



# Equus Journeys

HORSEBACK TRAVEL & EQUESTRIAN TRADITIONS SINCE 1972

14a Forest Gate, Pewsham, Chippenham, Wiltshire SN15 3RS - UK

+44 (0) 1905 388977

info@equus-journeys.com

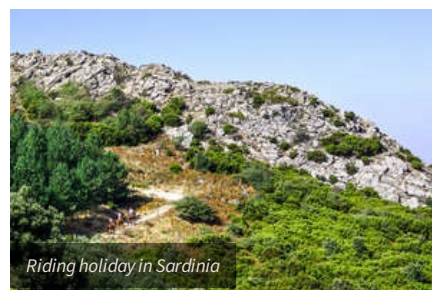
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## Sardinia's Isles

### 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.

<b>Trail Riding</b>	 <b>8 days/ 6 days riding</b>	 <b>From £1,470</b>	
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### ITINERARY

## Highlights

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

## Day 1 — 1 : ARRIVE IN CAGLIARI - SAN GIOVANNI SUERGIU



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 San Giovanni Suergiu which is around a 1h15m drive from the airport.

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 : SAN GIOVANNI SUERGIU - SANT'ANTIOCO - 4-5 hours riding



After breakfast, both horses and riders will be taken by road to Sant'Antioco island, which is connected to Sardinia by a bridge. On the island, you will

lead the horses from the lorry and prepare them before starting your ride. The day's riding will allow you to discover the wild and magnificent beauty of rural Sant'Antioco, a different side to the Sardinia you will have already explored. Lunch will be a picnic alongside the horses before travelling to your hotel.

After checking in and refreshing after the day's ride, you will spend the evening meal with your guides and enjoy traditional Italian cooking.

Please note: 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.

## Day 3 — 3 : SANT'ANTIOCO - 4-5 hours riding

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 Colori

Today will be spent exploring the north-west of Sant'Antioco stopping for a picnic lunch with a fantastic view. In the evening, you will return to your hotel where your dinner will be awaiting you!

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## Day 4 — 4 : SANT'ANTIOCO - SAN PIETRO - 4-5 hours riding

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 Colori

In the morning, you will load the horses into the horse box before leaving for the mountains. The views over the coast and the islands are truly spectacular.

Dinner in a restaurant and back to the hotel for the night.

SAN PIETRO ALTERNATIVE: Instead of today's ride to the mountains, you wish to tick another island off your list and ride on San Pietro Island (£180 supplement, 3 riders minimum). This cannot be guaranteed on all departures.

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## Day 5 — 5 : BRUNCU - SAN GIOVANI SUERGIU - 4-5 hours riding

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 Colori

Like the day before, the morning starts with a journey by car and boat this time to reach Portoscuso port. After a few kilometers on the road in Sardinia, you will set off for Drettu where you will discover a glorious view of Sant'Antioco - the island you explored on horseback just 2 days before. You will also explore the harbor with its traditional Sardinian flat-bottomed boats. After a lunchtime picnic, you will ride through Dea Madre, the ancient village of Is Locis Santus.

At the end of the day's ride you will return to the stables. Dinner at the hotel.

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## Day 6 — 6 : MONTE PRANU LAKE - 4-5 hours riding

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 Colori

In the morning, you will make your way to the neighboring stables where you will meet the horses and get saddled up. The first day's riding will be spent exploring Monte Pranu lake and the medieval Tatalis castle with its typical Sardinian Roman church dating from the 12th century. After a picnic on the banks of the lake you will take a different scenic route back to the stables. The Italian evening meal at the guest house or hotel will be a chance to relax with your guides.

Please note: 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.

## Day 7 — 7 : SAN GIOVANI SUERGI - PORTO PINO - 4-5 hours riding

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 Colori

Spending the morning on horseback, you will ride to one of the southern points of Porto Pino Island! Setting off through the salt marshes you will make your way to Monte Palma, an ancient 1000 year old roman-pisan church, offering a glimpse of a spectacular panorama. From there, you will continue on to the, surprisingly, bright white sand dunes of Is Salinas and a picnic next to the sea. For the afternoon you will ride along a scrubland path before riding through the Carignano vineyards of Porte Su Triggu.

Your ride will end at Porto Pino, where you will find sandy beaches, rock-pools, flamingoes and cormorants - a beautiful final image of your ride through Sardinia. You will be collected from Porto Pino to take you back to the guest house.

The evening will be focused around a final Italian meal where you will get to say your final goodbyes to your guides and share memories from your rides.

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## 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
27/04/2024	04/05/2024	£1,652	Full
04/05/2024	11/05/2024	<del>£1,652</del> £1,470	Guaranteed departure
11/05/2024	18/05/2024	£1,652	Last seats
25/05/2024	01/06/2024	£1,652	Guaranteed departure
01/06/2024	08/06/2024	£1,652	Guaranteed departure
15/06/2024	22/06/2024	<del>£1,652</del> £1,470	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/\$210, 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 Cagliari airport at 7:00 pm on the first day, and for flights after 12:00 noon on the last day.
- 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. €140 (~£120/\$165) in 2023, or €260 (~£225/\$275) in 2024.
- Accompanied children 14 and over are welcome to ride as long as they match the riding requirements.
- Maximum rider weight limit: 85 kilos, 187 lbs, 13.3 st.

### 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

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### SUPPORT TEAM

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1 English speaking tour leader

### LOGISTICS

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1 vehicle and driver

1 support vehicle

1 horse equipped with saddle and bridle per rider

### INLAND TRANSPORT

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Airport transfers

### ACCOMMODATION

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Double rooms in guest houses and hotel

### MEALS

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

## Price doesn't include

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### MEALS

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Beverages and personal extras

### TRANSPORT

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International flights

### EXTRAS

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Tips to the local team

### ADDITIONAL ITEMS

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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

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### ACCOMMODATION

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Single room supplement

## EQUESTRIAN INFO

## Horses

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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

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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 knowledge of Italian to make the most of this experience!

# Minimum riding ability

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## MINIMUM RIDING ABILITY

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

Maximum rider weight limit: 85 kilos, 187 lbs, 13.3 st.

## 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

Each person is responsible for grooming, tacking and untacking their horse. You also have the option to assist with feeding and watering.

## 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

Western saddles or typical Sardinian saddles.

Riding helmets are OBLIGATORY. 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

The nights of days 1, 2, 6 and 7 will be spent in comfortable guest houses typical to Sardinia. The nights of days 3, 4 and 5 are spent in a hotel.

## 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

### Head

- A riding helmet is required. Helmet makers (GPA, HKM, LAS Helmets, Lamicell, Troxel, Equithème) now offer horse-riding helmets that are ventilated, strong, light and comfortable.
- 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 swim suit 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 - your hands are particularly exposed to the sun, wind or rain whilst riding

#### Night gear

- Sleeping bag (if camping)
- Sleeping bag liner (if camping) - silk, cotton or fleece - adds an extra layer
- Pyjamas or tracksuits or thermals for sleeping in

#### Other useful items

- Small bum bag to be worn whilst riding
- A soothing cream may be useful to treat areas irritated by long hours in the saddle
- Backpacks are not to be worn whilst riding. Everything should be kept either in pockets or in a bum bag : lip balm, sun screen, small camera, glasses, rope etc.
- Water bottle (1.5 litres or 2 equivalent)
- Headtorch or small torch for moving around at night - bring spare batteries and bulbs
- Toiletries
- Toilet paper and a lighter to burn it after use
- Swiss army knife or equivalent (in checking-in luggage!!)
- Small plastic bags for your rubbish
- Ear plugs (may be useful)
- Camera and high capacity memory card. Spare battery

#### 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

#### General information

- We recommend taking a copy of your passport and insurance documents with you in case you lose your originals
- In your hand luggage carry any valuables, such as your camera, ipod, ipad etc.
- Travelling in your riding boots and carrying your hat and some riding clothes is highly recommended - then if your luggage goes astray you are still able to ride!

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](#) .