

Rome: The Ultimate 4-Day Guide

August 29 - September 1, 2025

ARRIVAL DAY: Thursday, August 29

Evening: Sunset & Trastevere

7:15 PM - Aventine Hill Sunset

- 🌸 **Orange Garden** (Giardino degli Aranci) - best panoramic views
- 🌅 Sunset at 7:48 PM (arrive by 7:15 for best spots)
- 💡 Don't miss the Keyhole view at Knights of Malta nearby

8:30 PM - Aperitivo Options

- 🍹 **Cvltto** (Vicolo del Quartiere 7A) - Former religious shop turned cocktail temple, €15 cocktails with tapas
- 🍹 **Santo Trastevere** (Via della Paglia 40) - Extensive gin selection, garden setting
- 🍹 **Freni e Frizioni** (Via del Politeama 4) - World-famous converted mechanic shop

9:30 PM - Dinner: Grandmother-Style Trattorias

- 🍽️ **Oste Nostro** (Vicolo del Bologna 87/89) - €20-30, best tiramisu, book via TheFork for 30% off
 - 🍽️ **Checco er Carettiere** (Via Benedetta 10) - Since 1935, 4th generation women-run
 - 🍽️ **La Gensola** (Piazza della Gensola 15) - Hidden gem, cash only, incredible seafood
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DAY 1: Friday, August 30 - Ancient Rome

Morning: Colosseum Complex (8:30 AM - 1:00 PM)

BOOKING ESSENTIALS (Do this NOW!)

- 🎫 **Colosseum Underground:** €24-30 at ticketing.colosseo.it
 - Book EXACTLY 30 days before at 8:45 AM Rome time
 - YES, it's worth it - includes all regular areas PLUS underground/arena floor
 - Groups of 25 vs thousands in regular areas
- 🎫 **Alternative:** Third-party tours €60-120 if official sold out

Your Morning Plan:

- **8:30 AM:** Enter Colosseum via gladiator's gate
- **11:00 AM:** Roman Forum & Palatine (included in ticket)
 - PRO TIP: Enter via Palatine Hill entrance - zero queues!
- **12:30 PM:** Optional - Crypta Balbi (€10) for air conditioning and medieval Rome

Lunch Options (1:00 PM)

Pizza & Street Food:

- 🍕 **Antico Forno Roscioli** (Via dei Chiavari 34) - In Regola! €3-8 pizza al taglio
- 🍕 **Supplizio** (Via dei Banchi Vecchi) - Gourmet supplì €3-6
- 🍷 **Trapizzino** (Piazza Trilussa 46) - Roman stews in pizza pockets €4-7

Sit-Down in Regola:

- 🍴 **Grappolo d'Oro** (Campo de' Fiori area) - €34 tasting menu
- 🍴 **Piperno** - 160-year-old Jewish-Roman, try carciofi alla giudia

Afternoon: Chill Time (2:30-5:30 PM)

- 🏛️ **Museums:** Crypta Balbi or Palazzo Massimo (air-conditioned!)
- 🏨 **Hotel siesta** - Very Roman, very smart
- 🏛️ **Church refuge** - Sant'Andrea della Valle (free, cool, beautiful)
- 📖 **Bookshop wine bar** - Spazio Sette Libreria (Via dei Barbieri 7)

Evening: Cooking Experience (6:00-10:00 PM)

Options (BOOK NOW):

- 🍳 **Cesarine Network** - €140pp, cook with locals in their home, includes market tour
- 👵 **Pasta with Grandma** - €96pp, actual grandmothers in Palombara Sabina
- 🏠 **EatWith** - Various hosts, rooftop dinners, €60-80pp
- 🍷 **InRome Cooking** - Professional kitchen, craft cocktails included

Keep evening free for overflow!

DAY 2: Saturday, August 31 - Vatican & Roman Nights

Morning: Vatican (8:00 AM start SHARP)

- 📅 **Book NOW:** €20 + €5 booking fee at museivaticani.va
- ⌚ **Early entry tours** worth it - Sistene Chapel with 50 people vs 5,000
- 👗 **Dress code:** Shoulders and knees covered

Lunch Near Vatican (11:30 AM)

- 🍕 **Bonci Pizzarium** - Legendary 72-hour dough, €20 for two
- 🍷 **Da Enzo** (Via dei Gracchi) - Local favorite, not touristy
- 🍷 **Mondo Arancina** - Sicilian street food

Afternoon Adventures (2:00-5:00 PM)

- 🏛️ **San Clemente Basilica** - 3 churches layered! €10, no booking needed
- 💧 **Vicus Caprarius** - Underground aqueduct beneath Trevi, €3.50
- 🛍️ **Shopping option** - Via del Corso for air-conditioned stores

Evening: The Roman Night (5:30 PM-late)

- **5:30 PM:** Circus Maximus VR (€7) - empty field becomes chariot stadium!
 - **6:45 PM:** Aperitivo at **Il Sorpasso** (Prati) - €15 spritz with charcuterie
 - **8:00 PM:** **L'Elementare** (Trastevere) - Your New Haven-style crispy pizza!
 - **10:00 PM:** **Jerry Thomas Speakeasy** - Password from website, €5 membership
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DAY 3: Sunday, September 1 - Markets & Hidden Rome

Morning: Campo & Shopping (9:00 AM-12:30 PM)

Campo de' Fiori Market (8:30 AM before tourists)

- Buy fresh figs and pecorino
- Try maritozzo at nearby bakeries

Shopping Areas (most open Sundays):

- 🛍️ **Trastevere** (Via della Lungaretta) - Twice Vintage, Carlo Cecchini leather
- 🛍️ **Monti** (Via del Boschetto) - Pifebo vintage by kilo, King Size vintage
- 🏺 **Regola** - De Sanctis 1890 for pottery (ships internationally)

Lunch: Food Tour (12:30-3:30 PM)

Book on Airbnb Experiences:

- "Rome Street Food Tour" - 4.92★, max 8 people
- "Trastevere Food Tour" - 4.89★, locals only spots
- "Jewish Quarter Bites" - Includes market visit

Afternoon: Wine in Parks (4:00-6:30 PM)

Best spots for wine picnics:

- 🌳 **Villa Borghese** - Giardino del Lago area
- 🌳 **Gianicolo Hill** - Local favorite for sunset wine
- 🌳 **Orange Garden** - If you loved it Thursday!

Wine shops:

- Il Gocchetto (Via dei Banchi Vecchi)
- Les Vignerons (Trastevere)

Evening: Gricia & Rooftops (6:30 PM-late)

Sunset Drinks (€10-20 instead of €20+):

- 🍷 **Jacopa Rooftop** (Trastevere) - €10 cocktails!
- 🍷 **Terrazza Borromini** - €25 with food included
- 🍷 **AcquaRoof** (Spanish Steps) - Year-round terrace

Gricia Dinner Options:

- 🍷 **Flavio al Velavevodetto** (Testaccio) - Best value €12
- 🍷 **Checchino dal 1887** (Testaccio) - Historic, €15
- 🍷 **Da Enzo al 29** (Trastevere) - Tiny, perfect, book ahead

Nightcap walk through Regola - Stop at any lit fountain!

DEPARTURE DAY: Monday, September 2

Morning: Final Flavors (9:00 AM-12:00 PM)

Brunch Spots (open 10:30 AM):

- 🍷 **Coromandel** (near Navona) - Italian-American fusion
- 🍷 **Marigold Roma** (Ostiense) - Scandinavian style
- 🍷 **Biscottificio Innocenti** (Trastevere) - Local's secret

Final Sightseeing:

- 🏛️ **Palazzo Spada** - Borromini's perspective gallery €5
- 🏛️ **Roman Houses of Celio** - €8, never crowded
- 🚶 **Via Giulia walk** - Rome's most elegant Renaissance street

Departure Logistics

Luggage Storage (€5-12/day):

- 🧳 **Stow Your Bags** (automated lockers)

- 📦 **Radical Storage** (170+ locations)
- 🏨 **Hotel** - Often will store after checkout

Pre-Flight Snack (3:00 PM):

- 🍷 **Il Gocetto** - 800 wines, stays open during riposo
- 🍷 **Il Sorpasso** - Open continuously, great charcuterie

Airport Timing for 6:30 PM flight:

- 🚗 **3:00 PM** - Leave city center
- 🚗 **Leonardo Express** - €14, every 15 mins, 32 min journey
- 🚕 **Taxi** - €55 flat rate
- ✈️ **4:30 PM** - Arrive airport (Terminal 3 for BA)

ESSENTIAL BOOKING CHECKLIST

Book 30 Days Before: ☐ Colosseum Underground (Aug 30) ☐ Vatican Museums (Aug 31)

Book This Week: ☐ Cooking class (Aug 30 evening) ☐ Food tour (Sept 1) ☐ Gricia dinner reservations

Book 2-3 Days Before: ☐ Aperitivo rooftop tables ☐ Jerry Thomas password

Remember:

- Many places CASH ONLY
- Download Google Maps offline
- Bring reusable water bottle (2,500 free fountains!)
- Restaurants close 2:30-7:00 PM
- August = some closures but tourist spots stay open

Have an incredible time in Rome! This itinerary balances must-sees with local secrets, always leaving room for spontaneous magic. IT