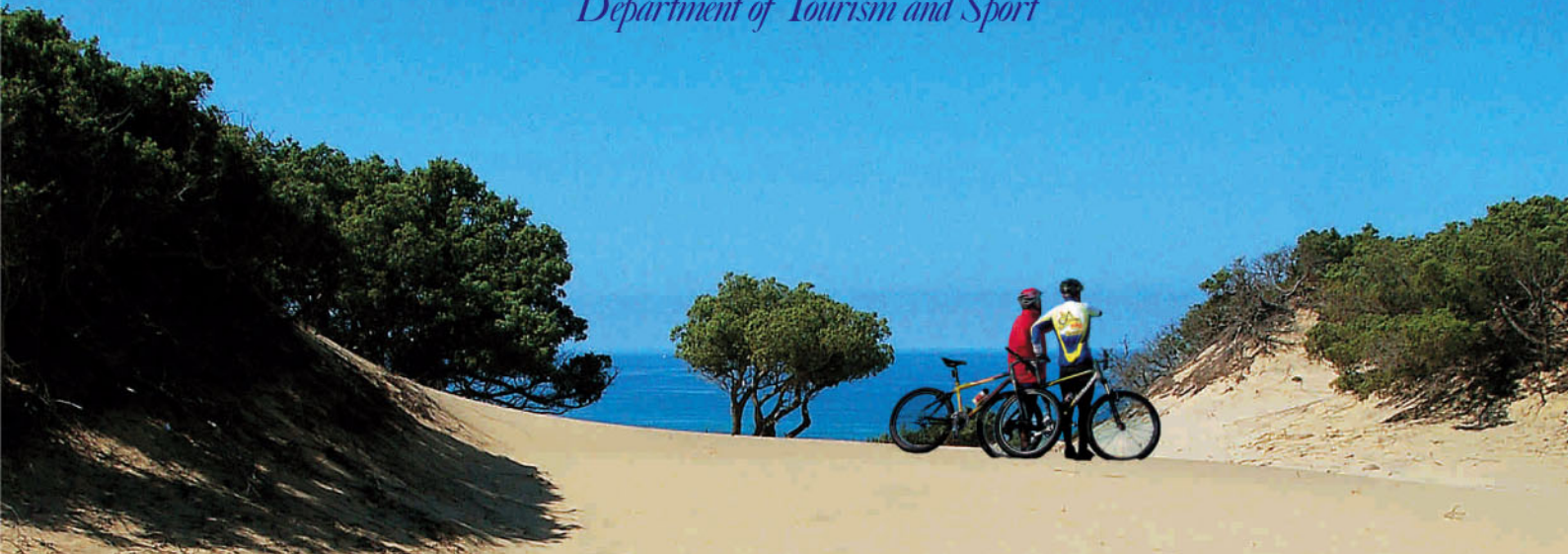




provincia del **MEDIO CAMPIDANO**

Department of Tourism and Sport



SARDINIA CYCLING

Sport Nature Magic

on bike



MEDIO CAMPIDANO
Sistema Turistico Locale



*The culture of our people,
treasures from the past and present.*

The new district of the Medio Campidano, with its 430m year-old cliffs, is one of the most ancient regions of the island, composed of 28 counties rich with the history of a race who knew well how to preserve their territory and to guard their ancient culture with pride and patience.

Today, these people are eager to offer you all they can in order for you to experience the subtle flavours, scents and true colours of their island.

The aim of this brochure is to allow you to visit the entire district of the Medio Campidano through a series of routes which, starting from the plateau of the Giara, unite at the mighty, unblemished dunes of the Piscinas coast.

In this way you will discover not only a countryside which is completely wild and untouched, but also the values of an ancient culture that the Sardinians have been able to preserve and which today constitutes their 'diversity', proudly defined as 'sardità'.

By leisurely following the paths, tracks and town centres you will find yourself immersed in a world which has remained unchanged to this day.

We are offering routes which run in harmony with our culture, traditions and the natural environment, and we are constantly working to develop and improve our unique land.

Each route has been combined with a corresponding culinary itinerary which is also destined to become a strong bonus point for the local economy.

It is with great pride that we invite you to visit these treasures.



Route 1 THE GIARA AND ITS WILD HORSES

Barumini-Gesturi-Genuri-Tuili-Barumini

trained cyclists/cycling enthusiasts

The territory of the Marmilla is dominated by a striking 600 metre high plateau. Upon this plateau miniature wild horses, which are considered by UNESCO as being the last breed of wild horse in Europe, can be seen drinking from small natural lakes, offering the observer a truly unique sight. The area is rich with evidence of nuraghic and pre-nuraghic history. This route is particularly recommended during the springtime.

The route departs from the nuraghe of Barumini, and crosses the town of Gesturi in order to reach the entrance of the Giara reserve. Following the plateau you descend towards Genuri, famous for its old olive trees. From this point you continue towards Setzu and then on towards Tuili, to then return to the nuraghe of Barumini.



Excursions and technical assistance: Jara Escursioni www.parcodellagiara.it - Tell/Fax 070.9364277 - Cell.3482924983 - Tuili - Bicycle and motorcycle parts Melis Marinella S.P. Tuili - Turri Tel. 070 9364351. Further information on cycle tours: Sa Corona Arrùbia. Consorzio turistico della Marmilla. www.sacoronaspa.it - Tourism Society communication and promotion centre "Giovanni Lilliu" Tel 070 9361041. Fondazione Barumini Sistema Cultura www.comunebarumini.it Tel 070 9361039 - Cell 389 1845370 - E-mail.promobarumini@email.it

Route 2 THE ANCIENT VILLAGES

Barumini-Las Plassas-Pauli Arbarei-Lunamatrona-Villanovaforru

cycling enthusiasts/cycling tourists

This is the most cultural part of the tour. Departing from the nuraghic kingdom of Barumini, recognised by UNESCO as a national heritage, the route allows you to visit the well-preserved typical peasant villages of the past, and to savour old recipes created from local produce. The land, formed by sweeping hills, was once part of the granary of Rome. The area is rich with important archaeological and historical sites, as well as natural history museums. We recommend contacting the society 'Sa Corona Arrubia' for further information on these.

The route departs from the nuraghe of Barumini and then progresses through Las Plassas, Pauli Arbarei and Lunamatrona.

The main route forms part of an axis that crosses the entire district and allows you to visit all the towns that make up the area, taking place on roads with very little traffic.



Excursions and technical assistance: Jara Escursioni www.parcodellagiara.it - Tell/Fax 070.9364277 - Cell.3482924983 - Lunamatrona - Lunauto Via V. Emanuele III Tel.070 939911. Further information on cycle tours: Sa Corona Arrùbia. Consorzio turistico della Marmilla. www.sacoronaspa.it - Tourism Society communication and promotion centre "Giovanni Lilliu" - Tel 070 9361041. Fondazione Barumini Sistema Cultura www.comunebarumini.it Tel 070 9361039. Cell 389 1845370 - E-mail.promobarumini@email.it

Route 3 THE MEDIEVAL ROUTE

Villanovaforru-Sardara-Sanluri/Villanovaforru-Sanluri-Sardara

cycling enthusiasts/cycling tourists

Here the widespread presence of cultural heritage continues as well as the encounters with peasant traditions and local produce. The town of Sardara, which remains true to its history, is famous for its spas in which well-preserved Roman fixtures can be found. The town of Sanluri played an important role in terms of medieval justice. Here you can visit the only medieval castle which has remained intact and inhabited in Sardinia, constructed in 1355. The ruins of the Church of Saint Antioco can also be seen, which overlook a view of the main part of the district.

The route departs from Villanovaforru, towards Sardara, finally arriving at Sanluri. It is also possible to take an alternative route, which leads from Villanovaforru to Sanluri and then Sardara.



Excursions and technical assistance: Jara Escursioni www.parcodellagiara.it - Tel/Fax 070.9364277 - Cell 3482924983. Sanluri - Centralmoto Bici Ricambi Via C. Felice 35 Tel. 070 9370546

Route 4 THE LINAS WATERFALLS

Villacidro-Gonnosfanadiga

trained cyclists/cycling enthusiasts

Taking the stretch between Sanluri and the town centre of Villacidro as a transfer point, here we look at a serious cycling route within the untouched environment and territory of the S.I.C. (Site of Community Importance)

This technical route begins at the Park of Villascema (Villacidro) and progresses along track 107 which ascends right to Genna Farracceus. From here, passing the border which separates Villacidro from Gonnosfanadiga and providing the opportunity to visit the waterfalls, it then descends towards the park of Perd'e Pibera, part of Gonnosfanadiga, where the remains of ancient mines can be seen.



Excursions and technical assistance:

G. Fulgheri Società Cooperativa - Villacidro; Tel. e fax: 070/9346000; Cell.: 347 7508430; e-mail: fulgheri.coop@tiscali.it ; www.coopfulgheri.it

Route 5 EAGLE PATH

Gonnosfanadiga-Ingurtosu

trained cyclists/cycling enthusiasts

This route allows you to coast the curves of mount Linas, the highest mountain range of the district. Whilst crossing the monumental forests of cork and oak trees it is also possible to spot eagles. The route is land-marked by the XII century church of Saint Severa and the old mines of Ingurtosu. In the past this was considered the shortest route to reach the sea.

This route uses well looked-after paths, leaving from the old mines of Perd'e Pibera, through the town centre of Gonnosfanadiga and continuing on to Ingurtosu.



Bicycle technical assistance: Per Mari e Per Monti di Salvatore Ollosu.

Via Porru Bonelli n°139 Gonnosfanadiga Tel. 070 9794005 Cell.348 6050824 - e-mail xmem @tiscali.it

Excursions: Taxus Bacata Mtb Club Gonnosfanadiga - www.taxusbacata.it - e-mail taxusbacata@inwind.it - torecabiddu@alice.it
Tel. 0709799864 - Cell. 3287375881 - 3408657442

Route 6 THE SAND DUNES

Ingurtosu- Piscinas- Montevecchio- Ingurtosu

trained cyclists

This route allows you amongst other things to visit the most extensive sand dunes in Europe and to cycle through the most important sighting area of the rare Sardinian deer.

The official route is very technical, beginning at Ingurtosu with paths through the old mining villages (Pitzinurri, Gennamari, Naracauli) until reaching the beach of Piscinas. From here it joins the coastal road which runs along the Costa Verde and, from the village of Portu 'e Maga, ascends to Pitzuamu. Here you follow a small track which descends towards Rio Zappaioni and then rises again up to Montevecchio, crossing the various forests. From Montevecchio a road takes you across the western mining sites (Sanna, Amsicora e Casargiu) and returns to Ingurtosu.

Excursions: www.arbusvacanza.it-info@arbusvacanza.it Tel/Fax 070.9754085

Cell. 3290820160. - Piccalinna MTB CLUB club.piccalinna@tiscali.it

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Bicycle technical assistance: Arbus: Lampis Gianfranco via Repubblica n° 35 070-9758753

Guspini: TUTTOBIKE di Massimo Lampis, via Gramsci n° 93, Cell.340 6969550, tuttobike@tiscali.it)

Bicycle Team: Unione Ciclistica Arbus www.ucarbus.tiscali.it e-meil-ucarbus@tiscali.it Tell 070.9759058. Further information on cycle tours: Associazione Turistica Pro Loco Arbus. www.prolocoarbus.it Tel 070.9754063 - Associazione Zampa Verde - e-mail zampaverde@infinito.it



The District of the Medio Campidano is the ideal place for cycling thanks to a small population, untouched natural surroundings and a network of roads with very little traffic. This characteristic is further enhanced during the off-peak season which we therefore recommend as the ideal period for these tours.

The local tourist board has called upon the assistance of experts within the field in order to achieve these successful technical routes – professionals with years of experience in creating racing and competition routes at district, regional and national levels. These experts collaborate with us as a point of reference in order to provide you with a team of experienced and professional guides, as well as offering other advice such as where to obtain assistance and maintenance for your bicycles.

Another strong point of this organisation, apart from our experience, is the great passion and knowledge that we

possess of the unique biodiversity of our land, that allows you to travel across places of interest incomparable to others. You will have the opportunity to discover intriguing nooks, breathtaking views, visit unique archaeological sites, tourist trails and places rich with mystery and legend. It is worth saying that in order to best appreciate this adventure it is necessary to have a good level of physical fitness.

We recommend that you book in advance, at which point you will be met with the maximum of courtesy and professionalism.

Please note that this publication is a general guide to introduce our district to cycling enthusiasts. For further information please visit our site, where you will find further information and additional routes.

Tourism Councillor
Fabrizio Collu



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 sito www.campingsciopadroxiu.com

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