

## Sardinia Paradise: cycling from Cabras to Pula

An 8-day cycling tour

**Tour Code:** ITSAR01C



This cycle tour along the southwest coast of Sardinia offers sensational scenery. Sardinia, the second largest island in the Mediterranean Sea, is an island with a mild climate, crystal clear waters, and beautiful beaches, unspoilt landscape with steep cliffs, abandoned mines and excellent cuisine. During this tour you'll ride along quiet coastal paths with stunning views, you will see the pink flamingos on the Sinis Peninsula and will visit San Pietro Island with its rocky coast, natural grottoes and harbours. The tour starts in Cabras, an ideal place for a holiday full of nature, culture, sun and beaches. The area is inhabited since the Neolithic and during the Bronze Age it was densely populated as the 75 Nuraghe which remained are a witness of. Close by there is the characteristic town of San Salvatore Sinis with its low houses all around the fountain on the main square. You visit Oristano, the main town of west-Sardinia, with its churches and palaces and enjoy the dunes and sea of the Costa Verde. The last days you visit the Island Sant'Antioco with its Roman and Phoenician ruins, a wild nature like the Cala Lunga fjord with its deep green colour and excellent fish restaurants. The tour ends in Pula, a holiday resort with splendid beaches. At the promontory, you can visit the biggest archaeological site on the island, the remains of the Phoenician town Nora. During this tour, you enjoy Sardinian food, which has a very long tradition. It is genuine and very tasty. You shouldn't miss the delicious roasted piglet to be combined with a good glass of Cannonau, the special pasta Lorighittas, tortellini filled with Sardinian cheese and the yummy small pastries made of almonds, mandarin peel and nuts!



### Program in short:

Day 1 Arrival at Cabras

Day 2 Cabras - Arborea (36 km / 22,3 mi and /or 68 km / 42,2 mi)

Day 3 Arborea - Arbus (46 km / 28,5 mi or 54 km / 33,5 mi)

Day 4 Arbus - Nebida/Gonnesa ( 41 km / 25, 5 mi)

Day 5 Nebida/Gonnesa - Calasetta/Sant' Antioco (43 km / 27 mi)

Day 6 Calasetta/Sant' Antioco - Sant' Anna Arresi/Porto Pino (40 km / 25 mi)

Day 7 Sant' Anna Arresi/Porto Pino - Pula (57 km / 35 mi)

Day 8 Departure

### Period:

Self guided Standard tour (CAT B): Every Saturday all year round, it is possible to start other days paying a supplement.

Self guided Comfort tour (CAT A): Every Saturday from 11/05/2024 to 12/10/2024, it is possible to start other days paying a supplement.

**Participants:** self-guided minimum 1 person

**Level: 3**

Moderate to difficult. You cycle in a hilly terrain with average daily distances of 36 km/22,4 mi - 68 km/42,2 mi. It is a tour for bikers with cycling experience and a good level of fitness. Significant up- and downhill riding on asphalted and some dirt roads. Not suitable for children under 14 years.

Total length: 163 - 188 miles / 263 - 303 km

Total ascent / descent: +2885m -2890m

Terrain: Mostly quiet asphalted roads and now and then dirt roads

**Program day by day**

**Day 1 Arrival at Cabras / San Salvatore Sinis**

Cabras is close to the typical village of San Salvatore Sinis. This small village with its brick, clay, and sandstone houses was in the '60 used as a set for Western Movies. The church is built on top of a place of pagan worship, San Salvatore underground. Meeting or phone call with our local agent. Bike setting and handing over of road book.

Overnight with breakfast in Cabras

**Day 2 Discovering the Sinis Peninsula and Oristano**

Today you can choose to start with a nice loop ride through the fascinating Sinis wetlands where you will see colonies of pink flamingos. There is time for some relax on the beautiful sand beach of Is Arutas and you can visit the Phoenician ruins of Tharro an ancient port. You cross the interesting town of Oristano and continue until Arborea, where your overnight stay is.

Overnight with breakfast in Arborea

Distance: 36 km / 22,3 mi and /or 68 km / 42,2 mi

Ascent & Descent: + 100m - 100m and/or +50m -50m

**Day 3 The Costa verde and the dunes of Piscinas**

You cross the green Costa Verde and will reach the Piscinas beach with over 50m high sand dunes, declared a World Heritage Site by UNESCO, and each year the wind sweeps them into new, fascinating shapes.

Overnight with breakfast in Arbus.

Distance 46 - 54 km / 28,5 - 33,5 miles

Ascent & Descent: +1000m - 580m

#### **Day 4 The mines of Sulcis**

Today will be a day full of fascinating impressions, history and enchanting views. You pass the famous mines of Sulcis (Planusartu and Acquaresi), which are recognized by UNESCO as the first geo-mining park in the world. After some relaxation at the golden beach of Portixeddu and looming rocky face of Pan di Zuccherò cliff. At the end of this day, you admire architecture of the old ore washery at Nebida.

Overnight with breakfast in Nebida/Gonnesa

Distance: 41 km / 25, 5 miles

Ascent & Descent: + 765m -1070m

#### **Day 5 The Island of Carloforte**

Enjoy the descent to Fontanamare. At Portscuso you will embark on the ferry to Carloforte, on the Island of San Pietro. The island is of volcanic origin. The 18 km of its coasts are mostly rocky; the western and northern part includes some natural grottoes and harbours with a few small beaches. The eastern coast, on which the port of Carloforte lies, is instead low and sandy. In Carloforte you visit the town centre and the historic Tonnara - the ancient building where the fished red tunas were processed for commercialization. From Carloforte you continue your ride to the island of Sant'Antioco.

Overnight with breakfast in Calasetta/Sant'Antioco

Distance: 43 km / 27 miles

Ascent & Descent: + 290m - 435m

#### **Day 6 The Island of Sant'Antioco**

A nice ride among vineyards and olive groves. Enjoy the quietness of the rolling plains of Sulcis. At Tratallas you can visit the Pisan Sanctuary, one of the most important monuments of the Sardinian Romanesque period.

Overnight with breakfast in Sant'Anna Arresi/ Porto Pino

Distance 40 km / 25 miles

Ascent & Descent +150m -65m

#### **Day 7 The stunning south coast**

This last cycling day will take you along the beautiful Costa del Sud with its white beaches, unspoiled landscapes and imposing cliffs: Cape Malfatano with the 16th century tower and Cape Spartivento. The archaeological site of the Phoenician, the best preserved on Sardinia, is positioned on a promontory. The Roman harbor town of Nora, a town founded by the Nuragic people, is certainly worth a visit. This evening enjoy a delicious Sardinian meal in one of the cosy restaurants and toast with a good glass of Sardinian wine on this marvelous island.

Overnight with breakfast in Pula

Distance 57 km / 35 miles

Ascent & Descent + 530m - 590m

## Day 8 End of tour after breakfast

### Hotels: Cat A or B

#### Prices per person 2024:

##### Standard Hotel (Category B)

In double room	770 Euro
In single room	945 Euro
Single traveller	1.095 Euro
High Season supplement Cat B (06/07 - 06/09)	160 Euro
Supplement not starting on Saturday	80 Euro
Bike rental	140 Euro
Ebike rental (must be locally credit card protected)	250 Euro

##### Hotel superior Cat A

In double room	990 Euro
In single room	1.240 Euro
Single traveller	1.390 Euro
High Season supplement (06/07 - 06/09)	180 Euro
Supplement not starting on Saturday	80 Euro
Bike rental	140 Euro
Ebike rental (must be locally credit card protected)	250 Euro

#### Transfers - rates per person (min. 2 persons; any additional pax: - 50%):

- Cagliari - Cabras: € 80
- Alghero - Cabras: € 110
- Oristano - Cabras: € 25
- Pula - Cagliari: € 50
- Pula - Cabras: € 100
- Bike transfer: € 10 per bike

#### Included in the tour:

- 7 nights with breakfast in hotel/agriturismo
- Welcome meeting/call (only on Saturday)
- Luggage transportation
- App Ride with Gps.: Gps tracks, route notes and maps in the App
- Assistance hotline

#### Not included in the tour:

- Local tourist taxes (about 10,00 € for the whole tour)
- Museum & archaeological site entrances
- Tickets for the ferry to Carloforte and Calasetta
- All not mentioned in "Included in tour" section

#### Bikes for rent: Hybrid trekking bikes or E-bikes

**How to reach the starting point:**

Start / End: Cabras / Pula



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