

— **Guidester** —

**VOSS ITALY  
ADVENTURE**

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Rome, Naples, Pompeii

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# Guidester

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# ROME

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## The Yellow

Via Palestro 49, Rome, 00185, Italy

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# A Brief History

The heart of Italy, from ancient to modern times, has always been the city of Rome. Located in the region of Lazio, Rome's origins are traced by legend to Romulus and Remus, twin sons of Mars, the god of war. According to Roman mythology, the brothers disagreed over where to locate the new city. Each brother stood on one of Rome's seven hills, and six vultures circled over Romulus, signaling Mars' favor. Thus, on April 21, 753BC, the city that is now a world icon was founded. What began as a rural settlement quickly evolved into a bustling city that was strengthened by diverse influences. Building temples in the style of the Etruscans and incorporating key elements of Greek culture, Rome grew to become a republic around 509 BC and an empire by the end of the BC period.

The Roman Empire enjoyed a magnificent and expansive rule and oversaw the building of the Colosseum, the Baths of Caracalla and the Aurelian Walls. At its peak, the city of Rome had an estimated population of 1-2 million residents. Rome was, at that point, the largest city in the world, dominating the entire Mediterranean region and ultimately leaving lasting influences on every aspect of European life, from language and government to medicine and sports. But, in the never-ending turmoil of the ancient world, change was inevitable. The Roman Empire was weakened by a declining population, plague, and political unrest. In 476 AD, the Emperor Romulus Augustus was deposed by the barbarian Odoacer, marking the fall of the Roman Empire and a transition into a new era.

While other areas of Europe rose to prominence in culture and commerce, Rome suffered a decline over the next several centuries. From the fall of its empire in 476 until approximately 1,000 AD, a period known as the Early Middle Ages, Rome was in ruins. Its rebirth would not eventuate until the High Middle Ages and the event of the Renaissance.





During the 9th and 10th centuries, the strength of the Papacy had been growing throughout Europe. By the time of the Renaissance in the late 13th century, the Vatican was a strong influence on both art and religion. During the Renaissance, scores of talented artists traveled to Rome to serve the papal court. From the frescoes of Michelangelo, Raphael and Sandro Botticelli in the Sistine Chapel to Michelangelo's architecture in St. Peter's Basilica, many of the most stunning artistic contributions of the Renaissance were created in Rome. The patronage of the church was responsible for the reemergence of the city to its former glory.



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# Things To See & Do

	DESCRIPTION	HOURS	PRICE \$	LOCATION
<p><u>The Colosseum</u></p> 	<p>Now a mere shell, the Colosseum still remains ancient Rome's greatest architectural legacy. Vespasian ordered the construction of the elliptical bowl, called the Flavian Amphitheatre, in A.D. 72. At its peak, under the Domitian, the Colosseum could seat 50,000. The two best ways to skip the line for getting tickets is to purchase online or by booking a guided tour.</p>	<p>Daily: 8:30am- 7:15pm</p>	<p>€12/adult</p>	<p>Piazza del Colosseo</p>
<p><u>Roman Forum/ Paletine Hill</u></p> 	<p>The Broadway of ancient Rome, the Forum was built in the marshy land between the Palatine and Capitoline hills. It flourished as the center of Roman life in the days of the Republic before it gradually lost prestige to the Imperial Forums and was eventually stripped bare during the Middle Ages. The Palatine Hill offers a stunning view of the Forum. </p>	<p>Daily: 8:30am- 7:15pm</p>	<p>€12/ adult</p>	<p>Via della Salaria Vecchia, 5/6</p>
<p><u>Arch of Constantine</u></p> 	<p>Right next to the Colosseum stands the Arch of Constantine, the most recent of the three remaining imperial triumphal arches in Rome (the other ones are the nearby Arch of Titus and Arch of Septimius Severus). The arch of Constantine was erected to celebrate Constantine's victory over Maxentius.</p>	<p>24/7</p>	<p>Free</p>	<p>Forum area</p>

**+ 35 MORE**



# Dining

	DESCRIPTION	CUISINE	HOURS	PRICE \$	LOCATION
<a href="#"><u>Forno Campo di Fiori</u></a>	Simple neighborhood restaurant with good pastas and local dishes. Located in quaint Campo dei Fiori area.	Traditional Italian	Daily: 7:30am-2:30pm & 4:45pm-8pm	€	<a href="#"><u>Vicolo del Gallo, 14, 00186 Roma, Italy</u></a>
<a href="#"><u>Fortunato al Pantheon</u></a>	Frequented by politicians of many persuasions, the comfortable tables are not crowded and the service is friendly. The menu is classic Italian cooking, and everyday there is a list of the chef's suggestions that offer simpler dishes like meatballs with artichokes. There is a good wine list and tables set outside.	Traditional Italian	Daily: 11:30am-11pm	€€	<a href="#"><u>Via del Pantheon, 55, 00186 Roma, Italy</u></a>
<a href="#"><u>Ditirambo</u></a>	This small restaurant near Campo dei Fiori is lively and inviting with its beamed ceilings and stone arches. The good varied menu combines Roman specialities with cheese fonduta (fondue) and slivers of black truffles.	Traditional Italian	Daily: 12:45pm-3:15pm & 7pm-11:30pm	€€	<a href="#"><u>Piazza della Cancelleria, 74-75, 00186 Roma, Italy</u></a>
<a href="#"><u>Il Convivio di Troianai</u></a>	Regarded as one of the best restaurants in the city, it is a place for special occasions with its elegant rooms and beautiful tableware. Most of the great wines are present on the wine list and Massimo is happy to suggest different glasses of wine to go with each dish ordered.	Traditional Italian	Daily: 8pm-11pm	€€€	<a href="#"><u>Vicolo dei Soldati, 31, 00186 Roma, Italy</u></a>



**+ 10 MORE**

 Shopping

	DESCRIPTION	HOURS	PRICE \$	LOCATION
<b>Campo dei Fiori</b>	Colorful market with vibrant shops and set-ups held every morning. Great souvenir shop called Gormet Sourvenirs.	Mon - Fri: 7:40am-8pm Sat: 7:40am-6pm Sun: Closed	€	<u>Piazza Campo de' Fiori</u>
<b><u>Porta Portese</u></b>	This is the main flea market in Rome held at the back of Trastevere quarter. Here you'll find a bit of everything (including the occasional stolen item), though you may not find a real bargain.	Sunday: 5am-3pm	€	<u>Landstraßer Hauptstraße 1B,</u> 1030 Wien, Austria
<b><u>Polvere di Tempo</u></b>	This intriguing shop is a good place to pick up gifts; take your pick from lovingly crafted hourglasses, globes and pill boxes, based on 16th- to 18th-century designs, as well as jewellery and leather-bound books.	Mon-Fri: 10am-8pm Sat: 9:30am-6pm Sun: Closed	€€	<u>Kärntner Straße 19,</u> 1010 Vienna, Austria
<b><u>Fabriano</u></b>	Fabriano makes stationery sexy, with deeply desirable leather-bound diaries, funky notebooks and products embossed with street maps of Rome. It's perfect for picking up a gift, with other items including beautifully made leather key rings (€10) and quirky paper jewelry by local designers.	Mon-Fri: 10am-8pm Sat: 9:30am-6pm Sun: Closed	€€	<u>Kärntner Straße 29-31,</u> 1010 Vienna, Austria

**+ 3 MORE**

# Nightlife & Entertainment

	DESCRIPTION	HOURS	PRICE \$	LOCATION
<b>Il Gocchetto</b>	The best wine bar in central Rome. It also has a fantastic by-the-glass selection, with around 50 bottles on the go at any one time – and they change often enough for you to never get bored. The décor in the 15th-century interior is all dark wood, subdued lighting, exposed ceiling beams and bottle-lined shelves.	Daily: 10am-12am	€€	Via dei Banchi Vecchi, 14, 00186 Roma, Italy
<b><u>L'Oasi della Birra</u></b>	Range of Italian and international ales. A cavernous underground space has an Alpine decor and beer-bottle-lined walls. Upstairs is altogether more Roman, with wines filling high wooden shelves and rickety wooden tables being congenially shoved back and forth by passing waiters as they struggle to hitch bottles down for clients.	Daily: 4:30pm-12:30am	€€	<u>Piazza Testaccio, 38/41, 00153 Roma, Italy</u>
<b><u>Cavour 313</u></b>	Right near the Roman Forum and Colosseum. The sober decor, mahogany bar front and shelves, cool marble floor, brass fittings, serves to focus one's attention on the glass in hand, which you can choose from a few, nicely varied mescita (by-the-glass) options and over a thousand different bottles.	Daily: 12:30pm-3pm & 7pm-12am	€€	<u>Via Cavour, 313, 00184 Roma, Italy</u>
<b>Piazza Navona</b>	Piazza Navona is one of the most famous and arguably the most beautiful of Rome's many squares. The large and lively square features no less than three magnificent fountains.	24/7	Free	<u>Piazza Navona, Roma</u>

**+ 6 MORE**

# Cultural Guide

## Transportation

Rome is an extremely chaotic city so make sure to always be alert as drivers and pedestrians alike will show no quarter for you while crossing the street or gawking at an attraction.

### Metro

The Roman metro system isn't the greatest in the world but it's cheap and will get you from point A to point B. You will need to purchase a ticket in one of the machines before boarding the metro, although you will find no one hardly ever checks your ticket.

### Bus

It is advisable not to mess with the bus system. Far too complicated. Best to just stick to walking and other means of transportation.

### Taxi

Expensive, but useful if the metro is closed and you are far from your hotel.

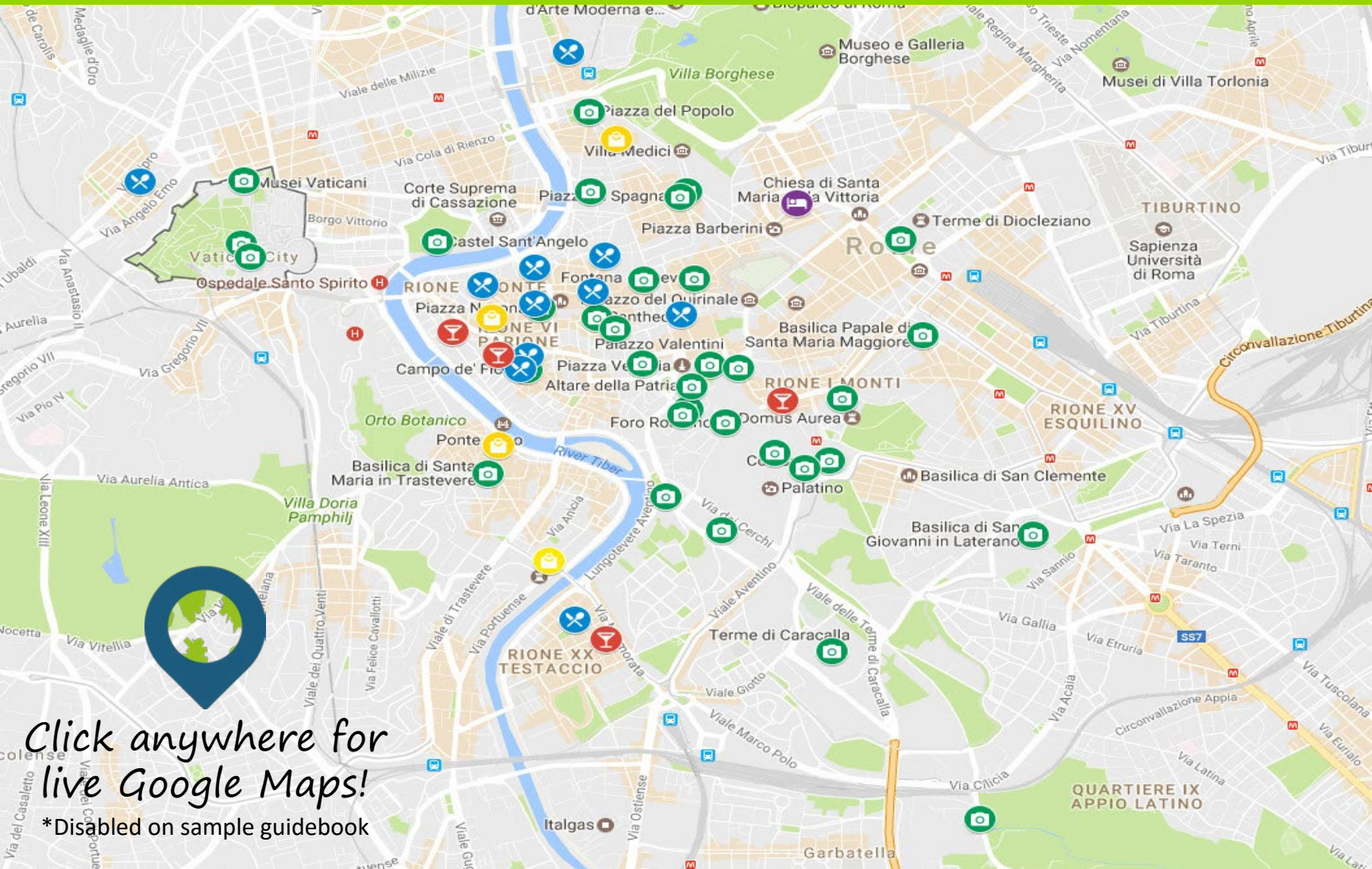
### Scooter/Moped

Arguably the best way to get around Rome. You will find a good place to rent mopeds across the street from the Central Termini Train Station in the main parking lot. 📍



**+ MORE**

# Rome Map



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# NAPLES

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Naples is the capital city of the Campania region and the Province of Naples. Its metropolitan area is the second most populated in Italy and one of the largest in Europe. It is located halfway between the volcano, Vesuvius and a separate volcanic area, the Campi Flegrei.

Naples' centro storico (historic center) is a Unesco World Heritage Site, its archaeological treasures are among the world's most impressive, and its swag of vainglorious palaces, castles and churches make it worth a visit. Then there's the food. Blessed with rich volcanic soils, a bountiful sea, and centuries of culinary know-how, the Naples region is one of Italy's dining capitals, serving up some of the country's best pizza and seafood dishes.



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Maps

# Things To See & Do

		DESCRIPTION	HOURS	PRICE \$	LOCATION
<p><u>National Archaeological Museum of Naples</u></p> 		<p>Inside you'll find one of the most remarkable collection of ancient exhibits in the world. This museum can make a strong claim to be one of the most important in the world in terms of Greek and Roman relic. In addition to the coveted Farnese collection, the museum boasts objects taken from nearby Pompeii and Herculaneum.</p>	<p>Wed-Mon: 9am-7:30pm</p> <p>Closed Tue</p>	<p>€8/adult</p>	<p><u>Piazza Museo, 19, 80135 Napoli, Italy</u></p>
<p>Church of San Francesco di Paola</p> 		<p>Often compared to Rome's Pantheon, the Church of San Francesco di Paola is fronted by a portico resting on six columns and two ionic pillars.</p>	<p>Daily: 8:30am-12pm &amp; 4:30pm-7pm</p>	<p>Free</p>	<p><u>Piazza del Plebiscito, Napoli, Italy</u></p>
<p>Il Duomo</p> 		<p>Dedicated to Our Lady of Assumption, the Cathedral of Naples resides on an area of the Greek-Roman city that was occupied by the basilicas of Saint Restituta and Saint Stefania. Although originally built in the Gothic style, much of it has been lost to reconstruction and renovation. Inside the cathedral are two vials of Saint Gennaro's blood (Naples Patron Saint).</p>	<p>Mon-Sat: 8:30am-1:30pm &amp; 2:30pm-8pm</p> <p>Sun: 4:30pm-7:30pm</p>	<p>Free – Baptistery €1.50/ adult</p>	<p><u>Via Duomo, 149, Naples NA, Italy</u></p>

**+ 4 MORE**



# Dining

	DESCRIPTION	CUISINE	HOURS	PRICE \$	LOCATION
<u>Sorbillo</u>	This is another pizza “temple” in the “centro storico” of Naples; run today by daughter Anna Sorbillo, a member of the 21st generation pizza making family.	Italian	Mon-Sat: 12pm-3:30pm & 7pm-1am  Closed Sun	€	<u>Via dei Tribunali, 32, 80138 Napoli, Italy</u>
<u>Pizzeria Brandi</u>	Close to the elegant Chiaia neighborhood, this is where the mythical “pizza margherita” was invented. Although pizzas have apparently been around in one form or another since Ancient Roman times, Raffaele Esposito is credited with creating the Margherita. Brandi is one of the more elegant and atmospheric pizzerias.	Italian	Tue-Sun: 12pm-3:30pm & 7pm-11:30pm  Closed Mon	€€	<u>Salita Sant’Anna di Palazzo, 1/2, 80132 Napoli, Italy</u>

# Cultural Guide

## Transportation

There is a wide array of transport options to get you around the city. Bus, tram, metro, funicular railway are all there in the mix but are operated by several different companies. Thankfully this mix of options are regulated by a single organization called 'Unico Campania' that regulate fares, provide integrated multi- journey passes and put together transport maps and information for the whole city. Unico Campania fulfil this role not just in Naples, but the whole Campania region. The Unico Campania map linked below as well as being available to print and download is also normally available free of charge in tourist offices around the centre including the one at Central Station.

See [HERE for Naples Map](#) 

### Metro:

For the average visitor to Naples the Metro system is of limited use at this moment in time.

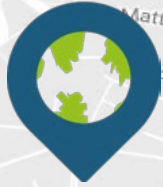
### Buses & Trams:

The most useful local transport getting around the centre of Naples are the buses. There is for the first time visitor an impenetrable number of routes numbers.

### Tickets:

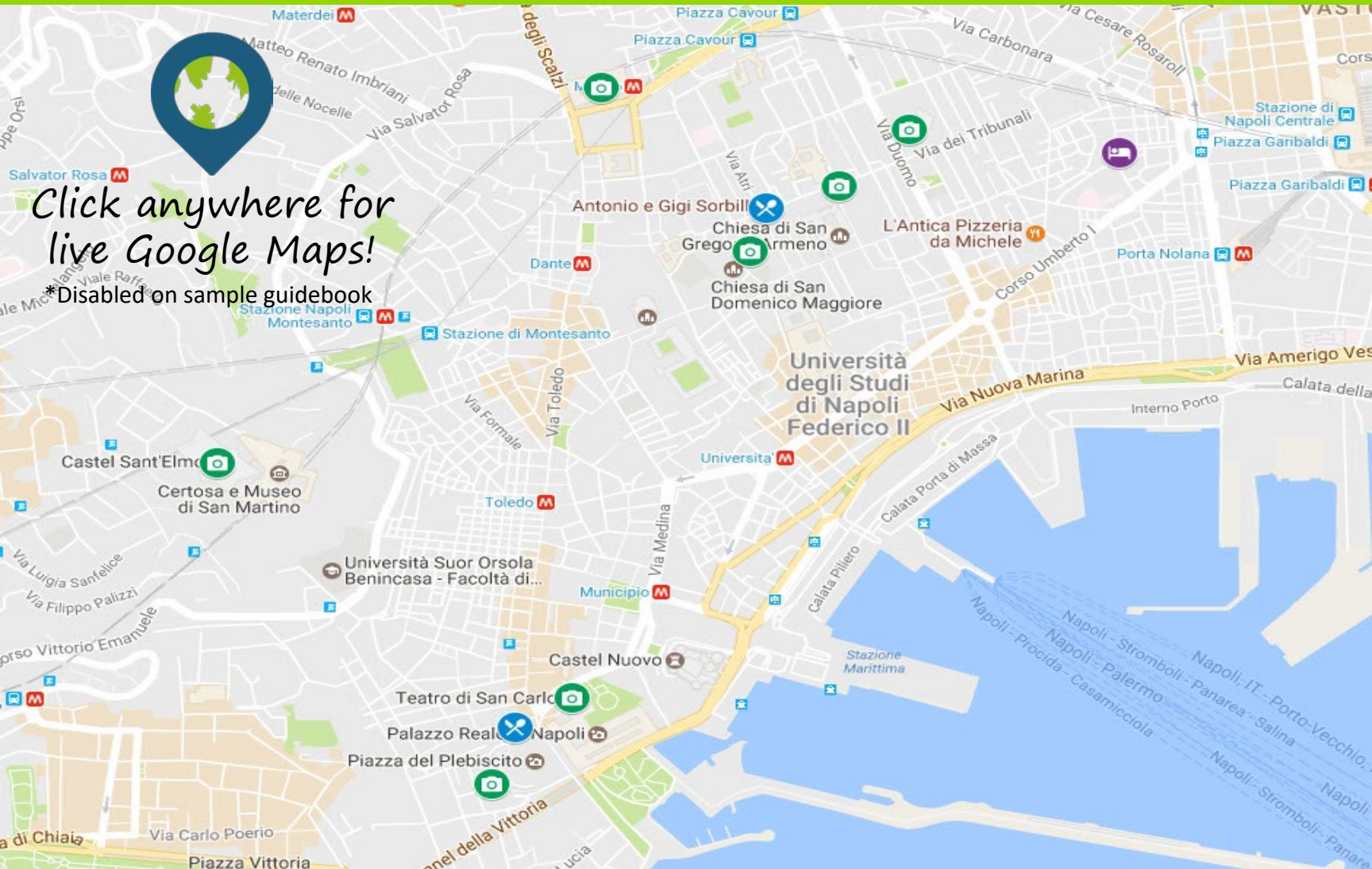
Unico Campania regulate a uniform fare system applicable to all local public transport in the city of Naples. There are over 500 outlets in Naples listed as places where you can buy tickets, typically bars and tobacconists. You can also buy at Metro, Funicular and train stations where there are ticket machines.

# Naples



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# POMPEII

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The city of Pompeii was an ancient Roman town-city near modern Naples in the Italian region of Campania. Along with Herculaneum and many villas in the surrounding area, the town was mostly destroyed and buried under of ash and pumice in the eruption of Mount Vesuvius in 79 AD. Researchers believe that the town was founded in the seventh or sixth century BC by the Oscans. It came under the domination of Rome in the 4th century BC, and was conquered and became a Roman colony in 80 BC after it joined an unsuccessful rebellion against the Roman Republic. By the time of its destruction, 160 years later, its population was approximately 11,000 people, and the city had a complex water system, an amphitheater, gymnasium and a port.

The eruption destroyed the city, killing its inhabitants and burying it under tons of ash. Evidence for the destruction originally came from a surviving letter by Pliny the Younger, who saw the eruption from a distance and described the death of his uncle Pliny the Elder, an admiral of the Roman fleet, who tried to rescue citizens. The site was lost for about 1,500 years until its initial rediscovery in 1599 and broader rediscovery almost 150 years later by Spanish engineer Rocque Joaquin de Alcubierre in 1748. The objects that lay beneath the city have been well-preserved for centuries because of the lack of air and moisture. These artifacts provide an extraordinarily detailed insight into the life of a city during the 'Pax Romana.' During the excavation, plaster was used to fill in the voids in the ash layers that once held human bodies. This allowed one to see the exact position the person was in when he or she died.

Pompeii has been a tourist destination for over 250 years. Today it has UNESCO World Heritage Site status and is one of the most popular tourist attractions in Italy, with approximately 2.5 million visitors every year. You could spend several days wandering through all the streets, shops, temples, and homes of the ancient city. If you only have a day to visit the ancient town there are a few sights you should not miss.



# Things To See & Do

## Amphitheater

Built (approximately 70 BC) this is one of the oldest and best preserved amphitheatres in existence, and held over 20,000 spectators. The auditorium is divided into three sectors: the ima cavea (front row) for important citizens, and the media and summa, higher up, for everyone else. A velarium, or awning, was often spread over the stands to protect spectators from the sun. The building was used for gladiator battles. Two gates opened onto the main axis of the arena: participants in the games paraded in through one gate, while the dead or injured were carried away through the other.

Quadrant II, 6

## Roman Forum

Located at the intersection between the two main streets of the original urban center, the Forum was the city's main square, where cart traffic was forbidden: it was surrounded on all sides by religious, political, and business buildings. In the 1st cent. AD the Forum highlighted the celebratory intention of the imperial house, where the monumental bases for commemorative statues were placed on the south side, in front of the city's administrative buildings, while those of illustrious citizens stood along the porticos: the sculptures have not been found, perhaps because they were removed by the people of Pompeii who returned after the eruption to take whatever they could.

Quadrant VII, 8

## House of the Faun

As the most famous house in Pompeii, it is the largest house in the ancient city: built over a previous dwelling at the beginning of the 2nd century BC, its current form is the result of subsequent alterations. The house is particularly important because of the well preserved mosaic of Alexander the Great, depicting the Macedonian king triumphing over King Darius of Persia. The mosaic has since been moved to the Archaeological Museum in Naples, but a great replica sits in its place.

Quadrant VI, 12,2

**+ 4 MORE**



# Dining

	DESCRIPTION	CUISINE	HOURS	PRICE \$	LOCATION
Ristorante Lucullus	Close to the ruins and set back from the main road down an oleander-fringed drive, Lucullus does good pizzas as well as classic meat dishes and a delicious penne Lucullus (pasta with squash and prawns).	Italian	Daily: Lunch and Dinner	€€	<a href="#">Via Plinio, 129, 80045 Pompei, Italy</a>
Pizzeria Carlo Alberto	This is where the mythical “pizza margherita” was invented. Although pizzas have apparently been around in one form or another since Ancient Roman times, Raffaele Esposito is credited with creating the Margherita. Brandi is one of the more elegant and atmospheric pizzerias and offer many traditional Napoletano side dishes as well.	Pizzeria	Tue-Sun: 12pm-3:30pm & 7pm-11:30pm  Closed Mon	€	<a href="#">Via Carlo Alberto, 15, 80045 Pompei NA, Italy</a>

# Site Information & Tips

## Opening times:

From 1 April to 31 October: 8.30/9.00 (\*) - 19.30 (last entrance 18.00)

From 1 November to 31 March: 8.30 - 17.00 (last entrance 15.30)

€13/adult

- When you buy your ticket there should be available a map of the site. Normally its more a matter of you asking for a map than them giving you one, but make sure you leave the entrance area with one.
- Get there very early or early afternoon. At about 10 a.m. the queues for tickets can be long, but by 1 p.m. are often non- existent. 📍
- The whole site is very exposed with minimal shade, so its imperative you bring lots of sunscreen, a hat and water.
- Ancient Pompeii is situated next to the modern town of Pompei, which is a good place to base yourself and get some food and relaxation after wandering through the ancient streets.