

# 4. Itinerary from Cannigione

The east coast of Sardinia: from Costa Smeralda to Arbatax

 2 weeks

 about 237 miles

Cannigione - Porto Liscia - Golfo Pevero - Liscia Ruja	31 miles
Liscia Ruja - Golfo Marinella - Cala Sabina - Cala Sassari - Golfo Aranci	17 miles
Golfo Aranci - Tavolara - Molara - Capo Coda Cavallo - Cala Brandichini	17 miles
Cala Brandichini - Budoni - La Caletta - Cala Fuili	40 miles
Cala Fuili - Cala Luna - Cala Goloritzè	9 miles
Cala Goloritzè - Santa Maria Navarrese - Arbatax - Porto Frailis	15 miles
Porto Frailis - Cala Mariolu - Grotta del Fico - Piscine di Venere - Cala Biriala	17 miles
Cala Biriala - Cala Sisine - Cala Gonone	8 miles
Cala Gonone - Le Grotte del Bue Marino - Cala Liberotto - Berchida	17 miles
Berchida - Capo Comino - Santa Lucia - Porto Ottiolu	18 miles
Porto Ottiolu - Porto Taverna - Le Saline di Olbia - Cala Moresca	31 miles
Cala Moresca - Rena Bianca - Cala Battistoni - Cannigione	23 miles



[www.aladarsail.com](http://www.aladarsail.com) • [info@aladarsail.com](mailto:info@aladarsail.com) • +39 345 6604 940



## Day 1/2 • Cannigione – Porto Liscia – Golfo Pevero Liscia Ruja

The **Liscia beach**, which is 8 km long and covers an area of about 87 hectares, faces north and north-west, has coarse-grained golden sand of a granitic nature and offers shallow, sandy bottoms. Halfway between Palau and Santa Teresa Gallura, near the mouth of the Liscia, Porto Pollo joins the mainland to the beautiful island with a thin sandy tongue. The two beaches, which fan out with dunes covered with lavender, mastic and juniper trees, are among the most beautiful beaches in Sardinia. The place is constantly buffeted by wind, sometimes strong, so it is a particularly popular destination for sailors and windsurfers and kite surfers. On either side of the bay, there will be either ideal surfing or flat sea conditions. **Golfo Pevero** lies to the SE of Porto Cervo and offers good protection from SE and SW winds, but is open to the NE. There are numerous coves surrounded by rocks where one can anchor for 11/14 m.

The Grande Pevero beach and the Piccolo Pevero beach are wild beaches of fine white sand, rich in juniper vegetation, surrounded by granite rocks and overlooking a crystal-clear sea.

**Liscia Ruja** is the largest beach on the Costa Smeralda, and one of the most famous for its beauty. To the left is Cala di Volpe, opposite are the islands of Soffi and Mortorio, and to the right is the silhouette of Capo Figari. It is located in the municipality of Arzachena and is known for its fine white sand, with golden and reddish hues, and for its unmistakable clear turquoise sea.

## Day 3 • Liscia Ruja – Golfo Marinella – Cala Sabina – Cala Sassari – Golfo Aranci

The **Gulf of Marinella** is a paradise of emerald waters, shallow waters and white sand. An inlet just a few kilometres from Porto Rotondo, it has always been one of the most glamorous destinations on the Costa Smeralda. Among the most beautiful beaches in the Gulf of Marinella is La Marinella, which gives its name to the inlet. The natural landscape that surrounds it is picture-postcard. The village of Punta Marana, with its picturesque harbour, is worth a visit. The beauty of the bays in this gulf, protected from the wind and immersed in the Mediterranean maquis, captivates. One would like to visit them all: **Cala Sassari**, Cala Banana, Sos Aranzos and Terrata, all with emerald-coloured waters.

**Golfo Aranci** is certainly the best-known destination in the Gulf of Marinella. It lies on a strip of rock jutting out into the sea and is a popular seaside resort because of its heavenly beaches, but also because of its strategic location: 20 km from Olbia and 10 km from Porto Rotondo. Baia Caddinas, not far from the town centre, an old fishing village with small colourful houses, is a beach of white sand and crystal clear sea.

For a cultural excursion not far from the beaches of Golfo Aranci, mark on your itinerary the Sacred Well of Milis and the 14th-century English cemetery, as well as the nuragic settlement of Lu Brandali, near Santa Teresa di Gallura.

## Day 4 • Golfo Aranci – Tavolara – Molara – Capo Coda Cavallo – Cala Brandinchi

**Tavolara** is a limestone and granite mountain rising from the sea, 560 metres high, 4 kilometres long, characterized by impervious rocks, and the beautiful colours: the green of the vegetation, combined with the blue and emerald green of the surrounding waters. The only inhabited centre, Spalmatore di Terra, has a small harbour, a few beaches, including the 5 km-long white sand beach of La Cinta, and two restaurants. The island is the centre piece of the Tavolara-Punta Coda Cavallo protected marine area, which stretches 76 km along the coastline of Loiri Porto San Paolo, Olbia and San Teodoro. The **island of Molara** is a private island that can only be visited thanks to the 'Friends of Molara' association. In small groups, you can visit ancient villages, ruins of monasteries and castles and enjoy an excellent aperitif. To the east of Cala di Chiesa stands the Dinosaur Rock, a bizarre natural sculpture shaped by the winds and the sea. Numerous species of seabirds such as the peregrine falcon and the rare Corsican seagull nest on the island. Capo Coda Cavallo is an enchanting white sandy beach bathed by the beautiful Gallura sea with a splendid view of the nearby islands. To enjoy an exceptional panorama of the entire bay, we recommend reaching the village square by climbing the steps just before the beach. **Cala Brandinchi** is a beach of exotic beauty, the seabed is very shallow for tens of metres with a 'swimming pool effect'. The white of the sand brings out the shades of the water: from emerald green to turquoise, from azure to cobalt blue. Dark reflections appear where the rocks outcrop, habitat of a rich marine fauna and oasis for snorkeling enthusiasts.

## Day 5 • Cala Brandinchi – Budoni – La Caletta – Cala Fuili

The town of **Budoni** is famous for its long white sandy beaches that chase each other for 18 km and its small brackish ponds inhabited by colonies of pink flamingos. Budoni also boasts a splendid stone hamlet, which, combined with the beauty of the landscape and the turquoise colour of the sea. Cala Budoni is a long beach of almost 4 kilometers and there are bars and eateries. It is popular with windsurfers and those who enjoy scuba diving and snorkeling.

**La Caletta** is a long, wide beach that starts from the small seaside village of the same name and extends to the Graneri pond. A pine forest surrounds the beach almost contiguous with the beach of San Giovanni di Posada: they are only interrupted by the modern marina of La Caletta, rich in services: sailing, surfing and diving school.

The small, uncontaminated and scenic **Cala Fuili**, in the territory of Dorgali, not far from the Grotte del Bue Marino (Sea Ox Caves), will amaze you with its shallow seabed, incredibly transparent waters and sea tones ranging from green to turquoise.

## Day 6 • Cala Fuili – Cala Luna – Cala Goloritzè

**Cala Luna** is one of the marvels of the Gulf of Orosei and of the entire Mediterranean, an inlet carved between cliffs with 800 metres of fine sand at its centre. The seabed, shallow in the first few metres, quickly becomes deep, appreciated by snorkelling, diving and spearfishing enthusiasts. The cove lies at the mouth of the riol lluna, a stream that for millennia has carved a long canyon, the codula di Luna. The water flows along the gorge for kilometer sand feeds a small lake behind the beach, surrounded by a grove of oleanders and Mediterranean scrub.

**Cala Goloritzè** (a natural monument since 1993) is one of the most beautiful beaches in Ogliastra. Its transparent waters, the limestone spire towering over the beach, and the marvelous rock arch make it one of the most sought-after destinations. The Aguglia is one of the symbols of Cala Goloritzè along with the arch. It is one of the most fascinating climbs for climbers from all over Europe. There are several climbing routes around it and it creates, together with the other spires, the unique scenery of Cala Goloritzè. The arch of Goloritzè is a spectacular vault about 16 metres high. It is possible to swim through it or, for the experienced, to dive from its summit.

When swimming at Cala Goloritzè, you may notice certain points where the water temperature drops considerably (even by 10 degrees). In these cases you are definitely swimming above a freshwater resurgence. There are many karstic resurgences in the Gulf of Orosei. The water comes right from the heart of the marine Supramonte and, when trekking Punta Salinas, you can see real freshwater volcanoes all around the bay of Goloritzè, even at depths of more than 10 metres. The presence of fresh water combined with the iridescent limestone rocks creates the play of light and turquoise colours of the waters of the Gulf of Orosei.

## Day 7 • Cala Goloritzè – Santa Maria Navarrese – Arbatax – Porto Frailis

The port of **Santa Maria Navarrese** is about 12 miles from Cala Goloritzè. It can accommodate 400 boats. In addition to water and electricity, in the docks yachtsmen can find a range of services that make the port one of the best equipped on the Sardinian coast. A noteworthy curiosity: inside the port, along the limestone wall called 'Sa Cadrea', some spectacular climbing routes have been equipped by the expert free climber Maurizio Oviglia. **Arbatax** develops around its harbor and the slopes of the promontory of Capo Bellavista, dominated by a lighthouse. The main maritime port of the east coast, the port plays a commercial role and connects to and from the peninsula via ferries. Inside is the marina, which has around 650 berths. The Rocce Rosse: high cliffs of reddish porphyry and black diorite, next to the harbor offer an unforgettable panorama. Arbatax is also the gateway to the Gennargentu, to the wild landscapes of the hinterland, and to numerous archaeological sites including the Monte Terli necropolis and the San Salvatore Archaeological Park. Porto Frailis is a beautiful 200-metre cove sheltered from the winds and nestled between granite rocks.

## Day 8 • Porto Frailis – Cala Mariolu – Grotta del Fico – Piscine di Venere – Cala Biriala

**Cala Mariolu** is one of Italy's most beautiful creeks, a sea that seems painted in rich hues, a true natural swimming pool with crystal-clear waters and a paradisiacal landscape. The beach is of white and pink pebbles, surrounded by a 500-metre high cliff that falls sheer to the sea. The cove can only be reached on foot via a path for experienced hikers, or by boat. There are particularly fishy spots in the Gulf of Orosei. Sea breams and other specimens of Sparidae, for example, have a preference for the waters in front of the northern part of the Cala Mariolu beach, so much so that you can swim among them, even a short distance from the shore. They are so used to the presence of man that they will come and eat bread directly from your hands.

**Grotta del Fico** is located along between the beach of Cala Mariolu and the beach of Cala Biriola. To reach the Grotto by boat, you must go in front of the Grotto, here are the coordinates: Lat 40°08' 421" N Lon 9°39' 592" E

On site there will be the possibility of anchoring and a transport service to the jetty will be available for everyone, included in the ticket price. The guided tour inside the cave takes about 1 hour. Various rooms and galleries are visited and it is possible to look out over the sea. The environments are very varied, as are the concretions and colours that can be admired. Inside, the temperature is about 18°. The guided tour can be in Italian, English, French, German, Spanish and Russian.

**Piscine di Venere** are natural pools, stretches of sea so transparent and calm that they resemble the water of a swimming pool. Of the many, the Piscine di Venere are probably the most beautiful in the whole of Sardinia. **Cala Biriala** is a pretty little cove of landslide origin that rises at the foot of the limestone cliff, typical of the entire Baunei area.

## Day 9 • Cala Biriala – Cala Sisine – Cala Gonone

Smaller than Cala Luna, **Cala Sisine** is, however, deeper and is wedged after hundreds of metres of sand in the green 'codula' (gully) of the same name. It is as if gathered and narrowed by two high peaks of about 500 metres.

Those who go into the codula of Sisine face one of the most fascinating and challenging excursions through a superb and untouched nature. At Cala Sisine, there is a refreshment point surrounded by vegetation that is easily accessible from the beach.

**Cala Gonone** has a bottom of coarse light-coloured sand mixed with stones and bordered by cliffs. Its waters are clear and crystal-clear and offer a particular contrast of colours thanks to the surrounding Mediterranean scrub, from which one can admire the famous Villa Ticca, one of the historical buildings of the small village.



## Day 10 • Cala Gonone – Grotte del Bue Marino – Cala Liberotto – Berchida

The **Grotta del Bue Marino** is a sea cave whose karstic system extends more than 70 km inland.

Its name derives from the nickname used by shepherds to call the monk seal that used the cave's recesses for weaning its pups.

The cave is divided into three distinct branches: the northern and southern branches can be visited on foot along an eight-hundred-metre route, while the central branch is for cave divers. The visit inside lasts about an hour during which expert guides are on hand to provide historical and scientific information about the cave and the fauna that populated it.

**Cala Liberotto** is an emerald bay with a bottom of coarse-grained golden sand embraced by pale rocks. Not far from the shore, three large rocks, accessible thanks to the shallow water, emerge from the water giving the cove an exotic appearance. Behind appears the pond of sos Alinos, an ideal refuge for water birds, which choose these ravines for nesting.

**Cala Berchida** is considered one of the most beautiful in Sardinia, the sea is low in pollution. The beach shields the Rio Berchida, which creates the pond of the same name, a habitat for rare species of birds and a source for herds of sheep and cattle that frequent the beach out of season. There used to be a dense forest that was burnt by fires and is now being reforested by the forestry authority.

## Day 11 • Berchida – Capo Comino – Santa Lucia – Porto Ottiolu

**Capo Comino**, an expanse of fine, white sand, behind which rise enormous dunes, among the largest on the east coast. The beautiful, wide and long beach of Capo Comino is an earthly paradise.

Also an attraction for scuba divers, inside the seabed a few hundred metres away you can see a Roman fleet sunk during a storm from the time of Emperor Nero, a ship from 1942 and a small French plane from 1963.

**Santa Lucia** in Siniscola, a seaside village with low houses adorned with murals and a small harbour. It is located on the tip of the same name bordering the Gulf of La Caletta to the south, near a 17th-century Spanish tower. Due to its strategic position, the harbor of Santa Lucia was known since antiquity.

**Porto Ottiolu** is a famous tourist resort. It is a beautiful bay with a well-equipped harbor with more than 400 berths. The Port of Ottiolu enjoys a position sheltered from the winds, ideal for the entry of any type of vessel. The docks are located opposite the centre of the village with a beautiful central square and numerous facilities such as bars, restaurants and shops.

## Day 12 • Porto Ottiolu – Porto Taverna – Saline di Olbia – Cala Moresca

**Porto Taverna** beach is located between Porto San Paolo and San Teodoro, from where one can enjoy the view of the Tavolara Island that makes the landscape unique. Approximately 1 km long with fine white sand, a shallow sandy seabed and crystal-clear waters with a colour between emerald green and azure, it is part of the Tavolara Protected Marine Area.

Behind the beach is a pond, where you can see the beautiful pink flamingos that pass through here every summer.

The **Spiaggia delle Saline** is located along the coast south of Olbia in the direction of Murta Maria. It takes its name from the old salt pans, now large ponds. It is a very long beach, suitable for long walks. The sea is blue with shades ranging from azure to emerald green in the southernmost part. The sand is coarse-grained white. About a third of the way along the beach the salt pans are connected to the sea by a small channel of clear, transparent water. Very windswept, it has become a destination for kite-surfing and windsurfing sportsmen.

The left-hand side of the beach is reserved for four-legged friends.

**Cala Moresca** is a magnificent beach at Capo Figari, the promontory that forms a green appendix to Golfo Aranci. The landscape is dominated by the islet of Figarolo, easily recognizable by its pyramidal shape. A day at Cala Moresca can be an opportunity for trekking. In fact, it is here that a path opens up, leading first to the ruins of the old Luigi Serra Military Battery and then to the now disused Marconi Lighthouse, 342 metres above sea level. From here you can enjoy an exceptional view that includes the cliffs below, the island of Tavolara and Golfo Aranci.

## Day 13 • Cala Moresca – Rena Bianca – Cala Battistoni – Cannigione

**Rena Bianca** is the town beach of Santa Teresa Gallura, a cove about 700 metres long, with a shallow seabed and fine, white sand, which on the shoreline takes on pink reflections, thanks to tiny fragments of coral. There is no presence of beached posidonia, and the sea is also devoid of them. The two cliffs on either side shelter it from the winds. It is beautiful to admire the coast of Corsica with its white cliffs in the distance. Around the beach is the flourishing Mediterranean macchia with its native aromas. On the promontory to the east is the Tower of Longonsardo.

In the heart of Baja Sardinia, with a splendid view of Caprera and the island of La Maddalena, **Cala Battistoni** is a medium-sized bay with fine, white sand and a shallow, blue-green sea. The scenic charm of the inlet is unique, and several bars, restaurants and shops are within walking distance.

Return to Cannigione.