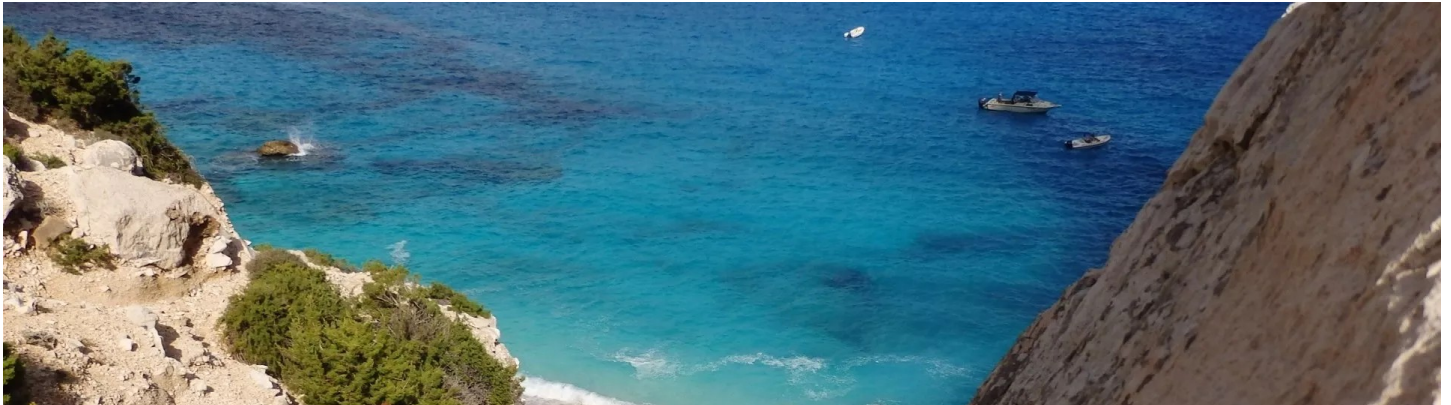




## SARDINIA self-guided

### The cult of nature



The second largest island in the Mediterranean, Sardinia deserves to be called a "continent" for its sheer diversity. It reveals landscapes of wild beauty and fascinating solitude: the white cliffs of Capo Caccia, standing like ramparts on the west coast; the high granite hills of Gennargentu, home to moufflons and wild peonies; the eroded karstic plateaux of Supramonte, cut by gorges and pierced by chasms; the 40 km of uninhabited coastline in the Gulf of Orosei, with its beautiful white sandy coves set against an emerald sea; the centuries-old oak and juniper forests, home to the Sardinian wild boar and fallow deer; the Mediterranean scrubland, brightened by a thousand colourful flowers in spring. All these areas are classified as nature reserves, and are used by shepherds and their semi-wild herds, who alone control the secret space of their land. Sardinia is also a veritable open-air museum where the best-preserved remains of the Nuragic civilisation (16th BC) abound: "nuraghes", "domus de Janas" and "tombs of giants".

8 Days

Self-guided / without guide

With or without luggage transportation

Accommodation : Hotel \*\*\*

Level : \*\*

From : 590€

### You will like

- The most beautiful walks between sea and mountain
- Many remains of the Nuragic civilization
- Welcome and comfort of accommodation
- Three nights by the sea at the end of your stay

# The route

## Day 1

### FONNI REGION

Arrival at the airport of Cagliari, Olbia or Alghero, then recovery of the rental vehicle. Departure for Lake Gusana (between Gavoi and Fonni), in the center of the island. Installation for 2 nights at your accommodation.  
Night + breakfast in hotel or agriturismo

## Day 2

### GENNARGENTU MASSIF

There are several options for day hikes, including the ascent to Punta Marmora, Sardinia's highest point at 1,834 m above sea level. From the roof of the island, you'll enjoy panoramic views of the surrounding peaks. After your hike, we invite you to visit the towns of Fonni and Orgosolo and discover the murals, wall paintings recounting village life in days gone by. Night + breakfast in a hotel or agriturismo.

5.5 to 6 h walk / 16 km / Elevation: +/- 750 m

Variant: In bad weather, hike in the foothills of Monte Novo San Giovanni. In the Supramonte d'Orgosolo, a forest track leads up to the rocky citadel, which a footpath climbs behind. A landmark for fire lookouts at 1316 m altitude, the arrival at the summit is exceptional and the view magical.

4.5 h walk / 12 km / Elevation: +/- 500 m

## Day 3

### TISCALI

Drive to Oliena then Dorgali and the Fiumineddu River. In the evening, stay in a hotel \*\*\* in the Dorgali countryside for 2 nights. Hiking in Tiscali: through the wide Doloverde canyon, arriving in the Lanaittu valley. A route allows to climb on Mount Tiscali. Discovery of the secret doline in which are hidden the remains of a nuragic village-refuge. Free visit of the classified site.

Overnight + breakfast in hotel \*\*\*

3.5 to 5h walk / 8 to 12km / Elevation: +/- 500 to +/-660m

## Day 4

### CALA DI LUNA

Drive to the start of a very wild hike near Punta Malesa. A lovely out-and-back hike to the pretty white-sand cove of Cala di Luna. Here you can enjoy a swim in a splendid setting before returning to your car.

Night + breakfast in a \*\*\* hotel

4.5h walk / 12km / Elevation: +/- 400m

## Day 5

### GORRUPU GORGE

Short transfer by vehicle in the Fiumineddu valley. Gorropu Gorge: the deepest canyon in Europe with limestone walls close to 500 m high. Among the blocks worn by the waters and the oleanders, the course penetrates inside the walls of grey and orange stones at the narrowest place.

Archaeological remains from the Stone Age (Domus de Janas) on a free visit. In the late afternoon, transfer by the scenic and tourist route from Oriental Sarda to Santa Maria Navarrese.

Overnight + breakfast in hotel \*\*\*

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

## Day 6

## **SUPRAMONTE DE BAUNEI - CALA GOLORITZE**

Discover a wild world on the heights of Baunei, in the heart of the mountains and the Golgo plateau. Discover the natural monuments of the Ogliastro, including the Su Sterru chasm, access to the ridges overlooking the Gulf of Orosei, then descend to the Cala Goloritze cove along the Carbonai path.

Night + breakfast in a 3-star hotel

4h walk / 8km / Elevation: +/- 450m

## **Day 7**

### **SANTA MARIA NAVARRESE**

From Santa Maria, you reach one of the highest points above Sant Maria de Navarrese, -crocce Pittaine- with magnificent views over the Arbatax plain. Overnight stay + breakfast in a hotel\*\*\*.

5.5 h walk / 14 to 11km / Elevation: +/- 750 m

Variation: 2 additional optional walks are available from Santa Maria Navarrese:

- Monte Oro and the Pedra Longa coastal path: after a short transfer provided by your hotel (not included), climb this peak overlooking the Arbatax plain and the Ogliastro hinterland. The panorama is guaranteed. The return journey takes the coastal path from Pedra Longa to Santa Maria.

4 to 5 hours' walk / 10.5 km / Elevation: + 375 m - 760 m

- Pedra Longa coastal path: a sublime path that follows a completely wild coastline and ends at the rocky Pedra Longa needle, which marks the crossing of the 40° parallel. Return trip.

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

## **Day 8**

### **END OF STAY**

After breakfast return to the airport of Cagliari, Olbia or Alghero (about 3h drive). Return of the rental car and end of stay.

*The program was established based on the last elements known at the time of its writing; imponderables are always possible and situations beyond our control can change the way it is run.*

# The trip

## LEVEL \*\*

Altitude difference: + / - 300 to 700m on average per day.

Walking time: from 3h to 5h30 on average per day.

Type of hiking: Most of the walks take place on rocky paths, in the middle of sparse vegetation. The days can be very hot in summer (there is little shade but plenty of but plenty of opportunities for swimming).

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

## ROADBOOK

Documentation provided :

- 1 road map of Sardinia
- 1:25,000 scale map extracts with route descriptions
- 1 topographical guide

## ACCOMODATION

In \*\*\* hotels and \*\*\*\* according to local Italian standards.

## MEALS

Overnight stay and breakfast included. For lunch, you can stock up at some of the stops, thanks to the small local shops in Fonni, Oliena, Dorgali and Santa Maria Navarrese. For dinner, the hotels offer very good menus, but you'll also have plenty of time to discover the restaurants on each stage.

## EXTENSION OF STAY

Additional night(s) in hotel \*\*\* in Cagliari, please contact us.

## CLIMATE

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

# Practical information

## ACCESS TO DEPARTURE POINT

### BY FERRY

To reduce the environmental impact of air travel, we suggest you take the ferry to Sardinia. Crossing from Marseille to Porto Torres (SNCM and CMN companies). Please note that if you are not bringing your own car and have opted for a hire car, this will be collected from Alghero airport (there is no counter in Porto Torres). Taxis from Porto Torres to Alghero airport are at your own expense (approx. €50 per journey; no direct bus to Alghero). From June to September, another option is to depart from Genoa ((<https://www.mobylines.fr/> [www.gnv.it](http://www.gnv.it) ou [www.tirrenia.it](http://www.tirrenia.it)) for a crossing from Genoa to Olbia. You can collect your hire car in Olbia.

### BY PLANE

Flights to Cagliari, Olbia and Alghero (direct or with stopover)

## INSURANCE

In accordance with regulations, we are covered by Professional Liability Insurance. Under no circumstances, we can replace your personal civil liability.

The repatriation insurance EUROP ASSISTANCE that we offer is dedicated to French speaking people living in Europe. If it is not your case, we advise you to subscribe to another travel insurance which will cover you in case of injury and repatriation during your trek.

If you chose to take out repatriation insurance with EUROP ASSISTANCE whom we propose, Altitude Mont Blanc will only serve as an intermediary between the client and the insurer. We cannot influence either party. We adhere to strict conditions of sale. You are responsible for compliance with the reporting procedures of any incident.

Before making any decision, **contact EUROP ASSISTANCE.**

## CONTACT US

In case of delay please inform us on: **+33 (0)4 50 79 09 16** or **+33 (0)6 42 49 76 07**

# Dates & prices

## DEPARTS AND PRICES

From 1st April to 31st October 2024

**From 13/04 to 05/07 and from 14/09 to 27/09**

€740pp in room for 2 persons

€670pp for 3 to 4 people

**From 29/03 to 12/04, from 06/07 to 26/07 et from 7/09 to 13/09**

€830pp in room for 2 persons

€750pp for 3 to 4 people

**Du 27/07 au 06/09**

€930pp in room for 2 people

€790pp for 3 to 4 persons

**Du 28/09 au 26/10**

€660pp in a 2-person room

€590pp for 3 to 4 persons

For all dates, supplement only one participant: €220

**Quadruple rooms available for families only (2 adults and 2 children)**

**Available options:**

- Single room ( required for single occupancy)
- Excess buy-back option in the event of theft, accident, glass breakage, 1 additional driver
- Extra night in Cagliari (overnight stay + breakfast in a \*\*\* hotel)

## THE PRICE

Includes:

- Accommodation in \*\*\* hotels and/or agriturismo on a bed and breakfast basis
- Vehicle hire (see details under Useful Links)
- Roadbook, 1 copy per registration form

Does not include:

- Transfer on day 7 for the Monte Oro hike (approx. 10 euros/person)
- Air-conditioning supplement in some accommodation
- Lunches and dinners
- Drinks and personal expenses
- Sightseeing
- Tourist taxes - 1 to 3 euros / person / night (indicative prices subject to increases by the Italian government)
- Insurance
- Registration fees

**The price applies from departure to end point.**

# Equipment and luggage

## RECOMMENDED EQUIPMENT

### Clothes

For hiking: for maximum comfort, prefer 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, the ideal being a Saharan type cap with visor and neck protection
- 1 scarf to protect yourself from the sun and/ or the wind
- 1 cap and 1 pair of gloves, depending on the season and altitude always have them at the bottom of the bag

For the step:

- change of clothes and comfortable shoes
- balls "Earplugs" or earplugs "Ear"
- minimum toiletries + towel
- swimsuit

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 clothes and stuff in the 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 folding knife type swiss knife + cutlery + cup
- 1 bowl type tupperware with lid for picnics
- toilet paper, tissue paper
- 1 pair of telescopic sticks, optional, but they are used to balance and lighten the weight of the body while descending, and help during the climb by rhythmizing the walk and in addition to pushing
- 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 antimoustic spray, Arnica Montana in pellets 9 CH (soreness)...

For the step:

- 1 pair of light sandals.

### LUGGAGE

- 1 backpack from 30 to 40 L with airy back, adjustable and equipped with a belly belt, which can contain the food of the day, the canteen, a protective clothing, the camera...

## HOW TO REGISTER

- Online: [www.altitude-montblanc.com](http://www.altitude-montblanc.com)
- By telephone: +33 (0)4 50 79 09 16
- By post: please provide your contact details
  - Surname, First Name, date of birth
  - Address
  - Email
  - Telephone
  - Mobile

If you wish to register by post, please complete the form below and return it to:

Altitude Mont-Blanc  
62 Passage du Nant Devant  
74110 MONTRIOND  
FRANCE

Please specify whether you wish to take out an optional cancellation insurance (4.2% of the tour price).

On receipt of your registration we will email an invoice (per couple) with a request for a deposit of 30% in association with your account details at Altitude Mont-Blanc ('My Account'). Payment can be made by credit card, bank transfer or by cheque. On receipt of your deposit you will receive a registration confirmation.  
The balance must be paid one month before departure without a reminder from us.  
For self-guided tours, we will then send your tour pack (includes maps, descriptive book etc.)

Our terms and conditions of sale can be found on our website.

Do not hesitate to contact us if you have any questions.





## Registration by mail form

Last name:

First name:

Date of birth:

Address:

Phone number:

Mobile phone number:

Email address:

Requested tour:

Number of days:

Insurance:

Price:

x 30% =

Deposit

Locality where signed:

Date

Signature:

Return with your deposit to:

Altitude Mont-Blanc, 62 Passage du Nant Devant, 74110 Montriond, FRANCE