



Parma

Photo: RossHelen/Shutterstock.com



By iryna1/Shutterstock.com

Thinking about Parma, probably the first things that come to mind are: ham and Parmesan cheese. Indeed, Parma is one of the most important culinary centres of Italy, but this city is so much more than that. Parma was the capital of a very powerful Duchy, which left a legacy made of stunning monuments and palaces. In addition, all the splendours of that period created a fertile ground for art spreading. In fact, Parma became one of the main centre for opera, thanks to its amazing theatres and to its fine citizen Giuseppe Verdi.



Oxana Denezhkina/Shutterstock.com



iryna1/Shutterstock.com

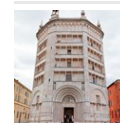
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Foto: WhitefoxChen / Shutterstock

Top 5



The Baptistery of Parma

The Baptistery of Parma is a stunning octagonal building in pink marble buil...



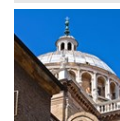
Parma Cathedral

The monument-symbol of Parma is located right in the heart of the city, near...



Monastero San Giovanni Eva...

Monastero San Giovanni Evangelista is actually a monastic complex, including...



Basilica Santa Maria della...

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Palazzo della Pilotta

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THE CITY



unknown1861/Shutterstock.com

Parma, ancient capital of the namesake Duchy, has been set to music by Giuseppe Verdi, narrated by Giovanni Guareschi and immortalised in film by Bernardo Bertolucci. It is one of the cities in Italy with the best standard of living and the highest levels of culture and cuisine. Indeed, in this region two of the most celebrated food products in the world are made: Parmesan cheese and Parma ham, together with culatello and Felino salami.

Beyond being one of the capitals of Italy's food industry, Parma is also an important artistic and cultural centre. The city, features a series of splendid art works and buildings, including the Cathedral, the Baptistery, the Monastery of San Giovanni Evangelista, as well as plenty of theatres and palaces legacy of the ducal family. In addition, Giuseppe Verdi was born in the nearby, and many of his operas are performed in the city's magnificent opera house.

So get prepared for a full immersion in art and culture, in all their possible forms!

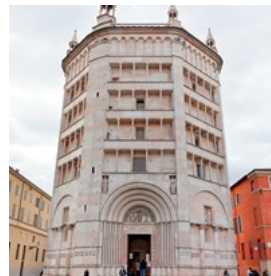
DO & SEE



iryana1/Shutterstock.com

Parma is not only rich when it comes to food, but also a city with an impressive cultural and artistic tradition. This alluring town will for sure conquer you with its important art galleries, museums, ancient churches and buildings as well as stunning natural reserves and green areas in its vicinity. In this region you will find the right balance between cultural activities and active holiday, so to fully experience a perfect stay in Italy.

The Baptistery of Parma



The Baptistery of Parma is a stunning octagonal building in pink marble built between 1196 and 1216. It is one of the symbol of the city, also for its central location right near to the Cathedral of Parma. The Parmesan Baptistery is considered the junction point between Romantic and Gothic periods, and one of the most important bequest from the Middle Ages. In its inside, you can admire plenty of Medieval works of art, magnificently explained by the museum headsets available on the spot.

Photo: *vvoe/Shutterstock.com*

Address: Piazza Duomo, Parma

Opening hours: From January to December:

Mon-Sun 10am-4.30pm. From March to October: Mon-Sun

10am-6.30pm

Phone: +39 521 235886

Internet: www.piazzaduomoparma.com/battistero

Email: info@piazzaduomoparma.com

Parma Cathedral



The monument-symbol of Parma is located right in the heart of the city, near to the marble Baptistry. This cathedral was built in 1074, and it is one of

the most beautiful example of Romanesque architecture in Northern Italy. Its magnificent cupola is covered in frescoes by Correggio, a masterpiece that worth a visit on its own. In addition, inside the cathedral you can also admire works of art, frescoes and sculptures made by the most representative artists of the Italian Middle Ages.

Photo: Mi.Ti./Shutterstock.com

Address: Piazza Duomo, Parma

Opening hours: Mon-Sun 10am-6.30pm

Phone: +39 0521 235886

Internet: www.cattedrale.parma.it

Email: info@piazzaduomoparma.com

Monastero San Giovanni Evangelista



Monastero San Giovanni Evangelista is actually a monastic complex, including a church, a convent and the Historical Pharmacy San

Giovanni. It was built during the 10th century for the Benedictine Order, and it fully represents the principles of Romanesque architecture. Inside you can admire frescoes, sculptures and the ancient books housed in the monastic library. Normally it is freely open to the public, and it is easy to reach being situated at few metres from the Cathedral of Parma.

Photo: Claudio Giovanni Colombo/Shutterstock.com

Address: Piazzale S. Giovanni 1, Parma

Opening hours: Church: Mon-Sun 8.30am-11.45am, 3pm-6.30pm. Convent: Mon-Wed and Fri-Sat 9am-11.45am, 3pm-5pm

Phone: +39 0521 235311

Tickets: Free entrance. Guided tours require reservation.

Basilica Santa Maria della Steccata



This ancient cathedral is the epitome of Renaissance architecture, indeed it is considered the most beautiful church in the entire Parma

region. Built between the 1521 and the 1539, it is the result of work of many important local artists of the period. Among others, you will find the painter Parmigianino's, stunning fresco called "Le vergini sagge e le vergini stolte" (Wise and foolish virgins), the most elaborated work in the entire church.

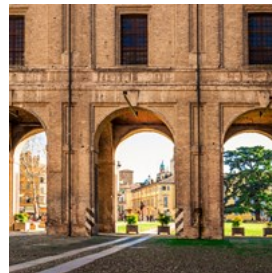
Photo: Mi.Ti./Shutterstock.com

Address: Piazza della Steccata 9, Parma

Opening hours: Mon-Sun 7.30am-12am, 3pm-6.30pm

Phone: +39 521 234937

Palazzo della Pilotta



Palazzo della Pilotta dates back to the 16th century. The name of the building comes from the ancient game "pelota" often played in the courtyards

of the estate. The particular disposition of its corridors forms a sort of fortress with several courtyards and extensions. Today, the palace hosts several museums, among them are National Gallery, the Palatine Library and the Archeological Museum. Inside the building there is also a theatre, and during summer outdoor events are organised in its gardens.

Photo: iryna1/Shutterstock.com

Address: Piazzale della Pilotta 5, Parma

Opening hours: Tue-Wed 8.30am-6.30pm; Thu 8.30am-6.30pm, 7pm-10pm; Fri-Sat 8.30am-6.30pm

Phone: +39 0521 233617

Internet:

www.parmabeniartistici.beniculturali.it/palazzo-della-pilotta

Email: sbsae-pr@beniculturali.it

Park Ducale



This large park is the little green lung of Parma. Walking in this peaceful garden you will notice the spectacular design created by

particular disposition of trees and plants. Inside the park there are also plenty of sculpture groups and two palaces belonged to the ducal family: Palazzo Ducale and Palazzetto Eucherio Sanvitale. Take a relaxing break, right in the heart of the city!

Photo: pio3/Shutterstock.com

Address: Via John Fitzgerald Kennedy 10, Parma

Opening hours: Mon- Sun 6am-00pm

Teatro Regio



Teatro Regio is a Neo-Classical theatre, commissioned by the Dutchess Maria Luigia. Today it is regarded one of the most important

Opera Houses in Italy, not only for its history, but also for its fervent contemporary activity, which includes operas, ballet, concerts and exhibitions of various kind. Italian opera is an enchanting form of art and for the ultimate opera experience with its old world charm and glory, there is no better place then Italy.

Photo: Franco Folini/Flickr (image cropped)

Address: Via Garibaldi 16/A, Parma

Opening hours: Tue-Wed 10am-1pm, 3pm-5.30pm; Thu-Sat 9am-1pm, 3pm-5pm. Closed in August. Varied time schedule in July

Phone: +39 0521 203999

Tickets: Reservation is needed for visiting the backstage.

Tickets are available on the spot for standard tours.

Internet: www.teatroregioparma.org

Email: biglietteria@teatroregioparma.org

More Info: It is also possible a simple guided tour of the building.

Salsomaggiore Terme



Enclosed by rolling green hills, this small location near Parma is a well-known destination for thermal tourism. The ideal place when seeking for the ultimate relaxation and getaway from the city stress. Numerous spas are scattered all around the Parmesan countryside where you can pamper yourself with health and beauty treatments.

Photo: jorisvo/Shutterstock.com

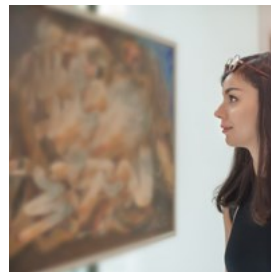
Address: Salsomaggiore Terme

Phone: +39 0524 582611

Internet: www.termedisalsomaggiore.it

Email: info@termest.it

Glauco Lombardi museum



This museum exhibits a prestigious collection of art and historical items regarding Maria Luigia of Habsburg Duchess of Parma and wife of

Napoleon Bonaparte. Among its collections, the museum displays her wedding dress, make-up and perfume kit and lots of paintings and jewelleryes belonged to the duchess and her husband.

Photo: guruXOX/Shutterstock.com

Address: Str. Giuseppe Garibaldi 15, Parma

Opening hours: Tue-Sat 9.30am-4pm; Sun 9.30am-7pm

Phone: +39 0521 233727

Internet: www.museolombardi.it

Email: glaucolombardi@libero.it

Castle of Roccabianca



The Castle of Roccabianca dates back to 1400, it was built on request by Pier Maria Rossi as a gift for his beloved Bianca Pellegrini.

The castle has beautiful frescoed decorations, in particular if you are passionate of literature you will love Griselda's Room with its cycle of paintings inspired by the 100th story of the Decameron. In the castle you will also find the Museum of Distillery, where it is possible to learn something about local spirits, before to taste them.

Photo: Mi.Ti./Shutterstock.com

Address: Castello di Roccabianca, Roccabianca

Opening hours: Opening hours depend on the period of the year. Visit the website to be updated

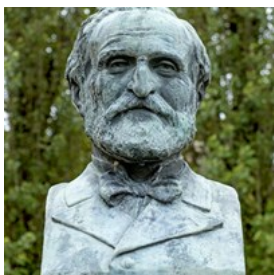
Phone: +39 0521 374065

Internet: www.castellidelducato.it/castellidelducato/castello.asp?el=castello-di-roccabianca

Email: stefania@faled.it

More Info: The castle is located 20 min from Parma

Festival Verdi



Giuseppe Verdi, one of the greatest master of opera, is celebrated by his hometown every year during the Festival Verdi.

A series of concerts and performances dedicated to the brilliant creator of Nabucco and La Traviata are organised both in Parma and Busseto, during October. Parma in this period is overwhelmed by music more than

ever, let yourselves be captivated by this marvellous atmosphere and experience opera in its homeland.

Photo: Paolo Bona/Shutterstock.com

Address: Parma and Busseto

Tickets: Single tickets and season tickets available at the tourist infopoint and at Teatro Regio. On-line: Vivaticket and Ticketone.

Internet: www.festivalverdi-parma.it

Email: Contact form available on the webpage.

More Info: To have more information you can contact the tour operator Parma Incoming Travel (+39 0521 298.883 / info@parmaincoming.it)

The Ducal Palace



The Ducal Palace, also known as Reggia di Colorno, is 30 minutes by bus from Parma. Inspired by the Versailles Palace in France, Ducal Palace

was built in the early 18th century by Francesco Farnese, Duke of Parma, to cover the remains of a former ruins of the Fortress of Colorno. Inside, you can admire collections and exhibitions of various kind. If you are lucky enough to visit during the warm season, you will be enchanted by the magnificent Italian gardens surrounding the estate, where many events are organised by night during summer.

Photo: iryna1/Shutterstock.com

Address: Via Mazzini 30, Colorno

Opening hours: Mon-Sun 7am-sunset. Visiting hours available on the webpage (reggiadicolorno.it/visita-alla-reggia)

Phone: +39 0521 313081

Internet: www.reggiadicolorno.it

Email: info@anteaprogetti.it

More Info: Admission permitted only by guided tour.

Parmaland



Parmaland merges together adventure, nature, sport and fun, a 40.000 square metres area where to spend a fun day in the beautiful

nature. Everything from hiking, horseback riding, and tree-climbing adventures to driving ATVs can be enjoyed here, including buggy tours and sports like football, beach volleyball and tennis. If you prefer to relax, make a visit to the beauty farm and the pool. Lastly, for the lunch break you can choose between two restaurants or the picnic area.

Photo: Nataliia Zhekova/Shutterstock.com

Address: Via Castello 2, Tabiano Bagni

Opening hours: Mon-Fri 10am-7pm; Sat-Sun 10am-8pm

Phone: +39 524 565523

Tickets: Various packages available, according to the areas of the park that you are interested in.

Internet: www.parmaland.it

Email: info@parmaland.it

More Info: Only open during spring and summer.

Stuard Picture Gallery



If you are interested in painting, you cannot miss the Stuard Picture Gallery. In this museum, located in a beautiful ancient cloister, you can

marvel at a collection composed by portraits, antiques and tapestry belonged to the Stuard family from the 14th to the 20th century.

Photo: vvoe/Shutterstock.com

Address: Borgo Parmigianino 2, Parma

Opening hours: Mon, Wed, Thu, Fri 10am-5.30pm; Sat-Sun 10.30am-6.30pm

Phone: +39 0521 508184

Tickets: Available on the spot.

Email: pinacoteca.stuard@comune.parma.it

Botanical Garden



Parma's Arboretum was originally founded in 1600. In that period, it used to belong to the medical university where they grow medical herbs

and natural remedies. Whereas, the contemporary botanical garden was designed under the Borboun domain. Take a stroll and appreciate the exotic plants species, including the beautiful local flora and when here look out for the distinctive tree with heart-shaped leaves called 'Ginkgo biloba'.

Photo: iryna1/Shutterstock.com

Address: Strada Farini 90, Parma

Opening hours: Mon-Thu 9am-1pm, 2pm-5pm; Fri 9am-1pm

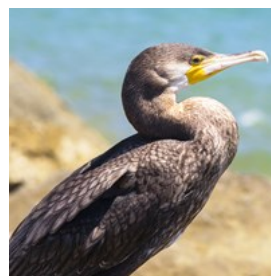
Phone: +39 0521 033433

Tickets: Free entrance.

Internet: www.bioscienze.unipr.it/it/dipartimento/strutture/ortobotanico

Email: orto@unipr.it

Taro River Regional Park



If you are visiting Parma during the warm season, it is worth organising some outdoor activities.

Only few kilometres from the city centre, you will find the ideal place where to spend time in the nature, the Taro River Regional Park, almost 3000 ha of greenness around the River Taro, in the middle of the migration routes of several bird breeds. So, choose your favourite path, wear your trainees and get ready to enjoy Parmesan wilderness!

Photo: filippo giuliani/Shutterstock.com

Address: Strada Giarola 11, Collecchio

Phone: +39 0521 802688

Internet: www.parks.it/parco.taro/index.php

Email: info.taro@parchiemiliaoccidentale.it

More Info: Get more information about the paths of the park at www.parks.it/parco.taro/iti.php

Rocca Sanvitale with Disney Princesses



Rocca Sanvitale is an ancient fortress located in Fontanello (30 minutes from Parma). Inside you can admire several works of art by Parmigianino, or you can choose to take a break in the nearby countryside. But the best part comes if you are travelling with kids do not miss the magic visit to the castle guided by Disney Princesses. Rapunzel, Merida and their friends will accompany you through this stunning location, sharing with you all their adventures.

Photo: [iryna1/Shutterstock.com](#)

Address: Piazza Matteotti 1, Fontanellato

Opening hours: From November to March: Tue-Sat 10am-11.45am, 3pm-4.45pm; Sun 9.30am-11.45am, 2.30pm-4.45pm. From April to October: Mon-Sat 9.30am-11.45am, 3pm-5.45pm; Sun 9.30am-11.45am, 2.30pm-5.45pm

Phone: +39 0521 829055

Internet: www.fontanellato.org

Email: rocca@fontanellato.org

More Info: Tours guided by princesses are particular events. To stay updated visit the website.

National Archaeological Museum



This museum, housed in Palazzo della Pilotta, was founded in 1760 by Philip Duke of Parma. It was the first and - for a long time the only - institution in northern Italy concerning the archaeological work. Among the numerous remains kept here, the museum hosts findings from the well-known excavations at Velleia, the so-called "Pompei of Northern Italy".

Photo: [m.bonotto/Shutterstock.com](#)

Address: Piazzale della Pilotta 5, Parma

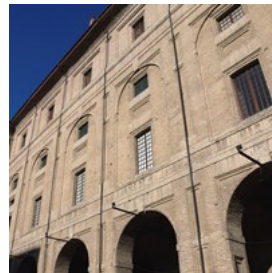
Opening hours: Tue-Fri 9am-5pm, Sat 9am-3pm, Sun 12.30am-5.30pm

Phone: +39 0521 233718

Internet: www.parmabeniartistici.beniculturali.it

Email: cm-pil@beniculturali.it

National Gallery



The National Gallery is the main museum contained in Palazzo della Pilotta. It is all about painting, the collection hosted here was property of the Farnese family and it includes artworks from different epochs. Among the hundreds of paintings displayed here, pay extra attention to the art works made by some of the greatest Italian artists as Leonardo, Correggio and Parmigianino.

Photo: [InavanHateren/Shutterstock.com](#)

Address: Piazzale della Pilotta 5, Parma

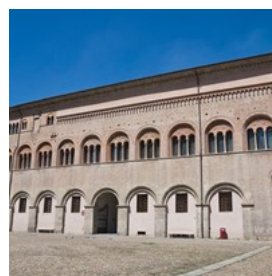
Opening hours: Tue-Sat 8.30am-7pm; Sun 8.30am-2pm

Phone: +39 0521 233309

Internet: www.parmabeniartistici.beniculturali.it/galleria-nazionale-di-parma

Email: cm-pil@beniculturali.it

Diocesan Museum



The Diocesan Museum is housed in the Bishop's Palace of Piazza Duomo. It hosts numerous remains from the ancient roman city, including some original parts of the Cathedral and the Baptistery. The collection may not be impressively large, but everything is well displayed and sculpture enthusiasts will not be disappointed.

Photo: [Mi.Ti./Shutterstock.com](#)

Address: Vicolo del Vescovado 3/A, Parma
 Opening hours: From March to October: Mon-Sun
 10am-6.30pm. From November to February: Mon-Fri
 10am-4.30pm; Sat- Sun 10am-5pm
 Phone: +39 0521 208699
 Internet: www.piazzaduomoparma.com/museo-diocesano
 Email: info@piazzaduomoparma.com

Museum Renato Vernizzi



Situated only few minutes away from the Parma Cathedral, this fine art museum is devoted to the painter Renato Vernizzi (1904-1972). Here, you can enjoy a selection of about sixty paintings. The tour starts with his first works from the 1920s and continue with his accomplished throughout the year.

Photo: RG-vc/Shutterstock.com
 Address: Strada Cairoli 12, Parma
 Opening hours: Tue-Sun 10.30am-1pm
 Phone: +39 0521 228289
 Internet: www.museobocchi.it
 Email: musei@fondazionemonteparma.it

Certosa di Parma



The Certosa di Parma is a complex of buildings located in the countryside just outside the city. For almost 500 years, it was the abode of the Carthusian Order. Across history, several accidents destroyed great part of the original building, but today it still houses the original ancient sacristy, some Renaissance furniture and numerous frescoes, altars and capitals. The access is always granted to the cloister only, but occasionally you can also visit the inner parts.

Photo: Marco Fallini/Wikimedia Commons (image cropped)
 Address: Strada Della Certosa 20, Parma

Opening hours: Mon-Fri 9am-12am, 2pm-4pm; Sat-Sun
 9am-12am
 Phone: +39 0521498401

Antica Spezieria di San Giovanni



The very first evidences of the existence of this ancient pharmacy date back to 1201, but it could be even older, since the Monastery of San Giovanni - where it is located - was founded in 980 AD. This laboratory was operated by Benedictine monks and remained in use until 1766. It was then restored so to be opened again to the public. Here, thanks to the guided tours you will discover the ancient arts of distillery and medical herbs processing.

Photo: Miguel Á. Padriñán/Pexels.com
 Address: Borgo Pipa 1/A, Parma
 Opening hours: Tue-Sat 8.30am-2pm
 Phone: +39 0521 508532
 Internet: www.parmabeniartistici.beniculturali.it/altri-luoghi/antica-spezieria-di-san-giovanni
 Email: pm-ero@beniculturali.it

DINING



Jack Frog/Shutterstock.com

Parmesan cuisine is full of variety. First and foremost, the city has given its name to several prized dairy and meat products, the highlights of which are undeniably Parmigiano Reggiano (Parmesan cheese) and Parma ham. As in the

rest of Italy, meals are accompanied by local high-quality wines such as the reds Colli di Parma and Lambrusco, or the whites Sauvignon and Malvasia.

The real autochthonous queens of the kitchen are the so-called "rezdore", all the grandmothers and mothers who are capable to make real Parmisan dishes according to the tradition. But if you don't know anyone from here, you can taste local specialties in the numerous restaurants, agritourisms and trattorias scattered all around the city and in the neighborhoods.

Parizzi



Parizzi is one of the most refined restaurants of the city, offering both classic and innovative dishes.

Specialties of the house include homemade pasta and fresh beef tartare. But if you have no budget limits and you want to live a very unique experience, you can book the chef table, or rather, an exclusive dinner with the chef in person at your table preparing your meal right under your eyes.

Photo: Evgeny Litvinov/Shutterstock.com

Address: Via Della Repubblica 71, Parma

Opening hours: Tue-Sun 12am-2.30, 7.30pm-10.30pm

Phone: +39 521 285952

Internet: www.ristoranteparizzi.it

Email: info@ristoranteparizzi.it

La Greppia



This refined restaurant is all about regional tradition, it offers fresh pasta and desserts prepared by the owner personally. His cuisine is

based on ancient local recipes from the court of Maria Luigia d'Asburgo - Napoleon's wife and Parma's Duchess - revised and adapted to contemporary taste and products.

Photo: Africa Studio/Shutterstock.com

Address: Via Garibaldi 39, Parma

Opening hours: Mon-Sun 12am-2.30pm, 7.30am-10.30pm

Phone: +39 521 233686

Internet: www.ristorantelagreppia.axeleroweb.it

Email: lagreppiaparma@gmail.com

Cocchi



Cocchi is an easygoing eatery serving typical Parmesan cuisine. It is particularly famous for its mixed boiled beef, tortellini with broth and

homemade pasta. Thanks to these specialties the restaurant gained a very good reputation, which is accompanying it since 1925.

Photo: Ildi Papp/Shutterstock.com

Address: Via Gramsci 16/a, Parma

Opening hours: Mon-Fri, Sun 12.30am-2.15pm, 7.30pm-10.30pm

Phone: +39 521 981990

Internet: www.ristorantecocchi.it

Email: Contact form available on the webpage.

I Tri Siochett



I Tri Siochett is a rustic restaurant, located in the countryside just outside Parma city center. Try some Italian specialties served by the attentive

staff, dishes like salami and cold pork meats with torta frita (fried savoury dough) and tortelli alle erbette (pasta parcels filled with ricotta cheese and leaf beet) are not to be missed.

Photo: fototip/Shutterstock.com

Address: Strada Farnese 74/A, Vigheffio, Parma
 Opening hours: Mon-Sat 12am-2.30pm, 7.30pm-11.30pm;
 Sun 12am-2.30pm
 Phone: +39 521 968870
 Internet: www.itrisiochett.it
 Email: itrisiochett@virgilio.it

Trattoria Corrieri



Despite the word "trattoria" in its name, Trattoria Corrieri is actually a very modern and elegant restaurant, located in the city centre of Parma. A popular restaurant among the locals that attracts a wide range of clientele and where all the local specialities are served such as torta fritta and cappelletti. With your yummy food, pick a fine wine from the private cantina of the restaurant.

Photo: ESB Professional/Shutterstock.com
 Address: Strada Conservatorio 1, Parma
 Phone: +39 521 234426
 Internet: www.trattoriacorrieri.it
 Email: info@trattoriacorrieri.it

Pepèn



Pepèn is the perfect place to try some real Italian street food. According to the tradition, here paninis and pies are filled in abundance and the portions are rich. It is mostly frequented by locals, which makes this place very crowded at peak times, but the service is always quick.

Photo: keko64/Shutterstock.com
 Address: Borgo Sant'ambrogio 2, Parma
 Opening hours: Tue-Sat 8.30am-7.30pm
 Phone: +39 0521 282650
 Internet: www.ristorantepepen.com
 Email: info@ristorantepepen.com

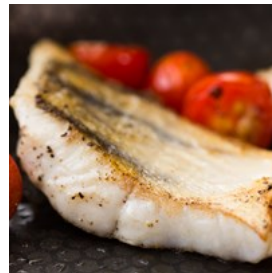
Trattoria Ai Due Platani



Trattoria Ai Due Platani is located at a few kilometres from the city centre. This restaurant offers a wide range of traditional Italian dishes all made with fresh and high quality raw materials. If you are planning to visit this restaurant during weekends, a reservation is recommended.

Photo: Minerva Studio/Shutterstock.com
 Address: Strada Budellungo 104/a, Coloreto, Parma
 Opening hours: Mon 12am-3pm, Wed-Sun 12am-12pm
 Phone: +39 0521 645626
 Email: dueplatani@gmail.com

Bistrot Bollicine San Bartolomeo



Set in the historical centre of Parma with a good view over the square, Bistrot Bollicine San Bartolomeo serves two different menus: the first completely dedicated to local tradition, and the second composed by fish courses. All this freshly prepared food can be enjoyed in a restaurant with friendly atmosphere and where the owners welcomes their guest with courtesy and professionalism.

Photo: Lapina Maria/Shutterstock.com
 Address: Piazza S. Bartolomeo 9, Parma
 Opening hours: Tue-Sun 12.30am-2.30am, 7.30pm-11pm
 Phone: +39 0521 208455
 Internet: www.bollicinebistrot.com
 Email: bollicinesanbartolomeo@gmail.com

Ristorante La forchetta



La Forchetta is a classy restaurant, located right in the centre of Parma.

The cuisine served mirrors Parmesan tradition, with a touch of

elegance and modernity. When dining here, the customers are pampered by a highly professional staff ready to satisfy every requests.

Photo: bikeriderlondon/Shutterstock.com

Address: Borgo S. Biagio 6, Parma

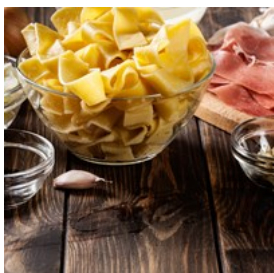
Opening hours: Mon 12am-3.30pm, 7pm-00pm. Wed-Sun 12am-3.30pm, 7pm-00pm

Phone: +39 0521 208812

Internet: www.laforchettaparma.it

Email: info@laforchettaparma.it

Trattoria del Tribunale



Located in the ancient city of Parma, Trattoria del Tribunale is the ideal place for a romantic dinner, thanks to its intimate and relaxed

atmosphere. The strength of its Italian cuisine is the accurate choice of top quality raw materials, produced by local farmers.

Photo: Slawomir Fajer/Shutterstock.com

Address: Vicolo Politi 5, Parma

Opening hours: Mon-Sun 12am-3pm, 7pm-11pm

Phone: +39 0521 285527

Internet: www.trattoriadeltribunale.it

Email: info@trattoriadeltribunale.it

Trattoria Sa Marjoca



If you have cravings for Sardinian cuisine, then this restaurant is perfect for you. Trattoria Sa Marjoca serves both typical Sardinian and

Parmesan cuisine, so that among the daily dishes you may find the Sardinian Porceddu as well as delicious handmade tortellini.

Photo: Fabio Balbi/Shutterstock.com

Address: Borgo Garimberti 27/A, Parma

Opening hours: Mon-Sun 11.45am-3pm, 7pm-00pm

Phone: +39 0521 235545

Ristorante 51/A Parma



This elegant restaurant is located inside the Farnese Hotel (Best Western Group). Its expert chefs will offer you both local and

international selections of food, perfectly presented and served with professionalism in the spacious room, which can host up to 150 people.

Photo: ESB Professional/Shutterstock.com

Address: Via Reggio 50, Parma

Opening hours: Mon-Sun 7.30pm-10.30pm

Phone: +39 0521 994247

Internet: www.inchotels.com

Email: 51arestaurant@inchotels.com

More Info: Reservation suggested for lunch.

Ristorante - Pizzeria Africa Due



Located in the centre of Parma, Africa Due is the ideal place for all the enthusiasts of ethnical cuisine but also for those who are looking for

Italian cuisine. This restaurant truly offers a wide

variety of cuisines, everything from Eritreans specialties to delicious pizzas and traditional Italian cuisine as well as vegetarian and vegan dishes.

Photo: marco mayer/Shutterstock.com

Address: Viale Mentana 80, Parma

Opening hours: Mon-Tue 12am-2pm, 7pm-12pm; Thu-Sun 12am-2pm, 7pm-12pm

Phone: +39 0521 286827

Internet: www.ristorantepizzeriafricadue.com

Email: africa2@hotmail.com

Bolle in Pentola



Bolle in Pentola serves typical Italian cuisine. The main concept of this eatery is to offer simple recipes, made with seasonal products in full accordance with the rhythm of nature. The idea is to use what the environment has to offer, just like back in the day!

Photo: Tatiana Bralnina/Shutterstock.com

Address: Borgo del Correggio 20B, Parma

Opening hours: Tue-Thu 12.45am-3pm, 7.45pm-11pm; Fri-Sat 12.45am-3pm, 7.45pm-12pm

Phone: +39 0521 1510317

Internet: www.bolleinpentola.net

Email: info@bolleinpentola.net

Gallo D'Oro



The restaurant Gallo D'Oro is located in the city centre, right behind Parma's main square Piazza Garibaldi. A renowned traditional tavern, with ancient vaults and informal ambience where to relish traditional Italian flavours, perfect for any occasion.

Photo: arfo/Shutterstock.com

Address: Borgo della Salina 3, Parma

Opening hours: 12.00 - 14.30 / 19.30 - 22.45

Phone: +39 0521 208846

Internet: www.gallodororistorante.it

Email: info@gallodororistorante.it

DOC The Burger House



If you would like to try the Italian version of a juicy hamburger, this is the perfect choice. Doc Burger serves varied meat cuts in a stylish venue, but the real king here are the burgers. Indeed you can choose one from the wide menu or you can ask for a customised burger, according to your preferences. In any case, you won't be disappointed!

Photo: Nitr/Shutterstock.com

Address: Borgo Piccinini 7A, Parma

Opening hours: Tue-Thu 7.30pm-11.30pm; Fri 7.30pm-12pm; Sat 12.30am-3pm, 7.30pm-12pm; Sun 7.30pm-11.30pm.

Phone: +39 0521 231192

Ca'Pina



Ca'Pina is a restaurant serving traditional Italian specialties. It is located in an amazing country house just outside Parma. Its passionate and friendly staff is committed to give you a great dining experience. Perfect also for festivity days thanks to its special menus made ad hoc for any occasion.

Photo: Rawpixel.com/Shutterstock.com

Address: Via Traversetolo 200, Località Botteghino

Opening hours: Mon-Sun 12.30am-2.30pm, 8pm-11pm

Phone: +39 0521 394559

Internet: www.capina.it

Email: info@capina.it

T-Bone Station



This steak-house is located in the Barilla Center mall. It is a typical American diner, serving grilled meat, chicken dishes, hamburgers, wraps and varied cakes as dessert. If you don't have much time, the eatery offers special take-away services, together with the possibility to order your meal in advance on its website.

Photo: stockcreations/Shutterstock.com

Address: Largo Fausto Bocchi 35/A, Parma

Opening hours: Mon-Sun 12am-3pm, 7pm-12pm

Phone: +39 0521 463715

Internet: www.t-bone.it

Email: servizioclienti@t-bone.it

OEnopolium



OEnopolium is specialised in typical dishes from Pontermoli area (Tuscany). Here, you can taste peculiar specialties as "testaroli al pesto" (Tuscan pancake pasta with pesto), vegetable pie and the traditional "sgabei" which is a sort of fried dough with cold cuts and cheese. Choose a tasty wine from the excellent wine list to complement your meal.

Photo: Slawomir Fajer/Shutterstock.com

Address: Via Nazario Sauro 13B, Parma

Opening hours: Tue-Sat 12am-3pm, 7pm-12pm.

Phone: +39 0521 571288

Email: info@oenopolium.it

Mentana 104



This Italian Bistro is truly a unique place with a great atmosphere. The owners of this eatery decided to not follow the typical norms of restaurant industry, but to make their own rules. If you are not afraid to try new and varied dishes which most of them are based on Tuscan tradition, then Mentana 104 fits you perfectly.

Photo: Kzenon/Shutterstock.com

Address: Viale Mentana 104, Parma

Opening hours: Mon-Sun 7pm-1am

Phone: +39 0521 206587

Internet: www.mentana104.it

Email: marina@mentana104.it

Sorelle Picchi



Sorelle Picchi restaurant is the evolution of the historic deli Rosi. Initially famous for its ham - the best on the market -, only later the deli was transformed in this top quality restaurant serving the best dishes of local tradition. While eating here, you can also see for yourselves how the raw materials are prepared, thanks to the open kitchen. Take away service and deli are available on the spot.

Photo: javarman/Shutterstock.com

Address: Str. Luigi Carlo Farini 27A, Parma

Opening hours: Mon-Sun 12.30am-2.30pm, 7.30pm-10.30pm

Phone: +39 0521 1855966

Internet: www.trattoriasorellepicchi.com

Email: Contact form available on the webpage.

Pizzeria Pomodoro e Basilico



Impossible to visit Italy without tasting a real Italian pizza. One of the best pizzerias in Parma is Pomodoro e Basilico,

where fresh and genuine raw materials are put together to create one of the most typical and delicious specialties of this country. Here, you will be welcomed by a familiar ambience and affordable prices, just as Italian custom dictates!

Photo: Riedelmeier/Pixabay.com

Address: Via Mario Gandini 3A, Parma

Opening hours: Mon, Wed, Thu, Fri 12am-3pm,

6.30pm-12pm; Tue 12am-3pm; Sat, Sun 6.30pm-12pm

Phone: +39 0521 233343

Email: vincenzosarno@gmail.com

CAFES



al1962/Shutterstock.com

During your tour around the city, in-between all the amazing sights, you deserve to sit back, relax and enjoy a nice cup of coffee accompanied by a delicious Italian pastry. One cake not to be missed is the Duchessa di Parma (Parma duchess), a rich cake with zabaglione and chocolate ganache dedicated to Maria Luigia Duchess (Napoleon's wife). Parma, like any other city in Italy, has several historic cafes and ice cream parlours, but also modern and lively bars where to enjoy nice aperitifs before to start your

Parmesan night. Start exploring Parma's strong cafe culture and try a typical Italian espresso.

Bar Pasticceria San Biagio



Bar Pasticceria San Biagio is a coffee and pastry shop located in the Barilla Centre. It is especially famous for its "Dolce Parma" a cake

with apricots and maraschino cherries topping. But also Duchessa Maria Luigia cake and the croissants are well-known and appreciated by the locals.

Photo: stux/Pixabay.com

Address: Largo Fausto Bocchi 49, Parma

Opening hours: Mon 7am-9pm; Tue-Thu 7am-12pm; Fri-Sat

7am-1am; Sun 7am-11pm

Phone: +39 0521 247605

Internet: www.sanbiagiogroup.com

Email: info@sanbiagiogroup.com

Pasticceria Cocconi



Serving traditional pastries since 1951, Cocconi is a cosy cafe where you can enjoy delicious continental breakfasts, with

croissants and other desserts. You can also visit during teatime, have a break in its intimate tea-room, or for aperitif-time and taste its appetizing finger food.

Photo: MSPhotographic/Shutterstock.com

Address: Strada Repubblica 22, Parma

Opening hours: Mon- Sun 7am-8pm

Phone: +39 0521 230351

Email: info@cocconipasticceriaiparma.com

Pasticceria Torino



Located at just 10 minutes' walk from Parma railway station, Pasticceria Torino, is a traditional pastry shop that was established in 1957. A wide range of products is on offer, everything from breakfast to snacks, but it is mostly renowned for its fine chocolate creations.

Photo: limpido/Shutterstock.com

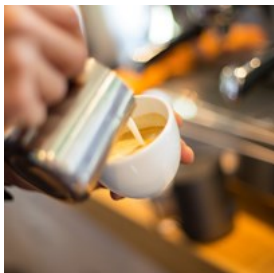
Address: Strada Garibaldi 61, Parma

Opening hours: Mon-Sat 7.30am-1pm, 3.30pm-7.30; Sun 7.30am-1pm.

Phone: +39 521 235689

Email: jacopo.paini@gmail.com

Lino's Coffee Shop



This international cafe chain was born in Parma. Here, drinking coffee is considered a rite, for this reason, the entire place is full of comfortable

armchairs where to read, study or simply chat with friends. In Lino's Coffee Shop you will find a wide range of blends and special coffees to enjoy.

Photo: Lucky Business/Shutterstock.com

Address: Piazzale Barbieri 1, Parma

Phone: +39 0521 1747603

Internet: www.linoscoffee.com

Email: info@linoscoffee.com

Jaki



This cafe/restaurant has a specific vegan concept. For breakfast, it normally serves daily fresh made desserts, together with Arabic coffee blends and

a wide range of choice for milk: soy, rice, almond, but also cow milk for all not-vegan customers. If you travel with vegans, vegetarians or intolerant people this place allows you to enjoy a nice breakfast all together.

Photo: monticello/Shutterstock.com

Address: Strada Aurelio Saffi 78/B, Parma

Opening hours: Tue 7.30am-3.30pm; Wed 7.30am-3.30pm, 7.30pm-10pm; Thu-Fri 7.30am-3.30pm; Sat 8am-3.30pm, 7.30pm-12pm

Phone: +39 339 4798020

Internet: www.jakicafe.it

Email: info@jakicafe.it

Stralvè Food & Coffee



Stralvè is the result of a project born in Parma with the objective to rediscover the root of Parmesan coffee tradition. In these

globalised times, the owners of this bar are proud to show their origins, serving all zero mile products, enjoyable at the aperitif time or at home, thanks to their take-away service.

Photo: Shebeko/Shutterstock.com

Address: Via Emilia Est 35, Parma

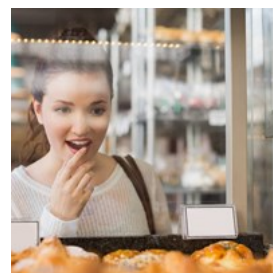
Opening hours: Mon-Sat 6am-9pm

Phone: +39 0521 469037

Internet: www.stralve.com

Email: info@stralve.com

Le Delizie di Ori



Le Delizie di Ori is one of the most renowned cafes in Parma for its abundant and delicious breakfasts. It is the parlour of a famous pastry school, so

here you will find fine croissants, bakery and cakes of all sorts. And if you like more salty, don't worry Ori won't let you down!

Photo: wavebreakmedia/Shutterstock.com
 Address: Via Farini 19, Parma
 Phone: +39 0521 282800
 Internet: www.ledeliziediori.it
 Email: Contact form available on the webpage.

Busky



If you are looking for a good brunch, you need to visit Busky! This pizza & bakery house is indeed principally famous for its Sunday brunch. Here, all

raw materials are selected from the local production, taking into account the natural rhythms and the protection of the environment. Vegan and gluten free dishes are also available in large quantities.

Photo: Vankad/Shutterstock.com
 Address: Viale Mentana 130, Parma
 Opening hours: Tue-Sat 7pm- 1am; Sun 12am-3pm, 7pm-1am
 Phone: +39 0521 232463
 Internet: www.newbusky.it
 Email: newbusky@gmail.com

Emilia Cremeria



To enjoy a good artisanal ice cream, this is the ideal place. Located in the city centre, Emilia Cremeria's parlour offers you all kinds of sweet

treats, from ice creams to frappes and other specialties ideated in its laboratories. In addition, you can be aware in advance of all the ingredients employed thanks to its website.

Photo: Zivica Kerkez/Shutterstock.com
 Address: Str. Luigi Carlo Farini 29, Parma
 Opening hours: Mon-Thu 12am-11pm; Fri 12am-12pm; Sat 11am-12pm; Sun 11am-11pm
 Phone: +39 0521 207316
 Internet: www.cremeriaemilia.com

Email: info@emiliacremeria.com

Gelateria Due Torri



In this parlour, in business since 1946, you can taste one of the best ice cream of the city. But Due Torri is not only about ice cream, here you will also find delicious slushes, ice lollies, frappes and even semifreddos and ice cream cakes. Everything artisanal and always fresh made!

Photo: JESHOTS/Pixabay.com
 Address: via Massimo D'Azeglio 91A, Parma
 Opening hours: Mon-Sun 11.30am-8.30pm
 Phone: +39 0521 1801874
 Email: gelateriaduetorri@yahoo.it

Gelateria Caraibi



According to many, this is the best ice cream parlour in Parma and environs. One of its peculiarity is certainly its wide array of flavours, not only of ice cream, but also of frozen yogurt. Another must here are the ice cream cakes, renowned in the entire region!

Photo: Florena/Shutterstock.com
 Address: Via Emilio Lepido 9/A, Parma
 Opening hours: Mon-Sat 9.30am-12.30pm; Sun 9.30am-12pm
 Phone: +39 0521 460521
 Email: caraibiparma@gmail.com

Gran Caffè del Teatro



When going to the opera, a visit to the Gran Caffè of the theatre is not to be missed, to drink tea in this magic place imbued with music is an

experience. But nothing prevent you from enjoying this elegant cafe even if you are not going to attend the show. It is open from morning until evening, but reserved to the spectators during shows.

Photo: svry/Shutterstock.com

Address: strada Giuseppe Garibaldi 16A, Parma

Opening hours: Mon-Sat 7.45am-7.45pm

Phone: +39 0521 283857

Internet: www.teatroregioparma.it

Email: info@grancaffedelteatro.it

V-Bar Natural



To all those who want to consume responsibly also during their holidays, this bar offers a choice of biological products employed in vegan and vegetarian dishes. Beside delicious and healthy breakfasts, here you can also enjoy relaxing lunches and dinners.

Photo: Nitr/Shutterstock.com

Address: Borgo del Parmigianino 5B, Parma

Opening hours: Mon 7am-3.30pm; Tue-Sat 7am-11.45pm;

Sun 7am-8pm

Phone: +39 3355611784

Email: vbarnatural.pr@gmail.com

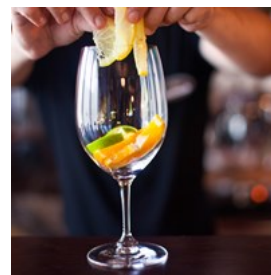
BARS & NIGHTLIFE



Monkey Business Images/Shutterstock.com

Parma boasts a lively before-dinner scene. Many bars have happy hours of all kinds, which usually lasts more than one hour, and that are often accompanied by substantial snacks and good music. Whereas, actual Parmesan movida by night starts in via Farini, where people go from one wine bar to another, and later continue to dance or enjoy live music in clubs situated both in the centre and outside the city.

Gavanasa Club



Gavanasa Club is a must go place for any generation. Here you will find a happy hour bar, a restaurant and a lounge bar. You can enjoy non-stop music from 7pm on Wednesdays, Fridays and Saturdays, while drinking the delicious cocktails made by the expert bartenders of the place.

Photo: Ekaterina Iatcenko/Shutterstock.com

Address: Via Farini 22A, Parma

Opening hours: Tue-Thu 6pm-1am; Fri-Sat 6pm-2am; Sun 6pm-12pm

Phone: +39 0521 233169

Internet: www.gavanasaclub.com

Email: info@gavanasclub.com

La Corte Del Sol



La Corte Del Sol is located at 3km from the city centre, but it is easy reachable thanks to the convenient shuttle service. Here, you will find live music on Wednesdays and Thursdays, and DJ set of various kind on Fridays and Saturdays. In addition, if it is not enough for you, you can also enjoy the “Sunday aperitivo” at 8 o’clock. To stay update follow the club on its Facebook page.

Photo: Unsplash/Pixabay.com
 Address: Via Ugolotti 1/A, Parma
 Opening hours: Tue-Sun 9pm-3am
 Phone: +39 339 5707007

Dadaumpa



Located in a completely renewed and transformed rustic farmhouse, Dadaumpa has been a reference for the Parmesan movida for 20 years now. The major strength of this place is its capability to change atmosphere, from refined dinner-club in the evening to a trendy disco-club by night.

Photo: clownbusiness/Shutterstock.com
 Address: Via Emilio Lepido 48, Parma
 Opening hours: Thu 11pm-4am; Fri-Sat 9pm-4am
 Phone: +39 521 483813
 Email: paolo@stampadisco.com

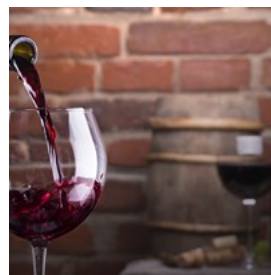
TiKi Bar



At Tiki Bar you can enjoy an impressive wide variety of fruity and colourful drinks. The word TiKi comes from the Polynesian gods carved in wood, and the theme is very simple to see in this bar. Close your eyes and let yourself get carried away to an exotic white-sandy beach!

Photo: Ostancov Vladislav/Shutterstock.com
 Address: Via la Spezia 108, Parma
 Opening hours: Mon-Thu 7am-12pm; Fri-Sat 7am-2am; Sun 7am-12pm
 Phone: +39 0521 710132
 Email: escapecafe@virgilio.it

Bacco Verde



This rustic cantina boasts a varied range of Italian wines, which it serves with typical Parmesan food. The place has two big rooms inside its tavern, and a seating area outdoor where you can relax and have a glass of wine enjoying a breath of fresh air.

Photo: Boule/Shutterstock.com
 Address: Via Cavallotti 33, Parma
 Opening hours: Mon-Sun 7pm-1am
 Phone: +39 0521 230487
 Email: baccoverde@hotmail.it

Ombre Rosse



Ombre Rosse serves typical dishes from all Italian regions. But its strength is the range of wines and spirits that customers have at their disposal, as well as the delicious cocktails in

accordance with the best practice. The service is professional and the menu is reasonably priced.

Photo: Shulevskyy Volodymyr/Shutterstock.com

Address: Borgo Giacomo Tommasini 18, Parma

Opening hours: Mon-Tue 10am-1am; Fri-Sat 10am-2am; Sun 12am-3pm, 6pm-1am

Phone: +39 0521 289575

Internet: www.ombrerosseparma.it

Email: ombrerosseparma@libero.it

Osteria Rangon



Even if it is a very good restaurant, you can visit Osteria Rangon also after dinner to taste one of its 150 national wine labels.

It is located in the ancient city and serves traditional food to accompany its impressive wine selection. Furthermore, during weekend it also hosts live music concerts.

Photo: James Temple/Flickr (image cropped)

Address: Borgo delle Colonne 26A, Parma

Opening hours: Mon-Thu 10am-3pm, 6pm-1am; Fri-Sat 10am-3pm, 6pm-2am

Phone: +39 0521 231019

Email: _rangon@libero.it

Enoteca Dal Lino



This wine bar proposes typical specialties to accompany a good selection of national and foreign wines. Also serves a wide choice of spirits

and local liquors such as nocino and bargnolino. The friendly atmosphere created by the owners and the staff will make you feel like you are among friends.

Photo: Igor Normann/Shutterstock.com

Address: Borgo Onorato 12, Parma

Opening hours: Mon 7pm-12pm; Tue-Thu 12am-3pm,

6.30pm-12pm; Fri-Sat 2am-3pm, 6.30pm-2am; Sun

12am-3pm, 6.30pm-12pm

Phone: +39 0521 221291

Email: dal.lino.pr@gmail.com

Le Malve



Le Malve, located in the city centre on a pedestrian street is not only a patisserie, restaurant and pizzeria, by night you can also

enjoy delicious cocktails and wine labels. Pick some appetisers to accompany your beverage, there are always abundant and various snacks to choose from.

Photo: RossHelen/Shutterstock.com

Address: Str. Luigi Carlo Farini 12, Parma

Opening hours: Mon-Thu 6am-1am; Fri-Sat 6am-2am; Sun 6am-1am

Phone: +39 0521 230260

Internet: www.lemalve.it

Email: info@lemalve.it

Tabarro



This cantina/bar is well-frequented mostly by the glamorous youngsters of the city. Here, you can enjoy a very nice aperitif either

indoor or outdoor, with a varied selection of wine and craft brews. Tabarro is perfect also for a visit after dinner to try one of the numerous artisanal spirits. Open also for lunch on Saturday.

Photo: maradon 333/Shutterstock.com

Address: Strada Farini 5B, Parma

Opening hours: Mon-Thu 4pm-12.30pm; Fri 4.30pm-1.30am; Sat 12am-4pm, 5.30pm-1.30am; Sun 4.30pm-12pm.

Phone: +39 0521 200223

Internet: www.tabarro.net

Email: info@tabarro.net

Birreria Vecchie Maniere



This pub can be considered the ideal meeting point for all the enthusiasts of good home brew, it was also the first Indi-Bar in Parma. There

is no age limit at the Vecchie Maniere, since every night something different happens, from tasting nights to live concerts and DJ sets.

Photo: [George Rudy/Shutterstock.com](https://www.shutterstock.com/photo/George-Rudy)

Address: Borgo Bernabei 40A, Parma

Opening hours: Mon-Thu 6.30pm-1am; Fri-Sat 6.30pm-2am

Phone: +39 338 3126467

Internet: www.birreriavecchiemaniere.it

Email: info@birreriavecchiemaniere.it

Bastian Contrario



This pub will welcome you in a lively and rustic atmosphere where you can try delicious home brew and much more.

Besides its wide range of artisanal beers, you can also enjoy the most important sport events while eating the specialties of the house. Also host live music and organise numerous and varied theme nights.

Photo: [Africa Studio/Shutterstock.com](https://www.shutterstock.com/photo/Africa-Studio)

Address: Strada Inzani 34A, Parma

Opening hours: Mon-Thu 6pm-1am; Fri-Sat 6pm-2am; Sun 6pm-1am

Phone: +39 347 8113440

Internet: www.bastiancontrarioparma.it

Email: bastiancontrarioparma@gmail.com

Jamaica



Every night is different at this disco pub: reggae on Tuesday, Latin dance on Wednesday, quiz game on Thursday, Caribbean music on Friday and commercial dancehall on Saturday. Here, you can also enjoy pizza every night and dance on the outdoor dancefloor during summer.

Photo: [Rawpixel.com/Shutterstock.com](https://www.shutterstock.com/photo/Rawpixel)

Address: Via Reggio 41A, Parma

Opening hours: Tue-Sun 7pm-2,30am

Phone: +39 340 3781027

Internet: www.jamaicaparma.it

Email: martina@jamaicaparma.it

River Discoestate



If you are visiting Parma during summer, this is the ideal place for having some party. This club is located in a park with pools, surrounded by nature and green. In this exclusive location, River Discoestate will welcome you in its four total-white dancefloors.

Photo: [Maxim Blinkov/Shutterstock.com](https://www.shutterstock.com/photo/Maxim-Blinkov)

Address: Via Nazionale Emilia 343, Pontetaro

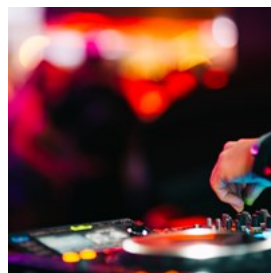
Opening hours: Thu-Sat 8pm-4am

Phone: +39 333 8357187

Internet: www.riverdisco.it

Email: info@riverdisco.it

Nero Bianco



This place has always been a protagonist of Parma's nightlife, even if in the course of time it changed names and owners many times. At

the moment, the name is Nero Blanco, but many of the locals still call it "Astrolabio" (its first name). Here, normally Wednesday night is dedicated to over-20, Friday to over-30, Saturday revival music and on Sunday, you can enjoy the aperitif.

Photo: Mark Umbrella/Shutterstock.com

Address: via Antonio Zarotto 86A, Parma

Phone: +39 347 2719920

More Info: Since it often changes name, it is possible to find it on the map as "Astrolabio" or "Lotus".

SHOPPING



pio3/Shutterstock.com

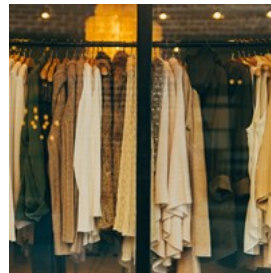
Italian fashion and food should be the key themes for Parma's visitors. The city centre is full of fashion boutiques (the most important shopping streets are: via Garibaldi, Strada della Repubblica, via Cavour, via Mazzini and via Massimo D'Azeglio) where you can buy clothes, leather goods and stylish shoes.

For food there are many shops where you can find not only Parma ham and Parmesan cheese, but also an impressive variety of salted pork meats (try culatello and Felino salami), pastas and wines.

In many pastry shops, you can pick up the typical Parma cake called the Duchessa Maria Luigia and sweeties called violette di Parma (violets of Parma). Violetta di Parma is also the name of the

essence made in honour of the Duchess Maria Luigia. Lastly, Parma has also a district of antiques shops and art galleries, which are located along Strada Farini, via XXII luglio and Strada della Repubblica.

Fidenza Village



Located at only 30 minutes' drive away from the centre of Parma, Fidenza Village is a shopping complex where savvy shoppers can

delight in discounted clothes, shoes, bags and accessories from the most famous designers past collections. Take a break in-between your hectic shopping in one of the several restaurants and cafes located here while glancing through your shopping bags.

Photo: Unsplash/Pexels.com

Address: Via San Michele Campagna, Fidenza

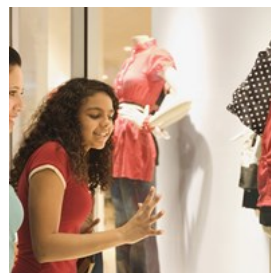
Opening hours: Mon- Sun 10am-8pm

Phone: +39 0524 33551

Internet: www.fidenzavillage.com

Email: freception@valueretail.com

Barilla Center



Occupying a former industrial area where Barilla products used to be made, this shopping centre has little left of its original designation.

While a cooking school Accademia Barilla is still up and running, most of the space is occupied now by all sorts of stores and boutiques, selling everything from clothes to accessories, beauty products and home décor.

Photo: Blend Images/Shutterstock.com

Address: Via Emilia Est, 43121 Parma

Opening hours: Mon-Sat 9.30am-8pm; Sun 10am-8pm

Phone: +39 0521 247825
Internet: www.barillacenter.it
Email: info@barillacenter.it

Torrefazione Anceschi



As everybody knows, there is nothing more Italian than a good espresso. If you want to take with you a bit of this tasty specialty, you must visit Torrefazione Anceschi. It is the most ancient roasting and coffee shop in the city. Here, you can both take a coffee on the spot or buy some to take home with you.

Photo: Couleur/pixabay.com
Address: Strada Garibaldi 46M, Parma
Opening hours: Mon-Sat 6am-6.45pm; Sat 7am-12.30am
Phone: +39 0521 233626

Antique Dealers Neighborhood



In the heart of Parma, this curious district is the right place where to look for particular objects and ancient treasures. In between of Strada Farini, Borgo al Collegio Maria Luigia and Strada Repubblica, you will find workshops, art studios and antique dealers of all kind.

Photo: MrDoomits/Shutterstock.com
Address: Strada Farini, Parma
Phone: +39 0521 235114

Antiques Market

If you like to go lookin' for unique objects, reminders of the old good days, in Parma you have the chance to satisfy your yearning. Every week, on Thursday, in the city centre a vintage market is organised in Galleria Bassa dei Magnani. Here, you will be able to find some

particular antiques from 8am to 5pm.

Address: Strada d'Azeglio 35, Parma

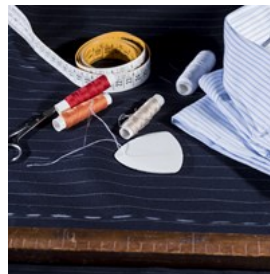
Sunday Market



Sunday morning market is the biggest one in Parma. It is located right in the city centre among Piazzale Matteotti, Via Don Minzoni and Via Primo Maggio. Here, you can find every kind of items, since it is the place where locals normally go for their weekly shopping.

Photo: ErikScheel/Pexels.com
Address: Piazzale Matteotti, Parma
Opening hours: Sun 7am-2pm

Camiceria Zanini



Another excellence of the "Made in Italy" production are certainly tailored suits. If you want to take home a custom shirt from your travel in Parma, Camiceria Zanini is the right place for you. This tailor's shop has been open since 1939; its long history speaks for itself.

Photo: Antonio.li/Shutterstock.com
Address: Strada Garibaldi 33, Parma
Opening hours: Mon-Wed 9am-12.30am, 4pm-7.30pm; Thu 9am-12.30am; Fri-Sat 9am-12.30am, 4pm-7.30pm
Phone: +39 0521 283266
Internet: www.camiciesumisuraparma.it
Email: camiceriazanini@gmail.com

Cartasogno



This is a one in a million shop. At Cartasogno you will find hundreds of creations and objects of every kind, so well-done that you won't believe

that they are all made with paper! That's right, paper! Here, you will find unique souvenirs but also amazing furniture pieces and elegant presents for your friends.

Photo: nito/Shutterstock.com

Address: Via Nazario Sauro 22, Parma

Opening hours: Mon 3.30pm-7.30pm; Tue-Sat

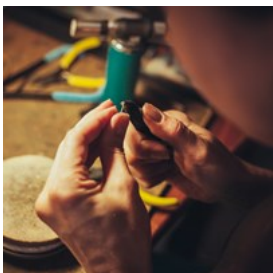
9.30am-12.30am, 3.30pm-7.30pm

Phone: +39 0521 239444

Internet: www.cartasogno.it

Email: info@cartasogno.it

Ave Caprice



In this laboratory, you will find unique pieces of costume jewellery.

Starting from precious materials, these artists are capable to create

amazing works of art to wear. Here, glass, natural stones, resin and silver becomes beautiful jewels, perfect as presents as well as souvenirs.

Photo: tvist/Shutterstock.com

Address: Via Mazzini 5B, Parma

Phone: +39 0521 481256

Email: info@avecprice.com

Salumeria Garibaldi



You cannot leave Parma without taking home with you some of the specialties of the place. In Salumeria Garibaldi you will find all sorts of cured

meats and cheeses, as well as ready meals. Of course, here you can also buy Parma Ham and Parmesan Cheese, all the typical handmade pastas and sauces; perfect also as tasty souvenirs.

Photo: Alessio Orru/Shutterstock.com

Address: Strada Garibaldi 42, Parma

Opening hours: Mon- Sat 8am-8pm

Phone: +39 0521 235606

Internet: www.salumeriagaribaldi.com

Email: info@specialitadiparma.it

Caseificio Ugolotti



Another tasty souvenir that you cannot miss to buy in Parma is the famous Parmesan Cheese. To find the original one you may

need to go a bit out of the city centre, but it can be also a good excuse to have a look at the stunning Parmesan countryside. At Caseificio Ugolotti you will also find many other artisanal food products.

Photo: Jag_cz/Shutterstock.com

Address: Via Emilio Lepido 72, Parma

Opening hours: Mon- Sat 8am-7.30pm

Phone: +39 0521 486769

Internet: www.caseificiougolotti.com

Email: caseificiougolotti@gmail.com

Pasta Venusti



Pastificio Venusti produces fresh handmade pasta since 1984, maintaining alive the tradition of making pasta in accordance with the

best practice. Tortelli, cappelletti, gnocchi, chicche... you can choose your favourite type and take home with you a bit of delicacy made in Italy.

Photo: sashk0/Shutterstock.com

Address: Via Monte Molinatico 10A, Parma

Phone: +39 0521 967094

Internet: www.pastafrescavenusti.it

Email: info@pastavenusti.it

Prosciutto di Parma Festival



If you are lucky enough, you will be in Parma during the celebration of one of its most famous local product: the Parma ham. Normally this fair

lasts ten days between August and September, during which you will have the possibility to visit the places where this delicacy is produced and obviously to taste it in many different recipes.

Photo: HLPhoto/Shutterstock.com

Internet: www.festivaldelprosciuttodiparma.com

Email: info@prosciuttodiparma.com

Commercial Mall Panorama



Panorama is a shopping mall, where anything - from groceries to clothing and all sorts of personal items can be found.

Among the most famous brands presented here are for example Stroili, Oltre, Bata and many others. If you need a break

from shopping you can choose between numerous bars and restaurants.

Photo: Halfpoint/Shutterstock.com

Address: Via Silvio Pellico 20A, Parma

Opening hours: Mon 2.pm-9pm; Tue-Sat 8am-9pm

Phone: +39 0521 947811

Internet: www.e-panorama.it

Vintage Market

Each Tuesday a tiny vintage market is set in Parma city centre. Let yourself be amazed by the hidden treasures you will be able to discover among these stalls. In the midst of all these antiques, second-hand objects and vintage accessories you won't be able to leave the market without buying something!

Address: Piazza Ghiaia, Parma

Opening hours: Tue 9am-7pm

Internet: ilmercatodeglieventi.wordpress.com/eventi-in-progress/parma-fiera-settimanale-del-vintage

Email: info@ilmercatodeglieventi.it

ESSENTIAL INFORMATION



iryna1/Shutterstock.com

Parma International Airport



Parma International Airport is located around 6 kilometres from the city centre. From the airport you can reach the city centre and the train

station (or viceversa) by bus or taxi.

There is a frequent bus service that runs between the airport and to the train station of Parma. The bus number 6 leaves every hour from 6.30am to 8pm (www.tep.pr.it). Whereas, if you prefer to take a taxi, you will find them waiting for you just outside of the arrivals. If there is no taxi available you can ask the information desk to call a taxi for you. (24 hour Radio Taxi: tel. +39 0521 252562.)

At the airport you can also rent a car from the company Hertz, (+39 344 1918480).

Photo: Juan Garces
Address: Via Licinio Ferretti 40, Parma
Phone: +39 0521 951511
Internet: www.aeroportoparma.it
Email: info@parma-airport.it

Public transport



The best way to get around the city is on foot or by bike, which is actually the favourite transportation of all Parmesans. The city

centre is compact and is full of monuments and other sights to visit and admire.

The local bus transport company is TEP (address and contacts below are referred to this company). In Italy you can buy tickets or passes in all ticket offices, tobacconists and newsstands.

There are different tickets to choose from such as single ticket (valid 60 minutes), day ticket, ticket for 8 single rides and different period passes. You can also buy ticket on the bus but for an extra charge and with exact change. Make sure to validate your ticket as soon as you board the bus.

Photo: Pierre-Luc Auclair
Address: Via Taro 12, Parma
Opening hours: Mon-Fri 8am-5pm; Sat 8am-1pm.
Phone: +39 0521 2141
Internet: www.tep.pr.it
Email: tep@tep.pr.it

Taxi



The taxi company of Parma is Radiotaxi. You can call its call centre, or book a taxi on its webpage. If you need a taxi immediately you can

also text the +39 366 730000.

Normally in Italy you will find taxi stands where taxis are waiting in a cue for customers. In Parma you can find them in the following places: Piazza Garibaldi, Train Station, Ospedale Maggiore (main hospital), Piazzale Volta, Piazzale Rolla, Barilla Centre, Mall Torri, and Fairs Centre.

Address: Via Pozzuolo del Friuli 13, Parma
Opening hours: 24h/24h
Phone: +39 0521 252562
Internet: www.radiotaxiparma.com
Email: segreteria@radiotaxiparma.it

Post



There are numerous post offices around the city. You can easily recognise them thanks to the yellow and blue sign. Stamps are available in every

tobacconist and newsagent shop.

Photo: Andy Fuchs

Address: Strada Carlo Pisacane 1, Parma

Opening hours: Mon-Fri 8am-6.30; Sat 8am-12.30am.

Phone: +39 521 222412

Internet: www.poste.it

Email: servizio.clienti@posteitaliane.it

Pharmacy



Pharmacies in Italy generally do not stay open during lunch time, and they are closed on Sundays. In rotation, pharmacies of each

town/city/area provides Sunday and night services. Details are displayed at the pharmacies or on the websites of the town.

Photo: Gemma Garner

Opening hours: Generally 08:30am-1pm, 3pm-7:30pm.

Phone: 118 for 24 hour emergency advice

Internet: www.orari-di-apertura.it/farmacie-parma-3.htm

Telephone



Country code: +39 There is no area code. In Parma all phone numbers start with 0521, do not omit the zero. The Council of Parma offers a service of

free wifi, but to use it you need to create an account on the wifi net "Guglielmo".

Photo: Jardson Almeida

Electricity



220V. Power outlet: two or three holes.

Photo: Stirling Tschan

Population

194.464

Currency

Euro, €1 = 100 cents

Opening hours

Shops are usually open between 9am-1pm and 4pm-8pm. Larger shops are normally open continuously during the day and on Sundays.

Newspapers

La Gazzetta di Parma

Emergency numbers

Emergency: 113

Carabinieri (Police): 112

Vigili del fuoco (Fire Brigade): 115

Ambulanza (Ambulance): 118

Tourist information

Information and tourist reception

Piazza Garibaldi, 1, Parma

+39 521 218889

turismo@comune.parma.it



		Via Albertelli	C2	Via Ferrara	D1 D2
B P Cocconi	A2 A3	Via Ancona	D1	Via Firenze	C1
Borgo Bernabel	A2 A3	Via Anselmi	A1	Via Furlotti	D4
Borgo Cantelli	B3 B4	Via Antonio Gramsci	A2	Via Gazzola	C2
Borgo Carissimi	C2	Via Antonio Zarotto	D4	Via Goito	B4
Borgo Colonne	C2 C3	Via Aosta	B1 C1	Via Guastalla	D1
Borgo Correggio	C3	Via Bandi	A4	Via Ildebrando Bocchi	A1
Borgo della Posta	C3	Via Bandini	D4	Via Imbriani	A3 B3
Borgo Felino	B4 C4	Via Barili	A1	Via John Kennedy	A2
Borgo Giacomo Tommasini	C3	Via Bassano	D1	Via la Spezia	A4
Borgo Giordani	C2	Via Bedarida	D1	Via Lanfranco	A1
Borgo Guazzo	C2	Via Bellini	D4	Via Lasagna	D2
Borgo Naviglio	C2	Via Benedetta	D1	Via Leporati	A3
Borgo Onorato	C3	Via Bergamo	C1	Via Liguria	D3
Borgo Parmigianino	C2	Via Boccherini	D4	Via Linati	C4
Borgo Regale	C3	Via Bocchialini	B4	Via Lombardia	D2
Borgo Riccio da Parma	B3 C3	Via Bodoni	B2 C2	Via Luigi Musini	A3 A4
Borgo S. Giuseppe	A3 B3	Via Bologna	C1	Via Manara	D3
Borgo Salnitara	B4	Via Bolzoni	D4	Via Marchesi	A2
Borgo Santo Spirito	B2	Via Brennero	B1 C1	Via Marmolada	B1 C1
Borgo Trinita	C2	Via Brenta	C1	Via Massimo D'Azeglio	A2 B3
Piazza Buonarroti	A1	Via Brescia	C1	Via Mazzini	B3
Piazza Duomo	C2	Via Brozzi	D2	Via Menconi	A2
Piazza Garibaldi	B3 C3	Via Cairoll	C3	Via Migliori	B4 B5 C4
Piazza Picelli	A3	Via Calabria	D2	Via Monfalcone	D1
Piazza Rondani	B3	Via Calatafimi	A4	Via Montello	D1
Piazza Sicilia	D2	Via Caselli	A1	Via Niccolò Paganini	D3 D4
Piazzale Barbieri	A4	Via Catania	C1	Via Novara	B1
Piazzale Marsala	B4	Via Cima Palone	B4	Via Nullo	A4
Piazzale Matteotti	A3	Via Cocconcelli	A2 A3	Via Nuoro	C1
Piazzale Risorgimento	C4	Via Corazza	C1	Via P Savani	A1
Piazzale Santa Croce	A2	Via Corso Corsi	C3	Via Paciaudi	B2
Piazzale Santaflora	B3 C3	Via Cremona	B1	Via Padre Onorio	C3 C4
Piazzale Vittorio Emanuele II	D3	Via Cuneo	D1	Via Paggeria	B2 B3
Ponte Italia	B4	Via D Minzoni	A3	Via Palermo	C1 D2
Stada Nino Bixio	A4 B3	Via D. Muzzi	D2	Via Paolo Racagni	C4
Str al Ponte Caprazucca	B3	Via d. Oddi	D2	Via Passo Buole	C4
Strada Alessandria	B1 C1	Via Dalmazia	C3 D3	Via Pasubio	C1
Strada Aurelio Saffi	C3	Via De Giovanni	D4	Via Pelacani	C4
Strada Buffolara	A1	Via dell Arpa	D3	Via Pescara	D1
Strada Cavalotti	C2	Via della Repubblica	C3	Via Pintor	A4 B4
Strada del Quartiere	A3	Via della Salute	A3	Via Pomponio Torelli	C4 D4
Strada Farini	B3 B4	Via Digione	A3	Via Primo Groppi	C4
Strada Fonderie	B2	Via Doberdo	D2	Via Puccini	D4
Strada Nuova	C3 D3	Via Don E. Camesasca	D2	Via Rava	A4
Strada Petrarca	C3	Via Donizetti	D4	Via Ravenna	C1
Strada XXII Luglio	C3 C4	Via E Casa	C2	Via Reggio	B1
Via Abba	A3 A4	Via Emilia Est	D3 D4	Via Rimini	D1
Via Abruzzi	D2	Via Faelli	A4	Via Rismondo	A3

Via Roncoroni	A1	Via Varese	B4	Viale Faustino Tanara	D2 D3
Via S Pier D'Amiani	A1	Via Venezia	D1	Viale G. Rasori	A3
Via Sartori	A1 B1	Via Verdi	C2	Viale Giovanni	B4
Via Sarzara	A4	Via Verona	D1	Viale Gorizia	B4
Via Sassari	B1	Via Volturno	A4	Viale IV Novembre	B1 B2
Via Savona	D1	Via XX Settembre	C2	Viale la Grola	A1
Via Soldati	A1	Viale A Pasini	A2	Viale Magenta	B4
Via Spolverini	A2	Viale Antonio Fratti	C2	Viale Maria Luigia	B3 B4
Via Stanislao Solari	A4	Viale Barilla	D3	Viale Mariotti	B2
Via Suor Adorni	C4	Viale Basetti	B3 B4	Viale Mentana	C2 D2 D3
Via Tommaso Gulli	A3	Viale Berenini	B4	Viale Milazzo	A4 B4
Via Tonate	C1	Viale Bottego	B1 C2	Viale Osacca	A2
Via Tonelli	D1	Viale Campanini	D4	Viale P Maria Rossi	C4 D3
Via Torino	C1	Viale Caprera	A4 B4	Viale P. Toschi	B2
Via Toscana	D2 D3	Viale d Costituente	A3 B3	Viale Palestro	B4
Via Trento	C1	Viale dei Mille	A2 A3 A4	Viale Partigiani d'Italia	D4
Via Treviso	D1	Viale della Villetta	A4	Viale Piacenza	A2 B1
Via Trieste	D1 D2	Viale della Vittoria	A2 A3 A4	Viale S Michele	C4 D3
Via Trombara	A2	Viale delle Rimembranze	C4	Viale Solferino	B4
Via Turchi	B3	Viale Duca Alessandro	C4	Viale Toscanini	B3
Via Umbria	D2	Viale Europa	B1		