



“FROM THE TACCHI D’OGLIASTRA TO THE TOPS OF THE GENNARGENTU”

*Trekking
with donkeys*



**DISCOVER SARDINIA
IN A DIFFERENT WAY**

“FROM THE TACCHI D’OGLIASTRA TO THE TOPS OF THE GENNARGENTU”

Trekking with donkeys

Authentic Sardinia, Ogliastro’s tacchi,
Supramonte and the ways of transhumance

DIFFICULTÉ					
	HOSTEL REFUGE or HOTEL	6 h on average	WORN BY THE DONKEYS	NEXT LA REQUEST	FROM OF 6 REGISTRATIONS

This trekking on foot, with donkeys transporting your luggage, offers to you in the middle of an intact nature, the most authentic Sardinia : forests of holm oaks, thick Mediterranean vegetation, rivers and sources of pure water among the highest mountains of the island.

We will meet wild boars, stags and the typical fauna of Sardinia. With a little bit of luck, we will see big horn sheep, horses and birds of prey. It will be also the occasion to get in touch with shepherds and the inhabitants of these small villages.



YOU WILL ENJOY

- Superb 6 days-trip through nature, allowing to see wild animals and to discover archaeological remains.
- A trekking in contact with the Sardinian donkeys which carry your stuff.
- Nights in inns or at the inhabitant’s home for authentic meetings.
- Beautiful landscapes of the primary forests
- Frequent bathes, in translucent water (cascades, canyons, sea)...
- A circuit practically without car in the middle of the nature



NOTES

on the project

- **The « cuiles »:** the typical huts of the shepherds in Sardinia. Some of them were the object of a program of rehabilitation. They will be used to rest or to sleep.
- **The Sardinian donkey:** the introduction of the donkey in Sardinia goes certainly back to the period of the Neolithic era. Coming from Africa, it adapted very well to the Sardinian territory. Very important in the economy of the rural small companies of the island, the donkey was used for many activities : to grind cereals, to transport the wood for heating air and water, to plow...

The Sardinian donkey is patient, untiring, but this species is in the process of disappearance. Only 90 cm high at its garrot (tourniquet) for the females and 115 cm for the males, it is the favourite animal of the shepherds and it is perfectly adapted to our trekking for the transport of luggage. In general, we will have a donkey for two people. It is the first project of long stay supporting the development of local economy's alternative forms.

- **The «Tacchi»:** they occupy most of the territory of the area of Ogliastra. They are mountains limestones similar to a heel of shoe, from which their name was given (tacco = heel in Italian). Perda Liana (on the territory of the common of Gairo) is their more famous emblem. Other sites of a remarkable beauty are represented by the passage of Saint-Giorgio, close to Osini and the caves of Su Marmuri (Ulassai). On these "Tacchi", you can admire wild places and peculiar habitats in Sardinia. The zones of Tacchi preserved the old farmings, such as the vine growing with the production of the famous wine Cannonau di Jerzu, as well as the artisanal activities.
- **The paths of transhumance:** the paths where we walk during our trekking are mainly the ways which were used for transhumance and the movements between the mountain and the littoral, enjoying an exceptional sight-seeing of the nature.
- **Il «Sentiero Italia»:** a path with a length of more than 6,000 km, it is the most important road of excursion of the Italian peninsula. In Sardinia it crosses all the island; we planned to borrow certain routes of this path during our journey.



ITINERARY



1° DAY

Arrival in Sardinia

Arrival at the airport of Cagliari, the capital of the region, located in the South of Sardinia. Transfer by bus to the village of Jerzu.

Accommodation in an inn with room and private bathroom, presentation of the program of the week, dinner and night in the inn. Contact with the Sardinian donkeys, and if weather allows it, walks in donkey and visit on the height of the small country cottage of the foresters in charge of supervising the fires. Of this mountain one sees all the excursion which we will make during the week.



2° DAY

From Jerzu to Ulassai

Departure from Jerzu in the morning towards its hills, famous for the production of wine Cannonau, one of the secrets of the longevity of the Sardinian people. From there, we continue towards the valley of Tacchi d'Ogliastra. Walk will continue on high cliffs, the forests of oaks and in the Mediterranean maquis, sweeping a sight on the surrounding area and the sea. Evening and dinner in the village.

The strong points:

- > Valley of Tacchi d'Ogliastra
- > Mount Tisiddu
- > Village of Ulassai





The strong points:

- > Ulassai caves
- > Natural monuments
- > Art works of Maria Lai
- > Oasis of Girisai
- > Scale of San Giorgio

3° DAY

From Ulassai to Taccu di Osini

We begin our excursion with the visit of the caves of Ulassai on the height of the village by taking a way which curves in the middle of the mountain with sight on the sea.

We will pass beside the museum in the open air of the small village of Ulassai, to admire works of Maria Lai, local artist of international reputation, as well as works of other artists.

We will have the opportunity of seeing the canyon of Saint Giorgio, nested in full rocky mountain in the middle of forests and we will sleep in an inn in the middle of the nature.



The strong points:

- > Nuraghe Serbissi and its cave
- > Gairo Taquisara
- > Area of Is Tostoinus
- > Niala forest
- > Bridge over San.Gerolamo brook
(possible bath in the forest)

4° DAY

From Osini to Mont'Arbu forest

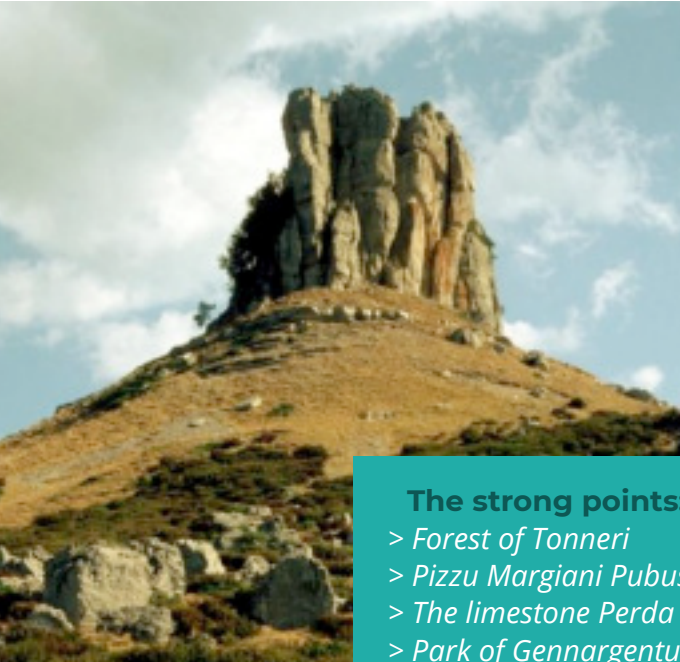
The morning we walk until Nuraghe Serbissi, one of the most beautiful fortresses of Ogliastra, dating of more than 4000 years, spectacular from its position dominating the region and for its cave. Then, we go down in the picturesque valley from Gairo Taquisara, crossed by the small green train of Sardinia (touristic train). We will stop to lunch in a cuile, the typical hut of Sardinian shepherds. We cross the dense forest of Niala, appreciating the song of its waterways and of the birds to arrive finally in the middle of the forest of Mont' Arbu where we will make a halt in a forest house.

Possibility to take a bath in the river a few meters from the forest house.





ITINERARY



The strong points:

- > Forest of Tonneri
- > Pizzu Margiani Pubusa
- > The limestone Perda e' Liana
- > Park of Gennargentu

5° DAY

From Montarbu to Perda liana

We continue our journey through the old holm oaks, ascending the course of the *Ermolinos* River to cross the imposing limestone cliffs of the *Tonneri*, culminating in the majestic summit of *Margiana Pubusa*. Like the old shepherds of transhumance, we are heading towards one of the most important symbols of Sardinia, Perda e Liana, a limestone tower, used by the first Sardinians as a meeting place and for pagan rites. We finish our itinerary with the donkeys which will lead us in 15 minutes of trip to our agriturismo where we will dine and sleep.



The strong points:

- > Peaks of the Gennargentu mountain range: Bruncu Spina, Monte Spada
- > Typical fauna: big horn sheep; deer
- > The steep mountains and the blue sea
- > The panorama

6° DAY

From Seui to Santa Maria Navarrese- Perda longa-Cengia Giralgili

We get up early in the morning to observe the big horn sheeps or deer and we should hopefully see them queuing as they move towards the valley. We leave the mountains of the Gennargentu to walk and join on the eastern coast the small village of Santa Maria Navarrese (transfer by bus). We leave directly for an excursion following a panoramic path that runs along the coast to Perda Longa, a huge rocky needle overlooking the sea. Its name means "long stone" in Sardinia.



We have lunch in a restaurant with a panoramic terrace. Possibility of swimming in the crystalline waters amid the rocks.

In the afternoon we leave for Cengia Giralgili, rocky plateau and ideal place to admire a postcard's panorama.





Les points forts :
> A magnificent coast and panorama
- Perda longa
- Swimming in the sea
-last but not the least (!!!)

7° DAY

Santa Maria Navarrese Cala goloritzé

Departure by bus in the morning towards Baunei, little village at 25 minutes from Santa Maria Navarrese. From there we climb on the top of the high plateau of Golgo with its small church as in a setting of Far West. It is one of the most famous excursions and one of the most beautiful : it starts from the plateau of Golgo and ends in Cala Goloritzè. We pass the morning and the early afternoon on the beach.



4h (1h30 to go down

2h30 to come back climbing up)



700 m

Return to the hostel (Ostello) and departure by bus to Cagliari.

Dinner and accommodation in the city of Cagliari (getting a well deserved rest!).



8° DAY

Cagliari and transfert to the airport

Transfert to the airport.



ENGLISH-SPEAKING ITALIAN GUIDE

He is present from Day 2 in the morning to Day 7 in the evening.



PRACTICAL INFORMATION

Between 5 and 15 people maximum participating to the trip.



PROPOSED DATES

- Saturday XXth to Saturday XXth junel
- Saturday from XXth april to Saturday XX july
- Saturday XXth July to Saturday XXth August



REMARKS

The proposed itinerary could be modified on request to better suit your needs



CONTACT ON THIS PROJECT

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TO SEE ON INTERNET

- **OGLIASTRA I TACCHI** : <https://www.youtube.com/watch?v=dKYRafDItOY>
- **OGLIASTRA SENTIERI** : <https://www.youtube.com/watch?v=Gxi4rDfvYSA>



SARDAIGNE

en liberté