



September 7 - 17, 2019

Discover Sardinia by Bike

So rugged, so chic, so timeless!

Leader: Dick Cable Trip #1908 Co-Leader: Joe Thomas

All islands have a peculiar fascination, and Sardinia is no exception. Lying a little less than 200 km from the Italian mainland and at the same distance from the Tunisian coast, it is in the words of D.H. Lawrence, “lost between Europe and Africa and belonging to nowhere”. With its own language and distinct customs, the island boasts a fiercely independent character while remaining unmistakably and exuberantly Italian.



Our trip is an 11-day journey to this fascinating island. A balance of biking and sight-seeing and even a cooking class which will make this trip a memory of a lifetime.

For biking purposes, this trip has been rated “4 bikes” out of 5 (long distances with hills). All participants should be capable of riding at this level. Due to the difficulty of this route, an upgrade to an e-bike is available (\$120). Anyone who feels they may have difficulty with these distances or hills should consider the upgrade.

The biking has this moderate to difficult rating because of hilly areas, numerous climbs and downhill stretches.

Sardinia is an **amazing island**, permeated by a mystical charm and breathtaking beauty.

In **summer**, as in any other time of the year, this land will offer you an **unforgettable**

journey, enriched with **several**

activities, between sea, mountains, genuine food, nature, culture, outdoor sports and centuries-old traditions.

It is a wild and unspoiled **island**, but also equipped to

accommodate the **tourists at best**, making them feel at

home. **Sardinia** is mostly famous for the beauty and variety of its

coastline: from the **long beaches of golden sand** to the

tiny **hidden coves of pebbles**, but also imposing **cliffs**

overlooking the sea. Crystal-clear water in all shades of blue and green where it is impossible to resist the temptation to dive for a swim and admire the lush underwater world.

But a **trip to Sardinia** cannot be limited to the “beach & sea” experience... Considered the cradle of the **Mediterranean culture**, its area is dotted with **historical monuments**, mysterious rock towers (called “nuraghe”) and archaeological sites dating back to the Bronze Age. But **Sardinia** is also a land of ancient flavours and recipes handed down through generations.

From the **seaside towns** to the **inner villages** perched on rocky



headlands, **Sardinia** is an island full of memories, emotions and poetry. Everywhere - from north to south - you will be enchanted by its stunning sceneries, the scents and colors of the **Mediterranean scrubland**, and the incomparable transparency of its sea.

Let yourself be inspired by

our **tours, activities** and **itineraries** divided by themes that will guide you to the discovery the **most beautiful landmarks in Sardinia**.

OUR ITINERARY

(Subject to Change)

Day 1 (Saturday, Sept 7) Leave the US

Day 2 (Sunday, Sept 8)

Arrive in Cagliari. Depending on your arrival time, you can explore this charming city. We will have a Meet/Greet dinner this evening.

Day 3 (Monday, Sept 9)

Morning free to explore Cagliari. Afternoon private bus transfer to San Salvatore Sinis.

Day 4 (Tuesday, Sept 10)

San Salvatore Sinis – Tharros – San Salvatore Sinis (loop) (55 km)



Travel through the fascinating Sinis wetlands where you will see colonies of pink flamingos and finally reach the beautiful quartz beach of Is Arutas and the Phoenician ruins of Tharros.

Day 5 (Wednesday, Sept 11) San Salvatore Sinis – Sa Perda Marcada (45/55 km, elevation up 540/1060 m) After a transfer to Arborea, you will cycle through the natural beauty spots of the Costa Verde to the Piscinas beach with its sands dunes over 50 m high, some of the highest in Europe.



Day 6 (Thursday, Sept 12) Sa Perda Marcada – Nebida (41 km, elevation up 910 m)

This leg takes you back into the ancient mining past of Sardinia, as we pass the fascinating abandoned mines of Planusartu and Acquaresi. After the golden beach of Portixeddu and looming mass of Pan di Zucchero cliff, you'll admire the old washery at Nebida.

Day 7 (Friday, Sept 13) Nebida – Calasetta (45 km, elevation up 230 m)

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.

Day 8 (Saturday, Sept 14) Calasetta – S. Anna Arresi (45 km, elevation up 220 m)

Riding through vineyards and olive groves savour the quiet peace of the rolling plains of Sulcis. At Tratalias, visit the Pisan sanctuary, one of the most important monuments of the Sardinian Romanesque period. We also have a Pasta Fresca cooking class schedule including lunch



Day 9 (Sunday, Sept 15) S. Anna Arresi – Pula (60 km, elevation up 560 m)

Final catwalk of your tour is the beautiful Costa del Sud with its gleaming white beaches, unspoiled 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 10 (Monday, Sept 16) Pula. Free day to discover Pula or to relax in the 4-star resort within walking distance to the beach where we will spend our final night in Sardinia.

Day 11 (Tuesday, Sept 17) After breakfast, transfer by private bus to Cagliari Airport for departure.



Leaders:

Dick Cable has been an AMC-AT leader for 8 years and has recently lead or co-led hiking and biking trips to Mongolia, Sicily, Spain, Italy, France, Nepal, Machu Picchu/Easter Island, Germany, the Czech Republic, Finland, Norway and Patagonia. He is an education programming specialist and teaches spinning and group exercise classes.

Joe Thomas has an avid interest in health and fitness which has paved his way to adventure travel. He has recently participated in bike trips through the Po Valley of Italy and the Camino de Santiago in Spain and has co-led trips to Machu Picchu/Easter Island, Puglia, Italy, the Loire Valley of France and Patagonia.

Both leaders have a strong interest in sharing the allure of adventure excursions to the most beautiful and intriguing places on earth. Both are CPR and Wilderness First Aid certified.

Disclosures:

AMC Adventure Travel trips are run on a nonprofit basis. Leaders are not compensated except for their travel and administrative costs associated with the trip. A program fee is assessed toward AMC Adventure Travel Excursion program and administrative expenses.

For additional information, contact Dick at 860-673-1940 or at r.cable@sbcglobal.net or Joe at 203-755-5141 or thomasj73@sbcglobal.net.

TRIP COST: US \$3390
\$1100 with application; \$1100 on June 1, 2018; balance of \$1190 due January 1, 2019.

INCLUDES:

11 day trip including 9 nights in hotels; all meals, bike rentals, English-speaking guides, support van, ferry tickets and museum entrance fees, luggage transfers, route description and maps.

DOES NOT INCLUDE:

Airfare of approximately \$1000 - \$1100 and personal items; e-bike upgrade of \$120.

CANCELLATION POLICY:

Cancellations will receive a refund to the extent that it does not affect the trip status. Cancellations affecting the trip status may result in forfeiture of all or part of monies paid.

We accept applications, assuming the screening criteria* are met, on a first come first served basis based on post mark dates. (*The screening criteria are: fitness level and skills assessment based on a projection to the trip's dates, and personal traits that assure a good "group fit" - as you are probably aware, our group trips require that everyone participate in the activities described to the best of their ability and with a team approach that respects other group participants as well as the leaders' roles and responsibilities.)

