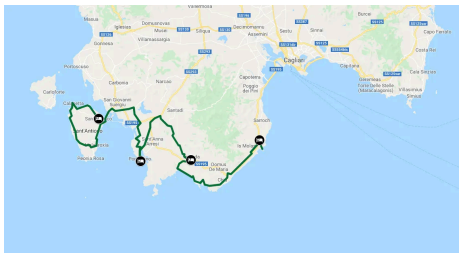
Cycling in Sardinia: Along the Costa Verde

8 days, *€ 888*



ITALIAN BIKE TOURS
Bike, Breathe & Discover

Introduction



When you first arrive in the Sardinian region of Sulcis-Iglesiente, you immediately understand why this area is known as **the Costa Verde** – the Green Coast. Cycling in Sardinia along this remote and dramatic coastline reveals a land shaped by centuries of history and marked by its mining heritage, which has left a powerful imprint on both the landscape and the local culture.

This part of Sardinia offers a fascinating contrast: abandoned mine structures standing silently over **unspoilt beaches**, Mediterranean scrubland, dunes, cliffs and wide open spaces. As you explore these routes, you quickly realise that **cycling in Sardinia** is not only about stunning nature – it is also about discovering a region with a deep story to tell, where every path, viewpoint and village reflects thousands of years of human presence.

From the ancient origins of mineral extraction – which began more than 8,000 years ago – to the modern sense of quiet isolation that defines the Costa Verde today, this area invites curiosity and rewards those who travel slowly. It is the perfect terrain for cyclists who want to experience Sardinia in its rawest, most authentic form.

Day to Day

Day 1 **Arrival in Cagliari**

Your trip starts in Cagliari, well known for the Castello, a fortified medieval hillside district located above the rest of the city. Architectural attractions include Cagliari's 13th-century Cathedral. Housed in a former arsenal, Cagliari's National Archaeological Museum exhibits bronze objects, Roman ceramics, and artifacts from the Nuragic age through the Byzantine era. If you are lucky, you can spot flamingos relaxing in the surrounding ponds.

Day 2 **Transfer to Nebida and ride to Sant'Antioco** **37 km**

After breakfast a private transfer will take you and your bikes to Nebida from where you will start your coastal daily cycle about 25 km to the port of Portovesme, where you take the ferry to the Island of San Pietro. When you dock at Carloforte harbour you soon start noticing the different accent the Carlofortini have: in fact they have Genoese roots and speak a different dialect from the rest of Sardinians. After a walk/ride in Carloforte you take another ferry, this time to Calasetta, on Sant'Antioco Island, home of some excellent wines.

Challenge: 37 km, 304 m ascent, 150 m descent

Day 3 **Sant'Antioco Island loop ride** **42 km**

Today is full of options: it's possible to ride your bike all around the island, stopping by various inlet for pic-nic, take a fishing boat excursion or have a horseback ride, or just relax at the beach.

Challenge: 42 km, 480 m ascent, 460 m descent

Day 4 **Ride from Sant'Antioco to Porto Pino** **35 km**

This morning your first stop is the village of Tratalias, with its romanic church dedicated to S. Maria di Montserrat. The 'ghost' village with just a few renovated stone houses will take you back to the enchanted atmosphere of the ancient Tatalia, once enclosed by three 'Baroque' arches (two are still intact), which may have been entrances to the citadel.
You then descend towards Porto Pino along a beautiful countryside and vineyards.

Challenge: 35 km, 220 m ascent, 310 m descent

Day 5 **Porto Pino loop ride** **24 km**

Today is full of options: it's possible to ride your bike inland, stopping by various villages for pic-nic, for example Sant'Anna Arresi, a lovely little town that features Nuraghe, called Arresi, right in the centre of the town between the two churches, the old and the new, dedicated to Sant'Anna – the town is named after the saint. After the ride just relax on the famous Porto Pino dunes beach, little coves with pink sand and crystalline waters.

Challenge: 24 km, 260 m ascent, 260 m descent

Day 6 **Ride from Porto Pino to Teulada** **35 km**

This morning your first stop is the village of Masinas, after a stop at the village of Santadi (home of a famous winery) you pass by the stunning caves Is Zuddas, worth a visit! A nice ride along a quiet road leads you to Teulada, last stop of today, famous for terracotta pipes and highly refined embroidery.

Day 7 **Ride from Teulada to Pula**

The last day is a must for cyclists! The Costa del Sud is an incessant repetition of ups and downs with breath-taking views of the coast and the sea, watchtowers and beautiful inlets; there are multiple occasions to stop and swim in the crystal-clear water! The last stop is Pula; just a couple of km out of town you can visit the archeological site of Nora, an important Fenician port where it is possible to admire some very well preserved Roman mosaics.

Day 8 **Arrivederci Sardinia!**

The trip and our services end after breakfast, unless you have booked a transfer to the airport or other supplementary services.

Prices, Data, Booking

Price pp		**€**
Double room, breakfast	price from	888.00
Rental bike		**€**
Hybrid		150.00
E-bike		260.00
Extra services		**€**
Bike helmet	per piece	17.00
Transfer	per piece	85.00

Accommodation

Nights in 3-star hotels and B&B with breakfast

Practical Info


7 nights included


3 Star Hotels


Breakfast included


APP, tracks and Maps


Bike rental available


7-days a week service-hotline


Luggage transport included


Carbonia Train station


GPS-tracks available