

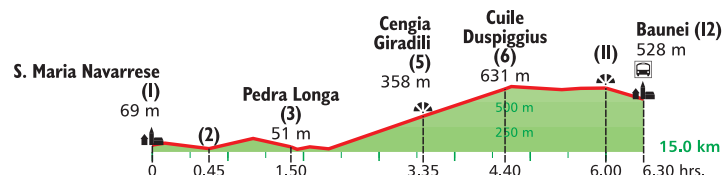
## 30 S. Maria Navarrese – Pedra Longa – Cengia Giradili – Baunei

6.30 hrs.



### Many highlights along an exciting coastal route

Once again S. Maria Navarrese is the starting point for your walk. This time the route goes along the coast to the natural monument of Pedra Longa and through the breathtaking karst landscape at the foot of Punta Giradili. The ascent over Cengia Giradili to the plateau, Planu Supramonte, is certainly one of the highlights of a walking holiday on the east coast. The final stage leads you to a perfectly located viewpoint above the mountain village of Baunei.



**Starting point:** S. Maria Navarrese, car park beyond the Ostello Bellavista, 69m. In S. Maria Navarrese drive as far as the upper village square (see Walk 29), from there continue straight on into Via Pedra Longa, after 500m go past the Ostello Bellavista on the right and 200m after the building park in the car park. If you are arriving by bus from Tortoli or Dorgali it's another 20 minutes on foot from the bus stop in front of the church to the starting point. The return from Baunei to S. Maria Navarrese with a second car or by bus (from Baunei/church) 14.25, 16.05 (week-

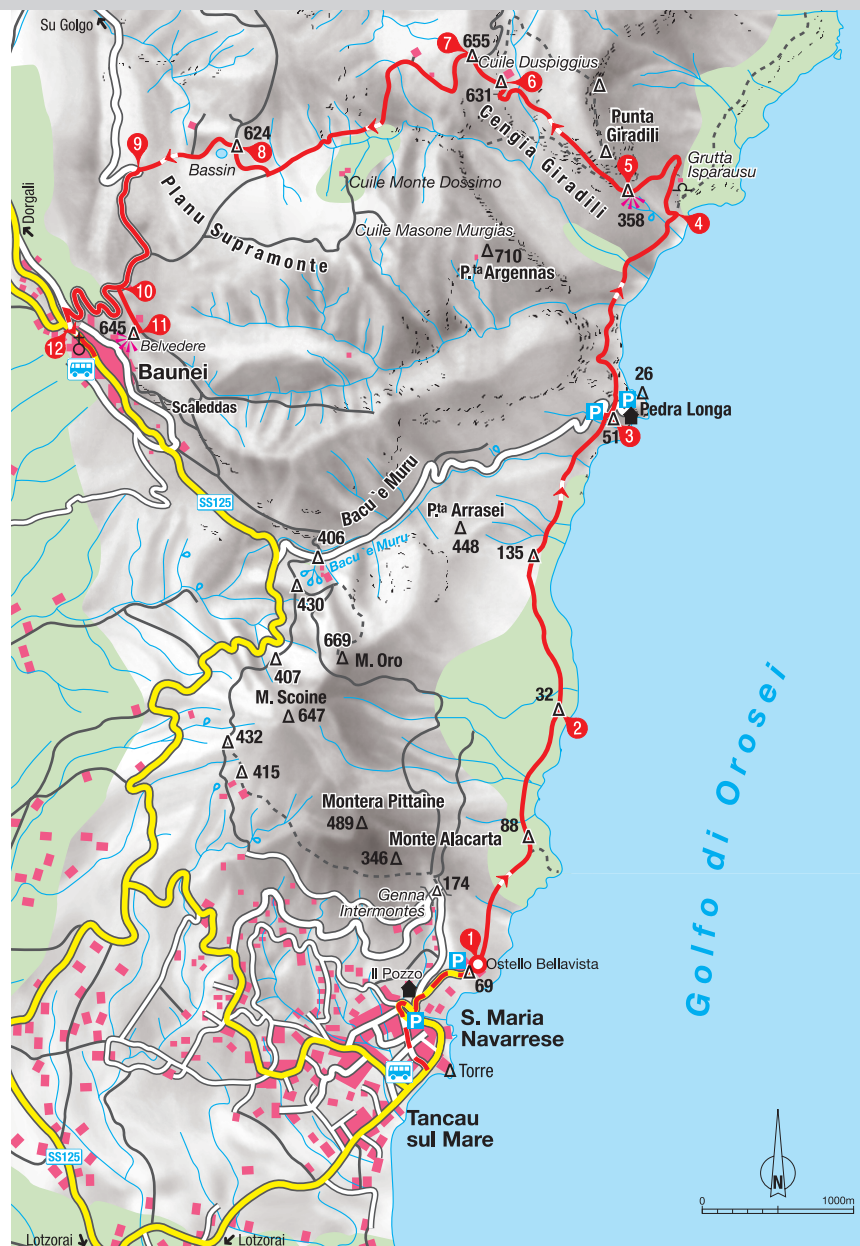
days), 17.50, 19.05 (daily.), 16.50 (Sundays and national holidays).

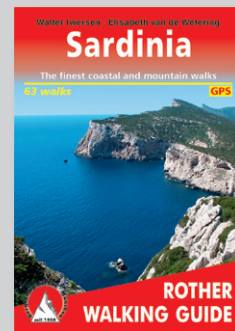
**Height difference:** 790m.

**Grade:** rocky mountain path in places from the starting point to the foot of Punta Giradili, but technically easy to negotiate. On the ascent to the Cuile Duspiggus there are sometimes stony and scree-covered sections. The final stage to Baunei goes along easy gravel paths and an asphalt road.

**Refreshments/accommodation:** none on the way, otherwise as in Walk 29. Take plenty of drinking water.

At the far end of the car park of the Ostello Bellavista in **S. Maria Navarrese** (1) you can see a fenced-in piece of land with bar and terrace on the seaward side (only open in high season). On the left next to the fence a path leads to a wooden gate and a signpost (Pedra Longa). Close the wooden gate behind you and find a lovely mule path that leads parallel to the slope up and down along the coast. The macchia consists predominantly of rock roses which restrict the path in some places. Looking back you can see the red rocks of the small Isola dell'Ogliastra in the bay of S. Maria Navarrese. You come to a fork after 25 minutes. Keep left here. Your path is occasionally waymarked with a blue dot as it is here at this point. 15 minutes later you





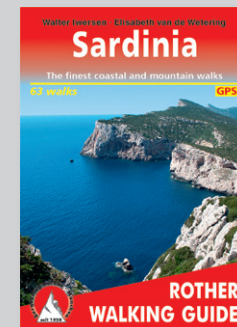
*A view of Punta Giradili shortly after the start.*

arrive at a scree slope (2). Released by a landslide large boulders have buried the path beneath them. However a clearly visible path has long since formed and been well-worn by many walkers. Cairns do the rest of the route finding for you. Clamber over the rocks and over the tree trunk of a fallen oak tree. You will see a few streaks of quartz that have been uncovered by the quarrying and soon the original path is reached again that continues along the coast – always just above sea level. Pedra Longa gets closer and closer, a splendidly steep lump of rock, separated from the main land and washed around by an azure-blue sea. You reach a narrow rocky plateau. Walk down from there into another hollow and round a bend to the asphalt road, the approach road for visitors to the **Pedra Longa** car park. Ahead at a distance of about 100m there's a carob tree with a wall around it for sitting on in the parking bay (3) at the right hand edge of the roadway (starting point for Walk 31). In a few minutes you reach this tree. You can also choose to make another detour to Pedra Longa which is reached by descending the road for 200m. From the carob tree walk about 30m down the road, cross over and turn onto a broad path on the left hand side. It is waymarked right at the start with a

blue dot (for Selvaggio Blu). A brown diesel tank and a goat shed below an olive tree at the right hand edge of the path after a few paces are more orientation points. Shortly afterwards you reach a small knoll after which a magnificent coastal panorama presents itself ahead of you with Punta Giradili in the centre. Its steep southern rock face plunges into the sea. About half way up, ascending to the left in a northwesterly direction, you can see the Cengia Giradili on its eastern slope (*cengia* = narrow passage, terrace), a green ramp covered in juniper trees and macchia. The path runs along the ramp to the Cuile Duspiggius, a midway stage of your round walk. You come past a small wooden gate and at the next fork keep on the right path in the direction of the coast. After walking for 15 minutes from the asphalt road a dry streambed is crossed and 5 minutes later at a crossroads you take the path waymarked with blue dots that goes straight ahead. The hillsides everywhere are covered with cistus. Cross a small scree slope and come to a magnificent ancient carob tree that appears to be almost overrun with rocks. 80m after the tree you leave this path. Go steeply uphill to the left along a narrow, blue-

*The Gulf of Arbatax with Pedra Longa.*





marked beaten path (4). The exhausting ascent takes 10 minutes, then a turn-off to the left is reached that leads in a few steps to a little stream with a spring. Continue uphill on the main path until after a left hand bend it turns back into the direction from which you have come. Pedra Longa gets smaller and smaller with every vertical metre gained. Along a steep path you come to a scree gully which you crossed in the lower part of the walk. It may be quite steep at its right hand edge, but this is the safest route for the ascent. Directly below the southern rock face of Giradili you reach some rocky ground. From here blue dots and cairns help again with the route finding. Some tiny tracks lead to the right, close to the rock face, to the start of several climbing routes. Keep slightly left and after just under 15 minutes since leaving the scree slope you reach the narrow slope of **Cengia Giradili** (5). Ascend the ramp to a rocky plateau with a postcard-picture view. A perfect spot for a short rest.

The slope ahead drops steeply down to the valley between Punta Giradili and Punta Argennas. Like an amphitheatre it opens up to the sea. Pedra Longa is reduced to a small rock needle from up here. Continue along the roughly 5–10m broad ramp uphill. With high rocks on the right and on the left the steep slope into the valley, you come past a cave in the rock which climbers use as a base camp. A good 15 minutes after leaving the viewpoint a path turns off on the left. You can follow the route of this path with your eye to a ravine on the slope opposite. The main path carries straight on between some solitary growing juniper trees to a triangular rock arch after which the path widens out and becomes an old charcoal burners' path. In the distance you can already see the goat sheds of Cuile Duspiggus. Walk through a small wooden gateway and continue slightly uphill, at times below some overhanging rocks of Punta Giradili. The path ends on some meadowland that is separated off with a high wire fence from the goat sheds. You come to a wooden gate after which, initially along a grassy path a short way left, then round a right hand bend, you reach an agricultural path. Turn left there and continue as far as another agricultural path that turns off to the right and ends 150m later at the tin sheds of the **Cuile Duspiggus** (6).

Just under 2½ hrs. walking are now behind you. Take a last look back into the valley, then turn along this agricultural path to the left, pass a steel gate and meet a roadway (7) which brings you left to the plateau of **Planu Supramonte** (Walk 31 leads from here along on the right to Punta Giradili). Stay on this roadway for a good 45 minutes, initially slightly downhill, then gradually uphill. Agricultural paths turn off on the right and the left to sheds or fenced-off meadows. Your route ends on a bend of another roadway where you turn left. The start of this roadway is waymarked with a piece of upended granite (8). A good 80m away on the left you can see a concrete pool surrounded by steel railings with cattle troughs. Walk past the cattle troughs and two right hand turnings, one after the other, as far as an asphalt road (9). The area is



*Baunei – the belvedere rocks up on the left with Monte Oro on the right.*

austere. Individual holm oaks and waist-high macchia surround you. The road leads on the right along to the Golgo plateau (see Walks 27 and 28). Turn left and it's not quite 15 minutes to a point just before the top of the pass after which the road leads downhill round narrow bends to Baunei. On the right hand side of the road you see a traffic sign (20 km/h speed restriction, steep gradient). A gravel path turns off opposite (10) that forks after 4 minutes and leads you on the right along to the **Belvedere** of Baunei (11). The large terrace is laid out like a small park with stone benches. The viewing platform is protected with a handrail. A fantastic spot with the roofs and roof terraces below of the small mountain village of Baunei. In the distance you can see the deep plain of Urzulei with fertile agricultural land, meadows and olive groves, surrounded by a high circle of mountains.

Walk back to the fork and to the asphalt road, turn left, go over the top of the pass and then down the narrow zigzags to **Baunei** (12). Through the narrow alleyways you will find the route to the main road and to the church in the centre of the village. From there return by bus back to **S. Maria Navarrese**.