

# Rome

Rome, what do you think of when you think of Rome? Gladiators? Roman ruins? Art? Great shopping? Well, the Eternal City has this and more than you can imagine. Rome is a place that everyone should visit at least once in their lifetime. The history is bigger than life! On a WOW factor of 1-10, when you first gaze upon the Colosseum it's an 11. Art you have only read about in your high school years, leaps out and touches your very soul in unforgettable familiarity. (*observation, experience, familiarity*) . Just wait until you see Michaelangelo's masterpiece of God's hand reaching out to Adam's in the Sistine Chapel, or lifelike statues in the Vatican Museum, or the Golden Mosaics covering the walls and ceilings of churches and government buildings.

## What to See and Where to Go

**Aventino** - Aventine Hill contains the Circus Maximus and the Baths of Caracalla. It is named for the hill that rises up near the Tiber River and is one of the legendary Seven Hills of Rome. The most popular thing to do on the Aventino hill itself is to take a peek through the keyhole that lets you look through three countries (the third is the Sovereign Military Order of Malta, which owns the building that the keyhole belongs to) and see St. Peter's Basilica in the Vatican City perfectly framed between two rows of trees.

The Gate on Aventino Hill, Rome with a magnificent view to Vatican through a keyhole

Getting to the keyhole can be a little complicated. If you are walking down Via Teatro de Marcello away from the theatre, you will pass two skeleton temples on your right and a fabulous church (Santa Maria in Cosmedin) with a medieval tower on your left. Shortly after this, and after passing the left turn that would take you to the Circus Maximus, turn left up a steep hill and you will find yourself on top of the Aventino. After coming to a T-junction, turn right and walk a couple of hundred meters past the entrances to a couple of parks on the right (these parks themselves offer great panoramic views of Rome). The keyhole building is one of several on the right side as you come to the end of the road. Take a peek through and the walk will have been worth it.

- [Colosseo](#) - the heart of ancient Rome, the Colosseum, the [Roman Forum](#), the Forum of Augustus, the Forum and Markets of Trajan, the Capitoline and its museums
- [Esquilino](#) - South of Termini, with an indoor market and Piazza Vittorio Emanuele.
- [San Giovanni](#) - At the center of this area south of Esquilino is the Cathedral of Rome Saint John in Lateran (San Giovanni in Laterano in Italian).
- [EUR](#)

- Navona
- Nomentano
- Pantheon
- Parioli
- Prati
- Quirinale
- Repubblica - also known as **Esedra**.
- Salario
- San Lorenzo
- San Paolo
- Spagna - the Spanish Steps, the Mausoleum of Augustus, Ara Pacis
- Testaccio
- Trastevere - across the Tiber River...the old gate.
- Trevi - the Trevi Fountain
- Via Veneto - The Via Veneto is famous for the **Dolce Vita**, the magnificent Piazza Barberini is also in this area.
- Villa Borghese
- Vaticano - the area around Vatican City
- Vatican City - the independent Papal State within the city of Rome, location of St Peter's Basilica, the Vatican Museums and Castel Sant'Angelo
- Lido di Ostia

## Some Roman History

### Romulus and Remus

As myths and legends were so popular in ancient history, Rome's beginnings has it's own. It is said that the Eternal City was founded by the twins Romulus and Remus who were abandoned as infants in the Tiber River. Their father Mars (the god of war and farming) seduced Rhea a Vestal Virgin who became pregnant with the twins. Put in prison for the indiscretion by her own uncle Amulius, the boys were put into a basket and sent down the Tiber River to their death. Mars hearing this took matters into his own hands sending a She-Wolf, who nursed and watched over them until a shepard named Fausulaus, also sent by their father to raise the boys as his own sons. Once grown they decided to create a kingdom along the Tiber River. The two were at constant odds on what to name the city and how to run it. They decided to wait for a sign from the gods, to confirm who was right. It was decided that whoever saw a flock of vultures first, would win the debate. Remus was the first, he saw 6 vultures, but Romulus was gifted when he saw 12. They argued who would be the winner with Remus being the first to see the flock but Romulus felt he had more birds and should be considered the victor. Followers of the two king wannabe's starting fighting amongst each other and eventually ended up killing Remus. Hence Romulus became ruler and named the new city Rome.

Another version of the story has Romulus winning the contest with the birds flying over the hill, which he was on. When Romulus began to build the walls of the city, Remus

jumped over walls. Romulus was so insulted that he killed his brother and stated that anyone who tried to come over the walls of his city would meet the same fate.

## A little more history

Situated on the River Tiber, between the Apennine Mountains and the Tyrrhenian Sea, the "Eternal City" was once the administrative center of the mighty Roman Empire, governing a vast region that stretched all the way from Britain to Mesopotamia. Today it remains the seat of the Italian government and home to numerous ministerial offices.

The metropolitan area is home to around 3.3 million people.

## Arrival

Rome has two main international airports:

- **Leonardo da Vinci International Airport** (Rome Fiumicino, code FCO) - well organized and connected to the center of the city by public transportation <http://www.adr.it/default.asp?L=3>
- **Ciampino International Airport** - (Rome Ciampino, code CIA) located to the south of the capital, confusingly on via Leonardo Da Vinci.

## Getting from Airport into Rome

There are several options to go from Leonard da Vinci airport to downtown Rome:

- **Leonardo Express trains** leaves every 30 min to the central train station **Roma Termini** (30 min trip). Trains from Termini depart from the track 24 on the right. Ticket costs €11, available at the counter as well as the Termini news stand. Tickets sold at the departure platform are more expensive. You can't buy a ticket for a specific train (it's just a general ticket for any time), so remember to always get your ticket stamped in a yellow validation machine just before using it. Ticket expires 90 minutes after validation.
- **The Metropolitan train** leaves from the track on the left but does not stop at Termini. Get off at **Tiburtina Station** or at **Ostiense Station** to connect to the Rome Metro. Tickets: €5,50, plus €1 for a metro ticket. The extra cost of the Leonard Express is for the convenience of a direct ride to Termini. If you are going somewhere else on the Metro, Tiburtina and Ostiense are as convenient. Remember to always get your ticket stamped in a yellow validation machine just before using it.
- **Terravision** runs a bus service to Termini station. Tickets: €9 single or €15 return, 70 minutes, 5 stops, 7 services a day. <http://www.terravision.eu/>

- **Taxis** Taxis in Rome are white. From October 1st 2006 they have fixed fares from downtown to airports. City center to Fiumicino and vice-versa cost 40 euros. City center to Ciampino and vice-versa cost 30 Euros. For others destinations fares are not fixed. You don't have to negotiate the price. Regular taxis have a taximeter. Fee for luggage is around 1 euro each. **Watch out for unlicensed taxi drivers or limousine drivers (dark cars) that approach you at Termini station or any of the airports.**
- **Rental cars** are available.
- **Shuttle services** must be booked 1 day in advance. Three Companies are listed below:
  - **NCC Rome** Shuttle and limousine service <http://www.topdriver.it/>
  - **Airport shuttle** Offers door-to-door service from airport Fiumicino / Ciampino to Rome hotels or private residence. Minibus 8 seats Tel.: +39-06-42013469, 4740451, or 42014507. <http://www.airportshuttle.it/>
  - **Airport Connection** Shuttle and limousine service. 30-50€. Ph: +39-06-3383221 fax: +39-06-3380748). ([info@airportconnection.it](mailto:info@airportconnection.it), <http://www.airportconnection.it/>
  - **Rome Limousines** [6] Provides luxury sedan and van transportation for your airport transfers, charters, tours. <http://www.romelimousines.com/>
  - **Colosseumtravel Limousine Service** <http://www.colosseumtravel.com> [Limousines in Rome](http://www.colosseumtravel.com/Limousines%20in%20Rome) Provides first-class private limousine and airport transfer services. Tel.: +39 0657305406.

## Shuttle to Civitavecchia Port

- **Zelit Limousine** Best transfer rates from airport to rome hotels & Civitavecchia port <http://www.zelitlimousine.com/>
- **Civitavecchia Port Shuttles** Transfers from Fiumicino or Ciampino airports Civitavecchia port Call (24 hours) +39-3334191175

## Bus Service

- **Bus** (Co.tra.l, S.p.A, blue regular-size buses) The bus stop is located outdoors at ground level ~100 meters left from arrivals (terminals B&C). You can buy tickets at all tobacco shops - they have blue signs (Tabacheria), e.g. at Terminal B or at the drugstore Terminal A. Lines are:
  - Aeroporto-Termini-Tiburtina (€3.60)
  - Aeroporto-Roma Cornelia (metro A) (€2.80)
  - Aeroporto-Roma Magliana (metro B) (€1.60)
  - Aeroporto-Ostia Lido (€1.00)
  - Aeroporto-Fregene (€1.00)
  - Aeroporto-Fiumicino (città) (€0.77)

Don't forget to mark your ticket after getting on the bus; if the machine doesn't work (which is fairly common), you have to write your name, birth date and current date & time on the ticket.

A good choice is to take the bus to EUR Magliana (stops directly at the metro station, which belongs to line B) and then take the metro. It's the **cheapest way** to get to the centre (€2 bus+€1 metro). The sign on this bus reads "Fiumicino-Porto-Magliana".

### **Ciampino International Airport**

Easyjet and Ryanair fly to **Ciampino Airport**. This small airport is closer to the city center than Fiumicino but has no direct train connection.

### **By bus**

- **COTRAL/Schiaffini** Buses operate from outside the terminal building to "Anagnina metro station" (ticket: €1.20). A metro ticket to central Rome costs another €1. There are also buses at the same price to Ciampino local train station; from there there is a train to Rome Termini station (ticket: €2). The buses operate roughly every hour or 30 minutes during the Italian work day (8-12 and 16-20), and you should count on at least 45 minutes travel time for either route. Italian trains are notoriously late, and the metro can get very crowded. Timetable booklets are available in some information booths.  
<http://www.schiaffini.com/AlPercorrenze1.asp?Loc=28&p=0>
- **Sit bus shuttle** Runs a direct bus service from/to Termini. The price is €6 one-way or 10€ with return (approx. 40 min, with about 25 services a day). <http://www.sitbusshuttle.it/>
- **Terravision** Direct bus service to Termini. Please note that this is a dedicated airport-city transfer only for some airlines. The price is €8 one-way or €13.50 return (approx. 40 min, with about 20 services a day). It is advised that passengers on the return trip from Termini to board the bus 2.5 hours before their flight's departure time. Terravision also offers buses from Fiumicino airport to Termini, and a transfer bus between the two airports. [http://www.terravision.eu/rome\\_ciampino.html](http://www.terravision.eu/rome_ciampino.html)

- **Taxi Service**

The price for a **taxi** ride to Termini is €30, as it is to any destination within the city walls. Be aware of unofficial taxi drivers, a drive with them could reach as high as €80. Do NOT negotiate the price for the city center with anyone and be sure your driver activates the meter when he starts driving to any other destination. Be aware that Ciampino is outside of city limits, this implies that the fare for first 10 minutes is higher (a number 2 appears on the meter). The driver is supposed to change the fare to number 1 once he hits the ring highway (G.R.A.)

and enters the city limits. One more proviso: Go direct to the taxi stand, ignoring touts.

- **By shuttle**

- **Zelitlimousine.com** to see economic transfer rates from airport to Rome hotels and Civitavecchia port.

Shared shuttle service can be hired for around €15 per person. However, since the shuttle is shared, it may take longer to reach your destination if other customers are dropped off before you are. <http://www.zelitlimousine.com/>

## **Train Service**

Rome's main railway station is **Termini Station**. Like any other train station, it's not very safe at night. It's also locked up between 00:30 and 04:30, when the only people hanging around outside are taxi drivers and the homeless. Most long-distance trains passing through Rome between these times will stop at Tiburtina station instead.

Other main stations include Ostiense, Trastevere, Tuscolana, Tiburtina.

## **By car**

Rental cars are available in the airport terminal from all the usual companies.

Roman traffic is chaotic, so it is better to use public means, if possible, while in Rome. A valid alternative is to rent a scooter which costs about 40€ per day.

## **Cruise Lines**

Most cruise lines will offer transfers to the port of Civitavecchia. Another option, is to take the train with the transfer time of approximately 1 hour. From Civitavecchia you can take a ferry to Barcelona, Tunis, Toulon, Corsica, and Sardina. <http://www.grimaldi-ferries.com> and <http://www.moby.it>.

Now it is possible to dock in new Porto di Roma, Ostia, located a few kilometers from Rome and linked by train and metro.

## **Get around**

### **By taxi**

Taxis are the most expensive way to get around Rome, but when weighed against convenience and speed, are often worth it. Roman taxis within the city walls run on

meters, and you should always make sure the driver starts the meter. Taxis will typically only pick you up at a taxi stand, which you will find at all but the smallest piazzas, as well as at the main train station. Flagging down a taxi (like in London) is possible, but quite rare as the taxi drivers prefer to use the stands. When you get in the cab there will be a fixed starting charge, which will be more for late nights, Sundays and holidays. Supplemental fees will be requested for bags that the driver has to handle, typically €1 per bag. Drivers may not use the shortest route, so try to stay on map and discuss if you feel you're being tricked.

Be warned that when you phone for a taxi, the cab's meter starts running when it is summoned, not when it arrives to pick you up, so by the time a cab arrives at your location there may already be a substantial amount on the meter. You can get a taxi pretty easily at any piazza though, so calling ahead is really not required.

A trip completely across the city (within the walls) will cost about €11, a little more if there's heavy traffic or at night or on a Sunday. From Ciampino airport the flat rate is €30 to anywhere in the city **period**, and this is set by a central authority. Drivers at the airport may try to talk you into more, saying that your destination is 'inside the wall' or 'hard to get to'. State flat out before you drive away that you want the meter to run. If they try to overcharge you, start looking for a policeman. They will back down.

## **Beware of Scams**

Some private citizens dress up their cars to look like cabs. These people strategically locate themselves at airports and railway stations waiting for travelers. Beware of operators who don't display a licensed meter and ID. Use only authorized taxis (white vehicles with a taximeter) that are available in the arrivals areas of the terminals. Also, some airport employees may direct you to a 'Taxi' driver if you ask where you find them when you are inside the airport terminal. The 'Taxi' could end up being a Mercedes limo, costing you double the fare of a real taxi, and a tricky situation to get out of as your luggage is locked away in the limo's trunk.

The main taxi companies may be called at **063570** and **065551**.

Rome also has several taxi cooperatives:

- La Capitale, Tel 064994
- Roma Sud, Tel 066645
- Cosmos, Tel 0688177

## **On Foot**

Rome is best seen on foot. Take your time, stroll the ancient streets and learn of their past. Taking the bus or metro system you will lose the chance to find small intracasies like a hidden piazza with an unknown statue or ruin. Walking you have the chance to see how the modern day Roman's live, see where they sit back at their favorite café to relax,

or where their kids meet up to play ball. You also will find the small stores that have the most interesting items. Looking for swords there is a shop where the owner actually has his own private museum on the second floor with ancient gladiator relics, holyland warfare, suits of armor and much more. Not only that, for Rome he is realitively inexpensive. Seeing the city on foot also gives you the chance to go into the interesting buildings and ruins that you might otherwise miss. The frescoed ceiling of a church, the mosaics in an old government building, hidden Roman Bath's all without the typical tourist crowds.

Crossing a street in Rome can be challenging. There are crosswalks, but these are rarely located at signaled intersections. Traffic can be intimidating, but if you are at a crosswalk the secret to getting across is to just start walking. Cars will not slow down, but they will alter their trajectory to avoid hitting you. Do not try to run across, or anticipate gaps in traffic. Keep a steady pace, look straight ahead, and you'll get to the other side safely.

Watch out for the thousands of mopeds. Now they just might run you down! Also do not walk with your purse, backpack or fanny pack near the street, people on mopeds can drive by and snatch your goods.

One more piece of advice, watch out for women who throw their babies towards you, they are hoping you will try to catch the child all the while trying to take your purse or backpack. Our advice whether real child or not, let it drop, you cannot afford to lose your passport, cash, credit cards, camera and so on. Also if wearing a backpack or daypack the pick pockets are very good and can get into a zippered bag without you knowing it, if you have to wear the pack put a lock on all zippers that hold valuables. And, pick up packs that have a small metal coil running through the shoulder straps.

## **Bus System**

Roman buses are not known for running on strict and reliable schedules. But they are a great way to get around to all parts of the city, as long as you're not in a hurry.

The buses basically operate on the honor system, but ATAC does police the bus system for people riding without tickets. ATAC officers may board at every door of the bus just before the bus leaves and check every passenger on the bus. Stamp the ticket before boarding the MetRo, or on board the bus or tram, or face a €100 fine. Though inspectors are rare, if you don't have sufficient money on you to pay the fine, they will actually escort you to an ATM to pay the fee. If you don't have an ATM card to withdraw money, the officers have been known to take you to jail for at most 24 hours.

<http://www.atac.roma.it/> (in italian) Or on your search engine ask for ATAC Rome then click on the translate page next to the link.

- Maps of the bus system are available for purchase (3.5 euro at Termini). Bus stops list the stops of the bus, but without a map, you will have a hard time using the city buses. Bus drivers try to be helpful, but most are not fluent in English.

## **Hop On Hop Off Bus**

Another option for travelers who want to see the sights of Rome without a stop on every street corner is the **Hop on Hop off Bus**. An open topped double decker bus that supplies headsets with the most up to date information on the attractions in Rome. There are 3 buses to choose from, the Red double decker goes to the most popular tourist attractions. The Yellow bus hits all the major churches, and then there is the Archeobus introduces you to Christian Rome, the catacombs and ThenAppian Way. Then there is the 110 Bus that takes you through Artistic Rome. Get off when you want, stay as long as you need, get back on the bus and head for another site. You can purchase tickets at the bus stop. <http://www.viator.com/tours/Rome/Rome-Open-Top-Double-Decker-Bus-Hop-On-Hop-Off-Tour/d511-3523ROMOPEN> or <http://www.romaturismo.it/v2/romatiaccoglie/en/tourtematici.html> or <http://www.trambusopen.com/index.cfm?Id=home>

## **Schedule for Christian Rome**

- Termini Station
- Santa Maria Maggiore
- San Giovanni in Laterano
- San Clemente al Celio
- San Pietro in Vincoli
- SS. Cosma e Damiano
- Santa Sabina all'Aventino
- Santa Maria in Cosmedin
- San Marco
- Santa Maria ad Martyres - Pantheon
- Santa Maria in Vallicella
- San Pietro in Vaticano
- Cancelleria Vaticana
- Santa Maria in Aracoeli
- Santi Apostoli
- Santa Maria degli Angeli

€13,00 validity 24 hours, €20,00 validity 48 hours and €28,00 validity 72 hours.

## **Archeobus**

- Piazza Venezia
- Bocca della Verità
- Circo Massimo
- Baths of Caracalla
- Porta San Sebastiano
- Appia Antica - Domine quo vadis

- Catacombs of San Callisto
- Catacombs of San Sebastiano
- Circus of Maxentius - Tomb of Cecilia Metella
- Valle della Caffarella
- S. Urbano
- Ninfeo
- Casal Rotondo
- Roman Aqueducts
- Villa of the Quintili

**Tickets** are valid for the whole day and may be purchased on board -.  
The tour lasts 2 hours

### **Schedule for the 110 Bus**

- Termini Station (main stop) - Piazza della Repubblica - Via XX settembre
- Via Nazionale (stop) - P.zza di S. Maria Maggiore
- Colosseo (stop) - Via dei Fori Imperiali
- Bocca della Verità (stop) - via del Circo Massimo
- Piazza Venezia (stop) - Via del Teatro di Marcello
- Corso Vittorio Emanuele II (stop) - Pantheon - Torre Argentina
- via della Conciliazione (stop) - San Pietro
- Piazza Cavour (stop) - Via Ulpiano
- Piazza Augusto Imperatore (stop) - Piazza del Popolo - Pincio
- via del Tritone (stop) - via del Corso
- Via Veneto (stop) - Porta Pinciana
- Termini Station (stop)

**Rates:** € 16,00 (free of charge for children under 6 years of age; children 6-12 years Euro 7,00).

### **By Tram**

The Tram routes mostly skirt the historic center, but there are stops convenient for the Vatican, the Colosseum, and the Trastevere area. The number 8 does run into the center, not far from the Pantheon. If you want to catch a soccer game at one of the stadiums in the north of the city, catch the tram number 2 just north of the Piazza del Popolo.

### **By Metro**

There are two lines, crossing at Termini station. Line A (red line) runs northwest past the Vatican, and south. Line B (Blue Line) runs southwest past the Colosseum and northeast. Through most of 2007 Line A stops running at 9:00 pm. However, it is replaced by two bus routes (MA1 and MA2) that parallel it at 5 minute intervals. There are nearby tram lines that go right to Termini easily, however. The Metro is the most punctual form of

public transportation in Rome, but it can get extremely crowded during rush hour. A serious warning: pickpockets are extremely skilled. Keeping your wallet in your front pocket or in your bag is FAR from safe. You should consider using a money belt that has a zippered inner pocket or a pouch that straps around your waist and rests between your pants & underwear. If you carry a bag, it is imperative that you either lock the zippers together with small padlocks, or carry it always in front of you, strapped AND held onto tightly. Pickpockets often work in teams using elaborate distraction techniques that are constantly evolving, so depending on your own vigilance is not advisable.

## See

Italians are very fond of their landmarks and their ancient culture and in order to make it more accessible every year there is a week during which every publicly managed place is free. This nice happening which typically is in mid-May is "*La settimana dei beni culturali*", i.e. 7 to 10 days all landmark, archeological places and museums belonging to public management (including Colosseo and all the areas of the ancient Foro) are **free**. See <http://www.beniculturali.it/> to know the exact dates.

## Roman Empire structures

The Colosseum, Forum, and Palatine Hill are all in very close proximity to each other.

- **The Colosseum** - Expect long lines to purchase tickets and the wait to get in even longer. Sign up for a tour to bypass the lines. Another way to bypass the wait is to purchase your tickets in the Forum just across from the Colosseum. A day-long pass is €10, or a standard Colosseum and Palatine Hill ticket is €11, better still, a 7-day pass at a discount price of €22. This pass gets you in to the Colosseum (Colosseo), Palatine Hill (Palatino Hill), the Baths of Caracalla (Terme di Caracalla), and the catacombs as well as the Terme di Diocleziano, Palazza Massimo alle Terme, Crypta Balbi, Palazzo Altemps, Villa dei Quintili, Tomba di Cecilia Metella. If you don't want to cram it all into one day, get the pass. Plus, it is nice to buy a slice of pizza and eat in the gardens of Palatine Hill. There are lots of people offering tours in English just outside the entrance to the Colosseum. Inside you can take a tour (English, Spanish, or German) every 30 minutes or so for an additional fee of €3.5 per person. The tours are given by knowledgeable archeologists, but they don't take you to any areas you couldn't visit on your own.
- **The Pantheon** - A marvel of ancient architecture, this ancient temple to all gods is celebrated for its large dome, copied during Greek and Roman revival periods by such designers as Thomas Jefferson, who modeled his Monticello and the Rotunda at the University of Virginia on it. Built during the reign of the emperor Hadrian (AD 125-128), the Pantheon carries a dedication to Marcus Agrippa, who built the original structure on this spot in 27 BC. As it is still a functioning church, silence is requested during your visit. From inside the Pantheon, you'll see traces of the former bronze ceiling, melted down during the reign of Pope Urban VIII to make bombards to for the fortification of the Castel Sant' Angelo. The hole in the

center of the ceiling, though, is an original feature designed to admit light. Guides will tell you the spectacular doors are original, but the original bronze doors were also melted down by Pope Urban and might have been used to create Borromini and Bernini's Baldacchino in Saint Peter's. The site surrounding the Pantheon offers a lesson in archaeological stratigraphy. The building now appears to be built in a recess at the edge of a hill, but this is not the original appearance. The street level at the sides and rear has risen about 10 meters since the original construction due to the accumulation of debris from 2,000 years of settlement. This has necessitated the maintenance of the deep trench that keeps the building from being buried.

- **Roman Forum** - If stones could talk: these hallowed ruins were the most powerful seat of government in the world. The Forum is much less crowded than the Colosseum and, from a historical perspective, much more interesting. Free admission, except for an audio guide, which is highly recommended. To stand in the political, legal and religious centre of the whole Roman Empire brings shivers down one's spine. It is the best way of imagining the splendour and glory of ancient Rome.
- **Tabularium** The remains of the ancient Roman archives, where Cicero and Seneca did research. Visible from the Forum and accessible through the Capitoline Museum.
- **Circus Maximus** The contours of the ancient stadium are still visible in a city park across the Palatine from the Forum. It was in one of the tunnels here that Caligula met his end.
- **Palatine Hill** - right next to the Roman Forum, contains the ruins of several large villas that belonged to wealthy Roman families. You can buy a combined ticket for the Palatine Hill and the Colosseum here, avoiding the long lines at the Colosseum.
- **Fori Imperiali** - Entry €7 (cheaper for EU nationals, free for EU history students). The inside of the fort is very similar to a museum, with a lot of rooms containing items in glass cases. It is a bit of a maze and takes time to orient yourself, but it is worth climbing to very top for a view of the city and the Vatican. As of late June 2007, it is closed for restoration, but you can still see a lot of it from the road.
- **Prison of Apostles Peter and Paul** – At the bottom of steps to the Capitaline Museums. People of faith can actually touch the post the Apostles were chained to right before their deaths. Doing time behind bars they converted the prisoners to Christianity who wanted to be baptized in water. As this was a prison water was scarce, Peter with strong faith in miracles touched the floor and water miraculously flowed from the ground, **and** the water is still there today. Free but they do accept donations.

## Museums

- **The Capitoline Museums**, Piazza del Campidoglio 1 - 00186 Roma, 06 82059127 (every day 9.00-19.30) ([info.museicapitolini@comune.roma.it](mailto:info.museicapitolini@comune.roma.it), or <http://en.museicapitolini.org/> Tu-Su 9.00am-8.00pm; Dec 24th, 31st 9AM-2PM (the ticket office closes an hour in advance) Closed on Mondays, 25th Dec, 1st Jan, 1st May. Also contain a good collection of classical art, as well as ancient sculpture, including the famous bronze wolf. The Capitoline piazza, between the two museum buildings - designed by Michelangelo, is beautiful. Explore these museums, then head out the back of the square to the Forum, where you'll find the remains of the Temple of the Vestal Virgins, among many other buildings on the way to the Colosseum. [Book tickets online](#) Ordinary €6,50 (+ €1,50 for exhibitions), Concessions €4,50 (+ €1,50 for exhibitions)..
- **Palazzo Massimo**, 06 39967700. Mo-Sa 9AM-1:30PM, 2:30PM-5PM. A magnificent collection of ancient Roman sculptures, mosaics and wall paintings, including the famous paintings from the Imperial-era villa discovered under the Villa Farnesina, as well as the bedroom from the Empress Livia's villa at Prima Porta. Located across the piazza from Termini, opposite the Baths of Diocetian. € 7,00.
- **Galleria Borghese**, Piazzale Museo Borghese (Parco di Villa Borghese) 00197 - Roma, +39 06 8555952, booking: +39 06 32810 ([info.servizimusei@libero.it](mailto:info.servizimusei@libero.it), fax: +39 06 32651329.), <http://www.galleriaborghese.it/default-en.htm> Tu-Su 9AM-7PM (note: Mandatory exit at the end of allotted 2 hour slot). A small museum that concentrates on the quality rather than the size of its collection. There are some very notable works by Antonio Canova and Gian Lorenzo Bernini here. The number of people admitted is limited to 200 every 2 hours, so make a <http://www.ticketeria.it/> well in advance for the time slot you want. No cameras are allowed Full and Student €12.50, Concessions €9.00.
- **Villa Giulia Museum**, Piazzale di Villa Giulia, 9, Villa Borghese 00196 - Roma, +39 06 3201951, <http://www.roma2000.it/zvilagiu.html> Everyday 8:30AM-7:30PM. Closed Jan 1st, Dec 25th. The most extensive collection of Etruscan art and artifacts anywhere, well worth the admission charge. They do, however, make you lock up your camera. A difficult museum to find, but a lovely display in a beautiful villa setting. Full: €4.00 Concessions: €2.00.
- **Vatican Museums**, [http://mv.vatican.va/3\\_EN/pages/MV\\_Home.html](http://mv.vatican.va/3_EN/pages/MV_Home.html) Check opening hours from website or signs near the museums. Vatican Museums includes the Sistine Chapel famous for Michelangelo's frescos. Accessing the Sistine Chapel requires walking through many other halls and buildings (including the Raphael's Rooms) and it takes about an hour. Full: €13.00, Concessions: €8.00.

## Churches

If you aren't familiar with Roman Catholic churches, take a look inside of any one of these. You'll find the richness and range of decor astonishing, from fine classical art to tacky electric candles. Please note that some churches in Rome deny admission to people who are dressed inappropriately. You will find "fashion police" at Rome's most visited churches - near the front doors of St Peter's, St Paul Outside the Walls, and often Sta Maria Maggiore and San Giovanni in Laterano. Bare shoulders, short skirts, and shorts are officially not allowed, but long shorts and skirts reaching just above the knee should generally be no problem. However, it's always safer to wear longer pants or skirts that go below the knee; St. Peter's in particular is known for rejecting tourists for uncovered knees, shoulders, midriffs, etc. (You also generally won't be told until right before you enter the church, so you will have made the trek to the Vatican and stood in a long security line for nothing.) The stricter churches usually have vendors just outside selling inexpensive scarves and sometimes plastic pants. Few other churches in Rome enforce dress codes. You can wander into lesser known churches like Sant'Ivo and Sta Maria in Trastevere wearing shorts, sleeveless shirts, or pretty much anything without problems. It is, however, good to keep one's dress tasteful, as these are still churches and houses of prayer for many people. (Older Romans might comment on attire and perhaps harass you if it is particularly revealing.)

- **St. Pietro** - St Peter's - where the Pope resides. Said to be the finest church on the planet. Long queues for entry, but queuing time is not very long. Strict dress code, entrance is denied if not followed. The basil and tombs of the popes are free. Access to the cupola is €7 using lift, and €4 using stairs. Even with lift, about 350 steps must be climbed.
- **San Carlo alle Quattro Fontane** - a very small and beautiful church, the first design commission of Francesco Borromini.
- **Sant' Ivo della Sapienza** - This little church is hard to find but well worth the extra effort. It is located only a block from Piazza Navona, but not usually visible from the street, as one must enter the courtyard of an old palazzo to reach the church. Sant'Ivo is a small church shaped like the Star of David, with an amazing star-shaped dome and whimsical steeple.
- **Santa Maria del Popolo** - with a couple of paintings by Caravaggio: "The Crucifixion of Saint Peter" and "The Conversion of Saint Paul"
- **San Luigi dei Francesi** - This church is roughly halfway between Piazza Navona and the Pantheon. It is most notable for a side chapel which contains three Caravaggio masterworks: "The Calling of St. Matthew", "St. Matthew and the Angel" and "Martyrdom of St. Matthew"
- **Sant'Agnese in Agone in Piazza Navona** - This lovely basilica church is small with an almost circular interior. It is undergoing rehabilitation and the facade and dome are hidden in scaffolding. It seems to be open only until noon.
- **San Giovanni in Laterano** - this is the cathedral church of Rome and first of the major basilicas. It's also the Pope's (as Bishop of Rome) Church. Be sure to check out the fourth century baptistry (still in use) and the medieval cloister.
- **Santa Maria Maggiore** - This ancient basilica crowns the top of the Esquiline Hill. Tons of gold decorate the interior.

- **San Paolo fuori le Mura** - also known as St Paul's Outside the Walls. This is on the outskirts of Rome in an otherwise drab modern neighborhood. The church is a faithful reconstruction of the ancient basilica which burned down in the early 1800s. Don't miss the medieval cloister, which survived the fire.
- **S. Passera** Even though it isn't worth a trip, this church can be a interesting deviation if you live or pass through its neighbourhood. This church is believed to be the grave of the Saints *Ciro* and *Giovanni*, killed during the time of the Emperor *Diocletian*. The church is now know as *Saint Passera* because of the several changes its name has undergone. The oringal name was *Abba Cyrus* and through *Appaciro* and then *Appacero* finally it got *Pacera*, that's very close to today's *Passera*. The building on top is a 3rd century building still visible in the lower floor and in the underground. The main part of the building dates back to the IX century as the frescoes on the higher floor. Some of th frescoes are too spoiled to be enjoyed, but some of them have recently been restored and depict the Saints *Paolo*, *Pietro*, *Giovanni Battista* and *Giovanni Evangelista* in the vault and *Our Lady* together with *Jesus*, Saints *Giacomo* and *Antonio* and the *Archangel Michele* in the apse. Downstairs there is a small quadrangular room and the underground, where the rest of the two Saints should be. Frescoes in these floor date back to XIV century but are almost completely ruined, but in the underground there are still visible III century traces of Roman age frescoes; in front of the stair you can enjoy a small bird, the *Justice*, and an athlete while in the vault some eight apex stars. *Bus 128,780,781,775 (first stop in Via della Magliana)*
- **San Clemente** - a great little cathedral to visit, with an excavated older church below and a pagan temple below that. The only place in Rome to hear the underground river that flows beneath the city. Very close to the Colosseum.
- **Santa Maria in Trastevere** - one of the oldest churches in the city. The nave is lined with a mismatched collection of columns taken from ancient Roman buildings. The apse is covered in gold mosaics from the 13th century, arguably the finest mosaics in the city.
- **Santa Maria degli Angeli** - this church was built inside the former baths of *Diocletian*. Very light and airy inside. Note the unusual art on the outside doors.
- **San Pietro in Vincoli** - The chains that held St. Peter are displayed in a case before the altar. Also contains a statue of *Moses* created by *Michelangelo*. It's close to the Colosseum, but a little hard to find
- **Santissima Trinità dei Monti** - up above the Spanish Steps
- **Santa Maria in Aracoeli** - Ballroom-like church which crowns part of the Capitoline Hill. Don't be fooled by the plain stone exterior
- **Santa Maria alla Minerva** - This church is literally right behind the Pantheon. It is Rome's only gothic church, and well worth seeing, although its plain square façade makes it look inconspicuous.
- **Il Gesù** - not far from Piazza Venezia. The interior is Baroque art on steroids. Simply astounding.
- **Sant'Ignazio** - Not far from the Pantheon. A stunning example of Baroque art. The ceiling frescoes are especially fine, including a *trompe l'oeuil* dome.

**Capuchin Monastery** - On Via Veneto, right by Piazza Barberini. The crypt of the church contains a macabre display - a series of chapels decorated with the bones of thousands of dead monks. The bones are glued to the walls and ceilings

## Public squares

- **Largo di Torre Argentina** - an excavation of four roman temples and Pompeys theater. The largo is also home to a large amount of cats which are tended by the local animal rights organization.
- **Piazza di Trevi** - where you can find the famous Fontana di Trevi. It's not a very big piazza and gets very crowded very quickly.
- **Piazza di Spagna** - under the "Spanish Steps"
- **Piazza Navona** - Used to be an ancient stadium built by the emperor Domitian and still retains the shape. The fountains are by Bernini and are very notable. Piazza Pasquino is just round the corner.
- **Campo de' Fiori** - not far from Piazza Navona. Used as a marketplace. In nearby via dei Giubbonari the salumeria Roscioli is worth checking out.
- **Piazza Pasquino** - piazza about 20m from Piazza Navona. There is a statue here named "Pasquino", apparently named after a tailor working nearby who had a reputation for complaining. The statue is now used as a place to hang messages, complaints and other opinions which has to be shared with the world. The piazza is also home to Cul de Sac, one of the best enoteca in Rome.
- **Piazza del Popolo** - with the twin churches
- **Piazza della Minerva**- a small piazza just behind the Pantheon. The centerpiece is a statue of an elephant by Bernini with an ancient obelisk on its back
- **Piazza delle Coppelle**
- **Piazza di Sant'Ignazio** - small and attractive piazza tucked away in a neighborhood near Pantheon
- **Piazza Montecitorio** - where you can find the building of the House or Representatives
- **Piazza Colonna** - where there is the building of the Italian Government, Palazzo Chigi. Also there is a marvelous carved column (hence the name) dating back to Imperial Rome
- **Piazza Barberini** - with Bernini's famous Triton Fountain. Via Veneto starts here too.
- **Piazza della Rotonda** - where you can see the Pantheon
- **Piazza Venezia** - more of an enormous traffic circle than a piazza, but a good central location. The centerpiece is the enormous Vittorio Emmanuale Monument (aka the Wedding Cake) with the Capitoline hill next door. Piazza Venezia is also very close to the Forum
- **Piazza del Campidoglio** - On top of the Capitol hill. It was designed by Michelangelo. The Capitoline Museum is housed in the palaces flanking the piazza. You can walk behind the palaces and to a wonderful viewpoint which overlooks the entire Forum

## Historical Buildings

- **Palazzo Venezia** In the very heart of the city center, the building was for centuries ago the seat of the Venice embassy. Today it houses a museum and galleries art.
- **Palazzo della Cancelleria** – Filled with the romance of the Renaissance the Palazzo dell Cancelleria was originally built as a palace for Papal Chancellery. In the palazzo adorned by high archways and pillars is a large mural painted in a mere 100 days by Giorgio Vasari.
- **Palazzo Farnese** – Built in the 16<sup>th</sup> century Michealangelo finished the 3 floor. The palace has fresco's of Hercules, Triumph of Bacchus and Ariadne, and the Love's of the God's created by Annibale Carracci.
- **Palazzo della Sapienza** - 8, Corso Rinascimento tel 06 686 4987. Bus 70 81, 87, 492. Close to Navona square, this building housed the University of Rome since the middle of the 15th century until 1935. The splendid interior courtyard was created by Giacomo della Porta. The inside church of St Ivo is one of the masterpieces of Architect Borromini.
- **Palazzo Altemps** - 8, Sant' Apollinare street tel.06 6897091. Bus 70, 81, 87, 492. Simple and elegant lines make up this building, whose construction began in 1480 for Count Girolamo Riario, nephew of Papa Sisto IV and was taken up by architect Martino Longhi for the new owner, Cardinal Marco Sittico Altemps.
- **Palazzo Taverna** - Via di Monte Giordano. The building is located in one of the most set-apart corners of the city center among the Navona square and Castel Sant Angelo. It served as residence for the Orsini Family. Nowatdays it is a private property and one can only glance at the courtyard and the inside amazing fountain erected in 1618 by architect Antonio Casoni. However, the brief moment is worth it.
- **Palazzo Crivelli** - Via dei Banchi vecchi, 22 This building also know as the Doll House was built in the 16th century. It is unique for the quantity and quality of the decorations - lions heads, satyrs and disfigured heads that adorn the facade attributed to the sculptor Giulio Mazzoni.
- **Palazzo Spada** Piazza Capo di Ferro - This building was erected in the 16th century by Giulio Merisi Caravaggio for Cardinal Capodiferro. One century later it was acquired by another powerful Cardinal, Bernardino Spada and was restored by Borromini.
- **Palazzo Barberini** – As one of the busiest centers in Rome Palazzo Barberini who also created the Triton Fountain that sits in the square. This masterpiece was made to honor Urbanis VIII and depicts Triton holding a shell horn up to his lips

and blowing water from it while sitting on a large shell supported by 4 fish. Also the ancient looking bridge from the palazzo to the gardens was built by Barberini with it's high archways and fluid columns supporting the walkway.

- **Villa Farnesina** This Renaissance house is in Trastevere, very close to the river and not far from the Vatican. You can tour several beautiful rooms covered in frescoes, including some by Raphael.

## Other Sights

- **Castel Sant'Angelo** - Perhaps the most fascinating building in Rome. The core of the structure began life as the mausoleum of the Emperor Hadrian, built between 135 and 139 AD. Subsequent strongholds built on top of the mausoleum were in turn incorporated into a residence and castle by medieval Popes. The building was used as a prison until 1870, but now houses a museum. Opera buffs will be exhilarated to visit the balcony from which Tosca leaps to her death.
- **Trastevere** - Not as well know as other parts of the city but definety worth a visit. With the look of an Italian village rather than a cosmopolitan city, it's fun just walking the small streets. Filled with less expensive shops and restaurants, an older Jewish Quarter, and the University.
- **Il Gianicolo** – One of the Seven Hills of Rome and site of the 1848 Battle for Independence. Now the home of the beautiful Gianicolo Gardens.

## Do

Partying in Rome is a pretty easy thing to do. Given a heart for exploration, Testaccio is the place to wander. Head down there around 11pm and listen for music. The outsides of the clubs will give you NO idea what the insides are like. There are usually loads of people simply walking through the street or looking for parking. Be brave, walk in, meet some wonderful Romans, but never buy them drinks unless you are looking for sex (in this case, better to be sure you are inviting the right person). This area is best in the summer when the dancing moves outside. In the winter, most clubs close.

## Tours

- Carrani Viaggi, 0039 064742501 ([nizzi.c@carrani.com](mailto:nizzi.c@carrani.com))
- Dark Rome Tours, 0039 3385006424 ([info@darkrome.com](mailto:info@darkrome.com))
- City Tour Reservations, <http://www.siteseings.com/>
- The Grand Tour, 0039 06 296998 ([info@thegrandtour.it](mailto:info@thegrandtour.it))
- Visit-Rome.travel ([info@visit-rome.travel](mailto:info@visit-rome.travel))

## Learn

Rome is replete with foreign language and cultural institutions. Of course, learning Italian is a worthwhile activity while in Rome.

Be a good guest if you do not speak Italian. Being extra polite will keep you out of trouble.

## Bring your Camera

You won't be sorry by bringing your camera with you to Rome. With some of the most amazing architecture in the world, the people of Rome so interesting and animated, and especially masterful art hiding around every corner, nothing captures it better than with your camera. Although there are postcards on just about every street in Rome they can be expensive and just don't tell the story quite like a photograph. Although there are many churches and attractions that forbid photography inside their walls, the memory of you, your friends and family in front of them are priceless.

## Shopping

Main shopping areas include Via del Corso, Via Condotti, and surroundings. The finest designer stores are around Via Condotti, whilst Via del Corso has more affordable clothing. Some brands (like Miss Sixty and Furla) are excellent, some are not as good - be sure to feel garments and try them on. There are great quality shoes and leather bags at prices that compare well to the UK and US, quality for quality. Be aware that clothing bigger than a UK size 16/US 12 isn't always easy to find. Children's clothing can be expensive - basic vests (tank tops) can cost 21 euro in non-designer shops. Summer sales begin around July 15th.

Cheaper stuff can be bought from Via Cola di Rienzo, and from surroundings of Via del Tritone, Campo de'Fiori, and Pantheon. Upim is a good shop for cheap clothing of workable quality.

Lots of fake plastic 'Louis Vuitton' bags on sale from immigrants. Make sure you [haggle](#); unsuspecting tourists pay up to 60euro for them. Be aware, that buying of fake products is criminalized in Italy. Fines up to €1000 have been reported. It is possible that having a receipt helps even if the product is fake - this is, however, quite uncertain.

If you need stamps get them at the post or tobacco shops.

### Nice shops

- **Frengo's music**, Via della lungaretta, 65 - 00153 Roma (Trastevere), Tel. 06 58 33 24 02. One of the few CD shops in the center of Rome still run by a music

lover instead of a shop assistant in a franchising chain. You can find a nice selection of CDs, DVDs, Console games and Dolby Surround home stereos.

- **Archeo Art**, Via del Teatro di Marcello. Not far from the bottom of the Campidoglio steps. This shop sells beautiful reproductions of ancient sculptures; not the tacky kitsch sold by many of the street vendors, but museum quality miniatures that look incredibly close to the real things. Not cheap, but definitely unique and classy souvenirs. Also stocks reproductions of ancient Roman arms and armour, including full centurion outfits!

## Eat

The Trastevere neighborhood and the old Jewish quarter have some of the best trattorie and ristoranti in Rome.

In Rome you can ask for:

- Carciofi alla romana (artichokes, Roman style)
- Carciofi alla giudia (artichokes, Jewish style)
- Puntarelle (Chicory Salad)
- Bucatini alla Amatriciana (a pasta dish)
- Spaghetti (or Rigatoni) alla "Carbonara", a sauce made with egg and pancetta (bacon)
- Abbacchio alla "scottadito" (lamb chops)
- Rigatoni con la "Pajata" (not always available)
- Scaloppine alla romana (Veal Sautéed with Fresh Baby Artichokes)
- [Coda alla "vaccinara"](#) (beef stew)
- Cornetti e cappuccino (especially cornetti alla nutella--a delicious, sweet pastry filled with nutella!)
- **Pizza**. Lots of the better places only serve pizza in the evening, as it takes most of the day to get the wood oven up to the right temperature. Try some of the fried things like baccala (battered salt cod) for a starter, followed by a pizza for a really Roman meal. For one of the most famous places for pizza, try 'Da Baffetto' (Via del Governo Vecchio). Roman pizzas are tasty with thin crusts.

Avoid the tourist areas where you'll often pay double the going rate just to get a badly reheated frozen pizza. Instead, head for a pizzeria like 'Pizzeria Maratoneta' in via dei Volsci / via del Sardi, San Lorenzo area, where you'll find a fine atmosphere of families and groups of students, and you'll get a good meal with a bottle of local plonk at a very reasonable price. You'll get an English menu, too.

- **Pizza al Taglio**. Pizza by the slice. A good cheap way to get something to fill you up, and it makes a good lunch. Point to the one you want, indicate if you want more or less than your server is indicating with the knife. It's sold by weight (the listed price is usually per 100 gm) and a good quick lunch or snack.

- **Panini.** If you don't speak Italian, the question will always be asked once you've pointed out the sandwich, you want is 'Do you want it toasted?'. If not, you can simply state 'caldo, per favore' (make it hot, please). Please note: singular is panino, and plural is panini. Never say "2 paninis" or "1 panini".
- **Gelato.** The most tantalizing Ice Cream you will ever taste. Look for a gelateria with a big plastic sign with a big 'G' on it outside. This means it has a guild association and will be good quality. Remember it costs extra to sit inside. You pay for your gelato first...take your receipt and fight your way through the throng to choose your flavors. You will be asked *Panna?* when it's almost made - this is the offer of whipped cream on top. If you've already paid, this is free.
- **Kosher** - While there is not much choice, at least Rome's Kosher restaurant is truly excellent. "La Taverne del Ghetto" is in the heart of the Jewish Quarter, steps away from the Colosseum.
- **Trippa** - is tripe. Offal is a roman tradition, e.g. osso buco, bone marrow.
- **Vegetarians** - should have an easy time. Buffets usually have a good range of delicious vegetarian stuff too - eg gratinated roast peppers/aubergines, etc. **Vegans** should do OK, too. Pizzas don't always have cheese - a Marinara for example, is just tomato, garlic and oregano. Remember, though, that Parmesan cheese is not permitted to vegetarians.

There are a few vegetarian restaurants in Rome. 'Arancia Blu' on Via Dei Latini (Via Tiburtina) is posh, overpriced and not that good, but the wine list looks impressive.

- **Coffee.** A *latte* in Italian is just a glass of milk. If you're expecting coffee in that glass, you should ask for a *caffè latte*. A *latte macchiato* (meaning "stained") is steamed milk stained with a smaller shot of espresso. "Espresso" or "normale" is just that, but more commonly just referred to as *caffè*. *Espresso doppio* means a double shot of espresso, while *espresso macchiato* is espresso 'marked' with a dab of steamed milk. *Americano* — the one to order if you like filter coffee — is espresso diluted with hot water and not drunk much by Italians. *Cappuccino* is well known outside of Italy, but be warned: it is considered very un-classy, and somewhat childish, to order one after 11am (and certainly after a meal). *Decaffeinato* is self explanatory, but often referred to by the common brand-name *Caffè Hag*. It is usually instant coffee and not nearly as good as the real thing.

### Restaurants, Pizzerie and Trattorie

- **Il Bacaro**, VIA degli Spagnoli 27 - Tel. +39.06.6872554 - You'd never know that you are three minutes walk from Piazza Navona and the Pantheon. Via degli Spagnoli is tiny, leafy and quiet. Il Bacaro seats about 24 inside and even fewer outside under the shade of an ancient vine. Maybe that's why the cooking gives

the impression it's for you alone. Great selection of wine. In general a great stop for a romantic meal in the Eternal City. <http://ilbacaro.com/>

- **Pizzeria da Baffetto**, VIA del Governo Vecchio, 114 - Tel. +39.06.6861617. Old-fashioned, family feel pizzeria near Piazza Navona & the Pantheon, unarguably serving some of the best pizzas in Rome. Usually crowded but well-worth the occasional queuing.
- **Glass Hostaria**, vicolo del Cinque 58, Rome, phone: +39 06 58335903 - Glass is beautiful, it is an uber-modern, warm and welcoming precious stone, mounted in an area rightfully famous in the world for its decayed walls, the ivy climbing on the old buildings.  
[http://www.diningcity.com/rome/ristoranteglasshostaria21/index\\_eng.jsp](http://www.diningcity.com/rome/ristoranteglasshostaria21/index_eng.jsp)
- **Antico Caffè**, VIA Sant'Andrea delle Fratte, 25 - Tel. +39.06.69190704. Very nice restaurant on the main alleyway between Trevi Fontana and Piazza de Spagna. For 9 Euro, you get a large choice of pasta with two vegetable sides, bread, and a bottle of mineral water. The house wine is especially good.
- **Mama Che Pizza**, VIA Poggio Ameno, 34/38 - 00147. Worth stopping by if you're close the EUR.
- **La Pergola**. Hotel Cavalieri Hilton, Via A. Cadlolo 101, 00136 Rome. This restaurant is awarded three stars in the Guide Rouge. The chef, Heinz Beck, is German in origin and has set a style which combines Italian fresh produce with exceptional creativity and presentation. The restaurant overlooks Rome, so be sure to get a table by the window. The wine cellar is exceptional. Expect to have to book months in advance, but the trip is well worth it.
- **Taverna Cestia**, Via Piramide Cestia, 65 (at METRO Piramide), Tel: +39 065743754. Excellent traditional Roman restaurant. Menu only in Italian, and the waiters do not speak much English. They have a good selection of seafood, and the seafood spaghetti is great.
- **Osteria dell'Aquila**, Via Natale del Grande, 52/53, (take the H bus to Trastevere), Tel/Fax: 06.5810924, Great Mediterranean style restaurant. Menu is in Italian and English, and the waiters speak both languages. Open for lunch and dinner. Closed on Tuesday. The meals here are excellent and at very good prices. Make sure to try the seafood appetizers.
- **Sapore&Arte**, Via Efeso 24/26 Metro B San Paolo Basilica, Tel. 06 59 60 03 40 Really good and fresh food, this place is run by young people who make extensive use of fair trade food. They have very good dressed potatoes and salads, bruschetta and sweet cakes. Mid-range at lunch and cheap at dinner. Don't miss it if you visit the very near Basilica di San Paolo fuori le mura.

- **Tapa Loca**, Via di Tor Millina 5, 06 68 32 266. Spanish food near Piazza Navona.
- **Taverna Pio Bove**, Via Alessandro Cruto 9, Tel. 06 553 011 35 - Bus 128, 775  
Good steak house in the suburbs, but not too far from Basilica di San Paolo fuori le mura. Open at 7PM everyday.
- **Trattoria de "Gli Amici"**, Piazza Sant'Egidio 8, Tel. 06 580 60 33. Very interesting place in the heart of Trastevere district. Run by very kind handicapped people, it has nice cuisine. Closed on Sunday. Open from 7:30PM to 11:30PM.
- **Le Bistrot**, Garbatella - Via delle Sette Chiese 160, 06 512 89 91. Creative French and vegetarian cuisine with a very kind staff and a homey environment. Better to reserve.
- **Al peperoncino**, Via Ostiense, 369 (San Paolo), Tel. 06 54 10 192 . Very close to the Basilica di San Paolo fuori le mura and the Metro B *San Paolo Basilica* station, this pizzeria has a good Roman style pizza (the thin one) and also a good choice of fried vegetables and appetizers. Price is low to mid-range, food quality and service are medium.
- **Planet Kebab**, Via Natale del Grande, 17 (Trastevere), Tel. 06 581 98 63. Good Turkish food, from Kebab to Falafel. This place is very clean, and the guys working there are very friendly. They claim to be open every day of the year.
- **Casetta di Campagna**, Via Affogalasino, 40 (Casetta Mattei-Trullo), Tel. 06 6574 32 30, In the natural park *Valle dei Casali* they have very good meat. They also offer a fixed price menu for pizza (only for more than 4 people) which is good for a large gathering dinner. You need a car to reach the place. Closed on Monday. Sunday, Saturday and holidays also open at noon.  
<http://www.casettadicampagna.it/>
- **Est! Est!! Est !!!**, Via Genova, 32 - Metro A Repubblica (Via Nazionale/Piazza della Repubblica), Tel. 06 48 81 107, Established in 1900 this pizzeria is something you cannot miss in Rome. Situated in the area of Piazza della Repubblica, it is very easy to reach either by the Metro A either by the Metro B line. They make a relatively small but amazingly good pizza, on top of an expertly cooked base you'll find extremely high quality food. Every pizza here is outstanding, and the calzone, one of their specialities, is excellent too. Staff speak English (one of the few places plenty of tourists with very good food). Reservation is advisable. Closed on Monday. In the same neighbourhood, there's another EST,EST,EST pizzeria, beware the difference!  
<http://landing.trafficz.com/index.php?domain=pizzeriaricci.com>
- **Il conte Tacchia**, Vicolo del Bologna 87, (Trastevere), Tel. 06 58 13 189. Roman cuisine at dinner.

- **Supperclub**, Via de'Nari, 14 (Pantheon), Tel. 06 6880 7207. Don't come to supperclub if you're in search of a traditional restaurant, have lazy taste buds or are scared of new experiences. However, if you're looking for an unusual dinner experience in an unexpected place and are not afraid to discover the creative corners of your personality, then knock on supperclub's door. Have fun, eat, listen, dance and enjoy your evening. Nothing is obligatory. Everything's possible. Be yourself and anything can happen to you, at supperclub.
- **Cul de Sac** Piazza Pasquino 73. One of the best enoteca in Rome, serving a wide range of small dishes. The pate selection is a must-try.

### **Kosher dining**

- **La Taverne Del Ghetto**, Via Portico d'Ottavia 8, tel. 06.688.09.771, [\[30\]](#). Meat restaurant.

### **Vegetarian Restaurants**

- **Il Margutta RistorArte**, via Margutta, 118 (near the Spanish Steps), 06 32650577 ([staff@ilmargutta.it](mailto:staff@ilmargutta.it)),. Lunch Buffet and Dinner Menu. A fairly decent vegetarian lunch buffet. The staff can point out the vegan eats. A decent value for the money. Near where Fellini once lived.

### **Tea rooms and ice cream**

- It should say: Produzione Propria (homemade - our own production), Nostra Produzione (our production), Produzione Artigianale (production by craftsmen). These are just a few signs to keep in mind. If the colors seem dull and almost ugly it is probably natural, the bright colors being just a mix. Keep in mind, Italians usually won't queue, but if they are in line for gelato, get in line yourself, you may have hit the jackpot.
- **Gelateria Giolitti**, Via degli Uffici del Vicario 40 Originally opened in 1800, very popular amongst locals, tourists, and the late Pope John Paul II was known to be a regular customer. Arguably the best ice cream in Rome.
- **Palazzo del Freddo (Gelateria Fassi)**, Via Principe Eugenio 65, Tel. +39 06 4464740. Not as marvelous as Giolitti but still worth trying. Prices are reasonable, quality good.
- **Gelateria Salus**, Lungomare Paolo Toscanelli, 117 (Ostia), Tel. 06 976 13 117. Very good ice cream (only at the table) in a particularly nice environment, prices are mid-range, but the ice cream and service are worth the price.
- **Dagnino Tea Room**, Galleria Esedra Via V. Emanuele Orlando 75, tel: 064818660. If you haven't tried a "Cannolo" or a "Cassatina" then get one here,

they are simply great. Don't seat at the tables (it's pretty expensive) just take them away. Good pastries too.

- **Il gelato**, Via dell'Aeronautica, 105 (*Bus 764 - Metro B Laurentina*). Nice place to have some weird flavor of ice cream. You'll choose among maybe 50 different and sometime unusual flavors (such as Gorgonzola or Mortadella). Great variety of chocolates and fruits. Closes around at 11PM.
- **Fior di luna**, Via della lungaretta 96, Tel. 0664561314, Very good ice cream in the heart of Trastevere. If you are walking in the area, don't miss tasting their wonderful ice cream. Everything is made from Fair Trade products, and all ice cream flavors really taste as you expect! Great sensations here, ice cream artist with passion for taste!. <http://www.fiordiluna.com/>
- **Bibelot Arthè**, Via dell'Aeronautica, 105 (*Bus 764 - Metro B Laurentina*). Cozy tea room in Via Appia nuova. They offer free table games and serve excellent milk and fruit shakes as well as tea and coffee blends. Prices are mid-range to expensive, but the place is very nice and well furnished. It's possible you'll find a queue, perfect for couples. 'Piazza dell'Alberone 13/bis - 347 33 18 178' around at 11PM.
- **Cafè Cafè**, Via dei Santi Quattro 44, Tel. 06 7008743, email: [cafecaferoma@libero.it](mailto:cafecaferoma@libero.it). Cozy and quite cheap, this tea room is very close to the Colosseo, and it's ideal to have nice meeting with friends or a more intimate date. Very good sweets and tea, the choice is also good. Open all day and after dinner.
- **Caffè Novecento**, Via del governo vecchio 12, Tel. 066865242. Located in the very center of the city this place offers a very good variety of cakes, sweets, coffee and tea. The furnishing are nice, with couches as seats at some tables. Prices are mid-high range but worth every single cent. Closes at 10PM.

## Drink

### Wine

Regional wines are cheaper and very good. House wines are almost always drinkable and inexpensive (unlike, say in the UK). Most trattorie wouldn't be caught dead serving poor wine. You may often find a bottle of wine on the table for you. Believe it or not, this bottle will be less expensive than a glass would be in the US or UK, possibly only €4 or €5. This doesn't always apply to those places that look really tourist-trap-like! (And why would you want to eat there?)

If you want remember Italy with a glass of wine when you get home, find your way to a super market. (found in all cities) You can find the best wines for under 5 Euro. You won't find a better deal anywhere else.

### Water

Water is free at most designated water fountains. With one of the best aquaduct systems

in the world, feel free to drink. The water is very good! It's fresh spring water, if you carry an empty bottle, fill it up for the rest of the day. Look for the drinking fountain with constant running water, plug the bottom hole, and cool water will shoot up from a smaller hole on top of the tap. The most famous fountain is at the top of the stairs of the Forum on the way to the Capitaline building.

## Coffee

As coffee goes, Italy has the knack to making the best coffee! From authentic Italian Espresso to good old American made Starbucks, coffee is a fav throughout the country with locals and tourists alike. Espresso in tiny demi-tasse cups are potent enough to keep an elephant awake days. Mellow mocha's and latte's will please even the most discriminating java junkies. If you are looking for just a cup of coffee make sure you ask for it as Caffe Americano otherwise you will get the traditional small cup. Although Starbucks is over the top in price, for those missing a little Americana it's the perfect comfort food.

## Learning curve of Italian Coffee's

A *latte* in Italian is just a glass of milk. If you're expecting coffee in that glass, you should ask for a *caffè latte*. A *latte macchiato* (meaning "stained") is steamed milk stained with a smaller shot of espresso. "Espresso" or "normale" is just that, but more commonly just referred to as *caffè*. *Espresso doppio* means a double shot of espresso, while *espresso macchiato* is espresso 'marked' with a dab of steamed milk. *American* — the one to order if you like filter coffee — is espresso diluted with hot water and not drunk much by Italians. *Cappuccino* is well known outside of Italy, but be warned: it is considered very un-classy, and somewhat childish, to order one after 11am (and certainly after a meal). *Decaffeinato* is self explanatory, but often referred to by the common brand-name *Caffè Hag*. It is usually instant coffee and not nearly as good as the real thing.

## Accommodations

If you're arriving in Rome during high season, be sure to book your accommodation at least a couple of days in advance. The area east of Stazione Termini is full of cheap accommodations and restaurants for backpackers and travelers looking for a good deal.

## Where to find Help

- **Police** At pl Lorenzo is where to report theft. There is a Police Station on Mannin Street near Termini Station, also there is a small force stationed at Termini.
- **Left Luggage Termini.** You can leave luggage at Termini but they have a lot of security and only one X-ray machine so there can be a +100 people queue. It costs about €3.40 per bag(of any size) for the first 5 hours, €0.80 per bag for each hour

thereafter. There's a sign limiting bags to 20kg each, but no facility for weighing them (that I saw) so it's probably not enforced.

- **Splasnet laundry, internet, left luggage**, Via Varesi 33, 100 m west of Termini. €2 per luggage left (and 15 min of internet included).

## Embassies and consulates

- Australian Embassy, Via Antonio Bosio 5, +39 06 85 2721 (fax: +39 06 85 272 300), [\[242\]](#). M-F 8:30AM-4PM.
- Austrian Embassy, Via Pergolesi 3, 068440141 (fax: +39 06 85 43286), [\[243\]](#). M-F 9AM-noon.
- British Embassy, Via XX Settembre 80, +39 06 4220 0001, +39 06 4220 2603 after hours (fax: +39 06 4220 2347), [\[244\]](#). M-F 9AM-5PM.
- Canadian Embassy, Via Zara 30, +39 06 44598 1 (fax: +39 06 44598 2905), [\[245\]](#).
- Dutch Embassy, Via Michele Mercati 8, +39 06 3228 6001 ([nlgovrom@ambreale.tuttopmi.it](mailto:nlgovrom@ambreale.tuttopmi.it), fax: +39 06 3228 6256), [\[246\]](#). M-F 8AM-5:30PM.
- Finnish Embassy, Ambasciata di Finlandia, Via Lisbona 3, +39 06 852 231 ([sanomat.roo@formin.fi](mailto:sanomat.roo@formin.fi), fax: +39 06 854 0362), [\[247\]](#).
- Greek Embassy, Ambasciata di Grecia, Via S. Mercadante 36, +39 06 853 7551 ([gremroma@tin.it](mailto:gremroma@tin.it), fax: +39 06 841 5927), [\[248\]](#).
- Maltese Embassy, Lungotevere Marzio 12, +39 06 6879990.
- New Zealand Embassy, Via Zara 28, +39 06 441 7171 ([nzemb.rom@flashnet.it](mailto:nzemb.rom@flashnet.it), fax: +39 06 440 2984), [\[249\]](#).
- Embassy of Serbia and Montenegro, Via dei Monti Parioli 20, +39 06 320 07 96, +39 06 320 08 90, +39 06 320 09 59, +39 06 320 08 05 (all night) ([info@ambroma.com](mailto:info@ambroma.com), fax: +39 06 320-08-68), [\[250\]](#). telex 616-303
- Consulate General of the Republic of Singapore, Via Nazionale, 200,00184 Rome, +39 06 4875 9510 ([lbirindelli@bea-law.com](mailto:lbirindelli@bea-law.com), fax: +39 06 4875 9511).
- South African Embassy, Via Tanaro 14, +39 06 85 25 41, [\[251\]](#). M-F 8AM-4:30PM.
- Spanish Embassy, Palazzo Borghese, Largo Fontanella di Borghese 19, +39 06 684 04 011.

- US Embassy, Via Vittorio Veneto 119/A, +39 06 4674 1 (fax: +39 06 4882 672, +39 06 4674 2356), [\[252\]](#). 8:30AM-5:30PM.
- Turkish Embassy, 16, Avenue de Lamballe 75016, +39 (1) 4524 5224.
- Indian Embassy, Via XX Settembre, 5, 00187 Rome (Italy), +39 06 4884642/3/4/5 (fax: +39 06 4819539).

Russian Embassy in Rome Via Gaeta 5, 00185 Roma, Italia tel. 06/4941680 06/4941681 fax 06/491031

## Stay safe

Rome is generally a safe place, even for women traveling alone. As in any big city, it is better if you **don't look like a tourist**: don't exhibit your camera or camcorder to all and sundry, and keep your money in a safe place. Termini (the main railway station), Esquilino and bus line 64 (Termini to San Pietro) are not so safe, so take extra care in these areas. Read up on the legends concerning tourist **scams**. Most of them occur regularly in Rome and you will want to see them coming. Watch out especially for bands of gypsy kids who will crowd you and reach for your pockets under the cover of newspapers or cardboard sheets. One of the best ways to avoid pickpocketing is to wear a money belt (different from a fanny pack, worn under clothes). Remember, if you are pickpocketed or another scam, don't be afraid to shout Aiuto, Ladro! (Help, Thief!). Romans will not be nice to the thief.

A great deal of **pickpocketing** and bag- or purse-snatching takes place in crowded locations, but there is very little violent crime. Members of the Italian public are likely to be sympathetic if you are a crime victim. Police are also generally friendly if not always helpful. Carabinieri (black uniform, red striped trousers) are military police, and Polizia (blue and grey uniform) are civilians, but they both do essentially the same thing and are equally good, or bad. A particular scam is when some plainclothes police will approach you, asking to look for "drug money," or ask to see your passport. This is a scam to take your money. You can scare them by asking for their ID. Guardia di Finanza (the grey uniformed ones) do customs work. If you are robbed, try to find a police station and report it. This is essential to establishing a secure travel insurance claim.

Be careful of **con-men** who may approach you at tourist sights such as the Colosseum or Circus Maximus. Eg. a car may pull up next to you, and the driver ask you for directions to the Vatican. He will strike up a conversation with you while he sits in his car, and tell you he is a sales representative for a large French fashion house. He will then tell you he likes you and he would like to give you a gift of a coat worth several thousand euros. As you reach inside his car to take the bag the coat is in, he will ask you for €200 for gas, as his car is nearly empty. When you refuse, he could turn angry and now demand money from you, any money, of any currency. Don't fall for such confidence-tricks - if something sounds too good to be true, it is.

Another popular trick that occurs at night, when people are leaving the bars/clubs is someone will approach you asking for a cigarette. They will then proceed to walk up towards you and do a funny dance of some sort. As you stare at them trying to figure out what's going on, a second person will come up from behind and snatch your purse, or wallet.

Currently there are two middle-aged men working near the Spanish Steps. They approach you, asking where you are from and begin to tie bracelets around your wrists. When they are done they will charge you upwards of €20 for each bracelet. There are also two men in their early twenties doing the same thing in the Piazza Navona. If anyone makes any attempt to reach for your hand, retract quickly. If you get trapped, you can refuse to pay, perhaps not wise if there are not many people around, however my friend and I escaped by claiming we had no money on us.

Be aware that holding the strap of your purse or messenger bag does very little to ensure its safety. One popular technique that purse-snatchers use is to ride by you on a moped, slice your bag's strap with a very sharp knife & ride off with the bag. Another technique is, usually in places like Metro or Bus, & sometimes closely-packed queues, to cut the bottom of your bag open & pick your wallet up off the ground. The thickness of crowds makes it extremely difficult to give chase in such an event. There are companies that sell bags with strong wire mesh woven into the fabric so they cannot be cut.

It may seem cumbersome to keep all your valuables completely secure, but the peace of mind it offers is priceless. It is far more enjoyable not to have to be constantly watchful.

Also, as a rule, you should pretty much never carry anything very valuable in any pocket. The front pocket of your pants is one of the easiest & most common targets. The best way is to keep whatever cash you'll need for the day in your front pocket, in no kind of wallet or carrier that is visible through your pants (in other words, if you have only paper bills in your pockets, they will appear to be empty), and put your credit card, passport & additional cash in a money belt.

When taking a taxi, be sure to remember licence number written on the card door. In seconds your taxi bill can raise by 5, 10 or more euros. When giving money to taxi driver, be careful. They usually tell you gave 10 instead of 50 euros, they are skilled thieves and you can not negotiate after they scam you.

## **Emergencies**

In an emergency call 112 (Carabinieri), 113 (Police) or 118 (medical first aid). Carry the address of your embassy or consulate.

## **Day Trips**

- Especially if you have a rail pass, making Pompeii a day trip, while it is a very full day, is very doable. You can amuse people on the train by your complete lack of luggage.
- Head to Frascati, one of the historic hill towns to the South East of Rome known as the **Castelli Romani**. This town has been a popular destination for centuries away from the hustle and bustle of the capital, and this is still true today. Famous worldwide for its white wine, Frascati is a relaxed hill town with a slower pace of life. Just 21km from Rome, Frascati is accessible by bus or train. Trains run from Roma Termini approximately every hour, take about 30 minutes, and cost around € 2.
- Head to Ostia Antica, the ancient harbor and military colonie of Rome. It is accessible by train every 30 minutes from Stazione Ostiense (near the Pyramid). It is an monumental area a bit like the Roman Forum. But in Ostia Antica you can get an impression how a roman city looked like.
- Go to the Villa d'Este in Tivoli, with its famous and glorious fountains.
- Go to Ischia and Capri the famed islands in the Gulf of Naples

## Something to think about

For two weeks in August, many of Rome's inhabitants shut up shop (literally) and go on their own vacations; many stores and other amenities will be **closed** during this time. The temperature in the city centre at this time of year is not particularly pleasant. If you do travel to Rome at this time, be prepared to see **Chiuso per ferie** (Closed for holidays) signs on many establishments. Anyhow even in these weeks the city is very beautiful and if you look for a less overcrowded vacation in Rome this is not a bad time.

For more info see: [www.wikipedia.org](http://www.wikipedia.org)

Based on work by Denis Yurkin. Based on work by Shamil Abakarov, Wikitravel user(s) Travelbubble and Eco84, Nancy Pitman and Anonymous user(s) of Wikitravel

