

# Cycling Safaris

## SARDINIA - A MINE OF MEMORIES GUIDED TOUR 2010

Discover this land with its lush green pastures, its Mediterranean scents and the caves carved from the rock. Experience pedaling alongside the turquoise sea, with its stretches of savage coastline, its crescent of white sandy beaches, its infinite blue and its majestic cliffs.

Sardinia is an ancient land, geologically the oldest in Italy. This beautiful cycling tour takes us through the wild and unspoiled coast of western Sardinia.

On this tour we cycle together with a guide who looks after everything from lunches (often on unspoilt beaches where we get to sample the delights of an Italian picnic!) to transfers leaving you free to relax and enjoy your cycle through this beautiful region.

Highlights of the tour:

- The Sinis peninsula with the ruins of the ancient Tharros
- Costa Verde and the dunes of Piscinas
- The ancient mines of Sulcis
- The island of Carloforte and Sant'Antioco
- The Costa del Sud



### TOUR ITINERARY

#### **DAY 1**                      **Arrival day**

Welcome meeting with local representative: explanation of the route and bike delivery. Dinner and overnight.

#### **DAY 2**                      **The Sinis Peninsula**                      **32miles52 km**

Travel through the fascinating Sinis wetlands where you will see colonies of pink flamingos and finally reach one of the most beautiful spots on the island: the white quartz beach of Is Arutas and the Phoenician ruins of **Tharros**.

#### **DAY 3**                      **Costa Verde and dunes of Piscinas**                      **46/53 km**

After a transfer to Arborea, you will cycle through the natural beauty spots of the Costa Verde, some of the wildest scenery on the island, to the Piscinas beach with its sands dunes over 50 m high - the highest in Europe.

#### **DAY 4**                      **The mines of Sulcis**                      **49 km**

This leg takes you back into the ancient mining past of Sardinia, as you pass the fascinating abandoned mines of Ingortosu and Planusartu. After the golden beach of Portixeddu and looming

mass of **Pan di Zucchero** cliff, you can visit the old ore washery at Nebida: 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 on 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**                      **Town and island of Sant'Antioco**                      **43 km**

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

**DAY 7:**                      **The South Coast**                      **60 km**

The final days cycling takes you along the beautiful *Costa del Sud* with its gleaming white beaches, unspoilt natural landscape and imposing cliffs: Cape Malfatano with its 16th Century tower and Cape Spartivento. At Nora you can visit the ancient Phoenician settlement.

**DAY 8:**                      **Departure day**

Tour ends after breakfast.

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## TOUR DEPARTURE DATES

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Saturday  
April 10  
May 8  
June 12  
September 4  
October 2

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## TOUR PRICE

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€950.00 per person sharing  
€1,070.00 for single occupancy

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## WHAT THE TOUR PRICE INCLUDES

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- Seven nights accommodation bed and breakfast in 3 star hotels or Agriturismo with en suite
- 7 dinners (drinks with evening meals not included)
- One guide cycling with the group
- One guide in support vehicle (for groups with a minimum of 6 participants)
- 2 Transfers to avoid mountain roads and shorten the mileage
- Baggage transfers from hotel to hotel.
- Entry to museums and archaeological sites
- 24 speed touring bike with a pannier bag

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

Saturday & Sunday	Hotel Sa Pedrera	Sinis	+39 783 370 018
Monday	Agriturismo Sa Perda Marcada	Arbus	+39 709 758 714
Tuesday	Albergo Pan Di Zucchero	Nebida	+39 781 47114
Wednesday	Hotel Luci del Faro	Calasetta	+39 781 810 089
Thursday	Hotel Punta Giara	Sant'Anna Arresi	+39 781 966 105
Friday	Hotel Villa Madau	Pula	+39 709 249 033

**Hotel information:**

HOTEL SA PEDRERA - A charming countryside complex located in San Salvatore Sinis, a tiny village in the heartland of the Sinis peninsula. Its u-shape layout resembles that of a Spanish hacienda with 14 lovely decorated rooms surrounding the flourishing garden in the central courtyard. The hotel has a restaurant and comfortable living room. In the park outside the hotel, there are two tennis courts. [www.sapedrera.it](http://www.sapedrera.it)

AGRITURISMO SA PERDA MARCADA - Situated in the town centre, the Albergo Meridiana has 24 comfortable and well-furnished rooms with a large dining room with dominating views over the Mount Linas range. The hotel also has a lovely lounge for reading or watching television and a spa, perfect after a riding day. Teresa, the hotelier, cooks her own food and all the pasta is homemade, her son is the pizza expert. [Gianfranco](#) and his family are ready to welcome you in this very nice farm house located on a plateau just above the sand dunes of Piscinas. You will remember the delicious cuisine of mamma Corona for a long time.

**ALBERGO PAN DI ZUCCHERO**

The Pan di Zucchero is a small cosy hotel located at the North end of Nebida. The dining room and some of the rooms have a superb sea view on the beautiful coast below, dominated by the colossal outcrop known as Pan di Zucchero, a 130mt high imposing rock just few hundred meters off the coast that owes its name, "Sugarloaf", to its unique shape. The restaurant of the hotel is mentioned in many gourmet guides

HOTEL LUCI DEL FARO - A charming seaside property located on the northehrn tip of the isle of Sant-Antioco. One of our favourites, the hotel has an award-winning restaurant and lovely rooms. Its u-shape layout resembles that of a Spanish hacienda with arcades surrounding the central courtyard that has a garden and a swimming pool. The hotel is located in a peaceful countryside area, 4 km out of Calsetta. [www.hotelucidelfaro.com](http://www.hotelucidelfaro.com)

HOTEL PUNTA GIARA - This lovely hotel is located just outside the vottage of Sant-Anna Arresi in the middle of the quiet Sulcis countryside. Built on a hill overlooking the Porto Pino Valley, the hotel enjoys a beautiful view of a large stretch of coast. On clear days one can see as far as Carloforte. Giacomo Bachis is the hotel manager and forms, with his 4 brothers and one sister, a very friendly staff. The hotel has a swimming pool and excellently furnished rooms, the cuisine is outstanding with many regional specialities (Giacomo's mama makes and cooks her own ravioli). [www.hotelpuntagiara.it](http://www.hotelpuntagiara.it)

HOTEL VILLA MADAU - Your base in Pula is the newly built Villa Madau, an elegant property located in the centre of Pula. It has 10 finely furnished rooms and a nice lounge. A wide choice of restaurants is available in walking distance. <http://www.italy-hotels-reservation.it/pagina2.cfm?ID=2247&Idregione=14>

## 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 pedal 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.

### Activity level

Cycling days: 6

3 easy stages (mostly flat)

2 medium stages (undulating)

1 challenging stage (hilly)

## GROUP, GUIDE AND BACK-UP SERVICE

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There are always two guides on these tours, one on the support van which travels along the whole route with you providing refreshments and a van-ride if you feel tired. The other guide bikes along with you to point the way and keep the group together since people will be pedalling at different speeds.

(for small groups of 4-6 persons there will only be one cycling guide)

How far must I cycle each day? It's up to you. The legs we have programmed take 3 to 5 hours, at "tourist" speed. You can pedal longer or less, riding for part of the route in the van.

I know this is a cycling holiday - but what if I want a rest as well? Our tour finishes up in a splendid seaside resort - if you wish, you can extend your stay for a further relaxing week.

How many people will be in my group? The groups usually consist of anything from 5 to 20 cyclists.

## WHAT TO BRING

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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

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## WEATHER

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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

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## TRAVEL INFORMATION

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### Arrive Cagliari.

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

In 2005 the low cost airline EasyJet [www.easyjet.com](http://www.easyjet.com) announced its expansion of two new routes connecting the UK with Sardinia; these are London Gatwick to Olbia and London Luton to Cagliari. Services are once daily and the Luton - Cagliari service will increase to twice daily for the peak summer period

### Arrive Alghero

Ryanair fly directly from Dublin to Alghero Airport: [www.ryanair.com](http://www.ryanair.com)

The Airport of Alghero is connected to the major Sardinian cities by means of an urban and long-distance network of transport.

For more information go to the Alghero Airport's website:

[http://www.aeroportodialghero.it/collegamenti/autobus\\_en.asp](http://www.aeroportodialghero.it/collegamenti/autobus_en.asp)

### Transfer Rates per person (based on min 2 people)

- › Cagliari - San Salvatore Sinis = €60
- › Oristano - San Salvatore Sinis = €20
- › Pula - Cagliari = €30
- › Pula - San Salvatore Sinis = €70