



**MELLOW  
JERSEY**

# **RUSTIC SARDINIA**

**SOUTHERN SARDINIA**

**11-18 MAY 2025 - OPEN TO ALL**  
**18-25 MAY 2025 - WOMEN ONLY**

# Rustic Sardinia

## OVERVIEW

Mellow Jersey is returning to Southern Sardinia to offer an enchanting experience in this popular cycling region.

Sardinia is a big island and not heavily populated, making it an unspoiled environment, ideal to explore on two wheels. Our tour commences in Cagliari and finishes at the beautiful beach resort of Pula, consisting of six stages and taking us on an exploration of stunning climbs and picturesque coastline.

The tour tracks in a loop round the south of Sardinia, following the path of the renowned Sardinian culture connoisseur Max Leopold Wagner. His stays on the island not only provided for the three volumes of the Etymological Sardinian Dictionary, an essential tool for the study of the Sardinian language, but also “La vita rustica” (The Rustic Life), a book that reflects on life as seen by Wagner during his visits to the various regions of Sardinia.



The tour follows in Wagner's path along quiet roads through some of the most historically and culturally rich regions of the island. You will gain an appreciation of Sardinia, from the most touristic corners to the very remote and traditional areas. It gives a great insight of both coastlines - east and west - as well as inner Sardinia, as it cuts through the middle of the island, with two overnights in very traditional locations.

Stages have a low to medium difficulty level and leave time for enjoying the regions, taking a dip at the many beaches along the way, and enjoying the wonderful Sardinian food.



# Rustic Sardinia

## PACKAGE

### Your package includes:

- 7 nights accommodation including breakfast at 3-star hotels
- 2 dinners
- Group transfer to/from Cagliari airport at set times
- Daily route briefings and ride support
- Luggage transfer and mechanical support

From **£1,645 per person**

(twin share - single supplement of £250)

Note: Excludes Flight tickets; Lunches; Extras in hotels; 5 Dinners, Drinks during dinner, City tax, Travel insurance, Bike hire.



# Rustic Sardinia

## ITINERARY

Here's what we've got in store for you...

### **Day 1: Arrival**

Arrival at Cagliari airport and transfer to our hotel. Here you'll have the opportunity to settle in and meet your new cycling companions over dinner.

### **Day 2: CAGLIARI TO MURAVERA - 94km, 980m of climbing**

We start the ride in between the Poetto, Cagliari's main beach, and the Molentargius natural park: famous for its rare beauty and abundant bird life including pink flamingos. From there we head toward Villasimius, on a marvellous coastal road with multiple beaches along the way. Next we ride north to Muravera and the marvelous Colostrai lagoon.

### **Day 3: MURAVERA TO ORROLI - 57km, 990m of climbing**

From Muravera, we ride through the typical Sardinian villages of Ballao and Escalaplano on our way to the small village of Orroli. It's a stage full of up and downs with generally medium length climbs. Only the last stretch, right after Escalaplano, is rather long: about 7km inside a spectacular red granite canyon. After the climb, a rewarding view on the Mulargia lake. A must-see site to visit during the stage is right at the end of the main climb: the Nuraghe Arrubiu, a massive and unique structure dating back 4000 years. And we can't miss the Omu Axiu museum, which offers us a view of peasant history in Sardinia. Dinner and overnight in Orroli.

### **Day 4: ORROLI TO TORRE DEI CORSARI - 105km, 950m of climbing**

After leaving Orroli, we pass through Nurri, Gerrei, Barumini and Collinas on our way to Villanovaforru. In Barumini, we pass the 'Su Nuraxi' nuraghic complex, a UNESCO World Heritage Site.

We then leave central Sardinia and ride along grain fields and pastures towards the west coast: it's a very interesting area, and surprisingly totally flat. As we approach the coast we see a huge lagoon where fishing is still the main activity of many families. After this it is only a few more kilometers to our hotel, situated near a nice beach that awaits you.

# Rustic Sardinia

## ITINERARY

### **Day 5: TORRE DEI CORSARI TO PORTIXEDDU - 62km, 1,150m of climbing**

This is the most challenging stage of the whole trip. But, you'll get the reward of amazing views of the Costa Verde and it's very wild nature. The first part of the stage is flat, before the road begins to rise slightly as you approach the small village of Guspini, after which the climb becomes more challenging. Here you leave the coastline and ride into the heart of the Sardinian mining area, Montevecchio. You also ride through Arbus, known for fine handcrafted knives.

After Arbus and the Bidderdì mountain pass, it's all downhill - and what a descent - on a beautiful mountain road toward the sea where the ride ends at Portixeddu. Careful management of your energy, especially during the first part of this stage will allow you to easily tackle the more difficult climbs in the middle of it. Dinner and overnight in Portixeddu.

### **Day 6: PORTIXEDDU TO SANT'ANTIOCO - 72km, 850m of climbing**

Before you leave the hotel its important to get your camera ready! - this stretch of coastline, especially the first part, is nothing short of spectacular. The coastline of Nebida, Buggerru and Masua has many climbs and descents, but the views are simply breathtaking. A stop at Cala Domestica is a must before tackling the biggest climb of the day. The second half of the day is mostly flat as we head toward Sant'Antioco, where we overnight.

### **Day 7: SANT'ANTIOCO TO PULA - 87km, 750m of climbing**

From Sant'Antioco you experience a series of ups and downs that characterize this stage. The stretch of coastal road from Porto Teulada to Chia is the highlight. Recognized as one of the most beautiful coastal roads in the world, this stretch features a variety of colors, very often pastels, in contrast with the deep blue sea. We also see the famous Aragonese towers that once protected the coastline.

### **Day 8: Farewell and departure day**

Today we say goodbye and transfer back to Cagliari airport for the journey home



# Rustic Sardinia

## BIKE HIRE

Rental bikes are of the highest quality to make the most of your cycling holiday.

Bikes come with handpump, computer, seatbag with a spare tube and two tyre levers.

Prices and specification are as follows:

### **Canyon Endurance CF SL Disc 8.0 - £199 per week**



With the Endurance CF SL Disc 8.0 you get all your performance bases covered: a complete Shimano Ultegra groupset, lightweight DT Swiss E 1800 wheels and our award-winning VCLS 2.0 leaf spring seatpost.

### **Scott Addict 30 Disc - £209 per week**



The SCOTT Addict 30 was designed from the ground up with those longer days in mind. With geometry that is less focused on racing and more on enduring, this bike is yearning to eat up some miles!

- Pedals (Look Keo, Shimano SPD SL, Shimano SPD MTB) - £5
- Helmet - £8
- Women's saddle - no extra cost

# Rustic Sardinia

HOW TO BOOK

**WE WOULD LOVE YOU TO JOIN US!**

Book via our website:

[www.mellowjersey.co.uk/book-now](http://www.mellowjersey.co.uk/book-now)

or

Contact Emma:

+44 7714 524518

[emma@mellowjersey.co.uk](mailto:emma@mellowjersey.co.uk)





# WE'LL SEE YOU THERE...

[WWW.MELLOWJERSEY.CO.UK](http://WWW.MELLOWJERSEY.CO.UK)



/MELLOWJERSEY



@MELLOWJERSEY



@MELLOWJERSEY