



Oristano & the West

Includes »

Oristano	93
Arborea	97
Marceddi	98
Sinis Peninsula	98
San Salvatore	99
Tharros	100
Macomer	101
Bosa	101
Monti Ferru	104
Cuglieri	106
Lago Omodeo Circuit	107
Santa Cristina & Paulilatino	108
Nuraghe Losa & Around	109

Why Go?

Nature lovers will relish this part of Sardinia, with its coastal wetlands backed by windswept mountain peaks. The region is rich in wildlife – pink flamingos bob on silver lagoons and horse riding opportunities abound. This is also where you'll find some of Sardinia's loveliest beaches, from wild and deserted to popular, sporty stretches.

Gourmets will love the area; Oristano is famous for its Vernaccia wine, while the Monti Ferru massif has prized olive oil and *bue rosso* steak. Milis village is bursting with oranges, and the Sinis Peninsula boasts the island's finest *bottarga* (mullet roe). Travellers interested in history won't feel left out – Roman ruins and impressive ancient *nuraghi* are scattered across the verdant landscape.

At the heart of it all is Oristano, one of Sardinia's great medieval cities. It's an important market town with a lovely historical centre, good restaurants and an ebullient atmosphere. When you add the antique beauties of Bosa, the west can't get any better.

Best Places to Eat

- » Peschiera Pontis (p98)
- » Desogos (p106)
- » Il Caminetto (p99)
- » Trattoria Gino (p95)
- » Sa Pischedda (p103)

Best Places to Stay

- » Hotel Lucrezia (p204)
- » Corte Fiorita (p205)
- » Eleonora B&B (p204)
- » Mandra Edera (p205)

When to Go

Visiting in January is best for seeing pink flamingos on Sinis Peninsula. Oristano's carnival, Sa Sartiglia, the most colourful on the island, takes place in February, and it's followed closely by Bosa's *martedì grasso*, an entertaining and sometimes bizarre party. Easter festivities take over the region in April. The best time to bask in the warm sun is in May and June, while August sees Bosa's four-day Festa di Santa Maria del Mare. Witness a barefoot race from Oristano to San Salvatore at the Festa di San Salvatore in September.



Oristano & the West Highlights

- 1 Revel in the sweeping views from **Monti Ferru** (p104)
- 2 Spend at least a day lying around on the prized quartz sand of **Is Aruttas Beach** (p99)
- 3 Give your imagination a workout at the windswept remains of the ancient city of **Tharros** (p100)
- 4 Practise your spaghetti-western swagger at **San Salvatore** (p99)
- 5 Throw yourself into the carnival madness of Oristano's **Sa Sartiglia** (p94)
- 6 Marvel at the adrenalin-charged horse race of Sedilo's **S'Ardia** (p107) festival
- 7 Grab yourself a canoe at **Bosa** (p101) and head upstream along the Fiume Temo, Sardinia's only inland navigable river
- 8 Bone up on ancient history at the impressive **Nuraghe Losa** (p109)