

## ITALY - SARDINIA GUIDED CYCLING 2008

*This beautiful cycle tour takes you through the wild and unspoiled coast of western Sardinia. Starting from Alghero, the nicest town in the island, you will have the chance to discover this land with its lush green pastures, its Mediterranean scents, and the caves carved from the rock. Experience pedalling along the turquoise sea, with its stretches of savage coastline, its crescents of white sandy beaches and its majestic cliffs.*

*Highlights:*

- *The old town centres of Alghero and Bosa*
- *The Sinis peninsula with the ruins of the ancient Tharros*
- *The Costa Verde and the dunes of Piscinas*
- *The island of Sant'Antioco*
- *The charming Costa del Sud on the last day*

**Sardinia – Between Land & Sea: \$1825 per person (twin share).**

**\$335 Single supplement**

**Departs: 5 Apr, 10 May, 14 Jun, 6 Sep, 4, 25 Oct 08**

**Starts in Alghero, Ends in Pula**

**Includes:** *Twin share 3 star hotel or country lodge accommodation with ensuite, 7 breakfasts, 6 picnic lunches, 7 dinners, Bike Hire, 2 English speaking guides, support van & baggage transfers between hotels, 4 transfers during tour, local guide assistance, museum & archeological site entry, detailed route information.*

**Not Included:** *Drinks with evening meals.*

**DAY 1. Arrive in Alghero.** Transfer or independent arrival to our hotel in Alghero, where we get to know each other while our guides will explain the route at the welcome meeting and deliver bikes. Dinner and overnight.

### **DAY 2: Alghero - Bosa (42 km)**

From Alghero, a splendid Aragonese (Spanish) city on the Coral Riviera, we bike along a scenic road across the cliffs overlooking the sea and we admire the view of the gulf of Alghero and Capo Caccia. Emotions continue as we catch a glimpse of the pink, red and grey cliffs of Cape Marargiu, over which the last examples of griffin vultures circle. We sleep at Bosa, a medieval town famous for its fine embroidery and gold filigree works.

### **DAY 3: Bosa - San Salvatore Sinis (58 km)**

Today, we travel through Flussio and Tinnura, where, as in days gone by, the women still weave their wicker baskets. Next comes a fascinating panoramic ride down to the Sinis wetlands where you will see colonies of the pink flamingo and we finally reach one of the most beautiful spots on the island: the white quartz beach of Is Arutas. After the Phoenician ruins of Tharros, we go directly to our hotel.

### **DAY 4: San Salvatore Sinis - Arbus (46 km)**

We bike through the plains of Arborea to reach the natural beauty spots of the Costa Verde, some of the most savage scenery on the island, and the Piscinas beach with its sand dunes over 50 m high - the highest in Europe.

### **DAY 5: Arbus - Calasetta (40 km)**

This stage takes us back into the ancient mining past of Sardinia, as we pass the fascinating abandoned mines of Ingurtosu and Masua. After the charming bay of Cala Domestica and the looming mass of the Pan di Zuccheru cliff, we reach the old ore washery at Nebida: nestling in the varied colours of the Mediterranean bush, it looks out over the sea and is reached by a long climb down 540 steps.

### **DAY 6: Calasetta - S. Anna Arresi (43 km)**

Today, we pedal through the meadows, green in springtime and golden yellow in the summer, of the Isle of Sant'Antioco. At Tratalias, we visit the Pisan sanctuary, one of the most important monuments of the Sardinian Romanesque period. Riding along the lake Monte Pranu, we savour the quiet peace of the rolling plains of the Sulcis.

### **DAY 7: S. Anna Arresi - Pula (60 km)**

Final catwalk of our tour is the panoramic south coast with its gleaming white beaches, unspoilt natural landscapes and imposing cliffs: Cape Malfatano with its 16th Century tower and Cape Spartivento. At Nora we admire the ancient Phoenician settlement.

**DAY 8: Departure day. Tour ends after breakfast.**



**All Reservations Call 1800 331 582**

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