



Roman baths of Forum Traiani

Patrimonio culturale
SARDEGNA Virtual Archaeology



■ The *frigidarium*

The path visitors took in the baths went through three main areas, present in all baths buildings: *frigidarium*, *calidarium*, *tepidarium*.

The *frigidarium* was the one used for baths in cold water. Not heated, it was normally bigger than the others, and had one or more, often two, cold water baths used to cleanse sweat caused by passing through the heated rooms.

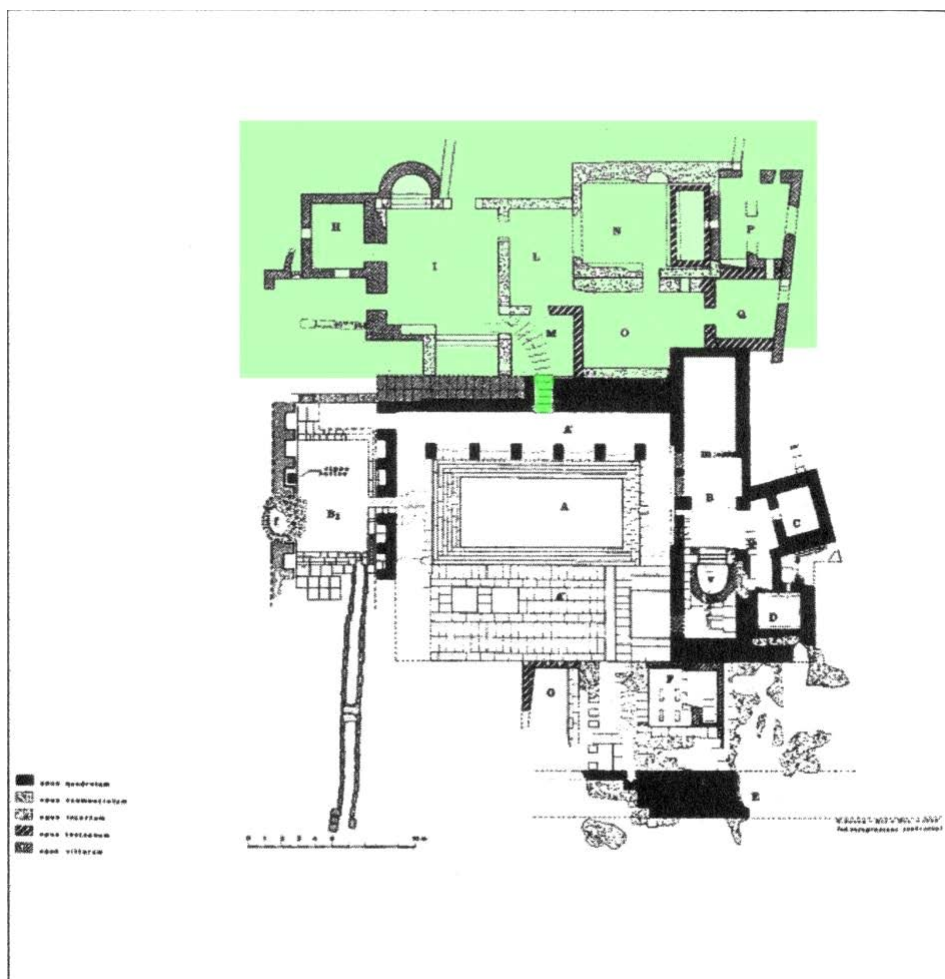


Fig. 1 - In green the new Baths II complex (reprocessed by C. Tronchetti from Bacco-Serra 1998).

The *frigidarium* in the Fordongianus baths, situated in the area indicated as Baths II (fig. 1, area I), created in the building's second stage, is also the entrance area, as is indicated

by the large door that was closed in the Late Antiquity period (fig. 2). The room has two small baths, one rectangular and the other semi-circular (figs. 2-4), both not that big.



Fig. 2 - Entrance to the *frigidarium* (photo by Unicity S.p.A.).



Fig. 3 - Semi-circular bath (photo by Unicity S.p.A.).



Fig. 4 - Detail of the bath with steps (photo by Unicity S.p.A.).



Fig. 5 - Detail of holes in the wall where the water was channelled (photo by Unicity S.p.A.).



■ Credits

Deepening card edited by Dr. Carlo Tronchetti

■ Bibliography

G. BACCO, P. B. SERRA, *Forum Traiani: il complesso termale e l'indagine archeologica di scavo*, in *L'Africa Romana XII, Atti del Convegno di Studio 1996*, pp. 1230-1231.





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