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ROME



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It stands 20 metres above sea level, about twenty kilometres from the Tyrrhenian coast, in the middle of the Roman countryside where the river Tiber winds itself among the sloping hills. ..

A large open-air museum with wonderful open spaces and wide-reaching views, a cosmopolitan bustling city in continuous evolution, known for speeding scooters, sidewalk cafés, the magnificent Coliseum and grand piazzas... this is the so called Eternal City: ROMA.

Just a curiosity: this word, read backwards, means 'LOVE' for Italians... This will probably be the feeling you will take home from your trip there...we hope!!

ROME AT A GLANCE... - TRANSPORTS - CLASSICS YOU CAN'T MISS! - SHOPPING AND MARKETS

EAT AND DRINK - INTERNET CAFE' - EVENTS - OUTSIDE TRIPS - USEFUL INFORMATION - HOTELS AND HOSTELS

» ROME AT A GLANCE...

Rome is the capital of the ancient world, of Christianity and of the Italian State: 6 itineraries (1. the Capitoline Hill, 2. The Roman Forums, 3. Piazza Navona, 4. Piazza di Spagna, 5. the Quirinale, 6. the Vatican) are enough to reveal the huge appeal of this city where the sites of political power, the religious architecture, the aristocratic buildings, the art galleries and local meeting places all live side by side.

The ancient walled centre of Rome was built in the 8th century B.C. on

the Palatine Hill and from here, in the 5th century B.C., the city expanded, spreading over the Capitoline, the Quirinale, the Viminale, the Celio, the Esquilino and the Aventino hills (the famous 7 hills of Rome), all within the walls built during the reign of Servio Tullius. During the reign of Emperor Augustus, the city grew as far as the banks of the Tiber and after the fire in 64 B.C., under the reign of Emperor Nero, the city's architecture became increasingly significant (Domus Aurea, Coliseum, Terme di Tito) with wider roads, more solid buildings made in stone and more fountains.

The Mediaeval period saw the

building of several churches (S. Maria Maggiore, S. Maria Aracoeli, S. Giovanni in Laterano). During the Renaissance, the city was embellished with works by



Michelangelo: the churches of St. Peter's in the Vatican, S. Maria del Popolo, Palazzo Venezia, and the Quirinale Palace.

The Baroque period was mostly given over to the works by Borromini and Bernini and Rome began to look much like it still does today, with the church at Trinità dei Monti, Palazzo Barberini, Montecitorio, Piazza Navona, Piazza di Spagna and the Trevi Fountain. This Nicolò Salvi's wonderful rococo creation has been celebrated in scene in Fellini's *La Dolce Vita* where Anita Ekberg had a late-night dip. A legend says that if you throw a coin over your shoulders into it, it ensures you'll get back to Rome. Try it!

1. The Capitoline Hill is a must

for visitors, the citadel of ancient Rome: the Palazzo Nuovo and the Palazzo dei Conservatori, now the site of the Capitoline Museum, the Renaissance-period Palazzo Venezia with the adjoined Museum in Via del Plebiscito and the Basilica of San Marco, which is full of mosaics (827-844 AD), all look down onto the square designed by Michelangelo. The Capitoline Museums are the oldest public collection in the world, which includes extremely valuable sculptures such as the Galata Morente and the Capitoline Venus. The picture gallery holds paintings from the 14th to the 17th centuries by painters such as Tiziano, Bellini and Caravaggio. (Piazza del Campidoglio, 1; ph: 06-82059127; e-mail: info.museicapitolini@comune.roma.it; open Tue-Sun 9am-8pm; closed on: Mondays, 1st January, 1st May, 25th December; the ticket-office closes one hour before the closing-time of the Museum)

2. A visit to the Forum takes the visitor to the remains from various periods of Roman history. In the western part of the Forum, the Settiminus Severus Arch and the eight columns from Saturn's Temple next to the Vespasiano Temple must be seen. The eastern part is dominated by the ruins, the ceiling and the arches from the Basilica di Costantino and



the House of the Vestal Virgins. The visit continues towards the Trajan Markets from where one can look out onto Via IV Novembre from a large hall that then leads up to the upper floors, to Via Biberatica and the surrounding market places that provide a charming sight. Next to the markets, we find the Coliseum, the



biggest amphitheatre ever build in the antiquity (80 AD) which is even more breathtaking in the evening, when it is artistically illuminated to show off the beauty of the Doric, Ionic and Corinthian columns.

The building of this magnificent construction was begun in 72 A.D. by Vespasiano, in the same place where an artificial lake connected to the Domeus Aurea was opened and inaugurated by Tito in the year 80, with games that went on for 100 days. With its 52 metres high and its elegant architecture, it had a capacity of 70 000 spectators. Some big tournament of gladiators were used to take place inside the edifice,

venations (fights with wild animals) and some naumachie also known as fantastical naval battles.(<http://www.archeorm.arti.beniculturali.it/sar2000/musei.asp>; tickets: € 8,00; info/ bookings call : 06 399 67700 Mon-Sat 9am - 1.30pm and from 2.30pm – 5pm). From the top floor it is possible to view the Arch of Constantine, the columns and apse of the Temple Arch of Tito and the Romanesque bell tower of the Church Santa Francesca Romana. Proceeding to the right, the visitor can view the amazing size of the Arch of Constantine which dates from 315 AD, in memory of his victory over Massenzio.



3. One of the main points in Roman social life is Piazza della Rotonda, full of open air cafès and restaurants, directly opposite the square's most famous sight: the Pantheon, an example of Roman architecture from the time of the Emperor Hadrian. Inside, its treasures include Raffaello's tomb

and spectacular is inside view of the dome. But without any doubt, one of the prettiest squares in Rome is Piazza Navona, with its elongated shape, a work of art from the Baroque period. The square plays host to the Fontana dei Fiumi that holds up the Agonal obelisk by Bernini and the Church of S. Agnese in Agone, with its concave façade by Borromini. Palazzo Braschi, now home to the Museum of Rome, also looks out onto the square. Until the 19th century, the square was filled with water for competitions, games and tournaments. The church of San Luigi dei Francesi, filled with paintings by Caravaggio and the Baroque church of Sant'Andrea



della Valle, famous for its attractive dome that is the largest in Rome after St Peter's, and that was the scene for the first act of Puccini's opera Tosca are also well worth a visit. In Piazza Navona, which is a pedestrian area, there is always a lot going on day and night, and is full of cafès and antique shops.

4. Another area that attracts both tourists and Romans themselves is Piazza di Spagna and the adjacent streets running off Via del Corso. This square, with its Fontana della Barcaccia, (a work of art by Bernini from the 17th century) has been a meeting point for visitors for almost three centuries. On the south side we find the Spanish steps up to Trinità dei Monti, a truly beautiful sight when filled with azaleas right up to the Baroque church at the top of the steps. From the terrace at the top, the breathtaking views reach to the river Tiber and St Peter's. In the square below, there is also Babington's Tea Rooms (Piazza di Spagna, 23; ph: 06 6786027; Tea rooms and restaurant open daily from 9am to 8.15 pm) and in Via dei Condotti, which also plays host to the most exclusive shops in the area, there is the famous Caffè Greco (Via dei Condotti, 86; ph: 06 6791700) opened in 1760, once a meeting place for foreign artists and writers. The Renaissance and Baroque works of art in the churches of Santa Maria del Popolo and Sant'Andrea delle Fratte, and the relief work on the Ara Pacis in Via di Ripetta are also beautiful.

5. For a great view over the city, there is no better place than the Quirinale hill, full of churches, museums and

galleries, historical buildings and fountains. Walking downhill along one of the many streets that lead to unforgettable corners of Rome, the visitor comes to the Trevi Fountain, in the square with the same name, which is attached to the side of Palazzo Poli. This is the largest, the most spectacular and the most famous of the Roman fountains, with its statue of Neptune surrounded by fairytale figures and four statues representing the four seasons. From the square we can see the ancient Papal Palace, Palazzo del Quirinale, which is now the official residence of the President of the Italian Republic. There are many churches hidden away in the side streets and all hidden great piece of art. Discover by your self!

6. The itinerary in the Vatican area includes a visit to St Peter's and the Vatican Museums (Viale Vaticano, 100; http://mv.vatican.va/2_IT/pages/MV_Home.html) You can



buy one ticket to visit both Vatican Museum and the Sistine Chapel in the same day. Close on Sundays and particular Catholic feasts. Tickets: vary from 4€ to a maximum of 12 € per person.

They are divided into many different sections that are wonderfully decorated and which hold works of art by the greatest artists, all commissioned or collected by various Popes over the centuries. Inside, for example, the Egyptian museum, there are stone tablets and inscriptions from various eras, sarcophagi and mummies, statues from the Roman era and pottery from periods from before the Roman era. Raffaello's Rooms and lodges made up Pope Julius II's residence on the second floor of the palace. There are also frescoes by il Perugino, Bramantino and Raffaello, arranged in series and which lead from one to another. At the end of the route there is the Sistine Chapel, which

was recently restored, to give back the original colours that had faded over time to Michelangelo's Universal Judgement. This is where



the Conclave meets to elect the popes and where other solemn Papal ceremonies are held. It is a large rectangular hall, with a vaulted ceiling, divided by a marble wall for the choir stalls. On the long walls there are paintings of the Life of Moses on one side and the Life of Jesus on the other, painted between 1481 and 1483 by Perugino, Botticelli and Ghirlandaio.

However, the most famous work of art is the one done by Michelangelo, who was chosen in 1508 by Julius II to decorate the vault. The theme chosen for the painting can be summed up as a representation of Mankind waiting for the arrival of the Messiah. Twenty years later, Michelangelo Buonarroti returned to the Sistine Chapel on appointment by Paul III (1534-49) to paint the

Universal Judgement on the wall behind the altar. Michelangelo worked on this huge painting from 1536 to 1541.

St Peter's Basilica is the beating heart of Catholicism, a site which attracts pilgrims from all over the world. The dome, designed by Michelangelo, from where one can see the perfect symmetry of Bernini's columns, joins together the inside areas of the Cathedral, which was built by all the great architects from the Roman Renaissance (Michelangelo) and Baroque periods.

This is really something you cannot miss!

» TRANSPORTS

The Italian capital is served by two airports. The most widely used is Leonardo da Vinci Airport (Fiumicino; ph:06 65951). The quickest way to the city centre (Termini Train Station) is via train which costs €10 one-way (every 30mins for a 30mins ride). Taxis to town cost at least 45€. The other airport, Ciampino Airport (25 km south-east of the city; ph:06 794941), is the airport which budget airlines use. A bus service connects it to Termini Station. Return journeys cost €13.50. Alternatively: €1 to Ciampino Station (for connection to Termini) and /or Anagnina metro stop. Usually Ryanair and Easyjet

have chartered coach to Termini station (ab.€8). Taxis to town cost about €35.

Trains: most trains travelling to Rome from other Italian cities and Europe terminate in Termini Station (ph:06 4775). It is right in the middle of the city centre. (National train tickets: ph: 06 47306250)

Buses (ATAC; Ph:06 4695 4444) are easy to use and quite cheap. There are 200 different bus routes that criss-cross Rome from 5.30 am to midnight. Fast or express lines, electrical buses, night buses, disabled buses. Buy single, 75-minute multi-journey ticket (1€) or a day pass (4€) from automatic ATAC machines or tabacchi. Stamp upon boarding. All bus routes state clearly on the front where they are going. Roman public transport is called Metrebus. Buying a Metrebus ticket, in fact, allows you to travel on the three means of transport, on the various routes, within one zone or in several zones.

In Rome there are two subway train lines, A and B, which cross over at Termini Station. Trains start running at 5.30 am and end at 11.30 pm (00.30 on Saturdays; ph: 06 5915551/ 06 46951). Tourist routes and itineraries can be organised from various stations on the A line, linking visits to noteworthy monuments with shopping in the famous streets:

the station Cipro for example, is the right stop to visit the Vatican Museums, Ottaviano is the right one for St. Peter's. The stop called Lepanto leads directly onto Via Cola di Rienzo which is filled with shops for all purses. The station Flaminio can be used to reach Piazza del Popolo, Villa Borghese, il Pincio, S. Maria dei Miracoli, Via del Corso and Via del Babuino. The station Spagna takes you to the square bearing the same name, with the Spanish steps and Via dei Condotti. Not far away the Trevi Fountain, Via Veneto and the Tritone Fountain are close to the stop named Barberini; the Terme di Diocleziano are near the station Repubblica. Getting off at the stop Vittorio Emanuele takes you to the Basilica di S. Maria Maggiore. S.Giovanni brings you close to the Basilica with the same name and to the Holy Steps. At the station Cinecittà, one can visit the film studios. To visit the Via Appia and the Catacombs, it is necessary to get off at Colli Albani.

Important stations for tourists on line B are: S.Paolo, to visit the Basilica with the same name; Piramide, to visit the Pyramid of Caius Cestius, Circo Massimo and Colosseo, to allow visitors to reach the Colosseum and the Roman Forum. The stop Cavour takes you near to S.Pietro in Vincoli.

Taxi: Cooperativa Samarcanda (06 5551); Cosmo Radio Taxi (06 88177); Taxi Roma (06 3570).

By car. The main road connecting Rome to the north and south of Italy is the Autostrada del Sole (A1). Driving in Rome is a potential hazard unless you have been taking your driving lessons in a as busy city as Mexico City for example! If,



for any reason, it is indispensable... just never stop and keep running!!

» CLASSICS YOU CAN'T MISS!

-Villa Borghese: For a shady break from sightseeing, follow the winding via Veneto from Piazza Barberini to the lush Vialla Borghese. A vast park(complete

with a boating lake) houses two unmissable art treasures: Galleria Borghese(Piazzale Scipione,5; ph: 06 32810; www.galleriaborghese.it; booking essential)with its Bernini's



Sculptures and Caravaggio Paintings and Italy's national collection of Modern art at the Galleria Nazionale d'arte Moderna (Viale delle Belle Arti 131; ph: 06 322981; www.gnam.arti.beniculturali.it) with works of Cezanne and Kandinsky.

The park itself there is the possibility to hire bicycles and inline skates and it is also popular with runners and walkers...with a fabulous ice cream at hand!

-Would you like to get back home with an unforgettable and inedited picture of Rome? Unless you are from the City, with difficulty you would find this particular spot... Get a taxi and go to the church of San Pietro in Vincoli (Via Cavour): inside it you can admire the famous Michelangelo's Mosè. But when you



get out, ask a local to indicate (just close by) a special keyhole ('buco della serratura') on a rose garden... something spectacular and magic... will be there for you!

» SHOPPING ...

Italy is the country of the fashion.. so they say you cannot get back home without having seen the parade of the boutiques that are lined up in Via dei Condotti or Piazza di Spagna or again Via Veneto, the most chic and famous street in Rome, thanks to the glamour of its cafes and stores

that were ever present in Fellini's "La Dolce Vita". From Prada's (Via Condotti, 90; ph: 066790897) to Armani's (Via Condotti, 77; ph:06 6991460) or Valentino (Via Condotti, 12; ph. 06 6783656) there you can have a taste of everything...pocket permitting! For more affordable casual shopping...Via del Corso is for you! Alongside century-old shops, there are a variety of megastores that sell everything from leather goods to athletic wear and casual clothing.

If you have a passion for antiques see Via Margutta, which offers a variety of items from different periods and of various styles. For English bookshops visit the Almost corner book shop located in Trastevere (Via del Moro, 45; ph: 06 583 6942) for a great variety of literature available. Another famous one is The Lion Bookshop and caffè which is the oldest English bookshop in Rome (Via dei Greci, 33/36) Other curious shopping tips:For wine and olive oil: Mr Wine in the heart of the city, offers a wide selection of wines (especially Tuscan), grappa, champagne, wine biscotti, oil and vinegar. Located at Piazza Parlamento, 7. For chocolate and Pralines: try the tiny Neopolitan chocolate shop that sells delicious chocolates and pralines inside a charming interior with delightfully

painted walls. Traditional recipes using all natural ingredients, and fillings made of lemon, orange and other fruits. Located at Vicolo della Torretta, 18.

» ... AND MARKETS

The most picturesque market in Rome is made up of the fruit, vegetable and flower stalls in Piazza Campo de' Fiori, open each morning. Have 'caffè al vetro'



(served on a tiny glass) with panna or a 'caffè marocchino' and cherish some moments just looking at the people passing by...

One of the truly authentic markets where you can still find seventies hippy clothes is in Via Sannio, 8-13 (Mon-Fri; 8-1pm; 8-6pm on Sat)

There is also a market in Piazza Testaccio that has excellent objects on sale at reasonable prices.

At the Porta Portese market in Via Portuense and Via Nievo (Sundays from 6.30-2pm) you can find just

about everything for sale in a stylish disorganised order: clothes, shoes, boxes, furniture, plants, and cameras.

An antique market is held at Ponte Milvio; the area along the banks of the river Tiber between Ponte Milvio and Ponte Duca D'Aosta. It is held on the first weekend of every month with a myriad of stands specialized in antiques and collectors items.

» INTERNET CAFE'

According to where you are located we have found some Internet Cafès:

- In Trastevere Area: you have the Internet Train: it's possible to drink something and surf the net: open daily till late in the night (Via Cardinale Merry del Val, 20; www.internettrain.it; ph: 06 5813208)

- If you are close to the Trevi Fountain- Barberini Square, you can easily find The EasyInternetcafé, right in Piazza Barberini, 250 terminals available. Open daily from 7am-midnight; minimum purchase €1.

- OR the TreviNet Pl@ce Internet Point, Via Arcione, 103. Many facilities offered: printing/burning photos, buy posters and Tv hall available. Open Mon-Fri 11am-11pm; Sat & Sun 4pm-11pm; 1 hour at €3.50.



Close to Termini Station we have found for you the Internet Cafè, in Via dei Marrucini, 12 (ph: 06 4454953). Open Mon-Fri 9am-2am; Sat & Sun 5pm-2.30am. Costs: €3 per hour. It's a cyber bar located between La Sapienza University and S. Lorenzo neighbourhood.

- Just 5 minutes from St Peter's Basilica, you can go surfing at the Kokonet, in Vicolo d'Orfeo, 13. It is a cosy place where scanner, webcams and much more are available. Open Mon-Sat 10.30am-9pm, Sunday 5pm-9pm; €3.50 per hour.

» EAT AND DRINK

In Rome you can really eat with nothing: pizzas are everywhere... the most fancy places are usually tourist traps, so we would recommend you to lost the main



road for the little beside streets and get your miscellaneous of pizzas 'al taglio'! Average cost 2 euros for a delicious crusty walking pizza...If saving is your issue, drink your water from the Roman public fountains you can find everywhere and/or get your fruit in the markets.

We don't suggest you any place in particular where you can eat your fast meals... as everywhere is really suggestive.

To end your fast meal, nothing better than an ice cream!

If you really want an excellent not-touristy ice-cream, go to Giolitti's (Via Uffici del Vicario, 40, ph: 06 6991243; www.giolitti.it) that since 1900 has been serving delicious pastries and savoury ice creams that have been surpassing customer expectations. It's one of the oldest pastry and ice cream shop in Rome and have earned an excellent reputation for the quality of

our menu and our courtesy service all over the world. It's not in every guide... Romans know!!

The San Lorenzo and Trastevere neighbourhoods are both renowned for reasonably priced Roman-Style cooking.

There are very few things Romans will line up for: da Baffetto (Via del GovernoVecchio,14;ph.066861617) close to Piazza Navona, is one of



them. Prepare to wait with your Roman brethren if you show up after 9 pm. No reservations taken here but pizza is excellent.

A trendy place not a pizzeria, not a restaurant, not a wine-bar, not a 'cheeserie' but everything together and very centric is 'Gusto (Piazza Augusto Imperatore, 9; ph: 06 32262 73; open daily all year long from 10am till 2 am).

Trattoria da Francesco in Piazza del Fico, 29 (ph: 06 6864009): very

tasty and tradition Roman dishes in a small cosy little square that seems to be the natural dependance of this 'trattoria'. Its bar is a meeting point for locals and it is usually very crowded! Good fun!

Another very famous restaurant is Alfredo alla Scrofa (Via della Scrofa, 104; average price: 40 – 70€). It's specialty: 'Fettuccine' for which it has been baptized 'THE king of' since the sixties.

For tips out of the normal touristy tour don't miss a dinner at:

Paola al Pallaro in Campo de Fiori. Paola is either the cook and the owner: everyday she prepares her typical roman dishes with a very vast variety of fresh food. The menu is fixed (you eat what her fantasy has prepared for you on that day...) and the menu price is also fixed and budget. Average 20-40 € (ph: 06 68801488) When you are close to Campo de Fiori, you need to ask as the restaurant is not so visible...

Osteria dell'Angelo: Angelo once a former boxer, is now a real entertainer in his restaurant close to S. Pietro. After a visit to the Museums, his place is the best advisable in the area at a budget price, fixed menu and exquisite Italian food! (ph. 06 3729470)

For a different dinner, a little bit out of

the normal paths but very valuable as only locals go, call a taxi cab and ask for Restaurant Baba in the Parioli area. Another woman is the owner and she'll entertain you with bell rings, theatrical costumes and stories... Average prices on fixed delicious menu: 30€-40€. Booking's necessary at 06 3330 745.

SMOKING

Thanks to a recent law, smoking is banned on public transports and in public buildings, as well as in restaurants and bars unless they have a separate. Sealed smoking area.

For cool refreshing glass of good wine before and after dinner look for the traditional enoteche (wine sellers) that in the past 5 years has bloomed in Italy. Try La Vineria (Campo de Fiori, 15; ph: 06 68803268) or il Gocchetto (Via dei Banchi Vecchi, 14; ph: 06 686 4268).

» EVENTS

Best thing to do: go to a newspaper shop (giornalaio) and get a useful and cheap guide of Rome Events. You can get the Roma c'è, which is an independent weekly magazine

that at 1€ will help you on choosing the best entertainment in City for you (concerts, theatres, movies, on-going exhibitions, markets, together with practical information on how getting around) or the Trovaroma that comes with the Repubblica Newspaper for free on Saturdays. In Rome there are many local events that are held in various streets or quarters: 'Cento Pittori' (one hundred painters) in Via Margutta that is held in spring and autumn; Via Giulia plays host to art exhibitions and the street's art galleries and antique shops offers refreshments to the visitors. Towards the end of July in Trastevere, there is a local folk festival with various market stalls too.

» OUTSIDE TRIPS

Nearby are the famous Tivoli Gardens, on a hilltop north of Rome. The gardens are a popular place with tourists and locals alike. For those wanting to get away from ruins and make some sport activities, head inland to lakes Bracciano, Vico or Bolsena. These are all great places to cool off and have a swim. 23 km from Roma there is an area known as the Castelli Romani (Roman Castles), which owes its name to the many aristocratic

residences built all over this valley. The itinerary offers a peaceful view of vineyards and olive groves, the sight of Roman ruins and ancient abbeys, Baroque squares and medieval walls.

Frascati can be reached by travelling along the State Road (SS) 125 and then heading for Tuscolo and Monte Porzio Catone; the State Road (SS) 155 takes us to Palestrina, a medieval town which is also the site of ancient walls. The route then heads for Rocca Priora and Grottaferrata with its imposing walls and bastions, its abbey and the Basilica from the 12th-13th century. The itinerary then turns towards Marino, Rocca di Papa and Nemi, an agricultural village famous for its strawberries and its flowers, with the

Roman ship museum which houses boats from the 1st century A.D. Overlooking the homonymous lake, this village is probably the prettiest village in the Castelli Romani area. From Velletri, taking the State Road 21, the tour passes through Genzano di Roma, Ariccia, Albano Laziale and Castel Gandolfo, a small town that looks down from the west side onto the crater that is now Lake Albano. The town has a medieval centre and a large complex that is the Popes' summer residence. The astronomy observatory, the Specola Vaticana is an important site. From Castel Gandolfo, the Via Appia, the state A road N.7 leads back to Rome.

Travelling along the ancient Appian Way towards to Brindisi offers





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even more insight to the region's history. Here you'll see the Circus of Maxentius and Roman tombs. The route also passes the Catacombs - caves carved into the volcanic rock. They were once burial sites for Rome's persecuted Christians. Additionally, there are plenty of ruins to view, such as: Porta Romana, the Terme di Nettuno baths and the mosaic-filled Piazzale delle Corporazioni.

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» USEFUL INFORMATION

Language - Italian
 Currency - Euro
 Electricity - 220 Volts AC/50Hz. 2-pin plug.
 Area Code - 39 (ITL) 06 (Rome).
 Most local numbers are 7 digits, but this can vary.
 Emergency Codes:
 Ambulance 118
 Fire 115
 Police 112
 Public Emergency: 113
 Central Post Office - Piazza S. Silvestro 19
 Main Tourist Office - Via Parigi, 5

» Embassies:

USA: +39 (0)6 46 741
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 South Africa: +39 (0)6 85 25 41
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