

FEATURES

- Ancient shepherds' paths through spectacular scenery
- Outstanding prehistoric monuments and dramatically situated dwellings
- Idyllic sea coast and opportunities for swimming in pink, oleander-fringed coves

8 DAY TRIP

- Destination airport: Cagliari
- Fitness: 30+ (see pages 14–15)
- Days of walking: 6
- Shortest / Longest day's walk: 2 / 4 hrs

ITINERARY

Day 1 Drive from Cagliari airport to our hotel (2 hrs 15 mins).

Day 2 We visit the spring of Su Gologone and then walk through fields and vineyards of the Oliena valley (4 miles, 2.5 hrs + 4 miles optional).

Day 3 We drive to Cala Gonone and start our walk from Cala Fuili along cliff-top tracks with fine views to the idyllic bay of Cala Luna. We visit the sea cave of Bue Marino by small boat and then return to Cala Gonone (5 miles, 2.5 hrs).

Day 4 We climb to a volcanic plateau and visit the prehistoric village of Serra Orrios and the 'Giant's Tomb', a curious Nuraghic monument (5 miles, 2.5 hrs).

Day 5 We drive to Dorgali and walk to a dramatic underground chasm, before driving to a remote sandy cove (4 miles, 2 hrs).

Day 6 We follow the River Flumineddu up a wooded valley to the spectacular gorge, Gola su Gorrupu (packed lunch, 8 miles, 4 hrs).

Day 7 We walk along the valley to visit the sacred spring of Carros and the Oche cave, and then enjoy a "shepherds' feast" (6 miles, 3.5 hrs). Optional afternoon walk to return to the hotel.

Day 8 We return to Cagliari airport (2 hrs 15 mins).

ACCOMMODATION

NIGHTS 1–7
Oliena



Hotel Su Gologone
★★★★

FOOD & WINE

An original, simple and robust cuisine – lamb with mountain herbs, *porceddu* (whole suckling pig), sheep and goats' cheese, *carta di musica* (paper-thin sheets of crisp unleavened bread), *Culurgiones* (pasta filled with cheese and potato).

Sardinia has some very good robust red wines, Cannonau and Nepente, as well as some fine whites including Malvasia, Vermentino and Vernaccia. Mirto is the local digestif that we try, made from myrtle leaves and berries.

WILDERNESS OF THE INTERIOR

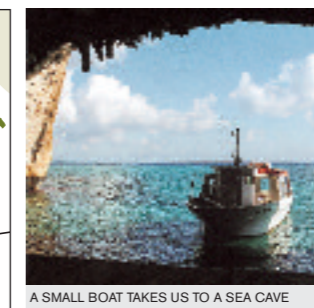
Discover ancient paths, still used by shepherds, passing mysterious prehistoric stone towers, breathtaking gorges, magnificent cave systems and remote sandy coves only accessible on foot or by sea. This is some of the wildest and most unexpectedly beautiful countryside in Europe.



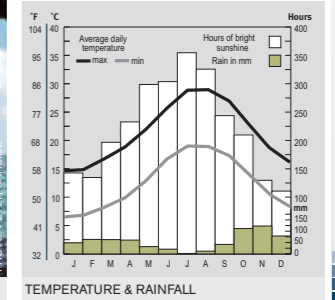
REMOTE SANDY COVES



WILD AND BEAUTIFUL COUNTRYSIDE



A SMALL BOAT TAKES US TO A SEA CAVE



TEMPERATURE & RAINFALL

TERRAIN

Limestone terrain. Farm and forest tracks, ancient drove tracks and roads, coastal paths.

DATES

2012
TRIP DATES

14th Apr to 21st Apr
13th Oct to 20th Oct

PRICES

(excluding flights)
£2,765 / \$4,840

DFS supplement
(per night)

£49 / \$86