

Rome

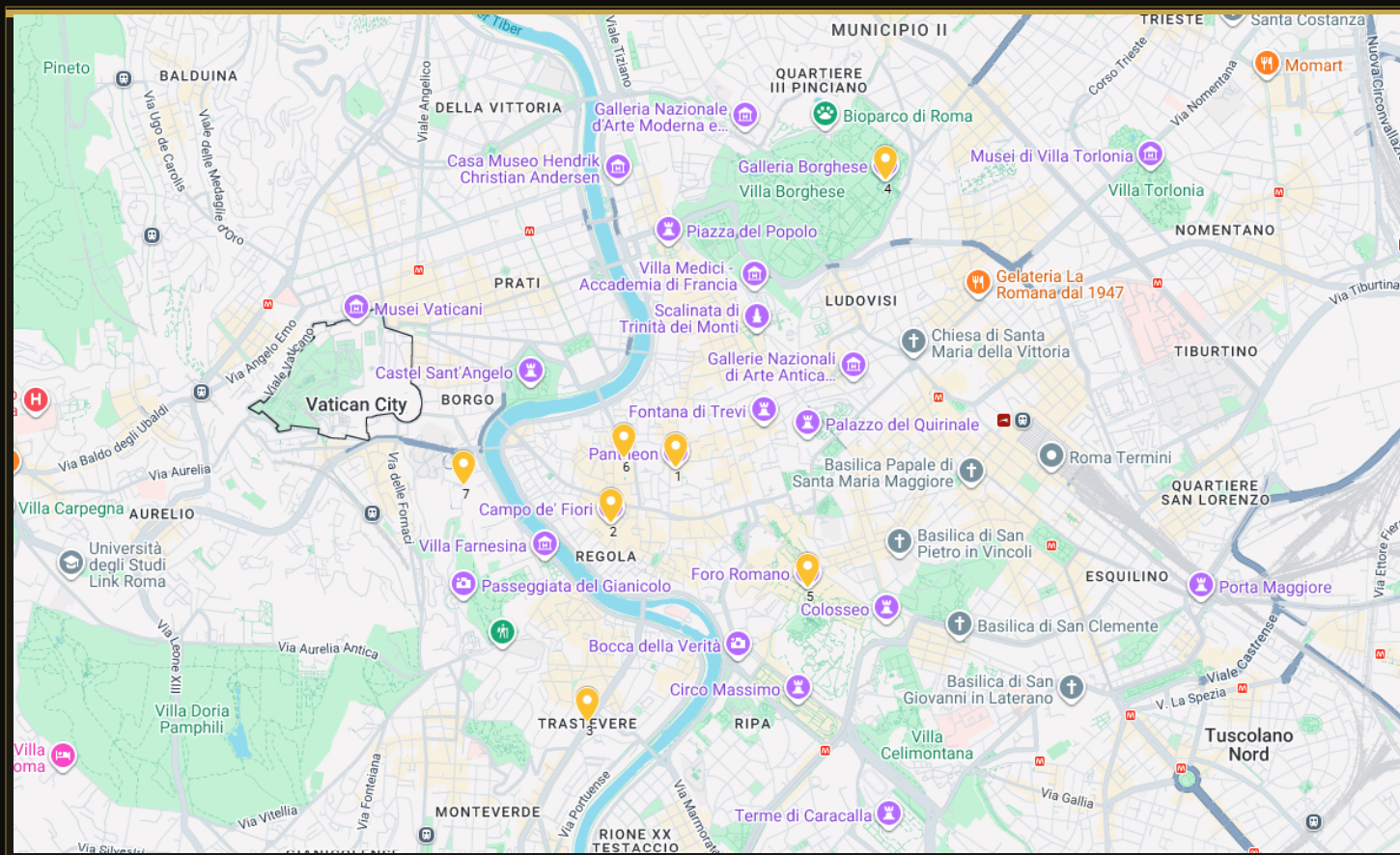
Walking Tour

Seven Stops Across the Eternal City

A seven-stop walking tour built around Art, Architecture, History, and Local Life. Each stop includes route maps, transit options, a companion drink, and a podcast episode at walksyourway.com.

TOUR STOPS

- 01 The Pantheon**
→ Campo de' Fiori 10 min walk
- 02 Campo de' Fiori**
→ Trastevere 15 min walk
- 03 Trastevere**
→ Borghese Bus / Taxi
- 04 Borghese Gallery**
→ Roman Forum Bus / Walk
- 05 The Roman Forum**
→ Piazza Navona 15 min walk
- 06 Piazza Navona**
→ Gianicolo Bus / Taxi
- 07 Gianicolo Hill**
→ End of tour



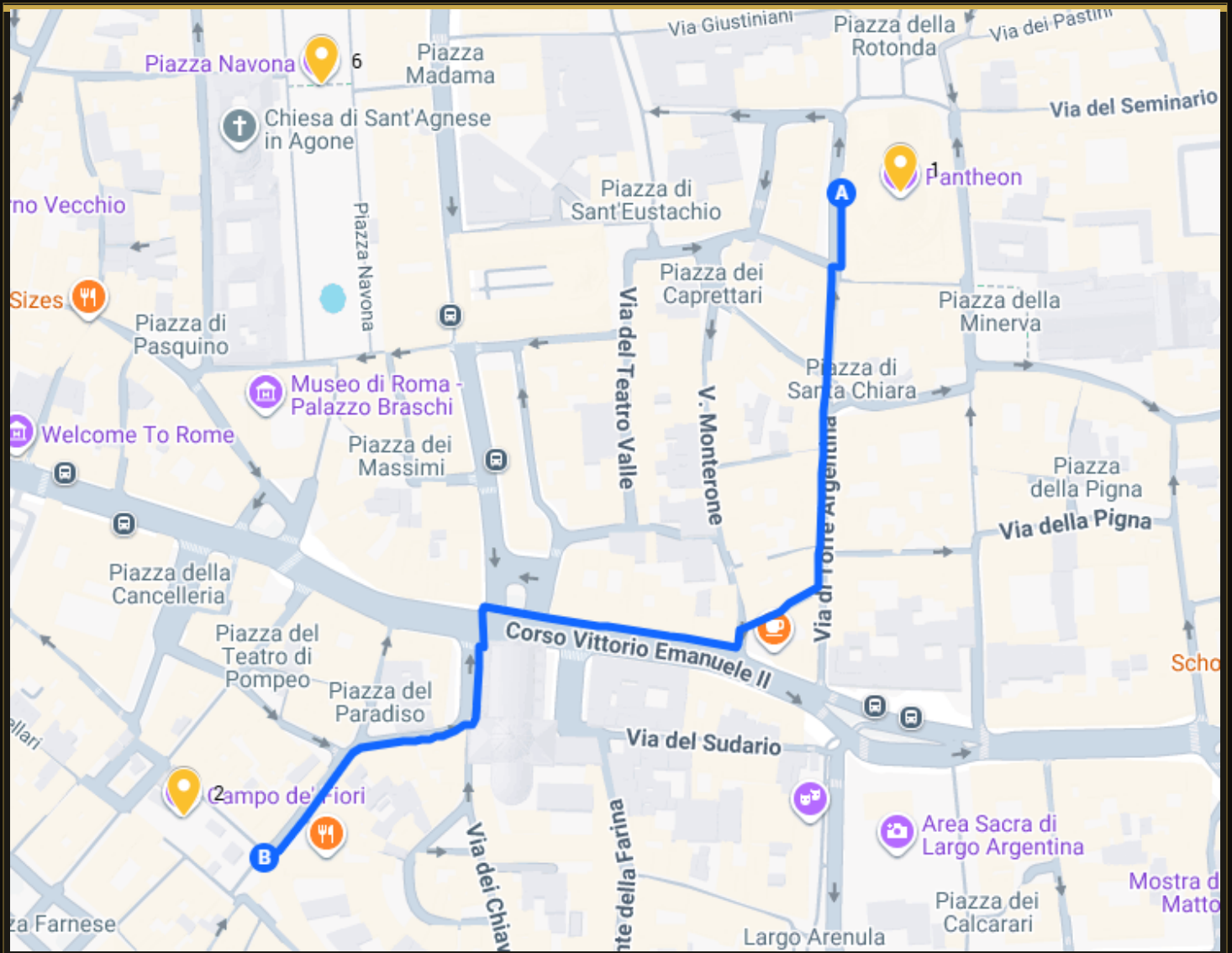
All seven stops numbered in visit order · Route maps for each leg on following pages

- | | | | |
|----|-----------------|----|------------------|
| 01 | The Pantheon | 02 | Campo de' Fiori |
| 03 | Trastevere | 04 | Borghese Gallery |
| 05 | The Roman Forum | 06 | Piazza Navona |
| 07 | Gianicolo Hill | | |

[Open full walking route in Google Maps →](#)

WALK

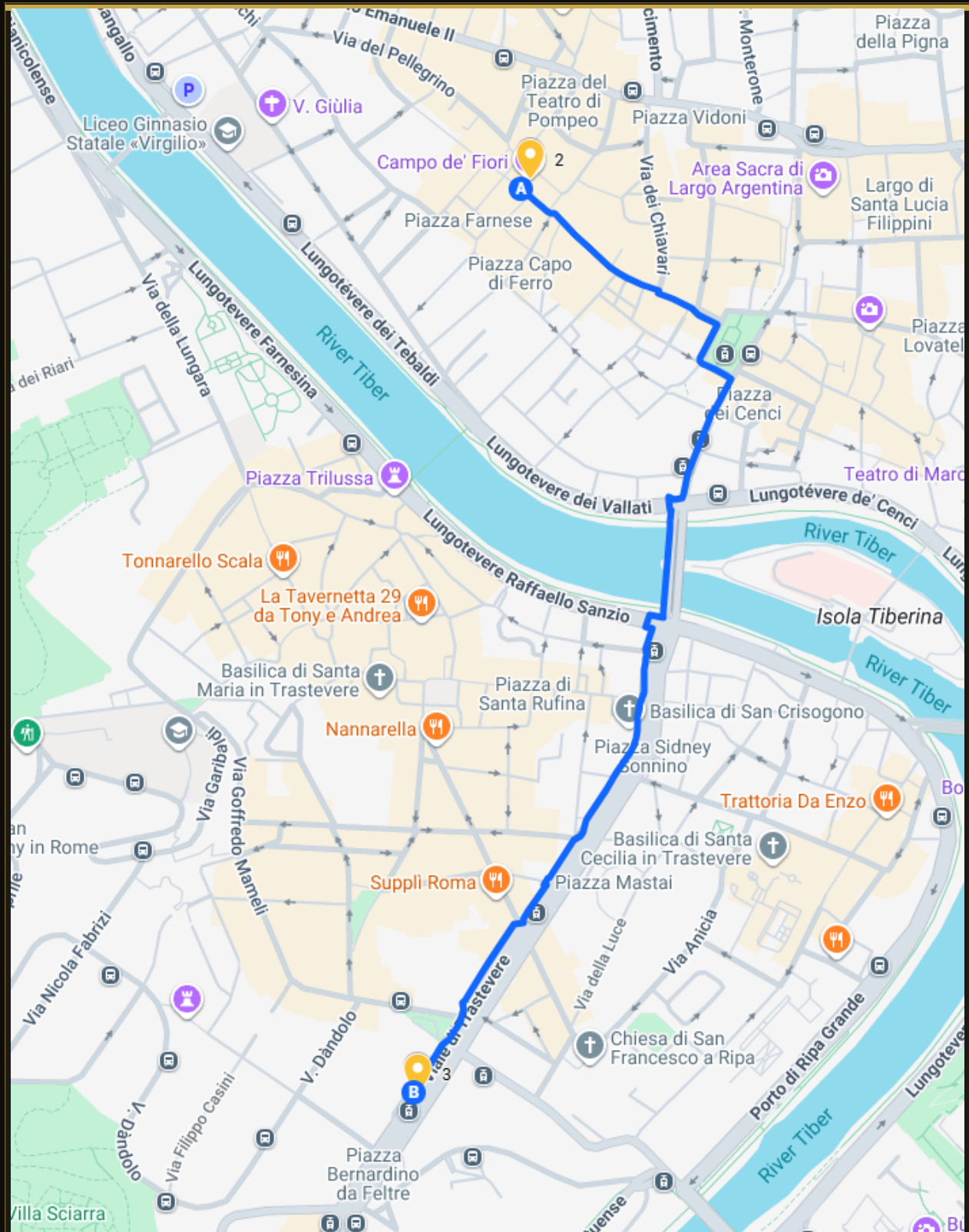
Approx. 10 minutes



Route: Stop 01 The Pantheon → Stop 02 Campo de' Fiori

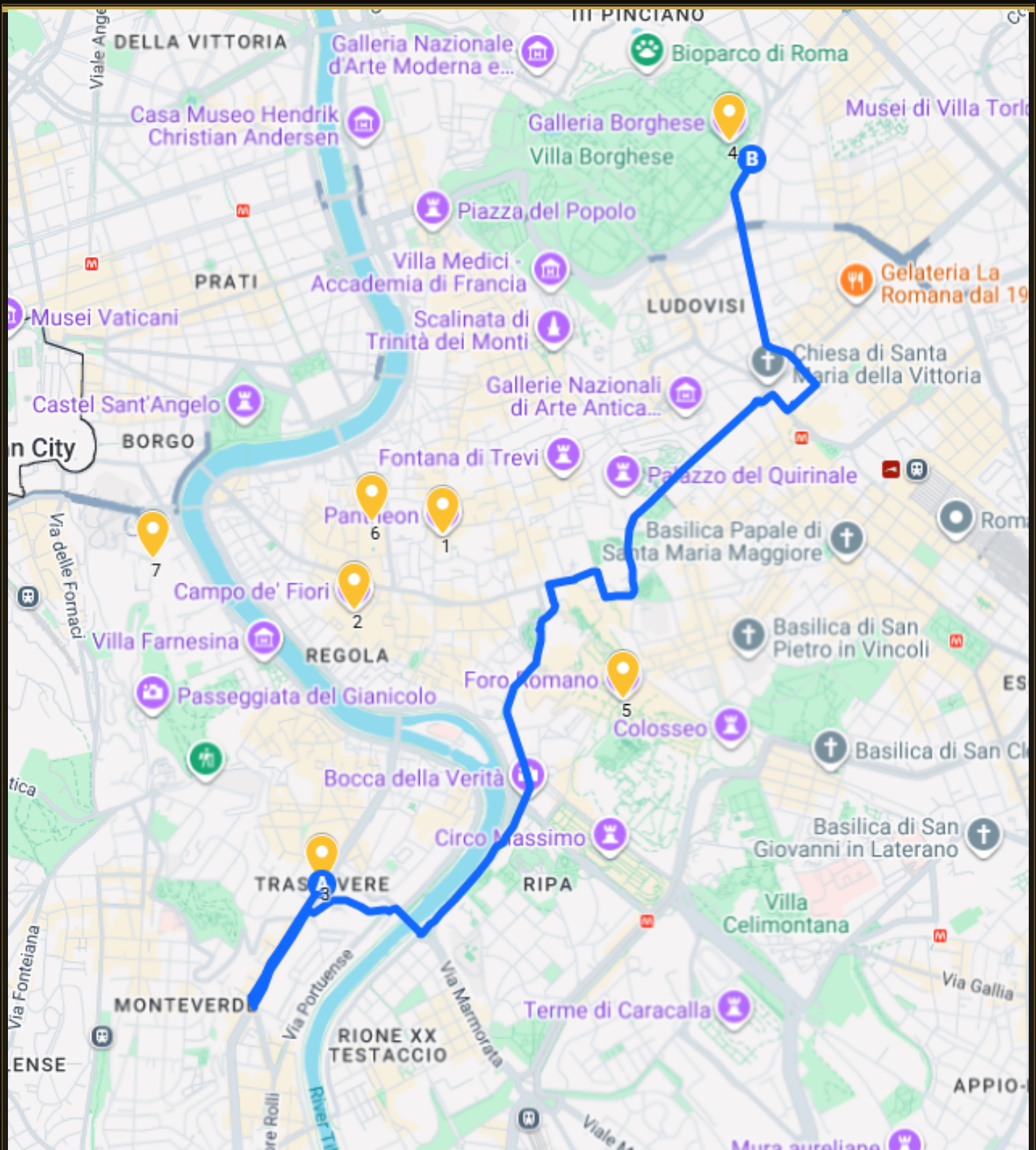
WALK

Approx. 15 minutes – cross the Tiber at Ponte Sisto



Route: Stop 02 Campo de' Fiori → Stop 03 Trastevere

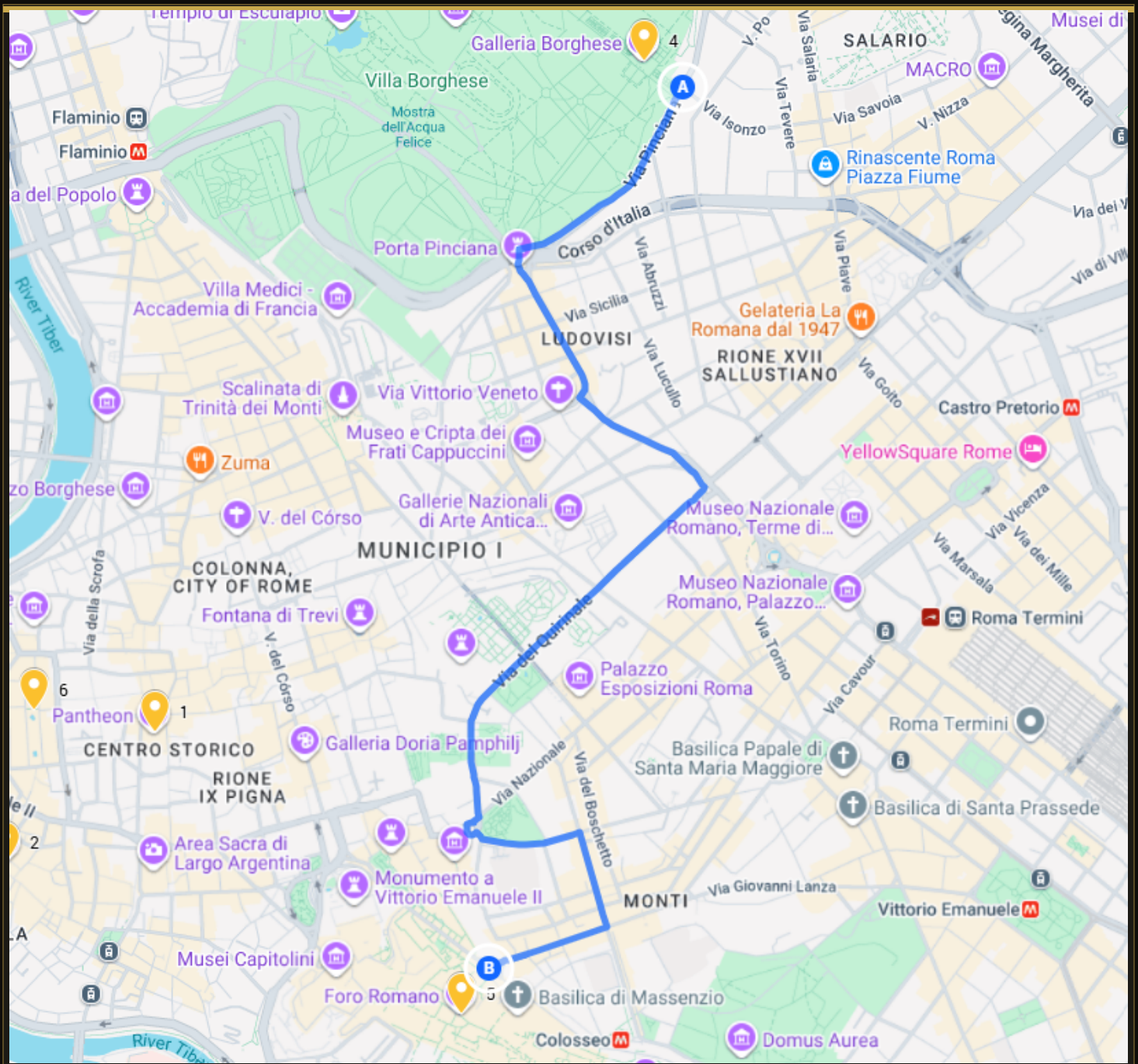
BUS OR TAXI • NOT RECOMMENDED TO WALK
Bus 23 or 280 to Lungotevere → Bus 52 or 53 north • OR taxi ~€10-12
Walking from Trastevere to Borghese is 40+ min uphill. Take the bus or a taxi.



Route: Stop 03 Trastevere → Stop 04 Borghese Gallery

WALK OR BUS

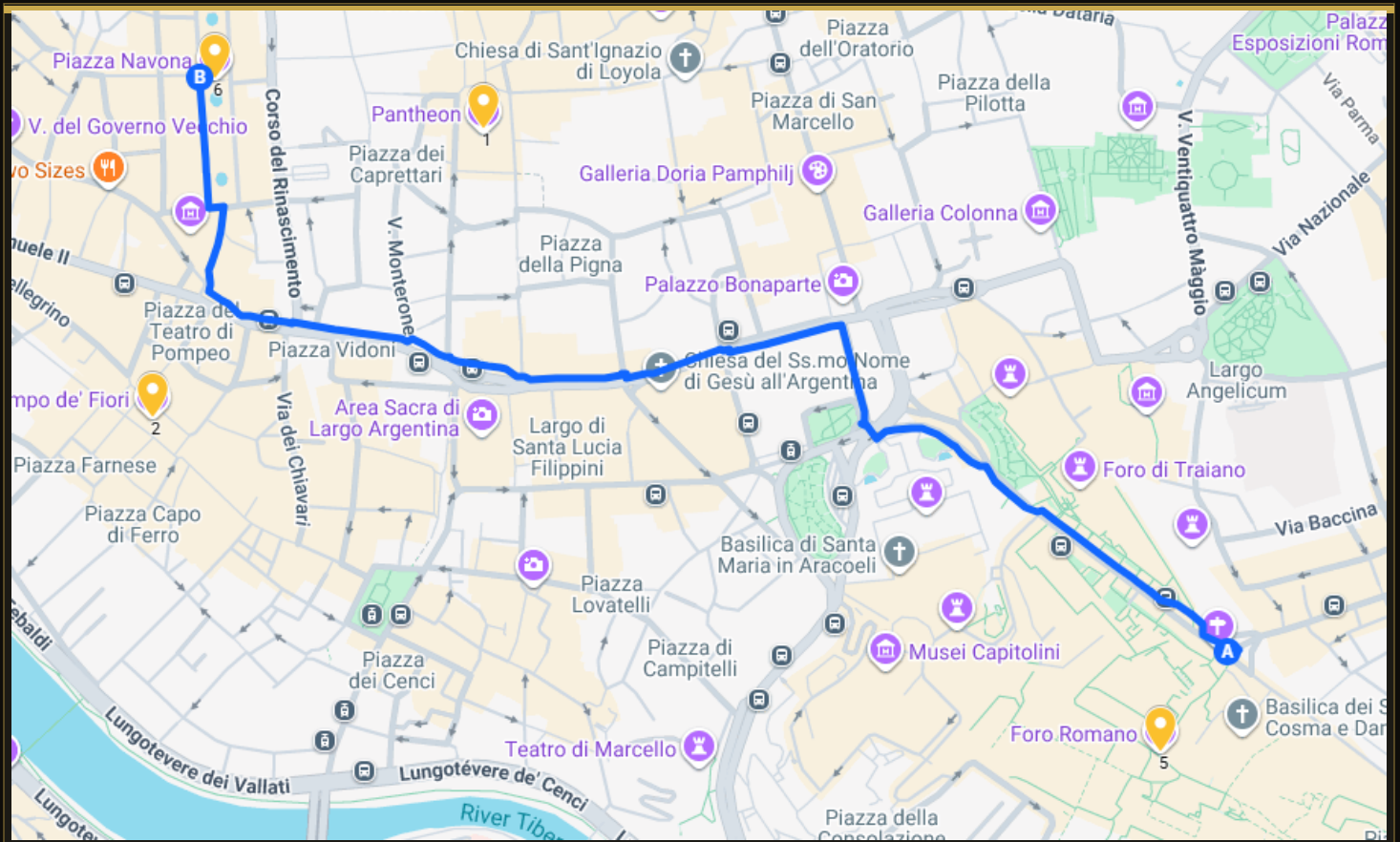
Walk ~35 min downhill · OR Bus 910 or 52 to Termini → Bus 75



Route: Stop 04 Borghese Gallery → Stop 05 The Roman Forum

WALK

Approx. 15 minutes through the historic centre

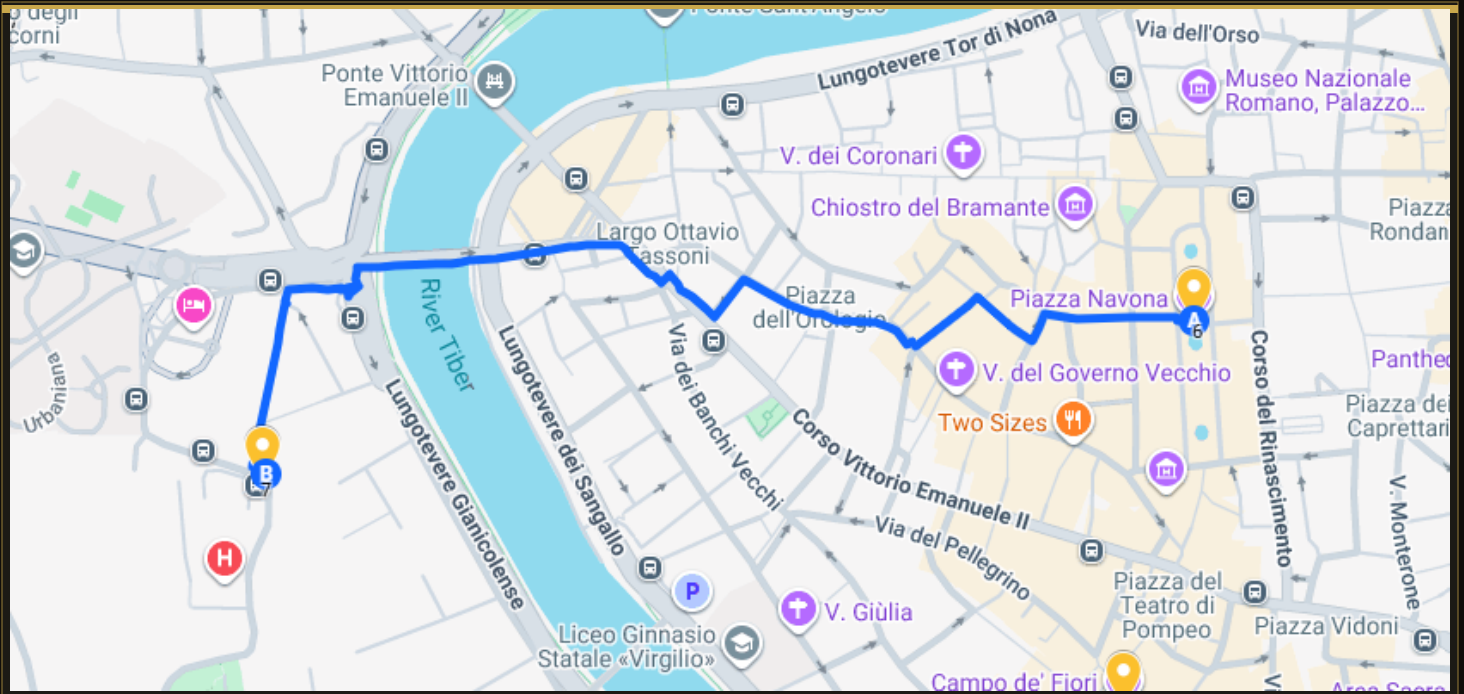


Route: Stop 05 The Roman Forum → Stop 06 Piazza Navona

BUS OR TAXI • UPHILL — NOT WALKABLE COMFORTABLY

Bus 23 westbound from Lungotevere to Passeggiata del Gianicolo • OR taxi -€8-10

Gianicolo is a steep hill. Bus 23 or a taxi is the right call. Worth it for the view.



Route: Stop 06 Piazza Navona → Stop 07 Gianicolo Hill

HOW TO USE THIS GUIDE

Seven stops, sequenced for a full day in central Rome. Each stop is preceded by a route map showing the walk or transit leg to reach it. Stops 3→4 (Trastevere to Borghese) and 6→7 (Navona to Gianicolo) are best done by bus or taxi – both are noted on their route map pages. Allow 8-10 hours. Wear shoes you can walk in all day.

STOP 01

The Pantheon

"The building that outlasted every empire"

ARCHITECTURE · HISTORY

Built by Hadrian around 125 AD. Dome 43.3m across – largest unreinforced concrete dome in the world for 1,300 years. The oculus, roughly 8.5m wide, is open to the sky. The concrete gets lighter as the dome rises, managing its own weight. Converted to a church in 609 AD – this is why it survived. Everything else was stripped for building material. This one was given a new job.

DON'T MISS

Stand in the centre first. Look straight up at the oculus before anything else. The interior is a perfect sphere – height equals diameter exactly at 43.3m. Raphael is in the third niche on the left. Read the epitaph. Come back on a rainy day.

PRACTICAL

Book in advance: pantheonroma.com – €5. Opens 9am. Tuesday or Wednesday quieter. Allow 45 min minimum. Sant'Eustachio il Caffè is 2 min walk – best espresso in Rome.

"Two Thousand Years"

Amaro Nonino, bourbon, sweet vermouth, orange bitters. Dark amber. Something ancient beneath the sweetness.

Full recipe – cocktail + mocktail – walksyourway.com/drinks

Episode: Rome Series · Episode 1 · walksyourway.com

STOP 02

Campo de' Fiori

"The square that remembers everything"

HISTORY · LOCAL LIFE

Campo de' Fiori has been a market since the 15th century. At its centre: Giordano Bruno, burned alive here on February 17, 1600, for refusing to recant his belief the universe was infinite. His statue was placed here in 1889, facing the Vatican. The Vatican protested. The statue stayed.

DON'T MISS

Walk 2 minutes south to the Palazzo Farnese – Michelangelo worked on it, Carracci painted the ceiling. Most visitors never find it. Come back in the evening – the square transforms completely.

PRACTICAL

Free. Market Tuesday-Sunday approximately 8am-2pm. Buy something and eat it in the square. Don't eat at restaurants directly on the square.

"The Market Hour"

Aperol, Campari, prosecco, blood orange. Bright, herbal, a little wild. It's noon and you're already having a great time.

Full recipe – cocktail + mocktail – walksyourway.com/drinks

Episode: Rome Series · Episode 2 · walksyourway.com

STOP 03

Trastevere

"The neighborhood the Romans kept for themselves"

HISTORY · LOCAL LIFE

"Across the Tiber." Originally outside the city proper – traders, sailors, early Christians. Two streets back from the tourist strip it's still itself. Come before 9am. The neighbourhood belongs to itself before the dinner crowd arrives.

GETTING THERE – PUBLIC TRANSIT

FROM TRASTEVERE TO BORGHESE: Do not walk – it is 40+ minutes uphill.

→ Bus 23 or 280 northbound along the Lungotevere (riverside road)

→ Change to Bus 52 or 53 toward Villa Borghese

→ Alight at Galleria Borghese stop – approx. 25-30 minutes total

→ OR: Taxi from Piazza Sidney Sonnino – approx. €10-12 · 15 minutes

Bus tickets: ~€1.50 per journey. Validate on board. Day pass: €7.

DON'T MISS

Santa Maria in Trastevere – free, gold apse mosaics 12th century. Santa Cecilia in Trastevere – two streets south – the Maderno sculpture of Saint Cecilia as her body was found. One of Rome's most affecting religious artworks. Almost nobody knows it exists.

PRACTICAL

No entry fee at either church. Morning is right. Standing espresso at a bar, not a terrace. For lunch: find a trattoria away from the main piazza. Plastic chairs. Handwritten menu. Good signs.

"The Neighborhood"

Italian red wine, Campari, fresh orange, sparkling water. Deep ruby. Unpretentious and warmly satisfying.

Full recipe – cocktail + mocktail – walksyourway.com/drinks

Episode: Rome Series · Episode 3 · walksyourway.com

STOP 04

Borghese Gallery

"What Bernini did before he was thirty"

ART · ARCHITECTURE

Apollo and Daphne (Bernini, age 23-25): bark forming on her skin, fingers becoming branches. Rape of Proserpina: Pluto's fingers press into her marble thigh – the stone yields. David: mid-throw, Bernini's own face, Scipione held the mirror while he worked.

DON'T MISS

Walk completely around Apollo and Daphne – every angle is different. 360 visitors per 2-hour slot: you walk around a Bernini. Walk the Villa Borghese park before or after – 80 hectares, almost nobody uses it as such.

PRACTICAL

BOOK IN ADVANCE: galleriaborghese.it – sells out weeks ahead. Morning slots best. Two hours is the right amount of time.

"Bernini"

White rum, lychee syrup, lime, pomegranate float. Something extraordinary hiding inside something ordinary.

Full recipe – cocktail + mocktail – walksyourway.com/drinks

Episode: Rome Series · Episode 4 · walksyourway.com

STOP 05

The Roman Forum

"Where the world was run"

HISTORY · ARCHITECTURE

Governed the Western world for ~1,000 years. Then stripped for materials and buried. They called it the Campo Vaccino – the Cow Field. The Arch of Titus (81 AD) records the sack of Jerusalem: the menorah relief was carved within a decade of the event. For centuries, Roman Jews would not walk under it. After 1948, they did.

DON'T MISS

See it from above first: Campidoglio terrace at back of Michelangelo's piazza. The Curia Julia – the actual Senate building – is still standing, almost nobody stops at it. Temple of Vesta: the sacred fire burned here for ~1,000 years.

PRACTICAL

Combined ticket with Palatine Hill and the Colosseum. Book timed entry in advance. Audio guide worth the extra cost. Allow 2 hours. Capitoline Museums above: finest ancient Roman sculpture collection in the world. Separate ticket.

"The Forum"

Dry vermouth, fino sherry, orange bitters, lemon peel. Bone dry in a chilled coupe. Dust and gold and the end of something great.

Full recipe – cocktail + mocktail – walksyourway.com/drinks

Episode: Rome Series · Episode 5 · walksyourway.com

STOP 06

Piazza Navona

"The stadium that became a square"

ARCHITECTURE · HISTORY · ART

Piazza Navona's oval is the exact footprint of the Stadium of Domitian, 86 AD, capacity 30,000. At the centre: Bernini's Fountain of the Four Rivers – four massive marble figures, an Egyptian obelisk above them. The Nile is veiled because its source was unknown. Borromini's Sant'Agnese is opposite. They despised each other.

GETTING THERE – PUBLIC TRANSIT

FROM NAVONA TO GIANICOLO: The hill is steep. Bus or taxi is correct.

→ Walk 5 min west to the Lungotevere (riverside road)

→ Bus 23 westbound – alight at Passeggiata del Gianicolo stop

→ Approx. 10 minutes total · ~€1.50

→ OR: Taxi from Piazza Navona directly – approx. €8-10 · 10 minutes

→ Arrive 30 minutes before sunset. Stay 10 minutes after.

DON'T MISS

Walk to one end of the oval first – see the full stadium shape. Underground excavations accessible from the north end. Most visitors have no idea they are standing on an ancient venue.

PRACTICAL

Free – public piazza. Best before 8am or evening from 7pm. Sant'Agnese in Agone: free, go inside. The Pantheon is 5 minutes east – do both in one morning.

"Three Fountains"

Aperol, prosecco, sparkling water, orange slice. You're in Rome. The evening is just getting started. Order the Spritz.

Full recipe – cocktail + mocktail – walksyourway.com/drinks

Episode: Rome Series · Episode 6 · walksyourway.com

STOP 07

Gianicolo Hill

"The view that holds the whole city"

HISTORY · LOCAL LIFE

Highest accessible viewpoint in Rome. From the Piazzale Garibaldi: the dome of St Peter's, the Pantheon, the Forum, Piazza Navona – every stop in this series, visible at once. The noon cannon has fired every day since 1846. The clocks have GPS now. The cannon still fires. Garibaldi faces Rome, back to the Vatican. A choice, not an accident.

DON'T MISS

Go at dusk. Non-negotiable. Arrive 30 min before sunset. Stay 10 minutes after – the dome stays lit, the streets go golden. Fontana dell'Acqua Paola: 5 min walk – 1612 Baroque fountain built with marble from the Roman Forum. Almost nobody goes.

PRACTICAL

Free – public hill. Taxi from Trastevere 5 min. Dinner in Trastevere afterward is the correct plan. This is the perfect last evening in Rome.

"The View"

Mezcal, blood orange, honey, lemon, smoked salt rim. The color of Rome at dusk from the one hill high enough to hold all of it at once.

Full recipe – cocktail + mocktail – walksyourway.com/drinks

Episode: Rome Series · Episode 7 · Series Finale · walksyourway.com

*"Every place has a story.
This one's worth the trip."*

Place of the Day · Walks Your Way · walksyourway.com

Seven episodes · Seven drinks · One city

Bus tickets ~€1.50 · Day pass ~€7 · Validate on board

Transit info correct at time of publication – verify before travel

Art · Architecture · History · Local Life