

Trek Sardinia—EXCLUSIVE



Hiking, camping, mountains, beaches, sack lunches, 5 course meals over candlelight, wine and more wine, luxury hotels, spas, archeology sites, cooking class, sweat and tears of joy! This week hits all extremes; we just couldn't resist!

With each breath you take is yet another aspect of the multitude of beauty that Sardinia offers. The scent of fresh Mediterranean air or that of the salty sea, scents of fresh tomato and basil sauce bubbling and myrtle embers crackling under a rotating lamb. This week filled with aromas will imprint memories of a lifetime! Challenging hikes (oops, did we mention the scent of sweat?), relaxation on the beach, camping under the stars and modern luxuries of room service offers an experience of beautiful extremes. As in every ISA trip, the common denominator to link it all together is the food and wine as it's one "best meal I ever had!" after another.

Traveling with Island Spirit Adventures means...

Truly experiencing an island culture and having lots of fun doing it.

Having pre-arranged activities, but with a feeling of being on vacation, not a schedule.

Getting off the beaten path; meeting natives and visiting places of cultural significance.

Experiencing authentic and memory imprinting food and wine - ALOT.

Having friendly, intelligent and attentive guides through-out your trip.

Spontaneity for fun, safety always. Grape picking? Sheep sheering? *Our* local connection is *your* advantage.

Leaving with new friends, new knowledge of a place and priceless memories to keep forever!

The Adventure

Saturday:

It's F U N from the beginning as we kick off our adventure with a cocktail party and dinner! You will have the opportunity to meet your guides and fellow adventurers for the week. The gathering starts at 7:00 PM with a shall we say pre-trek pasta dinner to follow. Enjoy the festa of flavors then get a good night's rest; the following four days are spent out in the Sardinian wild!

Accommodations: Hotel Cala Gonone

Meals: D

Sunday:

After breakfast your hiking guides will pick you up and drive to the first trailhead. Bring the personal possessions that you will need for the next four days/three nights spent in the Sardinian wilderness. (That includes the beaches!) You will need a day pack for your daily needs. The rest of your possessions will be transported to each final destination.

The first day of hiking is from Cala Friuli to Cala Luna. Enjoy the smells of the Mediterranean vegetation and views of the sea from above. We will have a fantastic picnic lunch on the beach at Cala Luna followed by seaside relaxation time. Dinner will be served at "Ristorante Su Nuraghu" 100 meters from the sea.

Distance: 7 km.(4.3 miles) **Climb:** 120 m.(395 ft.)

Accommodations: Camping Beach Cala Luna

Meals: B, L, D

Monday:

After breakfast we depart for Cala Sisine. This hike is an intriguing retracing of steps taken by those of Sardinia's past. The day begins with a gradual climb and continues until we are stopped in our tracks by S'Architieddu Lupiru, a massive natural arch facing out to the sea. We continue on the path that was once used by miners until we reach Ovile Saccederanu, a special home used by shepherd's centuries ago. Enjoy a sack lunch as your guide recounts the life of a Sardinian shepherd. The hike is all downhill from here; 550 m.(1800 ft.) in and out of the Mediterranean woods catching magnificent views of the sea from above before reaching the pebble beach of Cala Sisine. Later that evening, dinner awaits at "Ristorante Su Coile", a short walk from the beach.

Distance: 12 km.(7.5 miles) **Climb:** 620 m.(2030 ft.)

Accommodations: Camping Beach Cala Sisine

Meals: B, L, D

Tuesday:

Today's hike is very enjoyable with few inclines. From Cala Sisine we hike inland following the river bed until we reach the Altopiano di Golgo, Sardinia's grandest plateau; simply decorated with the 18th century church of San Pietro. The church seems to be in the middle of no where, and yet, shepherds and pilgrims from all over the world still come here to make offerings. Later in the afternoon we will explore the Abyss of Golgo. This is the deepest in Sardinia and one of the deepest in Italy, with vertical walls of 300 meters. Not far from the abyss are natural pools and don't be surprised if you are met by wild boars and cows! A traditional Sardinian barbecue will be served by our hosts at "Ristorante Il Golgo."

Distance: 13 km.(8 miles) **Climb:** 150 m.(490 ft.)

Accommodations: Camping Rifugio "Il Golgo"

Meals: B, L, D

The Adventure

Wednesday:

Today it's on to another "most beautiful beach I've ever seen" called Cala Goloritzè. Cala Goloritzè is one of the most photographed beaches in the Gulf of Orosei and rightfully so. This small bay is made up of striking rock structures surrounded by water with a personality of its own; exhibiting indescribable colors and refreshing temperatures due to the natural springs that bubble up from the sea bed. We follow a rocky road approximately 2 km before reaching the hiking path which is a short and gradual climb before descending all the way down to the secluded, white pebbled beach. Just before arriving, out of nowhere, we are left breathless at the sight of the Guglia; a 475 foot tall rock jetting up into the sky. Sack lunch and lots of relaxation comes before climbing back up to catch our ride back to the hotel. Enjoy a hot shower and dinner over candle light. You deserve it!

Distance: 9 km.(5.6 miles) **Climb:** 490 m.(1600 ft.)

Accommodations: Hotel La Bitta

Meals: B, L, D

Thursday:

Sleep in, call for room service, explore the town, shop; whatever you chose the morning is yours! Talk with your guides for additional morning hiking opportunities. The afternoon will be dedicated to the ancient archeology of Sardinia. Professional guides will walk us through the ancient and mystical history of the island visiting Il complesso di San Salvatore consisting of a nuraghe (1500 BC), a tomba di giganti (1800 BC) and domus de janas (3500 BC). Enjoy another fantastic dinner at your leisure at the hotels restaurant.

Accommodations: Hotel La Bitta

Meals: B, D

Friday:

After breakfast, we will head to Signora Amelia's kitchen. She will teach us traditional Sardinian pasta dishes while her husband prepares the barbecue. All the food used in the preparation either is grown or raised on the premises. Included: a walk through the garden to round up the makings of a vegetable and fruit salad! Of course we will indulge in our makings to top the week off with a bang! The afternoon is free and dinner is served at the hotel.

Accommodations: Hotel La Bitta

Meals: B, L, D

Saturday:

Savor your last Italian cappuccino and pastry this time around for today is our departure. Arrangements will be made ahead of time for your ride to the airport.

Meals: B





The Details

Dates:

June—October 2010

Duration:

8 days/ 7 nights

Start/Finish:

Noon pick-up Olbia International Airport
Noon drop-off Olbia International Airport

2010 Prices:

2500 Euros
(500 Euros single supplement)

Hotels:

Hotel Cala Gonone (Cala Gonone)
Hotel La Bitta (Porto Frailis)

What's Included

- Airport transfers
- 4 nights beachside hotel
- Services of 2 ISA guides
- Luggage transports to trekking destinations
- Traditional Sardinian barbecue
- All camping fees
- Entrance and guide fees to archeological sites
- Italian cooking class
- 7 breakfasts, 5 lunches and 7 dinners
- ISA water bottle
- *Travel Guard* insurance
- Tents upon request

Islandspiritadventures.com ~ 208.208.3252

