

Welcome to The Beehive!

We created "The Beehive Recommends" for our guests and all visitors to Rome with the hope that our advice, information and personal recommendations will make your time in our city as enjoyable and hassle free as possible.

In this guide, you'll find Restaurant recommendations, "Frequently Asked Questions (FAQ's)," and practical information. "Eco Rome" is for those of you interested in specifically vegetarian/vegan restaurants, organic products and therapies. This guide is by no means comprehensive, so please let us know if you have any other questions or if there are any errors or changes we may not be aware of. And please feel free to send us your own recommendations and tips that we can pass on. You can also find additional tips and information on our blogs at www.the-beehive.com/blog and www.cross-pollinate.com/blog

The Beehive has grown and changed a lot since its initial humble beginnings and we owe our success to the many wonderful guests who have come through our doors. We have had the good fortune of having many of you as return guests, and truly enjoy and appreciate the rapport and relationships we have cultivated over the years with so many of you and hope to with those of you we have yet to meet!

Please know that your comfort, enjoyment and opinion truly matters to us. If you have any suggestions, comments or questions, please e-mail Linda directly at linda@the-beehive.com

We hope you enjoy your stay in the Eternal City!

Linda & Steve

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BAD FOOD IS A CRIME!

You are here for a limited time and so only a limited number of meals. Please try to avoid fast food such as McDonalds. My heart breaks a little every time I see a guest walk in with that telltale bag and smell. You're in Italy for goodness sake!! While there are a lot of terrible touristy restaurants out there - we believe no one should have a bad meal and so that's why we offer here our list of tried and true suggestions. You can see our irreverent take on various "food infractions" on our website www.foodpolice.it featuring our 3 daughters as The Food Police.

Some helpful tips:

Hours: Most restaurants are open for lunch between 12:30 pm and 15:00 and open for dinner at 19:00/19:30 until about 22:00 sometimes later. Reservations are strongly encouraged for dinner especially for Friday, Saturday and Sunday evenings. Please note that many restaurants are closed on Sundays and some on Monday as well. If you arrive anytime between 15:00 and 18:00 wanting to eat at a decent restaurant, forget it! Instead of opting to eat at an overpriced touristy place (the only kind of places open for dinner at those hours), we suggest you grab a small snack - a slice of pizza - and save your money and your hunger for a good food experience.

Tipping is not expected. It's a nice gesture if you have had good service, but only a euro or two. If a cover is added, tipping is not required. Otherwise, you would round up. For example, if your bill is €48, you may want to leave €50. Please restrain yourself from leaving 10-20% of the bill. It truly is not necessary and not a part of the culture here.

Cheap eats: The only budget food in Rome is pizza by weight or tramezzini which is a type of triangular sandwich typically on white bread and these vary in selection and quality.

The Splurge: We have added at the end of the restaurant sections a few restaurants that are on the higher end for any of you wanting a special night out or celebrating a special event, but do note that in our opinion, expensive food does not equal the best food and you can have many delicious meals in Rome without breaking the bank.

Off the menu: Before ordering, ask if there's anything "fuori menu" (off the menu). Sometimes restaurants won't tell you if they have any specials that day unless you ask. For example, you could be missing out on Mamma's lasagna traditionally made on Sundays at many family-run places or fresh gnocchi traditionally served on Thursdays.

Pizza al taglio (Pizza by the slice) -you point to your choice, indicate how much (or how little) you want and then the clerk cuts it and weighs it - you pay by the weight. Most of these places have very limited seating.

Pizza made in wood burning ovens (pizza forno a legna) in a sit-down restaurant environment. Roman-style pizza has a very thin, crispy crust, whereas Neapolitan-style pizza has a thicker, doughy crust. Please note that pizza served in restaurants is normally only available in the evening unless they use electronic ovens to cook their pizzas. For many pizzerie it is just cost prohibitive to keep wood-fired ovens stoked all day long.

Tavola Calda: Tavola calda is the term for a place that offers buffet style food choices from already-prepared food. It's a less expensive option than a restaurant that has table service.

Gelato: Even though they all look great, not all gelato is created equally. Avoid gelato that comes in plastic tubs and gelato that comes in huge mounds in bright garish colors (the brighter the more artificial the ingredients). Please note that some gelaterie close during the winter months. Cash only. If you are a gelato aficionado Rome has a plethora of excellent gelato now made to high standards with well-sourced natural ingredients.

Accept the panna (whipped cream) for an extra bit of indulgence. If you find yourself near the Tiber River, grab an alternative to gelato: the grattachecca – shaved ice. These stands along the river are only open during the summer months. Some of the better ones are on the Trastevere side of the river near Viale Trastevere.

Gluten intolerance: With changes in wheat strains and hybrid wheat with higher gluten content, many Italians now have problems with gluten or wheat. If you have a wheat or gluten intolerance you might ask if a restaurant serves rice pasta (pasta di riso) as many places do have them available, but not on the menu.

If you are gluten intolerant, also be aware that gluten is used as a thickening agent in gelato of lower quality. Gelateria dei Gracchi, Fatamorgana, Gelateria del Teatro, il Gelato and others in this guide are just a few of the gelaterie that we know do not use gluten in their gelato. Some of these gelaterie even offer gluten-free cones if available.

Typical Roman coffee shops are called bars. These are where you can down a quick coffee on the go in the morning (breakfast is a non-event here) or kick back with a Campari & ice in the afternoon, while getting an earful of Roman dialect spoken by the locals. Some of these places also act as "fast food" where you can pick up an inexpensive sandwich on the go or get a quick plate of pasta (frozen from a package and not fresh). For a true Roman experience, just step into any of the hundreds of little local coffee bars in the city.

Toilets: Why is this in the food section? Well, if you need to use the toilet while out and about, coffee bars are the only convenient places to go, but hygiene standards in many of them are not at a high level. Get in the habit of bringing portable packets of tissues with you while you are out and about since many places believe toilet paper is a luxury item. You can read more practical tips like this on our blog at: www.the-beehive.com/blog

Wine bar (enoteca) - Wine bars are a great place to try some excellent wine and receive suggestions for wine from people who know what they are talking about and eat a light (read: small portion sizes) lunch or dinner and avoid the "antica" tourist oriented restaurants.

Basta Pasta! Ethnic food in Rome. Not much food diversity in Rome, but it's improving. We've listed a few suggestions.

Supermarket/local food market: We definitely recommend that you try at least a couple of our restaurant recommendations, but at our Clover and Acacia guest rooms there are self-catering kitchen facilities and getting picnic-style trimmings will cut down on food costs and still allow for a great food experience if you know how to shop. Here's a video from our information series that shows how easy it is to go food shopping in Italy: <http://www.vimeo.com/28262519>

MUST TRY ROMAN FOODS:

Cacio & pepe - pasta dish made with pecorino cheese and ground black pepper

Amatriciana - pasta dish made with guanciale (cured pork cheek), tomato and pecorino cheese.

Carbonara - pasta dish made with eggs, pecorino cheese, pancetta (the Italian version of bacon) and ground black pepper

Suppli (a breaded deep fried tomato based rice ball stuffed with mozzarella) - found only in a pizzeria or pizza by the slice place.

Saltimbocca - veal, prosciutto and sage cooked in a white wine sauce.

Carciofi (Artichokes) alla Romana (stewed) or alla Giudia (fried).

Wine - the region Rome is in is called Lazio and there are many great wines from this area including Frascati. For more information on wine tip for non-wine experts check a couple of posts on our blog from Sarah May Grundwald, a sommelier and owner of Antiqua Tours www.antiquatours.com

TERMINI/ESQUILINO

The Beehive Cafe - at The Beehive

Open for breakfast daily 7:30-10:30, weekly vegan & vegetarian dinner buffet on select evenings only 19:00-21:30. Outdoor seating available. Cash only. 06.44704553

We follow a vegetarian, sometimes vegan and mostly organic menu and try to be as creative as possible with the limited space and restrictions that we have. We have a breakfast that offers a healthier alternative to the local coffee bar. There's a vegan dinner buffet a few times a week that is a delicious and economical alternative if you are burnt out on pizza and pasta. All of our coffee and teas are fair trade.

Ristorante Regina - Via dei Mille, 46 (restaurant)

Open for lunch 12-15:00 and dinner 18:00-22:30, closed Sundays. Credit cards accepted. 06.4453834

Our local "mom and pop" place for homemade, no frills cooking at a reasonable price. Just around the corner from The Beehive.

Meid in Nepols - Via Varese, 54 (restaurant & pizzeria)

Open for lunch and dinner, 12-15:00 and 18:00-22:30pm closed Sundays. Credit cards accepted. 06.44704131 www.meidinnepols.com

A very welcome addition in our neighborhood with Neapolitan flavor just 2 blocks from The Beehive. Great atmosphere, modern design and welcoming, attentive service. We have had many happy guests eat here and even eat there more than once during their stay. Just around the corner from the main entrance there is their own pizza by the slice available as well as delicious fried goodness such as suppli and crochette di patate.

NB: upon request, they offer gluten free pasta and will note on the menu which items you should avoid.

Trattoria del Omo, via Vicenza, 18 (restaurant)

Open for lunch and dinner, closed Sundays. 06.490411 www.trattoriadellomoroma.com

No frills, family run trattoria with typical Roman cuisine - pasta carbonara, amatriciana and ragu dishes.

Trimani - Via Cernaia, 37B (wine bar) and via Goito, 20 (wine shop)

Open lunch and dinner. Closed Sunday. Credit cards accepted. 06.4469630 www.trimani.com

Outstanding and extensive selection of local and regional wines. One of the oldest wine shops in Rome. Their wine bar next door has fine food choices that is always changing including canapés, swordfish with oranges and camembert stuffed with black truffles.

Africa - via Gaeta, 26 (Ethiopian/Eritrean)

Open for lunch & dinner. Credit cards accepted. 06.4941077

Ethiopian and Eritrean cuisine in a quiet side street not too far from The Beehive and the train station. It's a meat eaters haven although there are some veggie dishes to choose from and it's the custom to eat with your hands. There is another very good Ethiopian restaurant called Mesob located at via Prenestina, 118, but a bit of a haul from The Beehive in the Pigneto neighborhood. However, if you're interested, ask at reception how to get there.

Gainn - via dei Mille, 18 (Korean)

Open for lunch & dinner. Closed Sundays. 06.44360160

I have to admit that we have yet to eat here, but only because there are very few veggie options. Since it's very close to The Beehive, I thought I should mention it for those of you who would like to try.

Pizzeria del Secolo - Via Palestro, 62 (pizza al taglio)

Open every day for lunch & dinner. Cash only. 06.4457606

A very good pizza by the slice near The Beehive. Some counter space, but not really anywhere to eat. Ask for take away (portare via) if you want to just eat while you walk. Gets really crowded around lunchtime with all the office workers and students in the area.

80 Fame - via dei Mille, 16 (pizza al taglio)

Open every day for lunch & dinner. Cash only. 06.64501127

A play on words in the title of this pizza by the slice place - if you pronounce it in Italian it means "I'm very hungry." Just down the street from The Beehive, run by the same owners as Pizzeria del Secolo above, they offer delicious thin and crispy take away pizza.

VyTa Bar - Termini train station (coffee bar)

Open daily from 06:00 to 22:00.

If you are in a rush in the morning and just want to grab a pastry and coffee, you might try this bar located just inside Termini train station from The Beehive side. For lunch, there are salads and sandwiches made with organic bread and pizza from the famous and delicious Roscioli bakery. In addition, there are traditional Roman pastries as well as brownies, muffins, and cookies from local bakery Mondo di Laura.

Bar Fondi - corner of via Milazzo & via Magenta (coffee bar)

Closed Sundays

Simple, but delicious pastries (if you like cherries, try the cornetto with crema & visciola, a type of sour cherry) and cappuccino served with speed and efficiency.

Caffe Parana/Caffetteria Fagi - Piazza dei Cinquecento, 40 (coffee bar)

*****As of this update in December 2014 - it looked like they were undergoing renovations and were closed. We will follow up with this for future editions.***** In what would seem like a bit of a wasteland underneath the porticos near Termini Train station, this sleek and shiny cafe serves some excellent coffee - they have their own fair-trade organic blend that you can purchase.

Come il Latte - via Silvio Spaventa, 24/26 (gelateria)

Open daily 11-24:00 www.comeillatte.it

The ice cream truly is amazing and it's only a 10-15 minute walk away from The Beehive! Well worth the stroll over and they are generous with their portions. There are two running faucets - one with dark chocolate and one with white chocolate. You have a choice of either your cone being filled with either and a cookie/biscuit being dipped in it to top your cone or cup. Delicious!

CONAD and in COOP- Termini Train Station (supermarket)

Conad open daily 06:00-midnight. in COOP open Mon-Sat 08:00-21:00, Sunday 09:00-21:00

Inside Termini, downstairs (Conad) and upstairs on the way to Track 1 (in COOP), is a large grocery store open all day, every day. Convenient, but very expensive and the quality isn't anywhere as good as the fresh fruit and vegetables from Mercato Esquilino.

BASILICA SANTA MARIA MAGGIORE/ESQUILINO

(the places listed here are all within 5-10 minute walk from Clover & Acacia guest rooms and 10-15 minutes from The Beehive)

Trattoria Monti - Via San Vito, 13a (restaurant)

Open for lunch & dinner. Closed Sunday dinner and all day Monday. Credit cards accepted. 06.4466573

One of our favorite restaurants. Specializing in cuisine from the Le Marche region in Italy. Because of their

popularity and inclusion in various guidebooks, you might find more foreigners than Italians here, but unlike other places this has happened to this hasn't compromised the quality and everything is simply delicious. Excellent wine selection. Family-owned and operated and the service is very friendly and professional. They are always busy so reservations are absolutely necessary for both lunch and dinner.

Atelier Tomoko Tudini - Via Principe Amedeo, 27 (pizzeria/restaurant)

Open daily for lunch & dinner. 06.4817586 www.atelier-tudini.com/

This restaurant with outdoor seating has a variety of pasta and meat dishes as well as pizza. One of the nicer restaurants in that neighborhood and conveniently located to our Acacia guest rooms.

Pizzeria Rustica Europa - Via Merulana, 28A (pizza al taglio)

Closed Sunday. Cash only. 06.4464025

Great local pizza by the slice place. Everything from the usual margherita (tomato sauce & mozzarella) to olives, peppers or shrimp to nutella. Don't mistake it with the other Pizza Rustica across the street which we have dubbed Pizza Grease.

Antico Forno Roscioli - via Buonarroti, 12 (tavola calda, bakery)

Open Monday-Saturday, Lunch & Dinner

This is the cousin of the famous Roscioli bakery and wine shop/restaurant near Campo dei Fiori, but without the attitude & pretension and much more friendliness. This excellent tavola calda makes for an affordable lunch. There are a few tables or get your things to go and have a picnic in the nearby Piazza Vittorio. The pizza bianca (plain or you can ask for it to be filled with cheese or prosciutto or mortadella) and other pizza by weight is some of the best in Rome. The supplì (Roman street food specialty: rice cooked in tomato sauce, then rolled up into balls with a bit of mozzarella inside, then breaded and fried) are absolutely delicious.

Vecchia Roma - via Ferruccio, 12 b/c (restaurant)

Open Monday-Saturday, Closed Sunday. 06.4467143 www.trattoriavecchiaroma.it

Excellent Roman style food in this restaurant that's been around since 1916. If you eat meat, order the Bucatini all'amatriciano and the house red wine (vino rosso della casa).

Kathmandu Fast Food - via Buonarroti, 38 (Nepalese/Indian)

Open daily 11:00-midnight.

Cheap and cheerful. This recently expanded tavola calda is one of the best deals in town. A plate filled with naan bread, rice and vegetables (or add a meat curry of the day) will set you back €5. Many vegetarian options available.

Shawarma Station - Via Merulana, 271 (Middle Eastern)

Open for lunch & dinner. Credit cards accepted. 06.4881216

If you're tired of Italian food, here's an inexpensive and tasty alternative. Shawarma, hummus, falafel, couscous, and other middle eastern goodies are served cafeteria style or to go in this generic looking cafeteria style place.

Himalaya's Kashmir - Via Principe Amedeo, 325-327 (Indian/Pakistan)

Open for lunch & dinner. 06.4461072. Credit cards accepted. www.himalayakashmir.com

If you reserve Monday-Thursday at their phone number, you will receive a 10% discount on your meal - or if you reserve directly on-line: www.himalayakashmir.com/prenota-il-ristorante

One of the better Indian restaurants in the city. Excellent and varied selection from northern Indian and southern Pakistan. You can either order a la carte or the set menu.

Pasticceria Regoli - via dello Statuto, 60 (pastry shop)

Closed Tuesday. Open every other day from 7am-8pm/20:00 06.4872812. www.pasticceriaregoli.com

A small pastry shop with decadent creamy treats. The Bavarese is essentially 2 thin wisps of pastry with a slab of sweetened whipped cream in the middle. They are known for their tarts filled with cream and topped with tiny, sweet strawberries called "fragoline".

Panella - Via Merulana, 54 (bakery & coffee bar)

Open Mon-Thurs 08:00-23:00, Fri & Sat 08:00-midnight, Sunday & holidays 08:30-16:00 Credit cards accepted. www.panellaroma.com

Combination bakery, coffee bar and food market. A place for a light breakfast, light lunch or mid afternoon snack. Try their fagottini integrale (whole wheat pastries with raspberry, strawberry or blueberry filling) or a frolle napoletana with ricotta and visciola (sour cherry) in it. Gourmet bakery that has a bit of everything. Beehive tip: If you are feeling indulgent ask for "crema" with your coffee or cappuccino and the barrista will add a delicious, generous scoop of zabaglione.

Corazza - via Emanuele Filiberto, 19/21 (bakery)

Open daily, but closed during lunch time. 06.70497903 www.ilfornaicorazza.it

Lots to choose from at this long-running family bakery - bread, pizza, biscuits/cookies, cakes, etc.

Palazzo del Freddo Giovanni Fassi - via Principe Eugenio, 65 (gelato)

Winter hours: Closed Mondays. Open: Tue-Thurs 12-9pm/21:00, Fri & Sat 12-midnight, Sunday 10-9pm/21:00

Summer hours: Closed Mondays. Open Tue-Sat 12-midnight, Sunday 10-midnight

This old style ice cream parlor has been around since 1880 and still serves up gelato the old-fashioned way. They have all kinds of other ice cream treats if you're interested in trying something new.

Mercato Esquilino - Via Principe Amedeo & Via Ricasoli (food market)

Closed afternoons and all day Sunday. After its many decades long former outdoor location at Piazza Vittorio it is now the largest covered market in Rome. Excellent for inexpensive, but great quality produce. Many stalls also have non-Italian food stuffs - spices, basmati rice, couscous, Indian, Mexican, American and Chinese. But watch your bag/wallet! If you go early, you can avoid the crush.

SMA - Piazza Santa Maria Maggiore, 3 (supermarket)

Another large supermarket.

NEIGHBORHOODS NEAR THE BEEHIVE

SAN LORENZO

The main university area of Rome, home of La Sapienza University, located north-east of Termini train station also within walking distance of The Beehive. Laid back and liberal student atmosphere during the day and a lively nightlife.

SAID - Antica Fabbrica del Cioccolato - via Tiburtina, 135

A must visit for you chocolate lovers, SAID is one of Rome's oldest chocolate confectioners. At the front is their retail shop and in back is their restaurant and bar where you can either have lunch & dinner or just sit back with a hot (sadly, overpriced) chocolate in the afternoon. Be sure to visit during chocolate themed holidays such as around Valentine's, Easter and Christmas for some truly gorgeously packaged confections.

Tram Tram, via dei Reti, 44

Closed Mondays, 06.490416 www.tramtram.it

Just off the number 3 tram stop - this lively spot is a favorite of many locals with typical Roman pasta, meat and vegetable dishes.

MONTI

One of Rome's oldest neighborhoods squeezed into a tight area just north of the Roman Forum and west off of the main drag Via Cavour - very easy walking distance from The Beehive about 20 minutes. Lots of cobblestone and narrow streets - watch out for the scooters! Many unusual boutiques with one of a kind handmade clothing & jewelry, an excellent raw chocolate shop, a tea shop with an interesting array of loose leaf teas and some interesting café/art galleries, great restaurants, gelaterias and much more.

Taverna Romana - via Madonna dei Monti, 79

Open for lunch and dinner. Closed Sunday. 06.4745325

We haven't been to this restaurant since the original owner passed away, but it used to be a very good, no-nonsense Roman restaurant with great food, small portions.

La Taverna dei Fori Imperiali - via Madonna dei Monti, 9

Open for lunch and dinner. Closed Tuesday 06.679.86.43

One of our favorites in the neighborhood - the food is excellent, the atmosphere and service very warm and friendly. This restaurant also offers gluten free options by request only.

Aromaticus - via Urbana, 134

Closed Monday. Closed Tuesday-Sunday 11:00am-9:30pm/21:30 06.4881355 www.aromaticus.it

Very cute plant shop in the front and sandwich, light lunch and juice bar in the back.

L'Asino d'Oro - via del Boschetto, 73

Closed Monday. Open Tuesday-Saturday for lunch and dinner 12:30pm-11:00pm/23:00 and Sunday only for

lunch 12:30-2:30pm/14:30

The owners are from Orvieto and they have brought their Umbrian food sensibilities to Rome with much success. Food here is quite rich and heavy, very good service and a nice atmosphere.

La Bottega del Caffè at Piazza Madonna dei Monti, 5

Open daily for lunch and dinner, closes at 02:00am

Good place for a pre-dinner drink or light lunch. Great people watching.

Al Vino al Vino - via dei Serpenti, 19 (wine bar)

Open daily for table service from 6pm/18:00-midnight. Open in the morning only to sell wine to take away.

Some great wine and nibbles options - you can order enough here to make a meal if you don't want a big sit down dinner. Definitely try the caponata which is sweet, savory & delicious. The Franciacorta Rose' is a favorite if you like pink & bubbly.

Cavour 313 – Via Cavour, 313 (wine bar)

Open daily for lunch and dinner. Closed Sunday in the summer. 06.6785496 www.cavour313.it

Wine shop with floor to ceiling bottles and a dark and cozy interior.

Fatamorgana - Piazza degli Zingari (gelato)

Open daily. www.gelateriafatamorgana.com

In my personal top 3 of best gelato in Rome. My personal favorites are Biancaneve, il Bacio del Principe and their cream of ginger when they have it.

Grezzo - via Urbana 130 (sweets shop)

Closed Monday. Open Tuesday-Sunday 10:00am-11:00pm/23:00

Organic, vegan and gluten-free raw chocolate, sweets, gelato (made from their own almond milk), smoothies.

TRIESTE/SALARIO

We're biased about this neighborhood as we lived there for 6 years. It's within easy walking distance of The Beehive.

For those of you who want a taste of Roman life, head to the covered fruit and vegetable market at Piazza Alessandria for inexpensive, fresh produce. On Via Alessandria there's an artisan pasta maker, a butcher and many other shops including a great art gallery called il Sole. The large coffee cup painting in our cafe comes from this gallery. There's a great wine shop/enoteca at Piazza Regina Margherita and you can also stop in the evenings for an aperitivo with all the locals who descend there in the evenings.

This is one of the greener neighborhoods of Rome starting with the Villa Torlonia, a gorgeous park with a restaurant/pizzeria, **La Limonaia** for relaxed dining al fresco. The Villa Torlonia is a great place for a stroll, a jog or a picnic. You can watch elderly Italian men playing bocce ball outside the local community center. In the park is the recently restored and gorgeous 18th century Casino Nobile (Mussolini's home in Rome when he was in power) while on the other side of the spectrum is Technotown which offers workshops in new media for 8-17 year olds. Other public parks within walking distance is the dog lovers Villa Paganini, the uncultivated, wild-ish Villa Ada and the polished Villa Borghese.

Architecture? You can walk to Piazza Mincio and see some of the coolest buildings in Rome designed by Gino Coppedè and beautiful and timeless mosaics at the church of Sant' Agata fuori le mura (Saint Agnes outside the walls). The restored and adorable Casina delle Civette in the Villa Torlonia houses a stained glass museum. Art? The newly expanded MACRO (Museum of Contemporary Art) located on Via Reggio Emilia hosts various revolving exhibits while nearby have sprouted up countless small contemporary local art galleries.

Is it easily accessible? To reach this neighborhood, you could walk from The Beehive in about 20 minutes (when we lived there, we used to walk daily to and from), or you can catch a bus at Termini station, the #38 from in front of the station and get there in about 10 minutes and get off at any of the stops on Via Nizza. This neighborhood has something to offer for everyone.

Da Emilio - via Alessandria, 189 (restaurant)

Open lunch and dinner Monday-Friday 06.8558977

Family run trattoria with homestyle cooking - at lunch time filled with the same office workers who have been going there for years. If the right season, try the fettucine with carciofi (artichokes) or the parmigiana di melanzane, one of the best I've ever had. (eggplant/aubergine parmesan). Definitely have the macedonia (fruit salad) for dessert - it seems simple, but so delicious as they add a bit of white wine to it.

Tribeca - via Messina, 29 (restaurant)

Open daily. Open Monday-Saturday 07:00-23:00, Sunday 18:00-23:00 06.44250923
Local lunch spot for the various government and embassy workers in the neighborhood. They also have a great evening appetizer buffet.

Mangiafuoco - via Chiana, 37 - (restaurant/pizzeria)

Open daily. 06.85357255
More restaurant than pizzeria now after a change in ownership, but the pizza is still thin and crispy and tasty.

Pizzeria San Marino - via San Marino, 52 - (pizzeria)

Open daily, closed Sunday. 06.8558439
Old style pizza place - no frills, just good pizza. Always crowded so make sure to reserve.

Ops! vegetarian/vegan restaurant - via Bergamo, 56 (restaurant)

Open daily. Monday 10:30am-3:30pm/15:30, Tuesday-Sunday 10:30am-11:00pm/23:00 06 8411769.
www.opsveg.com
Self-service vegetarian/vegan with recipes from renowned vegan chef, Simone Salvini from Organic Academy in Milan. You pay by weight - the locale is bright and cute (with hexagon tiles) and there is outdoor seating available.

Vanilla - via Messina 34 (bakery, cafe)

Organic bakery & cafe serving fair trade coffee and teas, assorted baked goods including bagels (!) and cold sandwiches and salads for light lunches. They close around 15:00/16:00 depending on the season.

Gelateria dei Gracchi - viale Regina Margherita, 212 (gelateria)

Open daily 12pm-midnight. 06.3216668
Another one of Rome's excellent gelato spots - see the "special gelato mentions" section

HISTORIC CENTER

This is the area most people think of when they think of Rome - the area of the Colosseum, the Pantheon, Piazza Navona, etc. Walking distance or a short bus or metro ride away.

COLOSSEUM

Hostaria Isidoro - Via San Giovanni in Laterano, 59/61/63 (restaurant)

Open for lunch & dinner except Saturday lunch. Credit cards accepted. 06.7008266 www.hostariaisidoro.com
Fernanda, the vivacious hostess, has been working there for years and she definitely adds to the congenial and welcoming atmosphere. Ask for the house special - the "assaggini" (2 person minimum) and you will be brought plate after plate of small pasta portions until you're ready to burst or say "Basta!" (Enough!). Bring a big appetite. The assaggini has been a consistent favorite with Beehive guests.

Taverna dei Quaranta - Via Claudia, 24 (restaurant)

Open daily for lunch and dinner. Outdoor seating available. Credit cards accepted. 06.7000550
www.tavernadeiquaranta.com
Roman restaurant with several non-traditional menu items. Good appetisers, pastas and second courses. Service can be slow so come here if you don't mind taking your time to enjoy the local Roman ambiance.

Cafè Cafè - Via dei S. S. Quattro, 44 (restaurant)

Open Monday-Saturday 10-1:30pm, Sunday 11:30-4pm/16:00. Outdoor seating available. Credit cards accepted. 06.7008743 www.cafecafebistrot.it
Great, cozy atmosphere with lots of drinks to choose from - both alcoholic and non-alcoholic. Fruit shakes (frullati) made with soy milk, honey and assorted fruit are also a yummy alternative. Lunch time salads and other light alternatives. Extensive tea list and jazzy music. They also serve a Sunday brunch with yogurt, granola, cereal, toast, pastries and other assorted breakfast goodies.

Luzzi Trattoria & Pizzeria- Via Celimontana, 1 (pizzeria)

Open for lunch & dinner. Closed Wednesday. Credit cards accepted. 06.7096332
Inexpensive and good Roman pizza in this neighborhood trattoria very popular with both tourists and the locals. Friendly & energetic staff and lively atmosphere.

Antica Gelateria de Matteis - Via Celimontana, 34 (gelateria)

Open daily. Closed Dec-Feb. Tel. 3391561722 www.antica-gelateria-dematteis.it
Various selection of heat-quenching granitas. In the summer try the lemon flavor. Lots of excellent gelato

flavors including the zabaione which is made with marsala wine and has a smooth, sweet custard flavor. They also offer soy based gelato.

Caffè Propaganda - Via Claudia, 15 (cocktail bar & restaurant)

Open daily lunch and dinner. Closed Monday. 06.94534255 www.caffepropaganda.it

Gorgeous spot near the Colosseum where you can get a divine cocktail (or a glass of one of their natural wines or artisan beers). They also serve lunch and dinner, but truth be told - we have only had cocktails here so don't know what their food is like.

FONTANA DI TREVI (TREVI FOUNTAIN)

Spaghetteria L'Archetto – Via dell' Archetto, 26 (restaurant)

Open for every day for lunch & dinner. Closed Sunday. Cash only. 06.6789064

Restaurant where you can choose from over 100 different types of pasta. Nothing extraordinary, but prices are good. Avoid the watered-down house wine.

Nanà – Via della Panetteria, 37 (restaurant)

Open for lunch & dinner. Closed Monday. Credit cards accepted. 06.69190750 www.nanaviniecucina.it

Southern Italian restaurant with specialty items from the Calabria, Sicilia and Puglia regions. Try their appetizer sampler which includes a southern wine and a plate of bruschette and antipasti.

Il Chianti – Via del Lavatore, 81/82 (restaurant)

Open for lunch & dinner. Closed Sunday. Credit cards accepted. 06.6787550 www.vineriaailchianti.com

Mother and two daughters all work together to make an excellent place enjoyed by locals and tourists alike for their large bread baskets with homemade foccacia and fresh-made pasta.

Sacro & Profano – Via dei Maroniti, 29 (restaurant)

Open for lunch & dinner. Closed Mondays. Credit cards accepted. 06.6791836 www.ristorantesacroeprofano.it

Located on the former premises of an 11th century church (and perhaps, hence, the name), this restaurant specializes in southern Italian food especially the region of Calabria including salami and cheese from that area. Try the antipasto plate, "Golosita Calabresi".

Angelina - via Poli, 27 (bar/cafe & restaurant)

Open daily 09:00-midnight. 06.6797274 - www.ristoranteangelina.com/en/angelina-in-trevi.html

A very pretty spot between the Trevi Fountain and the Spanish Steps. Perfect for a quick sandwich on the run or sit down and have a salad or something sweet. Listed by the Roman farmer's market association as a zero kilometer restaurant.

Il Gelato di San Crispino - Via della Panetteria, 42 (gelateria)

Open daily, 12pm-12:30am, Saturday noon-01:30 www.ilgelatodisancrispino.it

I've put it here because many have read so much about it they feel they must visit, but there are so many much better gelato options around now. No cones served here since according to the owners it "interferes with the purity of the product". It does have its down sides though: pricey, always crowded, meager scoops and sometimes snooty clerks.

PIAZZA DI SPAGNA (SPANISH STEPS)

Gina – Via di San Sebastianello, 7/a (restaurant)

Open daily for lunch only. Credit cards accepted. 06.6780251

Groovy little café/bar with lots of colorful, modern art. A great place to take a book or newspaper and wile away a couple of hours. They have an extensive menu – from breakfast treats to pastas and a range of fresh salads – to satisfy every craving. They also make picnic "baskets" for those who want to take away some yummy treats and escape to nearby Villa Borghese. A good wine list is on hand.

Osteria Margutta – Via Margutta, 82 (restaurant)

Open for lunch and dinner, reservations required. Tuesday, Friday and Saturday are "dedicated to seafood".

Outdoor seating available in summer months. Closed Sunday. Credit cards accepted. 06.3231025 www.osteriamargutta.it

Beautiful, funky little restaurant located on this famous art gallery row and home of artists and other creative types (Italian film director Federico Fellini lived on this street.) A nice romantic splurge for couples.

Babette – Via Margutta, 1 (restaurant)

Open for lunch and dinner. Unlimited brunch buffet for €28/adults and €15/kids on Saturday, Sunday and

holidays from 13:00-15:00 06.3211559 Reservations can also be made on-line. www.babetteristorante.it
It looks like a "Ladies Who Lunch" spot, but for those in the know it is the bargain buffet in this area. Tuesday-Friday for lunch it is €15 for soup and a plate of hot and cold salads, couscous, pasta, etc. includes water. There is a very pretty courtyard in nice weather and a cozy dining room on rainy ones. Tables fill up fast so best to call ahead. Dinner is expensive and not as good as the lunch buffet.

Pastificio – Via della Croce, 8 (pasta shop and secret lunch spot)

Open 10:00-19:00. Open for lunch at 13:00. Closed Sunday.

A pasta shop and factory most of the day, at 13:00 it transforms into one of the best secret lunch finds in Rome. Get there at about 5 minutes before 1pm and grab a spot in this tiny shop filled with elegantly suited locals. For €4 you get a plastic plate to fill with whatever the kitchen cooked up that day. That bargain price includes a cup of wine you pour from jugs of red and white on the front counter and water.

Antico Caffè Greco - Via Condotti, 86 (coffee bar)

Open daily 9am-9pm/21:00. 06.6791700 www.anticocaffegreco.eu

This bar established in the 1700's makes it one of the oldest coffee shops in the world. Very lush interior, red velvet seats and dark wood with historic photos of famous people. Be forewarned - very pricey!

CAMPO DEI FIORI

Ristorante der Pallaro – Largo del Pallaro, 15 (restaurant)

Open for lunch & dinner. Closed Monday. Reservations recommended. Cash only, set menu. 06.68801488. www.trattoriaderpallaro.com

Very similar to the restaurant Da Ada & Alfredo near Castel Sant Angelo, in that you eat what they bring you - no menu. Owned and run by the energetic Paola and Giovanni, you get a lot of homey food to eat in an equally warm and hospitable environment.

Trattoria Moderna – Vicolo dei Chiodaroli, 16 (restaurant)

Open daily for lunch & dinner. Small outdoor seating available. Credit cards accepted. 06.68803423.

Not your typical antica trattoria. Beautiful modern, yet cosy interior. Interesting and diverse menu - a quiet escape, but still close to the livelier Campo dei Fiori.

Grappolo d'Oro Zampanò – Piazza della Cancelleria, 80/84 (restaurant)

Open for lunch & dinner. Closed Wednesday lunch. Credit cards accepted. 06.6897080 www.hosteriagrappolodoro.it

Both a pizzeria and full-service restaurant. Much of the ingredients such as cheeses, wine, etc. come from specialty producers in the region of origin. Decent pizzas, gnocchi and salads. Service is prompt, efficient and friendly.

Dar Filettaro a Santa Barbara– Largo dei Librari, 88 (restaurant)

Open Monday-Saturday 12pm-midnight Sunday brunch. Closed in August. No credit cards. 06.6864018

Nothing fancy here. The specialty here is Roman-style deep fried salt cod. You can head to the back and get a piece to go or sit down and make a meal of it with plates of fried zucchini, simple beans and salad and cold beer. In winter make sure to order a plate of crunchy, lemon, anchovy dressed *puntarelle* (a type of winter vegetable).

Emma (pizzeria/restaurant) - via del Monte della Farina, 28

Open for lunch and dinner. 06.64760475 www.emmapizzeria.com

A new restaurant in town that uses high quality ingredients to make great Roman style pizza and first course pasta dishes, second course meat dishes and even a seitan plate with potatoes and vegetables under second courses.

Open Baladin - via degli Specchi, 6 (restaurant/gastro-pub)

Open daily 12:00-02:00am Credit cards accepted. 06.6838989 www.openbaladin.com

If you're looking for Italian craft beer and hamburgers - this is what you'll find here in abundance. Don't forget to order a few cones of freshly made potato chips/crisps with homemade ketchup. Hamburger buns are freshly made from the famous Bonci Bakery. If you're going to get a hamburger and a beer while in Rome, this is the place to do it. They also make veggie burgers.

The Perfect Bun - Largo del Teatro Vale, 4 (restaurant/cafe)

Open daily 12pm-midnight. Credit cards accepted. 06.45476337 www.theprecfectbun.it

Another spot for hamburger, fries and other assorted American-style bellybusters.

L'Angolo Divino – Via dei Balestrari, 12 (wine bar)

Open Tuesday-Saturday 10:30-3pm and 5pm-1:30am. Credit cards accepted. 066864413
www.angolodivino.it

Simple and quiet, this is a nice place to get away from the crowds around Campo dei Fiori and enjoy an afternoon/evening snack of excellent cheese & salumi with a glass of wine.

i Dolci di Nonna Vincenza - Via Arco del Monte, 98a/98b (pastry shop)

Open daily 9am-9pm/21:00 06.92594322. www.dolcinonnavincenza.it
Sicilian sweet treats. Stop here for your cannoli fix.

JEWISH GHETTO

Ba' Ghetto Milky - via del Portico d'Ottavia, 2A (restaurant)

Open for lunch & dinner. Closed Friday dinner & Saturday lunch. 06.68300077 www.baghetto.com
Restaurants in this area are not cheap, but this kosher restaurant is a notch above the rest and offers some delicious Roman Jewish cuisine including the famous "carciofi alla giudia" which are fried whole artichokes.

Bibliothè - Via Celsa, 4/5 (Indian)

Open for lunch & dinner. Closed Sunday. 06.6781427

Owned by an American/Italian couple, Trina and Enzo - this out of the way spot has some of Rome's best Indian food. A rarity in Rome especially for an ethnic restaurant - they use all organic ingredients. Be sure to save room for their absolutely delicious ayurvedic tea and Trina's American style tasty desserts.

Beppe e i suoi formaggi - via Santa Maria del Pianto, 9A/11 (cheese & wine shop, restaurant)

Open daily 09:00-22:30. Sunday 09:00-15:00. 06.68192210

Excellent cheese and wine shop that also serves light lunches and dinners. Cheeses made by the Giovale family who are from the Piedmont region of Italy.

Mondo di Laura - via del Portico d'Ottavia, 6 (cookie/biscuit shop)

Open Monday-Thursday 8:30-19:30/7:30pm, Friday 8:30-15:30/3:30pm, Sunday 9:00-19:30/7:30pm. Closed Saturday. 06.68806129 www.mondodilaura.com

Want just a little something sweet? Or a great gift to take back home? Stop in this adorable shop and select from Laura's delicious assortment in beautifully arranged packages. Cookies/biscuits are made with kosher, fair trade and slow food approved ingredients. Some with gluten free and vegan options. My personal favorite is the Pepita - chocolate with pieces of dark chocolate and Himalayan salt.

PANTHEON

L'Eau Vive – Via Monterone, 85 (restaurant)

Closed Sunday and August. Open for lunch and dinner. Reservations required. Credit cards accepted. 06.68802101 or 06.68801095 www.restaurant-eauvive.it

It's not Italian food, but thought it should be mentioned here because it is such an interesting experience. Restaurant run in a convent by an order of French nuns. The nuns do all the cooking, serving and singing! You will be sung to throughout the meal. On the pricey side, but all proceeds go to charity. An interesting way to spend an evening (and build up karma!) while eating an enjoyable meal.

Maccheroni – Piazza delle Coppelle, 44 (restaurant)

Open for lunch & dinner. Credit cards accepted. They prefer to be contacted by email rather than by phone. reservations@ristorantemaccheroni.com www.ristorantemaccheroni.com

Boisterous, convivial trattoria north of the Pantheon makes for a fun evening out. Attracts a young clientele, but the menu sticks to traditional Roman basics such as pasta al pomodoro or rigatoni alla gricia (pasta with bacon, sheep's milk cheese and black pepper). Reservations recommended for dinner.

Cremeria Monteforte - Via della Rotonda, 22 (gelateria)

Closed Monday. 06.6867720

Not a huge selection, but quite a good, little family-run gelateria that is a step away from the madding crowd of the Pantheon. Some non-dairy option available.

Fiocco di Neve – Via del Pantheon, 51 (gelateria)

Open every day 10am-midnight. 06.6786025

Another hole in the wall gelateria with an interesting selection and generous scoops. Very well-made gelato. Flavors such as orange chocolate and their mint chocolate chip are very good. Their specialty is Zabaione which is a custard and marsala wine flavor. Need an afternoon pick-up? Order one of our favorites - an *affogato* - a shot of espresso poured over a scoop of crema or zabagione gelato and topped with *panna* (whipped cream). There are soy gelato options available here.

Buccianti - Via Giustiniani, 18A (gelateria)

Open daily. 06.6896670

Famous for their cinnamon gelato. They make crepes in the winter. Gluten free flavors are part of their selection. They also have individual tiramisu servings.

i Dolci di Nonna Vincenza - Piazza Montecitorio, 116 (pastry shop)

Open daily 9:30am - 8pm. 06.69942185 www.dolcinonnavincenza.it

Sicilian sweet treats. Stop here for your cannoli fix.

Il Caffè Sant'Eustachio - Piazza Sant'Eustachio, 82 and Tazza d' Oro, via dei Pastini, 11 (coffee bar)

Open daily. Sant Eustachio hours: Sunday-Thurs 08:30-01:00, Fri 08:30-01:30, Sat 08:30-02:00, Closed 25 Dec and 15 Aug. 06.68802048 www.santeustachioilcaffe.it Tazza d'Oro hours: Monday-Sat 07:00-20:00, Sunday 10:30-19:30 www.tazzadorocoffeeshop.com

Il Caffè Sant'Eustachio was established in the 1940's and both il Sant'Eustachio and Tazza d'Oro are both regarded as some of the best coffee in Rome. Personally, I have found Sant'Eustachio's quality has degraded over the years, but some people still feel the need to make a pilgrimage here.

Pascucci - Via di Torre Argentina, 20 (bar)

Closed Sundays. Open Monday-Saturday 06:00-midnight 06.6864816 www.pascuccifrullati.it

About 5-10 minutes walk away from the Pantheon, closer to the ruins at Largo Torre Argentina, this bar would be nothing special if it weren't for the refreshing fruit smoothies and milkshakes they make on top of the usual bar fare. Stop here on a hot day for a refreshing fruity concoction.

Salotto 42 – Piazza di Pietra, 42 (wine bar)

Open daily. Reservations recommended for dinner 06.6785804. www.salotto42.it

One of the more simple, beautiful and understated piazzas in Rome, home of Hadrian's Temple and now this stylish cafe. Owned by an Italian & Swedish couple, they serve breakfast, lunch and dinner – primarily vegetarian. Homemade Swedish desserts and smoothies. In the evening, it becomes a relaxing place to meet for drinks – great music play lists and interesting selection of art/photography books.

PIAZZA NAVONA / CASTEL ST. ANGELO**Da Francesco - Piazza del Fico, 29 (restaurant & pizzeria)**

Open daily for lunch & dinner. Reservations recommended. 06.6864009

This trattoria has been around since 1957 and is a hold-out in a neighborhood that can be overpriced with a lot of touristy menus and poor quality. This place still maintains its no frills and bright lit interior and reasonably priced menu.

Da Alfredo & Ada - Via dei Banchi Nuovi, 14 (restaurant)

Open for lunch & dinner. Closed Sunday & holidays. Reservations recommended, especially for dinner. Cash only, set menu. 06.6878842

One of the more unusual places in Rome for lunch or dinner. Run by Ada with the help of a few other elderly women, it's like eating at Grandma's! No menu, you just eat whatever they bring you which is usually a small pasta dish and then a main meat & vegetable course. White wine of their own production from their vineyard in the hills outside of Rome (Castelli Romani). Afterwards, one of them (usually Ada) comes round with a bag of cookies for dessert and pinches your cheek.

Da Tonino – Via del Governo Vecchio, 18/19 (restaurant)

Open for lunch & dinner. Closed Sunday. Cash only. Tel. 3335870779

No frills restaurant - just basic, home-style Roman cooking. If you want a plate of pasta and some local atmosphere – this is a good place to get it in the historic center without breaking the bank.

Pasquino – Piazza Pasquino, 1 (restaurant)

Open every day for lunch & dinner., 12:00-midnight, no-stop. Credit cards accepted. 06.6893043 www.ristorantepasquino.com

Piazza Pasquino is the location of one of several "talking" statues left in Rome. They were called talking statues because at night when the city slept, anonymous political and social commentary in the form of graffiti and placards were painted or hung on the statue – comments which were unpopular with the papal rulers of the time. The tradition still continues.

Pasquino the restaurant is a typical Roman restaurant with homemade pastas and desserts. They also serve Roman-style pizza. House specialty is tonnarelli con le ostriche (pasta with oysters not ostrich!).

Lo Zozzone – Via del Teatro Pace, 32 (pizza al taglio)

Open Monday-Friday 10:00-22:00/10pm. Open Saturday 10:00-02:30 . Open Sunday 11:00-16:00/4:00pm.
Cash only. 06.68808575

Build your own pizza/sandwich using their wonderful pizza bianca (white pizza) as a base then fill it in with their numerous toppings and spreads including cold meats, tuna, fresh vegetables, vegetables in oil, cheese, etc. They also have sweet fillings on offer such as chocolate & ricotta. Very popular at lunch time.

Pizzeria La Montecarlo - Vicolo Savelli, 11A-12-13 (pizzeria)

Open for lunch & dinner. Closed Monday. Cash only. 06.6861877 www.lamontecarlo.it

Cheap Roman style pizza and pastas. One of the few places to go for a sit-down pizza in the afternoon.

La Deliziosa - vicolo Savelli, 50 (pastry shop)

Open Tuesday-Sunday, 09:00-20:00 06.68803155

Very good pastry shop, but just for take away. There is only one tiny table in the back.

Bar Tre Scalini - Piazza Navona, 30-35 (bar/gelateria)

Open daily. 06.6879148 www.ristorante-3scalini.com

Famous for its homemade tartufo (a type of chocolate) ice cream. Decadent and expensive (if you sit outside), but treat yourself anyway and get a table with a view of Rome's most famous piazzas.

Etabli – vicolo delle Vacche, 9 (wine bar)

Open Sunday-Wednesday 12pm-1am, Thursday-Saturday 12pm-2am. Saturday & Sundays for brunch only from 12:30-3:30. Credit cards accepted. 06.97616694 www.etabli.it

Gorgeous restaurant and wine bar with a southern French vibe. Great wine selection and relaxed, chic atmosphere. An excellent place for a pre-dinner glass of wine.

Cul de Sac – Piazza Pasquino, 73 (wine bar)

Open every day except major holidays. 12pm-12:30am. Credit cards accepted. Do not take reservations. Outside seating available. 06.68801094 www.enotecaculdesacroma.it

Very popular wine bar/restaurant and with good reason. Lots of great, inexpensive wines and good selection of appetizers, salads and desserts.

Mimi & Cocò – Via del Governo Vecchio, 72 (wine bar)

Open daily. 09:30-02:00. Credit cards accepted. Outside seating available. 06.68210845 www.mimiecoco.com

Salads, crepes, soups, rice and pasta dishes are just a few of the things to choose from and they specialize in coffee and tea as much as they do wine. Andrea, the owner, is genuinely friendly towards tourists (a rarity in the jaded Piazza Navona area) and welcomes opportunities to speak English. Very easy going atmosphere – no need to rush here.

il Piccolo – Via del Governo Vecchio, 74/75 (wine bar)

Open every day 12:00-02:00. Credit cards accepted. 06.68801746

Small and cozy spot for a quick glass of wine or a leisurely after dinner drink. They also serve lunch. At Christmas-time, they serve mulled wine and at other times of the year they have a large bowl of prosecco punch filled with fruit.

SOUTH OF THE CIRCUS MAXIMUS

TESTACCIO

The former blue-collar neighborhood of Rome, once the location of the city slaughterhouses, located south of the Circus Maximus near the Tiber River. Now becoming an area of funky boutiques, health food stores, but always filled with great local restaurants, bakeries and a large, covered market. Visit the excellent **Volpetti food shop** on Via Marmorata, 47 (Closed Sunday) for cheeses, salami and other portable goodies and with some of the friendliest sales clerks in the city and they will allow you to sample almost any item. They have a website and deliver worldwide so they can let you know how to take home those yummy edibles and pack them accordingly. An unusual site in this neighborhood is Monte Testaccio – a “mountain” that was built from the remains of the clay pots (amphorae), which were used to deliver goods to the ancient Roman ports. Several restaurants and nightclubs are built into the hill, which is now covered in foliage and you can view the ruins from inside some of these locales. Another unusual attraction is the historic Protestant Cemetery – behind Rome's very own pyramid - an unlikely way to spend the afternoon, but in the summer months it offers an incredible respite because of the huge shade trees. You can sit on a cool marble bench, visit with the local cats from the cat sanctuary and pay your respects to Keats. At the partially renovated former city slaughterhouses, check out the new branch of the MACRO art museum as well as the newly opened complex Citta dell Altra Economia dedicated solely to fair trade products including a retail shop, bar, grocery store and restaurant.

Restaurants to try in the area:

Flavio al Velavevodetto - via di Monte Testaccio, 97

Open daily 06.5744194 www.ristorantevelavevodetto.it

Another favorite in Rome. Classic Roman cuisine done extremely well and reasonably priced. Favorites are the cacio e pepe and tiramisu. You can see cutaways of Monte Testaccio described above inside the restaurant.

Tutti Frutti - via Luca della Robbia, 3A

Closed Sunday, open for dinner only, 06.5757902 www.ristorantetuttifrutti.it

Nè Arte Nè Parte - via Luca della Robbia, 15

Closed Monday. 06.5750279

Osteria degli Amici - via Nicola Zabaglia, 25

Closed Tuesday. 06.5781466

Pizzeria Remo - Piazza di Santa Maria Liberatrice, 44

Closed Sunday, Open Monday-Saturday dinner only. 06.5746270 They do not take reservations.

One of our favorites for Roman style - thin & crispy - pizza.

ACROSS THE TIBER RIVER

TRASTEVERE

Suggestions for Trastevere provided by our friend, Tiffany Parks. Her blog which has a lot of information about Rome art exhibits and reviews can be found at <http://thepinesofrome.blogspot.it/> and her and Katy Sewall have an excellent podcast about Italian life called The Bittersweet Life at <http://www.thebittersweetlife.net/>

Da Gildo – Via della Scala, 31 (restaurant)

Closed Thursday. 06.5800733

A traditional and family-run osteria, here you can sample some of the classic staples of Roman cuisine, such as, bucatini all'amatriciana, carbonara, carciofi alla guida or gnocchi alla romana at exceptional prices. A cozy atmosphere with funky artwork and a friendly, welcoming staff make it all the more alluring.

Taverna Trilussa – Via Politeama, 23/25 (restaurant)

Closed Sundays. Open for dinner only. 06.5818918 Reservations required. www.tavernatrilussa.it

Named for the inimitable 20th-century Roman poet of the same name, this is the ideal spot for an elegant and decadent meal. Whether you sit indoors or out, the setting is romantic and unforgettable. Don't miss the award-winning Ravioli Mimosa, which, like all their pastas, is served up in the pan it's cooked in. The menu boasts several pages of gourmet cheeses, with an entire page dedicated to different types of mozzarella! Reservations recommended, especially if you want to sit outside.

Spirito di Vino – Via dei Genovesi, 31 (restaurant)

Closed Sunday. Monday-Saturday dinner only. 06.5896689 www.ristorantespiritodivino.com

Here you will find dishes that take an innovative twist on traditional Roman cuisine in an unforgettable setting. Although the interior seems modern, the restaurant is in fact housed in a 10th-century Roman synagogue (if you look closely you can see Hebrew letters etched onto the columns of the upper windows from outside). The lower level is even older: the wait staff will proudly lead you downstairs to take a peek at the ancient wine cellar that predates the Colosseum! In the 1800s, an ancient Roman sculpture, the Apoxomenos, was found here and is now housed in the Vatican Museums.

Isole di Sicilia– Via Garibaldi, 68/69 (restaurant)

Closed one day a week - Monday or Tuesday - best to call to find out. 06.58334212

As you walk into this charming restaurant, you'll feel as if you've landed in a Sicilian fishing village. Their array of sumptuous seafood specialties will make your mouth water, and be sure to start your meal by choosing from the vast antipasto spread, complete with Sicilian favorites such as caponata and eggplant rolls.

Pianostrada Laboratoriodicucina– Vicolo del Cedro, 26 (restaurant)

Open daily for lunch and dinner. 06.95215045

A new player in town opened in May 2014 by 4 women, Pianostrada offers simple yet good quality sandwiches, salads and pastas using local ingredients.

Pizzeria Dar Poeta - Vicolo del Bologna, 45 (pizzeria)

Open daily. 06.5880516 www.darpoeta.com

If you're looking for a perfect medium between Roman (thin crust) and Neapolitan (thick crust) style pizza, this is the place for you. Bufala and super-bufala are favorites for cheese-lovers, but with over 20 different pizzas, there is something delicious for everyone. Come early—especially if you prefer to sit outside—as reservations are not taken, and it can take up to an hour to get a table after 8pm on busy nights.

Pizzeria San Calisto - Piazza San Calisto 9a (pizzeria)

Open daily. 06.5818256.

With thin-crust pizzas so big they don't fit on a plate and freshly fried supplì (mozzarella and tomato rice balls) that will make your knees weak, this boisterous pizzeria certainly won't send you home hungry. If you don't see what you want on the menu, ask and the friendly staff will do their best to accommodate you.

In Vino Veritas – Via Garibaldi, 2a (wine bar)

Open daily 6:30pm/18:30-02:00am. 06.58332012

At this cozy and well-priced wine bar, you will find a few rigorously selected labels and comfy couches where you can happily hole up for hours with a plate of salty snacks. Chessboards, board games and a mini-pool table make it the perfect place for an evening among friends.

Nylon – Via Politeama, 9 (wine bar)

Closed Sunday. Open Monday-Saturday 7pm/19:00-03:00am 06.58340692

This hip bar is housed in a converted warehouse and offers a spectacular aperitivo: from about 7 to 9pm every night, for the price of a drink you can help yourself to a buffet of grilled vegetables, cured meats, salads, pasta dishes and more. Slip into the long leather booth, or sit on the street in an overstuffed armchair and watch Rome go by.

Bir & Fud – Via Benedetta, 23 (wine bar)

Open daily 12pm-2pm, kitchen closes at 1am. 06.5894016 www.birandfud.it

Choose from more types of beer than you knew existed at this lively bar-restaurant. Bir & Fud has taken the model of an Italian enoteca, and converted into a place to sample the very best Italian craft beer has to offer.

Fior di Luna – Via Lungaretta, 96 (gelateria)

Open daily 11:30am-12 or 1am. 06.64561314 www.fiordiluna.com

Using only natural ingredients, the flavors on offer at this unassuming little gelateria all correspond with the fresh fruits in season. Melon and peach are particularly delectable summer favorites, and their pistachio and unusual chocolate sorbet are not to be missed! They do not offer cones, so as to avoid contaminating their ice cream with artificial ingredients.

i Dolci di Checco er Carettiere – Via Benedetta, 10 (gelateria)

Open daily. 6:30am-12am 06.5800985 www.checcoercarettiere.it

The perfect spot for a late night sugar hit, this café and pasticceria offers an enticing array of sweets, such as fruit tarts, miniature pastries, Italian-style doughnuts, cornetti, cakes, pies and—of course—gelato. Open every night until 1 am.

VATICAN / PRATI

Suggestions for the Vatican area provided by local Rome and Amalfi expert, our friend, Gillian Longworth McGuire of Rome for Expats <http://www.gillianslists.com/> She has two smartphone apps available: "Rome for Expats" and "Amalfi Coast Travel Essentials"

Beehive tip: There is a decent and reasonably priced café located in the Vatican Museums.

BORGIO PIO (near St. Peter's Square/Piazza San Pietro)

Don't miss a stroll down this picturesque street - stand at the Vatican end and look down to the end of the street for two perfectly framed Roman umbrella pines. There are also a few good stops for a quick refreshment.

Panificio Arrigoni - Borgo Pio, 125 (bakery/sandwiches)

Closed Sunday. Open Monday-Saturday, 7:00-14:00/2pm and 17:00/5pm-19:30/7:30pm

Come here for sandwiches made by request. There are a few benches farther down the street just behind the fountain which according to a very chatty taxi driver who lives across the street from this fountain - is the very best water in all of Rome!

Al Passetto di Borgo - Borgo Pio, 60/62 (restaurant)

Open for lunch & dinner. Closed Tuesday. Credit cards accepted. 06.68803957 www.alpassettodiborgo.it
Another old stand-by - known for its Carbonara.

Gran Caffè del Borgo – Borgo Pio, 170 (bar/tavola calda)

Excellent for a morning cappuccino and breakfast pastries or an afternoon snack. At lunch there is an economical tavola calda (buffet style lunch).

Delize del Borgo – Borgo Pio, 142 (gelateria)

Good gelato on via Borgo Pio

OTHER OPTIONS IN VATICAN NEIGHBORHOOD (Ottaviano metro stop)**Da Cesare – Via Crescenzo, 13 (restaurant)**

Open for lunch & dinner. Closed Sunday dinner and 3 weeks in August and 25 December. Credit cards accepted. 06.6861227 www.ristorantecesare.com

An old standby in the Vatican area, you'll find many locals in this classic Roman ristorante down to its black vested waiters. Heavy on the fish and meat dishes and homemade pasta.

Romeo - Via Silla, 26 (restaurant/food shop)

Open daily 9am-midnight. 0632110120 www.romeo.roma.it

A new concept restaurant in Rome created by some big food names in Rome- there are pizzas, breads, cookies and cakes, but also a restaurant where you can order creative pasta dishes. There is also a food shop if you want to take back some more edible souvenirs.

Mondo Arancini - Via Marcantonio Colonna, 38/40 (pizza al taglio)

Open daily. 9:00am-midnight www.mondoarancina.it

Excellent and reasonably priced pizza by the slice and an amazing selection of *arancini* – a Sicilian specialty - rice balls made with yellow Arborio rice and assorted stuffings and then deep fried– they're a meal on their own or a great snack. They have other food offerings such as eggplant parmesan, lasagna, etc. You can get something to eat here at any time of the day. Standing tables only.

Del Frate – Via degli Scipioni, 118 (wine bar)

Closed Sundays. Closed August. Credit cards accepted. 06.3236437

Three dozen wines available by the glass as well as a range of meat, fish and veggie dishes. Homemade chocolate fondue is their dessert specialty.

Il Simposio di Costantini – Piazza Cavour, 16 (wine bar)

Closed Sundays. Open Monday 4:30pm-8pm/20:00, Tuesday-Saturday 9am-1pm/13:00 and 4:30/16:30-8pm/20:00 06.3203575 www.pierocostantini.it

Classy wine bar with extensive wine list and an assortment of 80 cheeses as well as salads, antipasti, terrines and pate's, vegetable dishes and several other inventive first and second courses. The restaurant is expensive, but an early evening glass of wine and snacks at the bar are a good value.

FaBio - via Germanico, 43 (juice bar/sandwiches)

Closed Sunday. Open Monday-Friday 10:30-5:30pm/17:30. Open Saturday 10:30am-4pm/16:00. www.fabio.com

There's no place to sit down as this place is teeny tiny, but if you don't mind take away and if you're looking for a healthy and delicious alternative to all the frozen food touristy restaurants near St. Peter's, this is it. Lots of organic sandwiches, juices and smoothies. Lots of vegetarian and vegan options.

DueCento Gradi - Piazza Risorgimento, 3 (sandwich bar)

Open daily from 11:00am-03:00am www.duecentogradi.it

Build your own sandwich with over 60 ingredients and you can create your own or choose one of their combinations. They also have good salads.

La Cucaracha - Via Mocenigo, 10A (ethnic)

Closed Sunday. Open for dinner only. 06.39746373

Mexican owned and authentic tasting Mexican food.

Buccianti - Piazza Cavour, 18A (gelateria)

Open daily. 06.97252462

Famous for their cinnamon gelato. They make crepes in the winter. Gluten free flavors are part of their selection.

Old Bridge Gelateria – Via Bastioni di Michelangelo, 5 (gelateria)

Open daily. 06.45599961 www.gelateriaoldbridge.com

They don't skimp on the portion sizes in this very popular gelateria. In the summer months expect to line-up, but it will be well worth it. They make an excellent chocolate milkshake (*frappe*).

Gelarmony – Via Marcantonio Colonna, 34 (gelateria)

Open daily. 06.3202395 www.gelarmony.ca/content/stores/rome.php

Sicilian gelateria with many different flavors including a spicy, peppery chocolate flavor (pepperoncino) and a yummy cinnamon flavor. Lemon granita is also excellent. A wide variety of soy gelato flavors. If you're feeling particularly glutinous try the gelato stuffed cannelloni.

Sciascia Caffè – Via Fabio Massimo, 80/A (coffee bar)

Closed Sunday. Open Monday-Saturday 7:30am-6:30pm/18:30 06.3211580 www.sciascia1919.com

The prettiest cup of coffee in town in this decades old Roman coffee bar (the original bar started in 1919). Your very excellent cappuccino will be served in a thin porcelain cup and make sure to ask for a splash of dark chocolate. Take home a bag of expertly roasted beans. Very good gelato and chocolate selection.

ADDITIONAL VATICAN NEIGHBORHOOD SUGGESTIONS (Cipro/Vatican Museums metro stop)

Pizzarium - Via della Meloria, 43 (pizza al taglio)

Open Monday-Saturday, 11:00-22:00/10:00pm, Sunday 12:30-4pm and 6-8pm/18:00-20:00 06.39745416

Gabriele Bonci is the rock star of pizza in Rome these days. The pick of Anthony Bourdain and CNN and local Rome food bloggers, the pizza al taglio here is something else. With a slightly thicker crust it is made with special yeasts (one said to be almost 100 years old) and toppings you won't find anywhere else. There are 2 benches outside and a few stand-up spots. There are Italian craft beers to choose from. Also for sale are a selection of the special flours used and small production olive oils and wine.

Beehive Tip: the pizza here is A LOT more expensive than your average pizza al taglio and is very meat heavy - not loads of veggie options here. Double-check the prices before you order or state how much you would like to spend.

La Molisana - Via Cipro, 8b (tavola calda)

Open daily. 06.39726556

An excellent tavola calda with a few tables inside and out. Very good eggplant parmesan (parmigiana di melanzane), good selection of vegetables, pasta, roast chicken. For those of you who like lamb, they serve this on weekends.

Fabrica - Via G. Savonarola, 8 - (bar/cafe/pastries)

Open daily. 06.39725514 www.fabricadicalisto.com

This is a cozy spot to escape a rainy day or the killer heat in the summer. A very good breakfast cappuccino or mid-morning or mid-afternoon crostata and tea break. At lunch, they have a small buffet or often soups and a few baked pastas or salads. Very good sandwiches and cake selection. There is usually interesting art on display.

Micci - Via Andrea Doria, 55 (restaurant)

Closed Monday. Open lunch: 12:30-15:00/3pm. Open dinner: 19:30/7:30pm-23:30/11:30pm 06.39733208 www.fratellimicci.it

Since the 1950's this restaurant has been serving traditional Roman cuisine. Good Roman style pasta and fish dishes. They also have pizza for dinner.

La Fiorentina - Via Andrea Doria, 20/22 (bar/restaurant)

Open daily. Bar opens at 7:30am, restaurant open 12:30-midnight. 06.39737019 www.lafiorentina.net

Friendly neighborhood bar and restaurant. This is a good morning spot for a quick cappuccino and cornetto. It has nice salads for lunch and an excellent early evening aperitivo. Lots of seating.

Paciotti - Via Marcantonio Bragadin, 51/53 (food shop)

Open Monday-Saturday, 7:30-20:30/8:30pm. Closed Thursday mornings, but open Thursday 13:00/1pm-20:30/8:30pm. 06.39733646 www.paciottisalumeria.it

It's always like a party in here! Have the friendly brothers make you a sandwich or make-up a selection of cheeses and/or meats for a picnic. Craft beers, sodas, great wine and grappa choices.

Beehive Tip: there is small spot on Via Andrea Doria & Via Mocenigo a few blocks away with a few benches.

La Tradizionale - Via Cipro, 8 (food shop)

Closed Sunday all day and Monday morning. 06.39720349 www.latraddizione.it
Another good spot for picnic supplies, plates of cold prepared food items and one of the rare spots in town to find cheddar cheese. Stock up for gifts to take home here, hard to find pastas, olive oil and vinegars.

La Bonta del Pane - via Cipro, 8c (bakery)

Very good pizza al taglio, bread, cookies/biscuits, basic groceries.

Trionfale Market - via Andrea Doria (market)

Open Monday-Saturday, 7:00-14:00/2:00pm, except for Friday when open until 7pm/19:00
A large, covered neighborhood market where you can find fresh fruits and vegetables - good mozzarella cheese delivered daily. There are a few bakery stalls that have bread and ready made pasta dishes. In the summer, there's a watermelon stand across from the market where you can purchase refreshing pieces by the slice.

THE SPLURGE

For those of you wanting to treat yourself to a higher end meal whether to celebrate a birthday, honeymoon, anniversary or simply just because!

Glass Hostaria - Vicolo del Cinque, 58 (Trastevere)

Closed Monday. Open for dinner only. 06.58335903 www.glass-restaurant.it

Antico Arco - Piazzale Aurelio, 7 (Gianicolo Hill/Trastevere)

Open daily for lunch & dinner 06.5815274 www.anticoarco.it

Metamorfosi - via Giovanni Antonelli, 30 (Parioli)

Closed Saturday for lunch and all day Sunday. Open for lunch and dinner. In August open only for dinner. 06.8076839 www.metamorfosiroma.it

Pipero al Rex - via Torino, 149 (Termini)

Closed Sunday. Open for lunch and dinner, Monday-Saturday 06.4815702 www.hotelrex.net/restaurant.htm

SPECIAL GELATO MENTIONS

There is no excuse to eat mediocre gelato!

Fatamorgana - Piazza degli Zingari (Monti - location closet to The Beehive), via Roma Libera, 11 (Trastevere), Via Laurina, 10 (Piazza del Popolo), Via G. Bettolo, 7 (Prati/Vatican area), Via Lago di Lesina, 9/11 (Piazza Crati),

Open daily. 06.86391589 (Pz Crati location)
Similar in style to the before-mentioned San Crispino gelateria, but owner, Maria Agnese is 10 times nicer. You won't find attitude here, just genuine friendliness and people who care about their product. You can taste any flavor and you may need help deciphering the exotic titles: "Cioccolato Kentucky" an amazing chocolate gelato with a tobacco infusion. "Dukkah" – cumin, sesame and coriander flavor. There are several flavors that focus on spices and herbs. Fruit flavors include Mango & Lime, Apple & Cinnamon, and one made with pear, port and sambuca. Flavors are always changing. There are also the old favorites, chocolate, cream and pistachio. My personal favorites are Biancaneve, il Bacio del Principe and Cream of Ginger when they have it. To top it off, all of their gelato is gluten free and made with all natural organic ingredients. A definite must do if you have the time and the inclination. At the Piazza Crati location, next door is Nemorense Park where you can take your gelato and wile away an hour enjoying a true taste of "la dolce vita".

Neve di Latte - Via Luigi Poletti, 6 (Lungotevere Flaminio)

Open daily.
Near the MAXXI museum, this is some serious artisanal gelato. Organic Alpine milk (and water!), specially produced eggs from Pisa, Tuscan chocolate, fair-trade sugar and vanilla. You can truly taste the quality of the ingredients here. Bonus, there is seating, a nice place to cool off on a hot afternoon or wander over to the MAXXI which also has great public, quiet, shaded spaces outside.

Come il Latte - via Silvio Spaventa, 24 (Termini)

The ice cream truly is amazing and it's only a 10-15 minute walk away from The Beehive! Well worth the stroll over and they are generous with their portions. There are two running faucets - one with dark chocolate and one with white chocolate. You have a choice of either your cone being filled with either and a cookie/biscuit being dipped in it to top your cone or cup. Incredibly rich, could easily be a meal.

Gelateria dei Gracchi - Via dei Gracchi, 272 (Vatican), via Ripetta, 261 (Piazza del Popolo), viale Regina Margherita, 192 (Porta Pia)

Open daily. 06.3216668 (Gracchi), 06.85353508 (Regina Margherita)

The owner used to build mandolins and now spends his days making some of the best gelato in Rome. They use only local ingredients and no artificial flavors or preservatives such as some of the best pistachio gelato made with Sicilian pistachios. Slow Food award winning gelato and you can taste why - light, creamy and delicious. This gelato is gluten free and they even offer gluten free cones by request.

Gelateria del Teatro - Via di San Simone, 70 (Piazza Navona), Lungotevere dei Vallati, 25 (Jewish Ghetto)

Open daily. 12:00-midnight

Many interesting flavor choices here. Refreshing lemon with basil, chocolate with Nero d'Avola, pistachio nuts from Sicily, lavender and white peach. There are lots of milk free options as well and gluten free cones.

il Gelato di Claudio Torce: Viale Aventino, 59 (Circo Massimo), Piazza del Risorgimento, 51 (Prati/Vatican)

Open daily. 11:00-22:00 Closed Mondays in winter.

Claudio Torce is a true gelato artisan. Habanero pepper, gorgonzola, at least TEN different chocolate choices - this is not your average gelato shop! You can now even take classes with him and learn how to make artisan gelato. For more information e-mail: ilgelato.acasatua@gmail.com

Gelateria Corona - Largo Arenula, 27 (Largo Torre Argentina)

Open daily - 11:00-21:00 www.gelateriacorona.it

Look for the sign saying "Best Gelato in Rome". It is pretty good gelato, but they have a lot of competition for that title! The lime basil is refreshing on a hot day. Other interesting flavors to try are celery and vin santo with biscotti chips. In winter, there are made to order nutella crepes.

DRINKS & DANCING

Although our "going out to drink and dance" days are behind us, we know some of you would be interested in this side of Roman nightlife.

DRINKS (beer & cocktails - for wine, see listings above under the different areas of Rome)**Ma Che (Trastevere)**

Open daily.

Teeny tiny pub across the street from Bir & Fud, the main pub. Italian craft beer

Bir & Fud - via Benedetta, 23 (Trastevere)

Open daily.

Italian craft beer.

Open Baladin - via degli Specchi, 6 (restaurant/gastro-pub)

For more information, see their listing under "Campo dei Fiori" neighborhood
Italian craft beer.

Jerry Thomas Project - Speakeasy - vicolo Cellini, 30 (Campo dei Fiori)

Open daily - 10:00pm/22:00 - 04:00am . Reservations required and can only be made by telephone Tuesday-Saturday from 4pm-7pm. 06.96845937 or 3701146287. They do not accept reservations by email, Facebook or text.

Cocktails

Barnum Cafe - via del Pellegrino, 87 (Campo dei Fiori)

Open daily. 06.64760483 www.barnumcafe.com

If you want a great cocktail with far less hassle than Jerry Thomas Project, Barnum is a great alternative in the same area. It's a coffee bar during the day and has free wi-fi.

Caffe Propaganda - via Claudia, 15 (Colosseum)

Open daily. 06.94534255 www.caffepropaganda.it

Cocktails. For more information, see their listing under "Colosseum" neighborhood

DANCING**Vicious Club - via Achille Grandi, 7 (Termini)**

www.viciousclub.com

Dance club

Micca Club - via degli Avignonesi, 73 (Barberini)

www.miccaclub.com

Dance club

La Cabala - via dei Soldati, 12 (Piazza Navona)

www.hdo.it

Piano bar with a young clientele

Angelo Mai - via delle Terme di Caracalla, 55 (Colosseum)

www.angelomai.org (currently closed, check back for re-opening)

Dance club

Animal Social Club - via di Portonaccio, 23 (Tiburtina / San Lorenzo?)

www.animalsocialclub.com

Big disco located in an old warehouse - foosball and pingpong tables too- casual atmosphere

PHONES, INTERNET, LAUNDRY

Phone centers are an inexpensive way to make international calls. There are many located throughout the city. International phone cards are for sale at The Beehive reception for a small fee or you can buy them at face value at newsstands and tobacco shops. Local calls or calls within Italy can be made for free through our courtesy phone.

Internet - The Beehive and Clover & Acacia offer free Internet access for our guests both with a desktop (slow but free) and free wi-fi if you have your own laptop, tablet or smartphone. *****Please note while we are happy to offer this service free of charge, we cannot guarantee that there will not be computer or internet provider problems or outages during your stay.***

Laundromats - There are several in The Beehive neighborhood, but the closest are a few minutes walk away at Via Milazzo, 20/b and Flashnet at Via Varese, 33. For Clover & Acacia, there's one at Via Principe Amedeo, 116 and via Principe Amedeo, 70.

Hand-laundry of undergarments is acceptable, but please do not use our facilities to do major washing. We do not allow laundry lines in the rooms and please do not hang wet laundry on the radiators or on the furniture.

MAIN SHOPPING STREETS

Below are some of the main shopping streets/high street shopping in the city. However, don't limit yourself to these streets. Excellent shopping can be found throughout Rome. Wander down narrow cobblestone side streets (around the Pantheon, Piazza Navona, Campo dei Fiori) for small independent clothing & shoe boutiques as well as unique artisan handicrafts and jewelry. Some good streets in this regard are Via dell Boschetto, Via Banchi Nuovi, Via Campo Marzio, Via di Ripetta and Via dell Governo Vecchio. The Monti neighborhood has excellent one of a kind shopping including the used and artisan market MercatoMonti that takes place every Saturday and Sunday 10-8am at via Leonina 46/48.

Beehive Tip: Check out all the "saldo/saldi"(sale) signs in the two months when shop owners can officially put a large amount of items on sale: January and July

Via del Corso - trendy, crowded, but sales clerks generally speak English and bargains can be found.

Via Cola di Rienzo (Prati/Vatican) - conventional high street shopping near the Vatican, not so crowded - a lot of the same stores as Via del Corso without the attitude.

Via Nazionale (Piazza della Repubblica) - a noisy, smoggy street, and less pedestrian friendly but lots of stores to choose from.

Via Condotti (Piazza di Spagna) - if you can afford anything on this street, we wonder why you're staying at The Beehive! Great place to window shop and dream.

DEPARTMENT STORES

Zara - Via del Corso, 190 - this Spanish chain took over an Italian department store that was in this location for years.

Upim - Via del Tritone, 172 (Trevi Fountain) - low to mid-range department store where you can buy moderately priced clothing, toiletries, etc.

Oviesse - Piazza Vittorio Emanuele, 108/112 (Termini) - low to mid-range store for inexpensive clothing. Especially handy if the airline has lost your luggage.

COIN - Via Cola di Rienzo, 173 (Prati/Vatican) - mid to high range department store.

MAS - Piazza Vittorio Emanuele - (at the time of this update, sadly this Roman institution was due to close after decades at this location) Only if you are desperate or need a completely obscure item - they seem to have everything, but not of the best quality - it's almost like an archaeological site without the digging. Super cheap, crowded and always a mess, but a very interesting place to wander around in and see some of the odd things they have for sale.

ECO ROME

ORGANIC FOOD SHOPS

In regards to eco and healthy living, Rome has come a long way since we first moved here in 1999. You can now find yoga classes, vegetarian restaurants, and shops that sell all kinds of organic products. If you run into any other shops or restaurants that aren't listed here - please let us know as we are always on the lookout.

Canestro (grocery store - 3 locations)

via S. Francesco a Ripa, 106 (Trastevere)

viale Gorizia, 51 (Trieste)

via Luca della Robbia, 12 (Testaccio)

Biomens (grocery store)

viale delle Milizie, 7a Prati/Vatican/Ottaviano metro stop)

Celiachiamo (gluten free grocery store)

via Giulio Venticinque, 32/34 directly in front of Cipro metro stop - Prati/Vatican)

Solo Natura (grocery store, some clothing & shoes)

via Emanuele Filiberto, 128 (Piazza Vittorio/Manzoni metro)

L'Albero del Pane (grocery store)

via Santa Maria del Pianto, 19/20 (Jewish Ghetto)

Citta dell' Altra Economia (this is a large fair trade complex that has an organic grocery store, fair trade retail shop, bar and restaurant)

Largo Dino Frisullo inside the former city slaughterhouses, also where the new MACRO is located (Testaccio)

Mercato di Campagna Amica - il Farmer's Market della Capitale - Via San Teodoro, 74 (Circo Massimo)

Open Saturday 09:00-18:00 and Sunday 09:00-16:00

Rome's weekend farmer's market where you can be sure to find the best produce and other food goods from the Lazio region. Organic produce, cheese, salami, honey, beans, wine and seasonal products such as truffles and chestnuts. Hot dishes are also served or you could get a plate of cheese and ham or salami with a glass of wine.

ORGANIC PRODUCTS

L'Officina Naturale - Via della Reginella, 3 (Jewish Ghetto)

An erboristeria is a type of natural pharmacy that specializes in herbal remedies and products. In our opinion, this is THE best erboristeria in Rome with an excellent selection of all natural body care products including excellent Italian organic brands such as Biofficina Toscana, Lakshmi and Officinali di Montauto (OM) to name a few. Massimo and Giulia the owners and their staff are very friendly and helpful.

La Cardellina Bio Eco Shop - Vicolo del Cedro, 33 (Trastevere)

06.92597964 www.lacardellina.com

Small shop packed to the rim with a range of Italian organic products such as honey, olive oil, speciality alcohol, loose teas, handmade leather bags, skin and soap products - all cutely packaged and would make nice gifts to take home.

Eco Wear (standard cotton, hemp clothing)

via del Vantaggio, 26 (Piazza del Popolo)

Dimensione Natura (clothes & shoes)

via dei Falegnami, 66/a (Jewish Ghetto)

Go Green Store (various - organic products, clothes and vegan friendly shoes)

via di S. Maria del Pianto, 57/58 (Jewish Ghetto)

The Natural Look (Birkenstocks in many styles, colors, designs)

via del Vantaggio, 21 E/F (Piazza del Popolo)

Angelo di Nepi (clothes & shoes)

via dei Giubbonari (Campo dei Fiori)

via del Babuino, 147 (Piazza del Popolo)

via Frattina, 2 (Spanish Steps)

Croce Franco (shoes, El Naturalista, Birkenstock, Campers and others)

Piazza Madonna dei Monti, 9 (Monti)

ORGANIC FARM with farm shop, Saturday and Sunday lunches, animals and nature walk (car necessary to reach)

Agricoltura Nuova Cooperativa

via Valle di Perna, 315 (just south of EUR)

<http://www.agricolturanuova.it/>

FOOD

Please note that most Italian restaurants have a lot of vegetarian options.

The Beehive (vegetarian & organic) - via Marghera, 8 (Termini)

Breakfast daily 7:30-10:30, evening vegan buffets select days of the week 19:00-21:30, 06.44704553

(see our complete listing in the Food section)

Meid in Nepols - Via Varese, 54 (Termini)

Open for lunch and dinner, closed Sunday. 06.44704131 www.meidinnepols.com

(see complete listing in the Food section). This is for our gluten free guests - please note that this is not a vegetarian or organic restaurant, but they offer gluten free pasta and will patiently note the items on the menu which you should avoid if you have gluten intolerance. Only two blocks away from The Beehive.

Ops! (vegetarian/vegan) - via Bergamo, 56 (Piazza Alessandria)

Open daily, Monday 10:30-15:30 and Tuesday-Sunday 10:30-23:00 06 8411769 www.opsveg.com
Self-service vegetarian/vegan with recipes from renowned Italian vegan chef, Simone Salvini from the Organic Academy in Milan. If there was one vegan/vegetarian place to try while in Rome, I would recommend this place. You fill up your plate from the buffet and pay by weight - the locale is bright and cute (with hexagon tiles) and there is outdoor seating available. A bit on the pricey side.

La Taverna dei Fori Imperiali - Via Madonna dei Monti, 9 (Monti)

Open for lunch and dinner, closed Tuesday. 06.6798643
Like Meid in Nepols, this is not a vegetarian or organic restaurant, but they do offer gluten free pasta including gluten free gnocchi (if available). Since so many of their sauces are already very delicious - this is a good place to try if you are looking for gluten free food options.

Bibliothè - via Celsa, 4 (Largo Torre Argentina)

Closed Sunday. 06.6781427
This is a great place for lunch if you are craving vegetarian and vegan friendly Indian food. Bibliothè is an Ayurvedic Indian cafe owned by American & Italian couple, Trina and Enzo who lived in India for several years and wanted to recreate a slice of India in Rome. Their ingredients are organically sourced and all the food tastes delicious and fresh. Trina is the master of all the American style desserts which will satisfy any sweet tooth. For dessert try one of Trina's American-style desserts with their own special blend of Ayurvedic tea.

Universo Vegano - Piazza del Paradiso, 18 (Campo dei Fiori)

Closed Monday. Open Tuesday-Thursday 12:30-15:30, 19:30-23:00
Fast food vegan with veggie burgers, sandwiches, soups and more.

Naturist Club (vegetarian) - via delle Vite, 14 (Spanish Steps)

Open dinner starting at 18:00. Closed Sunday. 06.6792509
Macrobiotic in Rome.

Margutta Vegetariana (vegetarian) - via Margutta, 117 (Spanish Steps)

Open daily for lunch and dinner. 06.32650577
One of Rome's oldest vegetarian restaurants with waiters in black & white uniforms. Personally, we're not fans of this restaurant, but many people do like it - therefore, the inclusion in this guide for vegetarian in Rome.

Pantha Rei - (vegetarian & gluten free options) - via della Minerva, 18/19 (Pantheon)

Open daily. 06.89021922
Full disclosure - I have never been to this restaurant which is right next door to the Pantheon, but off the street in a hidden courtyard. What caught my eye was the fact that they have vegetarian and gluten free options. At some point I will be eating there and can report back whether or not it deserves mention in the guide.

Arancia Blu (vegetarian) - via Cesare Beccaria, 3 (Pigneto)

Open daily 12pm-midnight. Brunch on Sundays. www.ristorantearanciabluroma.com
Another long-standing Roman vegetarian restaurant with a great wine list.

Rewild Cruelty-Free Club (vegan) - via Giovannipoli, 18 (Garbatella)

Open daily for dinner only starting at 8pm/20:00, closed Monday and Tuesday, cash only. 06.97613910
www.rewild.it
Not very central and more like a radical student cafe, but many choices and decently priced.

Vanilla - via Messina 34 (bakery, cafe)

Organic bakery & cafe serving fair trade coffee and teas, assorted baked goods including bagels (!) and cold sandwiches and salads for light lunches.

Grezzo - via Urbana 130 (sweets shop)

Closed Monday. Open Tuesday-Sunday 10:00am-11:00pm/23:00
Organic, vegan and gluten-free raw chocolate, sweets and smoothies.

YOGA

Hatha style yoga:

Accademia Yoga
via XX Settembre, 58 (Porta Pia - not far from The Beehive)
www.accademiayoga.it

Ashtanga Vinyasa yoga:

Ashtanga Yoga Research
via Annia 54 (Celio/Colosseum)
www.astanga.it

Power yoga, ashtanga and anusara yoga:

Ego Yoga, via Cola di Rienzo, 162 (Prati)
www.ego-yoga.it

Various yoga styles including Vinyasa:

Ryoga
Via Servio Tullio, 20-22 (about a 15 minute walk from The Beehive)
www.ryoga.it

L'Albero e La Mano
via Pelliccia, 3 (Trastevere)
www.lalberoelamano.it

Iyengar yoga:

Studio Iyengar
via Tagliamento, 45 (Trieste)
www.studioiyengaryoga.com

Bikram yoga

Bikram Yoga Roma
via Aurelia, 190 (Aurelio/Vatican)
www.bikramyogaroma.it

Kundalini yoga:

Budokanin
via Properzio, 4 (Prati/Vatican)
www.budokanin.com

Odaka yoga (a type of Vinyasa flow):

O4M
Via di Santa Maria in Monticelli, 66 (Campo dei Fiori)
www.odaka.it

MASSAGE

Jenifer Vinson at The Beehive (by appointment, Swedish style)

via Marghera, 8 (Termini)
€35 for 50 minutes for Beehive guests
€45 for 50 minutes for non-Beehive guests

Baan Thai (Thai massage)

Borgo Angelico, 22 (Prati/Vatican)
www.baanthai.it

Acqua Madre (Hammam/turkish style spa)

via di S. Ambrogio, 17 (Jewish Ghetto)
www.acquamadre.it

THINGS TO SEE AND DO

MUSEUMS

Rome has dozens of museums, here are just a few of our particular favorites. Please note that most state museums are closed on Mondays. Most museums offer the possibility to purchase tickets in advance on-line and we highly suggest using this option if possible by checking their websites. The

Vatican Museums offer free admission the last Sunday of each month, but do note that while this may sound like a bargain, be warned. It's a total madhouse on that day and not sure how enjoyable it will be for you depending on your tolerance of crowds.

National Museum of Rome, Palazzo Massimo – Largo di Villa Peretti, 1 (Termini)

Closed Monday. Open Tuesday-Sunday, 09:00-19:45 Tickets: €7 and valid for 3 days for all 4 branches (**Palazzo Altemps**, near Piazza Navona (recommended also), **Baths of Diocletian** nearby and **Crypta Balbi** near the Jewish Ghetto)

One of the four branches of the National Museum of Rome conveniently located right near Termini train station and an often overlooked museum that definitely deserves more recognition. The museum houses an amazing collection from 2nd BCE to 5th CE. Sculpture, ancient coins as well as frescos from the walls of Empress Livia's summer villa incredibly preserved.

Galleria Borghese – Piazzale del Museo Borghese (Villa Borghese Park)

Closed Monday. Open Tuesday-Sunday, 08:30-19:30 Reservations required and there are reserved entrance times - 09:00, 11:00, 13:00, 15:00, 17:00. Reservations can be done on-line in advance. Payment in advance is now required. Free admission every first Sunday of the month, but must call to reserve. 0632810. www.galleriaborghese.it Tickets €11 plus €5 for audio guide which we highly recommend.

In our opinion, the most beautiful gallery in Rome. The Bernini statuary is an absolute must-see. Considered one of the best collections of classical art in the world - at one time coveted by Napoleon. In fine weather, don't miss the older Italian men playing bocci ball in the pitch located out front near the park entrance. Easy to reach from The Beehive by taking the 910 bus in front of Termini train station.

Galleria Doria Pamphilj – via del Corso, 305

Open daily 09:00-19:00, last entry at 18:00. Closed 25 Dec, 1 Jan & Easter 06.6797323 www.doriapamphilj.it Tickets: €11 includes audio guide, availability provided.

An amazing private art collection in one of the more beautiful villas in Rome. Paintings and sculpture by Caravaggio, Tiziano (Titian), Bernini, Velasquez, and more. The Doria Pamphilj family still lives in the palazzo.

Capitoline Museums – Piazza del Campidoglio (near Piazza Venezia)

Closed Monday. Open Tuesday-Sunday, 09:00-20:00, last admission is hour before closing. Closed 25 December, 1 January, 1 May. <http://en.museicapitolini.org> Tickets: €11.50

Oldest public collection in the world – a must see for all the amazing ancient statuary. Recently remodeled, there is also a café with wonderful views.

Montemartini Museum/Museo Centrale Montemartini – Via Ostiense, 106 (Ostiense/Garbatella)

Closed Monday. Open Tuesday-Sunday, 09:00-19:00, last admission is 30 minutes before closing time. Closed 25 Dec, 1 Jan, 1 May. Tickets: €7.50 www.centralemontemartini.org

Definitely off the beaten path, but an amazing juxtaposition of the classical and industrial - Rome's first electric and now defunct power plant is the background to classical statuary. A unique museum space.

MACRO (Contemporary Art Museum of Rome) – Via Reggio Emilia, 54 (Piazza Alessandria)

Closed Monday. Open Tuesday-Sunday 11:00-19:00, Saturday 11:00-22:00 Ticket: €8.50

Rome's contemporary art museum - not to be confused with the Modern Art Museum near Villa Borghese. Recent renovations included a huge expansion. If you go further up the street and around the neighborhood you'll find other smaller, independent contemporary art galleries. Also nearby is one of our favorite gelaterias in the city (see "Gelato"). About a 20-25 minute walk from The Beehive.

MACRO - Piazza Orazio Giustiniani, 4 (Testaccio)

Closed Monday. Open Tuesday-Sunday, 16:00-22:00, Ticket: €5

Another branch of the MACRO located in what were once Rome's slaughterhouses in the 19th century. Exhibits as well as different artistic and cultural events and workshops take place here.

Beehive Tip: There's a combination MACRO + MACRO Testaccio ticket valid for 7 days that is €15.50 to visit both museums.

MAXXI - via Guido Reni, 4 (Flaminio)

Closed Mondays. Open Tue, Wed, Thur, Fri, Sun 11:00-19:00, Saturday 11:00-22:00, Closed 25 Dec, 1 May. Ticket: €11 <http://www.fondazionemaxxi.it>

Beautiful contemporary museum featuring art and architecture from the 21st century. Bonus - one of Rome's best gelato is located close-by - Neve di Latte (see our gelato section)

Villa Giulia National Etruscan Museum – Piazzale di Villa Giulia, 9 (Villa Borghese Park)

Closed Monday. Open Tuesday-Sunday, 08:30-19:30 Ticket: €8 www.villagiulia.beniculturali.it

Splendid collection of artifacts from one of the most important pre-Roman civilizations – the Etruscans. The Etruscans were the first to cultivate wine and wine played big part in their culture. Stunning ancient sarcophagus of a married couple is the focal point of the museum which you have to imagine in its original state the husband and wife holding wine cups. Beautiful building and grounds - please support this museum as it is in danger of closing which would be a huge shame.

Vatican Museums – viale Vaticano (Vatican)

Closed Sunday. Open Monday-Saturday, 09:00-18:00, ticket office open 09:00-16:00. Ticket €16, closed various holidays throughout the year, best to check website for closing days: www.vatican.va
Home of the Sistine Chapel and many other important works of art, but poorly marked and no descriptions. We highly encourage a walking tour of St. Peter's and the museums to get the most out of your time there - see our information for companies we recommend under "Tours" in the FAQ section.
Tickets to the Vatican museums can be purchased in advance at: <http://biglietteriamusei.vatican.va/musei/tickets/do>

CHURCHES

Rome has around 400 churches in the city center alone. Please note that with the exception of St. Peter's many of these churches have closing times around lunch and reopen mid afternoon and on Sundays are only open in the afternoons.

Basilica Santa Maria degli Angeli - Piazza della Repubblica (Termini)

Church that was incorporated into the ancient Baths of Diocletian by Michelangelo it also has a meridian line (see the astrological figures in the floor) commissioned by Pope Clement XI in the early 1700's that was used to check the time, predict Easter and check the accuracy of the new Gregorian calendar.

Basilica Santa Maria Maggiore – Piazza Santa Maria Maggiore (Termini)

Baroque style glory. If you like mosaics, this is a definite must-see. Here you will also find four boards said to have been part of the manger of the nativity.

Santa Maria della Vittoria - Via XX Settembre, 17 (Repubblica)

Baroque splendor and Bernini's "The Ecstasy of St. Theresa" statue make this the reason not to miss this church during your time in Rome. Visit in the late afternoon when the afternoon light comes through a hidden window gilding the entire chapel.

Santa Susanna- Largo Santa Susanna/Via XX Settembre, 15 (Repubblica)

This church is as gorgeous as many of Rome's churches, but the reason it's mentioned is because it's also the seat of the American Catholic church in Rome so if you want to attend a mass in English, this would be the place to do it.

Basilica San Clemente - Piazza San Clemente (Colosseum)

Admission fee to the excavations: €5

Unique in that you can see three layers of history under one roof. A medieval church built in the 12th century, it was built on top of a 6th century church which in turn had been built over a 2nd century Mythric temple. Mythricism was an ancient and mysterious cult religion followed by Roman soldiers and gladiators. For a small entrance fee, you can see both the remains of the temple and the 6th century church. As Steve puts it, "if it's subterranean, it's cool."

San Pietro in Vincoli - Piazza San Pietro in Vincoli (Colosseum)

In the back of this church you'll find the formidable statue of Moses carved by Michelangelo as well as what are said to have been the chains (vincoli) that bound St. Peter while he was imprisoned by the Romans.

Santa Maria in Cosmedin - Piazza Bocca della Verita (Circus Maximus)

A dusty, dark, humble, but lovely little church with beautiful mosaics in the floor. The Bocca della Verita (Mouth of Truth) is in the entrance way. This church also houses the skull of Saint Valentine.

Santa Maria sopra Minerva - Piazza della Minerva (Pantheon)

In front of this church is Linda's favorite statue in Rome - a whimsical elephant with an obelisk on its back designed by Bernini (the obelisk is Egyptian dating from the 6th century BC), restored in early 2012. Inside you'll find rare (for Rome) Gothic style building.

Santa Maria in Trastevere - Piazza Santa Maria (Trastevere)

Gold, gold and more gold! Magnificent Byzantine style decorated church located in an eclectic area of Rome.

Santa Maria del Popolo - Piazza del Popolo (Flaminio)

In this dark little church you'll find skull & crossbones motifs everywhere and two fantastic Caravaggio paintings tucked away in the back in the corner.

San Giovanni in Laterano - Piazza di San Giovanni in Laterano (San Giovanni)

Rome's official cathedral (St. Peter's is the Vatican's). As huge and imposing as St. Peter's without the dome. For an extra bit of euro, check out the beautiful, twisted, mosaic columns in the cloisters.

San Pietro / St. Peters – Piazza San Pietro (Vatican)

Winter hours (1 Oct - 31 March) 8:00am-17:00/5:00pm

Summer hours (1 April - 30 September) 8:00am-18:00/6:00pm

THE Roman Catholic church. A definite must-see. The climb to the cupola (dome) is a truly surreal and interesting experience. Beehive tip: use the elevator – even with the help of the elevator it's still quite a climb (an additional 320 steps). Not for the (literally) faint-hearted or claustrophobic. Tickets to climb up into the dome are €7

SITES WORTH SEEING

Beehive tip: Please check at ticket counters to see if there are reduced ticket prices for students with id or European Union citizens with id.

Beehive tip: Consider purchasing the Roma Pass or the Omnia Pass. The Roma Pass is an integrated pass for €36 is valid for 3 days and includes: entry to two museums or archaeological sites, reduces prices at other museums and sites after your initial 2 visits, use of public transit (bus & metro) for 3 days after first validation, special line at the Colosseum and map, use of special travel health center. There is also a Roma Pass 48hours for €28 which allows entry into 1 museum or archaeological site and discounted rates at others and public transit for 2 days. Please check the website for more detailed information and to purchase. www.romapass.it There is an English language option. The pass can also be purchased at tourist information points throughout the city. The Omnia Pass is more expensive at €95 for adults, but also includes entrances into the Vatican. You can view more information at <http://www.omniavaticanrome.org/en/the-card/>

Beehive tip: 110 Open Bus. Walking is truly the best way to see the city and we work with a couple of walking tour companies that can truly enhance your experience with their knowledge and expertise. However, if you just want a quick orientation of the city this hop on/hop off bus is a good option that takes you to all the sites, but does not provide a tour as such. Trambus 110 Open is a double decker bus with an open top and you can pick it up at Termini train station. Tickets are €20, reduced with the Roma Pass. Families of 4 people pay €50.

There is also Rome's Archeobus which takes you by some great ancient sites outside the city walls including the original Roman road - the Appian Way, the Parco degli Acquadotti and the Capo di Bove archaeological site.

Beehive tip: Many of these sites are closed on 25 December, 1 January and 1 May

The Colosseum

Open 7 days/week

Hours: 8:30-16:30 (last Sunday of October to 15 Feb)

8:30-17:00 (16 Feb to 15 March)

8:30-17:30 (16 March to last Saturday of March)

8:30-19:15 (Last Sunday of March to 31 August)

8:30-19:00 (1 Sept - 30 Sept)

8:30-18:30 (1 Oct - last Sunday of Oct)

Last admission one hour before closing

Tickets: €12 Tickets can be bought on-line at <http://www.coopculture.it/colosseo-e-shop.cfm>. Tickets can also be bought at the ticket offices of the Palatine Hill located in Via San Gregorio, 30 and Piazza Santa Maria Nova, 53 (200m from the Colosseum). Ticket allows entrance into the Palatine Hill and the Roman Forum as well.

THE Roman monument. Made from travertine, tufo, bricks, tiles and Roman concrete. Magnificent even with all the stains of pollution. At this revision, the scaffolding is being put up for the start of renovations that should last

several years and we look forward to seeing the Colosseum returned to its former splendor. See if you notice the one small section that was cleaned in time for the Giubileo 2000 and you'll get a glimpse of the possibilities.

Roman Forum

Open 7 days/week Ticket: (see above for Colosseum)

Rome's former public area - food courts and brothels eventually made way for business centers, law courts and temples galore. A walking tour (or an excellent guidebook) of the Forum truly gives you the insight into the past and to piece together what each of these ancient ruins were.

Imperial Forum & Trajan's Market

Also includes Trajan's Market located at via IV Novembre, 94. Closed Monday. Tickets: €11.50

Opening hours: Tuesday-Sunday, 09:00-19:00 Last admission one hour before closing.
www.mercatiditraiano.it

An impressive site here is Trajan's Column which spirals up to 98 ft. (30 m) and has detailed scenes of Emperor Trajan's victories. The column has been here since AD 113 / 113 CE. However, Trajan's market is a wonderful stroll through ancient history showcasing pieces excavated from the Roman Forum. Trajan's market is an often overlooked museum so after the crowds at the Colosseum, this quiet part of the ancient center is highly recommended.

Monument to Vittorio Emanuele (the Vittoriano) - Piazza Venezia

Open 7days/week, winter hours: 09:30-16:30 summer hours: 09:30-17:30 Entrance free, elevator to the top is €7, free for children under 10.

Built in the late 1800's and completed in 1911 in time for Italy's 50th anniversary of unification. The tomb of the unknown soldier and the eternal flame of Rome hold important spots here also and are guarded year round. Most Italians dislike this monument because the builders laid waste a part of the Roman Forum to build it and the Brescian marble is a type that brightens in the sun rather than mellows and yellows like the Travertine marble used throughout Rome. There is now an elevator to the top for a great view of Rome's historic center.

Palatine Hill

Open 7 days/week. Ticket: see the Colosseum

Area that was once the residence of emperors and aristocrats. Lots of green, cool breezes and a fish pond - this hill is a nice change of pace from the often too dusty, too crowded and hot Roman Forum. Contains the ruins of the Palace of Septimius Severus as well as the recently restored home of the Vestal Virgins. Great views of it can also be seen from the Circus Maximus.

Baths of Caracalla

Open daily, 09:00

Closing times: last Sunday of Oct-15 February - 16:30

16 February to 15 March - 17:30

Last Sunday in March to 31 August - 19:15

1 September to 30 September - 19:00

1 October to last Saturday in October: 18:30

Last admission is one hour before closing

Ticket: €6

The Appian Way ticket is valid for 7days at 3 sites (Baths of Caracalla, Villa of the Quintilii, Mausoleum of Caecilia Metella)

Largest and best preserved ruins of one of the three large public bathhouses of ancient Rome. Not on The Beehive map as it is a bit south near the Circus Maximus. Avoid the entrance fee and just admire their grandeur from the outside. In the summer, classical music and opera productions are staged here.
www.operaroma.it (there is an English language option)

Circus Maximus

Depending on the time of year, now just a dusty or green (depending on time of year) open field so you really must use your imagination to visualize the splendor that it was, but recent archaeological restorations are nearing stage one of completion. From the southern end you can see the Moletta Tower and other newly excavated fragments. Spectacular views of the buildings on the Palatine Hill can be seen from here.

Fontana delle Tartarughe - Piazza Mattei

The lovely and subtle turtle fountain has been recently restored and is a pleasure to behold. Historical note: the fountain was built in 1581, but the turtles were put in 77 years afterwards. The incorporation is seamless and so clever. The fountain is in Rome's historical Jewish quarter which also has Rome's only synagogue. Please note that Italian Jews known as Italkim are Europe's oldest non-diasporic Jewish community and many of the families living in this neighborhood have been living there for generations.

Casino Nobile - Villa Torlonia (via Nomentana, 70)

Open Tuesday-Saturday, 09:00-14:00, last admission 45 minutes before closing time. Closed 25 Dec, 1 Jan and 1 May

Ticket: €11 (combined for Casino Nobile and Casina delle Civette)

Recently restored, this building became home to Benito Mussolini and his family in 1925 where he paid a token rent of 1 Lire a year. Considered one of the most beautiful 18th century buildings in Rome. The Casina delle Civette was built in the 19th century and was painstakingly restored to its original splendor in the 1990's. Some favorite features are the stained glass throughout including those of two owls from which the house got its name. (House of Owls).

A few of Rome's public parks: Villa Celimontana & Villa Borghese & Villa Torlonia

If you want to escape Rome's scooters and chaos and check into some greenery and solitude, have a picnic or simply soak up some sun in peace, try one of these convenient and beautiful public city parks. The Villa Celimontana is located on the south side of the Colosseum. Walk up Via Claudia and then just past the church Santa Maria in Domnica is the entrance to the park on the right. The Villa Borghese is north of the Spanish Steps. All three have children's areas and plenty of green.

The Villa Torlonia has a restaurant called **La Limonaia** which is a great place in the summer to eat outdoors. It's open daily from 10:00am to midnight. Reservations required for dinner. 06.4404021. www.lalimonaiaroma.it

View from the Gianicolo Hill - Trastevere

If you are looking for a spectacular and panoramic view of Rome and a great photo op, visit the top of the Gianicolo (Janiculum) hill in Trastevere. Best time to visit is right before sunset when the setting sun bathes the city in a hazy golden glow. The beautiful fountain Fontana dell'Acqua Paola is also located there.. This is also the location of the noon day cannon that goes off every day in Rome.

Appia Antica - ancient Roman road

The Appia Antica is one of the ancient consular roads of Rome and is a gorgeous green area just on the outskirts of Rome's center. You can walk, bike (available for rent on the Via Appia) or take the Archeobus to explore here. Archeobus Open tour of Rome tickets are €12 with a family rate of €40 and children under 10 are free. The bus can be picked up at Termini train station.

SOMETHING DIFFERENT

Crypt of the Capucin Monks - at Santa Maria della Concezione, Via Veneto 27 (Piazza Barberini)

Closed Thursday. Open 09:00-noon, 15:00-18:00 €6 entrance fee. No photography allowed, they are VERY strict about this.

Short metro ride away from The Beehive on the red line (Line A) just off the Barberini metro stop. A crypt with the bones of over 4,000 monks artistically displayed in various scenes. If you're looking for bones, this is the place. Since about 2012 they have a new multi-media museum that provides details about the crypt and the monks.

Keyhole (Knights of Malta) - Piazza dei Cavalieri di Malta (Aventino)

You can't go inside the Piranesi-designed Villa del Priorato di Malta or its secret garden, but you can peek through its famous key hole for a surprising perspective on the dome of St. Peter's.

Protestant Cemetery - Via Caio Cestio, 6 (Testaccio)

Open Monday-Saturday, 09:00-17:00 (last entrance at 16:00/4:00pm)

Entrance by donation, suggested donation is €3

A glorious oasis of calm off a very busy area in Rome, this cemetery located near the Ostiense train station offers a respite of tranquility especially in the heat of summer with lots of shady green spots and cool marble benches. It's also one of several cat sanctuaries in town. Spend some time commiserating with feline friends and pay your respects to the poet, Keats who is buried here. In the same area is the **Pyramid of Cestius** an anomaly of structure located at the intersection of two very busy Roman streets, the pyramid was built circa 12 BC.

Dario Argento Horror Museum/Profondo Rosso - Via dei Gracchi, 260 (Prati/Vatican area)

Closed Sunday and during lunch hours. €3 for museum entrance, shop entrance is free.

For a bit of horror camp in Rome, visit the museum & shop of Italian horror film director Dario Argento. The museum is in the basement. It's teeny tiny and not worth a special trip, but if you are a horror fan and in the area, might be worth the pilgrimage.

National Pasta Museum (Museo Nazionale delle Paste Alimentari) – Piazza Scanderbeg, 117 (near Trevi Fountain)

Open daily, 09:30-17:30 Ticket: €10 included in the ticket price is audioguide
All you ever wanted to know about pasta and then some. From the pre-Roman era to present time.

There are many other unusual museums throughout the city: from a wax museum to a museum on nativity scenes. On the more traditional side there is a naval museum, a folklore museum, a museum on Roman civilization, etc. For more information on these museums and more, ask at reception.

DAY TRIPS

What are some good day trips from Rome?

In the summer we recommend taking a day to get out of the heat of Rome and going to the beach. The closest beaches are in Ostia, but because of how polluted these particular waters are we cannot in good conscious recommend them. If you don't mind taking a toxic dip, ask at reception and we'll tell you how to get there.

Santa Marinella is an easy beach day. In about an hour by train you can escape the city and traffic. Trains leave from Termini several times an hour and tickets are €4.60 one way (prices subject to change).

Unfortunately, the Italian coastline is heavily commercialized and full of private beach clubs (stabilimenti balneari) so you'll have to pay an entrance fee and a bit more if you want a lounge chair and/or an umbrella. Most of these places offer other services such as toilets, restaurants and snack bars.

For more simple, clean beaches, the closest destinations would be **Sabaudia** and **San Felice Circeo** - both about 1.5 hours south of Rome by car and 2-2.5 hours by public transport. No trains, you'll have to take the blue Cotral pullman buses, which can be picked up from the Laurentina metro stop off the Line B (blue line) metro. Private beach clubs exist here too, but there are also many long stretches of free sand.

If you want to get a little further away, take a train from Termini train station to a beach town called **Sperlonga** (you'll have to take a train in the direction of Naples, get off at Fondi-Sperlonga after a little over an hour and then take a blue Cotral bus to Sperlonga). This town was built on a cliff top with whitewashed buildings and narrow winding streets. Down below the town is some of the cleanest sand and water near Rome. Many of the beaches are private so you may have to pay to use an umbrella & chair, but there are some stretches that are free & open to the general public.

If you don't get a chance to go to **Pompeii** near Naples (which can be a day trip, but you must leave early in the morning and it's a full day), we do recommend the very well-preserved ruins at **Ostia Antica**, which is about a 30 minute train ride away. Take the Blue Line (Line B) metro to Piramide and then take the local Lido di Ostia train. The one metro ticket pays for both trains. Context Travel (see "Tours" section in FAQ) offers an excellent tour of this archaeological site.

After many years living in Rome, Linda & Steve moved their family to **Orvieto**, a medieval town located on a high hill overlooking the Umbrian countryside about an hour north of Rome. Orvieto is famous for its Duomo (cathedral) and also for its ceramics and white wine. Taking the train is easy enough from Termini station, which will get you to Orvieto in anywhere from 50 minutes to 1.5 hour depending on the train (tickets are €7.70 or €16 depending on the train and subject to change). A funicular directly across from the Orvieto train station brings you up into the town. Outside of the funicular station there is a bus, which can take you up into the main square (runs until 1pm only, but the walk into the center takes only 10 minutes). The funicular does stop running at 20:30/8:30pm so schedule yourself accordingly. Enjoy the views, strolling the streets and an excellent meal at any of their very fine restaurants. As Linda puts it, "If it's a medieval hill town, it's cool." We have our own list of personal recommendation of things to do, places to stay and places to eat in Orvieto that we are happy to share with you, just send an e-mail directly to Linda at linda@the-beehive.com

I'm a bit tired of sight-seeing and just want to relax. Can you suggest something else to do?

How about doing as the Romans do and indulging in some of the Italian "il dolce far niente" – the sweetness of doing nothing. Slow down. Hang out at a café and people-watch and catch up on conversation. In the evening (especially in the summer), go to any one of the roof-top terrace bars located at the higher end hotels and drink in the golden light and see the birds-eye view of Rome. You pay a bit more for the drink, but just think of all the money you're saving by staying at The Beehive! Some good choices are: Hotel St. George on Via Giulia. Hotel Raphael near Piazza Navona, Hotel Minerva near the Pantheon, Hotel Eden near Via Veneto, Hassler Hotel at the top of the Spanish Steps or Radisson SAS Hotel near Piazza Vittorio (and the Clover & Acacia guestrooms).

If you're feeling particularly daring, rent a scooter and experience Rome as the locals. Try to rent on a Sunday when the traffic is lighter and you might actually be able to enjoy yourself rather than feeling like you've just made a death wish. There is a scooter rental point on the corner of Via Varese and Via Milazzo near The

Beehive. Or better yet you can get the most out of your experience by doing a scooter (or bicycle) tour with **Scooteroma Tours** at www.scooteroma.com Beehive guests receive a discount.

***For more suggestions, check out "The Roman's Rome" section below or check out "Day Trips from Rome".*

ROME WITH KIDS

Is Rome a child friendly city? What can we do to keep our children entertained?

Most Italians will dote on your children especially infants or toddlers. Children are welcome anywhere including all restaurants. Try not to pack in too much in a day and for every adult activity, make sure there is an equal children's activity. For example, after you take in the Galleria Borghese, make sure to hit the **Explora Children's Museum** (not in league with other children's museums we've seen, but entertaining for the younger children nonetheless).

An interesting one of a kind diversion would be Rome's **Gladiator School** - for children 8+, history and basic gladiator techniques taught including a re-enactment. Can be booked directly through Viatour at <http://www.viator.com/tours/Rome/Roman-Gladiator-School-Learn-How-to-Become-a-Gladiator/d511-2466GLAD>

Rome also has quite a few public parks (see "Public Parks" under "Sites Worth Seeing"). The **Villa Borghese** park has pony rides, bicycle rentals (incl. "family" bicycles that can seat up to 4 and have power assist for going up hills - a must do for families) a small rowing lake, playgrounds, and a children's movie theater as well as the Casina di Raffaello, an educational children's center with wooden play structures outside. Each of the parks has a children's play area including the **Colle Oppio**, a large public park near the Colosseum.

There's a new **amusement park** at the Cinecittà film studios called Cinecittà World <http://www.cinecittaworld.it> There's also Rainbow Magicland outside the city <http://www.magicland.it> Please note that we're not a real amusement park family so have never been to either of these parks.

Puppet theatres have been a decades long amusement for Italian kids and there are two places where you can see them - Teatro San Carlino <http://www.sancarlino.it> in the Villa Borghese park every Saturday at 14:00 and 19:00 and Sunday at 10:00 and 19:00 and il Teatrino di Gianicolo on the Gianicolo Hill overlooking Rome with beautiful views. Puppet shows are every Saturday and Sunday at 10:30, 13:00, 16:00 and 19:00.

Teatro Verde at via Circonvallazione Gianicolense, 10 <http://www.teatroverde.it> is Rome's one and only **children's theatre** and has been around for nearly 30 years. They have performances every Saturday and Sunday and laboratories and workshops throughout the year.

Technotown is a space at the Vila Torlonia park for 8-17 year olds dedicated to new technologies. <http://www.technotown.it>

That said - Rome is not a very parent friendly city. What I mean by this is that you will find many of the play areas in parks not in very good condition and it is difficult to navigate the city in a stroller/push chair (if you have babies, consider bringing a wrap or other attachment style carrier which will make navigating public transportation a lot easier), elevators in the metro stations are non-existent and you won't find changing tables in the bathrooms and clean well accessorized bathroom are the exception, not the norm.

Do you have any recommendations for children's clothing or toy shops?

In my opinion, the best toy shop in Rome is **Citta del Sole** which has several locations near the Pantheon, Basilica Santa Maria Maggiore, and Prati the neighborhood near the Vatican. There are quite a few Italian artisanal objects that make great gifts for children depending on the age that are not necessarily toys such as paper products, leather bracelets, etc.

Il Posto delle Favole is a children's book and toyshop located nearest to us at Basilica Santa Maria Maggiore on via Merulana 39/40. <http://www.ilpostodellefavole.it>

There are a few dedicated **bookshops** for kids - the only one remotely near us is Giardino Incartato at via del Pigneto, 180. <http://www.ilgiardinoincartato.com> Otherwise there are children's sections at all the major Italian chain bookshops such as Libreria Mondadori and Feltrinelli.

For **young children's clothing**, I prefer the French brands such as Petit Bateau and Due Pareil au Meme as well as Spanish department store Zara. Italian children's clothing can be extremely pricey (see the lush Pinco Pallino on via del Babuino, 115 near the Spanish Steps or Bonpoint at Piazza di San Lorenzo in Lucina, 25 near

via del Corso) or have a lot of logos and designs on them. If you want a reasonably priced Italian brand, you might consider Benetton or Sisley located conveniently together at Termini train station and at other locations throughout Rome.

Do you offer babysitting services?

We don't offer a babysitting service, but can suggest **Angels Babysitting Services** which have been in Rome for many years. Their offices are at via dei Fienili, 98 and their phone is 06.6782877, 3386679718 E-mail: staffitaly@yahoo.co.uk Angels, an English owned agency, provides English speaking babysitters as well as nannies. The owner Rebecca is a friend of a mutual friend and our friend Amie of Ciao Bambino (www.ciaobambino.com) travels often to Italy, has used them for years and personally recommends them. There is also **Stella Cadente** www.agenziastellacadente.it 06 8543743 who have English, French and German speaking babysitters. Mylene (pronounced Milena) the owner is highly recommended by our friend Kiersten Miller of the baby gear and breastfeeding mother's shop, **The Milk Bar** at via di San Martino ai Monti, 34 near Basilica Santa Maria Maggiore.

Can we rent a stroller/pushchair, high chair, portable crib from you?

We can provide a portable crib for daily rental at €15 per day. We do not have high chairs or strollers/pushchairs available. For these and other items, please consider checking **Travel Baby** at www.travelbaby.it Their site is in multiple languages, payment can be made on-line and they will deliver to The Beehive.

THE BASICS

How do I use the public pay phone?

These are going the way of the dinosaur, but if you can actually find a public phone, you'll need to buy a Telecom Italia phone card (scheda/carta telefonica), break off the perforated corner and insert into phone. Instead, we recommend purchasing an international phone card which we have for sale at The Beehive's reception for a small fee or which you can purchase at newsstands or tobacco shops and use on The Beehive's public phone. Or you can forgo the card and go to a phone center.

Is the water safe to drink?

Yes - so bring your water bottles, save money and help reduce plastic waste. Lots of minerals in the water including high calcium content, but you definitely won't get sick from it. Brown street spigots called nasoni located throughout the city are great sources for filling up water bottles. The water from these fountains is natural spring water which comes from the hills surrounding Rome. Feel free to fill up your bottles from our sinks at The Beehive. Here's information and a video we made that shows how to drink from the nasoni: <http://www.cross-pollinate.com/blog/109/insider-tip-i-nasoni-di-roma/>

How and where do I mail a postcard?

Visit a tobacconist shop (tabaccheria/tabacchi) and buy stamps (francobolli) or stop by the post office at Termini or other post office stations throughout the city.

The name of the Italian postal service is Poste Italiane and is recognized by a yellow sign with the initials PT in blue. Italian mail service is terrible, so please do not send anything particularly valuable through the post. Costs are as follows (subject to change):

letter or postcard under 20g within Europe: €0.85

letter or postcard under 20g to US & Canada: €2

letter or postcard under 20g to Asia: €2

letter or postcard under 20g to Africa: €2

letter or postcard under 20g to Australia: €2.50

A tobacconist shop can be identified by the large "T" sign hanging above their doors. Costs are the same as the post office. Red post boxes are located outside of most tobacconist shops. The slot on the right is for destinations other than Rome. There is a post box (not a tobacconist) on Via Dei Mille just around the corner to the right of The Beehive. Generally, if we have a simple letter to mail, we prefer going to the tobacconist since there is no waiting like there is at the post office.

TRANSPORTATION & BAGGAGE STORAGE

Where can I catch the bus? How much are the tickets? How do I get from Point A to Point B?

Best bet is to go to Termini train station a major stopping off point for many city bus lines. The cost for a bus ticket is €1.50 and is valid for 100 minutes and can be bought at tobacconists (tabaccheria) or newsstands

(edicola). Don't forget to validate the ticket once you board the bus. Bus service is based on the honor system, and ticket inspections are random. Rather than worry about a possible €50 fine, it's just best to buy the ticket. Keep a few on you at a time or purchase a daily pass for €6, 3 day for €16.50 or 7 day pass for €24.00

If you're trying to get back to The Beehive by bus after 10:30pm/22:30 at night, locate bus signs with an owl on the top. These are the night buses. However, their running times are infrequent so depending where you're at it may be easier to take a taxi or walk. Take any bus with a final destination of Termini and from there it's a 5 minute walk to The Beehive.

One of the few city websites that actually works - the public transit site is extremely useful. Go to <http://www.atac.roma.it> and at Percorso input in the "Da" (From) section, Cinquecento. This is from the hub at Termini train station, which is close to The Beehive. Under "A" put in the address of your destination leaving out Piazza or Via, just the main name. It then tells you what buses or metros and the names of the stops to get to where you are going.

Where is the nearest Metro stop from The Beehive, Clover and Acacia?

Both metro lines (Line A/Red & Line B/Blue) stop at Termini train station. Metro lines start running at 5:30am and stop at 11:30pm (23:30) sometimes they shut down earlier on holidays.

I'm traveling by car. Where is the nearest place to park?

I'm afraid we do not have parking available at The Beehive. Street parking is very limited, but if you find it is €1.20 an hour from. Please make sure not to leave valuables or bags in the car as cars with foreign plates are especially targeted.

Parking near The Beehive, Clover & Acacia

- Termini train station - large open car park off of Viale Enrico di Nicola just in front of Termini train station.
- Autorimessa Tucci, 2 blocks from The Beehive on Via del Castro Pretorio 48 (there is a similar street nearby called Viale Castro Pretorio, but is a different street.) They charge €20 daily.
- Terminal Park - Via Marsala 30 - also near Termini train station, but an indoor garage. Rates for a small car start at €20 per day. You can also check out the website www.parcheggi.it for additional information on parking garages throughout the city.

How long does it take to get to Venice, Florence, etc.? How much does it cost?

***Please note that train times and costs are always changing.**

We recommend taking the fast trains when at all possible, but they are more expensive. Times below are based on taking fast trains. All trains are best booked in advance if possible to ensure you get a seat. Only Regional trains are with unassigned seating and tickets for Regional trains must be validated at the time/date stamp machines located before boarding the platform. Taking a slower train (IC or Regional train) can sometimes double or even triple your travel time, but costs about half. For example, a fast train to Florence from Rome takes 1.5 hours and can cost anywhere from €21-€75 one way depending on your date and time of departure while a Regional train generally costs €20, but takes 3.5 hours. You can view train times and prices at <http://www.trenitalia.com>

Venice:	3 hours 45 minutes
Milan:	3 hours
Florence:	1.5 hours
Pisa:	2 hours 50 minutes
Siena:	3 - 3.5 hours (switching trains in Chiusi or Florence)
Naples:	1 hour 10 minutes
Pompeii:	2.5 (switching trains in Naples)

Italy's national rail service is called Ferrovie dello Stato – FS for short. Fast trains, the Eurostar (ES), AltaVelocita (AV) or Frecciarossa or Frecciargento (ES/AV) is by reservation only. There are manned portable kiosks located throughout the station to purchase tickets as well as at the main ticket counter - or you can purchase at the self-service kiosks located throughout the station.

Cost of tickets varies and changes so your best bet is to check at Termini train station for the most current ticket prices or check out the FS website at <http://www.trenitalia.com/> You can check prices and train times at the green, white and red self-service kiosks located throughout the station that have multi-language options.

There is a new train service called ItaloTreno (accent on the "I"), and offers limited high speed service between Rome Tiburtina and Ostiense train stations, Bologna, Milano and Naples. <http://www.italotreno.it>

Can I store my bags at The Beehive? Can someone help me bring my bags to The Beehive?

You are welcome to leave your bags for the day on the day of check-out, but ask that you pick them up by 22:00. For longer storage, please make an inquiry to Linda at linda@the-beehive.com. We are happy to accommodate requests for longer storage, but only for those guests who will be staying with us on their return.

There are two baggage services which can both store your bags and bring your bags to The Beehive or to our offsite guest rooms for you. **KiPoint** is located at Rome's Termini train station as well as Milan's central train station and Florence's Santa Maria Novella station. They also offer a porter service if you need help getting your luggage on the train. They are the only official service at these stations.

Bags Free www.bags-free.com will not only store your bags for a small fee, but they'll come and collect them at any point in Rome (station, B&B, apartment, etc) and will deliver them to you where you need them next. Via del Castro Pretorio, 32, info@bags-free.com Phone: +39 3662676760, Hours: 08:00-20:00

How do I get to and from Fiumicino (FCO) airport or Ciampino (CIA) airport?

To FCO (Fiumicino), taking the train is the fastest way. Buy your ticket at Termini train station at the multi-language self-service kiosks or at the newspaper stands for €14. It takes 30 minutes to get to the airport by train. These trains start at 5:50am and leave every 30 minutes, but there are periods of the day when the train leaves every 15 minutes. The last train to FCO is at 22:35. **Don't forget to validate your ticket before boarding in the green and white time/date stamp machines located on the platforms. They do check tickets and you will be fined if it hasn't been validated.** Eurail passes are valid on these trains. The trains for the airport depart from platform 24, but please check this as it does change. Please note that for departures to the US or Israel, you will need to take a shuttle (Shuttle Express) once you arrive to the airport from the train to Terminal 5.

From FCO to Termini the train departs at 6:23am every 30 minutes, but there are periods of the day when the train leaves every 15 minutes. Last train from FCO to Termini is at 23:23.

To and from CIA (Ciampino) and also FCO, the least expensive way is by pullman bus. There are several services that arrive and depart from Termini train station or Piazza Indipendenza which is close to The Beehive including Terravision or Sitbusshuttle .www.terravision.eu and www.sitbusshuttle.com

Otherwise, by **private car service** is another option if you are leaving very early in the morning or with more than one person. We use a car service that charges Beehive guests flat rate of €45 for 1-3 people, €55 for 4-5 people, €65 for 6 people (an additional €5 between 9:30pm/21:30 and 6:30am) which to and from FCO is less expensive than the city taxis. Split between you and others in your party, this can be an economical and much more comfortable way of getting to the airport rather than dealing with the train or the bus. Advance booking is strongly encouraged as sometimes they are unable to accommodate last minute bookings.

Another option is a shuttle service. You can book directly on-line at <http://www.rome-airport-shuttle.com/>

THE DARK SIDE OF ROME

Is Rome safe?

We have written a blog post that goes into this question in detail at <http://www.the-beehive.com/blog/index.php/is-rome-safe/>

WHEN BAD THINGS HAPPEN TO GOOD PEOPLE

My bag/wallet was stolen. What should I do?

File a police report (*denuncia*) at the nearest police station (questura). Unfortunately, there won't be much they can do, but you'll need this document in order to obtain an emergency passport (if your passport was stolen)and/or to show to your credit card company if there are any unauthorized charges in the interim. Listed below are some emergency credit card block numbers:

Visa: 800 821001

Mastercard: 800 870866

American Express: 067290034

Diners: 800 864064

In addition, please let our reception know as we have been told that the police are beginning a program through the hotel association and we need to start providing them with information whenever this happens to one of our guests.

I don't feel well. Where should I go?

Pending availability, we sometimes have limited first aid supplies at The Beehive for headache, stomach upset, sore throat, cuts, etc. Please note that The Beehive does not take responsibility for any adverse reactions you might have to medications we give you. If you think this might be a concern, it would probably be in your best interest to visit a doctor or pharmacist instead.

You might try checking at a **pharmacy/chemist (farmacia)** first – look for the blinking green or red neon crosses. There are several located near The Beehive and some do have staff who speak medical English. Most Italians visit the farmacia first before heading to the doctor because they can offer limited medical advice.

For visitors needing medical service that is non-urgent, call **SOS Salute/Guardia Medica** at **06.64014750** or **06.570600** and they will send a specialist to your room. The service costs about €150.

If it's something more serious or urgent, go to the **emergency room (pronto soccorso)** at Ospedale Policlinico located a short taxi ride from The Beehive. Although you'll have to wait depending on the severity of your illness, it's free no matter what your nationality.

I took a taxi and I think I was overcharged!

Only ever take official white city taxis that are white with the red seal on the side that says "SPQR Comune di Roma" and has posted the rates to the airport on the side. Taxis start the meter at €3, Mon-Fri, 6am-10pm and at €6.50 from 10pm to 6am. Saturdays, Sundays and holidays from 6am-10pm the meter starts at €4.0. NB: If you call a taxi rather than picking it up from a taxi stand, the meter starts from when the call was made and not from when it actually arrived and picked you up.

Warning: Make sure the meter is set to "Tariffa 1" and not "Tariffa 2" - many taxi drivers are notorious for putting it on "2" or switching it to "2" sometime during the ride. I'm sure there are plenty of honest taxi drivers, but unfortunately, we have had this happen one too many times and feel compelled to warn our guests.

Please note these additional costs and discounts: first bag is free

- each extra bag larger than 35x25x50 cm is €1 extra
- there is a supplement of €2 for journeys starting at Termini station
- there is a supplement of €1 each for the 5th person and up
- 10% discount if you are going to a Roman hospital
- 10% discount for a woman traveling alone between 10pm and 6am
- 10% discount for young people leaving clubs and discos on Friday or Saturday nights provided that there is an arrangement with the taxi service and the nightclub.

In every taxi there should be a price list in several languages. Please note that taxi drivers at the train station are notorious for overcharging, but keep an eye out in any taxi you get into.

Please note that if you happen to leave a camera, phone or other items in the taxi - unless you remember the name of the taxi driver and his driver number (listed on a panel attached to the doors in the back) as well as the taxi cooperative that he/she belongs to (this number is on the outside of the taxi), it is not possible for us to help you recover your lost item. There are many, many drivers and many, many taxi cooperatives out there and not one central line.

TOURS, SIGHTSEEING AND NIGHT LIFE

When we visit a new city, we can't think of anything better than taking a quality tour with interesting and knowledgeable locals who want to share the love of their city to visitors. Why not learn as much as you can about the city you are visiting? In our opinion, it is money very well spent and with the majority of these companies, Beehive guests receive a discount. We highly recommend the following people:

Context Travel

www.contexttravel.com

Context Travel is a worldwide network of scholars offering exceptional, high quality, small group tours of no more than 6 people on a tour. We highly recommend their tours. Beehive guests receive a 20% discount. Promo code: The Beehive

Through Eternity

www.througheternity.com

Another long standing tour company that has slightly larger groups. Beehive guests receive a 10% discount.

Promo code: The Beehive

Walks of Italy

www.walksofitaly.com

Walk of Italy offers a wide range of tours in a variety of cities and areas throughout Italy. Beehive guests receive a 10% discount. Promo code: beehiveH10

Eating Italy

www.eatingitalyfoodtours.com

Fun food tours consisting of visiting various food shops and markets and tastings are included. You will not be hungry after one of their tours. Beehive guests receive a 15% discount. Promo code: Honey

Sketching tours w/Kelly Medford

www.kellymedford.com

Kelly Medford is a local and very talented plein-air artist with a wonderfully low key and engaging personality. You don't have to be an artist to take this tour – in fact, that's the point! Beehive guests receive a 20% discount. Promo code: Beehive

Scooterroma Scooter Tours

www.scooteroma.com

If you want to experience Rome by scooter (or bicycle) consider this company, which has received a lot of great feedback both from guests and the press. Beehive guests receive a special rate. Promo code: Beehive

Convivio Rome

www.conviviorome.com

Want to visit olive groves, vineyards and see the beautiful countryside of Rome, but don't have a car? No problem! A 40 minute train ride will take you into the beautiful area known as Sabina north of Rome. Australian born, Sally or her Roman husband Guido will pick you up and return you to the station. They offer olive oil and wine tours as well as cooking classes. Beehive guests do not receive a discount, but their tours are very reasonably priced.

Bike By Bus

www.bikebybus.com

A new company which was established to create jobs for youths with cognitive disabilities. You receive a folding bike directly at The Beehive (or your accommodation if you are not staying at The Beehive) on the day and time you require. These bicycles can be taken on all forms of public transport. Their website has various itineraries you can follow for self-guided tours of the city.

Beehive tip: In high season (March-October), it is recommended to book walking tours and museum reservations well in advance.

For a **bus tour**, try the ATAC city Open bus 110. This city owned bus is a huge, red, open, double-decker, air-conditioned bus that passes by about 80 of the more famous spots in the city. You can hop off and hop on at certain destinations. Tickets can be purchased in front of the train station on platform E in the main bus terminal. It's not a detailed tour as they won't give you any interesting information, but if you're tired and not up yet to walking around for 2-3 hours on a walking tour this might be the way to go (although walking is THE best way to really see the city). There is now a similar bus that goes to all of the major churches and basilicas and another that goes down the ancient Roman road, the Appia Antica called Archeobus.

How do I get to the catacombs? To the Tivoli Gardens?

For the catacombs:

Option 1: from Termini, take the 714 to Piazza S. Giovanni in Laterano, then switch to bus 218 and get off at the stop "Fosse Aredeatine"; the entrance is directly across from bus stop.

Option 2: take the metro B to Piramide, then from in front of the station take bus 118 and get off at the stop "Catacombe S. Callisto"

If you are short on time, we would not necessarily make a trip to the catacombs a priority as many people are disappointed by them: far away, no bones and obligatory tours that can be annoying. If you must go, check out the Catacombs of San Callisto (closed on Wednesdays).

To get to Tivoli:

Option 1: train from Termini station - about 1 hr. 15 mins. - €3

Option 2: Cotral bus (these are large blue buses) from Ponte Mammolo (metro line B) - between 40-70 mins depending on traffic - €2

Where are the nightclubs, bars? What is there to do at night?

By major metropolitan standards, Rome can seem a bit on the provincial side in regards to nightlife. But if you have to boogie the night away or your vacation is a bust, check-out our "Drinks & Dancing" section. Nightclubs are very expensive in Rome as there are admission or "membership" fees to get in plus high drink prices will set you back quite a bit of euro.

The Campo dei Fiori and Trastevere neighborhoods have many pubs and bars that cater exclusively to young tourists and those who are trying to hook up with young tourists - so if this is your scene and you like crowds, obnoxious drunks and possibly violent behavior - go for it, but the area for night life isn't recommended by us. The neighborhoods of Monti and San Lorenzo offer a lively nightlife (Monti is our preference and is near The Beehive and has options for people of all ages. San Lorenzo is geared more towards young, student-type locals.

For a truly Italian night out the great thing to do is to take a "passeggiata" meaning "a stroll". Either grab a gelato and take a leisurely walk or sit in a piazza with a glass of wine, prosecco (Venetian sparkling wine), franciacorta (Lombardian sparkling wine) or an Aperol spritz and people-watch. The lights at night truly enhance the beauty and romance of this city.

In the summer starting around mid-June and ending mid-September, there are tons of outdoor summer festivals for the Estate Romana (Roman Summer) which takes place every year at a variety of locations throughout the city. These festivals cost very little to enter and depending on the festival have food, drinks, live music, film, dancing, etc. In the summer, ask at reception for festivals taking place throughout Rome.

LEISURE TIME

I would like to go for a swim, a run, take a yoga class - where can I go?

Swimming pools are hard to come by that are conveniently located to the center of Rome. There are several large hotels outside of the center that make their pools available, but cost quite a bit of money to use and if you can do without during your time in Rome, your money could be better spent towards other things.

Going for a run in Rome is not that pleasant with the uneven sidewalks, cobblestone streets and tendency of drivers of scooters and cars to not really be on the lookout for runners (or pedestrians for that matter). The only fairly close green places to go for a run near The Beehive is the Villa Torlonia park, the Villa Borghese park, the Colle Oppio and the Circus Maximus which are not incredibly convenient if you just want to step out the door.

We no longer offer yoga at The Beehive, but please see the "Eco Rome" section in this guide for studios that offer drop-in courses including RYoga which is the studio closest to us by about a 10 minute walk.

How can I find out about events in Rome?

In Rome Now, www.inromenow.com Wanted in Rome www.wantedinrome.com and Buzz in Rome www.buzzinrome.com all offer lots of comprehensive information in English on things going on in the city.

BEEHIVE FAQ

Can I store my bags at The Beehive?

You are welcome to leave your bags for the day on the day of check-out, but ask that you pick them up by 10:00pm/22:00. For longer storage, please make an inquiry to Linda at linda@the-beehive.com. We are happy to accommodate requests for longer storage, but only for those guests who will be staying with us on their return. For more extensive information on various other baggage services, please look under the section "Transportation and Baggage Storage"

Do you have lockers/safes?

Our dorm room has small lockers (we provide the key) that can accommodate small valuables and a small back pack, but are not large enough for suitcases or large travel backpacks. Our Classic and Sweets rooms have safes that are large enough for a normal sized laptop. Clover and Acacia do not have safes.

Can we have an early check-in/late check-out?

Since our rooms are usually booked, we are unable to offer early check-ins or late check-outs. Our dorm, Classic and Sweets rooms are generally ready by 14:00 and check-out time is 11:00am. At Clover, rooms are ready by 13:00 and check-out is 10:00am and at Acacia, rooms are ready by 15:00 and check-out is 11:00am.

Can I cook at The Beehive?

We do not have kettles nor mini-fridges in the rooms and cannot allow food storage nor cooking in our cafe by guests. In our Sweets rooms, there is a small sitting/dining area where guests have access to a mini-fridge, kettle and can prepare cold food items, but there are no cooking facilities. If you require a self-catering kitchen, we ask that you consider reserving at our offsite guest rooms, Clover or Acacia which have a kitchen for guests' use.

I'm traveling with a bicycle, can I store it at The Beehive?

Guests are welcome to leave their bicycles in our garden, but bicycles cannot be stored inside.

Are your rooms quiet?

While we do our very best within our own walls to ensure things are quiet - our place is small so you can hear other people walking down the hall, opening their rooms, talking, etc. and we can't control any noise that comes from the outside including the noises of life in a city - garbage collection, people outside talking late at night, etc. The Beehive is very much like staying in a friend's house with the good and bad that can entail. We do our very best to ensure that you feel clean and comfortable, we give you the best information we have to ensure you get the most out of your stay, but we're not a custom built hotel with the soundproofing and other amenities that entails.

Is your neighborhood safe?

No one can guarantee the safety of anyone else. That said, you should exercise caution as you would in any other city with your belongings against pickpockets, while using your smartphone or camera and also while crossing the street as pedestrians are not given the right of way here. You'll discover Rome has the same kinds of big city problems as another major city: graffiti, litter and homeless people and beggars and you may in fact see this right upon exiting the central train station Termini and walking down the street to The Beehive. However, we have never had any problems nor have we ever had any guests report that they have had problems in our neighborhood.

Are you near the major sights?

The Beehive is about 20 minute walking distance to the Colosseum in one direction and the Spanish Steps in another and we are very close to Termini train station which is the main public transit hub with buses and metros that can get you to all parts of the city within 10-20 minutes for the places furthest from us. We understand you want to see the Colosseum, Piazza Navona and the Pantheon, but to truly get to know a city - consider digging deeper and away from the crowds - we are happy to point you to those areas of town and to the lesser known, but equally if not more fascinating museums and archaeological sites. Within a 10 minute walk from The Beehive are several important churches and museums that are often overlooked. You can find more information about sights near The Beehive on this blog post: <http://www.the-beehive.com/blog/index.php/whats-around-the-beehive/>

Is The Beehive wheelchair accessible?

Unfortunately, we are not wheelchair accessible - our basement lounge and cafe are several steps down with no elevator and our bathrooms were not designed for people with physical disabilities. For an excellent post on wheelchair accessibility in Rome read Howard Chabner's post at: http://www.globalaccessnews.com/rolling_in_rome__2012.htm

How did you two end up moving to Rome and opening The Beehive? How did you come up with the name "The Beehive"?

We're more than happy to give you the abbreviated version, but for a more detailed account - we have in the last years done various interviews and you can read or hear more about our story at <http://www.itats.org/a-beehive-in-rome/> or <http://www.realityabroad.com/2012/11/01/1492/>

As for the name, we thought of many very, very awful and laughable names before coming up with "The Beehive" (you'll have to pay us a lot of euro or pour us a lot of wine before we tell you what those other names were!) Linda thought of the name while lying in bed one night dreaming about this big adventure we were about to embark on and once she thought of it, we knew it would be a reality. We wanted a name that would evoke images of a place that was stylish and cute, but also cozy and comfortable, clean and sunny. We hope you agree that it works!

THANKS!!

We would like to thank our manager Yuli, our Clover & Acacia colleague Paolo Cassasa and our Beehive staff: Francesca, Gianluca, Lea, Luciano, Michela and Mina. Special thanks to Gillian Longworth McGuire, Tiffany Parks and Elise Cevetello for special contributions to this guide and to Jenifer Vinson, The Beehive's massage therapist extraordinaire.

And last, but certainly not least - we would like to thank YOU, our treasured Beehive guest, for giving us the motivation to keep doing what we are doing.

Revised December 2014