

SARDEGNA

SELVAGGIO BLU

VIAGGI CHE REGALANO EMOZIONI

STORY:

Marcello Cominetti:

Mostly considered as Italy's toughest trek, undoubtedly the Selvaggio Blu ("Wild blue") is one of the most beautiful trail worldwide. It is a hymn to nature.

It is a monument of the part of Sardinia made of dreamlike sea and cliffs, old-time tastes and Mediterranean forests. It was 1989 when Mario Verin, Peppino Cicalò e Pasquale Zucca - who was the Mayor of Baunei at that time - got the brilliant idea to recover and link the old paths of Supramonte to form a coastal crossing among the Gulf of Arbatax and Orosei. Twenty years after, the Selvaggio Blu trail has become a landmark for people loving and respecting the wild nature. It is the "non-existing" path, with the blue of the island sea as unique reference point.



WHAT IS IT?

RENOWNED BOTH AS ITALY'S MOST FASCINATING AND TOUGHEST TREK, THE SELVAGGIO BLU EXPLORES THE REMOTE AND QUITE INACCESSIBLE EAST COAST OF SARDINIA FOR OVER 50 KM, IN THE GULF OF OROSEI.

TRANSPORTS:

CAR

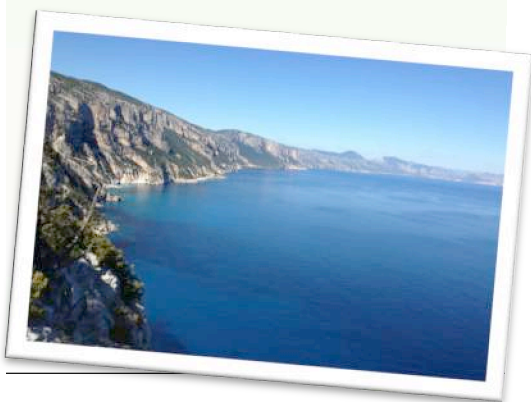
Used to move to and from the airports and for inland transfers.
1 car every 4 travelers is needed

PLANE

Suggested mean of transport to reach Olbia, in Sardinia, and back.

RUBBER BOAT

Used for the daily delivery of food supplies, as logistical support and to get back at the end of the trail, while admiring the cliffs from the sea.



THE LOREM IPSUMS



Xalmalenco
ALPINA

DESCRIPTION

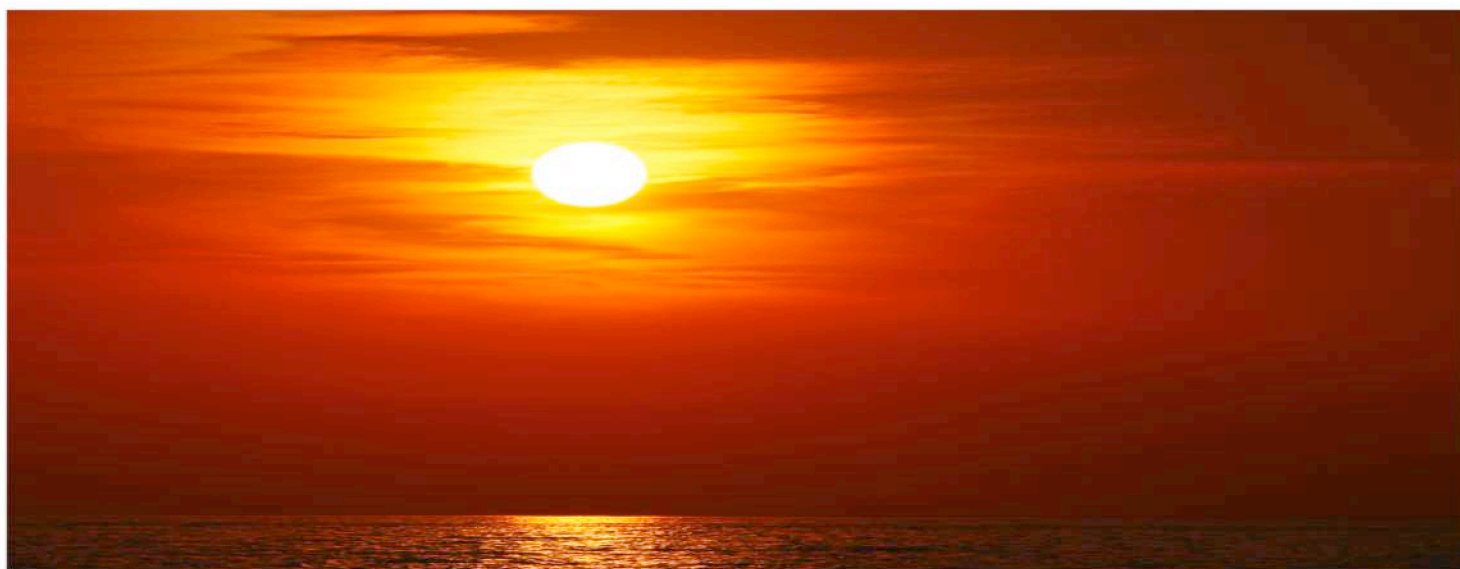
A MAGICAL AND ADVENTUROUS TREK ...

In this section of Sardinias's coast there are no buildings and no roads, only a few shepherds' old huts and very few paths to follow. Most of the route runs close to the coast, overlooking the blue sea with only few internal variations to avoid challenging stretches of land. This means following undefined paths across Mediterranean forests, coves and rocks sometimes requiring technical climbing skills (in order to tackle 3-graded climbs, abseils, sections of via ferrata, passages on juniper ladders commonly known as

"Escala Fustes").

These particular technical requirements make the support of an expert guide fundamental, to help even non-expert trekkers and climbers to tackle the most difficult sections of the route. In order to mentally prepare you to face these type of situations more consciously, a brief training session will take place in Cala Gonone, the day before starting the trek.

Actually, the difficulty of the trekking is represented by complicated logistics and tricky route finding, other than technical climbing challenges: natural water springs are rare and escape routes are challenging and very few. This is the reason why the UNIQUE AND AUTHENTIC "SELVAGGIO BLU" that we propose is hardly known.





WHAT YOU'LL NEED:

- Rucksack + hiking sleeping bag + sleeping mat
- Tent (if you have it)
- Climbing harness + lanyard + 2 karabiners + stop descender with karabiners
- Headlamp with spare battery
- steel cutlery + multi-tool knife + thermal water bottle or thermos
- Already tested hiking boots + sandals + slippers
- 3 breathable t-shirts (possibly in soft colors) + underwear (possibly not made of cotton)
- the hiking backpack (waterproof U.S. Army backpack style) must not exceed 10 kg. We suggest to take 1 backpack every two persons
- Swimsuit
- Lightweight walking trousers and hiking shorts
- Cotton walking jumpers or fleeces (nights are cool) + turtleneck + light down jacket
- Light Gore-Tex helmet + wood hat, headband or scarf
- Sunglasses and sunscreen
- Raincut waterproof jacket or poncho and space blanket (you can easily find low cost and low-bulk versions)
- Hygienic wet wipes, paper towels and toilet paper
 - Insect repellent (very suggested)
 - Towels and what is needed for toilet
 - First aid kit
 - Camera (optional)

Tents and technical equipment can be provided by our organization on demand. During the trek, you can take advantage of the safe storage service offered by the B&B in Cala Gonone.



CLIMBING:

Sardinia, especially the Gulf of Orosei, is a proper paradise for climbers.

If you want it, the day before starting the trek an Alpine Guide will offer you a completely free climbing experience in one of the numerous cliffs of Cala Gonone.



TREK STAGES

DAY 1 Pedra Longa – Ciule Ginirricu

Itinerary with no technical difficulties, leading to the Golgo plateau. It is the ideal way to get familiar with the territory and to start admiring the beauties of the Selvaggio Blu. Difference in altitude: 700m - Distance: 4km - Hiking time: 3h

DAY 2 Cuile Ginirricu – Cala Goloritzè

Other stage with no climbing difficulties other than route finding, constant challenge of the entire excursion. This section of route leads to Punta Salina, boasting one of the most beautiful panoramic view of the entire trek, before going down gradually to the sea. Designated Unesco World Heritage Site, Goloritzè is a sandy corner hidden among the cliffs. The famous spire acting as guardian of the cove is the goal of climbers from all over Europe. Difference in altitude: 700m - Distance: 5km - Hiking time: 4h



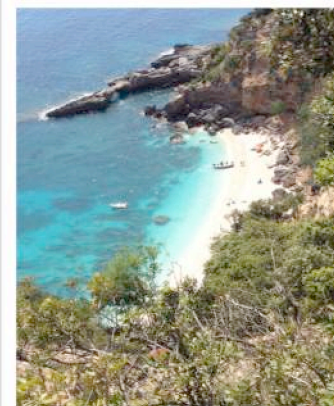
DAY 3 Cala Goloritzè – Cala Mariolu

First technical difficulties with a few class 3 climbing steps, short equipped paths and “Scala Fustes”. The trail enters the “wild heart” of the trek by making some variations from the classic itinerary and then going down to one of the most spectacular coves in the Mediterranean. Difference in altitude: 590m - Distance: 8km - Hiking time: 4h



DAY 4 Cala Mariolu – Grotta d. Fico

The trail includes some more technical difficulties with some class 2 and class 3 climbing sections and 4 abseils, each one about 15m long. The last abseil leads directly to the famous Grotta del Fico, the stopover of the day. The Grotta del Fico excursion is not part of the original itinerary, but it is of such beauty that you simply can't avoid visiting it. Difference in altitude: 500m - Distance: km - Hiking time: 6h



5 Grotta d. Fico- Cala Biriala

Undoubtedly the most beautiful stage of the whole trek. The trail proceeds along the cliffs, through a cavern of goats and a via ferrata leading to the indescribably beautiful beach of Biriala. All these wonderful landscapes and views arouse a sequence of profound emotions. Difference in altitude: 600m - Distance: 5km - Hiking time: 5h



DAY 6 Cala Biriala – Cala Sisine

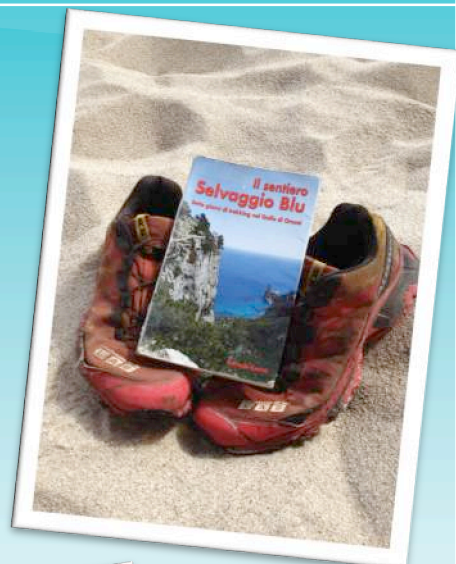
Last stage of the trek, the trail towards Cala Sisine involves class 3 climbing sections and four 35m long abseils. It is a boardwalk on the same wild nature that will be admired few hours later from the rubber boat on the way back. Difference in altitude: 300m - Distance: 6km - Walking time: 4h

INSURANCE

The Alpine Guide civil liability insurance provides coverage only for the guide own actions, thus excluding any type of accident resulting from sport activity. If you don't hold personal injury policy, you can easily activate our multi-sport insurance policy, even for short periods of time.

YOUR STAY IN SARDINIA

At your arrival, you will stay in Baunei (NU), at B&B Bia Maore. Getting there from Olbia is simple: follow the signs to Nuoro, then take the exit to Dorgali and finally follow the signs to Baunei.



WHEN AND HOW MUCH

We propose the Selvaggio Blu trek twice a year: in May and September.

The overall cost of 799 euros is comprehensive of all local logistics, rubber boat transfers, half room and board in the B&B, the cost of the Alpine Guide with professional civil liability insurance. What is not listed above is not included.



WHO WE ARE:



We are a group of Alpine and hiking guides

ski, diving and riding instructors,

sport, mountain outdoor and travel lovers

Ivan Pegorari: +39 3474687105 mail ivanpeg@gmail.com
Valeria Pedrolini: +39 3474845545 mail valeria.pedrolini@libero.it

info@valmalencoalpina.com [skype valmalencoalpina](#) [FaceBook valmalencoalpina](#)
Youtube Channel: <http://www.youtube.com/user/valmalencoalpina/videos?view=0&flow=grid>