



Rome ✈️  
**ITINERARY**



**FREE ROME ITINERARY**

# Rome ITINERARY

ARRIVAL:

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DEPARTURE:

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EXPLORE  
ANCIENT  
ROME &  
COLOSSEUM  
DISTRICT

## Morning

Begin your journey at the **Colosseum** -Rome's most iconic symbol. Book a guided tour to learn about its gladiator history. Or, you can explore this architectural feat on your own.

Coffee stop: **Bar La Licata** – great spot near the Colosseum for cappuccino and a light breakfast

## Middday

Continue your expedition to the **Roman Forum**, the rectangular plaza featuring ruins of ancient temples, basilicas, and imperial palaces.

## Afternoon

Next, head to the **Palatine Hill**, the birthplace of Rome that has been inhabited since 1,000 BC.

## Evening

Dine at the cozy **Trattoria Monti** after an eventful day. Then, head back to your hotel to catch sleep.

## DAY 1



COLOSSEUM



Compare   
**Colosseum Guided  
Tour Options**



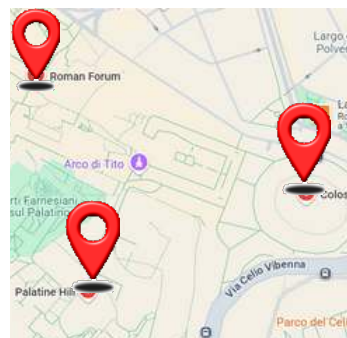
Food In Rome



Roman Forum



Palatine Hill



[Check on Google Map](#)

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## THE VATICAN CITY

### Morning

Day 2<sup>nd</sup> is all about exploring the [Vatican City](#). Your first destination is [St. Peter's Basilica](#), the most renowned Italian Renaissance church in Rome.

[Compare Vatican City Guided Tour Options](#)

### Full Day

Spend your whole day visiting the [Vatican Museums](#). Its [Sistine Chapel](#) is the must-see gallery.

## DAY 2

### VATICAN CITY



St. Peter's Basilica



Vatican Museums



Sistine Chapel

## TRASTEVERE AND JEWISH GHETTO

### Morning

Enjoy a refreshing walk through the colorful city of [Trastevere](#). It features many stores and eateries, making it an ideal destination for shopping and dining.

### Afternoon

Visit the impressive [Basilica of Santa Maria in Trastevere](#). It is renowned for its 12<sup>th</sup> and 13<sup>th</sup> century mosaics.

### Evening

Stop by the legendary [Tempio Maggiore](#), aka the [Great Synagogue of Rome](#). Learn how it symbolizes the freedom and citizenship rights of Jewish people.

## DAY 3

### Trastevere



Tempio Maggiore

[BOOK YOUR STAY IN ROME](#)

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**BAROQUE AND RENAISSANCE ROME** **Morning**

Head to [Piazza Navona](#) for your coffee fix early in the morning. This public square features many cafes serving varieties of coffee and other beverages. You can also check out its infamous three fountains: the Fontana dei Quattro Fiumi, the Fontana del Moro, and the Fontana del Nettuno.

[Explore Cooking Classes in Piazza Navona](#)

**Afternoon**

After a hearty breakfast, spend a few hours at the infamous [Pantheon](#). This 2nd-century temple is one of the best examples of Roman architectural structures.

[Book Pantheon Skip-the-line Entry Ticket](#)

**Evening**

Stop by the [Trevi Fountain](#) and participate in its coin tossing ritual. This coin throwing symbolizes a promise to return to Rome. You can throw two more coins if you want to find love in Rome and get married here.

Either call it a day or enjoy Rome's vibrant nightlife.

# DAY 4

## Piazza Navona



Piazza Navona



Trevi Fountain



Pantheon



Nightlife in Rome



[Check on Google Map](#)

**RELAXATION  
AND  
EXPLORATION**

**Morning**

Enjoy a leisurely morning at the beautiful **Villa Borghese Gardens**. This public park has everything, from museums to fountains and a lake. Take a walk, ride a bike, or enjoy jogging.

 **Compare Borghese Gallery Guided Tour**

**Afternoon**

Take a charming hillside walk towards the **Pincian Hill**, aka Passeggiata del Pincio. This fantastic viewpoint offers stunning views of Rome.



**Villa Borghese**



**Pincian Hill**

**Shop Or Explore Local Markets**

Enjoy last-minute shopping in Rome's local markets. You can buy Italian specialties, cheeses, cured meats, and fresh produce in these markets. **Campo de' Fiori** is the best destination for that. You can also purchase vintage goods and antiques to take back home.

 **Compare Campo de' Fiori Street Food Walking Tours**



**Evening**

Head to **the airport** to catch a flight back home or enjoy another night out in **Rome**.

**Book The Airport Shuttle Bus** 

 **CUSTOMIZE YOUR ADVENTURE**



**Rome Markets**

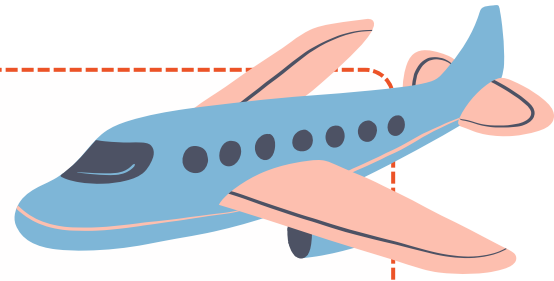


**DISCOVER MORE  
ITALY TRAVEL TIPS**

- [Things To Do In Rome](#)
- [Things To Do In Milan](#)
- [Top Tours In Venice](#)



# Travel Check List



## IMPORTANT DOCUMENT

- Passport
- Identification
- Travel Tickets
- Travel documents / Visas
- Money : Cash / Credit
- International Driver's Permit (if required)
- Important contacts
- Travel guide / Maps
- Hotel Reservation



## TOILETRIES

- Soap
- Shampoo
- Toothpaste
- Toothbrush
- Towel
- Sunscreen
- Deodorant
- Floss
- Perfume



## ELECTRONICS

- Camera
- Charger
- Powerbank
- Laptop
- Headphones
- Travel Adapter



## HYGIENE SUPPLIES

- Wet wipes
- Facial Masks
- Hand Sanitizer
- Tissue
- Feminine Products



## CLOTHING

- T-Shirts
- Pants
- Shorts
- Scarf / Light Jacket
- Hats
- Sunglasses



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# Emergencies

## **IN THE EVENT OF AN EMERGENCY, PLEASE CONTACT THE RELEVANT DEPARTMENT LISTED BELOW**

- Police Department: 112 (for theft, assault, and other crimes)
- Fire Department: 115 (for general accidents)
- Ambulance: 118
- Tourist Police: 060608 (for any other tourism-related assistance)

## **MEDICAL HELP**

- Pharmacies
  - Most pharmacies in Rome are marked with a green cross sign (+) and are well stocked with both Italian and international medicines. You'll usually find what you need or a reliable alternative recommended by the pharmacist. Many pharmacies in central areas operate 24/7 or have rotating night shifts to ensure round-the-clock access.

## **HOSPITALS WITH INTERNATIONAL CLINICS**

- UPMC Salvator Mundi International Hospital – Rome
  - Address: Viale delle Mura Gianicolensi, 67, 00152 Roma RM, Italy
  - Tel: +39 06 588 961
  - Fax: +39 06 588 96023
  - Email: [info@upmc.it](mailto:info@upmc.it)
  - Website: <https://upmc.it/en/locations/salvator-mundi>
  - Hours: Open 24 hours
  - Transportation: From Rome Fiumicino Airport, take the Leonardo Express train to Roma Termini Station. From there, you can take bus line 75 or 44 to reach the hospital area. Alternatively, taxis and ride-sharing services are readily available.



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