



GAL BMG

BARBAGIA-MANDROLISAI-GENNARGENTU



ITINERARIES OF LOCAL ACTION GROUP

BARBAGIA MANDROLISAI GENNARGENTU



FEASR



REPUBBLICA ITALIANA



REGIONE AUTONOMA
DE SARDIGNIA
REGIONE AUTONOMA
DELLA SARDEGNA



PROGRAMMA
DI SVILUPPO RURALE
PSR sardegna

Più qualità, più valore, più futuro della tua terra.



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

Initiative funded by the Rural Development Program for Sardinia 2014-2022
Authority responsible for information: LAG Rural District Barbagia Mandrolisai Gennargentu
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Transnational cooperation project ENPORT - AN INTEGRATED APPROACH FOR DEVELOPING SUSTAINABLE
TOURISM IN RURAL AREAS (CUP: H19E18000230009)
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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 kilometres 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 has the aim to improve the quality of life and wellbeing of communities in these historical regions of Barbagia, Mandrolisai and Gennargentu through the enhancement of local resources. The main areas and priorities identified by the LAG for the implementation of its Local Development Strategy 2014-2020 are sustainable tourism and development and innovation of supply chains and local production systems.

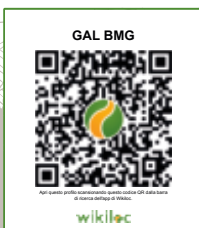
The Project

"ENPORTβ-AN INTEGRATED APPROACH FOR DEVELOPING SUSTAINABLE TOURISM IN RURAL AREAS" is a transnational cooperation project aimed at the creation and promotion of hospitality models and tourist packages based on the principles of sustainable development (social, environmental and economic).

The project is coordinated by the LAG BMG, involving eight Italian, Romanian, French and Bulgarian LAG's and envisages local and joint training activities, data collection and analysis, communication, creation and promotion of themed tourism packages and the exchange of good practices.

The Sub-measure 19.3 of the 2014-2020 Rural Development Programme, finances interterritorial and transnational cooperation projects capable of strengthening the strategies implemented by LAG's through the 'Local Action Plans', in order to foster the building of partnerships and relations between territories, improve the planning and relational potential of the LAGs, enhance the exchange of experiences between public and private actors of the territories and encourage the joint implementation of concrete actions for local development and the promotion of rural territories.

This specific action includes the georeferencing and description, in Italian and English, of the LAG's itineraries. The tracks of the itineraries are available and downloadable, in Gpx and Kml format, in the Wikiloc account of the LAG.



Aritzo, Texile

THE NATURAL MONUMENT

TYPE: HIKING



DISTANCE



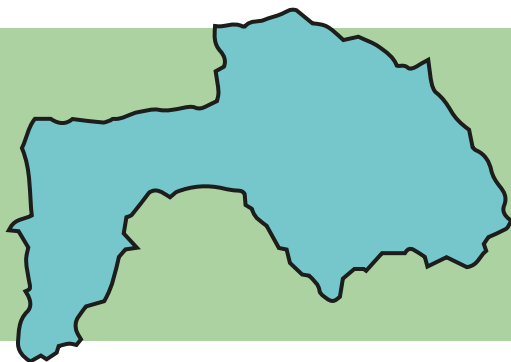
DIFFICULTY



WALKING TIME



2,30 h



Access

You commence the walk from the centre of Aritzo by taking Via Garibaldi, easily reached in the lower part of the village, then turning left once you reach the small panoramic square of Sant'Antonio, from which you can clearly distinguish the rocky taccu of Texile on the other side of the valley, the destination of the excursion. You continue down a narrow lane that leaves the last houses behind, immediately entering terraced allotments, dense hazelnut groves and tall walnut trees, splendid in autumn for their intense foliage.

The springs

The descent is interrupted at an opening near the Giaria spring. Here, the route continues initially slightly uphill and on a sometimes concreted road always in a beautiful wooded environment despite its proximity to the village. In addition, to the essences already observed, there are dense holly trees and splendid specimens of chestnut and alder. You come to a fork where you turn right, slightly downhill on a cobbled road, following the signs for the Funtana de Zia Albara.

Another stretch through hazel groves and terraced allotments separates this junction from the beautiful spring. Take a right here, also meeting the signs for Texile. Gradually descend, first encountering a picnic area near which the monumental Addalcia pine, which unfortunately recently fell to the ground. At a ford, a last spring is finally encountered.

Texile

Once past the ford, the dirt road worsens slightly and begins to climb, making a wide hairpin bend but always remaining defined. Ignore minor detours occasionally encountering some signs for Texile and keeping to the south-west direction until one can clearly distinguish the limestone peak above, which is reached at the top of the ascent.

The geological peculiarity of Texile is that, similar to many taccos in Ogliastra and the Barbagia di Belvi and Seulo, it is completely isolated from similar rocks and is an island completely unique to its surroundings, consisting as it does of limestone and resting on Palaeozoic schists. This has allowed a rare and peculiar flora to vegetate only on its walls, making Texile a treasure chest of biodiversity, which has therefore become an SCI area (Site of Community Importance) and strictly protected.

For the more intrepid, a rocky gully allows access to the summit, from which an extraordinary view of Aritzo, Belvi, the Gennargentu peaks and the Uatzo valley can be admired. On the summit of the peak one can also find numerous ceramics from the proto-historic period, which testifies to ancient settlements or places of worship on the mountain. After a long panoramic rest, you finally return to the village by the same route as the outward journey.



Atzara, Su Caminu 'e i'Bingias

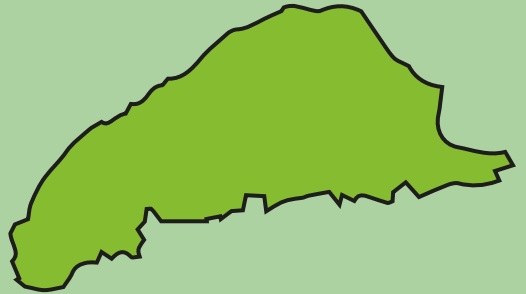
IN THE ANCIENT LANDSCAPE OF WINE

TPOLOGY 

DISTANCE  **4,2 km**

DIFFICULTY 
easy

TRAVEL TIME  **1,00 h**



Access

This simple cycle route starts from the centre of the village in Mandrolisai, known for its beautiful territory and above all for the very high quality of its grapes and wines. Together with Sorgono, it possesses the only Sardinian landscape registered in the national register of Historic Rural Landscapes (Pesaggi Rurali Storici) testifying to the very long tradition of wine-making in this area.

Proceed along the main street of the village, the SS 128 here called Via Vittorio Emanuele, turning east towards the church of Sant'Antioco Martire and then left into Via Pertini. The road leaves the last houses of the village on the left, continuing along Via Molinu and then meets the signs for Funtana 'e Paule, now immersed in the fields.

Between the fields

You continue slightly downhill, encountering a small ford and then beginning to climb, keeping to the asphalt road. Soon you come to a fork in the road: here you keep to the left, always slightly uphill, surrounded by beautiful cork oaks and the first vineyards.

Soon, the vineyards begin to alternate regularly with pastures and wooded areas, often occupied by cork oaks and dense scrubland, immersed in the silent landscape of this corner of Mandrolisai. At the end of a straight stretch, you come to a fork where you keep to the right. A little further on, near a slight descent after a bend to the right, you reach the rural church of Santa Maria 'e Susu.

The small building was built in the Middle Ages and stands near the disappeared village of Leonissa (Leonisa or Laonisa) and the ancient path to Belvi, of which some parts you are walking on.

The vineyards

Immediately after the church, you come to a fork in the road: here you take a right, continuing downhill to the village, now surrounded by vineyards. It is possible, taking a right, to make a detour, albeit not used frequently, continuing on an asphalt road to the natural spring of Laonisa and from here turn right onto a dirt road, then right again along a little-trodden lane to an antenna, from where you return to the asphalt road. A little further on, turn left immediately after a carpentry shop, returning to the village via a lane through the countryside.



Austis, Sa Crabarissa

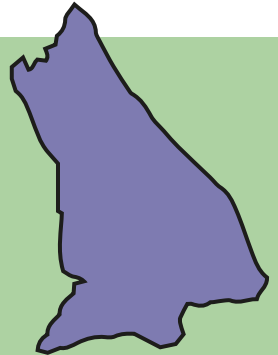
THE ROCK OF LEGEND

TYPOLOGY 

DISTANCE  **19,5 km (16 km by road)**

DIFFICULTY 
medium

TRAVEL TIME  **1,5 h (hiking)**
3,00 h (mountain biking)



Access

From the village, follow the signs for Sa Crabarissa, following Via Gramsci, which soon turns into a country lane. you leave the beautiful sanctuary of S. Antonio on the right, still on an asphalted road, descending slightly to an obvious fork where you turn left, still following the signs.

Bortamelone

The area is overlooked by the gentle prominence of Monte Bortamelone, recognisable by its impressive reforestation. The road runs between pastures and scrubland. On the left is the rock of Nodu Pertuntu, not signposted, with its characteristic perforated summit. You continue along the main road, surrounded by arbutus trees, until the asphalt ends and the road proceeds, unpaved, always in excellent condition and slightly downhill, and now very scenic.

Sa Crabarissa

You reach a wide dirt clearing, keeping Bortamelone behind you, and after parking, take a right onto an clear path that heads toward the soaring, elegant silhouette of Sa Crabarissa.

This extraordinary natural monument owes its name to a legend: a woman from Cabras (a crabarissa) who fell in love with a shepherd from Austis who was in her village for transhumance. The two swore eternal love to each other, but when she went to visit him, she discovered that he was already married and had a family. The girl went back, but the terrible pain turned her into stone: her form still resembles that of a girl from Cabras in typical costume. The rock is set in an extraordinary environmental context and can be reached along the beautiful path, keeping to the left.

Ring in the bush

Continue along the path, with a little slope, spotting a fork on the right that, once taken, leads uphill to a small artificial lake. Here, turn right onto a dirt track, still keeping to the right and returning to the car in a short time.



Belvi, Pitzu 'e Pranu

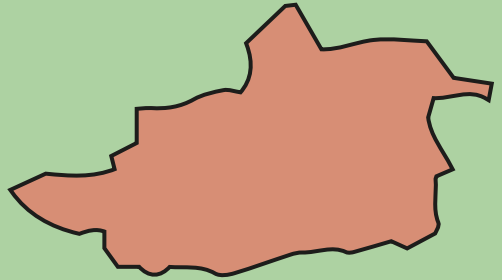
OVERLOOKING THE VALLEY

TYPOLOGY 

DISTANCE  6,00 km

DIFFICULTY  1 2 3
easy

TRAVEL TIME  2,30 h



Access

From the inhabited centre of Belvi, the excursion begins by reaching the square in front of the church and from here take Via Marconi, where you descend slightly downhill, then turning right along a country lane into the countryside, indicated by a wooden signpost that points the way to some 'Domus de Janas'. You continue downhill, embraced by thick hazel tree groves that clutter the small road. This was once an important cart-track, as indicated by the ancient paving and the care with which the dry-stone walls bordering it were built.

Uphill

You lose altitude until you reach a bridge that crosses a noisy stream, in the map as Riu Salasi. Looming over the area are the walls of Pitzu 'e Pranu, the destination of the itinerary, while to the right is the beautiful arched bridge of the railway along which the Trenino verde (The little green train) now travels. Having crossed the bridge, you keep to the right at the next fork and begin to climb rapidly between the various fenced allotments that occupy the valley. The cart-track is still very evident, albeit slightly more ruined: at the top of the climb you come out on asphalt, on the SP 61 bis. Here the cart track continued, but is now overgrown by brambles.

Towards the summit

You then turn left, travelling about 200 metres downhill on the main road and finding a dirt road that turns right, uphill, immediately meeting a fork with a wider dirt road where you turn right. You are now at altitude, skirting the walls of Pitzu 'e Pranu in a counter-clockwise direction. The road is flanked by some large wooden poles and has been built precisely on the geological discontinuity between the limestone that makes up the mountain above and the schists of the ancient basement on which one has walked so far. You flank some allotments and soon reach a crossroads with a paved road, where you take a left, uphill, surrounded by Holm oak forest. At the next hairpin bend, not far from the road, is a beautiful lime kiln, used for processing limestone.

Pitzu 'and Pranu

A final uphill stretch leads to a windswept, very scenic saddle, where there is a large crossroads. Here, one turns left, uphill, entering the reforestation that occupies the summit of Pitzu 'e Pranu and on which an adventure park, now disused, was built. Vetta del tacu (limestone formation), as its name suggests, is occupied by a vast plateau where small depressions betray the presence of several chasms, attributable to the karstic nature of the area. At the highest point, you reach a Virgin Mary, located on the edge of the walls. Here one literally overlooks the village and the neighbouring village of Aritzo, letting one's gaze wander as far as the Gennargentu and the wide surrounding valleys. You return to the village along the path followed on the outward journey.



Desulo, Girgini

THE HEART OF THE GENNARGENTU



Access

This magnificent tour is partly on an asphalt road and partly on a dirt track: the use of mountain bikes is certainly the best means of appreciating it. From the village of Desulo you start to climb the SP7 in the direction of Fonni. The tough climb is about 7 km long and many prefer to reach the mountain pass by car, starting the cycle ride directly from Tascusi.

Just as you reach the pass from the climb, you turn right, downhill on a asphalt and scenic road, with an increasingly uneven surface. After 5.6 km you arrive at Arcu Guddetorgiu and here you go left, downhill, following only at this fork the signs for the Girgini agriturismo.

La sterrata -The dirt track

Immediately below the fork you meet another one where you go right, then left, leaving the agriturismo on the opposite side. Immediately a wide, well-maintained road begins, winding its way through woodland, heather groves and monumental downy oaks in a wide and majestic environment.

The asphalt gives way to a dirt road immediately after a bridge, The asphalt gives way to dirt road immediately after a bridge, as the route continues on a slight incline or uphill. You pass a building belonging to the Forestry Agency (Agenzia Forrestas), which look after the forest, often encountering grazing cows.

Girgini

At a sudden turn in the road, one can distinguish the unmistakable pyramidal shape of Su Toni de Girgini. The term 'Toni' indicates an isolated limestone elevation, surrounded only by different rocks: in this area in addition to the main one, you encounter that of Genna Eragas, which you can reach by continuing to cycle to the right at the first crossroads.

Girgini was a popular area since ancient times, as revealed by a giants' tomb and the presence of the remains of numerous villages. You can climb to the limestone peak by following a footpath along the ridge, starting right from the clearing where you arrived. From the summit the vast panorama sweeps across the majesty of the Gennargentu mountain range, which encircles the visitor with its vast ridges. You return to Desulo by the road followed on the outward journey.



Gadoni, Corongia Forest

BETWEEN BRECCAS AND DISTERRUS

TYPOLOGY 

DISTANCE  **10,00 km (+ 15,60 km by car)**

DIFFICULTY   
easy

TRAVEL TIME  **4,00 h**



Access

Depart from the centre of Gadoni along the SP2 in the direction of Seulo, then turning right onto the tarmac road in the direction of Funtana Raminosa. This beautiful road partly follows the miners' old route and runs alongside the allotments and orchards that they tended everyday, on their way to the mine, as they left the village.

You gradually gain altitude, with increasingly broader views of the Flumendosa valleys, then you approach the buildings of the abandoned mine that occupies the Riu Saraxinus valley. The mining complex can be visited (www.visitgadoni.info) and a visit is highly recommended. Continue uphill for a few more kilometres until it ends, turning left and following the signs for 'Foresta Corongia' on a partially unsurfaced road. When the road flattens out, you reach the Bauzzoni picnic area, where you leave the car.

Su Campalini

Continue on a dirt road on foot, ignoring some minor detours and turning left at the only obvious fork. Just below the road, reachable with some difficulty and unmarked, are the caves of Grutas de Perdu, with a scenic waterfall descending from the vault.

The road you follow is now level, beneath a beautiful woodland area where you can identify the circular clearings, devoid of vegetation, where the charcoal burners built their threshing floors for the production of charcoal.. Halfway along the long straight stretch, you come to a wooden signpost indicating Su Campalini: you leave the main dirt road and enter the woods, reaching the vertiginous edge of the Lartinatzu walls: here Foresta Corongia precipitates towards the Flumendosa riverbed and here stands a slender and bold rocky pinnacle, almost a bell tower, as its name in Sardinian seems to suggest.

Is Breccas

After a long panoramic rest and break, you return to the dirt road continuing in a southerly direction until you come to a large fork in the road: Here you turn right, uphill, past a gate and continue on the main road. Soon the road becomes flat again, on clay soil and begins to skirt some unique isolated rock towers that become more and more numerous, until they form a veritable labyrinth of walls, caves, crevices and diacclas. The area is known as Is Breccas and was the kingdom of shepherds and the bandit Torracorti, who lived over a century ago.

Su Pinneddu

Exploring the labyrinth of Is Breccas is worth every minute spent and various floristic endemisms can be recognised in the walls, as you walk along the slender paths that follow the audacious conformations of the rock.

You then continue along a dirt road until it emerges from the forest: here, on the right, stands an isolated tower known as Su Pinneddu. The road joins a main dirt track which you follow to the right, beginning to descend and reaching, after a long stretch in the forest, the first fork encountered on the way. Here you turn left, shortly reaching the Bauzzoni area and the car.



Gavoi, Gusana

THE LAKE BETWEEN THE MOUNTAINS

TPOLOGY



DISTANCE



20,30 km

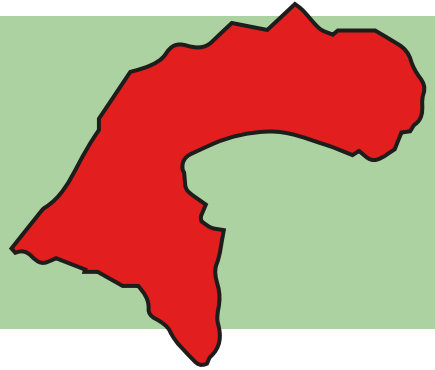
DIFFICULTY



TRAVEL TIME



4,00 h



Access

From the inhabited centre of Gavoi, take the SS 128 towards Ovodda, downhill, until you reach the signs for the Sa Valasa Hotel-Restaurant on the right. You are now on the shores of the beautiful Lake Gusana, the vast reservoir created for energy production and surrounded by dense woods. On the left-hand side of the road, just beyond the turn off for the Hotel where you can leave your car, you come to an uphill dirt road.

S'Iscrithola

Take the dirt track that gains height for a few dozen metres, then continue on the flat illuminated ridge covered with Mediterranean scrub. The road is extraordinarily panoramic and it is possible to admire a large portion of the lake, with the characteristic contrasts between the colours of the water and the surrounding woods that confers its beauty. The dirt road proceeds bending slightly to the left and gradually plunges into a forest of cork trees and evolved Mediterranean scrub, coming to a fork where you continue straight ahead.

Some tens of meters apart, slightly downhill, are some granite boulders that you will encounter: you are in the locality of Iscrithola and here you find a 'Domus de Janas' necropolis with five tombs, excavated directly into the boulders, while a large cavern in a larger boulder shows a paved floor and signs of long anthropogenic presence

Il lago

Continue for a short distance, ignoring some minor detours to the left and then taking a right at an obvious fork. You are now almost back at lake and proceed in a south-easterly direction, still keeping to the main road. After passing a small building, you return to the SS 128 via a gate that must be closed again. Here you could return to Sa Valasa, however you can continue to the left, over the bridge, after which you go down, along an recognisable dirt road in the direction of the lake, on the right. Here begins a splendid path that runs alongside the lake, always shaded by the forest, following the gentle contours of the banks and with a few slopes. Occasionally, you will come across a few areas equipped for resting with wooden benches and tables.

The last section of the route bypasses the Hotel Taloro accommodation facility, beyond which a short dirt road leads back to the SS 128, through which it is possible to easily return to Sa Valasa and Gavoi.

For those who wish to extend the excursion, it is possible, from the Hotel Taloro, to cross the road and make a large loop along the Riu Perdas Fittas, in the Aratu valley, where a series of dirt roads lead to the river and some Menhirs still standing vertically.



Lodine, Puddis

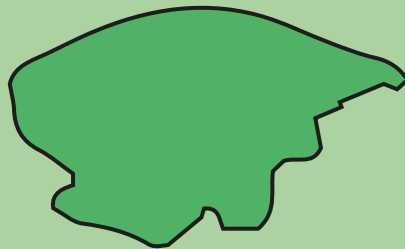
A PANORAMIC BALCONY OVERLOOKING THE LAKE

TPOLOGY 

DISTANCE  2,80 km

DIFFICULTY 
easy

TRAVEL TIME  1,00 h



Access

Although the municipal park of Puddis is owned by the Municipality of Lodine, it belongs territorially to the Municipality of Gavoi, but the strong bond of the Lodinese community with this mountain is also due to its proximity, to the small mountain centre of Gavoi. You therefore set off on foot from the SP30, which is also the main road, spotting the signs for the Puddis Municipal Park that lead to the slightly downhill Via IV Novembre.

The Natural Spring

After a short stretch, turn right, quickly reaching the natural spring of s'Antana 'e Bidda, located slightly below street level and always a fresh, pleasant ambience. With the spring situated behind your shoulder, begin to climb gradually onto a rolling road, flanked by dry stone walls, surrounded by mature and sparse downy oaks, in the distinctive environment of the Barbagia di Ollolai. The road goes on straight and after the first stretch it flattens out, remaining cemented up to a large clearing, where the paved section ends. Slightly to the left, in respect to the direction of arriving, there is located a gate that must be closed, whilst a wooden sign indicates that you have arrived at the park of Puddis.

Puddis

One then enters the large tancato, aiming for a dirt road on the left. It would also be possible to visit the chestnut grove, located at a lower altitude, which is currently being coppiced by the local government. Having taken the dirt road, you start climbing slightly, flanked by a wood of rather young downy oaks, interspersed with dense heather. The profile of a large antenna that acts as a television repeater stands out over the area.

The road continues in a south westerly direction and then bends sharply to the right in the direction of the antenna. On the left here is a narrow path that descends slightly, which heads towards a large clearing overlooked and dominated by some beautifully shaped granite rocks, decorated with beautiful tafonate.

Lake view

One cautiously climbs up the rocks, to discover a panorama of extraordinary vastness. At the foot of the peak, the valley of Gusana opens up, with its mountain lake surrounded by woods taking centre stage. Gennargentu and Supramonte, in the background, crown with their mountainous silhouettes a maze of wooded valleys, undulating ridges, broken by granite peaks, distant mountain villages or deep gorges. Near the cliff, the houses of Gavoi and the peaks of San Basilio conclude this extraordinary view of this corner of Sardinia. Once the visit is complete, you return to the village by the road you followed on the outward journey.



Meana, Ortuabis

THE ANCIENT CROSSROADS

TPOLOGY



DISTANCE



33,00 km (24 km on road)

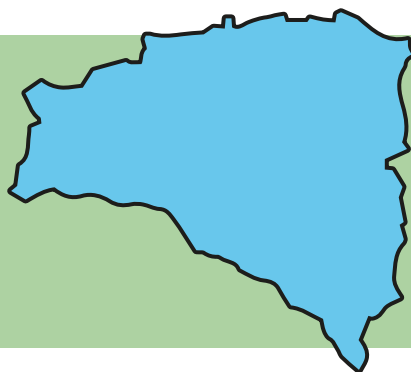
DIFFICULTY



TRAVEL TIME



5,00 h



Access

From the inhabited village of Meana, the Ortuabis plateau can be reached via the SS 128 road by car and bicycle, or by following the signs for the Nuraghe Nolza at the exit of the village. This leads to a fine asphalt road that proceeds on a lonely descent into the valley, reaching below the forest, the first fork at the bottom of the valley, where you take a right turn.

The vineyards and the Nuraghe

You continue uphill, on a ridge from which there is a beautiful view of the village. The more wooded areas are behind you and you find yourself on rolling hillsides occupied by beautiful vineyards. High up on a raised hill is the massive silhouette of the Nuraghe Nolza.

You continue along this road, always lined with vineyards and following the signs until you reach the ticket office. The expert tour guides and the extraordinary view from the top of the nuraghe make it an extraordinary and essential visit to discover this corner of Sardinia.

The forest

Leaving the nuraghe, turn right onto the asphalt road, keeping slightly above the railway. The road becomes a dirt track, slightly uphill: here you take a left and then a right, in quick succession, to finally return to the asphalt road where you take another right, slightly uphill, passing by a disused quarry and then into a beautiful wood where the gradient drops.

Here you meet the SS128 again and where you can arrive by car, skipping the first part of the itinerary. Follow the public road on the right until the sign "km 74", where there is a sign indicating the hiking trail. Here you enter the forest, pass an open barrier and begin to follow a slightly downhill dirt road.

The kilns

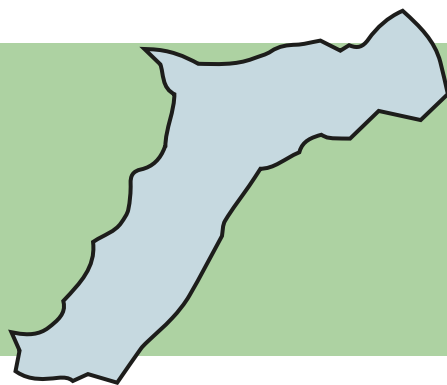
The road keeps a firebreak on the right and winds along the same route as the aqueduct on a limestone plateau, formerly used for the production of lime, which was produced in large furnaces. The dirt road gradually deteriorates and you come to a barely noticeable fork where you keep to the right to visit a large lime kiln, located on a gentle slope. You resume heading north on a barely noticeable path, sometimes getting off your bike and soon reaching the area where the Ortuabis reception area is located, currently awaiting management.

Take the dirt road that serves the area, turning left once you have passed the larger structures and entering the forest, which also has numerous charcoal burners' farmyards. When you come to a fork in the road, you can take a left to visit a large kiln, then right again returning to route 128 and, by the known road, retracing the outward route to the village.



Ollolai, San Basilio

A KINGDOM OF GRANITE



Access

The San Basilio Park is well signposted and from the inhabited centre of Ollolai you take a convenient uphill asphalt road, very panoramic, which leaves the village behind and soon plunges into a forest of Holm oaks. From the asphalt road you change to concrete, soon passing the astronomical observatory of San Basilio, and the Planetarium of Ollolai, located on the right-hand side of the road. You Continue for a short distance over a few slopes until you reach a large clearing after which the rolling road begins to descend with tight hairpin bends.

San Basilio

The mountain overlooking the village of Ollolai, once one of the most important centres in the area, is dedicated to San Basilio Magno, and the small road leads to the church dedicated to the saint, built in Byzantine era and then renovated several times, in front of which, are the ruins of the convent that once belonged to the Franciscans, and is the theatre of many legends.

Just below the church and a spring, often dry in the hottest summers, there is a vast clearing surrounded by a dense Holm oak forest and an impressive series of granite peaks which are incredibly broken and varied. On the left, at the top of Sa Punta Manna, which you could reach via a route marked with some ropes, however it requires experience of short climbs along a path, to be tackled only if you are an experienced mountaineer and the rocks are dry.

The sign of history

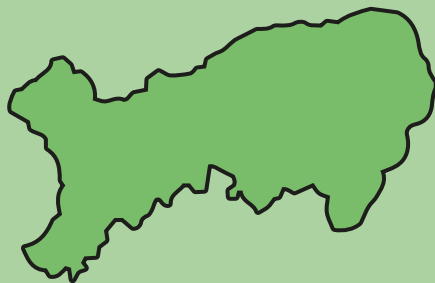
The area of San Basilio was, however, inhabited in much earlier times than the church and convent can testify. The numerous caverns carved out by erosion in the granite "tafoni" have been inhabited, with certainty, since the Neolithic period, as many archaeological investigations testify. Hollowed-out rock shelters are scattered throughout the area, and to get an idea of the territory in which the proto-Sardinians operated, it is worth spotting, just below the small church, a fence that one meets on the right, towards the direction of the field.

Beyond it, you come to a fairly obvious little path that begins to climb steeply in the middle of the wood, marked by the passage of people and bicycles, but with no trail signs or markings. You then reach a wide ridge in the middle of the forest where you come across a more visible track, the remains of a disused dirt road. Take it to the right, soon arriving near the communication mast that towers above the area. There are numerous sites of archaeological interest in the vicinity, although they are poorly signposted. After a visit to the scenic rocks near the antenna, you take the dirt road to the right, going downhill and soon returning to the tarmac road that leads back to the village.



Olzai, Su Mulinu Vetzu

A JEWEL OF INDUSTRIAL ARCHITECTURE



Access

In the centre of Olzai, the outstanding predominant feature is granite. All the old houses and the canals that kept the mountain torrents at bay, are built with this hard stone and the streets of the beautiful historic centre are paved in the same way. You leave your car in the centre of the village, where Via Taloro intersects with Via Marconi, begin to climb the latter and keeping to the left the canal that captures the waters of the Riu Bisine.

Drive up between the small houses of the centre until you reach a square on the right, where you will also find the signs for the House-Museum of Carmelo Floris, a famous painter born in Olzai: the museum is well worth a visit and arrangements can also be made here for a visit to the mill.

Uphill

You keep to the left, uphill, taking Via Anastasio and then following a small cemented road that leaves the last houses of the village behind. At the next fork, turn right again, uphill on the asphalt, plunging into a dense and silent Holm oak forest. The road climbs steeply, narrowing and gaining height with tight hairpin bends that are always paved.

Mulinu Vetzu

The road keeps to the left of the sunken valley of the Riu Bisine from which, in the rainy season, the roar of the torrent comes. A last uphill stretch leads to a widening where, under the forest trees, a few small tables have been set up for a rest. On the left, just below the road, some ancient buildings attract your attention. Su Mulinu Vetzu was mainly used for milling wheat and barley. In the main building was the large wooden wheel, set in motion by gravity from the water that was appropriately channelled. The mill dates back to the end of the 18th century and was renovated in the 2000s: today, the transmission shaft would need further restoration to make the gearing functional again.

The old building retains intact the industrial charm of the times gone by; once the visit is over, you can stay and enjoy the coolness of the forest, before returning to the village by the road followed on the outward journey



Oniferi, Sas Concas

THE NECROPOLIS

TYPOLOGY



DISTANCE



11,00 km (9 km by car)

DIFFICULTY



easy

TRAVEL TIME



1,50 h



Access

The two archaeological sites visited by this simple tour can both be reached via the SS 128 road, directly from the village of Oniferi and following the signs for the SS 131. Leaving the last houses behind, you travel about 3.3 km and spot a tourist sign on the left indicating the necropolis. You will then park in a narrow space next to the main road.

Sas Concas

You pass a rudimentary wooden gate and descend along a gentle slope between some beautiful cork trees, passing a barely noticeable ford. On the left, a ridge of pyroclastites are clearly distinguishable, with a beautiful pinkish colour. The entire ridge is colonised by beautiful prickly pear plants, in sharp contrast to the orange lichens tenaciously attached to the rock: on these south-east-facing rocks the Neolithic inhabitants decided to find the final resting place for their loved ones, excavating one of the most extraordinary necropolises of their time.

Wandering around the area, one can count up to twenty different tombs, often divided into several rooms. The domus de janas necropolis is also famous for the richness of the decorative elements in the burial chambers: ritual hearths, architectural elements relief carved and, above all, the mysterious graffiti symbolising stylised and upside-down men. The petroglyphs of Sas Concas are very similar to other depictions scattered in contemporary sites in Sardinia and represent an archaic and still mysterious symbolism: among the tombs of the necropolis, the best preserved ones are to be found in the large tomb of the hemicycle, preceded by a chamber excavated in the rock that is now largely eroded.

Nuraghe Ola

Once the visit to the necropolis is over, you can return to the car by continuing on the SS128, ignoring the detours for the SS 131 DCN and remaining on the old state road for about 3 km: on the left of the road, well signposted and visible, stands the magnificent Nuraghe Ola, at the centre of an area with a high density of archaeological monuments.

The ancient nuragic tower, of a simple construction, can be reached by a short path from the car park. Immediately before the monument are two large huts, which have been the subject of archaeological investigation in recent times.

The nuraghe was also recently restored. It consists of a large inner tholos chamber, where there are some alcoves, and a splendid intermural staircase that provides access to the upper floor. Here one notices a slab that closes the tholos and that, at the summer solstice, is sometimes removed to allow one to witness the suggestive phenomenon of the sun ray penetrating the darkness of the chamber below at midday.

At the end of the visit, you can return to the village or visit the beautiful necropolis of Brodu, not far away, however its not signposted.



Ortueri, Mui Muscas

THE KINGDOM OF THE DONKEYS

TPOLOGY



DISTANCE



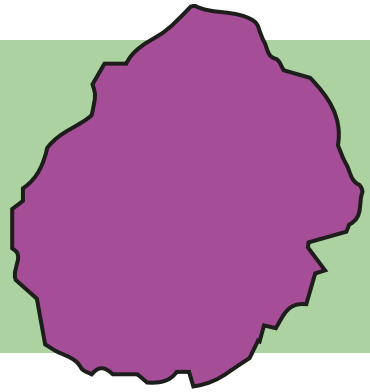
DIFFICULTY



TRAVEL TIME



1,50 h



Access

The easy tourist itinerary that visits the Mui Muscas oasis consists of a convenient track to be cycled, on easy dirt tracks, asphalted stretches and little traffic. From the village, take the SS388, leaving the village and encountering, immediately after the last houses, the signs for the nature oasis, where excursions and a viewpoint are signposted. You continue along the asphalt road, always following the signs and begin to climb a scenic hill, flanked by a beautiful cork oak forest and scrub with heather and artubus trees.

Mui Muscas

When the slope ends, you find yourself in the Mui Muscas area, surrounded by the beautiful municipal park that occupies a large area of cork oak or sparse reforestation. You reach some structures currently awaiting management: On the right, after opening and closing a gate for pedestrian transit, where some picnic areas could be reached in the woods. Instead, turn left immediately before the structures, following a dirt road. On the right of the road, a gate allows access to the Parco degli Asinelli (Donkley Park), one of the most extraordinary attractions in this area.

The Donkeys

The Donkey Park was created in the mid-1990s to preserve the pure Sardinian breed, characterised by its grey coat, the obvious black cross on its rump and a particularly petite size. Today the beautiful forest is home to just over fifty specimens and where there have been numerous collaborations and genetic and veterinary studies undertaken.

You return to the dirt track, continuing in a north-westerly direction and gradually beginning to descend, always following the more defined road. At a large fork, you keep to the left, climbing slightly up a small hill and then descending again to a fork where you find the tarmac road again. Following it to the left, you soon return to the village.



Ovodda, Mihinari

A PRIVILEGED VIEW

TYPOLOGY



DISTANCE



13,70 km

DIFFICULTY

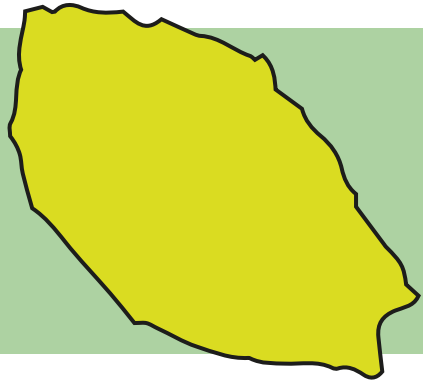


medium

TRAVEL TIME



5,00 h



Access

From the village of Ovodda, take Via Gennargentu, entering the narrow alleyways of the centre and then leaving the village uphill on an asphalt road. Having passed a fork in the road that leads back to the SS128, a hardware store is located to the left and the road is immediately flanked by a beautiful hazel grove and woodland.

Continue uphill on asphalt, keeping a small reservoir on the right. At the next crossroads, take a left uphill, following the signs for the Badu 'e Fonne agriturismo, then continue straight on at the next crossroads, right at the Badu 'e Fonne locality, leaving the agriturismo of the same name on the right after a few metres.

The wood

At Badu 'e Fonne it is necessary to leave the car and continue on foot. Next to the agriturismo, the road makes a sharp climb on a cemented surface and then continues with gentle ups and downs, immersed in dense woodland, a paradise for mushroom foragers.

A short descent leads to a widening where there is a characteristic crossroads with three roads, in the locality of Godditorzu: here you go straight ahead, passing an isolated electricity pole.

The dirt road soon becomes a cart track and begins to climb steeply in a magnificent forest, in which young holm oaks and downy oaks stand out in particular, interspersed with heather and sporadic hollies.

Mihinari

Take a right at the next crossroads, always keeping to what appears to be the main road and juggling the numerous forks in the road. The ascent is the only certain direction: as one gains height, one appreciates small openings in the vegetation that allow splendid shots of the Barbagia di Ollolai.

A twisted oak tree is a sign that you are on the right track and a last uphill climb leads you out of the woods. The bare summit of Mihinari is preceded by the scent of thyme and, in spring, by colourful blooms, including the rare *Armeria gennargentea*.

From the rounded peak of the relief, the panorama is superb and sweeps along the entire horizon, dominating the Gennargentu, all the Taloro and Aratu valleys, the distant Supramonte and remote western reliefs. At the foot of the mountain, the steep Rio Torrei valley with its small reservoir. Satiated with the panorama, one faces the return route via the passes already travelled.



Sarule, Gonare

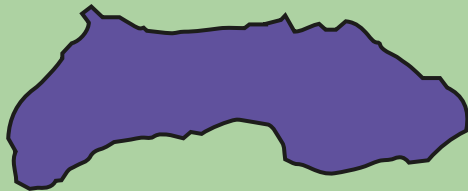
THE MOUNTAIN OF THE SPIRIT

TPOLOGY 

DISTANCE  **13,50 km (12 km by car)**

DIFFICULTY   
easy

TRAVEL TIME  **1,00 h**



Access

From the inhabited centre of Sarule, go in the direction of the village cemetery, then continue along the main road until an clear and obvious crossroads dominated by the three pointed peaks of Monte Gonare. Take a left, following the signs for the mountain and continuing to climb on the tarmac road until the next crossroads, where you keep to the right, travelling for a few hundred metres and parking in a large clearing where the road ends, near some buildings that serve as shelters for the worshippers during the festivities.

The via Crucis: The Way of the Cross

The sanctuary of Gonare is located near the border between the municipalities of Sarule and Orani and its festivity is particularly ardent celebration The ancient church is said to have been built at the behest of Gonario di Torres to thank the Virgin Mary for having saved him during a storm at sea, but its dominant position highlights a geopolitical and at the same time ascetic intention.

From the clearing, a well-marked path can be seen on the left, the same one where Via Crucis take place, leading to the sanctuary, where every step is marked by the passage of pilgrims and cloaked in legends and stories. You gradually gain height, surrounded by a beautiful wood of Holm oaks lashed by the wind. In spring, extraordinary blooms of lilies and peonies enrich the route.

The church

A couple of narrow hairpin bends make up the steepest part of the climb, the final one, now dominated by the church. The beautiful medieval building was extended several times and occupies the summit of the mountain, located at an altitude of just under 1100 metres.

From the church one can enjoy a vast panorama that embraces the two coasts of Sardinia and a large part of the central and northern regions of the island. One can also admire the sunrise rising over the Gulf of Orosei and the sunset sinking into the waters of the Gulf of Oristano, offshore from Sinis, while the Gennargentu closes the panorama to the south and the jagged peaks of the Limbara mark the last visible places to the north.

A door of the church is always open and allows entry to anyone who reaches the summit to grant anyone a prayer, after which they return to their cars by the path they took.



Sorgono, the plateau of the Nuraghes

BETWEEN HISTORY AND NATURE

TYOLOGY



DISTANCE



17,00 km (4 km of which approach)

DIFFICULTY



TRAVEL TIME



4,50 h



Access

Take the SS 128, which is the main road of the inhabited centre of Sorgono. At the same level of the Cantina Sociale del Mandrolisai, on the opposite side of the road, wooden signs indicate some archaeological sites. You then follow Via Emilia, turning left at a large fork where you come to another signpost indicating 'Sentiero Escursionistico' (Hiking Trail). Continue along the asphalt road for about 4 km until you come to a sign on the right indicating the 'Nuraghe Lò'. Park the car here.

Nuraghe Lò

You turn right uphill along a small dirt road, immersed in an Oak forest. After a short stretch, on the left, the beautiful nuragic tower stands out, built on a rocky outcrop formation and placed in a n elevated position. The plan of the structure is slightly elliptical and has the peculiarity of having an architraved window placed at the end of a slightly curved corridor that is in a mirror-image position to the entrance.

Santu Loisu

You descend back to the asphalt road, soon encountering a sign marking the entrance to the forestry yard, which also houses a beautiful nursery. You are now in the locality of Santu Loisu and enter a plot of land to the left of the road, where there are two buildings belonging to a mountain colony and a natural spring. On the right, a small path leads to the 'Domus de Janas' of Santu Loisu, consisting of two small chambers at ground level and immersed in a beautiful wood.

You return to the tarmac road, continuing for a few hundred metres until you come to an imperceptible bend to the left. On the left of the road, immersed in the woods, is the beautiful tower of 'Nuraghe Bardacolo', set in a dominant position. Although extremely high, from its summit you can enjoy a wide panorama.

Nuraghe Orrubiu

The route continues on the main road, now slightly downhill. On the right-hand side of the road after a long stretch through the beautiful oak forest. Just before an electrical transformer cabin you come to the sign for Nuraghe Orrubiu, on the right. The beautiful single tower is slightly raised on a ploughed field and owes its name to the reddish mosses that have colonised its beautiful granite stones. Continuing along the main road, you will come across another sign, also on the right, that would allow you to visit a giants' tomb.

S'Incodine

On the left-hand side of the road, before turning back, you will come across a ladder type style that provides access to a vast pastureland. Behind it, near a rocky prominence stands the monument known as S'Incodine (The Anvil), due to its characteristic shape. Not far away, but difficult to find, are the Domus de Janas of Perdonigheddu and the Cherbos nuraghe. You return to the car by the road followed on the outward journey.



Teti, Abini

THE SANCTUARY OF THE ANCIENT SARDINIANS

TYPOLOGY 

DISTANCE  **13,00 km (+7 km approached by car)**

DIFFICULTY 
medium

TRAVEL TIME  **4,00 h**



Access

From Teti, take the SP4 downhill towards Lake Cucchinadorza, one of the three large reservoirs used for the production of hydroelectric energy. Just before the dam, on the left of the road, there is a clearing where you can park.

Il Taloro - The Taloro

You turn back a few dozen metres, taking a dirt road that leads slightly downhill in a north-westerly direction, passing a gate that is always open. The road continues downhill, keeping to the right of the gorge of the Taloro river, interrupted upstream by the barrage of the dam of the Cucchinadorza.

Soon you come across two gates side by side: take the one on the right, which is never locked and serves to regulate livestock traffic. Immediately, a dirt track begins, initially in good condition, then increasingly rutted. The path enters the Taloro gorge: the river, once stormy and impetuous, is often dried up due to the interruptions of the dams upstream, but it still flows with a roar in winter and spring.

Abini

The road bends slightly to the west, still within sight of the river. It climbs slightly over a wide ridge, flanked by a woodland and shrubland, then descends in narrow hairpin bends. The road goes just above a farmstead: ignore the first fork to the left and then, at a sharp right-hand bend that descends towards the farmsteads, take a left along the less obvious tracks (GPS useful), almost immediately taking up a good dirt track that heads towards the Abini agriturismo

You descend to lap the Taloro and here, in a vast meadowy area just below the agriturismo, you come across the monumental huts of Abini. The proto-Sardinian village owes its fortune to the discovery of famous bronze statues, such as the warrior with two shields and four eyes, one of the finest examples of proto-Sardinian art. The monumentality of the buildings excavated so far suggests that it was undoubtedly a centre of great importance and it is surprising to come across it in such an evocative and isolated place. After visiting the site, return along the road travelled, perhaps taking advantage of the hospitality of the nearby agriturismo before setting off again.



Tiana, la gualchiera

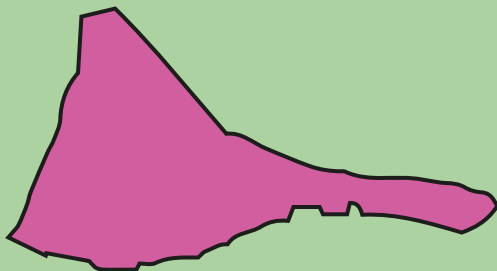
WATERWAYS

TYOLOGY 

DISTANCE  9,30 km

DIFFICULTY  1 2 3
medium

TRAVEL TIME  3,30 h



Access

From the centre of Tiana, continue in the direction of Tonara on the SS 128, slightly downhill and high above the wooded valley. You soon reach a small rocky lay-by where, on the right, you will find the signs for reaching the Gualchiera, sa cracchera de tziu Bellu, which is today a museum of industrial archaeology.

La Gualchiera - The Fullers

Tiana is the symbolic village of orbace (rough wool), the fabric obtained by a mechanical process of felting wool. For the energy required in this proto-industrial process, there were the Fullers, structures similar to hydraulic mills that used by the power of water to drive the machinery. The one in Tiana has been beautifully restored, unique among the many once present in the area, and is located in an area surrounded by greenery, on the terraces suspended around the Tino stream at the point it merges with the Torrei. It can be visited only by appointment.

Il Rio Torrei - The Torrei Stream

Once you have visited the river, you can continue along a short nature trail along the hazel groves bordering the river, or take a route through the heart of the area. You then return to route 128 for a few hundred metres where, before a bridge turn left onto a cobbled road and then a dirt road, following the signs for the Ospitone path. The road runs along the hydrographic right bank of the Rio Torrei, in a mountainous environment, overhung by large rocks and often flanked by dense woodland. On the right, some rocks allow splendid panoramic views of the surroundings.

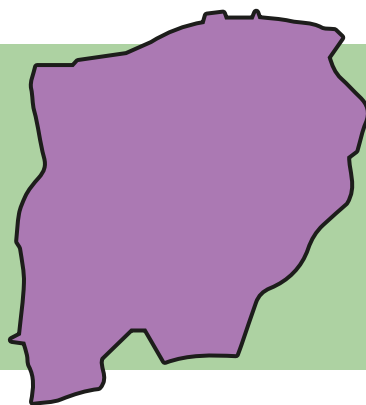
The Path

As you continue, you gain altitude, temporarily moving away from the river bed and then returning to it near a spring. The road becomes a narrow path that cuts through the vegetation, immersed in a beautiful forest broken only by sudden scree and rocks. At an altitude of 750 metres, you come to a ford on the right, after which you follow a dirt road uphill that soon leads back to the asphalt road serving the dam on the Rio Torrei, located a few kilometres further upstream. From here it is possible to retrace your steps or, especially if equipped with a mountain bike, to return by road to the village, taking a right and then another right once one reaches the public road.



Tonara, the woods

THE ROADS OF THE CHESTNUT TREES



Access

The inhabited centre of Tonara is dominated by its mountain and its beautiful woods, once consisting mainly of chestnut groves interspersed with small allotments. You set off directly from the centre of the village, parking next to the Town Hall and heading for the birthplace of the poet Peppino Mereu, a Tonaraian and a pride of the island. From here, walk along Via XX Settembre, Via Angioy and then Via Galusé, which leads to the spring of the same name, exulted about by the local poet. You are at the very edge of the village and from the spring begins a concreted road that threads its way through allotments, shaded by chestnut trees and orchards.

Gli orti - The Allotments

As in all centres of the interior, the belt of allotments embraced the village but in Tonara, given the steepness of the slopes, these were terraced and supported by drystone walls. You stay on the main road with with gentle slopes, continuing even when it becomes a dirt road under a dense forest. After passing a small ford, at the first fork you come to, take a steep left onto a country lane surrounded by drystone walls, then left again at the next three-way fork. In this last stretch, one proceeds surrounded by chestnut groves that, although today in partial abandonment, constitute an invaluable richness of these mountains.

Nel Bosco - In the woods

The last crossroads leads to a hidden cart track deep in the forest. You immediately pass by a water deposit and then continue with sudden uphill bends where, at times, the vegetation opens up, allowing wide panoramic views to the west. The strenuous climb is always well shaded and you soon come to three forks in quick succession, where you first take a left, then the second left and finally a right uphill, onto a pleasant dirt track at Morturasà. Here you turn left, slightly downhill.

I Castagneti - The chestnut groves

The dirt track that you follow is perfectly maintained and keeps to the edge of a vast area of reforestation. Soon, however, the cedars and black larch pines are replaced by the main attraction of this mountain: the chestnut. The beautiful open woodland, in which there are some large statuesque specimens, tells of the importance of forestry for these communities.

You pass by a spring, which dries up in the summer season, and quickly reach an asphalt road: taking a left downhill, you quickly return to the village, however it is possible to turn right at the next crossroads to visit the spring of Funtana 'e s'Abe, with its fresh and wonderful ambience in all seasons, ideal for refreshment after the long walk before returning, through the narrow streets of the centre, to the car.





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