



**ORCA2022**  
69<sup>th</sup> Congress of the European  
Organization for Caries Research  
Cagliari, Sardinia, Italy  
June 29 - July 2

		Durata	Excursions/Activities	Min pax	Max pax	Price
29/06	8 p.m	H. 1.30	<b>Cagliari walk by night</b> This tour we'll introduce you to Cagliari passing through the tiny streets of the ancient districts, once inhabited by fishermen and traders (Marina) and where the farmers from Campidano settled (Villanova), and today very appreciated by residents and tourists. <a href="https://www.tourguidesardinia.com/cagliari.htm">https://www.tourguidesardinia.com/cagliari.htm</a> <a href="https://www.cagliaritourismo.it/en/routes/history-tycoon-villanova-forest-10">https://www.cagliaritourismo.it/en/routes/history-tycoon-villanova-forest-10</a>	20		€ 18,00 with earphones
30/06	7 a.m	H.1.30	<b>Biking Molentargius lagoon Poetto Beach</b> Let's start the day doing some physical activity! Molentargius is a very important wetland inscribed in the Ramsar Convention list, habitat of the beautiful pink flamingos and lot of migratory and nesting birds such as sea crows, coots, avocets, purple gallinules, stilt plovers, etc. Meeting point: Manifattura at 07:00 <a href="https://www.cagliaritourismo.it/en/routes/nature-1/from-sa-siccus-seafront-to-molentargius-park-32">https://www.cagliaritourismo.it/en/routes/nature-1/from-sa-siccus-seafront-to-molentargius-park-32</a> <a href="https://www.cagliaritourismo.it/en/routes/nature-1/poetto-beach-tour-28">https://www.cagliaritourismo.it/en/routes/nature-1/poetto-beach-tour-28</a>	Bike E-bike	10 30	€ 65,00 € 85,00
30/06	9 a.m	H.4	<b>Ancient Cagliari Tour</b> Cagliari means sea, sun, monuments, wonderful vistas in a whole place. Its profile is made of a most peculiar mix of architecture, customs and traditions influenced by different dominations. During this tour we follow the traces left by Phoenicians, Carthaginians, Romans, visiting Tavixeddu necropolis, the National Archaeological Museum, the Roman amphitheatre, the botanical garden, Sant'Efelia Roman excavations. Meeting point: Manifattura at 09:00 a.m. <a href="https://www.tourguidesardinia.com/cagliari.htm">https://www.tourguidesardinia.com/cagliari.htm</a>	20	50	€ 57,00 with earphones
30/06	2.15 p.m	H.1	<b>A) Municipal Gallery of Modern Art</b> <a href="https://www.cagliaritourismo.it/en/places/places-of-art-and-culture-319/museums-12/municipal-gallery-of-modern-art-79">https://www.cagliaritourismo.it/en/places/places-of-art-and-culture-319/museums-12/municipal-gallery-of-modern-art-79</a>	6	20	€ 37,00 with earphones
30/06	3.30 p.m	H.1	<b>B) Pinacoteca</b> <a href="http://www.pinacoteca.cagliari.beniculturali.it/index.php/0,95,dipinti">http://www.pinacoteca.cagliari.beniculturali.it/index.php/0,95,dipinti</a>	6	20	€ 42,00 with earphones
30/06	4.45 p.m	H.1	<b>C) National Archaeological Museum</b> <a href="https://www.tourguidesardinia.com/monie_puma_stone_warriors.html">https://www.tourguidesardinia.com/monie_puma_stone_warriors.html</a> <a href="https://www.cagliaritourismo.it/en/places/places-of-art-and-culture-319/museums-12/national-archaeological-museum-43">https://www.cagliaritourismo.it/en/places/places-of-art-and-culture-319/museums-12/national-archaeological-museum-43</a>	6	20	€ 42,00 with earphones
30/06	2.15 p.m	H.3	<b>A+B+C) Art Gallery, Pinacoteca, Archaeological Museum</b> <b>Cagliari from the Middle Ages through to today</b> We'll walk through Porta Cristina and enter the Medieval quarter called Castello (Castle), the oldest part of the city. We'll see the fourteenth-century Pisan towers, San Pancrazio and Elefante, and visit the Cathedral and its crypt. From the ancient bastions we'll look down at the breathtaking surroundings of the city. Meeting point: Porta Cristina at 6:00 p.m. <a href="https://www.tourguidesardinia.com/cagliari.htm">https://www.tourguidesardinia.com/cagliari.htm</a>	6	20	€ 75,00 with earphones
30/06	6 p.m	H.2	<b>Cagliari from the Middle Ages through to today</b> We'll walk through Porta Cristina and enter the Medieval quarter called Castello (Castle), the oldest part of the city. We'll see the fourteenth-century Pisan towers, San Pancrazio and Elefante, and visit the Cathedral and its crypt. From the ancient bastions we'll look down at the breathtaking surroundings of the city. Meeting point: Porta Cristina at 6:00 p.m. <a href="https://www.tourguidesardinia.com/cagliari.htm">https://www.tourguidesardinia.com/cagliari.htm</a>	10		€ 22,00 with earphones
01/07	7 a.m	H.1.30	<b>Kayaking to the Devil's saddle</b> Let's start the day doing some physical activity! Meeting point: Marina Poccoa 07:00 <a href="https://www.cagliaritourismo.it/en/routes/nature-1/poetto-beach-tour-28">https://www.cagliaritourismo.it/en/routes/nature-1/poetto-beach-tour-28</a>	10	20	€ 45,00
01/07	9 a.m	H.4	<b>Sardinia countryside</b> In Sardinia there are more than 150 churches in Romanesque style very well preserved in their original shapes. They were built starting from the XI century by different monks orders and for this reason is possible to see the Pisan, Occitan and Lombard influences. This itinerary allowed you to discover one of the most original Romanesque churches in Sardinia surrender to the harmony between nature and historical legacies. We'll then visit one of Sardinia's great wineries where we'll enjoy tasting some Sardinia greatest wines. Meeting point: Manifattura at 9:00 p.m. <a href="https://www.tourguidesardinia.com/romanesque_churches.htm">https://www.tourguidesardinia.com/romanesque_churches.htm</a>	20	50	€ 57,00
01/07	9 a.m	H.4	<b>San Benedetto Market, cooking lesson, lunch</b> San Benedetto Market is definitely the best chance to know the Cagliarians, the inhabitants of the capital of Sardinia, and to experience their longlasting traditions. Walk amid the rowdy and colourful stands and taste the typical Sardinian food. We will also have a little break in a typical cafe, to enjoy an espresso and a delicious pastry. Then we'll reach a cosy restaurant where you will learn how to make some classic Sardinian dishes. Meeting point: 9:00 a.m. San Benedetto Market <a href="https://www.tourguidesardinia.com/cooking_lessons.htm">https://www.tourguidesardinia.com/cooking_lessons.htm</a> <a href="https://www.cagliaritourismo.it/en/enjoy-cagliari/market-304/markets-50/san-benedetto-municipal-market-164">https://www.cagliaritourismo.it/en/enjoy-cagliari/market-304/markets-50/san-benedetto-municipal-market-164</a>	12	18	95,00 € lunch included
01/07	9 a.m		<b>Walk through the Giara plateau</b> In Sardinia, they call "giara" the uplands ranging from 500 to 600 meters of height, steeply raising on the surrounding area. The most famous of them is that of Gesturi and Tullì, which covers about 45 sq. km and is of volcanic origin. There is a wealth of fauna: foxes, hedgehogs, martens, buzzards, kestrels, jays, partridges and hoopoe. However its most important inhabitants are the Sardinian-Arabian wild horses which are famous as the only wild horses in Europe. Nowadays there are about 600 pure blood ponies in the Giara, the only herd left in Italy and Europe, whose origins probably date back to the Phoenician period. We'll discover the beauty of this Mediterranean environment, rich in wind-twisted cork-oaks and smelling bushes, with its spectacular ponds and peculiar shepherd huts. Meeting point: Manifattura at 9:00 a.m. <a href="https://www.tourguidesardinia.com/walking_giara_sardinia.html">https://www.tourguidesardinia.com/walking_giara_sardinia.html</a>	6 20	8 30	€ 90,00 € 45,00
01/07	2.15 p.m		<b>Barumini Unesco World Heritage Site</b> We'll visit su Nuraxi, one of Sardinian UNESCO World Heritage site. This impressive monument is a peculiar sign of building skills and originality of Nuragic civilization, which started during the Ancient Bronze Age (1800-1600 b.C.) and finished with the Roman conquest of Sardinia in 238 b.C. The traces of Nuragic society are scattered throughout the Island, counting about 7 thousand Nuragic: pit temples, fons, megaron temples, giants' tombs. Meeting point: Manifattura at 2:00 p.m. <a href="https://www.tourguidesardinia.com/giara_barumini.htm">https://www.tourguidesardinia.com/giara_barumini.htm</a>	20	50	€ 50,00 with earphones
02/07	7 a.m	H.2	<b>Birdwatching Molentargius</b> Molentargius is a very important wetland inscribed in the Ramsar Convention list, habitat of the beautiful pink flamingos and lot of migratory and nesting birds such as sea crows, coots, avocets, purple gallinules, stilt plovers, etc. Meeting point: Manifattura at 07:00 <a href="https://www.cagliaritourismo.it/en/places/places-of-nature-318/wetlands-and-ponds-166/park-of-molentargius-139">https://www.cagliaritourismo.it/en/places/places-of-nature-318/wetlands-and-ponds-166/park-of-molentargius-139</a>	20	30	€ 45,00
02/07	9 a.m	H.4	<b>Nora Roman ruins and Conti Vecchi Saltworks</b> We travel in a south-westerly direction from Cagliari, passing St Gilla's Lagoon a very important wetland inscribed in the Ramsar Convention list, where we'll stop to visit Conti Vecchi Saltworks, the white gold of the town. We'll then drive to Pala to visit the remains of the city of Nora, situated on a rocky promontory on the coast. Nora was founded by the Phoenicians around the VIII century BC, in the VI century it became a flourishing Punic town, and in 238 BC it was conquered by the Romans. We will admire the temple of Tanit, the Roman theatre, splendid mosaics, the forum, the villas, the thermal baths and other remains of houses and workshops. Meeting point: Manifattura at 9 a.m. <a href="https://www.tourguidesardinia.com/Nora_roman_ruins.htm">https://www.tourguidesardinia.com/Nora_roman_ruins.htm</a> <a href="https://www.sardegna-turismo.it/en/explore/conti-vecchi-saltworks">https://www.sardegna-turismo.it/en/explore/conti-vecchi-saltworks</a>	20	50	€ 55,00 with earphones
02/07	9 a.m	H.8	<b>Discovering the Nuragic civilisation</b> The Nuragic culture, which started during the Ancient Bronze Age (1800-1600 b.C.) and finished with the Roman conquest of Sardinia in 238 b.C. left us an extraordinary testimony of their civilisation: nuraghi, graves, religious sites. This excursion is fully dedicated to discover the nuragic monuments. Meeting point: Manifattura at 9:00 a.m. <a href="https://www.tourguidesardinia.com/quartucciu_serru_ortoli_excursion_sardinia.htm">https://www.tourguidesardinia.com/quartucciu_serru_ortoli_excursion_sardinia.htm</a>	20	30	€ 65,00 + € 15,00 pranzo al sacco/spuntino
02/07	9 a.m	H.3	<b>Devil's saddle hiking</b> A pleasant hike with very interesting panoramic spots allowing a view from the top of the long neck of land between the salt ponds and the sea which marks out Cagliari landscape, the Poetto beach. Following the natural path along the ridge, we'll skirt the ancient Roman road that climbed from Portus Salis (now called Marina Piccola), and through the cutting in the rock we'll get to the top of the natural spur of the Devil's Saddle promontory. On the way up we'll have a chance to see a Punic-age cistern, the Poetto Tower and some ruins of military installations dating back to the World War II. Meeting point: Manifattura at 9:00 a.m. <a href="https://www.tourguidesardinia.com/devils_saddle_hiking.htm">https://www.tourguidesardinia.com/devils_saddle_hiking.htm</a>	15 8	25 14	€ 50,00 bus-2 guides € 25,00 + taxi

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ACCOMPANYING PERSON  
ON DEMAND