

**MOUNTAIN SPRING & AUTUMN**

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|---|---|
| type : | Hiking Tours Self-Guided |
| level : | |
| duration : | 8 days |
| period: | Apr May Jun Jul Sep Oct |
| code: | ITSW040 |

# Wild East Sardinia, Tiscali to Cala Gonone - Italy

## Wild East Sardinia, Tiscali to Cala Gonone

**8 days, PRICE FROM *€ 1004***



Wondrous island landscapes and wild inland wilderness welcome you on your journey through Sardinia. Behold white cliffs over 800 meters high and the **crystal clear waters of the Mediterranean Sea**, shimmering with deep shades of blue. Thousands of prehistoric Nuragic towers are scattered across the landscape which you zigzag past, heading up the **Monte Tiscali** to discover a **hidden Nuraghe village.** Walk along the rough, ragged ridges of the **Supramonte Mountains** and follow narrow footpaths through the **spectacular Gola di Gorropu gorge**. Finally you head to the **Gulf of Orosei**, 40 km of captivating coastline. This invigorating walking adventure is sure to bring out your wild side.

Because of the difficult limestone terrain, you must have **a quality compass**, **good map reading skills** and **be an experienced mountain walker** in order to undertake this Sardinian adventure. A fully charged mobile phone with you at all times during the walks and the use of a GPS can also be handy.

## Route

**Day 1 Oliena**

Arrive in Sardinia at **Cagliari or Alghero airport** and take a local public bus to **Oliena**, where you are met and taken by car to the hotel located near the **Su Gologone** spring. Get your walking shoes out and your adventurous spirit ready for a discovery of the uncontaminated, idyllic bliss of Sardinia. Relax with a glass of **Cannonau wine and local "carasau" bread.**

**Day 2 Monte Corrasi loop, 11 km**

As you climb out of bed and up to the mountain top, you will feel you are still dreaming for how beautiful your natural surroundings are. Gaze out at the calcareous **Supramonte Mountains** and the stunning valleys which await your upcoming visit.

*Distance:* 11 km

*Elevation gain:* +825/-815 m

**Day 3 From Monte Maccione to Su Gologone, 14 or 16 km**

Today's walk leads you through the beautiful Holm oak woods that cover the lower slopes of the impressive limestone rocks of the **Supramonte**, which are more than 800 meters high. During the walk you will have numerous great views on the **valleys of Oliena and Guthiddai.** If you wish you can climb the steep, stony slope of the **Scala di Sovana to the Punta Cusidore** halfway along today's walk. At the end of the walk you can walk another 2 km to the limestone source of Su Gologone.

*Distance:* 14 or 16 km

*Elevation gain:* +395/-990 m

**Day 4 Rio Flumineddu loop via Tiscali, 10,6 km**

You are transferred to Rio Flumineddu (15min). You then start walking along the Scala de Surtana valley; a right turn leads you to a limestone plateau where 2 beautiful ovili huts have been recently restored: if you enter inside you can admire the fine technique that is needed to build them. You descend again to the valley and start climbing up Monte Tiscali. Near the top you can visit, hidden in cave, the remains of a prehistoric Nuraghe village. You can enter the enormous round hole, which is formed by the erosion of the limestone rocks. The spot itself is very remarkable, like an oasis in the mountain, inside you will only find some remnants of Nuraghe houses but it is really worth the climb. After passing through the wooded gorge of Surtana follows a descent to the river Flumineddu, where you will be picked up for a short ride to the hotel.

*Distance:* 10,6 km

*Elevation gain:* +700/-700 m

**Day 5 From Domus de Jana Biduai to Gola di Gorropu, 15 km**

Delve deep into Italy's deepest gorge: the **Gola di Gorropu,** with its stunning, vertical white walls over 350m high. It's a long but easy walk to get there, where you can peer into the belly of the earth and scramble over the huge boulders within. Short morning and afternoon transfer to/from the start of the walk.

*Distance:* 15 km

*Elevation gain:* +341/-177 m

**Day 6 From Dorgali a Cala Gonone, 11 km**

A car transfer takes you just outside **Dorgali** where you start the walk via an old tunnel that connects Dorgali with **Cala Gonone.** The track climbs to the top of **Monte Bardia,** from where there is a long gradual descent. You have several great views into both valleys during the walk. When you have reached the asphalt road, you can decide to walk straight to **Cala Gonone** or to add the ascent of **Monte Irveri** (616m).

*Distance:* 11 km

*Elevation gain:* +486/-958 m

**Day 7 From Cala Gonone to Cala Luna, 9 km**

Today you will experience a very nice end of your hike that started one week ago in the rugged **Supramonte**. After a few hours of effort via a nice walk along the beautiful coast, you can relax on the white beach of **Cala di Luna**. This beach can be reached only on foot or by boat. At the end of the afternoon **you are sailing back to Cala Gonone.** You could also go diving, kayaking, fishing or just relax. In the harbour you will find all kinds of information kiosks.

*Distance:* 9 km

*Elevation gain:* +405/-402 m

**Day 8 Cala Gonone**

Our services end after breakfast.

## Accommodation

7 night accommodation on half board basis (drinks excluded)



Hotel Monte Maccione - Oliena
Hotel Monte Maccione is a simple hotel, located at the base of Monte Corrasi in a restored old farm abandoned. It has an amazing view of Gennargentu National Park by its terrace. Rooms are basic and functional, but clean and comfortable. Breakfast is good served on terrace. Cuisine is very recommended that offers traditional dishes.



Hotel Sant'Elene - Dorgali
Hotel Sant'Elene is located 3 kilometres from Dorgali, in the center of Barbagia area and gate for Gulf Of Orosei. Hotel is a family run, offers spacious and bright rooms with rustic style with air contioning, TV, private bathroom with shower. Wifi is free in the hall. Breakfast is various and natural.




Hotel Oasi - Cala Gonone
Hotel Oasi*** overlooking Gulf Of Orosei with an amazing view and 5 minutes by walk from seafront. Hotel has a garden, a terrace and spacious and clean rooms, with a little bit dated furniture. The restaurant offers typical dishes.

## Practical info

We suggest that you arrive before 4 p.m., so that you have the time to catch the bus to Oliena/Dorgali. You always have to change in Nuoro. When you arrive in Oliena or Dorgali you are met and picked up by the owner of the hotel.

*If you arrive AFTER 4 p.m.* or on a Sunday or National Holiday, you can either book a private transfer to the first accommodation in Oliena or Dorgali OR book an extra night in the city where you are flying at and reach Oliena or Dorgali by bus on the next morning.

*If you arrive in Nuoro AFTER 7 p.m.*, you will need to be picked up in Nuoro istead of Oliena or Dorgali. This service will have an additional cost.

*On departure* from Cala Gonone, you can reach Cagliari, Olbia or Alghero by public bus (with one change in Nuoro). If you are flying from Olbia, direct busses from Cala Gonone to Olbia airport run 4 times a day in Summer.

You can check bus timetables on

- https://www.geasar.it/en/how-to-get-here/by-bus (from/to Olbia)

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 hotel
- 5 dinners
- luggage transportation from hotel to hotel
- transfers as described in the 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
- 2 dinners in the last accomodation (Hotel l'Oasi a Cala Gonone)
- 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