

MOUNT NIEDDU

(meeting point: San Teodoro -Straulas)

The excursion to Monte Nieddu represents a breath of mountain fresh air right behind the enchanting sea of San Teodoro. After having covered the first flat stretches, the climb to the summit begins, at about 615 m a.s.l.

The route is mainly off-road, the fatigue of the climb will be amortized with the help of our ebikes. After about half an hour of climbing, We strictly raccomandand to choose this excursion during the Spring or the Autumn season, so you will easily see the waterfalls. After about half an hour of pedaling, we will leave our bikes for a short trek and a refreshing swim in the clear and fresh waters of Rio Pitrisconi, where you can dive into a 5 m deep natural pool. Physical and weather conditions permitting, we will be able to choose whether to stop in the pool or push hard for a further ride to the Pala di Monti lookout or a medium-demanding walk to admire the Rio Pitrisconi waterfall.

For a complete experience we recommend this excursion from spring to autumn, so that you can admire the falls in their maximum expansion.

DURATION: from 3,5 to 5 hours

LEVEL:medium

To enjoy this excursion you must be in excellent health and be used to this type of physical effort. It is highly recommended to have water and a fruit juice or energy drink. We do not recommend this excursion on days that are too hot!

WHAT IS INCLUDED:

certified guide
ebike rental and helmet
aperitif

OUT OF QUOTATION:

transfer to/from Straulas

PRICE: from 50 € per person

