

Walking Sardinia's Wild East

Trip Code: SGSE

Version:



WALK & TREK



SELF-GUIDED



MODERATE



HIGHLIGHTS

- Spend three nights of peace and tranquillity in a welcoming mountain guesthouse on the Golgo Plateau
- Enjoy the perfect balance of mountain and coastal walking
- Relax at hidden coves only accessible on foot or by boat
- Walk alongside the Pedra Longa limestone sea-stack accompanied by panoramic views of the coast

AT A GLANCE

- Self-Guided
- 6 days hiking
- Luggage transfer
- GPS travel app
- Thursday and Saturday departures
- Join at Olbia Airport

ACCOMMODATIONS & MEALS

[VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE](#)

Introduction

High mountain plateaus, vibrant coastal towns, historic legends, and picture-perfect beaches - Sardinia really is one of Italy's gems.

This one-week self-guided holiday allows you to explore the very best of eastern Sardinia's wild and rugged landscape. The daily walking routes offer an ideal mix of spectacular views over the impressive coastline, glistening bays, and Mediterranean karst landscape. You also have the perfect balance of walking with time to relax on secluded beaches and swim in the Mediterranean's inviting turquoise waters along your way.

Your trip begins with a private transfer to the coastal town of Santa Maria Navarrese, where you will discover its regal past before heading to the mountains to traverse the limestone peaks of Pedra Longa for your first taste of this island's breathtaking views. With three nights in a welcoming mountain retreat high up on the Golgo Plateau, you can immerse yourself in the joy of the simple things in life: exploring natural landscapes on foot, eating good food, and being in great company. Then, for a complete contrast, you'll spend the next three nights in the welcoming coastal town of Cala Gonone. Here you can explore the rugged coastline by day, and spend the evenings dining on freshly caught seafood and enjoying a glass of fine Sardinian wine on the rooftop terrace of your hotel as the sun goes down over this picturesque island.

Is this holiday for you?

This holiday is perfect for those looking to strike a balance between exploring Sardinia's rugged east coast on foot as well as enjoying a more relaxed pace on some of the island's secluded beaches. Walking up to 19km with an ascent of up to around 900m on coastal trails and mountain paths, your walks will take you along the spectacular coast, through fragrant woodlands, and aloft limestone peaks, with plenty of opportunities to stop and enjoy the island's many beaches and inviting turquoise waters along the way. Spending four nights in a simple mountain guesthouse on the tranquil Golgo Plateau, and four nights in lovely 3-star family-run hotels, you are sure to enjoy a traditional Sardinian welcome throughout your holiday.

Itinerary

Version:

Holiday Information

What's Included

- All accommodation as described
- Meals as described in the Meal Plan
- Self-guided information pack containing your map and route notes
- Luggage transfers
- Transfer on day 5 of the itinerary
- Transfer from Olbia Airport to Santa Maria Navarrese
- Transfer from Cala Gonone to Olbia Airport
- Navigation App and GPX tracks available

What's not Included

- Travel insurance
- 2 boat rides to Cala Gonone (allow approximately 10 Euros per person per journey)
- Visas (if applicable)
- Tourist taxes may apply and are usually under 5 Euros per person per night
- Some meals as described in the Meal Plan
- Personal equipment
- Any additional activities/excursions indicated as optional

Your Self-Guided Pack & Route Notes

Each self-guided holiday comes with comprehensive route notes and a map or pocket guidebook of the area you are exploring. The route notes contain information about the places you will visit and the local transport you might need, along with the detailed route notes for your daily walks or cycle rides. We even include some tips for the best places to stop for lunch.

You can expect to receive your Self-Guided Pack containing your route notes, a map or guidebook, and all your relevant documents, no later than 3 weeks before your holiday start-date. We will send your documents using a signed-for courier so that you can track your package and know that it is safely on its way to you. For bookings of more than 4 people we will send an additional Self-Guided Pack. If you do not need this additional pack please inform our Sales Team. Your pack will be sent to the lead booker, so please remind them to pack it before setting off.

Should your self-guided trip be part of a longer adventure requiring you to leave home more than three weeks before your holiday start-date, please inform our Sales Team so that we can make alternative delivery arrangements.

GPS Travel App

This holiday includes a GPS navigation app, which contains the routes for you to follow each day, as well as attractions, coffee stops and points of interest along the way. The app does not need to have Wi-Fi connection to work, you simply follow the instructions we provide you to download the app to your personal smartphone device before you leave home and you are ready to go.

While the travel app is running, your phone battery charge can be consumed faster than normal, so we strongly recommend that you pack a power bank with you just in case you require it.

Self-Guided Families

Our Self-Guided Holidays are perfect for your next family holiday and are suitable for children of all ages.

Our partner hotels and accommodations are able to provide cots for young children, and some offer family rooms. We can also arrange hire of children's bikes and tag along bikes for most of our self-guided cycling trips and with trips such as Lake Constance and the Danube offering routes on designated cycle paths you can rest assured in keeping your family safe.

As a parent we trust that you know your own child's capabilities, so please read the itinerary details to ensure the distances covered each day are suitable for your family. If this is a first time walking or cycling holiday for your family, a centre-based trip is a fantastic option as it allows you to easily opt out of a day's walking if a day of building sand castles, swimming in the pool, or visiting museums is calling instead.

Please discuss this further with our Sales Team who will be happy to assist in picking the best trip for your family.

Joining Arrangements & Transfers

The trip starts at Olbia Airport, which has great connections with UK regional airports. All of our self-guided holidays are sold on a Land Only basis, allowing you the flexibility to choose the travel method that best suits you. For this trip we have included a return private transfers for you from Olbia Airport.

It is also possible to fly into Cagliari Airport. We can arrange arrival transfers from this airport to Santa Maria Navarrese, and departure transfers from Cala Ganone to this airport at the end of your trip. Please contact our Sales Team for a quote.

We can also arrange additional nights' accommodation before or after your self-guided trip, or you may even wish to make this trip part of a bigger trip of your own, or pair it with one of our other holidays - just ask our Sales Team for details.

Meal Plan

This trip is on a bed and breakfast basis to allow you the most flexibility during your holiday.

Food & Water

Water from the taps may not be drinkable in all locations on this trip - please check with your guide. We recommend taking water purification tablets and a reusable bottle with a filter such as [Water-to-Go](#), which can both be used to help make safe other water sources. Please note that we do not encourage the purchase of single use plastic bottles.

Sardinian food is a medley of colour and is bursting with Mediterranean flavours. Proud of their heritage and history, the islanders' food is hearty and robust with strong Italian influences. Pulses, lentils, beans, chickpeas and fresh vegetables, plus rich tomato sauces, all feature strongly in traditional Sardinian cuisine.

Breakfast is typically simple and continental in style - bread, jam and honey, pastries or cakes, and yoghurt - served with tea or coffee.

The island produces an excellent selection of wines which can be enjoyed by the glass or by the bottle, from rich reds and refreshing whites to the famous dessert wine of Liquoroso Dolce. Sardinians also love their after-dinner digestifs - chilled Limoncino and the excellent range of fiery grappas are all worth a try!

Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide for special diets. Due to the nature of some of the trips that we operate and the countries in which we operate them, it can be very hard (and sometimes impossible) to cater for a wide range of dietary choices and you may have to supplement your meals with food/snacks from home. If you have specific dietary requirements please do speak to our sales team and they will be able to advise you whether or not we will be able to offer your specific choice. Please note that we are unable to provide separate menus and cannot accept liability for any problems arising from special dietary requirements or intolerances.

Accommodation

On this trip, you will spend your first evening in a lovely family run 3-star hotel in Santa Maria Navarrese, where you can be sure of a warm welcome to Sardinia. You will then move on to spend three nights in a tranquil mountain retreat high on the Golgo plateau. Here rooms are simple, which is all part of the rifugio's charm. Surrounded by gardens and away from any towns and villages, this is a little haven where you can relax at the end of your day. After this, you will spend the next three nights at the coast in another lovely family run hotel, in the seaside town of Cala Gonone. The hotel has an enviable location by the marina and has a fantastic rooftop restaurant and terrace along with a hot tub area overlooking the beach below - the perfect place for toasting to a great holiday as the sun sets.

All accommodation is based on twin or double rooms on a bed and breakfast basis. Breakfasts are typically continental, with breads, pastries, cheese, meats, and often eggs, along with cereals and a good helping of morning coffee. Occasionally, during peak season, we are unable to offer the accommodations described and will arrange alternative accommodations of the same standard for you.

It is possible to book additional nights' accommodation before or after the holiday itinerary so that you can enjoy this beautiful island a little longer. Please ask our Sales Team for more information.

Baggage Allowance

Your main luggage will be transferred between each of your hotels while you are out on your walk. We ask that you please ensure that each item of your luggage is under 20KG and that your luggage is ready for collection in the morning on the day of each hotel change. You will also need a daypack to carry your daily essentials with you whilst you are walking.

General Information

Passport & Visas

Europe

Your passport must meet 2 requirements. It must be:

- less than 10 years old on the day you enter (check the 'date of issue')
- valid for at least 3 months after the day you plan to leave (check the 'expiry date')

For the latest details on visiting countries within the EU or the European Economic Area (EEA), please check the UK Government website

The information that we provide is for UK passport holders.

A passport with 6 months remaining validity at the end of your stay is generally required, and you should have at least 2 blank pages for each country that you visit.

For other nationalities, please refer to your own Government website for the latest information.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates (*see Health & Vaccinations below*), **and visas for your holiday.** Please ensure that you check the [FCDO](#) for the latest advice for **each country visited** before travel.

Health & Vaccinations

Vaccinations

You should contact your doctor or travel clinic to check whether you require any specific vaccinations.

GHIC / Medical cover

UK residents should carry a free Global Health Insurance Card (GHIC). This entitles you to state provided medical treatment when you're visiting an EU country or Switzerland. This is not a substitute for medical travel insurance which is vital when travelling overseas.

Severe Allergies

Please inform our KE Sales and Support team of any severe allergies you may have before travel. We will always do our best to help but we are unable to guarantee an allergy free environment on our KE trips. We advise that you always carry your own treatment for the allergy with you such as 'adrenaline auto-injectors' if required. We also recommend that you discuss this with your accommodation on arrival so that they can better assist you.

Preparing for your Holiday

The advantage of a self-guided walking holiday is that you decide the pace however, getting some additional exercise before coming on an active holiday makes a lot of sense. The fitter you are, after all, the more enjoyable your walks will be. You should be comfortable with walking 5 to 6 hours for consecutive days on rugged paths. Some of the routes are along the coastal clifftops requiring head for heights to enjoy the fantastic views.

Climate

The island of Sardinia has a typical Mediterranean climate with hot, dry summers and coolish winters. The best times to visit are from March to June and from September to October, when temperatures are their most pleasant. At these times of year, daytime temperatures will vary between 20 and 30 degrees Centigrade, falling to between 10 and 20 degrees Centigrade at night.

Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's '[Travel Aware](#)' campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that before travel, all KE clients visit the official UK Government website at travelaware.campaign.gov.uk and read the FCDO Travel Advice for their chosen destination. North Americans can also check out the U.S. Department of State website: www.travel.state.gov for essential travel advice and tips.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates directly from the FCDO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use.

Books

Sardinia Baby! - Malachi Bogdanov

Sea and Sardinia - D H Lawrence

Aurora, Me and Sardinia - Terence Dillon

The Rough Guide to Sardinia - Robert Andrews

Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our [Travel Insurance](#) page for further information and to get a quote.

Equipment Information

Self Guided Equipment List

- Hiking boots with good-grip soles
- Hiking socks
- Long / short hiking trousers
- Functional base layer top and leggings
- T-shirts
- Fleece / extra warm layer
- Windproof jacket
- Waterproof jacket
- Waterproof trousers
- Hat, gloves, and neck gaiter
- Sunscreen
- Sunglasses
- Sunhat
- Small first aid kit inside your rucksack
- Water bottle or hydration pack
- Mobile Phone (ensure your data package covers your destination)
- Power bank
- Waterproof phone cover
- Camera (and batteries / memory card)

- Reusable sealable picnic boxes for picnics
- Reusable cloth bag for shopping to avoid the use of plastic bags
- Walking poles
- Headtorch with spare batteries
- Personal wash kit
- Your self-guided route notes
- Rucksack (approx. 20L)

Land Only Information

Please note that our 'from' price listed is based on 4 persons on twin or double occupancy, however we can quote for any number of travellers including solo travellers - contact our Sales Team for a quote.

This trip is available for departures on Thursdays and Saturdays throughout the dates listed.

All of our self-guided holidays are sold on a Land Only basis allowing you the flexibility to choose the travel method which best suits you. You may even wish to make this holiday part of a bigger adventure or pair it with one of our other holidays. We can arrange additional nights' accommodation before or after your self-guided trip - please ask our Sales Team to find out more about this.

Our Sales Team will be happy to provide you with a quote for scheduled flights, or alternatively you may wish to book your own flights with a low cost carrier from your nearest regional airport.

Please DO NOT book your flights before you have received your booking confirmation and your deposit has been taken.

We offer some transfers to your accommodation from the nearest airports - please refer to the 'Joining Arrangements & Transfers' section for further details for this trip.

Why Choose KE

Why KE?

On this holiday, you can really unwind as you hike along Sardinia's beautiful rugged coastline, reach its wild peaks, relax on its picture-perfect beaches, and feel rewarded as you are immersed in its enchanting landscapes. We have even included private return transfers from Olbia Airport so that all you need to do is relax and enjoy your walking and sightseeing.

Please Note This document was downloaded on 22/07/2025 and the trip is subject to change