

TRAVEL ROME

(Including Day trip to Naples, Capri, Pompeii, Tivoli)



GENERAL INFORMATION- Rome (Roma) is the capital of Italy. It is the fourth most populous city in the European Union and largest in Italy. Rome contains a country which is Vatican City. Rome is one of the oldest continuously occupied cities in Europe and referred as “Eternal City”. It remained the capital city of Roman Kingdom, Roman Republic and Roman Empire. It is also known as birth place of Western civilization. Famous artists and architects, such as Bramante, Bernini and Raphael, resided for some time in Rome. Rome was the 11th-most-visited city in the world. Rome hosted the 1960 Summer Olympics. The city contains eight ancient Egyptian and five ancient Roman obelisks. The obelisks are in piazzas, such as in Piazza Navona, St Peter's Square, Piazza Montecitorio, and Piazza del Popolo.

HISTORY-Rome was founded in 753BC and its history spans more than two and a half thousand years. Since the 1st century AD, Rome has been considered the seat of the Papacy and in the 8th century it became the capital of the Papal States, which lasted until 1870. Rome was ruled by popes. The Bishop of Rome, called the Pope, was important since the early days of Christianity. The Bishops of Rome were also seen (and still are seen by some) as the successors of Peter, he being the first Bishop of Rome. The city thus became of increasing importance in the Catholic Church. Beginning with the reign of Constantine I (306 - 337 AD), the Bishop of Rome (later known as the Pope) gained political and religious importance, establishing the city as the centre of the Catholic Church. After the Sack of Rome in 410 AD by Alaric I and the fall of the Western Roman Empire in 476 AD, Rome alternated between Byzantine and Germanic control. In 756, Pepin the Short gave the Pope temporal jurisdiction over Rome and surrounding areas, thus creating the Papal States. In 1309 The Pope left Rome for Avignon, at the request of the King of France and returned in 1377. Rome remained the capital of the Papal States until its annexation by the Kingdom of Italy in 1870. With the fall of the monarchy and the creation of the Italian Republic in 1946, Rome again began to grow in population and became a modern city.

GEOGRAPHY- It is located on the River Tiber. The Rome was built on seven hills: the Aventine Hill, the Caelian Hill, the Capitoline Hill, the Esquiline Hill, the Palatine Hill, the Quirinal Hill, and the Viminal Hill.

CLIMATE-

MONTH	JAN	FEB	MAR	APR	MAY	JUNE	JULY	AUG	SEPT	OCT	NOV	DEC
HIGH	12	13	15	18	23	27	30	31	26	21	16	13
LOW	3	3	5	7	12	15	18	18	15	11	7	4

AREA- 1285Km²

POPULATION- 26, 45,900

CO-ORDINATES- 41°54'N 12°30'E

TIME ZONE- UTC+1 Summer UTC+2

AIRPORT- Leonardo da Vinci/Fiumicino International Airport (IATA: FCO)-Rome's main airport is modern, large, rather efficient and well connected to the city centre by public transportation. The airport is located 35kms from city of Rome. The airport covers an area of 15 square kilometres, and is linked to the city by train and by road. The ride by train lasts approximately 30 minutes and goes as far as the central railway station of Rome, Termini. Domestic flights depart from passenger station Terminal A, domestic and international flights from Terminal B and transatlantic flights from Terminal C.

ROME ATTRACTIONS & SIGHTS-



001-COLOSEUM-It is a huge elliptical building used for gladiatorial contests and public spectacles to entertain the public with free games. This building was built by Emperor Vespasian in 80AD. The elliptical building is 188m x156m and 48m high. The building was clad with marble with statues on the top of arches. The Coliseum is probably the most impressive building of the Roman Empire. Originally known as the Flavian Amphitheatre, it was the largest building of the era. The Coliseum had 80 arch entrances allowing easy access and with capacity of 50,000 to 70,000 people to sit. Above the ground are four stories, the upper story contained seating for lower classes and women. The lowest story was preserved for prominent citizens. Below the ground were rooms with mechanical devices and cages containing wild animals. The cages could be hoisted, enabling the animals to appear in the middle of the arena. In those days the games were a symbol of prestige and power and they were a way for an emperor to increase his popularity. Hundred-day games were held by Titus, Vespasian's successor, to mark the inauguration of the building in 80 AD. In the process, some 9,000 wild animals were slaughtered. The Colosseum was covered with an enormous awning known as the Velarium. This protected the spectators from the sun. It was in use for around 500 years with the last recorded games being held there as late as the 6th century, which is well after the traditional date of the fall of Roman Empire in 476. The monumental structure has fallen into ruin, but even today it is an imposing and beautiful sight. Gladiators were usually slaves, prisoners of war or condemned criminals. Most were men, but there were a few female gladiators. The gladiatorial games continued until Christianity progressively put an end to those parts of them which included the death of humans. Next to the Colosseum, towards Palatine Hill, is **The Arch of Constantine (Arco di Costantino)** erected to commemorate Constantine I's victory over Maxentius at the Battle of Milvian Bridge on 28 October, 312 AD. Dedicated in 315AD.



IN SIDE VIEW OF COLOSSEUM



ARCH OF COSTANTINE



002-TREVI FOUNTAIN - Trevi Fountain is the most famous and the most beautiful fountain in all of Rome. This impressive monument dominates the small Trevi Square. The Trevi Fountain is situated at the end of the Aqua Virgo, an aqueduct constructed in 19 BC by Agrippa, the son-in-law of Emperor Augustus. The aqueduct brings water all the way from the Salone Springs (approx. 21km from Rome) and supplies the fountains in the historic centre of Rome with water. In 1732, Pope Clement XII ordered to create a large fountain at the Trevi Square to replace the existing fountain. The Trevi Fountain was only inaugurated in 1762. The fountain is against a wall of the Palazzo Poli. It measures 20mx26m. The central figure of the fountain, is Neptune, god of the sea. He rides a shell-shaped chariot pulled by two sea horses. Each sea horse is guided by a Triton. One of the horses is calm and obedient, the other one restive. They symbolize the fluctuating moods of the sea. On the left hand side of Neptune is a statue representing Abundance, and on the right represents Salubrity. Above the two allegorical statues are bas-reliefs. The one on the left shows Agrippa, the general who built the aqueduct that carries water to the fountain. Water flows over artificial rocks into a large semi-circular basin that represents the sea. Every day some eighty million litres of water flow through the fountain. The water is reused to supply several other Roman fountains, including the Fountain of the Four Rivers, the Tortoise Fountain and the Fountain of the Old Boat in front of the Spanish Steps. A traditional legend holds that if visitors throw a coin into the fountain, they are ensured a return to Rome.



ROMAN FORUM



ARCH OF SEPTIMUS SEVERUS

003-ROMANUM FORUM-This fountain is located between the Coliseum & Vittorio Emanuele II Monument in Piazza Venezia, the Forums were the heart of the late Roman Republic and of the Roman Empire. It was the centre of activity and it was the political heart of Rome until the fall of the Roman Empire more than one thousand years. It was the site of the first forum. Here, triumphal processions took place, elections were held and the Senate assembled. Today here are remains of many buildings from different periods are visible; the forum has many temples, basilicas and triumphal arches.

i- Three Triumphal Arches were built on the forum. They were used by emperors to commemorate their victories. The first one, constructed by Augustus in 29 BC and has no remains. The second **Arch of Titus**, built in 81 AD, commemorates the victory in the Jewish War. It is located at the Via Sacra on the eastern side of the forum. The third one, near the Capitoline Hill, stands the **Arch of Septimius Severus**. It was built in 203 AD to commemorate the victory over the Parthians.

ii- The Curia was the location where the senate assembled. The rectangular brick building could seat up to two hundred senators.

iii- The Rostra was a speaker's platform, originally built in the fourth century BC at a nearby location.

iv- The First Temple Of Saturn was built during the last years of the Etruscan kingdom. It was inaugurated at the beginning of the republic in 497 BC. The current ruins date from 42 BC.

v-Temple of Vespasian and Titus dedicated to both Titus and Vespasian. The temple had a hexagonal plan with a large cella



CURIA



TEMPLE OF SATURN



TEMPLE VENUS & ROME



(sanctuary) with statues of the two emperors.
vi- Temple of Castor and Pollux - The original temple was built in 484 BC, Only three pillars remain of the temple.
vii-The Temple of Antoninus and Faustina was built in 141 AD by Emperor Antoninus Pius to honour his deceased wife Faustina.

viii- Basilica Julia-a building used as the seat of the court of civil jurisdiction built by Julius Caesar in 54BC.

ix- The Basilica Aemilia is the oldest basilica at the forum, originally built in 179 BC. The purpose of the basilica was to provide a sheltering place so that many of the businesses and administration.

x- The circular temple of Vesta dates back to the fourth century BC.

xi- Temple of Divus Romulus- Opposite the House of the Vestal Virgins is the circular Temple of Romulus, built in the fourth century AD.

xii- Temple of Venus and Rome- This structure is near the Colosseum and measures 100mx145m built in 135AD by Emperor Hadrian. The temple was dedicated to Roma, the personification of the city and Venus, mother of Aeneas. The building contained two sanctuaries with statues of the goddesses, each located at one side of the temple. Part of the sanctuaries dedicated to Roma is still standing today.

004-ARCH OF CONSTANTINE-It was built in 315AD, to commemorate the victory of Constantine's army over the numerically superior army of Maxentius at the Battle of Milvian Bridge in 312 AD brought some peace to the Roman Empire. The archway is 85ft x 69ft with three arches. The statues at the top were taken from the Forum of Trajan. They depict Dacian captured soldiers, defeated by the Trajan army. The frieze shows the army of Constantine driving the troops of Maxentius into the Tiber. Constantine believed that his victory over Maxentius was the result of the help of the Christian god. As a result, during Constantine's reign persecution of Christians ended and Christianity became the official religion in the Roman Empire. He also moved the capital of the empire from Rome to Constantinople in 325 AD.

005-PANTHEON-The name Pantheon refers to the building's original function as a temple for all the gods. The Pantheon, was built by the Roman's in 125 AD as a pagan temple. It is the best-preserved and most beautifully proportioned of Rome's ancient monuments. The circular building has been in continuous use throughout its history. Since the 7th century, the Pantheon has been used as a Christian Church. The temple building is the more than forty-three meter high dome. It was the largest dome in the world until 1436 when the Florence Cathedral was constructed. At the top of the dome is a large opening, the oculus, which was



the only source of light. In order to support it without proper reinforcement as is common today, the thickness of the walls was gradually decreased as the height increased. At the base very thick, 20ft walls were constructed. At the top of the dome, a lighter type of concrete was used and near the oculus it is only 7.5 ft thick. The front portico has three rows of columns; the first row has eight columns while the other two have four each. The portico's sixteen huge, sixty tons weighing columns were quarried in Egypt. They were transported all the way to Rome using barges and vessels. The columns, each one with a diameter of 1.5 meters. A huge bronze door gives access to the cylindrical building. Its diameter equals the interior height of 43.3 meters. The Pantheon now contains the tombs of the famous artist Raphael and of several Italian kings. The Pantheon borders the Piazza della Rotonda, a rectangular square with at its centre an eighteenth-century fountain crowned with an obelisk. The constantly crowded square is situated in the historic centre of Rome, not far from the Piazza Navona, one of Rome's most beautiful squares.



006- CASTEL SANT' ANGELO- Castel Sant' Angelo was originally built by Emperor Hadrian as a mausoleum and housed the remains of Hadrian and his successors up to Caracalla. Construction of the mausoleum started in 123 AD and finished in 139 AD. The building consisted of a square base 89m on which a cylindrical colonnaded drum with a diameter of 64 meters was constructed. The drum was covered with an earthen topped with a statue of Hadrian driving a quadriga. It is situated on the right bank of the Tiber River and connected to the city by a bridge known as Ponte Sant Angelo. From time to time the building uses were changed. In 1277 it was acquired by the papacy that used the building as a refuge in case of danger. A secret corridor connects Castel Sant' Angelo with the Vatican. The corridor was used by pope Clement VII and his Swiss Guards to take refuge from army during the sack of Rome in 1527. The papal apartments in the Castel Sant 'Angelo feature beautiful rooms decorated with many frescoes. Below the apartments are several floors which include prisons and even a torture chamber. A spiralling corridor, part of the original mausoleum, leads to the lower levels of the building. At the top of the fortress stands a statue of an angel, statue depicts the archangel Michael. Now is National Museum of Castel Sant' Angelo.



007-CIRCUS MAXIMUS- The Circus Maximus was the largest stadium in ancient Rome. Popular chariot races were held here for almost a millennium. At one point the Circus could seat 2, 50,000 people, one quarter of Rome's population. First track was built in 6th century BC by the fifth King Tarquinus Prscus. The Circus Maximus was used for chariot races with quadrigaes, pulled by four horses. Trajan in 103AD built The Circus by stone which was three stories high and the lower part was built in marble stone. It was 600mx150m. Today only the layout of the original circus can be seen in what is now a large grassland.



008-PIAZZA DI SPAGNA (Spanish Steps)- Piazza di Spagna is one of the most popular meeting places in Rome. It is also one of the most visually pleasing squares. The combination of a monumental staircase, an obelisk and a beautiful French Church. The Spanish Square is connected to Trinità dei Monti Church on the top of a hill via long staircase with 138 steps built by French King to reach the Church. At the foot is the square in a triangular shape. The square is named after the Spanish Embassy to the Holy See, who used to reside here. In Spring the steps are particularly wonderful when the ramps of the staircase are covered with flowers.



FONTANA DELLA BARCACCIA

I- Fontana Della Barcaccia- In front of the Spanish Steps stands the Fontana della Barcaccia, which shows a flooded boat at the centre of a basin, was inspired by the flooding of the Tiber in 1598, when a small boat stranded here after the water subsided.

ii-The Trinità Dei Monti is a beautiful French Church located on a hill overlooking the small piazza della Trinità dei Monti, church was built by French King Louis XII.

iii- The Obelisk just in front of the church was originally located in the Gardens of Sallust and in 1788 it was relocated here.

iv- Colonna Dell' Immacolata- It is on the southeast part of the square, topped with a statue of Virgin Mary. Also in Piazza di Spagna, at the corner on the right of the steps, is the house where **English poet John Keats** lived and died in 1821. It is now a museum dedicated to his memory (at 26 Piazza di Spagna).



009-PIAZZA DEL CAMPIDOGLIO (CAPITOLINE SQUARE)- Piazza del Campidoglio is one of Rome's most beautiful squares contains three buildings, designed in the sixteenth century by Michelangelo and laid out between two summits of the Capitoline Hill. Nowadays it is headquarter of the Italian Government. The grandiose, slow rising staircase that leads from the bottom of the Capitoline Hill to the piazza is known as the Cordonata. The two lions in basalt that flank the foot of the Cordonata are authentic Egyptian statues. The two large classical statues of the Dioscuri Castor and Pollux that adorn at the top. At the centre of the square stands an equestrian statue of the Roman Emperor Marcus Aurelius. Piazza del Campidoglio is bordered on three sides by elegant buildings. The central one a clock tower is Palazzo Senatorio (Palace of Senators with monumental double staircase and statues of Nile and Tiber). To the right is the Palazzo dei Conservatori (Palace of the Conservators-Magistrate who administered the city) and to the left its mirror image, Palazzo Nuovo (New Palace has the art collections open to public and is the first public museum). On piazza del Campidoglio you can also find the famous statue of She-wolf with the twins (Romulus and Remus).



PALAZZO DEL CONSERVATORI



PIAZZO NUOVO



PIAZZA DEL POPOLO



OBELISK & SYMETRICAL CHURCHES



FONTANA DELLA DEA DI ROMA



010- PIAZZA DEL POPOLO- Piazza del Popolo is a large pedestrianized square that is a nice place to sit and rest as well as for its interesting architecture. It is a harmonious oval square situated near the Borghese Park. Three churches border the square but the eye-catcher is an ancient obelisk from Heliopolis, Egypt.

i-Porta Del Popolo-A large gate to enter the city via Via Flaminia road. The gate is decorated by Bernini in 1655.

ii- Obelisk-The 73 feet tall obelisk stood at the Sun Temple in Heliopolis around 1300BC of Ramesses II. The obelisk was transported during the reign of Augustus to Rome in 10BC. In 1589 the obelisk was moved from Circus Maximus to the centre of the square as part of urban plan of Sixtus V. There are four Egyptian Lions around the obelisk and the fountains.

iii- Fountains-On the western end is **Neptune Fountain** and shows Neptune with Tritons. Opposite the Neptune Fountain near the Pincio garden is **Fontana della dea di Roma (Fountain of the goddess of Rome)**. The central figure is the goddess Rome, flanked by allegorical figures representing the rivers Tiber and Aniene. Below the goddess is a statue of a she-wolf, suckling Remus and Romulus, founder of Rome.

iv- Symmetrical Churches-They are situated on the southern end of the square on either side of Via del Corso which leads to Piazza Venezia. The churches, the Santa Maria dei Miracoli and the Santa Maria in Montesanto were commissioned by Pope Alexander VII in 1658. The churches are not identical but a smaller oval dome for Santa Maria in Montesanto and a circular dome for the Santa Maria dei Miracoli.

V-Santa Maria Del Popolo- It was built in 1477 at the site of an eleventh-century chapel. The church contains many impressive works of art, including Rome's oldest stained-glass windows.

011-FOUNTAINS OF THE FOUR RIVERS AT NAVONA SQUARE- The centerpiece of Rome's beautiful Navona Square is the Fontana dei Quattro Fiumi (Fountain of the Four Rivers), one of the most famous fountains in the Eternal City. The fountain was created by Gian Lorenzo Bernini, one of the most celebrated sculptors in history. Four giant statues symbolize what were considered the world's four greatest rivers: the Nile (Africa), the Ganges (Asia), the Danube (Europe) and the Rio (America). Each statue also represents one of the four continents that were known at the time. The fountain culminates in a tall obelisk that rests on a large plinth. The tip of the obelisk reaches a height of 115 ft. The obelisk is a Roman version and at the top rests a pigeon, symbol of Pamphilj family to which the Pope was related.



012-PIAZZA NAVONA- The Piazza Navona is situated in the historic centre of Rome, west of the Pantheon .The piazza follows the plan of an ancient Roman circus, the 1st century Stadium of Domitian built in 86AD, where the Romans came to watch the games. The piazza marks the area for the races in the stadium. It was defined as a square around the 16th century. It is a large square that features many Baroque attractions, trio fountains, including largest fountain by Gian Lorenzo Bernini's famous Fontana dei Quattro Fiumi (Fountain of the Four Rivers, 1651) in the centre of the square; the church of Sant'Agnese in Agone. Other highlights include the Fontana di Nettuno (1574), located at the northern area of Piazza Navona; and located at the southern end of the piazza, the Fontana del Moro (1576), although the central statue of a Moor holding a dolphin, was added in the 17th century. The church of Sant'Agnese in Agone , it was commissioned in 1652 by Pope Innocent X. The front facade of the Baroque church was designed by Borromini, Bernini's main rival. Construction started just two years after the completion of Bernini's Fountain of the Four Rivers, right in front of the building. The church was completed in 1670.



013- VICTOR EMMANUEL MONUMENT (MONUMENTO NAZIONALE A VITTORIO EMANUELE II) - Victor Emmanuel was the main person in the movement for a united Italy which was proclaimed in 1861. He was the King of Sardinia and victor over the Austrian army in Lombardy. He defeated Papal army with the coalition of Garibaldi army. Located on the northern slope of Capitoline Hill. Inaugurated in 1911, at the fiftieth anniversary of the kingdom and completed in 1935. It is also called the Altar of the Nation, the monument built with sparkling white marble from Botticino in the province of Brescia. It is decorated with numerous allegorical statues, reliefs and murals, created by artists from all corners of the country. The monument is 260ft x 390ft with stairs leading up to a massive colonnade. Two fountains, allegorical representations of the two seas that border Italy. The left one depicts the Adriatic Sea and the right one is the Tyrrhenian Sea. At the centre of the monument is the 39ft long colossal equestrian statue of Victor Emmanuel, the 'Father of the Nation'. It rests on a pedestal decorated with allegorical reliefs representing Italian cities. At the foot of the statue is the Tomb of the WWI Unknown Soldier, inaugurated in 1921. The upper section of the monument consists of a massive curved colonnade with 50ft tall columns. Inside, the colonnade is decorated with murals and the frieze on top is adorned with statues that symbolize the regions of Italy. Two bronze quadriga crown the monument, each with a statue of a winged Victory. The quadriga on the right represents freedom, while the one on the left represents unity. Inside the monument are large rooms; half of those are used for exhibitions. The other half houses the Museo centrale del Risorgimento, a museum dedicated to the history of the unification of Italy. The top of the monument is also connected to the Capitoline Sq.



014-BATHS OF CARACALLA- The Baths of Caracalla was the largest bath complex in the world when it was completed in 217 AD, during the reign of Emperor Caracalla. The baths were functional for over 300 years. The red-brick ruins of the Baths were enormous buildings, with huge frescoed vaults covering the massive rooms. This huge 27 acre large complex housed bathing facilities could accommodate more than 1600 people. Construction of the Baths of Caracalla started in 212 AD and the complex was completed in five years. It was built during the reign of Emperor Caracalla. The Baths were to improve the cleanliness and health of its citizens, but the thermae were places where Romans came to socialize, gossip and relax. The ritual of bathing was a long process. The Baths of Caracalla was known for its rich interior which featured marble seats, mosaic covered walls and floors as well as fountains and statues. A complex water distribution system ensured a constant flow of water from the Aqua Marcia aqueduct. Below the main buildings were two levels, the upper one was used for services and heating the water, the lower one was used for water drainage. The baths were fully functional until 537 AD when Goths destroyed the aqueduct.



015- ROMAN AQUEDUCTS-The Roman aqueducts stand today, more than two thousand years later, as a testament to the engineering genius of the ancient Romans. Aqueducts moved water through gravity alone, being constructed along a slight downward gradient within conduits of stone, brick or concrete. These massive structures not only boggle the human mind as to how they were constructed but their function and reliability are still a modern marvel. In fact, some aqueducts remain operational to this day. Three such arches, visible to the general traveller in Rome are the Porta Maggiore, the Arch of Drusus, and Nero's Aqueduct. The Roman aqueducts not only provided drinking water for the Romans but indoor sewer systems that carried water away from the city and also supplied the bath houses with ample water. The entire system relied on various gradients and gravity to maintain a continuous flow. The water rushed from higher ground via the ducts and emptied into giant cisterns in the city. These cisterns then distributed the water through lead pipes which reached most of the city. One of the reasons the Aqueducts are visible above ground is that the Romans were known for efficiently getting sources from one point to another in the least amount of time and distance. This helps explain the monumental archways and bridges of the Aqueducts we see traverse throughout the city. Rome had several springs within its perimeter walls but its groundwater was notoriously unpalatable; water from the river Tiber was badly affected by pollution and waterborne diseases. The Aqua Virgo was one of the eleven Roman aqueducts that supplied water to the city of ancient Rome. The Aqua Virgo was completed in 19 BC by Marcus Agrippa, during the reign of the emperor Augustus. Along its more-than-20 km length, the aqueduct dropped only 4 m to reach Rome in the centre of the Campus Martius. At its height, the aqueduct was capable of supplying more than 1,00,000 cubic meters of water every day. The aqueduct ran underground for nearly all of its length.



016-PIAZZA DELLA ROTONDA-The Piazza della Rotonda is a piazza (city square) in Rome. The square gets its name from the Pantheon's informal title as the church of Santa Maria Rotonda. The Pantheon borders the Piazza della Rotonda, a rectangular square with at its centre an eighteenth-century fountain crowned with an obelisk. The constantly crowded square is situated in the historic centre of Rome, not far from the Piazza Navona, one of Rome's most beautiful squares.

DAY TOURS FROM ROME-

ROME-NAPLES=226 Kms

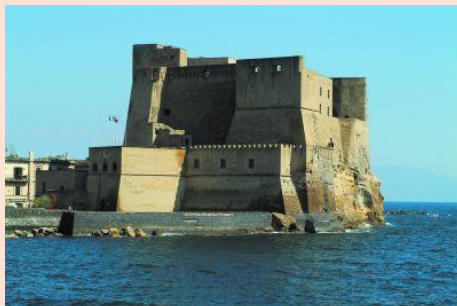
TOUR- Day Trip of Naples and Capri takes about 13 hours from Rome.

TOUR- Day Trip of Tivoli- It is a 7 hours day trip from Rome and about 30 kilometres from Rome.

TOUR- Day Trip of Pompeii and Mount Vesuvius. Pompeii is 150 miles south of Rome, fairly close to Naples and well within a long day trip. From Rome to Naples - Take the special (2h21m) train from Termini or the regular (1h10m) train to Naples Central Station.

NAPLES-Naples is the third-largest municipality in Italy, after Rome and Milan. Naples has a total of 448 historical churches, making it one of the most Catholic cities in the world in terms of the number of places of worship. The city's main railway station is Napoli Centrale, which is located in Piazza Garibaldi. Naples is connected by train service by Regional Trains and High Speed Trains. High Speed Trains are Italo and Freccia Rossa. The trains running at almost 300 km/h, reducing the journey time to under an hour. The Autostrada A1, the longest motorway in Italy, links Naples to Rome (226Kms) and trip takes about two hours. Cruise ships dock at Stazione Marittima, a large terminal located right in the city centre, near Piazza Municipio. The port of Naples runs several public ferry, hydrofoil and SWATH catamaran services, linking numerous locations. They are Capri, Ischia and Sorrento, and Salerno, Positano and Amalfi. Once in Naples, one can board boats to Capri from two ports: Molo Beverello and Calata di Massa. Molo Beverello is located, in the Piazza Municipio, almost directly opposite the city's 'Maschio Angioino' castle, whilst Calata di Massa is situated circa a kilometre to the east (facing the sea). A complimentary shuttle services links the two ports. Hydrofoils depart from Molo Beverello Ferries and fast ferries all depart exclusively from Calata di Massa. Hydrofoils are faster and slightly more expensive than ferries. Single tickets from Capri to Naples cost circa 18.00 euro. Ferry tickets cost approximately 13.00 euro.

SIGHTS & ATTRACTIONS IN NAPLES-



001-CASTEL DELL'OVO AT PORTO SANTA LUCIA (EGG CASTLE) - Castel dell' Ovo stands on the islet of Megaride, two rocks linked by a large bridge which leads straight into Via Partenope, the beautiful promenade where the most luxurious hotels in the city are situated. From the terraces of the Castle you can enjoy a breath-taking view of the coast, which offers tourists a unique panorama of the city.



002-CASTEL NUOVO (MASCHIO ANGIOINO) - It is the main symbol of the architecture of the city. The imposing single-sided white marble triumphal arch, built in 1470, commemorates Alfonso of Aragon's entry to Naples in 1443. It stands between two western Towers of the Angevin castle. The castle was constructed due to change of capital from Palermo to Naples during the reign of Charles I of Anjou. The construction was started in 1279 and completed in 1282. The castle is today the venue of cultural events and also houses the Municipal Museum. A tour of the museum takes us from the Armoury Hall, the Palatine or Saint Barbara Chapel, the first and second levels of the southern courtyard and the Charles V Hall and the Sala della Loggia which are to host

exhibitions and cultural events.



003-SANT'ELMO CASTLE (STAR SHAPE) - Castel Sant'Elmo is a medieval fortress located on a hilltop near the Certosa di San Martino. During the Spanish vice-royalty (1504-1707) the castle, called St. Elmo Sant'Ermo Church and then is transformed into a defensive fortress. The building in the current configuration, star-shaped, began in 1537 and in 1538 is placed on the entrance portal the inscription, surmounted by the coat of arms of Charles V with the Habsburg double-headed eagle. Since 1860 Saint Elmo Castle was used as a military prison until 1952. Subsequently, the fort is passed to the military property until 1976. Now the Museo del Novecento, dedicated to 20th-century Neapolitan art. Standout works include Eugenio Viti's sensual *La schiena* (The Back) in Room 7, Raffaele Lippi's unnerving *Le quattro giornate di Napoli* (The Four Days of Naples) in Room 9, and Salvatore Cotugno's striking, untitled sculpture of a bound, wrapped, muted figure in Room 17.



004- PIAZZA DEL PLEBISCITO- The Piazza del Plebiscito is the most monumental and most central square in Naples. The place is decorated in the middle of two equestrian statues, the one is Charles of Bourbon (1734-1759) and the other is Ferdinand I. Located in the historic centre, between the seafront and Via Toledo, with an area of about 25 000 square meters. The square is surrounded by important historical buildings of the city they are- Basilica of St. Francis of Paola; Royal Palace; Building Salerno; Palace of the Prefecture.



005- NAPLES NATIONAL ARCHAEOLOGICAL MUSEUM- This museum has one of the world's best collections of Greek and Roman antiquities, including mosaics, sculptures, gems, glass and silver, and a collection of Roman erotica from Pompeii. Many of the objects come from excavations at Pompeii and other nearby archaeological sites. The museum was founded by Charles III of Spain in 1750.



006- ROYAL PALACE OF NAPLES-It was used by Bourbon Kings during 1730-1860. In 1734, with the arrival of Charles III of Spain to Naples, the palace became the royal residence of the Bourbons. Built around 1600 when Naples was under Spanish rule, it was not completed for two centuries. Inside, a beautiful double staircase leads you up to the royal apartments which these days house the palace's museum of furnishings and etc. The Palazzo Reale also houses the national library which contains thousands of papyrus scrolls found at Herculaneum and the remains of a 5th century Coptic bible. The palace is situated on the elegant Piazza Plebiscito, the largest square in Naples. The palace makes up one side of this square, alongside the domed church of San Francesco di Paolo and the elegant curve of Doric columns.



007- GALLERIA UMBERTO I- The Galleria Umberto I was at the end of the 19th Century (1887-1890) built and is an imposing structure with four arms made of iron and glass with a beautiful and immense dome (36 meters high) in the middle. The style of the gallery is similar to the style of the Galleria Vittorio Emanuele in Milan. It is located opposite the Teatro San Carlo. The main entrance, which goes in the direction of the Teatro San Carlo, is the most elegant and the most beautiful entrance to the gallery; he is decorated with friezes, statues and marble niches.



008-SAN FRANCESCO DI PAOLA-It is located at the centre of modern Naples. San Francesco di Paola, on the piazza, is a huge domed church. Palazzo Reale, the Royal Palace, is across the square (closed Wednesdays). The church was built in 1836 by Pope Gregory XVI. The Church reminds in its shape to the Pantheon in Rome .The facade is divided by a portico resting on six columns and two pillars. Inside you can visit the restored rooms and royal apartments and visit the roof garden where there are good views of the bay. The interior of the church is a rotunda decorated with a diameter of 34 meters, this surround 34 columns in the Corinthian style with a height of 11 meters, carrying the 53-meter-high central dome.



009-DUMO-The Duomo is a 13th century Gothic cathedral dedicated to Naples's patron Saint, San Gennaro. A huge festival is held when a vial of his blood is taken out of its storage place in hopes that it will liquefy. On one side of the duomo is the 4th century Basilica Santa Restituta (the oldest church in Naples) with columns believed to be from the Temple of Apollo, good ceiling frescoes, and archaeological remains from the Greeks to the middle ages. The 5th century baptistery has good 14th century Byzantine-style mosaics. Naples Duomo.



010-CENTRAL FUNICULAR-Funicular, inclined railways, take you up the hill to the Vomero district where you'll find fabulous views, Castel Sant'Elmo, and Certosa and Museum of San Martino. Funiculare Centrale, one of the longest in the world, leaves from Via Toledo by Galleria Umberto. The other two are Funicular di Chiaia and Funiculare di Montesanto. The Central Funicular is one of the longest funicular lines in the world, and with over 10 million passengers carried annually. From the top to bottom the line is 1,270 meters long, but ascends 170 meters in altitude, the entire route takes four minutes and twenty seconds.



011-REGGIA DI CAPODIMONTE – This palace, ordered by Charles of Bourbon and built in 1738, dominates the whole city and has a wonderful view of the Bay of Naples. The building had a dual role, as a museum and as a royal residence, right from the start. The Reggia's wood, the splendid setting for the sovereigns' hunts, still has about 4000 varieties of centuries-old trees.



012-TEATRO DI SAN CARLO-This is an opera house in Naples. It is located adjacent to the central Piazza del Plebiscito, and connected to the Royal Palace. Opera House was inaugurated on 4 November 1737 it can seat up to 1380 people.



013- IMMACULATE FONTANA - FONTANA DELL'IMMACOLATELLA- It is located between Via Nazario Sauro and Via Partenope at the beach promenade of Santa Lucia and near the Castel dell'Ovo. The baroque fountain of grey and white marble is the work of Michelangelo, Bernini and Pietro Naccherino and was built in 1601. Three of small columns arches lined determine the structure of the monument. The little fountain with the shape of a chalice is carried by marine animals and takes the place of the central arch.



014- CERTOSA OF SAN MARTINO- The Certosa di San Martino was built starting since 1325 Consecrated in 1368, was dedicated to St. Martin, St. Bruno, the Virgin Mary and all the Saints. It was a monastery complex, now a museum with a display of Spanish and Bourbon era artefacts. The Castle Sant'Elmo that stands beside the building and most visible landmark of the city as it is located on the top of Vomero Hill.



015-NAPOLI METRO ART STATIONS- Public art project has transformed 13 metro stations into works of art, with the most recent on Via Toledo. The city government with a view to make the urban area's public transport centers more attractive and to give everyone a chance to get an up-close look at prime examples of contemporary art. Not only do these stations function as underground galleries, but they are architectural feats that stand alone as works of art. Toledo Metro Station-The latest station, Metro Toledo, which is situated under one of Naples' main shopping streets. It is at 50 meters deep, the station extends below the ground water and is the deepest metro station built on Line 1 to date. It was designed around the theme of water and light with mosaics.

CAPRI- Capri is an island in the Tyrrhenian Sea. It is a 10.4Km² in area with 12,200 population. Marina Grande is the main harbour and the other is Marina Piccola. Capri has twelve churches and seven museums and monuments. Capri is known for the Grotta Azzurra (Blue Grotto). It is the most visited attraction in Capri. There are no cars on the main part of Capri. Boats call at Marina Grande, from where a funicular goes up to Capri town. From Anacapri, a chair lift takes passengers to the top of the island and boats leave for the Blue Grotto. From Naples, the ferry takes 80 minutes, and the hydrofoil 40 minutes. From Sorrento, the ferry takes about 40 minutes while the hydrofoil takes about 20 minutes. Boats arrive in the morning and leave after lunch (3–4 pm). Once in Naples, you can board boats to Capri from two ports: Molo Beverello and Calata di Massa. Molo Beverello is located, in the Piazza Municipio, almost directly opposite the city's 'Maschio Angioino' castle, whilst Calata di Massa is situated a kilometer to the east (facing the sea). A complimentary shuttle services links the two ports. Hydrofoils depart from Molo Beverello Ferries and fast ferries all depart exclusively from Calata di Massa. Hydrofoils are faster and slightly more expensive than ferries. Single tickets from Capri to Naples cost circa 18.00 euro. Ferry tickets cost approximately 13.00 euro.

SIGHTS & ATTRACTIONS AT CAPRI-



001-BLUE GROTTA (GROTTA AZZURRA)-The Blue Grotto is a sea cave on the coast of the island of Capri. Sunlight, passing through an underwater cavity and shining through the seawater, creates a blue reflection that illuminates the cavern. The cavity is approximately 60 meters long and 25 meters wide and 150metres deep with sandy bottom. The roof of the entrance is situated approximately 1 meter above the level of the sea and, for this reason, passengers are obliged to lie down in the boat whilst passing in to the cave. The boatman sets down his oars and manoeuvres the boat inside with the aid of a chain attached to the vault of the entrance. The blue colouring of the Grotta Azzurra is created by the daylight which enters via an underwater opening located immediately below the entrance to the cave. The light is filtered by the water which absorbs the red tones, leaving only the blue ones to pass into the cave. The interiors of the cave are at their bluest between 12.00 and 14.00 hours. It is easily reached by boat by a 10 minute journey from Marina Grande. Then, all of a sudden, the cavern fills with a flickering blue and silver light and the sound of Neapolitan songs.



002-MONTE SOLARO, ANACAPRI - Monte Solaro, which, soaring 589 meters above sea level, is the highest and most panoramic point on the island. The bus from Capri stops only few meters away from the entrance: get off when the driver calls out "Anacapri" and climb up the steps which you'll find opposite the stop. If you decide to walk up to the summit, you can expect to take anything between an hour and an hour and a half. The easiest way to get to Monte Solaro is by chairlift. The journey to the summit of Capri's mountain takes just 12 minutes. Take the chairlift from Piazza Vittoria in Anacapri.





003-FRAGLIONI- Faraglioni was sculpted by the wind and sea, and home to rare plants and wildlife, stand Stella (Star), Faraglione di Mezzo (in between) and Scopolo. These three rocky stacks, rising from the azure Tyrrhenian Sea, are collectively known as the Faraglioni. The windblown sea swirls into the Faraglione's underwater hollow, before erupting, showering down onto the rocks. The Scopolo sea stack provides the unique habitat for the *Podarcis sicula coerulea*. The rock is, in fact, the only place in the world where you can find this lizard, the blue colour of which is said to be the result of the amphibian's vicinity to the sea and sky. The average height of the Faraglioni is 100 meters. The Faraglione di Mezzo is characterized by a central cavity, large enough to allow for the passage of a small boat.



004-VILLA JOVIS- Villa Jovis, built in the first century B.C. and attributed to Tiberius, was chosen for its position on the cliff's edge which guaranteed both privacy and security, of vital importance to the Emperor. Tiberius's Villa extended over 5500 square meters and was built up on various levels. At the end of the avenue which leads to the villa there is the famous "Tiberius's Leap", place where, according to local legend, disobedient servants and undesired guests were hurled over the cliff by order of the Emperor.



005-LA PIAZZETTA- In any Italian town, the "Piazza" is a significant spot, being the hub of social life, where one engages in the "national sports" of relaxing, socializing, and looking. Visitors arriving in Capri, generally take the Funicular (a cableway) from the port to the terrace near the "Piazzetta". The journey up through the island, and the marvellous view from the top, are great moments to catch holiday snapshots of this breathtakingly beautiful island. The four famous bars are surrounded by palaces restored in the Seventeenth Century, including the Cerio Palace, dating back to the Thirteen Hundreds and the Angevin era. Here are Clock Tower (Torre dell'Orologio), Bell Tower of Saint Stephen's Cathedral, and Emperor Tiberius' Villa Jovis. On south-east side are- Town Hall/Episcopal Palace, Palace to Saint Stephen's Cathedral, remains.



006-FUNICULAR, ISLE OF CAPRI -Built in 1907, the Funicular is a cableway connecting the port of Marina Grande, to the Piazzetta, at the city centre. The trip, which lasts for three minutes, affords staggering views of the island. Departing from the port, the view is crowned by surrounding hills. As the car winds its way up the mountain, houses, vineyards and citrus groves. The view expands into unforgettable panoramas, wide valleys, sheer cliffs, lush flora, blue bays with beaches nestled into the rock, set into a sparkling sea, and the gulf of Naples.



007-PORT OF MARINA GRANDE- The charming seaside Port of Marina Grande, encompassed by two narrow arms or quays. Commercial travellers and tourists arriving from the continent on hydrofoils, arrive west of the port, whilst, sailing boats, luxury yachts and other vessels lie at anchor to the East. Here, a Tourist Office, the departure point for the tour of the island, and the port authority office, behind which there are the ticket offices for all the navigational companies, and the island's buses and funicular train. A taxi stand and the funicular train station are located to the left of the docks, as are a series of restaurants, bars and souvenir shops.



008-PORT OF MARINA PICCOLA- This harbour is encompassed by two narrow arms or quays, borders the picturesque town of Capri. Marina Piccola is located on the southern side of the island of Capri. It is near the Faraglioni sea stacks to the southeast.



009-SUNRISE- If one take the early ferry from Naples (the one at 6.45AM), then travel to Capri, the sun rises over the mountains. The sky turns from deep violet to pink to orange to gold. It is an amazingly beautiful sight, certainly worth waking up at the odd hour.

TIVOLI-Tivoli is a historic hill town city in the Lazio region of Italy, and is one of the most popular destinations for daytrips from Rome. It is a 7 hours day trip from Rome and about 30 kilometres from Rome. Trains from Roma Tiburtina station take just over an hour. They are hourly or more frequent. Buses serve Tivoli from the Ponte Mammolo metro station on Rome's Line B. The bus also stops near Hadrian's villa. Tivoli is situated on the Aniene River to the east of Rome, in the Monti Tiburtini hills where the climate is fresh. For this reason, the area was popular from ancient times onwards with Rome, rich people, built summer retreats in the area. Modern Tivoli has around 50,000 inhabitants. In the suburb of Bagni di Tivoli, on the plains below the town centre, it is still possible to bathe in natural thermal springs. The fourth century BC town wall is still visible, as are temples from the second century BC. Tivoli's top attractions are undoubtedly the magnificent and historical Villa d'Este and Hadrian's Villa (Villa Adriana).

SIGHTS AND ATTRACTIONS AT TIVOLI-



001-VILLA D'ESTE, TIVOLI- Reaching the town of Tivoli is easy, and Villa d'Este is in the town center. It is located a mere, two-minute' walk from the bus stop (follow the chain of souvenir stalls).Closed on Mondays. From Rome, take a Metro/bus combination. Ride Metro line B to Ponte Mammolo, and then take the local blue Cotral bus to Tivoli (3/hour).For Villa d'Este, get off in downtown Tivoli, near the central square and the big park with amusements. Cross the road and follow



signs (for about a block) that lead to the villa.

Ippolito d'Este's grandfather, Alexander VI, was the pope, probably the only reason Ippolito became a cardinal. Ippolito's claim to fame, by his pleasure palace at Tivoli. In the 1550s, Ippolito destroyed a Benedictine monastery to build this fanciful palace. Like Hadrian's Villa, it's a large residential villa. But this one features hundreds of Baroque fountains, all gravity-powered. The Aniene River, weaves its way entertainingly through the villa. At the bottom of the garden, the exhausted little streams once again team up to make a sizable river. The cardinal had a political falling-out with Rome and was exiled. With this watery wonderland on a cool hill with fine views, he made sure Romans would come to visit. It's symbolic of the luxury and secular interests of the cardinal. It occupies a stretch of hillside below the town of Tivoli, with spectacular views over the plain towards Rome. The building is lavishly decorated with frescoes, reliefs and internal fountains. The most striking part of the Villa d'Este, however, is a terraced extravaganza of shady trees and show stopping fountains at the terraces. For a long time in the 18th and 19th Centuries the gardens were allowed to fall into a state of decay, but they were taken over by the Italian Government at the beginning of WWI and have gradually been restored to something close to their original splendour. All the most eye-popping fountains have been put back in operation, and — with the exception of the two highest jets of the central fountain, which are electric-powered — everything still operates on natural hydraulics. A new terrace restaurant has been installed on the highest level of the garden, offers tourists the chance to enjoy a meal or refreshments while enjoying the views over the gardens.

A number of paths and steps lead down through the formal slopes to panoramas and fountains. The Rometta is a tribute to Rome; a water feature which incorporates recreations of the city's monuments; the Bicchierone fountain is a later addition by Bernini; the Ovato is an atmospheric fountain backed by a nymphaeum. Other highlights include the Fountain of the Dragons, a many-breasted sculpture of Diana, the long path of the Hundred Fountains and the massive cascade below the Water Organ. A number of the novelty fountains are activated during the day, with times displayed at the entrance. At the Fountain of the Owl, birds warble until a model owl appears to scare them into silence, while the Water Organ periodically offers musical entertainment to visitors.

002-VILLA ADRIANA- Country retreat of the Emperor Hadrian and about equal in area to the old city of Pompeii. Located down the hill back towards Rome. Hadrian's Villa (Villa Adriana in Italian) is a large and awe-inspiring archaeological site outside Rome. This is the spot chosen by the Emperor Hadrian for a huge palace. His luxurious complex included a theatre, libraries, a stadium, many water features, thermal baths, servants' quarters and underground supply tunnels. The emperor who built a wall across Britain was an educated, complex and interesting soldier, and his countryside palace, even in ruins, provides fascinating insights into his





world. It is thought that Hadrian modelled parts of his palace on sites he knew and admired throughout his empire, from Athens to Egypt. Hadrian visited every corner of the vast empire, from Britain (where he built Hadrian's Wall), to Egypt (where he sailed the Nile), to Jerusalem (where he suppressed a Jewish revolt), and to Athens (where he played backgammon). He beautified Rome with the enduring Pantheon, his tomb (Castel Sant' Angelo), and this villa, a park filled with copies of his favourite buildings from around the world. Hadrian's was the largest and richest Roman villa anywhere. He spent his last 10 years on this estate. Hadrian's Villa was built at the peak of the Roman Empire. The emperor Hadrian, who ruled from A.D. 117 to 138, sought refuge here from the political complexity of court life in Rome. The Spanish-born Hadrian was an architect, lover of Greek culture (nicknamed "the Little Greek"), and great traveller. Hadrian's Villa was a complex of over 30 buildings, covering an area of at least 1 square kilometre (c. 250 acres).

One of the first stops of the villa is a little pavilion which houses a 1950s plastic model of the villa, giving visitors an idea of the original appearance of the site.

One of the most striking and best preserved parts of the Villa are a pool and an artificial grotto which were named **Canopus** and **Serapeum**, respectively. Canopus was an Egyptian city where a temple (Serapeum) was dedicated to the god Serapis. An interesting structure in the villa is the so-called "**Maritime Theatre**". It consists of a round portico with a barrel vault supported by pillars. Inside the portico was a ring-shaped pool with a central island. During the ancient times, the island was connected to the portico by two drawbridges. On the island sits a small Roman house complete with an atrium, a library, a triclinium, and small baths. The area was probably used by the emperor as a retreat from the busy life at the court.

The villa utilizes numerous architectural styles and innovations. The domes of the steam baths have circular holes on the apex to allow steam to escape. This is reminiscent of the Pantheon, also built by Hadrian. The area has a network of underground tunnels. The tunnels were mostly used to transport servants and goods from one area to another.

POMPEII-

GENERAL INFORMATION- Pompeii is an excavation (It: scavi) site and outdoor museum of the ancient Roman settlement. This site is considered to be one of the few sites where an ancient city has been preserved in detail - everything from jars and tables, to paintings and people were frozen in time. In the year 79 AD, Italy's Mt. Vesuvius erupted with superheated ash that rained fiery death on several Roman cities nearby. But none was hit harder than vacation town Pompeii, which was buried in a thick layer of broiling ash in a matter of seconds. Pompeii wasn't hit without warning. The volcano had been erupting for almost a day before the deadly ash rushed into the city on winds that estimated to have been 9000C. By that time, about more than 20,000 people had already fled. Those who remained were the holdouts, the unlucky, and probably many people who were too poor to travel elsewhere. Indeed, the city had been emptying out for nearly two decades after a devastating earthquake (also caused by Mt. Vesuvius) hit it in 62 AD. That quake had reduced a lot of the city to rubble. Many homes were still in ruins at the time the ash hit, which indicates that a lot of residents left after the earthquake and never came back. Pompeii, founded as early as the 7th century BC, is in a beautiful region of Italy. So the city was a resort town, and many of its villas and apartments were obviously designed for wealthy visitors. It had plenty of public spots for parties, including a

generously-sized brothel, here are found a lot of hilariously obscene graffiti. There were also public baths, an arena, gladiators' barracks, restaurants, and even a hotel. The Pompeii was a walled city. That ash killed over 3,000 people instantly and buried the town, which was eventually forgotten. But 1,800 years later, explorers and archaeologists discovered Pompeii again. The disaster that had wiped out this bustling town also preserved it. Beneath layers of muddy ash was a snapshot of everyday life in a Roman town, complete with bank receipts, graffiti, "for rent" signs, public mosaics depicting extremely graphic sex, and penis decorations on street corners. The objects buried beneath Pompeii were well-preserved for almost two thousand years. The lack of air and moisture allowed for the objects to remain underground with little to no deterioration.

Many of the buildings in the most modern parts of town were two stories high, with big, floor-to-ceiling windows on the second floors open to the air.

There was an elaborate system of pumps for distributing running water throughout the city, it was one of the Pompeii's impressive aspects is how abundant water was. In this well-plumbed city, lead pipes funnelled water from an aqueduct-fed reservoir at the high end of town directly to neighbourhood water tanks. With the tanks installed just below the level of the reservoir, gravity did the work — and ensured good water pressure. Fountains provided a social centre at street intersections, and a steady stream of water flushed the chariot-rutted streets clean. Pompeii's citizens enjoyed relaxing at its impressive public baths and many houses had heat created by sending hot air through hollows in the walls and under the floors.

The most famous aspect of Pompeii's ruins is no doubt the hundreds of plaster casts that archaeologists have made of the volcano's victims. When the ash poured down over the city, people were killed instantly, in the exact poses they struck when they noticed their impending doom. As their bodies decomposed, they left perfectly-formed hollows in the ash.

Pompeii was found to be full of erotic art and frescoes, symbols, and inscriptions regarded by its excavators as pornographic. Even many recovered household items had a sexual theme. It is unclear whether the images on the walls were advertisements for the services offered or merely intended to heighten the pleasure of the visitors. As previously mentioned, some of the paintings and frescoes became immediately famous because they represented erotic, sometimes explicit, sexual scenes. Prostitution was overwhelmingly an urban creation. Within the brothel it is said prostitutes worked in a small room usually with an entrance marked by a patchwork curtain. Sometimes the woman's name and price would be placed above her door. Sex was generally the cheapest in Pompeii. Pompeii Suburban baths contains graffiti full of incredibly detailed paintings of different sexual positions. Early Pompeian excavations revealed that there were 35 brothels for 10,000 people or one brothel for 71 male adults. There have been 134 graffiti transcribed from the Lupanar at Pompeii. The presence of this graffiti served as one of the criteria for identifying the building as a brothel. Visuvius - Vesuvius with a train/bus/hike journey. You start by riding a rickety but reliable commuter train from Naples or Sorrento (because it circles under Vesuvius, the train is called the Circum-vesuviana). From the Pompeii stop, a shuttle van takes you up the volcano to the end of the road. From there, it's a steep 30-minute hike to the desolate, lunar-like summit. Belly up to the crater's edge. Steaming vents are a reminder that while Vesuvius is quiet today, it's just taking a geological nap. The last eruption was in 1944. A hike around the crater's lip comes with spectacular vistas of Naples, its sweeping bay and Pompeii. Mount Vesuvius is inaccessible from November 1 till March 8. Pompeii is about 8 km away from Mount Vesuvius.

HOW TO REACH-

Pompeii - Pompeii is 150 miles south of Rome, fairly close to Naples and well within a long day trip. Pompeii itself is on the far (south) side of Naples from Rome. Pompeii has its own train station almost opposite the main gates of Pompeii itself and the trains are frequent (2 an hour) to Naples Station where the Rome trains arrive. The only aspect to note is that the train from Naples to Pompeii is a different train company to the main Italian Railways that run the Rome to Naples trains so you cannot buy a through ticket.

From Rome to Naples - Take the special (2h21m) train from Termini or the regular (1h10m) train to Naples Central Station. After arriving in Naples, go down the escalator to the Circumvesuviana and buy a ticket to Pompeii Scavi. The line to Pompeii goes from Naples to Sorrento.

From Naples to Pompeii-On the Circumvesuviana Napoli-Sorrento line it takes 30 to 40 minutes to get to Pompeii from either Naples or Sorrento. Circumvesuviana trains run from the same station that the Rome trains arrive at (Central Station) in Naples but confusingly although part of the same complex the platforms the Circumvesuviana trains run from are called Garibaldi Station.

Get off at "Pompeii Scavi". At the station, you can leave your bags, or leave them for free at the ruins (pick up by 7:20PM). The entrance to Pompeii is about 50m away from the station and there's a Tourist

Information office further down the street. Note that walking the old Roman stone roads can be quite exhausting, especially in the heat of summer with loads of fellow tourists about. Everyone will be walking on cobblestones and uneven ground. The temperature is between 32 and 35c in the summer. Make sure to take plenty of water and watch your step as the old roads have grooves in them where the carts ran.

ATTRACTIONS & SIGHTS-



i-The amphitheatre.-This is in the most easterly corner of the excavated area, near the Sarno Gate entrance. It was completed in 80BC, measures 135 x 104 metres and could hold about 20,000 people. It is the earliest surviving permanent amphitheatre in Italy and one of the best preserved anywhere. It was used for gladiator battles and spectacles involving wild animals.

ii-The Great Palaestra (Gymnasium)-This occupies a large area opposite the Amphitheatre. The central area was used for sporting activities and there was a pool in the middle. On three sides are lengthy internal porticos or colonnades.



iii-House of the Vettii- It contains many frescoes. In the vestibule there is a striking fresco of a well-endowed Priapus, God of Fertility and among the frescos in other parts of the building are illustrations of couples making love, of cupids and of mythological characters. This house has been closed to the general public for the last 10 years.

iv-House of the Faun-This is named after a statue of a dancing faun found on the site.

v-Forum-This was the centre of public life. It was surrounded by many of the important government, religious and business buildings.

vi-Temple of Apollo- This is to the north of the Basilica on the western side of the Forum. It has the oldest remains discovered, with some, including Etruscan items, dating back to 575BC, although the layout we see now was later than that.



vii-Theatre- Theatre built in the hollow of a hill for acoustic advantage; it seated 5,000.

viii-Lupanar (Brothel) - The Roman word for brothel was lupanar, meaning a wolf den, and a prostitute was called a lupa. The Lupanar (VII, 12, 18–20) is located approximately two blocks east of the forum at the intersection of Vico del Lupanare and Vico del Balcone Pensile. An ancient brothel with pornographic frescoes over the entrance to each room, presumably indicating the services on offer. Even allowing for the smaller size of ancient Romans the beds seem rather small. The erotic paintings seem to present an idealised vision of sex. The Lupanare had 10 rooms, a balcony, and a latrina. Here inscriptions reveal some pricing information for various services, on the walls.



ix-House of the Ancient Hunt- Attractive, open-style house with many frescoes of hunting scenes.

ROME SHOPPING AREAS & MALLS-



001-SPENISH STEPS –The area near the Spanish Steps are located the most important names of Italian fashion streets-

i-Via dei Condotti (starts from Piazza di Spagna Road) –find here Bulgari, Armani, Hermès, Cartier, Ferragamo, Battistoni.

ii-Via Borgonona (starts from Piazza di Spagna Road & parallel to Via dei Condotti) – find here Fendi, Laura Biagiotti, Gai Mattiolo, Dolce & Gabbana.

iii-Via Frattina(starts from Piazza di Spagna Road & parallel to Via dei Condotti).-find here Tiffany, and Versace.

iv- The streets of Via dei Coronari, Via Giulia, Via Margutta,

Via del Babuino and Via del Pellegrino are concentration of Art galleries, restaurants and antique shops.



002- NEAR VATICAN CITY-The main street is Via Cola di Rienzo. Here there are numerous boutiques, including Trussardi, Tommy Hilfiger, Energy, Jiesel Jeans, Miss Sixty, Armani, Benetton and Brandy. The most important department store in this street is Coin. Other streets are **Via Cola di Rienzo, Via Ottaviano, Viale Giulio Cesare, Via Candia.**



003-MALL OF PORTA DI ROMA-Opened in July 2007, it is one of the largest and most modern centres of its kind in Europe. With 220 shops, a hypermarket, a multi-screen cinema seating 2500 people and parking for 7000 vehicles, it attracts over 13 million visitors a year.



004- PIAZZA VENEZIA TO PIAZZA DEL POPOLO ON VIA DEL CORSO - Via del Corso are shopping area, here are also international fashion brands like Benetton etc.



005-PARCO LEONARDO SHOPPING CENTRE-This shopping centre is located near the Leonardo da Vinci Airport and is one of the biggest malls in Rome. Its modern architectural design is both attractive and functional, hosting over 200 stores and shops, and many other conveniences to entertain adults and children. This mall also hosts a large movie theatre with 24 screens showing films well into the night. Visit the shopping centre's website for more information on the hours of operation and list of stores.



006-LA RINASCENTE- The store carries such fashion brands as for All Mankind, Burberry, Cachare, Caractère, Class, Roberto Cavalli, and Denim by Victoria Beckham, Diesel, French Connection, Guess, Marc by Marc Jacobs, Chloé and True Religion. Cosmetic brands include Laura Mercier, Ahava, Bulgari, Burberry, Calvin Klein, Chloé, Roberto Cavalli, Clinique, Dior, Dolce & Gabbana, Donna Karan, Estée Lauder, Versace, Giorgio Armani, Gucci, Jennifer Lopez, Lacoste, Lancôme, MAC, Marc Jacobs, Michael Kors, Miss Sixty, Moschino, Ralph Lauren, Stella Mc Cartney and Tommy Hilfiger. Home and decoration brands offered are Alessi, Bellora, Bossi, Carrara, Casapoggesi, DeLonghi, Guzzini, Kenwood, Seletti and Villeroy & Boch.



007-COIN-With locations throughout Italy, Coin offers a selection of products for men, women and children. Accessories, beauty, home decoration and footwear are the main departments here, all offering prestigious brands. The Cola di Rienzo stores has an in-house MAC cosmetics boutique. Coin is the most upscale of three chains belonging to the same company: Coin, Upim, OVS Industry.



008-UPIM ("UNICO PREZZO ITALIANO MILANO") - One of the first chains of large Italian department stores, offers a wide variety of clothing for the whole family at low prices. There is also a large choice of perfumes. The home department, Upim Casa, offers products for the bathroom, kitchen, dining room and garden furniture, in this section. Nice styles at affordable prices. Stores throughout the city in residential areas.



009-OVS INDUSTRY- A department store that offers contemporary style at low prices. The Baby Angel line, is aimed at a young audience and offers up to the minute fashion. The extensive children's section offers good quality for the price. There is also a small section of housewares. Located throughout Italy, with stores in Rome's residential neighborhoods and in all the malls.