

Erasmus+ "SUSTAIN European Culture and Environment in an App":
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hidden paths

of Nature and Culture
of

EUROPE

S.E.C.E.A Eco Itineraries for young people



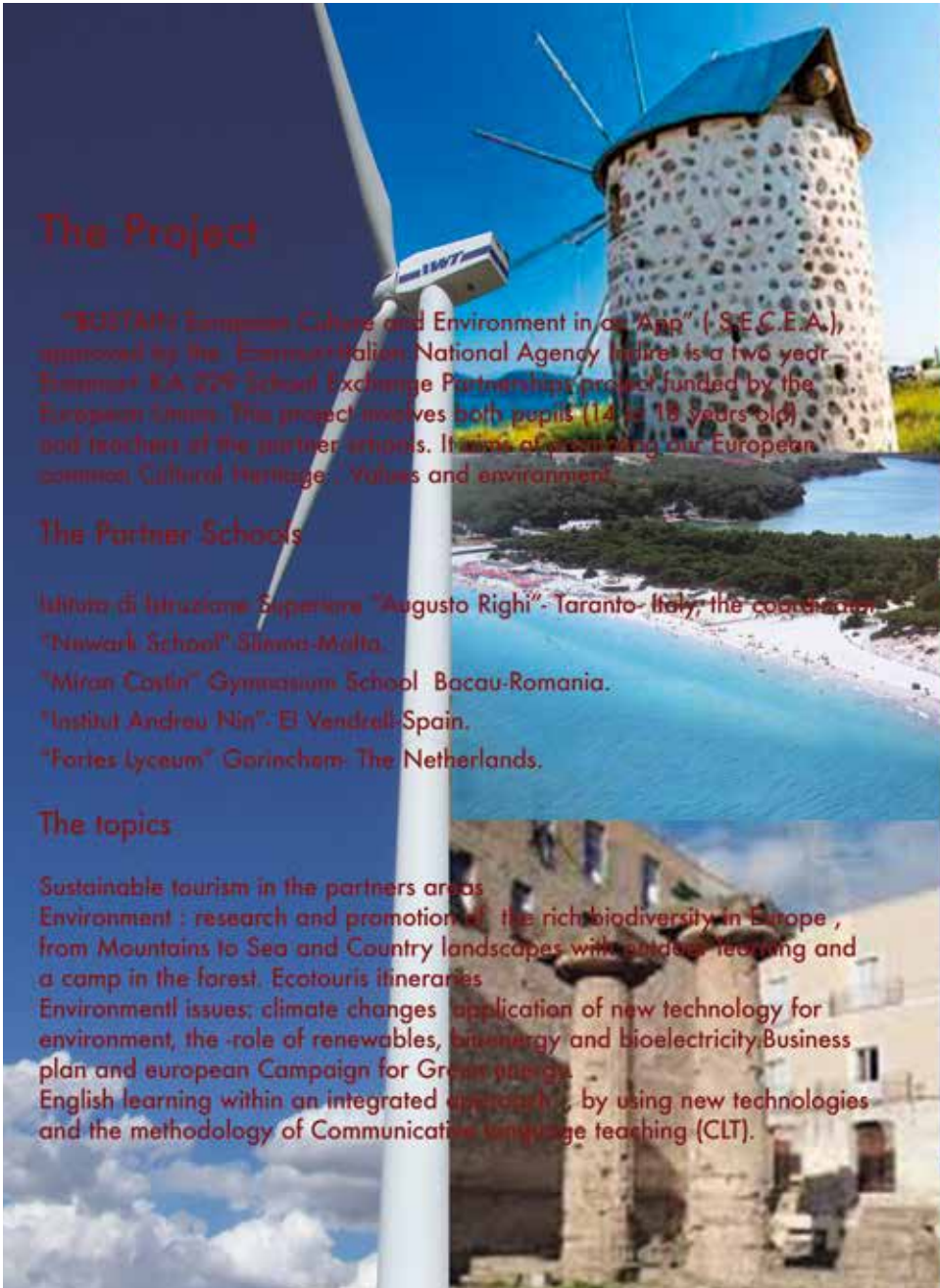
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Introduction

Nowadays, natural protected areas are seen as important social, cultural and economic resources for both biodiversity conservation and the economic development of local populations. Yet the young generation seems distant from this type of Holiday and they prove to have poor knowledge of what Ecotourism is and can offer in terms of discovery and fun.

Thus the main objectives are to promote and valorize natural and cultural heritages in our European Countries, to raise concern for environmental and social sustainability among young people and enhance their interest in sustainable vacations like ecotourism as they are expected to play an important role in supporting sustainable lifestyles in the future.



The Project

"SUSTAIN European Culture and Environment in an App" (S.E.C.E.A.) approved by the European National Agency Indire is a two year Erasmus+ KA 224 School Exchange Partnerships project funded by the European Union. This project involves both pupils (14 to 18 years old) and teachers of the partner schools. It aims at promoting our European common Cultural Heritage, Values and environment.

The Partner Schools

Istituto di Istruzione Superiore "Augusto Righi" - Taranto - Italy, the coordinator
"Newark School" Sliema-Malta
"Miran Costin" Gymnasium School Bacau-Romania.
"Institut Andreu Nin" - El Vendrell-Spain.
"Forbes Lyceum" Gorinchem- The Netherlands.

The topics

Sustainable tourism in the partners areas
Environment : research and promotion of the rich biodiversity in Europe , from Mountains to Sea and Country landscapes with outdoor learning and a camp in the forest. Ecotouris itineraries
Environmentl issues: climate changes application of new technology for environment, the -role of renewables, bioenergy and bioelectricity.
Business plan and european Campaign for Green energy
English learning within an integrated approach , by using new technologies and the methodology of Communicative language teaching (CLT).

Far from the idea of ecotourism as a Spartan holiday in the wild or something extremely adventurous or dangerous, the itineraries have been designed to raise motivation to spend time in getting in touch with nature and a more widespread awareness of the problems of the natural environment among youth. Thus our itineraries are designed to offer amazing excursions to Natural Reserves and City tours bringing Cultural Heritage back in the game. From the Sea to the Mountain, cycling, jogging or sailing we invite you to discover the “Hidden Corners of Nature and Culture” of our beautiful Europe in Italy, Malta, Romania, Spain and The Netherlands.



For more information visit
SUSTAINABLE EDUCATION PLATFORM “SUSTAIN”

THE PROJECT WEBSITE

<https://www.erasmuspluska229secea.com/>

THE PARTNER SCHOOLS WEBSITES AND FACEBOOK PAGES

<https://www.righitaranto.edu.it/>

<https://newarkschoolmalta.com/>

<https://www.forteslyceum.nl/>

<http://scoalamironcostin.ro/>

<https://agora.xtec.cat/insandreunin/>



C H A P T E R O N E

ITALY







DISCOVERY APULIA

1.1 - THE CASTELLANA CAVES -ALBEROBELLO AND MARTINA FRANCA #1.1

56,1 km away from Bari we can find the Grottoes of Castellana. The small village of Castellana has 18276 habitants on a surface of 67, 92 km, at 290 m above the sea level.

Yesterday, on the 20th of March, 2007, at the Grottoes of Castellana we could see what nature is able to make: a dreamy place, an unforgettable place.

You see how limestone and the deposition rocks have created different shapes such as snakes, the leg of a ballerina, an altar, angels and several other forms you can easily find with the help of your free will and imagination.

We walked 1 km in the deeps of the earth, starting from a huge cave named "The Grave" which has 60m in depth, 50m in width, and 100 m in length. The top opening on the surface of the cave is like a cascade of light which falls down in the depth of the dark.

There we could find "The Cyclopes", a colossal stalagmite group. From this first grotto, we started our long trip (about one hour) through a difficult corridor with beautifully illuminated stalactites and stalagmites that arouse our imagination.

Beyond the 'Pillars of Hercules' you come into the "Black Cave", so called because of a mushroom covering the walls. It is also called "She-Wolf Cave" because of a formation resembling the "Capitoline" she-wolf.

In the caves where the humidity was higher, the weird forms were dressed in green and blue algae. There were many colours (orange, pink, blue, white, black, violet) harmoniously combined. For example in one of the caves, during thousand of years, the leaked water formed thin waves that looked like a curtain at the end of a show that we cannot find out because it's beyond the rock layers.

The caves are following an old subterranean river. They were discovered on the 23rd of June 1938 by the professor Franco Anelli and explored by Vito Matarrese.

There is a speleological complex known to be the most gorgeous in Italy. Very impressive are the crossing galleries and the forks. We also saw the largest close cavity, 40 m high, named "The cave of the monuments" because of the stalagmite masses surging up from the ground like grand statuesque groups. Next, it's coming "The Angel's Corridor" and "The Little Owl Cave"; a little further there is "The Crib". We also saw "The Precipice Cave".

What impressed us most, beside the beauty of this ancient karst complex, was the care they were protected and illuminated, revealing in the same time their splendour. Once with the discovery of the White Cave and of the adjustment works from 1939, the caves became a very popular tourist destination, visited by 14 million people. The first cave is the only one which has a connection with the outside by a superior opening. From Taranto it goes to Castellana Caves,

(pagina precedente)
[Torre Sant'Andrea, Melendugno]

[Castellana Caves, Camel]



[Castellana Caves, The Grave]





[The Trulli, Alberobello]



[Santa Maria d'Itria, Martina Franca]

passing through Massafra, Castellaneta, Martina Franca, Locorotondo, Alberobello, Putignano and Castellana.

Castellana is a small but a very active community with an agrarian economy (olive trees, almond trees, and cherry-trees); it is also an industrial centre producing glass, wines, canes and olive oil. The first documents about this community are coming from the Xth century.

The caves are 2 km away from the centre of the community and some of them are the most important tourist sites of Puglia.

ALBEROBELLO AND THE VALLE D'ITRIA

The visit to the discovery of the natural Apulian landmarks could not but include a sightseeing of Alberobello and Martina Franca, two small towns set in the breathtaking valley known as "Valle d'Itria". The Murgia stretches on a wonderful rural area, the Valle d'Itria, that includes the towns of Martina Franca, Locorotondo and Alberobello.

In this land, characterized by dull soil of Karst formation, which, over the centuries the ploughmen have hardly worked to grow olive trees, almond trees and vineyards that are the typical landscape of the area as well as one of the most important economic resources.

The Valle d'Itria is also very rich in history, art and culture.

The medieval Santa Maria d'Itria or Itria monastery where there was a late Byzantine fresco of Madonna Odegitria (the wayfarers guide).

San Donato church and the Providence one. The last one is a little church of 1561 (at that time it was called "Santo Antonio seu de Padua"), that was restored thanks to the parishioners contribution and it was then consecrated to Santa Maria della Provvidenza in the end of the XVII cent.

Alberobello is situated on top of two hills.

The modern town has expanded on the eastern hill while the old town, divided into the quarters of "Monti" and "Aia Piccola", is located on the western hill.

This area, World Heritage of Unesco since.. is famous for its 1.500 "Trulli", typical ancient local stone houses.

The trulli are square building topped by a conic shaped roof of "chiancarelle", unique tiles made of rock, fixed together without mortar or any other fixing material.

The Apulian trulli took their origin from the greek "tholos"

Torullos, in ancient byzantine greek, means "cupola" (dome), the conic shaped roof of "Trulli".

1.2 - MATERA BETWEEN NATURE AND HISTORY #1.2

This itinerary was drawn during the field visit to Matera by the international erasmus project students held on 12th march 2019

ITINERARY: PIAZZA PASCOLI -PIAZZA SAN PIETRO CAVEOSO-CAVE CHURCHES MADONNA DELL'IDRIS E SAN GIOVANNI-CRYPT OF ST ANDREA- THE CATHEDRAL

Matera, Basilicata is one of the dozens of UNESCO World Heritage sites in Italy, the capital of the Province of Matera and one of the two major towns in Basilicata.

The town is displayed out along the top of a plateau above the Basento River Valley, and is scenic in its own right, with its Byzantine basilicas, its palazzi, and its medieval city scrambling up the side of a steep slope. The town shows signs of Roman occupation, and some think the name, originally Mateola, is a deformation of the name of the Roman consul Lucius Metellus.

The Sassi of Matera housed a prehistoric troglodytic settlement thought to be among the first human settlements in all of Italy.

I Sassi are divided into two districts, the Sasso Barisano and Sasso Caveoso. The Sasso Barisano, the biggest, is characterized by the presence of shops, restaurants and hotels while the Caveoso is the oldest neighborhood that best preserves the appearance of the cave city.

This area takes its name, "La Gravina," from the river. Chiesa di San Pietro Caveoso, one of no fewer than seven so-called rupestrian churches in the town - that is, churches wholly contained in or carved into a cavern. From this point you can enjoy a breathtaking panorama of the Murgia plateau. The CRYPT OF SAINT ANDREW is a monastic church dating back to the twelfth and thirteenth centuries, located in the Castelnuovo area of the SASSO CAVEOSO where numerous chambers were hewn out of the limestone hillside.

A must is a visit to "Casa Grotta di Vico Solitario" located in the Caveoso district near the San Pietro Caveoso Church. A typical cave dwelling with ancient tools and artefacts which offers visitors a precise idea of how family life was organized in the Sassi districts. The casa grotta is a typical Sassi dwelling, dug into the rock. It is an excellent example which allows one to learn about and understand the history and culture of the Materan peasant population, thousand of years old.

Up and down the narrow alley you arrive to Sasso Barisano with its imposing Cathedral. The main façade looks out over the valley of the Sasso Barisano and there is a statue of the Madonna della Bruna, the city's patron saint, surrounded by delicate floriate carving over the main door, with St Peter in the niche on the right of the door and St Paul on the left.



[The Sassi of Matera]



[Matera, Basilicata]



[Casa Grotta di Vico Solitario]



[The Ceramics Neighborhood, Grottaglie]

1.3 - THE CITY OF THE CERAMICS

Grottaglie # 1.3

Grottaglie is «The city of many caves» because its territory is full of Ravines, spectacular canyons along which, since ancient times, several huts and natural ravines were excavated and settled by the ancient civilizations.

Grottaglie has many nicknames such as «City of Ceramics» or «Grape City».

THE CERAMICS NEIGHBORHOOD AND THE CERAMICS OF GROTTAGLIE

South of the historic center of Grottaglie there is the Ceramics Neighborhood. This tradition, is an important tourist attractor for the town.

TRADITIONAL POTTERY IN GROTTAGLIE

«Lu Capasone», a big jar that allows to preserve and save wine and oil in good conditions;

«Lu Srule», a jug made of ceramic in which was put wine and water

«Lu Pumu» (or Pumo in Italian), this object shaped as a blossom and made of terracotta, was placed at the corners of the balconies in the houses of historic centre.



[Lu Pumu]



[Lu Capasone]



[Lu Srlu]



[The Ceramics Neighborhood, Grottaglie]

1.4 - TRADITIONAL APULIAN COSTUMES #1.4

Land of ancient traditions, Puglia, still retains beautiful costumes in almost every corner of its territory. These are customs that can be admired, particularly during the feasts in honor of the Patron Saint, festivals that always recall crowds in devout pilgrimages from nearby localities and, sometimes, from all of Apulia. In Salento, men's clothing was made up of short, narrow trousers and colorful stockings; the waistcoat and short jacket were fringed by a black ribbon. On the head they used to wear the frigidian cone-shaped hat with the tip folded over the right ear. The color of the dress was always turquoise, while the fabric could be wool or cotton.

The women had a very long dress, tightened by a belt to which a small cloth bag was hung. The skirt, with a series of large pleats, joined the tight bodice; the hair was gathered behind the back of the head and divided by a straight line. They also had a handkerchief on their heads, which was dark for older women, and colored for younger women.



1.5 - MUSIC AND DANCE IN SALENTINE TRADITION#1.5

The use of music and dance for both ceremonial and therapeutic purposes is one of the distinctive features of this ancient culture, and probably dates back to before the arrival of Greek influence. These arts are imbued with rich iconographies that hark back to distant archetypal myths common among many other Mediterranean civilisations.

Dionysism is the underlying force in tarantism, which is probably the most mysterious and intriguing phenomenon of Salento folk culture. This ancient exorcist practice dating back to the Middle Ages has not yet completely died out. Men and women who believe they have been bitten by the tarantula go on a pilgrimage to Galatina on the San Paolo's feast days (June 28 and 29). The tarantula's bite induces a mortal languor and the pilgrimage liberates the victim from these effects, as does the use of colours, music and dance.

Thus the role of the small orchestra-the main instruments are the traditional guitar, violin, mandolin and tambourine is all important. The band goes to the victim's house and incites the bitten one to dance, sometimes for days on end. Recourse to St. Paul is explained by Christianity's effort to provide a substitute for the ancient pagan cult of serpents. The tarantula might also represent a totemic animal whose origins are lost in the mists of time, prior to the cult of Menadism, Corybantism, or the Dionysiac festivals which tarantism evokes with its hedonist and frenzied traits. The superb rhythmic music leads the victims towards their liberation, with sounds that range from the gloomy to the poignant, culminating in an extraordinary crescendo.

This music is now played by various revival groups and offers an interesting example of the survival of Salento folk music.



Origin of Tarantella Dance

The tarantella has dubious beginnings, a long history and is credited for naming an Italian wolf spider- the Tarantula. Many Italians have heard of this dance but few actively do it save for cultural events and weddings in the South of Italy.

ORIGINS

There are many theories on how the Tarantella began, and unless an in-depth study is made into the origins of this dance we cannot say with accuracy which is correct, but here are two of the most popular.

The Bite of A Spider - The dance was used apparently to cure the bite of the spider. The bite of the spider was presumed to make one hallucinate. The town's folk will play music while the afflicted person would dance nonstop, to ward off the spider's venom.

Oppression of Women -.Another origin leans on a legend of a woman who was depressed and frustrated from the subordinate lifestyle would fall into a trance that could only be cured by music and dance. This normally lasted three days and during that time the tarantata would be the center of attention, which in turn would cure them of their frustrations and depressions.

HISTORICAL DESCRIPTIONS

Johann W. von Goethe (1749-1832) - a German novelist, playwright, courtier, and natural philosopher - describes the dance as, "Three girls, one with a tambourine (with bells on it) and castanets are used by the other two. The two girls with the castanets execute the steps. The girls steps are not distinctive or even graceful, basically they step in time and spin around in place using the castanets, when one tires, she trades places with the tambourine Girl" (They do this for fun for hours, 20-40 hours at times.)"

Curt Sachs, in his book "World History of the Dance", describes the couples' version of this dance. "The dancer, kneels in adoration of his female partner. As she dances for him, he, as though sated, speedily forsakes her again; how with a thousand turns and tricks he now holds aloof and now rushes upon her. His gambols and capers are grotesque (sloppy) and yet charming, light and tender. His bearing is yet proud and resolute, now querulous and elaborate. Leg's and arms, even the fingers, strumming the tambourine (hers), and above all the "glance", ardent, languishing, suddenly bold and shameless, reinforce the expression of the posture. The girl comes out of her corner, now wayward, now willing. Her smile is eloquent, her eyes are drunken. She swings her skirt; she picks up the corner as if to gather things in it; or she raises the arm so that the hand hangs down loosely over her head as though from a hook, while the other hand presses against her heart. Now she is the axis in which the male rotates."

HOW TO DO IT

Madame Michau's 8 Step Tarantella

In 1860 Eugene Coulon published a book called "Coulon's Handbook" and describe the tarantella as Madame Michau, who introduced the dance to the public, with the caveat that "to dance the Tarantella in ballroom circles, as they danced it at Naples would be impossible. Therefore, when Madame Michau introduced it in London in 1844, she made a selection of only about eight steps or figures, that had great mastery among the higher classes there."

1. Three Gallop steps (Triple) to the right, and slide the left foot forward (this to be repeated three times). The gentleman supports his lady on his right arm, without giving the left hand.
2. Three Gallop steps and slide the other foot forward in turning very rapidly, and repeated three times.
3. Ajetté in turning, fouetté, temps levé, and chassé ... four times.
4. Echappé, and eight Gallop steps in crossing the room obliquely, facing his partner and holding both of her hands, and return in the same way to their places.
5. Four Gallop steps without turning, four jettés in turning and remaining in the same place.
6. Eight glissades turning to the right and the same to the left.
7. Gallop steps steps forwards, slide the foot backwards, and at the same time turn short round rapidly (this three times)
8. The Compass step (done four times).



Sets of two couples. Men next to each other facing their partners. Meter 6/8, counted as 1, 2

Measure **Count** **Step**

Part I

- 1 1-2 *Step on R foot in place (1), hop on R foot and clap hands overhead. (2)*
- 2 *Repeat measure 1 with opposite footwork. Snap your fingers on beat two rather than clapping hands.*
- 3 1-2 *Take 2 running steps in place, starting with the R foot*
- 4 *Repeat measure 3*
- 5-16 *Repeat measures 1-4 three more times*

Part II

- 1 1-2 *Run on R foot forward (1), run on L foot forward (2)*
- 2 *Repeat measure 1*
- 3-4 *Repeat measures 1-2 running backwards*
- 5-16 *Repeat measures 1-4 three more times*

Part III

- 1 1-2 *Head man and foot lady take two steps towards each other*
- 2-3 *Head man and foot lady hook R arms and circle around each other with 4 steps, until they face their original positions.*
- 4 1-2 *Head man and foot lady return to their original positions and turn to face forward*
- 5-8 *Head lady and foot man do measures 1-4*
- 9-16 *Repeat measures 1-8 hooking L elbows instead of R elbows*
- 17-24 *Repeat measures 1-8 but do a do-si-do passing R shoulders first instead of turning with elbows hooked*
- 25-32 *Repeat measures 17-24 passing L shoulders first*

Part IV

- 1-4 *Each person face to the R and put hands on hips. Do 8 skipping steps in the circle*
- 5-8 *Turn to face to the L and repeat the footwork for measures 1-4*
- 9-12 *Face to the R, make a L hand star and repeat the footwork for measures 1-4*
- 13-16 *Face to the L, make a R hand star and repeat the footwork for measures 1-4*



1.6 - TARANTO & SURROUNDINGS #1.6



Bari is the capital of the region, which is divided into the provinces of Bari, Brindisi, Foggia, Lecce, and Taranto.

Other important centres are Alberobello, Andria, Barletta, Canosa, Conversano, Gallipoli, Gioia del Colle, Gravina in Puglia, Grottaglie, Manfredonia, Martina Franca, Molfetta, Monopoli, Ostuni, Otranto, Santa Maria di Leuca, San Giovanni Rotondo, San Vito dei Normanni, Trani.

Taranto

The city lies at the base of the Salentine Peninsula on the northern inlet (Mar Grande) OF THE Gulf of Taranto.

The old part of the town occupies a small island that lies between the Mar Grande and the inner harbor (Mar Piccolo). The new city section is situated on the adjacent mainland.

THE COUNTRYSIDE full of hills, is characterized by the white of the farmhouses and little towns that lie on the sunning slopes or higher tops.

The fields of the province are cultivated by expert laborers who have managed to make fertile the different cultivations that extend till the coast.

The calcareous origin of the underground makes it absorb the rain and creating, as a consequence, phenomena of erosion such as ravines, dolinas and caves.





In the area we can see the amazing Mediterranean vegetation, fat plants, palm trees, oleanders, olives, tamarisks, citric fruits, aloe, laurel and cactus (foto)

THE MAR PICCOLO

Since the Mar Piccolo is an enclosed and therefore sheltered basin, it has been used for human activities for a long time. Indeed, it houses the biggest mussel farming in Italy, with



NATIONAL ARCHEOLOGICAL MUSEUM

The museum was built in 1887 and it is located across the square Piazza Garibaldi

MARta is an acronym which means "Museo Nazionale Archeologico di Taranto"

On the first floor you can see amazing and rare findings from the necropolis of the fourth and third centuries BC, such as the funerary monuments, the graves with jewelry and artifacts dating back to the Roman Age that followed the Greek period in Taranto. The most relevant works of art are the Naïskoi, decorative elements in the shape of small temples with columns, and the gold jewelry (diadems, earrings, bracelets). There is also a rich and important collection of Greek vases. There are also several reliefs by local craftsmen. Taranto's better-known Roman remains include

Ruins of large public bath and of an amphitheater, mosaic floor, a house, and many cremation and burial tombs. FOTO

On the second floor you can see various works of art dating from the third century BC. They mainly concern the first period in the life of the city of Taranto, namely the period under the Greek-Spartan influences. The second floor was inaugurated and opened to the public in 29 July 2016.

In the rooms that host the collections near to the most important works, there are displays with short videos that briefly explained the work observed.

There are several technological devices as tablets fixed in the wall providing detailed information to the visitors on the historical period, the archaeological sites where the remains come from and the objects on display in that area.

Among the most impressive works of art the Zeus of Ugento, the athlete's

[Immagine 4]

tomb and Persephone Gaia and the Greek jewels known as the Gold from Taranto.

An important cultural contribution, our museum guarantees is the possibility to study the past of our city not only on the books so we can well understand our true origins.

We think that all art forms are a valuable heritage as they help us to understand our culture and reflect on our present looking back to our glorious past. I think that for the safeguard our cultural heritage an awareness campaign in support of culture should be done in order to make everyone understand the importance of respecting and preserving our treasures of Art.

THE OLD CITY ON THE SITE OF THE Acropolis of Taras on the island between the outer and the inner harbors , contains the Aragonese Caste

ARAGONESE CASTLE

The original name is Castel Sant'Angelo. and was built by the Bizantini on 916 d.C

The position of the Aragonese castle is unique because it is strategic for the defense against sea attacks that took place in the past. The Castle has never been conquered by enemies.

; The material used are special because are resistant to the attacks of the enemy's weapons. In fact, the Castle was carved in the rock (collage foto)

The function of the castle changed in the centuries: first it was fortress of sighting, then it was used as a civil prison and at present it it has become property of the Italian Navy and used to be a Military Base.

The Italian NAVY has done countless restorations that began in 2003. These restorations were with the specific task of bringing to light the original shapes of the castle.

The annual visitors to the Aragonese castle are about 79,000.

In the old town the 11th century Romanesque cathedral of S. Cataldo (with a Romanesque portal)

THE SEAFRONT LUNGOMARE

The Doric columns and The temple of Poseidon

The oldest monument and symbol of the Greek city of Taranto, is the Doric temple of Poseidon in Piazza Castello

The Greek settlers, with the creation of their settlement, put on the peninsula (Old City), the monumental, political and religious site, of the new city: the Acropolis.

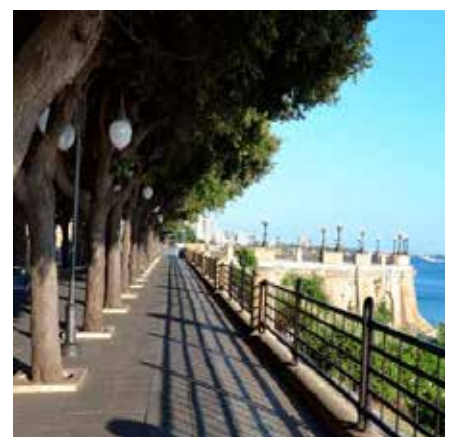
The ruins of the Doric Temple were part of the "long side" of the building.



[Marta]



[The castle]



[Lungomare]



[The port]



[Ilva]



[Tourism]

TARANTO ECONOMY IN THE PAST

During the past centuries, the economy of the Region and especially of the area of Taranto was based on the primary sector, linked to the natural resources of the territory, the land and the sea. Since the Mar piccolo is an enclosed and therefore sheltered basin, it has been used for human activities for a long time. Indeed it houses the biggest mussel farming in Italy.

The Industrial development

INDUSTRY

well-developed steel and iron foundries, oil refineries, chemical works, some shipyards for building warships, and food-processing factories.

An important naval base with the arsenal and shipyards, Taranto is now the site of an important large iron and steelworks, the ex ILVA. Other industries include canning and processing of products from the fertile surrounding plain and the manufacture of chemicals, textiles, and cement.

THE COMMERCIAL PORT

Strategic position for shipping and forwarding from and to other Mediterranean countries.

TOURISM

History, art and nature have started to attract lots of tourists from inland and abroad.

The sea is the first important feature of the land and it is also the main source of food for the people. There is oyster and mussel farming in the Mar Piccolo and fishing with the ebb of the tide.

1.7 - CATHEDRAL OF SAN CATALDO #1.7

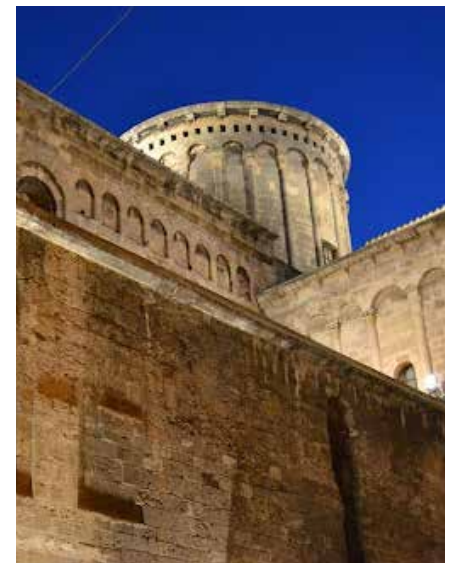
The Cathedral of San Cataldo is a church in Taranto, precisely the oldest Apulian cathedral, initially dedicated to St. Mary Magdalene and later to St. Cataldo Bishop. It was built by the Byzantines in the second half of the 10th century, during the reconstruction of the city wanted by the emperor Niceforo II Foca. In the last years of the XI century the Byzantine structure was remodeled and the current basilica cathedral was built. However, the old construction was not completely replaced. In October 1964 Pope Paul VI raised it to the dignity of a minor basilica.

EXTERNAL DESCRIPTION

The external walls, of simple style, are decorated with a series of mirrored arches, inside which there were two-colored pieces that create geometric figures. The ancient facade had to present similar forms. Probably three Romanesque portals had to be opened here. Two other portals opened along the side walls. In the twelfth century the Norman bell tower was erected after the earthquake of 1456 and replaced during the restoration of Schettini in 1952 with the current, which takes the form of the oldest. The current eighteenth-century façade is cut horizontally by a broken baroque-style lintel. On the stumps are placed two angels that look at the rectangle of the central window on which stands the stone statue of San Cataldo. At the bottom there is the large portal on whose trabeation is the emblem of the archbishop Gian Battista Stella. On the two lateral bands divided into rectangular fields there are four niches containing the statues of St. Peter the Apostle and St. Mark placed at the bottom of the portal, and of St. Rocco and St. Irena in the upper ones. The niches are surmounted by medallions culminating in a shell. The window is surrounded by floral ornamentation and flanked by two twisted columns. Two adoring little angels flank the statue of San Cataldo, which surmounts the large window. On the architrave of the great portal the coat of arms of the archbishop Stella who promoted the realization of the work.

INTERNAL DESCRIPTION.

The cathedral measures 84 meters in length and 24 width, has a central nave, two sides and a transept with a nave. The three naves are divided by a double series of eight columns surmounted by capitals of different types, some of which are reused from ancient buildings no longer in use. The interior walls, both those of the crypt and those of the church, were enriched with stuccos and frescoes, now almost disappeared. In the XIII century the lateral naves were equipped with altars and noble chapels, demolished and rebuilt several times. The oldest was certainly the one dedicated to St. Agnes, which stood adjacent to the south arm of the transept, which later became the current chapel of the





Sacrament. To the left of the entrance is still the chapel dedicated to St. James, built by Giacomo Protontino in 1568 with the altar of San Lorenzo, later dedicated to the Souls of Purgatory; the new name was taken following the acquisition of the chapel by the confraternity of the Santissimo Crocifisso and Purgatory which was located there until a few years ago. The adjacent room was destined in the baptistery in 1600 and today the baptismal font of the most ancient Byzantine church: a single block of round and concave marble, surmounted by a canopy supported by four polygonal columns on which the beams supporting the central dome rest. On the south side stood the chapel of Santa Marta erected in 1432 by Angelo de Budaliciis, later destined to baptistery. Tradition has it that here was the chapel of St. John in Galilee, in which the remains were then identified with those of St. Cataldo. In the area in front of the Romanesque façade, corresponding to the current pronaos, the graves of the most illustrious figures of the city were received. The structure is rectangular, covered by a flat vault, later incorporated into the cathedral and outside of which the present Baroque façade stands. On the left wall of the pronaos there is a painting representing the entrance of San Cataldo in the city of Taranto. The work was carried out by Giovanni Stefano Caramia on commission of Monsignor Sarria, in 1675. On the right side, on the other hand, there is another painting, painted by Michele Lenti da Gallipoli and dating back to 1773, in which the patron saint is represented in act of resurrecting a dead man. The side aisles are covered by a trussed ceiling, while the central nave is adorned with a coffered ceiling called the "golden sky of the Cathedral". The original ceiling was destroyed by a fire on Christmas night of 1635. Today's redecoration was begun by archbishop cardinal Egidio Albornoz and completed by Archbishop Caracciolo.



1.8 - THE ANCIENT CONVENT OF ST DOMENICO MAGGIORE AND THE CLOISTER #1.8

The convent, as it appears today, results from a series of demolitions and additions made between X and XXI century A.D. to the first housing cluster of Byzantine monks. Their community reused the ancient structures, between IV and IX century A.D., following the tradition of converting a preexisting temple to a Christian building: the naos of the temple was so transformed into a church. The structures of the Greek period stand above an area that was already occupied, as the discoveries of Japigi's ceramic clearly indicate (Lo Porto 1970). These structures were discovered during the restoration of the convent's courtyard

They mostly consist of an isodomic wall surface in local stone, put under the north side of the courtyard and of some elements incorporated or linked to the wall. The first one has been recognized as part of the foundations of the naos of the temple whereas the elements on the top are the bottom parts of the wall and some plates of stylobate. There are also drums of columns inserted in another section of foundations nearby.

The overhead position of the temple in the Tarantine acropolis also became a characteristic element of the convent. The abbey also represented a garrison at the entrance from the west-side of the city since the X century A.D., when the urban center was concentrated in the island and was provided by walls partially built on the ancient track

The complex is composed of the church and a system of two courtyards, built on the southern side of the church. While the main courtyard is rich of decorative elements, such as the cross vaults, traces of a fresco, double lancet windows in the eastern wall, the smaller one is an incoherent aggregation of spaces without an unique architectonic characterization. All the complex was built in local stone, as the archaeological structures under the church, but both the second floor of the main courtyard and the church are covered by a wooden roof.



1.9 - THE TWO SEAS #1.9

The Mar Piccolo of Taranto is located North of the town of Taranto and has a surface area of 20.72 km². It is an inner, semi-enclosed basin with lagoon features divided by two rocky promontories into two inlets, called First Inlet (Primo Seno) and Second Inlet (Secondo Seno) which have a maximum depth of 13 and 8 m, respectively.

The Mar Piccolo is connected with the Mar Grande through two channels, the Navigabile channel and the Porta Napoli channel, of which only the former is important for the water exchange in the basin. Tidal range does not exceed 30-40 cm. The presence of both 34 submarine freshwater springs (locally called "Citri") and the outfalls of small tributary rivers influence the salinity (Pastore, 1993).

The scarce hydrodynamism and the reduced water exchange with the nearby Mar Grande determine, mainly in summer, a high water stratification.

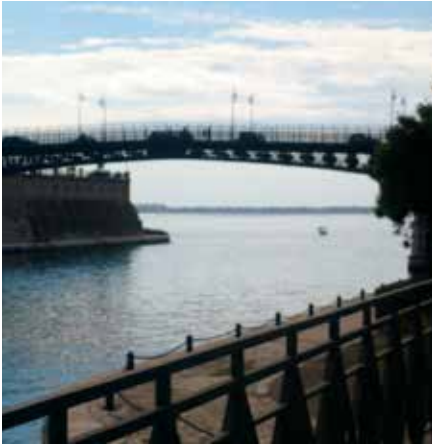
the Mar Piccolo basin is characterized by a flat sea bottom, reaching 12 m of water depth (wd), with some restricted negative anomalies, up to 19 m wd, related to the natural water-spring phenomena (citri) or.

The geomorphology of these depressions shows some peculiarities: in the case of the 'citri' in the Second Inlet. The freshwater of the "Citri" has a uniform temperature of 18°C; therefore, they locally affect both the salinity and the temperature of seawater. Moreover, in the Mar Piccolo several small tributary rivers flow, of which the most important is "Galeso

The Mar Grande basin is delimited by the mainland, the Old Town Island, the two Cheradi Islands and by two artificial reefs and communicates with the Ionian Sea through two openings. It has a surface area of about 36 km² and a maximum depth of 35 m.



1.10 -GREEN ITINERARIES TARANTO AND SURROUNDINGS #1.10



JOGGING IN TARANTO

ITINERARY: THE SWING BRIDGE, THE THE PROMENADE VITTORIO EMANUELE III, , EBALIA SQUARE, MARIA IMMACOLATA SQUARE, PERIPATO GARDENS, CIMINO PARK

Walking or Jogging in the afternoon at sunset along Taranto's Sea front with the odour of the sea and the bluming agaves is an unforgettable experience we would like to suggest to all touists

Our itinerary starts from the **SWING BRIDGE** in the Heart of the City.

The Swing Bridge over the navigable channel spans the Mar grande and Mar Piccolo and links the Old Town with the New. The opening of the bridge allows military ships to reach the Naval Base in the Mar Piccolo.

It was built in 1958, after an 1887 one of similar design but using different materials It is a very unusual type as it consists of two spans that separate at the bridge's center and pivot sideways from the bridge's outer ends.

Ponte girevole in action <https://www.youtube.com/watch?v=NgETKGkuXk4>

Just in front of the Aragonese Castle the first monument that witnesses the strict link between Taranto and the Sea is the imposing " Monumento al Marinaio" one of the symbols of the Port City, overlooking the Mar Grande .

Seven meters high and dedicated to the Italian Navy sailors, it was created in bronze by the sculptor Vittorio Di Cobertaldo in 1974, on the commission of Admiral Angelo Iachino who donated this sculpture to the city in memory of the sailors who died during the conflict and in the one known as the "Night of Taranto", which is November 11, 1940, when the fleet anchored in the Rada of the Small Sea was bombed by British airplanes. The sculpture represents two seamen who are about to greet the vessels departing for the Great Sea with their cap, or even when they are returning to the port.

Whatever the key to its interpretation, it is perceived as a sort of nostalgia associated with good humor. And it is this ambivalence that makes the monument so fascinating, even more noticing that, if viewed from different angles, it produces different effects. Looking at it from the Swing Bridge , it offers a perspective that produces one mood, while looking at it from the "Lungomare "(Seafront) another one. Looking at the two sailors, if you are about to leave, it is like you were sadder, but if you return, you feel a more joyful emotion.

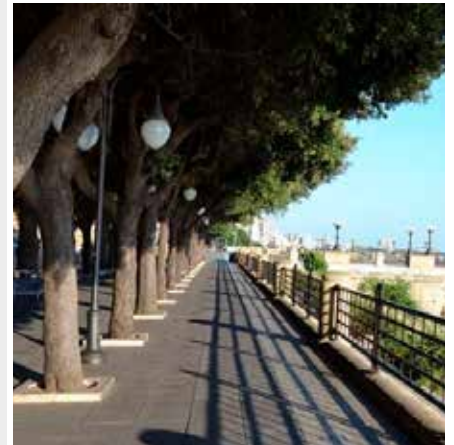
PROMENADE VITTORIO EMANUELE III

From there on till Piazza Ebalia you can enjoy the walk along the Promenade Vittorio Emanuele III lined with palm trees which shade the sides of the beautiful buildings, such as the Prefecture, which also contains an important Library, the 'Post Office building'. Enjoy the amazing sight offered by the sea and the panorama.

At the round terrace overlooking the sea, you can admire the "Palazzo del Governo", dating back to the years of Fascism in Italy, and here the route offers the possibility to get directly to the shore through various staircases and walk nearer to the waterline enjoying the sea breeze.

TARANTO'S EBALIA SQUARE takes its name from Eballo, the mythical king of Sparta, the father of Tindaro, and therefore grandfather of Castor and Pollux, Clitennestra and the beautiful and fascinating Elena. Founded by settlers in Sparta, Taranto was called Oebalia arx by the Romans and its inhabitants were called the Ebalides, descendants of Eballo. Thanks to its position on the waterfront, the square is one of the most evocative in Taranto, but it is mainly thanks to the fountain at the center which is wonderful and one of the favourite places from where you can easily get to the centre .

Crossing Maria Immacolata Square , a short distance from the other side of the seafront facing the Mar Piccolo (Small Sea) you get to Villa Peripato, a public park in the heart of the City



THE PERIPATO GARDENS

Villa Peripato is the green lung of the city of Taranto and dominates the Small Sea from the top to the Sant'Antonio Convent and extends over an area of about five hectares. The peripatetic name of the Aristotelian School comes from the Greek Περίπατος, «la Passeggiata» walking (from περιπατέω «passeggiare»). WALK composed of περι «intorno» around and πατέω «camminare» WALK) and refers to that part of the Gardens where in the ancient Greek period the teacher and his disciples walked under the roofed colonnade debating and speculating about politics and all fields of knowledge.

In fact Villa Peripato also has an important archeological area inside such as the remains of the ancient Greek and Roman ground and graves with clay wrenches and paintings of the 2ND century BC, some environments of a 2nd century AD domus, one of which was paved with mosaic tombs .

Unfortunately, Villa Peripato lost a lot of its original Beauty: in 1933, an ancient orangerie was replaced by an outdoor theater, then converted into a

cinema; in 1936, the iron fences were "donated to the country"; the following year, the monumental staircase (1913) leading to a long corridor across the Small Sea was cut down to make way for the present building of the Navy Club; between 1944 and 1945, the Anglo-American installed a concrete swimming pool; after 1945, the large square was adapted to a skating track.

However the vegetation is rich, dominated by Aleppo's high pines, but there are also loles, silkworms, platanes, clothespins and cypresses to which palms, cedars, magnolies and hypocastans have recently been added while the evergreen hedges are made of bay, ruscus, viburnum, thugs and pittospores typical of the Mediterranean vegetation.

For more information about Villa Peripato visit ==> <https://www.giardinidellapuglia.it/i-giardini/taranto/>

THE CIMINO PARK

On the way to San Giorgio Ionico, The Cimino Park offers a haven of peace at the gates of the city. The park offers the possibility of running, walking, jumping or playing under the green pines, and inebriates visitors with its romantic view of the Little Sea.

Along the Circummarpiccolo (an highway towards Lecce about 4 km far from Taranto, on the left) you can enter into a true treasure chest: hills full of beautiful farms (San Pietro Marrese Manor with its Basilica of the X-XII century and the remains of a Roman aqueduct), and small ravines that gently run through the surrounding area.



CYCLING ON THE FOOTPRINTS OF TARAS” ANCIENT SPRINGS

ITINERAY: GALESO RIVER. ST MARY OF GALESO TARA. PATEMISCO-LATO

The convergence of geographic factors (the low altitude), the weather, the lack, seasonality and irregularity of rainfall) and the country geology (karst nature) are the factors contributing to determine the lack of development of the hydrography of the surface of the Taranto territory .

The same karst nature is also the source of a rich underground hydrography, both superficial and deep.

For a variation of pressure and the process of stratification of layers of ground with different permeability, the deep ground water becomes superficial at the coastline, where it rises on the surface in karst springs , giving life to real waterways such as the Side, the Lenne, the Patemisco, Tara, the Galeso, Cervaro, the Borraco, the Chidro and the several small streams that wet the ravines located along the coastline to the East of the city, and flow into MAR PICCOLO (the citri in the Mar Piccolo)

These rivers , perennial, but with variable flow rate, after a short route (from a few kilometers to a few tens of metres), pour into the sea.

The most important river mouth, the Galeso river, is located in the First Inlet with a flow ranging between 350 and 700 l sec-1 according to the seasons. In the First Inlet, the most important freshwater springs are the “Citra Galeso” (mean flow: 600 l sec-1) and the “Citra Citrello” (mean flow: 350 l sec-1). In the Second Inlet, the most important freshwater spring is the “Citra Le Kopre” (mean flow: 100 l sec-1)

THE RIVER GALESO

The Galeso, which has Karst topography, is the source of a pond between Cavello and Statte and pours its waters into the Mar Piccolo.. It is one of the shortest rivers in the world: it is about 900 meters , has an average depth of 0.5 metres, reaches at certain points a width of 12-14 meters and has a capacity of 4,000 litres per second . The Chadwick fresh water spring-is 13 meters deep.

The origin of the name Galeso is not clear; the Greek historian Polybius, in *Res Italicae*, says the Tarantini used to call this river “ Eurotas”, remembering the river that flew near the town of Sparta, the most important city of ancient Greece. Many were the classical authors who mentioned the river Galeso in their works, including Virgil , Horace and Martial.

In ancient times this River was an important source of water for the communities of the area. In the classical age in the vicinity of the Chadwick, the quarter called Ebalia, with its famous "rocca Ebalia" would be mentioned by Virgil in the fourth book of the "Georgics".

The waters of the Galeso were used until the beginning of the last century to wash the fleeces, namely the cloaks of the sheep because the minerals of Galeso waters had the power to make the wool soft and white. The polished Romans appreciated the fine wool of the sheep that were grazed here.





Near the River, the Abbey of Santa Maria del Galeso built by Baron Raymond of Taranto when he returned from the first crusade in the 12th century., Now it is privately owned.

As for the ground around and for the climate Horace wished he could end his days there.

S. MARIA DEL GALESO

Street direction

The Church of Santa Maria del Galeso is located on an enchanting hill, , not far from the river of the same name, beyond the exit of the 3-684 of the railway line Taranto – Brindisi (about 3 km from Taranto).

You can reach it along the road which connects the quarter “ Tamburi” to Martina Franca, a few Km from the exit on the right to Statte- You can follow the signs that lead to a paved road after about 500 metres, . In this point, on the left you notice a large gate opening-.Simply ring the bell and ask politely to the Fathers to visit the church, preferably on weekdays.

HISTORICAL HINTS

The church of S. Mary of the Galeso was commissioned by the noble tarantino, Riccardo Capitignano, and was consecrated in 1169, as attested by a tombstone still there. It is located close to the homonymous river, has been recently restored and is currently run by the Passionist Fathers. Nothing remains, unfortunately, of the ancient monastery which in 1195 was allotted to a community of Cistercian monks from the abbey of S. Maria della Sambucina in Calabria.

The interior space is divided by a pointed arch of two spans, with a square base and two cross-vaults . The interior decoration is represented by simple shelves with floral motifs and shells, placed at the base of the arches.

To the left of the entrance you can admire the Latin inscription testifying to the date of the consecration of the Church

. Some of the fragments of a mosaic floor from the original norman building are still visible in the corner, near the left pillar of the arch.

On the bottom there is a second arch, similar to the first, which testifies to the presence in the original construction of a third span with a cross vault that housed the choir. Today, however, there is a wall of recent construction and beyond which, in the place of the choir there is the sacristy; this is rectangular in plan with a barrel vault.

Link a <https://www.youtube.com/watch?v=Fbaz5QwCAAg>

THE TARA.RIVER

<https://www.youtube.com/watch?v=6sBnoR9Ey-4> video

This small river has its source near the Gravina di Eucaspide, in the countries of Statte, 10 kms far from Taranto

According to the legend Taras founded here in the night of time the first nucleus of the city, before disappearing in the same waters of the river.

Another legend tells about a sick donkey who had been left to die by the banks of the river. A passer by covered it with the river mud and the donkeyhealed by thewaters the donkey recovered. Since then The waters of Tara have always



been considered miraculous and curative, producing beneficial effects for the treatment of arthrosis, neurological, muscular diseases and for the toning of the body. Even today in summer people go to the river to bathe with mud. The river, considered sacred, is a destination for pilgrimages and religious practices, both Christian and Buddhist

Nowadays This river influences the economy being used for the irrigation of fields on which citrus, olive trees and vegetables are grown; On the banks The rush grows spontaneously,. Since a few years in the neighboring areas a particular species of Japanese pomegranate has been successfully cultivated

THE LATO

The Lato is a river in the province of Taranto
Its source is north of Laterza near the border with the province of Bari. The river flows south near Laterza and Ginosà before curving southeast. It flows near Case Perrone before flowing into the Gulf of Taranto near Castellana Marina.



THE PATEMISCO

The Patemisco is a river characterized by a short course, which is located in the territory of Massafra (Ta). It is a Karst phenomenon , typical of the Murgia, in fact, it flows under the Ravine of the Madonna della Scala, and throws its waters into the Mar Grande (Great Sea.) It takes its name from the Greek word “Potamisco” that is “little river”.

Once this river was rich in river clams but in 2008 there was a ban on bathing because of pollution.. Today, after the analysis made by Goletta Verde the river is considered within the limits of the law for the pollution of the waters and the area has been reopened as a sea resort.



“A DAY IN NATURE: REGIONAL ORIENTED NATURE RESERVE “PALUDE LA VELA”

HOW TO GET THERE:

From Taranto, take the road to San Giorgio (C. Battisti) and arrived at crossroad of the “Circummarpiccolo” turn right, pass the Petrol station “Shell and drive straight on even if you find the street sign” Strada Chiusa” Dead-end street. After 2 kms you will find the parking place of the Nature Reserve on your left . For the guided tour and groups there is a free contribution for the management, third party insurance and the tourist guide.

The “Palude la Vela” is open on Saturdays and Sundays from 9.00 to 13.00 all year round. For guided tours booking is advised.

Located in the second inlet of Mar Piccolo (Little Seas) in Taranto, WWF Oasis for many years and more recently Regional Oriented Nature Reserve “Palude La Vela” is a treasure for the natural heritage of the city of Taranto.

The Reserve is a coastal site of 116 hectares included in the green network “Natura 2000 ” characterized by coastal depressions with halophilous vegetation, saline and a freshwater stream called the Channel d'Aiedda.

The area of the Mar Piccolo (Little Sea), where the Nature Reserve “Palude

La Vela” is located, is a transitional area between saltwater and freshwater which gives it a special and unique rich biodiversity, Ideal habitat of several bird species of common interest, such as the seahorse, the pinna nobilis, the pink flamingo and the turtle Caretta-Caretta.

In spite of the strong anthropic action of man the Mar Piccolo is considered as a “biotic desert” described by many scientists as “the paradox of the Mar Piccolo”.

The Mar Piccolo is an inner, semi-enclosed sea located on the North of the town of Taranto showing lagoon features and the scarce hydrodynamism and the reduced water exchange, mainly in the Second Inlet, with the nearby Mar Grande determine the stratification of the water, especially in summer.

Yet the lagoon features of the Mar Piccolo are mainly due to the presence of 34 submarine freshwater springs (locally called “Citri”) of which 20 are in the First Inlet and 14 in the Second Inlet. These factors allow the evolutionary process of speciation and life rather than extinction leading to the birth of new organisms.

At “Palude La Vela” rich flora mainly halophyte vegetation (species adapted to live in brackish water) and even more rich and interesting fauna is characterized by sedentary species (herons, egrets, cormorants etc.) And migration (flamingos, knights of Italy, shelduck, avocets, spoonbills and many others).

This natural jewel needs all of us to resist degradation and to be accessible to as many people as possible



WHAT TO DO AT PALUDE LA VELA BIRDWATCHING

The “Palude La Vela” is a unique place for those who love nature and especially birds, for those who love to watch them from the cabin, and without giving them any hassle. There are not many other wetlands where in so little space you can see herons, flamingos and different species of rare birds .

At any time of the year aquatic birds and not only in migration use the Marsh as a convenient stop where to rest .

Even the non-experts and children can learn to recognize the species with the help of volunteers, experts of the WWF Taranto and their telescopes and binoculars.

WALKING : Are you not interested in bird watching ? it's an oasis of peace where you can walk in the middle of nature, admire the small orchids typical of this oasis. And the very different habitats which coexist in the same ecosystem.

CYCLING A cycling lane is also available.

CANOING

It is absolutely necessary to visit the Oasis Swamp La Vela at different times of the year and we recommend it first of all to the Tarantines who still do not know it

Don't forget to visit to the

ECO.PA.MAR ECO-MUSEUM

The Eco.Pa.Mar eco-museum is a museum that is diffused all over the area to protect and valorize the biodiversity of this precious Nature Reserve looking for a sustainable future

The project, edited by WWF Taranto, wants to promote the sustainable development of Mar Piccolo, looking for a sustainable future

The most important role is played by Taranto's citizen because the area will become a zone of naturalistic interest open to the wider community.



WALKING TOUR ALONG THE "MAR PICCOLO" COASTLINE

ST MARIA DELLA MUTATA (NOW RELAYS HISTÒ) -RIVER CERVARO-- CONVENTO DEI BATTENDIERI-



Walking or Jogging in the afternoon at sunset along Taranto's Sea front with the odour of the sea and the bluming agaves is an unforgettable experience we would like to suggest to all touists

CIRCUMMARPICCOLO

The landscape is varied and complex with its coast rising irregularly towards the Murge and overlooking the amazing Mar piccolo Basin, with its unique hydro-geological characteristics. The land is crossed by several streams and rivers and once was covered by the old "Forest of Taranto" which has been deeply affected by the industrial area which has been set in the area.

THE RIVER CERVARO

The ancient springs on the Mar Piccolo are located within the complex of the monastery of Battendieri, just next to the Regional Natural reserve oriented Palude La vela and at about 500 mt from the Masseria San Pietro (Relais Histò) on the road Circumarpiccolo direction q.re PaoloVI.

These springs give source to the karstic River Cervaro. The river Cervaro takes its name from the remains of a temple dedicated to the goddess Diana discovered nearby

The Cervaro River flows into the nearby Mar Piccolo (Little Sea), whose waters today are particularly suited for the mussel farming. In fact, due to the effect of the continuing inflows of fresh water from the rivers, the waters of Mar Piccolo are less salty than usual. The river has the form of rather wide source eye, surrounded by plants of *Typha latifolia* (herbaceous perennial, also known as reeds or Mace sorda, common in swampy areas, up to 3 m.)

The source of the river is in the limestone rocks of Murgia and on its way to the sea its waters are enriched by calcium carbonate. Near the spring there are also many reeds (fragmites), which add oxygen to the waters.

Entering these waters means regenerating mind and body. Swimming in these ancient pure waters gives you a sensation of great energy so that. they are used as thermal spring with healing purposes.

Here, Capuchins Friars of the Monastery of Battendieri used to wash the wool by fulling it within the fulling mill, then it was processed in the workplaces located at the ground of the Convento dei Battendieri. A machine driven by a water wheel with hammers pounded the cloth. Fulling consisted of a softening of the wool cloth.

CONVENTO DEI BATTENDIERI

The Monastery of Battendieri is located in the area immediately north the second Inlet of Mar Piccolo (small sea)



Driving directions: From Taranto take the S. Giorgio S / S 7b, turn at the junction of Circummarpiccolo SP 78 and after 4.1 km turn right. The Convent is located at 130 m distance on the left .



THE MONASTERY OF "BATTENDIERI"

The Monastery of Battendieri is one of the most representative monuments of the territory of Taranto, both for the importance of its historical layers, both for its architectural and landscape value.

The "Convento dei Battendieri" (Monastery of the Chapucins friars) is an ancient monastic building, with the homonymous Church, near the Mar Piccolo just a few metres from Saint Peter's, alias Masseria Relais HisIn the area in the Hellenistic period (V-III century BC.), findings of votive statues about a rural sanctuary dedicated to Artemis Bendis and a necropolis have been found.

The Monastery was built in 1597 by the Capuchin Friars on the ground donated by the nobleman Francis Maddox,

They built a very simple church dedicated to St. Lawrence and St. George, gabled, with a barrel vault, and , small rooms with sacristy, the refectory, kitchen, workshops for the production of wool, eight cells upstairs and other small premises.. The site is characterized by the presence of the small river, Cervaro of pre- and proto-historic origin.

The large cistern was probably built two and a half centuries later after the Capuchins abandoned the monastery in 1867 when it became a privately owned farm.

The entire complex was encased in a dry wall interrupted by the façade of the church and by an arch portal.

Detached from the convent, there was the fulling mill, attached to a circular tower pit on a pool of spring water, with windows and a ladder for access to the top





The processing plant of clothes included a number of tanks and mills for the use of water of the river and also a second source located near the mouth

Inside the convent, which is still preserved in his original form and architecture, you can visit the machine to beat the lane, the fulling mill.

THE ANCIENT MASSERIA SAN PIETRO DELLA MUTATA

Continuing on the coast of the second Inlet of the Small Sea, about a km from the convento Battendieri, not far from the coast line, in the locality of Marrese, you can visit the impressive series of buildings o.

The ancient masseria San Pietro was already inhabited in roman times, standing on a hill which still overlooks the second Inlet of the Mar Piccolo.

Today, the masseria has become a private structure , the Relais Histò

Inside, in addition to the beautiful trees of the carob tree, loaded with olives and huge arbutus, it is possible to visit the basilica of San Pietro in Mutata, which dates back to 1392, a former roman villa and monastery in the land of the remote Taras.

The Basilica, which still preserves its charm and its history. In the complex there is also a medieval olive mill with ancient presses.

In addition to Masseria San Pietro, we recommend visiting the roman aqueduct underground on the Small Sea, whose peculiarity is the fact that it was the result of an intense ancient blows of a pickaxe.





TREKKING ALONG THE BEACH FROM METAPONTO TO CHIATONA

The west coast of the Gulf of Taranto (i.e., west of the city) is a long beach that runs almost continuously, along four provinces (Taranto, Matera, Cosenza and Crotona) and three regions (Puglia, Basilicata and Calabria).

Its first 35 kilometers, between the port area of Taranto and Metaponto Lido, are characterized by little or no presence of settlements, and by the protection offered by a lush pine forest that extends to the interior, beyond the coastal dune, for up to 2 km, and never less than 800 m. There is a coastal road, highway nr. 106 "Jonica", but this runs inside, farther than the pine forest, and a first band of agricultural land planted with vegetables and orchards.

For this reason, the sea and the beach are accessible only through the few roads that connect the national road with the few coastal settlements, only in their vicinity: Lido Azzurro, Marina di Ferrara, Chiatona, Castellaneta Marina, Ginosa Marina, Metaponto Lido.

The result of this isolation is the preservation of an environment which is surprisingly wild, with little or no contamination, and populated by a variety of resident and migratory birds. This site is little known or utterly unknown, and target of unexplained bias of much of the local people who largely prefer the crowded eastern coast, the so-called "litoranea" (coast road), for Taranto's people, simply, 'a litorania (this vernacular term meaning either the coast or the road that runs along it)

.This itinerary is dedicated to the western coast, properly said, because the coastal road – as above mentioned – runs much more inward.

Just on this magnificent extension of sand, skirted by the green pine forest as well as by the blue sea, under a shimmering sky, you can go on one of the most beautiful and original excursions that can be made in the Ionian land.

The long walk on the beach starts from Metaponto Lido. THE Beach is wide and deep. The weather is always beautiful, the sky clear, there is no wind, and the beach looks smooth and compact. The view stretches eastward up to the mouth of the river Bradano, recognizable from here only through the artificial reef built in its protection, which stretches out to sea for a hundred meters. It appears on the horizon as a dark stripe on the sea. Further on, the coast has a bight, and the rest of the path is hidden to the sight by the dune and the pinewood.

On the way you can stop for a vitit at Montemesola.

MONTEMESOLA AND THE "MARQUIS' GRAVINA"(RAVINES)

Montemesola is located on a hill at 180 meters above sea level, lying isolated between plains and valleys, from east to west in the form of two long rectangles.. Its name originates from the Latin "Montis-Mensulae".(Mountain shelves) referring to this topographical position

The historical center of the village, stretching on the hill of the relief of the "Murge" ,is still enclosed in the elliptical circle of the eighteenth century walls wanted by the feudatory Marquis Andrea Saracino.

Monemesola enjoys a beautiful panorama that includes the Gulf of Taranto, the valley from Grottaglie to San Giorgio Jonico and the wide plains in which we find Pulsano, Leporano and Talsano.



At a first glance, the village seems a fortress which was initially accessed by four doors: to the north by San Martino's door, to the west by San Gennaro's door, to the east by San Francesco da Paola's one and to the south the fourth, then demolished, the "Porticella" (little door).

In the city center, the elegant semicircular square overlooked by the most beautiful palaces including that of the Marquis, is the main crossroad of the main streets. The City Hall is hosted in the former "Convent of the Sacramento."

In the old town St. Michael Church, the Virgin of the SS. Rosario Church, the Santa Maria della Croce Church are worth a visit.

THE MARQUIS'S. GRAVINA (RAVINE)

About a couple of kilometers south-west from the town, The Gravina del Marchese (Ravines) develops following a long axis just 700 meters long.

The Gravina, is a deep and jagged depression in tufflime stone that constitutes a wonderful area characterized by a rich natural biodiversity.

A thick, Mediterranean woodlands Vegetation from lush green, dotted with tall trees that cover the hill flanks and bottoms surrounds it.

The rainwater is naturally conveyed in the Gravina by a small but scenic waterfall, located on the Northern rim, active only in case of heavy rains.

The Gravina also houses a hypogeal Oil Mill and the remains of ancient cave settlements inhabited in the ancient past.

At the beginning of the nineteenth century, on the initiative of the Marquis Saracino the area was affected by a vast plan of rebuilding so that since that moment it has been called the "Marquis' Gravina".

A high wall, in which a monumental door was opened, was erected to enclose the land, a small castle called "Don Ciro Castle"-was built with a garden enriched by ornamental trees and fruit,--which is still accessed through a staircase on rampant Arch. The fountains were served by large cisterns.

Some pre-existing caves were cleaned up of their ancient origin, to allow the reception of visitors and hikers, who arrived here in search of refreshment and peace, in the long and hot summer days.

THE HYPOGEAL OIL MILL

On the plateau overlooking the Gravina, in the tuffaceous bench marked by ancient quarries and by deep "carrareccie" (sheep tracks), you can admire a large hypogeal oil mill that still preserves the premises of storage of olives, the barn and the accommodation of workers.

The Grindstones, on the other hand, have been lost, except for one of small dimensions-incorporated in a dry wall.

The context, is of great archeological interest, and a research conducted there has allowed to identify a series of pottery fragments dating back to the Neolithic.

A large Fresco, unfortunately now almost completely lost, covers the walls of a cave placed on the west of the Gravina. The scene depicts a fantastic urban landscape of houses, bridges and castles, with in the foreground unidentifiable human figures.



1.11 - CULTURAL HERITAGE ITINERARIES #1.11

[funerary complex of Via Marche]



[The Naiskos from via Umbria]



[The chamber tomb of Piazza Pio XII]



TARANTO GREEK-ROMAN NECROPOLIS

The Greco-Roman necropolis of Taranto counts 160 burials, located in Via Marche, in the New Town, and is characterized by "Chamber tombs" and "semi-Chamber" clear evidence of the development of an aristocratic funerary architecture, and simple "graves", dug into the ground or covered with carparo stone slabs.

Other archaeological sites are the Chamber tombs of via Umbria, Sardinia Street and via Pio XII, the tomb of semicamera via Alto Adige, the hypogeum via Genoviva Polybius and the "Tomb of the athletes" in via Francesco Crispi.

The crafts of the funerary monuments found on the sites show well how the architecture and the sculpture were rich in Taranto during the Hellenistic period.

The objects found in the vast "Taranto underground" and the tomb markers such as pillars, stabs and Corinthian columns are important for reconstructing the behaviour and the structure of the ancient Spartan Taranto society and funerary art and culture. The naiskos which imitated the Athenian models, became the most common type of marker. The tombs were decorated with vases, statues, figured terracotta, drinking pots, because the deceased was thought to be in the need of drinking during his after-world life. The body was also ornated with gold and silver jewels.

VIA MARCHE

https://www.youtube.com/watch?v=h_k1ySjmiHU

The funerary complex of Via Marche is composed of eight chamber tombs, dating back between the IV and the III century a.C. Two of these are built with square blocks of carparo, while the other, provided the dromos of access, are carved into the rock and in the upper part are completed with regular blocks and cornices. Most walls are decorated and a funeral bed, the Kline is carved in the rock.

THE NAIKOS FROM VIA UMBRIA

<https://www.facebook.com/152260765797/videos/1311031132309/?v=1311031132309>

The hypogeum, for which the monumental aedicule had been designed, is preserved at the ground floor of a building now accessible by 'via Calabria'. Inside there are two moulded and painted klinai (funerary beds).

Only two monumental structures underground, stocked in a basement are still preserved and visible. The doric base with scenes of a battle between the Greeks and barbarians six metopes and in the pediment the scene of the myth of the delivery of Achilles' weapons.

Here, but also in other areas of the old town, they have found rock-hewn, dug into the ground or covered with carparo stone slabs graves, chamber tombs and sarcophagi, some of them really fascinating, as the monumental ones.

THE CHAMBER TOMB OF PIAZZA PIO XII

A monumental chamber tomb, dating back to the Hellenistic period, which

consists of two different rooms. The dromos a new fortification, cut into the rock, leads to a small vestibule which leads to the burial chamber, partially excavated in the bedrock and originally finished at the top by a molded cornice- The room contains two klinai (funeral beds), with pillow in relief and standing Ionic volutes opposing, painted in yellow and red. Some traces of a garland and ribbon decoration can be seen on the back wall and a few square blocks of carparo with rosettes in relief in yellow.

<https://www.youtube.com/watch?v=7LpLDbbxHIs>

THE ATHLETES' TOMB

The fascinating Tomba degli Atleti (Athletes tomb), with its seven sarcophagi, is the most important underground tomb of the archaic period in Taranto area,



nowadays kept in Taranto on the ground floor of Mazzini school, at the corner between via Crispi and via Pitagora.

With a quadrangular shape, made and covered with regular blocks of carparo stone, it was planned as an “andròn”, the banquet hall in the Greek house of the archaic period only for men, where there were the “klinai”, beds placed against the wall.

The finds of the grave goods testify to the habits and customs of Taranto aristocracy, who practiced sports and took part in several banquets, symbols of the nobility of the town.

At MARTA (National archeological museum of Taranto you can admire the sarcophagus and the skeleton of another famous Athlete's Tomb

It's an honorific tomb found on 9th December 1959 during the construction of a building in Genova street.

It belongs to the Athlete who, in the Ancient Greek, won four Panathenaic Games in the discipline of pentathlon. We know that he was an athlete because



he has in the left hand a little vase used by the athletes to carry their unguents.

His skeleton is complete, he was 30, he was tall 170cm and his weight was 77kg.

According to Athlete's bone structure we know also his diet.

The tomb is made up of a monumental sarcophagus that is enclosed by four urns, they tell us about his victories; one of these has never been found.

The historians think that the Athlete died when he was 35 (due to excessive work) or when he was 27 (due to poisoning).

This Athlete saw also the Olympic Games in Beijing 2008, where he was expose.

ATHLETE'S BODY

The athlete was taller than the average and he had a strong build, powerful back and arms muscles. We know that because the skeleton is conserved perfectly so that the scientist was able to compare his thigh-bone with a modern athlete. The result was that the ancient athlete's femur was stronger than the modern athlete one. They also have calculated how long could he jump from a static position: he could jump longer then the modern athlete who was compared with him. His teeth were perfect due to a very good diet.

ANCIENT GREEK SPORT'S DIET

As in the ancient Greek as now, the diet is extremely important to have success in a competitive sport, so also the Greek followed a precise one. The normal breakfast for a Greek was light, they called it "akratisma", it was made up of cheese, olive and fig that were always accompanied with a slice of bread and some wine. The main meal of the day was lunch where they usually ate meat, flat bread, onions, different types of olives and cheese, legumes and garlic.

For the sport men it was quite different, they usually had for breakfast milk, bread and honey. For lunch they usually had wine, cheese, olives, bread, dried fruit and figs. The dinner was made up of: meat with some aromatic grasses, soap with meat, cheese, fish, fruit, vegetables.

PANATHENAIC GAMES

Panathenaic games was announced by Erittonio, Athens' king, and in 528b.C they was open to all the cities. They were a honorific game to Athena. The sports performed were: stàdion (running), pentathlon, boxing, grappling, pancrazio (our mma), horse running, running with weapons, running with wagon.

Causes of Athlete' death

He was forced to retire because of a terrible arthritis due to extreme physical work. He lived in 500b.C. and he died when he was 27 or 35.

CRIPTE DI REDENTORE

Among the Taranto underground chamber tombs you can't miss the Crypt of Redentore in via Terni, in the Borgo nuovo.-

The Hypogeum is divided into two adjoining and communicating spaces. The first is an artificial cave, while the other one is the chamber tomb dating back to the roman period. The access is through a twelve steps dromos. During the Middle Age it was consecrated as a christian Hypogeal church which is 1 meters below the street level.. A rich set of images dating back to the thirteenth century, depicting Christ Pantocrator between the Virgin and St. John the Baptist, and the five figures of saints. and other frescoes, depicting saints of the Eastern tradition, are present on the outside of the apse; particularly, you can see the Saints Basil, Euplius and a few fragments of San Biagio. The frescoes are dated to the twelfth or thirteenth century.

The crypt is connected to a well where, according to legend, the apostle Peter would have passed, and would have baptized the first christians of the city. Another oral saying tells that Saint Peter stopped to drink at the fountain, once placed next to a pagan statue that, as the Apostle approached, was shattered.



THE OLD TOWN BACK THROUGH HISTORY, ART AND RELIGION

[The Old Town]



[The Old Town]



[The Doric Temple]



INTRODUCTION

The Old Town with the signs of the glorious ancient Spartan origin, the Hypogea, the Churches The Noble Palaces,,the Old Cathedral and the narrow streets and alleys, arise in the visitor mixed feelings.with its beauty and its poetry, with the small flower-filled balconies , overlooking the seafront crowded with merchant ships at anchor, fishing boats and the amazing views on the Ionian Sea.

The Old Town lives perched on an island. The ancient town is currently the object of a large renovation work aimed at the restoration of buildings designated for cultural and social activities.

The total destruction of Taranto by the Saracens dates back to 927, when they besieged and conquered it, enslaving its inhabitants, who attempted to defend their homeland. Therefore it was necessary to defend the city: new invaders would eventually be able to cross the threshold of the sea and attack the town. In 967, with the reconstruction of the city by Nicephorus Phocas, the old town acquired its current appearance, marked by a wide network of streets and alleys.

The streets, the bright squares, the houses and roads are livened up by a constant swarm of life, made of roars of motorcycles, words whispered and shouted, noises and snaps of the uncapped beers. Moving then to the bottom of the island, you will find the ancient fishing village, occupied even today by fishermen, who return with their vessels and unload their fishes directly to the market that takes place every day in Via Garibaldi.

The island, ideally separated from the central Via di Mezzo, seems divided in a "higher" area, characterized by palaces overlooking the Big Sea, and a "lower" area, characterized by the presence of public housing overlooking, instead, the Little Sea.

ITINERARY: THE ARAGONESE CASTLE- VIA DUOMO- SAINT CATALDO CATHEDRAL - HYPOGEA VIA CAVA- SAN DOMENICO CHURCH-PALAZZO PANTALEO- THE MARTA ARCHEOLOGICAL MUSEUM

Crossing the Swing Bridge which connects The Old taranto to the New Taranto, our walking tour starts from the Piazza Municipio (Town Square) with its Doric Columns. and The Aragonese Castle. Walking down Duomo Street you can admire the noble palaces , the ancient Churches and the Hypogeal environments that constitute the Taranto Underground.

1. THE DORIC TEMPLE

The great Doric temple of the archaic age, rising in the area of Piazza Castello, is an extraordinary monument of the Greek period of Taranto, the remains of which were enclosed until the 1970's between the walls of the church of "Trinità" and the "Celestinis' Convent ". Originally, the building was characterized by the presence of thirteen columns on the long side and six on the short one. Of the

majestic Doric temple, remain, unfortunately, only two columns and the base of a third. There are different hypothesis about the divinity worshipped in the temple: from the first concerning the worship of Artemis. The most scientifically plausible is the one elaborated in 1966 which retains that the temple was dedicated to a female divinity: Persephone, queen of the Underworld.

2. THE ARAGONESE CASTLE

The Aragonese castle was built between 1487 and by the Siena architect Giorgio Martini next to a natural rocky subsidence at the Eastern end of the old village, including a previous fortification of Norman-Swabian age. According to king Ferdinand of Aragon's will, the kingdom above all against the constant Turkish threat.

It was characterized by five circular, massive towers named St.Cristopher,



St. Laurence, St. Angel that overlook the channel and Annunziata and Bandier towards the old town. At the beginning, the castle was surrounded by a wide moat full of water where two draw bridges were positioned: Succors, on the East side and Avandade towards the old town.

The tower of St. Angel and the two bridges were destroyed in 1883 in order to build the channel. Currently the ditch is a garden. The inside of the castle consists of a large yard with the vestibule, on the left side of which the chapel opens in honor of St. Leonard.

The Archeological Board of Apulia, in cooperation with the Italian Navy have been carrying out research for many years and discovered archeological finds dating back to the Magna Grecia period and subsequent settlement phases. In 1407 the wedding between Maria d'Enghien and Ladislao, King of Naples, was celebrated in the chapel; it was later transformed into a stable only to be rededicated in 1933.

Previously used as a prison from 1887, the castle is now home to the Italian Navy.

[Galeota Palace]



[St. Andrew Church]



3. GALEOTA PALACE

Going along via Duomo, the main road of the ancient borgo, you meet the mighty Galeota palace, a wonderful example of an aristocratic eighteenth century building.

Built at the beginning of the enlightenment according to Vincenzo Cosa's XXVIII century, and it is a result of the amalgamation of various existing buildings which, through different moments of renovation, have become a unique architectural structure. After the death of the first owner, the building passed on the Calò family and in the 19th century to Luigi Galeota, whose initials are engraved on the main door.

The building was restored in 1977 with funds from the Taranto Municipality and it is a refined example of renovation of living spaces, characterized by large and bright rooms. The entrance hall is characterized by the presence of beautiful typical stone baroque portals, surmounted by high banel vaults decorated with frames. One wide stairs leads to the two upper floors.

All the architectural elements, starting with the majestic entrance derive from both the architectural culture of the Neapolitan area, and to that of Lecce baroque.

4. THE SMALL CHURCH OF ST. ANDREW OF THE ARMENIANS

The small church of St. Andrew of the Armenians is in the ancient village of Taranto in Monteoliveto square. The first nucleus of the church dates from the fourteenth century, as a reference point of the Armenian community stationed in the heart of the city of Taranto and probably arrived in the eleventh century after being recruited, which ranks, by the Byzantines.

The block had, in addition to the church, an orchard placed behind the apse, a hospice (used as an inn) and a number of houses made up of a single plan.

At the end of the fourteenth century (1399) the original structure of the church was "bombarded" during the siege of the city controlled by Ladislaus of Durres.

In 1573 the abbot Scipione de Aricia decided to demolish the medieval structure of the church and reconstruct a new, along with the three places residential areas next to it.

Marble inscription, placed between the central rosette, triple splay and the front door, remember to fundamentis reconstruction of the church in the sixteenth century.

5. THE CATHEDRAL OF SAINT CATALDO

Down the Via di Mezzo, stands in the heart of the old town there is the cathedral dedicated to Saint Cataldo. Patron of Taranto, with Irish descent, he seems to have been the performer of a series of miracles. He died in Taranto in the fifteenth century.

The Cathedral of San Cataldo is one of the oldest Romanesque churches in Apulia.

Restructured, modified and burnt down several times through the centuries, the cathedral has a baroque facade of the early XVIIIth century. This building was destroyed, in fact, during the siege of the Saracens in 927, and its reconstruction

already began during the massive restoration project of the city started by emperor Nicephorus II Phocas. The body of the saint who gave the name to the Cathedral of Taranto was found there during the reconstruction work. The architect Mauro Mainer from Lecce was the creator of the Baroque facade, added in 1713.

The external facade

The external walls, of simple style, are decorated with a series of mirrored arches, inside which there were two-colored pieces that create geometric figures. Probably three Romanesque portals had to be opened here. Two other portals were opened along the side walls.

In the twelfth century the Norman bell tower was erected after the earthquake of 1456 and replaced during the restoration of Schettini in 1952 with the current, which takes the form of the oldest. The current eighteenth-century façade is cut horizontally by a broken baroque-style lintel. On the stumps are placed two angels that look at the rectangle of the central window on which stands the stone statue of San Cataldo.

At the bottom there is the large portal on whose trabeation is the emblem of the archbishop Gian Battista Stella. On the two lateral bands divided into rectangular fields there are four niches containing the statues of St. Peter the

[the central nave]



[St. Cataldo Cathedral]



Apostle and St. Mark placed at the bottom of the portal, and of St. Rocco and St. Irena in the upper ones. The niches are surmounted by medallions culminating in a shell. The window is surrounded by floral ornamentation and flanked by two twisted columns. Two adoring little angels flank the statue of San Cataldo, which surmounts the large window. On the architrave of the great portal the coat of arms of the archbishop Stella is sculpted that promoted the realization of the work.

In the interior The Baptismal font is surmounted by a XVth century canopy. the impressive interior is characterized by a wide nave and two aisles supported by marble columns that are decorated by cared capitals (Romanesque, Arab, Bizantine, Longobard style).

The beautiful wooden coffered ceiling of the seventeenth century, runs

[Capellone]



[St Domenico Church]



[Pantaleo Palace]



along the central nave and the floor still keeps some remains of its original mosaic paving. the central nave is covered by a beautiful wooden coffer ceiling from the XVIIIth century

At the sides of the apse there are two baroque Chapels. Particularly valuable is the Chapel of Saint Cataldo, also called "Capellone". It was rebuilt in 1657 and it is masterfully inlaid with marbles of great value and enriched with statues of saints produced by the most effective artists of the time.

Elliptical in shape, the dome was frescoed by Paolo de Mattes with a scenic Glorification of Saint Cataldo (1713). From the high altar of the church it's possible to reach the Byzantine Crypt, whose vaults are supported by short columns dated back to the founding of the church. In the two aisles you can see some remnants of frescoes (XIII-XV century).

6. SAN DOMENICO CHURCH

This church was built in the year 1302 by the feudatory Giovanni Taurisano. You can see the family Taurisano's coat of arms and the construction date on the tympanum over the portal. The façade is predominantly Romanesque but has also Gothic elements.

The most striking part of the façade is the rose window. It is Romanesque but has some Gothic elements. In its middle there is the Easter Lamb in full relief. Sixteen little columns bear small ogive arches. The rose window is adorned with acanthus leaves and palmettes. On its left and right there are two little columns, on which two lions are sitting; the latter bear a half arch with leaves decoration.

The double stairs case is Baroque. The interior has the shape of a Latin cross. It keeps five Baroque altars and the statue of "Our Lady of Sorrows". The believers carry her in a picturesque procession through the town on Holy Thursday.

7. PANTALEO PALACE

The Pantaleo Palace is situated on the Western side of the island, near the little port overlooking the Mar Grande. The palace was built from scratch in the second half of the eighteenth century.

The building, with decorative elements in Baroque style, has a different architectural configuration compared with typical residential constructions of the period, by not having a central internal courtyard.

The entrance hall, decorated with beautiful stucco, is characterized by an elegant staircase with single and then double ramps, screened by three openings: a portal and two framed loggias.

The ornamental decorations in stucco underline some important architectural elements such as doorways, windows and geometric shapes that give the structure a refined elegance. The shed, tack room, barn and finally the cellars are of particular interest. On the main floor, the central point of the house with its representative functions, an altar can be seen in a recess of the antechamber, hidden by two wooden doors; other rooms are characterized by beautiful paintings or finely decorated ceilings.

The second floor has a regular development with the various rooms arranged around a stairway lit by a skylight.

The building configured in this way, was conceived and built as a whole in order to fulfill the needs of everyday life and those of most demanding representation.

The Ethnographic Museum "Alfredo Majorano" is located on the third floor of the Palace

In the museum there are several testimonies of the popular traditions of the city of Taranto and its province collected by the scholar Alfredo Majorano (1902-1984) and his wife Elena Spinelli.

Much of the material was donated by the scholar to the Commune of Taranto from 1978 and then by the widow in recent years. The rich collection focuses on the magical-religious ritual in the tarantino

The museum collects important documentation of intangible cultural heritage, such as the recordings made by Majorano in the 50 years and other testimonies on the phenomenon of tarantism, studied by Ernesto De Martino

TARANTO UNDERGROUND

The Taranto Undergrounds are hypogeal environments that are the result of the ancient tendency to obtain homes, places of worship and productive environments by digging the calcarenic bench. Many of the palaces that we can admire today in the ancient village of Taranto have been made thanks to the materials excavated in the rock just below them. Those excavations became cellars, crushers, shelter environments and grain, coal deposits and much more.

Promotion, development, knowledge and constant public enjoyment of the complex hypogeal reality would certainly have a significant impact on the tourist-cultural offer. Hypogeal environments tell us of revisions, transformations, but also of their continuity of use and of "urban planning" that have been lost.

The hypogeal environment is so numerous that they form a vast underground network, a complex system of underground culverts which link them to the sea. The Old Town is crossed by a lot of holes spreaded under many noble palaces, convents and churches. Most of them came back to the Greek period, often quarry areas dating back to this historic period that might be interesting to locate wall sections, foundations of buildings or public areas, temple areas and ancient



[The Hypogeum of Via Cava 99]



the Spartan Museum



road axes and historical periods, specific primary and current features. There are many but some of them are surrounded by mystery.

The Hypogea form a vast network of underground environments and a complex system of walkways interconnected in a network of narrow paths with access to the sea.

Via Cava, in the heart of the ancient town, is very interesting from the point of view of the history of the settlement in the old city between the Byzantine age and the Middle Ages.

As its name suggests, "La Cava" (stone quarry) indicates the former exploitation of the place for "Carparo Stone" mining activities . Originally, therefore, via Cava was a depression whose morphology was further determined by the action of meteoric waters.

A series of documents indicate its ascent in the centuries to a road path of great importance.

At the end of the fourteenth century the site became an area of strong urban development and was defined as "Via Publicam" on which the Hypogea hosted Furnaces, Cellars, Crushers and other services, facing the street. In the following centuries it was used for several functions (residential, commercial, handcraft) and the aces of a bakery plant are still residual

Thus the street was characterized by a complex productive environment, mainly for craftsmen's activities which flourished in the medieval Taranto.

Later these Hypogea were incorporated in the nobles Palaces which were built in the area

2. THE HYPOGEUM OF VIA CAVA 99

One of the most interesting Hypogea is certainly the site at number 99.

It consists of two large rooms. The first one, completely carved in the rock, is about two meters below the street level / the ground. Imposing quarry cuts dating back to the Greek period are still visible

A series of arches lead to the slightly smaller second room which was probably used as a shelter for animals as deduced from the bays along the rocky wall. The two openings on the walls gave access to pathways which linked it to the other several Hypogea areas scattered around the Old Town.

In the rear of the Via Cava 99 Hypogea the stratification of different structures allows to reconstruct at least three historical periods between the Middle Age and the Eighteenth century when the walls were made of tuff and barrel vaults.

On the side fronts two lowered openings constitute cumulative graves probably dating back to the Paleochristian period (IV-VI century after Christ).

3. HYPOGEUM DE BEAUMONT BELLACICCO

The Hypogea , consisting of a series of enclosed spaces which originated from the work of the extraction of the Carparo stone used by the Spartans settlers during the building of the Greek City , is one of the largest ones in old Taranto.

These huge underground settings served different functions in the following centuries but after the 1600 they were left empty and neglected for a long time after the de Beaumont Bonelli noble family had moved to another premise.

The Hypogeum hosts the Spartan Museum, dedicated to the Greek Deities Etra,,Falanto's wife Taranto Philonide and Persephone.

The archeological finds are displayed in four halls, each on a ground level with an extension of about 800square meters and a depth of 16 meters under the street level and four meters below the sea.

SPARTAN MUSEUM: Etra's room

The room is dedicated to Etra that was the wife of Falanto, Taranto's founder. In "Etra room"the walls still keep the signs of the different ages and different styles.

On the south side of the room you can admire the rests of the former City walls that enclosed the Greek town. In the limestone blocks that make up the northern wall there are some fossils that give evidence that in the Greek period the environment was under the sea level

THE NATIONAL ARCHEOLOGICAL MUSEUM MARTA

<http://www.museotaranto.beniculturali.it/web/index.php?area=1&page=home&id=0&lng=it>

Proceeding from the Swing Bridge back to the New Town and keeping the Big Sea on your right, you can admire the Promenade Victor Emmanuel III (Lungomare Vittorio Emanuele III), an ideal panoramic view of the gulf; then walk towards Piazza Ebalia, with its monumental Wind rose fountain.

To complete the exploration of the area, have a walk in the airy Maria Immacolata Square, until you reach the other side facing the Small Sea, where there is the green lung of the Village, Villa Peripato; it offers a pleasant and well-deserved rest and also a picturesque view of the sea.

A little farther from the Villa, you have an incredible opportunity to make a memorable blast from the past, visiting the MARTA Museum (The National Archaeological Museum of Taranto). It includes unique archaeological finds attesting the glory of ancient Greece

it was founded in 1887, and during the summer of 2016 its restoration ended, offering the city a museum with a modern interactive structure and enriched with all kinds of evidence of the wonderful history of this ancient land. In the entrance hall of the museum there is a copy of the head of Heracles , a bronze colossus for Lisippo at the end of sixth century.

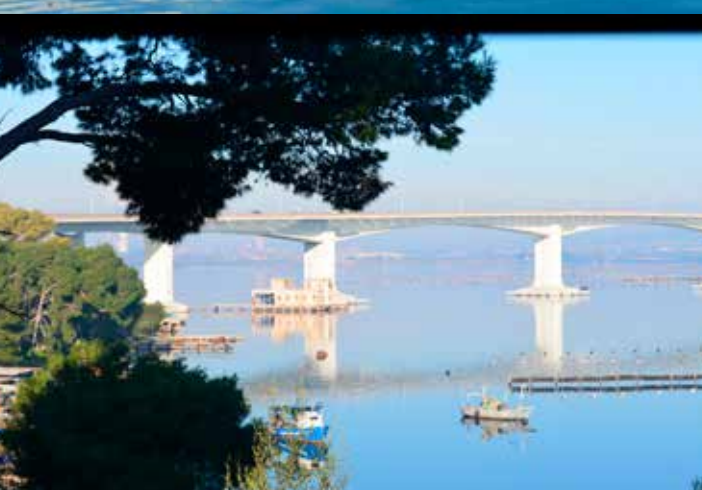
Following the new exhibition, you will learn the history of the Ionic capital and its territory in a chronological sequence (Prehistory and Proto-history, Greek Period and Roman Age, Late Antiquity and Middle Age).In the museum there are three floors, each dedicated to different themes : the ground floor is used for temporary conferences and exhibitions. The first floor exhibits the finds of ancient Greece and of the Roman age relative to the city of Taranto, while in the second one can see the remains of the era of the Paleolithic and the Bronze Age.

All exhibits have captions and all rooms are equipped with touch-screen monitors interfaced with the exhibits. MarTA is one of the richest museum in the south of Italy with a large collection of mosaics, monumental tombs, ceramics, everyday objects, jeweler and sculptures, friezes, pediments and metaphones made of carparo. Our Museum has become very famous for the exhibition of its jewellery in Paris, Milan and Tokyo.

MARTA
MUSEO
ARCHEOLOGICO
NAZIONALE
DI TARANTO







erasmus+ KA229
Sustain European Culture and Environment in an App

Regional Oriented Nature Reserve
PALUDE LA VELA

KNOW LOVE

BIRDWATCHING: KINGFISHER

BIRDWATCHING: FLAMINGOS

HERONS: RARE SPECIES

WWF logo and European Union logo.





C H A P T E R T W O

MALTA





2.1 – MALTESE CULTURE, AMONG TRADITIONS AND FOLKLORE #2.1

Carnival

CARNIVAL is one of the main cultural events in the Maltese calendar .Carnival dates are fixed according to the Catholic Easter so that Carnival is held the four days preceding Ash Wednesday .

This tradition was introduced by the Knights probably in 1560 when Grand Master La Vallette sanctioned the wearing of masks in public, which gave birth to the general jollification that characterize Carnival. The programme includes the traditional parata dance , comedy sketches, folk singing and the traditional game of Kukkanja, a greasy vertical tree-shaped pole on which some prizes are hung. The best prize of all, consisting in a sum of money, goes to the man who can reach the top of the pole and release the Carnival flag erected on top. Carnival is more felt in the villages of the island of Gozo such as Nadur, Xaghra and Sannat.

At Nadur ,in particular, at sunset, grotesquely disguised people come out in the streets and join the “maskarati”(people wearing mask and clothes to disguise themselves), shouting, whistling and doing things which are regarded as strange during the normal days of the year. .It is not uncommon to be able to watch the mimicking of a wedding ceremony, or doctors and nurses performing operation by sawing off limbs but noone speaks in order to make sure that he/she remains unidentified. The home-made costumes consist mainly of haphazard, coarse guises made of sack, wigs and incongruous make-up .

There are also popular folkloristic bands giving a continuous melody heard only at Carnival time and inviting people to dance to the tune in circles.Thus Carnival in Nadur is a spontaneous event which retains an essentially popular character (as it originated from the the needs of the people who used to live a very hard life , full of restrictions and limitations).there is no organizing committee to plot out its course.

Christmas

In Malta, this christian festivity , celebrating the birth of Jesus Christ, is deeply linked to another ancient custom, the belief in rules or “Calends”(in Maltese “I-irwiegel), the twelve days preceding Christmas Eve.

From December 13th up to the 24th, farmers , who are the people mostly concerned with this superstition, come in continuous contact with the weather which is supposed to influence their crops.

In fact, according to this ancient belief, the twelve days before Christmas correspond exactly to the twelve months of the year and so by observing the weather changes, the farmers can forecast the weather conditions of each month of the year. This custom is still alive as we can know from the list of rules observation made in 1970 by Mr. Karmunu Grima, a Maltese farmer .In

his notes, slight variations of the wind, the increase and decrease of its force, rainfall, sunshine and cloudiness are followed scrupulously throughout the day and registered in a scientific way. In Calends the day is supposed to start at midnight and lasts though the next 24 hours till the following midnight. Therefore 24 should be divided by 30 days or 31, depending on the month to which it corresponds.

As for Christmas religious festivities, special church services and other celebrations commemorate the birth of Jesus Christ. They include the Christmas novena, daily high Mass, Christmas Eve mass, and processions with paper lanterns.

As in other christian countries, at Christmas Malta streets are beautifully decorated with multi-coloured lights and garlands and they are crowded with a host of shoppers who hurry to buy toys and things for the traditional habit to give presents.

Maltese Christmas culture comes out from the tradition of Maltese artistic crib too.

The crib, a miniature representation of the nativity scene in Betlem, was probably introduced in Malta by the Franciscan friars who settled in Rabat. In the centuries however the number of characters in the crib increased to include statuettes representing typical Maltese musicians, weavers and farmers. So in the crib all the aspects of traditional Maltese life and crafts are portrayed. There are two types of crib: "il-grotta", a small children's crib, and "il-presepu", a large elaborate crib found in churches and public places.

If you are in Malta at Christmas do not miss the delicious "il-kaghak", honey ring-cakes, that contribute to enlighten the Maltese Christmas culture.

EASTER

EASTER:The holy week celebrations mark an important period in the year's event when Maundy Thursday Pilgrimages, Good Friday Processions and Easter Sunday celebrations are held in most towns.

Holy week starts officially one week before Good Friday with a procession of the statue of Our Lady of Sorrows, through the streets of most towns and villages across Malta and Gozo. This procession is held on the Friday preceding Palm Sunday and people walk barefoot in sign of penitence. On the same day a fast is observed and people eat only "hobz u ilma", literally bread and water. Some passion plays, based on scenes from the old and New Testament, are also performed in churches and parish halls around the country. In this period, churches are adorned with statues representing several moments of the passion and death of Jesus Christ, that are then used for the procession of Good Friday.

On Palm Sunday the religious ceremony of the blessing of palms and olive branches take place in the chapels near each parish church. At the end of the ceremony all the participants carry the blessed palms in procession from the chapel to the parish church dramatizing the religious event of the entry of Jesus

Christ into Jerusalem before His death..At the end of the Mass, blessed palms are finally taken home as symbols of peace and good look .

The second religious event in the Holy week is the ceremony of “Is-Sepulkru” on Maundy Thursday at the end of the evening mass.In every church Blessed Sacraments are carried from the high altar to the altar of Repose, that is adorned with candles, flowers, and grain. During the whole evening people move from one church to another (they have to see seven Sepulkri at least)reciting prayers.

The climax of Easter celebration is represented by the majestic procession of Good Friday.

.It is said that the tradition of introducing statues in the procession was originated /started by a Sicilian refugee who had eventually observed the procession of Good Friday in Gozo. At those times the procession of Good Friday was very simple. The members of the old Confraternity of the Crucifix walked in a grey and black habit behind a large cross. According to this ancient story, he told the Rector of the Confraternity about the Sicilian custom to carry statues during the procession and offered to sculpure himself the statues of Christ representing different moments of the passion .Nowdays seven life-size statues, representing Christ at Gerusalem, the Scourging at the Pillar, The Crowning with Thorns, The Fall under the Cross, The Cruxifixion, The Procession to the tomb, and Our Lady of Sorrow, are carried in the main streets of Gozo.The procession is accompanied by a local band and young people are dressed in period costumes such as the Roman Legion.

On Easter Saturday evening , after the long religious ceremony, all church bells are rung simultaneously to announces the Risen Christ.Finally ,Easter celebrations close with the procession with a statue of Christ risen on Sunday morning.

During the summer season Maltese cultural life is enlightened by several “festi”(village feasts) held in honour of the patron saint of each town or village. These village feasts , which last five days, are characterized by church services, decorated streets, band marches and spectacular fire work displays in the evenings. On the Sunday evening the statue of the Saint Patron is ,then, carried along the village streets.

MNJARIA

MNJARIA:The first and most spactacular of these feasts is Mnarya, on the 28th- 29th of June,that is the feast of Saint Peter and Saint Paul in Malta .Referred to as the harvest festival, this centuries old tradition is characterized by plenty of music, folk dancing, and a nightlong picnic during which the Maltese use to have “Fenkata” (stewed rubbit) and locally produced wine. Exhibits of local products and folklore singing competitions enliven the night – long proceedings. The most typical songs are “I-ghana”, melancholic, half oriental airs that tell about impassionate love or sadness for the loss of the lover .

The following morning donkey races take place, an event which dates back to the Knights. The prizes for these races are "palij" (special brocaded banners) that the winner traditionally give to the village church to be used as an altar cloth.

Other village feasts that keep their particular characteristics are the feast of Saint Helen at Birkirkara, in August, and Santa Marija's auction at Mgarr to collect money to the Church.

Regatta

REGATTA: The Regatta takes place annually on the 8th of September in the city of Cospicua, to celebrate Malta's victories during the Great Siege of 1565 and the Second World War. However the historical Regatta goes back hundreds of years since the rule of the Knights of Saint John but since the post-war era the winners are awarded an aggregate shield.

Band marches, water carnival, boat races are the main features attracting large crowds to the capital city, Valletta and Grand Harbour. The characteristic of Regatta are Maltese colorful "DGHAJJES" used by rowing teams for the competition.

Cultural activities are also held mostly from October to May such as recitals, concerts plays and festivals that take place at the historic Manoel theatre and the Mediterranean Conference centre, both in Valletta or at the Mdina Cathedral. The most important event in the cultural calendar is represented by the Malta International Arts Festival held from the end of June to the end of July. It is followed by the Malta Jazz Festival, in July, while another relevant festival is the Malta International choir Festival, in November.

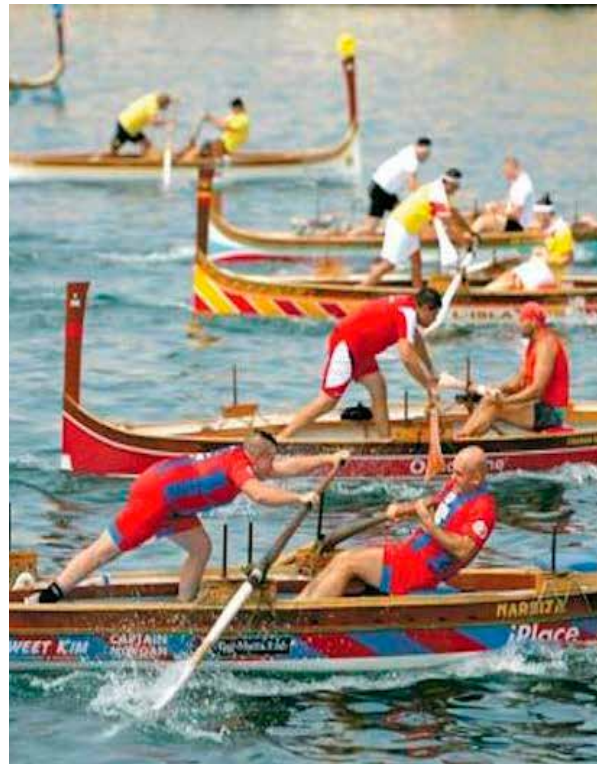
[Christmas in Malta]



[Easter in Malta]



[Mnjaria]



[Regatta]



2.2 - THE CAPITAL CITIES OF MALTA, FROM PAST TO PRESENT #2.2

Valletta

Valletta, the capital city of Malta, built on the northern half of the Sciberras peninsula, was the brainchild of Gran Master Jean de la Valette. It was founded in 1565, on commission of the Knights of Malta, to provide a defensible city to protect the island against the Turkish hordes that had driven them out of Rhodes and had followed them all the way to Malta.

In 1571 Valletta took Mdina's place as the capital of the island.

The city is completely surrounded by fortifications and there is only one gateway to the city, known as "Porta Reale" and eventually "Kingsgate". It was originally dedicated to St. George.

Baracca Gardens, divided into upper Baracca and lower Baracca, offer a panoramic view of Grand Harbour as they were built on top of a demi-bastion. The garden was the gift of an eighteenth-century knight.

St. John's Cathedral

This was the church of the Order of the Knights of Malta as St. John the Baptist is the patron saint of the Order. The exterior of the Cathedral is plain and belies the grandeur of the interior, with a rectangular plan and a central nave. Almost all the faces of the stone walls are carved in high relief and painted in rich colours and gilded. Each langue was allocated a chapel of its own in 1604 and the chapels contain tombs of the later Grand Masters of the langues.

The floor of the Cathedral is covered in multi-coloured marble slabs.

The Crypt can be reached from the Chapel of Provence and contains the tombs of recent Grand Masters of the langues.

St. Paul Shipwrecked is one of the earlier churches built in Valletta. In the chapel of Blessed Sacrament you can admire the statue of St. Paul, carved out of wood, painted and gilded.

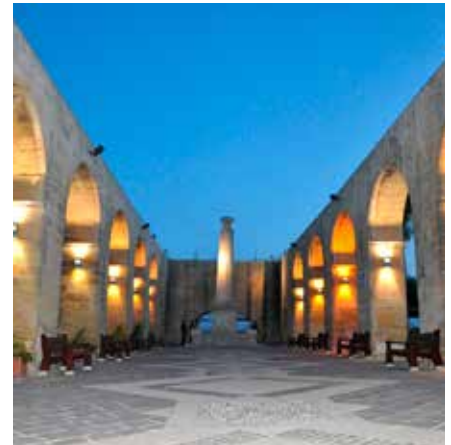
Auberge d'Aragon was built in 1571 when the Knights moved to the newly built capital. It is a one-story building with a basement. The building also housed the Prime Minister's residence.

Fort St. Elmo, in Republic Street, was one of the first forts built by the Knights when they arrived in Malta. Completely destroyed during the Great Siege of 1565, it was rebuilt in 1567 and underwent several renovations and additions in the following years, such as a triple range of casemates and the outer bastion.

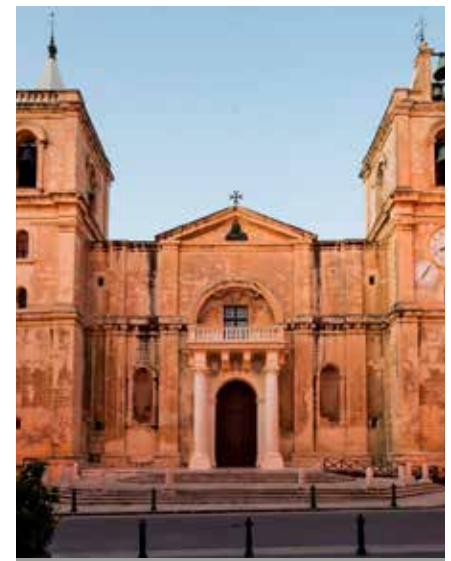
A visit to the Art Museum and the National Museum, which host most of the artistic and cultural treasury of the country, complete the sightseeing of this city.

(pagina precedente)
Transfăgărășan Road .

[Baracca Gardens]



[St. John's Cathedral]



[Fort St. Elmo]





[Marsaxlokk] (left)



[Mdina] (right)

Marsaxlokk

This ancient fishermen village is located in the South of the island .Its harbour is full of colourful boats called “Luzzu”. Their characteristic is the prua on which two big eyes are painted.It is believed that they keep misfortune away (vedere folklore)

Marsamxett

Marsamxett and Great Harbour are two wide bays that shape the promontory of Valletta.You can admire its the huge bastionsfrom the sea.

Mdina

Mdina is a fortified medieval town built on top of a hill , south west of Valletta and just north of Rabat.It was the first capital city of Malta and lost its status when The order decided to build Valletta.Since then on the city became known as “Città Vecchia”, (old city).

The city is surrounded by Bastions, containing sections of Roman, Byzantine, Arab and Norman origin, and its approaches are protected by ravelons. The foundations of the rampants are of Arab origin.

There are two main entrancesto the city, Mdina gate, the main entrance, and Greeks’ Gate.

Mdina has a number of churches and very interesting buildings that include the Chatedral, in St.Paul’s strret, with a notable fresco of the 2Shipwrek of St. Paul”; the Carmelitan Church and St. Peter ad Vincula.

Palazzo Falzon ,known also as “Norman House”, is one of the most interesting medieval building, with its double arched windows and a string course of triangular corbels with small balls attached beneath them.

The Museum hosts a collection including items saved from the earthquake of 1693, paintings,manuscripts, vestments, a collection of coins and some 15th century Sicilian panels which formerly decorated the choir in the Cathedral.

[Cascada Balea]

2.3 - THE GGANTIJA TEMPLES#2.3

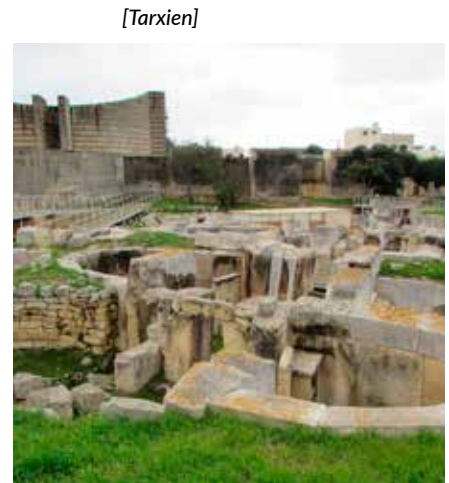
Tarxien

This small town is famous for the Tarxien temples, located in the town itself. The temples are , in fact , surrounded by a built up area and provide for a very contrasting comparison between the ancient and modern architecture of the place.

The temples were built between 2400 and 1800 B.C.and were eventually discovered by a farmer who was plowing his field in 1914.

The temples are interconnected and their basic layout is similar to other temples of the same period..There is a central corridor, whose walls are carved with spirals and animal shapes, and a small altar which was used for religious ceremonies.All the statues and objects found in the temples are now in the National Museum in Valletta.

The other two temples are linked to the main one by means of a corridor. The one on the left was used as a kitchen, for burning aromatic plants or cooking, that one on the right is thought to have been a priest's access to the inner rooms of the middle temple.



Zurriek

Zurriek is located in the southwest of the island of Malta, got its name from the deep blue colour of the sea near the village.It offers another example of Neolithic Temples, the temples of Hagar Quim and Mnajdra that date back to about two thousand years before Christ.Hagar Quim is the most complex and elaborate of the Ggantija phase Temples and was built entirely of huge globigerine limestone blocks, called "menhir" .A number of altars, niches, and tabernacles can be found in these temples, and the temples were surely used for ritual functions.

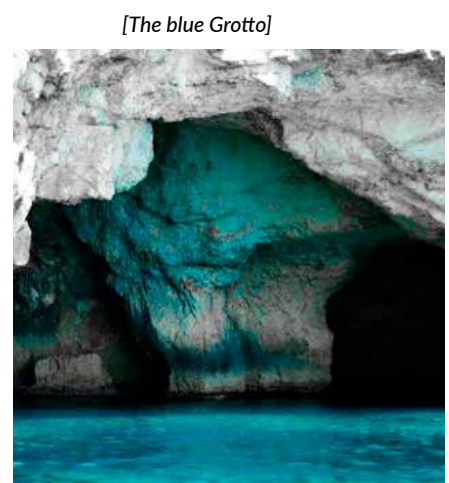
In Zurriek you can visit also many churches and chapels such as the old chapel located in "Hal-Milieri", in Gothic style.Other churches can be found in Zurriek include Sant'Agata, San Leo and SanGwann.



The blue Grotto

The blue Grotto is a natural rock formation which has been carved out by the relentless pounding of the sea. It is located south west of Zurriek,on the southern coast.and gets its name from the colour of the water close to the rock face.

The boats take the tourists to a number of caves carved into the cliff face where they can have a swim in the emerald water .And in front of Blue Grotto,Filfa, a small inhabited island , now protected under Maltese law



2.4 - THE THREE CITIES OF COTTONERA #2.4

[Vittoriosa]



Vittoriosa

Vittoriosa is one of the Three Cities of the Cottonera District. Originally known as “Birgu”(derived from Borgo, the Mediterranean term for a coastal village under the shelter of a fort or castle) it gained its honorific name as a result of its victorious stand in the Great Siege of 1565. It was in fact, the Headquarters of the Order and had a separate municipality from the capital Mdina. When the Knights built the new capital of Valletta, Vittoriosa remained the base of the Knights' Galleys.

Mostly a residential area today, traces of history can be found in its narrow windy streets. You can walk along the French Curtains, up to The Posts of Castille, Germany and England, examples of military architecture known as hornworks. Continuing along the walls you arrive at Fort St Angelo across a bridge that affords a view of the Galleys of the Knights were sheltered.

Down on the Marina Dockyard Creek will be found old establishment concerned with the Galleys of the Order.

Many ancient buildings were damaged or destroyed during the second world war and the square of Vittoriosa is much changed from the medieval aspect it bore at that time even if there are still statues commemorating St Lawrence and the victory of 1565 against the Turks

[Cospicua]



Cospicua

Cospicua, known also with the ancient name of Bormla o Burmla, is located at the head of Dockyard Creek, between Vittoriosa and Senglea. During the Siege it was completely razed to deny to the Turks but the area was then fortified and protected by the building of the Margherita Lines around the hills of that name and the locality became heavily populated again.

There are several noteworthy entrances through or under the Bastions such as the Zabbar Gate and the tunnel from Pawla.

The centre of the old community was the market place, “Is-Suq”, that developed near the dockyard and the Parish Church of the Immaculate Conception, with the statue of the Virgin carved from the trunk of a tree that grew on the site, are other places of interest.

[Senglea]



Senglea

Senglea is one of the Three Cities of Cottonera and is situated on a promontory into the Grand Harbour, on the east. The city grew from a bare land into a refined place after the arrival of the Knights in 1530. Palaces and gardens were built and Fort St. Michel was erected to protect the landfront.

Almost totally destroyed in the Second World War, it was rebuilt to a similar pattern but with a central square around a historic statue of the Virgin Mary.

Among the monuments we can note the Church of Our Lady of Victories and San Filippu.

2.5 - THE ROMAN TOWNS: RABAT#2.5

Rabat

Known for its sites of historical significance and national importance, Rabat has always been at the centre of the Maltese character, and its countryside offers the most breathtaking panoramas of the Maltese islands.

During the Roman period, Rabat formed part of the city of Mdina, but, during Arab domination, Rabat became its suburb. In fact, Rabat means “suburb” in Arabic.

Walking through Rabat is like walking through history, a place where traditions and history are indeed part of everyday life.

From the Roman villa to the Baroque majesty of St. Paul's Cathedral, from the solemnity of the catacombs of St. Agata and St. Paul to Piazza Forok, near St. Domenico church,.

Verdala Palace is a fortified villa built by Grand Master Huogues Loubenx de Verdalle as his summer residence in 1586. The palace is on top of a hill overlooking a fertile valley and is surrounded by the Buskett Gardens. The palace consists of two floors and five towers are located at each corner of the palace. The vaulted Great Hall is frescoed with scenes from the successful career of de Verdalle.

In June, the traditional feast of St. Peter and St. Paul, known as Mnarja, takes place in the nearby Buskett Gardens.

Another site of interest in the surrounding area is the Inquisitor's Summer Palace, which offers an excellent view of the surrounding countryside, and in the surroundings, there is Mtahleb, a site not to be missed. Located on the southern edge of Malta along the Dingli Cliffs, Mtahleb is a small valley located below and surrounded by the steep cliffs.

The land is green, cultivated by farmers who live in converted caves situated in the face of the imposing cliffs or ground hugging flat-roofed houses.

[Inquisition Summer Palace] (left)

[Catacombs] (right)



2.6 - Nature Reserve #2.6

Simar Nature Reserve

Simar Nature Reserve is an oasis amongst a valley of agricultural landscape. The reserve takes its name from the sharp rush (Is-Simar in Maltese) which is regenerating throughout the reserve. The wetlands provide a safe haven for both resident and migrating birds.

Made up of a mosaic of habitats including open pools, reedbed, and trees, Simar is teeming with wildlife. The pools are attractive to aquatic birds like herons, rails and kingfishers, but also provide a home for the rare and protected Mediterranean Killifish and species of rare tassel-weed. Simar is a fully protected bird sanctuary, a Ramsar site, and a Special Area of Conservation within the EU Natura.

What To Spot

The reed beds offer a good hiding place for secretive species such as Water Rails, herons, egrets and shy warbler species. As you walk around the trail, look out for Mediterranean Chameleon and geckos camouflaged on the branches, and listen for the distinct call of the Cetti's Warbler. During the spring, migrating Barn Swallows can be seen feeding on insects above the pools, where rare Mediterranean Killifish and various crustaceans dwell. Simar is the only place on the Maltese islands where Coots and Little Grebes breed and for the first time in 2014, a pair of Black-winged Stilts successfully bred at this reserve

[Simar Nature Reserve] (right)



[Salina Nature Reserve] (left)



Salina Nature Reserve

Salina Nature Reserve lies in the Burmarrad valley mouth (limits of St Paul's Bay in the north of Malta). Originally a harbour, the Salina site consists of 154,000 square metres of saline marshland and a number of salt pans built on a reclaimed island of clay surrounded by garrigue.

The site has recently been rehabilitated through a €7 million project partially financed with EU funds under the Agricultural Fund for Rural Development 2007-2013. The site's potential to attract a number of species has been proven repeatedly by birds alighting in the salt pans to rest during migration, among which the most spectacular; the flamingo – a bird synonymous with salt pans, especially in the Mediterranean. Salina is a protected area forming part of the Natura 2000 network and also a Special Area of Conservation (SAC) because of the endemic flora and fauna which can be found in the area.

What To Spot

The salt pans at Salina regularly attract a number of species of gull – sometimes as much as 2,000 in a day! This includes species such as Black-headed, Mediterranean, and Audouin's. Sandwich Terns can be seen almost every day and occasionally rarer species of tern such Gull-billed and Caspian. During the winter period, Common Sandpipers can be observed at the reserve whilst migration brings herons, egrets and very rarely a Greater Flamingo!

San Raphael Lake

Saint Raphael Lake (San Raflu) is a small rural area just outside the locality of Kerċem, at the south-west of the island of Gozo.

The area is situated on layers of Upper, Middle and Lower Globigerina limestone (Franka ta' Fuq, tan-Nofs u ta' Taħt), which make up the base of the whole San Raflu area. However, one also finds traces of Coralline limestone rock, which also makes up the Xlendi Cliffs. The high amount of limestone in the area also influences the soil, which is mainly xerorendzinas, a main characteristic of the Globigerina areas. In fact, this soil is a compound of the Globigerina limestone, the greensand, and several other organic material, and has very high levels of stone and chalk content, whilst keeping a very low level of humus.



2.7 - Malta's Natural Heritage #2.7

Valletta

- Valletta is Malta's capital city, and was built by the Knight's of St. John under the rule of the Grandmaster La Vallette in the 16th century.
- The name was given in commemoration of the Grandmaster to appreciate his work.
- Valletta was not always Malta's capital city, but Mdina was before it.
- The city is surrounded by fortifications to protect it from invasions or attacks which were often due to Malta's strategic location in the Mediterranean sea.

In its day, Valletta was a fine example of modern city planning. Designed on a grid system, now common in other large cities, the city was carefully planned to accommodate water as well as sanitation and to allow for the circulation of air. Most towns and cities evolved over centuries, but Valletta, in contrast, was one of the first European cities to be constructed on an entirely new site.

Valletta was the first place in Malta to have running water from the aqueduct system, and also the first place to have a sewage system. It was built using globigerina limestone, which is a locally sourced sedimentary rock. This rock helps to keep houses cool in summer and warm in winter due to the high humidity. A lot of the houses are equipped with a well, and also a shrine, so as to decorate the city.



The city has over 25 churches, and the largest one is St. John's cathedral, which is built with renaissance style on the outside and baroque on the inside. The church is dedicated to the patron saint of the Order of St. John.

The city is built on top of the grand harbour, which is the main harbour of Malta. In the city, there are the Barrakka gardens, which overlook the harbour. This garden is characterised by its large variety of different flowers and plants, such as Widnet Il-Bahar, which is the national plant of Malta. Another common plant in Malta is il-Lellux, which is a yellow flower which can grow in any environment.

Valletta was voted the European Capital of Culture in 2018, which led to refurbishment and reconstruction of various buildings, such as the roofless theatre, the parliament and Bieb Il-Belt.

[Widnet il-Bahar]



[Lellux]



[The Parliament]



[Bieb il-Belt]



2.8 – Mdina Malta #2.8

The History

- The history of Mdina traces back more than 4000 years.
- Referred to as "the silent city"
- Mdina is fascinating to visit for its timeless atmosphere as well as its cultural and religious treasures.

- The city was founded as Maleth in around the 8th century BC by Phoenician settlers, and was later renamed Melite by the Romans. Ancient Melite was larger than present-day Mdina, and it was reduced to its present size during the Byzantine or Arab occupation of Malta. During the latter period, the city adopted its present name, which derives from the Arabic word medina. The city remained the capital of Malta throughout the Middle Ages, until the arrival of the Order of St. John in 1530, when Birgu became the administrative centre of the island. Mdina experienced a period of decline over the following centuries, although it saw a revival in the early 18th century. At this point, it acquired several Baroque features, although it did not lose its medieval character.

Mdina Architecture

The fortifications of Mdina are a series of defensive walls which surround the former capital city of Mdina, Malta. The city was founded as Maleth by the Phoenicians in around the 8th century BC, and it later became part of the Roman Empire under the name Melite. The ancient city was surrounded by walls, but very few remains of these have survived.

As part of its defensive mechanism, Mdina is composed of 3 types of walls;

- Punic-Roman Walls
- Medieval Walls
- Hospitaller Walls

The main tourism impacts on the city through economic, social and cultural aspects

- An examination of various aspects underlines how tourism has impacted the city in the past 20 years and demonstrates that residents in Mdina have, over time, adapted to tourism activity.

- Such activity leads to particular effects such as positive proceeds which in turn prompts the tourism enterprises within the city to do their best to become more accessible to visitors especially through the use of ICT. This helps the city to become more sustainable..

[Traditional Medieval Balcony]



2.9 - Eco tourist Itinerary:



Mdina

LOCATION: Mdina

ABOUT MDINA:

Mdina also known as the “Silent city” as one of the most popular visited by travellers because there is no other place like it anywhere else.

Fun fact it was the old capital of Malta.

Sitting on top of a hill overlooking large parts of Malta, It’s a small town, rich in history and surrounded by tall walls.

PLACES OF INTEREST IN MDINA:

St Paul's Cathedral:

St. Paul’s Cathedral is one of the places you can also explore while visiting our beautiful city, Mdina. The Cathedral is the heart of this elegant, walled city. Sadly in 1693 it was destroyed by an earthquake passed on from Italy. The Rebuilt cathedral was beautiful decorated with the remaining art works that survived the earthquake, the floor are covered by large marble gravestones and as well as laymen from noble families who were buried in the Cathedral.

The National Musuem

The national museum is also famous in our walled city, Mdina it is housed in Palazzo Vilhena, A French Baroque Palace rebuilt in 1726 by Grand Master Antonio Maneol de Vilhena to designs of Charles Francois de Mondion. The Museum opened to the public in 1973, and is run by Heritage Malta.

Mdina Gates

Mdina Gate, also known as the Main Gate or the Vilbena Gate, is the Main Gate into the fortified city of Mdina. It was built in the Baroque style in 1724 to designs of Charles Francois de Monsion, during the Magistracy of grand Master Antonio Manoel de Vilhena

The second gate

The second gate(at the side) is known as the greens gate. It is called so as there used to live a small greek community. The back gate called the Gharreqi which is the third gate is more a side entrance. It is being restored to it’s original magnificent beauty.

HOW CAN WE GO THERE?

By public transport

The following direct bus routes stop at Mdina and Rabat:

From Valletta: Route 53 (destination Rabat – 30 mins). Also, but less efficiently: Routes 50 (destination Rabat – 45 mins), 51 (destination Mtarfa – 45 mins), 52 and 56 (destination Dingli – 45-60 mins)

From Bugibba/Qawra (Bus Terminus) and St. Paul's Bay (the main road – Triq il-Mosta): Route 186 (45 mins)

From Sliema and St. Julian's: Route 202 (45-60 mins)

Gozo

LOCATION: Gozo

HISTORY ON GOZO:

Gozo is an island in the Mediterranean Sea and it makes part of Malta. Only a few people live there since it has been inhabited for thousands of years. Gozo is known for its tranquility and scenery. Gozo is the sister island of Malta being more green and much smaller in size and population. Gozo is very peaceful and has lots of amazing places to visit. However one wishes to visit this beautiful island, the Gozo Channel Line would need to be used which is the only transportation between Malta and Gozo.

PLACES OF INTEREST IN GOZO:

Ta' Pinu

This is a Roman Catholic basilica only 700 metres away from Gharb, a village in Gozo. This church is dedicated to the Blessed Virgin of Ta' Pinu. It is in the open countryside which allows people to enjoy the beautiful views of this great national importance to Gozitans everywhere.

Cittadella

The Cittadella is an area that has been inhabited since the Bronze Age and now is converted into a castle which used to serve as a refuge for Gozitans. Its development started in the 15th century and a major reconstruction of the walls was done between 1599 and 1622. Many tourists are attracted to the Cittadella for its rich history and amazing panoramic views.

Azure Window

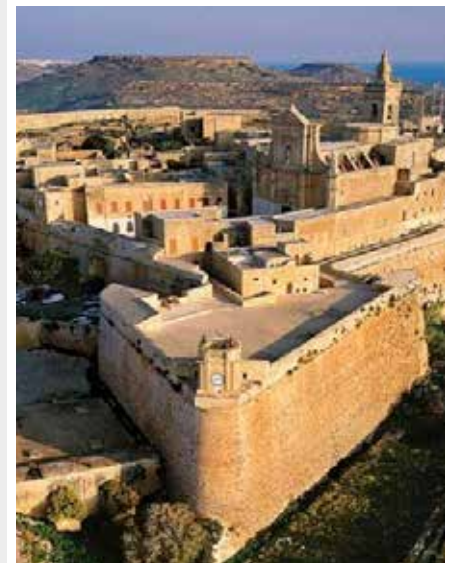
The Azure Window, also known as the Dwejra Window was a 28-metre-tall natural arch rock formation. It was one of the island's major tourist attractions until it recently collapsed in stormy weather on the 8th of March 2017. Here, a number of movies and media productions were filmed.

HOW GOZO HAS CHANGED DURING THE YEARS?

Gozo have always been improving over the years. More schools are opening up allowing children to get better education. The healthcare of both Malta and Gozo is free which is a luxury nowadays.

HOW CAN WE GO THERE?

As previously mentioned, the main way to get to Gozo at the moment is with the Gozo Channel Line. However, an underwater tunnel is currently being developed which will connect Malta and Gozo together allowing easier transportation. An efficient way of transportation in Gozo (and Malta) is the public bus known as "tal-linja". Besides cars and bicycles, people in Gozo love to walk. Considering the beautiful fields and small population, walking is the most common way of getting from one place to another.



Ghar Dalam

LOCATION: Ghar Dalam

HISTORY ON GHAR DALAM:

Ghar Dalam is a prehistoric cul-de-sac located in the outskirts of Birżebbuġa containing the bone remains of animals that were stranded and subsequently became extinct in Malta at the end of the Last Glacial Maximum.

It has lent its name to the Ghar Dalam phase in Maltese prehistory. Ghar Dalam's relevance as a prehistoric site was discovered in the latter half of the 19th Century with a series of excavations unearthing animal bones as well as human remains and artifacts. The Cave is a highly important site for its Palaeontology, archaeology and ecology. The history of the cave and that of the Islands can be decoded from Ghar Dalam's stratigraphy.

The lowermost layers, more than 500,000 years old, contained the fossil bones of dwarf elephants, hippopotami, micro-mammals and birds among other species. This layer is topped by a pebble layer, and on top of it there is the so-called 'deer' layer, dated to around 18,000 years ago. The top layer, or 'cultural layer', dates less than 10,000 years and holds evidence of the first humans on the Island. It was here that the earliest evidence of human settlement on Malta, some 7,400 years ago, was discovered.

HOW HAS GHAR DALAM CHANGED:

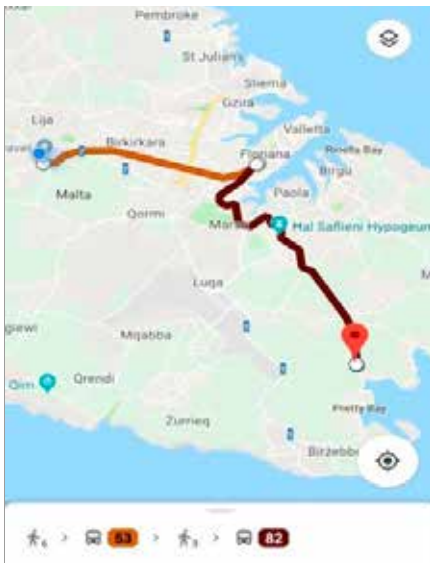
Today the caves support a unique ecosystem for a variety of animal species. Ghar Dalam hosts over forty different species of life form including a unique endemic creature, a tiny woodlouse known to science as *Armadillidium ghardalamensis*. It has no sense of sight and is highly sensitive to light. This is why the inner part of the cave is kept in complete darkness. The museum hosts a series of repetitive exhibits of semi-fossilized bones mounted on wooden boards displayed in Victorian style. The center of the room is decorated with mounted skeletons belonging to modern-day animals and is exhibited for comparative and educational purposes only. The museum of Ghar Dalam also bears information on life on earth, the effects of the Ice Age on Malta, the formation of the cave, and dwarfing and gigantism in animals.

REASONS TO VISIT:

1. Malta's Oldest prehistoric site.
2. Bones of Ice Age animals visible inside the cave.
3. One of a handful of Victorian style displays in Europe as well as a didactic display.
4. Remains and artefacts of the first human settlers in Malta.
5. Water-worn cave with numerous geological features.

HOW CAN WE GO THERE?

We can go to Ghar Dalam by public transport (talinija), car , bike and motorbike.



Blue Grotto

LOCATION: Blue Grotto

The Blue Grotto is located on the southern coast of Malta, west of Wied iz-Zurrieq facing the little deserted islet of Filfla. The site got its name from a British soldier who thought that since the area looks like the Grotta Azzurra in Capri, it deserves the same name, and in fact Blue Grotto is the equivalent for Grotta Azzurra in English.

The site is extremely popular, attracting some 100,000 tourists per year, also for diving purposes. The site also features in the film Troy (2004) starring Brad Pitt.

The location of this fascinating natural grotto combines with sunlight and the surrounding chain of caves to reflect the phosphorescent colours of the submerged flora and the deep dark shade of blue of the sea.

GETTING TO THE BLUE GROTTO:

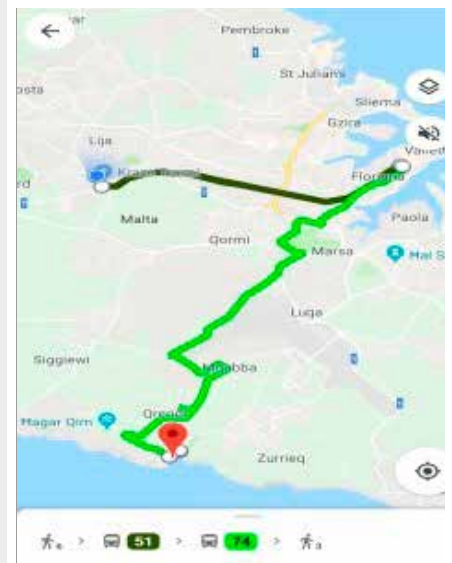
Some caves, including the Blue Grotto, which is the biggest cave in the area, can be reached by boat from Wied iz-Zurrieq, from where you can also enjoy superb views of Filfla and the surroundings. The 'frejgatini' boats depart daily between 09:00 and 16:30 weather permitting, (apart from Christmas and New Year) and cruise for about 25 minutes before reaching the caves. The water can be rough but the boatmen know the area well, so your safety is ensured.

THE BLUE GROTTO CAVES AND ARCH:

There is a massive arch (over 30m) and a system of six caves that were created by centuries of persistent action of the waves and the elements. The sky reflects the white sandy seabed, giving off a bright cobalt colour while the caves mirror the orange, purple and green off the minerals in the rocks. This particular spectacle of colours can be seen daily from sunrise until around one in the afternoon, and together with the white froth of the waves hitting the cliffs, the Blue Grotto presents exceptional photographic backgrounds.

WHEN TO VISIT BLUE GROTTO

A visit to the Blue Grotto is a must; however, the site can get extremely busy during summer. To enjoy the caves at their best, go early in the morning when the sun is lower in the sky and the sea is calmer. In case that the water's too rough, or you don't have enough time for a boat trip, there is a viewing platform on the road leading to site, where you can also enjoy this natural wonder.





C H A P T E R T H R E E

SPAIN



3.1 – The historical and natural heritage 3.1

One of the most important things in our countries is the historical and natural heritage. We can learn a lot of things about our past thanks to them. In our country, Spain, it isn't an exception. It's important to keep our culture alive, and it's a source of sustainable tourism because tourist help to keep our historical heritage.

Sagrada familia

This is Basílica de la Sagrada Família. It's located in Barcelona and was built by Antoni Gaudí. When he died, he only had finished a fourth part of the monument. It's a really important part of the Catalan historical heritage and a really attractive place that tourists must visit!

[Sagrada Família]



[Tarragona amphitheatre]



Tarragona amphitheatre

Built in the 2nd century A.D. on the shores of the Mediterranean Sea, the amphitheatre was used as a venue for numerous popular events, including gladiatorial games. It has the elliptical plan which is characteristic of this type of construction.

There are pits which were used for auxiliary services located beneath the arena where these spectacles took place. In the central part of the amphitheatre the remains of the plan of a Visigoth basilica are preserved (6th century) as well as those of a Romanesque-Gothic church from the 12th century.

Cabrera Archipelago

Also, there are a lot of places considered natural heritage in Spain. A very good example is Cabrera Archipelago Maritime-Terrestrial National Park. It's a restricted cruising destination. There are many rare species that you can't find anywhere else in the Balearic Islands.



[Cabrera Archipelago]

Congost de Montrebei

The last natural heritage from Spain we are going to talk about in this article is the Congost de Montrebei. It is located in Lleida and is considered one of the most stunning and not-known places in Catalonia.



[Congost de Montrebei]

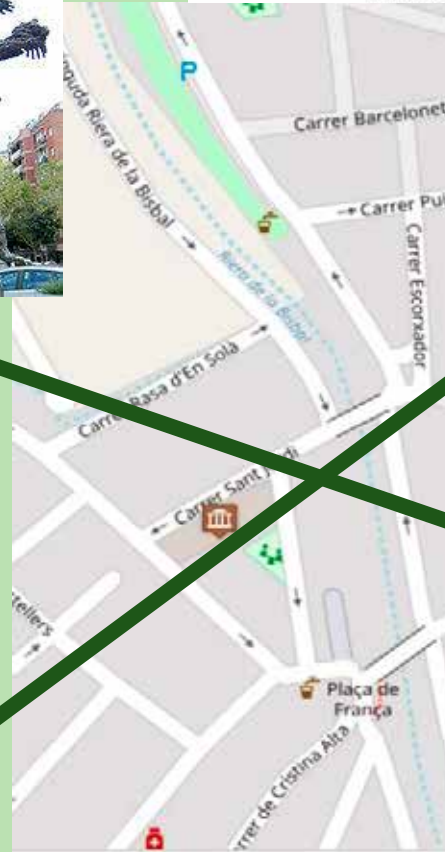


Erasmus+

EC



APEL·LES FENOSA MUSEUM



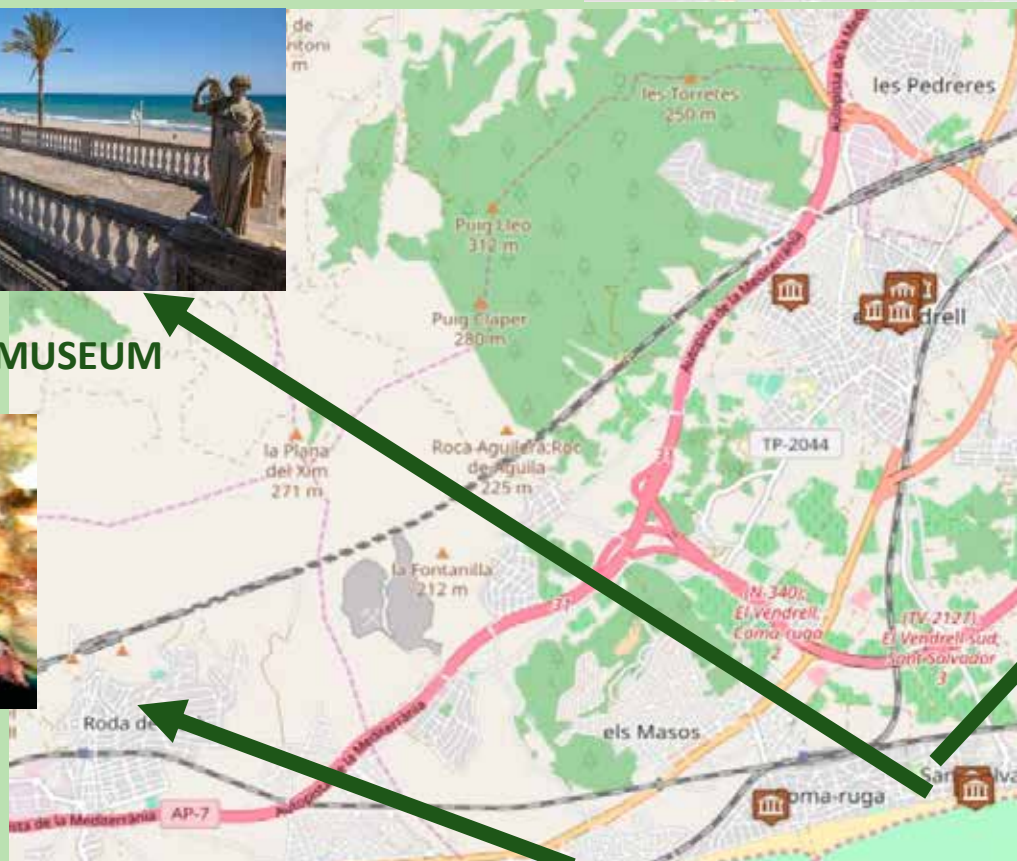
DEU MUSEUM



VIL·LA CASALS MUSEUM



MASIA BLANCA RESERVE



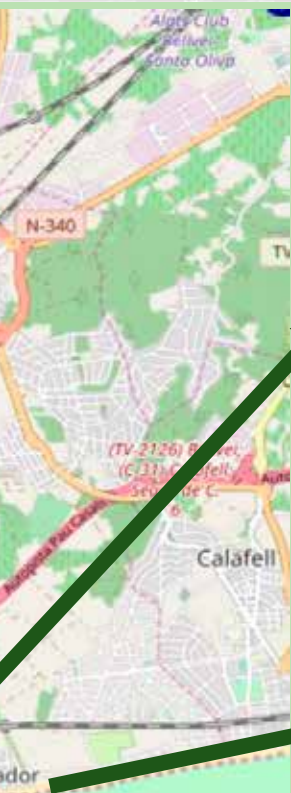
ECOTOURISM ITINERARY EL VENDRELL



PAU CASALS MUSEUM



ANGEL GUIMERÀ MUSEUM



PAU CASALS AUDITORIUM



LES MADRIGUERES NATURAL RESERVE

SPAIN



Usually the channel does not carry surface water and is only flooded by overflowing the water table in rainy seasons. On both sides it conserves stripes of tamarigal, as well as spots of reed and juncal.

3.2 – El Vendrell and its environmental heritage 3.2

The natural reserve of Les Madrigueres I

On the seafront, next to the neighborhood of Sant Salvador de El Vendrell, it is nice to find the protected natural area of Les Madrigueres, a wetland of about 30 hectares of high interest, both environmental and landscape, for its unique nature in a fully urbanized coastal environment.

This coastal area includes the old bed of the Arroyo de la Bisbal and the adjacent floodplains, from the railway line to the sea.

In general, the area still conserves traditional agrarian uses. Proof of all this is that it is one of the last places on the Catalan coast where you can see vineyards, peach trees, olive groves and carob trees right on the beach.

Originally the Arroyo de la Bisbal crossed this space until in the fifties and sixties was diverted further south and channeled.

Usually the channel does not carry surface water and is only flooded by overflowing the water table in rainy seasons. On both sides it conserves stripes of tamarigal, as well as spots of reed and juncal.

Also, near the beach there are secondary mobile dunes (white dunes) with *Ammophila arenaria* and fixed dunes.

The Kentish plover

The mouth of the Arroyo de la Bisbal, next to Las Madrigueras, is one of the spaces that serves as a refuge and as a place to nest the Black-backed Plover (*Charadrius alexandrinus*). This bird is a threatened species in Europe and considered vulnerable in Spain and Catalonia.

The last few years have been extinguished in part of its distribution area in northern Europe, and in Catalonia it is in clear regression as a result of the transformation of its main habitat, which are the beaches.

The conservation of the species mainly depends on the restoration of the damaged habitats, the limitation of the accesses during the breeding period and the control of the predators.

The City Council of El Vendrell is committed to making the management of this protected species compatible with the recreational and tourist uses of the beaches. For this reason, a few years ago some sectors of the beaches of Comarruga and Las Madrigueras have been delimited so that these birds can make nests.

The Most Spectacular Mountain Ranges in Spain 2

Stretching from the Atlantic to the Mediterranean, the landscape of Spain is wonderfully varied. If you're a fan of mountain life, whether it's for winter sports or adventure hikes, there are some truly impressive mountain ranges to be explored in Spain. Here are some of the best ones you really should visit.

Sierra Nevada

One of the most famous mountain ranges in Spain, the Sierra Nevada or 'Snowy Mountain' is located in the southern province of Andalusia. Boasting the highest point in continental Spain (3,478 metres above sea level), in winter the Sierra Nevada is a popular skiing destination within close reach of some of Spain's most beautiful cities such as Granada and Seville.

Serra de Tramuntana

Located on the Balearic Island of Menorca, the Serra de Tramuntana was awarded UNESCO World Heritage status in 2011 for its great physical and cultural significance. In particular, the way local inhabitants have worked with the mountains to develop sustainable agriculture that thrives in an otherwise challenging environment is truly remarkable.

Pyrenees

Another of Spain's most famous mountain ranges, the Pyrenees form a natural border with neighbouring country France, and stretch from Catalonia on the Mediterranean coast to the Basque Country on the Atlantic coast. These mountains are popular all year round, with winter sports being followed by hiking, mountain biking and even mushroom hunting the rest of the year.

[Sierra Nevada]



Sierra de Grazalema

A natural park named a UNESCO Biosphere Reserve in 1977, the Sierra de Grazalema is best known for its limestone landscape with many cliffs, gullies, caves and gorges popular with adventure sports fans. The mountain range is also home to many pueblos blancos or 'white villages', groups of whitewashed houses dotted across the area which only add to the scenic quality of the Sierra de Grazalema.

Literally meaning 'serrated mountain' in Catalan and when you see

Montserrat

Montserrat it's easy to understand how it got its name. Its unusual shape was formed millennia ago when the land was covered by water and today its ragged edges and curved rock formations attract thousands of visitors each year.

Don't be fooled: the Sierra Blanca or 'White Mountain' is not so called

Sierra Blanca

because it's covered with a blanket of snow. Quite the contrary, it's the absence of vegetation – resulting in the barren aspect of its limestone mountains – which gave it its name. Located in Andalusia near the Costa del Sol, it stands out against the palm trees and orange trees so typical of the south.

The Picos de Europa or 'Peaks of Europe' are believed to have got their name

Picos de Europa

as they were one of the first things sailors would see when arriving to Europe from across the Atlantic. Mostly formed of limestone, the mountains were carved out by glacial systems and are particularly popular with rock climbers.

Part of the Central System, a group of mountain ranges spanning from

Sistema de Gredos

Madrid to Toledo and Extremadura, the Sierra de Gredos is dominated by the Pico Almanzo, its highest point being some 2,592 metres above sea level. The mountain range contains a natural park home to a wide range of flora and fauna including the Spanish ibex, golden eagle and griffon vulture.

Although not particularly large, the Serra de Barbanza is remarkable for its

Serra de Barbanza

position along the Atlantic coastline, nestled between two rias – a river submerged under sea water – the ría de Muros y Noya and the ría de Arosa. The mountain range is home to a great number of wild horses which can be seen galloping along its green lower slopes.

Located near Toledo in the southeastern province of Extremadura, the Sierra

Sierra de Villuercas

de Villuercas – also known as the Sierra de Guadalupe – is an important historic and cultural location. The site of an important battle during the Spanish Civil War, today it is best known for the quality of the cured meats that are made in the area.

The Sierra Madrona is part of the system of mountain ranges known as the

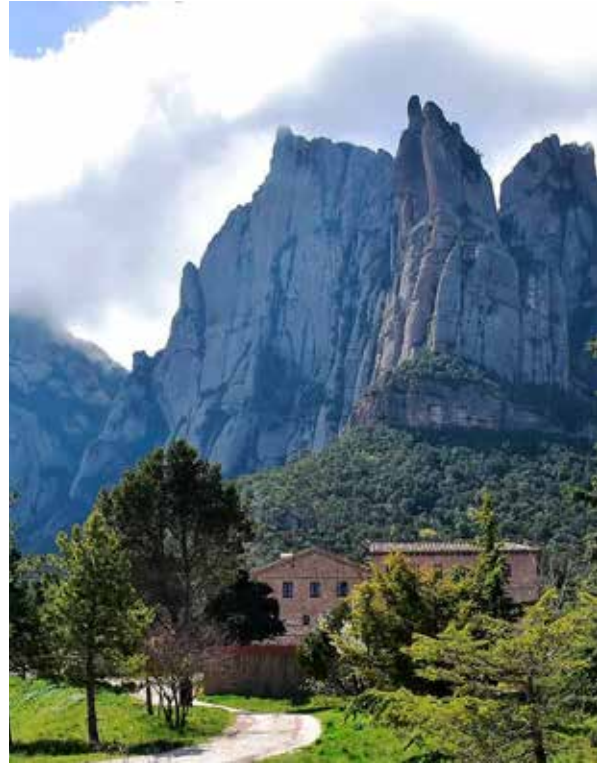
The Sierra Madrona

Sierra Morena – is famous in Spanish culture for having been home to bandits and thieves in the past. The Sierra Madrona is widely covered by shrub-land home to the plant which gave it its name, the madroño or 'strawberry tree'.

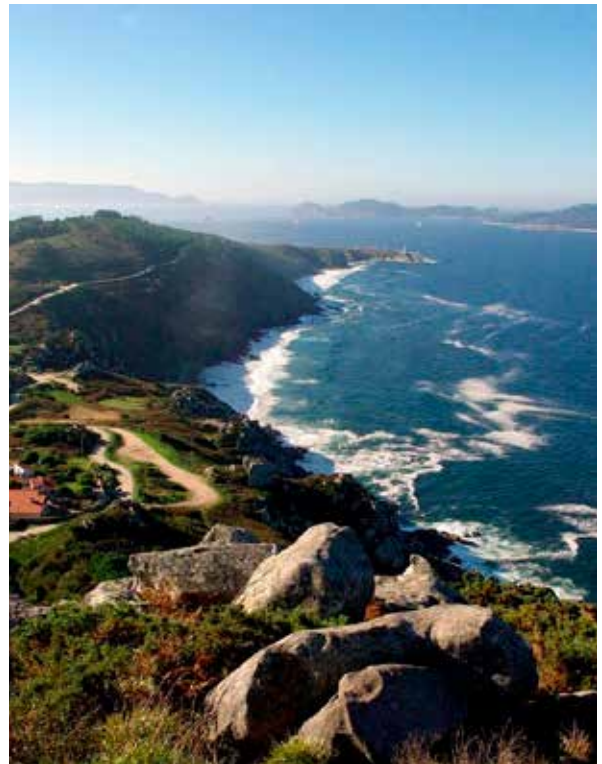
[Sierra Nevada]



[Montserrat]



[Picos de Europa]



[Sierra de Villuercas]

3.3 -Interview script: marc robert jané member of given 7, february: trip to les madrigueres #3.3

One of the most neglected areas on the coastal region of Baix Penedès is the natural reserve called “Les Madrigueres”.

For many years, the ecologist group GEVEN (Grup Ecologista del Vendrell) claims the recovery of this zone with the aim of turning it into a little environmental treasure.

Today we are talking to Marc Robert, one of the members of this ecologist group, who will help us to understand which are the current conditions of this natural area and why it is so important to preserve it.

Good morning Marc,

First of all, thank you so much for being with us. **(Marta Ramon)**

1. Could you tell us when and how the recovery project of Les Madrigueres was born? **(Ana Fernández)**

2. At what stage is the recovery project right now? **(Alejandro Córcoles)**

3. What protected animal and plant species can we find over there? **(Blanca Muñoz)**

4. The mountain range of El Vendrell, which belongs to “Massís de Bonastre”, and the marine reserve of Masia Blanca are part of Natura 2000, the ecological network of protected areas, set up to ensure the survival of Europe's most valuable species and habitats. If we think about these outstanding natural areas of our region, in which conditions are they in this moment? **(Emilio Monte)**

5. What is the ecological value of these natural spaces? **(Marina Rizo)**

6. What are their historical and cultural values in the life of the community? **(Aya Lagriba)**

7. Could we say that protecting these areas and divulging their biological wealth a door opens up to responsible and environmentally friendly tourism? **(Paula Robert)**

8. How can our society contribute towards preserving the natural and cultural heritage? **(Àlex Bargalló)**

Thank you for your valuable help and your cooperation. **(Marta Ramon)**

3.4 – Protected natural area “les madrigueres”

endangered species #3.4



[Kentish Plover]

Kentish Plover

The Kentish plover is a small cosmopolitan [shorebird](#) (40-44 g) of the family [Charadriidae](#) that breeds on the shores of saline lakes, lagoons, and coasts, populating sand dunes, marshes, semi-arid desert, and tundra. Its scientific name is **Charadrius alexandrinus**. **Les Madrigueres** is a key place for the conservation of this endangered species which has on the beaches of Baix Penedès the third largest population in Catalonia.



[Black Winged Stilt]

Black Winged Stilt

Its scientific name is **Himantopus himantopus**. They have extremely long legs, hence the group name and thin bills. Stilts typically feed on aquatic insects and other small creatures. They live in wetlands. They nests in **Les Madrigueres** since 2016, before then there was no evidence of its reproduction in Baix Penedès.



[Tamarisk or Salt Cedar]

Tamarisk Or Salt Cedar

Its scientific name is **Tamarix sp.** They are large shrubs or small evergreen trees that reach 6 to 8 meters high. The leaves are alternately disposed, flake-shaped, lanceolate grey-blue. It blooms from April to June. The flowers are white or pink in compact cylindrical spikes of 4 to 5 cm. They are species adapted to live by the sea, since they tolerate salinity well. The generic name originated in Latin and may refer to the Tamaris River in Hispania Tarraconensis. In **Les Madrigueres** we can find two species African Tamarix and Canariensis Tamarix and they are the biggest in all this zone called Baix penedès.

Sea Thistle

This plant grows to a height of 20 to 60 cm. Its scientific name is **Eryngium maritimum**. It's a dune plant. They are usually on the European coastlines. Its flowers are burr-shaped and its colour is metallic blue or mauve. We can see them on **Les Madrigueres** dunes.



[Sea Thistle]

Bermuda Grass

Its scientific name is **Cynodon dactylon**. It grows on the dunes above the beach. By anchoring shifting sand and cutting coastal winds, it creates a place where other plants can grow more easily. It is not an endangered species but we highlight it because that is all these beaches were before the tourism boom.

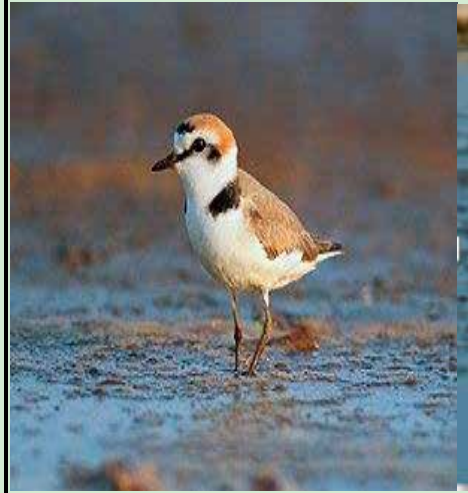


[Bermuda Grass]



Sant Salvador Beach

ENDANGER



Kentish plover



Tamarisk or Salt Cedar



Bermuda grass

ED SPECIES



Black winged stilt



Sea Thistle



Learn more...



ECOTOURISM ITINERARY

Cultural and environmental heritage in El Vendrell, SPAIN



NATUR

Protected Ar

Natura 2000 is a network covering Europe's threatened species and coordinated network of world, extending across both on land and at sea

“MASSÍS DE



PAU CASALS HOUSE

AUDITORIUM AND MUSEUM



MUSEUMS



ANGEL GUIMERÀ MUSEUM

APEL·LES FENOSA MUSEUM



MARINE RESERVE



A 2000

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ork of protected areas
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BONASTRE”



MASIA BLANCA



LES MADRIGUERES

Natural Area of 25 ha between the rail train and the beach. It is the last place in the zone without buildings next to the beach. This wetland is a bird passage zone and in it grows protected plants and some birds in danger.



THE NETHERLANDS







Kinderdijk

The picturesque village of Kinderdijk with its 19 traditional Wind Mills dating back to the seventeenth century is a Unesco Heritage Site. In the Blockweer Museum, located in the oldest Mill in Kinderdijk, you can learn about the life in these Mills

4.1 – Rotterdam #4.1

Rotterdam is located in the southern Netherlands and is the second largest city in the country after the capital Amsterdam with a population of approximately 630,000. Rotterdam has been a major city for many hundreds of years and has always served as a large port as it lies on the Rhine-Meuse-Scheldt river delta.

Since the 1300's the port of Rotterdam has developed and served as a major port of the Dutch East India Company. During WWII Rotterdam saw extensive bombing and its centre was almost completely destroyed, however after this the city was slowly rebuilt and once again stands as a modern port.

Aside from its fascinating port, Rotterdam also features some fantastic views you can't miss.

Walking tour: the old town

Discover the different facets of Rotterdam with a walking tour that ends with a relaxing cruise. admire the city's modern architecture as well as the buildings that survived WWII. Wander around Museumpark, the Rotterdam Centrum and the Old Harbor dating back to the 14th century. Make sure to visit Piet Blom's Cubic Houses before kicking back on a boat cruise along Rotterdam Harbor. Witness the two sides of Rotterdam, before and after WWII See the Cubic Houses, the old town hall and St Lauren's Church, known as the Great Church of Rotterdam The Church of Saint Laurence is the only remaining piece of medieval architecture that survives in Rotterdam. Explore Museumpark, home to the Kunsthal museum and Museum Boijmans Van Beuningen Enjoy a relaxing 75-minute Rotterdam Harbor cruise after your walking tour.

Don't forget Markthal, Rotterdam market, which will allow you to enjoy the real dutch everyday atmosphere with a colorful display of typical products including the famous dutch cheese.

Other big attractions are Euromast Tower, an observation station that was created in 1960 to provide panoramic views of the Rotterdam Cityscape and Erasmus Bridge which spans the Nieuwe Maas distributary of the Rhine and runs from the confluence of the Noord and Lek rivers. In the centre of the bridge there is a bascule section that opens to allow larger ships passage through the waters. This feat of modern engineering creates an impressive backdrop to the port of Rotterdam and is a fine construction to admire and walk across.

4.2 - Gorinchem and the Dutch Water Line #4.2

The fortifications in Gorinchem, with its bastions, ravelins, and flood defences and together with Woudrichem and Loevestein form a fortress triangle and are part of the Dutch Water Line.

The Dutch Water Line was a series of water-based defences conceived by Maurice of Nassau in the early 17th century, and realised by his half brother Frederick Henry. Combined with natural bodies of water, the Water Line could be used to transform Holland almost into an island. In the 19th century, the Line was extended to include Utrecht.

In 1629, Prince Frederick Henry started the execution of the plan. Sluices were constructed in dikes and forts and fortified towns were created at strategic points along the line with guns covering especially the dikes that traversed the water line. The water level in the flooded areas was carefully maintained at a level deep enough to make an advance on foot precarious and shallow enough to rule out effective use of boats (other than the flat bottomed gun barges used by the Dutch defenders).

By the 16th century, the city walls of Gorinchem were so deteriorated that they were replaced with new fortifications and eleven bastions that still are almost completely intact. The new walls were completed in 1609 and were located further from the town centre, making the city twice as large. In 1673, Gorinchem became part of the old Dutch Water Line.

The city walls had four city gates: the Arkel Gate in the north, the Dalem Gate (1597) in the east, the Water Gate in the south (where the ferry to Woudrichem was), and the Kansel Gate in the west. Of these four gates, only the Dalem Gate remains. The others were removed in the 19th century to make way for vehicular traffic. A portion of the Water Gate was preserved in the gardens of the Rijksmuseum in Amsterdam. The Dalem Gate is now in use as a private residence.

Close to the Dalem Gate there are also two bunker warehouses which were used to store gunpowder. The Kruitmagazijnen (1880) in the Dalem wall. They protected the gunpowder stocks from bombardments.

After a thorough restoration in the beginning of the year 2000, the kruitmagazijnen are rented out to the Symposium foundation. They are used as a workshop by different artists and on a regular bases they are opened to the public.

[Dalem Gate]



[Kruitmagazijn]



4.3 – Gorinchems Museum #4.3

Het Gorinchems Museum is a versatile museum. It tells the history of the city, has a collection of Gorcum paintings from the Golden Age, and shows Gorcumse art today. There are always temporary exhibitions about art, design and history. A visit to the museum is always different! You can find the museum on the Grote Markt in Gorinchem, in the former town hall.

On the ground floor there is a souvenir shop and a desk for information and buying entrance. On the first floor you will discover the history of the city. Het Gorinchems Museum has an overview from the Middle Ages until now. With the Martyrs, the fight against the water fortifications and portraits of known and unknown Gorcumers. On the second floor the exhibition changes. The inimitable mayor Van Rappard museum of admission has been established since 1995 on the Grote Markt, in the old town hall of Gorinchem. Also provides het Gorinchems museum various forms of education, for schools and for adults. It has been developed on the basis of experiences and developments from the field and the museum has various programs for education, from kindergarten to exam class. The opening times of the museum are on:

Thursday till Saturday :10am until 5pm

Sunday:13am until 5 pm (from april until september it is from 11 am until 5pm)

5 december until 4pm first christmas day and new years day it is closed

Second christmas day it is from 1 am

There is also a restaurant beside the museum it is called 't oude stadthuys and i find their food good

Their openingtimes are from monday until Sunday from 10:00 am

There is also a tourist office in the building

You can get information about Gorinchem and surroundings there also you can buy souvenirs there about Gorinchem.

The opening times are on Monday from 12 am until 5pm,

From thursday until fryday from 10am until 5 pm and on Saturday from 10am until 4pm



[Gorinchems Museum]



4.4 - Hoofdwacht Gorinchem past and present



The building on the big Market was built in 1793. Twenty years later, the French - 3500 men strong - entrenched themselves in the Gorcum fortress. For three months the city was besieged by the Prussians. The Cossacks and the French finally surrender.

But De Hoofdwacht remains a military building. Only after the Second World War did it lose that function.

And the hoofdwacht is now a restaurant, where you can eat delicious food.

Gorcums restaurant Hoofdwacht is undergoing through a metamorphosi

The renovation for the metamorphosis took three weeks.

In the interior can be found typical Gorcum elements.

You have to feel like you are entering a French café.

[Hoofdwacht Gorinchem]



[Hoofdwacht Gorinchem] Now



[Hoofdwacht Gorinchem] Interior

4.5 - The Casemate #4.5

A casemate is an area covered against enemy fire and provided with loopholes for the erection of a firearm, initially part of a fortress. The word casemate comes from the Italian casamatta and / or Spanish casamata, an indication of a fortress with loopholes. the word is also used for 'crack' or 'gap'. Originally, a casemate was a military building that was in use as a defense. Later, all covered spaces were called casemates. The space may consist of beams, or masonry under a wall. A casemate can also be a freestanding bombproof stone or concrete building. Casemates are used for defense as well as for the storage of supplies of ammunition and food. In wartime they were used as residence for soldiers.



[Hoofdwacht Gorinchem] Now



[Hoofdwacht Gorinchem] Interior

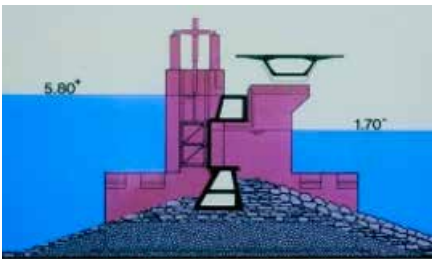
4.6 – Maaslanderkering #4.7



The Maeslantkering is a storm surge barrier on the imaginary dividing line between the Nieuwe Waterweg waterway located at Hoek van Holland and the river the Scheur located along the cities of Maassluis and Vlaardinggen up to the confluence of the rivers Oude Maas and Nieuwe Mass which automatically closes when needed.. It is part of the Delta Works and it is one of largest moving structures on Earth.



At the Visitors' Centre you can watch a video about the history of Holland and its relationship with water, from the past up to nowadays. Then you are guided to visit the centre and see the huge structure. Inside there is a section where you can learn more by playing virtual games which are part of the didactic tour for schools and families included in the entrance ticket to the Centre.



4.8 - Slot Loevestein #4.8

Slot Loevestein is a castle and fort, in the province Gelderland. It is built around 1361 commissioned by Knight Dirc Loef van Horne. He used it to live there. Later after 80 years of war it became state property. After de Belgium Revolution it served as a state prison where Hugo de Groot, a he was a philosopher, a lawyer, politician and playwright, was held. But two years later he escaped by using a bookcase.

Hugo de Groot was born 1583 in Delft. At the age of eleven he was admitted at the university of leading to study law. Five years later he obtains his doctorate. Hugo is considered one of the first founders of international law and he created his most famous work as Mare Liberum, about maritime law and Luri Belli ac Pacis, laws about war and peace.

Now you can experience the castle and walk trough the nature around it, which is typical Dutch. There is an escape room inside the castle. There is also a bed and breakfast. You can visit the museum and museum shop. And last but not least there is an interactive exhibition about the military.

[Hugo De Groot]

he was a philosopher, a lawyer, politician and playwright



[Slot Loevestein]





C H A P T E R F I V E

ROMANIA



In Romania you can



The Danube Delta



The Bears Cave



The Bran Castle



Ukraine

Hungary

Yugoslavia

Bulgaria

Romania, a visit

ne



Ceahlău Massif

garia

The Black Sea





5.1 - The tourism in Romania- #5.1

Romania has a lot of beautiful places that deserve to be seen.

A good example is the Bigar Waterfall. This is the most unusual and unique waterfall around the world and it's located in Caras-Severin, on the upper Anina River.

In Romania exist some beaches too. In the summer time a lot of people come and have fun there. The most liked location is Mamaia because the vibe it has: there are a lot of clubs, restaurants, aqua clubs and there it's music all around.

(previous page)
[Bigar Waterfall]

[some beaches]



The castles

Romania has a lot of cultural places where you can discover secrets of the old times. More of these cultural places are represented by the castles. One of the famous castles from Romania is the Peles Castle due to its history.



[The Peles Castle]



[The Bran Castle/The Dracula Castle]

The pollution in Romania

How you can see, the most areas are polluted. Bucharest is one of the most polluted capitals of Europe. Yearly, 28,000 people die due to the diseases caused by the polluted air. This is so sad, but it's the truth.

The rivers are polluted too. 28% of the rivers from Romania are under the limits of Europe when we talk about the quality of the water. The rivers and the springs from the mountain areas are the cleanest from Romania. The Dambovitza River is crossing Bucharest and this is the most polluted river from the entire country.

[Bucharest]





5.2 - THE BEAUTY OF THE TRANSFAGARASAN ROUTE #5.2

The Transfăgărășan Road is considered to be the most beautiful and spectacular road in Romania and even in Europe.

The wonderful panoramas of the Fagaras mountains and countless tourist attractions make it a dream show.

The route is 151 kilometers and it goes up to the maximum altitude of 2042 meters at Bălea Lac. In winter, from Balea Cascada you can reach Balea Lake by cable car.

Curtea de Arges

The only city on the Transfăgărășan route is Curtea de Argeș, where you can visit the monastery of the same name, built at the command of the prince Neagoe Basarab. Numerous legends are related to this place, among which the most famous is the legend of Manole and his wife Ana. Here are also the graves of the members of the royal family of Romania.

The Poenari Fortress

The Poenari Fortress is a 14th-century historical monument, situated on a mountain peak that dominates the Keys of Arges. The Poenari fortress has five defensive towers and fortress walls are 2-3 meters thick. To get to the fortress ruins you must climb 1480 steps. Once you get up the pictures you can see will fascinate you.

Stan Valley

It is considered to be the most beautiful canyon in Romania.

Stan Valley is a route set up with stairs and cables, a real challenge for the brave one. The route takes about 4 hours and is done in the circuit, both the entrance and the exit being on the Transfagarasan road.

This route traverses a lot of beautiful places with waterfalls, tall cliffs and rich vegetation.

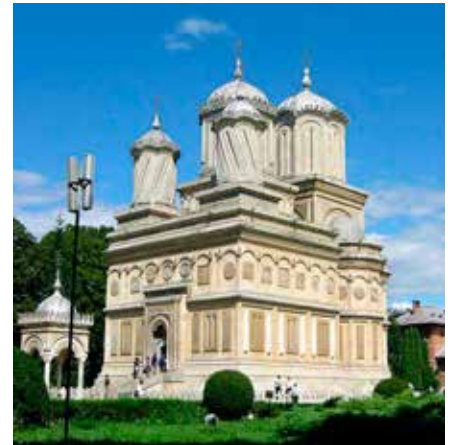
The Vidraru Barrage

One of the most famous tourist attractions on Transfagarasan, the Vidraru Barrage and the reservoir lake is a special place where you can admire the natural beauties and the imposing constructions made by people.

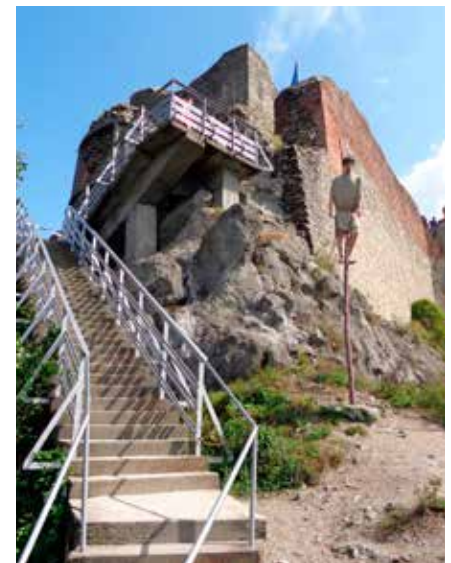
The Vidraru Dam was built in 1965 and at that time was ranked eight in the top of the highest in Europe. It has a height of over 160 meters, and the Transfagarasan road passes through a tunnel by the dam.

(pagina precedente)
Transfăgărășan Road .

[Curtea de Arges]



[The Poenari Fortress]



[The Vidraru Barrage]





Iezer Falls

[Iezer Falls] (left)

This waterfall is also known as the Iezer Falls.

It is located on the southern side of Fagaras mountain at 1960 meters altitude. The water falls from a height of over 40 meters, being supplied by the glacial lake of the same name. It does not freeze except in very cold winters.

In order to admire it in all its splendor, you must climb the bridge set right in front of the waterfall.

[Bâlea Lac] (right)

Bâlea Lac

The most visited place on the Transfăgărășan is Bâlea Lac. Because it is the highest point on the route, here you can find snow even in August.

The lake has a depth of more than 11 meters and the area around it has been declared a scientific reserve.

Here you can find many chalets and during the winter, an ice hotel with a bar and even a church is built near the lake, all built with huge blocks of ice taken out of the lake.

Cascada Baleas

The Balea waterfall is situated between the peaks Moldoveanu and Negoiu and falls from a height of over 60 meters.

To reach this spectacular waterfall you must follow a route that takes about 50 minutes.

[Cascada Balea]



5.3 – The city of Bacău #5.3

The coat

The coat of Bacău has Mother Precista in the lower part, the city's protector, and in the upper part are the deer and firs, the first heraldic symbols of Bacău.

At the bottom the color selected is red. The red color is specific to Moldovian stems and the blue, which is found in the upper area, is the color immediately following its significance according to the color code and the heraldic rules.

The two areas are separated by a girdle representing the constructive vocation of Bacău, it's aspirations for the future.

The seven towers in the upper part symbolize the fact that Bacău is the county seat of the city



Bacău's map

Bacău, the county seat of the same name, is located in the north-east of the country, in the central-western part of Moldova, just 9.6 km upstream of the confluence of Siret-Bistrita.

The town occupies an area of 4186.23 ha.

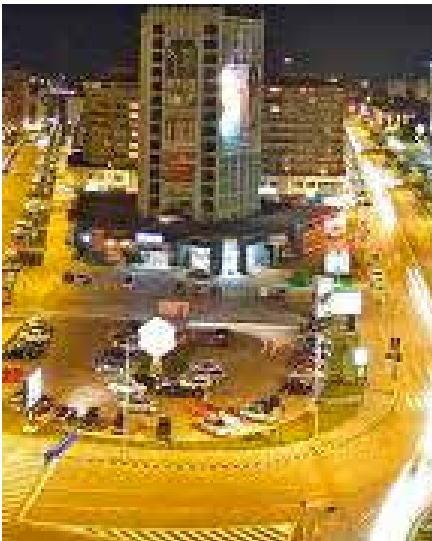




The prefecture of Bacău city

Located in the Moldavia area, Bacau County is bordered by the Neamt, Vaslui, Vrancea, Covasna and Harghita counties. The western side of the county includes a part of the Eastern Carpathians.

I.P. Radianu in the "Agricultural and Economic Study" in 1889, he talked about Bacau as a "fair located in an island of the Bistrita River, famous for its abundance of apples and other fruits", in the summer with a lot of collapse and in the winter with a lot of blooms. The houses of the owners were surrounded by courtyards and gardens where blooms, ornamental trees and fruitful trees flourished. In 1889 king Carol I and Prince Ferdinand stayed seven days in Bacau, and later also the lady Maria, from where the village of Bacău was named after the princess. The Cremenea hut was bordered in the northeast by Bistrita Park (24 hectares), founded by Mihai Văgănescu in 1930.



Industrial Chemical Industry Bacau

The climate of the city is temperate and continental, with cold winters, dry and hot summers, the result of the action of a complex of natural factors (general air circulation, solar radiation, relief) and anthropic ones. The city itself has an essential role in creating its own topoclimate - a series of factors that are constantly manifested (construction materials, rough profile, green spaces), respectively by means of secondary factors (artificial heating, atmospheric pollution). Their joint action causes disturbances of the biogeochemical circuit at the system level, the direct consequence being urban discomfort.

The average annual temperature is 9 ° C, fluctuating between -4 ° C in January and 20.6 ° C in June, with a slight change in the heat regime in recent years due to storage lakes, global warming and atmospheric pollution.



[Kentish Plover]

Lake Bacau II

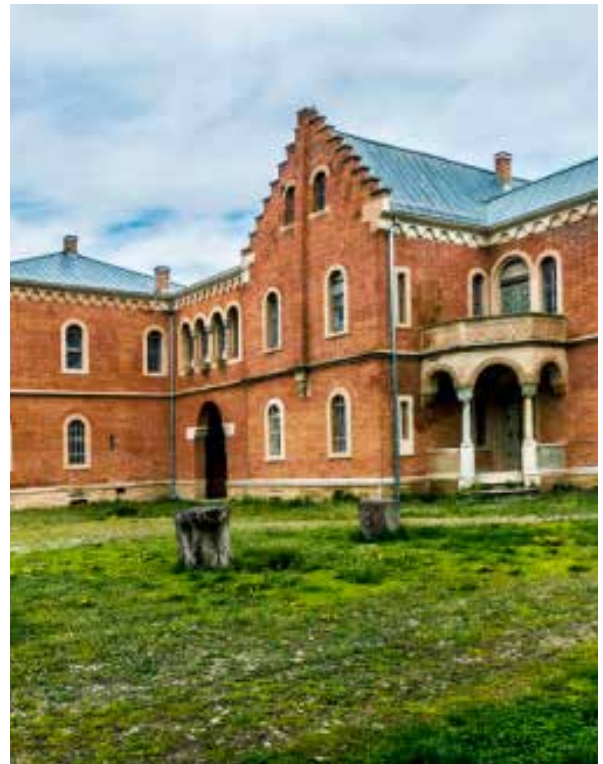
Bacău I and II lakes are protected areas, near the Bacău county residence. Lake Bacău II is perfect for those passionate about ornithology and birdwatching. Here you can study and admire several hundred species of birds, including extremely rare birds on Europe, such as code white eagle. Indeed, there are many bird species that are listed as endangered. Tourists can enjoy activities such as sport fishing, cycling, canoeing, equestrian tourism or swimming.

The Red Castle from Hemeius

How many times have you seen the movie "Wonderful Grove"? Well, the dendrological park that surrounds the Red Castle is Lizuca and Patrocle's grove. The park is the second largest in Romania and shelters tree species such as the sequoia tree, originating in the Sierra Nevada Mountains in the USA. The park was set up in 1880 by a German landscape artist. Red Castle gets its name from the red brick from which it's built. Unfortunately, although he is on the list of historical monuments in the country, he is in a very precarious state. For this reason, it is not open for visits. The castle building has been decommissioned for nearly 20 years



[Lake Bacău II]



[The Red Castle]

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