



# ALGHERO BY BIKE

## 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)

*Last reviewed  
Thursday, 14 February 2019*

# ALGHERO BY BIKE

## Tour Dossier

### LOCAL CONTACT

Dolcevita 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 individual arrival at Alghero, meet up with the Dolcevita rep for a briefing on the route, handover of bicycles and info pack. Dinner and overnight stay.

#### Day 2: The Monteleone massif (59 km)

Discover the green Monteleone through pastures, cork-trees and shepherd villages.

#### Day 3: the medieval town Bosa (45 km)

Pedal along the breathtaking coastline until the charming medieval town of Bosa. Enjoy it strolling around its narrow streets and riversides. Bus back to Alghero.

#### Day 4: Capo Caccia Park (65km)

This loop tour bring you to the stunning limestone cliffs of Capo Caccia, the old Nuragic village of Palmavera (built 3500 years ago) and the green area of Baratz Lake

#### Day 5: Neptune's Grotto boat tour

Go back to Capo Caccia by tour boat from Alghero to visit the beautiful Neptune's Grotto. The caves are filled with generously lit pastel stalactites and stalagmites that can be viewed from breathtaking walkways carved out of the stone. Old-timers fondly remember when visitors could row across the lake and when thousands of small candles on small plates floated on the water, creating an otherworldly glow of enchantment in the grand chamber.

#### Day 6: Sassari (km 40)

Go to visit Sassari by bus, the second largest city of Sardinia. From Sassari ride along backroads to reach Alghero using an agreeable way through the countryside.

#### Day 7: Santa Maria La Palma winery (25km)

Cycling to Cantina di Santa Maria La Palma, you can have a lovely wine tasting at one of most famous Sardinian winery. They produce a good selection of the best Sardinian grapes.

#### Day 8: Departure day

After breakfast, end of services.



## YOUR HOTEL IN ALGHERO

### Alghero cat. B (nights 1 and 2)

Hotel Villa Piras

Via Della Resistenza 10,

07041 Alghero (SS)

Tel +39 079 978369

E-mail: [info@hotelvillapiras.com](mailto:info@hotelvillapiras.com)

Web: [www.hotelvillapiras.com](http://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](mailto:info@hotelriviera-alghero.com)

Web: [www.hotelriviera-alghero.com](http://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.

## 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.
- 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 (only for point to point tours, fixed base tours are excluded).
- 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.

### Luggage transportation (only for point to point tours, fixed base tours are excluded)

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. Customers will be given a proper puncture repair kit, which will enable them 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 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 ALGHERO AIRPORT TO ALGHERO CITY CENTRE

### Private transfer

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

### Public transportation

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

Departs Alghero airport: h05:20, h06:00, h07:00, h08:00, h09:00, h10:00, h11:00, h12:00, h13:00, h14:00, h15:00, h16:00, h17:00, h18:00, h19:00, h20:00, h21:00, h22:00, h23:00

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

## FROM OLBIA AIRPORT TO ALGHERO CITY CENTRE

### Private transfer

Private transfer is available on request. Quote is 90eur per person, minimum 2 people.

### Public transportation

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

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

From Olbia Airport to Olbia train station, 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 city centre to Sassari, Trenitalia train

Olbia	05:40*	06:35*	08:06*	09:49	10:02	13:33	14:13	15:57	16:11*	16:14*	18:00*	18:41*	20:15
Sassari	07:34	08:24	09:50	11:46	11:49	15:25	16:01	17:57	17:56	17:57	19:47	20:30	22:06
Notes	Mon-Sat	Sunday	Every day	Sunday	Mon-Sat	Mon-Sat	Every day	Sunday	Mon-Sat	Sunday	Mon-Sat	Sunday	Sunday

\* Train change at Ozieri-Chilivani station

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

### From Sassari to Alghero, bus regional company ARST.

Several services available, approximately one every hour, first service at h06:00am, last service at h21:00. For more detailed information see the timetables:

Sassari – Alghero: [http://www.arstspa.info/TPL\\_SS.pdf](http://www.arstspa.info/TPL_SS.pdf)

Sassari – Alghero (via Alghero airport): <http://www.arstspa.info/9323.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 Alghero centre, Line 90 departing at: 10:30 (arr. 12:30), 16:00 (arr. 18:10).

Stops at Fertilia airport.

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

## DEPARTURE: HOW TO RETURN TO AIRPORTS

### 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.

## 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](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.
<b>* Train change at Ozieri-Chilivani Station</b>											

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

### 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)

ASPO – Olbia urban bus service: [www.aspo.it](http://www.aspo.it)

Alghero – Alghero urban bus service: [www.aeroportodialghero.it/collegamenti/alghero.asp](http://www.aeroportodialghero.it/collegamenti/alghero.asp)

*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