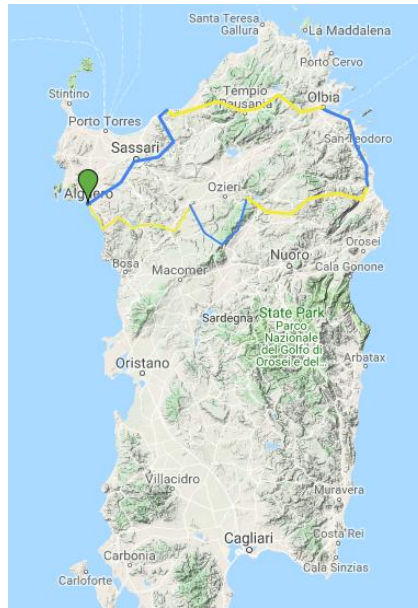


Cycling Safaris

North Sardinia Sportive Grand Tour Self-guided Tour 2020

Approx. 497 km | 8 days / 7 nights



Sardinia is like heaven to any keen road cyclist: the roads are perfectly paved and free from motorised traffic. This beautiful trip will take you right in the heart of the most ancient land in Europe. Among mountains sculpted by wind and sun, with its deep canyons and unspoilt forests, we discover nature in its most savage form, archaeological remains which are unique in the world and traditions with their roots lost in the dawn of history

TOUR ITINERARY

Day 1 Arrival day

Transfer or independent arrival to Alghero.

Day 2 Alghero to Mores

81 km, climb 1270mt

Bike ride: Alghero - Villanova - Romana - Thiesi - Mores.

Highlights of the day: - The coastal view leaving Alghero, - The climb towards Villanova - Lake Temo

Day 3 Mores to Pattada

79 km, climb 1516mt

Bike ride: Mores - Foresta Burgos - Bono - Bultei - Pattada.

Highlights of the day: - The Goceano mountain range. - The wild and remote interior.

Day 4 Pattada to Posada

86km, climb 1230mt

Bike ride: Pattada - Osidda - Lodè - Posada.

Highlights of the day: - The stunning limestone range of Monte Albo - The descent towards Siniscola

Day 5 Posada to Olbia**55 km, climb 300mt**

Bike ride: Posada – Budoni – San Teodoro– Olbia.

Highlights of the day: - The amazing island of Tavolara, - The lively centre of Olbia.

Day 6 Olbia to Castelsardo**103 km, climb 1400mt**

Bike ride: Priatu – Calangianus – Tempio Pausania – Aggius – Valledoria – Castelsardo.

Highlights of the day: - Cork oak forest on Limbara Range, - Granite buildings of Tempio Pausania, - La Valle della Luna (Moon valley), - The old town in Castelsardo

Day 7 Castelsardo to Alghero**93 km, climb 1340mt**

Bike ride: Castelsardo - Nulvi - Osilo - Sassari - Alghero.

Highlights of the day: - The Anglona rolling hills - The Castle of Osilo, - The ancient Catalan town of Alghero.

Day 8 Departure

After breakfast, end of services.

2020 TOUR DEPARTURE DATES

Every Saturday all year round.

It is possible to start other days paying a supplement of €60.

2020 TOUR PRICE*Low Season*

€1,005.00 per person sharing

€1,155.00 for single occupancy

High season (27 June - 4 September):

€1,165.00 per person sharing

€1,315.00 for single occupancy

*Minimum 2 persons on tour

Non-Sat departure surcharge: €60.00 per person

WHAT THE TOUR PRICE INCLUDES

- 7 nights accommodation with breakfast in 3 star hotels, all rooms en suite
- Bike hire (Trek 2.5 road or similar *)
- Welcome meeting (tour explanation and bike fitting)
- Luggage transportation from hotel to hotel
- Supply of route notes and maps
- Telephone assistance

(*) €160 reduction in tour price if you bring your own bike

Not included:

- Admission to museums and archaeological sites
- Local Taxes (approx €10.00)
- E-road bike available for a €50.00 supplement

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

Night 1&7	Villa Piras Hotel Riviera Alghero	Alghero Alghero	www.hotelvillapiras.com/en/ www.hotelriviera-alghero.com/en/
Night 2	Janas Country Resort	Mores	Janas Country Resort
Night 3	Hotel Liberty	Pattada	www.libertyhotelpattada.it
Night 4	Hotel Donatella	Posada	Hotel Donatella
Night 5	Hotel Cavour	Olbia	www.cavourhotel.it
Night 6	Hotel Riviera	Castelsardo	www.hotelriviera.net

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 B&B.

BIKE / FITNESS



- Aluminium frame with carbon fork
- 11 speed Shimano gear
- Bontrager saddle
- Alloy dual brakes for your safety
- Bontrager wheels

For each couple of bikes we provide:

- 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 pedals with you too, as our bikes are fitted with flat pedals

We strongly recommend bringing **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 train and take sufficient 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 (Grade level C)

- Cycling days: 6
- challenging stages (hilly)
- long distances
- This is not race but is a challenging sportive style cycle and requires training/preparation to complete. The challenge can come from the terrain in the form of hills or from the the distance or from the combination of both of these. You can push yourself as hard as you want or take your time. The

thrill comes from the combination of a fantastic sense of achievement and the journey through wonderful scenery.

WHAT TO BRING

- Cycling clothing: 4-5 jerseys, 3-4 padded shorts, waterproof jacket, gloves.
- 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

Transfer Rates per person (based on min 2 people)

- › Alghero Hotel – Airport: €25
- › Alghero – Olbia: €95

€10.00 supplement for including your own bike in the transfer

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.