

Pre-dinner, dinner, post dinner & other tips

For your free time outside the research Week, we've put together some suggestions.

If you're interested in cathedrals, baptisteries, churches, museums and other monuments, here are some options:

1. Parma Cathedral (Cattedrale di Parma), a Romanesque masterpiece from the 12th century. Please notice the dome fresco by Correggio – a stunning work of High Renaissance illusionism;
2. Baptistry of Parma (Battistero di Parma), next to the Cathedral, built in pink Verona marble, one of the most important medieval monuments in Italy, transitional between Romanesque and Gothic. Famous for its intricate bas-reliefs and the frescoed ceiling;
3. Church of San Giovanni Evangelista, next to the Cathedral, so it's an easy double-visit. It hosts another stunning Correggio fresco;
4. Camera di San Paolo, a small but dazzling room painted by Correggio with Renaissance mythological themes. This is a hidden gem, often overlooked but a real treat for art lovers;
5. Teatro Regio (Royal Theatre), one of Italy's most prestigious opera houses, commissioned by Maria Luigia of Austria. Even if you can't attend a performance, try to book a guided tour;
6. Basilica di Santa Maria della Steccata, a remarkable example of Renaissance architecture. Its name derives from the Italian word *steccato*, meaning "fence";
7. Monument to Giuseppe Verdi, in Piazza della Pace and nearby Verdi Street. Giuseppe Verdi was born nearby in Busseto and is a cultural icon in Parma;
8. Palazzo della Pilotta, a massive complex housing key cultural institutions and including the Teatro Farnese – an entirely wooden baroque theater from 1618-, the National Gallery – with works by Correggio, Parmigianino, Leonardo da Vinci, and Canaletto, the Archaeological Museum and Bodoni Museum;
9. Parco Ducale & Palazzo del Giardino, a formal 16th-century park and palace, once the residence of the Dukes of Parma, for a relaxed walk and seeing Italian-style garden design.

Looking for a Parma One-Day Walking Itinerary suggestion?

START: Parma Cathedral in Piazza Duomo à Baptistry of Parma (right next door) à Church of San Giovanni Evangelista (2 min walk) à Coffee break at Caffè Cavour à Camera di San Paolo (5 min walk) à Palazzo della Pilotta (5 min walk) with Teatro Farnese, National Gallery, Archaeological Museum à Giuseppe Verdi Monument à Lunch at Ristorante La Forchetta or Trattoria del Tribunale, or –all with traditional cuisine– à Teatro Regio (5–7 min walk) à Parco Ducale & Palazzo del Giardino -close to the meeting venue! à Aperitivo near Piazza Garibaldi at Enoteca Fontana, or Osteria dei Mascalzoni, or Ombre Rosse.

Looking for a list of traditional osterie and trattorie where you can try local, home-made food?

P.S. Don't try Trattoria Corrieri on your own—it will be the venue for the social dinner!

Trattoria del Tribunale ([Trattoria del Tribunale – Cucina tipica parmigiana nel centro di Parma.](#))

Trattoria sorelle Picchi ([Ristoranti Parma | Trattoria Sorelle Picchi](#))

Trattoria il Cortile ([Home Trattoria Il Cortile Catering a Parma - Trattoria il Cortile](#))

Osteria dei Servi ([Ristoranti Parma | Osteria dei Servi](#))

Osteria dei Mascalzoni ([Ristorante tipico in centro a Parma | Osteria dei Mascalzoni](#))

Officina Alimentare Dedicata ([Officina Alimentare Dedicata | Scopri il gusto autentico](#))

Gallo d'Oro ([Ristorante di Parma Gallo d'Oro - Ristorante Gallo d'Oro a Parma](#))

Osteria del 36 ([Home - Osteria del 36](#))

Osteria del Teatro ([Ristoranti Parma Cucina Tipica - Osteria del Teatro](#))

Osteria dello Zingaro ([Osteria dello Zingaro ristorante con cucina tradizionale Parma prenotazioni - Osteria dello Zingaro](#))

Looking for a Pizza or a special sandwich?

La Duchessa ([Ristorante Pizzeria - La Duchessa di Parma](#))

Pizzeria Entrée ([Pizzeria Entrée - parma | Ristorante nelle mie vicinanze | Prenoti subito](#))

Uagliò ([La miglior pizza contemporanea napoletana la trovi da Uagliò](#))

Pizzeria Orfeo ([Pizzeria e Ristorante | Orfeo ristorante pizzeria Parma](#))

Peppen ([\(1\) Facebook](#)); Frank focaccia ([\(1\) Facebook](#)); Clinica del Panino ([\(1\) Facebook](#))

Looking for a pre or post dinner drink?

Enoteca Tabarro ([TABARRO - Strada Farini 5/b, PARMA](#))

Bar Le Malve ([Le Malve – Lounge bar – Ristorante – Pizzeria](#))

Enoteca Fontana ([\(1\) Enoteca Fontana | Facebook](#))

Ombre Rosse ([Ombre Rosse Parma - Enoteca e Ristorante](#))

Gagarin ([Gagarin \(@gagarinparma\) • Instagram photos and videos](#))

Vineria Giramondo ([\(1\) Vineria Giramondo | Facebook](#))

Barino ([\(1\) Facebook](#))

Bastian Contrario ([Bastian Contrario – Birreria Artigianale – Public House- Birreria Artigianale](#))

Looking for icecream?

Gelateria K2

Banchini ([Ciocolateria Gelateria Banchini | Cioccolato Bean to Bar dal 1879](#))

Ciacco ([Ciacco Lab](#))

Gelateria Farini

Gioelia ([Gioelia Cremeria Italia - Gioelia Cremeria](#))

Grom ([Home | Grom](#))

Looking for Parma Movidà?

Via Farini (all)

Strada Giovanni Inzani (mainly university students)

Looking for Urban Parks to relax?

Parco della Cittadella; Parco Ducale; Parco Eridani