)
- Walking poles
- Personal first aid kit - On each walk a first aid kit is carried but you should have your own blister kit, supply of plasters, aspirin and other essentials.
- Insect repellent
- Small waterproof dry bag (for items such as your mobile phone)
- Reusable water bottle (minimum 1 litre) - Get 15% discount on a Water-to-Go bottle www.explore.co.uk/about-us/responsible-travel/water-to-go-discount-with-explore
- Lunch box/Tupperware (for packed lunches)

Tipping

Explore leader

At your discretion you might consider tipping your Trip Leader in appreciation of the efficiency and service you receive.

Local crew

Although entirely voluntary, tipping is a recognized part of life in this region of the world. Some local staff will look to members of the group for personal recognition of particular services provided. In order to make things easier for you, the Tour Leaders may organise a group's tips kitty and if this is the case, they will account for it throughout the tour. Accordingly, we recommend approximately 15€ per person for tipping. 10% is recommended at meal times.

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.

Transport, Accommodation & Meals

Transport Information

Bus, Boat, Ferry

Accommodation notes

The first four nights of the trip are spent at the family-run Agriturismo Canales. Nanni and Lina's farm-stay occupies a tranquil setting overlooking Lake Cedrino and with views to the mountains beyond. The small agricultural town of Dorgali, known for its crafts and ceramics is around five kilometres away. The

en suite rooms are simply furnished in a rustic Sardinian style. The agriturismo's small restaurant serves up tasty cuisine each night including typical Sardinian dishes.

Hotel Cala Luna is a small hotel located just a few metres from the seafront in the laid back seaside resort of Cala Gonone. En suite rooms are furnished in a contemporary style. The hotel has a small gym and sauna and mountain bikes are available for guests' use free of charge. Its restaurant specialises in local seafood.

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

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

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 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.

Maximum altitude (m)

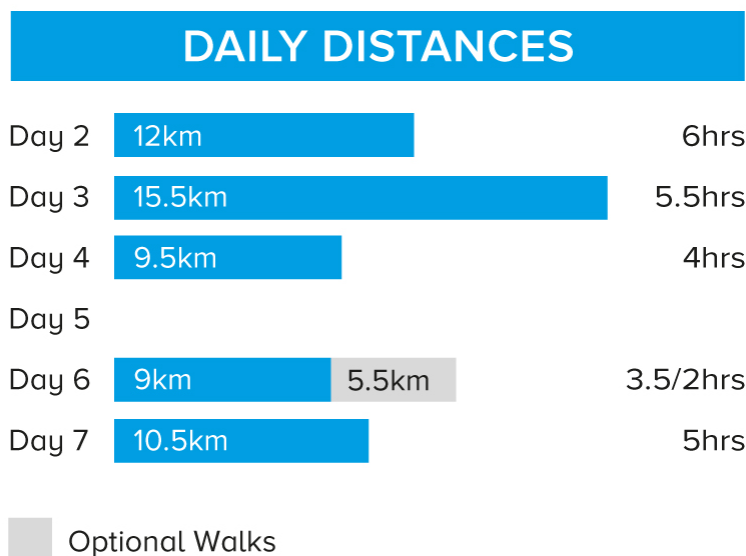
1834

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.

Walking and Trekking information



Walking grade

Moderate

Trek details

Walks on 5 days for between 4 to 6 hours. Terrain varies from dirt and gravel tracks to rocky trails. Some light scrambling and rock-hopping may be required on sections of the gorge and mountain

walks. This trip is only suited to sure-footed walkers who are confident walking on this type of terrain.

Max walking altitude (m)

1834



**AWARD WINNING
EXPLORE LEADERS**



**PRICE GUARANTEE
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**AIRPORT
TRANSFERS**