



## Hidden gem of Sardinia, the Costa Verde

6 days / 5 nights

If you're looking for a hidden gem of a holiday, then this is it. A fantastic walking holiday in the remote south-west corner of Sardinia, where the mining of minerals has long been at the heart of the economy. Today, the mines are closed and all that is left are ghost towns, hidden amongst the Mediterranean scrub which has regained its foothold on the land. The area has become a unique nature reserve for deer. The sand dunes at Piscinas, a UNESCO site, extend for several kilometres along the coast and create one of the last stretches of paradise in the Mediterranean. The accommodation will give you the opportunity to enjoy Sardinian hospitality at its best, with wonderful local food and excellent local wine.

### YOUR PROGRAM

#### Day 1 - Montevecchio and the Piccalinna mine

Arriving at Cagliari airport, you will be transferred directly to your first accommodation.

Depending upon your arrival time, you can discover this interesting mining village and the museum, which traces the history of mining in the region.

A small circular walk is proposed taking you from the village directly into the forest (look out for deer). Stepping out of the forest you will stumble across one of the old factories, where the minerals were processed. Return to your accommodation for dinner and an excellent night's sleep.

Dinner and night in an agriturismo with swimming pool.

Distance: approximately 3km

Height gain or loss: +140m/-140 m

Duration: 1h30

#### Day 2 - Towards Monte Arcuentu

The summit of Monte Arcuentu is the day's challenge. The mountain beckons you from the windows of your agriturismo. It is a fairly challenging walk due to its length and the height gain and loss. From a pleasant footpath which begins just behind your accommodation, you will leave the mining region of Montevecchio to discover an area even more wild and arid. The mountain, of volcanic origin, is covered in Mediterranean scrub consistent with much of this region. There are some wonderful view points on this walk as well as opportunities to see deer.

From the summit, the footpath takes you down to your next agriturismo hidden in this wilderness with stunning views across the rolling hills towards the sea. You will be warmly welcomed by your host, Angela.

Dinner and night in an agriturismo.

Distance: approximately 12km

Height gain/loss: + 710 m/ -710 m

Duration: approximately 5h15



### **Day 3 - Wilderness, rivers and coast**

Leave your accommodation that sits on the crest of a hill, and descend amongst the sheep and goats that make up an important part of the livelihood here. Shortly, the Mediterranean scrub (or maquis) will welcome you as you descend on a wonderful footpath, with stunning views, down to the river. The river will lead you all the way to the coast and the breathtaking Piscinas beach and sand dunes. It is well worth taking your time (and your swimming costume!) to enjoy the beach here.

Dinner and night in an individual apartment in a superb camp site.

Distance: 13.3Km

Height gain/loss: +296m / -646m

Duration: Approximately 4h10

### **Day 4 - Relaxation day and discovery of the dunes**

This is a day for you to do as you please. Unwind in the peaceful and wonderful location of the campsite, or take a walk through the woods and onto the dunes and the beach. On the coast, the last vestiges of the mining era are still evident. The old railway track and rusty wagons lie desolate on the sand.

Dinner and night in an individual apartment in an excellent campsite.

Distance: Approximately 7.7km

Height gain/loss: + 164m and -164m

Duration: Approximately 2 hours

### **Day 5 - Back in the land full of history**

Leaving behind the beach and the dunes of Piscinas, you will begin to climb away from the coast on a marked trail to the village of Ingortusu. You will spend some time on a shaded path, in amongst the streams and little waterfalls, giving the walk a wonderful ambience. There are two possible options: one route takes you further into the wild, via a forest of cork oaks and Mediterranean scrub. The other route takes you alongside the small road, to discover the Pozzo Gal museum, dedicated to the minors of the region.

Night in an agriturismo.

Option 1:

Distance: Approximately 6.5Km

Height gain / loss: +447m / -202m

Duration: Approximately 2h10

Option 2:

Distance: Approximately 7km

Height gain/loss: +550m / -150m



Duration: Approximately 2h45

### **Day 6 - Returning home**

After breakfast, transfer to Cagliari airport for your flight home.

## Additional information

### **TARIFFS**

Price from 740 euros per person.

### **OPTIONS**

#### **INCLUDED**

All nights in the accommodation (mainly agriturismos), with breakfast and 4 dinners included (half-board).

Route notes and maps.

Luggage transfers between accommodations.

Transfers from Cagliari airport to the first accommodation and from the last accommodation back to the airport.

#### **NOT INCLUDED**

Any further transport/transfers you require within the trip that are not described here

Travel insurance

Drinks

Meals not mentioned in the programme

Visits to tourist sites

Personal expenditure

### **LEVEL OF DIFFICULTY**

Walking experience is necessary due to the remote nature of this region.

### **CARRYING**

Luggage transfers between accommodations.

### **ACCOMMODATION**

Double-room in an agriturismo, and also a double-room with ensuite bathroom in the grounds of a campsite.

### **SIZE OF GROUP**

From two people.

### **DEPARTURES**

From the 1st of April to the 30st June and from the 1st of September to the 31st of October.

### **DEPARTURE**



From your arrival at the airport in Cagliari, you will be taken to your first accommodation.

### **DISPERSION**

At the airport in Cagliari, for your return flight home.