

5-DAY TRAVEL GUIDE

5 Day Rome Itinerary: Colosseum, Vatican & Borghese

A 5 day Rome itinerary covering ancient Rome and the fountains, Vatican City, shopping in Monti, a dedicated museum day and the Appian Way.



AT A GLANCE

01	<i>Day One</i> Ancient Rome	Arrive in Rome / Pantheon / Colosseum
02	<i>Day Two</i> Vatican City & Trastevere	Barnum / Vatican Museum / St. Peter Square
03	<i>Day Three</i> Monti & Shopping	Piazza Navona / All'Antico Vinaio / Tè Amo Del Pantheon Bubble Tea
04	<i>Day Four</i> Museum Day	Capitoline Museums / Galleria Borghese / Leonardo da Vinci Museum
05	<i>Day Five</i> Pick Your Adventure	OPTION A Catacombs and Ruins Day OPTION B Day Trip to Ostia Antica OPTION C Day Trip to Tivoli

CENTRO STORICO · COLOSSEO · TREVI

Day One: Ancient Rome

Today we're going straight into ancient Rome. After the Pantheon, Colosseum, Forum and Palatine Hill, we'll continue to the Altar of the Fatherland, then finish the day at the Trevi Fountain and Spanish Steps.



STOP 1 / 8:00 AM

Arrive in Rome

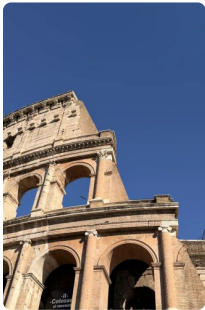
We came into Rome by train from Florence which was about 1 hour 35 minutes. We bought Italo tickets online. Finding stations and finding your train platform is especially simple with Italo. You can use the link below to find...

[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 through the oculus, a nine-meter hole...

[BOOK THIS STOP >](#)


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 underground hypogeum as well. I really...

[BOOK THIS STOP >](#)


STOP 4 / 1:00 PM

Roman Forum and Palatine Hill

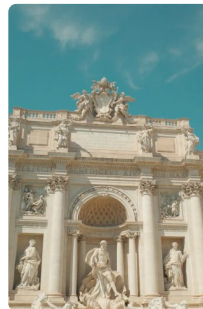
The Roman Forum is the sprawling field of ruins at the heart of ancient Rome, where public life unfolded for more than a thousand years. From there, you'll...

[BOOK THIS STOP >](#)


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 on the Vatican side, starting with coffee and cornetti at Barnum. The museums and St Peter's take most of the day, and Castel Sant'Angelo catches us on the way back over the river. We're ending with an evening wandering through Trastevere.



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 FOREVER. We saw the...

[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 this way for Pope...

[BOOK THIS STOP >](#)


STOP 4 / 2:00 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 / 5:00 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 the Terrazza dell'Angelo,...

[BOOK THIS STOP >](#)


STOP 6 / 8:00 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 local can take you to the...

[BOOK THIS STOP >](#)

CENTRO STORICO · MONTI

Day Three: Monti & Shopping

Today we're eating and shopping through central Rome. We'll start at Piazza Navona, stay nearby for a sandwich, bubble tea and a long Roman lunch, then browse Farmacia Senato and stop for gelato before ending with vintage shopping in Monti.

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 / 11:30 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 / 1:30 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 / 2:00 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 / 4:00 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 / 5:00 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 / 6:00 PM

Thrifting at Monti

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

CAMPIDOGLIO · VILLA BORGHESE · PIAZZA DEL POPOLO

Day Four: Museum Day

Today we're crossing Rome for three very different museums. We'll start with ancient sculpture and city views at the Capitoline Museums, continue to a timed Galleria Borghese visit, then finish with Leonardo's hands-on machines near Piazza del Popolo.

**STOP 1 / 9:30 AM**

Capitoline Museums

The Capitoline Museums are Rome's civic art museums on Capitoline Hill, filled with ancient sculptures you can admire up close. One of the highlights is the Capitoline Venus, displayed in her own room in Palazzo Nuovo so you...

[BOOK THIS STOP >](#)**STOP 2 / 2:00 PM**

Galleria Borghese

Galleria Borghese is an incredible art museum spread across twenty frescoed rooms, plus a grand portico and entrance hall. Sculptures by Bernini and Canova fill the galleries, while the paintings span the 15th through the...

[BOOK THIS STOP >](#)**STOP 3 / 4:30 PM**

Leonardo da Vinci Museum

The Leonardo da Vinci Museum is a hands-on collection of full-size, working models based on Leonardo's designs. Instead of simply reading labels through glass, you can turn the cranks and try the mechanisms yourself. His...

[BOOK THIS STOP >](#)

CHOOSE YOUR ROUTE

Day Five: Pick Your Adventure

Today we're letting you pick your own adventure. Choose Option A for a full-day escape into ancient coastal Rome, Option B for a half day in Tivoli's Renaissance gardens, or Option C for food and ancient history through 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...

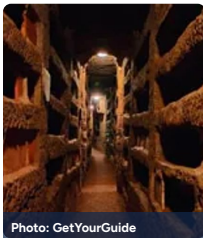
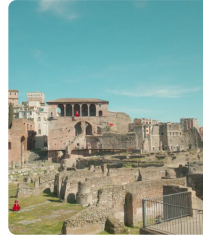


Photo: GetYourGuide

STOP 3 / 2:00 PM

Catacombs of San Callisto on the Appian Way

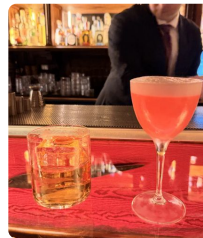
The Catacombs of San Callisto are an ancient Christian burial complex hidden...

[BOOK THIS STOP >](#)


STOP 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 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

Day Trip to Ostia Antica

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...

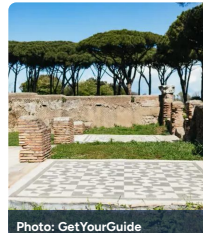


Photo: GetYourGuide

STOP 2 / 12:00 PM

Ostia Antica

Ostia Antica gives you an entire ancient town to explore rather than just a handful of ruins. Once Rome's busy port...

[BOOK THIS STOP >](#)

CHOOSE YOUR ROUTE

Day Five: Pick Your Adventure

Continued - choose Option A, Option B, or Option C

OPTION B

Day Trip to Ostia Antica - continued



STOP 3 / 4:00 PM

Airport Train at Roma Termini

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

[BOOK THIS STOP >](#)

OPTION C

Day Trip to Tivoli



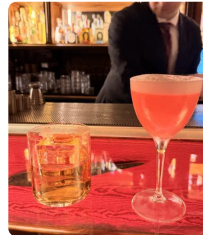
Photo: Viator

STOP 1 / 10:00 AM

Villa d'Este in Tivoli

Villa d'Este is a 16th-century cardinal's villa in Tivoli, best known for its spectacular terraced gardens, which...

[BOOK THIS STOP >](#)



STOP 2 / 4:00 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 3 / 5:30 PM

Airport Train at Roma Termini

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

[BOOK THIS STOP >](#)