



## After the Rush in Rome

### **Rome, 4 Days**

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# Guide Description



**AUTHOR NOTE:** These are just a few of my favorite spots to visit while in Rome. I know there are about 1 million restaurants, fountains, and chieras to visit, and believe me, I will continue adding to this list of must see Roman destinations.

# Itinerary Overview

things to do  
restaurants  
hotels  
nightlife

## Day 1 - Rome

**DAY NOTE:** This is your chance to experience ancient Rome in the outdoors! Start at Circo Massimo and make your way through the forums to the Coliseum. If you're feeling extra adventurous, check out the Roman Gladiator School - better bring your A - game so you the emperor gives you a thumbs up.



### Trevi Fountain (Fontana dei Trevi)

Throw a coin in the fountain...



### The Colosseum (Colosseo)

Ancient Rome's largest fighting arena



### Circo Massimo

Fighting in an ancient arena



### Castel Sant'Angelo

The fall of Tosca

## Day 4 - Rome



### Private Tour: Baroque Rome and Barberini Palace Art History Walking Tour

Private Tours



### Piazza di Spagna

Meeting at the Steps



### Tre Pupazzi

Cooking from Abruzzo

## Day 2 - Rome

**DAY NOTE:** I would reserve a full day for all the splendor the Vatican offers. Between the square, the Basilica, and the museums...with the long lines, you'll need a full day to get through everything. Skip the lines and sign up for the private tour of the Sistine Chapel and the Vatican Museum.

You can always buy the headphone tour, but wouldn't you rather have a professional tour guide telling you the significance of "The School of Athens" and other amazing works along the way?



### The Vatican

Seat of the Catholic Church



### Viator Exclusive: Private Viewing of Sistine Chapel and Vatican Museums

Religious Tours

## Day 3 - Rome



### Roman Gladiator School: Learn How to Become a Gladiator

Real life gladiator training and fighting



### Colonna Traiana

A unique history book

# Day 1 - Rome

## QUICK NOTE

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### contact:

tel: +39 06 060 608 (Tourist Information)

<http://www.romaturismo.it/v2/allascopertadiroma/en/itinerario01.html>

### location:

piazza di Trevi  
Rome 00187

## 1 Trevi Fountain (Fontana dei Trevi)

**DESCRIPTION:** Tradition has it that throwing a coin over your left shoulder into the fountain guarantees a swift return to the world's most beautiful city. Anita Ekberg's dip in it was immortalized in Fellini's 'La Dolce Vita', and Italian actor Toto even sold it to an American, passing himself off as its owner. Earlier it was the setting for the award-winning "Three Coins in the Fountain" motion picture, ensuring its popularity worldwide. Designed by Nicola Salvi for Pope Clemente XII, it was completed in the second half of the 1700s. The statues in the centre represent Neptune supported by Tritons on either side while rococo-style Poli Palace provides the perfect backdrop. © wcities.com



### contact:

tel: +39 6 700 4261 / +39 6 700 5469

<http://www.museidiroma.com/colosseo.htm>

### location:

Piazza del Colosseo  
Rome 00184

## 2 The Colosseum (Colosseo)

### OUR LOCAL EXPERT SAYS:

The Colosseo's hypogeum was recently opened for visitors who wanted a view from the ground up of the amphitheatre. As the tourist information if you can book a limited reservation.

**DESCRIPTION:** No visit to Rome is complete without having seen its magnificent Colosseum, a vast amphitheatre with seating for 55,000 that was designed as a horse racing circuit and arena for animal fighting and gladiatorial battles. Upon its completion, spectacular 100-day celebrations were organized as part of the opening ceremony in 72 AD. Its name is believed to come from Nero's enormous statue of Colossus that stood close by. © wcities.com



### hours:

Nov-Feb 15 daily  
8:30am-4:30pm; Feb 16-  
Mar 15 daily 8:30am-5pm;  
Mar 16-Mar 27 daily  
8:30am-5:30pm; Mar 28-Aug  
daily 8:30am-7:15pm; Sept  
daily 8:30am-7pm; Oct daily  
8:30am-6pm. Guided tours in  
English with an archaeologist  
7 times per day Mar 28-  
Oct 30 (9:30am, 10:15am,  
11:15am, 12:30pm, 3pm,  
4:15pm, and 5:15pm)

**contact:**

tel: +39 06 060 608(Tourist Information)

**location:**

via del Circo Massimo  
Rome 00153

**3 Circo Massimo**

**DESCRIPTION:** In the 4th century B.C., the Circus Maximus was one of the largest stadia in Rome, with a capacity of 250,000 seated spectators. It was the venue for horse racing, athletics tournaments and animal fighting. The last races held there were in 549 A.D. Another very popular sport was marine battling: the arena was filled with water and fights between light boats took place. The tower is from medieval times. © wcities.com



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# Day 2 - Rome

## QUICK NOTE

**DAY NOTE:** I would reserve a full day for all the splendor the Vatican offers. Between the square, the Basilica, and the museums...with the long lines, you'll need a full day to get through everything. Skip the lines and sign up for the private tour of the Sistine Chapel and the Vatican Museum.

You can always buy the headphone tour, but wouldn't you rather have a professional tour guide telling you the significance of "The School of Athens" and other amazing works along the way?

### contact:

tel: +39 06 6982  
(Switchboard)  
fax: +39 06 6988 5518  
<http://www.vatican.va>

### location:

viale Vaticano  
Rome

## 1 The Vatican

**DESCRIPTION:** The Vatican is among the most important historical sites in the world. The seat of the Holy Roman Catholic Church, The Vatican is also the home of the Pope. As the smallest state in the world, the Vatican has figured in key events throughout history. Occupying about one half kilometer of Rome, The Vatican is further significant because of its fabulous architecture, religious, and artistic treasures. It was Pope Julius II della Rovere in the 16th century who commissioned Michelangelo to paint the history of creation on the ceiling of the Sistine Chapel. Among countless other notable events in the history of this important city are the convening of the College of Cardinals, at the death of a reigning Pontiff, for the purposes of electing a new Pope. No visit to Rome is complete without an excursion to The Vatican, a place so steeped in history and tradition that you will never forget it. © wcities.com

**MY NOTE:** I'd reserve a full day dedicated to all the treasures the Vatican has to offer. You can spend some time strolling through St. Peter's Square - be sure to admire the obelisk peculiarly placed in the middle of the square. Enjoy the amazing insides of the Basilica...simply breathtaking. Make sure you save a few hours for the Vatican Museum. You've all heard of Michaelangelo's painting of the ceiling of the Sistine Chapel, but there's a ton of beautiful timeless works throughout the museum..like the School of Athens...my personal favorite.



Photo courtesy of the Vatican State

### contact:

<http://www.partner.viator.com/en/6793/tours/Rome/Viator-Exclusive-Private-Viewing-of-Sistine-Chapel-and/d511-3207-VATPRIV>

### location:

Rome Latium and Rome

## Viator Exclusive: Private Viewing of Sistine Chapel and Vatican Museums

**DESCRIPTION:** This tour gives visitors an exclusive viewing of the Sistine Chapel and Vatican Museums. Michelangelo's masterpiece will leave you captivated as you enjoy it minus the huge crowds. A once in a lifetime opportunity so secure a place on this magical tour in Rome. Please note: This is a **private two-hour small group tour** of the Sistine Chapel and Vatican Museums, for selected nights only. Seeing the Vatican's galleries when they are closed to the general public is a once-in-a-lifetime opportunity. Tickets are limited and each group will consist of 20 people **maximum** with your own guide - and are



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only available through Viator. The Sistine Chapel and Vatican Museums are notorious for the crowds of people passing through during the day. With this exclusive two-hour tour you will have a unique chance to escape the crowds and, once the Vatican Museums close to the public, explore the artistic and architectural treasures. All entrance fees are included in the tour price. Book your spot on this exclusive tour (instant confirmation!) and see the official residence of the Pope, in Vatican City. The evening is hosted by an English-speaking guide/art historian specializing in the Italian Renaissance. Please list any special interests you have (art, architecture, history, culture) at time of booking to alert our guide, so that he or she can better prepare for your private tour. **Not traveling to Rome on one of these days?** That's OK, we plan to offer additional dates for this exclusive private tour of the Vatican and Sistine Chapel. Please keep checking back as new dates are added.&nbsp;  **Special Offer - Book now and save 10% off recommended retail price - BOOK NOW!** © Viator

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**contact:**

tel: +39 06 51607951  
fax: +39 06 51606504  
<http://www.gsr-roma.com/gladiatori/htm/gladiatori.html>

**location:**

via Appia Antica 18  
Rome Latium and Rome  
00179

## 1 Roman Gladiator School: Learn How to Become a Gladiator

**OUR LOCAL EXPERT SAYS:**

Make sure to come in a group and organize to have lunch with Nerone, head gladiator.

**DESCRIPTION:** Master the basics of hand-to-hand combat at a genuine gladiator school on the ancient Appian Way. You'll discover the secrets of Imperial Rome's gladiator games, get hands-on with ancient Roman history and have the best fun you can imagine! During your two-hour lesson, your gladiator instructor will teach you how to fight with authentic weapons used by the gladiators of ancient Rome. Lessons are organized and led by members of the Historic Group of Rome who specialize in the re-enactment of Roman life and gladiatorial combat. Don't miss this opportunity to re-create Roman history and life as a gladiator. Dressed in a traditional gladiator tunic, belt, leather protective glove and rudis (training sword), you can let your imagination run wild as you play like Spartacus for a day, fighting off ferocious lions and sword-wielding warriors! Next, learn the basic techniques of gladiatorial sword fighting and take part in an optional gladiatorial tournament, with the winner receiving a victory prize. All participants receive a certificate of accomplishment. Are you up to the challenge of this truly Roman experience combining culture, sport and ancient legends?! © Viator



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**location:**

vicolo di San Bernardo  
Rome 00187

## 2 Colonna Traiana

**DESCRIPTION:** Trajan's Column stands between two seemingly twin churches - Santa Maria di Loreto and SS. Nome di Maria. It's 40 metres high overlooking the remaining columns of the ancient Ulpia basilica in Trajan's Forum. It is thought that the column was originally erected between two large libraries that were, with the terrace of Trajan's Temple and the terrace of the Ulpia basilica, places where Romans could admire the historical reliefs on the column. The column has resisted degradation superbly over the years - the spiral frieze illustrates the most important episodes in Trajan's successful expedition against the Dacians as well as showing the everyday lives of soldiers. On the top of the column (reached via a stairway inside) there is a bronze statue of St Peter sculpted by Tommaso della Porta which, it is thought, must have replaced one of the emperor himself. © wcities.com



**contact:**

tel: +39 6 328 691

<http://www.castelsantangelo.com/>

**location:**

Lungotevere Castello 50  
Rome 00193

**hours:**

Tues-Sun 9am-7pm



## Castel Sant'Angelo

**DESCRIPTION:** The splendid fortress of Castel Sant'Angelo was originally built as a mausoleum for the Emperor Hadrian in 139 AD. In the 10th century AD it was transformed into a castle, then, 500 years later, into the elegant residence of Pope Alexander VI Borgia. Michelangelo designed the marvellous main court for Pope Leon X and many of the rooms inside are decorated with frescoes of great beauty. It's also been used to house prisoners, including the sculptor Benvenuto Cellini. The terrace offers a fine view of the river Tiber and opera lovers will know that this was where the final act of Puccini's opera "Tosca" took place. The building is now a museum with a fine collection of suits of armour. © wcities.com



# Day 4 - Rome

QUICK NOTE

**contact:**

<http://www.partner.viator.com/en/6793/tours/Rome/Private-Tour-Baroque-Rome-and-Barberini-Palace-Art-History-Walking-Tour/d511-3207G>

**location:**

Rome Latium and Rome

## Private Tour: Baroque Rome and Barberini Palace Art History Walking Tour

**DESCRIPTION:** Explore the art history of Baroque Rome in style on a private walking tour of Barberini Palace with an art expert. Accompanied by your own private guide who specializes in art history, you'll enjoy personalized attention on your special private tour of Baroque Rome's Barberini Palace. Your private walking tour starts with a visit to the National Gallery of Ancient Art in Palazzo Barberini, a wonderful collection of masterpieces by Raphael, Caravaggio, Titian and Guido Reni. The impressive collection is housed in the imposing palace built by Bernini for Pope Urban VIII in 1632, with frescoes by Pietro da Cortona. Next, you will visit two very famous Baroque churches, San Carlo alle Quattro Fontane, built by Borromini in 1638, and Sant'Andrea al Quirinale, built by Bernini in 1658. During this special visit you will be able to compare the two most important masters of Baroque architecture. The tour continues to the Quirinale Square in front of the residence of the President of the Italian Republic. From here, you will descend to the Trevi Fountain, whose Baroque design is one of Rome's most unforgettable images, immortalized in Fellini's film *La Dolce Vita*. This in-depth private tour of Rome's Baroque art and architecture is hosted by an English-speaking guide specializing in art history. Please list any special interests you have (art, architecture, history, culture) at the time of booking to alert your guide, so they can prepare for your private tour. © Viator



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**contact:**

tel: +39 6 48 8991 (Tourist Information)  
fax: +39 6 481 9316 (tourist information)  
<http://www.piazzadispanna.it/>

**location:**

piazza di Spagna  
Rome 00187

## 1 Piazza di Spagna

**DESCRIPTION:** An incredible, almost theatrical square with the lovely Spanish steps leading up to the Chiesa di Trinità dei Monti. One of the most important fashion shows is held here, the steps being used as a catwalk. It is now an international meeting point. The fountain known as the 'Barcaccia' (boat) was commissioned by Urbano Barberini to commemorate the alliance made with the King of France, whose coat of arms can be seen on Trinità dei Monti. The square leads into several famous streets, Via Dei Condotti, Via Frattina and Via Borgognona with their luxurious boutiques, and Via Del Babuino with its antique shops. © wcities.com



**contact:**  
tel: 39 6 686 8371

**location:**  
via dei Tre Pupazzi 1  
Rome 00193

## 2 Tre Pupazzi

**DESCRIPTION:** This family-run restaurant has the father preparing the food in the kitchen and the rest of the family dealing with the guests in a tranquil atmosphere. The recently restored building is more than 300 years old and is very attractive. On Tuesdays and Fridays fish dishes are available, while roast meat dishes are served during the rest of the week. The wine list, including house wine, is not very long, but is in line with the food on offer. You can eat late if you book. © wcities.com



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# Rome Snapshot

## Local Info

Rome is a city that cannot be described in few words. With more than 2,500 years of history, hundreds of thousands of art works, monuments, and beautiful views, the aptly named Eternal City is interwoven with unparalleled history, beauty and drama. Every monument, palazzo, park and piazza are testament to the many rises and falls of Rome, from its early Republican birth and Imperial age through to its 21st century incarnation. Likened to a gigantic open-air museum, Rome is living history, and every year the city hosts millions of visitors-- tourists, scholars and pilgrims-- from all over the world. It is chaotic, friendly, aggressive and relaxed; in essence a charming contradiction that wins the hearts of its visitors, who always return.

Rome is famously noted as being built on seven hills-- the Quirinale, Viminale, Esquilino, Celio, Aventine, Capitoline, and Palatine. The birth of Rome starts on the Palatine, a small shepherding settlement where, as tradition says, Romulus lived when he founded the city. Historically, the Palatine was the "it" hill where Rome's celebrated leaders lived from the kings of 7th to 5th centuries, to the Republican senators and patricians and the Imperial Age's emperors. The Capitoline hill represents Rome itself. It was the center of the Empire, home to the most important temples (which served for religious as well as political significance) from the 7th century BC through Rome's changing times. Today, the Capitoline hill is centered by the Michelangelo-designed Piazza del Campidoglio, with the statue of Emperor Marcus Aurelius on horseback at the very center. Lining the piazza are the Capitoline Museums, Italy's most precious sculpture collection and Rome's city hall.

The highest of Rome's seven hills, the Quirinale, is home to Palazzo del Quirinale, a former papal and monarchy residence and now the palace of Italy's reigning president. Noteworthy is the open piazza, with its looming obelisk and equestrian statues. Opposite the Palazzo is the Scuderie, formerly stables and now a gorgeous temporary exposition space for international exhibitions. The base of the Quirinale was partially dismantled by Emperor Trajan at the beginning of the 2nd century. What remains are the markets of

Trajan and Trajan's column, marking the height of the hill. The Viminale stands next to Quirinale and is smaller in size. The hill is bisected by Via Nazionale, a shopping street where the early 20th century Palazzo delle Esposizioni building resides, and leads upward to the majestic Piazza della Repubblica, a favorite piazza for its double-sided arcade of columns and playful Naiad fountain. Just behind the piazza is Rome's principal railway station, Stazione Termini. Roman poets Virgil and Horace lived on the Esquiline hill, now a very busy neighborhood which encompasses the popular Monti district. The Esquiline's terrain includes three peaks, one of which is Monte Oppio, where Nero built his infamous Domus Aurea. Below the Esquiline and behind the Colosseum is the Celio, Rome's greenest and most charming hill where the lovely Villa Celimontana park is located. The Aventine, seen from the peak of the Palatine, past the Circus Maximus, is a quiet, residential neighborhood, with remains of Rome's original 3rd century wall.

Rome has expanded these seven hills, and in a city full of hundreds of rooftops and domes like San Pietro (St. Peter's Basilica), some of the most beautiful panoramas can be seen from the hills of Montemario, the Pincio and the Janiculum.

© NileGuide

## History

The history of Rome is based on myth, which Romans proudly celebrate April 21. Rome's beginnings start with the fall of Troy and Aeneas's escape from the burning city. Fleeing by ship, Aeneas landed on the Italian peninsula and establishes Alba Longa, a community in Lazio. As myth recounts, Aeneas' descendant Rhea Silvia was forced to become a Vestal Virgin so as not to bear children. However, Rhea Silvia was loved by the god Mars and bore him twin sons, Romulus and Remus, who were placed in a basket in the Tiber River to be killed. But the twins washed ashore close to the Palatine hill and were nurtured by a she-wolf and eventually raised by a shepherd. Romulus and Remus grow up and take residence on the Palatine and Aventine hills, respectively. According to the myth, the brothers argued over who would be the foretold founder of an empire so Romulus

killed Remus and founded the city of Rome on April 21, 753 BC.

Rome's ancient history covers three distinct periods--the Age of the Kings, the Republican Age and the Imperial Age. From Romulus, the small hillside community was ruled by the "king of the hill" until 510 BC. Seven historic kings who change Rome from a small shepherding town into a cosmopolitan city with complex governing and trading programs and an impressive drainage system. With its constant exposure to far more democratic states, especially Greece, Rome's kings were ousted and in its place was an advanced republic, which is the blueprint for all future democracies. The republic was also characterized by internal struggles that eventually due to the rise of the plebeians (lower class Romans).

The Republic was not just city, but a concept that expanded through Lazio, the Italian peninsula and eventually the Mediterranean. For almost four centuries, Rome built unparalleled and nearly infallible republic, accomplishing what Greece, Persia and Egypt could not-- the unification of the East and West.

Corruption was rampant, likewise egos and the Republic was shattered with the death of Julius Caesar on March 15, 44 BC. Chaos reigned but 31 BC marks the beginning of the Empire, under Augustus Caesar. The imperial age opened with a long period of peace, Pax Romanus, under the iron grip of Augustus. And by the beginning of the 2nd century under Trajan, the empire's expanse was in its full glory. However, instability and corruption were popular within the empire and likewise within the psyche of the Emperors.

Centuries forward brought dilution of the boundaries and of the emperors. Christianity, legalized under Constantine in 312 AD, began to spread and create a strong presence that challenged imperial regime.

The official fall of Rome is marked at 476 AD, but its decline was seen much earlier. The causes are many: constant relocation of the capital, uncontrollable subjects,

## Rome Snapshot continued

quixotic social and economic changes, and finally the arrival and strength of the barbarian tribes. Rome was left as a bandit town, a gangland and an abyss through the Middle Ages. The only ruling party was papal, but again, the city was anarchy. However, the Pope's power evolved from religious to military, and through out the centuries grew exponentially. In 1377, Rome was established as official papal headquarters and by the end of the 15th century, its cultural impact on the city was seen in the papal beautification programs—essentially urban planning. The face of the city changed, as palaces, villas, piazzas and churches were built. New streets were created and the basilica of Saint Peter was leveled and rebuilt, followed by two more centuries of expansion and beautification. Clashes continued between the papacy and Rome's people, and in the beginning of the 1800s, Napoleon changed the landscape as church's estates were confiscated and divided amongst French officials and Italian laymen. The 1800s were an era of unrest through out the Peninsula, with the rising campaign to overthrow the pope and install a monarchy. In 1870, the campaign succeeded and Italy was established as a country free of papal rule, led by both a king and parliament with Rome as its capital. In 1923, Mussolini was elected to Parliament and eventually becomes 20th century tyrant heralding Fascism. World War II caused tantamount strife in Italy as Italy was first part of the axis and then surrendered to the Allied forces in 1943, leading Germany to occupy Rome for over 9 months as the King fled. The city was bombed by the Allies and in April 1944 it was liberated. In 1946, Italy became once again a republic, exiling its monarchy, and ever since, Rome has been the hotbed of Italy's whimsical politics. © NileGuide

### Hotel Insights

The "Eternal City" holds a fascination for anyone in search of history or just plain beauty. Students, tourists, businessmen and pilgrims visit Rome at any time of the year, maintaining an uninterrupted flow of tourism that redefines the Eternal moniker. Despite Rome's abundance of hotels, it is

not always easy to find a last-minute room, so make sure to research and reserve in advance.

### Centro Storico(Historic Center)

The majority of hotels, both luxury and lax, are found Rome's historic center. Traditionally, Via Veneto is home to Rome's most expensive and luxurious including theAmbasciatori Palace, theHotelMajestic, theWestin Excelsior and theEden—all making deserved appearance in Federico Fellini's filmLa Dolce Vita.

Heading down the hill, Rome's other exclusive addresses are the Bernini Bristol overlooking theFountain of Triton, and the omnipotentHassler Villa Medici, at the top of the Trinità dei Monti steps. Now luxury can be found all over the city, from the majesticExedra at Piazza della Repubblica to the celebrity favoriteDe Russie at Piazza del Popolo. For those wanting a little Grand Tour charm, theValadier inPiazza del Popolo, theD'Inghilterra and theDei Borgognoni near the lively Piazza di Spagna, all provide a room with a very beautiful view.

Affordable accommodations pepper the city, and some popular pads are found in and around the nooks of Campo dei Fiori, the Pantheon and Piazza Navona, likeHotel Teatro di Pompeo, Albergo del Sole and Relais Palazzo Taverna. If antiquity is of most importance, theForty-Seven,Inn at the Forum and Hotel Gladiatori, with amazing forum and colosseum views, may just fit your needs.

### Termini

Manypensioni and bed& breakfasts are found around Termini station. They are almost always privately run, simply and cheap, making them an ideal choice for budget traveling. The Bee Hive is Rome's favorite for atmosphere and affordability.

### Trastevere

The Trastevere neighborhood has a broad range of hotels, from the luxurious Hotel Donna Camilla Savelli to the more outrageous Goodnight Garibaldi.

### Parioli/Flaminio

For less chaos and green, the upperclass and very residential Parioli neighborhood has the swankyLord Byron hotel, a favorite among business travelers and tryst-seekers.

© NileGuide

### Restaurants Insights

There is a wide, varied selection as far as gastronomy is concerned in Rome; choices range from exclusive high-level cuisine, developed by some of the most famous chefs on the international scene to traditional, heartyRomanesca fare in all its manifold variations; from Jewish cuisine andtestaccina recipes to the specialties of Lazio and ethnic dishes, which can be sampled in the plethora of restaurants that offer delights from all over the world.

The only way to really understand the heart and soul of Rome is by tasting its culinary splendors in a popular restaurant, this allows you to steep yourself in Roman culture while you discover the tastes and flavors of traditional cooking through the ages.

Delicious Roman cuisine stems from a time when people were unable to afford a meal made with meat, and therefore had to use offal, which at that time was considered less"prestigious" but definitely more affordable. Over the centuries, traditional dishes likecoda alla vaccinara(oxtail cooked with wine, tomatoes and peppers),la pajata,(veal's offal cooked in a tomato sauce),l'abbacchio alla scottadito andla trippa alla romana(tripe), have come to be considered as delicacies and are eaten by even the most refined palates.

### Centro Storico(Historic Center)

If in search of high-class food, Rome offers a great choice of quality restaurants. There are elegant places in the more exclusive hotels, such as La Pergola dell'Hotel Hilton, the Terrazza dell'Hotel Eden or La Veranda dell'Hotel Majestic. You can also try the delights of creative haute cuisine at restaurants such as Quinzi& Gabrieli, Alberto Ciarla, and Le Sans Souci. Tucked away down a small alley, the exclusive Il Convivio Troiani can be hard to find, but if you are looking for Italianalta cucina this is your place. Agata e Romeo have offered family run fine dining for three generations. Romeo is an expert sommelier and the

## Rome Snapshot continued

restaurant has over 1500 labels in its cellar. Romolo nel Giardino della Fornarina in Trastevere is the perfect setting for a romantic evening; dine outside in the low-lit courtyard where Raphael is said to have courted his lady La Fornarina. Nino is a cozy option, offering classic Roman and Tuscan cuisine in a warm environment. Or, if you are looking for pizza in the center, try Da Baffetto, which has been serving up some of the best around since the 1960s.

Inspired by the popular film *Babette's Feast*, Ristorante Babette has the feel of a 1920s French bistro. Gusto 28 also has a chic early 20th-century feel, and is especially known for its seafood dishes and variety of vegetarian plates. Ancient meets modern at L'Acino Brillo, where creative cuisine and contemporary decor blend delightfully in this hip restaurant and wine bar.

Rosati is also in the center and offers great views with their coffee. A celebrity hot spot during the 1960s and 1970s, they also have a dining room if your espresso leaves you wanting more. Obika off Piazza Navona offers something unique yet still *veramente italiano*—a fresh mozzarella bar. A number of varieties of one of Italy's most famous cheeses are served here, accompanied by a nice selection of meats, vegetables and sauces.

A relaxing way to enjoy a snack or evening coffee is at one of Rome's many cafés, usually serving coffee, gelato, panini and snacks. The elegant Ciampini is located atop the Spanish Steps, and offers amazing views of the city. The famed Antico Caffè Greco is one of Rome's oldest (open since the 1760), and is definitely one of its most exclusive.

### Trastevere

Pizzerias and trattorie are definitely the most popular places to dine in Rome: informal, economical and with speedy service, they are home to *pizza alla romana*, pizzas with a thin crust and a crispy edge, as opposed to the soft raised crusts of the Neapolitan pizza; however, if you are craving a taste of *bella Napoli*, you can't do any better than Da Vittorio. You will find pizzerias in every corner of the city, but Trastevere offers an especially wide choice of pizza restaurants with wood-fueled ovens (these give the pizza a more intense flavor). Panattoni, Ivo, Dar Poeta, Roma Sparita, Arco di San Calisto, are just some of the places from a wide selection

of high quality pizza parlors. Remo, in the heart of Testaccio, offers outdoor seating and hip younger crowd. In addition to pizza, don't miss other delicious Roman offerings found at pizzerie and trattorie, such as *Suppli al telefono*, fried rice balls filled with mozzarella, potato croquettes, fried cod fillets, fried pumpkin flowers, and *andbruschette* (slices of toasted bread with tomato or oil and garlic).

### Termini

Est! Est!! Est!!! has been around since the early 1900s, and serves thick-crust pan pizzas as opposed to traditional Roman thin-crust pies. This is a great option if you are in the center of the city and don't feel like heading over to the many pizzerie over in the Trastevere.

### Vaticano

For gelato, Gelateria Pellacchia in the historical center offers some of Rome's best, as well as coffees and panini.

©

## Nightlife Insights

Rome's beauty is accessible both day and night and the same is to be said for its vast range of entertainment—*theater, cinema, opera, discos*; the list is (almost) endless.

### Theater

The theatrical season lasts from October to May and it can often continue through the summer months. Most theatres offer a range of plays and productions, but there is one very special exception: The Sistine is the undisputed home of musicals. There are numerous private, experimental and *avant-garde* theatres often hosting young artists and offering stimulating, thought-provoking works. The Abraxa Teatro, is home to an innovative company, who seek to express themselves and their ideas by using their bodies rather than speech. If your tastes are a little more traditional, historic theatres such as Teatro Argentina, Valle and the Nazionale offer high quality performances by famous actors and theatre companies. The Teatro della Cometa and the Teatro Flaiano offer light comedies.

### Cinema

The cinemas in Rome have greatly improved over the past few years. Many new multiplexes have been built and other cinemas have been completely

restored. The cinema scene in Rome today is characterized by a fair amount of small, independent cinemas and many large, modern multiscreen cinemas; these cinemas almost exclusively show commercial films. Some of the better known independent cinemas such as the Greenwich, the Intrastevere, and the Labirinto have united to form Circuito Cinema, a society interested in promoting innovative films, created in an attempt to confront the supremacy of the large distribution companies. Warner Moderno, Metropolitan, Nuovo Sacher and Alcatraz often show English-language films. Summer is definitely the most romantic time to enjoy a film at the outdoor cinema on Isola Tiberina.

### Live Music

Live music is popular in Rome. There are an increasing number of places offering live music from Italy, America, England, Africa and South America. The most successful venues are concentrated in certain areas such as the Testaccio quarter, including places like Akab and Radio Londra. The Trastevere quarter is the home of the historic Big Mama. The Alexanderplatz in Trionfale is also recommended.

### Classical Music

Classical music lovers are also catered for, the city has a varied concert season; there is chamber music at the Accademia di Santa Cecilia and the Gonfalone organizes delightful baroque music concerts. The "symphony season" at the Teatro dell'Opera takes place in Terme di Caracalla during the summer, but the Associazione Il Tempietto offers concerts throughout the year. The elegantly furnished and imposing Teatro dell'Opera is the only theatre in Rome, which offers an operatic season of any importance and in summer, opera is performed outdoors in the enchanting Terme di Caracalla or the Piazza di Siena.

### Discotheques

Discos are very popular amongst the glamorous Romans; the elegant, formal crowd (politicians, actors and VIPs) often like to go to 1980s style clubs. The more "serious" clubbers frequent Via Galvani in Testaccio, the heart of Rome's night life. During the summer months, many discos relocate to the beaches of Fregene and Ostia, and some even to the Tiber banks for Roma Estate.

## Rome Snapshot continued

### Pubs & Bars

Discos aren't the only places that are popular on the weekend; pubs, beer gardens, restaurants and bars all teem with life. Many of these locals perform more than one function. For example, a cocktail bar will sell beer or allow you to surf the Internet before you hit the dance floor. Many cafés stay open late. The most popular and lively cafés are in the splendid Trastevere district in Via Veneto and Piazza Navona like the classic Caffè della Pace. Wine bars tend to be laid-back, informal and welcoming. These are great places to have a snack while sipping some excellent wine. Try the Trimani Il Wine Bar and the Cul de Sac in Piazza Navona. Pubs and beer gardens in Rome tend to have a British theme, they serve many different beers, and true to the good old 'Brit' style, you can enjoy a game of darts with your pint! Places to be "seen" in include the Fiddler's Elbow and the Victoria House.

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### Things to Do Insights

#### Colosseum

Heading the list of Rome's ancient monuments is of course the Colosseum. Inaugurated in 80 AD, it is the symbol of the Imperial Capitol and draws visitors from all over the world. Even if the lines are long, a tour of this ancient arena is well worth it.

#### The Forum

The Palatine is the oldest part of the city and home to the many of the ancient sites. To the North of the Palatine hill are the vast remains of the Roman Forum, once the social, political, and economic center of the city.

#### Pantheon, Trevi & Navona

The Pantheon, with its rotund interior and open ceiling, was constructed circa 125 BC and is now used as a Christian Church. One of Rome's famous landmarks is the Trevi Fountain, immortalized in Fellini's film *La Dolce Vita*. Although you are not allowed to wade through the fountain as Anita Ekberg famously did, legend has it that throwing a coin in ensures a return trip to Rome. On the other side of the Pantheon is the oval-shaped Piazza Navona which was once a Roman circus (hence its shape) but designated as a square in the 15th Century. Bernini's famous Fontana dei

Quattro Fiumi is located here, along with Fontana del Nettuno. Piazza Campo de' Fiori is also close by. By day the square hosts one of the most famous street markets in Italy, and is a popular meeting place for tourists as well as local youth during evening hours. The Spanish Steps or Scalinata Trinità dei Monti, at Piazza di Spagna, are another of Italy's most famous meeting places.

#### Vatican

Many of the works that were uncovered during the original excavation can now be seen in the Vatican Museums. St. Peter's Square is one of the most visited places on Earth. People come from all over the world to see Saint Peter's Basilica and receive the Pope's blessing, traditionally given Sundays at noon. Leave plenty of time to tour the Musei Vaticani (Vatican Museums), which house numerous masterpieces, including Michaelangelo's Sistine Chapel and Raphael's School of Athens. Just east of the Vatican on the Tiber is Castel Sant'Angelo. Originally constructed as a mausoleum for Emperor Hadrian in 139 CE, the fortress was used as a castle during the 10th Century and eventually as a papal residence. The last act of Puccini's masterwork *Tosca* took place here, and today the building has been turned into a museum. The Ponte Sant'Angelo stretches over the Tiber and was also constructed by Hadrian, intended to link the tomb with the center of Rome.

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### Travel Tips

#### Airports

Fiumicino Leonardo da Vinci (FCO) International airport and Ciampino (CIA) airport ([www.adr.it](http://www.adr.it)) are Rome's two hubs for air travel. Fiumicino is the transatlantic traveler's delight with its numerous shops and restaurants. Fiumicino has long and short term parking, and easily connected to Rome by a thirty minute train ride, bus or taxi. Ciampino is hub for European travel, especially for budget airlines like Ryan Air and Easy Jet. Ciampino is connected to Rome by bus, shuttle and taxi.

#### From the Airport

Fiumicino-Leonardo Da Vinci International Airport (FCO)

Train: The Leonardo Express runs directly from the airport to the main rail

terminal, Termini, as well as Tiburtina and Trastevere stations, with trains every 30 minutes from 6:35a-11:35p. Tickets are purchased either from teller or automated machines, and must be validated prior to boarding. Children under 12 accompanied by an adult ride free. Follow signs for "Stazione FS/Railway Station," located on the second floor.

Bus: "Sit Bus Shuttle" to and from airport to city center (Piazza Cavour e Stazione Termini, in Via Marsala). Bus stop is found in front of Arrivals at Terminal 3. Tickets are purchased on bus. <http://sitbusshuttle.it>  
Taxi: Rome's official taxis are white with black identity codes on the door. A ride from the airport to the city center is EUR40, with supplemental baggage fees. Wait in the official-regulated taxi lines rather than falling prey to non-licensed drivers.

#### Ciampino Airport (CIA)

Bus: to and from Ciampino to Termini Station by buses ATRAL, COTRAL, SIT and TERRAVISION. The buses are parked in dedicated bus bays opposite International Departures.

#### Train

Rome is a major hub for Italian rail, at Termini Station. It is managed and maintained by the Italian State Railway (<http://www.trenitalia.com/>) and offers a variety of options for continental as well as local travel. The EuroStar and Freccia Rossa are the high speed lines traveling up and down the peninsula. Most of the trains arrive and depart at Rome's Termini station, including all InterCity, regional and national trains, with a few international trains stopping at Ostiense and Tiburtina stations.

#### Bus

Tiburtina Station (<http://www.romatiburtina.it/>), north eastern part of Rome, is the base for most intercity buses. The bus terminal is located adjacent to the rail station. Eurolines (<http://www.eurolines.it/>) and Cotral services bus lines that run internationally.

#### Car

All roads lead to Rome. The A1, Italy's famed superhighway running from Milan to Naples, makes sure to pass through Rome. The A24 spans east and the SS1 Aurelia coastal route splits the A12/E80 between Genoa and Rome. All converge with

## Rome Snapshot continued

Rome's ring road, the Grande Raccordo Anulare (GRA). With gas prices paid by the liter and toll roads littering the motorways, driving can be quite expensive. Check out the Autostrada website (<http://www.autostrade.it/>) for toll info throughout the country.

Driving in Rome can be a harrowing experience. The historical center is a restricted driving zone (Zona Traffica Limitata- abbreviated ZTL), and non-resident vehicles are prohibited M-F 8a-6p and Sa 8a-1p, enforced by major fines. Paid parking spaces are marked by blue lines and are all over the city. Parking Termini is located in front of the main train station and is open from 6a-1a. Park Si and Parking Ludovisi are located near the Villa Borghese. Another option are the parcheggi di scampio lots, located farther outside the city center usually near metro stops. Around EUR2 a day, this is a very economical but riskier option as lots are unattended.

### Public Transport

ATAC is Rome's public transportation provider for buses, trams and metro line. Tickets are 1 euro, and require validation before travel. Duration is 75 minutes. Buses run 24 hours a day throughout the entire city. The Metropolitana or metro has two lines (A and B) recognizable by large red signs marked "M". The lines criss-cross through the city, intersecting only at Stazione Termini and run from 5:30a-11:30 everyday, and until 12:30a on Saturdays.

Children under ten years ride free. For information about special tickets like the all-day pass and to plan your route, visit <http://www.atac.roma.it/> (Italian only site).

### Taxi

Rome's official taxis are white and have a black identification number on the door

reading Comune di Roma. Use only these authorized taxis, as they are metered and regulated-- and make sure to keep a close eye on the meter. Normal starting fare (between 7a-10p) is EUR2.80; night fares are higher (10p-7a) EUR5. Remember that Sunday and holiday fares also apply between 7a-10p, and rate per mile increases if you travel outside the city limits. Bring plenty of small bills as Roman taxi drivers are notorious for not having change! Taxi Companies include:

Cooperativa Radiotaxi Samarcanda  
Radiotaxi 3570

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### Fun Facts

Interesting Fact: SPQR, Rome's nearly 2500 year-old motto Senatus Populus Romanus (aka the Senate and the People of Rome) is also the motto of Rome's waste removal organization. Fun Fact: Rome is a capital city which contains the world's smallest country, Vatican City, of 108 acres, within the boundaries of the Eternal City's original urban sprawl. Weird Fact: Visitors have the opportunity for a sneak peak at purgatory. The Museum of the Souls in Purgatory sits in side room of the Church of Sacred Heart of Suffering, just across the river from Piazza Navona. The museum showcases artefacts that have traces from souls suffering in purgatory. Not limbo, but purgatory, the 8000 year waiting room between heaven and hell.

Random Fact: the majority of all souvenir sellers are named either Marco or Massimo/Massimiliano. University Fact: Rome's first university, La Sapienza (est. A.D. 1303), is the largest in Europe with over 100,000 enrolled students and

the second largest in the world. Soccer Fact: Most Romans love calcio (soccer), and Rome sports two teams: Roma, the traditional anti-establishment, working class team and Lazio, the slightly more staid club. Make sure you know which colors to wear (red/yellow or blue/white) and how to identify team symbols-- very useful when arguing with a taxi driver. Museum Fact: Rome's museum traverse ancient to contemporary art, but there are several offbeat culture caches as well including: a Pasta museum, Horror museum (by director Dario Argento), a Purgatory museum, Carabinieri museum (military police), and the museum of police cars and uniforms. Ancient History Fact: Rome celebrates its 753 BC foundation every April 21st. All shops, businesses and schools are closed in celebration of Romulus' foundation of the city. Fake Fact: Most Romans can trace their lineage back to Julius Caesar and his merry men. More likely, the true Roman is someone who can trace his family heritage in Rome only back seven generations. Bridge Fact: The Ponte Rosso is Rome's oldest bridge from the first century BC. It has been damaged and repaired several times, but to no success. Even Michelangelo Buonarroti could not keep that bridge from falling down. Food Fact: Rome has an ice cream shop, gelateria, on every corner which feature flavors from traditional cioccolato to more fanciful tomato and basil. Everyone has a favorite gelateria and everyone has an opinion. Tanning Fact: Rome is approximately 13 miles from the beach-Ostia- an easy and inexpensive train trip for a quick tan- 20-minute and 1 euro via ATAC, Rome's public transport

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