



# SOUTH WEST SARDINIA

## TOUR DOSSIER



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### **Dolcevita Bike Tours**

Via Cimarosa, 18

09010 Villa San Pietro (CA)

tel & fax +39/070/9209885

[info@dolcevitabiketours.com](mailto:info@dolcevitabiketours.com)

[www.dolcevitabiketours.com](http://www.dolcevitabiketours.com)

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# South West Sardinia Tour Dossier

## LOCAL CONTACT

Dolcevit Bike Tours  
Via Cimarosa 18  
09010 Villa San Pietro (CA)  
E-mail: [info@dolcevitabiketorus.com](mailto:info@dolcevitabiketorus.com)  
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

Transfer or independent arrival to Nebida.

### Day 2: Nebida – Calasetta

A beautiful descent to Fontanamare followed by an undulating coastal ride to Portoscuso. Here, board the local ferry to Carloforte on Isola di San Pietro. There is time for a short itinerary around the island, exploring sandy coves and dramatic rocky headlands, tiny hamlets before rejoining the ferry to continue to equally unspoilt Sant' Antioco. Note that it is not possible to book the ferry in advance, and you will need to pay on arrival. *43km; 3 hours cycling.*

### Day 3: Calasetta - S Anna Arresi

A morning to explore the coast nearby, or for a short cycle ride around the island with its wealth of coves and beaches, green meadows (or golden in the summer) and little villages. After a visit to Sant'Antioco, cross back to the mainland, to visit the Pisan sanctuary at Tratalias - one of the most important monuments from the Romanesque period. Once again, rugged mountains rise up to your left, to around 4,000 ft. Just before the village of Sant' Anna Arresi you reach your hotel, well sited overlooking the emerald green waters of the Golfo di Palmas. Nearby are the bright white beaches of Porto Pino, backed by dunes and Aleppo pine woods. Overnight. *43km; 3 hours cycling.*

### Day 4: S Anna Arresi - Pula

The longest day by distance, but gentle countryside across the rugged coastal plains of the Costa del Sud. This is a remote, wild and beautiful region of Mediterranean bush and coastal pools, gleaming white beaches and imposing cliffs. Cape Malfatano and Cala Piscinnì each boast a 16th C tower, while at Capo Teulada the spectacular cliffs rise more than 700 feet from a translucent sea. A short detour will take you to the beautiful beach of Su Giudeu in Chia, while at Pula is the important Phoenician city of Nora. Your last night is at a newly built property located in the centre of Pula. Overnight. *60km; 4-5 hours cycling.*

### Day 5: Departure Day

Tour ends after breakfast, with a transfer available back to Cagliari airport.



## Hotel List

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

### **Nebida (night 1)**

Locanda L'Agusteri  
Villaggio Tanca Piras  
Via S'Argiola 37  
09016 Nebida - Iglesias  
Tel: 0781/252136 cell 348/5509580  
E mail: [gabriella.pani@alice.it](mailto:gabriella.pani@alice.it)  
Web: [www.villaggiotancapiras.it](http://www.villaggiotancapiras.it)  
Hotelier: Gabriella Pani

The L'Agusteri is a recently built hotel that boasts beautiful sea views. It is located a few steps from a cosy beach on the beautiful coast dominated by the colossal outcrop known as Pan di Zucchero, a 130mt high imposing rock just few hundred meters off the coast that owes its name, "Sugarloaf", to its unique shape. The hotel staff is very friendly. The hotel has a swimming pool and excellently furnished rooms.

### **Calasetta (night 2)**

Hotel Luci del Faro  
Loc. Mangiabarche  
09011 Calasetta  
Tel: 0781 810 089 Fax 0781 810 091  
E Mail: [info@hotelucidelfaro.com](mailto:info@hotelucidelfaro.com)  
Web: [www.hotelucidelfaro.com](http://www.hotelucidelfaro.com)  
Hotelier: Franco e Paola Cancedda

Luci del faro is a charming seaside property located on the northern tip of the isle of Sant'Antioco. One of our favourites, the hotel has an award-winning restaurant and very lovely rooms. Its U-shape layout resembles that of a Spanish hacienda with arcades surrounding the central courtyard that has a garden and a swimming pool. The hotel is located in a peaceful countryside area, 4km out of Calasetta.

MuMA Hostel  
Lungomare Colombo,25  
San'Antioco (CI)  
Tel: +39 0781-840070  
E Mail: [info@mumahostel.it](mailto:info@mumahostel.it)  
Web: [www.mumahostel.it](http://www.mumahostel.it)

Located along the seafront, this property is one of the top spots in Sant'Antioco. It features 32 comfortable rooms (half of them are family size) with en-suite bathroom. It also hosts a small but interesting sea Museum. A short walk from the MUMA will take you to a fishing cooperative restaurant serving fish caught just a few hours before. Their fishing boats are harboured literally across the road.

### **Sant'Anna Arresi (night 3)**

Hotel Cala dei Pini  
Loc. Portopino  
09010 Sant'Anna Arresi  
Tel: 0781 967014  
E Mail: [info@caladeipini.eu](mailto:info@caladeipini.eu)  
Web: [www.caladeipini.eu](http://www.caladeipini.eu)

With an outdoor pool and sun loungers, Hotel Cala dei Pini is set in a palm-lined garden. Located 1 km from Porto Pino beach, the property offers traditionally furnished accommodation with a balcony. A nice Italian-style breakfast is served daily. The property offers free WiFi in public areas and free parking.

Guesthouse Il Girasole  
Via Italia 122,  
Sant'Anna Arresi  
Tel. +39 320 301 0422  
E-mail: [ilgirasolebedandbreakfast@yahoo.com](mailto:ilgirasolebedandbreakfast@yahoo.com)  
Web: [bedendbreakfastilgirasole.jimdo.com/](http://bedendbreakfastilgirasole.jimdo.com/)

Martina and her mother will make you feel really welcomed in Il Girasole. The guesthouse hosts six clean and nicely decorated rooms. After you try Il Girasole's breakfast you will be ready to fly with your bike!

### **Pula (night 4)**

Hotel Villa Madau

Address: Via Nora, 84 09010 Pula

Tel and fax: 070 924 9033

E mail: [villamadau@yahoo.it](mailto:villamadau@yahoo.it)

Web: [www.villamadau.it](http://www.villamadau.it)

Hotelier: Signor Peter

Your base in Pula is the newly built Villa Madau, an elegant property located in the centre of Pula. It has 10 finely furnished rooms and a nice lounge. A wide choice of restaurants is available in walking distance. Free Wi-Fi connection available in the lobby.

Marin Hotel

Viale Segni 58, 09010 Pula (CA)

Tel. 0709208059

Fax. 0709208286

E-Mail: [info@marinhotel.it](mailto:info@marinhotel.it)

Web site: [www.marinhotel.it](http://www.marinhotel.it)

This family run hotel, recently opened in 2008, it is located just few minutes walking from the main square of the town of Pula. The property has 13 rooms all equipped with air conditioning, private bathroom, minibar, satellite LCD TV, telephone and safe.

## **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 1 cycling from Gonnessa to Calasetta, you're catching two different ferries. The first one sailing from Portoscuso to Carloforte, the second one from Carloforte to Calasetta. Remember to buy tickets before you board the ferries, approximately 14€ per person with the bike, total. The ferry timetable is indicated in the route notes.

### **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](http://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 25eur 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 Dolcevit. 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 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 FROM CAGLIARI AIRPORT TO NEBIDA

### Private transfer

Private transfer is available on request. Quote is 50eur per person, minimum 2 people.

### Public transportation

To reach Nebida via public transportation you need to:

- 1) Catch a train from Cagliari airport or Cagliari city centre to Iglesias
- 2) Catch a bus from Iglesias to Nebida

Train timetable from Cagliari to Iglesias. Departure time from Cagliari refers to central station in the city, train stops at the airport station about 5 min. later.

Cagliari	06.44	07.44	8.44	09.44	10.44	11.45	12.44	13:44	14.18	14.44
Iglesias	07.41	08.43	9.40	10.43	11.40	12.43	13.40	14:43	15.09	15.40
Notes	Every day	Train change Every d	Mon-Sat	Train change Sunday	Mon-Sat	Train change Sunday	Mon-Sat	Train change Every d	Mon-Sat	Mon-Sat

Cagliari	15.44	16:44	17.44	18.44	19.44	20:44
Iglesias	16.43	17:40	18:43	19.40	20.43	21.40
Notes	Train change Every d	Sunday	Train change Every d	Mon-Sat	Train change Sunday	Every day

Source: [www.trenitalia.com](http://www.trenitalia.com)

Bus timetable from Iglesias to Nebida. Bus stop is close to the train station. bus regional company ARST. Line n°808

Iglesias	8.15*	10.50*	12.45*	13.50*	14.51**	15.48**	18.48**	19:55**
Nebida	8.43	11.19	13.14	14.16	15.16	16.13	19.13	20.20
Seasonality	Every day	Every day	Mon-Sat	Every day	School seas	Mon-Sat	Mon-Sat	Every day
* bus stop: train station								
** bus stop: Piazza Mercato								

Web source: <http://www.arstspa.info/808.pdf>

## DEPARTURE: HOW TO RETURN TO AIRPORT FROM PULA TO CAGLIARI AIRPORT (CAG)

### Private transfer

From Pula to Cagliari airport (CAG) private transfer is available on request. Quote is 40eur per person, minimum 2 people.

### Public transportation

From Pula to Cagliari you should take the ARST bus to Cagliari centre (several services per day, bus time: 55min)

Pula	05.30	06.20	07.00	08.30	08.55	09.15	09.35	10.10	10.35	11.25
Cagliari	06.20	07.10	07.32	09.20	09.45	10.07	10.25	11.00	11.25	12.15
	Mon-Sat	Mon-Sat	Every d.	Mon-Sat	Mon-Sat	Bank hol.	Mon-Sat	Mon-Sat	Every d.	Mon-Sat

Pula	12:55	13.25	15.10	17.05	19.10	19.25	21.30
Cagliari	13.45	14.15	16.00	17.55	20.00	20.17	22.20
	Mon-Sat	Mon-Sat	Every day	Mon-Sat	Every day	Mon-Sat	Every day

Source: [www.arstspa.info/129.pdf](http://www.arstspa.info/129.pdf)

*From Cagliari center to Cagliari airport. Take the train to the airport (one train approximately every hour, travelling time: 8-10min)*

Source: [www.trenitalia.com](http://www.trenitalia.com)

**Public transportation web sites:**

ARST – regional bus company: [www.arst.sardegna.it](http://www.arst.sardegna.it)

Trenitalia – train company: [www.trenitalia.com](http://www.trenitalia.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.14/02/2019*

