



# Parma

Photo: RossHelen/Shutterstock.com



By iryna1/Shutterstock.com



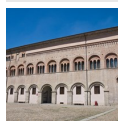
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iryna1/Shutterstock.com

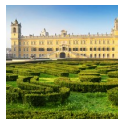
Speaking of Parma, the first things that come to mind are probably the ham and Parmesan cheese. Indeed, Parma is one of the most important culinary centres of Italy – but this city is so much more than that. Parma was the capital of a very powerful duchy, which left a legacy of stunning monuments and 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.

## Featured



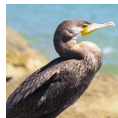
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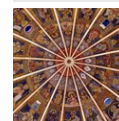
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### Baptistery of Parma

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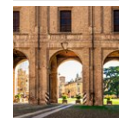
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## THE CITY



*unknown1861/Shutterstock.com*

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 Giovanni 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



irylna1/Shutterstock.com

Parma is not only rich when it comes to food — the city 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 Gothic 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](http://www.piazzaduomoparma.com/en)

Email: [info@piazzaduomoparma.com](mailto: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](http://www.piazzaduomoparma.com/en)

Email: [info@piazzaduomoparma.com](mailto: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 Benedictine 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.

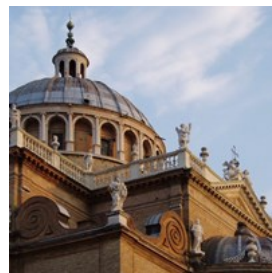
Convent: Mon-Wed and Fri-Sat 9am-noon

Phone: +39 0521 235311

Tickets: Free entrance. Guided tours require reservation.

Internet: [www.monasterosangiovanni.com](http://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.complexsopilotta.it/en/welcome](http://www.complexsopilotta.it/en/welcome)  
Email: [cm-pil@beniculturali.it](mailto: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](http://www.teatroregioparma.org)  
Email: [biglietteria@teatroregioparma.org](mailto: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](http://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 jewellerys 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](mailto:glaucolombardi@libero.it)

### Castle of Roccabianca



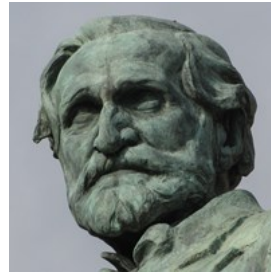
The Castle of Roccabianca dates back to 1400. It was built by request of Pier Maria Rossi as a gift to his beloved Bianca Pellegrini.

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.a](http://www.castellidelducato.it/castellidelducato/castello.a)

sp?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](http://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](http://www.reggiadicolorno.it/en)

Email: [reggiadicolorno@provincia.parma.it](mailto: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-Fri 10am-5pm, Sat & Sun 10:30am-6:30pm, Tue closed

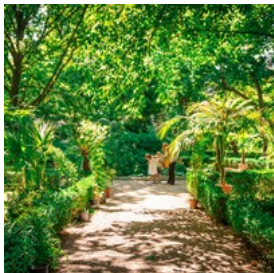
Phone: +39 0521 508184

Tickets: Free admission

Internet: [www.parmawelcome.it/en/place/discover-parma/whats-to-see/museums/stuard-gallery](http://www.parmawelcome.it/en/place/discover-parma/whats-to-see/museums/stuard-gallery)

Email: [pinacoteca.stuard@comune.parma.it](mailto: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

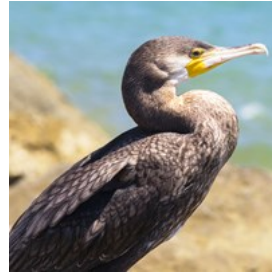
Phone: +39 0521 903679

Tickets: Free admission

Internet: [www.ortobotanico.unipr.it](http://www.ortobotanico.unipr.it)

Email: [ortobotanico@unipr.it](mailto: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](http://www.fontanellato.org)

Email: [rocca@fontanellato.org](mailto: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 "Pompeii 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.complexsopilotta.it/en/archaeological-museum](http://www.complexsopilotta.it/en/archaeological-museum)

Email: [cm-pil@beniculturali.it](mailto: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](#)

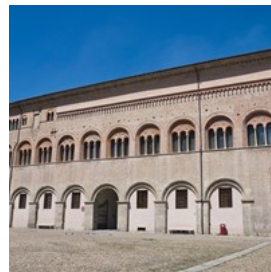
Address: Piazzale della Pilotta 5, Parma

Opening hours: Tue-Sun 10:30am-6:30pm, Mon closed

Internet: [www.complexsopilotta.it/en/national-gallery](http://www.complexsopilotta.it/en/national-gallery)

Email: [cm-pil@beniculturali.it](mailto: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](http://www.piazzaduomoparma.com/museo-diocesano)

Email: [info@piazzaduomoparma.com](mailto: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 frita 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

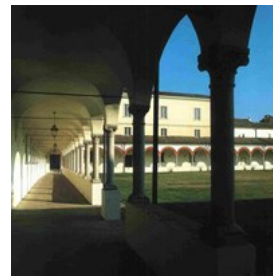
Opening hours: March 1 - December 8: Sat & Sun 10am-6pm; Mon-Fri only by group appointments. December - February: closed

Phone: +39 0521 218889

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

Email: [prenotazioni.prosciutto@museidelcibo.it](mailto: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](http://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](mailto: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](http://www.ristoranteparizzi.it)  
Email: [info@ristoranteparizzi.it](mailto: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.ristoranteinkioistro.it](http://www.ristoranteinkioistro.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.ristorantelagrepia.axeleroweb.it](http://www.ristorantelagrepia.axeleroweb.it)

Email: [lagreppiaparma@gmail.com](mailto: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](http://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 frita (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](http://www.itrisiochett.it)  
Email: [itrisiochett@virgilio.it](mailto: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](http://www.trattoriacorrieri.it)  
Email: [info@trattoriacorrieri.it](mailto: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](mailto: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](http://www.aidueplatani.com)  
Email: [dueplatani@gmail.com](mailto:dueplatani@gmail.com)

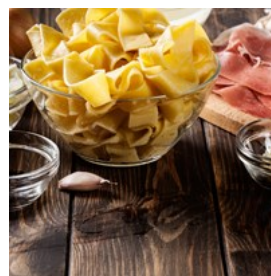
### Ristorante La Forchetta



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](http://www.laforchettaparma.it)  
Email: [info@laforchettaparma.it](mailto: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](http://www.trattoriadeltribunale.it)  
Email: [info@trattoriadeltribunale.it](mailto: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](http://www.inchotels.com)

Email: [51arestaurant@inchotels.com](mailto: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](http://www.ristorantepizzeriafricadue.it)

Email: [africadue@hotmail.com](mailto: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](http://www.gallodororistorante.it)

Email: [info@gallodororistorante.it](mailto: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](http://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

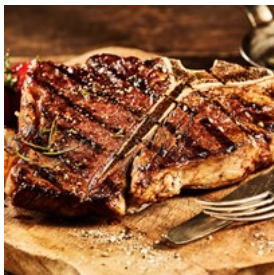
Address: Via Traversetolo 200, Località Botteghino

Phone: +39 0521 394559

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

Email: [info@capina.it](mailto: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](http://www.t-bone.it)

Email: [servizioclienti@t-bone.it](mailto: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](http://www.oenopolium.it)

Email: [info@oenopolium.it](mailto: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](http://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](mailto: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

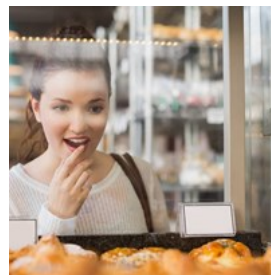
### Stralvè



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](http://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](http://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](http://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: JESHOOOTS/Pixabay.com  
Address: Strada Massimo D'Azeglio 91/A, Parma  
Phone: +39 0521 1801874  
Email: [gelateriaduetorri@yahoo.it](mailto: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: [caraiyiparma@gmail.com](mailto:caraiyiparma@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](http://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](http://www.v-barnaturalparma.it)

Email: [vbarnatural.pr@gmail.com](mailto:vbarnatural.pr@gmail.com)

### BARS & NIGHTLIFE

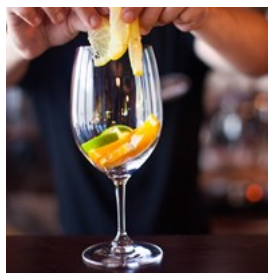


Monkey Business Images/Shutterstock.com

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](mailto: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](http://www.ombrerosseparma.com)  
Email: [ombrerosseparma@libero.it](mailto: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](mailto: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](http://www.lemalve.it)  
Email: [info@lemalve.it](mailto:info@lemalve.it)

### Tabarro

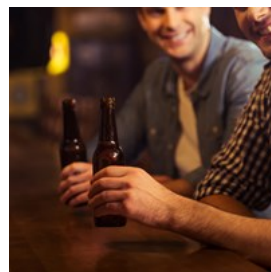


This cantina/bar is well-frequented by the glamorous youngsters of Parma. Enjoy a very nice aperitivo either indoor or outdoor, with a varied selection of wine and craft brews. Tabarro is perfect for a visit after dinner to try one of the numerous artisanal spirits.

Open also for lunch on Saturday.

Photo: maradon 333/Shutterstock.com  
Address: Strada Farini 5B, Parma  
Phone: +39 0521 200223  
Internet: [www.tabarro.net](http://www.tabarro.net)  
Email: [info@tabarro.net](mailto: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](http://www.birreriavecchiemaniere.it)  
Email: [info@birreriavecchiemaniere.it](mailto: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](http://www.bastiancontrarioparma.it)  
Email: [bastiancontrarioparma@gmail.com](mailto: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](http://www.jamaicaparma.it)  
Email: [martina@jamaicaparma.it](mailto:martina@jamaicaparma.it)

### Enoteca Fontana



Enoteca Fontana is located under the porticoes on Via Farini in the centre of 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](https://www.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](http://www.fidenzavillage.com)  
Email: [FReception@Valueretail.com](mailto: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](http://www.lagalleriaparma.it)

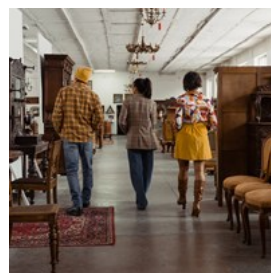
### Torrefazione Anceschi



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

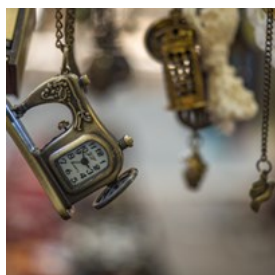


In the heart of Parma, this curious district is the right place where to look for particular objects and ancient treasures. In between of Strada Farini,

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](http://www.parmawelcome.it/en/place/discover-parma/leisure/shopping-en/antique-shops-district)

### Antiques Market

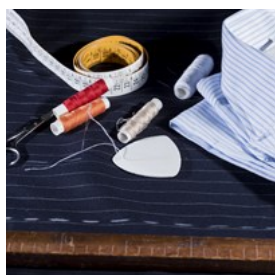


If you are on the lookout for unique objects, reminders of the old good days, Parma gives you the chance to satisfy your yearning. Every

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](mailto:camiceriazanini@gmail.com)

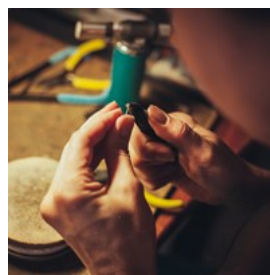
### Cartasogno



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](mailto:info@cartasogno.it)

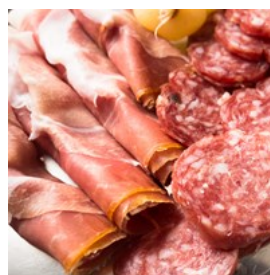
### Ave Caprice



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](mailto: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](http://www.salumeriagaribaldi.com/en)  
Email: [info@specialitadiparma.it](mailto: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](mailto: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](mailto: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 products: 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](http://www.festivaldelprosciuttodiparma.com)  
Email: [info@prosciuttodiparma.com](mailto: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](http://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](http://www.parmawelcome.it/en/place/discover-parma/leisure/shopping-en/weekly-markets-in-parma)

Email: [info@ilmercatodeglienti.it](mailto:info@ilmercatodeglienti.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](http://www.parma-airport.it)

Email: [info@parma-airport.it](mailto: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](http://www.tep.pr.it)  
Email: [tep@tep.pr.it](mailto: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](http://www.radiotaxiparma.com)  
Email: [segreteria@radiotaxiparma.it](mailto: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](http://www.poste.it)  
Email: [servizio.clienti@posteitaliane.it](mailto: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](http://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](http://www.parmawelcome.it/en)

**Newspapers**

La Gazzetta di Parma – [www.gazzettadiparma.it](http://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

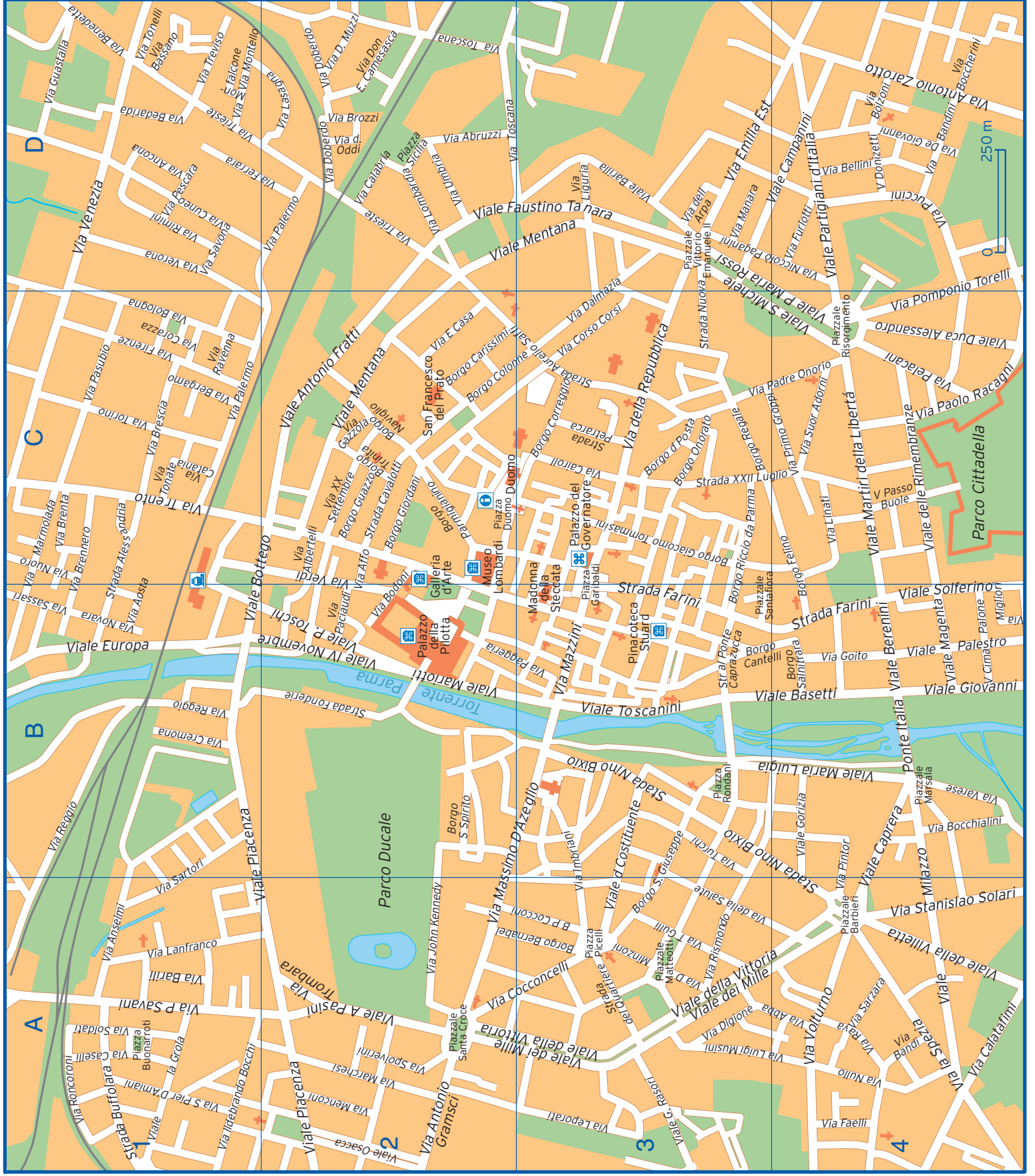
Piazza Garibaldi, 1, Parma

Open daily 9am–7pm

+39 521 218889

[turismo@comune.parma.it](mailto:turismo@comune.parma.it)





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

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