

The Wild South West Walk

An interesting hike combining spectacular scenery and ancient sites on the south west coast of the island, along the Costa Verde. Experience beautiful beaches, Mediterranean macchia, natural springs, a Roman temple, ancient caves, granite plateau, cork trees and old mining trails whilst staying in agriturismo.

Prices from: £704pp B&B

Total distance: 75km

Nearest Airport: Cagliari

Duration: 7 Nights

Features

- Punic and Roman temple of Antas
- Beautiful and deserted beach of Scivu
- Capo Pecora and the valley of Rio Mannu
- Gulf of Portixeddu
- Naracauli ruins
- Piscinas sand dunes

Ability Level

- 5 days of walking
- 3 easy stages (mostly flat)
- 1 medium stage (mostly flat but long)
- 1 challenging stage (hilly, mainly uphill)

Itinerary

Day 1: Arrival day

Transfer to the Agriturismo Fighezia located near Fluminimaggiore, in the South West of the island.

DAY 2: Antas (20km/6h)

The route starts from the suggestive Punic and Roman temple of Antas (Fluminimaggiore) heading North towards the caves of "Su Mannau", where ancient Sardinian populations practised their water cults. After restoring forces at the Pubusinu water spring, you go through the tiny hamlet of Fluminimaggiore walking finally towards your agriturismo, where fresh local food is awaiting for you.

DAY 3: Capo Pecora (14km/3½h)

Today you hike through rolling hills covered in Mediterranean *macchia* and reach the sea at the beautiful and deserted beach of Scivu. The beach has coarse, light-coloured sand, flanked by steep cliffs that plunge into the sea. Its waters are of a changing blue due to the plays of light created by the sun reflected on the seabed. You go back to your base enjoying sceneries of rare beauty encompassing Capo Pecora and the valley of Rio Mannu.

DAY 4: Fighezia – Sibiri (16km/5h)

Your hike today is mainly uphill with impressive views of the gulf of Portixeddu. You will reach a granite plateau covered by cork trees where you will rest for the night in a nice agriturismo.

DAY 5: Sibiri – Sciopadroxiu (10km/3h)

This day is dedicated to the ancient mining past of Sardinia. Following old mining trails you will reach Ingortosu, once a flourishing town, and Naracauli with the powerful and suggestive ruins of the old washery.

DAY 6: Piscinas – Freedom day

Today you are free to explore Piscinas, famous for its celebrated sand dunes, among the highest in Europe. Some dunes are covered by the Mediterranean scrub, others still alive and modelled by the mistral, the prevailing wind in this part of the island. It is not uncommon to spot Sardinian deer coming out of the bush at sunset.

DAY 7: Sciopadroxiu - Montevecchio (15km/4h)

Hike on the old trails miners used to get to Montevecchio, formerly the biggest mining town in Sardinia. The route develops along rolling hills covered in Mediterranean vegetation that offer a spectacular scenery especially in Spring time.

Day 8: DEPARTURE DAY

After breakfast, transfer to Cagliari Airport

Accommodation List

We believe that the accommodation is a very important factor of a hiking tour, therefore we take the greatest care in carefully selecting small family-run 3* hotels and country lodges with excellent regional cuisine.

The following properties have been selected for this tour (please note that they are subject to availability and we reserve the right to change hotels should the need arise).

FLUMINIMAGGIORE (Night 1, 2 and 3) – Agriturismo Fighezia

Small and family run, an authentic Sardinian Agriturismo and a ideal start to your tour.

ARBUS (Night 4) – Agriturismo La Quercia

This family-run country house is 17 km from the Costa Verde and 11 km from Arbus. It features an outdoor swimming pool, the rooms are air-conditioned and simply furnished but include a private bathroom and a patio with views of the gardens.

PISCINAS (Night 5 and 6) – Residence Sciopadroxiu

A small residence of just 6 apartments, located near the beaches of Piscinas, a perfect base for exploring the local area.

GUSPINI (Night 7) – Agriturismo Miniera Fiorita

Located inland and with only 8 rooms, Miniera Fiorita offers a quiet and peaceful location to end your tour.

FAQ's

1. Will I have a guide to assist me?

Not on the self guided tours however they will only be a phone call away.

2. What happens if I get tired along the way?

On self guided tours it's best to stop and take a rest but remember to always drink plenty of water.

3. What happens to my baggage?

Your baggage travels on the van, under the care of the guides. You will usually find your things waiting for you in your room at the hotel.

4. Do I need to train before the walk?

To get the most out of your holiday, all we suggest you do is get in some training, preferably a couple of weeks before the start of your holiday.

5. How far must I walk each day?

On average its 14.6 km a day which is about 9 miles per day

6. How do I get to the starting point of my tour?

Starting and finishing points of our tours have been planned so that they are close to the island's airports to make things easier for you. Transfers are included in the price of the holidays.

7. I'm travelling alone - do I have to pay a single supplement?

The prices quoted for our tours refer to accommodation in double rooms based on 2 sharing with bed and breakfast however a single room supplement is available. Please note that there is also a single traveller supplement.

8. What should I bring with me?

We suggest that you bring your normal clothes that you would wear when walking in the UK, ie walking shorts, and tops, hiking boots/shoes plus your normal holiday luggage. Listed below are other items that we recommend: Small first aid kit

- Small torch
- Hat
- High factor sun cream
- Mobile phone