

# Corsica and Sardinia

HIKING THE EXQUISITE ISLAND WORLDS OF FRANCE AND ITALY



Wilderness Travel



## Corsica and Sardinia

### TRIP DATES

#### 2024

April 9-19, 2024

April 30-May 10, 2024

May 21-31, 2024

September 10-20, 2024

September 24-October 4, 2024

October 8-18, 2024

#### 2025

April 8-18, 2025

April 29-May 9, 2025

May 20-30, 2025

September 9-19, 2025

September 23-October 3, 2025

October 7-17, 2025

Scented with myrtle, dotted with ancient oak and olive trees, and home to one of the most diverse landscapes in Europe, Corsica is a wildly beautiful French island. Neighboring Sardinia, belonging to Italy, is an island-world with its own language, traditions, and churches where Christianity and Paganism intermingle. Our perfectly crafted journey combines these two Old World cultures with a mix of coastal and mountain hikes, evocative prehistoric sites, elegant picnics, wine tastings, and many opportunities to sample the delicious culinary traditions of two very different island realms. Our stay at the charming Hotel Su Gologone in Sardinia's Barbagia Mountains is a wonderful finale.

# Itinerary

## DAY 1

### AJACCIO, CORSICA / FILITOSA / SARTÈNE

After meeting in Ajaccio, we stretch our legs with a walk among the entrancing prehistoric standing stones at Filitosa. Created by a Neolithic people some 8,000 years ago, the statue-menhirs at Filitosa are set in a beautiful meadow scented with wild mint and dotted with ancient, gnarled oak and olive trees. It was only in 1940 that a local farmer discovered these giant statues, tumbled over and engulfed in vegetation. They are distinct among all other megalithic European menhirs because of their carved, stylized human features. Filitosa V, the largest statue-menhir on Corsica, is a dramatic sight, with its striking human face and sword and dagger carved in relief. We continue through the pretty countryside to the delightful hilltop village of Sartène, with its perfectly preserved medieval center and views of the sea. We gather this evening for a Welcome Dinner that introduces us to the wonderful cuisine of Corsica.

Overnight in Sartène...LD

Driving Time: 2 hours

## DAY 2

### CAURIA / SARTÈNE

A half-day warm-up hike takes us through mystical oak woodlands on the high, maquis-covered plains of Cauria, just southwest of Sartène. Our hike weaves through the landscape by way of Cauria's megaliths, 22 stone menhirs in the form of "standing men," a striking reminder of Corsica's prehistory. After visiting Cauria, we continue down to the beach where we enjoy a picnic lunch and a chance for a refreshing swim in the turquoise Mediterranean. In the afternoon, we continue our hike along the coast, following a trail that leads up into the hills. Overnight in Sartène...BLD

Hiking Details: 5.5 miles, 4 hours, 600 feet descent

Driving Time: 1.5 hours

## DAY 3

### COL DE BAVELLA / BONIFACIO

Our hike around the Col de Bavella (4,000') brings us through a beautiful forest of Corsican pine by way of an impressive natural arch, and we enjoy our picnic lunch on the top of the mountain. From this mountain-top setting, views of the gleaming Mediterranean and gulf of Porto Vecchio are stunning, and the steep pinnacles of the Bavella mountains rise behind us. After lunch, we descend to the Col de Bavella and drive a beautiful mountain road to the cliff-perched town of Bonifacio, an ancient port supremely isolated at the tip of southernmost Corsica. The original part of town is a maze of tiny streets with a medieval flavor, and set dramatically below is a perfect natural harbor, a magnet for fishermen and traders for many centuries and now a haven for pleasure yachts. Residents of Bonifacio speak the Ligurian dialect of Italian, a legacy of the town's original Genovese inhabitants. Overnight in Bonifacio...BLD

Hiking Details: 5 miles, 4 hours, 1,000 feet ascent/descent

Driving Time: 3 hours



## TRIP DETAILS AT-A-GLANCE

<b>Length:</b>	11 days
<b>Arrive:</b>	Ajaccio, Corsica
<b>Depart:</b>	Olbia, Sardinia
<b>Lodging:</b>	10 nights 3-, 4-, and 5-star hotels
<b>Meals:</b>	All meals included except 3 dinners (B=Breakfast, L=Lunch, D=Dinner)
<b>Activity:</b>	Cultural Adventures, Hiking / Trekking
<b>Trip Level:</b>	1 2 3 4 5 6 9 hiking days on moderate to strenuous trails, 2-4 hours a day, van support

## HIGHLIGHTS

- Hike among Corsica's craggy peaks and spectacular cliffs above the sea
- Visit Corsica's standing stones and Sardinia's Nuragic villages
- Explore Sardinia's fishing villages, mystical cork oak forests, and unique cultural heritage
- Enjoy elegant picnics and a private lunch at a goat herder's farm
- Fine wines, mouth-watering farm-to-table cuisine on both islands

# Itinerary (cont'd)

## DAY 4

### BONIFACIO / CAPO PERTUSATO

We set off from the hotel this morning for a walking tour of the Old Quarter of Bonifacio, followed by a hike along white limestone cliffs with beautiful vistas across a turquoise sea. In the afternoon, we visit a shepherd's farm where we have lunch and taste a variety of delicious goat cheeses, including the famous Brocciu, frequently used in traditional Corsican cuisine. Alternately, we can have the remainder of the afternoon free to relax by the marina, take a boat ride to explore some of the sea caves nearby, or shop for the local coral jewelry. Overnight in Bonifacio. Dinner is on your own this evening. Your Trip Leader will be happy to make recommendations depending on how fancy or local you want to go...BL

Hiking Details: 4 miles, 2 hours, 250 feet ascent/descent



“Wonderful combination of cultural exposure, hiking, and culinary exploration. The activities were chosen to maximize our appreciation of the islands and their peoples in such a way that would be impossible to replicate as an independent traveler.”

*Patricia G., Orlando, FL*

## DAY 5

### CAPO TESTA, SARDINIA / ALGHERO

We catch a morning ferry for a short ride across the Straits of Bonifacio to Sardinia, disembarking at the little resort town of Santa Teresa di Gallura at the island's northern tip. Just west is Capo Testa, a dramatic granite promontory connected to the main island by a sand bar. We cross over to Capo Testa and enjoy a wonderful hike through sweet-scented maquis scrub and among ancient quarries that once supplied the Romans with granite for their monumental temples. Lying in a fantastic jumble along the sea, Capo Testa's enormous blocks of granite have been carved into beautiful (and sometimes bizarre) shapes by the wind and sea, and we scramble among them as we hike from one dramatic bay to the next. After lunch, we drive to Alghero, a walled city by the sea with a Spanish Catalan origin. Catalan is still spoken and Catalan seafood dishes are offered in the local restaurants. Along the way, we visit the remote Romanesque church of Santa Trinita de Sacargia, with its zebra-striped facade, interior frescoes, and bell tower, before arriving at our hotel in Alghero. Dinner on your own tonight, with a chance to explore the many restaurants in the old part of town or along the promenade facing the sea. Overnight at a hotel in the center of Alghero...BL

Hiking Details: 3.5 miles, 3 hours, 300 feet ascent/descent

Driving Time: 2.5 hours; Ferry Time: 1 hour

## DAY 6

### PUNTA GIGLIO / ALGHERO

In the morning, we take a short drive to Porto Conte Regional Natural Park for a hike along the coast. On the way, we visit our first nuraghi, a stone structure built by a little-known people who inhabited Sardinia between 1800 and 500 BC. There are more than 7,000 of these monuments scattered across the Sardinian countryside. A gentle ascent on a dirt road through pine forest and fragrant maquis brings us to the cliffs of Punta Giglio, set above the sea. Here, military emplacements from World War II (the defensive line against the eventual landing of the Allies) are still visible, along with machine guns, barracks, and graffiti and mottoes of Mussolini. Our return hike is on a

narrower trail in rougher terrain, following the coastline down to the beach, where we enjoy a packed picnic lunch and a chance for a swim. Conditions permitting, we may visit the cave complex of Grotta di Nettuno to walk the single-file path deep into a curving cavern of fantastically shaped stalagmites and stalactites. Overnight at hotel in Alghero...BLD  
Hiking Details: 4.5 miles, 3.5 hours, 300 feet ascent/descent  
Driving Time: 1 hour

## DAY 7

### MONTE FERRU / SANTA CRISTINA

In Sardinia's wild interior, we hike up the flanks of the dormant volcano Monte Ferru, with its forests of cork oak and large swaths of ferns. The views are fantastic, stretching to the coast and out over Sardinia's prime Vernaccia wine-producing region. Our picnic lunch is in a beautiful oak forest above the small town of Seneghe, well known for its olive oil. We then head to the nuraghic village of Santa Cristina in rural Paulilätino, notable for its eerie underground well-temple dating to 1,000 BC and dedicated to a cult of the mother-goddess. Descending into the well through its triangular opening, we find an underground spring where once every 18.5 years, the moon is reflected in the water through a hole bored in the temple's roof. The sacred nature of the site is enhanced by its green, wooded surroundings and a church built nearby for devotees of Santa Cristina. Overnight in nearby Oristano...BLD  
Hiking Details: 5 miles, 4 hours, 1,300 feet ascent/descent  
Driving Time: 2.5 hours



## Itinerary (cont'd)

“Excellent trip! Great moderately challenging hiking, diversity of terrain and landscape, excellent guides, enjoyable meals, the right mix of physical activity and cultural component.”

*Catherine P., Toronto, ON*

### DAY 8

#### STAGNO DI CABRAS / THARROS / SAN SALVATORE

This morning we explore Stagno di Cabras, a coastal lagoon on the Sinis Peninsula that is also a reserve for nesting birds including peregrine falcons, purple gallinules, marsh harriers, and large flocks of flamingos. The fish in these lagoons have provided a good source of income for the local people for centuries. We start our hike by the church of San Giovanni, the second oldest church on the island, and head to the ruins of Tharros, one of Sardinia's most important archaeological sites, set on a spit of land called Capo San Marco. Phoenicians settled here as early as 800 BC, and the city flourished under the Carthaginians; later it was an important site to the Romans. Our coastal trail brings us up to a lighthouse, then loops back to Tharros. The nearby village of San Salvatore contains the fascinating sanctuary of San Salvatore, one of Sardinia's *chiese novenari*, churches open just nine days a year during special novena ceremonies for Catholic pilgrims. Around the church are tiny whitewashed houses used by pilgrims during the novena, which occurs in late summer. We'll enjoy a lunch of fresh-caught fish cooked for us by the local fisherman (perhaps *sa merca*, salted mullet cooked in herbs, one of the oldest-



known dishes in Sardinia). The remainder of the afternoon is free to visit the local archaeological museum, or visit the prestigious Contini winery, where we sample the Vernaccia di Oristano and tour the cellar with the owner. Overnight in Oristano...BL

Hiking Details: 3.5 miles, 2 hours, 300 feet ascent/descent

#### DAY 9

##### SANT' ANTINE DE SÉDILLO / MONTE TISCALI / SU GOLOGONE

Our first stop this morning is Sant'Antine de Sédilo, a rural shrine with an evocative sanctuary where Christianity and paganism mix in every detail. Sant'Antine is the Sardinian dialect name for San Constantino, the saintly persona of the Roman Emperor Constantine. The interior of the shrine is fascinating, with its ex-voto graffiti completely covering the walls. Each year, the nearby town of Sédilo hosts a wildly colorful horse race dating from medieval times, with the sanctuary as its finish line. We continue on to our trailhead for our hike on a fairly steep and rocky trail up Monte Tiscali (1,700'). Near its top, we explore mysterious Tiscali, a nuraghic village with round stone dwellings visible amid crumbling ruins. The village is set within an enormous chasm and was discovered a century ago by woodsmen. We descend the mountain on another narrow, rocky trail and then head to the most beautiful hotel on our journey, the family-run Su Gologone, with its impressive rural setting by a spring below the Sopramonte massif. The architecture is distinctively Sardinian, furnished with rugs and other beautiful crafts made by local artisans. The hotel's restaurant is famed for its Sardinian specialties. Overnight at the Su Gologone, near the village of Oliena...BLD

Hiking Details: 5 miles, 4 hours, 1,200 feet ascent/descent

Driving Time: 1.5 hours

#### DAY 10

##### CODULA DI LUNA / SU GOLOGONE

Our last hike follows a trail past ancient shepherds' huts of stone and through woodlands to the coast, where we descend the Codula di Luna, a limestone canyon filled with pink oleanders. The canyon path leads us to the Cala di Luna, a tiny half-moon beach of white sand accessible only on foot or by boat. We stop partway through the hike at a shepherd's farm for lunch, then continue on to the beach, where we can take a swim in this idyllic setting before departing via boat to Cala Gonone, a picturesque port full of yachts. In the evening, we gather for a festive Farewell Dinner. Overnight at the Su Gologone...BLD

Hiking Details: 3.5 miles, 3 hours, 1,000 feet descent

Driving Time: 2 hours

#### DAY 11

##### OLBIA-COSTA SMERALDA / DEPART

Depart from Olbia-Costa Smeralda on homeward-bound flights, with connections throughout Europe...B

Driving Time: 1.5 hours



*“The guides were great! Fun, professional, knowledgeable, available, and helpful. They were just terrific. Wonderful trip! I had a marvelous time.”*

*Ronnie F., Cambridge, MA*



# Trip Cost, Payment & Insurance

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## TRIP COST

**Prices are per person, valid through 2024**

\$6395 (11-15 members)

\$6895 (5-10 members)

Single supplement: \$865

*2025 Trip Costs: Please call for details*

To offer the lowest possible cost, our trips are priced according to the number of participants on the trip. All costs are per person, based on double occupancy. If you wish to have a single room, you must pay the single supplement fee. Please note that Wilderness Travel staff, or guests of Wilderness Travel such as travel writers, photographers, or leaders-in-training, are not included in the tier pricing count.

## CURRENCY EXCHANGE RATE

Due to the volatility of currency markets, we can only offer the most competitive pricing on our trips in Europe by partially tying the trip cost directly to the value of the Euro. In the late spring of 2023, when we set the rates for our 2024 program, the US Dollar equaled .94 Euros. While in most years, no price changes are ever necessary, if there were to be a significant change in exchange rates, we may be forced to raise or able to lower our trip cost; if so, your final invoice, sent two weeks before your final payment is due, will reflect the difference. Please note that the calculation will not be a straight proration. While most of the trip cost is paid in Euros, the remainder of our expenses are paid in US Dollars. The overall effect is to moderate any change; thus, if the Euro were to rise in value, the land price would rise less than might be expected, and if the Euro were to fall, the drop in trip cost would also be less than might be expected.

## TRIP COST INCLUDES

- Expert leadership of a Wilderness Travel Trip Leader (up to three per trip, depending on group size)
- Accommodations
- All meals included except 3 dinners as indicated in the Detailed Itinerary (B=Breakfast, L=Lunch, D=Dinner)
- A glass of wine or beer with dinner
- Transportation, airport transfers and sightseeing as noted

## TRIP COST DOES NOT INCLUDE

International airfare, internal flights, transfers for independent arrival or departure, any meals not specified after each itinerary day, airport departure taxes, optional tipping or gratuities to leaders or staff, additional hotel nights that may be necessitated by airline schedule changes or other factors, expenses such as medical immunizations (if any), travel insurance, or passports and visas, and other expenses of a personal nature (alcoholic beverages, laundry, etc.).

## PAYMENT SCHEDULE

At time of reservation: \$600

90 days prior to departure: Balance

## CANCELLATION AND TRANSFER FEE SCHEDULE

Up to 91 days prior to departure: No charge!

61-90 days prior to departure: 25% of trip cost

46-60 days prior to departure: 50% of trip cost

45 days or less: 100% of trip cost

## TRAVEL INSURANCE

We highly recommend you purchase travel insurance. You can take advantage of a comprehensive Travel Protection Plan designed for Wilderness Travel by Travelex, or purchase other insurance on your own. See our website for details: [www.wildernesstravel.com/insurance](http://www.wildernesstravel.com/insurance)



# Arrival & Departure

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Upon confirming your trip reservation, we will send you a Welcome Packet that includes a list of documents (passport, visas, etc.) required for your trip. Please feel free to call if you would like this information before making your air arrangements.

## ARRIVAL & MEETING PLACE

Ajaccio, Corsica

**Suggested Airport:** Ajaccio Napoleon Bonaparte Airport (AJA)

**Suggested Date & Time:** Day 1, by 10:15 am

**Meeting Place:** Trip members arriving before Day 1 will meet our Trip Leader in the lobby of Hotel Demeure Les Mouettes in Ajaccio at 10:30 am on Day 1. Trip members arriving on Day 1 will meet our Trip Leader at 11:00 am just outside arrivals at Ajaccio Napoleon Bonaparte Airport.

## DEPARTURE

Olbia, Sardinia

**Suggested Airport:** Olbia Costa Smeralda Airport (OLB)

**Suggested Date & Time:** Day 11, after 11:30 am

A group transfer will be provided on Day 11 from Hotel Su Gologone to Olbia Costa Smeralda Airport in time for an 11:30 am flight or later. It may be possible to fly out earlier, but trip members departing from Olbia earlier in the morning are responsible for transferring on their own by taxi (this could cost more than €120). Your Trip Leaders can assist you with arranging this taxi.

## INTERNATIONAL AIR TRAVEL

You are responsible for making your own arrangements for flights to Ajaccio, Corsica, and from Olbia, Sardinia.

There are many online consolidators for booking travel, but for more personal help arranging air transport, you can contact Exito Travel at 1-800-655-4053 in the US or 1-800-670-2605 in Canada. They are very adept at putting flight itineraries together, to even the most far-flung places. More information can be found on Exito's website at [www.exitotravel.com](http://www.exitotravel.com).

Depending on your routing, it is necessary to depart from the US one or possibly two days prior to Day 1 of the trip itinerary. Those traveling from the West Coast will

probably have to overnight in one direction or both due to flight misconnections. If you prefer to avoid an overnight in Europe en route, you may wish to arrive one day early. Any extra hotel nights incurred due to flight scheduling are at your own expense.

The name on your airline ticket must match the name on your passport exactly, and your passport must be valid for at least six months after your date of return to the U.S.

**Please do not purchase your tickets until you are confirmed on the trip.** Once your tickets have been purchased, please send us a copy of your airline schedule so we can reserve your airport transfers. It is your responsibility to ensure your flight times coordinate with the arrival and departure logistics for this trip.

## RECOMMENDED HOTELS

### Ajaccio

For those arriving in Ajaccio a day ahead or more ahead, we recommend the Hotel Demeure Les Mouettes, located on the beach just outside the center of Ajaccio and a short 20 minute taxi ride from the airport. The hotel and taxi transfer can be booked directly at [en.hotellesmouettes.fr](http://en.hotellesmouettes.fr).

### Paris

The Hotel St. Jacques is a charming Parisian-style hotel located in the heart of the Latin Quarter, right next to the Sorbonne. The hotel can be booked directly at [www.hotel-saintjacques.com](http://www.hotel-saintjacques.com). If you plan on staying right at Charles de Gaulle Airport, we recommend the CitizenM Hotel, located within walking distance of Terminal 3; [www.citizenm.com](http://www.citizenm.com).

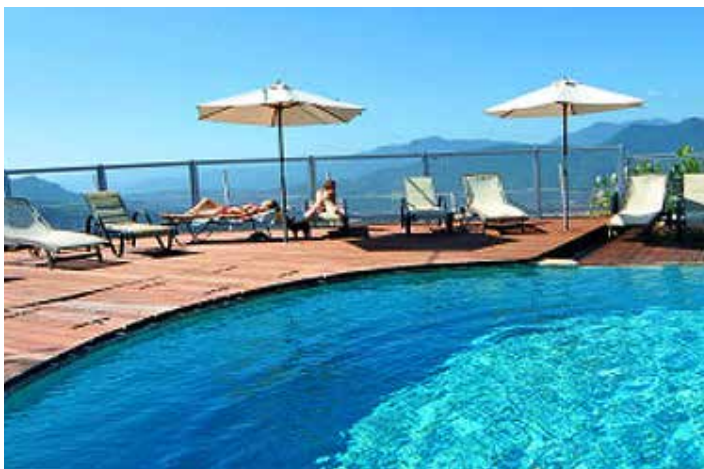
### Nice

The Hotel Mercure Grimaldi is located in the city center; [www.mercure.com](http://www.mercure.com).

### Rome

The Hotel Forum is located in the historical center of Rome, overlooking the Imperial Forums and the Colosseum; [www.hotelforum.com](http://www.hotelforum.com).

# Accommodations



## HOTEL SAN DAMIANU

*Sartène, Corsica, France*

*Days 1 to 2 (2 nights)*

This modern hotel on the outskirts of the hilltop village of Sartène has a great location with terrific views of the mountains, sea, and the Rizzanese Valley. Each of the 28 guest rooms has a terrace overlooking the countryside, and there are lovely grounds and a wonderful outdoor swimming pool—a great spot to soak up the sun and take in the grand views. The hotel is just a short stroll from Sartène’s *vielle ville* (old town) with its perfectly preserved medieval center.



## HOTEL GENOVESE

*Bonifacio, Corsica, France*

*Days 3 to 4 (2 nights)*

With an elegant yet comfortably casual ambiance, the Hotel Genovese has the most amazing location in Bonifacio, right on top of the cliffs in the heart of the citadel in the haute village, the medieval part of town, and overlooking the impossibly picturesque yacht harbor. Though the hotel is modern with a minimalist décor, the sense of history is ever-present, evidenced by the ancient stone walls of the fortress surrounding the garden terrace and sun-drenched swimming pool. Excellent breakfasts are served on an inviting patio and the staff is easygoing yet professional.



## HOTEL CATALUNYA

*Alghero, Sardinia, Italy*

*Days 5 to 6 (2 nights)*

The guest rooms in this large, modern hotel are decorated in typical Catalan style with bright bold colors, a legacy of Alghero’s Catalan past. Its location just a few steps from the medieval center of Alghero is convenient for strolling along the sea-facing ramparts and enjoying a beautiful sunset from the table of one of the many restaurants or cafes. The views are stunning and Alghero’s atmosphere is relaxed and welcoming.

These are our signature accommodations for this trip. Although it is highly unlikely, we may make substitutions when necessary. To see more photos and descriptions, please visit our *Corsica and Sardinia* webpage and click on “Accommodations.”



## HOTELS IN ORISTANO

*Oristano, Italy*

*Days 7 to 8 (2 nights)*

In Oristano, we stay at one of the following properties, based on availability:

### HOTEL DUOMO

Located in historic Oristano, the Hotel Duomo has a great location in the city center just steps from the cathedral and the Piazza Eleonora.



### MARIANO IV PALACE HOTEL

The Mariano IV Palace Hotel enjoys a central location in Oristano, and offers comfortable rooms with old world charm and balconies overlooking the town. Be sure to check out the on site restaurant with its exposed brick interior—it was once a grain storehouse for an old manor house in the 1700s.



### HOTEL SU GOLOGONE

*Oliena, Sardinia, Italy*

*Days 9 to 10 (2 nights)*

This is arguably the most beautiful hotel on our journey and one of our Trip Leaders' favorites! The family-run Su Gologone is a bit of paradise set on the slopes of Monte Corrasì. The architecture is distinctively Sardinian, with whitewashed bougainvillea-draped cottages sprawled around the garden, and birds are everywhere. The hotel is a showcase of Sardinian arts and crafts, with carpets and blankets reflecting the weaving tradition of the island and all displayed with enormous pride. The hotel's restaurant, considered one of the best on the island, is famed for its Sardinian specialties. The breakfast buffet is a feast of flavors, with local cheeses, organic jams, homemade cakes, fresh fruit, sheep's-milk yogurt, and ricotta cheese with strawberry tree honey. We always find it hard to leave here!

# Trip Leaders

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Wilderness Travel Trip Leaders have a passion and a joy for creating an unforgettable journey. We are extremely proud of them and the incredible travel experiences they make possible. For more information, including client comments about them and which specific trips they will be leading, please visit our webpage and click on “Trip Leaders”: [www.wildernesstravel.com/trip/corsica-sardinia-hiking-tour/](http://www.wildernesstravel.com/trip/corsica-sardinia-hiking-tour/)

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## STEFANO BALDI

Stefano Baldi, of Tuscany, has led hiking trips in Europe for us for nearly 15 years. He has spent most of his life living in the beautiful rural countryside of Tuscany, except for a few years in Florence as a student. His love for nature led him to found an agricultural co-op with friends in the 1970s, and a decade later, he started his own farm in the hills north of Florence, where he now lives with his wife and two daughters. When not leading trips for us, Stefano grows organic vegetables, keeps bees, and raises Cinta Senese, the traditional small boars of the Siena region, now endangered. He spent five years restoring two old houses on his property, one of which is now an agriturismo accommodation.



## TERESA BALDI

Teresa Baldi, daughter of veteran WT Trip Leader Stefano Baldi, grew up on a farm owned by her family on the hills surrounding Florence. She has a degree in art history at the University of Florence and when she is not helping on the farm, a working agriturismo, she is employed at a nearby first-class restaurant, where she developed a passion for good food and wines. “It was great for me to grow up on a farm with plenty of animals and fantastic trails to explore and, at the same time, have the opportunity to study the beauty of art right in the streets of my home town. A hop on the bus and you step from nature to the glories of the Renaissance.”



## MIKE BROWDER

Mike Browder has worked in outdoor settings all his life, from directing parks and recreation programs in Bend, Oregon, to mountain climbing in North America and Asia (including an ascent of Everest!) to coaching school ski programs. He spent much of the 1990s in Central Asia, guiding, teaching English, and learning about the culture. He lives in Chamonix with his British wife, Gill, and is a great addition to our European guiding team.



## MARIANGELA LOVICU

Mariangela Lovicu was born in a lovely mountain village in Sardinia and has lived on this beautiful island all her life. Since earning her degree in Languages and Communication from the University of Cagliari, she has worked as a guide, enjoying her “dream job” of introducing people to Sardinia and its traditions. When not guiding, she can be found enjoying outdoor pursuits, from hiking, climbing, and kayaking to caving and canyoning.



#### GILL BROWDER

Gill Browder is British by birth, but has made her home in the alpine capital of Chamonix, France, for almost 30 years. She has explored destinations throughout Europe, Central Asia, the Far East, Africa, and Alaska, but delights most in the discoveries to be found in the Alps. In addition to her work sharing the beauty of the mountains with visitors, Gill is an accomplished rock climber, skier, and swimmer. She enjoys photography and speaks fluent French.



#### DANIEL WINDHAM

Daniel Windham, born in Georgia's foothills, discovered his passion for the mountains at an early age while backpacking on the Appalachian Trail. After moving to northern Italy, becoming a mountain guide, and running a mountain hut with his wife, he returned (via a couple of years in Costa Rica) to his roots, enjoying the outdoor life with his family. Having climbed and guided on some of the highest peaks in the Himalayas and the Americas (notably Mt. Rainier), Dan continues to guide on Aconcagua (Argentina) and for Wilderness Travel in the Alps.

# Trip Details

## WHAT THE TRIP IS LIKE

This trip is rated a Level Level 3+ (Moderate to Strenuous) according to our trip grading system. You will need to be comfortable hiking 5.5 miles a day and being on your feet for up to 4 hours a day. The trails on both islands can often be rocky with sections that are quite steep, even involving scrambling over boulders. Trail conditions, weather, and the group's level of fitness can affect hiking times and pacing.

### Average Hiking Day

- 4-5 miles
- 3-4 hours
- 500-700 feet gain/loss

### Challenge Days

- Day 7: 5 miles, 4 hours, and 1,300 feet gain/ loss; includes 2.5 hours driving

## TERRAIN

Our hikes are over varied landscapes with moderate to steep terrain. They are at moderate to low altitudes and include rough and rocky trails with loose scree and coastal tracks down to the beach. There are a few steep ascents and descents and some sections that involve scrambling over and around large boulders and through granite rock formations. You must be stable and confident on your feet to participate in this journey.

## GETTING IN SHAPE

We strongly urge you to train for your trip, as your enjoyment will be highly dependent on your level of fitness.

The best training for a hike is to hike, especially over hills or rough terrain. Next best are running, swimming, bicycling, or other cardiovascular exercise. Stair climbing machines are excellent preparation for hiking uphill. Your feet should also be well prepared—make sure your hiking boots are sturdy, comfortable, and thoroughly broken-in.

## WEATHER

The weather in Corsica and Sardinia is usually very pleasant, with temperatures in the 70°Fs and 80°Fs during the day and in the 50°Fs and 60°Fs at night. Cool breezes and showers can occur at any time, especially on fall departures.

## ACCOMMODATIONS

We spend most nights in small, picturesque inns full of charm and ambience. All hotels are chosen for their local history and central locations. Since they are often in historic buildings, the rooms are not always of uniform or international size. Our leaders do their best to assign rooms in a fair way so that all participants experience an equal advantage throughout the trip as a whole. Single rooms can be requested but are not always available, due to the limited space in the hotels. If you prefer a single room, please make your request as early as possible.

## CUISINE

There is a continental breakfast at each of our hotels. We will generally enjoy a packed lunch along the way during our hikes, sometimes spending more time sampling local specialties. Please note that in Europe, the dinner hour is

HIKING DETAILS BY DAY				DRIVING DETAILS
DAY	HOURS	MILES	ELEV. GAIN/LOSS	HOURS
1				2 hours 10 minutes
2	4 hours	5.5 miles	-600'	1 hour 30 minutes
3	4 hours	5 miles	+1,000' / -1,000'	3 hours
4	2 hours	4 miles	+250' / -250'	30 minutes
5	3 hours	3.5 miles	+300' / -300'	1 hour ferry; 2 hours 40 minutes drive
6	3.5 hours	4.5 miles	+300' / -300'	1 hour
7	4 hours	5 miles	+1,300' / -1,300'	2.5 hours
8	2 hours	3.5 miles	+300' / -300'	40 minutes
9	4 hours	5 miles	+1,200' / -1,200'	1 hour 40 minutes
10	3 hours	3.5 miles	-1,000'	20 minutes boat ride; 2 hours 10 minutes drive
11				1 hour 30 minutes

AVERAGE DAILY MAX/MIN °F												
	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Bonifacio	55/45	55/45	57/46	61/50	68/55	75/61	81/66	81/66	75/63	70/57	63/50	57/46
Alghero	57/45	57/45	59/45	63/48	70/54	77/61	84/64	84/66	79/63	72/57	64/50	59/46
Oristano	57/45	57/45	61/46	64/50	72/55	79/63	84/66	86/68	81/64	73/59	64/52	59/46
RAINFALL - INCHES												
Bonifacio	2.4	2.4	2.3	1.7	1.3	0.7	0.3	0.7	1.5	2.8	3.1	3.0
Alghero	2.6	2.5	2.1	1.7	1.1	0.5	0.1	0.3	1.6	2.9	4.4	3.5
Oristano	3.0	2.6	2.0	1.9	1.2	0.6	0.2	0.4	1.5	3.0	3.7	3.5

considerably later than what it is in the US. We do our best to secure early reservations for our groups, but most often the evening meal will be at 7:30 pm.

### TRANSPORTATION

Our van will transport the group's luggage, so you only need to carry a daypack for items you need for the day (rain gear, sweater, camera, water bottle, etc.). Trip members are always free to skip a day's hike and travel to the next destination in the support vehicle (or remain at the hotel if we are not transferring that day).

### CHOOSING THE RIGHT TRIP

Adventure travel often involves exotic destinations, unusual levels of physical exertion, or activities you may not have participated in previously. We work hard to help you choose the right trip for you, paying attention to your individual interests, abilities, and needs. If you have questions about the level of comfort or any of the activities described in this itinerary, please call Wilderness Travel at 1-800-368-2794 and ask for the Europe Manager or email us at [europa@wildernesstravel.com](mailto:europa@wildernesstravel.com).

### TOUCAN CLUB

We're proud to have one of the highest rates of repeat travelers in the business! The Wilderness Travel Toucan Club was established to reward our travelers for their loyalty. For details, please visit the Toucan Club page of our website at [www.wildernesstravel.com/resources/toucan-club](http://www.wildernesstravel.com/resources/toucan-club).

### REFERENCES

We'd be happy to put you in touch with a past client that has traveled with us on this or a similar trip.

### VISIT OUR WEBSITE

At [www.wildernesstravel.com](http://www.wildernesstravel.com), you can book your trip online or find out about added departures, last-minute deals, and one-time Limited Edition adventures that aren't listed in our catalog. You can also access our complete library of detailed itineraries filled with enticing photos and videos, read bios of our Trip Leaders, find descriptions of trip accommodations, and check real-time availability of any trips that interest you.



## WILDERNESS TRAVEL HAS BEEN AWARDED:

**World's Best Tour Operators:** *Travel + Leisure*, 2022, 11-time winner

**Best Travel Specialists in the World:** *Conde Nast Traveller*, 2022, 3 years in a row

**Best Wildlife, Hiking & Walking Trips:** *AFAR Magazine*, 3 years in a row

**Best Adventure Travel Companies:** *USA Today*

**Trip of the Year:** *Outside Magazine*, 9-time winner

**50 Tours of a Lifetime:** *National Geographic Traveler*, 9 years in a row

**Best Adventure Travel Companies:** *National Geographic Adventure*, 3-time winner

Please be advised that California has established a Travel Consumer Restitution Fund under the California Seller of Travel Law that took effect January 1, 1996. This fund is designed to protect consumers from unscrupulous practices by discount airfare ticket sellers or air charter operators. Unfortunately, this law does not cover non-California residents and, even in the case of California residents, it does not cover any foreign travel where the foreign "providers of transportation or travel services" are not in compliance with the Sellers of Travel Law (compliance being defined as registered as a Seller of Travel in California and a participant in the Travel Consumer Restitution Fund). Thus none of Wilderness Travel's tours qualify and we are required by law to advise each client that they are not covered by the California Travel Consumer Restitution Fund. California law requires sellers of travel to maintain a trust account or bond. This business has a trust account. California Seller of Travel #100769640

While as accurate as possible at the time of printing, this itinerary should be considered an approximate indication of the schedule and scope of activities and trip routing, rather than an inflexible schedule of events; it is subject to change due to circumstances beyond our control. This trip is subject to the Limitation of Liability and all the terms and conditions as detailed in the General Information section of the Wilderness Travel Catalog.

October 24, 2023 2:25 PM