



VILLAGGIO ISULEDDA

Small guide for your holiday



Welcome to VILLAGGIO ISULEDDA

Welcome to Isuledda Village where we hope you will enjoy a wonderful holiday. We hope you will appreciate this brief guide of the area with some of the main attractions, activities, restaurants and clubs.

USEFUL INFORMATION

The town of San Teodoro is a few hundred meters from our Village. The town is built around the church and has a pleasant center where the old village lives along with tourist and commercial facilities. You can find banks, supermarkets, pharmacies, medical services and all other basic facilities. The town is also nice for an evening walk with its bars and flea market.

Just behind the Village there is a Resort. You can ask their reception how to access their services (most of their services are usually available also for non-clients).



SHOPPING

The town of San Teodoro offers a wide selection of shops and supermarkets where you can satisfy any need, whether it's highest quality or affordable prices. Here's a small list of places where, in our opinion, it is possible to buy great products.

FRESH FISH

On the main street that goes from the road SS125 to the center of San Teodoro, on the right, there is a fish shop called SPANO that sells fresh and highest quality seafood. The prices are not cheap but the quality is excellent.

FRUITS AND VEGETABLES GARDEN

Leaving San Teodoro and taking the road SS125 towards Olbia, just past the junction towards Padru, on the right marked by two flags, there is a garden selling excellent quality local products.

The prices are similar to those of the supermarkets but you can find fruits and vegetables of amazing taste.

BUTCHER'S SHOP

Next to the Post Office there is an excellent butcher shop with a wide selection of local meat and other Sardinian-quality products.

WINE

In the center of San Teodoro you can find a wine shop called DE BERTOLO that offers a wide selection of wines, beers and other local products.

The prices are aligned to those of the supermarkets but the selection is far more complete.

We highly recommend you to buy Sardinian wines, perhaps not well known but both whites (you can find a bottle of Vermentino at any price), and reds (Cannonau and Carignano) are excellent.

SUPERMARKETS

In San Teodoro there is a wide choice of supermarkets. You can find the best prices and a wide selection of products in discount store EUROSPIN. Better quality products are available in supermarkets DETTORI.

BEACHES

The area of San Teodoro is part of the Protected Marine Park of Tavolara and is home to some of the most beautiful beaches of Sardinia. Here's a list of the walking distance beaches and some of the "must visit" of the area.

CALA D'AMBRA



Is the beach just in front of the Village, and therefore the easiest to reach.

It's not the best for a swim due to its stones and rocks in the water, but it's perfect for a little relax right next to the house.

LA CALETTA



At the end of Cala d'Ambra a few hundred meters on the right (towards south), there's a tiny bay where you can enjoy a lovely and relaxing swim

ISULEDDA



Continuing walking a few hundred meters south, there is the beautiful, white-sanded Isuledda beach, one of the most beautiful in the area, reachable by foot through a path surrounded by Mediterranean vegetation.

CALA BRANDICHI



Renamed Tahiti for its crystal and shallow water and its rich vegetation, it's a beautiful beach particularly advisable in days of "maestrale" (wind from north-west).

You can reach it through the main road (SS 125) going north, leaving it at Capo Coda Cavallo, then is the first on the right.

CODA CAVALLO



Perfect for days with wind from south, you can also enjoy an amazing view of the Tavolara archipelago from a terrace with bars just above the beach

LA CINTA



is the most famous beach of the area, a long white sanded "belt" that separates the sea from the San Teodoro lagoon. You can access the south entrance from San Teodoro.

This access is quite crowded during high season, so alternatively you can access the center of the beach crossing the lagoon with a boat service from La Pischera, on the main road (SS 125) towards Puntaldia.

CALA GIRGOLU



Not so easy to reach by land, it's an amazing coast tract with many little bays surrounded by granitic rocks.

You can reach it from the little fraction of Montepitrosu. Once you leave the car, follow the path for 2 - 3 minutes until you reach some small villas, then pass the rope and choose your favorite bay.

RESTAURANTS

The San Teodoro area has developed in recent years a great restaurant offer which ranges from traditional farm-houses (the so called agriturismo, or ittiturismo in its seafood version) to high quality seafood restaurants. Here's a small selection with some of our favorites.

AGRITURISMO CASTEDDU



On the road to Padru in an old style farm-house with lovely garden. The fixed menu has some of the most famous Sardinian dishes, such as local gnocchi with meat, piglet and a traditional dessert with cheese and honey (seadas).

S.P. 110 San Teodoro – Padru Km 10.
Tel: 0789.45910
www.agriturismocasteddu.com

L'ESAGONO



Very close to our Village (walking distance via the beach towards north) it offers an excellent seafood menu with a terrace on the sea. Book in advance if you want a table just in front of the sea.

Via Cala d'Ambra, San Teodoro.
Tel: 0784.865783

ITTITURISMO LA PISCHERA



Offers a rich fixed-menu of local seafood with a stunning view on the San Teodoro lagoon.

Frazione Lu Fraili.
Tel: 347.3663142

IL PORTOLANO



A little bit more distant, in Porto San Paolo, but deserves the trip. High quality seafood and lovely terrace just above the sea. Book early for a good table.

Via Molara 11, Porto San Paolo
Tel: 0789.40670

LA RUNCINA



If you're tired of eating only fish this restaurant just outside the center of San Teodoro has a lovely terrace and a very well prepared traditional cuisine.

Vicolo Lu Muntigghiu,
Località La Runcina.
Tel: 0784.865536

LU IMPOSTU



Excellent restaurant with lovely traditional seafood dishes in a pleasant terrace. Book early for a table with sea view.

Località Lu Impostu
Tel: 0784.864076

LA TAVERNETTA



In Budoni, a few kilometers south from San Teodoro, old style simple seafood restaurant with tables on the beach. We advise to go early to enjoy the magic atmosphere at sunset. Book early for an outdoor table.

Via Ercole, Budoni.
Tel: 0784.844324 – 342.7679610

METRO PIZZERIA



A nice and crowded pizzeria with excellent pizza at reasonable prices, also for take away.

Via Gramsci, San Teodoro.
Tel: 0784.866221

SAPORI DI MARE



Excellent Restaurant in Olbia. Super fish dishes and exceptional raw. The restaurant is in the town, but the excellent cuisine pays off the trip.

V.le Aldo Moro 418

Tel: 0789.602009

ITTITURISMO BARULEA



Tomaso, the owner, fish directly the food that gives to customers the evening. Simple Kitchen and environment, but genuine and plenty food at a fixed price. Advisable. The restaurant is located in San Teodoro following Via Gramsci, in front of the riding school.

Tel: 346.7896208

IL GIARDINACCIO



Restaurant with very sophisticated cuisine prepared by a great level chef. The restaurant is not scenic but the food is excellent and well prepared.

Via Sardegna 39

08020 San Teodoro OT

Tel: 0784.865678

JAPU SUSHI



Japanese dinner of Sushi: a fun way to get for the fans of this kind of food. Another Japu Sushi in Puntaldia.

Via Toscana San Teodoro

Tel: 0784.1786203



ACTIVITIES

BOAT RENTAL

To fully enjoy the beauty of the Tavolara archipelago, we strongly recommend to visit it by boat. You can rent a boat (with or without skipper) or organize an excursion with the following companies:

CALA SUARACCIA (in front of the islands)

On the way to Coda Cavallo, stop at The Farfalle - Cala Suaraccia. Very friendly service and boats with or without license **Tel: 349.4125854**

ESAGONO MARINE (the closests to the Village)

It is possible to rent the boat at the restaurant Esagono or at Isuledda beach. Also rent with Skipper **Tel: 342.1604480**

EXCURSIONS

There are also great inland excursions that you can organize, such as treks, rafts, horse riding or even lunches with shepards

CENTRO ESCURSIONI SARDEGNA NASCOSTA for unique excursions in the island inland **Tel: 0784.288550 – 349.4434665**
www.sardegnanascosta.it

MANEGGIO LA CINTA for horse riding
Tel: 338.8228984 www.maneggiolacintasanteodoro.it

DIVING

For scuba dive lovers, the Tavolara archipelago is also famous for its great underwater scenarios

BLU INFINITO DIVING CENTER

The owner, very experienced, is called Fabio and he provides all the assistance and equipments necessary for extraordinary excursions. Truly recommended.

Village Porto Coda Cavallo
(on the way to Coda Cavallo) 08020 San Teodoro
Tel: 335.7217571 www.bluinfinito.it

OTHER ACTIVITIES

Many other activities are available, such as golf or even flight lessons with light planes

GOLF CLUB PUNTALDIA a lovely nine-hole golf course just in front of the sea **Tel: 0784.864477**

AVIOSUPERFICIE SAN TEODORO for flight lessons on ultra-light planes **Tel: 0789.25356 – 347.3701567** www.santeodoroulm.it

NIGHTLIFE

San Teodoro is also famous for its exciting nightlife. The town center is usually very crowded with many bars and a nice flea market. If you're looking for a dance, there are two discos in town:

AMBRA NIGHT

Is the most popular club. Famous international djs often play in high season.

Crowd is ususally quite young (mostly under 30).

Via Cala d'Ambra, San Teodoro.

Tel. 393.9996469 www.ambranight.it

LUNA GLAM CLUB

Is the other very nice big club of San Teodoro, with a slightly "older" crowd (between 30 and 40).

Località Stirritoggiu.

Tel: 393.9993964 www.lunaglamclub.com

For a nice aperitif, we suggest :

AMBRA DAY

In the center of San Teodoro, with a lovely wide garden.

Via Sardegna 20, San Teodoro

BAL HARBOUR

In front of the sea close to La Cinta beach, in a glamorous location. Also restaurant.

Via Stintino, San Teodoro.

Tel: 345.2262512 - 0784.851052 www.balharbour.it