









Rome Travel Guide 2026

Explore the Eternal City: hotels, attractions, tours, and day trips!



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Essential Travel Information for Rome 🇮🇹

Before exploring the Eternal City, here are some important tips to help you enjoy your trip to Rome.

Language: Italian is the official language. In most tourist areas, restaurants, and hotels, staff usually speak English, but learning a few basic Italian words like “*ciao*” (hello) and “*grazie*” (thank you) is always appreciated.

Currency: The official currency is the Euro (€). Credit and debit cards are widely accepted, but it’s useful to carry some cash for small cafés, markets, or taxis.

Climate: Rome has hot summers and mild winters. The best times to visit are spring (April–June) and autumn (September–October) when temperatures are pleasant and the city is less crowded.

Transportation: Rome has a public transportation system that includes metro, buses, and trams. Walking is one of the best ways to explore the historic center. Taxis and ride-sharing services are also available.

Cultural Tips: Italians appreciate politeness. A friendly “Ciao” or “Buongiorno” when greeting someone goes a long way. When visiting churches and religious sites, remember to dress modestly (shoulders and knees covered).

Transport from the Airport to Rome City Center ✈️



Leonardo da Vinci Airport (Fiumicino - FCO)

1. Leonardo Express Train:

- The Leonardo Express is a direct train that connects Fiumicino Airport to Termini Station, the main railway terminal in Rome.
- Departures every 15-30 minutes.
- Approximate travel time of 30 minutes.

[Click Here](#) to book your Train Ticket with a Discount!

2. Shuttle Bus:

- Several bus companies offer direct services from Fiumicino Airport to different points in Rome's city center.

- Travel time may vary depending on traffic.

[Click Here](#) to book your *Bus Ticket!*

3. Taxis:

- Official taxis are available at the airport.
- Make sure to use only licensed taxis and avoid drivers who approach offering services.

If you want to book a taxi with a special discount, [Click Here!](#)

Important Information 🌍✈️

Taxi lines at Rome airports 🚕 can be extremely long, especially during the summer when the heat ☀️ makes waiting very uncomfortable.

For a smoother arrival, I highly recommend booking an **airport transfer online**. This way, a driver will already be waiting for you at the airport with a sign, making the process faster, easier, and stress-free.

After experiencing the taxi line myself with my family, I can say that **pre-booking a transfer saves time and makes your trip much more enjoyable.** 🚗🌡️ [Fiumicino Airport: Minivan Transfer To/From Rome Hotel](#)

Ciampino Airport (CIA)

1. Terravision Bus:

- Terravision buses connect Ciampino Airport to Termini Station.
 - Frequent departures.
 - Travel time of approximately 40 minutes.
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2. Shuttle Buses and Taxis:

- Other bus companies also offer services from Ciampino Airport to Rome's city center.
- Official taxis are available; always check the fare before getting in.

You can book your bus ticket by [Clicking Here!](#)

If you want to book a taxi with a special discount, [Click Here!](#)

General Tips:

- It is recommended to buy transportation tickets in advance to avoid lines.
 - Be aware of scams and avoid unauthorized individuals offering transportation.
 - Check specific schedules and services, as they may vary.
-



Exploring the Heart of Rome



✨ The Charm of the Historic Center

The historic center of Rome, known as the **Centro Storico**, is the true heart of the Eternal City. Although it is not very large in size, it is incredibly rich in history, culture, and architecture.

Its **narrow cobblestone streets, charming piazzas, and historic buildings** create a unique atmosphere that feels like walking through an open-air museum. Within a relatively small area, you'll find some of Rome's most famous landmarks, including the **Pantheon, Piazza Navona, Trevi Fountain, and Campo de' Fiori**.

One of the best ways to explore this area is **simply by walking**. In a single day, you can discover many of Rome's main attractions while enjoying cafés, fountains, churches, and hidden corners along the way.

Even though the historic center is compact, it is **full of life, history, and beautiful details**, making it one of the most fascinating areas to explore in Rome. If you are visiting the city for the first time, the **Centro Storico is an unmissable place to experience the true spirit of Rome**.

*[Join Now](#) for a tour of Rome's historic neighborhoods with a Local tour guide.
[Click Here to check Availability!](#)*



Hotels in Rome 🏨



🏨 Tourism Tax (€)

In Rome, most hotels charge a **tourism tax**, known in Italian as the *tassa di soggiorno*. This tax is charged **per person, per night** and the amount varies depending on the category of the hotel or accommodation.

Typically, the tax ranges from **€3 to €10 per night**. The revenue is used by the city to help maintain tourist services, infrastructure, and cultural heritage.

In many cases, this tax **is not included in the booking price** and must be paid directly at the hotel, usually at **check-in or check-out**.

Before confirming your reservation, it's always a good idea to **check with the hotel** to see whether the tourism tax is included in the total price or paid separately.

Looking for the perfect accommodations for your adventure in Rome? Look no further! With the [Hotels.com](#) platform, you will have access to the best hotels in the Center of Rome at the best prices, ensuring a more affordable and unforgettable stay. 🏠

[🌐 Click Here to Book Your Hotel in Rome Now.](#)

Top Attractions in Rome 🏛️



Colosseum 🏟️

The Colosseum, an imposing Roman amphitheater built under the Flavian dynasty in 70-80 AD, stands out as an unparalleled architectural landmark. Its role in Roman history goes beyond gladiatorial spectacles, serving as a stage

for dramatic theatrical performances and athletic competitions. A symbol of the grandeur of the Roman Empire, the Colosseum has witnessed centuries of events that shaped the culture and politics of antiquity. The recommendation to purchase tickets in advance not only provides quicker access but also allows for a deeper immersion in the historical magnitude of this magnificent monument.

By clicking here you can buy tickets for the Colosseum and other tourist attractions, with priority entry, avoiding the long lines in front of the monuments. 🎟️🏛️

Important Information 🌐✈️

Colosseum tickets can be confusing due to the different options available. Here are the main differences between them: (Click the Links) 🖱️

-
1. ***Colosseum Access with Audio Guide*** 🏛️: This ticket offers access to the Colosseum with an audio guide app.
 2. ***Colosseum Ticket with Roman Forum and Palatine Hill*** 🏛️🌿: In addition to the Colosseum, this ticket allows access to the Roman Forum and Palatine Hill on the same day.
 3. ***Guided Tour*** 🎤: Includes a guided tour of the Colosseum, where a specialized guide shares historical and cultural information.
 4. ***Special Access*** ✨: Some ticket options offer special access, such as to the underground area of the Colosseum or the upper level, providing panoramic views.

🕒 Some tickets may have specific entry times, while others offer flexible entry throughout the day. Choosing the right ticket depends on your preferences in terms of the visiting experience and what you want to see within the Colosseum complex and adjacent areas.



Vatican 🏛️

In the heart of the city, the Vatican is home to St. Peter's Basilica, the Vatican Museums, and the renowned Sistine Chapel. The basilica is an architectural masterpiece, and the museums house a vast collection of art and history. The Sistine Chapel is famous for Michelangelo's frescoes. Purchase your tickets in advance to avoid long lines.

"You must be appropriately dressed to enter the Vatican Museums, the Sistine Chapel, St. Peter's Basilica, and the Vatican Gardens. Visitors wearing sleeveless garments, low-cut clothing, shorts above the knee, miniskirts, and hats are not allowed entry."



Click below to see the ticket options for the Vatican:







Tickets for Vatican Museums & Sistine Chapel: Reserved Entry with No Lines




Skip-the-Line Tickets: Vatican Museums and Sistine Chapel with Access to St. Peter's Basilica

Guided Tour Tickets for the Vatican and St. Peter's Basilica, including the Sistine Chapel. Reserved Entry with No Lines.

Important Information

Entrance to St. Peter's Basilica is free . However, there are some areas and activities within the Basilica that may require an additional fee : (Click the Links)

-
- **Basilica Dome:** There is a fee to climb the dome . You can choose to go up on foot  or use the elevator to a certain point and then continue on foot . The view from the top is spectacular and offers a panoramic view of Rome and the Vatican .
 - **Vatican Necropolis:** Also known as Scavi, this is the underground area where St. Peter's tomb is located . *To visit, you need to book in advance  and there is an entrance fee.*

It is always recommended to arrive early , as the line to enter the Basilica can be long, especially during peak tourist season . Additionally, remember that there is a strict dress code : visitors must cover their shoulders and knees to enter.



Fontana di Trevi 🗺️

The **Trevi Fountain** is one of the most famous landmarks in Rome and a stunning example of **Baroque art**, built in the 18th century. At its center stands **Oceanus**, the god of the sea, surrounded by dramatic sculptures that symbolize the power of the ocean.

One of Rome's most beloved traditions takes place here: tossing a coin into the fountain is said to ensure your return to the city.

The fountain is beautiful at any time, but especially magical at night when it's beautifully illuminated. For a more peaceful experience, visit early in the morning or late in the evening to avoid the crowds.

A visit to the Trevi Fountain is more than just a photo stop — it's a true Roman experience.

The Trevi Fountain requires a fee to access the lower, directly adjacent viewing area, aimed at managing crowds and funding maintenance. While the upper street-level area remains free to view

Trevi Fountain: Entry Ticket + Guided City Walking Tour



Pantheon

The **Pantheon** is one of the best-preserved monuments of Ancient Rome and a true architectural masterpiece. Originally built as a temple to all Roman gods, it was rebuilt by **Emperor Hadrian around 125 AD**, giving it the form we see today.

Its most impressive feature is the **massive concrete dome**, with a central opening known as the **oculus**, which lets natural light illuminate the interior in a dramatic way throughout the day.

Inside, you'll find the tomb of the artist **Raphael** and several Italian kings, adding to its historical significance. Today, the Pantheon also functions as a Catholic church, preserving both its ancient and spiritual heritage.

For the best experience, visit during the day to see the sunlight streaming through the oculus.

A visit to the Pantheon is more than just seeing a monument — it's a journey through nearly 2,000 years of history.

Option 1 – Walking Tour 👉 [Click here to book your Rome Walking Tour](#), including visits to the **Pantheon and the Trevi Fountain**, and explore the Eternal City with an expert guide.

Option 2 – Pantheon Experience 👉 [Click here to book your Skip-the-Line Pantheon experience](#), including an audio guide and an immersive multimedia introduction to the history of Ancient Rome.



Roman Forum

The **Roman Forum** was the heart of public, political, and social life in Ancient Rome. Located between the **Palatine Hill and the Capitoline Hill**, this vast archaeological site was once the center of the Roman Empire, where citizens gathered for political debates, religious ceremonies, and important public events.

Today, the Forum is filled with impressive ruins that tell the story of more than **a thousand years of Roman history**. As you walk through the ancient stone paths, you will see the remains of **temples, triumphal arches, basilicas, and government buildings** that once formed the core of Roman civilization.

Among the most notable structures are the **Temple of Saturn, the Arch of Septimius Severus, and the House of the Vestal Virgins**, each reflecting the power and influence of Rome during its golden age.

Because of the historical richness of this site, many visitors choose to explore the Forum with a **guided tour**, which helps bring the ruins to life with fascinating stories, historical context, and insights into how ancient Romans lived.

A guided visit also usually includes **Palatine Hill**, one of the oldest areas of Rome and the legendary birthplace of the city.

 [Book Here](#) your *Guided Tour to the Roman Forum and Palatine Hill*.

★ Recommended Experience

 [Skip-the-Line Colosseum, Roman Forum & Palatine Hill Tour](#)

Mamertine Prison (Carcer Tullianum) 🗝️



Located near the **Roman Forum**, the **Mamertine Prison**, also known as the **Tullianum**, is one of the oldest prisons of Ancient Rome. This historic site once held important prisoners, including, according to tradition, the Apostles **Saint Peter and Saint Paul**.

As you walk through its ancient stone chambers and narrow corridors, you can feel the powerful atmosphere of a place that witnessed significant moments in Roman and early Christian history.

For a smoother visit, it is recommended to **purchase your tickets in advance** and take your time exploring this fascinating and often overlooked historical site.

👉 [Click Here!](#) to book your visit to the Mamertine Prison.

Catacombs of San Callixtus 🕯️



Located along the **Appian Way**, the **Catacombs of San Callixtus** are among the most important and fascinating underground sites in Rome. This vast network of tunnels stretches for more than **15 kilometers (9 miles)** and descends up to **20 meters (65 feet)** below ground.

These ancient burial chambers date back to the early centuries of Christianity and offer a unique glimpse into the lives, beliefs, and traditions of the first Christians in Rome. The catacombs contain numerous tombs, early Christian symbols, and beautiful frescoes carved into the walls of the underground passages.

The site is especially significant because several early **Popes were buried here**, including **Pope St. Callixtus I**, **Pope St. Urban I**, and **Pope St. Pontian**, making it one of the most important Christian burial sites in the city.

Visiting the catacombs is a truly unique experience, allowing you to explore a hidden side of Rome far from the busy streets above. Because the tunnels form a large underground labyrinth, **visits are only possible with a guided tour**, which helps bring the fascinating history of this place to life.






“In my opinion, the Catacombs of San Callixtus are one of the most fascinating and mysterious places to visit in Rome.”

👉 [Click here](#) to discover more and book your guided tour of the Catacombs of San Callixtus.

Free Rome Audio Tours


When you book **any tour, hotel, or transportation** using the links included in this travel guide, you will receive **exclusive Rome audio tours completely FREE.**

These audio tours cover some of the most iconic places in the city, including:

-  The Colosseum
-  The Vatican
-  The Pantheon
-  Trevi Fountain
-  The Jewish Ghetto

...and many other fascinating locations.

Each audio tour includes **engaging stories, historical insights, and interesting facts** that will help you understand Rome's incredible history while exploring the city.

 After making your reservation through any link in this guide, **simply send your booking confirmation via WhatsApp** (using the icon below). Once the reservation is verified, your **free audio tours will be sent directly to you.**

Take advantage of this exclusive opportunity to **enhance your visit to Rome with rich stories and historical context.**

👉 Click the **WhatsApp icon** below to request your free audio tours.



✓ *Works with any reservation made through the links in this guide.*

Other Important Tourist Attractions in Rome.

★ Best Rome Tours & Experiences | Colosseum, Vatican, Iconic landmarks
Walking tours through historic neighborhoods, Day trips & Food Tours

👉 [Check out the tours and book your favorite experience in Rome today](#)

Walking Tours & Sightseeing Buses 🚶 🚌

Rome is a city best explored on foot. 🏛️ Walking through its cobblestone streets and charming squares lets you truly experience the history and beauty of the Eternal City.

But if you prefer a more comfortable way to see the main attractions, tourist buses are a great option. These open-top buses offer panoramic views of Rome's most famous landmarks while expert guides share fascinating stories about each location.



It's the perfect way to see more of Rome without worrying about distances or fatigue.

👉 Free Rome Walking Tour with a Local Guide - [Click here to join.](#)

👉 Hop-On Hop-Off Sightseeing Bus - [Click here to check availability and discounts.](#)

Prefer exploring at your own pace?

You can use Self-Guided **Audio Tours on your phone** to discover Rome's history while walking through the city. 👉 [Explore Rome audio tours here:](#)

🚗 **Day Trips from Rome: Explore Beyond the Eternal City** 🏛️



Rome is incredible, but there's so much more to see just a short distance away! Whether you want to spend a day or stay overnight, these day trips are perfect for discovering Italy's gems.

1. Florence – The Cradle of the Renaissance 🎨



Florence is about **1.5 hours** from **Rome** by **high-speed train**, making it a perfect day trip. Known as the **birthplace of the Renaissance**, the city is famous for its art, architecture, and historic atmosphere.

During your visit, explore landmarks like the **Duomo (Cathedral of Santa Maria del Fiore)**, the renowned **Uffizi Gallery**, and the historic **Ponte Vecchio**, while enjoying the charming streets and lively squares of the historic center.

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- **Tour option:** Join a guided Florence Day Trip by High-Speed Train From Rome - [Click here to check availability and discounts](#).
 - **Overnight stay:** If you want to spend the night, trains from Rome to Florence run frequently.
 - **Hotel & activities:** Where to Stay & What to Do in Florence -

👉 [See the best hotels in Florence](#) / 👉 [Find the top activities and experiences](#)

2. Pompeii & Amalfi Coast – History and Stunning Views 🌊



Step back in time with a visit to **Pompeii**, the ancient Roman city preserved by the eruption of Mount Vesuvius in 79 AD. Then continue along the stunning **Amalfi Coast**, famous for its dramatic cliffs, colorful seaside villages, and breathtaking Mediterranean views.

-
- **Tour option:** Pompeii, Sorrento & Amalfi Coast Day Trip from Rome - [Click here to check availability.](#)
 - **Overnight stay:** For a full experience, stay in Naples or Sorrento; trains and buses connect these cities.
 - **Hotel & activities:** Find hotels and local experiences

👉 [Find the best hotels in Naples](#) / 👉 [See the top activities and experiences](#)

3. Tivoli – Villas & Gardens Near Rome 🌳



Just **30 km from Rome**, **Tivoli** is a popular day trip known for its beautiful landscapes and historic villas. The town is home to two **UNESCO World Heritage Sites**: **Villa d'Este**, famous for its spectacular Renaissance gardens and fountains, and **Villa Adriana (Hadrian's Villa)**, the vast imperial residence built by Emperor Hadrian in the 2nd century. Together, they offer a fascinating glimpse into the luxury and architecture of ancient and Renaissance Italy.

-
- **Tour option:** 👉 [Tivoli Villas Full Day Trip From Rome with Lunch](#)
 - **Overnight stay:** Optional, but you can stay in nearby Rome or Tivoli for a relaxed visit.
 - **Hotel & activities:** 👉 [See the best hotels in Tivoli](#)
-

4. Orvieto – Medieval Charm in Umbria 🏰




Orvieto is a charming hilltop town located about **1 hour from Rome by train**, famous for its dramatic setting atop a volcanic cliff. The highlight of the city is the stunning **Orvieto Cathedral (Duomo)**, known for its intricate façade and beautiful frescoes. Visitors can also explore the fascinating **underground tunnels and caves**, stroll through medieval streets, and enjoy local wines, especially the renowned **Orvieto Classico**.

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- **Tour option:** 👉 [Bagnoregio & Orvieto Day Trip from Rome with Wine Tasting & Lunch](#)
 - **Overnight stay:** Stay in Orvieto or return to Rome by train (1.5–2 hours).
 - **Hotel & activities:** 👉 [Find the best hotels in Orvieto](#) / 👉 [See the top activities and experiences](#)
-

5. Ostia Antica – Ancient Roman Port



If you love Roman history but prefer something closer to the city, **Ostia Antica** is the perfect choice, located just a short trip from Rome. This remarkably well-preserved ancient port offers a fascinating glimpse into daily Roman life, with ruins of **houses, shops, warehouses, thermal baths, and even a theater**. Walking through its streets feels like stepping back in time, without the crowds of more famous sites.

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- **Tour option:**  [Ancient Ostia Antica Semi-Private Day Trip from Rome by Train with Guide](#)
 - **Overnight stay:** Usually not needed; just a day trip from Rome by train (~30 min)
-

6. 🌴 Capri Island



Capri is one of the most beautiful and exclusive destinations in Italy, located in the Bay of Naples. Although it's a longer day trip from Rome, it's absolutely worth it for its **crystal-clear waters, dramatic cliffs, and stunning coastal views**.

Highlights of the island include the famous **Blue Grotto (Grotta Azzurra)**, the scenic **Faraglioni rock formations**, and the charming town center filled with boutiques, cafés, and panoramic viewpoints.

A guided tour is highly recommended, as it usually includes **transport, boat rides, and visits to the island's top attractions**, making the experience smooth and unforgettable.

👉 [Click here to book your Capri Island Day Trip from Rome](#)

7. Naples – Pizza, History & Culture 🍕



Naples is a vibrant and historic city, known as the **birthplace of pizza** and one of the most authentic destinations in Italy. Its lively streets are filled with history, culture, and incredible food. Visitors can explore **historic neighborhoods, fascinating museums, and landmarks like the Naples Cathedral and Royal Palace.**

The city is also the perfect base to visit nearby natural wonders, including **Mount Vesuvius**, the volcano that famously erupted in 79 AD, and the ancient ruins of **Pompeii and Herculaneum.**

-
- **Tour option:** 👉 [Naples Day Trip by High-Speed Train with Underground from Rome](#)
 - **Overnight stay:** Highly recommended for a full experience; trains connect Naples to Rome (~1h10).
 - **Hotel & activities:** Find Hotels and experiences

👉 [Find the best hotels in Naples](#) / 👉 [See the top activities and experiences](#)

Pisa & Leaning Tower



Located in **Tuscany**, **Pisa** is about **1 hour from Florence** and is famous for the iconic **Leaning Tower of Pisa**, one of the most recognized landmarks in the world.

The tower is part of the beautiful **Piazza dei Miracoli**, which also includes the **Cathedral** and the **Baptistry**. Despite its small size, Pisa offers a unique and memorable experience, perfect for a short visit or combined with a trip to Florence.

Many tours from Rome include **Florence and Pisa in one day**, making it a convenient way to visit both destinations.

[👉 Find the best hotels in Pisa](#) / [👉 Explore the top activities and experiences](#)

💡 Tips for your Day Trips:

- Use high-speed trains when possible to save time.
 - Book tours in advance to skip long lines.
 - If staying overnight, always check train/bus schedules in advance.
-

🍷 Food & Culinary Experiences 🍷



👨‍🍳 *Mercato Centrale Roma*


Located inside **Roma Termini Station**, **Mercato Centrale Roma** is one of the best places in the city to discover Italian cuisine in one vibrant location. This modern food market brings together some of Rome's best artisans, chefs, and food producers.


Here you can explore a wide variety of stalls offering **fresh pasta, pizza, cheeses, cured meats, olive oils, wines, and traditional Roman dishes.** It's a perfect stop for travelers who want to taste authentic Italian food without leaving the city center.

Whether you're looking for a quick bite or a full culinary experience, Mercato Centrale offers a lively atmosphere and a fantastic introduction to Roman flavors.


Local Dishes You Must Try


When visiting Rome, don't miss the chance to try some of the city's most iconic dishes.

 **Roman Pizza:** Roman-style pizza is famous for its **thin and crispy crust.** It's usually topped with simple and fresh ingredients such as tomato, mozzarella, and basil. Popular versions include **Pizza Margherita** and **Pizza Bianca.**

 **Traditional Roman Pasta:** Some of the most famous pasta dishes in Rome include:


- **Cacio e Pepe** – *pasta with Pecorino Romano cheese and black pepper*
- **Carbonara** – *made with eggs, Pecorino Romano cheese, guanciale, and black pepper*
- **Amatriciana** – *tomato sauce with guanciale, Pecorino Romano cheese, and a touch of chili*

 **Gelato:** Italian gelato is a must-try. It's creamier and richer than regular ice cream and comes in classic flavors like chocolate and vanilla, as well as favorites such as **pistachio and stracciatella.**

 **Suppli:** A traditional Roman street food, **suppli** are fried rice balls filled with melted mozzarella — a perfect snack while exploring the city.



Recommended Areas to Eat in Rome

 **Trastevere:** One of the most charming neighborhoods in Rome, Trastevere is famous for its lively atmosphere and traditional trattorias.

Popular restaurants include:

- **Da Enzo al 29** – a cozy trattoria known for authentic Roman dishes
 - **Tonnarello** – famous for generous pasta portions and lively atmosphere
 - **Osteria der Belli** – great for seafood and classic Roman cuisine
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Testaccio: Often considered the **heart of Roman cuisine**, Testaccio is a favorite area for locals who want authentic traditional food.

Recommended restaurants:

- **Felice a Testaccio** – legendary for its famous Cacio e Pepe
 - **Flavio al Velavevodetto** – excellent pasta and Roman specialties
 - **Trattoria Perilli** – well known for its classic Carbonara and Amatriciana
-



Centro Storico (Historic Center)

In the historic center of Rome you'll find many traditional restaurants close to famous landmarks.

Great places to try include:

- **Roscioli** – gourmet deli and restaurant with exceptional cheeses, wines, and pasta

- **Armando al Pantheon** – a historic family-run restaurant near the Pantheon
 - **La Carbonara** – located in the Monti district and famous for its Roman pasta dishes
-

Insider Tips

- ✓ **Explore the food stalls at Mercato Centrale** – each one specializes in different Italian specialties.
 - ✓ **Visit during off-peak hours** – mornings or late afternoons are usually less crowded.
 - ✓ **Try local specialties** – Roman cuisine is simple but incredibly flavorful.
-

Best Food Tours in Rome

-  [Rome Street Food Tour in Historic Center](#)
 -  [Trastevere Food Tour + Free Flowing Fine Wine](#)
 -  [Pasta & Gelato Cooking Class in the City's Heart](#)
-

Rome Street Food Tour Experience

If you want to truly experience Roman cuisine, joining a **guided street food tour** is one of the best ways to do it. During the tour, you'll walk through historic neighborhoods, taste authentic local dishes, and learn about Rome's culinary traditions from a knowledgeable local guide.

Many tours include **multiple food tastings**, traditional Roman specialties, and even **unlimited wine such as the famous Barolo**. It's a fantastic opportunity to discover hidden food spots that most tourists would never find on their own.


 [Click here to check availability and prices](#)

Shopping in Rome



Rome is not only a city of history and monuments — it's also a fantastic place for shopping. From traditional street markets to luxury fashion boutiques, the Eternal City offers something for every taste and budget.

Whether you're looking for local products, stylish clothing, or unique souvenirs, Rome has plenty of options to explore.


 **Traditional Markets:** For an authentic Roman experience, visit the Campo de' Fiori Market, one of the most famous outdoor markets in the city. Open during the day, this lively market offers fresh fruits, vegetables, spices, olive oil, cheeses, and many traditional Italian products.

Walking through the market is a great way to experience local life while discovering handmade goods, local delicacies, and unique souvenirs to bring home.

 **Fashion Boutiques:** If you love fashion, the area around Piazza di Spagna (Spanish Steps) is the perfect place to visit. This elegant district is famous for its luxury shopping streets and designer boutiques.

Nearby streets like Via dei Condotti feature world-renowned Italian brands such as Gucci, Prada, and Valentino, as well as stylish jewelry stores and high-end fashion boutiques.

Even if you're not planning to shop, walking through this area is a wonderful way to experience Rome's sophisticated fashion atmosphere.

 **Popular Shopping Streets:** Rome has several great shopping streets where you can find everything from international brands to local Italian stores.

Via del Corso: One of the most famous shopping streets in Rome, connecting Piazza Venezia to Piazza del Popolo. It offers a mix of international brands, Italian shops, and department stores.

Via dei Condotti: Rome's most famous luxury shopping street, located near the Spanish Steps. Perfect for high-end fashion and designer brands.

Via Cola di Rienzo: Located near the Vatican, this wide avenue is a great place to shop for clothing, shoes, and Italian brands at more affordable prices.


What to Buy in Rome


If you're looking for souvenirs or special gifts, Rome offers many traditional Italian products worth bringing home.


Popular items include:

 *Italian leather goods (bags, belts, wallets)*

 *Limoncello and Italian liqueurs*

 *Italian pasta and gourmet food products*

 *Olive oil and balsamic vinegar*

 *Italian ceramics and handmade crafts*

 *Religious items from Vatican shops*

These items make wonderful souvenirs and a great way to take a little piece of Italy home with you.

 *Exclusive Full Day Shopping Tour with Personal Shopper*

Drinking Fountains & Public Restrooms



Rome is famous for its beautiful fountains, including the small public drinking fountains known as “**nasoni**”, found throughout the city. These fountains provide **free, fresh drinking water**, making them a convenient and eco-friendly way to refill your bottle while exploring.

You'll find them in many streets and squares, especially around the historic center.

For public restrooms, the **WC Roma app** is very helpful, allowing you to quickly locate the nearest facilities during your visit and making your experience in Rome more comfortable.

What You Need to Know Before Visiting Rome 🌍🏛️

Having visited Rome in both **winter** ❄️ and **summer** ☀️, I've experienced how different the city can feel depending on the season.

Winter is generally **less crowded**, making it easier to explore attractions, take photos, and avoid long lines 📷. However, for travelers coming from warmer countries, temperatures can feel colder than expected.

In summer, Rome can be **very hot and busy**, especially for those used to cooler climates. It's essential to stay hydrated — always carry a **water bottle** and take advantage of the city's many free drinking fountains 💧 to refill and cool down.

Public transport 🚆 and major attractions 🏛️ can also be quite crowded during this time, so planning ahead is important.

Despite these differences, Rome is an **incredible destination all year round**, offering unforgettable experiences in every season ✨

Safety Tips in Rome



Rome is a wonderful city to explore, but like any major destination, it's important to stay aware — especially in busy areas such as **Termini Station**.

General Safety Tips

- **Keep your belongings close:** Use zippered bags and keep them in front of you.
- **Watch for pickpockets:** Common in crowded areas and public transport.
- **Avoid displaying valuables:** Keep jewelry, cash, and electronics discreet.
- **Use hotel safes:** Store important items securely when possible.
- **Be aware of scams:** Ignore unsolicited help or distractions.

Safety at Termini Station

- **Stay alert:** It's a busy transport hub with frequent crowds.
- **Use main entrances:** Better monitored and safer.

- **Avoid strangers offering help:** Only trust official staff.
- **Protect your phone and valuables:** Keep them secure at all times.
- **Use official taxis only:** From designated taxi stands.
- **Arrive early:** Avoid rushing and stay in control of your surroundings.

Additional Tips

- **Keep digital copies of documents** (passport, cards).
- **Ask your hotel about safe areas**, especially at night.
- **Emergency number in Italy: 112**

By following these tips, you can enjoy a **safe and stress-free trip to Rome** 🇮🇹

Common Tourist Scams in Rome (and How to Avoid Them)



Rome is generally safe, but like any major tourist destination, there are some common scams to watch out for — especially in busy areas like the **Colosseum, Trevi Fountain, and Termini Station**.

Bracelet Scam

Someone approaches you, puts a bracelet on your wrist “for free,” and then demands money.

👉 **Tip:** Firmly say “*No, grazie*” and keep walking.

Petition Scam

People may ask you to sign a petition, often pretending it’s for charity or a good cause. While you’re distracted, someone else may try to steal your belongings.

👉 **Tip:** Avoid engaging and keep moving.

Fake Ticket Sellers

Near major attractions, scammers may try to sell “skip-the-line” tickets that are fake or overpriced.

👉 **Tip:** Always book tickets **online in advance or from official counters**.

Taxi Overcharging

Unlicensed taxis may approach you, especially at airports or train stations, offering rides at inflated prices.

👉 **Tip:** Use **official taxis** or pre-booked transfers only.

“Free Gift” Trick

Vendors may offer a “free” item (like a rose or souvenir) and then demand payment.

👉 **Tip:** Don’t accept anything from strangers.

Pickpocket Distractions

Groups may create distractions (spilling something, asking for help) while someone steals your wallet or phone.

👉 **Tip:** Stay alert, especially in crowds and on public transport.

✓ Stay Smart, Travel Safe

Most scams rely on distraction and pressure. If something feels suspicious, **trust your instincts and walk away.**

With a little awareness, you can enjoy Rome safely and focus on what really matters — exploring one of the most incredible cities in the world 🇮🇹✨

✓ 🧳 Essential Travel Checklist for Rome

Before heading to Rome, make sure you have everything you need for a smooth and enjoyable trip:

📄 *Travel Documents*

- Passport (valid)
 - [Travel insurance](#)
 - [Flight tickets & confirmations](#)
 - [Hotel reservations](#)
 - Copies of important documents (digital & printed)
-


🇪🇺 *Money & Payments*

- Credit/debit cards
 - Some cash in Euro (€)
 - Travel card (optional)
-


👕 *Clothing & Essentials*

- Comfortable walking shoes 🦵
 - Lightweight clothes (summer) or layers (winter)
 - Modest clothing for churches (shoulders & knees covered)
 - Sunglasses 🕶️ & hat 🧢
 - Small backpack or crossbody bag
-

Electronics

- Phone & charger
 - Power adapter (Type C / F for Italy)
 - Power bank 
 - Headphones
-

Daily Essentials

- Reusable water bottle (for Rome's fountains)
 - Sunscreen 
 - Hand sanitizer
 - Tissues (public bathrooms may not have paper)
-


Safety & Comfort

- Anti-theft bag or money belt
 - Locks for luggage
 - Basic first aid kit
-

Travel Apps

- Google Maps (offline maps)
 - Translation app
 - Transport apps
 - Booking confirmations saved offline
-


Final Tip

Rome is best explored on foot, so pack light and prioritize comfort and practicality. Being prepared will help you enjoy the city stress-free and focus on the experience 

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Stop wasting time trying to figure out what to do in Rome... I'll plan everything for you!

Get a 100% personalized itinerary based on your travel style, interests, and budget — so you can enjoy Rome without stress, long lines, or missed attractions.

- ✓ Best attractions (Colosseum, Vatican & more)
- ✓ Local food spots & hidden gems 
- ✓ Smart daily routes to save time
- ✓ Tips to avoid crowds & tourist mistakes

