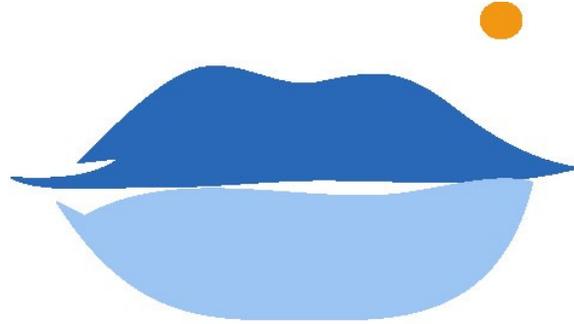




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Provincia di Sassari  
*in collaboration* with Assessorato al Turismo della Provincia di  
Sassari



## GLAMOUR SARDINIA

NEW OFFERS OFF SEASON  
FROM THE HEART OF THE MEDITERRANEAN

# The Product North Sardinia

Edition 2003/2004

**[COLOPHON]**

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Project: Giuseppe Giaccardi  
Research and text: Andrea Zironi, Cristina Tolone, Michele Cristinzio, Lidia Marongiu,  
Coordination: Lidia Marongiu  
Press-office: Carmela Mudulu

Translation in french: Luigi Bardanzellu, Beatrice Legras, Cristina Tolone, Omar Oldani  
Translation in german: Carmela Mudulu, Luca Giovanni Paolo Masia, Diana Gaias, Omar Oldani  
Translation in english: Christine Tilley, Vera Walker, Carla Grancini, David Brett, Manuela Pulina

Production: Studio Giaccardi & Associati – Management Consultants – [info@giaccardiassociati.it](mailto:info@giaccardiassociati.it)

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*We apologise to all for mistakes, inaccuracies, incomplete details and omissions due to the huge amount of information contained in this book. Corrections, additions and suggestions will be taken into consideration for future editions of GLAMOUR SARDINIA.*

*The Organizing Secretary Glamour Sardinia*

## **PRESENTATION**

*"So wild and insatiable is the real travel pleasure, the impulse of knowledge and adventure, which no knowledge and adventure can satiate."* Hermann Hesse

Do you like to travel? Do you like to come to know and to try new things? Good. This is all that you have to take with you when you arrive at Sardinia. The rest is waiting for you: 500.000\* years of history, 32 archaeological sites, mysterious sagas and legends, 9 natural paradises, the authentic manual skills of traditional arts and handicraft, the smell and taste of more than 40 typical dishes, the pleasure and well-being of eight different sports in contact with the nature.

With all these we tried to put together the puzzle of discover and pleasure of a new style of holidays. Surely there is still something missing. But it is really difficult to express with words the fascination of the territory ...

Gavino Sini,  
President, Chamber of Commerce of the province of Sassari



\*the discovery of human residues in the territory of Perfugas leads back to the Palaeolithic period!

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# ARCHAEOLOGY

*Relics and mysteries  
of the past*

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## **Presentation**

*There is no stone, sanctuary or monument in Sardinia that does not have a legend. Domus de Janas, dolmen, tombe dei giganti and, above all, nuraghi tell magic stories of timeless rituals and treasures guarded by supernatural creatures like fairies or a Cyclops.*

*Myths and legends guide visitors to discover the huge archaeological patrimony, symbol of which has always been par excellence the nuraghe. There are around 7,000 throughout the island. Who built them? Who were the people who possessed this wonderful construction technique?*

*Scientific answers can be provided, but here at Glamour Sardinia we like to think they were built by Dedalus, or the Mycenaeans or the legendary Shardana, mysterious people with a king who arrived from nowhere and disappeared into nothing...*

## Monte d'Accoddi Prenuraghic Altar (Sassari) → the only *Ziqqurat* in the Mediterranean

In 1952 a group of archaeologists were asked to investigate the mystery of a hill approximately 8 m. high that rose above a limestone plain. What did it hide? A burial ground? A nuraghic village buried away from time and history? None of these. Under the “mountain” they found the only altar in Sardinia to be built at least 1,600 years before the oldest nuraghi. Researchers maintain that this **Ziqqurat**, a terraced altar with a great ceremonial ramp for access, is the only one in the Mediterranean.

The name “Monte d'Accoddi” is also a small mystery. Why call a hill just a few metres high a “mount”? The answer in this case is simple! In Sardinia there are not many mountains, so hills and high ground may also correctly be called so. The second part of the name, however, may refer to the “kòdoro”, the name of a plant, or it might mean “gathering place” (accoddi). Only recently was it discovered that the ancient name was “Monte de Code”, meaning “Mountain of stones”.

The relics found inside the tombs and hypogeums are to be found on show at the “G.A. Sanna” Museum in Sassari.

Dates back to	Around 3200 B.C.
Was discovered in	1952. Excavations continued till 1958. Restored during period 1979-1989. Last excavation campaign ended in 2002.
How to reach it	From Porto Torres take the S.S. Carlo Felice towards Sassari. At km. 222.3 turn into a dirt-track. The archaeological area is well signposted.
Can be reached by bus	YES
Can be reached by car	YES
Parking	YES, with attendant
Refreshment place	NO
Managed by	Cooperativa Tellus tel. 079 2009492
Opening times	08.00 – 17.00 (summer times 09.00-18.00)
Time needed for tour	1h.
Entrance ticket	€ 2.07 – Senior Citizens and groups € 1.03 - students € 0.52
Entrance and guided tour	€ 3.10 - Senior Citizens and groups € 2.07 - students € 1.03
Guided tour	Italian. Can be booked in: English, German, French
Nearby you can also see...	Antiquarium – Necropoli Su Crocifissu Mannu
Nearest restaurant/farmhouse catering	Li Lioni Restaurant tel. 079502286
Belongs to town of	Sassari tel. 079 231344
Other	The archaeological area also has: toilets and games for children

## Temple of Malchittu (Arzachena) → *the abandoned temple*

This small temple is the main monument of the Malchittu nuraghe complex. It is the only one of its kind in Sardinia and can only be compared partially with other rectangular nuraghe monuments.

What was this unusual building used for? In its earliest days it was probably a house of worship, whereas later it would have been inhabited. Why was it abandoned? It is difficult to say why but there was certainly no kind of disaster. Excavations have not shown any traces of fire or devastation and have not brought any bronze-work to light. All this suggests the temple was abandoned voluntarily and its occupiers had time to take away their goods.

Dates back to	Around 1400 B.C.
Was discovered in	About 1950; excavations carried out in 1964
How to reach it	From the town of Arzachena, after about 600 m. along the S.S. 125 for Olbia, a rough road leads off by the Albucciu Nuraghe which can be followed for a short distance by car. Then turn right and follow the path.
Managed by	Cooperativa Lithos tel. 335 1276849/50/51
Ticket desk	Malchittu Tourist Information Centre tel. 0789 81537 (1.5 km. away from site)
Entrance ticket and guided tour	€ 4.50
Guided tour	Must be booked. The tour deals with historic and natural aspects and lasts around 3 hours. Guides accompany visitors along a path about 1.5 km. long. After the tour of the temple you will visit the 6 "tafone" tombs hidden in a wood.
Nearby you can also see...	Nuraghe Albucciu – Necropoli Li Muri
Nearest farm catering	Sa Corsara Farmhouse tel.0789 998721
Belongs to town of	Arzachena tel. 0789 849300

## Nuraghe Izzana (Tempio Pausania) → *the labyrinth*

The largest nuraghe in Gallura is found in the Tempio district, near the border with Aggius.

As far as its architecture is concerned it does not belong to any particular type. It is a nuraghe a *tholos*, i.e. it has a sort of dome but also a series of corridors communicating between the central room and other cells. What was the function of this labyrinth fortress? There are many suggestions: one in particular confirms the shrewd intelligence of the nuraghe people: Lilliu, the great archaeologist, believed this was a "trap nuraghe" - the function of its intricate corridors being to confuse the enemy.

Dates back to	Around 1600 B.C.
Was discovered in	Early 1900s
How to reach it	From Aggius (at 6.2 km. from Tempio Pausania) take Provincial Route 74 towards Trinità d'Agultu up to km. 2.200: turn right into a cart-track where you will see the Izzana Nuraghe signposted. Follow the lane for 1.3 km. and you will reach the nuraghe.
Can be reached by bus	YES and then walk a short distance
Can be reached by car	YES and then walk a short distance
Parking	YES
Refreshment place	NO
Opening times	Always open
Time needed for tour	25-30 mins.
Entrance ticket	Free entrance
Managed by	Tempio Town Council: the archaeological zone is clean and in excellent conditions
Guided tour	NO
Nearby you can also see...	Nuraghe Majori , Tempio old town, Monte Limbara
Nearest restaurant/farmhouse catering	Pausania Farmhouse tel. 079671972 typical Gallura cuisine
Belongs to town of	Tempio tel. 07967999

## Nuraghe Majori (Tempio Pausania) → *the nuraghe of the Romans*

In a splendid natural environment a short distance from the city of Tempio stands the Nuraghe Majori. It consists of a single tower entirely in granite. It is a massive irregular construction, of the type having a central corridor and binary rooms. The last excavation campaign discovered that this fortress was also used in Roman Empire times. It is very dark inside the nuraghe so if you want to uncover its mysteries take an electric torch!

Dates back to	Age of the Nuraghi
Was discovered in	Early 1900s
How to reach it	From the town of Tempio Pausania, take the S.S. 133 for Palau; at km. 1.500 turn right and after about 450 m. you will find the nuraghe on your left.
Can be reached by bus	YES
Can be reached by car	YES
Managed by	Tempio Town Council: the archaeological zone is clean and in excellent conditions
Opening times	Always open
Time needed for tour	25-30 mins.
Entrance ticket	Free entrance
Guided tour	NO
Nearby you can also see...	Izzana Nuraghe, Tempio old town, Monte Limbara
Nearest restaurant/farmhouse catering	Il Purgatorio Restaurant tel. 079634042 typical Gallura cuisine
Belongs to town of	Tempio tel. 07967999

## Nuraghe Albucciu (Arzachena) → *the granite nuraghe*

This nuraghe was built in about 1600 B.C. on a large granite rock which substitutes the walls in places. It consists of large granite blocks which are rough compared with the lintel and some shelves protruding from the facade. It is an unusual nuraghe with a low, sturdy structure, different from the classic nuraghe shape found all over Sardinia. Together with a number of archaeological sites in the Arzachena district, this nuraghe still protects the secrets of the nuraghe civilisation of Gallura, responsible for constructing some 3,000 years ago some of the most spectacular monuments of the whole island.

Dates back to	Middle Bronze Age
Was discovered in	1939
How to reach it	From the town of Arzachena, take the S.S. 125 for Olbia: 600 m. after the town ends you will find a signpost on the right with a path leading in a few minutes to the nuraghe.
Can be reached by bus	YES
Can be reached by car	YES
Managed by	Cooperativa Lithos tel. 335.1276849/50/51
Ticket desk	Malchittu Tourist Information Centre tel. 0789 81537 (1.5 km. away from site)
Opening times	09.00 – 18.00 (from 1 October to 31 March; booking necessary)
Entrance ticket	€ 2 ( discount for tour of all archaeological sites of Arzachena)
Guided tour	In italian. English, German, French may be booked
Guided tour lasts	45 mins.
Nearby you can also see...	Malchittu Temple, Necropoli Li Muri
Nearest restaurant/farmhouse catering	Sa Corsara Farmhouse tel. 0789 998721
Belongs to town of	Arzachena tel. 0789 849300

## Prehistoric Cave of San Michele (Ozieri) → *the secret tunnel*

For more than 5,000 years the history of an ancient civilisation was protected in the dark and silence of a cavern 80 m. deep. It was only in the first 30 years of the 1900s that some findings showed the existence of a civilisation comprising farmers and shepherds who produced ceramics of exceptional quality. The first findings of bone, stone material and pottery different from those of cultures already known in Sardinia were found in this cave in 1914, and gave their name to one of the main cultures of the recent Neolithic period (3500-2700 B.C.): the so-called "Cultura di Ozieri" or "Cultura di San Michele".

Dates back to	3000 B.C.
Was discovered in	Early 1900s. Excavations began in 1914.
How to reach it	In Ozieri town, opposite hospital
Can be reached by bus	YES
Can be reached by car	YES
Parking	YES
Refreshment place	YES
Managed by	Cooperativa Ichnos tel 3292669436
Ticket desk	YES
Entrance ticket and guided tour	€ 3. 50 (€ 2.50 groups and Senior Citizens)
Opening times	Mornings 09.00-13.00 Afternoons 15.00-19.00 (daily)
Guided tour	Italian, English, German, French
Guided tour lasts	30 mins.
Nearby you can also see...	Museo archaeologico, Ozieri tel 0797851052
Nearest restaurant/farmhouse catering	Il Sombrero Restaurant tel. 079758904
Belongs to town of	Ozieri tel. 079781200
Other	Caves are illuminated

### **It is said that...**

The Caves of San Michele are connected by an underground tunnel to the "Grotte di Carmelo", but this tunnel - supposedly some 550 m. long - has never actually been found. And yet old people of the town swear they have seen many people go into the Caves of San Michele and come out of the Caves of Carmelo...

## Palmavera Nuraghe and Village (Alghero) → *a nuraghic democracy*

The Palmavera Nuraghe is a nuraghic kingdom. Over 3,000 years ago it was inhabited by a king who ruled over a large village - a good, democratic king who would call together the tribal chiefs in the "meeting hut" before making an important decision. The nuraghe interiors show public use of the structure and suggest an authentic democratic nuraghic organisation existed. But what did this surprising "nuraghe Parliament" decide? We can only imagine. Probably the matters were very similar to modern ones, i.e. internal needs, external trade and maybe defence strategies against local tribes.

The history of this nuraghe and its village is a little complicated: from the 15<sup>th</sup> to 10<sup>th</sup> Centuries B.C. the central tower and some huts were built; around the 9<sup>th</sup> Century B.C. a second tower, the corridor, the large hut and other huts around; between the 9<sup>th</sup> and 8<sup>th</sup> Centuries B.C. the outer wall was built.

The nuraghe was finally abandoned at the end of the 8<sup>th</sup> Century B.C. Why? We do not know; this is one of the many mysteries....

Dates back to	1500 B.C.
Was discovered in	Early 1900s. Important excavations were carried out by Alberto Moravetti from 1976 to 1977
How to reach it	From Alghero take the S.S. 127bis for Porto Conte and Capo Caccia. After Fertilia village and the turning for Santa Maria La Palma (and for Sassari) continue for about 4 km.; the archaeological zone of Palmavera is signposted and is on the right at km. 45.300 by a straight part of the road.
Can be reached by bus	YES
Can be reached by car	YES
Parking	YES
Refreshment place	Bar-kiosk with toilets (also for disabled)
Managed by	Cooperativa SILT tel 079953200 <a href="http://www.coopSilt.it">www.coopSilt.it</a>
Ticket desk	YES
Opening times	9.00-19.00 (summer time) 09.00 -16.00 (winter time)
Entrance ticket	€ 2.10 (supplement for guided tour € 1.50)
Guided tour	Italian, English, French, German, Spanish, Arabic
Guided tour lasts	45 mins.
Nearby you can also see...	Grotte Nettuno – Baia di Porto Conte – Capo Caccia
Nearest farmhouse catering	Porticciolo (loc Porticciolo) tel. 079918000 typical cuisine
Belongs to town of	Alghero tel. 079997800

## Nuraghe St. Imbenia (Alghero) → *trade with the Phoenicians*

After Palmavera Nuraghe was abandoned the territory came under the control of the St. Imbenia Nuraghe. Both the nuraghe and village belong to a quite advanced phase of the nuraghe civilisation. But the history of these places possesses something different and mysterious. What is hidden behind the numerous Greek and Phoenician relics found inside the nuraghe? What trade relations did the village have? The discovery of a Phoenician jar full of copper ingots is perhaps a partial answer. There was probably an authentic nuraghe emporium in this area, frequented by Phoenicians interested in metals. Trade was quite busy and regular and probably dated back to the Iron Age, between the end of the 9<sup>th</sup> Century B.C. and the beginning of the 8<sup>th</sup>: a particularly advanced epoch for the nuraghe civilisation and the life itself of St. Imbenia village, the oldest evidence of which can be traced back to the Middle Bronze Age (1600-1300 B.C.). What is certain is that the St. Imbenia nuraghe inhabitants were not only good traders but that trade was probably favoured by the presence in the village of a small Phoenician community which contributed to strengthening trade relations.

Dates back to	1500 B.C.
Was discovered in	Around 1950. Excavations are under way to bring a part of the village to the surface
How to reach it	Follow coast road from Alghero to Fertilia, then continue past the village towards Porto Conte-Capo Caccia. After passing Palmavera Nuraghe, turn right for Capo Caccia and after about 3 km. you will reach another turning by the Hotel Baja di Conte. The St. Imbenia Nuraghe complex is situated inside a camping-site on the left of the hotel.
Can be reached by bus	YES
Can be reached by car	YES
Parking	YES
Refreshment place	Bar-kiosk with toilets (also for disabled)
Managed by	Cooperativa SILT tel 079953200 <a href="http://www.coopsilt.it">www.coopsilt.it</a>
Opening times	Must be booked.
Entrance ticket	€ 2.10 (supplement for guided tour € 1.50)
Guided tour	Italian, English, French, German, Spanish, Arabic
Guided tour lasts	40 mins.
Nearby you can also see...	Porto Conte Roman Villa
Nearest farmhouse catering	Porticciolo (loc Porticciolo) tel 079918000 typical cuisine
Belongs to town of	Alghero (tel 079997800)

## Nuraghe Fronte Mola (Thiesi) → the rectangular protonuraghe

It is one of the most particular nuraghe of the island. Because of his strange rectangular form and the missing of a cupola he is a really unique one between the 700 nuraghi of the island. In the Museum Sanna a plastic of the singular nuraghic-monument is exposed. It is made of big lime-stone rocks and with nearly rectangular corners with door-posts and architraves.

The place where the Fronte Mola is situated is also very spectacular. It is at the south-end of a little ridge of a mountain between two forests, immersed in a rich vegetation which hides and protects the nuraghe since centuries.

Dates back to	Nuragical Epoche
Was discovered in	60 th
How to reach it	From Thiesi direction Ittiri on s.s. 131 bis, after the forking for Romana still km. 2,8, therefore you find two gates on the opposite site of the road. Park the car and enter the left gate. From here you have to walk for circa 1 km., towards the end of the plateau. The Nuraghe is on the South-end of the mountain.
Can be reached by bus	YES with a little walk
Can be reached by car	YES with a little walk
Managed by	Thiesi Town Council
Ticket desk	NO
Opening times	On reservation
Entrance ticket	NO
Guided tour	NO
Guided tour lasts	-
Nearby you can also see...	Domus de janas di Mandra Antine
Nearest farmhouse catering	Sa Tanca de Santu Bainzu tel. 079886164
Belongs to town of	Thiesi tel. 079886012

## Nuraghe St. Antine (Torralba) → *the King's palace*

A perfect kingdom. Impressive. Monumental. Spectacular. They call it St. Antine but it is better known as Sa Domo de su Re (the House of the King).

Nowadays the main tower, called *mastio* (male), is 17.5 m. high but it was originally over 21m. The diameter of the base is 15.5 m. and the minimum diameter of the part that has been conserved is over 10 m. The construction was built with large masses of basalt and the Cyclopien technique; it is surrounded by a nuraghe village which was used again in later Roman times.

But why is the St. Antine Nuraghe considered the "prince" of nuraghi"? The reasons are not just due to its size. The most ancient relics found inside the nuraghe show that St. Antine was a trading centre full of life, in contact with the important commercial circuits that in prehistoric and primitive times involved the Italian peninsula and a large part of the Mediterranean.

Dates back to	1500 B.C.
Was discovered in	1933. Excavations are still being carried out today to bring part of the nuraghe village to the surface.
How to reach it	From the S.S. 131 "Carlo Felice", direction Cagliari/Sassari, take the turning for Torralba at km. 173.200; drive in the opposite direction from the town. A side road on the right leads directly to the archaeological zone. The area is well signposted.
Can be reached by bus	YES
Can be reached by car	YES
Parking	YES
Refreshment place	Bar with toilets
Managed by	Cooperativa Pintadera, tel. 079 847145
Opening times	09.00 - 19.00 in autumn and winter till 17.00
Entrance ticket	€ 3
Guided tour	€ 2
Guided tour lasts	30/40 mins.
Nearby you can also see...	Museo la Valle dei nuraghi – S. Pietro Sorres
Nearest farmhouse catering	Coronas di Bonorva Farmhouse tel. 079866842
Belongs to town of	Torralba tel. 079847010

### **An unusual fact...**

*On the first floor of the nuraghe there is a circular cell where a strange phenomenon occurs. If a person sits in the niche and the other visitors on the circular bench, the latter cannot see the person in the niche, whereas he/she can see the brightly illuminated faces of the people sitting on the bench....*

## Oes Nuraghe (Giave) → *Valley of the nuraghi*

In the middle of a plain called the Valley of the Nuraghi is to be found the most famous nuraghe of Giave: Oes Nuraghe.

Originally there were two towers above it but these have now partially collapsed. In contrast with the other nuraghi, the ceiling of the three upper cells consisted of a wooden platform placed on some stone shelves protruding from the inside wall. The staircase is a perfect spiral that rises inside with no breaks next to the wall. The fact that the two side towers are neither accessible from the inside or outside is strange. The nuraghe people entered from above using a wooden ladder.

Dates back to	Age of the Nuraghi
Was discovered in	Around 1950
How to reach it	From Torralba railway station (can be reached from the S.S. 131 "Carlo Felice", Torralba turn-off at km. 173.200, direction Valle dei Nuraghi), continue on foot southwards, parallel to the railway line for about 700 m. till you reach the nuraghe, which is easily seen from afar.
Can be reached by bus	YES, 700 m. walk to reach on foot
Can be reached by car	YES, 700 m. walk to reach on foot
Parking	YES
Refreshment place	NO
Opening times	Free entrance
Guided tour	NO
Nearby you can also see...	La valle dei nuraghi
Belongs to town of	Giave tel 079869050

## Nuraghe Loelle (Buddusò) → *the look-out post*

Loelle Nuraghe is found at an altitude of 794 m. beside a rocky wall. The position and structure of this nuraghe suggest that it was an important look-out post.

The remains of a nuraghe village are still found around the nuraghe, as well as two important *tombe dei giganti* and a *dolmen*. The nuraghe site dates back to the Late Bronze Age and the Iron Age.

What material is it made of? Granite, of course! High quality granite is abundant on this territory, and in particular around the town of Buddusò, and is exported all over the world.

Dates back to	Age of the nuraghi
Was discovered in	Early 1900s
How to reach it	From the town of Buddusò (reached by the S.S. 131, turn off for Mores at km. 178.900; then take the S.S.128 bis for Ozieri and, after the turning for Pattada, the S.S. 389 towards Buddusò) continue along the S.S. 389 for Bitti, up to km. 45; the nuraghe is clearly visible on the left at around 50 m. from the road.
Can be reached by bus	YES
Can be reached by car	YES
Parking	YES
Refreshment place	50 m. from the nuraghe
Managed by	Buddusò Town Council
Opening times	Free entrance
Tour lasts	20 mins.
Nearby you can also see...	Museo Arte Moderna di Buddusò: exhibits beautiful works in wood and in front of museum a number of sculptures in granite by artists from all over the world.
Nearest farmhouse catering	Sa Rocca Farmhouse tel. 338 7222552 (20-25 euro)
Belongs to town of	Buddusò tel. 079715308

## Nuraghe Voes (Nule) → *a Santu Antine look-alike*

There have been no excavations here yet. Voes Nuraghe is situated 719 m. above sea level and still waits to reveal all its mysteries. It is a very impressive nuraghe and the only one in Sardinia to have similar characteristics to the St. Antine palace. The most obvious similarity is in the large upper corridors at the side, which link on both floors three cells that were part of the secondary towers which have now collapsed. The territory where the Voes Nuraghe stands is full of mystery. A surprising nuraghic bronze statue was found just here, representing an anthropomorphic monster, half bull and half man. It could be a nuraghic version of the centaur or a legendary Sardinian character called "Boe Muliache", i.e. man transformed into bull.

Dates back to	Age of the nuraghi
How to reach it	Take the S.S. 389 towards Bitti up to the turning for Noie, Benetutti and the other Goceano towns. At 10 km. from the crossroads and 800 m. from the <i>casa cantoniera</i> Su Campittu turn left.
Can be reached by bus	NO
Can be reached by car	YES
Parking	YES
Refreshment place	NO
Entrance ticket	Free entrance
Guided tour	NO
Tour lasts	-
Nearby you can also see...	The small town of Nule, famous for weaving carpets of high quality, Dolmen di Mialibengo.
Belongs to town of	Nule tel. 079798025

## Nuraghe Appiu (Villanova Monteleone) → *the mystery of the village*

Nuraghe Appiu means "Nuraghe found". The monuments that can be seen are two nuraghi, a nuraghic font, a *domus de jana* (tombs), and a natural lake that dried up some years ago, surrounded by heavy stones among which perhaps the cult of water was conducted. Splinters of obsidian can still be found today in the earth around; it was probably refined and used in the nuraghe epoch. One of the two nuraghi is of the trilobate type and on two floors, though unfortunately the exterior has decayed and the towers have collapsed. The interior is still in good condition, however.

Dates back to	3.200 B.C.
Was discovered in	Excavations carried out in 1987-1988
How to reach it	From Villanova Monteleone take the Villanova Monteleone-Montresta Provincial Route and at km. 7 turn into the "Monte Cuccu-Baddu 'e Pessighes" road. 2 km. along the road yo will reach the archaeological zone on a plateau overlooking the coast.
Can be reached by bus	YES
Can be reached by car	YES
Parking	YES
Refreshment place	Bar – snacks; toilets
Managed by	Cooperativa Calarinas tel. 079960400
Ticket desk	YES
Opening times	Mornings 08.30-12.30; Afternoons 13.30-17.30. Closed on Mondays
Entrance ticket	1.50 individuals; € 1.0 for groups. The ticket includes a guided tour.
Guided tour	In Italian, English, German and French
Guided tour lasts	20 mins.
Nearby you can also see...	Village of Monteleone Roccadoria. There is an important ethnographic exhibition at "Su Palattu de Sas Iscolas" at Villanova Monteleone.
Nearest restaurant	Coco Bamba Restaurant tel. 079 960890
In the district of	Villanova Monteleone tel. 079960406

### **Probably...**

Excavations under way at the Nuraghe Appiu archaeological zone are slowly bringing to light the remains of an enormous village. There is great curiosity about this area as archaeologists think they have found the largest nuraghe village in Sardinia!

## Castle of Cabu Abbas or Riu Molinu (Olbia) → *the fort cult*

A nuraghe with a single tower stands in the middle of a rocky spur enclosed all around by walls to protect it from enemy attack. This is undoubtedly an impressive nuraghe fortress built above all for defence purposes. But why, then, were so many remains found in the well inside the nuraghe of animals that had been sacrificed? And what does the bronze statue of a woman with a jar on her head found by the archaeologist Levi in 1936 refer to? The nuraghe complex of Cabu Abbas was a fortress, an important place of worship, or both...

Dates back to	Late Bronze Age
Was discovered in	Around 1050
How to reach it	Go through Olbia industrial port towards Cala Saccaja. Follow signposts for nuraghe site.
Can be reached by bus	YES
Can be reached by car	YES
Parking	YES
Refreshment place	NO
Managed by	Cooperativa lolao tel. 340 2615734
Ticket desk	Malchittu Tourist Information Centre tel. 0789 81537 (1.5 km. from site)
Opening times	09:30 12.30 and 17.00-19.00 (from 1 October to 31 March; must be booked)
Entrance ticket	€ 2 - discount € 1,50 (Senior Citizens – groups – students)
Guided tour	Italian. English, German, French can be booked
Guided tour lasts	30 mins.
Nearby you can also see...	Pozzo Sacro Sa Testa
Nearest restaurant/farmhouse catering	Maria Raimonda Restaurant tel. 078942820 (typical cuisine)
Belongs to town of	Olbia tel. 0789 52000

## Nuraghe Complex Sos Nurattuolos (Alà Dei Sardi) → *the cult of water*

A sacred spring, a small *megaron* temple and a few huts. This is the nuraghe complex of Sos Nurattuolos, discovered some 40 years ago and dating back to between 1600 and 900 B.C. It is a magical place where the mystery of ancient rituals is still in the air and where the cult of spring-water was practiced from the times of the earliest inhabitants. Not far from the temple there is also a large community hut with a seat built into the wall suggesting that it was used as a meeting-room.

Dates back to	Age of the nuraghi
Was discovered in	Around 1960
How to reach it	Take the S.S. 389 from Buddusò. On reaching the village follow the signpost for Sos Nurattuolos archaeological zone; after 1.5 km. you reach a crossroads where you turn right. Continue along a dirt-track and after 3.3 km. take the turning on the right, then right again after 300 m. Continue for 2.4 km. till you reach the area with a "Parking" notice. Leave your car and walk up the slope on the left which leads to the top of the mountain and the various buildings of the nuraghe complex.
Can be reached by bus	YES then walk for 800 m.
Can be reached by car	YES then walk for 100 m.
Parking	YES
Refreshment place	NO
Managed by	Alà dei Sardi Town Council
Entrance ticket	Free entrance
Tour lasts	30 mins.
Agriturismo più vicino	Le Querce tel 079716087 - m.ph 3484904112- 3472101266 ( € 20,00)
Belongs to town of	Alà dei Sardi Tel 079723398

### **An unusual fact...**

Perhaps the so-called *ordeal justice* (divine justice) which classical writers like Solinus (3<sup>rd</sup> Century A.D.), Priscian (5<sup>th</sup> Century A.D.) and St. Isidore of Seville (5<sup>th</sup> Century A.D.) wrote about was also carried out in this complex. According to this a person accused of theft was forced to bathe his eyes in water from the sacred font: a guilty person would go blind, while an innocent one received better sight.

## Lu Brandali Nuraghe Site (Santa Teresa) → *the finding of 60 bodies*

On the outskirts of the town of Santa Teresa, at 800 m. from the sea, there is an archaeological site representing almost four thousand years of history, rich in charm and mysteries. At Lu Brandali in a single site the remains of an ancient nuraghe with corridors can be seen, the remains of a village with over 40 huts and an extraordinary tomba di giganti. In this burial ground, the only one found intact so far in Sardinia, the remains of over 60 bodies were found. A surprising discovery that has enabled it to be established how funeral rites were performed, especially the collective burial.

Dates back to	1600-1150 B.C.
Was discovered in	Around 1950
How to reach it	Provincial Route for Capo Testa
Can be reached by bus	YES
Can be reached by car	YES
Parking	YES
Refreshment place	NO
Managed by	Santa Teresa Town Council
Entrance ticket	Free entrance
Guided tour	Must be booked. Call Santa Teresa Town Council tel. 0789 740914. The Council organises Archo weeks during the month of April with a full programme of seminars, conferences and guided tours with archaeologists.
Belongs to town of	Santa Teresa tel. 0789 740914 <a href="http://www.comune.santateresagallura.ss.it">www.comune.santateresagallura.ss.it</a>

### **Important...for enthusiasts!**

For the past six years at Lu Brandali nuraghe village excavation work has been carried out in collaboration with the Sovrintendenza ai Beni Archeologici involving tourists and volunteers. To take part contact the Santa Teresa Town Council.

## Monte Baranta Fortress (Olmedo) → *the great unfinished work*

Monte Baranta Fortress stands on a plateau; it has a total area of 390 sq.m., a surrounding wall 100 m. long and often over 6 m. wide. The enclosed tower with its horse-shoe shape enables the whole of the valley below to be watched. During excavations large quantities of ceramic ware and tools were found, which appear to belong to the Monte Claro and later cultures. But why was such a fortress constructed over 4,500 years ago? What use was made of this structure? What was the meaning of the great menhirs erected inside the enclosure that have now collapsed? It is difficult to find definite answers since research carried out suggests Monte Baranta Fortress was also an important place of worship...

Dates back to	2550 B.C.
Was discovered in	Early 1900s. Excavations in 1960 and 1980-81
How to reach it	From the centre of Olmedo follow the signposts for Alghero and you will find notices along the road indicating the route to the archaeological site; exactly 1 km. after the cemetery turn off into a road passing alongside water pipes. Continue for about a kilometre until you come to a notice in front of a large gate showing the site. Park your car inside and go ahead on foot along the wide, marked footpath; a 15-minute walk will take you to the prenuraghic complex at the top of the hill.
Can be reached by bus	YES
Can be reached by car	YES
Parking	YES
Refreshment place	YES
Managed by	Sovrintendenza Archeologica, Sassari. For information and guided tours call Olmedo Town Council.
Entrance ticket	Free entrance
Guided tour	Must be booked. Contact Olmedo Town Council tel. 079-9019002
Nearest farmhouse catering	I Vigneti Biologically Controlled Farmhouse Catering tel. 079902685
Belongs to town of	Olmedo Town Council tel. 079 9019002

### ***It is said that...***

Monte Baranta Fortress could be an unfinished work. Moravetti, the researcher, suggests this, i.e. that for reasons entirely unknown the people of this site were forced to leave the fortress they were building in a great hurry. Perhaps the menhir itself that lies overturned inside the courtyard was never actually erected...

## Domus dell'Elefante (Castelsardo) → *the stone mammoth*

"A gigantic Elephant, three times taller than the enormous prehistoric mammoths seems to emerge from the jungle and walk towards the mountain". It was from these words by the writer E. Benetti that this great *domus de janas* took the name of Elephant Rock. Those who stop to admire it today are often more attracted by the unusual shape of this rock modelled by the wind than the tombs that for thousands of years have been under the .... elephant! The *domus* is in fact composed of two tombs each with three rooms: on the walls of one room there are still two carvings in relief of taurine *protomes* (decorative elements representing a bull's head.)

Dates back to	Neolithic
Was discovered in	Was already known in the 12th Century
How to reach it	Take the fast road from Sassari to Santa Teresa Gallura (Castelsardo ring-road) and turn off for Sedini-Castelsardo: the monument is at the end of this road.
Can be reached by bus	YES
Can be reached by car	YES
Parking	Small clearing for short stays
Nearby you can also see...	Nuraghe Paddagiu, Coghinas River
Restaurants – farmhouse catering	Nearby town of Castelsardo
Belongs to town of	Castelsardo tel. 079478400

### **An unusual fact...**

The carvings of taurine *protomes* that often appear on the walls of the *domus de janas*, are part of an antique religious/funeral ritual that is still complex for us. Representation of a bull-like divinity is tied to the concept of regeneration which in ancient times always accompanied that of death.

## Necropoli di Su Crucifissu Mannu (Porto Torres) → *the symbol of the Bull God*

A short distance from the Monte d'Accoddi Prenuraghic Altar there are 20 subterranean tombs dug into a limestone plain. Access to this burial ground was through a vertical well or a long corridor. On the walls can be seen carved taurine drawings, bearing witness to a Bull God cult.

During the Roman period this important burial ground was damaged when the road linking Porto Torres to Cagliari was built. Marks left by Roman chariots can still be seen above the necropolis.

Dates back to	3500-2700 B.C.
Was discovered in	Around 1950 and explored during the period 1972-1980
How to reach it	Take the S.S. 131 "Carlo Felice" from Sassari to Porto Torres up to km. 224.100, then turn right into a dirt-track and continue to the end of the road; after about 400 m. a vast area begins on the left occupied by a necropolis which extends into pasture-land.
Can be reached by bus	YES
Can be reached by car	YES
Parking	YES
Refreshment place	NO
Managed by	Porto Torres Town Council
Entrance	€ 2.50 with guided tour
Opening times	09.00 – 16.00
Guided tour	Must be booked with Cooperativa L'IBIS tel. 3495757197
Nearest restaurant	Li Lioni Restaurant tel. 079502286 Typical Sardinian cuisine
Belongs to town of	Porto Torres tel. 079500800

## Necropoli Ipogeica di Anghelu Rujù (Alghero) → *the 30 tombs*

The Anghelu Rujù Necropolis contains 30 tombs. How was a burial performed at these ancient burial grounds? What rites did the nuraghe people use to accompany their dead on their long journey?

A thousand mysteries are hidden in the necropolis', some of which have been uncovered and explained by researchers. It appears, for example, that one custom was to eat a meal near the tombs in honour of the dead; another that a small quantity of red ochre be placed near the corpse as a symbol of regeneration. One thing is, however, certain: the wine bearing the name of this necropolis is one of the best in Sardinia!

Dates back to	3300 B.C.
Was discovered in	Early 1900s. Excavations in 1960 and 1980-81
How to reach it	From Sassari, take the S.S. 291 for Alghero and after 20 km. turn left into the Provincial Route linking Alghero to Porto Torres. Continue for 4 km. up to the turning for Fertilia Airport: the gate to the archaeological zone is on the right, just at the beginning of the road. From Alghero drive towards Sassari in the direction of the airport; the archaeological zone is on the left after 5.9 km.
Can be reached by bus	YES
Can be reached by car	YES
Parking	YES
Refreshment place	NO
Managed by	Cooperativa SILT tel. 079953200 <a href="http://www.coopsilt.it">www.coopsilt.it</a>
Ticket desk	YES
Opening times	9.00-19.00 (summer time) 09.00 -16.00 (winter time)
Entrance ticket	€ 2.10 (supplement guided tour € 1.50)
Guided tour	Italian, English, French, German, Spanish, Arabic
Guided tour lasts	45 mins.
Nearby you can also see...	Sella & Mosca Winery and Museum
Nearest farmhouse catering	Sa Mandra tel. 079999150
Belongs to town of	Alghero tel. 079997800

## Necropoli di Puttu Codinu (Villanova Monteleone) → *the cult of the Mother Goddess*

The nine *domus de janas* of Puttu Codinu are in a zone that is rich in cork and water sources, a place frequented since ancient times as it connects the Alghero coast with the interior of the Mejlugu. It is the oldest evidence of man's presence in this area. None of these tombs has been found intact but in spite of this, a precious statue was found in one of them that represents the Mother Goddess with details similar to those of the Cycladian idols.

Dates back to	3500 B.C.
Was discovered in	Excavations carried out in 1987-1988
How to reach it	From the town of Villanova Monteleone (reached from Alghero by the S.S. 292 and from Sassari by the S.S. 127bis) continue along the S.S. 292 towards Monteleone Rocca Doria and Padria; between km. 29 and km. 30 you will find the entrance to the archaeological zone on your left.
Can be reached by bus	YES
Can be reached by car	YES
Parking	YES
Refreshment place	NO
Managed by	Cooperativa Calarinas tel. 079960400
Ticket desk	YES
Opening times	Mornings 08.30-12.30 Afternoons 13.30-17.30. Closed on Monday.
Entrance ticket	1.50 individuals € 1.0 for groups. Ticket includes guided tour
Guided tour	Italian, English, German, French
Guided tour lasts	20 mins.
Nearby you can also see...	Village of Monteleone Roccadoria
Nearest restaurant	Coco Bamba Restaurant tel. 079 960890
Belongs to town of	Villanova Monteleone tel. 079960406

### ***It is said that...***

In times when it was not generally known what function the tombs spread all over the island had, people began to call them *domus de janas*, i.e. "fairy houses". It was thought that only these tiny, pretty, magic creatures, sometimes kind but sometimes bad and spiteful, could live in such a small space!

## Necropoli Mesu e Montes and S'Adde 'E Asile (Ossi) → *the decorated domus*

Mesu e Montes and S'Adde 'e Asile are two necropolises that have maintained up to the present as many as 29 *domus de janas*. The Mesu e Montes site, found on the southern slopes of Mount Mamas, is made up of 18 *domus de janas* with many cells: inside they have a series of carved bas-reliefs, representing taurine protomes, double horns, hourglass figures and zig-zag patterns. It is one of the most richly decorated sites in the whole island.

The S'Adde e S'Asile, however, has 11 *domus de janas* that all have several cells with the exception of one. As well as the "Tomba delle Finestrelle" and that of the "Clessidre", there is also the "Tomba maggiore", which with its 21 rooms is the largest in Sardinia.

Dates back to	Pre-nuragic Age
Was discovered in	1960s
How to reach it	For both sites: from the S.S. 131 take the turning to Ossi. Go through the town and take the Provincial Santa Maria di Cea Route. For Mesu e Montes: at km. 8. 200 along the Provincial Route turn left and drive for 700 m.; continue on foot for about 200 m. For S'adde 'e Asile: turn left at km. 5 of the Provincial Route. After 700 m. turn right again and continue for about 200 m. along the local "Sas Renas" road. Follow the signposts and take a dirt-track on the left. Leave your car here and continue on foot along the cattle-track, the ancient route leading directly to the necropolis.
Can be reached by bus	YES
Can be reached by car	YES
Parking	YES
Refreshment place	No
Managed by	Cooperativa Shardana mobile 3381262125
Ticket desk	NO
Opening times	Free entrance
Guided tour	Must be booked; Italian and English. € 3 - groups € 2 – Senior Citizens €1.50
Guided tour lasts	30-40 mins.
Nearby you can also see...	Noeddale and Littos Longos
Nearest farmhouse catering	Sa Rocca Bianca tel. 3683511495
Belongs to town of	Ossi tel. 0793403000

## Domus de Janas Sos Furrighesos (Anela) → fairy houses

*This is one of the most evocative necropolises of the island, not only for the richness and variety of its decorations but also because these tell of thousands of years of civilisation. The necropolis is attributed to peoples belonging to the San Michele Culture, who used it between around 3000 and 2300 B.C. After that, it was used again by almost all the other cultures that followed, before the arrival of the nuraghe civilisation. The necropolis is made up of 20 tombs: seven are decorated with ritual bas-reliefs, while six still show traces of the red paint that originally covered the walls. The architectural details of these tombs, such as pillars, beams and pilasters carved into the rock made them similar to the houses used during life.*

Dates back to	3000 B.C.
Was discovered in	the 50 <sup>th</sup>
How to reach it	Leave the S.S. 131 at km. 178.9 at the turn-off for Mores. Go through the town and continue towards Ozieri. After 1 km. turn right for Bono and after 7 km. right again, taking Provincial Route N°. 6. 6 km. further on turn right into a road that after a few kilometres goes through a group of farmhouses. Continue down towards a stream. Leave your car here and carry on towards the right along the river till you reach the Sos Furrighesos <i>domus de janas</i> .
Can be reached by bus	YES
Can be reached by car	YES
Parking	YES
Refreshment place	NO
Managed by	Anela Town Council
Ticket desk	NO
Opening times	Free entrance
Guided tour	NO
Nearby you can also see...	Steeple of the church "Chiesa S.mi Cosma e Damiano", in the centre of Anela: fountain "Noa" from 1887, the old village S. Giorgio di Aneleto
Nearest farmhouse catering	Agriturismo Pierpaolo Mancas tel. 079719159
Belongs to town of	Anela tel. 079799046

## Li Muri Circoli Funerari (Arzachena) → *a journey into the other world*

Magic, religions and mystery have dominated these unique archaeological sites for thousands of years. They are not easy to describe but they are an amazing sight for visitors!

The circular tombs are four: they are composed of a *dolmen* surrounded by small stones placed in concentric circles. There is a menhir beside each tomb, next to the outer circle of stones. Inside the circles small containers made of stone were found for alms, and another two anthropomorphic menhirs. Then more bones, remains of red ochre used to paint the dead, cups, blades and necklets. What rites, cults and beliefs do these relics hide? The possible answers are many but there is still so much to discover...

Dates back to	4-5000
Was discovered in	1939
How to reach it	Leave Arzachena, driving towards Calangianus (S.S. 427) and after 3 km. turn right for Luogosanto. After about 4.5 km. turn right into a wide country track leading to the archaeological area.
Can be reached by bus	YES
Can be reached by car	YES
Managed by	Cooperativa Lithos tel. 335.1276849/50/51
Ticket desk	Malchittu Tourist Information Centre tel. 0789 81537 (1.5 km away from site)
Opening times	09:00 – 18.00 (from 1 October to 31 March; booking necessary)
Entrance ticket	€ 2 ( discount for tour of all archaeological sites of Arzachena)
Guided tour	Italian. English, German, French may be booked
Guided tour lasts	45 mins.
Nearby you can also see...	Malchittu Temple, Nuraghe Albucciu, Tombe di Giganti
Nearest restaurant/farmhouse catering	Sa Corsara Farmhouse tel.0789 998721
Belongs to town of	Arzachena tel. 0789 849300

### ***It is said that...***

According to a belief found in many cultures, the dead person's spirit hovered around the remains of its body trying to understand its new essence. The menhir the tomb was placed there as a refuge for the dead person's spirit, while waiting for it to understand what it had turned into...

## Li Liolghi Tomba di Giganti (Arzachena) → *the great burials*

This is found around 200 m. from the Circoli Li Muri. Probably the nearness of Li Liolghi has also had an influence on the name given to these important tombs, "liolghi" meaning "rings".

The burial ground is really enormous and its size is probably the result of activity carried out in different epochs. Why was the burial ground enlarged? Ideological reasons are certainly not clear, but it has been suggested that these activities were caused by new demands of social organisation, maybe a demographic increase or increase in the power and prestige of the civilisation already established in that area.

Dates back to	EarlyBronze Age. Enlarged during Middle Bronze Age.
Was discovered in	1939. Excavations in 1959.
How to reach it	Leave Arzachena, driving towards Calangianus (S.S. 427) and after 3 km. turn right for Luogosanto. After about 4.5 km. turn right into a wide country track leading to the archaeological area.
Can be reached by bus	YES
Can be reached by car	YES
Managed by	Cooperativa Lithos tel. 335.1276849/50/51
Ticket desk	Malchittu Tourist Information Centre tel. 0789 81537 (1.5 km away from site)
Opening times	09:00 – 18.00 (from 1 October to 31 March; booking necessary)
Entrance ticket	€ 2 ( discount for tour of all archaeological sites of Arzachena)
Guided tour	In italian. English, German, French may be booked
Guided tour lasts	45 mins.
Nearby you can also see...	Malchittu Temple, Necropoli Li Muri, Nuraghe Albucciu, Tomba di Coddu Vecchiu
Nearest restaurant/farmhouse catering	Sa Corsara Farmhouse tel.0789 998721
Belongs to town of	Arzachena tel. 0789 849300

### ***An unusual fact...***

The *tombe dei giganti* were given this name because it was believed they were built by creatures possessing super-human strength. Actually they were built by perfectly normal people, to tell the truth not even very tall. The size of the *tombe*, truly Cyclopien, was due to prestige reasons and the fact that they had to contain so many dead – sometimes even 200!

## Coddu Vecchiu Tomba di Giganti (Arzachena) → *from the Gallery to the Giant*

This is without doubt one of the most important monuments of the Neo-Aeneolithic Age present in Sardinia. Its name certainly matches its size; the centre stone reaches a height of 4 m. and is the biggest example of this kind of megalith to be found. It was built as a gallery tomb between 1800 and 1600 B.C. but later became an authentic *tomba di giganti* following modifications made between 1600 and 1300 B.C. Some of the relics found at this site are of particular interest: pots, bowls, vases, necklets and a variety of decorations all carefully guarded at the Museo Sanna in Sassari.

Dates back to	Constructed in two phases: 1800 – 1600 and 1600-1300 B.C.
Was discovered in	1939. Excavation campaign of 1966
How to reach it	From the town of Arzachena, take the S.S. 427 for Calangianus; after 3 km. turn right towards Luogosanto. After about 1.8 km. turn off for Capichera on the left. After about a hundred metres you will find a tomb on the right that can be reached on foot along a short path.
Can be reached by bus	YES
Can be reached by car	YES
Managed by	Cooperativa Lithos tel. 335.1276849/50/51
Ticket desk	Malchittu Tourist Information Centre tel. 0789 81537 (1.5 km away from site)
Opening times	09:00 – 18.00 (from 1 October to 31 March; booking necessary)
Entrance ticket	€ 2 ( discount for tour of all archaeological sites of Arzachena)
Guided tour	Italian. English, German, French may be booked
Guided tour lasts	45 mins.
Nearby you can also see...	Malchittu Temple, Circoli Li Muri, Nuraghe Albucciu, Tomba di Li Liolghi
Nearest restaurant/farmhouse catering	Sa Corsara Farmhouse tel. 0789 998721
Belongs to town of	Arzachena tel. 0789 849300

## Dolmen di Ladas (Luras) → *the mysterious symbol*

*What are, or better, what were the “dolmen”? So many have been found of different kinds in many European countries, but the mystery has still not been solved. Were they fertility symbols? Or places where magic ceremonies were performed? Or, again, were they enormous tombs? To be able to put up these megalithic constructions the people living over 5,000 years ago must have had excellent knowledge of statics and mathematics, that’s for sure. The Ladas dolmen is really huge. The covered gallery is 6 m. long and 2.2 m. high and the posterior stone covering it has a surface area of 15 sq.m. and is over 2 m. thick.*

Dates back to	3000 B.C.
Was discovered in	Early 1900s
How to reach it	Leave Tempio Pausania for Calangianus and turn at the crossroads for Luras after 8 km.; go straight through the town driving towards Luogosanto and turn right into the last surfaced road of the town. Continue for about 350 m. until the road is no longer surfaced and it forks into two cart-tracks; turn right and drive for 200 m. until you find on your left the gate to where the <i>dolmen</i> stands.
Can be reached by bus	YES
Can be reached by car	YES
Parking	YES
Refreshment place	NO
Managed by	Luras Town Council
Entrance ticket	Free entrance
Nearby you can also see...	“Galluras, frammenti della civiltà gallurese” Museum tel. 079 647281
Nearest restaurant	At Tempio: Pausania Farmhouse tel. 079671972 2 typical Gallura cuisine
Belongs to town of	Luras Tel. 079645200

### **An unusual fact...**

“Dolmen” is a word deriving from the breton *tol* (table) and *men* (refined stone). The dolmen belongs to a series of funeral monuments in the Mediterranean basin created using the *three-stone* system: two vertical slabs covered by a third horizontal one.

## Sa Coveccada Dolmen (Mores) → *the king of the Mediterranean*

“Sa Coveccada” is the largest *dolmen* found in the Mediterranean area. It is almost 3 m. high and 5 m. wide. It is not possible to date it exactly as it has always been exposed and none of the stratified deposits have formed that normally enable precise collocation in time. This *dolmen* is, however, at least 4,000 years old and as for the other megalithic constructions spread all over Europe nothing certain can be said about the function it had.

Dates back to	End 3000 and early 2000 B.C.
Was discovered in	Has always been known but archaeologists began to explore it in around 1961
How to reach it	From the town of Mores (leave the S.S. “Carlo Felice” at km. 178.900), drive towards Ozieri (S.S. 128 bis) and after about a kilometre turn right for Bono. Continue for about 3.8 km. and turn right immediately after the bridge over the Olbia-Cagliari railway line and the Rio Mannu of Ozieri.
Can be reached by bus	YES
Can be reached by car	YES
Parking	NO
Refreshment place	NO
Managed by	Sovrintendenza Archeologica, Sassari
Biglietteria e informazioni	Cooperativa Dolmen at Mores tel. 3409233369. Descriptive leaflets on the <i>dolmen</i> in English, German and French are available at the information office.
Opening times	Mornings 09.00-13.00 Afternoons 14:00 – 17.00
Entrance ticket	Free
Guided tour	€ 5 individuals € 2 groups – languages: Italian and French
Guided tour lasts	30 mins.
Nearby you can also see...	Other <i>dolmen</i> are found on the territory
In the district of	Mores Town Council tel. 079707900

### ***It is said that...***

Sa Coveccada dolmen was erected as a tomb for a very important tribal chief, probably greatly loved by his people. He was so well-loved that 5,000 years ago a group of his devoted subjects decided to use a trachytic rock weighing over 27 tons for his tomb!

## Predio Canopoli Sacred Well (Perfugas) → *the limestone well*

Predio Canopoli Sacred Well was discovered by chance in 1923. Why does it have this name? The well is named after Domenico Canopoli, the owner of the land where it was found! The first excavations immediately brought to light some relics of great value, including a bronze statue, the famous "Toro" exhibited at the "Museo Sanna" in Sassari. But following the discovery the well was filled in again. It was only in 1975 that a serious excavation campaign uncovered the whole monument. The plan is in a key-hole shape, the stairway leading to the internal well – which is 3 m. deep – is steep and has 8 steps. The monument is made entirely of white limestone and was built with great accuracy, using stones of equal size.

Dates back to	
Was discovered in	1923. Excavations began again during the period 1975-79.
How to reach it	In the centre of Perfugas take via Garibaldi and go right to the end, where you will find the archaeological zone closed and fenced in. The monument can be seen from the outside, otherwise contact staff at the Museo Archeologico, in via Nazario Sauro (tel. 079-564241).
Can be reached by bus	YES
Can be reached by car	YES
Parking	YES
Refreshment place	NO
Managed by	For information and tours: Museo Archeologico, via Nazario Sauro (tel. 079-564241). For guided tours in Italian, English and French contact: Società Sa Rundine tel . 3471072628
Nearby you can also see...	S. Giorgio Retable, Chiesa Parrocchiale S. Maria degli Angeli
Nearest restaurant	Anglona Restaurant tel. 079564242
Belongs to town of	Perfugas tel. 079563900

## Sa Testa Sacred Well (Olbia) → *the water Goddess*

This place stayed hidden from sight for thousands of years. Then around 1930 the splendid sacred well was found, under a pile of debris. It has four parts: a courtyard, entrance, staircase with 187 steps leading to the spring and a *tholos* room above the well. During the first excavations which date back to 1938, votive relics were found belonging to the nuraghe period up to Roman Empire times, proving that these places were used for ceremonies connected with the cult of water.

Dates back to	Around 1400-1200 B.C.
Was discovered in	Excavations in 1938
How to reach it	Go through Olbia industrial port towards Cala Saccaja. Follow signposts to the nuraghic site.
Can be reached by bus	YES
Can be reached by car	YES
Parking	YES
Refreshment place	NO
Managed by	Cooperativa Iolao: mobile 340 2615734
Ticket desk	Malchittu Tourist Information Centre tel. 0789 81537 (1.5 km. away from site)
Opening times	09:00 – 18.00 (from 1 October to 31 March; booking necessary)
Entrance ticket	€ 2 – discount € 1.50 (Senior Citizens, groups, students)
Guided tour	Italian. English, German, French may be booked
Guided tour lasts	30 mins.
Nearby you can also see...	Sacred Well Sa Testa
Nearest restaurant/ farm-house catering	Maria Raimonda Restaurant tel. 078942820 (typical cuisine) in Olbia
Belongs to town of	Olbia tel. 0789 52000

## Turrus Libyssonis Ruins and Roman Bridge (Porto Torres) → *palace of Re Barbaro*

The greatness of the Roman Empire reached Sardinia, too. For its position Turrus Libyssonis became an important reference point for trade in the whole Mediterranean. The main area of the ancient town (which extends beyond the current port) constitutes the archaeological park situated near the old railway station. The Antiquarium is here, with numerous relics exhibited that were found in the archaeological zone called Re Barbaro. Remains can still be seen here of the great "Terme Centrali" and other smaller thermal complexes such as "Terme Maetzke" and "Terme Pallottino". After the minor baths we reach the Roman bridge that was used up till 1985 and is the most important example of its kind in the whole island.

Dates back to	1st Century B.C.
Excavations	Around 1960
How to reach it	Take the S.S. 131 "Carlo Felice" from Sassari towards Porto Torres. Follow the indications for the industrial port.
Can be reached by bus	YES
Can be reached by car	YES
Parking	YES
Refreshment place	YES
Managed by	Porto Torres Town Council
Entrance ticket with guided tour	€ 2.50 - students and groups € 1. 50
Opening times	09.00 – 13.00 – 15.00- 19.00
Museum visit	Antiquarium Turritano € 2 (also includes entrance for archaeological zone)
Guided tour	Cooperativa L'IBIS tel. 3495757197
Nearest restaurant	Li Lioni Restaurant tel. 079502286 - typical Sardinian cuisine
Belongs to town of	Porto Torres

### ***It is said that...***

The name "Palace of Re Barbaro" derives from a legend stating that the palace of the Emperor Diocletian – who was responsible for persecuting Christians in 304-305 B.C. and the martyrdom of St. Gavin, the Protomartyr and Gianuarius - was in this area.

## Roman Caves (Santa Teresa) → *the export of granite*

The Romans needed large quantities of granite to build and decorate their capital and here at the Capo Testa peninsula they found really excellent material.

The zone still has an extraordinary quantity of evidence of the extraction and working of granite: in many caves near the sea the remains of numerous columns are still to be seen. Granite extraction and export activities were begun by the Romans in around the 2<sup>nd</sup> Century A.D.; they also picked out this area as the place that was strategically the most suitable to control the straits of Bonifacio and therefore the traffic between the western province of the Empire and Italy. The sea, particularly stormy in these parts, still bears witness to this traffic. Many wrecks of Roman ships are still on the bottom, proving that the greatness of the Empire often had to surrender to the forces of nature.

Dates back to	2nd Century A.D.
How to reach it	They are at Capicciolu, Li Petri Taddati and Cala spinosa. Cross the Capo Testa isthmus and drive along the Baia di Santa Reparata.
Can be reached by bus	YES
Can be reached by car	YES
Parking	YES
Refreshment place	NO
Managed by	Santa Teresa Gallura Town Council
Entrance ticket	Free entrance
Guided tour	Santa Teresa Gallura Town Council tel. 0789 740914. Santa Teresa Town Council organises Archeo weeks that are held during the month of April with a rich programme of seminars, conferences and guided tours with archaeologists.
Belongs to town of	Santa Teresa Gallura tel. 0789740914

## List of archaeological sites of north Sardinia

DENOMINAZIONE	COMUNE	TEL
Nuraghe Izzana	Aggius	079620339
Nuraghe complex sos Nurattolos	Alà dei sardi	079723005
Necropoli ipogeica di Santu Pedro	Alghero	079997800
Necropoli ipogeica di Anghelu raju	Alghero	079997800
Nuraghe and village of Palmavera	Alghero	079997800
Nuraghe S.Imbenia and roman village of Porto Conte	Alghero	079997800
Necropoli ipogeica di Sos Furrighenos	Anela	079799046
Circoli funerari di Li muri	Arzachena	0789849300
Tomba di giganti di Li Lolghi	Arzachena	0789849300
Tomba di giganti di Coddu Vecchiu	Arzachena	0789849300
Temple of Malchittu	Arzachena	0789849300
Nuraghe Albucciu	Arzachena	0789849300
Nuraghe Loelle	Buddusò	0797159000
Domus dell'Elefante	Catelsardo	079478400
Nuraghe Ruju	Chiaromonti	079569092
Tomba ipogeica di Campu Lontanu	Florinas	079438005
Nuraghe Oes	Giave	079869050
Sacred Well Milis	Golfo Aranci	078946915
Dolmen di Ladas	Luras	079645200
Dolmen di Sa Coveccada	Mores	0797079000
Nuraghe complex di Cabu Abbas	Olbia	078921701
Sacred Well Sa Testa	Olbia	078921701
Fortress of M.Baranta	Olmedo	0799019000
Necropoli ipogeica di S'adde Asile	Ossi	0793403000
Necropoli ipogeica di Mesu 'e Montes	Ossi	0793403000
Necropoli ipogeica di Noeddale	Ossi	0793403000
Nuraghe Burghidu	Ozieri	079781200
Sacred Well	Perfugas	079564015
Turris Libyssonis Ruins and Roman Bridge	Porto Torres	079500800
Necropoli di Su Crucifissu Mannu	Porto Torres	079500800
Monte d'Accoddi Prenuraghic Altar	Sassari	079279111
Nuraghe Maiori	Tempio	079679999
Nuraghe fronte Mola	Thiesi	079886012
Tomba ipogeica painted from Mandra Antine	Thiesi	079886012
Nuraghe Santu Antine	Torralba	079847010
Necropoli di Puttu Codinu	Villanova Monteleone	079960044

Source: Carlo Delfino Editore

# HISTORY

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## Historical towns: Sassari

Sassari is the second-largest city in Sardinia in terms of dimensions and the number of inhabitants (circa 120.000) and it is the main city of the province. The historical centre is characterised by cobblestone streets, arches, underpasses and small piazzas which are dominated by splendid old buildings. The old part of the town was protected by the surrounding wall, started in the 13th century by the Pisans, continued by the Genoese and modified by the Aragonese. The wall was about 2 km long with 36 defensive towers. At each of the four city gates there was a chapel, where the peasants would pray in the morning before going to the fields and in the evening on their return. Of these chapels, all of which are from the Aragonese period, one that can be visited today is Nostra Signora di Loreto in Corso Trinità.

The Aragonese Castle was built in 1330, after the building of the wall; it was later demolished in 1877 so that the Lamarmora barracks could be built.

Sassari maintained the typical aspect of medieval city until halfway through the 1800s, when the process of urban expansion forced it to renounce the defensive wall, of which much evidence remains to this day.

Amongst the various monuments that can be visited one may note:

- The Cathedral of **San Nicola**, 12<sup>th</sup> century;
- Church of the **Trinità** (1640);
- The church and cloister of **Santa Maria di Betlem**, 13<sup>th</sup> century;
- **Corso Vittorio Emanuele II**, the main street of the historical town, with many shops and elegant old buildings;
- the graceful **fontana di Rosello**, built by Genoese artists in 1606;
- **Piazza d'Italia**, built in 1872, it occupies a surface area of 1 hectare and is surrounded by several old buildings in the Liberty style. It is overlooked by Palazzo Giordano, in Neogothic style, and the beautiful **Palazzo della Provincia**, built in 1880 in the neoclassical style.
- the **Palazzo Ducale**, which is the seat of the Town Hall, the building of the **University of Sassari**, built between 1611 and 1651, the **palazzi of the umbertino period** (19<sup>th</sup> century).

## Historical towns: Olbia

Olbia, the second city in the province of Sassari in terms of inhabitants, is one of the most vivacious towns in Gallura from a social and economic point of view. Olbia is of ancient origins and its territory is rich in important archaeological sites from the Nuraghic and Prenuraghic periods. The Phoenicians, the Punics and the Romans immediately understood the importance of this harbour and gave life to rich commercial exchange with the whole of the Mediterranean.

After a period of decline due mainly to barbarian incursions, in the medieval period Olbia underwent a period of great prosperity and became the capital of the Judgedom of Gallura, taking the name of Civita. In the 1300's the Aragonese conquest of the island and the nightmare of pirate incursions pushed the populations of the coast of Gallura inland causing the depopulation of the town. Only in the 1800s, with a new lease of life in maritime and port activities did the city, called at the time Terranova Pausania, start to make a comeback.

1939 Olbia adopted its ancient name of Roman origins. Today she is famous as port of entrance for tourism in the North East, thanks above all to the well-known and nearby Costa Smeralda and to the presence of the port and the airport.

The most important street of the town is **Corso Umberto**, forever full of townspeople and tourists for the traditional evening stroll. By entering the alleyways of the historical centre one may reach the parish church of **San Paolo**, a simple but interesting example of Gallura architecture of the 1700's. In Piazza **Regina Elena** one may see the remains of cisterns connected to the aqueduct of the ancient Roman city, that led from the square down to an old port placed North of the main one. The most important and prestigious monument of the city is without doubt the church of San Simplicio, one of the most significant medieval monuments in the whole of Sardinia. Built with granite blocks at the end of the 11th century. Its beautiful external facade is a pleasing and harmonic mix of Pisan and Lombard influences.

## Historical towns: Alghero

For over 60 years thousands of tourists from all over the world have walked through the ancient squares and characteristic cobblestone streets of the historic centre of Alghero. The Catalan city is a veritable historic and environmental freak in North Sardinia. Founded by the Genoese in the 11th century, Alghero became a Catalan colony in 1354. Its inhabitants speak a Catalan dialects to this day and the streets of the historic centre are indicated with names in Italian and Catalan. The Aragonese-Spanish domination lasted until 1720. That Alghero is a Catalan city is evident not only for its language, its traditions, its customs, its food, but also for its very beautiful monuments in Gothic Catalan style with influences from Arab architecture. We will note some:

- the elegant bell towers and the Cathedral dedicated to **S.Maria** (16th century). The church is believed to have been an adoption of pre-existing arab mosque;
- the church and cloister of **San Francesco**, built in the 1400's;
- **Casa Doria**, residence of the old government;
- The beautiful **Palazzo d'Albis** in Piazza Civica, an example of Gothic architecture from the 16<sup>th</sup> century, with monofores and bifores;
- the **Chiesa di San Michele** (16th century) with its famous cupola covered with polychrome majolica tiles.

The imposing **watchtowers** and **bastions** built for the defence of the city, surround the historical centre, the so-called "città murata". The **Torre di Porta Terra**, built in the 15th century by Jewish builders is one of the many towers that emerge in the town, it is accompanied by that of **San Giacomo** and **Sulis** on the **Lungomare Colombo** and the towers of **Polveriera** and of **Magdalena**, built on the opposite side of the historical town, towards the port.

### Curiosity: when Charles V stayed in the city

The **d'Albis** building was the residence of the governor of the city and temporary headquarters of the Viceroy of the island. The building, property of the d'Albis family, hosted the emperor Charles V in 1541, while he was travelling on an expedition to Algeri. It is said that the emperor, on looking out one of the windows of the building, defined the city " Bonita por mi fè, y bien asentada": this phrase, difficult to translate, means more or less "graceful, pretty, and in an excellent position".

## Historical towns: Arzachena

Arzachena is a characteristic town of Gallura entirely built on the side of a hill. It started to develop in the 1700's around the small country church of Santa Maria di Arzagghena, that later became Santa Maria Maggiore, an initiative taken by the Piedmonts government. The aim of the King was repopulate Gallura, and the government of the local population until then hostile towards the occupying troops. After the construction of the new parish church of Santa Maria della Neve in 1776, the village developed rapidly. In 1920 the name was changed from Arzagghena to Arzachena. However, the definitive success of the city came about only in the period after 1962, the year in which a group of operators under the guidance of Aga Khan Karim started to reevaluate with tourism the territory which quickly became famous worldwide as "Costa Smeralda".

Amongst the various monuments of the town we may note the large and famous granite rock called **Monti Incappidatu**, in the unusual form of a mushroom, that is almost considered the symbol of Arzachena and was known even to the ancient Romans who called it Turbulus Maior or "the big mushroom". The rock was probably also used as a shelter by the population in the prenuraghic period, it was a safe place since from the height of the hill the whole of the underlying area could be dominated.

The historical centre of Arzachena extends around **Piazza Risorgimento** with its 17th century parish church **Santa Maria della Neve**. Within the church there is a precious wooden altar dating to the 17th-century and a woodcarving that portrays the Virgin breast-feeding the Child; the characteristic bell tower made with granite blocks, that dominates the square, dates to a later period. In the upper part of the village one may find the small church of **Santa Lucia**: built in the 18th century, it is a church with three naves, surrounded by a bastion, with a splendid small square from which the whole of the surrounding countryside can be seen.

## Historical towns: Castelsardo

the history of the small medieval town of Castelsardo has origins that are distant in time. The territory in which it is situated is rich in Nuraghe and Domus de Janas, amongst which that in a rock in the form of an elephant. Castelsardo, with its 5000 inhabitants, is situated on a large rock outcrop in the sea in the Gulf of Asinara. It was founded by the Doria family in 1102 with the name of Castel Genovese. In 1438 it was conquered by the Aragonese who partially dismantled the fortifications and changed the name to Castel Aragonese. Only in 1769, when it passed to the Savoy family, was the town called Castelsardo.

The medieval historical centre of Castelsardo is composed of narrow alleyways on the northern slope of a large outcrop that seems to hang over the sea. To reach the historical centre you must leave your car and walk up along small side streets, underpasses and steep stairwells. Along this suggestive walk, you may visit the cathedral of **S. Antonio Abate**, from the 17th-century, built on a sheer drop down to the sea; its bell tower has a cupola decorated with majolica tiles.

In the higher part of the historical centre one may find the beautiful church of **Santa Maria**, built in the medieval period and later modified. At the peak of the rock there is the characteristic **medieval castle**, that hosts the **Museum of Mediterranean Weaving**, in which the famous wickerwork baskets of the local craftsmen are on display.

## Historical towns: La Maddalena

La Maddalena is a small fishermen's village and since 1770 it has been the only settlement on the archipelago of the same name. Today there are 12 thousand inhabitants. The fame of this small "town" is due to the beauty of its environment and also to its historical importance underlined and protected by two museums of great note: the Compendio Garibaldino museum (Caprera) and the archaeological museum "Nino Lamboglia".

One must visit **Piazza Garibaldi**, called the *red square* for the colour of its pavement, and the parish church of **Santa Maria Maddalena**, from which both the town and the island get their names.

The principal attraction is constituted however by the magnificent vision of the whole of the town, with its houses, port, the solitary hills around the town and the fort of **Guardia Vecchia** that dominates this splendid stretch of sea. All this is immersed in the splendid context of the archipelago of Maddalena.

### **Curiosity: the history of an Archipelago**

After the occupation of the Piedmonts two distinct communities continued to live on the island of La Maddalena: that of the shepherds from Corsica on the highlands of "Collo Piano" and that of the sailors and fishermen at the marina of "Cala Gavetta". There was much discussion about the definitive choice of where to locate the town.

In the end the fishermen won and the first houses were built around the coast at Cala Gavetta. The community of shepherds quickly began to visit the new town and finally the modern town of La Maddalena was born from the fusion of the two communities.

## Historical towns: Ozieri

Ozieri, with its almost 12 thousand inhabitants, is the most important towns in "Logudoro", a territory rich in Prenuraghic and Nuraghic settlements. Pottery dating to the late Neolithic has been found in the cave of San Michele in the outskirts of the town: this material gives its name to a specific period of Sardinian prehistory, known as the culture of San Michele, or of Ozieri (3500-2700 BC). Domus de Janas, Nuraghe and Giants' tombs, as well as remains from the Roman period constitute the immense and precious historical heritage of this area.

In the medieval period, Ozieri known as "Othigeri", was a small village belonging first to the Judgedom of Torres, and then to that of Arborea. After the definitive conquest of Sardinia by the Catalan-Aragonese (1420), the destiny of the village was linked to that of the Oliva lordship until the middle of the 1800's.

The province of Ozieri was constituted in 1807, later to be suppressed in 1859, while in 1836 King Carlo Alberto raised Ozieri to the classification of "city".

In the centre one may admire the splendid old buildings from the Gothic Aragonese period and others in neoclassical style. Amongst the monuments of most interest we will note the 18th-century Cathedral **dell'Immacolata**, that houses the retable of the Madonna di Loreto (16th c.); the Church of **S. Lucia** and its crucifix in Gothic style from the 15th century; **the cloister of S. Francesco** (16th c.); and the 18th century **Fontana Grixoni**, the symbol of the city. The paved and cobblestone streets, and the noble buildings from the Spanish period and from the 19th century in neoclassical style, are also very characteristic.

Nearby Ozieri is the basilica of **Sant'Antioco di Bisarcio**, one of the most important Romanesque churches in Sardinia, built in the 11th-12 centuries on a rock outcrop between Ozieri and Ploaghe, which today has an incomplete facade with very decisive architectural lines.

Ozieri is today famous as being the home town of the 'guitar song' and improvised poetry in the Sardinian language.

## Historical Towns: Porto Torres

Porto Torres is located on a limestone headland in the centre of the Gulf of Asinara. It was founded by the Carthaginians and during the Roman period it was one of the most important commercial towns of the Mediterranean: an importance it maintains today with the industrial and civil port that has recently been renovated and widened. To testify to the glorious past of Turrus Libyssonis, as it was called by the Romans, we have the remains of the Palazzo di Re Barbaro, a Roman bridge characterised by seven unequal arches, and numerous baths including that of Diocletian. All the finds from the Roman period are conserved and on display at the Antiquarium Turritano that is located within the archaeological area of the Palazzo di Re Barbaro.

A splendid Aragonese watchtower testifies to the Spanish domination. One of the most visited of Porto Torres' monuments is without doubt the beautiful **Basilica di San Gavino**, the largest and most majestic Romanesque monument in Sardinia, the unusual feature of which is the absence of a facade and the fact that it is surrounded by the small houses of the so-called "Atri Comita". It was realised in the archaic Pisan Romanesque style around 1060 by Pisan stonemasons employed by Comita, who at the time was the King-Judge of Logudoro. Relics of the three martyrs, Saints Gavino, Proto and Gianuario are conserved in the crypt in sarcophagi from the third and fourth centuries. These saints were put to death by the Emperor Diocletian.

### ***Curiosity: the search for the missing saints***

According to tradition, the three martyrs saints, Gavino, Proto and Gianuario were decapitated on a rock at Balai in the third century AD by order of the emperor Diocletian. Their bodies were recovered thanks to a large scale excavation ordered in 1614 by the Archbishop of Sassari, Gavino Manca de Cedrellesche, the remains were then placed in three sarcophagi within the crypt of the basilica of San Gavino.

## Historical Towns: Tempio Pausania

Tempio is situated on the slopes of Mount Limbara in a natural environment that is suggestive and unusual: for centuries it has conserved the most ancient and authentic spirit of the society and history of Gallura. For this reason it may be considered the 'historic capital' of Gallura. It was settled in the Nuragic period, and also in the Roman period with the name Gemmellae. The events linked to Olbia and the depopulation of the coast contributed to its great expansion from the 13<sup>th</sup> c. to the last century. Tempio owes its fame in the world to the production of cork, that has been cultivated, extracted and worked for a great variety of purposes for centuries. Situated on a haut plateau rich in vineyards and cork groves, Tempio has an original and well-conserved historical centre with churches, houses and historic buildings constructed in characteristic grey granite.

Amongst its most important monuments we will note the cathedral of **San Pietro**, that forms an interesting complex of parish buildings dating to the 1700's, of which the church of **Santa Croce** with its characteristic bell tower and the **Oratorio del Rosario**, that overlooks the irregular square of S. Pietro, are also a part. **Piazza Gallura**, where the Town Hall is, is the most important square of the town. **Corso Matteotti** is the place for the traditional evening stroll.

## Churches and monuments: San Nicola Cathedral

San Nicola Cathedral in Sassari presents a very peculiar variety of styles from different ages, a true synthesis of local historical events. Of the original romanesque structure dating back to XIII century only the belfry is still standing. The gothic-catalan-aragonese style of XV-XVI century is the most outstanding feature in the whole cathedral, while the façade, built at the beginning of XVIII century in the Spanish colonial baroque style is adorned with statues, decorations, columns and carved figures in an unusual play of wall blocks.

The façade has a porched part while in the upper one three niches with the statues of the Saint Turritane Martyrs can be seen. In the middle of the three medallions the Madonna del Bosco holding the Baby is carved and on both sides the images of Saint Antioco and Saint Gavino are painted. Farther up a shell-shaped niche houses Saint Nicholas's statue and finally at the top the Eternal in a blessing attitude.

The sides too are lavishly decorated: busts, acanthus leaves, entwining vines, various decorations and two rectangular windows surmounted by large medallions with the Torres and Sassari emblems.

Inside the nave is flanked by eight chapels while behind the altar the wooden choir, a valuable work by local carvers of early seventeenth century, is located. In the sacristy the "Treasure of the Cathedral", including church ornaments and vestments, silverware and paintings, is cherished.

## The Fountain of Rosello in Sassari

The fountain of Rosello is considered the symbol of the town. Since 1295 has been one of the main water reserve and meeting place for women who went there to do the washing. Some elderly people nostalgically still recalls the story.

The fountain of Rosello is visited yearly by thousand tourists: it has been recently restored and is located in a valley near the historical centre, just below the S.S. Trinità Church. It was built in 1605 by artists from Genoa in a late renaissance style with 12 lions' jaws from which water flows. It is made up of two white and black marble parallelepipeds surmounted by two crossing arches, at the top of which San Gavino's equestrian statue is placed. On both sides four more statues symbolise the seasons and towers, a symbol of the town.

## Churches and monuments: Saccargia Cathedral

It is the most famous Romanesque church in Sardinia. It is located at about 16 km from Sassari, in the municipality of Codrongianus; it is built in dark basalt blocks alternated to blocks of white limestone. The façade presents two orders of arches with stone and ceramic decorations while the belfry, 40 metres high, beautifully adds to a well-balanced architectural complex.

The church was built in 1116 on the ruins of a small monastery of Camaldolese monks. The story of the origin of the Saccargia Cathedral is an exciting one. It was thanks to Costantino I from Torres and his wife Marcusa from Gunale, governors of the Giudicato of Logudoro, that the church was built; they also gave the funds for enlarging the monastery to thank the Virgin Mary for blessing them with a healthy and strong son's birth. The two governors, eager to please the Virgin Mary, entrusted the brave artists from Pisa with the cathedral's construction and gave the monks the financial support for enlarging the monastery. The church became one of the most famous Camaldolese monks' abbeys until the beginning of XV century; later on it was entrusted to a commendatory abbot. Starting from 1957 the church is under Codrongianus parish's custody. Many a couple of youth have been celebrating their wedding in this beautiful cathedral.

### **Curiosity: from a cow's prayers.....**

About the origin of the name Saccargia several legends have been handed down. The strangest one concerns a white and black cow that every day moved from its pasture to offer its milk to the monks of a monastery, kneeling as if in prayer. The church was built right on the spot where the cow used to pray. Whence the expression "sa acca argia" meaning "the spot-coated" cow. That's probably why a cow's figure is carved in the capitals of the upper gallery!

## Churches and monuments: The Castle Of Burgos

Among the many castles that Pisani, Genovesi, Doria, Malaspina and Giudici built in Sardinia to protect their dominions, the one of Goceano, now called Castle of Burgos from the name of a small village rising at its foot, is the richest in history and memories. Many ancient legends still surround this castle. It was built by Gonario the Saint, a judge in Torres from 1127 to 1129, and it rises on a completely isolated granite rock hardly accessible due to the nature of the site. It was originally surrounded by three rows of walls remnants of which are still to be seen. From the main entrance you gain access to an inner oval courtyard around which living units were located. In the courtyard some wells for collecting rain-water can be seen. In the middle a solid square tower over 10 metres high rises: it was built with bricks only and it was completely covered with carved granite slabs. From its top the Tirso valley can be seen. The castle is now in very good conditions following recent refurbishing both of the external walls and the interior. Run by Sa Reggia cooperative the castle can be visited along with the museum of the Castle of Burgos.

We strongly recommend visiting the nearby Burgos Forest, rich in holm-oaks, bay-oaks and various animal species.

### **Curiosity: The ghost of the castle**

According to the legend in 1194 when terrible Judge of Cagliari Guglielmo from Massa and Judge Costantino from Torres became fierce enemies, this last thought of protecting his wife Purisenda locking her in the tower of the inaccessible castle of Burgos. But evil Guglielmo managed to conquer the castle slaying the few warriors defending it and making beautiful Purisenda his prisoner. When Guglielmo died, demons horrified for the bloody slaughtering, didn't want to accept him in their kingdom. Therefore Guglielmo's restless spirit wanders through the woods on those mountains during the day while at night among the ruins of the castle.....

## Museum

### Archaeological and Ethnographic Museum “G.A.Sanna” - Sassari

Institution in charge *Ministero Beni Culturali e Ambientali e Soprintendenza Archeologica per le province di Sassari e Nuoro*  
Via Roma, 64 - 07100 Sassari  
Tel. 079272203 - 07272505 Fax n. 079232666  
Web site [www.museosanna.org](http://www.museosanna.org)

For over 125 years Sanna Museum has been exhibiting, taking care of and telling the age-old history of Northern Sardinia. The exhibition is arranged in three sections. The first one concerns the territory's rich archaeological finds, the second one, the ethnographic section, tells about Sardinia's customs and traditions; the third one is a beautiful picture-gallery where the valuable paintings by artists from Sardinia as well as from Italian and foreign schools are exhibited.

The seven rooms of the archaeological section lead visitors into a virtual journey of over 500.00 of history unveiling the mysteries of the nuraghic civilization, telling about the history of the peoples that landed in the island and explaining the complex events of the Romans' ruling.

Replicas of some of the monuments in the vast Sardinian archaeological heritage are exhibited in the museum, among which, the pre-nuraghic altar of Monte d'Accoddi, the only ziqqurat of the Mediterranean area whose history is still under study.

### State Turritano Antiquarium - Porto Torres

Institution in charge *Ministero Beni Culturali e Ambientali e Soprintendenza Archeologica per le province di Sassari e Nuoro*  
Via Ponte Romano – Porto Torres  
☎ 079 514433

The Antiquarium is housed within the archaeological site of King Barbaro where archaeological finds coming from the excavations of the Roman town of Turris Libisonis, today's Porto Torres are on show.

Excavations made recently have enriched the Antiquarium with new finds, among which the altar devoted to the Egyptian deity Bubastis, which proves the frequent exchanges between the Roman town of Turris and distant Eastern countries.

Also mosaics and plasters from the nearby Thermae (thermal baths) along with other finds which tell about the powerful Roman Empire's religion, social habits, trade, toils and rest.

### National Museum of Compendio Garibaldino - La Maddalena

Institution in charge *Ministry of Cultural and Environmental*  
Isola di Caprera – 07024 La Maddalena (SS)  
☎ 0789 727162

It was the place where Giuseppe Garibaldi last lived and that collected his last deeds. Today it has become one of the most visited museums in Italy. Giuseppe Garibaldi's home has become Italy's heritage since 1978. It has been refurbished and cherished to preserve the Two World Hero's deep feelings after the Roman Republic's defeat, his beloved wife Anita's death, his sons' desertion. Garibaldi died here on 2 June 1882. Furnishings and accessories have been perfectly preserved: his bed still looks at Corsica and the clock in his room is stopped at 10.20, the time of his death.

From the white house you can go to the hero's tombstone and to the small family cemetery. The boat the Sardinian Navy gave Garibaldi in 1860 and another one given to his son Manlio in 1881 are kept in the shed.

### Wine Museum - Berchidda

Institution in charge *"La Memoria Storica" Cooperative*  
Tel. 079 299131

The wine museum is a unique structure in Italy for its modern architecture and function. Its terraces overlook the village and the mountains, the learners' vineyard including the most famous island vines, from Cannonau to Malvasia but also less popular one such as Torbato and Cagnulari.

Inside there is a large room used for contemporary exhibitions of ethnographic finds about the practical and social aspects of wine culture.

In the museum pictures, cassettes, documents, computer's connections with study centres all over the world are available. Besides the museum, the visit includes the cellar where all the island's wines are exhibited. Here too the approach is a new and original one with a sort of interactive sommelier guiding wine-lovers to discover single productions. The visit of this museum ends always with the sampling of high-quality local wines.

### **Museum of the Mediterranean weaving - Castelsardo**

Institution in charge Municipality of Castelsardo  
c/o Castle of Doria, Via Marconi – Castelsardo (SS)  
Tel/fax 079471380  
"Il Cigno" Cooperative e-mail [cignocoop@tiscalinet.it](mailto:cignocoop@tiscalinet.it)

The Museum of Weaving is housed in the picturesque castle built by the Dorias at the beginning of XII century. It is a research centre of vegetable fibres woven handicraft in the Mediterranean area studying the weaving techniques and field of application. Mainly Sardinian handicraft is exhibited here.

### **Archaeological and Paleobotanic Museum - Perfugas**

Institution in charge Municipality of Perfugas  
Via Nazario Sauro, Perfugas  
Tel. 079 787638 – 079 564241 Fax n. 079564299

The museum was founded to stress the importance of some findings regarding the Anglona area: the industries of the Lower Palaeolithic Period and the petrified forests- In the paleobotanic section vegetable fossils ( extinct conifers) of the petrified forest of Anglona, dating back to the end of the Holocene Period and the Middle Miocene, are shown. The Museum also houses the most ancient finds regarding the presence of man in Sardinia. In the section devoted to the Neolithic and Aeneolithic periods the beautiful statue of a mother with baby dating back to over 6,000 years ago can be admired.

### **Archaeological Museum - Viddalba**

Institution in charge Municipality of Viddalba  
Via G.M. Angioy, Viddalba  
Tel 079580514 079 564241

The museum was founded to protect and exhibit the many finds from excavations of the large Roman necropolis of San Leonardo. A large archaeological heritage including important grave steles which are shown in the central section of the museum. In the show-cases materials from other sites of different historical periods are also shown (pre-historic and nuraghic periods, Roman republic and imperial age). A large collection of coins is also on show.

### **Museum of the Nuraghes Valley of Lgudoro-Meilogu - Torralba**

Institution in charge Municipality of Torralba  
Via Carlo Felice, 07048 Torralba (SS)  
☎ 079 847298 Fax 079 847296  
Institution in charge of the archaeological sight Santu Antine: Cooperativa "La Pintadera" ☎ 079 847145

The Ethnographic and Archaeological Museum houses the finds from the various nuraghic sites scattered in the Torralba area, the so-called Nuraghes Valley. Inside the museum a relief model reproducing the spectacular Reggia Nuraghica (Nuraghic Royal Palace) of Santu Antine.

In the various rooms of the museum teaching panels and pictures explain the territory's history. The garden-epigraphic museum deserves a visit as epigraphic miliaries (III-IV century) from the Torralba area are shown. They date back to Roman times , the most important of them being the primary road map connecting the three main ports of the island: Ulbia (Olbia), Turrìs Libissonis (Porto Torres) and Karales (Cagliari).

### **Archaeological Museum - Bonorva**

Institution in charge Municipality of Bonorva  
P.zza S. Antonio, Bonorva  
Municipality of Bonorva Tel 079 867894

Costaval Cooperative      Tel 3485642611

The museum is housed in a room of a former convent near S. Antonio church.

The visit to the museum will take you through four rooms on a backwards virtual tour of the territory.

Starting from medieval times with historical Bonorva, passing through medieval valley settlements and the rocky church of S. Andrea Priu on to the Roman period, whose milliaris show the territory's strategic importance and the road system. Particularly attractive is the nuraghic room where the main elements of sacred and funeral architecture are shown. The itinerary ends with the Neolithic Period illustrating the "Domus" and burial rituals, the architectural features and decorations carved within the Neo-Aeneolithic hypogeums.

### **Archaeological Museum - Ozieri**

Institution in charge      Municipality of Ozieri  
P.zza S. Francesco, 07014 Ozieri  
Tel. 079 787638      Fax n. 079 786207

The museum whose seat is in the convent of Minori Osservanti houses the archaeological finds from the Ozieri area. History from the Neolithic Period up to medieval times is narrated by the many finds shown in the six rooms. The finds from San Michele di Ozieri's Cave (whence the famous Late-Neolithic culture draws its name) are particularly interesting.

Two rooms house an important collection of coins with Greek, Cathaginian, Roman, Vandal, Byzantine, Genoan, Aragonese and Sardinia-coined Spanish and finally Savoyan coins.

### **Archaeological-Ethnographic Museum - Ittireddu**

Institution in charge      Municipality of Ittireddu  
via San Giacomo, 3 Ittireddu  
☎ 079 767623

The museum that was founded following the global archaeological census of the municipality, is made up of an archaeological and an ethnographic section. In the archaeological section neolithic-aeneolithic materials as well as finds from nuraghic settlements, among which the hearth and two stone tables from the room of the central tower of Nuraghe Funtana, are exhibited. A vase with lid containing over 19 kilos of copper bars is of particular interest. Also important finds from Roman and medieval ages can be seen in the museum. The ethnographic section regards the local traditional culture's aspects: agriculture, sheep-rearing, milk production, weaving techniques, bread-making, sweet and cake preparation, spinning, clothing.

### **Sella & Mosca Museum - Alghero**

Institution in charge      Sella & Mosca  
loc. I Piani di Sotgiu, tenuta "Sella e Mosca"  
☎ 079 997700      Enoteca ☎ 079 997719      Fax 079 951279

After visiting the beautiful estates and cellars, Sella & Mosca guides will take you on a visit to the company's small museum which is divided into two sections: the first one answers all questions about the largest pre-historic necropolis in Sardinia, called Anghelu Ruju and located a short distance from the wine industry. The second section, enriched with Vittorio Sella's old photos, is devoted to the age-old company's story.

### **"Il Ricordo della memoria" Tunny-fishing - Stintino**

Institution in charge      Municipality of Stintino  
☎ 079 523053

In this very peculiar museum visitors follow the tuna-fish's itinerary. In the various rooms economical, human and psychological aspects connected with tunny-fishing are described. Boat replicas, religious items used for securing good fishing and many other tools are shown. The itinerary ends at the "death room" where the tuna-fish's "mattanza" (killing) is described.

### **"Nino Lamboglia" Naval Archaeological Museum - La Maddalena**

Institution in charge      Municipality of La Maddalena

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Loc. Mongiardino, 07024 La Maddalena  
☎ 0789 736423 ☎ 0789 790660

A unique example of this kind, this museum is devoted to the famous Roman ship which sank in the archipelago in 120 b.C. The ship was carrying hundreds of wine amphoras and table vases produced in Campania, whose export largely supported Italy's economic system in II and I centuries b.C. The finds from the ship provide interesting information about the Roman ship transport system. The main item in the museum is the replica of the Spargi ship with 202 amphoras showing the stowage system.

## Folk events and religious feasts

### The Sardinian horse-ride (Sassari)

It is 100 years old but it doesn't look that age. The traditional Sardinian horse-ride has been taking place on the last day but one in May for over one century making Sassari livelier with colours, sounds and dances.

The first official Sardinian horse-ride was celebrated on 20 April 1899 to pay homage to Umberto I and Margherita di Savoia who went to Sassari to inaugurate the monument to Vittorio Emanuele II in Italia Square.

The day ended up with a spectacular costume horse-ride during which over 3,000 people from the whole province and 600 horses paraded along the streets. Two other editions, the first in 1929 and the second one in 1939 were held to celebrate the King and the Queen of Italy.

In 1951 the horse-ride took place for the XV National Rotary Club Convention and for the first time knights and figurants in ancient costumes from the Nuoro province paraded too. The event was so successful that since then people from all over the island look forward to it. Since then every year hundred people clad in traditional costumes and wearing precious filigree and coral jewels come together parading in a party-like atmosphere.

Nowadays this important folk event attracts flocks of tourists and visitors eager to see the figurants parade along the streets, to dance and to stroll about the stalls selling typical products. When the parade is over the feast continues in the town squares: folk groups perform traditional dances and Sardinian bards challenge each other in poem competitions.

## Cap d'any in Alghero

On the night before New Year's Day Alghero becomes a large open-air theatre where music, dance, mime and puppets shows, magic and colours from various parts of the world are brought together. The streets and squares of the ancient Catalan historical centre become a beautiful stage for the Alghero New Year's Day.

Cap d'Any is a feast for everybody, for kids and grown-ups as well, where theatre, music, mime and magic mingle together. It starts before Christmas and ends on 6 January, the Twelfth Night.

Cheerful crowds of buskers, tourists and visitors swarm along the streets in the town centre to say goodbye to the old year and welcome the new one. The climax of the feast is when the clock strikes midnight: the new year is greeted among spectacular fireworks enkindling the town and its harbour with glittering colours.

## Easter festival (Alghero and Castelsardo)

The “Holy Week” celebrations keep to age-old traditions in all Sardinia. But in Alghero and Castelsardo it is a real show enthralling both believers and laymen of all nationalities.

In Alghero celebrations start with the Procession of Mysteries on Tuesday before Easter. The street-lamps in the historical centre are covered with red drapes which fill the atmosphere with strong emotions.

On Thursday before Easter a solemn procession is celebrated along the streets in the historical centre: a beautifully carved wooden crucifix with set precious rubies feigning blood is the main element in the procession. The crucifix is accompanied by the “Arciconfraternita”, an organization responsible for the sacred ritual of our Lord’s Passion, which has been operating since XVI century at least and by 32 street-lamps enlightening seven statues representing the Mysteries. The following day the ritual of Christ’s deposition from the cross is celebrated (in Catalan “descravament”). The emotion-laden ritual and in particular the sacred drama of “descravament” reveals the culture of the country of origin: Catalonia. A long procession of believers and veiled women follow the grieving Mother’s statue dressed in black: the Holy Virgin is in search of her dead son and stops a few minutes in the town churches. At sunset the procession gets to the Cathedral where the ceremony in which Jesus Christ is taken off the cross by four varons (barons) clad in oriental clothes and laid in the “bressol”, a beautiful Baroque coffin decorated with pure gold. In this coffin, covered with a light-weight veil, Jesus Christ is carried along the streets of Alghero resounding with the tenores’ ancient songs which are strictly sung in catalan, a high-sounding and archaic language in which prayers are whispered, vows are taken, hymns are sung.

On Saturday before Easter it is customary to make “ius cucarrois”, bran bread artistic wreaths decorated with eggs, which are traditional gifts for friends.

In **Castelsardo** too the pathos and taste for theatricality during the Holy Week reveal a strong Spanish influence, even if the festival is thought to go back to medieval times, as polyphonic songs seem to confirm.

The most important ritual is celebrated on “Lu Lunissanti”, that is, on Monday before Easter. It is a sort of miracle play that last all day long. On Monday at dawn a Mass is celebrated in the rural cathedral of Santa Maria di Tergu, a Romanesque church which was founded by the Benedictine monks of Montecassino at the end of XI century. A long procession parades along the streets

towards the Castle rampart and then goes back to the church. At noon the believers have lunch in the fields around the cathedral in a party-like atmosphere.

In the afternoon everybody goes back to Castelsardo: at sunset a procession moves from the lowest part of the village through the beautiful town centre. The streets are enlightened with oil-lamps: the twilight, the brothers’ clothes and the polyphonic songs make up a very charming sight.

Santa Croce Brotherhood, which organizes the procession, is made up of two different groups: the Apostuli (Apostles) and the Cantori (singers). The twelve apostles wear hoods over their heads and a white tunic tied at the waist with a string, while the twelve singers sing in three different choirs accompanying the procession.

## The carnival at Tempio

Floats, masks, sounds and colours make the traditional Carnival at Tempio lively. It is the children's festivals and it has always been one of the biggest entertainments for adults too. Dances, parties and real banquets enliven the streets of the town centre. The Carnival of Tempio is one of the most long-awaited festivals in northern Sardinia but thousand tourists too have been increasingly attracted by it.

The most exciting moment is the masks' parade which ends with Ghiloghiu Puntolghiu's (King Giorgio Pungolo) trial and conviction, a character responsible for all year's mischief. King Giorgio Pungolo is represented by a puppet having a head filled with gun powder who is publicly tried and eventually sent to the stake. One of the traditional characters in the parade is buxom Mennena, a courtesan and the king's wife who parades together with her husband but who hopefully doesn't share his lot!

### **Curiosity: The carnival's roots**

The Carnival at Tempio has ancient origins. The figure of King Giorgio itself, for instance, dates back to the pre-roman times and comes from "Giorgi", the earth's fruit-bearing spirit. Sacrifices were offered to this god in order to make the earth fertile.

### **Other important carnivals**

At **Bulzi** the Carnival is celebrated on Saturday following Shrove Tuesday and meals are offered to people. At **Pattada** the Carnival is celebrated on last Sunday.

In many other sites folk festivals linked to Carnival are held with masks' parades, floats, food and wine tasting, in particular beans with lard, pancakes and wines. There are plenty of sites to choose from: **Alghero, Badesi, Bono, Buddusò, Laerru, Martis, Monti, Osilo, Olbia, porto Torres, Santa Teresa di Gallura, sassari, Sorso, Stintino, Viddalba, Valledoria.**

In towns and villages such as **Arzachena, Bonorva, Chiaramonti, Ozieri, La Maddalena, Palau, Villanova Monteleone**, typical dishes of the area and traditional sweets are offered to visitors making the festival pleasanter.

**In these towns too the children are the masters of the scene with their fancy-dresses and parades along the town streets.**

## OTHER FOLK EVENTS AND FESTIVALS FROM SEPTEMBER TO JUNE

when	where	what
<b>September</b>	In all northern Sardinia	Celebrations are held for the Saint Patron's festival and other country feasts
	Banari, Bonnannaro, Bonorva, Luogosanto, Nule, Stintino, Tempio, Tergu, Thiesi, Tula, Usini and Villanova Monteleone	Celebrations for the Holy Virgin's nativity
	Illorai and Oschiri	Celebrations for San Nicola
	Chiararamonti	Celebrations for San Matteo
	Anela, Bultei, Nuchis, Giave	Celebrations for the Saints iCosma e Damiano
	Alghero e Banari	Celebrations er San Michele Arcangelo
	Ozieri	<b>Festival of sospiri</b> , typical sweets from Ozieri with almonds and orange water
	Monti	<b>Festival of grapes and wine</b>
<b>October</b>	Tempio Pausania	<b>Festival of grapes and wine</b>
	In whole North-Sardinia	Celebrations for the Saint Patron's festival and other country feasts
	Aglientu, alà dei sardi, Bonorva, Cossioinee e Florinas	Celebrations for San Francesco
	Santa Teresa Gallura	Celebrations for the saint patrons Vittorio, Teresa d'Avila e Isidoro
<b>November</b>	Illorai e Muros	Celebrations for San Gavino
	Burgos	Celebrations for San Leonardo
	Bessude	Celebrations for San Martino
	Bono, Cheremule and Luogosanto	Celebrations for Sant'Andrea
	Olbia	<b>New wines exhibition</b>
<b>December</b>	Olmeto	<b>Bread exhibition</b> with beautiful bread sculptures
	In all northern Sardinia	Celebrations for San Nicola and the Immacolata Concezione
	In all northern Sardinia	Traditional festivals linked to Christmas, such as at Olmedo crib made with bread statues, at Putifigari living crib
	Alghero	Celebrations for Santa Barbara
	Tempio	Celebrations for Santa Lucia
	Siligo	<b>Festival of sausages and of new wines</b>
	Buddusò	<b>Festival of the wild boar</b>
<b>January</b>	Chiesi	<b>Festival of sweets</b>
	In all northern Sardinia	Celebrations for New Year's Day in many villages and towns of northern Sardinia
	In all northern Sardinia	On Twelfth Night bards from inland villages recital a nursery-rhyme telling about the Three Magi's life events, followed by a good wishes hymn for the new year
	Bono, Bultei, Burgos, Monteleone Roccadoria, Pozzomaggiore and Torralba	Celebrations for Sant' Antonio
	Bultei, Bulzi and Torralba	Celebrations for San Sebastiano
	Aglientu	Celebrations for " <b>Santu Paulu di Lu Laldu</b> ", with typical products sampling
<b>February March</b>	Alghero	Exhibition " <b>Lo bogomari nella cucina di Alghero</b> ", devoted to the sea-urchin. The festival continues until February.
	In all northern Sardinia	<b>Carnival</b> . Celebrations in all northern Sardinia
	Tempio	<b>Exhibition of the typical products from Limbara</b>
	Aglientu	Celebrations for San Biagio
	Ittireddu	<b>Ash Wednesday</b> : kids with their face covered with soot catch th passers-by with a rope and ask for a gift in exchange for freedom
	Valledoria	<b>Festival of artichokes</b>
	Uri	<b>Festival of artichokes, oil and wine</b>
<b>April</b>	Romana e Valledoria	Celebrations for San Giuseppe
	Alghero, Castelsardo, Bultei, Nulvi, Osilo, Sassari and Tergu	<b>Holy Week's rituals</b>

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	Oschiri, Palau e Siligo	Celebrations for the day after Easter
	Alghero and Valledoria	Festival for the Madonna of Valverde
	Bonnannaro and Pozzomaggiore	Celebrations for San Giorgio
	Berchidda and Fertilia	Celebrations for san Marco
	Olbia	<b>Market fair of Gallura</b>
	Ozieri	<b>Market fair of livestock products and of foodstuffs</b>
	Torralba	<b>Bread exhibition</b>
<b>May</b>	In all northern Sardinia	Various celebrations for the Saint Patron and other country feasts
	In all northern Sardinia	<b>"Cantine aperte" (open cellars)</b> . All the main wine-producers' cooperatives of northern Sardinia offer tourists the opportunity to taste the best wines, visit the farms and learn about the techniques used for wine-making
	Olbia	Celebrations for San Simplicio with processions and ancient costumes parades, dances and traditional games, typical products sampling
	Porto Torres	<b>Festival of fish</b>
<b>June</b>	In all northern Sardinia	Various celebrations for the saint Patron and other country feasts
	Alà dei sardi, Bottida, Cargeghe, Cheremule, Florinas, Ittiri, Luogosanto, Mores, Nule, Palau, Ploaghe, Sorso, Santa Teresa Gallura and Trinità d'Agultu	Celebrations for Sant'Antonio from Padua
	Bono, Bonorva, Buddusò, Calangianus, Chiaramonti, Monti, Mores, Olbia, Sennori	Celebrations for San Giovanni Battista
	Borutta, Buddusò, bultei, Olbia, Ploaghe, Porto Torres	Celebrations for San Pietro
	Bonnannaro	<b>Festival of cherries</b>
	Olbia	<b>"The sea jewels"</b> , festival of mussels
	Olbia	<b>Festival of fried fish and seafood</b>
	Golfo Aranci	<b>Festival of fish</b>
	Porto Torres	<b>Roast fish sampling at the harbour</b>
	Santa Teresa Gallura	<b>"Sardegna in vetrina"</b> exhibition with typical products sampling and sale
	Sedini	<b>Festival of cherries</b>
	Stintino	<b>Festival of tuna-fish</b>

## Spiritual stay sites: le Cumbessias of Porto Torres and the Monastery of San Pietro of Sorres

Northern Sardinia offers charming sites also to tourists looking for a quiet restful stay for meditation and spirituality. You may find accommodation at the characteristic Cumbessias of San Gavino and Porto Torres, located near the so-called Atrio Comita. They are ancient shelters for pilgrims and houses for novices built in XII century and recently refurbished.

Those who want to see from very close the Benedictine monks' spirituality and visit at the same time one of the most charming places in Sardinia may go up the hill of Sorres, near Brutta: here the huge cathedral of San Pietro in Sorres stands, one of the most significant Romanesque national buildings. The hill on which the cathedral rises was probably chosen for its position overlooking the surrounding lands. The vastness of the ruins of the Bishop's palace suggests that the cathedral must have been a sort of cathedral-fortress.

The church was built in two phases, the first one being around the end of XI century and the second one between 1170 and 1190, but it was refurbished in 1895.

In 1950 the site was entrusted to the Benedictine monks coming from St. Giovanni Evangelista da Parma. After the cathedral was refurbished and the monastery built, on 7 September 1955 the benedictine monks' life started.

San Pietro di Sorres offers you the opportunity to live monks' life and spirituality for a while regulated by the famous rule "ora et labora" (pray and work). Prayers, silence, meditation and quietness are at hand for anyone who wants to escape from everyday hassle.

### **Curiosity: around the Mother**

Inside the cathedral a beautiful wooden statue portraying the Holy Virgin is cherished. Every evening this statue is at the centre of a very intense and emotional experience: before going to bed, all the monks and the convent's guests gather around the statue, as children around their mother, and thank the Holy Virgin for the fruits of the day. Those who have had this spiritual experience can hardly forget it.

# MATERIAL CULTURE

*Traditional arts and crafts, food and wines*

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## Coral work

The historical centre of the Catalan town of Alghero, as well as the mediaeval town Castelsardo, has many little shops that sell precious coral jewellery. Considered as “red gold”, coral has its own glamour to man since time began. Still before being discovered for its economic value, it was used for its magic power, for its therapeutic and apotropaic properties, and its natural beauty. There are many myths and legends in the stories of the peculiar origin of this extraordinary sea inhabitant. Is it a mineral? Is it a vegetable? The dilemma was solved in 1723 by a French doctor, Peyssonel, who succeeded in demonstrating that coral is an animal, more truthfully a colony of animals!

Today 27 species of coral are classified and are distributed in the three Oceans. However, Mediterranean coral, classified as “*corallium rubrum*” is considered the most precious amongst the craftsmen who call it “Sardinian coral”.

On the 24<sup>th</sup> June 1355, King Pietro IV of Aragon gave to the town of Alghero its seal picturing a branch of coral. Today, Alghero is considered the coral capital thanks to the craftsmen, who over the centuries have given life to jewellery and sculpture of great value. Rings, necklaces and earrings, small beauty objects such as perfume bottles, useful jewellery such as broaches and buttons that over the centuries have ornated the traditional customs of the Island. In the artistic production of Alghero and Castelsardo, of particular importance is the production of coral amulets with apotropaic properties. It was believed, and it is still believed, that coral has a lucky charm, protecting one from bad omens and has even curative properties. There are many that do not believe in these mystic-religious stories, however, one may wonder why is the coral horn is one of the most sold items today?

### **Curiosities: the myth of the birth of the coral**

Perseo, Zeus and Danae’s son washed into the sea the blood that gushed from the decapitated head of Medusa. The story says that the Gorgone’s blood, that during her life had the power of transforming everything into stone by sight only, was transformed into ramified stones within the sea. This is the birth of the coral that explains its supposed magical power.

## Gold and silver work: filigree

How many couples have promised eternal love by putting on their fingers the traditional Sardinian ring made of filigree? How many tourists have bought traditional golden jewellery and proudly shown it to relatives and friends? The number is not known, however, over the centuries golden filigree has been used not only to make precious traditional jewellery, such as rings and buttons, but also precious jewellery as a combination of traditional and modern design.

The existence of silver mines in Sardinia has contributed to the flourishing of handcraft shops for the production of gold and silver filigree, styles of jewellery that have been repeated through the generations and still characterised by the precision of work.

The most characteristic jewellery is surely the golden filigree buttons that always adorn traditional Sardinian costumes that are used even today in festivals and celebrations. These buttons are considered a symbol of prosperity that, in a stylised manner symbolising the female breast, reproduce ancient lucky charms for fertility and procreation linked to the Phoenix God Tanit. The making of buttons is a long and laborious process: first, very ductile and extremely long golden threads are prepared to less than 0.3 mm in diameter. A weaving cord is obtained using two threads and is rolled up clockwise on a convex golden base. The particular plasticity of the filigree weaving does not allow the use of metallic tools that would ruin the reflecting surface. The golden cord itself is then woven into more complex shapes or into thin and flexible threads, giving the jewellery a special reflection.

The Sardinian wedding ring is a flat plate often decorated with gold or silver drops. The metal piece, either golden or silver, is flattened with a knife, thanks to a sort of "stretching" on a laminator. On this laminate numerous work steps are performed, using different types of hammers and scalpels, with respect to the desired edging and shape. The laminate can also be embossed by using hard wood reliefs and special anvils. This work is done on the back of the laminate, whereas the front can be carved. The final finishing is done using variously shaped chisels depending on the required decoration.

Some pictorial decorations such as milling and burnishing contribute to give the laminate surface light and shade effects. In all the north of Sardinia, from Alghero and Castelsardo, from Tempio to Santa Teresa di Gallura, from Olbia to Arzachena until the little villages of the island precious either golden or silver filigree jewellery can be bought. One can find numerous and unique shapes, styles and colours that characterise the different ornamental cultures of each location.

### **Curiosities: the origin of filigree**

On one side, history tells us that Phoenix culture introduced new materials, such as gold and iron, made precious by a fine work and various symbolic and geometric shapes. On the other side, legend says that first ornaments were made by fairies that used to hide in "domus de janas" (fairy houses) where they used to weave golden threads into materials adorned also with rare and precious stones.

## Artistic ceramic

Sardinian craftsmen creativity is expressed in a surprising manner in the ceramic art that has ancient roots. The proof is given by the numerous nuragic finds exhibited in all Sardinian archeological museums. Over the centuries elements such as earth, water, wind and fire, together with man's creativity have given life to precious objects: vases, bowls, plates, amphoras, pitchers and soup-tureens, decorated with floral and geometric motifs. Today, re-enterpreting ancient models are reinterpreted to create newly manufactured articles where colours such as pink and white prevail, together with many other colour tones inspired by the Mediterranean palette. The range of objects produced is very wide.

Sardinian ceramic is much appreciated internationally thanks to the research, ability and creativity of artists such as Ciusa, Badas, Tavolara and Fancello.

How does the artist work with clay? How can a handful of clay be transformed into a precious amphora? The most spectacular moment of the work is based on the potters-wheel: this is the moment in which we can recognise a craftsman, his ability, sensitivity with the material, his deep knowledge of the tools used. In this work phase unique items are created in their most curious and innovative shapes.

In order to understand better the great humanity and emotional depth behind a piece of ceramic art it is worth speaking directly to a craftsman. One of them has stated: "When I put my hands on this clay, on this handful of clay, I feel as I am imposing pressure on it, without violence, because there is no violence in art. However, I feel as if I am caressing it and, in the meantime, creating something new".

In all the I.S.O.L.A. (Istituto Sardo per l'Organizzazione del Lavoro Artigianale) outlets and in crafts shops, scattered in many villages and towns within the north of Sardinia, one can buy: vases, plates, mirrors, lamps, statues, amphoras and the typical chicken shaped bowl.

## Basket weaving

Almost certainly, and before ceramic vases were introduced, baskets were the first type of containers built by men. Since time began, the raw materials for weaving were obtained from the various and rich Sardinian vegetation: asphodel, reed, hay, rush and dwarf-palm that have always been transformed into glorious objects that are sometimes a work of art.

On the one hand, Sardinian women are the protagonists of the weaving art who along the centuries, in every Sardinian house, have created baskets for domestic usage; on the other hand, man used to build more robust containers employed in the field works.

Craftsmen creativity in weaving is expressed particularly in decorations obtained in several manners: either alternating thin cords of different colour so as to obtain a certain design or inserting coloured wires and material pieces into the plot. These decorations either take inspiration from the fauna and flora or recall geometric shapes. The most represented animals are birds, horses, deers and peahens. The flora decorations recall flowers and leaves, while amongst the geometric decoration spirals, stars, triangles and squares are most common.

This manual dexterity, with a strong semeiologic characterisation, is particularly spread in the municipalities of Tergu, Sorso and Sennori; however, the greatest artistic production is in Castelsardo where the "Weaving Mediterranean Museum" is located. In this medioeval town, even nowadays, old women weave baskets of any kind whilst sitting in front of their houses.

Depending on its shape, each basket has a specific function. These are the most common:

- The basket without handle; usually provided with a cover, has various round shapes; it is used for storing food such as eggs or dry biscuits or even small household items.
- The basket provided with a handle; usually very resistant and made in various dimensions: the biggest were used to harvest grapes and small fruit.
- The flat basket; used either for offering sweets to guests or to store fresh pasta;
- The so-called "corbula"; a basket without handles of a medium or large dimension and a concave shape; it is designed to contain large quantities of bread and to be used by women to carry weights on their heads, in perfect equilibrium.

## Textile art

Textiles are one of the most important sectors of Sardinian artistic crafts. The most known and appreciated products of this art are those of the popular typical traditions: rugs, covers, tapestries, cushions, shawls, curtains made of wool, cotton, fine linen that are still made by hand using ancient, either vertical or horizontal, wooden looms. In each geographic area colours and typical designs are reproduced from as far back as the start of Sardinian civilisation: vivid and autumnal colours in the inland areas; vivid and spring colours along the coast. In some cases, the materials have natural colours extracted from herbs, berries, roots and even from minerals and colouring earth.

The textile techniques vary with respect to the final effect that one wants to create; there are many valuable pieces such as sitcovers and reversible carpets (called *pettedda*), the latter is almost indestructible as the weft completely covers the cotton warp. One of the most beautiful and precious textile arts is that of Nule: the bright colours, such as red, light blue and green recall Afro-Oriental designs.

A further design is the satin stitch (called *mustra*) obtained by creating, with the coloured weft, stylized motifs of plants, animals (e.g. deers and peahens), couples on horses, magic symbols (e.g. moons, suns), allegoric motifs surrounded by edges representing rhombs and Sardinian dances decors. In the same manner, tapestries, covers, knapsacks and rich horse harnesses representing either hunting scenes or stylized animals are made.

Another very elaborated technique employed in the textile of tablecloths, curtains and linen cushions is named *a ranos* (grains) or *pibiones* (grape). This textile technique consists in elaborating the design by letting out the weft of the warp that put drops into relief.

## Knife making

Forging blades means, first of all, dominating the fire as a primordial force. Possibly, from this derives the atavic aspect of craftsmen.

Today, knife making in Sardinia is the fruit of traditions and experiences transferred along the centuries. The knowledge imported from the East and the cultural influences during the Spanish era have contributed to define the modern styles and types. For example, during the Spanish domination, laws were issued to regulate the use and possession of knives so as to limit the danger in public riots. Because of this particular historical moment, jack-knives spread whereby blade, hidden in the inner part of the half, could be easily extracted in case of need.

Within the traditional Sardinian world, linked to agriculture and farming, the knife became an indispensable tool, used both in the working activity and more generally in everyday life. For this reason, the researcher Bachisio Bandinu defines the knife as "hand extension". The traditional working of knives belongs to a cultural patrimony that is transmitted from a generation to generation.

The apprentice has always learnt this art by directly observing the *frailzos* (blacksmiths) at work. Experts gestures, resulting from ancient experience, have been acquired and are transmitted to the next generation. In the past, blacksmiths were particularly jealous of their own knowledge and they used to teach their own descendants only. Nowadays, blacksmiths with expertise in knife making are few indeed. They forge valuable knives for collection: damask blades with halves made from sheep or buffalo, carved blades that still today enthuse experts and non-experts alike.

### **Curiosities: the biggest existing knife**

A Sardinian blacksmith who forged a 295 kilograms and 4.85 long knife has achieved the World Guinness record in knives for the biggest knife in the world.

## Iron working

The first working examples were the nuragic small bronzes. Over the millenia, thanks to the metal mines, the Sardinian population has improved this art by bending and strengthening the metal according to his/her own ability.

Sardinian ironwork has an ancient and noble history of artistic expression and an aesthetical taste.

One can admire railings, banisters and gratings, iron bars and balustrades with complex and Baroque patterns in many countryside churches, the houses of nobles, gardens and in doors.

There are also expert craftsmen in making fireplace accessories, lamps, iron beds and candelabra, and many other items in forged iron, whose shapes are inspired by the Sardinian the fauna.

## Wood working

In every Sardinian village, in particular in the inland villages, it is possible to admire the carved wood working by at least one craftsman.

Over the centuries, expert craftsmen worked on simple and essential items that were commonly used in everyday life by farmers and shepherds. Today, carved wooden items furnish modern houses and sumptuous villas.

The most common objects made of carved wood are: beds, cradles, chairs, stools, tables and plate-displays; one can also include numerous domestic tools such as: ladles, spoons, bowls, spice containers, vases, etc.

All the products that are made with carved wood represent real symbols of traditions rich in history and values that are still part of today's Sardinian population. The most used woods are chestnut, juniper and walnut. The most representative object is the Sardinian chest, finely carved with floral, geometric or cosmological decorations. This is the precious casket in almost every Sardinian house in which the most valuable textiles are stored: the trousseau, the finest linen, woollen covers and linen.

Originally, the working wood was used either with its natural colour or painted with lambs blood, or in light blue and green by employing vegetable dyes.

In the villages in the mountains, **chairs and stools** have the same decorations as the chest. In past times low stools made of logs of rod were used. Chairs with carved and golden lacquered backs have a Catalan origin.

Further traditional productions are "is talleris" large chopping-boards used to serve roasted lamb and pig.

### **Curiosities: "Teatro delle Fenice"**

It has already been 7 years since when a fire burned down the prestigious Theatre "La Fenice" in Venice. Since then, the world has been waiting for its reconstruction, as it was recognised as one of the most beautiful theatres in Italy and possibly in the world.

Also the north of Sardinia is contributing to the rebirth of "La Fenice" theatre. How? Thanks to the experience and expertise of a specialised craftsman of Buddusò, expert in the carved are this moment working on the reconstruction of the Venetian Theatre.

## Traditional arts and crafts in Gallura: cork and granite processing

### Cork

The oak is an incredibly precious gift from the earth, whose protecting and prodigious qualities (is a source of traditional business) gives birth to a traditional economic activity. An ancient tree treasuring men's memory and witnessing their work, it casts its shadow over unchangeable landscape while taking part in the silent movements accompanying the harmony of hills and plains. The people living in Tempio and Calangianus and in all the villages at the foot of Limbara have learnt to love and take care of oaks. Their life (follows the rhythm of) is marked by its appearing on the trees, its extraction and by the cyclical renewal of this fascinating natural processing.

Cork processing is a rare, keen and exciting knowledge and it has been carried on for generations and it has been enriched by its workers' taste, creativity and personal touch.

The two Gallura villages of T and C are the sites where most cork craftsmen and industries are concentrated. This area has been a real industrial district for years.

The main production includes wine corks, which are used by the most well-known wine companies in the world. Cork is also used in the building industry (thermal insulation and sound-proofing as well as in reinforced concrete structures to damp friction and vibrations), in sports (helmets, life-belts and buoys, hockey-golf-cricket-baseball balls); in the toy field and applied to other materials, in everyday tools and items (coasters, bathroom carpets, ashtrays, calendars, suitcases, travel bags, wallets and more recently in fabric etc.).

Quite a lot of industries in the district have prepared showrooms for the tourists to look at. An opportunity not to be missed!

### **Curiosity: designers fashion.....cork style!**

Anna Grindi is Grindi's manager, a company that produces "suberis", a sort of cork material which has been awarded an international patent.

Suberis is used in the fashion and furnishing fields. Very thin cork layers (sheets) are soaked in a special chemical solution and joined to a cotton layer in order to produce a thermic, soft material very similar to leather or fabric that can be washed at 30° C.

Both the fabric and the yarn have been presented in the Milan, New York and Palazzo Pitti exhibitions. The company is currently in a position to make skirts, suits, dresses, formal clothing and wedding-dresses (gowns) and various accessories such as shoes and purses.

## Granite

Granite comes from the latin word “granum” indicating its surface made up of visible crystal grain. The valuable and renowned granite from northern Sardinia is really used worldwide: from Rome to Milan, from Egypt to Brazil, from America to Japan; everybody knows and appreciates its physical features, being it solid and resistant, as well as its aesthetic features, being it elegant and original.

Its use in the building industry is as ancient as the island’s history. It was first used in the construction of “Nuraghi” and of the Giants’ tombs, laboriously transformed by stonecutters into ashlars (keystones), slabs and monolytes. The Romans too found out its value and they opened several quarries among which one in S.T.G. from which the material to build the Pantheon was extracted.

Granite trade dates back to 1870, for about half a century a large and united group of Sardinian stonecutters and quarrymen operated followed later on by workers from Tuscany, Lombardy, Emilia and Piedmont.

Extracting and processing granite shortly became the most thriving business in northern Sardinia; its technical and aesthetic features and the items’ excellent workmanship drew customers’ attention both on the national and international markets. There are quite a lot of works manufactured at the beginning of the last century with the grey-pink granite from La Maddalena:

- the plinth of the Statue of Liberty in New York;
- the building of the Stock Exchange in Milan;
- the Palatino bridge in Rome;
- the blocks along the Tevere River;
- the dry docks in Venice, Taranto and Malta;
- the street paving in Genoa, Naples, Rome and Milan;
- a huge monument, 50 m. high and 240 m long, manufactured on a French project but built in Ismailia (Egypt) to commemorate the defence of the Suez Canal for which 4,730 tons of granite were used;
- the monument to D.Guzmao in Santos (Brazil).

Nowadays a real granite industrial district has been set up that has been covering up to 75% of the Italian production for several years. In the Gallura area only over 200 quarries are open, whose raw blocks are processed by craftsmen and artists. Granite is mainly used for street paving and furniture as well as in the building industry.

### **CURIOSITIES: the “granite villages” and the “international symposium”**

Rough-shaped corners are still the elements characterizing the architecture of “granite villages”. We are talking about Tempio, Buddusò and many other island sites where the use of granite in the building of the town centre gives buildings an austere, simple and sophisticated touch. In Buddusò the “International Symposium on the granite sculpture” has been held for 10 years and it has drawn many an international artist.

## Traditional crafts: cheese, oil and wine production

### Cheese

The pastures on the hills and on plateaus, covered with aromatic bushes and herbs give the sheep milk that peculiar taste and flavour. Besides being a daily food and excellent flavouring in typical dishes, cheese is one of the most exported products worldwide.

Cheese is still produced according to the traditional method thanks to which all types of cheeses retain a very peculiar country taste and are highly nourishing.

Besides dairy products and cheeses with soft and hard texture, sweet and spicy, like the semi-cooked, the casizolum, the plaits and many others, Sardinia is well-known for its three sheep's milk cheeses DOP (trademark for protected origin): the Sardinian sheep's milk cheese, the Roman sheep's milk cheese and the so-called "Sardinian flower".

<b>Pecorino Sardo DOP</b>	<i>It is certainly the most renowned in the world; it is produced with whole sheep's milk retaining the flavours of pure herbs. The production of Sardinian sheep's milk cheese is limited to Sardinia only. Only sheep's whole milk is used and it is processed with calf rennet and salt in order to obtain both a sweet and a mature type of cheese. Each cylinder-shaped cheese seldom exceeds 3 kilos. Even if it is mainly suitable for being eaten as such, it can be also grilled and grated.</i>
<b>Pecorino Romano DOP</b>	<i>Born in Lazio, it is the king of all sheep's milk cheeses. Only whole sheep's milk is used coming from specific areas (Sardinia and Lazio). Each cylinder-shaped cheese weighs from about 18 to 32 kilos. The period of maturation varies but it is however over 8 months; it is usually grated, but it can also eaten as such. The crust is very thin, dark with edible colours, while the texture is white, firm with a salty spicy taste.</i>
<b>Fiore Sardo DOP</b>	<i>It is produced according to an ancient peculiar technique with fresh whole sheep's milk and with lamb's or goat's rennet; each cheese usually weighs about 3.5 kilos. Its texture is soft and firm, light coloured, its taste is slightly spicy and salty, its crust is thick and dark. The shepherd wraps it up directly at the sheep-pen according to the tradition handed down from father to son. After curdling the cheese is sliced with a wooden knife and then pressed into moulds. It is dried in the open air and after a few days it is soaked in brine for salting and it is finally stored for about 3-6 months until maturation.</i>
<b>OTHER CHEESES</b>	
<b>Cheeses in basket</b>	<i>They are produced with whole sheep's milk and put into wicker baskets. They draw their names from the baskets they are put in for maturation and they take on their shapes.</i>
<b>Soft sheep's milk cheeses</b>	<i>They are produced with whole sheep's milk, natural ferments and liquid rennet.</i>
<b>Goat's milk cheeses</b>	<i>They are produced with whole goat's milk and they are considered by dieticians as the healthiest.</i>
<b>Ricotta</b>	<i>It is produced with sheep's milk whey according to a traditional recipe. Besides being used as such, fresh ricotta either spread on bread or mixed with herbs like wild mint or with honey, is used in the preparation of first courses such as ricotta gnocchi, cannelloni, ravioli, for traditional sweets and finally for a special type of bread. Also a more mature type of ricotta is available: salt is added to milk and a cheese is formed without crust, with a white soft texture. Maturation takes about 20-30 days and also a smoked version of it is available on the market.</i>

### CURIOSITIES: the cheese with worms

Sardinian shepherds call it "casu marzu", meaning "rotten cheese". It is not on sale but if you are guests to a family with shepherd traditions they will probably offer you this creamy sheep's milk cheese with a strong spicy taste. Don't miss this opportunity! Just try it and you'll love it! By the way, it is the result of the Piophil Casei' s grubs!

## Oil

Sardinia has a long-standing relation with oil, probably dating back to the Phoenicians's times. All year through the country offers a charming landscape where olive-trees with their gnarled and knotty trunks tell its story. Sardinia has treasured a rural civilization where the olive-tree is considered the symbol of nobility and prestige, distinction mark both for the country and farms.

There is then a different Sardinia which captures the tourists' interest and offers these extraordinary attractions. "Going oil-shopping" may be a different way to get to know new lands and feel strong emotions.

Sardinian extra-virgin olive oil, thanks to its lightness, has secured itself a top position: its qualities are appreciated all over the world and are acknowledged in yearly national and international competitions. Golden yellow, keen olive flavour mingled with hay and tomato, strong taste of ripe slightly almond-flavoured fruit: these are the exclusive qualities of the best Sardinian oils. A lot of events such as exhibitions, festivals and national contests are organized every year to allow tourists and visitors to taste oil flavours. In northern Sardinia Alghero and Sennori are two of the most renowned oil-producing areas in the island.

### **Oil and in oil**

Everybody knows that to check the oil's quality it should be tried on bread. But why not try it with wild asparagus, artichokes, mushrooms or dried tomatoes?

Just try them! They are typical of northern Sardinia: don't miss them!

## Wine

Sardinia is a big vineyard in the middle of the sea. Here the wind's breath and the sun's warm rays create an ideal environment for grapes growing.

The origin of vines and wine in Sardinia is quite mysterious. Who brought in vines growing first? Some finds of vases and wine jugs coming from the Micene area (Greece) may indicate XIV century B.C. According to some scholars grapes, as many other plants, was brought to Sardinia by the Phoenicians; others still put forward the idea that there was some influence by peoples coming from Greece, Phoenicia and from the northern coasts of Africa. These people actually moved around taking seeds and plants with them thus spreading the vine growing.

Whatever its origin, vine growing and wine production in Sardinia undoubtedly represent a really unique heritage on the international wine market.

Ancient traditions along with new wine production techniques, allowed vine-growers to offer a wide range of high quality red and white wines characterized by the right balance of nature, wine culture, creativity and productive rationality.

White wines are produced separating the juice from the grapes' hard parts (skins and stalks) to avoid any sort of maceration. Light, golden sparkling wines are thus obtained easily stored and able to express flower and fruit flavours at their best.

Red wines, on the contrary, require a prolonged contact between juice and the grapes' hard parts, that is, skins and stalks. It's in the skin that the grapes' colour is concentrated and any attempt at extracting it requires a period of maceration. Skins and stalks contain tannins, which are substances giving thickness and substance to red wines.

The wines listed here below are just some of the many types produced in Sardinia. So, it's up to you to complete the list.....

<b>Dry white wines and sparkling wines</b>	
<b>Vermentino</b>	the vines of Spanish origin which are grown in Sardinia give a wine which hardly compares to other Italian and foreign wines having the same name. Intense and sweet-scented bouquet and dry soft aroma are the main characteristics of Sardinian vermentino, whose food pairings are seafood starters, fish and first courses. This DOC (an appellation given to wines controlled) wine is produced in the Gallura area (Tempio, Luras, Monti, Calangianus, Arzachena, Berchidda) where a wine itinerary can be followed. In particular we recommend: <ul style="list-style-type: none"> <li>- Vermentino di Gallura and Vermentino di Sardegna, DOCG dry white wines (Controlled and guaranteed appellation) with alcohol strength of 12°, particularly suitable for shellfish and seafood, but excellent also with onion carasau bread and guttiau bread;</li> <li>- Vermentino di Usini excellent with all meals and as an aperitive;</li> <li>- Capichera another type of Vermentino from the Gallura Area produced with selected grapes and in limited quantity;</li> </ul>
<b>Funtanaliras</b>	<i>This well-balanced strong body wine is produced in the wine-producers' cooperative of Monti, one of the oldest and well-known in Sardinia;</i>
<b>Aghiloia</b>	<i>Traditional wine produced by the Monti cooperative</i>
<b>Muscatel of Sardinia</b>	<i>It's a delicate sweet DOC sparkling wine produced at Tempio Pausania from early vintage of muscatel grapes; Minimum alcohol strength 13°; delicately sweet and Fruity, it is suitable for desserts and at meal end</i>
<b>Muscatel of Sorso – Sennori</b>	<i>A white sweet DOC wine characterized by a supple and refined bouquet and by an intense lingering aroma, minimum alcohol strength 15°; it is excellent as an aperitive and suitable for typical Sardinian desserts; grapes ripen on vines overlooking the north-western coast of the island; the vine was imported to Sardinia during the Byzantine period by Benedictine monks.</i>
<b>Gioquantinu</b>	<i>this light yellow wine with greenish reflexes, is characterized by an intense and delicate bouquet and a dry soft aroma and alcohol strength of 12°; excellent as an aperitive, its food pairings are shellfish and fish dishes;</i>
<b>Torbato</b>	<i>a DOC wine produced by Sella &amp; Mosca is particularly suitable for fish dishes, especially shellfish; pale yellow with golden reflexes, this wine is characterized by a fruity bouquet typical of controlled slow fermentation and by a dry fresh robust yet smooth aroma with alcohol strength of 11.5°.</i>
<b>Red and rosè wines</b>	

GLAMOUR SARDINIA  
THE PRODUCT OF NORTH SARDINIA

<b>Cannonau of Sardinia</b>	among the red wines is perhaps the most well-known. Its vines are grown all over the island even if the vine's origin is unknown; this wine is characterized by an intense bouquet, a warm soft lingering aroma; it is most suitable for roasted meat and game; DOC Cannonau of Sorso, dry with alcohol strength of 13°-14°, and the famous liqueur-like Anghelu Ruju with alcohol strength of 18° produced at Alghero are both very special wines.
<b>Nastarré</b>	<i>A very good red wine produced by the wine-growers' Cooperative of Berchidda (Historical vines label) is made with traditional grapes and imported Nebbiolo grapes;</i>
<b>Abbaia</b>	<i>red wine, similar to Cannonau, produced by wine-growers' cooperative of Monti;</i>
<b>Fior di Romangia</b>	<i>red and rosé wine characterized by its dry aroma, with alcohol strength of 13°-14° and produced from the vineyards at Sorso and Sennori with "carignano and pascale" grapes;</i>
<b>Nebbiolo</b>	<i>coming from the Limbara hills it is produced by the Gallura's wine-makers' cooperative. Also red Nebbiolo from Luras has been greatly appreciated by the public;</i>
<b>Tanca Farrà</b>	<i>high quality red wine suitable for roasted meat produced by Sella &amp; Mosca. It is aged for 5 years in caskets before being sold. Its alcohol strength is of 12.5°;</i>
<b>New wines</b>	<i>they are fast fermentation wines. The must with skin and stalks is put into containers to which carbon dioxide is added; to enhance the wine's aroma some still wine from the previous year is added; among the most popular new wines we can mention Sant'Andria from S. Maria La Palma (the only DOC new wine), Rubicante produced by Sella &amp; Mosca, Martino produced by Mancini from Olbia, Pascal of Monti and Giogantinu of Berchidda.</i>
<b>Liqueurs and spirits</b>	
<b>Fil'e ferru</b>	<i>it is certainly the most widely known among Sardinian liqueurs; produced with selected marcs, this liqueur is typical of inland areas. Its name is drawn from the wire used to detect any spirit produced illegally and buried to avoid paying taxes.</i>
<b>Red Myrtle</b>	<i>the most appreciated and well-known of liqueurs (it is said to favour digestion), it is obtained through the cool infusion in alcohol of the evergreen bush's berries, to which honey or sugar is added;</i>
<b>White myrtle</b>	<i>Characterized by a white-greenish colour and a more delicate taste than red myrtle, it is obtained through the infusion of buds instead of berries;</i>
<b>Grappe</b>	<i>characterized by authentic and genuine aromas and flavours, they recall the grapes they are drawn from. Grappe made from Vernaccia, Muscatel, Vermentino, Cannonau and Malvasia are available on the market;</i>
<b>Limoncello</b>	<i>a very peculiar liqueur made from the lemon rind through cool infusion in alcohol;</i>
<b>Prickly-pear liqueur peeled ripe</b>	<i>Prickly-pears are infused in cool alcohol</i>

**CURIOSITIES: wine in the Roman times**

The Romans decided that Sardinia should be considered a granary, the Romans' granary and for this reason they issued laws limiting vine-growing in the island. The number of Roman farmers however got bigger and bigger as too many of them had tried how good the wine produced on the island was. So why import wine from Lazio if it could easily be produced in Sardinia? This is how vine-growing was liberalized.

## Gastronomy

The Sardinian cuisine has retained local customs of pastoral origin. Such customs go back to very ancient times when roasting meat was the main type of preparation. The sea too influenced the island's food traditions: with the arrival of the Phoenicians, Carthaginians, Spaniards and Byzantines new cultures were introduced and the ancient inland traditions have absorbed new ingredients, giving birth to an absolutely unique gastronomic melting pot.

### Pasta and bread

Since Roman times Sardinia has been considered one of the most important granaries in the Mediterranean whence the pasta and bread tradition drew its origin. There are a lot of varieties of them on the market.

Dried, fresh or stuffed pasta is called with different names in every town and village in Sardinia. Among the stuffed pasta, that with sheep's milk cheese or ricotta filling is a real specialty (ravioli or pulilgioni) while among dried pasta "fregola", which is cooked in fish soup and served with seafood, is quite delicious.

Whatever its use, pasta is enriched with herbs like mint and, when cooked with meat gravy, it is seasoned with sheep's milk cheese.

<b>Malloreddus</b>	<i>prepared with the best grain and slightly salted warm water, they look like empty shells whose upper part is grooved as they are rolled onto a basket bottom. According to the old tradition they were flavoured with saffran.</i>
<b>Fregola</b>	<i>it's a type of pasta made up of small hand-made oven-toasted balls. It is suitable to prepare soups either with fresh sausage or tomato. We recommend that you try it with clams.</i>
<b>Pillus</b>	<i>it is a semi-fresh pasta similar to tagliatelle (sort of noodles) cooked in beef or in sheep tea and spread with lots of sheep's milk cheese.</i>
<b>Panadas</b>	<i>they are philo-pastry pies made with flour, salt and filled with lamb meat, stewed eel or game (partridge, boar or hare) according to the area.</i>
<b>Culurgiones</b>	<i>they are sort of sachets filled with mashed potatoes, egg yolk, fresh sheep's milk cheese, onion and field balm.</i>
<b>Maccarrones furriados</b>	<i>they are sort of spaghetti seasoned with melted sheep's milk cheese</i>
<b>Li Pulilgioni</b>	<i>ravioli stuffed with ricotta and cheese, a typical dish of the Gallura area cuisine</i>
<b>Li Fiuritti</b>	<i>produced in Gallura they are a sort of hand-made tagliatelle</i>
<b>Zuppa gallurese</b>	<i>it is also called "suppa quata" and prepared with bread, beef tea, grated fresh and mature sheep's milk cheese and minced parsley.</i>
<b>Zuppa berchiddese</b>	<i>it is made with bread, veal and sheep meat gravy, cheese and broth</i>

Bread has got a strongly symbolic quality all over Sardinia. Still nowadays during the most important religious festivals bread is home-made according to ancient local traditions. Each place has got its own typical bread: bread leaves, loaves, round thin layers. It is often served warm with herbs and oil: in some cases it is cooked in meat broth and sprinkled with cheese thus eaten as a tasty and nourishing first course.

<b>Pane carasau</b>	<i>also called "carta musica" (music paper), it is made of very thin round crusty layers. It is prepared with dark flour and baked on a log-fire until puffy. It is then cut in two halves and put again into the oven until it becomes crusty. As it retains its freshness long, for years it has been taken by shepherds with them during transhumance. If eaten with tomato and eggs it becomes a specialty called pane frattau, while if seasoned with oil and salt and warmed in the oven is called pane guttiau.</i>
<b>Civraxiu</b>	<i>it's a very large round-shaped bread with crunchy crust and soft inside. It is excellent if eaten with the gravy from roast sucking-pig or stewed lamb</i>
<b>Su coccoi</b>	<i>much sought after both for its taste and texture which varies according to the area</i>
<b>Su moddizzosu</b>	<i>round-shaped and very soft it is particularly suitable for cheese and local sausages</i>
<b>Spianata</b>	<i>round-shaped, soft and easily transported it is stuffed with vegetables, sausages and the like</i>
<b>Pane untinadu</b>	<i>it is hand-made in Torralba during epiphany; the bread is greased with sausage fat while on the log-fire until it takes the meat's flavour</i>

## Meat and other second courses

Sardinia is well-known for its roast meats, whose cooking involves a real ritual and is entrusted exclusively to men and, during festivals, an honour reserved to the most experienced. Sucking-pigs, lambs and goats are never missing in any traditional or banquets during traditional feasts. Roast lamb is the main dish in the Easter meal. In some places in the logudorese area this dish is linked to very ancient religious beliefs, similar to the ancient mediterranean peoples' art of divination: the eldest person in the family has the task of interpreting the signs and unveil the happy events that will happen to the family.

<b>Sucking-pig (Porcetto)</b>	<i>it is the basic dish in the Sardinian cuisine and is cooked in two ways:</i> - on the barbecue on a spit carved from the strawberry tree wood and cooked by adding salt only - put into a hole dug in the earth where fragrant wood and myrtle leaves are burnt; embers are laid over the myrtle twigs for slow fragrant cooking
<b>Small goat (capretto al forno)</b>	<i>it is a typical recipe from Tempio cuisine, it is wrapped in lard and sprinkled with minced parsley,grated bread and myrtle</i>
<b>Boiled sheep</b>	<i>Bread layers are put into the sheep meat broth until soft. They are then strained and served with sheep's milk cheese boiled potatoes and sheep meat.</i>
<b>Pillonis de t'accula</b>	<i>it is a delicious dish made with birds such as blackbirds and thrushes boiled in salted water and wrapped in myrtle leaves</i>
<b>Zimino</b>	<i>it is perhaps the most loved dish by Sassari's inhabitants. It is a roast made with calf's entrails: heart, liver, stomach, intestine and spleen. The meat is cooked on a brazier, cut into pieces, served hot and as the tradition requires, eaten with the hands.</i>
<b>Giogga Minudda</b>	<i>it is a simple and savoury recipe from the Sassari cuisine; it may be made with small earth or sea snails. Snails are carefully washed and cooked for about half an hour in salted water to which garlic and chili pepper have been added.</i>
<b>Monzette and other snails</b>	<i>they are special snails roasted on the fireplace in a pan with oil, garlic, grated bread and parsley: it's a really delicious dish suitable for gourmets</i>
<b>Favata (horsebeans)</b>	<i>a typical dish of many areas in northern Sardinia and it is traditionally eaten at Carnival. It is made with dried horsebeans, pork rind and pork meat, cabbage or wild fennels, garlic, chili pepper, oil and salt</i>
<b>Horsebeans with lard</b>	<i>horsebeans are boiled along with lard, pork foot, sausages, and wild fennels to which thin bread layers are added</i>
<b>Soup with wild fennels</b>	<i>wild fennels are boiled in water, oil and salt and the broth is then poured over thin layers of bread seasoned with sheep's milk cheese and finally passed in the oven</i>

## Fish

The seas surrounding Sardinia are among the richest in fish in the whole Mediterranean. The tastes of the fishes are very peculiar due to the so-called "pastura" (plankton) in which shellfish, anchovies, sardines, mackerels, tuna, swordfish and octopuses live and proliferate. Plenty of gastronomic preparations are available chiefly from coastal resorts.

<b>Catalan-style lobster</b>	<i>Lobster is the queen of the table at Alghero. It is boiled and served with rocket, onions and tomatoes</i>
<b>Cassola</b>	<i>it is a very special soup made with various types of fish</i>
<b>Octopuses</b>	<i>small octopuses cooked in tomato sauce</i>
<b>Polpagliara</b>	<i>a typical dish from Alghero. It consists in boiled octopus seasoned with a hot tomato garlicky sauce</i>
<b>Garlicky fish</b>	<i>a typical dish from Alghero and other coastal resorts. The fish is seasoned with garlic, parsley, oil and lemon Juice</i>
<b>Sea-urchins</b>	<i>they are available from January to March; the best way to try them is by the sea rinsing them with sea water accompanied by some bread. They are also excellent to season pasta or pizza</i>
<b>Mullets</b>	<i>they are either roasted or marinated in vinegar</i>

## Salami, sausages and the like

In Sardinia the culture of pork meat and cold cuts is widespread and it is very often the result of ancient traditions deep-rooted in country life. Meats are flavoured with various spices and herbs according to the area. Wild fennel is largely used all over the island and seasoning by the fire to obtain smoked salami.

<b>Capocollo</b>	<i>it is made from the pig's neck muscles; it is a salty matured type of salami to be eaten raw;</i>
<b>Sardinian sausage</b>	<i>In the past it was exclusively home-made but nowadays it is also industrially produced. Pork meat is used to make it and spices are added according to the area;</i>
<b>Pancetta and raw ham</b>	<i>ham is made from the pig's gammon or shoulder while pancetta is made from the pig's belly fat;</i>
<b>Wild boar ham</b>	<i>wild boar ham, with its very peculiar taste, is especially intended for gourmets;</i>
<b>Suprissata</b>	<i>salami from Tempio seasoned with vinegar, pepper and salt;</i>
<b>Mustela</b>	<i>sirloin steaks of smoked pork, typical of the Berchidda area.</i>

## Desserts and sweets

The desserts of Sardinia are an essential element in the agricultural tradition of the territory. Ancient recipes have been handed down from father to son and they follow the natural course of seasons bringing almonds, nuts, pine nuts or mustof cooked wine. There most popular desserts are those in which cheese and ricotta are the main ingredients (formaggelle, riccottelle and seadas). They are often served hot along with asphodel honey or sugar.

<b>Desserts with almonds</b>	<i>Almonds cut into pieces, sugar or honey are the main ingredients in gattò flavoured with orange rind. Also culurgiones de mendula, typical Carnival sweets, are worth being tried (almonds ravioli); copulettas are made with sponge cake soaked in almond water and they are somewhat similar to meringue; amaretti; sospiri (sighs) are made with almond paste and sugar and they are typical for Ozieri.</i>
<b>Papassini</b>	<i>The name changes from area to area. The sweets have a rhomboidal form and are made with yeast, lard, eggs, enriched with raisins, pine-seeds, walnuts, almonds and "sapas" (cooked most). They are baked for traditional religious celebrities for example All Saints and the commemoration of the dead (1 and 2 November).</i>
<b>Tiricche</b>	<i>The sweets are made with a slight puff pastry, filled with "pistiddu" (sapa-jam, which is cooked must).</i>
<b>Frisgioli lunghi</b>	<i>Large pancakes with honey which are produced during the famous carnival of Tempio Pausania</i>
<b>Seadas</b>	<i>Original sweets based on sour cheese. They are fried and served with honey.</i>
<b>Mantogadas</b>	<i>Typical for the area of Torralba, they are simple interlacings made of flour and lard, with a condiment of sugar and lemon. They are prepared for carnival.</i>
<b>Formaggelle</b>	<i>Dessert of round forme with cheese turned sour filling, parsely and raisins.</i>
<b>Li casgiatini</b>	<i>Sweets with a filling of cheese and buttermilk curd, typical in the Gallura</i>
<b>Li Acciuleddi</b>	<i>Typical of the Gallura too, they are fried and served with honey</i>

# THE ENVIRONMENT

## *Nature and curiosities*

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## La Maddalena national park and archipelago (northeast)

This is called the Polynesia of Italy and it is difficult to find words that will do justice to the beauty of the place. The archipelago of La Maddalena, comprised of seven major islands and numerous other small islands and reefs, became a national park in 1996. Of unequalled beauty, the islands have innumerable bays, beaches, coves and tiny beach areas of very fine sand lapped by a crystalline sea. Over 145 kilometres of coast are dominated by huge granite rocks dating back three hundred million years and the air is full of the scent of strawberry trees, myrtle, junipers and other perfumes typical of the Mediterranean maquis. The sea deeps are populated by Mediterranean species of fish swimming around reefs of red coral.

Each island in the archipelago offers something different. The most famous and popular are Maddalena and Caprera where Giuseppe Garibaldi died. Spargi is the greenest and is near the rocks of Spargiotto and Spargiotello. The island of Budelli is a real kaleidoscope of colours: in the first light of day its southern aspect turns dark red while to the north it turns white. Razzoli has a harsh rocky environment, unlike the verdant island of Santa Maria. Budelli, Razzoli and Santa Maria together form the port of the Madonna, one of the largest and most spectacular natural swimming pools in the Mediterranean, where the silence is broken only by the cry of seagulls.

The extraordinary transparency of the sea throughout the archipelago of the Maddalena means that the sea floor can be seen from the surface. This phenomenon is due to both the white sand consisting of microcrystals of quartz origin and the rivers, which in this paradise flow like limpid brooks bringing no mud or debris to the sea.

### **A curiosity: the pink beach**

A place of enchantment called the pink beach is found on the island of Budelli, in the Roto cove. The currents have produced an accumulation of shells of organisms coloured red. These are not coral as is mistakenly thought, but are microscopic inhabitants of sea water which, combined with minute fragments of pink granite, have brought about a colour phenomenon unique in Sardinia. The beauty of the pink beach has been immortalized in the cinema: it was the location chosen by the director Michelangelo Antonioni for "Deserto Rosso" (1964).

Taking away souvenirs of the sand is strictly forbidden.

## ASINARA NATIONAL PARK (northwest)

Slowly the beautiful wild island of Asinara regained her freedom. For over a century only the convicts and guards of the prison had access to the island. Very few other people saw the island during this period, apart from workmen or technicians called in for repairs in the prison and closely escorted by the guards. These "fortunate few" on their return fascinated relatives and friends with their surreal accounts of the prison island. They spoke of wild horses galloping along the beaches, of white donkeys timidly observing these rare visitors as they passed, of mouflons, hares and wild boar which suddenly appeared in the road. Today, the accounts of thousands of other people who have visited the island since 1999 after Asinara became a national park in 1997, can be added to these stories. However, although it can be visited by anyone all year round, the spectacular environment of Asinara has remained completely unchanged. A succession of small coves, flowering meadows, sand, rocks eroded by the wind, a sea which continually changes colour, from pale blue to cobalt, from turquoise to deep blue, can be seen in the 26 kilometres of the island, from Fornelli, where boats from Stintino arrive, to the extreme northerly point of Cala d'Oliva. In order to get an overall view of the sinuous shape which gave the island its name (in Latin *sinuari*), you have to climb up to Punta della Scomunica (408 mt). The west coast is a series of cliffs, fissures, sheer rock faces while the east coast slopes more gently down to the sea, with sandy beaches and limestone rocks. The first sight at Fornelli is a white building in reinforced concrete with two surveillance towers. This was the high security prison where many members of the Mafia and terrorist groups were held. A few minutes down the road, the remains of a thirteenth century castle can be seen on the left, the Castellaccio, while on the right the colour of the sea in the Sant'Andrea cove is like the colour of a tropical sea. The fauna and flora on Asinara are special and remarkable: its jewels are the "centaura orrida" an actual living fossil, and the famous white donkeys, which appear in countless photographs taken by tourists.

The narrowest part of the island, a short distance north of Fornelli, is one of the most beautiful areas: as with an isthmus, only 240 metres separate "Cala Sgombro di fuori" from "Cala Sgombro di dentro" and, depending on the wind, one side of the sea is calm and the other rippled by waves. Asinara has not yet ceased to astonish us and it continues to restore to us things from a distant past; in fact, recently the cargo of a Roman ship of the IV or V century A.D. was found at the bottom of Cala Reale.

### **A curiosity: the white donkeys**

Some people believe they came from Egypt and were brought by an eccentric marquis, while others think they arrived after a shipwreck. It is much more likely, say the experts, that they are the descendants of a grey ancestor. Whatever their origin, the small albino donkeys with a white coat have been grazing on the island for an unknown length of time. They have become the symbol of the park and today greet with some curiosity the tourists that come ashore on their island.

## TAVOLARA AND PUNTA CODA CAVALLO (east)

Punta Coda Cavallo is one of the most beautiful stretches of the coast of San Teodoro. It faces the granite islands of Molarà and Molarotto and the limestone mass of Tavolara. The three islands, together with part of the coast, are one of the richest marine reserves in Italy. This is the kingdom of underwater swimmers, who are amazed by the spires, ravines and clefts populated by huge shoals of fish and yellow and red horny coral which compete with the sponges and starfish to colour the deeps.

The little archipelago reveals treasures also on land, including an important colony of shearwater, small birds that are distant relatives of the albatross, constantly flying over the waves and gliding down with incredible lightness.

### **A curiosity: the king of Tavolara**

Tavolara is not only nature. The story is told of a man who at the beginning of the nineteenth century, driven by a passion for this mountain lost in middle of the sea, succeeded in obtaining it as his kingdom, the smallest in the world, thanks to the intervention of King Charles of Savoy. His descendants still live here and have two restaurants on the island. If you go and see them they will show you the tomb of their ancestor with "Polo I Berteleoni, Re di Tavolara" written on it.

## CAPO CACCIA AND ISOLA PIANA (west)

As you go along the coast towards Alghero, the imposing rocky peninsula of Capo Caccia appears, projecting out over the sea like the bows of a ship. The cliffs which descend steeply to the blue sea, the islands of Piana and Foradada, so called because a tunnel on the sea surface goes through it, and the wide bay of Porto Conte as far as Capo Galera, are part of a protected marine reserve, one of the richest in Sardinia.

Red coral has the place of first importance in the depths of the sea: if you swim underwater under the arches and vaults created by the force of the sea, among the dentex and crabs you will see the colourful reefs of the precious animal that has made Alghero famous as "the capital of Mediterranean coral". There are, however, less showy treasures of equal value. For example, the immense field of green algae in the sheltered Gulf of Porto Conte. The long lamina shaped leaves produce an expanse of green as far as the eye can see, an unexpected area of biodiversity, as varied as a tropical forest. Here a large number of fish, sea urchins, shellfish and molluscs are looking for prey and in their turn trying to escape from predators. The force of the sea has carved out a series of grottos in the sides of Capo Caccia. The most famous and most popular are Neptune's grottos. You can arrive directly by boat but the hardy can come by land and climb down the 654 steps of the "Escala del Cabirol" (The Deer Steps).

While Capo Caccia is a paradise for skindivers, it does not disappoint those raising their eyes to the sky. Peregrins can be seen in steep vertical dives chasing wild pigeons and there are also griffons, those large vultures that have their few remaining nests in our country on these rocky walls. In the northwestern part of the promontory around Punta Cristallo there is an animal sanctuary called Arca di Noè where deer, weasels, mouflons, Giara horses and wild boar live in peace.

### **A curiosity: barracuda**

In the cobalt blue sea around the rocks of Capo Caccia shoals of barracuda move sparkling on the sea floor. This is typical of the tropics but has become a frequent sight also in the waters of the marine reserves on the island.

## LAKE BARATZ (west)

This is the only natural lake in Sardinia. Its origin is in the distant past: it was formed in the Pleistocene Age when a deep inlet was blocked by a sandbar. Up to the second world war, this area was isolated so the natural environment, which is truly unique, remained unchanged. Numerous animal species, including the freshwater turtle, the dabchick, the greater grebe, the bald-coot and the wild duck live undisturbed in this oasis of nature. The lake is surrounded by a luxuriant pinewood full of vegetation and Mediterranean maquis with strawberry trees, phyllirea, cistus, rosemary, myrtle, wild lavender, and numerous species of wild orchids. The largest dunes in Sardinia are found between the lake and Porto Ferro and are almost completely covered by a pinewood and the typical vegetation of these rare natural phenomena.

Lake Baratz and the surrounding countryside became protected areas in June 1990 and have been declared a nature site of interest to the Community by the European Union. They are also part of the mining area of Argentiera, a few kilometres away, which was declared "a geological site of international interest" by UNESCO in 1997.

### **A curiosity: the legend of lake Baratz**

The legend of the origin of lake Baratz has been passed down from father to son for centuries. A long time ago Baratz was a village inhabited by nasty, spiteful people. One day a young wayfarer arrived, tired and hungry. None of the village people would help him, except for a good woman who took him into her house and gave him something to eat and drink. The young man, who was none other than the archangel Michael, told the woman to leave the village immediately because during the night it would disappear. The woman followed his advice and while escaping during the night, turned round and could no longer see her house, or the bell tower or the soldiers' tower, but only a huge expanse of water, lake Baratz.

## LAKE AND RIVER COGHINAS

The river Coghinas is the longest in Sardinia while its artificial lake is the second largest on the island. The abundant vegetation growing along the banks of the river and the many nuraghi that can be seen from it make the Coghinas of interest to visitors. Lake Coghinas is situated partly in the municipal areas of Ozieri and Tula. On the Tula shore a sailing centre has been set up as well as facilities for laying up boats.

This is a paradise for canoeists and those who like walking, biking or riding. Keen fishermen also find highly satisfactory sport in this wonderful location: the river is full of carp, bass, tench, perch and eels!

The Coghinas is also well-known for its warm waters in the locality of Li Caldani (in the territory of Viddalba), with the thermal baths of Casteldoria on the opposite river bank, utilizing salt, bromine and iodine waters. The water gushes out very hot (over 70°) directly onto the river bed.

The mouth of the Coghinas is in the territory of Valledoria and presents a fascinating and surprising spectacle. You never know whether it will go into the sea or not. According to the situation, the "little lake" the river ends in, differs in depth and size: the mouth is open only when the flow of the river is enough to break through the sandbar created by violent sea storms. The sheet of water near the mouth develops parallel to the sea for about two kilometres and ends at the foot of the church of San Pietro by the sea between the dunes.

### **A curiosity: the origin of the name Coghinas**

The name comes from the presence of hot springs gushing out, for a short distance, on the high ground of Castel Doria. This led to the old Latin name of Thermus for the river as well as its present name: in Sard, "coghina" means "cucina" (kitchen).

## THE LIMBARA PARK (east)

Someone arriving in Sardinia by ship on a fine day, on entering the gulf of Olbia will see on the far horizon the uneven outline of a high mountain. This is Mount Limbara, the third highest mountain on the island after Gennergentu and the Supramonte.

The Limbara Park is situated here, covering a surface of almost 200 square kilometres. This is one of the most unspoilt areas of the island and is of great interest to nature lovers. These places show another side of Gallura, different to the coastal Gallura that everyone knows.

Limbara can be climbed from various starting points: the mountain belongs to different communes: Calangianus, Berchidda, Oschiri and Tempio. The whole region could be considered a huge pedestal supporting Limbara. It is an ancient land that has seen a thousand climatic changes and many alternating geological eras. The present waterfalls of Cyclopean masses of stone were once high peaks; the typical rocky plateaus rising here and there in the middle of the green are reminders of much more imposing mountainous chains. Erosion has given the rocks a peculiar and contorted appearance which is characteristic of the Gallura panorama but has also levelled off the high ground.

The wild vegetation on Limbara is full of rare species, including many native varieties. On the high ground there are carpets of strongly scented "erba barona", and a more rare finding, in some ravines, the splendid "rosa del Limbara". The spring flowers on Limbara (lasting from April until late June) are an unforgettable sight. Limbara is beautiful even in winter. Snow, ice and wind transform the landscape giving it the aspect of a Nordic fairy tale. The rocks, which are already in strange shapes in the summer months, are now covered in ice moulded by the wind and seem unreal phantasms.

### **A curiosity: the wild cat**

It is difficult to see one close by. However, this carnivorous, clever, fast and silent animal has found its home in Limbara Park, along with the hares and mouflons. The wild cat is now very rare in Sardinia. It is bigger than the domestic cat and if annoyed, will not hesitate to defend its territory.

# SPORT

*Keeping fit and enjoying time off*

## CONTENTS

- Biking
- Climbing
- Diving
- Fishing
- Golf
- Riding
- Trekking

## BIKING

What makes a cycling tourist happy? Naturally, a temperate climate, different kinds of terrain alternating plains and hilly countryside, abundant vegetation, coastal and mountainous routes and the availability of accommodation and services providing assistance when required. All this can be found in northern Sardinia, an area with no high mountains and a landscape of Mediterranean maquis and woodlands. The routes along the coast are equalled in beauty by the roads through the mountains. Besides, many services are available to make the visitors' holiday pleasant and comfortable, from bicycle hire to organizing itineraries and sending on luggage for each stage of the journey. The biking tourist is therefore free to pedal on at the desired rhythm in complete freedom since he or she can count on the support of organizations that provide a high standard of service – and the famous Sardinian hospitality is included in the price!

There is a wide choice of itineraries. One starts from Porto Torres, on the northwest coast and goes to the opposite coast passing through the interesting medieval town of Castelsardo then on towards Trinità d'Agultu where the road goes uphill in some stretches but is mostly along the coast. A word of advice: the views are magnificent so take time to stop and admire them! After reaching Santa Teresa, and visiting the promontory of Capo Testa, the biker continues to Palau where the famous Bear rock can be seen. The ferry to the island of La Maddalena leaves from Palau. On this island the biker will enjoy a splendid landscape of cliffs, tiny coves, a crystalline sea and wonderful trees and plants.

The ideal way to get to know the wilder areas of Sardinia, is a tour by mountain bike. The biker will be immersed in the beauty of unspoiled nature, provoking strong sensations, whether he takes the coastal roads, which are sometimes sandy, or sometimes go down through the rocks, or the roads towards the interior on the slopes of Mount Limbara.

In the last few years, northern Sardinia has become one of the most popular places for cycling tourists, not only on account of the natural environment but also because a biking holiday is the best way to discover the out-of-the-way places and authentic cultural features of this extraordinary island.

## CLIMBING

For some years now, Sardinia has become part of the world of "rock climbing" and attracts climbers from all over Europe. Various options are open to climbers, all new and fascinating, some suitable for keen, practiced climbers and other for those who want to try the sport for the first time. Groups are accompanied by experts and local guides. These excursions provide thrills and the chance of climbing according to level of experience: from walls of limestone and blocks of granite which are easier for beginners, to the steep cliffs overhanging the sea, the goal of more expert climbers. In the Alghero area, in the northwest of the island, The promontory of Capo Caccia, about twenty kilometres from the town, is the best place to defy nature, and these 200 metre high cliffs over the sea are popular with the keenest and most daring climbers. In the countryside around Sassari, on the way to Osilo, the *Vertical Dimension* cliff is situated, mean height 15 metres. This is easy to reach and is good for practice even when alone. Not far from Sassari, in the immediate outskirts, the Chighizzu rocks can be found, offering some interesting but short climbs. Up in the northeast of Sardinia, in Santa Teresa, the promontory of Capo Testa is a good place for climbing. Granite rocks of a rounded shape come down to the sea or descend steeply in spurs, pinnacles and other formations that can be tackled by professional climbers.

When the mistral is blowing, it is inadvisable to climb any rock face on the northwestern coast; the only accessible one is in Osilo. In the interior of the island, at the foot of Mount Limbara, about ten kilometres from Tempio Pausania, the area of Aggius has blocks of granite which offer an interesting and energetic climb. The property is private but access is permitted.

Climbing is also an excellent pretext for seeing wonderful places and viewing unforgettable panoramas. The climbs are in the middle of wild, unspoilt natural surroundings. The landscape is one of the most fascinating in the Mediterranean. Climbing in northern Sardinia is a sport everyone can enjoy, thanks to an organization which guarantees the right equipment and provides expert guides.

## DIVING

When thinking of sports in Sardinia, those connected with the sea come first to mind, because the sea around the island is glorious, pure and unpolluted. All year round it is possible to take part in different kinds of guided water sports, explore underwater grottos, have the thrill of seeing ancient wrecks, enjoy the experience of diving deep underwater even at night, participate in competitive water sports and perhaps acquire a diver's certificate. There are so many options to choose from. Starting out from Alghero, in the northwest of the island, those keen on swimming in grottos will find what they desire at the bottom of the limestone cliffs of Capo Caccia. This area is famous for its above-sea grottos, like Neptune's Grotto, and many of them also have a submerged part. The most famous is the Grotto of Nereo, believed to be the largest submerged grotto in Europe, but there are also the grottos of Falco, Punta Giglio, the Submarine Grotto and the Madonnina Grotto. Going further north, the archipelago of La Maddalena offers exciting opportunities for swimming and diving. Situated in the centre of the Straits of Bonifacio, the archipelago is full of strong currents and the sea is cold so it is populated by Gorgonacea. The best-known places for diving are those near the shallows, like the Washington Bank, the Spargiottello and the Zoppo, between the islands of Spargi and Budelli. A visit to the island of Caprera is a must: by the Monaci island and the shallows of the same name, diving and snorkelling are facilitated by the particular geographical position which protects the area from the mistral and currents. Along the northeastern coast, at Santa Teresa di Gallura in the area below Capo Testa, the sea floor is of granite and the unique sea fauna provide an extraordinary spectacle. At Monte Regalo and the Devil's Bank the presence of strong currents from the Straits of Bonifacio and particularly cold seawater have produced splendid banks of red coral within the reach of skindivers. To the south, near the island of Tavolara, diving in the famous Papa Bank full of limestone pinnacles and with a lively fish population, is an experience not to be missed. Another place which must be visited is the Fico Shallows between Tavolara and Molarà: Punta Arresto, off the northeast coast of Molarà has an underwater landscape with deep gorges, like canyons.

### **A curiosity: history at the bottom of the sea**

Since ancient times, the sea of Sardinia has been an important trading route used by Phoenicians, Romans, the Spanish and Saracens. Today the sea of northern Sardinia still shows important evidence of this distant past: ancient wrecks with their precious cargoes, pig iron amphoras, pottery, shipboard utensils and various small objects are lying on the sea floor where they provide an exciting moment when discovered by those who love diving.

## FISHING

The sea around the north of Sardinia makes a large number of fishermen happy. The morphological formation of the coast facilitates successful fishing from land and on the sea. Those who like fishing in ports will find plenty of harbours and docks. However, the best opportunities are for surfcasting. In northern Sardinia, whatever the direction of the wind, there is always a shore where the sea is rough. Besides, the sea bottom is diversified, sometimes sloping deeply, sometimes gently. In particular, the Badesi Mori beach is of interest. A world championship was held here and for the last 12 years the Alessandro Magrini memorial competition, the only international surfcasting event held in Italy, has taken place.

Northern Sardinia is full of gleaming white limestone cliffs right down to the blue sea and canyons of a dizzy height that are ideal for fishing from the rocks. An exciting event is the Turritano drifting big game trophy for tunny fishing held in Porto Torres for the last ten years. The tunny is fish much in demand and besides this, in the struggle to catch the fish the fisherman has to be aware of his limits, not only physical, and be master of his equipment. The struggle demands all his energy. Sometimes the tunny fish win and manage to escape even after the catch seemed certain. The Turritano trophy is an important event which brings together tradition and history, competitive sport and culture, besides an element of solidarity: proceeds from the sale of the fish go to charity. Finally, freshwater fishing is also possible although the torrential nature of the island's streams can make it difficult to get down to the rivers. When going to the banks of the river Coghinas (northern Sardinia) or the Tirso (west central Sardinia), to mention the best-known, the fisherman should be equipped with a rucksack, stout shoes and a great deal of patience. But the effort – particularly in autumn and spring – will be rewarded by natural views of unexpected beauty. A flat stone to sit on, a Y-shaped piece of wood to hold the rod, and the fisherman will enjoy sitting and hearing only the sound of the bait falling into the water or the click of the reel winding in. The rest is music created by the surrounding countryside, at the most the sound of the bell rousing him from his torpor and telling him the fish has taken the bait!

A new initiative, introduced only five years ago but in rapid expansion, is fishing-tourism. The number of people who go on board a fishing boat, all year round, to draw in the nets or retrieve the baskets and be "fishermen for a day" is continually increasing.

There will be daily trips from Porto Torres and Stintino taking the boats of fishing tourism to the island of Asinara, which became a national park in 1998 after the high security prison was closed.

## GOLF

Sardinia is also an ideal place for golf. The mild climate favours this game. There are two golf courses in western Sardinia and other nine-hole courses are planned in the Alghero and Olbia areas. Of the two already in existence, one is 9 hole and the other is 18 hole, the latter famous all over the world. This is the Pevero Golf Club in Porto Cervo, in the province of Sassari, a 72 par which is one of the best golf courses in the world. The diversity of the landscape and the complexity of the course make it extremely difficult: the player has to contend with the wind, thick clumps of bushes next to the fairway, rocks making the ball bounce and undulating stretches of green that oblige him always to be alert. The green is situated in an area of stupendous natural beauty so every starting or ending point delights the eye of the player waiting his turn; the only risk is of missing the stroke because the scenery may distract even the most hardened player! A short, wind-swept 9 hole course, the Puntaldia, is not far from the Pevero, at San Teodoro. The green is on the east coast of Gallura, a few kilometres from Olbia. Its name "Punta Belvedere" indicates its position. In any case, those who like golf like nature and the Puntaldia course combines both, the challenge of the game – the nine holes are placed with precision – in surroundings that are a true natural paradise just a step from the sea. The Puntaldia course is ideal both for practice and friendly competitions, and for small tournaments.

Try playing this game during your holidays. You must know, however, to avoid making a fool of yourself, that "fairway" is the ground where the ball must land and "par" means the maximum number of strokes used to end the game!

## RIDING

Around the hills, between the junipers of the sand dunes, on paths through limestone massifs, in the alleys of historic town centres, in the colours of the sea, our horses will accompany you as you find a new way to discover northern Sardinia. There are also wonderful rides along the beaches or near lagoons where rare botanic specimens and unique fauna can be found. Oleanders, tamarisks, alders, snow-white waterlilies adorn the shores of the lakes while water hens, wild ducks, stilt-birds, herons and pink flamingos accompany you with their songs. The Anglo-Arab-Sardinian horses are perfectly trained to move over uneven ground. Excursions can last a whole weekend, or else a day or even an hour, depending on the area to be visited. For example, starting out from Villanova Monteleone, a few kilometres from Alghero, a ride goes to Mount "Sa Pittada" the undisputed kingdom of the griffons, majestic vultures that risk extinction and are protected here. Itineraries to see ancient sheepfolds or on Mount Limbara are more demanding rides. Mount Limbara is the highest mountain in northern Sardinia (1362 mt above sea level) and on fine days you can see Corsica from the top. The terrain is ideal for riding. You can go along dirt roads through the woods and see many species of birds of prey or else follow the old paths of the charcoal burners and discover in the interior oases where deer and mouflons have been restocked. This itinerary takes you to granite formations in bizarre shapes and the woodlands, streams and valleys that are characteristic of this mountain and the Gallura area.

### **It is said...**

...that an old man in a village had a deer and a horse and was returning home with them after a day in the country. An angel disguised as a child stopped him and asked for a lift which meant a long detour but the old man agreed and mounted the child on the deer. But the angel, although disguised as a child, weighed as much as an adult and the poor deer couldn't stand the strain and fell to the ground. The angel then wanted to repay the old man and transferred to the horse all the highest virtues of the deer. This was how the Sardinian horse became the king of the forest, as elegant, agile and resistant as a deer, while the deer from that time has been careful to keep away from man.

## TREKKING

In northern Sardinia, trekking is an ideal sport for discovering the most fascinating and secret places. From all parts it is possible to take paths which go through ancient woods and areas of Mediterranean maquis, or go round mountains of granite or along limestone cliffs descending steeply to the sea, reaching in the end silent and deserted beaches.

Some routes go through dense Mediterranean maquis, mostly consisting of olive trees, cork trees and other typical varieties like mastic trees, myrtle, cistus and broom. Near the sea, the maquis thins out, giving place to large sand dunes. The richness of the landscape offers something for all tastes. Those interested in archaeology will find along the way nuraghi, domus de janas (giant's tombs) and sacred wells. Along the coasts, stops can be made for snorkelling and in some coastal areas it is possible to experience the excitement of whale-watching. The lagoons and marshes in the area provide an ideal environment for bird watching and there is always the simple but fascinating pleasure of observing the wild life in general. Most of the itineraries, including the archaeological ones, are suitable for everyone, adults and children, experts and beginners. And then there are the traditions that still live on in the soul of the Sardinians. The excursions can be enlivened by country fairs, village festivals and festivities in local costumes. To go trekking in Sardinia, spring and autumn are the ideal seasons when nature reveals all her colours and it is not too hot. Most of the routes can also be taken in winter but the hottest months of the summer are not good for this activity.