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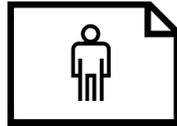
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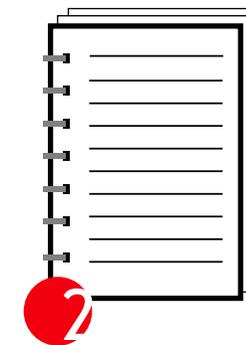
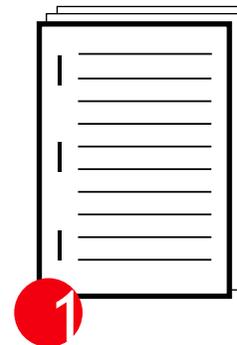
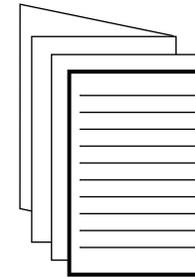
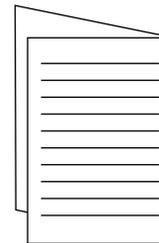
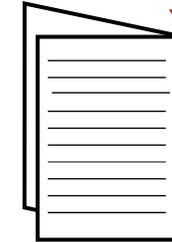
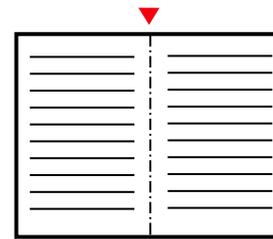
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# THE ROME CITY GUIDE





# Summary



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## History and culture



Rome: Coliseum

The **founding of Rome** is enveloped in myth: the story goes that the first city center sprang up in 753 B.C. on the Palatine hill, built by Romulus after he had killed his twin brother Remus.

Romulus was the first of the **seven kings of Rome**, who started off the basic characteristics of this city that would go on to make Rome powerful throughout the ancient world: public works, institutional reforms, aqueducts.

With the arrival of the Republic, Rome increased its expansion policy and after the **Punic Wars**, Carthage, Corsica and Sardinia were all annexed to the Republic.

The end of the Republic determined the beginning of Silla's dictatorship (82 B.C.)

The dictator Caius Julius Caesar oversaw a period of heavy expansion overseas. He was assassinated in 44 B.C.

The Emperor **Octavius Augustus** brought Rome to its "golden era": a lengthy period of peace and stability, which was celebrated with monumental **works of art**.

Many emperors came after him, each of whom

was famous for some work, conquest or edict. Under **Traianus**, the empire enjoyed its period of maximum expansion and reached as far as ruling land that stretched from the Danube to the Nile.

With the passing of the years, the city became increasingly Christian, while the empire fell into a fatal period of difficulty. The Pope became more and more powerful, building the grounds for the birth of the **Holy Roman Empire** (800 A.D.), which gave rise to the coronation of Charlemagne by the Pope.

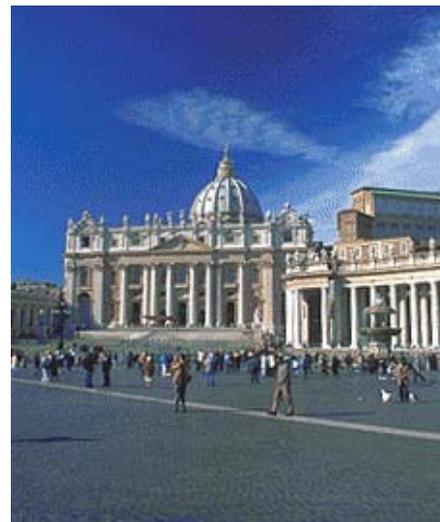
The Church's power continued to increase and Rome became the representation of this power on earth. Between 1300 and 1600, many **churches** were built, beautifully painted with frescoes by Renaissance artists such as Raffaello and Michelangelo. Crowds of pilgrims flocked to the Eternal City from all over the world to admire its **Baroque squares**, its fountains and its monumental basilicas.

After the patriotic unrest that started in 1848 and which was headed by **Garibaldi**, a plebiscite approved the annexing of Rome to the **Kingdom of Italy** in 1870, which set up its official center in the city soon after.

Starting from 1920, Rome was shaken by the terrible rise to power of Fascism that culminated in the pact made between the Italian Government and Nazi Germany.

After Italy was liberated by the Allies during the Second World War, a referendum held on June 2nd 1946 sanctioned the end of the monarchy and the beginning of the **Republic**.

## Churches and Museums



Rome: Basilica di San Pietro

The most spectacular churches in the Eternal City:

### St. Peter's Basilica

A huge sanctuary of Christian religion. Its façade is 45 meters high, and its enormous dome is 136 meters. St. Peter's Basilica, the largest church in the world, overlooks the square that carries the same name that was designed by Bernini and which is surrounded by a colonnade. Grandeur and majesty: this is the sensation that one gets walking up Via della Conciliazione towards Piazza San Pietro. One of the most important works of art inside is the "Pietà" sculpture by Michelangelo, that was created between 1498 and 1500.

### The Sistine Chapel

This chapel owes its name to Sixtus IV, the Pope who commissioned the building of the chapel at the end of the 14th century. The Chapel was decorated by famous 15th century painters such as Botticelli and il Ghirlandaio. Later, in the 16th century, Michelangelo was called upon to paint all the frescoes on the

chapel's vaulted ceiling: about 1000 square meters. He painted frescoes representing stories from the Bible such as the amazing Universal Judgment, which caused a scandal because of the nudity of about four hundred people in it, and the Creation of Mankind.

### San Giovanni in Laterano

This is the Cathedral of Rome, the most important church after St. Peter's. The first church was built in 314, when the Emperor Constantine gave the land to the Pope. The current building complex is made up of the Church, the Baptistery, Palazzo Lateranense, the Scala Santa and the Hospital of San Giovanni.

### San Paolo fuori le mura

This church is in Via Ostiense and was founded in 330. It was only finished, however, in the 5th century. The Church was built on the wishes of Constantine, who wished to commemorate the Deacon Lorenzo, who became a martyr together with Pope Sixtus II in the middle of the 3rd century, with a magnificent tomb.

### Santa Maria Maggiore

This church stands on the Esquilino hill and is the first Roman church to be named after the Holy Virgin. Its bell tower is the highest in Rome. There is a story that this was the site where fragments of wood from Jesus' crib were kept. For this reason, the church was called Santa Maria ad Praesepe for a certain period of time.

The museums and galleries that can't be missed:

### The Vatican Museums

This group of museums is divided into several sections such as the Egyptian Museum, the Ethnological Museum, the Painting Gallery and the Raffaello Rooms to name a few. As well as the ancient artifacts, the Vatican Museums contain hundreds of works of art

commissioned and collected by the Popes over the centuries and created by the most famous artists in history. The statue of Laocöonte in the courtyard of Palazzo del Belvedere is not to be missed.

### The Capitoline Museums

This museum, founded in 1471, houses findings and works of art that tell the full history of Rome, from the antique sculptures and bas-reliefs portraying the acts of the emperors to the paintings on show in the Picture Gallery.

### Galleria Borghese

This is one of the largest collections in the world. The collection was begun in 1600 by the Borghese family; it was plundered by Napoleon at the beginning of the 19th century and then partly recompiled once more and was acquired by the State at the beginning of the 20th century. There are many works of art by painters and sculptors to see: *Amor sacro e Amor Profano* by Tiziano, *la Pietà* by Rubens, *Davide con la testa di Golia* by Caravaggio, *Apollo e Dafne*, *David and Pluto e Prosperina* by Bernini.

## Monuments



Rome: Castel Sant'Angelo and Ponte Sant'Angelo

The greatest historical architecture from the Roman Empire:

### Coliseum

This is the most ancient monument from ancient Rome. Its building began in 75 A.D. and was opened in 80 A.D., an opening celebrated with a full day of bloody games during which, according to legend, five thousand animals were killed.

This was a gruesome leisure activity for the ancient Romans: prisoners condemned to death were torn to pieces by ferocious beasts, animals were killed by archers and there were fights to the death between "professional" gladiators.

The surface area of the Coliseum, which totals about 19,000 square meters, was arranged into four sections, each of which could hold up to 70,000 spectators.

The Emperor's box was placed in the center from where he could decide the gladiators' fate with a simple hand gesture.

The underground area of the Coliseum was used to organize and create the settings for

the games, such as how to make the ferocious beasts appear unexpectedly in the arena, bringing them up to the main area with an elevator hoist that was hidden in the sand. In 438, the games were prohibited and the Coliseum was gradually abandoned.

### Roman Forum

The Roman Forum was built in the 6th century B.C. on marshland that was drained by the creation of a sewer and drainage network. It rapidly became the center of social and political life in Ancient Rome, and new palaces, statues, temples and courts were added to the area century after century. From Via Salaria (parallel to Via dei Fori Imperiali) it is possible to enter this amazing archeological site, which is almost a city within a city.

### Circus Maximus

This enormous structure was used for entertainment events such as the gripping chariot races that were a huge favorite of the Roman people. The area could hold up to 230,000 spectators and is one of the oldest areas in Rome.

### Domus Aurea

This structure was built on the ashes of a terrible fire that destroyed a large part of Rome in 64 A.D. Domus Aurea was built on the wishes of Nero, who was also probably responsible for the fire. During one of his famous ravings of omnipotence, the prince wanted a more majestic Rome with his enormous, new residence as the center of this newly-styled city. Inside this new palace there were buildings, gardens and a lake called "Stagnum Neronis".

The palace was disproportionately large, but was in perfect harmony with the 35-meter high bronze statue of the prince that was sculpted and placed at the entrance to the Domus Aurea. The Domus Aurea has recently been opened to the public after years of restoration work.

### Pantheon

This is one of the best-preserved buildings that date back to ancient Rome. This building dates back to 27 B.C., but was partly destroyed and then rebuilt between 118 and 125 A.D. It later became a Christian place of worship where the tombs of Raffaello, Vittorio Emanuele II, Umberto I are still kept. The huge dome and the fine marble decorations inside the Pantheon are worthy of note.

### Castel Sant'Angelo

The original building, dating back to 123 A.D., was very different from the one that stands on the site today. Around 1200, Castel Sant'Angelo became the property of the Vatican and a sort of fortified corridor was built to connect the building with the Vatican Palaces.

### Catacombs

The catacombs were the places where the early Christians celebrated funerals and where they were buried when they died. The catacombs, the oldest of which dates back to the 2nd century, were built outside the city walls.

### Terme di Caracalla

These were the most luxurious and sophisticated thermal spa baths in ancient Rome. They were built using the finest marble and had a sophisticated plumbing system that supplied the baths with hot water. It is still possible to imagine the original splendor of this place when we visit what is left of the site today.

## Squares and fountains



Rome: Piazza Navona

All the city's squares to admire:

### Piazza di Spagna

This is maybe the most charming square in the city. Its unique shape, that narrows in the middle, reminds us of a butterfly. The square's name comes from the fact that the Spanish Embassy stood in the square in the 17th century. The square is permanently full of tourists and as far back as 1600 it was the favorite place for visitors to Rome from all over the world. The steps that connect the Church of Trinità dei Monti to Piazza di Spagna are amazing, a mixture of curves, straight line and terraces, where it is possible to see the house of poets such as Keats and Shelley (Keats-Shelley Memorial, info: 066784235).

### Piazza Navona

This is a truly wonderful square to see. It has an unusual, elongated oval shape that is the same as that of the ancient Domiziano Stadium over which the square was built. The predominating style is Baroque and there are so many monuments and buildings to admire

such as the Fontana dei Fiumi by Bernini, which is the base of the Egyptian obelisk in the center; Palazzo Pamphili and Fontana del Moro.

### Piazza Venezia

This square was named in honor of the Republic of Venice that opened up its embassy in this very square. Piazza Venezia was unfortunately made famous when it became the stage for Mussolini's speeches that he pronounced from the balcony of Palazzo Venezia, an imposing building that dates back to the second half of the 15th century. The Vittoriano, dedicated to Vittorio Emanuele II, is another important building.

### Piazza del Popolo

This square is located at the top of the triangle that is formed by three long streets: the central one is the famous Via del Corso. At the center of the square there is an obelisk that was brought to Rome by the Emperor Augustus after he conquered Egypt. The magnificent Porta del Popolo has two identical neoclassical buildings on each side of it.

### Campidoglio

This hill next to Piazza Venezia has been a seat of government since ancient times: religious ceremonies and political discussions took place in the Temple of Jupiter on the Capitol Hill. Today the Rome City Council meets in Palazzo Senatorio, a wonderful example of Renaissance architecture. The square, which is dominated by the Capitoline Museum, and the "Cordonata" staircase were both designed by Michelangelo in the 16th century.

### Trevi Fountain

The most majestic in Rome, and the most famous throughout the world. The Trevi Fountain dominates a small square in the heart of Rome and entered everyone's imagination thanks to the nighttime bathing scene with Anita Ekberg in the film "La

Dolce Vita” by Fellini. This huge Baroque construction, inspired by sea mythology, took 30 years to build, starting in 1732, and was started by Niccolò Salvi who did not live to see the completion of his work. Legend says that anyone who throws a coin into the fountain will return to the Eternal City.

#### Fontana del Tritone

Built by Bernini, this fountain is in Piazza Barberini and was commissioned by the Barberini family in 1642. The fountain shows Triton who is blowing into a shell while four dolphins hold him up.

#### Fontana della Barcaccia

This fountain is in Piazza di Spagna, at the foot of the Spanish Steps (*Scalinata di Trinità dei Monti*) and was built in 1629 by Bernini. The structure is reminiscent of a boat sunk by water, in remembrance of the Tiber flood that hit Rome in 1598.

#### Fontana dei Fiumi

This fountain is in the center of Piazza Navona. It was designed by Bernini for Pope Innocent X. One of the many obelisks that can be seen in Rome has been placed on top of the fountain. The four giants sculpted around the fountain base represent four rivers: the Ganges, the Danube, the Nile and Rio della Plata.

## Palaces, Villas and Gardens



Rome: Palazzo Montecitorio

The magnificent Palaces of the Republic that were once the residences of Popes and kings:

#### Palazzo del Quirinale

This has been the President of the Republic's residence since 1948. In the past it was used as the summer residence for Popes who had the Cappella Paolina and the Cappella dell'Annunziata chapels built inside it. In 1871, it became the residence of the Savoia dynasty and it was completely renovated. The East wing of the Palace was called the Sabauda Wing.

The palace's wonderful outdoor gardens that lie on four hectares of land are full of tree-lined avenues, fountains and rare plants.

#### Palazzo Montecitorio

Around 1600, Pope Innocent X commissioned the project for this palace by Bernini. It then became the courts of Rome and since 1870 it has been the Lower House of Parliament.

Inside the building there are several antique and modern works of art.

#### Palazzo Chigi

This palace was bought by the Chigi family, an aristocratic, Roman family, in 1659, and it was furnished with their private collection of furniture and works of art that can still be seen in its rooms. At the beginning of the 20th century the palace was sold to the Italian State and it has been the seat of the Council of Ministers since 1961.

#### Palazzo Madama

This palace dates back to the 15th century. It was turned into a luxurious residence by Pope Leo X, who belonged to the powerful De Medici family. The palace still contains a huge library and several works of art. It became the House of the Italian Senate in 1871.

The wonderful Villas and luxuriant gardens in Rome, magical places for romantic walks:

#### Villa Borghese

This is the largest public park and the favorite of the Roman people. This park covers eighty hectares and contains buildings, sculptures, fountains and one of the most interesting collections of all, the one inside Galleria Borghese, which was recently reopened to the public. Villa Borghese was built around 1600 following the wishes of Cardinal Scipione Borghese, who bought the land surrounding the first central part, which already belonged to the Borghese family. At the end of the 18th century, the park was enriched even further by the building of the "Giardino del Lago": a small island with luxuriant vegetation on which a temple was built.

#### Villa Pamphilj

Due to its position and the particularly favorable climate in this area, this park was named "Villa Belrespiro". This wonderful villa was first built in 1644 on a huge piece of land just outside the center of Rome. Now those beautiful gardens, full of animated fountains are just a memory: around 1800 a large part

of the park was transformed into an English-style garden. Today you can walk along the long pine tree-lined avenues, and can see the wonderful woodland.

### Pincio

This garden stretches out above Piazza del Popolo: from Piazzale Napoleone one has a wonderful panoramic view of the city. The Pincio gardens already existed in ancient Rome, but were redesigned in the 19th century into their current form: wide avenues lined with pine and oak trees and several marble busts of famous personalities from Roman history. The Egyptian obelisk, the old water clock and the Casina Valadier, a famous old restaurant that has recently been restored and where it is possible to taste refined Italian cuisine, are all interesting sites to see.

### Gianicolo

Passeggiata del Gianicolo is very romantic and charming and a perfect place from where to admire Rome from above: in fact, the Gianicolo hill is 88 meters high. The walk begins at the Fontana dell'Acqua Paola and goes right across the Gianicolo as far as Piazza Garibaldi. From here it is possible to see the entire city and every day at noon a cannon fires a blank shot that echoes all over the city. Villa Farnesina, full of frescoes by Raffaello is another site to see.

## Eating and Drinking



Rome: Pasta and tomatoes

Simple, with strong flavors, overflowing with dressings and anything but low-calorie. Perhaps a little unrefined but this contributes to its authentic, genuine style. Traditional Roman cooking is made up of simple, meager ingredients, that follow the seasons and which are therefore extremely fresh.

A typical Roman menu begins with the essential **bruschetta** "ammazzavampiri" (so full of garlic it would kill vampires), and maybe also a wonderful **mozzarella in carrozza**. The large pasta course that follows could be: **spaghetti alla carbonara**, **bucatini all'amatriciana**, **bucatini cacio e pepe** or **gnocchi alla romana**. If you want to try rigatoni pasta with the famous pajata sauce, we recommend that first you eat it and then ask what the ingredients are: you might be so shocked that you no longer want to try the dish otherwise and lose your chance to try out new types of food.

Onto the main course. You can choose between: **coda alla vaccinara**, **saltimbocca alla romana**, **costolette d'abbacchio**.

For side dishes, don't miss the chance to

try **artichokes "alla giudia"**, a typical way of cooking artichokes from Jewish-Roman traditional cooking.

If you still have room in your stomach, to finish why not try a couple of **maritozzi**, or freshen up with a lovely "**grattachecca**", the typical Roman crushed-ice drink

Wash the whole meal down with a white wine from **Frascati** or **Cerveteri**.

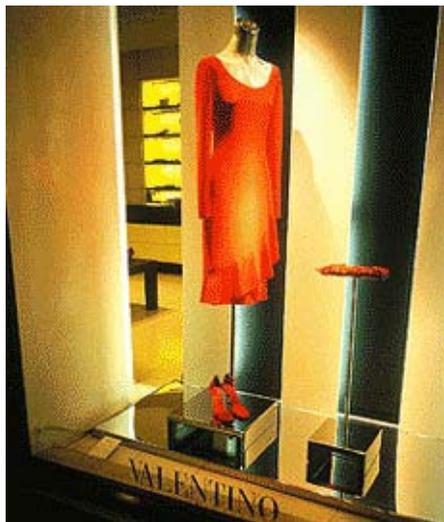
Let's take a look at food and wine you can buy.

Every morning in the picturesque market in **Campo de' Fiori**, fruit and vegetable stalls show off their seasonal wares: the effect you get is an explosion of color and aromas that makes your mouth water. The bakers' shops and food shops surrounding the square are also culprits in stirring up this desire for food.

For good wine lovers, many **wine cellars** in the city organize wine tasting courses and information-giving meetings about vineyards, harvesting, fermentation and all the processes linked to the production of this nectar of the gods. Among some of the places in the city that organize such events, we can name "La Tradizione" and "Franchi".

The **historical coffee shops** in the city are our last stop in this section, where it is possible to try typical Roman food in unique surroundings that combine culture, history and tradition. Meeting places and places to swap ideas for artists and writers in the 19th and 20th centuries such as **Caffè Greco**, **Babington's Tearooms**, **Caffè Rosati** and **Caffè Canova**. For espresso coffee-lovers, we recommend **Caffè Sant'Eustachio** located in the square with the same name, a fine coffee shop founded in the 1930s where the coffee is roasted by hand over wood fires.

## Shopping



Rome: Valentino's Shop

If you want to spend time shopping in Rome, there is an endless choice of places for you to choose from: from the most famous designer labels in Italian fashion that dominate the more elegant city streets to the outlets outside the city, to the old craftsmen's shops and laboratories and the flea markets.

For more detailed information about what to buy in Rome, we recommend you read our itinerary on **Shopping in Rome**. Here will just tell you the places in Rome where most of the shops are for you to be able to give vent to your consumer passion.

The most famous fashion streets in Rome are three parallel streets that all meet up with Via del Corso, starting from **Piazza di Spagna** or near there: **Via Condotti**, **Via Borgognona** and **Via Frattina**.

The most famous of the three is Via Condotti, which owes its name to the channels that carried water to the Agrippa thermal spa baths. Today it is one of the most elegant streets in the world, lined with the shops of the most famous fashion labels such as Bulgari, who opened his "atelier" here

in 1905, Hermès, Cartier, Ferragamo and Battistoni, a historical Roman atelier of male tailored fashion that was a favorite of the Duke of Windsor.

In Via Borgognona there are other famous names: Ferré, Fendi, Laura Biagiotti, "the queen of cashmere" and Gai Mattiolo, a young Roman fashion designer who has recently entered the elite of famous designer labels. Finally, in Via Frattina, there are the ateliers of Tiffany, Versace and Byblos.

Many streets in the old city center are still full of traditional Roman craftsmen's shops: old-style carpenters and expert restorers are still concentrated in Via dei Cappellari. Via dei Sediari has been famous for hundreds of years for chairs, armchairs and other household objects made from wickerwork. The expert wrought iron forgers' laboratories can be found in Via degli Orsini. Via Santa Dorotea is the place to go for vases and other painted ceramic pieces.

In Via dei Gigli d'Oro you can find reproductions of antique mosaics.

Rome's antique shops are located in Via dei Coronari, Via Giulia, Via Margutta, Via del Babuino and Via del Pellegrino.

## Hotels and lodgings



Rome: Villa Medici

If you plan **sleeping in Rome** you have several alternatives to choose from. Depending on your budget, you can choose the most suitable **accommodation in Rome**.

Would you like excellent service and comfort just a stone's throw from the old city center? You can choose from among the many **hotels in Rome**, indicated in our **guide to Rome**, from the simple-style one-star hotels to the luxurious five stars establishments.

For anyone who is planning to spend more time being enchanted by the charm of the Eternal City, we recommend that you rent a villa or an **apartment in Rome** or nearby. Many real estate agencies have a wide range available, so that you can choose the one that best suits your needs.

If you don't have a large budget available, we suggest you try one of the many **Bed & Breakfast in Rome**: accommodation where the lower prices do not mean that service and comfort are lacking.

Do you only have a really small amount of money available for your holiday? Then a campsite is the right place for you. On

the very outskirts of Rome there are some **campsites** that have all facilities and are well-connected to the city center. If you want to stay in the center, you can opt for a **hostel**: there are several in Rome that offer beds in both dormitories and in single or twin rooms. If, on the other hand, you would like to set up base a long way from the chaos of the city, you can choose to stay in **rural farmhouse accommodation near Rome**.

## Events



Rome: fashion in Piazza di Spagna

Rome is, together with Milan, the city where most cultural events such as exhibitions, concerts and shows take place in Italy. Our **guide to Rome** suggests a list of regular events that take place in the city each year. Keep in mind the fact that if you want to plan a trip to Rome in a period when one of these events is taking place, you should book a **hotel in Rome** well in advance.

### Roma Europa Festival, September-October

This has been an annual appointment since 1986 for modern art and theatre, music and dance, with artists from all over Europe appearing.

### Festival Romics, October

The Comics and Cartoon Festival: exhibitions, cartoon film showings and meeting with the most famous designers and publishing companies.

### Roma Jazz Festival, October

This annual festival totally dedicated to jazz music was organized for the first time in 1876.

Italian and international artists all appear in concert.

### Sana a Roma, April

This Mediterranean Trade Fair for Natural Products has been organized for a few years now at the Rome Trade Fair District. Exhibitions of bio-products, conferences and tasting.

### Estate Romana, from June to September

This includes all kinds of events, from music to theater, literary meetings and cinema. Events that take place in the most characteristic places in Rome that attract the participation of thousands of artists from all over the world.

### Donna Sotto le Stelle, July

The annual Roman appointment with high fashion. Creations by the most famous fashion designers are modeled on a catwalk in a truly magnificent setting: on the Spanish Steps in **Piazza di Spagna**.

Many international musical events are organized in the new Rome **Auditorium**, a kind of City of Music that is located near the Olympic Village in the Flaminio area of the city. The Auditorium, that was designed by the famous architect Renzo Piano, comprises three large halls that hold a total of 5000 people, set amidst a park where a wonderful amphitheater has been built, together with some recording rooms.

## La Dolce Vita



Rome: Bar Settimiano

If you walk along Via Veneto you realize immediately that today's reality is far removed from the image the Fellini engraved in everyone's memory with his famous film "La Dolce Vita". Via Veneto is completely different to the glorious years of the 50s and 60s. There are no longer actors or exiled monarchs sitting at the coffee shop tables, besieged by paparazzi. You may perhaps still find a few out-of-date tourists.

The spirit of "la Dolce Vita" has moved with the times, no longer aimed at the bored, decadent aristocracy but to a large group of mildly unconventional night people that want to have a good time, communicate and relax. This is a self-gratifying and slightly irresponsible attitude that has invaded the narrow streets of **Trastevere**. Trastevere is an extremely lively area of town: walking along the labyrinth of alleys and lanes, among coffee shops, restaurants, pubs and clubs with live music, all brimming over with life is a unique and exciting experience.

The areas around **Via della Pace** and **Campo de' Fiori** are also interesting for night life

lovers. In Via della Pace, near to Piazza Navona, there is the famous Antico Caffè della Pace, which has been a daytime and night-time meeting place for intellectuals, artists and famous names for many years.

Campo de' Fiori is one of the busiest places in Rome: in the morning it is full of the **market** stalls and in the evening it is invaded by hundreds of young people who meet up in the numerous wine bars and bars around the square.

If instead you are looking for real night clubs, Rome has no end of them. Here are few of the most popular: *Gilda*, loved by politicians and showbiz stars; *Goa*, electronic music and art exhibitions, *Ex magazzini* and *Black out rock club* for live music.

## A weekend full of experiences



Rome: Arch of Constantine

If you are busy and in a hurry, but you don't want to miss out on the pleasures of life, here is the **Rome itinerary** that is just right for you. A full weekend dedicated to discovering this amazing city. Only a part discovery (you just won't be able to see it all) but just as "hard", due to the route you will follow that is mostly on foot. Remember to wear comfortable shoes and if it is summertime, bring a hat to protect you from the sun that is very strong here. You won't need a water flask as there are so many coffee shops and **restaurants in Rome** where you can quench your thirst.

### DAY 1

If you can, we advise you to arrive the evening before, booking one of the **hotels in Rome** a little in advance. In this way you will have the whole morning available for the itinerary and you will be well rested to face the hard day ahead.

#### Morning

This part of the day will be entirely dedicated

to visiting the Vatican, a real city within a city. We recommend that you begin your tour in the early morning, to avoid the huge queues that form at a certain time of the morning outside the Vatican Museums. Remember that you have about three hours available if you want to stick to the itinerary; don't miss the visit to the **Sistine Chapel**, that is so splendidly covered in frescoes by Michelangelo. Next, head off to St Peter's Square where you can see **Saint Peter's Cathedral**, the largest church in the world. Leaving the Cathedral behind you, walk along Via della Conciliazione until you get to **Castel Sant'Angelo** where Hadrian's Mausoleum is kept. Then go on to Piazza Navona by tram or taxi for lunch. One bit of advice: don't eat tripe or anything similar if you want to avoid falling asleep on the edge of a fountain in the middle of the afternoon itinerary. You will be able to satisfy all your mad urges for eating whatever you want at dinnertime.

#### Afternoon

After getting to know Rome as the "city of faith" this is the moment to explore Rome "Caput Mundi" in all its ancient beauty. Let's start off with the Pantheon, not far from Piazza Navona, a pagan temple that was transformed into a church in 608. From the Pantheon go straight to the **Coliseum**, the huge amphitheater that is the symbol of Rome. Once you have finished visiting the inside of the Coliseum, head towards the **Roman Forum**, walking along Via dei Fori Imperiali. If you still have time you can choose between a visit to the Palatine hill, the first center of this city and home to many emperors or to the **Circus Maximus** or the **Domus Area**.

#### Evening

Trastevere is the ideal place to savor the true essence of Roman nightlife. Join the crowds walking along the alleyways and stop off in a few of the typical coffee shops that are crowded with people.

### DAY 2

#### Morning

Try to wake up early, but not too early: today's itinerary is tough too, so it's better to begin the day a bit later rather than being worn out in the afternoon.

As a first stop, we suggest the famous, spectacular **Trevi Fountain**: allow yourself to join in the obligatory ritual for any decent tourist of throwing a coin into the fountain. Then go on to **Piazza di Spagna** by taxi or tram and admire the fantastic **Spanish Steps**. From here you can have a rest from all this culture by taking a walk down the elegant **Via Condotti** to admire the luxurious shop windows. If you are feeling more Bohemian than fashion victim, why not take a walk down **Via Margutta**, the famous street of artists.

The last stop this morning is the magnificent **Piazza del Popolo**. Choose one of the **restaurants in Rome** nearby and have a bite to eat.

#### Afternoon

Your afternoon will be dedicated to visiting **Villa Borghese** and the splendid **Gallery** of the same name. You can also have coffee in the picturesque **Casina Valadier** and then towards sunset, you can enjoy the splendid view of Rome from the panoramic terrace of the **Pincio**.

#### Evening

Time for a quick dinner and then it is time to leave. Unless, of course, you don't want to stay longer and call the hotel in Rome that you chose and book another night in the Eternal City.

## A virtual trip



Rome: Audrey Hepburn and Gregory Peck in Vacanze Romane

It is often said that a lifetime is not enough to get to know Rome. At [travelplan.it](http://travelplan.it), we fully agree with this statement: seeing its most important monuments, visiting its museums, walking along its streets, you can only get a vague idea about this complex city. For this reason, we have decided to offer you a trip to Rome that is not a classical itinerary: Ours will be a **virtual itinerary** to discover Rome through the eyes of artists and intellectuals that have loved, played and represented this city.

We have chosen two artistic environments, the cinema and literature. We have had to make a selection here too, however: the list of suggestions could have gone on forever as Rome has been, and still is today, a powerful source of inspiration.

To follow our itinerary, that can either be preparatory for or additional to a trip to Rome, here are a few tips:

Before you start, choose the place: this itinerary can be used at home or in an apartment in Rome: many private people

rent apartments in Rome for short periods too; put your slippers on: this time you are not going anywhere, at least in the physical sense of the word; take the phone off the hook, or turn the volume down anyway, so that you can't be catapulted back into the real world all too abruptly; get comfortable in an armchair and imagine you are a reader/spectator.

### LITERATURE

Marguerite Yourcenar wrote the novel "**Memoirs of Hadrian**", a literary reconstruction in the form of letters-monologue of the life of the famous Roman Emperor. The work was the result of years of historical research and a long series of trips to the **sites of Hadrian**.

*To imagine yourself part of the world of Imperial Rome.*

In 1829, **Stendhal** wrote a kind of guide book-story of Rome entitled "**Walks in Rome**". The French writer compiled a large quantity of notes that he took down during his stays in the Eternal City, and invented a series of artistic and cultural itineraries that still excite each visitor today.

*For getting to know Rome in the company of an exceptional tour guide.*

In 1889 **Gabriele D'Annunzio** published "**Il Piacere**", a book in which he tells the story of a Roman man, Andrea Sperelli and his debauched and decadent life that was considered a "work of art". An aesthetic exaltation of Baroque Rome with its magnificent villas and amazing fountains.

*To submit to the attraction of a sensual, decadent Rome.*

**Pier Paolo Pasolini** lived in Rome for many years and was one of the keenest interpreters of this city. Some of his poems dedicated to Rome were gathered together in the book "**La religione del mio tempo**", while the most famous of his novels is perhaps "**Una vita**

**violenta**" the result of his social interest in the lowest classes of Roman society who lived "beyond the last stop".

*For understanding the difficult life in the Roman outskirts.*

### CINEMA

In 1945, immediately after Liberation, the film director Roberto Rossellini rapidly filmed one of the Neorealist cinemas masterpieces: "**Roma città aperta**". The main actors in the film were another two first-class Romans: Aldo Fabrizi and Anna Magnani.

*For reliving the drama of the Nazi occupation of Rome.*

Rome, two Hollywood actors and a vespa. "**Vacanze romane**", with Gregory Peck and Audrey Hepburn, launched the fashion of vespas and Rome was filled with American tourists all fascinated by the places seen in the film.

*How to get tearful over a sweet love story in the splendid setting of Rome.*

In "**Un americano a Roma**" by Steno, Alberto Sordi, one of the true stars of Italian cinema, interpreted all the stereotypes of the typical "down to earth Roman" with his unforgettable alter ego Nando Moricone.

*To have a laugh by watching one of the funniest films in Italian comedy film history.*

"**La Dolce Vita**", an unforgettable film by Federico Fellini inspired by the society news that filled the newspaper columns in that period and which all took place in a single setting: Via Veneto.

*For having a look at the places and personalities who made that period so famous.*

## Trips outside the city's gates, from Ostia to Frascati



Rome: villa d'Este in Tivoli

The area around the city of Rome has lots to offer for furthering your knowledge of this complex city. Knowledge that can range from archeology, art and wine-making. All you need is a little time and travelplan. It can give you a hand here, suggesting some trips outside the city's gates, near to Rome. If however, you have the chance to take things easy, book a **hotel near Roma** and use it as a base for your trips.

As always, our **tourist's guide to Rome** and surrounding areas has tried to group together the places to see into various sections of interest, trying to satisfy everyone's tastes:

### Ostia Antica

Ostia Antica was founded in the 4th century B.C. For a long time it was Rome's only river port: once upon a time, the Tiber ended its course in this very town, whose name actually means "mouth", before flowing into the Tyrrhenian Sea.

Ostia was a cosmopolitan city and essential from a military and commercial point of

view. There were various temples dedicated to the various "foreign" divinities that were uncovered during archeological digs. Ostia Antica was rediscovered fairly recently in historical terms: digs began around 1800 and are still continuing today. **Piazza delle Corporazioni**, with its floors entirely made up of mosaics, and that was once home to the offices of the "trade representatives" of ancient times, is an interesting site to see. From the steps of the Theater, that is still used during the summer season for shows, there is a wonderful view of the area.

### Tivoli

Tivoli (about 20 km from Rome), which was used by the Romans as a holiday resort in ancient times too, is famous for its magnificent villas. One of the most spectacular is **Villa Adriana** that became the residence of the Emperor Hadrian when he retired from political life. This is the place where Hadrian wanted to recreate the wonders of the world that he had seen during his travels. For this reason, spread out over the one hundred hectares of parkland, there are groups of buildings that remind us of Greek constructions, such as the reproduction of the Athens Academia and Egyptian buildings such as the reproduction of the city of Canopus.

Another Villa of great artistic interest is **Villa d'Este**, the residence of Cardinal Ippolito d'Este. It is famous for the amazing amount of fountains and waterfalls built using the principle of connecting tubs, vases and grottoes inside the park, which totals 35.000 square meters.

### Frascati

Lying amongst the Colli Albani and Colli Tuscolani hills, there is an area that groups together about 15 villages and towns full of history, which make up the area known as the "**Castelli Romani**".

We have chosen one of these towns, perhaps the most well-known and popular with

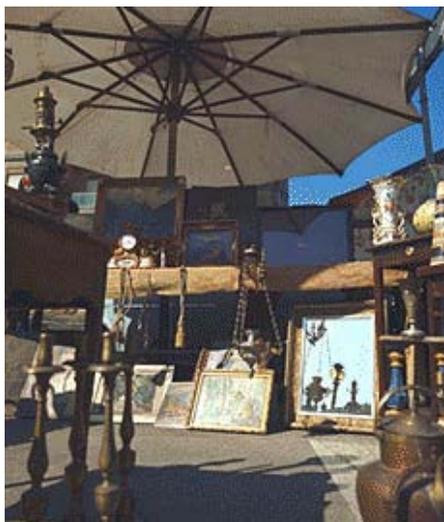
visitors: Frascati, about 20 km from Rome. Famous for its wonderful villas and above all for the wine, usually white, that is produced in this area.

Frascati bianco D.O.C. is produced from a mix of grapes grown in the surrounding countryside: Malvasia di Candia and Malvasia del Lazio, Trebbiano Greco and Toscano.

The result can be tasted in Frascati directly, in one of the many wine cellars in the town, accompanied by a few typical snacks from the area.

As well as your glass of wine, if you go to Frascati, don't miss a chance to visit the Renaissance-style **Villa Aldobrandi** that stands over the beautiful town square, which was once invaded by carts that overflowed with the wine sellers' barrels.

## Shopping in Rome



Rome: Porta Portese

This short compendium of Roman shopping is for all shopping lovers.

A compendium for all tastes, from high fashion chic to the cheap items on the market stalls, and with a mention of the new frontier of shopping, halfway between chic and cheap: outlets.

Remember that if you want to go shopping in Rome, you will need a bit of time, so book a few nights extra in the hotel in Rome that you are staying in.

### Roman labels: from Sorelle Fontana to Gai Mattiolo

Many famous names in Made in Italy fashion from Rome and elsewhere started their careers in this city, often opening an atelier that soon began to attract the curiosity of aristocrats, politicians and film stars who then made them famous.

**Sorelle Fontana** - a historical label that dressed the Roman upper middle classes in the post-war period until the Dolce Vita era and then went on to the United States

and Hollywood, designing and making film costumes for international stars.

**Capucci** - Capucci opened his first atelier in Paris and then finally opened one in Rome in Via Gregoriana. One of the few "independent" designers: Capucci detached himself from the traditional fashion circuits and personally organized the presentations of his collections almost as if they were art exhibitions. In 1995 he exhibited his designs at the Biennale in Venice.

**Fernanda Gattinoni** - She opened her Rome atelier in 1945 near Via Veneto. Her clothes were worn by famous people such as Anna Magnani, Evita Peron, Ingrid Bergman and Audrey Hepburn.

**Lancetti** - Roman by adoption, he opened his first atelier in Via Margutta, the famous street of artists. This was almost an omen of his fame as a designer-painter that he later obtained.

**Valentino** - Valentino opened his first atelier in Rome in Via Condotti, and hit success after a fashion show at Pitti Immagine in Florence. He is one of the cinema world's famous designers: stars such as Liz Taylor, Joan Collins, Julia Roberts and Claudia Cardinale wear his creations at gala evenings such as the Night of the Oscars.

**Laura Biagiotti** - Renamed the "Queen of Cashmere", Laura Biagiotti is famous for her fine cashmere knitwear and for her frequent use of the color white in her creations.

**Fendi** - This maison was set up in 1925 in Rome as a fur coat and leather goods shop. Later, the five Fendi sisters created the label that is famous worldwide.

**Brioni** - Male tailored elegance. Famous worldwide for the high quality of their clothes and for being 007's tailor, embodied by the actor Pierce Brosnan.

**Battistoni** - A historical, male tailors' atelier in Rome, which was a favorite of the Duke of Windsor.

**Gai Mattiolo** - Born in 1968 in Roma, he began his career as a fashion designer very early and is now one of the most popular "young" names in fashion.

### Famous names outside the city: the outlets

Let's ignore the single-label outlets that spring up here and there in the province and let's concentrate on the new **McArthurGlen Designer Outlet** in Castel Romano: a kind of consumer orgy concentrated in 20,000 square meters. This huge shopping city, 25 km south of Rome, was opened on October 9th 2003.

We will bet that after a day spent here, even the most hardened consumer will feel the need to have a rest from shopping for at least a month!

The Castel Romano outlet center has 95 shops including the famous labels (Etro, D&G, F.lli Rossetti, Moreschi, Mariella Burani, Calvin Klein, La Perla), younger brands (North Sails, Mandarin Duck, Liu-jo, Guess, Diesel, Levi's, Stefanel, Tommy Hilfiger) and manufacturers of various accessories (Lagostina, Bassetti, Samsonite).

Go there, choose, buy and take it for granted that you will have a strange feeling in your stomach for a few days. Don't worry: whenever you go to places like this, post-consumer guilt is normal!

### Markets and flea markets: visiting the stalls looking for a bargain

For the more alternative consumers who snob the artificial lights of shopping malls and those who are attracted by the idea of owning something that is out of the ordinary, we recommend a visit to the Roman flea markets. Get rid of the concept "in a hurry" from your minds for a while and take all the time you want: rummaging among the stalls requires considerable concentration. Your efforts will

most definitely be worth it though: from the bottom of the stall, the bargain of a lifetime or a valuable item could crop up, or even just the issue of Tex Willer that you were really fond of but that you lost during your last house move.

**Porta Portese** that veiled air of illegality that it inherited from its origins still persists: during the Second World War, this was the city's black market. Today you can find old furniture, clothes, records, books, plants, CDs and a lot more too (Via Portuense and Via Ippolito Nievo, every Sunday).

The **Mercato delle Stampe** will literally drive fans crazy; magazines, prints and old books (Largo della Fontanella di Borghese, every morning except Sunday).

Finally, if you are looking for vintage clothes or just second-hand clothes, you have to go to the market at **Via Sannio** (Via Sannio, every morning from Monday to Saturday).



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