



Italy- Sardinia- Cycling the Sunset Coast (2025)

7 Days/ 6 Nights

Individual Self-Guided



Sardinia has always been a popular escape spot – not only for its beautiful beaches, but also due to its remote nature and landscape: the waters rival those of the Caribbean! This is an island for adventurers and the varied landscape is ripe for exploration. From the beaches to the mountains through forests and hilltop villages...Sardinia is not just a beach paradise, but a cyclist's dream as well. Scantily populated with breathtaking views all around, you are free to explore the open roads: less residents equals fewer cars – hence traffic free roads await you. You will spend a week biking around rugged Landscapes of the island: from the west coast of Alghero and Bosa, to medieval villages and Roman towns, such as Santu Lussurgiu and down to Oristano, rich in history where you can visit the ruins of Tharros, a Punic-Roman seaport trading complex, and admire the famous beach IS ARUTAS, made up of pure white little pebbles. While a winding coastal ride is ideal for a cyclist - offering dramatic Mediterranean views and a powerful adrenaline rush, the real highlights are the actual rock formations. In particular, the prehistoric stone

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fortresses and dwellings found in the mountainous interior. The island is home to more than 7,000 stone Nuraghi towers, Bronze Age castles built between 1600 and 1100 B.C. adding one day on your tour you could visit the most famous and complete with a nuragic village surrounding which is - Su nuraxi in Barumini, awarded Unesco World Heritage status. The cuisine is also a mélange of cultures and traditions: Recipes are based on either lamb, pork and wild boar or seafood specialties prepared in diverse Mediterranean styles based upon regional traditions. A wide variety of good wines are also made in Sardinia, especially sweet wines.

Day by Day

Day 1 – Welcome to Alghero

Arrival in Alghero Airport and transfer to your first Accommodation, Meet and Greet and for Bike Fitting. Possible to ride a loop, depend on your arrival time. The Sardinian town of Alghero is a lively and pretty city and a flourishing tourist attraction not only for the summer masses and elite tourism, but also for a new cosmopolitanism. It is also famous culturally for its Catalan influence ever since this period of domination, and just here, some people still speak the Catalan language. The Mura Catalane (Catalan walls) still surround the old town centre on the seaward side with its watchtowers, where it will be pleasant for you to walk along and have a drink at sunset before a seafood dinner!

Day 2: Alghero & Capo Caccia loop - Loop bike ride from Alghero to Capo Caccia. Distance 53 km

Leaving the pretty city of Alghero to north direction, you'll ride in the terrific area of the Vermentino wine. In this region called Nurra, the wind blow directly from the North west and the plant can't grow up over a few meter. Today if you have time you can be able to visit Capo Caccia: Calcareous rocks spattered with caves and ravines that hide a mysterious world atop the turquoise sea. The area of Punta di Giglio and Capo Caccia is an underwater cave paradise. Here the Grotta di Nettuno, under the spur of Capo Caccia, reachable by sea or by descending the many steps of the Escala dei Caribol which are some 110 metres in drop, are home to caverns made all the more atmospheric by the presence of stalactites and stalagmites.

Day 3 – Bosa & Malvasia Bike ride from Alghero to Bosa skirting the coast. Distance 43 km /26mi, otherwise inland via Monteleone and Montresta, distance 60 km/37,5mi (hilly)

Option A, 45 km: Departing Alghero and pedaling on secondary roads, you can admire the uneven north-west coast, shaped by Mistral wind. But do not worry, the tailwind will be in your favor. **Option B, 60 km:** Leave Alghero biking up onto beautiful highlands, viewing unforgettable landscapes. You'll pass through Villanova Monteleone and Montresta, admiring from below the fascinating Monteleone Roccadoria. In Bosa you can admire the massive structure of Castello dei Malaspina. Due to a series of quite unique events, Bosa has managed to keep its territory unchanged. Nature has done its magic along the coast of Bosa. The wild scenery, little, stony creeks and bastions overlooking the sea are all exclusive elements of this surprising landscape. Here, you can also find the production of a fine wine called Malvasia di Bosa, be sure to taste it!

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Day 4: Santu Lussurgiu, medieval hilltown Bike ride from Bosa to Santu Lussurgiu. Distance 48 km /31,5mi or 46 km / 28,7mi

option A: 48 km Easier: in this ride you'll bike along country roads passing through small villages and you'll see the famous Siete Fuentes, natural water spring source in San Leonardo, where you can relax in the woods and visit the the old church of the medieval village. Admire the great plateau of Ghilarza and much of the views toward central and southern Sardinia while descending towards Santu Lussurgiu.

Option B: 51 km: Shorter BUT more challenging: Leaving coastal Bosa, head upwards and inland while passing through characteristic little villages such as Magomadas and Cuglieri where you can admire the Montiferru castle and its panorama. Finally you arrive in Santu Lussurgiu, which has been built along the edge of the massive inactive volcanic mountain called Montiferru (iron mountain). This village in which you will overnight was developed around the small rustic church of Holy Cross (built in 1185 A.D.) with ancient stone houses built in concentric configuration with the characteristics of an amphitheater along winding and steep narrow cobbled lanes you will love to explore!

Day 5: Oristano & Sightseeing Bike ride from Santu Lussurgiu to Oristano. Distance 59 km or 67 km

Option A: Downhill and flat terrain, 59 km: Take this option if you want to have more time to sightsee Oristano! On the way you can stop in Fordongianus to visit the ruins of a still active Punic-Roman thermal SPA area. Steamed up, cross the Campidano flat and skirt the Temo River to arrive into the medieval city of Oristano. **Option B:** A bit more hills, 67 km: This ride is more technical but not difficult. This route will bring you toward the seaside and cycle through small Sardinian-spanish style villages. You will see Domus de Janas, Dolmen and Nuraghi if you pay attention. After Cuglieri, it's all down towards the sea with a suggestive landscape will captivate you. Don't pass up the opportunity to visit the famous natural arch in S'Archittu, where you can relax and enjoy a light lunch in front of the sea. You will travel

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past many Punic and Roman ruins and you will be enthusiastic of the crystalline water and sandy beaches of this area!



Day 6: Tharros and the Sinis Peninsula Loop bike ride via Cabras, Tharros and back to Oristano - Distance 57 km / 36 mi all flat. Possible to ride more miles (74km / 46 mi, all flat).

Today, departure for the peninsula of “Sinis” where there are plenty of lagoons and wetlands, where depending on the season, you will be able to see wonderful pink flamingos. You’ll pass through Riola Sardo and then ride around the Cabras lagoon, where you can visit the ruins of the Punic-Roman port city of “Tharros” with a breathtaking view. From here, saddle up again and ride to the marina di Torre Grande where you can stop for lunch in one of many restaurants or bars in front of the sea and taste unforgettable peppered mussels. Head back to the hotel following the bicycle path. Elevation: All flat, max elevation is 25 meters.

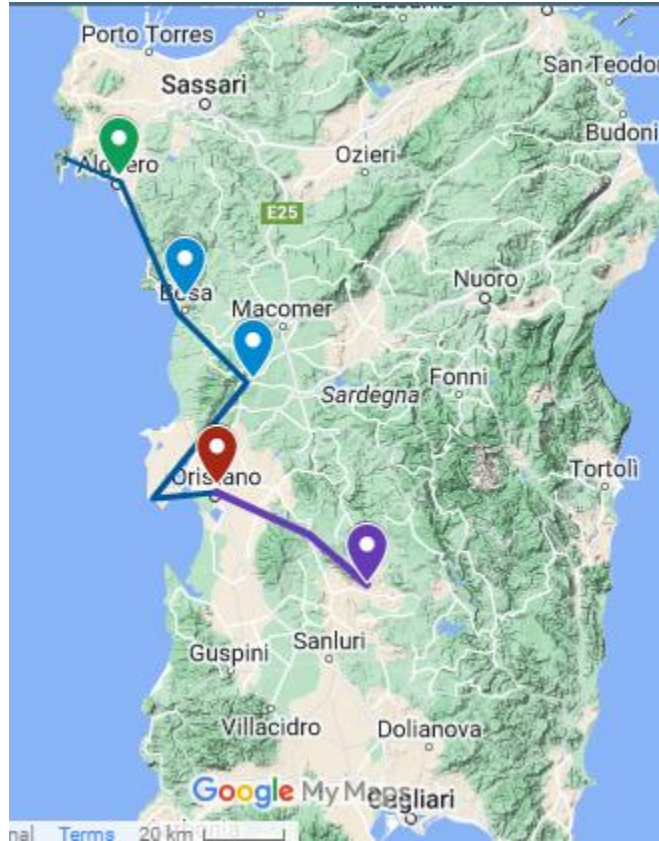
Day 7: Arrivederci! After breakfast, end of tour.

Cab or walking to Oristano train station to Cagliari or other destination on the island. Extra Day under request: Barumini, Unesco Site “Su Nuraxi” Bike ride from Oristano to Gesturi. Distance 60 km / 37 miles. You’ll bike on secondary roads up and down the rolling hills and through little villages. The highlight today is Barumini, a small village built in the heart of Sardinia which has become famous thanks to the most important archeological site of the island (UNESCO WORLD HERITAGE): the Su Nuraxi complex. A visit should not to be missed here. Your destination of the day will be in the nearby charming village of Gesturi. Lodging: Cortis Antigas in Gesturi The next day is included the transfer to nearest train station of San Gavino Monreale, from where you can take the train to Cagliari or other destination on the island



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Route



Difficulty: easy going to moderate OR moderate to challenging; 2 options each day Total distance: 258 km additional available Daily Mileage: 43-59 km on rolling hilly terrain with some climbs. Additional mileage available. **Tour Departures:** Possible ALL YEAR ROUND except January and February

Price per person double occupancy in Euros all prices subject to confirmation on booking

Double Occupancy	1520€
Seasonal supplements	may apply based on travel date
Single supplement	500€
Single traveler	On request
Extra day in Gesturi	270€
Transfer to closest train station	included (San Gavino Monreale).
Bike rental: Hybrid/Touring bike	190€
Race bike	260€
Gravel bike	260€
E-Bike	260€

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Included

- Six nights in excellent four & three-star superior hotels
- Six breakfasts
- Bike Delivery at Alghero and professional bike fitting
- Private Event on RWGPS APP, easy to follow with your own mobile
- All Baggage transfers
- Drop Off bikes and gear in Oristano
- Keepsake “water bottle
- All tax -except city tax

Not included

- City tax: each village charge a tax per each day between 0,70 to 2,50€, this can be paid only in cash to hotel

Optional services

- Pre/Post Additional Nights
- Transfers to/from other destinations on the Island
- Cooking lessons
- Cheese tasting
- Wine tasting
- Italian language lessons
- Dinners and activities booking
- Room upgrade

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Bikes

Hybrid/ Touring

Touring bikes blend the characteristics of race bikes and mountain bikes. Tourings typically have the flat, straight handlebars that provide a fairly upright sitting position and are designed to reduce shoulder and neck fatigue; a more upright position also provides more opportunities to view the beautiful countryside. Our tourings are lightweight with narrow road tyres for low rolling resistance, allowing for greater speed and less exertion when riding on paved roads. It is also possible to pick up waterproof rear bags or a lighter front bag for your day ride.

- Frame Light Aluminium
- Sizes S, M, L
- Fork Carbon Rigid
- Groupset Shimano Deore 2×10 or 3×10
- Brakes Disc or V Brakes
- Tyres Schwalbe 700×35
- Wheels 28" Shimano
- Weight 11 kg

Race Bikes

Bicycles with drop handlebars are built for traveling at higher speeds on paved roads, sometimes referred to as racing bikes. Our race bikes are all brand-new, reliable, and well maintained for your ideal cycling experience in Italy. Extremely efficient, incredibly smooth to ride and will take you everywhere with stability after a professional bike fitting session. Race bike with drop handle bar is strongly recommended if you regularly use these types of bikes! Brand: Vektor or Scott

- Frame Vektor or Scott Carbon Monocoque
- Sizes XXS, XS, S, M, L, XL, XXL
- Groupset Ultegra 11S R8000
- Brakes Ultegra Rim Brakes
- Tyres Schwalbe or Continental 700×25/28 Tyres
- Wheels 28" Shimano or Fulcrum
- Weight 7,6 kg

Gravel Bikes

Scott and Vektor Gravel Bikes available in Sardinia

These bikes are ideal for multi-terrain adventures – they'll take you on bridlepaths, farm tracks, and of course gravel. You can even expect these bikes to handle advanced off roading riding and, in the hands of the right rider, mountain bike trails. We offer 2 different brands but they the best on the market. 11

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or 12 speed equipped with GRX Shimano shift, levers and brakes. Tubeless wheels with Continental or Schwalbe Tyres, the best on the market against the punchers.

- Frame Scott or Vektor Carbon Monocoque
- Sizes XS, S, L, XL, XXL
- Groupset GRX 11S /12S
- Brakes GRX Disc Brakes
- Tyres Schwalbe or Continental 700x35
- Wheels 28" Fulcrum or Mavic
- Weight 9,5 kg

E-bikes

The hills won't be so hard with our new E-bikes. E-Sub bikes are regular pedal bikes that provide electric assistance whenever you want it, you also can switch off the assistance and ride as a normal bike. If you intend cycling long distances, scaling the hills of Sardinia and you want a helping hand, **the E-Sub is the right choice.**

We have Scott brand, equipped with the new **Bosch Smart System** motor positioned very low down so as not to raise the centre of gravity of the bike. The battery is an integrated Bosch of 625Wh, that means a long duration for all your bike holiday.

- Frame Aluminium
- Sizes S, M, L, XL
- Battery Bosch 500/625/750Wh
- Brakes Shimano Disc Brakes
- Tyres Schwalbe 700x50
- Wheels 28" Shimano
- Weight 22 kg

This is a partner tour.

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