



**NAUTICA ASSISTANCE**  
YACHT AGENTS & SUPPLIERS

SARDINIA  
CORSICA  
CARIBBEAN

### **In & Out from the Caves. East Sardinia**

**DAY 1.** A corner of Sardinia unknown to most of people where you can discover, between cliffs and coves, some of the most beautiful beaches of Sardinia. The Gulf of Orosei is probably the most fascinating area of the island: its splendour and all the colours, scents and sensations that only few beaches in the world can boast. Far from the sumptuous society life but close to the beautiful and gratifying view you can dream of. Cala Mariolu, Cala Biriola, Cala Sisine and Cala Luna are just some of the beaches and bays where you can be anchored front to. Take the first day to enjoy the sea and beaches. Water sports in the turquoise crystal waters of this paradise.

**DAY 2.** One of the uniqueness of this area of Sardinia are definitely the marvellous coves along the whole coast. Cala Luna is the right and beautiful anchorage to start the visit to the most famous Bue Marino's Cave. The visit to the speleological branch will leave you amazed. But you can continue the tour with a fantastic half day in Kayak exploring other completely unspoilt marine caves. Cala Gonone offers for the kids the possibility to visit the Aquarium studied appositely to enetertein curious children.

**DAY 3.** Cala Gonone area is not only sea. Stay anchored front of the sea town. The picturesque cliffs give different level opportunities for climbing lovers. Spend half day climbing with our expert guides and discover this land from a very special point of view. A very interesting alternative if you prefer a lower point of view is to spend one day trekking . You will be experiencing a very special walk which made part of the famous trekking itinerary Selvaggio Blu- Wild Blue.



**Climbing Cala Fuili**



**Kayaking in marine caves**



**Caves in Orosei Gulf**



**Giant Thomb of Thomes**



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**DAY 4.** For who want to keep discovering this amazing part of Sardinia there are many activities. We definitely suggest to discover the inland areas through an archeological tour going to Serra Orrios Nuragic Village, Giant Tomb of Thomes, Su Gologone Carsic source by jeep. Once in the area a lunch or dinner in the prestigoius Hotel Boutique Su Gologone. The location and the place itself is magical, ideal for romantic dinner under the moon in between the mountains. The charme of the hotel in the countryside resides in all its unique blend of suggestive atmosphere, quality service, comfort and tradition. Either you want spend there the lunch or dinner time you will never regret the unforgettable experience. During the day a valid alternative to the archeological tour can be a horse back riding to Nuraghe Mannu to discover this wild and ancient lands. The land excursions will depart fromn Cala Gonone. The boat can stay outside the port at anchor.

**DAY 5.** Time to heading South to keep discovering the most unknown part of Sardinia. The coast is breathtaking: pass the spactacular Punta Pedra Longa and head to Santa Maria Navarrese Marina. Depending on the size of the boat we can suggest to be at anchor or to be in port. Santa Maria Navarrese marina is a small jewel set in between the rocky cliffs. This area is perfect to be discovered in the saddle of the Anglo-Arabic Sardinian horse back riding between sea and mountain with stops in very rural areas and typical lunch in the countryside. Dinner in Nascar restaurant (4\*) is a good option to be ashore.

**DAY 6.** Cruise to Cea bay and anchor. Here we can propose a fantastic speleologic visit to Su Marmuri Cave in Ulassai. Among the most impressive in Europe for its lenght (about 1 km) and the average height of 35m with points almost reach 50m. The cavity is excavated in the heel of Ulassai, the massive limestone above the town: the entrance, majestic, it opens up a steep slope debris made easily navigable thanks to stairway of 200 steps. You will be fascinated from the extent of rooms, beautiful and majestic stalagmites, stalactites and columns. A visit to the textile cooperative of women of Ulassai can be interesting. As alternative we propose free climbing in Ulassai. Beautiful sea view of the Red rock between Arbatax and Bari's tower. As second alternative: a visit to Jerzu wineryard. A symbol of the dedication to hard work of the folk of Jerzu, the Winery "Antichi Poderi di Jerzu" marks the success of the town's long process of economic development and pays homage to the vision of a handful of pioneering local wine-growers. The Winery is sited in Jerzu itself, a pleasant small town situated some 500 m a.s.l. along the eastern coast in the heart of Ogliastra, one of the most attractive areas in Sardinia, with its rolling green hills, stretches of fine white sand, hidden bays set against an unspoilt natural background, valleys and mountains with impressive limestone spurs, the 'tacchi', and woods of centuries' old trees framing the Nuraghic towers, Tombs of the Giants and 'Domus de Janas', megalithic monuments witness to a millennial civilization. The mountains offer a lush natural backdrop of Mediterranean vegetation and wildlife. For the kids we have a curious spectacular alternative for the night is the visit to Astronomical Observatory of Monte Armidda between Gairo and Lanusei. The observatory is open only on Monday and Fridays for visit of 2 hours from 9pm. The way is quite long though.



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**Santa Maria Navarrese Marina**



**Su Marmuri Cave**



**Jerzu wineyard**



**Astronomical Observatory Monte Armidda**

**DAY 7.** Heading South, a nice stop to enjoy sea and wild nature, almost desert. A stop can be done front of Porto Corallo, or head south to Sinzias Bay. White fine sand on a very long beach, surrounded by sandy hillocks kept together by pine trees and Mediterranean bushes. The place is named after mosquitoes, but don't worry! All the area has been reclaimed on the second half of the last century. Spend the day there. You will feel in a beautiful and desert sea paradise.

**DAY 8.** Punta Molentis. Clear turquoise water great for swimming and dive, under the protective eyes of Saint Luis on the horizon, watching you from the tower over the island of Serpentara. Cape of the donkeys is the meaning of the name: " Molente" is the one moving the millstone, traditionally a duty for the little Sardinian donkeys. We propose from this area a jeep tour to Castiadas and Sette Fratelli Natural park. Typical lunch of the area. Back to the yacht late afternoon. This excursion is dedicated to the discovery of history and mountain natural beauty and for the lovers and supporters of environment. Castiadas, a small village in the middle of Sarrabus region with a stop and visit to the ancient jailhouse, which after 3 years of malaria and tuberculosis was the only peopled building inside the village. The visit will continue with the Natural park of Sette Fratelli (seven brothers), driving through the wonderful and luxurious woods of hoalm-oaks, bushes of rock rose, lentisk, myrtle, lavender, surrounded by granitic rocks at 800 mt high. Cruise along Costa Rei: endless beaches of white sand dotted with sparse granite reefs, meeting crystal clear waters. Water sport lovers choose it for the many opportunities it offers: clear seabed for snorkelling and diving; sea breeze allowing frequent rides to windsurfer.

**DAY 9.** Porto Giunco during the day. Porto Giunco beach is located in the south-east side of Capo Carbonara, under the Porto Giunco Tower. Also known as the "two seas beach", it takes its name from the near pond and has the same characteristics of Simius beach such as wide and rich beach. This area is part of the natural park of Villasimius. Diving in Capo Carbonara Marine Park is an amazing experience: the wonderful seabed of Villasimius is the ideal destination for divers all year long.



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The points of interest of Capo Carbonara Marine Protected Area are several and charming. Besides the natural beauties, the submerged rocks and cliffs, the characteristic and luxuriant flora and fauna of the whole MPA, it is also possible to admire a 1943 wreck. Berth in Villasimius for the night.



**Punta Molentis**



**Porto Giunco**



**Sette Fratelli peaks**



**Diving in Capo Carbonara**

**DAY 10.** Cruise to Cagliari and berth in the port. The city of Cagliari is in front of your eyes., the biggest city of Sardinia. We recomend a city tour. Visit to the Castle and the Roman Amphitheatre. Panoramic tour towards via Buon Cammino. Then, through the gate "Maria Cristina" we will enter the historical area. We will walk through the narrow streets of the barrio where we will admire the tower of S. Pancrazio, the Cathedral dedicated to S. Maria, the Vice-Roy palace and the archbishop's seat. Our last stop will be the Bastion of Saint Remy: the monumental building realized in white limestone of Bonaria, the same stone used for the Tower of the Elephant and S.Pancrazio, and for most part of the walls and buildings of the town. Right under the Bastion there is the busiest shopping area of the town, via Manno and via Garibaldi. Cagliari offers many other city itineraries as well.

If you prefer being outside of the city an alternative is a birdwatching and jeep tour to the Molemtargiu park: The Park is a wetland covering a territory of about 1,600 hectares, delimited by the urban expansion of the Municipalities of Cagliari, Quartu S. Elena, Selargius, Quartucciu and by Poetto coastal area. It was established in 1999 with the aim to safeguard and enhance a site of international interest which was already recognized in 1977 by the Ramsar Convention as an important place for the stop, wintering, and nesting of several species of aquatic birds. The exceptional nature of the site is given by the presence of both freshwater and salty water basins separated by a flat area with mainly dry features, called Is Arenas. The freshwater areas include the ponds of Bellarosa Minore and Perdalonga, born as meteoric waters expansion basins. The salty water areas include the stretches of water of the former system of Cagliari Salt Pans, and in particular Bellarosa Maggiore or Molemtargius (first evaporation pan), Stagno di Quartu (2nd and 3rd evaporation pans), the other salt pans (Cagliari salt pans), and Perda Bianca (former bittern collecting area). Moving to Pula, you can't miss a visit to Nora's archeological site. The ruins of the amphitheatre are located at the tip of a small tongue of land jutting out into the sea that is dominated by a Spanish tower. This place is well worth a visit because of its lovely, open setting. For golf lovers, Is Molas golf court



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**DAY 11.** Cruise towards Cala Verde. The well known Forte Village Hotel is there fwith all facilities. Lunch. Chia beach is one of the most famous beaches of the whole island just few miles away With its silky sand, up to 30 meter-high white dunes and crystalline, turquoise-hued water is reminiscent of an idyllic Caribbean beach. The bay is bordered by majestic, age-old junipers and a few stone traces of the Phoenician city of Bithia whose site Baia Chia now occupies. And if it's your lucky day, you might catch a glimpse of dolphins and, on the lake, flamingos. Chia is also a wonderful venue for surfers because the winds blow just the right way. On this lovely bay there is also a lovely restaurant, Dune di Campana, where the aromatic Mediterranean maquis can be enjoyed along with a cool, refreshing drink.



**Cagliari**



**Nora**



**Flamingos**



**Chia beach**

**Day 12.** Back to Cagliari port. Guest departure.