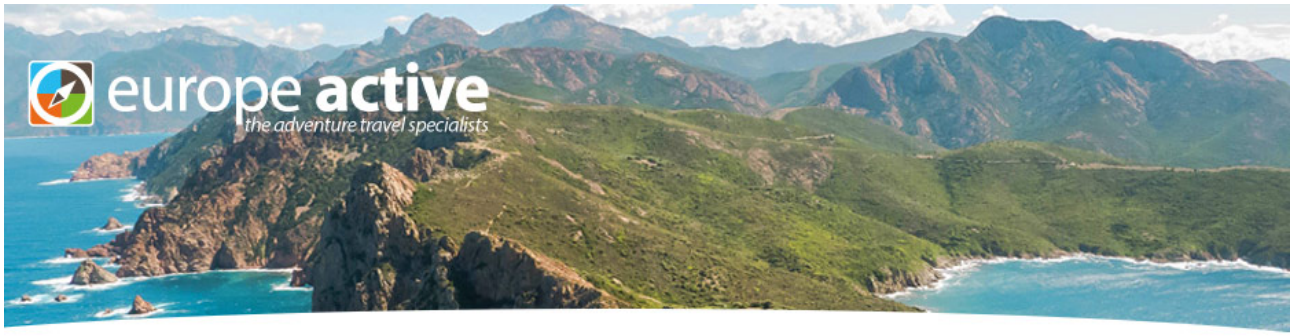


North Sardinia Cycle Tour

8 days / 7 nights

A classic tour around Northern Sardinia from Alghero or Olbia. Discover the North of the Island: Castelsardo, Mores, Pattada, Posada...
Sardinia is not only composed of sea and mountains. During the trip you'll also experience the medieval heritage and Mediterranean lifestyle of ancient towns such as Castelsardo and Alghero.
Moreover this tour also visits some of the most secret areas of Sardinia such as Limbara Granite Massif and Marghine and Goceano forests. The old traditions of central Sardinia will delight you, mostly thanks to outstanding cuisine.

YOUR PROGRAMME

Day 1 - Arrival in Alghero

Private transfer or independent arrival to Alghero.

Day 2 - Alghero to Mores (81 km - climb 1270 m)

The coastal road South of Alghero is one of the most scenic route in the whole island and a perfect warm up for the "wall", a challenging climb leading inland towards Villanova Monteleone. After a spectacular descent over Lake Temo, it's a Mangia e bevi (italian cycling slang defining a rolling hill terrain) all the way to Mores, passing sleepy hamlets on the way.

Highlight of the day:
- The sea view from Alghero,
- The ascent towards Villanova,
- Lake Temo

Distance: 81 km
Climb : 1270 m

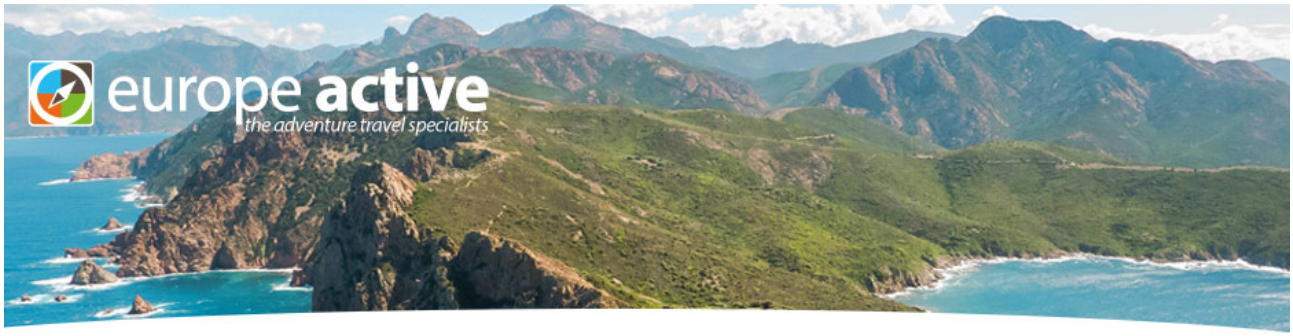
Day 3 - Mores to Pattada (79 km - climb 1516 m)

This is a terrific day crisscrossing the Goceano mountain chain featuring a variegated stunning landscape of woods, Mediterranean brush and cultivated areas of olives and vineyards. Challenge yourself along the climb leading to Foresta Burgos, a forest founded in 1886 by royal decree and enlarged over the years. End your day in Pattada, famous for its handmade knife Pattadesa, a cult object prized by collectors all over the world thanks to its shape, durability, finish and inlays of precious stones and metals.

Highlights of the day:
- The Goceano mountain range,
- The wild and remote interior.

Distance: 79 km
Climb : 1516 m

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Day 4 - Pattada to Posada (86 km - climb 1230 m)

Ride East past Su Romanzesu, a great residential and cultural complex immersed in a cork oak forest with granite outcrops, representing a precious and charming legacy of the Nuragic civilization. Then back to the ocean with the exhilarating descent over Siniscola. Your base tonight is Posada, a medieval village perched on a green limestone hill dominated by the Castello della Fava, from which you can admire the splendid panorama of the sea and the surrounding plain.

Highlights of the day:
- The stunning limestone range of Monte Albo,
- The descent towards Siniscola.

Distance: 86 km
Climb : 1230

Day 5 - Posada to Olbia (55 km - D+ 300 m)

Short day along the turquoise waters of Capo Coda Cavallo and Tavolara, a limestone and granite imposing island that rises up from the sea, 560 metres high. Alternatively, you can go for a more challenging inland route. Both routes ends in Olbia, the lively capital of Gallura that opens onto a turquoise bay and dazzling beaches. On the pedestrianised high street Corso Umberto you can relax savouring some of the local specialities, accompanied by a glass of cold vermentino wine.

Highlights of the day:
- The amazing island of Tavolara,
- Beaches of Budoni,
- The lively centre of Olbia.

Distance: 55 km
Climb: 300 m

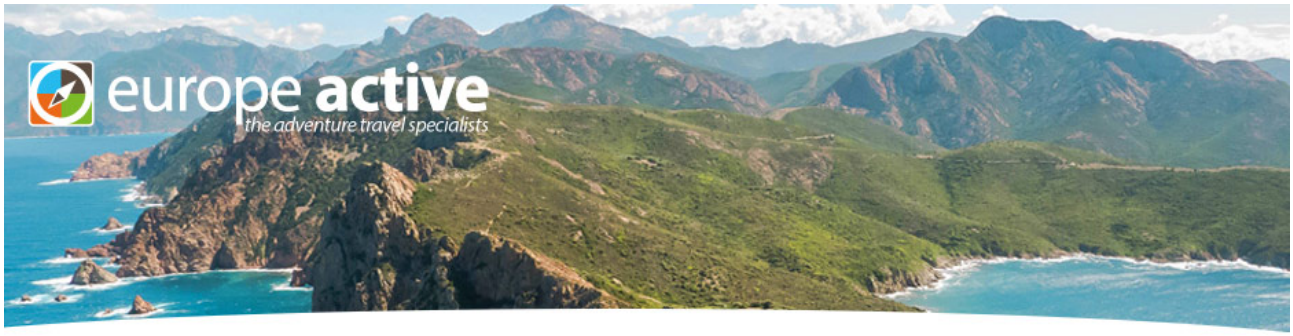
Day 6 - Olbia to Castelsardo (103 km - D+ 1400 m)

Leave the coast and ride inland again where forbidding peaks look down on endless expanses of ancient cork forests strewn with weird, wind-blasted granite boulders to make the scenery dramatic. We are in the heart of the island's major cork production area. Hundreds of cork businesses (sugherifici), large and small, are concentrated around Calangianus and Tempio, the two main centres of the area. Ride past the impressive valley of the moon, consisting of amazing granite rocks shaped by the force of the weather over thousands of years to end your day back to the coast in Castelsardo, a charming village perched high up on a cape overlooking the sea.

Highlights of the day:
- Cork oak forest on Limbara mountain range,
- Granite building of Tempio Pausania,
- La Valle della Luna (moon valley),
- The old town of Castelsardo.

Distance: 103 km

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Climb: 1400 m

Day 7 - Castelsardo to Alghero (93 km - D+ 1340 m)

The route over the rolling hills of Anglona boasts some beath-taking views over the coast and Corsica. After the adrenaline kick descent of Scala di Giocca, you reach Alghero, arguably the nicest town in Sardinia, where you can celebrate the end of this fantastic road cycling trip.

Highlights of the day:
- The rolling hills of Anglona,
- The Castle of Osilo,
- The ancient Catalan town of Alghero.

Distance: 93 km
Climb : 1340 m

Day 8 - Time for departure

After breakfast, end of services.
Private transfers to airport available on request (to be booked in advance).

Additional information

TARIFFS

Price from 825 euros per person.

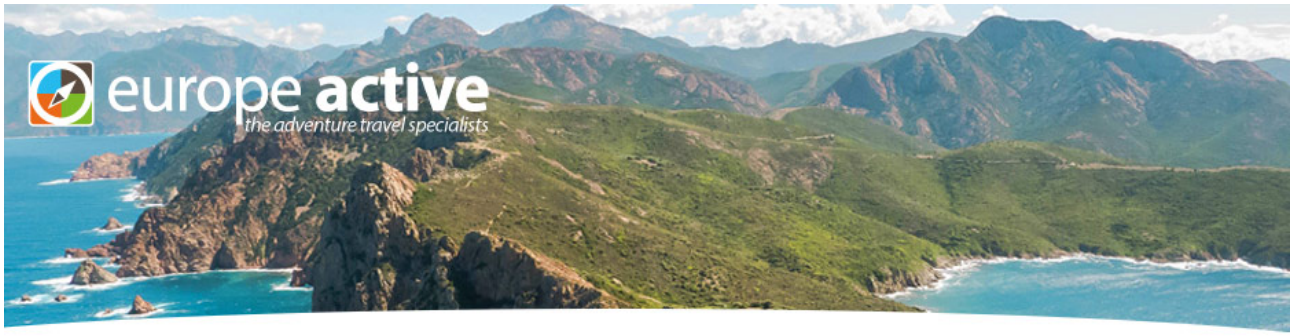
OPTIONS

High season extra cost (from 02/07 to 02/09) : 170 euros per person.
Supplement for single accommodation : 160 euros per person.
Non Saturday start supplement : 70 euros per person.
Road bike rental (30 € each additional day) : 190 euros per person.
E-bike rental (€ 35 each additionnal day) : 230 euros per person.
Guest's bike transportation : 15 euros per person.
Transfer rates per person (min. 2 persons - any additional pax: -50%) from Alghero airport to Hotel : 25 euros per person.
Transfer rates per person (min. 2 persons - any additional pax: -50%) from Olbia airport to Hotel : 20 euros per person.
Transfer rates per person (min. 2 persons - any additional pax: -50%) Alghero Olbia : 95 euros per person.

INCLUDED

- 7 nights in a double-room with en suite bathroom (3-star hotels, guest houses or farm houses)
- 7 breakfasts
- 7 dinners
- Briefing, roadbook and maps
- Luggage transfer

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- Telephone assistance

NOT INCLUDED
- Flight tickets
- Local taxes (approx. 10€ per person)
- Entrances fees to museums and archaelogical sites
- Extras in hotel etc.
- Travel insurance

And anything not mentioned in “the package includes”.
With supplement:
- Arrival and departure transfers
- Bikes for the tour
- Other starting days than Saturday

LEVEL OF DIFFICULTY
Daily distance between 55 and 103 km.
Daily elevation gain between 300 m and 1516 m.

LUGGAGE
Luggage transfers by vehicle. You only need to take your day bag with you (for picnics, cameras etc.).

ACCOMMODATION
Double-room with en suite bathroom : 3-star hotels, guest houses or farm houses.

SIZE OF GROUP
From 2 people

DEPARTURES
Every Saturday all year round.
Other departure days with extra cost.

DEPARTURE
On your arrival at the first accommodation.
A private transfer from the airport of Alghero or Olbia is possible on request.

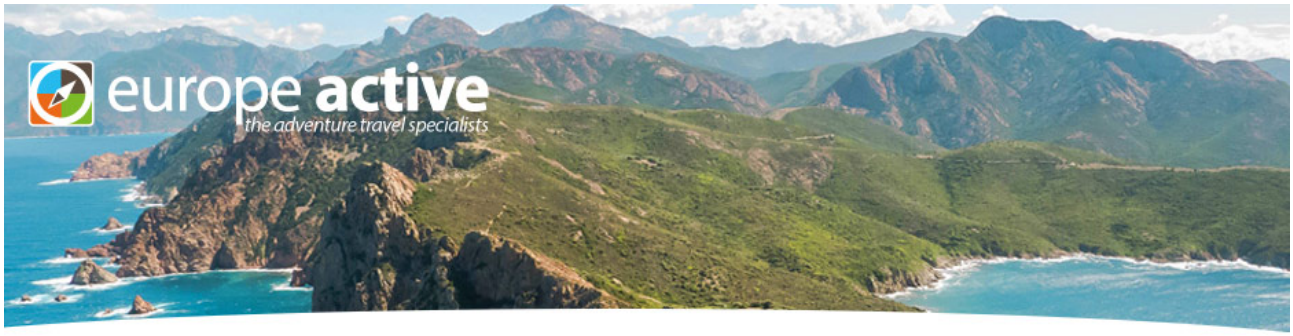
DISPERSION
On day 8 after the breakfast. A transfer to the airport is also possible on request.

HOW TO GET THERE
By plane to Alghero.

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

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.

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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 recomended, 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

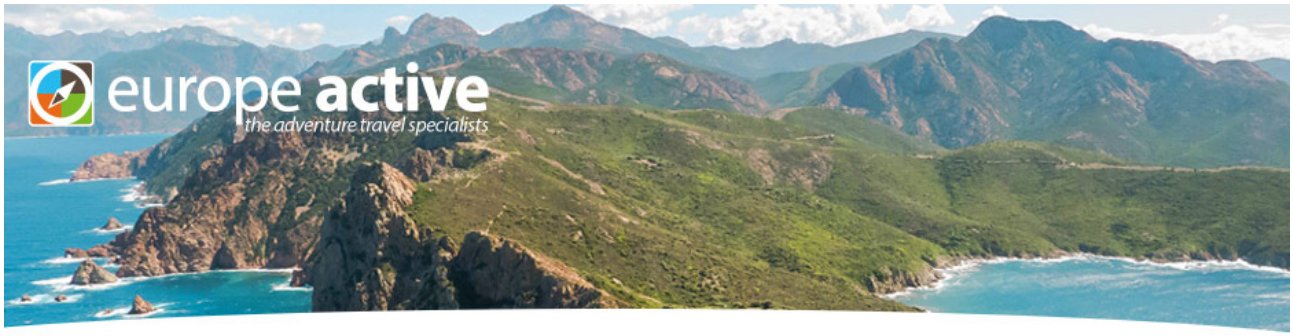
As you can't judge a book by its cover, cycling slinky shorts won't help you to turn into a cycling champion. However, a minimum of specific bike equipment will be necessary in order to be comfortable :

- 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:

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- 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.

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