

**Spring Break in Rome
March 2013**

Framingham State University

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Things to consider before we go...

Planning your activities

We **STRONGLY RECOMMEND PURCHASING A GOOD GUIDEBOOK FOR ROME** (or taking one out of your local library). Then spend some time planning your itinerary: what will you want to see and when do you want to see it? We always *hope* for sunny warm weather, but museums and churches are a GREAT ALTERNATIVE on rainy, cooler days!

We hope to have some bulletin board space in the hotel where we'll post various information and allow you space to leave notes for each other. Trip leaders will be posting our daily schedules and you are welcome to join us! The for-credit class will be doing several required activities including, 1) an architectural tour, 2) an urban planning tour, in addition to the included Vatican museum tour – but everyone is welcome to come along!

Money

The currency for Italy and 11 other countries in Europe is the euro, €. There are 100 eurocents to the euro. It's currently trading at 1€ = \$1.33. A quick rule-of-thumb conversion is to add 1/3 to the price to get the dollar equivalent. We will upload a "cheat sheet" converter to the trip website a couple of days before departure, see www.itsallgeography.com. It will look similar to this:

Dollars	Euros	Euros	Dollars
\$ 1	€ 0.75	€ 1	\$ 1.33
\$ 5	€ 3.74	€ 5	\$ 6.69
\$ 10	€ 7.48	€ 10	\$ 13.36
\$ 25	€ 18.71	€ 25	\$ 33.40
\$ 100	€ 74.84	€ 100	\$ 133.62

Getting cash: the easiest and best way to get cash in Rome is with **bank ATMs**, which are everywhere. Be sure there are enough funds in your account to cover your planned expenses for the week. If you have a linked checking-savings account, you may only have access to the checking account, so transfer funds if you need to before you leave the US.

We have been told that there are ATM machines at or near the baggage collection stations at the Rome airport. They are found all over Rome so we suggest taking out around € 50 - € 100 euros at a time. You will end up paying a fee for each transaction, so more frequent withdrawals for smaller amounts of euros might end up costing you more in bank fees at home.

Two methods we DO NOT recommend are getting euros here in the US before traveling, and 2) bring a traveler's check. Bringing euros is dangerous because you will need to have a large amount of cash on you while traveling and then you will either need to carry it with you (unsafe) or store it in the hotel safe (time consuming.) Worse is bringing traveler's checks. In order to use a traveler's check, you need to locate the Rome offices for the company you use (often American express) and then you need to go there during normal business hours in order to cash your check into euros. It is SO MUCH EASIER to just use an Italian ATM with your bank card.

Before we travel, call your issuing bank to:

ATM/Debit cards:

- Let them know your dates and destination of travel (they track account activity to prevent fraud);
- Make sure your card won't be expiring while you are abroad;
- Verify that your PIN will work in European ATMs (must be four digits); and
- Check on foreign transaction fees your bank will charge (we were able to modify our account to get rid of fees). Banks typically charge an additional fee to convert euros to dollars. Withdrawing euros or making credit card purchases in euros will generate an additional transaction fee.

Credit cards:

- VISA and MasterCard are commonly accepted. Amex, Discover and other cards **may not** be accepted;
- Call the card issuer to inform them of your travel dates and destination, so they don't put a hold on your card when they see foreign activity; and
- Make sure your card won't be expiring while you are abroad.

Note: American credit cards do not have the "smart chip" that European cards have, so they can't be used in vending machines and automated ticket kiosks. (If you want to know more about this, ask Brian.)

IMPORTANT! Know the telephone numbers to call if your ATM or credit cards are stolen, and keep the card numbers and telephone numbers somewhere different than the cards.

Cell phones

If you plan to use your cell phone in Rome you need to call your provider and discuss this with them.

If your phone is tri-band (euro spec) then it may be usable in Rome. If not, you cannot use your phone. If your phone is compatible, the easiest (but most expensive) solution is to turn on international calling. Check with your provider for rates... and be prepared to be shocked. You will pay high per minute rates as well as a fee for incoming and outgoing calls.

This is for phone and texting service only. **Data is a whole different problem!** Smart phone users are advised to turn off all data connectivity except wifi access in order to avoid very large and unexpected bills.

Data plans are very expensive and last time we checked not readily available from US carriers for use in Europe. This may have changed – talk to your cell carrier! If you simply connect to a data connection in Europe you should be prepared for OUTRAGEOUS bills for use. And you won't even see it coming. I have heard of cell phone bills in the \$10,000+ because someone left their phone in data mode for long periods of time. **My advice... turn off your data roaming. Only use wi-fi connectivity with your phone!**

Again, CALL YOUR PROVIDER so you know what to expect!

Another possibility if you have an **unlocked** phone and can add a SIM card is to purchase a Italian SIM and talk minutes...and have a "Italian phone and phone number."

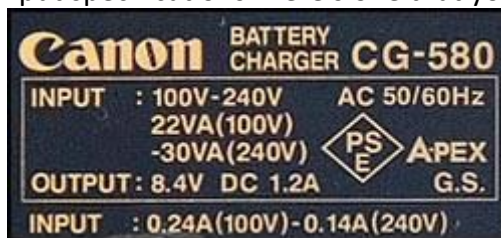
Medical

Call your health insurance provider (your insurance company, not your PCP) to find out if you are covered overseas. **Most plans don't provide international coverage.** If you need medical care, you **will** need to pay for it at time of service and hope to be reimbursed through iNext, which provides somewhat limited coverage and is mainly designed for extreme medical emergencies. Be sure to save all receipts and incident reports (hospital, police, doctor, etc.) You must call iNext as soon as practical after your incident occurs (they have a European contact phone number.)

Electricity

The voltage in Italy is 220V. Plugs have two small round pins. To use ANY American plug (including the chargers for your camera, laptop, phone, etc.) you will need an adaptor. Most electronics are already configured to need ONLY the adaptor. If you have older devices, you will also need a converter.

You can get along with just a plug converter for many of today's small electrical devices designed to run on dual voltages. Devices like this include most laptops, most recently produced battery chargers, and many small, electrical gadgets, especially those designed for world travel. You can check the back of the device or the "power brick" for the electrical input specifications. Here's one that you can just use with a plug adapter:



The device above only needs a plug adapter to work in Italy, since it can use any voltage between 100 and 240, as long as it's AC voltage alternating at 50 or 60 hertz. Sometimes called a "universal power supply," this battery charger can be used throughout Europe with the right plug adapter.

HINT: It might be smart to bring a short extension cord with multiple plug capacity. This way you can plug the extension cord into the converter and have 3 US plugs available!

Remember to bring all your chargers. They are difficult to replace (the electrical compatibility issue). Consider spare batteries for your devices. It might be difficult to find replacements.

Note: Our hotel rooms are supposedly provided with **hair dryers** in the bathrooms. So you will NOT need to bring one!

Luggage and Packing

We are each allowed ONE checked bag, maximum 23 kg (50 lbs) and ONE carry-on bag. We urge you to pack light, not least because you will want room in your bag for souvenirs on the return flight! Carry-on bags must be 21.5 x 15.75 x 9 or smaller. Ladies may also carry a SMALL handbag according to the Swiss website.

Be sure to wear/bring comfortable shoes. You will be walking a lot!

Despite all the fashion shows on television, it is just a fact that Europeans dress better than Americans. They are rarely 'sloppy' and don't tend to wear jeans and sneakers in the evening. If you want to blend in more and not stand out as a tourist, upscale your look a little and you will feel more a part of the Euro scene 😊

If you will be visiting churches (even as a tourist, not a church-goer) you should dress modestly (no micro-minis or low-hanging pants). Men, take off your caps indoors! This is not a suggestion. You will be confronted and told to leave in many cases. It is a sign of disrespect, so please understand and show your maturity when visiting such venues.

TSA regulations prohibit the following in carry-on luggage (or on your person as you pass through security):

- Sharp objects (including scissors, knitting needles, tweezers) – disposable razors are ok.
- Sporting goods
- Weapons
- Flammables (including cigarette lighters and matches)
- Gels or liquids exceeding 3 oz (that's the container size, not what's left in it)
 - Here is the 3-1-1 rule for gels and liquids: No more than 3 oz; 1 quart-size Ziploc bag, 1 bag per person.

For additional information: Swiss Air baggage guidelines are at:

http://www.swiss.com/web/EN/services/baggage/Pages/baggage_overview.aspx

Hint: Consider packing a one full change of clothes in your carry-on bag, or exchanging a change of clothes with a friend so that if one of your bags is lost, you'll still have a spare set of clothing.

Also: tidy up your wallet and leave at home items that you won't need – your FSU library card, for example. 😊 If your wallet is lost or stolen, you won't have to replace these items when you return.

Drugs

Prescription drugs must be in original containers with your name on the label. Be sure you bring enough to last you through the week of travel; now is the time to call your doctor for more if you'll need them.

Non prescription drugs (over the counter) are usually fine to bring in smaller quantities, but remember almost everything is also available in Rome.

Illegal drugs... do I need to say it? NO ILLEGAL DRUG USE! Do not use it, carry it or be near it! If you get caught with drugs we can do NOTHING except inform your parents and the US Embassy. **You will be left behind.** And drug penalties are much more severe in other countries. Play it safe and stay away from this trouble. Please.

Travel document checklist:

Must have:

- Passport
- Student/faculty ID (potentially useful for museum discounts)
- Credit card/ATM card numbers and issuer contact information

Optional but recommended:

- Drivers license or other photo ID (in case your passport is stolen, you can still prove you're you)
- Passport photo for use in Rome (some transit/tourist passes require a photo)
- Name and phone number of your primary care physician
- Give a copy of your Trip itinerary to your emergency contact so they know your Rome contact info (hotel information is in this packet)

We will have a secure copy of all your passport photo pages during the trip, but don't worry as we will shred them when we return.

Weather

Expected weather is: daytime highs in the high to mid 50s; down to the mid 40s at night. March in Rome can be rainy. Consider a lightweight waterproof jacket and/or an umbrella. Spray-on waterproofing of your shoes is recommended in some guide books. Consider tucking a lightweight pair of gloves into your coat pocket.

Of course, this is all based on averages. You'll have a pretty good idea of what to expect if you check the 10-day forecast online just before we travel.

TIME CHANGE!!! We "spring ahead" early in the morning on March 10, so we will already be in daylight savings time when we depart on 3/15. Western Europe doesn't spring ahead until the end of March. We will therefore be 5 hours ahead of Eastern Daylight Time for the duration of our trip.

Traveling and Being in Rome...

This guide is NOT meant to be a comprehensive guide to Rome... for that PLEASE get yourself a real guidebook. This is meant to be a primer and an information source for our trip.

You should seek out additional information about the types of activities that you may wish to engage in. For example, if you are interested primarily in the architecture of Rome, there are many wonderful guidebooks specifically targeting the Rome architecture scene (or fashion, or film, or food, etc.) Please find one of these guides and read up! We will all be especially glad if you will share some of your discoveries with the group.

So here is the short and sweet version of our Rome trip.

Logan Departure:

Please plan to be at Logan Airport (**Terminal E**) **by 6:30 pm** on Friday March 15. Queues for checking baggage and going through airport security can be long, and flights do not wait! In fact, Swiss Air has a reputation for pushing back from the gate BEFORE their scheduled departure time!

Meet us near the Swiss Air check-in desk (2nd floor) so that we can check you in. Then you will check your bag; you will be issued a boarding pass; and you should immediately proceed to the security checkpoint. (There are restrooms, restaurants, snacks, and newsstands on the secure side of Terminal E.)

NOTE: For the duration of our trip, Rome time will be 5 HOURS ahead of Boston time, not the usual 6 hours. (We “spring ahead” on March 10, but they don’t switch to Daylight Savings time until March 31.)

Flight Schedule:

Airline	Flight #	Date	From	To	Departure	Arrival
Swiss Air	LX53	Mar 15, 2013	Boston	Zurich	9:45 pm	11:00 am +1 day
Swiss Air	LX1736	Mar 16, 2013	Zurich	Rome	12:35 pm	2:05 pm
Swiss Air	LX635	Mar 22, 2012	Rome	Zurich	2:45 pm	4:25 pm
Swiss Air	LX52	Mar 22, 2012	Zurich	Boston	5:35 pm	9:05 pm

Airport Behavior:

Please be attentive in the airport, especially during our time changing planes and going through customs and passport control. We need the group to stay together because frankly... there are 41 of us and only 3 leaders! If you wander off... you just might end up missing a flight or simply causing major problems for the group. PLEASE stick together and follow directions while we are in transit.

One important point is to be on your best behavior during security screenings and check-in. A ‘*little joke*’ might just have you experiencing some very intrusive questioning and/or searches... and may end up forcing you to miss your flight. Cooperate and let’s all get to ROME!

Transferring in Zurich Airport

If you are a seasoned traveler you might have noticed that we have rather short layover times in Zurich. Last year we had more than 5 hours (ugh!) in the airport on our return flight. This time we have *very tight*

connection times. What this means is you really need to stay close and not go wandering off to purchase souvenirs or to explore. In reality 90 minutes on the way over and 70 minutes on the way back are **super tight** so please stick together and we'll all get on our flights!

Transfers to/from Hotel:

Again... it is very important that we all stay together when searching for the bus for the trip to the hotel. You will be required to bring your bag to the bus, they will load the baggage and you will get on! When we get to the hotel, you will pick up your bag and bring it into the hotel. **DO NOT LEAVE YOUR BAG UNATTENDED!** We had one bag stolen in Barcelona when a young lady left her bags and went in search of a wi-fi connection. She found the wi-fi, but her bag was gone when she returned 90 seconds later.

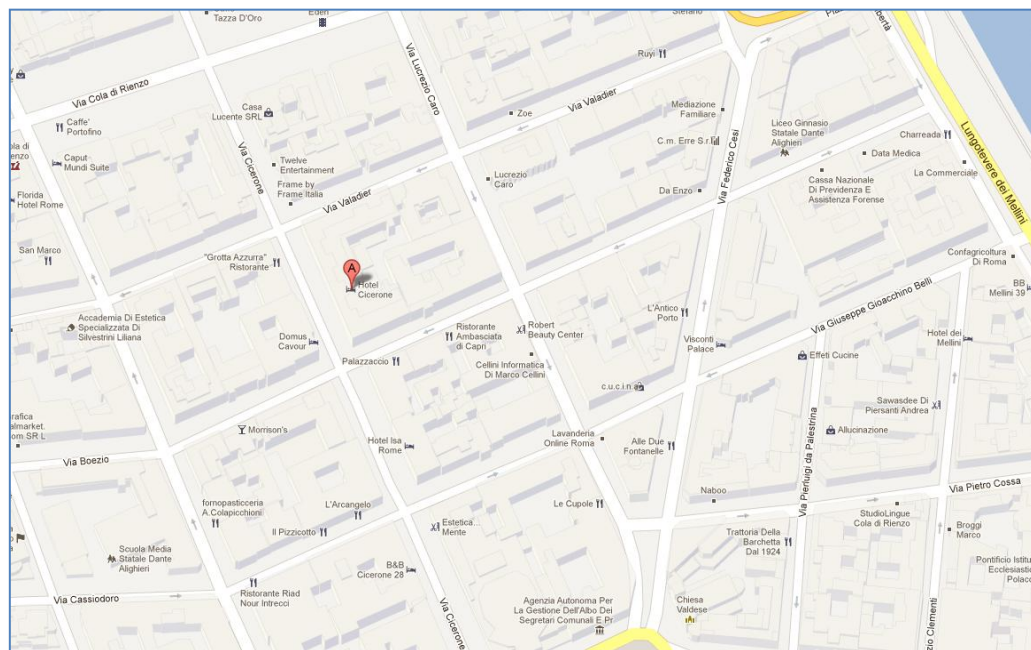
We will get the room keys and distribute them in the lobby. You are then free to go to your rooms, leave your luggage and then... you are ready for ROME!

HINT: When we first get to the hotel after a long night and day of travel you might be tempted to *just take a little nap...* Our advice is to **tough it out!** Take a shower, change your clothes, have a snack, take a walk in the neighborhood... but **DON'T SLEEP YET!** If you can stay up to at least 9:00 or 10:00 pm you will begin to 'reset' your internal clock to Rome time and be ready to hit the ground on Sunday morning. If you sleep early... chances are you will wake up very early (3:00-4:00 am) and end up being tired by midday.

Hotel:

Hotel Cicerone
Via Cicerone 55
Vaticano Prati, 00193 Rome
Phone: +39 06 357 6100

We strongly recommend you get a business card of the hotel from the front desk and tuck into your wallet or handbag. It will have the name of the hotel and the address. Then if you ever need to find your way home... simply give this card to any taxi driver and they will take you home with no language barrier to cause problems.



Our trip includes a substantial (not European plan) breakfast each day in the hotel. We **strongly** urge you to take advantage of this service! As travelers on a budget a FREE MEAL is a necessity and it also offers an opportunity to see and talk to the other members of our trip! So eat a HEARTY BREAKFAST and you might be able to skip a big lunch!

The exact method for obtaining breakfast has not yet been determined – it might be with a voucher ticket or simply by room number – we will let you know as we find out.

At the Hotel Cicerone, all rooms have:

Bathroom with bath or shower

Hairdryer,

Satellite TV

Alarm clock

Direct phone line

And internet access – either an RS-232 connector or Wi-Fi access (there may be a fee!)

Hotels - European hotel rooms tend to be smaller than in the US. All rooms are not the same in size, configuration and amenities. Single rooms are always smaller, the idea being that a single person does not need as much space.

- Balconies, if they exist, size and location are luck of the draw. If you have a balcony, invite others to enjoy it with you.
- Non-smoking rooms have been requested, but may not be available. Please advise if smoking is preferred. The hotel has designated non-smoking floors. You may notice residue smoke from before the new non-smoking rules in a non-smoking room.
- Air conditioning in Italy is not as strong as in the U.S. Make certain windows and balcony doors are closed when operating the air conditioning. The control unit is on the wall.
- Floor numbering is different in Italy. Level 1 is one floor up (what we consider the second floor in North America).
- Keys – If you get electronic keys, they also activate the electricity in the room. They must be inserted into the slot on the inside wall and left there while in the room.
- Accommodations
 - Rooms are generally smaller than American hotel rooms.
 - Two single beds instead of two double beds are common in twin rooms.
 - A single bed in a small room is common in single accommodations.
- Hotel Amenities
 - Washcloths are considered a personal item and are usually not provided by the hotel.
 - Electricity is 220V in Italy, twice the voltage as in North America.
 - An adapter & a converter are necessary to use small, American appliances.
 - If only an adapter is used, the appliance will melt and/or short out the circuit.
 - Adapters & converters are usually not available from the hotel.
 - Adapters may be purchased at some electronic stores and train stations.
 - Converters for American appliances to adapt to European voltage are not easily found.
 - Use the hotel's hairdryer provided in the bathroom, stronger US dryers tend to short circuit.
 - All rooms have air conditioning.
 - Controls for air conditioners and heat can be found on wall panel.
 - If air conditioners don't cool much, make sure windows and balcony doors are closed.

Electricity –Remember, European current is 220 volts, as opposed to 110 volts in North America. This means you need both an adapter to plug into the outlet and the appliance and a converter to convert the current if you've brought any appliances with you. Without the converter appliances can melt or blow up. Curling irons

tend to cause the most problems. See previous section for more information about electricity and adaptors/converters.

Water - the tap water is safe to drink. However, bottled water is served at the table at most restaurants. Europeans tend to drink bottled water at almost all levels of restaurants, so you might wish to simply follow their trend.

Room Phones

The easiest but **most expensive** way to make calls is from your room, even when using your calling card. Check for public phones in hotel lobby or on the street, glass boxes. If you wish to use your room phone, you will need to leave a credit card imprint at the front desk.

Public telephones

Public telephones are available throughout Italy. Either local or international calls require the use of a phone card (Carta Telefonica) which may be purchased at any newsstand, tobacco shop or bar (coffee shop). Be sure to break off the corner of the card before inserting into phone otherwise it may not work. Both local and long distance call require the proper area code before dialing the number. Ex: to place a call within Siena you must dial 0577 + phone number. To call Rome from Siena: 06 + phone number; to call Siena from Rome: 0577 + phone number.

To call USA from Italy: 001 + area code + phone number

To call Italy from the USA: 011 + area code + phone number

Food

Breakfast is included with our trip so take advantage of it! Breakfasts at the hotel are not the typical European plan (a croissant, coffee and jam) but a more substantial Italian style buffet of cereals, breads, fruits, juices, yogurt, eggs, cheese, cold cuts, coffee and tea. Help yourself to all you can eat, but it is usually prohibited from taking food from the breakfast area.

You are on your own for all other meals on our trip. We suggest that you choose your dining options to match your budget and diet. For example, eating at outdoor food vendors is actually cheap and tasty. Another idea for lunch on the cheap, you can step into a bread bakery (panetteria) for excellent bread and rolls, and into a cheese shop or deli (negozio di formaggi, gastronomia) for meats and cheeses to make a sandwich. You'll find fruit and vegetable markets all around. Grocery stores sell yogurt, drinks, and often, prepared foods like sandwiches. This will allow you to create your own 'moveable feast' in the streets of Rome!

Museums usually have very nice cafes and restaurants, good for a quick snack or light meal. Yes, you can eat even more cheaply than that, but at least the money is going to help the cause of Art. And we would be remiss if we did not mention the street food and pizzerias that tend to blanket the city.

You can also find a wide range of options from small local hangout-type places to elegant fine dining establishments. Again, your purchase of a guidebook will be indispensable in assisting you in finding just the right venues for discovering Italian Cuisine!

Again, the tap water is safe to drink. However, bottled water is served at the table at most restaurants. When dining out and you ask for water, you will have to specifically ask for “l'acqua del rubinetto” if you want tap water (no charge), otherwise you will be brought a bottle of water and will be charged for it. If you want still water, you need to ask for “ancora acqua”, sparkling water is “acqua frizzante”

Coffee tends to be much stronger in Europe and if you prefer it like home order a caffè americano.

Ice is still a rarity in Europe and if you ask for ice, be prepared for only one or two cubes! Free refills are not common.

Etiquette

People are more formal and polite in Europe, and Rome in particular.

When you enter any establishment, it is customary to greet the people with ‘Buongiorno’ (good day) and ‘Arrivederci’ (goodbye - formal) when you leave. Always ask IN ITALIANS if they speak English! I have never been treated poorly for my terrible Italian pronunciation, but instead am looked upon kindly for just trying. Here are some polite phrases to learn (more in the appendix)

Hello	Ciao	(chow)
Goodbye	Arrivederci (or ciao)	(ah-ree-vah-Dare-chay)
Do you speak English?	Parla inglese?	(PAHR-la ahng-LEH-zay?)
Please	Per favore	(Pear fav-ore-ay)
Thank you	Grazie	(grah-ZEE-ay)
You're welcome	Prego	(Pray-go)
Excuse me (in my way)	mi scusi	(me SKU-zee)

No smoking except on the streets and outdoor terraces (non Fumare = No smoking)

Restrooms - “toilette” or w.c. (water closet), are few and far between. They are available at most major tourist attractions, department stores and rail stations. In some places you will need to pay to get in. Use them where you see them. If you pay, it should be clean. If you don't pay, you risk it. The restaurant at which you eat or have a coffee is a good place for a w.c. Restrooms – only for paying customers in restaurants.

Hint: Do what your mom always told you: “go before you leave” – in museums and other tourist attractions, restaurants, etc.

Tipping

Meals – When dining in Italy, what we call a “tip” is included in the price. Thus the waiter is already being paid for the service tip. However, it is appropriate to round up to the next full euro amount and add 1 or 2 more euros. For example: The bill is € 41.70 → € 44.00 (see below)

It is customary to leave a *little extra* – this is what an Italian waiter is thinking of when asked “Is the “tip” included?” So, he will naturally say, “no.” So, yes, the service (tip in English) is included; the *little extra* (tip in Italians) is not. When in doubt, leave an extra euro for good measure.

Porters – Not included in trip price. If you ask for your luggage to be brought to your room, tip € 1 per bag.

Housekeeping – is not included. € 5 – 6 per room for the week is considered appropriate.

Bus Driver – The tip will be paid by the group leaders – NO TIP PLEASE

Taxi – It is considered appropriate to round the total to the next full euro amount and possibly add on more.

Other services – Consult a Rome Guidebook for a full listing

Paying for things

In general credit cards are not welcome for small purchases. The use of euros (cash) is considered the proper way to conduct small purchases, and exact change is very desirable. For example, most vendors would prefer you giving the correct coinage instead of a 5 euro note.

Hint: Be prepared to carry a pretty good amount of coins (loose change.) The smallest paper money is the 5 euro note. So it is fairly common to collect a good deal of coinage in a single day out. A small coin purse might be a smart investment! In the very least, be sure your pockets do not have holes in them!

Dressing

Remember... Europeans in general and Romans in particular, tend to dress more smartly than Americans. Sweatshirts, sneakers, baseball caps and casual jeans immediately mark you as an American tourist, which makes you a target for pickpockets and others looking to rip you off. If you want to “blend,” consider up-scaling your look a bit. If you are thinking of a nicer evening out, plan to dress for it. Be sure to wear/bring comfortable shoes. You will be walking a lot!

Appropriate Dress – The Italians tend to dress better than we do here in the US. And in Rome they tend to be even better dressed. However, casual dress throughout the day is acceptable.

Evening Dress – There is no dress code (i.e. jacket, tie, dress requirement) at most restaurants that you are likely to choose. However Italians are not casual when they dine out and generally dress up for dinner and evening engagements. So, if you wish to ‘fit in’ and be less conspicuous, feel free to dress up! You certainly will not stand out. Recommendation: No jeans or sneakers in the evening.

Services for travelers

Tourist information:

Many tourist information centers are located around Rome. The main center is APT (Azienda Promozionale Turistica di Roma) located near Termini (5, via Parigi, Phone (0039) 06 - 488 991) and in Termini, the main rail station (Stazione Termini, n.d. – 00185, Phone (0039) 06 48906300). The closest to our hotel is at Castel Sant'Angelo (Piazza Pia, n.d. – 00193, Phone (0039) 06 68809707.)

US Embassy:

Via Veneto, 119a, 00187 (not far from the Spanish Steps)

Phone:+39 06 46741

Website: <http://italy.usembassy.gov/>

Metro stop: Barberini Fontana di Trevi

Postcards/mail/postage/costs:

Stamps (fracobolli) can be purchased from tobacco shops (tabacchi) and at the post office (la Poste.) The price is the same no matter where one buys stamps. Some stamps may be available at the hotel desk. Hotel desks and tabacchi have limited supply and the lines at the post office are long.

Currently a post card stamp to the US will cost you € 0.85 (about \$1.15 – more than the post card probably!)

Pharmacies:

Pharmacies (Farmacia) are found almost everywhere. These usually do not have many non-medical items, but instead have a monopoly over the prescription and over-the-counter drugs, like aspirin, Advil and decongestants. You may need to ask the pharmacist (behind the counter) for most items though. They almost always can speak English and if you explain what you need, they can help.

The number and opening hours of Italian Pharmacies are regulated by law. Pharmacies operate on a "rota" system designed to ensure an open pharmacy (or one which can be opened in a medical emergency) in each general area at night, holidays and Sundays. Each Pharmacy displays a card with its own opening hours, emergency telephone number, and where to go outside of those opening hours for emergency services. Pharmacists in Italy are allowed more leeway in dispensing health advice and selling pharmaceuticals than in the US. If you can describe your condition well, you may be able to procure a prescription directly from a pharmacist in Italy. Likewise, if you need a prescription filled on an emergency basis, you may be able to do so -if you know the scientific or generic name of the medicine you need and can make a good case for the pharmacist to dispense it.

Pharmacy or Hospital??:

For minor aches and pains, cold or flu, and "little" non-critical emergencies, your best bet may be to head over to your local *farmacia*. You'll go to a *farmacia* for aspirin and even vitamins.

If you are suffering something more serious, or have had an injury not likely to be helped by aspirin, you can go to the 24-hour casualty departments, or *pronto soccorso*, at any hospital. If you are unable to transport yourself, the toll-free medical emergency telephone number in Italy is 118. You may get an ambulance by calling this number, or if you do not require transport to a hospital, the First Aid Service (*Guardia Medica*) will be sent. In Rome, the "*Guardia Turistica*" is on Via Morosini, 30, at the Nuova Regina Margherita Hospital in Trastevere. It's easily reached from the Vatican or from Piazza Navona.

If you require medical assistance let us know as soon as reasonable after the emergency (or non emergency)

Internet Access:

There is internet available in the hotel **for a fee**. Many internet cafes can be found in Rome. Some charge a fee per minute, others offer free internet while you are a paying customer (café, bar, etc.)

Wi-fi is available in the airports as well, but you must log on and pay with a credit card to use it.

Rome actually has a limited free internet wi-fi network in some public buildings, parks and plazas. How to connect to RomaWireless can be found here: http://www.romawireless.com/index_eng.htm

Personal Safety:

Your safe return is our number one goal... right after having a wonderful time! So to make this happen you need to be careful and act appropriately. One of the most important rules of the trip is to **take care of each other**. What that means in this context is that you don't let someone do something stupid if you can help prevent it. We strongly suggest that you do not go out on your own, even during the day. Not because it is dangerous, but because it is so much easier to get around and find things with 2 or more people than it is with one. And besides it is more fun too!

At night we are going to insist that you don't go off by yourself. Find some friends and stick with them. You are totally new to this large City and most of you can't understand 10 words of Italian! So stick together and have a ton of fun... but don't be stupid.

Be street smart. Pay attention to who is around you and where you are headed. If it seems like fewer and fewer people are on the streets, maybe duck into a café or bar and ask them to call you a taxi. It is the smart move and better safe than sorry.

Places can get very crowded and confusing at times. Purses and backpacks should be zipped closed and kept in front at all times. Wallets should be kept in the front pocket. Use the hotel safe (or room safe), so valuables are not lost.

Pickpockets are a problem in tourist areas, and both men and women need to be on guard about your handbag/wallet. It might be a good idea to invest in a money belt.

Another problem are the “Gypsies,” who may or may not be Roma, but most are immigrants who will target foreign travelers. Oddly, they are often dressed to call attention to themselves and sometimes even have signs for you to read. They may also have a large group of children with them (and lately it seems the children can be found without the ‘mother’.) The idea is you are distracted, and the next thing you know your wallet or purse is gone and they scatter. The police do little in these cases and the goods are seldom returned. What to do? If you see them coming, turn around and walk away, or duck into a shop or restaurant. If they are already there, hold tightly to your valuables and yell “NO” until they leave.

One very easy way to get yourself into trouble is to get drunk. If this is the case, please be smart and take a taxi home. Ask at any bar, restaurant or business to have a cab called for you. If you are with fellow travelers who get drunk, please don’t let them get into more trouble based on their current poor judgment. Treat your fellow travelers as you would hope to be treated if you were in their shoes.

The local emergency phone numbers are:

112	Police (the European 9-1-1)	Tel: 06 67691
113	General Emergency	
115	Fire	
118	Ambulance/Medical	Tel: 06 5510

Always carry a COPY of your passport with you. Keep the original copy in the hotel safe. You will rarely be required to produce your passport so this is the safest way to go about the City. The only times you will need your passport is in the case of major purchases, where you hope to receive a refund of your VAT. More on that in the shopping section.

Carry a Hotel card with you so that if your language skills break down, you can simply hand the card to a taxi driver and they will take you home!

Here is a special note from a dear Italian friend of ours. It is for everyone, but may be more valuable to our young women travelers, as it is written by a beautiful young woman who has lived in Rome for many years.

Tips for Americans Traveling to Italy

So you are going to travel to Italy? Yay, fun! Okay, but be careful, too.

General Tips

All the rules of commonsense apply to Italy as to any other place: avoid going around at night on your own, stay in groups (sorry, I have to tell you this: it is better if at least a guy is there with you), do not flash flashy jewelry, keep your money and documents separated, both in safe places (possibly not your little handbag, but a hidden security purse or the like). Leave your passport at

the hotel (more about this later). In an emergency, scream “Aiuto, Polizia,” and dial 113. It will be useful to talk to the hotel staff about specific areas that should be avoided.

How Italians See You

Italians often are under the impression that foreign tourists, especially American and Northern-European are “easy” (women), or “gullible” (men). In some ways, Italian culture preserves the habits of a conservative society. The fact that American women are more open than Italian ones has “the unfortunate side effect of reinforcing the Hollywood sexpot image, in which every American engages in a sex scene at least by the end of the second act.” Italy’s unemployment rate is also unbelievably high (36%), and folks there sometimes resort to cunning to scrap some money. If a deal is too good, stay away from it. Give up that leather jacket. Always, always ask for a receipt, and always double-check the content of what is being wrapped.

Italian Men

As you are walking down a street admiring the beautiful art, you will (*you will*) hear men talking to you. “Ciao, bella!” and who knows what else. Do not bother to even look, they just like to tease and be peacocks. I have found it very helpful to wear sunglasses, and even earplugs if I am on my own. It does not matter if you are attractive to them or not, it is a thing they do for fun. (If you feel bothered by insistent looks and words, you may want to check how Italian women dress and how much skin they show, and dress similarly). Anyway, if words and looks is all that happens, just do your best to ignore them. However, they may go as far as to pinch bottoms or to try rubbing themselves up against women—shout “STOP,” and put a lot of space between you and the loser. Should this happen, take my apologies. ☺

Friendly Interactions

If you do want to meet Italian men, just sit at a café and wait. But talking to one of those who will have talked to you on a street is not a good idea. If you go to a club, be sure to have some of your friends close-by at all times. For guys: I suppose you have the easy part in this. Most likely you will not be assaulted by a group of drunken Italian women but you may be confronted by an Italian dude for futile reasons. My suggestion is to raise your hands to your chest, say “Scusa” (with your strongest possible American accent), and take some steps back.

Drinking

Just like in the US, watch your drinks. Now, this is a bit funny: there is no minimum legal age to *purchase* alcohol in Italy, but they cannot *serve* (“administer”) it to you until you are 16. Long story short, you will not need to show your passport to drink, so leave it at the hotel, but please, be wise. The Italian youth is usually pretty good at self-regulating their drinking, and they are not used to see folks so drunk to be sick (Italian does not even have a word for “hang-over”). They have drinks (most commonly wine and beer) with their delicious food. They know how to pace the drinks to go along with a beautiful meal: my warm advice is to do like the Italians do, in this case.

Buon viaggio!

This trip is going to be awesome!! This little note is just meant to prepare you about possible uncomfortable situations. Most likely, nothing unpleasant will happen, especially if you watch out a minimum. Enjoy this great trip!

– Amanda

Watches and Cell Phone Time

Change to Rome time so you are not forever trying to figure out the conversion. This will prevent some silly mistakes. **Hint:** If you do plan on calling home remember that they are 5 hours BEHIND us... so 8:30 am in Rome will be 3:30 am in Boston... so maybe you will want to wait until at least noon to call home!

Eating on the cheap

Meals: take advantage of the hotel breakfast; you've already paid for it! It's not allowed to take food away, so if you do, be discreet, so the hotel staff doesn't call you out on it (and they will if they see you!).

Drinking water: the water in Rome is safe to drink unless it says "non-potable."

Some advice for attractions on the cheap

- Plan your itinerary to account for reduced-fare days/times where possible.
- Try presenting your student ID for discounts at all attractions. The worst they can say is, "sorry, we don't accept it." Consider an International Student ID Card (ISIC) which *may* get you discounts on some attractions and admissions. <http://www.statravel.com/student-discount-card.htm>
- We've made special note of museums where entry is free.
- The best thing about Rome, really, is the urban scene. Walking along the ancient streetscapes, through tiny neighborhoods, along the Tiber River, into the shops – these are all free – and that's what you'll probably remember most fondly about your trip!
- Big waste of time and money is a Tiber River tour. Skip it and instead walk along the banks and admire the views!

Getting around Rome

Walking!

The best way to get around Rome is to walk. The only issues are the distances can be long and the drivers are dangerous! By far the most dangerous situation we will all need to confront is crossing the streets! Rome is especially dangerous because of the *mosquitos*, and not the flying insects. The *mosquitos* is the slang term for the motor scooters that are everywhere and are known for riders who will break rules at any moment! Always look both ways! Be Aware! Be Careful!

Metro (Metropolitana)

Rome has a metro system, but it only has two lines (at the moment) and they are more on the outskirts of the city. The **Lepanto** metro stop is the closest to the hotel (about 8 minute walk north.) There is an A (red) and a B (blue) line. The hotel is near the A line. Both lines meet at Termini, the main train station for Rome. Many attractions are located near metro stops: The Coliseum is on the B line and the Vatican Museum is at Cipro on the A line. Note: Metro closes at 11:30pm.



Buses

Rome has a very detailed (read complex) bus system and natives swear by it (and about it!)

The ATAC is the average Romans way to travel. The problem is that the routes can change based on day/time and the information is only posted in Italian and it can make the entire ordeal seem overwhelming. That being said, if you have a definite plan, ask the hotel concierge to assist you in how to get from A to B and back again. They can be very helpful. Note: Most buses stop running at 12:00 midnight.

For Metro and Bus information, The ATAC website can also assist you in route planning and fare information: <http://www.atac.roma.it/index.asp?lingua=ENG>

Taxi

Make sure your taxi is licensed (it'll be white or yellow with SPQR on the door), and always go with the metered fare, never an arranged price (except to/from airport). Official rates are posted in the taxi and on www.romaturismo.it

Hailing a passing taxi doesn't work in Rome. You must either wait at a taxi stand or telephone for one. Remember, called cabs start the meter *when they receive the call!* Stands are found at Stazione Termini, Largo di Torre Argentina, the Pantheon, Corso Rinascimento, Piazza Navona, Piazza di Spagna, Largo Goldoni, Piazza del Popolo, Piazza Venezia, the Colosseum, Piazza GG Belli in Trastevere and near the Vatican at Piazza Pio XII and Piazza Risorgimento.

Fares within the City of Rome should NOT exceed € 20

Tourist, Travel and Combination Passes

Tourist Pass:

Archeologia Card - Archeology Card

The cost is \$46 (USD) per person if purchased in US (online) and picked up in person in Rome.

The best reason to purchase this card is NOT all the places you can visit, it is because with this card you can bypass the longest line in Rome, the Colosseum! The wait is often 2-3 hours if you do not have a pass! BUT, the Roma Pass (below) might offer a better value + 3 days on transportation!?!

The Archeologia Card, or archeology card, is good for seven days from the first use. The Archeologia Card includes admission to the Colosseum, Roman Forum, the Palatine Hill, Roman National Museum sites, the Baths of Caracalla, the Villa of the Quintili, and the Tomb of Cecilia Metella on the ancient Appian Way. Buying an Archeologia Card in Rome: The archeology card can be purchased at the entrance to any of the above sites except the last two or from the Rome Visitor Center in Via Parigi 5. The card is good for seven days of free admissions (one time per site) starting from the date of the first use. This card does not include transportation.

Buying an Archeologia Card online: Archeology cards can be purchased ahead of time from Select Italy - Archeology Card: <http://selectitaly.com/browse/things-to-do/museum/id:65>

Combination Pass:

Roma Pass

The cost is € 30 per person (about \$40) when purchased from their website and picked up in person in Rome.

The best reason to purchase this card is to get 3 consecutive days or public transportation AND you can still bypass the long line for the Colosseum! BUT you only get 2 free admissions, so choose wisely!

Roma Pass includes **free transportation for three days** and **free admission for two museums** or sites. After the first two uses, Roma Pass gives the holder a reduced admission price at other museums and sites, exhibitions, and events. Roma Pass can be used at more than 40 monuments, museums and archaeological sites.

Buying a Roma Pass in Rome: Roma Pass can be purchased at Tourist Information Points in Rome including the Termini train station, travel agencies, hotels, ATAC (bus) ticket offices, news stands, and tabacchi. Roma Pass can also be purchased directly from the museum or site ticket windows.

Roma Pass can be purchased online ahead of time from the site: <http://www.romapass.it/p.aspx?l=en&tid=2>
Be sure to choose the *Roma Pass* and not the *Roma & PIU* pass.

Travel Passes:

PUBLIC TRANSPORTATION TICKETS

One Ride Tickets: € 1.00 BIT (Biglietto semplice B.I.T.)

B.I.T. tickets can be used on any means of transport in Rome; they are valid for 75 minutes and the visitor can take any transport mean to reach the preferred destination during the 75 minutes time. Tickets needs to be stamped when starting the travel; if the visitor takes the metro, then the ticket needs to be stamped a second time.

One Day Ticket: € 4.00 BIG (Biglietto giornaliero B.I.G.)

Valid 24 hours on any means of transport, it must be stamped only one time (when starting the travel); in case the visitor use the metro, the ticket must be exhibited to the controller at the entrance of the metro line.

WARNING: this ticket is valid until midnight of the day it had been stamped

Three Day Ticket: € 11.00 BTI (Biglietto per 3 giorni B.T.I.)

It is valid for 3 days in a row on any public means. It has to be stamped just once when starting the travel and exhibited to the controller at the entrance of the metro line.

WARNING: this ticket is valid until midnight of the third day it had been stamped

Seven Day Ticket: € 16.00 CIS Biglietto settimanale C.I.S. (tourist one-week integrated ticket)

It is valid for 7 days in a row and it has the same terms of use like the B.T.I., only the owner must write on the card his/her own name.

HOP ON – HOP OFF Tourist Busses

There are several companies offering the open-top *Hop-on Hop-off* experience. They all seem to cover a similar area and have frequent stops at the major attractions. Most offer additionally audio commentary while in the bus, while a few offer headsets for off bus use (unconfirmed!)

I looked into a few and here is a ballpark estimate of what you can expect to pay:

1 day = € 20 - 30 per person

2 day = € 25 - 35 per person

3 day = € 30 - 50 per person

This website offers an excellent overview of the many operators and I suggest you start here if you are interested in this tourist travel option. http://www.rometoolkit.com/whattodo/rome_hop_on_tour_bus.htm

Here are a few of the operators:

[Gray Line Open Top Tours](#)

[Rome Open Tour](#)

[Green Line Tours](#)

What To See in Rome

A Sense of Where (and When) You Are

Rome has been continuously settled for at least 3,200 years, with intermittent periods of building, fires, demolition, and rebuilding, sometimes with materials scavenged from earlier eras. You can't dig up even a spoonful of dirt in the city without encountering some fragment of the past!

That said, though, the main historical periods of interest to tourists today are:

- **Ancient Rome:** from a little before the founding the Republic of Rome (509 BC), through its transformation to an empire around 27 BC, to its fall at the hands of northern invaders in 476 AD.
- **Christian Rome:** from the time of Emperor Constantine, who converted to Christianity in 313 and made it the state religion of the empire in 324; gradual fusion of pagan and Christian religious traditions; building of hundreds of churches.
- **Renaissance and Baroque Rome:** from about 1450-1770; patronage of architects and artists by popes and influential wealthy families.
- **Risorgimento (Unification, 1870):** Italy becomes a country with Rome as its capital city: public works projects to inspire nationalist pride
- **Fascist Rome (1930s):** Mussolini razes and "modernizes" Rome; establishment of the Esposizione Universale di Roma (EUR) in the southern suburbs
- **Rome of the 21st century:** spectacular new cultural spaces; subway system; Rome becomes the center of Italian fashion; sprucing up for Holy Year 2000.

Rome was built on seven hills on the east side of the Tiber River; these hills still exist today and are the center of the historical area of the city (*centro storico*), as your sore legs and feet will attest! They are named Capitoline, Palatine, Aventine, Quirinale, Viminale, Esquiline, and Caelian.

Rome "just grew"; it wasn't a pre-planned city. But in general, it expanded outwards from the Forum area between the Palatine and Capitoline hills. Ancient Rome didn't include the west side of the Tiber River at all, where Vatican City, the Castel Sant' Angelo (and our hotel) are located today.

There are 22 official districts/neighborhoods (*rioni*) in Rome, each with its own distinctive character. Some of them were historically associated with particular occupations (e.g., Testaccio, the meat-packing district, now full of hip clubs) or were suburbs that the city has now expanded to include.

We suggest you spend some time with a Rome map and get to know the landmarks. They are prominent, and will help you orient yourself as you stroll around.

Ancient Rome: the Imperial Fora

This is the heart of ancient Rome, occupied since perhaps 1200 BC. During the imperial period (27 BC to about 476 AD) a succession of emperors built public works and monuments to themselves.

Visually, this area is anchored on one end by the over-the-top **Victor Emmanuel II memorial** (called Il Vittoriano) on Piazza Venezia, and on the other end by the **Colosseum**. Romans call the VE II memorial the “wedding cake” or “typewriter” or “Rome’s false teeth.” Entry to the memorial is **FREE**; pay €7 for the elevator ride to the top and a great view over the city. Building contains Museum of Italian Unification; Tomb of the Unknown Soldier (World War I); temporary exhibits.

If you want to see more of ancient Rome, wander through the **ruins of the fora**, shopping malls, and temples of successive emperors, including Julius Caesar, Caesar Augustus, and Trajan. There is an explanatory Visitor Center on Via dei Fori Imperiali.

Combo tickets (€12) give admission to the Forum, Colosseum, Palatine Hill, and Palatine Museum. Open 8:30 am to one hour before sunset. Metro: B line, Colosseo stop.

TIP: get an overview of the site to orient yourself from the terrace behind the Piazza del Campidoglio or from Il Vittoriano.

You can also see how the 1% lived in Rome at the *Case Romane del Celio* (Roman houses), open Th-M, 10-1 and 3-6, www.caseromane.it. Entrance through Clivus Scauri, 6€, entrance allowed every 30 minutes.

Colosseum (*Colosseo*), Piazza del Colosseo. Icon of Rome, this massive stadium was built in the first century AD on top of Emperor Nero’s private lake, and seated as many as 73,000 spectators.

Open 8:30 am to one hour before sunset. Metro: B line, Colosseo stop. Combo tickets (€12) give admission to the Forum, Colosseum, Palatine Hill, and Palatine Museum. Beware: Very long lines (2-3 hours) to get in at certain times.

Tip: consider strolling by the Colosseum after dark, when it is spectacularly lit by floodlights.

Note: restaurants and cafes in this area are touristy and overpriced; buy water and snacks at a corner store before you come down to the Forum area and then find a more out-of-the-way place to enjoy a meal.

Sadly, Nero’s **Golden House** (Domus Aurea) appears still to be closed for structural renovations. After his suicide in AD 68, his massive palace was stripped of valuables and the rooms filled in with rubble, not to be discovered until the Renaissance. Little is left today, but what there is suggests a villa of incredible luxury and grandeur.

The **Roman Forum** and associated ruins overlook the **Circus Maximus** on the south, a chariot racing track. From the Imperial Fora, you can walk through the **Farnese Gardens** (Orti Farnesiani) to get there, with incredible vistas along the way.

The Renaissance treasure of this area is the **Piazza del Campidoglio**. Here, Michelangelo created a stairway and open square (with some visual tricks!) that is the forecourt to the two **Capitoline Museums** (9 am to 8 pm, closed Mondays, admission €12). The piazza is one of the great, famous spaces of Western architecture, so even if the museum exhibits about the ancient history of Rome (Romulus and Remus; Rape of the Sabine Women, etc.) don't interest you, at least take a walk through the square. <http://en.museicapitolini.org/>

Baroque and Rococo on the Quirinale Hill and below

Via del Quirinale is lined with embassies and government buildings, in front of which often lounge guards with automatic weapons, a reminder that civil discord in Europe can be more violent than in the U.S. Step into one of the delightful parks on the street with a picnic lunch if the weather suits.

At the north end of the street, at the intersection with Via Quattro Fontane, is the exquisite church of **San Carlo alle Quattro Fontane** by Borromini. Outside you'll see the rationale for the names: four Baroque fountains, one in each corner of the intersection. This intersection is the highest point of the hill, with great views in both directions.

A little further along is the church designed by Borromini's rival Bernini, **Sant' Andrea al Quirinale**, another marvel of *trompe l'oeil*.

At the bend in the road, Piazza del Quirinale will open up on your right, with a panorama over the city and the **Palazzo del Quirinale**, home of Italy's President (open 8:30 to noon Sunday mornings, €5) on the right. Collections of porcelain, sculptures, manuscripts, furniture, etc. www.quirinale.it.

Take the steps down to Via della Dataria, and turn right on Via Luchesi, which will bring you to the **Trevi Fountain** (Fontana de Trevi), designed in 1762 by a sculptor of the Bernini school. The tradition is to stand with your back to the fountain and throw a coin over your shoulder; that will ensure that you will return to Rome someday (the fountain is in lots of famous films, like *La Dolce Vita* (Fellini), *Roman Holiday* and *Three Coins in the Fountain*).

Tip: trying to bathe in or otherwise engage with the fountain will get you a €170 fine!

Tip 2: Gelateria San Crispino, Via della Panetteria 42, is supposed to have the best gelato in Rome. Closed on Tuesdays.

From Trevi, it's only a short walk to **Piazza di Spagna**, the **Spanish Steps**, and at the top, **Trinità dei Monti**, a convent with twin towers. The fountain at the bottom is Bernini's Barcaccia, fed by the ancient aqueduct *Aqua Virgo*. Metro: Spagna.

Tip: pickpockets frequent high-volume tourist areas like the Spanish Steps. Mind your handbag and wallet while you take in the scenery!

Note: this area was also very attractive to English, German and American expat writers in the 19th century. See our page on “Literary Rome” further down in this guide.

Walking down the slope, you’ll enter Rome’s designer shopping area, centered on Via dei Condotti and Via del Corso (with the likes of Bulgari, Valentino, Fendi, Biagiotti, Fontana, Capucci, Versace, Armani).

Further west, down by the Tiber, is the modern **Ara Pacis Museum** by noted American architect Richard Meier. This controversial marble and glass structure holds the Ara Pacis, a sacrificial altar built to commemorate the ancient imperial era of peace (*Pax Romana*) – some irony there.

Piazza Navona area

During the Middle Ages, Romans moved away from the Forum area towards the river, building in an area that formerly had been the military training grounds (Campus Martius). This neighborhood is a tangle of artisan shops, medieval churches, and aristocratic palaces.

The **Pantheon**, Piazza della Rotonda, M-Sat, 8:30 am – 7:30 pm. Free. This Roman temple to all the gods was built in 27 BC and converted to a Christian church in 609 AD. The inside has a huge round domed ceiling with an oculus (eye) in the center open to the sky. It is the lowest point in Rome, but was once above the surrounding streets (as evidenced by the ditch around it).

Around the corner is **Santa Maria sopra Minerva**, an early Gothic church with a gorgeous interior (and some very famous paintings), built in the 8th century upon a temple to Minerva. Bernini designed the elephant statue with the obelisk out front.

A little further southeast is the **Galleria Doria Pamphilj** (it’s on the other side of the Piazza Venezia, if you are in the Forum area). Still the property of the Pamphilj family (who live in one of the wings), this is one of Rome’s finest collections of European paintings from the 15th to 18th centuries (Valasquez, Titian, Raphael, Caravaggio). Open 9 am to 7 pm; last admission at 6 pm. Tickets €11; includes audio guide. Enter at Via del Corso, 305. Metro: Colosseo. www.doriapamphilj.it.

Further toward the river is **Piazza Navona**, one of Rome’s busiest and most historic squares. It was built over the Emperor Domitian’s stadium (hence the oval shape) with the addition of three fountains from the Renaissance/Baroque eras. Bernini’s **Fountain of the Four Rivers** (*Fontana dei Quattro Fiumi*) is in the center; his **Fountain of the Moor** (*Fontana del Moro*) is at the south. The **Fountain of Neptune** (*Fontana del Nettuno*) at the north was added in the 19th century to preserve the symmetry.

Shopping alert: Piazza Navona is like Rome's living room: a place to sit and have a caffè, socialize, and people-watch. Or window shop! - There are interesting shops in the vicinity, including antique shops around Via dei Coronari and Via dell'Orso. Do your priestly or nunly shopping at the liturgical shop on Via dei Cestari.

Campo de' Fiori and the (Jewish) Ghetto

This is the wedge of blocks south of Corso Vittorio Emanuele II, west of Via Arenula, and north of the Tiber. In 1880, the Corso was built over the Via Trionfale and Via Papale, destroying beautiful Renaissance streets, squares and palaces.

One of the delights of European cities is open-air markets, and Rome has about 150 of these. The most famous is the fruit/vegetable market **Campo de' Fiori**, M-Sat, 7 am to 2 pm. The flower market, **Mercato dei Fiori**, is open on Tuesday morning. (Don't buy carnations as hostess gifts; they are flowers of mourning!)

The **Jewish Ghetto** is the area closest to the Tiber. Once enclosed by walls and locked gates, it still retains its Jewish heritage, with kosher shops and restaurants. The **Museum of Jewish Culture** is attached to the **Synagogue**, address Tempio Maggiore, and tells Rome's Jewish history. Sun-Th 10 am – 5 pm, Friday 9 am to 2 pm (closed on Saturdays; last admission 45 min before closing). There is an admission fee, amount unclear. Tours in English every hour.

Vatican City

Vatican City is a separate and sovereign nation, one of the smallest in the world! It is led by the Pope, who, you might know, recently decided to step down... a first in over 500 years! So there are big doings happening right about the time we will be visiting Rome! The election of a new pope should NOT impact our time in Rome, but may place certain restrictions on access to portions of Vatican City during our stay.

There are numerous things to see and do in Vatican City and this list should only serve as a guide. For more information, the official site of the Holy See: <http://www.vatican.va/index.htm>

St. Peter's Square is the large open (round) square immediately in front of St. Peter's Basilica. It is where the pope gives his weekly addresses (probably not while we are there!) and is used as a gathering area for many Vatican events.

St. Peter's Basilica (7am-7pm, free) is the Catholic mother church. It is the longest basilica in the world and has Bernini's Baldacchino, the largest bronze structure in the world, which protects St. Peter's tomb. It contains many items of religious importance as well as treasures from the art world, including Michelangelo's La Pietà, sculpture of the Virgin Mary and the body of Jesus. **The Grotto** (7am-7pm, free) is under the main part of the basilica and it has the tombs of several popes, including John Paul II. **The Dome** (9am-6pm, charge) has a long series of twisting stairways that leads to first the top of the interior and then out onto the roof of the Basilica. The views from here are some of the best in the city, and you can send a post card from the gift

shop & post box located on the roof. (Remember you must use VATICAN CITY postage stamps because this is not Italy!) **The Vatican Gardens** (*pre arranged guided tours only, €30*) are a place of relaxation and meditation for popes from all ages. It is highly likely this will be closed during our visit because of the Papal Conclave with the College of Cardinals coming to elect the next pope. See Vatican website for more information on the garden tour.

The Vatican Museums (*9am-6pm, charge*) This complex of multiple museums is one of the very best reasons to visit Rome (Vatican City). We are planning on going to the Vatican Museums via motor coach on Monday morning – more about the exact time later. **Note: This might be subject to change because of the Papal Conclave.** There are more than 10 separate mini-museums, plus the papal apartments, and the complex has 5 different “paths” that vary from 1-1/2 to 5+ hours in length. The two most visited areas are **The Raphael Rooms** and **The Sistine Chapel**. **The Raphael Rooms** are four rooms adorned with frescos painted by the 16th century master Raphael. The clear *must see* attraction, however, is **The Sistine Chapel**, with the walls covered with paintings by all the great masters of the day: Botticelli, Perugino, Ghirlandaio and Signorelli. But the reason you must visit is to see the ceiling frescos by Michelangelo depicting the stories from Genesis. It has been described by some to be the greatest artistic achievement ever. While in the chapel you need to be careful because it is extremely crowded and everyone is looking up! Plus the guards will be chastising people to be quiet, “Silencio!” as well as preventing photographs from being taken. One of our personal favorites is the **Galleria delle Carte Geografiche** (Gallery of Maps) which has its vaulted ceilings covered with 16th century maps of Italy and Italian cities (well, we ARE geographers, after all!)

Via Veneto area

This used to be the most glamorous section of Rome, but some of that glory has faded and become more touristy. Just outside the Porciana Gate is the **Villa Borghese**, an extensive complex of villas, museums, gardens, and a zoo. You can rent bikes in the Pincio Garden, which is a great way to get around this area. It is possible to walk here from the Spanish Steps.

Galleria Borghese (*9am-7pm, 2 hour timed admission, €14.50 online, Romapass card are invited to just reserve admission calling +390632810*) One of the world’s greatest private art collections is housed here at the Casino Borghese. There are too many art treasures to name but I have never heard of anyone disappointed with a visit here. **Note: You must make timed reservations for the galleria. You cannot simply walk in.** For tickets visit: <http://www.tosc.it/tickets.html> and for further gallery information try: http://en.wikipedia.org/wiki/Galleria_Borghese

Other museums in the villa complex include the **National Museum of Modern Art** (Galleria Nazionale d’Arte Moderna), open T-Sun 8 am to 7:30 pm, and the **Etruscan Museum** (Museo Etrusco di Villa Giulia, T-Sun, 8:30 am to 7:30 pm). The **zoo** (Bioparco) is open 9:30 am to 5 pm. There are admission charges for all these. Further north of the villa complex is **MAXXI**, Rome’s newest cultural center, designed by starchitect Zaha Hadid. The building looks like a tangle of concrete ribbons. It houses space for contemporary art and special events. Open T-Sun 11 am to 7 pm, until 10 pm on Saturdays. Via Guido Reni 4A. Admission €11.

Trastevere and the Gianicolo Hill: Once for outsiders, now hip and trendy

Trastevere was once the home to the outsiders of Rome, the recent immigrants, Jews, foreign merchants and sailors, a working class melting pot which led to a sort of separation from the rest of Rome. These folks developed different characteristics, slang and styles, and had an internal pride which they claimed made them “Rome’s Romans.” It could be a rougher place to grow up but today has become better-known as a place for new restaurants, clubs, a bustling art and music scene, fun shops to browse, as well as one of the hippest places to live in the city.

This area can be a great place for strolling, people watching and finding your euros stretching a bit farther for food and drink. The **Piazza Santa Maria in Trastevere** is the hub of the activity for the area, but you might take care as the popularity of Trastevere has brought a louder, more boisterous crowd, especially on the weekend evenings.

Aventino and Testaccio: residential and family oriented sector

Aventine Hill, the most southern of Rome’s Seven Hills, is home to one of the most desirable residential areas in the city and surroundings. While it might not have much in the way of flashy nightlife and trendy restaurants, it does have some interesting sites for those with an interest in lesser traveled paths.

Piramide is actually the tomb of a Roman magistrate in 12 B.C., yet it stands as the only pyramid in Europe from the time. It is very close, and actually incorporated into, the Roman walls and it stands next to one of the best preserved Roman Gates. No entry into Piramide is allowed. The other well visited place in Aventino is the **Cimitero Acattolico (Protestant Cemetary)** (*Mon-Sat, 9am-5pm, free*) This cemetery has some well known literary figures that draw crowds of poetry fans every year. Romantic poets John Keats and Percy Shelley. Take the B (blue) metro to Piramide.

Shopping

Italy is known for high-end, hand-crafted items, including especially leather goods and jewelry. Although Milan is Italy’s fashion capital, Rome is beginning to get into the style game, too. Major areas for trendy boutiques are near Tridente (Piazza del Popolo), Via del Corso, the Trevi Fountain area, and Via Nazionale.

Rome’s largest shopping area is on Via del Corso and side streets. Our neighborhood has a major shopping street, too: Via Cola di Rienzo. In both places, expect international fashion outlets, books, music, accessories, and perfume.

There’s a vintage scene too: Via del Governo Vecchio (near Piazza Navona) and Via del Boschetto in the Monti district.

Note: some shops may still close for a long lunch break and Monday morning, although this is less the case than it used to be.

In addition to what is noted above and in previous sections, there are flea markets, too: Porta Portese (Trastevere, Sundays 7 am-2 pm) is one – be prepared to bargain and watch out for pickpockets.

Outside Rome

Ostia Antica

Ostia was Rome's port city starting in the 4th century B.C. It was the home to the Roman Navy, once the mightiest in the world, but over time the port began to silt up (fill in) and around 50 B.C. the new port of Misenum was established and Ostia began to lose importance. The coastline moved sand and the river deposited soil and by the mid 2nd century A.D. Ostia was a port in name only. A series of attacks and invasions eventually forced the inhabitants to flee this 'working-class' town by the mid 6th-8th century A.D.

Today **Ostia Antica** (*Tue-Sun 8:30am-4pm, charge*) serves as a reminder of the daily lives of the less well-to-do people of the Roman era. The ruins are not as pristinely preserved as those in Pompeii, but many visitors find this to be a more authentic representation of ancient times. It is accessible via public transportation from Rome.

- From Rome, take Metro line B (blue) to the Piramide stop.
- The Piramide Metro stop is also the Roma Porta San Paolo train station, so the train tracks are just a few steps from the Metro tracks — follow signs to Lido.
- All trains depart in the direction of Lido, leave every 15 minutes, and stop at Ostia Antica along the way.
- Take the next train and ride for about 30 minutes (keep your Metro ticket handy), and get off at the Ostia Antica stop.
- Leaving the train station in Ostia Antica, cross the road via the blue sky-bridge and walk straight down Via della Stazione di Ostia Antica, continuing straight until you reach the parking lot. The entrance is to your left.

The Ostia Antica guide is available online: <http://www.ostia-antica.org/touristguide.pdf>

Florence

Florence is one of the most beautiful and historic cities in the world. It is a center for art, culture, religion, food, and more! It is about 1-1/2 hours from Rome via fast train, and 3 hours via bus. If you are interested in a day trip to Florence, I have two possibilities for you. One is to go on an escorted bus tour from one of the vendors that will be found in the hotel lobby (I have included one tour and a link in the DAY TRIP TO FLORENCE section, about \$180 US and it included lunch.) The other is a more exciting do-it-yourself trip that I have outlined in the DAY TRIP TO FLORENCE section! Train tickets are about €40 each, and the rest is up to you! We suggest going as a group and **please** let us know if and when you will be traveling!

Pompeii

Pompeii is the ancient ruins of a well to do hill town near Naples that was destroyed in a storm of hot ash and deadly gasses when the nearby Mt. Vesuvius erupted in 79 A.D. Many of the ruins have been remarkably preserved and you can even see the paintings that adorned the walls and floors in some cases. The eruption and devastation came so quickly that residents had nowhere to hide and, in fact, their bodies were covered in the volcanic ash, which acted like a cast. Archeologists have used plaster to 'reform' these victims and it is sobering to see some of these 'sculptures' in their final seconds of life.

The best way to visit Pompeii is with a bus tour. You can take a train from Rome to Naples and then local busses to get to the Pompeii site, but this will take a large portion of your time and reduce your visit. There are many tour companies which offer day trips to Pompeii and I have included one (in the DAY TRIP TO FLORENCE section) that costs around \$180 US and includes lunch and a visit to the Archeological Museum in Naples.

Esposizione Universale di Roma (EUR)

Esposizione Universale di Roma, was intended to showcase Rome in the World Exhibition of 1942, coinciding with the 20th year of the regime of dictator Mussolini. The World Exhibition was cancelled because of World War II, and today the district is an upscale Roman neighborhood. Mussolini and other Fascists had a passion for erecting large buildings, so along with architect Marcello Piacentini, the plan seems to have been for "the bigger, the better." The result was a number of large, modern buildings that some insist were built to the detriment of Rome's early architecture.

The district is notable for its orderly, planned layout and stark Fascist buildings. There are a number of museums, too; perhaps the most interesting is the **Museum of Roman Society** (Museo della Civiltà Romana, (Tues-Sun, 9am-2pm, €10). It houses many interesting items but best known are the huge 60' x 60' model of ancient Rome (early 4th century) that took 36 years to complete, and the castings from Trajan's Column (in the Roman Forum) that were used in the restoration process.

To get to EUR from Rome, take the B (blue) metro to EUR Fermi station.

Literary Rome

English, American, and German expatriate artists, musicians and writers crowded Rome in the 19th century, and many of them lived in the area around the Spanish Steps, which was known at that time as the "English Ghetto."

The **Keats-Shelley House**, 26 Piazza di Spagna, is where Keats died of consumption in 1821, at the age of 25. The museum is dedicated to Keats and his fellow Romantic poets. M-Sat., 10 am to 6 pm, closed 1-2 pm. Admission €5. www.keats-shelley-house.org.

The **Goethe House** (Casa di Goethe), 18 Via del Corso, contains an apartment where Goethe lived in the late 18th century. Exhibits show his journals and works written or inspired by him. Tues. – Sun, 10 am to 6 pm. Admission €5. Group guided tours for €35. <http://www.casadiGoethe.it/>

The **Protestant Cemetery** (officially, the Non-Catholic Cemetery) holds the remains of many of these expats, including Shelley, Keats, Antonio Gramsci, Constance Fenimore Woolson, noted American geographer George Perkins Marsh, and the fictional Daisy Miller. Via Caio Cestio, 6. Metro: Piramide. Open M-Sat 9 am to 5 pm (last entry 4:30 pm) and Sundays 9 am to 1 pm (last entry 12:30 pm). Free but €3 donation suggested. It is possible to get help locating graves at the Visitor Center.

Rome in literature. Many important English-language works of literature take place in Rome. Consider reading a bit before we travel, or en route:

- Hawthorne's *The Marble Faun*
- Henry James' *Daisy Miller*
- Poetry of Robert and Elizabeth Barrett Browning
- Shakespeare, *Julius Caesar*
- And more (lighter fare) at <http://www.guardian.co.uk/travel/2011/jul/13/top-10-books-rome>

Fun Traditions

La Bocca della Verità, the Mouth of Truth, is a Roman statue thought to be of the god Oceanus, which by tradition has functioned as a lie-detector. If you tell a lie while you place your hand in the mouth of the figure, your hand will be bitten off!

Located in the courtyard of Santa Maria in Cosmedin. The church is on Piazza Bocca della Verità, between the western end of the Circus Maximus and the Tiber. Entry to the church is free, but there may be a charge to see the face, and there may be queues.

Ponte Milvio. Tradition holds that if you and your true love lock a padlock onto this bridge and throw behind you the key into the Tiber, you will be together always. This bridge is at the northern end of Rome, at the end of Via Flaminia.

Cats of Rome. Stray cats are protected in Rome, and fed by citizens and *gattare*, the “cat ladies.” You will find the cats everywhere; the population is estimated at 180,000! Read more at http://www.nytimes.com/2005/06/09/arts/09iht-cats.html?_r=0.

Some Italian Phrases for Tourists

Everyday Words

Good morning	Buon giorno
Good afternoon	Buon pomeriggio
Good evening	Buona sera
Good night	Buona notte
Hello (informal)	Ciao
Good bye	Arrivederci
Goodbye (informal)	Ciao.
See you soon	A presto
See you later	A più tardi
See you tomorrow	A domani
Do you speak English?	Parla inglese?
I do not speak Italian	(Io) non parlo italiano.
I speak a little Italian.	Parlo un poco l'italiano.
Do you understand?	Lei capisce?
I understand	Copisco.
I don't understand	Non copisco.
What did you say?	Che? Che cosa a ditto?
Please speak slowly!	Per piacere parli lentamente.
Please repeat that	Lo repita per favore.
I want	Io voglio
I do not want	Io non voglio
Excuse me(to pass)	Permesso
Where is it?	Dov'è?
What does it mean?	Che cosa significa quello?
Sir	Signore
Madame	Signora
Miss	Signorina
I am sorry	Mi dispiace
Excuse me	Mi scusi
Please	Per favore
Thank you	Mille grazie
You are welcome	Prego
Yes	Si
No	No
I would like	(Io)vorrei
How are you?	Come Stai?
I am fine, thank you.	Bene, grazie
Maybe	Forse
Just a second	Un momento

Restaurant/Food Words

Enjoy your meal!	Buon appetite!
Salads / Appetizers	Insalate / Antipasti
Meat	Carne
Meat sauces	Sugo di carni
Meatless sauces	Senza carne
Fish and seafood	Pesci e frutti di Mar
Pasta	Pastasciutta
Vegetables	Verdure
Soups / Rice	Minestre, Zuppe / Risotto
Drinks	Bevande
Salt / pepper /oil / vinegar / bread / desserts	Sale / pepe / olio / aceto / pan / dolci
Flat noodles / Round long pasta	Fettucine / Spaghetti
Stuffed pasta squares / Shell shaped pasta	Ravioli / Conchiglie
Fork / knife / spoon	La forchetta / il coltello / il cucchiaio
Small stuffed pasta	Tortellini
Cup / glass / plate	La tazza / il bicchiere / il piatto
Small dumplings	Gnocchi
Large hollow pasta	Rigatoni
Red wine	Vino rosso
White wine	Vino bianco
Sparkling wine	Spumante
Dry wine	Vino secco
Beef / Rib steak	Manzo / Bracirole
Boneless rib steak	entrecote
Veal	Vitello
Breaded veal cutlets	Vitello al Milanese
Veal chops	Costoletta de vitello
Pork	Maiale
Roast loin of pork	Arrosto de maiale
Lamb	Agnello
Grilled lamb chops	Braciolette d'abbacchio
Poultry	Pollame
Chicken / Turkey	Pollo / Taccino
Scrimp / Lobster / swordfish	Gamberi / aragosta / pesce spada
Ice cream / cake / whipcream	Gelato / torta / panne montata
Water / juice / beer / ice	Acqua / succo / birra / ghiaccio
Do you know a good restaurant.	Scusi, conosce un buen ristorante?
I would like to make reservation.	Vorrei fare una prenotazione.
For tonight? For tomorrow night?	Per stasera? Per domain sera?
Waiter!	Cameriere!
A table for two in the corner.	Un tavolo per due all'angola, per favore.
A table for two on the terrace	Un tavolo per due sul terrazzo.
Please, a table near the window.	Per favore, un tavolo vicina alla finestra.
The menu, please.	Il menú, por favore.

Restaurant/Food Words (con't)

I would like the fixed price menu.	Vorrei il menu a prezzo fisso.
What is today's special?	Qual è il piatto del giorno?
What is the house specialty?	Qual è la specialità della casa?
Do you serve children's portions?	Si servono porzioni per bambini?
What do you recommend?	Che cosa mi consiglia lei?
I would like to order now.	Vorrei ordinare adesso.
I would like...	Vorrei...
Can you also bring us bread and butter?	Ci porti anche pane e burro?
Can you also bring us a fork	Ci porti anche una forchetta.
I would like the asparagus soup.	Vorrei una crema di asparagi.
I like it.	Mi piace.
I prefer...	Preferisco...
I am a vegetarian.	Sono vegetariano(a).
I can't eat...	Non posso avere...
Too spicy	Troppo piccante
Too salty	Troppo salato(a)
Please bring me...	Per piacere mi porti...
Please bring me the bill.	Per favore, mi porti il conto.
May I ask a question?	Posso fare una domanda?
Where is the bathroom?	Dov'è la toletta?
How much do I owe you?	Quanto le devo?
I did not order this.	Non ho ordinate questo.
I do not think that the check is right.	Non penso che il conto sia corretto.
Is the tip included?	Il servizio è incluso?
Good night.	Buona sera.
Goodbye	Ciao (informal)
Thank you very much.	Mille grazie.
Goodbye	Arrivederci

A DAY IN FLORENCE: Sample for Wed. Mar. 20

Leave Rome 7:00am – Return Rome 10:30pm

Roma Termini to Firenze SM Novella Station:

Leave: 7:05am Arrive: 8:36am FRECCIAROSSA 9566

Firenze SM Novella Station to Roma Termini:

Leave: 9:04pm Arrive: 10:30pm FRECCIAROSSA 9557

€38 per adult round trip

Trenitalia Website: <http://www.trenitalia.com> (Then click on English Flag!)

- Leave train in Florence. The Luggage Office is to your left as you leave the train.
- From Piazza d' Stazione, walk up via Nazionale to via d'Ariento and the Mercato Centrale, wander through.
- Take any street going NE to Via Degli Alfani and go right to the Accademia for The David. <http://www.polomuseale.firenze.it/en/musei/?m=accademia>
- Take via Ricasoli SE to the Duomo, the Baptistry and the Opera Museum (Originals of the bronzes on the doors)
- From the Campanile, take via Calzaiuoli S (do some window shopping) to the Piazza d' Signoria. Look around, take a break.
- Continue S to the Uffizi Gallery. Visit museum. <http://www.polomuseale.firenze.it/en/musei/?m=uffizi>
- From the Uffizi, walk W along the Arno River to the Ponte Vecchio.
- (You can walk up to the Pitti Palace and the Boboli Gardens if there is time. Great views of Florence from the top of the Gardens)
- If you have time, walk E along the S bank of the river to Ponte alle grazie and cross over to visit Santa Croce.
- If not, go W along the Arno from Ponte Vecchio to Ponte S. Trinita and go right. Go left on Via d'Spada to via d'Fossi and go right to Santa Maria Novella. Look around.
- S M Novella Train Station is across the square from Santa Maria Novella.

Uffizi and Academia Museum Reservations

You can purchase tickets online at <http://www.polomuseale.firenze.it/english/musei/uffizi/>

Alternative: \$180 per person Bus Tour to Florence. Includes lunch and Accademia

<http://www.viator.com/tours/Rome/Florence-Day-Trip-from-Rome/d511-2390GRET17>

Firenze Santa Maria Novella Station, Piazza della Stazione, Firenze

Get directions

My places

Satellite

Traffic

A Firenze Santa Maria Novella Station, Piazza della Stazione, Firenze
B Mercato Centrale, Piazza del Mercato Centrale, Firenze
C Accademia, Florence, Italy
D Museo dell'Opera del Duomo, Piazza del Duomo, Firenze
E Piazza d' Signoria
F Uffizi Tours, Piazzale degli Uffizi, Florence, Province of Florence
G Ponte Vecchio, Florence, Province of Florence
H Giardino di Boboli, Palazzo Pitti, Florence, Italy
I Opera di Santa Croce in Firenze, Firenze, Province of Florence
J Santa Maria Novella, Florence, Province of Florence
K Piazza della Stazione

Add Destination - Show options

GET DIRECTIONS

Walking directions are in beta.
 Use caution - This route may be missing sidewalks or pedestrian paths.

Suggested routes

Piazza di Santa Maria Novella/Piazza Santa Maria Novella, Via degli Avelli and Piazza della Stazione
 6.6 km, 1 hour 20 mins

Walking directions to Piazza della Stazione
 Via Via dell'Ariento, Via dei Calzaiuoli, Via dei Bardi - remove all

Stazione Santa Maria Novella Piazza della Stazione, 1
 50123 Firenze, Italy

1. Head east on Piazza della Stazione

500 ft

200m

69 m

www.viator.com/tours/Rome/Florence-Day-Trip-from-Rome/d511-2390GRET17

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DURATION: 15 hours (approx.)
TOUR CODE: 2390GRET17

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2 Enter Total Number of Travelers

Adult (Age 8+) 1

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No trip to Italy is complete without a visit to Florence, the city that gave birth to the Renaissance. Travel by motor coach from Rome to Florence on a full day guided tour. Florence is a treasure trove of important paintings and sculptures, medieval architecture and Renaissance palaces, and on this tour you will see Michelangelo's famous statue of David plus architectural treasures by Giotto and Botticelli.

Highlights

- Full-day trip from Rome to Florence

Florence: <http://www.viator.com/tours/Rome/Florence-Day-Trip-from-Rome/d511-2390GRET17>

Pompeii: <http://www.viator.com/tours/Rome/Pompeii-Day-Trip-from-Rome/d511-3731VESUVIUS>

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Pompeii Day Trip from Rome

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LOCATION: Rome, Italy
DURATION: 13 hours (approx.)
TOUR CODE: 3731VESUVIUS

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1 Select Travel Date

21 Mar 2013

Can I change my dates?
What if my dates are not available?

2 Enter Total Number of Travelers

Adult (Age 15+) 0
Child (Age 4-14) 0
Infant (Age 0-3) 0

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Activity Info | Reviews | Photos

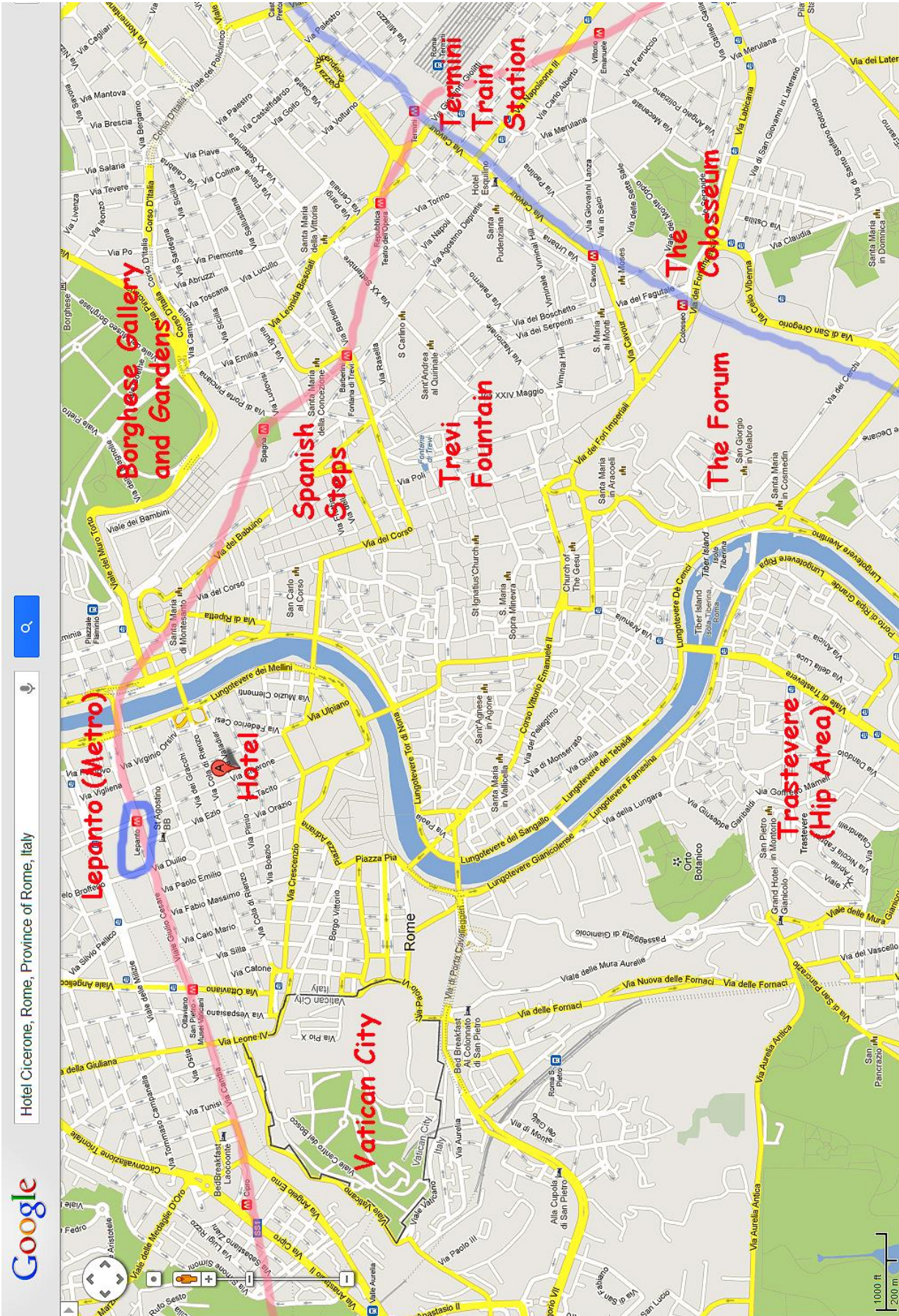
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Take a break from Rome's big-city bustle to discover the fascinating history of Pompeii and Mt. Vesuvius on this full-day guided tour from Rome. Perfect if your time in Italy is limited, this is the only day tour from Rome that visits both Pompeii and Vesuvius on the same day. Numbers are limited to a maximum of 25 people when exploring Pompeii and Vesuvius, ensuring you'll receive personalized attention from your knowledgeable guide.

Highlights

- Pompeii Day Trip from Rome, including the National Archeological Museum of Pompeii (winter)
- Pompeii and Vesuvius Day Trip from Rome (summer)
- Pompeii and Vesuvius tour from Rome, traveling by air-conditioned coach (summer)
- Personalized tour of the UNESCO World Heritage Site of Pompeii
- Groups are limited to 25 people per guide

Rome Map



Hotel Area Map

