

HeartCycle Bicycle Touring Club

SARDINIA, ITALY

- Dates:** Orientation Saturday June 10, 2023. Riding June 11-19, Depart June 20.
- Leaders:** Rich Crocker (HeartCycle coordinator) & Two experienced local guides will accompany us on the tour. Van Support.
- Rating:** Advanced: 45-70 miles/day with 5,500 ft climbing/day typical.
- Riders:** 22-24 max (includes coordinator)
- Price:** \$2400 (double occupancy), Single Supplement \$2800 - limited to 4.
Deposit \$700. Balance due by March 1, 2023
- Cancellation:** [Standard cancellation policy](#) applies. *Travel insurance is recommended.*

OVERVIEW

Sardinia is like heaven to any keen road cyclist: the roads are perfectly paved with minimal traffic. This beautiful trip will put you in the heart of the most ancient land in Europe. Among mountains sculpted by wind and sun, with its deep canyons, white sand beaches, and unspoiled forests, we discover nature, archaeological remains which are unique in the world, gastronomic treats, and traditions with their roots lost in the dawn of history.



Our journey will be supported with a SAG vehicle and leaders as we traverse Sardinia from north to south. Daily rides are 55 to 70 miles, with climbing on most days around 5,500 feet and on one day about 7,500 feet. But life is not all riding, we will have a boat tour of beaches on our rest day.

The trip will include all breakfasts, dinners and 9 lunches (either picnic or restaurant), and ferry tickets when cycling on the islands of Carloforte & Calasetta. Bring your own bike, or quality Cube Attain GTC race carbon bikes are available for rent for **250 Euros**. **Twenty euros** bike box transportation fee from Olbia to Pula for those bringing bikes. We start in the North, flying into Olbia and end in the south departing from Cagliari. Airport transfers are not included.



Cagliari, Capital city of Sardinia.

ITINERARY

Saturday, June 10: Arrival in Olbia, Sardinia AIRPORT CODE: OLB

Flights from the U.S. are on United and American. Both fly to OLB during summer months. The fastest airline route is flying from the U.S. to Milan or Rome. Then, take Alitalia, Meridiana Airlines, or Easy Jet. There will be a welcome meeting with guides explaining the route.

DAY 1, June 11: Olbia - Pattada (Distance: 50 miles, Elevation Gain: 5577 feet)

Right from the first day we get to know the real heart of Sardinia as we cross the Monti di Ala', a wide and remote highland with an extensive cork tree forest. After Lake Lerno we will reach our charming hotel in Pattada.

DAY 2, June 12: Pattada - Cala Gonone (Distance: 60 miles, Elevation Gain: 4900 feet). Soon after Bitti we tackle some hills and the Supramonte, the island's biggest limestone massif swings into view. We spend the night in Cala Gonone, a seaside village with a dramatic coastline where the mountain plunges into the sea.

DAY 3, June 13:

Cala Gonone

Today we will rest our tired legs at one of the most scenic oceanfront villages. As a group we will depart by boat to some of the most remote beautiful beaches and bays of the Orosei Gulf, visiting places such as Cala Luna, Cala Goloritze', Cala Sisine, and more. The boat cruise and picnic lunch are included in the tour price.



DAY 4, June 14: Cala Gonone - Fonni (Distance: 43 miles, Elevation Gain: 5577 feet).
This is the day for the King and Queen of the mountains.

Surrounded by olive groves and vineyards, we cross the town of Oliena. It is one of the most characteristic settlements of this area with its wrought iron balconies and massive wood portals. From here, it is a climb along the slopes of the Supramonte as far as Orgosolo where we make a short stop to admire the famous wall paintings-witnesses of past years of social unrest-the work of numerous artists. We cross the upland plain of Pratobello and reach Fonni where we will find our hotel, a beautiful countryside lodge.



DAY 5, June 15: Fonni – Villanovaforru (approx. Distance: 67 miles, Elevation Gain: 7500 feet).

Today is the longest and hardest day of riding. Another hilly day in the very heart of the island. We plunge into the chestnut woods around Ovodda and ride through the charming valley of Sorgono, rich in vegetation. After the village of Laconi the terrain eases out as we descent towards the Campidano flatland. We ride on the rolling hills of Marmilla, along country lanes. We rest for the night in the country village of Villanovaforru.



DAY 6, June 16: Villanovaforru - Arbus (Distance: 66 miles, Elevation Gain: 4900 feet).

Back to the ocean! Today we will ride through the natural beauty of the Costa Verde, some of the most savage scenery on the island. Our stop tonight in an agriturismo (agricultural bed & breakfast) renowned for its mouth-watering traditional dishes.

Day 7, June 17: Arbus

We give our bikes a rest day. Following old mining trails we hike down to Piscinas, famous for its celebrated sand dunes, among the highest in Europe. Some dunes are covered by the Mediterranean scrub, others still alive and modeled by the mistral, the prevailing wind in this part of the island. It is not uncommon to spot Sardinian deer coming out of the bush at sunset.

DAY 8, June 18: Arbus - Calasetta (Distance: 64 miles, Elevation Gain: 3500 feet)

This ride takes you back to the ancient mining past of Sardinia, as we pass the fascinating abandoned mines of Buggerru and Planusartu. After the golden beach of Portixeddu and the looming mass of Pan di Zucchero cliff, we will have the opportunity to admire the old ore washery at Nebida. We then board the ferry to Carloforte, where locals still fish for Red Tuna. From Carloforte, we continue to the islands of Sant'Antioco and end your day near Valassetta at a very elegant countryside hotel.



DAY 9, June 19: Calasetta – Pula (Distance: 60 miles, Elevation Gain: 2200 feet)

The final leg of our journey is along the beautiful Costa del Sud with its gleaming white beaches, an unspoiled natural landscape with imposing cliffs including Cape Malfatano with its 16th Century tower, Cape Spartivento and Chia. At Nora we visit the ancient Phoenician settlement. Tonight we will celebrate the end of our tour with a glass or two of Sardinian wine!

DAY 10, June 20: Arrivederci

After breakfast, we will say our goodbyes and transfer to the airport. Airport Code: CAG

Bike boxes and cases will be transferred and stored from Olbia to Pula for your return.

For more information, contact:

Tour Coordinator: Rich Crocker, richcrockerhotmail.com , 520-539-8019



Bike Rental : Cube Attain GTC SL bikes. Coordinate with the Tour Leader. We will coordinate reserving and sizing your rental bike. **You will pay the 250 Euro rental bike when you arrive on-site.**

- Carbon frame, Shimano 105
- Fulcrum Racing 77 wheels
- Disc brakes
- Schwalbe Durano tires, anti puncture.
- Wireless odometer, combination lock, repair kit (tube, levers, tube repair -1 kit per 2 bikes), 1 water bottle
- Bring your own saddle and pedals, a souvenir bike bottle will be provided

Or If you bring your own bike the Bike Box transfer fee: **20 Euros:** pay when you arrive.

Special Notes: Arrival and departure airports are different ends of Sardinia, plan your flights carefully.

Single Supplements accepted. A single supplement on this tour is considered 1 person in a room. However, if a non-rider companion comes, both rider and non-rider would have to pay a full double occupancy rate.

