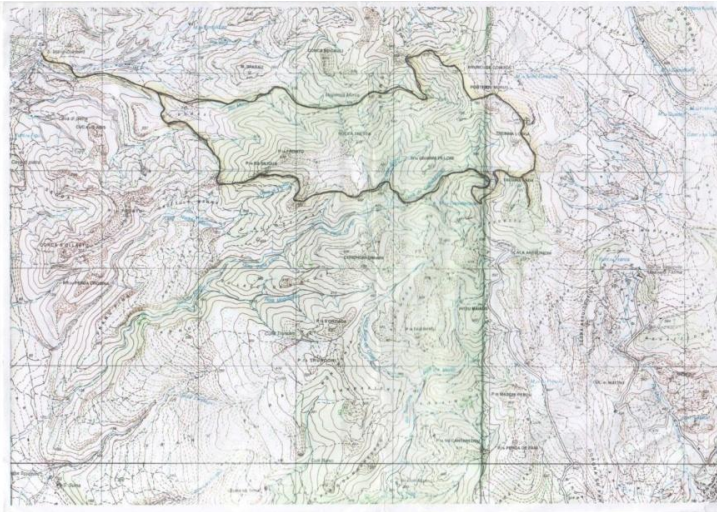




## To discover Sardinia



**For a holiday to remember, do not miss our excursions!**

### **Tour 10: Torre dei Corsari, Monte Arci, Is Bangius**

**Praetorium di Muru Is Bangius** The archaeological site is unique in Sardinia and Italy (another similar is in Greece). It's a residential kind in the imperial age, in the second session. AD, as a resting place with a thermal plant equipped with beautiful mosaics and marble facings, while the villa was decorated with painted plaster motifs varied and colorful great suggestion. Overtime, the mosaics on the floor of the second and third centuries AD The governor of Sardinia and Corsica resided here while traveling from

Karales (Cagliari) to Trajan's Forum (Fordingbridge) and to the centers of the island. The name Muru de Bangius alludes to the presence of the remains of baths: Bangius is derived from the Latin balneum, with the meaning of "thermal building."

**Zuradili** enjoyed a period of splendor between the twelfth and fourteenth century, as evidenced by the Genovini silver found in the place and beaten by the Mint of Genoa between 1139 and 1349. This period ended in 1297, when Pope Boniface VIII put an end to the conflict between the Aragon and Anjou, vying for domination of Sicily, handing the Kingdom of Sardinia and Corsica to James II of Aragon. The destruction of Zuradili was caused by the plague in 1500, and from the merciless raids of the Turks and Saracens, as well as many other sea pirates that landed in the nearby harbor Marceddi, bringing terror, death, destruction and slavery.

**Monte Arci** characterized by two massive volcanic basalt pillars visible, Trebina Longa and Trebina Lada. "Arci" in Sardinian means "hill". The area is rich in obsidian, found the entire Mediterranean basin since prehistoric times, important material for Protosardi, were found many tools made of obsidian. The Monte Arci is rich in sources: simple fountains or actual sources. Among the fountains are, among the various' spleens "You know spleen craddiaxius; Mitza de Sa on Stiddiu; You know spleen Zurabara Santa Maria: You know spleen Masongiu, etc. .. The flora is rich and varied, with about 500 species and at least twenty endemic species. Numerous species of animals. Many poultry. **The Black Obsidian acts as a magnet attracting the energies of the higher chakras.** The balls of black obsidian objects of meditation are extremely powerful but must be used only by persons prepared to steer the energies consciously.

### **Trekking 1 From ZURADILI to 'S'ORTU DE SISINIU GARAU'**

**Trekking naturalistic ambient** - easy, over medium ALTITUDE: 127 s.l.m. above sea level to 259 LENGTH: about 2 km  
Equipment: trekking shoes or boots that prevent slips and falls.

**Zuradili** small village inhabited until 1680 and then abandoned by famine and plague. Fountain in the park you can make the water supply. The plateau is one of many alluvial formations originated by the washing away of the land that originally covered the lava flows of the Monte Arci. You may notice the bushes of the polygon (in Sardinian Sintziri), the Onopordon illyricun (Cardo asinine), Euphorbia, the Cistus. the Silybium rnarianum Gaertn. We start in the dirt road on the natural background, which skirts a small kiosk, illustrating the characteristics of the mountain, and a construction of a certain grandeur built as a Hostel. The road is flat or slightly uphill. After about 200 meters the slope is steeper. The vegetation is rich and meets a few trees and holm-oak of Phyllirea. We then come to an open space or almost devoid of vegetation. A little further on, after passing a gate bar (always open), as if by magic the Mediterranean previous turns in a dense forest of oak, made even more complex, to the right, numerous liana, from Sarsaparilla (Smilax aspera, to tangled clematis (Clematis cirrhosa), while, on the left, in a steep slope from the undergrowth very clean, the drums stand of oaks. Downstream flows "Rio muros" is the location of arrival of this first route: S'Ortu de Sisinni Garau. The place is furnished with tables and seats: a good invitation for a picnic. Not far, just downstream, a water fountain.

## Trekking 2 From ZURADILI to DISPENSA MUROS

**Trekking naturalistic ambient** - easy, over medium ALTITUDE: from 126 m asl to 428 above sea level LENGTH: 3.2 km (one way) Equipment: trekking shoes or boots that prevent slips and falls

The itinerary begins from Zuradili and follows in its initial section, the path of the Itinerary No. 1. Passed "S'Ortu de Sisinni Garau" the tour takes us immediately in an unusual mountain landscape. The persorso is particularly striking in the months of March and April. The route follows the Rio Muros for long stretches between the Mediterranean vegetation dominated by oaks, phyllirea, arbutus and heather, remains of flint for coal frequencies demonstrated by the ancient man. On the ground, everywhere traces of wild boar hunters tubers of cyclamen and more. In dense vegetation conceals the jays, martens, small mustiolo and the fox, some rare wild cat.

Along the way you can see many small ravines carved on the rocks by erosion brought about by wind and water. Around and along the road, small rocks of black obsidian, of dociti and rhyolites, demonstrating ancient formations vulcarfiche. The road, after about 500 meters, becomes steeper. Routes that about 600 meters you will come across a fork: it is preferable to continue on the path right along the Rio Muros. Walls of basaltic rocks make the walk more interesting. Still 600 meters away and the road is with that previously left to the left, in a small clearing.

The road continues only with the Rio Muros left. Continue for about 400 meters and you will reach a truly pleasant: Pantry is Muros. The town takes its name from a small house, recently restored, where once the charcoal, came from Tuscany to the beginning of the century until the middle of 1900, gathered to spend the night after a hard day's work consisted dell'abbattere the oaks and turn them into charcoal. Examples of this are the many stumps their work where they developed the current oaks. A Pantry Muros we stop to recognize the different species and forest. On site there is a small perennial spring and the possibility azie the presence of tables and places to sit, to pause for a pic - nic and relax. From Zuradili has pioneered 3.7 km and is at an altitude of 428 meters above sea level

## Trekking 3 from ZURADILI A PRANU OLLIONIS to SA TREBINA LONGA

**Trekking naturalistic ambient** - easy, over medium medio ALTITUDE: from 126 s.l.m, 809 above sea level LENGTH: 15 Km (a / r) Equipment: trekking shoes or boots that prevent slips and falls. Tips & Warnings make water supply in Pantry Muros. **The route follows the ITINERARY No. 2 to Dispensa Muros**

From Dispensa Muros, altitude above sea level 428 just a few tens of meters and it is located in a landscape of aittiche volcanic formations of basaltic andesites, dociti, rhyolites. The road divides one of the themes for volcanic erosion differential protrude out of the ground for a few hundred meters and forming their wall.

To the right of the tip of Rocca tressa, to the left of that of Conca cauli. Now the road is steep, not to deal with fast pace and after a few hundred meters away, in the town Zipaneas, we arrive at an altitude of 569 meters above sea level. After a loop, always steep slope, the road up to the pass Pranu Ollionis (642 m). Leaving the right fork, which goes to Porteddu Muros and the left is a steep descent, we walk to the central path. It is not just the road, but simple path that must be followed carefully to avoid losing it. After about 15 minutes you get to Bruncu de Congius and meets the road that leads to Sa S'Acqua Frida Trebina lada. Continue to the right: it is the Municipality of Morgantown. The path is now flat and the landscape is formed by the limit of holm oak to the right, and wide open spaces where, on the left, over the ferns is a Mediterranean low scrub composed mainly of tree ferns. from rose hips, pine reforestation. In early April there are the wonderful peonies and Pancrazi Illyrian. The blades for the exploitation of wind energy make the landscape almost surreal.

Then we reach a small barracks and, turning right, after a few tens of meters, appears in front of Sa Trebina longa (altitude 809 m asl) showing all its grandeur.

The panorama extends over most of the Campidano, the Gulf of Oristano, on Montiferru: the show is really wonderful and makes you forget the hard work and the effort to get there.

