



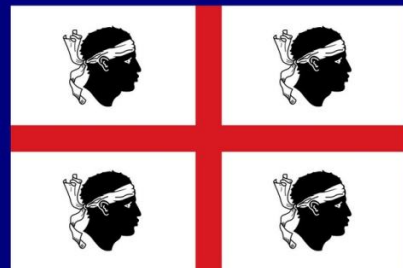
Sardinia

- In Italian: Sardegna.
- Second largest Mediterranean island after Sicily.
- Part of Italy, but...
 - Status of “Autonomous Region”.
 - Along with Sicily and several other places, Sardinia was given special legislative and financial powers to prevent their secession from Italy after the Second World War.



Seal and Flag of Sardinia

Heads represent Moorish princes defeated by the Aragonese who held Sardinia in the 14th century. Flag designed in 14th c but at that time heads had beards and no bandage.



Sardinia Demographics

- Population: 1,651,000.
- Languages: Italian and Sardinian.
- Religion: Vast majority Catholic.
But low attendance at mass: only 21%.

Sardinia Topography

- Area: 9,300 sq mi (size of Vermont).
- Mountains: Up to 6,000 ft.
- Rivers: Few.
- Reservoirs: Man-made.

Sardinia's 5 largest cities :

1. Cagliari 154,460
2. Sassari 127,525
3. Quartu Sant'Elena 71,125
4. Olbia 59,368
5. Alghero 44,019



Government:

- Legislature: Regional Council of Sardinia. 60 members.
- President of Sardinia – President of Regional Council. Elected 5-year term.

President of Sardinia

- Alessandra Todde.
- Since March 2024.
- Progressive Party (not quite leftist).



February 2024 Election for 60 Council seats tells you a lot about Italian politics:

- 25 parties fielded candidates.
- 14 parties won seats.
- No party won > 11 seats.
- Must form coalitions:
 - Center-Left vote 45.4%.
 - Center-Right vote 45.0%.

Presidential candidate of Center-Right withdrew days before the election on corruption charges.

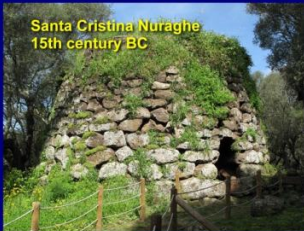


Sardinia Economy

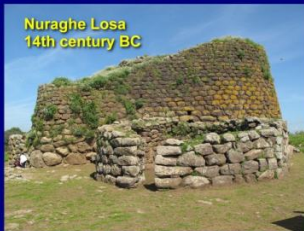
- Currency: Euro.
- GDP per capita (2021): €21,745.
 - 76% of Italy average €28,521.
- Economy sectors:
 - 90% services: finance, tourism, communications.
 - Only 10% agriculture and manufacturing.

Before we get started, we need to:

- Review a bit of history.
- Learn a new word: NURAGHE
- Italian pronunciation: NEW RAG.



Santa Cristina Nuraghe
15th century BC



Nuraghe Losa
14th century BC

Two examples of Sardinia's Nuraghi

Our Itinerary in Sardinia

10 days
Begin and
end in
Cagliari



In every Province of Sardinia

A Nuraghe is a round tower fortress.

- Built between 1800 BC and 200 BC.
- Bronze Age.
- Around 7,000 Nuraghi survive today all over Sardinia! **7,000!**
- There are also Nuragic stone buildings, fortified villages, and lookout towers.



Sardinia History – 1

10000 BC-1800 BC: Settled throughout Neolithic period.

1800 BC-200 BC: Nuraghe period.

- No written record.
- But 7,000 Nuraghi remain.

9th c BC: Phoenicians (Lebanon) took control.

5th c BC: Carthaginians (Tunisia) took control.

Sardinia History - 2

238 BC-446 AD: Roman control.

456 AD-534 AD: Germanic control.

534 AD-800s: Byzantine control.

800s-1200s: Split into 4 judgedoms.

1324-1864: Kingdom of Sardinia.

1861: Became part of united Italy.

1946: Italy became a republic.

Sardinia got some legal autonomy.

1950s-now: Separatist movements.

Sardinia was under "Middle Eastern" and "North African" control until Roman conquest in 146 BC.
Phoenicia – 2500 BC to Roman conquest.
Carthage – 814 BC to Roman conquest.
 Phoenicia controlled Carthage until around 500 BC.
 Then Carthage controlled until Greek conquest 332 BC.
 Then Roman conquest around 146 BC.



Let's begin our 10-day drive in southern Sardinia

- Clockwise loop.
- Rooms booked in advance.



Drive from Cagliari to Iglesias
Cagliari Sea Level. Iglesias 620 ft.



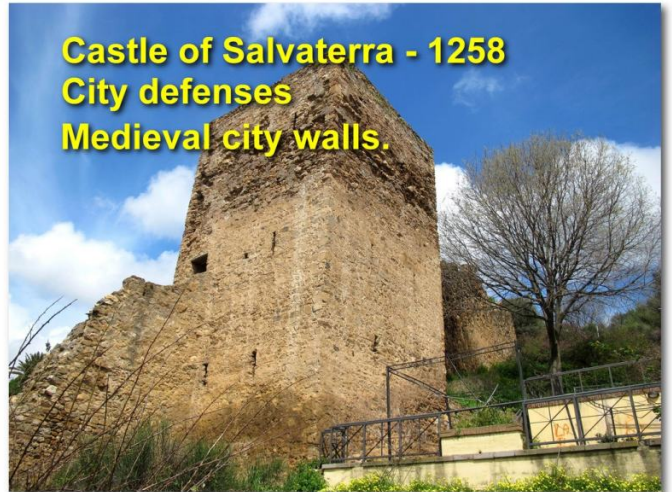
Piazza La Marmora
Historic center of Iglesias



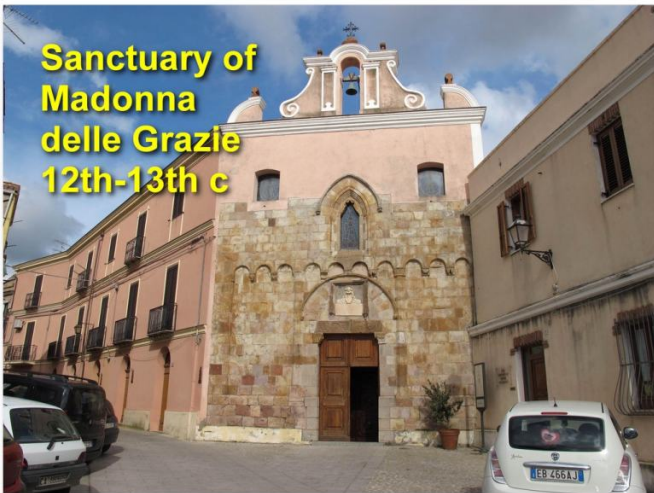
Iglesias town center



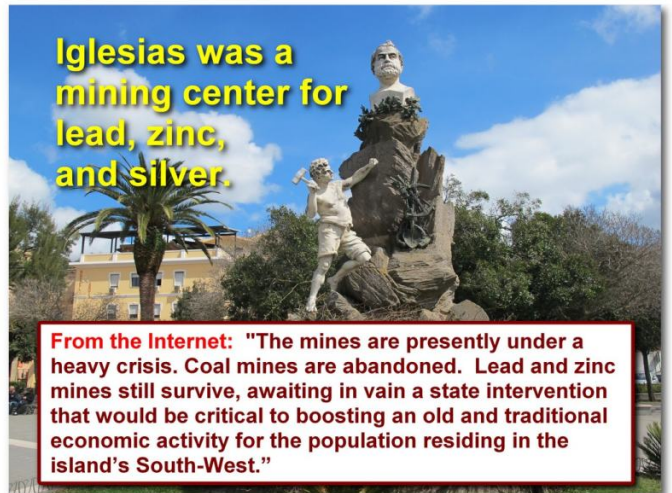
Castle of Salvaterra - 1258
City defenses
Medieval city walls.



Sanctuary of
Madonna
delle Grazie
12th-13th c



Iglesias was a
mining center for
lead, zinc,
and silver.

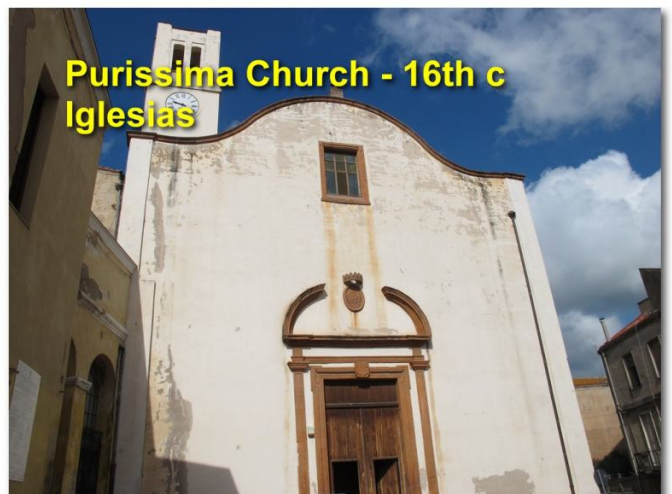


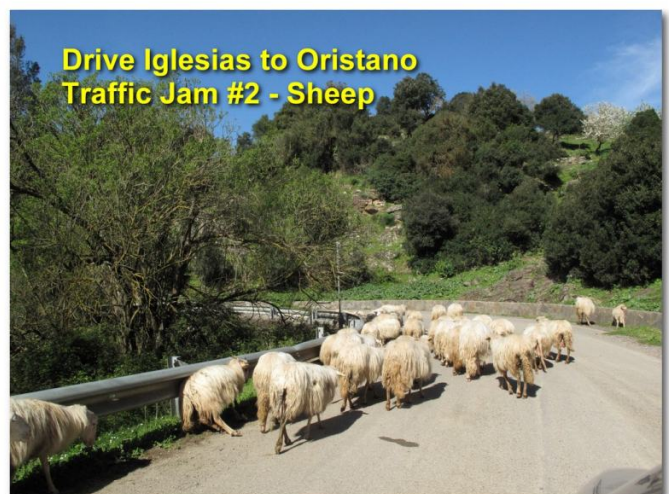
From the Internet: "The mines are presently under a heavy crisis. Coal mines are abandoned. Lead and zinc mines still survive, awaiting in vain a state intervention that would be critical to boosting an old and traditional economic activity for the population residing in the island's South-West."

Iglèsias – notice the street trees



Purissima Church - 16th c
Iglesias

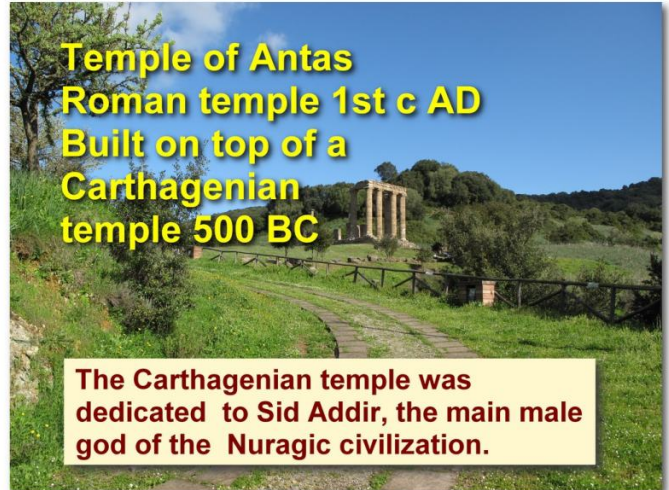




Olive Trees

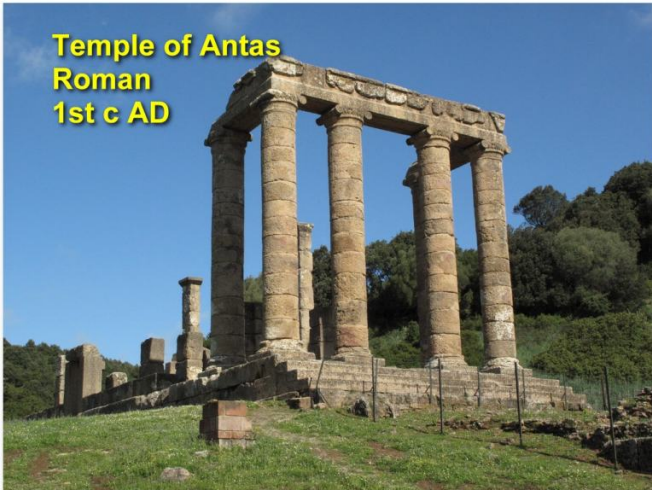


Temple of Antas
Roman temple 1st c AD
Built on top of a
Carthaginian
temple 500 BC



The Carthaginian temple was dedicated to Sid Addir, the main male god of the Nuragic civilization.

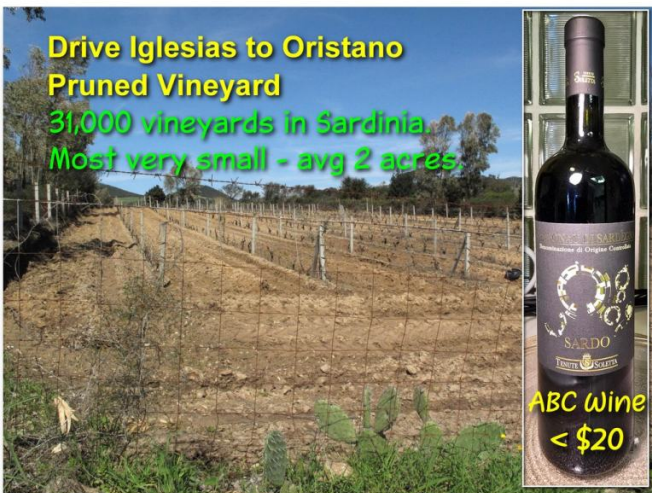
Temple of Antas
Roman
1st c AD



Nuragic village near Temple of Antas
1800 BC



Drive Iglesias to Oristano
Pruned Vineyard
31,000 vineyards in Sardinia
Most very small - avg 2 acres

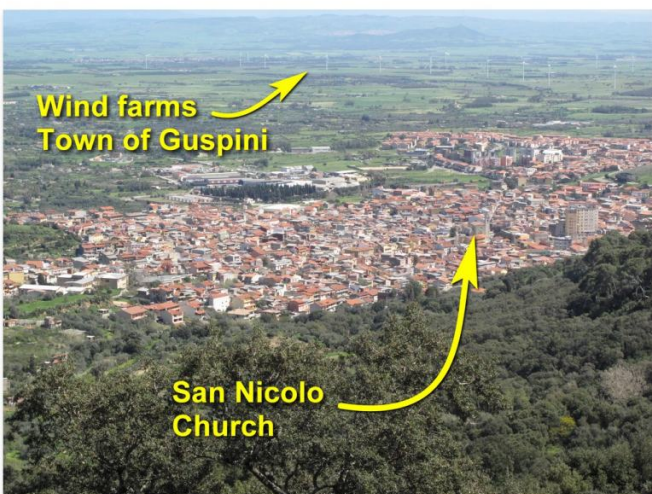


ABC Wine
< \$20

Su Zurfuru Mine
Operated late 19th and early
20th centuries
Now a mining museum



Wind farms
Town of Guspini



San Nicolo
Church

San Nicolo Church
Guspini
1611-1625
Tower 1723





**Guspini, Sardinia
Public Market**



**Santa Giusta Cathedral
1135-1145**



Santa Giusta Cathedral - Early 12th C



**Oristano, pop. 32,000
Capital of Oristano Province
Back to sea level**



**Oristano main square
Piazza Eleonora**



**Piazza Eleonora
She was
Judge
(Queen)
1383 to
1404**

City Hall



**Football (soccer) practice
in Piazza Eleanora**



**Oristano Cathedral
Parts remain from 1130 original
Mostly 1730 Baroque today**



Oristano Cathedral



Oristano Carmine Church
1776



Public Bulletin Board: Death Notices



Torre di Mariano II
Tower of Marianus II
1290



Eleonora Bed and Breakfast
Where I stayed 4 days



Eleonora Bed and Breakfast
€40 (US\$50) a night incl breakfast



Eleonora Bed and Breakfast
Oristano



Eleonora Bed and Breakfast
Oristano



Dinner at Albergo Duomo
It's also a 4-star hotel



Albergo Duomo - Antipasto



Albergo Duomo
Paccheri Pasta

Many brands online and in US stores
\$5 to \$10. Italian, not uniquely Sardinian.



Seada – Sardinian dessert
Deep-fried large semolina dumpling
filled with sour Pecorino cheese and
lemon peel.

Served covered with honey.



Trattoria (small restaurant) Gino
Oristano



Trattoria Gino's Salad Cart



Trattoria Gino - Risotto Neri di Seppia
Black Squid Ink Risotto

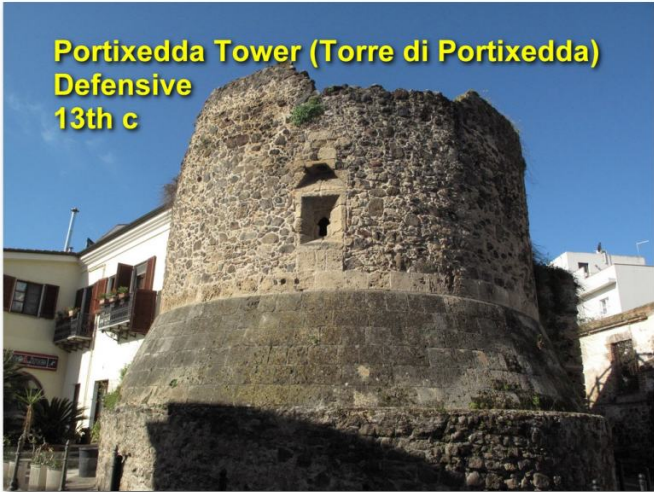
Black squid ink
online US \$10-20



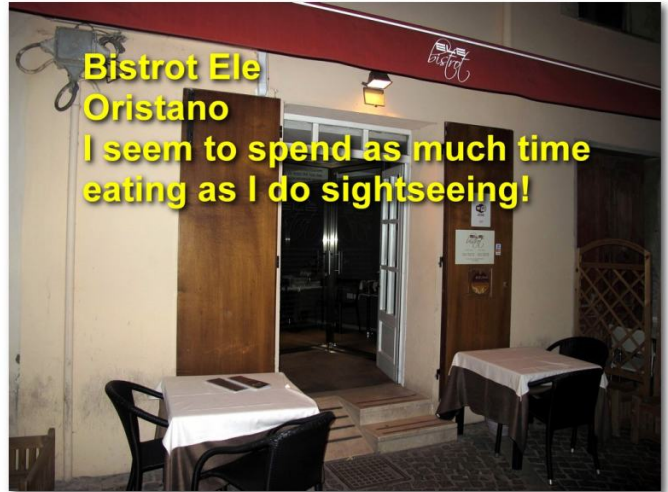
Trattoria Gino - Another seada
dumpling filled with sour pecorino
cheese topped with honey.

And, of
course,
espresso

**Portixedda Tower (Torre di Portixedda)
Defensive
13th c**



**Bistrot Ele
Oristano
I seem to spend as much time
eating as I do sightseeing!**



**Pane carasau - Sardinian flat
bread seasoned with rosemary**



**Ele Bistrot
Angiulottos - Sardinian ravioli**



- Fillings:**
- Meat: "Angiulottos de Pezza"
 - Cheese: "Angiulottos de Casu"
 - Ricotta: "Angiulottos de Arrescottu"

**Ele Bistrot - Squid ink raviolini with prawns
Raviolini Neri con Gambretti**



**Off to the Sinis Peninsula
using Oristano as a base**

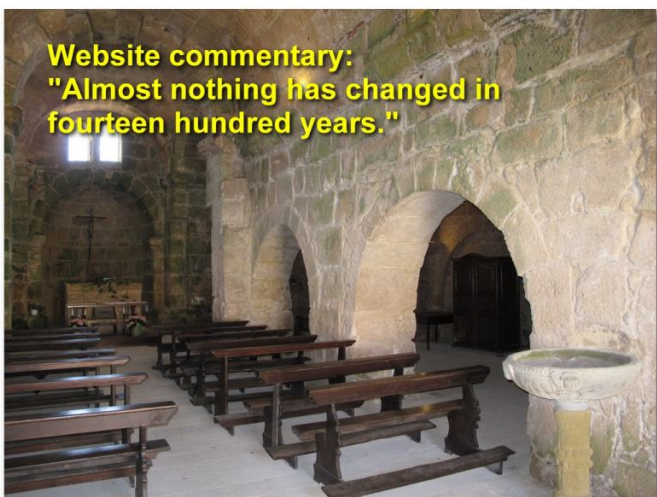


**Drive to the Sinis Peninsula
Coastal - and flat.**



**San Giovanni di Sinis Church
Byzantine - 6th c AD**



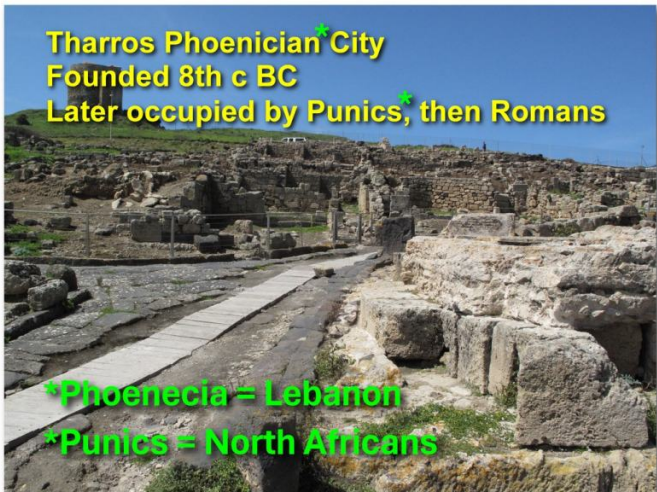


Website commentary:
"Almost nothing has changed in
fourteen hundred years."



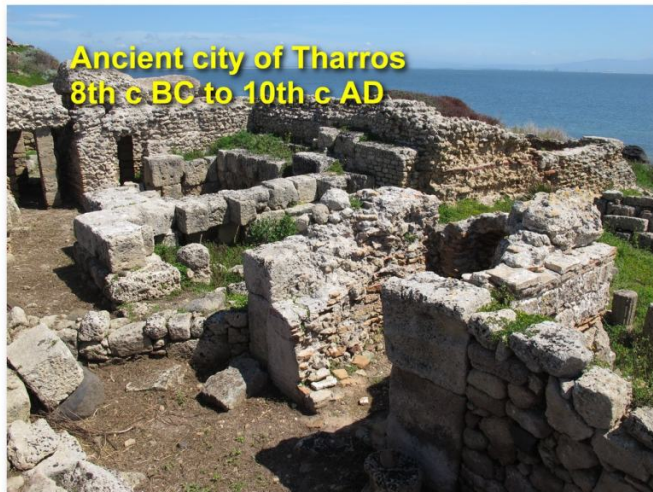
Looking down on the 8th C BC
Phoenician city of Tharros

The water is Sea of Sardinia,
part of the Mediterranean



Tharros Phoenician City
Founded 8th c BC
Later occupied by Punics, then Romans

*Phoenecia = Lebanon
*Punics = North Africans

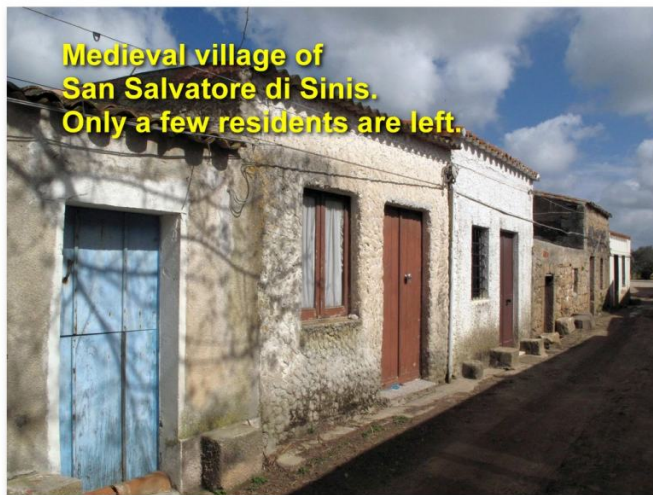


Ancient city of Tharros
8th c BC to 10th c AD



Medieval village of
San Salvatore di Sinis

If you are imagining cowboys,
horses, and stage coaches, you
are not wrong...

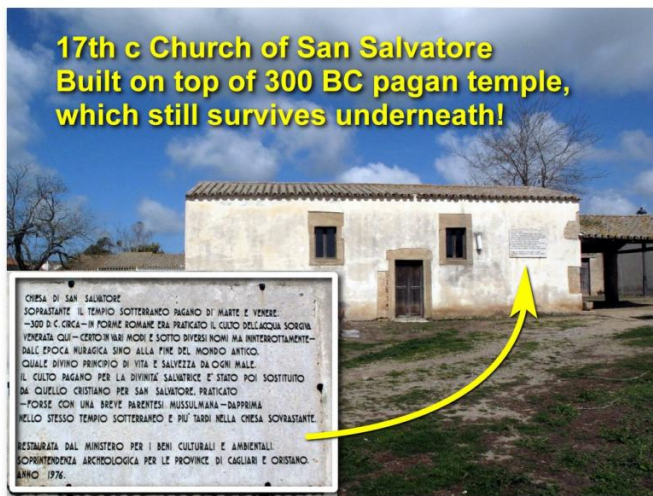


Medieval village of
San Salvatore di Sinis.
Only a few residents are left.



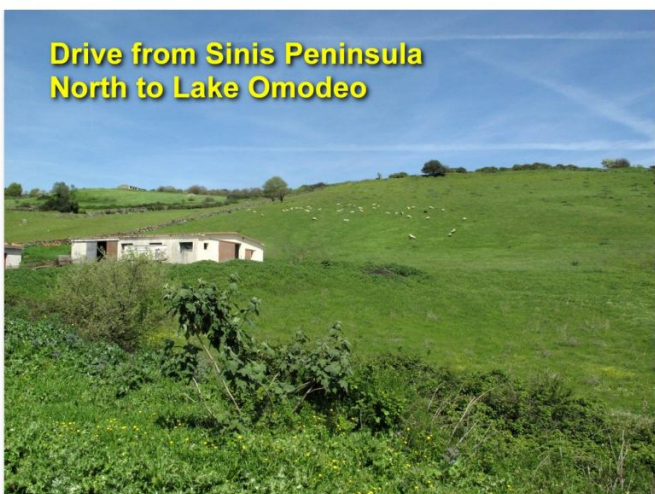
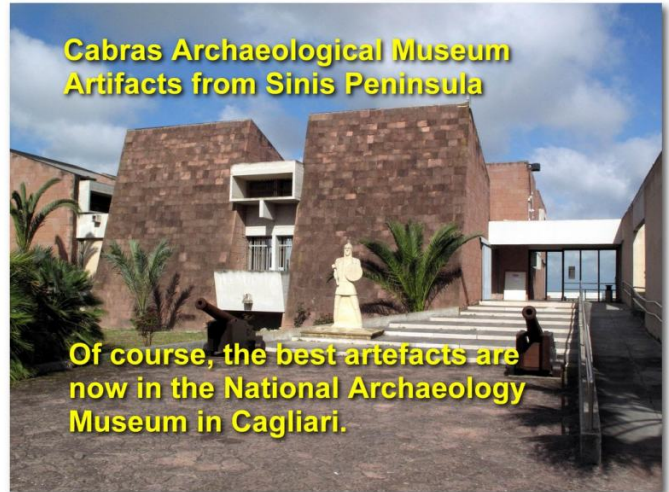
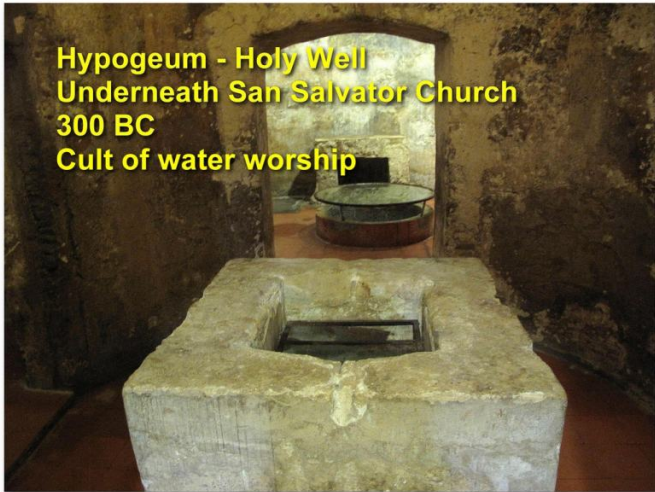
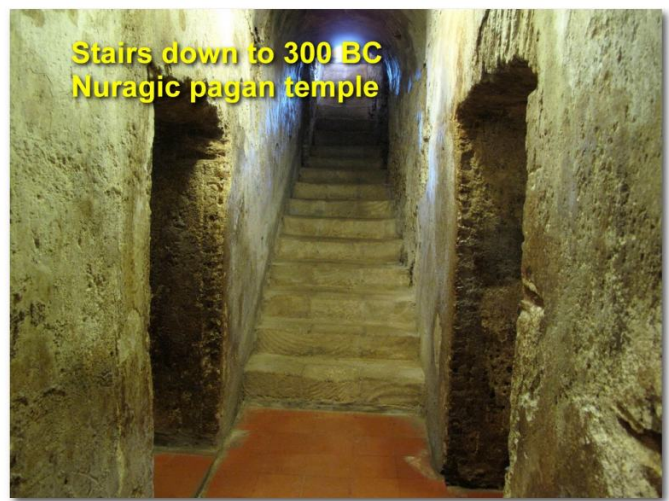
San Salvatore di Sinis
Many "spaghetti Westerns" were
filmed here. It became Arizona
or New Mexico!

Over 600 "spaghetti Western" films were
made in Italy between 1960 and 1978!
www.spaghetti-western.net

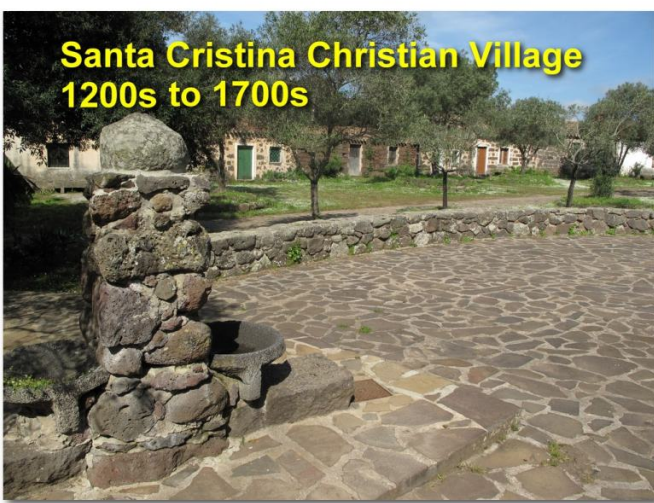


17th c Church of San Salvatore
Built on top of 300 BC pagan temple,
which still survives underneath!

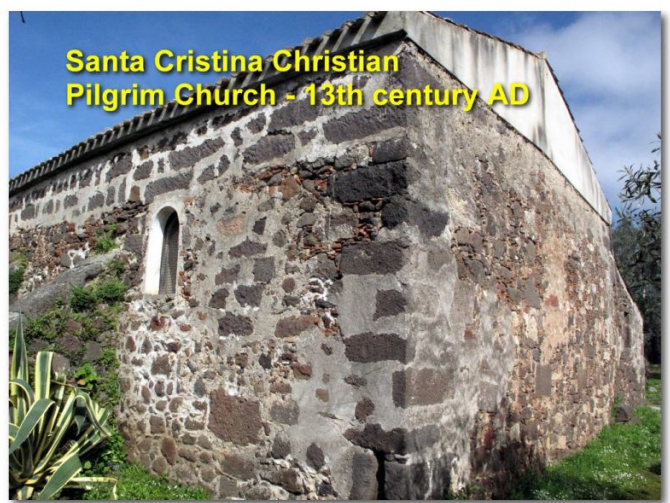
CHIESA DI SAN SALVATORE
SOPRASTANTE IL TEMPIO SOTTERRANEO PAGANO DI MARTE E VENERE.
—300 D.C. CIRCA—IN FORME ROMANE ERA PRATICATO IL CULTO DELL'ACQUA SORSA,
VENERATA CUI—CERTO IN VARI MODO E SOTTO DIVERSI NOMI MA ININTERROTAMENTE—
DALL'EPOCA NUBARICA FINO ALLA FINE DEL MONDO ANTICO.
QUALE DIVINO PRINCIPIO DI VITA E SALUTE DA CUI NALLO
IL CULTO PAGANO PER LA DIVINITA' SALUTIFERA E' STATO POI SOSTITUITO
DA QUELLO CRISTIANO PER SAN SALVATORE. PRATICATO
—FORSE CON UNA BREVE PARENTESI MUSSULMANA—DAPPRIMA
NELLO STESSO TEMPIO SOTTERRANEO E PIU' TARDI NELLA CHIESA SOPRASTANTE.
RESTAURATA DAL MINISTERO PER I BENI CULTURALI E AMBIENTALI
SOPRINTENDENZA ARCHEOLOGICA PER LE PROVINCE DI CAGLIARI E ORISTANO
ANNO 1976.



**Santa Cristina Christian Village
1200s to 1700s**



**Santa Cristina Christian
Pilgrim Church - 13th century AD**



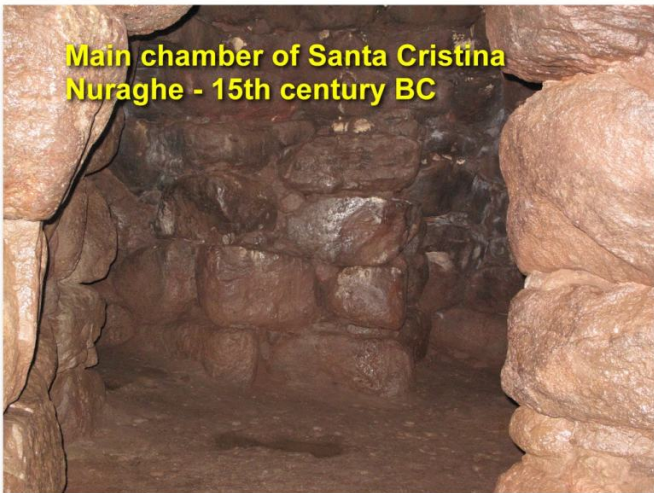
**1700s houses built for pilgrims to Santa
Cristina Church for weeks of prayer in
May and October. Called "muristenes".
Still used today.**



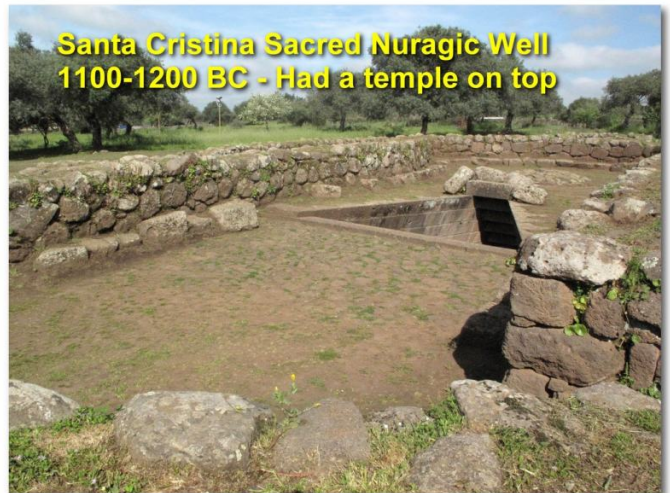
**Santa Cristina Nuraghe
15th century BC**



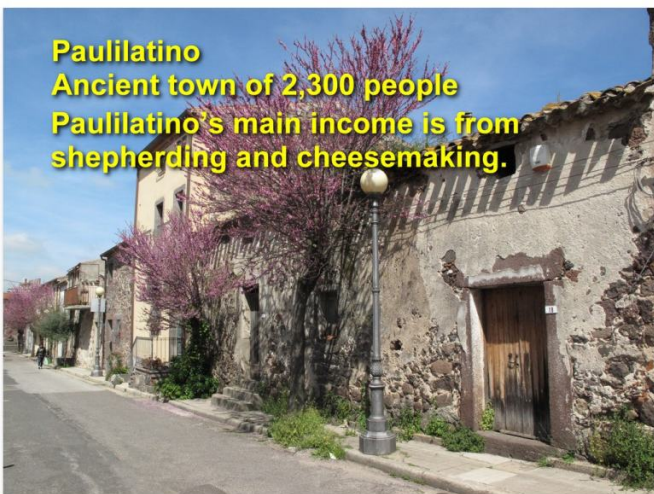
**Main chamber of Santa Cristina
Nuraghe - 15th century BC**



**Santa Cristina Sacred Nuragic Well
1100-1200 BC - Had a temple on top**

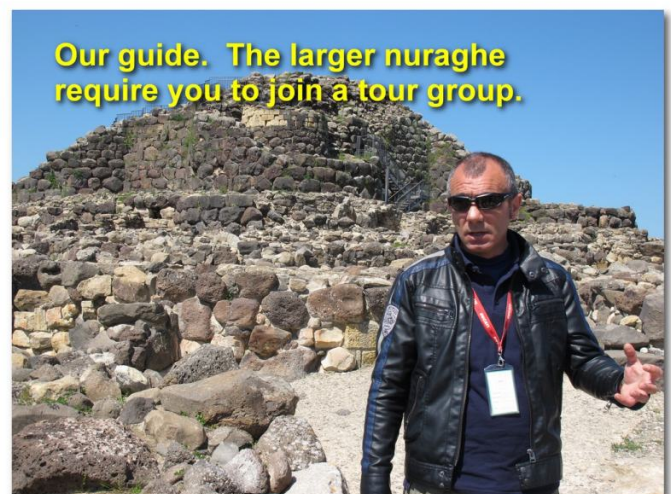
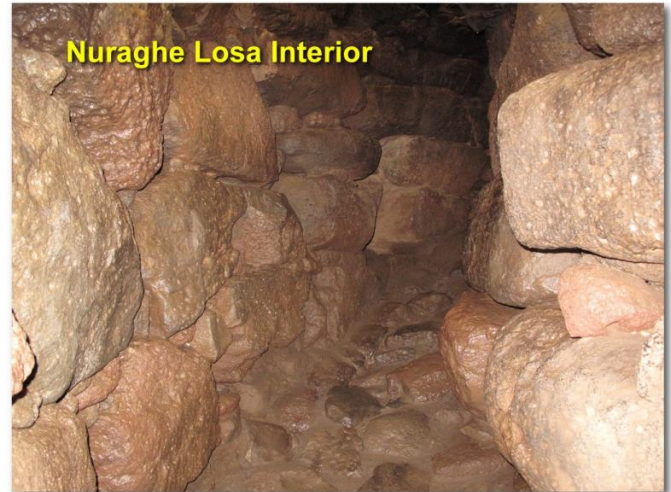
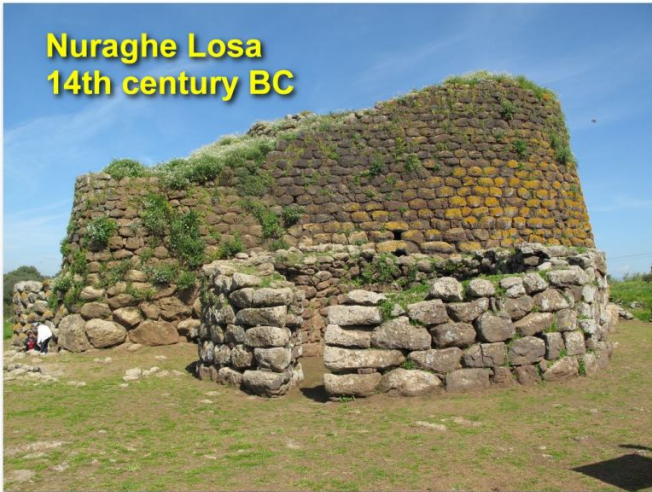
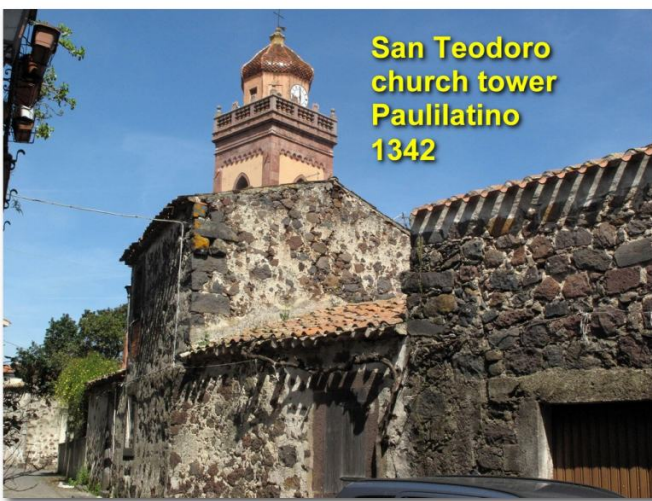


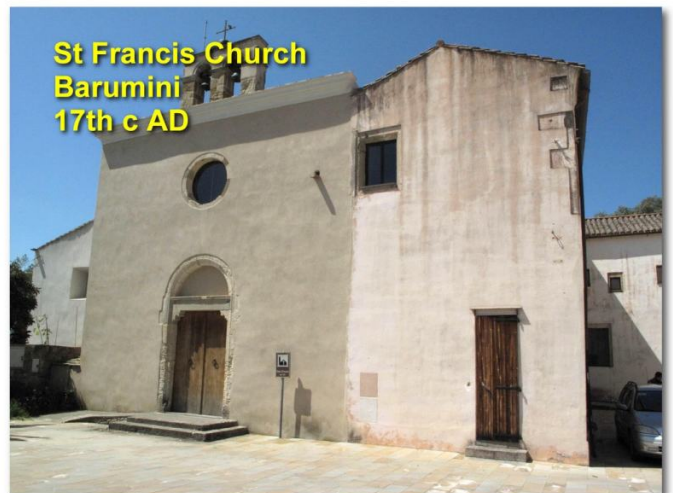
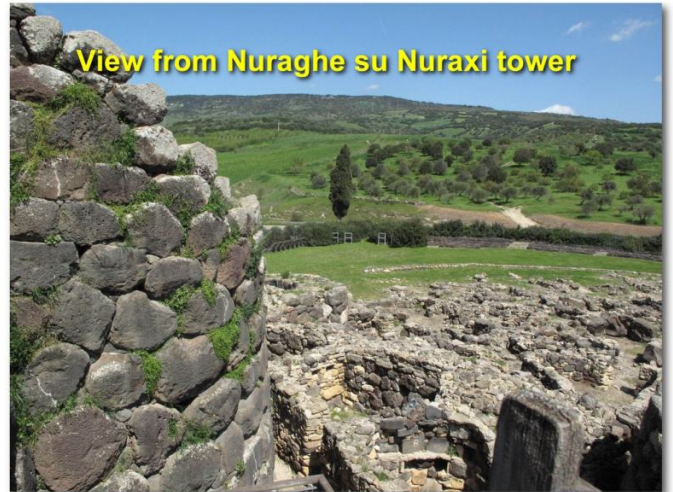
**Paulilatino
Ancient town of 2,300 people
Paulilatino's main income is from
shepherding and cheesemaking.**



**Piazza Indipendenza (main square)
Paulilatino**









**Hotel Casa Diana dining room
Sardara**



**Hotel Casa Diana - Breakfast
Sardara**



Casa Diana Breakfast



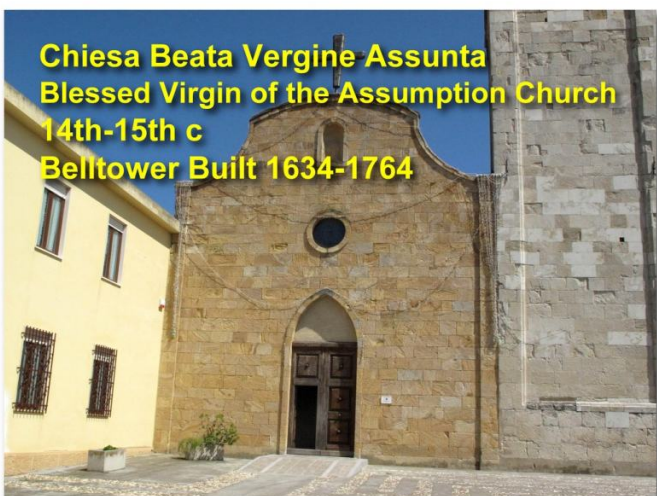
Casa Diana Breakfast
Internet: "What distinguishes
Sardinian pastry is the use of pig lard
for fat and honey for sugar".



Apricot Jam Torte



**Sardara town
Assunta
Church
15th C**



**Chiesa Beata Vergine Assunta
Blessed Virgin of the Assumption Church
14th-15th c
Belltower Built 1634-1764**



**Blessed Virgin of the Assumption
Church - Sardara
Late Gothic Style - 14th-15th c**

**Villa Abbas Archaeology Museum
Sardara**



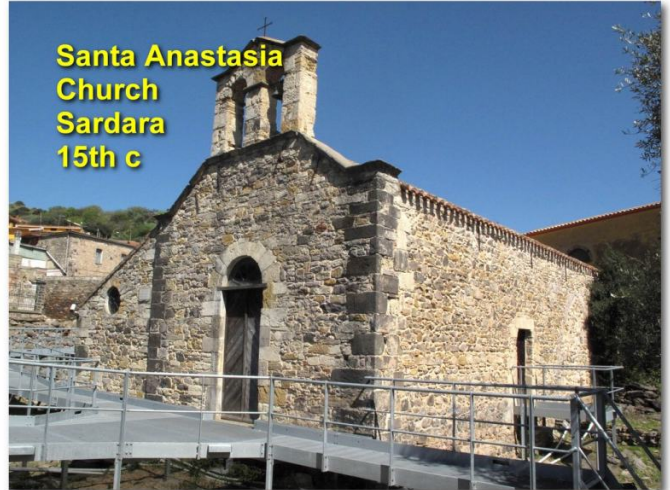
**San Gregorio
Church, Sardara
1300-1325
Sardinian
Romanesque
and Gothic**



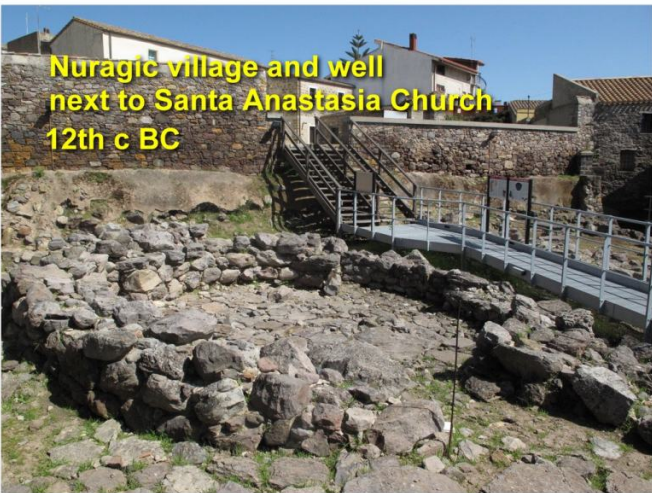
Gorgeous wisteria in Sardara



**Santa Anastasia
Church
Sardara
15th c**



**Nuragic village and well
next to Santa Anastasia Church
12th c BC**



**Santuario Diocesano Santa Mariaquas
Ancient thermal baths (spa), Sardara
Still operating**

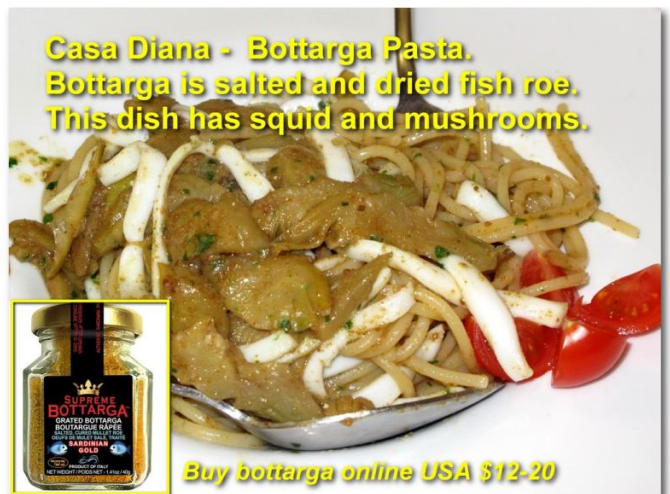


13th c Church/Spa on Roman Foundations

**Antica Casa Diana
Mixed smoked fish and grilled veggies**



**Casa Diana - Bottarga Pasta.
Bottarga is salted and dried fish roe.
This dish has squid and mushrooms.**



Buy bottarga online USA \$12-20

Casa Diana - Seada
Fried dumpling filled with pecorino cheese.



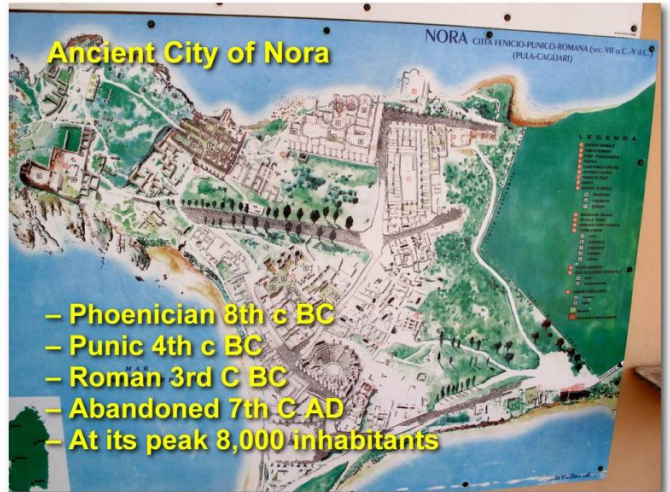
Town of Pula
Typical Sardinian cemetery



I may have snooped
around a bit too much
at the cemetery!



Ancient City of Nora



- Phoenician 8th c BC
- Punic 4th c BC
- Roman 3rd C BC
- Abandoned 7th C AD
- At its peak 8,000 inhabitants

Our guide
You can
visit Nora
only with
a guide.



Nora Roman Ruins



Nora Roman Ruins

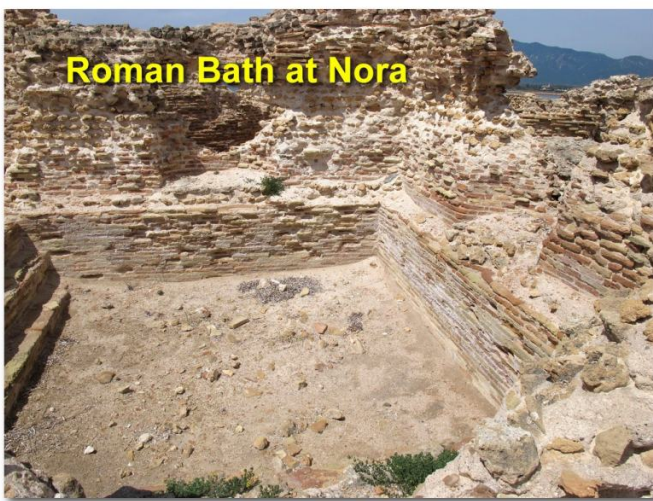


The Atrium
Central hall of a wealthy home
Nora



**Roman
Tiles**

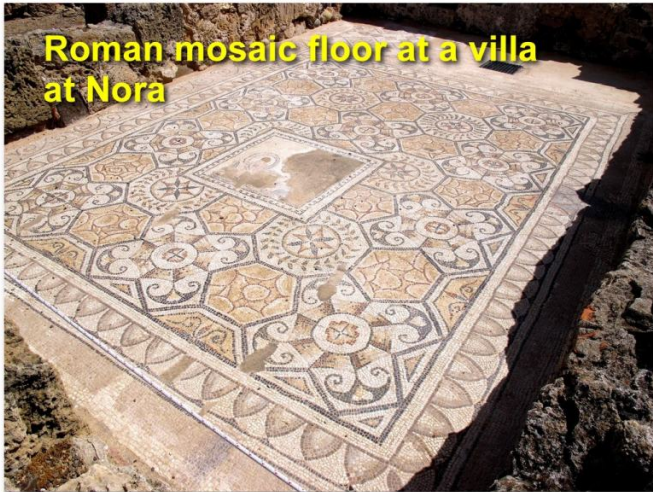




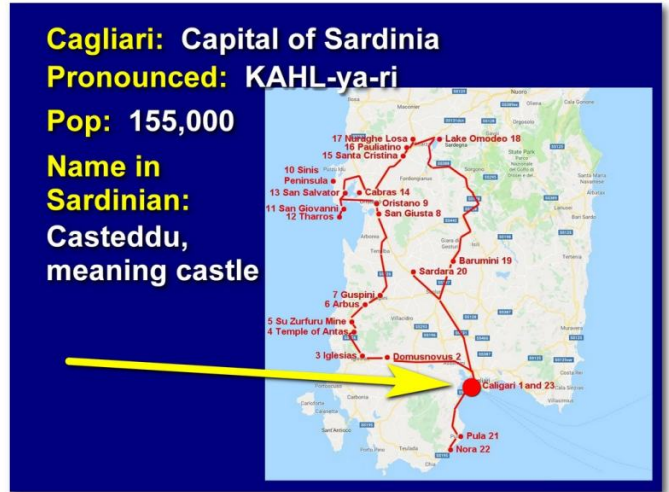
Roman Bath at Nora



Patrician villa at Nora



Roman mosaic floor at a villa at Nora



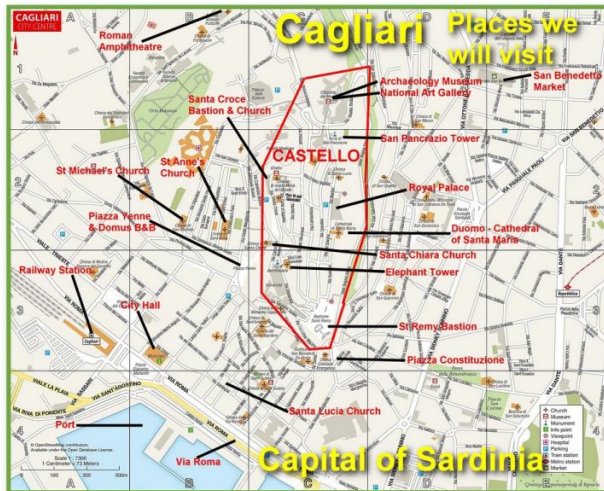
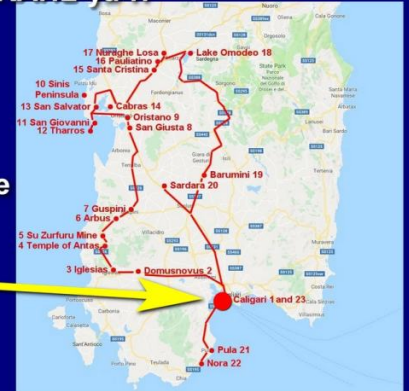
Cagliari: Capital of Sardinia

Pronounced: KAHL-ya-ri

Pop: 155,000

Name in Sardinian:

Casteddu, meaning castle



Cagliari Places we will visit

Capital of Sardinia



Castello
Historic old part of Cagliari built atop fortified walls.
New city is below.

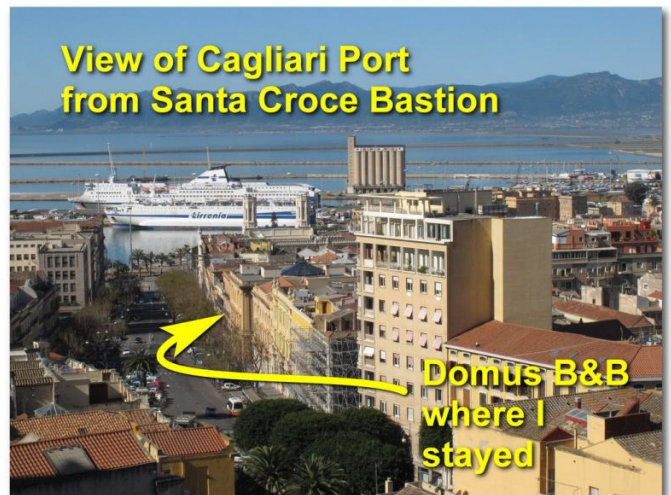
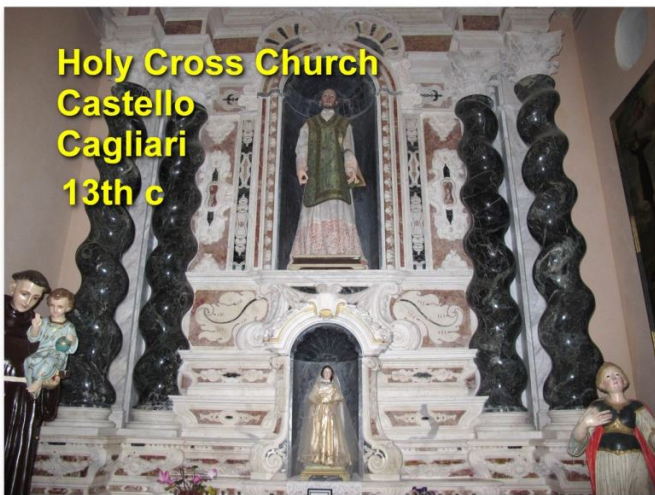
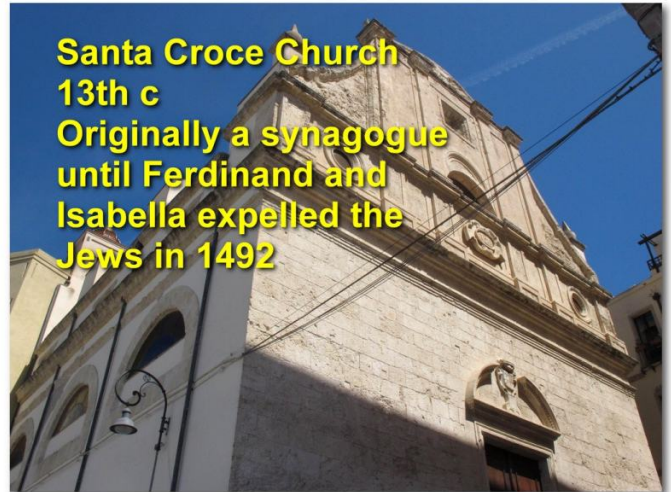
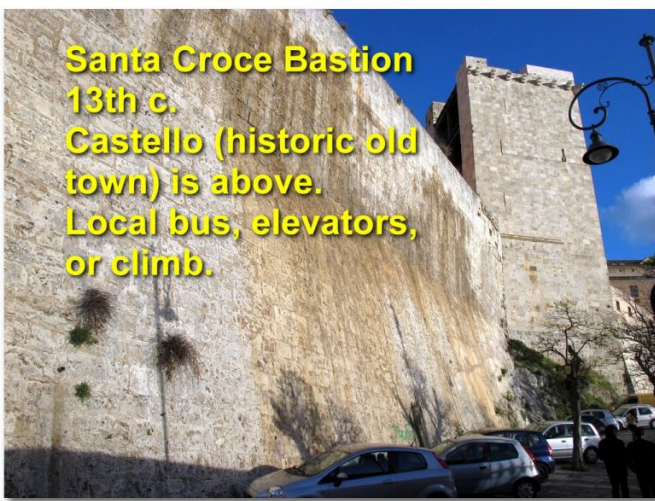
Walls range from 30ft to 50ft high.



**Sardinia Domus B&B
 Piazza Yenne, Cagliari**



**Sardinia Domus B&B
 €65 per night with breakfast and taxes and wifi**





National Archaeological Museum
Museo archeologico nazionale
Closed Mondays



National Archaeology Museum
Castello

Artefacts from:

- Pre-Nuragic: **Before 18th c BC**
- Nuragic: **18th c BC to 238 AD**
- Roman: **Conquered Sardinia 238 AD**
- Byzantine: **395 AD to 1453 AD**



Artifacts of Nuragic Civilization
National Archaeological Museum



Nuragic Period
1800 BC to 200 AD



National Archaeology Museum
4,000 objects spanning 7,000 years



Torre dell'Elefante
Tower of the Elephant
1307
102 ft



Cagliari Cathedral
of St Mary
(Duomo)
13th c
Castello



Compare with
Pisa Cathedral
Completed
1092

Internet Photo



Cagliari Cathedral - 13th c



Cagliari Cathedral - 13th c



Cagliari Cathedral Crypt



Duomo Former Cagliari city hall - 14th c



**Royal Palace, Cagliari
Built 14th c
Rebuilt 1730**

Castello



Royal Palace - Palazzo Regio



**Royal Palace is the seat of the
Council of Metropolitan Cagliari
(city + 17 other towns)**



Royal Palace - Palazzo Regio

One of the free elevators to the top of Castello



Shopping street Center of Cagliari



Cagliari Port



Ferries to:

- Cittavecchia (Rome) 15 hrs.
- Naples 15 hrs.
- Palermo (Sicily) 13 hrs.
- Several cities in Sardinia.

Cagliari Railway Station - 1879
At the port



Sardinia's train system today.

Green lines are summer tourist lines.

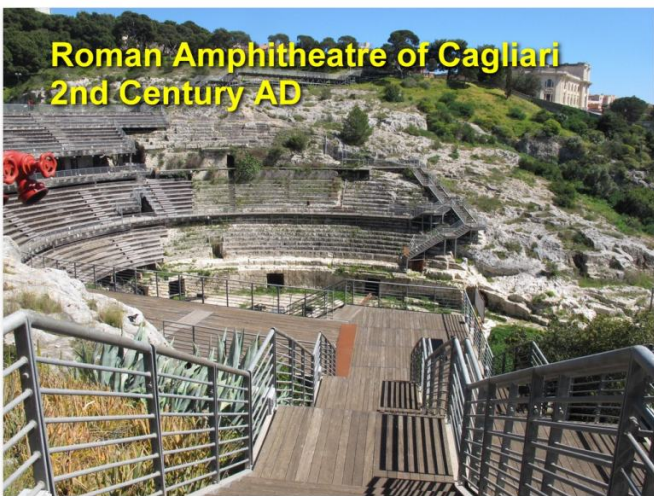
"You can reach almost every corner of Sardinia by train - as long as you're not in a hurry."
British author D. H. Lawrence



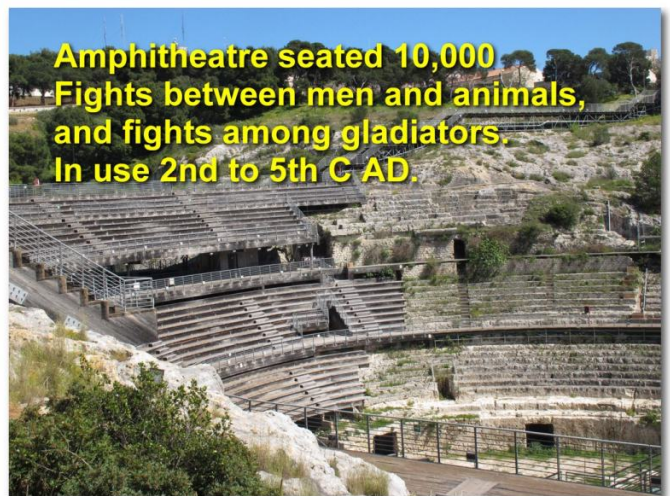
Terrazza Umberto 1
King of Italy 1878-1900



Roman Amphitheatre of Cagliari
2nd Century AD



Amphitheatre seated 10,000
Fights between men and animals, and fights among gladiators.
In use 2nd to 5th C AD.



Piazza Yenne (Cagliari main square)



Castillo - San Pancrazio Tower

**St Anne's Church
Built 1785-1818**



**Antico Mercato di San Benedetto
San Benedetto Market**



San Benedetto Market



**San Benedetto Market
Sausage, Lamb, Sheep, Pork
Maialetto = Sardinian Pig**



Sole Mahi-mahi



Sea Bream

Mullet

St Michael's Church - 1738



**St Michael's Church - 1738
Chiesa di San Michele**





Pane carasau
Sardinian toasted flat bread
aka "carta da musica" (music sheet)



Smoked swordfish and salmon



Culurgiones
Sardinian Stuffed Pasta Pockets

"Chubby Raviolis"



Fregola - Sardinian pasta
Cooked, toasted, served in soup

Online in
US < \$10



Panna cotta
Da Fabio Restaurant, Cagliari



Pansardo Sardinian
Cheese & Deli Shop
28280 Old 41 Rd
(Rear)
Bonita Springs, FL
bluezoneitaly.com/



Paccheri Malloreddus Fregola Pane Carasau Sardinian Cheeses



FINE (THE END)

ppacter@gmail.com

Copyright Paul Pacter
All Rights Reserved