



Welcome to our October 2013 Newsletter!

The second half of September and first half of October is always one of the best times of year on Sardinia. The bustle, heat and humidity in August are a distant memory. After the end-of-summer thunderstorms the weather is settled and mostly fine. At night you start to need a duvet on the bed and early in the mornings a jumper. But on the beach you can still enjoy sun and the water is still warm enough for swimming. Even Peter is going swimming as often as possible!!



Peter has been suffering since January from an inflammation of his radial nerve after the nerve got pinched in his neck and left arm and this has severely limited his climbing. Since July several guests have contributed to finding a solution to this problem!

- ✓ Professional musicians Doris and Martin from Salzburg <http://www.mozarteumorchester.at/> (in the [video](#) on the left enjoying Ogliastra's best cross country MTB ride) recommended backstroke swimming.



- ✓ Peter discovered [these nerve flossing exercises](#) and guests are used to see him with his head tilted sideways (photo left).
- ✓ In August osteopath Giulia stayed with us and Peter climbed with sports injuries doctor and surgeon Alex. Better advice you couldn't find....☺. Both confirmed that Peter had correctly identified the cause and found the solution, and Alex added, "The regeneration of the nerve takes twice as long as the time for which it has been constricted." So until Easter 2014....



- ✓ Atila from Slovenia (mountain biking in the photo on the right) is the distributor for [Ice Power Cold Gel](#) in Italy and left us some samples, which Peter immediately put to good use. [List of distributors in other countries.](#)



Peter has come to terms with the slow healing process and his enthusiasm for climbing has returned. This year he only manages 7b instead of last year's 7c, but he is simply happy to be able to climb pain-free☺. In the photo on the right he's finishing "Il Mago dei Numeri" 7b, this year's summer project at Genna Croce. Left: with Vera and Lukas at the end of September at the Castello, Jerzu. That afternoon Lukas belayed Peter as he RP'ed "Bricolage" 7a at the Cascata Lecorci.





Business in The Lemon House continues to grow. Compared to 2012 our bookings are 11% up and we already have the first bookings for 2014. After the Brits (45%) German-speakers from Germany, Switzerland and Austria make up 25%, followed by 10% Nordics. Most of our guests are keen to join in the lively conversation over breakfast, which these days can start in German or a mix of Danish and Swedish (like "The Bridge" ^{††}) but soon switches to English. As Fiona (congrats on the placing in the [World Age group Triathlon championships](#), BTW) in her blog post "[How to have a happy family holiday](#)" said, "Sometimes I do not need all that chat at breakfast time but it means the breakfast table, where all guests gather to eat, is never silent! Visit and you'll see how it is..." This year Italians made up only 3% of guests, and their numbers have

declined 5-fold since 2010 when they made up 23% of guests. This reflects the depth of the recession in Italy. Despite Silvio Berlusconi's exit from front-line politics there's little to suggest the situation in deeply-conservative Italy will change any time soon. But on via Dante, in front of The Lemon House and in front of the nursery, there is Big News: **Speedbumps**. For years we and other residents have been asking the council to install speedbumps to stop cars racing along the straight one-way street, and already it is much quieter ☺.

Road cycling



Fiona wasn't the only person to enjoy the road cycling here over the summer. Jen (left) and Rebecca (right) stayed with us just before we wrote this Newsletter. Since Peter is always busy serving the breakfasts, he misses taking part in the local road races held on a Sunday morning. We also no longer close The Lemon House to take part in the week-long Giro of Sardegna



at the end of April, although Anne stills translates the text for the website. See <http://www.girosardegna.com/?pagina=giro-eng&lang=eng> for the 2014 Giro Sardegna to be held in Chia (SW) 19-25 April 2014. The website now has an online booking form.

Mountainbiking

Over the last year mountain bikers have continued to confirm that the Ogliastra region of Sardinia is great for mountain biking, particularly when you want to combine biking with a beach holiday. The mountains reach an altitude of 1200 m just 20 km from the coast. "The mountain biking here is just as good as in the Dolomites or Lago di Garda," said Unni, Runar, Hårvard, Erling and Ingvild from Norway (in the photo on the right, during their ride to Cala Sisine). You couldn't get a better advertisement for mountain biking here than their [video of this ride!](#) (Due to copyright on the Norwegian music, the video doesn't play on mobile devices.)





Along with the Cala Sisine via Su Irove Longu ride, probably the best other ride of the whole area is from Flumini to Sardinia's highest point Punta La Marmora 1834 m. But it is completely different: instead of harsh limestone landscape with mule tracks down to the sea you ride over Alps-like countryside ("it resembles Norway!") and rough granite terrain.



This ride wasn't included in the first edition of "our" [mountain bike guide for Sardinia](#). The path was only cleaned by the Arzana council in 2012. The detailed description and GPS-track which will be included in a future edition of the guide is already available for our guests to use. Left: Peter starts the descent from the summit. Right: Hårvard makes one of the most-difficult obstacles look easy, Well done!

A shorter version of this ride is also a great walk on foot. Starting from Sardinia's highest nuraghe at Arruinas 1300 m amsl the walk is slightly easier than the super-classic walk to Cala Goloritzè.

[News for climbers](#)



Lots of new routes were bolted this summer at Ulassai (Cascata Lecorci, Cave of Dreams, Canyon) by Maurizio Oviglia, Fabrizio Dessi, Gianluca Piras and Matteo Cappa.

At the Cascata Lecorci the choice stretches from "Regime alimentare 6a" and "Dieta ferrea 6b" to Maurizio's three steep routes (photo left) and DOOMSDAY, which awaits the FFA (8a/b?).

At the Cave of Dream there are new easy routes: Erbalife 5c, La Danza dei Nerd 6a, and two 6b, 6b+.

At the Canyon the new routes include l'Igenista 6a+, Estigazzi 7a/b, Succioè 7b/c, Praticamente no! 7b, Manu's paradise 6b, Fiocchetti e palmette 6b+, Checchiap! 6c.

At the end of [this article](#) (in Italian) there is a complete list of the new routes.

We have also fully updated our [website in English](#), in particular with more information on climbing and mountain biking. We also explain that you REALLY should have a car to make the most of a holiday here, and that you can walk even in summer, except for the [Selvaggio Blu](#) trek.

See you soon! Peter & Anne

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

Photo right: This day the surf meant we had the beach south of Pedra Longa to ourselves ☺

