



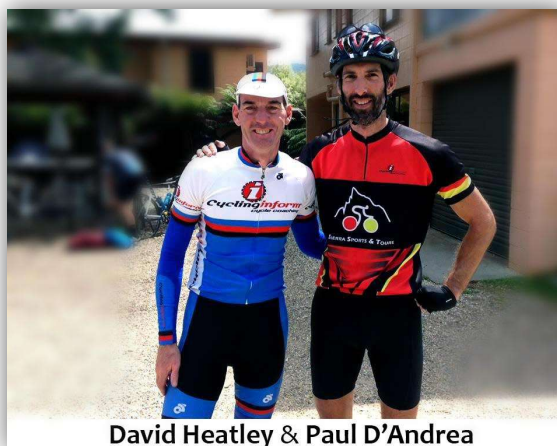
# EPIC SARDINIA CYCLING TOUR

Italy: Olbia to Alghero



## Meet your 'EPIC SARDINIA' Cycling Tour Directors

Sierra Sports & Tours and Cycling-Inform are pleased to present two packages for cyclists wanting to ride the most epic mountain passes and scenery in Italy and Spain. During 2026 we will kick things off with a Sardinia cycling adventure before moving immediately over to Spain to conquer the Costa Brava (Girona). The tour groups will be capped at 15 riders to keep the experience intimate and to be able to provide excellent support to all our guests.



David Heatley & Paul D'Andrea

*This document focuses on the itinerary for the **EPIC SARDINIA** tour only!*

The Sierra experience in Europe and the coaching support from Cycling-Inform will help you go back-to-back across the Sardinia and Costa Brava peaks! David from Cycling-Inform has 20+ years successfully preparing recreational and age group riders for the challenges of their lives; getting riders over WTF corner at Peaks Challenge ride, 25 Bright Boot Camps in the Victorian High Country, training cyclists for the world's biggest gran fondos including Europe's famous Haute Route events and preparing hundreds of clients for their own European cycling adventure. Now combined with the logistical support from Paul and his Sierra team, their European base, plus 15 years of rolling out first class cycling tours these Epic Sierra / Cycling-Inform packages are a match made in cycling heaven.

Our story dates back to 2014 where we met at Peaks Challenge to assess ideas for future collaboration. By 2015 Paul from Sierra was riding a Cycling-Inform Bright Boot Camp to kick start his European cycling guide training. Jodie and David in the same European spring were conquering the cobbles and pave at Flanders and Roubaix. In 2017 Cycling-Inform were back to Europe with Sierra on some the biggest alpine passes at La Vuelta a España. To follow the professional riders Cycling-Inform also joined Sierra at the 2019 Criterium du Dauphine. During 2023 Sierra and Cycling-Inform joined forces to roll-out the first Epic French Alps and Italian Alps cycling tours. In 2025 the alliance continued with another set of back-to-back Epic Pyrenees and Epic Italian/Slovenian tours.

Now in 2026 we are pleased to present the **EPIC SARDINIA** and **EPIC GIRONA** trips of your lifetime!

## 2026 Epic Sardinia Cycling Tour

### Cycling from Olbia to Alghero

Here is a classic cycling tour to challenge all recreational cyclists looking to tick off a truly unique adventure. The island of Sardinia has played host to the Giro d'Italia on four occasions (1961, 1991, 2007 and 2017). The most recent 'Giro' edition which was held in 2017 also commemorated the 100<sup>th</sup> Anniversary of this grand race. Quite an honour for this island which boasts some of the most beautiful cycling landscapes in Europe!

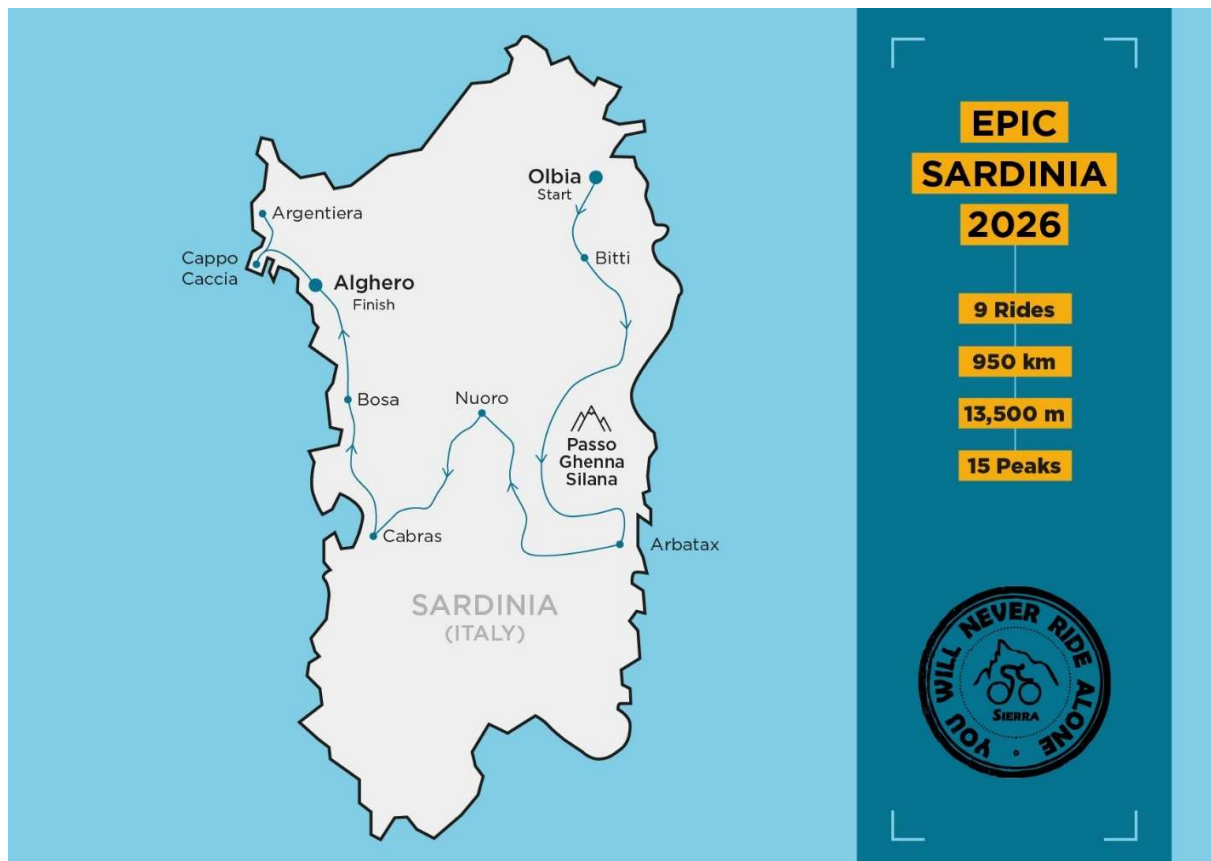
The first 3 stages of the 2017 Giro touched Alghero-Olbia, Olbia-Tortoli and Tortoli-Cagliari. This Epic Sardinia cycling tour includes a full bucket list of epic climbs straight from the **Giro d'Italia** pro-cycling race. The cycling tour will start from Olbia and move directly into the medium mountains which dissect inland Sardinia. From inland Sardinia the riding reaches Arbatax (Tortoli) on the east coast and the long climbs of Bitti, Orune, Nuoro and Passo di Genna Silana will now be notched onto your belts. As you cross the impressive Genna Silana climb a long, 20km fast-flowing descent down to the coast awaits.

From Arbatax the cycling will return inland and see a full crossing over to Cabras on the western coast. The bigger mountains of the east-coast will make way for more rolling cycling terrain on the west-coast. Roads that twist and turn out to pristine peninsulas and coves will delight those keen for a post-ride swim in the most amazing crystalline waters.

What makes this tour EPIC in our opinion is the great mix of climbs, undulating roads, spectacular beaches and quiet roads which make Sardinia a must for all adventurous road cyclists. Captivating locations that you will never forget include Torre dei Corsari, Capo Caccia, the Alghero-Bosa road and the beach out to Argentiera.

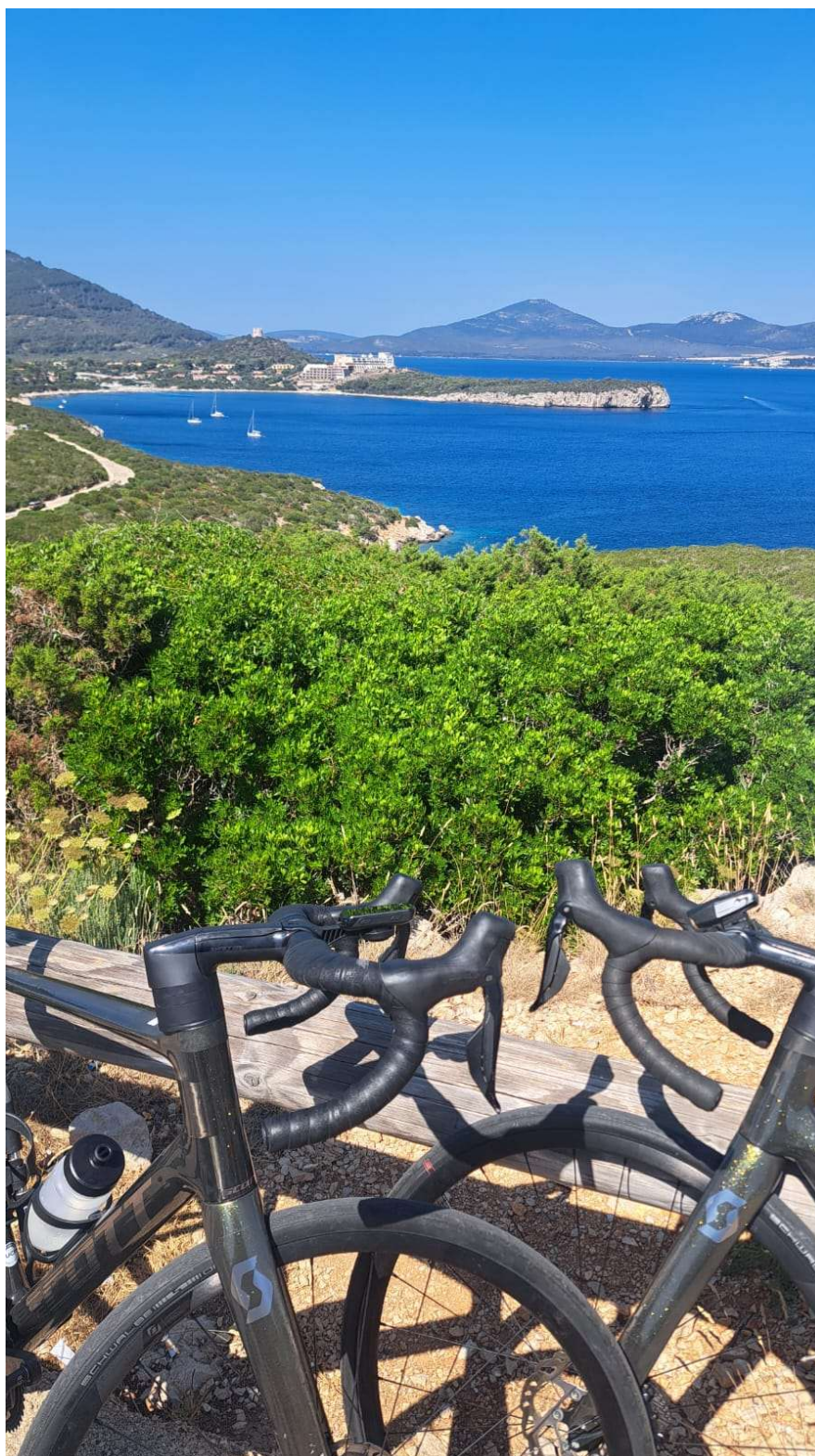
Here in Sardinia, ancient food and wine traditions blend seamlessly with culture and outdoor activities. As you explore the narrow streets of small mountain and coastal villages you will feel transported to bygone times.

What an amazing ten-night holiday awaits through the best of Sardinia!



## HIGHLIGHTS

- ✓ Cycle **Olbia-Nuoro** just like Stage 2 of the 2017 Giro d'Italia
- ✓ Test yourself on **Passo di Genna Silana** one of Europe's most beautiful climbs!
- ✓ Be amazed as you ride the '**Bosa to Alghero**' coastal road
- ✓ Enjoy the Sardinian charm in towns like Olbia and Alghero!
- ✓ Cycle out to the spectacular Torre dei Corsari and Capo Caccia peninsulas!
- ✓ Post-ride swims in the crystal clear waters of Sardinia



## ITINERARY

### DAY ONE – Saturday 6 June 2026 – Olbia (Sardinia, Italy)

Pre-tour we recommend you spend a day or two enjoying everything that vibrant Olbia has to offer. This coastal town in the north-eastern corner of Sardinia is beautifully positioned. For a bit of R&R we like the Porto Istana beach which is a short bus/taxi ride from the city centre. The turquoise blue waters will be sure to impress!

Otherwise, our team will meet you at 3:00pm in Hotel Regina Elena (Olbia). There will be time to fit your bikes, go through a tour briefing and enjoy a welcome tour dinner.

**Meals**

Dinner

**Destinations**

Olbia

**Today's Ride**

Bike Fitting

**Accommodation**

Olbia (Sardinia, Italy)

**DAY TWO – Sunday 7 June 2026 – Giro 2017 Stage 2 route**

The inland mountains practically run north-south through Sardinia. From Olbia you will get started on a lovely route straight from the 2017 Giro d'Italia. The roads between Olbia and Bitti never get too steep but they are a constant effort. Curiously the road rises from sea-level through to approximately 1000m elevation over an 80km distance. Within that stretch there are no less than 13 small climbs ranging from 1-5km in length (2-6% grade). Previous groups have found it an excellent ride to get the tour started. After a day cycling through this region you will understand why we have brought you into this secluded section of the island. The outdoor pool at our mountain hotel will be a welcome sight!

**Meals**

Breakfast &amp; Dinner

**Destinations**

Budduso

**Today's Ride**

95km /1600m elevation gain

**Accommodation**

Bitti (Sardinia, Italy)



## DAY THREE – Monday 8 June 2026 – Nuoro cycling loop

Today we have a fantastic cycling loop around Nuoro and the interior medium mountains of central Sardinia. The ride clocks in at 115km and 2000m of elevation gain. While there are a number of ascents on route there are 3 main climbs to contend with; Terme Aurora (10.2km at 3.7% ave grade), Oliena (7.2km at 4% ave grade) and Ponte Marreri (12.7km at 5.6% ave grade).

Over the final climb the road starts to twist and turn and provides amazing views over the rocky terrain below. With all the climbing you must remember that there are also nearly 40km of fun descents today. Time to rest up as one of our favourite European passes is calling tomorrow!

**Meals**

Breakfast

**Destinations**

Nuoro

**Today's Ride**

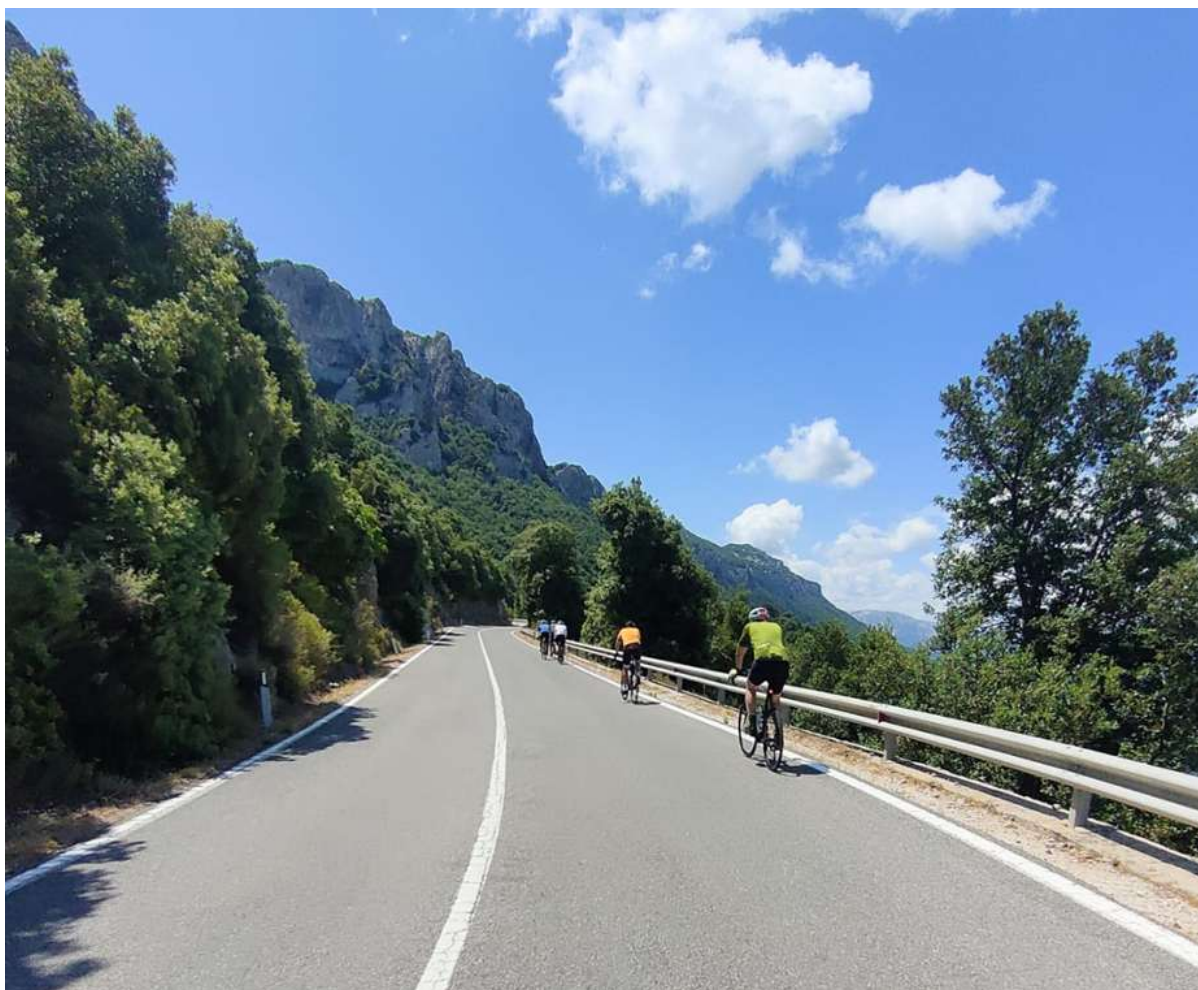
115km / 2000m elevation gain

**Accommodation**

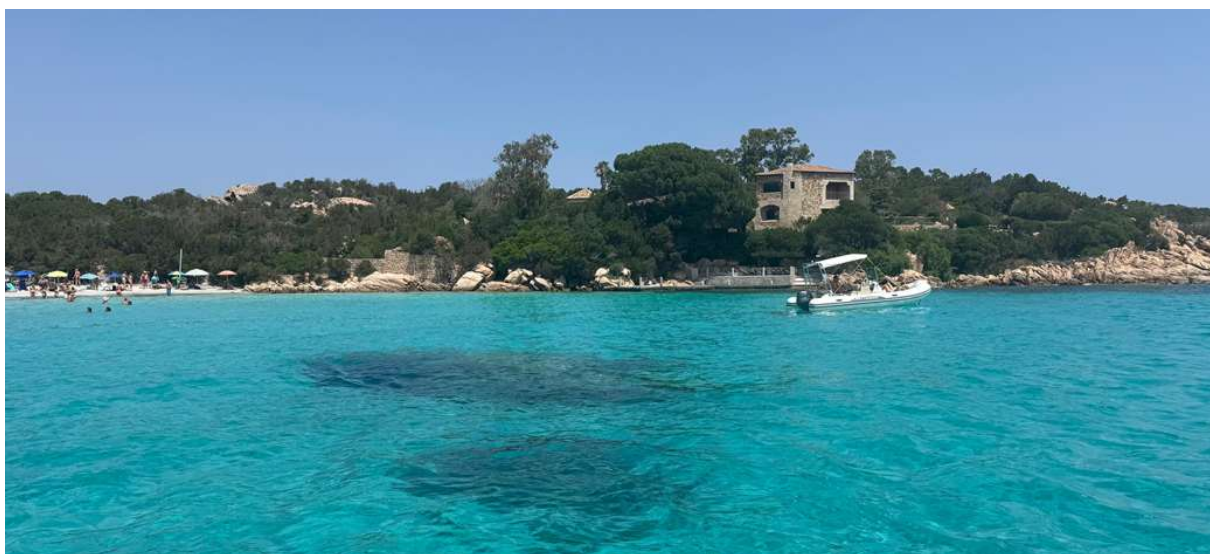
Bitti (Sardinia, Italy)

## DAY FOUR – Tuesday 9 June 2026 – Passo di Genna Silana

Another hotel to hotel ride is on offer today. Cycling from Bitti, one of our favourite climbs in all of Europe awaits – **Passo di Genna Silana**! Following a 40km warm-up over rolling terrain the long climb made famous by the Giro d'Italia begins. The 26.9km climb with 3.7% average grade is a constant test! There will be time to re-group at the summit with a picnic lunch as you take in the enormity of your cycling achievement. Just saying, but the scenery is pretty good too!



After passing ‘Genna Silana’ you will encounter a dazzling mountain road which descends over 20km to the valley below. You will now be in striking range for the sprint into what was the 2017 Giro Stage 2 finish in Tortoli. Our tour hotel for the next 3 nights is in nearby Arbatax which is located directly adjacent to some nice coves and beaches.

**Meals**

Breakfast &amp; Dinner

**Destinations**

Passo di Genna Silana

**Today's Ride**

115km / 1750m elevation gain

**Accommodation**

Arbatax (Sardinia, Italy)

## DAY FIVE – Wednesday 10 June 2026 – Cycling into Jerzu

Today is one of those special days on the bikes where the Sierra peloton passes into very quiet, remote and vast landscapes. Like previous days there is always climbing on the agenda. The loop ride includes three climbs (12km at 3.8%, 16km at 4.0% and 8.8km at 5.7%). While there are plenty of vertical challenges one thing that you will note about Sardinia is that the climbs are a ‘little softer’ when you compare them against the French or Italian Alps.

The second climb heads up through the mountain village of Jerzu which is one of our favourites. Towering limestone cliffs rise up above the township providing the perfect backdrop for cycling photography. This region is also well-recognised on the island for its vineyards. We will be sure to introduce you to some of the local product while on tour! Vineyards which stretch from below the limestone peaks down to the sea will leave a lasting impression with you.

**Meals**

Breakfast

**Destinations**

Jerzu

**Today's Ride**

100km / 1800m elevation gain

**Accommodation**

Arbatax (Sardinia)

## DAY SIX – Thursday 11 June 2026 – Rest Day or 130km

After four consecutive days on the bike it might be time for some to take a rest day. If you are keen to ride though there is the chance to take on a big challenge. The valley that links Arbatax with Tertenia measures nearly 50km and is a relatively flat start which means if you grab a wheel you should get a very comfortable tow out to the first climb.

*[In saying that, with the support van out on the road the long ride can also be easily reduced to 90km or 110km. We will be sure to present all the daily ride options as flexibility is key for all our tours!]*



After riding due south, the mountains hit as we turn inland. Three 7 - 8.5km climbs ranging between 3-6% average grade will take you all the way up to Perdasdefogu. We will have earned a coffee stop here as most of the work for the day has now been achieved. The numbers for the ride home fall into groups of 20; (i) 20km along a plateau, (ii) 20km of fun descending, and (iii) 20km of flat recovery back to the hotel. Tonight at dinner there will be stories to be told for sure!

**Meals**

Breakfast &amp; Dinner

**Destinations** Perdasdefogu**Today's Ride**

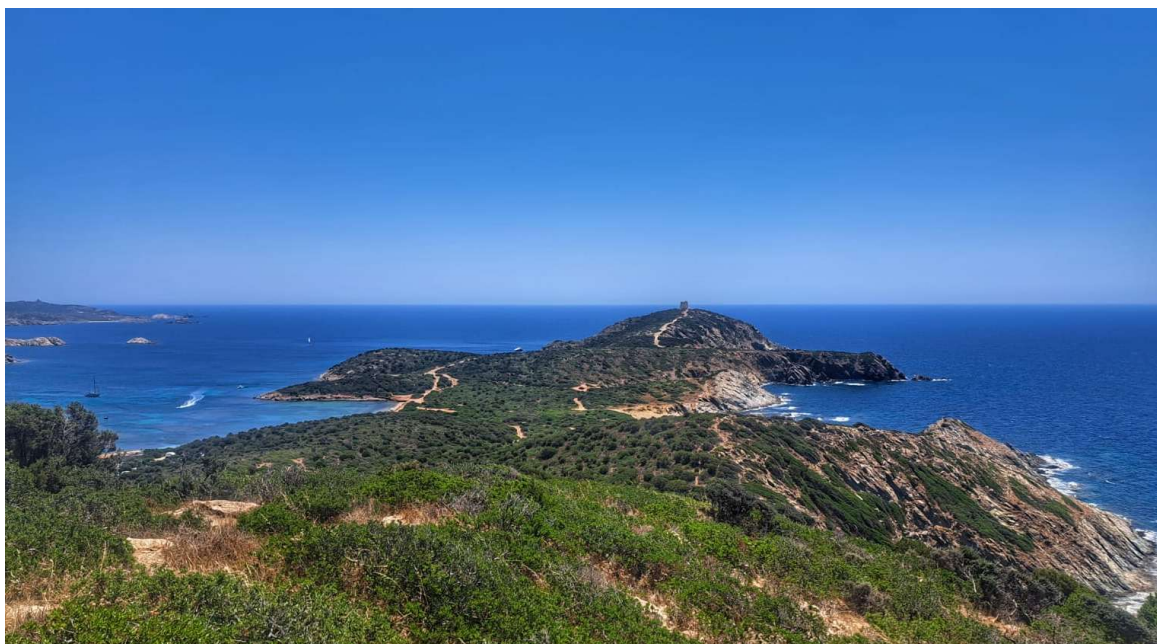
Rest Day or

130km / 1850m elevation gain

**Accommodation**

Arbatax (Sardinia, Italy)

## DAY SEVEN – Friday 12 June 2026 – East to West Coast!



The full east to west coast island crossing is close to 200km and there is the inland mountain range also to consider. To keep things in check we have designed a 100km alternative which starts at our hotel in Arbatax and finishes in the centre of the island. Post-ride there will be a 1.5hr van transfer through to Cabras on the central west coast.

Before arriving to Cabras though the route intersects with the Talana climb. A welcome 15km warm-up ride takes us out to the base of the climb. A beautiful 17.4km ascent waits which averages a steady 5.5%. The interior of the island is perfect for road cycling as the roads are very lightly trafficked and the views never-ending!

To cap off a magical day the tour includes an evening boat trip around the calm waters of San Giovanni di Sinis. Dinner will be served on-board as well! Marvel at the sights as you gaze out to the Tharros archaeological area which dates back to the Phoenicians.



**Meals**

Breakfast & Dinner

**Destinations**

Fonni

**Today's Ride**

100km / 1800m elevation gain

**Accommodation**

Cabras (Sardinia, Italy)

## DAY EIGHT – Saturday 13 June 2026 – Torre dei Corsari

The cycling route on offer takes our cyclists through to Torre dei Corsari. The majestic coastal beauty of this area sees cliffs touch the turquoise waters of the Mediterranean. The route will finish on the beach so there will be time for a swim and lunch at a fabulous beachside restaurant.

Before getting to lunch though the road heads east in search of the picturesque town of Ales. At the half-way mark, Ales is the perfect place for a coffee stop and chance for a quick visit. The full ride today hits 100km and 1000m of elevation gain. A day of active recovery after the previous days on the bike! The climbing includes 4 small climbs between 2-4km and the gradients never get steeper than 3-4%.

Once we have finished in Torre dei Corsari there will be a 1hr van transfer back to the hotel. While it is a free-night we would like to still recommend that you join the guides to dine at a fantastic pizza restaurant in the centre of town!



### Meals

Breakfast

### Destinations

Torre dei Corsari

### Today's Ride

100km / 1000m elevation gain

### Accommodation

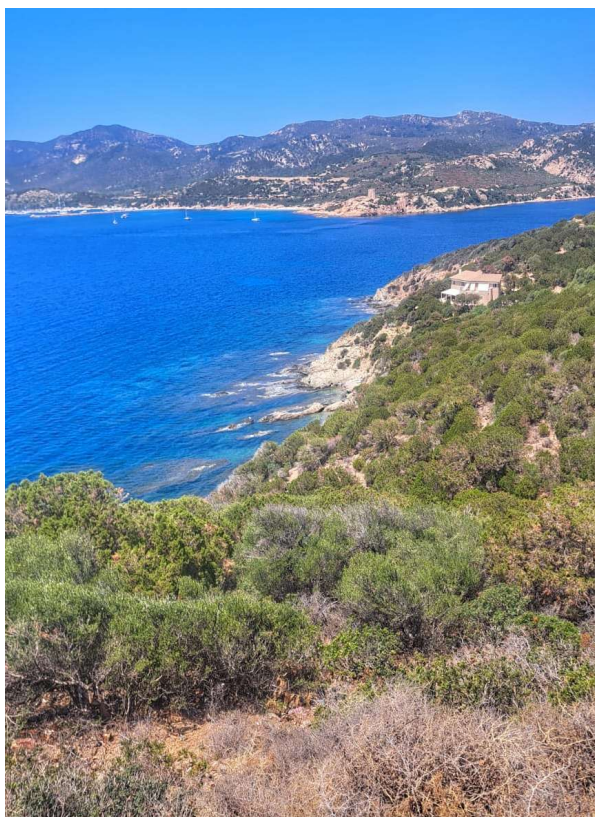
Cabras (Sardinia, Italy)

## DAY NINE – Sunday 14 June 2026 – Bosa to Alghero Road

The ride today links our Cabras hotel with the final hotel in Alghero. What lies from the mid-point though is the spectacular coastal road from Bosa to Alghero. Bosa is the junction where the River Temo meets the coast. The river is flanked by former tanneries and the town boasts a picturesque blend of history and coastal allure. Being at the 60km mark, Bosa will be a strategic spot for lunch. We will be sure to take you into the heart of this small town.

With the energy levels recharged the cycling attraction from Bosa to Alghero will now present itself. A road that constantly rises, dips and turns and which offers breathtaking views out to the sea. The last 40km through to our hotel in Alghero for the final 2 nights will be locked into your memory banks for a long time!

To conclude the tour, Alghero is a charming coastal city in Sardinia (approx. 45,000 inhabitants). It was founded by the Genoese in the 12th Century and experienced a cultural transformation under Catalan influence. Tonight you will have a free night to explore this treasure of the Mediterranean!



### Meals

Breakfast

### Destinations

Bosa

### Today's Ride

110km / 1250m elevation gain

### Accommodation

Alghero (Sardinia, Italy)

## DAY TEN – Mon 15 June 2026 – Cappel Caccia to Argentiera

It might be the final day of cycling but we have a scenic finale for you all. Riding from the hotel and the first stop is out to the Cappel Caccia peninsula. The views out to the sea and looking back to Alghero are second to none. As you ride back out from the peninsula the reward will be the finish at the beachside town of Argentiera. Along the way you will first need to climb several 2km long pinches. The legs will be feeling strong by this stage of the tour. The crystal-clear waters of Argentiera will provide the perfect opportunity for a final dip in the Mediterranean. This town is testament again to Sardinia's rich history. What was once a bustling silver mining town is now a UNESCO heritage site. The industrial archaeology, cliffs and dramatic geological landscape blend to provide a unique destination!

As the sun sets over Alghero we would love to invite you all to our farewell dinner. We will be sure to celebrate your cycling achievements in style!

### Meals

Breakfast & Dinner

### Destinations

Cappel Caccia

### Today's Ride

85km / 1000m elevation gain

### Accommodation

Alghero (Sardinia, Italy)

## DAY ELEVEN – Tuesday 16 June 2026 – Goodbyes

Following breakfast our guides will be available to transfer you to Alghero Airport (20 min). We can have you at Alghero airport by 10:30am so please keep that in mind when organising any onwards flights. We trust you have enjoyed your Epic Sardinia cycling experience!

**Meals:** Breakfast



## **WHAT'S INCLUDED**

### **Tour Package:**

**Epic Sardinia (6 – 16 June 2026)**

### **Tour Inclusions:**

10 nights accommodation (twin share), 3/4 star hotels  
All breakfasts included & 6 dinners with beer & wine  
9 epic guided rides (includes support van & mechanic)  
Food and drink during rides  
Commemorative cycling jersey  
Comprehensive tour booklet (ride maps and profiles)  
On-road climbing & descending classes

Price: 4350 Euro (Payment in \$AUD available)

Minimum 6 participants / Maximum 15 participants

## **EXTRAS**

Cycling-Inform 24 week training package (includes coaching & mentoring): \$AUD 2800

Premium tour pack: 1500 Euro

(Includes daily bike clean & tune, 4 laundry services, daily 30min massage & all dinners)

Single room supplement: 850 Euro

Carbon road bike hire (Mechanical 105 shifting, 11/32 cassette, rim brakes): 350 Euro

Carbon road bike hire (Di2 105 electronic shifting, 11/34 cassette, disc brakes): 550 Euro

3 nights Transition Package (Barcelona, 16 to 19 June 2026): 1800 Euro

## CONTACT



**Sierra Sports & Tours** specialises in European road cycling tours with annual trips through France, Italy, Spain, Belgium, Portugal, Slovenia & Switzerland. Cycling is our life, bike travel our passion and our number one priority is to support you in your quest to cycle the very best of Europe!

[www.sierrasportsandtours.com](http://www.sierrasportsandtours.com)

[info@sierrasportsandtours.com](mailto:info@sierrasportsandtours.com)

Telephone: +34 679 236 928 (WhatsApp)



**Cycling-Inform** has nearly two decades of cycling coaching experience in customising training plans and master classes for recreational riders and racing cyclists. Our focus is on effective training so you achieve real breakthroughs with your cycling performance.

[www.cycling-inform.com](http://www.cycling-inform.com)

[support@cycling-inform.com](mailto:support@cycling-inform.com)

