



"Djoser... Organized Adventures for Independent Minded Travelers"



Bike Tour: Italy - Sardinia 8 days





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Itinerary

- Day 1 Olbia - Bosa Marina
- Day 2 Bosa Marina; Vilanova Monteleone - Alghero
- Day 3 Bosa Marina; Temo Valley and Malvasia-vineyard
- Day 4 Bosa Marina - Nuoro - Orosei
- Day 5 Orosei
- Day 6 Orosei; Bidderosa Natural Reserve
- Day 7 Orosei; Genna Silana Pass
- Day 8 Orosei - Olbia



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Day by day

On the Road with Djoser

Djoser's active journeys offer an ideal balance of guidance and freedom. Our guide-assisted adventures cover the globe and feature wildlife, beautiful natural settings, historic sights and authentic cultural experiences. During Djoser travels, the daily schedule is not rigidly set.

The day to day descriptions describe the anticipated, or possible daily activities. Our travel days are obviously fixed, but each day the program may deviate depending on the preferences of the group, in consultation with the tour leader. The tour guide offers a program daily, with planned excursions. You are never obligated to participate. Those who desire more freedom may go out exploring or may dine on their own. Your tour leader can offer suggestions for safe explorations and fun restaurants. You will find that Djoser participants will take advantage of this flexibility. We believe a sense of discovery is an integral element of a great trip.

We offer the land program only. Below, you will find the day to day description days numbered to correspond with that of the Dutch participants (which includes their transit days from/to Amsterdam). This is so that when you are traveling and refer to this day to day description, all travelers will be "on the same page" or the same day number.

During our bike trips you begin a ride from and back to our accommodations or you bike from one to the other overnight. Our itineraries are not rigidly set in stone. On rest days you can make extra bike rides or go take other things. The tour leader you can always offer tips and suggestions. You are not obligated to participate. Those who wish to explore independently have the freedom to do so. By the nature of our trips and local conditions there may be unexpected situations. Therefore it may be necessary to adjust a certain bike ride or activity. We travel in groups of 16 and up to 20 people.

Bosa Marina; Villanoca - Monteleone - Alghero

Day 1 Olbia - Bosa Marina

Day 2 Bosa Marina Vilanova - Monteleone - Alghero

You will meet the participants from the Netherlands at the airport in Olbia to drive directly to the coastal town of Bosa Marina. The town is located in the northwest of the Mediterranean Sea. The historic center of Bosa, situated at the mouth of the Temo River, is not far. The next morning we drive to the village of Vila Nova Monteleone. We get on the bike and ride to the coast. We arrive in the charming historic town of Alghero, with its narrow streets and Catalan churches dating from the 12th century. In 1355 Alghero was conquered by the Catalans and therefore the town also has the nickname "the little Barcelona". The street names are written both in Italian and Catalan. After our visit we cycle back to Bosa, where we follow the coastline back to our hotel. It's a beautiful ride along the



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azure water on your right and - sometimes mountainous -hills on your left.

Mileage bike ride: 16.7 miles; 328 ft rise and fall 1,968 ft

Bosa Marina; cycling tour area

Day 3 Bosa Marina; Temo Valley and Malvasia vineyard

Today we release the muscles and cycle 24.8 miles. First we cycle through the valley of the Temo River ([https://en.wikipedia.org/wiki/Temo_\(river\)](https://en.wikipedia.org/wiki/Temo_(river))) to the old town of Bosa. The town itself has many Spanish influences including a medieval quarter and a few nice streets with 18th and 19th century palatial homes. The city is also known for its ironwork and production. We continue our journey through the valley just steps away from the Malvasia vineyard. We cycle on to the village of Tresnuraghes and stop at Torre Foghe, an old pirate watchtower. Those who want to can take a refreshing dip in the sea. And other route takes us back to the hotel in Bosa Marina.

Mileage bike ride: 25.4 miles 1,42 ft rise and fall.

Bosa Marina - Nuoro - Orosei

Day 4 Bosa Marina - Nuoro - Orosei

Day 5 Orosei

We leave Bosa Marina (<https://en.wikipedia.org/wiki/Bosa>) behind and drive with our bus east to Nuoro. Nuoro is a larger town and lies at the foot of Monte Ortobene. The route is beautiful with lovely views. We leave the bus for the bike and drive to the beautiful old town of Orosei, our home for the next four nights.

The next day there is no program and you have all free time to discover Orosei. The region is known for its beaches and beautiful coast, while the town itself is very charming with its whitewashed houses and buildings. For example it is nice to take an optional boat trip in the Golfo di Orosei (https://en.wikipedia.org/wiki/Gennargentu_National_Park). You then visit the Grotta del Blue Marino, Cala Luna, Cala Mariolu, Cala di Goloritzè and the island Tavolara.

Distance bike ride: 32.9 miles; 350 ft and 3,280 ft rise fall

Orosei; Bidderosa Natural Reserve

Day 6 Orosei Bidderosa Natural Reserve

Day 7 Orosei Genna Silana Pass

Day 8 Orosei Olbia

Today we ride north along the coast and arrive at the Bidderosa Natural Reserve. The protected reserve includes 3 miles of unspoiled beaches and 200 acres of pine and eucalyptus trees. The combination of the silvery beaches with the red rocks is breathtaking. There is a beautiful lagoon and of course you can take a dip in the azure waters here. We ride back to our hotel in Orosei and we will



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have clocked over 28 miles

We take the bus bound for the Genna Silana pass in the Supramonte Mountains. We will gradually rise from sea level to 3,280 ft. The views over the valley of Orosei reaches to Tiscali and Sa Gorropu Gorge. After having enjoyed the view, we descend on the bike to Dorgali, a beautiful village with lots of crafts. From here, the route takes us on small quiet roads through Cala Osala back to the coast to Orosei.

On the last day we drive to the airport in Olbia where participants head back home.

Distance bike ride day 6: 28 miles; 656 ft rise fall

Distance bike ride day 7: 28.4 miles; 164 ft and 3,608 ft rise fall



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Practical information

Accommodations & Meals

Accommodations – We stay in hotels where the rooms are always equipped with private shower and toilet. They are generally within walking distance of the inner cities, but it also happens that you have to take a local bus or taxi.

Some examples of our usual hotels (subject to change)

Bosa Marina
Orosei

Pension Su Recreu (http://www.tripadvisor.com/Hotel_Review-g608906-d5501990-Reviews-S)
Hotel S'Ortale (http://www.tripadvisor.com/Hotel_Review-g670562-d1160889-Reviews-Hotel_S)

Single room - Djoser is single friendly! If you are traveling solo, we will match you with a same-sex roommate. If we cannot match you, there will be no additional room charge. For a reasonable charge, you may request single accommodations, subject to availability. Just indicate this preference on your booking form. You will find pricing for single accommodations on "Dates & Prices" page.

Hotel extensions - It is always great to be well-rested when you begin a journey such as this. If you would like to book an extension hotel night upon arrival in the city where the land program begins, let us know on your booking form. You will find the prices for extension nights listed in the "Dates & Prices" page. The cost of a hotel extension does not include transfers to or from the airports.

Meals - Breakfast is included in the fare. For other meals you can determine where, when, and with whom you eat. The eating habits of the Italians are slightly different from ours. Breakfast is usually very light and consists of a sandwich or croissant with tea or coffee. The main meal takes place around 12 PM. Almost all restaurants offer a cheap daily menu. The pizza has its origins in Naples, but is also available elsewhere. In addition, there are several local specialties. The evening meal is served late evening in comparison with home. You can order a pasta dish from € 7, -, a three-course menu costs from € 15 - € 20, -. In Sardinia you frequently encounter vineyards and olive groves. A fine wine or tasty olive oil are among the culinary possibilities.

Flights & Transportation

Booking your international flight - We provide the land package and transportation within the program as described. We do not arrange international flights from or to the United States or Canada. The land program will begin approximately two hours after the arrival of the Netherlands (NL) participants who will be arriving from Amsterdam. The land program will end about 4 hours prior to their scheduled departure time, which allows for time to get to the airport. The proposed flights for the Dutch



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participants and the Land Begin and End times are listed below. They are subject to change based on flight delays or changes. We will keep you posted of any flight changes that we are aware of prior to the trip. When scheduling your flights, keep the following times in mind.

Dutch participants' proposed flights: (subject to change)

Airline: Transavia

NL participants arrive: Olbia 15:15

NL participants depart: Olbia - 17:10

Before you book your flight - To avoid flight change or cancellation costs get email confirmation from our office that the trip has enough participants to be a "GO".

Verify the spelling of your name-within 24 hours - When you book your flights, double check your flight records to confirm that your name is spelled on your ticket exactly as it appears on your passport.

Some companies (for example, ORBITZ) will only allow a 24 hour window to correct any errors without penalty. You may incur heavy fees for changes, forfeiture of your flight ticket, or even worse, you could be denied entry to a border upon arrival.

Send us a copy of your flight itinerary - We will forward to the tour leader so they will know when to expect you at the hotel and when you will be departing.

Keep in mind hotel extensions - If the Dutch travelers arrive early in the morning, we recommend that you arrange to fly in the day or night before so you will be meet the group. Some trips involve an immediate transfer from airport to the next town so make sure you will arrive before the others so you don't miss the first meeting or transfer to the next location. We can arrange an extension hotel night for you. Prices for hotel extensions can be found in the "Dates & Prices" section

If the Dutch participants arrive in the late evening - Should they arrive very late in the evening, the group will have their first meeting in the morning in the hotel lobby. You can check in earlier and relax or explore on your own.

Airport transfer to/from hotel (not Included) - If you will be arriving and or departing on the same flight as the Dutch travelers let us know. Then you can join them on the bus for the group transfer at no additional charge. Notify us in advance so we can alert the tour leader. If you schedule your flight at the same time as theirs, or later, you can join them on the group transfer to the airport at no additional charge. Otherwise, you can take an authorized taxi to the first hotel on the list we have provided for you. Private airport transfers can be very costly . If your flight is delayed, they are difficult to reschedule or cancel. With a taxi, you are not charged for waiting time or cancellations.

Useful Links for booking your flights

Orbitz.com (<http://www.Orbitz.com>)

Expedia.com (<http://www.Expedia.com>)

Kaykak.com (<http://www.Kaykak.com>)

Local transportation - During the tour we use a private bus, equipped with air and heating. We are free to stop for a photo or to stretch our legs.



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During the journey we use different means of transport. During the bike tours on days 2, 3 (first 3.1 miles) and 4, the tour leader will be in charge of the the accompanying van. The van goes along for luggage transport and to carry spare parts. You can also ride in the van if you are unable to make a ride.

Cycling - The trip includes the use of a hybrid bike / mountain bike with 27 gears. We cycle between 16.7 and 32.9 miles a day on good terrain. We strive for cycling on quiet roads. Occasionally we must pass a busier (urban) road to reach the quiet road.

Money Matters

A summary of all trip costs can be found on our 'Dates & Prices' page. Prices may fluctuate throughout the year depending on currency exchange, gas costs, etc.

Included in price

- Land package (begins & ends at hotel)
- Tansportation,
- Bike rental,
- Hotel accommodation with breakfast,
- Excursions according to program,
- Local guide,
- Tour guide from Holland (speaks Dutch & English).

When you book a trip

- 20% of minimum land package price (or minimum of \$500) due upon booking to hold your place
(See "Prices & Dates" section for deposit amount for your trip)
- Balance is due 60 days prior to departure date
- Payments by charge card or check are accepted

While you are traveling

Local Currency:	Euro
ATMS:	In large cities
Other Currency Accepted:	Euro
Credit cards:	Accepted in many restaurants and shops



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Tipping - It is customary to tip for services rendered. The tour leader will organize a tip jar at the beginning of the trip, from which tips to drivers, guides, hotel staff are paid. Depending on the size of the group, each participant will be asked to contribute \$40 to \$50. This does not include a tip for your tour leader. Tipping the tour leader is appreciated and the amount up to your discretion.

** You will find a list of all trip costs in the "Dates & Prices" section, including your estimated out of pocket costs.

Excursions

Freedom and choice are important elements of a Djoser trip. In addition to scheduled group activities, wherever possible, you may decide which attractions you wish to visit, and with whom. Unless otherwise indicated, entrance fees are not included in the price, so you have the freedom to make your own choices. One person may prefer to stroll through the market in search of bargains, while someone else may want to relax by the pool, go to a museum, or take a bike ride. Join the guide or break off with others in the group to explore on foot or with the local transport. Some attractions should not be missed, or they are not easily accessible, or are en route to our next overnight location and are therefore built into the program. In the "Dates & Prices" section you will find the estimated out-of-pocket, weekly expenses that have calculated in typical entry fees in addition to meals and other costs.

Travel Documents

When you book a trip we will provide you with more details about necessary documents. Passports should be current and valid for at least 6 months beyond your departure date. If a visa is required, you may need extra pages in your passport for your stamps. Check all visa requirements carefully and leave yourself plenty of time to send and receive documents before your trip.

VISA NEEDED? NO

Visa & Passport Expeditor – For an extra fee, you can hire an expediting service to process your visa application. They will look over your paperwork and they can offer a faster return of your visa or passport. We recommend TRAVISIA. (<http://www.travisa.com>)

Health Issues & Insurance

Health - Check for the Center for Disease Control – Travelers information (<http://wwwnc.cdc.gov/travel>) for recommendations. Keep in mind that they may recommend an inoculation or medication such as malaria pills, which may be necessary for one specific part of a country but not another, or for a particular season. Shots are expensive. Make sure to get only what is



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needed. We recommend asking your doctor for a prescription to combat a more serious intestinal disorder.

When you book a trip we will provide you with information regarding the usual recommendations for the region we will visit. You will be responsible to check with your travel clinic or physician to review your plans and to find out the most up-to-date recommendations and needs for your particular situation. Plan to get your inoculations four to six weeks in advance of your trip. Some offices may need to preorder the medicines so call in advance. It is wise to pay careful attention to what you eat. Also, we recommend you bring medicines such as pain-killer and for remedy for intestinal disorders (such as Immodium) Bring a small first aid kit. Tweezers, band-aids, antiseptic cream, insect repellent, salt rehydration tablets. The tour leader will have a first aid kit.

Climate and altitude changes can sometimes cause illness. Be sure to drink plenty of water. Bottled water is readily available. Excessive alcohol intake contributes to dehydration and makes you more vulnerable to illness. Make sure that you get plenty of rest and enough food and drink during the trip.

How Difficult is this Journey? - The bike tours are suitable for anyone who is in good health, has a good condition, and bikes regularly. We have arranged the trips according to challenge level. This takes into account the heights to which we cycle, the distance that we cover and the duration of the cycling. This of course is only an estimate. Plus, your personal experience and other factors such as weather conditions and your physical condition will determine your own difficulty levels. The trips cover both flat to hilly terrain. When traveling in mountainous terrain with steep inclines, typically the bus drops us at the top and then we descend by bike. Those up to the challenge may ascend on their own. On each bike journey a bus accompanies us, so you can interrupt any ride. On many trips we can spot, depending on the wishes of the group, shorten or lengthen the cycle trips.

During the cycling trip in Sardinia we bike rides of 16.7 to 32.9 miles a day. Elevation changes occur during this trip, which are stated in the itinerary. Should you find a route particularly challenging, you can always ride in the bus for that stretch. Generally, this trip is suitable for anyone with good health and a good condition.

Be Prepared! - Make sure you are well-prepared. Spend the months leading up to your trip working out and getting prepared for your bike trip. This will help you to get the most enjoyment from your journey.

Usual vaccinations & medications recommended for this trip: None recommended

TRAVEL INSURANCE IS REQUIRED FOR THIS TRIP.

Insurance - For peace of mind, we recommend that you procure travel insurance. In the event of an illness or injury, an emergency evacuation can be incredibly expensive and you would want access to the best possible facility. Also, lost baggage or missed flights can mean added expenses. Even events at home may prevent you from taking a trip, such as a lost job or ailing family member. It is important to get travel insurance immediately after booking. Most companies have a brief window (within 10



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days of booking) for coverage for a preexisting condition. You will be asked to provide us with travel insurance contact information before your departure.

You are free to choose your own provider. Over the years, we have recommended TRAVELEX. They offer a variety of plans and most importantly, they are responsive. Should you choose to go with TRAVELEX, you will contact them directly and the cost of your coverage will depend on the plan you choose. The cost will be based over the total cost of your trip and flights, and the amount is also subject to your age. Ask about the TRAVEL PLUS plan and the more economical TRAVEL LITE plan. * Arrange for insurance immediately after booking your trip so that you are covered for any pre-existing situation. TRAVELEX (<http://www.travelexinsurance.com>) 1-800-228-9792

Group Composition

Minimum group size: 10
Maximum group size: 16

What to expect when traveling with an international group – Our group trips are arranged in cooperation with Djoser, B.V. in the Netherlands. Because they cater to the voracious travel appetites of the Dutch, we can offer a vast number of programs around the world with hard-to-find itineraries, with numerous departure dates.

Djoser travelers are active, enthusiastic travelers of all ages. You will find couples and singles on our trips. Join our international groups with travelers from the Netherlands, Belgium and North America. There are rarely more than four North Americans per group. The international make-up of our groups is the attraction for many regular and this adds another cultural element to the trip. Feel free to call us if you wish to know the demographic make-up of a particular trip (number of singles and age range). You will find that almost all of your fellow travelers have an excellent command of English and most are very willing to socialize. It's a great idea to extend an invitation to a few travel mates for coffee or a drink early in the trip. They will appreciate your effort and this is a great way to break the ice. It will be easier for them to test out their English skills in a quiet, one-on-one setting. Group members tend to warm up to one another in a day or two. As with every tour group, compatibility has most to do with individual personalities.

The Dutch are experienced and hearty travelers. We attract travelers of all ages and we enjoy the mix! You will find our participants welcome opportunities for independent explorations in addition to group activities. No matter their age, Djoser travelers expect, and are up to lots of walking, hiking, biking, or whatever comes our way. The Dutch and Belgian travelers will fly as a group from Amsterdam. Unless otherwise indicated, you will meet the group and tour leader at the hotel where you will begin the land program with the group.

Tour Leaders & Support Staff

The group is accompanied by a local Dutch tour leader / guide who speaks Dutch and English. The



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guide will assist throughout the journey. The tour guide provides practical information about the bike ride, the route and the different activities during rest days. In addition, the tour leader tells something about daily life and the different habits of the country. For any questions, comments or concerns you can always contact the tour leader. The tour guides are enthusiastic cyclists and do everything to make a success of your cycling trip.

Our experienced land representatives are situated in the destination country you will visit. We work closely with them and they function as the liaison between our office, the guide, drivers and hotels. They are also available in the case of an emergency and their number will be provided on your emergency contact list.

Climate & Geography

Italy has different climate zones, depending on latitude, altitude, distance from the sea etc. In general you can say that the Italian climate of the north to the south forms a transition from the soft and rainy climate of Western Europe to that of hot, dry Africa. Summers in southern Italy are generally hot. But you can feel the sea breezes, which cools things off. There can be occasional rain.

Our trips are organized with weather conditions in mind. On our website, we will provide you with a weather summary of the region: Check temperature and rainfall for specific cities on your trip, during your month of travel at [worldweather.org](http://www.worldweather.org) (<http://www.worldweather.org>)