

SWAT 2015

PULA / SARDINIA / ITALY

20 and 27 June 2015

BOAT EXCURSION

START 9:30

BACK 15:30



The boat excursion begins from the Flamingo beach with final destination Malfatano bay . A memorable experience along the southern Sardinian coast, offering amazing panoramic views like the beautiful caves of pinus village, the sandy beaches and crystal sea of Chia (Campana beach, su Giudeu and cala Cipolla) you can admire the faraglioni rocks, the lighthouse that dominates the promontory and then the unique beach of Tuerredda up to Malfatano bay, where you can enjoy a lunch in a restaurant on beach (not included in the price). Info: www.pulainvela.it - info@pulainvela.it - Tel. 3284276938

Prices : Up to 6 people 50€ per person, More than 6 people 40€ per person, Lunch against the person.

21 June 2015

Tour: Cagliari Old Town

START 9:40

BACK 17:00



Start: 1. Meeting point: Flamingo Hall at 9.10 am - 2. Bus catching to Cagliari downtown: in front of Flamingo main gate at 9.30 am - 3. Cagliari downtown (Piazza Matteotti): arrival at 10.30 - 4. Visit to the old town of Cagliari from 10.30 am to 1.00 pm - 5. Lunch: in a typical Italian restaurant from 1.00 pm to 3.00 pm - 6. Free time (Points of interest: Marina District, Piazza Yenne, Castello, old Cathedral, Bastione): from 3.00 pm to 6.00 pm. - 7. Meeting point: Piazza Matteotti at 6.00 pm, from ARST station (Piazza Matteotti). ARST station is found adjacent to the Mc Donald store near the railway station. 8. Bus catching to Hotel Flamingo: at 6.25 pm - 9. arrival at Flamingo at 7.30 pm.

23 June 2015

Ice break meeting

From 19.45 to 20.45

Cocktails, and food and wine tasting at Flamingo Hotel



25 June 2015

Tour: Nora ruins

START 16:00 From Flamingo Hotel

BACK 19:30 To Flamingo Hotel



This cultural visit to the ruins of the archaeological site of Nora, an extraordinary example of a city of Punic and Roman times overlooking the homonymous beach, is an ideal excursion for those seeking real insight into the history of this ancient land, named Sardinia.

The tour will give participants the opportunity to take a step back in time and immerse themselves in the atmosphere of the ancient Punic/Roman town, where they will discover the old neighborhoods, the luxurious villas decorated with mosaics, temples, place of worship, thermal bath, aqueduct, forum, ancient cobbled streets and the splendid theater.

The area is surrounded by a breathtaking landscape, with the Tower of Coltellazzo standing in its background, while the golden beach leads to the church of Sant'Eufisio where, according to tradition, the Saint was martyred and where every year on the 1st of May he is celebrated by the whole island during a famous festival.

The ancient city of Nora is one of the most important archaeological sites on the island, one of the first Phoenician allocations founded in Sardinia, according to literary testimony and legends. Its particular location on the coast facilitated the settlement of the Phoenicians in the VIII century BC, and its development into not only a commercial but also an administrative and religious centre. It was in Roman times (238 BC) that Nora experienced its heyday. Its decline started in the V century AC following the occupation of the island by vandals (456-466 A.D.), and was abandoned around VIII century A.D. Caused by raid of the Arabs that forced the habitants of the Sardinian coast to retreat inland.

Today Nora is still alive, the archeological research continues and they still talk about her past but, above all, it is alive in the memories of all that have visited and not forgotten.

25 June 2015

Social dinner

START 20:30 At Flamingo Hotel

