



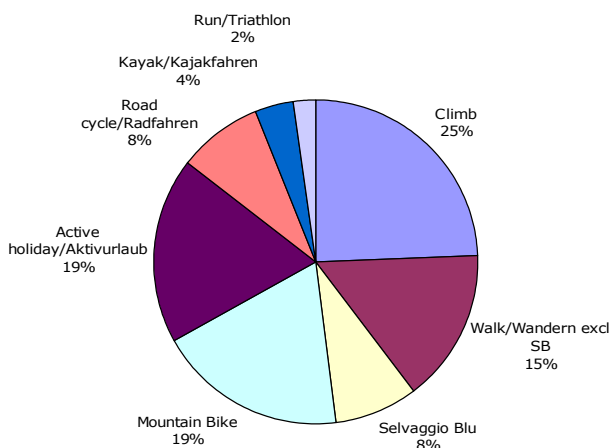
Welcome to [The Lemon House](#) May 2014 Newsletter! March and the end of winter seem a long time ago. With pleasant 20-25 °C temperatures now, it's hard to imagine that snow actually fell at the end of March when Peter accompanied our first Selvaggio Blu-ers of the year, Markus, Markus, Cyril and Sebastian in the photo on the left, to leave water and food along the route. Decorating The Lemon House after the winter and updating the web site in Italian in March seem equally distant memories. We have had a very busy April and May with The Lemon House 80% occupied (3 or all 4 rooms always full) on average and a 12% increase in bookings the first 5 months of the year compared to 2013.

Having the house full has become the norm but we were missing some "private" space and especially Peter was getting a bit frantic. We have made three changes which have considerably improved this situation for us, without reducing the being available for guests which is such an important and unique part of our service:-

1. Francesco of [Cardedu Kayak](#) is looking after our kayaks. This means that Anne often has company for [kayaking](#) even when Peter is busy. When Peter has finished his jobs or is not climbing or biking, he loves to come along as well, like on Easter Monday when we visited the Isolotto d'Ogliastra (photo right)
2. We are not renting [our flat in Porto Frailis](#) this year. Anne often goes there in the afternoons and we sleep there a couple of nights a week, once guests are well settled-in, so that we enjoy our own "personal space"
3. We have introduced a minimum stay of three nights (except for Selvaggio Blu-ers who stay for two nights). The Lemon House "works" because the guests get to know one another and swap experiences and have enough time to get to know the area. This only happens if people stay for three days or more. This also means that we have fewer days when we have to wait in for people arriving and do the initial "briefing". It means slightly fewer but more satisfied guests and things being less hectic.



Mix of activities

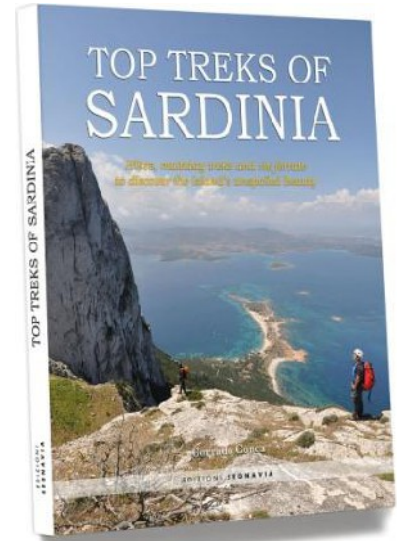


We are often asked which activities are most popular among our guests. Peter couldn't resist another pie chart! This spring, climbers made up a quarter of our guests, as did walkers (one-third for the [Selvaggio Blu](#), two-thirds "normal walkers"). 20% were mountain bikers who represent the most rapidly growing group. 20% are not focussed on any one particular sport, but instead want to do some easy walking or biking, go kayaking and have time relaxing on the beach. Road cyclists and triathletes are small but growing categories. This spring fully half our guests were native German speakers and found us through [our website in German](#). Most though speak enough English so that the breakfast conversation can be in English except for a few specialist terms.

News for activities

Walking is the activity with most news. Corrado Conca's innovative new guide "TOP TREKS OF SARDINIA Hikes, multiday treks and vie ferrate to discover the island's unspoiled beauty" English ISBN 978-88-88776-41-5 Italian ISBN 978-88-88776-40-8 (Hardcover 19x25 cm) is already on sale at [Cordee](#) £29,95, and so will be at [Piz Buch und Berg](#), [klettern-shop.de](#), [Hoepf](#) and other stores. Highlights in Ogliastra and the next province, Nuoro, include:

- ✓ the 4-day Grande Traversata del Supramonte, which doesn't involve any climbing or abseiling. See photo below left of Punta Cusidore from Passo Orgoi on the 4th day
- ✓ Descent of the Gorroppu Gorge, short climbing sections with fixed cables & ropes
- ✓ a traverse of Serra Oseli (Urzulei)'s crest, for which you need to use ropes to belay and be able to abseil
- ✓ S'Istrada Longa and the Cengia di Plumare near Cala Sisine, Baunei, see photo below right
- ✓ An updated description of the Selvaggio Blu, with updates to the [English translation made by Peter in 2008](#)



In addition to the very beautiful guide published for the [Selvaggio Blu](#) in April 2013, a very handy 1:15000 scale map of the route shown on the left is now available. GPS-Track, waypoints and the same description as in the guide in Italian and in English. €10, available from [The Lemon House](#). With a late Easter and several bank holidays, the Selvaggio Blu was very busy at the end of April and start of May. This spring we provided logistic support to 5 groups, two of whom completed the entire route, one completed the route from Pedra Longa to Cala Sisine but missing out some sections due to having to wait out heavy rain, and two did just the first three days to Cala Goloritzè.



Deborah, owner of the knees in the photo on the right, called it Selvaggio BLACK and BLUE while on the left Reto, Simone, Chantal & Yann starting the trek at Pedra Longa.

Most English-speaking "normal" walkers use the [Cicerone guide](#) which has many great walks close to The Lemon House. The UK walkers are quite happy without GPS. For many Germans, on the other hand, GPS is "ein Muss" and several German walking guests this spring had chosen which walking guide to Sardinia to buy based largely on GPS-Tracks being available, only to find that the walks were in some cases 90 minutes' drive away.... To these people we recommend the [Rother guide](#) (the English edition is [here](#)), which describes more walks than other guides and lots near to The Lemon House and does have the main GPS waypoints for the walks. We regularly get contacted by Italians looking for a (person) guide and once this spring someone even phoned up when the description they were following was not so good.... We recommend to these people the [Rother guide in Italian](#), which we have for sale, but for some reason they don't often buy it. How different national cultures are for something as "simple" as walking!





Mountain biking is the activity that has seen the most growth in the last couple of years. We continue to receive compliments for the [Versante Sud guide](#) and bikers really appreciate a clear description of what type of riding is available. Germans and Swiss often ask for riding according to the [Single Trail Skala \(STS\)](#) – Mijail (left) and Andrew (right) are tackling S3 sections and who brought their own AM/Enduro bikes.



Motivated by this development, Peter is this summer checking the 30-odd rides which he personally documented for the guide and

taking advantage of MTB guests to take new photos, not only of S2/3 sections but of XC rides and of the landscape. Below from L to R, Isabel, Mijail and Markus.



For **climbers**, unfortunately during the winter at Campo dei Miracoli (Pietra di Luna p.366) there was a repeat rockfall after the one in 1997. The routes 6.Timmi – 12.Campo dei Miracoli are affected, climb at your own risk!

This spring Peter has definitively resolved the trapped nerve problem that stopped him training from May 2013 – Feb 2014 and is now busy getting back to top form, to be able to climb 7b+/c again in the summer. He also enjoys taking photos of guests. Left: Alina, Annette, Natalie and Kurt and above Katharina at Ulassai's Canyon.



Another highlight of the spring was Rebecca (photo right) finishing second among the women in the first [road cycling](#) race of the season in Barisardo, in her first-ever road race!. After the race Jen (in photo left with Rebecca before the start), Peter, Anne



and the rest of the ASD Bariense team were invited by President Antonio Piras to a big lunch after the race: cheese, ham, grilled pork chops (Peter had three...), salad, homemade red wine and tiramisu 😊. Pretty good, eh? For more information on road cycling on Sardinia, see [our road cycling page](#).

See you soon! Peter & Anne <http://www.peteranne.it/>

News and photos [facebook: The Lemon House](#)