

South Sardinia bike Trip



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Cycle holiday South Sardinia - Self guided cycling Trip South Sardinia. Every Saturday all year round

For guided options from 4 persons or more send us an email.

Check also our Road Bike friendly hotel pages : [CYCLE CLASSIC TOURS BIKE HOTELS](#)

Only need a bike for Sardinia? Check: [BIKE RENTALS SARDINIA](#)



Cycle holiday South Sardinia on E bike or Trekking bike

Experience the Costa del Sud and Costa Verde in Sardinia's South coast by bike. The Costa Verde and Costa del Sud are very popular among many tourist. The coastline has many white sandy beaches and typical Sardinian medieval villages. Cycle along the beautiful coastline and check the stunning beaches with crystal turquoise waters, before touring inland. Here you'll discover and see the colonies of pink flamingos before reaching the most beautiful spots on the island: the white quartz beach of Arutas. From this area you head to the island of Carloforte where locals still fish the Red Tuna fish. In Carloforte you cycle to the island of Sant'Antioco and end your day in Calasetta. From here you continue to the south coast and finally you arrive in the beautiful Costa del Sud with its gleaming white beaches, unspoilt natural landscape and imposing cliffs: Cape Malfatano.

Cycle the South of Sardinia island and get a wonderful cycling experience on your bike!

- The beautiful Italian Island of Sardinia is rich in beauty and tradition
- Sardinia is especially relevant because its fantastic scenery, perfect roads and fine food that makes Sardinia a paradise for all kinds of cyclist
- The Sinis peninsula with colonies of pink flamingos and the white sandy beach of Arutas
- Costa Verde and the dunes of Piscinas
- The island of Carloforte and Sant'Antioco
- The Nuraghe Arrubiu and the Nuraghe di Barumini
- The Giara of Gesturi plateau and the hilly landscape of Marmilla
- The Costa del Sud at the final end of your tour you arrive in the beautiful Costa del Sud with its gleaming white beaches

Itinerary

Day 1

Check in

Check in around 14.00 at your hotel in Orroli. There will be a briefing and bike fitting for this South Sardinia self guided cycling trip.

Day 2

Orroli to Barumini 42 km

In the morning visit of the Nuraghe Arrubiu, one of the most known archaeological site in Sardinia. In Nurri you stop at the biological mill to watch the traditional wheat milling. Then we go down to the olive groves of Gergeri until Barumini. The bravest can climb to the top where the wild horses still live in a natural state. Just before the town of Barumini we stop to visit the amazing the nuragic town of Su Nuraxi, included in the UNESCO World Heritage List. There you'll overnight in a hotel built in a typical house of the south of Sardinia. Overnight in Barumini.

Day 3

Barumini to Villanovaforru 45 km

Pedal along the Marmilla rolling hills, deep green during the spring and golden painted in the summer. You go slowly up and down through that bucolic landscape: pretty rural villages, orchards and olive groves, vineyards and wheat fields. You will stop to visit the medieval fortress of Sanluri. Overnight in Villanovaforru.

Day 4

Villanovaforru to Arbus 45 km

Today you'll move from the sweet hills of the Marmilla to the cork woods and green pasture of the Arbus mountains. The quality of the environment and the richness in wildlife make this area one of the most interesting of the tour. Overnight in Arbus.

Day 5

Arbus to Gonnese 41 km

This leg takes you back into the ancient mining past of Sardinia, You pass the fascinating abandoned mines of Ingortosu and Planusartu. After the golden beach of Portixeddu and looming mass of Pan di Zuccheru cliff, you admire the old ore washery at Nebida: nestling in the varied colours of the Mediterranean bush, it looks out over the sea at the end of a long descent down 540 steps. Overnight in Gonnese.

Day 6

Gonnese to Calasetta 43 km

After a beautiful descent to Fontanamare, you will reach Portoscuso, and board on the ferry to Carloforte, where locals still fish the Red Tuna fish. From Carloforte, continue to the island of Sant'Antioco and end your day in Calasetta. Overnight in Calasetta.

Day 7

Calasetta to Sant'Anna Arresi 43 km

Today, you ride through the meadows, green in springtime and golden yellow in the summer, of Sant'Antioco. At Tratalias, visit the Pisan sanctuary, one of the most important monuments of the Sardinian Romanesque period. Cycling along the lake Monte Pranu, savour the quiet peace of the rolling plains of Sulcis. Overnight in Sant Ana Arresi.

Day 8

Sant'Anna Arresi - Pula. The South Coast 57km

Final catwalk of your bike tour is the beautiful Costa del Sud with its gleaming white beaches, unspoilt natural landscape and imposing cliffs: Cape Malfatano with its 16th Century tower and Cape Spartivento. At Nora you will visit the ancient Phoenician settlement.

Day 9

Departure day

Departure day.....Time to say goodbye, a good flight back home or else a pleasant stay in Italy. Transfers to the Airport on request.

Airport

- The airport of Alghero is used by Ryanair a budget company and is also called Fertilia Airport. Alghero is only 12 kilometres south of the airport and there are regular bus fares between Alghero centre and Fertilia Airport.
- The Airport of Olbia is also used by budget airlines except Ryanair. Every 15 minutes there are buses running to Olbia centre. Take Bus 2 & 10 (except on Sundays) to Olbia.
- Sardinian most important airport is Cagliari Elmas Airport (Mario Mamei). It handles over a 2.5 million passengers per year. The airport is only 6 kilometres to Cagliari city Centre. Buses leave frequently to downtown. It takes only 15 minutes to Piazza Matteotti.

Ferry boats

- The most important ports of Sardinia are in Olbia, Porto Torres and Cagliari. All ports in Italy have connection to the Sardinian Island.

Booking Information

Add your start date

- All prices are based on double rooms
- Price € 790 Saturday departures
- Non Saturday departure start - extra supplement + €60

- High season supplement: € 160 (from 23.06 to 06.09)
- For bookings and inquiries contact us info@cycleclassictours.com

Extra Information

1. Fill out and submit the online booking request or send an email to info@cycleclassictours.com
2. Once we receive your request we contact our local tour operator if the tour is available.
3. When the tour operator confirms to us. We confirm to you and send you over to our tour operator
4. We tend and try to send all over within 48 hours.
5. You will receive an invoice, the tour program and the terms and conditions of the tour operator.
6. Please do not make travel plans until you receive our confirmation.
7. Please be advised that we make every effort to ensure that all the information given on this site is accurate. All statements and information has been researched and supplied by third parties.
8. The information given is accurate and reliable, to the best of our knowledge. Should errors be found, we will rectify them as quickly as possible. However, we accept no responsibility for errors or inaccuracies.

Included

- 8 Nights accommodation in 3* hotels and Agriturismo with en suite bathroom
- 8 Breakfasts
- Tour presentation (welcome meeting/call)
- Baggage transportation from hotel to hotel
- Supply of road notes and maps
- Telephone assistance

Not Included

- Lunches
- Dinners
- Local Taxes (approx. 10 €)
- Admission to museums and archaeological sites
- Tickets for ferries to Carloforte and Calasetta
- High season supplement €170 (from 23.06 to 06.09)
- Single room supplement €175 (€ 325 in case of a person travelling alone)
- Non Saturday start supplement €60
- E bike Lady-Men Models €215 (€ 25 each additional day)
- Trekking bike €105 (€ 15 each additional day)

Transfer rates per person (min. 2 person; any additional pax -50%)

- Cagliari - Orroli: €55
- Pula - Cagliari: €40