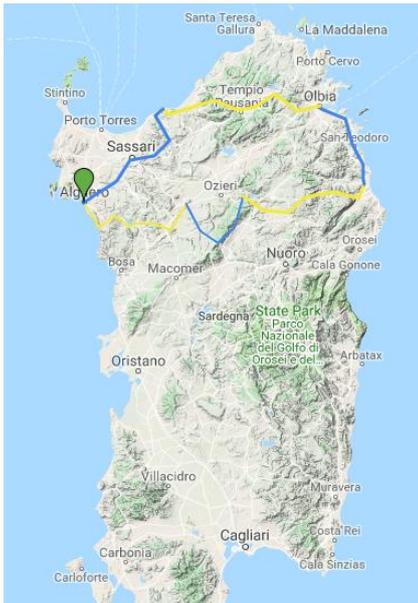


Cycling Safaris

North Sardinia Sportive Grand Tour Self-guided Tour 2022

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.

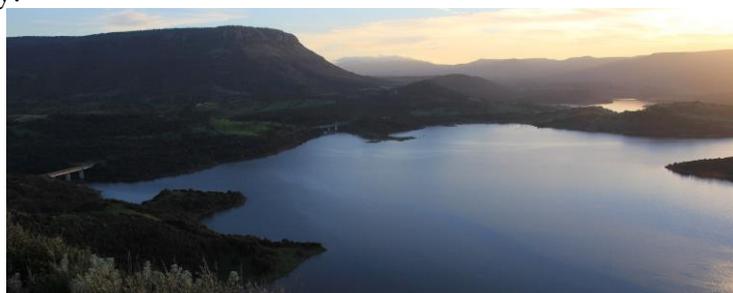
Day 2 Alghero to Mores

81 km ~ climb 1270mt

The coastal road South of Alghero is one of the most scenic in the whole island and a perfect warm up for the "wall", a challenging climb leading inland towards Villanova Monteleone. After a spectacular descent over Lake Temo, it's a *Mangia e bevi* (Italian cycling slang defining a rolling hill terrain) all the way to Mores, passing sleepy hamlets on the way.

Highlights of the day include:

- The coastal view leaving Alghero,
- The climb towards Villanova,
- Lake Temo.



Day 3 Mores to Pattada

79 km ~ climb 1516mt

This is a terrific day criss crossing the Goceano mountain chain featuring a varied stunning landscape of woods, Mediterranean brush and cultivated areas of olives and vineyards. Challenge yourself along the climb leading to Foresta Burgos, a forest founded in 1886 by royal decree and enlarged over the years. End your day in Pattada, famous for its handmade knife *Pattadesa*, a cult object prized by collectors all over the world thanks to its shape, durability, finish and inlays of precious stones and metals.



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

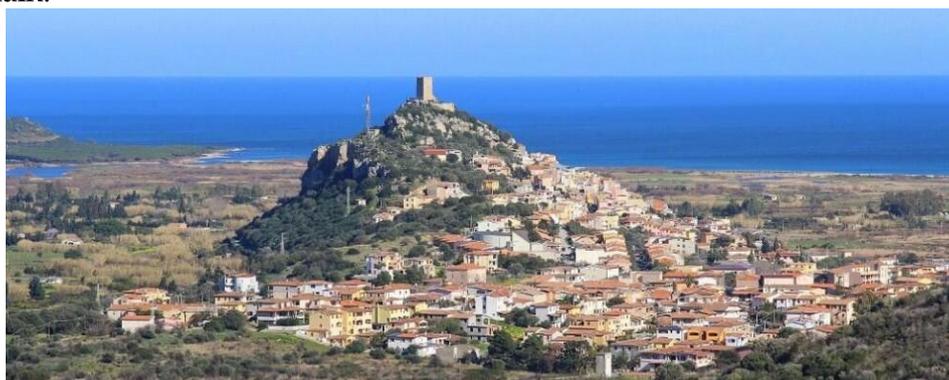
Day 4 Pattada to Posada

86km ~ climb 1230mt

Ride East past Su Romanzesu, a great residential and cultural complex immersed in a cork oak forest with granite outcrops, representing a precious and charming legacy of the Nuragic civilization. Then back to the ocean with an exhilarating descent over Siniscola. Your base tonight is Posada, a medieval village perched on a green limestone hill dominated by the *Castello della Fava*, where you can enjoy the splendid panorama of the sea and the surrounding plain.

Highlights of the day:
- *The stunning limestone range of Monte Albo,*

- *The descent towards Siniscola.*



Day 5 Posada to Olbia

55 km ~ climb 300mt

A short day along the turquoise waters of Capo Coda Cavallo and Tavolara, a limestone and granite imposing island that rises up from the sea, 560 metres high. Alternatively, you can go for a more challenging inland route. Both routes end in Olbia, the lively capital of Gallura that opens onto a turquoise bay and dazzling beaches. On the pedestrianised high street Corso Umberto you can relax savouring some of the local specialities, accompanied by a glass of cold vermentino wine.



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

Day 6 Olbia to Castelsardo

103 km ~ climb 1400mt

Leaving the coast you ride inland again where forbidding peaks look down on endless expanses of ancient cork forests strewn with weird, wind-blasted granite boulders to make the scenery dramatic. We are in the heart of the island's major cork production area. Hundreds of cork businesses (*sugherifici*), large and small, are concentrated around Calangianus and Tempio, the two main centres of the area.

Ride past the impressive valley of the moon, consisting of amazing granite rocks shaped by the force of the weather over thousands of years to end your day back to the coast in Castelsardo, a charming village perched high up on a cape overlooking the sea.

Highlights of the day:

- Cork oak forest on Limbara mountain range,
- Granite building of Tempio Pausania,
- La Valle della Luna (moon valley),
- The old town of Castelsardo.



Day 7 Castelsardo to Alghero

97 km ~ climb 1340mt

The route over the rolling hills of Anglona boasts some breath-taking views over the coast and Corsica. After the adrenaline kick descent of Scala di Giocca, you reach Alghero, arguably the nicest town in Sardinia, where you can celebrate the end of this fantastic road cycling trip.



Highlights of the day:

- The rolling hills of Anglona,
- The Castle of Osilo,
- The ancient Catalan town of Alghero.

Day 8 Departure

After breakfast, end of services.

2022 TOUR DEPARTURE DATES

Every Saturday all year round.

It is possible to start other days paying a supplement of €60, minimum 2 people.

2022 TOUR PRICE

Self-led Price per person low season	€825
Self-led Price per person high season (2 July – 2 September)	€985
Road Bike hire	€180
E-road bike hire (must be guaranteed by a cc)	€250
Single room supplement	€150
Non-Saturday departure supplement per person	€60

WHAT THE TOUR PRICE INCLUDES

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

Not included:

- Bike rental is not part of the basic tour package
- Admission to museums and archaeological sites
- Local Taxes (approx €10.00)

BIKE RENTAL (€180)



- 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.

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.

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.