SardiniaNatour
YOUR SPECIALIST FOR HOLIDAYS IN SARDINIA



Sardinia - A Voyage of Discovery through Time and Nature





CAGLIARI

Cagliari is the capital of Sardinia and offers an exciting mix of history, vibrant city life, and proximity to the beach. **Perfect as a starting or ending point for a round trip.**

Sights

- **Castello** (old town district on the hill): Historic center with narrow streets, great views over the city and the sea, many small cafés and quiet squares.
- **Cathedral of Santa Maria**: Impressive church in the Castello district.
- **Bastione di Saint Remy** between the Marina and Villanova districts: Large terrace with panoramic views, located in the pedestrian zone, especially beautiful at sunset.
- **Roman Amphitheatre**: Ancient ruin built directly into the rock (currently closed, but can be viewed from the outside).
- **Tuvixeddu Necropolis** (no shadow unfortunately
- **Botanical Garden** (Orto Botanico) below the amphitheatre, the small park **Orto dei Capuccini** on Via Merello, and the large city park Monte Urpino with the panoramic road Viale Europa.
- **Marina district**: Lively harbor area with many restaurants offering fish and Sardinian cuisine.
- **Sant'Eulalia Museum** with underground remains of a Roman road.
- **Festival of Saint Efisio** (May 1st): Procession with colorful traditional costumes.

Beaches & Nature

Spiaggia del Poetto: About 8 km long city beach, fine sand, shallow water, many bars, restaurants, beach clubs, and a marina.

Molentargius Natural Park: Lagoon landscape right next to the city, known for flamingo watching, ideal for cycling or walking.

Sella del Diavolo: Hill at the beginning of Poetto with hiking trails and great views over the beach. (Tip: circle the rock by canoe from Marina Piccola.)

Food & Atmosphere

Stroll through the pedestrian zone above the Marina district, with many restaurants offering fresh fish and seafood, and a Mediterranean nightlife vibe.

Typical dishes: Fregola (small, round Sardinian pasta) and Culurgiones (stuffed pasta).

Evening

Lively bars in the Marina district: relaxed atmosphere rather than a party hotspot.

Blog Articles

- **Worthwhile places around Cagliari**
- **Archaeological sites around Cagliari**

THE SOUTH - SOUTHWEST
The southwest around Cagliari is known for some of the most beautiful natural beaches on the entire island.

PULA
Pula is a lively yet relaxed town—an ideal base for exploring the region.

Sights
Center of Pula: Nice piazza with cafés and restaurants, lively in the evenings but not overcrowded.
Close to the famous archaeological site of Nora, one of the island's most important historical sites, featuring Roman ruins right by the sea, mosaics, a theater, and temples.

BEACHES
Spiaggia di Nora: A beautiful combination of beach and history.
Additional beaches in the surrounding area toward Chia.

Tips
Perfect for culture + beach.
Good restaurants and accommodations.





SANTA MARGHERITA DI PULA
A quiet coastal region with pine forests, long beaches, and upscale resorts—significantly more relaxed than many other places.

Highlights
Not a classic town, but scattered hotels and holiday resorts.
Plenty of nature and tranquility.

Beaches & Nature
Long, often uncrowded sandy beaches.
A mix of sand, rocks, and pine forests.
Clear, calm waters.

Tips
Ideal for walks and peaceful beach days.
Less infrastructure, better for relaxed stays.
From Pinus Village, a coastal hike to Chia along a partially preserved Roman road.

CHIA
Chia is one of Sardinia's absolute beach highlights: golden dunes, turquoise water, and untouched nature.

Sights
Coastal watchtowers (Torri costiere) along the shore, offering great viewpoints.

Beaches & Nature (Top Highlights!)
Spiaggia di Su Giudeu: One of Sardinia's most famous beaches, with fine sand and crystal-clear water.
Cala Cipolla: A small, sheltered cove.
Tuerredda: Caribbean-like colors with large sand dunes.

Tips
Arrive early—very popular in summer.
Some beaches charge for parking.
Perfect for nature, swimming, and photos.
The coastal road from Chia to Porto Pino and onward to Tratalias, an abandoned village worth visiting. Nearby, you'll find wineries like Cantina Mesa at Sant'Anna Arresi.





THE SOUTHWEST

The southwest of Sardinia, including its islands and the Sulcis-Iglesiente hinterland, is a much more authentic and less touristy region. However, it is extremely fascinating in terms of landscape and culture.

SANT'ANTIOCO

Sant'Antioco is the largest island in southwestern Sardinia, offering nature, history, and relaxed beaches. It is connected to the mainland by a bridge and a drivable dam, making it perfect for day trips—no ferry required.

Sights

- Old town of Sant'Antioco: Historic center with narrow streets.
- Churches like the Basilica di Sant'Antioco Martire.
- Small squares with cafés and a distinctly Sardinian atmosphere.
- Archaeological park with a museum.
- Punic and Roman ruins.
- Nido dei Passeri: Stunning, dark rocky coastline.
- Historical settlements and necropolises.

Beaches & Nature

- Spiaggia Maladroxia: Long, fine sandy beaches with calm, clear water.
- Cala Sapone: A smaller, untouched cove.
- Hiking and cycling trails along the coast.

Tips

- A car is essential for exploring the island.
- Sunset at the harbor is highly recommended.
- Experience "slow tourism" in the southwest.
- From Calasetta, you can take a ferry to the island of San Pietro.
- Perfect for hiking in the off-season.

SAN PIETRO

San Pietro (main town: **Carloforte**) is culturally unique in Italy, as it was settled by Ligurians in the 18th century. The island combines nature, history, and Italian charm.

Sights

- Carloforte: Historic town center with colorful houses and a harbor promenade.
- Torre Su Pisu: Old watchtower with panoramic views.
- Museo Etnografico: Showcases local traditions and the island's history.

Beaches & Nature

- Spiaggia La Caletta: Fine sand and calm waters.
- Spiaggia Guidi: Small, untouched coves.
- Coastal hikes with breathtaking views.

Tips

- Ferries depart from Calasetta (on Sant'Antioco) or Porto Vesme—crossing takes about 30–40 minutes (book in advance on weekends and during peak season).
- Perfect for photography and nature hikes.
- Culinary highlights: Fresh tuna and seafood with pesto and couscous.
- Girotonno: A culinary festival held at the end of May/beginning of June, celebrating the traditionally caught red tuna.
- Organized boat trips are available from the ports of Teulada, Sant'Antioco, Calasetta, Carloforte, and Buggerru to explore the fascinating and often secluded coastline, which is much quieter than the east coast.

SULCIS-IGLESIENTE

Sulcis-Iglesiente is Sardinia's authentic, mountainous, and historic mining region. Here, you experience the "real" Sardinia: mountain villages, old mines, and wild coastlines.

Sights

- Historic mining towns: Iglesias, Carbonia.
- Old mining facilities and industrial architecture in Monteponi. (worth a visit)
- Small villages like Domusnovas, Fluminimaggiore, Buggerru.
- San Giovanni Cave, located between Cagliari and Iglesias, once accessible by car.
- Sa Reina, one of Sardinia's oldest olive trees, near the San Giovanni Cave.
- Hike to Castello Aquafredda.

Nature & Highlights

- Coastal sections with coves and cliffs. Highly recommended: the spectacular coastal road from Gonnesa to Buggerru, with stops in Nebida (Belvedere circular trail with views of the Pan di Zucchero rock) and Cala Domestica beach before Buggerru.
- Walking the Capo Pecora and visiting Portixeddu.
- Tempio di Antas near Fluminimaggiore.

Notable Beaches

The southwest offers:

- Beautiful, untouched beaches.
- Historic towns and archaeological sites.
- Wild, unspoiled landscapes.
- Unique culinary experiences (tuna, seafood).





COSTA VERDE

The Costa Verde is one of Sardinia's most untouched coastal regions. It captivates with wild beaches, dune landscapes, cliffs, and a very peaceful atmosphere, far from major tourist hubs. Ideal for nature and adventure enthusiasts.

Sights & Highlights

- Montevecchio Mines: Historic mining facilities and fascinating industrial architecture.
- Capo Frasca Lighthouse: Dramatic cliffs and panoramic views.
- Piscinas Dunes: Massive sand dunes right by the sea, one of Sardinia's most spectacular beaches (the road is quite challenging).
- Starting point for coastal hikes.
- Torre dei Corsari: A coastal village with sand dunes and steep cliffs.

Beaches & Nature

- Spiaggia di Piscinas: Fine sand, huge dunes, and untouched—quieter than many other beaches.
- Scivu Beach: A dream beach in a peaceful, somewhat remote setting.
- Portu Maga: Small coves and rocky sections.
- Coastal hiking with spectacular panoramas and sunsets.
- Marine protected areas for snorkeling.

Conclusion

The Costa Verde is a wild, untouched contrast to Sardinia's tourist-heavy east and north coasts:

- Secluded, pristine beaches and dramatic landscapes (dunes, cliffs, mountains).
- Historic mining sites and small fishing villages.
- Ideal for nature lovers and those seeking tranquility.
- Highlight: The Piscinas Dunes and the wild coastal stretch—one of Sardinia's most impressive spots for nature enthusiasts.



WEST COAST
ORISTANO
Oristano is the capital of the province of the same name and offers culture, history, and easy access to the west coast. The city is quiet, authentic, and an ideal base for exploring the surrounding area.

Sights
- Torre di Mariano II: A medieval city tower with views over the old town
- Cathedral of Oristano (Cattedrale di Santa Maria Assunta): A historic church with a Baroque interior
- Old town: Narrow streets, small squares, cafés, and local markets
- Sa Sartiglia Festival: A traditional equestrian carnival event
- Antiquarium Arborense Archaeological Museum: Finds from the region, including Punic, Roman, and Nuragic artifacts
- Nuraghe Losa

Beaches & Nature
- Spiaggia di Torre Grande: The main beach near Oristano, shallow and ideal for swimming
- Nearby Cabras Lagoon
- Flamingos and other water birds – great for nature and birdwatching
- Additional beaches around Oristano

Tips
- Quiet city with authentic Sardinian atmosphere
- A car is useful to explore the lagoon and surrounding areas



CABRAS
Cabras is located right by the Cabras Lagoon and is famous for its traditions, fishing culture, and the remains of the ancient city of Tharros. It is a place for culture, nature, and local specialties.

Sights
- Cabras Lagoon: An important flamingo colony, ideal for birdwatching and photography
- Abandoned village of San Salvatore di Sinis
- Ancient city of Tharros (approx. 5 km away): Punic and Roman ruins right by the sea
- Historic lighthouse nearby
- Museo Civico Cabras: Local history and lagoon artifacts
- Day trip inland via Santu Lussurgiu to Fordongianus or Laconi and the Parco Aymerich
- Try bottarga (pressed fish roe), one of Sardinia's gastronomic highlights

Beaches & Nature
- Spiaggia di Is Arutas: Known for its fine quartz sand that sparkles in the sunlight
- Spiaggia di Mari Ermi: Quiet, natural, and unspoiled

How the Places Work Together
- Oristano – city life, culture, historic center
- Cabras – nature, lagoon, birdlife, ancient history

This stage combines city, nature, and history within a short distance.

Conclusion
The Oristano–Cabras region offers:
- Culture and historical sights
- Nature: lagoon landscapes and flamingos
- Unique natural beaches with quartz sand

Highlight: The ancient city of Tharros + Cabras Lagoon – a rare combination of archaeology, birdwatching, and natural beaches.

The Northwest
From Cabras, you drive to Bosa via Riola Sardo, passing the stunning S'Archittu beach with its characteristic natural rock arch, and continuing through the village of Tresnuraghes before reaching Bosa.

Bosa
Bosa is one of the most picturesque towns in Sardinia. It lies on the banks of the Temo River, features a colorful old town, and enjoys a beautiful setting between hills and the sea. It is perfect for culture, photography, and relaxation.

Sights
- Old Town of Bosa: Colorful houses, narrow streets, cobblestones, small cafés, and artisan shops
- Castello Malaspina: A medieval castle on a hill with panoramic views
- Temo River: Riverside walks and boat trips

Beaches & Nature
- Bosa Marina Beach: Fine sand, shallow waters, and family-friendly atmosphere
- Surroundings: small coves along the west coast

Tip
The coastal road from Bosa to Alghero offers one of the most spectacular drives in Sardinia, with breathtaking sea views along the way.





TRESNURAGHES
Tresnuraghes is a small, authentic village in the hinterland of the western coast, known for its untouched nature, traditional way of life, and Nuragic sites.

Sights
- Nuraghes in the surrounding area: typical Sardinian tower structures from the Bronze Age
- Traditional village life: small churches, squares, local craft businesses

Nature & surroundings
- Hilly landscape, olive groves, vineyards
- Hiking in the surrounding area
- Quiet, unspoiled atmosphere away from the tourists

Interaction of the places
Bosa – picturesque town + riverside
Alghero – lively coastal city + beaches + caves
Tresnuraghes – original inland area, Nuraghes, nature

Conclusion
Northwestern Sardinia offers:
- Culture: old towns of Bosa & Alghero
- Beaches: Bosa Marina, Maria Pia, Le Bombarde
- Nature & tradition: Tresnuraghes, Nuraghes, inland areas
- Cuisine: fresh fish, Sardinian specialties
- Highlight: combination of a lively coastal city (Alghero) and a picturesque old town (Bosa)

Alghero
Alghero is a lively coastal town with a strong Catalan heritage, a medieval old town, and easy access to spectacular beaches. It's an ideal destination for culture, food, and the sea.

Sights
- Old Town of Alghero
- Catalan-influenced architecture, historic city walls, charming squares, and many restaurants and cafés
- Cathedral of Santa Maria
- A historic church located in the heart of the old town
- Neptune's Grotto (Grotta di Nettuno) and Parco Conte
- One of Sardinia's most famous sea caves, accessible by boat or via a scenic staircase carved into the cliff

Beaches & Nature
- Maria Pia Beach: Fine white sand with a pine forest just behind the beach
- Le Bombarde Beach and Lazzaretto Beach: Popular coves with crystal-clear water, great for swimming and sunbathing
- Nearby natural areas such as Porto Conte Regional Natural Park and surrounding coastal landscapes
- Best beaches

Tips
- Excellent restaurants serving fresh seafood and local Sardinian cuisine
- Book tickets early for Neptune's Grotto, especially in high season
- Evening walks along the old city walls are especially beautiful at sunset
- Archaeological sites around the wider Sassari area are worth exploring

NORTHERN SARDINIA

Sardinia is perfect for a sustainable holiday in close contact with nature. On such a "slow" journey, you can best discover the region's biodiversity, landscapes, culture, and local people.

Stintino

Stintino is famous for some of the most beautiful beaches in Europe – a true paradise for beach lovers and nature enthusiasts.

The region's landmark is the famous beach La Pelosa, which offers a unique panorama with its shallow, crystal-clear water and the small island just offshore.

A special natural highlight is Asinara National Park, a protected national park on the island of the same name. Formerly a prison island, it is now an untouched natural paradise with rare wildlife, including the famous white donkeys.

Beaches around Stintino

Stintino is especially known for its spectacular beaches:

- La Pelosa – one of the most beautiful beaches in Europe, with extremely clear, shallow water
- La Pelosetta – a small, quiet beach with a view of the watchtower
- Spiaggia delle Saline – slightly windier, ideal for surfers and those seeking peace
- Ezzi Mannu – natural and often less crowded, perfect for long walks

Nature & activities

In and around Stintino there are many opportunities for active recreation:

- Boat trips to Asinara Island – with stunning coves and crystal-clear water
- Porto Torres – a historic port with Roman heritage
- Capo Falcone – impressive cliffs with spectacular sea views





Castelsardo

Castelsardo is a medieval coastal town with a spectacular setting on a rock above the sea. It is known for its narrow alleys, castle, and traditional craftsmanship.

Sights

- Castello dei Doria: A medieval castle with panoramic views over the sea and coastline
- Old Town of Castelsardo: Narrow streets, colorful houses, and artisan shops (especially basket weaving)
- Cathedral of Sant'Antonio Abate: A historic church in the town center

Beaches & Nature

- Spiaggia La Marina: A small beach located directly below the old town
- Surroundings: Rocky coastal stretches and hidden coves

Tips

- A car is useful for exploring the surrounding area
- The best view from the castle is at sunset

Portobello di Gallura is a quiet seaside holiday destination with restricted access for residents only—perfect for those seeking peace and relaxation.

Isola Rossa

Isola Rossa is a quiet coastal village with a Mediterranean flair, known for its small coves, rocky beaches, and relaxed atmosphere.

Sights & Highlights

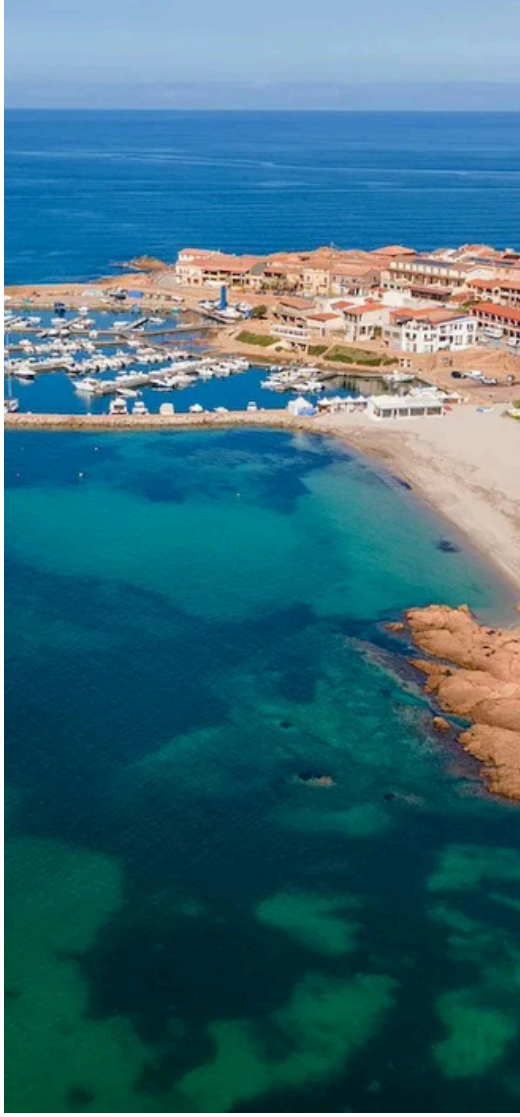
- Small fishing harbor and promenade
- Traditional restaurants serving fish and seafood

Beaches & Nature

- Spiaggia Longa: A long sandy beach, ideal for families
- Red rock coves: Picturesque natural beaches with crystal-clear water
- Surroundings: Coastal hiking opportunities

Tips

- Perfect for a one-day trip focused on beach and relaxation
- Quieter than Castelsardo and less touristy
- A car is recommended to reach coves outside the village



Costa Paradiso

Costa Paradiso is a small holiday resort located between Santa Teresa Gallura and Castelsardo—perfect for relaxation, but less suited for nightlife. Its name ("Paradise Coast") is no coincidence: the landscape is defined by glowing red granite rocks, turquoise-blue water, and wild Mediterranean vegetation.

Unique Features

- Architecture in harmony with nature: Houses and villas are built in terraces along the hills, blending seamlessly into the landscape
- Many hidden coves: Small, often sheltered bathing spots between rocks create an intimate atmosphere
- Crystal-clear water: Ideal for snorkeling and diving

The Most Beautiful Beaches

- Spiaggia di Li Cossi: Fine sand framed by red rocks, accessible only via a short hike (about 10–15 minutes); considered one of the most beautiful beaches in Sardinia
- Le Sorgenti & Li Tamerici: Smaller, quieter coves, partly rocky—perfect for snorkeling
- Le Baiette: A mix of rock platforms and small sandy areas, great for sunbathing and swimming
- Nearby beaches: Lu Litarroni, Rena Majore, and Cala Sarraina—larger sandy beaches easily reachable by car

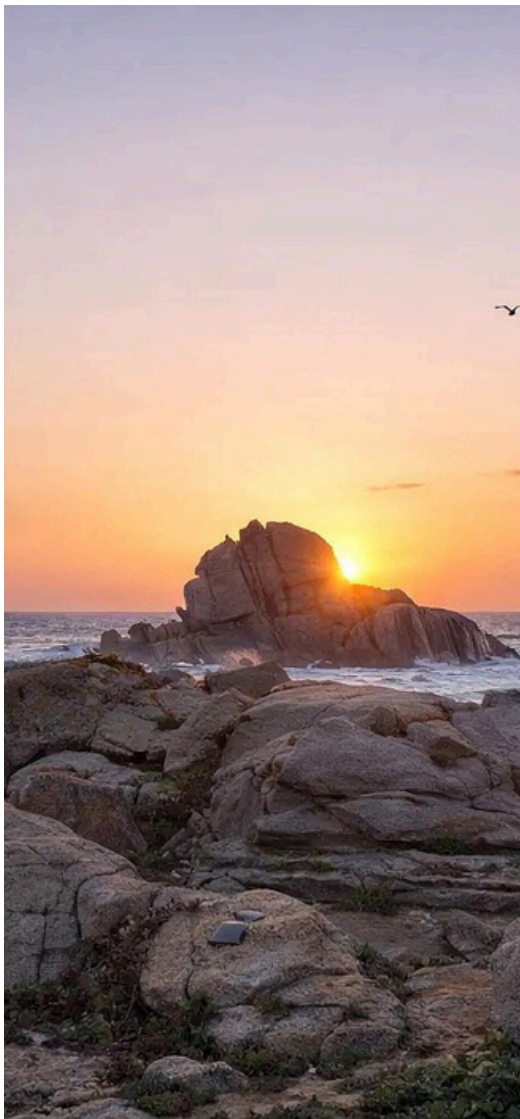
Sights & Activities

Nature & Views

- Monte Canu: Viewpoint with panoramic views over the coastline
- Coastal hikes along cliffs and coves
- Natural pools and rock formations along the shore

Excursions in the Surroundings

- Capo Testa – spectacular rock formations
- Valle della Luna – the "Moon Valley" with surreal landscapes
- Aggius – a charming mountain village inland
- Coddu Vecchju – a prehistoric Nuragic site



Olbia

Olbia is the main gateway to northern Sardinia (airport & ferry port). The town itself is not a classic highlight like other places, but it's ideal for arriving and starting your trip in a relaxed way. The surrounding area offers many beautiful beaches and archaeological sites.

Sights

- Basilica di San Simplicio: One of the oldest churches in Sardinia (11th century), simple but historically significant
- Corso Umberto I: Main promenade with restaurants, bars, and small shops
- Archaeological Museum: Located right by the harbor, interesting for learning about maritime history and antiquity

Beaches & Nature

- Pittulongu Beach: Long sandy beach, easy to reach, perfect after arrival
- Spiaggia Bados: Quieter and a bit smaller
- Many small coves in the surrounding area

Tips

- Ideal for the first or last day
- Good infrastructure (supermarkets, car rentals, gas stations)
- Enjoy a relaxed evening stroll through the old town

Santa Teresa di Gallura

A charming town in the far north of Sardinia with views of Corsica – less luxurious than the Costa Smeralda, but more authentic.

Sights

- Torre di Longonsardo: An old watchtower with panoramic views over the sea and coastline
- Piazza Vittorio Emanuele: The lively central square with bars and restaurants
- Small alleys in the old town

Beaches & Nature

- Rena Bianca: A dream beach right in town (fine, light sand and shallow water)
- Capo Testa: Spectacular rock formations, small coves, and crystal-clear water
- Coastal hiking trails

Tips

- Perfect for sunsets at Capo Testa
- Ferry to Bonifacio (Corsica) available (great for a day trip)



Costa Smeralda

The Costa Smeralda is famous for its turquoise water, white sandy beaches, and luxurious lifestyle. Despite its high-end image, it's home to some of the most beautiful beaches in Sardinia.

Sights

- Porto Cervo: The center of the region, known for luxury yachts, designer shops, and exclusive restaurants
- Stella Maris Church: Located on a hill, offering great views over the harbor
- Small coves along the coastal road

Top Beaches

- Spiaggia del Principe: A postcard-perfect beach – crystal-clear water and fine sand
- Capriccioli Beach: Several small coves, ideal for swimming
- Liscia Ruja: One of the largest beaches, a bit more lively

Tips

- Very expensive (restaurants, parking)
- Come early in the morning or late afternoon → fewer tourists
- Perfect for swimming and photo stops, less suitable for long stays

8 Must-See Places in the Northeast – North of Sardinia

La Maddalena

The La Maddalena archipelago is considered one of the most beautiful natural areas in the Mediterranean – with water in almost Caribbean-like colors.

Sights

- La Maddalena National Park: A protected area with many islands
- Old Town of La Maddalena: Small, lively, with restaurants and cafés
- Caprera Island (connected by bridge)

Nature & Beaches

- Cala Coticcio (on Caprera): One of the most spectacular beaches ("Tahiti of Sardinia")
- Spiaggia Rosa: Famous for its pink sand (can only be seen from a distance)

Tips

- Ferry from Palau (about 20 minutes)
- A boat tour is the highlight → many beaches are only accessible this way
- Start early in summer (parking and ferries fill up quickly)





EAST COAST & GULF OF OROSEI

Now you head to the east coast of Sardinia – the fastest route goes via Sassari, Macomer, and Nuoro to Orosei (approx. 2.5 hours).

GULF OF OROSEI

The Gulf of Orosei is famous for its dramatic cliffs, hidden coves, and turquoise-blue water. Many beaches are only accessible by boat or on foot – which is exactly what makes this region so special.

What Makes It Special

- Wild, unspoiled nature
- Hardly any large hotel resorts – very authentic
- Traditional, authentic towns
- Unique combination of mountains and sea
- Archaeological sites

Highlights (Beaches & Nature)

- Cala Luna: A crescent-shaped beach with caves
- Cala Mariolu: Crystal-clear water, perfect for snorkeling
- Cala Goloritzé: Accessible on foot – bring plenty of water, as the return hike is steep uphill
- Grotta del Bue Marino: An impressive limestone cave

The Most Beautiful Beaches

DORGALI

Dorgali is located inland and shows you traditional Sardinia – with crafts, mountains, and spectacular nature.

Sights

- Traditional craft workshops (ceramics, carpets)
- Historic town center
- Museums about local culture
- Nuragic site Serra Orrios and the spring of Su Gologone

Nature & Surroundings

- Close to Gola di Gorropu: one of the deepest canyons in Europe
- Perfect for hiking
- Access to the Supramonte mountains

Tips

- Ideal for a day trip inland
- A mix of culture and nature
- A great contrast to the coastal towns

How the Places Work Together

- Cala Gonone – starting point for sea trips and boat tours
- Orosei – quieter, cultural counterpart
- Dorgali – mountains, tradition, and adventure

CALA GONONE

Cala Gonone is the main starting point for exploring the Gulf of Orosei – small, but perfectly located between mountains and sea.

Sights

- Harbor of Cala Gonone (starting point for boat tours)
- Cala Gonone Aquarium (small but interesting)

Beaches & Nature

- Spiaggia Centrale: Located right in town
- Spiaggia di Cala Fuili: A beautiful beach on the edge of town
- Access to all the famous coves of the Gulf

Tips

- Best base for boat excursions
- Book early in high season
- Good balance of nature and infrastructure
- Scenic winding mountain road through Ogliastra to the rock formation Pedra Longa near Santa Maria Navarrese (nearby runs the spectacular hiking trail Selvaggio Blu)

OROSEI

Orosei offers a charming, traditional old town and is located slightly inland – ideal if you want to combine culture with beach time.

Sights

- Old town of Orosei: Narrow streets, historic houses, and several small churches (typically Sardinian)
- Local markets and cafés

Beaches

- Marina di Orosei: A long, quiet sandy beach
- Su Barone: Natural and less crowded
- Access to many beaches along the coastline
- A wide selection of coastal spots

Tips

- Quieter than Cala Gonone
- Perfect for an authentic atmosphere + proximity to the sea

Posada
This charming town combines history, nature, and stunning beaches.

Sights in Posada
- The highlight of the town is the impressive Castello della Fava, a medieval castle. From its tower, you can enjoy spectacular panoramic views over the coast and the surrounding countryside.
- A walk through the historic old town feels like stepping back in time: narrow, cobbled streets, small squares, and old stone houses
- Also worth visiting is the Church of Sant'Antonio Abate

Beaches Around Posada
The beaches around Posada are among the most beautiful in Sardinia – with fine sand, crystal-clear water, and often surprisingly peaceful:
- Spiaggia di San Giovanni – a long, family-friendly sandy beach with pine trees and dunes
- Spiaggia di Posada / Su Tiriarzu – natural, spacious, and ideal for relaxing
- Spiaggia di Orvile – शांत and wild, perfect for nature lovers
- Riviera dei Pini – a particularly beautiful stretch with shady pine forests

Nature & Activities
The surrounding area is a paradise for nature lovers and active travelers:
- Tepilora Nature Park (UNESCO Biosphere Reserve) – ideal for hiking, cycling, and birdwatching
- Rio Posada River – perfect for kayaking
- Spiaggia di Berchida – one of the most beautiful beaches, with turquoise water and unspoiled nature



San Teodoro
San Teodoro is one of the most popular beach destinations in northeastern Sardinia. It combines stunning beaches, a lively atmosphere, and beautiful nature – especially popular in summer.

Sights
- Town center of San Teodoro: Small streets with plenty of bars, restaurants, and markets (very lively in the evening)
- Night markets (summer): Typical Sardinian markets with handicrafts and street food
- Close to a natural park (lagoon landscape)

Beaches & Nature
- La Cinta: One of Sardinia's most famous beaches, with kilometers of fine sand and shallow, turquoise water
- Cala Brandinchi ("Tahiti of Sardinia"): Extremely clear water, almost Caribbean-like
- Lu Impostu: Quieter than La Cinta and very spacious
- San Teodoro Lagoon: Home to flamingos and especially beautiful at sunset

Tips
- Very touristy in peak season → arrive early at the beach
- Great mix of relaxation and nightlife
- Ideal for 1–2 days
- Parking at popular beaches is often paid

Budoni
Budoni is a relaxed seaside town south of San Teodoro. It's less hectic, but offers long beaches and good infrastructure.

Sights
- Small town center with restaurants, cafés, and summer markets

Beaches & Nature
- Spiaggia di Budoni: A very long, wide sandy beach with shallow water
- Porto Ainu: Quieter and a bit more hidden
- Baia Sant'Anna: A beautiful mix of beach and pine forest
- Countryside with hills and small villages

Tips
- Less crowded than San Teodoro
- A great base for excursions (e.g., to San Teodoro or Siniscola)
- family-friendly

Siniscola
Siniscola is much more authentic and quieter than San Teodoro – with close access to impressive natural landscapes.

Sights
- Historic center: Simple, traditional houses
- Churches such as San Giovanni Battista

Nature & Beaches
- Capo Comino: Vast sand dunes
- Berchida Beach: One of the island's most beautiful natural beaches, less developed and very unspoiled
- La Caletta (coastal town): Harbor, promenade, and a relaxed atmosphere
- Close to Monte Albo: Ideal for hiking

Tips
- Perfect for nature and tranquility
- A car is especially important here



ARBATAX

Arbatax is a small coastal village, best known for its unique natural rock formation. It serves as an excellent starting point for exploring the Ogliastra region.

Attractions

- Rocce Rosse (Red Rocks): The iconic symbol of Arbatax, a striking red porphyry rock formation right by the sea. Especially breathtaking at sunrise or sunset.
- A small harbor with a relaxed atmosphere.
- Su Marmuri Cave near Jerzu (a town famous for its full-bodied red wine).

Beaches & Nature

- Cala Moresca: A quiet, untouched beach with views of rocks and the sea.
- Porto Frailis: A small, sheltered cove—ideal for swimming.
- Proximity to other picturesque bays along the coast.
- Some of the most beautiful beaches in the area.

Tips

- Perfect for photo spots and short stops.
- Not a classic beach resort, but rather a natural highlight.
- Easily combined with a visit to Santa Maria Navarrese.

SANTA MARIA NAVARRESE

A small, peaceful coastal village with plenty of charm.

Attractions

- Santa Maria Navarrese Church: One of the oldest religious sites in the region, surrounded by ancient olive trees.
- A quaint village square with cafés and restaurants.

Beaches & Nature

- Spiaggia di Santa Maria Navarrese: Located right in the village, long and tranquil (beach service available for guests with dogs).
- Lido di Orrì (nearby): One of the most beautiful beaches in the region.
- Access to boat tours along the rugged coastline.

Tips

- Very relaxed and less touristy.
- Perfect as a base for exploring the area.
- Ideal for quiet evenings rather than partying.
- Day trip to Baunei for hiking and climbing.



OGLIASTRA

Ogliastra is considered one of the most authentic regions of Sardinia. Here, you'll find a rare combination of towering mountains, wild coastline, and traditional ways of life.

Unique Features & Attractions

- Little mass tourism—very authentic.
- Small villages with traditional lifestyles.
- Known as one of the world's "Blue Zones" (high life expectancy).

Nature & Highlights

- Supramonte: A rugged mountain range, perfect for hiking.
- Dramatic cliffs with spectacular views.
- Hidden coves along the coast.

Beaches

- Often less crowded than in the north.
- Untouched and expansive.

Tips

- Perfect for nature lovers and independent travelers.
- A car is essential.
- Ideal for hiking, exploring, and slowing down.





TORRE DELLE STELLE
A quiet, somewhat hidden holiday destination between Cagliari and Villasimius.

Unique Features
- No classic town center—very peaceful.
- Many holiday homes and small resorts.
- Authentic, relaxed atmosphere.

Beaches
- Genn'e Mari: A quiet, long sandy beach.
- Cann'e Sisa: Slightly livelier but still relaxed.
- Often less crowded than Villasimius.

Tips
- Ideal for peaceful days by the sea.
- Less infrastructure—more self-catering.
- Great location between Cagliari and Villasimius.

SOUTHEASTERN SARDINIA
The southeast of Sardinia is known for some of the island's most beautiful and relaxed beaches.

COSTA REI
Costa Rei is famous for its kilometers of almost Caribbean-like sandy beaches. Compared to the Costa Smeralda, the atmosphere here is much more peaceful.

Unique Features
- Endless, bright sandy beaches.
- Very clear, shallow waters.
- Less luxurious, but more relaxed.

Beaches & Nature
- Spiaggia Costa Rei: Over 8 km long beach—ideal for long walks.
- Scoglio di Peppino: A striking rock formation in the water, a popular photo spot.
- Many small, quiet beach sections.
- Day trip to the mountains: Hiking in Sette Fratelli Park.

Tips
- Perfect for a beach holiday and relaxation.
- Especially beautiful when there's little wind.
- Ideal for sunrises.
- A great mix of nature and small holiday resorts.

VILLASIMIUS
Villasimius is one of the most popular holiday destinations in southern Sardinia, offering a wide selection of dream beaches and a lively town center.

Attractions
- Villasimius Town Center: Many restaurants, bars, and shops—very lively in the evenings.
- Archaeological Museum.
- Ancient coastal tower at Capo Carbonara.

Beaches & Nature (Highlights!)
- Spiaggia di Porto Giunco: One of Sardinia's most beautiful beaches, with a lagoon and flamingos in the background.
- Punta Molentis: A small, spectacular cove.
- Simius Beach: Located right in town, easily accessible.
- Capo Carbonara: A protected marine area, perfect for snorkeling.
- Hike to Torre di Porto Giunco.

Tips
- A great mix of nature, infrastructure, and nightlife.
- Arrive early at popular beaches (parking fills up quickly!).
- Enjoy the scenic coastal road from Villasimius via Torre delle Stelle to Cagliari.

INLAND SOUTH SARDINIA: The Heart of Nuragic Culture
The interior of Sardinia is the historical heart of the island. Unlike the coastal regions with their beaches and tourist centers, the inland captivates with archaeological treasures, green rolling hills, traditional villages, and untouched nature. Here, you can experience ancient Sardinia up close, with a concentration of history, culture, and nature that is rarely found elsewhere on the island.

MANDAS
Mandas is a small, authentic village nestled among gentle hills, olive groves, and vineyards, typical of southern Sardinia. The town itself is quiet but full of local charm, with small cafés, traditional churches, and narrow streets shaping its character. Particularly worth seeing are the village churches, which showcase local architecture and religious art.

Mandas is an ideal starting point for exploring the surrounding area, whether for hikes in the hills, visits to agricultural estates, or trips to nearby archaeological sites.

The region is also known for its traditional festivals and markets, where local products such as cheese, honey, olive oil, wine, and handmade ceramics are offered. Those looking to experience rural Sardinia will find an authentic atmosphere far from mass tourism.

NURAGHE SU NURAXI – BARUMINI
The Nuraghe Su Nuraxi near Barumini is one of Sardinia's most significant archaeological monuments and a UNESCO World Heritage Site. Dating back to the Bronze Age (around 1600 BCE), it is a prime example of Nuragic culture, which shaped Sardinian history over millennia.

The site consists of a central tower, multiple outer fortresses, and a complex network of rooms, corridors, and towers. A guided tour provides deep insights into the lives of the Bronze Age population, including their construction techniques, defense strategies, and daily rituals.
The surrounding area, characterized by hills and fields, makes the site not only archaeologically impressive but also scenic.

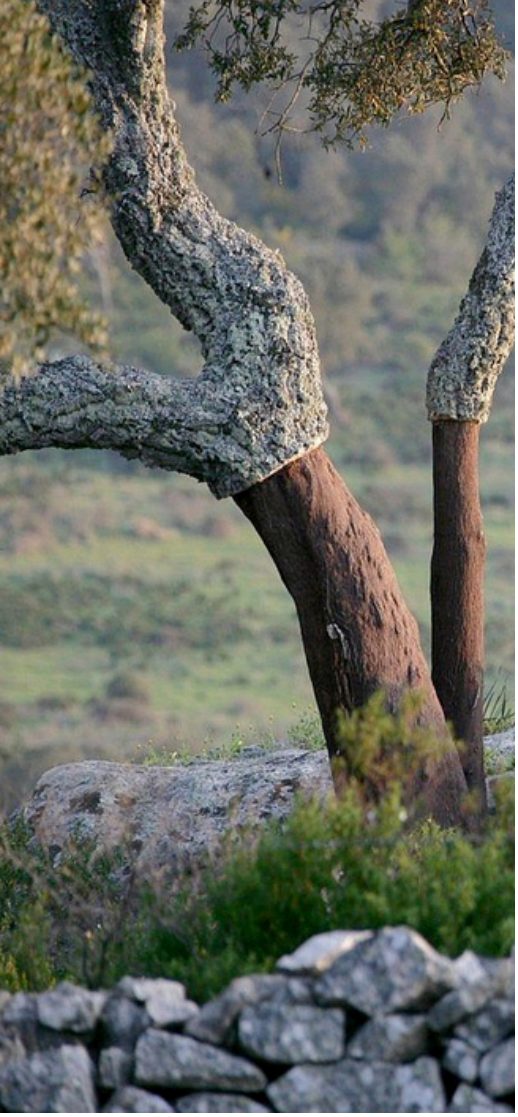
Additional Sights in the Southern Inland

- Giara di Gesturi Plateau: Located about 30 km from Barumini, the Giara is a barren yet fascinating plateau and home to the famous wild Giara horses. Hikes here lead through flat plateaus, past small lakes and sinkholes, offering a unique natural experience.
- Sanluri and Villanovafranca: Small villages with charming squares, churches, and traditional Sardinian life.
- Hiking and Nature: The hills around Mandas and Barumini offer numerous hiking routes through olive groves, cork oak forests, and gentle hill chains. Sunrises and sunsets over the ancient fields and Nuraghe are particularly photogenic.
- Hiking in Monte Arci











Northern Inland Sardinia
The northern interior of Sardinia offers a striking contrast to the coast. While the beaches and coves of Gallura and the Costa Smeralda are all about sun and sea, the inland captivates with rugged mountains, deeply rooted traditions, and an authentic, unspoiled culture. Traveling through these regions means stepping into the heart of Sardinia, where landscape, art, and history are closely intertwined.

Nuoro, often referred to as the “capital of Barbagia,” is an ideal base for exploring the mountainous interior. The town itself has a relaxed and authentic character, shaped by old churches, small squares, and museums that preserve Sardinia’s cultural heritage. A highlight is the Museo Etnografico Sardo, which showcases traditional costumes, customs, and the daily life of mountain communities. Nuoro is also the birthplace of several important Sardinian writers and artists—making it a perfect place to connect with the island’s cultural soul. If you have time, stroll through the old town and visit local cafés to get a first taste of the Sardinian mountain atmosphere.

From Nuoro, a trip to Orgosolo is highly recommended—one of the most distinctive villages in Sardinia. It is famous for its murales, colorful wall paintings that depict political messages, everyday stories, and Sardinian traditions. Orgosolo offers a visually striking and thought-provoking experience. The surrounding landscape is mountainous and wild, perfect for hiking or horseback riding. It also shows why Sardinia managed to preserve its independence for so long: steep mountains, narrow valleys, and untouched nature.

In the mountain village of Mamoiada, a visit to the Mediterranean Mask Museum is also worthwhile.

Further north, towards Gallura, lies Tempio Pausania, a charming town known for its granite architecture and historic squares. It has a distinctly Mediterranean feel, with narrow streets, small cafés, and markets offering local products such as cheese, olive oil, and wine.

Tempio Pausania is also a great starting point for excursions into the surrounding mountains, particularly the Gennargentu massif, where you can enjoy hikes through dense forests and across rocky ridges. The region is perfect for discovering authentic Sardinian cuisine—from hearty pasta dishes to traditional lamb specialties prepared according to age-old recipes.

Overall, the northern inland is defined by nature, tradition, and tranquility—far removed from the busy coastal hotspots. Those who travel here experience the “real” Sardinia: mountain villages, ancient customs, dramatic landscapes, and encounters with a local culture that has remained largely unchanged for centuries. A car or SUV is almost essential, as the villages are spread out and the roads are winding—but the natural beauty and authenticity make it more than worthwhile.



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