

2. Itinerary from Cannigione

Southwards from the Costa Smeralda to San Teodoro

 1 week

 about 147 miles

Cannigione - Golfo Pevero - Porto Liscia - Liscia Ruja	31 miles
Liscia Ruja - Golfo Marinella - Cala Sabina - Cala Sassari - Golfo Aranci	17 miles
Golfo Aranci - Tavolara - Molara - Capo Coda Cavallo - Cala Brandinchi	17 miles
Cala Brandinchi - San Teodoro - Porto Taverna	13 miles
Porto Taverna - Le Saline di Olbia - La Rena Bianca	45 miles
La Rena Bianca - Cala Battistoni - le Saline di Palau - Cannigione	24 miles



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Day 1/2 • Cannigione – Golfo Pevero – Porto Liscia – Liscia Ruja

Golfo Pevero lies to the SE of Porto Cervo and offers good protection from SE and SW winds. There are numerous coves surrounded by rocks where one can anchor for 11/14 m.

The beaches of Grande Pevero and the Piccolo Pevero are wild with fine white sand, rich in juniper vegetation, surrounded by granite rocks and overlooking a crystal-clear sea. **Porto Liscia beach**, which is 8 km long and covers an area of about 87 hectares, faces north and north-west, has coarse-grained golden sand and offers shallow, sandy bottoms. Halfway between Palau and Santa Teresa Gallura, near the mouth of the Liscia, Porto Pollo joins the mainland to the beautiful island of Gabbiani with a thin sandy strip. The two beaches, which fan out with dunes covered with lavender, mastic and juniper trees, are among the most beautiful beaches in Sardinia. The place is constantly buffeted by wind so it is a particularly popular destination for sailors and windsurfers and kite surfers. On either side of the bay, there will be either ideal surfing conditions or flat sea conditions. **Liscia Ruja** is the largest beach on the Costa Smeralda, and one of the most famous for its beauty. To the left is Cala di Volpe and to the right is the silhouette of Capo Figari. It is located in the municipality of Arzachena and is known for its fine white sand, with golden and reddish hues, and for its unmistakable clear turquoise sea.

Day 3 • Liscia Ruja – Golfo Marinella – Cala Sabina – Cala Sassari – Golfo Aranci

The **Gulf of Marinella** is a paradise of emerald waters, shallow waters and white sand. An inlet just a few km from Porto Rotondo, it has always been one of the most glamorous destinations on the Costa Smeralda. Among the most beautiful beaches in the Gulf is La Marinella, which gives its name to the inlet. The natural landscape that surrounds it is picture-postcard. The village of Punta Marana, with its picturesque harbour, is worth a visit. The bays of this gulf, sheltered from the wind and immersed in the Mediterranean maquis, are all beautiful: **Cala Sassari**, Cala Banana, Sos Aranzos and Terrata, all with emerald-coloured sea. Cala Sabina has about 300 metres of sandy shoreline and is a beach of fine white sand surrounded by junipers and Mediterranean maquis, the water is transparent and the seabed shallow. **Golfo Aranci** is certainly the best known destination in the gulf. It lies on a strip of rock jutting out into the sea and is a popular seaside resort because of its heavenly beaches, but also because of its strategic location: 20 km from Olbia and 10 km from Porto Rotondo. Baia Caddinas, not far from the town centre, an old fishing village with small colourful houses, is a beach of white sand and crystal clear sea. For a cultural excursion not far from Golfo Aranci, mark on your itinerary the Sacred Well of Milis and the 14th-century English cemetery, as well as the nuragic settlement of Lu Brandali, near Santa Teresa di Gallura.

Day 4 • Tavolara – Molara – Capo Coda Cavallo – Cala Brandinchi

Tavolara is a limestone and granite mountain that juts out of the sea, 560 metres high, 4 km long, characterised by impervious rocks, and splendid hues: the green of the vegetation with the blue and emerald green of the waters. The only inhabited centre, Spalmatore di Terra, has a small harbour, a few beaches, including that of La Cinta, and two restaurants. The island is the centre piece of the Tavolara-Punta Coda Cavallo protected marine area, which stretches 76 km along the coastline. The **island of Molara** is a private island that can only be visited thanks to the 'Friends of Molara' association. You can visit ancient villages, ruins of monasteries and castles and enjoy an excellent aperitif. To the east of Cala di Chiesa stands the Dinosaur Rock, a bizarre natural sculpture shaped by the winds and the sea. **Capo Coda Cavallo** is an enchanting white sandy beach bathed by the beautiful Gallura sea with a splendid view of the nearby islands. To enjoy an exceptional panorama of the entire bay, we recommend reaching the village square. **Cala Brandinchi** is a beach of exotic beauty, the seabed is very shallow for tens of metres with a 'swimming pool effect'. The white of the sand brings out the shades of the water: from emerald green to turquoise, from azure to cobalt blue. Dark reflections appear where the rocks outcrop, habitat of a rich marine fauna and oasis for snorkeling enthusiasts.

Day 5 • San Teodoro – Porto Taverna

The spectacle of the coastline is completed, behind the beaches, by the lagoon of **San Teodoro**, a stopover point for pink flamingos during migratory periods, an ideal place for walking and birdwatching. The centre came into being in the 17th century, on the eastern slopes of Mount Nieddu, when shepherds and fishermen populated the splendid piece of land, which had been frequented since prehistoric times. The nuraghe in the hamlet of Naracheddu is the most relevant testimony. There was also an inhabited centre in Roman times: archaeological finds are documented in the Museo del Mare. San Teodoro is a place of delicacies for the palate: in May there is the Aglióla, where you can savour typical dishes. The cuisine will win you over with Gallura soup, made with bread, cheese and beef broth. For dessert, try the *cuccioléddi milàti*, honey dumplings, *frisjióli léti*, fritters, and *niulédtha*, with almonds and grated orange. All accompanied by a glass of Vermentino di Gallura. There are many shops in San Teodoro, also open in the evenings. Very famous, is the evening market held around Piazza Gallura and winding through the narrow streets of the village.

Nightlife in San Teodoro is very active, especially during the summer months, and offers many choices. Usually, the evening starts in the town centre, in bars, pubs, ice-cream parlours or in one of the many disco-pubs. Live music, aperitifs and discos that stay open until late at night.

Porto Taverna is a beach about 1 km long with fine, white sand, a shallow, sandy seabed, and crystal-clear waters ranging in colour from emerald green to azure.

Day 6 • Le Saline di Olbia – La Rena Bianca

Spiaggia delle Saline is located along the coast south of Olbia in the direction of Murta Maria. It takes its name from the old salt pans, now large ponds. It is a very long beach, suitable for long walks. The sea is blue with shades ranging from azure to emerald green in the southernmost part. The sand is coarse-grained white. About a third of the way along the beach the salt pans are connected to the sea by a small channel of clean, transparent water. Very windswept, it has become a destination for kite-surfing and windsurfing sportsmen. The left-hand side of the beach is reserved for dogs.

Rena Bianca beach is the town beach in the municipality of Santa Teresa di Gallura. It is definitely the biggest jewel of the renowned tourist resort. Its beach consists of fine white sand and an azure sea. Dotted with pink due to the coral fragments carried by the currents, it is 700 metres long and shallow. The two promontories enclosing the beach are covered by thick Mediterranean scrub and give the sea fantastic green reflections. The right promontory is dominated by the 16th century tower of Longosardo, from whose terrace one can enjoy a beautiful view of the entire bay. Around the tower there is a path that goes around the coast from which it is possible to sight nearby Corsica.

Day 7 • Cala Battistoni – Le Saline di Palau

Cala Battistoni is the central beach of the village of Baja Sardinia, which opens to the west of Punta Battistoni.

Surrounded by a crystal-clear sea, it has fine white sand that, thanks to the presence of tiny granite pebbles, takes on a fantastic pink colour.

Saline di Palau are a beach characterized by light-coloured, fine sand. It overlooks a transparent sea, with colour stending towards blue with shades of green and an averagely shallow and sandy seabed, ideal for peaceful bathing. Very popular with snorkeling and sports enthusiasts such as windsurfing and kitesurfing.

Return to Cannigione.