

The Heart of **Sardinia**

The Magic of a **Unique Land**

LAND AND WATER ROUTES

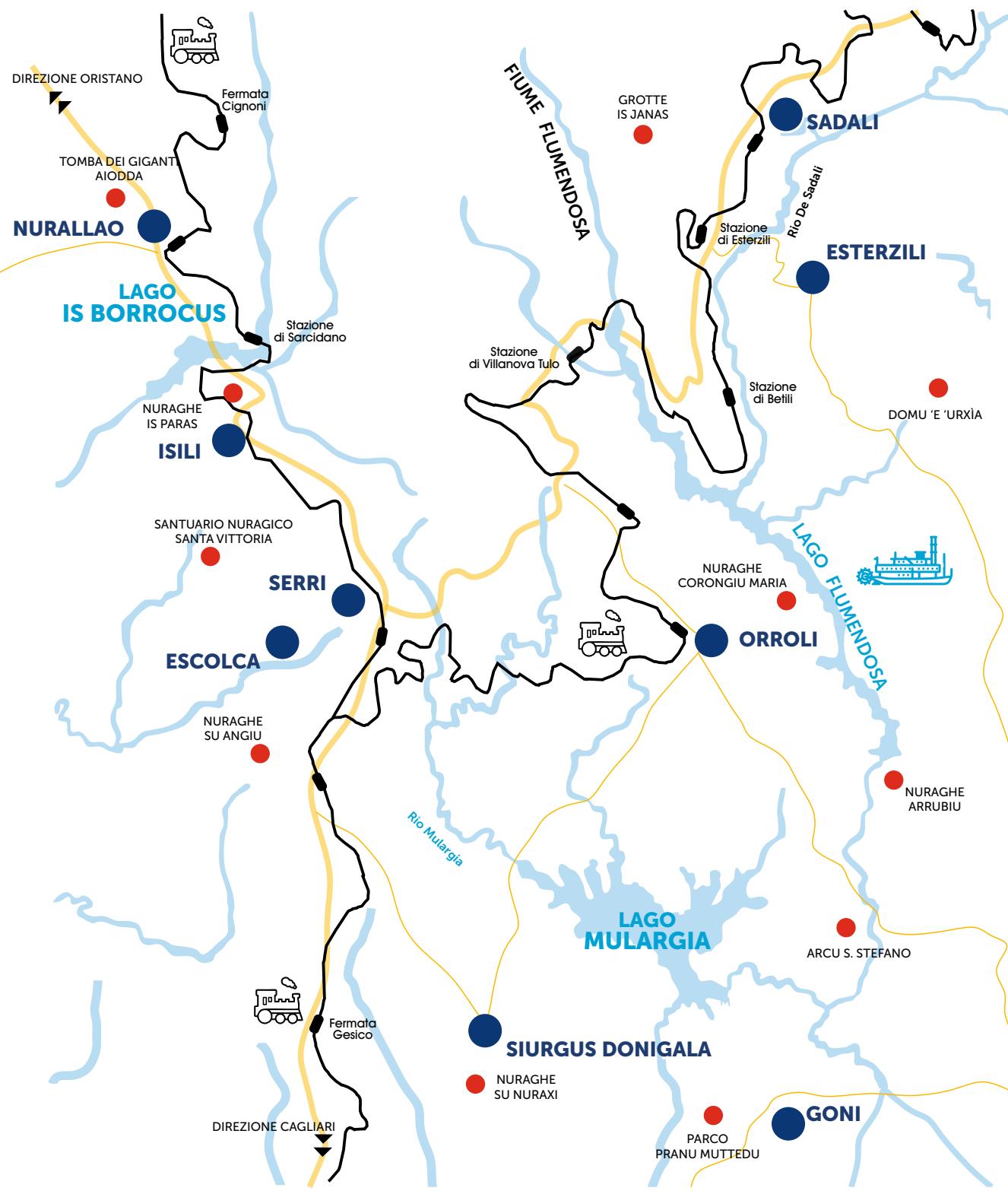




THE TERRITORY OF THE LAGHI TOURISM CONSORTIUM

Escolca, Esterzili, Goni, Isili,
Nurallao, Orroli, Sadali, Serri,
Siurgus Donigala
Comunità Montana
Barbagia di Sarcidano - Seulo





A rich mosaic of Attractions just waiting to be explored

Rugged but gentle, wild yet tranquil: what you are about to experience is a land of silence and colour, of contrasts and aromas. Waterfalls, hills, gorges, plateaus, lakes, caves and forests.

You will be amazed by the landscapes of a land, which seems timeless, where the people are quietly spoken, there is a natural gift for hospitality, and where the history, folklore and cuisine tell of ancient civilizations and cultures. Whether you want to relax or enjoy an adventure, or discover the area's history and traditions, here you will find a host of things to whet your curiosity.

We are in the lush green heart of Sardinia, where a handful of little villages (Escolca, Esterzili, Goni, Isili, Nurallao, Orroli, Sadali, Serri and Siurgus Donigala) scattered along the sides of lakes Flumendosa, Mulargia and Is Barroccus have established the Consorzio Turismo dei Laghi.

This ambitious project unites highly qualified accommodation facilities, which offer the latest mod cons while still respecting the area's wealth of fascinating ancient traditions. The Consorzio Turistico dei Laghi was set up with the aim of presenting the real Sardinia, and awaits your arrival all year round, to guide you to the many unknown beauty spots that lie inland.







The beauty of Nature



The rugged beauty of wild landscapes and the gentle calm of the fascinating lakes of Flumendosa, Mulargia and Is Barroccus wait you to evoke powerful emotions.

You can take the Trenino Verde (the Little Green Train) to explore the wonderful natural beauty spots, tour the lakes on one of the characteristic boats, visit the caves, waterfalls, and forests, or go trekking, fishing, canoeing, horse riding or rock climbing. The visit to the Caves "Is Janas" is unmissable. Legend has it that mythological people half fair and half witch live in the caves.

You can choose between land or water, relaxation or adventure. Whatever you decide, it will be an unforgettable experience.

PLACES TO VISIT

Lakes of Flumendosa, Mulargia, Is Borrocos
Wood Betilli - Esterzili
Caves "Is janas" - Sadali
"Su stampu 'e su turnu" - Sadali
Waterfall of St Valentine - Sadali
Our Lady Park of the Graces - Escolca
Ancient village of San Simone - Escolca
Fountain "Is Arinus" - Nurallao
Natural oasis Moretta Mountains
and the panoramic viewpoint on the Mulargia Lake
between Siurgus Donigala and Goni
Cavanatzu Park - Siurgus Donigala
"Su Motti" Park - Orroli
Cliff of Isili
Wooded area "Su Monti Comunu" - Serri

THINGS TO DO

Boat trips on the lake
Canoeing - Fishing
Kayak - Dragon boat
Pedal boat on the Is Borrocos lake
Trenino Verde routes
Trekking
Free-climbing (cliff "Su Pizzu 'e Nedda")
Horseback riding
Mountain biking
Guided tours to artisan workshops

PLACE TO VISIT / THINGS TO DO

Nature

Società Navigazione dei Laghi S.r.l.

Boat Excursions on Flumendosa Lake

Via Carducci, 5 - Serramanna

Tel. +39 392 978 2326

laghisardegna@gmail.com

www.laghisardegna.it

ASD Polisportiva Isili

*Sporting activities, youth canoe and kayak,
excursions on the lake of Isili, sporting events on a regional,
national and international level*

Via Grazia Deledda snc - Isili

Tel. +39 334 605 2966

marioluigi@tiscali.it

info@polisportivaisili.net

Circolo Nautico San Sebastiano Isili ASD

Excursions, courses and training on kayak and the Dragon Boat,

Organizes fishing competitions,

beginner activites with paddle, visits to the island of San Sebastiano Lake.

Lago San Sebastiano - Loc. Atzicò - Isili

Loc. Stazione ferroviaria Sarcidano located
inside the former train station.

Tel. +39 329 827 7198

circolonauticoisili@libero.it

CONTACTS 1/1

Nature

The treasures of History



Art, history and archaeology.

The whole area bears the fascinating traces of its distant past.

You can visit nuragic villages and shrines, admire the menhirs, domus de janas (the traditional "fairy houses"), giants' tombs and the sacred wells linked to the worship of water.

Other impressive places to see are the Nuraghe Arrubiu in Orroli, the Nuraghic Sanctuary of Santa Vittoria and the charming menhir in the Parnu Mutteddu Park. Alternatively, explore the little Romanesque churches, the Gothic-Aragonese architecture of the parish churches and numerous bell towers. These are all fascinating sites, which reveal the ancient customs of lost civilizations and testify a strong religious faith.

ARCHAEOLOGY

Pranu Muttedu Park - Goni
Nuraghe Arrubiu - Orroli
Nuraghe Is Paras - Isili
Nuragic Sanctuary of Santa Vittoria - Serri
Giant's tomb Aiodda - Nurallao
Temple Domu 'e Urxià - Esterzili

ART AND HISTORY- Religious routes

Parish Church of San Valentino - Sadali
Church of San Giuseppe Calasanzio - Isili
Churches of Santa Maria e
San Teodoro - Siurgus Donigala
Nuraghe and Church of San Nicola - Orroli
Parish Church of San Michele Arcangelo - Esterzili
Church of San Basilio Magno - Serri
Church of Sant'Antonio Abate - Serri
Church of Santa Lucia - Serri
Churches of Santa Cecilia and
Virgin of Grace - Escolca
Church of San Simone and Nuraghe - Escolca
Our Lady of the Road Church - Nurallao
Parish church St. Peter the Apostle - Nurallao
Church of San Giacomo - Goni

Soc. Pranu Muttedu

Guided tours, touristic services at the archeological area of Pranu Muttedu
Loc. Pranu Muttedu - Goni
Tel. + 39 380 266 2006
pranumuttedu@tiscali.it
www.pranumuttedu.com

Soc Is Janas

Guided tours, touristic services at the archeological area of Nuraghe Arrubiu
Loc su Pranu - Orroli
isjanas@tiscali.it
Tel. + 39 0782 847269
Tel. +39 329 786 7983
www.nuraghearrubiu.it

Cooperativa l'Acropoli Nuragica

Guided tours, touristic services at the archeological area of Santa Vittoria
Loc. Santa Vittoria - Serri
Tel. +39 346 066 9068
acropolinuragica@tiscali.it
www.acropolinuragica.it

Cooperativa Le Tre Fate

Guided tours, touristic services at the archeological area of Grotte Is Janas
Via Mazzini, 17/A - Sadali
Tel. +39 320 625 3278
cooptretfatesadali@gmail.com
www.escurSIONISadali.it

Società Cooperativa Sa Frontissa

*Guided tours, touristic services at the archeological area
of Nuraghe Is Paras*

Piazza San Giuseppe, 8 - Isili

Tel. +39 380 455 3856

Tel. +39 339 112 1384

Tel. +39 348 223 1271

museoisili@gmail.com

www.marate.it

The appeal of Tradition



The flavours and aromas of the cuisine, the forms and colours of the craftwork and folklore: these are the best ways to get to know this enchanting area. Savour the wonderful flavours of traditional specialities; sample all the different kinds of bread and give in to the temptation of the wonderful sweets.

Watch the mastery of the artisans at work, fashioning their beautiful creations from the most humble, varied materials, or observe the graceful dignity of the men and women who still wear the traditional warm red and sky blue costumes. You will be enchanted and soon you will understand that here traditions are an essential part of daily life.

PLACES TO VISIT

Omu Axiu - Vargiu's House - Orroli

Ethnographic museum - Orroli

The House of the Nuraghe Arrubiu - Museum - Orroli

Maratè- Museum of copper and woven art - Isili

Murales - Esterzili and Serri

Watermill - Sadali

Ethnographic museum - Escolca

PLACES TO VISIT

Tradition

Società Cooperativa Sa Frontissa

Guided tours, touristic services and the operation of the Maratè

Museum for Copper and Weaving (Museo per l'Arte del Rame e del Tessuto)

Piazza San Giuseppe, 8 - Isili

Tel. +39 380 455 3856

Tel. +39 339 112 1384

Tel. +39 348 223 1271

museoisili@gmail.com

www.marate.it

Soc. Ipetra S.S.

*Guided tours, touristic services, operation of the network
of museums in Escolca*

Casa Pillattus, Vico I Roma, 7 - Escolca

Tel. +39 376 105 3620

Tel. +39 340 057 6692

info@visitescolca.it

ipetra.direzione@gmail.com

www.visitescolca.it

Omu Axiu (Casa Vargiu) ***

Ethnographic Museum

Via Roma, 82 - Orroli

Tel. +39 0782 845023

info@omuaxiu.it

www.omuaxiu.it

PRODUCERS

OP Unione Pastori Soc. Coop. Agricola

Zona Industriale, 57 - Nurri

Tel. +39 0782 849060

rivendita.unionepastorinurri@gmail.com

www.unionepastorinurri.it

CONTACTS 1/1

Traditions

The warmth of true Accommodation



Traditional settings and local specialties, but also all the latest mod cons, and international cuisine.

Whether you're looking for a short break or a longer stay, the Laghi Tourism Consortium offers the ideal solution.

The island's natural hospitality will astound you wherever you go.

ISTELLAS***

Hotel - Restaurant –Nautical Center Flumendosa Lake

Loc. Pitzu Tuvudu - Nurri

Tel. +39 0782 812014

Tel. +39 348 1224178

Tel. +39 329 8114004

info@istellas.it

www.istellas.it

Omu Axiu (Casa Vargiu) ***

Albergo diffuso – Restaurant – Ethnographic Museum

Via Roma, 82 - Orroli

Tel. +39 0782 845023

info@omuaxiu.it

www.omuaxiu.it

Sa Pardina

Bed and breakfast and tours in antique cars

Via E. D'arborea, 41 - Orroli

Tel. +39 340 596 5663

informazioni@sapardina.it

www.sapardina.it

Antas

Bed and breakfast Sustainable Experience

Vico II Mazzini, 4 - Orroli

Tel. + 39 349 832 3381

Tel. +39 328 875 0751

antas.orroli@gmail.com

www.antas-sardegna.it

Pibitzoi ***

Bed and breakfast

Loc. Pibitzoi SNC - Nurallao

Tel. +39 333 385 9904

bnpibitzoi@gmail.com

CONTACTS 1/4

Accomodation

Belli come il sole*Bed and breakfast*

Via Roma, 2 - Serri

Tel. +39 338 881 4321

b-bbellicomeilsole@outlook.itmareterra2008@live.it**Biora Hospitality***Affittacamere*

Via Umberto, 22 - Serri

Tel. +39 351740 7137

biorabnb@gmail.comwww.biorabnb.com**Casa Ghiani***Bed and breakfast di Lorenzo Ghiani*

via Verdi, 19 - Isili

Tel. +39 340 121 3380

casaghiani@gmail.comwww.casaghiani.it**Is Coronas***Affittacamere di Fabiana Cicalò*

Piazza Costituzione, 4 - Isili

Tel. +39 320 115 9081

fabiana.cicalo@tiscali.it**Sa Mola Experience***Glamping – Oil Press- Oil Shop – Tastings – Guided tours*

Loc. Figarba - Escolca

Tel. +39 340 799 8409

samola.info@gmail.comwww.oliosamola.com

CONTACTS 2/4

Accomodation

Il Giardino Di Valentina

Domus - Affittacamere

Via Vittorio Emanuele, 97 - Escolca

Tel +39 334 664 7155

Tel +39 328 675 8359

Tel +39 0782 808398

info@ilgiardinodivalentina.it

www.ilgiardinodivalentina.it

Sa Sienda

Agriturismo di Igino Vargiu

Loc. Nuraghe Arrubiu - Orroli

Tel. + 39 328 937 2510

igino.vargiu@live.it

Su Coili

Agriturismo

Loc. Murtas S.S. 198 km 25 - Sadali

Tel. +39 329 617 3528

sucoilisadali@gmail.com

www.sucoili.com

S'ambasciada Sarda

di Axina Rubia Coop. Agricola

Restaurant located in the historic center of Sadali

Piazza San Valentino, 2 - Sadali

Tel. +39 328 082 0843 +39 392 501 4548

axinarubia@yahoo.it

Punto ristoro Aisara

Restaurant

SS 123 km 53 - Nurallao

Tel.+ 39 340 581 9729

mirandafloris@tiscali.it

CONTACTS 3/4

Accomodation

Bar Ristorante Pizzeria Caria

Restaurant – Typical Sardinian dishes - pizzeria

Via Roma, 138 - Serri

Tel. +39 0782 806113

Tel. +39 0782 202058

Tel. +39 342 640 4267

La Mediterranea

Pizzeria – steak house –diner

Via Roma, 155 - Orroli

Tel. +39 347 544 4644

schirruomar@gmail.com

CONTACTS 4/4

Accomodation

SERVICES

Autonoleggio di Marco Pitzalis

*Transport services to the airport, port, hospitals, tour groups, field trips
24 h a day service with specialized drivers*

Via Umberto, 25 - Serri

Tel. +39 0782 806014

Tel. +39 0782 804015

Tel. +39 3397534598

Tel. +39 3403652144

officinapitzalis@tiscali.it

For Schools



In the framework of training projects addressed to schools, the Consorzio Turistico dei Laghi provides seminars and routes experiencing the history, the nature and the traditions.





CONSORZIO TURISTICO DEI LAGHI

Consorzio Turistico dei Laghi

Soc. Coop. Consortile Mista arl

Viale Monastir, km 6,500 - 09122 Z.I. Casic, Cagliari (CA)
P.IVA 02234350920

info@laghienuraghi.it

valentina.busalla@laghienuraghi.it

Tel. +39 348 2943916

www.laghienuraghi.it

OFFICE HOURS

From monday to friday

From 9.00 am to 1.00 pm



Fondazione
di Sardegna