

# Trek & Sail-Sardinia



Experience the best of both worlds in Sardinia, Italy! Sail along the magnificent coast full of secluded coves, trek upon old mining paths connecting exotic beaches and indulge in the Italian cuisine and wine that creates a memory for a lifetime! Maximum activity or maximum relaxation- the choice is yours!

*Trek and Sail Sardinia is the best way to explore the land and the sea of Sardinia. Through out the week, you will have many opportunities to swim in the secluded bays and beaches of the eastern coast of Sardinia AND hike some of the most rewarding paths offered on this island. Through the efforts of your Captain and ISA guide, each day is carefully designed to provide the maximum level of activity OR the maximum level of relaxation and the choice is yours! Of the same importance of hiking and sailing are the meals. To experience Sardinia is to experience the cuisine. You can be assured of the finest and freshest ingredients and complete meals from appetizer to desert, Sardinian style, every single day.*

### **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:** WELCOME TO SARDINIA! Meet your ISA guide at the Olbia International Airport and enjoy a scenic drive to the port where your floating home for the week and Captain awaits you. Your captain and guide will walk you through the basic functions of the boat; don't worry if you don't get it all at once! Ease into the pace of vacation with cocktails and dinner over the calming Mediterranean sunset.

**Port:** Porto di Santa Maria Navarrese

**Meals:** D

**Sunday:** Jumpstart the day with a nice trek along the coast enjoying splendid views of the sea from above. Our destination is a National Monument called Pedra Longa; meaning Long Rock in Sardo. An obvious name for an outstanding formation. Our captain will meet us there to take us sailing for the afternoon. A "never to miss while in Sardinia" barbecue will be the evenings highlight.

**HIKE** \* 5 km. (3 mi.) Mostly traverses along a rocky path with a few inclines and declines. Impressive views of the Tyrrhenian Sea from above. Desire and time permitting, an extended hike will take us to Pietro's cheese house.

**Port:** Porto di Santa Maria Navarrese

**Sailing Distance:**

**Meals:** B, L, D

**Monday:** Cala Sisine and Cala Luna are two of the most beautiful beaches in Sardinia. We will leave port early today and sail up the coast until we arrive to Cala Sisine. Today we visit both beaches as our trek involves a trail once taken by miners and shepherds alike that connects the two. During the trek we will visit an Ovile, the name given to a Sardinian shepherd's home and a natural rock arch phenomenon of 120 feet. Our Captain will meet us at Cala Luna, a white beach shaped like a half moon with caves to visit. Swim and relax time for the afternoon and a hearty dinner while anchored.

**HIKE** \*\*\* 12 km. (7.5 mi.) Climb: 620 m. (2030 ft.) This is a challenging trek with a steep incline at the beginning, level ground in the middle and final descending kilometers. The trail varies from dirt to limestone and small pebbles. More wonderful views of the sea and Sardinia's interior.

**Port:** Mooring in the bay of Cala Luna

**Sailing Distance:**

**Meals:** B, L, D

**Islandspiritadventures.com ~ 208.208.3252**



## The Adventure

**Tuesday:** Departing from Cala Luna, we hike through the lush and rugged Mediterranean coast before arriving to Cala Friuli, another fantastic bay for swimming. Lunch will be served on the sailboat or you can choose to shop and dine in the lively seaside village of Cala Gonone. After meeting up with our Captain we sail north to La Caletta, a quaint coastal village where we will indulge in the "catch of the day" at the restaurant most sought out by locals.

**HIKE** \*\* 7km. (4.3 mi.) Climb: 120m. (393 ft.) This hike is steady with inclines and declines but none very steep. The path is dirt and stone that will cross a small river and waterfall.

**Port:** La Caletta

**Sailing Distance:**

**Meals:** B, L, D

**Wednesday:** Today is total relaxation; put on some sun cream, grab a book and get some island style R&R. It's a full day of sailing and visiting secluded bays and coves, leaving it to our captain to choose the best spot for a night of mooring.

**Port:** Mooring in the Emerald Coast

**Sailing Distance:**

**Meals:** B, L, D

**Thursday:** Another day spent sailing, relaxing and enjoying the crystalline Tyrrhenian waters. Tonight we will embark upon one of the most exclusive ports in the world, Porto Cervo. Stroll through the exclusive shops of the Emerald Coast, sip on a glass of wine at Café du Port or dine at the famous Cala di Volpe Hotel. The evening is free to pass as you choose.

**Port:** Porto Cervo

**Sailing Distance:**

**Meals:** B, L

## The Adventure

**Friday:** Today is dedicated to the exploration of the islands encompassing the nationally preserved Archipelago of La Maddalena. Seven islands total, our Captain will highlight the park choosing places of particular beauty and seclusion before finishing at the lively town of La Maddalena just in time for happy hour and fun on the town. Dinner will be served Maddalenini style; a stone's throw from the port.

**Port:** Porto Mangia Volpe - La Maddalena

**Sailing Distance:**

**Meals:** B, L, D

**Saturday:** Sip on a frothy cappuccino and fresh croissant before disembarking at 10:00 for transfers to Olbia International Airport. Arrivederci, baci and abbracci!!

**Meals:** B

## Trekking Levels

\* somewhat easy

\*\* medium

\*\*\* challenging

This adventure also runs in reverse. An ISA specialist would be happy to assist you for the specific dates and directions.

**Note: Your safety is our first concern. Itineraries can change due to weather and wind variations.**



## The Details

### Dates:

June—October 2010

### Duration:

8 days/ 7 nights

### Start/Finish:

AM Pick-up Olbia International Airport  
Noon Drop-off Olbia International Airport

### 2010 Group Prices:

21,870 Euros for group of 6  
21,100 Euros for group of 5  
19,870 Euros for group of 4  
18,590 Euros for group of 3  
17,850 Euros for group of 2

## What's Included

- Luxury Oceanis Beneteau 50
- Tender with motor
- Open-Sea licensed Captain
- Services of ISA guide/s
- All port fees
- Fuel for sailboat and tender
- Final boat cleaning
- Traditional Sardinian Barbecue
- 7 breakfasts, 6 lunches and 6 dinners. Wine included.
- ISA water bottle
- Snorkeling gear
- ISA beach towels
- Airport transfers
- *Travel Guard* insurance

Please contact our office to arrange adventures with 2 or more sailboats.

Islandspiritadventures.com ~ 208.208.3252

