



Regional Park of **GUTTURU MANNU**

Hiking Guide

edited by **Domenico Ruiu**

Carlo Delfino editore

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edited by **Domenico Ruiu**

words by Angelo Pani
cartography by Matteo Cara

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The voice of the forest (Photo D. Ruiu)





Climbing Monte Lattias (Photo D. Rui)

Contents

Foreword by Carlo Murgia	8
Note from the editor by Domenico Ruiu	10
The trails	13
200 From Piscinamanna to Is Cannoneris - First stage	14
200 From Is Cannoneris to Pantaleo - Second stage	18
201 From Is Cannoneris to Monti Nieddu	22
203 From Perdu Melis to Burdoni	28
205 From Is Antiogus to Arcu su Suergiu	32
206 From Gambarussa to Monti Nieddu	36
207 From Giomaria to Monti Nieddu	40
208 From Gambarussa to Bau Sa Scova	44
209 Procili Mannu, Lattias, Cappellina	50
210 Monti Nieddu, Is Maxias, Arcu s'Arena	54
211 From Uta towards Monte Arcosu, Arcu S'Arena	58
212 From Is Canargius to the Sarroch dam	62
212A From Is Cannoneris to Modditzi Manna	66
213 From Arcu Su Lillu to Sa Perda 'e Acutzai	70
214-214A Is Pauceris, Pauceri Mannu, Is Antiogus	74
215 From Pantaleo to Is Arrus through the S'Arremu valley	80
216 From Pantaleo to Genna Arena	84
217 From Stazzu Aroni to Perdu Melis	88
The Nature Trails	92

Foreword

With its 19,750 hectares, the Gutturu Mannu Regional Natural Park encloses what is considered the largest expanse of unspoiled scrub and forests in the entire Mediterranean basin. A priceless heritage of biodiversity and landscape that extends as far as the eye can see just a few steps from the Metropolitan City of Cagliari, the most densely populated area of the entire island. It is an incredible natural environment in which to walk, cycle or simply stop to admire the beauty of the landscape, rediscovering the pleasure of green forests and streams of crystal clear water. Indeed such a positive experience can also be described as ‘forest bathing’, of which the beneficial effects are now well known, so much so that in some countries forest therapy is a recognized form of preventive medicine.

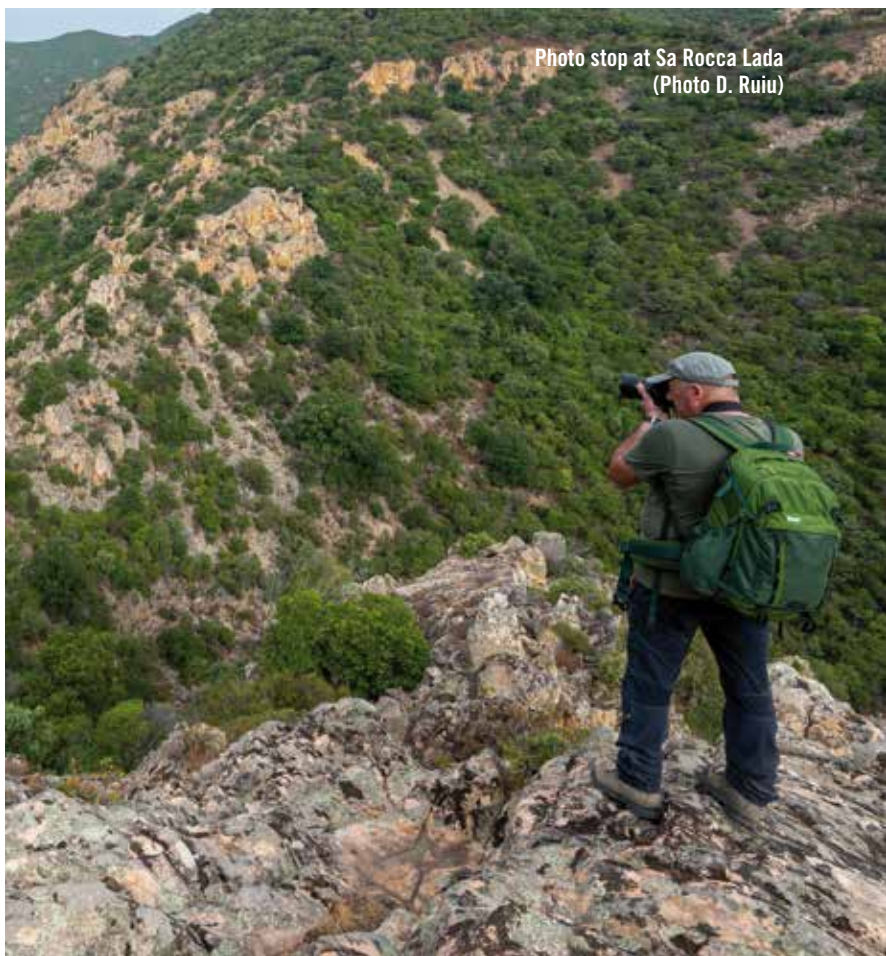
The Park Authority has always been committed to the protection of this immense natural and cultural heritage, but at the same time it embarked on a virtuous path aimed at promoting the sustainable use of the park, as is also demonstrated by this important work of tourism promotion. In addition, building work on the first visitor centres is underway, and the Park Authority is also acquiring some disused buildings from the Agenzia Foreste (regional forestry board) with the aim of assigning them to local tourist cooperatives and businesses, with the purpose of offering visitors a wide range of activities and experiences inside the forest.

Thus, the park is conceived as a promoter of short and medium-range tourism, capable of offering exciting and fulfilling experiences but also a dynamic entity committed to reactivating – with a truly circular economy – a territory that has been little valued up to now. Visitors will have the option of tours by expert guides, with a programme of innovative and enticing ideas, such as night hiking, which, with the very low light pollution is an opportunity to enjoy the stunning spectacle of the sky filled with stars. And, to extend the sensory experience to hearing as well as sight, you can visit the park in September to experience the wonderful natural sound show of the

deer mating season. Inside the forest, especially starting from sundown, you can hear the echo of the bellowing males. This is the threatening roar that males make to each other in order to establish the hierarchies to attract the females of the harem.

On foot, by mountain bike, on horseback, the guide (which can also be downloaded from the park website) is an invitation to discover this territory. There are ideas for everyone: from the easier routes, accessible for families and people with reduced mobility (Nature Trails), to longer and more demanding routes for visitors more familiar with wild environments who are looking for a bit of a challenge.

Carlo Murgia
Director of the Gutturu Mannu Regional Park



Note from the editor

The roaring deer in the opening image of the Hiking Guide of the Gutturu Mannu Regional Park represents the voice of the forest that welcomes hikers seeking to embark on one of the trails described. In addition to this symbolic reference, the roar of the deer will be the actual soundtrack for visitors to the park in September, the mating period for this animal native to the Sulcis forests. There are 22 trails, for a total of around 130 miles, which take you the length and breadth of the park. The guide illustrates the 17 most popular routes, signposted and registered in the Regional Hiking Network. For hikers who would like to receive information on the additional trails, which are still being defined and above all not yet properly signposted, please refer to the park and SardegnaSENTIERI websites.

For each route, the information necessary for the hike is provided according to the Club Alpino Italiano (CAI) chart. The guide was written by Angelo Pani, former environmental editor of the Unione Sarda, an expert hiker and very familiar with the area, who offers step-by-step descriptions of the routes, highlighting the environmental, historical and social features of greatest interest. The maps were drafted by geographer Matteo Cara, who prepared a common cartographic base for each route, using data from the geoportal of the Autonomous Region of Sardinia (DBGT: WGS84, UTM 32N; EPSG: 32632). All the toponyms shown were collected in the field and checked before including on the map. The photographs illustrate the most spectacular and interesting aspects of the landscape and environment, without forgetting the more unusual and often little-known features found on the various routes.

At the end of the guide, there is a brief description of the Sentieri Natura (Nature Trails): five short and easy routes generally located at the entrance of the park or close to the visitor centres, deliberately created by the Park Authority for the purpose of education and awareness of the natural world, aimed at visitors in general with particular focus on young people and children.

Domenico Ruii



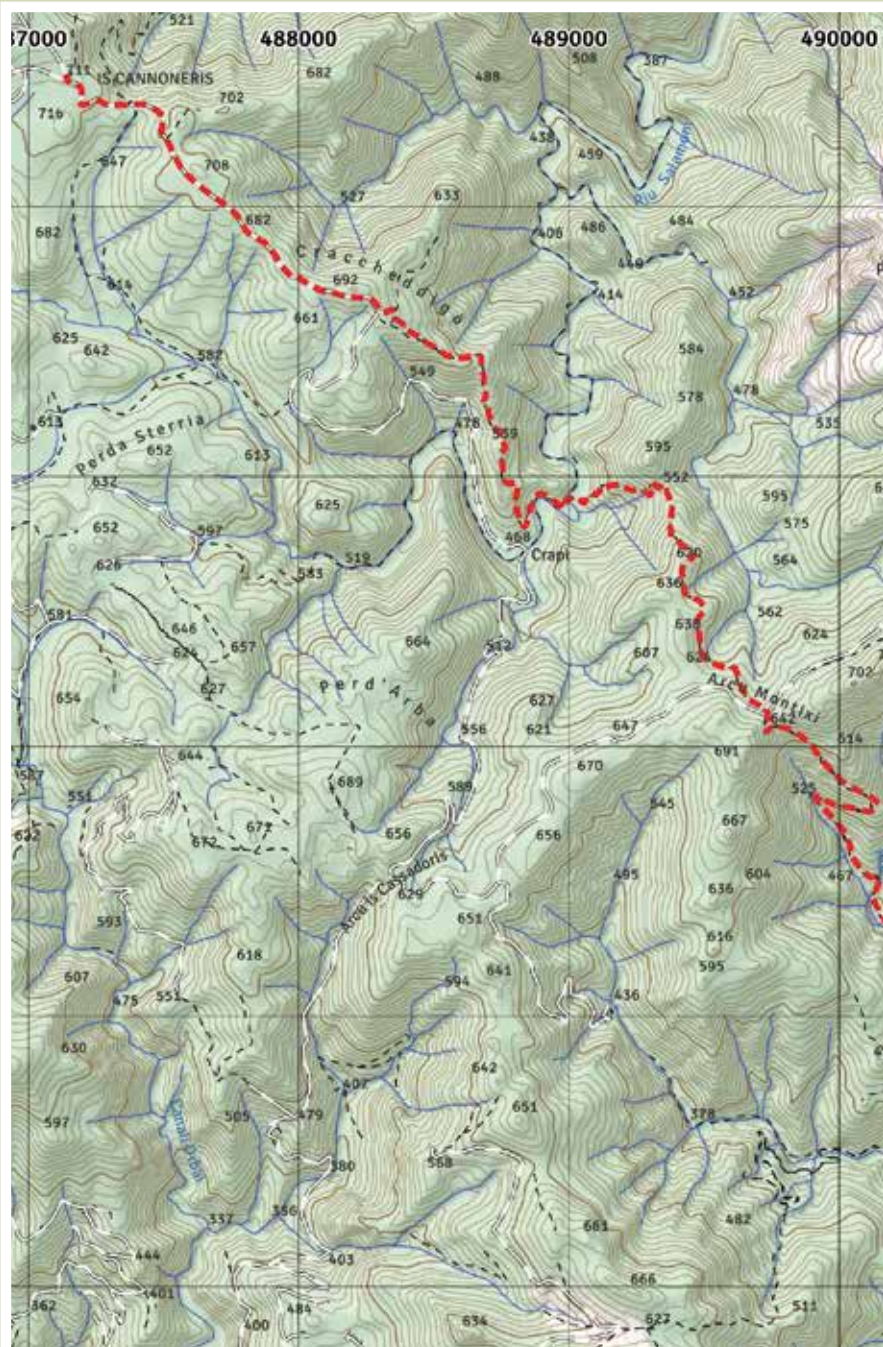
Backlight in the forest (Photo V. Basciu)



Sundown at Is Maxias (Photo M. Cara)

The trails







First stage

From Piscinamanna to Is Cannoneris

Departure: Agenzia Forestas station of Piscinamanna

- Distance: 11.4 km
- Ascent: 890 m
- Telephone reception: poor or none
- Hike time: 4h15'

Starting in the early morning from the pine forest home to the Piscinamanna Agenzia Forestas, you can reach Pantaleo by the evening, in the valley overlooked by the highest peaks in the Sulcis district, where the Directorate of the Gutturu Mannu Regional Park is based. The road is well marked but the route involves 27 kilometres of continuous ups and downs, best suited to hikers with a strong pair of legs and good level of fitness. We recommend you plan a stop at Is Cannoneris and enjoy the daring descents and ascents of this fascinating route in two stages.

Leaving Pula, you pass the golf courses of Is Molas and travel by car to the plain of the Rio Palace-ris, where you can find the build-

ings that house the Science and Technology Park of Sardinia beautifully set within a thick pine forest. Further on, where the valley narrows between the high plains of Montixeddu and Setti Soddus, we reach the Agenzia Forestas of Piscinamanna, where we leave the car and set off on foot into the gorge, thorough which a train once passed a hundred years ago, carrying wood and charcoal from the forests of Monte Santo di Pula. The bridges and tracks have since disappeared, leaving the natural basins dug into the rock by the force of the raging river, which gave the place its name: Piscinas Mannas (*piscinas* meaning pools in Sardinian). After 3.5 km, you reach the site of Dispensa Tonietti, operating base of a

Walking to Arcu 'e Montixi
(Photo M. Cara)



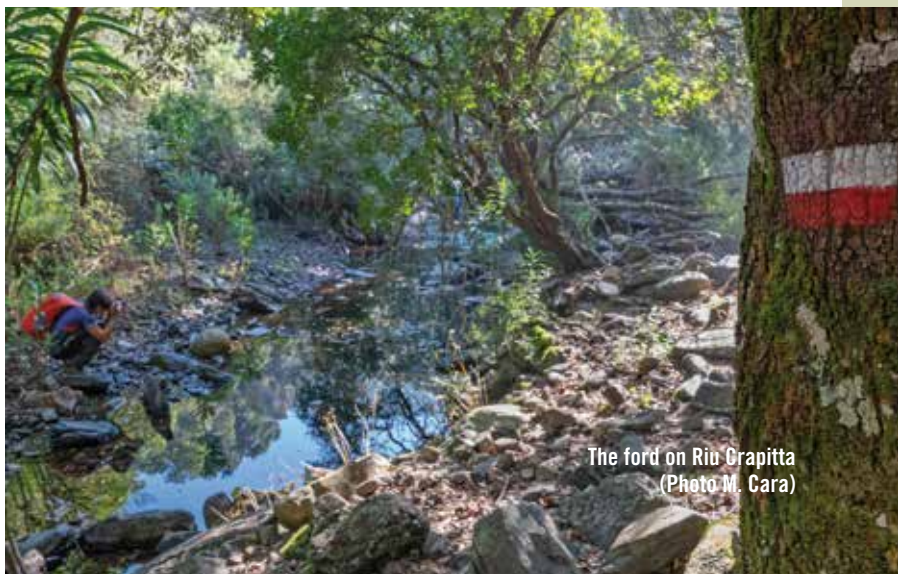
entrepreneur from Tuscany who, in the second half of the nineteenth century, acquired a vast area of forest and established a business producing railway sleepers and charcoal. He was also involved in mining exploration and traces of this activity have remained in a small building surrounded by a walled enclosure: this was the powder house, where the explosives were kept.

Leaving Dispensa Tonietti, the trail continues north along an old cart track that climbs the canal in the shade of holm oaks, strawberry trees and phillyrea that have recaptured the mountain and healed the ancient wounds. At the end of the climb, you reach S'Arcu de Montixi (km 6.6) on the ridge with a rough track that leads to Monte Santo. You cross over and start along an old mule track which takes you 1.5 km



Dispensa Tonietti (Photo M. Cara)

to the old Crapì sheepfold, rebuilt about fifty years ago. From here, you follow the path that goes up the ridge and reaches the tip of Craccadigò where there is a strip of pine forest and a rough track that you follow to Is Cannoneris. Next to the forestry authority buildings, there is a pretty spring and a picnic area. The hike is 11.4 km in total. The place is believed to owe its name to the fact that, in the early nineteenth century, there was an artillery unit installed there, which cut down hundreds of trees to supply the Sardinian-Piedmontese army with the timber necessary to make gun carriages.



The ford on Rio Crapitta
(Photo M. Cara)



Second stage

From Is Cannoneris to Pantaleo

Departure: Agenzia Forestas station of Is Cannoneris

- Distance: 16.7 km
- Ascent: 860 m
- Telephone reception: occasional
- Hike time: 6h30'

A stop at Is Cannoneris enables you to visit the nuraghe Su Gangiu, of which there remains a wall resting on large granite boulders. It is located 250 metres south-west of the Agenzia Forestas. Other walls, also thought to have been built in the Nuragic Age, can be seen in the granite tower that overlooks the Calamixi gorge, 800 metres north-east of the picnic area, in line with the Su Muru arch (Su Mori on IGM maps).

The way to Pantaleo continues along the forestry road, which turns north-west from Is Cannoneris; after 2 kilometres, after passing the flat section of Sa Potita in the shade of some cedars of Lebanon, you leave

the road and take a cart track on the right, which, after a series of hair-pin bends, reaches Procil'e Sebera where we reach the forestry road to Monti Nieddu. You follow this road east for 900 metres and then leave it to take a path that travels for 1.7 km to the stream Is Alineddus (further downstream, it becomes Is Alinus and feeds a beautiful waterfall). You continue on the hydro-graphic right of the water for half a kilometre then, following the path, you cross over and turn west up the stream. Now you take the path on the right that travels up the S'Acqua Callenti for 700 metres to an old cart track that leads to the S'Arena arch (between Punta Is Alineddus



Rocky spires overlooking
the S'Arremu valley (Photo A. Pani)



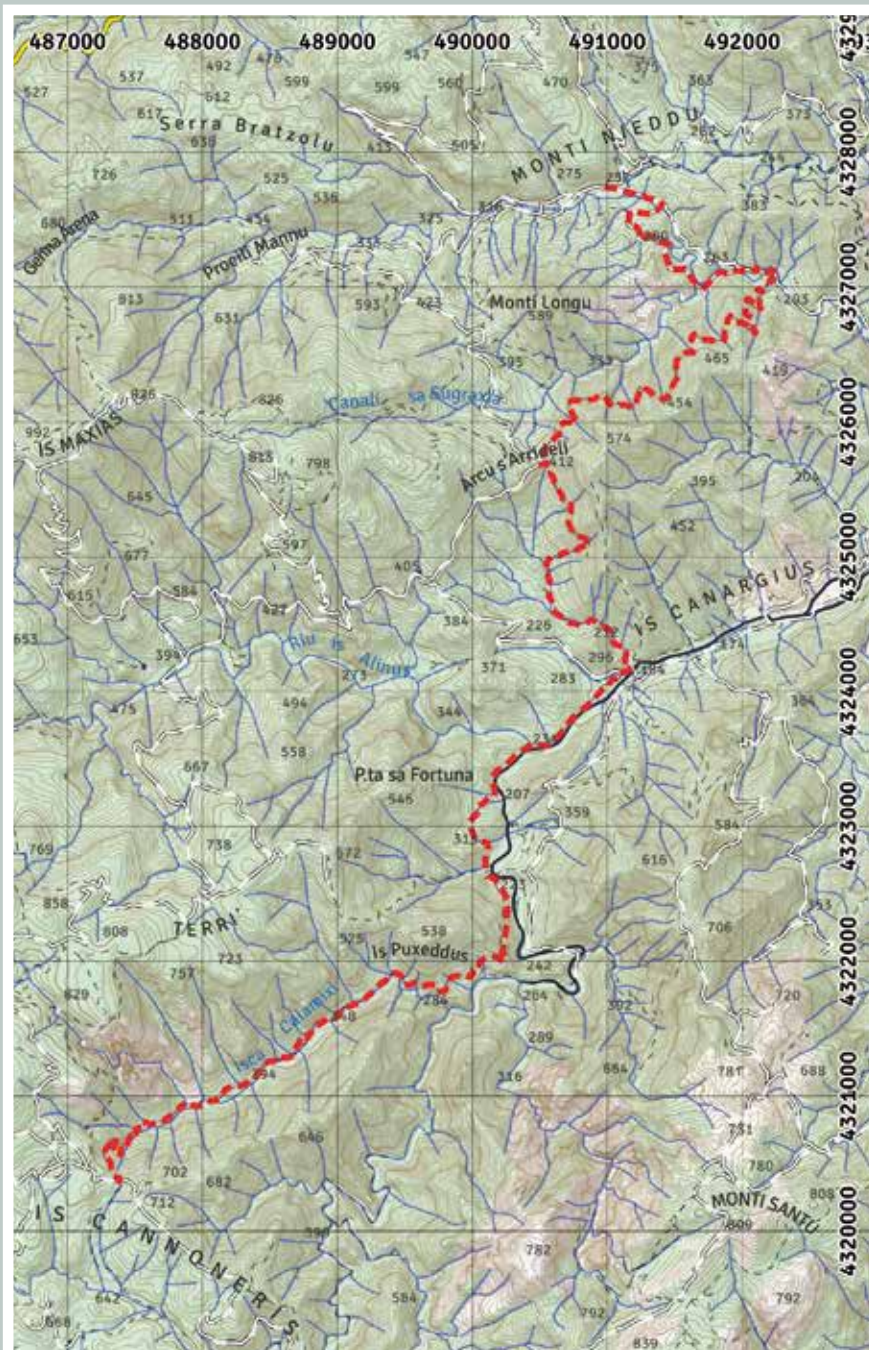
The spring of Is Figueras in Pantaleo (Photo A. Pani)

and Punta Acqua Callenti on the IGM maps). The forestry road travels through the pass and, from the flat area of Giomaria, reaches Is Maxias. You cross the water and, turning west, start the 2.6 km descent to S'Arremu. Here, the path crosses the cart track that descends from the Is Arrus, where it feeds into the Santadi aqueduct, and continues into the valley. You continue west up the slope of Su Mori 'e s'Egua until you reach the ridge from which the descent of Su Scrau de Mancosu begins. After less than 2 kilometres, you reach the spring Is Figueras, a pleasant site with picnic area and nature trails. You follow the path down, running alongside the track, past the ruins of a small spa build-

ing from the Roman era (indicated on the IGM map as Church of Pantaleo) and, after walking around a fenced vineyard with a few rows of wild vines (*sa spurra*), you reach Pantaleo, after a total of 16.7 km. A gigantic red eucalyptus stands in the centre of the buildings originally used by loggers, later acquired by regional government and now an important facility used by the Agenzia Forestas. The headquarters of the Gutturu Mannu Regional Park is on the opposite side of the road. The centre is located in the restored buildings of a factory built in the early twentieth century for the production of acetic acid and others derived from the distillation of wood.

The red eucalyptus of Pantaleo is one of the largest in Sardinia (Photo D. Ruiu)





From Is Cannoneris to Monti Nieddu

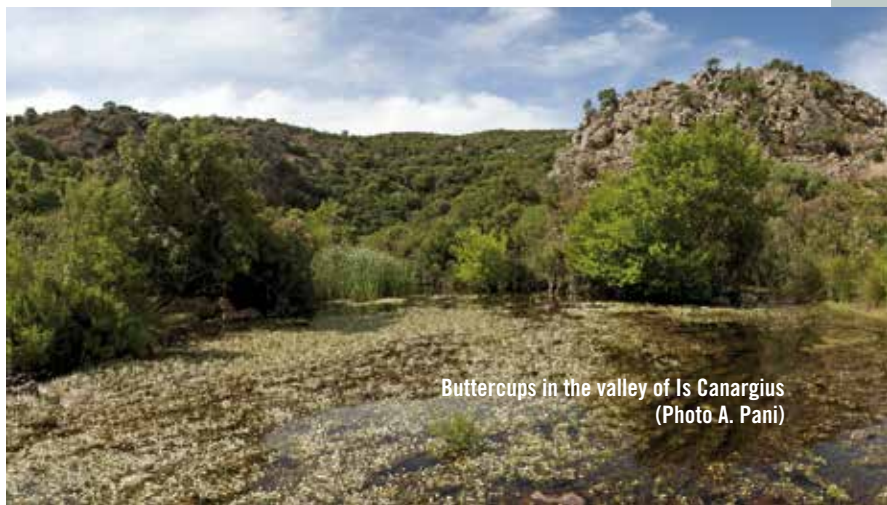
Departure: Presidio dell'Agenzia Forestas at Is Cannoneris

- Distance: 16.3 km
- Ascent: 570 m
- Telephone reception: poor or none
- Hike time: 6h

The Is Cannoneris forestry building can be reached by car along a rough track from Domus de Maria; once you get to the picnic area, continue eastwards on foot along the road closed by a barrier and, after 300 metres, you get to S'Arcu de su Corriaxiu, where Trail 201 to Monti Nieddu begins. Leaving the main road, you descend along a cart track that passes through a chestnut grove below, which was planted together with other tree species after the great tree felling in the late nineteenth century. After 1 kilometre, the descent becomes less steep and you walk the full length of the humid valley of S'Isca de Calamixi, where the lush wood-

land has grown back. You walk for over 3 kilometres in the shade of large trees, then the old cart road climbs the rocky slope of Sa Scala 'e sa Furca, which owes its name to an accident that occurred after the Second World War, when an ox cart loaded with coal fell into the escarpment. A little further on, you reach the sheepfold of Is Puxeddus (km 4.1), of which only the ruins of the hut and a spring reduced to a muddy puddle remain.

From here, you cross the wood, avoiding the bend in the river and Dispensa Landiri, to reach Modditzi Manna after 1 km, a flat area abandoned by charcoal burners and now frequented by deer. Here the path



Buttercups in the valley of Is Canargius
(Photo A. Pani)



The ascent of S'Isca de Calamixi (Photo A. Pani)

starts to climb again and travels around a small hill. On the saddle, you cross through the dense vegetation that has grown in the clearing once the site of the Sa Fortuna sheepfold, which, abandoned for almost a century, is now a heap

of stones covered with moss. You continue along the stream swollen by the many rivulets that descend from the heights of Domus de Maria and Pula and, having crossed Is Alinus, you reach S'Imbucara de sa Linna Segara (km 7.5) where a



Little waterfall at S'Isca de Calamixi (Photo V. Basciu)

forestry road begins and climbs towards Monte Is Maxias. You do not follow this route but instead continue north along the track that goes up the nearby stream, Bernardeddu; the red-white trail signs guide you up a steep channel, where you meet a cart track that you follow northwards on the Bernardu Mannu side (Pala Umbrosa on IGM maps). Once you reach S'Arcu de s'Arrideli, you meet a forestry road but ignore it and take the narrower cart track to the right. After a 3.6 km descent, you arrive in the Monti Nieddu valley at the Dispensa di ProciLEDdu. Following the rough track, you reach the clearing and site of the Agenzia Forestas buildings. The total distance is 16.3 kilometres.

A few hundred metres before reach-



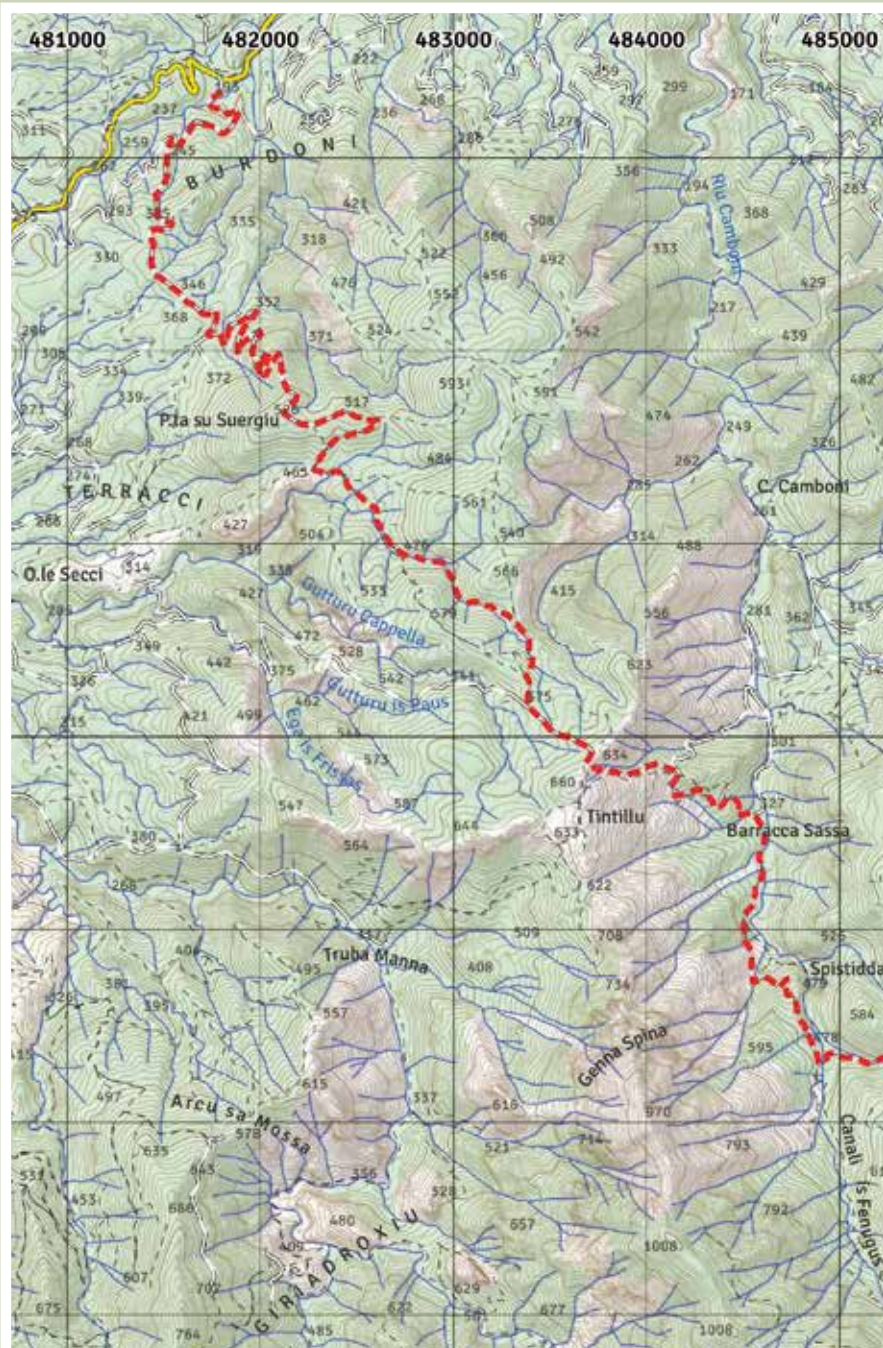
Family of wild boar (Photo G. Paulis)

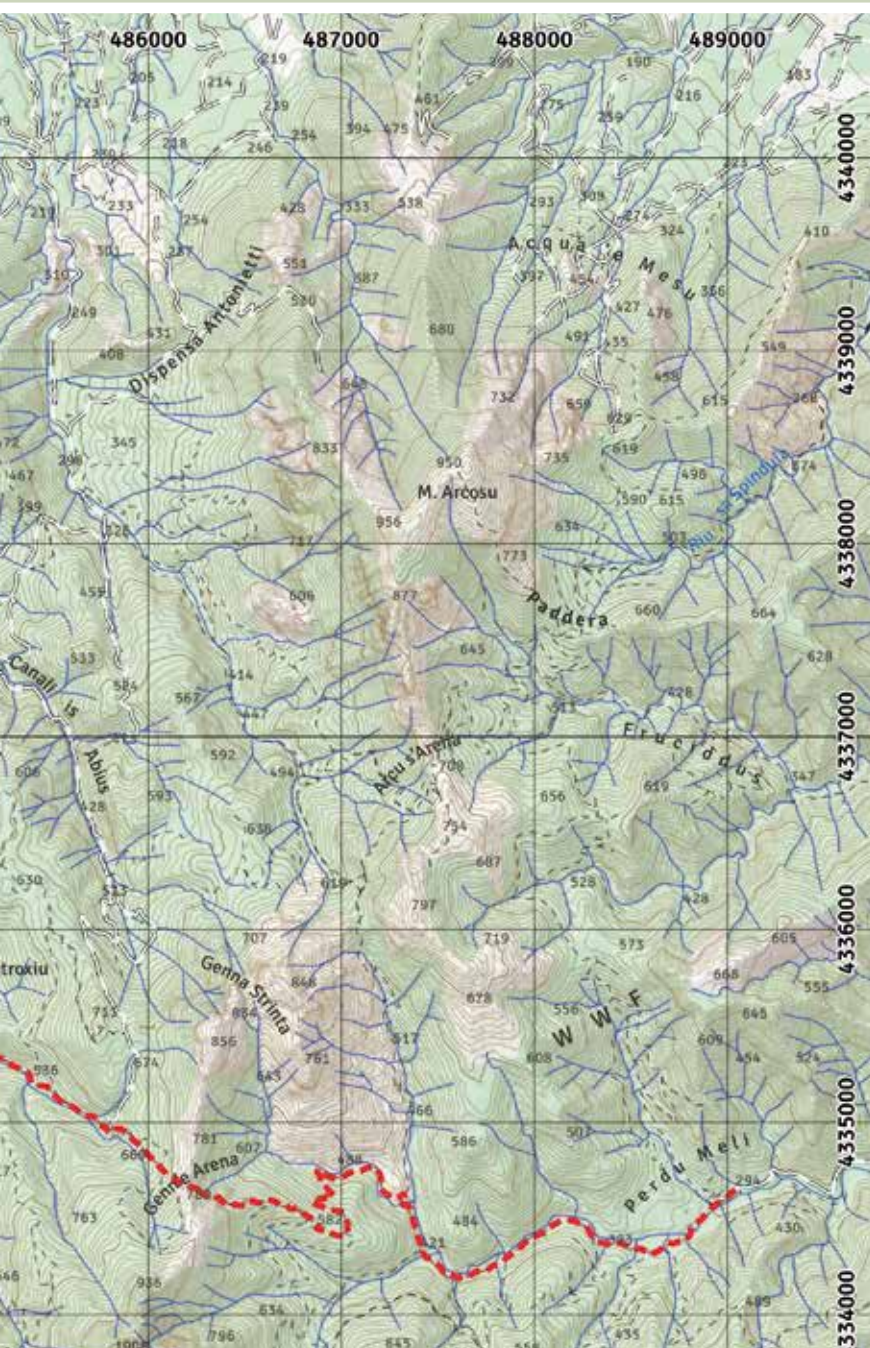
ing the buildings, you pass by a beautiful wooden footbridge which is not visible on the map of this route. This is the bridge over Rio Monti Nieddu for people following the shorter nature trail around the forestry centre.



The enchantment of the forest
in the mist (Photo G. Paulis)







From Perdu Melis to Burdoni

Departure: Perdu Melis, Oasi di Monte Arcosu

- Distance: 16.8 km
- Ascent: 860 m
- Telephone reception: poor
- Hike time: 6h30'

Travelling up the valley of Guttured-du, inside the 'Oasis of the Deer and the Moon', you reach Perdu Melis and, from here, a short distance from Monte Arcosu, you start Trail 203. This route crosses the mountain territory of Siliqua and Nuxis to

reach Burdoni, a wood on the edge of the *strada statale* (A-road) that goes from Siliqua to Santadi.

Leaving the buildings at Perdu Melis, you proceed westwards along the first stretch of rough track that leads to the top of Monte Lattias. After 2 kilometres, you take the cart track on the right that goes up the Marroccu channel but leave it after 300 metres and, turning east, you follow the path that reaches the top of Genn'e Arena at 739 metres (Gennixedda on IGM maps), the highest point of the route. You are on the rocky ridge that goes from Monte Lattias to Monte Arcosu. In front of you, the horizon is covered by the wooded ridge Is Caravius which extends to the spectacular spires of Genna Spina. Crossing the copse of poplars in the gulley Is Meuredus, you reach the valley of Is Fenugus, which separates the two mountain ranges. Further on, you travel alongside the stream that feeds the spectacular waterfall Su Spistiddatroxu, which is worth a short detour.

Resuming the hike, you continue on to Barracca Sassa (km 7.7), a little



The Genn'e Arena pass (Photo A. Pani)



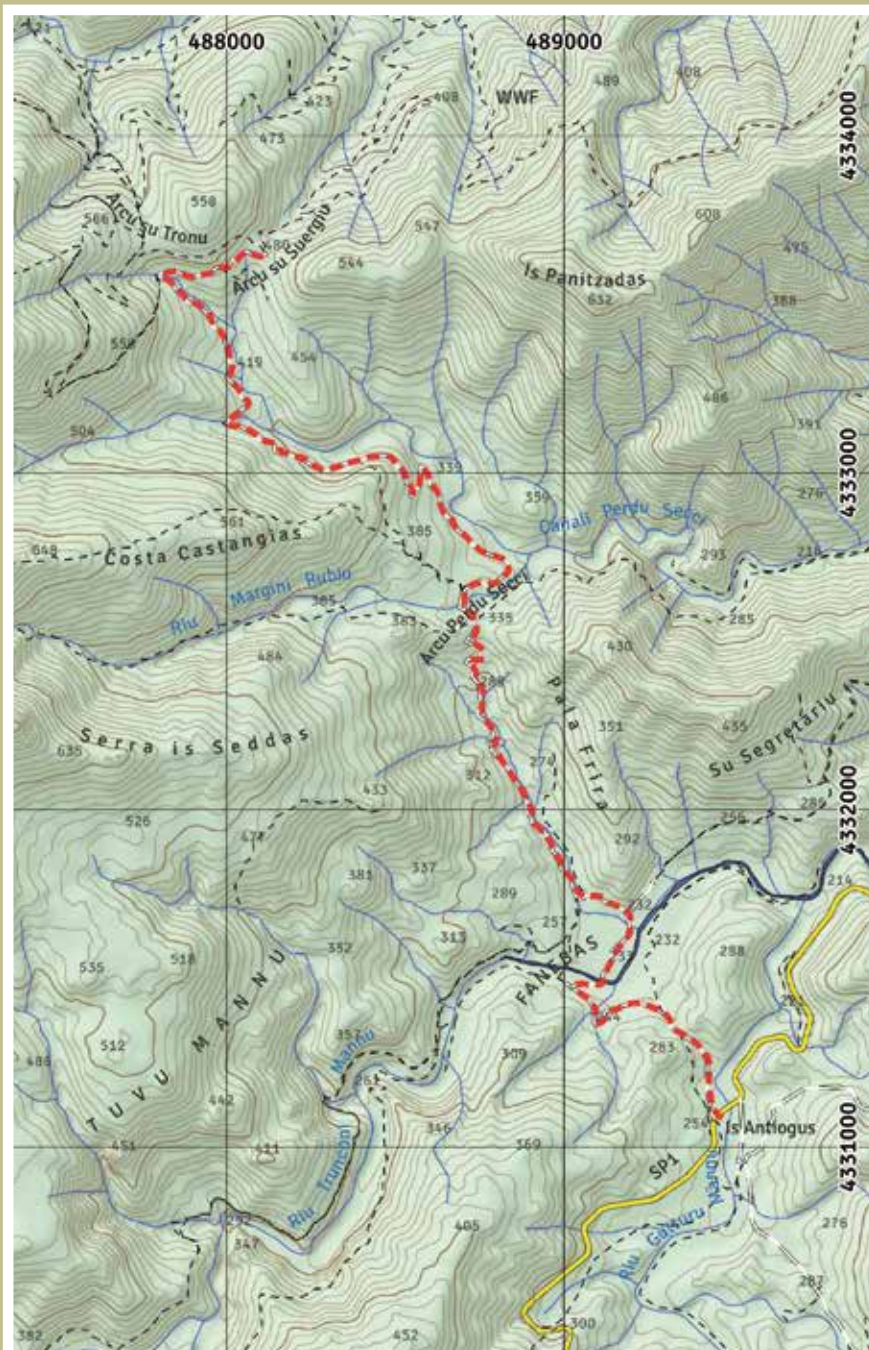
The waterfall of Su Spistiddatroxu (Photo A. Pani)

stone building renovated by the WWF and used as a base for hikers. You now leave the road that continues along the Camboni stream and start the climb to the west, following a path that reaches the ridge Tintillu. Here, the landscape changes: we leave behind the lush woodland, the rocky ridges and the streams with numerous waterfalls and continue along a rough track that turns north-west, crossing hills where fires and tree felling have relegated the trees to the deepest valleys. The scrub that is growing back on the barren slopes is good pasture for deer.

The road leads to the Terracci sheepfold and to the lake formed by the Bau Pressiu dam but you leave it after 400 metres to turn right onto a track that heads to Gutturu Gragal-

las and Punta Su Suergiu. Once over the top (km 12.4), you start a steep descent to a vast forest of tall and slender eucalyptus that stretches for a thousand hectares. It is probably the largest reforestation of this type in Sardinia.

The hike continues along the road that marks the borders of the reforestation and, skirting the Gutturu Linnamini canal, you reach the little oasis of Burdoni, with large oaks and a picnic area near *strada statale 293*. The hike covers a total of 16.8 kilometres. A little further on, beyond the asphalt, you can see the old railway line that once travelled from Siliqua to the Sulcis plains. Disused for decades, it could become a great track for mountain biking.



From Is Antiogus to Arcu su Suergiu

Departure: Is Antiogus, on the *strada provinciale* (B-road) Gutturu Mannu

- Distance: 4.6 km
- Ascent: 320 m
- Telephone reception: none
- Hike time: 1h30'

There is a lot to learn about forest animals at Gutturu Mannu. But there are equally fascinating stories concerning the human presence in this valley, where, over the last two centuries, shepherds, fowlers and woodcutters have occupied the same clearings surrounded by woodland and used the same springs from which the people of the valley drew water at the beginning of civilization. Is Antiogus is one of these places. A building of concrete blocks is the legacy of the last charcoal companies that operated until the 1950s; then, there are the more discreet ruins of huts inhabited around the fourth century AD. hidden all around among

the cork oaks and heather thickets. Is Antiogus can be reached along the *strada provinciale* (B-road), 2 kilometres up from Is Pauceris station, on the railway built for transporting timber. It is an important transit point, where the road that joins the plain of Cagliari to Sulcis crosses the road connecting the forest of Monti Nieddu with the territory of Monte Lattias. And this is precisely the direction that you take to reach the Su Suergiu pass, the gateway to the oasis of Monte Arcosu.

You set off from the *strada provinciale* and take the road north that, after 800 metres, reaches Fanebas (also known as Faneuas) where there is a beautiful spring and a



Trees among the ruins at Perdu Secci
(Photo M. Cara)

picnic area. On the other side of the stream, the remains of the biggest nuraghe in the valley can be identified in a heap of moss-covered boulders. Continuing for 200 metres west along the Rio Trunconi Mannu, you arrive at a few natural pools, a water reserve popular with deer during the summer. Heading back to the source, you walk north along the road for 2.2 kilometres to the Perdu Secci pass. A little further on, you cross the Rio Margini Rubiu and walk around a flat area where the expert eye of an archaeologist

will recognize the signs of a village inhabited from the Nuragic period to the Middle Ages. The road climbs the slope of Costa Castangias for 4.6 km to S'arcu su Suergiu, the divide that separates the Gutturu Mannu river basin from Gutturreddu.

A road continues west up the ridge of Su Tronu where a path offering stunning views climbs to the top of the Lattias; if, instead, you walk downhill to the north, you take the road for 2 kilometres to Perdu Melis, in the heart of the vast area of forest purchased by the WWF in 1984 to



The rugged peaks of Monte Lattias
(Photo A. Pani)



The ruins of the nuraghe Fanebas (Photo D. Ruiiu)

transform what was once a hunting
reserve into a protected area that

has guaranteed the survival of the
Sardinian deer.





From Gambarussa to Monti Nieddu

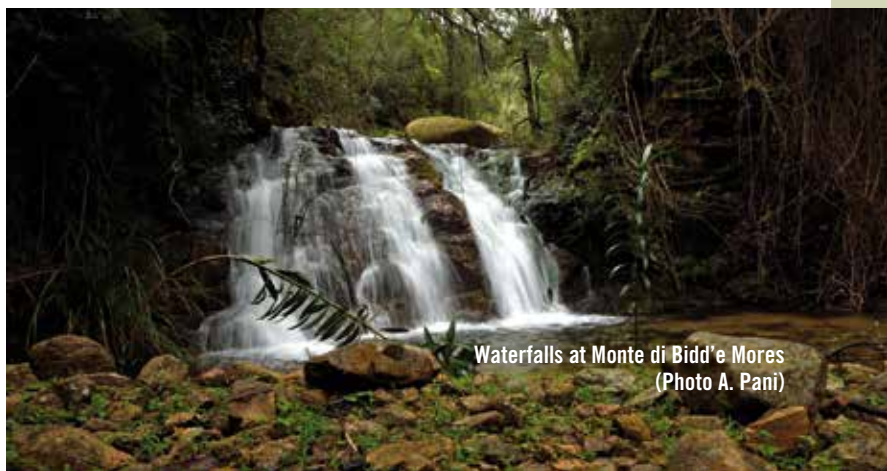
Departure: Agenzia Forestas station of Gambarussa

- Distance: 11.2 km
- Ascent: 490 m
- Telephone reception: poor or none
- Hike time: 3h45'

A mountain reservoir welcomes visitors who walk up the valley of Gutturu Mannu in the Assemini territory. It was created to supply water to the San Leone mine and, after years of neglect, it has become an oasis that has given refuge to a rich bird life and provides refreshment to the animals of the forest. In addition, in the event of fire, it guarantees the availability of an important water reserve. A little further on, following the *strada provinciale*, you reach Gambarussa (the original toponym was Gamba Grussa), home to an important Agenzia Forestas station. From here, there are paths that take you to the forests of Monte Arcosu and, on the other side of Gutturu Mannu, the mountains of Capoter-

ra. One of these is Trail 206, which takes you up a side valley where you find the ruins of Bidd'e Mores, probably the most important ancient settlement in this area. Until 2008, forestry vehicles could travel up the gully along the road to Monti Nieddu but the track was swept away by a flood and is now only accessible on foot.

You walk up the Bidd'e Mores gully for 2 kilometres to reach the archaeological area where a fast-growing forest hides the remains of the ancient dwellings scattered on both sides of the valley. The village, made up of small rectangular buildings and sections of thick walls, includes evidence that can be traced back to between the Nuragic Age to the first



Waterfalls at Monte di Bidd'e Mores
(Photo A. Pani)



S'Acqua de is Cassadoris, in the gulley of Is Tuvus (Photo A. Pani)

centuries AD but it has also been inhabited occasionally until recent times.

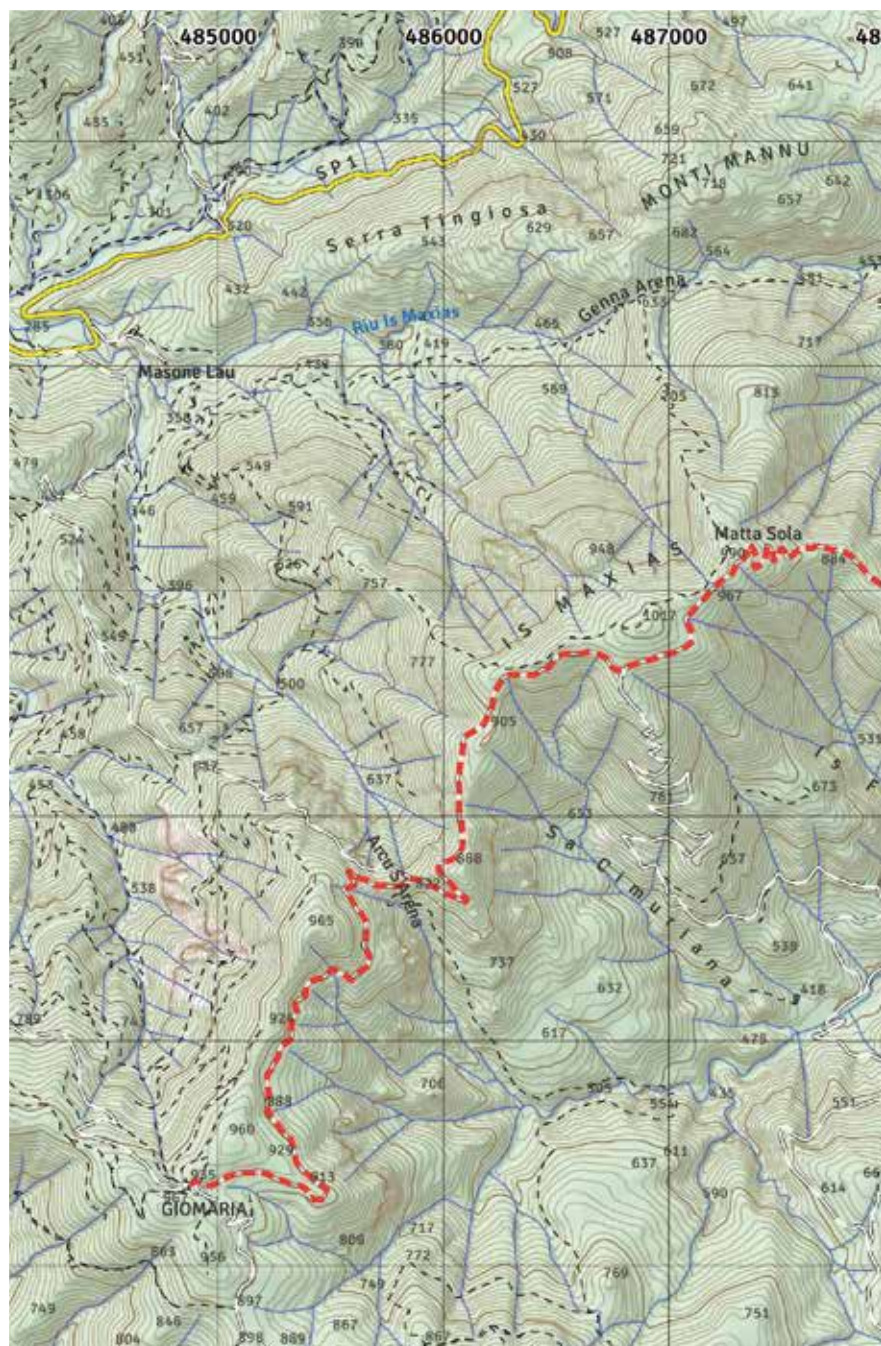
Resuming the hike, you follow the forest track up the Is Tuvus gulley until we reach the pass of the same name that acts as a divide between Gutturu Mannu and the mountain

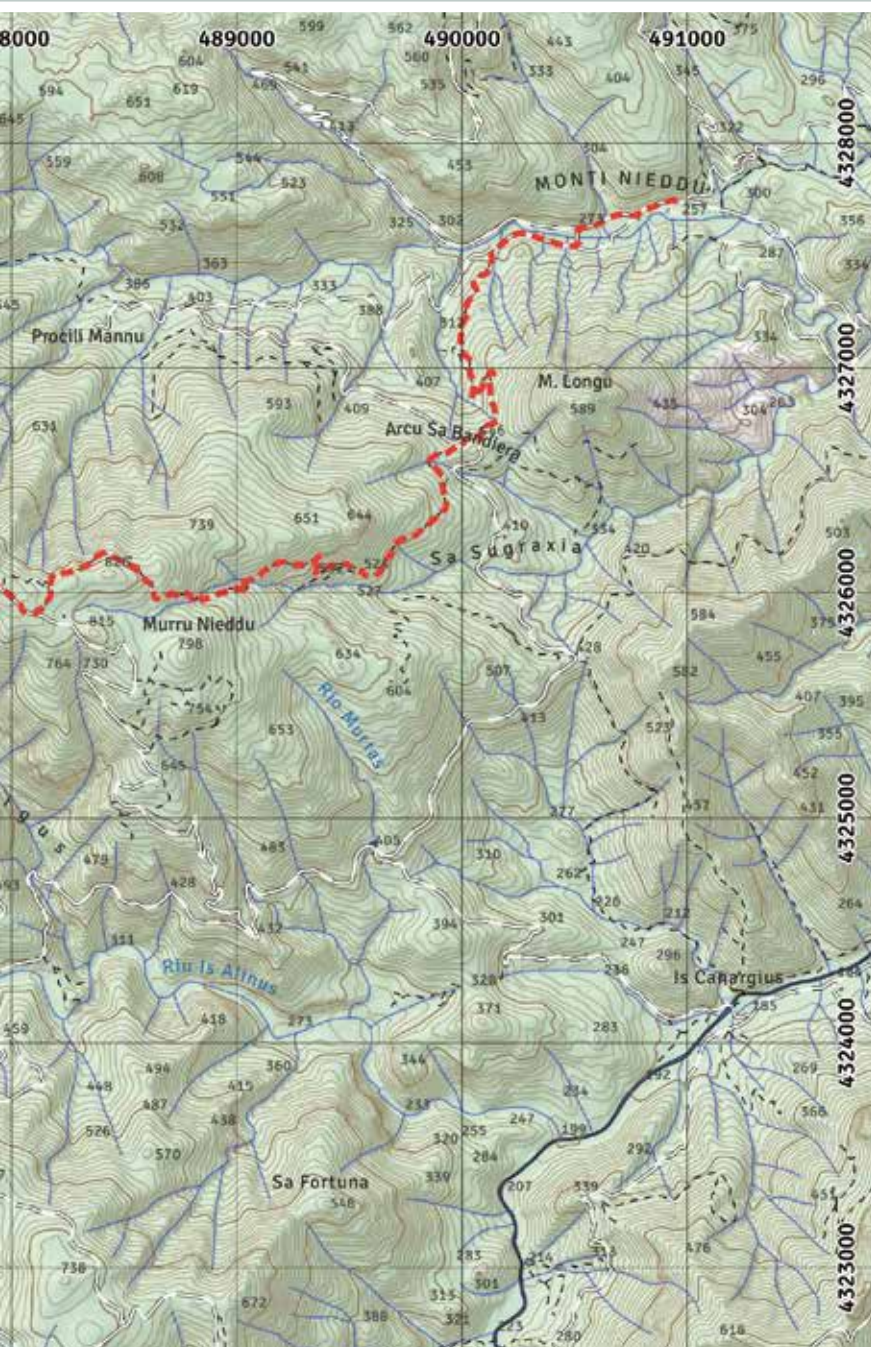
territory of Capoterra. From here, the paths begin that lead to the granite tower of Turrineri and the rugged landscape of Is Cioffus and Is Strintus. You continue south-west along the rough track, around the southern slope of Pauceri Mannu and on to a place whose name says it all: Su



Campusantu de is Arrus, the thorny cemetery. The few ruins still identifiable are all the remains of a settlement, where pottery has been found dating back to the 4th century AD. There is also an anthropomorphic menhir that tells us that the place was certainly inhabited in much

more ancient times. Resuming the hike, you go through the Perrugasu pass and a little further on reach the forestry road that climbs from Is Antiogus. You take this track for 2.5 km until you reach the forestry station of Monti Nieddu. The hike covers a total of 11.2 kilometres.





From Giomaria to Monti Nieddu

Departure: Giomaria, on the road that leads from Pantaleo to Is Cannoneris

- Distance: 12.4 km
- Ascent: 245 m
- Telephone reception: higher ground only
- Hike time: 4h30'

Under the peak of Punta Ginestra, on the road from Pantaleo to Is Cannoneris, the great oaks of Giomaria are part of the woods that have never known the woodcutter's axe. In front of a little house that has been abandoned for decades, there is a forestry track that

branches off from the main road and crosses a clearing that in summer is filled with the blooms of St John's wort. This is where you start, at almost 1000 metres above sea level, along a path that climbs over Mount Is Maxias and continues east to the Monti Nieddu Agenzia Forestas station.

Go past the traffic barrier and follow the forestry track across the slope of Is Arangius, which owes its name to the holly trees, once the wealth and pride of this woodland. The end of the activity of the charcoal burners meant the dense holm oak woodland could grow back, but there is hardly a trace left of the red berries and thorny leaves. Walking on for 3 kilometres, you reach the S'Arena pass where two other CAI trails converge, 200 and 210. You continue on along the track up the southern slope of Is Maxias, taking care to avoid the branch off to the south to the valley of the Rio Alinuss. Our path passes just below the summit plateau of Is Maxias and continues eastwards along the ridge. The track descends with a



Panoramic view of Monti Mannu and Monte Lattias (Photo A. Pani)

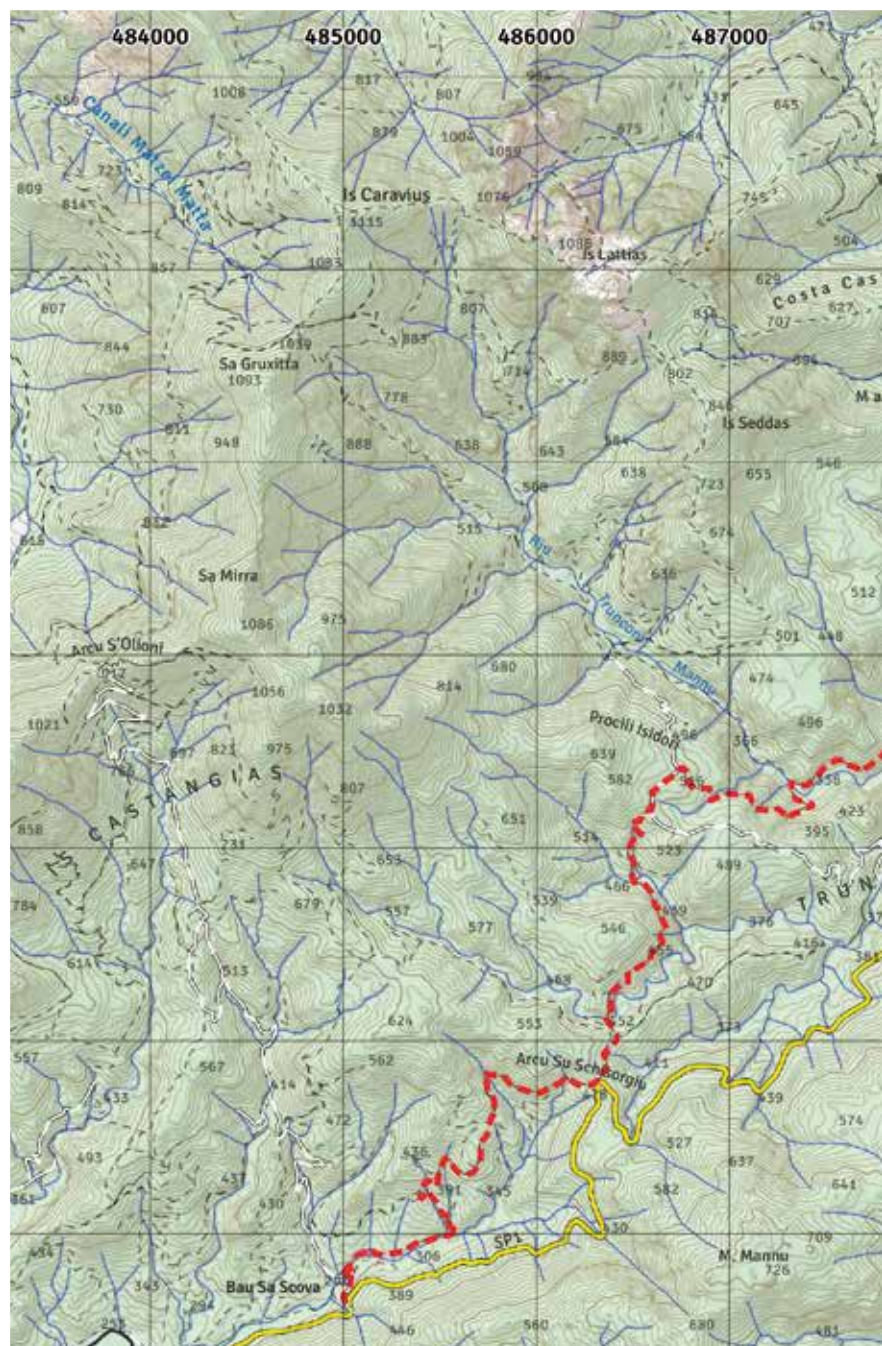


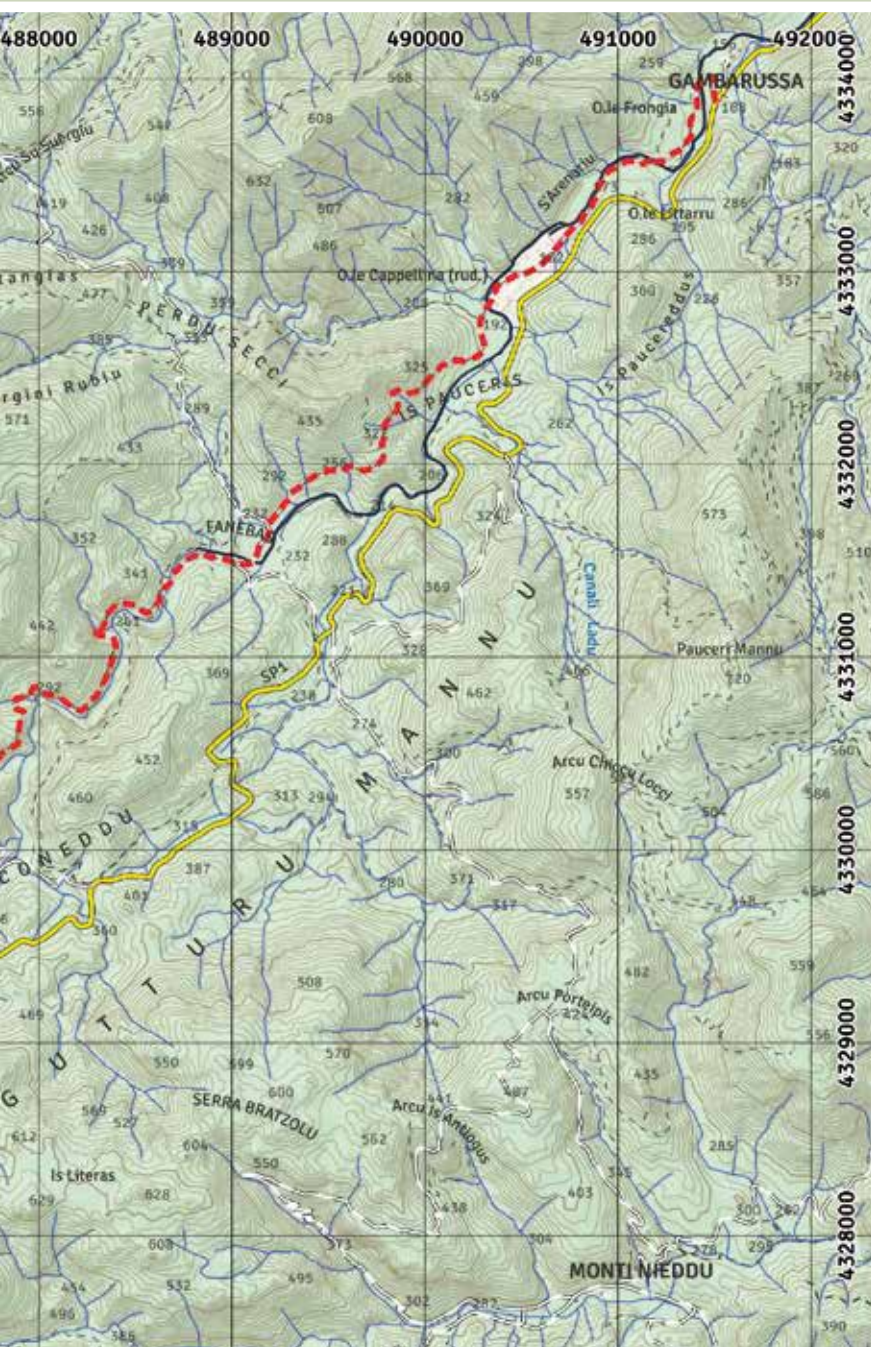
The plateau on the top of Monte Is Maxias (Photo A. Pani)

series of hairpin bends through a forest full of large strawberry trees. At the rocky massif of Su Tuvarargiu (km 7) you leave the forestry track and, following the signs on the roadside, you take the path that heads north-east. After crossing a stretch of a young and very dense forest, you reach a series of viewpoints. Ahead of you is the slight slope strewn with large granite boulders that goes from Monti Mannu to Serra Bratzolu; further off is the chain of peaks that stretch from Tiriccu to Monte Arcosu.

After just over half a kilometre, you reach a clearing at a pass: S'Arcu

Su Tintionargiu. From here, you continue south, following the red and white signs down into the Sa Sugraxia gulley, where you can still see the dense network of roads built for tree felling. Our trail follows an old cart track to S'Arcu Sa Bandiera (10 km), where a forestry road passes heading west. You avoid this easy route and instead continue along an old cart road that goes around the western slope of Monti Longu back to the rough track. The plateau of Monti Nieddu is a little further on. You reach the Forestas Agency station after hiking a total of 12.4 kilometres.





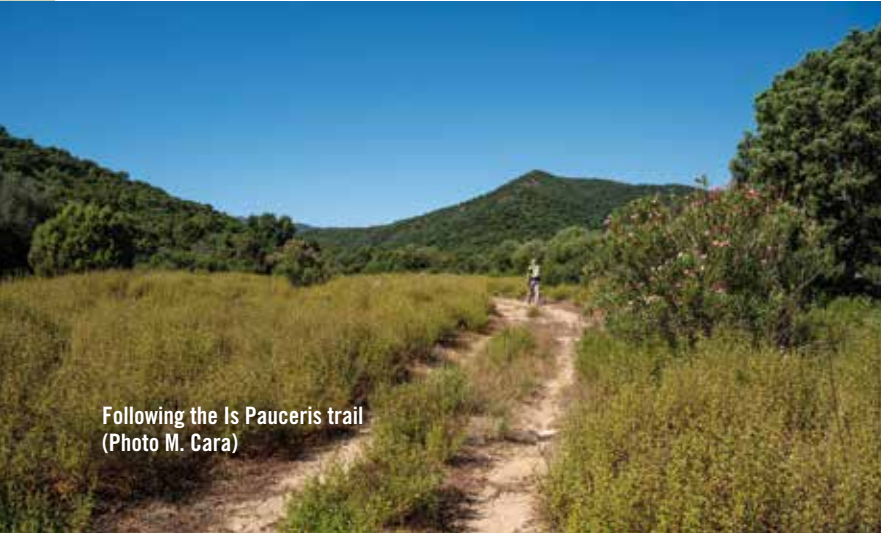
From Gambarussa to Bau Sa Scova

Departure: Gambarussa Agenzia Forestas Station

- Distance: 14 km
- Ascent: 680 m
- Telephone reception: poor or none
- Hike time: 5h

A track used for the transhumance of shepherds takes you up the valley of Gutturu Mannu along the river at a safe distance from the *strada statale 1*. The track beaten by shepherds and woodcutters is still in good health and this forms the path for Trail 208, winding among sheepfolds, sandy banks and oleander blooms. You start from the Forestas Agency station of Gambarussa, upstream of the little lake of Sant'Antonio, which is home to a wealth of bird colonies. Created to provide water for the San Leone mine, the lake has survived years of neglect and is now one of the gems of the Gutturu Mannu Park.

We start by following the path that goes up the river and after half a kilometre we cross it at the islet of S'Arenariu. In front of us, half hidden by large cork oaks, there are the remains of a tollbooth of the railway built by the French *Compagnie des Hauts Fourneaux, Forges et Aciéries de la Marine et des Chemins de Fer*. There are also the ruins of the terminal station on the right bank of the Rio Gutturu Mannu, in the large clearing of Is Pauceris. Our path passes on the opposite side of the valley and after climbing up Su Segretariu, you pass over the ridge of Sa Pala Frira to reach the Fanebas spring (km 4.3), starting



Following the Is Pauceris trail
(Photo M. Cara)

point for the traditional excursions on Monte Lattias and a very popular destination due to there being a picnic area. A short distance away, in a grove of cork oaks, there are the ruins of a nuraghe, one of the very few in the Sulcis forest.

From the spring, you continue west following the path that runs along the stream, passing some natural pools and move to the hydrographic left, where you follow a beautiful cart track. After 2.5 kilometres, you leave the main valley and take the Trunconi Mannu gulley, which turns north-west. A little further on, you leave the cart track, cross the river and go up a path that climbs steeply towards the woods of Procili Isidori. After 1 kilometre, you reach a rough forestry road. This is the start of Trail 209, which continues northwards to the sheepfold of Procili Mannu and then climbs towards Monte Lattias; but you leave this route for another excursion and turn west. After 300 metres, the path widens out and here, on the right, you take a path that descends towards the Murru Sirboni gulley. This is an old charcoal burners' road that goes to S'Arcu de su Schisorgiu (km 10.5) and continues towards Santadi. We continue west following the cart track and meet the *strada provin-*



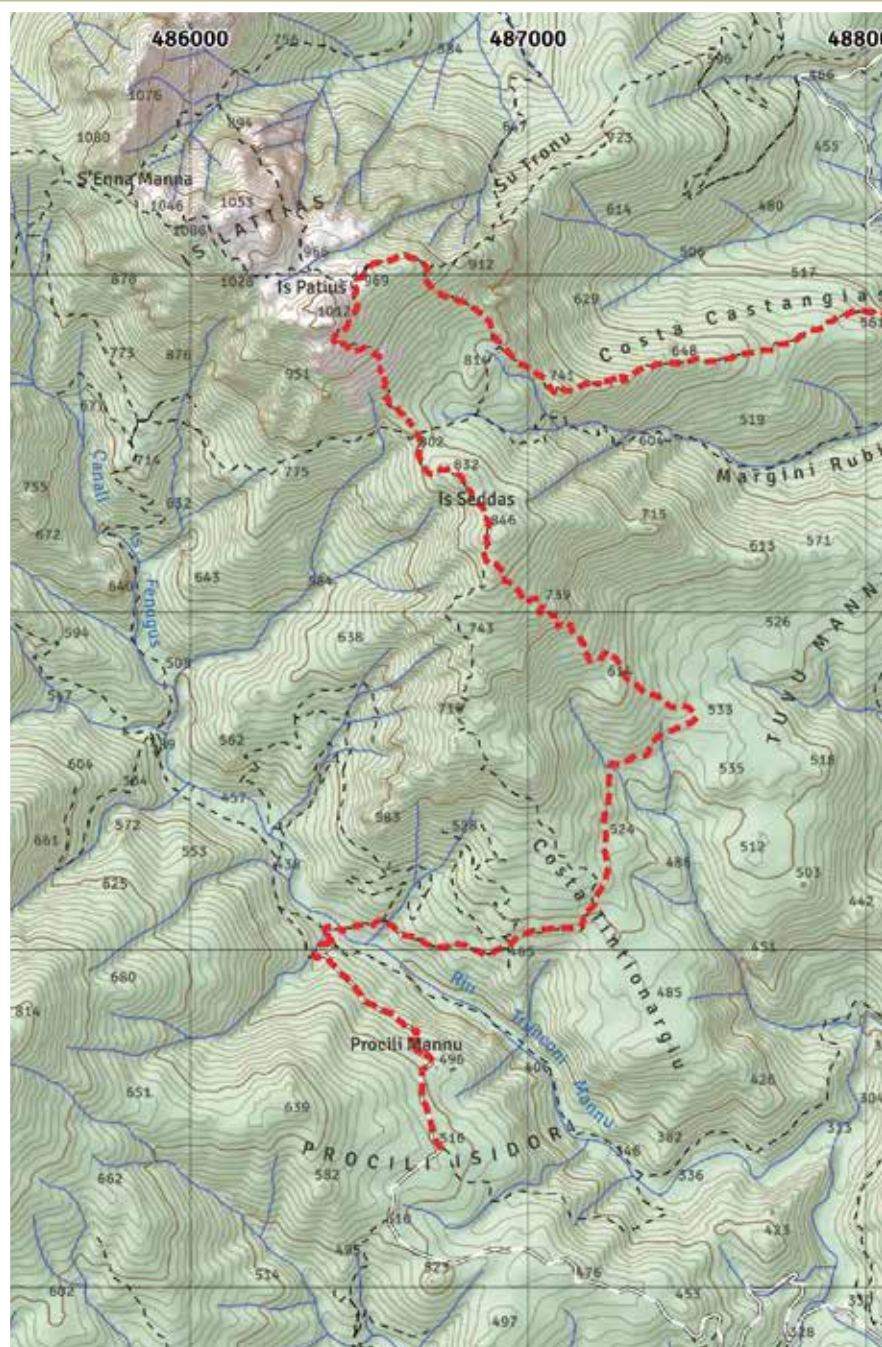
Fanebas, little waterfall
in the Rio Gutturu Mannu (Photo M. Cara)

ciale 1 kilometre upstream of Bau Sa Scova after a hike of a total of 14 kilometres. Pantaleo, site of the headquarters of the Gutturu Mannu Regional Natural Park and an important Agenzia Forestas station, is 3.5 further down.





Descending from Monte Lattias
(Photo M. Cara)





Procili Mannu, Lattias, Cappellina

Departure: Procili Isidori, on the forestry road
from Trunconeddu, to Gutturu Mannu

- Distance: 10.2 km
- Ascent: 670 m
- Telephone reception: higher ground only
- Hike time: 4h

We all have a clear image of the shepherds driving their sheep and goats along the roads of transhumance. But this is a rather simplis-



Monte Arcosu seen from Monte Lattias
(Photo A. Pani)

tic view, because actually, from the centre of Sardinia, even pig farmers would also accompany droves in their hundreds to the woods of the coastal areas full of oaks and acorns. The Sulcis forest was one of the main destinations. That world no longer exists but the places still preserve its memory and, even today, many of the areas where the pigs were brought for fattening are called Procili Mannu. One of these is located between the mountains of Sa Mirra and Is Lattias, within the larger area of Procili Isidori, in a wood where new ruins have been added to old because the huts and enclosures were made from stones taken from the walls of a village inhabited in the first centuries AD. It is easy to reach via the forestry road closed to cars that meets the *strada provinciale* at Trunconeddu. Trail 209 starts from the point where the Trail 208 joins this forestry road; Procili Mannu is 300 metres to the north. The ruins are scattered in a flat area among large phyllirae, oaks and carob trees. The road continues towards Is Lattias

and Is Caravius for half a kilometre then you turn off to the right down to the valley floor; having crossed the river, you take a cart track that turns east leading slightly uphill to Costa Tintionargiu (km 2.1). You continue north-east for 700 metres to the junction with a track that climbs steeply north-west to reach the top of Is Seddas (km 3.9). You continue downhill and soon reach the Is Seddas pass. In front of you, you can see the rocky summit of Monte Lattias. There is a steep climb of 600 metres to the granite plateau of Is Patius. This is the base of one of the secondary peaks, a rocky pinnacle (1010 m) that is easily climbed to reach a spectacular panoramic terrace. To reach the main peak (1086 m), you have to go back down to the flat area of Is Patius and follow the signs for the CAI Trail 220 for 600 metres.

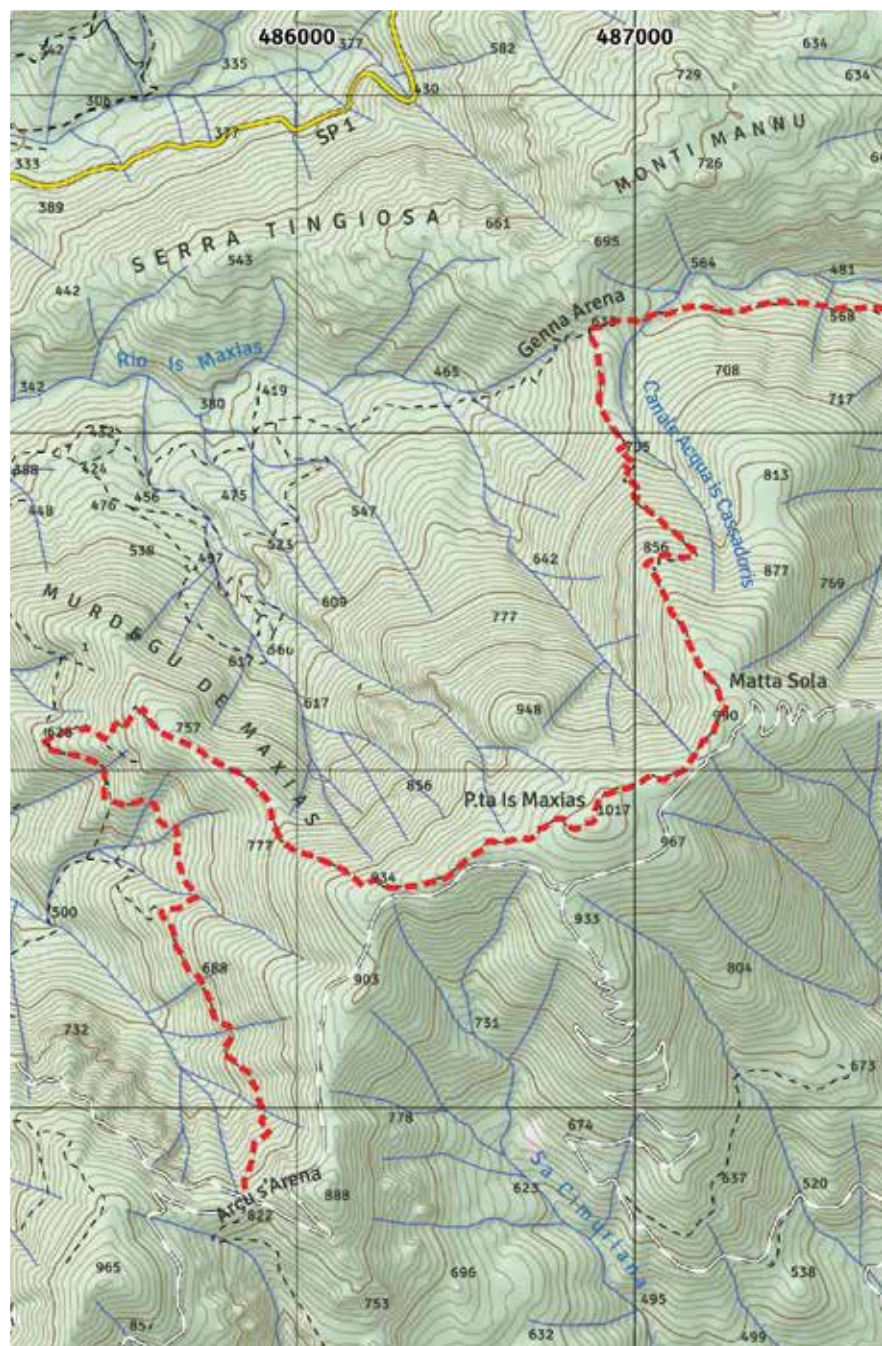
Leaving the granite spires of Is Lattias, you descend along the Costa Castangia path, which is the main way up this splendid mountain, for 3 kilometres until you reach the forestry road that goes from Fanebas to Perdu Melis (in the oasis of Monte Arcosu). You go up this road south for around a hundred metres to the arch of Perdu Secci and then turn off onto the path east that winds through the dense vegeta-

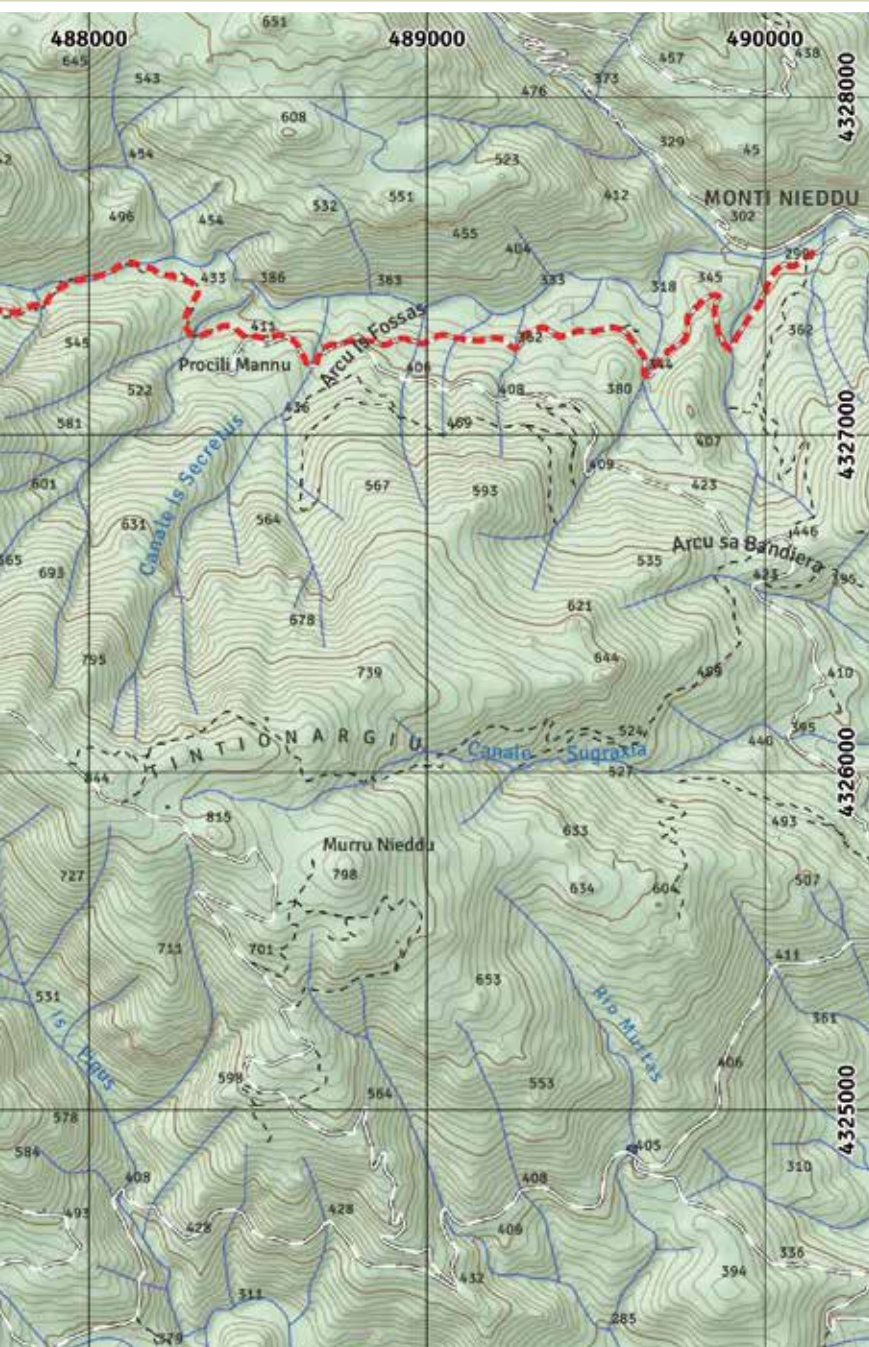


Monte Lattias beyond the top of Is Seddas
(Photo A. Pani)

tion and continues through the homonymous gully to Gutturu Mannu at Cappellina, the site of the ruins of one of the valley's historical sheepfolds.

The total distance is 10.2 kilometres.





Monti Nieddu, Is Maxias, Arcu s'Arena

Departure: Monti Nieddu Agenzia Forestas station

- Distance: 10.6 km
- Ascent: 1050 m
- Telephone reception: higher ground only
- Hike time: 4h15'

Monti Nieddu is located along the natural path linking the coastal plain of Pula and the Sulcis area. The toponym is ancient but misleading, as it is in fact a valley, not a mountain. Covered by a forest of oaks, it was one of the destinations for the transhumance of pigs from the towns of central Sardinia. Once part of the Marquisate of Quirra, the forest was exploited for timber and was also a hunting reserve. Then, in the 1980s, it became part of the regional state property and is now home to a Forestas Agency station. The CAI Trail 210 starts from Monti Nieddu and reaches the top of Is Maxias.

You leave the forest following the rough track to the west that climbs up the valley for 2 kilometres, before turning off at the Is Fossas pass. You continue west for a few minutes to Procili Mannu, where the huts and enclosures used for livestock were built on the ruins of a village inhabited in the early centuries AD. A house and a stable built a few decades ago could become a base for hikers.

The road goes up the Su Scovargiu gully for 2 kilometres to the Genn'e Arena pass (also known as Arcu de is Brabaxinus) which marks the divide between the Sulcis area and the territories that gravitate towards



Spring on Monte Nieddu
(Photo M. Cara)

Cagliari. The path continues west down towards Santadi but, instead of this route, you go up to the left following the mule track that runs along the S'Acqua de is Cassadoris gulley. Higher up, the track crosses a young forest and, after 1.5 kilometres, you reach a large clearing: this is Su Campu 'e Tiri, an area used as a capture base during the campaign for the protection of Sardinian deer. You cross the clearing and continue south-west over a small rocky ridge. After a few hundred metres, you reach the flat summit of Is Maxias (km 6.4) where the scarce vegetation gives us an excellent panoramic view of the entire Sulcis forest.

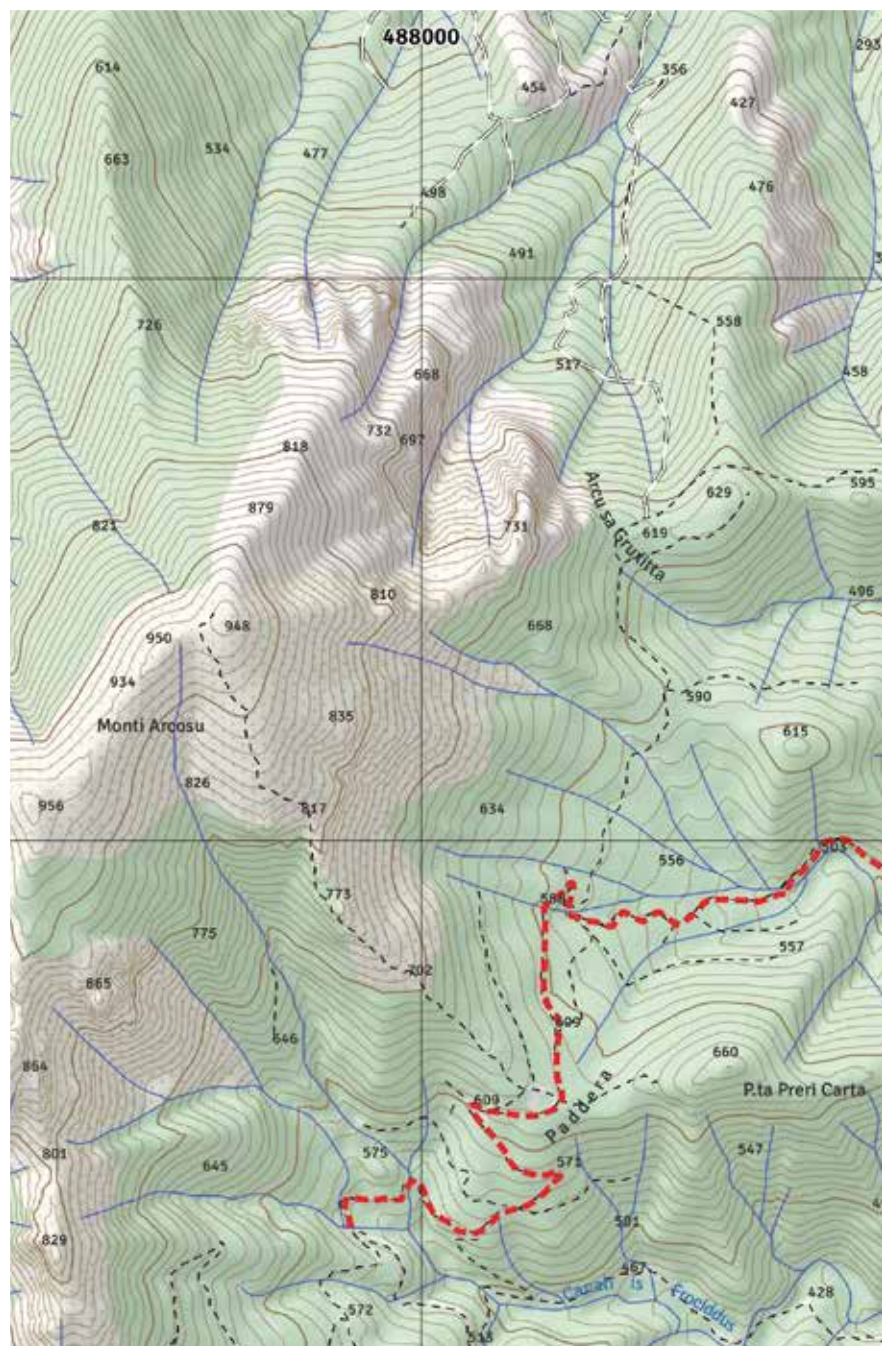
Leaving the summit, you stay on the ridge and descend westwards following a path that leads to the Pantaleo valley. You reach the bottom after 2 kilometres, at the cart track from Masone Lau, a sheepfold a short distance from *strada provinciale 1*. Following the new path, you continue climbing southwards until you reach the arch of S'Arena (also known as Is Alineddus), where you join Trails 207 and 200 after hiking a total of 10.6 kilometres. To get here from the top of Is Maxias, you can follow the shorter Trail 207, which passes just below the summit plateau of the mountain.

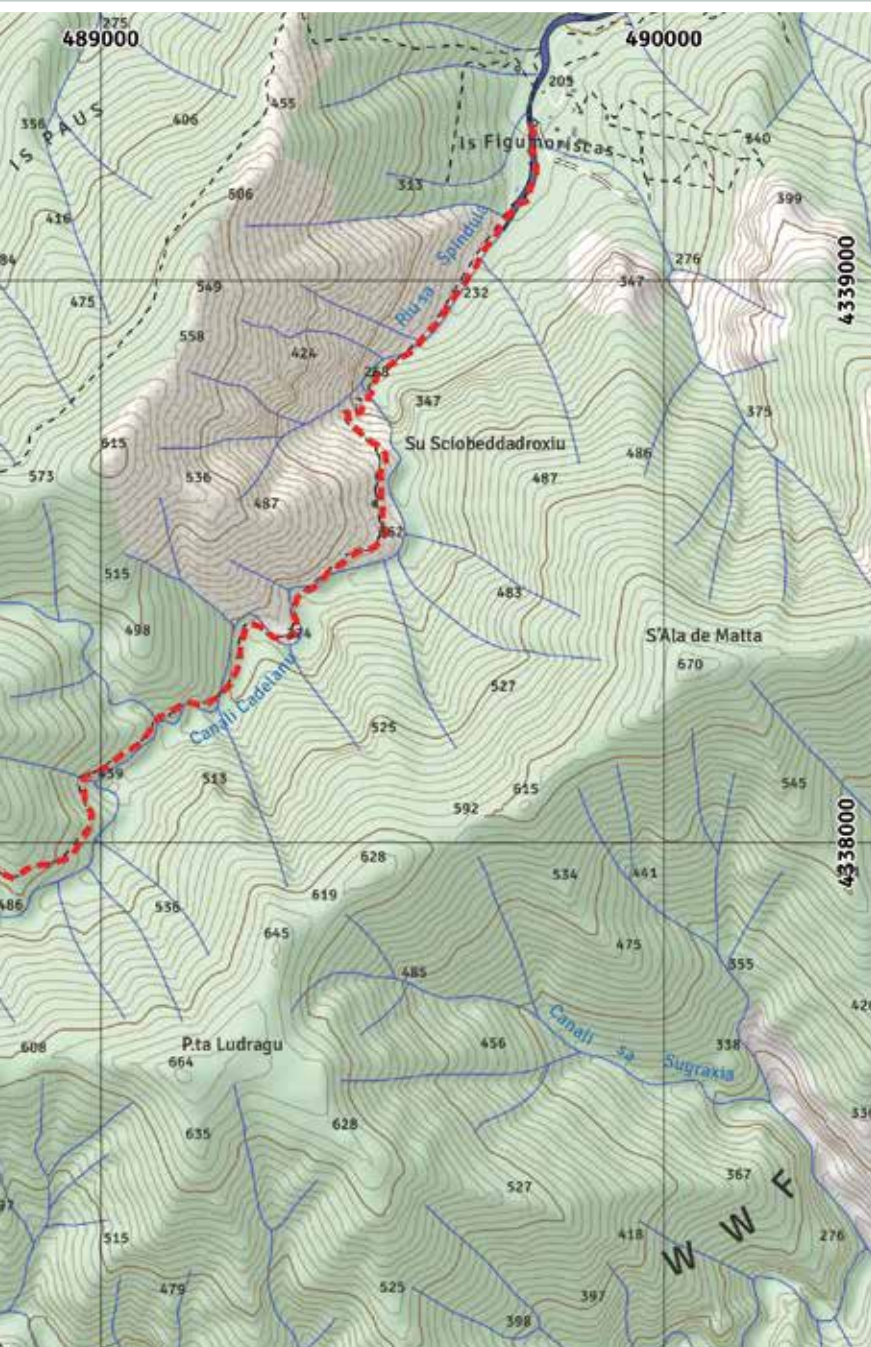


Walking among the flowers at Is Maxias
(Photo M. Cara)



Climbing to the top of Is Maxias (Photo A. Pani)





From Uta towards Monte Arcosu, Arcu S'Arena

Departure: Valley of Sa Spindula, Uta

- Distance: 4.2 km
- Ascent: 440 m
- Telephone reception: poor or none
- Hike time: 1h30'

The road that leads to the slopes of Monte Arcosu, on the slope that looks towards Uta, starts from the *strada provinciale 2* and crosses an ancient large estate now divided



The waterfall of Su Sciobeddadroxu
(Photo A. Pani)

up into orchards and cattle farms, across fields filled with free-grazing cows, then travels up a valley and stops at Is Figumorisca, in the valley of Sa Spindula, in an opening surrounded by little houses half hidden by trees. These are sheepfolds, bases for hunting groups and a retreat for pensioners. From here, at the foot of the mountain, you head towards Paddera on the same road travelled by three people from Uta who, in June 1849, crossing an area stripped by fire, saw something metal sticking out from under a boulder, which turned out to be the bronze figurines of Monte Arcosu, which today we can admire on display at the Archaeological Museum of Cagliari. One of these, known as the chief-tain, is an icon of Nuragic art.

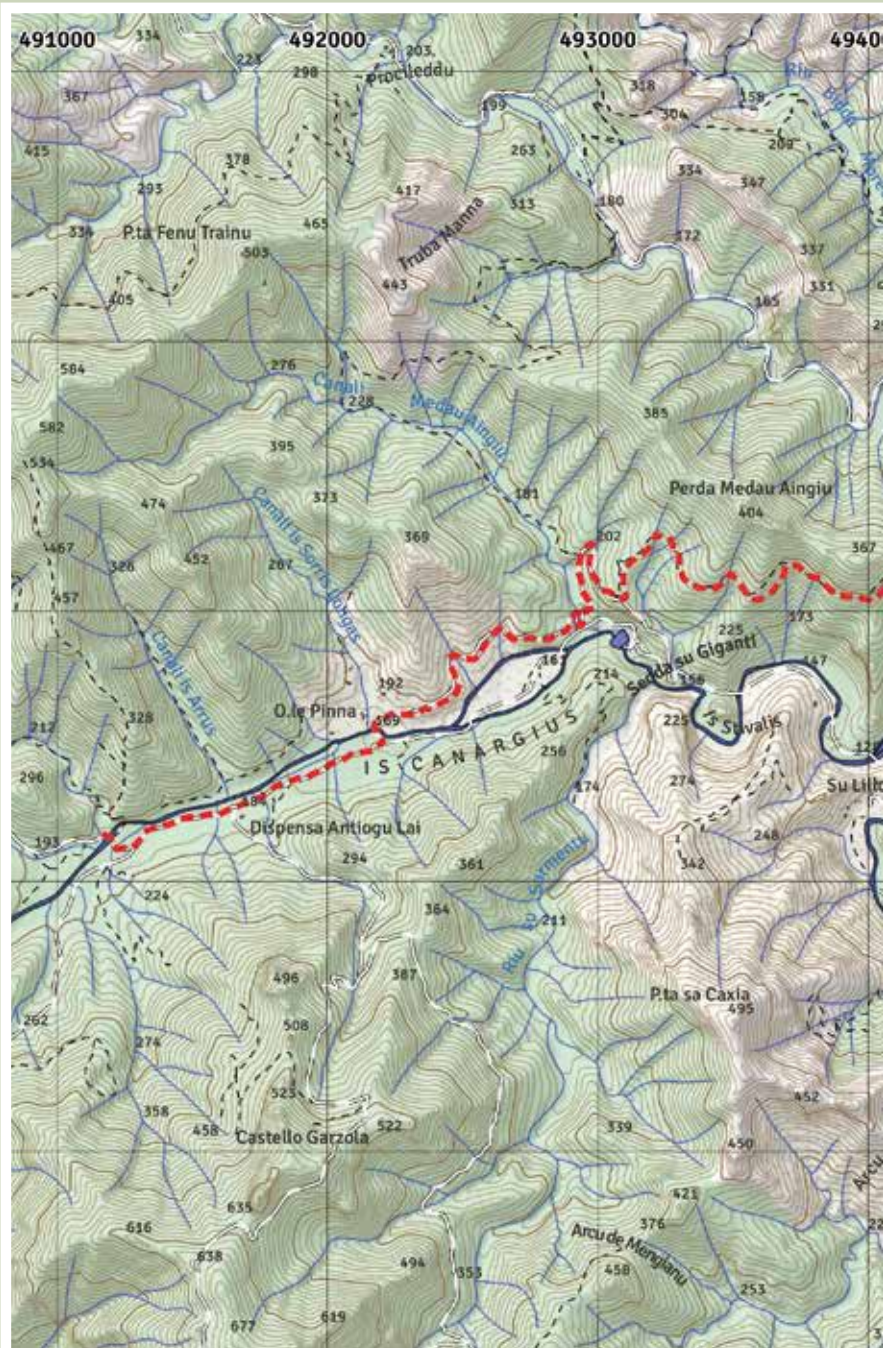
Leaving the car, you take the path that climbs towards the mountain and skirt a fence on the hydrographic left of the stream. After 600 metres, at the rocky face of Is Concas Arrubias, you reach the waterfall Su Sciobeddadroxu, a single drop of about forty metres whose name evokes disastrous falls. More re-



The S'Arena pass seen from Paddera (Photo A. Pani)

cently, people have started calling it Sa Spindula, a Sardinian term that generically indicates a waterfall. You walk round it to the right and at the end of a short climb, you pass by the mouth of a tunnel, a reminder of the mining exploration in this area at the end of the nineteenth century. You continue up Su Canali 'e Cadelanu to the Su Campu 'e Paddera pass, where you enter the the 'Oasis of the Deer and the Moon'. Here a track on the left takes you 200 metres to a wooden hut, a deer-watching hide built by the WWF. On the right, there is a path that travels 1.5 kilometres up to the summit of Monte Arcosu.

The route continues along the middle track and, walking down southwards, you soon reach the cart track that goes up the Is Frociddus valley. You have covered 4.2 kilometres. Here, you are below the S'Arena pass, on the ridge that connects Monte Arcosu with Monte Lattias. If you want to continue, there are two alternatives: you can go down east for 7 km on a cart track that takes you to the visitor centre of Sa Canna or, turning south, you can follow a rough track for a short climb to the Gutturreddu valley at Perdu Melis. A further 7 kilometres down, this track rejoins Sa Canna along the Is Frociddus route.





From Is Canargius to the Sarroch dam

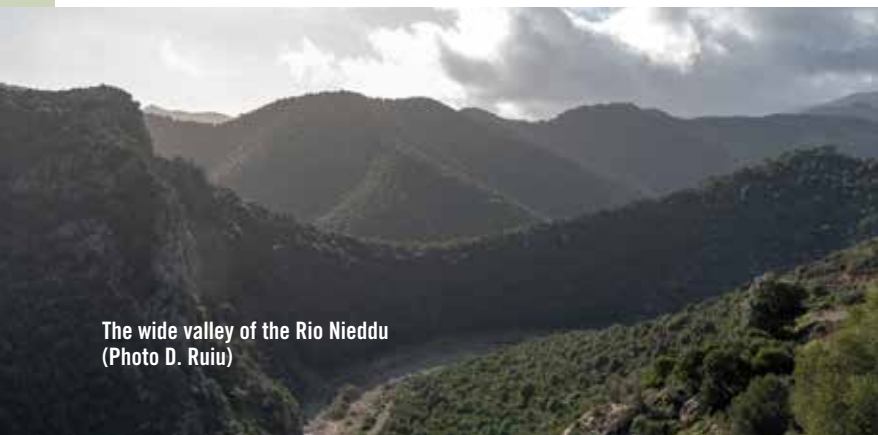
Departure: Valley of Is Canargius

- Distance: 9.7 km
- Ascent: 350 m
- Telephone reception: poor or none
- Hike time: 3h15'

A 1200-metre tunnel connects the territory of Is Canargius with the valley of Monti Nieddu. The tunnel is 5 metres wide and will never be used by cars; it will in fact be used to capture the waters of Rio Is Canargius and channel them into the reservoir of the Sarroch dam under construction. Unable to take this shortcut, you can instead travel from one valley to another following the ancient shepherds' paths, with the extra effort of climbing the southern slope of Monte Medau Aingiu.

You start from S'Imbucada de sa Linna Segara, where the S'Arrideli gully climbs to Monti Nieddu and, after crossing the stream, you follow the Is Canargius valley on the hydrographic right. You walk east on the old cart track that passes by the

Dispensa Antiogu Lai, from where a road leads to the rocky high ground of Castello Carzola and continues towards the high plains of Monte Santo di Pula. You stay instead in the Is Canargius valley for 1 kilometre, where you reach the Pinna sheepfold and then continue along the rough track passing a little further on the entrance to the tunnel, which, closed by a grate, is located under the rock excavations overlooking a small lake. The road continues towards the coast for 1 kilometre to Sa Sedda 'e su Giganti, where the remains of two 'giants' tombs' can be seen just a few metres from the road. Trail 212 does not reach this site but instead takes a left detour 500 metres further back, almost at the end of the climb, onto an old cart



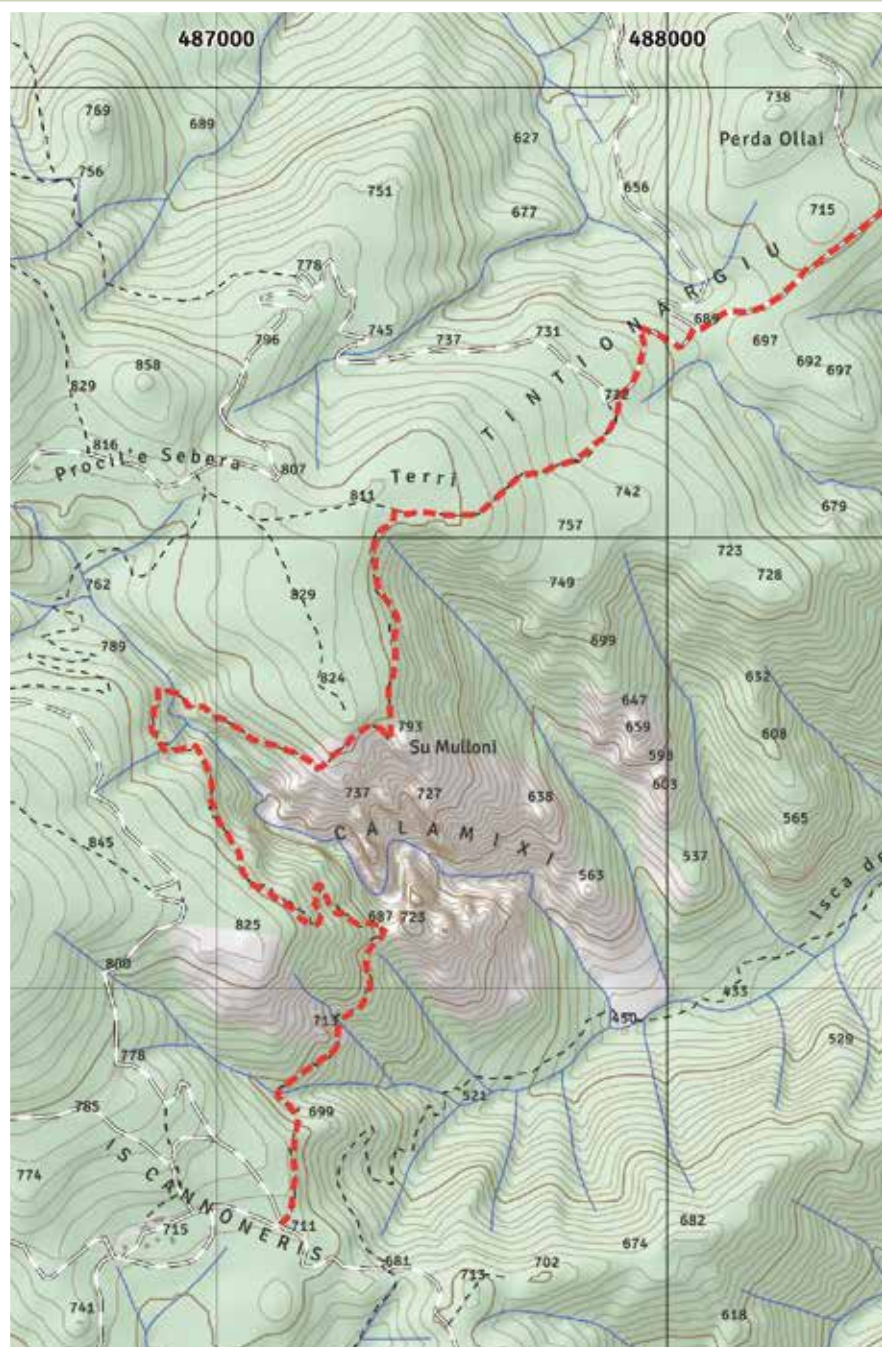
The wide valley of the Rio Nieddu
(Photo D. Ruii)

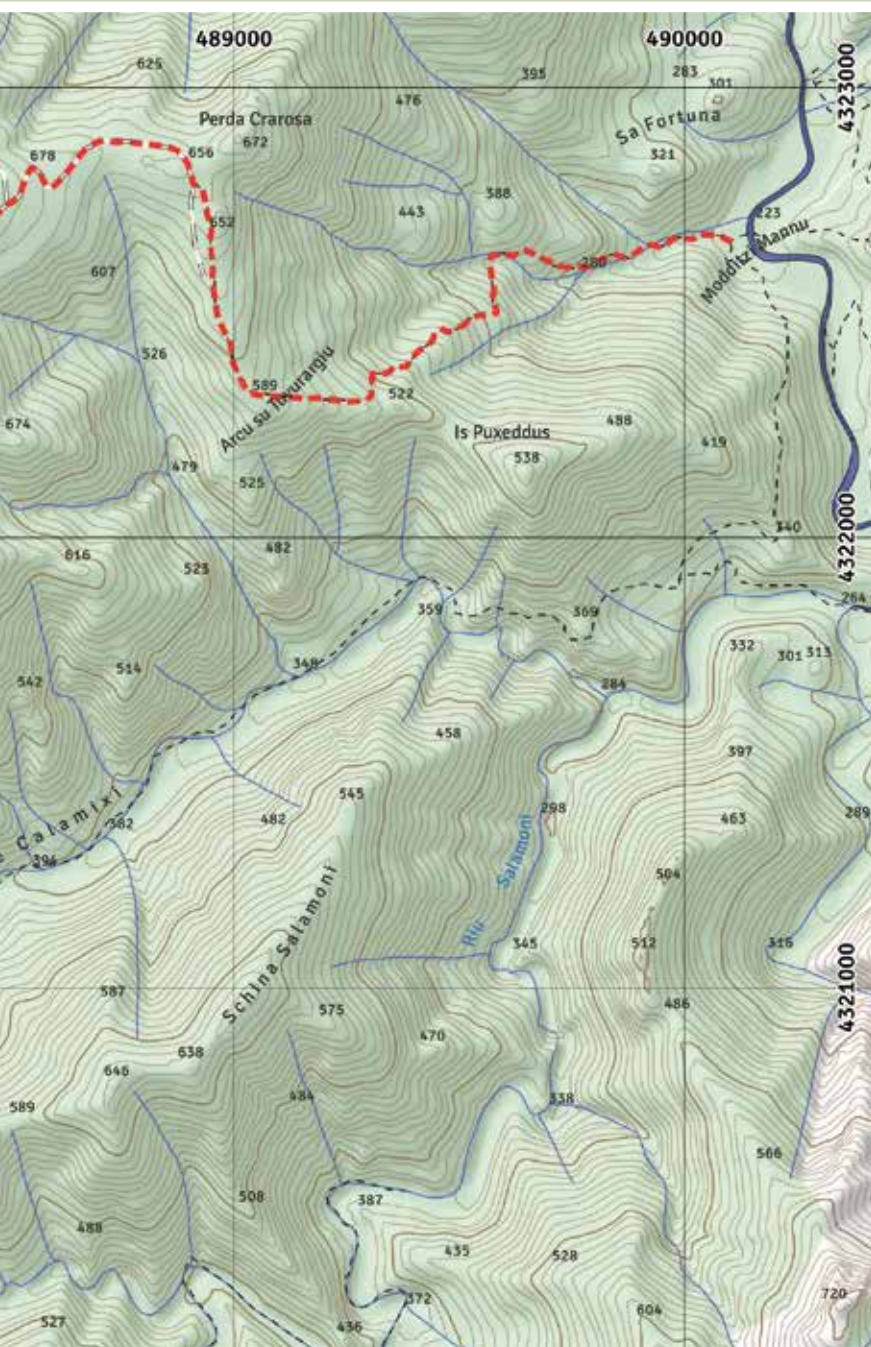


Signposts at S'Arcu su Lillu (Photo A. Pani)

track, in the past the main road between Is Canargius and the Sarroch territory. The road continues at this height, overlooking the Su Lilloni valley below and after 2 kilometres, you start the climb down at S'Arcu su Lillu (km 4.9). This is the start of Trail 213, which stays on the rocky ridge but instead you continue along the cart track down to the sheepfold of S'Ega Gualis (Segaialis on the IGM maps) where you reach the road to Monti Nieddu. Now you just have to follow the rough track that, at Murru sa Cruxi (Punta Sa

Galanza on IGM maps), starts the descent to Ponte Serpi, where you cross the stream that flows down from Spagnolu and Sa Stiddiosa and a little further on flows into the rio Monti Nieddu. You are now close to the mouth of the valley; you cross another ford and make a short climb past the silos and machinery depots of the Sarroch dam site. The total distance is 9.7 kilometres. You now find yourself on the asphalt road and from here, it is a quick walk to the foothills of Villa San Pietro which joins the *strada statale* 195.





From Is Cannoneris to Modditzi Manna

Departure: Agenzia Forestas station of Is Cannoneris

- Distance: 7.2 km
- Ascent: 310 m
- Telephone reception: poor or none
- Hike time: 2h15'

The Calamixi Gorge is a dark place surrounded by sinister legends, where the stream that originates on the slopes of Punta Sebera flows between two rock walls, performing a dozen or so waterfalls. It is said to be a meeting place for witches but this troubling reputation doesn't discourage visitors. This is a must-see in the Gutturu Mannu Regional Park and is an easy walk from the water fountain in the picnic area of the Agenzia Forestas station of Is Cannoneris. You take the well-marked path north for 800 metres to S'Arcu su Muru (su Mori on IGM maps), which owes its name to the dry stone walls visible on the southern slope of the rocky castle overlooking the pass. These

structures, which are certainly ancient and hard to interpret, could date back to the same time as the nuraghe De Gangiu which is located 1 kilometre to the west, near the buildings at Is Cannoneris. The Calamixi canyon is just below you but the descent can be difficult and the trail continues along the path above, along the northern perimeter of the gorge. The spectacular view of the sheer walls is worth the round trip.

After 2.5 kilometres, having crossed the top of Su Mulloni, you leave the ravine behind and, continuing at this altitude, you head towards a cart track that descends from Procil'e Sebera, 500 metres ahead, through the Terri forest,



Aerial view of the Calamixi Gorge
(Photo M. Cara)

where piles of stones are evidence of a vast archaeological area. Further down, you reach Sa Corti 'e Sa Fa', where a firebreak begins that follows the ridge eastwards. You walk the full length of the firebreak, crossing the top of Perda Crarosa, overlooking the southern slope of Is Maxias where the Is Alinos flows. Following the ridge, you turn south and, once you reach the Su Tuvargiu arch, begin the steep descent to the valley floor. At the point where you meet Trail 201 (from Is Cannoneris to Monte Nieddu) you are back at the river that runs through the Calamixi gorge. You reach Modditzi Manna after a hike of 7.2 kilometres.

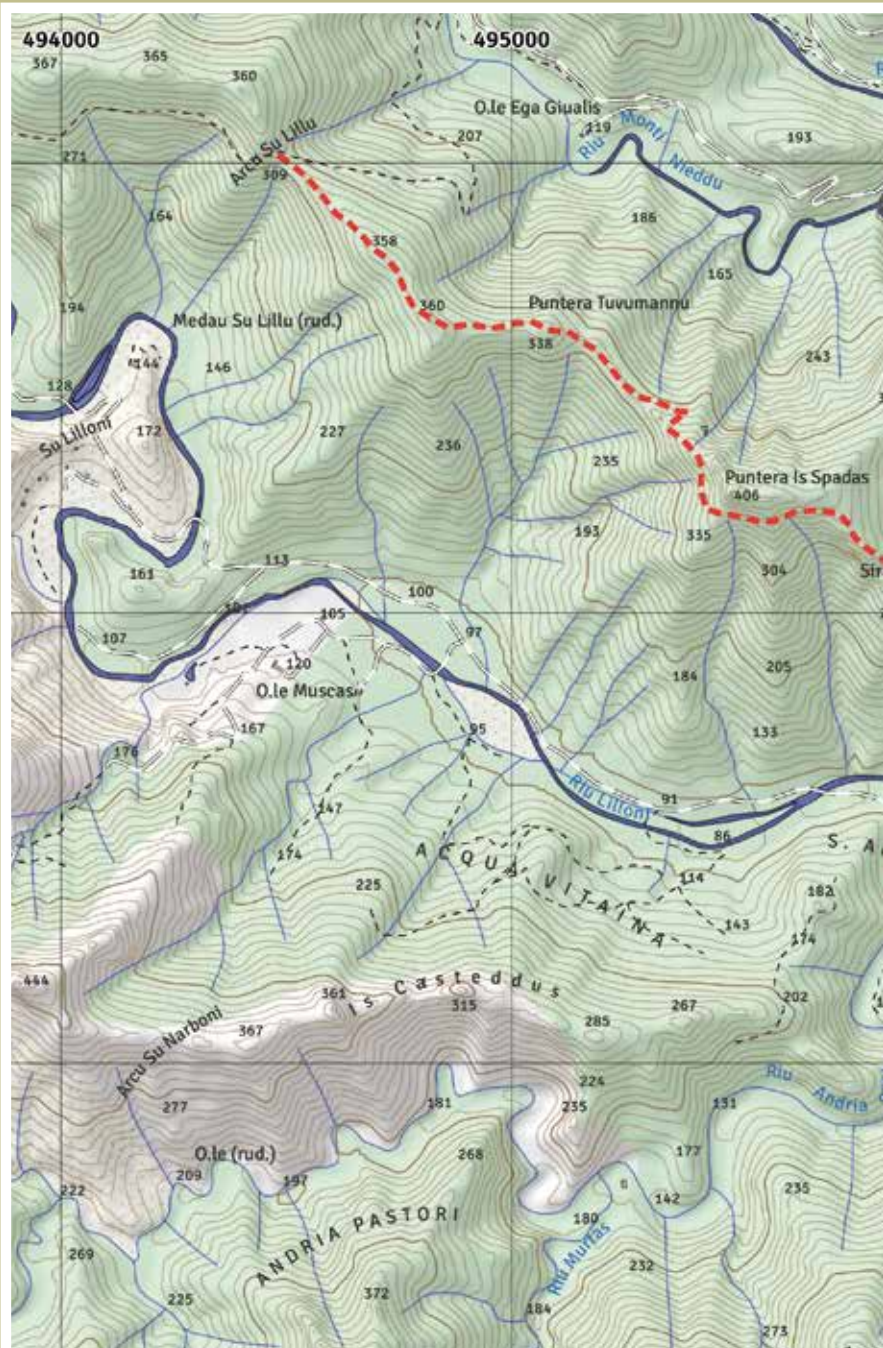
Until a few decades ago, it was a crossroads of shepherds' paths and tracks for charcoal burners' carts. The track that turns south takes you to the ruins of the Is Puxeddus sheepfold; in the opposite direction, you come to another of the valley's historic sheepfolds, Sa Fortuna, which is also reduced to a heap of stones submerged by the woodland. The stone house known as Dispens'e Landiri, built further down by the loggers in an enviable position on the bank of the stream, has recently been renovated by the operators of a wildlife hunting business.

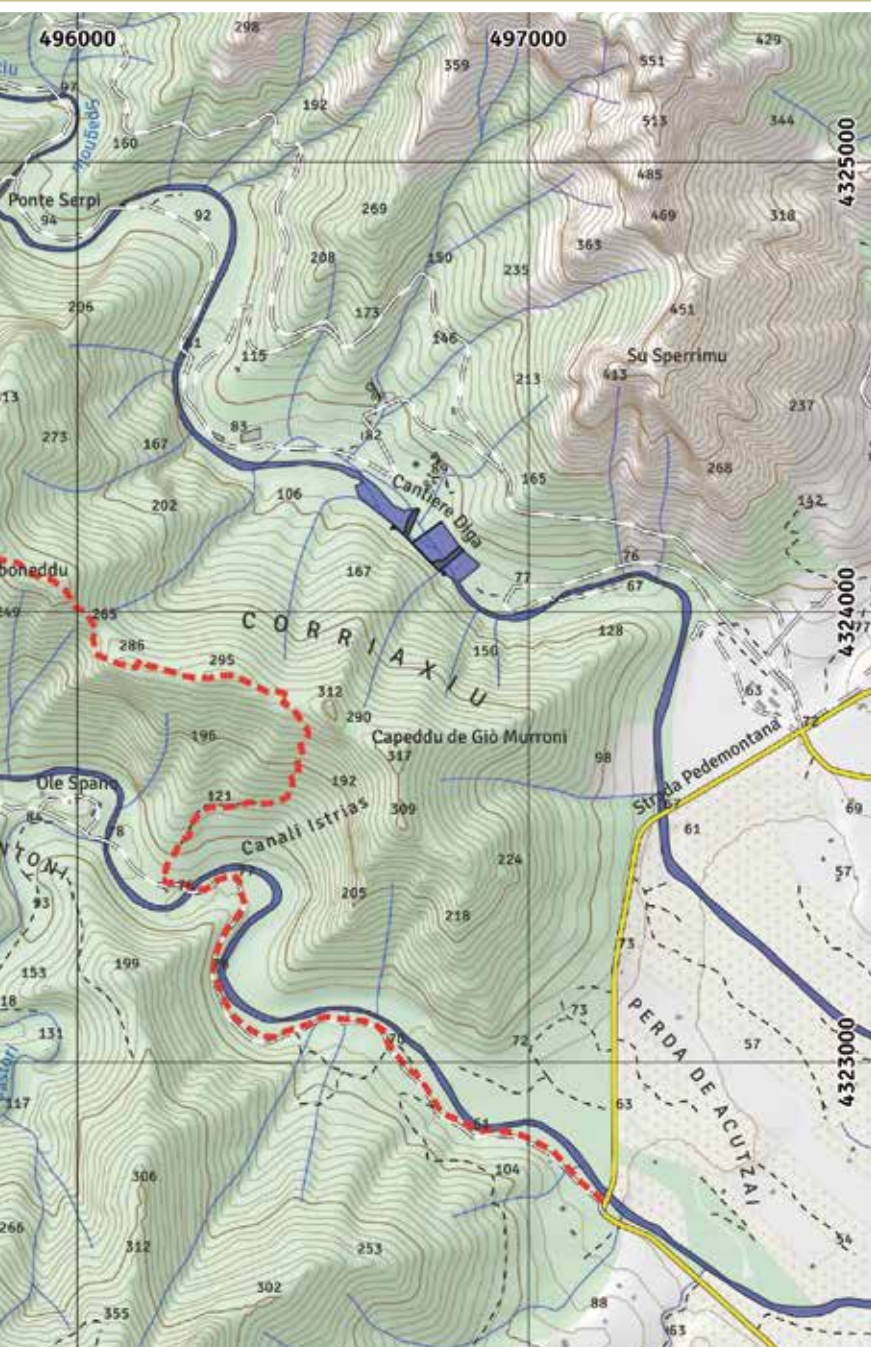


Detail of the Calamixi Gorge
(Photo M. Cara)



Along the path to Calamixi (Photo M. Cara)





From Arcu Su Lillu to Sa Perda 'e Acutzai

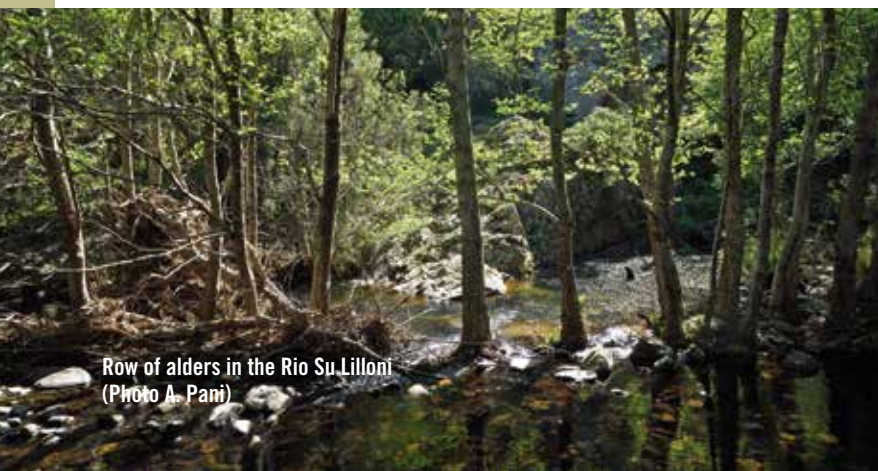
Departure: Arcu su Lillu

- Distance: 5 km
- Ascent: 185 m
- Telephone reception: mediocre
- Hike time: 1h45'

The Su Lilloni valley, in the mountainous territory of Villa San Pietro, owes its name to a flower, the star lily (*Pancratium illyricum*), which turns the meadows white in spring. You can follow the rough track that leads to Is Canargius or those who feel like trying the narrower paths made by goats and deer can opt for a more suggestive route along the banks of a stream that is full until late summer, along which you can enjoy small lakes that reflect the expanses of oleanders and rows of alders. There is also the similarly picturesque CAI Trail 213, which follows the mountain ridge and finally reaches the plain, following the stream to the foothill road of Villa San Pietro. You can reach

it from the road to Su Lilloni. You pass Sa Sedda, where there are two 'giants' tombs' and, at the pass that marks the start of the Is Canargius valley, you take the cart track (part of CAI Trail 212) for 2 kilometres until you get to the arch of Su Lillu.

When you reach the pass, you leave the track – that continues downhill towards the sheepfold of S'Ega Giualis – and, staying on the ridge, you go east on Trail 213, which follows for a long stretch the border between the mountain areas of Sarroch and Villa San Pietro. The path is a full of ups and downs amidst olive groves, junipers and a few large oaks that escaped the woodcutters and is dotted with the rocky peaks



Row of alders in the Rio Su Lilloni
(Photo A. Pani)

that mark the ridge – first Puntera Sarbarori, then Puntera Tuvumanu and Punta Is Spadas – that we circumnavigate to the right. On the left, we are accompanied by a view of the mountainous profile of Sa Stiddiosa, which extends as far as the rocky spur of Su Sperrimu. On the opposite side, Monte Sa Cascia slopes down towards the Andria Pastori valley and, behind that, you can see the high ground of Monte Santo di Pula. Closer to us, among the poplars that adorn the banks of the stream, you can spy the red roofs of little houses hidden in the woods, sheepfolds and clearings for grazing.

You continue past the rocky step of Punta Sirboneddu (km 2.2) and stay at this altitude until you reach a clearing at the foot of the heights of Su Cappeddu de Giovanni Marro-ni. Here, you turn south and start a steep descent for 300 metres until you come to a rocky scree, where you find an old cart track. You follow the track and soon arrive at the bottom of the valley, where you meet the rough road of Su Lilloni. You take this road east and, travelling round the southern slope of Giovanni Murroni, you reach the foothill road of Villa San Pietro at Sa Perda 'e Acuztai. The Trail 213 hike is a total of 5 kilometres.



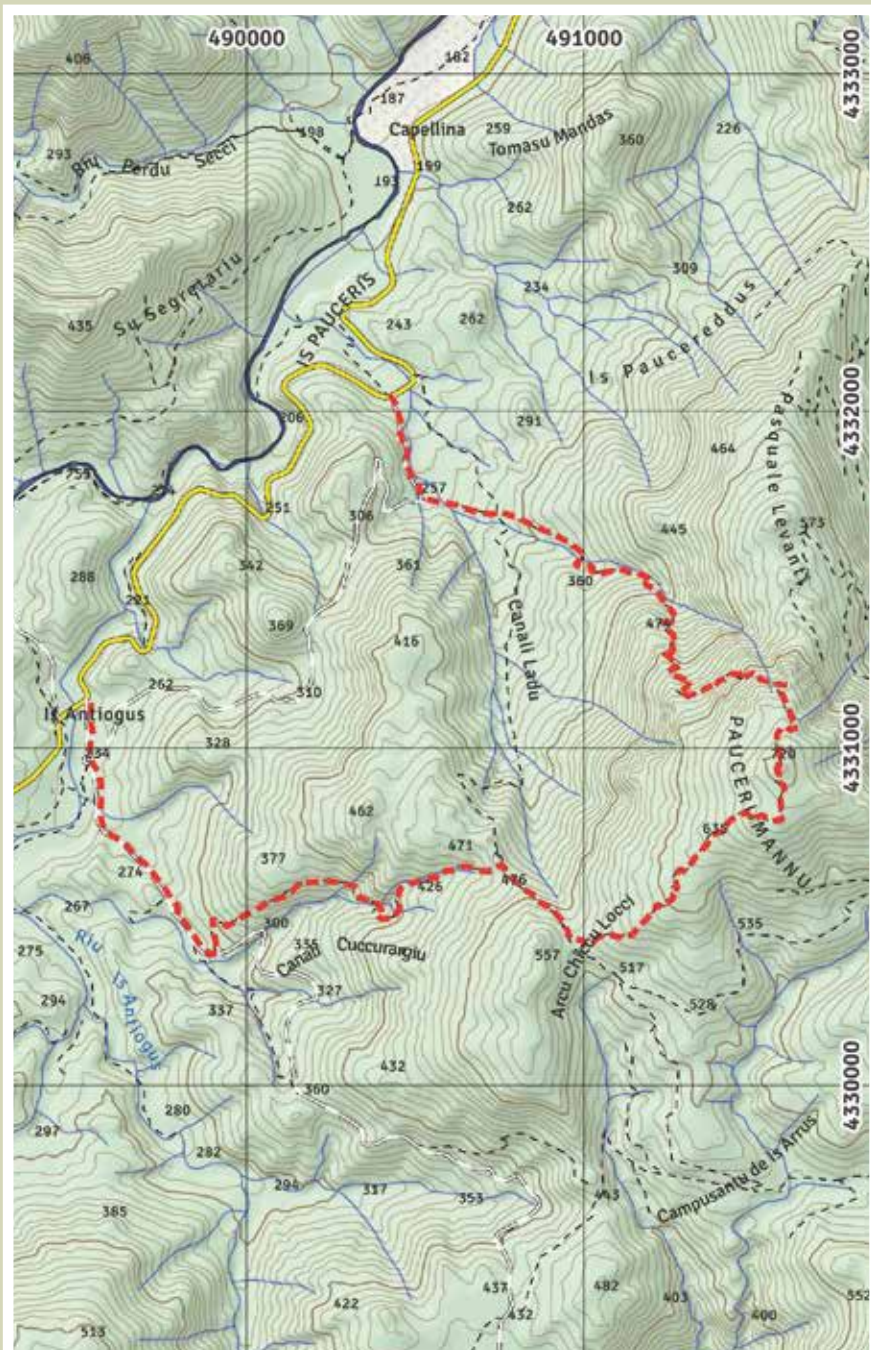
A large holm oak on the way along the ridge
(Photo A. Pani)



Star lily (Photo D. Ruiu)

214-214A

Is Pauceri, Pauceri Mannu,
Is Antioqus



Is Pauceris, Pauceri Mannu, Is Antiogus

Departure: Is Pauceris at Gutturu Mannu

- Distance: 6.2 km
- Ascent: 490 m
- Telephone reception: poor or none
- Hike time: 2h15'

The San Leone railway built in 1865 by the French company Petin-Gaudet, owner of important steel mills in France, was upgraded at the end of the century and the route was extended into the Gutturu Mannu valley as far as Is Pauceris, 11 kilometres upstream of the little church of Santa Lucia. Initially built to transport iron extracted from the San Leone mine to the coast, the railway allowed the French company to put into production twelve thousand hectares of land covered by dense vegetation that had been purchased to diversify the business with the products derived from timber. The trail starts from the terminal station of the railway – where the loads of charcoal began their journey to the sea – and takes you to the top of Pauceri Mannu (Is Pauceris Mannus on IGM maps), then back down to the valley of Gutturu Mannu at Is Antiogus.

Leaving the car in the grassy clearing of Is Pauceris, you walk for half a kilometre along the *strada provinciale* and then take a rough track on the left, passing the traffic barrier.

This is the Canale Ladu, which you follow for 350 metres before follow-



On the top of Pauceri Mannu (Photo A. Pani)



Granite spires on the slope
towards Monte Levanti (Photo A. Pani)

ing the signs for Trail 214, which take you east into the woods. The first section permits a fairly fast pace, then, as you start the climb, the hike slows with a series of hair-pin bends until you reach a clearing with a small spring. To continue, you have to go back for about fifty metres and turn south, resuming the climb

until you reach a vantage point (km 2.1) with beautiful views as far as Serra sa Traia and the rocky ridges upstream of Bidd'e Mores. From here, it is just 400 metres to the top. Here, among the boulders of the rocky summit, you can see a small cup carved into a flat rock. This is an important peak along the border



between the territories of Assemini and Capoterra and most likely it is a geodetic point from which the metal plate has been removed.

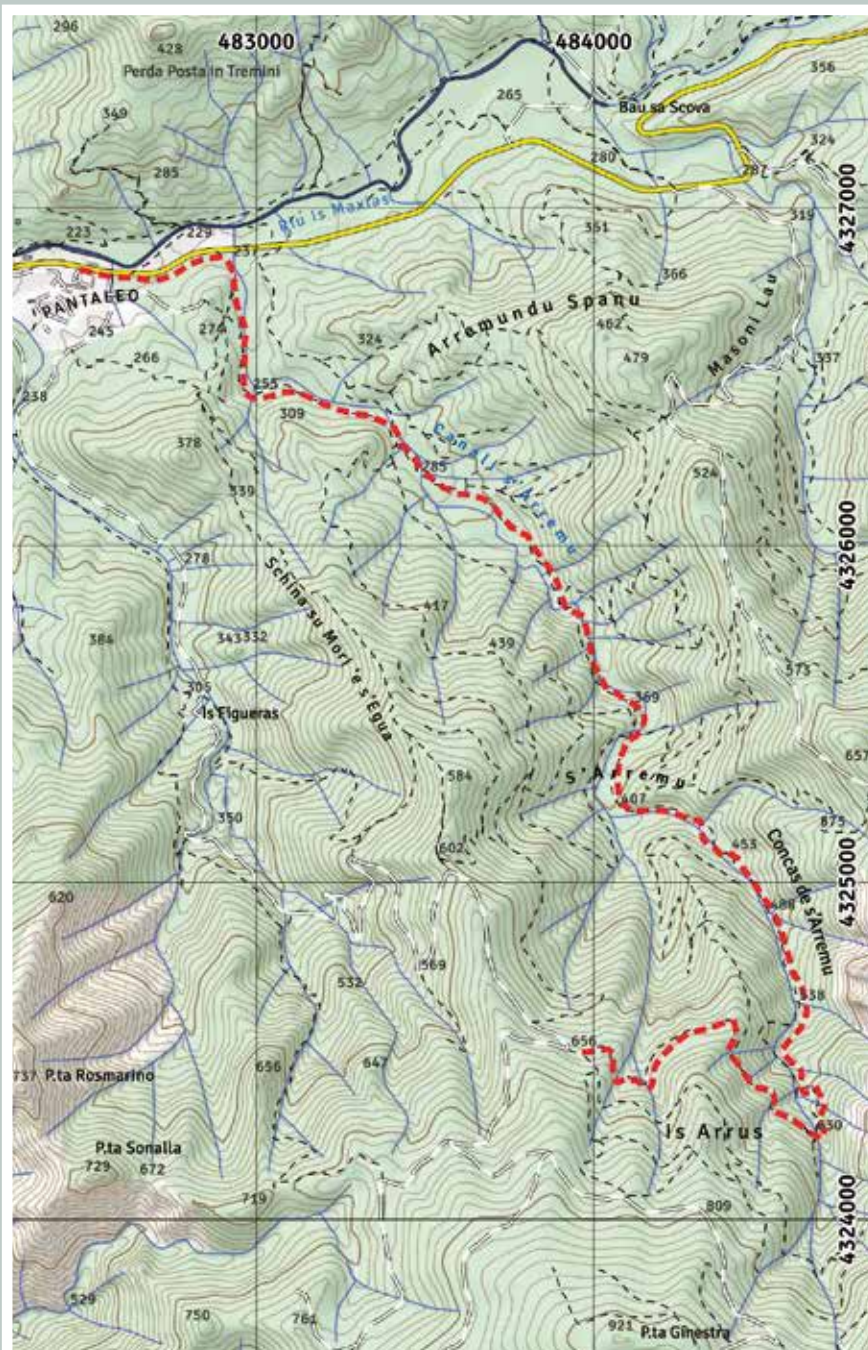
From the summit, you head south along a track that takes you one kilometre to the Chiccu Locci pass, where you take a cart track that follows the Canale Ladu. After 300

metres, you turn off west down the Cuccurargiu gulley, where a path cuts through the wooded slope and, after just over a kilometre, joins the forestry road that connects the Monti Nieddu station with Gutturu Mannu. You follow this road north and continue the descent for 6.2 kilometres to Is Antiogus.





Inside the dense forest before Pauceri Mannu
(Photo A. Pani)



From Pantaleo to Is Arrus through the S'Arremu valley

Departure: Agenzia Forestas station of Pantaleo

- Distance: 5.5 km
- Ascent: 480 m
- Telephone reception: poor or none
- Hike time: 2h

Four hundred metres upstream of the Pantaleo station, along the *strada provinciale* leading to the Su Schisorgiu pass, a forest-covered valley opens up on the right, which has regained vigour in just a few decades after more than a century of logging. This is the S'Arremu valley, where a cart track

climbs the mountain up to Is Arrus, which takes its name from the *Rubus* shrub that thrives in humid woods and produces tasty blackberries but has the disadvantage of growing long thorny offshoots and impenetrable barriers of brambles. At Is Arrus, there is a plentiful spring, Su Scioppadro-



Panoramic terrace on the top
of Is Concas de S'Arremu (Photo A. Pani)

sciu, that Santadi has channeled into the municipal aqueduct.

Leaving the car in a clearing on the edge of the asphalt, you take the cart road south and continue into the woods for a kilometre, where you can admire myrtle plants that have grown as big as trees. Continuing the trail along a slight slope, the path widens out at S'Arremu, where you meet the second part of Trail 200 which goes from Is Cannoneris to Pantaleo after crossing the eastern side of Is Maxias. You continue up the valley in the stretch overlooked to the east by two granite bastions, Is Concas de s'Arremu. After 4 kilometres, you cross a rough track that goes west. The spring of Is Arrus is located 300 metres further up, within an enclosed area and is hidden by a stone structure. It is worth a detour only if you intend to travel even further up the valley, where, after a short stretch off the path, you reach a cart track that leads to the towers of granite. You take the cart track on the right out of the valley, which goes around the wooded slope for one kilometre to reach the rough track that from Pantaleo to the Agenzia Forestas station of Is Cannoneris. Trail 215 ends here after a hike of a total of 5.5 kilometres. To go



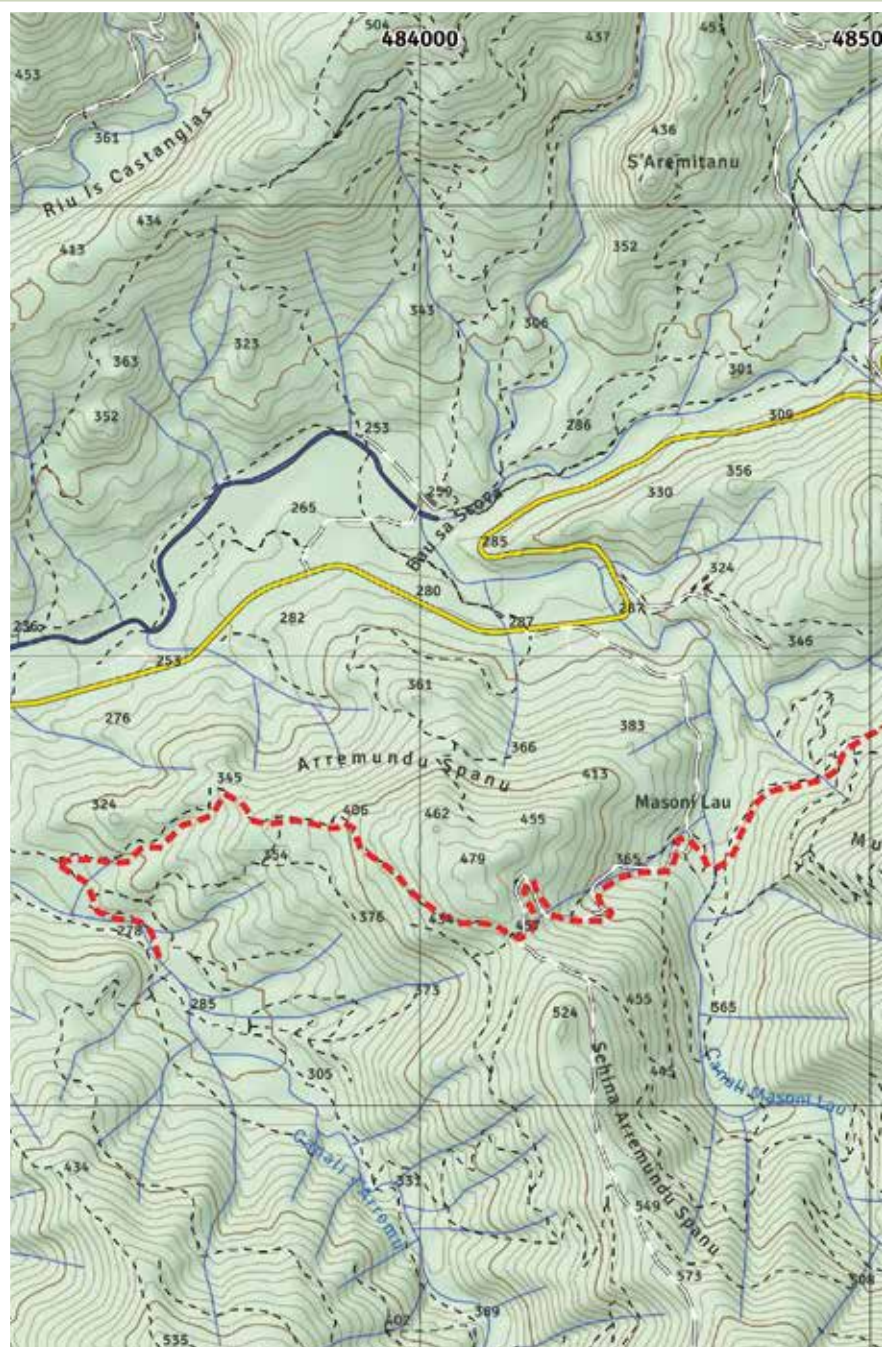
down to the Santadi plain, you can take the easy walk down the rough track to the asphalted *strada provinciale*, where you parked your car. Alternatively, we can go back into the S'Arremu valley to the clearing where you crossed Trail 200-2. You take this route west for 1.5 km up to the top of the ridge, where, continuing along the CAI trail, you end up back on the rough track at the spring of Is Figueras. As a further alternative, you can follow the Su Mori 'e s'Equa route – a path popular with mountain bikers – which goes straight down the ridge to Pantaleo.



A barrier of brambles borders the path up the Is Arrus gully (Photo A. Pani)



The Pantaleo valley seen from the woods of S'Arremu (Photo A. Pani)





From Pantaleo to Genna Arena

Departure: Agenzia Forestas station of Pantaleo

- Distance: 5.4 km
- Ascent: 530 m
- Telephone reception: higher ground only
- Hike time: 2h

Until the second half of the nineteenth century, when goods were still transported on oxcarts or on donkeys, Pantaleo was an important hub in the connections between the Sulcis and the coastal territory that stretches from the lagoon of Santa Gilla to Capo Spartivento. In the village of Santadi – home to important stations of the Agenzia Forestas and the Gutturu Mannu Regional Park – the road up to Gutturu Mannu (today accessible by car like the road down from the mountain territory of Is Cannoneris) converges with a third road, now almost forgotten, which goes from Sarroch, through

Monti Nieddu to the Santadi countryside, after crossing the Genna Arena pass. Trail 216 follows the final part of this route.

You start at Pantaleo, walking along the first stretch of Trail 215 for just under one kilometre, then taking the path to the left that leads away from the S'Arremu valley. You then climb up S'Ega de Arremundu Spanu and then immediately descend into the Masoni Lau gulley, where, after passing the Pisano sheepfold, you continue east along a rough track that climbs gently up the gulley where the Rio Is Maxias runs.

The path is framed to the north by



Monti Nieddu valley seen
from Genna Arena (Photo A. Pani)

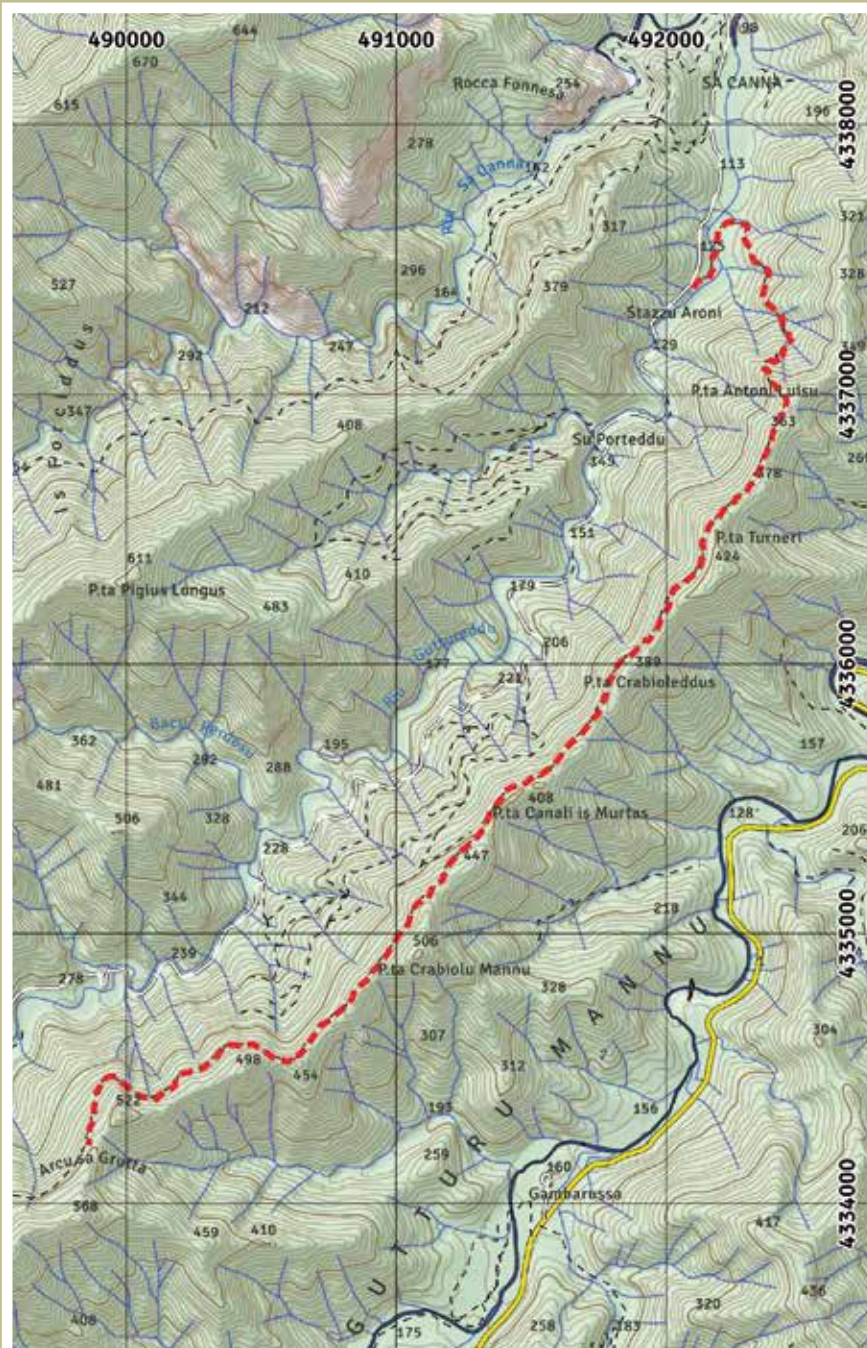
the rugged range of Serra Tingiosa and you continue on the hydrographic right following the river, which is generously filled by the many little channels running off the wooded slope; along this road, we cross old tracks made by woodcutters that climb to the top of Is Maxias. The first climbs up the Su Murdegu ridge and then on to merge halfway with a wide mule track, part of CAI Trail 210. We cross another shortly after crossing the S'Aiverru gully: here, the charcoal burners left a large iron winch that held taut the cableway to transport wood and charcoal downstream. This track climbs up the mountain and the last part is difficult to follow; shortly before the flat summit, it passes by a spring, Sa Miggia, now reduced to a pool for wild boars. But this variant is left for another day and instead you stay on the road that climbs the Rio Is Maxias. Here, the path gets steeper for this last stretch of a total hike of 5.4 km, reaching the end point at Genna Arena (in the Sulcis area called S'Arcu de is Brabaxinus) which marks the divide between the Sulcis and the territory of Cagliari. Trail 210 also crosses this pass, going from the Monti Nieddu forestry station to the top of Is Maxias by climbing the slope of S'Acqua de is Cassadoris.



A sparrow hawk, the forest bird of prey
(Photo M. Corda)



Rocky spires along the path
(Photo A. Pani)



From Stazzu Aroni to Perdu Melis
Departure: From the Visitor Centre
of the 'Oasis of the Deer and the Moon' of Sa Canna

- Distance: 5.7 km
- Ascent: 500 m
- Telephone reception: poor
- Hike time: 2h15'

In the great Sulcis forest, a mountain range separates the Gutturu Mannu valley from the Guttureddu

gully and there is a path along the top of this mountain range that offers unrivalled views of Monte



Fork in the path along the ridge before
S'Arcu sa Grutta (Photo A. Pani)



The trail follows the old path
of the WWF route A-1 (Photo A. Pani)

Arcosu and Monte Lattias. On the other side facing south, the view stretches as far as the wooded slopes of San Leone, Serra sa Traia, Pauceri Mannu and Is Maxias. Trail 217 follows the path along the full length of the ridge.

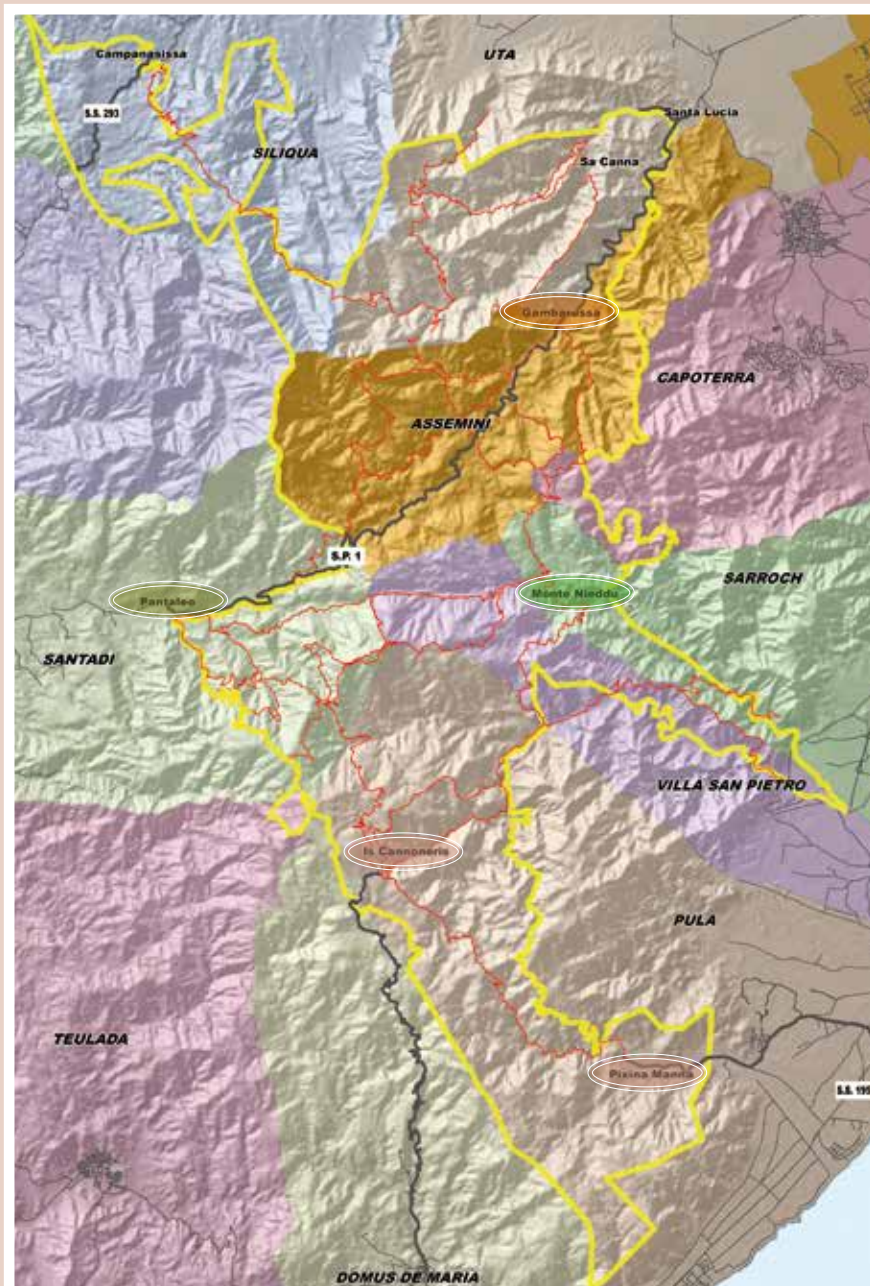
Leaving the *Oasi del cervo e della luna* (Oasis of the Deer and the Moon), you follow the rough track for 1 kilometre up the Gutturreddu gulley until you reach the starting point of the route, in the service area of Stazzu Aroni, where there are tables, benches and brick barbecue. Here, initially heading north, you cross the stream and take the path that goes up a gulley on Monte Zafferaneddu, with a steep climb up to Punta Antonio Luisu, from which you can enjoy a wonderful view of the Gulf of Cagliari. A bench invites you to stop to enjoy this viewpoint.

The trail continues south on the path that in this stretch coincides with the WWF route A-1 and, keeping to the slope overlooking Gutturreddu, you cross the series of peaks found along the route: Su Niu 'e s'Intrusu, Turnerì, Is Crabioldus, until you reach the top of the Is Murtas gulley at 400 m. A little further on, you meet a turn-off to the right, signposted as Trail 203, which takes you down into

the valley of Gutturreddu in about twenty minutes. Your route instead continues along the ridge, passing under the peak of Crabiolu Mannu. The name *crabiolu* was used for fallow deer and the fact that there are two toponyms in such a small area that refer to the same animal is an indication of how large the population must have once been in this territory. Fallow deer were sedentary until the end of the nineteenth century and were totally exterminated in Sardinia in the middle of the last century. They have recently been successfully re-introduced.

Continuing at this height, you reach S'Arcu Sa Grutta, which is reached from Gutturu Mannu valley down below by a path from Gambarussa. Trail 217 ends here after a hike of a total of 5.7 kilometres. You can continue along the ridge passing under the peaks of Serra Crisioni and Is Panizzadas and then, just before the Su Suergiu pass, make the descent to Perdu Melis, once the park visitor centre, now used as service facilities. If you walk to S'Arcu su Suergiu, you can descend on the opposite side along a forestry road used by the Agenzia Forestatas that takes you to the *strada provinciale* passing by the Fanebas spring.

THE NATURE TRAILS



The Nature Trails are an important initiative by the Gutturu Mannu Regional Park aimed at improving the quality of the events on offer for promoting, educating and improving awareness on various environmental issues, including through the use of technology and social networks. The Nature Trails are short and easy routes around the park, generally located close to the visitor centres. Along all the trails there are rest areas featuring wooden educational panels or info point installations that provide visitors with lots of information on the landscape, flora, fauna, history

and traditional uses of the surrounding environment. The Nature Trails are intended to make the Park accessible to all categories of visitors, with particular focus on children, the elderly and people with disabilities.

The project involves the creation of 5 Nature Trails located in Piscinamanna (2), Pantaleo, Monte Nieddu and Is Cannoneris. Currently, there are two trails open to visitors '01 Sentiero Quota 100 – Porta di Pula' and '02 Sentiero Pantaleo – Porta di Santadi', while the other three have yet to be completed.

D.R.



(Foto G. Paulis)





On top of Is Maxias (Photo M. Cara)

Finished printing in September 2022

**Gutturu Mannu Regional Park
is an extraordinary environment.
Hiking in the park is an experience like no other.**

**This guide provides visitors
with information on the trails currently available,
as found in the Regional Hiking Network,
with step-by-step descriptions by Angelo Pani
and maps illustrated by Matteo Cara.**

