

## PARMA CITY : WALK, EAT & DRINK

### ALMA Tutor travel guide

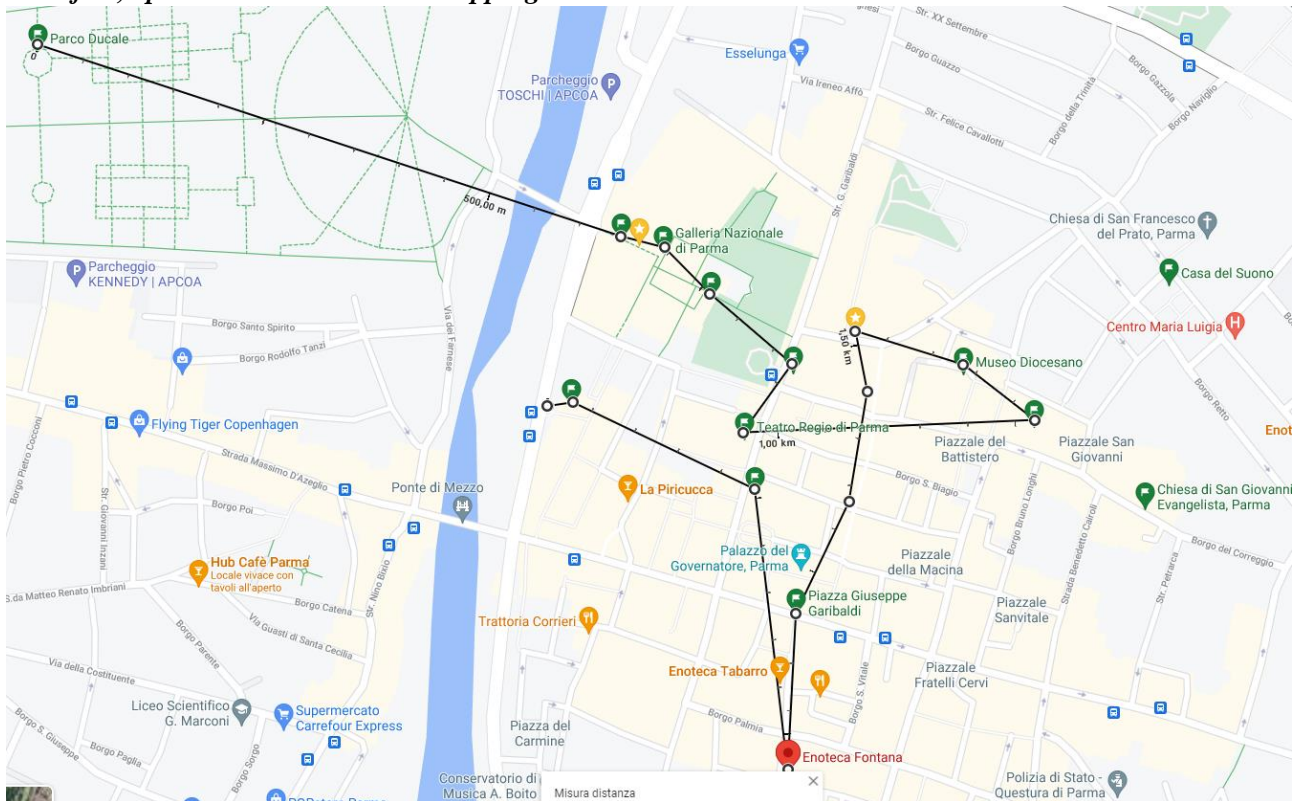
#### COLORNO to PARMA (14 Km)

Bus : 3 € : tep line 7, Bus 2820 (45 min) (buy bus tickets from Tabacchi shops)

Train : 2,5 € : Trenitalia app. (22 mins)

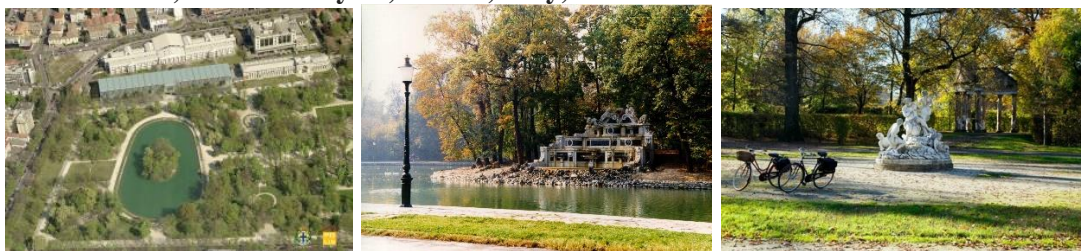
Taxi : 25 € : private taxi (15 min)

*Below is the description of the one day Parma city walking trip from morning 08:00 – 19:00 hrs with breakfast, aperitivo and lunch and shopping.*



#### 1. PARCO DUCALE

Parco Ducale, Via Kennedy 10, Parma, Italy, +39 0521 218889



Parco Ducale, the park and garden of Palazzo Ducale. This park dates back to the 16th century and stretches along the west bank of the Parma River. Covering over 200 square metres, this park is one of the central places of recreation in Parma and is simply known as “The Garden”. Located across the river adjacent to the Palazzo della Pilotta, the park is easily accessible. Throughout the park you can find various pleasant avenues lined with trees and plants, and also the fantastic Fontana del Trianon that is surrounded by a beautiful body of water. Designed impeccably, the whole layout and aesthetics of the park are wonderful and if you are looking for a place to relax, the Parco Ducale is your haven.

#### 2. MUSEO ARCHEOLOGICO NAZIONALE DI PARMA

**Piazza della Pilotta, 5, 43100 Parma PR, Italy, +390521233718**



The National Archaeological Museum was founded in 1790 and has housed a fantastic collection of ancient artefacts and relics ever since. Today, the extensive collection includes a colossal head of the Greek god Zeus, artefacts from excavations at Palatine Hill, various ancient Egyptian finds and also a collection of Greek Vases and pottery. Furthermore, there is also a wonderful exhibit of Bronze Age and Iron Age finds that have been collected from the Emilia-Romagna region.

**3. BIBLIOTECA PALATINA**

**Piazza della Pilotta, 3, 43121 Parma PR, Italy, +390521220445**



The Palatine Library of Parma is a public library located inside the Palazzo della Pilotta. The name originates from the temple of Apollo Palatine in Rome. It is accessed by climbing the Imperial Staircase, a majestic double staircase that also leads to the National Gallery, the Farnese Theater and the National Archaeological Museum. Originally it was called the Royal Parma Library, in the Napoleonic period it took the names of Bibliothèque Imperiale and Bibliothèque de la Ville de Parme, during the government of Maria Luigia it was called the Ducal Library and after the unification of Italy the National Library.

**4. GALLERIA NAZIONALE**

**Galleria Nazionale, Piazza della Pace – Via della Pilotta 5, Parma, Italy, +39 0521 233617**



The National Gallery of Parma focuses on artwork from the 17th, 18th, and 19th centuries: you will find some works by Da Vinci, Barbieri, Allegri, van Dyck, and many others. This place was once the Academy of Fine Arts. The paintings and sculptures we see today have been accumulated throughout the centuries by various collectors.

**5. PALAZZO DELLA PILOTTA**

**Piazza della Pilotta, 3, 43121 Parma PR, Italy, +390521233617**



Palace of the sixteenth century now home to the National Gallery, the Farnese Theater and 2 museums.

## 6. TEATRO REGIO

**Teatro Regio, Garibaldi 16/a, Parma, Italy, +39 0521 203993**



Teatro Regio is one of the most renowned and high-quality opera houses in Italy, the home of opera. It has been associated with many great composers, such as Giuseppe Verdi and Gioachino Rossini. This venue continues to serve the great Italian musical tradition, staging four operas every season and hosting a yearly Verdi Festival in October. Although the exterior of the theatre might look plain, the interior of this structure is simply divine and is one of the finest theatres in the whole of Italy. With a capacity of 1400, the theatre has an intimate feel and the audience is close to the action.

## 7. CATTEDRALE DI PARMA

**Cattedrale di Parma, Piazza Duomo 7, Parma, Italy, +39 0521 235886**



The Romanesque Cathedral of Parma was decorated by prominent fresco painter Antonio da Correggio. It was built throughout the 11th and 12th centuries. The dome presents Correggio's 'Assumption of the Virgin'; it is also worth taking a look at the capitals which present various war and nature scenes from the Bible. Together with the Baptistry of Parma, the Cathedral often hosts artistic exhibitions and educational workshops.

## 8. MUSEO DIOCESANO

**Vicolo Vescovado, 3, 43121 Parma PR, Italy, +390521208699**



The Diocesan Museum of Parma was inaugurated in March 2003, at the end of a long restoration that involved the Bishop's Palace, in whose basement the exhibition itinerary is now located. Archaeological finds and works of art from the Cathedral, the Baptistry and the diocesan territory were thus accommodated. During the restoration for the arrangement of the Bishopric and the Museum, the remains of the foundations of a medieval building and a section of the Roman walls (late 3rd century AD) emerged.

## 9. IL CASTELLO DEI BURATTINI - MUSEO "GIORDANO FERRARI"

**Strada Macedonio Melloni, 3/A, 43121 Parma PR, Italy, +390521031631**



The puppet museum is located in the historic complex of the monastery of San Paolo, overlooking the secret garden and was born thanks to the rich collection of Giordano Ferrari. In the approximately 300 square meters of the gallery, 1500 Ferrari pieces are exhibited consisting of puppets, marionettes, scripts, photographs, posters and other objects relating to the art of puppets in general. And they are only a part of what the artist has built and collected in over sixty years of activity.

#### 10. MUSEO GLAUCO LOMBARDI

**Palazzo di Riserva – Strada Garibaldi 15, Parma, Italy, +39 0521 233727**



This thematic museum used to be the home of the Empress Marie-Louise and tells the story of Napoleon Bonaparte and his wife, Marie-Louise of Hamburg, through pictures, documents, and letters. The museum has developed in the first half of the 20th century, accumulating various objects related to Napoleon. Zooming in a very particular element of the private history of a public person, it shows us the life of the Emperor very differently to what we can find in textbooks, rendering European history more accessible.

#### 11. ENOTECA FONTANA (local wines and salume)

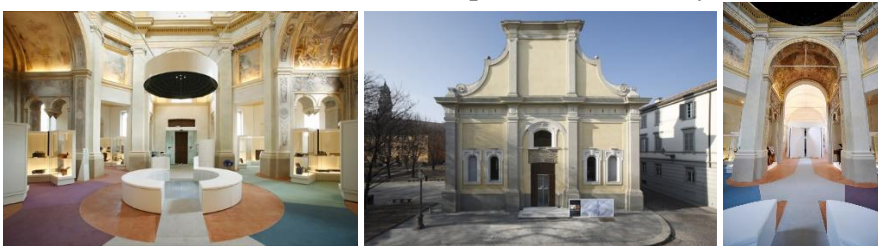
**Enoteca Fontana, Farini 24a, Parma, Italy, +39 521 286037**



Enoteca Fontana is one of the best wine-tasting places in Parma. It gets extremely busy in the evenings, probably due to both the quality of the wine and the budget prices: you can get a glass of wine under 2 euros.

#### 12. CASA DEL SUONO (optional)

**Casa del Suono, Piazzale Salvo D'Acquisto, Parma, Italy, +39 521 031 103**



This unique place was once a church (Chiesa di Santa Elisabetta), but nowadays is funky modern museum, Casa del Suono. It focuses on technology and music history and is full of old tape recorders, gramophones, and other valuable items related to the 20th-century music scene.

#### 13. SAPORI & DINTORNI STORE

**Piazza Ghiaia, Snc, 43100 Parma PR, Italy, +390521508743**



The store of Italian gastronomic products.

## **WHERE TO EAT IN PARMA**

### **PIZZERIA “I DUE GATTI”**

*Via Bixio 76, Parma - tel. 0521 238901*

A small take away pizzeria, which works with selected raw materials and offers three specialties: the round pizza, thin and crunchy, the tall and soft slice and the "chisolino", a focaccia made with the pizza dough and filled with every delicacy. The dough is prepared with stone-ground flour and mother yeast to ensure good digestibility. Try the Slow Pizza with fiordilatte, cream of porcini mushrooms and Mariola dei F.lli Salini (Slow Food presidium). Every month a selection of craft beers is made to match.

### **TRATTORIA DEI CORRIERI**

*Str. Conservatorio, 1 - 43121 Parma - tel. 0521 234426*

The Trattoria Corrieri is one of the most prestigious restaurants in Parma, famous for its typical Parmesan cuisine. The Trattoria Corrieri, mentioned several times by Gambero Rosso, is located in the historic center of the city, a few steps from the Parco Ducale: a rustic, essential and at the same time pleasant structure.

### **TRATTORIA SORELLE PICCHI**

*Str. Luigi Carlo Farini, 27, 43121 Parma - tel. 0521 185 5966*

The Sorelle Picchi Trattoria is an historic delicatessen in the heart of Parma, producers of the best ham cooked on the market, grows, thanks to the quality of the products and becomes a meeting place where you can taste the best traditional dishes. A unique location, where you can see how food is processed. Whether you want to spend a unique evening out at dinner, or want to prepare yourself in your own home, the Sisters Picchi are the ideal place, because with their gastronomy dishes you can take away.

### **PANINO D'ARTISTA**

*Str. Luigi Carlo Farini, 19/B, 43121 Parma - tel. 0521 185 6150*

In the heart of the historic center of Parma there is the coolest sandwich shop of the "Parmigiana" tradition. An atmosphere that evokes artist memories and unique and recognized flavors in the world. Parma ham is the protagonist in the Panino d'Artista, but the proposed menu is also suitable for the most refined palates, from vegetarian proposals, to the platters of cured meats and cheeses, to salads. All strictly homemade; hams of own production and bread made ad hoc for the Panino d'Artista. So many emotions in tasting a product so simple and genuine.

### **F.I.S.H.**

*Via Ferdinando Maestri, 15, 43121 Parma - tel. 0521 230810*

F.i.s.h. (Fresh Italian Sea Harvest) is a passion for fish, a small local in the historic center with fish specialties, proposed in a new and fast way, married to bread and healthy, fresh and delicious ingredients. A sensorial experience that puts it in the foreground without being formal. Original, fresh, tasty sandwiches are made, suitable for those who meditate a short break but also dishes, with crudity in which the fish is the main protagonist and golden fry.

### **TABARRO**

*Str. Luigi Carlo Farini, 19/B, 43121 Parma - tel. 0521 185 6150*

Not far away from the heart of the city of Parma, Piazza Garibaldi, you can find this wine bar with a wide selection of glass wines (about 25), sale (about 600 references between Italy and abroad) and cold cuisine. Ideal for aperitifs and dinners based on cold cuts and typical cheese of the Italian tradition.

### **TRA L'USS E L'ASA**

*Borgo San Biagio 6/c – Parma - tel. 0521.284699*

Located at Parma Centre, a small restaurant characterized by rich variety of sandwiches distinguished by careful selection of raw materials, most of which purchased at farms in the vicinity. They use stone-ground flour, seasonal vegetables, animals bred in the spacious organic farms, organic eggs, cow's milk cheese, goat's milk, sheep's milk cheese and many other "goodies".

### **BREAD**

*Via Nazario Sauro, 18, 43121 Parma – tel. 0521 181109*

A small restaurant in the city center run by 4 young boys distinguished by their love for their city: Parma. A simple place, with the precise intention of bringing back to the table the true Parmesan taste, combining it with a good cocktail. Here you can find sandwiches of different types to be combined in various ways. One of the best sandwiches brings the name of the place: "Bread", a simple sandwich, as simple as good, made with a crispy slipper, with a 36-month-old ham and a parmesan cream that combines with hot bread, until it becomes one with it.

### **INKIOSTRO \***

*Via San Leonardo 124 – Parma, Tel 0521 776047*

Innovative cuisine that perfectly blends creativity and flavours. In the San Leonardo district, star chef Terry Giacomello's dishes offer a journey through tastes and textures from all over the world. A location with great attention to detail, accompanied by a wine cellar with an endless list of labels from the world's best wine-producing areas.

### **ANTICA CORTE PALLAVICINA \***

*Strada del Palazzo Due Torri, 3 - Loc. Polesine Parmense (PR), Tel +39 0524 93 65 39*

An exclusive setting, a window overlooking the Po River just a few metres away, the warmth of the fireplaces and the locals: a surprising and colourful "gastrofluvial" cuisine, where the raw materials produced directly in the Antica Corte Pallavicina vegetable garden predominate and where the ancient and precious traditions of the lands washed by the great river are exalted. This is how Massimo and Luciano Spigaroli have built the success of their restaurant.

### **THE CRAFTSMAN – RESTAURANT & JAZZ CLUB**

*Via del Carbone 3 – 42021 Reggio Emilia Tel 0522 439442*

Elegant restaurant located in a historic building called Palazzo del Carbone, in the centre of Reggio Emilia. With a wide selection of wines and spirits, it offers innovative cuisine that reflects the young chef's various international experiences. In the same building, on the floor below, a touch of class: a jazz club with piano bar. *Closing day: Sunday.*

### **AI DUE PLATANI**

*Strada Budellungo, 104/a, 43123 Coloreto (PR) tel. 0521 645626*

Trattoria renowned throughout the province, defined as both old and new. The recipes are the same as always, but prepared express: the tortelli in particular are sealed at the moment of the order, with freshly rolled pasta, and presented to the customer on a tray, just before cooking. Traditional dishes presented with ever greater attention to detail. *Closing day: Monday for dinner and Tuesday all day.*

### **RISTORANTE COCCHI**

*Via Gramsci 16/A, 43126 Parma Tel.0521.981990*

Cocchi in Parma is synonymous with tradition and with the passing of time this restaurant has become a historic monument to typical Parma cuisine. The trattoria has evolved while maintaining the friendly and hospitable atmosphere combined with the flavours of the past, those of the Emilian tradition. Extensive wine list and a menu steeped in tradition, a welcoming place just a short walk from the Oltretorrente district. *Closing day: Saturday*

### **CORTEX**

*Borgo del Correggio, 20/B, 43121 Parma Tel 0521 062846*

An authentic bistro just a stone's throw from the central Via Repubblica that pays extreme attention to detail and experience in an informal and very comfortable environment. It is the perfect place to have lunch, a cocktail or a beer, a quick meal at the bar, or to relax and let yourself be carried away on a tasting tour during a pleasant dinner. The magnificent wine list completes the picture. *Closed: Mondays and Sundays for dinner.*

### **OFFICINA ALIMENTARE DEDICATA**

*Via F. Maestri 11/A, 43121 Parma Tel. 0521.230505*

A small jewel in the heart of Parma's historic centre, this restaurant was founded just over a year ago by three friends with a common passion: zero kilometre gastronomy. Tradition and a focus on local products are the cornerstones of this restaurant, which offers lunch, dinner, take-away and online sales of the best traditional Emilian products. *Closing day: Monday*

### **LES CAVES**

*Piazza A. Gramsci 1, 43038 Sala Baganza (PR) Tel 0521 831062*

This restaurant is located in the historic Sanvitale castle, one of the 13th century castles of the Duchy of Parma and Piacenza, and combines gourmet cuisine with the taste of traditional Italian cooking. The watchword is creativity, with a careful selection of typical local products, skilfully used to preserve authenticity. *Closing day: Monday - Tuesday.*

### **LA PICCOLA PIEDIGROTTA**

*Piazza xxv Aprile, 1 - Spazio Gerra – Reggio Emilia. Tel 0522 434922*

Unrivalled pizzeria for its obsessive search for perfection in raw materials, doughs and seasonings. At the same time, there are also some typical dishes from the Campania region. For 25 years, pizza chef Giovanni Mandara has run this pizzeria in the centre of Reggio Emilia, where he has brought a piece of the Amalfi Coast to the fragrances and quality of the pizza. A wide selection of beers, wines and bitters complete the picture. *Closing day: Monday.*