

*Charming* SARDINIA



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Rough Guide to Sardinia

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CAGLIARI  
VILLASIMIUS  
ORISTANO

## CAGLIARI



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 makes the city unique.



Via Roma



Port



church "San Saturnino"



town hall



Gulf of Cagliari



Bastione "San Remy"



Cathedral



## SOUTHERN COAST – VILLASIMIUS

Villasimius is located around 50 km from Cagliari – the main city on the island. To reach Villasimius, you need to take the strada provinciale 17. On your way to Villasimius you will border the “*Parco dei Sette Fratelli*” (National Park of the Seven Brothers), which extends until Castiadas; the highest peak reaches 1,023 meters.

The Geographic area in which *Villasimius* is located is called *Sarrabus*, in which main economic activities are sheep breeding and agriculture. Almonds, lemons, peaches and oranges are cultivated mainly in this area and then exported to Central Europe; wine production is also a main activity.

The territory of Villasimius covers an area of 58 square km and includes the part of the coastline from *Porto Sa Ruxi* to *Punta Molentis*. *Capo Carbonara* in the very South East the *Sella del Diavolo* are the borders of the *Gulf of Cagliari*.



We recommend following hotels on [www.charmingsardinia.com](http://www.charmingsardinia.com)

### **Sofitel Thalassa Timi Ama – Villasimius**

[http://www.charmingsardinia.com/sardinia/wellness\\_hotel/sofitel\\_timi\\_ama.html](http://www.charmingsardinia.com/sardinia/wellness_hotel/sofitel_timi_ama.html)

### **Cala Caterina – Villasimius**

[http://www.charmingsardinia.com/sardinia/hotel\\_villasimius/cala\\_caterina.html](http://www.charmingsardinia.com/sardinia/hotel_villasimius/cala_caterina.html)

### **Stella Maris – Villasimius**

[http://www.charmingsardinia.com/sardinia/hotel\\_villasimius/stella\\_maris.html](http://www.charmingsardinia.com/sardinia/hotel_villasimius/stella_maris.html)

### **Crucuris Resort – Villasimius**

[http://www.charmingsardinia.com/sardinia/hotel\\_villasimius/resort\\_crucuris.html](http://www.charmingsardinia.com/sardinia/hotel_villasimius/resort_crucuris.html)

## SOUTHERN COAST – VILLASIMIUS



**Villasimius** has about 2,860 inhabitants during winter, and the population raises in summer up to 50,000, with over one million visitors from June to September. The tourist market has been increasingly growing in this area since the sixties, thanks to its beautiful landscape and bays.

The sea water is crystal-clear and is one of the cleanest in the Mediterranean sea. For this reason the sea is teeming with fish, and several types of shellfishes can be fished.

You should definitely try the fresh sea food and fish! There are mussels and clams as well as lobsters and crabs, oysters, sea bass, dentex, pikes, guilt head, tuna fish, sword fish and many others are on the Sardinian fish card.



There are several professional fishermen in the area; however, most of the fishermen do fishing as a free time activity, and some of them also organise excursions to help people discover the beauty of the marine natural environment.

In 1998 the sea around the Villasimius coast has been declared as natural “Sea Park” and, since then, fishing and water sports can be practiced only in some areas. Nevertheless – with our professional diving schools – you are able to discover more of the fascinating underwater world!

Besides the good fish specialities, the typical Sardinian food belongs to the shepherd tradition, which comes mostly from the heart centre of the island. The good quality of the meat of the little goats, lambs and suckling pigs is also well known among visitors.



### BEACHES

Driving along the coastal road, before arriving to Villasimius, you will see marvellous beaches: *Geremeas*, *Torre delle Stelle* and *Solanas* - just to mention a few – with their turquoise-blue and emerald-green waters, surrounded by the typical Mediterranean vegetation, the Mediterranean maquis, consisting of myrtle, lentisc, juniper and broom.

The best known beaches of *Villasimius* are *Capo Boi*, *Porto Sa Ruxi*, *Campus*, *Campulongu*, *la Spiaggia del Riso*, *la Spiaggia di Simius*, *Porto Giunco*, *Cala Burroni*, *Cala Caterina* and driving northbound, towards *Costa Rei*, you will find *Punta Is Molentis*, a sandy beach of astonishing beauty. Two small islands - "Isola dei Cavoli", famous for its birdlife, and "Serpentara" – face *Capo Carbonara*.

The fantastic **Pullman Timi Ama Sardegna Thalassa & Spa Hotel**, there is the lagoon *Notteri*, where the large pink Flamingos can be watched.

Nowadays Villasimius is a popular and much appreciated tourist area, which offers more than 6,500 guest beds, as well as some camping places as several holiday residences; furthermore, the new tourist harbour, which was opened some years ago, offers about 750 boat mooring spaces.



### FEASTS & TRADITIONS

Traditions on the Sardinian Island are very important, and people are very proud of it. Sardinia has many folkloristic festivals where shepherds, farmers and fishermen show proudly their products and knowledge of the local values. During these feasts and traditional ceremonies, guests are always very welcome and it is fun to participate. This is how Sardinian kindness shows.

A main event during the summer season is the feast of the “**Nostra Signora dei Naufraghi**” (**Holy Madonna of the castaways**); a stone statue of the saint was placed 10 meters below the surface of the sea and close to the islet “Isola dei Cavoli” in 1979 to protect the sailors from shipwrecks.



The feast takes place in July. The stone statue is brought by a procession and after a ceremony in the church of the village to the harbour of Villasimius where the festivities starts with food tastings of local specialities accompanied with folk music in the background.

The following day, the statue of the Madonna sails on a decorated flowered boat to the “Isola dei Cavoli” where a priest practice a ceremony and the day ends with further festivities.

Another nice traditional feast is the **Santa Maria feast** which takes place on the 7<sup>th</sup> and 8<sup>th</sup> September. The statue of the Madonna is brought from the church of the village to the small church of Santa Maria. The origin of this feast comes from the agriculture folks, where farmers used to pray for rain during this procession.

**Shopping in Villasimius** – is possible on the main road where the central *Piazza* and the village church are located. There is a post office, some banks, supermarkets, bars, ice-cream shops, restaurants and cafés and many other little shops where peculiar Sardinian handcrafts can be found.

**On Saturday mornings** the local market takes place: here you will find fresh fruit, vegetables, cheese, bred, eggs as well as shoes, household articles, clothes, leather products, souvenirs, etc.





## GASTRONOMY

### RESTAURANTS & PIZZERIAS IN VILLASIMIUS

- When arriving at Villasimius, in the area called Campus, you will find the **Trattoria il Miraggio**, very much appreciated for seafood and fish specialities. Phone n° 070 798 021
- On the main road in Villasimius, also in the area called Campus, you will find the **Restaurant Santa Maria**, where you will taste exquisite Sardinian and Italian food. Next door is the **Restaurant El Pejote** with **Mexican food** and the **disco club La Fortezza**.
- The **Hotel Simius Playa** has a well known **à-la-carte Restaurant**, which is also mentioned in the Michelin Guide: here a variety of Sardinian, Italian and international specialities are served. Phone n° 070 791 227

**SANTA MARIA** (on the main road, about 3 km in direction Villasimius). Phone n° 070 790 205

**IL MORO** (on the main road in direction of Villasimius, close to restaurant Santa Maria, traditional Sardinian recipes. Phone n° 070 798 180

**TRE LUNE** (Villasimius Beach) seafood and fish specialities. Phone n° 070 790 302

**LA LANTERNA** (Centre of Villasimius) Seafood and fish specialities. Phone n° 070 791 659

**ANCORA** (by the Hotel dell'Ancora, Centre of Villasimius) local recipes, seafood and fish specialities. Phone n° 070 791 272

**IL RAGNO BLU** (by the Hotel Cala Caterina, Loc. Santo Stefano) Restaurant-Pizzeria and Sardinian specialities. Phone n° 070 797 061



### EAT & DANCE

**LA FORTEZZA** Restaurant in the area called *Su Pranu* (main road around ca. 3km in direction of Villasimius). Phone n° 070 791 539

**IL PEYOTE** Restaurant and Disco-Club in the area called *Su Pranu*

### BARS & NIGHTLIFE

**BAR GARIBALDI** Via Garibaldi 1

**LAGOON CLUB** Via del Mare, direction *Simius Beach*

**IL PEYOTE** Disco-Club



The Beach-Holiday destination **Costa Rei** is 70 km away from Cagliari and 20 km located north from Villasimius. Costa Rei belongs to the municipality of **Castiadas**, which is located around 10 km inland.

Unique and beautiful landscapes with hills and forests, several kilometres long white sandy beaches and clear blue turquoise sea water cover a big part of the whole south-eastern coast of Sardinia.

The long sandy beach is interrupted from time to time from rocks and sand dunes. The area is delimited from **Monte Nai** - on the very south of Costa Rei territory- until **Capo Ferrato** - on the very north.



## BEACHES

Starting from Villasimius, driving northbound towards *Costa Rei* you will find the following beaches: **Le Piscine, Cala Pira, Cala Sinzias, Cala Marina, Monte Turno, Sant Elmo, Santa Giusta.**

Costa Rei is a popular holiday destination and is developing every year more and more thanks to tourism. During high season – July and August – Costa Rei is very lively and crowded. During springtime and autumn Costa Rei is peaceful and quieter and you are able to find less crowded beaches.



The atmosphere has some kind of magic, with lots of flowers and colours, with the Mediterranean scents in the air, especially during spring and autumn. Costa Rei's sea water is famous for its amazing blue colour and: you will just want to relax, go swimming or walk along the beach. For those who want to know more about this area, several group walks can be arranged to follow paths in the untouched nature of the inland.

On the 2 km long beach of *Cala Sinzias* the maquis blooms in luxuriance. The region of lemons and oranges grow best in the plain of **Castiadas**.

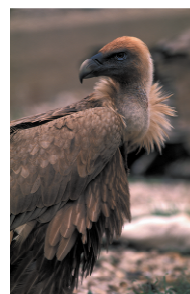


How about a walk to the north, towards "**Capo Ferrato**" – here the landscape is marked by various lagoons, for those who want to do bird watching in the "stagni" (little saltwater lakes). For those who are really curious about Sardinian nature and want to stay away from the big tourist masses, this location is the best to enjoy moments of perfect silence and pure beauty.

The landscape consists in hills, rocks and mountains (the area of the “Seven brothers”), centenary junipers, corbezzoli bushes (Mediterranean bush kind with orange/red coloured round small fruits), well-smelling herbs like myrtle, rosemary, cyst and in spring the enchanting play of colours of the oleander which blooms in white, pink or red.

The closest villages to *Castiadas* are *Muravera*, *San Vito* and *Villaputzu*.

Although the area around *Castiadas* was already inhabited in former times, it started developing since the prison was built in 1875: as a consequence, many other buildings had to be created. The prison was closed in 1956 and can now be visited.



## FEASTS & TRADITIONS

**25<sup>th</sup> June "San Giovanni Battista"** the patron saint of the municipality of *Castiadas* takes place in the neighbourhood of *Olia* for 1 whole day, with folk music and dance, and the celebrations keep on going until late at night, with beautiful fireworks.

**15<sup>th</sup> August "Festa dell'Assunta Vergine"** takes place in the neighbourhood of *San Pietro*, with a nice fair along the “Via del Mare” celebrated and accompanied by decorated ox-carts and horses. It ends with a procession by boat along the beaches of *Cala Sinzias*, *Cala Marina* and *Monte Turno*.

**End of August** – the **grapes country fair** takes place in the neighbourhood of *Olia Speciosa*, in co-operation with the wine maker association of *Castiadas*. You can enjoy traditional folk performances while tasting local wine.

**In July/August** do not miss the exhibition/exposition "**Mostra dell'artigianato e dell'Agroalimentare**" (fair of handcrafts and homemade specialities). Local handcrafts are exposed and a tasting of local specialities is offered to visitors. It takes place in **Villa del Direttore**, in the **old prison at Castiadas**: the exhibition/exposition is accompanied by folk music, dance and other performances.

**Shopping in Costa Rei** is on the main road, where several shops are located.

**On thursday mornings** the local market takes place, where fruits, vegetables, cheese, bread, eggs but also shoes, household articles, clothes, leather products, souvenirs etc. can be found.

## GASTRONOMY

### RESTAURANTS & PIZZERIAS IN COSTA REI

- **L'Escargot** Via Marco Polo, 7. Phone n° 070 991 61 11
- **Club Miraggio** *Specialities of the sea*. Phone n° 070 991 444
- **One Way** Piazza Italia 15. Phone n° 339 198 4287
- **Il Vascello** Phone n° 070 991 188
- Restaurant "Spaghetteria" **CHAPLIN MARE** Via delle Ginestre 65 Phone n° 070 991 233
- **Soro Fabrizio** Piazza Sardegna 46. Phone n° 070 991 319
- **Su Nuraxi da Luciano** Location Piscina Rey. Phone n° 070 993 0991
- **Rosticceria Rei Marina** Via dei Tamerici. Phone n° 070 991 550

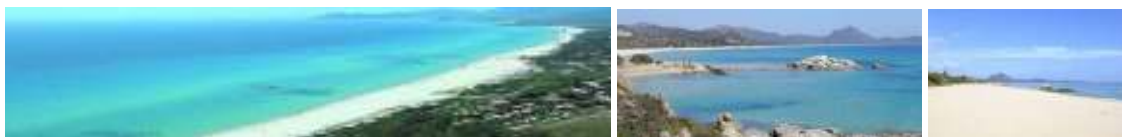
### GELATERIA (Ice-cream – house)



- **Pink Lady** Bar, Restaurant, Pizzeria, Gelateria (home made) "da Gerardo" Piazzetta Rei Marina. Phone n°070 991 374
- **Ristorante Bar Tropical** Pizzeria and Ice cream schop. Phone n° 070 991 015
- **Pittau Giuliana** Piazza Italia. Phone n° 070 991 373
- **Il Regno del Gelato** Ice cream shop in Piazza Italia.
- **Bar Gelateria** Via Colombo. Phone n° 070 991 107

## NIGHTLIFE

**MAKLAS** Disco-Bar-Club in *Cala Sinzias*, area of *San Petro*



**Oristano** has about 31.000 inhabitants and used to be the capital city of the *Giudicato d'Arborea*. During Medieval times it went through a period of great development – both economical and architectural - thanks to the reigns of Mariano IV and, later, of his daughter *Eleonora d'Arborea* (1340-1404). She is one the most significant female figures in the Italian history, she has even been compared to the French *Joan of Arc*. The most important contribution to the development of the island was certainly the introduction of the “*Carta de Logu*”, a code of laws written in Sardinian language and extended to all Sardinia, which outlined one of the most evolved forms of Medieval judicial science. However, the protective boundary walls of *Oristano* were almost all destroyed in the XX century (the tower of Mariano II is a unique trace of the city walls), the city still preserve various and important monuments such as: the tower of *St. Cristoforo*, the Cathedral of Saint Maria, the Church of St. Francis. In *Oristano* there is also the most important museum of the province, the Antiquarian Arborese, which exhibits a vast archaeological collection of findings dating back to various ages (Neolithic, Nuragic Punic and Roman) and mainly coming from the excavations of *Tharros* and *Sinis*. The biggest Gothic cathedral of Sardinia “*Santa Maria Assunta*” is also in *Oristano*: it was built on ancient foundations, around 1228.

The 8.5 km long main beach of *Oristano*, **Torre Grande**, was named after its stout Aragonese watchtower; this is a very lively broad beach, with a lot of bars, pizzerias and a pleasant promenade along the coastline.

**Riola** is a few kilometres away from *Oristano* and is the starting point for numerous excursions towards the beautiful beaches of *Putzu Idu*, *S'Arena Scoada*, *S'Archittu*, *Mandriola*, *Sa Mesa Longa* and *Sa Rocca Tunda*. It is definitely worth it to visit is the church of San Martino, with a typically *Oristano* bell tower, containing a 17<sup>th</sup> century locally made acquamanile. Riola, together with Nurachi and Baratili San Pietro, is an important agricultural village for the production of “*Vernaccia*” ( The *Vernaccia* of *Oristano* is an esteemed classic white wine of a very high natural alcohol content – from 15 to 18 percent – ideal for an aperitif or a desert).

#### **Tharros** (15 km)

At the end of the 8<sup>th</sup> century BC the Phoenicians settled the *Sinis peninsula* where they built *Tharros*. The city was a tophet, i.e. an open-air sacred area typical of the Western Mediterran, which was built on the remains of an ancient nuragic village, on the top of a hill called *Su Muru Mannu*. *Tharros* flourished under the Carthaginian occupation and then, after 238 BC, maintained its importance also under the Roman domination; the Romans built the baths and streets of which one can still find remains.



Today, it is possible to reach this goth town passing from an ancient cobbled stone road. Amongst the most interesting Romans ruins you can observe: the ruins of an aqueduct, two thermal buildings, a Punic temple, capitals and bas-reliefs. Nearby is the religious village **San Salvatore**, with characteristic small traditional houses the “*Cumbessias*”: the inhabitants of Cabras move here before the Saint festivity. Very interesting is also the church, after which the village is named, it is a sanctuary of pagan origins, where water was worshipped.

### Beaches from Is Arutas to S'Archittu

The beautiful beaches of **Is Aruttas** and **Mari Ermi** are definitely worth a visit, they are known for their particular kind of sand, white rice-like grains of quartz. The contrast between the crystal clear water and the strong colours of the typical Mediterranean vegetation is enchanting. Walking along the beach northbound, the sand becomes thinner and thinner; you will spend magic moments in **S'Arena Scoada** where the very white sand, the rocks and the sea offer a spectacular landscape which you cannot miss.

**Putzu Idu** is a more tourist seaside resort, characterized by a promenade which passes next to the fresh saltwater pond of *Sal 'e Porcus*, of great natural importance. The eco-system of this pond allows the life and reproduction of flamingos, stilts, herons and several other species of birds. Thanks to frequent oceanic waves, surfers have been practising their daring sport at **Capo Mannu** and **Sa Mesa Longa**.



**Golf players** will surely appreciate the **18-Hole Golf course of Is Arenas** – [CLICK HERE](#) – and play in a 750 ha pine wood, along a 4 km long sandy beach and an average width of 50m.

Driving a few miles away, northbound, you will find the town of **S'Archittu** (“the small arch” in Sardinian), where you can admire a beautiful natural arch, shaped by the sea water and the wind, after which the town is named. It is a huge hole in a rock, produced by the slow and continuous erosion of wind and sea over the centuries. In this area not only the beautiful coastline but also the archeological findings, such as the ruins of the Punic-Roman village of **Cornus** (near **Santa Caterina di Pittinuri**) are something which you cannot miss to see.

### Nuraghe Losa

A “nuraghe” is a building with a cone-shaped structure, made of huge basalt stones. The Nuragic civilisation is a very old one, it began to spread around the 15<sup>th</sup> century B.C. There is a sort of mystery around the real function of these ancient buildings; what we know for sure is that nuraghes were to be found in villages and used to be the centre of social and religious life. The **Nuraghe Losa** is located along the SS131, near *Abbasanta*; it is a nice stop for anyone following Sardinia’s main highway, as it represents one of the most significant and interesting monuments of the ancient Nuragic civilisation. The complex is surrounded by walls dating back to a very ancient past. When inside the Nuraghe, you can access three different covered rooms and go upstairs, through a spiral staircase that climbs to a sort of terrace.



## PROVINCE OF ORISTANO

We recommend following hotels on [www.charmingsardinia.com](http://www.charmingsardinia.com)

### **Lucrezia – Riola Sarda**

[http://www.charmingsardinia.com/sardinia/hotel\\_oristano/lucrezia.html](http://www.charmingsardinia.com/sardinia/hotel_oristano/lucrezia.html)

### **Is Arenas – Narbolia**

<http://www.charmingsardinia.com/sardinia/hotel-oristano/hotel-is-arenas.html>

### **Is Benas Country Lodge – Putzu Idu**

[http://www.charmingsardinia.com/sardinia/hotel\\_oristano/is\\_benas\\_country\\_lodge.html](http://www.charmingsardinia.com/sardinia/hotel_oristano/is_benas_country_lodge.html)

### **Antica Dimora del Gruccione – Santu Lussurgiu**

[http://www.charmingsardinia.com/sardinia/hotel\\_oristano/antica\\_dimora\\_del\\_gruccione.html](http://www.charmingsardinia.com/sardinia/hotel_oristano/antica_dimora_del_gruccione.html)

### **Le Dune Piscinas – Arbus**

[http://www.charmingsardinia.com/sardinia/hotel\\_arbus/hotel-le-dune.html](http://www.charmingsardinia.com/sardinia/hotel_arbus/hotel-le-dune.html)

### **Tarthesh – Guspini**

[http://www.charmingsardinia.com/sardinia/hotel\\_cagliari/hotel\\_tarthesh.html](http://www.charmingsardinia.com/sardinia/hotel_cagliari/hotel_tarthesh.html)

### **Mandra Edera – Abbasanta**

[http://www.charmingsardinia.com/sardinia/hotel\\_oristano/mandra\\_ederas.html](http://www.charmingsardinia.com/sardinia/hotel_oristano/mandra_ederas.html)

### **Diecizero – Barumini**

[http://www.charmingsardinia.com/sardinia/hotel\\_barumini/diecizero.html](http://www.charmingsardinia.com/sardinia/hotel_barumini/diecizero.html)

## **RESTAURANTS**

**Il Caminetto in Cabras** – vast offer of delicious starter

**Centrale Marongiu** – located on the beach front of S'Archittu with sea view – open during the summer months

**Da Giovanni in Torre Grande** – Fish specialities

**Su Soi** – located between Cabras and Nurachi – Fish specialities

**L'Oliveto in Cabras** – Fish specialities and Pizzeria

**Antica Trattoria del Teatro in Oristano** – traditional Sardinian food

**Il Bue Rosso in Seneghe** – informal atmosphere – mainly meet dishes

**Sas Benas in Santu Lussurgiu** – restaurant in historical house – good, traditional Sardinian food

**Antica Dimora in Santu Lussurgiu** – traditional and tasty Sardinian plates

**Il Covo di Nord Ovest in San Vero Milis** – Pasta-House – ideal for vegetarian

## GENERAL INFORMATION

- Bus** Public busses are more frequent during the main season (June – September).
- Car rental** CharmingSardinia.com will help you with renting a car. Please follow this link <http://res.rent.it/sites/EN/Default.aspx?l=EN&siteid=13-80B6E139>
- Flight** South-Sardinia Airport is Cagliari-Elmas. Please click [HERE](#) to book a flight.
- Golf** 18-hole-camp **Golf Club Tanka** in Villasimius – click [HERE](#)  
18-hole-camp **Golf Club Is Arenas** in Narbolia – click [HERE](#)
- Sport** Horseback riding, biking, surfing and scuba diving are possible to do. The CharmingSardinia.com team will give you more information.
- Markets** Typical Italian markets where you can get fruit, vegetables, fish, cheese but also clothes, shoes, leather articles, household and handcraft articles. They normally take place from 8 am to 1 pm
- |                     |                                                               |
|---------------------|---------------------------------------------------------------|
| Wednesday           | <b>Quartu S. Elena</b> – in Via San Benedetto (food & cloths) |
| Thursday & Saturday | <b>Costa Rei</b>                                              |
| Saturday            | <b>Villasimius</b>                                            |
| Sunday              | <b>Cagliari</b> – Flee market                                 |
| Monday-Saturday     | <b>Cagliari</b> – “Mercato San Benedetto” (food)              |
- Shopping** Usually the shops are open as follows:  
Morning 9 am to 1 pm  
Evening 5 pm to 8 pm and in tourist areas during high season shops are often open from 6 pm until midnight.
- 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

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



## INFORMATION

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

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