

EASE OF TRAVEL · GUIDE

A SHORT TRIP. LASTING MEMORIES.

Rome.

Three days.
Memories that stay.

Essential sights. Roman flavours.
Little streets to discover along the way.

YOUR GUIDE TO ROME

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Choose a chapter, or simply let the pages lead you through Rome.

CIAO, LOVELY TO SEE YOU HERE



Sylwia

YOUR TRAVEL ASSISTANT

Rome rewards those who take their time.

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

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 TRAVEL COMPANION

Your Rome on the map

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



SCAN AND SAVE YOUR MAP

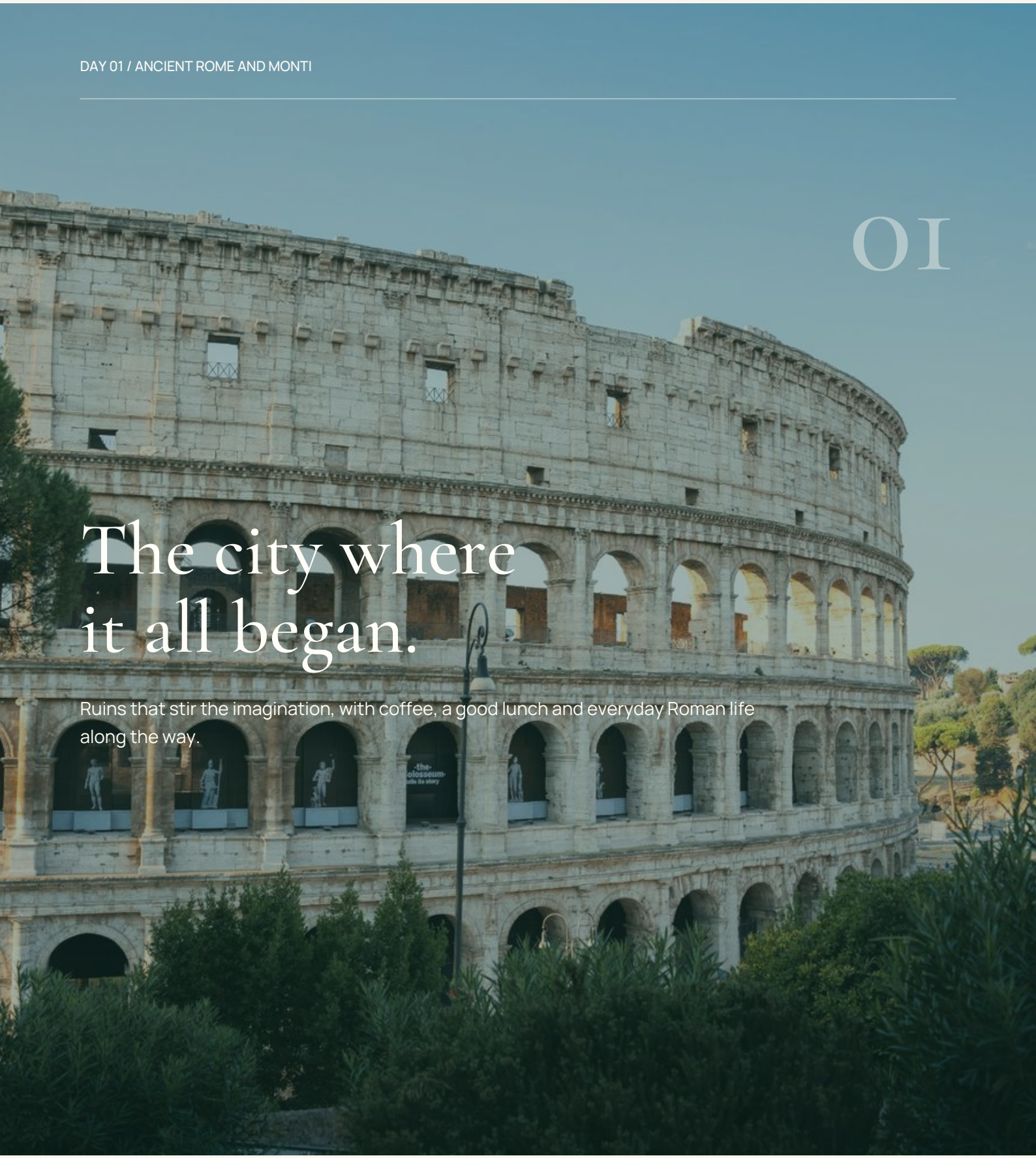
Open map in Google

01 Day 1 · Monti and ancient Rome
02 Day 2 · Historic centre
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04 Transport · Metro and airports
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06 More of Rome · extra sights

54 places · English map
All layers are visible when you open the map. In the panel, you can hide those you do not need.

In the map panel, keep the layers you want to use visible. Alternatives and optional sights are labelled in the descriptions. The “Extra places · food and coffee” layer contains 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 01 / ANCIENT ROME AND MONTI



01

The city where it all began.

Ruins that stir the imagination, with coffee, a good lunch and everyday Roman life along the way.

YOUR DAY AT A GLANCE

01	02	03	04	05
Colosseum	**Forum & Palatine**	**Lunch**	**Monti & Capitoline Hill**	**Dinner**
breakfast and visit	continue your visit	a bite in Monti	Piazza Venezia	near Piazza Venezia

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 issued in your name: 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 02 / HISTORIC CENTRE

02

Small squares. Big discoveries.

A day for fountains, a morning market, light inside the Pantheon and a walk beside the Tiber.

YOUR DAY AT A GLANCE

01	02	03	04	05	06
Steps & Trevi	**Piazza Navona**	**Lunch**	**Pantheon**	**Bridge & castle**	**Dinner**
breakfast and walk	Campo de' Fiori	a quick bite	walk and visit	Sant'Angelo	near the castle

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. On Mondays and Fridays, this area usually opens at 11:30; on other days, at 9:00. **For the Friday morning walk, plan to enjoy the view from the square** so you can reach the market in time; opening hours may change. Entry details.

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

02 Piazza Navona and your own discoveries

AROUND 11:00-12:30 · PIAZZAS AND THE MORNING MARKET

Walk about 15-20 minutes from Trevi to **Piazza Navona**, which 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 about 10 minutes on foot to **Campo de' Fiori**, the square with a statue of Giordano Bruno. **Visit its lively market before lunch: it normally runs Monday-Saturday, from 7:00 until around 14:00.** Aim to arrive before midday, rather than just before the stalls close. There is no regular market on Sunday; you can still explore the square and nearby streets. Market opening information.

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

03 Lunch: schiacciata at All'Antico Vinaio

AROUND 12:30-13:15 · A SANDWICH ALONG THE ROUTE

From Campo de' Fiori, walk about 15-20 minutes to 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.

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

04 The Pantheon: dome, light and Raphael

AROUND 13:15-14:30 · WALK AND INTERIOR

After lunch and coffee, walk to the Pantheon: allow about 5 minutes from Piazza della Maddalena or Piazza di Sant'Eustachio. **The 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.

After the Pantheon, walk via **Via dei Coronari** towards **Ponte Sant'Angelo**. Allow about **20-25 minutes on foot**, excluding longer stops.

On Google Maps: Pantheon

05 Ponte Sant'Angelo and Castel Sant'Angelo

AROUND 15:00-17:30 · BRIDGE, CASTLE VISIT AND A TIME BUFFER

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

Allow about **1½-2 hours** to explore the inside of **Castel Sant'Angelo**, with a little extra time.

You need a separate ticket, best bought in advance through Musei Italiani via the official museum website. Tickets are issued in your name, so bring original ID. The castle is usually closed on Mondays; check the current calendar before visiting.

Why the angel in its name? According to legend, Pope Gregory the Great saw the Archangel Michael here during the plague of AD 590. The castle's name is linked to this story. History of the castle.

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

06 Dinner near Castel Sant'Angelo

AROUND 19:00 · ROMAN DINNER NEAR THE CASTLE

For a relaxed end to the day, I suggest a Roman dinner at La Fraschetta di Castel Sant'Angelo, **Via del Banco di Santo Spirito 20**. It is about **5-10 minutes on foot** from the castle, across **Ponte Sant'Angelo**. Look for carbonara, amatriciana and cacio e pepe on the menu. It is worth reserving a table for your preferred time and checking the latest menu beforehand.

Dinner Monday-Saturday: the restaurant lists **18:00-23:00**. On Sundays it serves lunch only, so choose another restaurant in the same area for Sunday evening. Treat around 19:00 as a suggested time and confirm the hours for your date.

On Google Maps: La Fraschetta di Castel Sant'Angelo

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 → Piazza Navona 15-20 min; Piazza Navona → Campo de' Fiori 10 min; Campo de' Fiori → lunch near the Pantheon 15-20 min; lunch or coffee → Pantheon about 5 min; Pantheon → Ponte Sant'Angelo via Via dei Coronari 20-25 min; castle → dinner across the bridge 5-10 min. These times exclude stops. This schedule is easiest Tuesday-Saturday; check the castle calendar and restaurant hours. Return by bus from around Corso Vittorio Emanuele II or by taxi.

DAY 03 / VATICAN AND TRASTEVERE

03

Morning at the Vatican. Evening in Trastevere.

Look up. Leave time for art. In the evening, settle down for dinner on the other side of the river.

YOUR DAY AT A GLANCE

01	02	03	04
Basilica & dome	**Lunch**	**Museums & chapel**	**Trastevere**
breakfast and morning	near the Vatican	four hours	walk and dinner

01 Breakfast, St Peter's Basilica and dome

AROUND 7:00-13:00 · BREAKFAST, BASILICA AND DOME AS RESERVED

Start with coffee and a cornetto at Sciascia Caffè 1919, **Via Fabio Massimo 80/a**. You could also try the coffee with dark chocolate for which the café is known. Allow around **7:00-7:30** for breakfast; its official website lists opening from 7:00. St Peter's Square is about **25-30 minutes away on foot**, so aim to reach security around 8:00. Breakfast at your hotel works too if that is easier. Current café hours.

Keep the morning until around 13:00 for the basilica and dome. For a dome ticket bought online, the official FAQ allows entry to the basilica **90 minutes before your reserved dome time**. A 10:30 dome reservation therefore means basilica entry at 9:00. In this plan, reaching security around 8:00 leaves extra time for the queue. Check the correct entrance and visit details in your confirmation with its QR code, and follow those instructions on the day.

Allow a separate **1-1½ hours** for the **dome**, plus any waiting. It requires its own ticket. If you choose the lift, remember that the final section still involves stairs. Before your trip, check the dome opening hours and final admission.

Basic entry to **St Peter's Basilica** is free, with a security check. It is separate from the Vatican Museums. Allow about **1-1½ hours** to enjoy the interior, with queuing and the dome counted separately. Pause at **Michelangelo's Pietà**, showing Mary holding the body of Jesus, and look up at Bernini's great baldachin above the altar.

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.

A detail to spot: Michelangelo's signature appears on Mary's sash in the Pietà. About the Pietà.

> **Tickets and reservations:** the dome and reservation services may carry a charge; see the basilica's official FAQ for details. A museum ticket does not include the dome or a basilica entry reservation.

On Google Maps: Sciascia Caffè 1919 · St Peter's Basilica

02 Lunch after the basilica, on the way to the museums

AROUND 13:00-13:45 · LUNCH, THEN WALK TO THE MUSEUMS

After the basilica, choose Pastasciutta, **Via delle Grazie 5**, on your way to the Vatican Museums. It serves fresh pasta in a quick, casual format and suits a break around **13:00-13:45**. This venue does not accept reservations; for a longer sit-down meal, choose a table-service restaurant.

An alternative is Pizzarium Bonci, **Via della Meloria 43**, towards Cipro metro station, with a short detour from the main route. It serves pizza al taglio, sold by the slice; check the current toppings and how portions are priced before ordering.

Walking to the museums: the basilica and museums have separate entrances. Allow about **30-40 minutes of walking in total** from St Peter's Square to Viale Vaticano; lunch on Via delle Grazie is along the way. Leave after lunch around 13:45 and aim to arrive around 14:15, with a buffer before a 14:30 ticket. Do not assume a shortcut between the Sistine Chapel and the basilica; separate security checks can extend the schedule.

On Google Maps: Pastasciutta · Borgo · Pizzarium Bonci

03 Vatican Museums and Sistine Chapel

APPROXIMATELY 14:30-18:30 · FOUR HOURS FOR MUSEUMS AND CHAPEL

Keep about **four hours, 14:30-18:30**, for the main route including the Sistine Chapel. With so much to see, choose the places that matter most to you; this plan does not cover every collection. Check the chapel's separate hours and visit it earlier in your route if it closes early.

In the Sistine Chapel: look for "The Creation of Adam" on the ceiling and "The Last Judgment" on the altar wall. They are two separate paintings by Michelangelo. About "The Last Judgment".

> Buy a ticket for a specific time in advance through the official museum ticket shop. Fit it around your morning basilica and dome reservation, allowing time to walk over and pass security. The Sistine Chapel is part of this visit; keep the full four hours for the main route.

Entrance: Viale Vaticano snc, 00165 Rome ("snc" means no street number). Look for **Ingresso Musei Vaticani** beside the Vatican walls, not in St Peter's Square. Official address.

On Google Maps: Vatican Museums · Sistine Chapel

04 Trastevere and dinner

EVENING · TRASTEVERE AROUND 19:30, DINNER AROUND 20:00

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:** plan from your hotel to Sciascia Caffè 1919, Via Fabio Massimo 80/a; Ottaviano and Lepanto on metro A are nearby. Allow about 25-30 min to walk from the café to St Peter's Square. The basilica and Vatican Museums have separate entrances; walking from the square to Viale Vaticano takes about 30-40 min, with lunch along the way. After the museums, travel to Trastevere by a bus selected in the ATAC planner for your day, or by taxi. Allow about 40-60 min including walking and a buffer; traffic and waiting can make it longer. Aim for the neighbourhood around 19:30 and dinner around 20:00. Trastevere has no metro station in its historic heart.

Use this schedule on a standard Monday-Saturday without a holiday closure. The museums are usually closed on Sundays, and the last free Sunday has shorter hours that do not fit this afternoon block. Always check the official museum calendar for your date. Wednesday audiences and Masses can restrict morning access to the basilica. Official confirmed hours and entrance instructions take priority; arrange the days around tickets and celebrations. Cover your shoulders and knees when entering religious sites.

PRACTICAL TIPS · GETTING AROUND

Walk, metro or bus?

From your first journey to the ride back to the airport - find a comfortable way to get around Rome.



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 Lepanto for the morning start near St Peter's. 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. It cannot be used for a second, separate metro journey. For an A-C transfer at San Giovanni, ATAC rules allow you to pass through the gates as part of the same journey. 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

Stay a little longer. Views, gardens and places to discover at your own pace.

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.

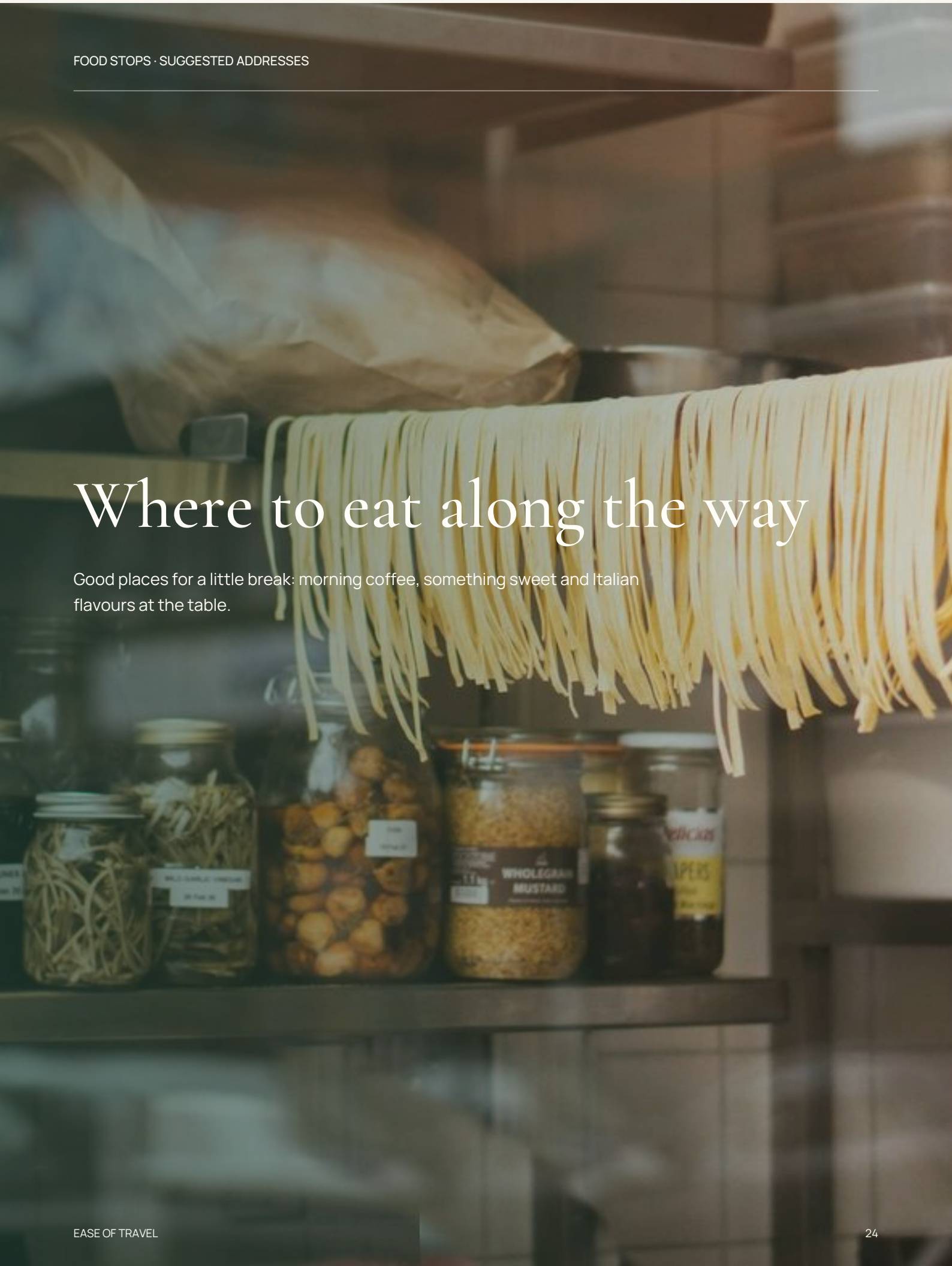
Official information · Google Maps

> 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

Good places for a little break: morning coffee, something sweet and Italian flavours at the table.



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.

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



Coffee and something sweet · a stop along the route

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

Book your main visits and leave more room to enjoy discovering the city.



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 issued in your name: 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.

I have visited Rome four times. Let me help turn your ideas into a day-by-day trip, taking your flights, hotel and interests into account.

Explore travel packages

This level of detailed sightseeing and transport planning is included in **Europe · Premium**. Basic and Standard have a narrower scope - you will find a comparison below.

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



Personally, from Sylwia
4 visits to Rome.
Now it is time for yours.

What is included in Premium?

The practical details of your trip, brought together in one guide made for you.

01

Airport transfers

Airport-to-hotel and return journeys planned around your flights, with connections and time allowed for check-in.

02

Your Google Map

Attractions, restaurants and cafés collected on one map, so you can easily find the next stop during your trip.

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.

06

Tailored to you

Your budget, interests and travel style shape the whole itinerary. I choose each recommendation with you and your travel companions in mind.

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 to know.

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.

View packages

EUROPE

Premium

Your trip, thoughtfully planned.

Everything in Basic and Standard, plus a detailed sightseeing itinerary with a Google Map, local transport and attraction ticket information. Daily rhythm and recommendations tailored to you.

View packages

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

EASE OF TRAVEL

EVERY DETAIL PLANNED.
EVERY MOMENT YOURS.

See you soon in Rome.

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!

Sylwia · Ease of Travel

KEEP YOUR ROME CLOSE

Open your Google map

Open the online guide