

Merides

La Dolce Vita on two wheels off the beaten path

Sardinia
Costa Smeralda



L'ea bianca
luxury resort
cala dei ginepri sardegna



Group ride: From min 2 to max 14 cyclists

Bicycle rental: e-Gravel or Gravel Bike

Daily bike tour: Two different itineraries each day light lunch at end of bicycle ride

Support on the bike:

Certified guides who ride with the guests.

Support wagon for assistance and broom service.

Extended spare battery for the guests' e-bikes
























Drinks and Energy bars

Bike apparel: For every guest, we prepare a customized bike apparel set

Guest insurance coverage: Italian civil liability and Italian sanitary health

Airport transfers: Upon request, we can pick-up and drop-off guests directly at the airport

Tour logistics

From 2 to 3 guests	 Guests and support Van		 E-Gravel Bicycle	 Mechanic / Driver	 Certified Guides	 Bike daily Itineraries	 Custom bike kit	 Guest Insurance
From 4 to 7 guests	 Guests Van	 Support Van	 E-Gravel Bicycle	 Mechanic / Driver	 Certified Guides	 Bike daily Itineraries	 Custom bike kit	 Guest Insurance
From 8 to 14 guests	 Guests Van	 Support Van	 E-Gravel Bicycle	 Mechanic / Driver	 Certified Guides	 Bike daily Itineraries	 Custom bike kit	 Guest Insurance

e-Bicycles, Support Team, Insurance

BIANCHI e-GRAVEL BICYCLE

A professional carbon electric bicycle from our partner Bianchi will be prepared for each guest.

The autonomy of the bicycle is enough to carry out the tours we propose, so that the guest can enjoy the ride to the fullest and end the day in complete tranquility.

Guests will find the bicycle upon their arrival at the hotel prepared according to their measurements and preferences.



Bianchi e-Arcadex Carbon eGravel
Shimano GRX Disc 11-Speed, BOSCH CX
Motor Drive, 500W Battery

HIRIDES SUPPORT TEAM

The tour will be managed by a staff: **1 or 2 guides and 1 mechanic/driver**.

The guides support the guests both in the cycling experience and in the leisure experiences and will manage the logistics of the guests.

The mechanic manages the good functioning of the bicycles and will take care of the well-being of the guests on the bike with water, isotonic dinks, coke, nuts, dried fruits.

The broom service will also be managed which allows the guest, if he feels tired, at any time during the journey, to get on the van to return to the hotel.

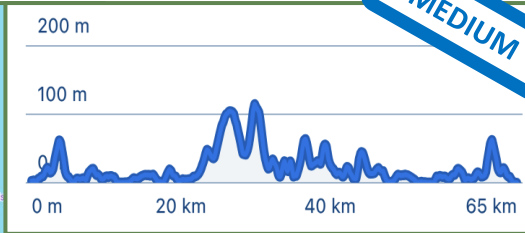
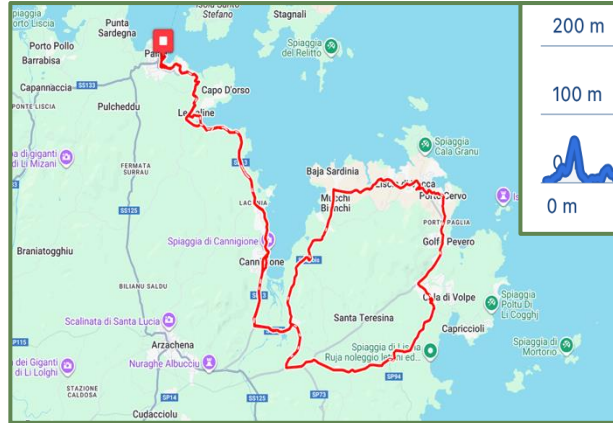


Travel Insurance specific for cyclists

- **Civil Liability Insurance Service**
- **Italian Health Insurance** for non European citizens,
 - Access to Italian health facilities.
 - Transportation to the health facility for treatment.
 - Treatment and hospitalization

Bicycles Itineraries

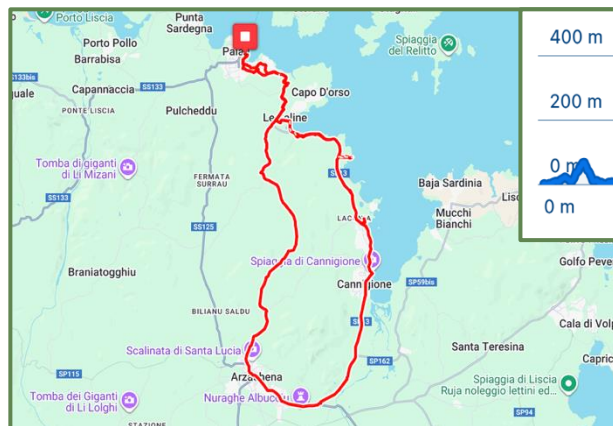
Palau tour – Long



MEDIUM

- Avg bicycling time: 4 hours
- Distance: 65 KM
- Climbing ascent: 750 mt
- Gravel unpaved: 6%

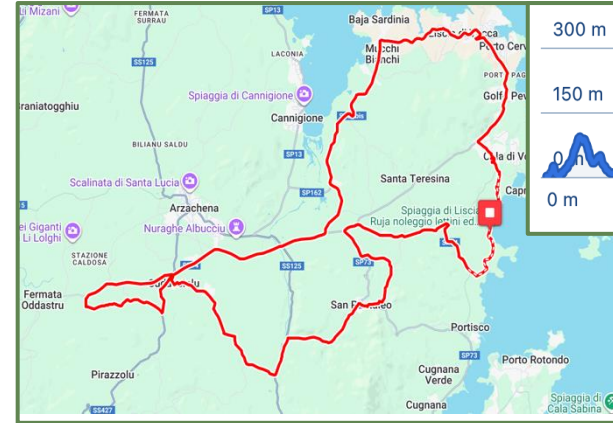
Palau tour – Short



EASY

- Avg bicycling time : 3 hours
- Distance: 42 KM
- Climbing ascent: 610 mt
- Gravel unpaved: 4%

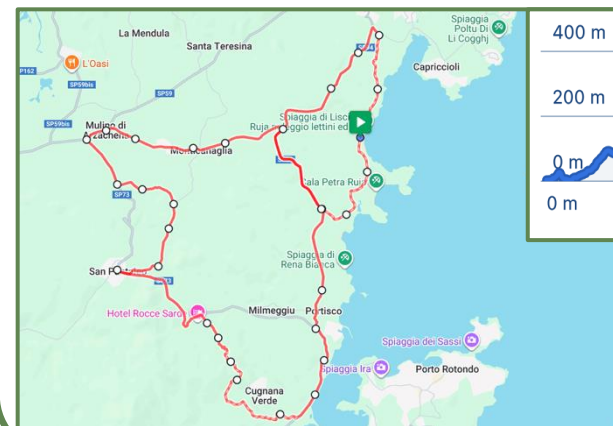
Liscia Ruja Beach tour – Long



MEDIUM

- Avg bicycling time : 4 hours
- Distance: 64 KM
- Climbing ascent: 980 mt
- Gravel unpaved: 8%

Liscia Ruja Beach tour – Short



EASY

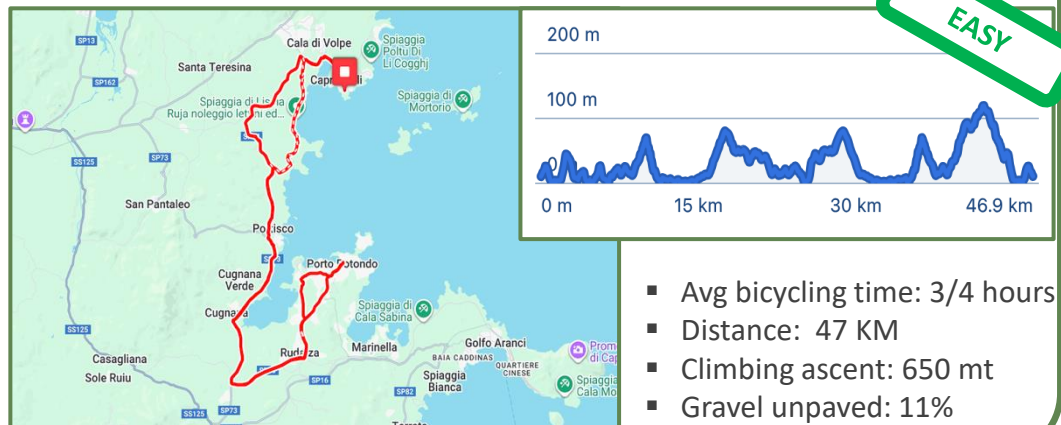
- Avg bicycling time : 3 hours
- Distance: 34 KM
- Climbing ascent: 670 mt
- Gravel unpaved: 25%

Bicycles Itineraries

Capriccioli Beach tour – Long



Capriccioli Beach tour – Short



Licciola Beach tour – Long



Licciola Beach tour – Short



Experiences: Guided tours, workshops, tasting, cooking class

Private boat excursion at Maddalena Archipelago



By boat in the Maddalena Archipelago, departing from Palau to discover the islands of Spargi and Santo Stefano. The tour includes lunch on the boat and swimming stops in the most suggestive Cales of the archipelago.

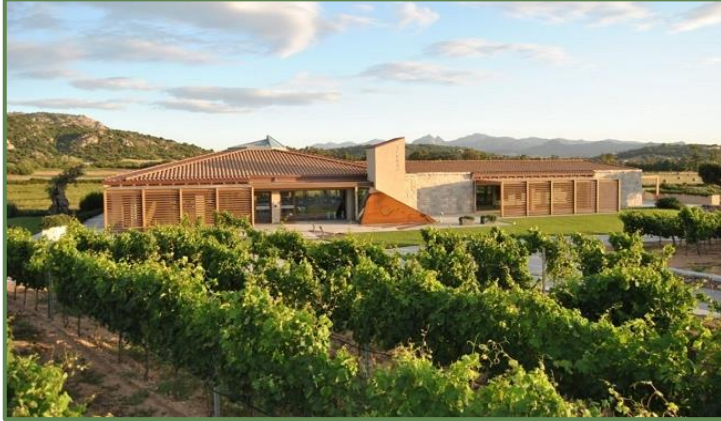
Sardinian typical food Cooking Class



Under the guidance and supervision of the expert hands of a local cook, we will prepare different types of traditional local and national pasta, with different colors and flavors: malloreddus (also known as Sardinian gnocchi), culurgiones (ravioli closed in a particular way), traditional ravioli and tagliatelle.

Experiences: Guided tours, workshops, tasting, cooking class

Vermentino and Cannonau wine tasting



The Cantine Surrau are located at the gates of the Costa Smeralda and are the symbol of Gallura hospitality. Excellent local wines and a warm welcome for enthusiasts and connoisseurs. The Tour of Excellence awaits us, we will taste 4 wines: Vermentino di Gallura Superiore, Vermentino di Gallura Vendemmia Tardiva, Cannonau di Sardegna Riserva and Vermentino di Gallura Passito

Costa Smeralda Shopping tour



Two different villages, the opulent Porto Cervo, the magical San Pantaleo.
Two different shopping moments, big international luxury brands in Porto Cervo and local fashion and craft brands in San Pantaleo.
You have to try them both.

Horseback ride at sunset



A charming horseback ride at sunset, amidst wild and unspoiled nature. The colors and scents of the Mediterranean scrub will inebriate your senses, immersing you in the local flora. Even if it's your first horseback riding experience, you'll have fun, guided by an expert instructor who will guide you step by step.

WingFoil Beginner's Course



Try a WingFoil lesson, perfect for getting started with wing foiling in all its aspects and understanding the safety techniques needed to progress on your own. WingFoil is becoming increasingly popular among kites and windsurfers due to the practicality of the equipment and the fact that it requires less wind than other sailing sports.

Experiences: Beach Clubs



Maddalena by boat

By boat in the Maddalena Archipelago, departing from Palau to discover the islands of Spargi and Santo Stefano. The tour includes lunch on the boat and swimming stops in the most suggestive Cales of the archipelago



Liscia Ruja Beach

Spiaggia Liscia Ruja is the jewel of the Costa Smeralda, famous for its charm and its crystalline waters, it stands out for its very fine sand and the aquamarine color of the sea.



Capriccioli Beach

The promontory with a lush Mediterranean scrub, protects the Capriccioli Beach, split into two smaller "twin beaches" by a rocky cliff. The sand is a white expanse of fine grains with shallow waters



Licciola Beach

Beautiful beach with a pristine rocky coast and crystal clear waters very attractive for snorkeling and diving enthusiasts. The sand is golden and very fine and the sea offers splendid turquoise colors.

Dining Delights



La Gritta

The stunning view of Palau's sea is the ideal setting for Roberto and Orsola's cuisine. The menu highlights seafood and local ingredients, with a clever use of aromatic herbs to enhance every flavor. The dishes are well-crafted, light, classically cooked, and crafted by a gentle hand. A winning combination of location and flavors.



Belvedere Restaurant

The extraordinary view of the sea of Cala di Volpe Liscia Ruja welcomes you to the Belvedere restaurant. A regional cuisine with fish specialties, seafood and also land recipes, all with the best ingredients of the Gallura area. Maximum attention to the seasonality of the raw materials and excellent national and regional wine labels complete the proposal.

Dining Delights



La Colti Restaurant

In Gallura, immersed in the countryside a stone's throw from the Costa Smerada, a country oasis, a rustic, charming place, dedicated to organic products. You must try the selection of cheeses and the suckling pig that cooks on the grill in the beautiful outdoor patio. But even the dishes of the poor cuisine (chiusoni, mazza frissa, suppa cuata) are made to perfection.



Giagoni Restaurant

The beauty of San Pantaleo seems painted. The Giagoni restaurant is no exception, welcoming its guests in an atmosphere that prolongs the magic of the small village. In the typical Gallura stone house, overlooking the church square, Giagoni is a place to meet, hear the languages of the world spoken, taste the local cuisine with the scents of an ancient territory and drink a wine of an excellent vintage.

Weather by month

Average temperature and monthly rain forecast

- Monthly rain forecast legenda
- 0 No rain forecast
 - 1 Sporadic, non-continuous
 - 2 A few days of rain
 - 3 Several days of rain

Month	APR	MAY	JUN	JUL	AUG	SEP	OCT
	F°	F°	F°	F°	F°	F°	F°
High temperature	66°	75°	84°	90°	90°	82°	73°
Low temperature	46°	54°	61°	66°	66°	61°	55°
Rain forecast	2	1	1	0	0	1	1

Month	APR	MAY	JUN	JUL	AUG	SEP	OCT
	C°	C°	C°	C°	C°	C°	C°
High temperature	19°	24°	29°	32°	32°	28°	23°
Low temperature	8°	12°	16°	19°	19°	16°	13°
Rain forecast	2	1	1	0	0	1	1

Hirides

L a D o l c e V i t a o n t w o w h e e l s o f f t h e b e a t e n p a t h

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