

Self-guided Bike tour

Tour description

Day 1	
Arrive Cabras	
Day 2	68 kms
The Sinis Peninsula	
Day 3	46/55
Costa Verde and Dunes	kms
Day 4	40 kms
The Mines of Sulcis	
Day 5	43 kms
Island of Carloforte	
Day 6	40 kms
Calasetta - S. Anna Arresi	
Day 7	57 kms
To Pula and South Coast	
Day 8	
Tour ends	

Italy



Scenic Sardinia

Sardinia is the second largest Mediterranean island after Sicily, separated from Southern Corsica by just 13km of sea, the Bonifacio straits. It is stunningly beautiful and unspoilt, the ideal place to enjoy hiking or cycling. A wonderful vegetation of myrtle, rosemary, rockrose and sea lavender border the sandy beaches. The white chalk rocks and limestone cliffs give the water an enticing crystalline pale blue colour. In the island's interior, you will find a traditional land of shepherds and agriculture, rolling hills and meadows bright with wild flowers.

In the mountain villages, the older ladies still dress from head to foot in black and the communities are extremely traditional. You will find plenty of local crafts, including hand made leather goods, ceramics, tapestries, lace and wine.



Fast Facts

- Lovely accommodations, always with private facilities, breakfasts included
- Luggage transport
- Route notes and maps
- Welcome briefing on Saturday
- Welcome meeting on Day 1

E-Bike Info:

- E-bike rental: \$395
- Scott E. Sub Tour Unisex models
- Limited supplies available, so reservations recommended upon booking



Tour Details

Saturdays year-round (start another day add \$100 per person)

Cost: \$1695 per person

High season: June 22 to September 7
add \$300 per person

Single Room Upgrade: \$350

Bike/Equipment: \$195

Length: 8 days / 7 nights

Grade: Moderate / Intermediate

Starts: San Salvatore Sinis

Ends: Pula

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Day 1 Sinis Peninsula / Cabras

Individual arrival or private transfer to Cabras.

Day 2 The Sinis Peninsula 68 km

Travel through the fascinating Sinis wetlands, where you will see colonies of pink flamingos. Soon you will reach one of the most beautiful spots on the island: the white quartz beach of Is Arutas and the Phoenician ruins of **Tharros**. Then head back through the medieval town of Oristano to reach Arborea.

Day 3 Costa Verde and Dunes of Piscinas 46/55 km

You will cycle through the natural beauty of the Costa Verde, some of the most savage scenery on the island. Continue on to the Piscinas beach with its sand dunes over 50 m high - the highest in Europe.

Day 4 The mines of Sulcis 40 km

This leg takes you back into the ancient mining past of Sardinia, as we pass the abandoned mines of Ingortosu and Planusartu. After the golden beach of Portixeddu and looming cliffs of **Pan di Zucchero**, you admire the old ore washery at Nebida: nestled in the varied colours of the Mediterranean bush, it looks out over the sea at the end of a long descent down 540 steps.

Day 5 The island of Carloforte 43 km

After a beautiful descent to Fontanamare, you will reach Portoscuso, and board the ferry to Carloforte, where locals still fish the Red Tuna fish. From Carloforte, continue to the island of Sant'Antioco and end your day in Calasetta.

Day 6 Calasetta - S. Anna Arresi 40 km

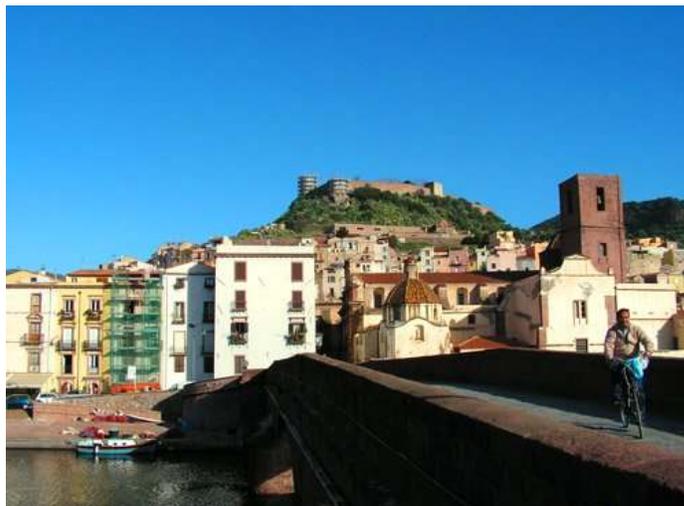
Today you pedal through the meadows, green in spring-time and golden yellow in the summer, of Sant'Antioco. At Tratalias, visit the Pisan sanctuary, one of the most important monuments of the Sardinian Romanesque period. Riding along Lake Monte Pranu, savour the quiet peace of the rolling plains of Sulcis.

Day 7 The South Coast 57 km

The final catwalk of your tour is the beautiful *Costa del Sud* with its gleaming white beaches, unspoilt natural landscape and imposing cliffs. Also, see Cape Malfatano with its 16th C. tower, and Cape Spartivento. At Nora you will visit the ancient Phoenician settlement.

Day 8

Tour ends after breakfast.



What to Expect

What will the weather be like?

The daytime temperature will be around 22 to mid-30's degrees C (70's to 90's F), with very little rainfall. It is the hottest in July and August, and possibly the busiest as well. There is a nice breeze when riding on the coast, and plenty of opportunities to swim.

How many hours of cycling a day?

Be prepared to ride between 3 to 5 hours daily. This is not a supported tour, so you must ride the route once you set out. There are 3 days relatively flat, 2 days of rolling hills and one challenging day.

How fit do I need to be?

The fitter the better, so you will enjoy the rides each day. A fit beginner may need to walk up part of the long ascent day!

What is the food like?

We have included breakfast . Most of the hotels offer some cheeses, fruits, meats and yogurts. For lunch, you can stop in a local restaurant for a full meal or mid-day snack. For dinner, our notes will offer some suggestions or eat directly at the hotel.

What are the hotels like?

They are chosen for their charm and location. Properties are charming 3* hotels and agroturismos, well- located in the towns. All the rooms have ensuite facilities, most with pools.



Extra Services

Start other than Saturday add \$100 per person

You are required to bring your own helmet.

Local hotel taxes approx. 2€ per day

Half board option: \$375 (7 dinners, drinks not included)

Private transfers can be arranged in advance



Getting There

By Air: The most convenient airport for this tour is Cagliari (CAG). More than 7 flights per day connect Rome Fiumicino (FCO) to Cagliari. Also there are flights to CAG from Milan, Bologna, Florence, Venice and London.

Public transportation: Directly from the airport, take a train to Oristano with several services a day, starting from 07:08 approx. one service per hour. Last service departs at 18:43. It takes 1-1.5hr depending on the service.

Transfer rates (min 2):

Incoming Cagliari airport - San Salvatore Sinis (tour start) 75€ per person
Outgoing Pula (tour end) - Cagliari airport 50€ per person

How to book your holiday

- Contact our office to make sure there is space available. One of our travel planners will walk you through the entire process.
- Download the reservation form from our site and send in completed form by fax or email. Once this is done, your space is confirmed and a pre-departure packet will be sent.
- A deposit is required immediately, and final payment is due 60 days prior to the trip departure. Terms & conditions are outlined in our Reservation Form.
- Plan your air travel as soon as possible.
- We encourage you to purchase travel insurance, either through us or a travel insurance provider directly.
- Ensure you are in proper health for the trip chosen. Contact us, for more information on vaccinations, inoculations, and fitness requirements.