

Bicycle Tours in Italy: **Bicycling Sardinia - Alghero to Cagliari**

OVERVIEW

The Italian island of Sardinia is renowned for its rich history, colorful handcrafts, and endless miles of undisturbed beaches. Our tour gives you a chance to discover this Mediterranean jewel that is often overlooked by American tourists. Spend 11 days exploring breathtaking coastal roads, pedaling ancient forests, and hiking to ruins that predate Roman civilization by more than 1,000 years - all while enjoying traditional Italian meals and wine. Other highlights are a visit to an excavated Roman town, a fabulous shepherds' barbecue, and swimming in pristine waters.

HIGHLIGHTS

Quiet country roads, Spectacular mountain vistas, Great food, great coastal bicycle rides, Traditions dating back to pre-Roman times, Cabras Archaeological Museum, guide hike, mask museum

TOUR FACTS

Tour Style	📄 Classic: Learn more about our Classic tours at https://www.experienceplus.com/tours/bike-tour-styles/classic-tours
Includes	11 days, 10 nights, meals as noted in itinerary; Cabras Museum; hike day; and the usual (see below).
Countries	Italy
Begin/End	Alghero/Cagliari
Arrive/Depart	Alghero Airport (AHO) / Cagliari-Elmas Airport (CAG)
Total Distance	626 km (389 miles)
Avg. Daily Distance	78 km (48 miles) per riding day
Tour Level	➤➤➤➤➤ Grades are quite gentle, rarely, if ever, above 8 percent.

Please Note: We may have small itinerary changes to this trip after you download this PDF document. If you have booked this trip and there are major changes, including changes to towns or activities, we'll email you directly. However, you should always be sure to refer to the 📄 [online itinerary](#) for the most up-to-date trip information including arrival and departure tips before you depart for your trip:

<https://www.experienceplus.com/guided-bike-tours/italy/bicycling-sardinia>

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DATES & PRICES

Dates	Price	Single Supplement*
📅 Sep 25-Oct 5, 2022	📄 USD\$5295	📄 USD\$650
📅 May 21-31, 2023	📄 TBA	📄 TBA
📅 Sep 24-Oct 4, 2023	📄 TBA	📄 TBA

*We are happy to match solo travelers who would like to share a room with someone of the same gender. If no match exists, due to hotel pricing, we will charge 50% of the single supplement rate. This fee will be collected at the time of the final payment. If a roommate assignment is available this fee will be refunded at the conclusion of the tour.

DAILY RIDE SUMMARY

Day	Distance/Gain	Terrain	Day Level	Notes
1	Test ride			
2	58km / 1154m (36mi / 3785ft)	Hilly	▶▶▶▶▶	
3	72km / 577m (45mi / 1893ft)	Hilly	▶▶▶▶▶	
4	59km / 228m (37mi / 748ft)	Gentle	▶▶▶▶▶	Today's ride is an optional loop ride
5	85km / 1653m (53mi / 5422ft)	Mountainous	▶▶▶▶▶	
6	85km / 1101m (53mi / 3611ft)	Very hilly	▶▶▶▶▶	
7	Hike day		▶▶▶▶▶	
8	85km / 1395m (53mi / 4576ft)	Mountainous	▶▶▶▶▶	
9	108km / 854m (67mi / 2801ft)	Hilly	▶▶▶▶▶	
10	75km / 831m (47mi / 2726ft)	Hilly	▶▶▶▶▶	
11	Last day			

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ARRIVAL INFO

Meeting time 2 p.m. - on Day 1 at the Hotel specified on the itinerary.

Note:

As you are planning, remember that the hotels listed in our itineraries are our primary hotels and are - in rare cases - subject to change. Before you make arrangements, [check with us](#) if your tour departure is guaranteed. If your tour departure is out further than 6 months, please also check with us as there might be slight changes to the itinerary.

The below information will help you plan your arrival. For more tips or other routes, you might like [Rome2Rio](#). The fare and timing information listed below is approximate.

We recommend flying into the Alghero-Fertilia airport (AHO).

Flying into Alghero and continuing to the Day 1 Hotel

- Taxi - From the Alghero airport to the Day 1 hotel (15 min, Euro 30).

Taxis will be waiting outside of the arrivals terminal. If taxis are not waiting, call [Consorzio Taxi Alghero](#) taxi company (+39 079 97 39 795).

DEPARTURE INFO

The tour ends on the final day after breakfast.

The below information will help you plan your departure. For more tips or other routes, you might like [Rome2Rio](#).

We recommend flying out of Cagliari (CAG)

- Taxi from the Ending Hotel to the Cagliari Airport (15 min/Euro 15-20).

Or

- Train from [Cagliari](#) to Cagliari-Elmas; runs every 20 minutes, no pre-purchase necessary. (10 min/EUR 1.30)

Bicycle Tours in Italy: **Bicycling Sardinia - Alghero to Cagliari**

Tour begins in Alghero, Italy

Highlights Seaside Alghero, Catalan & Gothic architecture

There are plenty of ways to get to Alghero including international air connections or by boat from Genoa to Porto Torres. Alghero was a Catalan outpost and has a dialect that is still a mix of Catalan and Italian. Our seaside hotel is a 15 minute walk from the historic town center. We'll fit bicycles this afternoon and recommend an easy test ride before our special welcome dinner tonight.

DAY 1: Sun, Sep 24th

Meals Dinner

Lodging  Hotel Carlos V

Bicycle Alghero to Tresnuraghes

Highlights Scenic coastal riding, the town of Bosa

We'll follow the coast south toward Bosa this morning. Take your time and enjoy the roller coaster ride this morning as the reality of this mountainous island sinks in - you're actually cycling suspended between the sea and mountains! Bosa is our first stop and we recommend you take time to explore this fascinating town before enjoying lunch here. A final climb through small coastal vineyards brings us to a plateau dotted with tiny traditional villages. Since Roman times, the Sardinians have never really lived by the sea as pirates and bad weather were more common at sea level.

DAY 2: Mon, Sep 25th

Distance 58 km (36 mi)

Gain 1154 m (3785 ft)

Terrain Hilly

Level 

Meals Breakfast, Dinner

Lodging  Villa Asfodeli - hotel de charme

Bicycle to Cabras

Highlights Two-night stay, traditional basket makers, small Sardinian villages

We remain inland today, visiting the towns of Flussio (famous for its home-made baskets) and Tinnura (famous for its murals) on our way to Cuglieri, a village that still makes olive oil from trees planted by Spanish noble families in the 16th Century, we'll enjoy a fun descent to a beautiful beach for a refreshing swim and lunch. A flat ride brings us to our hotel this afternoon.

DAY 3: Tue, Sep 26th

Distance 72 km (45 mi)

Gain 577 m (1893 ft)

Terrain Hilly

Level 

Meals Breakfast, Dinner

Lodging  Hotel Villa Canu

Bicycle Tours in Italy: **Bicycling Sardinia - Alghero to Cagliari**

Rest day, Roman ruins, optional ride to the beach

Highlights Optional ride to the Roman ruins of Tharros, explore hidden beaches and bays

Today is a day off the bikes for those who prefer to relax. Or we'll offer an optional ride to the Phoenician and Roman ruins of Tharros on the coast, where you can enjoy a relaxing swim at the beach. Those with an urge for exploration can spend the entire day cycling to all the little bays and beaches along this wild coast. Your return ride will bring you by salt marshes inhabited by fish and pink flamingoes. Try some famous "bottarga" (fish roe) made in this area, either on pasta or on pizza!

DAY 4: Wed, Sep 27th

Distance 59 km (37 mi)

Gain 228 m (748 ft)

Terrain Gentle

Level 

Meals Breakfast

Lodging  [Hotel Villa Canu](#)

Bicycle into Sardinia's mountains to Tonara

Highlights Woolen rugs of Samugheo, ice cream in Sorgono

We head deep into Sardinia's interior today. Our route follows the Tirso River to Fordongianus, an important ancient Roman city, and then heads up to Samugheo, known for its knotted white woolen rugs. After lunch and/or a gelato stop in Samugheo, continue climbing to Atzara and Sorgono, where the summit (900+ meters or 2880 feet) awaits. Our destination is the small mountain town of Tonara, famous throughout Italy for its honey and egg-white "torrone" (nougat) and its artisanal bellmakers that help herders keep track of sheep, goats and cattle.

DAY 5: Thu, Sep 28th

Distance 85 km (53 mi)

Gain 1653 m (5422 ft)

Terrain Mountainous

Level 

Meals Breakfast

Lodging  [Hotel Belvedere](#)

Bicycle to Su Gologone

Highlights Coastal mountains of Sardinia, resort hotel with pool, traditional masks of Mamoiada

We start the day with a well-earned downhill before climbing to the friendly town of Gavoi and our lunch stop in Mamoiada. We'll regroup for a brief visit to the traditional mask museum to learn about the haunting masks that dominate traditional festivals before continuing on through the center of Sardinia's historic "bandit" region, Orgosolo in the Gennargentu (silver) mountains. Our destination is the serene mountain resort hotel of Su Gologone, nestled under the imposing white limestone mountain Supramonte.

DAY 6: Fri, Sep 29th

Distance 85 km (53 mi)

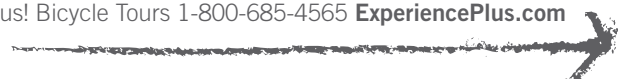
Gain 1101 m (3611 ft)

Terrain Very Hilly

Level 

Meals Breakfast, Dinner

Lodging  [Hotel Su Gologone](#)



Bicycle Tours in Italy: **Bicycling Sardinia - Alghero to Cagliari**

Hike to Nuragic Village

Highlights Visit to prehistoric Nuragic village, shepherds' barbecue

Leave your cycling shoes behind today as we enjoy a hike to some of the ruins and rock dwellings of the ancient Nuragic civilization that once inhabited this area. After our hike, we'll share a barbecue in the mountains with local shepherds. An early return to our hotel allows for serious rest and relaxation at the swimming pool before dinner together.

DAY 7: Sat, Sep 30th

Level >>>>>

Meals Breakfast, Lunch, Dinner

Lodging  Hotel Su Gologone

Bicycle Su Gologone to Arbatax

Highlights Spectacular limestone mountains, rugs and olive oil of Dorgali

Hold on to your helmets! We go from 100 meters (328 feet) to 1,000 meters (3280 feet) and then back down to sea level as we cycle through some of the most spectacular limestone mountains in the Mediterranean basin. You'll want to stop in Dorgali to see the rugs, traditional gold filigree jewelry, and Sardinian ceramic designs before a long but gentle scenic climb brings us to the top of the pass. From there it's downhill to Arbatax our home for the night.

DAY 8: Sun, Oct 1st


Distance 85 km (53 mi)

Gain 1395 m (4576 ft)

Terrain Mountainous

Level >>>>>

Meals Breakfast

Lodging  Hotel Arbatasar
 Hotel Club Saraceno

Arbatax to Costa Rei

Highlights Wild countryside

Today's ride is long, but with gently rolling terrain through the villages Tertenia, Villaputzu and Muravera. The scenery is bucolic with views of the mountain range that separates the valley we are riding through from the sea. We'll enjoy glimpses of the Tyrrhenian Sea toward the end of the ride, one of the two seas that flank mainland Italy (the other is the Adriatic Sea between Croatia and Italy).

DAY 9: Mon, Oct 2nd

Distance 108 km (67 mi)

Gain 854 m (2801 ft)

Terrain Hilly

Level >>>>>

Meals Breakfast, Dinner

Lodging  Hotel il Vascello

Bicycle Tours in Italy: Bicycling Sardinia - Alghero to Cagliari**Bicycle Costa Rei to southern coast of Sardinia**

Highlights Coastal riding, Villasimius, Cagliari

We cycle to the south coast of Sardinia near one of the most famous beaches in Cagliari. We recommend stopping in Villasimius for a midmorning cappuccino and cornetto, a great ice cream, or just to have a walk on the famous Poetto beach, Cagliari's closest beach. We'll pedal into Cagliari to our hotel for our final evening and dinner together.

DAY 10: Tue, Oct 3rd

Distance 75 km (47 mi)

Gain 831 m (2726 ft)

Terrain Hilly

Level 

Meals Breakfast, Dinner

Lodging  Hotel Regina
Margherita

Tour ends in Cagliari, Italy

Highlights Cagliari

After breakfast, we'll say goodbye. If time allows stay a few extra days in this Mediterranean paradise.

DAY 11: Wed, Oct 4th

Meals Breakfast

INCLUDED**BEFORE YOU LEAVE**

- Tour planning tips on what to bring, what to leave home, and what you might like to read before your trip.
- Bicycle Tour Training program designed specifically for your tour rating by renowned cycling coach, Joe Friel.
- Assistance with flights, trains and booking extra nights at your starting and ending tour hotels.
- A complimentary gift of your choice

ON YOUR BICYCLE TOUR

- Superb tour leaders who are great fun and also bilingual, bicultural experts, and avid cyclists. They're experienced to help you navigate confidently on and off the road.
- Comfortable lodging in 3-4 star hotels located in or near the town square with easy access to your favorite café (bar, gelato, espresso) of the day, always with a private bath.
- All breakfasts & at least half of your dinners each featuring multi-courses, fresh, seasonal specialties and wine or beer. See specific tour information for details.
- On many tours we also have 1 or 2 lunches—see specific tour itineraries for details.
- Use of a high quality bike—a Titanium road bike, hybrid, or an aluminum tandem in Continental Europe. For tours in South America, Scotland and Ireland we have aluminum frames. All of our bikes are geared specifically to cruise the flats and help ease you over the mountain.
- Our bikes come with a computer so you can track your miles. They also have an expandable rear rack pack to carry your stuff, and a water bottle that's yours to keep.
- Full van support to carry luggage - and tired cyclists, too!

- Special events like wine tastings and cultural visits as described in the trip itinerary.
- All tips and gratuities at tour hotels and group meals.
- Unique routes, marked with our signature chalk dust arrows that ensure you won't get lost. They also give you the freedom to travel at your own pace.
- Daily mileage options—for those folks who just can't get enough cycling, we'll suggest optional routes off our marked course.
- Detailed route map, and arrows that will lead you to hidden wonders on your bicycle ride.
- All the fun (and more) that you expect from your vacation.

WHAT'S NOT INCLUDED

- Transportation to and from the bicycling tour including airfare, or train travel
- Helmets - we ask that you bring your own to ensure the best fit
- Meals not listed in the itinerary
- Tour Leader gratuity

AFTER YOUR BICYCLE TOUR

- Deeply discounted tours with our "Re-Cycle Program." Your fifth tour with us will be discounted by 50% of the average price of your previous four tours; your tenth tour will be discounted by 100% of the average price of your previous nine tours!

 LEVEL RATINGS

Our itinerary descriptions provide daily mileage to help you determine if a bicycle tour is suited to your physical capabilities and interest. You'll also find a note about the trip's terrain on the "Tour Facts" page of each tour. The purpose of this page is to offer a general explanation of our rating categories.

BIKE TOURS 101

Perfect for people looking for mostly flat terrain, or those newer to cycling. Also great for families traveling with younger children (8—14).

- **Average daily mileage:** 50—57km (30 to 35 miles). Be sure to check the day by day itinerary description for the tour you are considering for specific mileages.
- **Terrain:** 101 tours offer flat to gently rolling terrain. You'll find specific information on the "Tour Facts" page of each itinerary where you see the tour rating.

BIKE TOURS 201

For riders who prefer a combination of flat and rolling terrain with moderate climbs on one or two days. An excellent compromise for friends who have diverse riding abilities.

- **Average daily mileage:** 50—57km (30 to 35 miles). Be sure to check the day by day itinerary description for the tour you are considering for specific mileages.
- **Terrain:** 201 tours feature mostly flat and rolling terrain with moderate climbs on one or two days where you might gain up to 2,000 feet. Some 201 tours may have some longer mileage days of up to 85 kms (50 miles) over fairly flat terrain. While others may have days of 30 - 45 kms (18—25 miles) with steeper climbs. You'll find specific information on the "Tour Facts" page of each itinerary where you see the tour rating.

BIKE TOURS 301

For riders who enjoy some climbing every day. These tours are best suited to intermediate level recreational riders. Fit beginners will likely do well but may want to shuttle on days with steeper climbs.

- **Average daily mileage:** 50 to 75 km (35—45 miles). Be sure to check the day by day itinerary description for the tour you are considering for specific mileages.
- **Terrain:** For 301 tours expect cumulative daily climbs of 1,500—2,000 feet and several days of climbing in excess of 3,000 feet. You might encounter some longer mileage 80—90 km (50-60 miles) days with rolling terrain. You'll find specific information on the "Tour Facts" page of each itinerary where you see the tour rating.

BIKE TOURS 401

For cyclists who love to climb (and descend)! If you haven't trained or are an inexperienced rider you will find these trips very challenging and will very likely need to shuttle regularly.

- **Average daily mileage:** 50 to 75 km (35—45 miles). Be sure to check the day by day itinerary description for the tour you are considering for specific mileages.
- **Terrain:** 401 tours are challenging. Expect the possibility of longer mileage days of 80 - 120 kms (50 to 70 miles) with rolling terrain, or some sustained hills for considerable distances - think mountain passes, or steeper (+5%) climbs that come with regularity and could be as long as 10 km (6+ miles). You will have gains of 1000 meters (3000 feet) on a third of the days. You'll find specific information on the "Tour Facts" page of each itinerary where you see the tour rating.

BIKE TOURS 501

Our ExpeditionPlus! tours designed for strong riders looking for the challenge of riding across countries or continents. Long daily mileages means limited van support so we recommended these tours for riders who feel confident that they can ride every mile.

- **Average daily mileage:** 120 km (75 miles). Be sure to check the day by day itinerary description for the tour you are considering for specific mileages.
- **Terrain:** Expect and be prepared for any and everything.

REMEMBER

It is almost always possible to adapt the day's ride to how you are feeling either by taking advantage of the support van, or asking tour leaders for additional mileage.

Need More Miles? On just about every day of every tour it is possible to add miles to the day. Just talk to your tour leader about the options.

Need Fewer Miles? If you aren't sure about your abilities or how much you want to ride remember the support van is available to offer snacks, encouragement, a lift over the next hill, or to the next hotel. You are on vacation and we're here to help make it perfect for you.

Chalk Dust Arrows. Remember, no matter what level of tour you choose ExperiencePlus! uses chalk dust arrows to mark our routes so riders can take the day at their own pace! Whether you prefer to stop at every gelateria, take a hundred photos a day, or push to achieve a new personal best you'll be happy on our tours.

WHAT TO EXPECT**BICYCLES**

Your bike comes with a pack for the rear rack, lock, cyclometer (bicycle computer), a spare tube and patch kit and pump. If you would like to bring your own pedals and shoes we recommend doing so—your tour leaders will install them during the bike fitting. We have flat pedals with or without cages and straps available. For safety and hygiene reasons you are responsible for bringing a helmet.

Daily Routine (Procedures and Logistics)**DAYSHEETS**

Each day you'll receive a daysheet with information on the day's activities, meals and ride. These also include Tour Leader phone numbers, hotel information and interesting historical and cultural information about sites that you may want to stop and see along the route. Your Tour Leaders will also post daily announcements in the hotel lobby with information about sightseeing in town or restaurant recommendations for dinners on your own as well as important information about breakfast, luggage down and "arrows down" time.

NAVIGATING ON TOUR

At breakfast each day we will make the "Master Route Map" available so you can highlight your map for the day's ride. Of course, we also mark the route every day with our signature chalk dust arrows. Our arrows make navigating very easy—you may never need to look at the map! The arrows also allow you to ride at your own pace. There is no need to "keep up" with the group—this is your ride!

But what if it rains? What happens to the arrows? In a light rain, the arrows actually "set up" and become more permanent. In a heavy rain, they do wash away. If that happens, we'll re-group to cycle together for those who want to continue cycling while those who prefer to stay dry can shuttle.

VAN SUPPORT

The van carries luggage and supports cyclists. It also has water, fruit and snacks. Though the van has snacks, we encourage you to stop and enjoy markets and find your own favorite local specialty.

HOTELS

We have carefully chosen all of our accommodations for their charm and location. They are typically small, family run hotels that offer you a glimpse into the local culture.

We prefer hotels near interesting sites in the center of town located along the best cycling route in the area. Because many of the hotels are small not all of the rooms will be

exactly the same. We keep this in mind and do our best to distribute rooms fairly by the end of the tour. Our itinerary lists our primary hotels. On rare occasions, listed hotels are subject to change.

MEALS AND RESTAURANTS

Breakfasts: we work hard to arrange complete breakfasts but some hotels still serve continental style breakfasts; cycling is energy intensive so we do recommend you plan for a morning or mid-morning snack on the road at a local café or market.

Water is OK in almost all hotels and in country fountains; if there is a problem, we will advise you.

We'll recommend lunch locations en route and most itineraries include a few group picnics. We limit the number of picnics so you don't feel pressured to be at a certain place in the middle of your ride.

Dinners together are often pre-planned and pre-ordered. We'll ask you if you have special dietary requirements. Pre-planned meals allow us to provide a variety of regional specialties and facilitate efficient service. Water, wine and beer are included.

TIPPING YOUR TOUR LEADER TEAM

If you feel your tour leader team has demonstrated great expertise and service, common practice within the travel industry is to tip. Tipping is voluntary and greatly appreciated, and gratuity amounts vary widely. Should you decide to leave a tip, as a guideline, we suggest 5% of the tour cost per traveler – this for the entire tour leader team, not each Tour Leader. If you'd like to show your gratitude for your Tour Leaders' excellent service you can give the tip to any member of the tour leader team, as they share it evenly. In order to avoid social tensions, we encourage you to tip as individuals and not as a group. If you feel your Tour Leaders did not quite meet your expectations, then we would like to know about it. You will also have the opportunity to leave your comments in our evaluation survey which we email to you after your trip.

PHOTOS

We'll be taking photos throughout the tour and we encourage you to do the same. Please note that we may use these for promotional purposes. Please inform us if you prefer images of you not be used. We realize that many of our travelers are great photographers and often people want to share photos after the trip. We'd love to see and share your photos from the tour with the world so if you don't mind the possibility of being famous (at least in the ExperiencePlus! world) send us a link to your tour photo gallery, or upload your favorite 20 - 30 pictures to your tour departure gallery - we'll send you the link to that online photo gallery in your final email!

CHECKLIST

TO DO TODAY!

Read through your Reservation Confirmation Email, it has important information to help you plan your trip!

- Check the date on your passport. The expiration date should extend three months past your date of return to your home country
- Complete the Customer Information Form online at www.experienceplus.com/travelinfo/tourcif
- Apply for trip cancellation/interruption insurance within 21 days of booking your tour. Find details at <http://www.experienceplus.com/assets/files/packingbicycle.pdf>
- Download the bicycle training program found on the Training Program Blog Page at www.experienceplus.com/training

3—6 MONTHS PRIOR TO DEPARTURE

- Reserve your flights after you know you have a confirmed tour departure. Please check with our office if you do not know if your trip is confirmed. As you make your plans refer to the Getting To and Away sent to you in your booking confirmation email it provides meeting times and the starting and ending hotels and shuttle information when applicable.
- Book your pre and post-tour hotel nights. Please refer to the Getting To and Away sheet you received in your Reservation Confirmation Email.
- 12 weeks before your tour begin your training program www.experienceplus.com/training.
- Final payment is due 90 days prior to the tour start. Please refer to your Deposit Payment Invoice and the Final Payment Reminder e-mail you have received for detailed instructions.

6 WEEKS—2 WEEKS PRIOR TO DEPARTURE

- Start reading one of the books or watching one of the movies from our Suggested Reading and Movie List which you'll find on the country page linked from the www.experienceplus.com/travelinfo page.
- Plan what you are going to pack and start packing! Refer to the Packing List on our website at www.experienceplus.com/assets/files/packingbicycle.pdf.
- We'll email your Hotel Itinerary information 30 days prior to departure.

DAY OF YOUR FLIGHT

Get as much sleep on the plane as you can. Pack your Getting To and Away information and one day of cycling gear in your carry-on. See you soon!