











Sardinia's East Coast

Hiking in the beautiful Orosei Nature Park

Sardinia is now a popular destination for hikers. The hiking trip to Sardinia's east is wild and relaxing at the same time. Wild because the landscape is characterized by rugged karst rocks. And relaxing, because the Sardinians have perfected “la dolce far niente”, sweet idleness.

Details about the walking holiday in Sardinia

With every day in your hiking boots, you can take in the breathtaking landscape and the Italian attitude towards life. The varied natural landscapes ensure absolute hiking pleasure, be it the blooming macchia, the Gulf of Orosei or the bathing bays of Ogliastro.

From Santa Maria Navarrese it goes to the high plateau of Golgo and the bay of Cala Goloritze. A circular hike to the bay of Cala Mariolu follows. You can reach the holiday resort of Cala Gonone by boat. The hiking tour is completed with circular hikes to the rocky bays of Cala Fuili and Cala Luna as well as a hike around the rock massif of Monte Irveri. Daily hikes of up to six hours leave you plenty of time to take a refreshing dip in the sea.

The highlights of the East Coast of Sardinia walking tour:

- **Impressive Coastal Walks:** Sardinia's east is wild and scenic - routes are mostly along the coast, affording magnificent views of the sea.
- **Orosei Natural Park:** Sardinia's largest natural park, the Golfo di Orosei is a scenic gem on the Italian island. The mighty limestone slabs protrude almost vertically from the sea and form striking landmarks in the turquoise water.
- **Enchanting macchia:** A fragrant blooming splendour awaits you in the spring months in the macchia of Sardinia. Between the spring and autumn blossoms, the macchia forests exude the aroma of rosemary, laurel and other Mediterranean herbs.
- **Grotta del Bue Marino:** This stalactite cave is located at the foot of the Supramonte in the Golfo di Orosei. It owes its name to the monk seal that took shelter at high altitude and was baptized, Bue Marino. Enjoy the mystical atmosphere!

Worth knowing about the hiking tour in Sardinia

On the day of your arrival in Santa Maria Navarrese, you should take a dip in the nearby bays of the Ogliastra. This is followed by sunny days peppered with hiking tours between nine and 18 kilometres. Three circular hikes also lead to the highlands of Sardinia. The hiking trails often lead over rocky and stony terrain and therefore require good surefootedness.

This tour has been graded as **Challenging**. Find out more about our **walking holiday difficulty levels**.

Tour information



Challenging



8 Days / 7 Nights



Self-Guided

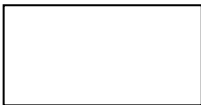


Luggage transfers included











Total walking distance: approx. 81 km

To the online version



Itinerary

DAY 1	Arrival in Santa Maria Navarrese	
<p>The small coastal town is in a picturesque location between the cliffs of the Golfo di Orosei and the long sandy beaches of the Ogliastro. Enjoy a leisurely walk on the beach or a swim in the sea to get in the mood.</p>		
DAY 2	Santa Maria Navarrese – Golgo	approx. 19 km 4.5 hours
<p>A scenic path above the coast takes you to the impressive limestone peak of Pedra Longa. You soon turn inland and climb up narrow paths below impressive rock faces to the first mountain peaks. Again and again, you have breathtaking views of the turquoise-blue sea. Past flocks of sheep and through the fragrant maquis down to the high plateau of Golgo.</p>		
<div><div> ca. 6,5 hours</div><div> 19 km</div><div> 920 m</div><div> 590 m</div></div>		
DAY 3	Circular hike around Cala Goloritze	approx. 12 km 5 hours
<p>A very special highlight awaits you today with the hike to the spectacular bay of Cala Goloritzé! You hike through a gorge with a view of the impressive cliffs and a 120 m high rocky peak that is reflected in crystal-clear, sparkling water. After a bathing break in a wonderful bay, you start your way back to Golgo to the cosy rifugio.</p>		
<div><div> ca. 5 hours</div><div> 12 km</div><div> 560 m</div><div> 560 m</div></div>		

DAY
4**Circular hike around Cala Mariolu**

approx. 12 km | 4.5 hours

You hike the wildly romantic plateau of Golgo to the rock arch of Arcobaleno, the destination of your hike. Here you have wonderful panoramic views of the deep blue sea far below you. In addition, adventurous and sure-footed hikers can climb further down steep paths over juniper wood ladders to the bay of Cala Mariolu.



ca. 4,5 hours



12 km



300 m



300 m

DAY
5**Golgo – Cala Gonone**

approx. 12 km | 5 hours

After a short transfer from Cala Sisine beach, hike uphill among carob trees and holm oaks, admiring the rugged coastline and sparkling sea. Your path leads across an endless karst plateau to the dreamlike bathing bay of Cala Luna, one of the most beautiful beaches in Sardinia. The ship takes you to the holiday resort of Cala Gonone, where you will spend the next few days by the sea.



ca. 5 hours



12 km



620 m



600 m

DAY
6**Circular hike around Cala Fuili und Cala Luna**

approx. 9 km | 3 to 4 hours

A wonderful hike takes you over the small, hidden rocky cove of Cala Fuili to Cala Luna. On a shady hiking trail through forest and cliff terrain past hidden caves and gorges. After a refreshing dip in the sea and a rest in a beach bar, the boat takes you back to Cala Gonone with the option of stopping at the fascinating stalactite cave of Bue Marino.



ca. 3 to 4 hours



9 km



210 m




220 m

DAY
7

**Circular hike around
Monte Irveri**


approx. 17 km | 3.5 to 6
hours

Hike from the coast up to a pass from where there are wide views of Sardinia's interior. You circle the rock massif of Monte Irveri and reach the idyllic sandy beach of Cala Cartoe. Along the cliffs, you have a fantastic view of the entire Gulf of Orosei. Relive your hiking week high above the coast.

 ca. 3,5 to 6 hours

 17 km

 630 m

 630 m

DAY
8

Departure or tour extension

Route information

You hike on beautiful hiking trails along the coast and in the highlands. However, Sardinia consists mostly of limestone rocks, so it is very often on rocky and stony terrain where sure-footedness is required. You should bring a good level of fitness for hikes of up to 6.5 hours.



Prices and dates

Price calculation and check availability: **Sardinia's East Coast**

Place of arrival: **Santa Maria Navarrese**

	Season 1	Season 2	Season 3
	23.03.2024 - 20.04.2024 06.10.2024 - 19.10.2024 Thursday and Saturday	21.04.2024 - 18.05.2024 15.09.2024 - 05.10.2024 Thursday and Saturday	19.05.2024 - 15.06.2024 24.08.2024 - 14.09.2024 Thursday and Saturday
Sardinia's East Coast, IT-SAWMC-08X			
Base price	789.00	859.00	899.00
Single room surcharge	239.00	239.00	239.00

Hotel information: 4x 3*** hotels and 3x simple hostel/farm "Rifugio" (Golgo)

Additional nights

Place of arrival: **Santa Maria Navarrese**

	Season 1	Season 2	Season 3
	Mar 23, 2024 - Apr 20, 2024 Oct 6, 2024 - Oct 19, 2024 Thursday and Saturday	Apr 21, 2024 - May 18, 2024 Sep 15, 2024 - Oct 5, 2024 Thursday and Saturday	May 19, 2024 - Jun 15, 2024 Aug 24, 2024 - Sep 14, 2024 Thursday and Saturday
Santa Maria Navarrese			
Double room p.p	59.00	69.00	79.00
Single room surcharge	45.00	45.00	45.00
Cala Gonone			

	Season 1 Mar 23, 2024 - Apr 20, 2024 Oct 6, 2024 - Oct 19, 2024 Thursday and Saturday	Season 2 Apr 21, 2024 - May 18, 2024 Sep 15, 2024 - Oct 5, 2024 Thursday and Saturday	Season 3 May 19, 2024 - Jun 15, 2024 Aug 24, 2024 - Sep 14, 2024 Thursday and Saturday
Double room p.p	75.00	75.00	95.00
Single room surcharge	45.00	45.00	45.00

Prices per person in GBP

Included services and travel information

Services

Included:

- Overnight stays as stated
- breakfast
- luggage transfer
- 1 transfer on day 5
- Well-planned route guidance
- Detailed travel documents 1x per room (DE, EN)
- Navigation APP and GPS data available
- Service hotline

Optional:

- Transfers to Santa Maria Navarrese:
Cagliari Airport € 265 per trip (up to 3 people), € 285 (up to 8 people), duration approx. 2 hours.
Olbia Airport € 279 per trip (up to 3 people), € 309 (up to 8 people), duration approx. 2.5 hours.
- Return transfers from Cala Gonone:
Cagliari Airport € 335 per trip (up to 3 people), € 359 (up to 8 people), duration approx. 3 hours.
Olbia Airport € 185 per trip (up to 3 people), € 279 (up to 8 people), duration approx. 1.5 hours.
- Return transfer from Cala Gonone to Santa Maria Navarrese: €159 per trip (up to 3 people), €239 (up to 8 people), duration approx. 1.5 hours.
- Advance notice is required for all transfers, and transfers are payable in advance.

Information

Arrival / Parking / Departure:

- Cagliari or Olbia airport.
- Parking: free parking spaces in the hotel or near the hotel, no prior reservation.

Important information:

- Visitor's tax, if due, not included in the travel price
- Due to the accommodation in the Rifugio, single rooms are only available in limited numbers.
- 2x boat trip to Cala Gonone, approx. €10 per person/trip
- Special dates on request

