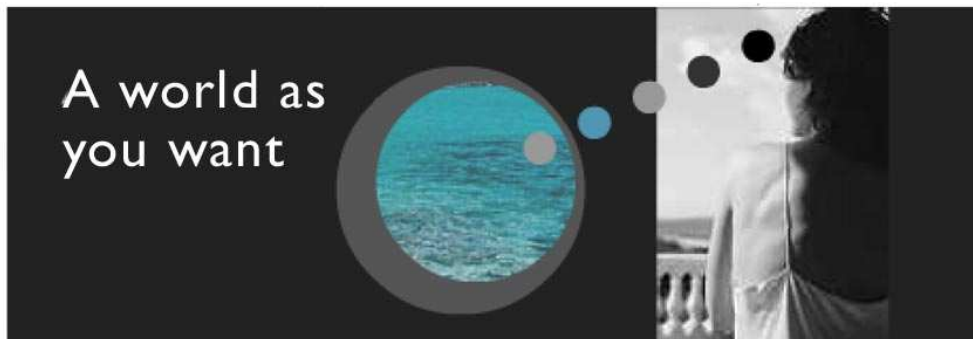


Charming SARDINIA



Your online Sardinia' specialist



Rough Guide to Sardinia 2009

www.charmingsardinia.com

CAGLIARI
SANTA MARGHERITA
PULA

Cagliari, the main town in Sardinia, is also one of the oldest towns in Europe. The first urban settlements in the area of Cagliari date back to over 3.000 years ago. The Phoenicians, who invaded the area around within the time span 1.000 – 900 B.C., established several storage houses, and based their headquarters in the area of the Lagoon of S. Gilla, where nowadays the airport is located.

The city was called „**Karalis**“, and was developed in the now busy area between viale Trieste and via Roma. In the year 239 B.C. - when the Phoenicians were defeated by the Romans - Sardinia became a Roman colony.

During the Roman domination the core of the city centre was extended from Piazza del Carmine to via Regina Elena. Several remains of the Roman domination have been found so far, especially in the Marina quarter. After the decay of the Roman Empire in 455 B.C., Sardinia was invaded by the Vandals who ruled the island for about 80 years.

Until the year 800 the island suffered from the incursions and attacks of Saracens. Under Giustiniano I, Sardinia was ruled by the Romans again together with Corsica and the Balearic Islands and was annexed to the diocese Africa which was part of the Byzantine Empire. Because of the distance to Byzantium, the connection between them was rather weak. Therefore Sardinia was able to develop a kind of semi-independence and the island was divided into four parts. These areas were called “*Giudicati*”, each of which was ruled by a “judge”.

However, the judges were not able to stop the invasions of the Arabs and when in 1014 the Arabian fleet appeared in front of the Sardinian coast, the judges were forced to ask the Marine Republics of *Genoa* and *Pisa* for help. Once they drove the Arabs away they settled in Sardinia: the Genoese in the North (in *Castelsardo* there is still the Castel of the Doria on the promontory) and the *Pisani* in the South (the towers of *Castello* are a main testimony of their domination). Sardinia started living a prosperous period of commerce and trade.

The symbols of Cagliari are, from the naturalistic point of view, the “*Sella del Diavolo*” (the Saddle of the Devil) which faces the “*Golfo degli Angeli*” (Gulf of the Angels), as the legend tells that Lucifer was chased away from heaven and fell on Earth on the promontory of Cagliari, leaving the sign of his fall, shaped as a horse saddle. As far as the architecture of the city is concerned, the *Pisani* built a fortress “The Castello”. On the Castello hill in the Castello quarter all the important public offices were located. It was the religious, economic and political seat of Cagliari until 100 years ago.



In 1323 the Aragonese army started the invasion of Sardinia from Cagliari. They introduced a feudal system in the island and the local inhabitants were exploited and had no civil rights. In 1708, after the Spanish lost the war against the Habsburg court, Cagliari became an Austrian colony. In 1717 the Spanish tried again to re-conquer Sardinia, without any success. In 1718 the Savoy started ruling the island, until 1836. Until this year, which benchmarked the abolition of the feudal system established by the Spanish, the island was plagued by economical and social problems that this type of system determined.

In 1861 Italy was united and Sardinia became Italian, also thanks to the efforts of Giuseppe Garibaldi, who spent the last years of his life in *Caprera* (an islet in the archipelago of La Maddalena).

Traces of the dominations which invaded the island over the centuries are still evident in the whole territory of the city: all that conquerors left traces in the main town of the island therefore one can find Phoenician-Punic-Roman testimonies as well as Byzantine, Romanic-Pisan, Gothic-Catalan and Piemontese Barock. Some parts of Sardinia are built in one style only (*Alghero* has not only typical Catalan architectonic features, but the people still keep in their language the language of the conquerors), whereas while visiting Cagliari, visitors reckon how miscellaneous is its background which make the city unique.

Bastione "San Remy"

Cathedral



Via Roma



Port



church "San Saturnino"



town hall



Gulf of Cagliari



Bastione "San Remy"



Cathedral

SOUTH COAST – PULA AND SANTA MARGHERITA DI PULA



GENERAL INFORMATION

The small town of Pula is located 35 km away from Cagliari and has about 6.500 inhabitants. It was built in the 10th century B.C. not far from the ancient Phoenician-Punic-Roman trade city of Nora. In *Nora* one can still enjoy the view of the ancient ruins.

Pula has an archaeological museum right in the town centre, where findings of the excavation of Nora are exposed. The most interesting items, however, are to be found at the Archaeological National Museum of Cagliari.



The main economic activities are tourism and agriculture. A part of the Sulcis mountains which covers the South-Western part of Sardinia, belongs to the area of Pula as well as the National Forest *Pixinamanna*, driving northbound from Pula, where the intense green of the “Machia Mediterranea” (Mediterranean maquis) changes with the red of the impressive summits of the granite mountains.

Besides of the sea and beaches there is a variety of other natural places to discover and enjoy!

SOUTH COAST – PULA AND SANTA MARGHERITA DI PULA



BEACHES

Santa Margherita di Pula is the Name of the area in the south west of Pula. Here several hotels and (private) holiday houses are to be found. Many of the beaches of Santa Margherita di Pula are private. Therefore, but also because of the marvellous natural setting, it is recommendable to drive to Chia.

Chia is known for the enchanting beauty of its beaches and sandy dunes. There are also many salt water lagoons where you can watch flamingos at certain times of the day. Along the Sardinian coast you can see Guardian towers, dating back to the Spanish domination. The Spanish King had them built in the 17th century in order to facilitate the surveillance of the Sardinian coasts and – in case of enemy approach – to inform as quickly as possible the relevant military camp.



LEISURE

During summer time in the Roman amphitheatre of Nora or in the nice Village of Pula there are several poetry readings – of which the best known is One well known is „la notte dei poeti”- theatre shows and concerts.



SOUTH COAST – PULA AND SANTA MARGHERITA DI PULA

The cave of „*Is Zuddas*“ close to *Santadi* has unique concretions of minerals and crystals which are 600 million of years old.



FEATS & TRADITIONS

In Sardinia traditions are an important part of the daily life. There are many folk activities during which the population like fishermen, shepherds and farmers pass the ancient information about the local beliefs and uses on to younger workers. Guests are always welcome on Sardinian feasts to discover the old traditions of the island, its history and enjoy the hospitality of Sardinian people.



The main feast in Sardinia is **Sant Efisius** which takes place every year in Cagliari from 1st to 4th May in honour of the Sardinian Saint patron. The wooden statue of the Saint is carried from the church in Cagliari named after him, to the small church of Nora, where the martyr S. Efisio was executed in 303 A.C. This is a 35 km long walk and the celebration through Cagliari is unique, with all the folk groups wearing traditional costumes and playing traditional music; they all come from different areas of Sardinia to Cagliari with their ox-carts and horses decorated with flowers.



**SOUTH COAST –
PULA AND SANTA MARGHERITA DI PULA**

- In June the harvest feast of the figs takes place in Domus de Maria. Especially Chia is famous for its figs.
- In August the hunting feast of the boar takes place again in Domus de Maria. There are many boars in the forests of Sardinia.
- Again in August the “Mauritanian Wedding” takes place in Santadi.



Shopping in Pula

The main street is Corso Vittorio Emanuele which leads to the “Piazza del Popolo”. Along the main street the archaeological museum is to be found, the town hall (municipio), pharmacies, cafeterias and, obviously, many nice shops.

More shops, bars, pizzerias, restaurants around Piazza del Popolo but also in the surroundings of Pula. There are several supermarkets, one for example is in viale Europa.

The hotels from our www.charmingsardinia.com selection are:

Forte Village Resort Suite – S. Margherita di Pula

<http://www.charmingsardinia.com/sardinia/hotel-pula/forte-village-resort.html>

Villa del Parco & Spa – Forte Village Resort – S. Margherita di Pula

http://www.charmingsardinia.com/sardinia/wellness_hotel/villa_del_parco.html

Is Molas Golf Hotel – Pula

http://www.charmingsardinia.com/sardinia/hotel_pula/is_molas_golf_club.html

Is Morus – S. Margherita di Pula

http://www.charmingsardinia.com/sardinia/hotel_pula/is_morus_relais.html

Costa dei Fiori – S. Margherita di Pula

http://www.charmingsardinia.com/sardinia/hotel_pula/hotel_costa_dei_fiori.html

**SOUTH COAST –
PULA AND SANTA MARGHERITA DI PULA**



Restaurants

Corte Noa Restaurant-Pizzeria-Disco – along the main road S.S. 195 Km 32'300 (Località Santa Margherita di Pula), in July, August on Thursday, Friday, Saturday and Sunday discotheque.

I giardini di Alice, Restaurant–Pizzeria with disco, Pula KM 28 SS 195, phone n°070 9209104

Bars and Restaurants in Pula / Nora

- **Irish Pub** – Via XXIV Maggio 9
- **Bar Su Nuraghe** – Piazza del Popolo 57
- **Bar L'Incontro** – Piazza del Popolo
- **Bar Cocktail** – Via Nora 92
- Restaurant-Pizzeria **Le Terme di Nora** – Viale Nora
- Restaurant **Su Guventeddu** – Località Su Guventeddu
- Restaurant **I Millenari** – Località Sa Perda Fitta
- Restaurant **Sa Macinera** – Via Nora 68
- Restaurant **Il Buongustaio** – Via Porrino 36
- Restaurant-Pizzeria **Eleonora** – Via Nora 37 along the main road SS 195



Restaurants in S. Margherita

- Restaurant **Su Talleri** – S.S. 195 Km 32.000 (Località Peddana) – fish specialities (not far from the Corte Noa bar, pizzeria, dancing)
- Restaurant-Pizzeria **La Quercia** - S.S. 195 Km 41.200 (Località Santa Margherita)
- Restaurant-Pizzeria **Sa Launedda** - S.S. 195 Km 34.700 (Località Santa Margherita)

You can get more information from your Charming Sardinia Team or at the hotel reception.

NIGHTLIFE

Sa Launedda Restaurant and Disco SS195 KM 34.70

Tsunami Disco SS195 KM 30,00

Chia is an area which became famous mainly because of its beautiful beaches and sandy dunes. From Capo Spartivento North Africa is only 180 km away. The area is very well-known, especially among windsurfers.

In Chia there are many holiday houses which are used only during summer. It is administrated by the town of *Domus de Maria* which is situated about 10 km away from the coast, in the countryside.



RESTAURANTS

If you follow the road to Chia after having taken the deviation from the main road SS 195 you'll arrive at the restaurant **MIRAGE**, Viale del Porto 10, phone n°070 923 0249

After about 500 m on the same road there is the bar and supermarket Mongittu. There is also the deviation to Torre Chia and the Guardian tower is there is a Restaurant-Pizzeria which is open only in high season, phone n°070 923 0054

The beach restaurant of the hotel Le Merdien Chia Laguna is also open for clients who don't stay in the hotel. **DUNE DI CAMPANA**, Loc. Chia, phone n°070 923 0158

In the Chia Village Centre is a Restaurant-Pizzeria **IL CHIOSTRO**, phone n°070 923 0334

RAINBOW PUB – Ristorante-Pizzeria, via Isonzo 3/b, phone n°070 9 23 6363

Restaurant **CRARE 'E LUNA** for fish specialities, viale Chia, Loc. Spartivento, phone n°070 9230056.

NIGHTIFE

Baia Chia Disco & Cafè in Chia

Our suggested hotel of www.charmingsardinia.com is:

Hotel Aquadulci – Chia

http://www.charmingsardinia.com/sardinia/hotel_chia/hotel_aquadulci.html



GENERAL INFORMATION

- Bus** Public busses are more frequent during the main season (June – September).
- Car rental** CharmingSardinia.com team will help you with renting a car. Please follow this link <http://res.rent.it/sites/EN/Default.aspx?l=EN&siteid=13-80B6E139>
- Drinking water** Water is very precious in Sardinia. Water from the tap generally is clean, if not indicated differently. However, we recommend to use bottled water for drinking. There is “frizzante/con gas” (sparkling) or “naturale/senza gas” without carbonic acid.
- Flight** Southern-Sardinia Airport is Cagliari-Elmas. Please click [HERE](#) to book a flight.
- Golf** 18-hole- **Is Molas Golf Course** in S. Margherita di Pula is internationally known – click [HERE](#)
- Markets** Typical Italian markets where you can get fruit, vegetables, fish, cheese but also clothes, shoes, leather articles, household and handcraft articles. They take place from 8 a.m. to 1 p.m.:
- | | |
|-----------|---|
| Tuesday | Pula – around the sport camp |
| Wednesday | Quartu S. Elena – in Via San Benedetto (food & cloths) |
| Sunday | Cagliari – Flee market |
| daily | Cagliari – “Mercato San Benedetto” (food) |
- Shopping** Usually the shops are open as follows:
Morning 9 a.m. to 1 p.m.
Evening 5 p.m. to 8 p.m. and in tourist areas during high season shops are often open from 6 p.m. until midnight.
- Souvenirs** Baskets, products of cork, wooden sculptures or carved patterns on furniture, ceramics, hand-woven Sardinian carpets, embroidery, golden jewellery and leather articles.
- Sardinian wines are among the best in Italy. The Romans called Sardinia “a swimming vineyard”. You can find good Sardinian wines in every supermarket.

GENERAL INFORMATION

- Sport** Horseback riding, biking, surfing and scuba diving are possible to do. The CharmingSardinia.com team will give you more information.
- Tips** Normally tip is included. However, every employee of the hotel will be pleased about a further recognition. In the restaurants, if not especially indicated, tips are not included and you are expected to give about 10% of the amount of the bill.
- Traffic rules** It's compulsory to fasten the seat belt.
There are no highways in Sardinia. The speed limit on the "superstradas = SS" the fast roads is 90 km/h and the urban speed limit 50 km/h.
Be aware of animals (sheep, goats, cows) on the road, especially in the mountain regions.



Sardinian handmade products



SARDINIAN SPECIALITIES

Carta da Musica	very thin flat bread
Pane Frattau	Carta di Musica with tomato sauce and fried eggs
Zuppa Gallurese	a kind of "Lasagne" bread with broth baked in the oven
Gnocchetti Sardi	small noodle "Gnocchetti" wit tomato sauce and pieces of meat
Ravioli alla Ricotta	Ravioli filled with a fresh cooked cheese
Porchetto	suckling pig (about 6kg)
Capretto	small goat
Agnello	Lamb
Orata, Spigola, Cernia, Dentice, Pagello, Triglie, Ricciola, Sarago	gilthead, sea brass, brass, dentex, red sea bream, red mullet, other local fish
Aragosta	Spiny lobster
Arselle	Venus clams (white)
Vongole	small Venus clams
Cozze	black mussels
Bottarga	Dried fish eggs which are served with spaghetti or with celery as starter.
Pinzimonio	Raw vegetables consisting in tomatoes, celery, radishes, carrots served with a dip from olive oil, lemon juice and salt.
Seadas	Sweet dessert: "pastry bag" foiled with fresh Pecorino cheese, fried and served with a spoon of honey or sugar on top.

LOCAL DRINKS

Dry white wines

Torbato, Cala Viola, Terre Bianche, Funtanaliras, Vermentino, Seleme, Giogantinu, Ladas und Balari lightly sparkling

Dry red wines

Thaora, Rosé di Alghero, Filieri rosato

Red wines

Cannonau, Monica, Tanca Farra, Filieri, Terre Brune, Santa Cristana Abbaia, Nepente

As an aperitif you may have “spumante” or “frizzante” which is a dry sparkling white wine. *Vernaccia* is a kind of dry Port wine as aperitif; the *Moscato* is a sweet wine and among the dessert wines there is *Malvasia di Bosa* or *Malvasia di Alghero* which is a kind of “Vin Santo” sweet white wine for after meals, ideal as a digestive.

The most popular of the liqueurs produced on the island is the *Mirto*, red (berries) or white (leaves) made from the myrtle bush.

The well-known *Filu e Ferru* is another good digestive. It is the Sardinian “grappa” and it is very strong. “Fil e Ferru” means a “peace of wire”.



„Mallureddus“ and „Culurgiones“ typical Sardinian pasta

„Dolci Sardi“ Sardinian sweets



Variety of Sardinian cheese, dry sausage, typical bread and wine



Are you looking forward to your holiday in Sardinia? Do you want to spend some beautiful and unforgettable days on this wonderful island?

Book here and now with www.charmingsardinia.com, your online specialist for luxury holidays in Sardinia.

Please do not hesitate to contact us should you require any further information on our hotels: please write to booking@charmingsardinia.com

The *CharmingSardinia.com* headquarter opening hours are from Monday to Friday from 9 a.m. to 6 p.m.

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