

Trip Notes

SARDINIA - WILDERNESS TREKKING 2010

Sardinia is the second largest Mediterranean island, stunningly beautiful and unspoilt and an ideal place to enjoy some wilderness rambling, both on inland limestone mountains as well as along the rugged coast. The area we have chosen for this week of trekking is in the Supramonte di Oliena and Dorgali, to the east, boasting excellent deep gorges, good solid rock, wilderness trails, coastal paths in a surrounding of emerald blue seas and natural unspoilt beauty. In the mountain villages the communities are extremely traditional, many still own herds of sheep and make their own cheese, il Pecorino Sardo. Widowed women wear traditional black dresses and during festivity time, many people still dress their traditional costume. Amongst local's crafts, locals still make hand made leather goods and filigree jewellery. Each day, using small paths and goat trails we explore the marvels of this limestone massif, reaching mountain ridges to enjoy the stunning views, spot the rare moufflon mountain goats and rare birds of prey, explore the many hidden archaeological sites.

Highlights of this week are trekking to the highest point in Sardinia, Punta Lamoarmora (1983mt), exploring the deep gorge of Gorroppu, and discovering the hidden gems on the wild east coast. Accommodation for the week is in two locations, to make the most of the trekking regions. Starting in a traditional "agriturismo", here Sardinian hospitality is at it's best, where evening meals are prepared using local home grown ingredients with traditional recipes. Being a wine producing region, the meal cannot be complete without tasting the local variety.

DEPARTURES

STK10/01 02 May - 9 May 2010

STK10/02 26 Sept- 03 Oct 2010

approx Grade: 2

Single Room Option: £140

TRIP INFORMATION

Day One - Arrival

Arrive in Alghero/Olbia and transfer to Oliena. Settle onto the Agriturismo, dinner and meet your guides for a briefing.

Day Two - Tiscali

After breakfast we transfer (30 min) to Valle del Lanaittu and the start to our trek. It is a true historical trail, taking us to an abandoned Bronze age village of Tiscali. The surrounding landscape is truly wild, with barren lunar limestone rocks and pinnacles, with the occasional rare centenary juniper trees that testify the harshness of this territory. Agriturismo and dinner. **(B,L,D)**

Day Three – Gorroppu Gorge

After another hearty breakfast, we transfer to Genna Siiana Pass (40min) at 1200mt. From here our trek begins, taking us down along a well marked trail and through thick woodland, finally reaching the deepest and most spectacular gorge in Sardegna, Gorroppu. From Jurassic origin, the gorge has walls as high as 500 mt, extending into the Supramonte mountains for almost two km. Moving away from the gorge, a wide open track will take us along the Flumineddu valley to the pick up point. A 30 minute transfer will take us to our Agriturismo and dinner. **(B,L,D)**

Day Four – Punta La Marmora

With a transfer, we head to the highest mountain range in Sardinia, Gennargentu. Here we spend the day trekking to the highest point, Punta Lamarmora 1834 mt. Stopping in the villages of Orgosolo on the way, you get a better flavour of the traditions of the mountainous villages. Orgosolo is famous for the "murales". Transfer to Hotel on the coast at Calagonone and dinner. **(B,L,D)**

Day Five - Rest day

Options (not included in price): Boat trip along the coast, snorkelling, scuba-diving, speed boat hire, kayaking to visit of coastline natural caves.. Dinner in town. **(B)**

Day Six - Cala Luna and Cala Sisine

After breakfast we will enjoy a scenic boat ride to Cala Sisine, an idyllic sandy cove set amongst limestone cliffs and natural grottoes of "Neptune" (Madonna was here last year filming some scenes for her latest movie). After a refreshing dip in this emerald green water, we depart on our return trek to Cala Gonone, via Cala Luna, along parts of the well famous "Selvaggio Blu" route. (a 7 day coastal trek that covers the whole of the Orosei gulf and is known as the most difficult in Europe). This winding trail leads along narrow gorges taking ancient mule routes, past abandoned shepherd huts and prehistoric dwellings, finally reaching the idyllic beach of Cala Luna, with the colourful Oleander covered lagoon creating true paradise. On route we could site some Griffon vultures and peregrine falcons. Time for another dip in the warm Mediterranean sea, before we tackle the final stretch of the coastal route which will take us all the way to Cala Gonone and our Hotel. Dinner **(B,L,D)**

Day Seven - Options..

Depending on the group, we have two walks to choose from.

1) Coastal- Cala Goloritze': a transfer will take us the Golgo St Pietro, from where we take a trail leading us down to the remote and stunning cove of Goloritze'. Here the pinnacle and the limestone archway stand out in the crystal clear emerald colours of the sea. After another swim in the sea and time to relax on the beach, we return via meandering mule tracks, past ancient shepherd huts and back to the Golgo.

2) Inland - Mt Corراسi - The small town of Oliena is known as the gateway to some of the wildest and remote mountains in the Mediterranean: the limestone mass of the Supramonte. Here rocky cliffs, barren stony plateau covered with Mediterranean shrub, characterize an extremely impressive landscape. Transferring from the hotel we start just above Oliena, on a trail which will gradually climb through Holm oak wood, to then open up to an extremely impressive panorama of the Cedrino valley, extending 1000 mt below.

Reaching Mt Corراسi (1463 mt), the day's effort will be rewarded with a breathtaking view into the valley below.

Return route will take us back to the vehicles and then a transfer back to the Hotel. Dinner **(B,L)**

Day Eight - Departure

After breakfast transfer to airport for Scheduled flight. **(B)**

GENERAL INFORMATION

WHAT THE PRICE INCLUDES

- A) Accommodation (shared twin rooms).
- B) Meals as per itinerary (B=Breakfast, L=Lunch, D=Dinner).
- C) Transfers to and from the airport
- D) Route maps provided.

WHAT THE PRICE DOES NOT INCLUDE

- A) Personal clothing and equipment.
- B) Meals and drinks whilst travelling to and from Sardinia.
- C) Travel insurance.
- D) Bar bills, telephone calls, souvenirs, etc.
- F) Flights

TOUR GRADES

These grades should be taken as a guideline only, and as with any grading system are subjective. Our grades take into account a combination of the distance walked, the toughness of the terrain, the altitude, the remoteness, climate, the overall length of the whole tour and the degree of comfort to be expected.

Grade 1 is easy - for anyone in good health. Plenty of rest stops and time to enjoy the scenery. The terrain is not strenuous, paths are easy and does not climbing

Grade 2 is moderate - for anyone who is a 'regular' hill walker. The terrain is more rugged and you will expect a reasonable amount of ascent and descent .

Grade 3 is demanding- for the keen hill walker. Trekking longer days, often involving mountain passes and rocky sections. There is still plenty of time in the evenings for rest and relaxation.

Grade 4 is strenuous and at times challenging, involving many long days, in isolated areas . Certain trips do involve an element of 'mountaineering' or gentle scrambling – A good level of fitness is recommended.

INSURANCE

It is a condition of our trip that you are covered by a medical and personal accident insurance policy that includes repatriation to your home country and cover for the biking activity.

PERSONAL SPENDING MONEY

Since the holiday includes all the accommodation and 50% of the food, we suggest that approximately £100 in Euros should prove more than sufficient for the meals that are not included and additional snacks / drinks etc. Any additional personal expenditure for such things as souvenirs depends very much on the individual. Switch & credit cards such as Visa and MasterCard and may also be used for buying goods, paying for food as well as for drawing cash in the larger centres.

TEMPERATURE AND WEATHER

In late Spring and Autumn temperatures in Sardinia can range from the low to high 20 degrees centigrade. Some short spells of rain could occur, but generally Sardinia remains dry from May to November.

EQUIPMENT

We provide everything except personal equipment and clothing.

Details of which spares you should take will be included in the Information Pack sent with your booking confirmation.

E111 FORM EUROPEAN HEALTH INSURANCE CARD (EHIC).

UK residents are able to obtain medical treatment, should it become necessary, either free or at a reduced cost when temporarily visiting an EU country by using a European Health Insurance Card (EHIC).

Due to recent changes to European law, on 31 December 2005, your existing E111 will cease to be valid, you will need a European Health Insurance Card (EHIC) to receive any healthcare that becomes necessary during your visit to an EEA country or Switzerland and should be used in conjunction with an appropriate insurance policy.

The new card is now issued on an individual, as opposed to a family basis but you can order cards for your family members.

The application form for the new EHIC is available from the post office or can be downloaded via the following link:

<http://www.dh.gov.uk/PolicyAndGuidance/HealthAdviceForTravellers/fs/en>

PASSPORT REQUIREMENTS

A full ten-year passport is required for visiting Sardinia. If this is not currently held it is your responsibility to obtain this in good time, especially if you are applying during the busiest processing times of July and August.

JOINING ABROAD AND EXTENDING YOUR HOLIDAY

If travelling from outside the UK It is possible to join our tours in Sardinia. Please contact us for more details if this is of interest to you.

FLIGHT TIMES

For those flying from the UK the most convenient and cheapest airline is that of www.easyjet.com, who fly daily from London Luton to Olbia.

Here, you will be met on arrival and subsequently returned for your connection to the UK. Those using other airlines or who wish to have extra time in Sardinia must arrive at the airport no later than the scheduled arrival time and depart no earlier than the scheduled departure time.

Prices for the flights range from £75.00 - £150.00 depending on the timing / availability. And may be bought directly from website www.easyjet.com or by calling 0905 821 0905

PLEASE CONTACT US PRIOR TO BOOKING TICKETS TO CHECK AVAILABILITY ON THE TRIP

BAGGAGE DETAILS

Although there are no weight restrictions on individual baggage we recommend that you use one large bag and a small daypack as hand luggage. This will allow for easier transportation with the daypack also useful during the trekking.

Regarding weight allowance with Easyjet, this is 15 kilos for the hold and 7 kilos hand luggage.