

ITALY · BEACHES · ISLANDS · HIKING · HISTORY · FOOD · ROAD TRIPS

 Sardinia

Sardinia is Italy's beach island: glassy turquoise water around La Maddalena, cliff-backed coves along the Gulf of Orosei and long white strands in the south, with a mountainous, sheep-farming interior and thousands of Bronze Age nuraghi. June and September are ideal; August is hot, crowded with Italian holidaymakers and expensive.

 Read the UK government's travel advice for Italy and entry requirements before you go.

 COUNTRY Italy	 BEST TIME Jun, Sep	 FLIGHT FROM LONDON 2h 50m direct ~£100–£380 return	 DAILY BUDGET £65–£300 £££ Expensive
 WARMEST MONTH August (32°C)	 SEA TEMPERATURE 14–26°C coolest–warmest	 TIME ZONE Rome +1h vs UK now	 CURRENCY Euro £1 ≈ €1.19

Sardinia is big, so most UK visitors pick one corner. The north-east, via Olbia, has the Costa Smeralda's pricey resorts and boat trips around La Maddalena. Alghero in the north-west suits couples and families who want a walkable, Catalan-flavoured old town with beaches nearby. Cala Gonone on the east coast is the base for boat trips and hikes to the Orosei coves, while Cagliari and the southern resorts of Chia and Villasimius offer long sandy beaches. A hire car is close to essential, as buses are sparse. The swimming season runs from June to early October, and many resort hotels open only from May to September.

Highlights

- 1** NATURE

La Maddalena Archipelago

A national park of pink-granite islands off the north-east coast, with powder-white coves and clear, shallow water. Take a day boat from Palau or Santa Teresa Gallura; Budelli's pink beach can be seen from the water but not landed on.
- 2** BEACH

Gulf of Orosei

A wild limestone coast where coves such as Cala Luna and Cala Mariolu are reached by boat from Cala Gonone, while Cala Goloritzé is reached only on foot. Renting a small motorboat lets you explore at your own pace.
- 3** HISTORY

Su Nuraxi di Barumini

The finest of Sardinia's nuraghi, a UNESCO-listed stone tower fortress begun in the second millennium BC and surrounded by the remains of a village of round huts. Guided tours lead through the tower's narrow passages.
- 4** BEACH

La Pelosa

Near Stintino at the island's north-western tip, a shallow, pale-sand beach facing an old Spanish watchtower, with water as clear as a swimming pool. Summer visitor numbers are capped, so book a slot online before you go.

5

NATURE

Neptune's Grotto, Alghero

A sea cave of stalactites and a still underground lake at the foot of the Capo Caccia cliffs. Boats run from Alghero harbour, or you can walk down the 654 steps of the Escala del Cabirol; landings stop in rough seas.

Where to stay

WHERE TO STAY

Alghero

Walled old town with good restaurants, an airport 20 minutes away and beaches reachable by bus; suits couples, families and anyone without a car.

WHERE TO STAY

Santa Teresa Gallura

Small northern town above Rena Bianca beach, with boat trips to La Maddalena and ferries to Corsica; suits families and couples wanting relaxed resort life.

WHERE TO STAY

Cala Gonone

Harbour village beneath the mountains of the Supramonte, the launch point for Orosei boat trips and coastal hikes; best for active couples and families.

WHERE TO STAY

Villasimius

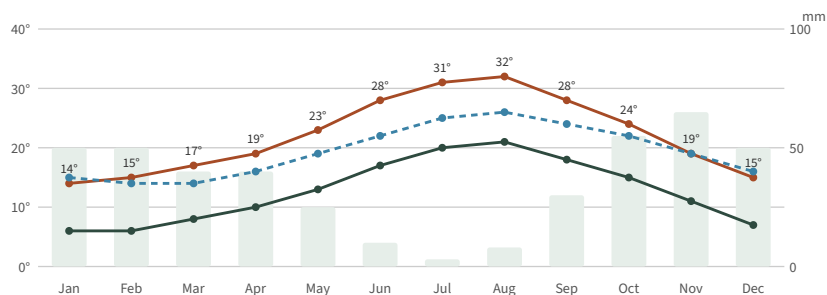
South-eastern resort ringed by white-sand beaches and a marine reserve, about an hour from Cagliari airport; suits families wanting easy beach days.

When to go to Sardinia

Best time: **Jun, Sep.**

**Average climate in Cagliari**

High °C Low °C Sea °C Rain (mm)

**How much does Sardinia cost?**

SHOESTRING

£65

per person / day
≈ €77.37

MID-RANGE

£140

per person / day
≈ €167

COMFORTABLE

£300

per person / day
≈ €357

Per person per day excluding flights. Return flights from London typically cost £100 off-peak and £380 in school holidays.

Visas & entry for Sardinia

Shown for a British passport.

No visa needed

You can travel without a visa to the Schengen area, which includes Italy, for up to 90 days in any 180-day period. This applies if you travel: as a tourist; to visit family or friends; to attend business meetings, cultural or sports events; for short-term studies or training.

The requirements for working in Italy are different.

From the UK government's FCDO entry requirements for British passport holders — read the full page for passport validity, permits and exceptions.

Health & vaccinations

See a travel health nurse, GP or travel clinic **6–8 weeks before you go**. Make sure routine UK vaccinations (such as MMR and diphtheria-tetanus-polio) are up to date.

RECOMMENDED FOR MOST TRAVELLERS

Tetanus

SOMETIMES ADVISED — DEPENDS ON YOUR TRIP, ACTIVITIES AND HEALTH

Bat Lyssavirus

Tick-borne encephalitis

YELLOW FEVER CERTIFICATE

No yellow fever certificate is required to enter.

MALARIA

No malaria risk

Source: TravelHealthPro (National Travel Health Network and Centre), checked 21 October 2026. This is a summary, not medical advice.

Public holidays in Italy

The next 12 months. Banks, offices and some sights may close, and transport and hotels get busy around these dates.

Sun 1 Nov 2026	All Saints' Day · National Unity Day
Tue 8 Dec 2026	Immaculate Conception
Fri 25 Dec 2026	Christmas Day
Sat 26 Dec 2026	Saint Stephen's Day
Fri 1 Jan 2027	New Year's Day
Wed 6 Jan 2027	Epiphany
Sun 28 Mar 2027	Easter Sunday
Mon 29 Mar 2027	Easter Monday
Sun 25 Apr 2027	Liberation Day
Sat 1 May 2027	Labour Day
Wed 2 Jun 2027	Republic Day

Sun 15 Aug 2027	Assumption Of Mary Day
Mon 4 Oct 2027	Saint Francis of Assisi, Patron Saint of Italy

National holidays only. Dates based on lunar calendars can move by a day or two depending on official announcements.

Know before you go

La Pelosa and Cala Goloritzé cap visitor numbers in summer and require advance booking, sometimes with a small fee; reserve online before you travel rather than turning up.

Taking sand, pebbles or shells from Sardinian beaches is illegal and fines are issued at airports. Book hire cars early for August, when Italian ferry traffic floods the island.

Plugs, money, phrases, emergency numbers and more: see our Italy guide.

Visa, health and safety rules change. Before you book or travel, check the FCDO travel advice (gov.uk/foreign-travel-advice) and TravelHealthPro (travelhealthpro.org.uk). Costs are estimates. © 2026 Pick My Trip.