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The narrow and often steep granite-paved streets of Cagliari's Castello District are a reminder of a bygone age when the town was dominated at first by Pisans, and later by the Aragonese. Built from white limestone, the walls and towers of the Old Town shimmer in the sun and are a magnificent sight, especially if you are lucky and approach the city from the sea, as the English novelist D.H. Lawrence did in 1921 when he described the Old Town as looking like a "Jerusalem without trees".

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Citadel of Museums

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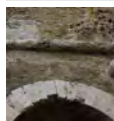
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Tuvixeddu is a punic necropolis occupying an entire hill. Inside, it houses ...

THE CITY



Sean Pavone/Shutterstock.com

Cagliari, or "castle" in Sardinian dialect, is the capital of the Italian island of Sardinia. Although most of the present town was built after the 12th century, Cagliari, like the rest of the island, was first settled by Phoenicians, who called the town Kàralis or "city of rock", and then by the Carthaginians. The Romans also left their mark by constructing a fine amphitheatre and some villas, but it was not until the 12th century that Cagliari saw a settled period again, first under the Pisans, followed by the Aragonese, and eventually by the Dukes of Savoy, who styled themselves as Kings of Sardinia.

Modern Cagliari reflects all of these influences. Around the most ancient part of the city, the Marina and Stampace districts are dotted with refined buildings from the XIX century. Via Roma, parallel to the boardwalk, houses a large array of shops, while the side streets Largo Carlo Felice and Via Regina Margherita offer the perfect frame for a walk to the castle. Castello District is the largest heritage left by the Pisans and the Aragonese. The road to reach it can be challenging (lifts are available), but its beauty and the amazing view that you will enjoy over Santa Gilla Lagoon and the lakes are worth the effort.

TOP 5



baranq/Shutterstock.com

Cagliari has much to offer: from exceptional natural beauty unique to Sardinia to historic spots and testaments to a lively and spirited past, during which various cultures met and collided for centuries. Among all the experiences offered by the city and its environs, here are five not to be missed.

Bastion Saint Remy



The Bastion of Saint Remy was built in classical style, linking the three southern embankments of Santa Caterina, Zecca, and

Sperone, to join the Castle district with the lower districts of Villanova and Marina. The terrace at the southern end of the Castello offers a magnificent view over the sea and marshes to the west.

Photo: Ana del Castillo/Shutterstock.com

Address: Piazza Costituzione, Cagliari

Opening hours: 24/7

Tickets: Free entrance

Castello District



Castello District is the most ancient part of the city. Perched on a hill at almost 100 metres above sea level, the Pisans built it in the XIII century,

fortified it and made it their centre of power. Since then and until the end of the Second World War, Castello has been the heart of the administration and the house of the Sardinian aristocracy. Its ramparts enclose the best-known attractions of Cagliari, but even a simple walk in this area will transport you to its fascinating past.

Photo: aliaksei kruhlenia/Shutterstock.com

Address: Quartiere Castello, Cagliari

San Benedetto Market



If you are a morning person, take the chance to walk in the fresh air of the early day among the stalls of the San Benedetto Market to

discover all the raw gems of Sardinian gastronomy, from both land and sea, with an entire floor dedicated solely to the catch of the day. This market, surrounded by shops and cafés, is also a good place to have breakfast or a short break while immersing yourself in the everyday life of the city.

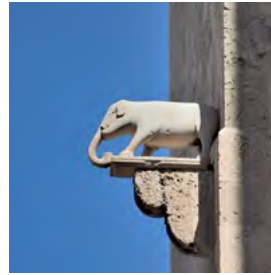
Photo: ZoneFatal/Shutterstock.com

Address: Via Francesco Cocco Ortu 46, Cagliari

Public Transport: Bus M stop Via Baccaredda; Bus 6 and 7 stops Via Cocco Ortu / Via Bacaredda / Via Tiziano; Bus 1 stops Via Petrarca / Via Dante; Bus 3 stops Via Petrarca / Via Dante.

Opening hours: Mon-Fri 7am-2pm, Sat 7am-3pm

The Pisan Towers



Torre dell'Elefante (the Elephant Tower) and Torre di San Pancrazio (St Pancras Tower) date back to the early 1300. They are unique stone

constructions, with their internal side completely open toward the courtyard enclosed in the ramparts. The view from the top of these towers is a sight to behold.

Photo: Crimao/cc by-sa 4.0/Wikimedia(image cropped)

Address: Piazza Indipendenza, corner of Via Santa Croce & Via Università, Cagliari

Tuvixeddu Punic Necropolis



Tuvixeddu is a punic necropolis occupying an entire hill. Inside, it houses hundreds of graves carved into the rock over many centuries.

There is no other place like this in the world, and not even Carthage can boast a similar treasure. Nowadays it is possible to visit the sight only during particular occasions, such as Monumenti Aperty day (the "open monuments" day).

Photo: cristianocani/cc by 2.0/Wikimedia(image cropped)

Address: Via Falzarego, Cagliari

Public Transport: Bus 8 and Circolare 20. Stop Via Is Maglias.

Opening hours: Daily 8:30am-11:30pm

DO & SEE



Stefano Garau/Shutterstock.com

Under the arcades of Via Roma, in Largo Cargo Felice and Yenne Square, you will find the historical cafés of the city with their adorable outdoor tables. Here, espresso and cappuccino accompanied by small puff pastries are a real ceremony.

Below Saint Remy Bastion, two pedestrian streets host mostly fashionable shops, which make them perfect for a walk and for a shopping afternoon: Via Manno and Via Garibaldi.

Lastly, Castello is the ancient district perched on top of the hill, from which your gaze will reach the lagoon and lakes, taking your breath away. Here, the aristocracy and rulers of the city used to live throughout Cagliari's history. Indeed, even today, the coat of arms is visible on the edifice's front doors. In Castello, many places deserve a visit, so take your time to appreciate them all.

Mari Pintau Beach



This striking beach is located 20 min by car from Cagliari, and the trip alone offers astounding views. This is one of the bays that remains outside of easy tourist access, so get

ready to hike steep cliffs to reach the water. The beach is mostly rocky and there are no cafés or restaurants on the boardwalk, but the water is transparent and nature is as untouched as it gets.

Photo: Alessio Orru/Shutterstock.com

Address: Spiaggia Mari Pintau, Cagliari

Citadel of Museums



One of the gems enclosed inside Castello's ramparts is the Citadel of Museums. In the former headquarters of the Royal Arsenal, you will discover the most important artistic treasures of the city among the collections of the Archaeological Museum and of the National Art Gallery, which tell the whole history of the islands. The Citadel also includes the Siamese Art Museum, the Wax Statue Collection, and an observation deck.

Photo: Iakov Filimonov/Shutterstock.com

Address: Cittadella dei Musei, Piazza Arsenale 1, Cagliari

Internet: sistemamuseale.museicivicicagliari.it

Galleria Comunale d'Arte



Housed inside the public gardens of Cagliari, this limestone building contains works of prominent artists from Sardinia and Italy as a whole. The collection is continuously enriched with new acquisitions, and the high-tech equipment of the gallery has made it possible to create a specialized route for blind guests.

Photo: Cristiano Cani/cc by 2.0/Flickr(image cropped)

Address: Giardini Pubblici, Largo Giuseppe Dessi, Cagliari

Phone: +39 070 677 7598

Internet: sistemamuseale.museicivicicagliari.it

Email: museicivici@comune.cagliari.it

Villanova District



Villanova is one of the four ancient districts of the city dating back to the 12th century. It is located at the foot of the hill next to the Castello district. The entire area offers a lovely walk among typical houses, Aragonese churches and ancient workshops, but also a few elegant boutiques nestled in the recently renewed streets of the area.

Photo: Alessio Orru/Shutterstock.com

Address: Quartiere Villanova, Cagliari

Poetto Beach



Poetto Beach is a beautiful 6 km beach only a 10-minute drive away from the city centre. White sand and crystal clear blue water make it a popular place to relax. Along the boardwalk, you'll find plenty of restaurants and bars where you can finish your day at the beach on a high note.

Photo: Stefano Garau/Shutterstock.com

Address: Lungomare Poetto, Cagliari

Lions Door



This ancient portal, built in 1535, is the southern access to Castello. The door derives its name from the two lion head sculptures on the upper corners of the passage. It is a fascinating glimpse into ancient Cagliari, but also the

perfect starting point for your tour of Castello.

Photo: Wiseguy71/cc by-sa 2.0/Flickr(image cropped)

Address: Via Giovanni Spano, Cagliari

Roman Amphitheater



The Roman Amphitheatre was carved into limestone during the 2nd century BC. Nowadays, it is an important Roman find and one of the best-maintained in Italy. Let yourself be astounded by this architectural masterpiece and embark on a travel through time, watching the masterful performances that take place here during the warm seasons.

Photo: Alessio Orru/Shutterstock.com

Address: Via Sant'Ignazio da Laconi, Cagliari

Opening hours: Tue-Sun 9am-4pm

Phone: +39 366 256 2826

Basilica of San Saturnino



This Early Christian complex dating back to the 5th century is another incredible piece of historical evidence. It includes the Byzantine-Roman church (known also as the Church of St. Cosma and Damian) and the Christian necropolis, in which burials even more ancient than the church itself have been discovered.

Photo: Rituz/shutterstock

Address: Piazza San Cosimo, Cagliari

Opening hours: Tue-Sun 10am-6pm

Archaeological Site of Nora



The Archaeological Site of Nora is located in the southwestern part of the Gulf of Cagliari and was one of the main centres of the settlement during the Phoenician times. After several years of oblivion, Nora was unearthed during the 1950s and opened again to the public shortly after being examined by researchers.

Photo: Alessio Orru/Shutterstock.com

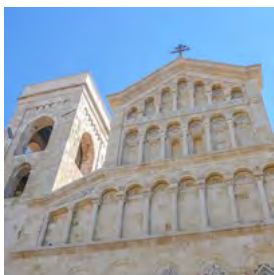
Address: Area Archeologica di Nora, Cagliari

Opening hours: Daily 9am-5:15pm

Phone: +39 070 920 9366

Internet: nora.beniculturali.unipd.it

Cagliari Cathedral



Cagliari Cathedral, in Italian: Duomo di Cagliari, Cattedrale di Santa Maria e Santa Cecilia, is a Roman Catholic church which was constructed in the 13th century in Pisan-Romanesque style and restored during the 1930s. Walking along its naves, you will admire the amazing marble elements, which provide the building with an enchanting aura, as well as the two astonishing pulpits sculpted by Guglielmo da Pisa.

Photo: s74/Shutterstock.com

Address: Piazza Palazzo 4a, Cagliari

Opening hours: Daily 9am-1pm / 4pm-8pm

Phone: +39 070 66 38 37

Internet: www.duomodicagliari.it/gb/index.php

Botanical Garden



Cagliari's Botanical Garden houses more than 500 species of tropical and Mediterranean plants. Besides being the ideal place to spend a sunny day in nature, the Garden also houses a museum, which will certainly be appreciated by all botany enthusiasts.

Photo: Tanya Kramer/Shutterstock.com

Address: Via Sant'Ignazio da Laconi, 11, Cagliari

Opening hours: Tue-Sun 9am-4pm

Phone: +39 070 675 3512

St Peter Island



St Peter Island is located off the Coast of Sulcis Iglesiente. Despite its location being a bit far from Cagliari if you have time enough, do not miss the chance to visit this heavenly place, whose landscapes include stunning coastlines and beautiful terrain. It is perfect for both beach lovers and sports or trekking enthusiasts.

Photo: Antonio S/Shutterstock.com

Address: Isola di San Pietro, Carloforte

Public Transport: It is recommended to book in advance all the transfers.

Internet: carloforte.net/en

Surfing & Windsurfing



Are you up for a thrilling water activity? There are plenty of places where surfing and windsurfing can be practised in Sardinia, one of them being Poetto in Cagliari, although the area of Oristano is considered the real surfers' paradise

with perfect waves. The WindSurfing Club in Cagliari provides a range of courses.

Photo: EpicStockMedia/Shutterstock.com

Address: Viale Marina Piccola, Cagliari

Opening hours: Daily 9am-7pm

Phone: +39 070 372694

Internet: www.windsurfingclub.it

Diving & Snorkeling



Sardinia is the ideal place to practice diving and snorkelling thanks to its crystal clear sea along 1849 kilometres of coastline. Here you can enjoy unspoilt seabeds populated with marine animals and plants. There are plenty of authorized diving centres to choose from. One of them is Morgan Diving, which also provides excursions for the whole family to the protected Marine Park of Villasimius with the chance to snorkel.

Photo: IRA_EVVA/shutterstock

Address: Porto Turistico Marina di Capitana, Cagliari

Opening hours: Daily 9am-7pm

Phone: +39 337 564 354

Internet: www.morgandiving.com

DINING



Alessio Orru/Shutterstock.com

Despite the fact that Sardinia is surrounded by the sea, the best-known local dish is porceddu — roasted suckling pig. This does not mean that seafood is not part of the regional tradition, however. On the contrary, along the coast, you can enjoy daily fresh barbecued fish, such as striped bream, sea bass, and red and grey mullet.

Sardinians are very proud of their culinary tradition, so leave Italian and international food for later and appreciate the unique flavours of local cuisine, including (but not limited to) the delicious bread "cifraxu" and regional cheeses.

Convento San Giuseppe



Arguably the most renowned restaurant in Cagliari, it is housed in one of the ancient buildings of the city dating back to 1270.

Inside, you will find several rooms where you can enjoy a typical Sardinian dinner in a refined atmosphere. Discover traditional recipes reinvented in creative ways.

Photo: Oxana Denezhkina/Shutterstock.com

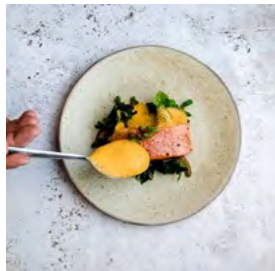
Address: Via Paracelso, Cagliari

Opening hours: Tue-Sun 10am-1pm / 3pm-7pm

Phone: +39 070 503343

Email: info@conventosangiuseppe.com

Dal Corsaro



Dal Corsaro is a restaurant that showcases and pays tribute to Sardinia's culinary culture. It is one of the most well-known

restaurants on the island and offers refined Sardinian tasting menus and wine pairings in an elegant atmosphere. Don't miss the opportunity to experience the best of Sardinian culinary culture at this Michelin-starred restaurant.

Photo: Edward Howell/unsplash

Address: Viale Regina Margherita 28, Cagliari

Opening hours: Tue-Sun 8pm-11pm

Phone: +39 070 664318

Internet: www.stefanodeidda.it

La Marinella



Enjoy the specialities of the house made with fresh grilled fish, overlooking the sunset over the beautiful Poetto beach. If fish is not to

your thing, you can also try some excellent meat dishes from the menu, or even one of La Marinella's pizzas. Live music is just a complement to the flawless atmosphere.

Photo: Africa Studio/Shutterstock.com

Address: Viale Golfo di Quartu 47, Quartu Sant'Elena

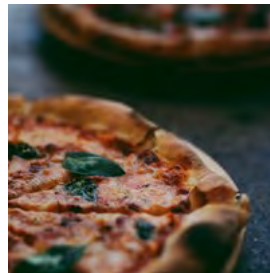
Opening hours: Daily 5am-midnight

Phone: +39 327 737 3110

Internet: www.lamarinellapoetto.it

Email: ristorante.marinella@tiscali.it

Al Solito Posto



In Cagliari's Old Town, more precisely in the eastern part of Castello, you will find the pizzeria Al Solito Posto. As the name, which means "the usual place", suggests this is the ideal place to meet friends in an easy-going environment, enjoying a good pizza or some typical Sardinian dishes.

Photo: shaian ramesht/Unsplash.com

Address: Piazza San Giacomo 2, Cagliari

Opening hours: Tue-Sun 7:30pm-midnight

Phone: +39 070 666282

Trattoria Lillicu



Lillicu is a Cagliari institution whose history goes back to 1938. Despite its age, this eatery never lost the typical atmosphere of an authentic trattoria with its informal attitude. Fresh fish is used for the delightful traditional dishes served here; the menu changes daily depending on the catch of each particular day.

Photo: Vitaly Titov/Shutterstock.com

Address: Via Sardegna 78, Cagliari

Opening hours: Tue-Sun 1pm-3pm / 8:30-11pm

Phone: +39 070 652970

Red Steak House



Red Steak House invites you on a fine dining experience with some of the best steaks you can find in Italy, immaculately paired with full-bodied wines. The wide selection of international dishes includes Argentine beef, roast lamb and chicken

breast, and the wine list features some of the best Italian labels.

Photo: BakerJarvis/Shutterstock.com

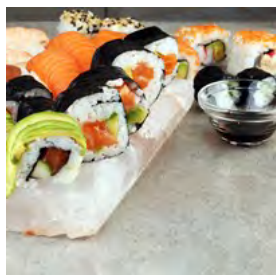
Address: Corso Vittorio Emanuele II 189, Cagliari

Opening hours: Tue 7:30pm-11:30pm; Wed-Sun

noon-2:30pm / 7:30pm-11:30pm

Email: redcagliari@gmail.com

Art Of Sushi



One of the best Japanese restaurants in Cagliari, Art Of Sushi boasts a diverse menu featuring high-quality Japanese cuisine, plus cocktails.

The dishes are beautifully presented, with a variety of flavours and colours. Overall, it's an excellent choice for anyone looking for a unique and delicious dining experience in Cagliari.

Photo: beats1/Shutterstock.com

Address: Via Nazario Sauro, 20, Cagliari

Opening hours: Daily 1pm-3pm / 8pm-midnight

Phone: +39 070 979 1299

Internet: artofsushicagliari.it

Email: aoscagliari@gmail.com

Martinelli's



Discover the variety and richness of the flavours of the sea at Martinelli's, located in the heart of Cagliari. At this unique eatery, you can try a rich

variety of crustaceans and molluscs, as well as the best foreign and local oysters. The menu is constantly changing and evolving, with variations in accordance with the seasons and new proposals being added regularly. In addition to the delicious seafood, there is also a wide variety of excellent wines to choose from. However, seating is limited to only 8 tables, so

be sure to book in advance to secure your spot.

Photo: Douglas Lopez/unsplash

Address: Via Principe Amedeo 18, Cagliari

Opening hours: Tue-Sat 8:30pm-midnight, Sun 1pm-3pm

Phone: +39 070 654220

Internet: martinellis.it

Email: info@martinellis.it

Tandoori



Enjoy the rich variety of spices and exotic flavours which are staples in different regions in India. Vegetarian specialities are included in the menu

and the tandoori dishes are one of a kind. Be sure to try their butter chicken and pistachio naan.

Photo: sta/Shutterstock.com

Address: Via Giovanni Maria Angioy 25, Cagliari

Opening hours: Daily 11:30am-4pm / 6:30pm-11:30pm

Phone: +39 070 311 0221

Internet: www.tandoori.it

Email: sandeep@tandoori.it

Old Wild West



Old Wild West welcomes you to an authentic Western American atmosphere where you can taste well-selected, traditional American

flavours. Hamburgers, Argentine beefsteaks, Mexican wraps, salads, toast, hot dogs and fries are all included. Let's not forget the dessert. The apple pie and the brownies are irresistibly delicious.

Photo: Bluehoustudio/Shutterstock.com

Address: Piazza Unione Sarda, Cagliari

Opening hours: Daily noon-3pm / 6:30pm-10:30pm

Phone: +39 070 208 9054

Internet: www.oldwildwest.it

Galaia City



Located close to the harbour, Galaia City is a place to have a nice lunch or dinner and always enjoy the charming Mediterranean dishes.

The restaurant will surprise you with a wide range of specialities, like soups, ravioli, fish and meat dishes. Their tuna dishes and pasta carbonara are excellent choices.

Photo: Alexander Prokopenko/Shutterstock.com

Address: Viale Armando Diaz 37, Cagliari

Opening hours: Mon-Sat 12:30pm-3pm / 8-10:30pm; Sun 12:30pm-3pm

Phone: +39 347 442 3112

Birdi



Birdi is a restaurant for all who prefer to maintain a healthy lifestyle. The restaurant is the right place to get your daily dose of vitamins at any

time of day, by trying the variety of fruit and vegetable options, soups and smoothies. The uniquely delicious and original salty muffins are totally worth it.

Photo: Anna_Pustynnikova/Shutterstock.com

Address: Via Lodovico Baylle 111, Cagliari

Opening hours: Mon-Fri 12:30pm-3:30pm / 7pm-10:30pm; Sat 12:30pm-3:30pm

Phone: +39 070 462 8799

Wiener Haus



Located just 5 kilometres away from Cagliari, Wiener Haus offers selected German and Austrian specialities prepared with

high-quality products and lots of passion, expressed in the impressively served and delicious food. The restaurant welcomes its clients with a pleasant and unpretentious atmosphere, and it is a good place to meet friends and try some German beer.

Photo: Thayut Sutheeravut/Shutterstock.com

Address: Via delle Serre, Quartucciu

Opening hours: Mon-Thu noon-3:30pm / 6:30pm-11pm; Fri noon-3:30pm / 6:30pm-1am; Sat noon-1am; Sun noon-midnight

Phone: +39 070 885357

Internet: wienerhaus.it

CAFES



Quin Engle/Unsplash.com

The hot Sardinian sun and warm breeze call for visitors to try a good Italian gelato, an iced coffee, or some Sardinian pastries accompanied by refreshing juices. On the seaside promenade and in the city centre, you will find cafes and bars aplenty, all that's left is to take your pick.

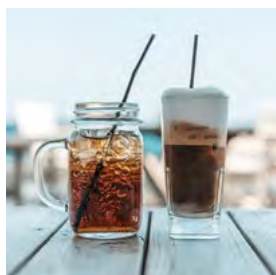
Dulcis Pasticceria



Pop into Dulcis Pasticceria to experience the flavours of the best Sardinian delicacies. From morning pastries to evening appetizers, you'll find something to enjoy at this popular cake shop.

Photo: Valentina Locatelli/Unsplash.com
Address: Via Lodovico Baylle 25, Cagliari
Opening hours: Daily 8am-9pm
Phone: +39 0706 74043

Oasi Cafè



Oasi Cafè is a place to enjoy an aromatic coffee, a healthy smoothie and admire the beautiful view over the sea. Music is an important part of the establishment, and you will have the chance to experience an acoustic performance in the company of cool people.

Photo: Alex Meier/unsplash
Address: Viale Lungo Mare Poetto, Cagliari
Opening hours: Daily 8am-2am
Phone: +39 070 372689
Internet: www.oasicafe.it

Caffè Barcellona



Down-to-earth café located on a quiet side street above Cagliari harbour offering great home-style food, like lunch at an Italian grandma's. The food is simple yet tasty and affordable. Whether you're in the mood for a quick coffee or a full meal, Caffè Barcellona is a great choice.

Photo: komokvm/Shutterstock.com
Address: Via Barcellona 84, Cagliari
Opening hours: Daily 10am-midnight
Phone: +39 070 732 1035

Rafè



Rafè is favoured by locals for its chill atmosphere from breakfast to the evening. Stop by for a cup of coffee or to try their simple yet delicious pasta dishes. The café is also popular for aperitivos: Micodiale Serve and the Caipiroska with frutti rossi are highly recommended. Craft beers are available, too.

Photo: Adonyi Gábor/unsplash
Address: Via Sardegna 58A, Cagliari
Opening hours: Daily 8am-12:30am
Phone: +39 070 753 8032

Caffè De Candia



Caffè De Candia is a café and bar located on top of Castello. The establishment boasts a diverse menu of delicious meals and drinks, including a selection of local beers. The omelette and lobster roll are highly recommended by patrons, but be aware that prices may be a bit steep. The atmosphere inside is cosy and inviting, while the outdoor seating area is perfect for a sunny day. In addition to great food and drink, Caffè De Candia also plays retro music, giving the place a classic, cool vibe. Whether you're looking for breakfast, brunch, or just a drink in the afternoon, Caffè De Candia is a definitely great choice.

Photo: Vitalina Makakenko/unsplash
Address: Palazzo Boyl, Via Mario de Candia, 1, Cagliari

Opening hours: Sun-Thu 7:30am-1am, Fri & Sat 7:30am-2am
Phone: +39 328 958 0373
Email: caffedecandia@gmail.com

Le Plus Bon



Le Plus Bon is a bakery, but not a regular bakery. It boasts a rich history, characterized by its mission to create new and high-quality products and at the same time keep authentic recipes from the past. Try the freshly baked pastries and the delicious sandwiches, which are just irresistible.

Photo: Jennifer Pallian/unsplash

Address: Via Giovanni Giolitti 13, Cagliari

Opening hours: Mon-Sat 7am-9:30pm, Sun 8am-3:30pm

Phone: +39 070 652976

Internet: www.leplusbon.it

Email: info@leplusbon.it

More Info: Le Plus Bon has three locations in Cagliari

Caffè dell'Arte



Caffè dell'Arte is a true gem of a café. Not only is the food delicious, with patrons raving about dishes like their French toast and poached eggs, but the coffee is truly exceptional. The service and ambience are top-notch, making for an overall fantastic experience. If you want to taste what real coffee is supposed to taste like, you must visit Caffè dell'Arte when in Cagliari.

Photo: Rad K/Shutterstock.com

Address: Via Caprera 3, Cagliari

Opening hours: Mon-Fri 7:30am-3:30pm, Sat-Sun 8:30am-1pm

Phone: +39 070 751 0594

Internet: www.caffedellartecagliari.com

Email: info@caffedellartecagliari.com

Caffè Pasticceria Tramer



If you're looking for a cosy spot in the heart of the old city to spend an afternoon, this café bar is a must-visit. Despite its small size, with only two tables inside, the outside seating area is perfect for taking in the views while enjoying a cup of coffee and a pastry. The staff is incredibly friendly, and the coffee is top-notch. But the main draw here is their meringue with cream, a must-try. The café's old-fashioned and classic interior completes the charming atmosphere.

Photo: enchanted_fairy/Shutterstock.com

Address: Piazza Martiri D'Italia, 11, Cagliari

Opening hours: Daily 7am-9pm

Phone: +39 070 65 28 28

La Piccola Focacceria



La Piccola is a lovely coffee shop in the historical center of Cagliari. You can sit outdoors or enjoy the cute white interior. The coffee shop offers a variety of meals, and you can choose among salads, pastries and delicious desserts which will satisfy each and every expectation you might have.

Photo: laura adai/unsplash

Address: Via Liguria 100, Cagliari

Opening hours: Mon-Sat noon-3pm / 7pm-11:30pm; Sun closed

Phone: +39 070 27 15 97

Antico Caffè



True to its name, Antico Caffè is one of the oldest cafes in the city, established in 1838 by a Genovese immigrant in Sardinia. Situated conveniently next to St Remy Bastion, it has been a gathering place for the city's elite and intellectuals since its inception. The café serves up a selection of fine pastries and delectable culinary specialities from early morning to late hours. A visit here is a true taste of history.

Photo: Chloe Frost-Smith/unsplash
Address: Piazza Costituzione, 10, Cagliari
Opening hours: Daily 7am-2am
Phone: +39 070 65 82 06
Internet: www.anticocaffe1855.it
Email: info@anticocaffe1855.it

Caffè Libarium Nostrum

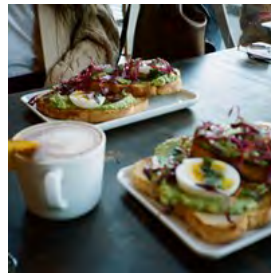


Libarium Nostrum is a trendy café-bar that serves antipasti, pasta, pizza, and aperitifs. In addition to its delicious menu, the establishment also occasionally hosts live music and DJs.

However, the real attraction of Libarium Nostrum is its outdoor terrace, which is located on top of medieval ramparts. From this vantage point, you can enjoy breathtaking sunset views while sipping on cocktails.

Photo: Ozgioun Sampri/shutterstock
Address: Via Santa Croce 35, Cagliari
Opening hours: Daily 8am-1am
Phone: +39 346 522 0212
Internet: www.instagram.com/libarium
Email: libariumcaffe@gmail.com

Caffè Etnico



To the joy of all vegetarians and vegans, Caffè Etnico features dishes that cater to a clientele of plant-based eaters. From breakfast to after-dinner during the weekend, this café offers whatever you can hope for, and if you would like to enjoy the sun while sipping your drink, take a seat on its outdoor terrace.

Photo: Jarren Rocks/unsplash
Address: Via Rockefeller 39, Cagliari
Opening hours: Mon-Sat 7am-9pm
Phone: +39 070 348 1511
Internet: www.cafeetnico.it

Caffè Svizzero



A vaulted ceiling and an old-time charm make a visit to this traditional-style cafe with a romantic atmosphere a must. Caffè Svizzero is well-frequented by the locals, which says a great deal when it comes to local eateries. Stop by for morning coffee and a pastry, come for lunch to join the smart Cagliari crowd during the week, or pop in for a stylish glass of wine in the evening.

Photo: Louis Hansel/Unsplash.com
Address: Largo Carlo Felice 6, Cagliari
Opening hours: Mon-Sat 7:30am-9pm
Phone: +39 070 664578
Internet: www.instagram.com/caffe_svizzero

BARS & NIGHTLIFE



Alexander Popov/Unsplash.com

Most bars in Cagliari are located in the ancient districts around the harbour and Castello. In general, the city's relaxed atmosphere is mirrored by its bars, in particular, under the elegant arcades of Via Roma.

If you want to discover the city's clubs after a couple of drinks, head to Marina, Stampace or Castello and do not miss Poetto Beach with its seaside beach bars.

Il Merlo Parlante



An institution in Cagliari, Il Merlo Parlante is an unpretentious beer hall offering a wide range of craft beers along with an assortment of paninis in a

friendly atmosphere.

Photo: Proriat Hospitality/Unsplash.com

Address: Via Porto Scalas 69, Cagliari

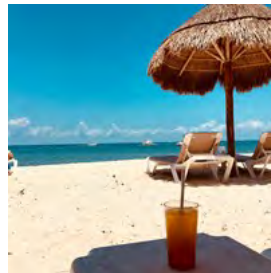
Opening hours: Daily noon-2am

Phone: +39 351 663 8849

Internet: birroteca-al-merlo-parlante.eatbu.com

Email: merlo.parlante@tiscali.it

Twist Beach Club



If you happen to be by Poetto Beach, be sure to stop by Twist Bar for a drink while you take in the sea view. They offer a range of delicious meals for both lunch and dinner, and the club often has live music performances. When the night sets in, make sure you have a drink in hand to fully enjoy the atmosphere.

Photo: The Travel Nook/unsplash

Address: Lungo Mare Poetto, Cagliari

Opening hours: Daily 6:30am-3am

Phone: +39 347 495 7314

Il Birrificio di Cagliari



Rustic bar and restaurant with its own brewery where you can enjoy some great beer, unfiltered and unpasteurized, served strictly on tap, plus hearty pub grub with succulent steaks to complete the experience.

Photo: somsak nitimongkolchai/Shutterstock.com

Address: Via Isaac Newton 24, Cagliari

Opening hours: Mon-Sat 6:30pm-1am

Phone: +39 070 456 0569

Internet: www.ilbirrificiodicagliari.com

Email: info@ilbirrificiodicagliari.com

American Bar Biffi



American Bar Biffi may be a bit hard to find, and you'll need to ring a bell to come in. But once you enter, you'll be transported to a classic speakeasy bar, complete with matching music, and outstanding drinks. The cocktail menu is

customizable, with all ingredients being fresh. The owner is very professional and provides amazing service, making this one of the best cocktail bars in Cagliari.

Photo: Alfa Photostudio/Shutterstock.com
Address: Via S. Giovanni 6, Cagliari
Opening hours: Sun-Thu 10:30pm-2am, Fri 10:30pm-3am
Phone: +39 338 941 6591
Internet: american-bar-biffi.business.site

Glam Club Cafè



Glam Club Cafè is the right place to spend a night with friends between lovely music, wonderful cocktails, a pleasant sea breeze, and youthful and stylish clientele.

Photo: Radu Bercan/Shutterstock.com
Address: Via Barone Rossi 27, Cagliari
Opening hours: Tue-Sun 6:30pm-2am
Phone: +39 070 311 0062
Internet: glamclub.eatbu.com

Cronta Enoteca Wine Bar



At Cronta Enoteca Wine Bar, you can enjoy wine by the glass, as well as a variety of other drinks, beers, and small plates. They offer a wide

selection of wines from around the world, along with a diverse selection of champagnes and spirits.

Photo: Oleksandr Berezko/Shutterstock.com
Address: Viale Armando Diaz 25/27, Cagliari
Opening hours: Mon-Sat 10am-10pm
Phone: +39 070 667 0212
Internet: www.crontaenoteca.it

Sphera Locura



Looking for a spot to relax, party with friends, or just have a drink? Sphera Locura is your place. The menu is filled with over 200 cocktails —

feel free to ask the bartender for a recommendation. The cocktail bar usually becomes quite crowded, so if you decide to make a gathering with a big company, you better make a reservation in advance.

Photo: Shyripa Alexandr/Shutterstock.com
Address: Via Giovanni Maria Dettori 31, Cagliari
Opening hours: Daily 8pm-3am

Crudo Piazza Yenne



Crudo Piazza Yenne is a lovely little bar located on a small square that is famous for its huge variety of cocktails served with a side of snacks in an informal and friendly atmosphere.

Photo: Helena Yankovska/unsplash
Address: Piazza Yenne 25, Cagliari
Opening hours: Daily 10:30am-3am
Phone: +39 392 578 8531
Internet: www.crudopreep.it
Email: info@preep.it

Old Square



Old Square Cagliari is more than just your typical Irish pub. This establishment is a brewery and steakhouse that also serves pasta and sandwiches and features live music all year round, making it the perfect place to enjoy a meal or a drink with friends.

Photo: Goskova Tatiana/Shutterstock.com

Address: Corso Vittorio Emanuele II 44, Cagliari

Opening hours: Mon–Thu 11am–2am, Fri & Sat 11am–3am,
Sun 10am–2am

Phone: +39 070 658099

Internet: www.oldsquare.it

Email: info@oldsquare.it

Soho Discoclub



Soho Discoclub has been providing great entertainment to its guests since 2011, and it can be definitely referred to as one of the leading establishments in Cagliari's nightlife scene.

Photo: kowit1982/Shutterstock.com

Address: Via Isaac Newton 11/13, Cagliari

Opening hours: Thu–Sat 11:30pm–5:30am

Phone: +39 392 109 9214

Email: sohodiscoclubcagliari@gmail.com

Bflat Jazz Club



Bflat offers an inspiring atmosphere in a good location which will perfectly suit your party. The club organizes events with popular jazz and

blues performers. The varied program, which includes many spectacular shows, and the wide range of original drinks will make your stay unforgettable.

Photo: IVASHstudio/Shutterstock.com

Address: Via del Pozzetto 9, Cagliari

Opening hours: Thu–Sat 9pm–3am

Phone: +39 347 938 9791

Internet: www.bflat.it

Email: info@bflat.it

SHOPPING

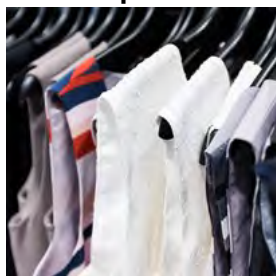


nenetus/Shutterstock.com

Cagliari has excellent shopping opportunities mainly concentrated in the Marina district, and especially in the arcade Via Roma, where you will find the main department store, La Rinascente. Other malls are Upim in Piazza Della Repubblica and Standa, a few kilometres from the city centre.

If you are shopping for souvenirs, or local handicrafts such as baskets and gold filigree jewellery, there are several shops catering to these needs in the port area. For regional specialities, try the indoor food market of San Benedetto. Sunday is a good day for markets, with the flea markets near St. Remy Bastion and in Piazza Trento. Furthermore, antiquities markets take place on the first Sunday of the month in Piazza del Carmine and in Piazza Carlo Alberto on the second and fourth Sundays of each month. But if bargains on used items don't appeal to you, try the large market at St Elia Stadium, also on Sundays, where new goods at bargain prices can be found.

Vela Shop



Vela Shop strives to offer a large and constantly updated range of clothes including the latest fashion collections of renowned local and international brands. Find the latest trends in men's, women's and children's clothes at Vela Shop.

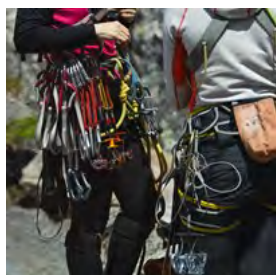
Photo: Naamtoey/Shutterstock.com

Address: Via Rockefeller 29, Cagliari

Opening hours: Mon-Sat 10am-1pm / 4:30pm-8pm

Phone: +39 070 303301

Stile Alpino



At Stile Alpino, you can find all the necessary equipment and sporting goods for trekking, mountaineering, and climbing. The rich range of backpacks, tents, sleeping bags, hiking shoes, telescopic sticks, tourist clothes, snowshoes, front lighting, and alpine inventory can help get you completely prepared for your next hike.

Photo: Salienko Evgenii/Shutterstock.com

Address: Via I.Newton 1, Cagliari

Opening hours: Mon-Sat 9:45am-1pm / 4:30pm-8:15pm

Phone: +39 070 481 8191

Internet: www.stilealpino.net

Email: servizioclienti@stilealpino.net

Santa Chiara Market



The Mercato di Santa Chiara is the oldest market in the city and is the ideal place to look for something typical to eat while enjoying the stunning view of the city. On the stalls you will

find the best local produce and specialities, everything fresh and genuine, according to the finest Sardinian tradition.

Photo: Erik Scheel/pexels.com

Address: Salita di Santa Chiara, 12, Cagliari

Opening hours: Mon-Fri 7am-2pm, Sat 7am-3pm

Phone: +39 070 858 2327

Zia Peppina



Zia Peppina is a small artisan cake shop which strives to keep traditional sweet production alive. Production is still carried out manually, with the use of excellent quality raw materials. Here you will find all the typical Sardinian desserts, such as pabesine di sapa, gueffus and seadas.

Photo: Alessio Orru / Shutterstock.com

Address: Via Carlo Rosselli, 12, Quartucciu

Opening hours: Tue-Sat 9am-1pm / 4:30pm-7:30pm; Sun 9am-1pm

Phone: +39 070 881576

Internet: dolcettisardi.it

Email: info@dolcettisardi.it

Sapori di Sardegna



The unique cultural mix of Sardinia is perfectly mirrored in its cuisine, and what could be a better souvenir from your holidays than local specialities? Sapori di Sardegna offers all the best local produce, from wines to cheeses to handmade pasta and bread. If you are not in a rush, you can also sit in the comfy room and taste-test products before you decide what to buy.

Photo: ermess / Shutterstock.com

Address: Vico dei Mille 1, Cagliari

Opening hours: Mon-Sat 9:30am-8pm; Sun 10am-1pm / 4:30-8pm

Phone: +39 070 684 8747

Email: saporidisardegna@email.it

Antica Enoteca Cagliariitana



Take home with you one of the finest local products of Sardinia: a bottle of supreme wine.

To choose among the best, visit this beautiful

winery, which displays a vast selection of local, national and international brands, as well as some traditional delicacies to accompany the divine nectar.

Photo: Frames For Your Heart/unsplash

Address: Via Rovereto 8, Cagliari

Opening hours: Mon-Sat 9am-1pm / 4pm-8pm

Phone: +39 070 655611

Internet: www.enotecacagliariitana.it

Email: enoteca1935@gmail.com

San Benedetto Market



If you are looking for locally grown fresh products, this place won't disappoint you. It is one of the biggest markets of its kind in Europe,

located in a two-level structure of about 8,000 square metres. It is full of the freshest and most beautiful produce typical of Sardinia.

Photo: Skitterphoto/pexels.com

Address: Via Francesco Cocco Ortu 46, Cagliari

Public Transport: Bus M stop Via Baccaredda; Bus 6 and 7 stops Via Cocco Ortu / Via Bacaredda / Via Tiziano; Bus 1 stops Via Petrarca / Via Dante; Bus 3 stops Via Petrarca / Via Dante.

Opening hours: Mon-Fri 7am-2pm, Sat 7am-3pm

Intrecci



This tiny shop is dedicated to Sardinian traditional handicrafts. Even the name is a reference to one of the main traditional

Sardinian crafts: weaving. It seems more like an art gallery than a simple shop, and it is not a coincidence, since the Sardinian handicrafts sold here are real works of art.

Photo: Regiane Tosatti/pexels.com

Address: Viale Regina Margherita 63, Cagliari

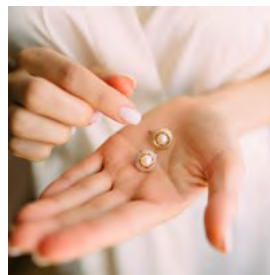
Opening hours: Mon-Sat 10am-1pm / 5pm-8:30pm

Phone: +39 070 332 8708

Internet: intreccicagliari.it

Email: pcintrecci@gmail.com

Loredana Mandas



This gold laboratory is one of the few filigree artisan jewellery in southern Sardinia. If you want to go home with a precious reminder of your

trip, here you can be sure to find something you will love among all those unique pieces of art.

Photo: Dmitry Zvoloskiy/pexels

Address: Via Sicilia 31, Cagliari

Opening hours: Mon 5-8:30pm; Tue-Sat 10am-1pm / 5pm-8:30pm

Phone: +39 070 667648

Internet: www.loredanamandas.com

Email: info@loredanamandas.com

Centro Commerciale I Fenicotteri



Despite Cagliari's moderate size, you can find several malls in the city and environs. Centro Commerciale I Fenicotteri is one of the biggest, located about 20 minutes from the city centre. Inside you will find a wide range of shops, as well as a supermarket.

Photo: bikeriderlondon/Shutterstock.com
Address: Via San Simone 60, Cagliari
Opening hours: Daily 9am-9pm
Phone: +39 348 337 0943
Internet: www.centroifenicotteri.it
Email: centro.ifenicotteri@ceetrus.com

TOURIST INFORMATION



Iakov Filimonov/Shutterstock.com

Passport/Visa



Italy can be visited visa-free for up to 90 days by citizens of other EU/Schengen countries, as well as citizens of Australia, New Zealand, Japan, South Korea, Taiwan, Malaysia, Israel, UAE and most countries in America. If you are unsure whether or not you need to apply for a visa, we recommend contacting the embassy or

consulate in your country.

Photo: allstars/Shutterstock.com

Cagliari Elmas Airport (CAG)



Cagliari Elmas Airport is located 6 km northwest of the city. The easiest way to reach it is via train from Cagliari with the "Elmas Aeroporto" line.

Trains work from 5 am to 9 pm and run every 20 minutes. The trip takes around 7 minutes and the stop is only 5 minutes from the terminal. Tickets are available at the station and on the Trenitalia website.

It is also possible to get to the airport by bus. The bus leaves from Piazza Matteotti every hour, and the trip lasts around 15 minutes. Inside the airport, you will find two bus stations: one near the arrivals hall functioning from 8:40 am until 11:30 pm, and the other next to departures functioning from 5:20 am to 10:30 pm. Normally buses leave every 30 minutes and the tickets are available at the newsstand in the airport.

Photo: Sergey Nivens/Shutterstock.com
Address: Via dei Trasvolatori, Elmas
Phone: +39 070 211 211
Internet: www.sogaer.it

Best Time to Visit



The weather in Cagliari is generally favourable for tourism from April to October, but in July and August, temperatures can get oppressively hot. It is

recommended to visit Cagliari in June or September for the most pleasant weather conditions and to avoid the largest crowds.

Photo: Kitzcorner/Shutterstock.com

Public Transport



Public transport in Cagliari is run by CTM Company. Bus tickets can be bought at any newsstand and tobacconist before

boarding the bus, and you will need to validate the ticket once on board. You can also purchase tickets through an app on your mobile device. Passes and cards for more than one trip are available at every CTM point or newsstand in the city.

Photo: Bikeworldtravel/Shutterstock.com

Internet: www.ctmcagliari.it

Taxi



Taxis in Cagliari are regulated by the local government, and all licensed taxis are required to display a special emblem on their vehicles. Cabs can be hailed on the street or can be booked in advance by phone or through a taxi app. It is also possible to find taxi ranks at key locations throughout the city, such as train stations, airports, and major tourist attractions.

Taxis in Cagliari are generally metered, with rates that are determined by the distance travelled and the time of day. It is worth noting that taxis in Cagliari, like in many other cities, are generally more expensive at night and on weekends.

Here's the contact info from Radiotaxi Rossoblu, a taxi service available 24/7 in Cagliari: +39 070 6655

Photo: Cameris/Shutterstock.com

Post



In Cagliari, post offices are open on weekdays and on Saturday mornings. You can recognise them by the yellow and blue sign.

Stamps can be bought in these offices or at any tobacconist.

Photo: igra design/Shutterstock.com

Address: Poste Italiane, Via Tola 16, Cagliari

Opening hours: Mon-Fri 8:20am-7:05pm, Sat 8:20am-12:35pm

Phone: +39 070 4047131

Internet: www.poste.it

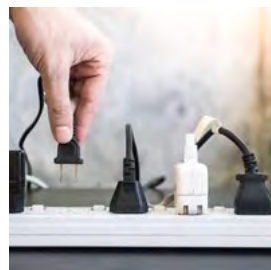
Pharmacy



Normally in Italy pharmacies are open every day, with a lunch break. One shop per area covers the shift during the weekend and by night (by rotation). You can discover which one is open on a notice outside any pharmacy or on the government website. Pharmacies are marked with a flashing green cross sign.

Photo: Mariano Baraldi/unsplash

Electricity



220v, 50Hz Plugs have two or three round pins in a line.

Photo: Trum Ronnarong/Shutterstock.com

Telephone & Wi-Fi



Country code: +39 Area code: 070 Free wi-fi hotspots are available in every main attraction and square in the city, and also in the western part of Lungomare Poetto, along Poetto Beach.

Photo: Dean Drobot/Shutterstock.com

Population

The metro area population of Cagliari is 477,000 (2022).

Currency

1 Euro = 100 cents

Opening hours

Most shops are open from around 8:30 am to 1 pm and from 3:30 pm to 6 pm Monday to Saturday with one early closing day, usually Wednesday.

Internet

www.cagliariturismo.it
www.sardegnaturismo.it

Newspapers

L'Unione Sarda — www.unionesarda.it
La Nuova Sardegna — www.lanuovasardegna.it
Corriere della Sera (Italy's main daily) — www.corriere.it

Emergency numbers

Fire Brigade: 115
Ambulance: 118
Police: 113
Carabinieri: 112
Local Police Station: +39 070 49 21 69
Guardia Medica +39 070 52 05 52 (24 h, summer only)

Tourist information

Cagliari Tourist Information Office
(Ufficio del Turismo Comune di Cagliari)
Via Roma 145, Cagliari
+39 070 677 8173
Opening hours: Mon–Sat 10am–1pm / 2–6pm; Sun 10am–1pm

Information is subject to change. Please contact your Lifestyle Consultant for the most up-to-date recommendations.

