



## Our Giro della Sardegna original version with assistance

7 days / 6 nights

Our ORIGINAL Giro della Sardegna is an unforgettable road bike trip touring all around northern and central Sardinia, taking in both the west and the east coast and the Gennargentu mountains. This trip is accompanied throughout by a support vehicle. Designed by our very own semi-professional cyclist, following the success of the Giro di Toscana, this really is a superb trip for keen riders!

### YOUR PROGRAM

#### Day 1 - The west coast

Your holiday begins in the morning at the port of Porto Torres.

We leave the frenzy of Porto Torres for Alghero, a town still influenced by the Catalan language following an invasion of the town in 1353. The road here is nice and flat, allowing us to start the trip with a gentle warm up, but be warned, it won't last! We will do a quick tour of Alghero before taking to the hills. The route begins to climb, offering us some splendid views of Alghero. We take a small road before following along the coast to Bosa, our stop for the night.

Roughly 97km for 1297m+

(XXL version : 137km for 1600m+)

Night in a hotel 3\*\*\*, not far from the beach.



#### Day 2 - The Gennargentu mountains

We leave Bosa for the first true Col of the week at 900m in altitude. We will ride through a number of typical Sardinian villages, where you'll see many fascinating murals on the walls of the houses. We'll then continue through undulating countryside to finish at 800m in altitude in a superb village in the heart of the Gennargentu mountains, forming part of the Gennargentu national park.

On this day we will be right in the heart of the Mistral, the prevalent wind in Sardinia. Normally, this should be behind us,



allowing us to maintain an excellent average speed.

Roughly 114km for 2457m+  
(XXL version: 135km for 2800m+)  
Night in a 4\* hotel in Aritzo

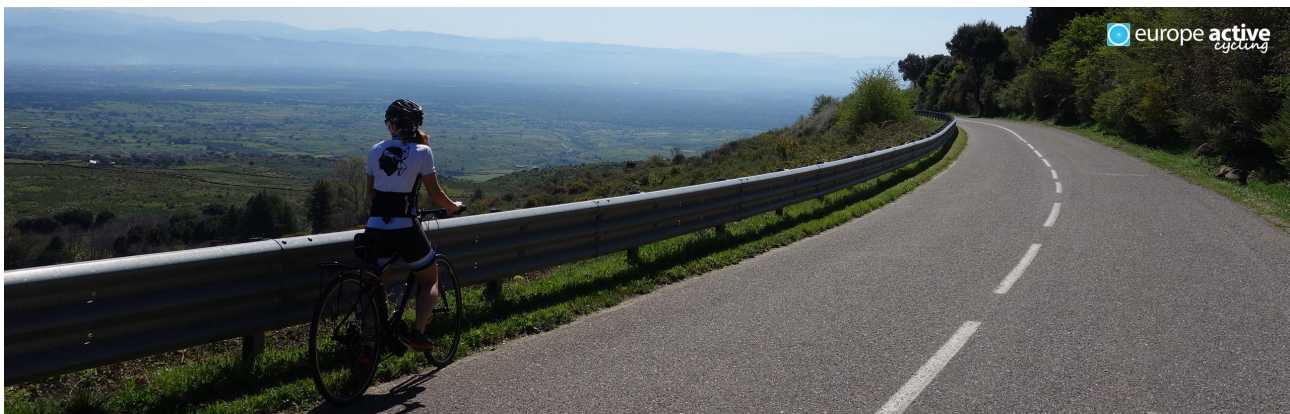


### Day 3 - The golden circuit

Aritzo is a small village situated in the centre of the Sardinian mountains and pretty much at the foot of Punta la Marmora, which is the highest mountain of Sardinia at 1834m. That's why we'll stay two nights here to make the most of the location.

Today we'll ride off in a southerly direction towards 'Lago del Flumendosa'. We'll take some small peaceful roads, have some splendid views, eat a picnic with a panoramic view of the lake and enjoy a great day. We'll return via a route that only local people know about...

Roughly 76km for 1600m+  
(XXL 145km for 2894m+)  
Night in a 4\* hotel in Aritzo



### Day 4 - The descent!

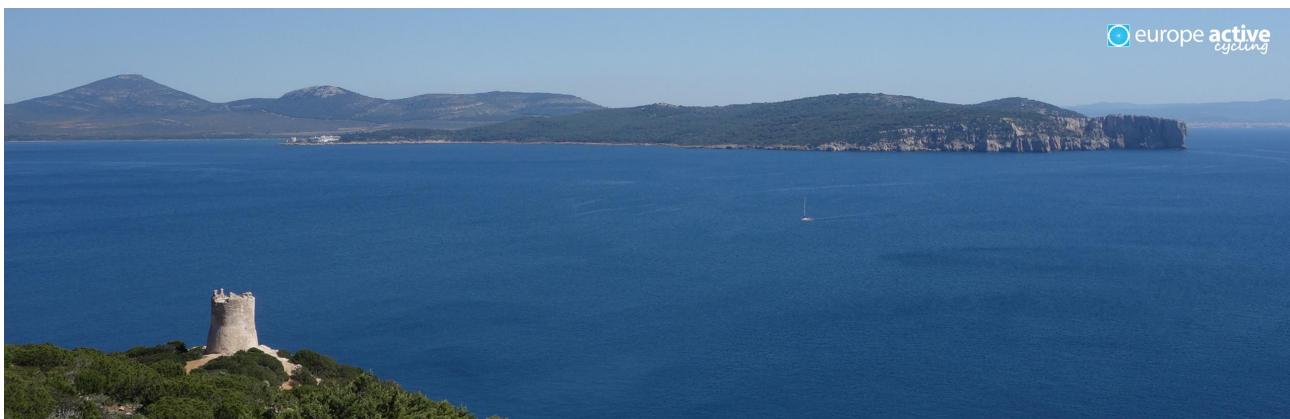


The day starts with a splendid climb to a col at 1245m in altitude. Following that, we take a small undulating road with a rewarding downward profile. We'll pass by a small lake and typical Sardinian mountain scenery.

A small climb of 10km before transferring to the popular seaside town of Cala Gonone.

Roughly 106km for 1705m+; 2442m-  
(XXL version: 140km for 2473m+; 3241m-)

Night in a 3 star hotel in Cala Gonone, close to the beach.  
Possible visit to the cave Bue Marino and the salt lake. A great experience!

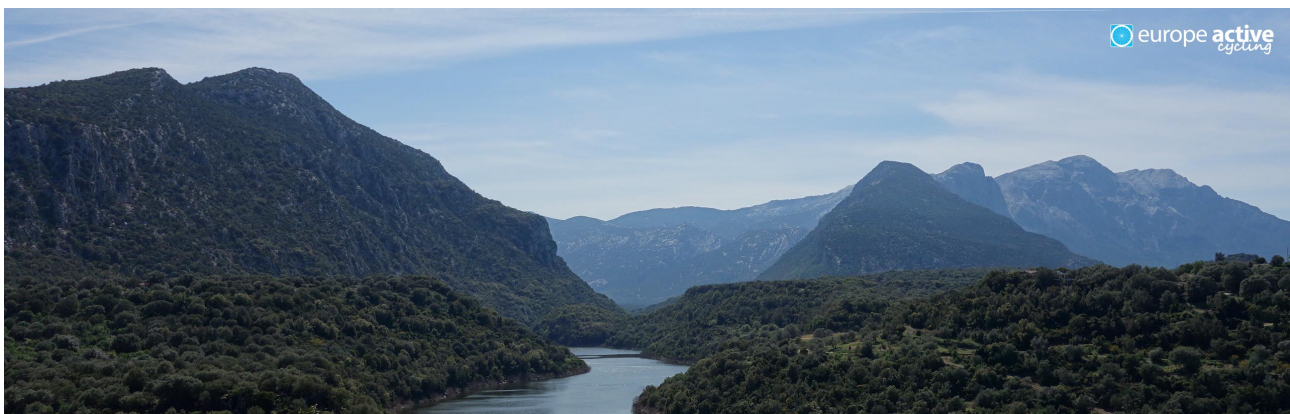


### Day 5 - The east coast

We leave Cala Gonone by a small slightly steep road, guaranteed to warm you up fast!  
The next section of riding is very quiet, as we skirt the coast on a road that provides us with little difficulty. For those that want to rest a little, there is the opportunity to enjoy the "Spiagge bianche", the white sand beaches and turquoise water that Sardinia is reputed for.

Roughly 92km for 990m+  
(XXL 126km for 2322m+)

Night in a 3 star hotel close to Olbia. Close to a beach.



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### Day 6 - Sardinian castles

Today we leave the east coast by small roads, enjoying the hidden gems of the Sardinian countryside. We'll ride from village to village, eventually ending up in the north of the island. From here we will have a fine view of Castelsardo, a superb town on the north-west coast and our point of rest for the night.

The castle and the surrounding fortifications dating back to the 12th century are in a perfect state of conservation. They overhang the town, whose houses painted in warm colours, provide a fantastic backdrop.

The Castelsardo lobster, freshly caught by local fishermen, will make a great meal at the end of a good day's riding.

Roughly 120km for 2000m+

(XXL version: the same)

Night in a 3 star hotel in Castelsardo.



### Day 7 - The final push...

Our last day's ride will begin with our departure from Castelsardo to the Lake of Coghinas. As the road climbs we are offered a fantastic view of the north coast and the Asinara islands. The road is narrow and the cars are few and far between. We'll enjoy pedalling our way through more typical Sardinian villages which offer us a last chance to enjoy the peace and tranquillity of this landscape. We return to the coast for a nice easy ride back to Porto Torres.

Roughly 85km for 1080m+

(XXL version: 110km for 1500m+)

+40km to finish in Alghero.

The holiday ends after this last stage. Overnight boat possible to Marseille, or flights from Alghero.

We can arrange one further night in a three star hotel to fit in with your ongoing travel plans should you require it. Please contact us.



## Additional information

### TARIFFS

Price from 1650 euros per person.

### OPTIONS

Single room supplement : 250 euros per person.

Aluminium road bike hire : 190 euros per person.

Carbon road bike hire : 270 euros per person.

### INCLUDED

Full board from lunch on day 1 to lunch on day 7. Lunch will comprise of picnics made by your assistant. Evening meals will be in a restaurant.

Bag transfers. Assistance (vehicle and guide) throughout the holiday. 6 nights in 3 and 4-star hotels in double rooms.

### NOT INCLUDED

Transport before the initial meeting or after the point of departure. Transfers not mentioned in the programme, insurance, drinks, the bikes and bike repair, visits of tourist sites, optional activities, personal expenses.

### LEVEL OF DIFFICULTY

For keen cyclists. Daily stages from 76km to 120km, with some steep climbs and descents.

### CARRYING

Your luggage gets transported to each night's accommodation by the assistance van

### ACCOMMODATION

All nights in comfortable 3 and 4-star hotels in double rooms with private bathroom.

Single room option available

### SIZE OF GROUP



From 6 people

## DEPARTURES

1 annual departure for travellers wishing to join other like-minded cyclists group on a guided tour (first week of October). (Other possible departures for private groups (friends, family, sports clubs etc) on request, with departure dates to suit you. 6 persons min. Please, contact us!)

## DEPARTURE

The meeting point will be at Porto Torres. Transfer possible from Alghero airport.

## DISPERSION

On day 7 following that day's stage. At Porto Torres if you are taking the boat, or at Alghero for those taking the plane.

## HOW TO GET THERE

Contact us if you would like assistance with your travel arrangements.

-By boat:

\*MOBY LINES: Genoa - Porto Torres, Genoa - Olbia, Livorno - Olbia, Piombino - Olbia (2h train journey from Olbia to Porto Torres).

\*SNCF: Marseille - Porto Torres.

## EQUIPMENT TO TAKE

ADVISED MATERIAL TO TAKE WITH YOU (non-exhaustive checklist) :

As a good preparation is key to a successful stay, here are a few tips to ensure that your trip takes place in optimal conditions.

## BIKES

In order that your stay does not turn into a mechanical training course, it's advisable to carry out a meticulous revision of your bike before going on a tour :

- the tyres are well inflated and in good condition
- cables and chain are in good condition
- the transmission elements are clean and oiled
- there are no leaks in the suspensions
- the wheels are well tightened
- the brakes are in good condition (wear + possible leaks)
- the headset has been checked

And don't forget that anomalies are easier to spot on a cleaned bike...

## REPAIR MATERIAL

To avoid mechanical problems, it's better to be far-sighted and always carry the basic equipment of a biker:

- 2 inner tubes (puncture sealant is strongly recommended, or puncture sealant strips)
- a pump
- tire irons
- an inner tube repair kit consisting of patches and glue



- a multi-tool
- a small wrench
- a piece of tire

Also, you can prepare your own toolbox which we transfer with your luggage. You will put in it the following items :

- a brake cable (front and rear)
- a derailleur cable
- a tyre
- one derailleur hanger
- chain oil
- a rag

#### EQUIPMENT

As you can't judge a book by its cover, cycling slinky shorts won't help you to turn into a cycling champion. However, a minimum of specific bike equipment will be necessary in order to be comfortable :

- a helmet
- glasses
- suitable shoes (no smooth soles)
- a cycling short or short
- a breathable tee-shirt (try to avoid cotton)

#### DAY BACKPACK

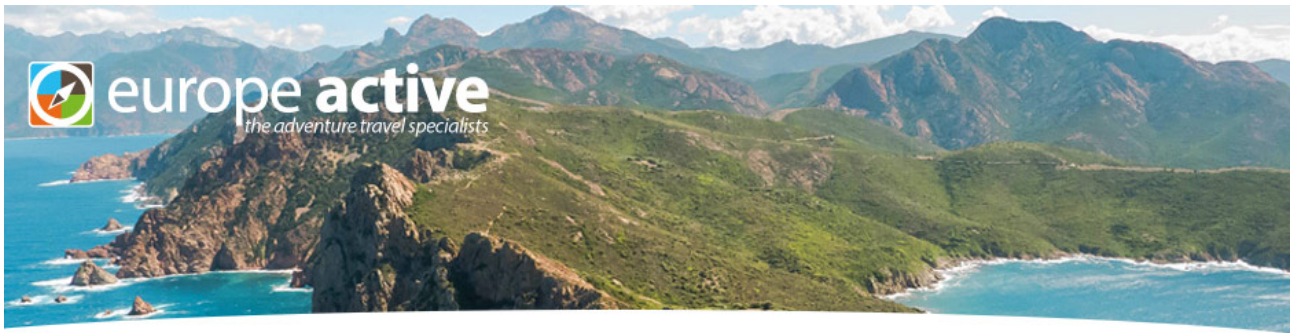
Because it's unpleasant to ride with a too loaded backpack, it's better to think carefully about the necessary things to bring in the backpack for the day:

- a water bag and/or a flask and/or water cans on the bike (2L/day/person minimum)
- provisions (energy bars, dried fruits...)
- the basic repair material for your bike (see above)
- a windbreaker (waterproof)
- picnic
- a headlamp
- a knife
- sun cream (+ lip protection)
- toilet paper
- a first-aid kit (see below)
- your mobile phone + an external battery
- a rubbish bag

#### PICNIC

In order to avoid unnecessary waste at picnic time, remember to take with you :

- an airtight box (0.5L) with initials marked on the lid and on the box + wide elastics
- reusable cutlery (fork and pocketknife)



## TRAVEL BAG

Your luggage is transferred during the day and you will find it every evening at your hotel. It is preferable that your travel bag contains the following items :

- a sleeping bag liner (stays in gîtes)
- a change of clothes
- a pair of light shoes for the evening
- a large jumper or fleece jacket
- a small toilet bag with a towel

## FIRST-AID KIT

Concerning all our guided stays, the instructor has a first aid kit.

However, it is essential to bring your own first aid kit.

Here is a list of the minimum items to take with you:

- disinfectant
- gauze strips
- plaster
- protective cream for the buttocks
- your personal medicines
- micropur pastilles (water disinfectant)
- a survival blanket

A more complete first-aid kit should be formulated with your doctor.

## IMPORTANT INFORMATION

Obligatory helmet for evident reasons of safety.