

Cycling Safaris

North Sardinia Ride Self-guided Tour 2017

Approx. 315 km | 8 days / 7 nights

Discover Costa Smeralda in Sardinia's northwest coast, one of the most prestigious main centre of the Mediterranean. Enjoy your tour along the Gallura's myrtle fragrance, startling wind sculpted granite rocks, lovely beaches and rocky coves, the white sand and in spring blossom-filled landscape.

Highlights of the tour:

- Costa Smeralda
- La Maddalena Park
- Granite mountains and cork forest of Tempio Pausania
- Rolling hills and wide pastures of Anglona
- The royal cities of Castelsardo, Sassari and Alghero



TOUR ITINERARY

Day 1 Arrival day

Transfer or independent arrival to Cannigione.

Day 2 Costa Smeralda loop tour 54 km

Discover the beauties of the fabled Costa Smeralda when the millionaires are away! Riding through Cannigione to Arzachena, and up into the hills of San Pantaleo and down to the Jet set Porto Cervo along to Baia Sardinia and back to Cannigione.

Day 3 La Maddalena archipelago 60 km

From Cannigione along the coast to Palau, where you take the ferry to the vibrant town of La Maddalena, cross the bridge to Caprera, home of the Garibaldi museum and back through Palau to Cannigione.

Day 4 Cannigione - Templo Pausania/Nuchis 51km

Today you venture inland into the rocky hills, amazing granite outcrops and lakes of Sant Antonio di Gallura and on to Calaglanus and Nuchis before heading up to Templo Pausania.

Day 5 Templo Pausania/Nuchis - Castelsardo 49 km

From Templo Pausania, to Aggius back to the sea through the dramatic Valle della Luna (Valley of the Moon). Cycle to Castelsardo, a medieval town built on a sheer cliff overlooking the Mediterranean Sea.

Day 6 Castelsardo - Sassari 55 km

Ride along the coast to Lu Bagnu and then head inland again to Nulvi and Osilo, enjoying the spectacular views of the Anglona rolling hills and pastures. End your day in the city of Sassari, 2nd largest in Sardinia.

Day 7 Sassari- Alghero 39 km

From Sassari ride along backroads to reach the fortified town of Alghero, probably the nicest town in Sardinia, with a lovely port and attractive old centre.

Day 8 Departure

After breakfast, end of services.

2017 TOUR DEPARTURE DATES

Every Saturday all year round. It is possible to start other days paying a supplement of €50.

2017 TOUR PRICE

High season – 25 June - 1 September:

€930.00 per person sharing

€1,080.00 for single occupancy

Low Season (all year round)

€780.00 per person sharing

€930.00 for single occupancy

Solo tour supplement, additional €100 on single price

Non-Sat departure surcharge: €50.00 per person

Half-board supplement (7 dinners, drinks not included) €190.00

WHAT THE TOUR PRICE INCLUDES

- › 7 nights accommodation with breakfast in 3 star hotels, all rooms en suite
- › Bike hire
- › Welcome meeting (tour explanation and bike fitting)
- › Luggage transportation from hotel to hotel
- › Supply of route notes and maps
- › Telephone assistance

Not included:

- Admission to museums and archaeological sites
- Ferry tickets to La Maddalena
- Local Taxes (approx €10.00)

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

Night 1-3	Hotel Del Porto	Cannigione	www.hoteldeporto.com
Night 4	Hotel Pausania Inn La Cas di Babbai	Templo Pausanai / Nuchis	www.hotelpausaniainn.com www.lacasadibabbai.it
Night 5	Hotel Riviera	Castelsardo	www.hotelriviera.net
Night 6	Hotel Carlo Felice Hotel Vittorio Emanuele	Sassari	www.hotelcarlofelice.it www.hotelvesassari.it
Night 7	Hotel Alghero City Hotel Angedras	Alghero	www.algherocityhotel.it www.angedras.it

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.

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

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
- 2 easy stages (mostly flat)
- 2 medium stages (undulating)
- 2 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

Olbia Airport - www.geasar.it

Arrive Alghero

Ryanair fly directly from Dublin to Alghero Airport: www.ryanair.com

Transfer Rates per person (based on min 2 people)

- › Olbia - Cannigione: €35
- › Alghero Hotel - Airport: €20
- › Alghero - Olbia: €90
- › Alghero - Cannigione: €100

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.