



# HEDONISTIC HIKING

## The Heart of Sardinia – 8 Days

### From the Gennargentu mountains to the Sea

The second largest island in the Mediterranean, Sardinia is perhaps best known for its azure coastline and clear waters. However, the centre of the island reveals rugged mountains, Bronze-Age treasures and a cuisine which still follows the shepherds' traditions of centuries gone by. We start in the evocative town of Cagliari, on the southern coast of Sardinia, before heading inland to the Gennargentu mountains with their sweeping views of the dramatic landscape. We move to the east of the island, an area often overlooked by visitors, to explore hidden villages, pristine coves and high mountain panoramas. The tour finishes at Olbia airport, on the north-east coast, before we continue on to discover the fascinating island of Corsica. We expect some hikers will opt to book the two tours together and explore both islands on the same holiday.

#### What is included?

- **7 nights' accommodation** in two wonderful hotels
- **Two experienced and knowledgeable guides** who will look after your every need and bring this stunning island to life
- **All meals** including excellent wines
- **Gourmet picnic lunches** each day and snacks en route
- **Support vehicle**, enabling you to walk as much or as little as you please
- **Transport** in air-conditioned minibus
- **All museum entries and cultural visits** as per the itinerary
- Comprehensive **pre-trip information**

#### Tour Highlights

Discover Sardinia's unique Bronze-Age sites

Hike to the highest points on the island with unbroken views to the Mediterranean Sea

Enjoy a traditional Sardinian lunch prepared by local shepherds

#### Accommodation

**Sa Muvara:** Nestled in the heart of the Gennargentu mountains, this family-run hotel has a tranquil setting with a wonderful restaurant, outdoor pool and small Wellness Centre.

**Su Gologone:** This rustic yet chic hotel has a stunning mountain setting and a serious reputation for fabulous authentic Sardinian cuisine.

## Day 1

We will meet at the **Holiday Inn** hotel close to Cagliari airport on Viale Umberto Ticca at 10.15 am. We head northwards for a private guided visit of the UNESCO World Heritage archaeological site known as Nuraghe Su Nuraxi, one of the best-preserved Bronze Age defensive complexes on the island. After lunch in the nearby village of Barumini we continue towards the Gennargentu mountains. A leisurely walk on the outskirts of the village of Aritzo takes us to the Su Texile ancient rock formation from where there are wonderful views over the region's landscape. It is important to have your walking boots to hand for this first day. We stay in Aritzo in the charming Sa Muvara hotel for four nights. After checking-in we have welcome drinks and dinner in the hotel. **(3km/1.8miles)**



## Day 2



We set out from the hotel on foot following old mule trails and climb above Aritzo with fabulous views of the wild Barbagia landscape concealing villages lost in time. We descend on farm tracks through ancient chestnut woods for our picnic beside a fountain before hiking back to the hotel. Later in the day there is the chance to visit some of the fascinating small museums in Aritzo before dinner in a local restaurant. **(10km/6.2miles)**

## Day 3

We set out from the hotel on foot and, after a short climb, we reach a ridge line with expansive views. Above us rises Monte Funtana Cunciada where, up until the 1920s, ice was produced using compressed snow for a unique lemon sorbet sold throughout the island. We descend to the crystal waters of the Fiumendosa River with time for a quick swim before continuing to a small farm for a traditional Sardinian barbeque lunch with local shepherds. We return to the hotel by vehicle with time to relax by the pool. We visit the charming Ethnographic Museum alongside the hotel before a light supper. **(10km/6.2miles)**



## Day 4

After breakfast a short drive takes us up to an abandoned refuge in the Gennargentu mountains where we start our hike. Good paths above the tree line climb up 350m to the highest point in Sardinia, Punta La Marmora, at 1834m. On a clear day we can see to the coast and beyond to the peaks of Corsica. We return by the same path and have our picnic en route. Both guides accompany the group today and carry the picnic in for you. **(14.2km/8.8miles)**. Dinner in the hotel.

## Day 5

We depart Aritzo after breakfast and drive north into the Ogliastra region, to arrive in the provincial capital of Nuoro with its newly-restored Sardinian Ethnographic Museum. We visit the museum before continuing to nearby Mamoiada where we visit a local wine maker for a tasting and light lunch. In the afternoon we continue to the town of Orgosolo, famous for its 150 murals depicting 20th and 21st century political and social events. The final leg of our journey takes us to Oliena where we stay in the lovely Su Gologone hotel for three nights. Dinner is in the hotel's wonderful restaurant.



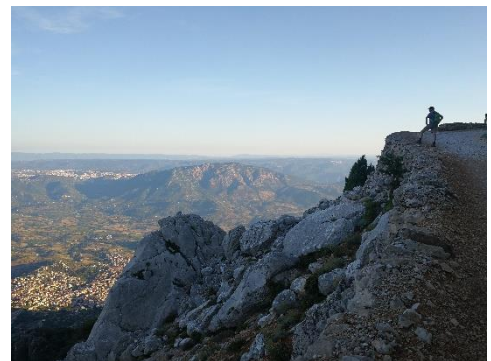
## Day 6



From the hotel, a short drive up the Lainattu valley takes us to the start of our hike. We ascend on a well-graded rocky trail which zig zags as it climbs above the valley to reach the Nuragic village of Tiscali, hidden in a gorge at the top of the mountains 400m above the valley floor. After time to explore we descend to our picnic lunch at the end of the hike. Later in the day we drive to Cala Gonone to enjoy a private boat trip with the opportunity for a swim in the turquoise waters of the Gulf of Orosei before a wonderful fish & seafood dinner overlooking the sea **(6.5km/4miles)**.

## Day 7

A spectacular 1hr drive takes us high above Oliena. We start at just below 1000m and hike to the top of the craggy limestone peak of Monte Corrasì. At 1463m this is the highest mountain in the Supramonte. From the summit we enjoy a 360-degree panorama that stretches from the coastlines of the Gulf of Orosei to the Gennargentu massif. We descend by the same trail and enjoy a fabulous picnic overlooking the valley. Both guides accompany the group today and carry the picnic in for you. We return to the hotel where there is time to relax in the afternoon before our final dinner. **(10.5km/6.5miles)**



## Day 8

We drive to Olbia Airport to arrive by 10.30am. Here we will say goodbye to hikers leaving the Sardinia tour and welcome those joining us for our Island of Corsica tour. We continue to Santa Teresa Gallura, a pretty town on the northern tip of Sardinia, with time to explore and enjoy lunch before taking a ferry across to Corsica mid-afternoon.

## Walking

Shortest day: 3km/1.8miles

Longest day: 14.2km/8.8miles

There are 6 days of walking on the trip. We walk on *strade bianche* (dirt roads), quiet country lanes, mule tracks and a few rocky mountain trails. There are some significant ascents and descents of up to 500 metres. The walking is quite rugged in places so sturdy walking boots, with good ankle support, are essential. Walking poles are highly recommended, especially on steeper sections. Whilst the climate is generally good at this time of year, we are walking in the mountains so need to be prepared for changes in conditions.

## Weather

In September in Sardinia average daily temperatures are 22°C, but often still reach into the mid-twenties during the day. Rainfall is low at this time of year, with an average of just 24mm in the month. Evenings can still be warm in September. See today's weather in [Nuoro](#).

Max 20°-26° Min 15° -19° Average rainfall 24mm

See all our [Tour Dates](#) for this and other tours

**HEDONISTIC HIKING**

**PO Box 200 Porepunkah 3740 VIC Australia**

**ABN: 66 121332796**

**Tel: AUS +61 (0)428 198918 UK +44 (0)1858 565148**

**Email: [info@hedonistichiking.com](mailto:info@hedonistichiking.com) Web: [www.hedonistichiking.com](http://www.hedonistichiking.com)**