



# Adventurebug Worldwide Ltd

Bespoke adventure travel & events since 2000

REAT Tourism License AT/MA/00022 Company Registration B93050763  
Apto. Correos 1031, 29680 Estepona, Malaga, SPAIN TEL (34) 635 817 819

## Corsica – Sardinia Island Hiking Adventure

9 Nights



### About this Tour

The beautiful Mediterranean islands of Corsica and Sardinia reside under the governance of France and Italy respectively. Because of their central Mediterranean location between France, Spain and Italy, they've shared a past of both glory and uninvited occupation over centuries. As a result, they behold an array of treasures to discover for the discerned traveler – both cultural and especially, natural! Our discovery hiking tour invites you to discover both island's best kept secrets.

### Highlights of Corsica

Corsica resembles a miniature continent, with astounding geographical diversity. Within half an hour's drive, the landscape ranges from glittering bays, vibrant coastal cities and fabulous beaches to sawtooth

mountain ridges, verdant valleys, dense forests and time-forgotten hilltop villages. It's been part of France since 1768 but retains a distinct Italian culture. Our stay in Corsica will amount to 5 nights and our tour will visit the following locations where daily hikes will be carried out:

**Ajaccio** – Corsica's booming capital adorned with palaces, a bustling Riviera-like seafront and of course the birthplace of Napoleon Bonaparte. A national personality who can't be ignored!

**Corte** - Blessed with a stunning natural setting, circled by jagged peaks at the confluence of several rivers, the mountain stronghold of Corte, situated in the very heartland of the island, is as forbidding as it is spectacular. This is a hiker's paradise in every sense!

**Filitosa** - Corsica's most important prehistoric site preserves extraordinary granite Menhirs (standing stones) that were originally erected as much as 6000 years ago. Many were re-carved during the Bronze Age, 2500 years later, to hold detailed faces and weaponry, and thus, uniquely, appear to commemorate specific individuals.

**Bonifacio & Lavezzi Island** – An open-air museum, the city offers a collection of historical monuments forged over centuries with sea caves, creeks with turquoise waters, sandy beaches and a wonderful, remote sea marine reserve that we'll spend a day visiting.





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## Highlights of Sardinia

Sardinia is a large Italian island that has nearly 2,000 km of breath-taking coastline, sandy beaches, crystal clear waters and a mountainous interior. Its rugged landscape is dotted with thousands of Nuraghe – mysterious Bronze Age stone ruins shaped like beehives and like its northern neighbour, Sardinia takes great pride in its unique culinary delights, wonderful wines and a proud, independent culture. A short ferry transfer between Bonifacio (Corsica) Santa Teresa di Gallura (Sardinia) takes approximately 50 minutes. In Sardinia we'll visit the following:

**Cala Gonone** – Situated on the coast of the spectacular karst limestone mountain range of the Orosei Golf National Park, this village gives us access by boat to a spectacular marine cave, the Grotta Bue Marino followed by a wonderful coastal walk from the beautiful Cala Luna Beach, returning us to our hotel.

**Dorgali** – A beautiful mountain, vineyard town surrounded by craggy, karst limestone ridges and bubbling rivers and streams in Sardinia's heartland.

**Nuoro** - Once an isolated hilltop village and a byword for banditry, Nuoro had its cultural renaissance in the 19th and early 20th centuries when it became a hotbed of artistic talent and writers – including a Nobel recipient.

**Nuraghe Su Nuraxi** – The most famous and best-preserved archaeological site containing 'Nuraghis' is the beehive complex of Nuraghe Su Nuraxi, a Unesco World Heritage Site.

**Cagliari, Nora & Chia** – The capital of the Kingdom of Sardinia is famous for its hilltop citadel, popular seaport and winding lanes leading up to the famous terrace overlooking the south of the island. Further south we'll visit Nora's rehabilitation center for marine life and walk Sardinia's most spectacular coastal paths and beaches at Chia!



## General Tour Highlights

- A mixture of daily cultural and nature activities as we explore all destinations on foot at a pace you can handle
- A blend of cultural monuments, quaint mountain villages, archaeological sites & breath-taking coastlines and beaches
- Daily scenic and informative hikes between 4 and 8 miles (with shorter options available as we have multiple guides)
- Vineyard tour and wine tasting experience – with some local cheese, breads & olives added to the experience as well!
- Boat excursion through a beautiful protected Mediterranean Nature Reserve with snorkelling options as well
- Train journey through Corsica's remote inland valley
- Ferry crossing of the Bonifacio Straits in the historic Tyrrhenian Sea
- Cave tour of a spectacular marine grotto that has flat pathways and full lighting
- Visit to a marine life rehabilitation project followed by inspiring beach hikes in Sardinia's extreme south
- \*Optional Italian cuisine cookery course (in Sardinia)

## CORSICA – SARDINIA: Day to Day Itinerary

### TOUR NIGHTS (4 hotel locations total / 2 in Corsica and 2 in Sardinia):

Ajaccio, Corsica x 2 nights

Bonifacio, Corsica x 2 nights

Cala Gonone, Sardinia x 2 nights

Cagliari, Sardinia x 3 nights



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## Day 1 - AJACCIO, CORSICA – GUIDED CITY VISIT

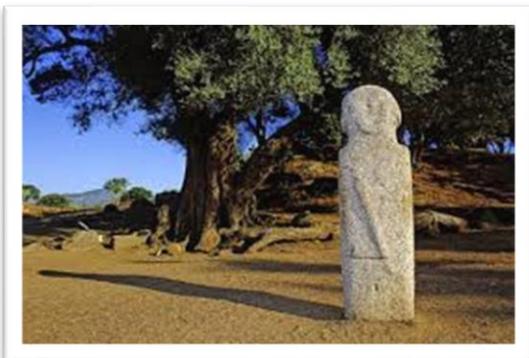
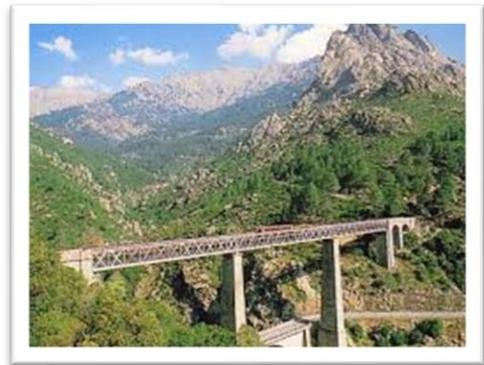
Welcome to Ajaccio, Corsica's charming capital and birthplace of Napoleon Bonaparte! This morning there are no activities planned and you are free to explore Ajaccio's highlights on your own as our hotel is centrally located. Today you can visit the famous *Fesch Palais Museum of Beautiful Art* & the *Birth House of Napoleon (Maison Bonaparte)*. This afternoon, we have a walking tour with a local specialist to introduce us to all things Corsican and of course the history of the city itself. Your Adventurebug trip leader will greet you this afternoon for a welcome orientation and dinner.

**Hotel:** Hotel: Palazzu U Domu (or similar) <https://www.palazzu-domu.fr/> **Meals:** Breakfast & Welcome dinner included.

## Day 2 - CORTE INLAND CORSICAN NATURAL DELIGHTS & JOURNEY BY TRAIN

Depart Ajaccio by local train for *Corte*. This scenic return train journey brings us to the very heart of the island. In Corte we explore on foot the charming historic quarter and citadel before taking a countryside hike around Corsica's most beloved mountain town. Late afternoon return to Ajaccio by train. **Hotel:** Same as previous night. **Meals:** Breakfast and packed lunch included.

**Hiking:** 4 miles minimum / up to 7 miles / up to 800 feet elevation gain



## Day 3 - FILITOSA & BONIFACIO

Today we explore the Unesco World Heritage Site *Filitosa*, followed by a countryside drive to the southern port city of *Bonifacio*. Filitosa is a Megalithic burial site dating back over 5000 years ago. *Menhirs*, or burial tombs once stood upright to ward off enemies and the site is filled with well-preserved examples set in a Corsican rural landscape. From here we drive to Bonifacio, Corsica's most southerly port city and home to a protected harbor and the imposing Citadel located on top of Mount Rostell in the heart of the medieval quarter. This afternoon we'll hike a nature trail taking in coastal views surrounding Bonifacio. **Hotel:** Hotel Genovese (or similar) <https://hotel-genovese.com/#Home> **Meals:** Breakfast and Dinner included. **Hiking:** 3 miles minimum / up to 5 miles max / up to 650 feet elevation gain

## Day 4 BONIFACIO – BOAT TOUR OF THE LAVEZZI ISLANDS RESERVE

This morning we take a scenic glass-bottom boat tour of the wonderful *Lavezzi Islands* – a protected nature reserve in the *Straits of Bonifacio*, the body of water separating Corsica and Sardinia. Only 30 minutes from the port in Bonifacio, our short journey brings us around the best of the islands, offering the opportunity to do an easy hike and if the weather's nice, swim and snorkel in the crystal-clear waters and to see the cliffs, caves and rocky inlets! The rest of the afternoon you are free to explore the wonderful medieval quarter of Bonifacio and perhaps the Citadel or join your guide to do the historic "Steps of the Aragon King"! **Hotel:** Same as previous night. **Meals:** Breakfast and Packed Lunch included.

**Hiking:** 2 miles minimum / up to 4 miles max / approx 50 feet elevation gain.



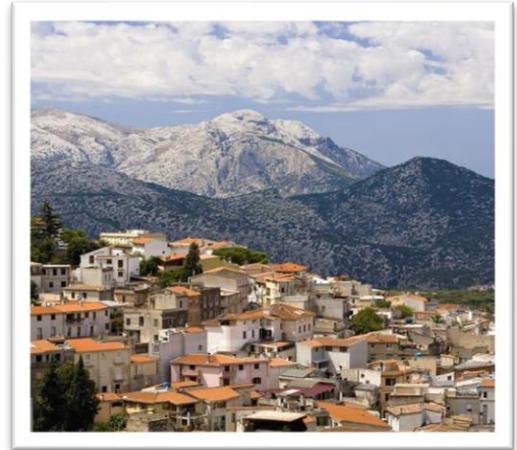
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## Day 5 SARDINIA FERRY CROSSING VINEYARD & CALA GONONE NATURE RESERVE

Today a short ferry journey (1 hour), brings us to Sardinia's northern port of *Santa Teresa Di Gallura*. From here we travel south a few hours, enjoying scenic views of the *Maddalena Reserve* & coastal mountains followed by a stop in the rural vineyard region of *Dorgali* where we'll stroll through this rural region and taste local Sardinian wines before arriving to *Cala Gonone* - our beachside town for the next few nights. Time permitting we'll hike the vicinity of Cala Gonone through craggy limestone and pine forests. **Hotel:** **Hotel Bue Marino** / <http://www.hotelbuemarino.it/calagonone-sardegna/en>  
**Meals: Breakfast and Dinner included. Hiking: 2 miles minimum / up to 4 miles max / approx 250 feet elevation gain**



## Day 6 CALA GONONE CAVE VISIT & MARINE PARK HIKE

Today we explore some of the *Gulf of Orosei National Park* starting with a shuttle by boat to the *Bue Marion Grotto* for an scenic hiking experience in this wonderful coastal cave. The cave is very well lit, has no elevation change and pathways are even designed for wheelchair access so it makes for a wonderful hour exploration with local guide. From here we'll visit *Cala Luna Beach* and lagoon where your guide will lead an beautiful walk through a coastal section of the National Park –

returning us to the hotel. Note, you also may do a shorter hike to the viewpoints and return by boat to the hotel. Swimming and snorkeling other possible options here today, the water is unbelievably blue!

**Hotel: Same as previous night. Meals: Breakfast and Packed Lunch included.**  
**Hiking: 3 miles minimum / up to 7 miles max / approx 600 feet elevation gain**

## Day 7 - NUORO, SU NARAXI & CAGLIARI

This morning we head inland and visit the artisan-writer mountain town of *Nuoro* for a guided visit and surrounding nature hike - followed by a stop at *Su Naraxi*, a Unesco World Heritage Site and Sardinia's most important archaeological center. *Nuoro* is rich in academic, artisan and even "banditry" history and for its remote, mountainous location in Sardinia's hinterland. *Su Nuraxi* is a settlement consisting of a seventeenth century (BCE) *Nuraghe* - a bastion of four corner towers plus a central one, and a village inhabited from the thirteenth to the sixth century BCE, developed around the *Nuraghe*. They are considered by scholars the most impressive expression of the *Nuragic Civilization*. From here a short drive brings us to *Cagliari*, Sardinia's capital city and our home for the final 3 nights. **Hotel: Regina Margherita (or similar)** <https://www.hotelreginamargherita.com/> **Meals: Breakfast and Dinner included.**

**Hiking: 3 miles minimum / up to 6 miles max / approx 750 feet elevation gain**





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## Day 8 - CAGLIARI CITY VISIT & OPTIONAL ACTIVITIES

This morning we explore Cagliari's historic center with a local specialist – taking in the wonderful Medieval Quarter with its Duomo Cathedral, Bastion of San Remy and absorbing the colorful street life of Sardinia's enigmatic capital. For the afternoon, you are free to choose between taking a cookery course;

exploring the nearby beaches; shopping or treating yourself to a lazy Italian lunch on the Piazza watching the world go past! *(Please note – the cookery course is an option and not included in the trip price).* **Hotel: Same as previous night. Meals: Breakfast only included today.** *(cookery participants will be preparing their own dinner)!* **Today no scheduled hiking as this is a free / optional day.**



## Day 9 - SOUTH SARDINIA EXPLORATION DAY TOUR

Today we set off by bus to visit some of Sardinia's most southerly attractions – including a fascinating ancient city located on a sandy peninsula and the *Nora Lagoon Conservation Center* where protected species can be observed up close and sometimes rescued marine species are being cared for. The ancient *Nora City* was originally Phoenician, followed by the Carthaginians until the Roman Empire occupied it. Fascinating in the sense that part of the city now lies under the sea (*observable from land and boat at times*), and the entire area is surrounded by spectacular sea life and wonderful coastline. We'll also visit the beautiful coastline of *Chia* (*one of Sardinia's most quintessential*

*marine areas*) and our coastal hike brings us along coves and small lagoons in search of sea life and migratory birds. All in all, a splendid final day out in Sardinia's wonderful natural surroundings! **Hotel: Same as previous night. Meals: Breakfast, Packed Lunch and Farewell Dinner included.** **Hiking: 3 miles minimum / up to 7 miles max / approx 250 feet elevation gain**

## Day 10 - CAGLIARI – DEPARTURE

This morning after breakfast you are free to depart from Cagliari or extend your visit on the island. No activities planned today. Airport transfers are not included and Cagliari's *Elmas International Airport* is a short 10-minute taxi from the city center.

## Included in Your Tour Price

- 9 nights twin or double share accommodation in selected hotels as per itinerary.
- Meals as indicated on itinerary (dinners include wine / beer, beverage choice, etc).
- Local tour leader services throughout provided by Adventurebug Travel Ltd.
- All local tour guide services and entrance fees as per itinerary.
- Transfers by private coach as per itinerary (airport transfers not included).
- Ferry passages & Boat excursions as per itinerary.
- All local taxes, administrative fees and National Park entrances.
- Tipping for all cultural guides, meals and coach drivers are included.



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## Non Inclusions

- *Airport transfers at beginning and end of tour (Airport(s) are very close to our start & finish points).*
- *Hotel room housekeeping & personal expenses, telephone bills, mini bar, room service, etc.*
- *Additional drinks and beverages at meals apart from what is included.*
- *Private travel insurance (health, accident, repatriation, cancellation, etc.)*
- *Cookery Course option in Cagliari, Sardinia (price options to be announced pending final numbers)*

## What to Expect

This trip can be enjoyed by just about anyone with a reasonable level of fitness and day hiking experience (up to 7 miles a day over some hilly landscapes, coastal paths and trails. This tour will explore the islands on foot, with the support of our private coach and at times using local tour boat operators to see the wonderful marine life and shorelines. This equates to the balance of the day (morning and afternoon) on foot, visiting historic sites, rural landscapes, medieval quarters, coastal landscapes and National Parks. Longer hiking options can be made available while options to experience easier hikes are possible too. It is advisable to bring good hiking shoes or boots and hiking poles. For simply exploring the historical sites and marine paths, wearing sneakers or closed hiking sandals are fine. If you intend to snorkel or swim in the sea regularly we recommend a protective garment to keep you warm and offer protection from the sun and a (low chance) of jelly fish stings.

Weather wise, due to our location on the Mediterranean, some autumn rain showers and strong winds may exist but generally short lived. Expect warm temperatures of up to low 80's in the day and nightly lows in the 60's. Opportunities to swim in the crystal-clear waters are made available throughout. Fall temperatures can be cool but the shallow beaches offer nice opportunities for bathing! Snorkelling can be done right from the beach in many locations and we recommend you bring your mask/snorkel if you're passionate about regularly seeing marine life!

## Customs & Culture

France and Italy govern both islands. Both cultures are in many ways modern, European nations and at the same time, backwards compared to what you may be used to – especially in reference to customer service and the leisurely pace many island folks go about their daily routines. Come to the Islands with an open mind and take everything in stride – you wouldn't be travelling to foreign lands if you expected everything to be the same as home! The Islanders, in their own unique way love to share their land, culture, traditions and gastronomy with visitors. They have immense patience, especially in the rural areas to meet visitor's quirky demands and they deserve our respect and tolerance as well. As for language, there is a predominant use of Italian (Sardinian style) used on both islands in fact. Corsica is French speaking and Sardinia is Italian, but both share *Italiano* more than any other language!

## Special Dietary Needs and Medicines

Vegetarian diets can generally be accommodated to with ease, but don't be surprised if fish is offered to you! Here remains an old-world mentality in many places. Special diets such as gluten free (celiac) and lactose intolerance can be a challenge to get right in some places so we recommend you bring supplements from home just in case. Medicines and glasses / contacts subscriptions we strongly recommend you bring from home as resources can be very scarce in the remote parts of this excursion.



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## Safety & Security on the Islands

Corsica and Sardinia pose no great dangers in terms of risks to health. No vaccinations are required for visits to the Islands. As usual be cautious in crowded areas for pickpockets and be mindful of your personal items like passports and credit cards on our daily excursions.

## Health Concerns

Protection from the sun and dangerous UV rays is critical on the Islands. Swimming in the sea is generally safe with the exception of stormy days and strong sea currents. Jelly fish are more prominent in the summer months mostly. Spiny sea urchins can be problematic underfoot where there is rock or coral. Emergency health facilities are of high standards on both islands. Most are public health based but smaller private doctor clinics are available. As a condition of travel on our tours, you must have your own private health insurance or expect to pay directly to a clinic for any care required.

## Electricity, Internet & Cell Cover

Power is based on 240 Volts and a standard central European plug is necessary as per the picture. Internet is widely available in our hotels (Wi-Fi) however it's not always guaranteed to work in your specific room at times. Cell phone coverage is plentiful on both islands so data transmission is possible – but check with your home based cell provider to avoid high fees, etc.



## Getting to / from the Tour

The tour begins in the Corsican northern city of Bastia and ends at the Sardinian capital Cagliari. Both cities are easy and inexpensive to access by plane. Connections can be made as per below instructions. Allowing you to even consider extending your European visit to the mainland from where you can return home from. Transfers between both airports and the tour hotel are easy and affordable. Best options are by taxi (10 to 15 minutes max transfer time), and there are some public transfer options also.

## Arriving to Corsica

**Airport of Arrival (Bastia), Airport Code: AJA**

Air Corsica: <https://www.aircorsica.com/flights/>

Example: A one-way flight Marseille to Bastia, Corsica = 54 to 95 Euros (inc 1 checked piece baggage 23 kg)

Other direct flights from France & Europe to Bastia are indicated on the Air Corsica website.

## Departing from Sardinia

**Airport of Departure (Cagliari), Airport Code: CAG**

A number of major European airlines have flights to/from Cagliari. Air France is your best option if returning to France. Other carriers include: Alitalia, BA, EasyJet, Vueling, KLM, Lufthansa, Iberia, Eurowings and more...

## Ferry Options

There are superb albeit time-consuming ferry options available that connect Corsica and Sardinia with mainland France, Italy and Barcelona, Spain. If time permits, you may consider taking a ferry back to the mainland to complete (or begin) your tour!