



# Cagliari

Photo: wideonet/shutterstock



Roman Babakin/shutterstock



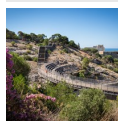
Sean Pavone/shutterstock



ChiccoDodiFC/shutterstock

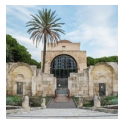
The narrow and often steep granite-paved streets of Cagliari's Castello District are a reminder of a bygone age when the town was dominated at first by Pisans, and later by the Aragonese. Built from white limestone, the walls and towers of the Old Town shimmer in the sun and are a magnificent sight, 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".

## Featured



### Roman Amphitheater

The Roman Amphitheatre was carved into limestone during the 2nd century BC. ...



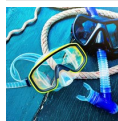
### Basilica of San Saturnino

This Early Christian complex dating back to the 5th century is another incre...



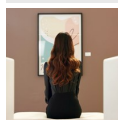
### St Peter Island

St Peter Island is located off the coast of Sulcis Iglesiente. Despite its l...



### Diving & Snorkeling

Sardinia is the ideal place to practise diving and snorkelling thanks to its...



### Galleria Comunale d'Arte

Housed inside the public gardens of Cagliari, this limestone building contai...

## Top 5



### Bastion Saint Remy

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



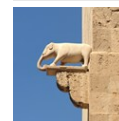
### Castello District

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



### Mari Pintau Beach

This striking beach is located 20 minutes by car from Cagliari, and the trip...



### 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

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 site 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.

## DO & SEE



CCISUL/shutterstock

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.

### 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.

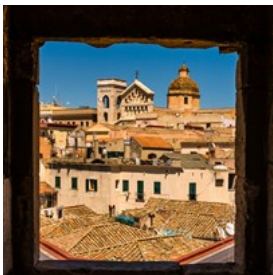
Photo: pio3/shutterstock

Address: Bastione di Saint Remy, 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

Address: Quartiere Castello, Cagliari

### Mari Pintau Beach



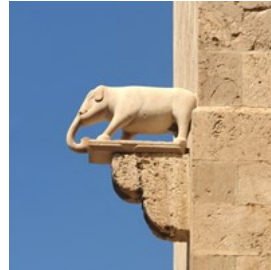
This striking beach is located 20 minutes by car from Cagliari, and the trip alone offers astounding views. This is one of the bays that remains outside of easy tourist access, so get ready to hike steep cliffs to reach the water. The beach is mostly rocky and there are no cafés or restaurants on the boardwalk, but the water is transparent and nature is as untouched as it

gets.

Photo: Alessio Orru/shutterstock

Address: Spiaggia Mari Pintau, Cagliari

### 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: RobNaw/shutterstock

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 site only during particular occasions, such as Monumenti Aperty day (the "open monuments" day).

Photo: Torruzzlo/shutterstock

Address: Via Falzarego, Cagliari

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

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

### Citadel of Museums



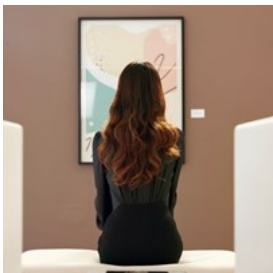
One of the gems enclosed inside Castello's ramparts is the Citadel of Museums. In the former headquarters of the Royal Arsenal, you will discover the most important artistic treasures of the city among the collections of the Archaeological Museum and of the National Art Gallery, which tell the whole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

Photo: Bestravelvideo/shutterstock

Address: Cittadella dei Musei, Piazza Arsenale 1, Cagliari

Internet: [sistemamuseale.museicivicagliari.it](http://sistemamuseale.museicivicagliari.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: Peopleimages/shutterstock

Address: Giardini Pubblici, Largo Giuseppe Dessì, Cagliari

Phone: +39 070 677 7598

Internet: [sistemamuseale.museicivicagliari.it](http://sistemamuseale.museicivicagliari.it)

Email: [museicivici@comune.cagliari.it](mailto: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

Address: Quartiere Villanova, Cagliari

### Poetto Beach

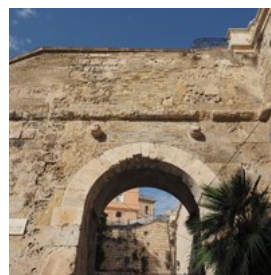


Poetto Beach is a beautiful 6-kilometre beach only a 10-minute drive away from the city centre. White sand and crystal clear blue water make it a popular place to relax. Along the boardwalk, you'll find plenty of restaurants and bars where you can finish your day at the beach on a high note.

Photo: skovalsky/shutterstock

Address: Lungomare Poetto, Cagliari

### Gate of Two Lions



This ancient portal, built in 1535, is the southern access to Castello. The gate 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: Claudio Divizia/shutterstock

Address: Porta dei Due Leoni, 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 trip through time, watching the masterful performances that take place here during the warm seasons.

Photo: Alessio Orru/shutterstock

Address: Via Sant'Ignazio da Laconi, Cagliari

### 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: Basilica de Santu Sadurru, 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

Address: Area Archeologica di Nora, Cagliari

Opening hours: Daily 9am-5:15pm

Phone: +39 070 920 9366

Internet: [nora.beniculturali.unipd.it](http://nora.beniculturali.unipd.it)

### Cagliari Cathedral



Cagliari Cathedral is a Roman Catholic church which was constructed in the 13th century in Pisan-Romanesque style and restored during the

1930s. Walking along its nave, you can 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

Address: Duomo di Cagliari, Cattedrale di Santa Maria e Santa Cecilia, Piazza Palazzo 4a, Cagliari

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

Phone: +39 070 66 38 37

Internet: [www.duomodicagliari.it/gb/index.php](http://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

Address: Orto Botanico di Cagliari, Via Sant'Ignazio da Laconi 11, Cagliari

Opening hours: Tue–Sun 9am–4pm, Mon closed  
Phone: +39 070 675 3512  
Internet: [www.instagram.com/unica\\_ortobotanicohbkk](https://www.instagram.com/unica_ortobotanicohbkk)

### 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 enough time, 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  
Address: Carloforte, Isola di San Pietro  
Public Transport: It is recommended to book in advance all the transfers.

### 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  
Address: Viale Marina Piccola, Cagliari  
Opening hours: Daily 9am–7pm  
Phone: +39 070 372694  
Internet: [www.windsurfingclub.it](https://www.windsurfingclub.it)

### Diving & Snorkeling



Sardinia is the ideal place to practise 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 authorised 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: +39 389 622 2470  
Internet: [www.instagram.com/progettosubsardegna](https://www.instagram.com/progettosubsardegna)

### DINING



Alessio Orru/shutterstock

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

Address: Via Paracelso, Cagliari

Phone: +39 070 503343

Internet: conventosangiuseppe.com

Email: info@conventosangiuseppe.com

### 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

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: Alessio Orru/shutterstock

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

Address: Piazza San Giacomo 2, Cagliari

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.

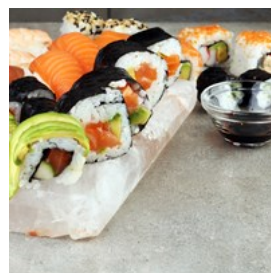
Photo: Alessio Orru/shutterstock

Address: Via Sardegna 78, Cagliari

Phone: +39 070 652970

Internet: www.instagram.com/trattoria.lillicu

### 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

Address: Via Nazario Sauro 20, Cagliari

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

Phone: +39 392 698 8838

Internet: [www.artofsushicagliari.com](http://www.artofsushicagliari.com)

Email: [aoscagliari@gmail.com](mailto: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](http://martinellis.it)

Email: [info@martinellis.it](mailto: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: Sam Thomas A/shutterstock

Address: Via Giovanni Maria Angioy 25, Cagliari

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

Phone: +39 327 471 0519

Internet: [www.tandoori.it](http://www.tandoori.it)

Email: [sandeep@tandoori.it](mailto: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: Bluehousetudio/shutterstock

Address: Piazza Unione Sarda, Cagliari

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

Phone: +39 070 705 8900

Internet: [www.oldwildwest.it](http://www.oldwildwest.it)

### Galaia City



Located close to the harbour, Galaia City is a place for 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.

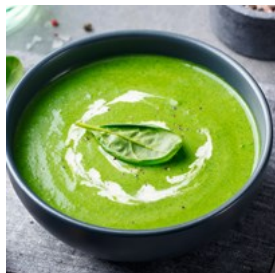
Photo: Alexander Prokopenko/shutterstock

Address: Viale Armando Diaz 37, Cagliari

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

Address: Via Lodovico Baylle 111, Cagliari

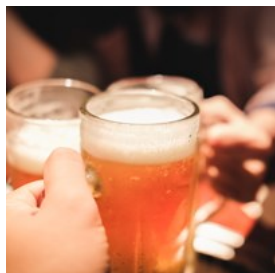
Opening hours: Mon-Fri 12:30pm-3:30pm / 7pm-10:30pm;

Sat 12:30pm-3:30pm

Phone: +39 070 462 8799

Internet: [www.instagram.com/birdi.cagliari](https://www.instagram.com/birdi.cagliari)

## 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

Address: Via delle Serre, Quartucciu

Phone: +39 070 705 7960

Internet: [wienerhaus.it](https://www.wienerhaus.it)

## CAFÉS



Quin Engle/unsplash

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 cafés 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 appetisers, you'll

find something to enjoy at this popular cake shop.

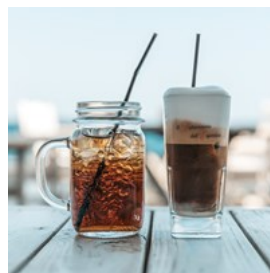
Photo: Valentina Locatelli/unsplash

Address: Via Lodovico Baylle 25, Cagliari

Opening hours: Daily 7:30am-9pm

Phone: +39 070674043

## 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

Phone: +39 070 372689

Internet: [www.instagram.com/oasi\\_cafe](https://www.instagram.com/oasi_cafe)

### 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

Address: Via Barcellona 84, Cagliari

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

Phone: +39 070 753 8032

Internet: [www.rafecagliari.com](https://www.rafecagliari.com)

### 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

Phone: +39 331 214 8746

Internet: [www.instagram.com/caffedecandia](https://www.instagram.com/caffedecandia)

Email: [caffedecandia@gmail.com](mailto:caffedecandia@gmail.com)

### Le Plus Bon



Le Plus Bon is a bakery, but not a regular bakery. It boasts a rich history, characterised 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

Phone: +39 070 652976

Internet: [www.leplusbon.it](https://www.leplusbon.it)

Email: [info@leplusbon.it](mailto:info@leplusbon.it)

### 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

Address: Via Caprera 3, Cagliari

Phone: +39 070 751 0594

Internet: [www.caffedellartecagliari.com](http://www.caffedellartecagliari.com)

Email: [info@caffedellartecagliari.com](mailto: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

Address: Piazza Martiri D'Italia 11, Cagliari

Opening hours: Daily 7am-9pm

Phone: +39 070 65 28 28

Internet: [www.instagram.com/tramer\\_1857](http://www.instagram.com/tramer_1857)

### La Piccola Focacceria



La Piccola is a lovely coffee shop in the historical centre 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

Internet: [www.lapiccolafocacceria.com](http://www.lapiccolafocacceria.com)

### 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](http://www.anticocaffe1855.it)

Email: [info@anticocaffe1855.it](mailto:info@anticocaffe1855.it)

### Caffè Libarium Nostrum

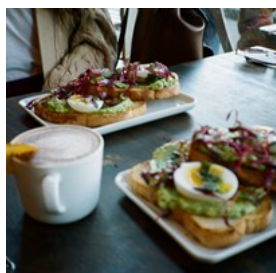


Libarium Nostrum is a trendy café-bar that serves antipasti, pasta, pizza, and aperitifs. In addition to its delicious menu, the establishment also occasionally hosts live music and DJs.

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  
Phone: +39 346 522 0212  
Internet: [www.instagram.com/libarium](http://www.instagram.com/libarium)  
Email: [libariumcaffe@gmail.com](mailto: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  
Phone: +39 070 348 1511  
Internet: [www.cafeetnico.it](http://www.cafeetnico.it)

### Caffè Svizzero



A vaulted ceiling and an old-time charm make a visit to this traditional-style café 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  
Address: Largo Carlo Felice 6, Cagliari  
Phone: +39 070 664578  
Internet: [caffesvizzero-cagliari.menu-world.com](http://caffesvizzero-cagliari.menu-world.com)

## BARS & NIGHTLIFE



Alexander Popov/unsplash

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: SolidMaks/shutterstock

Address: Via Porto Scalas 69, Cagliari

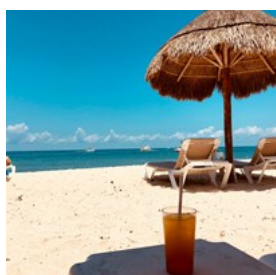
Opening hours: Daily noon-2am

Phone: +39 351 663 8849

Internet: [birroteca-al-merlo-parlante.eatbu.com](http://birroteca-al-merlo-parlante.eatbu.com)

Email: [merlo.parlante@tiscali.it](mailto: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

Phone: +39 347 495 7314

Internet: [www.instagram.com/twist\\_beach\\_club](http://www.instagram.com/twist_beach_club)

### 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

Address: Via Isaac Newton 24, Cagliari

Opening hours: Mon-Sat 6:30pm-1am, Sun closed

Phone: +39 070 456 0569

Internet: [www.ilbirrificiodicagliari.com](http://www.ilbirrificiodicagliari.com)

Email: [info@ilbirrificiodicagliari.com](mailto: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

Address: Via S. Giovanni 6, Cagliari

Phone: +39 338 941 6591

Internet: [www.instagram.com/ilbiffi](http://www.instagram.com/ilbiffi)

### Crona Enoteca Wine Bar



At Crona 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

Address: Viale Armando Diaz 25/27, Cagliari

Phone: +39 070 667 0212

Internet: [www.crontaenoteca.it](http://www.crontaenoteca.it)

### 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  
Phone: +39 392 578 8531  
Internet: [www.crudopreep.it](http://www.crudopreep.it)  
Email: [info@preep.it](mailto: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  
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](http://www.oldsquare.it)  
Email: [info@oldsquare.it](mailto:info@oldsquare.it)

### Bflat Jazz Club



Bflat offers an inspiring atmosphere in a good location which will perfectly suit your party. The club organises events with popular jazz and blues performers. The varied programme, which includes many spectacular shows, and the wide

range of original drinks will make your stay unforgettable.

Photo: IVASHstudio/shutterstock  
Address: Via del Pozzetto 9, Cagliari  
Phone: +39 347 938 9791  
Internet: [www.bflat.it](http://www.bflat.it)  
Email: [info@bflat.it](mailto:info@bflat.it)

## SHOPPING



Josep Suria/shutterstock

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.

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

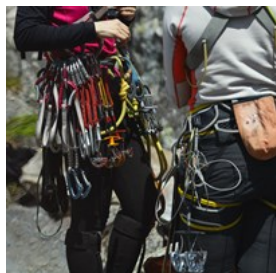
Address: Via Rockefeller 29, Cagliari

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

Phone: +39 070 303301

Internet: [www.velashop.com](http://www.velashop.com)

### 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: Pedal to the Stock/shutterstock

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](http://www.stilealpino.net)

Email: [servizioclienti@stilealpino.net](mailto: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

Address: Salita di Santa Chiara 12, Cagliari

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

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 pabasine di sapa, gueffus and seadas.

Photo: Alessio Orru/shutterstock

Address: Via Carlo Rosselli 12, Quartucciu

Phone: +39 070 881576

Internet: [dolcettisardi.it](http://dolcettisardi.it)

Email: [info@dolcettisardi.it](mailto: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  
Address: Vico dei Mille 1, Cagliari  
Phone: +39 070 684 8747  
Internet: saporidisardegna.com

### Antica Enoteca Cagliariritana



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; Sun closed  
Phone: +39 070 655611  
Internet: www.enotecacagliaritana.it  
Email: enoteca1935@gmail.com

### Intrecci

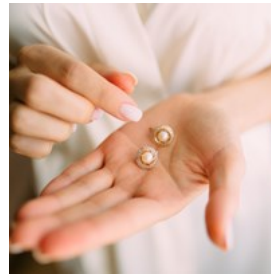


This tiny shop is dedicated to Sardinian traditional handicrafts. Even the name is a reference to one of the main traditional Sardinian crafts: weaving. It seems more like an art gallery than a simple shop, and it is not a coincidence, since the Sardinian handicrafts sold here are real works of art.

Photo: Regiane Tosatti/pexels  
Address: Viale Regina Margherita 63, Cagliari  
Opening hours: Mon-Sat 10am-1pm / 5pm-8:30pm

Phone: +39 070 332 8708  
Internet: www.instagram.com/patriziacamba  
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  
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: sirtravelalot/shutterstock  
Address: Via San Simone 60, Cagliari  
Opening hours: Daily 9am-9pm  
Phone: +39 344 031 3533  
Internet: www.centroifenicotteri.it  
Email: centro.ifenicotteri@ceetrus.com

## TOURIST INFORMATION



Vadym Lavra/shutterstock

### Cagliari Elmas Airport (CAG)



Cagliari Elmas Airport is located 6 kilometres northwest of the city. The easiest way to reach it from Cagliari is by train with the "Elmas

Aeroporto" line. Trains run every 20 minutes from 5am to 9pm. The trip takes around 7 minutes and the stop is only a 5-minute walk from the terminal. Tickets are available at the station and on the Trenitalia website.

You can also get to the airport by bus. Buses leave 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 (open from 8:40am until 11:30pm), and the other next to departures (open from 5:20am to 10:30pm). Normally, buses leave every 30 minutes. The tickets are available at the newsstand in the airport.

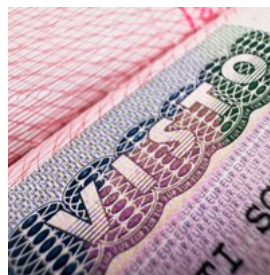
Photo: JoaoCachapa/shutterstock

Address: Aeroporto di Cagliari-Elmas "Mario Mameli", Via dei Trasvolatori, Elmas

Phone: +39 070 211 211

Internet: [www.sogaer.it/en](http://www.sogaer.it/en)

## Passport & Visa



Citizens of European Union (EU) and European Economic Area (EEA) countries do not need a visa to enter Italy, only a valid ID. Many other

countries, including the United Kingdom, United States, Canada, United Arab Emirates, Australia, and New Zealand, benefit from visa-free entry for short stays of up to 90 days within a 180-day period.

Visitors from visa-exempt countries must hold a valid passport and, starting in late 2025, will need to apply for an ETIAS (European Travel Information and Authorisation System) authorisation online before travelling.

For those requiring a visa, such as travellers from some Middle-East, African or Asian nations, a Schengen visa must be obtained prior to arrival. All travellers should ensure their passport is valid for at least three months beyond their intended stay.

Photo: Vardanyan Karen/shutterstock

Internet: [https://home-affairs.ec.europa.eu/policies/schengen/visa-policy\\_en](https://home-affairs.ec.europa.eu/policies/schengen/visa-policy_en)

### 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

## 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: Sampajano/shutterstock

Internet:

[cagliariturismo.comune.cagliari.it/en/vivicagliari/ctm-point](http://cagliariturismo.comune.cagliari.it/en/vivicagliari/ctm-point)

## Taxi



Taxis in Cagliari are regulated by the local government, and all licenced 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.

Photo: Gabriele Maltinti/shutterstock

## 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

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](http://www.poste.it)

## Pharmacy



Pharmacies in Italy are usually 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



Italy uses the Type F electrical sockets with two round holes, the same as in many countries in Continental Europe. You will also

encounter Type L sockets with three round holes arranged in a line. A "universal" socket, that accepts Type C, E, F and L plugs, is commonly used in Italy.

The standard voltage is 230 volts, but some hotels have special plugs for 110 or 120-volt shavers.

Photo: Mauro Carli/shutterstock

### 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: Oleg Krugliak/shutterstock

### Population

The city: 146,627

The metro area: 477,000

### Currency

1 Euro = 100 cents

### Opening hours

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

### Internet

[www.cagliariturismo.it](http://www.cagliariturismo.it)

[www.sardegnaturismo.it](http://www.sardegnaturismo.it)

### Newspapers

L'Unione Sarda: [www.unionesarda.it](http://www.unionesarda.it)

La Nuova Sardegna: [www.lanuovasardegna.it](http://www.lanuovasardegna.it)

Corriere della Sera (Italy's main daily): [www.corriere.it](http://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

Open Mon–Sat 10am–1pm / 2pm–6pm; Sun 10am–1pm

