

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 24-Oct 4, 2023	📄 USD\$5400	📄 USD\$650
📅 May 19-29, 2024	📄 USD\$5695	📄 USD\$650
📅 Sep 22-Oct 2, 2024	📄 USD\$5695	📄 USD\$650

*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

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

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

Distance 72 km (45 mi)

Gain 577 m (1893 ft)

Terrain Hilly

Level 

Meals Breakfast, Dinner

Lodging  Hotel Villa Canu

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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



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



Distance 85 km (53 mi)
Gain 1653 m (5422 ft)
Terrain Mountainous
Level 
Meals Breakfast
Lodging  Hotel Belvedere

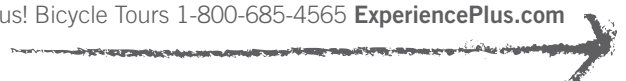
Bicycle to Su Gologone

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

Distance 85 km (53 mi)
Gain 1101 m (3611 ft)
Terrain Very Hilly
Level 
Meals Breakfast, Dinner
Lodging  Hotel Su Gologone



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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

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

Distance 85 km (53 mi)

Gain 1395 m (4576 ft)

Terrain Mountainous

Level >>>>>

Meals Breakfast

Lodging  Hotel Arbatasar

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

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

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

Meals Breakfast

INCLUDED

WHAT'S INCLUDED

When you book a tour with ExperiencePlus! our goal is to ensure your only focus each day is to hop on your bike and explore scenic cycling routes in new destinations. Inclusions may differ depending on which tour style you pick but all ExperiencePlus! tours include the three most important aspects of a guided bike tour.

- Superb tour leaders who are fun and multilingual, bi-cultural experts, and cycling enthusiasts. They will support you and help you navigate confidently on and off the road.
- High quality bikes selected for the terrain you are cycling on and correct bike fitting to ensure comfortable cycling.
- Thoughtfully designed itineraries and routes that take advantage of stunning cycling destinations and the freedom of bicycle travel.

PRE-TRIP SUPPORT

- Bicycle training programs designed specifically for your tour and fitness level.
- Planning tips on what to pack, hotel recommendations and other helpful details from our Travel Planning Pages: <https://www.experienceplus.com/blog/travel-planning/>
- A gift of your choice (cycling jerseys, socks, or a t-shirt) as our way of saying thanks for choosing ExperiencePlus!
- *Traveler services including assistance booking extra nights at the tour starting and ending hotels. (*Explorer Tours excluded)
- See "What's Included" for tour-specific inclusions and be sure to check the "Keep in mind" section under "Tour Summary" online.

BICYCLES

For a full list of what's included with your bike see: <https://www.experienceplus.com/what-to-expect/our-bikes/>. If you would like to bring your own pedals and shoes we recommend doing so. On Explorer tours we include a GPS device on all bikes. We ask that you bring your own helmet to ensure the best fit. If you would like us to provide you with a used helmet, please contact us.

NAVIGATING, DAYSHEETS AND VAN SUPPORT:

Each day you'll receive a daily briefing with a highlighted route map. About 14 days prior to your tour, we will provide you with access to RideWithGPS Experiences, our platform to distribute information on each tour day's activities, meals and ride, as well as GPS-routes. Daily information also includes Tour Leader phone numbers,

hotel information and interesting historical and cultural information. On Classic, Bike and Boat and Expedition tours we also navigate using our signature chalk dust arrows. Our arrows make navigating very easy—you may never need to look at the map. On Explorer tours the terrain and destinations are not always conducive to using chalk arrows so we'll ride as a group or you can navigate on your own with the GPS tracks. On tour you will have a support van providing water and snack resupply, mechanical assistance, a lift for tired cyclists, and luggage transfers. On some itineraries the van will not be able to follow sections of the route that stray from the road for example onto cycling paths.

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Need More Miles? On many days it is possible to add miles to the day, just talk to your tour leader about your 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.

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 is for the entire tour leader team, not each tour leader. 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, please let us know. *Tips are included in Expedition pricing.

PHOTOS:

By reserving space on tour, you agree that ExperiencePlus! Bicycle Tours may use, re-use and reproduce any images, photos or videos that you send to us, or that are taken by our guides and/or other travelers of you individually or in a group, in any medium, including but not limited to print, electronic media, or Internet, free of charge and without your right to inspection, for promoting and publicizing our travel products and services worldwide. If you do not want us to use any images of you that are taken by us or other participants during the tour, you must inform us or your tour leader in writing at the start of the tour.

STYLES **OUR TOUR STYLES**

We realize that one size does not fit all and there are as many ways to travel by bike as there are different types of cyclists and travelers. No matter what you are looking for in a cycling vacation, we have a tour with just the right pace for you.

Classic Tours: Dream of traveling through a region by bike? then our Classic style bike tours are for you! Our unique chalk arrows lead the way as you explore small villages and world-class cities while traveling at your own pace.

- Tour Length: 7-15 days
- Hotels: 3-4 stars, most itineraries include at least one two-night stay at the same hotel.
- Road Type: Pavement, bike paths.
- Multi-night Stays: Occasionally
- Navigation: Chalk Arrows
- Price: \$\$\$
- Tour Levels: 1-4.5

Explorer Tours: Travel further off the beaten path - we let the destination dictate where we ride, not the road surface.

- Tour Length: 7-8 days
- Hotels: 2-3 stars, occasional multi-night stays at the same hotel.
- Road Type: 30-50% gravel or hard-packed dirt, the rest pavement.
- Multi-night Stays: Occasionally
- Navigation: Group riding and GPS
- Price: \$\$
- Tour Levels: 1-4

Bike and Boat Tours: Spend days cycling and your evenings relaxing on a private boat as you cruise to your next port.

- Tour Length: 7-8 days, some itineraries have land-based extensions available.
- Barge/Boat: 3-4 star, same cabin for the entire boat trip.
- Road Type: Pavement
- Navigation: Chalk Arrows
- Price: \$\$\$
- Tour Levels: 1-4

Expedition Tours: Multi-week tours where you spend long days on the bike with the added satisfaction of pedaling across multiple countries.

- Tour Length: 15-40 days
- Hotels: 2-4 stars, typically there is a 2-night hotel stay every 5-7 days.
- Road Type: Pavement with occasional hard-packed dirt or gravel.
- Multi-night Stays: On rest days
- Navigation: Chalk Arrows
- Price: \$\$\$
- Tour Levels: 4-5

**LEVELS**

We know that travelers have different cycling abilities and preferences for the number of miles, elevation gain, and type of terrain they want on a bicycle tour. We have rated each day of our tours on a scale of 1-5. Our Tour Level's are an average of the day rating on tour. We recommend looking at the daily summary on the PDF and Website Itinerary to see details about each day's ride.

LEVEL 1 - 1.5

Level 1 - 1.5 days will be mostly flat and the distance will rarely exceed 50 km. Level 1 - 1.5 tours are suitable for beginner cyclists, those traveling by bicycle for the first time, or multi-generational groups with a desire for a nice and easy bike tour with plenty of opportunities to stop and enjoy the scenery.

- **Average daily mileage:** 20 - 50 km. (12-30 miles) Be sure to check the day by day itinerary description for the tour you are considering for specific mileages.
- **Gain:** 0-400 M (0-1200 ft)
- **Terrain:** Mostly flat with occasional gentle climbs at a grade of less than 3%, that are sustained for a maximum of 3km. There might be a steeper but short climb.

LEVEL 2 - 2.5

Level 2 - 2.5 days are ideal for riders newer to bicycle touring looking for a bit of a challenge.

- **Average daily mileage:** 30-60 km (18 - 38 miles). Be sure to check the day by day itinerary description for the tour you are considering for specific mileages.
- **Gain:** 400 - 600 m (1200 - 2000 ft)
- **Terrain:** Mostly rolling terrain around 3%. Presents multiple 3% to 4% climbs. May present an occasional steeper climb.

LEVEL 3 - 3.5

Level 3 - 3.5 days are great for active individuals (who run, bike, swim etc. on a regular basis).

- **Average daily mileage:** 50-70km (30-45 miles). Be sure to check the day by day itinerary description for the tour you are considering for specific mileages.
- **Gain:** 600 - 900m (2000 - 2800 ft)
- **Terrain:** Multiple Climbs with grades of 4 - 6%.

LEVEL 4 - 4.5

Level 4 - 4.5 days are the best riding days for avid cyclists or very active individuals who are excited to challenge themselves on a bike.

- **Average daily mileage:** 70-90km (45-55 miles) Be sure to check the day by day itinerary description for the tour you are considering for specific mileages.
- **Gain:** 900-1000m (2800-3600 ft)
- **Terrain:** Presents multiple steep climbs (6% to 8% grades), 1 to 3km long. Alternatively, 4 – 6% grades for 6 kilometers or more.

LEVEL 5 (EXPEDITION)

Our Expedition tours designed for strong riders looking for the challenge of riding across countries or continents. Long daily mileages mean limited van support so we recommend 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.
- **Gain:** 500-2000 m (1600- 6500 ft)
- **Terrain:** Expect and be prepared for any and everything.

REMEMBER

A tour level is the average of the days so we recommend you look at the day level on each day of the itinerary to help you better understand what to expect from your tour.

CHECKLIST

TO DO ONCE YOU'VE BOOKED!

- Read through your Reservation Confirmation and After you Book Information (link sent to you by e-mail), 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: <https://www.experienceplus.com/blog/travel-planning/customer-information-form/>
- We recommend you take out travel insurance. Find details at <https://www.experienceplus.com/blog/travel-planning/travel-insurance/>
- Choose a bicycle training program: <https://www.experienceplus.com/blog/travel-planning/bicycle-tour-training/>
- Peruse our country-specific Travel Planning Pages: <https://www.experienceplus.com/blog/travel-planning/>

6 TO 3 MONTHS PRIOR TO TOUR START DATE

- Refer to your Tour Packet/Itinerary to see step-by-step arrival and departure information for your tour, meeting place and time, if a reservation on a complimentary ExperiencePlus! Shuttle (if applicable) is required, along with other important information to help you plan your arrival and 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.
- Book your pre and post-tour hotel nights.
- Begin your chosen training program
- Final payment is due 90 days (120 days for Bike & Barge/Boat tours) prior to the tour start. Please refer to your Invoice and the Final Payment Reminder e-mail which we send 10 days prior to the due date for detailed instructions.

6 TO 2 WEEKS PRIOR TO TOUR START DATE

- Start reading one of the books or watching one of the movies from our Reading and Movie Lists: <https://www.experienceplus.com/blog/travel-planning/>.
- Plan what you are going to pack and start packing! Refer to the Packing Lists for suggestions, and see luggage limits at <https://www.experienceplus.com/blog/travel-planning/packing/>
- We'll email you your access code to Digital Daysheets, Hotel Itinerary, Participant Roster, names and contact information of your Tour Leaders, emergency phone numbers, and other important departure information about 2 weeks prior to your tour start date. All this will be provided to you via a feature called Experiences via the RideWithGPS App (tracks available but not necessary for navigation on Classic, Expedition and Bike & Boat tours).

DAY OF YOUR FLIGHT

Get as much sleep on the plane as you can. Pack one day of cycling gear in your carry-on just in case. See you soon!