

B N J O U R N A L



24 HOURS IN ROME

I S S U E 0 0 2

A city to savour. One day at a time.



Espresso, stone, a long lunch. Start near the Pantheon and follow the city at street level. These are suggested stops, with room to linger.

✦ 08:30 / THE FIRST COFFEE

Sant'Eustachio



Begin with an espresso and a cornetto near the Pantheon. Piazza Sant'Eustachio, 82: a small address for a very Roman start.

✦ 10:00 / THE PIAZZA

Piazza Navona

Walk west to the square, then drift through the lanes around Via del Governo Vecchio. Leave a little time for a second coffee.

✦ 14:30 / THE OPTIONAL DETOUR

The Colosseum

Take a taxi for an exterior look at Rome's great amphitheatre. An interior visit needs its own booked time and a longer pause.

✦ 09:00 / ANCIENT ROME

The Pantheon



Step inside for the scale of the dome and the light from the oculus. Check official tickets and that day's visiting arrangements.

✦ 12:30 / THE LONG LUNCH

Salumeria Roscioli



A deli with a kitchen and a serious wine cellar. Book lunch on Via dei Giubbonari, 21; choose a Roman pasta from the current menu.

✦ 15:30 / A SLOWER OPTION

Stay in the centre

Prefer less travel? Skip the Colosseum detour and linger around Campo de' Fiori before continuing towards Trevi. Both versions work.

Tap a stop for its official guide. The Colosseum and slower-centre options are alternatives. Times are editorial suggestions, not opening hours.

Terracotta skies. A Roman evening.



Finish the day in the north of the historic centre, then cross to Trastevere for dinner. Move the viewpoint and aperitivo to suit sunset.

★ 16:30 / THE ICON

Trevi Fountain



Return to the centre for a pause beside the fountain. Expect company: the architecture is the reason to stop, even on a busy afternoon.

★ 17:00 / THE STROLL

Piazza di Spagna

Continue towards the Spanish Steps. Walk the surrounding streets, then head uphill towards the Pincio as the light begins to soften.

★ GOLDEN HOUR / THE VIEW

Terrazza del Pincio

Look across Piazza del Popolo and the rooftops beyond. Arrive before the day's sunset; this stop shifts with the season.

★ APERITIVO / THE ROOFTOP

Cielo Bar



At Hotel de la Ville, pause for a drink above the city. The bar takes walk-ins, first come, first served; allow time for a wait.

★ 20:30 / ACROSS THE RIVER

Dinner in Trastevere



Take a taxi over for an unhurried dinner. Choose a trattoria in advance, reserve where possible and let the evening settle into its own pace.

★ 22:30 / THE LAST WALK

A little more Rome



Stroll the lanes around Santa Maria in Trastevere. If you still have energy, finish with a short walk towards the Tiber before heading home.

Allow for walking, queues and transfers. Sunset varies by season. This is a full day with an overnight stay; return for coffee the next morning.

The little details.



BOOK WELL / WALK SLOWLY / ORDER SIMPLY

01 Book the essentials.

A LITTLE PLANNING, MORE FREEDOM

Check official Pantheon tickets and reserve Roscioli before you go. For a Colosseum interior visit, book a timed entry and rebuild the day around it.

Cielo Bar does not accept reservations. Check current hours and entry guidance; a rooftop table is never guaranteed.



02 Leave room to wander.

THE ROUTE IS A RHYTHM, NOT A CHECKLIST

Wear comfortable shoes and carry a light layer for the evening. Walk the historic centre; use a taxi for the Colosseum detour or the transfer to Trastevere.

Want a gentler day? Drop the Colosseum detour. Want a museum day? Swap stops rather than adding more.



03 Order like you mean it.

COFFEE / PASTA / APERITIVO

Start with “un caffè, per favore.” At lunch, choose carbonara, cacio e pepe or amatriciana from the menu. At aperitivo, ask for a Spritz or an alcohol-free option.

BN MOOD / A proper coffee, a good lunch, a view worth staying for.



Sources: Turismo Roma, Italy's Ministry of Culture, Colosseum Archaeological Park and official venue websites. Tap entries for links. Details checked 20 October 2026; confirm before travel. AI-generated artwork is illustrative, not documentary.

