

TRAVEL GUIDE

ROME



ROME

Rome wasn't built in a day, but you can see the best of it in one. Or two! This once flourishing capital had an enormous impact on the European civilization.

Only a few buildings remained from the time when the city became the center of an empire that one controlled all shores of the Mediterranean Sea. Yet, it's really moving to walk on these ruins, where thousands of years ago one of the world's largest empire stood.

The beginnings

As you probably know, Rome's history started with the legend of Romulus and Remus the sons of the god of war, Mars.

The king was afraid that the twins might want to take over his throne so they were placed in a basket on the Tiber River. Later a she-wolf found and feed them.

When they grew up they wanted to found their own city but could not agree on which hill. And after an argument Romulus killed his brother and founded the city on the Palatine Hill.



Hey! I am Daniel Rowland!

I don't consider myself a real adrenaline junkie, but I love to travel and keep looking for adventures. You can follow my journey around the world on social media!



TRANSPORTATION

Getting to Rome

Rome has two airports - Fiumicino (FCO) and Ciampino (CIA), but the main one is Leonardo da Vinci International Airport in Fiumicino. Taking a taxi is convenient, fast, and safe option, however it is also the most expensive. Here are some alternative options.

Fiumicino - Rome

TRAIN

Signs direct you the Fiumicino Aeroporto train station, which is just a ten minute walk from the Arrivals area. Trains go regularly to the Roma Termini Station in the city center.



Travel with the **Leonardo Express**. The journey takes 32 minutes and because there are no intermediate stops.

[BOOK ONLINE »](#)

BUS

Several companies offer shuffle bus service between the airport and Rome on a really low price, some even operate at night.

Ciampino - Rome

TRAIN

Take the bus close to the entrance of the airport, which will take you to the town of Ciampino without making intermediate stops. Once arrived at the SF station of Ciampino take the train to Roma Termini station.

BUS

Buses operate between Ciampino Airport and Termini Station around 10 times every day. The journey time for each route is approximately 45 minutes.

In the city

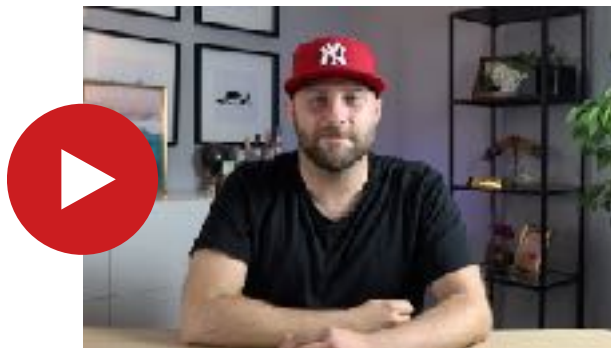
Rome's 3 metro lines connect the city's most important landmarks, but it also has an extensive bus network.

[TICKETS »](#)

More on Youtube!

Get inspired by my adventures and follow my journey around the world on my YouTube Channel!

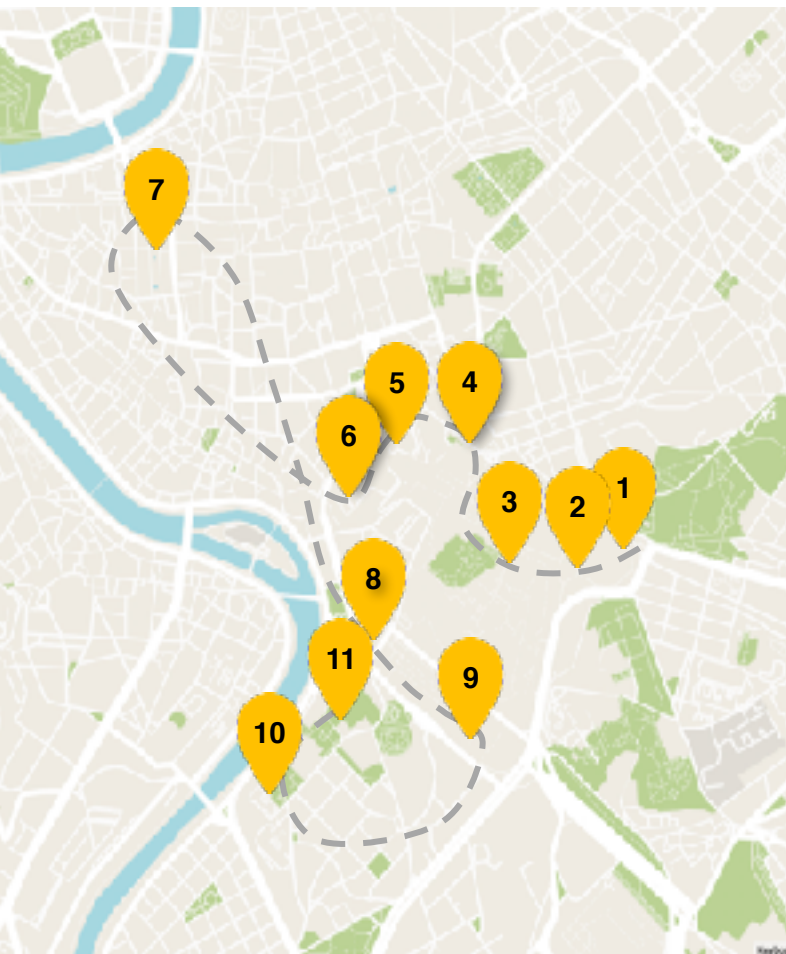
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MY ITINERARY

Rome is called *The Eternal City* for a reason. It is one of the most iconic cities with a history to match.

I have been to Italy a few times and Rome twice. I hope I can help you plan the ultimate trip to Italy.



DAY 1

- 1 COLOSSEUM
- 2 ARCH OF CONSTANTINE
- 3 FORUM ROMANUM
- 4 TRAJAN'S COLUMN
- 5 VITTORIO EMANUELE II
- 6 MUSEI CAPITOLINI
- 7 PANTHEON
- 8 BOCCA DELLA VERITÀ
- 9 CIRCUS MAXIMUS
- 10 KNIGHTS OF MALTA KEYHOLE
- 11 ORANGE TREE GARDEN

FAMOUS ANCIENT RUINS

COLOSSEUM

Even though two-thirds of the original Colosseum has been destroyed over time, this is still the most famous ancient Roman building and the main symbol of Rome.

Sadly it was damaged by earthquakes, and used as material for construction of new buildings.



IMPORTANT TIPP

Due to the crowds at the Colosseum, make sure you have a reservation. Buy a combined ticket for the Colosseum and Roman Forum, prior your arrival in Rome online.

The Combined ticket is valid for 1 day. I suggest to start your first day here. With the special **Arena Floor Access** you can walk in the Arena and admire the building from where Gladiators stood.

[BOOK ONLINE »](#)



THE GLADIATORS

Gladiators were sort of the sex symbols of the time. And not all of them were slaves. Some of them were ex-soldiers or even women.

And unlike the common myth they didn't always fight to the death because it was expensive to house, feed and train the gladiators, so it would have been really stupid to just let them kill each other.

The entrance was free, or paid by the emperors – to distract the poor from their poverty.



2

ARCH OF CONSTANTINE

Constantine was the first Roman emperor to convert to Christianity. During his reign the Empire had a new capital, called Constantinople. Which we know today as Istanbul.



3

FORUM ROMANUM

The Roman Forum at the foot of the Palatine Hill is the place where the city was founded. It was the site of political, religious and social center of the city.



4

5

TRAJAN'S COLUMN

A monument that was erected in 106–113 CE, with carvings about Trajan's Dacian Wars. Which is Romania today.

VITTORIO EMANUELE II

This building was originally built to honor the first king of the unified Italy from pure white marble

Entrance: Free

!
Get to the top of the **Vittorio Emanuele II Monument** with the glass elevator and admire the magnificent view of Rome.



10



6



7

KNIGHTS OF MALTA KEYHOLE

If you want to see something unique walk up to the near by Aventine hill and look for the green door of the Priory of the Knights of Malta.

You won't miss it because there will be a line in front of it.

If you look through its keyhole you will see the Vatican in the distance.

MUSEI CAPITOLINI

The Capitol Museum houses a large collection of paintings and art – like the bronze sculpture of Romulus and Remus and the she-wolf.

Walk through the tiny alley on the right side of the square, and see the Forum Romanum from a different angle.

PANTHEON

It is the most preserved building of ancient Rome, and was designed as a temple for Roman gods. Today, it functions as a church.

Entrance: Free

Arrive early otherwise you have to wait in line for up to 30 mins.



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BOCCA DELLA VERITÀ

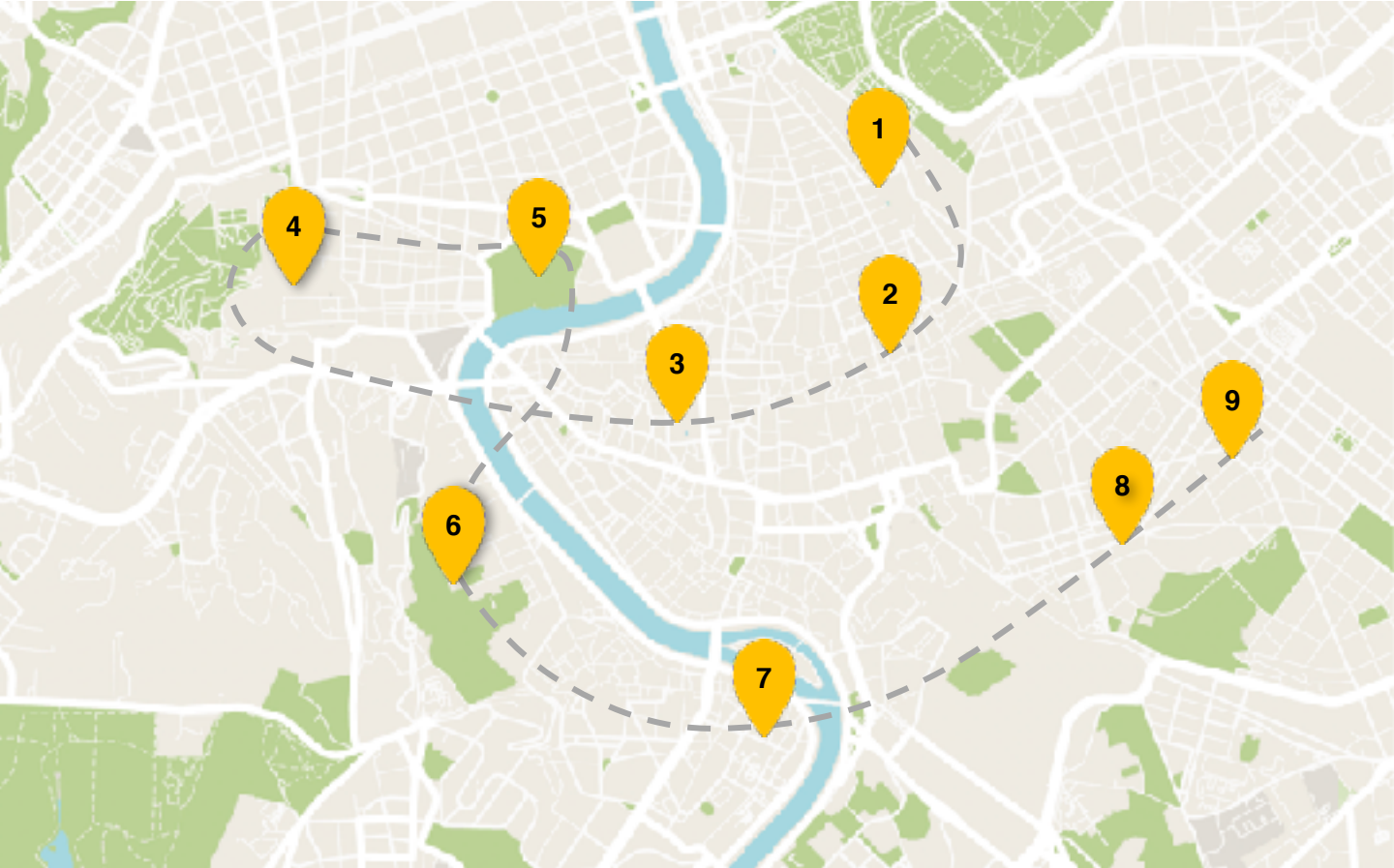
Or the Mouth of Truth, Bocca della Verità. According to the legend, this marble mask will bite off your hand if you are a liar.

CIRCUS MAXIMUS

A public park, which used to be ancient Roman chariot-racing stadium.

ORANGE TREE GARDEN

The garden on the top of the Aventine hill was once part of an ancient fortress and now **it is a perfect place to open a bottle of wine and enjoy the sunset.**



DAY 2

- 1 SPANISH STEPS**
- 2 TREVI FOUNTAIN**
- 3 PIAZZA NOVONA**
- 4 SAINT PETER'S SQUARE**
- 5 CASTEL SANT'ANGELO**
- 6 GIANICOLO**
- 7 TRASTEVERE**
- 8 MOSES STATUE**
- 9 SANTA MARIA MAGGIORE**



1

SPANISH STEPS

An other famous and free landmark is the Spanish Steps, which connects the Piazza di Spagna to the gothic Trinità dei Monti church with 138 steps.



3

PIAZZA NOVONA

Square built on the old open space stadium. You will find amazing restaurants in this area.



2

TREVI FOUNTAIN

This baroque fountain stands at the junction of three roads, and hence the name "tre vi" which literally means "Three Street."



Legend says if you stand with your back to the fountain and toss a coin over your left shoulder you will return to Rome. Toss two coins and you'll return and fall in love, and three coins if you want to return, find love, and marry in the city.

THE VATICAN

It is the seat of the Roman Catholic Church, and the residence of the Pope.

Saint Peter was one of Twelve Apostles. Today St. Peter is considered the first Pope. You can visit the his and his successors tombs under Vatican.



ST. PETER'S BASILICA

St. Peter's Basilica is the headquarters of the Catholic Church. It is the largest Catholic Church in the world, its over 180 meters long. It took 120 years to complete and multiple famous architects contributed to it's final look for example Michelangelo.

His famous sculpture the **Pietà about Mary** holding the body of Jesus on her lap stands in this building shielded by bullet-proof glass.

SAINT PETER'S SQUARE

The Urbi et Orbi, the papal blessing happens just twice a year: at Easter, and on Christmas Day and this time the St Peter square is crowded with people.



Climb to the top of the Dome where you can see the main square of the Vatican.



VATICAN MUSEUM

It conserve the immense collection of art amassed by the popes from the seventeenth century onwards.

Look for the Laocoön and His Sons sculpture, Raphael Rooms and the Gallery of Maps,



SISTINE CHAPEL

Sistine Chapel is the world famous for **The Creation of Adam** by Michelangelo. On the right you will see God as white-bearded man. His right arm almost meets Adam's symbolizing the act of creation.



CASTEL SANT'ANGELO

It was built as a mausoleum by emperor Hadrian and later converted to a castle and served as a refuge for the Pope in case of an attack on the Vatican.



GIANICOLO

Take in the amazing skyline of Rome from the hill.



6



7

TRASTEVERE

Truly Italian neighborhood with restaurants, trattorias and pizzerias.



8

MOSES STATUE

Michelangelo's other famous statue the Moses Statue can be found in the Church of San Pietro in Vincoli.



9

BASILICA DI SANTA MARIA MAGGIORE

The largest Roman Catholic church named after the Virgin Mary. It is one of the papal cathedrals outside the Vatican.

Explore Rome with tourist cards



ROME TOURIST DIGITAL PASS

It covers the most important tickets like: priority entrance into the Colosseum, Entrance to the Forum Romanum and guided tour of St. Peter's Basilica.

[BUY NOW »](#)

ROMA PASS

Free use of the city's public transport network, and free entrance to for the entire validity of the card 2 museums (sadly the Vatican Museum is not included)

[BUY NOW »](#)

Have an extra day in the city?



PIAZZA POPOLO

Square with its twin churches, 36-metre high Egyptian obelisk and the city gate.



VILLA MEDICI

Former home of the wealthy Florentine banker family, which now houses the French Academy.



VILLA BORGHESE

A large public park, the former estate of the wealthy Borghese family.



LEONARDO DA VINCI EXHIBITION

Explore the towering genius of Leonardo da Vinci and play with over 65 of his inventions.



FONTANA DELL'ACQUA PAOLA

Small fountain on the top of the hill with a view.



PALAZZO DORIA PAMPHILJ

A lesser known private gallery with over 400 paintings.

Get
Your
Guide

WANT MORE?

Here are few activities you could do, while you are here!



Tuscany Taster Tour

MORE »



Pompeii, Amalfi Coast and Positano Day Trip

MORE »



Florence and Pisa Full-Day Small-Group Tour

MORE »



FOOD GUIDE

The best way to explore the country is by tasting the traditional cuisine and drinks. Food defines a culture. It reflects the people, economy, history, climate, even the politics of a place.



PIZZA

The original pizza was created in Naples, now it has been recognized by UNESCO as an Intangible Cultural Heritage of Humanity.



LASAGNE

Layers of fresh pasta covered in béchamel sauce and the famous ragù bolognese.



RIZOTTO

Rice is combined with broths made from meat, fish, or vegetables to make the recipe rich.



GNOCCI

Small rounds of potato dough, filled with cheese, spinach, eggs, and a variety of sauces.



TORTELLINI

A small ring-shaped pasta from Bologna



POLENTA

Cornmeal porridge that originated in northern Italy.



SPAGETTI

Different regions of Italy will have distinct ways of preparing spaghetti.

PROSCIUTTO DI PARMA

World-famous ham from Parma



ARANCINI

Balls of rice with meat sauce, peas, and cheese that are breaded and then fried.



PANNA COTTA

Sweetened cream thickened with gelatin, served with warm hot fudge sauce and fresh raspberries on top.



FOCACCIA

Flat leavened oven-baked Italian bread, similar in style and texture to pizza.



TIRAMISÙ

Layers of Savoiardi ladyfinger biscuits dipped in a whipped mascarpone cream cheese and coffee powders.



GELATTO

Gelato is the Italian word for ice cream. It is similar to ice cream, but has a higher proportion of milk.

APEROL SPRITZ

Aperol spritz was invented in Padua with a combination of soda, Aperol, orange, and Prosecco alcohol.



CAMPARI

Alcoholic liqueur, considered an apéritif obtained from the infusion of herbs and fruit

