

milk +
honey
TRAVELS

a perfect day in
ROME



ABOUT ROME

Rome is an iconic city, filled with some of the world's most fascinating ancient history, while also being a city full of modern touches. This city is big — huge actually. You could be here for months and not get through all there is to see and do. While the temptation might be to race from one popular monument to the next, my advice to you is to slow down and appreciate what Italians call *la dolce vita*.

facts

Population: 8.7 million | Country: United Kingdom

Language: English | Nickname: The Big Smoke

Noteable Landmarks: Big Ben, Buckingham Palace, Westminster Abbey,
Tower Bridge





1

START YOUR DAY Forno Campo de Fiori

You'll pass the market stalls of Campo de' Fiori to make your way to a well-loved and long-established bakery.

Bri's Tip: Italians don't do breakfast the way American's do, so remember that! A savory dish worth trying here is the Pizza rossa, a flatbread with fresh tomato sauce. Hey...when in Rome!





2

MORNING ACTIVITY

Shopping + Art

Nearby in Campo de' Fiori (mainly on Via dei Baullari and Via dei Giubbonari) you can find a wide range of prices and a lot of smaller labels worth taking a look at. Browse here for a while before making it over to the Pantheon— it's free entrance and worth stopping in to take a look. Since Rome is literally a living museum, pop in to the nearby Chiesa di San Luigi dei Francesi to view the three Caravaggio paintings which hang in the church.





3

MID DAY EATS

Armando al Pantheon

Despite being located just 30 meters from the Pantheon, this is a restaurant that's almost always packed with locals. It's a classic Roman restaurant with an intimate dining room.

Bri's tip: Order cacio e pepe. This dish is all about the technique, as it literally means "cheese and pepper," and aside from the pasta itself, those are its only ingredients. Of course you get this with a half liter of house wine.





4

AFTERNOON ACTIVITY

Villa Borghese

Following a wonderful lunch, it's always nice to walk it off, and nowhere better to do that than Villa Borghese. Many tourists skip this on their itinerary, but it happens to be an amazing place for people watching, which is my favorite pastime in nearly any city. Grab a gelato or rent a bike and pedal around the park. The atmosphere on a sunny afternoon is nothing short of magical.





5

TIME TO DINE

Freni e Frizioni / Glass Hostaria

Romans dine late, but they also love to include the aperitivo hour beforehand, so you'll have a chance to have a little food with your cocktails. You're heading to the Trastevere neighborhood, packed with many famous aperitivo hours. Try Freni e Frizioni, a vibrant bar with a popular terrace, serving cocktails & aperitivos amid chandeliers & modern art, before heading to a Michelin-starred dining experience at Glass Hostaria.





6

LATE NIGHT FUN **Isola Tiberina**

Head down to Isola Tiberina for a drink, a stroll, and perhaps an outdoor movie. If you are feeling extra fancy, make your way to Stravinskij Bar in the luxurious Hotel de Russie near Piazza del Popolo for a nightcap.

Bri's tip: The island can be accessed from the Jewish Ghetto by Ponte Fabricio and Trastevere by Ponte Cestio





a note from bri

For many first-time visitors to Rome, your time is spent seeing all the well-known monuments. Do that — but add in some lesser known activities too. You'll be glad you did. The eternal city has something to offer everyone, and my hope is that this guide gives you a slightly unique way to see and experience the city. If you want help building a trip that is tailor-made just for you, Milk + Honey Travels would be happy to help!