

mitucasa

short guide for Rome



VITINIA

Here you can find useful tips for your stay with us in Vitinia.

ROME

We provide details to discover the secrets of Rome and useful info about public transportation.

OSTIA

You can discover some places and activities to do in the Ostia neighborhood.

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GROCERIES, SERVICES VITINIA AND MUCH MORE

If you want to get tips and information about the places where to eat and others that may come in handy during your stay in Vitinia, keep reading the guide...

Vitinia is a neighborhood of the city of Rome located about halfway between the center of Rome and the sea of Ostia, so by using public transportation you can easily reach both. It is an ideal place to enjoy the tranquility surrounded by nature and where you can take a break from the hustle of the city center. Thanks to this guide you will get to know everything you need to know about the places to buy groceries and where to eat, how public transportation works and lots of other useful information.





GROCERIES

As a place to stock up on groceries we recommend the “Effepiù” supermarket, where you will be able to buy food, personal hygiene products or for other needs. It is open from Tuesday through Friday from 8 a.m. to 8 p.m., Saturday from 8 a.m. to 2 p.m. while it is closed on Sundays and Mondays. It is a 10-minute walk from the vacation home, it’s located along Sarsina Street (Via Sarsina), and nearby, just a few steps from the supermarket, is a greengrocer from which you can buy seasonal fruits and vegetables.

ARTISANAL GASTRONOMY

If you are looking for artisanal products, we recommend the grocery store “Gustus,” located on Sant’Arcangelo di Romagna Street (Via Sant’Arcangelo di Romagna), or “Saporito Roma,” which offers traditional cuisine products of high quality that you can either take away or consume on the spot.

BREAKFAST

For breakfast, we recommend trying the “Bartoli” pastry bar, located at the end of Via Sarsina. Here you can have a coffee or enjoy desserts such as meringues, cakes, puffs, cookies, pastries and many other delicacies. Also, in their ice cream corner you can get to try their tasty ice cream that you can eat on the spot or take away in tubs.





SLICED PIZZA

If you want to enjoy a good sliced pizza or you need a solution for a last minute dinner, we recommend “Pizza Snack,” located in Via Sarsina in front of the “Bartoli” bar, a 10-minute walk from our vacation home and open from 10:30 a.m. to 9:30 p.m. except on Mondays, while it is open from 4 p.m. to 9:30 p.m. on Sundays. Other good pizzerias in Vitinia are “Castrum Pizza” and “Pizza Rustica.”

DINNER

The restaurant-pizzeria “Porta del Sole” can be a perfect place to spend a dinner in the typical roman atmosphere in the tranquility of Vitinia. Here you can enjoy typical roman dishes, focacce, crostini, bruschette and fried food that you can eat on the spot or on the go. You will find homemade food and a very welcoming staff that will know how to make you feel like at a family dinner. We recommend trying their roman pasta dishes, like the spaghetti cacio e pepe or the amatriciana.



USEFUL PLACES

Other places that may come in handy during your stay are “Farmacia Vitinia,” a pharmacy where you can buy personal care products or medicines which is a 10-minute walk from our vacation home, and is open from 7:30 a.m. to 8:00 p.m. except on Sundays, and the tobacco shop next to the grocery store “Gustus,” which is a 10-minute walk from our vacation home. Also, an important place where you can withdraw cash is the ATM located outside the “Poste Italiane”. Finally, you can take advantage of the free water service at the fountain located near the station, where you can fill your bottle with always fresh water whenever you need it.

TRILUSSA TRAIL

For those who love nature or are looking for a moment of calmness, the Trilussa Trail is the perfect solution. It's a nature trail of about 7 km that can be crossed either on foot or by bike, dedicated to Rome's most famous poet Carlo Salustri.





GASTRONOMY, SECRETS ROME AND PLACES OF INTEREST

If you want to know more about the historical places to visit or special places known to only a few people and you want to have information that only those who live in the area could know, we suggest you to continue reading...

Rome, the capital of Italy, is a city rich in history, culture and beauty. It is an incredible open-air museum, with historical remains of the ancient Roman civilization such as the Colosseum, the Pantheon and the Roman Forum. In addition to its historical wonders, Rome is a vibrant city with busy streets and iconic sites such as the Trevi Fountain. It is home to the Vatican, the center of the Catholic Church, with the majestic Saint Peter's Basilica and the Sistine Chapel, famous for its paintings by Michelangelo. Finally, it is known for its gastronomy, with dishes such as the emblematic pasta carbonara, the cacio e pepe, the porchetta romana (seasoned roast pork), and pizza alla romana (variation of the Italian pizza with a thin, crispy crust).

TO START

We recommend visiting the Colosseum, an amphitheater where formerly gladiator fights and entertainment shows took place, the Pantheon, a temple dedicated to all the gods of ancient Rome, and the Roman Forum where visitors, through its ruins, can be transported back to roman times.

CLASSICS

The classic places to see in Rome are the Trevi Fountain, where it is a tradition to throw a coin with your back turned to the fountain to be assured of returning to Rome in the future, Saint Peter's Basilica, located in Vatican City, the Vatican Museums, the Capitoline Museums and Galleria Borghese, located in Villa Borghese, which is place of an extraordinary collection of artworks.



SECRET PLACES

Some secret places that only a few tourists know about are the Antica Libreria Cascianelli, recommended for book lovers, the Pincio Water Clock, an artwork which combines the art of watchmaking with the beauty of the surrounding nature, the Sanctuary of cats in Largo Argentina, located among the ruins of a roman temple that shelters the city's stray cats, the "Casina delle civette", located inside of Villa Torlonia, with many decorations and windows depicting owls, and the Murali of Tor Marancia, an open-air gallery with truly unique art styles.

EVERYTHING YOU SHOULD KNOW

- All over the city are located about 2000 cast iron drinking fountains which are commonly called "nasoni" and are one of the symbols of the city. Here you can enjoy free water that flows at all hours.
- Every first Sunday of the month, the entry to many museums and parks in Rome is free. This is a great opportunity for all the museum lovers who would enjoy free access to many of the capital's cultural places, but it is important to remember that reservations are required.
- Rome is well connected by public transportation like buses (including night buses) and the subway, but beware of pickpockets in crowded tourist areas!





short guide for Rome

A close-up, low-angle shot of a pizza being cooked in a wood-fired oven. The pizza is on a wooden peel, and the oven's interior is dark and smoky. The lighting is warm and golden, highlighting the texture of the pizza's crust and toppings. The text 'ROME TO TASTE' is overlaid in large, white, bold, sans-serif capital letters, with a thin white horizontal line above the word 'ROME'.

ROME TO TASTE

ICE CREAM SHOPS

Rome is famous for its delicious artisanal ice cream, and there are many great places where you can enjoy this delicacy. Some of them are “Giolitti,” one of the oldest and most famous in Rome, “Fatamorgana,” located in Trastevere and with many lactose-free and gluten-free options, “Gelateria della Palma,” which offers over 150 different flavors of ice cream, “Gelateria dei Gracchi,” which uses only selected high quality ingredients, and finally “Otaleg,” with absolutely delicious ice creams!

RESTAURANTS AND TRATTORIAS

As places to dine or have lunch in Rome, we recommend “Armando al Pantheon,” a restaurant that you should try if you find yourself near the Pantheon, “Da Danilo” trattoria, with a cozy atmosphere and delicious traditional dishes, “Da Cesare,” a trattoria known for its homemade and tasty roman pizzas and dishes, and “Dai Miei,” a restaurant located on Fornaci Street (Via delle Fornaci), which offers generous portions, high-quality ingredients and a comforting atmosphere that will make you feel at home.

ROMAN PIZZA

Finally there is the roman pizza, a big part of Rome’s gastronomy, and the best places where you can enjoy it are “Pizzeria ai Marmi,” located in Trastevere, with pizzas cooked the traditional way in a wood-burning oven, “La Gatta Mangiona,” which offers gourmet pizzas made with high-quality ingredients, and “Pizzeria dar Poeta,” with lots of thin and tasty pizza options.

short guide for Rome

TRASTEVERE AND JANICULUM BELVEDERE



TRASTEVERE

Trastevere is a charming neighborhood of Rome located on the western bank of the Tiber river. One of the main attractions is the Basilica of Santa Maria in Trastevere, a symbol of spirituality and art and one of the oldest churches in Rome. During the day, the streets are filled with local markets where you can find artisanal fresh products and unique souvenirs. The squares, such as the Santa Maria a Trastevere Square and Square Santa Cecilia, become meeting points for locals and tourists, offering a place to relax outdoors. At night, Trastevere transforms into a vibrant nightlife center. Restaurants offer authentic roman cuisine, and the streets fill with people looking for fun and socializing. The small squares come alive with street performers, and musicians and singers create an engaging atmosphere. Finally, in summer, local markets where you can buy special products and all kinds of objects gather along the river.

JANICULUM BELVEDERE

In Trastevere you can enjoy one of the most stunning panoramic views in Rome, the Janiculum Belvedere (Belvedere del Gianicolo), from which you can admire views of the entire historic center of Rome and the famous dome of Saint Peter's. It stands on the Janiculum Hill and is surrounded by a park perfect for a peaceful walk. Here during the day you can find many street musicians and artists while, especially at sunset, the park is enveloped in a magical atmosphere...



short guide for Rome



TICKETS, SUBSCRIPTIONS AND PUBLIC TRANSPORT

13 tickets, subscriptions and public transport

TICKETS

In order to use the train, subway, bus and other transportation you will need a ticket or a ticket subscription. To purchase a ticket you can use the ticket offices located in every train station. Depending on your needs you can decide whether to take a ticket valid for 100 minutes, 24 hours, 2 days or a week after stamping. “Multi-bit” tickets, which are valid for 100 minutes from the first stamping, are also available and once expired they can be reactivated for another 100 minutes until the available reactivations are finished.

SUBSCRIPTIONS AND EXTERNAL RESOURCES

You can obtain monthly or annual ticket subscriptions from newsstands, coffee shops or tobacco shops that sell those. To learn more about the different kinds of tickets and subscriptions or about the payment methods, visit: www.atac.roma.it/biglietti-e-abbonamenti or read the guide: <https://freetoursbyfoot.com/rome-metro>



short guide for Rome

NATURE PARKS AND VILLAS

15 nature parks and villas

NATURE IN THE CITY CENTER

Rome's natural parks and villas are like oasis of tranquility located in a chaotic city and are like green lungs that give freshness and clean air to the city. Some of them are Villa Borghese, which offers a breathtaking view of the city and where you can get to look at beautiful gardens, lakes and fascinating sculptures, and Villa Ada, once residence of nobles and sovereigns. It has been transformed into a public park in later years, it's home to green lawns, shady paths, enchanting lakes and sparkling fountains and it is the perfect place for walks and outdoor activities.

Then there is Villa Doria Pamphili, formerly an aristocratic residence, it houses period furnishings and paintings, while outside it's surrounded by large gardens ideal for picnics, relax and outdoor activities, and the Garden of Oranges (Giardino degli Aranci), located on the Aventine Hill, where orange trees dominate the landscape diffusing an inviting aroma into the air and where you can enjoy breathtaking views of the capital. Moreover, one of its most stunning features is the "Keyhole" (Buco della serratura), an opening in the wall on the Priory of the Knights of Malta (Priorato dei Cavalieri di Malta) which perfectly frames the dome of Saint Peter's in the center, creating an iconic image that enchants every visitor.

CLOTHING AND SHOPS

PORTAPORTESE

If you feel like spending a different kind of day in Rome and are a lover of shopping at low cost, we recommend visiting “Portaportese”, the most famous and largest market held in Rome in the Trastevere neighborhood. This market is a true roman institution and is known for the wide range of items that are sold every Sunday morning. The market opens every Sunday at 6:00 a.m. until 2:00 p.m., and the best bargains are made right at the market’s opening or closing time. Here you can find everything from vintage clothes, books, furniture and more...

MALLS

The largest shopping center in Italy and one of the most modern in Europe is “Porta di Roma”, open since 2007 and located in the northeast area of Rome. Other malls with stores open every day are Euroma2 and Maximo, both located in the EUR neighborhood, which offer a wide selection of stores, restaurants and activities to make you spend a pleasant and enjoyable day.



FREE BEACHES, DOG FRIENDLY

OSTIA

ONES AND RESTAURANTS

If you are interested in learning informations about the city of Ostia, its best beaches, the places where to eat and the activities to do, we suggest you continue reading...



Ostia is a seaside resort located only a few kilometers from Rome, popular among the tourists and Roman residents who want to enjoy the sea.

FREE BEACHES

As in many other Italian seaside resorts, there are both private and free beaches in Ostia that are accessible to the public for free, such as the “Spiaggia libera Bianca” or the “Spiaggia libera S.P.Q.R.,” a two-minute walk from “Cristoforo Colombo”, the last stop on the Roma-Lido train, which is very convenient for those moving by public transportation.

THE BEST AND DOG FRIENDLY BEACHES

If you are looking for a calmer place, near Ostia stretches five kilometers of pure coastline, which you can access through seven “Gates.” Here is located “Capocotta”, a beach surrounded by nature that allows you to fully enjoy relaxation, and the beach of Castel Porziano, the largest free beach in Europe and one of the most popular in the Capital. On the other hand, a beach that your four-legged friend can also have access to is the free beach of Ostia Ponente, which stretches for about 250 meters, where is done a microchip check and you must be in possession of a muzzle and leash that you can use if necessary.

OTHER ACTIVITIES AND RESTAURANTS

In addition to the sea and beaches, Ostia offers tourists the opportunity to visit the Ostia Antica Archaeological Park, a large area of excavations where ancient houses, temples, baths and more can be seen, getting an insight into the daily life in the roman times. Finally, among the best restaurants with a sea view are “l’Ostrica Pazza,” which offers a wide variety of fish and fresh seafood dishes, “il Ghiottone” and “Mamaflò,” with an excellent selection of seafood plates.



Our services and more info at:

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**we wish you a
peaceful stay**



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