



**OK CYCLE &
ADVENTURE
TOURS** SINCE 1995

Italy- Gravel Cycle in Sardinia (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 mountains to the beaches 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 Sardara to Torre Grande di 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 fortresses and dwellings found in the mountainous interior. The island is home to

OK Cycle & Adventure Tours Inc. - 666 Kirkwood Ave - Suite B102 – Ottawa, Ontario Canada K1Z 5X9

www.okcycletours.com Toll Free 1-888-621-6818 Local 613-702-5350

TICO Ontario Registration No: 50022848



more than 7,000 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 Sardara, Sardinia

Arrival to San Gavino train station on your own and from there, van transfer is included to your first hotel. Welcome to Sardara. It is located in the middle of Campidano Area and it is a village with four thousand inhabitants, has always been a strategic junction and was once the border between the Giudicati of Arborea and of Cagliari. Sardara's history is linked, today as in Antiquity, to the thermal springs: the Aquae Neapolitanae led to the establishment of a densely populated Roman residential area (2nd-1st century BC). At the end of the 19th century, they were incorporated into the modern Sardara thermal baths. Two kilometres from the village, your stay will be an experience of well-being in an establishment surrounded by greenery. The waters gush out at a temperature of between 50 and 68 degrees C and are beneficial and therapeutic. Meet and greet with representative that will fit your bikes and introduce you to each day ride. Lodging: Hotel in Sardara



OK Cycle & Adventure Tours Inc. - 666 Kirkwood Ave - Suite B102 – Ottawa, Ontario Canada K1Z 5X9

www.okcycletours.com Toll Free 1-888-621-6818 Local 613-702-5350

TICO Ontario Registration No: 50022848



Day 2: Barumini & “Su Nuraxi” Loop Loop bike ride from Sardara to Barumini and back. Distance 67,9 km / 42,1 mi – 45% unpaved

Your inaugural gravel journey commences in Sardara, leading you to Barumini through a picturesque landscape of rolling hills, vineyards, gentle uphill, and an unforgettable panorama, all against the backdrop of fascinating ancient megalithic structures. Upon reaching Barumini, you'll have the opportunity to explore the Su Nuraxi archaeological site, a UNESCO World Heritage site. Delve into the Nuragic village and its ancient fortress before resuming your ride. On your way back to Sardara, relish the scenic route through vineyards and olive groves, passing by archaeological sites such as the Giants' Tombs, prehistoric burial structures. Enjoy the breathtaking views and the downhill stretches guiding you back to Sardara. Lodging: Hotel in Sardara

Day 3: Guspini & Green Coast Bike ride from Sardara to Guspini. Distance 55,9 km / 34,7 mi – 66% unpaved.

Today's ride starts from your hotel in Sardara, the road starts to climb slightly, offering you an increasingly wide view of the surrounding plain. You pedal enjoying the scenery and the feeling of freedom that only a gravel ride can give. You'll arrive in Sanluri, a medieval village that will enchant you with its towers and walls. Here you can stop to visit the castle, an imposing building that dominates the town. Continuing your ride, you'll pass through the agricultural heartland, where vineyards and olive groves stretch as far as the eye can see. The scent of ripe grapes and the sight of farmers tending to their crops create a truly authentic experience until to arrive in San Gavino, with its lively market and friendly locals, offers a welcome break. As you approach Guspini, the landscape transforms once more. The road winds through ancient cork oak forests, providing a cool and shaded respite from the midday sun. The gnarled trunks of these majestic trees have witnessed centuries of Sardinian history. The town welcomes you with its colorful houses and lively squares. Lodging: Hotel in Guspini

Day 4: Piscinas & Portu Maga Loop Loop Bike Ride from Guspini to Piscinas. Distance 61,6 km / 38,2 mi – 38% unpaved.

Start your day with a warmup around a basalt columned volcanic cone before going through the center of Guspini itself ahead of a spectacular panoramic climb overlooking Guspini and the surrounding Campidano plains. You are heading towards Montevecchio on the way of an old trail way used by the mines. Then again down towards the dunes and beach of Piscinas, following creeks and streams with several additional mining sites all the way down to the river outlet of Piscinas. The sandy dunes and river outlet consumed the roads and flora along the coast, almost all the way to Portu Maga where you will head back up and over the mountain of the Green Coast known mostly to locals. This old rolling and twisty mountain road will take you back to the mining village Sa Tanca and to Montevecchio which has been mined since Nuragic times. Roll down the mountain via the countryside taking you all the way back into Guspini, around the volcanic cone of basalt columns and taking you back to your accommodation where you can relax by the poolside with a refreshing drink. Lodging: Hotel in Guspini

OK Cycle & Adventure Tours Inc. - 666 Kirkwood Ave - Suite B102 – Ottawa, Ontario Canada K1Z 5X9

www.okcycletours.com Toll Free 1-888-621-6818 Local 613-702-5350

TICO Ontario Registration No: 50022848



**OK CYCLE &
ADVENTURE
TOURS** SINCE 1995



Day 5: Oristano & Torre Grande Bike ride from Guspini to Torre Grande. Distance 72,2 or 79,4 km / 44,8 or 49,3 mi – 48% or 27% unpaved.

Today's ride starts from Guspini and takes you to the Gulf of Oristano, rich in farmlands and lagoons important for irrigation and wildlife. **EASIER WAY** Passing from the rolling hills with ancient olive groves, the occasional vineyard and the typical scent of Mediterranean herbs you'll arrive inland to the fishing village of Marceddi, where you can admire the lagoons as you cross the bridge. **CHALLENGER WAY** Passing from the mine village of Montevecchio, the rolling hills will take you to the beautiful panoramic road of the Green Coast, where you can have a break to enjoy the beautiful beaches and have a swim in the coralline water typical of this area, until to reach the fishing village of Marceddi. From here the road is the same in both options. The scenery changes and you will see most agricultural lands and their little villages, the most important one is Arborea. Arborea was a marshy lowland, drained, farmed and inhabited by farmers from Veneto and Friuli in the 1920s and is still an important agricultural region for all of Italy today. You will also pass the most important river in Sardinia, the River Tirso which stretches 152 kilometers from the central mountainous region to the Gulf of Oristano. From here, continue cycling on the several lagoons who takes you in Santa Giusta and Oristano. Once you pass Oristano, only a few kilometers are left to reach the Beach Village of Torre Grande, your today's destination. Lodging: Hotel in Torre Grande

Day 6: Loop on the Sinis Peninsula Loop bike from Torre Grande to the Sinis Peninsula. Distance 46,1 up to 65,9 km / 28,6 up to 41 miles – 62% unpaved.

Today's ride takes you on mixed paved, salty, dusty and sandy flat fields with slight elevation, perfect for gravel offroading. Heading towards the peninsula of Sinis, you are just between the Lagoon of Cabras and the Gulf of Oristano. Here there are many prehistoric discoveries like quaternary tombs, Nuragic

OK Cycle & Adventure Tours Inc. - 666 Kirkwood Ave - Suite B102 – Ottawa, Ontario Canada K1Z 5X9

www.okcycletours.com Toll Free 1-888-621-6818 Local 613-702-5350

TICO Ontario Registration No: 50022848



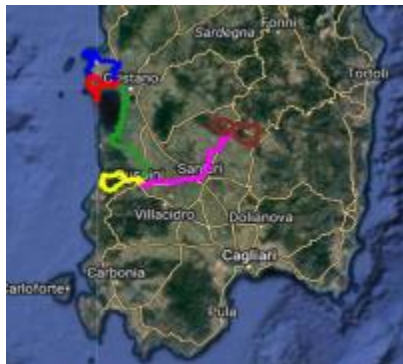
**OK CYCLE &
ADVENTURE
TOURS** SINCE 1995

towers, Nuragic wells, Spanish towers and even a reconstruction of a neolithic village. Pushing through the sandy agricultural trails, you will eventually see and feel the winds of the Mediterranean Sea with its white quartz pebbled beaches of Mari Ermi, Is Arutas and Maimoni found only here on the shores of Cabras. Coming back from the Cape of San Marco (Tharros peninsula), you can visit one of the oldest churches in Sardinia right there in San Giovanni di Sinis. Then there is the ancient Hypogeum of San Salvatore, where you can still find ancient drawings, a well, frescos and engravings on its walls. Here they also filmed old Spaghetti Westerns and you can find Roman ruins scattered about. You head back through the eucalyptus fields on sandy gravel and asphalt roads. Lodging: Hotel in Torre Grande

Day 7: After breakfast, end of tour.

You can take a cab or the bus to Oristano train station. From here you can reach Cagliari or other destination on the island. Depending on your departure time, it is possible to have a short loop on the area in the morning

Route



Moderate to Challenging

Total Distance 328km / 205mi

Daily mileage 65km / 41mi

Tour Departures: Possible ALL YEAR ROUND except January and February

OK Cycle & Adventure Tours Inc. - 666 Kirkwood Ave - Suite B102 – Ottawa, Ontario Canada K1Z 5X9

www.okcycletours.com Toll Free 1-888-621-6818 Local 613-702-5350

TICO Ontario Registration No: 50022848



**OK CYCLE &
ADVENTURE
TOURS** SINCE 1995

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

Double Occupancy	1550€
Seasonal supplement	may apply based on travel date
Single supplement	400€
Single traveler	on request.
Bike rental: Hybrid/Touring bike	190€
Race bike	260€
Gravel bike	260€
E-Bike	260€

Included

- 6 nights in excellent 4 & 3-star superior hotels
- 6 breakfasts
- 1 dinner in Sardara on day
- 1 Van transfer on day 1 from San Gavino train station to your first hotel
- Bike Delivery in Sardara and professional bike fitting
- Private Event on RWGPS APP, easy to follow with your mobile Sightseeing, restaurant and shopping suggestions
- All Baggage transfers
- Drop Off bikes and gear in Torre Grande
- Keepsake water bottle
- Sales tax

Not Included

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

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.

OK Cycle & Adventure Tours Inc. - 666 Kirkwood Ave - Suite B102 – Ottawa, Ontario Canada K1Z 5X9

www.okcycletours.com Toll Free 1-888-621-6818 Local 613-702-5350

TICO Ontario Registration No: 50022848



**OK CYCLE &
ADVENTURE
TOURS** SINCE 1995

- Frame Light Alluminium
- 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 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 700×35
- Wheels 28" Fulcrum or Mavic
- Weight 9,5 kg

OK Cycle & Adventure Tours Inc. - 666 Kirkwood Ave - Suite B102 – Ottawa, Ontario Canada K1Z 5X9

www.okcycletours.com Toll Free 1-888-621-6818 Local 613-702-5350

TICO Ontario Registration No: 50022848



**OK CYCLE &
ADVENTURE
TOURS** SINCE 1995

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.

OK Cycle & Adventure Tours Inc. - 666 Kirkwood Ave - Suite B102 – Ottawa, Ontario Canada K1Z 5X9

www.okcycletours.com Toll Free 1-888-621-6818 Local 613-702-5350

TICO Ontario Registration No: 50022848