

What to do in Solanas, a village immersed in the Mediterranean scrub

Summer in Solanas, paradise on the southern coast of Sardinia,
between beaches and natural and marine parks.

The town of Solanas is a small fraction of the municipality of Sinnai, in Sardinia, located about 36 kilometers from Cagliari, 16 from the municipality of Castiadas and 12 kilometers from that of Villasimius, well known for its wonderful coastline. Its beach is a beautiful stretch of white sand with a blue sea immersed in lush Mediterranean vegetation in the hinterland and beautiful promontories to act as a border. More than a kilometer long, the beach of Solanas is very popular in summer, especially because it offers numerous services to tourists, such as the possibility of renting umbrellas, deck chairs, canoes, it is also full of services and numerous kiosks bars.

Getting to Solanas is pretty simple; starting from Cagliari there are possible options: take the new SS125, then take the exit for the village of Solanas, or proceed along the panoramic road (SP17) in the direction of Villasimius and follow the road signs along the way up to km 25.8 where you will meet the junction that leads to the locality. After passing the village after a few hundred meters you reach a large parking lot that will take you to the beach of Solanas.

Solanas is a haven of peace and quiet, suitable for families, and is very popular with those who practice diving and other water sports. On ideal days with favorable wind conditions it is an ideal destination for surfers, also its transparent seabed rich in marine fauna and flora attract diving and snorkeling enthusiasts. But from here it is also possible to take boat trips along the coast to discover the Marine Protected Area of Capo Carbonara.

A nature reserve inaugurated in 1998 to protect different ecosystems, which extends from Capo Boi to Punta Porceddu and includes the island of Serpentera, fascinating and wild and the island of Cavoli, with its beautiful beaches while in its seabed there is the statue of the Madonna del Naufrago, celebrated in July with a procession by boat. To better admire the whole panorama during the boat trip there are stops on the beaches and coves to swim and swim in the blue waters of the Sardinian sea.



The town of Solanas is also an excellent starting point for organizing excursions on foot or by mountain bike along the paths of the Parco dei Sette Fratelli – Monte Genis, in the municipality of Sinnai, declared a natural monument. A suitably marked path of 24 kilometers that winds through woods, streams and Mediterranean scrub showing unique and evocative scenery. Another path is Punta Minni Minni, which from Solanas reaches Castiadas and Villasimius. An excursion considered among the most beautiful in Sardinia, because in addition to the immense landscape rich in resources also offers exceptional panoramic points, which allow you to look along the southwest coast of the island, between Villasimius and Costa Rei.

But Solanas is also a lively resort, famous not only for its picturesque natural landscapes but also for its cultural and religious traditions. Here – as in the municipality of Sinnai – every year, during the summer, a rich program of events, music festivals, festivals and festivals in honor of the saints that attract an increasing number of tourists, such as the craft market and hobbyists, the Sweet Fair and Sa Tundidroxia.

Among the most popular religious celebrations, in August there is the one in honor of San Giuseppe in the village of Solanas, with processions, live shows and markets, and then the inevitable Fiera del cestino, one of the summer events not to be missed, where you can admire the wonderful works of local craftsmanship and delight the palate with tastings of typical food and wine products of southern Sardinia. Also in August there is the famous carnival with Is Cerbus the typical allegorical masks sinnaesei and various sports events that include beach volleyball tournaments, football, surfing, bowls and countless games, musical evenings and dances on the beach.

Adjacent to this town there are other wonderful white sandy beaches with crystal clear sea equipped with kiosks bars and every comfort for a dream holiday on the coasts of Sardinia, such as Genn'e Mari and Cann'e Sisa, in Torre delle Stelle. After about 8 kilometers you will find the vast beach of Geremeas and Kala 'e Moru and the wonderful Mari Pintau, a real postcard with the "painted sea", a small pebble beach and sandy bottoms.

If from Solanas you want to go a little further and take a tour of the Sardinian capital here is the famous Poetto, the beach of Cagliari, which stretches for about 8 kilometers, and which also offers the possibility of accessing numerous beaches or beach umbrella rental services. Going north towards Villasimius the first tourist resort you meet is Capo Boi, a promontory with a stretch of jagged coast full of beaches that attract a large number of tourists every summer, including the homonymous beach of Capo Boi, and the wonderful strips of sand of Villasimius, starting from Porto Sa Ruxi, the beach of Campus, Campulongu, Simius to Porto Giungo.

Thanks to its strategic position, Solanas allows you to quickly reach the beautiful beaches of Costa Rei, in the municipality of Castiaddas, near Muravera, very popular and coveted by tourists at any time of the year. These beaches are characterized by fine golden sand, which slopes down to a blue and clear sea. The most famous beach, as well as the widest, is the beach of Marina Rei, a beach of about 2 kilometers, in addition to the spectacular Monte Turnu, Cala Pira and Cala Sinzias near the wonderful promontory of Capo Carbonara.