



Rome Survival guide

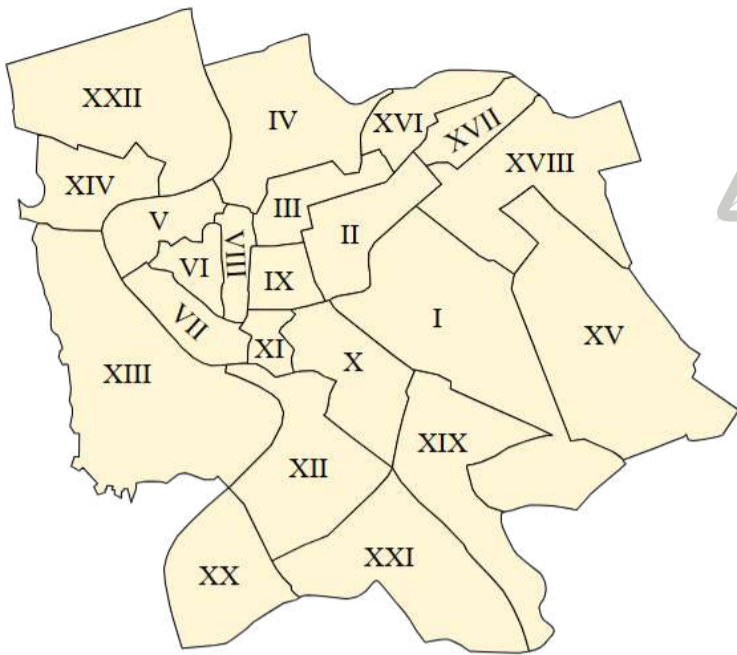
essential tips for your trip

www.gourmetaly.com

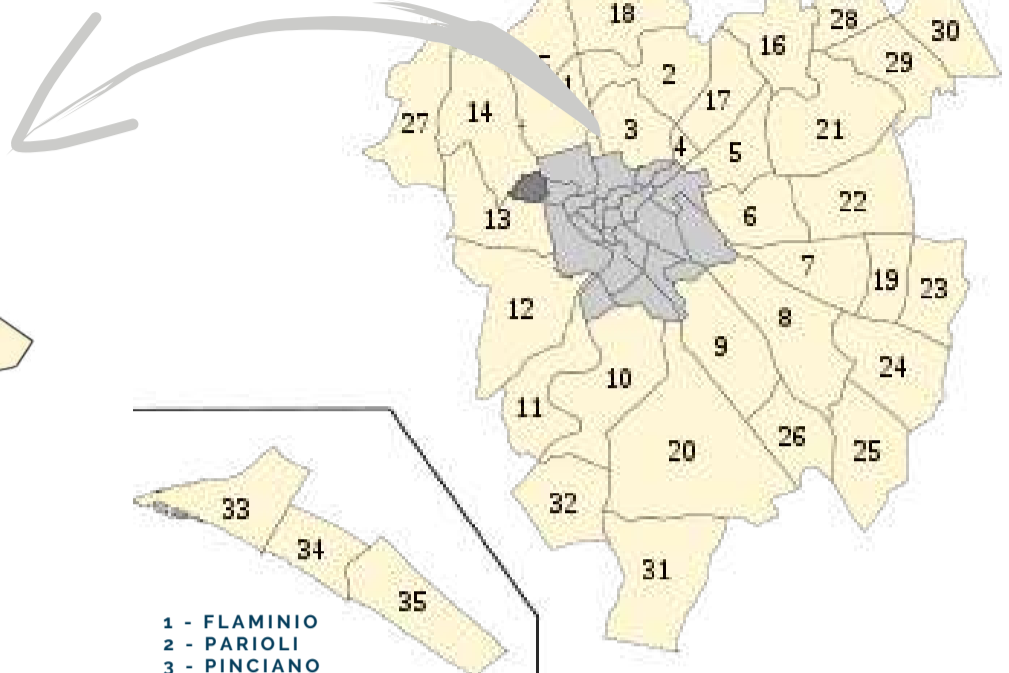


CITY CENTRE: RIONI

ROME CITY: DISTRICTS



- RIIONE I - MONTI
- RIIONE II - TREVI
- RIIONE III - COLONNA
- RIIONE IV - CAMPO MARZIO
- RIIONE V - PONTE
- RIIONE VI - PARIONE
- RIIONE VII - REGOLA
- RIIONE VIII - SANT'EUSTACHIO
- RIIONE IX - PIGNA
- RIIONE X - CAMPITELLI
- RIIONE XI - SANT'ANGELO
- RIIONE XII - RIPA
- RIIONE XIII - TRASTEVERE
- RIIONE XIV - BORGO
- RIIONE XV - ESQUILINO
- RIIONE XVI - LUDOVISI
- RIIONE XVII - SALLUSTIANO
- RIIONE XVIII - CASTRO PRETORIO
- RIIONE XIX - CELIO
- RIIONE XX - TESTACCIO
- RIIONE XXI - SAN SABA
- RIIONE XXII - PRATI



- 1 - FLAMINIO
- 2 - PARIOLI
- 3 - PINCIANO
- 4 - SALARIO
- 5 - NOMETANO
- 6 - TIBURTINO
- 7 - PRENESTINO-LABICANO
- 8 - TUSCOLANO
- 9 - APPIO-LATINO
- 10 - OSTIENSE
- 11 - PORTUENSE
- 12 - GIANICOLENSE
- 13 - AURELIO
- 14 - TRIONFALE
- 15 - DELLA VITTORIA
- 16 - MONTE SACRO
- 17 - TRIESTE
- 18 - TOR DI QUINTO
- 19 - PRENESTINO-CENTOCELLE
- 20 - ADREATINO

- 21 - PIETRALATA
- 22 - COLLATINO
- 23 - ALESSANDRINO
- 24 - DON BOSCO
- 25 - APPIO CLAUDIO
- 26 - APPIO-PIGNATELLI
- 27 - PRIMAVALLE
- 28 - MONTE SACRO ALTO
- 29 - PONTE MAMMOLO
- 30 - SAN BASILIO
- 31 - GIULIANO-DALMATA
- 32 - EUROPA
- 33 - LIDO DI OSTIA PONENTE
- 34 - LIDO DI OSTIA LEVANTE
- 35 - LIDO DI CASTEL FUSANO

Rome city

Rome City is the capital of Italy, located in the region of Latium, central Italy.

The city lays on a hilly soil of volcanic origin, along the banks of the Tiber River and not far from the coastline. Rome is geographically split in twice from the Tiber river, easy to cross side to side by several crossing bridges.

Counting 130.000 hectares and 3 million inhabitants is one of the largest and populated cities in Europe. There are administrative 35 districts named "quartieri". Generally tourists cover the city centre of Rome, also known as "centro storico", which counts 22nd areas named "rioni". Each "Rione" bear a name, a coat of arms and a Patron saint.

The Rioni of Rome are located within the Aurelian walls. Even if the walls, erected around 300 A.C by Emperor Aurelius to defend Rome from the barbarian attacks, are not anymore standing, their line traces the ideal border of the City centre of Rome. This is important for the travelers because taxi fares from the airport, for instance, apply differently according to the "inside or outside the Aurelian walls". Around the historical centre, there are 35th quarters. 3 of them are marine quarters. The others are Suburbs.

Take in count, that Rome is a very complicated city to move around. It is often quicker to walk than wait for a bus (for which the arrival time is unpredictable). Taxi cabs are often not enough to assist clients, especially in the weekends, holiday time and events. Uber or other similar service is not cheaper than official white taxis or efficient like in other Cities. There are bike & scooters sharing and car sharing services available at 50% less than a taxi ride. But pay attention because there are not bike lanes and cobbles and holes everywhere, so driving is more dangerous that you can expect. The underground metro is not covering all the districts. There are two lines crossing at Termini station (the biggest train station of Rome), to move in the city centre is not recommendable for the waste of time to reach the stop and

So, just walk, you can even burn more calories ;)



WHEN IN ROME: ESSENTIAL GUIDELINES

1) There are restaurants that feed you and restaurants that loves you.

This could sounds a little too much for travelers, but cooking and serving someone at your table is a matter of respect in Italy. Therefore, everyone got their own favorite place. That offer good food, but also a friendly and "kind" approach. The best place is the one you feel like at home.

2) Walking distance

Even if local people are able to drive for hundreds of miles for a foodie escapade out of the town, they are really lazy to do the same in the City. Roman people rarely uses public transport, they drive scooters or cars. Less they can drive happier they are, so the restaurant close to home is a must. Very hard to choose the place for a date then.

3) Word by mouth

This is the real way to choose a restaurant when in Rome. No reading hundreds of reviews on blog & websites. Roman people are always talking about a good (or a bad indeed) restaurants and ready to share. No wasting time, just ask locals.

4) Delayed eating time

Lunch time in Rome is areound 1.00 pm while dinner time is generally not earlier than 8.30 pm. So, even if Restaurants are always open, in the city centre, it is very rare to see locals eating earlier. The family restaurants traditionally rest for the siesta between lunch and dinner (after 4.00 pm till 7.30/8.00 pm).

5) Booking seats at the restaurants

In Rome city centre, especially if more than 2 people, in the weekends or holidays, at dinner time, it is recommended to book in advance. personnel speaks english with no problem. IN some restaurants anyway, they do not accept bookings so you'd queue.

6) Tips

Even if the tipping is not so strong like in US or other countries, it is always a nice gesture, really appreciated. Do not exist a proper amount, you can feel free to leave the amount you'd like, on the table (cash only) before you leave. Generally we leave the change when reasonable. Let's consider 1€ pp for trattorias, €3/5 pp in restaurants, € 10 pp and more in Fine restaurants.

7) Toilets are supposed to be for clients only. Rarely you will find a seat. Some places have ladies/gentlemen, other no distinction. When in Rome combine your coffee time with toilet time, since it is hard to find public toilets.

8) Food allergies or intolerances: please pay attention. If you are seriously allergic verify multiple times that personnel understood the topic. It is recommended, especially in the suburbs, to carry with you a list of food you cannot eat translated in italian language.

9) Be polite.

Even if local people do not look not so polite, it is necessary to salut when accessing a shop or restaurant. Say "Buongiorno" loudly whn stepping in. It will be appreciated.

10) The queue.

Even if queuing become an habit in Rome due to the pandemic time, it is always a crazy moment. Not always is easy to understand where the queue starts. In those cases, do like others do and try to skip the line. No worries, it is normal

11) Eating time.

Breakfast time in Rome is 7.30-11.00

Lunch Time: 12.20-15.00

Evening Aperitivo time: 7.30 pm- 21.00 om

Dinner Time: 20.30 - 22.00



WHEN IN ROME: ESSENTIAL GUIDELINES

12) GETTING THERE:

All roads lead to Rome! Rome is the best connected city in Italy. A dense network of air, road, and rail connections makes it easy to reach from all parts of the world. Here is some useful info on how to get to Rome by plane, train, and bus.

• BY PLANE

There are 2 airports in Rome: the Leonardo da Vinci at Fiumicino and the Ciampino at Ciampino.

Rome Ciampino Airport is located on the Appia Nuova, about 15 km from the center of Rome, which can be reached by bus through the Terravision service that runs daily. Tickets cost €6 one way and €11 round trip.

Also available is the Sitbusshuttle bus, which also arrives at Roma Termini. Single ride costs 4 €. For those arriving at night there is a night service with departures from Roma Termini at 04.45 and 04.50 and departures from Roma Ciampino Airport at 23.50 and 00.15. Ticket cost €5. A bus service (€1.20 on board) takes you to the Anagnina metro station or Ciampino FS station and from there you can easily reach the center of Rome.

For those who want to use cabs, parking is located in front of Arrivals. It is advisable to use only authorized cabs that offer a fixed fare to Rome, all destinations within the Aurelian Walls, of 40 euros, including luggage and for a maximum of four passengers.

Leonardo da Vinci Airport (International flights) is located 32 km from the center of Rome. For those who want to get to the center of Rome quickly and without a car, the best service is the Leonardo Express Train, which leaves about every 30 minutes. Connections from Roma Termini operate from 05:35 until 22:35, and from Fiumicino Airport from 6:23 until 23:23. The ticket costs €14 for a single ride. There is also the FL1 regional train that connects the airport with major stations in the Rome metropolitan area, such as Trastevere (27 minutes), Ostiense (31 minutes), Tuscolana (41 minutes) and Tiburtina (48 minutes). Ticket cost 8 euros..

For those who want to take a cab, it is best to **beware of the unauthorized** and use only white metered cars available outside the arrivals area of the terminals. **Do not follow anyone presenting themselves as taxis staff.**

City of Rome cabs adopt a fixed fare for destinations within the Aurelian Walls (downtown area). The official fare is € 50.00 per ride, including 1 piece of luggage, for up to four passengers on board. If you'd have extra sized luggage or more than 1 or 2 per person, it is always recommendable to pre-book a private transfer in advance since many taxis do not have enough luggage space and you will risk to wait in line longer.

• BY TRAIN

Rome City is served by two main train stations: Roma Termini and Roma Tiburtina. Arrival at either station depends on the city of departure, the timetable, and the type of train.

13) TERMINI STATION

Located in the heart of the city center, in Piazza dei Cinquecento, between Via Marsala and Via Giovanni Giolitti, Termini Station plays a major role in the city, regional, national and international transportation system, with its 225,000 square meters and some 850 trains a day serving 150 million travelers each year.

It offers, in addition to numerous services dedicated to travelers, including ticketing, information facilities, ticket machines, luggage storage and constantly manned restrooms.

Inside, the Termini Forum is a 14,000-square-meter service center with a wide selection of stores and products for all tastes. Finally, the Galleria Centrale, which serves as a pedestrian link between Via Marsala and Via Giolitti, offers shopping ideas, restaurants and fast food.

Standing out among them all is the Central Market, a place where store and palate come together to provide a dynamic culinary experience of the highest quality, suitable for all palates and all budgets. To access the train platforms you must have your ticket with you.



WHEN IN ROME: ESSENTIAL GUIDELINES

Staying safe around the station. During the day the station area is generally quite safe, even for women alone. Anyway you will probably see some homeless people at the corners of the sidewalks around the area. It is recommended to take care of the luggage and bags. People approaching you asking for money or offering help will need to be ignored. If you'd need to get your travel tickets from the automatic counters, take care nobody is too close to you and take your bags secured with you. It is recommended to do not use cash withdrawals machines around the station. It is not recommended to stay around the area at night. If your hotel is nearby, use a taxi or ask to your concierge to recommend you the safest road to come back,

14) WOMEN ALONE

Any tourist is exposed to the risk of being robbed, somewhat like in all major European capitals.

The most deprived areas are on the outskirts, so unless you have your hotel in those areas you are unlikely to go through there.

As for the areas that you are most likely to be in, we recommend to avoid wandering around at night here:

- Termini, it is a big station and a lot of homeless people congregate here, better to avoid after 10 pm.
- Piazza Vittorio, very close to Termini and for that reason suffers from the same problems.
- San Lorenzo, currently in the evening is the hangout of several quite harassing drug dealers, although it is a youthful area and as a solo woman we recommend not to go there alone at night.
- Tiburtina, the second big station in Rome, as for Termini is the hangout of strange people,

The rest are very safe, the most you'll get are drunk tourists or locals hitting on you!

Experience the city during the day, which is wonderful, in the evening try to move by taxi to go to the theater or to the restaurants!

15) WATER

"Regina aquarum," or "queen of waters," this was the appellation of the ancient city of Rome, with its history closely tied to water.

With as many as 11 aqueducts, used for the many monumental, public and private fountains, baths, spas and personal use it boasted excellent water quality.

To this day, The Roman aqueduct of the Acqua Vergine is the only one among the aqueducts of ancient Rome that is still in operation today, despite the fact that more than twenty centuries have passed since its construction (it was inaugurated on June 9, 19 B.C.). This aqueduct continues to carry out its task, feeding among all also the very famous Trevi fountain.

The city of Rome is today one of the few metropolises in the world to be supplied with the purest spring water (Peschiera Capore springs), which feeds 90 percent of the city.

So remember to bring your own water bottle or flask and fill it up at the "nasoni," the typical Roman drinking fountains scattered in every corner of the city. Your health, the environment and even more so your wallet will gain.

16) ESCAPADES

Roma can show the cultural, enogastronomic, natural and religious resources of our region, Lazio, that offers a local alternative for some escapade. Archeological sights, regional parks, wine, food and religious sites. Here's some of the best sights that you can visit during your stay in Rome:

- Civita di Bagnoregio
- The Etruscan necropolises at Tarquinia and Cerveteri
- Villa d'Este in Tivoli
- Frascati in the area of Castelli Romani
- Lakes of Nemi, Bracciano, Martignano
- Ponza Island
- Ostia Antica archaeological site



WHEN IN ROME: ESSENTIAL GUIDELINES

17) WITH KIDS

In Rome there are plenty of activities that we can share with our kids. Here is a list of some parks and some museums for children:

- Museo delle Illusioni
- Ikono experience
- Bio Parco, zoo of Rome
- Explora museum
- Leonardo da Vinci experience
- Welcome to Rome experience
- Villa Borghese park
- Villa Doria Pamphili park

Links for strollers rental in Rome:

<https://www.strollerrentrome.com>

<https://www.romebabyrentals.com/eng/>

<https://www.travelbaby.it/it>

18) REDUCED MOBILITY

Rome streets and sidewalks can be notoriously difficult to navigate as a pedestrian, let alone in a wheelchair or with a walking stick. We have a lot of uneven cobblestone streets, broken curbs, and either non-existing sidewalks or sidewalks so narrow, you need to walk in single file.

The easiest outdoor areas to get around in a wheelchair are the Pantheon, Piazza Navona, via dei Fori Imperiali, Piazza Santa Maria in Trastevere, Vatican Square and Piazza del Popolo. These all have relatively smooth pavements, sidewalks and/or streets.

As for the Vatican Museums, entrance is free to those in a wheelchair as well as their caregiver.

You can come with your own wheelchair or ask to use one of theirs (free). They have several available to borrow but if you want to be absolutely sure you get one when you go, you can write them in advance.

One great thing is you do not have to worry about booking in advance. Just show up and you will be shown where to go to collect your free ticket. If you have a disability but are not in a wheelchair, visit the Vatican Museums website to see if you are eligible for free entry.

<https://tickets.museivaticani.va/home>

You can also visit Saint Peter's Basilica with a wheelchair. There are plenty of ramps throughout that make it fairly easy. All the bathrooms have at least one stall for those in a wheelchair. One thing that is unfortunately not available to those who are in a wheelchair and unable to walk at all is the shortcut that goes from the Sistine Chapel to Saint Peter's Basilica. Part of this shortcut does involve a small ramp but most of it is made up of stairs and there is no lift or other equipment that would enable someone in a wheelchair to take this shortcut.

How to rent a wheelchair for Saint Peter's Basilica.

<https://stpetersbasilicawheelchair.com/it/noleggio-sedia-a-rotelle-roma/>

As for the area of the Colosseum, is certainly visitable in a wheelchair, but your options are a little limited. There is a ramp for entry, and you can move around parts of the lower level of the Colosseum. There is an elevator to reach the second level. Unfortunately, it's not possible to visit the underground or upper tiers in a wheelchair.

Unfortunately not all the metro stations are available in wheelchair, so maybe it can be easier to visit the city by bus or by taxi.



WHEN IN ROME: ESSENTIAL GUIDELINES

19) TAXI & UBER

The most common numbers are 060609 (Rome city) and 063570 (largest radio-taxi operator in Rome.) Other numbers include 066645, 065551, 064994, 064157. If you are using a cell phone from another country, make sure to dial +39 first (country code for Italy).

The most typical way to get a taxi in Rome is to go to a taxi stand where there is usually an orange sign with the word "TAXI" on it, and there you should see white city taxis lined up. It is very hard to stop a taxi along the way since they have the rule to go to the nearest taxi stall and queue. When taxi stalls are not close by and the Taxi flag on the top has the yellow light on, that is free and will probably stop for you.

You may have a hard time finding a taxi at a taxi stand on major holiday dates like New Years' Eve, during a bad rainy day, and if there is a transportation or taxi strike.

The taxis usually come within 3-5 minutes of the phone call, so don't ask for someone to call you a taxi until you are really ready to go. When you call for a taxi in Rome, you will be given the ID of the taxi coming for you, which is written on the door of the car, and is usually a city name followed by a number. So make sure to look for that when the taxi pulls up, and only take the car coming for you and not some other random taxi. The driver turns on the meter once he answers the call, so your taxi will arrive with more than the base fare already on the meter.

There is a 10% discount for single women at night. Just ask the driver to apply it.

All Rome city taxis are required by law to have POS machines, so you should be able to pay with a credit card, but we suggest you to ask the driver before you get in if you can pay with card.

We suggest to use these two popular apps: FreeNow and My Taxi. We don't recommend to take a private taxi from the airport, from someone who approaches you.

Either way, as long as you take a ROME city taxi, to/from within the Aurelian Walls, the rates will be guaranteed at 50€ one way for Fiumicino/Rome and 31€ one way for Ciampino/Rome. Check these links to better know the fares:

As about Uber service, in Rome there is a limited version of it, called UberBlack. This service only allows for private limo drivers to be Uber drivers. The same ones you would hire to get to/from the airport, so it's not considered more convenient than a regular taxi.

<https://www.turismoroma.it/en/node/18690>

<https://romamobilita.it/it/muoversiaroma/muoversi-taxi>

20) STRIKES

When in Rome is not very uncommon to stumble in a transportation strike. The stop of metro, trains and buses can be of 4 hours (usually in the morning), or of 24 hours, when they must guarantee the service in two different time slots, until 8:30 am of the same day and from 5:00 pm to 8:00 pm, to allow people to return home. The best way to be notified of a strike is to download one of the main apps that can be used also to check the arrival time of a bus or to learn how to go to some place, for example LimoLane, Probus Roma or Moovit. A couple of days before the strike it may be possible to see signs, in every metro station, announcing the stop of the service.

21) BIKE & SCOOTER SHARING

There are several different companies all around the city, the most famous is Lime. The easiest way to find a bike or a scooter near you is to download the app and look for the nearest vehicle. Remember that wearing a helmet is mandatory.

22) ZTL

The meaning of ZTL is Limited traffic zone, that in Rome is the historical city centre. It is closed to cars during the day from 6.30 am to 6.00 pm from Monday to Friday (excluding holidays) and from 2.00 pm to 6.00 pm on Saturdays (excluding holidays). The nocturnal ZTL is closed from 11 pm to 3 am every Friday and Saturday (excluding holidays). There is a sign at each gate that explains whether the restricted traffic zone is active or not. If it's active it says "VARCO ATTIVO"; if it's not "VARCO NON ATTIVO".



WHEN IN ROME: ESSENTIAL GUIDELINES

23) DRIVING IN ROME

Driving and parking in Rome can be a feat. So get ready for some excitement. There is an understanding here amongst drivers that squeezing together in a symphony of sorts is the norm. Whoever is the most aggressive gets to go first. Take in consideration that you could not find place to park your car. Also parking style is very creative, and you will notice easily that local people are desperate for parking and ready to use walking path, or squeeze three cars in the space for one. The ZTL is a challenge and easily you will receive a fine if you'd think to reach the interesting squares or visit sites by car. To simplify, more is famous the place you are heading to, higher is the risk to do not find to park or allowed to drive through.

If you park in a white limited place you do not have to pay. But if you find one of those free check well, if it's empty probably is not allowed to park there. Blue limited parking areas needs to be paid. There are some totems and you can pay with coins. The entire day costs € 4.00 approx. There are private rimesse to park the car, those can be very expensive. Yellow limited stripes parking areas are not for you.

24) PICKPOCKETS

Roman pickpockets are skilful and tourists are usually their target. However, by taking the right precautions, Rome can be a very safe city.

The more crowded an area is, with the hustle and bustle of people just sightseeing, buying from traders, and so on, the easier it is for Rome pickpockets to succeed. This means areas such as the Spanish Steps or Trevi Fountain, where you get lots of people spending time just raking in the scenery, are particular favorites of the pickpockets. As the roman subway. Gangs of kids running up and down the Metro carriage shouting and screaming and generally being a nuisance. While you look at them in outrage, someone else will be targeting tourists' pockets and bags. More often than not, you will find Gypsy pickpockets working in pairs or larger groups. One or two will cause a distraction while another steals from the tourist. They will be smartly dressed, pretty girls and charismatic men who command attention. They use similar tactics, some may beg or offer to sell you something, and while you are dealing with them, others will steal your bag, wallet, or whatever. Another technique you should expect can be begging you in the street to buy some trinkets or flowers while their accomplice grabs your wallet or bag, or asking you to take a picture for them, or also asking directions.

To avoid being pickpocketed in Rome, be aware of your surroundings at all times and take the common-sense precautions with your belongings.

25) BUS TICKETS

The public transportation system in Rome is very well connected to all parts of the city. Metro/subway, tram and bus tickets are interchangeable.

You can buy them at :

- any station: there are self-service ticket machines where you have to choose which kind of ticket you want.
- Edicola: a simple news kiosk - the paper ticket needs to be inserted in the yellow colored machine located generally in the rear of the bus
- Tabacchi shop (see n° 36)
- app: Mooney Go (My cicero) or Ticket Appy
- Roma Pass: if included in your card
- DIRECTLY ON BOARD WITH YOUR CONTACTLESS CREDIT CARD (just touch the display that is generally located in the front side of the bus)

A standard ticket costs 1.50 euros and is valid for 100 minutes on board metro, bus and tram. However, each ticket is only valid for one trip on the metro, even if you want to use it again within 100 minutes. If you ride on metro and you take a bus or tram after, it is valid within 100 minutes from the first validation.

A 24-hour ticket is available for 7 euros;

A 48-hour ticket costs 12.50 euros;

A 72-hour ticket costs 18 euros;

A one-week ticket costs 24 euros.



WHEN IN ROME: ESSENTIAL GUIDELINES

26) CREDIT CARDS AND VIRTUAL WALLETS

Electronic payments are accepted all over. Tips are, instead, accepted only in cash. ATM are available at the Bank offices and in some shops.

27) ALCOHOL DRINKING:

Minors are not allowed to buy alcohol in Italy, but they do not face administrative or criminal penalties for drinking alcoholic beverages at home or in public unless they are drunk. It is also important to know that according to article 688 of the Italian Penal Code, anyone (including minors) found in a public place or place open to the public in an obvious state of drunkenness is fined between 51 and 309 euros (this rule is rarely enforced by the authorities).

28) TOBACCOES

Look at the 'T' sign!

Tabacchi shops are a mainstay of daily life in Italy.

Not only are they a place for the sale of tobacco, but they are also a place for the sale of very important services, such as

- Buy lottery tickets
- Greeting Cards
- Pay your bills
- Stamps (francobolli)
- Metro/Bus/Subway/Tram - public transport tickets
- Stationery
- Shipping supplies;
- Gifts

In Italy is illegal to smoke in most enclosed areas, including indoor workplaces and indoor public venues. Smoking must be prohibited in at least half of the premises of eating and drinking establishments (restaurants, bars and nightclubs). It is prohibited to smoke on public transport and in private vehicles in the presence of children or pregnant women.

29) TRADITIONAL BANK HOLIDAYS

You may happen to arrive in Rome on a public holiday without your knowledge : here is the list of days to remember. Take note that all businesses, stores and museums (except restaurants) will be closed.

- First January and 6 January Epiphany
- Easter and Easter Monday : Sunday and Monday
- Liberation Day: 25 april
- Labour Day: , 1 May,
- Republic Day : , 2 June;
- Sant Peter and Paol: 29 June (only in Rome)
- Ferragosto : 15 August,
- 1 November, All Souls
- Feast of the Immaculate Conception , 8 December;
- Christmas Day and Sant Stephen :25 and 26 December.

30) TOILETS

Availability of public toilets in Rome are very low. We recommend you to make as locals do: planning your toilets stops by matching those with your coffee break. Often you will find toilets with no seat or paper and soap available. We recommend you to bring with you personal antiseptic hand sanitizer disinfectant, tissues and kleenex.



WHEN IN ROME: ESSENTIAL GUIDELINES

31) FLEA MARKETS & STREET VENDORS

Want to find a real bargain? Here are Rome's craft and antique markets, where you can find vintage clothing, collectibles, objets d'art...

- PORTA PORTESE

When: every Sunday 6 a.m. > 2 p.m.

Where: from Piazzale Portuense to Via Trastevere

Site: <https://www.facebook.com/mercatodomenicaleportaportese/>

This is Rome's historic market.

Here the best bargains are had right at market opening or closing time.

- VIA SANNIO

When: Mon-Fri 7 a.m.-2 p.m.

Where: Via Sannio

The market is located right in the heart of San Giovanni, one of the capital's central districts.

In the 60s and 70s the market was very famous especially for clothing, but nowadays you can really find everything at really competitive prices, so not only clothes, shoes, bags and belts, jewelry but also toys and kitchen utensils

- EUR MARKET

Where: Largo Virgilio Testa

When: every Saturday and Sunday 9 a.m. - 7:30 p.m.

Site: www.facebook.com/mercatinodellEur

Active for over 15 years and known as "Mercatino Di Palombini" because it is located in front of the historic café, every Saturday and Sunday it returns on time with handicrafts, typical quality products from every Region, vintage clothing and big brands at unique prices, natural wellness products..

- CAPANNELLE MARKET(VIA APPIA NUOVA)

When: Every Sunday morning

Where: Via Capoprati: from Ponte Milvio to Ponte Duca d'Aosta ROMA

Official site: <https://www.facebook.com/pg/pontemilvioantiquariato/>

www.pontemilvioantiquariato.it/

This market has been a real tradition for almost twenty years now, and has become a reference for all citizens, dealers and residents of central Italy who are looking for antiques, art and vintage objects, collectors, junk dealers.

Here you will really find a wide choice and selection of even rare pieces

- VINTAGE MARKET AND JAPANESE MARKET

traveling market and has now become a fixture on Roman Sundays.

Website: <https://www.facebook.com/pg/vintagemarketroma/>

<https://vintagemarketroma.it/>

Website: <https://www.facebook.com/mercatinogiapponese>

- URBAN MARKET MONTI

MERCATOMONTI WEEKLY MARKET

VIA LEONINA 46 - RIONE MONTI - ROME

METRO B CAVOUR - A FEW STEPS FROM THE COLOSSEUM

OPENING HOURS 10AM - 8PM - FREE ENTRY

Where: Grand Hotel Palatino (Via Leonina 46,Rione Monti - Rome)

When: every Saturday and Sunday from September to June, from 10am to 8pm

Site: <http://www.mercatomonti.com>

MercatoMonti is a true urban market, with a focus on finding young talent and promoting creative projects.



WHEN IN ROME: ESSENTIAL GUIDELINES

- PARIOLI MARKET

Every Sunday of the month. Created in the style of London suburban markets, there you can find fine items ranging from vintage gifts, furniture, collectibles and hobbies. Behind Verdi Square, a new space for enthusiasts and the curious to spend a quality Sunday. 9 a.m. to 7 p.m.

- VINTAGE MARKET AND JAPANESE MARKET

traveling market and has now become a fixture on Roman Sundays.

Website: <https://www.facebook.com/pg/vintagemarketroma/>

<https://vintagemarketroma.it/>

Website: <https://www.facebook.com/mercatinogiapponese>

- URBAN MARKET MONTI

MERCATOMONTI WEEKLY MARKET

VIA LEONINA 46 - RIONE MONTI - ROME

METRO B CAVOUR - A FEW STEPS FROM THE COLOSSEUM

OPENING HOURS 10AM - 8PM - FREE ENTRY

Where: Grand Hotel Palatino (Via Leonina 46, Rione Monti - Rome)

When: every Saturday and Sunday from September to June, from 10am to 8pm

Site: <http://www.mercatomonti.com>

MercatoMonti is a true urban market, with a focus on finding young talent and promoting creative projects.

- PARIOLI MARKET

every Sunday of the month.

Created in the style of London suburban markets, there you can find fine items ranging from vintage gifts, furniture, collectibles and hobbies.

Behind Verdi Square, a new space for enthusiasts and the curious to spend a quality Sunday. 9 a.m. to 7 p.m.

- MERCATO CORTE COPPEDÉ

Where: Via Tagliamento, 6

Phone: 338 902 9081

At the Coppedè Courtyard Market you can admire the wonderful cashmere and leather garments of the famous Merchants from Forte dei Marmi. With them other selected stalls of clothing, vintage accessories and costume jewelry.

<https://www.facebook.com/IMercantidaFortedeiMarmiaRomaOfficial/>

www.mercatocortecoppede.it

- BORGHETTO FLAMINIO MARKET

Website: <https://www.facebook.com/Il-Mercatino-del-Borghetto-Flaminio-Garage-Sale-Rigattieri-per-Hobby>

borghetto.flaminio@hotmail.com

Since 1994 private market with amateur exhibitors (vintage clothing and gifts), open to the public every Sunday (10am-7pm), Piazza della Marina 32 Rome

- ANTIQUES MARKET IN QUIRITI SQUARE - THE LIVING ROOM OF MEADOWS

Facebook: www.facebook.com/mercatinidiroma

Where: Quiriti Square

When: Every fourth Sunday of the month from 9 a.m. to 7:30 p.m. - Closed July and August

Every fourth Sunday of the month, Quiriti Square is transformed into a lively place filled with fine merchandise such as Herend porcelain, collections of antique and collectible clocks, gramophones, prints, paintings, and antique and vintage books.

EVERY FIRST SUNDAY OF THE MONTH

- LA SOFFITTA SOTTO I PORTICI, an exhibition-market of collectibles, small antiques, modern antiques, curiosities, gifts, is in Augustus Emperor Square. Excluding August. Hours: 9am-sunset.

- Exhibition-market of antiques, furniture, collectibles, curios of all periods, modern antiques, is in Mazzini Square

L Artistic Crafts and Vintage Market, concert from the retro repertoire, at Convoglia space, Via Giolitti, 36 - Termini Station



WHEN IN ROME: ESSENTIAL GUIDELINES

32) FIRST AID AND MEDICINES:

There are many pharmacies and first aid stations that are open 24 hours a day and offer high quality and free medical care. For those who require medical attention, there are two official free medical centers for tourists in Rome:

Presidio Territoriale di Prossimità "Nuovo Regina Margherita".
Via Emilio Morosini, 30 (Trastevere) - Rome
Canova" Outpatient Clinic
Via Antonio Canova, 19 (Piazza di Spagna) - Rome

You can visit the Fabtebrenefatelli Hospital on the Tiber Island after 7 pm. To the left of the main entrance, you will find an outpatient clinic that is usually not crowded. There is also excellent emergency gynecological care for women in Rome, especially for expectant mothers.

Pediatric care is available at the Bambino Gesù Children's Hospital, Piazza di Sant'Onofrio, 4, 00165, Rome. It is open 24 hours a day and free of charge.

If you are in urgent need of a doctor and are prepared to spend a lot of money, here is a list of fee-for-service hospitals in Rome that have English-speaking doctors:

House Call Doctors
Roma Medica
Phone: + 39-06 6790695

Aventino Medical Group
Via Sant'Alberto Magno, 5,
Tel.: +39-06 578 0738
Medical services prices
Expected prices for medical services

Doctors in Italy
Via Frattina 48
Phone: +39-06 6790695
Doctors at home
Roma Medica

Pharmacy addresses

Most tourists try to bring the most important medications from their home countries for emergencies while traveling, but if something goes wrong in Italy, you will need to go to the pharmacy (farmacia). Since most places in Rome close early, around 7:30 p.m., there are on-duty pharmacies. There is usually a list of other nearby pharmacies that are open late on the door of any closed medical facility.

In the area of the historic center you will find these pharmacies.

Farmacia Piram
Via Nazionale, 228
+39 06 488 4437

Farmacia Trastevere
Viale di Trastevere, 80
+39 06 581 0259

Farmacia Igea San Gallicano
Via di S. Gallicano, 23
+39 06 589 5764

Farmacia Senato Criserà Guglielmo
Corso del Rinascimento, 50
+39 06 6880 3760
Working hours: 07:30-00:30



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