

Sardinia, between mountains and sea on electric bikes

8 days / 7 nights

This one-week tour on electric bikes takes you to the interior of this magnificent island. Cycling through the Ogliastra between the sea and the mountains, up to Barbagia in this authentic of all Sardinian regions.

This wonderful cycling trip is infused with pretty winding roads, hills of olive trees and beech trees, mountain villages rich in tradition, history and archaeological discoveries.

This journey of the senses includes opportunities to feast on local products, sample the regional wines, take in fantastic views and smell the perfumes of the lentisk, broom and wild plants.

The rugged cliffs and small sandy beaches of the east coast are awaiting you. Thanks to the electric bikes, this holiday becomes accessible to all and allows for more flexibility and freedom on your routes and unencumbered enjoyment of the countryside. With the electric assistance you can easily overcome the difference in altitude, travelling between 40 to 60km a day on a comfortable bike, whilst still enjoying the benefits of physical exercise. A welcome little "e-help" to discover the real Sardinia!

YOUR PROGRAM

Day 1 - Arrival in Cagliari and transfer to Osini

Arrival at Cagliari airport, the capital of Sardinia. Organized transfer (duration about 1h20) or independent arrival to Osini. You will be welcomed on site by our team who will explain your trip itinerary and make sure your electric bike is well adjusted. For this 1st try, we recommend that you take the scenic road that leads to the Lequarci waterfalls and the 16th century church dedicated to Saint Barbara.

Dinner included



Day 2 - Osini - Sadali (50 km - D+ 950 m)

High peaks, holm oak forests, and superb panoramas will accompany you on this day. You will start by riding through the picturesque mountain village with its open-air museum, admiring the works of Maria Lai and other internationally renowned artists.

Cross the old railway line with a beautiful view of the Pardu valley and arrive at the small hamlet of Gairo Tacquisara nestled in

the limestone mountains. You will cross the village of Ussassai before arriving at Seui. Seui is a village rich in history and culture located between Ogliastra and Barbagia, where you can visit the old Spanish prisons and the Museum of Rural Culture. Continue your ride to the village of Sadali, the water village, where you will be fascinated by its narrow streets, the characteristic stone houses and the small waterfall of S. Valentino in the heart of the old town. A warm welcome awaits you from your host who will show you the village's sensory museum and give you an explanation of the medicinal plants.

Dinner included

Distance: 50 km

Height difference: 950m



Day 3 - Sadali - Villagrande Strisaili (52 km - D+ 890 m)

After leaving the village, you will cycle along small country roads to the "Nuraghe" Ardasai, a magnificent example of these stone buildings built between 2500 and 700 BC and unique in the world. You can see the highest mountain in Sardinia, Punta La Marmora, at 1831m.

In Perda'e Liana, at about 1300m high, a majestic tower appears overlooking the entire territory of Ogliastra and Barbagia. On the way, you will meet all kinds of animals roaming wild. Continue your discovery of the Gennargentu massif by pedalling along the pleasant shores of Lake Alto Flumendosa, crossing the route of the little green train, "Il Trenino Verde", one of the most beautiful railway lines in the Mediterranean. Spend the night in Villagrande Strisaili, a village famous for its number of centenarians.

Dinner included

Distance: 52km

Height difference: 890m



Day 4 - Villagrande Strisaili - Santa Maria Navarrese (41 km - D+ 160 m)

From Villagrande Strisaili, a gentle downhill will draw your gaze outward to the azure Mediterranean sea and take you to the lake of Saint Lucia. Continuing along country roads, you will reach the village of Triei. Along the streets of the town centre, discover various mural paintings that reproduce scenes of village life. Don't miss the beautiful Tomb of the Giants of Osono, a testimony to the strong presence of Nuraghic civilization in this region.

The final destination of your trip today will be the small fishing village of Santa Maria Navarrese. In the evening, you will have the opportunity to eat in this small seaside resort and enjoy the famous Italian "gelati", (ice-cream).

Distance: 41km

Height difference: 160m



Day 5 - Santa Maria Navarrese (Free day)

Today is a free day with a lot of options! For example, you could enjoy the beach, hike along the coastal path to Perda longa in about 3 hours or simply discover the surroundings. We recommend a boat trip to the Gulf of Orosei to visit the stunning coves (to be booked on site).

It is also possible to cycle to meet shepherds in Urzulei or Baunei and to discover their livelihoods. Participate in milking goats or making cheese and of course, you will have lunch with them.

In the evening go for an "aperitivo" at one of the bars facing the sea!



Day 6 - Santa Maria Navarrese - Cardedu (51 km - D+ 290 m)

Today you can really delight in the beauty of the coastal surroundings and in the variety of landscapes: cycle in front of the white sandy beach of Lido di Orri and the red stones of the bay of Cea. Cross the Teccu plateau to reach Barisardo where you can visit the old Aragonese tower built on the beach to defend the population from Arab invasions. Pedal your way over to Cardedu, where long white beaches and crystal blue waters await you. In the evening you are welcomed for dinner by Maria from the farmhouse. If you wish, you may learn to make the famous Sardinian pasta (culurgiones) over a glass of wine, to be enjoyed with moderation!

Dinner included

Distance: 51km

Height difference: 290m



Day 7 - Cardedu - Ulassai (33 km - D+ 860 m)

Today's route begins with the ascent of the Rio Pardu schist valley (a Natural Monument of Sardinia); a road winding its way through green hills, covered with olive trees and rows of vines from which the famous Cannonau wine was born. It seems that this wine is the secret of the longevity of the region's inhabitants.

Finally, you will arrive in Ulassai where we suggest you visit the laboratory of the textile cooperative. Choose to visit the famous Su Marmuri Caves or the museum of modern Art with the artist Maria Lai.

Distance: 33km

Height difference: 860m



Day 8 - End of your trip

Early morning start from Ulassai to reach Cagliari airport (transfer time 1h20). It is advisable to take a flight after 11:00 am to ensure you have time for the transfer.

Additional information

TARIFFS

Price from 960 euros per person.

OPTIONS

Single person supplement : 300 euros per person.

Saturday or Sunday airport transfer supplement : 60 euros per person.

Cooking lesson per person (Sardinian pasta) : 15 euros per person.

A day with Sardinian shepherds, including lunch, per person : 50 euros per person.

INCLUDED

The supply of an electric bicycle with helmet, backpack and repair kit

Transfer from the airport to Osini for arrivals usually on Friday (extra charge on late arrivals, Saturdays and Sundays)

Luggage transfers

Accommodation with breakfast

Evening meals, with drinks, on day 1-2-3 and 6

The assistance provided (telephone assistance during the day in case of problems)

Supply of a roadbook

NOT INCLUDED

Intervention to repair bicycles (from 90€) every day

Transfer in the case of tiredness (service to be paid on site directly to the operator)

The other diners not included

Lunches (you decide on your meal according to where you want to stop)

Late arrival, on Saturday or Sunday (extra charge for transfer)

LEVEL OF DIFFICULTY

Easy trip with the help of electric bikes

ACCOMMODATION

Bed & breakfast, small charming inn, accommodation in an "agritourismo"

SIZE OF GROUP

From 2 people

DEPARTURES

Mid March to the end of November, excluding the summer months of July and August (when it's too hot).

DEPARTURE

Transfer from Cagliari airport, or make your own way to Osini

DISPERSION

Transfer to Cagliari airport (plan a return flight after 11:00 am to take into account the transfer time).

HOW TO GET THERE

Several airlines serve Cagliari Elmas Airport, connecting it to many Italian and European cities. The airport is only 7 km away from Cagliari city center.

IMPORTANT INFORMATION

In order to benefit from a transfer to Osini with our collective taxi, make sure you take a flight arriving in Cagliari before 12:30 pm.