

TRIP ITINERARY · CYCLING · SARDINIA, ITALY

# CYCLING IN SARDINIA

Three days of quiet roads from a family-run villa in Tresnuraghes: the Alghero coast road, the Sinis Peninsula and the cork-oak mountains.

| 5 days | 3 | 134 miles | Hotels | ★★★☆☆ | April – June, September – October |
|---|---|---|---|---|---|
| DURATION | DAYS RIDING | DISTANCE | ACCOMMODATION | DIFFICULTY | SEASON |

## OVERVIEW

**White sand beaches, blue skies, limestone outcrops, ancient settlements and impeccable asphalt: Sardinia is a cyclist's dream, and a family-run villa makes the perfect base.**

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.

★★★★★

*"Tremendous organisation and top quality adventure management. Skilled and experienced, Tom and his team were always on top of the ride and quick to adapt. Very personable and always helpful. Definitely recommend them."*

**Brian Kalms · Google review**

## HIGHLIGHTS

- ✓ London – Cagliari – Tresnuraghes
- ✓ Tresnuraghes – Alghero
- ✓ Tresnuraghes – Sinis Wetlands loop
- ✓ Tresnuraghes – Pozzomaggiore loop
- ✓ Tresnuraghes – Cagliari

## DATES & BOOKING

**See the latest dates, availability and book online at moreadventure.co.uk/event/cycling-in-sardinia/**

DAY BY DAY

# DETAILED ITINERARY

1

ARRIVAL DAY | OVERNIGHT: TRESNURAGHES | TRANSFER FROM CAGLIARI

## DAY 1: ARRIVE IN CAGLIARI, TRANSFER TO 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.

2

35 MILES (56 KM) · 3,000 FT | OVERNIGHT: TRESNURAGHES | BOSA

## DAY 2: TRESNURAGHES – ALGHERO



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.

3

52 MILES (84 KM) · 2,400 FT | OVERNIGHT: TRESNURAGHES | S'ARCHITTU

## DAY 3: TRESNURAGHES – SINIS WETLANDS LOOP

Our route today heads 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.

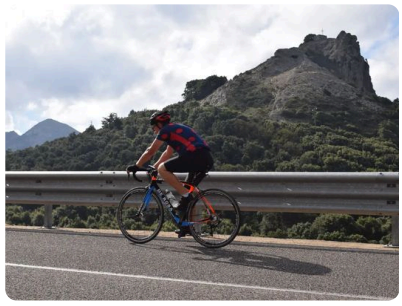


4

47 MILES (76 KM) · 4,400 FT | OVERNIGHT: TRESNURAGHES

## DAY 4: TRESNURAGHES – POZZOMAGGIORE LOOP

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.

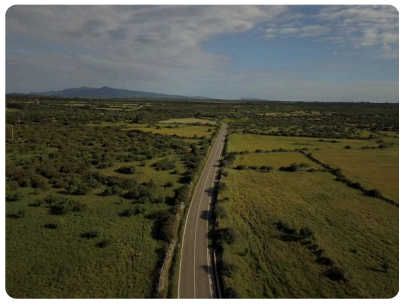


5

TRIP ENDS | TRANSFER TO CAGLIARI

## DAY 5: TRESNURAGHES TO 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.



THE ROUTE

# RIDES FROM TRESNURAGHES




| | |
|---|---|
| **Day 2 · Tresnuraghes → Alghero** | **35 miles** |
| **Day 3 · Tresnuraghes → Sinis Peninsula** | **52 miles** |
| **Day 4 · Tresnuraghes → Pozzomaggiore** | **47 miles** |

GPX files of the full route are emailed when the trip is confirmed.

### GRADE: MODERATE ★★★☆☆

See our cycling grades at moreadventure.co.uk. If you're unsure whether this trip is right for you, give us a call.

## INCLUDED

- ✓ Cycle leader(s)
- ✓ 4 x night's hotel/villa accommodation
- ✓ 4 x breakfasts
- ✓ Bicycle mechanical support
- ✓ First Aid cover
- ✓ Transfers to and from Cagliari airport
- ✓ GPX files of the full route (emailed when the trip is confirmed)
- ✓ Joining instructions and kit lists
- ✓ Financial protection in accordance with the 1992 Package Travel Regulations
- ✓ Risk assessments and event insurance

## NOT INCLUDED

- × Bicycle and Helmet
- × Lunches, evening meals and drinks
- × UK GHIC or EHIC health card
- × Travel Insurance

**Bike hire:** Good road bikes can be hired at the villa (about €19 a day).

**Flights:** Not included: fly into and out of Cagliari.

## GOOD TO KNOW

# TRIP NOTES

## HOW TO BOOK

1. Choose a date on our website and click ‘Book now’
2. Fill in your details (you can book for a group) and your medical details
3. Pay a 40% deposit securely by card to secure your place
4. You’ll get a confirmation email with further trip information
5. Pay the balance no later than 5 weeks before the trip, in instalments or in one go

**Questions? We’re happy to help.**

**Call** 020 8720 6607

**WhatsApp** 07719 224663

**Email** info@moreadventure.co.uk

**Web** moreadventure.co.uk

This itinerary is a guide and may change due to unforeseen circumstances. Please don’t book travel until we’ve confirmed by email that the trip will run.