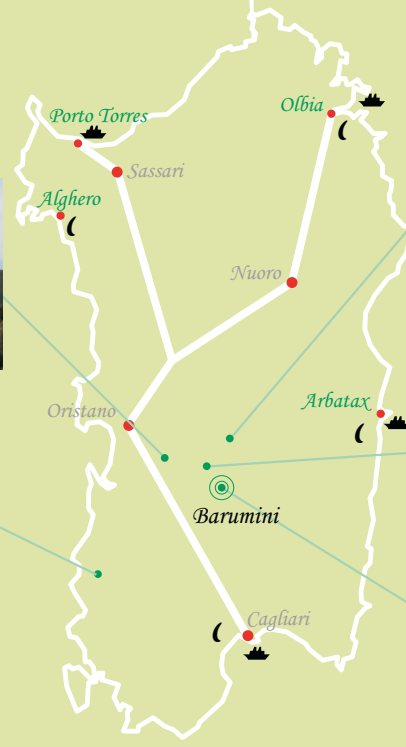


*nature and culture
in Sardinia*



Monte Arci



Tempio di Antas



Laconi, Museo dei menhir



Giara di Gesturi



Su Nuraxi

Cagliari - N.S. di Bonaria, bastione Saint Remy and Poetto Beach



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Let us start a trip around Sardinia, to find traces of a mysterious past!
Cagliari is the ideal starting point for a series of excursions, either to discover the beautiful coast or in search of the past.
It sums up the whole history of Sardinia and it is bustling with life and cultural activities.

Let us assist You in finding sites of great historical and cultural interest!
Throughout the last thirty centuries Sardinia has been an easy landing for conquerors, merchants and missionaries.
But the territory is extremely rich in archaeological monuments of an older glorious past, that were built all over the island and now they are part of the landscape.



Please Yourself discovering this treasure, the natural beauties and traditions of Sardinia.

- Mild climate, lagoons and the charm of wild areas characterize our sea-coast.

You must see clear water blending into the white sandy dunes, the rocky promontories and the Mediterranean bushes, in a fantastic combination of colours.

- You will learn about our culture, history, folklore, arts & crafts.

Religious festivals and traditional celebrations are still preserved and they remind the mysterious fertility rites of a remote past.

The roots of Sardinian handicraft are planted in a millenary tradition, which is re-proposed in the same shapes, motifs, colours and characteristics.

Run through Sardinia with us!

We offer You an helpful support, while You are organizing Your holiday.

We are sure our information will contribute to make your trip easier and more pleasant. We'll give You local maps and telephone assistance, as well.

What are You waiting for! Choose the best options for You, about excursions, accommodation, restaurant, events, etc.
Let us help You booking your car, accommodation, table at restaurant and any other useful service.



Where is Atlantis?

Atlantis was never found because we have all been looking in the wrong places. The following theory is revolutionizing the studies in the field of archaeology. Do you want to give rise to Atlantis from the waves? Let us discover the Atlantis treasure together!
Timaeus and Critias, two of Plato's dialogues, are the only existing written records which specifically refer to Atlantis. The story is about the conflict between the ancient Athenians and the Atlantians 9000 moon-months before Plato's time. It provides a detailed description of the lost island and its people as well as information about the ancient Athenians. Knowledge of the distant past - apparently forgotten to the Athenians of Plato's day - the story of Atlantis was conveyed to Solon by Egyptian priests.

"There existed an island nation located in the middle of the Atlantic Ocean populated by a noble and powerful race. The people of this land possessed great wealth, thanks to the natural resources found throughout their island. The island was a center for trade and commerce. The rulers of this land held control over the people and land of their own island (the city of Atlantis was the most powerful land in the island and its king ruled over the other lands) and into Europe and Africa, as well. For generations the Atlanteans lived simple, virtuous lives. But slowly they began to change. Greed and power began to corrupt them. When Zeus saw the immorality of the Atlanteans, he gathered the other gods to determine a suitable punishment. Soon, in one violent surge it was gone. The island of Atlantis, its people, and its memory were swallowed by the sea."



Around the 12th century BC the ancient Mediterranean civilizations were upset by natural perturbations (earthquakes, volcanic eruptions, tsunamis) that destroyed important cultures (the Mycenaean and the Hittite empire). These events were preceded and followed by invasions of the eastern Mediterranean area by bellicose "Sea Peoples". Thanks to an Egyptian stele we know the most valiant, the Shardana (most archaeologists think they were the ancient and brave inhabitants of Sardinia). But that stele portrays the last stage of the invasions like a dramatic exodus (the invader were annihilated)! These important events came with the end of the Bronze Age, more flourishing than the following Iron Age; in fact many prosperous civilizations disappeared and that facilitated the Phoenician power development.

The Atlanteans dominated as far as the Tyrrhenian Sea and the Egypt.
To the Tyrrhenian sea??? We know they dominated lands unknown to the Athenians of Plato's day!!!
We must know that at the Plato's time the Carthaginians (and previously, the Phoenicians) had been colonizing the whole western Mediterranean Sea, so that area must have been off limits for the Greeks for long time.
Then, I have got an important query: where did the Atlantic Ocean start for the ancient Greeks? We know it: beyond the Pillars of Hercules. But where were they? We know it: At the end of the known world. But beyond the straits of Gibraltar or beyond the straits placed between Sicily and Tunisia?
The island of Atlantis was just in front of the Pillars of Hercules and crossing it was really dangerous because of mud (the depth was very low), reefs and slack winds (dead calm). Therefore putting the Atlantic Ocean beyond the straits of Gibraltar was probably the original mistake.

knowing
knowing
Sardinia
Sun, nature, landscapes, traditions, life
seaside, culture, history, now for You
Sardinia

Discover the mysteries of Sardinia!

A Sardinia less well known preserves - within its heart - ancient civilizations; the strongest civilization in the prehistoric Western Mediterranean Sea.

Sardinia's prehistoric inhabitants arrived from the sea and settled along coastal areas; the ruins of many Nuraghes (Sardinian megalithic towers) bear witness to this. The first groups which settled in Sardinia found an ideal habitat: the fertility of its soil and the richness of its metal, a mild climate, plenty of animals, an immense fishing patrimony, a great variety of fruits and vegetables and the obsidian, from which they could forge arms and tools.

The first Sardinians were navigators, familiar with the sea: thanks to their seafaring skills obsidian (the precious vitreous stone found at Monte Arci) was exported throughout the Mediterranean Sea. This obsidian trade made Sardinia known in the Mediterranean area and attracted more and more new settlers. So it was from the merging of the new groups that the original Sardinians originated. Traces of this prehistoric civilization (in Sardinia there was no writing) testify the importance of this island in the Bronze Age. Then why that civility was no longer remembered? Why there is no trace of this civility in any writings, in any oral tradition?

Why did the Sardinians retreat into the interior, in the hills and mountains? Why did they fell in isolation and backwardness? What transformed them into shepherd and peasant dominated by fear and mistrust of the waves which continued to break against their coasts? Why there are still more than eight thousand Nuraghes in the whole territory but in the only Sardinian big plain (tabula rasa in the Campidano plain for tens of km)? Why did they find some Nuraghes under hills of mud? What brought so much mud?



Sardinia's coast (with their extraordinarily variegated and breathtaking seaside of ravines, sandy beaches, gulfs and promontories) strongly characterize the island's landscape.

That's true, but what does it mean? Just lying on the beach and swimming in crystal clear water?

What about discovering our history, environment, culture, traditions, gastronomy, folklore, arts & crafts, religious festivals and traditional celebrations, just a few km (60 km to the southern coast, 50 km to the Western coast by asphalt roads) from the seaside? With our services we want to give You the most useful information and advice that can help you to get closer to the Sardinian citizens (through the most natural and human manifestations of the everyday life) and to discover new things about that ancient Sardinia, which steadily survives.

In many places in Sardinia - during the local festivities - you can attend religious and civil ceremonies, folklore displays, songs, music, cavalcades, equestrian displays, processions in costume, popular festivals.

Come and you will meet local people willing to share the natural and cultural heritage of this island with the visitors. Come and you will discover where traditionally the oldest people in the world are from. Moreover you can take part in our treasure hunt: disclosing the secrets, hidden behind a millenary mystery.

You will never regret it!



Nuragic history in brief

Sardinia still keeps itself unaltered and nowadays its inhabitants help us to make out the features and the temper of the people living in this land during the past Ages. Therefore before starting our trip around Sardinia we must recall the past time that reminds our civilization's roots.

During the pre-Nuragic period (from the 4000 b.C.) numerous villages and tombs were built all over the Island. The culture from Bonnanaro (dated 1800 b.C. - 1500 b.C.) is quite rough, essential but it produced a first form of collective organization. It has elements of contiguity with the coeval Spanish and Italian cultures.

The following culture was the Nuragic one (1600 b.C. - 238 b.C.). Populations coming from the eastern Mediterranean area mixed to populations from the Balearic islands and from Corsica. In spite of a cultural omogeneity there was a political division, with communities often fighting each other. A strong individualist philosophy of the Nuraghic families and clans results in a sort of "building insularity". In a such cultural context the most common buildings are the following: Nuraghes, Giants' tombs, temples with well. Nuraghes: buildings characterised by a cut off cone shape and made of heavy stones (sometimes more than seven tons) settled without any lime.

Giants' tombs: megalithic and collective tombs, a sort of huge tombs with enough space for hundred of bodies, where the divinized heroes and the greatest ancestors "sleep". Also you can find little funerary cells (pre-existing the Nuragic culture) called "Domus de Janas", the witches' houses.

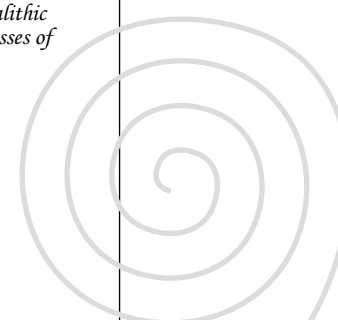
Temples characterised by wells: where people used to venerate the celestial water and the Great Mother. Also you can find Dolmens and Menhirs (megalithic stones, pre-existing the Nuragic culture) witnesses of the cosmic and regenerating religious cults.

Sardinians had a strong relationship with the sea, the votive small bronze ships (bronze statuettes) are the most important archaeological evidences. The Sardinian ships show stylised emblems such as deers, moufflons, oxen and rams, all symbols of a land of shepherds, who easily transformed themselves on sailors.

In Sardinia there was an advanced technological context thanks to expert craftsmen. In fact the oldest processed iron ever found - in the western Mediterranean area - comes from the Nuraghe Antigori in Sarroch (Cagliari).

But from the XII century b.C. the Western Mediterranean Sea suffered a deep crisis until the arrival of the Phoenicians that occupied the power vacuum; this population traded peacefully with the Sardinian from the IX century until the VII b.C., when they started colonizing the Sardinian coastal area.

The sea was a vehicle and the Sardinian population was very confident with it; but Sardinia suffered a deep change after the Carthaginian conquest at the end of VI century b.C.. Until the VII century b.C. the island was still a power in the Tyrrhenian Sea; when the Carthaginians arrived - with their military regime - for the Sardinian population the sea became a border, closing it in a silent loneliness full of grievance, rebellion and expectation.



Marmilla

Firstly, we briefly want to introduce you Sardinia:
- it is the second biggest Mediterranean island (24,000 sq. Km);
- its coastal perimeter is about 1,850 Km of beautiful beaches and it has a population of about 1,500,000;
- the climate is typically Mediterranean, it lies within parallel 39° and parallel 41°.
- there are many species of plants and fauna (some of them are typical) in a great variety of natural environments. There are unique animals like the Sardinian donkeys and the little horses of Giara, 120 centimetres tall, living in big droves.

Marmilla is a small district in the south center Sardinia, limited by plateaus and hills. From the morphological point of view, Marmilla's landscape is characterized by smooth hills intersected by highlands with sinuous edges.

The territory of Marmilla (as open-air museum) is part of an important cultural tourism development program, whose scope is to take the area more and more accessible and enjoyable to the public and to preserve the natural and historical resources in their original place.

Marmilla preserves an untouched historical and traditional heritage.

The archaeological monuments – strewn across the territory - are part of the agricultural landscape. There are numerous architectonic evidences from the ancient churches in the territory of Marmilla countryside; they belong to various periods: Romanic, Pisan, Gothic-Catalan/Aragonese, Baroque. Generally, local architecture does not show a sudden changes, but old and new styles blend with each other.



Mount Arci is a natural reserve, but it is interesting from both archaeological (Menhirs, pre-nuragic and nuragic constructions, traces of Carthaginian and Roman rural settlements) and naturalistic points of view; visitors will really enjoy the fascinating landscape with numerous water spring, a nature uncontaminated and testimonies of millennia of history.
Nowadays, Mount Arci is "Area 1" of the Geo-mineral, Historical and Natural Park in Sardinia (listed as part of the World Cultural Patrimony by UNESCO), due to the existence of the richest and most extensive seams of obsidian (a natural volcanic glass) in all the Mediterranean Sea. It was the mythical "black gold" from prehistory and the first material used by the prehistoric people to make cutting instruments. Mount Arci was the only area (with Lipari and Pantelleria) of gold extraction in the Mediterranean; obsidian mining gave birth to Sardinia's mining history (it has been extracted for over 4,000 years and exported to numerous places) and now that continues with the extraction of other minerals.

Giara territory is a real flora paradise; itineraries are practicable in every season even though it is more suitable in spring, when Giara flowers in a galaxy of colours. A nine Km-botanic route allows people to recognize all the Giara vegetable species: meadows, Mediterranean bush and woods, arboreal pastures, aquatic vegetation.

On the plateau you can find a botanic garden and the Didactic Center (a multifunctional structure), which can be compared to a real multimedia naturalistic museum. The informative offer is integrated with an itinerary system, which can satisfy any needs of the visitors.



Tuerredda



Sardinia has got a wonderful seaside wherever you go. If You like the idea of combining our offer with a stay in a typical coastal place, we can advise you and put you in touch with our partner organizations. We have chosen one area for You, since it is located in a strategic point, as its services are adequate and because of its charm.

Start your trip from Cagliari!

It is a very nice town (the biggest one in Sardinia) with a Medieval centre and plenty of attractions:

- wide ponds (Santa Gilla, Molentargius) with a very important natural heritage;
- gardens (Monte Urpinu, Colle S. Michele, Public Garden, Monte Claro and the Botanic Garden) frequented by the inhabitants;
- nice beaches (a tiny inlet - Calamosca - and a huge sandy beach called Poetto);
- art (the Municipal Gallery, a National Art-Gallery, the Sardinian Museum of anthropology and ethnography, the Cittadella dei Musei);
- Roman vestige (Grotta della Vipera; Amphitheatre and Villa Tigellio);
- Punic vestige (necropolis; crypt in the church of St. Restituta).



Check on the web for more airlines:

To Cagliari

http://www.sogaer.it/infovoli/voli_t_reale.php

To Olbia

http://www.geasar.it/home.asp?section=AEEROPORTO&lang=1&hid_idgruppopalchettoHome=2

To Alghero

<http://www.aeroportoalghero.it/IT/voli/default.php>

Directions



Cala Regina

Outside Cagliari - going eastwards - You can find really nice beaches: Cala Regina, Torre delle Stelle, Geremeas, Solanas, Porto Sa Ruxi, Campus, Capo Boi, Villasimius, Cala Pira, Porto Giunco, Cala Sinzias. Westwards, You can find Punic traces (Nora and Bithia) and the beaches of Chia and Teulada.

Three Sardinian airports (Olbia, Alghero and Cagliari) are connected to the principal London airports throughout the year.

Also, flights from Germany, Spain, Switzerland, Paris, Prague and Ljubljana.

There is a good road system that easily join our holiday destination to the airports. It makes no difference whether you arrive at Alghero-Fertilia airport, at Olbia-Costa Smeralda airport or at Cagliari-Elmas airport; in any case You must drive towards the main road (s.s. 131 – Carlo Felice).

Contact us, so that You can easily get to the destination point.

Flights to Cagliari (Elmas airport):

from London Luton by Easyjet

from Barcelona by Iberia

from Madrid by Iberia