

PEOPLE
PLACES
GOOD FOOD
BRIGHTER DAYS

5 Days in Rome

Our itinerary, day trips & travel tips



SIGHTS
STORIES
GREAT DAYS
A BRIGHTER YOU

HISTORY FUELS A BRIGHTER KIND OF TRAVEL



*Timeless places.
Brighter days.*

Our family guide to five unforgettable days in and around Rome, with practical tips, favourite places and a few insider notes to help you make the most of it.



Best for

First-time visitors, history lovers, couples, and families with older children who enjoy walking and major sights.



Recommended stay

Allow 5 full days for this itinerary. If you have less time, focus on Rome itself and skip one or both day trips.



Getting around

Mostly on foot, with the Metro, buses and taxis filling the gaps. Expect long walking days.



Book ahead

The Colosseum, Vatican Museums, Vatican Scavi and guided tours are best booked well in advance.



Where we stayed

Rome Armony Suites — comfortable, well located, and made even better by host Luca's local restaurant advice.



Local specialties

Carbonara, cacio e pepe, amatriciana and gricia. Try Roman-style or Jewish-style artichokes when in season.

PEOPLE
PLACES
GOOD FOOD
BRIGHTER DAYS

Day-by-Day Rome Itinerary

Five memorable days in and around Rome



SIGHTS
STORIES
GREAT DAYS
A BRIGHTER YOU

HISTORY FUELS A BRIGHTER KIND OF TRAVEL



Day 1 Ancient Rome

Colosseum, Roman Forum and Palatine Hill. A full sightseeing day, and one where a guided tour adds real value.



Day 2 Central Rome

Pantheon, Piazza Navona, Trevi Fountain and the Spanish Steps. A flexible walking day through Rome's best-known landmarks.



Day 3 Vatican City

Vatican Museums, Sistine Chapel, St Peter's Basilica and the Vatican Scavi. Book this day well ahead.



Day 4 Pompeii day trip

A long train day from Rome, but deeply rewarding for history lovers. The site is enormous, so context from a guide or audio guide helps.



Day 5 Tuscany day trip

Montepulciano, Pienza, rolling countryside and a winery lunch. A beautiful contrast to the city and one of the trip's highlights.



Travelling with children

Rome works best for families who enjoy walking and history. Pompeii suits older children best, while Tuscany day tours are generally better for teens than very young kids.



Highlights: Ancient Rome, Vatican Scavi, Pompeii, Tuscan hill towns and unforgettable Roman food.

ROME
ALWAYS A
GOOD IDEA