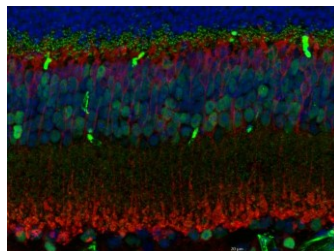




IN CNR Annual Retreat 2017

*Hotel Flamingo Resort,
S. Margherita di Pula (CA)
28-30 settembre 2017*



Come arrivare

Hotel Flamingo Resort

SS 195, Km 33,800

09010 Santa Margherita di Pula (Cagliari), Sardegna, Italia

Tel: +39 070 9208361

Fax: +39 070 9208359

E-mail: info@hotelflamingo.it

<http://www.hotelflamingo.it/>

L'Hotel Flamingo Resort si trova a S. Margherita di Pula a circa 40 km da Cagliari e 43 km dall'aeroporto di Cagliari-Elmas. L'hotel si trova esattamente al km 33,800 della Strada Statale (SS) 195 Sulcitana.

Transfer organizzati da/per l'aeroporto

Il giorno 28 settembre saranno disponibili all'aeroporto di Cagliari-Elmas alcuni autobus noleggiati dall'IN che, in orari ancora da stabilire, porteranno direttamente all'Hotel Flamingo.

Il giorno 30 settembre ci saranno degli autobus a noleggio che dall'Hotel Flamingo porteranno all'aeroporto di Cagliari-Elmas.

Direzioni per arrivare con i mezzi di trasporto pubblici all'Hotel Flamingo Resort dall'aeroporto di Cagliari-Elmas

Treno-autobus. Dalla nuova stazione 'Elmas Aeroporto' è possibile raggiungere la stazione ferroviaria nel centro del capoluogo (piazza Matteotti) in circa 6 minuti con un biglietto del costo di 1,30 euro (sola andata) acquistabile presso le emettitrici automatiche di Ferrovie dello Stato

(nella hall Arrivi del terminal aeroportuale e in stazione), tutte le biglietterie e i punti vendita autorizzati, oltre che sul sito internet di Trenitalia (<http://www.trenitalia.com/>; Trenitalia call centre 89 20 21). La frequenza media dei collegamenti è di circa 1 treno ogni 20 minuti da poco dopo le 5 del mattino a poco dopo le 21.

Accanto alla stazione ferroviaria di Cagliari in piazza Matteotti si trova quella dell'ARST, dalla quale si può prendere l'autobus N°129 con direzione Sant'Anna Arresi che in 50 minuti porta a Santa Margherita di Pula ad 1 km dall'Hotel Flamingo Resort. Costo del biglietto di corsa semplice 3,70 euro (i biglietti sono acquistabili anche on line dal sito: <https://pos.dropticket.it/arst/scelta-tdv>). In allegato gli orari dell'autobus n. 129.

Direzioni per arrivare in auto all' Hotel Flamingo Resort dall'Aeroporto di Elmas - Cagliari

Prendere l'uscita dell'aeroporto (via dei Trasvolatori) procedendo in direzione Cagliari e imboccando lo svincolo per la SS130. Una volta immessi nella strada a 4 corsie proseguire per circa 4,6 km. Mantenendo la sinistra, al bivio seguire le indicazioni per la SS195/Pula ed entrare nella SS195. Percorrere circa 35,9 km mantenendo sempre la strada SS195, attraversando circa 8 rotonde. Superare la cittadina di Pula senza entrare nel paese e svoltare a sinistra al km 33,800. Troverete l'ingresso dell'hotel dopo circa 1 km, direttamente sul mare.



129 SANT'ANNA ARRESI-TEULADA-PULA-CAGLIARI

km	1 FER	3 FER	5 GIOR	7 FER	9 PENT	11 FER	13 FER	15 FES9	17 FER	19 FER	21 GIOR	23 FER	25 STA2
S.ANNA ARRESI	---	---	05:45	06:10	06:30	07:15	---	---	---	---	09:20	---	---
6,0 SA PORTEDDA	---	---	05:52	---	---	07:22	---	---	---	---	09:27	---	---
14,0 TEULADA	---	---	06:00	06:25	06:45	07:30	---	---	---	---	09:35	---	---
22,0 NURAXEMESU	---	---	06:15	---	---	07:45	---	---	---	---	09:50	---	---
28,0 DOMUSDEMARIA	---	---	06:25	06:45	07:05	07:55	---	---	09:00	---	10:00	---	---
33,0 BIVIO CHIA	---	---	06:30	---	---	08:00	---	---	09:05	---	10:05	---	---
37,0 CHIA (BAIA)	---	---	06:35	---	---	08:05	---	---	09:10	%	10:10	---	12:00 %
41,0 BIVIO CHIA	---	---	06:40	---	---	08:10	---	---	09:15	---	10:15	---	12:05
43,0 CAPO BLU	---	---	06:42	---	---	08:12	---	---	09:17	---	10:17	---	12:07
45,0 FORTE VILLAGE	---	---	06:45	---	---	08:15	---	---	09:20	---	10:20	---	12:10
50,0 S.MARGHERITA	---	---	06:50	---	---	08:20	---	---	09:25	---	10:25	---	12:15
55,0 PULA	05:30	06:20	07:00	---	07:30	08:30	08:55	09:15 *	09:35	10:10	10:35	11:25	12:25
59,0 VILLA S.PIETRO	05:37	06:27	07:07	---	---	08:37	09:02	09:22	09:42	10:17	10:42	11:32	12:32
63,0 SARROCH	05:45	06:35	07:15	07:15	---	08:45	09:10	09:30	09:50	10:25	10:50	11:40	12:40
65,0 BIVIO RAFFINERIA SARAS	05:48	06:38	07:18	07:18	---	08:48	09:13	09:33	09:53	10:28	10:53	11:43	12:43
69,0 VILLA D'ORRI	05:56	06:46	07:26	07:26	---	08:56	09:21	09:41	10:01	10:36	11:01	11:51	12:51
72,0 SU LOI (FRUTTI D'ORO)	06:00	06:50	07:30	07:30	---	09:00	09:25	09:45	10:05	10:40	11:05	11:55	12:55
73,0 BIVIO CAPOTERRA	06:02	06:52	07:32	07:32	---	09:02	09:27	09:47	10:07	10:42	11:07	11:57	12:57
88,0 CAGLIARI (STAZ.ARST)	06:20	07:10	07:50	07:50	---	09:20	09:45	10:05	10:25	11:00	11:25	12:15	13:15 *
Km. per corsa	33,0	33,0	88,0	80,0	47,0	88,0	33,0	33,0	60,0	33,0	88,0	33,0	51,0

% = Coinc. con corsa stesso Q prov.da Teulada-Tuerredda

@ = (STA3) CORSA FESTIVA DAL 16/6 AL 15/9

* = (FES9) CORSA FESTIVA DAL 16/9 AL 15/6

* = (STA2) CORSA GIORNALIERA DAL 16/6 AL 15/9



129 SANT'ANNA ARRESI-TEULADA-PULA-CAGLIARI

km	27 FER	29 FER	31 SCOL	33 SCOL	35 GIOR	37 FEST	39 FER	41 GIOR	43 STA3	45 FER9	47 STA2	49 GIOR
S.ANNA ARRESI	11:40	---	---	---	13:55	15:45	---	---	---	---	---	---
6,0 SA PORTEDDA	11:47	---	---	---	14:02	15:52	---	---	---	---	---	---
14,0 TEULADA	11:55	---	---	---	14:10	16:00	---	18:10	---	---	---	---
22,0 NURAXEMESU	12:10	---	---	---	14:25	---	---	18:25	---	---	---	---
28,0 DOMUSDEMARIA	12:20	---	---	---	14:35	16:20	---	18:35	---	---	---	---
33,0 BIVIO CHIA	12:25	---	---	---	14:40	---	---	18:40	---	---	---	---
37,0 CHIA (BAIA)	12:30	---	---	---	14:45	---	16:40	18:45	18:45 @	---	20:00 %	---
41,0 BIVIO CHIA	12:35	---	---	---	14:50	---	16:45	18:50	18:50	---	20:05	---
43,0 CAPO BLU	12:37	---	---	---	14:52	---	16:47	18:52	18:52	---	20:07	---
45,0 FORTE VILLAGE	12:40	---	---	---	14:55	---	16:50	18:55	18:55	---	20:10	---
50,0 S.MARGHERITA	12:45	---	---	---	15:00	---	16:55	19:00	19:00	---	20:15	---
55,0 PULA	12:55	13:25	13:55	14:25	15:10	---	17:05	19:10	19:10	19:25 *	20:25	21:30
59,0 VILLA S.PIETRO	13:02	13:32	14:02	14:32	15:17	---	17:12	19:17	19:17	19:32	20:32	21:37
63,0 SARROCH	13:10	13:40	14:10	14:40	15:25	16:50	17:20	19:25	19:25	19:40	20:40	21:45
65,0 BIVIO RAFFINERIA SARAS	13:13	13:43	14:13	14:43	15:28	16:53	17:23	19:28	19:28	19:43	20:43	21:48
69,0 VILLA D'ORRI	13:21	13:51	14:21	14:51	15:36	17:01	17:31	19:36	19:36	19:51	20:51	21:56
72,0 SU LOI (FRUTTI D'ORO)	13:25	13:55	14:25	14:55	15:40	17:05	17:35	19:40	19:40	19:55	20:55	22:00
73,0 BIVIO CAPOTERRA	13:27	13:57	14:27	14:57	15:42	17:07	17:37	19:42	19:42	19:57	20:57	22:02
88,0 CAGLIARI (STAZ.ARST)	13:45	14:15	14:45	15:15	16:00	17:25	17:55	20:00	20:00	20:15	21:15 *	22:20
Km. per corsa	88,0	33,0	33,0	33,0	88,0	80,0	51,0	74,0	51,0	33,0	51,0	33,0

% = Coinc. con corsa stesso Q prov.da Teulada-Tuerredda

* = (FER9) CORSA FERIALE DAL 16/9 AL 15/6

* = (STA2) CORSA GIORNALIERA DAL 16/6 AL 15/9



**129 SANT'ANNA ARRESI-TEULADA-PULA-CAGLIARI**

km	2 FER	4 GIOR	6 FER	8 FER	10 STA2	12 FES9	14 FER	16 FER	18 FER	20 FER	22 SCOL	24 GIOR
CAGLIARI (STAZ.ARST)	05:25	06:30	07:20	08:00	08:20	* 08:20	* 09:15	10:30	11:30	12:00	12:30	12:40
15,0 BIVIO CAPOTERRA	05:43	06:48	07:38	08:18	08:38	08:38	09:33	10:48	11:48	12:18	12:48	12:58
16,0 SU LOI (FRUTTI D'ORO)	05:45	06:50	07:40	08:20	08:40	08:40	09:35	10:50	11:50	12:20	12:50	13:00
19,0 VILLA D'ORRI	05:49	06:54	07:44	08:24	08:44	08:44	09:39	10:54	11:54	12:24	12:54	13:04
23,0 BIVIO RAFFINERIA SARAS	05:57	07:02	07:52	08:32	08:52	08:52	09:47	11:02	12:02	12:32	13:02	13:12
25,0 SARROCH	06:00	07:05	07:55	08:35	08:55	08:55	09:50	11:05	12:05	12:35	13:05	13:15
29,0 VILLA S.PIETRO	06:08	07:13	08:03	08:43	09:03	09:03	09:58	11:13	12:13	12:43	13:13	13:23
33,0 PULA	06:15	07:20	08:10	08:50	09:10	09:10	10:05	11:20	12:20	12:50	13:20	13:30
38,0 S.MARGHERITA	---	07:30	08:20	---	09:20	---	---	---	12:30	---	---	13:40
43,0 FORTE VILLAGE	---	07:35	08:25	---	09:25	---	---	---	12:35	---	---	13:45
45,0 CAPO BLU	---	07:38	08:28	---	09:28	---	---	---	12:38	---	---	13:48
47,0 BIVIO CHIA	---	07:40	08:30	---	09:30	---	---	---	12:40	---	---	13:50
51,0 CHIA (BAIA)	---	07:45	08:35	---	09:35	%	---	---	12:45	---	---	13:55
55,0 BIVIO CHIA	---	07:50	08:40	---	---	---	---	---	12:50	---	---	14:00
60,0 DOMUSDEMARIA	---	07:55	08:45	---	---	---	---	---	12:55	---	---	14:05
66,0 NURAXEMESU	---	08:05	---	---	---	---	---	---	13:05	---	---	14:15
74,0 TEULADA	---	08:20	---	---	---	---	---	---	13:20	---	---	14:30
82,0 SA PORTEDDA	---	08:28	---	---	---	---	---	---	13:28	---	---	14:38
88,0 S.ANNA ARRESI	---	08:35	---	---	---	---	---	---	13:35	---	---	14:45
Km. per corsa	33,0	88,0	60,0	33,0	51,0	33,0	33,0	33,0	88,0	33,0	33,0	88,0

* = (STA2) CORSA GIORNALIERA DAL 16/6 AL 15/9

* = (FES9) CORSA FESTIVA DAL 16/9 AL 15/6

§ = EFFETTUA FERMATA PIAZ. SARAS

@ = (STA3) CORSA FESTIVA DAL 16/6 AL 15/9

* = (FER9) CORSA FERIALE DAL 16/9 AL 15/6

% = Coic. con corsa stesso Q per Teulada - Tuerredda

**129 SANT'ANNA ARRESI-TEULADA-PULA-CAGLIARI**

km	26 SCOL	28 FER	30 FEST	32 FER	34 FER	36 PENT	38 STA3	40 GIOR	42 FER9	44 STA2	46 GIOR	48 GIOR
CAGLIARI (STAZ.ARST)	13:00	13:30	14:15	14:15	15:20	16:15	§ 16:25	@ 17:30	18:30	* 18:30	* 19:35	20:35
15,0 BIVIO CAPOTERRA	13:18	13:48	14:33	14:33	15:38	16:33	16:43	17:48	18:48	18:48	19:53	20:53
16,0 SU LOI (FRUTTI D'ORO)	13:20	13:50	14:35	14:35	15:40	16:35	16:45	17:50	18:50	18:50	19:55	20:55
19,0 VILLA D'ORRI	13:24	13:54	14:39	14:39	15:44	16:39	16:49	17:54	18:54	18:54	19:59	20:59
23,0 BIVIO RAFFINERIA SARAS	13:32	14:02	14:47	14:47	15:52	16:47	16:57	18:02	19:02	19:02	20:07	21:07
25,0 SARROCH	13:35	14:05	14:50	14:50	15:55	16:50	17:00	18:05	19:05	19:05	20:10	21:10
29,0 VILLA S.PIETRO	13:43	14:13	14:58	14:58	16:03	16:58	17:08	18:13	19:13	19:13	20:18	21:18
33,0 PULA	13:50	14:20	15:05	15:05	16:10	17:05	17:15	18:20	19:20	19:20	20:25	21:25
38,0 S.MARGHERITA	---	14:30	15:15	15:15	16:20	17:15	17:25	18:30	---	19:30	20:35	---
43,0 FORTE VILLAGE	---	14:35	15:20	15:20	16:25	17:20	17:30	18:35	---	19:35	20:40	---
45,0 CAPO BLU	---	14:38	15:23	15:23	16:28	17:23	17:33	18:38	---	19:38	20:43	---
47,0 BIVIO CHIA	---	14:40	15:25	15:25	16:30	17:25	17:35	18:40	---	19:40	20:45	---
51,0 CHIA (BAIA)	---	14:45	15:30	15:30	16:35	---	17:40	18:45	---	19:45	% 20:50	---
55,0 BIVIO CHIA	---	14:50	15:35	15:35	---	17:25	---	18:50	---	---	20:55	---
60,0 DOMUSDEMARIA	---	14:55	15:40	15:40	---	17:30	---	18:55	---	---	21:00	---
66,0 NURAXEMESU	---	15:05	15:50	15:50	---	17:40	---	19:05	---	---	21:10	---
74,0 TEULADA	---	15:20	16:05	16:05	---	17:55	---	19:20	---	---	21:25	---
82,0 SA PORTEDDA	---	15:28	---	16:13	---	---	---	19:28	---	---	21:33	---
88,0 S.ANNA ARRESI	---	15:35	---	16:20	---	---	---	19:35	---	---	21:40	---
Km. per corsa	33,0	88,0	74,0	88,0	51,0	66,0	51,0	88,0	33,0	51,0	88,0	33,0





129 CHIA (BAIA)-TUARREDDA-MALFATANO-CAMPIONNA-TRAMATZU-TEULADA--(VIA LITORANEA)

km	1 STA2	3 STA3	5 FER3	7 STA2	9 STA2	
CHIA (BAIA)	09:40	*	---	---	20:00	X
5,0 TUERREDDA	09:50	*	---	---	20:10	*
8,0 CAPO MALFATANO	09:55	---	---	---	20:15	
13,0 CAMPIONNA	10:03	---	---	---	20:23	
13,9 BAIA DELLE GINESTRE	10:05	---	---	---	20:25	
22,4 TEULADA SPIAGGIA	10:15	13:20	@	13:50 °	18:45 *	20:35
31,4 TEULADA	10:30	13:35	14:05	19:00	20:50	

Km. per corsa 31,4 9,0 9,0 9,0 31,4

* = Proviene da Cagliari con corsa stesso Q

X = Coinc. con corsa stesso Q da Cagliari

* = (STA2) CORSA GIORNALIERA DAL 16/6 AL 15/9

@ = (STA3) CORSA FESTIVA DAL 16/6 AL 15/9

° = (FER3) CORSA FERIALE DAL 16/6 AL 15/9



129 CHIA (BAIA)-TUARREDDA-MALFATANO-CAMPIONNA-TRAMATZU-TEULADA--(VIA LITORANEA)

km	2 STA2	4 STA2	6 STA3	8 FER3	10 STA2	
TEULADA	08:05	*	11:10 *	13:00 @	13:35 °	19:05 *
9,0 TEULADA SPIAGGIA	08:20	11:25	13:15	13:50	19:20	
17,5 BAIA DELLE GINESTRE	08:30	11:35	---	---	19:30	
18,4 CAMPIONNA	08:32	11:37	---	---	19:32	
23,4 CAPO MALFATANO	08:40	11:45	---	---	19:40	
26,4 TUERREDDA	08:45	11:50	---	---	19:45	
31,4 CHIA (BAIA)	08:55	+	12:00 *	---	19:55	+

Km. per corsa 31,4 31,4 9,0 9,0 31,4

* = (STA2) CORSA GIORNALIERA DAL 16/6 AL 15/9

@ = (STA3) CORSA FESTIVA DAL 16/6 AL 15/9

° = (FER3) CORSA FERIALE DAL 16/6 AL 15/9

+

= Coinc. con corsa stesso Q per Cagliari

* = Prosegue con corsa stesso Q per Cagliari