

Dal mare ai Tacchi

Segni convenzionali e informazioni sulla viabilità

- Conventional signs and information about road network**
- Sentiero escursionistico E / Hiking Network of Sardinia
 - Variante / Alternative route
 - Strada principale / Main road
 - Strada secondaria / Minor road
 - Rete Escursionistica della Sardegna / Hiking Network of Sardinia
 - Percorso per tutti / Path for all
 - Bosco / Wood
 - Macchia / Maquis
 - Rete Natura2000 / Natura 2000 Network

Informazioni turistiche e servizi

- Tourist information and utilities**
- Servizio transfer su prenotazione / Pre-booked transfer service
 - Struttura ricettiva / Accommodation facility
 - Area di sosta / Picnic area
 - Campeggio attrezzato / Equipped campsite
 - Spiaggia / Beach
 - Punto ristoro / Rest stop

Informazioni sul patrimonio culturale e ambientale

- Information on the cultural and environmental heritage**
- Evidenza naturalistica / Natural heritage
 - Monumento naturale / Environmental monument
 - Cascata / Waterfall
 - Fonte, sorgente / Spring of water
 - Evidenza geologica / Geological heritage
 - Punto panoramico / Panoramic viewpoint
 - Elemento storico-culturale / Historical and cultural heritage
 - Nuraghe/Sito archeologico / Nuraghe/Archaeological heritage
 - Museo / Museum
 - Edificio di culto / Cult building
 - Ovile, fabbricato, pinnettu / Sheep fold, rural building
 - Vedetta / Lookout post

- Tempio a pozzo 'Su Presoni' / Well 'Temple of Su Presoni'
- Domus de janas 'Monte Arista' / Domus de janas 'Monte Arista'
- La Spiaggietta / La Spiaggietta (Little Beach)
- Monte Ferru / Monte Ferru
- Spiaggia 'Cala Luas' / Cala Luas Beach
- Spiaggia 'Coccorocci' / Coccorocci Beach
- Piscine naturali 'Monte Ferru - Is Piscinas' / Natural Rock Pools of Monte Ferru - Is Piscinas
- Sentiero trekking 'Sa Perda Stampada' / Trekking path Sa Perda Stampada
- Sa Perda Stampada / Sa Perda Stampada
- Area Picnic 'Tesonis' / Picnic area Tesonis
- Belvedere 'Cartucceddu' / Viewpoint Cartucceddu
- Nuraghe 'Genna Tidu' / Nuraghe Genna Tidu
- Area di sosta 'Bingionniga' / Rest area Bingionniga
- Punto ristoro / Refreshment point
- Punto ristoro / Refreshment point
- Museo d'Arte Moderna 'Albino Manca' / Museum of Modern Art 'Albino Manca'
- Chiesa campestre di Santa Sofia / Rural Church of Santa Sofia
- Ovile / Sheepfold
- Birdwatching / Birdwatching
- Miniera dismessa 'Bau Arenas' / Disused Bau Arenas Mine
- Funtana Giuncus / Funtana Giuncus
- Miniera dismessa 'Talentinu' / Disused 'Talentinu' Mine
- Chiesa di 'Cea Arci' / Church of Cea Arci
- Chiesa di San Sebastiano / Church of San Sebastiano
- Parco Naturale 'Brunco Santoru' / Natural Park 'Brunco Santoru'
- Sa Brecca de is Tapparas / Sa Brecca de is Tapparas
- Nuraghe 'Trutturis' / Nuraghe 'Trutturis'
- Nuraghe 'S'Ulmu' / Nuraghe 'S'Ulmu'
- Domus de janas / Domus de janas
- Tombe dei Giganti / Giant's Tombs
- Area umida / Wetland
- Area di sosta / Rest area
- Monte Corongiu / Monte Corongiu
- Chiesa campestre di Sant'Antonio / Rural Church of Sant'Antonio
- Chiesa di Nostra Signora di Buoncammino / Church of Our Lady of Buoncammino

scala 1:25.000

0 500 m 1 km 2 km

Equidistanza fra le curve di livello 50 m e 25 m; Altimetria, in metri, riferita al livello medio del mare
 Sistema di Riferimento WGS 84 - UTM zona 32N (EPSG:32632) - Cartografia di base fornita dal SITR
 Rete stradale riprodotta parzialmente e finalizzata al raggiungimento delle aree dei percorsi escursionistici
 Data di rilevamento dei sentieri: Maggio 2025



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Il tratto più distintivo di questa tappa è rappresentato dal suggestivo sentiero costiero, che consente di camminare a breve distanza dal mare, offrendo l'opportunità di una piacevole sosta balneare presso le calette di *Su Sirboni* e *Cala Lusa* e una vista sul mare con alcuni punti panoramici molto interessanti. In particolare rilievo è il punto panoramico denominato *Perda Stampada* (9). Il cammino si apre su una suggestiva spiaggia di ciottoli neri, dove, in ambiente, pur mantenendo intatto il suo carattere selvaggio, assicura sicurezza e facilità di percorrenza. Nel tratto successivo, tra *Sarrala* e *Tertenia*, si incontrano altri punti panoramici come il belvedere *Cartucceddu* (11) e il *Nuraghe Genna Tidu* (12). La parte finale della tappa offre due possibilità: da una biforcazione si può scegliere se proseguire verso nord, in direzione della località *Bingionniga*, percorrendo una strada sterrata che conduce a un'area di sosta (13) immersa nel complesso forestale gestito da *ForeSTAS*, oppure concludere l'itinerario principale seguendo il tratto asfaltato che porta direttamente al centro abitato di *Tertenia*.

Punto di partenza
Perd'e Pera

Starting point
Perd'e Pera

Punto di arrivo
Tertenia

Arrival
Tertenia

Lunghezza percorso
21,6 km

Dislivello
Positivo 1000 m
Negativo 690 m

Lenght
21,6 km

Height difference
Positive 1000 mt
Negative 690 mt

The most distinctive feature of this stage is the scenic coastal trail, which allows you to walk close to the sea, offers the opportunity for a pleasant swim break at the coves of Su Sirboni and Cala Lusa, and provides sea views from several remarkable viewpoints. One of the highlights is the panoramic point known as Perda Stampada (9). The stage begins with a fascinating black pebble beach, and the surrounding environment retains a wild, natural character while still ensuring a safe and accessible path. Along the section between Sarrala and Tertenia, there are additional viewpoints, including the Cartucceddu lookout (11) and the Nuraghe Genna Tidu (12).

The final part of the stage offers two alternatives: a fork in the path allows you to either head north towards the area of Bingionniga, following a dirt road that leads to a rest area (13) set within the forest complex managed by ForeSTAS, or to complete the main route along a paved road that leads directly to the town of Tertenia.



Leccezza lungo il percorso per Sa Perda

Vista da Sa Perda Stampada - foto di Ivo Piras



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Punto di partenza
Tertenia

Starting point
Tertenia

Punto di arrivo
Perdasdefogu

Arrival
Perdasdefogu

Lunghezza percorso
24,1 km

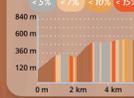
Dislivello
Positivo 1119 m
Negativo 684 m

Lenght
24,1 km

Height difference
Positive 1119 mt
Negative 684 mt

Upon reaching Cea Arci in the municipality of Ulassai, you come across a sheepfold/farmstead that houses the remains of a nuraghe (23), from which the area takes its name. From here, the path continues downhill along a dirt road, crossing the state road connecting Jerzu and Ulassai to Perdasdefogu; the town famous for having an high number of centenarians. Along this stretch, you'll find a wind farm set within an area dedicated to grazing and agriculture. Particularly striking are the views of the limestone and dolomite formations that characterize the geology of the entire area.

The mines of Bacu Talentinu (22) and Bau Arenas (20) are located in the west urban area of Tertenia, in a deep valley stretching beneath the shadow of the limestone massif (Tocco) of Mount Arbo. Evidence of metal mining dates back to Roman time, in particular copper deposits. In the first half of the 19th century, Count Alberto della Marmora noticed the presence of extensive deposits. However, only in the second half of the century, mining activity intensified, due to the isolation of the site and the resulting difficulties in transporting the extracted metals, despite efforts by different companies to improve road infrastructure around the area, mines were permanently closed during the second half of the 1930s. Today, historical ruins remain, including lime kilns used in processing, the ore washing plant, and the workshops.



Miniera di Bau Arenas

Visit the site www.sardegnaentieri.it for more information

Visit the website www.sardegnaentieri.it for more information

Itinerario panoramico, ricco di punti di interesse e ancora poco conosciuto. La prima parte si snoda in salita, a monte dell'abitato di Tertenia, attraversando un paesaggio agricolo punteggiato di olivi, per poi inoltrarsi in un'affascinante lecceta.

Lungo il percorso, in località Monte Giuliea, si incontra un ovile (18) ristrutturato con annessa area picnic, adiacente all'omonima casermetta - anch'essa recentemente ristrutturata - costruita ai primi del '900 dal taglialegna e poi utilizzata come caserma militare durante la Seconda Guerra Mondiale. La seconda parte si snoda lungo il Rio Corongiu ricca di suggestivi panorami, incontrando una fontana in località *Funtana Giuncus* (21) (la presenza dell'acqua può dipendere dalla stagione), e attraversando l'area mineraria dismessa del passato industriale di questo territorio. Al termine della salita - piuttosto impegnativa - è presente un'area di sosta che consente una breve pausa di rigenerazione. Una volta raggiunta la località *Cea Arci*, nel Comune di Ulassai, si incontra un ovile azienda agricola che ospita al suo interno i resti di un nuraghe (23), da cui la zona prende il nome. Da qui si prosegue lungo una strada sterrata, attraversando la strada statale che collega Jerzu e Ulassai a Perdasdefogu, il paese noto per l'alta presenza di centenari, in cui si incontra un parco eolico immerso nel contesto di aree dedicate al pascolo e all'agricoltura. Particolarmente suggestivi alcuni scorci sulle formazioni di calcari e dolomie che caratterizzano la geologia dell'intero territorio.

Punto di partenza
Tertenia

Starting point
Tertenia

Punto di arrivo
Perdasdefogu

Arrival
Perdasdefogu

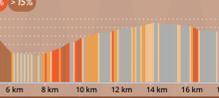
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Negativo 684 m

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Height difference
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Miniera di Bau Arenas

Visit the site www.sardegnaentieri.it for maggiori informazioni

Visit the website www.sardegnaentieri.it for more information

A panoramic itinerary rich in points of interest yet still little known. The first part climbs uphill above the town of Tertenia through an agricultural landscape dominated by olive groves, eventually entering an intriguing holm oak forest. Along the way, at Monte Giuliea, you encounter a sheepfold (18), restored and equipped with a picnic area adjacent to the homonymous small barracks - also recently renovated - built in the early 1900s by lumberjacks and later used as a military post during World War II. The second part follows the Rio Corongiu, offering evocative panoramas, passing by a fountain at Funtana Giuncus (21) (water availability may depend on the season), and crossing the abandoned Talentinu mining area (22), now a silent witness to the industrial past of this territory. At the end of the initial climb - which is quite challenging - there is a rest area for a short, refreshing break. Upon reaching Cea Arci in the municipality of Ulassai, you come across a sheepfold/farmstead that houses the remains of a nuraghe (23), from which the area takes its name. From here, the path continues downhill along a dirt road, crossing the state road connecting Jerzu and Ulassai to Perdasdefogu; the town famous for having an high number of centenarians. Along this stretch, you'll find a wind farm set within an area dedicated to grazing and agriculture. Particularly striking are the views of the limestone and dolomite formations that characterize the geology of the entire area.

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Tertenia

Starting point
Tertenia

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Miniera di Bau Arenas

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The excursion begins within the town of Perdasdefogu along a paved road that crosses a picturesque cork oak and holm oak forest. After this initial stretch, the route follows a trail winding through the woods, leading to the Perdasdefogu speleology school, managed by the Gruppo Grotte Ogliastra, located at the Center for Sustainable Environmental Education (CEAS) in the locality of Is Taparraz, where deer sightings are possible. In this area, there are several rock fissures, among which *Sa Brecca* (26) stands out as the most interesting and fully exploitable: with a depth of 40 meters and a linear development of 70 meters, it represents a stop of particular naturalistic, environmental, and scenic value.

Punto di partenza
Perdasdefogu

Starting point
Perdasdefogu

Punto di arrivo
Nuraghe S'Ulimu Ulassai

Arrival
Nuraghe S'Ulimu Ulassai

Lunghezza percorso
14 km

Dislivello
Positivo 614 m
Negativo 564 m

Lenght
14 km

Height difference
Positive 614 mt
Negative 564 mt

From the same locality, splendid views open up over the cultivated valley and the southern area of the Tacchi di Ulassai, offering captivating panoramas. The path continues downhill along a trail leading to a river ford (Rio Su Luda). After crossing the watercourse, the route includes some climbs on paved sections alternated with dirt roads until reaching Nuraghe Trutturis (27), which introduces the archaeological context of the area. The itinerary concludes at the Poidea sheepfold and an important archaeological site that preserves significant remains, including several Giants Tombs, Domus de Janas, and the evocative Nuraghe S'Ulimu (28).



Nuraghe S'Ulimu

Percorso verso la Chiesa di S. Antonio

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Perdasdefogu

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Perdasdefogu

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Nuraghe S'Ulimu Ulassai

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Nuraghe S'Ulimu

Percorso verso la Chiesa di S. Antonio



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Punto di partenza
Perdasdefogu

Starting point
Perdasdefogu

Punto di arrivo
Nuraghe S'Ulimu Ulassai

Arrival
Nuraghe S'Ulimu Ulassai

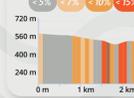
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Punto di partenza
Perdasdefogu

Starting point
Perdasdefogu

Punto di arrivo
Nuraghe S'Ulimu Ulassai

Arrival
Nuraghe S'Ulimu Ulassai

Lunghezza percorso<