



## A One-Day Journey to Rome: Personal Hints.

**Rome.** "Rome wasn't built in a day" and, for sure, you cannot visit Rome in a day. BUT I can suggest you a daily walk itinerary to having a taste of this open-air museum city where thematic tours can be organized for a great variety of historical and cultural heritages from the ancient to contemporary times. Don't forget to wear comfortable walking shoes!

Take a high-speed train in Bologna Centrale Train Station early in the morning, at about 6:00 am, and arrive in Roma Termini in 2 hours and 15 min. Train tickets from Bologna to Rome can be purchased online from the two companies which operate in Italy ([Trenitalia](#) and [Italo Treno](#)) or using the automatic machines of the Bologna railway station. You can get a discount if you buy the tickets in advance or if you choose the ticket type called "a/r in giornata" that allows you to travel anywhere for fixed price if it's within the same day. A return ticket price depending on timing of purchase and class fare (usually from € 69 to € 150 EUR).

Arrived at Roma Termini Station, you need to walk from the train platform to the metro platform. You can find ticket vending machines there (€ 1.50 standard urban ticket valid 100 minutes, € 7 ticket pass valid 24 hours from the moment you validate it, more info [HERE](#)).

Take the blue line B, stop "Colosseo", to visit the Colosseum's area. Here you can admire and enter into the iconic amphitheater of Rome (info [HERE](#)), but you will be fascinated by all the amazing archaeological sites that will surround you. Admire the Arch of Constantine in front of the Colosseum, and take a walk into the Roman Forum and Palatine Hill site with its ancient ruins (info [HERE](#)). Go out on the road of Roman Forum, cross the street and have a look of the Forum of Augustus and Trajan's Market. Then, continue on Venezia Square and climb the Capitoline Hill. At the top of the hill, you will find a marvelous prize waiting for you: the spectacular Michelangelo's square, the Medioeval and Renaissance palaces and the view of the landscape from above. If you have enough time, you can also visit the Capitoline Museums (info [HERE](#)).

Go down the hill, walk for about 13 minutes and start a nice walk in the Rome historic center. Start entering the ancient Roman Pantheon and discover, 3 minutes far by walk, the powerful work of Caravaggio in the church of San Luigi dei Francesi. The Contarelli Chapel hosts three Caravaggio's paintings on the theme of St. Matthew the Evangelist (info [HERE](#), pay attention to opening times).

Continue until you reach the Navona Square, the legendary "rivalry square" between Bernini and Borromini, with its Borromini's church of Sant'Agnese in Agone and its Bernini's baroque marble fountains. Visit the famous Baroque Trevi Fountain and, why not, make a wish throwing a coin in the fountain to ensure you will return to Rome.

It only takes fifteen minutes by foot until you will find the Spanish Steps. If you intent to go on the top, have in mind that you have to climb 135 steps, but you will join a beautiful skyline from above. Audrey Hepburn also climb them in the popular film "A Roman Holiday".

Finally, don't miss the Piazza del Popolo and enter one of its treasure: the Church of Santa Maria del Popolo designed by Bernini and Bramante that contains the chapel with paintings of Annibale Carracci and Caravaggio's Conversion of St. Paul and Crucifixion of St. Peter (info [HERE](#), pay attention to opening times).

Finally, take the metro close to Piazza del Popolo, orange line A, stop "Flaminio", to go back to the Train Station, and get of at the stop "Termini".

If you have one more day, I recommend you to spend the evening in the district called Trastevere where you can find some typical restaurants. Take the second day for visiting the must-see Vatican Museums (info [HERE](#), close on Sunday), exploring the St. Peter's Basilica (info [HERE](#)), Castel Sant'Angelo (remarkable are the frescoes of Sala Paolina, info [HERE](#)) and crossing the Bernini's Angels brigade, the St. Angelo Bridge, from which you can join the very poetic view of the river and the city especially during the sunset.

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