EASE OF TRAVEL

EVERY DETAIL PLANNED.
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FREE MINI GUIDE · ROME

Rome

in 3 days, at your own pace.

Unmissable sights. Roman flavours. Little streets worth discovering along the way.



I have visited Rome four times. I created this guide to help you plan your first encounter with the city.
Sylwia · Ease of Travel

Open the interactive HTML guide

Your guide at a glance

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Some of the best moments in Rome happen between the landmarks: over a morning coffee, in a shaded piazza or while wandering without checking your map every few minutes.

Each day explores one part of the city, from breakfast and the main sights to a quick lunch and dinner. The order keeps unnecessary journeys down, with practical tips to help you find your feet on a first visit.

Practical tips for your first visit

Rome is Italy's capital, and the currency is the euro. This itinerary assumes three full days. Directions from Termini are examples for travellers staying near that station; if your hotel is elsewhere, plan from its address. Times are approximate and exclude travel from your accommodation and queues.

Wear comfortable shoes and carry water. The itinerary combines the main sights with meals along the way; in summer, adjust your walking times to the heat.

Understanding addresses Via means street, and piazza means square. Enter the full place name and address in your map app. Walking times cover the walk itself, without photos or sightseeing. I have chosen a breakfast stop, quick lunch and dinner for each day. Other venues are clearly marked as alternatives.

Your daily rhythm: breakfast → explore one part of the city → quick lunch → more sights and neighbourhoods → dinner. Add optional attractions only if you feel like it.

Your Rome on the map

The three-day itinerary, with separate layers for transport, food and extra sights.

Scan the QR code to open the English map and select a layer:

- Day 1 · Monti and ancient Rome
- Day 2 · Historic centre
- Day 3 · Vatican and Trastevere
- Transport · Metro and airports
- Extra places · food and coffee
- More of Rome · extra sights

Open map in Google

How to use the map

Select a day layer in the map menu. Alternatives and optional sights are labelled in the descriptions. Enable “Extra places · food and coffee” for extra food and coffee addresses, including Faro. The “Transport · Metro and airports” layer contains metro stations, railway stations and airports. “Guide step” matches the stage in the written itinerary; it is not a walking route. The “On Google Maps” links beside each description open the places in Google Maps. Extra food and coffee recommendations have their own “Google Maps” link.

Day one

The Colosseum, Roman Forum and Monti

Route: Colosseum → Roman Forum and Palatine Hill → Monti → Capitoline Hill → Piazza Venezia

Find these places on the map



The Roman Forum · layers of history

Your day in order

1	2	3	4	5
Colosseum	**Forum & Palatine**	**Lunch**	**Monti & Capitoline**	**Dinner**
breakfast and visit	continue your visit	a bite in Monti	Piazza Venezia	near Piazza Venezia

Select a stop to jump to its description. Times below are approximate.

01 Breakfast in Monti and the Colosseum

Around 7:45-10:30 · breakfast, walk and sightseeing

For breakfast: La Licata, Via dei Serpenti 165. Order a cappuccino and a cornetto, an Italian sweet pastry, or a more filling option from the current menu. Coffee at the counter may cost less than table service; check the price list. Allow about 10-15 minutes to walk to the Colosseum.

The Colosseum is an ancient amphitheatre: an arena surrounded by tiered seating, once used for gladiatorial fights and public spectacles. Book entry for around 9:00 and arrive early for security. Allow 1-1½ hours inside. A standard ticket does not automatically include the arena floor or underground areas.

Why two names? The Colosseum is also known as the Flavian Amphitheatre. It opened in AD 80 under Emperor Titus; these names refer to the same building.

Tickets: book ahead through the official Colosseum ticket shop, choosing a ticket that includes the Roman Forum and Palatine Hill and a timed Colosseum entry. Tickets are named: bring your ID. Do not assume your preferred ticket will be available on arrival.

Colosseum address: Piazza del Colosseo, Rome. The standard entrance for individual tickets is **Sperone Valadier**, on the Roman Forum side. Follow the entrance and time on your ticket; a guided tour may have a different meeting point.

On Google Maps: La Licata · Colosseum

02 Roman Forum and Palatine Hill

Around 10:45-13:15 · temples, history and views

The Roman Forum was the centre of public life in ancient Rome, hosting assemblies, ceremonies and court proceedings. It is an open-air archaeological site rather than a single building. Look for the Via Sacra, the ancient ceremonial road, and the columns of the Temple of Saturn. Follow the signs: not every visible path is open to visitors.

Palatine Hill rises next to the Forum and holds the remains of imperial residences. Head uphill for views over the ruins. Expect uneven stones, steps and exposed stretches, so comfortable shoes and water are essential.

History and legend: stories about the Palatine link it to Romulus and Remus, the legendary brothers raised by a she-wolf. Treat this as Rome's foundation myth. About the Forum and Palatine Hill.

Palatine entrance address: Via di San Gregorio 30 (Varco Vignola), Rome. The Forum and Palatine form one shared site: after the Colosseum you can also enter from Via Sacra near the Arch of Titus and continue up the hill inside the complex. Check currently open entrances on the official park website.

On Google Maps: Roman Forum · Palatine Hill

03 Quick lunch in Monti

Around 13:30-14:15 · pizza or a snack

After leaving the archaeological complex, head to Trieste Pizza, Via Urbana 112, for a small pizza and a quick meal. Check current opening hours before visiting. In nearby eateries you can also look for supplì: a fried rice snack, often filled with tomato and mozzarella. Pizza at Trieste Pizza is the main lunch suggestion in this itinerary; add a supplì if you fancy an extra snack.

On Google Maps: Trieste Pizza · Monti

04 Monti, Capitoline Hill and Piazza Venezia

Around 14:15-17:30 · neighbourhood streets, views and squares

Explore Piazza della Madonna dei Monti and the surrounding streets. Then walk to **Capitoline Hill**, with its formal square and views over the Forum. Finish at **Piazza Venezia**, beside the monumental Vittoriano, dedicated to Victor Emmanuel II. This is a good place to compare ancient ruins with the architecture of unified Italy. The Capitoline Museums need a separate ticket and more time; this walk covers the square and views outside.

On Google Maps: Piazza della Madonna dei Monti · Capitoline Hill · Piazza del Campidoglio · Piazza Venezia · Vittoriano

05 Dinner near Piazza Venezia

Around 19:00 · dinner near the end of the route

After Piazza Venezia, walk roughly 5-10 minutes to Ristorante Abruzzi, **Via del Vaccaro 1**, by Piazza Santi Apostoli. This restaurant serves traditional food in the area where your sightseeing ends. Check the current menu and book ahead. Its official website lists dinner from 19:00 on Monday-Friday and Sunday; for Saturday, choose another nearby restaurant. Check opening days again before your trip.

On Google Maps: Ristorante Abruzzi

Transport: if you are staying near Termini, take metro B towards Laurentina to Colosseo; from elsewhere, plan from your hotel address. On foot: Colosseum → Forum entrance 5-15 min; Forum → Monti 15-25 min; Monti → Capitoline Hill 20-25 min. From Piazza Venezia, take a bus towards your hotel or walk back to Colosseo metro station (about 20 min).

Before your visit
Book a combined Colosseum, Roman Forum and Palatine Hill ticket online in advance, with a specific Colosseum entry time. Ticket-office queues can be very long, and convenient slots may sell out. A reservation does not bypass security. Have lunch after leaving the site; in winter, check earlier closing times.

Day two

Fountains, the Pantheon and life in the piazzas

Route: Spanish Steps → Trevi → Pantheon → Piazza Navona → Campo de' Fiori

Find these places on the map



Piazza Navona · a reason to linger

Your day in order

1	2	3	4	5
Steps & Trevi	**Pantheon**	**Lunch**	**Piazza Navona**	**Dinner**
breakfast and walk	walk and visit	a quick bite	Campo de' Fiori	near the Pantheon

Select a stop to jump to its description. Times below are approximate.

01 Breakfast, the Spanish Steps and Trevi

Around 8:30-10:45 · Luna by Faro, steps and fountain

For breakfast: Luna by Faro, **Via delle Quattro Fontane 175**. I chose it for coffee, pastries and brunch, and its proximity to the Spanish Steps: allow about 15-20 minutes on foot.

The Spanish Steps connect the square with the church of Trinità dei Monti. Walk up for a view over the piazza and surrounding streets, then continue for about 10-15 minutes to the **Trevi Fountain**. Its monumental Baroque composition of figures, rocks and water feels almost theatrical.

Who is in the fountain? The central figure is Oceanus, the personification of the ocean, rather than Neptune, with whom he is often confused. Look for his shell-shaped chariot. The view from the square is free. Entry to the area beside the water costs tourists €2. Entry details.

On Google Maps: Luna by Faro · Spanish Steps · Trevi Fountain

02 The Pantheon: dome, light and Raphael

Around 11:00-12:15 · walk and interior

Walk about 10-15 minutes from Trevi to the Pantheon. **Pantheon** was an ancient Roman temple and is now a church. Allow about 45 minutes inside. Stand beneath the dome and look up at the oculus: the open circular hole that lets natural light into the building.

Remarkable proportions: the dome's diameter and the interior height are both around 43 metres. Inside is also the tomb of **Raphael Sanzio, the Italian Renaissance painter and architect**, known for works including "The School of Athens" in the Vatican. About the Pantheon and its history.

Pantheon tickets: the standard ticket currently costs **7 €** (checked 30 October 2026; concessions and free admission have separate conditions). Buy through the Musei Italiani website or app, ideally following the link from the official museum website, or at the ticket office or machines on site. Buying ahead makes planning easier; check your date and any interruptions for services.

On Google Maps: Pantheon

03 Lunch: schiacciata at All'Antico Vinaio

Around 12:15-13:00 · a sandwich along the route

Near the Pantheon you will find All'Antico Vinaio at **Piazza della Maddalena 3**. Its speciality is **schiacciata**, Tuscan flatbread served as a generous sandwich, for example with cured meat, cheese and vegetables. It is a quick lunch, though queues may add time. Choose the filling and size from the menu; not every sandwich is a light snack.

For a coffee afterwards, try **Sant'Eustachio Il Caffè**, Piazza di Sant'Eustachio 82. Compare counter and table prices: table service may have a different tariff. Save Armando al Pantheon for dinner if you would like a sit-down meal in the evening.

On Google Maps: All'Antico Vinaio · Piazza della Maddalena · Sant'Eustachio Il Caffè

04 Piazza Navona and your own discoveries

Around 13:00-17:00 · piazzas and historic streets

Piazza Navona retains the long shape of Emperor Domitian's stadium. Stand at one end and look along its axis to imagine the ancient sports arena. At the centre is the Fountain of the Four Rivers by Gian Lorenzo Bernini, the Italian Baroque sculptor and architect.

Below the square: remains of the ancient stadium survive underground. **The archaeological area is currently closed for restoration works** (checked 1 November 2026), so this itinerary includes the square only. Check Turismo Roma for its history and current status before a future visit.

Continue to **Campo de' Fiori**, the square with a statue of Giordano Bruno. The market operates earlier in the day; in the afternoon, explore the square and nearby streets. To extend your walk, head to the Portico of Octavia in the Jewish Quarter, about 15-20 minutes away on foot.

On Google Maps: Piazza Navona · Stadium of Domitian · underground closed · Campo de' Fiori · Portico d'Ottavia

05 Dinner near the Pantheon

Around 19:00 · pasta and Roman cooking

Armando al Pantheon, Salita de' Crescenzi 31, is a restaurant serving Roman cuisine. **It is best to reserve a table in advance** through the official website, especially if you have a particular time in mind. Check opening days and cancellation terms; do not assume walk-in tables will be available. Look for cacio e pepe, pasta with pecorino cheese and black pepper, or carbonara with egg, cheese and guanciale, cured pork jowl. Confirm dishes and ingredients on the current menu.

On Google Maps: Armando al Pantheon

Transport: breakfast is at Luna by Faro, Via delle Quattro Fontane 175. Plan your journey from your hotel; the nearby metro stop is Barberini on line A. Allow about 15-20 min to walk from the café to the Spanish Steps. Spagna on metro A is an alternative if you start at the steps after breakfast at your hotel. Continue on foot: Spanish Steps → Trevi about 10-15 min; Trevi → Pantheon 10-15 min; Pantheon → Piazza Navona 5-10 min; Piazza Navona → Campo de' Fiori 10 min. These times exclude stops. Return by bus from around Corso Vittorio Emanuele II or by taxi.

Day three

The Vatican, the Tiber and an evening in Trastevere

Route: Vatican → Ponte Sant'Angelo and Castel Sant'Angelo → Trastevere

Find these places on the map



St Peter's Basilica · looking up

Your day in order

1	2	3	4
Vatican	**Lunch**	**Bridge & castle**	**Trastevere**
breakfast and visit	near the Vatican	Sant'Angelo	walk and dinner

Select a stop to jump to its description. Times below are approximate.

01 Breakfast in Prati and a visit to the Vatican

Around 8:00-12:30 · breakfast and your chosen route

For breakfast: Sciascia Caffè 1919, Via Fabio Massimo 80/a. Order coffee and a cornetto or another available option. The café is also known for coffee with dark chocolate. Allow roughly 15-25 minutes to walk towards the Vatican entrances; the museums and basilica have different entrances. If your museum booking is early, eat before leaving your hotel.

Option 1: St Peter's Basilica. This is the church in St Peter's Square, separate from the Vatican Museums route. Basic entry is free, but you must go through security. Inside, look for **Michelangelo's Pietà**, a sculpture of Mary holding the body of Jesus, and Bernini's great baldachin over the altar. Allow 1-1½ hours inside, plus the queue; climbing the dome is a separate option.

Option 2: Vatican Museums and Sistine Chapel. This vast art complex needs 3-4 hours. In the chapel, look for "The Creation of Adam" on the ceiling and "The Last Judgment" on the altar wall, both by Michelangelo. If you also visit the basilica today, add walking and queuing time and skip the interior of **Castel Sant'Angelo** in the afternoon.

What to wear at the Vatican: for St Peter's Basilica, the Vatican Museums and the Sistine Chapel, keep your **shoulders and knees covered**. Choose a top with sleeves and long trousers or a skirt below the knee. Avoid low necklines and short skirts, and remove your hat before entering. In summer, bring a light shirt or layer to cover your shoulders. Official dress code.

Two details to spot: Michelangelo's signature appears on Mary's sash in the Pietà. In the Sistine Chapel, the famous ceiling and "The Last Judgment" are different paintings on different surfaces. About the Pietà · About "The Last Judgment".

Tickets: book the Vatican Museums well in advance for a specific time through the official ticket shop; the Sistine Chapel is part of the museum route. **Basic entry to the basilica is free**, but the dome and reservation services may carry a charge. Check the conditions for each option in the basilica's official FAQ. A museum ticket is not a dome ticket or a basilica entry reservation.

Vatican Museums visitor entrance: Viale Vaticano snc, 00165 Rome. "snc" means there is no street number. Select **Ingresso Musei Vaticani**, the visitor entrance beside the Vatican walls; do not head to St Peter's Square. Official museum address.

On Google Maps: Sciascia Caffè 1919 · St Peter's Basilica · Vatican Museums · Sistine Chapel

02 Quick lunch: pizza or fresh pasta

Around 13:00-13:45 · choose a venue near your exit

After the Vatican Museums, consider Pizzarium Bonci, Via della Meloria 43, near Cipro metro station. It serves pizza al taglio, sold by the slice; check the current toppings and how portions are priced before ordering. This is on the museums' side and requires a small detour from the route towards the bridge.

If you are leaving the basilica, a more convenient choice is Pastasciutta, Via delle Grazie 5, for fresh pasta in a quick, casual format. This is a shorter lunch stop after the basilica; for a longer sit-down meal, choose a table-service restaurant. This venue does not accept reservations. Pizzarium is the alternative on the museums' side.

On Google Maps: Pizzarium Bonci · Pastasciutta · Borgo

03 Ponte Sant'Angelo and Castel Sant'Angelo

Around 14:00-16:00 · castle and riverside walk

Walk to **Ponte Sant'Angelo** , lined with angel sculptures. Beside it stands the castle, originally Emperor Hadrian's mausoleum and later a fortress.

Allow 1-1½ hours inside **Castel Sant'Angelo** (separate ticket). Buy through Musei Italiani by following the link from the official museum website. Advance booking is worthwhile; tickets are currently named and require original ID. Check opening days: the museum is usually closed on Mondays. If you visit both the museums and basilica in the morning, see the castle from outside. **Why the angel in its name?** According to legend, Pope Gregory the Great saw the Archangel Michael here during the plague of AD 590. This story is connected with the building's name. History of the castle.

On Google Maps: Ponte Sant'Angelo · Castel Sant'Angelo

04 Trastevere and dinner

From around 16:30 · explore the neighbourhood, then dinner

Trastevere lies across the Tiber from the main part of the historic centre. Its narrow cobbled lanes, warm-coloured facades, little squares and Roman trattorias make it a rewarding neighbourhood to explore on foot. The main squares become lively in the evening, while side streets offer a quieter atmosphere. It is worth getting a little lost here: leave the shortest route, look for details on the buildings and follow a lane that catches your eye.

Start at **Piazza di Santa Maria in Trastevere**. Visit the basilica and its mosaics if it is open, then explore the nearby streets. **For dinner:** Tonnarello, **Via della Paglia 1-3**, is right beside the square and serves Roman dishes. It is popular: arrive earlier, check the current seating arrangements and expect a possible wait. If you choose another nearby restaurant, reserve ahead if it accepts bookings.

Optional after dinner: walk to **Piazza Trilussa**, opposite Ponte Sisto, for its fountain, lively evening meeting-place atmosphere and views towards the bridge and Tiber.

On Google Maps: Piazza di Santa Maria in Trastevere · Tonnarello · Via della Paglia · Piazza Trilussa

Transport: metro A to Ottaviano (basilica) or Ottaviano/Cipro (museums), then about 10-20 min on foot, depending on your destination. St Peter's Square → Ponte Sant'Angelo is about a 15-min walk. Bridge → Santa Maria in Trastevere takes about 30-40 min on foot; if you prefer a ride, find a bus using the ATAC planner or take a taxi. Trastevere has no metro station in its historic heart.

Arrange the days around ticket availability and the Vatican calendar. Cover your shoulders and knees when entering religious sites.

Practical tips · getting around

Walk, metro or bus?

Walking is the best way to see the centre. The metro is useful for reaching your first stop and returning to your hotel. A bus or taxi can make longer stretches easier.



Walking times are approximate and exclude sightseeing, queues and breaks. Directions from Termini assume accommodation nearby. If you are staying elsewhere, plan from your hotel address. In a personalised Premium itinerary, routes would start at your hotel and also cover your arrival and return to the airport. Check service changes and disruptions on the day of travel.

Metro to start the day

Day 1: line B, Colosseo station. **Day 2:** breakfast at Luna by Faro, Via delle Quattro Fontane 175, near Barberini (line A); Spagna station serves the Spanish Steps. **Day 3:** line A, Ottaviano or Cipro. Lines A and B meet at Termini. Check the direction using the terminus displayed on the platform.

On Google Maps: Roma Termini · Metro Colosseo · Metro Barberini · Metro Spagna · Metro Ottaviano · Metro Cipro

Buses and trams

These are useful where the metro does not reach close to your destination, especially around Trastevere and Piazza Navona. Enter your exact destination and current location in the journey planner. Check the direction, stop and any replacement buses. Traffic affects journey times; allow for waiting too.

Where do I buy bus and metro tickets?

The same city **BIT** ticket works on the metro, buses and trams within the city fare area. Buy it from a metro ticket machine, an ATAC ticket office or an authorised retailer, such as a tabaccheria marked with a “T”. Digital tickets are also available through apps listed by ATAC. Buying a ticket in an app does not replace activation.

A BIT currently costs €1.50 and is valid for 100 minutes after validation. During this time it covers one metro journey, with transfers under ATAC rules, and surface transport journeys. Leaving the metro and entering again for a new journey requires a new entitlement. Keep your ticket until the journey ends.

How do I validate a ticket or pay by card?

Paper ticket: validate it at the metro entrance or in the machine on the bus or tram. **App ticket:** activate before travelling, following the app instructions. **Tap & Go:** tap your card or phone on the marked reader whenever entering a vehicle or the metro, and wait for confirmation.

Use the same card or device for transfers. Your phone and physical card are recognised separately. Each traveller needs their own valid ticket or supported payment method. For frequent trips, compare ROMA24H, ROMA48H and ROMA72H tickets. A standard BIT does not cover the Leonardo express to Fiumicino Airport.

Hop-on hop-off sightseeing buses

These are tourist buses, often open-top double-deckers, following a set sightseeing route. With a valid hop-on hop-off ticket, you can get off at designated stops, explore and board another bus covered by your ticket.

Where do they go? Routes serve areas near popular sights; for example, Big Bus lists Termini, Circo Massimo and Piazza Venezia. A stop is not necessarily beside an attraction’s entrance: check the route map and walking distance.

Tickets: buy a separate ticket from the sightseeing operator; an ATAC city ticket does not cover these tours. Compare validity, first and last departures, frequency, current stop closures and audio-guide languages. Attraction entry is not automatically included: check your chosen product.

How to use this guide: consider a panoramic ride as an optional introduction to Rome, for example on arrival day if time allows. It does not replace the day-by-day walking routes, and traffic and waiting can affect your timing.

Official routes and tickets: Big Bus Rome · City Sightseeing Rome. Check the latest service notices before buying.

Taxis, FREENOW and Uber

In Rome you can order a taxi through FREENOW, while rides are also available through Uber. In Uber, check the service type currently available, such as Taxi or Black. Do not assume every option has the same fare or rules as a regular taxi. Vehicle availability and prices may vary with time and demand.

Enter the exact destination in the app and check the pickup point, category, fare calculation and cancellation terms. Before getting in, compare the number plate and driver details with your booking. You can also take a regular taxi from an official rank. At the airport, use the designated taxi queue or the pickup point shown in the app.

City transport · official information
BIT: purchase, fares and rules
ATAC: journey planner and service updates
Tap & Go: current rules
Metro: lines and information

AIRPORT TRANSFERS · ARRIVAL AND DEPARTURE

Getting to and from the airport

Rome has two different airports: **Fiumicino (FCO)** and **Ciampino (CIA)**. Check the code on your flight booking. **Roma Termini** is the city's main railway station, not an airport. The routes below end at Termini; the onward walk or ride depends on your hotel address.

On Google Maps: Fiumicino · FCO · Ciampino · CIA · Ciampino railway station

Fiumicino (FCO) → Termini

The simplest option is the Leonardo express train. After collecting your luggage, follow "Train / Treni" signs to **Fiumicino Aeroporto** station. Take the Leonardo express to **Roma Termini**: the non-stop journey takes about **32 minutes**, and the standard ticket currently costs **€14 one way**. Buy through the Trenitalia website or app, a ticket office or a machine. Standard city BIT tickets are not valid. For paper tickets, check validation requirements; for digital tickets, follow the conditions given at purchase. Official tickets and timetable.

Alternative: airport coach to Termini. Various operators may be cheaper than the train, but journeys depend on traffic. Buy from your chosen operator and check its stop, luggage rules and arrangements if your flight is delayed. Not every airport train goes to Termini: the regional FL1 serves other stations. Coach operators and connections.

Termini → Fiumicino (FCO)

At the station, check the departure board and platform for **Leonardo express → Fiumicino Aeroporto**. Add time for reaching the station from your hotel, finding the platform, waiting and walking from the airport station to the correct terminal. For coaches, check the exact side of Termini and the stop address on your ticket: "Termini" alone is not enough.

Ciampino (CIA) → Termini

A direct airport coach, such as Terravision or Rome Airport Bus, is convenient and avoids transfers. Choose the route from Ciampino Airport to Roma Termini and check the time, stop and current fare. The scheduled trip is roughly 40 minutes, but traffic can make it longer.

Lower-cost alternative: Ciampino Airlink. First take a bus to **Ciampino** station in the town, then a regional train to **Roma Termini**. This requires a transfer: **Ciampino railway station is not beside the airport terminal**. The combined ticket currently costs **€2.70 one way**; buy it as a journey from Ciampino Aeroporto to Roma Termini under the Trenitalia Airlink offer. Allow waiting time for both services.

Termini → Ciampino (CIA)

The simplest return is a direct coach to **Ciampino Airport** from the operator's stated stop. For Airlink, take a train to **Ciampino** and then the bus to the airport. Do not get off at the railway station assuming you have reached airport check-in.

For your return journey: aim to reach the airport as far ahead as your airline recommends, allowing time for check-in, luggage and security. Services are not necessarily available around the clock; for a very early or late flight, check first and last departures. Fares shown are per person, one way; checked 30 October 2026.

An extra chapter · choose your favourites

A little further into Rome

Jump to a place

Villa Borghese and the Pincio terrace
Borghese Gallery
Baths of Caracalla
St John Lateran Basilica
Orange Garden on the Aventine
Mouth of Truth

Six ideas for a longer stay, a return visit or an addition to one of your days. If you enjoy a faster pace and want to see more in a short time, add the places that appeal to you, allowing for their location, travel time and ticket requirements.



My personal take: I think it is worth leaving room to explore at an unhurried pace and get a little lost in Rome's side streets. I prefer that to rushing through a checklist of sights. You do not have to see everything on one trip.

Visit times below are estimates and do not include travel or queues.

Park and city views

Villa Borghese and the Pincio terrace

Villa Borghese · near Piazza del Popolo

This spacious park offers tree-lined paths, sculptures and a garden around a lake. On the Piazza del Popolo side, head up to the Pincio terrace for a view over the square and across Rome towards St Peter's dome. Choose it for city views and a walk among the trees.

Allow: around 1-2 hours for part of the park and the terrace. The park walk and terrace are free; museums and other activities have separate admission rules. Flaminio on metro line A is a convenient starting point.

Official information · Google Maps

Art and sculpture

Borghese Gallery

Piazzale Scipione Borghese 5

Inside the former Borghese family villa, paintings and sculptures deserve a visit of their own. This is a rewarding choice for admirers of Bernini and Caravaggio, or anyone who prefers to focus on one collection. The gallery sits within Villa Borghese park but is a separate, ticketed museum.

Tickets: booking is compulsory, including for visitors entitled to free admission. Reserve a timed ticket through the official website and check the duration of your chosen slot. Allow roughly 2 hours for the visit, plus walking and entry checks.

Official information · Google Maps

Ancient Rome

Baths of Caracalla

Viale delle Terme di Caracalla · entrance: no. 52

The vast ruins of these ancient baths reveal the scale of Rome's public buildings. Look for surviving mosaics and imagine halls with pools at different temperatures and spaces for exercise. Choose this if the Forum leaves you wanting to explore more ancient architecture.

Allow: around 1-1½ hours, mostly outdoors. Admission is paid; follow the official site to Musei Italiani and check accessible areas and last entry. Walk from Circo Massimo on metro line B; bring water and a sun hat in summer.

Official information · Google Maps

Basilica and history

St John Lateran Basilica

Piazza di San Giovanni in Laterano

This is Rome's cathedral and the episcopal seat of the Pope. Inside, notice the monumental statues of the apostles, the ornate ceiling and the apse. It is a good choice for seeing another major Roman basilica and understanding more of the city's religious history.

Allow: around 45-60 minutes for the basilica. Basic admission is free; other parts of the complex and tours have separate rules. Check service times and cover shoulders and knees. San Giovanni station is nearby, on metro lines A and C.

Official information · Google Maps

Views and a quieter corner

Orange Garden on the Aventine

Piazza Pietro d'Illiria · Giardino degli Aranci

Giardino degli Aranci, also called Parco Savello, is a small garden on the Aventine Hill. A path between the trees leads to a terrace overlooking the Tiber and Rome's rooftops. Come for the panorama, especially in softer afternoon light, and explore the area around the neighbouring Santa Sabina basilica.

Allow: around 30-45 minutes, plus the uphill walk. The garden is free but gated, with seasonal opening hours: check before setting out. You can combine this area with the Mouth of Truth, allowing for the climb up the Aventine.

Official information · Google Maps

A Roman legend

Mouth of Truth

Piazza della Bocca della Verità 18

The Bocca della Verità is a marble face in the portico of Santa Maria in Cosmedin church. Legend says it bites off the hand of anyone who tells a lie. The film Roman Holiday, starring Audrey Hepburn and Gregory Peck, helped make it famous; today visitors stop for the familiar hand-in-the-mouth photo.

Allow: around 15-30 minutes, longer if there is a queue. Check access hours and current entry or any payment rules before visiting. This is a short stop in the Forum Boarium area, easy to combine with a walk towards the Aventine.

Official information · Google Maps

Before visiting, check current opening hours, access notices and ticket rules using the official links above. Information checked on 1 November 2026.

Food stops · suggested addresses

Where to eat along the way

Jump to a place

Barnum
Antico Forno Roscioli
La Casa del Caffè Tazza d'Oro
Mr. 100 Tiramisù
Trapizzino · Trastevere
Osteria da Fortunata · Pellegrino
L'Elementare · Trastevere
Pasticceria Regoli
Faro - Caffè Specialty

Here you will find extra suggestions for breakfast, coffee, a snack or dinner. The venues selected for the three-day itinerary are described at the relevant sightseeing stops. Check current menus and opening hours; reserve dinner ahead if the restaurant accepts bookings.



Italian flavours · the pleasure of a good meal



Coffee and something sweet · a stop along the route

A little extra · food and coffee

More flavours, whenever you feel like it

Eight extra addresses to save for later: breakfast, coffee, a snack or dinner. These are optional alternatives, separate from the three daily itineraries. Pick a place near you or use them for an extra day in Rome.

Breakfast & brunch

Barnum

Via del Pellegrino 63/65 · Campo de' Fiori

For coffee and breakfast or a later brunch in the historic centre. A choice for a more substantial morning meal than a quick pastry at the counter. Walk-ins only; reservations are not accepted, so allow for a possible wait.

Official website · Google Maps

Breakfast & Roman bakery

Antico Forno Roscioli

Via dei Chiavari 34 · Campo de' Fiori

Stop for a breakfast pastry or a slice of pizza for a later snack. This bakery offers bread, pizza bianca and rossa, and sweet baked goods. Choose from the current display and check how portions are priced. Look for Antico Forno on Via dei Chiavari; it is separate from Roscioli Caffè and the Salumeria Roscioli restaurant.

Official website · Google Maps

A coffee stop

La Casa del Caffè Tazza d'Oro

Via degli Orfani 84 · Pantheon

A historic roaster and coffee bar near the Pantheon, founded in 1944. Stop for an espresso if you enjoy classic Italian coffee. A different option from specialty coffee at Faro: an easy central coffee stop to combine with a walk.

Official website · Google Maps

A tiramisu stop

Mr. 100 Tiramisù

Via dei Sediari 11/12 · Piazza Navona

A sweet stop near Piazza Navona. Choose classic tiramisu with coffee and mascarpone or a flavour from the current menu, such as pistachio. An easy dessert after lunch or during a walk. TheFork reservations are for lunch and dinner, rather than a dessert-only visit.

Menu & reservations · Google Maps

Roman street food

Trapizzino · Trastevere

Piazza Trilussa 46 · Trastevere

Try a trapizzino: a triangular pizza-bread pocket with a warm filling. Add a supplì, a fried rice snack, if you like. Check the available fillings on the menu. A casual alternative to a restaurant while exploring Trastevere.

Official website · Google Maps

Pasta & Roman cooking

Osteria da Fortunata · Pellegrino

Via del Pellegrino 11 · Campo de' Fiori

A sit-down lunch or dinner option for fresh handmade pasta and Roman sauces. Look for dishes such as carbonara or cacio e pepe on the current menu. It is best to enquire about a reservation in advance using the official contact details, specifying the Pellegrino branch; there are several locations in Rome.

Official website · Google Maps

Roman-style pizza

L'Elementare · Trastevere

Via Benedetta 23 · Trastevere

Save this Trastevere address for round Roman-style pizza. The pizza here is thin and crisp, a different format from bakery pizza by the slice. Choose your toppings from the menu and perhaps start with a supplì. Check the Trastevere branch's hours and table availability on the official website.

Official website · Google Maps

A Roman breakfast classic

Pasticceria Regoli

Via dello Statuto 60 · Esquilino

A classic Esquilino address for maritozzo con panna: a soft, lightly sweet bun split and filled with whipped cream. A traditional Roman choice for a sweet breakfast or snack. Stop by when exploring the Santa Maria Maggiore area. Check the pastry shop's hours and availability before visiting.

About the pastry shop · Google Maps

Check current opening hours, menus and reservation rules before visiting. Addresses checked on 1 November 2026. You will also find these places in the "Extra places · food and coffee" map layer.

Food delivered to your accommodation

If you prefer a quiet evening after sightseeing, you can order food in Rome through Glovo, Just Eat or Deliveroo. Enter your full accommodation address: available restaurants and delivery options depend on the address and time. Before ordering, check the minimum order, delivery and service fees, and estimated arrival time. At a hotel, ask reception where to collect your delivery.

For coffee lovers · an extra stop

Faro - Caffè Specialty

Via Piave 55 · official website and menu

If coffee is a little ritual for you, save this address. Faro is a specialty café serving breakfast, pastries, brunch and lunch. Ask the barista about the current beans and choose a coffee to suit your taste.

A separate address for coffee lovers: Faro - Caffè Specialty at Via Piave 55 is worth saving for an extra coffee visit. Stop by while exploring around Porta Pia, or make a special trip for coffee. **Day two's breakfast remains at Luna by Faro** at Via delle Quattro Fontane 175. These are two different venues; check the address before setting off.

On Google Maps: Faro - Caffè Specialty

Coperto, servizio and tips: understanding your bill

Coperto is a cover or place-setting charge found in Italy, usually per person. **However, Rome is subject to Lazio regional law, which prohibits adding a separate coperto charge.** Do not assume this item is correct simply because it appears on the bill.

Servizio is a service charge: any amount and calculation method should be clearly disclosed before you order. It differs from coperto and from a voluntary tip. Check prices before sitting down and your bill before paying. Ask staff to explain unclear extras; if you see "coperto", ask for it to be corrected. Legal basis: Lazio Regional Law 22/2019, Article 75(3-4).

If you have allergies, speak to staff before ordering. Hours and menus may change; addresses and policies checked 30 October 2026.

Bookings · before your trip

Attraction tickets without the guesswork

Check Colosseum and Vatican Museums availability first, then arrange your days around it. Leave enough time after sightseeing before any restaurant reservation.

Colosseum, Roman Forum and Palatine Hill

Follow the official park website to ticketing.colosseo.it. The standard **24h - Colosseum, Roman Forum, Palatine** ticket covers all three sites, excluding the arena floor and underground areas. Your reserved time applies to the Colosseum; check the exact validity and entry conditions for the ticket you choose.

Under current rules, sales open 30 days before the visit. Tickets are named: enter details matching your ID and bring it for checks. Name corrections are restricted. Arrive with the time allowance stated on your ticket. Do not buy a separate Forum ticket if your ticket already includes it.

Vatican Museums and Sistine Chapel

The official ticket shop is tickets.museivaticani.va. Check the date, time, age category and what is included. The Sistine Chapel is part of the museum route; you do not need a separate standard chapel ticket. A museum ticket does not reserve a visit to St Peter's Basilica.

Save your confirmation and entry code offline. Bring evidence for any concession. Do not assume changes or refunds are possible: read the terms of your purchase.

Pantheon and St Peter's Basilica

Pantheon: official tickets are available through the Musei Italiani website or app, and at the ticket office and machines on site. The safest route to the ticket shop is through the state museum website. Check restrictions during religious services.

Basilica: basic entry is free. Timed reservations and additional services may cost extra; the dome is a separate product. Check the official FAQ and what your chosen option includes. Security checks apply even with a reservation.

Before paying: distinguish an entry ticket from a guided tour or audio guide, and check the final price, entrance or meeting point and cancellation terms. “Skip the line” does not mean skipping security. Free-admission days do not guarantee entry without queues or reservations.

Card or cash?

A debit or credit card is sufficient for everyday payments in most places you will visit. Still, carry a small reserve of euros in cash, ideally in smaller denominations, in case a terminal fails or your card has a problem.

In Italy, retailers and service providers, including small shops, are generally required to accept card payments even for small amounts. The rules allow an exception for objective technical impossibility. This does not mean every card and payment system is accepted: check the displayed card logos. Sources: Italian Chamber of Deputies, Article 15 and Ministry of Justice, card payments for any amount.

Official information and tickets

Colosseum and archaeological park · Vatican Museums · St Peter’s Basilica · Pantheon · Trevi Fountain

Attraction rules, transport and suggested venues checked: 30 October 2026. Before travelling, confirm hours, availability and prices through official sources. Times in this guide are approximate.

From inspiration to your own trip

Your Rome. Beautifully planned.

You choose how you want to travel. I bring the sights, transport and good addresses together in a plan created especially for you.

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The button takes you to the packages on my website, where you can compare them and choose the right fit.



Personally, from Sylwia

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03 **Restaurants and cafés** - Addresses chosen for your budget, tastes and daily route, with practical advice on reservations.

04 **Step-by-step transport** - How to get from your hotel to each attraction and between stops: transport, directions, stations and walking connections.

05 **A day-by-day itinerary** - Sightseeing and meals arranged in a clear order for your number of days, interests, pace and travel companions' needs.

This free guide offers a taste of Rome. With Europe · Premium, you will receive a guide in a similar, easy-to-use format, with daily itineraries, descriptions of places and practical tips. Its content will be personalised for your trip, taking into account your dates, hotel, interests and sightseeing pace.

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Good places, ready to find.

Everything in Basic, plus a Google Map of attractions and a list of restaurants and cafés. For travellers who want to arrange their own days.

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The buttons take you to package selection on my website. For Rome, choose Europe. You make your own flight, accommodation and ticket bookings.

For the start of your journey

See you in Rome's little streets.

I hope this guide helps you feel more confident in Rome, from your first coffee order to an evening walk. Visit the places you have dreamed of, try something new and find your own reason to return.

Buon viaggio!

EASE OF TRAVEL

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EVERY MOMENT YOURS.

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Keep your Rome map close

Open your Google map or return to the map chapter for all six layers and instructions.

Open the map in Google · Go to the map chapter

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