



Sardinia Classic

‘Wonderful beaches and coastline – a year round paradise of unspoilt beauty’



La Bobba, San Pietro

- Costa Verde and the massive sand dunes of Piscinas
- Islands of San Pietro and Sant'Antioco
- Charming, historic town of Carloforte
- Echoes of the Caribbean on the stunning Costa del Sud
- Quality accommodation with half-board option

The south western corner of Sardinia offers some of the island's most spectacular scenery. There are views in all directions – the unspoilt coastline, the beautiful green Mediterranean vegetation, crescent shaped beaches of gleaming white sand leading to turquoise seas – all laid out before you on this inspiring 10 night tour.

Our tour starts inland with a ride down to the coast and the lovely beaches at Portu Maga and Piscinas. The next day you cycle down the coast to Nebida, passing through some eerie, abandoned villages – testament to the mineworking past of this corner of Sardinia. Contrast this with the fine beach at Portixeddu and some wonderful coastal scenery.



Carloforte street

For the next two nights you are based on the island of Sant'Antioco. Carloforte on the neighbouring island of San Pietro is worth a visit with its atmospheric main square and web of colourful narrow streets and alleyways.

Back on the main island there is a gentle ride to Sant'Anna Arresi before one of the highlights of the tour – a wonderful ride along the Costa del Sud, one of Sardinia's true gems. Unspoilt coastline and remarkable beaches will live in the memory.

The tour finishes in Pula, a pleasant town near the important archaeological remains of Nora.

ITINERARY

10 nights Arr ✈ Cagliari

Day 1 Arbus

Arrival in Cagliari and transfer by your host to your accommodation – a lovely farmhouse located a few miles from the Costa Verde. Gianfranco and his family will welcome you for two nights and provide fine local cuisine.

Day 2 Arbus ■ Cycling 24m; 38km

Cycle through some of Sardinia's wildest scenery near the Costa Verde to the beach at Piscinas, notable for its sand dunes, the highest in Europe at 50 metres.

Day 3 Arbus to Nebida ■ Cycling 25m; 41km

Down the coast to Nebida, passing the fine beach at Portixeddu, and the imposing Pan di Zucchero (Sugarloaf), a huge outcrop just off the coast. Your hotel for the next two nights offers simple accommodation and has a good restaurant, included in many food guides.

Day 4 Nebida ■ Rest day

Walk to Porto Flavia along the splendid coastline and around the hills of Nebida. Perhaps take an aperitif at the Bar Belvedere, enjoying the view of this beautiful corner of Sardinia.

Day 5 Nebida to Calasetta ■ Cycling 27m; 43km

Continue with the descent to Portoscuso and take the ferry, first to Carloforte on the island of San Pietro, and then to the island of Sant'Antioco. The Hotel Luci del Faro near Calasetta has an award-winning restaurant, comfortable rooms, and a large swimming pool in attractive gardens.

Day 6 Calasetta ■ Rest day

Enjoy the swimming pool or cycle a loop around Sant'Antioco. You could retrace your steps to Carloforte and follow the coast to the stunning beach at La Bobba.

Day 7 Calasetta to Sant'Anna Arresi ■ Cycling 27m; 43km

Cycle across the narrow isthmus towards Tratalias with its fine Romanesque church. Continue alongside Lake Monte Pranu to Sant'Anna Arresi. The Hotel Punta Giara has an outdoor swimming pool.

Day 8 Sant'Anna Arresi ■ Rest day

Walk down to the pinewoods, lagoons and beaches of Porto Pino where flamingos can be seen. Alternatively, cycle to Santadi to sample some of Sardinia's best wines at the celebrated winery.

Day 9 Sant'Anna Arresi to Pula ■ Cycling 37m; 60km

Today's ride takes you along the unspoilt coastline of the Costa del Sud. You could be forgiven for thinking you were in the Caribbean when coming across the beautiful beach at Piscinni. The striking and elegant Hotel Villa Madau in Pula is your base for the next two nights.

Day 10 Pula ■ Rest day

Visit the archaeological site of Nora, 4km south of Pula, founded by the Phoenicians and settled by the Romans. Some shopping in Pula could then complete your final day in Sardinia.

Day 11 Return

Transfer with your host to Cagliari Airport for your flight home.



Costa del Sud

TOUR & TRAVEL INFORMATION

Terrain

Minor country roads or tracks (some unpaved stretches). There is one easy flat cycling day, two medium, undulating days and one hilly day. The tour is not recommended for children under 13 due to the daily distances and terrain, and is not suitable for adults who are not reasonably fit or who have no previous cycling experience.

Daily Mileage

24-37m (38-60km)



Climate

High summer (July, August) is hot and dry with little rainfall and average daily temperatures of 24-26°C. April, May, September, and October offer lower temperatures (15-23°C) and only 3-5mm of rainfall per month.

Travel Information

Flights to Cagliari are available from the UK with Easyjet, British Airways, and Ryanair. Please check operators' websites for latest schedules and prices.

Transfer Information

Arrival: with your tour host from Cagliari Airport to Arbus – approx 1_ hours

Departure: with your tour host from Pula to Cagliari Airport – approx 1 hour

PRICES

Prices are per person and exclude flights. Board basis is either bed & breakfast, or a half board option with evening meals for the first 8 nights and bed & breakfast for the final 2 nights. Prices are based on two people sharing a room.

	JAN – JUNE	JULY – AUG	SEP – DEC
ADULT			
10 nights			
Bed & Breakfast	£ 769	£ 939	£ 769
Half Board option	£ 929	£ 1099	£ 929

Single room supplements:
Single traveller: £23 per night
Single traveller within a group: £14 per night
Supplement per person for departures Sun-Fri: £40

DEPARTURE DATES 2010

Any day of the year



Capo Malfatano, Costa del Sud



Punta Giara Hotel