

## West Sardinia Walk “From Mountains to Sea”

From the black mountains of Montiferru to the Sinis wetlands and the sea. Montiferru is a basaltic area famous for the green forests and the local red beef celebrated by the Slow Food Movement.

Prices from £675 B&B

Total distance: 85km

Nearest Airport: Alghero/Cagliari

Duration: 7 nights

### Features

- The Montiferru Mountain range
- The cliffs of Su Tingiosu
- Sinis wetlands wildlife
- Fishermen villages of Putzu Idu and Cabras
- Charming accommodations

Dates available 01/01 – 29/06 and 08/09 – 31/12

### Day 1: Arrival day

Transfer to the first hotel in Santulussurgiu where there will be a welcome meeting with the local representative who will provide an explanation of the route, a map and route notes.

### Day 2

Santu Lussurgiu – San Leonardo water spring Loop (12 km/4h)

A mix of road walking and agricultural tracks take you up to San Leonardo with sweeping views on the way. Spend a little time looking around the village, the church and springs. Another mix of road walking, tracks and paths will get you back to Santulussurgiu. You will have time to divert to the viewpoint above the town where a statue of Christ overlooks the village and to walk down through the maze of narrow streets of Santu Lussurgiu.

### Day 3

Santu Lussurgiu – Santa Caterina di Pittinuri (22 km/7h)

The route descends from the village of Santu Lussurgiu, laid in the Montiferru Mountain, to Santa Caterina di Pittinuri, located right on the sea. You will be crossing oak forests, olive groves and quiet pastures.

#### **Day 4**

Santa Caterina di Pittinuri – Putzu Idu (16 km/5h)

Optional hike to the popular natural arch of S'Archittu in the morning. You then shuttle to the Is Benas lagoon, home to large colonies of Grey Herons and Pink Flamingos. A beautiful track along the limestone cliff leads you to the beach of Su Pallosu and Capo Mannu, with the light house and the ancient Spanish watchtowers. Your base tonight is Putzu Idu, a village located on a stretch of coast often visited by the Mistral wind which made it a popular spot for sailing and surfing.

#### **Day 5**

Putzu Idu – San Salvatore Sinis (18km/5.5h)

The day starts walking on the amazing cliffs of Su Tingiosu, 6 km of limestone and plenty of bird nests. The cliffs end in the beautiful quartz beaches of Mari Ermi and Is Aruttas whose sand is made of little grains of quartz quite similar to rice seeds. At the end of the day, you move inland, crossing artichoke and wheat fields to arrive in San Salvatore Sinis, famous for its church erected over an hypogeum.

#### **Day 6**

Tharros loop (15 km/4.5h)

A day trip walking across fields and by the side of the lagoon to San Giovanni, on to Tharros the which dates back to the 8th century BC. Visit the ancient Basilica Paleocristiana di San Giovanni di Sinis dating back to 470AD. Here you join the main tourist track to the site of Tharros. An hour here and a stop in the café will set you up for a loop around the Capo San Marco using the smaller footpaths that skirt the coastline.

#### **Day 7**

S.Salvatore Sinis – Cabras (10km/3h)

A pleasant path leads you out of San Salvatore to Cabras, main centre in the Sinis. During the itinerary you walk along artichoke fields, Vernaccia vineyards, olive groves and the Cabras Lagoon, the largest in the area, famous for the grey mullets and its Bottarga, the mullet cured roe. Don't miss the fresh fish, the Bottarga and the Vernaccia wine.

#### **Day 8: Departure day**

After breakfast, transfer to your chosen airport.

#### Accommodation

##### **SANTU LUSSURGIU (Nights 1 & 2) Antica Dimora del Gruccione**

Host: Sig.ra Gabriella Belloni

The “Antica Dimora del Gruccione” is a 17th century mansion of Spanish design, entirely made of stone with arches, barrelled ceilings, wooden beams and ancient wrought iron throughout the structure, and furnished with comfortable original antiques, many from the family of the owner. The property features unique rooms, each different from the other, and offers a warm hospitality rather than the anonymous sameness found in many hotels. The management (still from the family of the original owners) believes passionately that a hotel is more than just a room but must also offer food of exceptional quality. The “Antica Dimora del Gruccione” follows the principles of “Slow Food” by exclusively using fresh items, products of small Sardinian companies of excellent quality, and products of fair trade. All served with warm, inviting, hospitality in their beautiful restored dining room.

##### **SANTA CATERINA DI PITTINURI (Night 3) Hotel La Baja**

A nice hotel located right on the coast high on a cliff. The beach itself is not so great (you will see much better beaches during the tour) but it has a swimming pool, nice rooms and an excellent cuisine. There are also some other excellent beaches nearby (but not in walking distance). It is located in Santa Caterina di Pittinuri, some 116km north of Cagliari and 30 km north of the start of the tour. The village of Santa Caterina is very quiet.

##### **PUTZU IDU MARINA DI SAN VERO MILIS (Nights 4) Hotel Da Cesare**

Via Lungomare Putzu Idu – San Vero Milis

##### **SAN SALVATORE SINIS (Night 5 & 6) Sa Pedrera**

Hotelier: Sig. Carlo Picconi

Sa Pedrera is a charming countryside complex located in San Salvatore Sinis, a tiny village in the heartland of the Sinis peninsula. Its U-shape layout resembles that of a Spanish hacienda with 14 lovely decorated rooms surrounding the flourishing garden in the central courtyard. The hotel has a restaurant and comfortable living room. In the park outside the hotel, there are two tennis courts.

##### **CABRAS (Nights 7) Villa Canu**

This lovely small property is located in a restored house in the centre of the village of Cabras, in Sinis wetlands. The whole building has been decorated following the traditional local architecture and the result is really dramatic. Under the same management, the nearby restaurant “Il caminetto” is renowned among locals for its genuine cuisine.



**Included in the price**

- Return airport transfers from Alghero or Cagliari airport
- 7 Nights in 3 star hotels, all rooms with en suite bathroom
- 7 Breakfasts
- Welcome meeting (tour explanation)
- Transfer at the beginning of days 2 and 4
- Baggage transportation from hotel to hotel
- Supply of route notes and maps
- telephone assistance

**Not included in the price**

- Return flights
- Admission to museums and archaeological sites