

# Heart of Sardinia

Twin center   guided walking

- Deserted white beaches, stunning turquoise seas, lush river valleys
- Dazzling ochre cliffs, traditional white villages, pretty fishing ports
- Excellent ★★★★★ hotels throughout, great regional cuisine
- Coastal paths, forest trails, ridge top vistas
- Local guide with air-conditioned minibus



This guided walking holiday, led by our local guide, Maggie, or one of her colleagues, explores Sardinia's heart, taking you from the wild, beautiful Barbagia region down to the stunning coastline of the Gulf of Orosei. Beyond the sandy beaches and millionaires' yachts, Sardinia is a land of shepherds' huts, traditional villages and tranquil valleys aching to be explored.

In Aritzo, we stay in a ★★★★★ hotel run by two brothers, Ninni and Luigi, just outside Aritzo. With a large swimming pool, sauna and jacuzzi it's the perfect place to relax. The en suite rooms, decorated in traditional Sardinian colors (aquamarine and pale orange), have hairdryer, satellite TV, mini bar and telephone. At dinner you'll taste authentic mountain cooking. Our walks take us past cork trees to explore the Fiummendosa Valley and we conquer Sardinia's highest peak, Punta la Mamora. There's also the 11C church, former 17C prison and Arangino castle to visit.

Brother and sister, Alessio and Grazia, run your second ★★★★★ hotel which is right by the sea in Cala Gonone. Alessio is the chef and freshly prepared meals are served every evening on their terrace overlooking the coast. There's a comfortable lounge to relax in, and you can easily explore Cala Gonone and its pretty port. Here we explore Sardinia's prehistoric heritage at the mysterious village of Tiscali, and follow coastal paths to discover its stunning white sand beaches.



## HEART OF SARDINIA | DAY BY DAY

### Saturday Arrive in Sardinia

We meet you at Alghero airport and drive (2 hours 45 mins) you to your hotel in Barbagia where you'll spend the next three nights.

### Sunday La Fiummendosa 10km/6mi/4hr

Gently climbing through chestnut woods we reach Serra Santa Maria and its newly renovated church. The Fiummendosa valley spreads out before us, as we descend past twisted cork trees, and wild poppies. Sheep and goats graze by the river, shaded by tamarisk trees, dotted with lilies and alive with the scent of wild mint and the humming of dragonflies. We eat our packed lunch (included in your holiday price) of grilled cheese, roasted lamb and fresh vegetables in a charming local *agriturismo*.

### Monday Punta La Marmora 11km/7mi/4.5hr

A 45 min drive to the refuge then we set off past yew trees bright with red berries, and violet flowered willow herb to join a path, glimmering with burnished limestone rocks winding along by mountain springs and alder copses to Punta La Marmora where we ascend on a pathway of pink granite stones left over from the Ice Age. We'll picnic at the summit with Sardinia mapped out below, then gradually descend through meadows, perhaps spotting wild horses and mouflons.

### Tuesday Aritzo and Nuraghi of Fonni 7km/5mi/3hr

Today starts with a gentle walk up to the limestone tower overlooking Aritzo and the surrounding villages - superb views out as far as the sea. Then we drive on to Fonni to visit the Nuraghi Dronnero - bronze age dwellings dating back to 1500BC and found only in Sardinia. In the afternoon we visit Nuoro, the provincial capital, and its fascinating folk museum - curious carnival masks, wacky musical instruments and sumptuous sweetmeats are just some of the exhibits. Then to Cala Gonone, where we spend the next four nights.

### Wednesday Tiscali 10km/6mi/6hr

We drive to Sopramonte (45mins) then begin our climb through myrtle and rockrose. Soon forest gives way to limestone, and we walk over brilliantly colored rocks ranging from ochre to indigo to reach Tiscali. Rude limestone huts with juniper branches for roofs, sheltered under a huge dolina. No one knows why there was a settlement here. Some say it was a hide-out from the Romans. We picnic here then descend before returning to the hotel.

### Thursday Free Day

You could just relax by the beach, it's just outside! But it's a shame not to explore the limestone cliffs and marble pebbled coves of the Gulf of Orosei. There are regular trips from the harbour. On the way back stop off at Bue Marino, the fascinating underground canyon stretching for 15km/9mi, to discover some of its colorful limestone walls, stalactites and underground lakes.

### Friday Cala Luna 10km/6mi/4hr

From the Codola di Luna, a verdant canyon bright with pink oleander, the Gulf opens up before us with sweeping views back towards Cala Gonone and its pretty port. Then across a rocky promontory to Cala Luna, a cove of impossibly white sand shaded by limestone cliffs and lapped by the clearest azure sea. A leisurely picnic on the beach before returning to the hotel by boat.

### Saturday Return home

*"This was a quality experience in a wonderful place. Superb capable guide. Well researched walks."*

Mrs Mowatt

## Dates and Prices

Departs selected Saturdays	Tour Only
<b>2012 departures</b>	
May 12, 19	\$2,994
Sep 22	\$2,994
May 26, Sep 8, 15	\$3,086
Sep 1	\$3,046

**Singles:** Add \$62 per night for sole occupancy of a double room. **Sep 15 departure no single supplement.**

**Child:** This holiday is unsuitable for children under 16.

**Room upgrade:** Prices from \$26 per person, per night, based on 2 sharing.

**Holiday type:** Guided walking, twin center, groups of typically 6-16 people on each tour.

**Departs:** Selected Saturdays from May 12 to Sep 22.

**Duration:** 8 days (7 nights).

**Meals:** Continental breakfast, 3 lunches and all evening meals.

**Other details:** For "What your holiday price includes," see "Holiday Planning" section pp 48-51.

## Tailor-made travel choices

### Nearest Arrival Airport: Alghero Airport

Flights can be arranged from most US/CANADA airports, with connecting transfers as required, prices and details on request.

**The above prices include our standard transfers:** Alghero Airport at 09:55 (transfer to hotel, 2hrs 45 mins, provided). **Return:** Alghero Airport by 08:55.

**Tour only:** Transfers included from Alghero airport at 09:55, and back to Alghero airport departing hotel at 06:30.

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## HEART OF SARDINIA | WHERE YOU STAY



**Hotel Sa Muvara**  
Aritzo

★★★★

Days 1+2+3



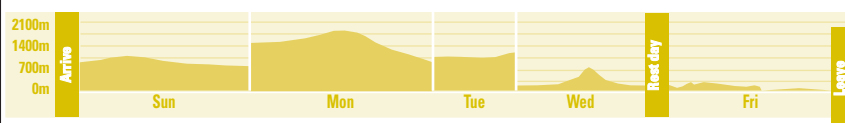
**Hotel Costa Dorada**  
Cala Gonone

★★★★

Days 4+5+6+7

For extra nights we recommend both of the above hotels.

## HEART OF SARDINIA | WALKING DETAILS



The walks are mainly on stony paths and forest trails. Some ascents involve walking over loose granite stones and high stone steps, so walkers should be reasonably sure footed and have a head for heights. There is some scrambling on the Tiscali Walk.



**Average daytime temperature (°C):**

18 22 27 27 23  
APR MAY JUN SEP OCT



**Average monthly rainfall (mm):**

36 28 12 33 58  
APR MAY JUN SEP OCT

Further details at [www.breakaway-adventures.com](http://www.breakaway-adventures.com)