Equus Journeys
HORSEBACK TRAVEL & EQUESTRIAN TRADITIONS SINCE 1972

+44 (0) 1905 388977 info@equus-journeys.com

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Sardinia's Isles

ITALY

Enjoy a **trail riding holiday on horseback in Italy** across southern Sardinia. During your **horse trip in Sardinia**, you will have the opportunity to discover the many beauties of Sardinia; magnificent countryside out of the way of tourists, sun-soaked beaches and cliffs that give way to the beautiful blue waters of the Mediterranean. After returning your horse to the stables, relax in rural guest houses where you will sample true Sardinian cuisine.

Beach Ride	**8 days/ 6 days riding**	**From £2,272**	


Horseback riding in Sardinia with Equus Journeys


Explore Sardinia in the saddle


Riding holiday in Sardinia

ITINERARY

Highlights

- Explore Sardinia's beautiful coastline on horseback
- Canter along some of Sardinia's beautiful beaches
- Enjoy breath-taking countryside along the Mediterranean coast
- Sample authentic Sardinian cuisine each evening
- Ride well-trained and sure-footed horses across a variety of terrains

Day 1 — 1 : ARRIVE IN CAGLIARI - Sant'Antioco

I Colori

On your arrival into Cagliari, you will be met by your guide or a representative from our team. Please note flights are not included but can be booked on request. Transfers are organised at set times, please see "dates and prices" for more information. Once all the riders have arrived, you will be driven to Sant'Antioco.

After arriving at your hotel, you will have a chance to settle in before dinner.

In the evening, over a delicious Italian meal, you will meet your guides who will brief you on the ride to come, their horses and they will find out a little bit more about your level before the start of the ride the following day.

Day 2 — 2 : Corongiuali - 5-6 hours riding

I Colori

From the riding school, you will set out towards the ancient fishing village of Is Loccis Santus. Along the way, you will pass the mysterious Domus de Janas—prehistoric burial chambers dating back over 8,000 years. Your route then turns toward the coast, riding through the peaceful landscapes of Corongiuali.

From Punta e' Trettu, you will make your way to Bruncu e Teula, where the path brings you along the shoreline, rich in natural beauty. You will ride along secluded beaches and sandy shores, then ascend from the coast to take in the stunning panoramic views of nearby San Pietro Island.

In the evening, you will have dinner at a local restaurant.

Day 3 — 3 : Sant'Antioco - 5-6 hours riding

I Colori

Leaving the stables behind, you will ride towards the sea, heading to Sant'Antioco. Following the course of a local riverbed, you will arrive at the small village of Palmas Vecchio, where you can admire a church that has stood for over a thousand years.
The ride continues to the artificial lake of Tratalias, where you will reach a panoramic viewpoint offering sweeping views of the lake basin and the distant coastline.

On the way back, you will visit the medieval village of Tratalias Vecchia, riding through native vegetation with glimpses of blue from both lake and sea.

Dinner at a local restaurant.

Day 4 — 4 : Sant'Antioco - 5-6 hours riding

I Colori

In the morning, you will load the horses into the horse box.
The trail begins close to the former Palmas quarries. You will ride through Mediterranean vegetation, which will gradually lead you to the beautiful beach of Maladroxia. From there, you will follow the southern coastline to the wild and secluded beach of Coe' Cuaddus, before continuing on to Turri, where a majestic 700-year-old tower stands watch over the headland and its sheltered bays.

Leaving behind this striking stretch of coastline, you will head inland, crossing through the Cannai valley as you make your way back toward the starting point. This scenic route offers a unique glimpse of the eastern side of Sant'Antioco, rich in natural charm and dramatic views.

In the evening, you will enjoy dinner at Agriturismo "Is Concais," where you'll be welcomed with traditional Sardinian cuisine in a warm, rustic setting.

Day 5 — 5 : Porto Botte & Porto Pino - 5-6 hours riding

I Colori

Today you will set out along the route of a local river, heading towards the sea. As you follow the trail, you will ride along the southern coastline, passing through Porto Botte, a breezy inlet much loved by kite surfers. From here, the journey continues to Is Solinas, before reaching the tranquil bay of Su Portu e Su Trigu. The final stretch brings you to the renowned beach of Porto Pino, famous for its brilliant white sands and dunes, now protected as a UNESCO heritage site.

In the evening, you will dine at the restaurant "Agrofoglio" in San Giovanni Suergiù.

Day 6 — 6 : Monte Suergiu - 5-6 hours riding

I Colori

Today's trail takes you up into the mountains, offering panoramic views over the Sulcis archipelago. You will stop near the ancient Domus de Janas on Crobu's mountain, before continuing your climb to the summit of Suergiu, reaching 400 metres above sea level.
Following green and winding paths, you will be treated to breathtaking panoramic views across the sea and the islands of Sant'Antioco and San Pietro, as well as other small islets scattered across the Sulcis coastline.

Dinner at Pizzeria da Renzo e Rita.

Day 7 — 7 : Sant'Antioco - 5-6 hours riding

I Colori

Today you will start at the well-known Cannai spring, an ancient watering trough nestled in the valley. From there, you will set off on a route that leads

you to the ruins of Su Semafuru, a historic signal post perched high above the Bay of Palmas. This strategic hilltop offers breathtaking panoramic views across the surrounding sea.

From Su Semafuru, the trail winds through Mediterranean scrub to the coast, where you will reach Portu Sciusciau. Here, the landscape opens up to reveal a dramatic view of the Cave of the Sirens, set against the blue sea. You will explore the Nuragic village of Grutti'e Acqua and visit the Giant's Tomb at Su Niu 'e su Crobu — both ancient sites steeped in Sardinian history. Before returning, there is time to stop at the stunning bay of Calasapone, where natural rock formations embrace the sea in a peaceful cove.

Dinner will be hel at a local restaurant.

Day 8 — 8 : SAN GIOVANNI SUERGIU - DEPARTURE FROM CAGLIARI

After breakfast and saying goodbye to your guides and horses, you will head to the airport.

DATES & PRICES

DEPARTURE	RETURN	PRICE WITHOUT FLIGHTS	STATUS
03/04/2027	10/04/2027	£2,272	Open
10/04/2027	17/04/2027	£2,272	Guaranteed departure
24/04/2027	01/05/2027	£2,272	Open
01/05/2027	08/05/2027	£2,272	Open
15/05/2027	22/05/2027	£2,272	Guaranteed departure
22/05/2027	29/05/2027	£2,272	Guaranteed departure
29/05/2027	05/06/2027	£2,272	Full
05/06/2027	12/06/2027	£2,272	Full
09/10/2027	16/10/2027	£2,272	Full
16/10/2027	23/10/2027	£2,272	Full
23/10/2027	30/10/2027	£2,272	Open

Price details

- Flights to your destination are not included, but can be booked on request - please contact us for rates.

- Rates are per person, based on two riders sharing a double or twin room.

- Groups are made up of 3 to 8 international riders, plus guides.
The ride may go ahead with 2 riders for an added cost of €200/£175/$235, per person. Once the group has reached 3 people, we will remove this supplement from your invoice and refund you if you have already paid it.

- Transfers are included from/to Cagliari airport at 7:00 pm on the first day. The transfer on departure day is flexible (please contact us to confirm the exact timing).

- If you sign up to the ride as a solo rider and would like a single room, or if there are no other riders likely to share your room, you will be charged a single room supplement of approx. €260/£225/$305 in 2026 or €200/£170/$225 in 2027.

- Accompanied children 14 and over are welcome to ride as long as they match the riding requirements.

Please Note
The itinerary may be modified at anytime for security reasons, meteorological or events beyond our control such as blocked roads, rivers in flood, drought, strikes and local holidays. Equus Journeys, our local partners and their local guides will always strive to find the best solution and will alter the

itinerary as needed.
The names of the hotels and accommodation are given for information only and depending on availability, they may be modified without notice and replaced by another of a similar standard.

Price includes

SUPPORT TEAM

1 English speaking tour leader

LOGISTICS

1 vehicle and driver
1 support vehicle
1 horse equipped with saddle and bridle per rider

INLAND TRANSPORT

Airport transfers

ACCOMMODATION

Double/twin room in guesthouse

MEALS

Full board from dinner on day 1 to breakfast on the final day (day 8)

Price doesn't include

MEALS

Beverages and personal extras

TRANSPORT

International flights

EXTRAS

Tips to the local team

ADDITIONAL ITEMS

Double saddle bags
Cancellation and travel insurance are not included in the above listed price. Please note that insurance is mandatory. We recommend taking out an insurance policy as soon as your trip is booked to cover you in case of cancellation

Optional

ACCOMODATION

Single room supplement

EQUESTRIAN INFO

Horses

Your guides, born and raised in Sardinia, have about 15 horses. They are extremely well looked after, something that our clients frequently note. All are very gentle, have a forward attitude and are well behaved.

Guide & local team

In 1978, Candido opened his stables and has led all of his horse riding trails himself. Today, his son, Manolo, works alongside him and has also become an experienced horse riding guide like his father.

Manolo leads most trails and has a basic knowledge of English, but please do not expect the guides to speak perfect English. It is best if you have some knoweldge of Italian to make the most of this experience!

Minimum riding ability

MINIMUM RIDING ABILITY

Riders should be comfortable riding outdoors at a walk, trot and canter across varying terrains.

Rider weight limit: 85 kgs/ 13.3 st/ 187 lbs

PACE

The pace of the ride is dictated by the terrain, there will be opportunities to trot and canter whenever the terrain allows.

ATTENTION : From the end of June to the beginning of September it can be extremely hot, the time spent on horseback can therefore be shortened from 6 to 4 hours.

TACKING ABILITY AND PARTICIPATION

The team will take care of the horses for you.

TRIP CONDITIONS AND REQUESTED EXPERIENCE

Riders should be confident on the varied terrains that will be encountered: sandy paths, beaches and trails through the forest.
Experience of riding over several days is a plus, but is not necessary.

EQUESTRIAN EQUIPMENT

English saddles.
Riding helmets are mandatory. We recommend all our riders to wear a helmet to the correct standard and you should bring your own to ensure a proper fit.

TRAVEL INFO

COMFORT

Nights will be spent in a hotel located on the island of Sant'Antioco near the beaches

MEALS

Breakfast and dinner are had in the guest houses/ hotels. The meals are made from fresh ingredients and are dishes typical to the region.
Picnic lunches are cold and carried in saddle bags and don't forget to bring a water bottle!

CLIMATE

Sardinia enjoys between 9 and 10 months of sun each year, with showers in February. To make the most of riding in Sardinia we recommend booking in the spring or autumn. From the end of June to the beginning of September it can be extremely hot, the time spent on horseback can therefore be shortened.

TIPS

Tipping is not obligatory, however one can be made to the local team at your discretion.

PACKING LIST

Please pack carefully and sensibly: the following guide is here to give you an idea of what to bring. This list must be adapted depending on the season and individual needs.

As you climb up, it will get cooler - please make sure to bring waterproofs and layer up!

Head
- Riding helmet

- Sunhat: cap for when not riding
- Sunglasses - with a cord attached so they don't fly off when riding
- Buff or bandana for protecting your neck and face from the sun and dust

Upper Body
- Thermals in case of cold weather (long or short-sleeved T-shirts)
- Short or long-sleeved cotton shirts (to provide protection from the sun) or T-shirt in a quick-drying material
- Lightweight fleece or jumper
- Warm polar fleece or equivalent (plus a spare in case one gets wet)
- Warm Goretex-style jacket (water-proof and breathable)

Legs
- 2 pairs of jodhpurs or long leather trousers
- 1 change of trousers (riding trousers or jeans)
- 1 pair of waterproof over trousers)
- A swimsuit may be useful
- Cotton or synthetic underwear (non-irritant)

Hands and feet
- 1 pair Comfortable riding boots. We recommend short boots with half chaps but you may wish to take long chaps or long boots.
- 1 pair of sandals
- Lightweight shoes or trainers for the evenings
- Several pairs of socks
- Gloves

Night gear
- Pyjamas

Other useful items
- Water bottle
- Toiletries
- Ear plugs

Medical kit
- Sunscreen and lip balm - should be high factor
- Insect repellent
- Any medication you regularly take
- Vitamin C tablets
- Blister plasters in case of any rubs
- Antiseptic cream, plasters, aspirin, anti-histamine, insect-bite salve etc..
- 10cm wide bandage
- Painkillers
- Spare prescription glasses/contact lenses
- Eye drops
- Imodium or similar anti-diarrhoea medication
- Re-hydration sachets
- Antiseptic wipes
- Handwash gel

Our Recommendations
- Backpacks cannot be worn whilst riding. We recommend a small bumbag or a coat with pockets so that you can carry small items with you during the day (passport, camera, sunscreen, lipbalm etc)
- We recommend travelling in your riding boots and carrying your hat and some riding clothes in your hand luggage - then if your luggage goes astray you are still able to ride!
- You should also bring a copy of your passport/insurance in case you lose your documents. You can also save a copy into your mobile phone.

SUSTAINABLE TOURISM

1. **Travel light.** It's a little known fact, but the lighter you pack, the better for the environment as heavy bags will produce higher emissions (when flying a plane or driving a car!).

2. **Reduce plastic waste.** Take your favorite reusable bottle with you. Avoid single-use bags, cups, or straws.
3. **Preserve nature.** Always take your rubbish with you during the ride and recycle them. Leave all the flowers or plants as you found them, and never get too close when observing wildlife. Make sure to use eco-friendly products such as body wash or laundry detergent (if camping) to protect both your skin and the environment.
4. **Choose your experiences carefully.** Respect animal life by not participating in any activities that abuse wild animals (shows, elephant rides, etc.).
5. **Support local populations.** Buy local handicrafts, be respectful of customs, and learn about the culture of local communities.
6. **Share!** Raise awareness among your family and friends about sustainable tourism.

For more information please see this page .