



Cagliari

Photo: Roman Babakin/Shutterstock.com



Stefano Garau/Shutterstock.com

The narrow and often steep granite-paved streets of Cagliari's Castello District remind 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, like the English novelist, D.H. Lawrence, did in 1921, when he described the old town as looking like a "Jerusalem without trees."



Sean Pavone/Shutterstock.com



Stefano Garau/Shutterstock.com

QUIZ

*What Type of Traveller
Are You Based on
Your Travel IQ?*

TAKE THE QUIZ

Top 5



San Remy Bastion

The Bastion of Saint Remy was built in classical style, linking the three so...



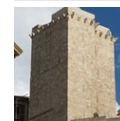
Castello District

Castello District is the most ancient part of the city. Perched on a hill at ...



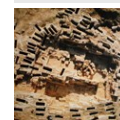
San Benedetto Market

If you are a morning person, take the chance to walk in the fresh air of the...



The Pisan Towers

Torre dell'Elefante (the Elephant Tower) and Torre di San Pancrazio (St Panc...



Tuvixeddu Punic Necropolis

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 is worth the effort.

TOP 5



baranq/Shutterstock.com

Cagliari has much to offer, from exceptional natural beauty unique to Sardinia to historic spots, 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.

San Remy Bastion



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 Umberto I, Cagliari

Public Transport: Bus 6, 7 e 10. Stop Piazza Costituzione.

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 until the end of the Second World War, Castello has been the heart of administration and the house of Sardinian aristocracy. Its ramparts encloses 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: Castello District, Cagliari

San Benedetto Market

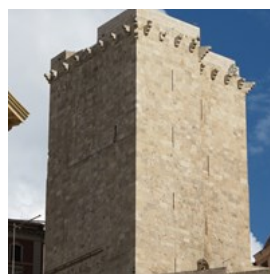


If you are a morning person, take the chance to walk in the fresh air of the early day among the stalls of San Benedetto Market to discover all the raw gems of Sardinian gastronomy, from both land and sea, with an entire floor dedicated solely to the catch of the day. This market, surrounded by shops and caf es, 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 50, 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-Sat: 7am-2pm
Phone: +39 070 403396
Tickets: Free entrance

Internet: www.mercatosanbenedetto.it

The Pisan Towers



Torre dell'Elefante (the Elephant Tower) and Torre di San Pancrazio (St Pancrace 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: Route66/Shutterstock.com
Address: Via Santa Croce angolo Via Universit  - P.zza Indipendenza, Cagliari
Opening hours: Mon-Sun 9 am- 5pm
Phone: +39 366 2562826
Tickets: Reduced tickets for students to 26 yo, over 65 and groups of at least 15 people.
Internet: www.beniculturalicagliari.it/#gallery/2
Email: info@beniculturalicagliari.it

Tuvixeddu Punic Necropolis



Tuvixeddu is a punic necropolis occupying an entire hill. Inside, it houses hundreds of graves carved into 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 the "Monumenti Aperty" day (a day during which you can freely visit all monuments of the city).

Photo: cristianocani/wikimedia commons
Address: Via Falzarego, Cagliari
Public Transport: Bus 8 and Circolare 20. Stop Via Is Maglias.
Opening hours: November-February 7 am-9pm; March 7am-9:30pm; April 6am-10pm; May 6am-10.30pm; June

5.30am-11pm; July 5.30am-12am; August 6am-12am;
September 6.30am-12am; October 7am-10pm.

Tickets: Free entrance

Internet: www.cagliariturismo.it/it/luoghi/i-luoghi-della-storia-316/siti-archeologici-81/necropoli-di-tuvixeddu-428

Email: cultura@comune.cagliari.it

DO & SEE



Stefano Garau/Shutterstock.com

Under the arcades of Via Roma, in Largo Cargo Felice and Yenne Square you will find the historical cafès 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 you time to appreciate them all.

Mari Pintau Beach



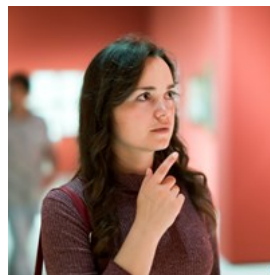
This striking beach is located 20 min by car from Cagliari, and the trip alone offers astounding views. This is one of the bays that

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 cafès or restaurants on the boardwalk, but the water is transparent and nature 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: Piazza Arsenale, Cagliari

Opening hours: Tue-Sun: 9am-8pm

Phone: +39 070 6757627

Tickets: One ticket for the Archeological Museum and the National Art Gallery. Free entrance up to 18 yo and over 65.

Internet: www.sardegnaicultura.it/j/v/253?v=2&c=2488&t=1&s=19370

City Gallery of Modern Art



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 (SeSaMoNet).

Photo: Cristiano Cani/Flickr (image cropped)

Address: Viale S. Vincenzo 2, Cagliari

Opening hours: Wed-Mon: 10am-6pm

Phone: +39 070 677 7598

Tickets: Reduced ticket for students up to 26 yo and people over 65. Free entrance for children up to 6 yo, disabled people and those who accompany them.

Internet: www.museicivicicagliari.it/en/musei-civici/galleria-comunale-d-arte

Email: museicivici@comune.cagliari.it

Villanova District

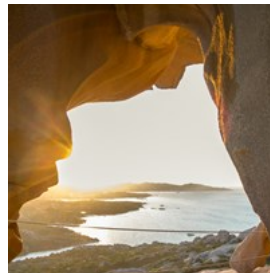


Villanova is one of the four ancient districts of the city dating back to the 12th century. It is located at the foot of the hill next to the Castello district. The entire area offers a lovely walk among typical houses, Aragonese churches and ancient workshops, but also a few elegant boutiques nestled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

Photo: Alessio Orru/Shutterstock.com

Address: Quartiere Villanova, Cagliari

Secrets of Sardinia



Book an excursion to Sardinia and discover one of the most picturesque and distinctive regions in Italy. Relish the bewitching scenery, ancient monuments and crystal clear beaches which will make you fall in love with this Mediterranean piece of heaven.

Photo: D.Bond/Shutterstock.com

Address: Via Padova, 13, Cagliari

Opening hours: Mon-Sun: 8am-8pm

Phone: +39 392 411 4852

Internet: www.secretsofsardinia.com

Email: info@secretsofsardinia.com

Poetto Beach

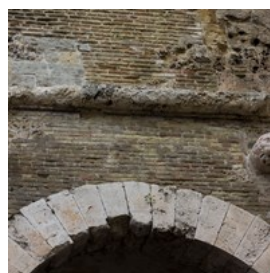


Poetto Beach is a beautiful 6 km beach only a 10-minute drive away from the city centre. White sand and crystal clear blue water makes it a popular place to relax; along the boardwalk, you'll find plenty of restaurants and bars where you can finish your day at the beach on a high note.

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/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: Viale S. Ignazio da Laconi 19, Cagliari
Opening hours: Fri-Sun: 9am-6pm
Phone: +39 070 2310022

Tickets: A unique ticket is available for both the Amphitheatre and Tuvixeddu. Reduced ticket for group of 15 people minimum, students up to 26 yo and people over 65yo. Free entrance for children up to 6 yo, disabled people and those who accompany them.
Internet: www.cagliariholidays.com/it/musica-cultura/monumenti/l-anfiteatro-romano-di-cagliari.html
Email: itinerarituristici.lms@gmail.com

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 Church of St. Cosma and Damian) and the Christian necropolis, in which burials even more ancient than the church itself have been discovered.

Photo: Ugeen/Wikimedia Commons (image cropped)
Address: Piazza San Cosimo, Cagliari
Opening hours: Tue-Sat: 9am-1pm

Phone: +39 070 659869

Archeological Site of Nora



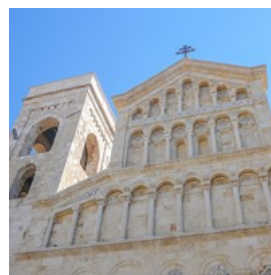
The Archaeological Site of Nora is located in the south-western part of the Gulf of Cagliari, and was one of the main centres of the settlement during the

Phoenician times. After several years of oblivion, Nora was unearthed during the 50s, and opened again to the public shortly after being examined by researchers.

Photo: Alessio Orru/Shutterstock.com
Address: Area Archeologica di Nora, Pula, Cagliari
Opening hours: Last Sunday of October-15th February 10am-5pm; 16th February-Last Saturday of March 10am-6pm; Last Sunday of March-30th September 10am-8pm; 1st October-Last Sunday of October 10am-6:30pm.

Phone: +39 070 9209138
Tickets: Reduced ticket for children between 6 and 14 yo and group of at least 20 members. Free entrance for children up to 6 yo, disabled people and those accompanying them.
Internet: nora.beniculturali.unipd.it
Email: info@coptur.net

Santa Maria Cathedral



The Cathedral of Santa Maria was constructed by the Pisans and restored during the 1930s.

Walking along its naves, you will admire the amazing marble elements, which give the building an enchanting aura, as well as the two astonishing pulpits sculpted by Guglielmo da Pisa.

Photo: s74/Shutterstock.com
Address: Piazza Palazzo 4, Cagliari
Opening hours: Mon-Fri: 8am-1pm, 4pm-8pm; Sat-Sun: 8am-1pm, 4:30pm-8:30pm

Phone: +39 070 663 837

Internet: www.duomodicagliari.it

Email: al.pala@inwind.it / cattedraledica@tiscali.it

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: Viale Sant'Ignazio da Laconi 11, Cagliari

Opening hours: April-October: Tue-Sun 9am-6pm;

November-March: Tue-Sun 9am-2pm.

Phone: +39 0706 753512

Tickets: Free entrance for children up to 5 yo, university students, disabled people and those accompanying them.

Internet: www.ortobotanicoitalia.it/sardegna/cagliari/

Email: ortobotanico@unica.it

More Info: Booking required for guided tours.

St Peter Island



St Peter Island is located off the Coast of Sulcis Iglesiente. Despite its location 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 sport or trekking enthusiasts.

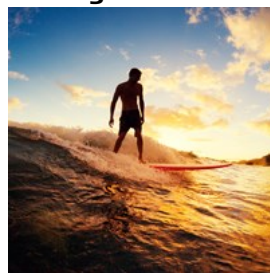
Photo: Antonio S/Shutterstock.com

Address: Isola di San Pietro, Carloforte

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

Internet: www.carloforte.net/isola.asp

Surfing and 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

Phone: +39 070 37 26 94

Internet: www.windsurfingclubcagliari.org

Diving and 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: Petey21/wikimedia Commons (image cropped)

Address: Porto Turistico Marina di Capitana, Cagliari

Phone: +39 070 80 50 59

Internet: www.morgandiving.com

Email: info@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, 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 di 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, 3-7pm
Phone: +39 070 50 33 43
Internet: www.conventosangiuseppe.com

Email: segreteria@conventosangiuseppe.com

Dal Corsaro



This restaurant is among the most famous on the island. In this eatery, run by the chef Deidda, you can eat delicious traditional dishes thought through down to the last detail. Specialities of the house are tagliatelle with mussels, scorpion fish with cherry tomatoes and eel with pecorino cheese.

Photo: PhotoEd/Shutterstock.com
Address: Viale Regina Margherita 28, Cagliari
Opening hours: Tue-Sun 7:45-11pm
Phone: +39 070 66 43 18
Internet: www.stefanodeidda.it
Email: dalcorsaro@live.it

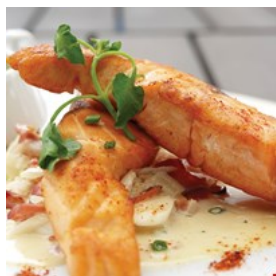
La Marinella



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 on 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: Via Lungo Mare 47, Quartu Sant'Elena, Cagliari
Opening hours: Daily 12:30-3pm, 7:30pm-12am
Phone: +39 070 81 01 26
Internet: www.ristorantepizzeriamarinella.it
Email: ristorante.marinella@tiscali.it

Ristorante Quattro Mori al Mare

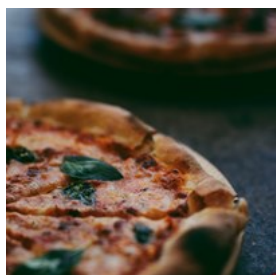


This family-run tavern-style restaurant, offers a relaxing atmosphere in which to enjoy the very traditional local fish specialities. The

pizza is of course an irreplaceable part of the menu. It is recommended to book in advance, since this eatery is often busy both at lunch and dinner.

Photo: creativesunday/Shutterstock.com
Address: Via dei Navigatori 1, Cagliari
Opening hours: Daily 12-3pm, 7-10pm
Phone: +39 070 650269
Email: 4morialmare@gmail.com

Al Solito Posto

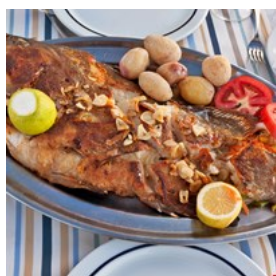


In Cagliari's Old Town, more precisely in the eastern part of Castello, you will find the pizzeria Al Solito Posto. As the name, which means "the

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-12am
Phone: +39 070 66 62 82

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: Daily 1-3pm, 8:30-11pm
Phone: +39 070 65 29 70
Internet: www.trattoria.cagliari.it
Email: lillicu@live.it

Red Steak House

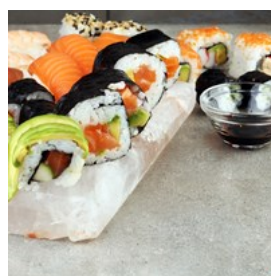


Red Steak House invites you on a fine dining experience. Here you can try amazing combinations of food and wine. The wide selection of

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
Opening hours: Tue-Sun 12-2:30pm, 7:30-11:30pm
Phone: +39 392 831 0806
Email: redcagliari@gmail.com

Art Of Sushi



Art of Sushi offers a chance to get to know the philosophy of the East by trying Japan's famous sushi. The sushi menu is healthy and varied, and it

includes some of the best traditional flavors. In addition, the sushi masters make sure it satisfies everyone's whim, no matter what sort of flavours they prefer.

Photo: beats1/Shutterstock.com
Address: Via Nazario Sauro, 3, Cagliari
Opening hours: Tue-Sun 1-3:30pm, 8pm-12:30am
Phone: +39 070 464 1234
Email: aoscagliari@gmail.com

Martinelli's



Martinelli's started off as a neighbourhood pizzeria, and has transformed into one of the favorite places for both locals and tourists. Visitors can

enjoy many specialties prepared in Italian style. The best dishes of the restaurant are soups, salads, spaghetti and meat dishes.

Photo: afratton/Shutterstock.com

Address: Via Principe Amedeo, 18, Cagliari

Opening hours: Tue-Sat 8:30-11:30pm

Phone: +39 070 654220

Internet: www.martinellis.it

Email: info@martinellis.it

Tandoori



Tandoori is a restaurant which specializes in the preparation of Indian food. Enjoy the rich variety of spices and exotic flavors which are

staples in different regions in India. Vegetarian specialties are included in the menu and the tandoori dishes are one of a kind.

Photo: sta/Shutterstock.com

Address: Via Giovanni Maria Angioy, 25, Cagliari

Opening hours: Daily 12-3pm, 7-11pm

Phone: +39 070 311 0221

Internet: www.tandoori.it

Email: tandoori.it@gmail.com

Old Wild West



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

flavors. 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: Mon-Fri 12-3:30pm, 7-11:30pm, Sat-Sun 12-3:30pm, 7pm-12am

Phone: +39 070 208 9054

Internet: www.oldwildwest.it

Email: piazzaunionesarda@oldwildwest.it

Galaia City



Located close to the harbor, Galaia city is a place where you can have a nice lunch or dinner and always enjoy the charming Mediterranean

dishes. The restaurant will surprise you with a wide range of specialties, like soups, ravioli, fish and meat dishes.

Photo: Alexander Prokopenko/Shutterstock.com

Address: Viale Armando Diaz, 37, Cagliari

Opening hours: Tue-Sat 12-3pm, 8-11pm, Sun 12-3pm

Phone: +39 070 756 6090

Internet: www.ristorantegalaiacity.it

Email: tozvertical@live.it

Ristorante La Contra



Ristorante La Contra is one of the most popular restaurants in town. The establishment offers its guests the most popular international dishes, like

fresh Caesar salad, juicy pieces of chicken fillet and seafood, all sure to leave you completely satiated.

Photo: Maksim Toome/Shutterstock.com

Address: Via Giovanni Maria Angioy, 55, Cagliari
Opening hours: Mon-Fri 12-3pm
Email: info@ristorantelacontra.it

Birdi

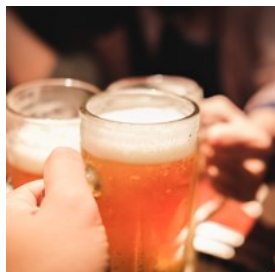


Birdi is a restaurant for all who prefer to maintain a healthy lifestyle. The restaurant is the right place to get your daily dose of vitamins at any

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: Tue-Sat 9am-3:30pm, 7-11pm, Sun 8-11pm
Phone: +39 070 462 8799

Wiener Haus



Located just 5 kilometers away from Cagliari, Wiener Haus offers selected German and Austrian specialties prepared with 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 the impeccable taste of the German beer.

Photo: [Thayut Sutheeravut/Shutterstock.com](#)
Address: Via delle Serre, Quartucciu
Opening hours: Daily 12-3pm, 6:30-11:30pm
Phone: +39 070 885357
Internet: www.wienerhaus.it
Email: millennium@wienerhaus.it

CAFES



[Quin Engle/Unsplash.com](#)

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

Dulcis Pasticceria

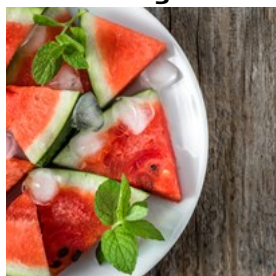


If you are looking to take a break to enjoy a sweet or savoury snack, step by Dulcis Pasticceria. Here, everything is made by the expert staff, from

breakfast brioches to the mini-sandwiches for aperitif. Come to discover the best of Sardinian delicatessen.

Photo: [Valentina Locatelli/Unsplash.com](#)
Address: Via Baylle 25, Cagliari
Opening hours: Daily 8:30am-10pm
Phone: +39 0706 74043
Internet: www.dulcispasticceria.it
Email: info@dulcispasticceria.it

Bar Oasi Cagliari



Oasi Café is a place where you can have an aromatic coffee, 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: alicja neumiler/Shutterstock.com
Address: Viale Lungo Mare Poetto, Cagliari
Opening hours: Daily 7:30am-2am
Phone: +39 070 372689
Internet: www.oasicafe.it
Email: oasipoetto@gmail.com

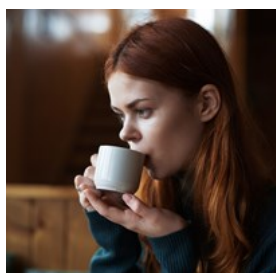
Caffè Barcellona



Caffè Barcellona is a very good choice for starting your day with a delicious breakfast and cup of coffee. The cafe offers all-day snacks like croissants, risotto, and lasagna, and you can drop by to have lunch or an afternoon creamy cappuccino. The outdoor seating is a great option if you want to loosen up.

Photo: komokvm/Shutterstock.com
Address: Via Barcellona, Cagliari
Opening hours: Daily 7:30am-1am
Phone: +39 070 732 1035
Email: sanmascia@tiscali.it

Rafè



Rafè coffee & shop has been operating for just one year and it is already a local favourite. The cafe has a wide drink selection, and if you think

that you are coming just for a cup of coffee then you have to think again. Browsing through the menu you will find many delicious pastries, sandwiches and gourmet food which will tempt you.

Photo: Dmitry A/Shutterstock.com
Address: Via Sardegna, 58B, Cagliari
Opening hours: Daily 8am-12:30am
Phone: +39 070 753 8032
Email: oysterandmore@gmail.com

Caffè Candia



Caffè Candia is a cafe which impresses from distance. Looking pleasant and welcoming, it invites you to test high quality Italian coffee, elegant aperitifs and some of the best focaccia in the city. Take your place at the outdoors seating and enjoy your sunny afternoon.

Photo: Analia Valeria Urani/Shutterstock.com
Address: Via Mario de Candia, 5, Cagliari
Opening hours: Mon-Wed 7am-11pm, Thu-Sat 7am-2am, Sun 7am-12:30am
Phone: +39 070 640 7572
Email: infodecandia@gmail.com

Le Plus Bon



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

Photo: Analia Valeria Urani/Shutterstock.com
Address: angolo Via Barone Rossi, Via Giovanni Giolitti, 13, Cagliari

aperi-dinner that deserves a special mention.

Photo: Ralf Steinberger/Flickr (image cropped)

Address: Via Santa Croce 33, Cagliari

Opening hours: Daily 7am-2am

Phone: +39 346 522 0212

Email: libariumcaffe@gmail.com

Cafè Etnico



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

Photo: Holly Williams/Flickr (image cropped)

Address: Via J. D. Rockefeller 39, Cagliari

Opening hours: Mon-Thu 7am-9pm, Fri 7am-1am, Sat

8am-1pm, 3:30pm-2am, Sun 9am-9pm

Phone: +39 070 348 1511

Email: cafeetnico@icloud.com

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. Try one of their refreshing fruit smoothies or even just a plain coffee.

Photo: Louis Hansel/Unsplash.com

Address: Largo Carlo Felice 6, Cagliari

Opening hours: Daily 6:30am-10pm

Phone: +39 070 65 37 84

BARS & NIGHTLIFE



Alexander Popov/Unsplash.com

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

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

Il Merlo Parlante



You will easily locate the busy Il Merlo Parlante among the alleys crossing Corso Vittorio Emanuele. Thanks to its friendly and professional staff and wide range of craft beers, this pub is an ideal place for a drink with friends, and, perhaps, a snack - it offers more than 50 different kinds of sandwiches and hamburgers.

Photo: Proriat Hospitality/Unsplash.com

Address: Via Porto Scalas 69, Cagliari

Opening hours: Mon-Sun 8pm-3am

Phone: +39 333 977 4573

Email: merlo.parlante@tiscali.it

Twist Beach Club



If you happen to be by Poetto Beach, visit Twist Bar and enjoy a refreshment overlooking the sea. They serve a selection of exquisite dishes both for lunch and dinner. The club hosts frequent live concerts, and when night falls, make sure you have the right drink in your hand.

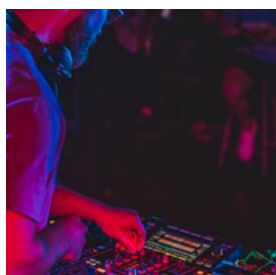
Photo: aodaodaoad/Shutterstock.com

Address: Lungo Mare Poetto, Cagliari

Opening hours: Sun-Thu 7am-2am, Fri-Sat 7am-3am

Phone: +39 348 274 9236

Discopub Fbi



The Fbi is one of the most popular clubs in the Cagliari area. Generally, before its DJ sets, which last all night long, the club sets up some live concerts, cabaret nights and some rather varied entertainment.

Photo: Zac Bromell/Unsplash.com

Address: Via Brigata Sassari 68, Quartu Sant'Elena, Cagliari

Opening hours: Tue-Sun 8:30pm-4am

Phone: +39 342 102 9849

Il Birrificio di Cagliari



This is a good old-fashioned pub with its own brewery, and the first one of its kind in the whole of Sardinia. Here you can truly enjoy good beer, unfiltered and unpasteurized, served strictly on tap. If you are hungry, do not worry, there is a menu offering tasty dishes.

Photo: somsak nitimongkolchai/Shutterstock.com

Address: Via Isaac Newton 24, Cagliari

Opening hours: Daily 8pm-2am

Phone: +39 070 456 0569

Internet: www.ilbirrificiodicagliari.com

Email: birrificiodicagliari@gmail.com

American Bar Biffi



American Bar Biffi is a place where the old and the modern are intertwined to create one romantic ambiance which is highly liked by all its visitors. The cocktails are top notch and contain only fresh ingredients. Take your glass and sip your fine drink in the outdoor patio under the stars.

Photo: Alfa Photostudio/Shutterstock.com

Address: Via S. Giovanni, 6, Cagliari

Opening hours: Sun-Thu 10:30pm-3am, Fri-Sat 9pm-3am

Phone: +39 338 941 6591

Glam Club Cafè



Glam Club Cafè is a club which could quickly turn into your favorite after just one visit. Theme nights are organized and the pleasant atmosphere combined with the refreshing drinks will make you relax. Surprise and delight your friends by inviting them to Glam Club Cafè to celebrate a private party.

Photo: Radu Bercan/Shutterstock.com

Address: Via Barone Rossi, 27, Cagliari

Opening hours: Tue-Fri 6pm-2am, Sat-Sun 6:30am-2am

Phone: +39 070 311 0062

Email: glam.club@ymail.com

Cronta Enoteca Wine Bar



Cronta Enoteca Wine Bar offers the typical wine bar variety of quality and well-selected international wines. With its warm and friendly

atmosphere the bar is a great choice for meetings, events, or just a place to enjoy a glass of wine and wonderful food for every taste.

Photo: Oleksandr Berezko/Shutterstock.com

Address: Viale Armando Diaz, 25/29, Cagliari

Opening hours: Mon-Wed 10am-9pm, Thu-Sat 10am-10pm

Phone: +39 070 667 0212

Internet: www.crontaenoteca.it

Email: enoteca@crontacommerciale.it

Al Andalus Bar Taperia



Al Andalus is for everyone who is out for quality drinks and a lot of fun.

The place is something in between a bar and an eatery, and it emphasizes

Spanish flavors. Tapas have a special place on the menu, but you can also taste many delicacies, like Pata Negra ham and drinks. Get a sangria, enjoy the flamenco and rumba rhythms and socialize.

Photo: marcociannarel/Shutterstock.com

Address: Via Goffredo Mameli, 153/C, Cagliari

Opening hours: Tue-Sat 10:30am-3am, Sun 10:30am-12am

Phone: +39 348 810 3336

Internet: www.alandalustaperia.com

Email: info@andalustaperia.com

Sphera Locura



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

cocktails, so if you feel doubtful about which one best suits you, 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

Internet: www.spheralocura.com

Email: info@spheralocura.it

Crudo Piazza Yenne



Crudo Piazza Yenne is a lovely little bar which offers its clients varied, classic cocktails in a welcoming and informal atmosphere. The place is

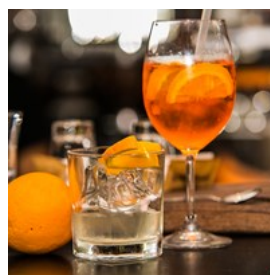
suitable for an after work drink in a bar setting. The friendly staff will take care of all your needs, and if you are planning a private party, you can definitely rely on them.

Photo: Poznyakov/Shutterstock.com

Address: Piazza Yenne, 25, Cagliari

Opening hours: Daily 6:30pm-3am

Wine & Spirit



Wine & Spirit attracts with the uncompromising quality of beverages which make the bar a desired place to have a night out. You can choose

among a wide range of national and international wines, in addition to excellent sushi.

Photo: ineersk/Shutterstock.com

Address: Corso Vittorio Emanuele II, 336, Cagliari

Phone: +39 340 795 7848

Old Square



The Old Square has the ability to gather people, and it does so 365 days of the year. The Irish pub is proud of its wide collection of drinks, and there is a reason for that. Beer, liquor, gin, rum, tequila, whiskey and many other beverages are included in the menu. There is also a variety of food options, like steak, hamburgers and fish.

Photo: Goskova Tatiana/Shutterstock.com

Address: Corso Vittorio Emanuele II, 44, Cagliari

Opening hours: Sun-Thu 11am-2am, Fri-Sat 11am-3am

Phone: +39 070 658099

Internet: www.oldsquare.it

Email: info@oldsquare.it

Cocò Discoclubbing



Cocò Discoclubbing 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.

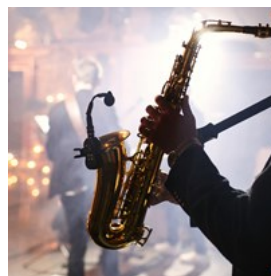
Photo: kowit1982/Shutterstock.com

Address: Via I. Newton, Cagliari

Opening hours: Fri-Sat 12:30am-5am

Phone: +39 348 657 4726

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: Wed-Sun 9pm-2am

Phone: +39 342 516 3268

Internet: www.bflat.it

Email: info@bflat.it

SHOPPING



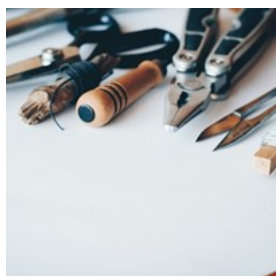
[nenetus/Shutterstock.com](https://www.shutterstock.com)

Cagliari has excellent shopping opportunities mainly concentrated in the Marina district, and especially on 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. The French supermarket Auchan invaded Cagliari in its two commercial centres: in Via San Simone 60 - Località Santa Gilla - and Via Dolianova, 35.

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 (or try the ISOLA shop at Via Bacaredda 176). For regional specialities, try the indoor food market of San Benedetto, on the ss125 in the direction of Quartu S.Elena. 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.

I.S.O.L.A.



This stylish shop combines ancient Sardinian handicraft traditions with a modern atmosphere. You can choose among the

creations of many local artists and artisans, from any field of work: tailoring, jewellery, painting, and more. Take your time to choose what you prefer, and let the skilled staff guide you through this fascinating shop-gallery.

Photo: coyot/pixabay.com

Address: Via Ottone Bacaredda 176, Cagliari

Opening hours: Mon-Fri: 9:30am-1pm, 4:30pm-8pm; Sat: 9:30am-1pm

Phone: +39 070 492756

Internet: www.isola-cagliari.com

Email: negozio@isola-cagliari.com

Vela Shop Srl



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

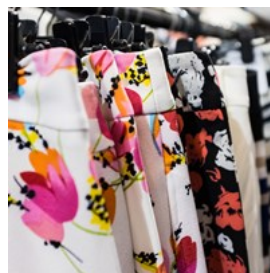
Opening hours: Mon-Sat: 9:30am-1pm, 5pm-8pm

Phone: +39 070 303301

Internet: www.velashop.com

Email: velashop@email.it

Donne Concept Store



Donne Concept Store is associated with modern and cool clothes. All the offers in the store are aimed at women who want to feel comfortable and fashionable every day of the year. Find stylish, elegant and high quality blouses, dresses, shoes, accessories, perfumes and more.

Photo: Naamtoey/Shutterstock.com

Address: Via Vincenzo Sulis, 30, Cagliari

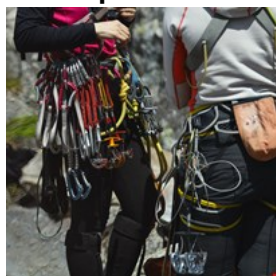
Opening hours: Mon-Wed: 9:45am-1pm, 4:45pm-8:30pm, Thu: 9:45am-8:30pm, Fri-Sat: 9:45am-1pm, 4:45pm-8:30pm, Sun: 10:30am-1pm

Phone: +39 070 655784

Internet: www.donneconceptstore.com

Email: info@donneconceptstore.com

Stile Alpino



At Stile Alpino you can find all the necessary equipment and sports 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: Viale Marconi, 10, Cagliari
Opening hours: Mon: 4:30pm-8:15pm, Tue-Sat: 9:45am-1pm, 4:30pm-8:15pm
Phone: +39 070 311 0706
Internet: www.stilealpino.net
Email: info@stilealpino.net

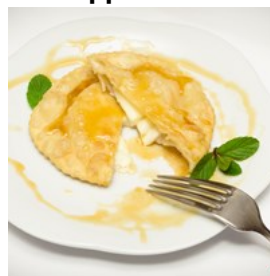
Santa Chiara Market



Santa Chiara is the oldest market in the city, and the ideal place to look for something typical to eat, enjoying the stunning view of the city just outside. 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: Scalette Santa Chiara, Cagliari
Opening hours: Mon-Tue, Thu-Sun: 7am-8pm; Wed: 7am-2pm
Phone: +39 347 0942862

Zia Peppina



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

Photo: Alessio Orru / Shutterstock.com
Address: Via Rosselli 12, Quartucciu
Opening hours: Tue-Sat: 8:30am-1:15pm, 4:30pm-7:30pm; Sun: 8:30am-1:15pm
Phone: +39 070 881576
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 holiday 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-Wed: 9:30am-10pm; Thu-Sat: 9:30am-11pm; Sun: 10:30am-1pm, 5pm-10pm
Phone: +39 070 684 8747
Internet: www.saborescagliari.com
Email: saporidisardegna@email.it

Antica Enoteca Cagliariitana



Take home one of the finest local products of Sardinia: a bottle of good 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: Alessio Maffei/Flickr (image cropped)

Address: Via Rovereto 6, 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. Try the daily fresh seafood and the handmade delicacies of the region.

Photo: Skitterphoto/pexels.com

Address: Via Cocco Ortu 50, Cagliari

Opening hours: Mon-Sat: 7am-2pm

Phone: +39 392 461 1964

Internet: www.mercatosanbenedetto.it

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, 4:30pm-8:30pm

Phone: +39 070 3328708

Email: intrecciart@gmail.com

Loredana Mandas



This gold laboratory is one of the few filigree artisan jewelries in southern Sardinia. If you want to go home with a precious reminder of your trip (literally), here you can be sure to find something you will love among all those unique pieces of art.

Photo: teena137/Shutterstock.com

Address: Via Sicilia 31, Cagliari

Opening hours: Mon-Sat: 9:30am-1pm, 4:30pm-8pm

Phone: +39 070 667648

Internet: www.loredanamandas.com

Email: info@loredanamandas.com

Auchan Cagliari Santa Gilla Mall



Despite Cagliari's moderate size, you can find several malls in the city and environs. Auchan Santa Gilla 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 the supermarket Auchan.

Photo: bikeriderlondon/Shutterstock.com

Address: Via S. Simone 60, Cagliari

Opening hours: Mon-Sun: 9am-9pm.

Phone: +39 070 20931

Internet: www.cagliarisantagilla.gallerieauchan.it

Email: gallerie.cagliari@gcispaspa.com

TOURIST INFORMATION



Photo: [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: [TukTuk Design/Shutterstock.com](#)

Cagliari-Elmas Airport



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

Trains work from 5am to 9pm 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 (www.trenitalia.com).

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 8.40am until 11.30pm, and the other next to departures functioning from 5.20am to 10.30pm. Normally buses leave every 30 minutes and the tickets are available at the newsstand in the airport.

Photo: [Juan Garces](#)

Address: Via dei Trasvolatori, Elmas, Cagliari

Phone: +39 070 211 211

Internet: www.sogaer.com

Email: info@cagliariairport.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 in June or September for the most pleasant weather conditions and to avoid the largest crowds.

Photo: [VectorA/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 in every CTM point or newsstand in the city.

Photo: Pierre-Luc Auclair

Address: Viale Trieste 151, Cagliari

Opening hours: 1st November - 14th December, 16th January

- 20th August (approx.): Mon, Tue, Thu 8.15am-1pm,

2:30pm-6pm; Wed, Fri 8.15am-1pm. 15th December - 15th

January, 20th August (approx.) - 31st October: Mon-Fri

8.05am-6pm; Sat 8.05am-12pm.

Phone: +39 070 20911

Internet: www.ctmcagliari.it

Email: relazioniersterne@ctmcagliari.it

Taxi



In Cagliari taxis wait for the customers queuing at the airport, in Piazza Matteotti and outside the train station; but you can also stop one of them in

the street if you see one by simply waving your hand. It is strongly recommended to use only official taxis.

The main taxi companies are:

Cooperativa Radio Taxis, Quattro Mori

Tel: +39 070 400 101

Radio Taxi Rosso Blu, Cagliari

Tel: +39 070 6655

Taxi Amico, Quartu Sant'Elena

Tel: +39 070 826 060

Photo: ArrivalGuides

Post



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

bought in these offices or at any tobacconists.

Contacts below refer to the central post office in Cagliari.

Photo: Andy Fuchs

Address: Via Tola 16, Cagliari

Opening hours: Tue, Wed 8:20am-7:05pm; Fri 10am-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 website www.ordinefarmacisticagliari.it/ita/farmacie-in-turno-provincia-di-cagliari. Pharmacies are recognisable thanks to a flashing green cross sign.

Photo: Gemma Garner

Electricity



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

Photo: Stirling Tschan

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: Jardson Almeida

Population

156,000

Currency

1 Euro = 100 cents

Opening hours

Most shops are open from 08.30-09.00 till 12.30-13.00 and from 15.30-16.00 (17.00 in summer) till 19.30-20.00 Monday to Saturday with one early closing day, usually Wednesday.

Newspapers

L'Unione Sarda
La Nuova Sardegna
Corriere della Sera (Italy's main daily)

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
Via Roma 145, Cagliari
+39 338 649 8498

