



The West of Sardinia - from Alghero to Cagliari

12 days / 11 nights

The beauty and charm of Sardinia becomes apparent during the first few kilometres of this enchanting cycle tour. An enchanting cycle tour through this charming Island, off the beaten track. From Alghero in the Northwest to Pula in the southeast. All along the west coast this route is a passage through the region's incredible history, marked by a succession of many civilizations.

YOUR PROGRAM

Day 1 - Arrival in Alghero

Arrival at Alghero airport. Transfer (not included) to your first lodging. Check-in and welcome.

Day 2 - Capo Caccia loop (54 km)

Ride along the narrow streets of Alghero, the splendid Aragonese (Spanish) city on the Coral Riviera, where locals still speak the ancient Catalan dialect. Cycle to Capo Caccia and explore the Nettuno caves.

Distance: 54 km

Day 3 - Alghero – Bosa (50 km)

From Alghero, bike along a scenic road above the cliffs overlooking the sea and admire the view of the gulf of Alghero and Capo Caccia. Emotions continue as you catch a glimpse of the cliffs of Cape Marargiu. Your day ends in Bosa, a medieval town famous for its fine embroidery and gold filigree works.

Distance: 50 km

Day 4 - Bosa – Santu Lussurgiu (55 km)

Today's route is flanked by vineyards and olive groves as far as Flussio and Tinnura, two small towns famous for their reed and wicker baskets and for their murales (wall paintings). Then on through the pasturelands of Sagama, with Mediterranean brush landscape stretching as far as the eye can see, until you reach the springs of San Leonardo, the area richest in water of the whole of Sardinia. At Santu Lussurgiu a well-deserved rest at a charming diffuse hotel, consisting of several tastefully restored old houses.

Distance: 55 km

Day 5 - Santu Lussurgiu – Cabras (54 km)

Today you will discover the splendid natural scenery of the Montiferru, a 'slow-food' area famous for its much appreciated Sardinian-Modican cows and its typical casizzolu, a stretched curd cheese. The land slopes down to the sea, bringing us to the Marine Protected Area of the Sinis, home to pink flamingo and herons. Here we take a dirt track flanking a series of white quartz beaches. Then on through a charming



fishermen's hamlet, where you will find one of the most important Early Christian churches in Sardinia, and continue to Tharros, a fascinating archaeological site on the sea shore, with a wealth of Phoenician and Roman remains.

Distance: 54 km

Day 6 - Cabras – Arborea (36/68 km)

Start your trip with an optional loop of the fascinating Sinis 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. Alternatively from Cabras go directly to the medieval historic centre of Oristano. From there on towards Arborea, cycling along the lagoon of S'ena Arrubia and along country lanes.

Distance: 38/68 km

Day 7 - Costa Verde and dunes of Piscinas (46/54 km)

Today you cycle to Piscinas, on the Costa Verde. From Arborea ride through a flat 8 miles across Dolcevita Bike Tours Between Land and Sea reclaimed farmland to the colourful fishing village of Marceddì. Rice, soft fruit and vegetables are grown for the cucinas of Sardinia. From Marceddì it becomes more undulating, with low hills and huge sand dunes skirting the coast. From Piscinas a long climb with spectacular scenery take us into the hills for a night in a cosy agriturismo overlooking the Monte Linas range.

Distance: 46/54 km

Day 8 - The mines of Sulcis (41 km)

Another tough day, but some glorious scenery to compensate! You start by flying down hill to the river Mannu, and the start of the miles of golden beaches of Portixeddu. To the left is the massif of Monte Linas, with the Costa Verde and erica covered sand dunes away on your right. After the unfortunately named mining town of Buggerru and the Pranu Sartu plateau is the charming Cala Domestica bay. Inland, the Marganai mountain group rises to almost 3,500 feet. After the 400 foot limestone cliffs of Pan di Zucchero, you arrive to Nebida, another old mining hamlet.

Distance: 41 km

Day 9 - The island of Carloforte (43 km)

A beautiful descent to Fontanamare followed by an undulating coastal ride to Portoscuso. Here, board the local ferry to Carloforte on Isola di San Pietro. There is time for a short itinerary around the island, exploring sandy coves and dramatic rocky headlands, tiny hamlets before rejoining the ferry to continue to equally unspoilt Sant' Antioco. Note that it is not possible to book the ferry in advance, and you will need to pay on arrival.

Distance: 43 km

Day 10 - Town and island of Sant'Antioco. (40 km)

A morning to laze by the pool or explore the coast nearby, or for a short cycle ride around the island with its wealth of coves and beaches, green meadows (or golden in the summer) and little villages. After a visit



to Sant'Antioco, cross back to the mainland, to visit the Pisan sanctuary at Tratalias - one of the most important monuments from the Romanesque period. From here you follow the shoreline of lake Monte Pranu and through the rolling plains of Sulcis. Once again, rugged mountains rise up to your left, to around 4,000 ft. Just before the village of Sant' Anna Arresi you reach your hotel, well sited overlooking the emerald green waters of the Golfo di Palmas. Nearby are the bright white beaches of Porto Pino, backed by dunes and Aleppo pine woods.

Distance: 40 km

Day 11 - South coast (57 km)

The longest day by distance, but gentle countryside across the rugged coastal plains of the Costa del Sud. This is a remote, wild and beautiful region of Mediterranean bush and coastal pools, gleaming white beaches and imposing cliffs. Cape Malfatano and Cala Piscinnì each boast a 16th C tower, while at Capo Teulada the spectacular cliffs rise more than 700 feet from a translucent sea. A short detour will take you to the beautiful beach of Su Giudeu in Chia, while at Pula is the important Phoenician city of Nora.

Distance: 57 km

Day 12 - Pula

After breakfast, end of services.

Possible transfer to Cagliari airport (optional).

Additional information

TARIFFS

Price from 1190 euros per person.

OPTIONS

High season supplement (23/06-06/09) : 280 euros per person.

Single room supplement, if part of a party : 220 euros per person.

Non Saturday departure : 70 euros per person.

Transfer from Alghero airport to 1st hotel (2 persons min. - extra person: -50%) : 25 euros per person.

Transfer from Olbia airport to 1st hotel in Alghero (2 persons min. - extra person: -50%) : 100 euros per person.

Transfer from last hotel to Cagliari airport (2 persons min. - extra person: -50%) : 50 euros per person.

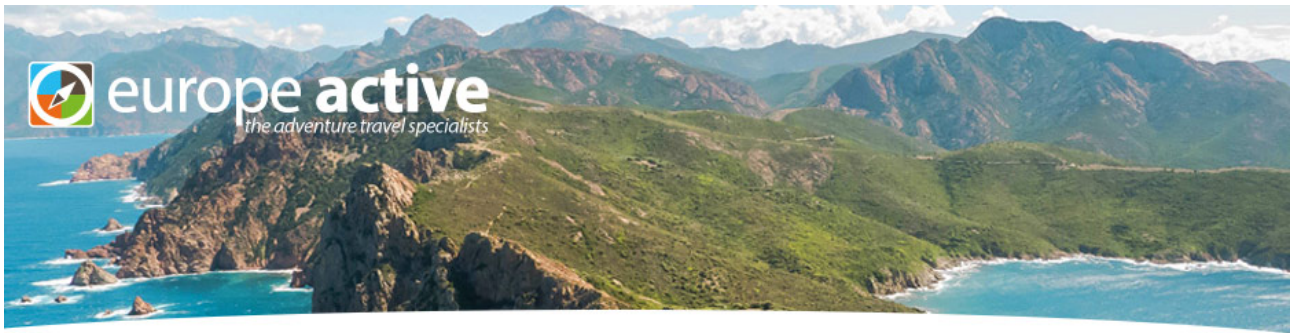
Transfer of personal bike : 15 euros per person.

Bicycle rental : 180 euros per person.

E-bike rental : 350 euros per person.

INCLUDED

- 11 Nights in 3-star hotels and Agriturismo with en suite bathroom
- 11 Breakfasts
- Tour presentation (welcome meeting/call)



- Transfer at the end of day 7 (optional)
- Baggage transportation from hotel to hotel
- Supply of road notes and maps
- Telephone assistance

NOT INCLUDED

- Local Taxes (approx 10 €)
- Admission to museums and archaeological sites
- Tickets for ferries to Carloforte and Calasetta
- Anything not mentioned in the including price

LEVEL OF DIFFICULTY

Daily distance between 38 and 68 km.

E-bike rental available.

CARRYING

Luggage transfers by vehicle. You only need to take your day bag with you (for picnics, cameras etc.).

ACCOMMODATION

Accommodation for 11 nights in 3-star hotels and Agriturismo with en suite bathroom.

SIZE OF GROUP

From 2 people

DEPARTURES

Every Saturday departure all year round, it is possible to start other days paying an extra cost.

DEPARTURE

At your first hotel.

A transfer from Alghero or Olbia airport is possible on request.

DISPERSION

On Day 12, after breakfast.

A transfer to Cagliari airport is possible on request.

HOW TO GET THERE

By plane to Alghero.