



ROME & VATICAN TRAVEL GUIDE

2025

PERFECT FOR 5-7 DAYS

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Ah, Rome – the Eternal City, where history and culture throw the ultimate party! If you've strolled through its charming, twisty alleys, gawked at ancient ruins, or sipped a cappuccino under the warm sun, you know this city is pure magic. Buckle up, because in this travel guide, we're diving into a five-day Roman escapade packed with jaw-dropping sights, mouthwatering eats and cheeky insider tips!

Get ready for unforgettable adventures with our daily itineraries! You'll get all the details on when to visit and the best ways to zip around town. Whether it's your first Roman holiday or you're a seasoned visitor, this guide is your ticket to maximizing your fun in the Italian capital! Let the inspiration flow and get ready to fall head over heels for the enchanting world of Rome!



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BEST TIME TO VISIT ROME

Rome is a 365-day feast for your senses, and the perfect time to visit really depends on your vibe! If you're craving mild weather and fewer selfie sticks in your face, aim for April to June or September to October.

SPRING



MARCH TO MAY

Mild temperatures (15–22°C / 59–72°F), fewer crowds, ideal for outdoor sites.

SUMMER



JUNE TO AUGUST

Hot (over 30°C / 86°F), peak tourist season with long queues and higher prices; early morning visits recommended.

AUTUMN



SEPTEMBER TO NOVEMBER

Pleasant temperatures (18–25°C / 64–77°F), fewer crowds, great for culinary experiences with festivals.

WINTER



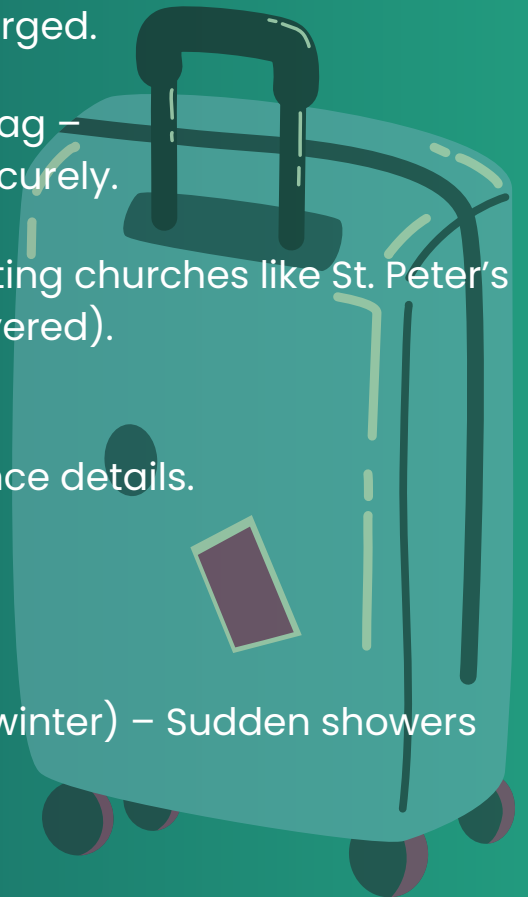
DECEMBER TO FEBRUARY

Cold (5–12°C / 41–54°F), least crowded, perfect for museums and festive celebrations, with lower accommodation costs.

But guess what? We decided to dive into the bustling peak season chaos and figure out the secret sauce for traveling comfortably while dodging the tourist stampede!

PACKING LIST

- ☐ Comfortable walking shoes –
You will walk a lot on cobblestone streets.
- ☐ Light clothing (spring/summer) & layers (autumn/winter) –
Rome can be warm in summer and chilly in winter.
- ☐ Sunscreen & sunglasses –
Essential for sunny days, especially in summer.
- ☐ Reusable water bottle –
Rome has many drinking fountains with clean water.
- ☐ Power adapter (Type F/L for Italy) –
Ensure your devices can be charged.
- ☐ Small backpack or crossbody bag –
Useful for carrying essentials securely.
- ☐ Scarf or shawl – Needed for visiting churches like St. Peter's Basilica (shoulders must be covered).
- ☐ Travel documents & copies –
Passport, ID, tickets, and insurance details.
- ☐ Camera or smartphone –
Capture the beauty of the city.
- ☐ Umbrella or raincoat (autumn/winter) – Sudden showers can happen.



GENERAL TIPS



Drink from the fountains

Rome has many public water fountains with free, drinkable water. Bring a reusable bottle to refill throughout the day.



Use public transport wisely

The metro is efficient but limited. Buses can be slow due to traffic. Tickets can be bought at kiosks for 1,50 EUR.



Book major attractions in advance

Skip-the-line tickets for the Colosseum or Vatican Museums save time.



Avoid tourist traps

Restaurants near major attractions can be overpriced and low quality. Walk a few streets away for authentic Italian cuisine.



Respect dress codes for churches

Shoulders and knees should be covered in places like the Vatican.



Be cautious of pickpockets

Popular tourist areas like the Trevi Fountain attract thieves. Keep your belongings secure.



Enjoy aperitivo time

Many bars offer aperitivo (drink with free snacks) in the evening – a great way to experience local culture.



Tipping is not mandatory

Service charge is often included in restaurant bills, so tipping is optional but appreciated.

WHAT YOU NEED TO EAT/DRINK



Maritozzo

A soft, slightly sweet bun filled with fresh whipped cream.



Porchetta

Juicy, herb-stuffed roasted pork, often served in a sandwich.



Tiramisù

The famous coffee-soaked dessert with mascarpone and cocoa.



Espresso

The essential Italian coffee experience.



Carbonara

Pasta with eggs, Pecorino Romano, guanciale (cured pork cheek) and black pepper (NO cream!).



Sicilian Cannoli

Crispy, deep-fried pastry tubes filled with a sweet, creamy ricotta-based filling.



Gelato

Authentic Italian ice cream (go for pistachio or fior di latte!).



Nonna Basket

Selection of high-quality Italian delicacies, inspired by the kind of food an Italian grandmother (Nonna) would serve. It's a rustic and generous spread, perfect for experiencing authentic Italian flavors - Try at I Pizzicaroli.

WHAT ABOUT THE MONEY?



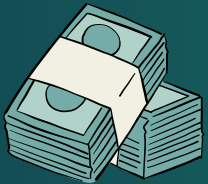
Currency Used

The official currency in Rome (and all of Italy) is the Euro (€).



Paying with Cards

Credit and debit cards (Visa, Mastercard, American Express) are widely accepted in restaurants, hotels, and larger shops. Some small businesses, market stalls, or local trattorias may only accept cash, so always carry some euros.



Withdrawing Cash

ATMs (Bancomat) are widely available, but check for withdrawal fees from your home bank. Avoid "currency conversion" offers at ATMs—they usually charge worse exchange rates.



Currency Exchange

Exchange rates at airports and tourist hotspots are usually poor—it's better to withdraw euros from an ATM.



Tipping Culture

Tipping is not mandatory in Italy, as service is usually included in the bill.

If service isn't included, rounding up or leaving 5-10% in restaurants is appreciated.



Beware of Scams

Watch out for ATMs with high fees and "Dynamic Currency Conversion" (always choose to pay in euros, not your home currency).

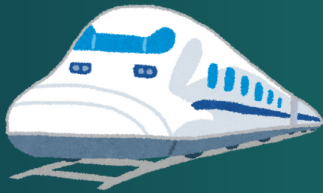
ROME'S AIRPORTS

Leonardo da Vinci International Airport (Fiumicino Airport – FCO)

Main Use

Fiumicino is Rome's largest and busiest airport, handling most international and long-haul flights.

Getting from Fiumicino to Rome



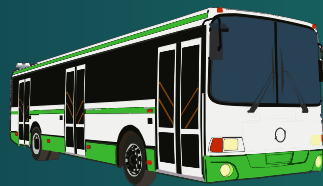
Train

The Leonardo Express is a direct non-stop train that connects Fiumicino to Termini Station (Rome's main train station).

Travel time: 30 minutes.

Ticket price: ~€14.

Frequency: Trains run every 15-30 minutes throughout the day.



Shuttle Bus

Bus services like SitBus, Terravision, and TAM operate between Fiumicino and major locations in Rome (e.g. Termini Station, Vatican).

Travel time: 45-60 minutes depending on traffic.

Ticket price: ~€6-€7.



Taxi

Taxis are available at designated stands outside the terminal.

Travel time: 40-50 minutes, depending on traffic.

Flat rate to the city center: ~€48 (for the historical center of Rome).

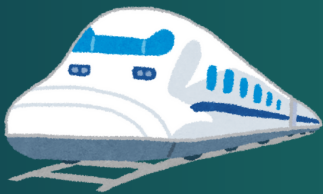
ROME'S AIRPORTS

Ciampino Airport (CIA)

Main Use

Ciampino is smaller than Fiumicino and primarily serves budget airlines and charter flights.

Getting from Ciampino to Rome



Train

There's no direct train service from Ciampino Airport, but you can take a bus to the nearby Ciampino train station and then a train to Termini Station.

Travel time: 30 minutes in total.

Ticket price: ~€1.20 for the bus and ~€1.50 for the train.



Shuttle Bus

SitBus and Terravision provide shuttle services between Ciampino and Termini Station.

Travel time: 40-50 minutes depending on traffic.

Ticket price: ~€4-€6.



Taxi

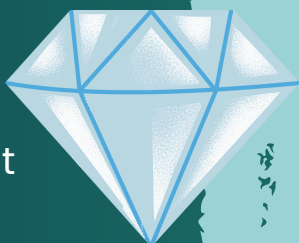
Taxis are available outside the terminal.

Travel time: 30-40 minutes, depending on traffic.

Flat rate to the city center: ~€30 (for the historical center of Rome).

POPULAR HOTELS

LUXURY
250€+
per night



Hotel de Russie

A 5-star hotel near Piazza del Popolo, known for its luxury spa and garden.

Hassler Roma

A historic hotel at the top of the Spanish Steps with breathtaking views

The St. Regis Rome

A stunning 5-star hotel with impeccable service and a grand interior.

Hotel Artemide

Located near Via Nazionale; modern rooms and a rooftop restaurant.

iQ Hotel Roma

A well-rated boutique hotel with great amenities and a central location.

Hotel Quirinale

A charming historic hotel close to the Trevi Fountain and Colosseum.

MID-RANGE
100–250€
per night



BUDGET
Under 100€
per night



The Beehive

A stylish budget-friendly hotel and hostel near Termini Station.

Hotel Santa Maria

A cozy and affordable stay in the charming Trastevere district.

Generator Rome

A trendy, modern hostel perfect for budget travelers and solo adventurers.

HOTEL

OUR HOTEL



St. Peter Grand Suite

Comfortable and Spacious Rooms

The rooms are modern, well-equipped, and provide a comfortable retreat after long days of sightseeing.

24/7 Access and check-in

The hotel offers a 24/7 check-in and door opening per App. And it's clean!



Proximity to the Vatican

The hotel is within walking distance of St. Peter's Basilica and the Vatican Museums. This is especially good for the summer visits, because Vatican Tours start early.

“



141,60 EUR per night



Ask for room
“Adriana”

”

OUR RECOMMENDED TOURS

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Vatican

[Museums & Sistine Chapel Entrance Ticket](#)
[St. Peter's Basilica & Dome Entry Ticket & Audio Tour](#)
[St. Peter's Basilica Audio Guide with Dome Climb](#)

Castel Sant' Angelo

[Castel Sant'Angelo Skip-the-Line Entry Ticket](#)
[Passetto di Borgo: The Vatican's Hidden Passage guided tour](#)

Pantheon

[Skip the Line ticket](#)

Colosseum, Forum, Palatine Hill

[Colosseum, Forum, Palatine Hill Entry & Audioguide App](#)

Hop-On Hop-Off

[Rome: City Sightseeing Hop-on Hop-off Bus with Audioguide](#)
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OUR RECOMMENDED TOURS

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[St. Peter's Basilica & Dome Entry Ticket with Audio Guide](#)

Colosseum, Roman Forum, Palatine Hill

[Colosseum, Roman Forum and Palatine Hill Fully Guided Tour](#)
[Colosseum Arena Floor, Roman Forum and Palatine Hill Guided Tour](#)

Pantheon

[Pantheon Roma Skip-the-Line Tickets](#)

Castel Sant' Angelo

[Castel Sant Angelo Tour With Skip the line Access](#)

Hop on Hop off Tour

[Big Bus Rome Hop-on Hop-off Open Top Tour](#)

TRAVELHEADZ

About me

Writing an ebook and create informative YouTube videos **takes a lot of time and money**. I do all this on the side because I enjoy it. If you would like to support me, please follow or subscribe to me on social media or leave me a small donation for the effort.



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DAY 1

The “Scenic Escape” Day

The first day in Rome starts with breakfast at Maccarone Fresco, followed by a visit to Castel Sant’Angelo for historical insights and panoramic views. Next, you enjoy the cityscape from Gianicolo Hill and find tranquility in the Orto Botanico di Roma. A sweet break at Tiramisù Merisù for tiramisu leads to an evening exploring the lively Trastevere district, ending with a cozy dinner at Casetta di Trastevere.



Maccarone Fresco Caffé&Cucina

Castel Sant’ Angelo

Gianicolo

Orto Botanico di Roma

Trastevere

DAY 1 - BREAKFAST

Maccarone Fresco Caffé&Cucina

Italian restaurant in Rome's Prati district, close to the Vatican Museums. It serves a range of Italian dishes, including pizzas and pastas. Notable menu items include the "4 Formaggi" pizza with various cheeses and the "Carbonara" pizza topped with mozzarella, egg, guanciale, parmesan, and pecorino.



Address

Piazza del Risorgimento, 32/33,
00192 Roma RM

Opening Times

Monday to Sunday 08.00 AM - 11.00 PM



Try their delicious
espresso!



Quality food and
welcoming
atmosphere



~10-20 EUR



Day 1 → Maccarone Fresco Caffé&Cucina → Castel Sant'Angelo → Gianicolo →
Orto Botanico di Roma → Trastevere

DAY 1 - SIGHTSEEING

Castel Sant'Angelo

Welcome to Castel Sant'Angelo, the Roman rock star also known as Hadrian's Mausoleum! This stunning landmark is like a time machine, whisking you through a whirlwind of history, art, and jaw-dropping architecture. Built way back in 135 AD by Emperor Hadrian as a swanky resting place for him and his family, it's since transformed into a fortress, a papal pad, and now, a must-see museum!

Address

Lungotevere Castello, 50,
00193 Roma RM

Opening Times

Tuesday to Sunday 09.00 AM - 07.30 PM
Monday closed



“ We arrived at 01.00 PM and to queue for just under 15 minutes. ”

 You should allow 1 hour for your visit. ”



~16 EUR



Day 1 → Maccarone Fresco Caffé&Cucina → **Castel Sant'Angelo** → Gianicolo → Orto Botanico di Roma → Trastevere

DAY 1 - SIGHTSEEING

Gianicolo

The Gianicolo is a fabulous hill in Rome that serves up stunning views of the city, especially from Gianicolo Square, where you can practically wave to ancient Rome! This square is a history lover's dream, decked out with statues and the final resting place of scholar Giovanni Battista Cima, plus a monument celebrating the legendary Giuseppe Garibaldi. And don't miss the daily cannon-firing ceremony at the bell tower—it's like a blast from the 19th century! It's the perfect chill spot for a leisurely stroll while soaking in the breathtaking sights of the Eternal City.

Address

Municipio I, 00165 Roma RM



Don't forget your camera!



Stay hydrated! If you walk it can be a little exhausting.



Day 1 → Maccarone Fresco Caffé&Cucina → Castel Sant'Angelo → **Gianicolo** → Orto Botanico di Roma → Trastevere

DAY 1 - SIGHTSEEING

Orto Botanico di Roma

Step right up to the Orto Botanico di Roma, a botanical wonderland nestled in the charming Trastevere district of Rome! Spanning a delightful 12 hectares, this green paradise is run by Sapienza University and offers a serene getaway from the city's bustling chaos. With its eclectic plant collection, you can wander through a zen Japanese garden, get lost in a bamboo forest, and frolic amidst Mediterranean flora. Nature lovers, rejoice!

Address

Largo Cristina di Svevia, 23 A – 24,
00165 Roma RM

Opening Times

Monday to Sunday 09.00 AM – 04.30 PM



Tickets can be bought online at the entry.



Check the door first, sometimes it's free to enter!



FREE -5 EUR



Day 1 ➡ Maccarone Fresco Caffé&Cucina ➡ Castel Sant'Angelo ➡ Gianicolo ➡
Orto Botanico di Roma ➡ Trastevere

DAY 1 - SNACK TIME

Tiramisù Merisù

The dessert hotspot you absolutely can't miss in Rome's Trastevere district! Each tiramisu is whipped up fresh on the spot, so it's as delightful as a warm hug, with gluten-free and vegan options to boot!

And hold onto your forks for the "Tiramishow" — an Instagrammable spectacle where they layer that creamy goodness right in front of your eyes! It's not just a treat for your taste buds — it's a feast for your eyes, too! With its cozy vibes and drool-worthy desserts, Merisù is the ultimate spot to savor a modern spin on Italy's iconic sweet treat!

Address

Via di S. Francesco a Ripa, 29,
00153 Roma RM

Opening Times

Monday to Sunday 10.30 AM – 00.00 AM



Our favorite: The Oreo & Nutella Tiramisù



Affordable prices!



Day 1 → Maccarone Fresco Caffé&Cucina → Castel Sant'Angelo → Gianicolo → Orto Botanico di Roma → **Trastevere**

DAY 1 - SIGHTSEEING

Trastevere

Trastevere is a lively, postcard-perfect neighborhood bursting with charm! Picture cobblestone streets, rainbow-colored buildings, and an authentic Roman flair. You can catch chefs performing their pasta magic in traditional trattorias, unwind by the Piazza Santa Maria, or sneak away to the Botanical Garden for a leafy retreat. When the sun sets, the area transforms into a nightlife wonderland, with snug wine bars and lively piazzas, making it the ultimate playground to soak up the true Roman spirit!



“



Let yourself drift through the alleys!



The district is especially beautiful at Night!

”



Day 1 → Maccarone Fresco Caffé&Cucina → Castel Sant'Angelo → Gianicolo → Orto Botanico di Roma → **Trastevere**

DAY 1 - DINNER

Casetta di Trastevere

Casetta di Trastevere is like a cozy hug in restaurant form, decked out with quirky decor that makes you feel right at home! For me the pizza here is the real star! With a perfectly thin and crispy crust that could make angels sing and toppings that'll tickle your taste buds.

It's an absolute must for anyone on a quest for a slice of Italy's finest, even if it means waiting for a table!

Address

P.za de' Renzi, 31/a,
00153 Roma RM

Opening Times

Monday to Sunday 12.00 PM - 01.00 AM



Go early or late to avoid waiting times!



Try a Limoncello Spritz for refreshment!



Day 1 → Maccarone Fresco Caffé&Cucina → Castel Sant'Angelo → Gianicolo → Orto Botanico di Roma → **Trastevere**

DAY 2

The “Ancient Rome” Day

Today you explore Rome’s most iconic landmarks. You start with the impressive Pantheon, followed by a walk through Piazza del Popolo. Next you climb the famous Spanish Steps, a popular spot to enjoy the city vibes. Then you dive into ancient Rome with a visit to the Roman Forum and Palatine Hill, where history comes to life. After such a culture-packed day, a well-deserved meal awaits at I Pizzicaroli, a fantastic place to experience authentic Italian flavors.



DAY 2 - SIGHTSEEING

Pantheon

The Pantheon in Rome is a former Roman temple and now a church, known for its massive dome and perfect proportions. The structure features a massive unreinforced concrete dome with an oculus at its center, allowing natural light to enter. The Pantheon is one of the best-preserved monuments of Ancient Rome and remains a major architectural and tourist attraction.

Address

Piazza della Rotonda,
00186 Roma RM

Opening Times

Monday to Sunday 09.00 AM – 06.00 PM



Before entering, stand under the large portico and try clapping your hands loudly.



Visit around midday when sun shines through the oculus!



~15 EUR



Day 2 → **Pantheon** → Piazza del Popolo → Spanish Steps → Colosseum →
Roman Forum → Palatine Hill → I Pizzicaroli

DAY 2 - SIGHTSEEING

Piazza del Popolo

Piazza del Popolo – Rome’s grand entrance! This stunning square boasts the towering Flaminio Obelisk, two twin churches, and a dark past of public executions. Climb up Pincio Terrace for a jaw-dropping view of the city. Once a stage for grand celebrations, today it’s the perfect spot to soak in Rome’s timeless magic!

Address

Piazza del Popolo,
00187 Roma RM

Hidden Leonardo da Vinci Exhibition

Near the square, inside the Basilica of Santa Maria del Popolo, you’ll find masterpieces by Caravaggio. But just around the corner, there’s a lesser-known **Leonardo da Vinci Museum** with interactive exhibits and life-size models of his inventions



“



Head up to Pincio Terrace, but don’t stop at the main viewpoint! Walk a little further to the hidden **Water Clock** in the park for less-crowded views!

”



FREE



Day 2 ➡ Pantheon ➡ **Piazza del Popolo** ➡ Spanish Steps ➡ Colosseum ➡ Roman Forum ➡ Palatine Hill ➡ I Pizzicarioli

DAY 2 - SIGHTSEEING

Spanish Steps

The Spanish Steps – Rome’s most famous staircase and the ultimate people-watching spot! These 135 iconic steps connect Piazza di Spagna with the stunning Trinità dei Monti church. Once a hangout for poets and artists, today it’s where visitors relax, snap photos, and soak in the Roman vibe.

Address

Piazza di Spagna,
00187 Roma RM

Secret Room of a Romantic Poet

Right next to the Spanish Steps, visit the **Keats-Shelley House**, where poet John Keats spent his final days. It’s a hidden literary gem filled with rare books, letters, and a touch of romance from the Romantic era!



“



Visit at sunrise for less-crowded photos!



Step into **Babington's Tea Room** and look for the secret fresco on the ceiling!

”



FREE



Day 2 ➡ Pantheon ➡ Piazza del Popolo ➡ **Spanish Steps** ➡ Colosseum ➡ Roman Forum ➡ Palatine Hill ➡ I Pizzicaroli

DAY 2 - SIGHTSEEING

Colosseum

Rome's ultimate arena of blood, glory, and roaring crowds! Once home to epic gladiator battles and wild beast fights, this massive amphitheater could hold 50,000 spectators.

Today, it's a jaw-dropping time machine to ancient Rome.

Address

Piazza del Colosseo, 1,
00184 Roma RM

Opening Times

Monday to Sunday 08.30 AM – 16.30 PM

Secret Underground Chambers



Book a special underground tour to explore the hidden **hypogeum**, where gladiators and wild animals waited before battle. It's like stepping into a secret world of ancient Rome!



Check out **Oppian Hill Park** for a free viewpoint!



Spot ancient Roman numerals above some entrances. These were the original seat numbers!



~25 EUR including Forum & Palatine Hill



Day 2 ➡ Pantheon ➡ Piazza del Popolo ➡ Spanish Steps ➡ **Colosseum** ➡
Roman Forum ➡ Palatine Hill ➡ I Pizzicarioli

DAY 2 - SIGHTSEEING

Roman Forum

Once the heart of politics, business, and wild celebrations, these ruins were Rome's Times Square 2,000 years ago. Walk among crumbling temples, legendary arches and the spot where Julius Caesar was cremated. His funeral pyre was located at the Temple of Caesar (also called the Temple of Divus Iulius), which was built later at the exact spot where his body was burned.

Address

Metropolitan City of Rome Capital,
00186 Roma RM

Opening Times

Monday to Sunday 09.00 AM – 16.30 PM



Whisper to the Dead at **Caesar's Altar**! Legend says speaking your wishes here brings good luck!



Walk up towards **Tabularium** for the best and least crowded photo spot!



~25 EUR including Colosseum & Palatine Hill



Day 2 → Pantheon → Piazza del Popolo → Spanish Steps → Colosseum →
Roman Forum → Palatine Hill → I Pizzicaroli

DAY 2 - SIGHTSEEING

Palatine Hill

Palatine Hill is where Rome was born! According to legend, Romulus founded the city here in 753 BCE after defeating his twin brother, Remus. It later became the Beverly Hills of ancient Rome, home to emperors and aristocrats who built lavish palaces with stunning views.

Address

Metropolitan City of Rome Capital,
00186 Roma RM

Opening Times

Monday to Sunday 09.00 AM – 16.30 PM

The Secret Room of Emperor Tiberius

Deep within Palatine Hill lies a hidden gem most visitors miss—the **cryptoporticus of Tiberius**. This underground passage was used by emperors to move unseen between their palaces.



Hidden beneath Palatine Hill is the **Lupercal Cave** where Romulus and Remus were supposedly raised by a she-wolf Lupa!



Don't miss the **House of Augustus**, privat home of Rome's first emperor!



~25 EUR including Colosseum & Roman Forum



Day 2 → Pantheon → Piazza del Popolo → Spanish Steps → Colosseum → Roman Forum → **Palatine Hill** → I Pizzicaroli

DAY 2 - DINNER

I Pizzicaroli

This place is made for true Italian food lovers! A cozy spot near Piazza Navona serves up authentic Umbrian and Abruzzese specialties, from rich truffle-infused cheeses to melt-in-your-mouth cured meats. No tourist traps here—just amazing charcuterie boards, local wines, and the kind of flavors that make you want to stay forever!

Address

Via della Fossa 9,
00186 Roma RM

Opening Times

Monday to Sunday 12.00 PM - 11.30 PM



Don't miss the legendary **Nonna Basket**! Best to pair with a Limoncello Spritz!



Ask the staff for a custom cheese & wine pairing to create off-menu combinations!



~10-20 EUR



Day 2 → Pantheon → Piazza del Popolo → Spanish Steps → Colosseum →
Roman Forum → Palatine Hill → **I Pizzicaroli**

DAY 3

The “Eternal Taste” Day

This day blends Roman history with culinary delights. Your morning starts with a coffee at Caffè Delle Commari, before heading to Largo di Torre Argentina, an ancient square home to historic ruins and a famous cat sanctuary. You then climb up to Capitoline Hill, one of Rome’s seven hills, before visiting the grand Vittoriano monument. In the afternoon, you make your way to the legendary Trevi Fountain, where you toss a coin to ensure your return to Rome. The perfect ending to this day? A fantastic dinner at LUCIANO Cucina Italiana, one of the most popular restaurants in town.



Caffè Delle Commari

Largo di Torre
Argentina

Trevi Fountain

Luciano

Vittoriano

Capitoline Hill

DAY 3 - BREAKFAST

Caffè Delle Commari

This spot is famous for its creamy tiramisu, rich espresso and warm, welcoming vibes. Whether you need a quick caffeine fix or a sweet treat, this café serves up the perfect Roman pick-me-up.

They offer a lot of different and very delicious croissants! Perfect for a quick breakfast!

Address

Via Santamaura 22,
00192 Roma RM

Opening Times

Monday to Sunday
varies from
06.30/07.00 AM – 10.00/10.30 PM



~10-20 EUR



Day 3 → Caffè Delle Commari → Largo di Torre Argentina → Capitoline Hill →
Vittoriano → Trevi Fountain → Luciano

DAY 3 - SIGHTSEEING

Largo di Torre Argentina

This fascinating square in the heart of Rome is home to the remains of four Republican-era temples and the infamous Theatre of Pompey, where Julius Caesar was assassinated in 44 BC. Today, it's not just a site of Roman history but also a sanctuary for rescued cats! So, whether you're here for the history or the adorable gladiator kitties, this spot is a must-visit!

Address

Largo di Torre Argentina,
00186 Roma RM

Opening Times

Tuesday to Sunday 09:30 AM – 04:00 PM
Monday closed



FREE

Free of charge if
you view the site
from street level!



Don't miss to
visit the cat
sanctuary!



~20 EUR



Day 3 → Caffè Delle Commari → **Largo di Torre Argentina** → Capitoline Hill →
Vittoriano → Trevi Fountain → Luciano

DAY 3 - SIGHTSEEING

Capitoline Hill

The power seat of ancient Rome! Once the epicenter of politics and religion, this legendary hill was home to the grand Temple of Jupiter and now houses the stunning Capitoline Museums, packed with ancient Roman treasures.

Address

Piazza del Campidoglio 1,
00186 Roma RM

Opening Times (Museum)

Monday to Sunday 09:30 AM - 07.00 PM

Fun Fact:



The word "capitol" as in Washington, D.C. comes from this very hill!



Go behind the Palazzo Senatorio for a breathtaking view over the Roman Forum!



The elegant piazza is designed by Michelangelo.



~17 EUR (Museum)



Day 3 → Caffè Delle Commari → Largo di Torre Argentina → **Capitoline Hill** →
Vittoriano → Trevi Fountain → Luciano

DAY 3 - SIGHTSEEING

Vittoriano

Rome's giant wedding cake!

This massive white marble monument, built to honor Victor Emmanuel II, Italy's first king, dominates Piazza Venezia with its grandeur.

Climb up for one of the best panoramic views of Rome, or visit the Tomb of the Unknown Soldier, guarded 24/7.

Address

Piazza Venezia,
00186 Roma RM

Opening Times

Monday to Sunday 09:30 AM - 07:30 PM

Hidden museum

Museo Centrale del Risorgimento, a museum dedicated to Italy's unification, can be found inside Vittoriano!



Take the glass elevator to the top of the Vittoriano for a breathtaking 360° view of Rome!



Check out the rooftop café!



FREE



Day 3 → Caffè Delle Commari → Largo di Torre Argentina → Capitoline Hill →
Vittoriano → Trevi Fountain → Luciano

DAY 3 - SIGHTSEEING

Trevi Fountain

Rome's most famous wishing well. This stunning Baroque masterpiece isn't just a fountain, it's a scene straight out of a movie (**La Dolce Vita** made it legendary). Legend says if you toss a coin over your shoulder, you'll return to Rome, which explains why over 3.000€ lands in the water every day.

But be warned: It's always packed with tourists trying to get the perfect photo!

Address

Piazza di Trevi,
00187 Roma RM

Visit at Night

The Trevi Fountain is magical after dark. The lights illuminate the water, creating a serene and almost otherworldly atmosphere.



Beware of
Pickpockets!



Tossing more than
one is considered
bad luck in Italian
tradition



FREE



Day 3 → Caffè Delle Commari → Largo di Torre Argentina → Capitoline Hill →
Vittoriano → **Trevi Fountain** → Luciano

DAY 3 - DINNER

LUCIANO Cucina Italiana

A solid choice for modern Italian cuisine with a bit of style. The food is tasty! From fresh pasta to tiramisu and everything has that homey yet polished feel. The atmosphere is relaxed, but it's still a nice spot to enjoy a casual meal without feeling too formal. Perfect for a laid-back satisfying dinner!

Address

Piazza del Teatro di Pompeo 18,
00186 Roma RM

Opening Times

Monday to Sunday
12.15 PM – 03.00 PM
07.00 PM – 11.00 PM



Lucianos carbonara is said to be one of the best in Rome!



Request the staffs wine pairing for the perfect match with your meal!



~30-50 EUR



Day 3 → Caffè Delle Commari → Largo di Torre Argentina → Capitoline Hill →
Vittoriano → Trevi Fountain → Luciano

DAY 4

The “Vatican” Day

Today, you visit the world's smallest country – the Vatican. You begin with St. Peter's Basilica, one of the most impressive churches in the world. You arrive early to climb to the dome for an unforgettable panoramic view of Rome. Next you explore the famous Vatican Museums, home to masterpieces by Michelangelo and Raphael. Of course, the Sistine Chapel is a must-see. After absorbing so much art and culture, you take a relaxing break at a nearby café before wrapping up this spiritual and artistic day.



DAY 4 - SIGHTSEEING

Vatican

The Vatican is an independent city-state and the smallest country in the world, both in size and population. It serves as the spiritual and administrative center of the Roman Catholic Church and is the residence of the Pope. Situated on the banks of the Tiber River, it's home to some of the world's most famous landmarks, including St. Peter's Basilica, the Vatican Museums and the Sistine Chapel.

Address

Piazza San Pietro,
00120 Città del Vaticano

Beware of "Skip-the-Line" Scams

The Vatican Museums often have long lines, prompting street vendors to sell fake "priority access" tickets at inflated prices.



Shorts, sleeveless tops and mini skirts are not allowed



Start your tour in the very early morning!



~29 EUR for St. Peter's Basilica & Dome



Day 4 → **Vatican** → St. Peter's Basilica → Vatican Museums → Les Étoiles Bar → Fatamorgana Chiavari

DAY 4 - SIGHTSEEING

St. Peter's Basilica & Dome

St. Peter's Basilica isn't just a church, it's the largest and most important Catholic basilica in the world.

Built over the supposed burial site of St. Peter, one of Jesus' apostles. It took over a century to complete, with contributions from legendary artists like Michelangelo, Bernini, and Bramante.

For an even more impressive view, climb to the top of the dome.



Address

Piazza San Pietro,
00120 Città del Vaticano

Whispering at the Dome's Base



If you stand near the base and whisper, your voice travels across in a fascinating acoustic effect.



Most people admire Michelangelo's Pietà, but few know he secretly signed it. Look closely at Mary's sash!



~29 EUR for St. Peter's Basilica & Dome



Day 4 → Vatican → **St. Peter's Basilica** → Vatican Museums → Les Étoiles Bar → Fatamorgana Chiavari

DAY 4 - SIGHTSEEING

Vatican Museums

The Vatican Museums are one of the greatest art collections in the world, featuring over 70.000 artworks spanning thousands of years. Walking through its 7 kilometers of galleries, you'll encounter treasures from ancient Egypt, classical Rome and the Renaissance, including works by Raphael, Caravaggio and Leonardo da Vinci.



Address

Piazza San Pietro,
00120 Città del Vaticano

Need a break from the crowds?



The Cortile della Pigna (Pinecone Courtyard) is a peaceful open-air spot where you can relax before diving back into the museums.



Avoid to go on the last Sunday of a month!
Overcrowded, because the entrance is free!



No photography allowed in the Sistine Chapel



~38 EUR



Day 4 → Vatican → St. Peter's Basilica → **Vatican Museums** → Les Étoiles Bar → Fatamorgana Chiavari

DAY 4 - DINNER

Les Étoiles Bar

If you want breathtaking views of St. Peter's Basilica without the crowds, Les Étoiles Bar is the place to be. Tucked away on top of the Atlante Star Hotel, this rooftop gem offers panoramic views over Rome, making it a perfect spot for sunset drinks.

Sip on a Spritz or a Negroni, soak in the golden skyline and enjoy a quieter, more elegant alternative to the city's busy terraces. Prices are a bit higher, but the view is absolutely worth it—especially if you want that postcard-perfect Vatican backdrop.

Address

Via dei Bastioni 1,
00193 Roma RM



There is a special corner for breathtaking instagram photos!



Come here to see an incredible sunset!



~50-60 EUR



Day 4 → Vatican → St. Peter's Basilica → Vatican Museums → **Les Étoiles Bar** → Fatamorgana Chiavari

DAY 4 - DESSERT

Fatamorgana Chiavari

At Fatamorgana Chiavari in Rome, you can enjoy a unique twist on dessert—the sushi ice cream! This creative treat takes inspiration from sushi and transforms it into a delicious ice cream roll and wrapped in a delicate rice-like layer. It's a perfect blend of sweet and artistic.

A must-try for those looking for something different, it's the perfect mix of two beloved favorites: sushi and ice cream.

Address

Via dei Chiavari 37A,
00186 Roma RM



Customize your sushi ice cream with your favorite gelato flavors!



Eat quickly in the summer heat! The ice cream melts quickly



~12 EUR



Day 4 → Vatican → St. Peter's Basilica → Vatican Museums → Les Étoiles Bar →
Fatamorgana Chiavari

DAY 5

The “Free” Day

On your final day in Rome, enjoy a budget-friendly exploration starting at Mercato Trionfale, a bustling local market. Next, visit the ancient Temple of Hercules Victor and head to Terrazza Belvedere Aventino for panoramic views. Stop at the Aventine Keyhole for a framed view of St. Peter’s Basilica. Explore Basilica Santa Sabina and Basilica di Santa Maria in Trastevere, renowned for their beauty. Conclude your day at Caffè delle Arance for a drink and reflect on your adventure at Enoteca Trastevere with a glass of local wine.



Mercato Trionfale

Temple of
Hercules Victor

Trastevere

Terrazza Belvedere
Aventino

Aventine Keyhole

DAY 5 - BREAKFAST

Mercato Trionfale

In the Prati district, Mercato Trionfale is a true hidden gem for food lovers. One of the largest and oldest markets, that offers an authentic Roman experience. With its vibrant stalls, it's the perfect place to grab fresh produce, local cheeses and Italian meats. Don't miss out on the amazing selection of olive oils and seasonal fruits!

Address

Via Andrea Doria 41
00192 Roma RM

Opening Times

Mon, Wed, Thu, Sat 07:00 AM – 2.00 PM
Tue, Fri 07:00 AM – 7.00 PM
Sun closed



Look for the small stall tucked in the back with a selection of rare spices from all over Italy!



Don't miss to try a tasty Panino di Porchetta!



FREE



Day 5 → **Mercato Trionfale** → Hercules Victor Temple → Terazza Belvedere Aventino →
Aventino Keyhole → Basilica Santa Sabina → Basilica di Santa Maria in
Trastevere → Caffè delle Arance → Enoteca Trastevere

DAY 5 - SIGHTSEEING

Temple of Hercules Victor

Snugly perched by the Tiber River in the heart of Rome, the temple is a time-traveling treasure from the 2nd century BC! As one of the city's oldest marble marvels, this round beauty is all about Hercules and flaunts those snazzy Corinthian columns. It's like a serene little oasis that often gets lost in the tourist shuffle.

Address

Piazza della Bocca della Verità
00186 Roma RM

The temple's history

Inside the temple's neighborhood, you'll find a small museum showcasing Roman artifacts!



The temple's unique circular design is rare among Roman temples.



Not very touristy!



FREE



Day 5 → Mercato Trionfale → **Temple of Hercules Victor** → Terazza Belvedere Aventino →
Aventino Keyhole → Santa Cecilia in Trastevere → Basilica di Santa Maria in
Trastevere → Caffè delle Arance → Enoteca Trastevere

DAY 5 - SIGHTSEEING

Terazza Belvedere Aventino

The Terrazza offers one of the most breathtaking, yet often overlooked, views of Rome. This peaceful spot gives you a perfect panoramic view of the city, including iconic landmarks like the St. Peter's Dome and the Tiber River.

It's an ideal place to relax, enjoy the scenery, and feel like you've found a hidden gem away from the crowds.



Address

Viale Nino Manfredi
00153 Roma RM

Sunset Magic

The view of Rome bathed in golden light with the St. Peter's Dome in the distance is breathtaking and perfect for photos without the usual crowd.

“



Enjoy Rome in a calmer setting! Take your time and relax in the nearby **Giardino degli Aranci** Park.



Head to the nearby Garbatella district for charming cafes.

”



FREE



Day 5 → Mercato Trionfale → Temple of Hercules Victor → **Terazza Belvedere Aventino** → Aventino Keyhole → Santa Cecilia in Trastevere → Basilica di Santa Maria in Trastevere → Caffè delle Arance → Enoteca Trastevere

DAY 5 - SIGHTSEEING

Aventino Keyhole

Located on Aventine Hill in Rome this is a hidden gem offering a stunning view of St. Peter's Dome framed by greenery. This tiny keyhole in the Priory of the Knights of Malta provides a unique and secretive glimpse of Rome. It's a breathtaking experience that feels special and exclusive - the perfect Instagram hotspot!

Address

Piazza dei Cavalieri di Malta 4
00153 Roma RM



Peek at the Knights' Gardens

Enjoy the picturesque walled gardens surrounding the Priory. Although entry isn't allowed, the external view adds charm and a sense of exclusivity to the experience.



Visit Early or Late to avoid the queues!



FREE



Day 5 → Mercato Trionfale → Temple of Hercules Victor → Terazza Belvedere Aventino → **Aventino Keyhole** → Santa Cecilia in Trastevere → Basilica di Santa Maria in Trastevere → Caffè delle Arance → Enoteca Trastevere

DAY 5 - SIGHTSEEING

Santa Cecilia in Trastevere

This is more than just a church - it's a time capsule of history, art, and legend. Dedicated to Saint Cecilia, the patron saint of music, this basilica dates back to the 5th century and is built on the spot where she is believed to have lived and died. Inside, you'll find stunning frescoes by Pietro Cavallini, an incredible marble sculpture of Saint Cecilia's lifeless body (a haunting yet beautiful masterpiece), and an ancient crypt with early Christian mosaics. A place where history whispers through the walls, far from the usual tourist crowds.

Address

Piazza Pietro D'Illiria 1,
00153 Roma RM



Don't miss the **Last Judgment fresco** by Pietro Cavallini.



Beneath the church lies an archaeological treasure - the underground crypt.



FREE



Day 5 → Mercato Trionfale → Temple of Hercules Victor → Terazza Belvedere Aventino →
Aventino Keyhole → **Santa Cecilia in Trastevere** → Basilica di Santa Maria in
Trastevere → Caffè delle Arance → Enoteca Trastevere

DAY 5 - SIGHTSEEING

Basilica di Santa Maria in Trastevere

One of Rome's oldest and most stunning churches. Dating back to the 3rd century, it is said to be the first official church where Mass was openly celebrated. Step inside and you'll be dazzled by the golden Byzantine mosaics shimmering above the altar. The basilica's peaceful atmosphere makes it a perfect escape from Trastevere's lively streets.

Address

Piazza San Pietro,
00120 Città del Vaticano

The Ancient Oil Lamp Mystery



Legend has it that in 38 B.C. a miraculous oil spring appeared on this very spot, symbolizing the coming of Christianity.



For the ultimate view of mosaics, grab a seat near the altar steps and look up.



Don't miss the **Avila Chapel** on the left side of the church!



FREE



Day 5 → Mercato Trionfale → Temple of Hercules Victor → Terazza Belvedere Aventino →
Aventino Keyhole → Santa Cecilia in Trastevere → **Basilica di Santa Maria in
Trastevere** → Caffè delle Arance → Enoteca Trastevere

DAY 5 - SNACK TIME

Caffè delle Arance

Tucked away in the vibrant buzz of Piazza Santa Maria in Trastevere, Caffè delle Arance is the ultimate local hotspot! Here, orange juice flows like rays of sunshine and cocktails are as refreshing as a splash in a pool! And the vibe? Pure chill! Whether you're kicking off your morning with a zesty espresso or unwinding with a sparkling Aperol Spritz, this café is your passport to soaking up that irresistible Trastevere charm.

Address

Piazza di Santa Maria in Trastevere 2/2a
00153 Roma RM



Refresh yourself with a Spremuta d'Arancia (Fresh Orange Juice)!



If you visit in the early evening, you might get free snacks with your drink.



~10-20 EUR



Day 5 → Mercato Trionfale → Temple of Hercules Victor → Terazza Belvedere Aventino →
Aventino Keyhole → Santa Cecilia in Trastevere → Basilica di Santa Maria in
Trastevere → **Caffè delle Arance** → Enoteca Trastevere

DAY 5 - DINNER

Enoteca Trastevere

A cozy, candlelit spot where wine flows as smoothly as the conversation. Whether you're a seasoned sommelier or just looking for a great glass of red, this enoteca has an impressive selection of Italian wines. Pair your drink with local cheeses, cured meats or homemade bruschetta and you've got yourself a perfect Roman evening.

The warm, rustic ambiance makes it a favorite among both locals and in-the-know travelers.

Address

Via della Lungaretta 86/87,
00153 Roma RM

Opening Times

Monday to Sunday 10:00 AM - 12:00 AM



The best bottles aren't always listed! Chat with the staff!



Try the **polpette al sugo**!



~30-40 EUR



Day 5 → Mercato Trionfale → Temple of Hercules Victor → Terazza Belvedere Aventino →
Aventino Keyhole → Santa Cecilia in Trastevere → Basilica di Santa Maria in
Trastevere → Caffè delle Arance → **Enoteca Trastevere**

THANK YOU

Thank you for reading this eBook!

I hope you enjoyed reading this eBook and were able to take some important information and tips for Rome with you on your trip. Feel free to leave me your feedback, for example as a comment on my Rome Travelguide video on YouTube!



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ec.europa.eu/consumers/odr/

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