

# Cycling Safaris

## Sardinia – Mine of Memories

### Self-guided Tour 2019

Approx. 290 km | 8 days / 7 nights

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.

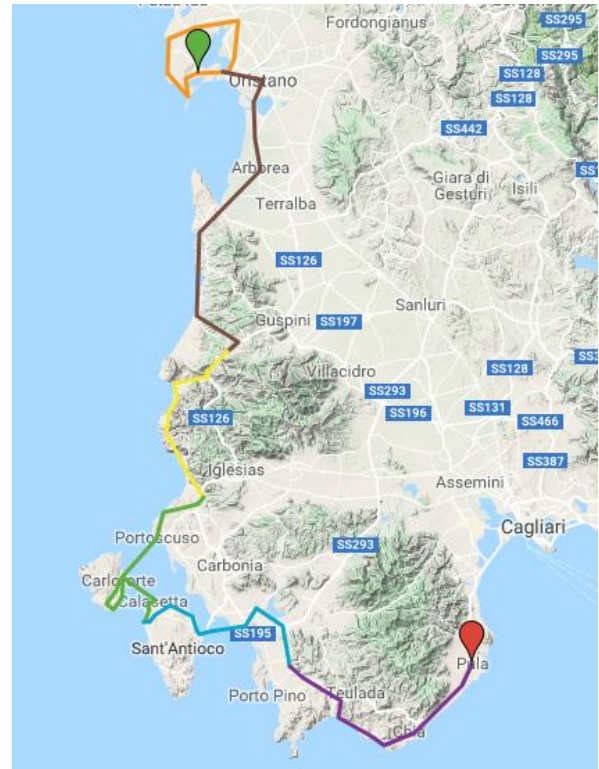
#### Highlights

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

**Starting point:** Cabras

**Finish:** Pula

**Departures:** Everyday of the year all year round available



#### TOUR ITINERARY

##### **DAY 1**                      **Arrival day - Cabras**

Transfer or independent arrival to Cabras.

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

##### **DAY 2**                      **The Sinis Peninsula and Oristano**                      **68 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. Then cross the town of the medieval historic centre of Oristano to reach Arborea.

##### **DAY 3**                      **Costa Verde and dunes of Piscinas**                      **46/54 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 sand dunes over 50 m high - the highest in Europe.

##### **DAY 4**                      **The mines of Sulcis**                      **41 km**

This leg takes you back into the ancient mining past of Sardinia, as we pass the fascinating abandoned mines of Planusartu and Acquaresi. After the golden beach of Portixeddu and looming mass of Pan di Zuccheru cliff, you admire the old ore washery at Nebida.

**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**                      **40 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.

**DAY 7:**                      **The South Coast**                      **57 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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## 2019 TOUR DEPARTURE DATES

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Saturday start - all year round  
Non-Saturday departure possible for surcharge (€60.00 per person)

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## 2019 TOUR PRICE - Saturday departures

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€780.00 per person sharing  
€930.00 for single occupancy (if travelling with others)  
€1030.00 for a solo traveller in a single room

### High Season (24 June - 14 September)

€940.00 per person sharing  
€1,090.00 for single occupancy (if travelling with others)  
€1,190.00 for solo traveller in a single room

Non-Sat departure surcharge: €60.00 per person

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## WHAT THE TOUR PRICE INCLUDES

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- 7 nights accommodation in 3\* hotels all en suite
- 7 breakfasts
- Welcome meeting (tour explanation and bike fitting) - Saturdays only
- Luggage transfers from hotel to hotel
- 24 speed touring bike with a pannier bag.
- Detailed route notes and maps
- Transfer at the end of Day 3 ( optional )
- Telephone assistance

### Not included:

- Admission to museums and archaeological sites
- Tickets for ferries to Carloforte and Calasetta.
- Local taxes: approx €10

## BIKE / FITNESS



- Aluminium frame
- 24 speed Shimano Alivio gear
- Gel saddle
- V brakes for your safety

For each couple of bikes we provide:

- 2 rear front panniers Ortlieb Back Roller Classic
- 1 front bag Abus ST 3350 KF
- 1 bike computer
- 2 complimentary water bottles
- Repair kit and spare tools

Please note that if you have SPD shoes you should bring the pedal with you too, as our bikes are fitted with normal pedals

E-bikes available for a supplement of +€100.

We strongly recommend to **bring your own helmet**, as it is NOT provided and can't be rented

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

- 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 (not provided and can't be rented)
- Sunglasses, sunhat, high protection sun cream, after sun cream.
- Swimming costume (essential for those afternoon dips!)
- Casual evening dressing

## 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.

## HOTEL LIST

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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):

### CABRAS (Night 1)

Hotel Villa Canu - [www.hotelvillacanu.com](http://www.hotelvillacanu.com)

### ARBOREA (Night 2)

Hotel le Torri - [www.sardegna.com/en/hotel/arborea/hotel-le-torri/](http://www.sardegna.com/en/hotel/arborea/hotel-le-torri/)

### ARBUS (Night 3)

Agriturismo Rocce Bianche - [www.bidderdi.it](http://www.bidderdi.it)  
Agriturismo Sa Perda Marcada - [www.saperdamarcada.it](http://www.saperdamarcada.it)  
Hotel Meridiana - [www.hotelarbus.it](http://www.hotelarbus.it)

### NEBIDA / GONESSA (Night 4)

Lovanda S' Anninnia - [www.saninnia.it](http://www.saninnia.it)  
Locanda L'Agusteri - [www.villageiotancapiras.it](http://www.villageiotancapiras.it)

### CALASETTA (Night 5)

Hotel Luci del faro - [www.hotelucidelfaro.com](http://www.hotelucidelfaro.com)

### SANT'ANNA ARRESI (Night 6)

Hotel Cala dei Pini - [www.caladeipini.eu](http://www.caladeipini.eu)  
Guesthouse Il Girasole

### PULA (Night 7)

Hotel Villa Madau - [www.villamadau.it](http://www.villamadau.it)  
Hotel Marin - [www.marinhotel.it](http://www.marinhotel.it)

## 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 .

## TRAVEL INFORMATION

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Sardinia is easy to reach, either by plane or ferry (to ports of Olbia, Porto Torres and Cagliari). There are domestic and international flights mainly offered by the companies:

- Alitalia, [www.alitalia.it](http://www.alitalia.it)
- Air One, [www.flyairone.it](http://www.flyairone.it)
- Easy Jet, [www.easyjet.com](http://www.easyjet.com)
- TUI fly, [www.tuifly.com](http://www.tuifly.com)
- Meridiana, [www.meridiana.it](http://www.meridiana.it)
- Ryan Air, [www.ryanair.com](http://www.ryanair.com)

### **Arrive Cagliari.**

A number of airlines fly into Cagliari which your travel agent should be able to help you with:- For more information go to the Cagliari Airport's website, [www.sogaer.it](http://www.sogaer.it)

### **Arrive Alghero**

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: [www.aeroportodialghero.it](http://www.aeroportodialghero.it)

### **Olbia Airport** [www.geasar.it](http://www.geasar.it)

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

- › Cagliari - Cabras = €70
- › Alghero - Cabras = €100
- › Oristano - Cabras = €25
- › Pula - Cagliari = €45
- › Pula - Cabras = €90