





SARDINIA, BETWEEN SEA AND MOUNTAINS


From Gennargentu to the Gulf of Orosei



Sardinia offers walkers a fascinating landscape. It is also a veritable open-air museum where the remains of the Nuragic civilisation abound. Our trip to Sardinia begins in the heart of the island, in the Gennargentu, home to mouflons, golden eagles and wild peonies. The route then passes through the charming Sardinian town of Dorgali and the high karst plateaux of the Supramonte, before reaching the east coast with its small coast and its small white sandy coves, ideal for diving into the crystal-clear waters.

 8 days

 Guided / with a guide

 With or without baggage transport

 Accommodation : Comfort (room)

 Level : **

 From : 1570€

You will like

- Hiking in the heart of Supramonte and Selvaggio Blu
- Discover the heavenly beaches of the Gulf of Orosei
- Comfortable *** and **** hotels
- Quality Sardinian restaurants

The route

Day 1

OLBIA - LAC DE GUSANA

Meeting at 4.30pm with your guide at Olbia airport, then transfer to the centre of the island, near Lake Gusana. Check into your accommodation for two nights (approx. 2 hours 20 minutes drive). Hotel*** half board

Day 2

GENNARGENTU MASSIF - ORGOSOLO - FONNI

Near Fonni, in the very heart of the island, in the nature reserve of the Gennargentu mountain nature reserve, our first hike takes us to Bruncuspina (1,792 m) and Punta Marmora (1,834 m), the highest point on the island. The ridge path takes us through extensive, wild landscapes. A favourite refuge for mouflons, the granite mountain is a favourite refuge for moufflons and boasts typical high-altitude flora. In the event of bad weather conditions, another hike will be planned in the Supramonte d'Orgosolo, on the side of Monte Novo San Giovanni. On the way back, visit the town of Fonni and its murals. Picnic + half board in a *** hotel

5h30 walk / Elevation: +/- 650m / 16km

Day 3

GUSANA LAKE - MOUNT TISCALI AND NURAGIC VILLAGE - DORGALI

We leave for Dorgali, heading for the east coast of the island and the Flumineddu valley. In the isolated lands of the Supramonte, the route reaches Monte Tiscali, a high point in the history of the Nuragic civilisation. This unspoilt region of Sardinia was often ignored by the great Mediterranean civilisations. Ragged landscapes, tangled with cliffs and jagged ridges, rise up around the Tiscali sinkhole, in which a Nuragic refuge is nestled (visit not included). A visit to the domus of Janas de Biduai rounds off the hike. Travel to Dorgali and check into our accommodation for two nights. Picnic + half-board in a hotel ****

4h to 5h walk / Elevation: from +/-500m to +/-675m / from 8 to 12km

Day 4

CALA DI LUNA

This morning, we set off towards Punta Malesa, then gradually descend through centuries-old holm oaks towards the wild gorges of Cala Luna. After a beautiful crossing through a forest of oleanders, we reach the white sandy beach of Cala Luna. Free time for a swim in the crystal-clear waters. Picnic lunch + half board in a hotel ****

4h walk / Elevation: +/- 400m / 12km

Day 5

GORRUPU GORGE

Today we head for the Flumineddu valley. Hike through the Gorropu gorge, the deepest canyon in Europe with limestone walls almost 500 metres high. Among the water-worn boulders, the route penetrates the grey and orange stone walls at the narrowest point. You can swim in the pools of the Riu Flumineddu. In the afternoon, we reach our accommodation in Santa Maria Navarrese along the scenic and tourist route of Orientale Sarda. Settle into your accommodation for three nights in the heart of a small seaside resort on Sardinia's east coast. Picnic + half-board in a *** hotel

4.5h to 5.5h walk / Elevation: +/- 300m / 14km

Day 6

CALA GOLORITZE - SUPRAMONTE DE BAUNEI

Walk from the mountain, the Golgo altipiano, to the sea and discover the natural monuments of the Ogliastro, including

the Su Sterru chasm (one of the few karstic sinkholes so deep by a single span). Access to the ridges overlooking the Gulf of Orosei, via the "Carbonai" path, to reach the superb cove of Cala Goloritze, dominated by the smooth rock needle of the same name. Free time for a swim. Picnic lunch + half-board in a *** hotel
3h30 to 4h30 walk / Elevation: +/- 450 to +/- 550m

Day 7

COTIER DE PEDRA LONGA - SELVAGGIO BLU

From the hotel, hike along the coast towards the Pedra Longa monolith, a tall limestone pyramid towering above the sea. We follow part of the famous Selvaggio Blu, the island's legendary path. Picnic lunch + half board in a *** hotel
4 h walk / Elevation: +/- 400m / 12km

Variation: Depending on the level of the group, a slightly longer hike may be proposed: the "Croce Pittaine" Way of the Cross. Starting from the hotel, hike to one of the highest points above Santa Maria. This hike gives access to one of the most beautiful panoramas of the Bay of Arbatax.
5h to 6h walk / Elevation: +/- 750 m / 14 km

Day 8

SANTA MARIA NAVARRESE - OLBIA

After breakfast, transfer to Olbia airport for departure at around 11 a.m. (approx. 2h30 journey time).

Transfers will be made by minibus driven by the guide, who will be able to share his favourite addresses and add personalised discoveries to your stay.

The trip

LEVEL **

Altitude difference: + / - 350 to 750 m on average per day.

Walking time: 4 to 6 hours on average per day.

Rocky terrain most often. Coastal or mountain trails, most often in the heart of the maquis or in a balcony above the sea.

Good physical condition is still required.

This trip was made in collaboration with our local partners, who like us are committed to creating an authentic stay for you.

GUIDING

Number of participants between 4 and 8 people supervised by a qualified professional (mountain guide).

ACCOMMODATION

You will be accommodated in a room of 2 people. You can choose, subject to availability, a single room.

The 1st listed hotel *** is located in a green park, in a relaxing environment, close to Lake Gusana.

The 2nd listed hotel **** is located 900 m from the typical village of Dorgali. It has an indoor heated pool.

The 3rd listed hotel *** is located in a quiet area, in the pretty coastal town of Santa Maria Navarrese, 500 m from the beach.

MEALS

Full board from dinner on day 1 to lunch from day 8. Meals can be taken in or outside the hotel. In Sardinia, meals are a privileged moment, where Sardinians meet. Sardinian cuisine at dinner, varied and often based on simple products: pecorino, ravioli, malloreddus, focaccia, seada, etc. Picnics from the bag at lunchtime, prepared by the guide.

Please inform us about your food allergies and special diets **at the time of booking**.

We do our best to accommodate special diets (gluten-free, vegetarian, etc.). However, we encourage you to bring some additional products for your own picnics.

CLIMATE

Temperate Mediterranean, sometimes hot in summer, but without making the stay overwhelming. The water temperature is pleasant for swimming at sea from the middle of spring until autumn. Winds marked in the West and at altitude.

Practical information

ACCESS TO THE POINT OF DEPARTURE

BY FERRY

To reduce the environmental impact of air travel, we suggest you take the ferry to Sardinia. Crossing from Toulon to Porto Torres (Corsica Ferries). Another option is to leave from Genoa (<https://www.mobylines.fr/>) for a crossing to Olbia. If you wish, we can book your tickets for you from Genoa.

BY PLANE

Flights to Olbia (direct or with stopover) with low-cost carriers (EasyJet, Transavia, Ryanair) or Air France.

ACCOMMODATION BEFORE AND AFTER YOUR STAY

If you wish to arrive the day before or extend your stay, you can take advantage of Sardinia's capital, with its rich architecture and varied culture. For additional night(s) in a *** hotel in Cagliari, please contact us.

CONTACT US

If you are late contact the agency on +33 (0)4 50 79 09 16 or +33 (0)6 42 49 76 07

Dates & prices

8 days/7 nights / 6 days hiking / Saturday to Saturday

Single room supplement, subject to availability:

April departure: €270

September departure: €340

October departure: €290

From 20/04/24 to 27/04/24 Full 1570 €

From 04/05/24 to 11/05/24 Full 1570 €

From 21/09/24 to 28/09/24 Open departure 1630 €

From 19/10/24 to 26/10/24 Open departure 1540 €

THE PRICE

Includes:

- Accommodation
- Full board as described day by day, from dinner on day 1 to breakfast on day 8
- Welcome drink on day 1
- Local taxes
- Supervision
- Local transfers by minibus driven by the tour leader

Does not include:

- Drinks and personal expenses
- Access to paying natural sites (Tiscali, Gorropu, etc.; allow a budget of €15 to €20 per person for the week)
- Insurance cover
- Registration fees
- Return transport to the meeting point

The price applies from departure to end point.

Equipment and baggage

RECOMMENDED EQUIPMENT

Clothes

For the hike:

- for maximum comfort, favour a «multi-layer» clothing system: underwear (tights + swimwear) type "carline" or "capilene" (hollow fibers evacuating perspiration) + waterproof and breathable jacket or fleece jacket + mountain jacket and overpantalon for bad weather.

In general and outside hot countries, avoid cotton that retains moisture near the body (and dries hard) in favor of suitable synthetic materials.

- canvas pants - shorts - T-shirts
- 6-7 pairs of hiking socks
- 1 rain cape or small umbrella
- 1 sun hat, ideally a Saharan cap with visor and neck protection
- 1 scarf to protect from sun and/or wind
- 1 cap and 1 pair of gloves, depending on season and altitude always have them at the bottom of the bag

For the step:

- Change of clothes and comfortable shoes
- "Ear" balls or earplugs
- minimum toiletries
- swimsuit and towel

The clothing list must be adapted to the season and region chosen.

Miscellaneous equipment

For the hike:

- 1 pair of hiking shoes (with waterproof and breathable membrane, type «gore tex» or equivalent) in which you are well! You have to «break» new shoes before going on a hike wearing them a few weeks before to avoid the inconvenience of blisters and warm-ups...

- 1 (or 2) pair of sunglasses with a minimum of 3
- 1 large sturdy plastic bag to wrap clothing and belongings in backpack (in case of heavy rain)
- 1 bottle preferably isothermal of 1 L minimum. Drinking is essential when hiking, 2 gourdes from 1 to 1.5 L will not be luxury in summer and/or in dry and hot regions
- 1 Swiss knife type folding knife + cutlery + cup
- 1 tupperware type bowl with lid for picnics
- toilet paper, tissue
- 1 pair of telescopic sticks, optional, but used to balance and lighten the weight of the body as it descends, and helps during the climb by rhythming the walk and as an additional push
- 1 pocket to hold your papers and values: passport or identity card, insurance contract, health card, vaccination certificate, plane tickets, train tickets, credit card, money...
- 1 small personal pharmacy (non-exhaustive list to be adapted according to your own medical needs): pre-cut sterile dressings, local antiseptic for external use (wounds), elastoplasty and/or double skin (ampoules), paracetamol analgesic type, Antidiarrheal and intestinal antiseptic, Antispasmodic, Antihistamine (allergies), physiological serum or eye drops, light sleeping pill, high protection sunscreen for the skin and lips, Biaffine type moisturizer (sunburn and burns), cream or antimoustitic spray, Arnica Montana in pellets 9 CH (soreness)...

For the stage:

- 1 pair of light sandals.

LUGGAGE

- 1 backpack from 35 to 40 L with ventilated back, adjustable and equipped with a belly belt, which can contain the food of the day, the canteen, a protective clothing, the camera...

- 1 soft travel bag (excluding hard suitcases) to hold the extra business for the week to be entrusted to the carriers.

Warning! Only one bag per person not exceeding 10 kg. Any excess may be refused.

Details



Registration by mail form

Last name:

PRENOM:

Date of birth:

Address:

Phone number:

Mobile phone number:

Email address:

SEJOUR DEMANDE:

Number of days:

Insurance:

Price:

x 30% =

Deposit

Locality where signed:

Date

Signature:

A large, light gray rectangular box intended for the user's signature.

Return with your deposit to:
Altitude Mont-Blanc, 62 Passage du Nant Devant, 74110 Montriond, FRANCE