

# TEMPLE INN OF COURT



## ROME

(This packet created solely for the enjoyment and use of Temple Inn of Court members)

## History of Rome

Roman mythology claims two brothers created Rome: Romulus and Remus, the sons of Aeneas, a hero from the Trojan War. Legend tells us that the two were placed in a basket by their mother and set adrift on the Tiber River. Their basket stopped near the Capitoline Hill. The basket was found by a pack of wolves and one of the wolves raised the brothers as her children. You will see statues around Rome of two baby boys feeding from a wolf. That is the statue of Rome and the official symbol of the City of Rome. As Romulus and Remus got older, their relationship soured and each set up his own town. They battled for years with Romulus ultimately prevailing. He set up the original City of Rome in 753 BC.

The original city was built on seven hills, the most prominent being the Capitoline. The location was chosen because of the ease with which one could cross the Tiber using Isola Tiberina (Tiber Island). Six kings followed Romulus, each making the city larger and growing its population. Ultimately control was ceded to Etruscan Rulers who established a government with two elected magistrates. The elected magistrates came only from an elite class, which caused considerable tension, but the process stayed in place for nearly 250 years. Thereafter, the sovereignty of the people was recognized and government rule switched to a democracy with power shared between the magistrates and a Senate, which was elected by the people. It was during this time (about 275 BC) that Rome extended its domination over mainland Italy. Soon after, Rome also controlled Sicily, Sardinia, Spain and North Africa. By 206 BC Rome was the wealthiest empire in existence.

As the empire grew, so too did the city. In 312 BC Appius Claudius Caecus invented the Aqueduct, a series of tunnels in walls slightly angled using gravitational force to pull water from water sources miles away. And with that plumbing was born. Many of those aqueducts still carry water to the city and some city fountains are still fed by them. Around this time, Romans also invented concrete. The invention of concrete allowed them to build larger and more stable buildings at a much faster rate. Concrete is widely recognized as the greatest invention of the Roman Empire.

The Empire continued to grow, taking control of the Greek Empire in 26BC. As the Empire grew, and the city flourished, a sense of urban pride developed. At this point Rome's population reached a million or more. Suddenly living within the walls of Rome was all the rage. People who lived within the city were considered better than those outside. Roman "citizens" paid nothing. Food, water, entertainment, etc. were all free for the people living within the walls. The generals, those men who conquered foreign lands and brought wealth to the city, were heralded as heroes. The great generals of the first century BC were Sulla, Pompey and Gaius Julius Caesar.

While they all sought to increase their power, Caesar's scheme was the most grandiose. He turned his focus from conquering lands to beautifying the city. He built the Forum, a land of Temples to the Gods (Romans were Polytheists) and a market place for the people. But the land where he wanted the forum was swampland, so he had a team invent a sewer system to remove the water from the valley where the forum was to be placed. That system is still in place today and still working. You will hear it when you walk through the Forum. He also built the Curia, atop the Capitoline Hill, where the Senate sat, and from where he addressed the people. Soon Caesar became a magistrate and his power was unprecedented. The people adored him and the Senate feared to lose control. In a time of need caused by political turmoil, the people nominated

Caesar to be their dictator. He held total control over Rome. Many senators grew fearful of his power and ultimately had him murdered in an attempt to bring democracy back to the city. He was assassinated by the senators on March 15 ("beware the ides of March"). Caesar left behind two sons: Marcus Antony and Octavian (an adopted son later to be known as Augustus).

After Caesar's murder, Marc Antony carried his father's body to the Forum (he was not killed there despite popular renditions of the story that say otherwise). Marc Antony was asked by the Senators to speak to the people and explain to them why Caesar's death was the best thing for the city. The Senate believed that he was on their side and that he understood why his father had to die. Marc Antony instead commended his father and pointed out all of the things that he had done for the city and his beloved people. An eloquent speaker, Marc Antony soon had the crowd furious with the Senators. The mobs hunted down the Senators and placed Marc Antony and his adopted brother Octavian as the new magistrates. Neither brother was pleased with this arrangement, because both wanted sole control. But each saw how the city reacted to the murder of a Caesar, so they needed to find other ways to oust one another. Each took different approaches: Marc Antony went out and continued to dominate the lands and bring riches back to Rome. Octavian stayed in the City and beautified it from within. Soon Marc Antony fell in love with Cleopatra, Empress of Egypt. Octavian saw his chance to oust his brother and he took it. He played on the pride of the Roman citizens by pointing out that if Cleopatra were to bear child, a non-Roman would soon run the city. He then built his mausoleum, an enormous structure to house his, and his family's, remains in Rome. Marc Antony had built his in Egypt. This is considered to be one of the most powerful political move of Octavian's reign. By placing his mausoleum in Rome he told the people that his family would live and die in Rome and that they would always be nothing but Roman. The people sided with Octavian and Marc Antony was excommunicated. The people's army later went to Alexandria in Egypt where they forced Marc Antony to fall on his sword. When Cleopatra learned of his death, she poisoned herself.

This began the Reign of the Roman emperor Augustus. He had his friend Marcus Agrippa assist him in showing the people that they had chosen wisely. They built the first Roman Baths, two aqueducts, the Pantheon and the Ara Pacis. The Ara Pacis, Alter of Peace, was the first sight that travelers saw when entering Rome. Soldiers accompanied travelers to the Alter where they were forced to turn over all of their weapons. The Alter is an ornately decorated solid marble slab.

Many Emperors followed Augustus and each left their mark in certain ways. The most notable of them were Tiberius (the first to use concrete in large scale projects), Nero (considered the most egocentric, he spent much of Rome's wealth on his own palace, personal golden statue and gardens), Flavian (who built the Colosseum and destroyed Nero's palace and statue), Domitian (who built the stadium for foot races, now the Piazza Navona), Trajan (the first Spanish born Emperor, built the Forum of Trajan and Trajan Column), and Septimus Severus (the first African born Emperor who created the largest ceremonial Arch in Rome).

In AD 330, after the reign of the Roman Emperors, a Christian leader named Constantine moved the center of the Roman Empire from Rome to Istanbul (then Constantinople). This began the era of the "New Roman Empire." During these years barbarians constantly and repeatedly invaded Rome. In 5C, the Empire fell to barbarian invasion and was split up among the various barbarian groups. By the Middle Ages, one barbarian group, the Franks, took total control. They reunified much of the Empire with Constantinople again as the center of the Empire. While the Franks controlled much of the Roman Empire, most of their time was spent

fighting amongst themselves. The barbarians followed a method of inheritance where every male child got a piece of their father's property. In the controlling families, that added up to multiple countries worth of land. After several generations, the Frank families that controlled the most land in the Empire were most focused on their inter-sibling fighting over land in Eastern Europe.

While they focused on the East, Catholicism was flourishing in Western Europe. In Rome, Pope Gregory I, known as Gregory the Great, sought separation from the political empire and created a more autonomous western-oriented Latin Church. A successful statesman and theologian Pope Gregory I reemphasized papal primacy in the Catholic Church, taking religious control away from the leaders of the Empire. Pope Gregory I's actions helped to evangelize Western Europe and he ultimately brought the Papacy back to Rome by naming it the center of Western Europe and the seat of the Catholic Church.

During this time a Frank king, and Catholic, named Charlemagne began to again unify the sections of the Roman Empire being spoiled by family quarrels. Charlemagne was successful in his venture. On Christmas Day 800AD Charlemagne was crowned Emperor of Rome by the Pope in Rome, solidifying Rome again as the center of the Roman Empire and the Modern Catholic Church.

From this point on, Rome grew to what it is today. Sponsored and motivated by the Papacy and a storied history, Rome has flourished to become the culturally and spiritually rich city that it is today.

## Hotel Savoy and Accessing the Metro

Hotel Savoy  
Via Ludovisi, 15  
Rome, Italy 00187  
(06) 421551

The Hotel Savoy is conveniently located on the corner of Via Ludovisi and Via Veneto (Rome's shopping district). The Savoy, named as a tribute to Queen Margaret of Savoy, is a four star hotel that was built in 1886 as a luxurious upper class accommodation.

Rome has two Metro lines (they are building a third): the Red Line (also called the A line) and the Blue Line (also called the B line).



(Map also at tab 1)

The Red Line, which provides access to many of Rome's treasures, is conveniently located near the Savoy. There are two entrances to the Red Line near the Savoy, which are shown below:  
A = Hotel Savoy      M = Metro Station



Barberini is the easiest access point. To access the Red Line at Barberini:

Make a right out of the Hotel (39 m)

Turn left onto Via Emilia (130 m)

Turn right onto Via Vittorio Veneto (290 m)



Spagna, at the base of the Spanish Steps is the more scenic access point. To access the Red Line at Spagna: (The map suggests that there is another entrance closer to the hotel for the Spagna stop. I am not aware of that entrance and could not find it on Google maps, so it is not included. It would be a good idea to ask at the hotel.)

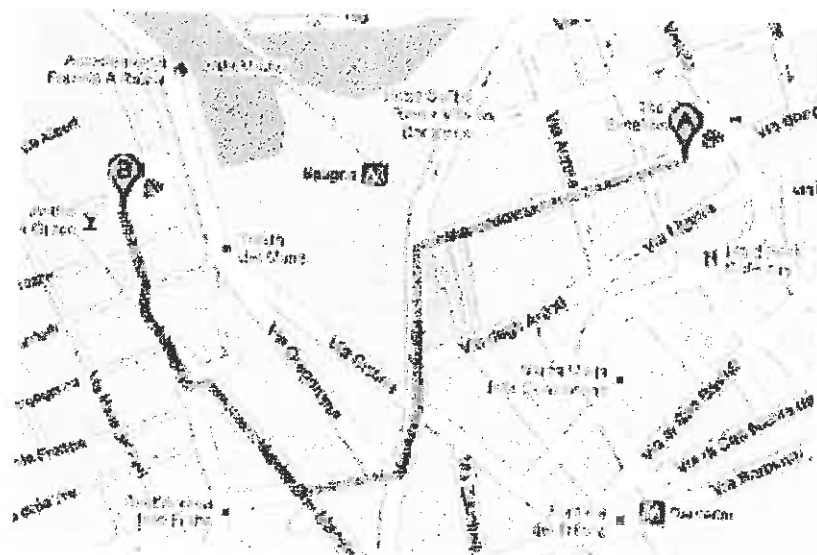
Make a right out of the hotel (300 m)

Turn left onto Via Francesco Crispi (250 m)

Turn right onto Via di Capo le Case (88 m)

Turn right onto Via dei Due Macelli (380 m)

The entrance to the Metro is immediately after the Spanish Steps



## WALKING TOURS OF ROME

### Walking Tour 1 – Saint Peters, the Vatican Museum and Vatican City

This single day itinerary includes many of the major sights of Vatican City. It is intended as a full day itinerary with moderate walking.

9:00 Vatican Museum.

#### Travel:

Take the red line from Spagna or Barberini towards Battistani and exit at Ottaviano. Ottaviano Metro stop puts you on the corner of Viale Giulio Cesare (east and west) and Ottaviano (south) and Barletta (north). There is a pastry shop on the north-west corner Viale Giulio Cesare. They make one of the best tomato pies you may ever eat (along with many other delicacies). A half a block north on Barletta, to the left is a 24 hour pastry shop that is equally delicious if you have any late night urge.

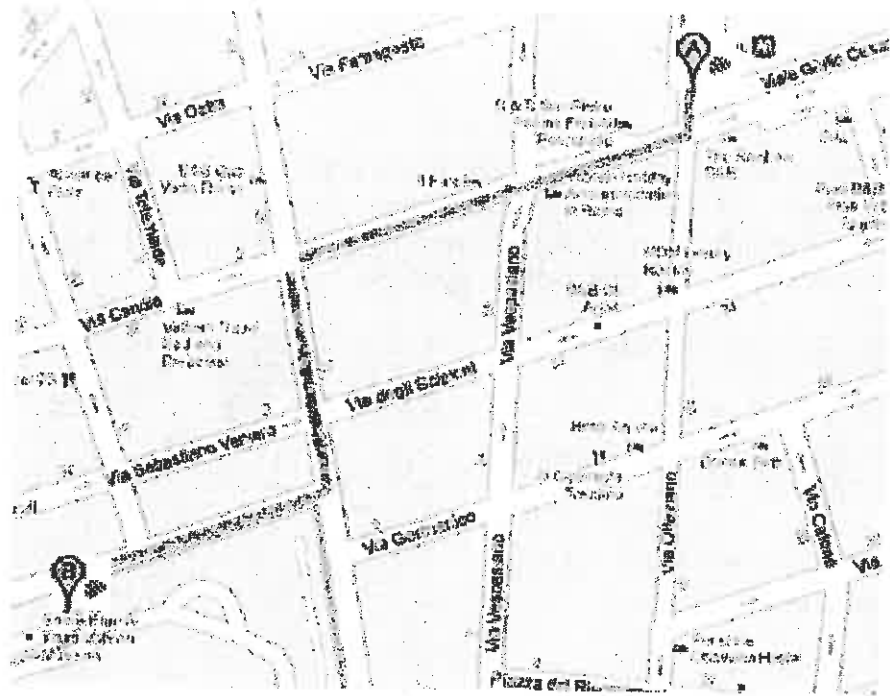
#### **The Vatican Museum (Admission 15E; closed Sundays)**

From the Ottaviano metro stop:

Walk west on Via Giulio Cesare (240 m)

Turn left onto Via Leone IV (130 m)

Turn right onto Viale Vaticano (180 m)



The museum opens at 9:00 am. There is usually a long line to purchase tickets. You can avoid the line by purchasing your tickets at. [http://mv.vatican.va/3\\_EN/pages/MV\\_Home.html](http://mv.vatican.va/3_EN/pages/MV_Home.html)

Because you will be entering a chapel, no shorts, skirts with exposed knees or exposed shoulders are allowed. There is so much to see at the Vatican Museum that to write it all out would never do it justice, and trying to see it all would take months. Simply take your time, walk through each room that you can, and enjoy the splendor.

No matter what route you take, be certain to see the Raphael Room (Stanze di Raffaello) and the Sistine Chapel (Capella Sistina). The Raphael room contains Raphael's two most famous pieces: Stanza della Segnatura, (depicting Astronomy, Apollo, Adam and Eve) and Judgment of Solomon.

### The Sistine Chapel

The chapel is named after Sixtus IV who had it rebuilt as the official private chapel of the popes. Papal elections are still held here. Talking in this room is to be at a minimum if at all, and photography is prohibited.

#### *Ceiling Frescoes*

The ceiling contains the celebrated frescoes of Michelangelo completed between 1508 and 1512. The design combines Old and New Testament as well as pagan prophecy and Church history. He painted the ceiling laying on his back and directly to wet plaster; without first sketching or drawing transfers.

Looking toward the altar, on the lower curved part of the vault are the Hebrew Prophets and Pagan Sibyls sitting on thrones. Above the Last Judgment in the center is the figure of Jonah coming out of the whale. At the far end above the entrance is Zachariah. On the right side, from the altar end are Jeremiah, Ezekiel and Joel.

Along the center of the vault are nine scenes from Genesis, from the creation to events in the life of Noah. Beginning at the altar, these are: Separation from Light and Darkness; Creation of the Sun, Moon and Planets; Separation of Land and Sea and the Creation of the Fishes and Birds; Creation of Adam (perhaps the most famous work on the ceiling); Creation of Eve; Temptation and Expulsion from Paradise; Sacrifice of Noah; the Flood; and the Drunkenness of Noah. They are adorned by Michelangelo's famous "ignudi," decorative pairs of nudes. In the lunettes over the windows are figures representing the forerunners of Christ. On the sides over the altar are Moses and the Brazen Serpent (right) and the Death of Haman (left). At the other end are Judith and Holofernese (right) and David and Goliath (left)

#### *The Last Judgment*

20 years after creating the ceiling, Michelangelo was commissioned by Pope Paul III to paint this fresco. In the upper center is the figure of Christ, beardless. Near him are the Madonna and Adam. On the right is St. Peter with the key: one gold and one black. The gold key is to heaven and the black is to the earth. Some Renaissance Popes were attacked for being too concerned with worldly possessions and many Renaissance artists painted Popes and Saints carrying both keys. However it is believed that Michelangelo did not include the keys here to attack the Papacy but to say that they hold the key to the path to Heaven and the key to a proper life.

At Christ's feet are seated St. Lawrence, holding the grill upon which he was martyred (which occurred in the Roman Forum), and St. Bartholomew, who was skinned alive. Saint Bartholomew is holding his flayed skin which is believed to contain a caricature of a face in its folds that is a self portrait of Michelangelo.



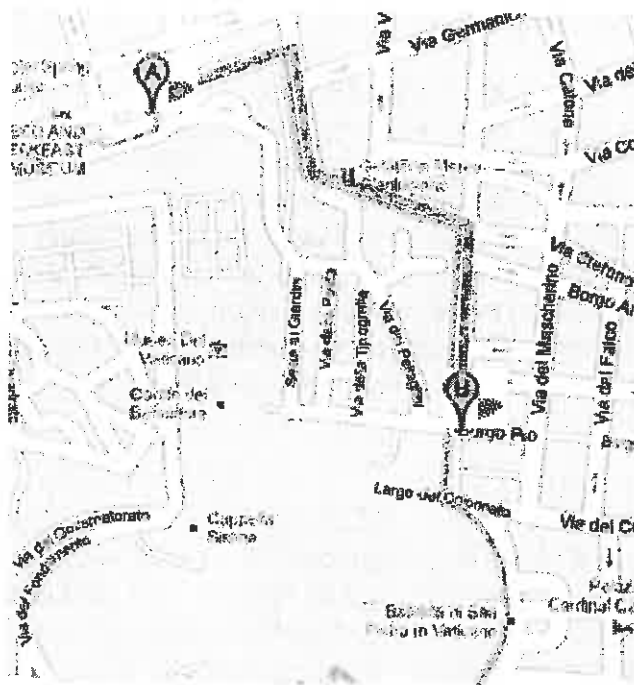
In the lunettes high above the figure of Christ are two groups of angels with the instruments of the Passion.

Beneath, in the central zone, on the left, are the elect ascending to heaven with the help of angels. In the center is a group of angels with trumpets. On the right are the damned who are being hauled into hell. In this group is the famous figure of the Disperato (“soul in despair”) looking down into the abyss of hell.

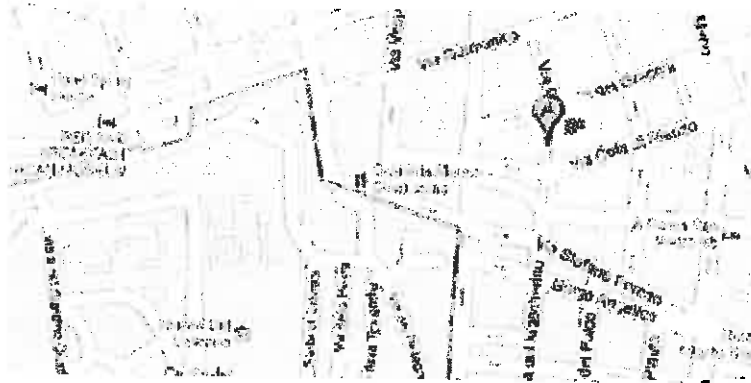
In the lowest zone on the left, there is a scene representing the Resurrection of the Body. In the center is a cave of devils in hell. On the right is the entrance to hell, with the boat of Charon (as in Dante’s description) and Minos, the guide to the infernal regions. According to legend, Minos has the features of Bagio da Cesena (with Donkey ears), the master of ceremonies to Pope Paul III , who publicly objected to the nudity of Michelangelo’s figures. Pope Pius IV also protested about this and at one time intended to destroy the frescoe, but he commissioned Daniele da Volterra to paint clothes on some of the figures instead.

### Piazza San Pietro and Vatican City

After exiting the museum, follow the wall of Vatican City around to the right. It will lead you directly to Piazza San Pietro.



On your way (particularly if you veer off the path a bit), you will pass a number of restaurants and trattoria. Many are tourist traps, but some are quite good. I've not eaten here, but I've heard good things about Trattoria Vaticano Cucina Romana Ricette Tipiche, which is at via Catone 10 and on the map below.



**Piazza San Pietro (Map at tab 2)**

**General:**

In and around the Piazza you will see men ranging in age from 22 to 30 in red, blue and yellow tunics with renaissance helmets, all said to be designed by Michelangelo. These are the Swiss Guard. Widely recognized as some of the most highly trained and deadly soldiers on the planet, these men are hand selected from a team of schools in Switzerland. Fewer than 20 selected make the vigorous cut each year and those who do endure the most secretive training of any army. They are sworn protectors of the Pontiff. They wear their blue tunics and berets, and carry a halberd; a long stick blade. These men are very friendly when approached if they are in a position that they are allowed to speak. If they are not, do not be offended, they are only doing their job.

Shorts and tank tops are not acceptable in the Basilica. Women must cover their knees and shoulders as well as their stomachs. Men should not wear shorts.

**Historical:**

The Courtyard providing the approach to Saint Peter's is the masterpiece of Gian Lorenzo Bernini (1656-67). Bernini was a master of symmetry, believing that every thing should have a pair. Partly enclosed by two semicircular colonnades, it has the form of an ellipse adjoining an almost rectangular quadrilateral. Each colonnade has four rows of Doric columns (Roman architecture incorporated three types of columns: Doric, Ionic and Corinthian. The difference can be seen on page 25 and on the Colosseum) forming three parallel covered walks. There are 284 columns. Atop the colonnades are 96 statues of saints and martyrs, each carved in solid marble.

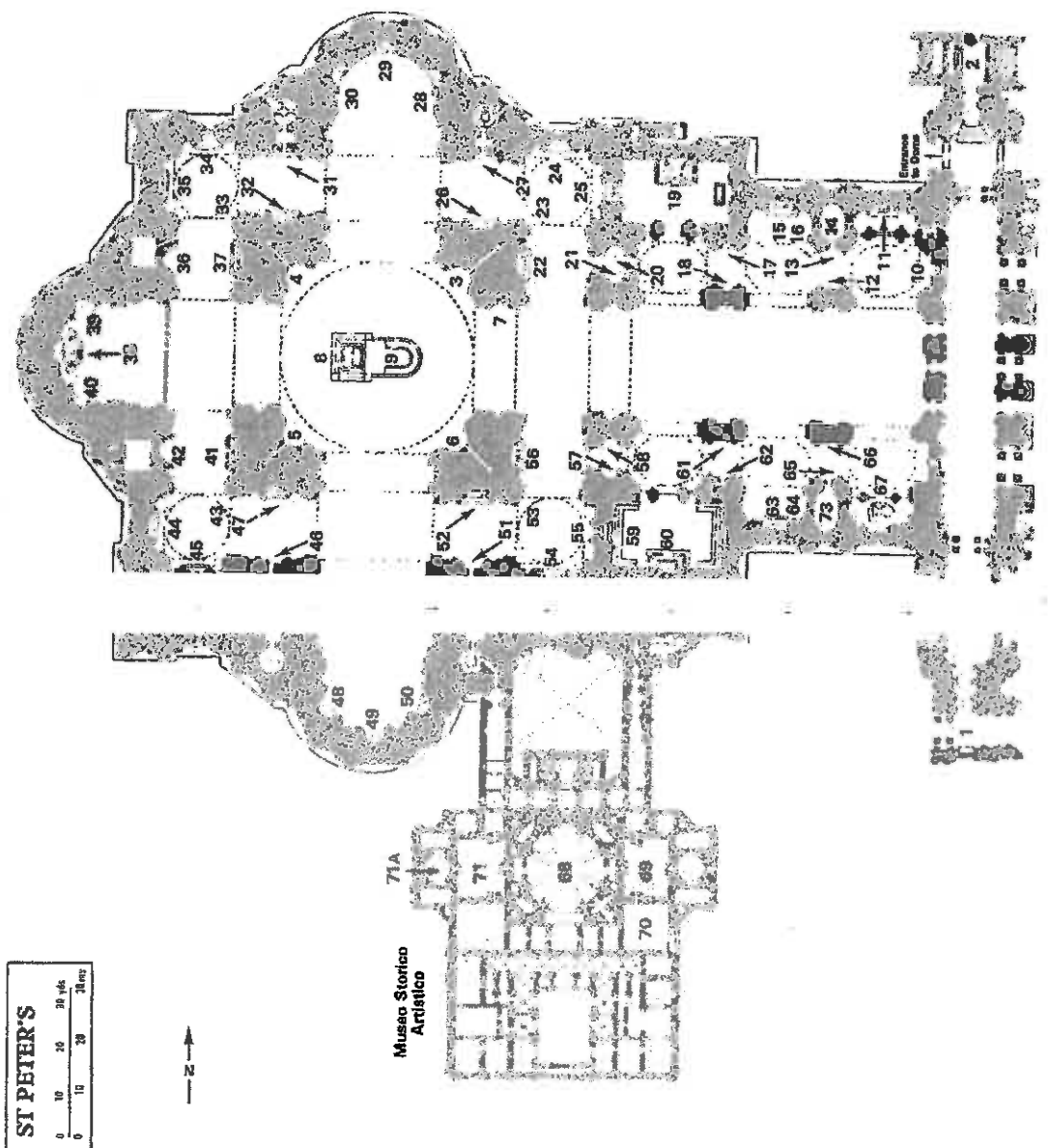
In the middle of the piazza rises an obelisk; a pagan symbol from Egypt that usually depicted Egyptian religious symbols. This obelisk, however, is devoid of hieroglyphics. It is 25.5 meters tall (almost 70 feet). This obelisk was brought from Alexandria in Egypt and placed here in 1586 by Pope Sixtus V. Pope Sixtus mounted the cross atop the obelisk in the same year.

The two fountains are supplied water by the Acqua Paola, aqueducts built by Agrippa. Between each fountain and the Obelisk is a round porphyry slab (colored Marble). If you stand on this marble slab it creates the visual illusion that each colonnade has only a single row of columns. This illusion is a testament to the perfect symmetry of the piazza. Not only do all of the columns line up, but the statues were designed to give the appearance that they are looking at these spots.

At the foot of the stairs leading to the portico of the Basilica are the colossal statues of Saint Peter and Saint Paul set up here by Pope Pius IX.

**Basilica di San Pietro in Vaticano (Saint Peter's Basilica)**  
**(Map below and at tab 3)**

Admission is free. Women and men must cover their knees and shoulders. No shorts or tank tops are allowed.



This is neither a cathedral nor the mother church of Christendom, however it is the composite work of some of the greatest artists of the 16C and a masterpiece of the Renaissance. It is also the centerpiece of Vatican City.

### *The Portico:*

When you first enter you enter into the Portico. Look for the original bronze doors from Old Saint Peters. They were decorated by Filarete in 1439-45 with reliefs of Christ, the Virgin, Saints Peter and Paul and their martyrdom. Also in the Portico are statues of the 32 canonized popes.

### *The Interior*

When first entering most notice the immensity of the church. Its size, however, is disguised by the symmetry of its proportions. It is much larger than it looks. Bernini designed the church in the plan of a Latin cross (see the map above).

Bramante designed the gilded coffered ceiling. The colored marble walls and floors were the work of Bernini and Giacomo Delia Porta. The round slabs of porphyry (colored marble) in the pavement in front of the central door is where emperors used to kneel for their coronation.

Immediately to your left is the Capella Della Pieta. The Capella Della Pieta (11)<sup>1</sup> is named after Michelangelo's Pieta (1499). This sculpture was created by Michelangelo at the age of 25 and is considered one of his most magnificent sculptures. It is the only work that he ever signed. He inscribed his name on the ribbon falling from the shoulder of the Virgin.

As you down the middle of the church, you see the Dome. It was created by Michelangelo and is an architectural masterpiece. Simple and dignified and flooded with light, it rises immediately above the sight of Saint Peter's Tomb.

The Dome is supported by four piers that hold the arches of the cupola. They are decorated with balconies and niches by Bernini. The niches are filled with statues that give each pier its name. Starting at the right and going counterclockwise they are: St. Longinus (3), St. Helena (4), St. Veronica (5) and St. Andrew (6). These statues represent the four saints named to the four "reliqui Maggiori." On the balconies above the statues are reliefs referring to the "reliquie Maggiori." These precious relics are displayed only in Holy Week. They are: the lance of St. Longinus, the soldier who pierced the side of Christ; a piece of the true cross collected by St. Helena; the cloth of St. Veronica with the miraculous image of Christ, and; the Head of Saint Andrew.

Under the canopy of the pier of St. Longinus is the famous statue of St. Peter (7) sitting on his throne. The extended foot has been worn away by kisses of the faithful.

Over the alter rises the Baldacchino (8) designed by Bernini in 1633. It is cast in bronze taken from the Pantheon. Four columns rise from marble decorated with the Barberini bees (the

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<sup>1</sup> These numbers correspond with the numbers on the map.

calling card of Bernini). They support a canopy from which festoons and tassels hang and on which angels alternate with children. Inside the top of the canopy is a Dove in an aureole.

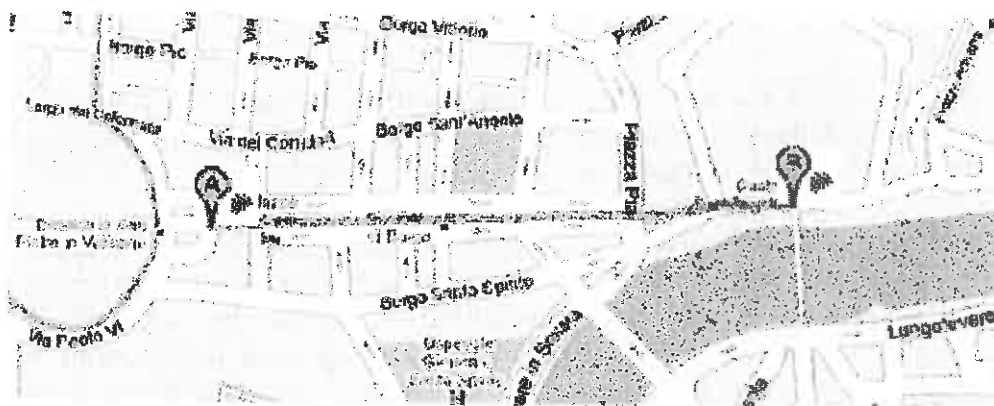
The high altar, at which only the Pope may celebrate, is formed of solid marble and stands over the tomb of Saint Peter.

In front of the altar is the confessionne (9). Encircled by perpetually burning lamps, this marks the entrance of the Vatican Grottoes, a sacred burial place. The grates in the floor around the High Alter also lead to the grottoes.

The Chair of Saint Peter (38) is located in the tribune behind the high altar. It is an enormous gilt bronze throne supported by statues of the four Fathers of the Church: Saints Augustine and Ambrose of the Latin Church and Saints Athanasius and John Chrysostom of the Greek Church (the two bareheaded are Athanasius and Chrysostom). This monument, created by Bernini in 1665, encloses an ancient wooden chair inlaid with ivory, said to have been the Episcopal chair of Saint Peter. Above the Chair is a circle of flying angels surrounding a great halo of gilt stucco. The center of the Halo is a dove set in the window above the throne. This dove is considered the focal point of the church.

### Vatican City – Castle Sant Angelo – Ponte Sant Angelo

With the Basilica at your back, walk down Via D Conciliazione toward Ponte Sant' Angelo.



Ponte Sant Angelo is believed by many to be the most beautiful bridge in Rome. Designed by Bernini, the bridge holds ten statues of angels with symbols of the Passion on the balustrade. Welcoming you to the bridge from the Vatican City side are the statues of Saint Peter and Saint Paul.

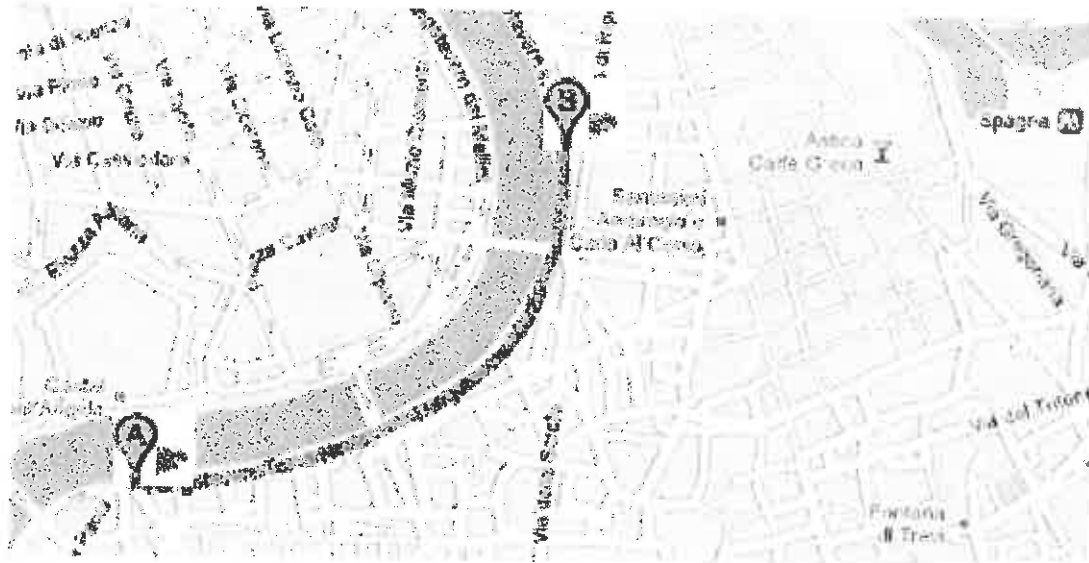
Facing the bridge is Castle Sant' Angelo. The enormous circular building was begun by Hadrian in 130AD as a mausoleum for himself. In the Middle ages, the tomb was surrounded with ramparts and became the citadel of Rome. According to legend, Saint Gregory the Great saw an angel sheathing his sword on top of the fortress while crossing the river at the head of a procession to pray for the cessation of the plague of 590. The vision accurately announced the end of the plague, and the castle was renamed Castle Sant' Angelo. There is a statue of gold depicting the angel atop the castle. It later became the stronghold of the Papacy. The four corners of the square walls surrounding the circle hold the rooms St. Matthew (SW), St. Mark (NW), St. Luke (NE) and St. John (SE).

From the end of Ponte Sant Angelo, you can either take a cab back to the hotel, walk back to the Ottaviano metro stop on the other side of Vatican City or, if you're up to it, walk to the hotel.

If you are walking, incorporate a visit to the Ara Pacis on your walk home.

### **Ara Pacis (Admission, 11E; closed Mondays)**

Turn left over the Ponte Sant Angelo and onto Lungotevere Tor di Nona (100 m)



The Ara Pacis, or Alter of Peace, was consecrated on July 4, 13 BC and dedicated thereafter to the victorious return of Augustus from Spain and Gaul in celebration of the peace that he had established within the Empire. It contains intricate friezes depicting, among other things, Augustus' family as residents of Rome. It is a good example of the use of art and architecture as political propaganda in ancient Rome.

## Walking Tour 2 – The City of Rome

This single day itinerary includes many of the major sights of Rome. It is intended as a full day itinerary with some heavy walking.

9:00 Piazza Del Poppolo.

### Travel:

Take the red line from Spagna or Barberini towards Battistini and exit at Flaminio. Across the street from the Flaminio Metro station is the entrance to Piazza Del Poppolo.

### **Piazza Del Poppolo**

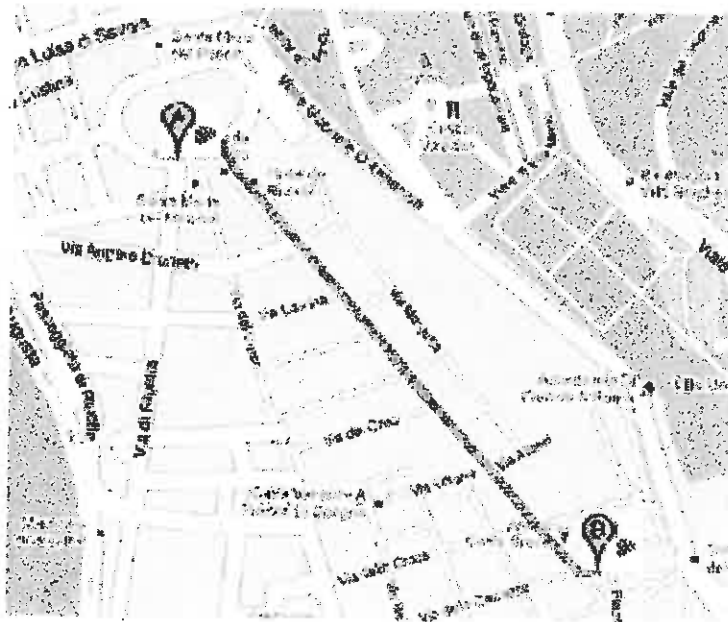
Piazza Del Poppolo is the entrance to Rome from the north. The Piazza was created in 1538 to represent a trident (using the three streets as prongs). Between the four fountains of lions rises an obelisk with hieroglyphics. Augustus brought it to this spot after the conquest of Egypt. The water in the fountains is fed by one of Agrippa's aqueducts and is pure and delicious (and is regularly drunk).

This Piazza is overlooked by the Pincio; one of Rome's seven hills, now a garden and park that holds further Roman treasures from both the times of Roman rule and the Renaissance. It is also home to many of Rome's outdoor concerts and free events. The Piazza is used on nice nights as a venue to watch soccer. The city sets up enormous screens so spectators can watch the games while sitting in the Piazza.

Two Baroque Churches flank the piazza entrance: Santa Maria dei Miracoli (left) and Santa Maria in Montesanto (right). Santa Maria Dei Miracoli, while often closed, is said to house the most beautiful art of the Baroque era. If it is open, it is well worth the visit.

### **Via Del Babuino and the Spanish Steps**

With the Flaminio entrance to the Piazza at your back, walk down Via del Babuino, which is the street the furthest to the left.







giant tritons, one blowing a conch shell. Both tritons are conducting the winged chariot of Neptune. On the side of the fountain, in niches, are statues of Health (right) and Abundance (left). Four statues above the fountain represent the seasons. This fountain, like most in the city, is fed by one of Agrippa's Aqueducts.

There is a long Italian tradition that travelers are to throw three coins over their shoulder into the fountain. The coins are for love, life and a safe return to Rome. There is a tale of a man who raised his family by pilfering the fountain once a week. He would pay off the guards with his collections and take the remainder home. Usually upwards of \$1000.00 a week. Once the public got wind of this, the government quickly put an end to it. Now the Italian Red Cross collects the money daily.

### Pantheon

Head west on Piazza di Trevi toward Vicolo del Forno (37 m)

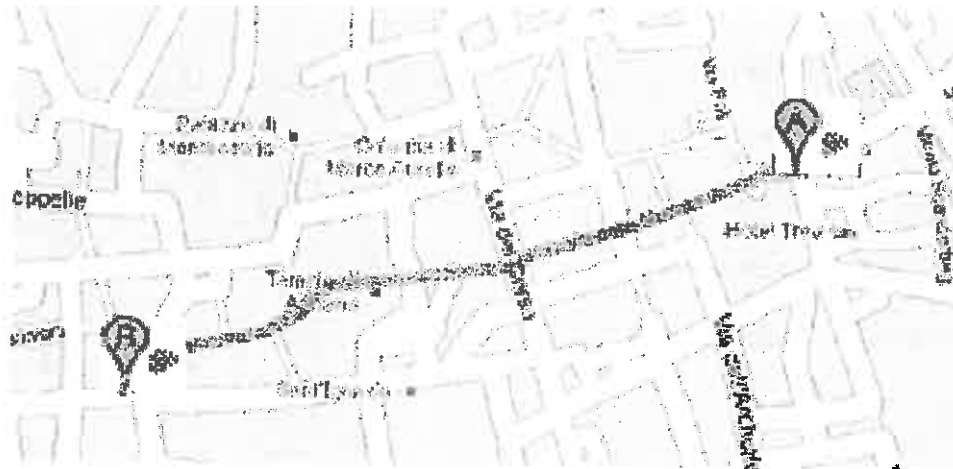
Continue onto Via delle Muratte (210 m)

Continue onto Via di Pietra (84 m)

Continue onto Piazza di Pietra (66 m)

Continue onto Via dei Pastini (160 m)

Continue straight onto Piazza della Rotonda (27 m)



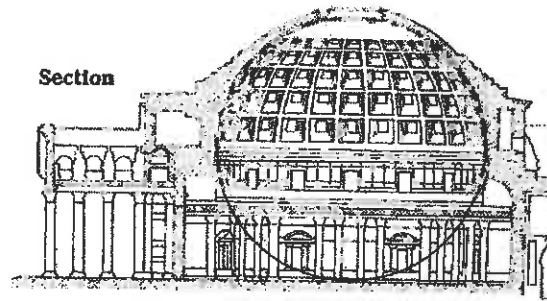
The Pantheon is the best preserved monument of Ancient Rome. Originally created as a shrine to the gods, it was converted into a church in 609. It was the first temple in Rome to be Christianized. The temple was built of travertine by Agrippa, son in law and friend of Augustus. Agrippa dedicated the shrine to himself (*M. Agrippa, L.F. Cos. Tertium Fecit*). While the original was built by Agrippa, Hadrian built the version that you see now after the original burnt down. However, since Romans believed that their deceased emperors were deities, Hadrian kept the inscription intact.

### *Exterior*

The portico is 34m wide and 15.5m deep and has 16 monolithic (all from one piece of marble) Corinthian columns of red or gray granite. Each is 12.5 m high and 4.5m in circumference. Usually columns were made by cutting pieces and placing them on top of one another. In a feat of architecture, each of these columns is carved whole from one piece of marble. The bronze doors are the oldest working doors in the world. They date back to the years of Marc Antony, Augustus and even Caesar.

### *Interior*

The illusion of the Pantheon is created by the genius of the architecture. The height and diameter of the interior are identical, which creates a spherical illusion:



The dome, the largest of its kind ever built, exceeds that of St. Peter's by just more than 1m. Its span actually begins at the level of the highest cornice seen on the outside of the building. The sloped walls at the top of the attic stage in the interior give the illusion that the dome actually begins there. The circular opening in the dome is 9m across. It provides the only light source for the structure.

Much of the original marble and gold of the Pantheon was taken for other projects, however the floor remains untouched and retains its original design.

The Pantheon is now a Catholic Church. The walls contain seven niches, which are chapels. The first chapel on the right side is the Annunciation Chapel. It contains an annunciation fresco and two 17C marble angels. The second chapel is the tomb of Victor Emmanuel II, the first king of Italy. The third chapel includes a 15C Madonna and Saints. In the main Apse, above the high altar, is a 7C icon of the Virgin and Child. The third chapel on the left side is a 16C Crucifix. The second chapel on the left side is the Tomb of Raphael, inscribed with the famous distich of Bembo, "Living, great Nature feared he might outview Her works, and dying, fears herself might die." On the altar is a statue of the Madonna del Sasso designed by Raphael and completed by his students after his death. There is also a bust of Raphael in the chapel and a short epitaph of Maria Bibbiena, Niece of Cardinal Dovizi da Bibbiena, who was to have married Raphael but died before him. The first chapel to the left is the tomb of Humbert.

## Piazza Navona

Head north on Piazza della Rotonda (walking away from the Pantheon with the McDonalds on your right) (50m)

Turn left to stay on Piazza della Rotonda (33 m)

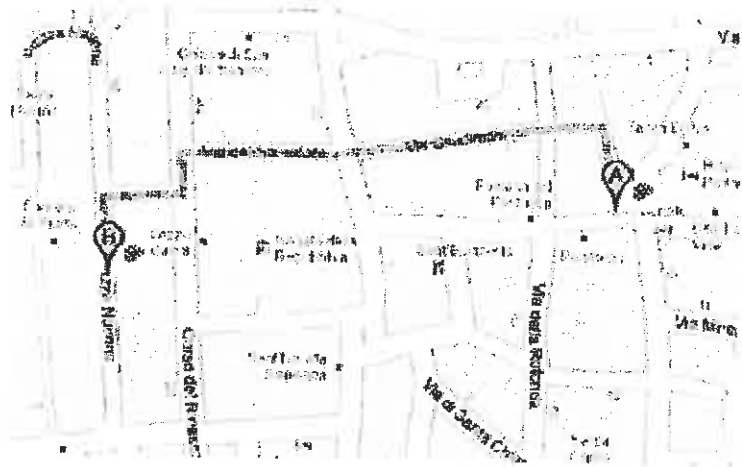
Continue onto Via Giustiniani (120 m)

Continue onto Via del Salvatore (97 m)

Turn left at Piazza Madama (25 m)

Turn right at Corsia Agonale (47 m)

Turn left at Piazza Navona (46 m)



Piazza Navona occupies what was once the stadium of Domitian. It is an oblong circular piazza where foot races were held. The buildings surrounding the Piazza are not the original buildings, but they maintain the form of the originals. In the middle ages the grounds were called the Campus Agonis. In addition to being a stadium, this area often held open air markets (which it still does today). In 17C and 18C, the piazza was flooded yearly, one weekend in August, to hold swimming competitions.



Three fountains decorate the Piazza. At the south end is the Fontana Del Moro, designed by Giacomo Della Porta in 1576. The fountain at the north end, depicting Neptune struggling with a marine monster, Nereids, and sea horses, is by Antonio Della Bitta. The central fountain, Fontana dei Quattro Fiumi, is one of the most famous works of Bernini. Rising from the rockwork are colossal allegorical figures of the four major rivers of his time: Danube, Ganges, Nile and Plate. The rivers represent Europe, Asia, Africa and Americas. One of the reasons the fountain is so popular is because it is a symbol of an ongoing feud between Bernini and Borromini. Bernini built the fountain in 1651 a few years before Borromini built Sant'Agnese (the large building in front of the fountain) in the same piazza. Aware of the future site of Sant'Agnese, Bernini faced the statue representing the Nile in that direction and carved him so that his arm was up to block out the sight of Sant'Agnese, which he was certain would be atrocious.

## Camp Di Fiori

Head south on Piazza Navona toward Via di Pasquino (25 m)

Turn left to stay on Piazza Navona (17 m)

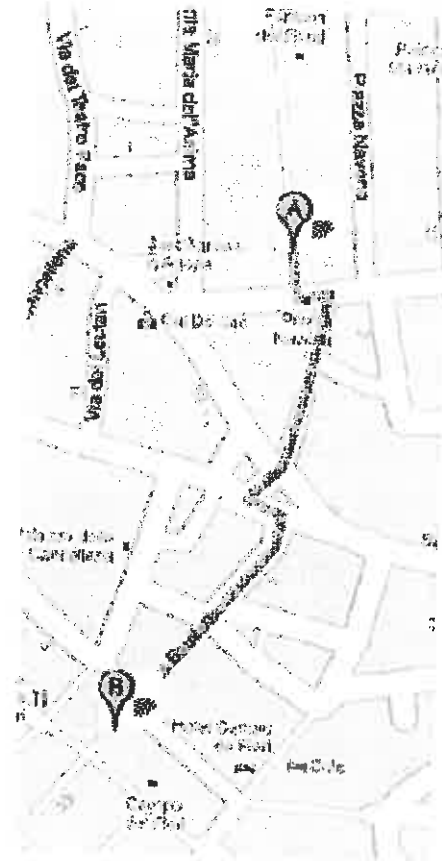
Turn right at Via della Cuccagna (54 m)

Continue onto Piazza di San Pantaleo (64 m)

Turn left at Corso Vittorio Emanuele II (21 m)

Turn right at Via dei Baullari (130 m)

Slight right at Piazza Campo de' Fiori



Once a meadow, this area became one of the most important piazzas in Rome in the 15C. Executions were held here occasionally. The monument in the center, by Ettore Ferrari, is of Giordano Bruno, a 16C philosopher. It has been a marketplace since the 19C and is a popular tourist night spot.

Campo di Fiori also has some of the best slice pizza and gelato in Rome, so it is a good place for lunch. On the corner of the Via dei Baullari entrance to Campo di Fiori is a very nice pizza “shop” that serves slices of pizza with a large variety of toppings. Slices are sold by weight in grams, or the “etti” (pronounced “eh tee”) which is 100 grams, about 1/4 a pound. You can order by simply pointing to a type of pizza and kindly telling the individual behind the counter the weight of the slice you want (e.g. “duo etti por favor” = ½ pound slice, please).

After lunch, walk down Via dei Baullari back toward Corso Vittorio Emanuele II and Blue Ice Gelateria will be on your left. Blue Ice makes the best gelato in the world (and they give free samples).

## Vittorio Emmanuel Monument

Head southeast on Piazza Campo de' Fiori toward Via del Biscione (45 m)

Turn left at Via del Biscione (64 m)

Slight left at Piazza del Paradiso (39 m)

Continue onto Via del Paradiso (50 m)

Turn right at Corso Vittorio Emanuele II (240 m)

Slight left at Largo di Torre Argentina (82 m)

Continue onto Corso Vittorio Emanuele II (120 m)

Continue onto Via del Plebiscito (260 m)

Turn right at Piazza Venezia (140 m)

Turn left to stay on Piazza Venezia



Mussolini inaugurated this building in 1911 to symbolize the achievement of Italian Unity. Many consider it a monstrosity. Un-affectionately called the wedding cake or Mussolini's typewriter, it does serve one incredible purpose; from atop you are granted one of the best views of Ancient Rome. It is a necessary climb.

The Monument Vittorio Emmanuel was built in 1885 by Giuseppe Sacconi, who was awarded the job as the winner of an international competition. Sacconi chose dazzling white Botticino marble that does not match any of the surrounding structures. This feature, coupled with the size of the monument, resulted in many complaints by Romans and non-Romans alike who believe the monument simply does not fit.

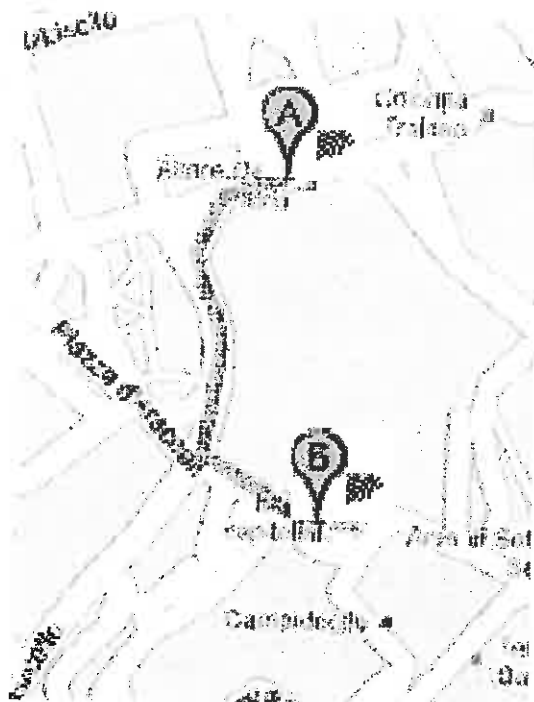
## Capitoline Hill

Head west on Piazza Venezia (45 m)

Turn left to stay on Piazza Venezia (66 m)

Continue onto Via del Teatro Marcello (120 m)

Turn left at Piazza Campidoglio (76 m)

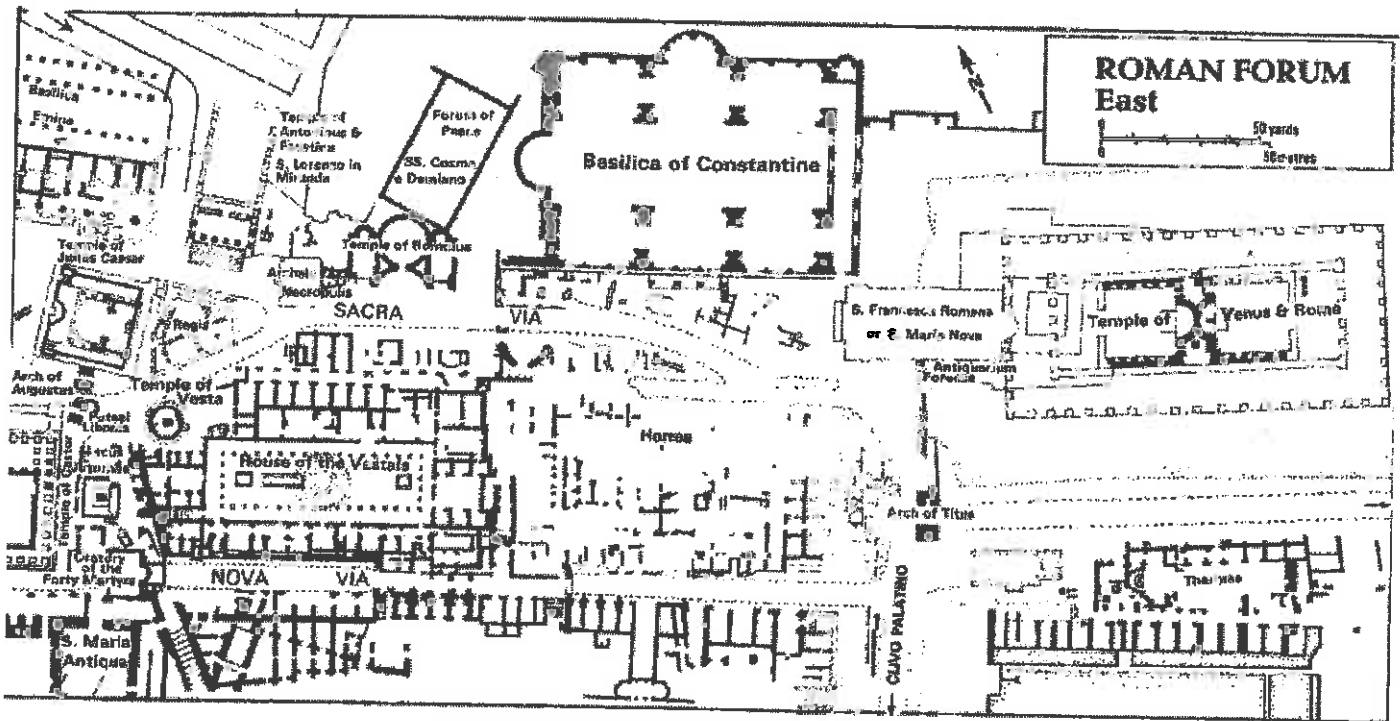
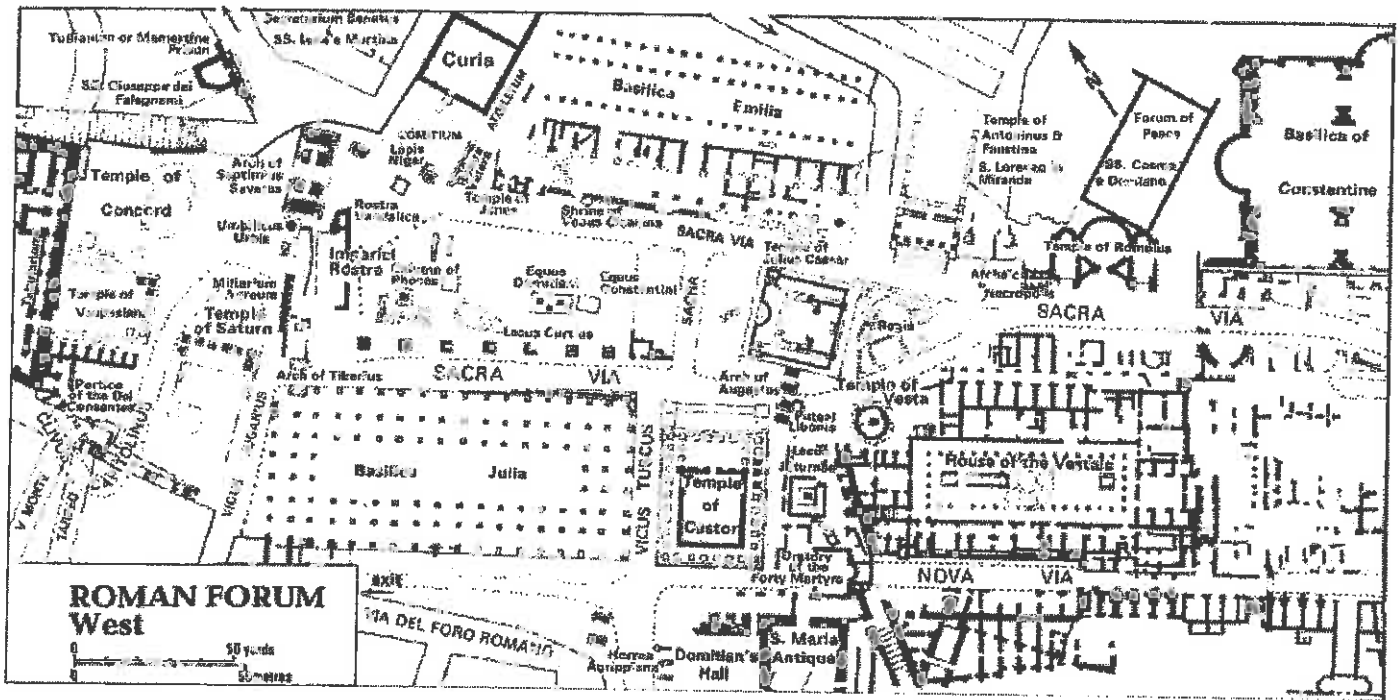


The smallest, but most famous of Rome's seven hills, the Capitoline hill was the political and religious center of ancient Rome. The approach to the hill is through the stepped ramp known as the Cordonata designed by Michelangelo. It is flanked by two black granite Egyptian lions. Atop the hill is the Piazza Del Campidoglio, also designed by Michelangelo. The pavement is an oval star design with a gilded bronze statue of Marcus Aurelius. The buildings surrounding the Piazza are now museums and the seat of Rome's civic government. The building to the left houses the Museo Capitolini which holds some of Rome's most treasured statues and busts. The building to the right is the Palazzo dei Conservatori. There is an outdoor portion of this museum that you can probably see from the piazza. It holds the head, feet and hands (as well as other fragments) of the enormous statue of Constantine the Great. It stood nearly 12m tall, and was originally in the Basilica of Constantine in the Roman Forum. The body of the statue was wooden which held the enormous marble pieces in place and was covered by a fine (and equally enormous) cloak.

While standing atop the hill, with your back to the street, walk forward to the right. You will take a path down toward the Roman Forum. Stop and look to the left. You will see concrete bricks of the Arius dating back to the time of Caesar. Concrete is widely recognized as the greatest invention of the Roman Empire.

When you reach the first bend of the path, you will be looking out into the Roman Forum.

## Roman Forum



The Roman Forum was the heart of Ancient Rome. The road from the Capitoline Hill into the Forum on is the Clivus Capitolinus. It was used only by magistrates and those in the Senate. Overlooking the Forum is the enormous arch of Septimus Severus (top left of Roman Forum West map). Nearly 21m high and 23m wide and entirely faced with marble it was erected in 203AD. Arches were erected to commemorate large victories. There are friezes on the arch depicting scenes from two Parthian campaigns: Roman victories over the Parthians, Arabians and Adiabeniens of Assyria.

To the right of the arch are the ruins of the Imperial Rostra. Made entirely from ships captured in the battle of Antium (338 BC) that were then covered with marble or gilded, the building backed into a semicircle that marked the center of Rome, and at one point the world.

The large building raising above the Forum to the left of the Arch is the Curia, the old senate house.

Walking down the path leads to the heart of the Forum. If you stop you will hear water trickling. That is the Cloaca Maxima. The Forum was originally a swamp and the Cloaca Maxima was built to drain the Forum. The Cloaca Maxima, the oldest working draining system in the world, drains the water into the Tiber, which is one of the reasons why the Tiber is so polluted. In 1999 a U.S. company offered to clean the Tiber and the Cloaca Maxima for free with the stipulation that anything they found they could keep. The Italian government declined since they believe that the river is home to billions of dollars in unearthed treasures.

Past the Cloaca Maxima is the Temple of Julius Caesar. This is where Caesar's body was brought after he was murdered in 44 BC, and it was here that Marc Antony addressed the people who revolted against Caesar's assassins. After Marc Antony addressed the people, Caesar was cremated. The spot of his cremation was dedicated as a temple to him by Augustus in 29BC.

Beyond the Temple of Julius Caesar and to the right is a circular temple. This was the Temple of Vesta, where the Vestal Virgins guarded the sacred fire which symbolized the perpetuity of the state. The Vestal Virgins were tasked with keeping the sacred fire lit, as its extinction implied the end of Rome. The origin of this cult goes back to Aeneas, father of Romulus and Remus, who brought the eternal fire of Vesta from Troy. Beyond the temple was the house of the Vestal Virgins, the keepers of the eternal fire and the most respected, and secluded, citizens of Ancient Rome.

To the left of the Temple of Julius Caesar is a road through the Forum. This is Sacra Via. It is the oldest street in Rome, dating back to 50BC. It has never been renovated. A historian once pondered (and listed) the many individuals, good and bad, who have stepped on these stones. The list includes Julius Caesar, Mother Theresa, Gandhi, Hitler, Mussolini and many saints and martyrs.

A little way up the Sacra Via to the left is the Temple of Antoninus and Faustina. In 141 AD Faustina died and her husband, Antoninus built a temple for her, making her the first woman to be deified. "Diva Faustina EXSC," which means "Goddess Faustina by Decree of the Senate," is engraved above the doors. Soon after dedicating this temple to Faustina, her husband died. Instead of building a new temple, in an example of Roman frugality, the Senate just put marble above Faustina's inscription that read "God Antoninus and." Each column is monolithic and weighs 60 metric tons. The doors, which are well above ground, mark the original doorway and ground level at the time the temple was Christianized and made into a church. This building, and particularly the location of its doors, is one of the best examples of the amount of excavation that has occurred. It is also a good example of why so many Roman monuments remain standing: the monolithic 60 ton columns were 1/3rd under ground. In front of the Church is a rectangular piece of raised concrete. It is here that Saint Lawrence was martyred. He was in charge of the Church's treasury and the king at the time wanted it. So he told Lawrence to bring him the riches of the church. Lawrence gathered up the poor of Rome and delivered them to the



King. The King had Lawrence tied to a grill. Lawrence was placed in this spot and burned. A favorite saint of Romans, it is said that after hours of being grilled, Lawrence said calmly, "I think I am done on this side, you can flip me over now." Michelangelo famously depicted Saint Lawrence in the Sistine Chapel to the left of the portrayal of Jesus in the Final Judgment.

Continuing up the Sacra Via you will see purple marble columns on the left. These mark the Temple Di Romolo (Temple of Romulus). It is actually a monument and not a temple since he was not deified. The doors of this monument are the 2nd oldest working doors in the world, with the oldest being at the Pantheon. Both the hinges and locks still work. The columns are made of Red Poufry, a purple marble found only in Egypt. There was only one quarry ever to hold this marble and it is empty. As a result, each column is worth approximately 100 million USD.

Continuing up the Sacra Via, on the left is the enormous Basilica of Constantine. It is said that Michelangelo studied this impressive piece of Roman architecture when planning the Dome of Saint Peters. It is the largest standing monument in the Forum. It once housed the enormous statue of Constantine parts of which are now stored on the Capitoline Hill.

As you exit the Forum on the Sacra Via you approach the Arch of Titus, erected by Domitian in 81 AD in honor of the sack of Jerusalem. 93,000 Jewish slaves were taken back to Rome and forced to erect this Arch to commemorate their defeat. In a moment of defiance, they decorated the Arch with Jewish symbols. When they were finished, they were forced to walk through the arch on their way to the Colosseum. No Jews were allowed to walk under it thereafter until 1949. Hitler, after a meeting with Mussolini, visited this Arch and declared it the most beautiful sight he had ever seen. Today Rome ropes off the center of the Arch and asks that visitors do not walk through it out of respect for the Holocaust and Jewish plight.

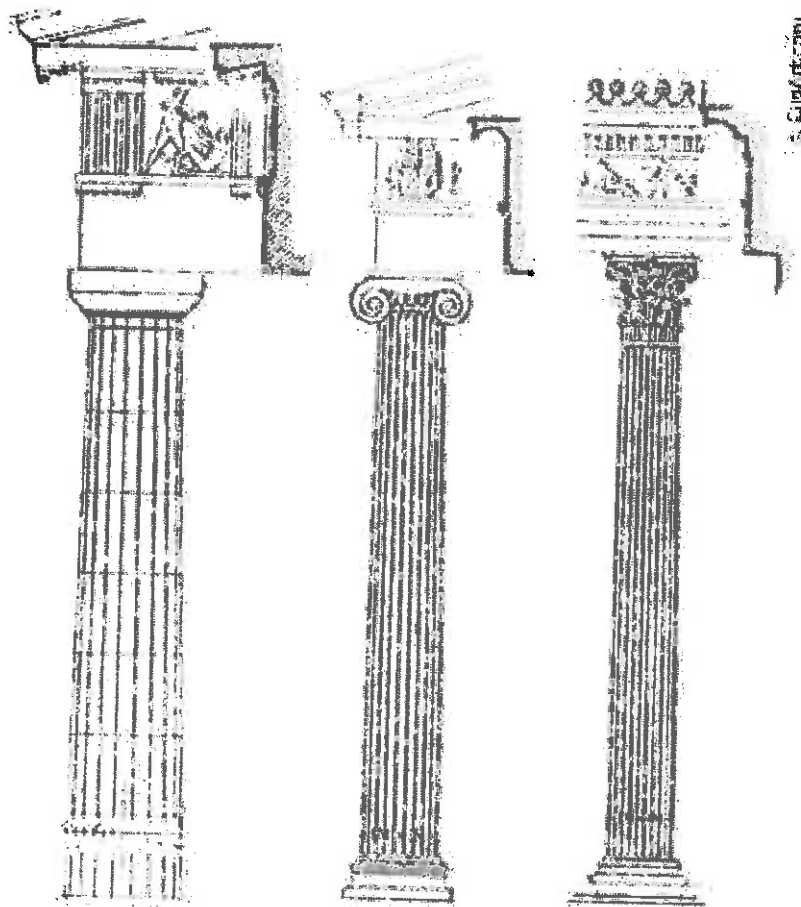
## Colosseum

After passing the Arch of Titus, the Sacra Via leads directly to the Colosseum, one of the most famous monuments of ancient Rome. It was originally named the Flavian Amphitheater, but was renamed the Colosseum because of the proximity of the colossal golden statue of Nero. It was prophesized by Bede in 673 AD that "when the Colosseum falls, Rome shall fall." It was the entertainment center of Rome. In the first 100 days (after its completion in 80 AD) over 400 gladiators and 5000 beasts were killed. It was also home to some of the most gruesome murders of Roman history.

In 1312 it became a quarry for the slate, and gold, marble and stone were taken from it to build other structures. In 1749, Pope Benedict XIV dedicated the Colosseum to the Passion of Christ and pronounced it sanctified by the blood of martyrs thereby stopping the pilferage of its stone and gold. Later Popes carried out the restoration of the structure.

### *The Exterior*

The colosseum is an ellipse. It is built of travertine outside and brick on the interior. The exterior walls support four stories. The lower three have rows of arches decorated with columns. There are three types of columns in Roman architecture (copied from Greek architecture). This is one of the only places in Rome where all three can be seen together. The lowest story has Doric columns, the middle has Ionic columns and the third has Corinthian columns.



Comparison of Greek Columns: Doric, Ionic, and Corinthian

There were 80 entrance arches; each marked with a number and each leading to different sections so that people entered the building based on their seat location (which was based on their class standing). The Colosseum was attached to three surrounding buildings by underground tunnels. These buildings housed the different gladiator schools.

You will see men standing outside dressed like Gladiators. They will be happy to take a picture with you but will expect money for it.

### *The Interior*

There are three parts to the Colosseum, the arena, the podium and the cavea. The arena measures 76m by 46m. It was a wood floor covering the tunnels and passageways below. Its name comes from the special sand that was used to cover the floor. In recent years they have replaced some of the wood flooring and covered it with the same sand. The arena was sometimes flooded for mock sea battles. Below the arena are tunnels that were used as entrances, cages for animals and other apparatus that would lift scenery, etc. into the arena. There is a large cross in the arena to commemorate the martyrs who died in the Colosseum.

At the top of the wall surrounding the Arena was the podium. This terrace was set up with couches for the emperor, senators, etc. Above that was the cavea. It was divided into three tiers reserved for different statuses. At the top of the cavea are holes. These holes were used to support the Velarium. This was an awning that protected spectators from the sun. Romans were

masters of fabric and sailing. To this day no one has been able to recreate the Velarium in a manner that limits the wind resistance enough to not have it rip out of the walls.

### Arch of Constantine

Outside of the Colosseum stands the Arch of Constantine. Erected in 315 AD in honor of Constantine's victory at Saxa Rubra, this Arch was decorated by taking statues and art from other monuments and attaching them. It is a sad testament to the decline of Roman art and architecture. However, the work is good and worth checking out.

From the Colosseum, you can either take a cab back to the hotel, take the metro or, if you're up to it, walk. Facing the Colosseum with the Arch of Constantine to your right, the Colosseum Metro station is to your left. The Colosseum Metro station is on the blue line. To get back to the hotel, take the blue line towards Rebibbia and exit at Termini. At Termini, change to the red line toward Batistini and exit at Barberini.

### Santa Maria Dei Maggiori

If you have time for one stop, visit Santa Maria Dei Maggiori, the official Basilica of Rome and the seat of the Holy Roman Empire. To get to the Basilica, take the metro from the Colosseum toward Rebibbia and get off at Cavour (one stop). From Cavour:

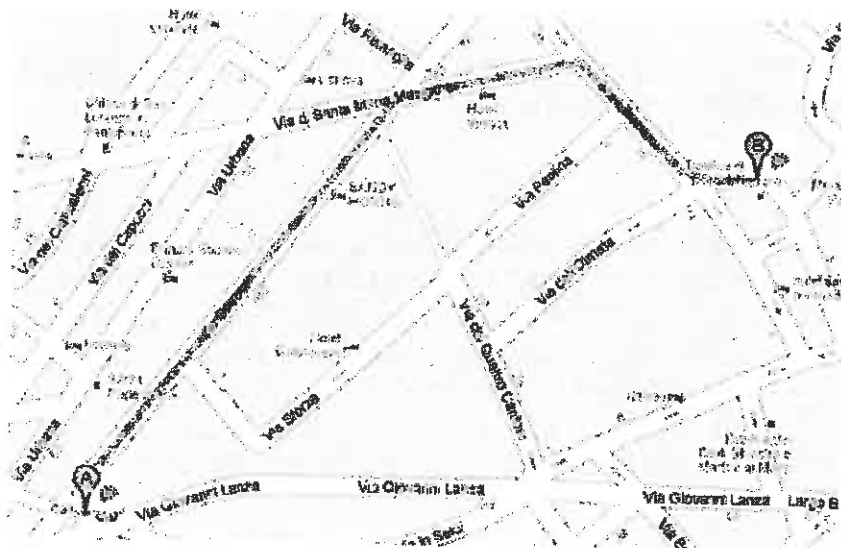
Head northwest toward Via Cavour (13 m)

Turn right at Via Cavour (350 m)

Slight right at Via di Santa Maria Maggiore (120 m).

Turn right at Via Liberiana (100 m)

Slight left at Piazza di Santa Maria Maggiore



Santa Maria Del Maggiori is the official basilica of Rome and the Seat of the Holy Roman Empire. It houses one of the Catholic Church's greatest relics, a piece of the crib from

the infant Jesus. The church was originally built by Pope Liberius in 359AD, but burnt down. The present church dates back to the time of Pope Sixtus III (432-40AD) and was modified during the Renaissance. The church was built as a result of an appearance by the Virgin Mary to Pope Liverius and John, a patrician of Rome, on the night of August 4, 358. She told them to build a church on the Esquiline (one of Rome's seven hills) on the spot where in the morning they would find a patch of snow. The prediction fulfilled, Liberius drew up the plans and John built the church at his own expense.

### *The Exterior*

The portico is surmounted by three arches above which are statues. In the portico is a bronze statue of Philip IV of Spain, modeled by Bernini. A staircase leads up to the open loggia from which one can view the mosaics on the early facade depicting Christ Pantocrator with angels and Saints. The four scenes below illustrate the Legend of the Snow. The four 18C statues of angels were created by Pietro Bracci and were originally over the high altar.

### *The Interior*

The interior is divided into nave and aisles by 36 ionic columns of marble and four of granite. Over the triumphal arch and in the nave are the mosaics, dating from 432BC. On the left, scenes from Abraham, Jacob and Isaac; right, scenes from the life of Moses and Joshua; over the triumphal arch, scenes from the early life of Christ. The coffered ceiling, gilded by Giuliano da Sangallo, is said to have been gilded with the first gold brought from America by Columbus and presented by Ferdinand and Isabella to Alexander VI.

### *South Aisle*

From the baptistery with a high relief of the Assumption (by Bernini), is the entrance to the Sacristy, designed by Flamio Ponzio (17C). Next is the vault of the Cappella San Michele. In this vault, by a side door, are traces of 15C frescoes. Further down the south aisle we find the Sistina Chapel, or chapel of the Holy Sacrament, on a domed Greek-cross plan. This chapel is considered one of the most magnificent in the world.

The confessio is located toward the front of the church between the North and South Aisles. Constructed in the 19C, it contains a kneeling statue of Pius IX. The baldacchino over the high altar is by Fuga. A porphyry sarcophagus which contains the relics of St. Matthew and other martyrs serves as the high altar. The fragment of the crib of the Infant Jesus is kept below the confessio in a reliquary adorned with reliefs and silver statuettes. In the South Aisle, at the foot of the sanctuary steps is the simple pavement tomb of the Bernini Family, including Gian Lorenzo.

### *North Aisle*

Balancing the Sistina Chapel is the Borghese Chapel. This chapel was designed by Ponzio. Some of the best known 17C artists were employed to decorate it. On the altar is a Madonna and child with crossed hands, attributed to a Byzantine artist working before the 10C. Next is the Sforza Chapel, erected by Giacomo della Porta to a design by Michelangelo. In the chapel is an Assumption by Sermoneta. Next is the Cesi Chapel, containing two Cesi tombs and an altar piece of the Martyrdom of St. Catherine.

## DINING RECOMMENDATIONS

### Near the Hotel:

Colline Emiliane (via Avignonest 22, off the piazza Barberini) is a family run restaurant recognized for its homemade pasta. The New York Times rates it with 4 stars and 2 dollar signs, and recommends the tortellini alla panna as an entrée and the culatello di Zibello as an appetizer. It is also an editors' pick and listed as one of the ten best restaurants in Rome by 10Best.com.

Hosteria Romana (via del Boccaccio 1, off the piazza Barberini) is a New York Times editors' pick. Recognized for its pasta and meat dishes, the Times claims it is a fixture to Romans but not the guidebooks and notes the only fault is that the wait staff have a clear preference for locals.

### Other:

Trastevere is one of the night life and restaurant hot spots in Rome, and is home to some of my favorite restaurants. Unfortunately, you will probably need to take a cab to get there and back, but you will not be disappointed.

Spirito Di Vino (vicolo Dell'Atleta) is a culinary experience. The food takes time, but is so worth the wait and their wine list one of the most extensive I have seen. My friends who return to Rome every year insist on eating here at least once per visit.

<http://www.spiritodivino.com/english/index.html>

Ripa 12 (via di San Francesco) is not nearly as fancy as Spirito, but it makes some magnificent fish dishes and has something for everyone.

## DAY TRIPS FROM ROME

Interested in exploring more of Italy? The following day trips are perfect options.

### **Florence**

The heart of Renaissance Italy, Florence could be a vacation in itself, but the city is compact and simply perfect for day trips. Visit David and the Uffizzi, stroll across the Ponte Vecchio and gaze in wonder at the Duomo and Ghiberti's "Golden Doors" (dubbed by Michelangelo as "the Gates of Paradise"). Time permitting, visit the Duomo Museum which houses, among many other treasures, Donatello's wooden Mary Magdalene (one of the most moving statues I've ever seen) and stroll through Florence's famous out door leather market (open daily 8-8, Via del Canto).

### **Travel**

Trains run directly between Roma's Termini and Florence's Santa Maria Novella train stations. Trains run from early morning (currently 4:10) until late at night (currently 22:36). Here are options, starting from the least expensive:

Rapido (R) and Regionale - the slowest and least expensive trains take nearly four hours. Rapido trains usually have only second class with no seat reservations. As of 12/21/2010 the fare for this train was 16.95 E one way.

IC and ICplus - Intercity and Intercity Plus trains take just over three hours. They have first and second class compartments and seat reservations can be made (mandatory on ICplus). Cost is almost double the cheapest rapido fare but since trains can be crowded, having a seat reservation is a good idea. As of 12/21/2010 the fare for this train was between 25.50 E and 30.00 E one way.

ESA or ESfast - Eurostar trains take about an hour and thirty five minutes, have first and second class compartments, and seat reservations are mandatory. These are about triple the lowest rapido fares but much faster. As of 12/21/2010 the fare for this train was 44.00 E one way

### **Siena**

Siena is the capital of the province of Siena in Tuscany. Siena is one of the nation's most visited tourist attractions, with over 163,000 international arrivals in 2008. Siena is famous for its cuisine, art, museums, medieval cityscape and the palio, a horse race held in Siena's Piazza del Campo in July and August.

### **Travel**

Take the train to Florence and the SITA bus from Florence's Santa Maria Novella train station to Siena. The bus takes about 75 minutes. Trains also run from Florence to Siena or Rome to Siena (with a train change), but Siena's train station is outside of city center and it can be expensive and difficult to get from the station to city center.

## Naples

Naples is widely criticized as the most crime ridden and dirtiest of Italy's famous cities, and there may be some truth to that. But it is still home to many wonderful monuments and museums and is where pizza was invented.

### Travel

Trains run directly between Roma's Termini and Naples' Napoli Centrale. Trains run from early morning (currently 4:52) until late at night (currently 22:13). Here are options, starting from the least expensive:

Rapido (R) and Regionale - the slowest and least expensive trains take nearly three hours. Rapido trains usually have only second class with no seat reservations. As of 12/21/2010 the fare for this train was 10.50 E one way.

IC and ICplus - Intercity and Intercity Plus trains take just over two hours. They have first and second class compartments and seat reservations can be made (mandatory on ICplus). Cost is almost double the cheapest rapido fare but since trains can be crowded, having a seat reservation is a good idea. As of 12/21/2010 the fare for this train was 20.50 E one way.

ESA or ESfast - Eurostar trains take about an hour and twenty minutes, have first and second class compartments, and seat reservations are mandatory. These are about triple the lowest rapido fares but much faster. Note: there are some Eurostar trains that go to other stations in Naples (not Centrale). As of 12/21/2010 the fare for this train was 44.00 E one way.

## Capri

Capri is an enchanting and picturesque island made of limestone rock located in the Bay of Naples, south of the city of Naples and near the tip of the Amalfi Peninsula, in the Campania region of Southern Italy. It was a favorite with Roman emperors, the rich and famous, artists, and writers and is one of the Mediterranean's must-see places. It is also home to the best gnocchi I have ever eaten in my life. The island's top attraction is the famous Blue Grotto, Grotta Azzurra. Beaches are scattered around the island. There are only two towns - Capri, just above Marina Grande, and Anacapri, the higher town. Lemon trees, flowers, and birds are abundant.

### Travel

Take the train to Naples. From the Naples train station, take a cab to Port Molo Beverello or Calata Porta di Massa (there are more ferries from Molo Beverello). Journey time for ferries range from 40 to 80 minutes and 10.00 E to 20.00 E depending on the time of day and ferry type. Ferries run approximately every 30 minutes.

## Pompeii

The city of Pompeii is a partially buried Roman town near modern Naples in the Campania region of Southern Italy. Along with Herculaneum, its sister city, Pompeii was destroyed and completely buried during a catastrophic eruption of the volcano Mount Vesuvius spanning two days in 79 AD. The eruption buried Pompeii under 4 to 6 meters of ash and pumice, and it was lost for over 1,500 years before its accidental rediscovery in 1599. Since then, its excavation has

provided an extraordinarily detailed insight into the life of a city at the height of the Roman Empire.

### Travel

Take the train to Naples. Transfer in Naples to the local commuter train called the Circumvesuviana (you can usually purchase these tickets in Rome). The Circumvesuviana runs about every 30 minutes at peak times. The trip from Naples to Pompeii Scavi is approximately 40 minutes.

### **Orvieto - Hill Town in Umbria**

Perched atop tufa cliffs, the Umbrian hill town of Orvieto makes an impressive sight. Inhabited since Etruscan times, Orvieto's monuments and museums cover millenniums of history. Orvieto's stunning duomo with its mosaic facade is one of the best medieval monuments in Italy. There are plenty of shops and restaurants where you can try specialties of the Umbria region.

### Travel

Trains run directly between Roma's Termini and Orvieto's train station. Trains run from early morning (currently 5:58) until late at night (currently 22:43). Here are options, starting from the least expensive:

Rapido (R) and Regionale - the slowest and least expensive trains take 78 minutes. Rapido trains usually have only second class with no seat reservations. As of 12/21/2010 the fare for this train was 7.10 E one way.

IC and ICplus - Intercity and Intercity Plus trains are more expensive and only save you ten minutes (they take about 65 minutes). They have first and second class compartments and seat reservations can be made (mandatory on ICplus). Cost is double the cheapest rapido fare but since trains can be crowded, having a seat reservation is a good idea. As of 12/21/2010 the fare for this train was 14.50 E.

Orvieto is up the hill from the train station. A funicular runs regularly connection the lower town to the upper town.

### **Frascati - Wine Town**

Frascati is in the hills 13 miles from Rome. It is part of the Colli Albani and the Castelli Romani area, the volcanic complex of hills and lakes where well-to-do Romans have had summer homes for centuries. Frascati is a pleasant wine town and a good place to escape the hustle and bustle of Rome.

### Travel

The train line from Rome to Frascati is the oldest in Italy. Only one train type goes to Frascati. It runs hourly, takes about 25 minutes and as of 1/6/2011, costs 1.90 E.



