



exodus

◀ RESET YOUR COMPASS ▶



Trip Notes

CYCLING IN SARDINIA

Trip Code: MWK
Country: Italy
Amended: September 2011
Edition No: AD 1 2012
Validity: 01 Jan 2012 - 31 Dec 2012

ADULT GROUP

MODERATE



HIGHLIGHTS

- Cycle along Sardinia's unspoilt southwestern coast
- Explore fascinating archaeological sites and picturesque fishing villages
- Enjoy Sardinian warm hospitality and delicious cuisine
- Relax on Sardinia's stunning beaches

SUMMARY

Often referred to as the 'land of silence', Sardinia is a place of outstanding natural beauty, with its crystal-clear sea, limestone ridges and deep gorges. During the week we ride across the wild and pristine south-western region of Sardinia, passing abandoned mines, ancient ruins and gleaming white beaches. The route starts with a circular ride through the fascinating Sinis wetlands, home to colonies of pink flamingos, then moves on to the spectacular Costa Verde (Green Coast) named for its abundance and variety of Mediterranean vegetation. After cycling past the ancient mines of Ingurtosu and Planusartu, we reach the beautiful beach of Portixeddu where the impressive Pan di Zucchero white cliff towers out of the emerald waters. We then board a local ferry to the fishing village of Carloforte and explore the delightful isle of Sant'Antioco before crossing to the mainland, where we conclude a week of wonderful cycling pedalling across the rolling plains of the stunning Costa del Sud, with its white beaches, coastal pools and imposing high cliffs. Having built a good

appetite, you will have plenty of opportunities to sample Sardinia's unique, mouth-watering cuisine: the perfect mix for a great week of cycling!

IS THIS TRIP FOR YOU?

This trip is classified Road and graded B and consists of 3 relatively easy stages, cycling mainly on the flat (day 2, 5 and 6), 1 longer stage with undulating terrain (day 7) and 2 more challenging days (3 and 4) with relatively long steady climbs. The route follows a mixture of quiet minor roads, cycle paths and non-technical tracks. The support vehicle will be on hand if you prefer to opt out of a section. This trip is ideal for the occasional cyclists who exercise regularly.

This trip is classified road and graded B. 6 days cycling, average 48 km/day (30 miles), 80% vehicle support - Vehicle doesn't accompany the group on the isle of San Pietro (Day 5) and on some short easy sections.

Terrain and route: 90% tarmac, 10% easy gravel roads.

If you have any queries about the difficulty of the trip please do not hesitate to call us.

JOINING THE TRIP IN THE UK

8 days, normally depart London Sat, return Sat

Itinerary Start

The group flight from London is a daytime flight departing on Day 1 of the itinerary below.

Flights from London

We normally use the scheduled services of Easyjet or British Airways (depending on availability). As flight timings and schedules change regularly we recommend you call one of our specialist sales staff or your agent to confirm up-to-date timings. Please note timings may change at a later date and cannot be confirmed until approximately two weeks before departure.

Due to Easyjet's booking system, we can only purchase flights 6 months before the date of your departure. If you book your trip before this date, a booking confirmation will be sent to you advising that flights are subject to confirmation. We will then secure the flights as soon as they become available. In the case that flights are not available at the original budgeted cost once they are released for sale, a flight supplement will be charged. If the supplement exceeds 10% of the original holiday price, you will be given the right to cancel.

Please note that many destinations now require Advanced Passenger Information (API), such as your passport number, date of birth and nationality, to be added to your booking before departure. If booking



ABTA
 ABTA No. Y0751

Exodus Travels Ltd

Grange Mills, Weir Road, London SW12 0NE

Sales & Reservations: (44) 0845 330 6008 • Fax: (44) 020 8673 0779 • E-mail: sales@exodus.co.uk • www.exodus.co.uk



through Exodus your sales consultant can do this for you, alternatively this can be done using your booking reference number directly into the Easyjet system.

UK Regional Flights

Exodus is committed to making joining our trips as easy as possible, wherever our clients live in the UK. The Flight Inclusive price is based on a London departure, but we are happy to tailor this to your local or regional airport. Please visit www.exodus.co.uk/regionaldepartures for a useful overview of the options available to our clients. The best flight arrangements, however, should be tailored to your personal requirements, so please contact our sales team for expert advice.

If booking regional flights other than with Exodus, you must allow a minimum connecting time (in addition to the international check in time) of 1 hour at Gatwick, and 1½ hours at Heathrow; this is longer than the official minimum, but baggage handling is known to be subject to delays.

Airport Transfers

Airport transfers are included for those on the group flights. Please note that transfers are not included for clients arriving on any other flight, even if Exodus have booked it. Those arriving from London on non-group flights should read the airport transfer section below for information on reaching the start point. Please check with the Exodus office.



JOINING THE TRIP IN SAN SALVATORE SINIS

8 days, normally start San Salvatore Sinis Sat, end Pula Sat
Itinerary Start

Your trip normally starts at our hotel in San Salvatore Sinis in the evening of Day 1 of the itinerary described below. Details of how to reach the start point are provided in the Final Joining Instructions - sent approximately two weeks before departure.

Airport Transfers

If you require airport transfers, you may (by prior arrangement only) be able to join the group transfer. Transfers are arranged to coincide with the arrival time of the group flight - please check the group flight details 2 weeks before departure. If you do not take this transfer, or miss it, you must make your own way to the joining point at your own expense.

If you would like us to organise a private transfer, the cost is £60 per person (min. 2 people) and is payable before departure. Please ensure that you provide us with all relevant information at least 2 weeks before departure.

LAND ONLY ITINERARY

The entries in bold at the end of each day indicate the type of accommodation normally used (if different standards of accommodation are used - see accommodation section below for key to codes), and meals included (B=Breakfast, L=Lunch, D=Dinner).

Day 1 Start San Salvatore Sinis, in the Sinis peninsula. **CH**

Day 2 We start the week with a circular ride across the fascinating Sinis wetlands, whose lagoons are home to colonies of pink flamingos and a wealth of other birdlife, which nest here for part of the year. We cycle to the coast at Mari Ermi and the spectacular white quartz beach of Is Aruta. A short ride down the peninsula to San Giovanni Sinis takes us to the Punic and Roman city of Tharros, one of the island's most important archaeological sites from this era, overlooking the emerald sea (optional guided visit). (52km, +250m) **CH (B)**

Day 3 Today we ride through the natural beauty spots of the Costa Verde (Green Coast), named after the green, wild vegetation that covers much of its mountainous surroundings. To avoid the uninteresting suburbs of Oristano, we transfer by road to Arborea and cycle across reclaimed farmland to the picturesque fishing village of Marceddi and to the long beach of Piscinas, bordered by huge sand dunes - some over 50 metres high!

From Piscinas we head inland and end our day's cycling with a steady climb to our cosy agriturismo set in the hills overlooking the Monte Linas range. (56km, +980m) **SH (B,D)**

Day 4 This is another tough day, but we are rewarded with superb scenery! After a fantastic descent to the Mannu River, we reach the start of the miles of remote golden beaches around Portixeddu. We cycle past the abandoned mines of Pranu Sartu and the stunning inlet of Cala Domestica before reaching the 400 feet high sea-stack of Pan di Zucchero and the former mining village of Nebida. (41km, +700m) **SH (B)**

Day 5 A beautiful descent to Fontanamare followed by an undulating coastal ride to Portoscuso. Here, we board the local ferry to the fishing village of Carloforte on Isola di San Pietro. There is time to explore this delightful islet with its sandy coves, dramatic rocky headlands and tiny hamlets, before rejoining the ferry to the equally unspoilt island of Sant'Antioco. (53km, +250m) **CH (B)**

Day 6 This morning we cycle through the lush meadows of the island of Sant'Antioco before crossing back to the mainland and visit the Pisan sanctuary at Tratalias, dating back to the Romanesque period. From here we follow the shoreline of lake Monte Pranu and ride across the quiet country lanes of Sulcis until we reach the village of Sant'Anna Arresi. Nearby are the pinewoods, lagoons and beaches of Porto Pino. (40km, + 250m) **CH (B)**

Day 7 Today is the longest day in terms of distance, but we pedal across gentle countryside over the jagged coastal plains of the Costa del Sud, a wild and unspoilt region of gleaming white beaches, coastal pools and imposing high cliffs punctuated by 16th century Spanish watchtowers. We cycle as far as Cape Teulada, Sardinia's southernmost tip, where dramatic cliffs rise up to 700ft above the crystal clear sea. Our day ends in Pula, famous for its proximity to the ancient Phoenician site of Nora, founded in the 9th century BC and now partly submerged under the sea (optional guided visit). (58km, +550m) **CH (B,D)**

Day 8 End in Pula. **(B)**

For those on group flights, these depart in the evening and will arrive in the UK the same day.



ACCOMMODATION

6 nights in agriturismo (renovated farmhouses) and comfortable 3-star hotels; 1 night in a 2-star hotel, chosen for its outstanding location. All accommodation is locally-owned and family-run with a warm welcome and delicious home-made cuisine. All rooms are comfortable with en suite facilities. Some hotels have a swimming pool.

Single Accommodation:

A limited number of single rooms are offered, which must be booked and paid for in advance, (subject to availability). To guarantee a single room, you can pay a single room supplement of £180 on booking.

KEY TO ACCOMMODATION: We indicate in the itinerary what type of accommodation is provided on each day. The descriptions are guidelines only and are used to give an idea of the accommodation offered, rather than an exact description.

CH Comfortable Hotel, Lodge or Gite - twin rooms with en suite facilities, reliable electricity and water supply, good service and some added amenities.

SH Standard Hotel, Lodge or Gite - no-frills hotel, usually with twin rooms and en suite facilities. Service and amenities are generally adequate.

FOOD & TRANSPORT

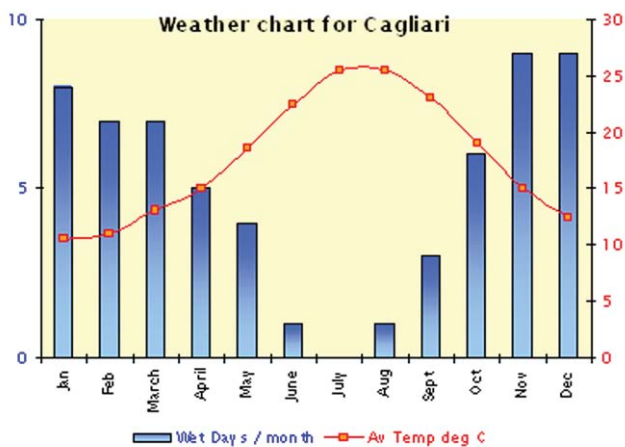
Food

All breakfasts and 2 dinners included.

Transport

Transfers to and from the airport will be by private vehicle. On Day 5 we take a ferry to Carloforte. Whilst cycling the vehicle will carry your baggage and be on hand with assistance or if you choose to 'sit out' of a section of the ride. A guide cycles with the group.

WEATHER



Sardinia enjoys a Mediterranean climate, usually warm in spring and autumn and hot, dry summers. April, May, September and October usually have an average daytime temperatures around 20°C. Rain is unlikely but possible throughout the year.

RESPONSIBLE TOURISM

Tourism can be a real help to local communities, providing income, positive cultural exchanges and a financial incentive to protect their natural environment. Ours is a 'total approach' to responsible tourism, covering everything from the way we plan and operate our trips to the practices of Exodus as a company.

Being on bikes, we can be quite versatile and are able to visit places that are not as easily accessible by other means of transport. We stay in locally owned hotels, so contributing directly to the local communities and our food on the trip is bought fresh at local stores and markets, helping to



support the local economy and ensuring that our clients sample the local delicacies that Sardinia has to offer.

For full details of our Responsible Tourism Policy please visit:

www.exodus.co.uk/responsible-travel

PRACTICAL INFORMATION

Passports and Visas

Most nationalities, including British, require a full passport that must be valid for 3 months beyond the intended length of stay. It is your responsibility to have the correct personal documents and to obtain your own visa, if one is necessary, in accordance with the regulations of the country you are to visit. The information offered below is to help you with that process. We are not responsible for the actions of local immigration and customs officials, whether at points of entry or otherwise, and any subsequent effects.

Certain European nationalities may be able to travel within Europe on their national identity card. Check carefully with the relevant authorities if you intend to do this.

No visa required for British passport holders.

Please note in Italy it is compulsory to carry an ID with you at all times.

Visa regulations can and do change without notice and if you are not a British passport holder please check the current regulations in good time to obtain a visa if one is required.

For assistance with obtaining visas please call Travcour on 020 7223 5295 or visit their website: <http://www.travcour.com/exodus>

Vaccinations and Health

Travel health can often be something people forget about before going away, but a little preparation and knowledge can go a long way to help you stay fit and healthy while abroad.

There are no specific health risks on this trip.

The above information can change at short notice; as we are not qualified to answer all your questions about travel health we strongly recommend you contact your GP or a Travel Health Clinic at least 8 weeks prior to departure for up-to-date information.

Nomad Travel Clinics are experts in preparing people for travel, providing expert advice on vaccinations, anti-malarial and staying healthy whilst overseas. We have arranged a special 10% discount for Exodus passengers on any vaccinations that you may require. For information visit the community section of our website or click on this link www.nomadtravel.co.uk/exodus.

For additional information please visit: www.fitfortravel.scot.nhs.uk

Insurance - are you adequately covered?

Please ask for details of the Exodus insurance policy that has been tailored to provide specific cover for our trips. It is a condition of joining any of our holidays that you must be insured against medical and personal accident risks (to include repatriation costs and air ambulance or helicopter rescue services where appropriate). If taking an alternative policy you must be sure that you are covered for any activities that are part of this trip or optional activities that you intend to take part in. For further information please see the insurance section of the Exodus Travel Advice guide or visit www.exodus.co.uk/about-exodus/travel-insurance

Local Time

GMT +1

Electricity

220V AC 50Hz

Group, Staff and Support

The group will generally be between 6 and 16 people. There will be a local leader and drivers and local guides where needed.

The minimum age of clients on this trip is 16 years. Please note that anyone aged under 18 must be accompanied by (and share accommodation with) a parent or legal guardian.



MONEY MATTERS

Exodus and Local Payments

There is no local payment on this holiday. Exodus no longer uses local payments to cover part of the cost of the holiday.

If you are comparing prices with other operators, please check the total price paid, as we believe that Exodus continues to offer the best balance between value for money and operational quality.

Currency Information

The national currency of Italy is the Euro (EUR), with an exchange rate of 1.14 to the UK£ and 0.7 to the US\$.

Exchange rates are correct at the time of publication.

Commission Free Holiday Currency

For your commission free holiday currency, pre loaded cash cards and travellers cheques delivered directly to your door at very competitive rates, visit us on www.currency-express.com/exodus and receive free delivery on orders over £500.

ATM availability/Credit Card Acceptance/Travellers cheques

ATMs are available in most towns. Credit cards are not as widely accepted in restaurants as in the UK, and we advise paying for your meals with cash.

Extra Expenses and Spending Money

For the meals not included, allow approx. €15 for a lunch in a restaurant (€5-€7 for a picnic lunch bought in a supermarket) and from €20 for dinners. The exact amount spent depends entirely on the type of restaurant visited, and the menu chosen.

Optional Excursions (approximate costs, depending on group sizes)

Tharros archaeological site: €7

Phoenician Museum in Sant'Antioco: €7

Nora archaeological site in pula: €6

Tiping (leader and local staff)

Our local staff are paid well and fairly for their work with Exodus. Most of our clients wish to give a tip to their guides and camel drivers

in appreciation of their help and friendliness. This, of course, is in no way compulsory and depends on the service received. Depending on the service and size of the group somewhere in the region of €10-€15 per client for the week would seem reasonable.

WHAT TO TAKE

Local Bike Hire: Tailormade Dolcevita hybrid bikes with front suspension £70, paid on booking. 'In-country' bike hire should be arranged at the time of booking, and the cost will be added to your invoice. Please note that in a few locations, there may be a limited number of bikes available locally. On the rare occasion there is not a bike available, we will inform you of this prior to departure. You would then be required to either bring your own, or hire one in the UK, see below for details.

Bringing Your Own Bike: Many people choose to bring their own bikes on our trips. If you wish to bring your own bike, please note

that we cannot guarantee against small scratches and paintwork damage involved in the loading and unloading from support vehicles. For more detailed information on bringing a bike from the UK (hired from Exodus, or your own), Information Sheet MBX will be sent to you on booking. This can also be found on our website at: www.exodus.co.uk/assets/pdf/MBX.pdf

Extra Bike Bits: You may like to bring your own pedals and saddle (excluding the seat post) or gel saddle cover to fit to the hire bikes. "We encourage this, if it is your preference. However, please note that you are responsible for your own equipment, and removing your saddle/pedals at the end of the trip. We cannot guarantee the return of any bike parts left behind.

Exodus Policy on Cycling Helmets

Helmets and safety: Exodus believes that all cyclists should wear helmets in the interests of personal safety, and our leaders are required to do so at all times on all trips. Customers must wear helmets at all times on any 'off-road' cycling holiday and certain 'road' cycling trip (where this is applicable it is clearly stated in these Trip Notes).

On most road cycling holidays, wearing a helmet is strongly recommended, but we accept that some customers will want to exercise their own choice in this matter. Those who decide not to wear a helmet do so entirely at their own risk, and in the knowledge that some 'road' trips may include some 'off-road' sections. If wishing to use a helmet you must bring your own with you as they are not available for hire.

Cycling of all kinds has its dangers and accidents can happen from time to time. Please ensure that you are properly prepared for the riding you are going to undertake.

Essential Equipment and Clothing

Personal Equipment

On all Exodus cycling holidays you are required to bring the following personal items, which we view as crucial for the health and safety of our clients:

A helmet, eye-protection (sunglasses), cycling gloves and waterbottles or hydration system (e.g. camelbak).

Recommended Cycling Clothing

Padded cycling shorts (with loose 'over-shorts' where recommended), breathable clothing, and a lightweight waterproof/windproof top. Shoes with relatively stiff soles are better for biking, but are not essential unless you are cycling long distances

Most people want to carry certain items with them during the day while cycling, for this we recommend a large bum-bag or small close-fitting daysack.

Spare inner tube (unless hiring a bike)

Waterproof jacket

Sun cream and lip salve

Sunglasses/eye protection

Warm jacket for evenings

Favourite energy snacks

Helmet

Equipment provided:

waterproof pannier carrier and water bottle.



Optional items:

Swimming costume
Padded cycling shorts
Mosquitos repellent
Binoculars

Exodus happily recommends Nomad for competitively priced outdoor equipment and travel accessories. Exodus clients receive a 15% discount from Nomad - please visit www.nomadtravel.co.uk/exodus for further details

Baggage and Baggage Allowance

Exodus kitbags are available for purchase at £25, which includes postage, packing and VAT. If, for any reason the kitbag is returned to Exodus, additional postage costs will be charged. Kitbags are available within the UK only.

At time of writing the standard weight limit for hold baggage on the recommended international carrier for this trip is 20kg. We recommend packing only one piece of checked baggage.

As advice about luggage allowances for both hand and hold luggage is subject to change, we suggest you check www.baa.com and/or the airline's website for the latest information prior to your departure.

In the unlikely event of any of your luggage being misplaced or damaged, a Property Irregularity Report (PIR) must be filed with the appropriate airline if you subsequently wish to make a claim against the airline or on your travel insurance. This must be done at the airport where your baggage arrived, or should have arrived.



JOIN THE EXODUS ONLINE COMMUNITY

Don't forget to visit the Community area on our website. You can view the range of Exodus videos and podcasts, read trip write-ups which have featured in the national media and take advantage of some special deals on travel gear and equipment.

In the Compass Café forum you'll find the Departure Lounge where you can discuss your trip with fellow travellers before you depart. When you get back from your holiday remember to upload your images to the relevant trip page on our website. This helps other people see what our holidays are really like and you'll be entered automatically into our monthly photo competition.

To make full use of the Compass Café you'll need to join My Exodus. It's free, registration is simple and easy, so what are you waiting for?

<http://www.exodus.co.uk/community>

IMPORTANT INFORMATION FOR ALL CLIENTS

Exodus operates a 24 hour duty office for emergencies, which can be contacted on 0044 (0) 1582 644 100.

Every time that you travel abroad you should take the time to read the warnings in the essential information in the brochure or at www.exodus.co.uk/about-exodus/essential-information?

Full joining instructions including local emergency numbers, and details of how to reach the start point, will be sent to you approximately 2 to 3 weeks prior to departure. If you do not receive these at least a week before departure, or require them earlier please contact our office or your travel agent.

Occasionally, as stated in our brochure, it may not be possible to follow the itinerary as planned. This may be for a variety of reasons - climatic, political, physical or other. In these circumstances we will make the best alternative arrangements possible that maintain the integrity of the original itinerary.

The information in these Trip Notes is given in good faith, and covers the average range of conditions likely to be found on this trip. Where differences exist in the information between these Trip Notes and our current brochure, the Trip Notes are the correct version and supersede the brochure. Abnormal conditions or other events beyond our control can prevail at any time, particularly in remote or off the beaten track destinations, therefore all holidays can be subject to unexpected changes; in order to enjoy them you should be prepared to be flexible where necessary.

As fuel prices, airport taxes and exchange rates fluctuate and airlines closely manage their rates and availability to match demand, it is proving harder than ever to guarantee our PUBLISHED Flight Inclusive prices. Although we endeavour to keep our website as accurate as possible, daily fluctuations mean that our Flight Inclusive prices can often become out of date. For accurate prices we recommend that you contact one of our Travel Experts, or your travel agent, who will be able to consider all options to meet your travel requirements. We remain committed to providing the best holiday experiences at a fair price.

Prices and exchange rates were correct at the time of publication. The most up-to-date prices can be found on the Exodus website.

© Exodus Travels Ltd. ATOL 2582/FTO



In October 2010 Exodus were again awarded the coveted maximum 3 stars Investor in Customers Award.

Give one of our experts a call to find out why.

HOW TO BOOK YOUR TRIP

1. **Check availability** Go online to check availability, or contact us by phone or email.

2. **Secure your place** You can provisionally hold a place on this trip, usually for between three and seven days.

3. **Complete your booking and payment** When you're ready to book, go to www.exodus.co.uk for online booking, book over the phone or you can complete a booking form (available online or on request by calling us). We accept all major credit and debit cards, or you can pay by cheque.

Book with confidence: Exodus is fully licensed and bonded as a tour operator. We hold Air Traffic Organisers Licence (ATOL) number 2582 issued and bonded with the Civil Aviation Authority (CAA). We are also bonded to the International Air Transport Association (IATA) and we are members of the Federation of Tour Operators (FTO) and ABTA - The Travel Association. This means you can book your Exodus holiday with confidence, as all monies paid to us for your trip are fully protected.

