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# Travel Guide Cagliari

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## Quick view

### Cagliari – a brief overview

Perched on a rocky bluff, Cagliari is the great citadel of southern Sardinia, its weighty castle surrounded by a honeycomb of houses tumbling seawards to the harbour. Wherever you are, the port seeps into your consciousness, the sun bouncing off shop windows and salt hanging in the breeze.

Physically, the city is arranged like an amphitheatre around the comings and goings of the port. Cagliari's pleasures are also simple and satisfying: a meal in a crowded trattoria, a cloudless day at the beach or a long drink on the ramparts as the sun sets on a sparkling sea.



## Italy

### General Information

#### Country overview

Italy is an extremely popular tourist destination. Its stunning landscapes, fascinating cities and unique cultural heritage are internationally renowned. But it would be impossible to explore the entire country on a single trip. It's better to concentrate on a few highlights and enjoy the hospitality, style and spirit of the region you choose to visit.

Italy's diversity is a big part of what makes it attractive to visitors. Loud, lively Naples; the gently rolling hills of Tuscany; the Renaissance treasures of Florence – the country has an irresistible allure. And let's not forget Italian cuisine!

#### Geography

Italy is divided into the Italian Alps, the northern Italian lowlands, the actual Apennine Peninsula, and numerous islands. The most famous islands include Sicily, Sardinia, Elba, Ischia and Capri. The Alps are located in northern Italy and form a natural border with France, Switzerland, Austria and Slovenia. The country borders the Mediterranean Sea to the south, southwest, and southeast. The Apennines, with their tallest peak of 2,910 meters, stretch across the entire peninsula.

Northern Italy is home to the Alps, the fertile, densely populated Po Valley, and the Ligurian-Etruscan region of the Apennines. The Piedmont and Aosta Valley regions include some of Europe's tallest mountains and most beautiful skiing areas. Numerous rivers have their source here; they flow through the Po Valley and the Italian lake district. Lake Maggiore, Lake Como, and Lake Garda are located here. The Po, Italy's largest river, flows into the Adriatic Sea in the east.

Central Italy is actually located in the north of the Italian peninsula. Tuscany boasts diverse and beautiful landscapes. Mountains, meadows, and hills await visitors to this region, as do sandy beaches and numerous islands.

The region of Marche, between the Apennines and the Adriatic Sea, is a mountainous area full of rivers and small, fertile plains. The mountainous regioni (administrative districts) of Abruzzo border Marche to the north. Molise, located south of Abruzzo, borders Puglia to the south. Lazio and Campania are situated on the Tyrrhenian Sea and comprise the western border. Umbria, the "green heart of Italy," is full of hills and expansive plains.

Southern Italy extends from Baia Domizia to the Gulf of Naples. Campania is hilly, with flat coastal regions. The southern Italian Apennines are lower than the

northern mountains, and the Appennino Neapolitano gently merges into the softly rolling hills surrounding Sorrento. The islands of Capri, Ischia, and Procida in the Tyrrhenian Sea also belong to Campania. In Puglia, volcanic hills and secluded moors characterize the landscape. And there are still active volcanoes in southern Italy: Mount Vesuvius to the east of Naples is one of the largest volcanoes in Europe. Calabria, the "toe" of Italy's "boot," is sparsely populated and heavily forested.

## General knowledge

### Key facts

Area: 301340 sq km (116348 sq miles).

Population: 60.5 million (2015).

Population density: 204.0 per sq km.

Capital: Rome.

### Language

The state language is Italian. South Tyrol is officially a bilingual province, where German is the language mainly spoken. In Trentino, Ladin is taught in some schools.

### Currency

Euro (EUR; symbol €) = 100 cents. Notes are in denominations of €500, 200, 100, 50, 20, 10 and 5. Coins are in denominations of €2 and 1, and 50, 20, 10, 5, 2 and 1 cents.

### Electricity

230 volts AC, 50Hz. Plugs are of the two round-pin type.

## Public holidays

In addition to public holidays, local feast days are held in honour of town patron saints, generally without closure of shops and offices.

The public holidays for the period January 2020 to December 2021 are listed below.

### 2020

Capodanno (New Year's Day): 1 January 2020  
Epifania (Epiphany): 6 January 2020  
Pasqua (Easter Sunday): 12 April 2020  
Lunedì dell'Angelo (Easter Monday): 13 April 2020  
Festa della Liberazione (Liberation Day): 25 April 2020  
Festa del Lavoro (Labour Day): 1 May 2020  
Festa della Repubblica (Republic Day): 2 June 2020  
Assunzione di Maria Vergine (Assumption): 15 August 2020  
Tutti i santi (All Saints' Day): 1 November 2020  
Immacolata Concezione (Immaculate Conception): 8 December 2020  
Natale (Christmas Day): 25 December 2020  
Santo Stefano (St. Stephen's Day): 26 December 2020

### 2021

Capodanno (New Year's Day): 1 January 2021  
Epifania (Epiphany): 6 January 2021

Pasqua (Easter Sunday): 4 April 2021  
Lunedì dell'Angelo (Easter Monday): 5 April 2021  
Festa della Liberazione (Liberation Day): 25 April 2021  
Festa del Lavoro (Labour Day): 1 May 2021  
Festa della Repubblica (Republic Day): 2 June 2021  
Assunzione di Maria Vergine (Assumption): 15 August 2021  
Tutti i santi (All Saints' Day): 1 November 2021  
Immacolata Concezione (Immaculate Conception): 8 December 2021  
Natale (Christmas Day): 25 December 2021  
Santo Stefano (St. Stephen's Day): 26 December 2021

All information subject to change.



## Travel etiquette

### How to fit in

#### Social conventions

The Roman Catholic church still plays an important role in Italy and has a strong influence on the country's social structures. Family ties tend to be much stronger here than in many other European countries.

Casual clothing is common, but beachwear belongs on the beach. Appropriate clothing is expected when entering a church. Written invitations generally indicate whether a suit or a tuxedo/evening gown is required.

Smoking is prohibited in all public buildings and on public transportation in Italy, as well as in movie theaters, restaurants and bars. Bars and restaurants are permitted to set up smoking areas, however.

Tipping is not common in restaurants. Service charges, VAT and tourist tax are included in hotel bills. However, a tip of around €5 per week for chambermaids is customary. Restaurant bills generally include a standard charge for the tableware and bread (pane e coperto). Particularly satisfied customers are welcome to leave an additional tip on the table. Tipping is not expected in taxis, either.

Formal wear is usually indicated on invitations. Smoking is prohibited in public buildings, transport and cinemas. When visiting an Italian home for dinner, bring a small gift of sweets or chocolate, and dress well. Let your host lead when sitting and starting the meal. Take a small portion of what's on offer as you will surely be cajoled into having another helping. If you do not want more wine, leave your glass full so it cannot be refilled.



## Health

### Health

**Main emergency number:** 112

#### Food & Drink

Tap water is generally safe to drink. Bottled water is available. The inscription 'Acqua Non Potabile' means water is not drinkable. Milk is generally pasteurised and dairy products are safe for consumption. Past outbreaks of brucellosis in southern regions means unpasteurised buffalo mozzarella is best avoided. Local meat, poultry, seafood, fruit and vegetables are considered safe to eat.

#### Other Risks

The World Health Organisation (WHO) also recommends vaccinations for measles, mumps, rubella, polio and hepatitis B.



## Phone calls & Internet Telephone & Internet

### Telephone

Country code: +39

### Mobile telephony and Internet

Since June 2017, EU citizens traveling within the EU, and also in Iceland, Norway and Liechtenstein have been able to use their cell phones and surf the Net without incurring any extra charges: In other words, customers pay the same price for phone calls, text messages and data volume as they do at home. Restrictions do apply to the constant use of SIM cards abroad, however, and caps may be set on data packages. For full details, contact your mobile telephony provider in your country. Travelers using a SIM card from a non-EU state do not benefit from the new arrangement.

Free Internet access via Wi-Fi is possible in many busy tourist spots. When using public Wi-Fi networks, it is a wise precaution to ensure encryption of all passwords, credit card details and banking TANs entered. Use of a VPN app or security software to check the safety of a hotspot is recommended.



## Top 10 sights Top 10 sights in Cagliari

### Il Quartiere Castello

The citadel overlooking Cagliari was once home to the city's aristocracy. Enclosed behind high, sheer walls topped by crenellations and bookended with thick towers, the medieval quarter within is a maze of ancient alleys punctuated with palaces and churches.

Quartiere Castello  
09123 Cagliari  
Italy

### Museo Archeologico Nazionale di Cagliari

An impressive archaeological museum showcasing a series of miniature bronzes that originate from Sardinia's prehistoric 'nuraghic' culture. They depict warriors posing, praying and hunting, and provide a cultural record where no written accounts exist.

Piazza Arsenale, 1  
09123 Cagliari  
Italy

Opening times:  
Tue-Sun 0900-2000

[www.archeocaor.beniculturali.it](http://www.archeocaor.beniculturali.it)

### Cattedrale di Cagliari

Located at the heart of the citadel is Cagliari's cathedral with its Pisan-Romanesque facade and rich interior baroque icing and bright frescoes. The subterranean crypt is sculpted out of stone with every inch emblazoned with

decorative effect.

Piazza Palazzo 4  
09124 Cagliari  
Italy  
Tel: +39 070 663 837

Opening times:  
Mon-Sat 0800-1200 and 1600-2000  
Sun 0800-1300 and 1630-2030

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

## Pinacoteca Nazionale

The national art museum exhibits a panorama of Sardinian paintings – that is to say Tuscan, Genoese, Catalan and Spanish techniques filtered through the Sardinian temperament.

Piazza dell'Arsenale 1  
09124 Cagliari  
Italy  
Tel: +39 070 662 496

Opening times:  
Tue-Sun 0900-2000

[www.pinacoteca.cagliari.beniculturali.it](http://www.pinacoteca.cagliari.beniculturali.it)

## Torre di San Pancrazio

This 36m-high tower is built at the highest point of the city and has grandstand views of the entire gulf.

Piazza Pitagora  
09131 Cagliari  
Italy

Opening times:  
Tue-Sun 0900-1700

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

## Orto Botanico

An oasis of green in this otherwise sun-baked city, these botanical gardens bristle with palms, cacti, carobs and oak trees. In between, tumbledown ruins add to the atmosphere.

Viale Sant'Ignazio da Laconi 11  
09123 Cagliari  
Italy  
Tel: +39 070 675 3512

Opening times:  
Mon-Fri 0900-1800 (Apr-Oct)  
Mon-Fri 0900-1330 (Nov-Mar)

[www.ccb-sardegna.it](http://www.ccb-sardegna.it)

## Galleria Comunale d'Arte

Cagliari's contemporary art collection is housed in a grand neoclassical villa fronting the public gardens. Highlights are the work of Sardinian masters such as Giuseppe Biasi (1885-1945).

Viale San Vincenzo 2  
09123 Cagliari  
Italy  
Tel: +39 070 677 7598

Opening times:  
Wed-Mon 1000-2100 (summer)  
Wed-Mon 1000-1800 (winter)

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

## Poetto Beach

Stretching 8km, Cagliari's city beach is the longest in Sardinia and is a gorgeous expanse of fun-filled sand. Lined with windsurf outlets, restaurants and clubs, it's an integral part of city life.

Via Lungomare Golfo di Quartu  
Sant'Elena  
09045 Cagliari  
Italy

### Chiesa di San Michele

This pretty 16th-century church is justly famous for its excessive 18th-century rococo interior. Chapels radiate off the octagonal atrium and are covered in a thick cloak of marble, stucco and fresco.

Via Ospedale 2  
09100 Cagliari  
Italy  
Tel: +39 070 658 626

Opening times:  
Mon-Sat 0800-1100 and 1900-2030  
Sun 0900-1200 and 1900-2100

### Basilica di San Saturno

A relic of a more ancient Cagliari, this fifth-century basilica is one of Sardinia's oldest and offers a striking example of paleo-Christian architecture. Sunk beneath it is the necropolis where martyr Saturninus was buried in AD304.

Piazza San Cosimo  
09100 Cagliari  
Italy  
Tel: +39 070 659 869

Opening times:  
Tue-Sat 0900-1300



## Shopping in Cagliari

### Shopping in Cagliari

#### Key Areas

Boutique-studded Via Roma and Via Garibaldi are Cagliari's prime shopping streets. You can also find high-end fashion, jewellery and independent boutiques on Via Sulis and Piazza San Domenico. For better bargains and small, independent shops, head to Via Manno and wander in the historic centre.

#### Markets

In Cagliari, Sunday is market day with large flea markets on the Bastione St Remy and also on Piazza Trento. On Piazza del Carmine, there's an antique market on the first Sunday of the month, and on Piazza Carlo Alberto on the second and fourth Sundays. There's also a large market of cheap, new goods at the St Elia Stadium every Sunday.

#### Shopping Centres

The department store La Rinascente is located on Via Roma. There's also Upim, on Piazza della Repubblica, and Standa, on Via Jenner Edward. Out of town there's a branch of the Auchan hypermarket in Santa Gilla (Via San Simone).

## Restaurants

### Restaurants in Cagliari



Traditional Sardinian food is all about the sea. The favourite city dish is octopus and marinated dogfish. From November to March is mollusc season when temporary kiosks open up beside Poetto beach selling sea urchins and mussels to salty passers-by.

### Lord Nelson

A sumptuous selection of appetisers, superb fish and an excellent wine list.

Via Tevere 2  
09122 Cagliari  
Italy

Price: Expensive

### Ristorante Ammentos

A rustic trattoria serving authentic Sardinian food like wild boar stew.

Via Sassari 120  
09124 Cagliari  
Italy

Price: Moderate

### St Remy

Impeccable, creative food and a coolly romantic vaulted dining room.

Via Torino 16  
09124 Cagliari  
Italy

Price: Moderate

### Antica Cagliari

An excellent fish restaurant in the Marina district serving fregola with shellfish.

Via Sardegna 49  
09124 Cagliari  
Italy

Price: Moderate

### Il Fantasma

Long queues confirm that this boisterous pizzeria is one of Cagliari's best.

Via San Domenico 94  
09127 Cagliari  
Italy

Price: Cheap



### Nightlife Nightlife in Cagliari

In winter, bars along Corso Vittorio Emanuele fill up and Piazza Yenne becomes an outdoor beer garden, while lovers retreat to the castle for romantic sunsets. Come summer though, and everyone heads down to Poetto beach.

### Exmà

Cagliari's former abattoir is now a cultural centre hosting art exhibits and summer concerts.

Via San Lucifero 71  
09127 Cagliari  
Italy

## Inu

Get acquainted with Sardinian wines at this discerning, contemporary wine bar.

Via Sassari 50  
09124 Cagliari  
Italy

## Il Merlo Parlante

A student hangout with a wide range of lagers and an international crowd.

Via Porto Scalas 69  
09123 Cagliari  
Italy

## Emerson

A laid-back cocktail lounge beside Poetto beach with occasional live music.

Viale Poetto 4  
09126 Cagliari  
Italy

## Teatro Lirico

The main city theatre, hosting classical concerts, ballet and opera.

Via Sant'Alenixedda  
09128 Cagliari  
Italy



## Calendar of events Calendar of events

### Carnevale (Carnival)

Flamboyantly dressed partygoers paint their faces or don traditional masks for Cagliari's vibrant and raucous Mardi Gras parade, which winds its way to Piazza del Carmine, where live music greets the crowds. The party kicks off the previous Thursday with a colourful kids' carnival featuring jugglers, clowns, acrobats and storytellers.

**February 22 - 28, 2020**

Venue: Finishes at Piazza del Carmine

## Settimana Santa (Holy Week)

Easter celebrations start on the Friday before Palm Sunday with the procession of the Misteri (the Mysteries), seven wooden statues crafted in 1758. Ceremonies and parades continue all week, with an especially sombre procession on Good Friday, when a statue of the crucified Christ is carried to the cathedral.

**April 5 - 11, 2020**

Venue: Throughout Cagliari

## Skepto International Film Festival

With a special focus on short films, this competitive cinematic celebration aims to give a platform to independent filmmakers. When it comes to topics and budgets, there are no boundaries, meaning fans might watch a documentary one day, a music clip the next, and an artistic installation the day after.

**April 2020**

Venue: Various venues

## Sa Die de Sa Sardigna (Sardinia Day)

Commemorating the population's uprising against and subsequent expulsion of Viceroy Balbiano on 28 April 1794, Sardinia Day has been celebrated officially since the early 1990s. Dramatic historical re-enactments and live music performances take place in Cagliari and elsewhere on the island.

**April 28, 2020**

Venue: City centre

## Cagliari Monumenti Aperti

Arrive in Cagliari in April or May and you may be lucky enough to visit the city's finest historical buildings and monuments completely free of charge. For one weekend only, a whole raft of enticing edifices open their doors, laying on special itineraries, kids' activities, concerts and more.

**April - May 2020**

Venue: Various venues

## Festa di Sant'Efisio (Feast of St Efisio)

An icon of St Efisio is transported through Cagliari by golden carriage in a massive procession paying homage to the Roman soldier turned martyred Christian. The sight is spectacular, with hundreds of participants bedecked in colourfully embroidered traditional dress, many travelling on horseback or in flower-adorned carts.

**April 29 - May 6, 2020**

Venue: Streets of Cagliari

## Leggendo Metropolitano

Book lovers are in for a treat at Cagliari's annual literature festival. Five days of special events include readings, debates and lectures involving Italy's leading authors along with a smattering of international writers. The festival takes a new

theme each year, from 'time' to 'roots' to 'play'.

#### June 2020

Venue: Various venues



## Hotels

### Hotels in Cagliari

Although there are few really top-end hotels in Cagliari, the city's bed and breakfast scene provides a lot of interesting and characterful accommodation in the historic centre. Larger, luxury hotels tend to sit out of town nearer the beaches of Villasimius and Costa Rei.

#### T Hotel

A steel-and-glass high-rise hotel with modish, modern rooms and a spa.

Via dei Giudicati 66  
09131 Cagliari  
Italy

Category: Expensive

#### Miramare Boutique Hotel

A lovely period property given a boutique overhaul with vibrant pop art.

Via Roma 59  
09124 Cagliari  
Italy

Category: Expensive

#### Cerdena Rooms

A family-run bed and breakfast in the historic centre with tranquil rooms in neutral tones.

Via Milano 1B  
09125 Cagliari  
Italy

Category: Moderate

#### Aiosardegna Guest House

A modest, 15-room guest house with comfortable, simply furnished rooms.

Via Francesco Ciusa 22  
09131 Cagliari  
Italy

Category: Cheap