



# AC like a LOCAL

**BARI, A LITTLE PARIS**  
Due to its long history of division and local competitions, any Italian city thinks they are the best. Rome is "caput mundi" (the capital of the world); "Milan è un gran Milan" (more or less, Milan is unique) and Naples is so beautiful, that after visiting it, you could even die (Goethe said). In Bari we proudly say: "Se Parigi avesse lu mar, sarebb'na piccula Bari" ("If Paris had the sea, it would be a little Bari"). This popular old saying refers to the 19th - early 20th century architecture of the city which was influenced by French waves. It is also representative of a boast typical of Bari and its inhabitants.

**SAN NICOLA**  
San Nicola (Saint Nicholas) is the absolute symbol and pride of Bari. No need to tell you how he is recognized worldwide: venerated by both Catholics and Orthodox, his figure has inspired the legend of Santa Klaus. His name and image are everywhere: everybody here has an uncle called "Nicola" and in every house wall there is a saint image. Everybody has in his wallet a small picture of Saint Nicholas, including the atheists...

**BIZARRI FOOD**  
Raw fish is an essential element of local gastronomy and culture. The REAL Bari people eat these specialties, with just an addition of lemon juice: *cozze nere e cozze pelose* (black and hairy mussels), *allevi* (little white squids), *ricci di mare* (sea urchins, called in local dialect "rizz" - try their pulp with bread!) and, last but not least, his majesty the octopus! To know more about local food, go to "Eat like a local".

**DRINK LIKE A LOCAL**  
Italy is famous worldwide for its wine. Apulia is no exception and the local wines (*Nero di Troia*, *Primitivo di Manduria*, *Negramaro del Salento* (some of the best)) are known for their strong character and delicious taste. But if you are in Bari the queen of the alcoholic drinks is the Peroni beer. In 1924, the Peroni company, originating from Vigevano, North Italy, decided to establish its first brewery in South Italy here in Bari: the beginning of an everlasting love story. So, there is nothing better than looking at the sea sitting on a promenade bench and drinking a frozen bottle of Peroni. After drinking, some locals leave the empty bottle on the sidewalk: please... don't forget to throw your bottle in the bin!

**NO NEED FOR STARBUCKS!**  
In Bari, every two meters there is a bar and a good reason to have a coffee break. We love our small *espresso*; if it's too strong for you, ask for an *espresso* (literally, "small espresso"), a coffee drink made from equal parts of *espresso* and steamed milk. What... Are you hungry too? Go with *cornetto* (croissant).

**CAR VS BIKE**  
Bari actually is not that big, and more or less everything is reachable on foot. But, for mysterious reasons (well, one is clear: the bus system doesn't work well), we always use the car to go everywhere, even to the closest shop. The result? Locals spend ages stuck in traffic, or even worse, looking for a parking place and eventually paying an unlicensed car-park attendant. So, in this case, don't act like a local: walk or use a bike. You can rent a bike from the bike-share areas (very complicated system) or go to *Velosevice*. But please be careful: although Bari is trying to become a bike-friendly city there are very few cycle lanes and still too many cars in the way!

**FIGHT THE CRIME**  
Unfortunately Bari still has lots of organized crime. But the awareness of the problem and initiatives for legality and transparency have greatly increased in the latest years. If you want to know more about it, you could begin from Associazione KREATIVA ([www.associazionekreativa.com](http://www.associazionekreativa.com)) with its antimafia webradio project driven by local children of secondary school. Also check the local section of Libera ([www.libera.it](http://www.libera.it)), a network of associations that supports all those who are interested in the fight against organized crime.

**SPEAK like a LOCAL**  
Bari dialect is almost incomprehensible to the rest of country, thanks to loads of linguistics influences and varieties. It was always considered very funny because of its sound and odd picturesque expressions. Recently, thanks to people like the comedians *Lino Banfi*, *Gianni Ciardo*, *Checco Zalone* and the football player *Antonio Cassano*, some Bari and Apulia absolute myths, it seems that everybody in Italy loves our speaking. Below there is a short list of main expressions and sayings.  
*Tr'moni!* (quite vulgar but effective word meaning "stupid")  
*Ce nge n'amà ssci, sciamanine, ce non nge n'amà ssci, non nge ne sime scenne* (a tongue-twister meaning "If we have to go, let's go, if we don't have to go, we don't go")  
*Ma uagnòne stagghe à tremmelli!* (literally "I'm at 3000!", means "I'm euphoric!") and *La capè aggrè!* (literally, "The head is spinning!"), means "I'm having a headache" or "I'm being driven crazy!"; those expressions are very famous thanks also to the 1999 Bari cult movie "Lacapagira".  
*Sande Nicole je amande de le frastine* ("Saint Nicholas loves the foreigners": Bari is a city open to everybody)

## BARIVECCHIA WALKING.

The old heart of Bari - Start: Piazza del Ferrarese

TIME 30 min

**5 COLONNA INFAME**  
In the middle of this square there is **Colonna Infame** o **Colonna della Giustizia** (Infamous Column or Column of Justice) with a cannonball on the top. This was previously where the public were punished. Now if we don't pay our (usually) incredibly high taxes, the Equitalia agency gives us high fines. During the Middle Ages, the overdue borrowers were instead exposed to public humiliation and were made to sit riding the lion, the guardian of justice. In times of high tax pressure, we ask ourselves if anything has really changed...

**6 FORTINO DI S. ANTONIO ABBATE**  
When you get to the top, sit on a bench and enjoy the view from the **Fortino di S. Antonio Abate** (14th-16th century). The saint is the guardian of pets: in his chapel every year on January 17th the trendiest pets are blessed: cows, goats, horses (today there is an exhibition area). Keep on walking to admire the east façade of Saint Nicholas and his big window with side columns supported by elephants.

**7 MONASTERO DI SANTA SCOLASTICA**  
At the end of via Venezia there is the **Monastero di Santa Scolastica** (Monastery of St. Scolastica, 8th-11th century). In the 16th century it was included within the city walls. Today it hosts the **Museo Archeologico Provinciale** (coming soon!). In front of you now is the **Molo di Sant'Antonio**: you can see the entire Bari harbour from here!

**8 A DEEP BLACK COFFEE**  
Laura, 26, writer - Most of my nights begin in bed and with somebody asking: "Why don't we go to Nero?" If you want to experience the typical Bari night, try "*cicchetto e birra*" (short drink and beer)! Full of brochures and events posters, Nero can be considered a Bari night life info point too. (Daily open; winter 11:00-2:00; summer 11:00-3:00)

**9 TRADITIONAL RESTAURANT**  
No paper menu at Vini e Cucina! The Pagnolico brothers will tell what's on it (we recommend you the bean mash with chicory and the *braciola*). Be aware that there is a set € 20 menu you'll have to pay, even if you tried just one dish! (Mon-Sat 12:00-00:00; € 20)

**10 THE AUDITORIUM OF RAVELLO**  
The church of Santa Maria della Purificazione is called **Vallicha church**. The name refers to the people of Ravello, a beautiful town on the Amalfi coast. In the Middle Ages there was a Ravello colony here. The three semicircular wall structure we now see on Piazza del Ferrarese (technically speaking "apsis") once were near the sea. Today cultural events, mainly concerts, are held in the church.

**11 ALTERNATIVE TOURS**  
Do you think richkasses are typical only of countries like Vietnam? You're wrong! The guides of **Veloservice** can drive you in an original way through the narrow streets of the old town, explaining to you all of its secrets. Bike sharing and renting available too. (Mon-Sat 10-19)

**12 A DATING AGENCY SINCE THE XII CENTURY**  
The **Basilica di San Nicola** has the body of the saint. He is celebrated with massive feasts twice a year: on May 6th and on December 6th. In May we celebrate the transfer (or "theft") of his relics from Myra (Turkey) to Bari, made by an expedition of 62 local seamen the 9th of May 1087 (see 13). In December we commemorate his death. Inside the crypt at the entrance on the right corner there is a red column. According to the tradition, if an old maid touches the column three times, within one year she will meet her soul mate. Every December 6th our local "Bridget Joneses" used to hurry to the so-called Column of the Miracles. Considered an item of miracles, the column can heal several diseases: for this reason the believers always tried to take some pieces as souvenirs. To avoid this, the column was caged in 2007. Now all the women in search for a husband can do is put their moving cards and help requests in the remaining holes. (Every day open; 7-20:30)

**13 MOSAICS FLOOR**  
The floor mosaics and the columns are what remains now of the church of **Santa Maria del Buonconsiglio**. The Latin inscription on the wall recalls the extreme lack of water that affected Bari in the past.

**14 UNDERGROUND BARI #1**  
The **Castello Normanno Svevo** (Norman Swabian Castle) is like a Chinese box game: there are four medieval towers inside the walls of the Renaissance Palace and everything is located inside the borders of the old fortified town! You can

**15 UNDERGROUND BARI #2**  
The **Cathedral** is dedicated to **Saint Sabino**, the second patron saint of Bari after Saint Nicholas. He was the bishop of Canosa, a town near Bari. Above the altar there is the icon of the *Madonna Odegitria* ("Madonna of good walking"). Underground Bari #2: under the cathedral you can visit the remains of the former paleochristian cathedral (5th-6th century B.C.) with a mosaic floor.

**16 A WORLD OF PANZEROTTI**  
Tired of the classic *sgaglie* e *pomodori panzerotto*? Well, at **Cibò** there are almost 40 varieties! You can have your *panzerotto* filled with ingredients like salmon cream or "*nduja*" (a Calabria spicy spreadable pork sausage). (19:30-00:00; Tue clo; € 5)

**17 DELICIOUS STREET FOOD**  
Antonella, 32, freelance photographer - Every day, from five o'clock in the afternoon, Maria, the queen of *sgaglie* cools slices of *polenta* stacked like gold nuggets, ready to be dipped and fried, one by one, in a pot of boiling oil, and then served in a paper cone with a pinch of sea salt. Even Jamie Oliver is a fan of Maria's *sgaglie*... Slurp! (€ 1-5)

**18 THE FIGHT FOR THE SAINT**  
In the middle of the facade of the **Saint Mark of the Venetians** church there is a rose window with a winged lion, the symbol of Venice. During the Middle Ages, both Venice and Bari wanted to take Saint Nicholas' relics (he died in 343 A.D.). Bari people were first to take them. This was exactly half of his skeleton. But Venetians didn't give up! During the first Crusade (1096-1099) they arrived in Myra and took the second half. The authenticity of the two different remains was proved only in 1992 by the pathologist expert Luigi Martino.

**19 A SMALL CREATIVE FACTORY**  
**Flying Circus** can be considered an artistic part of the old town. Black music dj sets, ukulele gigs, table football contests, presentations of essays about multiculturalism: this is just a limited selection of the events that normally take place here. (Mon-Sat 19:00-3:00)

**20 A TOUCH OF BAROQUE**  
This church is called **Santa Teresa dei Maschi**. The name means "Saint Teresa of the men" (1673). Once upon a time there was also the "Saint Teresa of the women", now no longer in existence. They were places for devotion for Carmelitan friars and nuns. The "male" church is closed but take a walk around it: it is one of the few Baroque churches in Bari.

**21 ART IS LIFE AND LIFE IS ART**  
Contemporary artists and galleries live and work side by side in the **Galleria Doppelgaenger**. They make a creative confusion between the two dimensions and give life to various art exhibitions, from photography to street art. (May-Sep Mon-Fri 17:00-20:00; Oct-Apr Tue-Sat 17:00-20:00; daily booking)



**22 UNDERGROUND BARI #3**  
In **Palazzo Simi** you can see the history of Bari layer by layer: first, old Roman ruins; then a Byzantine Church was built, and later during the Medieval Age a house was built. (Mon-Sat 9:30-13:30; free entrance)

**23 MODERN HISTORY**  
If you want to learn something about the history of Bari and Italy, stop at **Museo Storico Civico** (Civic Historic Museum). Guest stars: the original copy of the first book printed in the city (1535), a uniform of the Garibaldi unification army and a document signed by the patriot Mazzini, one of the main activists for the unification of Italy! (Tue 16:00-18:00; Wed-Fri 9:00-13:00; Sat 17:30-20:30; Sun 10-13; free entrance)

**24 PANZEROTTO AND APRICOTS**  
We searched a lot but we couldn't find the reason why this lovely square is called **Largo Albicocca** (Apricot Square), but we know that pizza and *panzerotti* at "*Da Cosimo*" are delicious. If you don't want to wait for your turn, occasionally there are native Barivecchia ladies roasting meat and *gnumeredde* (not for free) near the restaurant. (Tue-Sun 19:00-00:00; € 5-10)

**25 TOUGH FOOD**  
If the owner of **Osteria delle Travi** stares at you darkly and you behave "aggressively" towards him then your dinner will turn into a cabaret show. Try the *patate riso e cozze* and leave a small place for the homemade sweets too. Good value for money! (Tue-Sat 12:00-15:00/19:00-24:00; Sun eve-Mon clo; full menu about € 25)

**26 PERONI VS DREHER**  
**Pizzeria Dreher** takes its name from a competitor of our beloved Peroni, the Dreher beer. It's the ideal stop if you want to try a full immersion in the chaos of the city. The external tables are on the sidewalk: move a few centimetres forward and you'll eat sitting directly on the street! (19:00-00:00; Wed clo; € 5)

**27 LET'S PLAY GREEK!**  
Serena, 28, biotechnologist - Virgimia, 27, eye-doctor - Tavli is a small venue full of charm, whose name is inspired by a bizarre Greek game. We like to spend our time here drinking the glass of red wine and enjoying the finger food. When it's necessary, you can use the footstools to form a table, like Lego blocks! (19:00-3:00; Wed clo)

**28 THE MOST ROMANTIC CAFÉ**  
The **Ciadatera** is a Bari slang word for "espresso coffee machine". This is the ideal place to end any romantic stroll through the streets of the old town. In the niche with sofas and pillows are always two lovers sipping coffee and eating a big slice of chocolate cake with whipped cream. (Mon-Sat 19:30-3:00)

**29 THE NEW BARI CLASSIC OF 2000'S**  
Exaggerated, alcoholic, smoky and maybe a little dangerous, **Chirungio** is unmissable for its cocktails, the short girls in miniskirts and the spicy smells. Alternatively, come here in the morning to try Peroni and taste some fresh raw seafood: at morning time there is an open fish market too.

**30 THE OLDEST THEATRE**  
The **Teatro Comunale Nicolò Piccinni**, named after a great local composer, is the oldest Bari stage, with a Neoclassic facade, a horseshoe structure, five box orders. The theatre is now closed for refurbishment until 2015; if you want now to take a look, check it out the temporary site openings.

**FOCACCIA WALKING**  
Walter, 27, startupper - Walking around the city, it is easier to slip on a tomato than on a banana peel. This strange urban carpet is due to the continuous consumption of the queen of the local street food: the *focaccia*. It's made of very few basic ingredients: yeast dough, olive oil, (a lot of) tomatoes, salt and oregano... but there is no unique recipe or a best one! The historical bakery in Bari is **Panificio Fiore**, just behind the Basilica of San Nicola. A *focaccia* with a high edge, slightly toasted: this is the perfect pit stop for a tour in the old city. Alternatively, you can go to **Panificio Santa Rita**, near the castle. A walk around **Teatro Petruzzelli** can be boosted with a slice of *focaccia* at **El Focciaccio**. Medium high edge, good taste. If you're following the seafront toward the public beach of **Pane & Pomodoro**, take a break at **Panificio Violante**. Here you can try a different one, paper-thin and with the sauce of tomatoes... aaahh, so delicious! Near the train station and University there are **Magda** (open during lunch break) for a crispy *focaccia* with oregano, and **Atena**, where you should taste the epic *gagattini*. If you are around the Chiesa Russa, go to **Panificio Di Gesù**, here you can taste the *focaccia* of Altamura, thick and soft. So, enjoy your *focaccia*, and... don't throw the olive's *nocciolo* (fruit stone) on the ground!

**31 CHIC MEAL**  
Vin o'mir ("Come to wine" in local dialect) is the right place for romantic couples, vegetarians and refined eaters. Some house specialties: deer salami, organic legumes soups, artisan local beer. (Mon-Sat 20:00-2:00; 10-15 €)

**AFTER HOURS**  
What if you desperately need a coffee break at 4 a.m.? Go to **Bar dello Studente**: 24 hours open! (Sun clo)

**THE VINYL SHOP OF BARI**  
**Centro Musica** is one of the last bastions of CD and vinyl. Mr. Vitto, who owns the place, is probably Bari's main professor in the science of jazz. (Mon-Sat 8:30-13:30; 16:30-20:30)

**VENICE? NO, THIS IS BARI!**  
On the facade of **Palazzo Fizzarotti** (1906) the early 20th century Liberty style is combined with Venetian-Gothic style and Norman-Swabian influences. Inside there are also some beautiful mixed style mosaics.

**HISTORIC PUB**  
Since 1980, a large part of the Bari underground scene has been taking place in the basement of **Taverna Vecchia del Maltese**. The place is named after the sailor-adventurer Corto Maltese, the comic character created by the Italian artist Hugo Pratt. (Daily open 21:00-02:00)

**MEDITERRANEAN BAR**  
Once upon a time, **Fares Café** was a fisherman stock. Now it is a lounge bar inspired by the atmosphere of our cousin country, Greece. But, unless you go there in the afternoon to have an *espresso*, you might not notice the creative interior design. (Mon-Sat 8:00-1:30; Sun clo)

## EAT like a LOCAL

Food has always been a main element of life and culture in Italy and this is even more true in the case of Apulia and Bari. "What did you have for lunch" is a classic everyday topic of conversation and often people fight to have the best *focaccia* in town. Outsiders may define us as food obsessed. Well, we do like our obsession! Here's a (short) list of some typical Bari food specialties.

**RISO PATATE E COZZE**  
(Rice, potatoes and mussels)  
To transform the rice, potatoes and mussels in the typical *tiella barese* you have to cook them altogether in the oven, measure them in the right proportions and put them in layers with some expertise. Only our grandmothers require these two things together, sautéed with anchovies, garlic and chili. Once you have tasted them joined, you can no longer think of *orecchiette e cime di rape* as two separate ingredients.

**GNUMEREDDE**  
If you arrive in Bari over sea in summer, please don't panic if you see a big cloud of smoke rising from the city: Bari is not burning. What you see is the smoke of the roast and daily collective bbq of *gnumeredde*. They are little rolls of mixed meat inside parts (liver, lung and kidney) held together by the gut of lambs. Whole families love to meet on the seafront of the city bringing their own chairs, tables and barbecue to roast and eat *gnumeredde* altogether.

**ORECCHIETTE E CIME DI RAPE**  
The translation of *cime di rape* does not exist: it is a typical Apulia vegetable very similar to broccoli but with a bitter flavor. *Orecchiette* is a small ear-shaped pasta. The traditional recipe from Bari requires these two things together, sautéed with anchovies, garlic and chili. Once you have tasted them joined, you can no longer think of *orecchiette e cime di rape* as two separate ingredients.

**FAVE E CICORIE**  
(Broad beans and chicory)  
*Fave e cicorie* is recently considered in Italy as a nouvelle cuisine dish, but in Bari it's very common: originally, it was a very poor dish. In every house *fave e cicorie* is served in this very cool way: half filled with soft dove-gray mashed white beans and half filled with supergreen chicory. It has a very refined presentation based on the contrast between the sweet taste of the mashed white beans and the bitter taste of the thread-like vegetables. Never without

**PANZEROTTO**  
On Sundays we usually eat *braciola*. It is a roll of meat (beef, pork or horse), filled with cheese, parsley and garlic. Everything in the roll is cooked together and then used as pasta sauce. The cooking is fundamental: *la braciola* needs to be cooked on a very low fire for long hours. The digestion may be quite long as well.

**POLPO**  
(octopus)  
Second only to St. Nicholas, the *polpo* (octopus) is THE legend of the real Bari locals. Walking on the seafront, you might see an interesting show: some proud fishermen with some fresh octopuses eating on their waist, as if they are trophies. We eat them raw, after the appropriate repeated "slamming" on the rocks. If you're afraid of raw stuff: the roasted version is delicious as well. Try it on a handmade sandwich with olive oil and lemon.

**BRACIOLA**  
completely immersed in tomato sauce which is then used as pasta sauce. The cooking is fundamental: *la braciola* needs to be cooked on a very low fire for long hours. The digestion may be quite long as well.

## SHOPPING STREETS

Are you a shopping lover and a fashion addict? The **Murat district** is your kind of place! Walk through the pedestrian areas of **Via Sparano** and **Via Arapito** to discover elegant boutique and low-cost shops, big chain stores and luxury brands. **Via Putignano**, **Via Dante**, **Via Melo**, **Via Principe Amedeo** present a broad selection of shops joining haute couture and prêt-à-porter. While hipsters could be happy with some **Corso Cavour** shops, fans of second-hand and vintage clothes will appreciate places like **Anonymato** (via Beatillo, 19), **Metro** (via XXIV Maggio, 44) and **Bidonville** (via Melo, 124). Except for the department stores, most shops follow this timetable: Tue-Sat 9:00-13:00/16:30-20:30, Mon morning clo.

## TOURIST INFO

**FOOD AND DRINK! AVERAGE PRICES**  
In bars and venues, an espresso coffee costs € 0,80 and an *espresso* € 0,90. Ice-cream on average costs € 1,50-2. Normally, you can have a slice of *focaccia* for € 1-1,50 and a *panzerotto* for € 1,50-2. Drinks: Peroni beer is sold for € 1-2; a *cicchetto* (short drink) costs € 2; a glass of wine € 3; cocktails are more expensive: € 5-6.

**TOURIST INFO POINT (WWW.VIAGGIAREINPUGLIA.IT)**  
The Tourist Info Point is in Piazza Aldo Moro 33/a (in front of the Central Station main entrance) and at the airport (daily open 9:00-20:00), an additional Info Point will open in summer in Piazza del Ferrarese (daily open 10-13/17:00-00:00).

**CITY PUBLIC TRANSPORTATION SYSTEM (WWW.AMTAB.IT)**  
Bus Tickets can be bought at newspaper shops and tobacconists. € 1 ticket is valid 75 minutes; daily ticket costs € 2,20. Don't forget to punch your ticket and be aware buses can be often later than the expected schedule. Buses run from 5 am to 12 pm: unfortunately, Bari lacks a night bus service. **Park&Ride** Finding a parking place in Bari may be a nightmare. There are five Park & Ride areas (shown on the map P) where you can leave the car (daily ticket € 1). From the Park&Ride area, you can take the shuttle bus to the center (€ 0,30).

**Bike rental Amtab** (local transportation company) manages a local bike rental system, Barinibici. All over the city, there are more than 20 bike rental areas, but the registration procedure is quite long and complicated. To have your yearly seasonal card (€ 10), you need to present a copy of your ID and subscribe to a contract with Amtab. The contract is available at this link (only in Italian): [http://www.amtab.it/images/stories/PDF\\_sito/AMTABBY.pdf](http://www.amtab.it/images/stories/PDF_sito/AMTABBY.pdf). You can pick up the card here: Amtab S.p.A. Ufficio Abbonamenti, Via Fornari 12/14, phone 0805289587. The office is near the main station.

**TO THE BARI-PALESTE AIRPORT "KAROL WOJTYLA" (WWW.AEROPORTIDPUGLIA.IT)**  
**Ferrovie Nord Barese train (12 minutes)** The new train service joins the airport with Central Station. Trains depart every half an hour (5-23). The ticket costs € 5 (only one way available). **Tempesta Shuttle bus (30 minutes)** Tempesta shuttle bus departs every half an hour (5-24) from/to Central Station. The ticket costs € 4 (purchasable on board; only one way available). **Amtab bus (45 minutes)** Amtab bus n.16 departs every 40-45 minutes (5-23) from/to Central Station. The ticket costs € 1.

**TO THE PORT (WWW.APLEVANTE.ORG)**  
Amtab bus n.20/ departs every 30-40 minutes from/to Central Station. The ticket costs € 1. From Bari port, ferries leave to Greece, Croatia, Montenegro and Albania.

**Local private lines**

**FERROVIE DEL SUD EST (WWW.FSEONLINE.IT)** Trains and buses join Bari to the South part of Apulia. The railway station is in Ugento, near by Capruzzi (south of Central Station); buses depart from Largo Ciaia, 400m south of via Capruzzi.

**FERROVIE NORD BARESE (WWW.FERROVIEVIAVIAVIA.IT)** Trains join Bari to the airport and to some cities located in the North. Railway station is on the left side of Piazza Moro, near the Central Station.

**FERROVIE APULIO LUCANE (WWW.FERROVIEAPULIOALUCANE.IT)** The trains connect Bari with Apulia neighboring region, Basilicata. Pick them to reach the beautiful locations of Altamura (still in Apulia) and Matera. Railway station is in Piazza Aldo Moro, near the Central Station.