

ITALY: SARDINIA – EXPLORING THE NORTH WEST COAST

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



This is one of the most spectacular coastal rides in the Mediterranean, offering breathtaking views, sandy beaches, lush vegetation dotted with colourful flowers, stunted forests, the chance to see rare European vultures and other rare bird species. 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 island experiences mild winters and hot summers along 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: **Saturdays** Year Round (recommended between 3 April – 31 October 2027)
Sunday to Friday departures are available for an additional cost of \$185

Cost from: **\$1820** per person twin share, Saturday departures – standard hotels

High season supplement: \$365 (for departures 3 July to 27 August 2027)

Single room supplement: \$695

Solo traveller supplement: \$955

E-Bike hire available: \$275 per bike per week

Upgrade hotels are available for a supplement – ask for details

Includes: 7 nights' accommodation in 3-star hotels with ensuite bathroom; 7 breakfasts; daily baggage transport; welcome briefing/call; multi-geared bike hire with pannier, water bottle, repair kit; map and phone holder; digital route notes and maps and GPS App, emergency telephone assistance.

Not included: Local transport arrangements on arrival and departure, all lunches and dinners, local taxes (about €20 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 more difficult.

Call OUTDOOR TRAVEL on (03) 5750 1441 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 @ 55km

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 @ 45km

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 @ 25 / 65km

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 @ 40km

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 @ 55km

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 seashore, 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.

Outdoor Travel's experienced staff have extensive knowledge of guided or self-guided cycling holidays in Europe and can help you choose the right tour to suit your interests and abilities. We offer Bike & Barge or Bike & Boat cycling tours or small group or self-guided inn-to-inn cycling holidays in Europe.

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Contact Outdoor Travel for more details and reservations:

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