Sardinia Paradise: cycling from Cabras to Pula
An 8-day cycling tour

Tour Code: ITSAR01C



Imagine **cycling with the scent of wild Mediterranean** scrub on the breeze, the rhythmic sound of waves crashing against the coast, and the horizon painted **with Sardinia's wild**, breathtaking colors. This extraordinary tour on two wheels takes you on a journey to discover the island's south-western coast: a slow, authentic, and rejuvenating voyage through picture-perfect landscapes, natural reserves, and charming historic villages.

Sardinia, the second-largest island in the **Mediterranean**, is far more than just pristine beaches and crystal-clear waters. It is an ancient land blessed with a mild climate year-round, where warm local hospitality runs as deep as its history. Throughout this tour, you will pedal along quiet coastal paths, spotting pink flamingos on the **Sinis Peninsula** and exploring the dramatic volcanic cliffs of **San Pietro Island.**

Your journey begins in **Cabras**, the heartland of Nuragic and rural culture, before leading you through the historic streets of **Oristano**. You will be captivated by the timeless atmosphere of the **Costa Verde**, riding past golden sand dunes and fascinating industrial heritage, until reaching **Sant'Antioco** and the emerald fjord of **Cala Lunga**. Your adventure concludes in **Pula**, a vibrant seaside town located just steps from the promontory of **Nora**, Sardinia's oldest Phoenician settlement.

To complement every day of your ride, you will indulge in rich, authentic Sardinian food and wine traditions: from the famous spit-roasted suckling pig flavored with myrtle, paired with a glass of robust **Cannonau** wine, to unique handmade delicacies like ***Lorighittas*** (a rare, hand-braided pasta) and delicious local pastries made with almonds, mandarin zest, and walnuts.



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 03/04/2027 to 09/10/2027, 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
Cycle through the Sinis nature reserve, home to colonies of **pink flamingos**. Enjoy a must-see stop at **Is Arutas**, the beach famous for its quartz sand that resembles tiny rice grains, and visit the Phoenician-Roman ruins of **Tharros** overlooking the sea. Pass through historic Oristano before reaching the plains of Arborea.

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
Begin your exploration of the wild Costa Verde. Today's highlight is **Piscinas Beach**, a **UNESCO Heritage site**: marvel at majestic golden sand dunes over 50 meters high, shaped by the wind and framed by Mediterranean scrub where native Sardinian deer roam. End the stage with a climb to the village of Arbus.

Overnight with breakfast in Arbus.
Distance: 46 - 54 km / 28,5 - 33,5 miles
Ascent & Descent: +1000m - 580m

Day 4 The mines of Sulcis
A journey through the industrial heritage of the **world's first Geomining Park (UNESCO)**, cycling past the historical mines of Planusartu and Acquaresi. After a break at Portixeddu Beach, admire **Pan di Zucchero**, a imposing 133-meter-high limestone sea stack. Conclude the day with breathtaking views of the cliffside **Nebida Washery**.

Overnight with breakfast in Gonnesa/Portoscuso/Iglesias
Distance: 41 km / 25, 5 miles
Ascent & Descent: + 765m -1070m

Day 5 The Island of Carloforte
Descend toward Portoscuso and board the ferry to **San Pietro Island**. Explore **Carloforte**, a unique village home to the Genoese-origin *Tabarchino* community: discover its historic center,

ancient tuna facility, and rocky coves. In the afternoon, a second short ferry ride brings you to **Sant'Antioco Island**.

Overnight with breakfast in Calasetta/Sant'Antioco
Distance: 43 km / 27 miles
Ascent & Descent: + 290m – 435m

Day 6 The Island of Sant'Antioco
A relaxing route through **Carignano vineyards** and ancient olive groves across the plains of Sulcis. Sant'Antioco boasts a millenary history spanning Phoenician, Punic, and Roman eras. In Tratalias, visit the stunning **Sanctuary of Santa Maria**, a masterpiece of Sardinian Romanesque architecture, before reaching Porto Pino.

Overnight with breakfast in Sant'Anna Arresi/ Porto Pino
Distance: 40 km / 25 miles
Ascent & Descent: +150m –65m

Day 7 The stunning south coast
Your final ride delivers sweeping views of the southern coastline: dramatic sea cliffs, Spanish watchtowers (Capo Malfatano), and the scenery of Capo Spartivento. Before arriving in Pula, visit the **Nora archaeological site** with its Roman ruins and seaside mosaics. Celebrate the end of your tour with an authentic **traditional Sardinian dinner** and a glass of Cannonau.

Overnight with breakfast in Pula
Distance: 57 km /35 miles
Ascent & Descent: + 530m - 590m

Day 8 End of tour after breakfast
Breakfast at your hotel and end of our services. Option to extend your stay in Pula or book a private transfer back to the airport.

Hotels: ** and *** stars hotels, agriturismi (holiday farms), guesthouses

Prices per person 2027

Standard Hotel (Category B)	
In double room	800 Euro
In single room	975 Euro
Single traveller	1.160 Euro
High Season supplement Cat B (03/07 - 27/08)	160 Euro
Supplement not starting on Saturday	80 Euro
Bike rental (€ 25 every additional day)	160 Euro
Ebike rental (€ 45 every additional day)	280 Euro
E-Bike must be credit card protected	
Hotel superior Cat A	
In double room	1.150 Euro
In single room	1.455 Euro
Single traveller	1.660 Euro
High Season supplement (03/07 - 27/08)	180 Euro

Supplement not starting on Saturday	80 Euro
Bike rental (€ 25 every additional day)	160 Euro
Ebike rental (€ 45 every additional day)	280 Euro
E-Bike must be credit card protected	

Cancellation penalties for tour withdrawal will be calculated as follows:

- **From the time of booking up to 30 days:** 25% of the total cost
- **From 29 to 15 days:** 50% of the total cost
- **From 14 to 7 days:** 80% of the total cost
- **6 days or less:** 100% of the total cost

Included in the tour

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

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: E-bikes and trekking bikes

In the leisure cycling self-guided tours, for each bike, is provided:

- Rear pannier Ortlieb Back Roller Classic
- Phone holder
- Complimentary Dolcevita bottles
- Repair kit with inner tube and spare tools

Start / End: Cabras / Pula

Information

Italy
Italy Travel board
Safe travelling to Italy
Sardinia
Sardinia tourism
Weather in Sardinia

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