

SPRING & AUTUMN COASTS & ISLANDS

type :	Self-Guided Hiking Tours
level :	
duration :	8 days
period:	Apr May Jun Jul Sep Oct
code:	ITSW340

Sardinia Coastal Walk - Italy

Sardinia Coastal Walk

8 days, PRICE FROM *€ 884*



When you arrive in the **Sulcis-Iglesiente region of Sardinia**, known as the **Costa Verde**, you instantly understand why it is such a remarkable place for **hiking in Sardinia**: remote, wild, and shaped by an **ancient mining past** that forged both its landscapes and its people. Eight thousand years of mineral extraction have left behind a unique blend of **abandoned mining sites** and pristine coastal beauty — a combination that sparks curiosity and that unmistakable feeling of "**there's a story to be told here**". In 2007, this vast mining area (about 3,800 km²) was declared a **UNESCO Global Geopark**. Step after step, as you walk southward, you begin to meet the soul of Sardinia: its **warm, helpful and welcoming people**, sometimes with that famous sardonic smile said to be inherited from centuries of resisting invaders.

The **Sulcis region** is also renowned among wine lovers for its **Carignano grape**, a hardy variety that survives with almost no water and grows low to the ground because of the **relentless winds**. Almost every family still produces its own Carignano del Sulcis — and one sip is enough to understand why.

Your journey ends on the island of **Sant'Antioco**, an evocative final stop. Here you'll walk among **stunning coastal views**, ancient watchtowers and landscapes shaped by wind and sea.

Route

Day 1 Arrive in Buggerru

Your trip starts in the small village of Buggerru, a village that was founded in 1864 as mine settlement. After check-in at the hotel, take your time to visit the small town, you can relax by the beach or you can visit the "Henry Tunnel" an old mining site, a labyrinth carved into the rock that opens onto sheer views of the sea and rocky coastline.

Day 2 From Buggerru to Portixeddu, 13 km

Today a very nice coastal walk is awaiting you. From Buggerru you start climbing along a secondary asphalt road overlooking the superb coast and the long beach of Portixeddu (this uphill section can be avoided by organizing a private transfer). After 5km / 3 mi of gradual ascent the route starts its descent into the gorge towards the dunes and artificial pine forest planted to prevent the sand to cover the main street and only access to the town. Along the last section you will walk through some military fortresses of the second world war. After a scrumptious lunch in Portixeddu you can take the bus to go back to Buggerru.

Distance: 13 km

Elevation gain: +607/-617 m

Day 3 From Ingurtosu to Scivu, 14,5 km

After breakfast, a transfer (about 30 minutes) will lead you to the nearly-abandoned village of Ingurtosu from where you will start your walk towards the ruins of the ancient "Laveria Brassey" mine site. At some point today you may feel close to Charles Darwin when he arrived at the Galapagos in the 1830s. The dunes of Piscinas are the most extended desert area in Europe. For about 6km there is just you, the sea, the sand and the wind! At the end of the day a short transfer will take you to the agriturismo where you are going to spend the next two nights.

Distance: 14,5 km

Elevation gain: +50/-280 m

Day 4 Capo Pecora loop walk, 15 km

Today you are going back to the sea (Scivu beach) then you take a footpath inside the Mediterranean macchia, leading you to a stunning panoramic view point on Capo Pecora granite promontory. Don't miss to take some unforgettable pictures of what it is a unmissable highlight of your trip! You will then proceed to walk on to reach the tiny village of Portixeddu, notorious among surfers for its famous beach of Portixeddu. A short transfer will drive you back to the agriturismo.

Distance: 15 km

Elevation gain: +431/-559 m

Day 5 From Portopaglia to Portoscuso, 14 km

Morning transfer (1 hour) to the tonnara of Porto Paglia, the starting point of today's walk. Even if this is a marked footpath (red/white signs) it is on a very wild and remote coastline. You follow a sandy footpath with stunning views of the cliffs.

Distance: 14 km

Elevation gain: +379/-386 m

Day 6 Carloforte loop walk, 12 km

Today you take the ferries to Carloforte where start a round walk, climbing on secondary asphalt road towards the north side of the Island, where at the end of May they start the so-called Mattanza, a system of nets that for about 45 days capture the tuna fish. Back in Carloforte take a ferries to Calasetta then a private transfer to Sant'Antioco.

Distance: 12 km

Elevation gain: +379/-379 m

Day 7 Sant'Antioco walk via Torre Cannai, 16,5 km

Today's a private transfer takes you to Capo Sperone, then you walk back to S.Antioco, passing by the watchtower Torre Cannai and the beach of Maladroxia (popular spot when the maestrale wind blows). The last part to town is on asphalt road

Distance: 16,5 km

Elevation gain: +439/-381 m

Day 8 Arrivederci Sardegna!

The trip and our services end after breakfast and depart for the airport with public transport unless you have pre-booked a private transfer with us.

Practical info



Arrival in Buggeru

From Cagliari take the train to Iglesias about 50-60 minutes ride (direct trains or with 1 change); from there you can take daily public busses to Buggerru via Fluminimaggiore (see www.arstspa.info). From Sant'Antioco, where the trip ends, you can take a bus to the city of Carbonia (see www.arstspa.info) and then a train from Carbonia to Cagliari Airport , about 1 hour ride (there are direct trains but 1 or 2 changes are possible, depending on trains)

Departure from Sant'Antioco

You can take a bus to Carbonia and then a train from Carbonia to Cagliari Airport



Thanks to our special APP, you will be able to follow the track of the whole trip on your mobile phone, with no need for internet. GPS tracks are available on request.

Included

What is included

- 7 Nights in double room in **/*** hotels , B&B and agriturismi with breakfast
- luggage transportation from hotel to hotel
- transfers as described in the day by day program
- maps and detailed description of the itinerary in digital form, app
- Medical and luggage travel insurance
- 24h phone assistance

What is not included

- Transfers to the starting location and from the arriving location of the tour
- lunches and dinners, if not otherwise stated
- visits and entrance fees - tips
- personal expense
- possible sojourn taxes
- everything that is not mentioned in the "What is included" section.

Optional Services

These services can be added to the ones included in the base price of the tour:

- Single room supplement
- cancellation insurance
- Transfers to reach the starting location or to leave the arriving location of the tour, which will be quoted on request.
- travel documentation in printed form (maps and detailed description of the itinerary), shipped to the first hotel