

Self-Guided Walking on Sardinia's East Coast

Trip Code: SGSE

Version: SGSE Self-Guided Walking on Sardinia's East Coast



WALK & TREK



SELF-GUIDED



MODERATE



HIGHLIGHTS

- Spend three nights of peace and tranquility on the Golgo Plateau in a welcoming mountain guesthouse
- Enjoy the perfect balance of mountain and coastal walking

- Relax at hidden coves only accessible on foot or by boat
- Walk alongside Pedra Longa accompanied by panoramic views of the coast

AT A GLANCE

- Self-guided
- 6 days hiking
- Thursday and Saturday departures
- Join at Olbia Airport

ACCOMMODATIONS & MEALS

- 7 Breakfasts
- 3 nights Mountain Hut / Refuge
- 4 nights Hotel

[VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE](#)

Introduction

High mountain plateaus, vibrant coastal towns, historic legends and picture perfect beaches- Sardinia really is an Italian gem waiting for you to discover!

This one week self-guided holiday showcases the very best of eastern Sardinia's unique landscape perfectly balanced with time to relax on secluded beaches and swim in the inviting turquoise waters of the Mediterranean. Your trip begins with a private transfer to the coastal town of Santa Maria Navarrese where you will discover its royal past before heading to the mountains above, where you will traverse Pedra Longa for your first taste of the breath taking views this island beholds. Spending 3 evenings high on the Golgo Plateau, in a welcoming mountain retreat, you can submerge yourself in the joy of the simple things in life; exploring natural landscapes on foot, good food and great company. Your trip ends with a final 3 evenings in the welcoming coastal town of Cala Gonone, where you can explore the rugged coast by day, and feast on freshly caught seafood by night, and enjoy a glass of fine Sardinian wine from your hotel's rooftop terrace as the sun goes down on this idyllic island.

Is this holiday for you?

This holiday is perfect for those looking to strike a balance between exploring Sardinia's rugged coast on foot and enjoying a more relaxed pace on some of the island's secluded beaches. Your walks will take you along the rugged coast, through fragrant woodlands and aloft limestone peaks with plenty of opportunities to stop and enjoy the island's many beaches and inviting turquoise waters. Spending 3 nights in a simple mountain guesthouse on the tranquil Galgo Plateau and 4 nights in lovely 3* family run hotels you are sure to experience a traditional Sardinian welcome.

Itinerary

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DAY 1

Arrive at Olbia Airport and take a private transfer to the coastal haven of Santa Maria Navarrese.

Your trip starts the moment you step into the arrivals hall at Olbia airport where your private transfer will be waiting to take you to your accommodation in Santa Maria Navarrese. The views experienced from your transfer will give you a taste of the island's fantastic contrast of scenery as you make your way to your first destination, Santa Maria Navarrese, nestled between the glistening turquoise waters and dramatic mountains in the heart of Baunei on Sardinia's beautiful East Coast.

Santa Maria Navarrese has a royal past. Legend has it that in the 11th century Princess Navarra sought refuge in the harbour during a storm and built the church of Santa Maria in thanks to Our Lady for keeping them safe. In later years Navarrese was added to the name of the town. The church of Santa Maria still remains at the heart of the town and its people. Depending on the time of your arrival you may have time to pay a visit to the church and old town or you may opt to enjoy lunch in one the harbour restaurants, take a stroll along the coast to the 17th century watch tower, or cool off in the inviting waters at the beach.



Accommodation
Hotel

DAY 2

Traverse Pedra Longa, accompanied by fantastic coastal views and discover the Golgo Plateau.

After a relaxed breakfast by the coast you will begin today's route which will first ascend a coastal path to the striking Pedra Longa limestone peaks, all the time being accompanied by fantastic far reaching views. Before long you will head away from the coast taking you below the impressive rock faces before bringing you to your first mountain peak of your trip. With breath-taking views of the turquoise waves dancing below, it makes the perfect place to pause for a snack. Continuing through the aromatic Macchia you will descend to reach the Golgo alpine plateau and your mountain home for the next three evenings.

This vast plateau sits at a height of 400m above the sea below and is home to Su Sterru, Europe's deepest single-span chasm at 270m deep. Su Sterru is filled with legends of how it came to be and the monsters that lurk within it. It is said to have been a monstrous snake's lair leading to the construction of the church of San Pietro in the 17th century to warn off the menacing snake. Each year a festival takes

place at the end of June to celebrate the defeat of the snake.

Meals: **B**

	Accommodation Mountain Hut / Refuge		Ascent 920M		Descent 590M		Time 6-7 hours		Distance 19KM
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DAY 3

Hike to the secluded bay of Cala Goloritze, guarded by impressive rock pinnacles. Swim in the clear waters and return to the haven of Golgo.

Wake up to the rural sounds of your mountain home and enjoy the early light over the landscape, before setting off on today's walk. Your route will take you through a rocky gorge to the spectacular bay of Cala Goloritze; you won't want to forget your swimsuit and book today!

Cala Goloritze is perhaps the most photogenic bay on Sardinia; with its natural rock arch framing the crystal clear waters and the contrasting pink and white pebble beach, it is no surprise why. The beach is only accessible by foot or by boat and the perfect place to enjoy a picnic, relax and take a dip in the inviting waters. The cliff faces behind the bay are a popular spot for climbers and you may spot them conquering the famed 143m high pinnacle which guards the bay. Once you have finished your fun on the beach, your hard work begins as you make your way back up to the plateau.

Meals: **B**

	Accommodation Mountain Hut / Refuge		Ascent 560M		Descent 560M		Time 5 hours		Distance 12KM
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DAY 4

Discover the natural rock formation of Arcobaleno and be rewarded with panoramic views.

Feeling refreshed today, you will further explore the extensive Golgo Plateau. Set within the Gennargentu National Park, the area is one of the oldest rock formations in Europe and is characterised by its variety of natural features. Your route will take you across the plateau to the Arcobaleno natural rock arch, an attractive natural feature on its own but the views from this point are the real reward for your efforts, with panoramic views over the deep blue sea far below. You will have time to enjoy a picnic and soak up the views before retracing your steps to your accommodation to enjoy a final evening in the tranquillity of this unique area.

For more adventurous and sure-footed walkers, there is an option to extend today's walk up a steep track via the Wacholderholz-Leitern, to the white sandy beaches of Cala Mariolu Bay.

Meals: **B**

	Accommodation Mountain Hut / Refuge		Ascent 300M		Descent 300M		Time 4-5 hours		Distance 12KM
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DAY 5

Transfer to Cala Sisine and walk to the beautiful Cala Luna before taking a boat to Cala Gonone to experience the coast anew.

Today you say farewell to Golgo and take a transfer to the nearby Cala Sisine beach. From here, your walk begins as you ascend through the shade of carob trees and holm oaks. You will be accompanied by more fantastic views along the rugged coast as you discover its hidden bays and glistening sea. Continuing along the endless karst plateau, you will soon arrive at another of Sardinia's symbolic beaches; the bay of Cala Luna, one of the most beautiful beaches on the island. Here, you will have time to enjoy the inviting waters and take in the beauty of the light coloured sandy beach, surrounded by lush vegetation and high cliffs. It really is a wonderful spot to cool down after a day of exploring on foot.

Your day draws to a close with a boat ride to the popular coastal town of Cala Gonone, providing opportunity to experience the coast anew. Checking in to your accommodation for the next three nights, you can begin to explore this popular seaside town. Once a fishing village, the town boasts a pretty centre filled with characterful streets and houses made of volcanic rock.

Meals: **B**

	Accommodation Hotel		Ascent 620M		Descent 600M		Time 5 hours		Distance 12KM
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DAY 6

Walk along fragrant forest trails to Cala Luna and discover the caves of Bue Marino.

Having experienced the coast between Cala Luna and Cala Gonone from sea, today you will experience it on foot. This lovely route will take you along shaded trails, through fragrant forests and past hidden coves and gorges as you make your way first to Cala Fuili and on to Cala Luna. The dreamy beach setting inspired the making of Italian cult film *Swept Away*; an adventure comedy-drama where a wealthy woman finds herself stranded on a remote island with one of her boat's crew. You will have time to enjoy the beach and perhaps a spot of snorkelling before taking a boat back to Cala Gonone.

In the evening you can enjoy dinner in one of the many fantastic restaurants Cala Gonone has to offer and further explore the beautiful town as it comes alive with bustling restaurants and bars.

Meals: **B**

	Accommodation Hotel		Ascent 210M		Descent 220M		Time 3-4 hours		Distance 9KM
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DAY 7

Circumnavigate the imposing Monte Irverì and raise a glass to a great week on Sardinia.

Your final walk of the week will circumnavigate the imposing Monte Irverì which stands proud to the north of Cala Gonone. Heading away from the town, you begin your ascent through the valley until you reach the top to be greeted by breathtaking views across the green centre of the island. Your route continues, snaking its way down the other side of the pass and around the mighty mountain; passing its craggy rock face before leading you to the idyllic sandy beach of Cala Cartoe. You will have time to enjoy this idyllic spot before taking a coastal path back to Cala Gonone to enjoy a refreshing cool drink and toast a great week on this magical island.

Meals: **B**

	Accommodation Hotel		Ascent 630M		Descent 630M		Time 3-6 hours		Distance 17KM
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DAY 8

Departure Day

Enjoy a relaxed breakfast and a final stroll along the coast before being collected for your included transfer to the airport.

Meals: **B**

Holiday Information

What's Included

- All accommodation as described
- Luggage transfers
- Meals as described in the Meal Plan
- Self-guided information pack containing your map and route notes
- Transfer on day 5 of the itinerary
- Transfer from Olbia Airport to Santa Maria Navarrese
- Transfer from Cala Gonone to Olbia Airport

What's not Included

- Travel insurance
- 2 boat rides to Cala Gonone (allow approx. €10 per person per journey)
- Visas (if applicable)
- Tourist Taxes may apply and are usually under 5 Euros per person per night
- Some meals as described in the Meal Plan
- Personal equipment
- Any additional activities/excursions indicated as optional

Your Self-Guided Pack & Route Notes

Each self-guided holiday comes with comprehensive route notes and a map or pocket guidebook of the area you are exploring. The route notes contain information about the places you will visit, about the local transport you might need, along with the detailed route notes for your daily walks or cycle rides. We even include some tips for the best places to stop for lunch.

You can expect to receive your Self-Guided Pack containing your route notes, a map or guidebook and all your relevant documents no later than 3 weeks before your holiday start date. We will send your documents using signed for courier so that you can track your package and know that they are safely on their way to you. For bookings of more than 4 people we will send an additional Self-Guided Pack. If you do not need this additional pack please inform our sales team. Your pack will be sent to the lead booker so please remind them to pack it before you set off.

Should your self-guided trip be part of a longer adventure requiring you to leave home more than three weeks before your holiday start date, please do inform our sales team so that we can make alternative delivery arrangements.

Self-Guided Families

Our Self-Guided Holidays are perfect for your next family holiday and are suitable for children of all ages.

Our partner hotels and accommodations are able to provide cots for young children, and some offer family rooms. We can also arrange hire of children's bikes and tag along bikes for our self-guided cycling trips and with trips such as Lake Constance and the Danube offering routes on designated cycle paths you can rest assured in keeping your family safe.

As a parent we trust that you know your own child's capabilities, please read the itinerary details to ensure the distances covered each day are suitable for your family. If this is a first time walking holiday for your family, a centre based trip is a fantastic option as it allows you to easily opt out of a days walking if a day of building sand castles, swimming in the pool or visiting museums is calling.

Please discuss this further with our sales team who will be happy to assist in picking the best trip for your family.

Joining Arrangements & Transfers

The trip starts at Olbia Airport. All of our self-guided holidays are sold on a land only basis allowing you the flexibility to choose the travel method which best suits you. For this trip we have included a return transfer for you from Olbia Airport which offers many departures from regional UK airports.

It is also possible to fly into Cagliari Airport. We can arrange your transfer from this airport to Santa Maria Navarrese and return from Cala Ganone for an additional charge. Please contact our sales team for a quote.

Please ensure you inform our customer sales and support team as early as possible of your flight times so that we can arrange your transfers for you.

Meal Plan

This trip is on a bed and breakfast basis to allow you the most flexibility during your holiday.

Food & Water

Many places on this holiday have drinkable water from the tap to fill your personal water bottles. Please check with the leader at the various locations. Please take purification tablets or a filter bottle (such as a [Water-To-Go bottle](#)) for days when drinking water out of the tap is not available. We do not encourage the purchasing of single use plastic bottles.

Sardinian food is a medley of colour and bursting with Mediterranean flavours. Proud of their heritage and history, the food of the island is also hearty, robust and includes a strong Italian influence. Breakfast is typically simple and continental in style - bread, pastries or cakes, yoghurt, jam and honey served with tea or coffee.

Pulses, lentils, beans, chickpeas and fresh vegetables plus rich tomato sauces, all feature strongly in traditional cuisine. The island has an excellent variety of wines which can be enjoyed by the glass or bottle. From rich reds and refreshing whites to the famous dessert wine of Liqueuroso Dolce. Sardinians also love their after dinner digestifs. Chilled Limoncino and the excellent range of fiery grappas are all worth a try!

Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide special diets. Due to the nature of some of the trips that we operate and the countries in which we operate them, it can be very hard (and sometimes impossible) to cater for a wide range of dietary choices and you may have to supplement your diet with food/snacks from home. If you have specific dietary requirements please do speak to our sales team and they will be able to advise you whether or not we will be able to offer your specific choice. Please note that we are unable to provide separate menus and cannot accept liability for any problems arising from special dietary requirements or intolerances.

Accommodation

On this trip you will spend your first evening in a lovely family run 3* hotel in Santa Maria Navarrese where you can be sure of a warm welcome to Sardinia. You will then move on to spend 3 nights in a tranquil mountain retreat high on the Galgo plateau. Here rooms are simple which is all part of its charm. Surrounded by gardens away from any towns and villages this is a little retreat for you to unwind at the end of the day. Your trip ends with 3 evenings, on the coast in another lovely family run hotel, in the seaside town of Cala Gonone. The hotel has an enviable location by the marina and has a fantastic rooftop restaurant and terrace along with a hottub area overlooking the beach below; the perfect place for toasting to a great holiday as the sun sets.

All accommodation is based on twin or double rooms on a bed and breakfast basis. Breakfasts are typically continental with breads, pastries, cheese, meats and often eggs along with cereals and a good helping of morning coffee. Occasionally during peak season we are unable to offer the hotels described and will arrange an alternative hotel of the same standard for you.

It is possible to book additional nights accommodation before or after the holiday itinerary so that you can enjoy this beautiful island a little longer. Please ask our sales team for more information.

Baggage Allowance

Your main luggage will be transferred between each of your hotels while you are out on your hike. We ask that you please ensure your luggage is under 20KG and that your luggage is ready for collection on the transfer mornings (days 2 and 5 of the itinerary). You will also need a daypack to carry your daily essentials with you.

General Information

Passport & Visas

Europe

Your passport must meet 2 requirements. It must be:

- less than 10 years old on the day you enter (check the 'date of issue')
- valid for at least 3 months after the day you plan to leave (check the 'expiry date')

For the latest details on visiting countries within the EU or the European Economic Area (EEA), please check the UK Government website

The information that we provide is for UK passport holders. A passport with 6 months remaining validity at the end of your stay is generally required, and you should have at least 2 blank pages for each country that you visit.

It is your responsibility to ensure that you have the correct travel documents and visas for your holiday. Please ensure that you check for the latest advice before travel. For the most up to date information on entry requirements, please visit the [UK Government website](#).

Health & Vaccinations

Vaccinations

You should contact your doctor or travel clinic to check whether you require any specific vaccinations.

GHIC / Medical cover

UK residents should carry a free Global Health Insurance Card (GHIC). This entitles you to state provided medical treatment when you're visiting an EU country or Switzerland. This is not a substitute for medical travel insurance which is vital when travelling overseas.

Severe Allergies

Please inform our KE Sales and support team of any severe allergies you may have before travel. We will always do our best to help but we are unable to guarantee an allergy free environment on our KE trips. We advise that you always carry your own treatment for the allergy with you such as 'adrenaline auto-injectors' if required. We also recommend that you discuss this with your accommodation on arrival so that they can better assist you.

Preparing for your Holiday

The advantage of a self-guided walking holiday is that you decide the pace however, getting some additional exercise before coming on an active holiday makes a lot of sense. The fitter you are, after all, the more enjoyable your walks will be. You should be comfortable with walking 5 to 6 hours for consecutive days on rugged paths. Some of the routes are along the coastal clifftops requiring head for heights to enjoy the fantastic views.

Climate

The island of Sardinia has a typical Mediterranean climate with hot, dry summers and coolish winters. The best time to visit is from March to June and from September to October, when temperatures are the most pleasant. At these times of year, daytime temperatures will vary between 20 and 30 degrees centigrade, falling to between 10 and 20 degrees centigrade at night.

Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's '[Travel Aware](https://www.gov.uk/travelaware)' campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that prior to travel, all KE clients visit the official UK Government website at travelaware.campaign.gov.uk and read the FCDO Travel Advice for their chosen destination. North Americans can also check out the U.S. Department of State website: www.travel.state.gov for essential travel advice and tips.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates direct from the FCDO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use.

Books

Sardinia Baby - Malachi Bogdanov
 Sea and Sardinia - D H Lawrence
 Aurora Me and Sardinia - Terence Dillon
 The Rough Guide to Sardinia - Robert Andrews

Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our [Travel Insurance](#) page for further information and to get a quote.

Equipment Information

Self Guided Equipment List

- Hiking boots with good grip soles
- Functional base layer
- T-shirts
- Hat
- Windproof jacket
- Fleece / extra layer
- Long/short hiking trousers
- Hiking socks
- Waterproof Jacket
- Waterproof Trousers
- Rucksack (approx. 20 l)
- Small first aid kit for your rucksack

- Sunscreen
- Water bottle or hydration pack
- Camera (batteries/memory card)
- Mobile Phone (ensure your data package covers your destination)
- Power bank
- Waterproof phone cover
- Sun glasses
- Personal wash kit
- Reusable cloth bag for shopping to avoid the use of plastic bags
- Tupperware for picnics
- Walking poles
- Headtorch & spare batteries
- Your self-guided route notes

Cotswold Outdoor



Many of the Equipment items listed above are available from [Cotswold Outdoor](#) - our '**Official Recommended Outdoor Retailer**'. When you book a holiday with KE you will receive 12.5% discount voucher from Cotswold Outdoor and other retailers.
[>> Find out more](#)

Land Only Information

Please note our 'from price' listed is based on 4 persons on twin or double occupancy, however we can quote for any number of travellers including solo travellers, contact our sales team for a quote.

This trip is available for departures on Thursdays and Saturdays throughout the dates listed.

All of our self-guided holidays are sold on a Land Only basis allowing you the flexibility to choose the travel method which best suits you. You may even wish to make this holiday part of a bigger adventure or pair it with one of our other holidays. We can arrange additional nights accommodation before or after your self-guided trip, ask our sales team to find out more about this.

Our sales team will be happy to provide you a quote for scheduled flights or alternatively you may wish to book your own flights with a low cost carrier from your nearest regional airport.

Please DO NOT book your flights before you have received your booking confirmation and your deposit has been taken.

Why Choose KE

Why KE?

This is a holiday where you can feel your stresses drift away as you hike along Sardinia's beautifully rugged coastline, reach its peaks and are rewarded with time to relax on picture perfect beaches. We have even included return private transfers from Olbia Airport so that you can start your holiday stress free.

Please Note This document was downloaded on 16/05/2024 and the trip is subject to change