

Italy Series, Part II — 24 Hours in Rome

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In our latest 3-part travel series, we take FAJO's readers across Italy on a special food adventure.

Following Part I of this series — **From Parma to Puglia: a Culinary Journey** — we are thrilled to continue our journey across Italy with **ITALMOPA**.

In this latest story, we take you to Italy's capital: Rome.

Benvenuto a Roma!

Step back in time in this breathtaking city, where the old seamlessly blends with the new. Once the largest population centre in the world, Rome is believed to have been founded in 753 BC and is often called “The Eternal City.”

While it’s best to give yourself ample time to fully explore Italy’s capital, a single day can still offer an unforgettable Roman holiday. Here’s how to make the most of your 24 hours in Rome.



Stay

For a central location that puts you within walking distance of iconic landmarks like the Spanish Steps, the Pantheon and the Colosseum, **The Glam Hotel** is a fabulous choice.

Situated close to Via Condotti, home to luxury boutiques such as Bulgari, Gucci, Prada and Valentino, this boutique hotel offers a modern, romantic ambiance. Its spacious rooms feature chaise lounges, large glass showers and plush king-sized beds.

Don’t miss the rooftop restaurant and lounge, Terrazza Monti, where you can enjoy traditional Roman cuisine, paired with stunning city views.



Taste

When in Italy, indulging in pasta is a must. Rome is renowned for its four iconic pasta dishes: cacio e pepe, carbonara, amatriciana and alla gricia. Each dish is a masterpiece of simplicity, made with fresh, high-quality ingredients like pecorino cheese, fresh pepper, pork, egg and tomatoes, showcasing the city's culinary prowess. Each variation starts with freshly made pasta, often crafted from locally sourced organic flour for superior taste.

Pasta is just the beginning. For an unforgettable seafood experience, visit **Trattoria La Rosetta**. Chef Massimo Riccioli, known for revolutionizing Rome's food scene and introducing oysters to its cuisine, creates dishes that combine local flavours with his Sicilian heritage. (He's even credited for opening the first oyster bar in Rome back in the '80s.)

Begin with raw delicacies like tuna carpaccio with strawberry sauce, thyme and mixed salad, or wild sea bass carpaccio with citrus. Don't miss the light and fresh calamari or the refreshing cold shrimp salad, featuring perfectly cooked shrimp with tomatoes, onions and potatoes.

Standout dishes include the cacio e pepe risotto with langoustine, and any of their expertly prepared fresh fish entrées.



See

Rome's compact layout and efficient public transportation make it easy to explore on foot or by bus. Whether you choose a guided tour or craft your own itinerary, you can cover many top attractions in a day.

Start your morning at the Colosseum. While tickets are required to explore the interior, the exterior alone is a marvel. Nearby, visit the Roman Forum, an ancient site with ruins dating back over 2,000 years.

Next, make your way to the Spanish Steps, the Pantheon and the Trevi Fountain. To toss a coin into the iconic fountain and make a wish, book your visit online in advance and pay the €2 entrance fee, a brand-new visitor policy put in place to help prevent overcrowding.



If time allows, head to the Vatican Museums to see Michelangelo’s stunning frescoes in the Sistine Chapel. The lines can be long, so investing in a “skip-the-line” tour can save valuable time.

Finally, take a moment to admire some of the city’s many fountains. With over 2,000 fountains, Rome holds the title for the most fountains in the world, each offering a unique charm and story.



Enjoy your time in Rome. No matter how long your visit, Rome's timeless beauty and rich history are sure to leave an indelible impression. Buon viaggio!

Photography by Janine Silver and Unsplash+.

Contributors

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