

# The beaches of San Teodoro and surroundings

Famous for their natural beauty, they offer visitors splendid sea views

The beaches of [San Teodoro](#) welcome thousands of tourists every year. Being in the eastern part of [Sardinia](#), they are corners of rare natural beauty, where there is always an atmosphere of peace and serenity, with the addition of a calm and blue sea.

Although the cost of a beach holiday in Sardinia has grown by more than 5% this year, the tourist flow to the Italian island does not tend to decrease.

And the main merit lies in the natural wonders for which the beaches of [San Teodoro](#) are known. The first of them is the beach of **Punta Est** which, just as the name implies, is located on the easternmost side of the island, about 20 kilometers north of the **Stagno di San Teodoro**, and is considered one of the best beaches in Sardinia.



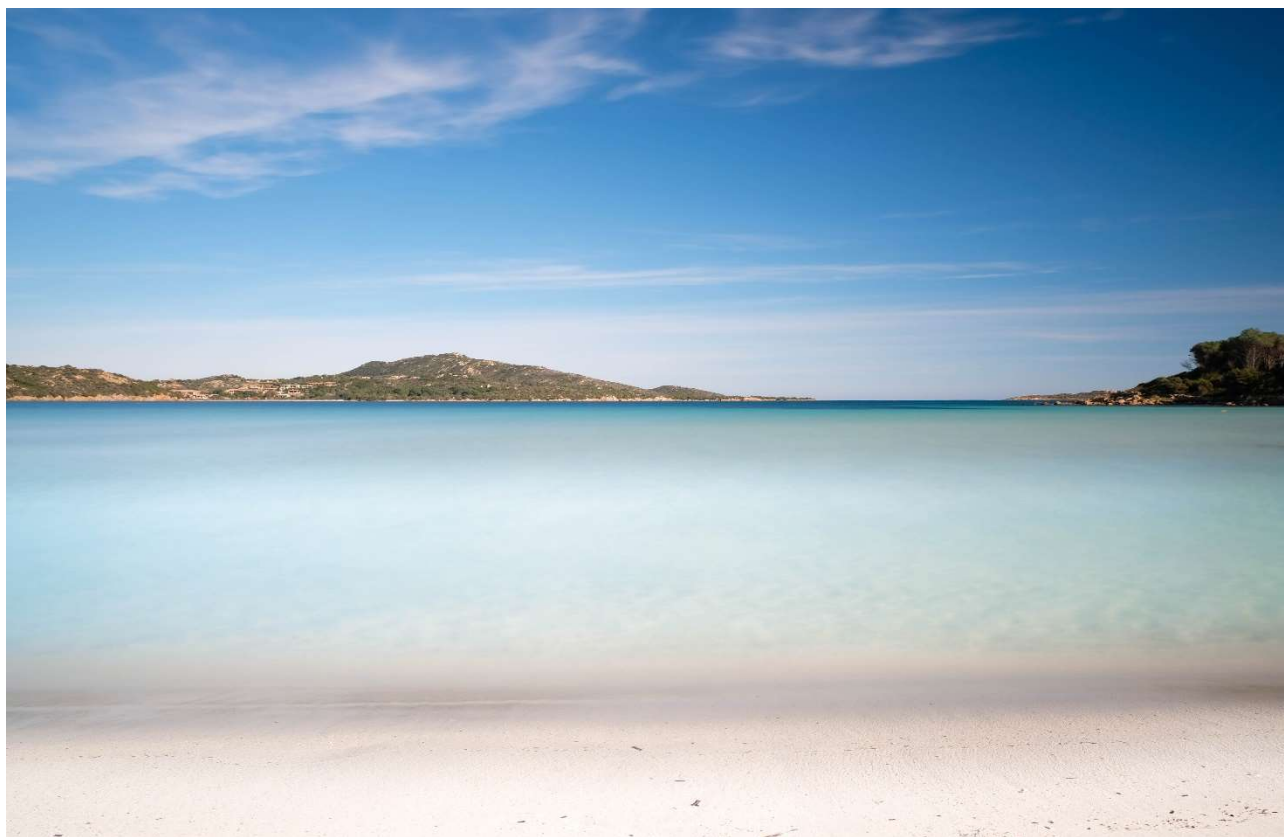
Immediately nearby there is also another very famous seaside resort. This is the **beach of Lastra Ruia**, famous for its very fine sand.



Heading south of the two previous beaches, there is another place dedicated to relaxation. It is the coast of **Cala Brandinchi**, a fabulous place. It is no coincidence that it is one of the most photographed in all of Italy, and it is also a good place to lie on the sand in complete solitude, away from the thousand commitments of everyday life.



Near the Pond of San Teodoro, in a northerly direction, stands the beach of **Lu Impostu**. The sea here is so blue and transparent that visitors can see the **seabed** even several meters away from the coast.



Another wonderful beach is La Cinta. Named because of its history, this place is located in the southern part **of the Pond of San Teodoro**. It houses some houses, set up specifically for tourists, and is mainly a place of refreshment. Holidaymakers can rest here, or taste the typical dishes of Sardinian cuisine.

Finally, speaking of the beaches of San Teodoro, we must not forget the **Cala d'Ambra**. The latter is quite different from other beaches located along the east coast of Sardinia. Once ships loaded with coal arrived here, which is why someone still calls it by its old name: Lu Calboni. Someone else calls it, instead, **Lu Bagnu di l'Omini**, because once the beaches of Sardinia were separated: those for men and those for women.