

Rome

SMART TOURISM GUIDE



Smart Tourism Guide



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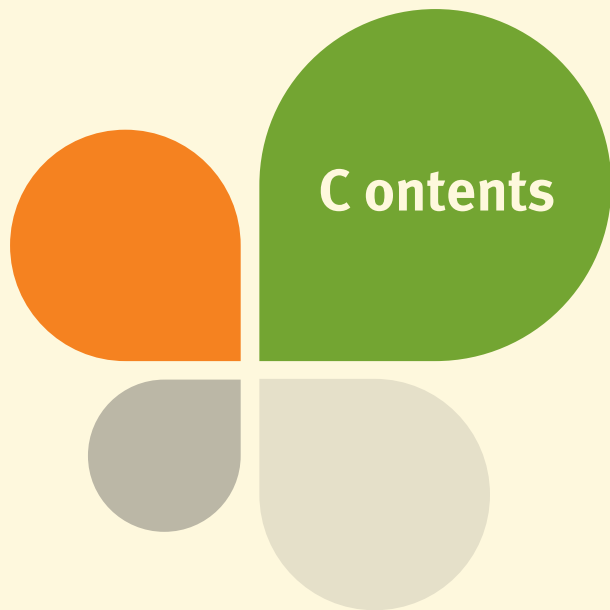


Programma di
apprendimento
permanente

Rome

SMART TOURISM GUIDE





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Welcome



Hello everyone!!!

We have written this guidebook of Rome for all the tourists.

This guidebook gives information for discovering Rome, our city, the capital of Italy.

This guidebook has been written by a group of kids from the Italian Association of People with Down Syndrome.

Rome is very big and full of things to see.

We chose to tell you about the things that we think are most important and beautiful.

Italy

Italy is a nation which is part of Europe.

Italy is a peninsula country.

A peninsula is surrounded by water on three sides.

The red arrow points to Italy on the map



Rome

Rome is the capital city of Italy.

This means that the Government meets in Rome.

Also the President of the Republic lives in Rome

The red arrow shows where Rome is.



Useful information





Money: Euro is the type of money we use in Italy.

Telephone: In order to call Italy from another country, one should dial the area code +39 and then the telephone number.

Language: In Rome we speak Italian.

Anyway you will find many people able to give you information in English.



Water: On Roman streets you can find fountains. You can drink from fountains. These fountains have a characteristic look and they are called “Nasoni”. “Nasoni” means big noses.



Electric Plugs: In Italy plugs and sockets look like this.

In order to be able to use in Italy a device with the English or Irish kind of plug, you have to attach the plug to an adaptor.

Public Holidays in Rome:

- January 1st: New Year's day
- January 6th: Epiphany
- Easter and Easter Monday
- April 25th: Liberation Day
- May 1st: International Workers' Day
- June 2nd: Republic Day
- June 29th: Saint Peter and Saint Paul's day, patron saints of Rome
- August 15th: Assumption Day
- November 1st: All Saints' Day
- December 8th: Immaculate Conception
- December 25th and 26th: Christmas and St. Stephen's day

Emergency and useful telephone numbers:

Emergency department and ambulance: 118

Police: 113

Carabinieri: 112

Lost and found in buses and trams: 065816040

Transport



How to get to Rome from the airport

There are two (2) airports close to Rome: one in **Fiumicino** and one in **Ciampino**.

How to get to Rome from Fiumicino airport

By Train:

In the airport there are signs to help you walk to the station where you will find the trains to Rome.

- The Leonardo Express train brings you to the Termini Station (the central train station).



The ticket costs 14 €

You can buy the tickets at the ticket office.
You find the ticket office just before the platforms.

- The train **line FR1** stops, among others, at the stations Trastevere, Ostiense, Tiburtina and Tuscolana.



The ticket costs 8 €

You can buy tickets at the ticket office.
You find the ticket office just before the platforms.

By bus:

There are many buses, called “navetta”, that bring you to Rome.



The ticket costs 5 €

and you can buy it in the ticket office in the airport.

By taxi:

You can find taxis at the airport exit.

Taxis are white cars with the word “taxi” written on the top.



To go to Rome by taxi you have to pay more or less 50 €.

How to get to Rome from Ciampino's airport

By Bus:

Many buses connect this airport to the Termini station. Buses leave from the service area in front of the airport.

By Taxi:

You can find taxis at the airport exit.

Taxis are white cars with the word “taxi” written on the top.



To go to Rome by taxi you have to pay more or less 30 €



Subway:

There are two subway lines in Rome.

One is the line **A**.

The signs for the line A are colored in red.

The other one is the line **B**.

The signs for the line B are colored in blue.

Here is the map of the subway.



Tickets for public transportation

You have to buy the ticket and scan it in order to use public transportations.

Where do you buy the tickets?

You can buy the tickets for public transportation (buses, trams and subway) at tickets offices in subway stations, at news-stands and at tobacco shops.

How do you scan your ticket?

You can use the ticket only for a certain amount of time.

You have to put the ticket in the machine in order to scan it.

The machine is on the bus, on the tram and at the subway station.

Kinds of tickets

There are many kinds of tickets:



“BIT” ticket - it costs 1,50 €

You can use it for one and a half hour after you have scanned it.

During this time you can change buses as many times as you want.

During this time you can take the subway only once.



“BIG” ticket - It costs 4 €

You can use it for 24 hours (one day) after you have scanned it.

During this time you can change buses as many times as you want.

During this time you can take the subway as many times as you want.



“BTI” ticket - It costs 11 €

You can use it for 3 (three) days after you have scanned it.

During this time you can change buses as many times as you want.

During this time you can take the subway as many times as you want.



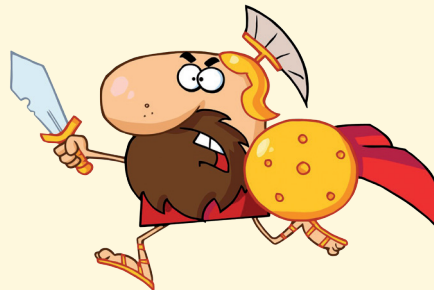
“CSI” ticket - It costs 16 €

**Remember
to scan your
ticket !!!**

You can use it for 7 (seven) days after you have scanned it.

During this time you can change buses as many times as you want.

During this time you can take the subway as many times as you want.





Open Bus 110

Open Bus 110 is a double-decker bus.

It brings you around the city.

This bus passes next to the most important monuments of the city.

On the bus they give you headphones.

Through the headphones you can listen to the story of the city.

Open Bus 110 leaves every 15 (fifteen) minutes from Via Einaudi.

Via Einaudi is close to the subway stop called “Repubblica”. This stop is on the “A” line.

With Open Bus 110 you can take a complete tour of the city.

This trip lasts 2 (two) hours.

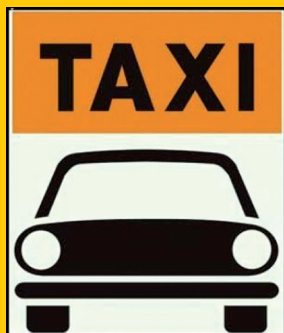
You can also decide to get off the bus at one of the stops.

In this way you can look around at the monuments and then get on another bus that comes later.

Where can you buy the tickets for the open bus?

People with disability don't pay for the Open Bus.

If there is a person without disability that is coming with you, he or she can buy a ticket at the Termini Station or on the Open Bus itself.



Taxis

In Rome taxis are white cars with the word “TAXI” written on the top.

A taxi can bring you wherever you want.

You just have to say to the driver where do you want to go.

But it costs a lot.

You can find a taxi on the street.

Raise your arm to call it.

You can also call for a taxi with the phone.

In this case, you say where you are and it will pick you up there.

In Rome the telephone numbers for taxis are:

068822 or 063570.

Where do we eat in Rome





In Rome there are many places where you can go to eat.

Bar

At the bar you can have breakfast with a coffee, a cappuccino or a croissant.

In Italian we call the croissant “cornetto”.

You can also have a snack at any time.

Here are some of the foods you can have:

tramezzino sandwiches, sandwiches, little round pizza slices (these are called “pizzette”), potato chips, drinks.

You can eat standing or sitting at a table.

In many bars if you sit at a table you have to pay more.



Pizzeria

At the pizzeria you sit at the table and eat: pizza, bruschetta, supplì and other things.

Pizzerias are open at night.

Only few pizzerias are open also at lunch.



Restaurant

A restaurant is a place where you can eat pasta, rice, meat, fish and other things.

Restaurants are open for lunch and for dinner.

Look carefully at the menu to see the prices.

Sometimes the menu is put outside.

Sometimes restaurants are very expensive.



Trattoria

A trattoria is similar to a restaurant.

In a trattoria you can eat the typical Roman dishes.

Eating at a trattoria is cheaper than eating at a restaurant.

Trattorias are open at lunch and at dinner

Fast Food Places

At a fast food place you can eat hamburgers, sandwiches, fried potatoes and have a drink.

You have to queue up, order what you want at the counter, and pay.

Then they give you a tray with the things you have ordered.

You can go eat at a table.

If you eat at a fast food you spend little money.



Pizzeria “al taglio”

Pizzeria “al taglio” is a place where they sell pizza slices and drinks.

There are no tables, so you buy a pizza and you take it away.

While you eat you can have a walk or sit on a bench in a square or in a park.

The pizzerias “al taglio” are open all day (from morning till night).

They are cheap.



Paninoteca

Paninoteca is what you call a “sandwich shop” in English.

It’s a place where you can eat various kinds of sandwiches, filled with what you want.

Sometimes there are no tables, so you can eat while you have a walk or sit on a bench, in a square or in a park.

The sandwich shops are open all day (from morning to night) and are cheap.



Pub

A pub is a place where you can drink beer, wine and different kinds of drinks.

In pubs you can eat snacks like potato chips, peanuts, crackers and olives.

In some pubs you can eat also cheeses, cold cuts and sandwiches.

Pubs are open at night.

You can go to a pub to have an aperitif or to chat and drink with your friends after dinner.

10 things to see



1. The Colosseum



The Colosseum is the symbol of Rome.

Its real name is “Anfiteatro Flavio”.

The Colosseum is one of the New Seven Wonders of the World.

It is one of the most visited monuments in the world.

The Colosseum is very ancient.

It was built in AD 80.

AD means after the birth of Jesus.

BC means before the birth of Jesus.

80 **AD** means 80 years after the birth of Jesus,
almost 2000 (two thousands) years ago.



The Colosseum was a stadium where Romans used to go and watch gladiator-fights, hunting performances, fights between men and ferocious animals and even naval battles.

Close to the Colosseum there are two places from the Ancient Rome.

These places are very beautiful to see.



The Roman Forum

At the time of the Ancient Romans here there were the market and the tribunal.

Also, politicians used to gather here.

The Palatino

Rome was built on seven hills.

Palatino is one of the seven hills.

The legend says that Romolo founded the city of Rome on Palatino.

VISITING HOURS



The Colosseum opens at 8:30 (eight and a half) in the morning and closes when it gets dark.

The ticket office closes one hour before the Colosseum's closing time.

TICKETS



With the ticket for the Colosseum you can also get into the Roman Forum and the Palatino.

The ticket is valid for two (2) days.

- **The ticket costs 7,50 €** for citizens of the European Union who are more than 18 years old but less than 65 years old and teachers in the European Union.
- **The ticket is free** for citizens of the European Union who are less than 18 years old and citizens of the European Union who are more than 65 years old. People with disabilities.
A person without disability that comes with a person with disability.
- **The ticket costs 12,00 €** for all other people

How to get to the Colosseum

Buses and trams:

From Termini Station: take the bus number 64 to Piazza Venezia and then walk.

From the Vatican/ Saint Peter's square: take the bus number 64 to Piazza Venezia and then walk.

From Trastevere: take the tram number 8 to Largo Argentina, then take the bus number 87.

Subway:

The closest stop to the Colosseum is the one called "Colosseum".

This stop is on the B line.

The B line is the blue one.

As soon as you get out of the station cross the road.

You have arrived at the Colosseum.



2. Saint Peter

Saint Peter's Square

Saint Peter's Square is the most famous square in Rome.

When you enter the square you are no longer in Italy. You are in another country, or State, that is called "Vatican City".

Vatican City is the smallest country in the world.

Vatican City is in another city (Rome) and in another country (Italy).

The leader of the Vatican government is the Pope. The bodyguards of the Pope are the famous Swiss Guards.

These guards wear a colorful uniform.



Two lines of columns close the square.
On the columns there are 140 statues of saints.

In the Square there are two fountains and in the middle there is a very tall **obelisque**.

Obelisque is a very tall and narrow monument made of one block of stone.

On the pavement between the fountains and the obelisque there are two disks.

Go there and stand up with your feet on one of the two disks.

In this way you will see only one line of columns.
The second line seems to have disappeared!



If you look over the right side of the colonnade you can see a palace.

The Pope lives in this palace, on the top floor.

The first three windows of the top floor are the windows of his apartment.

On Sunday at midday the Pope goes to the central window and blesses the people that come here from all over the world.



Saint Peter's Basilica

Saint Peter's Basilica is the biggest and most famous church in the world.

It's very famous because it's the place of the Pope. It's called what it's called because it was built next to Saint Peter's tomb.

Saint Peter was the first Pope in history.

It took a long time to build this church, almost 200 (two hundred) years.

Above the main entrance you can see the Loggia of the Blessings.

From this loggia the Pope blesses people.

Even higher up there is the dome.

The dome was designed by Michelangelo Buonarroti.

Michelangelo was a great artist and architect.

Romans call it “Cupolone”.

Cupolone means “big dome”.

It’s more than 130 metres tall.

You can step 357 steps and reach it.

If you arrive at the top you can see all of Rome.

Inside the Basilica there are 11 chapels, 25 altars and many works of art.



In the first chapel on the right there is a beautiful marble statue.

This statue is called the “Pietà”.

Michelangelo Buonarroti made it.

In the statue the Virgin Mary holds in her arms Jesus just after he died.



If you keep walking on the right side you will find Saint Peter’s statue.

This statue is made of bronze.

Visitors queue up to touch his foot, and in this way it has become shiny.

In the centre of the Basilica there is the altar of the Pope.

How to get to Saint Peter's Square

Buses and trams:

From Termini Station: take bus number 64.

From the Colosseum: walk for 5 minutes to get to Piazza Venezia, here take bus number 64.

From Trastevere: take bus number 23 at the stop at Lungotevere de' Cenci.

Subway: The closest stop to Saint Peter's square is **"Ottaviano-San Pietro"**.

This stop is on the A line. The A line is the red one.



3. Campo de' Fiori

Campo de' Fiori means “field of flowers”.

The square is called that because long time ago it held a flowering field with some vegetable gardens.

In the middle of the square there is the statue of Giordano Bruno.

Giordano Bruno was a great philosopher.

The Pope ordered him executed.

He was tied to a stake and burnt to death in this square.

It happened in 1600, more than 400 (four hundreds) years ago.

Many years ago, in fact, Campo de' Fiori was the place where they executed people condemned to death.

Today instead Campo de' Fiori is one of the most joyous and festive squares in Rome.
In the square there is a market.
In the market you can buy food, spices and flowers.

How to get to Campo de' Fiori

Buses and trams

From Termini Station:

Take the bus 64 or 492 to Largo Argentina, then walk.
You can look for signs with directions for Campo de' Fiori or you can ask somebody for directions.

From Saint Peter Square:

Take the bus 64 or 62 to Largo Argentina, then walk.
You can look for signs with directions to Campo de' Fiori or you can ask somebody for directions.



4. Ponte Milvio

Ponte Milvio is one of the most ancient bridges in Rome. It was built in 207 B.C.

This means that the bridge was built very many years ago.

The bridge crosses the Tiber.

It connects two Roman areas: Tor di Quinto e Flaminio.

The bridge is 136 meters long and 8 meters large.

If you come from Tor di Quinto and you are going on the bridge, you will pass under a tower.

This tower is called “Torretta Valadier”.

It has this name because the architect Giuseppe Valadier restored it.

This bridge became the symbol of lovers.

Here is why: in an Italian film called “I want you” two lovers swear each other eternal love.

To prove their love they lock a padlock to a chain

Then they throw away the key in the Tiber river.

Now many lovers, both Italian and foreign, go to Ponte Milvio.

Like the protagonists of the film they swear each other eternal love locking a padlock to a chain.

If you come to Rome with your boyfriend or girlfriend you can do it to!!!

How to get to Ponte Milvio

Buses and trams

From Saint Peter's Square

Walk on Via di Porta Angelica until you arrive in Piazza Risorgimento.

Here take the bus number 32, then ask the driver to tell you when you arrive in Ponte Milvio.

Many buses, from various places in Rome, can bring you to Ponte Milvio.

These buses are the numbers: 232, 220, 301, 446, 911 and many others.



5. The Pantheon

The Pantheon, in the Ancient Rome, was a temple dedicated to all the gods.

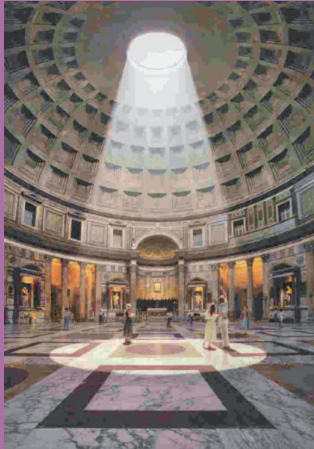
In Ancient Greece's language "Pantheon" means exactly that: "pan" means "all", "theon" means "gods".

It's more or less 2000 years old.

The Emperor Traiano built it between A.D. 118 and A.D. 125 on the remains of a temple from the 27 B.C. In the year A.D. 609, the Pantheon became a Christian Church and took the name of "Santa Maria ad Martires".

Romans call it the "Rotonda" because of its shape. "Rotonda" means "round".

The square in front of the Pantheon in fact is called “Piazza della Rotonda”.



The Pantheon gets light from the sunlight that enters through the roof.

Right on top of the dome there is a round opening. If it rains, the water that comes down from the opening disappears into the holes in the pavement.

Some Italian kings are buried in the Pantheon. Raffaello Sanzio, a great painter, is also buried there.

VISITING HOURS



It's open:

- From Monday to Saturday from 8:30 a.m. (eight and a half in the morning) until 7:30 p.m. (seven and a half in the evening).
- On Sunday from 9:00 a.m. (nine in the morning) until 6 p.m. (six in the afternoon).
- On public holidays from 9:00 a.m. (nine in the morning) until 1 p.m. (one in the afternoon).

It is closed:

- The 25th of December, the 1st of January and the 1st of May.

How to get to the Pantheon

Buses and trams

From Termini Station:

Take the 64 or 492 bus until you arrive in Largo Argentina. Then walk.

You can look for the signs with directions to the Pantheon.

You can also ask somebody for directions.

From Saint Peter's Square:

Take the 64 or 62 bus until you arrive in Largo Argentina, then walk.

You can look for the signs with directions to the Pantheon.

You can also ask somebody for directions.



6. Trevi Fountain

Trevi Fountain is the biggest fountain in Rome.
It's in Piazza di Trevi.

People all over the world know this fountain
because of its beauty.



It is also famous because of the film “La Dolce Vita”, directed by Federico Fellini.
In this film the two actors Marcello Mastroianni and Anita Ekberg enter into the fountain.
Here is a photo from that scene in the film



Trevi Fountain represents the sea.

As soon as you get into the square, take a seat on one of the benches.

Then look at the fountain.

You will see the Sea God on a carriage.

The carriage has the shape of a sea shell and is drawn by two horses.

One horse is quiet, because it represents the calm sea.

The other horse is nervous because it represents the stormy sea.

Two **tritons** ride the horses.

The **tritons** are fantastical characters with half the body of a human and half of a fish.

At least ten sculptors worked on the Trevi Fountain.

It took them 30 (thirty) years of work.

An ancient legend says that “If you throw a coin in the fountain with your back turned, you will come back to Rome”.

For this reason many tourists throw a coin in the fountain and the fountain is always full of coins. These coins are then collected and used for the poor.

How to get to the Trevi Fountain

Buses and tram

From Termini station:

Take bus 492 to Via del Tritone, then walk.

You can look for signs with directions for “Fontana di Trevi” or you can ask somebody for directions.

From Saint Peter Square:

Take bus 62 to Via del Tritone, then walk.

You can look for signs with directions for “Fontana di Trevi” or you can ask somebody for directions

Subway

The closest stop to the Trevi fountain is the one called “**Barberini – Fontana di Trevi**”.

This stop is on the A line.

The A line is the red one.



7. Piazza Navona

Piazza Navona is a very big square.

It is always crowded and full of attractions.

Here you can find: stands, painters who make portraits and street artists.

In the square and in the streets nearby you can find: artisanal stores, ice cream shops, pizzerias, restaurants and shops selling the tasty typical food.

In December and until the Epiphany on the 6th of January, you will find special stands.

These stands sell sweets, toys, nativity figurines and christmas decorations.

The square has a long oval shape and is very large.

Ancient Romans used the square as a stadium. Here they used to have chariot racing and other sport competitions.

In the summer they used to fill the square with water and have naval combats.

In the square there are three fountains.

In the centre there is the **Fountain of the Four Rivers**, the biggest one.

Then there is the Moor Fountain and the Fountain of Neptune.

The Fountain of the Four Rivers was realized by the sculpturer Gian Lorenzo Bernini.

In the Fountain there are: four giants, a rock and an obelisque.



If you look carefully you will notice that the fountain is full of animals.

You'll see: a horse, a lion, a snake, a sea snake, a dragon, an armadillo and a dove that is about to fly.

In front of the fountain there is a church called **“Santa Agnese in Agone”**.

The church has twin bell towers, a dome, and, on its facade, a statue of Saint Agnes.

The facade is the front wall of a building.

The church inside is very beautiful.

We think you should go visit it!

How to get to Piazza Navona

Buses and trams

From Termini Station:

Take bus number 64 or 492 to Largo Argentina, then walk.

You can look for signs with directions for Piazza Navona or you can ask somebody for directions.

From Saint Peter's Square:

Take bus 64 or 62 to Largo Argentina, then walk.

You can look for signs with directions for Piazza Navona or you can ask somebody for directions.

8. Spanish Steps

The square Piazza di Spagna is famous all over the world for its steps.

The steps go up toward an **obelisque**.

An **obelisque** looks like a column.

At the top of the steps there is a church.

This church is called “Trinità dei Monti” and has two tower bells.

Below, under the steps, there is the Barcaccia Fountain.

Pietro Bernini sculpted this fountain in 1627.

“Fontana della Barcaccia” in Italian means “Fountain of the ugly boat”.

It is called that because it looks like a sinking boat.



The fountain has two basins, one inside the other. One basin is the boat full of water, the other one is the river.

The water comes out from two sculptures called “mouths of the Sun”.

The water of the fountain is drinkable and very refreshing.



In the spring, the steps become full of flowers. Tourists sit on the steps to rest and sunbathe.

How to get to the Spanish Steps

Buses and trams

From Termini Station:

Take bus number 492 to Via del Tritone.

From Vatican/Saint Peter Area:

Take bus number 62 to Via del Tritone.

From Trastevere Area:

Take tram number 8 to Largo Argentina.

Then bus number 62 to Via del Tritone

Subway

The closest station to the Spanish steps is “Spagna”.

This stop is on the A line.

The A line is the red one.



9. Capitoline Museum

The Capitoline Museums are the oldest museum in the world.

They are in Piazza del Campidoglio.

The museum is divided in two buildings.

An underground gallery connects them.

One building is called “Palazzo dei Conservatori”.

The other is called “Palazzo Nuovo”.

There are very many things!

Here is what you must see in the museum.

In the Palazzo dei Conservatori yard you’ll find the biggest head, hand, arm and foot in Rome.

These are the remains of a giant statue of Costantino. Costantino was a Roman emperor.

On the first floor, there is the room called “**Sala degli Orazi e Curiazi**”.

The **frescos** here tell the history of Rome.

Frescos are large paintings painted directly on the wall.

In the room called “**Sala delle Oche**” there is the head of **Medusa**, made by the sculptor Gian Lorenzo Bernini.

Medusa is a fantasy figure that has poisonous snakes in place of her hair.

The legend says she would turn into stone whoever looked at her.





The “**Esedra**” is a room full of light.

Here you can see two famous sculptures:

One is the **Capitoline Wolf**, that is the symbol of Rome.

In fact there is a legend that says that a she-wolf breast-fed Romolo and Remo.

It also says that Romolo, when he grew up, founded Rome.

The other sculpture is the **equestrian statue** of the emperor Marcus Aurelius.

An **equestrian statue** is a statue of somebody riding a horse.

Outside, in the center of the square, there is a copy of the statue of Marcus Aurelius.

On the second floor there is the **Pinacoteca**.

The **Pinacoteca** is a place that contains many paintings.

Here you can find paintings from some great painters. Walk all the way through the underground gallery: you will arrive then in the building called “Palazzo Nuovo”.

On the first floor there is a room called “**Sala del Galata**”.

In this room we want you to look at two statues. One is the beautiful statue of the “Dying Galata”. The other one is the statue of two young people kissing each other, called **Cupid and Psyche**.



If you keep walking you will find:

- Two **centaurs**.

The **centaurs** are fantastic creatures with half the body of a man and half that of a horse.

- A giant **baby Hercules**.

- And finally the famous **Capitoline Venus**.

OPENING HOURS



The museum is closed on Mondays.

On the other days of the week it is open from 9.00 a.m. (nine in the morning) until 8.00 p.m. (eight in the evening).

The ticket office closes at 7 p.m. (seven in the evening).

TICKETS



Tickets for adults: **12 €**

Tickets with “concessions”: **10 €**

Tickets with “ridottissimo special price”: **2 €**

The ticket is free for:

Elementary and middle school students

People with disabilities

A person without disability that comes with a
person with disability

How to get to the Capitoline Museums

Buses and trams

From Termini Station:

Take the bus number 100 to Piazza Venezia.

Then walk for a little bit.

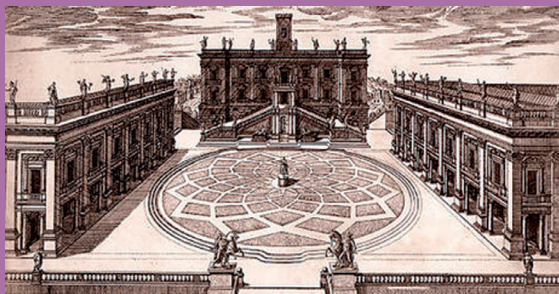
Go up the staircases to Piazza del Campidoglio.

From the Colosseum:

You can take the bus number 87, or the bus number 571 or the bus 810.

But we suggest that you take a nice walk instead of taking the bus.

Walk for ten minutes on Via dei Fori Imperiali towards Piazza Venezia, then go up on the staircase to Piazza del Campidoglio.



Subway

The closest station to the Capitoline Museum is the one called **“Colosseo”**.

This stop is on the B line. The B line is the blue one.

Then you can take the bus number 87, or the bus number 571 or the bus 810 or you can walk for 10 minutes towards Piazza Venezia.

10. Gianicolo Hill

Gianicolo is a small hill. We suggest you visit it. In ancient times this place was dedicated to Giano, a god with two faces.

This is why the place is called “Gianicolo”.

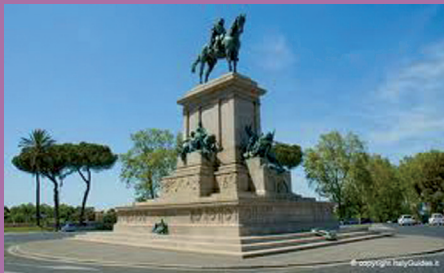
You can take a street called “Salita del Gianicolo”.

You will reach the top of the Gianicolo at the end of this street.

From here you will see Rome from the biggest and most panoramic balcony of the city.

On top of the hill there is a statue of Garibaldi on a horse.

Garibaldi was a very important general in Italian history.





If you get close to the fence of the balcony, it feels like you are floating over the city.

The view of Rome from here is really beautiful.

This balcony is also famous for its cannon.

The cannon fires a shot every day at midday.

Close to the square, on the road that goes down towards the Vatican, there is a monument dedicated to Anita.

Anita was Garibaldi's wife.

In front of this statue there is a lighthouse that at night shines with the colours of Italian flag: red, white and green.



How to get to Gianicolo

Bus

From Trastevere: take bus number 75

Walking tour 1



This tour starts from Largo Argentina.

Ask someone at your hotel how to get to Largo Argentina.

There are many buses and trams stopping in Largo (di Torre) Argentina.



1. Largo Argentina

Largo Argentina is a square.

In the square there is also an important theatre.

In the middle of the square there is an archaeological excavation, where a cat colony lives.

If you look into the excavation, you can see the cats sleeping and playing.

Ask for information to get to the next place, the Teatro Marcello (“Marcello’s Theatre”).
If you want you can take a bus in Via delle Botteghe Oscure or you can take a 10 minute walk.

2. Il Teatro Marcello

It’s an ancient Roman theatre, it looks a little bit like the Colosseum.

During the summer they hold classical music concerts in the theatre.

Turn your back on the Theatre and turn to the right, going ahead until you see a little temple with many columns.

Look for a traffic light and cross the street: you have arrived at the next stage of the tour





3. La Bocca della Verità

Bocca della Verità (the “Mouth of Truth”) is inside a church called “Santa Maria in Cosmedin”.

It’s the face of a man with his mouth open, made of murble.

The legend says that the Mouth of Truth was used in order to discover if the people accused of having committed a crime were lying.

The accused would put his hand in the Mouth of Truth. If he managed to bring it back he was innocent, if he didn’t manage he was guilty and got arrested. In the Middle Ages it was believed that behind the Mouth of Truth there was an executioner ready to cut the hand of the guilty ones.

Go out of the church and turn left.

Soon, where the street ends, turn left again and walk straight upward.

Once at the street light, cross the street and you'll have the next stage of the tour right in front of you: Circo Massimo.

4 . Il Circo Massimo

Circo Massimo ("Great Circus") is an ancient Roman stadium where there used to be horse races.

Sometimes they would fill it up with water from the Tiber and have "naumachias", which means naval combats for entertainment.

It's 621 (six hundred and twentyone) metres long, 118 (one hundred and eighteen) metres large, and it could host 250.000 (two hundred and fifty thousand) spectators.



It's much bigger than a football stadium.

Today, where Circo Massimo once stood, there is now a big field covered with grass: here Romans run, play and bring their dogs for a walk.

Look around to find a big marble statue on a small hill and go there.

Look behind the statue for the uphill street that goes through a rose garden.

Walk straight upward until you have, on your right, a garden full of orange trees.

You have arrived at the next stage: Giardino degli aranci ("Orange Tree Garden").



5. The Orange Tree Garden

It's a garden on top of the Aventine Hill, full of orange trees.

In the garden there is a balcony.

From the balcony you can see a large part of Rome. The view is great, you can see Rome from on high: you can even see Saint Peter's Dome and Rome's river: the Tiber (called Tevere in Italian).

Near the garden, in Piazza Cavalieri di Malta (the Square of the Knights of Malta), there is a big front gate and from its keyhole you can see...

It's a surprise, go there and you'll find out!!!

Go down from the Aventine Hill toward Via Marmorata. Ask for information to get to the next stage: the Piramide Cestia (the Pyramid of Cestius).





6. The Pyramid of Cestius

The Pyramid of Cestius is the tomb of the ancient Roman magistrate, **Gaius Cestius**.

It's a marble pyramid 37 (thirty seven) metres tall.

Next to it you can see **Porta San Paolo** (Saint Paul's gate) with its two towers.

Porta San Paolo is one of the gates used in the past to enter the city.

**Did you like
this walk?**



We chose it because we wanted to show you some places in Rome that we like and where not so many tourists go!!!

Next to the Pyramid there is a metro station on the A line and also many buses that can bring you back to your hotel or other parts of the city.

Walking tour 2



This trip starts in a square: Piazza Trilussa.

Ask someone in your hotel how you can get to Piazza Trilussa.

Piazza Trilussa is in Trastevere area, close to the center of Rome.

You can go there by bus, many buses stop nearby.



1. Piazza Trilussa

Piazza Trilussa is a square with a beautiful fountain.

This fountain is called fountain of Ponte Sisto.

Ponte Sisto is the bridge crossing the Tiber in front of the square.

The square takes its name from an important Roman poet called Trilussa.

If you look around you can see a statue with his face.

Ask for directions for the next stage: Piazza Santa Maria in Trastevere.

You can get to this square in 10 minutes



2. Piazza Santa Maria in Trastevere

This is the most important square in the Trastevere area.

In the middle of the square there is a fountain.

The basin of the fountain has 8 sides.

On one side of the square you can see a big church.

This church in Italian is called Santa Maria in Trastevere, that means “Our Lady in Trastevere”.

It is very old.

It was built in 38 BC.

Go inside and look at the beautiful **mosaics** behind the altar.

Mosaics are drawings made of little small stones.

Look at the itinerary on the map to reach the next stage.

3. The tiny streets and houses of Trastevere

While walking to the next stage look around.

Streets in Trastevere are very special.

If you look down you see that almost all the streets are made of “**sampietrini**”.

Sampietrini are little stones with the shape of a pyramid.

They are placed one next to another to form the pavement.

The houses in Trastevere are very old, they are more than 600 (seicento) years old.





If you are visiting Rome during summer you have to try “**grattachecca**”.

Grattachecca is a cup full of crushed ice and fruit syrup.

There is a kiosk, a little house, that makes super tasty grattachecche.

The kiosk is close to Ponte Cestio, the bridge to go to the Tiber Island.

Romans come from all over the city to eat this grattachecca.



4. Tiber Island

You have arrived in the Tiber Island. In Italian we call it “Isola Tiberina”.

This island is at the center of Rome in the Tiber river, the river that runs through Rome.

Two bridges connect the island to the city.

One bridge is called Ponte Fabricio.

The other bridge is called Ponte Cestio.

On the island there are two hospitals and a church.

On sunny days, the sidewalks here are full of people.

They come here to sunbathe, read a book or have lunch.

Cross the bridge to get to the next stage.



5. The synagogue and the ghetto

A **synagogue** is the place where Jews pray.

Christians pray in churches, Jews pray in synagogues.

Rome's synagogue is one of the biggest synagogues in Europe.

It was built in 1901, more than 100 (one hundred) years ago.

Jewish Roman **ghetto** is one of the most ancient in the world.

What is a ghetto?

In the past Jews were only allowed to live in one area of the city.

This area is called a ghetto.

Why is it called a ghetto?

The word “ghetto” is the name of a Venetian area. In the Roman ghetto, for the first time, Jews were isolated from the rest of the city.

In the Roman ghetto there is a bakery. It makes very tasty Jewish sweets.

Did you like
this walk?



We chose it because we wanted to show you some places in Rome that we like and where not so many tourists go!!!

Ask for directions to get to **Largo Argentina**.

Many buses and trams pass by here.

From here you can go back to your hotel or reach other areas of Rome.

Tour outside of Rome





Ostia Antica

If you are curious to see how it looked like an ancient Roman city, we suggest you have an excursion to Ostia Antica, outside Rome.

How to get to Ostia Antica

Take the subway to the stop called “Magliana”. This stop is on the B line. The B line is the blue one. From the stop Magliana take the train towards “Lido di Ostia” and get off at the stop “Ostia Antica”. Immediately out of the station, you will be in front of a blue pedestrian bridge. Cross it and keep walking straight. Once you arrive in front of the little fountain, cross the road.



Then keep walking until you reach the fence of the archeological site.

TICKETS



You need to have a ticket in order to enter.

With your ticket you can also enter the museum.

The full price of the ticket is **6,50 €**.

The reduced price of the ticket is **3,25 €**.

The ticket is free for:

Citizens of the European Union who are less than 18 years old.

Citizens of the European Union who are or more than 65 years old.

People with disabilities.

A person without disability that comes with a person with disability.

OPENING HOURS



From November to February: 08,30 - 16,00

March: 08,30 -17,00

From April to October: 08,30 - 18,00

Closed on Monday, 1st of January, 1st of May
and 25th of December.

Ostia Antica rises on a military camp.

The camp was settled in order to defend the coast.

In fact, often the enemies came to attack from the sea.

After many years, the camp became a commercial city.

In fact, in addition to the enemies, many merchant
ships would also come from the sea.

The ships were full of goods to sell in Rome.

They would reach Rome sailing on the Tiber.



They used smaller ships to bring the goods to Rome.

During the Roman Empire, Ostia and its port became more and more important. Here they built enormous storehouses, shops, markets, houses, baths, and even a theatre.

Nowdays you can visit the ruins of the city. The entrance is in Via Romagnoli 717. You might want to take a map of Ostia Antica at the entrance, since the city is very big.



At the end of your visit

We suggest you try a dish of fried fish.

You can have it in one of the restaurants next to the walls of Giulio Secondo's castle.

Ask for directions to get to Giulio Secondo's castle.

We hope this guidebook helped you discover our city.

Working on this guidebook we discovered that Rome is really wonderful!!!

We hope that this guidebook helped you become more independent and visit Rome by yourself...

Or, better, with us!!!

Credits

This guidebook is one of the results of the “Smart Tourism” project .

The “Smart Tourism” project has been co-financed by the European Commission under the Lifelong Learning Programme (LLP), Grundtvig section.

The focus of the project has been on mobility, active participation, exchange of experience and information and development of new methods and tools by people with Down syndrome.

The project has involved 3 associations of persons with Down syndrome from Italy, Portugal and Ireland.

The goal of the project has been the production of 3 guidebooks of Rome, Lisbon and Dublin.

The guidebooks have been developed by people with Ds of the three countries participating in the project.

A group of “editors” made up of four people for each association has developed the guide of its own city.

The guide has then been tested by two groups of guys of the other participating countries.

The feedback given by the two groups has been used in the preparation of this guide.

The Rome guidebook was written by:

Alessandra Leonardi, Moira Oliverio, Serena Lavezzari, Amber Benedetti, James Cannucciari, Fabrizio Menichelli.

Thanks also to those professionals who have supervised the project: Carlotta Leonori and Andrea Sinno,

to all the Italian guys who tested the guides of Dublin and Lisbon and to the staff of AIPD international office.

