

Western wonders Sardinia

An 8- days cycling tour

Code tour: ITSAR02C



A pleasant cycling holiday in Sardinia, perfect for exploring beautiful coastlines, discovering ancient traditions and tasting delicious Mediterranean cuisine. This cycling trip is based on the central western part of Sardinia. Tour starts from Tresnuraghes, an ideal location to explore both the coast and estuary around Bosa, as well as the small villages of this corner of Sardinia. An area famous for its production of Malvasia wine and olive oil: as you cycle past vineyards, olive groves and open fields with sheep grazing, you will have a real Mediterranean feel. Moving south and following the coastline, you will drop into the plains and marshlands of the Oristano region. Sandy beaches, turquoise sea, remains of ancient colonisations, rich birdlife, and a culture which developed around fishing ...cycling the Sinis peninsula is the best way to explore this region. Your cycling trip in Sardinia could not end without a visit to the most important archaeological site on the island, and the best testimony of the Nuragic civilisation. After a short transfer, you will ride through the rolling hills of Marmilla, past open fields cultivated with wheat and vineyards. Barumini is your destination, home to the UNESCO Heritage site of Su Nuraxi. Your trip ends in Cagliari, the ancient, yet vibrant capital of Sardinia.



Highlights of the Tour:

- Open fields, vineyards and olive groves
- Riding through the interesting town of Tinnura with its historical murals

- Gazing at the stunning turquoise sea and quartz beaches of Mari Emi and Is
- Arutas
- Visiting the ancient ruins of Tharros
- Tasting some of the best fish dishes in Sardinia from the Oristano region
- Exploring the rolling hills of Marmilla to Barumini and the UNESCO Su
- Nuraxi
- Trying out the local wines of Bosa and Oristano
- Cagliari, the main town of Sardinia

Period: March-October (July and August only on request Not recommended because of high temperatures and traffic).

Participants: Minimum 2 persons. Single traveller upon request

Level 2: For the leisure cyclist who exercises regularly. Will include some steeper cheeky climbs. Distances of between 20-40 miles / 35-65 km per day. The tour alternates between countryside and stunning coastal views. You will be riding primarily on very good paved roads, except for a few short sections that lead you to your accommodation. You will be riding in a region full of rolling hills and long flat stretches, passing olive groves, vineyards and marshlands. Around the Sinis Peninsula the terrain is flat but becomes hillier in the Marmilla region on day 6. The climbs are never too steep or long (ranging from 300 - 500 meters per day) and the roads generally have little traffic.

Total km/mi: 164 km / 102 mi

Program in short:

Day 1 Individual arrival at Tresnuraghes

Day 2 Bosa Loop Ride (35 km / 22 mi)

Day 3 Tresnuraghes to Santa Caterina di Pittinuri (35 km / 22 mi)

Day 4 Santa Caterina to San Salvatore (50 km / 31 mi)

Day 5 San Salvatore to Cabras (25 km / 15 mi)

Day 6 Cabras to Barumini (12 km + 40 km / 7,5 mi + 25 mi)

Day 7 Barumini and Cagliari Rest Day

Day 8 End of tour



Program day by day:

Day 1 Individual arrival at Tresnuraghes

After arriving at your accommodation, depending on flight times, there should be some time to relax and try out your bikes; our local representative will present the itinerary and your cycling programme for the upcoming week. (Your welcome meeting may be held the following morning.)

Overnight with breakfast in Tresnuraghes

Day 2 Bosa Loop Ride

You start your cycling holiday as you make your way to Bosa, a colourful town on the side of the River Temo. Before exploring the narrow streets that lead up to the Castello di Serravalle, you will ride along the Temo to view the charming Chiesa di St Pietro di Sorres. In Bosa, there is a traditional winery where you can try some of the scented local Malvasia, the typical wine from Bosa. Time to cycle back to Tresnuraghes! You will ride to Bosa Marina before starting a gentle climb up to Tresnuraghes.

Overnight with breakfast in Tresnuraghes

Distance: 35 km/ 22 miles

Ascent: + 400m

Day 3 Tresnuraghes to Santa Caterina di Pittinuri

Your first stop today will be Tinnura, renowned for the pastoral mural paintings, which decorate the whole village. After a break to explore around, you will carry on riding and stop in Sagama to visit the 18th century church, before riding on to Sennariolo and to Cuglieri. The countryside alternates between oak trees, olive groves and vineyards. After a visit to the Basilica in Cuglieri, you will carry on towards the coast, with a gradual descent leading you to the stunning coastline of S' Archittu. Photo opportunities of this unique sandstone rock formations, and weather permitting even swimming time!

Overnight with breakfast in Santa Caterina di Pittinuri

Distance: 35 km / 22 miles approx.

Ascent: + 350 m

Day 4 Santa Caterina to San Salvatore

Your journey continues south today as you head towards the Sinis Peninsula, steeped in ancient history and natural beauty. You will stop off at Is Arutas beach, stretching for many km and famous for a particular sand rich in quartz, which enhances the stunning turquoise colour of the sea. Time and weather permitting, it is the perfect location for a dip. Moving further south, you will stop for the night in the small hamlet of San Salvatore.

Overnight with breakfast in San Salvatore

Distance: 50 km / 31 miles approx.

Ascent: + 250m

Day 5 San Salvatore to Cabras

A day to explore the Sinis Peninsula, only a short cycle away from your accommodation. You will have time to visit the Punic-Roman ruins on Tharros, one of the most important settlements in the Mediterranean. The Romans and the little brought Christianity to Sardinia, but charming, church of San Giovanni is a testimony of the first Christian settlements on the island. Leaving the coast, you head back inland, riding past Cabras lagoon and arriving into Cabras itself. Here the Museum of archaeology is worth a visit as it houses the unique statues of Monte Pranu that date back to the Nuragic Bronze era. After settling into your accommodation, you will have time to explore this small town.

Overnight with breakfast in Cabras

Distance: 25 km /15 miles

Ascent: + 50m

Day 6 Cabras to Barumini (+ train ride)

Your journey continues as you head towards Oristano, the capital of the 4th biggest province in Sardinia. From here, you will transfer by train to the central part of the Marmilla, to San Gavino Monreale, where you will resume your ride. Today you will appreciate the variety of landscapes that Sardinia has to offer. Marmilla is rolling and you will be riding past cultivated fields of wheat and vineyards on your way to Barumini, below the plateau of the Giara.

Overnight with breakfast in Barumini

Distance: 19 km/11,8 mi

Ascent: + 500m

Day 7 Barumini and Cagliari Rest Day

With a rest day ahead, you can take a leisurely breakfast before visiting the archaeological site of Barumini. Designated a UNESCO heritage site, Su Nuraxi is the best preserved and complex nuraghe of Sardinia, dating back to 1800 BC, testifying a fascinating and imposing bronze age of Sardinia, unique to the island. Late morning, we will transfer you to Cagliari, allowing you time to wander the narrow streets of this interesting town.

Overnight with breakfast in Cagliari

Day 8 End of tour

Departure after breakfast. Train to the airport of Cagliari takes about 15 min.



Hotels:

*** or **** or B&B

Price per person 2021:

	3/4 stars
Tour price double room	€ 720
Transfers from/to Cagliari	€ 260
Extra Dinners	€ 185
Bike Hire - Hybrid bike - per week	€ 110
Bike Hire - E-bike - per week	€ 195
Single supplement per person per week	€ 180

The individual tour includes:

- Accommodation with breakfast
- Local representative (with welcome meeting)
- Detailed route notes and maps
- Luggage transfers (1 piece per person)

The tour does not include:

- Bike hire (available if required)
- Flights and charges for travelling with your bike (if applicable)
- Travel insurance
- Meals not stated in the itinerary
- Personal clothing and equipment
- Personal expenditure (souvenirs, bar bills, hotel facilities etc)
- Entrance fees to museums and other attractions en route
- Train tickets on day 6 (approx. €3,00)
- City tax to be paid to each accommodation (amount varies)

Bike Hire

Rental bikes are provided with 1 pannier, lock, extra inner tube, map holder and odometer

We provide everything except a bike (although you are able to hire), personal equipment and clothing. If you are taking your own bikes, it is imperative that they are in good mechanical order. If you are not mechanically minded, we advise you to take your bikes to a local bicycle dealer for a service.

You will need to wear a helmet while cycling and we would recommend bringing your own. We can help if you need to hire or buy one on arrival. Bring clothes suitable for cycling in – specific cycling kit if you have it or simply normal clothes comfortable enough for exercising. It's also a good idea to bring bottles for drinking water, sunglasses, cycling gloves, a light but waterproof rain jacket and a fleece / sweater for mornings and evenings. Please feel free to contact us if you would like any further information.

If you don't own a suitable bike or would prefer to avoid bringing your own we have bikes available to hire. These bikes are typically hybrids. If a small frame is needed we will provide mountain bikes with semi slick tyres adapted for road use.

We can provide a helmet locally on request, please let us know if you'd like to hire when you make your booking. Hire bikes will be provided with a pannier rack and 1 bag, a tool kit, a spare inner tube, a bike lock, a bike pump, a KM counter and a map holder. We have electric bikes available to hire on request. It may take us a day or so to confirm availability so please let us know as soon as possible if you'd like to take this option.

Travelling with your bike

The vast majority of airlines will charge you to transport your bike. This amount varies from carrier to carrier but we recommend always booking and paying for this in advance which will usually save you money compared to paying at the airport. Please contact your airline for specific details.

Most airlines will also require your bike to be properly packaged for transport. Most commonly this will be in a bike bag or box specifically designed for the job. There is a wealth of options when it comes to picking the right box or bag for your needs and we would be happy to discuss these with you. Please contact us if you require any help or advice.

Luggage

Your allowable baggage is one main piece of luggage per person other than your bike and a small day pack. Your main luggage should preferably be either a backpack / rucksack or 'sports bag' so as to assist in transportation. The daypack may be useful for carrying your additional outer-layer clothing and snacks while cycling. This will also be useful as your 'travel' bag for items such as cameras, MP3 Players etc.

Please note, if you are flying, baggage allowances vary from airline to airline and all excess baggage charges must be met by you. Some airlines may only include cabin baggage as standard and you will need to request hold baggage separately. Check with your airline or contact us if you are in any doubt about your luggage allowance.

How to reach the starting point:

Start / End: Tresnuraghes / Cagliari

By plane:

[Airport of Cagliari](#)

By train to Macomer (about 2 hrs) e by bus to Tresnuraghes (about 30 mins)

Or you can book a private transfer

[Airport of Alghero](#)

By [bus to Bosa](#) and change bus to Tresnurgahes (2 hrs travelling time)

Useful information

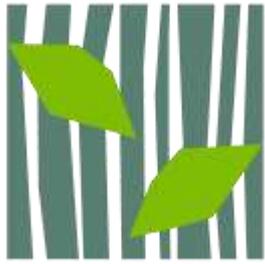
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