

7 days of Sardinia



This land looks like no other place.

Sardinia is something else: wider, much more usual, not at all irregular, but which vanishes in the distance. Crests of hills like moorland, irrelevant, which are lost, perhaps, towards a group of peaks. . . Enchanting space around and distance to travel, nothing finished, nothing definitive. It is like freedom itself.

Sardinia is out of time and history.

David Herbert Lawrence, *Sea and Sardinia*



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7 days of Sardinia

Monday - Isola di San Pietro - Carloforte

Tuesday – Barumini – Su Nuraxi, UNESCO World Heritage Site

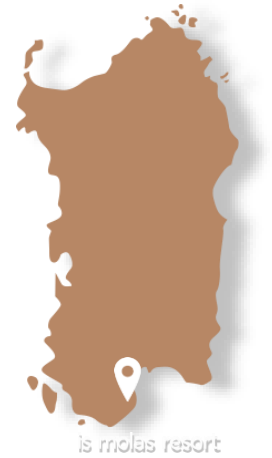
Wednesday – The footsteps of Lawrence – Green train of Sardinia

Thursday – Cagliari city tour

Friday – Wine, caves and nature. The white dunes of Porto Pino

Saturday – Nebida – Masua – Porto Flavia

Sunday – 5-senses itinerary – The essence of Sardinia



Isola di San Pietro

Carloforte

U pàize is a Ligurian enclave in Sardinia: it preserves the language and culture of its founders, the fishing families originally from Pegli, and from the Tunisian island of Tabarka (where they had resided since the 16th century). Carloforte, still closely linked to Pegli and Genoa, is the only center of the island, with six thousand inhabitants: it will conquer us with narrow streets and alleys that climb up a gentle slope, with colorful views and views of the sea, and ancient defensive fortifications, of which there are watchtowers and sections of walls with forts, including the Lion's Gate. The sea is an essential part of our excursion: the coasts of San Pietro are a succession of jagged rocks and inlets.

Full day activity with free lunch
From 8.30 AM to 7.30 PM
Minimum 4 participants

Monday



Adult euro 120 pp
Kid euro 84 pp



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Barumini

Su Nuraxi – UNESCO World Heritage Site

In Barumini you can breathe a special air: since prehistoric times the current village was the center of power and reference of a rich and fertile territory, the Marmilla. As evidence of this stands on Nuraxi, the most impressive (and best preserved) of the thirty Baruminese Nuragic sites, as well as the most important legacy that the 'tower civilization' has left us. The archaeological area includes a complex nuraghe and an extensive village of huts, a unique place, which UNESCO declared a World Heritage Site in 1997. Su Nuraxi, made of basalt, a volcanic stone from the nearby park of the Giara, has a stratification of two thousand years, from the sixteenth century BC. to VII A.D.

Half-day: from 9 AM to 1.45 PM

Full day including lunch: from 9 AM to 6.30 PM

Minimum 4 participants

Tuesday



Adult euro 110/77 pp

Kid euro 80/55 pp



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The footsteps of Lawrence

Green train of Sardinia

A fascinating journey with the Trenino Verde of Sardinia on the Mandas - Sadali section of the narrow gauge railway line, between bridges, tunnels, stations and roadman, true industrial archeology.

For a multisensory experience, among exciting naturalistic views and tasting of typical products.

Full day activity including snack lunch «tagliere»

From 7 AM to 8.30 PM

Minimum 4 participants

Adult euro 65 pp

Kid euro 45 pp

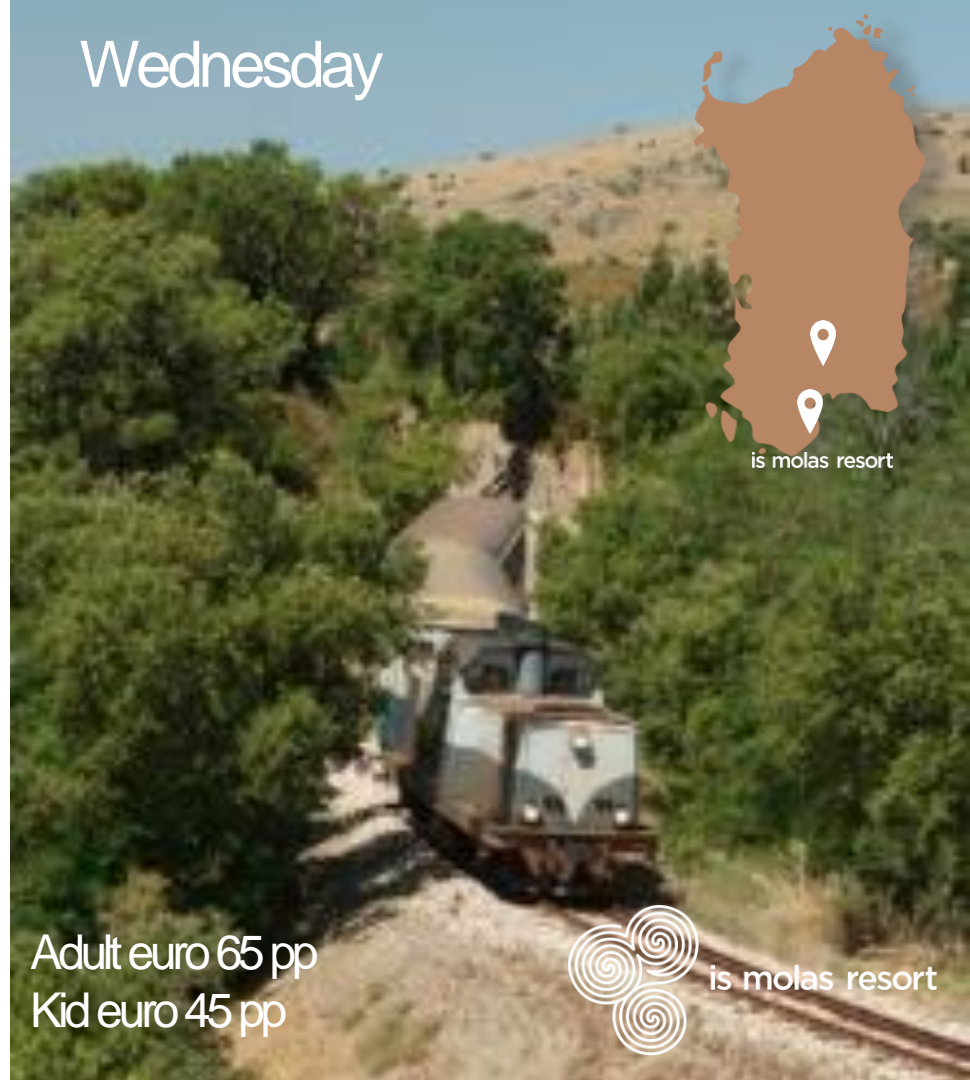
Wednesday



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Cagliari city tour

Cagliari is the main and most populous city on the island, in the center of a metropolitan area of 430,000 inhabitants. In the four historic districts it preserves millenary events ranging from prehistoric times to the Savoy government. Glimpses of historic districts overlooking the sea, shopping streets and panoramic terraces, including the inimitable bastion of Santa Croce, where you can spend romantic evenings after burning sunsets. The Castello district is located on the highest hill, characterized by ancient ramparts, now terraces where the nightlife comes alive, and by picturesque streets overlooked by noble residences: Palazzo Regio and Palazzo di Città, as well as the cathedral of Santa Maria.

Half day from 9 AM to 1.45 PM

Full day from 9 AM to 7.15 PM

Minimum 4 participants

Thursday



Adult euro 70 / 50 pp

Kid euro 50 / 35 pp



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Wine, caves and nature

The white dunes of Porto Pino

Journey to Sulcis to taste the best wines of the island for a unique experience. These lands, among the oldest in Europe, are home to the Carignano vines, giving us high quality and prestigious wines. Surrounding this wonderful excursion will be a visit to the karst caves of Is Zuddas, one of the most beautiful and fascinating caves on the island. A sea of emotion, with bated breath!

Full day

From 9.30 AM to 7.00 PM

Minimum 4 participants

Friday



Adult euro 85 pp
Kid euro 65 pp



The history of mining

Nebida, Masua and Porto Flavia

The whole coast of Iglesias has a wild charm, with enchanting coves and beaches. Among the wonders not to be missed is Nebida, a small hamlet of 'mining' origin. The mines have profoundly marked the life of the Iglesiente. Today they are the industrial archeology heritage of the Geo-mining park of Sardinia, recognized as a UNESCO heritage site. We will travel through a landscape dotted with mining shafts and tunnels, washrooms and wharfs, buildings and miners' houses. You see it emerge at mid-height, magically suspended in the air to recall an adventure novel; Porto Flavia is halfway between a commercial port and a futuristic architectural work that revolutionized the engineering of the early twentieth century.

Full day from 8.30 AM to 7.30 PM
Minimum 4 participants

Saturday

Adult euro 80 pp
Kid euro 55 pp



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5-senses itinerary

Essences of Sardinia

Immersed in the vegetation, a few steps from the tourist complex, we walk along a path that winds through granite and aromatic species and the Mediterranean scrub. We would reach a panoramic point where we would make a stop with the tasting of local products and we will be able to admire the mountain ranges and the coastal area. During the excursion, we will learn to recognize the aromatic species and the Mediterranean scrub and appreciate their use in herbal medicine and cooking. We will identify the signs of the presence of wild species, with a little luck we will also be able to spot them. Touch, smell, sight, will be enhanced by an unforgettable multisensory experience.

Half day from 8.15 AM to 11.30 AM
Minimum 4 participants

Sunday



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Adult euro 40 pp

Kid euro 28 pp



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DISCLAIMER

- All the services listed above are on reservation and subject to availability of the suppliers
 - The reservation of the services must be made at the Is Molas concierge by mail, telephone or APP with at least 24h notice
 - The concierge once verified the availability and the price of the requested service will confirm the booking or propose an alternative date
 - Some activities are subject to supplier confirmation based on weather conditions



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