

Cycling Safaris

SARDINIA - North Sardinian Ride 2010

Roll with us through beautiful landscape beginning and ending by the sea, with unique mountainous scenery to explore in between.

From Cannigione to Alghero, this is an ideal tour for you if you are landing in Olbia and eager to discover the fabled Costa Smeralda (without its millionaires!)



TOUR ITINERARY

DAY 1 **Arrival day** **Cannigione**

Transfer or independent arrival to your hotel. During the welcome meeting our guides will explain the route and deliver bikes. Dinner and overnight.

DAY 2 **Cost Smeralda Loop** **40km**

Discover the beauties of the fabled Costa Smeralda when the millionaires are away! Your journey will bring you through San Pantaleo (a beautiful village with an ideal blend of sandy white beaches, beautiful scenic countryside and authentic Sardinian character), Porto Cervo (one of the most prestigious areas of Sardinia's north coast) and back to Cannigione where the beach and port are the main attractions.

DAY 3 **La Maddalena Archipelagos** **55km**

The island of Maddalena is renowned for its beaches; it is characterized by rocky granite terrain and has some ancient fortifications. Cala Francese and Bassa Trinita are two popular beaches. It is connected by causeway with the nearby island of Caprera, famous as the residence of the Italian revolutionary Giuseppe Garibaldi. Today we will also visit Palau which is definitely one of the most spectacular and noteworthy seaside towns in Gallura and bordering the Emerald Coast.

DAY 4 **Cannigione - Tempio Pausania** **55km**

Today we start with the astonishingly transparent waters of Arzachena and not to forget its beautiful woodedland too. Continuing to Sant'Antonio Di Gallura, a typical Gallurese archtechute town situated on a hilland surrounded by deep valleys and forests of oak. Our final destination is Tempio Pausania, A small village founded on a mountain slope, 650 metres high.

DAY 5 **Tempio Pausania - Castelsardo** **55km**

Continuing on in the morning we come to Aggius located 514 meters above the sea, is a typical town of Gallura, which is in the midst of the Nuraghe at the foot of jagged granite peaks called "Mountains of Aggius". We go through Viddalba to arrive at Castelsardo, a small town set on a rock overlooking the sea. Castelsardo is an extraordinary example of Medieval town, which developed around the castle, with the old town walls still intact.

DAY 6 **Castelsardo - Sassari** **55km**

We pass through Lu Bagnu to Tergu (home to the Romanesque church of Nostra Signora di Tergu) and onto Nulvi, located in the northernmost of the three peaks of Mount Tuffudesu. Its geographical position give amazing views and this is why a Nulvi castle stands on the top of Mount Tuffudesu. Our destination tonight is Sassari, Sardinia's second largest city. The city is situated on a limestone tableland, tilted towards the Golf of Asinara and is surrounded by a hilly area on the south-eastern part and vast plains called "Nura" to the northwest.

DAY 7 **Sassari - Alghero** **40km**

This morning we will pass through rural areas on route to Alghero, including Caniga, Molafa and Uri. Alghero Located on the northwest coast of Sardinia retains its distinctive Catalan character. Alghero is recognized to be the most Italian of the holiday towns in Sardinia with an old town centre on the sea front consisting of a labyrinthic network of narrow lanes, most of which are car free.

DAY 8 **Departure**

The tour ends after breakfast.

TOUR PRICE

Off peak price

€705.00 - per person Sharing

€825.00 - for single occupancy

Peak price (1 July - 31 August)

€855.00 - per person sharing

€975.00 - for single occupancy

WHAT THE TOUR PRICE INCLUDES

- 7 night accommodation in 3* accommodation, on B&B basis
- Welcome meeting (tour explanation and bike fitting)
- Baggage transportation from hotel to hotel
- Route notes and maps
- Telephone assistance
- Bike rental

Half board supplement is available €150 per person for six dinner package.

ACCOMMODATION - Please note that confirmation in these places is subject to availability

Day	Hotel Name	Village
1,2&3	Hotel S'Olias	Cannigione - Arzachena
4	Pausania Inn	Tempio Pausania
5	Hotel Pedraladda	Castelsardo
6	Hotel Vittorio Emanuele	Sassari
7	Agriturismo Vessus	Alghero

BIKE / FITNESS



- Aluminium frame
- 24 speed Shimano Alivio gear
- Gel saddle
- V brakes for your safety
- All bikes are equipped with rear panniers, water bottle cage and a puncture repair kit
- Please note that if you have SPD shoes you should bring the pedals with you too, as our bikes are fitted with normal pedals.
- Do bring your own helmet.

All the way by bike? I'm not a professional! You don't need to be a professional cyclist! However to get the most out of your holiday we would strongly recommend that you do take a few practice rides before this tour. The tour is challenging on certain days as the terrain is hilly, the scenery is beautiful and rewards all effort, so the more you are prepared the more you will enjoy yourself.

WHAT TO BRING

Here is a checklist of items we suggest to take with you:

- Cycling clothing: 2 jerseys, 2 padded shorts, waterproof jacket, gloves.
- If you decide to take cycling shoes please bring your own spd pedals as our bikes are fitted with standard pedals
- Cycling helmet (these cannot be hired)
- Sunglasses, sunhat, high protection sun cream, after sun cream.
- Swimming costume (essential for those afternoon dips!)
- Casual evening dressing

WEATHER

Sardinia enjoys a mild Mediterranean weather that allows comfortable cycling all year round except for the hot months of July and August. Prevailing wind is mistral blowing from north-west, this is the direction of our route, though it is unlikely it will always be in your back!

TRAVEL INFORMATION

Arrive Olbia

A number of airlines fly into Olbia which your travel agent should be able to help you with:- Volare website www.volareweb.com an Italian low-cost airline, operates a daily flight from Olbia to London Luton.

In 2005 the low cost airline EasyJet www.easyjet.com announced its expansion of a new route connecting the UK with Sardinia; London Gatwick to Olbia.

Ryanair flies from Birmingham International airport (www.ryanair.com) to Olbia.

A bus from Olbia to Palau stops in Cannigione. Timetables can be viewed at http://www.lamaddalena.it/orari_autobus_ARST.htm.

Olbia transfer rates per person (min. 2 persons):

Olbia airport - Cannigione : €20

Alghero Hotel - Airport: €20

Alghero - Olbia: €75

BACK UP SERVICE

As this is a self led trip you do not have the back-up of a guide and support van. Our aim is to allow you feel like an independent traveller, free to cycle each day at your own pace while at the same time having the security of knowing that your luggage will be waiting for you in your next accommodation.

If you experience small problems with the bike (e.g., a puncture) you will have a spare tube, pump and tyre lever. You also have access to a 24 hour helpline.