

**MELLOW
JERSEY**

**WELCOME TO
OUR WORLD...**

SARDINIA ROAD CYCLING

15-22 SEPTEMBER 2018



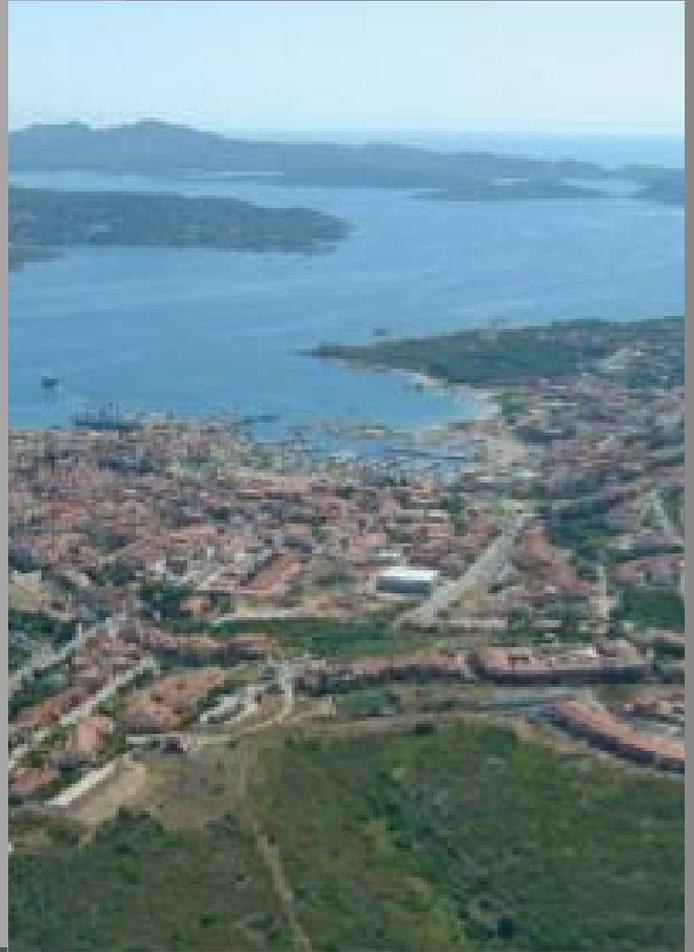
Sardinia cycling

OVERVIEW

Mellow Jersey has teamed up with SardiniaCycling to offer an enchanting experience in this popular cycling region.

Sardinia is a big island and not heavily populated - Its unspoiled environment is ideal to explore on two wheels, taking in the quiet and beautiful mountain or coastline roads as well as historical and cultural attractions.

SardiniaCycling love their island, and this comes across through their extensive local knowledge and passion to show their guests the best cycling in the area. Their attention to detail and friendly demeanour means that everyone is accommodated and fully looked after throughout their stay.



We will be based at Hotel Airione in Arzachena, a short distance from Costa Smeralda, and from our base here, will take you on an exploration of this stunning island.

Check out our sample rides for further information - We are looking forward to welcoming you and introducing you to the joys of what Sardinia has to offer.

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PACKAGE

Your package includes:

- 7 nights half board (inc breakfast & dinner) accommodation in 4-star hotel
- Transfers to and from Olbia airport
- Daily guided rides
- SardiniaCycling Pack which includes: Cycle map with tour specifications; Water bottle; Three energy gels.
- Support and guidance of our experienced team
- Custom cycling jersey

From **£1,080 per person**

(twin share - single supplement of £40 per night)

Note: Excludes Flight tickets; Lunches and extras in hotel; Drinks during dinner, City tax, Travel insurance. Anything not mentioned above in “your package includes”.



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SAMPLE RIDES

The SardiniaCycling team has extensive knowledge of the area and will schedule rides to take in the highlights that are appropriate for the ability of the group. Here's an example of some of the typical rides offered from this area of the island:



BASSACUTENA LOOP

TERRAIN: MEDIUM-LONG HILLS +1KM
DISTANCE: 62 KM ^ 838 M

This ride explores the quietest roads of the Costa Smeralda area, particularly the very long stretch that connects Arzachena and Bassacutena. The first section is 22km of undulating road, with a few short cols with gradients of up to 8%.

A longer (8km, 3% avg) climb starts at Bassacutena, followed by a shorter 3km climb to Luogosanto, with some sections over 10% incline.

We stop at Luogosanto for a quick refreshment and ride down towards Arzachena and the hotel.



LUOGOSANTO - LURAS - LOOP

TERRAIN: MAINLY LONG CLIMBS
DISTANCE: 95 KM ^ 1770 M

This counterclockwise loop is rated fairly challenging as it features a sequence of climbs. We ride out towards Arzachena, then take the lovely countryside roads among the vineyards of the Gallura region.

We stop for coffee in the village square at Luogosanto, a lovely old village in the Gallura hills, and after a few hairpins down from the town, we start the main climb of the day: 9km gentle incline through the Holm oak forest that will take us to c.500m above sea level.

We then descend into lovely canyon, followed by a 6km climb to Luras, another typical village and a perfect cappuccino spot before heading home.



LIMBARA CHALLENGE

TERRAIN: MAINLY LONG CLIMBS
DISTANCE: 125 KM ^ 2470 M

Mt Limbara is one of the hardest Sardinian climbs. At 11km it's not the longest, but it's consistently steep. The challenge also comes in the distance ridden to this point, including the Calangianus hairpins - 7km, 6% avg.

The day overall totals nearly 2,500m of climbing, and we never tire of telling people to take it easy and manage their energy levels!

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BIKE HIRE

SardiniaCycling has a dedicated bike centre within the Airione Hotel complex, with its professional and experienced staff on hand to assist with bike hire. Their partnership with Canyon ensures that rental bikes are of the highest quality to make the most of your cycling holiday.

Rental bikes come with standard flat pedals, handpump, computer, seatbag with a spare tube and two tyre levers.

Prices and specification are as follows:



Canyon Endurace CF9 - CF8 or Canyon Ultimate CF9

Carbon frame with Shimano Ultegra groupset

€ 156 p.p. per week



Canyon Endurace AL7

Aluminium frame with Shimano Ultegra groupset

€ 132 p.p. per week

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THE HOTEL

Hotel Airione, Baja Sardinia, Arzachena

The small hamlet of little houses that make up the Airone Hotel is situated in a large park overlooking the Gulf of Cannigione, a short distance away from the magnificent beaches of the Costa Smeralda. It is c.25km away from the Olbia airport and 8km from the famous Porto Cervo.

The hotel is well set up for cyclists, with the SardiniaCycling bike centre located within the complex. This combined with plentiful food and a friendly atmosphere makes it ideal to host our cycling adventure.



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ABOUT US

**MELLOW
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Mellow Jersey

Mellow Jersey was formed out of a love for cycling and the realisation that life is generally better on two wheels meeting other like-minded people and helping them achieve their cycling aspirations.

Whether you want to tackle one of the major European sportives, conquer the mountains or just ride your bike in the sunshine, we have something for you...and we'll make sure you have plenty of fun along the way!



SardiniaCycling

SardiniaCycling is a leading cycle tour company, accommodating cyclists from all around the world and specialising in arranging unforgettable cycling tours.

By combining dreams and quality of services, by paying attention to detail, giving priority to safety and establishing only the best relationships with our guests we've created a business with soul, a business where guests go home with a smile and return again as friends.



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HOW TO BOOK

WE WOULD LOVE YOU TO JOIN US!

Book via our website:

www.mellowjersey.co.uk/book-now

or

Contact Emma:

+44 7714 524518

emma@mellowjersey.co.uk





**WE'LL SEE YOU
THERE...**

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