

West Sardinia - Biking Alghero to Cagliari

12 days / 11 nights

An enchanting cycle tour offering the beauty and charm of Sardinia. Discover a beautiful ride 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 PROGRAMME

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, over which the last examples of griffin vultures circle. 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 richest area in water of the whole 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.

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Distance: 54 km

Day 6 - Cabras - Arborea (36/68 km)

Start your trip with an optional loop of the fascinating San Giovanni 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 to 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 will cycle through the natural beauties of the Costa Verde to Piscinas. From Arborea, you will cross a 13 kilometres long flat area. From Marceddì the landscape becomes more hilly, with low hills and sand dunes over 50 metres high. From Piscinas, a long climb with spectacular scenery takes us up into the hills for a night in a cosy agriturismo overlooking the Monte Linas.

Distance: 46/54 km

Day 8 - The mines of Sulcis (41 km)

Another tough day with beautiful scenery! This stage takes you back to the ancient mining basin of Sardinia. After the golden sandy beach of Portixeddu and the cliff of Pan di Zucchero, you will admire the old ore washing plant of Nebida.
Distance: 41 km

Day 9 - The island of Carloforte (43 km)

After a beautiful descent to Fontanamare, you will arrive in Portoscuso and board the local ferry to Carloforte, where the locals still fish the bluefin tuna. From Carloforte, continue to the island of Sant'Antioco and end your day in Calasetta.

Distance: 43 km

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

Enjoy a morning lazing by your hotel's pool or explore the island of Sant'Antioco on foot or by bike to discover its coves, beaches, green meadows and small villages. Back on the mainland, in Tratalias, visit the Pisan Sanctuary, one of the most important monuments of the Sardinian Romanesque period. Afterwards, you will follow the shore of Lake Monte Pranu through vineyards and olive groves enjoying the quietness of the undulating plains of Sulcis.

Distance: 40 km

Day 11 - South coast (57 km)

The final bouquet of your stay is the magnificent Costa Del Sur with its white sandy beaches. You will discover this remote, wild and beautiful region of Mediterranean bush, natural pools and imposing cliffs. A short diversion will take you to the beautiful Su Giudeu beach in Chia, while in Pula you can visit the ancient Phoenician town of Nora.
Distance: 57 km

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Day 12 - Pula

After breakfast, end of services.
Possible transfer to Cagliari airport (optionnal).

Additional information

TARIFFS

Price from 1250 euros per person.

OPTIONS

High season supplement (02/07-02/09) : 270 euros per person.
Single room supplement : 220 euros per person.
Non saturday departure supplement : 70 euros per person.
Bicycle rental (€20 each additional day) : 200 euros per person.
E-bike rental (€30 each additional day) : 350 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%) : 95 euros per person.
Transfer from last hotel to Cagliari airport (2 persons min. - extra person: -50%) : 45 euros per person.
Transfer of personnal bike : 15 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 36 and 68 km.
E-bike rental available.

LUGGAGE

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

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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.

EQUIPMENT TO TAKE
ADVISED MATERIAL TO TAKE WITH YOU (non-exhaustive cheklist) :

As a good preparation is key to a successful stay, here are a few tips to ensure that your trip takes place in optimal conditions.

BIKES
In order that your stay does not turn into a mechanical training course, it's advisable to carry out a meticulous revision of your bike before going on a tour :
- the tyres are well inflated and in good condition
- cables and chain are in good condition
- the transmission elements are clean and oiled
- there are no leaks in the suspensions
- the wheels are well tightened
- the brakes are in good condition (wear + possible leaks)
- the headset has been checked
And don't forget that anomalies are easier to spot on a cleaned bike…

REPAIR MATERIAL
To avoid mechanical problems, it's better to be far-sighted and always carry the basic equipment of a biker:
- 2 inner tubes (puncture sealant is strongly recomended, or puncture sealant strips)
- a pump
- tire irons
- an inner tube repair kit consisting of patches and glue

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- a multi-tool
- a small wrench
- a piece of tire

Also, you can prepare your own toolbox which we transfer with your luggage. You will put in it the following items :
- a brake cable (front and rear)
- a derailleur cable
- a tyre
- one derailleur hanger
- chain oil
- a rag

EQUIPMENT
As you can't judge a book by its cover, cycling slinky shorts won't help you to turn into a cycling champion. However, a minimum of specific bike equipment will be necessary in order to be comfortable :
- a helmet
- glasses
- suitable shoes (no smooth soles)
- a cycling short or short
- a breathable tee-shirt (try to avoid cotton)

DAY BACKPACK
Because it's unpleasant to ride with a too loaded backpack, it's better to think carefully about the necessary things to bring in the backpack for the day:
- a water bag and/or a flask and/or water cans on the bike (2L/day/person minimum)
- provisions (energy bars, dried fruits...)
- the basic repair material for your bike (see above)
- a windbreaker (waterproof)
- picnic
- a headlamp
- a knife
- sun cream (+ lip protection)
- toilet paper
- a first-aid kit (see below)
- your mobile phone + an external battery
- a rubbish bag

PICNIC
In order to avoid unnecessary waste at picnic time, remember to take with you :
- an airtight box (0.5L) with initials marked on the lid and on the box + wide elastics
- reusable cutlery (fork and pocketknife)

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TRAVEL BAG

Your luggage is transferred during the day and you will find it every evening at your hotel. It is preferable that your travel bag contains the following items :

- a sleeping bag liner (stays in gîtes)
- a change of clothes
- a pair of light shoes for the evening
- a large jumper or fleece jacket
- a small toilet bag with a towel

FIRST-AID KIT

Concerning all our guided stays, the instructor has a first aid kit.

However, it is essential to bring your own first aid kit.

Here is a list of the minimum items to take with you:

- disinfectant
- gauze strips
- plaster
- protective cream for the buttocks
- your personal medicines
- micropur pastilles (water disinfectant)
- a survival blanket

A more complete first-aid kit should be formulated with your doctor.

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