

Southern Rome

VIA APPIA ANTICA | OSTIENSE, SAN PAOLO & GARBATELLA

Neighbourhood Top Five

1 Via Appia Antica (p189) Tracing the route of a thousand ancient Roman footsteps by bike or on foot along this urban 'country-side' trail, sprinkled with ancient Roman ruins.

2 Catacombe di San Sebastiano (p191) Exploring ancient Christian burial

catacombs of subterranean Rome.

3 Street art (p195) Checking out the vibrant, edgy gallery of open-air art in ex-industrial and alternative Ostiense.

4 Museo Capitolino Centrale Montemartini (p195) Wandering around the ingenious location for the

overflow from the Capitoline Museums – a former power station.

5 Basilica de San Paolo Fuori le Mura (p195) Feeling dwarfed by the majesty of the second-largest church in Rome after St Peter's.



For more detail of this area see Map p318 ➔

Lonely Planet's Top Tip

Originally paved with huge *basoli* (polygonal cobbles of basalt rock) and wide enough for two carriages to pass, the Appian Way is today something of a hair-raising racetrack for loony Roman drivers out for a Sunday spin – visit on a weekday when the road is quieter.



Best Places to Eat

- ➔ Eataly (p197)
- ➔ Doppiozero (p197)
- ➔ Seacook (p197)
- ➔ Verde Pistacchio (p197)
- ➔ L'Archeologia Ristorante (p196)

For reviews, see p196. ➔



Best Places to Drink

- ➔ Circolo Illuminati (p197)
- ➔ Goa (p198)
- ➔ Vinile (p198)
- ➔ Neo Club (p198)
- ➔ Appia Antica Caffè (p198)

For reviews, see p197. ➔



Best Roman Ruins

- ➔ Circo di Massenzio (p189)
- ➔ Mausoleo di Cecilia Metella (p189)
- ➔ Mausoleo di Romolo (p189)
- ➔ Villa di Massenzio (p189)

For reviews, see p194. ➔

Explore: Southern Rome

Southern Rome is a sprawling neighbourhood that comprises four distinct areas of interest to tourists: the Via Appia Antica (p189), famous for its Roman ruins, catacombs and bucolic country air; hip, post-industrial Ostiense with its rainbow of street art (p195) and cutting-edge nightlife; picturesque Garbatella (p196); and EUR (p196), Mussolini's futuristic building development spearheaded today by Italian fashion house Fendi, which has its global headquarters here. It's all quite spread out, but public transport connections are good.

Count at least a day for the Appian Way, best kept for a day when you have the urge to 'get out of town'. Fields surround the rickety old, stone-paved road – one of the world's oldest roads and a much-prized Roman address. The main sights can be done on foot, but to get the most out of the road, originally 212km long and requiring a journey of five days when the Romans built it in 312 BC, rent a bicycle at the Info Point (p189) by the bus stop at the start of the road.

To the west, Via Ostiense presents a very different picture. Explore by day if you are here to track down street art, admire superb classical statuary in defunct power station Centrale Montemartini (p195), or visit the gargantuan Basilica di San Paolo Fuori le Mura (p195), one step removed from Ostiense's gritty soul. Otherwise, come after dark when tagged, disused factories and warehouses buzz with some of the best clubs in town.

Local Life

➔ **Clubbing** Some of the coolest clubs on Roman earth – Vinile (p198), Neo Club (p198), Circolo Illuminati (p197), Goa (p198) – are clustered on and around Via Libetta, at the southern end of Via Ostiense.

➔ **Weekend brunch** Roman families pile into Porto Fluviale (p197) for Sunday brunch, while cent-saving students ram Vinile (p198) to the rafters.

➔ **Cycling** Escape from the frenetic city centre along the beautiful Appian Way (p189).

➔ **Food, glorious food** There is no finer spot to shop for, and taste, the very best of Italian food products than at Eataly (p197). This glorious food emporium also hosts cooking classes and shows.

Getting There & Away

➔ **Metro** Metro line B runs to Piramide, Garbatella, Basilica San Paolo, EUR Palasport and EUR Fermi.

➔ **Bus** There are bus connections to Porta San Sebastiano (118, 218 and 714), Via Ostiense (23 and 716) and Via Appia Antica (118, 660).