



30th International Conference on Lightning Protection

September 13th – 17th, 2010

T HOTEL, Cagliari – Italy

Visit to Cagliari & Roman Ruins of Nora



The bus will pick us up in front of the T Hotel on Tuesday 14th, at 08.30 a.m. and take us towards the city centre; once arrived, we walk towards the defensive walls of the ancient part called “Castello” in direction of Porta Cristina. This walk enables us to admire the wonderful Cathedral of S.Maria, the Archbishop’s Palace and the Governor’s Palace, once the residence of the viceroy Carlo Alberto.

We continue our walk up to the Terrace Umberto I on the Bastion S.Remy, another stately monument. From here we have a spectacular view: the Angels’ Gulf, the Cape S.Elia with its characteristic Devil’s Saddle, the

panoramic hill of Monte Urpinu and “Poetto” beach, meeting place of Cagliari’s inhabitants. We proceed on foot through the narrow streets of the quarter “Castello”, as we go down the flight of steps of the Bastion S. Remy and enter the commercial heart of the City. At the end of the tour the bus will be waiting to take us to the Roman Ruins of Nora.

Half an hour later, we find the archaeological ruins at Nora, an important town founded by the Phoenicians in the 8th century B.C. as both a strategic trade centre on their Mediterranean routes and a key rest point before tackling the long trip to Brittany.



Nora was later conquered by the Carthaginians, the great sailors and warriors, and then, following the Punic Wars, it fell to the Romans around 238 B.C. The peninsula, softly washed in azure by the sea, will appeal to archaeologists both expert and non. Visitors today will find much of the site still well preserved, including the ruins of the thermal bath mosaics, the theatre, the Carthaginian dwellings and the ancient paving stones of the Roman roads.

Upon the visit, a lunch will be organized at Traditional Sardinian Restaurant where you will taste the specialties of the house, with delicious Mediterranean menu based on meat and fish.

After the lunch there will still be enough free time available for getting some tan and enjoying the bath on the spectacular beach of Pula.