

3. Itinerary from Cannigione

The north coast of Sardinia and the citadel of Bonifacio



2 weeks



about 316 miles

Cannigione - La Marmorata - Capo Testa	20 miles
Capo Testa - Cala Sarraina - Costa Paradiso - Tinnari	20 miles
Tinnari - Stintino	31 miles
Stintino - Asinara (tour dell'isola)	38 miles
Asinara - Argentiera - Isola Piana (Fornelli)	25 miles
Isola Piana - Capo Caccia - Alghero	31 miles
Alghero - Spiaggia de La Speranza - Bosa	18 miles
Bosa - Porto Conte - Torre del Porticciolo	36 miles
Torre del Porticciolo - La Pelosa	22 miles
La Pelosa - Santa Teresa di Gallura/Bonifacio	57 miles
Bonifacio - Cala Giorgio Marino - Porto Liscia	20 miles
Porto Liscia - Cala di Trana - La Maddalena	5 miles
Porto Rafael -Porto Palma -Cannigione	11 miles





DAY 1 • CANNIGIONE – LA MARMORATA – CAPO TESTA

La Marmorata is a very wide beach of fine white sand with rocky coves, surrounded by green Mediterranean scrub. A few metres from the coast is the islet of La Marmorata, where the remains of an ancient Roman quarry can be visited. Trekking enthusiasts can take advantage of the numerous paths that lead to the enchanting coves nearby. It is well sheltered from the mistral. **Capo Testa** overlooks the Bocche di Bonifacio; it is a small peninsula artificially connected to the mainland by a sandy isthmus.

DAY 2 • CALA SARRAÏNA – COSTA PARADISO – TINNARI

Cala Sarraina is a beautiful cove of granite sand, surrounded by pinkish rocks and green hills scented with Mediterranean maquis. Through the numerous paths that branch off from this still unspoilt place, one discovers coves and hidden corners where one can enjoy extraordinary views. The **Costa Paradiso** area encompasses a stretch of coastline in northern Sardinia, near Castelsardo, Isola Rossa and Vignola. The sea and nature surrounding Costa Paradiso represent the undisputed beauty of a holiday in Sardinia: crystal-clear water, beaches and unspoilt territory. Easily accessible by sea from Costa Paradiso is the picturesque **Tinnari** beach. It is made up of pebbles of various sizes and is a shade of grey, contrasting with the bright green of the vegetation and the red of the cliffs. Clear water where you can swim in a seabed populated by fish, shells and sea urchins.



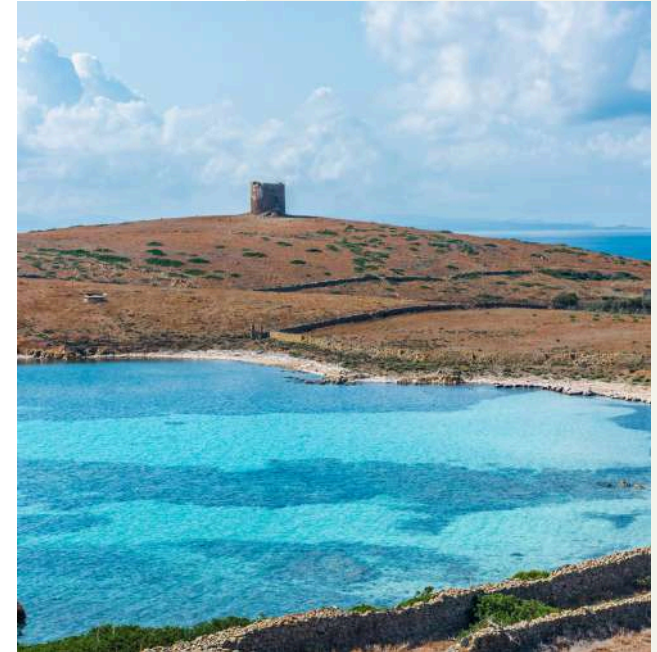
DAY 3 • TINNARI – STINTINO

Stintino peninsula represents the extreme north-western tip of Sardinia. This strip of land, a true paradise for sea lovers, juts out towards the Piana island and the island of Asinara from which it is separated by a shallow and very clear sea. Stintino boasts a historical centre that should not be missed. An unmissable attraction is the Museo della Tonnara di Stintino (StintinoTuna Museum), which should be visited to learn more about the history of Stintino, the neighbouring territories and how the area's vicissitudes, over time, have intersected with the history of tuna and fishing. In addition to the two ports equipped for nautical tourism, Portu Mannu and Portu Minori, the Tonnare (tuna nets) a few kilometres from the town are very interesting. Among the events, not to be missed is the Latin Sail Regatta at the end of August. The 'Lina' restaurant, overlooking the old harbor of Stintino, serves fresh fish dishes and traditional Sardinian cuisine. For a pizza, the right place is the restaurant-pizzeria 'Lu Fanali', located in the historical centre of Stintino.

DAY 4 • STINTINO – ASINARA (TOUR OF THE ISLAND)

The island of **Asinara** is located in the far north-east of Sardinia and retains a rugged and wild appearance and virtually untouched nature. This was possible due to the fact that the island, for many years and until 1998, was home to an armoured penal colony. The island has an area of over 50 square kilometer and is predominantly hilly. It is the coves with the wonderful beaches, as well as a very special fauna, that attract an increasingly aware tourism. In fact, Asinara is currently part of the park of the same name that protects its habitat. There are therefore no accommodation facilities, but one can land and take a guided tour or simply spend a day in the sun and sea. Inhabited since ancient times, we speak of the 4th century BC, it was known in Roman times as the island of Aeneas or Hercules.

The eastern coast, with its beaches lapped by crystal-clear waters, and the western side, with its sheer cliffs, offer unforgettable impressions. An excellent starting point for excursions on the island is Cala Reale, where there are also several interesting buildings. A visit to the inside of the now disused maximum security prison is not to be missed. Hiking along the nature trails is also an interesting experience, but it is good to respect the absolute ban on feeding the wildlife.



DAY 5 • ASINARA – ARGENTIERA – ISOLA PIANA (FORNELLI)

An abandoned mining village and a cove with silver reflections. **Argentiera** is one of the most adventurous places in Sassari. Here, argentiferous lead and zinc were once mined. It was at the end of the 19th century when the village began its activity, but, even today, fans of industrial archaeology can still admire a unique. It is set in a frame of silvery stones and lapped by two wide beaches with clear water. The wooden pitch-pine washery, the buildings and the small church, the old cinema just a few steps from the sea. Everything here is a reminder that this place was once a microcosm where people worked and lived. **Isola Piana** is an island that is part of the Sulcis archipelago. The island is a nature reserve, among the protected species, the Falco della Regina stands out for its importance.





DAY 6 • ISOLA PIANA – CAPO CACCIA – ALGHERO

Capo Caccia large limestone promontory has the appearance of a large animal trying to dive into the waters of the Gulf of Porto Conte. However, the area is not only known for its natural beauty on the surface, including the protected oasis of Punta Cristallo, where Sardinian mouflon and important native birds of prey graze freely, but also for its karstic conformation, which has given rise to beautiful caves such as the Neptune Caves. The history of the Neptune Caves dates back to prehistoric times. Various traces, dating back to the Neolithic period, found inside the caves prove that primitive man knew and used them. **Alghero** is one of the liveliest and most fascinating towns in Sardinia. It enchants with its picturesque old town, its mixture of cultural traditions and architectural styles, and its handicrafts related to the creation of jewellery from its corals. Alghero is also home to one of the most important necropolises on the entire island, the Necropolis of Anghelu Ruja, dating back to prehistoric times and consisting of 38 grottoes, as well as the Nuraghe of Palmavera, an archaeological park composed of the union of several towers. From a gastronomic point of view, Alghero cuisine is mainly based on seafood; in particular, the coppazza and spaghetti with sea urchins, spaghetti with bottarga (mullet roe) are famous, and the Alghero lobster is also appreciated worldwide. Among the desserts, some of the most popular are crema bruciata and biancomangiare. The best known wine of this area is Alghero DOC, and Anghelu Ruju, the vineyards of which are located around the archaeological site.



DAY 7 • ALGHERO – SPIAGGIA DE LA SPERANZA – BOSA

La Speranza beach is a sandy beach with golden-white sand and pebbles. It is equipped with bathing facilities, a bar and a restaurant. The name derives from the small church built near the beach. The beach is exposed to the Scirocco and Libeccio winds, making it suitable for surfers rather than swimmers on the windiest days, and it is also sometimes invaded by Posidonia beds. **Bosa** is a small village of ancient origins. The ancient village called Sa Costa lies at the foot of the Serravalle hill and is dominated by the presence of the Malaspina castle. The streets of the historic centre are only accessible on foot, given the narrow streets, alleys and arcades. The Malaspina castle was built in 1112 and can be visited today. Crossed by the river Temo (Sardinia's only navigable river), it is characterized by its typical pastel-coloured houses, wrought-iron balconies, and the narrow alleys of the old town centre lend a magical atmosphere, giving Bosa the title of one of the most beautiful villages in Italy. Renowned for the quality of its olive oil and wines, especially Malvasia (DOC). There are many workshops specializing in the working of coral and filigree. Bosa Marina's large, kilometre-long beach of golden sand is immersed in an emerald-green sea. Protected all around by the mountain from the winds, it is often calm.

DAY 8 • BOSA – PORTO CONTE – TORRE DEL PORTICCIOLO

Porto Conte Regional Park, established in 1999, covers five thousand hectares of coastline and hinterland of Alghero. The territory, mostly flat, borders the sea for 60 kilometres: sandy beaches alternate with sheer cliffs. The southern boundary is the Calichlagoon, 'land' of various animal species. To the north are Monte Doglia and the bay of Porto Conte. Inside it includes the spectacular scenery of Punta Giglio and Punta Cristallo, Porticciolo and Cala Viola, the caves of Capo Caccia and the Le Prigionette forest. **Torre del Porticciolo** beach is crescent-shaped, set in a bay where on the northern promontory stands the tower that gives its name to the resort. It is characterized by a sandy shore with medium-grained sand. On both sides of the beach, the sand leaves room for rocks and boulders that blend in with the beautiful crystal-clear waters.



DAY 9 • LA PELOSA

La Pelosa is one of the most beautiful beaches in Sardinia. The shallow sea, the transparent water in shades ranging from turquoise to blue, the imposing 17th-century construction of the Pelosa Tower towering over the shoreline to the north, the fine white sand, the shores in front of the Piana and Asinara islands and the dark rocks that surround it make La Pelosa a true paradise. Some dunes shaped by the wind lie behind the small, wild beach that has nothing to envy of those in the Caribbean. In front of the beach is the islet of La Pelosa, which can be accessed via a natural ford surrounded by a wonderfully clear sea, and not far away is La Pelosetta, another small beach of fine white sand, set between dark stacks on which stands an Aragonese tower. At La Pelosa beach, lifeguards are present to ensure maximum safety at sea, but only during high season. There are also free toilets.





DAY 10 • SANTA TERESA DI GALLURA – BONIFACIO

Elegant and rich in history, **Santa Teresa Gallura** is Sardinia's northernmost town, facing the Bocche di Bonifacio. Unique nature and evocative landscapes, dreamy beaches and a good dose of social life are the perfect holiday mix. The town's marina is one of the most important in Gallura and connects the island with neighbouring Corsica thanks to the Santa Teresa -Bonifacio ferry routes. Elegant pastel-coloured buildings line the main street leading to the church of San Vittorio and the central square, the hub of town life. Shops, nightclubs and cafés populate the historic centre, which in summer is even livelier with events and shows. From the 16th century tower of Longosardo, the view of Corsica and the La Maddalena Archipelago is breathtaking. With its houses perched on the edge of white limestone cliffs and its steep streets, the medieval town of **Bonifacio** is one of Corsica's most charming. Bonifacio is also a unique marina, sheltered from all winds around a deep inlet. It is a starting point for exploring sea caves, beaches and archipelagos of islands. 70 km of coastline skirt the town of Bonifacio, which is home to magnificent beaches and coves of fine sand characterized by wild and protected nature. Here are the destinations not to be missed: Rondinara, Le Calanche di Fazio, Tonnara (with restaurant), Piccolo Sperone.



DAY 11 • CALA GIORGIO MARINO – PORTO LISCIA

Porto della Madonna is an amazing stretch of water enclosed between the islands of Razzoli, Santa Maria and Budelli. The clear, transparent colour of its waters makes it one of the most beautiful places in the archipelago. **Cala Giorgio Marino** is located on the southern side of the island of Santa Maria and overlooks, with its typically Mediterranean colours, the Porto della Madonna. It is certainly a favourite stop for private yachts, due to its size and natural beauty. The beach overlooks a stretch of transparent water with shades of colour ranging from turquoise to blue. The seabed of medium depth is rich in fish and oceanic Posidonia, making it ideal for snorkeling. The beach of **Porto Liscia**, named after the river that flows into its waters, is the largest beach in the municipality of Santa Teresa Gallura. It consists of golden sand of a granite nature and is washed by a crystal-clear sea with a shallow sandy seabed, and is very popular with surfers and windsurfers. The Liscia beach offers refreshment points directly on the beach, selling drinks, ice cream, coffee, etc.

DAY 12 • CALA DI TRANA – LA MADDALENA

Cala di Trana is a wonderful beach, one of the most beautiful in the whole of Sardinia, located in Punta Sardegna. The beach is not very crowded, it is wide, about 200 metres of pinkish sand and is very wild, as well as overlooking a perfect crystal-clear sea. There is a charming natural environment and a beautiful view of the islands of Spargi and La Maddalena. Since the second half of the 18th century, the inlet of Cala Gavetta has been the historic port of the Maddalena archipelago. Founded as a military outpost of the Savoy, the harbor of Cala Gavetta is the heart of the historical centre of **La Maddalena**. The harbor is located in the southern part of the island: 140 berths on floating pontoons, 20 buoys. The Port of Cala Gavetta offers various services to yachtsmen: water, electricity, toilets and showers, wi-fi internet connection, haulage and launching, diving, and waste sorting. The port has a filling station located at the entrance that is open from 8 a.m. to 7 p.m. For entry and exit from the port, it is necessary to contact the Maritime Authority on VHF channel 74, and to pay attention to the manoeuvres of the ferries connecting the island with Palau.



DAY 13 • PORTO RAFAEL – PORTO PALMA – CANNIGIONE

Rafael is the Spanish count who fell in love with Gallura in the early 1960s and decided to found the small village of **Porto Rafael**, where even today there are no hotels or condominiums, only the exclusivity of private villas hidden 150 hectares of Mediterranean maquis. A stroll through the village streets and a stop at the bar in the small square are not to be missed. The beach of Cala Villamarina is a deep inlet to the south of the island of Santo Stefano where the old jetties are still there to serve as moorings. The beach is rather sheltered from the winds and can only be reached by sea. For those wishing to make an excursion, we recommend the Fort San Giorgio. Reachable on foot by a path that can be seen from the sea, it is also known as Napoleon's Fort, because it was from here that the Corsican general targeted the town of La Maddalena in his attack on the archipelago on 23 February 1793. **Porto Palma** (Caprera) is a beach of light to medium-grained sand, with a few rocks at its ends. The sea has a shallow, sandy bottom, very clear and a colour between turquoise and blue. Not far from the beach is the important Centro Velico Caprera (Caprera Sailing Centre), founded in 1967 and still one of the most important sailing schools in the Mediterranean and the world. Return to Cannigione.

