

4-DAY TRAVEL GUIDE

4 Day Rome Itinerary: Colosseum, Vatican & Catacombs

A 4 day Rome itinerary covering ancient Rome and the fountains, Vatican City and Trastevere, shopping in Monti, then the Baths of Caracalla and catacombs.



AT A GLANCE

01

*Day One***Ancient Rome**

Arrive in Rome / Pantheon / Colosseum

02

*Day Two***Vatican City & Trastevere**

Barnum / Vatican Museum / St. Peter Square

03

*Day Three***Monti & Shopping**

Piazza Navona / All'Antico Vinaio / Tè Amo Del Pantheon Bubble Tea

04

*Day Four***Pick Your Adventure**

OPTION A

Catacombs and Ruins Day

OPTION B

Villa Borghese & the Leonardo Museum

CENTRO STORICO · COLOSSEO · TREVI

Day One: Ancient Rome

Today we're arriving at Termini and giving the whole day to Rome's monumental sights. The Pantheon opens things up, followed by the Colosseum, Forum and Palatine Hill, then the free terrace at the Altar of the Fatherland. We're ending at Trevi Fountain and the Spanish Steps.



STOP 1 / 8:00 AM

Arrive in Rome

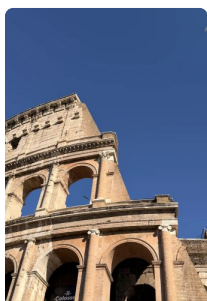
We came into Rome by train from Florence which was about 1 hour 35 minutes. We bought Italo tickets online. Finding stations and finding your train platform is especially simple with Italo....

[BOOK THIS STOP >](#)


STOP 2 / 10:00 AM

Pantheon

The Pantheon is one of the most well-preserved ancient Roman temples in the world. It's known for its perfectly symmetrical shape - 43 meters in height and in width. The only light comes...

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STOP 3 / 11:00 AM

Colosseum

The Colosseum is Rome's enormous ancient amphitheater, and a standard visit includes the 1st and 2nd levels and the Colosseum Museum. You can upgrade to see the arena floor or the...

[BOOK THIS STOP >](#)


STOP 4 / 1:00 PM

Roman Forum and Palatine Hill

The Roman Forum is the sprawling field of ruins at the heart of ancient Rome, where public life unfolded for more than a thousand years. From there, you'll...

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STOP 5 / 4:00 PM

Altar of the Fatherland

The Altar of the Fatherland is an ENORMOUS white marble monument in the center of Rome, built for Italy's first king, Vittorio Emanuele II. It has held the country's Tomb of the Unknown Soldier since 1921, and the guard there...



STOP 6 / 5:30 PM

Trevi Fountain (Fontana di Trevi)

The Trevi Fountain marks the end of the ancient Aqua Virgo aqueduct, with the god Oceanus riding a shell-shaped chariot through a dramatic cascade of...

[BOOK THIS STOP >](#)


STOP 7 / 6:30 PM

Spanish Steps

The Spanish Steps are a grand Baroque staircase that climbs from Piazza di Spagna toward the Pincio, with a lovely view waiting at the top. I walked all the way up, and the view over the piazza was well worth pausing for once...

VATICANO · BORGO · TRASTEVERE

Day Two: Vatican City & Trastevere

Today we're heading across the Tiber to the Vatican, with cornetti at Barnum first. Then the museums, St Peter's Square and the basilica dome. Afterward we're climbing the old ramp at Castel Sant'Angelo for the river view, then settling into Trastevere for a long dinner at CULTO.



STOP 1 / 8:00 AM

Barnum

Barnum is a coffee and breakfast spot on Via del Pellegrino, a block off Campo de' Fiori. The coffee comes from selected plantations, and the counter beside it carries house-made sweets and fresh juice. The cornetti are what...



STOP 2 / 9:30 AM

Vatican Museum

The Vatican Museums are one long route through the papal collections, and it finishes inside the Sistine Chapel. You pass room after room of painted ceilings and walls that you could literally stair at...

[BOOK THIS STOP >](#)


STOP 3 / 1:30 PM

St. Peter Square

St. Peter's Square is the huge oval plaza in front of St. Peter's Basilica, wrapped by two semicircular colonnades built from 284 columns that carry 140 statues over three meters tall. Bernini laid it out...

[BOOK THIS STOP >](#)


STOP 4 / 2:30 PM

St. Peter's Basilica and dome climb

St. Peter's Basilica is the enormous church at the heart of Vatican City, and visiting it really feels like two experiences in one. First, you can explore the basilica...

[BOOK THIS STOP >](#)


STOP 5 / 5:30 PM

Castel Sant'Angelo

Castel Sant'Angelo is the massive round fortress overlooking the Tiber, and today it's a national museum that you explore as you climb. The route follows the Dromos, an ancient spiral ramp, up to...

[BOOK THIS STOP >](#)


STOP 6 / 7:30 PM

Trastevere

Trastevere is the lively neighborhood across the Tiber, with a maze of narrow alleys and small piazzas full of trattorias and taverns serving classic Roman food. I recommend joining a food tour so a...

[BOOK THIS STOP >](#)


STOP 7 / 9:00 PM

CULTO

CULTO is a cocktail bar in the heart of Trastevere with some DELICIOUS plates. Every plate we had was better than the last - I'm not sure how! We sat outside in the small courtyard in front and enjoyed multiple drinks and a...

CENTRO STORICO · MONTI

Day Three: Monti & Shopping

Today we're shopping and eating our way from the centro storico to Monti. We'll start at Piazza Navona, then spend the middle of the day around the sandwich counter, bubble tea, lunch and beauty shopping nearby. We're finishing with gelato, Monti's vintage shops and dinner at Benso 215.

01

STOP 1 / 9:30 AM

Piazza Navona

Piazza Navona is a long, lively square in the heart of Rome, framed by three beautiful fountains. Bernini's Fountain of the Four Rivers takes center stage, with four river gods representing four continents gathered beneath a...



STOP 2 / 11:00 AM

All'Antico Vinaio

All'Antico Vinaio is a popular sandwich counter just two minutes from the Pantheon, where they bake fresh schiacciata every day and fill it right in front of you. The shop started in Florence and has since grown into one...



STOP 3 / 12:00 PM

Tè Amo Del Pantheon Bubble Tea

Tè Amo is a boba spot tucked just behind the Pantheon. It's one of the few places in Rome's historic center where you can find boba, and it honestly hit the spot after almost 2 weeks in Italy! Their fruit...



STOP 4 / 1:00 PM

Osteria da Fortunata

Osteria da Fortunata is a traditional Roman osteria on Piazza della Rotonda, right beside the Pantheon. You can actually watch them make fresh pasta from scratch every morning! The family recipes date back to 1921, and many of...



STOP 5 / 3:00 PM

Beauty shopping at Farmacia Senato Crisera...

Farmacia Senato is a large pharmacy just behind Piazza Navona, with an entire wall of skincare and beauty brands like Avène, Filorga, Lierac, Klorane, Phyto, and more. Most of the pharmacies I...



STOP 6 / 4:00 PM

Gelateria La Romana dal 1947

Gelateria La Romana is a gelato counter just a short walk from Campo de' Fiori and Piazza Navona. The cones are the fun part: each one gets coated on the inside with pistachio, dark chocolate or...



STOP 7 / 5:00 PM

Thrifting at Monti

Monti is the neighborhood just north of the Colosseum, a grid of narrow cobble lanes where Rome's vintage dealers and independent boutiques cluster. Via del Boschetto is the street to walk. Ivy-covered buildings and shops on...



STOP 8 / 6:30 PM

Benso 215

Benso 215 is a restaurant, wine bar, and bistro on Via Cavour in Monti, just a few minutes' walk from the Colosseum. The menu leans into Roman favorites like rigatoni alla carbonara and orecchiette...

[BOOK THIS STOP >](#)

CHOOSE YOUR ROUTE

Day Four: Pick Your Adventure

Today you pick your own adventure. Choose Option A for an art-and-inventions day around Villa Borghese, or Option B for markets, ancient ruins and the Appian Way in southern Rome.

OPTION A

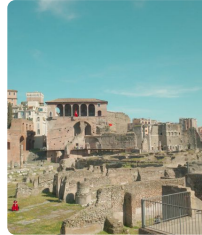
Catacombs and Ruins Day

01

STOP 1 / 9:30 AM

Mercato Testaccio

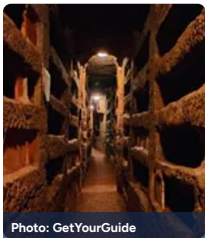
Around a hundred stalls sit under one roof at Mercato Testaccio, a covered neighborhood market with all kinds of street food! Some of it is everyday...



STOP 2 / 11:30 AM

Baths of Caracalla

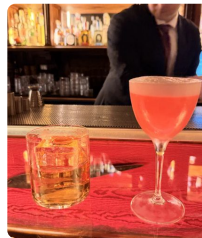
The Baths of Caracalla are the ruins of a massive public bath complex completed by Emperor Caracalla in AD 216, and...

[BOOK THIS STOP >](#)


STOP 3 / 2:00 PM

Catacombs of San Callisto on the Appian Way

The Catacombs of San Callisto are an ancient Christian burial complex hidden...

[BOOK THIS STOP >](#)


STOP 4 / 7:00 PM

Cocktails at Wisdomless Club

Wisdomless Club is a speakeasy bar and tattoo parlor and it's the perfect place to go if you're looking for a classy night ou...



STOP 5 / 8:30 PM

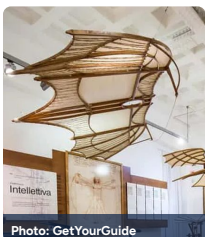
Airport Train at Roma Termini

The Leonardo Express is Trenitalia's direct train from Roma Termini, the city's...

[BOOK THIS STOP >](#)

OPTION B

Villa Borghese & the Leonardo Museum



STOP 1 / 10:00 AM

Leonardo da Vinci Museum

The Leonardo da Vinci Museum is a hands-on collection of full-size, working models based on Leonardo's designs....

[BOOK THIS STOP >](#)


STOP 2 / 12:00 PM

Galleria Borghese

Galleria Borghese is an incredible art museum spread across twenty frescoed rooms, plus a grand portico and...

[BOOK THIS STOP >](#)

CHOOSE YOUR ROUTE

Day Four: Pick Your Adventure

Continued - choose Option A or Option B

OPTION B

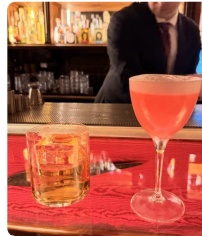
Villa Borghese & the Leonardo Museum - continued



STOP 3 / 3:00 PM

Achille Al Pantheon

Achille Al Pantheon is a casual Italian restaurant on Via dei Pastini, the pedestrian street just east of the Pantheon. The menu covers all the...



STOP 4 / 7:30 PM

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