

ITALY: SARDINIA – EXPLORING THE NORTH WEST COAST

8-days / 7-nights inn-to-inn **SELF-GUIDED** cycling from Alghero to San Salvatore



This is one of the most spectacular coastal rides in the Mediterranean. It offers breathtaking views, sandy beaches, lush vegetation dotted with colourful flowers, stunted forests, the chance to see rare European vultures and other rare bird species and to explore small towns and farming or fishing settlements with history, culture and traditions that go back centuries. Sardinia is a place full of contrasts and its rugged west coast will be the cycling holiday that you will talk about for years to come.

Sardinia is the second largest island in the Mediterranean and has a mild climate along the coasts, plains and low hills and a continental climate on the interior plateaus, valleys and mountain ranges. During the year there are approximately 135 days of sunshine, with some rainfall in the winter and autumn, with some showers in the spring. The average temperature is between 11 to 17°C with mild winters and hot summers on the coasts.

Highlights: The historic towns of Alghero, Bosa and Santu Lussurgiu, the sacred well of Santa Cristina, colonies of rare griffon vultures, the Slow Food district of Montiferru, the Sinis wetlands with flamingos and a host of seabirds and the Tharros archaeological site

Departs: Any Saturday all year round (Sunday to Friday departures are available for an additional cost).

Cost from: **\$1480** per person twin share, Saturday departures.
\$1615 per person twin share, Sunday - Friday departures.

High season supplement: \$355 (for departures between 27th June and 4th September 2020)

Single room supplement: \$330

Solo traveller supplement: \$220

E-Bike hire available: \$185 per bike per week

Includes: 7 nights' accommodation in 3-star hotels with own bathroom; continental buffet style breakfast; daily baggage transport; welcome briefing and bike fitting; multi-gear bike hire with panniers, bike computer (one per couple) and tool kit; route notes and maps; emergency telephone assistance.

Not included: Local transport arrangements on arrival and departure, all lunches and dinners, local taxes (@ €10 per person), personal expenditure such as drinks, admission into museums and archaeological sites.

Difficulty: This tour is graded moderate to challenging with undulating coastal terrain with limited stops in some areas of national park. In summer, warm temperatures can make the routes seem more difficult.

Access: There are regular flights with low-cost airlines from many European countries to Sardinia and daily flights to Alghero from Pisa, Milan and Rome. Other major carriers fly to the capital Cagliari and there are (limited) train and bus connections between major centres.

Call OUTDOOR TRAVEL on 1800 331 582 for details or reservations



Suggested itinerary:

Day 1: Arrive in Alghero

Arrive by mid-afternoon at Alghero and your first hotel. Airport transfers are available if required, at extra cost – ask when booking. Collect your bike and allow time to explore this fascinating historic coastal resort town.

Day 2: Alghero loop

cycling @ 54km

Start from the old fortifications and historic centre of Alghero. After the prehistoric bastion of Nuraghe Palmavera you get to Capo Caccia, an imposing rocky outcrop 168m high, looking out over the sea. Back to Alghero through countryside covered with vineyards and olive groves, producing world renowned oil and wines.

Day 3: Alghero – Bosa

cycling @ 44km

Cycle along a spectacular scenic coastal road with views of the Gulf of Alghero and Capo Caccia and of the pink, red and grey cliffs of Cape Marrargiu. Your day ends in Bosa, a beautiful and brightly coloured medieval town with narrow streets and many shops and cafes. Bosa is famous for its fine embroidery and gold filigree works.

Day 4: Bosa loop

cycling @ 26 / 62km

We offer a choice of rides today. The shorter route meanders through vineyards along the Malvasia wine route, with time for tasting these famous DOC wines at the various vineyards. The longer route is a circular ride in an area where magnificent griffons nest, going up towards Montresta passing by the *nuraghe* (a type of ancient stone tower, unique to Sardinia) of Appiu. Ride to the spectacular rocky outcrops and inlets of Capo Marrargiu, where if you are lucky you'll be able to see the swooping flight of this rare breed of Mediterranean vulture.

Day 5: Bosa – Santu Lussurgiu

cycling @ 55km

Your 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 bush landscape stretching as far as the eye can see, until you reach the springs of San Leonardo, the area richest in water in the whole of Sardinia.

Day 6: Santa Cristina loop

cycling @ 39km

Visit the rural museum in Santu Lussurgiu and cycle to the archaeological site of Santa Cristina, where there is an impressive stonework sacred well dating back to Bronze Age Sardinia, around 1800 BC.

Day 7: Santu Lussurgiu – Cabras/San Salvatore Sinis

cycling @ 54km

The land slopes down to the coast to the Marine Protected Area of the Sinis, home (in season) to pink flamingos and herons. Here is an unpaved road flanking a series of white quartz beaches leading to a charming fishing hamlet, where you will find one of the most important Early Christian churches in Sardinia. Continue to Tharros, a fascinating archaeological site on the sea shore, with a wealth of Phoenician and Roman remains.

Day 8: Depart from Cabras

Tour ends after breakfast in Cabras. A transfer to the nearest airport can be arranged at extra cost.

Other inn-to-inn cycling holidays from **Outdoor Travel** both guided or self-guided cycling holidays in Europe are available to suit your interests and abilities. We also offer Bike & Barge cycling tours or small group or self-guided inn-to-inn cycling holidays in **France, Italy, Germany, Holland, Ireland, Spain, Croatia, Austria, Hungary, Romania, Vietnam, USA and Canada, Australia and New Zealand.**

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