

ROME, ITALY

Trip Itinerary

OVERVIEW OF ROME

Rome loves its ancient reputation as the capital of the world, and rightfully so. For more than two millennia, the Eternal City has accumulated innumerable and incredible antiquities, and extraordinary and endless galleries of Renaissance and Baroque art.

An open-air museum (ancient ruins are literally scattered throughout the urban centre), the city has an ever-growing list of spectacular archaeological sites and monuments, gilded churches, exquisitely sculpted fountains, and beautifully manicured public parks.

But you don't get to be the Eternal City without keeping some pace with the modern world. Sure, the warmest of the European capitals has plenty of UNESCO World Heritage Sites—the Colosseum, the Pantheon, the Sistine Chapel—but when you visit Rome, the most irresistible quality may be how its modern-day trattorias and sleek coffee bars happily coexist with ancient treasures.

Live out your best Italian summer dreams in the hot and overwhelmingly beautiful metropolis that is Rome.

NOT TO BE MISSED TOURIST ATTRACTIONS

1. The Colosseum
 - a. The absolutely #1 thing to do in Rome. It's rich and colourful history is nothing short of a miracle, but seeing it in person is bewildering. Time slot entries are now in place.
2. Via Appia Antica Catacombs
 - a. Creepy, strange, historic, necessary. It's worth booking a tour in advance because they're quite busy.
3. Forum
 - a. Glimpse into the founding of the ancient Roman Empire. Timeslot entries are now in place, so go early or book ahead.
4. Pantheon

- a. Michelangelo studied its great dome before starting work on the dome of St. Peter's Basilica. You can see it anytime, but there are opening hours for visitors to tour the inside. There's also a beautiful fountain outside.
5. Vatican City
 - a. The ultimate holy city. Go as early as possible to avoid long lineups without shade or seating.
6. Sistine Chapel
 - a. Absolutely worth the lines. However, they tend to herd you through and no photography is allowed. Take your time if you can but respect others' time in the chapel as well.
7. St. Peter's Basilica
 - a. St. Peter is rumoured to be buried here. Entrance is free but you will be waiting in line so come prepared.
8. Borghese Gallery and Museum
 - a. This gallery features one of the world's greatest private art collections assembled by Cardinal Scipione Borghese in the 17th century. Book in advance.
9. Villa Borghese
 - a. The adjoining gardens to the gallery. Spectacular and winding, you could easily spend an afternoon here.
10. Trevi Fountain
 - a. Free all the time except for the coin you will need to toss in. Bring 3 coins and make your wish!

UNDER THE RADAR ATTRACTIONS

1. Santa Maria della Concezione dei Cappuccini
 - a. More catacombs that I would still consider "touristy" but the accompanying Bone Church is usually more dead.
2. Trevi Fountain at night
 - a. This made it to both lists because it's so different during the day or night. Nighttime views boast a gorgeous and romantic view of the fountain with no tourists, but still lit up with clear blue water.
3. Spanish steps
 - a. Same as above. Seeing it at night is seeing it all over again.
4. St Maria Sopra Minerva Basilica
 - a. Often overlooked, but well worth the trip. The church is located in Piazza

della Minerva one block behind the Pantheon.

5. Trastevere (neighbourhood)
 - a. Old school Italy frozen in time in the city centre. The fountain in front of Santa Maria in Trastevere is particularly lovely at night.
6. Rose Garden
 - a. A tranquil retreat from the city with a beautiful display of roses and city views.
7. Janiculum Hill
 - a. For the best view of Rome head up Janiculum Hill for sunset. It's absolutely stunning and more of a local hangout than a tourist attraction.
8. Parco degli Acquadotti
 - a. Technically outside the city, this beautiful park protects the ruins of two colossal ancient aqueducts.
9. Domus Aurea
 - a. The insane pleasure dome of ancient Rome's lunatic emperor still holds the undiscovered secrets of his mad imagination. Book in advance.

MUST HAVE FOODS AND RESTAURANTS

1. Wine
 - a. Red wine especially. No advice here, you really can't go wrong.
2. Suppli
 - a. Roman street food featuring a risotto, marinara, and mozzarella mixture that's coated in breadcrumbs and eaten melt your mouth hot.
3. Gelato
 - a. Seek out non-flashy displays offering natural flavors and colors for the authentic gelato experience. Most of the flashy stuff near tourist hotspots aren't the real deal.
 - b. Otaleg claims to have the best gelato in Rome. It's a bit fancier/prestigious than the carts if you want to step up your gelato game.
4. Scacio e pepe
 - a. Da Felice is the most famous old-school restaurant for cacio e pepe. Serving up classic Roman dishes since 1936. The waiter whips up this dish in front of you, tossing the pasta at your plate with an adept hand ensuring the ingredients are combined to perfection.
5. Carciofi alla giudia
 - a. Deep fried upside down artichokes that are usually served as a starter or a

street food.

6. SantoPalato
 - a. It's not always about presentation when it comes to food. Here you'll find an institution in the city known for its hearty, honest fare. Classically "Italian" and Nonna would be proud.
7. Pizza
 - a. There are a ton of options in Rome, but many are catered to tourists. Pizza in Trevi serves up uncomplicated no fuss pizza.

NOTABLE EVENTS AND FESTIVALS

1. Taste of Rome food festival in September.
2. Ides of March is an unusual festival held in, well, March. It marks the anniversary of Julius Caesar's untimely death with a period reenactment.
3. The Founding of Rome (Rome's Birthday) is celebrated on or near April 21. Rome is said to have been founded by the twins Romulus and Remus in 753 BC. Special events, including gladiatorial displays at the Colosseum, are part of the festivities.

DRINKS AND BARS

1. Espresso
 - a. Italians take their coffee seriously - it's unparalleled. If you want a coffee like back home, order a *caffè Americano*.
2. Eitch Borromini Rooftop Bar
 - a. Book a table in advance to score yourself the best view in the city while having an aperitif. Warning: \$\$\$.
3. Keyhole
 - a. You may have to walk up and down the street before you find Keyhole in Trastevere. There isn't any signage—just look for a black door covered in vintage keyholes.

OTHER NOTES

1. Rome has many churches, museums, and other places that will require you to cover up.
 - a. Always bring something to at least cover your shoulders (no tank tops or

sleeveless) and cover your legs at least to your knees.

2. Summer is HOT. There's nothing like a beautiful Italian summer, but be prepared for 40+ degrees and not a cloud in sight. Bring sunscreen.
3. Taxis might take you for a ride. If you can, pull up a map on your phone to make sure you're aimed in at least the correct direction.
4. There are two main transit lines in Rome and it's cheap to take the metro. It's a great way to get around, but buses and trams are usually a better bet.
5. Major credit cards are accepted at most establishments unless they're small cafes or shops. ATMs are frequent, but fees can run high in the city.