ALGHERO, SURROUNDINGS AND SARDINIA

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INTRODUCTION

Hello! My name is Antonio and I am a licensed tour guide of the Region of Sardinia. I have a degree in Foreign Languages and Literature and also have a diploma in Event Management & Public Relations, both achieved at Dublin Business School. Before obtaining my tour guide’s license, I worked in many tourism positions such as a Cultural Tourism Operator in the city of Alghero and the Welcoming Clerk at a local campsite. I run a small company (www.algheroservice.it) that deals with touristic assistance and advice, reservations and other services.

I am fortunate to know both cultures of the Island: the one of the sea (my mother is Algherese like me) and that of the land (my father was born in an inland village in Sardinia). I’m in love with Sardinia, which I have traveled far and wide, and I love my city of Alghero. I designed and wrote this guide to share this feeling with all the tourists who will visit these places dear to me. I have always tried to express a personal point of view so that visitors do not feel like tourists or visitors, but sons and daughters of Sardinia, just like me! Happy reading and happy holidays!

ALGHERO

Historical background:

Alghero was founded as a fortress in 1250 by the Doria family of Genoa, whose intention was to have control of the whole island as a strategic island, able to cope with Arab attacks. After an attempt to take possession of the land from Pisa to Alghero, the Dorias had to surrender to the invasion led by Peter IV of Aragon who, in 1354, conquered the stronghold of Alghero. Alghero became Catalan territory for all intents and purposes, Sardinian and Ligurian inhabitants were expelled and Catalan settlers arrived from the Iberian Peninsula. In 1541 Charles V, the King of Spain and the Emperor of the Holy Roman Empire visited the city and, according to legend, named all algheresi: “todos caballeros” meaning “all knights”. Alghero remained under the Aragonese- Spanish crown until 1720 (a period of 366 years) before moving to the House of Savoy. As a result of such a long and significant period some Algherese inhabitants still consider themselves Catalan. The Algherese-Catalan language still spoken and the culture and traditions are still deeply rooted in Catalan heritage.

When to visit:

There is no doubt that summer is the best time to organize a holiday to Alghero. The city offers the best of itself in the summer and also the population is particularly active in this period. Most of the attractions are open and accessible from mid-May to mid-September and the setting of hot and long days makes it more romantic and enjoyable. Let’s say you want to avoid the winter. I would recommend the low season (late Easter and between September and October) as, if you’re lucky with the weather, you can enjoy the beach in peace and quiet and also do some hiking! Also, if you travel to Sardinia in autumn or before Easter you will get the chance to experience two very interesting folk and cultural festivals! They are: Autumn in Barbagia, from September to December, and the traditional Carnivals. Both events offer appointments in various villages of the island dedicated to wine and food, culture, traditions, dances and folklore. Do not miss them!!

What to visit:

Ask anyone what is most unique about Alghero and they’ll all answer: the historical centre. Enclosed by Catalan walls, dating from the sixteenth century and partly overlooking the sea, it is a real architectural
jewel that shines with golden tones from the sunlight reflected on the sandstone of which it is entirely built. Unfortunately, most of the buildings now have a plastered facade, but the sandstone structure is clearly established, clearly visible and, in the cases of some houses, it is also visible internally. Fortunately the walls, towers and some churches have remained intact from this point of view.

The most striking feature of the old town are, as mentioned, the towers. The most impressive is the Torre Sulis (originally Espero Rejal) on the homonymous square, a regular meeting place and summer landmark, but equally important are those of Porta Terra or Portal Rejal (it is possible to visit the tower itself and the roof terrace for a small fee) and San Giovanni. Other towers along the perimeter of the walls, are less striking but are particular for their location, history and nature. For example: Sant’ Elmo. At the top you will find a Marian statue and you can see the bay and the port of Alghero. The tower of La Maddalena, also known as Torre Garibaldi, for its marble plaque commemorating his visit in 1855, and that of San Giacomo, the only one that is hexagonal in shape.

The strolls that you can take in the old town, particularly evocative and romantic sunrise and sunset, are a journey into the historic past of the city. The street signs are in two languages, Italian and Catalan-Algherese, reminiscent of the Iberian colonization, the streets were constructed with cobblestones, called ginqueta, the Savoy period is very present; the entrances of the walled citadel are to Porta Terra, once the only entrance for those accessing the city, and those of the old sea port, the ancient maritime entrance known for having accepted Charles V during his visit to the city and Porto Salve which provides direct entry from the wharf.

Among the historic buildings in the centre are the Palazzo de Ferrera (famous for hosting Charles V) and Lavagna (which has an old slate sundial on the facade) both in Piazza Civica. Then there are the Palazzo Machin on Via Principe Umberto and Carcassona on Via Sant ’Erasmo. Other buildings in Gothic or neoclassical style are identifiable in various streets in the centre thanks to explanatory plaques in their vicinity. There are numerous churches in the ancient citadel. The cathedral, dedicated to Santa Maria, is a true chronological artistic journey, whose construction took over 200 years. This allows us to note the various styles in temporal progression proceeding from the side of the bell tower and apse resulting in part from the Catalan Gothic. It then passes through the baroque altars and neoclassical elements such as the central portico entrance. San Francesco is mainly Gothic in style and in the courtyard there is a beautiful kiosk. San Michele, the church of the patron of the city, has large baroque side altars and is famous for its polychrome dome. The church of Misericordia hosts inside a wooden crucifix of remarkable workmanship, used during the rites of Holy Week.

The city’s museums are the Diocesan Sacred Art, in the former church of the Rosario adjacent to the Cathedral, and the cooperative that manages the museum also deals with visits to the bell tower of Santa Maria. There we can point out the Coral Museum, on Via XX Settembre.

Where to stay:

To enjoy the historic centre and atmosphere of Alghero, we run a small building in the walled citadel, ideal for families, that we have called Palauet, which is the typical name of these old houses. Completely renovated with re-validated furnishings and structure, it consists of three units: a studio apartment on the first floor, a two-room apartment on two levels on the second and third floor with access to the roof with sea view, and a ground floor multi-functional room. For reservations visit www.algheroservice.it /palauet. Other apartments are available on www.algheroservice.it and alternative accommodation can be also
booked through our website, even the whole of Sardinia and Italy, through the dedicated page www.algheroservice.it/hotel which is affiliated to the online world leading travel agency.

Where to eat:

Here we are! I’m sure that a lot of you are interested in this section ... everybody knows that good food is a relevant factor in your choice of holiday destination. You are in luck!! The restaurants are of excellent quality with Italian, Sardinian and Catalan-Algherese cuisine.

For an excellent fish restaurant, I suggest Al Pesce d’Oro, which, in my opinion, also serves the best local pizza, big and tasty. Another restaurant, on the bastions and with a lovely atmosphere in the summer evenings, is Angedras, frequented by tourists and locals. If you are looking for a near to hand restaurant which is honest, with good food and good pizza at the fair price, jump into the Al Vecchio Mulino on Via Don Deroma. If you have a car, a unique restaurant on the sea is the Embarcadero, located in the Maristella neighborhood, where you can dine on small floating docks on the water inside of the natural harbor of Porto Conte.

Do you want to instead try the real Sardinian cuisine? Ideally the place to go is to one of the many agriturismos outside the city. Three in particular for me are: Sa Mandra (specialists in the production of pecorino cheese and in a unique setting in the style of Sardinia), Barbagia (great for its cheeses and vegetables) and Le Pinnette (with laboratories for the production of sausages and extra virgin olive oil). I remember that in all three structures it is possible to stay overnight. And by the way, the most famous dish in Sardinian cuisine is the maialetto arrosto, the roast pork! Exquisitely unique! In the city, a place of traditional Sardinian cuisine is served with courtesy in the restaurant Sa Mesa.

For lunch or dinner that fills your belly but doesn’t spoil your appetite, we always recommend a good pizza. As mentioned, the number one pizza is in the restaurant at Al Pesce d’oro. But there are so many other great alternatives. For example, in D & V, which is mainly a service delivery pizzeria, you can enjoy great pizza at the tables inside and outside. And what about the Corallo pizzeria…? Pizza at will and sweet pizzas too! If you have limited time and prefer a quick snack, rely on fast food. Choose Pata Pizza, which, in addition to round pizzas, offers pizza slices, chips, sandwiches, kebabs and other delicacies. Or choose artisan pizzeria Al Grottino, with pizzas and fainè (this last only in autumn - winter) still smoldering. If you want a compromise, choose Area 51: many pizza slices, several flavors to choose from and the convenience of a table eat in eat out. And finally ... last but not least ... a nice homemade ice cream! Suffice it to say, go directly to the K2 gelateria o on Via Roma or to the brand new Re Gelato on Via Carlo Alberto. My favorite flavour? Extra dark chocolate!

Bars, pubs, entertainment and nightlife:

Alghero, especially in the summer, offers a varied range of clubs, all with a different range of offers and atmosphere. For a quiet drink, I recommend the Sky Blau, a bar with a panoramic terrace on the ninth floor of the Hotel Catalunya. Open to all, relaxed atmosphere and lovely views over the marina. It gives the best of itself in broad daylight or even better at dusk. An excellent choice also on the Lido is Maracaibo. It’s located beside the beach and it’s lively and popular with young people on summer weekends.

If you want to surprise your partner in a style, Villa Mosca, on the Lungomare Dante, is the one for you. If you’re more for pubs, the number one is Miramare, particularly alive on Saturdays with live music or DJ sets and it’s always packed. The Poco Loco, on via Gramsci, is famous for live performances. It is also an
excellent restaurant with pizzeria by the meter and upstairs you can spend an evening with friends at the Bowling Alghero. We have a series of Irish -style pubs all of them on via Maiorca which are Birreria San Miguel, The Mill Inn pub and Majorca: follow the trend of their patrons and choose the one that most inspires you at the moment.

Still want live music? Head on over to L’arca and The Orange. Summer nights follow the hectic pace of youth, whose meeting place for nightlife is Piazza Sulis. Here you can buy the pre-sale tickets from the PRs for the two nightclubs of the town: Il ruscello and La Siesta, which both also offer shuttle service.

**All at sea (beaches):**

The beach of Maria Pia is undoubtedly, for convenience and beauty, the best in Alghero. Under the shelter of a large pine forest, the fine sand and shallow waters offers the best of itself in the early hours of the morning. The beach of Lido, instead, is a town beach, easily accessible from downtown. Bombarde and Lazzaretto are a few kilometers from the city, but they are in an environment with several picturesque bays from one beach to the next. A little more to the north you’ll find the wildest options: Porticciolo and Porto Ferro.

The best beaches of Sardinia are, proceeding from Alghero clockwise around the island, in my opinion, La Pelosa in Stintino, Cala Sant’Andrea in the Asinara island (fully protected area, only visible from a distance), the beaches of La Maddalena Archipelago (Cala Corsara and the Spiaggia Rosa), the Spiaggia del principe in the Costa Smeralda and Berchida south of Olbia. The beaches of Cala Gonone area (Cala Luna and Cala Goloritzè) can only be reached boat or by hiking and around Cagliari we have Chia and Villasimius.

**Excursions in the area:**

**Ferrata Cabirol**

The Via ferrata del Cabirol is a climbing route that winds through the cliffs of Capo Caccia. It is a breathtaking experience, full of adrenaline and in a unique landscape overlooking the sea. The path, though in some parts challenging, is accessible for all with the help of an experienced guide. Corrado Conca is the creator and implementer of this paradise for hikers and has accompanied groups from many years. Corrado is a dynamic guide, constantly around Sardinia. Booking well in advance of the hike is highly recommended. You can contact Corrado directly on his mobile (0039) 3472903101, or by email corrado@segnavia.it. If you find it difficult to get in touch (Corrado often works in areas not covered by the phone signal or wifi) you can book via algheroservice.it

**Neptune’s Caves**

The caves of Neptune are located at the end of the promontory of Capo Caccia at the base of the high cliff facing west. It can be visited on foot and walking the 656 steps leads to the sea of the famous Escaleta Cabirol, starting from the square above. Or, you can get there easily by boat from the port. The tours are guided, at hourly intervals (which vary depending on the season). A little advice: choose to visit the caves when the sea is calm as the high waves prevent access to the ride. The caves can also be reached by bus service. If you decide to linger throughout the day, visit the nearby Cala Dragunara and the viewpoint opposite the island Foradada.
Complex Nuraghe Palmavera

Perhaps not everyone knows that Sardinia is an island rich in archaeology and from 1500 BC there was a thriving civilization of skilled military builders of known as *nuragica*. There are also religious fortresses called *Nuraghe*. These are still well preserved with about 8000 of these buildings throughout the island which are unique in the world. The most majestic one of all is *Barumini*, which is part of UNESCO world heritage. In the territory of Alghero there are several *Nuraghe*, but the most important and accessible, complete with village ruins, is known as *Palmavera* and it is on the road to Porto Conte. The entrance ticket costs very little, but I highly recommend to book a guided tour or rent your multilingual mp3 player in order to fully understand the wonderful nuragic culture.

Necropolis of Angelu Ruju

Still run by the same cooperative of Nuraghe Palmavera is the archaeological site of *Anghelu Ruju*, a complex of burial tombs carved into the rock. From a careful visit you'll understand the old rites of passage from the world of the living to the dead through false doors carved in the sandstone, bull horns again on the stone, a symbol of masculine divinity, and spaces reserved for the deceased that ideally still rest among the many cells below ground level. A curiosity above all: the name of Anghelu Ruju comes from the former owner of the field, who sold it to the nearby winery Sella & Mosca. During renovation of the stones they immediately realized that something was hidden in this ancient land and the graves were discovered. The land was donated by the company to the community and it was decided to dedicate to the former owner his most tenacious wine, the fortified *Anghelu Ruju*.

Punta Giglio

Punta Giglio, a stone's throw from the Tower of Porto Conte, is an easy and pleasant walk to do on foot or by mountain bike. Is accessed from the square in front of the *Embarcadero* restaurant and consists primarily of two paths which are joined to the tip of the headland, Punta Giglio. Exactly here, from a height of about 80 meters, the underlying view of the sea and the horizon is breathtaking. The old ruins found date back to the Second World War, part of the anti-aircraft position at the head of Mussolini, and inside of the abandoned barracks are still visible fascists written and paints. Right on top, at the very tip, as well as the remains of a structure machine gun (there are several), you will find a large limestone table on which lay, hold your breath, and look over the endless sea.

Sella & Mosca

This winery is a pride of the territory of Alghero, the largest of the whole island and among the largest in Europe with almost 600 hectares of land planted with vines! Today it is owned by the *Campari* and in addition to branded Sella & Mosca wines, produces spirits with the brand *Zedda & Piras*. You can visit the cellar (cellar of 2013 *Gambero Rosso* Italian wines) throughout the year from Monday to Friday via booking at anna.cadeddu@sellaemosca.com, while in summer (June to September) there are fixed appointments from Monday to Saturday with free tours in Italian and English at 17:30 from the meeting point of the *enoteca*. Not to be missed! Take advantage to buy a bottle of fine wine to drink on vacation or take away as a souvenir.

**Food and Wine**

For those who stay in Alghero some days and maybe is arranged in self-catering apartments and therefore needs to go shopping, why not take advantage of the local markets? Every Wednesday, in the district of
Pietraia, around Via Corsica, there is a flea market with products from all over Sardinia: fine cheeses, sausages, fruits and vegetables but also much more among the shoutings of promotional vendors and a sample tasting around. On Saturday around Via S. Agostino, there is a farmers market with local products of excellent quality. The fish market, freshly caught by local fishing boats, is located in the harbor area in the large mirrored structure. The best meat in town? That of the brothers Testoni at the town market in the Pietraia on via Amalfi to the likeable Daniele.

Other typical products of the place, easily gettable in many supermarkets of the city, including the SISA, are the Extra Virgin Olive Oil of Alghero, whose most well-known is the San Giuliano, the typical Sardinian bread carasau thin and crispy, the torrone (nougat), typical sweet from Tonara village, also sold in different stalls. But Alghero is especially known for a unique treat: the sea urchin; caught between November and April, it has a red pulp that we Algheresi eat with a piece of focaccia bread and a table wine rigorously red. During winter and spring the sea urchin is the prince of menus offered by the restaurant owners who adhere to the food festival "bogamarì." Another dish now highlight is the Paella of Alghero, which takes its cue from the famous Paella Valenciana, but replaces the rice with a typical Sardinian pasta called fregola.

Wines

Alghero and Sardinia are areas devoted to viticulture. In the Catalan city there are two main wine producers: Sella & Mosca (now owned by Campari, best Italian winery of 2013) and the winery Santa Maria La Palma (with over 300 members/ producers, all in the territory of Alghero). There are also other smaller wineries, mostly family-run, of excellent quality.

The most well-known and appreciated wine in Sardinia is red Cannonau and white Vermentino; among the sparkling wines, Torbato and Moscato. Below is a selection of wines recommended by me; can all be purchased in supermarkets like SIGMA, CONAD and Nonna Isa.

The best red wines come from the central part of Sardinia. They are wines of character and intensity, are ideal in meals consisting of meat and cheese and are strong and intoxicating for special evenings.

Recommended: Cannonau Reserve Jerzu Old Farms: warm and spicy wine with an intense garnet colour; Mamuthone cannonau di Mamoiada Joseph Sedilesu: an intense but incredibly aromatic wine, strong but pleasantly drinkable; Rubicante Sella & Mosca: new wine, ruby in colour, light, fresh and elegant.

The best white wines come from the north east of Sardinia, a region named Gallura; wines that are a perfect match with fish dishes or for drinks at sunset.

Recommended: Giogantinu Vermentino di Gallura Superiore DOCG: quality wine, Mediterranean flavor, sensual and delicate; Aragosta Santa Maria La Palma: an excellent wine that goes well with shellfish and fish, simply classic; Piero Mancini Vermentino di Gallura: you drink it as an aperitif and is also elegant during meal.

As for rosé wines, without a doubt, I recommend Rosé of Sella & Mosca Alghero: an eternal classic for lovers of pink, satisfy everyone in meals based on meat and fish.

Our two sparkling wines: Torbato Sella & Mosca: Only for connoisseurs, brut, native wine with natural fermentation, to the glass it’s classy and has persistent bubbles; Moscato of Tempio: sweet sparkling wine, pleasantly light.

Beer
Beer in Sardinia means *Ichnusa*. This beer is produced since 1912 and is a clear and balanced gradation from 4.7% beloved by the Sardinians for identity and appreciated by tourists. It is sold in all the shops, and served in all the bars both in bottle and draught, at a price lower than the national and foreign beers.

**Alcohol**

Typical Sardinian alcoholic beverages are *mirto* and *filu 'e ferru*. The first is a very aromatic liqueur that smells of the island, obtained by maceration of red berries of myrtle, a plant characteristic of Mediterranean and spontaneous in Sardinia. There is also a white version, which is obtained from the leaves, and an amber arising from the rare white berries of the fruit. The second is a distillated beverage, a spirit obtained from Sardinian grape pomace, which literally means “iron wire”. A few decades ago in fact, an iron wire was useful to mark buried caches of the beverage that had been produced clandestinely.

**Shopping in the city centre**

Alghero is also known as “The Coral Coast” for the presence and work of the so-called red gold. There are plenty of craft shops in the city that transform the coral into hauntingly beautiful jewellery. One above all, the *Bottega Marogna* in Civic Square. Always remaining in the artistic world, I recommend the fashion shops of Efisio and Antonio Marras, the latter a designer of international caliber, who makes unique clothes for elegance, refinement and creativity. It can also be found in Civic Square.

Finally, there are many handicraft shops in which you can buy a souvenir of Sardinia, such as a jewel embroidery, a traditional rug, a switchblade knife, or whatever you need!!

**Curiosity and primates**

Here are just a few points of curiosity and primate in the city of Alghero. Others I only “reveal” in guided tours!

The building above the entrance of the Porto Salve was owned by the Garibaldi family who arrived in the city in the summer of 1855 to save their cousin, mayor of the city, from the plague. A plaque on the tower at the port of La Maddalena remembers this event.

Still visible, grouped under the Bastions Colombo, are the old stone balls recovered from the sea, witnesses to the old assaults carried out with catapults.

The lighthouse of Capo Caccia, whose lantern is located at 186 m above sea level, appears to be the highest in Italy.

Beside the cathedral at the end of the square is the so-called Pou Salit, the “salted well”, whose brackish waters were used by the population in the processing of dough for bread. However, the addition of salt was required and another well, of the same characteristics, is located close to the sea under the Bastioni Colombo.

In the not too distant past the wooden shutters of the houses of the old town were painted green. Those of the fishermen's dwellings instead wore the color blue to be easily recognized by the people who wanted to buy fresh fish directly from the home of the men of the sea.
In the area of Alghero, near the Park of Porto Conte, is the largest underwater cave in Europe, the Nereo Cave.

The window from which Charles V looked out during his visit to the city, in Piazza Civica, is now walled up. According to the myth it is because "nobody was not so worthy person can look out from where it was overlooking the mighty lord" [CIT: p. 1022 On the coasts of Sardinia Alghero].

Useful numbers: Museums, Cave, Travel, Information Office

TOURIST INFORMATION Alghero Piazza Porta Terra 9 079979054 infotourist@alghero-turismo.it

CAVE OF NEPTUNE
POLICE Via Don Minzoni 112
POLICE Via F.Ili Kennedy 113
FIREMEN Via Napoli 115
HEALTH EMERGENCY 118
EMERGENCY MEDICAL TOURIST C/o civil hospital via Don Minzoni 079987161
EMERGENCY MEDICAL TOURIST FERTILIA Piazza Venezia Giulia Fertilia 079930533

SARDINIA

Nothing is missing from Sardinia for a memorable vacation! Think of anything that comes to mind that you want when you are choosing your holiday destination...crystal clear sea, mountains, traditions, food and wine culture, archeology, sun, fun, relaxation...and so on and so forth! All experiences in life that you can turn into reality if you can accept our suggestions and let yourself be carried away by the rhythm of the island. But why did not you think of that before? We are in the middle of the Mediterranean, on display, right there, in Sardinia, yes, Sardinia, an island of dreams, a place where all your wishes can come true, you just want to get started and find out...

STINTINO & ASINARA

Stintino, with its wonderful beach called La Pelosa is a must-see in North-West Sardinia. Its turquoise sea will remain as an imprinted postcard of your holiday; the clear and shallow waters, encircled by a strip of fine white sand. A truly veritable open-air swimming pool. The beach of La Pelosa is overcrowded in the summer, and all the car park lots are pay and display parking. We suggest, therefore, visit early in the morning and take special care of your belongings.

Asinara is an island in the extreme North-West of Sardinia. You can reach it by ferry from the village of Stintino or Porto Torres. Transport timetables do not allow a visit to the island all day but you can book into the hostel there for the night. If you don’t avail of this don’t worry. In just a few hours, you can see so much! We suggest you bring your bike and visit the former maximum security prison, home to the most famous Italian Mafia. Go swimming in the beautiful Cala Sabina in which you can experience swimming alongside numerous species of fish, none of which are intimidated by your presence! Snorkel and mask here are a must! The island is colony of many species of animals including, of course, the most famous...
albino donkeys! Funny and sweet at the same time and the largest population of them are found in Cala d'Oliva.

**LA Maddalena**

The archipelago of La Maddalena is the marine paradise of the whole island, a unique set of small islands and crystal clear sea. The island of La Maddalena, connected by a small bridge to Caprera, is the largest and gives its name to the archipelago. The best way to visit is to rent a boat (but beware of the currents!) Or, better yet, rely on boats organized from Palau which will allow you to visit the most beautiful parts of the islands and will take you to the nicest beaches where you can enjoy the sun and the sea. You will also enjoy a lunch of fish on board and will definitely visit (albeit at a distance) the famous and protected *Spiaggia Rosa*, the *Pink Beach*. You will be amazed by the shades that the colors of the sea are able to offer in these places. Unforgettable.

**Emerald Coast**

Located in the north of Olbia, Costa Smeralda is a brand synonymous with international celebrities and an enchanting coastline of color, in fact, emerald. If you have big financial means, go here and look for the *bella vita*, maybe in Porto Cervo or Porto Rotondo. If your finances are not exactly those of a sheikh, do not despair, the Costa Smeralda pleasantly surprises everyone. It may be visited at the end of the season when man abandons the scenes and nature reprises its role as the *prima donna*. If you come here, make sure you visit the *Spiaggia del Principe*. You will not believe your eyes!