

## BIKE & e-BIKE EXPERIENCES

Sulcis area (South East of the region) offers a wide range of roads, paths and white roads to escape from noise and immerse in perfumes and colors, gratifying beginner bikers and satisfying the most advanced ones.

AJOHA selects and suggests itineraries according to the level of the participants (fitness and skills), the time available and the aims of the event.

E-bikes make most courses approachable to anyone, help keeping groups compact and shorten distances helping the timing factor.



Excursions leave directly from Forte Village but shuttle transfers (van+trailer) are optional for specific programs.

Let's have a look to some examples.

## SOUTHERNMOST POINT OF SARDINIA (LIGHTHOUSE) AND ROMAN ROAD

Mountain Bike program on a spectacular course, pretty technical in some sectors.

Best seller of our MTB trails for its stunning views. Experts appreciate it (more) but it's an excellent school for beginners.

Duration: approximately 120-150 minutes.

NOTE: interesting alternative to the rough track is to reach the lighthouse and then combine the ride with a super scenic hike (45 minutes).



## SIGHTSEEING PULA AND NORA ROMAN RUINS

Pleasant ride on secondary roads to reach and explore Pula and get to its Roman ruins in Nora (optional guided visit recommended).

Duration: approximately 120-150 minutes (excluding the ruins tour)

