

Cycling Safaris

SARDINIA - A MINE OF MEMORIES SELF GUIDED TOUR 2010

Plunge into the wild and romantic beauty of southwestern Sardinia, amongst abandoned mines and empty beaches.

Ride this self-guided bike tour in total freedom, at your own pace, enjoying every single spot of this wonderful land.

Highlights

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

Starting point: San Salvatore Sinis

Finish: Pula

Duration: 8 days / 7 nights

Departures: Everyday of the year all year round



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 52 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.

TOUR DEPARTURE DATES

Saturday start - all year round

TOUR PRICE

1 Jan - 30 April and 16 October - 31 December

€570 per person sharing

€690 for single occupancy

1 May - 2 July and 4 September - 15 October

€620.00 per person sharing

€740.00 for single occupancy

3 July - 3 September

€740.00 per person sharing

€860.00 for single occupancy

Non-Sat departure surcharge: €50.00

Half-board supplement (6 dinners) €150.00

WHAT THE TOUR PRICE INCLUDES

- 7 nights accommodation with breakfast
- Luggage transfers from hotel to hotel
- 24 speed touring bike with a pannier bag.
- Detailed route notes and maps
- 2 Transfers to avoid mountain roads or reduce the mileage.
- Telephone assistance

Not included:

- Admission to museums and archaeological sites
- Tickets for ferries to Carloforte and Calasetta.

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.

Activity level

Cycling days: 6

3 easy stages (mostly flat)

2 medium stages (undulating)

1 challenging stage (hilly)

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

HOTEL LIST

We believe that the accommodation is a very important factor of a bike tour, therefore we take the greatest care in carefully selecting small family-run 3* hotels and country lodges with excellent regional cuisine. In these places our guests feel like being at home.

The following properties have been selected for this tour (please note that confirmation in these places is subject to availability):

SAN SALVATORE SINIS (Nights 1-2)

Sa Pedrera

Strada Provinciale "San Giovanni Sinis" km 5.5

09072 San Salvatore Sinis

Tel: 0783 370 018 Fax 0783 370 040

E Mail: info@sapedrera.it

Web: www.sapedrera.it

Hotelier: Sig. Carlo Picconi

Sa Pedrera is 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.

ARBUS (Night 3)

Albergo Meridiana

Via Repubblica, 172

09031 Arbus

Tel: 070 975 8283 Fax 070 975 6447

E Mail: albergo.meridiana@tiscali.it

Web: www.wels.it/hotelmeridiana/english/index.htm

Hotelier: Domenico and Teresa

Situated in the town center, 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.

NEBIDA (Night 4)

Albergo Pan Di Zucchero

Via Centrale 366

09016 Nebida - Iglesias

Tel&fax: 0781 47114

E Mail: hotelpandizucchero@libero.it

Hotelier: Signor Giovanni Floris

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.

CALASSETTA (Night 5)

Hotel Luci del faro

Loc. Mangiabarche

09011 Calasetta

Tel: 0781 810 089 Fax 0781 810 091

E Mail: info@hotelucidelfaro.com

Web: www.hotelucidelfaro.com

Hotelier: Franco e Paola Cancedda

Luci del faro is a charming seaside property located on the northern tip of the isle of Sant'Antioco. One of our favourites, the hotel has an award-winning restaurant and very 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, 4km out of Calasetta.

SANT'ANNA ARRESI (Night 6)

Hotel Punta Giara

Loc. Sa Carrubedda

09010 Sant'Anna Arresi

Tel: 0781 966 105 Fax 0781 966 151

E Mail: hotelpuntagiara@virgilio.it

Web: www.hotelpuntagiara.it

Hotelier: the Bachis family

This lovely hotel is located just outside the village 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).

PULA (Night 7)

Hotel Villa Madau

Address: Via Nora, 84 09010 Pula

Tel and fax: 070 924 9033

E mail: villamadau@yahoo.it

Web: <http://www.italy-hotels-reservation.it/pagina2.cfm?ID=2247&IDregione=14>

Hotelier: Signor Peter

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.

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

TRAVEL INFORMATION

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 an Italian low-cost airline, operates a daily flight from Cagliari to London Luton.

In 2005 the low cost airline EasyJet 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

Alghero is located in North West Sardinia. There is a convenient bus link (2 daily services) to Oristano and Cagliari in Southern Sardinia in connection with the Ryanair flights. For the updated timetable check Alghero airport website at

www.aeroportodialghero.it/collegamenti/cagliari_en.asp. The bus will take you to Oristano, and from there we can give you a transfer to the hotel where the tour starts.

From Pula to Cagliari / Alghero

Pula (tour end) is connected to Cagliari by the regional bus company, ARST (one service every 60/90 mins, trip time: 50mins).

Alternatively we can arrange another transfer for you to Cagliari in connection with the same coach service that will take you back to Alghero airport.

Transfer rates per person:

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

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.