

Are you ready to delve into the sensational Sardinian nature, culture and gourmet food?

Staying at the Experience Hotel Su Gologone feels out of this world.

Not only is the hotel a treasure trove of various appealing areas, but you will be met with an exceptional array of the most disparate experiences, from natural wonders like canyons or enchanting beaches to inspiring activities, a look into Sardinian food and culture, interesting arts and crafts courses, star-gazing, cookery experiences as well as yoga, reiki and meditation classes.

NATURE EXPERIENCES & EXCURSIONS >>>

Every day is an exciting new discovery.

SPORT EXPERIENCES >>>

FOOD & WINE EXPERIENCES >>>

CREATIVE EXPERIENCES >>>

FOLK & CULTURAL EXPERIENCES >>>







TISCALI, THE NURAGIC VILLAGE

A mysterious, unusual place in the heart of Sardinia, Tiscali is a Nuragic hamlet, with archaeological finds dating back to the Bronze Age and the I/II c. BC. Not to be missed.

departure	in the MORNING
min. pax	2
cost	€ 80 p.p.
duration	3 / 4 HOURS
transfer	LAND ROVER: 60 minutes return
shoes	TREKKING SHOES
difficulty	MEDIUM / HIGH
packed lunch	NOT INCLUDED
drinks	INCLUDED water
notes	TICKET € 5
	You may combine this with the
	Lunch with the Shepherds in the Pinnettu
	2 pax - € 150 p.p. / from 4 pax - € 100 p.p.

TISCALI, THE CAVE

Be a speleologist for a day inside the Tiscali sinkhole. Time your visit at midday and you'll see the astonishing rays of light which look like a laser beam.

departure	in the MORNING
min. pax	2
cost	€ 80 p.p.
duration	3 / 4 HOURS
transfer	LAND ROVER: 40 minutes return
shoes	TREKKING SHOES
difficulty	EASY
packed lunch	NOT INCLUDED
drinks	INCLUDED water
notes	You may combine this with the
	Lunch with the Shepherds in the Pinnettu
	2 pax - € 150 p.p. / from 4 pax - € 100 p.p.

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LANAITHO FORESTS

Completely enclosed by the Supramonte peaks, the Lanaitho forests will amaze you in view of their beauty and their being so lush. A unique setting with caves, archaeological sites and traditional sheepfolds.

departure	in the MORNING
min. pax	2
cost	€ 65 p.p.
duration	3 / 4 HOURS
transfer	LAND ROVER: 40 minutes return
shoes	TREKKING SHOES
difficulty	EASY
packed lunch	NOT INCLUDED
drinks	INCLUDED water
notes	TICKETS Sa Ohe Cave: € 2 - Corbeddu Cave: € 5 Archeological Site "Sa Sedda de Sos Carros: € 5
	You may combine this with the
	Lunch with the Shepherds in the Pinnettu
	2 pax - € 150 p.p. / from 4 pax - € 100 p.p.







CORRASI MOUNTAIN

The highest peak in the Supramonte plateau, the Corrasi mountain (1463 m) is a chalky/dolomite massif. Come and discover its imposing beauty.

departure	in the MORNING and AFTERNOON
min. pax	2
cost	€ 80 p.p.
duration	3/4 HOURS
transfer	LAND ROVER: 80 minutes return
shoes	TREKKING SHOES
difficulty	MEDIUM
packed lunch	NOT INCLUDED
drinks	INCLUDED water
notes	You may combine this with the
	Lunch with the Shepherds in the Pinnettu
	2 pax - € 150 p.p. / from 4 pax - € 100 p.p.

CORRASI (ALONG S'ISHALA 'E MARRAS)

You will reach the highest peak in Supramonte following the ancient Shepherds' path - S'Ishala 'e Marras – and then walk down along the opposite face. New emotions on the horizon.

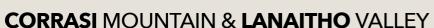
departure	in the MORNING
min. pax	2
cost	€ 100 p.p.
duration	5 / 6 HOURS
transfer	LAND ROVER: 80 minutes return
shoes	TREKKING SHOES
difficulty	MEDIUM / HIGH
packed lunch	INCLUDED
drinks	INCLUDED water

SUNSET ON THE CORRASI

It is hard not to fall in love with the enchanting colours of a Corrasi sunset. Come and discover the highest peak in the Supramonte and be enticed by its charm.

departure	in the AFTERNOON
min. pax	2
cost	€ 80 p.p.
duration	3 HOURS
transfer	LAND ROVER: 80 minutes return
shoes	SNEAKERS / TREKKING SHOES
difficulty	MEDIUM
food	INCLUDED cold cuts and cheese platter
drinks	INCLUDED house wine or rosé and water





Enjoy the majestic Corrasi mountain, followed by an outing along the exceptional, unexpected Lanaitho valley, with its fairy-tale colours and scenery.

departure	in the MORNING and AFTERNOON
min. pax	2
cost	€ 100 p.p.
duration	4 HOURS
transfer	The excursion takes place mainly by car.
	Suitable for people with limited mobility
shoes	SNEAKERS / TREKKING SHOES
difficulty	EASY
packed lunch	NOT INCLUDED
drinks	INCLUDED water
notes	TICKETS Sa Ohe Cave: € 2 - Corbeddu Cave: € 5 Archeological Site "Sa Sedda de Sos Carros: € 5
	You may combine this with the
	Lunch with the Shepherds in the Pinnettu 2 pax - € 150 p.p. / from 4 pax - € 100 p.p.



S'ABBA MEDIHA CAVE

A dazzling cave, close to inaccessible walls, deep within the Mediterranean forest. You will discover S'Abba Mediha which, legend has it, holds a miracle source.

departure	in the MORNING and AFTERNOON
min. pax	2
cost	€ 70 p.p.
duration	3 / 4 HOURS
transfer	LAND ROVER: 20 minutes return
shoes	TREKKING SHOES
difficulty	MEDIUM
packed lunch	NOT INCLUDED
drinks	INCLUDED water
notes	You may combine this with the
	Lunch with the Shepherds in the Pinnettu
	2 pax - € 150 p.p. / from 4 pax - € 100 p.p.

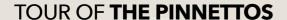


GORROPU CANYON

Between Barbagia and Ogliastra lies one of the biggest canyons in Europe, where water holes sit alongside white boulders. Truly staggering.

departure	in the MORNING
min. pax	4
cost	€ 120 p.p.
duration	5/6 HOURS
transfer	LAND ROVER: 120 minutes return
shoes	TREKKING SHOES
difficulty	MEDIUM / HIGH
packed lunch	INCLUDED
1	
drinks	INCLUDED water
notes	INCLUDED water TICKET € 7





Get to know the typical Sardinian shepherd's huts, conceived with dry-stone walls and juniper trunks.

departure	in the MORNING
min. pax	2
cost	€ 110 p.p.
duration	5/6 HOURS
transfer	LAND ROVER: 40 minutes return
shoes	SNEAKERS / TREKKING SHOES
difficulty	MEDIUM
packed lunch	INCLUDED
drinks	INCLUDED water



ORGOSOLO SUPRAMONTE

Trackless and inaccessible, this is where bandits and shepherds used to hide; go and see untouched forests, nuraghi and other stunning, wild Barbagia sites in a unique setting.

departure	in the MORNING
min. pax	4
cost	€ 110 p.p.
duration	5/6 HOURS
transfer	The excursion takes place mainly by car.
	Suitable for people with limited mobility
shoes	SNEAKERS / TREKKING SHOES
difficulty	EASY
packed lunch	INCLUDED
drinks	INCLUDED water



PUNTA LA MARMORA VIEW

A sensational 360° view on the whole of Sardinia awaits from its highest peak (1834 m), reached via paths and ridges.

departure	in the MORNING
min. pax	4
cost	€ 140 p.p.
duration	4/5 HOURS
transfer	LAND ROVER: 140 minutes return
shoes	SNEAKERS / TREKKING SHOES
difficulty	MEDIUM
packed lunch	INCLUDED
drinks	INCLUDED water





The biggest karstic sinkhole in Europe, Su Serhone can be reached via holm oak paths and small meadows within Supramonte.

departure	in the MORNING
min. pax	2
cost	€ 120 p.p.
duration	4/5 HOURS
transfer	LAND ROVER: 40 minutes return
shoes	TREKKING SHOES
difficulty	HIGH
packed lunch	INCLUDED
drinks	INCLUDED water



SU GOLOGONE SPRING

Discover the springfall from where is born the name of the hotel. Only 200 mt from the property.

Take a walk by the river and visit the little church "the mercy".

departure	ANYTIME DURING THE DAY	
min. pax	1	
duration	1 HOUR	
shoes	SNEAKERS	
notes	TICKET € 3	
	no guide needed	

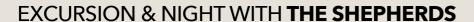


FROM **PRADU** TO **LANAITTHO**

A unique trail that makes you discover the flora and fauna of our Gennargentu Mountain. Climb down from Pradu at 1200 m of altitude, passing through the upland of Sovana to finally arrive in the Lanaittho valley.

departure	in the MORNING
min. pax	2
cost	€ 100 p.p.
duration	4/5 HOURS
transfer	LAND ROVER: 60 minutes return
shoes	TREKKING SHOES
difficulty	MEDIUM
packed lunch	INCLUDED
drinks	INCLUDED water





Sleep in the typical house of the shepherds: the Pinnetthu. Have dinner with the typical products cooked by the shepherds and listen to their stories in front of the fire. Landscape and the starry skies are surreal in this magical place in the middle of nowhere. In the morning wake up on a beautiful sunrise over the mountain.

departure	before SUNSET, return after SUNRISE
min. pax	2
cost	€ 300 p.p.
	(depends on the customisation of the experience)
duration	ALL NIGHT
transfer	
shoes	TREKKING SHOES
difficulty	EASY
meal	INCLUDED
drinks	INCLUDED water



CALA LUNA

It will feel like Paradise in sublime Cala Luna, reached on foot in the morning, while the return is by boat in the afternoon.

departure	in the MORNING
min. pax	2
cost	€ 100 p.p. with return by boat
duration	4/5 HOURS
transfer	80 minutes return
shoes	TREKKING SHOES
difficulty	HIGH
packed lunch	INCLUDED
drinks	INCLUDED water
notes	TICKETS adults € 22 / children € 10



COAST TO **COAST** EXPERIENCE

The enchantment of the Orosei Gulf in a sensational guided tour. Discover the hidden spots and best panoramic point overlook of our beautiful coast. The visit to Nuraghe Mannu can also be organized.

departure	in the MORNING
min. pax	2
cost	€ 100 p.p.
duration	4/5 HOURS
transfer	The excursion takes place mainly by car
shoes	TREKKING SHOES
difficulty	EASY
packed lunch	INCLUDED
drinks	INCLUDED water









Discover the beautiful area near the hotel from another perspective. Get in touch with nature by this horseback riding tour.

departure	MORNING, EVENING
min. pax	2
cost	€ 50/HOUR p.p.
duration	from 1 HOUR to 3 HOURS
transfer	
shoes	SNEAKERS or CLOSED SHOES
difficulty	EASY to MEDIUM
packed lunch	NOT INCLUDED
drinks	NOT INCLUDED
notes	Departure from the hotel near
	the white entrance gate



ROCK **CLIMBING**

Enjoy exciting and memorable ascents and descents in our fantastic rock climbing experience. Choose between a varieties of itinierary between Selvaggio Blu, Cala Fuili, Lanaittho, Cala Biriola, Baunei.

departure	MORNING, EVENING
min. pax	2 / max 4 (for multi-pitch max 2)
	Age requirements: min 14 years old
cost	€ 90 p.p.
duration	HALF DAY
transfer	NOT INCLUDED
shoes	TREKKING OR CLIMBING SHOES
difficulty	MEDIUM to HIGH
packed lunch	NOT INCLUDED
drinks	INCLUDED water
notes	Insurance included in the price. Min 2 days notices
	for every booking due to the insurance office that
	close on friday morning.



ABSEILING AND FIXED ROPE ROUTE

Recommended for those who want to experience the thrill of their first fixed rope. Choose between a varieties of itinierary between Selvaggio Blu, Cala Fuili, Lanaittho, Cala Biriola, Baunei.

departure	MORNING
min. pax	8 / max 12 - Age requirements: min 14 years old
cost	€ 80 p.p.
duration	HALF DAY
transfer	NOT INCLUDED
shoes	TREKKING OR CLIMBING SHOES
difficulty	EASY to MEDIUM
packed lunch	NOT INCLUDED
drinks	INCLUDED water
notes	Insurance included in the price. Min 2 days notices
	for every booking due to the insurance office that
	close on friday morning.







A kayak outing along fascinating ravines, reaching a marvellous river 80 km long. Depart from Su Gologone spring fall and arrive to the beautiful Church of San Pantaleo of Dorgali.

departure	MORNING, EARLY AFTERNOON
min. pax	1
cost	€ 20 p.p. either single kayak or double
duration	from 1 HOUR to 3 HOURS
transfer	
shoes	COMFORTABLE SHOES are recommended
difficulty	EASY
packed lunch	NOT INCLUDED
drinks	NOT INCLUDED
notes	Due to the heat the river cedrino eventually dries out, so the recommended period to do this experience is from April to mid July normally. Then from last weeks of September onwards.



E BIKE TOUR IN THE LANAITTHO VALLEY

E bike guided tour in Lanaittho, where you will discover new glimpses of the valley through 25 km itinerary.

departure	EVERY SUNDAY AT 9 AM
min. pax	4 - Requirements: 140 cm height
cost	€ 100 p.p.
duration	from 9 AM to 1 PM
transfer	
shoes	SNEAKERS
difficulty	EASY to MEDIUM
packed lunch	NOT INCLUDED
drinks	INCLUDED water
notes	The tour will depart from the hotel or
	the Su Gologone spring fall.
	A full day tour can be organized at € 200 p.p.



E BIKE TOUR OF THE ODDOENE VALLEY AND ITS NATURAL FALLS

From the Cannonau vignards to the cristal clear water of the Flumeneddu river: explore the valley of Oddoene and admire an unique scenery framed in the mountain of Supramonte.

departure	EVERY TUESDAY, THURSDAY AND SATURDAY
	AT 3.30 PM
min. pax	4 - Requirements: 140 cm height
cost	€ 100 p.p.
duration	from 3.30 PM to 6.30 PM
transfer	to the meeting point in Dorgali NOT INCLUDED
shoes	SNEAKERS
difficulty	EASY to MEDIUM
packed lunch	NOT INCLUDED
drinks	INCLUDED water
notes	A full day tour can be organized at € 200 p.p.





YOGA

Private or group outdoor lessons with a Yoga Instructor.

min. pax	2
cost	€ 160 p.p.
duration	min 2 HOURS
difficulty	EASY to MEDIUM
notes	yoga mat and yoga block included in the price



MEDITATION

Private or group outdoor lessons with a Meditation Instructor.

min. pax	2
cost	€ 160 p.p.
duration	min 2 HOURS
difficulty	EASY to MEDIUM
notes	yoga mat and yoga block included in the price









COOKING COURSE

The Sardinian grandmas will guide our guests through the preparation of traditional pastas. They can made two to four different type of pasta, usually are our "bocciu" (a type of gnocchetti), "maccarrones de busa" (they look like bucatini pasta) and obviously our Sardinian version of ravioli (dumplings): "culurgiones" and lastly "Orecchiette".

min. pax	from 2 to 8 maximum
cost	€ 100 p.p.
duration	2 HOURS
difficulty	EASY to MEDIUM

SHOW COOKING

See how hand-made pasta and bread is made. Usually organized for larger groups, a tasting of the delicious dishes from the oven is included.

min. pax	8	
cost	€ 40 p.p.	
duration	2 HOURS	
difficulty	-	Jan 1100

VISIT TO THE **BEEKEEPING COMPANY** AND **HONEY TASTING**

Visit a beekeeping company in Oliena and discover the bees world and its secrets. Conclude with a tasting of 4 different types of honey produced.

departure	MORNING, AFTERNOON
min. pax	2
cost	€ 100 p.p.
duration	2 HOURS
transfer	INCLUDED
shoes	COMFORTABLE SHOES
difficulty	
notes	This experience will begin at the end of June
	until October





You may combine the beach outing with a picnic basket, full of local delicacies and drinks, as well as a mat for you to sit on.

min. pax	1	
cost	€ 40 p.p.	
food	INCLUDED starters, main course, sides and fruit	
drinks	INCLUDED bottle of wine and water	
notes	food can be personalized according to food allergies and guest's preferences	



PICNIC ON THE MOUNTAIN

You may combine an outing on the mountain (Corrasi, Lanaitho, etc) with a picnic basket, full of local delicacies and drinks, as well as a mat for you to sit on.

min. pax	1	
cost	€ 40 p.p.	
food	INCLUDED starters, main course, sides and fruit	
drinks	INCLUDED bottle of wine and water	
notes	food can be personalized according to food allergies and guest's preferences	

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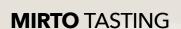


LUNCH WITH THE SHEPHERDS

Have the most memorable meal in Sardinia in the typical house of the shepherds - the pinnetthu - and have a taste of traditional food at km 0.

min. pax	2	
cost	2 pax € 150 p.p. / from 4 pax € 100 p.p.	
duration	2 to 3 HOURS	
transfer	INCLUDED	
shoes	TREKKING OR SNEAKERS	
difficulty	EASY	
drinks	INCLUDED bottle of wine and water	
notes	This experience can be combined with some	
	of the excursions; check the notes to see	
	with which one can be paired	





Mirto Liquor it's obtained from the myrtle plant through the alcoholic maceration of the berries or a compound of berries and leaves. Have a tasting of 4 different types of Mirto with a well known Sardinian producer.

cost	FREE OF CHARGE
when	every SATURDAY EVENING
	from June to August
where	in the LUCKY TERRACE
notes	It's possibile to organize a visit in the estate
	where is produced, in Olbia.
	Speak with concierge for more information.



WINE TASTING

Taste 4 regional wines with a sommelier in the wine cellar:

- **♦** Evaluate the quality of the wine
- Vineyards and territories

min. pax	2	
cost	€ 50 p.p.	
duration	1 HOUR	
difficulty	EASY to MEDIUM	



VISIT THE WINE CELLAR

Visit the different wine cellar of Oliena, where the well known Nepente and Carros wine are made, with the explanation of the different stages and an added wine tasting.

min. pax	4
cost	€ 30/50 p.p.
when open from MONDAY to SATURDAY	
notes	This experience has to be book at least one day in advance.









EMBROIDERY COURSE

Create precious embroidery, between tradition and modernity

min. pax	1	
cost	€ 50/HOUR p.p.	
duration	1 to 2 HOURS	
difficulty	EASY	

SEWING COURSE

Craft artisan objects like bags, table and bed linen or clothes for children.

nin. pax	1	
ost	€ 30/HOUR p.p.	
duration	1 to 2 HOURS	
lifficulty	EASY	

CREATE YOUR VERY OWN **SOUVENIR**

Craft your one-of-a-kind holiday souvenir: from phone holder, to keychain and so on.

in. pax	1
ost	€ 50/HOUR p.p.
uration	1 HOUR
ifficulty	EASY









MOSAIC COURSE

Learn this art, from cutting the tile to creating a full mosaic.

min. pax	2	
cost	€ 60/HOUR p.p.	
duration	1 to 2 HOURS	
difficulty	EASY	

PAINT AND DRINK

Pick a subject to paint and let our teacher guide you through the different painting techniques while enjoying a glass of wine.

min. pax	2	
cost	€ 110 p.p.	
duration	2 HOURS	
difficulty	EASY	
drinks	INCLUDED a bottle of wine every 2 people	
notes	Choose between a bottle of Nepente (red) a bottle of Costamolino (white) a bottle of Oro Rosa (sparkling rose)	

CERAMIC COURSE

Learn to mould ceramics, searching for ancient Barbagia myths.

min. pax	2
cost	€ 100 p.p.
duration	2 HOURS
difficulty	EASY
notes	The course doesn't include the cooking
	of the object that will be made in the class.
	Please ask to the concierge for more information
	about the cooking and the shipping costs.







Crafting small paper masterpieces, from easy shapes to more complex ones.

cost	€ 40/HOUR p.p.
duration	1 to 2 HOURS
difficulty	EASY



CREATIVE **RECYCLING**

Give new life to old objects, making them functional again.

min. pax	1
cost	€ 100 p.p.
duration	2 HOURS
difficulty	EASY



JEWELLERY COURSE

Craft small jewels, using the colours of our land.

min. pax	1	
cost	€ 50/HOUR p.p.	
duration	1 to 2 HOURS	
difficulty	EASY	









Enjoy the Oliena folk group and their Sardinian dances.

cost	FREE OF CHARGE
duration	1 to 2 HOURS
notes	Usually combined with the King's Court experiential dinner. Check the experience dinner calendar to check when it's happening. There is also the possibility to privatize the show for groups of people.



TENORES NIGHT

Enjoy the typical singing of the tenores group of Oliena. Their deep voices they will take you to a memorable experience to Sardinia's ancient traditions.

cost	FREE OF CHARGE
duration	2 to 3 HOURS
when	every FRIDAY NIGHT
where	either in the MAIN BAR "CIUSA" or in the LUCKY TERRACE next to the art shops
notes	The tenores singing is usually happening every friday of the season. Check the experience weekly plan with concierge



STAR GAZING

Star Gaze with astronomers from Nuoro and their professional telescopes. Su Gologone, that expands in 11 ectars, is the perfect location for star gazing as there isn't any light pollution in the area.

cost	FREE OF CHARGE
duration	2 to 3 HOURS
when	every SATURDAY NIGHT
where	in the DREAMS TERRACE







Discover Sardinia with Black and White movies from the 900 while relaxing in the Lucky Terrace.

cost	FREE OF CHARGE
duration	2 to 3 HOURS
when	ON ALTERNATE DAYS
	from June to September
where	in the LUCKY TERRACE



ART PATHS

Learn and discover the unique artworks of the Sardinian Artists of the 900 collected through the years by the Owner of Su Gologone, Giovanna Palimodde.

cost	FREE OF CHARGE
duration	1 HOUR and a HALF
where	SU GOLOGONE HOTEL
notes	Visit the 4 rooms of the main restaurant (Sala Melis, Sala Biasi, Sala Altara and Sala Tavolara), and the "Saletta Lenci" next to the main bar. Also discover the collection of the Sardinia's typical costumes in the hallways of the Main building.



SU GOLOGONE LIBRARY

Immerse yourself in the art & history books of the Su Gologone's library. This cozy space is reserved to hotel guests where they canborrow these books to read during their stay.

cost	FREE OF CHARGE
where	down the main terrace next to the blue rustic kitchen







A guided visit in the historic centre of the village along ancient houses, murals, exhibitions and museums.

departure	MORNING, AFTERNOON
min. pax	2
cost	€ 80 p.p.
duration	2 HOURS
transfer	LAND ROVER: 15 minutes return
shoes	COMFORTABLE SHOES
difficulty	EASY
packed lunch	NOT INCLUDED
drinks	INCLUDED water
notes	There is also the possibility to combine the guided visit to the wine cellars of Oliena



VISIT THE **HISTORIC CENTRE** OF **ORGOSOLO**

A guided visit in the historic centre of the village along ancient houses, murals, exhibitions and museums.

departure	MORNING, AFTERNOON
min. pax	2
cost	€ 100 p.p.
duration	3 HOURS
transfer	LAND ROVER: 40 minutes return
shoes	COMFORTABLE SHOES
difficulty	EASY
packed lunch	NOT INCLUDED
drinks	INCLUDED water
notes	There is also the possibility to combine the guided visit to the wine cellars of Orgosolo



VISIT THE **HISTORIC CENTRE** OF **GALTELLI**

In this visit we retrace the glimpses and locations of the tiny medieval village of Galtelli that Nobel Prize Grazia Deledda wrote about it in her book "Canne al Vento". A unique discovery of ancient cathedrals, castles and museum.

departure	MORNING, AFTERNOON
min. pax	2
cost	€ 100 p.p.
duration	3 HOURS
transfer	LAND ROVER: 60 minutes return
shoes	COMFORTABLE SHOES
difficulty	EASY
packed lunch	NOT INCLUDED
drinks	INCLUDED water



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