

# Sardinia West Coast Explorer

Trip code: SWE



## Overview

 Total 6 days

 Villa/hotel

 Difficulty: 

 Cycling 4 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. During this six day trip you'll explore the wild west coast of this fabulous Italian island from north to south. Each day is different, showcasing the very best of this unique region, with routes along the beautiful coastline and also through lush mountainous vistas. Coupled with a rich and colourful history, delicious Italian food and warm Sardinian hospitality, this is truly a cyclist's dream destination.

## Highlights

- Beaches of crystal-clear turquoise sea and soft white sand
- The wild and rugged mountains of the *Emerald Coast*
- The rich history and character of numerous authentic Sardinian old towns
- Relaxing in the pool after a long day in the saddle
- The multi-coloured buildings lining the river *Temo* in Bosa and in Carloforte
- Viewing aquatic birds of the world-famous Costa Verde lagoons
- Immaculate tarmac ascents and descents in the sun

# Detailed Ride Itinerary

## Day 1: Arrive in Cagliari, transfer to Alghero

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 hotel for the night in Alghero on the northwest coast.

## Day 2: Alghero - Tresnuraghes

41 miles & 4000 feet / 65km & 1200m

After breakfast in the hotel, we begin our first ride on this magical island. Although a relatively short day, there are a few hills to overcome today and the scenery is certainly worth stopping for! We keep the sea to our right as we pedal south along the rugged coastline, with sweeping descents, stunning rocky outcrops, plenty of wildlife, and jaw-dropping vistas at each turn. The ride ends with a descent to the pretty town of Bosa on the river *Temo* before a climb up from the sea to our charming villa in Tresnuraghes.

## Day 3: Tresnuraghes - Oristano

56 miles & 2700 feet / 88km & 800m

Our route today's head south from Tresnuraghes to the Sinis Peninsula which boasts over fifty-six miles of coastline ranging from sandy beaches to calcareous cliffs and rocky bluffs. Today is slightly longer but the climbs of the day are all over in the first few miles. Our first stop is S'Archittu, home to an impressive natural limestone bridge where we'll stop for coffee and marvel at the stunning turquoise water below. We reach the high point of the day at just eleven miles, after which an exhilarating downhill leads to the sea at Santa Caterina di Pittinuri. We'll soon reach the Sinis Peninsula, a marine protected lowland area home to numerous lagoons with some gloriously flat sections of tarmac to get stuck into. 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. It's a short ride from here to our overnight stop in Oristano, a provincial capital and home to *Sartilla*, a 500-year old equestrian tournament held annually.

## Day 4: Oristano - Guspini

55 miles & 3300 feet / 87km & 1000m

From Oristano our route heads southeast, passing a large lagoon named *Stagno di Santa Giusta*, home to grey heron, mallards and countless other wetland birds. Each summer the lagoon hosts the *Regata de is Fassonis* that sees fishermen race across the water on ancient boats. We'll soon reach Marceddì, a charming fishing village beside the calm waters of Laguna di Marceddì, where we may encounter purple herons, coots, mallards and western swamphens amidst the reed beds. Our route heads inland as we tackle the climbs of the day skirting Monte Arcuenta to the mining town of Montevecchio. This area was once the most important mining area in Italy with 1100 active workers in 1865. The mines were eventually closed and only ruins remain, some of which can be seen as we descend from the hilltops to our overnight stop in Guspini.



## Day 5: Guspini - Portovesme - Carloforte - Sant Antioco

55 miles & 4600 feet / 87km & 1400m

We head back out to the coast today, through the pretty town of Arbus before a dazzling descent joins the river Mannu to the sea at Portixeddu. Here we'll stop for coffee overlooking the stunning beach and dunes of this off-the-beaten-track gem of western Sardinia before continuing along the jaw-dropping coastal road to the village of Buggerru. Shortly after we tackle the main climb of the day through rocky limestone outcrops and mountainous agricultural land followed by a thrilling descent to Nebida. It is along this road that we'll see *Pan di Zuccheru*, a huge stack of limestone that is reminiscent of Sugarloaf Mountain in Rio de Janeiro, Brazil. Back down at sea level we'll continue to the port at Portovesme where we'll board a ferry to Carloforte, an enchanting island village that boasts colourful buildings and rich marine history. Here we'll have the option of a short circular route around the island or simply relaxing in the village before boarding our second ferry to Calasetta on the largest island of Sardinia, *Sant Antioco*. It is then a short flat ride to our hotel in Sant Antioco, a charming seaside town with rich marine history that included boat building, sail-making, salt harvesting and, of course, fishing. The *Sagra di Sant'Antioco* is the oldest religious festival in Sardinia and is held each Easter. Locals, pilgrims and animals from all over Sardinia sing and dance throughout the town in traditional costumes, celebrating the life of the protector and patron saint of the island, Sant Antioco.

## Day 6: Sant Antioco - Cagliari

After breakfast we'll be transferred to Cagliari airport for our flights 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
- Support driver and vehicle
- 5 x night's hotel/villa accommodation
- 5 x breakfasts
- Bicycle mechanical support
- First Aid cover
- All luggage transported during your trip
- Airport transfers from Cagliari to Alghero
- Airport transfers from Sant Antioco to Cagliari
- Ferry from Portovesme to Carloforte
- Ferry from Carloforte to Calasetta
- GPX files of the route (if requested)

## Not Included

- Flight to/from Cagliari
- Bicycle and Helmet
- Lunches, evening meals and drinks
- 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).



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.

**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 £8 and £10. Evening meals tend to cost between £15 and £20. You will also need to budget for any extra excursions and snacks. You will need Euros to spend in Sardinia.

## Accommodation

Accommodation for this trip is in good quality, comfortable hotels and villas. 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 in a couple of our stops. The single supplement for this trip is £255 and can be added upon booking (subject to availability).

## Food

We will eat breakfast in the hotel/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 may also be possible to rent good quality road bikes for this trip. 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. In addition to this, another leader drives the support vehicle offering assistance where necessary and transfers all luggage from one hotel to the other.

*This trip will run on a minimum number of 10 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