



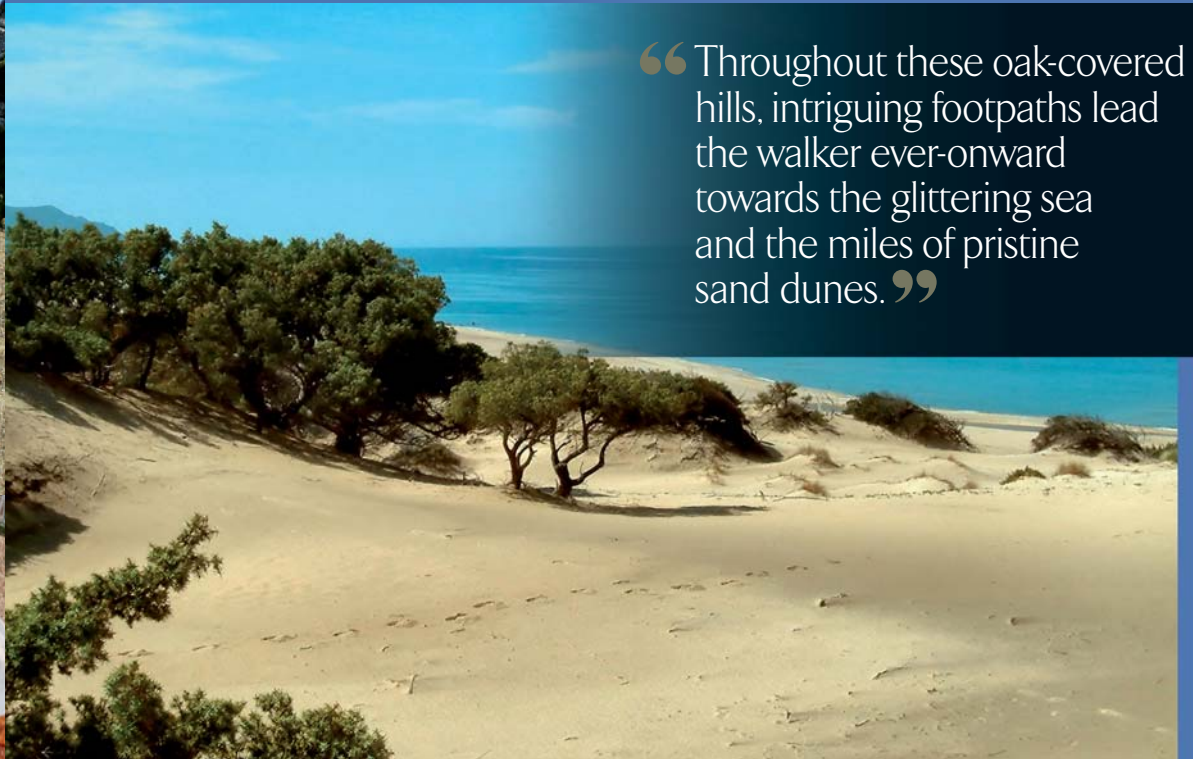
South-Western Sardinia

(FROM SILVER MOUNTAINS TO GOLDEN DUNES)



This delightfully quiet mountainous region slopes gently towards the sea, separated from the rest of the island by the Medio Campidano plain to the east, the Iglesiente Mountains to the south and Oristano to the north. Cloaked in dense oak forests, this remote area was once made rich by mineral mining. Today, surprising architectural gems delight the eye, as inviting paths lead through this historic and haunting landscape, towards the magnificence of the golden sand dunes of the Costa Verde.

“Throughout these oak-covered hills, intriguing footpaths lead the walker ever-onward towards the glittering sea and the miles of pristine sand dunes.”



Golden Dunes of the Costa Verde

- quiet mountains ■ rewarding views ■ warm hospitality
- pristine beaches, sparkling sea

New for 2008, this delightful walk gives you the chance to discover this unknown corner of Sardinia, once rich in minerals now rich in flora and fauna such as the Sardinian deer that roam among the peaceful panoramas. Intriguing footpaths lead the walker ever-onward through the oak-covered hills of the rugged Monte Linas range towards the glittering sea and pristine sand dunes at Piscinas. Family-run agriturismos welcome walkers, serving home-grown, locally-sourced produce that satisfies and fortifies.

HERCULES MOUNTAIN

You start with two nights at the comfortable Sa Perda Mercada set in the pretty countryside near the small village of Ingurtosu. The food is all grown locally and meals are enjoyed at a communal table with other guests in this idyllic rural setting. On your first day, an easy panoramic circuit crosses the gently rolling countryside of the Sardinian landscape, where mountainous granite formations give way to smooth green hills towards the sea. After a short transfer, the next day's walk follows old miners' trails past abandoned mine buildings and through lush vegetation of holm and cork-oak woods and Mediterranean scrub and on to Montevecchio. Here, the splendour of the Blue Room in the Palazzo della Direzione and the museum of mining life, reflect the incredible former wealth of this area. Your base for the next two nights, La Miniera Fiorita, is a delightful farmhouse where dinners of locally-grown seasonal produce are also enjoyed with fellow guests. On your day here, a more demanding circuit leads you to the legendary mountain of Hercules, Monte Arcuentu, a dormant volcano that boasts unrivalled views from its summit. After the steep, but short, ascent you are rewarded with superior views over western Sardinia before descending slowly back towards Montevecchio.

GOLDEN SAND DUNES

From Montevecchio, you head towards the coast on a gently meandering footpath that crisscrosses the glistening River Irvi and its wooded tributaries until you reach the immense Piscinas beach and

the wonderful sight of golden sand dunes. Your hotel consists of a series of intimate bungalows in a sheltered position, and has a wonderful restaurant terrace with extensive views of the Mediterranean scrub-covered dunes towards the sea. With three nights here, you are free to explore the Unesco-protected area of the Piscinas dune range, one of the biggest in Europe that stretches for several kilometres along the Costa Verde. We also suggest a circuit that heads inland towards the old village of Ingurtosu, passing buildings of great artistic industrial interest, such as the Brassey washery, named after its English owner, the Viscount of Brassey, and follow old railway lines to reach a newly opened multi-media museum (pay locally) dedicated to the area's rich industrial past.

OPTIONS TO UPGRADE & EXTEND

For something extra special, why not upgrade for your last three nights to the secluded Hotel Le Dune? This superior 3* hotel, set in a privileged position amidst the pristine dunes, makes a perfect retreat in which to relax and wind down. Dinner is included in the excellent restaurant serving fresh fish and typical regional dishes on the terrace looking out across the golden sand to the sun setting over the sparkling sea. Whichever option you choose for your last three nights, this holiday can be combined with our Discovery Journey (where you have the use of a hire car) if you would like to extend your stay in Sardinia. See overleaf for details.

All prices per person based on 2 people in a double room

30 March-15 June & 15 September-24 October	Walk Price*	Single Room
30 Mar-18 Apr	458	105
19 Apr-23 May; 1-24 Oct	485	105
24 May-15 Jun; 15-30 Sep	538	105
3rd+ person saving	0	
Hotel Le Dune, upgrade option, 3 nights bed & breakfast, add per person:		
1-15 Jun; 15-30 Sep	205	69
All other dates	125	51

Please call for extra night prices at all hotels

*Connecting travel: return taxi from Cagliari (out 1h20/home 2h) £70pp; Alghero (out 3h20/home 4h) £140pp

GRADE 2 WALK (LUGGAGE TRANSPORTED)



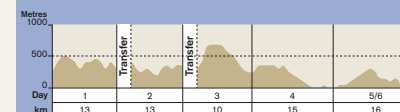
HOLIDAY INFORMATION

GRADE 2 Moderate walking, some ascents

TERRAIN Hill trails, coastal dunes

CLIMATE Long hot summer, warm spring/autumn

MEALS 7 breakfasts, 7 dinners, 5 picnics



NIGHTS: 7

1st NIGHT: Ingurtosu (agriturismo)

DAY 1: Walk from Ingurtosu (agriturismo)

DAY 2: Walk to Montevecchio (agriturismo)

DAY 3: Walk from Montevecchio (agriturismo)

DAY 4: Walk to Piscinas (residence)

DAY 5: Walk from Piscinas (residence)

DAY 6: Relax by the sea at Piscinas (residence)

START: Any day

Recommended destination airports: Cagliari, Alghero

Latest flight arrival time: flexible

Earliest flight departure time: flexible

Book your flights through us and we'll find the best route, times and price to suit you.

FOR PRICING DETAILS SEE PAGES 232-243