

My favorite Rome, shared with you.

EXPERIENCE ROME

like a Local

A personal guide to the places I love,
the favorites I recommend
and the little secrets only locals know.



NEIGHBORHOODS
TO EXPLORE



LOCAL FOOD
& DRINK



BEST VIEWS &
HIDDEN SPOTS



PERSONAL
RECOMMENDATIONS

Enjoy Rome.
LIVE IT. FEEL IT. LOVE IT.

I N D E X

Your guide to my Rome.

LOCAL PLACES, PERSONAL FAVORITES
AND HIDDEN GEMS IN EVERY CORNER OF THE CITY.

*I live here, I explore every day,
and I'm happy to share my favorite spots with you.*

Melissa



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SAN PIETRO & PRATI

The Elegant Side of Rome

Just a short walk from Vatican City, Prati is one of Rome's most elegant neighbourhoods. Wide avenues, historic buildings, excellent restaurants and beautiful shopping. The perfect area to experience both the spiritual heart of Rome and its refined lifestyle.



DON'T MISS



St. Peter's Basilica

One of the most iconic places in the world and the heart of Vatican City. Don't forget to go up to the dome for an incredible view! ★



St. Peter's Square

Designed by Bernini, it's one of the most impressive squares in the world. ★



Castel Sant'Angelo

Walk across the bridge for a stunning view and discover this fascinating historic castle. ★



Vatican Museums

Home to extraordinary collections, the Sistine Chapel and masterpieces that will leave you speechless. ★



Via Cola di Rienzo

The main shopping street in Prati, perfect for boutiques, Italian brands and a little shopping break.



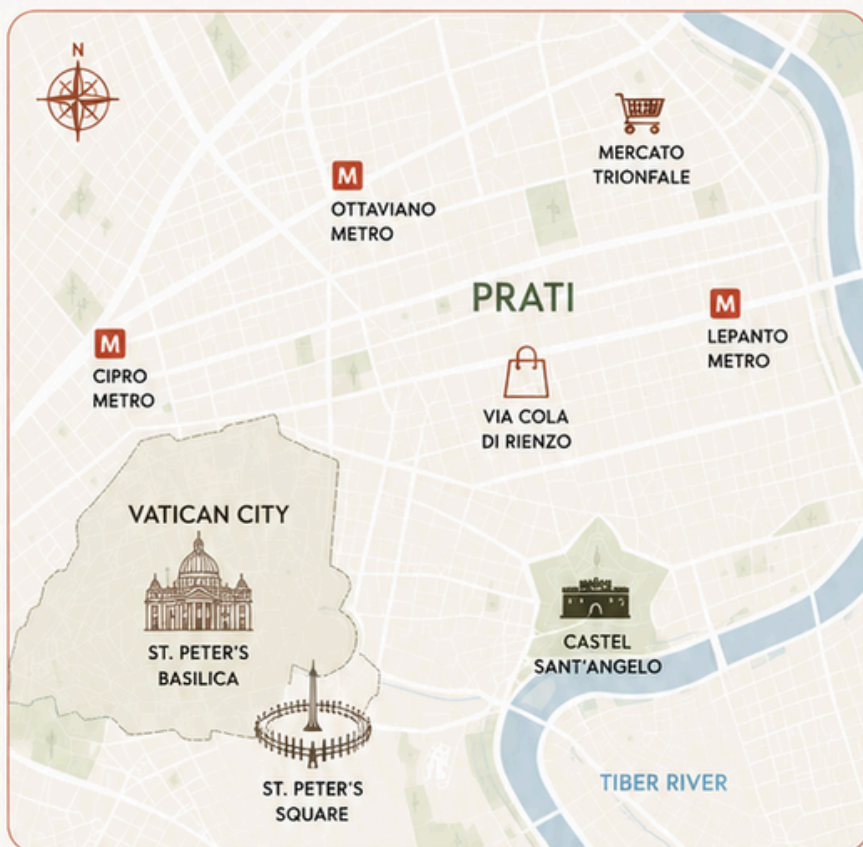
The Tiber River Walk

Take a stroll along the river towards the city centre. One of my favourite walks in Rome. ★



WHY I LOVE THIS NEIGHBOURHOOD

Prati is where I come when I want to enjoy a slower, more elegant side of Rome. Wide boulevards, beautiful cafés, excellent restaurants and the Vatican just around the corner make it one of the city's most enjoyable neighbourhoods.



MELISSA'S FAVOURITE PLACES



BREAKFAST & CAFÉS

- ★ **Caffè Doria**
A classic Roman café, elegant and historic.
- ★ **Pasticceria La Fiorentina**
Perfect for breakfast and famous for its *maritozzo con la panna*.
- ★ **Caffè Vaticano**
Great coffee with a view of St. Peter's Dome.



RESTAURANTS

- ★ **Romanè**
Traditional Roman cuisine at its best.
- ★ **Il Sorpasso**
Great food and a beautiful atmosphere.
- ★ **Meat Market**
Perfect for meat lovers!
- ★ **Tacito**
Refined Roman dishes in a cosy setting. A Tuscan gem in the heart of Prati.



GELATO

- ★ **Old Bridge Gelateria**
Perfect for breakfast and their amazing homemade pastries.
- ★ **Cremilla**
One of my favourite gelaterias in Rome.
- ★ **Gutilla**
Artisanal gelato with natural ingredients.



MARKET & SHOPPING

- ★ **Mercato Trionfale**
The most famous local market in Rome. Fresh products, cheeses, wines and more.



VIEWS

- ★ **Terrazza Borromini**
My favourite rooftop in Rome.
- ★ **Terrazza Nainer**
Great view and perfect for aperitivo.
- ★ **Mandarin Oriental Terrace**
A stunning view over the Pantheon. Reservation recommended.



MELISSA'S TIP

Visit St. Peter's early in the morning to avoid the crowds, and reserve your Vatican Museums tickets in advance. In the evening, enjoy an aperitivo on one of the rooftops and watch Rome's domes glow at sunset.

Trastevere & Giannicolo

Rome's Most Charming Neighbourhood

Cobblestone streets, ivy-covered buildings, hidden piazzas and breathtaking views. Trastevere is where Rome reveals its most romantic soul. From lively evenings in Piazza Trilussa to the peaceful panoramic terraces of the Gianicolo, every corner tells a story.



DON'T MISS



Piazza Santa Maria in Trastevere

The heart of the neighbourhood and home to one of Rome's oldest and most beautiful churches. ★



Piazza San Cosimato

A favourite among locals, with cafés, restaurants and a wonderful atmosphere throughout the day.



Ponte Sisto

One of Rome's most beautiful bridges. Walk across it at sunset towards Campo de' Fiori.



Piazza Trilussa

The meeting point for locals before dinner or aperitivo.



Gianicolo Terrace (Belvedere del Gianicolo)

One of the most spectacular panoramic viewpoints in Rome. ★



Fontana dell'Acqua Paola (Il Fontanone)

One of my absolute favourite places in Rome. Come just before sunset and enjoy one of the city's most breathtaking views. ★



Tempietto del Bramante

A Renaissance masterpiece hidden inside San Pietro in Montorio.



Villa Doria Pamphilj (optional)

Rome's largest public park, perfect for a morning walk or a run if you want to escape the crowds.



MELISSA'S FAVOURITE PLACES



BREAKFAST & CAFÉS

- ★ Bar San Calisto
Perfect for coffee or a morning cappuccino in a lively square.
- Caffè Settimiano
A local favourite for coffee and pastries.



ROMAN CUISINE

- ★ Roma Sparita
Classic Roman cuisine in a beautiful setting.
- ★ Taverna Trilussa
Traditional Roman dishes in the heart of Trastevere.
- ★ Sor'Eva (2 min from the apartment!)
Authentic Roman trattoria and one of my go-to places.
- ★ Da Enzo al 29
A true Roman trattoria, simple and genuine.
- Da Teo
A Trastevere classic, always a good idea.



PIZZA

- ★ L'Elementare
My all-time favourite pizza in Rome. Simple, perfect, unforgettable.
- Ai Marmi
Thin Roman-style pizza.
- Dar Poeta
Thicker Roman-style pizza & bruschette.



APERITIVO

- ★ L'Oratorio
My favourite aperitivo in Trastevere. Great drinks, food and people.
- Bar San Calisto
Perfect for an early aperitivo in one of the most charming squares.
- Enoteca Ferrara
Great wine selection and a classic Roman vibe.



GELATO

- ★ Fata Morgana
One of the best gelaterias in Rome. Creative flavours and top quality.



MELISSA'S TIP

Try Pastevere (just below the apartment!)

One of my favourite hidden gems in the neighbourhood. They prepare fresh handmade pasta every day, and you can buy it with one of their delicious homemade sauces to cook in the apartment, enjoy a quick meal there, or simply take it away. It's a wonderful way to experience authentic Roman flavours like a local.



WHY I LOVE THIS NEIGHBOURHOOD

Whenever friends visit me in Rome for the first time, this is where I bring them. Trastevere has that rare ability to feel both lively and peaceful at the same time. Every alley hides something beautiful, and climbing up to the Gianicolo at sunset never gets old. ♥



Testaccio

The Authentic Soul of Rome

Discover one of Rome's most authentic neighbourhoods, where traditional Roman cuisine was born and everyday local life still thrives. Less touristy than Trastevere, Testaccio offers a perfect mix of history, food and genuine Roman atmosphere.



DON'T MISS



Mercato Testaccio

One of Rome's best food markets. Stop for lunch, browse local products or simply enjoy everyday Roman life. ★



Monte dei Cocci

A unique archaeological hill made from millions of ancient Roman amphora fragments dating back almost 2,000 years. ★



Mattatoio

The former slaughterhouse, now transformed into a contemporary art and cultural centre hosting exhibitions and events throughout the year.

In summer, enjoy outdoor events, festivals and live concerts! ★



Pyramid of Cestius

One of Rome's most surprising monuments: an authentic Egyptian-style pyramid built over 2,000 years ago. ★



Giardino degli Aranci

One of my favourite panoramic viewpoints in Rome, especially at sunset. ★



The Aventine Keyhole

Look through the famous keyhole for one of Rome's most magical hidden views: St. Peter's Basilica perfectly framed by a tunnel of hedges. ★

JUST BEYOND TESTACCIO: OSTIENSE



Gazometro

A vibrant area with restaurants, bars and a creative atmosphere.

In summer, live concerts and outdoor events in a unique industrial setting!



Eataly Roma

The perfect place for food lovers: restaurants, local products, and a great spot for lunch or aperitivo. ★



WHY I LOVE THIS NEIGHBOURHOOD

If I wanted to show someone the real Rome—not the Rome of postcards, but the Rome



MELISSA'S FAVOURITE PLACES



BREAKFAST & LIGHT LUNCH

★ Pasticceria Barberini
A Roman institution. Perfect for breakfast and famous for its *maritozzo con la panna*.

★ Testaccio
Great for breakfast, coffee or a quick lunch with fresh salads and sandwiches.



ROMAN CUISINE

★ Felice a Testaccio
★ Angelina a Testaccio
★ Osteria degli Amici
★ Pecorino
★ Flavio al Velavevodetto
★ Da Bucatino (right downstairs from Casa Robbia!)



PIZZA

★ Remo
A Testaccio classic. Thin, crispy Roman-style pizza loved by locals for generations.



APERITIVO

★ L'Oasi della Birra
My favourite aperitivo spot in Testaccio. Excellent wines, delicious food and a relaxed local atmosphere.



GELATO

★ Futura
One of Rome's best artisanal gelato shops, with creative seasonal flavours.



MELISSA'S TIP

Visit Testaccio in the evening. Around aperitivo time the neighbourhood comes alive with locals meeting after work. It's one of the best places in Rome to experience the city beyond the tourist crowds.



Ancient Rome & Monti

Where History Meets Creativity

Walk through 2,000 years of history, then wander into one of Rome's most charming neighbourhoods. Ancient ruins, hidden piazzas, artisan boutiques, wine bars and ivy-covered streets make this one of my favourite areas in the city.



DON'T MISS



★ The Colosseum

Rome's most iconic monument and one of the New Seven Wonders of the World.



★ Roman Forum

Once the political, religious and commercial heart of Ancient Rome.



★ Palatine Hill

According to legend, this is where Romulus founded Rome. The views over the Forum are spectacular.



★ Imperial Fora

A series of monumental squares built by Rome's emperors, best admired walking along Via dei Fori Imperiali.



★ Arch of Constantine

One of the best-preserved triumphal arches in Rome.



★ Basilica di San Pietro in Vincoli

Home to Michelangelo's breathtaking Moses sculpture.



★ Monti District

One of Rome's most authentic neighbourhoods, full of independent boutiques, cafés and wine bars.



A PERFECT WALK

Suggested walking route
(approx. 3–4 km / 2.5 miles)



MELISSA'S STORY



The Forum

Imagine crowds, speeches, markets and celebrations... this was the heart of Rome for centuries.



Gladiators & Legends

The Colosseum could hold up to 50,000 spectators. More than a stadium, it was a show of power and passion.



A View from the Palatine

According to legend, Romulus founded Rome right here. The view? Absolutely breathtaking.



Imperial Grandeur

Walking along Via dei Fori Imperiali feels like stepping into a movie set. Every corner tells a story.



Monti: Rome's Creative Soul

Once a working-class area, today it's one of the most vibrant and bohemian neighbourhoods in Rome. Full of local shops, street art and amazing restaurants.



COFFEE

- ★ **La Casetta a Monti**
A lovely café surrounded by greenery, perfect for breakfast or an afternoon coffee.
- ★ **Blackmarket Hall**
Great coffee, brunch and a relaxed atmosphere that perfectly reflects Monti's creative vibe.



RESTAURANTS

- ★ **Ai Tre Scalini**
One of Monti's institutions. Great wine, Roman dishes and a wonderful atmosphere.
- ★ **La Taverna dei Fori Imperiali**
Classic Roman cuisine just a few steps from the Forum.
- ★ **Cuoco & Camicia**
Creative Italian cuisine in an intimate setting.
- ★ **Trattoria Luzzi**
A casual Roman favourite near the Colosseum, perfect for an authentic meal.



PIZZA

- ★ **Alle Carrette**
One of the best Roman-style pizzerias in the area.
- ★ **La Boccaccia (pizza al taglio)**
Perfect for a quick slice of delicious pizza on the go!



APERITIVO & TERRACES

- ★ **The Sanctuary Eco Retreat**
Probably the most unique aperitivo spot in Rome. Tropical gardens, music and cocktails just behind the Colosseum.
- ★ **Blackmarket Hall**
Ideal for a relaxed aperitivo in the heart of Monti.
- ★ **Drink Kong**
One of Rome's best cocktail bars. Creative drinks in a speakeasy vibe.



GELATO

- ★ **Fatamorgana Monti**
Artisan gelato with original and seasonal flavours.
- ★ **Gelateria dell'Angeletto**
A historic gelateria loved by locals for generations.



SHOPS & BOUTIQUES

- ★ **Via del Boschetto**
Independent boutiques and unique finds.
- ★ **Via Urbana**
Trendy shops, design and vintage pieces.
- ★ **Via Leonina**
From artisan stores to Italian designers.



WHY I LOVE THIS NEIGHBOURHOOD

This is where Rome feels timeless. You can spend the morning exploring the Colosseum and the Roman Forum, then lose yourself in the quiet streets of Monti, discovering hidden cafés, artisan shops and lively little squares. It's one of the places that best captures the city's old and new soul.



WALKING TIME
Perfect to explore on foot!



BEST TIME
Late morning for history and late afternoon for aperitivo.



DON'T MISS
Take your time! This area is best enjoyed slowly, with curiosity and an open heart.

From Piazza del Popolo to Piazza Venezia

The Heart of Rome

A beautiful walk through centuries of history, from elegant squares to Baroque masterpieces and iconic landmarks. Take your time, look up, and let Rome surprise you at every step.



DON'T MISS



1 Piazza del Popolo

A majestic square with twin churches and an ancient obelisk. The northern gateway to Rome.



2 Piazza di Spagna & The Spanish Steps

One of the most famous spots in the city. The Spanish Steps (Scalinata di Trinità dei Monti) are even more beautiful early in the morning.



3 Fontana di Trevi

The most famous fountain in the world. Don't forget the tradition: one coin for your return to Rome!



4 Piazza Colonna

Home to the Column of Marcus Aurelius, a beautiful example of ancient Roman art.



5 Piazza Venezia

The heart of Rome! Here stands the Vittoriano, honoring Italy's unification. A perfect spot to admire the city.



MELISSA'S STORY



The Spanish Steps

They were built in the 18th century to connect the Spanish Embassy (Hence the name!) with the Trinità dei Monti church above.



Fontana di Trevi Legend

Legend says that a young girl pointed out the spring to a Roman soldier who was thirsty. In gratitude, the soldiers built the fountain. Today, it's a symbol of abundance and good fortune.



Trevi Coin Tradition

Throw one coin to return to Rome, two to fall in love with an Italian, three to get married! Make a wish... and enjoy the magic.



Via del Corso

In the 15th century, it was where the "Corse" (horse races) of Carnival took place! Today, it's the perfect street for shopping and people-watching.



COFFEE

- ★ **Sant'Eustachio Il Caffè**
The most famous coffee in Rome. A true icon.



RESTAURANTS

- ★ **Da Coso**
Traditional Roman cuisine in a classic setting, just steps from Piazza Venezia. Perfect for a real taste of the city.



APERITIVO & TERRACES

- ★ **Terrazza Borromini**
Stunning rooftop views over the rooftops and domes of Rome.
- ★ **Terrazza del Pincio**
Overlooking Piazza del Popolo and the city. Perfect at sunset.
- ★ **Terrazza Nainer**
Elegant terrace with a breathtaking view of the historic center.
- ★ **Terrazza Martini**
Rooftop bar with a stylish atmosphere and 360° views over Rome.



SHOPS & BOUTIQUES

- ★ **La Rinascente**
The iconic Italian department store. Fashion, beauty, design and food all under one roof.
- ★ **Via del Corso**
Elegant shops, international brands and Italian favorites.
- ★ **Galleria Colonna**
A charming gallery with boutiques, cafés and refined atmosphere.
- ★ **Via de' Babuino**
Trendy and elegant shops, perfect for a stylish walk.
- ★ **Via Condotti**
Luxury shopping at its finest.



WHY I LOVE THIS NEIGHBOURHOOD

Every corner here tells a story. Grand squares, hidden churches, elegant streets, the sound of fountains and the magic of Rome that never fades. From the calm of Piazza del Popolo to the energy of Piazza Venezia, every step is a journey through the soul of the city.



Piazza Navona & The Pantheon

The Timeless Heart of Rome

Baroque wonders, ancient temples and lively Roman life come together in one of the most beautiful areas of the city. By day, admire stunning monuments and charming piazzas; by night, enjoy the magic of Rome illuminated.



DON'T MISS



★ Piazza Navona

The most elegant Baroque square in Rome, built over the ancient Stadium of Domitian.



★ Fontana dei Quattro Fiumi

Bernini's masterpiece representing the four great rivers of the known world.



★ The Pantheon

The best-preserved building of Ancient Rome. Almost 2,000 years later, its dome is still one of the greatest engineering achievements ever built. The oculus was also used as a natural clock and symbolically represented the centre of the universe.



★ Piazza della Rotonda

The lively square surrounding the Pantheon, perfect for a coffee or simply people-watching.



★ Sant'Agnese in Agone

Borromini's beautiful Baroque church overlooking Piazza Navona.



★ Chiesa di Sant'Ignazio di Loyola

One of my favourite churches in Rome. Stand on the marble circle in the middle of the nave and look up... what seems to be an enormous dome is actually an incredible optical illusion painted on a flat ceiling. The Jesuits had taken a vow of poverty, so instead of building a real dome they created this breathtaking perspective.



★ San Luigi dei Francesi

Home to three masterpieces by Caravaggio, including *The Calling of Saint Matthew*. One of Rome's hidden artistic treasures.



★ Largo di Torre Argentina

The archaeological site where Julius Caesar was assassinated in 44 BC. Today it is also famous for its cat sanctuary.



MELISSA'S FAVOURITE PLACES



BREAKFAST & COFFEE

★ Sant'Eustachio Il Caffè

The most famous coffee in Rome.

★ Tazza d'Oro

Historic café, a true Roman classic.



RESTAURANTS

★ Roscioli

My absolute favourite. Incredible Roman cuisine and a fantastic wine cellar.

★ Armando al Pantheon

Elegant restaurant with a timeless atmosphere.

★ Enoteca Corsi

Great selection of wines and refined dishes.

★ Hosteria Grappolo d'Oro

Traditional Roman dishes in a cozy setting.

★ Osteria da Fortunata

Famous for fresh handmade pasta, just a few steps away.

★ Il Marchese

Great food and people watching. Perfect for lunch, dinner or aperitivo.

★ Antico Vinaio

The famous Florentine panini spot in the heart of Rome. Perfect for a quick and delicious bite.



PIZZA

★ L'Elementare

My all-time favourite pizza in Rome. Simple, perfect, unforgettable.

★ Ai Marmi

Thin Roman-style pizza.

★ Dicker Roman-style pizza & bruschette.



GELATO

★ Giolitti

A Roman classic since 1900. Don't miss it!

★ La Palma

One of the oldest gelaterias in Rome. Quality and tradition since 1978.



APERITIVO & WINE

★ Il Marchese

Aperitivo or dinner with a vibrant vibe.

★ Enoteca Corsi

A great selection of wines and perfect for aperitivo.



SHOPS & BOUTIQUES

★ Via dei Cappellari

Full of artisan shops, vintage finds and unique treasures.

★ Via dei Giubbonari

The heart of traditional Roman shops and local boutiques.

★ Campo Marzio

For more elegant shopping and beautiful design stores.



MELISSA'S STORY

Bernini vs Borromini

Legend has it that Bernini mocked his rival Borromini through the figures of the Fountain of the Four Rivers, making one cover its face from the church of Sant'Agnese in Agone.

It's a wonderful story... but it's not true. The fountain was completed years before



Campo dei Fiori

The Heart of Historic Rome

Lively by day, magical by night. This charming area is one of Rome's most authentic and historic, surrounded by beautiful piazzas, local markets, artisan shops, and some of the best restaurants in the city.



DON'T MISS



Campo de' Fiori

The famous daytime market brings the piazza to life with fresh produce, flowers and local products.



Statue of Giordano Bruno

A powerful symbol of freedom of thought in the very place where he was executed in 1600.



Palazzo Farnese

A magnificent Renaissance palace that now hosts the French Embassy.



Chiesa di Santa Brigida

A beautiful baroque church just a few steps from the piazza.



Piazza della Cancelleria

A hidden gem with Bernini's fountain and a peaceful atmosphere.



Ponte Sisto

Cross the bridge towards Trastevere at sunset – one of the most beautiful walks in Rome.



Hidden Alleys

Get lost in the narrow streets around the piazza and discover artisan shops, small galleries and charming corners.



WHY I LOVE THIS NEIGHBOURHOOD

This is one of my favourite places to feel the real Roman atmosphere. Come in the morning for the market, have a long lunch in a trattoria, and enjoy a passeggiata in the evening when the piazzas come alive.



MELISSA'S FAVOURITE PLACES



BREAKFAST & CAFÉS

- ★ **Caffè Doria**
Historic café with an elegant atmosphere.
- ★ **La Regola**
Perfect for a morning coffee or a light breakfast.
- ★ **Coromandel**
Lovely café and pastry shop.



RESTAURANTS

- ★ **Roscioli**
My absolute favourite. Incredible Roman cuisine and a fantastic wine cellar.
- ★ **Hosteria Grappolo d'Oro**
Traditional Roman dishes in a cozy setting.
- ★ **Da Fortunata**
Famous for fresh handmade pasta a few steps away.
- ★ **Il Marchese**
Great food and people watching.



PIZZA

- ★ **La Montecarlo**
Thin, crispy Roman-style pizza.
- ★ **Da Buono**
One of the best pizza al taglio in Rome.



APERITIVO & WINE

- ★ **Enoteca Corsi**
Great selection of wines and perfect for aperitivo.
- ★ **Il Marchese**
Aperitivo or dinner with a vibrant vibe.



GELATO

- ★ **Giolitti**
A Roman classic since 1900.
- ★ **Fatamorgana**
For creative and delicious flavours.



SHOPS & BOUTIQUES

- ★ **Via dei Giubbonari & Via dei Cappellari**
Full of artisan shops, vintage finds and unique treasures.



MELISSA'S TIP

Come to Campo de' Fiori early in the morning to see the market in full swing, then come back in the evening for dinner in one of the amazing trattorias. The atmosphere at night is simply unforgettable.



Quirinale, Piazza della Repubblica & Termini

The Beating Heart of Rome

The lively and elegant centre of Rome, where history, culture and everyday life come together. From majestic palaces and iconic squares to great food spots and excellent transport connections, this area has it all.



DON'T MISS



Quirinale Palace

The official residence of the President of Italy. The palace and gardens are an architectural masterpiece.



Piazza della Repubblica

One of Rome's most elegant squares, with the stunning Fontana delle Naiadi at its centre.



Basilica di Santa Maria degli Angeli e dei Martiri

A breathtaking church designed by Michelangelo inside the ancient Diocletian Baths.



Mercato Centrale Roma

A foodie's paradise inside Termini Station. Perfect for a quick and delicious break with quality local food.



Stazione Termini

Rome's main train station. Well connected to the airport, the metro and the rest of the city.



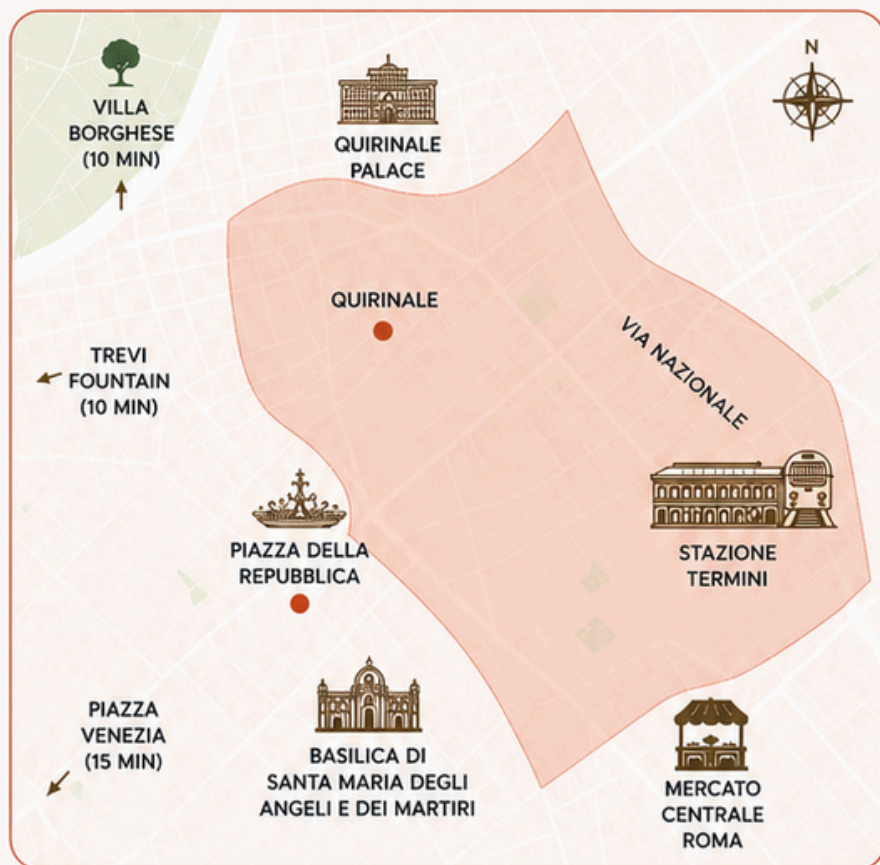
Palazzo delle Esposizioni

One of the city's most important venues for modern and contemporary art.



Via Nazionale

A lively street full of history, shops, theatres and beautiful architecture.



MELISSA'S FAVOURITE PLACES



RESTAURANTS



Amatriciana

A must-try for authentic Roman cuisine.



EAT & DRINK



Mercato Centrale Roma

A lively food market inside Termini Station. Perfect for a quick and delicious meal with local products.



APERITIVO & WINE



Terrazza Repubblica

Rooftop terrace at the Hotel NH Collection Roma Centro. Great cocktails and beautiful views over Piazza della Repubblica.



Via Nazionale

From high-street brands to Italian boutiques.



Rinascente Roma

A historic department store with everything.



Via del Tritone

Perfect for fashion, beauty and Italian design.



Palazzo delle Esposizioni Shop

Unique design and art-inspired gift ideas.



MELISSA'S STORY

I love this area for its energy and timeless charm. It's the perfect mix of grand history, local life and incredible food. Whether you're catching a train, exploring a museum or enjoying an aperitivo, you'll feel the true heartbeat of Rome right here.



MELISSA'S TIP

If you arrive by train, don't rush out of Termini! Take a few minutes to explore Mercato Centrale for an amazing meal or coffee before heading out to discover the city.



PARKS OF ROME

Green Escapes in the Eternal City

Rome is full of green spaces where you can relax, take a walk, have a picnic or simply escape the city's buzz. Here are three of my favourite parks, each with its own unique charm.



DON'T MISS



Villa Borghese

Rome's most elegant park, right in the heart of the city. Perfect for a stroll, a boat ride on the lake or a coffee on the terrace.

- ✓ Piazzale del Popolo entrance
- ✓ Borghese Gallery & Museum
- ✓ Bioparco di Roma (zoo)
- ✓ Beautiful viewpoints over Rome



Villa Pamphili

Rome's largest landscaped park, ideal for long walks, jogging, picnics and family time.

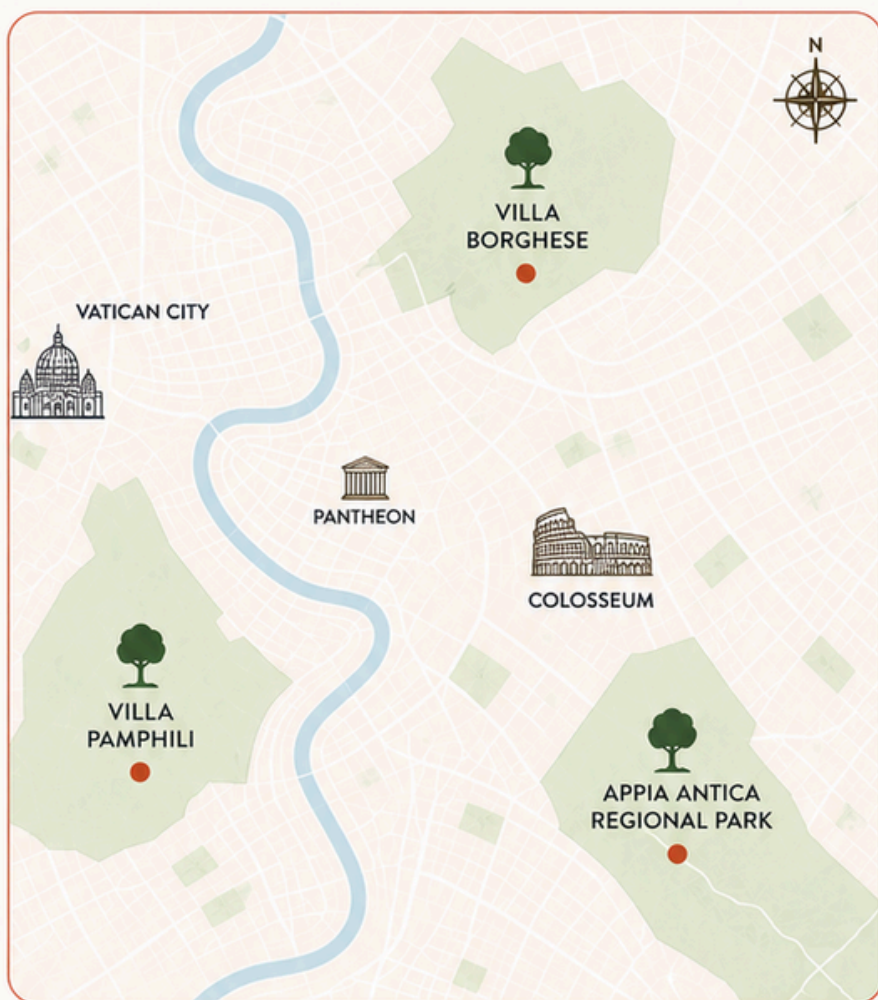
- ✓ Viale del Bel Respiro entrance
- ✓ Secret gardens & fountains
- ✓ Playgrounds and open meadows
- ✓ Great spot for sunset



Appia Antica

A unique park and archaeological site along the ancient Appian Way. Step back in time surrounded by history and nature.

- ✓ Start from Circo Massimo or San Sebastiano
- ✓ Ancient ruins & catacombs
- ✓ Perfect for walking or cycling
- ✓ Peaceful and timeless atmosphere



MELISSA'S FAVOURITE PLACES



FOOD & DRINK

- ★ Casina di Raffaello – Villa Borghese
Charming café with a beautiful terrace in the park.



PICNIC SPOTS

- ★ English Garden – Villa Borghese
Perfect for a picnic near the lake.



APERITIVO & VIEWS

- ★ Terrazza del Pincio – Villa Borghese
Stunning views over Piazza del Popolo and the city.



RELAX & NATURE

- ★ Belvedere del Gianicolo – Villa Pamphili
A hidden viewpoint with one of the best panoramas of Rome.



ACTIVITIES

- ★ Bike ride on the Appia Antica
Rent a bike and explore history and nature at the same time.



PHOTO SPOTS

- ★ Il Pincio – Villa Borghese
One of the most beautiful panoramic terraces in Rome.
- ★ Temple of Aesculapius – Villa Borghese
Iconic temple by the lake.
- ★ Aqueducts on Appia Antica
The ancient aqueducts are incredible at sunrise or sunset.



MELISSA'S STORY

When I need to slow down and breathe, I come to these parks. Whether it's a morning walk, a picnic with the kids or reading a book under the trees, Rome's green spaces always recharge me.



MELISSA'S TIP

Early mornings are magical in these parks. You'll enjoy the peace, cooler temperatures and see the city from a completely different perspective.

