



Oasi di Seu e Maimoni



ROUTE 4

Dep - Arr: Aquae Sinis - Albergo Diffuso

Distance: 31,007 Km

Difficulty: Hard

Type road: Asphalt, cement, gravel



1. Departing from Aquae Sinis Hotel continue straight, leaving Santa Maria Assunta church on the right .
2. Cross Piazza Stagno and take via Repubblica.
3. At the end of the avenue cross the wooden bridge on Rio Tanui.
4. Arrived to the landing of the boats of CabrasPond : “Su Scaiu”, turn left.
5. Reached via Tharros, turn left and continue right leaving Civic Museum of Cabras on the right
6. At the junction for Torre Grande / Oristano / S. Giovanni, turn right.
7. At the first bridge, turn left onto the dirt path up to the Peschiera Mar’e Pontis
8. Cross the small bridge up to the square (St. Vincent Church – XVII century)
9. Cross the bridge, take the excavated path and continue up to the sheepfold
10. Continue on the left and coast along the channel up to the asphalted road SP6
11. Turn left and cross the bridge on Scolmatore Channel.
12. Cross the SP6 along Aqua Urchi swamp
13. Turn right on a dirt path and continue right up to the village of San Salvatore.
14. From the Village of San Salvatore take the SP7 and turn left.
15. At the intersection turn left direction Cabras up to the first excavated platform
16. Turn right on the excavated path and cross it all
17. Before reaching the handling turn right, cross the path up to the second intersection
18. Hold left then the right and continue up to the asphalted road SP6.
19. Turn left in direction San Giovanni
20. Continue on the SP6 until the crossroads for Maimoni (asphalted slope)
21. At the end of the slope and the asphalt turn left for a dirt path
22. Continue up to the end of the descent, turn right for a sandy path toward Maimoni beach.*
23. Arrived at the crossing, before the second restaurant, turn right for a slope
24. Keep going straight leaving the path on the right.
25. Turn left at the following intersection and proceed toward north on a dirt path.
26. Reached the following intersection turn right on a slope that will conduct you toward the hill “Su Pranu”.
27. Continuing on the principal path, you will reach a descent to cross with a lot of prudence.
28. At the end of the descent turn left before the shed on your right

29. Go straight leaving the first crossroad on and turning to the next left, until you get to the asphalted road SP7.
30. Turn left on the road SP7.
31. Go straight until the junction for Is Aruttas/Mari Ermi.
32. Turn right on the excavated road
33. Cross the excavated road up to the Scolmatore Channel therefore turn right.
34. Continue up to the Provincial SP6 and turn right
35. Cross the bridge on Scolmatore Channel and cross the SP6 up to the second bridge
36. Cross it and turn left on a dirt path.
37. Continue coasting along Cabras Pond up to the end of the path.
38. Take the SP6 and turn left
39. At the crossroads turn left in direction Cabras
40. Take Via Tharros, cross the bridge on Riu Tanui and turn left at via Tola,
41. Continue right in Via Torino, cross Piazza Stagno and reenter the hotel.



Note

— Main Route

..... Variant Overview

USERFULL NUMBERS

Albergo Aquae Sinis: +39 0783 1856050

Pronto intervento: 118

Carabinieri: 112



Viewpoint/bird watching



Beach



Archaeological Site / Museum / Antiques