

SARDINIA
Italy
Presentation by
Paul Pacter
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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.
- Literacy rate in Sardinia among people below 64 years old is 99.5 percent.
- Average life expectancy is slightly over 82 years:
 - 85 for women.
 - 79.7 for men.

Sardinian Language

- Spoken by 68% of people. Much less written.
- Spoken mostly in rural areas. Not taught.
- On a steep decline. Children only 13%.

Bonas dies. Hello. / Hi.
Pro praghere. Please.
A faeddass s'ingresu? Do you speak English?
Ite ti nas? What's your name?
Ahir vaig trobar diverses pàgines d'internet de la zona amb molta informació en llengua sarda.
Yesterday I found several pages of the Internet in the area with a lot of information in the Sardinian language.

Sardinia's 5 largest cities by population:

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

Sardinia Topography

- Area: 9,300 sq miles (about same as Vermont).
- Miles of coastline: 1,150.
 - With many lagoons.
 - And sandy beaches.
- Central part of Sardinia is mountains up to 6,000 feet high.
- Few rivers.

Government:

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

Christian Solinas
President of Sardinia
Elected March 2019

February 2019 Election for 58 Council Seats plus President tells you a lot about Italian politics.

- 24 political parties fielded candidates.
- 16 political parties won seats.

Winning Coalition Parties:

League - 8 seats	Democratic Party - 8 seats
Sardinian Action Party - 7	Free and Equal Sardinia - 2
Forza Italia - 5	Progressive Camp - 2
Sardinian Reformers - 4	We, Sardinia - 2
Brothers of Italy - 3	Common Future - 2
Sardinia20Twenty - 3	Sardinia in Common - 1
Union of the Centre - 3	Christian Popular Union - 0
Civic Movement of Sardinia - 1	Communist Proj. for Sardinia - 0
Fortza Paris - 1	Five Star Movement - 6
Sardinian Democratic Union - 0	Party of Sardinians - 0
Energies for Italy - 0	Free Sardinians - 0
	Self-determination - 0
	Refoundation-Italian
	Communists-Sardinian Left - 0

Sardinia Weather

- **Winter:** Mild along the coasts (50s F). But colder in the mountains (low 30s F).
- **Summer:** Hot along coasts (70s). Cooler inland (60s).
- **Rain:** Rainless summers. Wet the other three seasons.
- **Not earthquake prone.** Different from Sicily and Italy).

Sardinia Economy

- Currency: Euro.
- GDP per capita €19,900. 72% of EU average.
- Sardinia has the strongest economy and highest GDP per capita of any region of Italy south of Rome.
- Economy is 90% services (finance, tourism, and communications).
- Only 10% agriculture and manufacturing.

Sardinia Economy, continued

High Unemployment - 2018 Data:

- Sardinia 11.2%.
- Italy as a whole 9.4%.
- European Union 8.1%.

But Sardinia is improving:

- In 2014 Sardinia unemployment was 14.6%.

Water: Mainly from artificial lakes.
Electricity: Mainly from coal. Some exported to Italy and Corsica.
Sheep: 4,000,000 - half of the sheep in all of Italy. Cheese, wool, meat.
Fishing: Very little, despite being an island.
Tourism: 3,300,000 tourist arrivals 2018. Roughly half in north, half in the south.
Transport: No Autostrada. But good highways without tolls. Trains, buses.

Our Itinerary in Sardinia

**10 days
Begin and
end in
Cagliari**

Before we get started, we need to:

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

Two examples of Sardinia's Nuraghi

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.

In every Province of Sardinia

Sardinia History - 1

- Settled throughout Neolithic period 10000 BC to 1800 BC.
- 1800 BC to 200 BC Nuraghe Period.
 - **No written record survives.**
 - **But 7,000 Nuraghi remain.**
- 9th c BC the Phoenicians (Lebanon) visited but did not take control.
- 510 BC Carthaginians (Tunisia) invaded and took control.

Sardinia History - 2

- **238 BC:** Romans took control of Sardinia from the Carthaginians. Romans ruled Sardinia until 456 AD.
- **456 AD:** Germanic Vandals invaded and took control until 534 AD.
- **534 AD:** Byzantines (Eastern Roman Empire) returned and took control back from Vandals. Held it 300 years.

Sardinia History - 3

- **700s and early 800s AD:** Failed Arab invasions.
- **800s to 1200s:** Sardinia split into four Judgedoms called Giudicati, rulers called Judges.
- **1324-1861:** Kingdom of Sardinia. But it was not an independent kingdom. Under control of Aragon (Spain) 1324-1720 and later Savoy (Italy) 1720-1861.

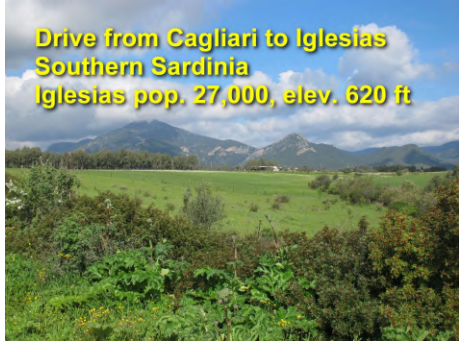
Sardinia History - 4

- **1861:** Sardinia became part of the united Italy.
- **1946:** Italy became a republic. By law Sardinia was granted some autonomy due to pressure to secede caused by Italy's alignment with Nazis.
- **1970s-1990s:** Some separatist movements, sometimes militant. Several political parties today favor a Republic of Sardinia. **In 2019, they got 28.3% of the votes.**

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

- Clockwise loop.
- Rooms booked in advance.

**Avis Ford Fiesta
US\$350 for 7 days**





Iglesias, B&B, Library, Political party office



Still around

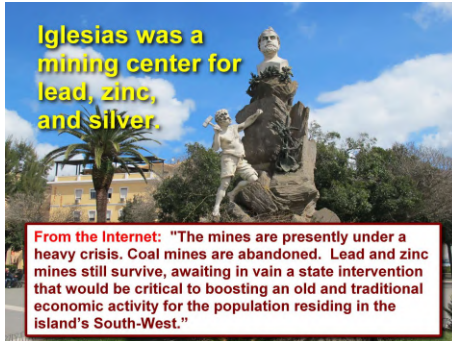


Part of Iglesias's Medieval City Walls



Cathedral of Santa Chiara
Saint Clare
1284

Internet Photo →



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."



Iglesias – notice the street trees



Purissima Church - 16th c
Iglesias



Purissima Church
Iglesias
16th c



Saint Marcello Church



Hotel Artu - Iglesias
Restaurant



Hotel Artu - Iglesias
Pane Carasau - Sardinian Flat Bread



Hotel Artu - Iglesias
Cheese and Ham platter



Hotel Artu - Iglesias
Malloreddus Sardinian Gnocchi
But made of durum wheat



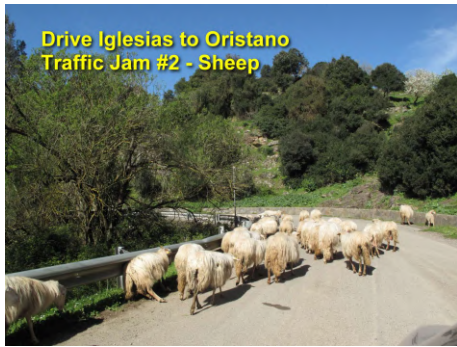
Drive Iglesias to Oristano
Small mountains, elevation 2,000 feet



Drive Iglesias to Oristano



Drive Iglesias to Oristano
Traffic Jam #1 - Goats



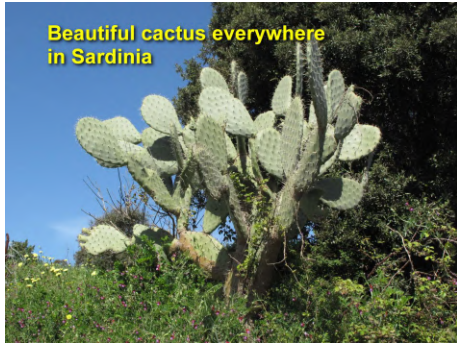
Drive Iglesias to Oristano
Traffic Jam #2 - Sheep



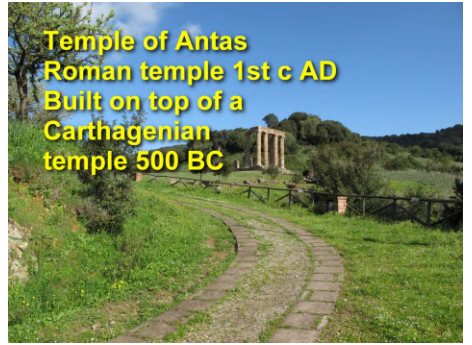
Drive Iglesias to Oristano



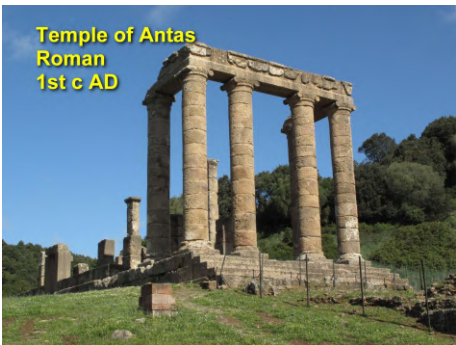
Olive Trees



Beautiful cactus everywhere
in Sardinia



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



Temple of Antas
Roman
1st c AD



Temple of Antas
Roman mosaic floor
1st c AD



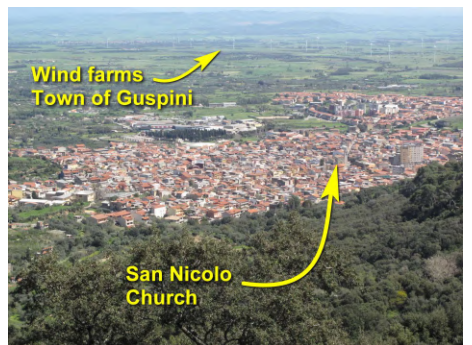
Nuragic village near Temple of Antas
1800 BC



Su Zurfuru Mine
Historic mine and mining museum
Machinery, equipment
Miners' personal items



Su Zurfuru Mine
Operated late 19th and early
20th centuries



Wind farms
Town of Guspini

San Nicolo
Church



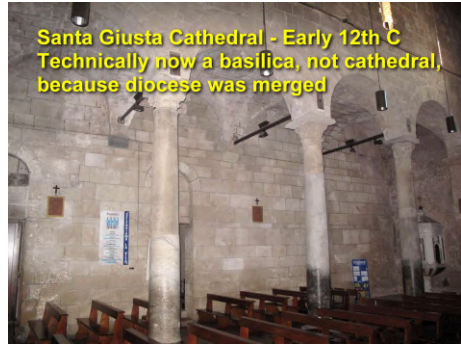
San Nicolo Church
Guspini
1611-1625
Tower 1723



Guspini, Sardinia
Public Market



San Giusta
Cathedral
1135-1145





Oristano Carmine Church 1776



Former Convent built 1785 Now University of Oristano



Former Convent built 1785 Now University of Oristano



Public Bulletin Board: Death Notices



Torre di Mariano II Tower of Marianus II 1290



Eleonora Bed and Breakfast Where I stayed 4 days



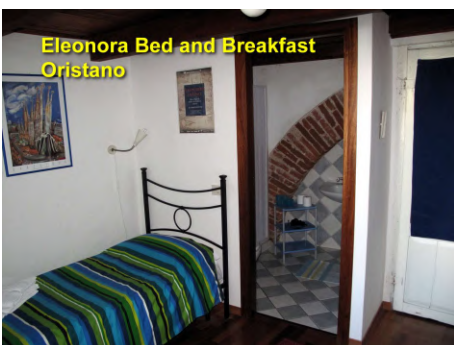
Eleonora Bed and Breakfast €40 (US\$50) a night incl breakfast



Eleonora Bed and Breakfast Oristano



Eleonora Bed and Breakfast Oristano



Eleonora Bed and Breakfast Oristano



Church of St. Francis of Assisi Some parts from 1253 remain Most is 19th C Neoclassical



Church of St. Francis of Assisi Oristano



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



Albergo Duomo - Antipasto



Albergo Duomo - Paquete pasta



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 - Risotto Neri di Seppia
 Black Squid Ink Risotto



Trattoria Gino - Another Seada
 Dumpling filled with sour pecorino. You put honey on it.

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



Off to the Sinis Peninsula Using Oristano as a Base



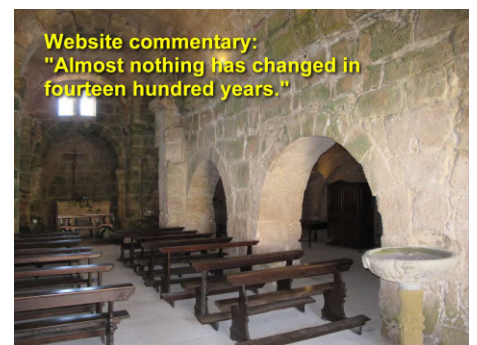
Drive to the Sinis Peninsula



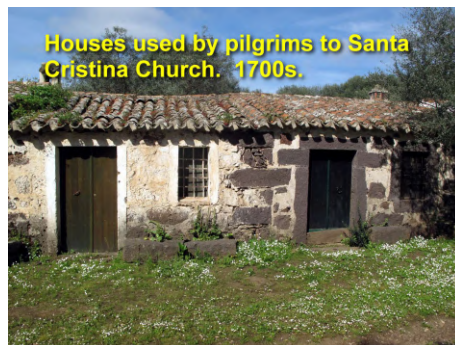
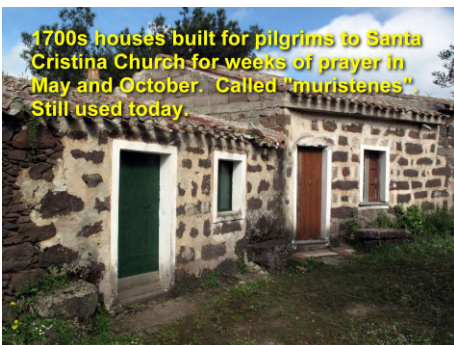
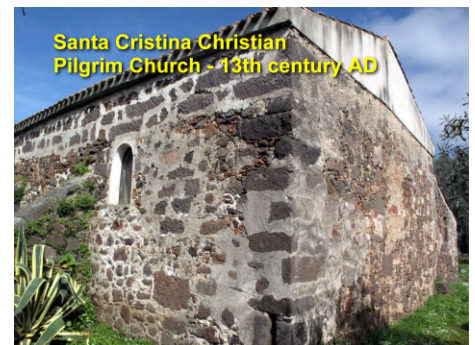
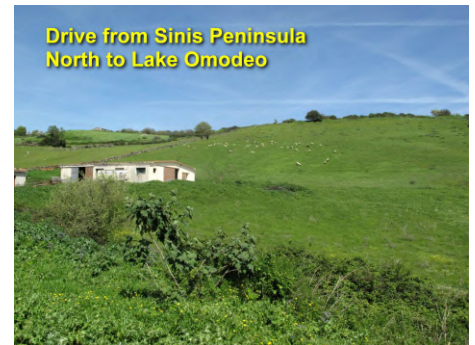
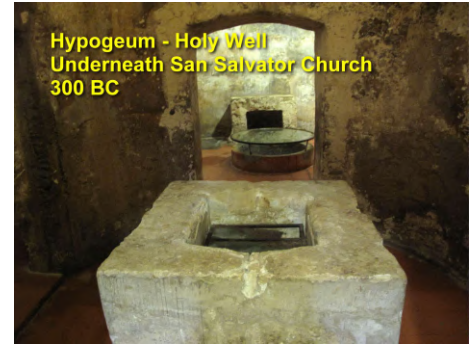
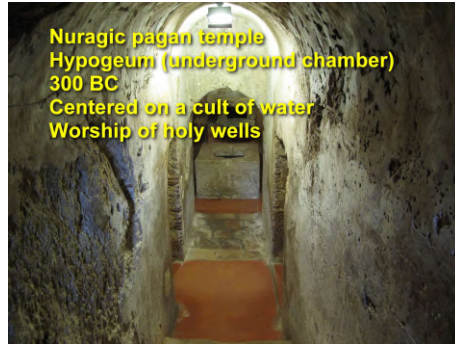
San Giovanni di Sinis Church
 Byzantine - 6th c AD



San Giovanni di Sinis Church
 Byzantine - 6th c AD



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





Santa Cristina Nuraghe - 15th c BC
Corridor leading to circular chamber



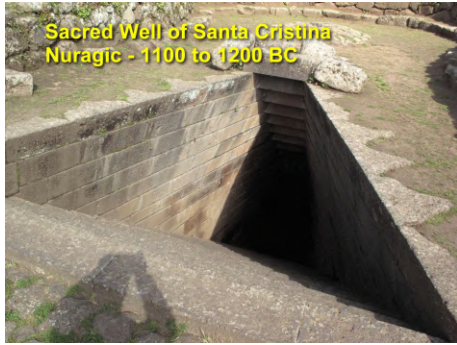
Main chamber of Santa Cristina Nuraghe - 15th century BC



Part of the Nuragic village surrounding the Santa Cristina Nuraghe



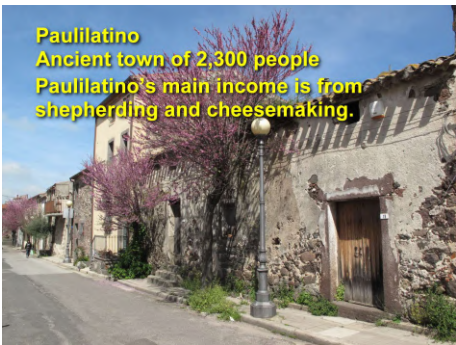
Santa Cristina Sacred Nuragic Well
1100-1200 BC - Had a temple on top



Sacred Well of Santa Cristina Nuragic - 1100 to 1200 BC



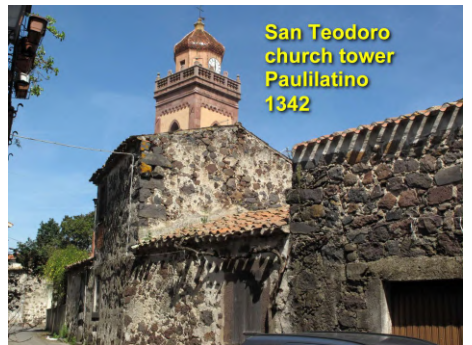
Along the drive to Paulilatino



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



Piazza Indipendenza (main square)
Paulilatino



San Teodoro church tower
Paulilatino
1342



There are 110 Nuragic sites near Paulilatino



Typical Sardinian house
Paulilatino



Casa tipica sarda
Centro storico di Paulilatino



Nuraghe Losa
14th century BC



Nuraghe Losa Interior



Nuraghe Losa Tower - 14th century BC



"One of the most well-preserved and most representative expressions of Nuragic architecture". Nuraghe Losa, 14th c BC

Recap: Where We've Been and Where We're Going

Finished #1 to #18.
Next drive to Barumini #19 and Sardara #20.
Then down to Pula #21 and Nora #22.



Su Nuraxi Barumini
Su Nuraxi is a settlement consisting of a 17th c BC Nuraghe, a bastion of 4 corner towers plus a central one, and a village inhabited from the 13th to 6th centuries BC. UNESCO site.



Our guide. The larger nuraghe require you to join a tour group.



Su Nuraxi is considered "the most impressive expression of the Nuragic civilization". UNESCO



Inside Nuraghe su Nuraxi 17th c BC



Nuraghe su Nuraxi 17th c BC



Nuraghe su Nuraxi 17th c BC



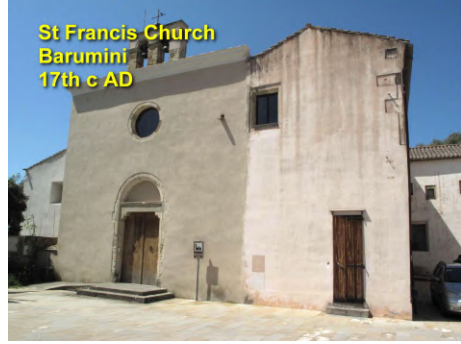
View from Nuraghe su Nuraxi tower



Su Nuraxi Nuragic village



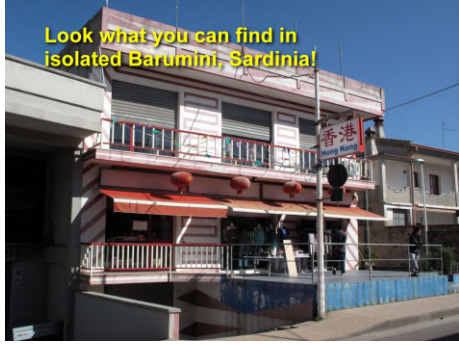
Purpose of Nuraghe su Nuraxi still debated.
Fort?
Religious?
Government center?



St Francis Church Barumini 17th c AD



Church plaza, Barumini



Look what you can find in isolated Barumini, Sardinia!



Sardara Town Hall Sardinia has very good tourist signs.

We will visit all of these. I stayed here. We will visit.



Hotel Casa Diana
Sardara
€50 per night including
taxes, wifi, b/reakfast



Hotel Casa Diana
Sardara



Hotel Casa Diana dining room
Sardara



Hotel Casa Diana - Breakfast
Sardara



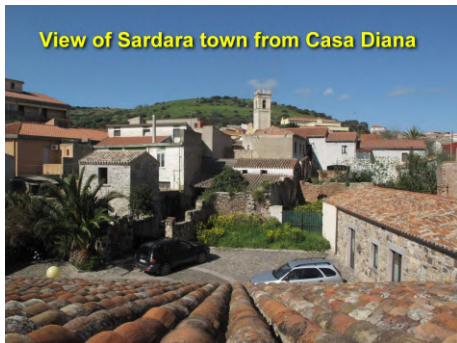
Casa Diana Breakfast



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



Apricot Jam Torte



View of Sardara town from Casa Diana



Sardara town
Assunta
Church
15th C



Beata Vergine Assunta Church
Blessed Virgin of the Assumption
Early 1600s
Belltower 1634



Blessed Virgin of the Assumption
Early 1600s
Late Gothic style



Villa Abbas Archaeology Museum
Sardara



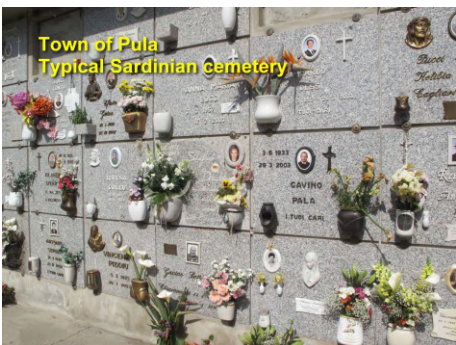
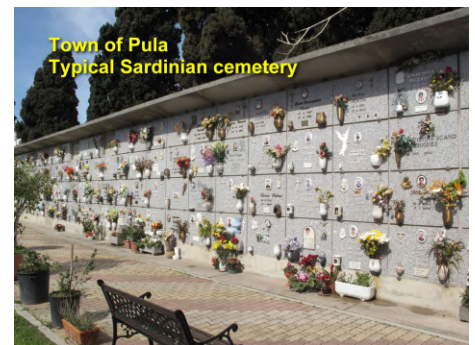
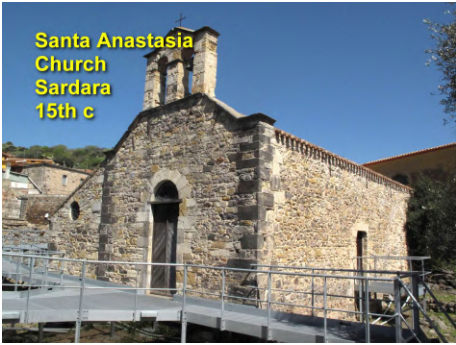
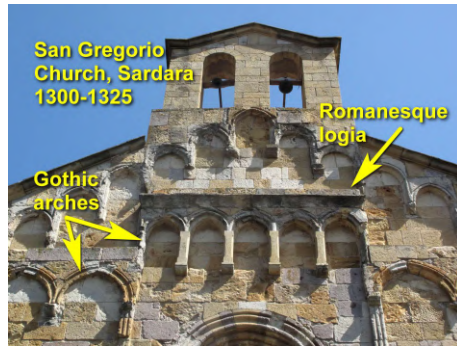
Town of Sardara
Sardinia



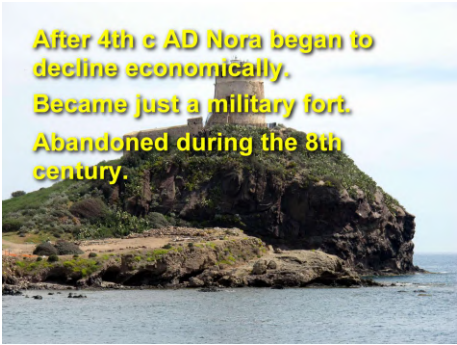
Town of Sardara
Sardinia



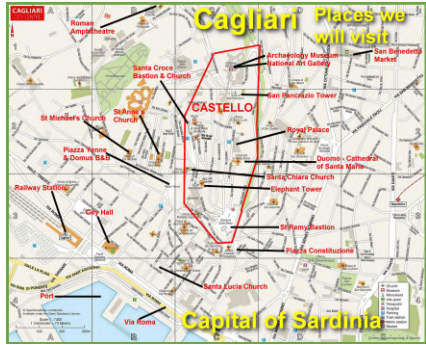
San Gregorio
Church, Sardara
1300-1325
Sardinian
Romanesque
and Gothic







After 4th c AD Nora began to decline economically. Became just a military fort. Abandoned during the 8th century.



Cagliari Places we will visit
Capital of Sardinia



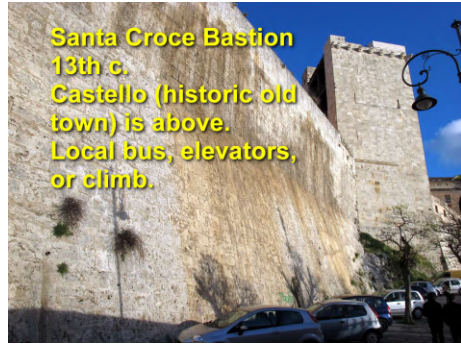
Sardinia Domus B&B
Piazza Yenne, Cagliari



Sardinia Domus B&B
€55 per night with breakfast and taxes and wifi



Sardinia Domus B&B



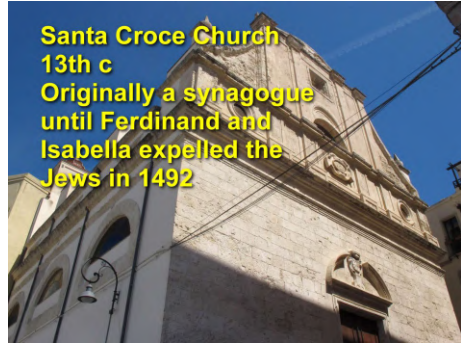
Santa Croce Bastion
13th c.
Castello (historic old town) is above.
Local bus, elevators, or climb.



Santa Croce Bastion
Elephant Tower



Santa Croce Bastion
Castello, Cagliari



Santa Croce Church
13th c
Originally a synagogue until Ferdinand and Isabella expelled the Jews in 1492



Chiesa Santa Croce
Holy Cross Church
Altar



Holy Cross Church
Castello
Cagliari



View of Cagliari Port
from Santa Croce Bastion

Domus B&B
where I
stayed



Cagliari from Santa Croce



St Anne's Church
St Michael's Church



Neighborhood in
Castello District





San Remy Bastion
Originally 13th c
Rebuilt late 19th c



San Remy Bastion
Castello, Cagliari



San Remy Bastion



Cagliari Cathedral of St Mary (Duomo)
13th c



Pisan-Romanesque style.
Became cathedral in 1258.



Cagliari Cathedral - 13th c



Cagliari Cathedral - 13th c



Cagliari Cathedral Crypt



Cagliari Cathedral Crypt



Cagliari Cathedral Crypt



Cagliari Cathedral Crypt

1619



Duomo Former Cagliari city hall - 14th c



Royal Palace, Cagliari
Built 14th c
Rebuilt 1730



Royal Palace of the Viceroys and Kings of Sardinia
Castello

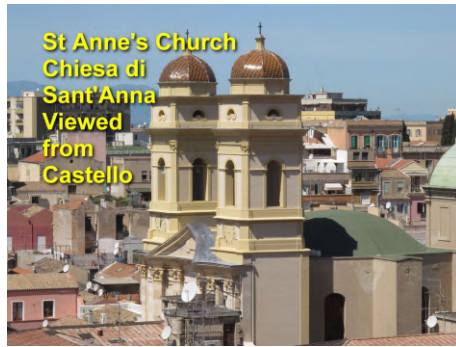


Royal Palace - Palazzo Regio





St Anne's Church
Chiesa di Sant'Anna
Built 1785-1818



St Anne's Church
Chiesa di Sant'Anna
Viewed from Castello



Antico Mercato di San Benedetto
San Benedetto Market



San Benedetto Market



San Benedetto Market



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



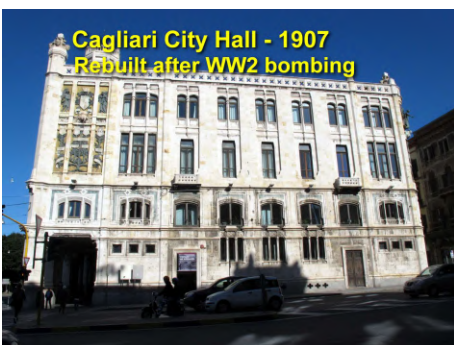
Sole
Mahi-mahi
Mullet
Sea Bream



St Michael's Church - 1738



St Michael's Church - 1738
Chiesa di San Michele



Cagliari City Hall - 1907
Rebuilt after WW2 bombing



Via Roma - Cagliari
Boulevard in front of the port



Via Roma - Cagliari



Via Roma - Cagliari
Boulevard in front of the port



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



Mozzarella bufala
Caprese salad



Smoked swordfish and salmon



Fregola - Sardinian pasta
Cooked, toasted, served in soup



Panna cotta
Da Fabio Restaurant, Cagliari



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