



# *FROM THE MOUNTAINS TO THE SEA*

## TOUR DOSSIER

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### **DolceVita Bike Tours**

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*Last reviewed  
Thursday, 14 February 2019*

# From the Mountains to the Sea

Tour code: HKS1

## LOCAL CONTACT

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Sardinia is an inspirational island, full of natural beauty and a mixture of Italian and Spanish cultures. Walking from the black mountains of Montiferru to the sea and the Sinis wetlands you will discover beaches, bays, headlands, ancient ruins and historical sites along the way. This is a gentle self-guided point to point hotel based walk embracing the wild and romantic beauty of Western Sardinia, through areas of scented Mediterranean maquis, crossing a wide variety of terrain. The Sinis is a nature reserve home to thousands of pink flamingos and a wealth of other birdlife especially in the spring. It is a remarkable example of how low impact fishing activity can co-exist without damaging the local environment. On the walks you are rewarded with some dramatic views and opportunities to explore highlands, lowlands and coastlines. The route is very quiet - far removed from the busy resorts, the terrain is rugged in parts, with cliffs on the coast, interspersed with white sand beaches, grass covered dunes and panoramas embracing the coast and seaside blues. To aid your enjoyment we have found some very charming accommodation to make this tour more memorable.

We start with a couple of nights high in the Montiferru mountains, a basaltic area famous for the green forests, clear spring water and local 'red' beef. Our base is amongst the centuries old narrow streets of Santu Lussurgiu, which wrap around the head of the valley and descend the steep hillside. From this mass of winding streets a short day walk takes you to the springs of S. Leonardo where you can 'take the waters', visit the village church and patronise one of the cafes or restaurants. Walk back via the view point above Santu Lussurgiu and back to our rather special accommodation and dining in Santu Lussurgiu where the date above the door reads 1837, the date of renovation not construction. The longest day walk takes you all the way from the top of the mountains to the coast; it is all downhill and on good tracks. This is a day of sweeping views and a sense of accomplishment as you arrive at your hotel overlooking the bay of



Santa Caterina di Pittinuri where you can sit by the pool with a well deserved drink and watch the sunset turn the limestone cliffs to shades of yellow and pink. There is a free morning in Santa Caterina for relaxing by the pool or on the beach. Alternatively you can take a short walk to the neighbouring village/beach at S'Archittu and perhaps swim through the rock arch. At midday you are transported to the edge of the 'Is Arenas' forest to start walking past the 'Is Benas' lagoon home to large colonies of Grey Herons and pink Flamingos during the migration season. A beautiful cliff top walk leads us to the beach of Su Pallosu and on to the cliffs leading to 'Capo Mannu', the lighthouse and ancient Spanish watchtowers. Then stroll into Putzu Idu, a village popular with sailors and the surfing fraternity before looping back to your hotel.

A short transfer to the cliffs at Su Tingiosu home to plenty of bird life in the spring, especially where the cliffs end at the beautiful quartz beaches of 'Is Arutas' and 'Mari Ermi'. Here the white sand comprises of rice-sized grains of quartz. There are plenty of beach front cafes along this stretch for refreshments before heading inland, crossing low hills of arable land, to arrive in San Salvatore Sinis. This village is populated for just one week a year for a religious festival at its church erected over a hypogeum (ancient subterranean structure). The population of nearby Cabras follow an old tradition of congregating here at the beginning of September every year. The village is reminiscent of a deserted spaghetti western set and has indeed been used as such. A nearby hotel with a fine restaurant is home for two nights and our starting point for a loop to the ancient ruins of



Tharros and Capo S. Marco. Not far to walk but much of interest along the way including the ancient Basilica Paleocristiana di San Giovanni di Sinis V Secolo, a church dating back to 470AD, and a choice of restaurants for a nice lunch. The site of Tharros has evidence of occupation from the 8<sup>th</sup> century BC through to the 10<sup>th</sup> century AD, by Phoenicians, Punics and Romans. There is an entrance fee, information leaflets and a café. The walk round Capo S. Marco passes some small secluded beaches, old watch towers, cliffs and a lighthouse before ending on a larger sandy beach.

From San Salvatore we walk to Cabras, the main town in the Sinis. The route crosses artichoke fields, Vernaccia (white wine) vineyards, olive groves and the Cabras Lagoon, famous for the grey mullets and its 'Bottarga', the cured mullet roe. The natural reserve is rich in birdlife. In the afternoon you can walk a loop from Cabras across the 'Pauli 'e Sali' swamp, a protected area where an immense number of birds usually nest. Sheltered by the bank grasses and canes you can take beautiful pictures without disturbing them. Cabras is a small town with an attractive compact centre with bars and restaurants for your last meal of the trip.

## Itinerary

**Day 1:** Arrival at our hotel in Santu Lussurgiu.

**Day 2: Santu Lussurgiu / San Leonardo Circuit (12 km, ascent 300m).** A short walk to start the holiday so have a relaxing breakfast before setting out but beware it is not all plain sailing with 300m of ascent along the way. A mix of road walking and agricultural tracks take you up to San Leonardo with sweeping views on the way. Spend a little time looking around this village, the church and springs are interesting and Sunday is market day. There are numerous places to get a drink and something to eat. Another mix of road walking, tracks and paths will get you back to Santu Lussurgiu. You will have time to divert to the viewpoint above the town where a statue of Christ overlooks the village and to walk down through the maze of narrow streets to look at the churches and find the bar at the center of the village for well-earned refreshment.

**Day 3: Santu Lussurgiu – Santa Caterina di Pittinuri (22 km, ascent 100m).** First hop into a taxi for a short ride to the top of the mountain and the start of the walk. The route descends from the Montiferru Mountains, to Santa Caterina di Pittinuri located on the coast. The route initially traverses the high ground with views down to the coast then descends to the coastal plain. Most of the way is on good tracks with gentle gradients passing through oak forests, olive groves and quiet pastures. The last hour is on level minor roads taking you to the quiet bay at Santa Caterina.

**Day 4: Santa Caterina di Pittinuri – Putzu Idu (16 km, ascent 50m).** Walking starts after a short taxi ride (pick up at 09:00) and we soon find the Is Benas lagoon, home to a large colony of Grey Herons and Pink Flamingos in season. A beautiful track winds along the cliffs leading to the beach of Su Pallosu where a stroll across the sand ends at the hotel. But this only takes 2 or 3 hours so onwards the route goes to complete a loop around Capo Mannu. This takes you along more cliff tops to the lighthouse and the ancient Spanish watchtowers. After Putzu Idu, a village located on a stretch of coast often frequented by sailors and surfers, we get to our hotel

**Day 5: Putzu Idu – San Salvatore Sinis (20 km, ascent 65m)**

The day starts with a walk along the limestone cliffs of Su Tingiosu, which stretch for 6 km and provide habitat for many birds. The cliffs end in the beautiful quartz beaches of Is Arutas and Mari Ermi where rice-sized grains of quartz form the white beaches. Finally head inland, crossing artichoke and wheat fields to arrive in San Salvatore Sinis, famous for its church erected over a Roman hypogeum – or underground temple. The village is unpopulated apart from one week when a religious festival brings the place to life.

**Day 6: Tharros and Capo S. Marco (16,5 km, ascent 130m)**

A day trip walking across fields and by the side of the lagoon to San Giovanni, on to the site of Tharros and the narrow peninsular of Capo S. Marco. A leisurely hours walk takes you from the hotel to the ancient Basilica Paleocristiana di San Giovanni di Sinis, a church dating back to 470AD. Here you join the main tourist track to the site of Tharros an interesting site dating back to the 8<sup>th</sup> century BC but most dominant are the Roman remains. An hour here and a stop in the café will set you right for a loop around the Capo S Marco using the smaller footpaths that skirt the coastline. Pass the watchtower before walking along the beach and back to the cafes and restaurants of San Giovanni. You can spend the rest of the afternoon relaxing on the beach, walking further along the coast or just head back (by the same path used in the morning) to the hotel.

**Day 7: San Salvatore Sinis – Cabras (9 km, ascent 20m) and Bird watching from Cabras (loop up to 9 km, ascent 10m)**

A morning walk leads you out of San Salvatore to Cabras, main town of the Sinis. During the itinerary you



walk along artichoke fields, Vernaccia grape vineyards, olive groves and past the Cabras Lagoon, the largest in the area, famous for the grey mullets and above all its Bottarga, the cured roe of mullet. Don't miss the fresh fish, the Bottarga and the Vernaccia wine, you could even try them for lunch! However if you are passionate about birdwatching don't spend too long over lunch, as today is your day! Take the optional afternoon walk crossing the swamp of Pauli 'e Sali, a protected area where an immense number of birds (some are very rare) usually nest. Sheltered by the canes you can take beautiful pictures without disturbing them.

### **Day 8: Departure day**

Tour ends after breakfast.

### **Level of Difficulty**

This tour is graded Easy – Moderate. The terrain is generally easy being on tracks and good footpaths with walking times of between 3 and 6 hours per day. The longest day (day 3) is mainly downhill on tracks and back roads. There is a little flexibility on a few days to adjust the distance walked.

There is no waymarking and the maps are not as clear as Ordnance Survey maps but the maps provided when used with the detailed route notes supplied make route finding quite easy.

### **Maps & Route Notes**

We provide detailed route notes and highlighted maps of all the suggested walks.

### **General Information**

**Hotels:** The hotels described are our usual choice of accommodation, however if these are not available then alternatives are used and if these are of a different standard you will be informed at the time of booking.

**Baths/showers:** Many rooms with ensuite/private facilities have a shower rather than a bath, usually because of limited space.

**Breakfast:** in Sardinia is usually a cold buffet arrangement, with a selection of coffee/tea and pastries/ cake/ biscuits/ bread, jams, hams, cheeses, eggs, yoghurts and fruits.

**Special Dietary Requirements:** It is important for you to tell us if you have any dietary requirements when you book your holiday so that we can inform everyone that you are staying with.

**Language:** When travelling in less frequented areas you will not necessarily come across people speaking English. Remember you are experiencing a different culture, buy a phrase book and try to learn a little of the local language!

**Transfer during tour:** on days 3 and 4 a taxi will pick you up from the hotel at 09:00 with your luggage, to take you to the walk starting point.

**Luggage:** When staying in hotels, sometimes your luggage will have been taken to your room awaiting your arrival. However don't be surprised if your luggage is waiting for you to take it up to your room. Please politely ask someone if you need assistance.

**Route Notes:** Please note that one set of route notes per room booked is included in the cost of the holiday.

**Insurance:** All clients must have appropriate cover for the activities included for the duration of our trip.

### **Accommodation**

Note that the descriptions of overnight stops and the itinerary is the usual schedule of the holiday, however we do occasionally need to change places that we use when our chosen hotels are full. This is particularly the case with "late" bookings.

We believe that the accommodation is a very important factor of a hiking tour, therefore we take the greatest care in carefully selecting small family-run 3 and 4\* hotels and country lodges with excellent regional cuisine. In these places we hope it will feel like home.

The following properties have been selected for this tour (confirmation in these places is subject to availability):

#### **Nights 1 & 2: Santu Lussurgiu**

Antica Dimora del Gruccione

Via Michele Obino, 31

09075 Santu Lussurgiu (OR)

Tel +39 0783 552035; +39 0783 550300

Fax +39 0783 552036

E Mail: info@anticadimora.com

Web: www.anticadimora.com

Hotelier: Sig.ra Gabriella Belloni

In this sleepy little town in the mountains, we stay in an albergo amongst the old winding streets of the old village. All the rooms are tastefully decorated in traditional style reflecting something of the history of the place. There is a quiet courtyard inside the huge wooden gates that form the entrance. The dining area is in vaulted rooms on the ground floor and the food provided is of excellent quality. The proprietor here is a key member of the 'slow food' movement, which promotes the production of traditional foods in traditional ways.

#### **Night 3: Santa Caterina di Pittinuri**

Hotel La Baja

via Scirocco, 20

09073 S. Caterina di Pittinuri - Cuglieri (OR)



tel. +39 0785 389149  
fax +39 0785 389003  
e-mail: labaja@hotellabaja.it  
web: www.hotellabaja.it  
Hotellier: Ignazio Porcedda

Our nice 4\* hotel is located right on the coast on a cliff at the edge of the beach. The hotel has a swimming pool, pleasant rooms and an excellent restaurant overlooking the sea. The location is quiet, the village small with just one small shop, a couple of bars and a tabacchi.

#### **Night 4: Putzu Idu**

Hotel Raffael  
Via S'Architteddu n.58  
Loc. Putzu Idu San Vero Milis  
Tel. +39 0783.52118,  
Fax. +39 0783.394927  
Email: info@hotelraffael.com  
Web: www.hotelraffael.com

The Hotel Raffael is located in Putzu Idu set amid the unspoilt beauty of Sardinia. This four star hotel is situated a short walk from the sea and close to the hills and salt-water ponds that make this location unique. It offers everything you need for a relaxing and inspiring vacation.

With its amazing seascapes, beautiful white beaches and crystal clear waters, nature will be one of the most important ingredients of your stay, making this part of Sardinia the ideal location to discover a new world - away from the clamour of mass tourism. From the terrace there are views across the bay to the start of the trip at the top of the Montiferru Mountains.

Hotel da Cesare  
Putzu Idu - 09070 San Vero Milis (OR)  
Tel.: +39 0783/52095, 347 9017597  
Fax: +39 0783/52015  
e-mail: sa.mora@tiscali.it  
web: www.hoteldacesare.com/

#### **Nights 5 & 6: San Salvatore Sinis**

Sa Pedrera  
Strada Provinciale "San Giovanni Sinis" km 5.5  
09072 San Salvatore Sinis  
Tel: 0783 370 018 Fax 0783 370 040  
E Mail: info@sapedrera.it  
Web: www.sapedrera.it  
Hotelier: Sig. Carlo Picconi

Here we stay in a charming countryside complex located near San Salvatore Sinis, a tiny village in the heartland of the Sinis peninsula. Its U-shape layout resembles that of a Spanish hacienda with 14 lovely decorated rooms surrounding a flourishing garden in the central courtyard. The hotel has a restaurant and comfortable living room.

Agriturismo il Sinis  
Loc. San Salvatore  
09072  
Tel +39 0783 392653 Mobile +39 328 9312508  
Email: [agriturismoilsinis@tiscali.it](mailto:agriturismoilsinis@tiscali.it)  
Web: [www.agriturismoilsinis.it](http://www.agriturismoilsinis.it)

#### **Night 7: Cabras**

Villa Canu  
Via Firenze, 7-9  
09072 Cabras  
Tel:0783/290155 0783/395013 Fax: 0783/395242  
Web: www.hotelvillacanu.com  
Email: villacanu@tiscali.it

Here we stay in a small villa. This lovely property is located in a restored house in the centre of the town of Cabras, in the Sinis wetlands. The whole building has been decorated following traditional building methods local architecture and the result is really dramatic. Under the same management, the nearby restaurant 'Il Caminetto' is renowned among locals for its traditional fish cuisine but you might want to phone ahead to make a reservation.

Aquae Sinis  
Albergo Diffuso  
Via Cesare Battisti, 44  
09072 Cabras  
Tel/Fax +39 0783 392251  
Web: www.aquaesinis.it  
Email: info@aquaesinis.it



The term "Albergo diffuso", literally "spread-out hotel", refers to a hotel located in ancient skilfully restored buildings in historic centres of Italian towns and villages. Aquae Sinis is a brand new "albergo diffuso" located in Cabras, a lively village in the Sinis peninsula. Three 17th century residences of the historic centre - Thermae, Mistras and Pontis have been elegantly restored in the traditional architectural style using bio-construction techniques. The results are dramatic: rooms have been designed to recreate the cosy and romantic feeling of the past, with just the right touch of modernity and technology. All the rooms are different, but they are all decorated in the distinctive Sardinian style: from the cane ceilings to the hand-decorated curtains. Rooms are equipped with high quality beds, 32-inch LED TV, minibar, free wifi.

## On Arrival

The starting point of the tour is the village of Santu Lussurgiu. The nearest town to Santu Lussurgiu is Oristano. It is possible to reach Santu Lussurgiu from Oristano via bus. Oristano is linked to Alghero airport via shuttle bus, to Olbia or Cagliari via bus or train.

### FROM ALGHERO AIRPORT TO SANTU LUSSURGIU

#### Private transfer

From Alghero airport (AHO) to Santu Lussurgiu private transfer is available on request. Quote is 75eur per person, minimum 2 people.

#### Public transportation

Alghero is located in North West Sardinia. There is a convenient bus link (1 daily service, 2 services on Friday) to Oristano and Cagliari in Southern Sardinia in connection with Ryanair flights. For the updated timetable check the bus company website at <http://www.logudorotours.it/wp-content/uploads201605orari-fino-al-16-06-20161-pdf/>

Tickets: can be bought on board.

Or the Alghero airport website at: [http://www.aeroportodialghero.it/autobus\\_en.asp](http://www.aeroportodialghero.it/autobus_en.asp). The bus will take you to Oristano.

From Oristano there are few buses running to Santu Lussurgiu from Monday to Saturday. On Sundays and public holidays there are no services.

From Oristano to Santu Lussurgiu, bus regional company ARST. Line n° 423

Oristano	10.10	12.40	13.30	14.05	17.15	19.35
Santu Lussurgiu	11.17	13.29	14.06	14.53	18.22	20.42
Seasonality	Mon. To Sat.					

Source: [www.arstspa.info/423.pdf](http://www.arstspa.info/423.pdf)

### FROM OLBIA AIRPORT TO SANTU LUSSURGIU

#### Private transfer

From Olbia airport (OLB) to Santu Lussurgiu private transfer is available on request. Quote is 100eur per person, minimum 2 people.

#### Public transportation

To reach Santu Lussurgiu from Olbia airport (OLB) you need to:

- 1) catch a bus from Olbia airport to Olbia city centre.
- 2) Catch a train from Olbia to Abbasanta or Oristano.
- 3) catch a bus from Abbasanta or Oristano to Santu Lussurgiu.

From Olbia Airport to Olbia train station, Corso Vittorio Veneto, bus company ASPO line 10 (15mins drive to city centre).

<http://olbia.mycicero.it/tp/MYCICEROOLBIA/StampaOrari/Index#%232>

Departs airport: 06:15, 06:45, 07:15, 07:50, 08:25, 09:10, 09:50, 10:25, 11:10, 11:50, 12:25, 13:10, 13:45, 14:25, 15:10, 15:45, 16:20, 17:05, 17:45, 18:25, 19:10, 19:45, 20:20, 20:55, 21:30, 22:05, 22:40, 23:15, 23:40.

Bus from Olbia airport to Oristano depart at: h15:25 (arr. Oristano, ARST terminal h18:45),

Web resource: [www.gruppoturmottravel.com/Linea-Cagliari-STEResa.php](http://www.gruppoturmottravel.com/Linea-Cagliari-STEResa.php)

*From Olbia city centre to Abbasanta or Oristano, Trenitalia train (week days)*

Olbia	05:40*	06.35*	08.00	08:06	09:49	10:02*	14:13	14:18*	16:11	18:00*	18.41*
Abbasanta	08:00	08.56	10.14	10:02	12:08	12:04	16:25	16:54	18:18	19:59	21.09
Oristano	08:28	09.24	10.41	10:30	12:36	12:32	16:52		18:46	20:31	21.36
Notes	Mon-Sat	Sunday	Sunday	Mon-Sat	Sunday	Everyday	Sunday	Mon-Sat	Mon-Sat	Mon-Sat	Sunday

\* Train change at Ozieri-Chilivani station

Source: [www.trenitalia.com](http://www.trenitalia.com)



From Abbasanta to Santu Lussurgiu, bus regional company ARST. Line n° 423

Abbasanta	15:30	18:05
Santu Lussurgiu	15:50	18:30
Seasonality	Mon. To Sat.	Mon. To Sat.

Web resource: [www.arstspa.info/423.pdf](http://www.arstspa.info/423.pdf)

From Oristano to Santu Lussurgiu. Refer to section above.

## FROM CAGLIARI AIRPORT TO SANTU LUSSURGIU

### Private transfer

From Cagliari airport (CAG) to Santu Lussurgiu private transfer is available on request. Quote is 75eur per person, minimum 2 people.

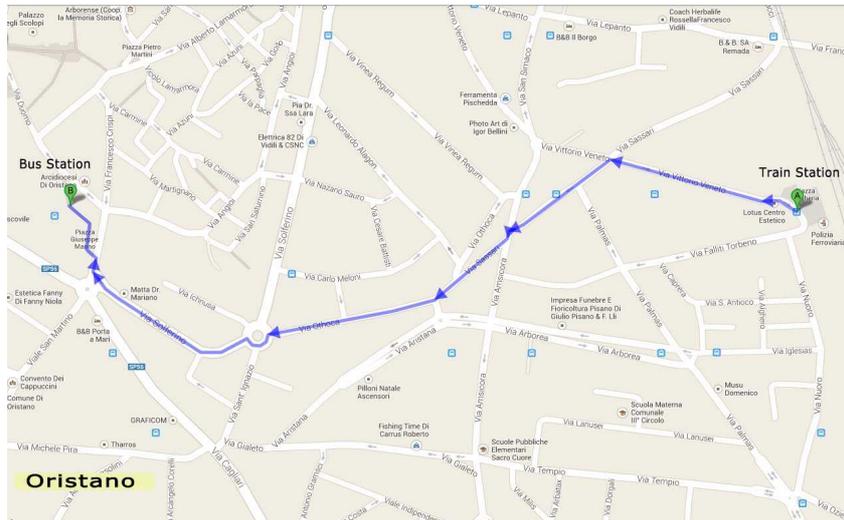
### Public transportation

Directly from the airport, take a train to Oristano with several services a day, starting from h07 am approximately one service per hour. Last service departs at h08:45pm. It takes from 60 to 100mins depending on the service. Please check [www.trenitalia.com](http://www.trenitalia.com) for the updated timetable.

If you are landing late, there is a direct bus to from the airport to Oristano, run by Fara Viaggi departing at h23:30.

From Oristano to Santu Lussurgiu refer to sections above

The train station in Oristano is located just over a km from the bus station and you will need to walk about 15mins



Walking directions from the train station to the bus station in Oristano



### Oristano Stazione F.s.

1. Head **northwest** on **Via Nuoro** toward **Via Vittorio Veneto** go 52 m  
total 52 m
2. Continue onto **Via Vittorio Veneto** go 220 m  
About 3 mins total 270 m
3. Turn left onto **Via Sassari** go 170 m  
About 2 mins total 450 m
4. Turn left onto **Via Amsicora** go 10 m  
total 450 m
5. Slight right onto **Via Sassari** go 130 m  
About 2 mins total 600 m
6. Continue onto **Via Othoca** go 240 m  
About 3 mins total 800 m
7. At the roundabout, take the **2nd** exit onto **Via Solferino** go 300 m  
About 4 mins total 1.1 km
8. Turn right toward **Via Episcopio** go 19 m





9. Turn left onto **Via Episcopio**

Destination will be on the left

About 1 min

total 1.1 km

go 92 m

total 1.2 km



**Oristano Stazione ARST**

From Oristano to Santu Lussurgiu. Refer to section above.

**On Departure**

**FROM CABRAS TO ALGHERO AIRPORT (AHO)**

**Private transfer**

From Cabras to Alghero airport (AHO) private transfer is available on request. Quote is 90eur per person, minimum 2 people.

**Public transportation**

You can either reach Oristano via private taxi (taxi ride is approximately 25eur) or via bus, regional company ARST, bus line n° 427, takes 25mins. drive.

Cabras	06:35	07:35	07:40	08:20	08.50	09.00	09.35	10:20	11:10	12:40	13:25
Oristano	06:50	07:50	07:58	08:35	09.05	09.15	09.50	10:35	11:25	12:55	13:40
Seasonality	Mon to Sat	School period	Mon to Sat	Mon to Sat	Mon to Sat	Bank holidays	Mon to Sat	Mon to Sat	Every day	Mon to Sat	Mon to Sat

Cabras	13.30	14.20	14.50	15.20	15.40	17:40	18:35	19:50	20:15
Oristano	13.45	14.35	15.05	15.35	15.55	17:55	18:50	20:05	20:30
Seasonality	Bank holidays	Mon to Sat	Mon to Sat Summer	Mon to Sat Winter	Every day	Mon to Sat	Mon to Sat	Every day	Mon to Sat

Source: <http://www.arstspa.info/427.pdf>

From Oristano to Alghero: see section below.

From Oristano to Alghero airport (AHO) you have then 2 different solutions:

A. Shuttle bus from Oristano to Alghero airport, bus company Logudoro tours. Bus stop is in via Cagliari at the bus station. The timetable of this service is often changing. To check the updated timetable please visit: <http://www.logudorotours.it/wp-content/uploads201605orari-fino-al-16-06-20161-pdf/>

B. From Oristano you catch a train to Sassari, from Sassari you catch a bus to Alghero airport.

Oristano	07.30*	09.31*	11.34	13.30*	15.31	17.30*	17.42	19.36
Sassari	09.50	11.49	13.39	16.01	17.57	19.47	19.54	21.34
Notes	Every day	Mon-Sat	Mon-Sat	Every day	Every day	Every day	Sunday	Mon-Sat

\* Train change at Ozieri Chilivani station

Source: [www.trenitalia.com](http://www.trenitalia.com)

From Sassari to Alghero airport, bus regional company ARST. Line n° 760 (every day)

Sassari	04:52	05:17	08:50	10:15	11:45	14:15	16:00	18:15	19:50
Alghero	05:22	05:47	09:20	10:45	12:15	14:45	16:30	18:45	20:20

Source: <http://www.arstspa.info/760.pdf>

**FROM CABRAS TO CAGLIARI AIRPORT (CAG)**

**Private transfer**

From Cabras to Cagliari airport (CAG) private transfer is available on request. Quote is 65eur per person, minimum 2 people.

**Public transportation**

To Oristano: see section above

From Oristano to Cagliari airport (CAG) you have then 2 different solutions:

A. Shuttle bus from Oristano to Cagliari city centre, bus company Logudoro tours. Bus stop is in Via Cagliari in front of the ARST bus station. See timetable at: <http://www.logudorotours.it/wp-content/uploads201605orari-fino-al-16-06-20161-pdf/>

From Cagliari you can catch a train to the airport, several services a day, takes about 7 minutes. See timetable at: [www.trenitalia.com](http://www.trenitalia.com)



B. From Oristano you catch a train directly to Cagliari airport.

Oristano	05.30	06.30	07.30	08.31	09.25	09.30	10.31	10.46	12.33	12.37	13.30
Cagliari	06.43	07.37	08.41	09.28	10.29	10.51	11.25	11.59	13.27	13.58	14.38
Notes	Every d.	Mon-Sat	Every d.	Mon-Sat	Sunday	Every d	Mon-Sat	Sunday	Mon-Sat	Sunday	Mon-Sat

Oristano	14.30	14.37	15.30	16.49	16.54	17.32	18.30	18.48	19.30	20.32	21.16	21.37
Cagliari	15.52	15.54	16.46	17.44	18.00	18.53	19.51	19.43	20.50	21.28	22.32	22.49
Notes	Sunday	Mon-Sat	Sunday	Mon-Sat	Sunday	Week d.	Sunday	Mon-Sat	Every d.	Mon-Sat	Mon-Sat	Sunday

Source: [www.trenitalia.com](http://www.trenitalia.com)

## FROM CABRAS TO OLBIA AIRPORT (OLB)

### Private transfer

From San Salvatore/Cabras to Olbia airport (OLB) private transfer is available on request. Quote is 130eur per person, minimum 2 people.

### Public transportation

To Oristano: see section above.

From Oristano to Olbia airport (OLB) you need to reach Olbia city centre first, then from there you catch a bus to the airport. You can reach Olbia via train.

Oristano	07.30*	09:31	13.30	15.31*	17.31	17.42*	19.28	19.36*
Olbia	10.12	12.02	16.31	18.22	19.56	20.13	22.18	22.25
Notes	Every day	Mon-Sat	Every day	Every day	Mon-Sat	Sunday	Sunday	Mon-Sat

\* Train change at Ozieri-Chilivani station

Source: [www.trenitalia.com](http://www.trenitalia.com)

From Olbia train station to Olbia airport, bus company ASPO line 10 (15mins drive to city centre).

<http://olbia.mycicero.it/tp/MYCICEROOLBIA/StampaOrari/Index#%232>

Departs Olbia train station: 06:25, 06:55, 07:25, 08:00, 08:36, 09:21, 10:02, 10:38, 11:20, 12:02, 12:37, 13:20, 13:55, 14:35, 15:20, 15:55, 16:31, 17:15, 17:57, 18:38, 19:24, 20:01, 20:33, 21:06, 21:41, 22:16, 22:51, 23:25.

## Travelling by car - Logistics

In Sardinia there are no tolls to be paid for the highways.

From Porto Torres or Alghero via SS131, direction Cagliari, leave highway at intersection "Santu Lussurgiu" and follow indication to the village.

From Olbia via SS131dcn direction Cagliari/Sassari. At the end of the SS131dcn follow directions to Sassari entering the highway SS131. Leave the highway at intersection "Santu Lussurgiu" and follow indication to the village.

From Cagliari via SS131 direction Oristano/Sassari, leave highway at intersection "Santu Lussurgiu" and follow indication to the village.

The hotel in Santu Lussurgiu is located in the very heart of the village, you can reach the property only through extremely narrow cobbled streets with very limited parking. If you are planning to drive to Sardinia, we suggest to leave your car at tour end (Cabras) and travel to Santu Lussurgiu by public transportation (no direct service, travel by bus via Oristano) or book a transfer with our organization (rate: 35eur per person, min 2pax).

If you park your car at the start in Santu Lussurgiu: the hotel Antica Dimora del Gruccione does not have a private parking. You can leave your car in public parking spaces, no fees required.

If you park your car at the end of the tour Cabras: the hotel Villa Canu does not have a private parking. You can leave your car on the street in public parking spaces, no fees required.

### Public transportation web sites:

ARST – regional bus company: [www.arst.sardegna.it](http://www.arst.sardegna.it)

Trenitalia – train company: [www.trenitalia.com](http://www.trenitalia.com)

ASPO – Olbia urban bus service: [www.aspoolbia.it](http://www.aspoolbia.it)

Alghero – Alghero urban bus service: [www.algheroairport.com](http://www.algheroairport.com)

*While the greatest care has been taken to retrieve the information in this document, we do not accept any liability concerning the timetables. Any of the scheduled services above may vary without notice, if you intend to use public transportation, please check personally that the above timetables are confirmed.*

