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Population

165,000

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.

Internet

www.comune.cagliari.it
www.sardiniatourism.com

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
Address: Via Roma 145
Tel: +39 070 67 71
www.comune.cagliari.it

CAGLIARI

PUBLISHING DATE: **2011-08-30** | COUNTRY CODE: **IT**

Contents: The City, Do & See, Eating, Cafes, Bars & Nightlife, Shopping, Sleeping, Essential Information, Maps

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

THE CITY



© Chris

Cagliari, or 'The Castle' in the Sardinian dialect, is the capital of the Italian province and 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 were here of course, and left their mark with a fine amphitheatre and villas but it was not till 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 citadel the streets of the Marina and Stampace Districts are lined with fine 19th-century Italian buildings. The elegant Via Roma, running parallel with the sea, has plenty of shops while the tree-lined Largo Carlo Felice and Via Regina Margherita, are a pleasure to stroll along as you walk toward the Castello. The Castello District, with its Pisan and Aragonese heritage, is well worth the climb (lifts are available) from the Marina, if only to enjoy the expansive views of the Santa Gilla Lagoon and marshes to the west.



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DO & SEE



© Vasile Cotovanu

Cathedral of Santa Maria

Constructed by the Pisans and restored during the 1930s. Inside there are two pulpits sculpted by Guglielmo da Pisa.

Address: Piazza Palazzo

Bastione San Remy

At the southern end of the Castello, this terrace offers a magnificent view over the sea and marshes to the west.

Address: Terrazza Umberto I

Porta dei Leoni

Check out this intriguing gate leading to the Castello with two Romanesque lions' heads above the arch.

Address: Via Giovanni Spano

Roman Amphitheatre

The Anfiteatro Romano is hewn out of the limestone rock in the Greek style.

Address: Viale S. Ignazio da Laconi

Opening hours: Apl-Oct, 09.30-13.30 weekdays, Sundays 09.30-13.30 & 15.30-17.30 (closed Mondays) Nov-Feb, 09.30-13.30 (closed Mondays)

Phone: +39 070 65 29 56

Internet: www.anfiteatroromano.it

Orto Botanico

The Botanic Gardens have over 500 species of tropical plants together with many Mediterranean varieties.

Address: Viale Fra Ignazio 13
Phone: +39 070 675 35 22
Internet: www.ccb-sardegna.it/hbk/hbk.htm

The Castello

Constructed on a limestone hill, and containing fascinating old streets, fine buildings and piazzas.

Address: Cagliari

San Saturnino

One of the oldest Christian churches on the island, in the form of a Greek cross.

Address: Piazza San Cosimo

Torre dell'Elefante

The Pisan Tower of the Elephant is called such because it has an elephant statue on the wall.

Address: Via Università

Nora

This is the site of the ancient city founded by the Phoenicians, although most of the ruins are Roman.

Address: Nora, 09010 Pula, Cagliari
More Info: S.W. of Cagliari and four km South of Pula

EATING



© claire rowland

Despite the fact that Sardinia is surrounded by the sea, the best known dish is porceddu - roasted suckling pig. This does not mean that seafood is not popular. Around the coast, especially, barbecued fish such as striped bream, sea bass, red mullet and grey mullet are enjoyed. Sardinians are very proud of their culinary traditions, so don't look for typical Italian or International food – appreciate the unique flavours of island cuisine and, in particular, look for the delicious bread varieties such as su cifraxu and cheeses such as pecorino sarda.

Convento San Giuseppe

Arguably the best restaurant in Cagliari, this ancient building dating back to 1270, offers the diner the choice of several dining halls in which to sample the excellent fare.

Address: Via Paracelso snc - Prolungamento via Parigi
Phone: +39 070 50 33 43
Internet: www.conventosangiuseppe.com

Corsaro

Among the most famous restaurants on the island, it is family-run and offers traditional dishes with great attention to detail. Specialities: tagliatelle with mussels, scorpion fish with cherry tomatoes and eel with pecorino cheese

Address: 28 Viale Regina Margherita
Phone: +39 070 66 43 18
Internet: www.dalcorsaro.com

La Marinella

Enjoy the speciality of the house, grilled fish, overlooking the beautiful beach at Poetto. If fish is not to your taste then excellent meat dishes or even pizza may fit the bill.

Address: 38 Viale Poetto
Phone: +39 070 81 01 26

Modern Design

Located in the Marina Piccola neighbourhood, this restaurant is very popular with the locals due to the excellent quality of its regional food and international dishes.

Address: 60 Via Cavour
Phone: +39 070 66 58 60

Cocus

In the centre of town and on two levels, Cocus specialises in traditional regional dishes with a fixed menu at lunchtime. In the evening a variety of local dishes and wine are available.

Address: 177 Via Roma
Phone: +39 070 640 22 81
Internet: www.ristorantecocus.it

Restaurant Quattro Mori

This family-run, tavern style restaurant offers a relaxing atmosphere in which to enjoy the very special local fish specialities. It is worth booking ahead as the restaurant is often very busy both at lunchtime and in the evening.

Address: Via Angioy 93
Phone: +39 070 65 02 69

Al Solito Posto

In the old centre to the east of the Castello, Al Solo Posto is a pizzeria which also serves typical Sardinian dishes.

Address: 2 Piazza, San Giacomo
Phone: +39 070 66 62 82

Lillicu

This small one-roomed trattoria in the heart of the Marina district, boasts a menu that reflects the seasons.

Address: Via Sardegna 78
Phone: +39 070 65 29 70
Internet: www.lillicu.com

Pappa e Citti

In the local dialect, "pappa e citti" means "eat and shut up," which is as good a name as any for this fast-food restaurant serving the local eats.

Address: 66 Viale Trieste
Phone: +39 070 66 57 70

CAFES



© Cristiano Cani

Insomnia Café

There is a Mexican flavour to this relaxed establishment by Poetto Beach.

Address: 170 Viale Poetto
Phone: +39 070 37 23 69

Caffè Librarium Nostrum

Enjoy your drink while enjoying the view over the lagoon of the Santa Gilla Marsh and the old Stampace District.

Address: Via Santa Croce, 33
Phone: +39 070 65 09 43

Caffè Mediterraneo

Caffè Mediterraneo is famed for its coffee and pastries, very popular with the locals and just across the road from the Santuario I Bonaria.

Address: Viale Armando Diaz
Phone: +39 070 30 20 16
Internet: www.caffemediterraneo.com

Sotto La Torre Café

Talk about atmosphere - next to the Torre dell Elefante this café, located in an old building, boasts ancient furniture and two cisterns from the Classical period.

Address: 2 Piazza San Giuseppe
Phone: +39 070 66 01 99

Antico Caffè

An old coffee shop located just below the Bastione San Remy.

Address: Piazza Costituzione 10/11
Phone: +39 070 65 82 06
Internet: www.anticocaffe1855.it

Svizzero

A vaulted ceiling and old-world charm make visiting this traditional style café a must.

Address: Largo Carlo Felice 6-8
Phone: +39 070 65 37 84

BARS & NIGHTLIFE



© Beverly Trayner

The majority of bars in Cagliari tend to be in the older districts near the port and the Castello. The atmosphere is very Latin and relaxed, especially in the arcades of Via Roma. As the capital city you would expect Cagliari to have the most lively nightclub scene on the island and it won't disappoint you! Most of the clubs are in the Marina, Stampace and Castello Districts and don't miss Poetto Beach.

Il Merlo Parlante

Down an alley just off the Corso Vittorio Emanuele, this is a busy birreria.

Address: 69 Via Portascalas
Phone: +39 070 65 39 81

Twist Bar

For something different, get out of the town centre and go to Poetto Beach. It's great for getting away from the city's heat and bustle.

Address: 5a Fermata Lungomare Poetto
Phone: +39 348 274 92 36

Bossanova Wine Bar

A great selection of wine and cocktails are served up here with live music on Wednesday and a DJ on Saturday.

Address: 309 Corso Vittorio Emanuele
Phone: +39 347 301 69 18

Beabourg

Beabourg is a live music venue that showcases artists from the mainland interspersed with jazz and world music.

Address: 13 Via Asproni
Phone: +39 070 65 80 75

Eurogarden

13 km from Cagliari this lively and groovin' (especially on weekends) disco offers great sounds from a variety of local DJs.

Address: 127 Viale Trieste, Assemini
Phone: +39 070 94 00 09
Internet: www.discotecaeurogarden.com

Havana

If Latin American vibe is your thing try this Cuban themed disco bar near the Poetto beach.

Address: 9 Via del Pozzetto
Phone: +39 070 40 07 01

SHOPPING

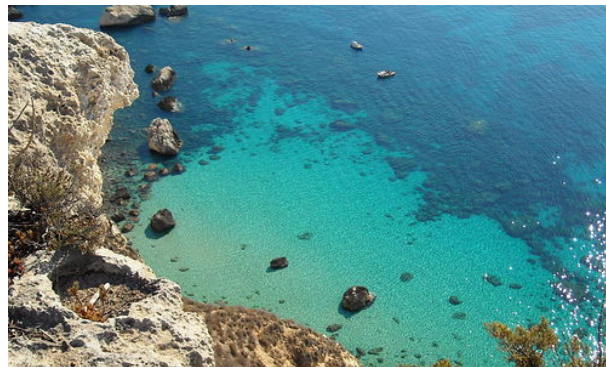


© Pietro Zanarini

Cagliari has excellent shopping opportunities mainly concentrated in the Marina District, and especially on the arcaded Via Roma, where you will find the main department store, La Rinascente, as well as a good variety of boutiques and everyday shops. Other main department stores, Upim on the Piazza Della Repubblica and Standa on Via Jenner Edward 2, are a couple of miles north of the centre. The French Hypermarket Auchan has invaded Cagliari and its two

commercial centres, where you can buy just about anything, are located at Via San Simone, 60 - Località Santa Gilla and Via Dolianova, 35 (www.auchan.it). If you are shopping for souvenirs, or local handicrafts such as baskets and gold filigree jewellery, there are several shops catering for this need in the port area or try the ISOLA shop at Via Bacaredda 176. For regional specialities, try the food sections of the supermarkets or visit the indoor market, Mercato Coperto di San Benedetto, on the ss125 in the direction of Quartu S.Elena. Sunday is a good day for markets with flea markets on the Bastione St.Remy, and also on Piazza Trento where Viale Trieste meets the corso Vittorio Emanuele. Antique and curio markets on Piazza del Carmine, take place on the first Sunday of the month, and on Piazza Carlo Alberto on the 2nd and 4th Sundays. If used bargains 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.

SLEEPING



© Cristiano Cani

Hotel Regina Margherita

Found very close to the historic centre on a tree-lined avenue, the Hotel Regina Margherita offers luxury in climate-controlled rooms.

Address: Viale Regina Margherita 44 , 09124 Cagliari
Phone: +39 070 68 45 01
Internet: www.hotelreginamargherita.com

The T Hotel

Designer hotel located in a leafy quarter of town with fountains, plus a well-equipped fitness centre.

Address: Via Dei Giudicati, 09131 Cagliari
Phone: +39 070 474 00
Internet: www.thotel.it

Hotel Calamosca

This is the only hotel in Cagliari located on the coast, on an inlet of the Gulf of Angels. The restaurant terrace has a superb spot that overlooks the sea.

Address: Viale Calamosca 50, 09126 Cagliari
Phone: +39 070 37 16 28
Internet: www.hotelcalamosca.it

Hotel Residence Ulvi & Palme

Situated out of the city centre, but nevertheless convenient to the city. Large pool and fitness room.

Address: Viale Bembo 25, 09131 Cagliari
Phone: +39 070 48 58 61
Internet: www.ulviepalme.it
More Info: (ang. via Castiglione: zone of piazza Giovanni XXXIII)

Hotel La Terrazza

Located near Piazza Yenne close to the historical centre, shops and nightlife. La Terrazza is well furnished, pleasant and comfortable.

Address: Via S. Margherita 21
Phone: +39 070 66 86 52
Internet: www.laterrazzahotel.com

Hotel Miramare

Miramare is located in the charming Devoto Palace, one of the most impressive buildings in Cagliari, and is central for shopping, nightlife and the historic centre.

Address: Via Roma 59, 09124 Cagliari
Phone: +39 070 66 40 21
Internet: www.hotelmiramarecagliari.it

ESSENTIAL INFORMATION



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<http://www.forex.se/sv/Om-FOREX/Bankbutiker/>

Airport

Cagliari Elmas Airport is located 6km northwest of town.

Coaches connect the airport with the bus station in Piazza Matteotti in the city centre and run approximately every hour. The fare is €0.77 (purchase ticket before boarding) and the journey is about 15 minutes. Taxis from the airport to the city are €10-15.

Phone: +39 070 21 12 11
Internet: www.sogaer.com

Public transport

Most of the points of interest can be reached easily on foot, although there is an extensive network of buses. Tickets can be obtained from newspaper vendors or tobacconists and cost €1 for 90 min, €1.50 for 2 hours and €2.30 all day.

Internet: www.ctmcagliari.it

Cycle Hire

Ichnusa Bike

Phone: +39 329 448 24 19
Internet: www.ichnusabike.it

Taxi

Taxis are readily available in Piazza Matteotti and at the Railway Station.

Coop Radio Taxis

Address: 4 Mori
Phone: +39 070 40 01 01

Taxi

Radio Taxis

Address: Cagliari Rosso Blu
Phone: +39 070 65 70 70

Taxi

Taxi Amico

Phone: +39 070 82 60 60

Post

Ufficio Postale (the post office) is located at Piazza del Carmine 2729. Opening hours are 08.30–18.00 on weekdays, Saturdays 8.30–13.30 (closes 16.00 on the last day of the month or 12.00 if a Saturday. Phone +39 070 605 41 64 or visit www.poste.it for more information.

Pharmacy

Pharmacies offering emergency services change each week – consult local newspaper for ‘farmacia di turno’.

Dentist

Studio Caruso on Corso Vittorio Emanuele 16, offers 24 hour service. Phone +39 070 66 81 81 or +39 070 67 03 37 for advice and more information.

Telephone

Country code: +39

Area code: 070 (always include the zero except when using mobile telephones)

Electricity

220v, 50Hz

