

Trek Sardinia—EXPLORER



Enjoy five full days of hiking and camping in the Sardinian wild! Tighten up your pack, strap on your boots and let the adventure begin!! Trail. What trail? Terrain— all kinds! This is no walk on the beach...well, that comes later along with a hearty Sardinian meal and wine.

You don't need Mt. Everest training to complete the week of hiking, but it wouldn't hurt. Perhaps you have heard of the famous route, Selvaggio Blu? Selvaggio for wild and blu for the sea, the sky or perhaps the color of your toes after a day of hiking on it's course. Each day is filled with incredible treks enjoying magnificent views of the sea below and scents of the lush Mediterranean vegetation. There are continual moments in which you can truly say "I have been where very few others have." Mountain and beach camping, yet deluxe wining and dining. ISA cuts no corners in regards to your appetite. Buon Appetito, Sardinian style!

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!

Islandspiritadventures.com ~ 208.208.3252



The Adventure

Saturday: Airport pick-up and transfer to the Bella Vista Hostel of Santa Maria Navarrese. Situated on the hills surrounding the town, this is a spectacular view from above of the quaint port of Santa Maria and the Tyrrhenian Sea extending as far as the eyes can see. A welcoming or shall we say "pre-trek" pasta dinner is in store and an evening stroll through the lovely coastal village of Santa Maria.

Accommodations: Hostel Bella Vista

Meals: D

Sunday: After breakfast our trekking adventure will officially begin. We leave from Sa Cadrea, the trailhead conveniently 10 strides from our hostel, and hike along the coastline to Pedra Longa. We ease into our trekking adventure as the path peacefully traverses along the coast enjoying views of the sea from above. The sea is so clear you may even see fish swimming below. Arriving to the National Monument of Pedra Longa, we will take a rest, take a dip and certainly a picture or two! We continue towards Cuile Dus Piggius with a climb of about 650m. (2130 ft) stopping for lunch along the way. We arrive to Ovile Elias in the early evening in order to set up camp and indulge in "a never to miss while in Sardinia" barbecue.

Trail: Mostly a dirt and rocky path through the Mediterranean vegetation with a small stretch of gravel road. After reaching Pedra Longa, the path continuously climbs before reaching Cuile Dus Piggius.

Distances: 9 km. (5-6 miles)

Accommodations: Camping Ovile Elias

Meals: B,L,D

Monday: It's an early morning start for the most difficult hiking of the week takes place today. Our destination is called Cala Tramontana. Our path to take is the most rugged and diverse. We climb, descend, hike on rocks then on dirt, views of the sea and then of the Mediterranean forest; this day has it all! Thankfully we arrive at the sea to soak our feet perhaps go for a swim through a narrow canyon that leads out to an enclosed bay. And what could be for dinner in the middle of the Sardinian wilderness? Thankfully it magically appears by friends from the sea as they know we are one hungry group!!

Trail: Trail. What trail? Weaving in and out of the Mediterranean vegetation freestyle; thank God for your guides who know the way. Some paths mixed with solid steep rock inclines, dirt and stone and one short section of rope climbing.

Distances: 10 km. (6 miles)

Accommodations: Camping Beach Cala Tramontana

Meals: B, L, D

The Adventure

Tuesday: Up with the sun, cup of coffee and we're off. Today we are headed to one of the most famous bays in the Gulf of Orosei called Cala Goloritzè. It is famous for its natural rock formations and springs. Along the way we will pass old shepherd homes called Ovile. Made of juniper trees and stone, they once and some still are, the resting spot for shepherds and the space for aging pecorino cheese. The arrival to the beach Goloritzè will imprint a memory forever. The hues of the water with the white pebble beach are something out of a fairy tale! The massive rock called "La Guglia" jutting into the sky is inspiring as we walk alongside its base. We will spend the night camping at the Plateau of Golgo as our hosts there will prepare a well deserved dinner.

Trail: Limestone paths weaving in and out of the Mediterranean vegetation. Fantastic views of the sea from above—don't get too close to the edge! Lots of traversing with long steady inclines and declines.

Distance: 8 km. (5 miles)

Accommodations: Camping Rifugio "Il Golgo"

Meals: B,L,D

Wednesday: Today is Long Slow & Steady Distance day. After breakfast we stroll down an easy rocky road visiting the 18th century church of San Pietro along the way. Seemingly in the middle of nowhere, for centuries this church has welcomed pilgrimages from all over the world. A thousand-year old plus olive tree stands outside it's doors and don't be surprised to run into a couple of cows and wild pigs! There are no major climbs or squeezes. It's an open road and the destination is the beach, Cala Sisine! Here we will set up camp in the pine trees along the beach and dine seaside. We can even make it a candle-lit dinner!

Trail: Long gravel road with about 25 minutes of dirt path walking to reach the beach.

Distance: 14 km. (8-9 miles)

Accommodations: Camping Beach Cala Sisine

Meals: B,L,D

Thursday: Today could start with one of the most beautiful sunrises you have ever seen! After it rises over the Mediterranean Sea and we have finished breakfast, we start our trek towards Cala Luna. The name Cala Luna comes from the shape of the beach, which changes each year but always keeps the basic shape of a crescent moon. Along the way we will have lunch at an old Ovile- shepherd's home and view the spectacular l'arco Lu Piru, a natural arch made over thousands of years. It measures around 75 m. (245 ft.) and enjoys an unbelievable view of the sea. After arriving to the beach of Cala Luna and plenty of time for exploration of caves opening on the beach and relaxation, we will return to Santa Maria Navarrese by boat having the opportunity to view the coastline we just finished hiking!

Trail: An initial steep incline through a covered forest coming out at the Ovile and opening up to more rugged and rocky paths. Part of the path is an old mining road; narrow with large loose limestone. The second half is a continuous descent down to the beach.

Distance: 8 km. (5 miles)

Accommodations: Hostel Bella Vista

Meals: B,L

Friday: Time for Arriverderci's! Savor that Italian cappuccino and breakfast before departing to Olbia's International Airport.

Meals: B





The Details

Dates:

June—October 2010

Duration:

7 days/6 nights

Start/Finish:

Afternoon pick-up Olbia Airport
AM drop-off Olbia Airport

2010 Prices:

990 Euros
(125 Euros single supplement)

What's Included

- Airport transfers
- 2 nights Hostel
- Services of 2 ISA guides
- All camping fees
- Traditional Sardinian Barbecue
- Afternoon coastal boat ride
- 6 breakfasts, 5 lunches, 5 dinners
- ISA water bottle
- *Travel Guard* insurance
- Tents upon request.

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