

# THE ROME GUIDE

## GUIDE VER.2

### WHAT NEIGHBORHOOD TO STAY IN??

Learn about the different neighborhoods and choose wisely!

### LEARN TO VALUE TRAVEL

Get the best bang for your travel buck

### TRAVEL TIPS, TRICKS & HACKS

Make traveling easier for you





# HI, I'M NICK

I'm here to help you get the most bang for your travel buck!

I was born in the Windy City of Chicago and I've been traveling the world since 2012. In my spare time, I enjoy photography and making inspirational travel films on [YouTube](#) for budget-minded travelers like me.

Follow along on my journey to see what I'm up to next on social media and my website, [navigatornick.com](http://navigatornick.com).

I'll show you how to value travel!

**Value traveling** is getting the most bang for your travel buck.

**-NAVIGATORNICK**



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# NavigatorNick's ROME ITALY



Roma Urbe Airport

Catacombs of Priscilla

Ponte Milvio

Tiber River

Villa Borghese

Spanish Steps

Vatican City

Sant' Angelo

Trevi Fountain

Potapical Garden of Rome

Piazza Navona

Pantheon

Roma Termini

Chiesa di San Pancrazio

Basilica of Santa Maria

Forum

Colosseum

Arch

Dioese of Rome

San Camillo Forlanini Hospital

Testaccio Market

Roma Ostiense

Tiber River

Palazzo della Civiltà Italiana

Catacombs of San Callisto

Villa del Quirinale

Fiumicino Leonardo da Vinci Airport

Fiumicino Leonardo da Vinci Airport



## ROME

# The best time of year to travel?

Rome formed the Western civilization as we know it. For first timers, it's really hot June - August, like really hot. Roma doesn't have the best air movement throughout the city and not many accommodations offer air conditioning. The spring and fall shoulder seasons may offer travelers the best of both worlds.



**Wet Season**

## December - April

Best time for surfers

HIGH

**76**

LOW

**57**



**Dry Season**

## July - September

Best time for outdoor activities

HIGH

**86**

LOW

**67**



**Mild Season**

## Oct/Nov & May/June

Best time for budget travelers

HIGH

**79**

LOW

**61**



# ROME, ITALY

## WHAT TO EXPECT

**Language:** Italian

**Currency:** Euro (EUR)

**Credit Cards & ATMs:** Many Rome shops, restaurants, and hotels accept credit cards, but not all. Definitely carry a little bit of cash on you.

**Cell Service:** If you don't have an international cell phone plan, pick up an [AIRALO eSIM](#) - Get USD \$3.00 off with code "NICK4202" when you sign up or at checkout.

**Plugs:** The plugs in Italy are type F or L, the standard voltage is 230 V, and the standard frequency is 50 Hz. Buy a [universal adapter](#) and use a [voltage converter](#) for hairdryers and beard trimmers.

**Food and Drinks:** Pasta! Pizza! Vino! Gelato! From iconic pasta dishes like carbonara and cacio e pepe to crispy Roman-style pizza, the city celebrates the art of simplicity and quality ingredients. Indulge in the decadence of gelato or sip on a robust espresso for a true Roman culinary experience that effortlessly blends tradition with modern flair.

**The Arts:** Rome has breathtaking masterpieces in the Vatican Museums, the Sistine Chapel, and the timeless beauty of iconic sculptures and fountains scattered across the city.







# TRAVELING TO ROME!?

Get instant connectivity with an eSIM

[Learn More](#)



Use code "NICK4202" at checkout





# CULTURE & CUSTOMS

Rome, the eternal city, exudes a captivating blend of ancient traditions and contemporary vibrancy. The city's cultural tapestry is woven with threads from its illustrious past, evident in its magnificent architecture, iconic monuments, and historical sites. From the grandeur of the Colosseum to the timeless beauty of the Pantheon, every cobblestone street tells a story, inviting locals and visitors alike to immerse themselves in the rich history that defines Roman culture.



## Customs and Social Etiquette:

Romans are known for their warm hospitality and embrace of leisurely living. Meals are a cherished affair, with family and friends gathering around tables laden with delectable cuisine. It's customary to greet with a kiss on both cheeks, even among acquaintances. In social settings, animated conversations and expressive gestures are the norm, reflecting the passion that Romans bring to every aspect of life. Taking a leisurely passeggiata, an evening stroll, is a beloved tradition, offering a chance to engage in the vibrant street life and connect with the community.

## Religious Celebrations and Festivals:

Religion plays a significant role in Roman culture, and the city hosts various religious celebrations and festivals throughout the year. Easter, with its grand processions and ceremonies, is a particularly significant time. Local festivals like the Festa della Madonna de Noantri bring neighborhoods to life with processions, music, and traditional performances. Each August, Rome slows down as many locals head for the coast, embracing the Italian tradition of Ferragosto, a time for relaxation and beachside festivities. These cultural nuances showcase the heart and soul of Rome's customs, creating an enchanting atmosphere for those fortunate enough to experience it.



# SAFETY

Rome, known for its historical charm and vibrant culture, is generally considered a safe destination for tourists. However, like any major city, it's important for visitors to be aware of potential safety concerns and take common-sense precautions. Petty crime, such as pickpocketing and bag snatching, occurs. Thieves are very skilled and often work in groups. Be particularly vigilant in these public areas:

- all tourist sites and attractions
- beaches
- restaurants
- hotel lobbies
- transportation hubs, including bus and train stations

## Pickpocketing

Busy tourist areas, public transportation, and crowded places can be hotspots for pickpocketing. Travelers are advised to keep a close eye on their belongings, use anti-theft bags, and be cautious in crowded spaces.

Read: [How to Avoid Pickpockets in Italy](#)

## Traffic and Pedestrian Safety

Rome's traffic can be chaotic, and pedestrians should exercise caution when crossing streets. Follow local traffic rules, use designated crosswalks, and be aware of vehicular traffic.

## Scams

While not widespread, some tourists may encounter scams, especially around popular attractions. Be cautious of individuals offering unsolicited help, and only use official services for tours and transportation.

## Night Safety

Like in any city, it's advisable to be cautious in unfamiliar areas, especially at night. Stick to well-lit, populated areas, and use reputable transportation options.

## Health Precautions

Italy, including Rome, maintains high health and safety standards. Travelers should have travel insurance, be aware of emergency services, and take necessary health precautions.

By staying vigilant, being aware of surroundings, and taking standard safety measures, visitors can enjoy Rome's beauty and culture with confidence. Additionally, staying informed about the latest travel advisories from reliable sources is always a good practice.



# BOOKING FLIGHTS

It's important to check flight prices as soon as you decide you're going to Rome. **FCO (Leonardo da Vinci-Fiumicino Airport)** is going to be the closest airport to Rome. Use **Google Flights** to search, compare and track flights.

**Read More:** [How to use Google Flights to find the Best Prices](#)

Track multiple flight options with just a click of a few buttons.

A question I get often is, “**when should I book?**”. There's not a science to booking the right flight, at the right time. However, there are patterns to be aware of.

For example, flights May - August will always be higher, this is peak travel season. USA Holidays will also be higher. Popular festival dates will be higher. Religious holidays will be higher.

Shoulder season is the cheapest time to book (March, April, September, October). My favorite month to travel to Europe is September! Much of the summer crowds have gone away and the weather is still warm, but not too hot.

Generally, you should book international flights around 120+ days out. Domestic flights should be booked 60 - 90+ days out.

**Note:** It's possible to find a cheaper flight to Naples or Florence and take a high speed train to Rome.

ARCH OF CONSTANTINE





# SEARCH FLIGHTS TO ROME!


Powered by **KAYAK**

✈ Flights 🏠 Hotels 🚗 Cars 🧳 Packages

Round-trip ▾ 1 adult ▾ Economy ▾

✈ From? ↔ ✈ To?

📅 Mon 10/21 📅 Mon 10/28



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The Barcelona Travel Guide!*



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ROME GUIDE**



[WATCH THE ULTIMATE ROME 2025 TRAVEL GUIDE](#)



# SETTING A BUDGET TO VALUE TRAVEL

Set a budget, even if it's a loose budget, because an adventure to Rome doesn't have to be expensive.

When deciding on what part of the Rome that you would like to stay in, keep your budget in mind, as some areas are more expensive than others.

What is **value traveling**? Value traveling is getting the most bang for your travel buck.

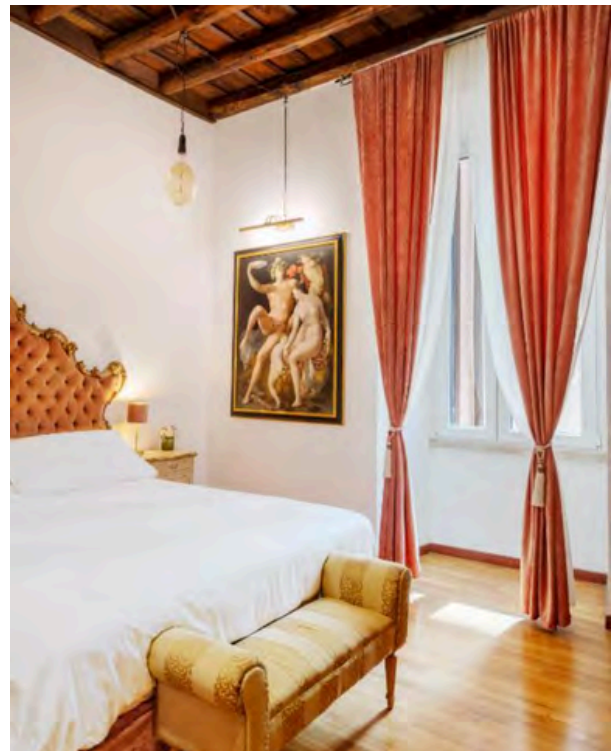
When it comes to saving money on your accommodations, have balance.

Value traveling will help you stretch your budget throughout your vacation. Set aside a few nights of your trip to over-indulge and splurge on a luxury or unique experience. Conversely, set aside the rest of the trip's accommodations for a more practical stay.



Check out this [amazing apartment in the heart of Rome](#).

**Note:** To get an idea of how much your trip will cost, research prices for airfare, hotels, and activities before you make any non-refundable purchases or reservations.



**It may cost you more, but you're paying for the experience.** Counter this with booking a cheaper and more budget friendly place for the next accommodation. I wouldn't sacrifice on clean sheets and comforts, but you may want to sacrifice on amenities and location, to a certain degree.



In the end, you will notice that you will get *more value for your money* by splitting your time between accommodations – luxury and budget.

If you like to move around, stay in one neighborhood for two nights, for the best experience.



# HOW TO SAVE MONEY IN ROME

**Travel Points.** The [Capital One Venture One](#) card is a fantastic travel rewards credit card with NO fee. However, you need good to excellent credit. If you're really serious about getting into travel reward points, consider using the [Capital One](#) or [Capital One Venture X](#).

**Read More:** [My Favorite Travel Credit Cards](#)

**Try Shoulder Season.** Flights are often cheaper in the shoulder- or offseason. Peak months are May - August. Track flights with Google Flights and jump on a great deal when Google tells you to book now!

**Avoid holidays, festivals, and other large events, unless that's the reason you're going to a specific destination.** Crowds can inflate hotel rates, overwhelm popular sights, and make it difficult—and costly—to get around.

**Compare midweek to weekend flight and train prices.** Leonardo da Vinci-Fiumicino Airport is the airport closest to Rome. There is a 30 minute express train to Termini (Rome) Station. You could also check flights to Naples (NAP) or Florence (FLR) and get a train to Rome.

Once you've estimated your trip's flight and accommodation cost, start considering the cost of transportation.

**Public transportation** is going to be your best bet to get around town. I would use the buses or metro, they are cheap. Just make sure to watch your belongings! You will not need to rent a car in Rome and I 100% advise against it!

**Food & Gelato Budget.** I'm a foodie lover, so more likely than not, I'm finding new, fun, and interesting places to check out.



I'm not sure what a trip to Rome would look like if I was not a fan of food, but I would imagine that I would save a ton of money not eating so much pasta & pizza, not to mention, GELATO! Speaking of...

**Hungry?** You can find a really cheap and authentic meal away from the tourist attractions. Eating on the main street or nearby famous attractions are usually expensive because of the convenience. venture off the beaten path to save money on your food budget.

**Bring a water bottle** The tap water in Rome is fine to drink but buy a reusable water bottle to save money and reduce your plastic use. [LifeStraw](#) is my go-to brand as their bottles have built-in filters to ensure your water is always clean and safe.

Note, restaurants will charge you for bottled water. Sometimes, it's cheaper to buy a glass of wine or a beer instead!

**Travel Tip:** Restaurant tipping- If you see "service included", it means that the tip has already been included. It is only a 10% tip so you can add more for great service.



# ITALY - FOODIE LOVERS DELIGHT

Roman cuisine is a gastronomic journey that celebrates simplicity and quality ingredients. Pasta, a staple in Italian cuisine, takes center stage with iconic Roman dishes like Cacio e Pepe (pasta with cheese and pepper) and Carbonara (pasta with eggs, cheese, guanciale, and black pepper). The local cuisine also boasts delectable street food, including Suppli (rice balls with mozzarella and ragù) and the classic Roman-style pizza characterized by its thin, crispy crust.

Italy, renowned for its wine, offers a diverse range of options, and Rome is no exception. The city's trattorias and enotecas (wine bars) showcase an extensive selection of wines from various regions. Romans appreciate pairing local dishes with the perfect wine, and reds like Chianti and Montepulciano complement hearty pasta dishes, while whites such as Frascati enhance the flavors of seafood. The city's wine culture encourages a leisurely enjoyment of meals, with each sip contributing to the overall culinary experience.

No visit to Rome is complete without a [savory food tour through Trastevere!](#)

OH! Let's not forget about the gelato. Rome's gelaterias, with their colorful displays, offer a dizzying array of flavors made with natural ingredients. From classic choices like Stracciatella and Pistachio to innovative combinations like Fig and Ricotta, gelato becomes a daily indulgence. Romans cherish the tradition of an evening passeggiata, or stroll, with a cone or cup of gelato in hand, making it an integral part of the city's culinary tapestry. Just don't eat the gelato that's stacked high over the bins, that's not the real stuff.



# TOP TRATTORIAS (RESTAURANTS) IN ROME

1. **La Pergola:** La Pergola is a three-Michelin-starred restaurant located atop Rome's Cavalieri Hotel. Renowned Chef Heinz Beck crafts an exquisite menu featuring contemporary Italian cuisine with a focus on fresh, seasonal ingredients.

2. **Antico Arco:** Located on the Janiculum Hill, Antico Arco offers a contemporary twist on Roman dishes. The panoramic views and elegant setting make it an ideal spot for a special meal.

3. **Ristorante All'Oro:** A Michelin-starred restaurant, All'Oro is recognized for its creative dishes that showcase the best of Italian ingredients in a modern context.

4. **Roscioli:** A combination of a restaurant, bakery, and deli, Roscioli is celebrated for its high-quality ingredients and a menu that highlights Roman and Jewish culinary tradition.

6. **Il Gabriello:** Situated near the Spanish Steps, Il Gabriello is known for its classic Roman cuisine with a touch of creativity, and it's a favorite among locals and tourists.

7. **Da Enzo al 29:** Tucked away in the Trastevere neighborhood, Da Enzo al 29 is a charming trattoria known for its Roman specialties. It's a favorite among locals, offering a genuine taste of Roman home cooking.

8. **Il Pagliaccio:** A two-Michelin-starred restaurant offering a sophisticated dining experience. Chef Anthony Genovese creates dishes that blend Italian and international influences, showcasing culinary artistry.

9. **Armando al Pantheon:** With a location just steps away from the Pantheon, Armando al Pantheon is a classic Roman trattoria. It has been serving traditional Roman dishes for decades, and its proximity to a historic landmark adds to its charm.

These restaurants offer a diverse range of culinary experiences, from traditional Roman fare to innovative gastronomy, ensuring that visitors can savor the rich flavors of Italy's capital.





# TOP ROOFTOP BARS IN ROME

- 1. Rooftop Bar at Hotel Raphael:** Located near Piazza Navona, the rooftop bar at Hotel Raphael offers stunning panoramic views of Rome, including iconic landmarks like St. Peter's Basilica. [Book Your Stay](#)
- 2. The First Luxury Art Hotel:** This stylish rooftop terrace provides a chic setting to enjoy cocktails with a view of Rome's rooftops. The bar is known for its elegant ambiance. [Book Your Stay](#)
- 3. Hotel Eden Rooftop Bar:** Hotel Eden's rooftop terrace boasts breathtaking views of the city, with the opportunity to see landmarks such as the Spanish Steps and St. Peter's Basilica. [Book Your Stay](#)
- 4. Aroma Restaurant:** Situated near the Colosseum, Aroma Restaurant offers not only fine dining but also a terrace with spectacular views of the Colosseum and the Roman Forum. [Book Your Stay](#)
- 5. La Terrazza dei Papi:** Perched atop Hotel Atlante Star, this rooftop bar provides a wonderful view of St. Peter's Basilica and the Vatican. It's especially enchanting in the evening. [Book Your Stay](#)
- 6. Hotel Hassler's Salone Eva:** The Salone Eva terrace at Hotel Hassler offers panoramic views of Rome, including the Spanish Steps. It's an elegant spot for a romantic evening. [Book Your Stay](#)
- 7. Il Palazzetto Wine Bar:** Located on the Spanish Steps, Il Palazzetto Wine Bar offers a refined setting to enjoy wines and cocktails while taking in the vibrant atmosphere of the area. [Book Your Stay](#)
- 8. L'Olimpo Rooftop Bar:** This rooftop bar, part of the Kolbe Hotel Rome, provides a peaceful escape with views of the Palatine Hill and the greenery of the Aventine. [Book Your Stay](#)
- 9. The Corner Roma:** The rooftop terrace at The Corner Roma offers a contemporary space with views of the city center. It's a trendy spot for drinks and relaxation. [Book Your Stay](#)
- 10. Terrazza del Cesari:** Overlooking the historic market of Campo de' Fiori, Terrazza del Cesari offers a unique setting to enjoy drinks and take in the lively atmosphere. [Book Your Stay](#)





# TOP 7

THINGS TO DO!

## 1 VATICAN: MUSEUMS & SISTINE CHAPEL

See priceless works of art from the Papal collections in the Vatican Museums and Sistine Chapel. Marvel at masterpieces from antiquity to Michelangelo's legendary frescoes. [Buy Tickets](#)



## 2 COLOSSEUM UNDERGROUND AND ARENA FLOOR NIGHT TOUR

Admire the Colosseum away from the crowds of the daytime on a night tour. Enjoy exclusive access to the arena floor and underground areas, and hear stories of ancient Rome from your guide [Buy Tickets](#)



## 3 POMPEII, AMALFI COAST & POSITANO DAY TRIP

Journey from Rome to the ancient city of Pompeii via air-conditioned coach, and then discover the resorts of Amalfi and Positano on the Amalfi Coast. Get insights from a local guide and venture off the beaten path. [Buy Tickets](#)



## 4 ROMAN STREET FOOD WITH A LOCAL GUIDE

Experience the flavors of Rome on a guided street food tour. Taste your way through the iconic Jewish Quarter or opt for a tour of Trastevere. Try local delicacies such as suppli, pizza, and gelato. [Buy Tickets](#)



## 5 TREVI FOUNTAIN & SPANISH STEPS

There is no trip to Rome complete without a stop at the Trevi Fountain and throwing a lucky penny for good luck. Get to the Spanish Steps and the Trevi Fountain before 7:30am to enjoy them peacefully.

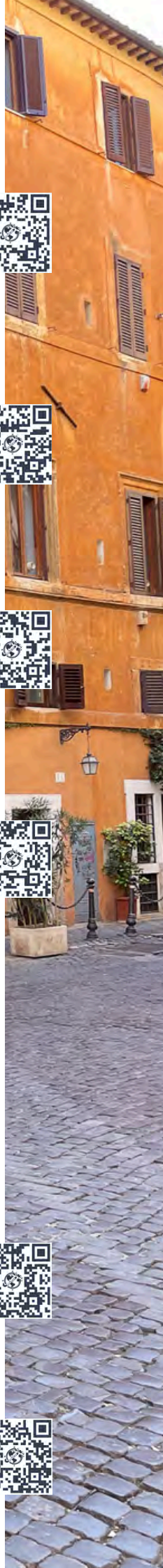
## 6 ST. PETER'S BASILICA, DOME CLIMB, & UNDERGROUND TOUR

Discover St. Peter's Basilica from a new perspective as you climb to the top of the dome. Then follow your guide to explore the stunning interior and the Vatican crypts. [Buy Tickets](#)



## 7 INTIMATE ROOFTOP BAR OPERA SHOW

Enjoy a private opera show in one of the most famous rooftop bars in Rome. This is your opportunity for a unique and unforgettable experience in the "eternal city". [Buy Tickets](#)





# Explore Roma by Vespa!

*#1 Tour!*

**LIMITED SPACE!**



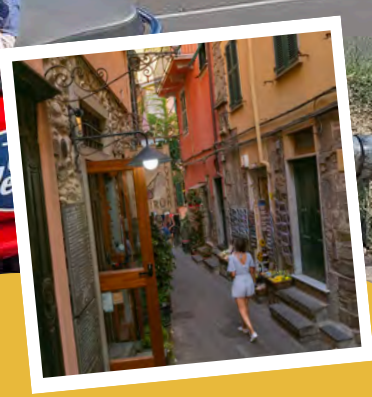
**Ride!**

Explore Rome via  
Vespa



**Photos!**

Professional  
Photographer



**Explore!**

Create Unforgettable  
Memories

## Package Includes

- ✓ Helmet
- ✓ Professional Driver
- ✓ Guide
- ✓ Photographer & Photos

## Book Now



**Vespa Tour's Rome**  
Rome, Italy

**Meeting Point**  
In front of Cafe Roma

# BOOKING YOUR ACCOMODATION

Once your flight is booked, you should book your accommodations next.

Familiarize yourself with my sample itineraries provided at the back of this guide before finalizing your accommodations. The last thing you want is to book a place that's located far from the attractions you plan to visit.

If you're visiting Rome for 4+ days, you might consider staying in two different neighborhoods.

*The most popular areas to stay in are Ancient (Old) Rome and Colosseo, due to their historic nature and close proximity to the city center.*



Visit my website for a [custom Rome map](#) to choose the best **hotel**, **apartment** or **VRBO**. Base your final decision on location, price, style, features and amenities, *in that order*.

Rome  
Hotel Finder



## Cancellation Options & Insurance

Before booking your accommodation, make sure you know the cancellation policy. And if you think you need it, purchase trip cancellation insurance. My favorite travel credit cards include trip protection, such as the [Capital One Venture](#) card or the [Chase Sapphire Preferred](#) card.



Another reason to book using your [Capital One Venture](#) or [Chase Sapphire Preferred](#) card is collecting miles and points for future traveling. **That's right, more benefits for you!** Every time I travel, I'm already checking my new mileage chart for my next destination.

So, use those travel reward credit cards to get a jump start on your future travels. You may even get a round trip to Barcelona for free by just using your sign-up bonus miles. I did!

**TravelerTip:** Rome is extremely popular and the great hotels and Airbnbs book up fast. Make sure to reserve your room at least four months in advanced.

Generally, hotel rooms don't give discounts but from time to time, I post 10% booking.com coupon codes on my facebook page, [HERE](#).

## Read Reviews

Reading reviews online of other travelers is a great idea before booking.



## ROME NEIGHBORHOODS

Rome, the capital of Italy, is a city with a rich history and a diverse array of neighborhoods, each offering a unique atmosphere and charm.

The heart of Rome is its **Historic Center**, where iconic landmarks such as the *Colosseum*, *Roman Forum*, and *Pantheon* are located. This area is a labyrinth of narrow cobblestone streets, lined with charming cafes, boutiques, and historic buildings. Piazza Navona, with its beautiful fountains, and the lively Campo de' Fiori, known for its vibrant market during the day and bustling nightlife, are integral parts of this central district. The Historic Center is perfect for those who want to be immersed in the ancient history and architectural wonders of Rome.

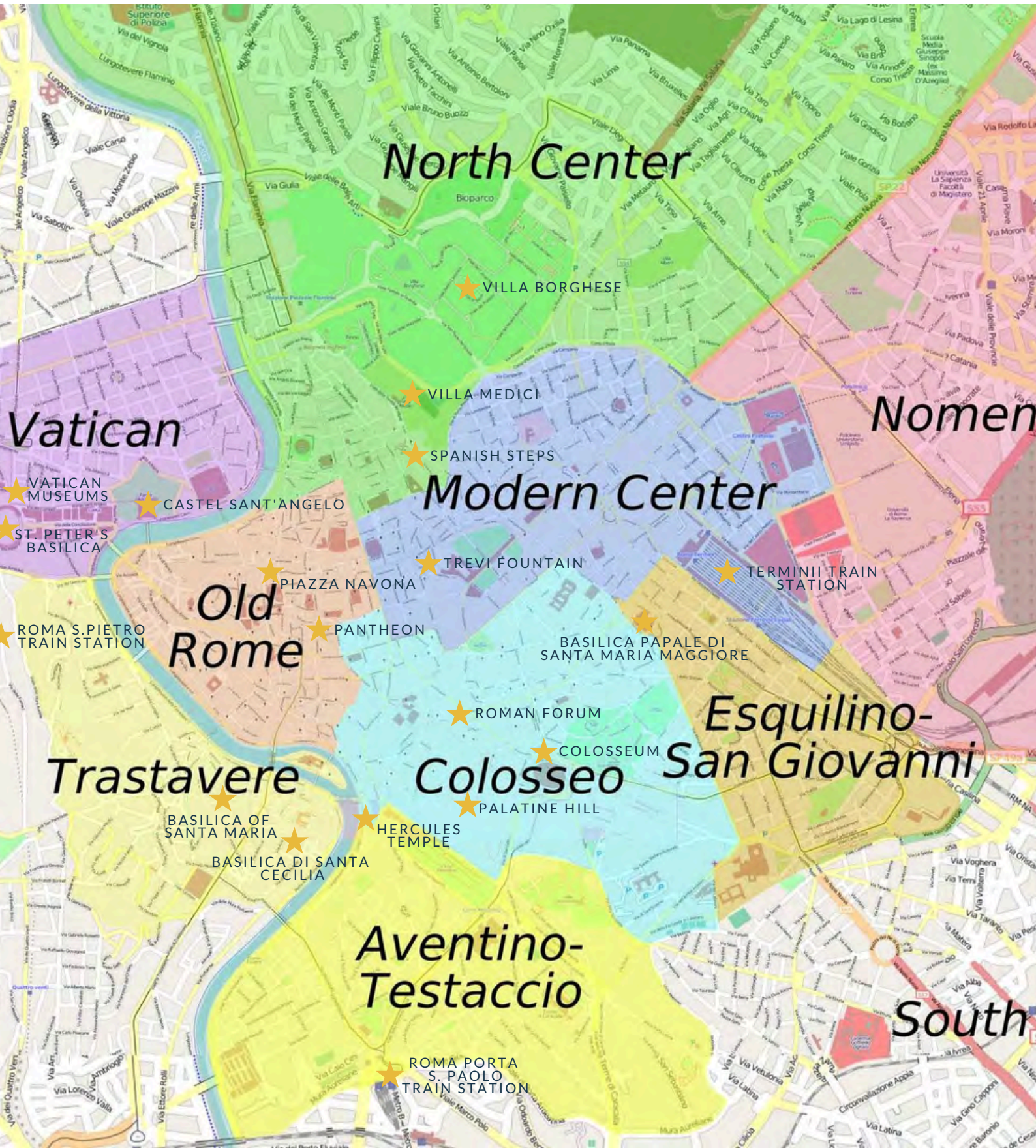
Across the Tiber River lies the bohemian neighborhood of **Trastevere**. Characterized by its *narrow winding streets and medieval buildings*, Trastevere has a distinct old-world charm. This area comes alive in the evenings, offering an eclectic mix of traditional Roman trattorias, trendy bars, and street performers. Trastevere provides a more relaxed and artistic atmosphere, making it a favorite among locals and visitors alike seeking a break from the hustle and bustle of the city center.

To the northwest of the city center is **Vatican City**, the smallest country in the world and the spiritual center of Catholicism. Home to *St. Peter's Basilica and the Vatican Museums*, this area draws millions of visitors each year. The adjacent Prati neighborhood offers a more residential feel with elegant boulevards, upscale shopping along Via Cola di Rienzo, and a mix of restaurants. The towering Castel Sant'Angelo, connected to Vatican City by a pedestrian bridge, adds to the historical allure of this district.

Each neighborhood in Rome contributes to the city's mosaic, offering a different experience and showcasing the layers of history that make Rome a captivating destination. Whether you're exploring ancient ruins, savoring traditional Italian cuisine, or strolling through picturesque streets licking a gelato, Rome's neighborhoods provide a diverse and enriching tapestry for every type of traveler.



# ROME NEIGHBORHOOD MAP & POINTS OF INTEREST





## 📍 ANCIENT ROME

The Old Rome neighborhood, also known as **Centro Storico**, is the historic heart of the eternal city and a treasure trove of iconic landmarks, charming squares, and classical architecture. It's a dynamic mix of ancient wonders, lively piazzas, designer boutiques, and vibrant street life. This neighborhood, rich in history and culture, seamlessly blends the old with the new, offering an immersive experience for visitors.

At the heart of ancient Rome stands the magnificent **Pantheon**, a nearly two-thousand-year-old temple dedicated to all the gods. The neighboring **Piazza della Fontana** is a lively square with outdoor cafes, artists, and a charming fountain. The Pantheon's dome remains an engineering marvel, and the oculus at its center allows sunlight to flood the interior.

**Piazza Navona** is another jewel in Old Rome, celebrated for its baroque splendor. The square is adorned with *Bernini's Fountain of the Four Rivers*, among other masterpieces. It is a hub of activity with street performers, artists, and a vibrant atmosphere. Surrounding the piazza are elegant restaurants and cafes where visitors can enjoy Roman cuisine.

**Palazzo Montecitorio**, home to the Italian Chamber of Deputies, reflects the political significance of the Modern Center. The elegant building stands as a testament to Rome's role as the capital of Italy.

**Via del Corso**, a bustling street that cuts through the Modern Center, is a shopping haven. It's lined with a mix of international brands, local boutiques, and charming cafes, making it a prime destination for fashion enthusiasts.





The **Trevi Fountain**, a Baroque masterpiece, is a short walk from Piazza di Spagna. Visitors toss a coin over their shoulder into the fountain, ensuring their return to Rome. The fountain's grandeur, adorned with mythological figures, makes it a captivating sight, especially when illuminated at night.

The **Spanish Steps**, a monumental stairway, connect Piazza di Spagna with the Trinità dei Monti church. The steps are a popular gathering spot and a symbol of Rome's status as a fashion capital. The surrounding area is dotted with high-end boutiques and designer stores. It's a popular spot for people-watching and enjoying the lively ambiance.

**Campo de' Fiori** is a vibrant market square by day and a lively social hub by night. The morning market offers fresh produce, flowers, and local goods. In the evening, the square transforms into a social hotspot with bustling restaurants, cafes, and a lively atmosphere.

Ancient Rome encapsulates the essence of Rome's evolution through the ages.

Visitors can wander through ancient marvels, toss a coin in fountains, shop at chic boutiques, and savor the vibrant energy that defines this iconic neighborhood.



TREVI FOUNTAIN



SPANISH STEPS



CAMPO DE' FIORI



# WHERE TO STAY ANCIENT ROME

[LEARN MORE](#)



## BUDGET ACCOMMODATION

Under \$150/night

JUST 200 METRES FROM CAMPO DE' FIORI. OFFERS AIR-CON WITH FREE WI-FI, AND A ROOF TERRACE OVERLOOKING THE HISTORIC CENTRE. FLAT-SCREEN TV WITH SATELLITE CHANNELS, AND A PRIVATE BATHROOM WITH HAIRDRYER AND TOILETRIES. SOME ROOMS HAVE A BALCONY. A BUFFET BREAKFAST IS SERVED UNTIL 10:00.



[LEARN MORE](#)



## VALUE ACCOMMODATION

From \$200/night

OFFERING A FREE SPA CENTRE AND STYLISH ROOMS WITH FREE WI-FI AND A 32" LCD TV, THE 4-STAR HOTEL IS IN CENTRAL ROME, JUST 200 METRES FROM PIAZZA NAVONA. THE TOP-FLOOR TERRACE OVERLOOKS ROME'S ROOFTOPS. ROOMS ARE AIR-CON AND SOUNDPROOFED AND HAVE AN ELEGANT COMBINATION OF BLACK AND WHITE COLOURS.



[LEARN MORE](#)



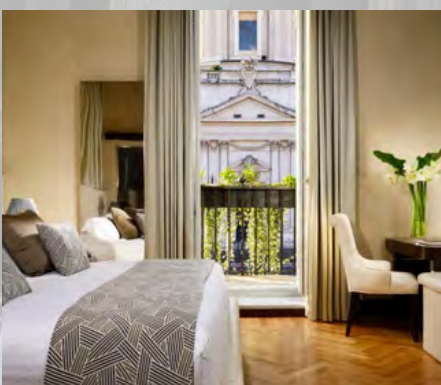
## BEST ACCOMMODATION

From \$250/night

BOASTING A TERRACE, A RESTAURANT AS WELL AS A BAR, THIS HOTEL IS SITUATED IN THE CENTRE OF ROME, 400 METRES FROM BARBERINI METRO STATION. ROOM SERVICE, 24HR FRONT DESK & FREE WIFI. 300 METRES FROM PIAZZA BARBERINI. ALL ROOMS ARE FITTED WITH AIR-CON, FLAT-SCREEN TV, A MINIBAR, A COFFEE MACHINE, & A WARDROBE.



[LEARN MORE](#)



## LUXURY ACCOMMODATION

From \$500+/night

SITUATED IN PIAZZA NAVONA SQUARE, THIS ADULT-ONLY PROPERTY OFFERS ELEGANT ACCOMMODATION IN THE HEART OF ROME. VIEWS OF PIAZZA NAVONA & THE WHOLE CITY FROM ITS LARGE TERRACE, & FREE WIFI THROUGHOUT. ALL AIR-COND ROOMS OFFER A MINIBAR, A FLAT-SCREEN TV AND A PRIVATE BATHROOM WITH BATHROBE.





# 📍 COLOSSEO

At the heart of this neighborhood stands the **Colosseum**, the grand amphitheater that once hosted gladiatorial contests. Adjacent to it lies the Roman Forum, a sprawling archaeological site featuring ancient government buildings, temples, and basilicas. The Colosseo neighborhood is a living testament to Rome's imperial past, and these monumental structures attract millions of visitors annually. Don't forget to book a [nighttime underground tour of the Colosseum!](#)

Beyond the **Colosseum** and **Roman Forum**, the neighborhood extends to include the Archaeological Park of Celio. This park encompasses lesser-known but equally fascinating sites, such as the **Baths of Caracalla**, the **Circus Maximus**, and the **Domus Aurea**, Nero's extravagant palace.

To the north of the Colosseum, the neighborhood seamlessly transforms into Monti, one of Rome's trendiest districts. Monti is renowned for its bohemian atmosphere, cobblestone streets, and a plethora of artisanal shops, vintage boutiques, and hip cafes. It offers a delightful contrast to the ancient ruins, making it a favorite among locals and creative minds.

The Colosseo neighborhood is not just about history; it's a vibrant area with a lively local scene. Visitors can discover charming trattorias serving authentic Roman cuisine, gelaterias offering delectable treats, and wine bars where one can unwind with a glass of Italian wine. As night falls, the area around the Colosseum transforms with an enchanting glow, creating a magical ambiance.

Whether you're exploring ancient ruins, indulging in modern gastronomy, or simply soaking in the unique atmosphere, the Colosseo neighborhood encapsulates the essence of Rome's historical and contemporary allure. It's a neighborhood where the past and present coexist, inviting visitors to embark on a journey through time in one of the world's most captivating cities.







# UNDERGROUND COLOSSEUM TOUR!!

## What's Included:

- Access to the Underground+ skip-the-line entry ticket
- Access to arena
- Access to ground & second floor
- Access to exhibition
- Headsets to hear your guide clearly
- Roman Forum and Palatine Hill Guided Tour

[BOOK HERE](#)



Limited Spots Available! Book Now and Embark on the Journey of a Lifetime!



# WHERE TO STAY COLOSSEO

[LEARN MORE](#)



## BUDGET ACCOMMODATION

From \$150/night

EASY BUDGET COLOSSEO OFFERS AIR-CONDITIONED ROOMS WITH PRIVATE PARKING AND ROOM SERVICE. BUILT IN 19TH CENTURY, THE PROPERTY IS WITHIN JUST 2625 FEET OF COLISEUM AND 1 MI OF DOMUS AUREA.



[LEARN MORE](#)



## VALUE ACCOMMODATION

From \$175/night

SET JUST 450 METRES FROM ROME'S COLOSSEUM. OFFERS COLOURFUL ROOMS WITH FREE WI-FI & VIEWS OF THE ROMAN FORUM. CAVOUR METRO IS 4 MINUTES' WALK AWAY. SPACIOUS ROOMS AT THE 2 PASSI INCLUDE A FLAT-SCREEN TV AND AIR-CON. THE PRIVATE BATHROOM HAS A HAIRDRYER AND FREE TOILETRIES. ITALIAN-STYLE BREAKFAST.



[LEARN MORE](#)



## BEST ACCOMMODATION

From \$250/night

SET A 5-MINUTE WALK FROM THE COLOSSEUM AND ITS METRO STOP, THIS HOME OFFERS ELEGANT ACCOMMODATION WITH FREE WIFI. A CONTINENTAL BREAKFAST IS SERVED. ALL ROOMS AT THE ZEFIRO HOME COME WITH AIR CONDITIONING, A SMART TV AND AN ELECTRIC KETTLE. THE PRIVATE BATHROOM INCLUDES A HAIRDRYER AND FREE TOILETRIES.



[LEARN MORE](#)



## LUXURY ACCOMMODATION

From \$330+/night

THIS BOUTIQUE HOTEL IS SET IN ONE OF THE CITY'S ANCIENT BUILDINGS, NEXT TO THE ROMAN WALLS. THE STYLISH ROOMS AT HAVE CHIC DÉCOR WITH ORIGINAL BEAMED CEILINGS AND EXPOSED BRICK WALLS. THERE IS FREE WI-FI, AIR CONDITIONING AND FLAT-SCREEN SATELLITE TV.





# 📍 VATICAN CITY

The **Vatican**, an independent city-state surrounded by Rome, is a neighborhood of immense historical and religious significance. Home to the spiritual and administrative headquarters of the Roman Catholic Church, the Vatican is a must-visit destination for pilgrims, art enthusiasts, and history buffs.

St. Peter's Basilica, one of the world's largest churches, dominates the Vatican skyline. Don't miss the **climb to the top of the dome** for a beautiful panoramic view of St. Peter's Square. The centerpiece is an ancient Egyptian obelisk flanked by two fountains. The colonnade, with its rows of columns, creates a sense of embrace, symbolizing the motherly arms of the Church.

The **Vatican Museums** house an unparalleled collection of art amassed by the Catholic Church over centuries. The crowning jewel is the Sistine Chapel, renowned for Michelangelo's breathtaking frescoes, including the iconic "The Last Judgment." The Vatican Gardens, a vast green expanse hidden behind the Vatican walls, offer a peaceful retreat.

The Apostolic Palace, commonly known as the Papal Palace or the Vatican Palace, serves as the official residence of the Pope.

Encircling Vatican City are formidable walls that have stood for centuries. The Swiss Guards, known for their colorful uniforms, have been the papal protectors since the 16th century. Connecting the Vatican to the heart of Rome, Ponte Sant'Angelo bridge. Have a look inside **Castel Sant'Angelo** and retrace the history of the ancient fortress.

The Vatican neighborhood is a destination where spirituality, art, and history converge. Visitors not only witness the grandeur of religious architecture but also delve into the artistic treasures that have shaped the cultural legacy of the Catholic Church.



ST. PETER'S BASILICA



CASTEL SANT'ANGELO

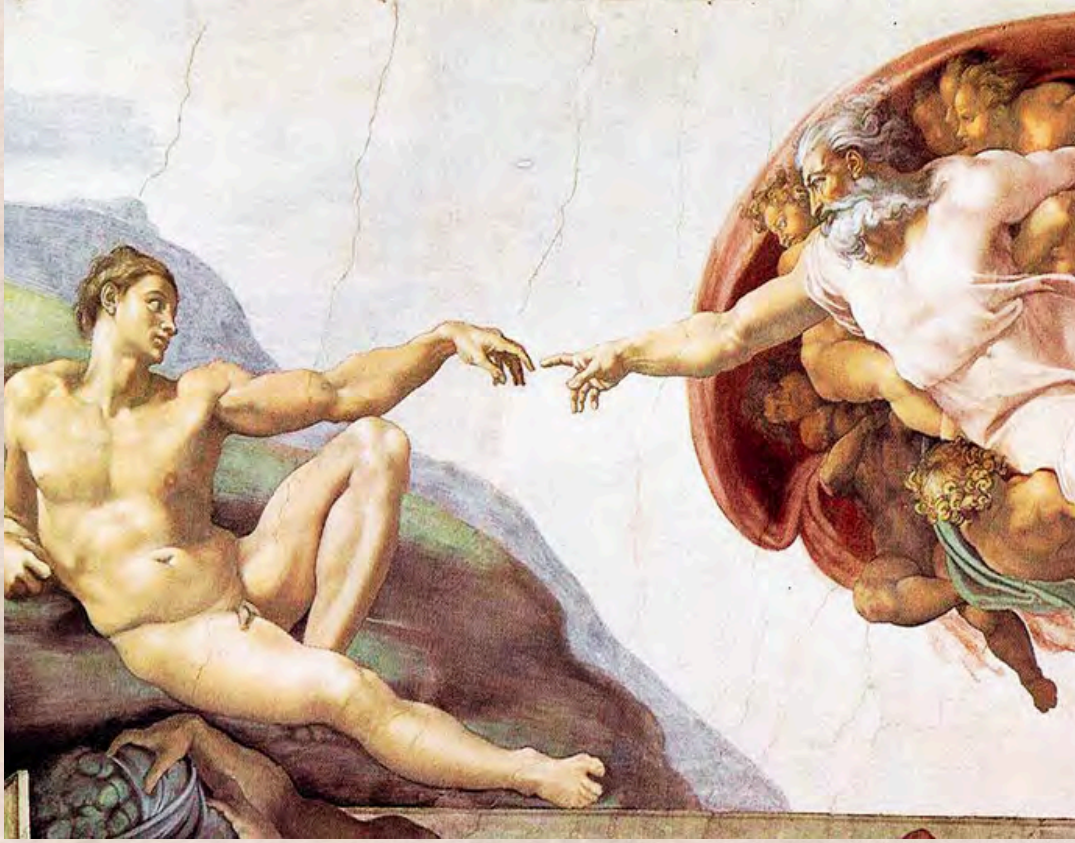


PONTE VITTORIO EMANUELE II



# TURN ON THE LIGHTS!

## AND OPEN THE DOOR TO THE VATICAN



### JOIN THE HEAD KEY KEEPER AS HE UNLOCKS THE DOORS OF THE 500-YEAR-OLD VATICAN MUSEUMS

Almost every morning for the past decade, Gianni has led the team with the massive task of opening up the 24 interconnected galleries, museums, and chapels that make up the Vatican Museums. With a small group, join him on his morning routine to open the doors to some of the world's most renowned artworks. Hear the sounds of the ancient locks turning as you hold the keys, and see the historic rooms go from dark to light as you flick the switch. Discover the Vatican Museums and their treasures in a way no other visitor can. As you explore, listen to Gianni's experiences and anecdotes of his time as head clavigero, as well as the stories behind some of the 20,000 pieces on display.



### MEET GIANNI



Join the Vatican's Key Master in opening the Vatican Museums' galleries.

### CROWD FREE FOR TWO HOURS!



Only the small group tour is allowed inside at this time. Enjoy!



# WHERE TO STAY VATICAN CITY



## BUDGET ACCOMMODATION

From \$130/night

700 METRES FROM ST. PETER'S BASILICA & VATICAN MUSEUMS. EVERY ROOM COMES WITH A FLAT-SCREEN TV, COFFEE MACHINE, A KETTLE, & PRIVATE BATHROOM. FEATURES FREE WIFI THROUGHOUT THE PROPERTY.

[LEARN MORE](#)



## VALUE ACCOMMODATION

From \$175/night

STAY AT LEONARDO DA VINCI GUEST HOUSE IS A SUSTAINABLE GUEST HOUSE LOCATED IN ROME, 1.1 KM FROM ST. PETER'S BASILICA. FREE WIFI, PRIVATE PARKING. THE ACCOMMODATION PROVIDES A LIFT, LUGGAGE STORAGE SPACE AND CURRENCY EXCHANGE FOR GUESTS. AIR-CON, FLAT-SCREEN TV WITH SATELLITE CHANNELS, A SAFETY DEPOSIT BOX AND A PRIVATE BATHROOM WITH A BIDET, SLIPPERS AND A HAIR DRYER

[LEARN MORE](#)

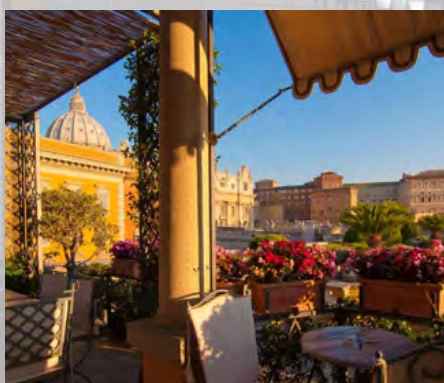


## BEST ACCOMMODATION

From \$325/night

SET IN A 15TH-CENTURY BUILDING, AND IS JUST 140 METRES FROM SAINT PETER'S SQUARE. THIS PROPERTY HAS A PRIVATE COURTYARD GARDEN BETWEEN CASTEL SANT'ANGELO AND SAINT PETER'S BASILICA. OTTAVIANO METRO IS A 10-MINUTE WALK AWAY. YOU CAN ENJOY DRINKS IN THE LIBRARY LOUNGE

[LEARN MORE](#)



## LUXURY ACCOMMODATION

From \$400+/night

UNBEATABLE LOCATION. OFFERING PANORAMIC VIEWS OF SAINT PETER'S SQUARE FROM ITS ROOFTOP TERRACE. FREE WIFI. JUST METRES FROM SAINT PETER'S, THE PROPERTY IS 15 MINUTES' WALK FROM THE VATICAN MUSEUMS. CLASSICALLY FURNISHED AND ALL AIR-CON ROOMS HAVE AN LCD TV WITH SATELLITE CHANNELS & PRIVATE BATHROOM

[LEARN MORE](#)





# TRASTAVERE

Trastevere, meaning "*across the Tiber*," is a lively and picturesque neighborhood in Rome, located on the west bank of the Tiber River. This historic district, known for its narrow cobblestone streets, medieval buildings, and vibrant atmosphere, offers a delightful blend of Roman authenticity and bohemian charm.

Trastevere is celebrated for retaining an authentic Roman character. As you wander through its labyrinthine streets, you'll encounter laundry hanging from windows, traditional osterias serving Roman specialties, and locals engaged in animated conversations. The area is a captivating showcase of Roman daily life.

At the heart of Trastevere lies the **Basilica di Santa Maria**, one of the oldest churches in Rome. Its golden mosaics, intricate frescoes, and a stunning façade make it a must-visit. The piazza in front of the church is a popular gathering spot, especially in the evenings. Uncover the secrets of Santa Maria Maggiore's Basilica with a guided tour and witness the beauty of the Loggia of Benediction, Room of the Popes, Bernini's stairs, and Historic Liberian Museum. [Learn More](#)

**Piazza Trilussa**, situated by the river, is a vibrant square named after the Roman poet *Trilussa*. This area comes alive in the evenings, with street performers, musicians, and locals enjoying the lively atmosphere. It's a fantastic place to soak in the spirit of Trastevere.

Trastevere is home to a myriad of boutique stores, artisan shops, and vintage boutiques. It's here where you can find unique souvenirs, handmade crafts, and stylish clothing.

Trastevere is a paradise for food enthusiasts. Its streets are lined with traditional Roman trattorias, serving authentic dishes like *cacio e pepe* and *carbonara*. Dining in Trastevere is not just a meal; it's an experience steeped in culinary tradition. Book a [Trastevere Food Tour Here](#).

Beyond the bustling streets, Trastevere hides charming secret gardens and peaceful courtyards. These hidden spots offer a serene escape from the lively atmosphere and provide a glimpse into the quieter side of Roman. When the sun sets, Trastevere transforms into a lively nightlife hub. Its bars, wine bars, and pubs draw locals and visitors alike. The ambiance is convivial, making it an ideal place to enjoy aperitivo or a late-night drink.

PONTE VITTORIO EMANUELE II







# FOODIE TOUR!

**EMBARK ON A GUIDED STREET FOOD TOUR IN TRASTEVERE**

- Professional Local Guide
- Walking tour of Trastevere
  - 5 Street Food Tastings  
(pizza, suppli (deep-fried rice ball), cured meat, and creamy gelato)
- 1 Beer Tasting
- 1 Wine Tasting

*\*Vegetarian options with prior notice*



**BOOK HERE**





# WHERE TO STAY TRASTAVERE

[LEARN MORE](#)



## BUDGET ACCOMMODATION

From \$100/night

10-MINUTE WALK FROM PIAZZA TRILUSSA. OFFERS FREE WIFI AND AIR-CONDITIONED EN SUITE ROOMS. ROOMS ARE DECORATED WITH BRIGHT COLOUR SCHEMES, AND EACH HAS AN LCD TV, A DESK, AND A PRIVATE BATHROOM WITH A HAIRDRYER AND FREE TOILETRIES. EACH GUEST ROOM INCLUDES A COFFEE MACHINE AND ELECTRIC KETTLE. BREAKFAST IS AVAILABLE AT A CAFÉ NEARBY.



[LEARN MORE](#)



## VALUE ACCOMMODATION

From \$150/night

DIVINE BED & BREAKFAST OFFERS CLASSIC-STYLE ACCOMMODATION WITH AIR CONDITIONING. FREE WIFI IS AVAILABLE THROUGHOUT. THE MODERN ROOMS HERE ALL COME WITH A FLAT-SCREEN TV, MINIBAR AND SAFE. THE PRIVATE BATHROOM INCLUDES A HAIRDRYER AND FREE TOILETRIES. BREAKFAST IS AVAILABLE AT A NEARBY CAFÉ.



[LEARN MORE](#)



## BEST ACCOMMODATION

From \$200/night

1 KM FROM CAMPO DE' FIORI AND 1.1 KM FROM THE CENTRE. FEATURES AIR-CONDITIONED ACCOMMODATION WITH FREE WIFI, AND A TERRACE. THIS SUSTAINABLE GUEST HOUSE IS LOCATED 1.5 KM FROM ROMAN FORUM AND LESS THAN 1 KM FROM LARGO DI TORRE ARGENTINA. THE ACCOMMODATION OFFERS A LIFT, LUGGAGE STORAGE SPACE.



[LEARN MORE](#)



## LUXURY ACCOMMODATION

From \$250+/night

ELEGANT ROOMS & A PRIVATE COURTYARD WHERE GUESTS CAN ENJOY BREAKFAST & DRINKS. FREE WIFI. THE PICTURESQUE PONTE SISTO BRIDGE IS 600 METRES FROM THE BED AND BREAKFAST, AND CAMPO DE' FIORI MARKET IS A 15-MINUTE WALK AWAY. BUSES TO ST. PETER'S SQUARE STOP JUST ACROSS THE RIVER.





# ROME AIRPORT PICKUP

Often, the first question I get about Rome is, "How do I get to the city center?"



The easiest and **best option to get to your hotel** in Rome, is to hire a private driver. This is because, the second you step out of baggage claim, you have somebody waiting for you with your name on a sign.

[Hire a private driver here.](#)

## Train Services



The **cheapest way to get to the city center** is via "The Leonardo Express". It's a dedicated airport train that connects Fiumicino Airport to the central Termini Station in Rome. The journey takes approximately 30 minutes, and trains depart every 15 to 30 minutes. This is a convenient and efficient option for those staying near Termini Station.

One Way Ticket: €19.75

1. The journey from Fiumicino Airport to Termini Station takes approximately 30 minutes, making it a quick and efficient way to reach the city center. Trains run every 15 to 30 minutes, providing frequent departures.
2. **Direct Connection:** The Leonardo Express is a direct train, so you won't need to make any transfers. It takes you straight from the airport to the central train station in Rome.
3. **Reliability:** The Leonardo Express is a reliable service, and you can easily plan your journey around its regular schedule.

While the Leonardo Express is generally the most cost-effective option, travelers should also consider factors such as convenience, luggage, and the location of their accommodations. Taxis, shuttles, and buses are alternative options, but they may take longer or involve additional transfers.

## Regional FL1 Train

In addition to the Leonardo Express, there is also the FL1 regional train that stops at various stations in Rome, including Tiburtina and Ostiense. This train is a bit slower than the Leonardo Express but may be more convenient if your destination is closer to one of its stops.

## Buses

Several bus services operate between Fiumicino Airport and different parts of Rome. These are generally more economical but may take longer than the train. The Terravision and SIT Bus Shuttle are examples of bus services connecting the airport to Termini Station. Single Ticket: £6.75

[Book Your Bus Tickets](#)



# TRAINS & TRAMS IN ROME



## Trains

**1. Regional Trains (Trenitalia):** Regional trains connect Rome to nearby cities and towns.

- Fares depend on the destination and type of train.
- Tickets can be purchased at train stations, online, or through mobile apps.



## 2. Rome Metro:

- The Rome Metro consists of three lines (A, B, and C).
- Fares are based on a time-based system. Tickets are valid for a certain number of minutes/hours.
- There are also multi-day passes available for unlimited travel within a specified time frame.

See the Metro & Tram Map on the next page which covers all metro lines with their stops and indicates if they have a lift or other accessibility options for persons with a disability.



## Trams

- Rome has an extensive tram network serving various parts of the city.
- Trams are an efficient way to travel within neighborhoods.
- Like buses, tram tickets are typically valid for a certain duration.







# ROME TRANSPORTATION CONTINUED

Once you're in the city center, the best way to get around Rome is to walk. Rome is a very walkable city (but it's HUGE). Expect to bring a great pair of walking shoes and leave your dress shoes and high heels in your bag until the evening.

## HERE ARE SOME OPTIONS FOR TRANSPORTATION



You can buy a **hop on hop off** ticket to explore the city. Check out this option to see if it's right for you [HERE](#). Single Ticket: £28



### Vintage Mini Driving Tour

One of the best rated experiences in Rome! Get behind the wheel of a vintage Fiat 500 and follow your guide on a panoramic route in Rome. Feel like a celebrity as tourists take pictures of your candy-colored car and Romans grow nostalgic. [Learn More](#).



### Vespa Sidecar Tour with Coffee and Gelato

Zip around the Eternal City with an experienced Vespa driver on this guided tour of Rome. See Rome's iconic monuments such as the Colosseum and Palatine Hill and enjoy a delicious gelato. Top 5 rated tour in Rome! Single Ticket: £125 [Buy](#)



### Integrated Tickets

#### 1. Roma Pass

- The [Rome Pass](#) offers free entry to certain museums and archaeological sites and provides unlimited access to public transport for a specific duration. [Buy](#)

#### 2. BIT Ticket

- The BIT ticket is a standard ticket that allows for 100 minutes of travel on buses, trams, and metro lines within Rome.





# CAR RENTAL – SEARCH, COMPARE & SAVE UP TO 70% OFF

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DISCOVERCARS.com

✓ NO HIDDEN COSTS ✓ 24/7 SUPPORT ✓ FREE CANCELLATION

## RENTING A CAR

If you enjoy the freedom of being on your own time and like to avoid the big tour groups, I highly suggest renting a car to take a day trip outside of Rome.

[DiscoverCars.com](https://www.discovercars.com) offers no hidden costs, 24/7 support and 100% free cancellation.

You can compare major car brands like Hertz, Budget, AVIS, Enterprise, EuropeCar, Alamo, SIXT and many others.

Having your own ride outside of Rome will allow you to explore other parts of Italy.

Pick up your car directly from the FCO or CIA Airport or Roma Stazione Termini Train Station and off you go!

Italy has toll roads around Rome, known as *autostrade*, connecting major cities and regions. Travelers using these highways will encounter toll booths where they are required to pay fees based on the distance traveled. If you plan to drive around Rome or other parts of Italy, it's advisable to be prepared for toll expenses during your journey.

Travelers most often choose the Fiat Panda, while the Ford Fiesta and the Fiat 500 are also popular



LEARN MORE

### Estimated Pricing - USD

- Convertibles - from \$7 per day.
- Station wagons - from \$5 per day
- Large cars - from \$2 per day
- Medium cars - from \$1 per day
- Vans - from \$23 per day
- Premium cars - from \$24 per day
- Small cars - from \$1 per day
- SUVs - from \$4 per day

If you plan to rent a car in Italy and are not from the EU, you need to get an International Driving Permit in advance of your trip. These are issued through agencies like [AAA \(US\)](#), [CAA \(Canada\)](#), the [UK post office](#), and [AAA Australia](#). Cost varies by country from about \$5 to \$25.



World Travel Tech Awards - World's Best Car Rental Booking Website 2022



World Travel Tech Awards - World's Best Car Rental Booking App 2022



Magellan Awards Gold Winner 2022



Travel & Hospitality Awards 2021



FT 1000: Europe's Fastest Growing Companies - Top 300 Companies 2021



FT 1000: Europe's Fastest Growing Companies - Top 100 Companies 2020



Uzakrota Travel Awards - World's Leading Car Rental Website 2022



# GETTING OUTSIDE OF ROME

Rome is centrally located, making it a great hub for various day trips to explore the rich history and beautiful landscapes of Italy. Here are some perfect day trip ideas that can be explored by [renting a car](#) or going on an organized tour.

Without a doubt, the most popular destination on the West coast of Italy is the [Amalfi Coast](#), where breathtaking cliffs meet the azure Tyrrhenian Sea. Immerse yourself in the charm of pastel-hued villages, savor exquisite Mediterranean cuisine, and relish in a coastal escape that's nothing short of perfection. But first, lets not forget the UNESCO World Heritage Site of Pompeii!

Or, take a [full-day tour](#) from Rome, to discover Tuscany. Visit Siena and San Gimignano, with a food and wine tasting included. [Siena](#), where medieval streets unveil a captivating tapestry of history. From the iconic Piazza del Campo to the intricate beauty of the Cathedral, let the spirit of the Tuscan countryside guide you through a city that effortlessly blends heritage with enchantment.

Another option is to make your way to Naples and take the ferry to the [island of Capri](#) to visit the Blue Grotto, known for its striking blue water. Use the rest of your time to roam the colorful streets, and enjoy your day. [Learn More.](#)



AMALFI COAST



SAN GIMIGNANO - WINE TOUR



MONTSERRAT



# MY FAVORITE TRAVEL CREDIT CARDS FOR BEGINNERS



[CLICK HERE](#)

*Disclaimer: This guide contains affiliate links. If you book or buy something through these links, I earn a small commission (at no extra cost to you).*





# FÚTBOL FAN?!

## BEHIND THE SCENES OF OLYMPIC STADIUM

A journey that starts from a glorious past, represented by its inauguration in 1953, to move on to the 1960 Olympics, the European Championships and the Athletics World Cup (respectively in 1974 and 1987), the 1990 World Cup, the great victories of AS Roma and SS Lazio and comes to the present with the great variety of events, including major concerts.

A great project that intends to open the doors of the Olympic Stadium, so as to see its most secret places up close (from the changing rooms to the playing field), the objects related to the great protagonists (from the jerseys to the trophies in holographic version), as well as relive the great moments in a highly experiential environment.

## OLYMPIC STADIUM TOUR



The absolute best experience for a futbol fan is the [Olympic Stadium tour in Roma](#).

1. THE LEGENDS OF THE OLYMPIC STADIUM
2. A STORY FULL OF EMOTIONS
3. THE CHANGING ROOMS
4. THE TROPHY ROOM
5. BE A HERO
6. FIELD
7. TECH ROOM
8. STORE AND GOLD OPEN BISTRO

[Learn More](#)







## 1. EXPLORA - IL MUSEO DEI BAMBINI DI ROMA

This is a hands-on children's museum where kids can engage in interactive exhibits and educational activities. It's a great place for younger children to learn through play. Adult Ticket: £10. Kids 3 Years and Older 10£. Kids 0 - 36 months Old 7£.



## 2. FAMILY-FRIENDLY PIZZA MASTER CLASS

Book this exclusive Pizza Making Workshop for kids and adults alike. Enjoy a family-friendly cooking class with an authentic stone oven and a real pizza chef. 78£ per person. [Learn More.](#)



## 3. HOP-ON HOP-OFF SIGHTSEEING BUS TOUR

Explore Rome at your own pace on a hop-on hop-off bus tour. Learn about the city's history from an audio guide and see the exterior of its most iconic attractions, with several stops along the route. 18.50£ per person. [Learn More.](#)



## 4. 2-HOUR GLADIATOR SCHOOL

Train to be a gladiator at a school in Rome. Suitable for adults and children alike, the fun 2-hour lesson will teach you how to fight like a warrior of Ancient Rome, while learning about life in the imperial city, Roman weapons, and more. 130£. [Learn More.](#)



## 5. VILLA BORGHESE GARDENS

Discover the zoological garden at the Bioparco di Roma. See over 1,200 animals representing around 200 species from the world over. Single Ticket: [Learn More.](#)



## 6. URBAN RAFTING TOUR

Meet in the heart of Rome to embark on an adrenaline-filled water rafting adventure on the River Tiber. Disembark near the Ponte Palatino in Trastevere and savor an authentic Roman pizza. [Learn More.](#)





# GATHER DOCUMENTATION

At least six months before your departure, make sure your ID, passport and other necessary documents are in order.

**Driver's license:** Most of the time, you can leave this at home. However, if you are renting a car, you will need to show it to your agency. Also, if you lose your passport, this is a good second form of identification.

**Passport:** Applying for or renewing a passport typically takes six to eight weeks, sometimes longer. However, you can pay an additional \$60 expedited service fee to get it renewed in two to three weeks, if desired. If you plan to travel outside the U.S., you need a passport. Make sure your passport will not expire for at least six months after your trip is scheduled to end. Some countries also require passports to have one to two blank pages for entry.

**Visas:** If you're traveling to another country, you may need to apply for a tourist visa. This could require paying a visit, or sending your passport, to a foreign embassy or consulate in the U.S. Application fees typically run from \$50 to \$200. Visit the U.S. Bureau of Consular Affairs to learn more.

**TSA PreCheck and Global Entry:** A travel reward credit card like the Capital One card, gives you up to a \$85 credit towards these programs.

Confused about the two programs? Here's the difference: **TSA Precheck** (\$85) puts you in a faster security line at U.S. airports.

**Global Entry** (\$100) includes TSA Precheck and adds expedited customs screening upon your return from international trips. These programs can help you zip through airport security lines.

Before you apply, give yourself a few weeks to fill out the online application and visit an enrollment center for fingerprinting and an ID check.

You must already have a valid U.S. passport to apply for Global Entry, and you must participate in an interview at a designated enrollment center. Once approved, your status lasts five years. Most interviews last about five minutes, it's very easy!



# PACKING

Each adventure requires a different packing list. If you pack last minute, you can skip this section.

**Traveler Tip:** If you're a film nerd like me, don't forget your [DJI mini drone](#) or [GoPro](#) at home! Follow this link to my Amazon store to grab the latest [GoPro Hero 12 Black](#).



If you want to pack like a pro, I highly suggest to start thinking about it an advanced. This is for a few different reasons. The most important being that you don't want to forget anything, obviously.

Speaking of packing... you won't be able to miss [this luggage set](#) at the airport.



## Packing Cubes vs. Rolling: Which is best?

A packing cube set, like [these on Amazon](#), can help you save almost as much space as folding. Plus, keep you significantly more organized. And this is why I love packing cubes. It makes my life so much easier on the road.

**Traveler Tip:** If you stick a travel size fabric softener spray bottle in a plastic ziplock bag in one of your shoes, you can use it at your destination to get out any wrinkles and keep your clothes smelling fresh.

## The Secret Packing Cube Hack

Here is what I do. I roll my clothes and pack them in [my packing cubes](#) organize by clothing garment. So the basics like pants, shirts, bedtime outfits, etc. Fill in your shoes with items like socks and place them around the packing cubes, where the gaps are. Lastly, not everything needs a packing cube. You may want to lay thick sweaters or jackets flat.

This way, **you get the best of both worlds.** The cubes keep your garments organized and rolling technique allows you to fit more inside the cube. VIOLA!



## LOST LUGGAGE...

Who ya gonna call? Ghostbusters?!

The airlines doesn't care about your lost bag, trust me! That's why I always, always, always keep an [Apple Airtag](#) in mine.

Don't have an iPhone, no problem, use [these](#) instead.



# THE ULTIMATE TRAVEL PACKING LIST

## CLOTHES TO PACK

- UNDERWEAR
- SOCKS
- BRAS
- SLEEPWEAR
- T-SHIRTS
- DRESS SHIRTS
- CASUAL SHIRTS
- JEANS
- PANTS
- SHORTS
- DRESSES
- SKIRTS
- SWEATERS
- SWEATSHIRTS
- SUITS
- SWIMSUITS
- COVER-UPS
- COATS
- HATS
- GLOVES
- SCARVES
- PURSES
- UMBRELLA
- LEISURE SHOES
- HIKING BOOTS
- SNEAKERS
- SNOW BOOTS
- DRESS SHOES
- SANDALS
- BELTS
- TIES
- JEWELRY
- COLLAPSIBLE PACK

## MISCELLANEOUS ITEMS

- CELL PHONE
- CELL PHONE CHARGER
- MEDICATIONS
- ELECTRONIC CHARGERS
- EMERGENCY CONTACTS
- COPY OF PASSPORT
- PLUG ADAPTER
- BEACH TOWELS
- SWIMMING GOGGLES & FINS

## TOILETRIES TO PACK

- TOOTHBRUSH
- TOOTHPASTE
- DENTAL FLOSS
- SOAP
- DEODORANT
- SHAMPOO
- CONDITIONER
- HAIR BRUSH
- STYLING TOOLS
- FACIAL CLEANSER
- FACE LOTION
- SUNSCREEN
- MOISTURIZER
- CONTACT LENSES
- CONTACT SOLUTION
- SHAVING SUPPLIES
- MAKEUP
- MAKEUP REMOVER
- PERIOD PRODUCTS
- MEDICATION/BC
- NAIL FILE
- NAIL CLIPPERS
- TWEEZERS
- HAND SANITIZER
- BANDAGES
- FIRST-AID
- INSECT REPELLENT
- PAIN RELIEVERS
- VITAMINS

## TECH & CAMERA GEAR

- CAMERA
- GOPRO
- DRONE
- TABLET
- LAPTOP
- CAMERA CHARGERS
- BLUETOOTH SPEAKER

## WHAT TO PACK IN YOUR CARRY-ON

- BOOKS/E-BOOKS
- HEADPHONES
- TRAVEL BLANKET
- TRAVEL PILLOW
- EYE MASK
- EARPLUGS
- TISSUES
- LIP BALM
- DISINFECTING WIPES
- GUM
- CHANGE OF CLOTHES
- SNACKS
- EMPTY WATER BOTTLE
- IN-FLIGHT MEDICATIONS
- VALUABLES
- CAMERA
- DRONE BATTERIES
- PASSPORT/VISA/ID
- CASH
- CREDIT/ATM CARDS
- INSURANCE CARDS
- ITINERARY
- MAPS/DIRECTIONS
- GLASSES
- SUNGLASSES
- HOUSE KEYS
- HAND SANITIZER



## ONE DAY IN ROME



ENJOY AS MUCH AS POSSIBLE OF ROME IN 12 HOURS

## 12 HOURS IN ROME

*Coming to Rome for only a day? Here is what you need to see in a short amount of time!*

**8am** - Book an [Underground Colosseum tour](#) for 8am. You do not want to be in the Colosseum when it's sweltering hot and busy in the afternoon. The tour lasts a couple of hours.

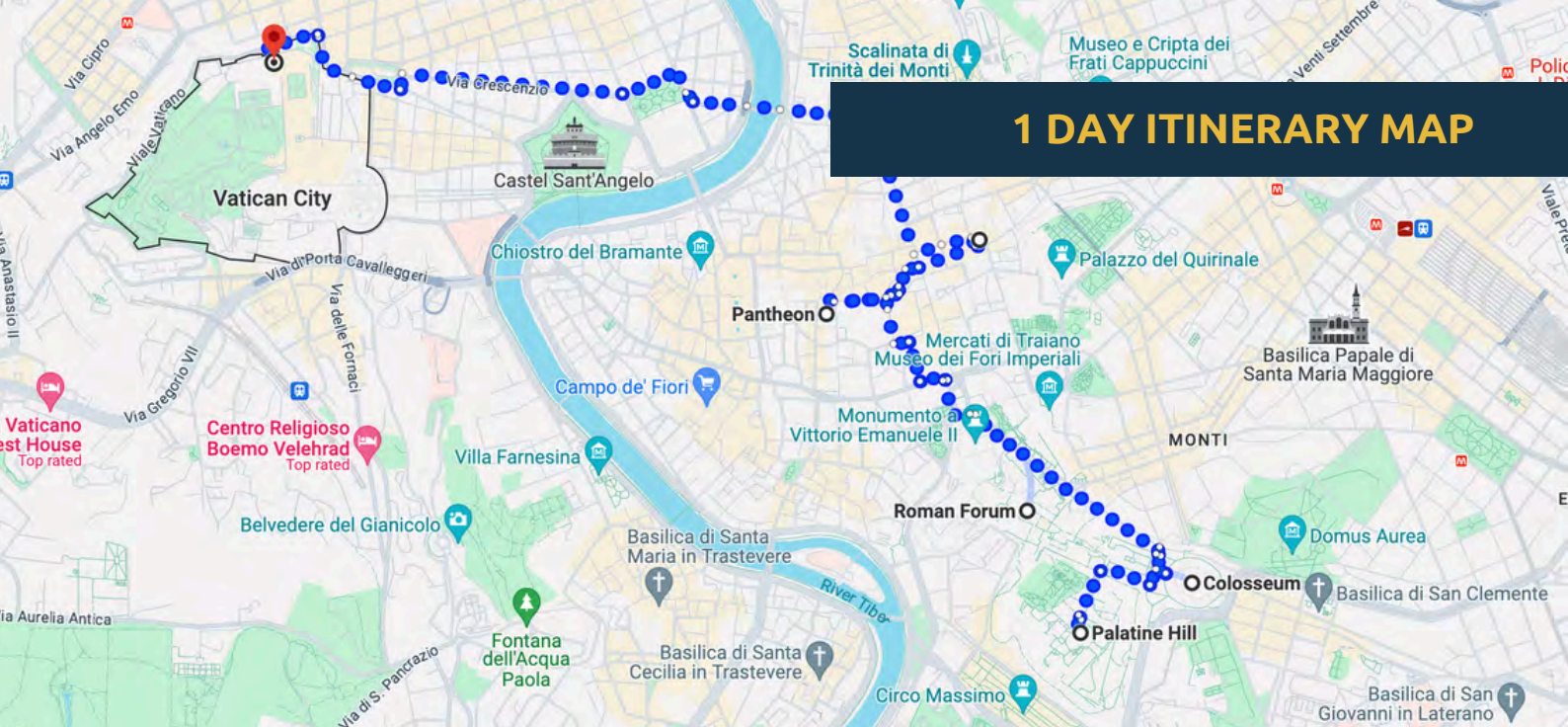
**Noon** - Wander through "Old Rome" and [tour the Pantheon](#). Then make your way over to Piazza Navona and the Trevi Fountain. Grab a cappuccino or espresso before making your way to the Vatican City.

**3pm** - See priceless works of art from the Papal collections in the [Vatican Museums and Sistine Chapel](#). Marvel at masterpieces from antiquity to Michelangelo's legendary frescoes.

**6pm** - Taste the best of Rome on this [gourmet food and wine tour](#) in the neighborhood of Trastevere. Treat your taste buds and fill your belly with over 20 food and wine tastings with dinner included.







*ENJOY AS MUCH AS POSSIBLE OF BARCELONA IN 12 HOURS*

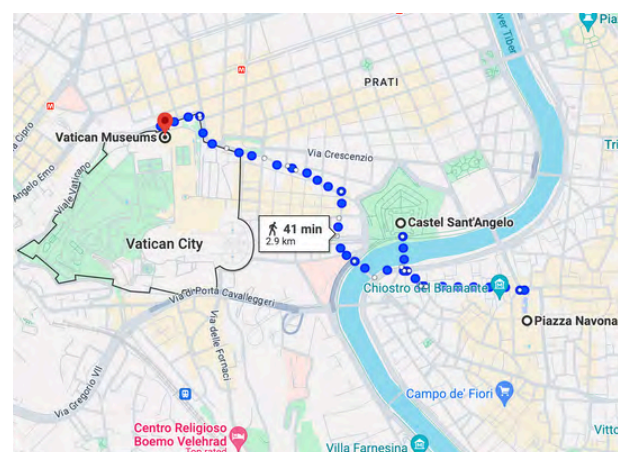
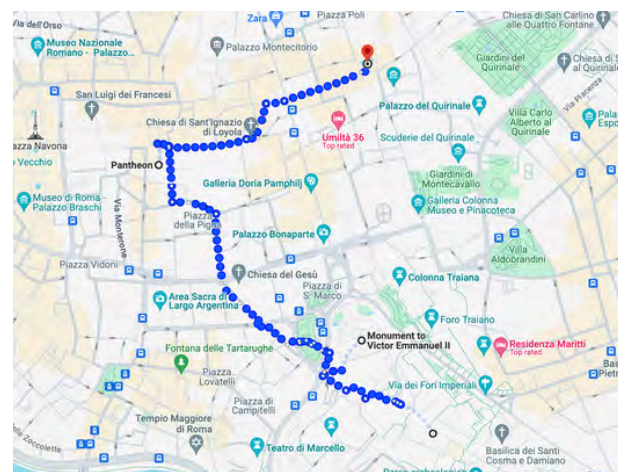
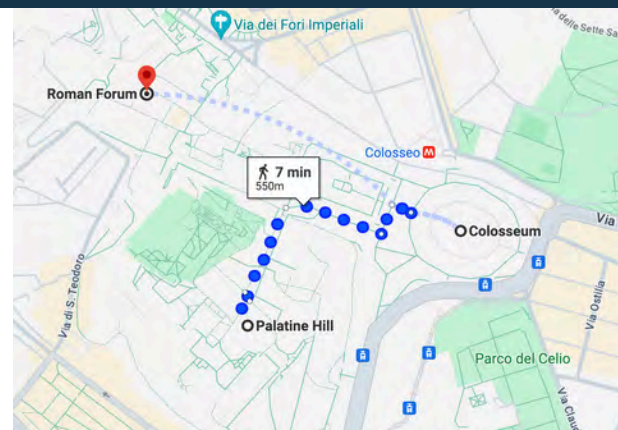
**Day 1** - Ideally, you will have a hotel in the Colosseum neighborhood because it's close to the Termini train station and the **Colosseum**. An alternative is staying in Old Rome (a little farther from the Colosseum).

If you are coming from a cruise ship, you may have to book your Colosseum time slot for 9am or 10am. Book an Underground Colosseum tour months in advanced. It will sell out. Also, you do not want to be in the Colosseum when it's sweltering hot and busy in the afternoon. Wear comfortable shoes, the tour lasts a couple of hours and you will be walking all day long.

From the **Roman Forum**, stop and admire the **Victor Emmanuel II Monument** and proceed to head northwest through Old Rome's winding streets until you reach the **Pantheon**. Then make your way over to the **Trevi Fountain** and **Piazza Navona**. Both are free to admire and walk around. Enjoy a cappuccino or a gelato as you navigate the winding streets of Old Rome.

Be one of the last groups to enter the Vatican Museums and Sistine Chapel to see priceless works of art to Michelangelo's legendary frescoes. Use your Skip-The-Line ticket and avoid the long ticket lines and then enjoy your visit at your own pace.

After working up an appetite, head south to the neighborhood of Trastevere, known for its narrow cobblestone streets, medieval buildings, and vibrant atmosphere. Taste the best of Rome on this gourmet food and wine tour. Treat your taste buds and fill your belly with over 20 food and wine tastings with dinner included.





## 2 DAYS IN ROME



ENJOY A TASTE OF ROME IN 48 HOURS

## 48 HOURS IN ROME

*Coming to Rome for only 2 days, here is what you need to see in a short amount of time!*

**Day 1** - Book an [Underground Colosseum tour](#) for 8am.

**Noon** - Wander through "Old Rome" and [tour the Pantheon](#). Then make your way over to Piazza Navona. Navigate to the Spanish Steps, followed by the Trevi Fountain.

**6pm** - Taste the best of Rome on this [gourmet food and wine tour](#) in the neighborhood of Trastevere.

**Day 2** - Be one of the first people in the door as you see priceless works of art from the Papal collections in the [Vatican Museums and Sistine Chapel](#) at 7:45am.

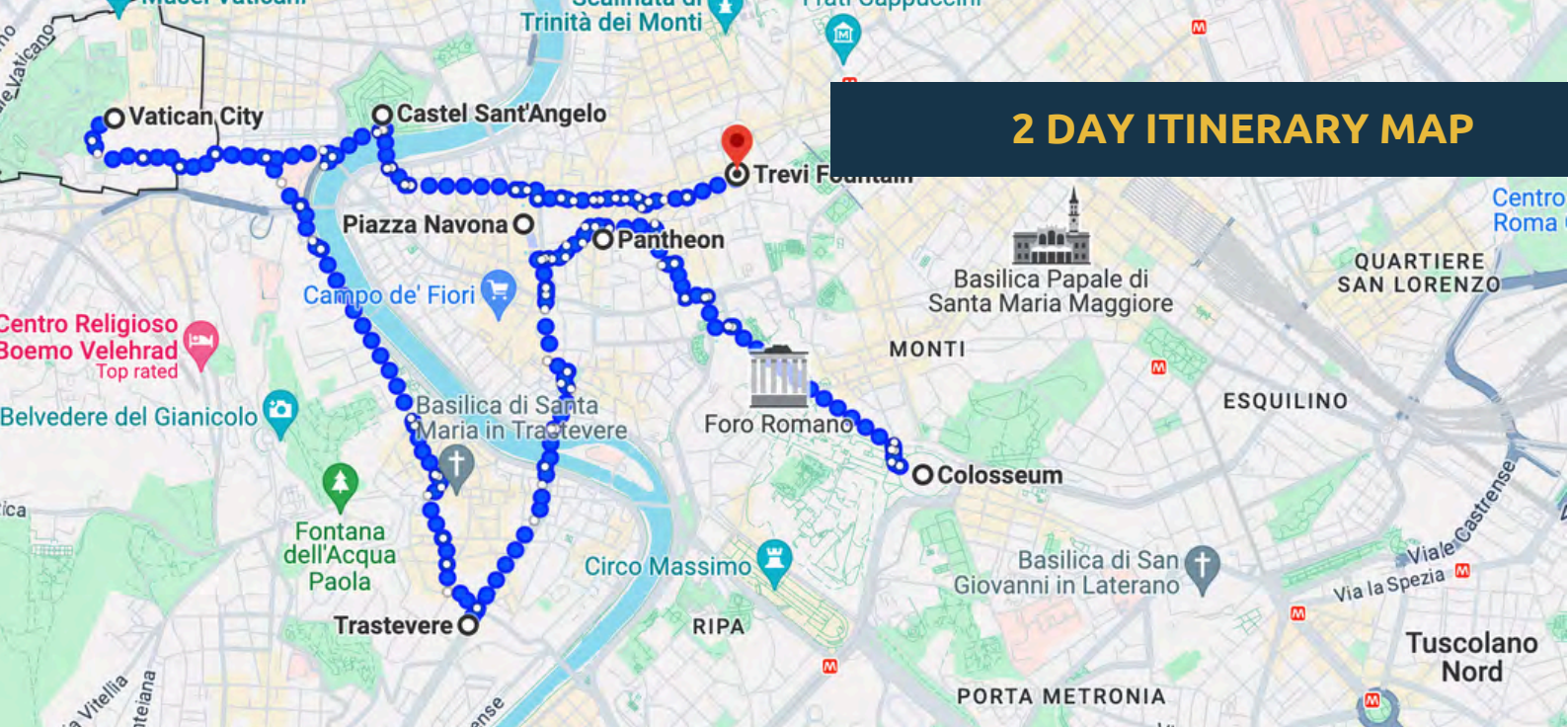
**Noon** - Check out [Castel Sant'Angelo](#) before you cross the Tiber river and back into Old Rome. Enjoy some downtime or head to a museum like "Museo Nazionale Romano", or "Museo dell'Ara Pacis".

**6pm** - Enjoy a private opera show in one of the most famous rooftop bars in Rome. This is your opportunity for a unique and unforgettable experience in the "eternal city". [Buy Tickets](#)



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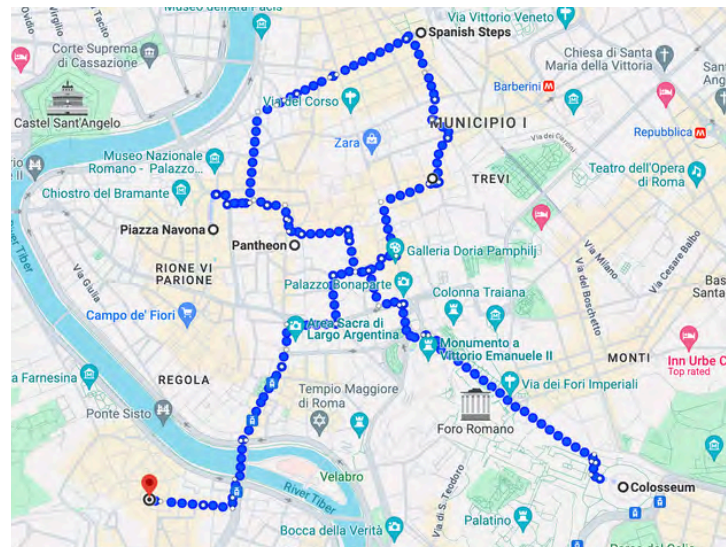


*ENJOY A TASTE OF BARCELONA IN 48 HOURS*

**Day 1** - Book an Underground Colosseum tour for 8am. You do not want to be in the Colosseum when it's sweltering hot and busy in the afternoon. The tour lasts a couple of hours.

Noon - Wander through "Old Rome" and tour the Pantheon. Then make your way over to Piazza Navona. Grab a cappuccino or gelato before making your way to the Spanish Steps, followed by the Trevi Fountain.

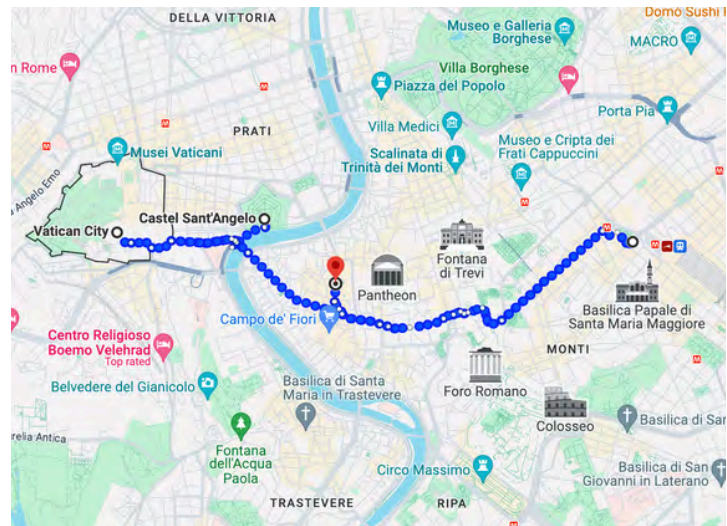
6pm - Taste the best of Rome on this gourmet food and wine tour in the neighborhood of Trastevere. Treat your taste buds and fill your belly with over 20 food and wine tastings with dinner included.



**Day 2** - Be one of the first people in the door as you see priceless works of art from the Papal collections in the Vatican Museums and Sistine Chapel at 7:45am. Marvel at masterpieces from antiquity to Michelangelo's legendary frescoes. The tour includes visits to the Raphael Rooms, the Vatican Museums, The Hall of Maps, The Belvedere Courtyard and the Cortile della Pigna and the St. Peter's Basilica.

Noon - Check out Castel Sant'Angelo before you cross the Tiber river and back into Old Rome. Enjoy some downtime or head to a museum like "Museo Nazionale Romano", or "Museo dell'Ara Pacis".

6pm - Enjoy a private opera show in one of the most famous rooftop bars in Rome. This is your opportunity for a unique and unforgettable experience in the "eternal city". Buy Tickets





## 3 DAYS IN ROME



ENJOY THE FAMOUS ATTRACTIONS OF ROME IN 3 DAYS

## 3 DAYS IN ROME

*Take in Rome's most famous attractions at a leisurely pace in 3 full days.*

**Day 1** - Book an [Underground Colosseum tour](#) for 8am.

**Noon** - Wander through "Old Rome" and [tour the Pantheon](#). Then make your way over to Piazza Navona. Navigate to the Spanish Steps, followed by the Trevi Fountain.

**6pm** - Taste the best of Rome on this [gourmet food and wine tour](#) in the neighborhood of Trastevere.

**Day 2** - Be one of the first people in the door as you see priceless works of art from the Papal collections in the Vatican Museums and [Sistine Chapel](#) at 7:45am.

**Noon** - Check out [Castel Sant'Angelo](#) before you cross the Tiber river and back into Old Rome. Enjoy some downtime or head to a museum like "Museo Nazionale Romano", or "Museo dell'Ara Pacis".

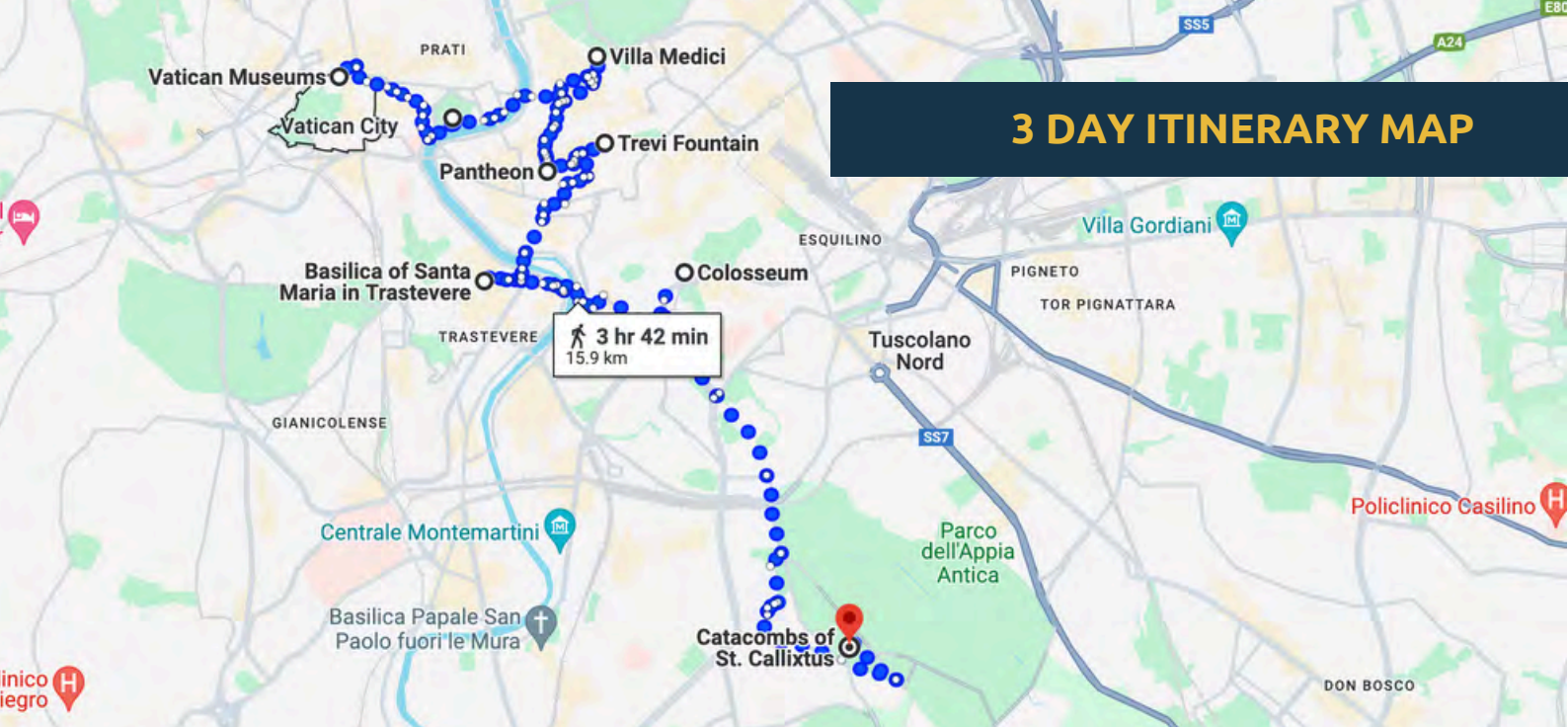
**6pm** - Enjoy a private opera show in one of the most famous rooftop bars in Rome. This is your opportunity for a unique and unforgettable experience in the "eternal city". [Buy Tickets](#)

**Day 3** - Visit [Villa Borghese and the Museum](#). Afterwards, take a stroll around Piazza del Popolo and stop inside the Medici Villa.

**Noon** - Appian Way Adventure: Walk, [ride a bike](#) or sit in a comfy [golf cart](#) on the historic Appian Way, an ancient Roman road lined with catacombs and surrounded by serene countryside.

**6pm** - Enjoy some of the best sunset views in Rome from the [Vittoriano monument](#).





## HOW TO MAKE THE MOST OF 3 DAYS IN BARCELONA

**Day 1** - Book an Underground Colosseum tour for 8am. You do not want to be in the Colosseum when it's sweltering hot and busy in the afternoon. The tour lasts a couple of hours.

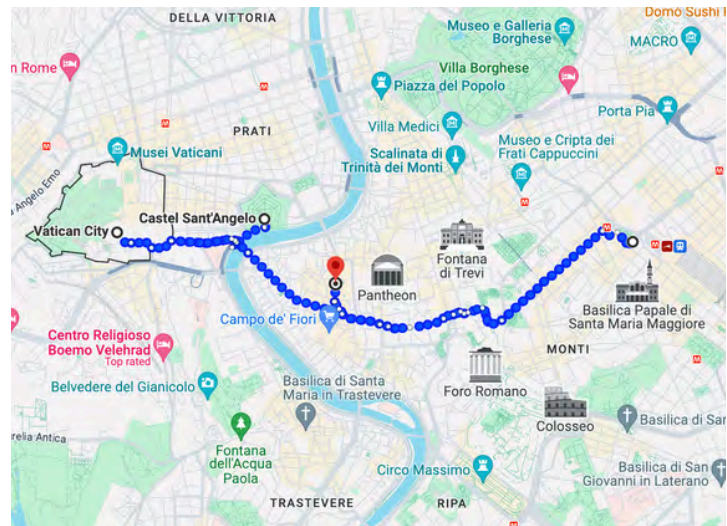
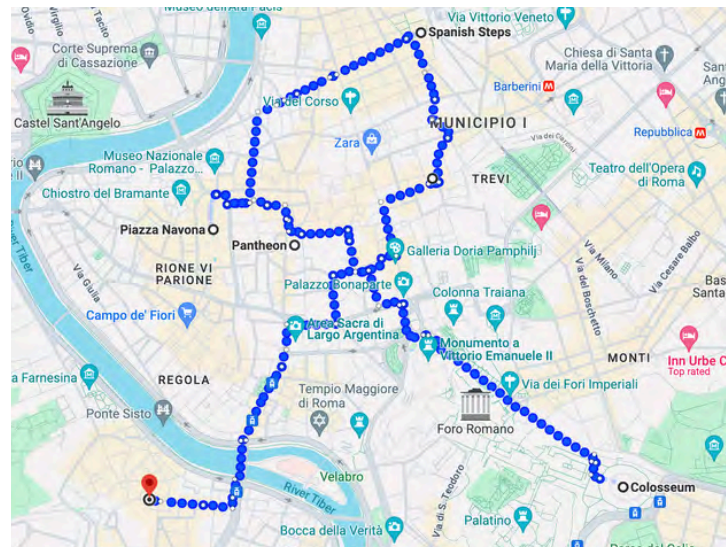
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6pm - Taste the best of Rome on this gourmet food and wine tour in the neighborhood of Trastevere. Treat your taste buds and fill your belly with over 20 food and wine tastings with dinner included.

**Day 2** - Be one of the first people in the door as you see priceless works of art from the Papal collections in the Vatican Museums and Sistine Chapel at 7:45am. Marvel at masterpieces from antiquity to Michelangelo's legendary frescoes. The tour includes visits to the Raphael Rooms, the Vatican Museums, The Hall of Maps, The Belvedere Courtyard and the Cortile della Pigna and the St. Peter's Basilica.

Noon - Check out Castel Sant'Angelo before you cross the Tiber river and back into Old Rome. Enjoy some downtime or head to a museum like "Museo Nazionale Romano", or "Museo dell'Ara Pacis".

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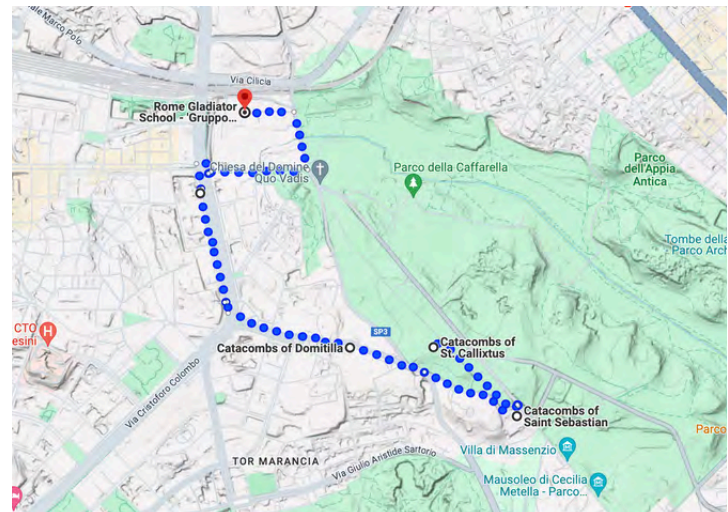




**Day 3** - Get fast-track entry to the Borghese Gallery in Rome with a skip-the-line entry ticket. Visit [Villa Borghese and the Museum](#). Afterwards, take a stroll around Piazza del Popolo and stop inside the Medici Villa.



**Noon** - Appian Way Adventure: Walk, ride a bike or sit in a comfy golf cart on the historic Appian Way, an ancient Roman road lined with catacombs and surrounded by serene countryside. Indulge in all things Ancient Roman on this Ancient Appian Way, Catacombs, and Park of the Aqueducts E-bike tour. Ride through the Roman countryside, discover the engineering genius of the ancient Romans, and delve into the early Christian history that shaped the world to come. Meet your guide and leave the city through St. Sebastian's gate in the Aurelian Walls, and enter the Ancient Appian Way - a 2,400-year old thoroughfare that tells the story of Rome's rise, golden age, and decline.



**6pm** - Time may vary due to sunset. Check your local weather forecast before booking. Enjoy some of the best sunset views in Rome from the [Vittoriano monument](#) in Venice Square. Experience a breathtaking view of the Colosseum, the Roman Forum, and the Palatine Hill from a special and beautiful perspective. Enjoy the Venice Palace and the Risorgimento Museum included in your ticket. Start your visit with a multimedia video on the beautiful Ancient Rome in the local partner's office. Download an informative city audio guide and get ready to cross the square to reach the Victor Emmanuel II glass elevator, accompanied by a host. The monument's unique chariot statue hides a beautiful panoramic terrace. Take the glass elevator to go up to the top of this massive marble monument for a unique 360-degree panorama of the eternal city. Learn about the monument with your Rome city audio guide app on your smartphone. The panoramic elevator experience is ideal before the visit to the Colosseum archeological area or the Trajan's Markets.





## 5 DAYS IN ROME



ENJOY EVERYTHING ROME HAS TO OFFER IN 5 DAYS

## 5 DAYS INSIDE AND OUT OF ROME

*Take in Rome's most famous attractions at a leisurely pace in 3 full days.*

**Day 1** - Book an [Underground Colosseum tour](#) for 8am.

**Noon** - Wander through "Old Rome" and [tour the Pantheon](#). Then make your way over to Piazza Navona. Navigate to the Spanish Steps, followed by the Trevi Fountain.

**6pm** - Taste the best of Rome on this [gourmet food and wine tour](#) in the neighborhood of Trastevere.

**Day 2** - Be one of the first people in the door as you see priceless works of art from the Papal collections in the [Vatican Museums and Sistine Chapel](#) at 7:45am.

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**Day 3** - Visit [Villa Borghese and the Museum](#). Afterwards, take a stroll around Piazza del Popolo and stop inside the Medici Villa.

**Noon** - Appian Way Adventure: Walk, [ride a bike](#) or sit in a comfy [golf cart](#) on the historic Appian Way, an ancient Roman road lined with catacombs and surrounded by serene countryside.

**6pm** - Enjoy some of the best sunset views in Rome from the [Vittoriano monument](#).

**Day 4** - Journey from Rome to the ancient city of Pompeii via air-conditioned coach, and then discover the resorts of [Amalfi and Positano on the Amalfi Coast](#). Get insights from a local guide and venture off the beaten path.

**Day 5** - Zip around the Eternal City one last time with an experienced Vespa driver on this guided tour of Rome. See Rome's iconic monuments and enjoy a delicious gelato. Top 5 rated tour in Rome! Single Ticket: £125 [Buy](#)

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# IMPORTANT PHONE NUMBERS

When traveling to Rome, Italy, it's essential to have important phone numbers handy in case of emergencies or assistance. Here are some important phone numbers you should be aware of:

## 1. Emergency Services:

- Medical Emergency: 118
- Police: 113
- Fire Department: 115

## 2. Ambulance and Medical Assistance: 118

## 3. Police (Carabinieri): 113

## 4. Fire Department: 115

## 5. Tourist Police: +39 0646829944

## 6. Lost or Stolen Credit Cards:

- Visa/MasterCard: Call your respective bank's international helpline.

## 7. Embassy or Consulate Contacts:

- Contact your country's embassy or consulate in Italy. Each country will have its own contact details.

- o **US Embassy:** +34 93 280 2227
- o **UK Embassy:** +34 91 714 6300

## 8. Public Transportation Helpline: For information on public transportation in Rome.

## 9. Airport Information:

- **Fiumicino Airport:** +39 0665951
- **Ciampino Airport:** +39 06794941

## 10. Local Taxi Service: It's advisable to use reputable taxi companies.

Always keep a copy of these numbers in both digital and physical formats for easy access. Additionally, make sure to check if there are any specific emergency numbers or services related to your travel, accommodation, or specific activities you plan to engage in while in Rome.



# COMMON ITALIAN WORDS & PHRASES

Learning some common words and phrases in Italian can be helpful. Here are some essential Italian phrases:

## 1. Greetings and Basics:

- Hello: Ciao
- Good morning: Buongiorno
- Good evening: Buenasera
- Good night: Buenanotte
- Yes: Sì
- No: No
- Please: Per favore
- Thank you: Grazie
- You're welcome: Prego

## 2. Introductions:

- My name is...: Mi chiamo...
- What's your name?: Come ti chiami?
- Nice to meet you: Piacere di conoscerti

## 3. Common Courtesies:

- Excuse me: Scusa (informal) / Scusi (formal)
- I'm sorry: Mi dispiace
- Goodbye: Arrivederci
- See you later: A dopo

## 4. Numbers:

- One: Uno
- Two: Due
- Three: Tre
- Four: Quattro
- Five: Cinque
- Ten: Dieci

## 5. Directions:

- Where is...?: Dove si trova...?
- Left: Sinistra
- Right: Destra
- Straight ahead: Dritto

## 6. Eating Out:

- Menu: Menu
- Water: Acqua
- Food: Cibo
- Wine: Vino
- Bill, please: Il conto, per favore

## 7. Transportation:

- Train: Treno
- Bus: Autobus
- Airport: Aeroporto
- Taxi: Taxi

## 8. Shopping:

- How much does it cost?: Quanto costa?
- I would like to buy: Vorrei comprare
- Can I pay with a credit card?: Posso pagare con la carta di credito?

## 9. Emergency Phrases:

- Help: Aiuto
- I need a doctor: Ho bisogno di un medico
- Where is the hospital?: Dove si trova l'ospedale?

## 10. Miscellaneous:

- Yes, please: Sì, per favore
- No, thank you: No, grazie
- I don't understand: Non capisco
- Do you speak English?: Parla inglese?

Practice these phrases, and it will enhance your experience while traveling in Italy. Italians appreciate tourists making an effort to speak their language.



THANK YOU FOR YOUR SUPPORT!



Love the Guide?



Buy Me a Coffee!

