

Cycling Safaris

Sardinia – Mine of Memories Guided Tour 2019

Approx. 290 km | 8 days / 7 nights
Guide cycling with group/Support van on day 2 & 3



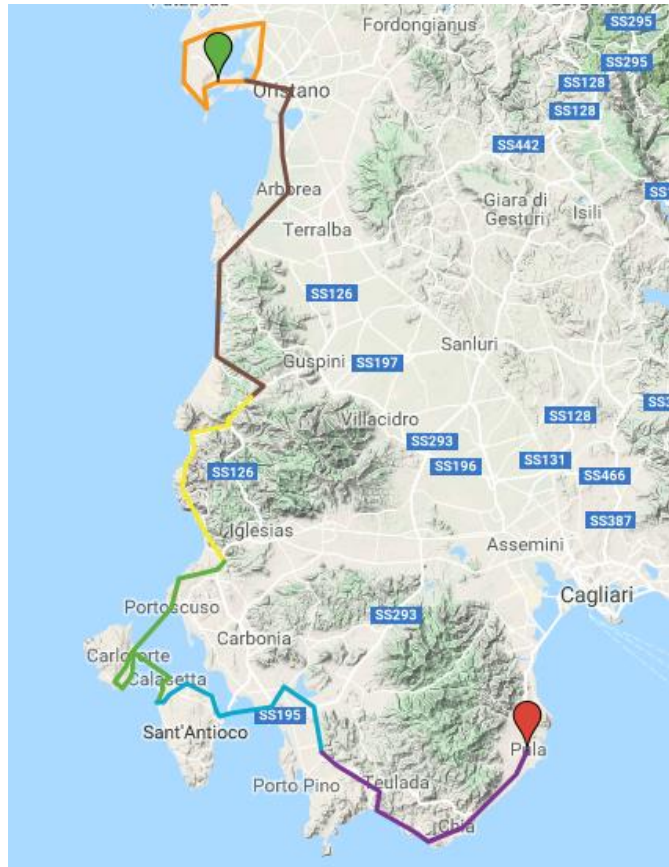
Discover this land with its lush green pastures, its Mediterranean scents and the caves carved from the rock. Experience pedaling alongside the turquoise sea, with its stretches of savage coastline, its crescent of white sandy beaches, its infinite blue and its majestic cliffs.

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 unspoiled 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 end 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 - Cabras**

Transfer or independent arrival to Cabras. Welcome meeting and bike fitting.

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 sands 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.

2019 TOUR DEPARTURE DATES (all Saturdays)

May 25
September 7

(no minimum number needed – guaranteed departure)

2019 TOUR PRICE

€1,280.00 per person sharing
€1,460.00 for single occupancy

WHAT THE TOUR PRICE INCLUDES

- › Seven nights accommodation in 3 star hotels all en suite
- › 7 Breakfasts and dinners (drinks not included)
- › Bike hire
- › One guide cycling with the group
- › Support van day 3 & 4
- › Welcome meeting (tour explanation and bike fitting)
- › Transfer at the end of day 2 (optional)
- › Luggage transportation from hotel to hotel
- › Entry to museums and archaeological sites with assistance of local professional guides
- › Tickets for ferries to Carloforte and Calasetta

Not Included:

- Local taxes: approx €10
- E-Bike option +€100

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

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 (2* accommodation in Nebida) with excellent regional cuisine. In these places our guests feel like being at home.

The following properties have been selected for this tour:

CABRAS (Night 1)

Hotel Villa Canu - www.hotelvillacanu.com

ARBOREA (Night 2)

Hotel le Torri - www.sardegna.com/en/hotel/arborea/hotel-le-torri/

ARBUS (Night 3)

Agriturismo Rocce Bianche - www.bidderdi.it

Agriturismo Sa Perda Marcada - www.saperdamarcada.it

Hotel Meridiana - www.hotelarbus.it

NEBIDA / GONESSA (Night 4)

Lovanda S' Anninnia - www.saninnia.it

Locanda L'Agusteri - www.villageiotancapiras.it

CALASETTA (Night 5)

Hotel Luci del faro - www.hotelucidelfaro.com

SANT'ANNA ARRESI (Night 6)

Hotel Cala dei Pini - www.caladeipini.eu

Guesthouse Il Girasole

PULA (Night 7)

Hotel Villa Madau - www.villamadau.it

Hotel Marin - www.marinhotel.it

GROUP, GUIDE & BACK-UP SERVICE

There is a guide cycling with you on this tour. On Day 3 & 4 there is a support van as well.

You will also receive road maps and details and it is possible to go in your own pace instead of following the group and you can meet up with your companions again later.

The daily routes take 3 to 5 hours, at leisurely speed.

The groups usually consist of 6 to 20 cyclists.

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
- We strongly recommend to **bring your own helmet**, as 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

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

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
- Air One, www.flyairone.it
- Easy Jet, www.easyjet.com
- TUI fly, www.tuifly.com
- Meridiana, www.meridiana.it
- Ryan Air, 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

Arrive Alghero

Ryanair fly directly from Dublin to Alghero Airport: 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: www.aeroportoalghero.it

Olbia Airport 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