**CAGLIARI (Italy)**

**CAG01 – A VISIT TO CAGLIARI**  **- 45€/adult & 32€/child**

**Duration: approx. 4 hours**

Spend half a day exploring the historical port of Cagliari, Sardinia’s capital city, on a tour that begins with a coach ride past such notable landmarks as the 18th-century Basilica of Our Lady of Bonaria and the 8-km (5-mile) stretch of uninterrupted shoreline called Poetto Beach en route to your first stop: Parco di Monte Urpinu. This lovely park not only provides city dwellers with a welcome oasis right in the middle of town, but also affords wonderful views of Cagliari old town. After this short break, you will move on to the city centre to begin a guided walk around the old quarter. With the 17th-century Porta Cristina forming your starting point, the walking route will include outside viewings of the city’s 13th-/14th-century cathedral and the 14th-century Elephant Tower, so named after a small marble elephant that sits on one corner. You will also have some time to go shopping on your own before you return to the ship. *Please note: this tour includes walking on uneven ground therefore it is not suitable for guests with walking difficulties or using a wheelchair.*

**CAG02 – “THE NURAGHE” IN BARUMINI**  **- 79€/adult & 59€/child**

**Duration: approx. 5 hours**

Sardinia is home to a unique set of around 7,000 mysterious and ancient stone towers called nuraghe, which were constructed between the Bronze Age (18th century B.C.) and the 2nd century A.D.. Although little is known about the origins of these strange structures, they are thought to have served military purposes as suggested by their shape and strategic locations. After leaving the ship, a coach will take you inland to reach the small town of Barumini and its nuraghe complex, a UNESCO World Heritage Site. Your informative visit will see you first get a closer exterior look at the mysterious stone structures, followed by an inside viewing of a 3-storey tower. You will then return to Cagliari for a final drive-by roundup of the city’s key sights, including a brief photo stop at the inner-city Parco di Monte Urpinu for fabulous views of the Golfo degli Angeli, or Gulf of Angels, on whose shores the city lies. *Please note: this excursion includes a walking tour on uneven ground and is therefore unsuitable for guests with mobility problems or using a wheelchair.*

**CAG03 – NORA**  **- 49€/adult & 35€/child**

**Duration: approx. 4 hours, 15 minutes**

Spend half a day enriching your Sardinian experience with a peek at its distant past by visiting the archaeological site of Nora, situated on a peninsula to the south of Cagliari. A relaxing coach ride will first take you to the former Phoenician colony and port, whose history has been traced back to around the 8th century B.C.. Having spent the 5th to the 3rd century B.C. under Carthaginian rule, Nora then grew into a key trading post and one of Sardinia’s major cities under a subsequent period of Roman rule. Excavation work carried out since 1952 has revealed theatres, temples, thermal baths, the houses of noblemen and the remains of decorative mosaics, all of which point to highly developed societies that valued their creature comforts as much as we do today. Your guided tour around the fascinating complex will provide an entertaining look at the life and times of this ancient city before you return to your ship. *Please note: this excursion includes a walking tour on uneven ground and is therefore unsuitable for guests with mobility problems or using a wheelchair.*

**CAG05 – FLAVOR OF ANCIENT SARDINIA**  **- 49€/adult & 35€/child**

**Duration: approx. 5 hours**

Scenic, flavourful and aromatic, this tour sets out to indulge your senses with trip to Dolianova, a pretty market town and the local centre of olive oil production. Your first destination will therefore be an oil-pressing mill for a chance to see first-hand how olives yield their oil. Next up is a visit to the 12th-/13th-century and largely Pisan-Romanesque Dolianova Cathedral, built in honour of Saint Pantaleon. Another short coach ride later will then see you in the small village of Serdiana, where you’ll visit the Argiolas vineyards. The winery produces some of the best Sardinian wines, which are aged in several vaulted underground caverns. To round out your tour, you can then look forward to a tasty snack of local sausage, cheese, olives, wine and a Sardinian kind of super-crisp and twice-baked flatbread called “pane carasau” – delicious! The return drive to Cagliari will then give you time to relax on the coach. *Please note: the tour is considered to be unsuitable for guests of limited mobility or using a wheelchair. Guests are requested to wear conservative attire for visiting places of religious importance. This tour is not available on 01/05/2018.*

**CAG06 – PANORAMIC CAGLIARI & SAN SPERATE MUSEUM VILLAGE**  **- 85€/adult & 62€/child**

**Duration: approx. 5 hours**

This relaxing half-day outing is your chance to discover not only the best of Cagliari, but also take a look at its appealing hinterland. After a coach-based roundup of Cagliari’s main places of interest, you’ll make your way to the Parco di Monte Urpinu, your first stop. The inner-city park provides a welcome recreational area and also affords splendid views of Cagliari’s historical quarter from its elevated location. Leaving Cagliari behind, you’ll then head inland to the nearby San Sperate. The village is notable in that its houses boast an interesting array of murals – painted by various artists – alongside a collection of so-called “singing” stones with which the sculptor Pinuccio Sciola sought to put his hometown on the map in the second half of the 1960s. A walk around the “museum village” will acquaint you with the colourful artworks and some free time will give you a chance to explore on your own. A final stop is then scheduled at Cagliari’s Piazza Costituzione for a chance to savour superb views of the city from the terrace of Bastion Saint Remy before you return to the ship. *Please note: as the tour involves approx. 2 hours of moderate walking/standing, it is considered to be unsuitable for guests of limited mobility or using a wheelchair.*

**CAG11 – SAN PIETRO ISLAND & CARLOFORTE**  **- 79€/adult & 59€/child**

**Duration: approx. 8 hours, lunch not included**

Venture a little further afield on an all-day excursion that will take you west of Cagliari to visit the little island of San Pietro, which lies just off the Sulcis Peninsula. A 1.5-hour coach ride will first take you to Portovesme, from where a 30-minute ferry crossing will see you reach the craggy shores of San Pietro. A panoramic drive then follows up to Capo Sandalo and its lighthouse, which sits atop a sheer cliff and marks Italy’s westernmost point. On returning to Carloforte, you’ll have some time to spend on your own. The town is home to a Genoese enclave that still preserves many Ligurian traditions as well as the language, so Ligurian flavours may feature on the menu if you choose to have lunch in a local trattoria (at extra cost). You’ll then re-board the ferry back to Portovesme, where the coach will be waiting for your return ride to the ship. *Please note: this tour is not suitable for guests with walking difficulties or using a wheelchair. This tour is available only for guests onboard MSC Opera.*

**CAG12 – DEVIL’S SADDLE TREKKING**  **- 55€/adult & 39€/child**

**Duration: approx. 4 hours**

Fresh air, sunshine, beautiful scenery and a healthy dose of exercise await you on this half-day trek, which begins with a short coach ride to Calamosca on the western side of the Capo Sant’Elia – or Sella del Diavolo (Devil’s Saddle) – promontory. Your trek will take you through a Mediterranean landscape full of juniper, wild olive and mastic trees, among many others, then past Poetto Beach and on towards the Molentargius Lagoon, with stunning views of the bay to enjoy as well. Your guide will provide information on visible monuments and archaeological remains, such as the Punic Temple of Astarte, the ruins of an 11th-century monastery and a WWII military fort. At the end of your trekking tour, you can relax on the coach again and look forward to a final treat: breathtaking views of the bay and the city from the top of Parco di Monte Urpinu. The outing then wraps up with your return to the ship. *Please note: the tour is considered to be unsuitable for guests of limited mobility or using a wheelchair. Tour guides are available only for English and Italian. Guests must be at least 8 years of age to take part.*