

Rome



Pop. (2018)
2.87 million

Area
1,258 km²

Region
Lazio

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Explore the Eternal City — home to the Vatican, Sistine Chapel, St Peter's Basilica, the Colosseum, the Forum and so much more. This handy guide will help you curate your ultimate Roman Holiday. Discover insider tips for navigating Rome's top attractions, hidden gems, eateries, shops and museums... so you can skip the line-ups and start making memories.

Rome



What you need to know before you go

Can any city in the world honestly compare to Rome? For centuries, the celebrated saying “all roads lead to Rome” spoke to its widespread influence, and it still rings true today. One of Italy’s most visited cities, the former capital of the Roman Empire is well-served by train lines and should be included in any bel paese itinerary.

While planning a trip to the Eternal City can be quite overwhelming, our tips will help you experience a taste of la dolce vita. The Colosseum, Pantheon, Piazza Navona, the Spanish Steps, the Forum, Galleria Borghese and Vatican City are sure to be on your list... but we also recommend seeking out some of Rome’s hidden treasures.

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When to go

Rome is a popular destination year round, but winter and late August tend to be the times when the city is less crowded. January and February are great months to visit if you don't mind the cold and rain (50°F is the average). In March and April the weather tends to vary, with bouts of cold and warm in a single day (55°F is the average).

May is a splendid time to visit due to warmer weather, the opening of the Rose Garden and the floral display at the Spanish Steps. Come June, expect temperatures to start to rise and not stop until late September (temperatures can average anywhere from 73 to 100°F). October, November and December are mercifully cooler, ranging from 50 to 64 °F and with fewer visitors until the Christmas season kicks in.

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How to pack

Rome typically experiences all four seasons, so you'll want to keep an eye on the temperatures the week before you arrive. For example, some summers can be blazingly hot while others run a touch milder. Always bring comfortable walking shoes, an umbrella and a scarf (to keep your neck warm and to cover up when entering church).

Italians generally dress up, so sticking to business casual is a pretty safe bet when it comes to packing your suitcase. If you plan on visiting the Vatican (which is notoriously strict) it's trousers for men (or risk it with shorts that cover the knee), and for women dresses below the knees and sleeves that cover your shoulders. Think of it as showing respect for a place of worship rather than obeying random rules for tourists.

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Getting around Rome

The easiest way to arrive in Rome is by train, as parking in the Eternal City can be frustrating and expensive. The city center is most scenic on foot but its massive scale, along with the intense heat and uneven cobblestone streets, will likely tire you out.

There is a *metropolitana* (subway) that operates from 5:30 a.m. to 11:30 p.m. on weekdays, and until 1:30 a.m. on weekends. **The ATAC** is the local bus and tram system. Beware of pickpockets, and keep your valuables close. For a taxi, call +39 06 3570. Only ride in official white taxis (look for the nearest taxi stand) or download a local car-sharing or taxi-hailing app.

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Make sure to visit one of Rome's best parks

We recommend allocating some time to visit some of Rome's green spaces during any trip to the city. The obvious choice would be Villa Borghese (home to the Galleria). It remains one of our absolute favorites: an oasis in the center of Rome. Villa Borghese can be reached from the top of Via Veneto, or by walking up the Spanish Steps to the Pincian Hill (which offers a fantastic view of Rome). Rent a bike or cart to get around 80 hectares of verdant splendour.

Next up is Villa Pamphili, the biggest park in Rome at an impressive 184 hectares. Dating back to the 17th Century, it is located on the Janiculum Hill outside Porta San Pancrazio. Villa Pamphili is the Romans' favorite place to escape the city's bustle for sports and leisure activities. Then head to the Aventine Hill where you'll find the Giardino degli Aranci. What this small park lacks in size it more than makes up in views — its popularity is mainly due to the breathtaking vista over Rome, which stretches from the Tiber river to St. Peter's Basilica.



See Roman antiquities as they once were thanks to VR technology

Thanks to new virtual reality goggles, visitors to the monumental Baths of Caracalla can now see them as they appeared when they were inaugurated in the 3rd Century AD, at the time the largest baths in the Roman Empire. You'll experience a 3D view of the atriums, chambers, swimming pools and gymnasiums, all with their original opulent decorations, and get a 360-degree perspective of the spaces where Romans bathed, read, exercised, socialized and took care of their bodies. Book in advance on the [CoopCulture Caracalla 4D website](#).



Not all gelato is created equal

There is plenty of great (and not-so-great) gelato in Rome. Here are a few pro-tips on what to avoid:

- Color: a pistachio gelato shouldn't be bright green. Real artisanal color is more subtle than its fake friends.
- Ingredients should be listed or at least known by the shop staff.
- Gelato should be made on site: make sure the gelato isn't in huge mounds; it should be in circular or rectangular steel containers.

A few of the best places for gelato in Rome include: Otaleg, Punto Gelato, Fatamorgana, Gelateria Artigianale Corona and Come Il Latte.



Visit Rome's best markets

Enjoy a taste of local life at some of Rome's best fresh markets and get a free education on what's in season. Some markets are open daily, others on weekends, and all are worth a visit.

Our favorites include Mercato San Cosimato in Trastevere, Testaccio's popular market, and Campagna Amica del Circo Massimo (only open on weekends).

The BioMercato farmer's market in Testaccio takes place at the Città dell'Altra Economia every Sunday. The Nuovo Mercato Esquilino near the Termini train station is ideal for procuring spices; it's open Monday through Friday.



Where to eat near Rome's most famous monuments

Rome's iconic landmarks attract millions of visitors every year for good reason. From the perfect curves of the Colosseum to the thundering spray of the Trevi Fountain, Rome can feel like an open-air museum come to life. Armed with a plan to see all the sights, it can be tempting to leave meals up to timing and luck when wandering through the Eternal City.

However, the areas around major attractions are often jammed with questionable cafes and restaurants promising three-course tourist menus to harried crowds. Despite the large numbers of tourists, it would be a mistake to believe that all is lost when it comes to eating near Rome's monuments. In fact, some of the city's best dining can be found a few minutes from its most famous landmarks.

[Read more on ItalyMagazine](#)

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Exploring views of Rome, from above and below

Rome's attractions draw millions of tourists each year. Hiding in plain view is a glorious topographical city - as intriguing above as it is below. Put on your walking shoes and take in vistas from Rome's highest hill. Then travel four stories below to explore the city's catacombs. Here are two ways to experience the highs and lows of Rome:

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30 Things you must do in Rome

Rome wasn't built in a day. One week is not enough time to visit the magnificent capital city of Italy and discover its many souls - from the impressive remains of the Roman Empire to the sumptuous Renaissance monuments celebrating the splendor of the Papal Rome.

Alongside the city's history, its highlights are made of many shadows to be discovered in the dark alleys of the historic center or in the fascinating suburbs now trying to claim their own interpretation of beauty and art. Here are 30 essential attractions to visit when in Rome.

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★ Vatican and Colosseum Skip-The-Line Combo Tour

Ensure you see all that Rome has to offer and save money by combining our two best-selling Rome tours into one day. This is the only one-day tour combining the two single-most-important attractions in Rome — the Colosseum and the Vatican.

Enjoy entry through our Official Vatican Partner Entrance to the Museums and Skip-the-Line Access to Saint Peter's Basilica, the Colosseum and the Roman Forum to make the most of your vacation time with a local English-speaking expert guide.

Note: From November to March this tour is approximately 7.5 hours, with a shorter lunch break.

Learn more about the tour or book now!

Operates

**Mon - Sat
9AM & 10AM**

Duration

7.5-9 hr (approx.)

Price

**Adult (15+) \$136
Child (4-14) \$125**

Please note there may be slight variations in pricing due to exchange rates

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★ Vatican Museums Skip-the-Line Tour

Discover the marvels of the Vatican on TripAdvisor's Number One Tour in the World for 2019. Be mesmerized by Michelangelo's world famous Sistine Chapel and Last Judgement, visit the Raphael Rooms and hear the stories behind the renowned School of Athens fresco. Then wonder at the treasures inside Saint Peter's Basilica, from Michelangelo's Pietá to Bernini's enormous bronze altar.

With our Official Vatican Partnership, we can guarantee a Faster Than Skip-the-Line entrance, allowing our guests to enter the Museums ahead of other operators (who often have an average 45-minute wait) thanks to our dedicated entrance.

Operates

Mon - Sat

**9AM, 10AM,
11AM, 12PM,
1PM & 2:30PM**

Duration

3 hr. (approx.)

Price

Adult (15+) \$70

Child (4-14) \$64

Please note there may be slight variations in pricing due to exchange rates

Learn more about the tour or book now!

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★ Colosseum Skip-The-Line Tour

See Rome's three most famous historical attractions in a single day. Your group will take in the still-standing arcades and battle-staging areas of The Colosseum; the old markets and political arenas of the Roman Forum; and the remnants of emperor's palaces and gardens at Palatine Hill—all with special Skip-the-Line access that lets you spend your time sightseeing, rather than waiting in entry lines. Guiding you will be an English-speaking expert in Roman history, whose knowledge helps bring these ancient sites to vibrant life.

[Learn more about the tour or book now!](#)

Operates

Daily
8:30AM, 9:30AM,
10AM, 1PM,
2PM & 3PM

Duration

3 hr. (approx.)

Price

Adult (15+) \$69
Child (4-14) \$63

*Please note there may
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La Dolce Vita awaits you...

The city of Rome is eternal, but regrettably, your vacation is not. This is why we've carefully curated the best advice possible for experiencing Rome like the Romans do. ItaliaRail thanks you for choosing to travel with us, and we trust that our guide will help transport you toward memorable new sights, sounds, and sensations.