



# OGLIASTRA WILD BLUE & GREEN






*Bike tour*



**DISCOVER  
SARDINIA DIFFERENTLY**

# OGLIASTRA WILD BLUE & GREEN

## *Bike tour*

DIFFICULTY				
	B&B OR CHARME HOTEL	SELF GUIDED CYCLING TOUR	MID MARCH TO THE END NOVEMBER <i>(EXCL. July &amp; August)</i>	FROM 2 PEOPLE

Ogliastra is the perfect destination for those who are seeking outdoor activities or relax in the quiet mountains and of course swim in few of the best beaches Mediterranean sea can offer.

Ogliastra is also the land of centenaries and the cannonau wine, the secret of their longevity. Cycling the low traffic roads from the mountain to the coast in a breathtaking landscape.



### YOU WILL BE ABLE TO APPRECIATE

- breathtaking landscapes between sea and mountains
- tour suitable for everyone
- low traffic roads and beautiful views
- accomodation in Charming B&B, hotels and Agriturismo (farm house)
- 1 day free in Santa Maria Navarrese to discover the beaches and rest
- cooking course, tasting (optional)





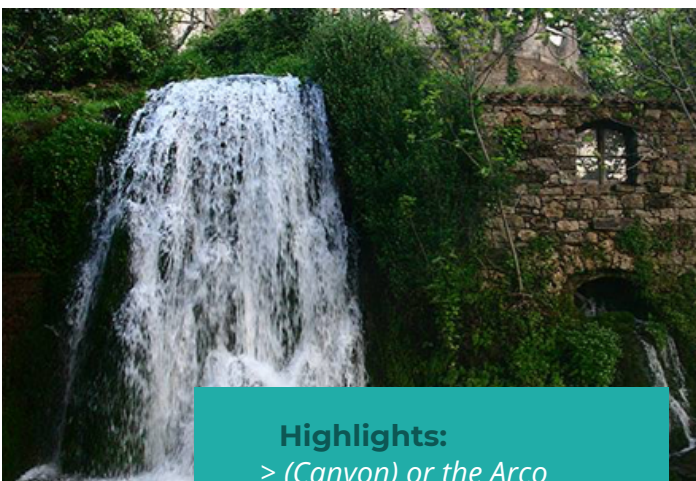
## PROGRAM



### 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.



#### Highlights:

- > (Canyon) or the Arco (Arch) of San Giorgio
- > Old Railway line
- > Old Spanish prisons
- > Seui's Museums
- > Hamlet of Sadali

### DAY 2

#### Osini - Sadali

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 Ogliastro 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.



50 km



+ 950 m



# PROGRAM



## Highlights:

- > Nuraghe Ardasai
- > Gennargentu National Park
- > Tonneri massif
- > Perda 'e Liana
- > Alto Flumendosa Lake

## DAY 3

### From Sadali to Villagrande Strisaili

Today you are about to explore the country roads of the Gennargentu National Park. Looking north you can see Punta La Marmora, the highest peak in Sardinia. Ride along the rim of the Flumendosa lake till Villagrande Strisaili, One of the few villages to be part of Sardinia's Blue Zone.



53 km



+ 890 m



## Highlights:

- Railway line of the "Trenino Verde"
- Dam and lake of S. Lucia
- Triei (murals)
- Gulf of Arbatax
- S. Maria Navarrese (Spanish tower, church, ancient olive trees)

## DAY 4

### From Villagrande Strisaili to S. Maria Navarrese

From the village of the centenarians, reach the lake of S. Lucia. Continuing in bucolic country roads you will reach the town of Triei then Arrive to Santa Maria Navarrese, which owes its name, according to legend, to a spanish princess of Navarra who shipwrecked with her ship in these places.



54 km



+ 300 mt.



**Highlights:**

- > Pedra Longa
- > Red Rock Arbatax
- > Optional excursions

## DAY 5

### Santa Maria Navarrese

Today is a free day with a lot of options! For example, you could enjoy the beach, hike along the coastal path to Perda longain 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!



**Highlights:**

- > Archaeological area of S. Salvatore
- > Orrì Lido
- > Cea bay
- > Aragon Tower of Barisardo
- > Cardedu Marina
- > cooking class (optional)

## DAY 6

### Santa Maria Navarrese Cardedu

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 Orrì 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!



55 km



+ 400 m





# PROGRAM



## Highlights:

- > *Rio Pardu Valley*
- > *Hamlet of Ulassai*
- > *Tacchi of Ogliastru*
- > *The rolling hills and the vineyards of Jerzu (tasting optional)*

## DAY 7 Cardedu - Ulassai

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.



36 km



+ 900 m

## DAY 8 Departure

Early morning start from Ulassai to reach Cagliari airport (transfer time 1h20). It is advisable to take a flight after 11h00 to ensure you have time for the transfer.





## PRICE

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Price from 960 euros per person.



## OPTIONS

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- 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

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- The supply of an electric bicycle with helmet, backpack and repair kit
- Transfer from the airport to Osini for arrivals untill 12:30 from monday to Friday (extra charge for private transfer on Saturdays and Sundays and after the 13:00 for the rest of the weekdays)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

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- 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

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Easy trip with the help of electric bikes



## ACCOMMODATION

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



## SIZE OF GROUP

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From 2 people



## DEPARTURES

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



## DEPARTURE

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

Transfer to Cagliari airport (plan a return flight after 11h00 to take into account the transfer time).



## IMPORTANT INFORMATION

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In order to benefit from a transfer to Osini with our collective taxi, make sure you take a flight arriving in Cagliari before 12h30.



