



NORTH SARDINIA RIDE

TOUR DOSSIER



Dolcevita Bike Tours

Via Cimarosa, 18

09010 Villa San Pietro (CA)

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www.dolcevitabiketours.com

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Friday, 15 February 2019*

NORTH SARDINIA RIDE

Tour Dossier

LOCAL CONTACT

Dolcevita Bike Tours
Via Cimarosa 18
09010 Villa San Pietro (CA)
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Office Hours: Monday to Friday h09:00 to h 18:00
Tel: +39 070 920 9885
Emergency line: + 39 348 032 0738

PROGRAMME

Day 1: Arrival Day.

Either tour information and handing over of rental bicycles or you find your material and rental bikes at the arrival hotel.

Day 2: Costa Smeralda Loop. (54 km)

Discover the beauties of the fabled Costa Smeralda when the millionaires are away! Ride up into the hills of San Pantaleo and down to the Jet set Porto Cervo along to Baia Sardinia and back to Cannigione.

Day 3: La Maddalena Archipelago. (60 km)

From Cannigione along the coast to Palau, where you take the ferry to the vibrant town of La Maddalena, cross the bridge to Caprera, home of the Garibaldi museum and back through Palau to Cannigione.

Day 4: Gallura discovery (51 km)

Today you venture inland to Arzachena and up into the hills and lakes of Sant'Antonio di Gallura, and on to Calangianus and Nuchis and finally up to Tempio Pausania.

Day 5: Tempio/Nuchis – Castelsardo (49 km)

From Tempio Pausania, to Aggius, through the dramatic Valle of the moon, back to the coast staying in Castelsardo.

Day 6: Castelsardo - Sassari. (55 km)

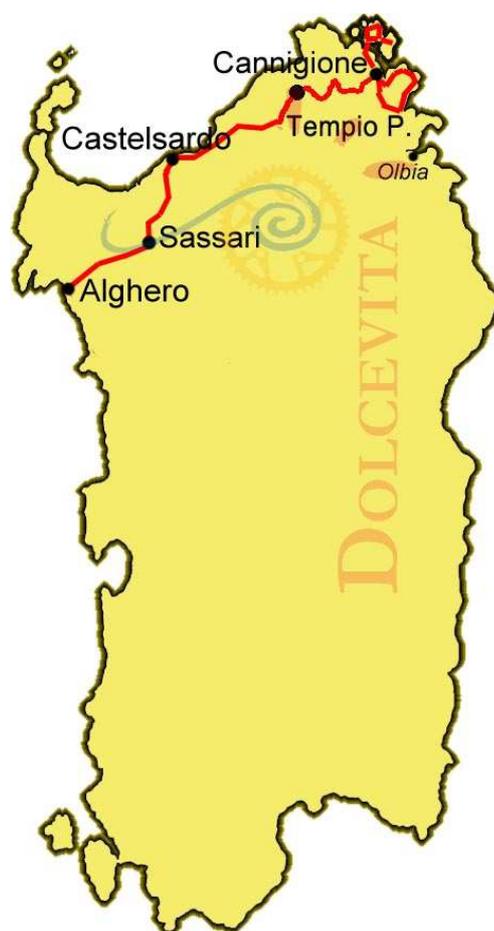
Ride along the coast to Lu Bagnu and then head inland again to Nulvi and Osilo, enjoying the spectacular views of the Anglona rolling hills and pastures. End your day in the city of Sassari, 2nd largest in Sardinia.

Day 7: Sassari – Alghero. (39 km)

From Sassari ride along backroads to reach the fortified town of Alghero, probably the nicest town in Sardinia, with a lovely port and a suggestive old centre.

Day 8: Departure Day.

Tour ends after breakfast, with a transfer available back to Alghero or Olbia airports.



Hotel List

Hotel list is subject to availability. Your overnights may be booked in any of the hotels listed below

CANNIGIONE (Nights 1-2-3)

Hotel Del Porto

Via Nazionale 94

Cannagione di Arzachena (OT)

Tel.+39 0789 88011

Email: info@hoteldelporto.com

Web: www.hoteldelporto.com

Contact person: Sig. Angelo Pileri

Hotel del Porto is situated in the centre of the popular holiday resort of Cannigione on the north east coast of Sardinia, just 30km from Olbia airport and 15km from Porto Cervo and the Costa Smeralda. It is a small hotel built in typical Sardinian style overlooking the port and marina.

The property is conveniently located for the town and port with just 39 guest rooms tastefully furnished, some with a sea view and terrace (supplement). All the rooms have en suite shower room, air conditioning, minibar, safe, telephone, TV and hairdryer.

Hotel Baja

Via Nazionale

07020 - Cannigione di Arzachena (OT)

Tel.+39 0789 892041/42

Email: baja@bluhotels.it

Web: www.bluhotels.it

Strategically located in one of the magnificent and most exclusive places in Sardinia, within easy reach, the hotel Baja has an elegant restaurant offering refined dishes from the local and Italian cuisine. The exclusive beauty and health centre with its beautiful pool in a green setting offers top comfort and relaxation.

Rooms are elegantly furnished and provided with air conditioning, minibar, telephone, tv sat and safe. The elegant restaurant, equipped with air-conditioning, offers a wide external portico just in front of the swimming pool and a spacious internal hall.

TEMPIO PAUSANIA / NUCHIS (night 4)

Hotel Pausania Inn

S.S. 133 Km.1, Tempio Pausania

Tel.: 079. 634037

e-mail: hotelpausaniainn@hotelpausaniainn.com

Web: www.hotelpausaniainn.com

Contact person: Sig.ra Elisabeth Vargiu

Located in the outskirts of Tempio Pausania, a small city in Northern Sardinia, the Pausania Inn offers comfortable common spaces - such as the Lounge and the Loft -, a large Restaurant specialised in local and national cuisine, and more than 50 Rooms with modern comfort. The hotel has an outdoor swimming pool suitable for adults and children alike, and a tennis court. From the terrace guests can enjoy the beautiful panorama over the surrounding jagged granite mountains.

La Casa di Babbai

Via Canonico Pes

Nuchis (OT)

Tel 079 631289

e-mail: lacasadibabbai@gmail.com

Web: www.lacasadibabbai.it

Contact person: Maria Giuseppina Tamponi

Located in the small picturesque village of Nuchis, La Casa Di Babbai is set in a restored 18th century town house. All elegant rooms come with a flat-screen TV and air conditioning.

With linen curtains and wrought-iron beds, rooms at the Babbai have been carefully restored to retain the original features of the building. Each room has a modern private bathroom finished in Travertine stone. Homemade cakes, yoghurt and cereals are served for breakfast.

CASTELSARDO (night 5)

Hotel Riviera - Fofo' Restaurant
Lungomare Anglona
07031 Castelsardo (SS)
Tel. 079 470143

Web: www.hotelriviera.net

The Riviera Hotel was one among the first hotels to be built in Northern Sardinia. Located in Castelsardo, an ancient medieval town, in the centre of the Asinara Gulf, where the view reaches as far as out as Corsica. Open all year round, the hotel was recently completely renovated and offers wide sound-proofed rooms, modern bathrooms, air-conditioning, direct-dial telephone, color satellite TV, lift, Reading Room, TV room.

The "FOFO" Restaurant, which is integral part of the complex, has written the most important pages of Sardinian gastronomy with the most famous fish, its lobsters and other traditional island courses.

SASSARI (night 6)

Hotel Vittorio Emanuele
Corso Vittorio Emanuele 100/102
07100 Sassari
Tel+39 079 235538
Fax: +39 079 2006696

E mail: info@hotelvittorioemanuele.ss.it

Web: www.hotelvittorioemanuele.ss.it

Vittorio Emanuele Hotel is located in an ancient building entirely restored, in the heart of Sassari. Some of the original architectural features, early 1900, are still preserved.

ALGHERO (night 7)

Hotel Villa Piras
Via Della Resistenza 10,
07041 Alghero (SS)
Tel +39 079 978369

E-mail: info@hotelvillapiras.com

Web: www.hotelvillapiras.com

Located 1 km from the historic centre of Alghero, 100 m from the coast, Hotel Villa Piras offers large rooms with a balcony and a view. It features a terrace with 2 hot tubs and views of the Mediterranean Sea. WiFi is free in all areas.

Rooms include air conditioning, and a flat-screen TV with Sky channels. All have a private bathroom and free toiletries. Most rooms have sea views. A shared TV lounge and internet point are also available at the property.

A varied buffet breakfast is served daily.

Hotel Riviera
Via F.lli Cervi, 6
07041 Alghero (SS)
Tel +39 079-951230

E-mail: info@hotelriviera-alghero.com

Web: www.hotelriviera-alghero.com

This property is 1 minute walk from the beach. Relax on the pool terrace at Hotel Riviera, located 50 m from Lido San Giovanni Beach and a 20-minute walk along the promenade to Alghero's historical centre. The Riviera Hotel features air-conditioned guest rooms, which are simply decorated.

A continental breakfast of sweet and savoury items is provided daily.

At the hotel you will also find 2 outdoor pools, a TV lounge, bar, and terrace.

Hotel El Balear
Lungomare Dante, 32
07041 Alghero (SS)
Tel: 079 975 229 Fax 079 974 847

E-mail: info@hotelelbaleare.it

Web: www.hotelelbaleare.it

Hotelier: Sig. Piero Piras

This sea front hotel is only few minutes walking to the historic centre of Alghero. Some rooms have sea view, while others overlook the internal garden. The manager, Mr Piras, is also the owner of the hotel and him and all his staff are very nice and friendly.

ABOUT YOUR TOUR

Welcome Pack

At your arrival at the first hotel of your tour you will receive a welcome pack containing:

- Detailed route notes, leg profiles and information, maps.
- Hotel List: due to overbooking or organizational needs your hotel list may vary just before your arrival.
- Restaurant directions: if you include the half board supplement in your booking, some dinners will be booked in restaurants within walking distance from your hotel. You will find walking directions and contacts in the welcome pack.
- Luggage labels: two luggage labels for every passenger, to be put on every piece of baggage transported.
- Feedback form. Feedback form contains questions about the quality of your trip. We kindly ask you to fill it in at the end of your trip and to leave it in the last hotel. We appreciate you giving us any further comment and suggestion about this trip.

Welcome Briefing and bike fitting

On your arrival day we will deliver bikes and trip documentation to your first accommodation. Our show up time can vary very much according to the day logistics and cannot be arranged beforehand.

On your arrival, when checking in the first accommodation you will be notified the time of the meeting with our representative. Our representative will give a tour presentation and fit you with the bikes.

In case of a late arrival, we may not be able to meet you. In that case, you will find equipment and documentation ready for you.

Should you have questions or for any further information you will be able to contact our organization through the reception, using the telephone numbers that you will find in your welcome pack. We will then review the tour details and answer your questions in a telephone conversation.

During the tour.

During day 2 cycling the "La Maddalena loop" tour, you're catching two ferries to go to and come back from La Maddalena Island. Remember to buy tickets before you board the ferries, approximately 14€ per person with the bike, total

Luggage transportation.

Please remember to attach a luggage label to every piece of luggage you wish to be transported (maximum two pieces per passenger).

On a move on day, your luggage has to be taken ready for transportation in the hotel reception at **h09:00**. While this is not your check out time, we kindly ask you to meet this deadline to allow a smooth logistics.

Your luggage will be delivered in the next hotel by h16. Should you need any clothing item before this time (swimsuit or a change of clothes), we suggest you carry it with you.

Dolcevita will not be responsible for any damage that may occur to fragile objects carried in your luggage, including electronic devices and glass bottles. Moreover, Dolcevita will not be liable for damage occurred to luggage exceeding a weight of 20kg.

Climate

Sardinia enjoys a mild Mediterranean weather that allows comfortable cycling all year round except for the hot months of July and August. Prevailing wind is mistral blowing from north-west. The following table gives average temperatures and days of rainfalls per month.

Month	Day (°C)	Night (°C)	Sunshine hr/day	Rainfall days	Water temp (°C)
January	14	6	4,4	8	14
February	15	6	4,7	8	13
March	16	7	6,1	7	14
April	18	9	7	6	15
May	22	12	8,8	4	17
June	27	16	9,6	2	20



July	30	19	10,7	1	23
August	30	19	10,1	1	24
September	27	17	8,2	4	23
October	23	14	6,4	6	19
November	18	10	4,9	8	16
December	15	7	4,1	8	15

For further information on local forecast you can visit the web site: www.sar.sardegna.it

Clothing

The success of a bike trip relies very much on the equipment that you are using. You should make sure that you are taking the items included in the list below with you.

Cycling trip checklist:

Cycling shirts (3)

Padded cycling shorts (2 pairs) -- Shorts

Cycling shoes/Training shoes

Cycling helmet

Waterproof biking jacket

Fingerless biking gloves

Lightweight socks (3 pairs)

Casual dress for the evenings (no dress code required in the hotels)

T-shirts (2) -- Lightweight, long-sleeved shirt

Lightweight trekking pants

Underwear

Swimming costume

Toiletries

Sunglasses

Sun cream and after sun cream

Insect repellent

Food

Historically, the twin pivots of traditional cuisine are land- and sea-based local produce. Mutton, beef, game, boar and horsemeat are the staples of the cooking in the interior, while the coasts rely on tuna, sea-bass, mullet and other type of fish. Add to these the basic ingredients of Italian cooking – pasta, tomato sauce, olives and fresh vegetables – and a wide choice of seasonal fruit and common pecorino, the strong tasting sheep's cheese.

A typical Sardinian meal may start with some fish starters (antipasti) like the tasty bottarga, dried mullet roe, continue with the primo piatto (the first course, generally a pasta-based dish) that can include one of the following: culurgiones, ravioli stuffed with potato, cheese, garlic and mint, malloreddus also known as gnocchetti, a pasta shaped in little shells, with various toppings, for example alla campidanese, a sausage sauce, fregola a couscous type pasta either in a meat stock or dry with mussels and clams or spaghetti alle arselle, spaghetti with clams. The secondo (the main course, normally a meat or fish dish) may be chosen from the a selection of porceddu, the symbol of Sardinian cuisine, a baby pig roasted whole on a spit with myrtle leaves, gran premio, horsemeat steak or orata alla vernaccia, gilthead cooked in a white wine and olives sauce.

Desserts may be sebadas (also known as seadas), a fried ricotta-filled pastry bubble with a honey topping or a selection of dolcetti: papassini, gueffus and tiliccas almond- and honey-based biscuits.

Don't forget to end the meal with a glass of chilled red mirto, the most popular of Sardinian liqueurs, made from leaves and berries of wild myrtle.

Shops and restaurants opening hours.

Shops opening hours: from Monday to Saturday from 08:30/09:00 to 12:30/13:00 and from 16:00 to 20:00. In some villages shops may be closed on Wednesday evening. Restaurants normally serve food from 12:00 to 13:30 and to 20:00 to 22:00.

ABOUT YOUR RENTED BIKES

Bike profile.

Dolcevit bikes are custom made in Italy to meet our requirements. Main features of our bikes are:

- Aluminum frame

- 27 gear Shimano Deore group
- Schwalbe Marathon Plus tyres, anti puncture.
- Rear carrier (max 20kg)
- Mudguard
- Gel saddle

All our self guided guests will receive the following accessories:

- Ortlieb back roller pannier classic, capacity 20lt, water proof, one for every bike.
- Abus handlebar bag, capacity 5lt, with map holder case on top, one every two bikes.
- Odometer, one every two bikes
- Complimentary water bottle (0.5 lt)
- Repair kit (one every two bikes) inclusive of spare inner tube, inner tube repair kit, tyre levers, pump, basic multi tool
- Combination lock.

In Italy it is not compulsory to wear a helmet when riding a bike (children below 14 have to wear it), however we strongly recommend to take one with you.

Please note that the helmet is not included in the bike rental. If you don't want to carry one with you, we can rent you one. This service has to be booked in advance and the rate the rental is 15eur per tour to be paid locally.

It will not be possible to rent a helmet with us without previous notice.

In case of a mechanical problem.

During the tour, should the bicycles have any type of technical problem that prevents you from continuing, please contact us at the emergency numbers. Describe the occurred issue and we'll try to solve as soon as possible the problem and, if necessary, we'll suggest you a mechanic where it will be possible to repair the failure. We ask you to go to a mechanic only after being authorized by Dolcevita. Should some service be necessary, pay for the service, keep the receipt and you will be refunded at the end of your tour. In case of a puncture no intervention or assistance will be provided. You will be given a proper puncture repair kit, which will enable you to intervene directly and solve the problem.

Last day: bike and other material return.

Please lock your bikes and leave them in the hotel courtyard or garage, following the instructions of the hotel staff. Please leave the panniers, the handlebar bag and the odometer on your bike. We kindly ask you to leave all the material given to you by our representative at your arrival inside the panniers.

If you bring your own bike

If you want to take the tour with your own bike, before you depart we suggest you to verify that all parts of the bike are functioning properly. A cycle computer is necessary to follow the road book. We also highly recommend you to bring a repair kit because the emergency number in case of breakdown cannot be used if you are using your own bike. Don't forget to bring a padlock and always lock your bike.

ARRIVAL: HOW TO GET TO TOUR START

Arrival by car: parking information

If you park your car at the start of the tour: in Cannigione the hotel Del Porto has a private parking in the basement. Fee: 7eur/day, to be booked in advance and to be paid directly in the hotel. Alternatively, it is possible to park outside the hotel, in the street around the hotel (free).

If you park your car at the end of the tour: in Alghero the hotels do not have private parking. It is easy to park the car on the street, in public parking spaces. No fees required.

FROM OLBIA AIRPORT TO CANNIGIONE

Private transfer

Private transfer is available on request. Quote is 40eur per person, minimum 2 people.

Public transportation

Cannigione is linked to the airport via public bus, run by the regional company "ARST". From the airport of Olbia you will need to

- 1) catch a first bus to reach the bus station of Olbia.
- 2) From the bus station of Olbia you will need to catch another bus to Arzachena, line number 601.
- 3) From Arzachena you will need to catch another bus n° 604 or a taxi, since Cannigione is only about 9km away. We suggest catching a taxi, as the bus drives a long itinerary of about 25 kms before reaching Cannigione.



There is only one bus that goes direct from Olbia to Cannigione. It departs at h14.20 (Monday to Saturday)

There is only one bus that goes direct from Olbia airport to Arzachena. It departs at h06:25 (every day).

From Olbia Airport to Olbia bus station ARST, Corso Vittorio Veneto, bus company ASPO line 10 (15mins drive to city centre).

<http://olbia.mycicero.it/tp/MYCICEROOLBIA/StampaOrari/Index#>

Departs airport: 06:15, 06:45, 07:15, 07:50, 08:25, 09:10, 09:50, 10:25, 11:10, 11:50, 12:25, 13:10, 13:45, 14:25, 15:10, 15:45, 16:20, 17:05, 17:45, 18:25, 19:10, 19:45, 20:20, 20:55, 21:30, 22:05, 22:40, 23:15, 23:40.

From Olbia bus station ARST, Corso Vittorio Veneto to Arzachena. ARST regional company line.

Olbia	6.40	7.30	8.30	10.40	12.10	12.30	13:20	14.20	16.40	18.00	18.50	20.10	20.40
Arzachena	7.23	8.13	9.18	11.23	12.46	13.06	14:05	15.28	17.25	18.45	19.26	20.50	21.23
Seasonality	Every day	School period	Every d 16/06 to 15/09	Every day	Mon to Sat	Every d 16/06 to 15/09	School period	Every day	Mon to Sat	Every day	Every day	Every d 16/06 to 15/09	Every d 16/06 to 15/09

Source: www.arstspa.info/601.pdf

From Arzachena to Cannigione, ARST regional company bus line 604

Arzachena	7.10	11.45	17.35
Cannigione	8.05	12.40	18.30
Seasonality	Mon to Sat	Mon to Sat 16/06 to 15/09	Mon to Sat

Source: www.arstspa.info/604.pdf

Summer season: during the summer months (June to September) a bus line is operated by the company Sun Lines. From Olbia airport there is a bus to Cannigione centre departing at: 08:00 (arr. 09:40), 12:40 (arr. 14:19), 15:40 (arr. 17:19), 18:40 (arr. 20:20).

Bus Line: 20

Timetable: <http://www.sunlines.it/orari-e-itinerari.html>

FROM ALGHERO AIRPORT TO CANNIGIONE

Private transfer

From Alghero airport (AHO) to Cannigione private transfer is available on request. Quote is 100eur per person, minimum 2 people.

Public transportation

To reach Cannigione from Alghero Airport (AHO) you need to:

- 1) catch a bus from Alghero airport to Sassari.
- 2) Catch a train from Sassari to Olbia.
- 3) catch a bus from Olbia to Arzachena.
- 4) Catch another bus or a private taxi from Arzachena to Cannigione.

From Alghero airport (AHO) to Sassari ARST regional company bus line 760

Bus departs Alghero: h08:50, h11:10, h12:30, h15:45, h17:30, h18:40, h21:10, h23:15, h00:15

<http://www.arstspa.info/760.pdf>

From Alghero airport to Sassari it takes a 30 minutes drive, except for last three bus runs 42mins.

From Sassari to Olbia city centre, Trenitalia train.

Sassari	06.01	07.04	08.20*	08.26	10.22*	11.20	14.33	14.39*	16.28	18.15*	20.31*
Olbia	07.46	08.49	09.59	10.12	12.08	13.13	16.20	16.31	18.22	19.56	22.25
Notes	Mon-Sat	Sunday	Mon-Sat	Sunday	Every D.	Mon-Sat	Sunday	Mon-Sat	Every D.	Mon-Sat	Every D.
* Train change at Ozieri-Chilivani Station											

Source: www.trenitalia.com

Summer season: during the summer months (June to September) a bus line is operated by the company Sun Lines. These bus line needs to be booked in advance. From Alghero airport there is a bus to Olbia departing at: 09:10 (arr. 11:15), 13:30 (arr. 15:40).



Timetable: <http://www.sunlines.it/pdf/LINEA-90.pdf>

From Olbia bus station ARST, Corso Vittorio Veneto to Arzachena. ARST regional company line. Please see details in previous section above.

DEPARTURE: HOW TO RETURN TO AIRPORTS

FROM ALGHERO TO OLBIA AIRPORT

Private transfer

From Alghero to Olbia airport (OLB) private transfer is available on request. Quote is 90eur per person, minimum 2 people.

Public transportation

To reach Olbia airport (OLB) from Alghero you need to:

- 1) catch a bus from Alghero to Sassari.
- 2) Catch a train from Sassari to Olbia.
- 3) catch a bus from Olbia city centre to Olbia airport.

From Alghero to Sassari there are several services available, approximately one every hour, first service at h05:30am, last service at h21:00. For more detailed information see the timetables:

Sassari – Alghero: http://www.arstspa.info/TPL_SS.pdf

Sassari – Alghero (via Alghero airport): <http://www.arstspa.info/9323.pdf>

From Sassari to Olbia city centre, Trenitalia train.

Sassari	06.01	07.04	08.20*	08.26	10.22*	11.20	14.33	14.39*	16.28	18.15*	20.31*
Olbia	07.46	08.49	09.59	10.12	12.08	13.13	16.20	16.31	18.22	19.56	22.25
Notes	Mon-Sat	Sunday	Mon-Sat	Sunday	Every D.	Mon-Sat	Sunday	Mon-Sat	Every D.	Mon-Sat	Every D.

* Train change at Ozieri-Chilivani Station

Source: www.trenitalia.com

From Olbia train station to Olbia airport, bus company ASPO line 10 (15mins drive to city centre).

<http://olbia.mycicero.it/tp/MYCICEROOLBIA/StampaOrari/Index#%232>

Departs Olbia train station: 06:25, 06:55, 07:25, 08:00, 08:36, 09:21, 10:02, 10:38, 11:20, 12:02, 12:37, 13:20, 13:55, 14:35, 15:20, 15:55, 16:31, 17:15, 17:57, 18:38, 19:24, 20:01, 20:33, 21:06, 21:41, 22:16, 22:51, 23:25.

Summer season: during the summer months (June to September) a bus line is operated by the company Sun Lines. From Alghero centre there is a bus to Olbia airport departing at: 08:30 (arr. 11:08), 16:30 (arr. 19:00).

Bus Line: 90

Timetable: <http://www.sunlines.it/orari-e-itinerari.html>

FROM ALGHERO TO ALGHERO AIRPORT

Private transfer

From Alghero to Alghero airport (AHO) private transfer is available on request. Quote is 20eur per person, minimum 2 people.

Public transportation

From Alghero city centre to Alghero airport you can catch a bus. Bus stop is in Via Cagliari. Line 9373 AL.F.A.

Departs Alghero city centre: h05:00, h05:40, h06:30, h07:30, h08:30, h09:30, h10:30, h11:30, h12:30, h13:30, h14:30, h15:30, h16:30, h17:30, h18:30, h19:30, h20:30, h21:30, h22:30

Source: <http://www.arstspa.info/9373.pdf>

Some of the services may not run on bank holidays.

ARST – regional bus company: www.arst.sardegna.it

Trenitalia – train company: www.trenitalia.com

ASPO – Olbia urban bus service: www.aspoolbia.it

Alghero – Alghero urban bus service: www.algheroairport.com

While the greatest care has been taken to retrieve the information in this document, we do not accept any liability concerning the timetables. Any of the scheduled services above may vary without notice, if you intend to use public transportation, please check personally that the above timetables are confirmed.

15/02/2019

