ArrivalGuides
A SMARTVEL COMPANY

Parma

Photo: RossHelen/Shutterstock.com

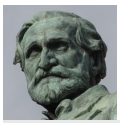
By iryna1/Shutterstock.com

Speaking of Parma, the first things that come to mind are probably the ham and Parmesan cheese. Indeed, Parma is one of the most important culinary centres of Italy — but this city is so much more than that. Parma was the capital of a very powerful duchy, which left a legacy of stunning monuments and palaces. In addition, the splendour of that period created fertile grounds for the flourishing of art. In fact, Parma became one of the main centres for opera, thanks to its amazing theatres and its fine citizen Giuseppe Verdi.

Oxana Denezhkina/Shutterstock.com

iryna1/Shutterstock.com

Featured



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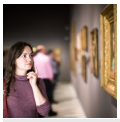

National Gallery
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Rocca Sanvitale with Disne...
Rocca Sanvitale is an ancient fortress located in Fontanello (30 minutes fro...

Top 5

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

Parma Cathedral
The monumental symbol of Parma is located right in the heart of the city, ne...

San Giovanni Evangelista
Monastero San Giovanni Evangelista is actually a monastery complex that incl...

Basilica Santa Maria della...
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Palazzo della Pilotta
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THE CITY

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

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

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

CITY OF GASTRONOMY

Siami Tan/unsplash.com

Parma is the heart of the Italian Food Valley and one of the destinations with the highest number of typical products protected with quality brands in Italy. Parma was rewarded by UNESCO for its culinary contribution to the world with the title of UNESCO Creative City of Gastronomy.

Parma ham, Parmigiano Reggiano cheese, Culatello di Zibello, Porcini Mushroom di Borgotaro, Coppa di Parma, numerous wines of the Parma hills and many more gastronomical gems call this land their home. You can enjoy all these casually — simply walk through the city streets and stop at any trattoria or osteria. The most delicious food is on every menu.

Real foodies must not miss the opportunity to visit a Parmigiano cheese or Parma ham factory. They are usually located just outside the city, so you can even bike there and build up some appetite.

Emilia Romagna Food Tour

Emilia Romagna might be the best region of Italy for culinary exploration. Visit a prosciutto producer like Salumificio Conti — one of the local family-run ham factories producing the mythical

Prosciutto di Parma PDO. Spend some time with the makers of Parmigiano Reggiano, who have kept the traditional methods alive since the Benedictine monks invented the process 10 centuries ago. Curdling into the typical copper heaters, salting and the final ageing in the so-called wheel cathedrals. Taste the savoury masterpiece in the end, of course. Make your trip longer and learn the secrets of the best balsamic vinegar at Tenuta Medici Ermete.

Parma is the gateway to Italy's culinary heritage. With many tours, you can choose to drive yourself or get a driver for a more sit-back experience.

Photo: Nik's/unsplash.com

Tasting and Biking Parma

If you are not a fan of bus or car tours, take a leisurely bike tour from Parma city centre to a cheese factory to see how the city’s eponymous delicacy is made. Explore the variety of this classic cheese by sampling three agings of Parmesan: 12, 24 and 36 months.

Follow your friendly guide through small, quiet roads and stop at a local osteria — a small restaurant that serves wine and simple, honest food, including Parma ham.

Photo: Chris Barbalis/unsplash.com

Private Wine Tour

Driving and wine tasting don’t mix — you are going to need a chauffeur. One that works with your schedule, picks you up straight from your hotel and takes you through the vineyards of Emilia-Romagna. Explore an authentic local winery and enjoy three signature wines, like Malvasia, Lambrusco and Trebbiano. Of course, a selection of delicacies will complement the wine, as will the sweeping country views.

Photo: Kym Ellis/unsplash.com

Private Half Day Parma Food Walking Tour

A half-day walking tour puts the spotlight on Parma's famous cuisine with stops at the locals’ favourite eateries and shops. Explore the city's main attractions and make stops for small bites and interesting stories from food vendors.

Start with a visit to a traditional Prosciutteria and try Culatello di Zibello, Salame Felino, Coppa, Culaccia and Spalla Cruda. Next, explore the selection at a fresh pasta shop and taste different ageings of Parmigiano Reggiano cheese at a deli.

Explore traditional bistros for a glass of exquisite wine. Try some street food from an old sandwich shop. Get a flakey dessert at a patisserie and finish with a refreshingly cool and creamy artisanal gelato.

Photo: Josh Hild/unsplash.com

Local Market & Home-made Dinner

Heading to a local food market in a country where you don't speak the language, don't know the prices and don't know the haggling etiquette — can be quite stressful. Get a little help from a friendly local and visit a vibrant market, followed by an immersive private dining experience later in the day. There's nothing like exploring Italy's culinary heritage through a 4-course meal cooked and served by a local in their own home. Beats any restaurant. Plus, you support small businesses and connect with the locals.

Photo: Gabriella Clare Marino/unsplash.com

Cooking Class at a Local's Home

Arguably, the most authentic dishes come not from a professional chef, but from people who cook for their families every day, right in their home kitchen. Learn to whip up three of the Parma's finest dishes from scratch in the home of a local cooking enthusiast. Of course, you get to enjoy your delicious creations with excellent wine. As a souvenir, you will get an apron and, of course, new cooking skills. Prepare to impress your friends back home.

Photo: Daniel Salgado/unsplash.com

Parmigiano Cheese & Parma Ham Tours

Numerous small and big companies offer guided tours that focus on the savoury and salty richness of Parmigiano cheese and Parma ham. Most operators will bring you to a cheese factory tour just outside the city, let you try differently aged samples (most likely 1, 2 and 3-year cheeses). Similarly, don't miss a chance to see a Parma ham factory and taste the thinnest melt-in-your-mouth slices.

Pick a tour that best matches your budget, interests and time frame. The most important variable in choosing the best tour is traveller reviews.

Photo: Thomas Vogel/unsplash.com

DO & SEE

iryna1/Shutterstock.com

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

Baptistery of Parma

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

Photo: valtercirillo/pixabay.com
Address: Piazza Duomo, Parma
Opening hours: Daily 10am–6pm
Phone: +39 521 235886
Internet: www.piazzaduomoparma.com/en
Email: info@piazzaduomoparma.com

Parma Cathedral

The monumental symbol of Parma is located right in the heart of the city, next to the marble Baptistery. The Parma Cathedral was built in 1074, and it is one of the most beautiful example of Romanesque architecture in Northern Italy. Its magnificent cupola is covered in frescoes by Correggio, a masterpiece that worth a visit on its own. In addition, inside the cathedral you can also admire works of art, frescoes and sculptures made by the most representative artists of the Italian Middle Ages.

Photo: Sergey Dzyuba/Shutterstock.com
Address: Cattedrale di Parma, Piazza Duomo, Parma
Opening hours: Daily 10am–6pm
Phone: +39 0521 235886
Internet: www.piazzaduomoparma.com/en
Email: info@piazzaduomoparma.com

San Giovanni Evangelista

Monastero San Giovanni Evangelista is actually a monastery complex that includes a church, a convent and the Historical Pharmacy San Giovanni. It was built during the 10th century for the Benedectine Order, and it fully represents the principles of Romanesque architecture. Inside you can admire frescoes, sculptures and the ancient books housed in the monastic library. Normally, it is freely open to the public, and it is easily reached on foot — only few metres from the Cathedral of Parma.

Photo: Livioandronico2013/cc by-sa 4.0/Wikimedia Commons(image cropped)
Address: Piazzale S. Giovanni 1, Parma
Opening hours: Church: daily 8:30am–noon / 4pm–7:30pm. Convent: Mon–Wed and Fri–Sat 9am–noon
Phone: +39 0521 235311
Tickets: Free entrance. Guided tours require reservation.
Internet: www.monasterosangiovanni.com

Basilica Santa Maria della Steccata

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

Photo: Udo Schröter/cc by-sa 2.0/Flickr(image cropped)
Address: Piazza della Steccata 9, Parma
Opening hours: Daily 7:30am–noon / 3pm–6:30pm
Phone: +39 521 234937

Palazzo della Pilotta

Palazzo della Pilotta dates back to the 16th century. The name of the building comes from the ancient game "pelota" often played in the courtyards of the estate. The particular disposition of its corridors forms a sort of fortress with several courtyards and extensions.

Today, the palace hosts several museums, among them are National Gallery, the Palatine Library and the Archeological Museum. Inside the building there is also a theatre, and during summer outdoor events are organised in its gardens.

Photo: iryna1/Shutterstock.com
Address: Piazzale della Pilotta 5, Parma
Opening hours: Tue–Sun 10:30am–18:30, Mon closed
Phone: +39 0521 233617
Internet: www.complessopilotta.it/en/welcome
Email: cm-pil@beniculturali.it

Ducal Park

This large park is the little green lung of Parma. Walking in this peaceful garden you will notice the spectacular design created by the careful arrangement of trees and plants. Inside the Ducale park there are plenty of sculpture groups and two palaces that belonged to the ducal family: Palazzo Ducale and Palazzetto Eucherio Sanvitale. Take a relaxing break, right in the heart of the city!

Photo: pio3/Shutterstock.com
Address: Parco Ducale, Via John Fitzgerald Kennedy 10, Parma
Opening hours: November–March: daily 7am–8pm; April–October: daily 6am–midnight

Teatro Regio

Teatro Regio is a Neo-Classical theatre, commissioned by the Dutchess Maria Luigia. Today it is regarded one of the most important opera houses in Italy: not only for its history, but also for its fervent contemporary activity, which includes operas, ballet, concerts and exhibitions of various kind. Italian opera is an enchanting form of art and for the ultimate opera experience with its old world charm and glory, there is no better place in Italy.

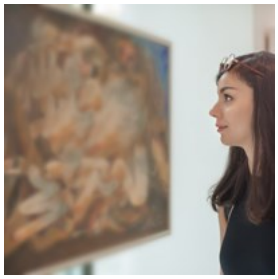
Photo: Maurizio Moro5153/cc by-sa 4.0/Wikimedia Commons(image cropped)
Address: Strada Giuseppe Garibaldi 16/A, Parma
Phone: +39 0521 203911
Tickets: Reservation is needed for visiting backstage. Tickets are available on the spot for standard tours.
Internet: www.teatroregioparma.org
Email: biglietteria@teatroregioparma.org
More Info: You have the option to book a guided tour of the building

Salsomaggiore Terme

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

Photo: jorisvo/Shutterstock.com
Address: Salsomaggiore Terme
Internet: www.termedisalsomaggiore.it

Museo Glauco Lombardi



This museum exhibits a prestigious collection of art and historical items regarding Maria Luigia of Habsburg Duchess of Parma and wife of Napoleon Bonaparte. Among its collections, the museum displays her wedding dress, make-up and perfume kit and lots of paintings and jewelleries belonged to the duchess and her husband.

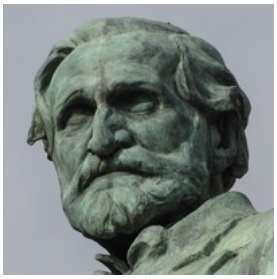
Photo: guruXOX/Shutterstock.com
Address: Strada Giuseppe Garibaldi 15, Parma
Opening hours: Tue–Sat 9:30am–4pm, Sun 9:30am–7pm, Mon closed. July & August 9:30–2pm
Phone: +39 0521 233727
Email: glaucolombardi@libero.it

Castle of Roccabianca

The Castle of Roccabianca dates back to 1400. It was built by request of Pier Maria Rossi as a gift to his beloved Bianca Pellegrini. The castle has beautiful frescoes; literature buffs in particular will love Griselda's Room with its cycle of paintings inspired by the 100th story of the Decameron. In the castle you will also find the Museum of Distillery, where you can learn about local spirits, before tasting them.

Photo: Mi.Ti./Shutterstock.com
Address: Castello di Roccabianca, Roccabianca
Opening hours: See official website for the schedule of guided tours
Phone: +39 0521 374065
Internet: www.castellidelducato.it/castellidelducato/castello.asp?el=castello-di-roccabianca
More Info: The castle is located 20 min from Parma

Festival Verdi



Giuseppe Verdi, one of the greatest masters of opera, is celebrated by his hometown every year during the Verdi Festival. A series of concerts and performances dedicated to the brilliant creator of Nabucco and La Traviata are organised both in Parma and Busseto, during October. In this period, Parma is filled with music more than ever. Let yourself be captivated by this marvellous atmosphere and experience opera in its homeland.

Photo: Lorenzo Gaudenzi/cc by-sa 4.0/Wikimedia Commons(image cropped)
Address: Parma and Busseto
Tickets: Single tickets and season tickets available at the tourist infopoint and at Teatro Regio. On-line: Vivaticket and Ticketone.
Internet: www.teatroregioparma.it/en/festival-verdi-2022

The Ducal Palace

The Ducal Palace, also known as Reggia di Colorno, is 30 minutes by bus from Parma. Inspired by the Versailles Palace in France, Ducal Palace was built in the early 18th century by Francesco Farnese, Duke of Parma, to cover the remains of a former ruins of the Fortress of Colorno. Inside, you can admire collections and exhibitions. If you are lucky enough to visit during the warm season, you will be enchanted by the magnificent Italian gardens surrounding the estate, where many events are organised by night during summer.

Photo: iryna1/Shutterstock.com
Address: Reggia di Colorno, Via Mazzini 30, Colorno
Phone: +39 0521 312545
Internet: www.reggiadicolorno.it/en
Email: reggiadicolorno@provincia.parma.it
More Info: Entry only with a guided tour. The best place to find the schedule is on the palace's Facebook page

Pinacoteca Stuard

If you are interested in painting, you cannot miss the gallery Pinacoteca Stuard. In this museum, located in a beautiful ancient cloister, you can marvel at a collection of portraits, antiques and tapestry masterpieces that belonged to the Stuard family from the 14th to the 20th century.

Photo: vvoe/Shutterstock.com
Address: Borgo Parmigianino 2, Parma
Opening hours: Mon & Wed–Fro 10am–5pm, Sat & Sun 10:30am–6:30pm, Tue closed
Phone: +39 0521 508184
Tickets: Free admission
Internet: www.parmawelcome.it/en/place/discover-parma/what-to-see/museums/stuard-gallery
Email: pinacoteca.stuard@comune.parma.it

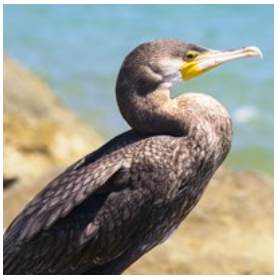
Botanical Garden

Parma's Arboretum was originally founded in 1600. First, it belonged to the medical university where they grew medical herbs and natural remedies. The contemporary botanical garden was designed under the Borboun domain around 1770. Take a stroll and appreciate the exotic plants species, including the beautiful local flora and when here look out for the distinctive tree with heart-shaped leaves called 'Ginkgo biloba'.

The garden contains aquatic plants and mature trees, while the glass houses contain a tropical section with gorgeous Monstera Deliciosa and Theobroma cacao plants, as well as epiphytes, orchids, and tropical fruits. The desert house keeps a variety of cacti and succulents.

Photo: iryna1/Shutterstock.com
Address: Orto Botanico di Parma, Strada Farini 90, Parma
Phone: +39 0521 903679
Tickets: Free admission
Internet: www.ortobotanico.unipr.it
Email: ortobotanico@unipr.it

Taro River Regional Park



If you are visiting Parma during the warm season, it is worth going for some outdoor activities. Only a few kilometres from the city centre you will find the ideal place to spend time in the nature — the Taro River Regional Park Almost 3000 hectares of greenery around the River Taro, in the middle of the migration routes of several bird species. So, pick the most suitable path, wear your most comfortable shoes and enjoy Parmesan wilderness!

Photo: filippo giuliani/Shutterstock.com
Address: Parco Fluviale Regionale del Taro, Strada Giarola 11, Collecchio
Phone: +39 0521 802688

Rocca Sanvitale with Disney Princesses

Rocca Sanvitale is an ancient fortress located in Fontanello (30 minutes from Parma). Inside you can admire several works of art by Parmigianino, or you can choose to take a break in the nearby countryside. But the best part comes if you are travelling with kids — do not miss the magic

castle visit guided by Disney Princesses. Rapunzel, Merida and their friends will accompany you through this stunning location, sharing with you all their adventures.

Photo: Carlo Grifone/cc by-sa 4.0/Wikimedia Commons(image cropped)
Address: Piazza Giacomo Matteotti, Fontanellato
Opening hours: From November to March: Tue-Sat 10am-11.45am, 3pm-4.45pm; Sun 9.30am-11.45am, 2.30pm-4.45pm. From April to October: Mon-Sat 9.30am-11.45am, 3pm-5.45pm; Sun 9.30am-11.45am, 2.30pm-5.45pm
Phone: +39 0521 829055
Internet: www.fontanellato.org
Email: rocca@fontanellato.org
More Info: Tours guided by princesses are occasional events. To stay updated visit the website.

National Archaeological Museum

This museum, housed in Palazzo della Pilotta, was founded in 1760 by Philip Duke of Parma. It was the first and — for a long time the only — institution in northern Italy concerning the archaeological work.

The two floors of the museum offer a vast overview of the Italian prehistoric, pre-Roman and Roman times, as well as of ancient Egypt. The upper floor houses the collections not linked to the Parma area: the Egyptian section, the Greek and Etruscan sections, and findings from the well-known excavations at Velleia, the so-called "Pompei of Northern Italy".

Photo: m.bonotto/Shutterstock.com
Address: Piazzale della Pilotta 5, Parma
Opening hours: Tue–Sun 10:30am–6:30pm, Mon closed
Phone: +39 0521 233718
Internet: www.complessopilotta.it/en/archaeological-museum
Email: cm-pil@beniculturali.it

National Gallery

The National Gallery is the main museum within Palazzo della Pilotta. It is all about painting! The collection hosted here was property of the Farnese family. The permanent exhibition features over 700 pieces: paintings, drawings, sculptures, architectural decorations and objects of applied arts dating from the Middle Ages to the 20th century. Among the hundreds of paintings displayed here, you will find masterpieces by some of the greatest Italian artists: Leonardo, Correggio and Parmigianino.

Photo: Iakov Filimonov/Shutterstock.com
Address: Piazzale della Pilotta 5, Parma
Opening hours: Tue–Sun 10:30am–6:30pm, Mon closed
Internet: www.complessopilotta.it/en/national-gallery
Email: cm-pil@beniculturali.it

Museo Diocesano

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

Photo: Mi.Ti./Shutterstock.com
Address: Vicolo del Vescovado 3/A, Parma
Opening hours: Daily 10am–6pm
Phone: +39 0521 208699
Internet: www.piazzaduomoparma.com/museo-diocesano
Email: info@piazzaduomoparma.com

City of Perfume

Immerse yourself in the history of Parma and discover the tradition of perfume and the main characters of its supply chain in the region from 1816 till now.

The greenhouses Ducal Park will introduce you to the famous Violetta di Parma. The love of Maria Luigia of Austria for this gorgeous flower are on display at the Glauco Lombardi Museum.

Stop by the Acqua di Parma flagship store — one of the historic perfumeries in the city centre that had an enormous influence on the perfume industry worldwide, especially when it comes to packaging. Violetta di Parma 1930 shop will give you a glimpse into the life of Ludovico Borsari and his company, as well as contemporary local glass industry represented by the Bormioli Company.

Photo: Mart Production/pexels.com

Parma Ham Museum

Parma Ham Museum guides you through the history of prosciutto, which goes further back than you might imagine! The best part, however, is the attached restaurant with exceptional food quality and reasonable prices. This palace is a must for prosciutto fans.

Make sure to order the local focaccia fritta with a selection of mature cheeses.

Photo: Musei del cibo/cc by-sa 3.0/Wikimedia Commons(image cropped)

Address: Museo del Prosciutto di Parma, Via Fabio Bocchialini 7, Langhirano
Opening hours: March 1 – December 8: Sat & Sun 10am–6pm; Mon–Fri only by group appointments. December – February: closed
Phone: +39 0521 218889
Internet: www.prosciuttodiparma.museidelcibo.it/en
Email: prenotazioni.prosciutto@museidelcibo.it

Parma Charterhouse

The Parma Charterhouse is a complex of buildings located in the countryside just outside the city. For almost 500 years, it was the abode of the Carthusian Order. Across history, several accidents destroyed great part of the original structures, but today it still houses the original ancient sacristy, some Renaissance furniture and numerous frescoes, altars and capitals. You are always welcome to visit the cloister, and occasionally you can go deeper into the inner parts of the complex.

Photo: Marco Fallini/cc by-sa 3.0/Wikimedia Commons(image cropped)
Address: Certosa di Parma, Strada Della Certosa 20, Parma
Opening hours: Open for pre-booked guided tours only
Phone: +39 0521 498401
Internet: www.parmawelcome.it/en/place/discover-parma/what-to-see/churches/charterhouse

Antica Spezieria di San Giovanni

The very first evidences of the existence of this ancient pharmacy date back to 1201, but it could be even older — Monastery of San Giovanni where the pharmacy is located was founded in 980 AD. This laboratory was operated by Benedictine monks and remained in use until 1766. It was then restored so to be opened again

to the public. Here, thanks to the guided tours you will discover the ancient arts of distillery and medical herbs processing.

Photo: Miguel Á. Padriñán/Pexels.com
Address: Borgo Pipa 1/A, Parma
Opening hours: Since the pandemic, the museum's opening hours remain mysterious. We suggest calling ahead to make sure it's open
Phone: +39 0521 287195
Email: drm-ero.spezieria@beniculturali.it

Torrechiara Castle

Only 20 km from the city of Parma lies Torrechiara village, with a grand medieval castle at its heart. Severe and austere on the outside, the castle is a riot of frescoes on the inside. Marvel at the grotesque mythological figures, angels, cartouches and whimsical architecture drawn by Cesare Baglioni, Giovanni Antonio Paganino and Innocenzo Martini.

The Castle of Torrechiara has been declared a National Monument and has become part of the circuit of the Castles of the Duchy of Parma, Piacenza and Pontremoli.

You can visit Torrechiara by car, bus or even by bike. Tours will take you through Parma’s lovely countryside, usually stopping for a Parmigiano Reggiano factory tour and craft beer or wine tastings.

Photo: Mdntb/cc by-sa 4.0/Wikimedia Commons(image cropped)
Address: Castello di Torrechiara, Strada del Castello 1, Torrechiara
Phone: +39 0521 355255

DINING

Jack Frog/Shutterstock.com

Parmesan cuisine is full of variety. First and foremost, the city has given its name to several prized dairy and meat products, the highlights of which are undeniably Parmigiano Reggiano (Parmesan cheese) and Parma ham. As in the rest of Italy, meals are accompanied by local high-quality wines such as the reds Colli di Parma and Lambrusco, or the whites Sauvignon and Malvasia.

The real autochthonous queens of the kitchen are the so-called "rezdore", all the grandmothers and mothers who can make real Parmesan dishes the tradition way. If you don't know anyone from here, you can taste local specialties in the numerous restaurants and trattorias, or as part of culinary tours around the city.

Parizzi

Parizzi is one of the most refined restaurants of the city, offering both classic and innovative dishes. Specialties of the house include homemade pasta and fresh beef tartare. But if you have no budget limits and you want to live a very unique experience, you can book the chef table — an exclusive dinner with the chef in person at your table preparing your meal right in front of you.

Photo: Evgeny Litvinov/Shutterstock.com
Address: Strada della Repubblica 71, Parma
Phone: +39 521 285952
Internet: www.ristoranteparizzi.it
Email: info@ristoranteparizzi.it
More Info: One Michelin Star: high quality cooking, worth a stop

Inkiostro

Chef Salvatore Morello brings an air of innovation to Parma's culinary scene. His years of working working abroad made him embrace a more experimental approach in his work. You will be pleasantly surprised by the pasta and vegetable dishes. Pair them with the excellent selection of wine, or go for something less conventional like beer or sake, or tea.

Photo: Delightin Dee/unsplash.com
Address: Via San Leonardo 124, Parma
Phone: +39 0521 776047
Internet: www.ristoranteinkiostro.it
More Info: One Michelin Star: high quality cooking, worth a stop.

La Greppia

La Greppia is a refined restaurant that's all about regional tradition. Fresh pasta and desserts prepared by the owner personally. His cuisine is based on ancient local recipes from the court of Maria Luigia d’Asburgo — Napoleon's wife and Parma's Duchess — revised and adapted to contemporary taste and products.

Photo: Africa Studio/Shutterstock.com
Address: Strada Giuseppe Garibaldi 39, Parma
Phone: +39 521 233686
Internet: www.ristorantelagreppia.axeleroweb.it
Email: lagreppiaparma@gmail.com

Cocchi

Cocchi is an easygoing eatery serving typical Parmesan cuisine. It is particularly famous for its mixed boiled beef, tortellini with broth and homemade pasta. Thanks to these specialties the restaurant gained an excellent reputation, which has accompanied it since 1925.

Photo: Ildi Papp/Shutterstock.com
Address: Viale Antonio Gramsci, 16/A, Parma
Phone: +39 0521 981990
Internet: www.ristorantecocchi.it

I Tri Siochett

I Tri Siochett is a rustic restaurant, located in the countryside just outside Parma. Try some Italian specialties served by the attentive staff, dishes like salami and cold pork meats with torta fritta (fried savoury dough) and tortelli alle erbette (pasta parcels filled with ricotta cheese and leaf beet) are not to be missed.

Photo: fototip/Shutterstock.com
Address: Strada Farnese 74/A, Vigheffio, Parma
Phone: +39 0521 968870
Internet: www.itrisiochett.it
Email: itrisiochett@virgilio.it
More Info: Earned Michelin's Bib Gourmand: good quality, good value cooking

Trattoria Corrieri

Despite the word "trattoria" in its name, Trattoria Corrieri is actually a very modern and elegant restaurant, located in the city centre of Parma. This popular restaurant attracts a wide range of clientele eager to try local specialities such as torta fritta and cappelletti. To go with your delicious food, pick a fine wine from the private cantina of the restaurant.

Photo: ESB Professional/Shutterstock.com
Address: Strada Conservatorio 1, Parma
Phone: +39 0521 234426
Internet: www.trattoriacorrieri.it
Email: info@trattoriacorrieri.it

Pepèn Parma

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

Photo: keko64/Shutterstock.com
Address: Borgo Sant'Ambrogio 2, Parma
Phone: +39 0521 282650
Email: info@ristorantepepen.com

Trattoria Ai Due Platani

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

Photo: Minerva Studio/Shutterstock.com
Address: Strada Budellungo 104/a, Coloreto, Parma
Phone: +39 0521 645626
Internet: www.aidueplatani.com
Email: dueplatani@gmail.com

Ristorante La Forchetta

La Forchetta is a classy restaurant right in the centre of Parma. The cuisine mirrors Parmesan tradition, with a touch of elegance and modernity. When dining here, the customers are pampered by highly professional staff ready to satisfy every requests.

Photo: bikeriderlondon/Shutterstock.com
Address: Borgo San Biagio 6/D, Parma
Phone: +39 0521 208812
Internet: www.laforchettaparma.it
Email: info@laforchettaparma.it

Trattoria del Tribunale

Located in the ancient city of Parma, Trattoria del Tribunale is the ideal place for a romantic dinner with an intimate and relaxed atmosphere. The strength of its Italian cuisine is the accurate choice of top quality ingredients supplied by local farmers.

Photo: Slawomir Fajer/Shutterstock.com
Address: Vicolo Politi 5, Parma
Phone: +39 0521 285527
Internet: www.trattoriadeltribunale.it
Email: info@trattoriadeltribunale.it

Ristorante 51/A

This elegant restaurant is located inside the Farnese Hotel (Best Western Group). Its expert chefs offer both local and international cuisine, perfectly presented and served with professionalism in the spacious room that host up to 150 people.

Photo: ESB Professional/Shutterstock.com
Address: Via Reggio 50, Parma
Phone: +39 0521 994247
Internet: www.inchotels.com
Email: 51arestaurant@inchotels.com
More Info: Reservation suggested for lunch

Africa Due Pizzeria

Located in the centre of Parma, Africa Due is the ideal place for all the enthusiasts of ethnical cuisine but also for those who are looking for Italian cuisine. This restaurant truly offers a wide variety of cuisines: everything from Eritrean specialties to delicious pizzas and traditional Italian cuisine. Excellent vegetarian and vegan dishes available, too.

Photo: marco mayer/Shutterstock.com
Address: Viale Mentana 80, Parma
Phone: +39 0521 286827
Internet: www.ristorantepizzeriafricadue.it
Email: africadue@hotmail.com

Ristorante Gallo D'Oro

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

Photo: arfo/Shutterstock.com
Address: Borgo della Salina 3, Parma
Phone: +39 0521 208846
Internet: www.gallodororistorante.it
Email: info@gallodororistorante.it

DOC The Beef Club

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

Photo: Nitr/Shutterstock.com
Address: Borgo Piccinini 7A, Parma
Phone: +39 0521 231192
Internet: www.instagram.com/docthebeefclubparma
More Info: Also known as DOC — the Burger House

Ca'Pina

Ca'Pina is a restaurant serving traditional Italian specialties. It is located in an amazing country house just outside Parma. The passionate and

friendly staff is committed to give you a great dining experience. Perfect for festive days thanks to its special menus made ad hoc for any occasion.

Photo: Rawpixel.com/Shutterstock.com
Address: Via Traversetolo 200, Località Botteghino
Phone: +39 0521 394559
Internet: www.capina.it
Email: info@capina.it

T-Bone Station

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

Photo: stockcreations/Shutterstock.com
Address: Largo Fausto Bocchi 35/A, Parma
Phone: +39 0521 463715
Internet: www.t-bone.it
Email: servizioclienti@t-bone.it

OEnopolium

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

Photo: Slawomir Fajer/Shutterstock.com
Address: Via Nazario Sauro 13B, Parma
Phone: +39 0521 571288
Internet: www.oenopolium.it
Email: info@oenopolium.it

Sorelle Picchi

Sorelle Picchi restaurant is the evolution of the historic deli Rosi. Initially famous for its ham — the best on the market — only later the deli was transformed into a top quality restaurant serving the best dishes of local tradition. Witness raw ingredients transforming into culinary masterpieces thanks to the open kitchen. Takeaway service and deli are available on the spot.

Photo: javarman/Shutterstock.com
Address: Strada Luigi Carlo Farini 27A, Parma
Phone: +39 0521 1855966
Internet: www.trattoriasorellepicchi.com

Pizzeria Scio

It is virtually a crime to visit Italy and not taste real Italian pizza. One of the best pizzerias in Parma is Scio. Here, you will be welcomed by a familiar ambience and affordable prices, just as Italian custom dictates! Your gluten-avoidant friends will love creamy burrata with Parma ham.

Photo: Riedelmeier/Pixabay.com
Address: Via Mario Gandini 3/A, Parma
Phone: +39 0521 233343
Email: vincenzosarno@gmail.com

CAFÉS

al1962/Shutterstock.com

Sit back, relax and enjoy a nice cup of coffee accompanied by a delicious Italian pastry. One cake not to be missed is the Duchessa di Parma (the Parma duchess) — a rich cake with zabaglione and chocolate ganache dedicated to Napoleon's wife, Maria Luigia Duchess.

Parma, like any other city in Italy, has numerous historic cafes and ice cream parlours, as well as modern lively bars for nice aperitifs to start your Parmesan night adventure. Begin your exploration of Parma's strong cafe culture and try a typical Italian espresso.

Pasticceria Cocconi

Serving traditional pastries since 1951, Cocconi is a cosy cafe with delicious continental breakfasts, croissants and other desserts. Visit during teatime and take a break in its intimate tea room, or stop by for aperitivo and taste its appetising finger food.

Photo: MSPhotographic/Shutterstock.com
Address: Strada Repubblica 22, Parma
Phone: +39 0521 230351
Email: info@cocconipasticceriaparma.com

Pasticceria Torino

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

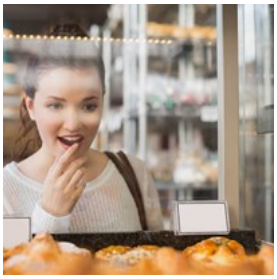
Photo: limpido/Shutterstock.com
Address: Strada Giuseppe Garibaldi 61, Parma
Phone: +39 521 235689
Email: gianlucapaini@virgilio.it

Stralvè

Stralvè is on a mission to rediscover the root of Parmesan coffee tradition. In these globalised times, Stralvè's owners are proud to show their origins, serving hyperlocal zero-mile products, enjoyable at the aperitif time or at home, thanks to their take-away service.

Photo: Shebeko/Shutterstock.com
Address: Via Emilia Est 35, Parma
Phone: +39 0521 469037
Email: info@stralve.com

Bombé Farini



Bombé Farini is one of the most renowned cafes in Parma for its abundant and delicious breakfasts. It is the parlour of a famous pastry school — don't miss the fine croissants, baked delights and cakes of all sorts.

Photo: wavebreakmedia/Shutterstock.com

Address: Strada Luigi Carlo Farini 19, Parma
Phone: +39 0521 282800
Internet: www.bombeparma.com

Busky

If you are looking for a good brunch, you need to visit Busky! This pizza & bakery is principally famous for its Sunday brunch. Dishes are created from locally grown produce, taking into account seasonality and environmental impact. Vegan and gluten free dishes are also available.

Photo: Vankad/Shutterstock.com
Address: Viale Mentana 130, Parma
Phone: +39 392 431 8918
Internet: www.busky.it

Gioelia Cremeria

Gioelia Cremeria is the ideal place to enjoy a good artisanal ice cream. Located in the city centre, Gioelia Cremeria's parlour offers you all kinds of sweet treats, from ice creams to frappes and other specialties ideated in its laboratories.

Photo: Zivica Kerkez/Shutterstock.com
Address: Strada Luigi Carlo Farini 29, Parma
Internet: www.gioeliacremeria.com

Gelateria Due Torri

Gelateria Due Torri has been in business since 1946. Drop by and taste some of the best ice cream of the city. Apart from the traditional creamy gelato, try delicious slushes, ice lollies, frappes, and even semifreddo and ice cream cakes. Everything artisanal and always freshly made!

Photo: JESHOOTS/Pixabay.com
Address: Strada Massimo D'Azeglio 91/A, Parma
Phone: +39 0521 1801874
Email: gelateriaduetorri@yahoo.it

Gelateria Caraibi

According to many, this is the best ice cream parlour in Parma. Gelateria Caraibi is known for its broad choice of flavours — not only of ice cream, but also of frozen yogurt. Another must-try are the ice cream cakes, renowned in the entire region!

Photo: amwest97/Pixabay.com
Address: Via Emilio Lepido 9/A, Parma
Phone: +39 0521 460521
Email: caraibiparma@gmail.com

Gran Caffè del Teatro

Gran Caffè del Teatro is an excellent choice for your night at the Opera. Stop by for tea at this magic place imbued with music. The cafe welcomes everyone during the day, but is reserved to the spectators during shows.

Photo: svry/Shutterstock.com
Address: Strada Giuseppe Garibaldi 16A, Parma
Phone: +39 0521 283857
Internet: www.teatroregioparma.it/en/gran-caffe-del-teatro-2

V-Bar Natural

To all those who want to consume responsibly also during their holidays, V-Bar Natural offers a choice of organic produce used in vegan and vegetarian dishes. Beside delicious and healthy breakfasts, come here for relaxing lunches and dinners.

Photo: Nitr/Shutterstock.com
Address: Borgo del Parmigianino 5B, Parma
Phone: +39 335 561 1784
Internet: www.v-barnaturalparma.it
Email: vbarnatural.pr@gmail.com

BARS & NIGHTLIFE

Monkey Business Images/Shutterstock.com

Parma boasts a lively before-dinner scene. Many bars have happy hours of all kinds, often accompanied by substantial snacks and good music. For that authentic aperitivo experience, go for a bowl (yes, a bowl) of Lambrusco — fruit-forward sparkling red wine typical Emilia-Romagna region.

The actual Parmesan party scene starts in Via Farini later at night. People merrily drift from one wine bar to another, and later continue to dance or enjoy live music in clubs situated both in the centre and outside the city.

Gavanasa Club

Gavanasa Club is a must-go party spot for people of all ages: happy hour bar, a restaurant and a lounge bar. You can enjoy non-stop music from 7pm on Wednesdays, Fridays and Saturdays, accompanied by delicious cocktails made by the expert bartenders.

Photo: Ekaterina Iatcenko/Shutterstock.com
Address: Strada Luigi Carlo Farini 22, Parma
Phone: +39 0521 233169

Bacco Verde Circolo Arci

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

Photo: Boule/Shutterstock.com
Address: Strada Felice Cavallotti, 33, Parma
Phone: +39 0521 230487
Email: baccoverde@hotmail.it

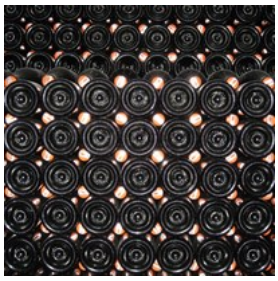
Ombre Rosse

Ombre Rosse serves typical dishes from all Italian regions. Its unique strength is the range of wines and spirits, as well as the delicious cocktails. The service is professional and the menu is reasonably priced.

Photo: Shulevskyy Volodymyr/Shutterstock.com
Address: Borgo Giacomo Tommasini 18, Parma

Phone: +39 0521 289575
Internet: www.ombrerosseparma.com
Email: ombrerosseparma@libero.it

Osteria Rangon



Osteria Rangon is an excellent restaurant that you can also visit after dinner to taste some of its 150 national wine labels. It is located in the ancient city and serves traditional food to accompany its impressive wine selection. Stop by at the weekend for live music concerts.

Photo: James Temple/cc by 2.0/Flickr(image cropped)
Address: Borgo delle Colonne 26A, Parma
Phone: +39 0521 231019

Enoteca Dal Lino

Dal Lino wine bar proposes typical specialties to accompany a good selection of national and foreign wines. Pick from a wide choice of spirits and local liquors such as nocino and bargnolino. The friendly atmosphere created by the owners and the staff will make you feel like you are among friends.

Photo: Igor Normann/Shutterstock.com
Address: Borgo Onorato 12/A, Parma
Phone: +39 0521 221291
Email: dal.lino.pr@gmail.com

Le Malve

Le Malve, located in the city centre on a pedestrian street is not only a patisserie, restaurant and pizzeria. By night you can also enjoy delicious cocktails and wine labels. Pick some appetisers to accompany your beverage, there are always abundant and various snacks to choose from.

Photo: RossHelen/Shutterstock.com
Address: Strada Luigi Carlo Farini 12, Parma
Phone: +39 0521 230260
Internet: www.lemalve.it
Email: info@lemalve.it

Tabarro

This cantina/bar is well-frequented by the glamorous youngsters of Parma. Enjoy a very nice aperitivo either indoor or outdoor, with a varied selection of wine and craft brews. Tabarro is perfect for a visit after dinner to try one of the numerous artisanal spirits.

Open also for lunch on Saturday.

Photo: maradon 333/Shutterstock.com
Address: Strada Farini 5B, Parma
Phone: +39 0521 200223
Internet: www.tabarro.net
Email: info@tabarro.net

Birreria Vecchie Maniere

Vecchie Maniere beer pub is the ideal meeting point for enthusiasts of good home brew. It was also the first Indi-Bar in Parma. There is no age limit at the Vecchie Maniere, since every night something different happens, from tasting nights to live concerts and DJ sets.

Photo: George Rudy/Shutterstock.com
Address: Borgo Pietrantonio Bernabei 40/A, Parma
Phone: +39 339 524 2446

Internet: www.birreriavecchiemaniere.it
Email: info@birreriavecchiemaniere.it

Bastian Contrario

Bastian Contrario pub welcomes you in a lively and rustic atmosphere. Try delicious home brew and much more. Beyond the wide range of artisanal beers, you can also enjoy the most important sport events while eating the specialties of the house. Check the schedule of live music events and theme party nights.

Photo: Africa Studio/Shutterstock.com
Address: Strada Giovanni Inzani, 34/A, Parma
Phone: +39 347 811 3440
Internet: www.bastiancontrarioparma.it
Email: bastiancontrarioparma@gmail.com

Jamaica

Every night is different at this disco pub: reggae on Tuesday, Latin dance on Wednesday, quiz game on Thursday, Caribbean music on Friday and commercial dancehall on Saturday. At Jamaica, you can also enjoy pizza every night and move to the beat on the outdoor dance floor in the summer.

Photo: wassiliy-architect/Shutterstock.com
Address: Via Reggio 41A, Parma
Phone: +39 340 378 1027
Internet: www.jamaicaparma.it
Email: martina@jamaicaparma.it

Enoteca Fontana

Enoteca Fontana is located under the porticoes on Via Farini in the centre if Parma. Locals head to this osteria to have a drink and break bread with strangers at large communal wooden tables — just like in the olden days. Stop by for lunch or for an aperitivo in the evening.

Fontana's specialty is the Principe al culatello bread topped with culatello (a type of Prosciutto made with white wine) and Parmigiano. Wine pairings are immaculate, of course.

Photo: Gabriella Clare Marino/unsplash.com
Address: Strada Luigi Carlo Farini 24, Parma
More Info: Very popular with local workers and student around lunch time, so make sure to arrive early

SHOPPING

pio3/Shutterstock.com

Italian fashion and food are the key themes for visiting Parma. The city centre is full of fashion boutiques: the most important shopping streets are via Garibaldi, Strada della Repubblica, via Cavour, via Mazzini and via Massimo D'Azeglio. Spend some time unhurriedly browsing clothes, leather goods and stylish shoes — treat yourself!

For food, there are many shops with not only

Parma ham and Parmesan cheese, but also an impressive variety of salted pork meats (try culatello and Felino salami), pasta and wines.

In the many pastry shops, you can pick up the typical Parma cake called the Duchessa Maria Luigia and sweets called violette di Parma (violets of Parma). Violetta di Parma is also the name of the essence made in honour of the Duchess Maria Luigia — an olfactory gem of the region.

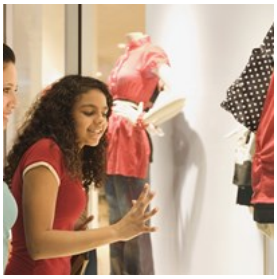
Lastly, Parma has also a district of antiques shops and art galleries, which are located along Strada Farini, via XXII luglio and Strada della Repubblica.

Fidenza Village

Located at only 30 minutes' drive away from the centre of Parma, Fidenza Village is a shopping complex where savvy shoppers can delight in discounted clothes, shoes, bags and accessories from the most famous designers past collections. Take a break in-between your hectic shopping in one of the several restaurants and cafes located here while glancing through your shopping bags.

Photo: Tim Douglas/Pexels
Address: Via San Michele Campagna, Fidenza
Opening hours: Daily 10am–8pm
Phone: +39 0524 33551
Internet: www.fidenzavillage.com
Email: FReception@Valueretail.com

La Galleria



Occupying a former industrial area where Barilla products used to be made, this shopping centre has little left of its original designation. While Accademia Barilla cooking school is still up and running, most of the space is occupied now by a variety of stores and boutiques, selling everything from clothes to accessories, beauty products and home decor.

Photo: Blend Images/Shutterstock.com
Address: Via Emilia Est, 43121 Parma
Opening hours: Mon–Sat 9:30am–8pm; Sun 10am–8pm
Phone: +39 0521 247825
Internet: www.lagalleriaparma.it

Torrefazione Anceschi

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

Photo: Couleur/pixabay.com
Address: Strada Giuseppe Garibaldi 46, Parma
Opening hours: Mon–Fri 6am–6:45pm, Sat 7am–12:30pm, Sun closed

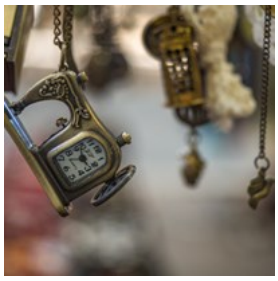
Antique Dealers Neighborhood

In the heart of Parma, this curious district is the right place where to look for particular objects and ancient treasures. In between of Strada Farini,

Borgo al Collegio Maria Luigia and Strada Repubblica, you will find workshops, art studios and antique dealers of all kind.

Photo: Tima Miroshnichenko/Pexels
Address: Strada Farini, Parma
Internet: www.parmawelcome.it/en/place/discover-parma/leisure/shopping-en/antique-shops-district

Antiques Market



If you are on the lookout for unique objects, reminders of the old good days, Parma gives you the chance to satisfy your yearning. Every Thursday, a vintage market is organised in Galleria Bassa dei Magnani under the arcades of the Old hospital — right in the city centre. You have the best selection available from 8am to 5pm.

Photo: Melanie Faulstick/Shutterstock.com
Address: Galleria Bassa dei Magnani, Strada d'Azeglio 35, Parma
Opening hours: Thu 8am–5pm

Camiceria Zanini

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

Photo: Antonio.li/Shutterstock.com
Address: Strada Garibaldi 33, Parma
Phone: +39 0521 283266
Email: camiceriazanini@gmail.com

Cartasogno

This is a one in a million shop. At Cartasogno you will find hundreds of creations and objects of every kind, so well-done that you won't believe that they are all made with paper! That's right, paper! Here, you will find not only unique souvenirs, but also amazing furniture pieces and elegant presents for your friends.

Photo: KOSOL PHUNJUI/Shutterstock.com
Address: Borgo Giacomo Tommasini 23/A, Parma
Phone: +39 0521 239444
Email: info@cartasogno.it

Ave Caprice

In this creative laboratory, you will find unique pieces of costume jewellery. Starting from precious materials, the artisans create amazing works of wearable art. Here, glass, natural stone, resin and silver become beautiful jewels — perfect as presents as well as souvenirs.

Photo: tvist/Shutterstock.com
Address: Via Mazzini 5B, Parma
Phone: +39 0521 481256
Email: info@avecaprice.com

Salumeria Garibaldi

You cannot leave Parma without taking home with you some of the specialties of the place. In Salumeria Garibaldi you will find all sorts of cured meats and cheeses, as well as ready meals. Of course, here you can also buy parma ham and parmesan cheese, all the typical handmade

pastas and sauces.

Photo: Alessio Orru/Shutterstock.com
Address: Strada Garibaldi 42, Parma
Phone: +39 0521 235606
Internet: www.salumeriagaribaldi.com/en
Email: info@specialitadiparma.it
More Info: Salumeria is the Italian equivalent of delicatessen. The main focus of these shops is salumi — cured meat products made predominantly from pork

Caseificio Ugolotti

Another tasty souvenir that you cannot miss to buy in Parma is the famous parmesan cheese. To find the most authentic one you may need to go a bit out of the city centre, but it can be also a good excuse to have a look at the stunning Parmesan countryside. At Caseificio Ugolotti, you will also find many other artisanal food products.

If you book a couple of days in advance, you can count on a guided tour that gives you a fascinating insight into the world of Italian cheese making. Caseificio Ugolotti is an important part of many culinary tours of the Parma region.

Photo: HQuality/Shutterstock.com
Address: Via Emilio Lepido 72, Parma
Opening hours: Mon–Sat 8am–7:30pm, Sun closed
Phone: +39 0521 486769
Email: ugolotti.tours@gmail.com

Pasta Venusti

Pastificio Venusti produces fresh handmade pasta since 1984, maintaining alive the tradition of making pasta in accordance with the best practice. Tortelli, cappelletti, gnocchi, chicche — you can choose your favourite type and take home with you a bit of the delicacy made in Italy.

Photo: sashk0/Shutterstock.com
Address: Via Monte Molinatico 10A, Parma
Phone: +39 0521 967094
Email: info@pastavenusti.it

Prosciutto di Parma Festival

If you are lucky enough, you will be in Parma during the celebration of one of its most famous local product: the parma ham. Normally, the Prosciutto di Parma Festival lasts ten days between August and September. You can visit the places where this delicacy is produced and taste numerous variations of the classic recipe.

Photo: HLPhoto/Shutterstock.com
Internet: www.festivaldelprosciuttodiparma.com
Email: info@prosciuttodiparma.com

Panorama Commercial Mall

Panorama is a shopping mall, where anything — from groceries to clothing and all sorts of personal items — can be found. Among the most famous brands presented here are for example Stroili, Oltre, Bata and many others. If you need a break from shopping you can choose between

numerous bars and restaurants.

Photo: Halfpoint/Shutterstock.com
Address: Via Silvio Pellico 20A, Parma
Phone: +39 0521 947811
Internet: www.pampanorama.it

Vintage Market

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

Photo: Gaia Conventi/Shutterstock.com
Address: Piazza Ghiaia, Parma
Opening hours: Tue 9am–7pm; Tue in July & August 6pm–11:30pm
Internet: www.parmawelcome.it/en/place/discover-parma/leisure/shopping-en/weekly-markets-in-parma
Email: info@ilmercatodeglieventi.it

TOURIST INFORMATION

iryna1/Shutterstock.com

Parma International Airport (PMF)

Parma International Airport is located around 6 kilometres from the city centre. Busses and taxis cruise between the airport, the city centre and the train station.

Bus line number 6 leaves every hour from 6:30am to 8pm. Taxis wait for you just outside of the arrivals zone. If there is no taxi available you can ask the information desk to call a one for you.

Photo: Juan Garces
Address: Via Licinio Ferretti 40, Parma
Phone: +39 0521 9515
Internet: www.parma-airport.it
Email: info@parma-airport.it

Public transport

The best way to get around the city is on foot or by bike, which is actually the favourite transportation of all Parmesans. The city centre is compact and full of monuments and other sights to visit and admire.

The local bus transport company is called TEP. You can buy tickets or passes in all ticket offices, tobacconists and newsstands. There are different tickets to choose from: single ticket (valid 60 minutes), day ticket, ticket for 8 single rides and different period passes. You can also buy ticket on the bus but for an extra charge and with exact change. Make sure to validate your ticket as soon as you board the bus.

Photo: Pierre-Luc Auclair
Address: Via Taro 12, Parma

Phone: +39 0521 2141
Internet: www.tep.pr.it
Email: tep@tep.pr.it

Taxi

The main taxi company of Parma is Radiotaxi. You can call its call centre or book a ride on the webpage. Normally in Italy you will find taxi stands where taxis are waiting in a cue for customers. In Parma you can find them in the following places: Piazza Garibaldi, Train Station, Ospedale Maggiore (main hospital), Piazzale Volta, Piazzale Rolla, Barilla Centre, Mall Torri, and Fairs Centre.

Photo: ArrivalGuides
Phone: +39 0521 252562
Internet: www.radiotaxiparma.com
Email: segreteria@radiotaxiparma.it

Post

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

Photo: Andy Fuchs
Address: Strada Carlo Pisacane 1, Parma
Opening hours: Mon–Fri 8:20am–7:05pm, Sat 8:20am–12:35pm, Sun closed
Phone: +39 521 222412
Internet: www.poste.it
Email: servizio.clienti@posteitaliane.it

Pharmacy

Pharmacies in Italy generally do not stay open during lunch time, and they are closed on Sundays. Pharmacies of each town/city/area open on Sundays and at night on a rotating basis. Details are displayed at the pharmacies or on the websites of the town.

Photo: Gemma Garner
Opening hours: Generally 08:30am–1pm / 3pm–7:30pm
Internet: www.orari-di-apertura.it/farmacie-parma-3.htm

Telephone

Country code: +39 There is no area code. In Parma, all phone numbers start with 0521, do not omit the zero. The Council of Parma offers a service of free wifi, but to use it you need to create an account on the wifi net "Guglielmo".

Photo: Jardson Almeida

Electricity

In Italy the power plugs and sockets are of type F (common in Europe, two prongs) and L (three prongs in one line). The standard voltage is 230 V and the standard frequency is 50 Hz.

Photo: Stirling Tschan

Population
198,292 (2020)

Currency
Euro, €1 = 100 cents

Opening hours
Shops are usually open on weekdays and Saturdays

9am–1pm and 4pm–8pm. Larger shops are normally open continuously during the day and on Sundays.

Internet
www.parmawelcome.it/en

Newspapers
La Gazzetta di Parma – www.gazzettadiparma.it

Emergency numbers
Emergency: 113
Carabinieri (Police): 112
Vigili del fuoco (Fire Brigade): 115
Ambulanza (Ambulance): 118

Tourist information
Information and tourist reception
Piazza Garibaldi, 1, Parma
Open daily 9am–7pm
+39 521 218889
turismo@comune.parma.it

Brescia
Lago di Garda
Desenzano del Garda
Verona
Chiampo
Mezzane d. Sotto
Grezzana
Illasi
Lazise
Peschiera
Manerba d.G.
Montichiari
Ponti sul Mincio
Castiglione d.St.
Valéggio s.M.
Volta Mantovana
S. Bonifácio
S. Giovanni
Albaredo d'A.
Villafontana
Oppeano
Isola d. Scala
Bovolone
Roverchiara
Erbe
Cerea
Roverbella
Goito
Ceresara
Casaloldo
Piubega
Guidizzolo
Visano
Carpenedolo
Isorella
Pralboino
Gámbara
Asola
Manérbio
Pompiano
Ghedi
Soncino
Orzinuovi
Borgo S.Giac
Crema
Lodi
Montodine
Castelleone
Casalmorano
Soresina
Robecco
Pontevico
Casalbuttano
Turano
S.Angelo Lodig
Castiglione d'Adda
Borghetto L.
Codogno
Cremona
Fombio
Meleti
Pieve
Calendasco
Piacenza
Castel S. Giovanni
Borgonovo Val Tidone
S. Giorgio Piac.
Agazzano
Podenzano
Rezzanello
Rivergaro
Travo
Ponte d'Olio
Castel l'Arquato
Lugagnano Val d'Arda
Perino
Béttola
Salso-maggoire
Vernasca
Fidenza
Noceto
Pellegrino Parmense
Bore
S. Andrea Bagni
Farini
Ferriere
Varsi
Bardi
Pione
Solignano
S.Steéfano d'Aveto
Valmozzola
Ponteceno
Bedonia
Ghiare
Berceto
Borgo Taro
Pontestrambo
Albareto
Lunigiana
Liguria
Varese Ligure
Zum Zeri
Zeri
S. Pietro Vara
Monte Doménico
Mulazzo
Villafranca in Lunig.
Aulla
Déiva Marina
Bonassola
Lévanto
Monterosso al M.
La Spezia
Lerici
Portovénere
Tellaro
Carrara
Massa
Colonnata
Fosdinovo
Monzone
Vinca
Castiglione di Garf.
Castelnuovo di Garf.
Gallicano
Barga
Piazza al Sérchio
Sillano
Licciana Nardi
Fivizzano
Ligonchio
Busana
Monchio d.Corti
Ramiseto
Pontrémoli
Appennino
Emilia
Romagna
Toscana
Vetto
Castelnovo ne'Monti
Casina
Vezzano
Pastorello
Vico
S. Polo d'Enza
Quattro Castella
Cavriago
Felino
Montécchio E
Pilastro
Collécchio
Fornovo di Taro
Langhirano
Calestano
Fontanellato
Viarolo
Brescello
Sorbolo
Parma
Colorno
Viadana
Sabbioneta
Casalmaggiore
Busseto
Soragna
Cortemaggiore
Caorso
S. Daniele
Pieve d'O.
Piadena
Malagnino
Rivarolo Mant.
Gazzuolo
Bozzolo
Borgoforte
Cerese
Mántova
Villimpenta
Ostiglia
Bergantino
Sérmide
Poggio Rusco
S. Benedetto Po
Suzzara
Moglia
S. Giacomo d. S.
Concordia
Pilastri
Mirándola
Cavezzo
Camposanto
Carpi
Sorbara
Massa Final.
Finale Emilia
Crevalcore
Cento
Nonantola
Modena
S.Giovanni in Pers.
Reggio Nell'Emilia
S. Martino
Corréggio
Novellara
Castelnovo
Poviglio
Sorbolo
Rubiera
Puianello
Arceto
Scandiano
Formigine
la Vécchia
Viano
Sassuolo
Maranello
Castlvetro di Mod.
Spilamberto
Bazzano
Bologna
Vignola
Marano s.P.
Serramazzoni
Zappolino
Badia
Sasso Marconi
Rotéglia
Baiso
Felina
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Villa Minozzo
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Lama Mocogno
Polinago
S.Antonio
Pavullo nel Frignano
Vergato
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Riola
Lagaro
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Séstola
Gággio Montano
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Parco Ducale
Parco Cittadella
Torrente Parma
Palazzo della Pilotta
Galleria d'Arte
Museo Lombardi
Duomo
Piazza Duomo
San Francesco del Prato
Madonna della Steccata
Palazzo del Governatore
Pinacoteca Stuard
Piazza Garibaldi
Piazza Rondani
Piazzale Santafiora
Piazzale Risorgimento
Piazzale Vittorio Emanuele II
Piazzale Barbieri
Piazzale Marsala
Piazzale Santa Croce
Piazzale Matteotti
Piazza Picelli
Piazza Buonarroti
Piazza Sicilia
Viale Piacenza
Viale Bottego
Viale Antonio Fratti
Viale Mentana
Via Venezia
Via Trento
Viale Europa
Viale IV Novembre
Viale P. Toschi
Viale Mariotti
Viale Toscanini
Viale Basetti
Viale Giovanni
Viale Solferino
Viale Martiri della Libertà
Viale delle Rimembranze
Viale Berenini
Ponte Italia
Viale Caprera
Via Massimo D'Azeglio
Via Mazzini
Via della Repubblica
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Viale Faustino Tartara
Viale Maria Luigia
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Strada Farini
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Via P Savani
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Via Ildebrando Bocchi
Viale Osacca
Via Menconi
Via Marchesi
Via Spolverini
Via John Kennedy
Borgo S Spirito
Via Leporati
Viale dei Mille
Viale della Vittoria
Borgo Bernabei
B P Cocconi
Via Imbriani
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Via XX Settembre
Borgo Navigliò
Via Gazzola
Borgo Giacomo Tommasini
Borgo d'Posta
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Via Goito
Viale Magenta
Viale Palestro
V Passo Buole
Str al Ponte Caprazucca
Borgo Cantelli
Borgo Riccio da Parma
Borgo Regale
Strada XXII Luglio
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250 m

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

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