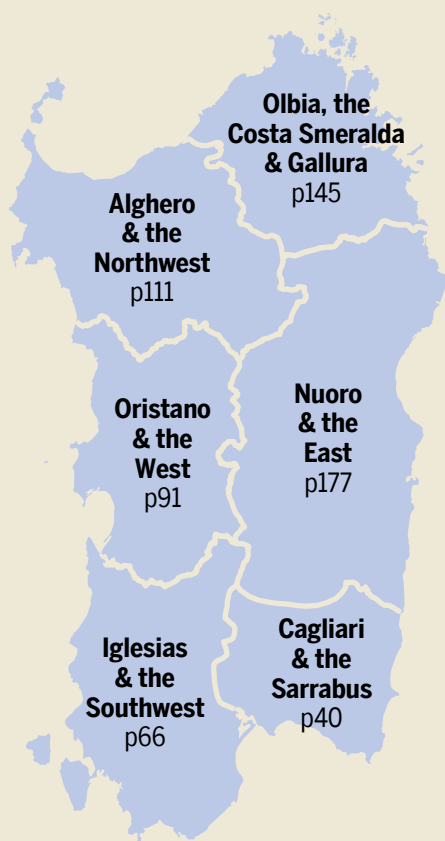




Sardinia



Gregor Clark, Kerry Christiani, Duncan Garwood

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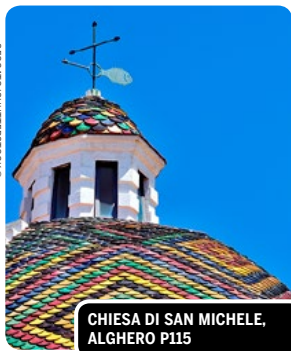
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Itineraries



Essential Sardinia

This best-of-the-best itinerary brings together island's most seductive coastlines, culture and flavours in one easy route.

Warm up with two days in Spanish-style, sea-splashed **Alghero**, unravelling the old town and ramparts, then hop in a boat to head to the cathedral-like **Grotta di Nettuno**.

On day three, wend your way east, pausing for a slice of laid-back village life in **Tempio Pausania** and forays into prehistory at the nuraghic sites around **Arzachena**. Wake up at a rural *agriturismo* in the nearby granite mountains of Gallura, then spend a couple of days lounging on blissfully secluded coves on the **Costa Smeralda**.

Day six takes you further south, with a picnic break at the utterly sublime **Cala Brandinchi**, then continue on to the magnificent arc of the Golfo di Orosei. Base yourself in **Cala Gonone** and strike out on foot or by car to dramatic, cliff-backed bays, archaeological sites and the immense **Gola Su Gorropu**.

On day nine, swing south through the mountains of the Sarrabus to capital **Cagliari**. Devote your final day to must-see museums and strolls in the hilltop Il Castello district and Marina dining.

7
DAYS

West Coast

A week's tour of the west coast reveals some of Sardinia's most remarkable *nuraghe* and off-the-radar beaches.

Warm up with a day lazing on the beaches of the **Costa del Sud**, or hop across to the ravishing **Isola di San Pietro** for coastal walks and a lunch of freshly caught local tuna. Head north on day two via Sardinia's mining heart, **Iglesias**, to spend a couple of days on the **Costa Verde** and its deserted beaches – barefoot dune hiking at **Spiaggia di Piscinas** is a must.

On day four, detour to the hinterland to admire the Unesco-listed, prehistoric **Nuraghe Su Nuraxi** and glimpse wild horses on the lonesome **La Giara di Gesturi** plateau. Push north on the following day to discover **Oristano** and the Phoenician ruins at **Tharros**, a short hop away on the wild **Sinis Peninsula**.

Day six takes you up to **Bosa** and its crowning-glory castle, then on a dramatic coastal drive to **Alghero** in time for dinner on the sea walls. Wind out your trip on the silky sands of **Spiaggia della Pelosa** or spotting albino donkeys on the serene **Isola dell'Asinara**.

7
DAYS

Sardinia's South

This south-coast tour contrasts the buzz of the capital with the calm of the mountains and beaches, making for a perfect mix of culture and coast.

Kick off with two days in soulful **Cagliari**, wandering the steep, winding lanes of the medieval Il Castello district and lounging on **Poetto Beach**. Besides checking off trophy sights like the Pisan towers, allow time simply to stroll its cafe-rimmed piazzas and boutique-lined lanes.

Day three whisks you on a serpentine coastal drive east; the landscape is splashed gold with flowering blooms in spring. Tiptoe off the map for a spell in the lushly forested heights of **Monte dei Sette Fratelli**. On day four, dive into the iridescent water of the **Capo Carbonara** marine reserve, or simply bliss out on the flour-white beaches at **Costa Rei**.

Spend your last few days swinging west of Cagliari, perhaps taking in the Phoenician ruins of **Nora** before more chilled time on the lovely pine-flanked coves of the **Costa del Sud** – **Chia** is the go-to beach for windsurfing, flamingo spotting and dune walking.

7
DAYS

Sardinia's North

With a week, you can tick off some of the island's most alluring towns and beaches.

Begin with **Alghero**, a city characterised by its Catalan heritage. Take a day trip to the dramatic cliffs of **Capo Caccia**.

On day three, meander north to isolated **Stintino** and dreamy **Spiaggia della Pelosa**. Or visit the wild **Parco Nazionale dell'Asinara**. See university city **Sassari** on day four, before heading east to tour the **Logudoro Valley** and learn about the neolithic treasures of **Ozieri**.

Continue your drive northeast on the SS127 to the quaint hill town of **Tempio Pausania**, then on to the other-worldly, boulder-strewn **Valle della Luna**.

In the northeast explore the *nuraghi* (Bronze Age fortified settlements) around **Arzachena**, or squeeze in a day's island-hopping around the pristine **Parco Nazionale dell'Arcipelago di La Maddalena**. Spend your last day or two on the **Costa Smeralda**, mingling with celebs in **Porto Cervo** and beach-hopping along its cove-laced coastline to gorgeously secluded bays like **Spiaggia del Principe**.

7
DAYS

The Wild East

Be seduced by Sardinia's exhilarating landscapes on this route through the wild Parco Nazionale del Golfo di Orosei e del Gennargentu.

Get set in **Nuoro**, capital of the Barbagia hill country, before heading for **Oliena** to taste its ruby-red Cannonau wine. Swing east to **Dorgali**, a fine base for visiting the **Grotta di Ispinigoli**, home to the world's second-tallest stalagmite, and the nuraghic village of **Serra Orrios**.

From Dorgali, it's a head-spinning drive down to the bay of **Cala Gonone**, where you can easily spend two days rock climbing, diving or exploring the **Golfo di Orosei** on foot or by kayak. Boat across aquamarine waters to the sea cave **Grotta del Bue Marino** and sublime bays such as **Cala Luna** and **Cala Mariolu**.

Return inland and spend two days striking out into the wilderness. Hike to the enigmatic nuraghic village of **Tiscali** and to the **Gola Su Gorropu**, a vast rock chasm. From the weird highland plateau of **Altopiano del Golgo**, further north, mule trails thread down to **Cala Goloritzè**, thrashed by astonishingly blue waters.



Off the Beaten Track: Sardinia

VALLE DELLA LUNA

Perfect road-trip or bike-ride material, this tranquil valley swings north of Aggius. Weird granite boulders spill across rolling hills and farmland. (p176)

ARGENTIERA

Step back in time in Argentiera, a natural inlet about 11km north of Lago Baratz. It's now a ghost town overshadowed by the evocative ruins of its former silver mine. (p131)

LAGO DI LISCIA

Granite hills and woods of cork and oak rise up above this quiet lake, which makes a scenic splash on the landscape of Gallura. Rest below centuries-old olive trees. (p161)

SINIS PENINSULA

Escape to secluded bays and frost-white beaches, fringed by aquamarine water and cliffs cloaked in *macchia* (Mediterranean scrubland) and wildflowers. A delight for surfing, windsurfing or doing nothing at all. (p98)

VALLE DI LANAUITTU

A kind of hush hangs over this lush valley, which makes a spectacular gash in the Supramonte range. Come here to trek or track down wondrous caves and prehistoric sites. (p197)





SORGONO

Deep in the remote, hilly Mandrolisai, Sorgono is surrounded by vast tracts of forest, archaeological sites and vineyards that produce some of the island's best reds. (p191)

CARDEDU

Often overlooked in favour of Golfo di Orosei beaches further north, this wild and wonderfully undeveloped red granite coastline is a delight to discover on foot or by kayak. (p203)

MONTE DEI SETTE FRATELLI

Leave behind Cagliari's crowds and head to this park's quiet woodlands, granite peaks and waterfalls. (p59)

OASI DI SEU

A dirt track leads to this pristine nature reserve, close to Tharros. Saunter along serene trails through the aromatic Mediterranean scrub and enjoy expansive sea views. (p101)

SPIAGGIA DI PISCINAS

Tricky to get to but worth it, this gorgeous beach on the lonely Costa Verde is a broad ribbon of golden sand, towering dunes and windswept sea. Sheer bliss. (p75)

Mare di Sardegna

MEDITERRANEAN SEA

Map Legend

Sights

- Beach
- Bird Sanctuary
- Buddhist
- Castle/Palace
- Christian
- Confucian
- Hindu
- Islamic
- Jain
- Jewish
- Monument
- Museum/Gallery/Historic Building
- Ruin
- Shinto
- Sikh
- Taoist
- Winery/Vineyard
- Zoo/Wildlife Sanctuary
- Other Sight

Activities, Courses & Tours

- Bodysurfing
- Diving
- Canoeing/Kayaking
- Course/Tour
- Sento Hot Baths/Onsen
- Skiing
- Snorkelling
- Surfing
- Swimming/Pool
- Walking
- Windsurfing
- Other Activity

Sleeping

- Sleeping
- Camping
- Hut/Shelter

Eating

- Eating

Drinking & Nightlife

- Drinking & Nightlife
- Cafe

Entertainment

- Entertainment

Shopping

- Shopping

Information

- Bank
- Embassy/Consulate
- Hospital/Medical
- Internet
- Police
- Post Office
- Telephone
- Toilet
- Tourist Information
- Other Information

Geographic

- Beach
- Gate
- Hut/Shelter
- Lighthouse
- Lookout
- Mountain/Volcano
- Oasis
- Park
- Pass
- Picnic Area
- Waterfall

Population

- Capital (National)
- Capital (State/Province)
- City/Large Town
- Town/Village

Transport

- Airport
- Border crossing
- Bus
- Cable car/Funicular
- Cycling
- Ferry
- Metro station
- Monorail
- Parking
- Petrol station
- S-Bahn/Subway station
- Taxi
- T-bane/Tunnelbana station
- Train station/Railway
- Tram
- Tube station
- U-Bahn/Underground station
- Other Transport

Routes

- Tollway
- Freeway
- Primary
- Secondary
- Tertiary
- Lane
- Unsealed road
- Road under construction
- Plaza/Mall
- Steps
- Tunnel
- Pedestrian overpass
- Walking Tour
- Walking Tour detour
- Path/Walking Trail

Boundaries

- International
- State/Province
- Disputed
- Regional/Suburb
- Marine Park
- Cliff
- Wall

Hydrography

- River, Creek
- Intermittent River
- Canal
- Water
- Dry/Salt/Intermittent Lake
- Reef

Areas

- Airport/Runway
- Beach/Desert
- Cemetery (Christian)
- Cemetery (Other)
- Glacier
- Mudflat
- Park/Forest
- Sight (Building)
- Sportsground
- Swamp/Mangrove

Note: Not all symbols displayed above appear on the maps in this book



OUR STORY

A beat-up old car, a few dollars in the pocket and a sense of adventure. In 1972 that's all Tony and Maureen Wheeler needed for the trip of a lifetime – across Europe and Asia overland to Australia. It took several months, and at the end – broke but inspired – they sat at their kitchen table writing and stapling together their first travel guide, *Across Asia on the Cheap*. Within a week they'd sold 1500 copies. Lonely Planet was born.

Today, Lonely Planet has offices in Franklin, London, Melbourne, Oakland, Dublin, Beijing and Delhi, with more than 600 staff and writers. We share Tony's belief that 'a great guidebook should do three things: inform, educate and amuse'.

OUR WRITERS

Gregor Clark



Curator, *Oristano & the West*; *Olbia, Costa Smeralda & Gallura*; *Nuoro & the East*

Gregor is a US-based writer whose love of foreign languages and curiosity about what's around the next bend have taken him to dozens of countries on five continents. Chronic wanderlust has also led him to visit all 50 states and most Canadian provinces on countless road trips through his native North America. Since 2000, Gregor has regularly contributed to Lonely Planet guides, with a focus on Europe and the Americas. Titles include *Italy*, *France*, *Brazil*, *Costa Rica*, *Argentina*, *Portugal*, and *New England's Best Trips*, as well as coffee-table pictorials such as *Food Trails*, *The USA Book* and *The LP Guide to the Middle of Nowhere*.

Kerry Christiani



Kerry is an award-winning travel writer, photographer and Lonely Planet author, specialising in Central and Southern Europe. Based in Wales, she has authored/co-authored more than a dozen Lonely Planet titles. An adventure addict, she loves mountains, cold places and true wilderness. She features her latest work at <https://its-a-small-world.com> and tweets @kerrychristiani. Kerry's insatiable wanderlust has taken her to all seven continents – from the frozen wilderness of

Antarctica to the Australian Outback – and shows no sign of waning. Her writing appears regularly in publications like *Adventure Travel* magazine and she is a *Telegraph* travel expert for Austria and Wales. Kerry wrote the Plan Your Trip, Understand and Survival Guide chapters.

Duncan Garwood



Cagliari & the Sarrabus*, *Iglesias & the Southwest*, *Alghero & the Northwest

From facing fast bowlers in Barbados to sidestepping hungry pigs in Goa, Duncan's travels have thrown up many unique experiences. These days he largely dedicates himself to Italy, his adopted homeland, where's he's been living since 1997. From his base in the Castelli Romani hills outside Rome, he's clocked up endless kilometres exploring the country's well-known destinations and far-flung reaches, working on the guidebooks *Rome*, *Sardinia*, *Sicily*, *Piedmont* and *Naples & the Amalfi Coast*. Other LP titles include *Italy's Best Trips*, *The Food Lover's Guide to the World* and *Pocket Bilbao & San Sebastian*. He also writes on Italy for newspapers, websites and magazines.

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