



# ROME

3 DAYS OF CULTURE, FOOD & LOCAL LIFE

A FREE TRAVEL ITINERARY DESIGNED FOR TRAVELERS WHO WANT TO EXPERIENCE ROME BEYOND THE TOURIST TRAPS.

INCLUDES DAY-BY-DAY PLANNING AND RECOMMENDATIONS.



CREATED BY: ORSOLYA STASS  
WWW.MYHIDDENMAP.COM

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# DAY 1

## Ancient Rome & Hidden Corners

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### MORNING - ICONIC ROME

- Start at Colosseum (arrive at opening time)
- Walk through Roman Forum
- Continue up to Palatine Hill for views

### AFTERNOON — MONTI DISTRICT

- Lunch in Monti (more local, less crowded)
- Wander side streets (vintage shops, quiet corners)
- Visit Basilica di San Pietro in Vincoli (Michelangelo's Moses)

### EVENING — CLASSIC ROME GLOW

- Walk to Trevi Fountain after sunset (less crowded)
- Continue to Pantheon
- Stop at Piazza Navona
- Dinner in nearby streets



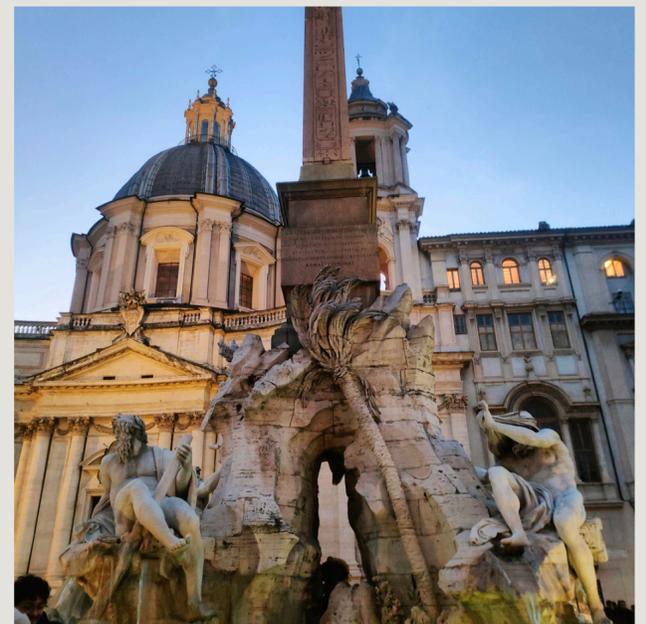
View of the Colosseo from the  
back

[Google Maps](#)



Small streets on the  
way to Trevi Fountain

[Google Maps](#)



Fountain at Piazza Navona

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# DAY 2

## Vatican, Streets & Hidden Passages

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### MORNING - VATICAN VISIT

- Vatican Museums (book early slot)
- Sistine Chapel
- Admire the views from the top

### AFTERNOON - BASILICA & WALK

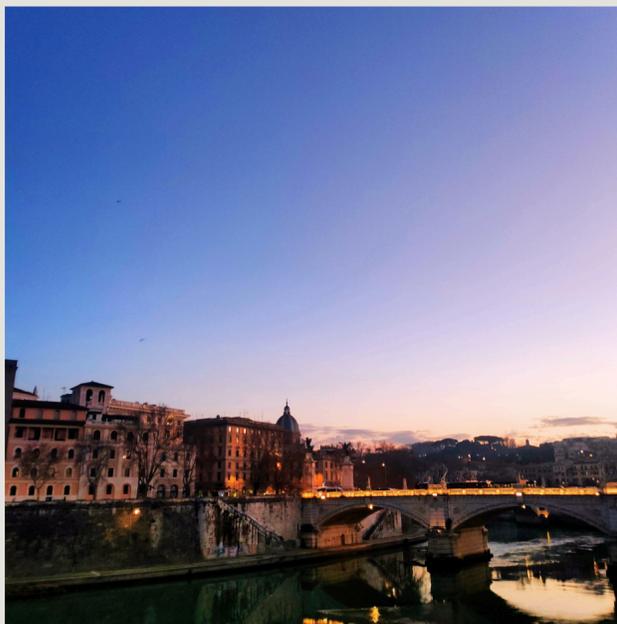
- Visit St. Peter's Basilica
- Walk along the Tiber River
- Passetto del Biscione (ivy-covered alley, very quiet)

### EVENING- TRASTEVERE ENERGY

- Cross into Trastevere
- Wander narrow streets
- Dinner in a small trattoria: fairy lights, wine, and noise from busy little streets



View from the St. Peter's  
Basilica  
[Google Maps](#)



View of the St. Angelo Bridge  
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Pizzeria near Spanish  
steps  
[Google Maps](#)

# DAY 3

## Local Rome & Scenic Views

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### MORNING - MARKET LIFE

- Visit Campo de' Fiori market
- Browse market stalls for fresh produce, spices, and small souvenirs
- Drink an espresso standing at a bar (quick, local ritual)

### AFTERNOON - PARK ESCAPE

- Walk or rent a bike in Villa Borghese
- Optional: viewpoint over Piazza del Popolo
- Orange Garden (Giardino degli Aranci)
- Stop for a relaxed coffee or picnic inside the park

### EVENING - FINAL ROME MOMENT

- Sunset overlooking the city from the Castel Sant'Angelo
- Rooftop dinner or relaxed trattoria
- Late evening stroll through softly lit streets for a final Rome atmosphere



Trevi Fountain  
[Google Maps](#)



Street view near Piazza Venezia  
[Google Maps](#)



Torre della Biscia  
[Google Maps](#)

# Recommendations

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## Traditional Italian Restaurants:

- Cantina e Cucina: vintage style restaurant serving traditional Italian food
- Da Enzo al 29: small, authentic Trastevere trattoria
- Osteria del Grillo: good place to try pasta, wide variety
- Sesamo Trastevere: Very good pizzas and focaccias in Trastevere

## Cafés worth stopping:

- Sant'Eustachio Il Caffè: iconic espresso spot
- Faro - Luminari del Caffè: modern, speciality coffee
- Café 67: local café, very good cappuccino

## Where to try local treats:

- Pizzarium Bonci: Try the pizza al taglio
- Gelateria Azzaro: Excellent place to try a traditional gelato
- Quel che c'è laboratorio di Cucina: Good place to try the lasagna

## Unique experiences:

- Pasta Making Class: Very memorable experience, between 35-60€, 2-3 hours
- Vespa Tours: Go on an organized tour or rent a Vespa and discover by yourself, between 50-80€
- Vatican visit: Entry is free on the last Sundays of the month, otherwise between 20-50€ depending on package

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## Tips:

- Avoid restaurants right next to major landmarks
- Eat slightly earlier or later to skip crowds
- Carry cash for smaller places



# WORK WITH ME



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