

7-DAY PREMIUM GUIDE

ROME

Italy, Europe

The Eternal City — 2,700 years of history at your feet

Day-by-Day Itinerary

Top Hotels

Best Restaurants

Insider Tips

Welcome to Rome

Rome is unlike any city on earth. Where else can you walk past a 2,000-year-old aqueduct on your way to a morning espresso? The Colosseum, Vatican, Sistine Chapel, Trevi Fountain — these are the icons. But Rome's real magic lives in its neighborhoods: Trastevere's ivy-clad alleyways, the Jewish Ghetto's ancient ruins, the aperitivo bars of Prati. This 7-day guide balances the unmissable with the unexpected.

BEST TIME TO VISIT March–May & Sept–Nov	TYPICAL BUDGET \$130–\$220/day (mid-range)
COUNTRY Italy, Europe	GUIDE LENGTH 7 Days

7-Day Overview

- 1 Arrival & Ancient Rome
- 2 Vatican Day
- 3 Historic Centre
- 4 Baroque & Borghese
- 5 Appian Way & Catacombs
- 6 Monti & Aventine
- 7 Departure Day

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Days 1 & 2

DAY 1	Arrival & Ancient Rome	DAY 2	Vatican Day
● Check in, settle into your neighborhood ● Colosseum (book tickets in advance) ● Roman Forum & Palatine Hill ● Circus Maximus walk ● Dinner in Testaccio — Rome's foodie quarter TIP: The Colosseum + Forum ticket is combined. Book online — no same-day tickets.		● Vatican Museums & Sistine Chapel (early entry) ● St. Peter's Basilica ● Climb St. Peter's dome for skyline views ● Lunch in Prati neighborhood ● Castel Sant'Angelo exterior & bridge TIP: Book Vatican Museums for 8am opening — it's the only way to see the Sistine Chapel before closing.	

Days 3 & 4

DAY 3	Historic Centre	DAY 4	Baroque & Borghese
● Piazza Navona morning ● Pantheon (now requires ticket) ● Campo de' Fiori market ● Jewish Ghetto & ancient ruins ● Trastevere evening dinner TIP: The Pantheon requires a timed entry ticket — buy online to avoid queues.		● Borghese Gallery (MUST book — only 360 people per 2hr slot)... ● Villa Borghese gardens stroll ● Spanish Steps (visit early AM) ● Trevi Fountain at dawn ● Via Condotti luxury shopping TIP: Borghese Gallery has strict entry — book 1–2 weeks ahead. No exceptions on the day.	

Days 5, 6 & 7

DAY 5Appian Way & Catacombs	DAY 6Monti & Aventine	DAY 7Departure Day
● Catacombs of San Callisto or San Sebastia ● Appian Way ancient road walk ● Lunch in EUR district ● Ostia Antica — Rome's Pompeii (optional). ● Aperitivo in Pigneto neighborhood TIP: Rent a bike for the Appian Way — it's the best v	● Monti neighborhood market & vintage shop ● Santa Maria Maggiore basilica ● Aventine Hill & Orange Garden ● Knights of Malta keyhole (perfect St. Peter' ● Dinner in Monti TIP: The Aventine keyhole lines up perfectly with St.	● Morning espresso ritual at a local bar... ● Last visit to your favorite piazza ● Porta Portese flea market (Sunday only)... ● Lunch near Termini ● Transfer to airport (FCO or CIA) TIP: Leonardo Express train from Termini to Fiumicino airport ta

Where to Stay in Rome

Hotel de Russie★★★★★ Piazza del Popolo\$650–\$1,100/night Rome's most glamorous 5-star. Garden terraces, spa, and A-list clientele near the centro.	Hotel Indigo Rome★★★★ Prati / Vatican\$200–\$320/night Boutique 4-star near the Vatican with stylish rooms and a great rooftop breakfast.
The First Roma Arte★★★★★ Via Veneto\$450–\$700/night Art-hotel with curated exhibitions, rooftop bar, and classic Roman luxury.	Hotel Santa Maria★★★★ Trastevere\$160–\$240/night Charming ivy-clad courtyard hotel in Trastevere. Romantic and very well located.

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Where to Eat in Rome

Da Enzo al 29	Must order:
Roman Trattoria, Trastevere	Cacio e pepe & artichokes alla giudia
Roscioli	Must order:
Salumeria & Wine Bar	Carbonara — arguably Rome's best
Grazia & Graziella	Must order:
Testaccio Trattoria	Trippa alla Romana & offal specialties
Il Sorpasso	Must order:
Prati Wine Bar	Cured meats, natural wines, tramezzini
Suppli Roma	Must order:
Street Food	Suppli (fried rice balls) — Roman fast food perfection
Pizzarium (Bonci)	Must order:
Pizza al Taglio	Innovative pizza by weight — the best in Rome
Osteria dell'Angelo	Must order:
Trastevere Local	Thursday gnocchi & traditional Roman menu

Tips & Logistics

Getting There:	Fiumicino (FCO) is the main airport. Leonardo Express to Termini in 32 min.
Getting Around:	Walk the centre. Metro lines A & B cover outer neighborhoods. Avoid taxis without meters.
Roma Pass:	48h or 72h card covers transport + 1 or 2 museum entries. Good value if you're moving around.
Water:	Rome's nasoni (drinking fountains) serve cold, clean water — fill your bottle for free.
Dress Code:	Cover shoulders and knees for churches and the Vatican — bring a scarf in summer.
Scams:	Beware of unsolicited 'gladiators' at the Colosseum who charge for photos.
Best Espresso:	Bar San Calisto (Trastevere) and Sant'Eustachio il Caffè near the Pantheon.

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