



After a hectic 2012 we had decided to enjoy a long holiday this winter. We spent 6 weeks after Christmas in London visiting all our friends, and then 3 weeks in Rome. We should have returned to Sardinia in the middle of February, but we both caught a terrible flu, and decided to stay in Rome until we felt better. When we came back to The Lemon House at the end of February we still felt feeble. But here it was already spring and after our good break we enthusiastically tackled the annual painting and maintenance in [The Lemon House](#) and [our Porto Frailis flat](#), before our first guests arrived in mid-March.

What strikes us, when we come back here to Lotzorai with its 2000 inhabitants after almost two months in London?

The answers would be the same if we had spent time in any northern European city:-

1. The countryside! We live at the bottom of a half-bowl, with one edge being formed by the coast 1,5 km from The Lemon House and the rim consisting of the mountains rising to 1200 m amsl. After our DIY we go for a walk down to the beach



2. The weather! While in northern Europe people were still struggling with snow, we enjoyed sun and temperatures up to 18°C. See Peter Skyping in the photo on the right. You can check the latest weather on [ilmeteo.it](http://ilmeteo.it)



3. Our neighbours' friendliness. Everyone is pleased to see us again after the winter. In such a small community, everyone knows each other, and we feel that we are part of this community which "watches over" us

4. The taste of the food! Instead of tasteless green beans from Kenya in the supermarket, our friends and neighbours give us fruit and vegetables that they have grown themselves: oranges, artichokes,...

5. The range of outdoor sports we have on the doorstep. Instead of crowded bouldering gyms we are the only [climbers at the crag with its super-quality rock](#)...instead of indoor Spinning, Peter's out on his [mountain bike](#)....[kayaking](#) is simply great....



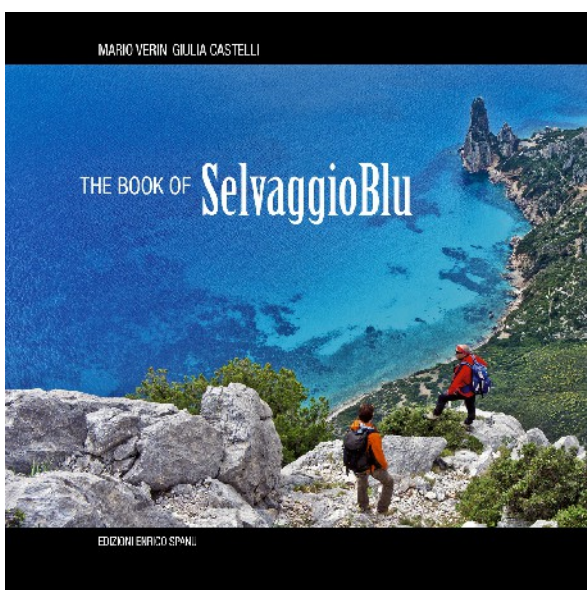


Every winter Peter interviews an English-speaking top climber for [Versante Sud's UP yearbook](#) (published in Italian). Past interviewees have included Ron Fawcett, Johnny Dawes, Dave Birkett and this year it was the turn of James Pearson and Caroline Ciavaldini. In response to Peter's question, "What are the things that strike you most about climbing in Italy? Which would be the Top Three areas you would recommend to visiting climbers?" Caroline was clear: "If you ask me which I prefer, Spain or Italy, there is no doubt: ITALY! Climbing in Italy is fantastic, and deserves to be much better known outside Italy. There's so much to do and it's so diverse, from bouldering through trad to multipitches."



James and Caroline recommended Candalla/Lucca Tuscany, Gaeta/Monte Spaccata and Sardinia. They describe Sardinia as an "amazing place, and so much potential! It's rare to find somewhere so unspoilt and so little developed." The [trailer for their HYKNUSA video](#) conveys really well what's fun, enjoyable and special about climbing here.

## New developments for [Walking](#) and [Climbing](#)



"The Book of Selvaggio Blu" is the title of this great 24cm x 24cm book, a mix of coffee-table book and guidebook, for the [Selvaggio Blu "extreme" trekking](#). This book, published in mid-April 2013, is written by one of the discoverers of Selvaggio Blu, Mario Verin, photographer and climber, and his wife journalist Giulia Castelli. Mario's photos are simply brilliant, and make you want to do this 4-day walk from Pedra Longa to Cala Sisine with sections of climbing and abseiling!

In addition to a detailed route description (which you can photocopy to take on the walk with you) and GPS waypoints and route file to download, the book describes Sardinia's geology, the history of the Selvaggio Blu and Baunei's culture and economy based on goat and sheep farming, both of which have changed little over the centuries.



On page 171 of the book you see Peter's hands, as Mario took a photo of him substituting the bolts at the first abseil point of the trek, near to the Pididi sheepfold. Peter translated the book from Italian to English.

ISBN 9-788898-309047 English edition, [Edizioni Enrico Spanu, Cagliari](#). €29,90, on sale at The Lemon House. At the moment the publisher has no overseas distributor, and the book can be sent by courier to other European countries for €11-17. Alternatively, Peter can send you the book within Europe for €40 including postage with tracking, payment by bank transfer to a UK bank account.



In December 2012 our Czech friends bolted lots of [new climbing routes](#).

**PLANU 'e MURTA:** faces SE, ideal for winter, 20 mins walk from Planu 'e Murta parking (12 km on rough track towards Cala Sisine from Golgo



plateau which you reach from Baunei, low hire cars not really suitable for this unmade road in winter, from the parking place you can walk 3 km to the beach at Cala Sisine). 10 routes from 6c+ - 7b+ incl 3 projects. Topos <http://27crags.com/crags/planu-e-murta> Photos L and above.

For those of you who prefer wall/slab climbing in the sun in the 6's but with harder routes as well, **MONTE ORO** now has 26 routes compared to only 7 in the 2011 Pietra di Luna guide. Topos <http://27crags.com/crags/monte-oro/> Ideal in winter, spring and autumn.

**DINOPARK** now has almost 20 routes, mostly steep tufa climbing in the 7's. 15 mins walk from Pedra Longa, shade after 1100 <http://27crags.com/crags/dinopark> Nice place to swim nearby ☺

Enjoy your sports holiday on Sardinia!

Peter & Anne  
[www.peteranne.it](http://www.peteranne.it)

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