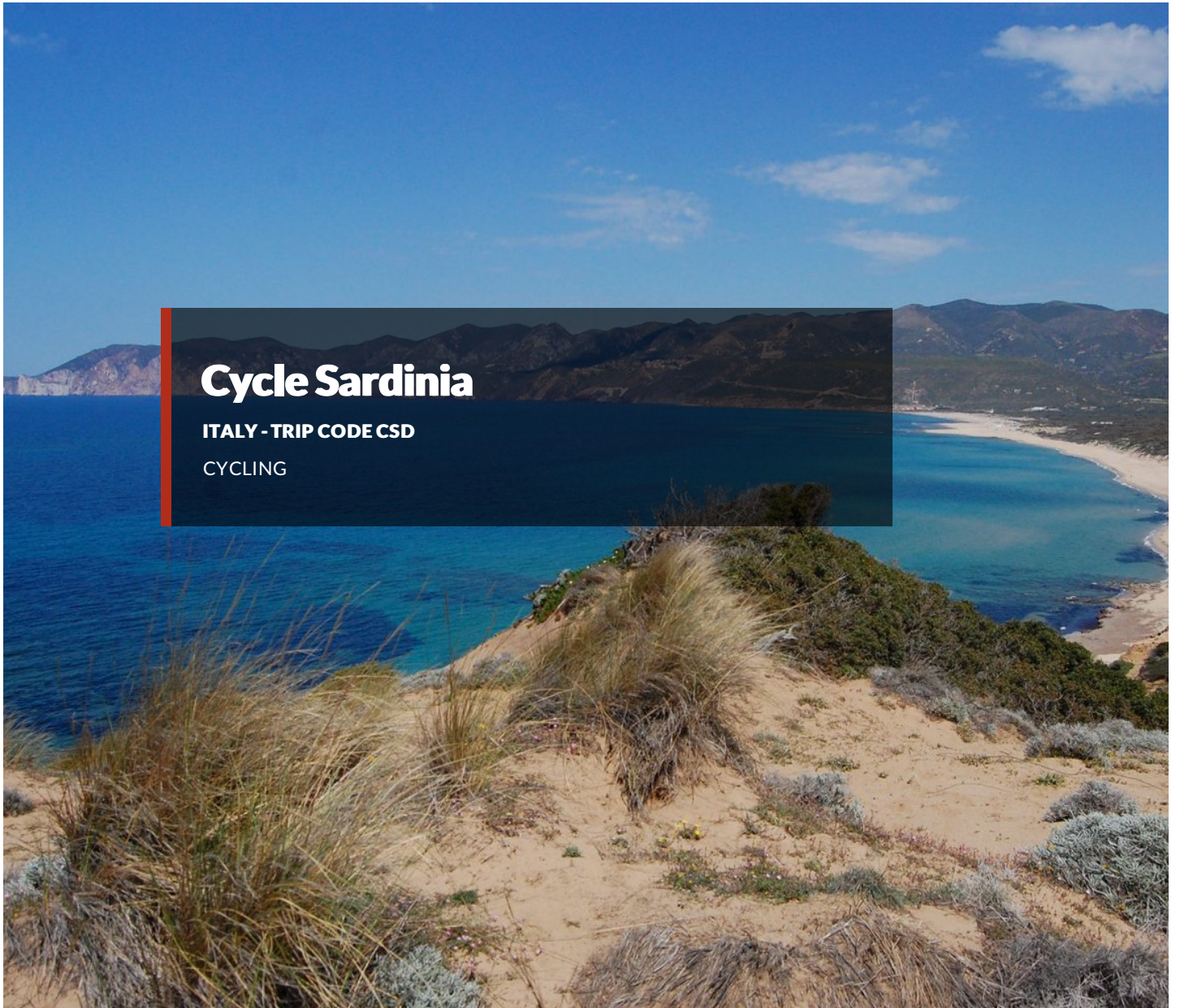


EXPLORE!



Cycle Sardinia

ITALY - TRIP CODE CSD

CYCLING

Why book this trip?

Discover the unspoilt beauty, wild dramatic coastlines and crystalline waters of southwestern Sardinia - perfect for a cycle adventure. Ride past cliffs, bays and inviting beaches, discovering ancient abandoned mines and friendly local people. Explore Sant'Antioco and Carloforte islands and cycle along the stunning 'costa del sud' before spending our final night in lively Cagliari.

- **Cycle Sardinia** - Pedalling the wild Costa Verde and with breath-taking views
- **Excellent food and wine** - Try Carignano and Vermentino local wines and pecorino sardo cheese
- **Beaches** - Enjoy vast unspoilt beaches with inviting crystal waters



INCLUDED MEALS
Breakfast: 7
Dinner: 1



TRIP STAFF
Explore Tour
Leader / Cycle
guide
Driver(s)



TRANSPORT
Bus
Bicycle
Boat



ACCOMMODATION
7 nights
comfortable hotel



CYCLING GRADE:
Moderate



GROUP SIZE:
10 - 16

Itinerary

Itineraries on some departure dates may differ, please select the itinerary that you wish to explore.

DAY 1 - Tour starts in Arbus

The transfer from Cagliari Airport should take around 1.5hrs. Arrive and check into the agriturismo, our base for two nights located a few kilometres outside of Arbus town. Arbus is well known locally for the production of the l'Arburese knife and there is a museum in town dedicated to it for those interested. Alternatively you may just choose to relax at the agriturismo.

No cycling today.



ACCOMMODATION:
Agriturismo Rocce Bianche (or similar)

Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: DINNER

DAY 2 - Cycle loop via Piscinas beach

After breakfast we spend some time getting comfortable with our bikes and making any necessary adjustments. The first ride starts with a panoramic road through a cork oak forest to Arbus. We'll stop in

Arbus for a coffee or the chance to visit the knife museum. We continue cycling along a wild and scenic Mediterranean 'macchia' route, finally descending to the sea. Here a short deviation takes you to one of the most extended desert area of Europe - Piscinas beach. Later we cycle uphill through the almost abandoned mining village of Ingurtosu on our route back to Arbus (note that it is possible to request a van lift for final 4km steep section, thus avoiding 380metres of ascent).

Our total cycling distance today is approximately 53 kilometres (1200 metres total accumulated ascent and descent).



ACCOMMODATION:
Agriturismo Rocce Bianche (or similar)



Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 3 - Long descent to Portixeddu. Visit abandoned mine. Ride past Sugar Loaf cliff to Nebida

Today's ride starts with a long winding downhill to Portixeddu, one of the favourite spots for local surfers. After a break for some good coffee you start climbing to Buggerru, where the Tour Leader will explain about a system of tunnels that were used to transfer minerals from the mines to the port. We plan to visit one of the old mines on foot, with great views from a panoramic path. It may be necessary to move this mine visit to tomorrow morning. Back on the bike, further on we get some great views of the Pan di Zucchero (Sugar Loaf) cliff and the Masua mines. Our ride ends in the village of Nebida where we spend the night.

Our total cycling distance today is approximately 40 kilometres (930 metres total accumulated ascent and 1220 metres descent).



ACCOMMODATION:
Agriturismo Sa Rocca (or similar)



Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 4 - Discover San Pietro Island and continue to Sant' Antioco Island. Optional Carignano wine tasting

After breakfast we cycle for about 25 km to the port of Portovesme, where we take the ferry to the Island of San Pietro. Upon docking at Carloforte harbour you may soon start noticing the different accent the Carlofortini have - in fact they have Genoese roots and speak a different dialect from the rest of the Sardinians. It is here in the last week of May that Italy's last remaining 'tonnara' operates as a system of nets is used to catch the Tuna. They also have a culinary festival at the same time. After a short visit we take another ferry, this time to Calasetta, on Sant'Antioco Island - home to some excellent wines (from the local Carignano del Sulcis vine). The Sulcis region is known for the Carignano vine that can live with very little rainfall and is stunted by strong winds to no more than a foot high. Many local families still have a little vineyard to produce it and after a sip you know why they still make it! The last section of our ride is around 12km on the flat to Sant' Antioco town. There will be an optional visit to a small producer of Carignano for wine tasting.

Our total cycling distance today is approximately 39 kilometres (400 metres total accumulated ascent and 540 metres descent).



ACCOMMODATION:
Hotel Moderno (or similar)



Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 5 - Optional loop ride around Sant' Antioco Island

You can choose to kick back and relax today or take a cycle ride around the island. Our suggested route makes its way around the island, with stops at various inlets for a break or picnic. Other options include taking a fishing boat excursion or horse riding or just to relax on the beach.

Our total cycling distance today is approximately 42 kilometres (480 metres total accumulated ascent and 460 metres descent) (optional).



ACCOMMODATION:
Hotel Moderno (or similar)



Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 6 - Return to the main island and cycle to Teulada via Zuddas cave

We ride back to the main island of Sardinia this morning. Leaving S. Antioco there is a section of about 2km where we have to ride on the busier main road before turning onto quieter secondary roads. The first stop on today's ride is at the village of Tratalias, with its Romanesque church dedicated to Santa Maria di Montserrat. After the village of Santadi, you pass by the stunning caves of Zuddas where you have the option to visit. Finally a ride along a quiet road leads you to Teulada, our final destination for today, famous for terracotta pipes and highly refined embroidery. Another tasting is included today to sample the excellent Sardinian wines.

Our total cycling distance today is approximately 48 kilometres (550 metres total accumulated ascent and 500 metres descent).



ACCOMMODATION:
Hotel Jasmine (or similar)



Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 7 - Breathtaking Costa del Sud ride to Pula. Drive to Cagliari

Our final ride is a must for cyclists! The Costa del Sud is an incessant repetition of ups and downs with breath-taking views over the coast and the sea, with occasional watchtowers and beautiful inlets. There are several places to stop and swim in the crystal clear water. All good things come to an end and our final stop is in the lively town of Pula. At a site close to town you have the option to visit the

archaeological site of Nora - an important port in Phoenician times where it is possible to admire some very well preserved Roman mosaics. In the mid to late afternoon we drive in our charter vehicle from Pula to Cagliari and the journey takes around 1 hour. With such little time in this city you may choose to extend your stay beyond tonight.

Our total cycling distance today is approximately 49 kilometres (630 metres total accumulated ascent and 670 metres descent).



ACCOMMODATION:
Hotel Dedoni (or similar)



Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 8 - Trip ends at Cagliari

The tour ends in Cagliari this morning after breakfast.



MEALS PROVIDED: BREAKFAST

Trip information

Country information

Italy

Climate

April/May and October/November are pleasantly warm. June/September are the hottest months. Showers are common in Autumn.

Time difference to GMT	Plugs	Religion	Language
+1	2 Pin Round	Roman Catholic	Italian

Budgeting and packing

Optional activities

The following excursions and/or activities are usually available and may be arranged locally. Estimated costs are provided below for guidance only, are on a per person basis unless shown otherwise, and may depend on the number of participants. Prices quoted are correct as of the date these tour notes were originally issued but may change at any time due to currency fluctuations. Please note: These activities are booked and paid for direct with the supplier and do not form part of your Explore holiday contract.

Arbus - L'Arburese knife museum

Zuddas Cave - 10 Euros

Pula - Roman mosaics - 7.50 Euros

Sant'Antioco Island, optional Carignano wine tasting - 10 Euros

Clothing

When cycling: quick drying cycle tops, padded cycle shorts, lightweight wind and water proof jacket and warmer breathable layers where local conditions require.

General: Pack essentially for hot or mild weather depending on the time of the year plus some warmer clothes for colder nights. You may want to pack a swimsuit and towel, depending on the time of year, as there will be some opportunities to swim.

Footwear

If you are not bringing cycle shoes then try to bring stiff-soled shoes as these are better for cycling - transmitting your energy into the pedals more efficiently. This becomes more relevant and recommended the more demanding the grade and distances to cover. We do not recommend roadbike cycling shoes with protruding cleats on this trip because part of the first ride is on a gravel road and sand. MTB flat shoes are fine. Comfortable shoes, trainers, sandals or flip flops are useful when not on the bike.

Luggage

20kg

Luggage: On tour

We recommend you bring a daypack and one main piece of luggage (total allowance: 44lb/20kg) which will be transported between hotels while you cycle. Check the bike details section to see if a pannier or handlebar bag is provided on the bike. Remember that you'll have to carry your own luggage so don't overload yourself.

Equipment

On all Explore cycle holidays we strongly recommend you bring along and wear your cycle helmet. In

case of an accident resulting in personal injury, certain insurance policies are invalidated in cases where a helmet was not being worn. Cycle glasses to protect against dust, pollen and the sun, padded cycle gloves and a water bottle or water delivery system (e.g. camelback or platypus) are also useful. You may choose to bring your own gel seat cover for added comfort. Other items to consider bringing are a sunhat and sun cream, torch, earplugs and insect repellent. Please carry some or all of your cycling equipment e.g. helmet as part of your hand luggage.

Tipping

Explore leader

At your discretion you might also consider tipping your Explore Leader in appreciation of the efficiency and service you receive.

Local crew

Although entirely voluntary, tipping is a recognised part of life in this region of the world. Some local staff will look to members of the group for personal recognition of particular services provided. In order to make things easier for you, the Explore Leaders may organise a group's tips kitty and if this is the case, they will account for it throughout the tour.

International Departure Taxes

None

Italy

Food and drink

The costs for meals may vary depending upon location, type of restaurant and number of courses eaten and so the prices given are an average guide. Local restaurants located off the beaten track may be less expensive, whereas an upmarket restaurant located in the centre of a major city may charge more.

Lunch price	Dinner price	Beer price	Water price
£10.00 - 15.00	£20.00 - 25.00	£2.00 - 4.00	£1.00 - 2.00

Foreign Exchange

Local currency	Recommended Currency For Exchange
Euro.	GBP.

Where To Exchange

We recommend that you change any currency into Euros prior to arrival. Bureau de Change are generally only found in major cities and large airports.

ATM Availability	Credit Card Acceptance
Major towns.	Larger hotels and restaurants.

Travellers Cheques

Only in major towns. Please note, the exchange rate for cash and Travellers Cheques is poor.

Transport, Accommodation & Meals

Transport Information

Bus, Bicycle, Boat

Accommodation notes

Comfortable - Our mid-range accommodation offers a good level of service often with other amenities such as a restaurant, bar, garden or swimming pool. Generally rooms will be comfortable with en-suite facilities.

Essential Information

FCO Advice

We strongly recommend that you check your government's travel advisory for up-to-date information and advice about your destination: safety and security, entry requirements, health, local laws and customs. For UK Foreign and Commonwealth Office advice [click here](#).

For more information from Explore about travel advice, [click here](#)

Under 18 immigration guidance

Please note that some countries require proof of parental consent when travelling overseas with under 18s. Please check requirements with the relevant embassy or consular office well in advance of travel if this applies to your party.

Price Guarantee

Once your booking has been confirmed we guarantee the price will not increase, whatever the circumstances. Before booking please ensure you have read our important tour pricing information. [Booking Conditions](#)

Visa and Passport Information

Italy: Visas are not required by UK, E.U nationals, Australian, New Zealand, US and Canadian citizens. Other nationalities should consult their local embassy or consular office.

If you do require assistance in obtaining a visa then you may be able to apply through Explore's recommended visa service in the UK, Travcour. See www.travcour.com to download the relevant visa application for your trip, if applicable (UK citizens only), along with details of how to apply for your visa through Travcour. The Team at Travcour will be happy to answer specific questions relating to visa applications, please call them directly on 0208 5431846.

It is your responsibility to ensure that you are in possession of a full passport, with the correct validity for your chosen destination.

Booking conditions

Before booking your Explore trip, please ensure that you read both our Essential Information and Booking Conditions.

Transfers

[Find out more about Trip Transfer Terms and Conditions before you book.](#)

Booking a land only package with Explore

Customers who have chosen to book on the 'Land Only' arrangements of our tour, please ensure that you have checked your tour specific 'Joining Instructions' prior to booking your own travel arrangements. Your joining instructions can be found below in the dates and prices information.

You may also be eligible for the Free Explore Transfer.

Joining Tour Abroad

Customers booked on the 'Land Only' arrangements will now receive a Free Transfer, provided you arrive and depart on the tour only itinerary start and end dates. The complimentary transfers will be arranged from the Explore designated airport or train station to your trips joining point, and then back from the ending point to the designated airport or train station. Generally the airport or station that Explore have selected will be the one that is closest to the town or city where the trip starts, or the one nearest to the joining point. It will be either an airport or train station but not both.

The exception to this rule is customers who are booked on a tour where the joining and ending point is at the designated airport or train station.

Free transfers are not available for Self-Guided, Polar, Tailormade or Tours for Churches customers.

If you are not eligible for the Free Transfer then you will need to make your own way through to the joining and ending point. On a majority of our tours Explore will be able to provide a private transfer at an additional cost. Please ask for a quote at the time of booking.

For more information regarding the Explore Free Transfer [click here](#)

Insurance

It is a condition of booking with Explore that you have adequate valid travel insurance. It is your responsibility to arrange appropriate travel insurance and ensure you have read and understood the full terms and conditions of your travel insurance policy to ensure that you are covered for all activities you intend to undertake whilst on the tour, including all optional activities. Your Insurance Policy must fully cover you for medical expenses and emergency repatriation to your home country. Please ensure your policy includes medical emergency helicopter evacuation in the event of illness or injury and covers the entire duration of your holiday. If you are trekking at altitude please ensure that there is no upper altitude limit which may limit or exclude cover for your trip. The cost of many of our Polar Voyages will exceed the capped amount covered by standard insurance premiums and you will be required to pay an additional premium to cover the full value of your trip. Please ensure that you are covered for the full amount of your holiday cost, as insufficient cover could invalidate a claim under the policy. Medical and repatriation insurance cover is not mandatory for UK residents who are travelling on trips within the United Kingdom.

Read more information about what travel insurance is required.

Flight information

Explore offers a wide range of flexible flying options to make joining and leaving our trips easy. Read more about them [here](#).

Flight Information

You are able to book this tour on a 'land only' basis or as a 'flight inclusive' package. Your flight inclusive package will be fully protected by the Civil Aviation Authority (CAA) ATOL protection scheme.

Booking a flight inclusive package with Explore

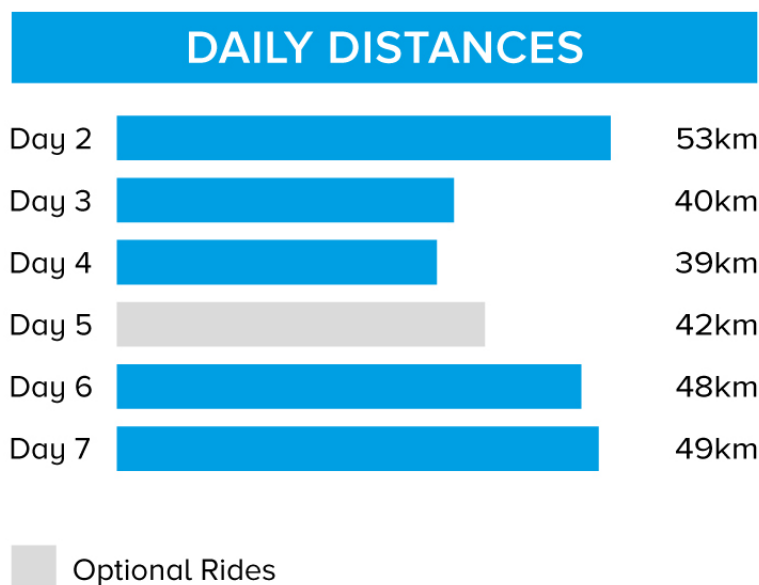
We have a good selection of flights not only from London but from many regional airports around the UK allowing us to compare fares between scheduled carriers as well as low cost and charter airlines. Our dedicated flights team will match the best flight options to your arrival and departure airport. On our website we display a UK flight inclusive package guide price which is generally based on a London departure. To avoid paying supplements or to secure your preferred flight option, we recommend booking as early as possible, especially for peak travel dates.

Italy

Vaccinations

Nothing required. Tetanus recommended. Please check the latest requirements with your travel clinic or doctor prior to departure. The above is not an exhaustive list. Further information regarding vaccinations and travel health advice can be found by following the NHS and NaTHNaC links at Explore Travel Health and from your local healthcare provider. Visa and vaccination requirements are subject to change and should be confirmed by you before travelling.

Cycling information



CSD Distance Chart

General cycling information

On this tour we cycle 229 km over five days (an average of 44 km per day) with further optional rides available. We generally cycle on quiet tarmac roads and most of the rides are through hilly terrain with the steepest and most challenging climbs on days 2 and 3. The Explore Leader accompanies on bike each day and there is a support vehicle accompanying the rides on days 2 and 3. Maps and route notes are provided so you can choose to cycle individually or in groups. Your

luggage is carried from point to point. We have graded the route as moderate.

Bike included

30 gear custom made hybrid bikes

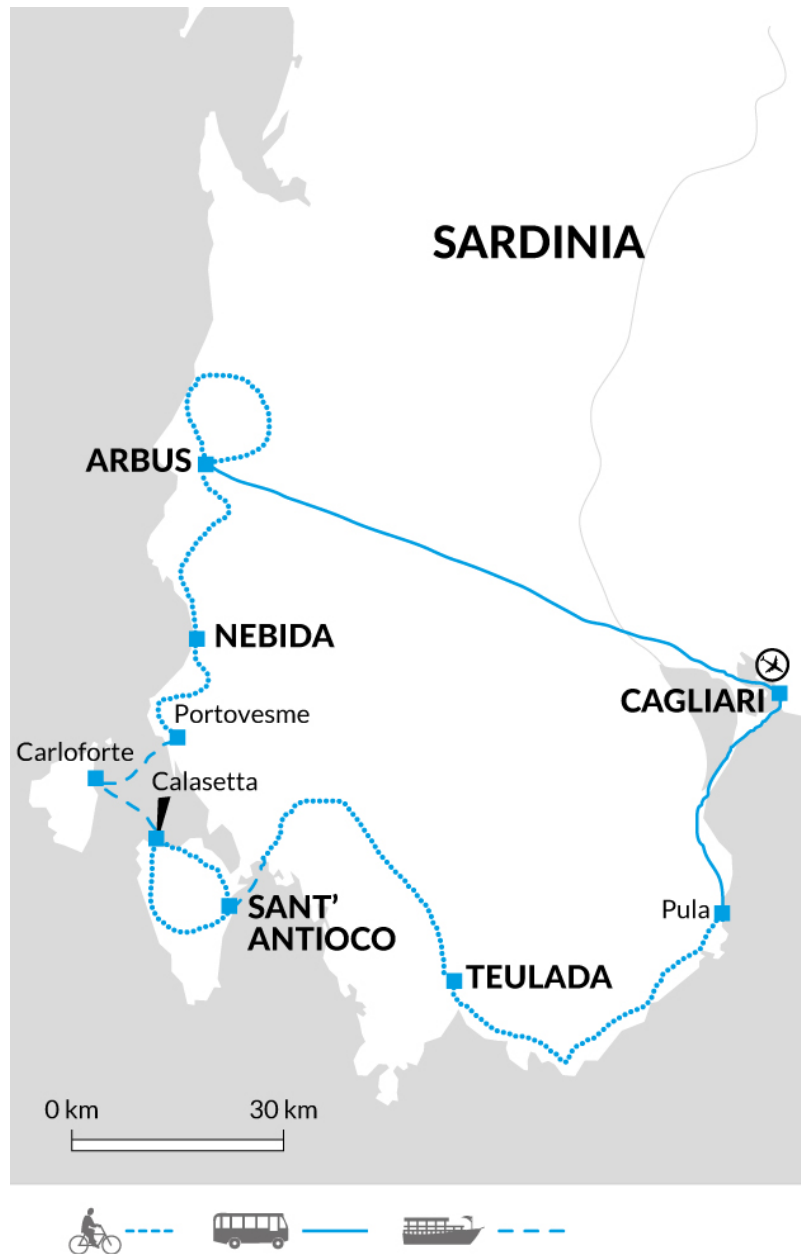
Bike information

Your included bike is a 30 gear custom-built hybrid bike and will be the correct frame size for your height. A rear pannier is included and there is the facility to fit your own pedals or saddle if you wish to bring them. A support vehicle accompanies the rides on days 2 and 3. We provide spare parts and take care of the day to day maintenance. All you need to bring is your own helmet.

Cycling grade

Moderate

Additional Information



Why book this trip

Unlike many other operators, we include the hire of your bike in the overall cost of the holiday: you don't need to bring your own or pay extra to hire one locally. We also provide a support vehicle, spare parts and take care of day to day bike maintenance. All you need bring is your own helmet.

Reviews



**AWARD WINNING
EXPLORE LEADERS**



**PRICE GUARANTEE
PROMISE**



**AIRPORT
TRANSFERS**