

## INTO THE BLUE - WILD TREK&SAIL



**A very wild trek with the comfort of a sailing boat**

**euro 1.590,00  
a persona**

**Persone minime:**

**Livello di allenamento:**

**Difficoltà:  
3 Trekking**

**LINK ONLINE**



## DESCRIPTION

The **Into the Blue**, in Italian **Selvaggio Blu**, is one of the most beautiful and exciting experiences for lovers of the outdoors. Breathtaking landscapes and atmosphere, the search for a path alongside sheer drops to the sea (rarely a trail...), nights gently lulled by the sea waves in the silence: these are the unique ingredients for this adventure that retraces the ancient journeys of shepherds and charcoal burners.

On the **East coast of Sardinia**, we will embark on this fantastic excursion, including sections of mountaineering, from Santa Maria Navarrese at Cala Sisine for 6 unforgettable days in the wild.



The **Into the Blue trekking** is certainly one of the **most stunning and unusual treks in Europe**.

Six days following the ancient narrow paths of the charcoal burners, from South to North along the coast of the Tyrrhenian Sea between Santa Maria Navarrese and Cala Sisine.

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Six days following the **ancient narrow paths** of the charcoal burners, from South to North along the coast of the Tyrrhenian Sea between Santa Maria Navarrese and Cala Sisine.

While trekking will be time to take photographs, stopping to rest and refuel along the way, and, of course, to admire the wonderful surrounding scenery.



The **typical day** involves waking up to breakfast on board, **landing by dinghy** and starting to walk for **5 to 6 hours** through wild and unmarked paths. Some stages **include short and easy climbing** and also **double rope abseiling**, where the **Mountain Guide will provide support**. We shall also encounter the "*iscalas 'e fustes*", rudimentary steps carved from juniper logs making some sections easier.



The walk will be at a **normal pace**, so there's no rush! We want you to have time to take photographs, stopping to rest and refuel along the way, and, of course, to admire the wonderful surrounding scenery. At the end of the day, back at the shore, the dinghy will pick us up and return to the sailboat, where the dinner, prepared by our **Captain / Chef** (excellent chef, actually!), will offer us some **Sardinian speciality** of Purceddu. Of course, before dinner you will have the opportunity to take a shower and change into more comfortable clothes. After dinner we will have plenty of time to **relax on deck** under the stars and talk with the newfound friendships made over the cliff in front of the sea.

## THE SAILBOAT

Our very comfortable boat is the **Betelgeuse Bavaria 50** (15 meters), designed for cruises on the Mediterranean sea.

Click on the link below to have a look at the Betelgeuse and browse through the photo gallery:



[The Sailing Boat – Betelgeuse](#)

## TRAVEL DETAILS

### DEPARTURE AND RETURN

Meet-up at Santa Maria Navarrese (Baunei) at 5 pm.  
We can offer support for the transfer from Santa Maria Navarrese airport (please contact us)

### CLOTHING AND EQUIPMENT

Clothing for several days of trekking.

Mandatory harness and helmet if available, belay device and daisy chain with screwgate carabiner.

### GUIDING RATIO

1 : 6 max

### WHAT'S INCLUDED

Half board on the sailing boat, 8 days, 7 nights. Cabins with double bed or bunk beds, shared bathroom with shower.

Every transfer to/from the boat to/from the shore

All the costs of the Mountain Guide and the Crew

Mountain Guide services

Search and Rescue Insurance

### WHAT'S EXCLUDED

Transfers from your home to Santa Maria Navarrese and back (flights, train buses, etc)

Lunch and dinner off board (first and last evening)

Personal travel insurance (accidents, cancellation, baggage list)

Everything else not specified in the row "What's included"

## PROGRAM

The program is as follows:

### Day 01

Flight to Sardinia (Cagliari or Olbia) and transfer to Santa Maria Navarrese. Welcome on board at 5 pm, apéritif and safety&logistics meeting. Dinner in a restaurant in Santa Maria Navarrese (not included). Overnight on the boat.

### Day 02

**Pedra Longa – Porto Pedrosu**



Sailing in the morning and disembarkation at Pedra Longa beach. The first day is quite long, but easy and spectacular. Beautiful walking along Punta Girardili ledge, an interesting approach to an easy climb (scrambles) crossing Bacu Tenadili. Pick up in the narrow cove named Porto Pedrosu, back in the boat and dinner.

### Day 03

#### Portu Pedrosu – Cala Goloritzè

From Porto Pedrosu walking up to the cliff edge, very high over the sea. From Punta Salinas summit we have a stunning panoramic view. Steep descent to the very famous Cala di Goloritzè, with the beautiful tower named Aguglia di Goloritzè. Dinner and overnight on board.

### Day 04

#### Cala Mariolu – Cala Mudaloru

We restart from Cala Mariolu walking up to the panoramic point of Punta Mudaloru. Steep descent and a short abseil, then unforgettable walking across trails on the ledges, huge caverns, short scrambles always just over a blue sea. The dinghy will pick us up in a beautiful cove. Dinner and night on board.

### Day 05

#### Cala Mudaloru – Cala Biriola

A demanding day, but simultaneously the most beautiful of the trekking. Steep ascent, then steep descent, some abseils and an amazing section over the Grotta del Fico, a big cave in front of the sea. After that, the path continues regular and ends with a enjoyable and beautiful track on the rocks at sea level, with waves, spray and wet stones.

### Day 06

#### Cala Biriola – Cala Sisine

Into the Blue last leg. Quite long, but not steep trails and with moderate elevation gain. A bit technical because abseil, one of 50m, some scrambles and narrow trails, but with amazing views over the sea.

### Day 07

#### Extra day

Not a proper backup day, but the opportunities to other experiences. We can have several options:

- **A day sailing – Why not try to sail across the Orosei Gulf? The skipper gives everyone a chance to operate the sails and helm, wind. How about taking some time to swim in the open sea?**
- **A climbing day – Sardinia is an eldorado land for sport climbing. We just need to know if this is your intention before starting the trip, and the Mountain Guide will provide all the necessary gear, as rope, carabiners, harness, etc.**
- **Another trekking day – maybe five trekking days wasn't enough for you... No problem, it's easy to extend the path to Cala Luna or make some nice variations in the route to visit the Gallura land!**
- **Backup day – not all that frequent, but does sometimes rain in Sardinia too... Or maybe after two long walking days we decide to have a rest. Don't worry, we have got time to recuperate.**

At the end of the day we will sail back to Santa Maria Navarrese, coasting the cliffs where we walked for one week... Already time to be nostalgic, with the newfound friends made on board who have shared this unforgettable journey. Actually, you will be really surprised to recognize the ledge in the middle of the rocky walls, the step of the abseil, and the balcony where we walked across!

Dinner in a restaurant in Santa Maria Navarrese, last night on board, anchored at the dock.

### Day 08

Breakfast together, and it's time to say farewell to the Captain. Disembarkation at 9 o'clock and transfer to the airport or to your next destination.



## GEAR AND CLOTHES

### Clothes

- **Light trekking pants (no shorts!)**
- **Technical T-shirts**
  
- **Light jacket**
- **Rain/wind jacket with “Windstopper” or similar**
- **Hat, light head band, light gloves**

### Gear

- **Backpack (maximum 30 liters)**
- **Trekking shoes (low profile are good)**
- **Harness with n.1 screwgate, daisy chan with carabiner (optional), abseil device (optional)**
- **Trekking poles**
- **Sun glasses, sun cream**
- **Plastic water bottle or camel bag (1- 1,5 Litres)**
- **Camera (with extra batteries and memory cards)**
- **Head torch**

### To stay on board

- **Wash bag / beauty case**
- **Rock shoes (to walk in the water over the rocks)**
- **Swimsuit**
- **Sarong**

## MAP

**The coast line where the Into the Blue trek is**