

# Cycle in Sardinia

Trip code: SW



## Overview

 Total 5 days

 Villa/hotel

 Difficulty: 

 Cycling 3 days

 Italy

 March - October

Experience the incredible natural beauty of Sardinia, the *'land of silence'* on two wheels. Crystal-clear white sandy beaches, blue skies, stunning limestone outcrops, ancient settlements and impeccable asphalt - this is truly a cyclist's dream destination. During this five day trip you'll be based in a locally-owned villa in the pretty village of Tresnuraghes where our hosts will introduce us to the unique Sardinian culture and cuisine. Each day will be different, with routes along beautiful coastline and through wild mountainous vistas, each evening will present an opportunity to sample some of the finest cuisine in Italy.

## Highlights

- Beaches of crystal-clear turquoise sea and soft white sand
- The wild and rugged mountains of central Sardinia
- Relaxing in the pool after a long day in the saddle
- The multi-coloured buildings lining the river *Temo* in Bosa
- The outstanding hospitality of our villa hosts in Tresnuraghes
- Immaculate tarmac ascents and descents in the sun

# Detailed Ride Itinerary

## Day 1: London - Cagliari - Tresnuraghes

The tour begins at Cagliari where you'll be met at the airport by the More Adventure team. They'll load your bicycles and luggage onto the support vehicle then you'll be transferred to our villa in Tresnuraghes which is two hour's drive. You'll be introduced to our hosts and checked in before having the opportunity to build your bicycles and relax in the beautiful grounds of the hotel. It may be possible for a short warm up ride into the surrounding hills this afternoon, but this will depend upon flight times and unforeseen delays.

## Day 2: Tresnuraghes - Alghero 35 miles & ̳3000 feet

After breakfast in the villa, we begin our first ride on this magical island. Heading north we begin with a descent to the river *Temo* and into one of Sardinia's most attractive villages, Bosa. This charming village is popular with tourists who flock to the beach at *Bosa Marina* and marvel at the multi-coloured buildings that line the river mouth. Following the coastline north, we begin our first climb of the day which finishes near a parking area with stunning views of the rugged coastline below. After a short descent, the road undulates for the last ten miles, with jaw dropping vistas at each turn. We'll soon reach Alghero where we'll stop for lunch. You can either catch a local bus back to the hotel, or ride back along this incredible coastal road. There may also be the option of tackling a more challenging route inland through the mountains back to Tresnuraghes.

## Day 3: Tresnuraghes - Sinis Wetlands loop 52 miles & ̳2400 feet

Our route today's head south from Tresnuraghes to the Sinis Peninsula which boasts over 56 miles of coastline ranging from sandy beaches to calcareous cliffs and rocky bluffs. We reach the high point of the day at just seven miles, after which an exhilarating downhill leads to the sea at Santa Caterina di Pittinuri. Our first stop is S'Archittu, home to an impressive natural limestone bridge, here we'll stop for coffee. Continuing south, we'll drop into *Is Arutas*, a stunning white quartz beach which will be difficult to leave! At the most southerly point of the peninsula is *Tharros*, an ancient city that is now an open air museum and 8th century archaeological site. Nearby lies *Laguna di Mistras*, a breeding ground for gulls and flamingoes, and a very popular bird-watching spot. From Crabas at 45 miles, you then have the option of cycling back via a slightly different thirty-mile route, or riding three miles to Donigala Fenughedu for a bus back to the villa at Tresnuraghes.

## Day 4: Tresnuraghes - Pozzomaggiore loop 47 miles & ̳4400 feet

We head inland into the mountains today, beginning with a descent to Bosa where we cross over the island's only waterway, the *Temo* river. From here we begin to climb on impeccable asphalt through Mediterranean shrubland to Montresta, just beyond the summit of the pass and perched on a saddle amongst cork trees. We'll stop here for a quick rest before a fantastic descent back down to the river *Temo*. We then climb to the ancient village of Padria then onto Pozzomaggiore on the Mejlogu plateau. The village of Pozzomaggiore has a rich history of horsemanship. The *Ardi di San Constantino* is held here each July, an equestrian event that includes several races and amazing displays of horsemanship. After some lunch we descend for a short distance before the final undulating few miles to the villa. There is an option just after lunch to extend the ride depending on how everyone is feeling.



## Day 5: Tresnuraghes - Cagliari

Depending on the time of your flight, there may be one last opportunity to squeeze in a short ride before packing up bikes for your journey home. You will be transferred from Tresnuraghes to Cagliari airport for your flight home which is where the trip ends and we say our goodbyes.

*This itinerary is a guide only and can sometimes be subject to change due to unforeseen circumstances. Whilst we endeavour to uphold the proposed daily mileages, this cannot be guaranteed due to changes to hotel bookings.*

### Included

- Cycle leader (s)
- 4 x night's hotel/villa accommodation
- 4 x breakfasts
- Bicycle mechanical support
- First Aid cover
- All luggage transported during your trip
- Transfers from/to the airport
- GPX files of the route (if requested)

### Not Included

- Bicycle and Helmet
- Lunches, evening meals and drinks
- European Health Card  
([www.ehic.org.uk/Internet/home.do](http://www.ehic.org.uk/Internet/home.do))
- Travel Insurance



## Trip Notes

### Trip suitability

You will be cycling for between six and eight hours each day but this is not a race! This is a group trip and we like to cycle as such. You will be cycling through rolling countryside which can be hilly, and the pace will be determined by your Cycle Leader. If you are unable to keep to this moderate pace, you will be asked to travel in the support vehicle.

You must prepare before coming on the trip, anything cardiovascular will help as will of course cycling. Importantly you need to do some 8+ hour cycles so you will know what is required. **You will need to get some hill practice in, particularly for the first day's ride!**

We can provide you with a training plan but you will need to be comfortable cycling for several hours at a time through hilly terrain. If you are unsure or require our training plan, please contact us on [info@moreadventure.co.uk](mailto:info@moreadventure.co.uk).

A link to our trip grades that explains in depth our star rating is here:  
[www.moreadventure.co.uk/cycling-grades](http://www.moreadventure.co.uk/cycling-grades)

## Weather & Climate

The weather can vary hugely on this trip so it is essential that you are prepared for sunny (fingers crossed) and poor weather as it can rain at any time of the year and mornings can be chilly. Our recommendations on what clothing to bring will be issued upon booking.

## Health

Your health and safety is our number one priority during any trip with More Adventure. For this reason, our leaders are the very best in the business, they all hold relevant outdoor First Aid Certificates and have hands-on practical medical experience in a variety of environments.

**It is recommended that you visit your GP well in advance to discuss your trip and any pre-existing medical conditions you have.** We will require a comprehensive medical declaration form that may need to be verified by your GP.

## Insurance

Personal travel insurance is compulsory on any More Adventure trip. As a minimum, we require your cover to include medical expenses including emergency repatriation. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and damage/loss of luggage and personal effects (including your bicycle). [John Lewis](#) have Single Trip Cover Insurance plans for between £7 and £15. Click [here](#) to find out more.



We also recommend you take out bicycle insurance for this trip. If you're looking for reasonably-priced, specialist bicycle insurance, we have teamed up with [Yellow Jersey Cycle Insurance](#).

They offer specialist cover for bicycles includes all the standard cover you'd expect but also cover other things like race fee cancellation, crash damage, wheels cover and even theft from inside a vehicle. Use the code **MOREADV5** for 5% off.

You must also bring a European Health Card ([www.ehic.org.uk/Internet/home.do](http://www.ehic.org.uk/Internet/home.do)) which are free and give you access to free healthcare anywhere in Europe.

**Please be aware that your More Adventure leader will be checking your insurance documents on the first day of this trip and may refuse you to join the trip if your insurance cover is insufficient.** The insurance company's 24 hour emergency contact number will need to be seen by your leader.

## Money

Lunches will cost between £6 and £10. Evening meals each evening tend to cost between £15 and £20. You will also need to budget for any extra excursions. You will need Euros to spend in Sardinia.

## Accommodation

Accommodation for this trip is in an excellent quality, comfortable and locally owned villa in Tresnuraghes. This is based upon twin sharing unless a single supplement is paid. All rooms have hot water showers and excellent amenities, there is also an outdoor pool. The single supplement for this trip is £310 and can be added upon booking (subject to availability).

## Food

We will eat breakfast in the villa, this will generally be continental-style with hot drinks and juices. Lunches will be eaten at local cafes and restaurants during riding days, there may also be the opportunity for coffee stops along the routes. We will also be stopping at shops along the way for people to buy snacks and drinks.

Evening meals and drinks are not included and we will give you the opportunity to eat out as a group at a local restaurant each evening. We will experience delicious Sardinian cuisine at the villa on at least one of the evenings. Approximate costs per evening meal £15 and £20.

## Bicycles

If you are planning on bringing your own bicycle for this trip then you will need to pack it for your flight. There are numerous ways of doing this, but one of the easiest is to hire or buy a hard plastic bike box. You will then need to dismantle the bicycle to fit into the box and reassemble once you reach your destination. Some airlines count a bicycle box as normal checked-in hold luggage, with other airlines a supplement is required. Further information and tips for flying with a bicycle will be issued upon booking.

It is also possible to rent good quality road bikes from our hosts for 19 Euros per day. Please email [info@moreadventure.co.uk](mailto:info@moreadventure.co.uk) for further information.

## Equipment

We recommend road bicycles for this trip. Please contact us if you are unsure whether your bike is suitable.

Bikes are not included in the price. It is very important that your bike is in good working order and that you bring plenty of spares. Please bring at least four spare inner tubes. Your Cycle Leader will assist you with any minor bicycle repairs.

You must bring suitable, reasonably new tyres (e.g. Continental Gatorskin, Bontrager AW3 Hardcase; Schwalbe Marathon Plus). We recommend using [Wiggle \(click HERE\)](#) or [Chain Reaction Cycles \(click HERE\)](#) for the best value and quality in cycling clothing and equipment.

We do not provide helmets but we strongly recommend you bring your own to wear.

## Clothing

It is crucial to be prepared for the weather! The trip will continue in all but the absolute worst of weathers. Generally the best clothes to wear while cycling are light and comfortable. Please bring a lightweight waterproof top and a lightweight windproof top. Make sure you bring enough clothes for each day's cycling and for evening meals. Better to "have and not need than to need and not have"!

## Luggage

In addition to a medium suitcase or holdall, please bring a suitable bag to carry waterproof, windproof and snacks whilst cycling. This could be a [small pannier](#), a daysack, a [large saddlebag](#) or [handlebar bag](#).

## Leaders

This trip is led by at least one experienced and qualified cycle leader who will cycle with the group at all times. They guide and encourage the group, and help deal with any bicycle mechanicals.

*This trip will run on a minimum number of 8 persons. Please do not book any transport to/from the trip until it has been confirmed by email that it will run.*

## How to book

1. Find a date that suits you on our website
2. Click '*Book Now*'
3. Fill in your personal details (if you are booking for a group, or if you wish to share with a specific member of the group, there is an option here to do so here)
4. Fill in your medical details
5. Invite your friends if you wish!
6. Click on '*Make Payment*' and securely pay through Worldpay
- 7. Congratulations - you've now secured your place!**
8. You will receive a confirmation email and further information about the trip