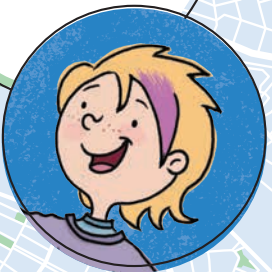




**Hi... we're Amelia and Marco, and we've created 19 awesome themed trails for you to follow.**

The pushpins on this map mark the starting points, and each trail is packed with secrets, stories, and lots of other cool stuff. So whether you are a foodie, a sports fanatic, or a history buff, this book has got something for you!



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# UPTOWN TOP-RANKING

## THE PALATINE HILL

The Palatine Hill above the Forum is the place where Rome was said to have been founded. Later, it was where the Roman emperors lived in grand palace luxury. It may have been the top spot in town in toga-wearing times, but nowadays, it's a great place for picnicking in the shade while gazing at the ruins.



753 BC

THE YEAR ROME IS SAID TO HAVE BEEN FOUNDED

The length of time Emperor Domitian's home served as the main imperial palace

300 YEARS



## THE BEST DECORATORS

It was Emperor Augustus who first set up home here. Some of the wall paintings in his house can still be seen today, including garden plants and animals on the walls of a dining room. Augustus's wife, Livia, was accused by some of being a plant expert, but not in a good way. They said she was a murderess who used poison from plants to kill anyone she didn't like, including Augustus!

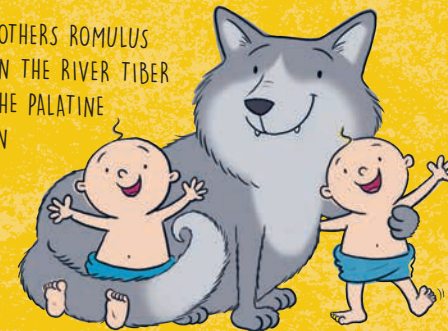


## DOMITIAN'S MYSTERY

Next to his palace (the Domus Flavia), Emperor Domitian built a walled area called the Stadium. It looks like a big running track but nobody knows what it was really for. It could have been for exercising the emperor's horses or perhaps just for taking a stroll. We'll never know, so take a guess. Like both Caesar and Caligula, Domitian was killed by his enemies. In Roman times, there was a high body count on the Palatine Hill!

## ROME STARTS WITH A FIGHT!

ACCORDING TO ROMAN MYTHOLOGY, TWIN BABY BROTHERS ROMULUS AND REMUS WERE FOUND FLOATING IN A BASKET ON THE RIVER TIBER BY A SHE-WOLF. SHE TOOK THEM TO A CAVE ON THE PALATINE NOW KNOWN AS THE LUPERCAL (WOLF CAVE). WHEN THEY WERE OLDER, ROMULUS DECIDED TO BUILD A CITY CALLED ROME ON THE HILL, BUT HIS BROTHER DISAGREED AND THERE WAS A TERRIBLE QUARREL. ROMULUS KILLED REMUS AND WENT ON TO BUILD THE CITY JUST WHERE HE WANTED IT.



## SAINT IN THE STADIUM

Many churches in Rome contain paintings of St. Sebastian, a Christian Roman soldier who was killed on the orders of Emperor Diocletian. According to legend, he was tied to a tree in the Stadium and shot full of arrows. Somehow he survived and appeared later in front of the astonished emperor to tell him what an awful man he was. Then Sebastian really was killed, this time hit with clubs, but paintings usually show him tied to the tree and pierced with arrows.



DOMUS FLAVIA

STADIUM





# UPSIDE-DOWN ART



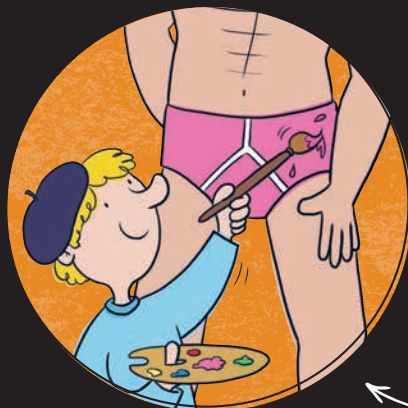
## SISTINE CHAPEL

The Sistine Chapel is in the Vatican Museums, part of the headquarters of the Catholic Church. It's where you'll find the most famous ceiling in the world, a fresco (painting on plaster) by Michelangelo. It took him four years of hard work to paint it for Pope Julius II between 1508 and 1512.

THE VATICAN

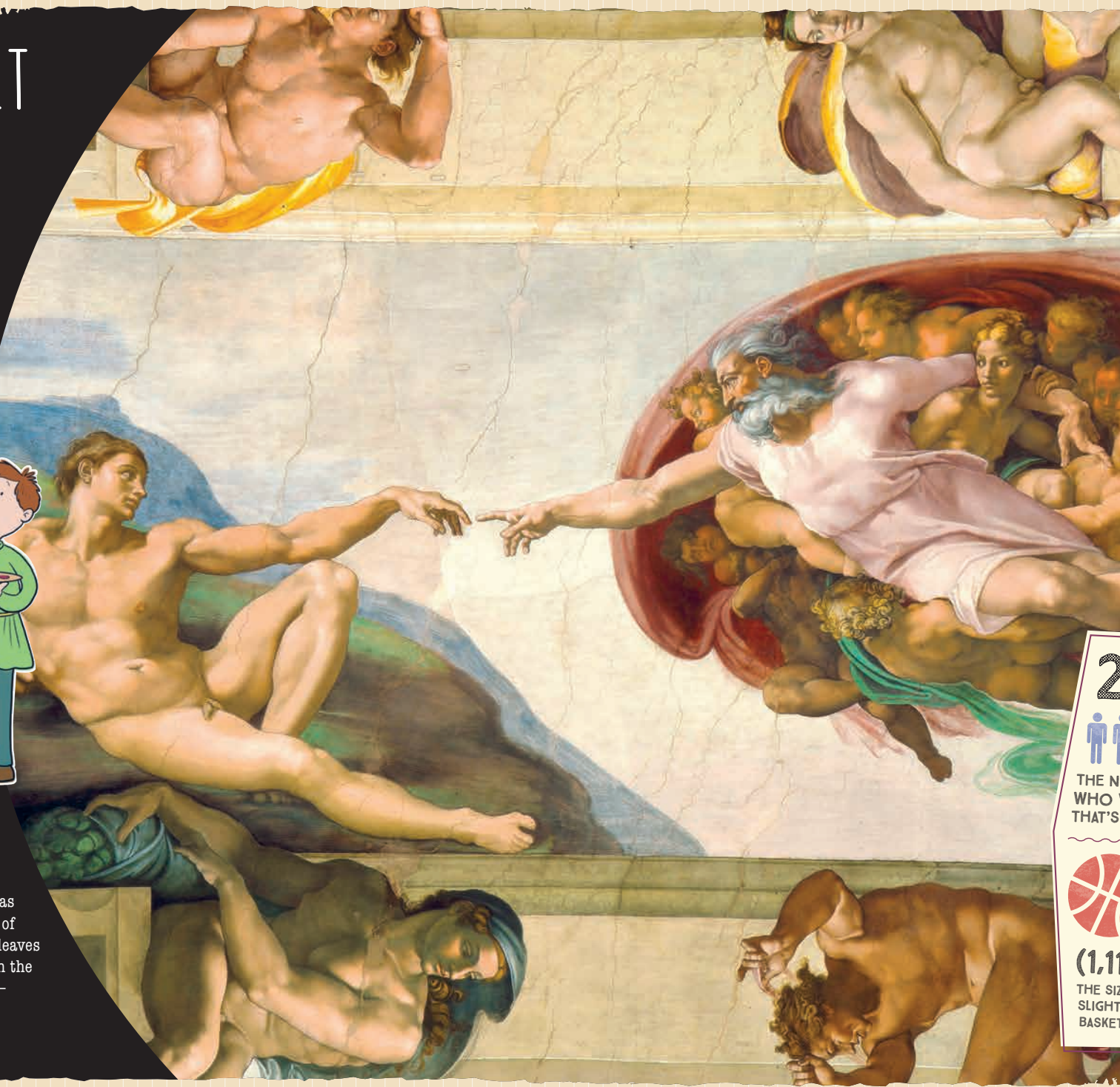
## TOUGH TIME

Michelangelo painted the ceiling standing on a scaffold and craning his neck. He didn't want the job in the first place and he complained that it ruined his health. His payments were often delayed, and cold, damp weather stopped the plaster from drying, but in the end, he had made a masterpiece.



## COVER-UP

In 1564, another artist was ordered to cover up some of the nude figures with fig leaves and drapery. He was given the nickname *Il Braghettonne* - "Big Pants" - by locals!



## THE FRESCO STORY

MICHELANGELO'S FRESCO REPRESENTS THE BOOK OF GENESIS IN THE BIBLE, FROM THE CREATION OF THE WORLD TO THE STORY OF NOAH. THE MOST FAMOUS SECTION SHOWS GOD TOUCHING THE HAND OF ADAM, THE FIRST MAN. MICHELANGELO PAINTED GOD LAST OF ALL, BECAUSE HE THOUGHT HE WOULD BE AT HIS VERY BEST BY THEN. THE POPE WHO COMMISSIONED THE PAINTING WANTED TO SHOW THE 12 APOSTLES, BUT MICHELANGELO IGNORED HIM.



25,000



THE NUMBER OF PEOPLE WHO VISIT EVERY DAY. THAT'S 5 MILLION A YEAR.



12,000 SQ. FT.

(1,110 SQ. M)

THE SIZE OF THE WORK. IT'S SLIGHTLY BIGGER THAN A BASKETBALL COURT.



## STAYING SAFE

The sweat, breath, and even skin flakes of millions of visitors all pose a threat to the fresco, so hi-tech air-conditioning has been installed to help control the room and keep damage down. Photos are banned in case the light from camera flashes fades the work.





## PIAZZA NAVONA



## FEBRUARY FACES

### CARNIVAL, PIAZZA NAVONA

At Carnival time in February (see page 44), fancy dress is everywhere, both in the Carnival parade and the watching crowds. Italian masquerade masks are often worn at this time. They were invented centuries ago as a disguise so that everyone could party together, whoever they were.

### Traditional Italian party masks

#### Colombina

An elegant mask that covers half the face.



#### Volto

A mask that covers the whole face and makes a great disguise.



#### Medico della Peste

A mask used by plague doctors centuries ago. They stuffed herbs into the long beak to mask the smell of their patients.

## SPECIAL SQUAD

### SWISS GUARD

The Swiss Guard, the pope's private army of bodyguards, was founded over 500 years ago (find out more about them on page 67). Their ceremonial blue, red, and yellow outfit, called the gala uniform, dates from those times.

The Swiss Guard also has everyday blue uniforms and ordinary business suits for blending into the crowd when they are guarding the pope on tour.



SWISS GUARDS' CLOTHES GIVE US A COOL VIEW OF THE PAST! AN ACCOUNT OF WHEN THEY FAMOUSLY FIRST ARRIVED IN ROME DOESN'T DESCRIBE THEM AS DIFFERENT FROM OTHER SOLDIERS' CLOTHES – BUT THE POPE WAS PAYING FOR THEM SO THEY WERE PROBABLY THE BEST!



## THE VATICAN



## CITYWIDE STYLE

### ALTAROMA

Every other year, Rome holds Altaroma, a week of fashion celebrations with catwalk shows all around town. Italy has provided many of the world's best-known fashion designers, but Altaroma is also a chance for new designers to make a style splash by competing for the prestigious talent award.

## ALL AROUND ROME



search: COMPETITIVE CLOTHING

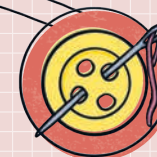
### PRIZED POSSESSIONS

**Altaroma** – the Roman fashion house that runs Rome's Fashion Week – holds an annual award ceremony that introduces the best of Italian-born or Italian-educated fashion to the world!

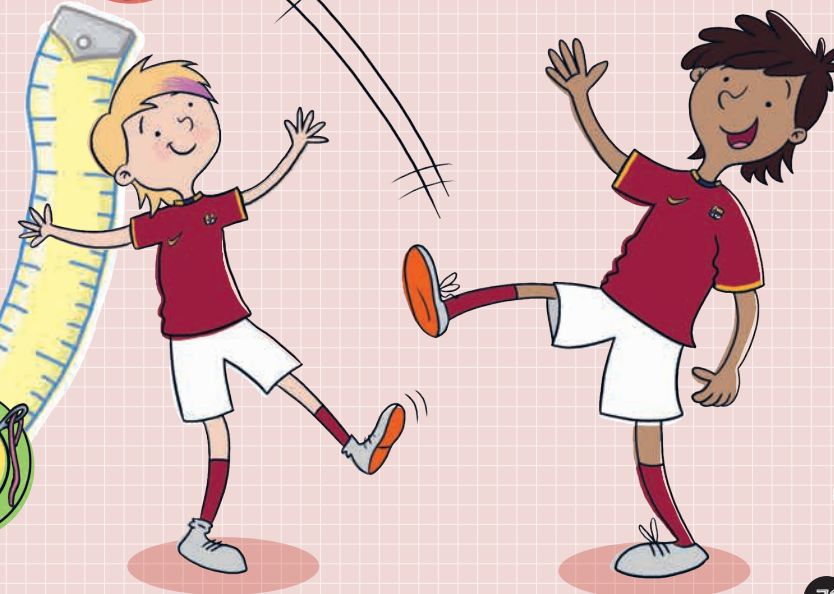
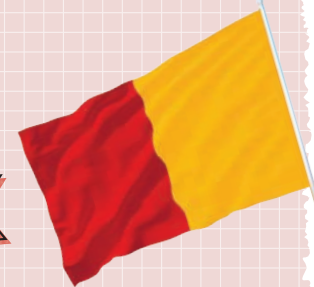
## RED AND YELLOW PRIDE

### COLORS OF ROME

Rome's official colors are gold/yellow and dark red, as shown on the city's flag and worn on the jerseys of the city's soccer team A.S. Roma.



## STADIO OLIMPICO







# TEMPLE FOR ALL

## THE PANTHEON

The Ancient Romans were the first people to build domes. In later centuries, architects around the city and all over the world copied them. The Pantheon is the oldest surviving dome in the world. It's a fantastic feat of clever engineering.



## VEGGIE INSPIRATION

The building was first created by a Roman VIP called Marcus Agrippa. His name is on the inscription on the front. It was later rebuilt by the emperor Hadrian. He is said to have got the idea from looking at a pumpkin.



## BUILT FOR GODS

The name Pantheon means "all the gods." It was built as a temple to all the gods of Rome. In AD 609, it was turned into a Christian church. It's now the Basilica di Santa Maria ad Martyres. The famous Renaissance artist Raphael is buried here, along with Italian kings and queens.

## MODERN MARVEL

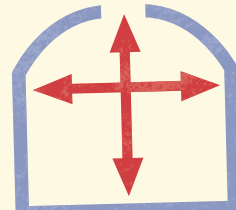
The dome was the very latest in modern architecture when it was created between AD 118 and 126. It appears to have no support, but actually the arches holding it up are hidden in the Pantheon walls. It was made of concrete cast on a wooden frame and its hollow spaces (called coffer) help to make it lighter. The Romans were the first to invent strong concrete by mixing mortar with sand.



THE PANTHEON

**OCULUS**  
30 FT. DIAMETER  
(9 METERS)

PANTHEON DOME  
142 FT. X 142 FT.  
(43.3 M X 43.3 M)



DIAMETER = HEIGHT  
20 FT. THICK  
(6 METERS) WALLS

THE OCULUS

## I SPY COLUMNS

THE FRONT OF THE PANTHEON HAS GIANT COLUMNS SUPPORTING A PORCH CALLED A PORTICO. THEY ARE CORINTHIAN COLUMNS, NAMED BECAUSE OF THE WAY THE TOP PART OF THE COLUMN (THE CAPITAL) IS DESIGNED. HERE'S YOUR GUIDE TO SPOTTING COLUMNS BASED ON THE BUILDINGS OF ROME:



Doric



Ionic



Corinthian

## ALL ABOUT MARBLE

THE ROMANS LOVED TO BUILD WITH MARBLE AND, IN LATER CENTURIES, THE MARBLE THEY USED WAS RECYCLED TO DECORATE MANY OF THE CHURCHES AROUND TOWN. MARBLE IS CREATED WHEN ROCKS GET SQUEEZED AND HEATED INSIDE A VOLCANO. THERE ARE LOTS OF DIFFERENT COLORS, DEPENDING ON THE IMPURITIES IN THE ROCK THAT'S HEATED. LOOK FOR THESE EXAMPLES:



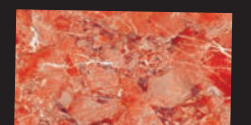
Carrara



Pentelic



Verde antico



Rosso antico





"I'm exhausted. Feel like a drink?"



## THE FIRST MALL

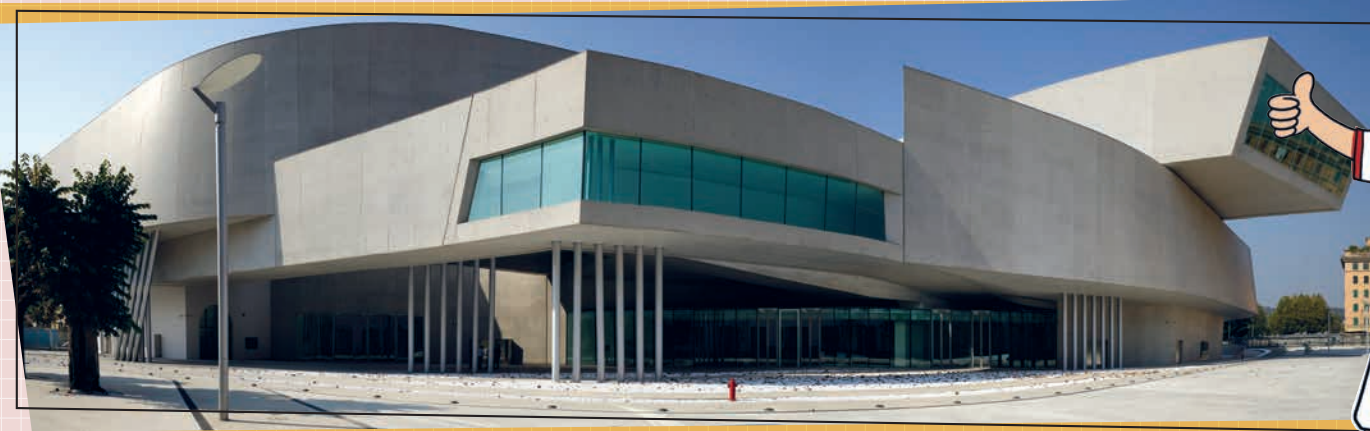
### TRAJAN'S MARKETS

The Ancient Romans built high-rise buildings, with shops on the ground floor and houses and offices behind and above. This big three-story semicircle was one of the world's first shopping malls with added offices and apartments – a 2,000-year-old version of what we see in modern towns. Now it's just another ancient ruin.



TRAJAN'S MARKETS

MAXXI



## TODAY'S ROME

### MAXXI

This striking contemporary building was designed by star architect Zaha Hadid. It houses Rome's premier contemporary art museum. It doesn't look Ancient Roman, but perhaps the ancients might have appreciated its geometric shapes, metal columns, and steps. The Renaissance and Baroque designers would probably have covered it with all sorts of elaborate decoration!

search: ANCIENT ARCHITECTURE

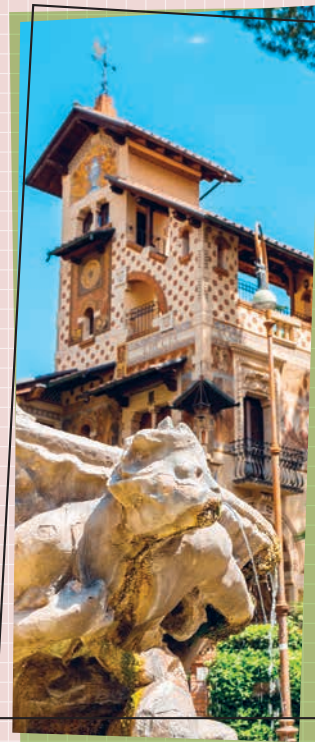


Ancient Roman architects developed things like:

**amphitheaters** – to provide the space for popular entertainment, like audience-participation TV shows today

**aqueducts** – to move water (like modern plumbing)

**domes** – to amaze; they are still used in cathedrals, mosques, palaces, and to cover indoor rainforests!



QUARTIERE COPPEDÈ

## FANTASY FUN

### QUARTIERE COPPEDÈ

This small Rome neighborhood has its own fairytale architecture. There are buildings with turrets, swirly sculptures, Arabic arches, and scary gargoyles. This fantasy style is called Art Nouveau and was popular when the buildings were designed in 1919 by the architect Gino Coppedè.



## MODERN DREAMWORLD

### RAINBOW MAGICLAND

In Rome's theme park, 20 minutes outside the city, anything goes. It is full of enchanted-looking buildings entirely based on the magical world of the imagination. There's a fairy school, a wizard's madhouse, a ghost ship, and even a mysterious castle that hides a super-speedy roller coaster.



RAINBOW MAGICLAND

