

Hiking in Sardinia: quite an adventure!

If you research the Italian island of Sardinia via the internet, you will be presented with an idyllic picture. You will see a beautiful island with beautiful nature, beautiful beaches, extensive vineyards, and adventurous, untrodden paths. If you have ever been to Sardinia, you will be able to fully confirm this image. Even after five days of hiking, you will continue to be amazed by all the beauty that Sardinian nature has to offer. However, there are a few snags.

Photos : sardinie-info.nl



Beach at Cala Gonone. (foto: Oranginas)

If you are looking for natural beauty, Sardinia is the place to be. The beaches are extremely beautiful and impressive, as are the mountains inland. In addition, there are many fantastically located agriturismos in Sardinia: small campsites, authentic accommodations, farms, and beautiful country houses. The culturally and historically interested hiker will certainly get his money's worth in Sardinia. The many Nuraghi, towers built by the original inhabitants of Sardinia in the Bronze Age, offer an interesting glimpse into the island's past. The domus de Janas, tombs carved into rock, are also a must see for lovers of history and archaeology.



Remaining Nuraghe.

The snags

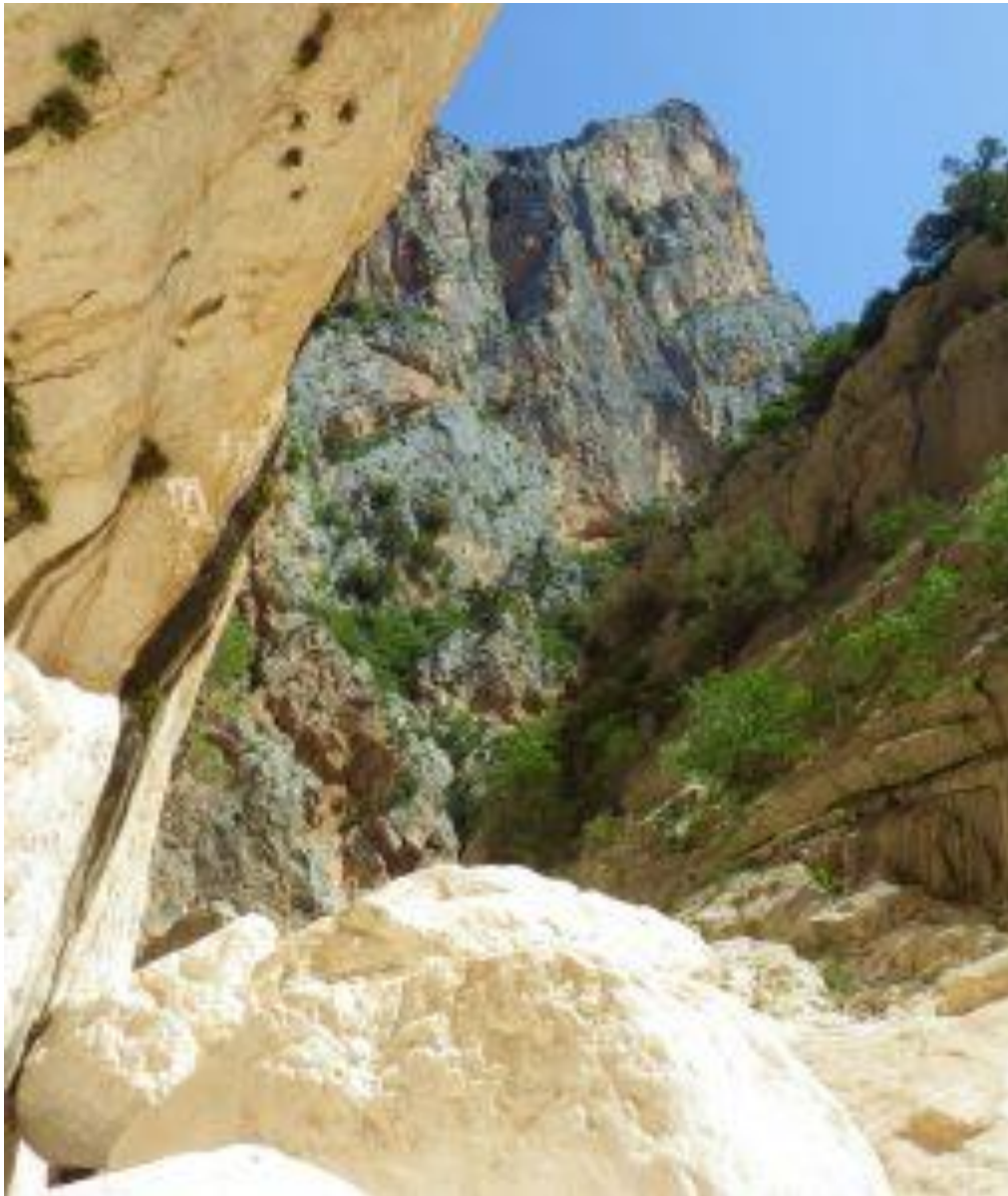
However, there are a number of disadvantages to all the beauty that this island has to offer. The locations are very difficult to reach on foot. The inconsistent markings, the dead ends and the fences that sometimes block the paths make it very difficult to cross the Sardinian landscape on foot.

In addition, the locals, in general, are not very welcoming towards hikers. They are car drivers who prefer to blow you off the asphalt road while honking and pointing at the forehead. It feels like they're calling you crazy. "You're not going to walk!" You also see many watchdogs to keep out suspicious people, such as hikers. The Sardinians associate walking with the poverty and associated lifestyle that disappeared not so long ago.

You should also not be surprised if you suddenly come across a "toll booth" in the form of a parasol and a chair during a walk. Here you will then be asked if you want to pay ten euros to continue walking. These are the sour apples that you sometimes have to bite through in Sardinia.

Biting through the sour apple

In the end, it is worth braving these bad conditions. After all, the island offers a wide range of impressive nature reserves. Think for example of the many impressive caves, rocky coasts with white beaches on the deep blue sea and the rough inland with its cacti, flowers and mountains. There are many hiking trails to climb the mountains. The highest mountain on the island is the Punta la Marmora (1834 meters high), in the Gennargentu National Park. The Gola di Gorropu gorge and the Supramonte, a vast limestone plateau at an altitude of 1,463 meters, are also part of this natural park.



Gola di Gorropu gorge.

There is a wide and varied range of guided hiking packages. This is convenient, as it is not easy to plan a multi-day trip yourself, or to find an existing (marked) route. This is because all hiking infrastructure in Sardinia rests on the shoulders of private parties. There is therefore no umbrella body that ensures good walking facilities. And the people who have to deal with

the mountains are hunters and shepherds and they are not waiting for hikers. From that angle you can expect little support during a walk. On the French island of **Corsica** just further north, it is different. As a hiker you immediately feel welcome there! Here you will find shelter along the way, there are gîtes, the markings are correct and the paths are well maintained.

General tips

- There is a bus between Cagliari (airport) and Nuoro. About 125 kilometers, 2.5 hours drive.
- Try to buy a good hiking map or guide of Sardinia at home;
- In addition to good preparation at home, we advise you to hire an organization or agency that knows Sardinia well. For example, in the form of a guide. They can support you in designing and running a multi-day route. The chance that you can do this at home on your own is small.
- For a more positive experience: see [the article from Tineke Zwijgers](#). Or an [article in Op Pad](#). With the same problems but continue to walk on more cheerfully



An Orangina on trail



And looking on the map again: where are we and where is a trail??



walking on the beach is always possible
(although in Italy you also often have to pay to visit the beach).