

TRIP ITINERARY · CYCLING · SARDINIA, ITALY

SARDINIA WEST COAST EXPLORER

Alghero to the island of Sant'Antioco in four days of riding: wild coast roads, white beaches, flamingo lagoons and two island-hopping ferries.

6 days

DURATION

4

DAYS RIDING

207 miles

DISTANCE

Hotels

ACCOMMODATION

★★★★☆

DIFFICULTY

April – June,
September –
October

SEASON

OVERVIEW

Explore the wild west coast of Sardinia from north to south: coast roads, white sand beaches, ancient hilltop towns, turquoise sea and warm Sardinian hospitality.

This is an incredible cycling journey along the Emerald Coast of western Sardinia, from Alghero in the north to the unique island of Sant Antioco in the south. Jaw-dropping coastal roads, fabulous food, ancient hilltop towns, turquoise Mediterranean sea, silky white sand beaches, warm Sardinian hospitality and magnificent marine wildlife. Experience the delights of the land of silence on two wheels on this unforgettable European adventure.

★★★★★

"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

- ✓ Arrive in Cagliari, transfer to Alghero
- ✓ Alghero – Tresnuraghes
- ✓ Tresnuraghes – Oristano
- ✓ Oristano – Guspini
- ✓ Guspini – Portovesme – Carloforte – Sant Antioco
- ✓ Sant Antioco – Cagliari

DATES & BOOKING

See the latest dates, availability and book online at

moreadventure.co.uk/event/cycling-in-sardinia-west-coast-explorer/

DETAILED ITINERARY

1

ARRIVAL DAY

OVERNIGHT: ALGHERO

TRANSFER FROM CAGLIARI

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. If you've flown directly to Alghero we'll meet you at the hotel.



2

41 MILES (65 KM) · 4,000 FT

OVERNIGHT: TRESNURAGHES

DAY 2: ALGHERO – TRESNURAGHES

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.



3

56 MILES (88 KM) · 2,700 FT

OVERNIGHT: ORISTANO

DAY 3: TRESNURAGHES – ORISTANO

Our route today heads 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 Sartiglia, a 500-year old equestrian tournament held annually.



4

55 MILES (87 KM) • 3,300 FT

OVERNIGHT: GUSPINI

DAY 4: ORISTANO – GUSPINI

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.



5

55 MILES (87 KM) • 4,600 FT

OVERNIGHT: SANT'ANTIOCO

TWO FERRIES

DAY 5: GUSPINI – PORTOVESME – CARLOFORTE – SANT'ANTIOCO

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 Zucchero, 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.



6

TRIP ENDS

TRANSFER TO CAGLIARI

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.



THE ROUTE

ALGHERO TO SANT'ANTIOCO



Day 2 • Alghero → Tresnuraghes **41 miles**

Day 3 • Tresnuraghes → Oristano **56 miles**

Day 4 • Oristano → Guspini **55 miles**

Day 5 • Guspini → Sant'Antioco **55 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
- ✓ 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 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

GOOD TO KNOW

TRIP NOTES

TRIP SUITABILITY

Four days of 41–56 miles on rolling coastal roads with some good climbs. You should be a regular rider comfortable with consecutive days in the saddle.

HEALTH

Your health and safety is our number one priority. Our leaders hold outdoor first aid certificates and have hands-on medical experience. Visit your GP well before the trip to discuss any pre-existing conditions. We ask for a medical declaration when you book.

NOT INCLUDED

- ✗ Flight to/from Cagliari
- ✗ Bicycle and Helmet
- ✗ Lunches, evening meals and drinks
- ✗ Travel Insurance

Fly into Alghero?: If you fly directly to Alghero, we'll meet you at the hotel.

Bike hire: Ask us about road bike hire.

INSURANCE

Personal travel insurance is compulsory and should be in place before you book. As a minimum it must cover medical expenses, including emergency repatriation. We strongly recommend it also covers cancellation, curtailment and loss or damage to luggage and equipment.

LEADERS

Experienced, qualified leaders run every trip, with back-up support where the trip needs it. They guide and encourage the group and look after the logistics so you can enjoy the adventure.

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

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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.