

# Cycling Safaris

## Sardinia – Mine of Memories

### Self-guided Tour 2025

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

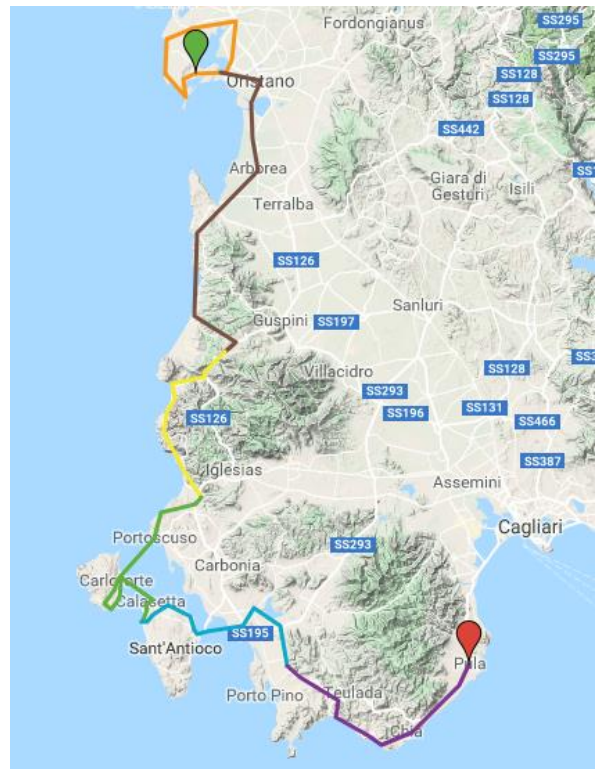
- The Sinis peninsula with the ruins of the ancient Tharros
- Costa Verde end the dunes of Piscinas
- The ancient mines of Sulcis
- The island of Carloforte and Sant'Antioco
- The Costa del Sud

**Starting point:** Cabras

**Finish:** Pula

**Departures:** Every Saturday, all year round.

Other dates available for a supplement of €80 per person.



#### 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

36 km / 68 km



Start your trip with an optional loop of the fascinating Sini wetlands where we will see colonies of pink flamingos, quartz beaches and reach one of the most beautiful spots on the island: 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**

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 – some of the highest in Europe.



**DAY 4**                      **Arbus ~ Gonnese : The Mines of Sulcis**

**41 km**

Your cycle takes you back into the ancient mining past of Sardinia, as you pass the fascinating abandoned mines of Planusartu and Acquaresi. After the golden beach of Portixeddu and looming mass of Pan di Zucchero cliff, you admire the old ore washery at Nebida: nestling in the varied colours of the Mediterranean bus, it looks out over the sea at the bottom of 540 steps.

**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 cycle 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. The tour heads along the Monte Pranu lake where you can savour the peace of the rolling plains of Sulcis.

**DAY 7:**                      **Sant'Anna ~ Pula : 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 16<sup>th</sup> Century tower and Cape Spartivento. At Nora you can visit the ancient Phoenician settlement.



**DAY 8:**                      **Departure day**

Tour ends after breakfast.

## 2025 TOUR DEPARTURE DATES

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Category B: Saturday start - all year round

Category A: Saturday start from 26th May - 11th October

Non-Saturday departure possible for a surcharge of 80.00 per person

## 2025 TOUR PRICE - Saturday departures

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### Category A:

€1040 per person sharing low season

€1220 per person sharing high season (5<sup>th</sup> July - 29<sup>th</sup> August)

€305 single room supplement

€495 solo traveller supplement

### Category B:

€800 per person sharing low season

€960 per person sharing high season (1st July - 1st September)

€185 single room supplement

€360 solo traveller supplement

### Bike hire:

€150 bike hire

€265 e-bike hire

Non Saturday departure supplement per person €80

## WHAT THE TOUR PRICE INCLUDES

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- 7 nights' accommodation in hotels/agriturismo, all rooms with ensuite bathroom
- 7 breakfasts
- Welcome meeting
- Luggage transfers from hotel to hotel
- Digital supply of routes and maps on Ride with GPS app
- Telephone assistance

### Not included:

- Bike rental (€150 hybrid bike, €265 electric bike)
- Admission to museums and archaeological sites
- Tickets for ferries to Carloforte and Calasetta.
- Local taxes: approx €10

## WHAT TO BRING

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- 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 be rented in advance)
- Sunglasses, sunhat, high protection sun cream, after sun cream.
- Swimming costume (essential for those afternoon dips!)
- Casual evening dressing

## Trekking Bike - Classic frame

- Great all terrain bike
- Comfortable riding position
- Shimano Deore group set
- Disc brakes
- Lockable front suspension
- Gel anatomic saddle
- Puncture free tyres



## Trekking Bike - Step-through

- Women's specific frame with shorter top tubes and taller head tubes
- Great all terrain bike
- Comfortable riding position
- Shimano Deore group set
- Disc brakes
- Lockable front suspension
- Gel anatomic saddle
- Puncture free tyres

## E-bike CUBE Tou- ring PRO 500

- Enjoy Sardinia with no sweat!
- Bosch Powerpack 500: battery range Up to 150km!
- Shimano SLX/XT/Deore mixed-group set + puncture free tyres!
- Disc brakes
- Rental must credit card protected!



## Bike Accessories

In the leisure cycling self guided tours, for each couple of bikes, we provide:

- 2 rear panniers Ortlieb Back Roller Classic
- 1 front bag Abus
- 2 bike odometers
- 2 complimentary Dolcevita 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.

### **In case of a mechanical problem:**

During the tour, should the bicycles have any type of technical problem that prevents you from continuing, you can contact us at the emergency numbers. Describe the occurred issue and we'll try to solve as soon as possible the problem and, if necessary, we'll suggest nearby mechanic where it will be possible to repair the failure. We ask you to go to a mechanic only after being authorized by Dolcevita. Should some service be necessary, pay for the service, keep the receipt and you will be refunded at the end of your tour. In case of a puncture no intervention or assistance will be provided. You will be given a proper puncture repair kit, which will enable you to intervene directly and solve the problem.

### **If you bring your own bike**

If you want to take the tour with your own bike, before you depart we suggest you to verify that all parts of the bike are functioning properly. A cycle computer is necessary to follow the road book. We also highly recommend you to bring a repair kit because the emergency number in case of breakdown cannot be used if you are using your own bike. Don't forget to bring a padlock and always lock your bike.

### **Activity level**

Cycling days: 6

3 easy stages (mostly flat)

2 medium stages (undulating)

1 challenging stage (hilly)

## BACK UP SERVICE

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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)

Cat B: Hotel Villa Canu -

[www.hotelvillacanu.com](http://www.hotelvillacanu.com)

Cat A: Alberto Diffuso Aquae Sinis

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

### ARBOREA (Night 2)

Cat B: Hotel le Torri -

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

Cat A: Hotel le Torri (superior room)

### ARBUS (Night 3)

Cat B: Agriturismo Sa Perda Marcada -

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

Cat A: Agriturismo Rocce Bianche -

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

### NEBIDA / GONESSA (Night 4)

Cat B: Locanda S' Anninnia -

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

Cat A: Lido degli spagnoli

[www.lidodeglispagnoli.com](http://www.lidodeglispagnoli.com)

Cat A: Luvia Rooms, Gonnessa

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

### CALASETTA / SANT' ANTIOCO (Night 5)

Cat B: MUMA Hostel

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

Cat A: Hotel Luci del faro -

[www.hotelucidelfaro.com](http://www.hotelucidelfaro.com)

### SANT'ANNA ARRESI / TEULADA (Night 6)

Cat B: Agriturismo Terranieddas

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

Cat A: Lu Hotel

[www.luhotel-portopino.it](http://www.luhotel-portopino.it)

### PULA (Night 7)

Cat B: Hotel Villa Madau -

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

Cat A: Lantana Resort

[www.lantanaresort.it](http://www.lantanaresort.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 = €90
- › Alghero - Cabras = €120
- › Oristano - Cabras = €35
- › Pula - Cagliari = €60
- › Pula - Cabras = €115