



REGIONE AUTONOMA  
DE SARDEGNA  
REGIONE AUTONOMA  
DELLA SARDEGNA



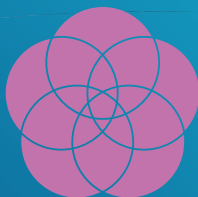
PROGRAMMA  
DI SVILUPPO RURALE  
**PSR sardegna**  
2014-2022



FONDO EUROPEO AGRICOLO PER LO SVILUPPO RURALE: L'EUROPA INVESTE NELLE ZONE RURALI


**19 HIKING AND CYCLING ITINERARIES IN THE TERRITORY  
OF THE LAG BÀRBAGIA MANDROLISAI GENNARGENTU**

# THE WATERS OF BMG



**GAL BMG**

**BARBAGIA-MANDROLISAI-GENNARGENTU**

The background of the page is composed of several overlapping, wavy, organic shapes in various shades of blue and teal. The colors range from a deep, dark blue at the top to a very light, almost white blue at the bottom. The shapes flow from left to right, creating a sense of movement and depth. The overall effect is a modern, minimalist, and calming visual texture.

Many rural locations are made up of narrow routes, which require periodic maintenance of the path-ways within the curtilage of each site. Before going there, we advise you to consult with the compe-tent municipality about the practicability of accessing the chosen venue.

## INDEX

Introduzione	5
Punta 'e Funtana Cungiada	6
Su Pranu	8
Sa Conca de Opiane e Su Nodu Orruendeche	10
Su Samucu	12
Punta La Marmora	14
Arredelus e Is Caddajas	16
Cucchinadorza	18
Pirasteddu	20
Nuraghe Nolza	22
Sasisòrgiu	24
Mancosu	26
Dorgodori	28
Monte Olisetzo	30
Antiocru Soddu	32
Badu Orane	34
Genna 'e Crecu	36
Monte Borborisaghe	38
Tascusì Pass	40
Ispadula	42

**Initiative funded by the Rural Development Program for Sardinia 2014-2022**

**Authority responsible for information:** LAG Rural District Barbagia Mandrolisai Gennargentu

**Management Authority:** Region of Sardinia - Department of Agriculture and Agro Pastoral Reform

**Sub-measure:** 19.3 Preparation and implementation of cooperation activities of the Local Action Groups  
Transnational cooperation project OAST- Outdoor Activities for Sustainable Tourism  
(CUP: H19E18000220009)

**Texts and photographs:** Amos Cardia

**Translations of itineraries:** Babel Centre Srl

**Graphics and printing:** Graphicmania snc

**Cartography:** Open Street Map, Garmin Basecamp



## Introduction

The 'LEADER' territory of the Local Action Group (LAG) Rural District Barbagia Mandrolisai Gennargentu (BMG) consists of the Union of the Municipalities of Barbagia and the Gennargentu Mandrolisai Mountain Community.

The territory thus comprises of 19 municipalities, covering a total surface area of 854.30 square kilo-metres with a resident population of around 22,000 inhabitants: Aritzo, Atzara, Austis, Belvi, Desulo, Gadoni, Gavoi, Lodine, Meana Sardo, Ollolai, Oniferi, Olzai, Ortueri, Ovodda, Sarule, Sorgono, Teti, Tiana, Tonara.

The LAG Rural District BMG, established in 2009, is a Public Participation Foundation composed of 22 public members and over 200 private ones, representing the key institutional, economic, and social components of the territory.

The foundation's aim is to improve the quality of life and wellbeing of communities within these historical regions of Barbagia, Mandrolisai and Gennargentu through the enhancement of local resources. The implementing priorities identified by the LAG's Development Strategy 2014-2020 are sustainable tourism, development, and innovation in the supply chains of local production systems.

## OAST-Outdoor Activities for Sustainable Tourism

The project, coordinated by the LAG BMG in partnership with the LAG Sisteron-Buëch (French) and the LAG Kilkenny (Ireland), aimed to promote sustainable and active tourism in the rural areas of Europe. Specifically, the project's objective is to enhance and develop the tourism attractiveness of inland waterways in Barbagia, Kilkenny, and Sisteronais-Buëch through outdoor sports and water activities.

This entailed the georeferencing and narrative translation, to Italian and English, of 19 itineraries from LAG BMG linked to the theme of water. The itineraries are available and downloadable, in Gpx format, in the Wikiloc account of the LAG BMG:



# Punta 'e Funtana Cungiada

Starting point: Aritzo

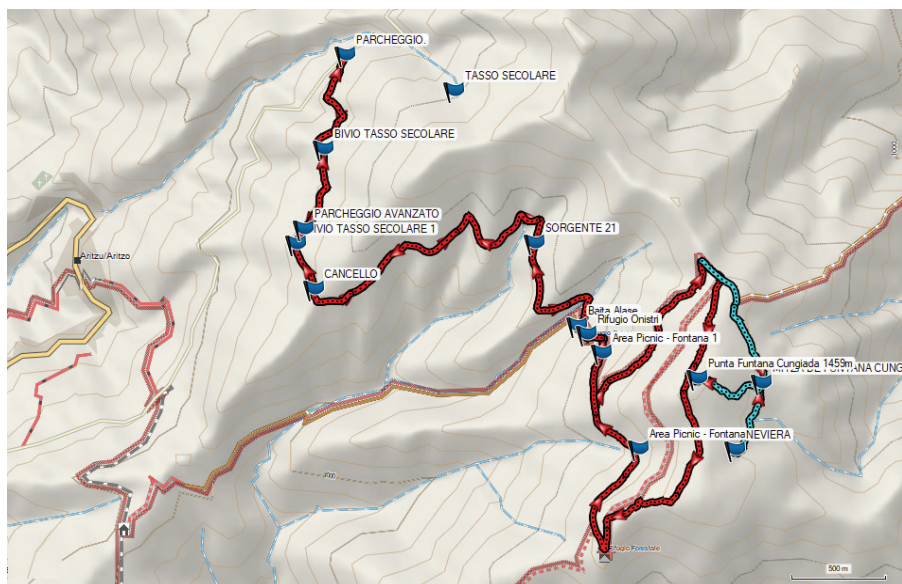
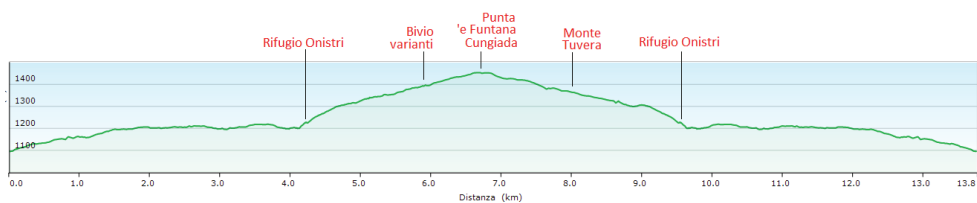
TYPE: trekking

TYPE OF ROUTE: linear and annular

KM: 14

HEIGHT DIFFERENCE: 520 m

GROUND: dirt road, cart track, path





The itinerary allows you to reach the summit at an altitude of 1459 m asl. The most characteristic points are the frequent springs and fountains, including Funtana Cungiada (which, not surprisingly, gives its name to the entire mountain), the Onistri hut (also called Alase's) and the numerous picnic areas. On the eastern slope of the mountain, beyond Funtana Cungiada, just below the summit, at an altitude of 1390 metres above sea level, you can admire the prairies of aquiline fern (*pteridium aquilinum*), with their characteristic rust colour in autumn and winter, and the remains of the ice houses, large cylindrical cavities, often lined with walls, in which snow was stored in order to preserve it and use it for months beyond winter. The itinerary does not present any technical difficulties, so it can be done even in the presence of a light layer of snow, while in the case of heavy snow it is well suitable for snowshoeing.

# Su Pranu

Starting point: Atzara

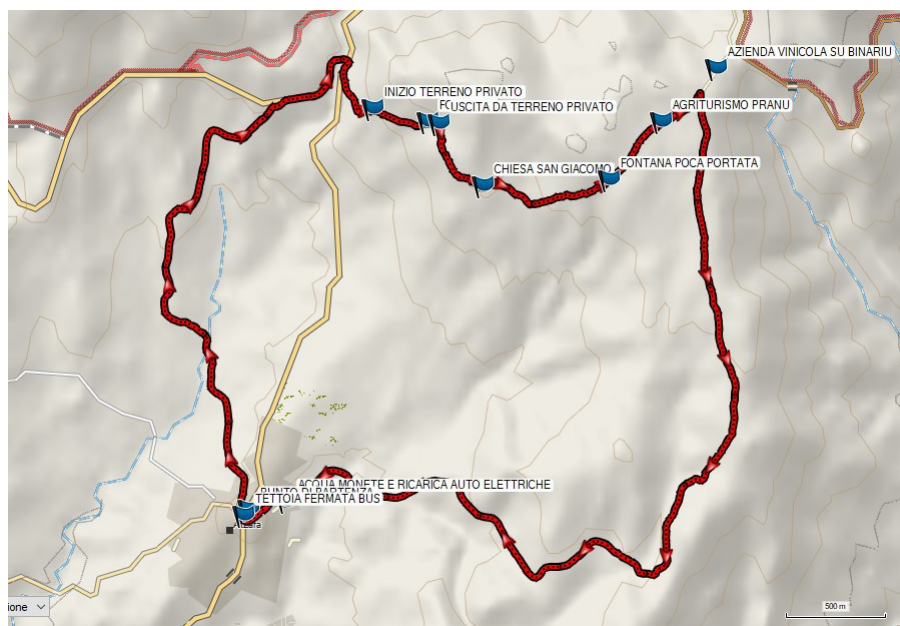
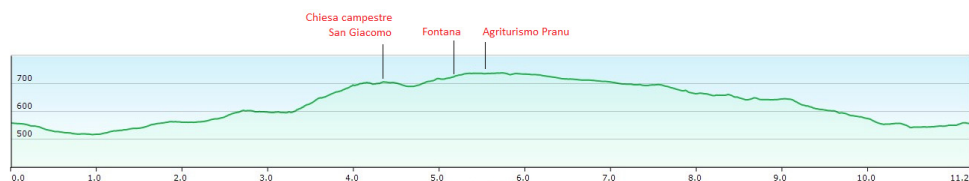
TYPE: trekking and mountain biking

TYPE OF ROUTE: circular (clockwise)

KM: 11

HEIGHT DIFFERENCE: 300 m

SURFACE: dirt track, cart track, asphalt







Atzara, although set in a mountainous context, has a hilly territory with gentle slopes and suggestive plateaus. It is an environment also suited for wine-growing, which characterises this centre in its rural landscape, economy and also in its urban environment, with some themed murals and numerous house courtyards, which during the grape harvest host activities for family production.

The path includes some asphalt hamlets, but traffic is scarce, limited to landowners, and generally re-spectful of walkers or cyclists. At the same time, there are some areas with exclusively unpaved roads and even narrower cart tracks, which are the merit of this hike. It is also possible to hike in the rain and in case of snow, which, although not as frequent as in the villages at higher altitudes, is a possibility every winter.



# Sa Conca de Oplane e Su Nodu Orruendeche

*Starting point: Austis*

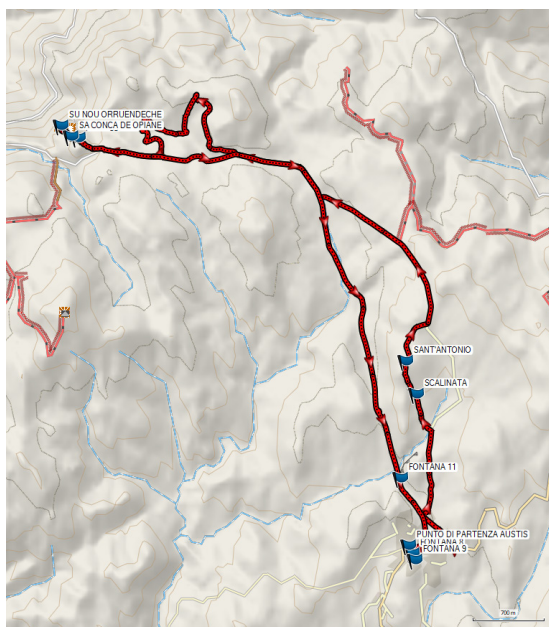
TYPE: mountain and gravel bikes

ROUTE TYPE: ring-shape (anti-clockwise direction of travel)

KM: 17

HEIGHT DIFFERENCE: 430 m

SURFACE: asphalt, dirt road, mule track, path





This itinerary is short but full of attractions of great naturalistic and historical value, which require a good amount of time to visit them with the attention they deserve. Such as the village with its picturesque alleyways and murals, the sanctuary of Sant'Antonio with its characteristic Romanesque church, the large tafone of Sa Conca de Opiane and the rock of Su Nodu Orruendeche. It is not possible to reach these last two attractions directly by bike, but after leaving the asphalt road and riding along a dirt track of about 200 m, you will have to leave your bike because you have to descend a steep and rocky slope. If you do not have someone to look after the bikes, it may be advisable to hide them or secure them to a tree with a chain. It will be intuitive to get to Sa Conca de Opiane, while for Su Nodu Orruendeche it will be necessary to overcome some rocks, but in general there are no difficulties.

# Su Samucu

Starting point: Belvì

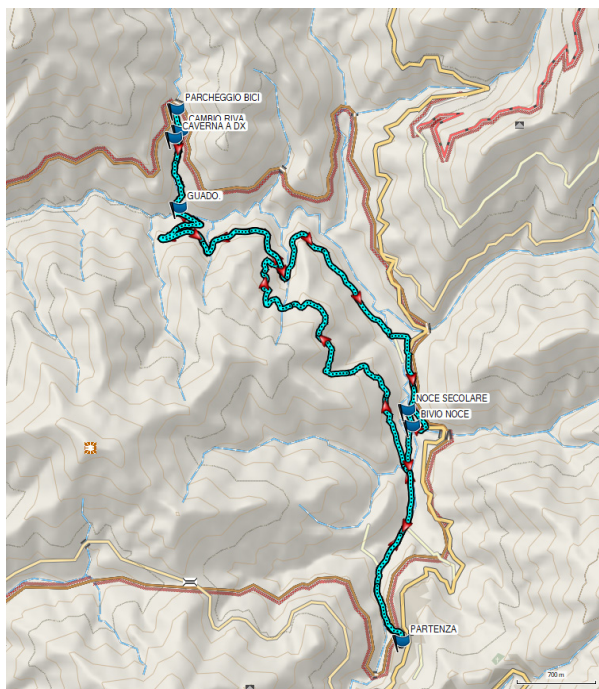
TYPE: trekking and mountain biking

ROUTE TYPE: linear and ring-shape (clockwise)

KM: 17.5

HEIGHT DIFFERENCE: 450 m

SURFACE: gravel, cart track, asphalt, concrete







The objective of the itinerary is the historical monument of Su Samucu, a railway viaduct of the Man-das-Sorgono railway line, which has not been in operation for years. It has a double row of arches and at 39 m in height, it is one of the tallest and most spectacular bridges built in Sardinia. Built entirely of stone from a nearby quarry, construction began in 1888 and ended in the middle of the following year. In the central part of the route, there is a short detour of only 100 m that leads to a majestic centuries-old walnut tree. The historical attraction of Su Samucu and the naturalistic attraction of the centuries-old walnut tree are complemented in the northern segment of the trail by geological attractions, with imposing rock faces of shale, in one of which, just 100 m from the track, is a cavity that can be a good shelter in case of rain, spacious enough to accommodate three people.

# Punta La Marmora

Starting point: Desulo

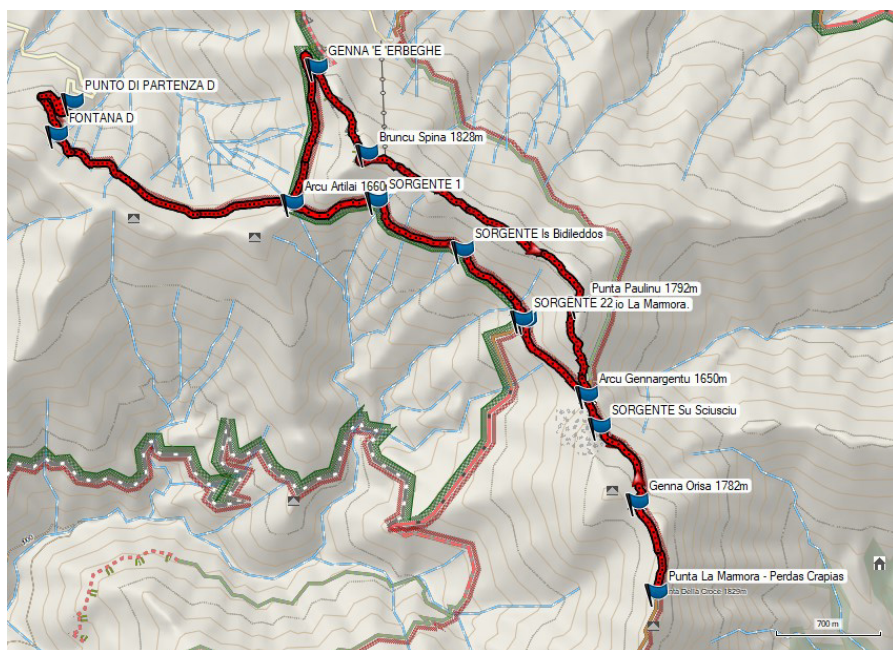
TYPE: trekking

ROUTE TYPE: linear and ring/shape (clockwise direction of travel)

KM: 16

HEIGHT DIFFERENCE: 670 m

GROUND: cart track, path







The itinerary includes the two highest peaks on the island (Punta La Marmora at 1833 m asl and Brun-cu Spina at 1828 m asl) and, although there are no particular difficulties in direction, it is a route not to be underestimated. The altitude, length and height difference speak for themselves, especially as you are in an open field and there is no shelter. In the high mountains, weather conditions can make a difference in adding difficulty in autumn, winter and spring, even if there is no snow. During the winter, from the moment it starts snowing, usually rather late in Sardinia, in January and not December, walking with normal trekking equipment may be difficult or impossible depending on the amount of snow on the trail, making the route suitable for snowshoeing.

# Arredelus e Is Caddajas

*Starting point: Gadoni*

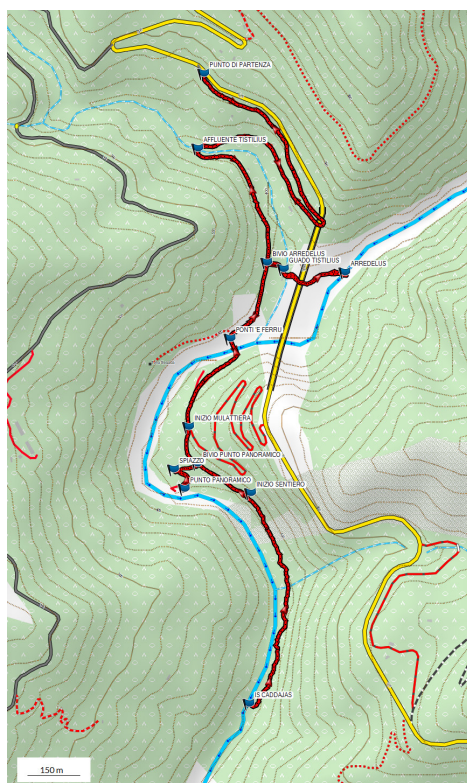
TYPE: trekking

TYPE OF ROUTE: linear

KM: 7

HEIGHT DIFFERENCE: 250 m

GROUND: dirt road, cart track, path





The itinerary runs along the course of the Flumendosa river, the largest in Sardinia in terms of water flow, allowing you to descend to the banks with a few short detours from the main axis. The most characteristic points are Arredelus and Is Caddajas. The former is a stretch where the water collects in a lake, half of which is enclosed by high cliffs and the other half accessible by a beach. Is Caddajas, on the other hand, is the southern end of the excursion, consisting of two consecutive lakes surrounded by high rock walls that together have a characteristic hourglass shape. The water from the upstream lake flows into the downstream lake with a waterfall about a metre and a half high, in a narrow corri-dor that is dark due to the height of the rock walls that do not allow full illumination from the sky.

# Cucchinadorza

Starting point: Gavoi

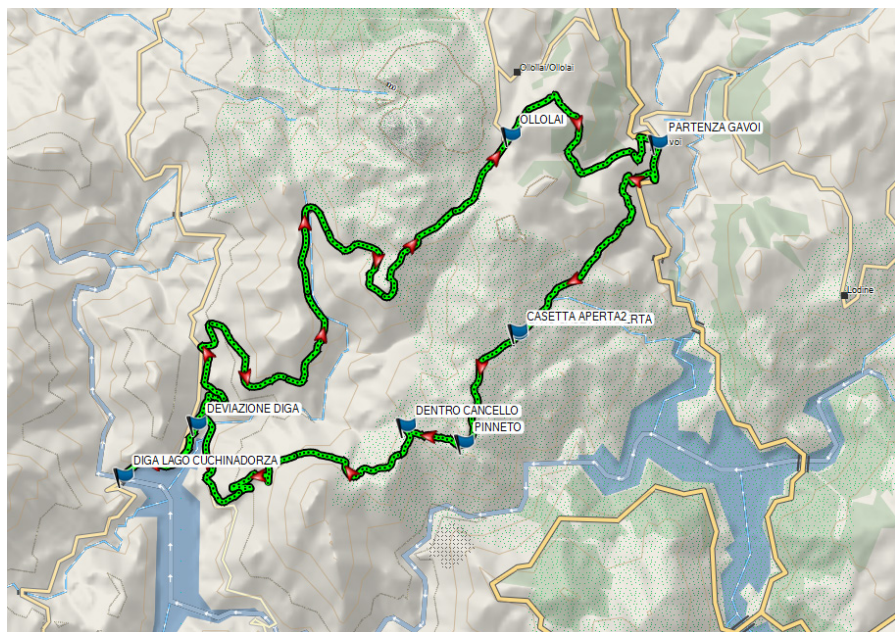
MODE: mountain biking

ROUTE TYPE: ring shape (clockwise)

KM: 24

HEIGHT DIFFERENCE: 810 m

SURFACE: dirt track, cart track, asphalt, paved, path







This itinerary ideally follows the course of the Taloro river between Lake Gusana and Lake Cuchinadorza a little further downstream, also known as Lake Taloro. At the start of the itinerary, you will admire Lake Gusana from above, then the route will take you almost to the shore of Lake Cuchinadorza, allowing you with a short detour to arrive above the dam, which also serves as the bridge of Provincial Road 4. Reaching the main route again, the climb begins on a historic road, characterised by stone walls in place of the guard-rail. Next is Provincial Road 29, characterised by gentle slopes and beautiful scenery. Another attraction is the large granite rock of Punta Manna and, once you reach the outskirts of Ollolai, you return to Gavoi on a fun technical downhill path that used to be a fast communication route between the two villages.



# Pirasteddu

Starting point: Lodine

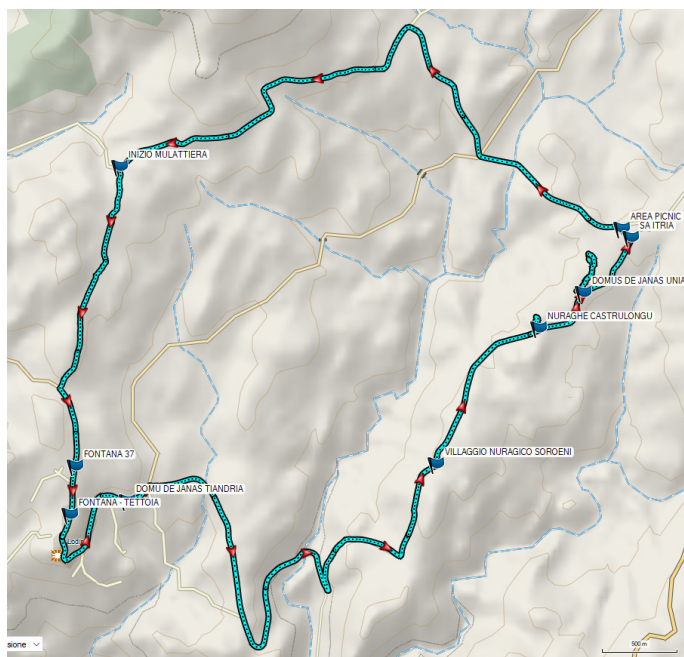
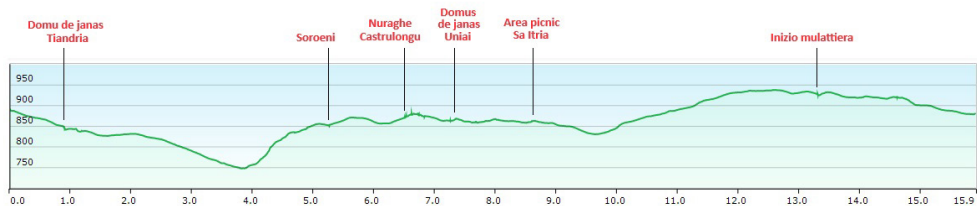
TYPE: mountain and gravel bikes

ROUTE TYPE: ring-shape (anti-clockwise direction of travel)

KM: 16

HEIGHT DIFFERENCE: 310 m

SURFACE: asphalt, dirt road, mule track





The itinerary is mainly on asphalt and the dominant theme is archaeology, with the domu de janas of Tiandria, the Castrulongu nuraghe and again the domus de janas of Uniai. These are monuments that can be visited freely, the access is on the route itself. They stand on private land with gates without padlocks that you must take care to close. You also pass the entrance to the nuragic village of Soroeni, but this is closed and would be difficult to understand anyway, because there has not been a complete excavation campaign yet. At km 13, we arrive at the entrance to the only cart track of the itinerary: bordered by two dry stone walls, it is fairly smooth with a few rocky banks from time to time. Further on, the road widens into a dirt track and then crosses the asphalt and ends with the return to the village.

# Nuraghe Nolza

Starting point: Meana Sardo

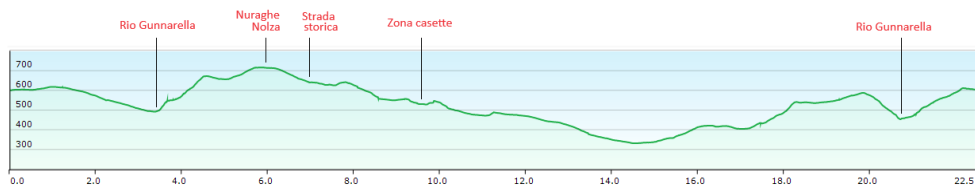
TYPE: mountain biking

TYPE OF ROUTE: ring shape

KM: 22.5

HEIGHT DIFFERENCE: 770 m

SURFACE: asphalt, dirt road, cart track







The village of Meana Sardo is located on a hill at an altitude of 600 m and the main attraction of the itinerary, the Nolza Nuraghe, on another hill at an altitude of 720 m. The two hills are separated by the Gunnarella gorge, at an altitude of 460 m. As a result, whichever way you go along the itinerary, there will always be two very steep climbs to exit the Gunnarella gorge. For a few hundred metres you will have to push on foot, unless you are very strong or have an electric bike. Proceeding clock-wise, the Nolza nuraghe is located at km 6 and with its 13 m high central tower is worth a visit (best booked in advance), with local guides constantly manning it. Other attractions along the route are a long road bordered by two dry stone walls and the mountain vineyards that for generations have testi-fied to working in harmony with nature.

# Sasisòrgiu

Starting point: Ollolai

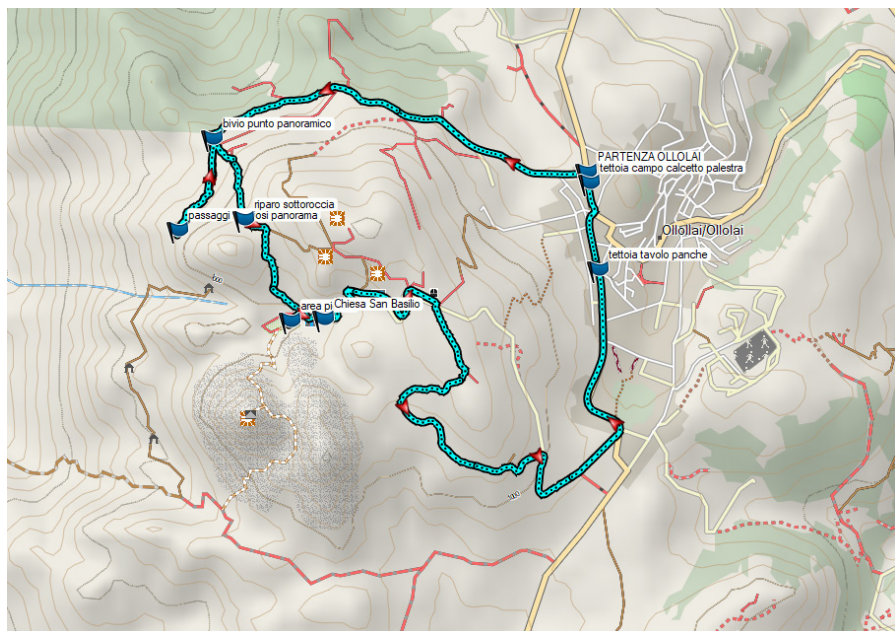
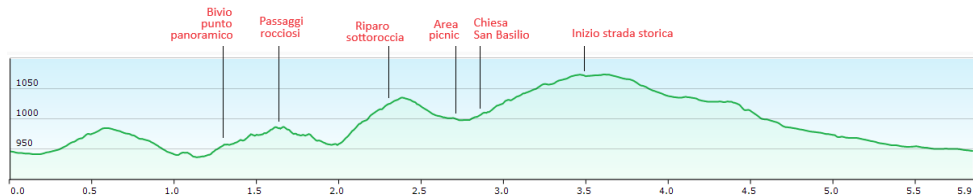
TYPE: trekking

TYPE OF ROUTE: ring shape

KM: 6

HEIGHT DIFFERENCE: 250 m

SURFACE: dirt track, cart track, asphalt, paved, path







The itinerary starts from the village of Ollolai, at an altitude of about 950 m, one of the highest in Sardinia, and arrives at a mountain called San Basilio or Punta Manna, based respectively on the name of the country church or the name of the most imposing, though not the highest, of those that make up the summit of the mountain. The geology, with its huge granite boulders, is an attraction in itself, but the trail is also of great value for the forest, so dense that in some places no sunlight reaches. Between the trees are numerous cavities formed by the overlapping of the boulders, which leave gaps as if to form small caves. To return to the village, we follow a historic road through the undergrowth, for a stretch encircled by drystone walls on both sides, covered by extensive mossy blankets.

# Mancosu

Starting point: Olzai

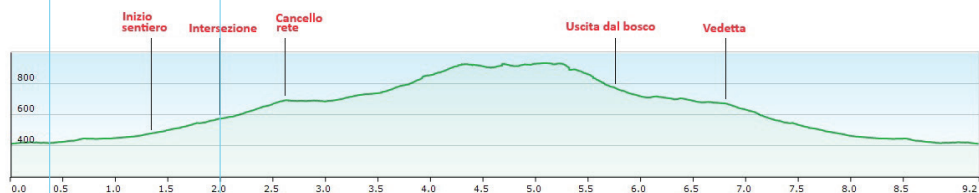
TYPE: trekking

ROUTE TYPE: double loop (first loop clockwise; second loop counterclockwise)

KM: 9

HEIGHT DIFFERENCE: 600 m

SURFACE: asphalt, dirt road, cart track, path





The route is particularly impressive and at the same time demanding: the difference in altitude of 600 m in just 9 km speaks for itself and, as if that were not enough, the terrain is uneven and within the wooded sections, orientation is very difficult, you proceed without a path through barely recognisable gaps between rocks and trees. If you are not familiar with the use of GPS, we would not advise walking the route, rather make use of the services of a guide. In the central part of the route, you walk between large granite rocks under the shelter of majestic holm oaks, which have grown over the centuries between their crevices, creating a wild environment. In the past, even the most inaccessible forests like this one were a source of livelihood for the community, with numerous workers frequenting them, and so some of their ancient shelters can still be found.



# Dorgodori

Starting point: Oniferi

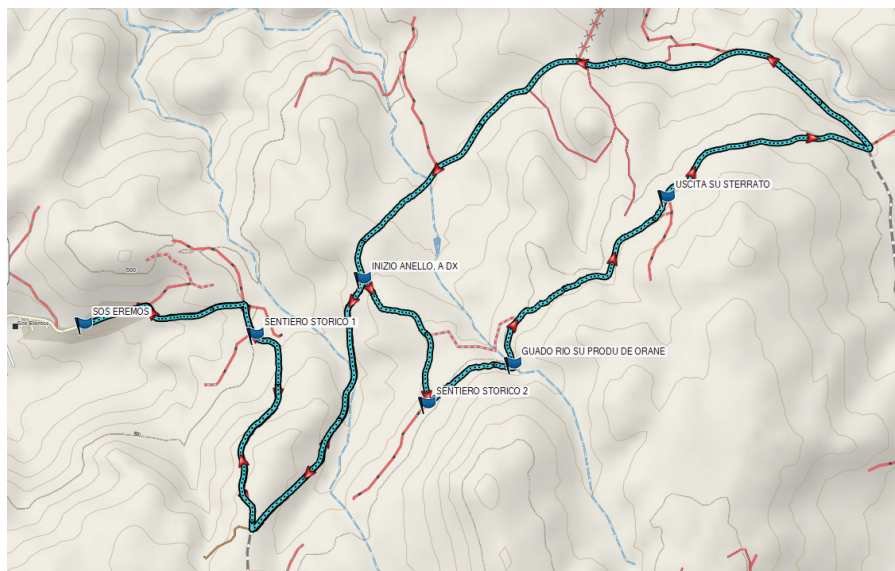
TYPE: trekking and mountain biking

TYPE OF ROUTE: linear and ring shape (anti-clockwise)

KM: 11

HEIGHT DIFFERENCE: 350 m

SURFACE: asphalt, dirt road, cart track, path







The itinerary unfolds in the wooded hills near the village and is characterised by alternating paved sections, which are nevertheless pleasant for their scenic value, and technical stretches on narrow historic paths between dry stone walls. These are paths of great historical value, a precious testimony to what mountain roads were like in the past. On the second path, towards the highest part of the route, there are two gates barring the way. If they are open leave them as you find them, while if they are closed take care, after opening them, to close them behind you. In the last part of the itinerary, you will return to the starting point on a fast asphalt descent, but we advise you to walk slowly in order to admire the majestic oaks that are frequently found on the sides of the road.

# Monte Olisetzo

Starting point: Ortueri

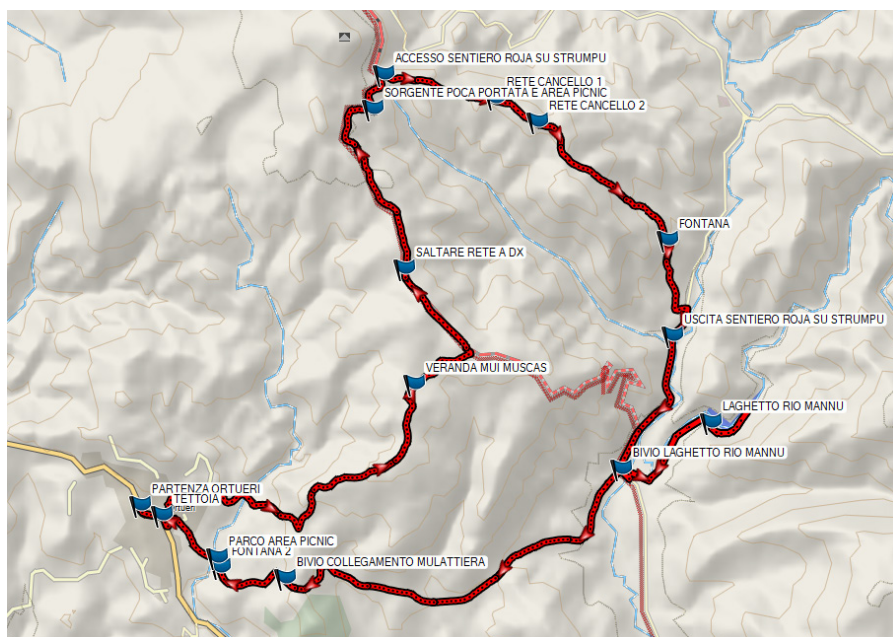
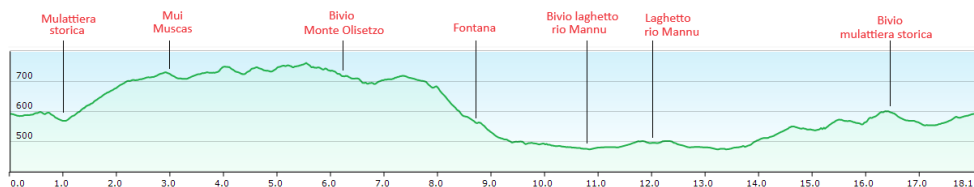
TYPE: mountain biking

ROUTE TYPE: ring shape (clockwise)

KM: 18

HEIGHT DIFFERENCE: 570 m

SURFACE: dirt track, mule track, asphalt





The itinerary is moderately smooth, with no particular technical difficulties, apart from the steep up-hill cart track at the start of the route, a route of great historical and naturalistic value, with the tree canopies on opposite sides of the path creating frequent natural tunnels, which give life to comfortable shady areas. The excursion allows one to admire both wooded environments, in the first part of the route, and cultivated environments, such as the vineyards along the final dirt track, however alternating with sections of scrub. The central part of the route is the area of Mount Olisetzo and you get there via a dirt track accessed by jumping over a fence some forty centimetres high. You are not trespassing on any private property, you are simply entering the municipal park of Neoneli - in fact the other end of this park is always accessible to cyclists and pedestrians and is closed only to cars.



# Antiocru Soddu

Starting point: Ovodda

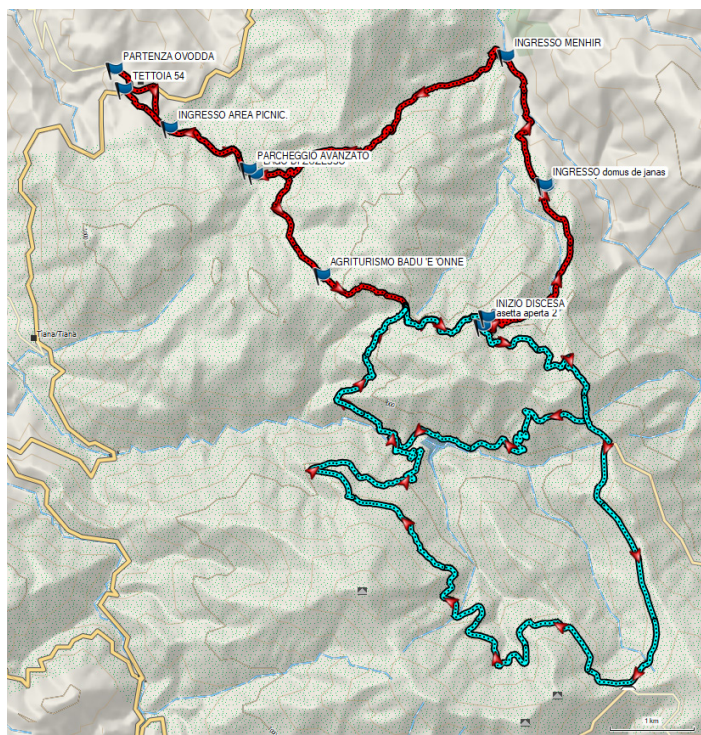
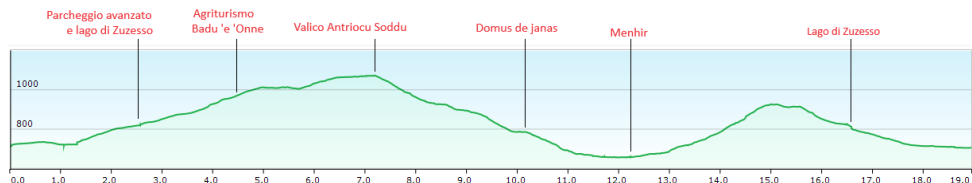
TYPE: mountain biking

ROUTE TYPE: linear and ring shape (anti-clockwise)

KM: 19

HEIGHT DIFFERENCE: 680 m

SURFACE: dirt track, cart track, asphalt







This is a short itinerary, but of great naturalistic and technical value. Good driving skills are required for the long stony descent from an altitude of 1060 m to an altitude of 700 m. The soil is granitic, washed out, resulting in many deep furrows, loose stone and gravelly and sandy surfaces. Plan the hike with caution, always bearing in mind your abilities and available time, because at high altitudes a change in the weather can become problematic if it catches you in a precarious condition. Adding to the sporting value of the itinerary is the historical interest with the Pedras Fitas menhirs in the stream valley and the domus de janas of Sos Forros. The latter are in a state of disrepair, partially buried, yet they are easily recognisable and worth a visit.

# Badu Orane

Starting point: Sarule

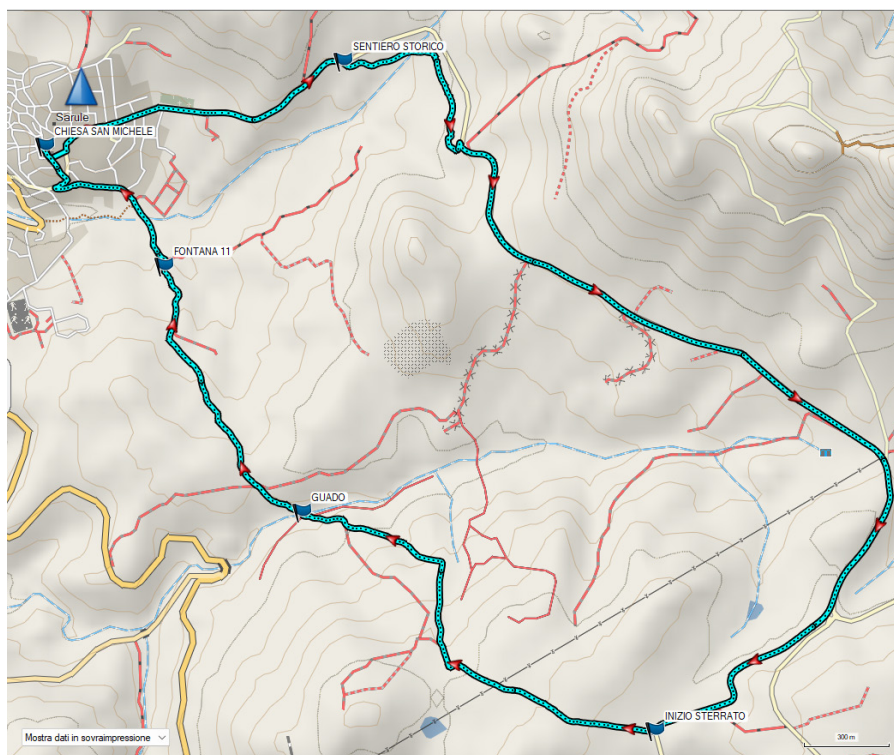
TYPE: trekking, mountain bike and gravel

ROUTE TYPE: ring shape (clockwise direction of travel)

KM: 9

HEIGHT DIFFERENCE: 240 m

SURFACE: asphalt, dirt road, cart track, path







The itinerary includes, in the first half of the route, two sections of asphalt, related to Provincial Road 22, but the traffic flow is low and the scenic value is high, because in this section you can admire the village on one side and Mount Conare with its characteristic sanctuary at the summit on the other. What's characteristic, a little more than a kilometre from the start, is a narrow historical road, parallel to the asphalt road, about 600 m long, bordered on both sides by dry stone walls and majestic centuries-old oaks. In the second part of the itinerary, we follow a dirt road, mostly downhill, quite smooth, of great natural and scenic interest. It allows us to admire the village from an elevated position, through natural frames formed by the gaps between the crowns of the oaks.

# Genna 'e Crecu

Starting point: Sorgono

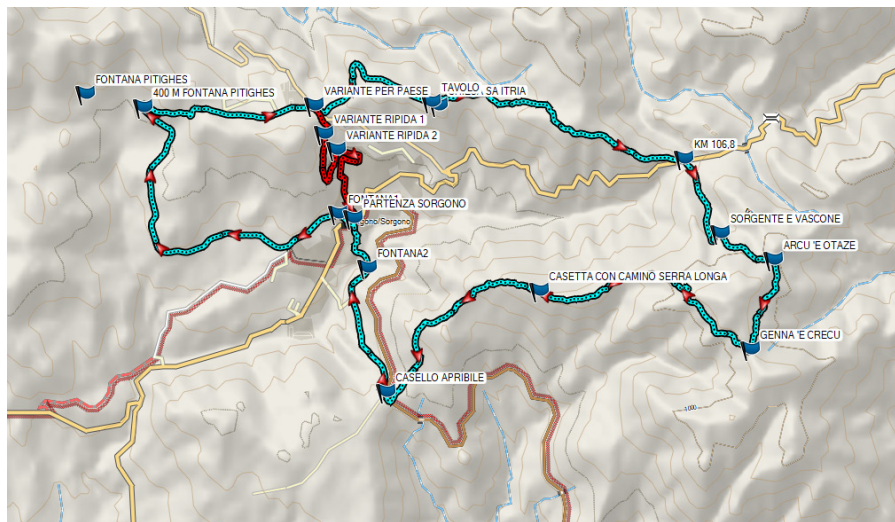
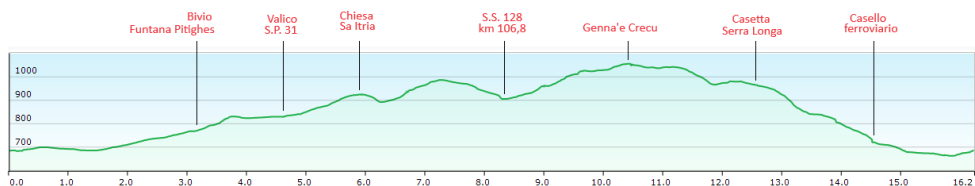
TYPE: trekking and mountain biking

ROUTE TYPE: ring shape (clockwise)

KM: 16

HEIGHT DIFFERENCE: 560 m

SURFACE: dirt track, cart track, asphalt







An itinerary of great naturalistic value that allows you to appreciate both the dense native woods, dominated by holm oaks and downy oaks, and the pine afforestation of the high-altitude part, in which they are perfectly integrated. The route is rather smooth and does not present any particular technical difficulties. Among the attractions of the route, at an altitude of 920 m, is the country church of Sa Itria, one of the highest in the whole of Sardinia, and a small house with a fireplace available for hikers, in a splendid panoramic position, for which the rules always apply: keep clean, close well before leaving and leave a good supply of wood, both fine and coarse, inside. In the last few kilometres there is also a railway tollgate, which provides an insight into the life and work of a tollman on mountain railway lines dating back to the end of the 19th century.

# Monte Borborisaghe

Starting point: Teti

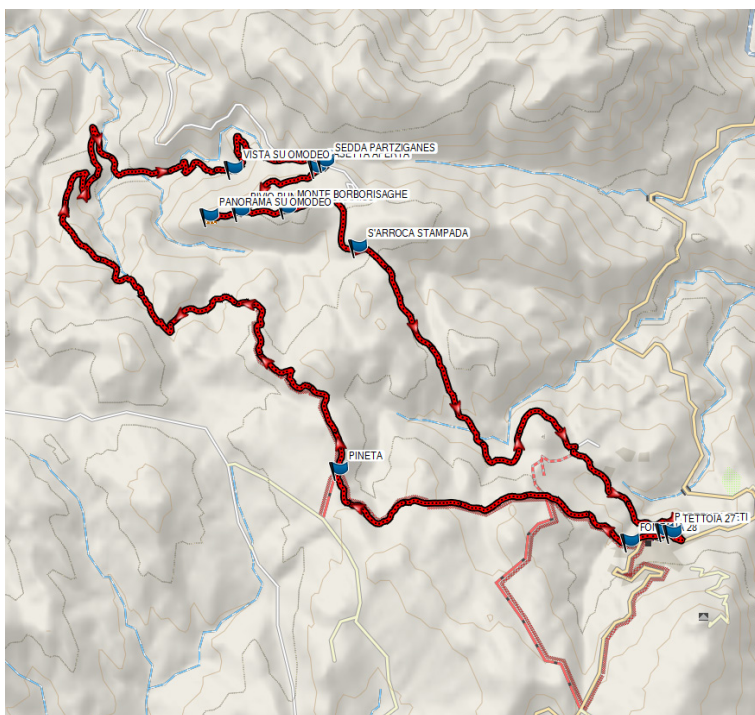
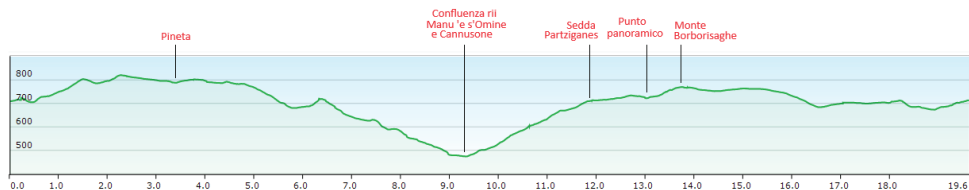
TYPE: mountain biking

TYPE OF ROUTE: ring shape

KM: 20

HEIGHT DIFFERENCE: 610 m

SURFACE: dirt road, cart track, asphalt, paved road





Oaks and pine forests are the prevailing environments on this route, with roads in good condition. There are frequent stretches of plateau, with numerous openings through the vegetation that allow views of the surrounding area. Immediately after the road pass of Sedda Partziganes, about a hundred metres from the asphalt road, there is an open wooden hut that can be an excellent shelter in case of rain. There are no active fountains along the route, except those on the outskirts of the village, but it is still possible to refresh yourself in the stream, if active, at the lowest point of the route. In the clockwise direction, the route ends with a long, mainly downhill asphalted section, for a relaxing re-turn to the village, with great views down to the last metre.



# Tascusi Pass

Starting point: Tiana

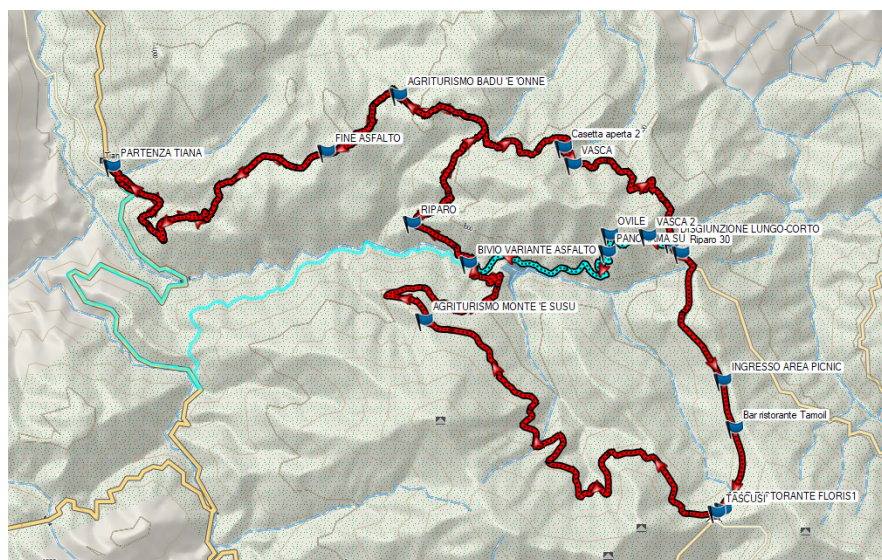
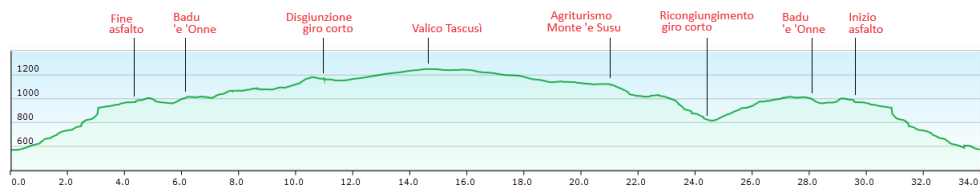
TYPE: mountain biking

ROUTE TYPE: linear and ring shape (clockwise)

KM: 34 (long tour) or 24 (short tour)

HEIGHT DIFFERENCE: 1080 (long tour) or (short tour) 960 m

SURFACE: dirt track, cart track, asphalt







From the village of Tiana, at an altitude of just 560 m, to one of the highest road passes in Sardinia, that of Tascusì, at an altitude of 1245 m. It is located on Provincial Road 7 and, although asphalted, it is a fascinating stretch that allows you to admire the landscape and highland vegetation and offers re-freshment facilities with two bar-restaurants within a short distance of each other. In the second half of the itinerary, we descend on a cart track through the forest, with very dense vegetation that does not allow our gaze to reach the bottom of the gorge where Lake Torrei, created by an artificial dam, is located. It can only be glimpsed in places from the higher altitudes, but at the end of the descent, at the access to the dam, if you find the gate open, you can ask the staff to let you in and have a look.

# Ispadula

Starting point: Tonara

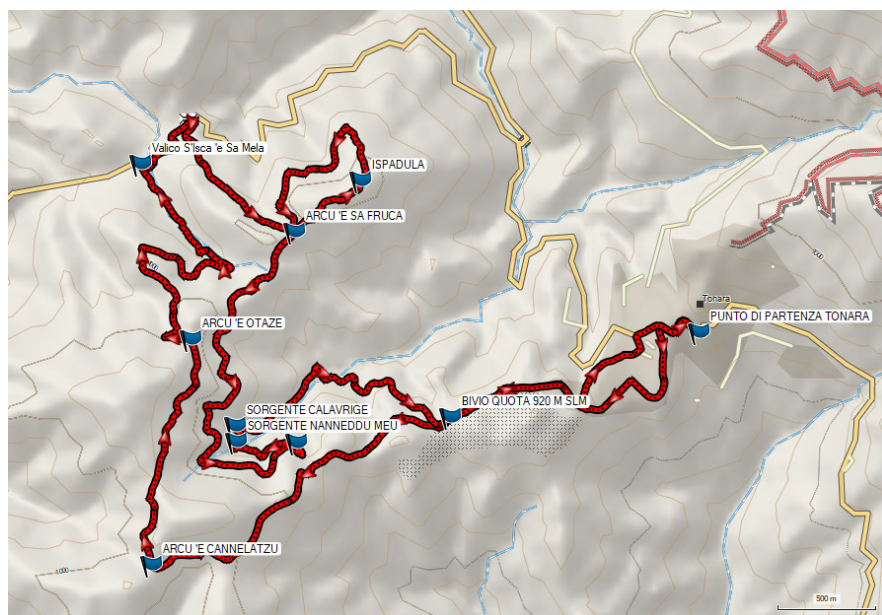
TYPE: mountain and gravel bikes

TYPE OF ROUTE: circular (clockwise direction of travel, anticlockwise for Ispadula Hill)

KM: 16.5

HEIGHT DIFFERENCE: 480 m

SURFACE: asphalt, dirt road, mule track, path

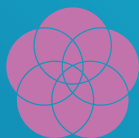




This route allows you to admire the high-altitude woods of the Tonara mountains and enjoy the pano-rama of the entire surrounding area. Due to the general smoothness of the terrain, it is suitable for cycling even when there is snow, thus increasing the charm of the excursion. Although short in terms of kilometres, at least by cycling standards, it winds through an environment of great naturalistic val-ue, such that it is a rewarding experience, also in view of the difference in height and altitude. At the Isca 'e sa Mela road pass, the route intercepts State Road 128, which connects Sorgono to the town of Tonara. This point can be useful to connect the itinerary to other villages or to lengthen the excursion towards the surrounding mountains.







**GAL BMG**

**BARBAGIA-MANDROLISAI-GENNARGENTU**

**Gal Distretto Rurale Barbagia Mandrolisai Gennargentu**

**[www.galbmig.it](http://www.galbmig.it)**

**Email: [info@galbmig.it](mailto:info@galbmig.it)**



**Registered office: Via Bulgaria snc - 08038 Sorgono(Nu)**

**Operational headquarters: Vico IV Nazionale 5 - 08020 Tiana (NU)**



**THE  
WATERS  
OF  
BMG**



FEASR



REPUBBLICA ITALIANA



REGIONE AUTONOMA  
DE SARDIGNA  
REGIONE AUTONOMA  
DELLA SARDEGNA



PROGRAMMA  
DI SVILUPPO RURALE  
**PSR sardegna**  
2014 2022



**FONDO EUROPEO AGRICOLO PER LO SVILUPPO RURALE: L'EUROPA INVESTE NELLE ZONE RURALI**