



A MINE OF MEMORIES

TOUR DOSSIER



Dolcevita Bike Tours

Via Cimarosa, 18

09010 Villa San Pietro (CA)

tel & fax +39/070/9209885

info@dolcevitabiketours.com

www.dolcevitabiketours.com

*Last reviewed
Friday, 15 February 2019*

A MINE OF MEMORIES

Tour Dossier

LOCAL CONTACT

Dolcevita Bike Tours
Via Cimarosa 18
09010 Villa San Pietro (CA)
E-mail: 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 a lovely farmhouse near Montevecchio where you will have a welcome meeting with our local representative: explanation of the route and bike delivery.

Day 2: Montevecchio loop tour (38 km, climb 920mt)

After the centre of Montevecchio, once the most important mining village of the Sulcis area, enjoy the truly spectacular single track descent along the Rio Irvi. You will cross it 18 times before arriving to the sea! Relax along the magnificent Costa Verde, the Green coast, so named after the colour of its waters. Time for some climbing now: the unique profile of Monte Arcuentu soon comes into view and will take you back to the agriturismo.

Day 3: Montevecchio – Fighezia (41 km, climb 750mt)

Ride another breathtaking single track down to one of the fascinating Piscinas beach with its sand dunes over 50m high. Riding along old mining tracks, you reach the amazing golden beach of Scivu (rest highly suggested!). Your base tonight is a charming agriturismo, ready to welcome you with its fine regional cuisine.

Day 4: Fighezia – Nebida (39-44 km, climb 1200 mt)

After Fluminimaggiore, famous for its murales, (wall paintings), witnesses of past years of social unrest, you will ride through one of the wildest and most remote areas of Sardinia. Back to the coast in Nebida, don't miss the view of the Pan di Zucchero cliff at dusk.

Day 5: Nebida - Calasetta (43 km, climb 250 mt)

After three hilly days, you can take a day to relax. 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 6: Calasetta - S.Anna Arresi (46 km, climb 700 mt)

Another easy day pedalling 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. Riding along the lake Monte Pranu, savour the quiet peace of the rolling plains of Sulcis.

Day 7: S.Anna Arresi - Pula (60 km, climb 1200mt)

Final catwalk of your 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. Alternatively, if you are looking for something harder, climb the Sulcis mountains and ride through the Is Cannoneris forest along a striking inland itinerary that will take you directly to Pula.

Day 8: Departure day

After breakfast, end of services.



Accommodation

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

Montevecchio (nights 1 - 2)

Turismo Rurale La Miniera Fiorita

Montevecchio - Guspini

Tel: 070/973167 347/1740011

E Mail: laminierafiorita@tiscali.it

Web: www.laminierafiorita.com

Contact person: Simonetta

A very charming lodge located in the countryside just outside the former mining town of Montevecchio. The rooms are very comfortable and Simonetta will cook for you some gourmet dishes.

Agriturismo Sa Tanca

Località Sa Tanca

Montevecchio – Arbus

Tel: 340/910 5265

E Mail: satanca@agrisatanca.com

Web: www.agrisatanca.com

Fighezia/Arbus (night 3)

Agriturismo Fighezia

loc. Fighezia

09010 Fluminimaggiore

Tel. 348 0698303

Email: fmission@tiscali.it

Web: www.agriturismofighezia.it

This recently built property has been designed following the green building principles, using cobs and local material such as canes for the roofs. Rooms overview a breathtaking panorama. The management carefully selects only local organic food, that guests can enjoy sitting in the panoramic dining room.

Agriturismo Rocce Bianche

Address: loc. Bidderdi

09031 Arbus (VS),

Tel&Fax: 070 9756127

Web: www.bidderdi.it

E Mail: roccebianche.agriturismo@gmail.com

Hotelier: Stefano Cavalli

Stefano and his family are ready to welcome you in this nice farm house located on a plateau just above the sand dunes of Piscinas. The property has an outdoor swimming pool suitable for adults and children alike, WIFI connection.

Agriturismo Sa Perda Marcada

Address: Loc.Sa perda Marcada

09031 Arbus (VS),

Tel&Fax: 070 975 8714

E Mail: elenacorona@hotmail.it

Web: www.saperdamarcada.it

Hotelier: Gianfranco Corona

Gianfranco and his family are ready to welcome you in this very nice farm house located on a plateau just above the sand dunes of Piscinas. You will remember the delicious cuisine of mamma Corona for a long time.

Nebida/Gonnesa (night 4)

Locanda S'Anninnia

Via Iglesias 107

Gonnesa

Tel.+39 0781 45132

E-mail: info@sanninnia.it

Web: www.sanninnia.it

The Locanda S'anninnia is located in the village of Gonnesa, just 3 km from the sea, surrounded by countless testimonies of mining life and many archaeological remains that also characterise the whole area of sulcis iglesiente.

The rooms are fully furnished by local artisans. Each guestroom is equipped with bathroom, shower, hairdryer, terrace, air conditioning and colour tv. A mini-fridge is available on request.

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
Web: 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 5)

Hotel Luci del faro
Loc. Mangiabarche
09011 Calasetta
Tel: 0781 810 089 Fax 0781 810 091
E Mail: info@hotelucidelfaro.com
Web: 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. Free Wi-Fi connection available in the lobby and swimming pool.

Hotel Le Sabbie
Loc. SottoTorre
09011 Calasetta
Tel: 0781 899043 Mob: 328/6268793
E Mail: info@lesabbie.com
Web: www.lesabbie.com

This property is located in walking distance from Calasetta centre and beaches. The Hotel has 30 quiet and comfortable rooms.

Sant'Anna Arresi (night 6)

Guesthouse Il Girasole
Via Italia 122,
Sant'Anna Arresi
Tel. +39 320 301 0422
E-mail: ilgirasolebedandbreakfast@yahoo.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!

Guesthouse La Vecchia Fornace
Via Is Serras 6
Sant'Anna Arresi.
Tel: +39 347 860 9804
E mail: lavecchiafornace.murru@gmail.com
Web: www.facebook.com/lavecchia.fornace.98

Located in Sant'Anna Arresi, La Vecchia Fornace features a beautiful garden and a panoramic terrace. The area is popular for cycling and hiking.

All rooms come with a wardrobe and a TV, free WiFi is available.
An Italian breakfast is served every morning at the property.

Pula (night 7)

Hotel Villa Madau
Via Nora, 84
09010 Pula (CA)
Tel and fax: 070 924 9033
E mail: villamadau@yahoo.it
Web: 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

Web site: www.marinhotel.it

This family run hotel 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 4 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. There are two prevailing winds: Mistral, blowing from the north west, giving a pleasant cooling breeze, and Scirocco, a hot wind from Africa. If it is hot in high summer, the long day length gives little time for the nights to have a marked cooling effect, and cool spells are unlikely from June - September. Rainfall is low year round, and very unlikely in summer, with an average of 2 days with rain in June, and 4 in September, though autumn storms can be torrential. 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 and wine

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.

Traditionally famous for strong high-volume wines to be blended with other weaker wines from Northern Italy, Sardinia has sharply reduced vineyards and volume of production recently while notably improving the general quality of wines. Among these, we mention the red *Turriga* from Argiolas, *Terre Brune* from the Cantina sociale di Santadi and the tangy white *Vermentino* Capichera. Others to watch for are red *cannonau* and white *vernaccia* and the sparkling *Torbato*.



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

All our self guided guests will receive the following accessories:

- Complimentary Dolcevita water bottle (0.5 lt), one for each bike
- One every two bikes:
- map holder
 - Odometer
 - Repair kit inclusive of spare inner tube, repair kit, tire levers, pump, basic multi tool, chain lubricant
 - 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 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 all the other rented equipment (route notes, tool kit, panniers, handlebar bag/map holder and the odometer) on your bike.

If you bring your own bike

If you are planning to take your own bike with you, before you depart we suggest you to verify that all parts of the bike are functioning properly. A cycle computer and a map holder are necessary to use the road notes properly. 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

FROM CAGLIARI AIRPORT TO MONTEVECCHIO

Private transfer

From Cagliari airport (CAG) to Montevecchio private transfer is available on request. Quote is 60eur per person, minimum 2 people. No extra charge for bike transportation.

Public transportation

From Cagliari airport get a shuttle bus down to Cagliari centre with the regional bus company, ARST, (one service every 30min. approx).

From Cagliari centre you have different options:

- direct bus to Montevecchio, two departures (Mon-Sat) at 06:30 and 17:25 web resource: www.arstspa.info/214.pdf
- Bus to Guspini, several departures per day. Web resource: www.arstspa.info/211.pdf. Then Arst bus (www.arstspa.info/214.pdf) or taxi to Montevecchio
- Train to S.Gavino several departures a day: 09.00, 09.53, 11.00, 12.00, 12.30, 13.00, 13.30, 14.04, 14.30, 15.00, 15.30, 16.00, 17.00, 17.40, 18.30, 19.30, 20.20, It takes from 30 to 50mins depending on the service. please check www.trenitalia.com for the updated timetable. Then bus to Montevecchio departs at 14.09 (school days) web resource: www.arstspa.info/214.pdf

DEPARTURE: HOW TO RETURN TO AIRPORTS

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

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

FROM PULA TO ALGHERO AIRPORT (AHO)

Public transportation

From Pula to Cagliari, see the Pula to Cagliari airport section above.

Option 1 – Via Bus

Bus from Cagliari to Alghero airport depart at: check time table at web site:

<http://www.logudorotours.it/wp-content/uploads201605orari-fino-al-16-06-20161-pdf/>

Option 2 – Train + bus or private taxi

Train from Cagliari to Sassari:

Cagliari	06.24*	08.35*	10.40	12.22*	14.13	14.30	16.30	16.40*	18.30
Sassari	09.50	11.49	13.39	16.00	17.57	17.56	19.47	19.54	21.34
Notes	Every day	Mon-Sat	Mon-Sat	Every day	Sunday	Mon-Sat	Mon-Sat	Sunday	Mon-Sat

* Train change at Ozieri-Chilivani station

Source: www.trenitalia.com

From Sassari to Alghero airport, bus regional company ARST. Line n° 760 (every day)

Sassari	04:52	05:17	08:50	10:15	11:45	14:15	16:00	18:15	19:50
Alghero	05:22	05:47	09:20	10:45	12:15	14:45	16:30	18:45	20:20

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

FROM PULA TO OLBIA AIRPORT (OLB)

Public transportation

From Pula to Cagliari, see the Pula to Cagliari airport section above.

Trains from Cagliari to Olbia depart at:

Cagliari	06.24	06.30	08.35	12.22	14.13	14.30*	16.30	16.40	18.20	18.30
Olbia	10.12	09.59	12.02	16.20	18.20	18.22	19.56	20.13	22.18	22.25
Notes	Sunday	Mon-Sat	Mon-Sat	Everyday	Sunday	Mon-Sat	Mon-Sat	Sunday	Sunday	Mon-Sat

* Train change at Ozieri-Chilivani station

Source: www.trenitalia.com

Bus from Cagliari to Olbia airport depart at: h06:00 (arr. Olbia airport h10:40),

Web resource: www.gruppoturmotravel.com/Linea-Cagliari-STEResa.php

Bus from Cagliari to Olbia center depart at: h14:30 (arr. Olbia center h18:46),

Web resource: www.gruppoturmotravel.com/Linea-Cagliari-Olbia.php

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.



Travelling by car - Logistics

In Sardegna there are no tolls to be paid for the highways.

From Porto Torres or Alghero via SS131, direction Cagliari, leave highway at intersection "Uras". From there follow indications to San Nicola D'Arcidano. Once in San Nicola follow indications to Guspini, from there follow indications to Montevecchio.

From Olbia via SS131dcn direction Cagliari/Sassari. At the end of the SS131dcn follow directions to Cagliari entering the highway SS131. leave highway at intersection "Uras". From there follow indications to San Nicola D'Arcidano. Once in San Nicola follow indications to Guspini, from there follow indications to Montevecchio.

From Cagliari via SS131 direction Oristano/Sassari, leave highway at intersection "Sanluri/Guspini", follow indication to Guspini. Once in Guspini, follow indications to Montevecchio.

The Agriturismo Miniera Fiorita in Montevecchio offers a free parking space during your tour week. At the end of your tour, in order to go back to tour start to collect your car, please refer to the departure section above. You can also book a transfer with our organization (rate: 70eur per person, min 2pax. No extra charge for transporting your bikes).

Public transportation web sites:

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

