



# ROME, ITALY HISTORIC TRAIL



## FIELD GUIDE



BOY SCOUTS OF AMERICA®  
TRANSATLANTIC COUNCIL

# HOW TO USE THIS GUIDE

This Field Guide contains information on the Rome Historical Trail designed by a members of the Transatlantic Council. The guide is intended to be a starting point in your endeavor to learn about the history of the sites on the trail. Remember, this may be the only time your Scouts visit Rome in their life so make it a great time!

While TAC tries to update these Field Guides when possible, it may be several years before the next revision. If you have comments or suggestions, please send them to [Admin@tac-bsa.org](mailto:Admin@tac-bsa.org) or post them on the TAC Nation Facebook Group Page at <https://www.facebook.com/groups/27951084309/>.

This guide can be printed as a 5½ x 4¼ inch pamphlet or read on a tablet or smart phone.



Front Cover: Saint Peter's Basilica in the Vatican City  
Front Cover Inset: Roman Coliseum



ROME, ITALY  
HISTORIC TRAIL

# TABLE OF CONTENTS

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GETTING PREPARED.....	4
WHAT IS THE HISTORIC TRAIL.....	5
ROME HISTORIC TRAIL .....	6-24
ROUTE MAPS & PICTURES.....	25-28
QUICK QUIZ.....	29
B.S.A. REQUIREMENTS.....	30
NOTES.....	31



# GETTING PREPARED

Just like with any hike (or any activity in Scouting), the Historic Trail program starts with **Being Prepared**.

1. Review this Field Guide in detail.
2. Check local conditions and weather.
3. Study and Practice with the map and compass.
4. Pack rain gear and other weather-appropriate gear.
5. Take plenty of water.
6. Make sure socks and hiking shoes or boots fit correctly and are broken in.
7. Pack a first aid kit, "just in case."
8. Discuss the day's activities, so there are no surprises; discuss safe hiking.
9. Ensure Two-Deep Leadership at all times.
10. Check the Quick Quiz and keep it with you on the trail.



# WHAT IS THE HISTORIC TRAIL?

When you ask a Scout about ancient history, Rome will probably pop up. The city of Rome has been around for over 28 centuries and no matter where you walk in the city, you are never too far away from some type of history! Rome is regarded as the birthplace of Western Civilization and the first ever metropolis.

Legend has it that the city was founded by the twin brothers, Romulus and Remus around 753 BC. Over the centuries, it has been part of the Roman Republic, Roman Empire, the Papal States, the Kingdom of Italy and currently it is that capital of the Italian Republic.

As you wander the streets and site of Rome, you will be able to trace all 28 centuries of history through the buildings, monuments, ruins and other artifacts that are a part of everyday life in Rome.

Benvenuto a Roma! – Welcome to Rome!



ROME, ITALY  
HISTORIC TRAIL

# ROME HISTORIC TRAIL

## Where and How to Start

The Rome Historic Trail is different from other trails as there is no set route. There are 14 different sites and we recommend you pick 5 to visit. Additionally, there are several activities that many visitors do while in Rome so we recommend you pick at least 2 from the listed activities. We have also included two optional sites outside of the city for those who have a car or are comfortable with public transportation.

## Distance and Time

Because this hiking route depends on where you want to go, it can be as short as a few km up to 20 km. There are also several sites outside the city that will require an auto, bus or train to visit. No matter what you decide to do, plan on taking a whole day to see everything. Take the time to learn and enjoy the hike. The goal is the trail, not the finish.

**Also note that some sites require an Entry Fee and are marked with an asterisk (\*) by the name of the location.**



ROME, ITALY  
HISTORIC TRAIL

# ROME HISTORIC TRAIL

## Checkpoint #1 – \*Colosseo (Coliseum)

The **Colosseum** or **Coliseum**, also known as the Flavian Amphitheatre, is an oval amphitheater in the center of the city. Built of travertine, tuff, and brick-faced concrete, it is the largest amphitheater ever built. The Colosseum is situated just east of the Roman Forum. Construction began under the emperor Vespasian in AD 72, and was completed in AD 80 under his successor and heir Titus. Further modifications were made during the reign of Domitian (81–96). These three emperors are known as the Flavian dynasty, and the amphitheater was named in Latin for its association with their family name (Flavius).

The **Colosseum** could hold, it is estimated, between 50,000 and 80,000 spectators, having an average audience of some 65,000; it was used for gladiatorial contests and public spectacles such as mock sea battles (for only a short time as the hypogeum was soon filled in with mechanisms to support the other activities), animal hunts, executions, re-enactments of famous battles, and dramas based on Classical mythology. The building ceased to be used for entertainment in the early medieval era. It was later reused for such purposes as housing, workshops, quarters for a religious order, a fortress, a quarry, and a Christian shrine.

Although partially ruined because of damage caused by earthquakes and stone-robbers, the Colosseum is still an iconic symbol of Imperial Rome. It is one of Rome's most popular tourist attractions and also has links to the Roman Catholic Church, as each Good Friday the Pope leads a torchlight "Way of the Cross" procession that starts in the area around the Colosseum.

**41°53'25.2"N 12°29'31.6"E – Piazza del Colosseo, 1, 00184 Roma**



# ROME HISTORIC TRAIL

## Checkpoint #2 – \*Foro Romano (Roman Forum)

The **Roman Forum**, also known by its Latin name **Forum Romanum**, is a rectangular forum (plaza) surrounded by the ruins of several important ancient government buildings at the center of the city. Citizens of the ancient city referred to this space, originally a marketplace, as the **Forum Magnum**, or simply the **Forum**.

For centuries the **Forum** was the center of day-to-day life in Rome: the site of triumphal processions and elections; the venue for public speeches, criminal trials, and gladiatorial matches; and the nucleus of commercial affairs. Here statues and monuments commemorated the city's great men. The teeming heart of ancient Rome, it has been called the most celebrated meeting place in the world, and in all history. Located in the small valley between the Palatine and Capitoline Hills, the Forum today is a sprawling ruin of architectural fragments and intermittent archaeological excavations attracting 4.5 million sightseers yearly.

Many of the oldest and most important structures of the ancient city were located on or near the Forum. The Roman Kingdom's earliest shrines and temples were located on the southeastern edge. These included the ancient former royal residence, the Regia (8th century BC), and the Temple of Vesta (7th century BC), as well as the surrounding complex of the Vestal Virgins, all of which were rebuilt after the rise of imperial Rome.

Other archaic shrines to the northwest, such as the Umbilicus Urbis and the Vulcanal (Shrine of Vulcan), developed into the Republic's formal Comitium (assembly area). This is where the Senate—as well as Republican government itself—began. The Senate House, government offices, tribunals, temples, memorials and statues gradually cluttered the area.

41°53'34.4"N 12°29'14.2"E – Largo della Salara Vecchia, 5/6, 00186 Roma



ROME, ITALY  
HISTORIC TRAIL



# ROME HISTORIC TRAIL

## Checkpoint #3 – \*Palatino (Palatine Hill)

The **Palatine Hill** is the centermost of the Seven Hills of Rome and is one of the most ancient parts of the city. It stands 40 meters above the Roman Forum, looking down upon it on one side, and upon the Circus Maximus on the other. From the time of Augustus Imperial palaces were built here.

According to Roman mythology, the **Palatine Hill** was the location of the cave, known as the Lupercal, where Romulus and Remus were found by the she-wolf Lupa that kept them alive.

Another legend occurring on the Palatine is Hercules' defeat of Cacus after the monster had stolen some cattle. Hercules struck Cacus with his characteristic club so hard that it formed a cleft on the southeast corner of the hill, where later a staircase bearing the name of Cacus was constructed.

41°53'16.2"N 12°29'23.1"E – Via di San Gregorio, 30, 00186 Roma

## Checkpoint #4 – Boca della Verità (Mouth of Truth)

The massive marble **mask** weighs about 1300 kg and probably depicts the face of the sea god Oceanus. The eyes, nostrils and mouth are open. Historians aren't quite certain what the original purpose of the disc was. It was possibly used as a drain cover in the nearby Temple of Hercules Victor, which had an oculus—a round open space in the middle of the roof, similar to that of the Pantheon. Hence, it could rain inside. It is also thought that cattle merchants used it to drain the blood of cattle sacrificed to the god Hercules. In the thirteenth century the disc was probably removed from the temple and placed against the wall of the Santa Maria in Cosmedin. In the seventeenth century it eventually moved to its current location inside the portico of the church. Legends states that it bites the hand of those who lie!

41°53'17.9"N 12°28'53.4"E – Piazza della Bocca della Verità, 3555, 00186 Roma



# ROME HISTORIC TRAIL

## Checkpoint #5 – San Pietro in Vincoli (St Peter in Chains)

**San Pietro in Vincoli (Saint Peter in Chains)** is a Roman Catholic titular church and minor basilica in Rome, Italy, best known for being the home of Michelangelo's statue of Moses. Commissioned in 1505 by Pope Julius II for his tomb, it depicts the biblical figure Moses with horns on his head.

Also known as the Basilica Eudoxiana, it was first rebuilt on older foundations in 432–440 to house the relic of the chains that bound Saint Peter when he was imprisoned in Jerusalem, the episode called "Liberation of Saint Peter". The Empress Eudoxia (wife of Emperor Valentinian III), who received them as a gift from her mother, Aelia Eudocia, consort of Valentinian II, presented the chains to Pope Leo I. Aelia Eudocia had received these chains as a gift from Iuvencius, bishop of Jerusalem.

According to legend, when Leo compared them to the chains of St. Peter's final imprisonment in the Mamertine Prison, in Rome, the two chains miraculously fused together. The chains are now kept in a reliquary under the main altar in the basilica.

The **basilica**, consecrated in 439 by Sixtus III, has undergone several restorations, among them a restoration by Pope Adrian I, and further work in the eleventh century. From 1471 to 1503, in which year he was elected Pope Julius II, Cardinal Della Rovere, the nephew of Pope Sixtus IV, effected notable rebuilding. The front portico, attributed to Baccio Pontelli, was added in 1475. The cloister (1493–1503) has been attributed to Giuliano da Sangallo. Further work was done at the beginning of the 18th century, under Francesco Fontana, and there was also a renovation in 1875.

**41°53'37.4"N 12°29'34.0"E – Piazza di San Pietro in Vincoli, 4/a, 00184 Roma**



# ROME HISTORIC TRAIL

## Checkpoint #6 – Campidoglio (Capitoline Hill)

The **Capitoline Hill**, between the Forum and the Campus Martius, is one of the Seven Hills of Rome.

The hill was earlier known as Mons Saturnius, dedicated to the god Saturn. The word Capitolium first meant the temple of Jupiter Optimus Maximus later built here, and afterwards it was used for the whole hill (and even other temples of Jupiter on other hills), thus Mons Capitolinus (the adjective noun of Capitolium). Ancient sources refer the name to caput ("head", "summit") and the tale was that, when laying the foundations for the temple, the head of a man was found, some sources even saying it was the head of some Tulus or Olus. The Capitolium was regarded by the Romans as indestructible, and was adopted as a symbol of eternity.

By the 16th century, Capitolinus had become Capitolino in Italian, and Capitolium Campidoglio. The Capitoline Hill contains few ancient ground-level ruins, as they are almost entirely covered up by Medieval and Renaissance palaces (now housing the Capitoline Museums) that surround a piazza, a significant urban plan designed by Michelangelo.

Influenced by Roman architecture and Roman republican times, the word Capitolium still lives in the English word capitol. The Capitol Hill in Washington, D.C. is widely assumed to be named after the Capitoline Hill, but the relation is not clear.

Today, the Rome City Hall is located here and anyone who wants to get married in Rome must register here.

**41°53'36.4"N 12°28'57.7"E – Piazza del Campidoglio, 00186 Roma**



# ROME HISTORIC TRAIL

## Checkpoint #7 – Vittorio Emanuele II Monument

The Altare della Patria (English: "Altar of the Fatherland"), also known as the **Monumento Nazionale a Vittorio Emanuele II** ("National Monument to Victor Emmanuel II"), is a monument built in honor of Victor Emmanuel, the first king of a unified Italy.

The eclectic structure was designed by Giuseppe Sacconi in 1885; sculpture for it was parceled out to established sculptors all over Italy, such as Leonardo Bistolfi and Angelo Zanelli. It was inaugurated in 1911 and completed in 1925. The Vittoriano features stairways, Corinthian columns, fountains, an equestrian sculpture of Victor Emmanuel and two statues of the goddess Victoria riding on quadrigas. The structure is 135 m (443 ft) wide and 70 m (230 ft) high.

The base of the structure houses the museum of Italian Unification. In 2007, a panoramic lift was added to the structure, allowing visitors to ride up to the roof for 360-degree views of Rome. The monument also holds the Tomb of the Unknown Soldier with an eternal flame, built under the statue of goddess Roma after World War I and guarded by Italian soldiers.

It is clearly visible to most of the city of Rome despite being boxy in general shape and lacking a dome or a tower. The monument is also glaringly white, built from "corpse-white marble" imported from Botticino in Brescia, making it highly conspicuous amidst the generally brownish buildings surrounding it. For its shape and conspicuous nature, Romans have given it a number of humorous and somewhat uncomplimentary nicknames, including la torta nuziale ("the wedding cake"), la dentiera ("the set of false teeth"), macchina da scrivere ("the typewriter") and la zuppa inglese ("English soup" dessert).

41°53'43.4"N 12°28'57.8"E – Piazza Venezia, 00186 Roma



ROME, ITALY  
HISTORIC TRAIL

# ROME HISTORIC TRAIL

## Checkpoint #8 – Trevi Fountain

The **Trevi Fountain** is a fountain in the Trevi district in Rome, Italy, designed by Italian architect Nicola Salvi and completed by Pietro Bracci in 1762. Standing 26.3 meters (86 ft) high and 49.15 meters (161.3 ft) wide, it is the largest Baroque fountain in the city and one of the most famous fountains in the world. The fountain has appeared in several notable films, including Federico Fellini's *La Dolce Vita* and the eponymous *Three Coins in the Fountain*.

Tradition states that if you throw a coin with your right hand over your left shoulder into the **fountain**, your wish will come true.

**41°54'03.3"N 12°28'59.9"E – Piazza di Trevi, 00187 Roma**

## Checkpoint #9 – Spanish Steps

The **Spanish Steps** (Italian: Scalinata di Trinità dei Monti) are a set of steps in Rome, Italy, climbing a steep slope between the Piazza di Spagna at the base and Piazza Trinità dei Monti, dominated by the Trinità dei Monti church at the top.

The monumental stairway of 135 steps (the slightly elevated drainage system is often mistaken for the first step) was built with French diplomat Étienne Gueffier's bequeathed funds of 20,000 scudi, in 1723–1725, linking the Bourbon Spanish Embassy, and the Trinità dei Monti church that was under the patronage of the Bourbon kings of France, both located above — to the Holy See in Palazzo Monaldeschi located below. The stairway was designed by architects Francesco de Sanctis and Alessandro Specchi.

**41°54'21.1"N 12°28'56.5"E – Piazza di Spagna, 00187 Roma**



# ROME HISTORIC TRAIL

## Checkpoint #10 – Pantheon

The **Pantheon** is a former Roman temple, now a church, in Rome, Italy, on the site of an earlier temple commissioned by Marcus Agrippa during the reign of Augustus (27 BC – 14 AD). The present building was completed by the emperor Hadrian and probably dedicated about 126 AD.

The building is circular with a portico of large granite Corinthian columns (eight in the first rank and two groups of four behind) under a pediment. A rectangular vestibule links the porch to the rotunda, which is under a coffered concrete dome, with a central opening (oculus) to the sky. Almost two thousand years after it was built, the Pantheon's dome is still the world's largest unreinforced concrete dome. The height to the oculus and the diameter of the interior circle are the same, 142 feet (43 m).

It is one of the best-preserved of all Ancient Roman buildings, in large part because it has been in continuous use throughout its history, and since the 7th century, the Pantheon has been used as a church dedicated to "St. Mary and the Martyrs" but informally known as "Santa Maria Rotonda". The square in front of the Pantheon is called Piazza della Rotonda.

**41°53'56.6"N 12°28'36.5"E – Piazza della Rotonda, 00186 Roma**

## Checkpoint #11 – Piazza Navona

**Piazza Navona** is a square in Rome, Italy. It is built on the site of the Stadium of Domitian, built in the 1st century AD, and follows the form of the open space of the stadium. The ancient Romans went there to watch the agones ("games"), and hence it was known as "Circus Agonalis" ("competition arena"). It is believed that over time the name changed to in avone to navone and eventually to navona.

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# ROME HISTORIC TRAIL

## Checkpoint #11 – Piazza Navona (cont.)

It features important sculptural and creations: in the center stands the famous Fontana dei Quattro Fiumi or Fountain of the Four Rivers (1651) by Gian Lorenzo Bernini, topped by the Obelisk of Domitian, brought in pieces from the Circus of Maxentius.

**Piazza Navona** has two other fountains. At the southern end is the Fontana del Moro with a basin and four Tritons sculpted by Giacomo della Porta (1575) to which, in 1673, Bernini added a statue of a Moor, or a North African Muslim, wrestling with a dolphin. At the northern end is the Fountain of Neptune (1574) also created by Giacomo della Porta; the statue of Neptune, by Antonio Della Bitta, was added in 1878 to create a balance with La Fontana del Moro.

**41°53'56.9"N 12°28'23.0"E – Piazza Navona, 00186 Roma**

## Checkpoint #12 – St Peter's Basilica

The **Papal Basilica of St. Peter in the Vatican**, or simply **St. Peter's Basilica**, is an Italian Renaissance church in Vatican City, the papal enclave within the city of Rome and the world's smallest country!

Designed principally by Donato Bramante, Michelangelo, Carlo Maderno and Gian Lorenzo Bernini, St. Peter's is the most renowned work of Renaissance architecture and the largest church in the world. While it is neither the mother church of the Catholic Church nor the cathedral of the Diocese of Rome, St. Peter's is regarded as one of the holiest Catholic shrines. It has been described as "holding a unique position in the Christian world" and as "the greatest of all churches of Christendom".

Catholic tradition holds that the Basilica is the burial site of Saint Peter, one of Jesus's Apostles and also the first Pope. Saint Peter's tomb is supposedly directly below the high altar of the Basilica. (continued on next page)



# ROME HISTORIC TRAIL

## Checkpoint #12 – St Peter's Basilica (cont.)

For this reason, many Popes have been interred at St. Peter's since the Early Christian period, and there has been a church on this site since the time of the Roman emperor Constantine the Great. Construction of the present basilica, which would replace Old St. Peter's Basilica from the 4th century AD, began on 18 April 1506 and was completed on 18 November 1626.

St. Peter's is famous as a place of pilgrimage and for its liturgical functions. The Pope presides at a number of liturgies throughout the year, drawing audiences of 15,000 to over 80,000 people, either within the Basilica or the adjoining St. Peter's Square. St. Peter's has many historical associations, with the Early Christian Church, the Papacy, the Protestant Reformation and Catholic Counter-reformation and numerous artists, especially Michelangelo. As a work of architecture, it is regarded as the greatest building of its age. St. Peter's is one of the four churches in the world that hold the rank of Major Basilica, all four of which are in Rome. Contrary to popular misconception, it is not a cathedral because it is not the seat of a bishop; the Cathedra of the Pope as Bishop of Rome is in the Archbasilica of St. John Lateran.

41°54'07.8"N 12°27'22.3"E – Piazza San Pietro, 00120 Vatican City

## Checkpoint #13 – \*Vatican Museums

The **Vatican Museums** are Christian and art museums located within the city boundaries of the Vatican City. They display works from the immense collection amassed by Popes throughout the centuries including some of the most renowned classical sculptures and most important masterpieces of Renaissance art in the world. The museums contain roughly 70,000 works, of which 20,000 are on display, and currently employ 640 people who work in 40 different administrative, scholarly, and restoration departments.

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# ROME HISTORIC TRAIL

## Checkpoint #13 – Vatican Museums (cont.)

Pope Julius II founded the museums in the early 16th century. The Sistine Chapel, with its ceiling decorated by Michelangelo and the Stanze di Raffaello decorated by Raphael, are on the visitor route through the Vatican Museums. In 2013, they were visited by 6 million people, which combined makes it the 6th most visited art museum in the world.

There are 54 galleries, in total, with the Sistine Chapel, notably, being the very last within the Museum. It is one of the largest museums in the world.

**41°54'24.6"N 12°27'12.4"E – Viale Vaticano, 00165 Roma**

## Checkpoint #14 – Villa Borghese

**Villa Borghese** is a landscape garden in the naturalistic English manner in Rome, containing a number of buildings, museums and attractions including a zoo, the Rome Biopark. The gardens as they are now were remade in the early nineteenth century.

In 1605, Cardinal Scipione Borghese, nephew of Pope Paul V and patron of Bernini, began turning this former vineyard into the most extensive gardens built in Rome since Antiquity. The vineyard's site is identified with the gardens of Lucullus, the most famous in the late Roman republic. In the 19th century much of the garden's former formality was remade as a landscape garden in the English taste. The Villa Borghese gardens were long informally open, but were bought by the commune of Rome and given to the public in 1903. The large landscape park in the English taste contains several villas. The Spanish Steps lead up to this park, and there is another entrance at the Porte del Popolo by Piazza del Popolo. The Pincio (the Pincian Hill of ancient Rome), in the south part of the park, offers one of the greatest views over Rome.

**41°54'45.0"N 12°29'05.0"E – Piazzale Napoleone 1, 00197 Roma**



# ROME HISTORIC TRAIL

## Optional Checkpoint #15 – \*Ostia Antica

**Ostia Antica**, just 30 minutes from the Colosseum, offers ancient thrills to rival Pompeii (which is four hours south of Rome). Wandering around the ruins today, you can see the remains of the docks, warehouses, apartment flats, mansions, shopping arcades, and baths — all giving a peek at Roman lifestyles.

Ostia, at the mouth (ostium) of the Tiber River, was founded around 620 B.C.; its central attraction was the salt gleaned from nearby salt flats, which served as a precious meat preserver. Later, around 400 B.C., Rome conquered Ostia and made it a naval base, complete with a fort. By A.D. 150, when Rome controlled all the Mediterranean, Ostia served as its busy commercial port.

With the fall of Rome, the port was abandoned. Over time the harbor silted up. The mud that eventually buried Ostia, protected it from the ravages of time, allowing it to lay safely buried until it was excavated and opened to the public.

Please visit [www.ostiaantica.beniculturali.it/](http://www.ostiaantica.beniculturali.it/) for more information on times and fees.

**41°45'30.2"N 12°17'59.6"E - Viale dei Romagnoli, 717, 00119 Roma**

*You can arrive by train at the Ostia Antica Train Station about 250 m southeast of the main entrance.*



ROME, ITALY  
HISTORIC TRAIL

# ROME HISTORIC TRAIL

## Optional Checkpoint #16 – Sicily-Rome American Cemetery

The World War II **Sicily-Rome American Cemetery and Memorial** site in Italy covers 77 acres, rising in a gentle slope from a broad pool with an island and cenotaph flanked by groups of Italian cypress trees. Beyond the pool is the immense field of headstones of 7,860 of American military war dead, arranged in gentle arcs on broad green lawns beneath rows of Roman pines. The majority of these individuals died in the liberation of Sicily (July 10 to August 17, 1943); in the landings in the Salerno Area (September 9, 1943) and the heavy fighting northward; in the landings at Anzio Beach and expansion of the beachhead (January 22, 1944 to May 1944); and in air and naval support in the regions.

A wide central mall leads to the memorial, rich in works of art and architecture, expressing America's remembrance of the dead. It consists of a chapel to the south, a peristyle, and a map room to the north. On the white marble walls of the chapel are engraved the names of 3,095 of the missing. Rosettes mark the names of those since recovered and identified. The map room contains a bronze relief map and four fresco maps depicting the military operations in Sicily and Italy. At each end of the memorial are ornamental Italian gardens.

A new, 2,500-square-foot center visitor center opened in May 2014. Through interpretive exhibits that incorporate personal stories, photographs, films, and interactive displays, visitors will gain a better understanding of this critical campaign that contributed to the Allied victory in Europe during World War II.

Dedicated: July 30, 1956  
Acres: 77  
Sets of Brothers: 26

Burials: 7,860  
Latin Crosses: 7,738  
Stars of David: 122

Missing in Action: 3,095  
Unknowns: 490  
Medal of Honor Recipients: 2

**41°27'53.0"N 12°39'41.8"E - Piazzale Kennedy, 1, 00048 Nettuno**

*You can arrive by train at the Nettuno Train Station about a 10 minute walk from the entrance.*



ROME, ITALY  
HISTORIC TRAIL

# ROME HISTORIC TRAIL

## Activity A – Eat some Italian Pizza or Gelato

Eat Italian pizza in a restaurant (Roman style with thin crust), at a snack bar (thick crust or filled with ham and cheese "Pizza Romana"), at a bakery (fornaio), plain (Pizza Bianca), with tomato sauce (Pizza Rossa), and mozzarella with a red sauce (Pizza Margherita). Or if it's hot outside, stop for a nice gelato. You can try Cioccolato (chocolate), Vaniglia (vanilla), Fragola (strawberry) or one of the dozens of other flavours! There is no shortage of places to get pizza or gelato and varieties to try so enjoy!

## Activity B – Visit an Open Air Market

A true jewel of European cities, modern-day Rome still shines with all the glory of its illustrious past. Visitors flock to Italy's capital from all four corners of the globe to experience the history, culture, and, of course, world-famous food of Rome. There's truly no better place to discover the real Italy than in the outstanding markets of its capital. Here are seven of the most popular markets but there are many more out there to discover!

### Market #1 – Borghetto Flaminio Market

This flea market, held on a weekly basis, is a must-visit for anyone in the area surrounding the Piazza del Popolo on a Sunday. The Borghetto Flaminio Market is the place to pick up rare antiques, designer clothing, and the fine cast-offs of Rome's elite. Spend a wonderful day here rummaging through the superb quality wares to find some real bargains. Rome's glamorous and fashionable population means that the market is simply a treasure trove of finds. Armani sunglasses, Gucci handbags, and fur coats are just a few of the treats in store from 10am to 7pm every Sunday.

**Opening hours: Sun – 10am-7pm**

**Borghetto Flaminio Market, Piazza della Marina, 32, Rome, Italy**



# ROME HISTORIC TRAIL

## Activity B – Visit an Open Air Market (cont.)

### Market #2 – Porta Portese Market

Rome's largest and most famous market, the Porta Portese Market, is around a mile long and spills over into the surrounding backstreets. Endless stalls and traders in carpets, materials, antique goods, clothing and even pets, ensure no end of browsing in this fabulous flea market. Every Sunday from 5am to 2pm, the market transforms this corner of Rome's Trastevere region into a buzzing hive of activity. Whether you're looking for a bargain or not, come to soak up vibrant atmosphere, colors, and noise of cheerful calls and banter from traders. The Porta Portese Market is a good spot to pick up souvenirs cheaply.

**Opening hours: Sun – 5am-2pm**

**Porta Portese Market, Via Portuense & Ippolito Nievo, Rome, Italy**

### Market #3 – Fontanella Borghese Market

A trip to the Fontanella Borghese Market is an unmissable opportunity for literature and art lovers to peruse ancient etchings and prints as well as bargain books. From 9am to 7pm from Monday through to Saturday, local sellers set up shop with their fascinating collections of items. The market is the perfect place to pick up unique gifts, a far cry from cheaply manufactured tourist items in many other places. Knowledgeable traders will happily regale the history behind your purchases. Antique maps, vintage posters, used cameras, old magazines and newspapers, and exquisite art, are just a few of the treasures to be discovered here at Fontanella Borghese Market.

**Opening hours: Mon-Sat – 9am-7pm**

**Fontanella Borghese Market, Largo Fontanella Borghese, Rome, Italy**



# ROME HISTORIC TRAIL

## Activity B – Visit an Open Air Market (cont.)

### Market #4 – La Soffitta Sotto I Portici Market

This flea market is a hot-spot with Rome's young and trendy population, who come to browse the bric-a-brac and vintage wares available from 7am to 7pm on the first and third Sundays of the month. Come and rifle through the second-hand jewelry and clothing here at La Soffitta Sotto I Portici Market to grab a real bargain. The items here exhibit some of the best vintage styles in Rome, with silk scarves, crystal beads, antique lace, and everything a true fashion lover's heart could desire. Located just outside the Mausoleum of Augustus, and mid-way between the Spanish Steps and Piazza del Popolo, the area surrounding this market is one of the most beautiful and historic in Rome.

**Opening hours: First and Third Sundays of the month – 7am-7pm**

**La Soffitta Sotto I Portici Market, Piazza Augusto Imperatore, Rome, Italy**

### Market #5 – Campo de Fiori

Rome's historic market place, the Campo de Fiori has existed for over 400 years. The site is a must-visit in any Rome travel guide, and this farmers' market provides a wonderfully authentic taste of Rome. The name translates as 'field of flowers', and an incredible range of products are available to buy here, including beautiful flowers, fresh fruit and vegetables, artisan Italian meats and cheese, and local delicacies such as truffles and homemade olive oils. Soak up the wonderfully Italian atmosphere as you rub shoulders with locals haggling for their daily groceries and as amiable traders banter with their neighbors over your head. The market is open daily and best explored in the mornings with the locals.

**Opening hours: daily**

**Campo de Fiori, Piazza Campo de Fiori, Rome**



# ROME HISTORIC TRAIL

## Activity B – Visit an Open Air Market (cont.)

### Market #6 – Campagna Amica Market

This covered market is a perfect spot for foodies. Campagna Amica Market only trades in food sourced from local Lazio farmers and the region surrounding Rome. The freshest fruit and vegetables in the city are to be found here. On Saturdays and Sundays from 10.30am to 7pm, this farmers' market by Rome's iconic Circus Maximus spills over with the best seasonal produce that Rome can offer. Honey almost straight from the hive and olives practically just fallen off the trees: Campagna Amica exhibits the best of Rome's farm-to-table produce and is the perfect way for visitors to support regional farmers and the local environment.

**Opening hours: Sat-Sun – 10.30am-7pm**

**Campagna Amica Market, Via di San Teodoro, 70, Rome**

### Market # 7 – San Cosimato Market

Trastevere is one of Rome's most fascinating areas, with its cobbled backstreets, tranquil hideaways, and many hidden gems. The San Cosimato Market of Trastevere is the best way to gain a taste of this area's eclectic, historic and cultural feel. The origins of the market date back to the early 20th century and many of the vendors are the descendants of the market's very first traders. These family-run stalls exhibit the best food produce that Europe has to offer. Gaze in wonder at the Swiss gruyere, Occitan goat's cheeses, Alpine fontina, and local ricotta at the cheese seller's, or venture to try the superb quality steaks, quail and numerous meat cold cuts at the butcher's. The freshest fish in the city can be found here, along with hand-made pasta.

**Opening hours: Mon-Sat – 6am-1.30pm**

**San Cosimato Market, Piazza San Cosimato, Rome, Italy**



# ROME HISTORIC TRAIL

## Activity C – Learn Some Italian!

As you walk around the Rome Historic Trail, take the time to learn a few words in the local language. Whether you are asking for directions, ordering a pizza or just talking with one of the locals, a few words of Italian will go along way!

### Speaking Italian

Ciao! – Hello or Goodbye

Buon giorno! – Good morning

Arrivederci! – Goodbye

Per favore – Please

Grazie – Thank you

Prego – You're welcome

Ti amo! – I love you

Nonna – Grandmother

Madre – Mother

Padre – Father



1 - uno	6 - sei
2 - due	7 - sette
3 - tre	8 - otto
4 - quattro	9 - nove
5 - cinque	10 - dieci

C

Remember to pick two of the activities listed to do while walking the Rome Historic Trail!



ROME, ITALY  
HISTORIC TRAIL





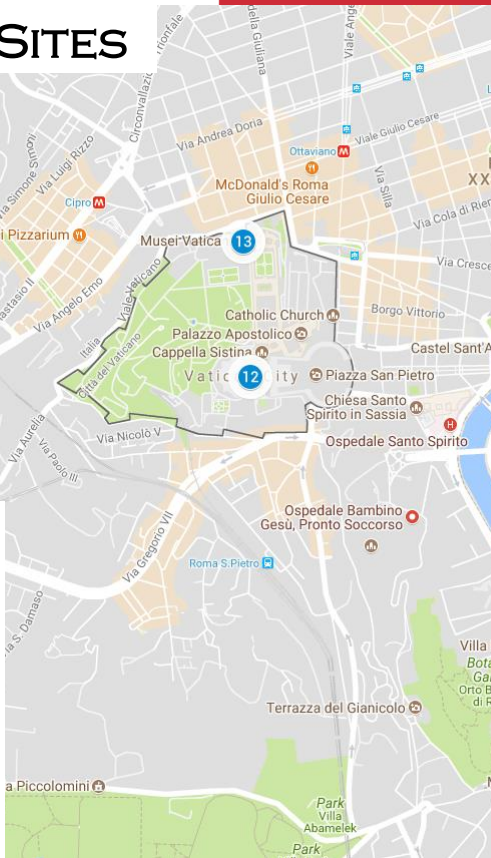
# ROME TRAIL SITES

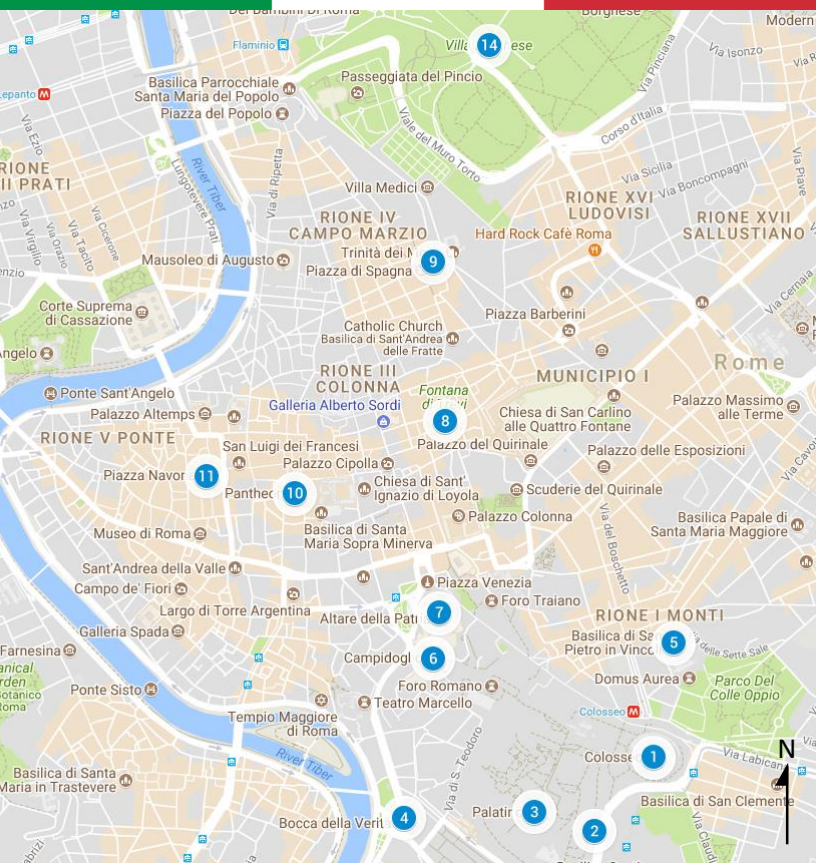
## Locations

- 1 – Coliseum
- 2 – Roman Forum
- 3 – Palatine Hill
- 4 – Mouth of Truth
- 5 – St Peter in Chains
- 6 – Capitoline Hill
- 7 – Vittorio Emanuele II Monument
- 8 – Trevi Fountain
- 9 – Spanish Steps
- 10 – Pantheon
- 11 – Piazza Navona
- 12 – St Peter's Basilica
- 13 – Vatican Museum
- 14 – Villa Borghese



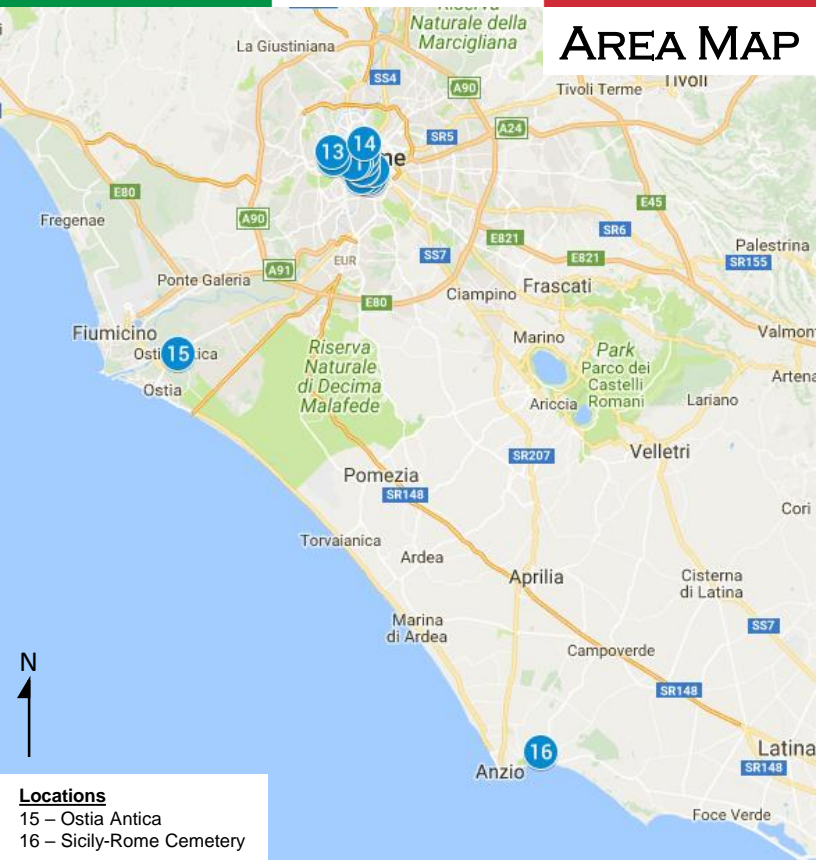
ROME, ITALY  
HISTORIC TRAIL





ROME, ITALY  
HISTORIC TRAIL

# AREA MAP



## Locations

15 – Ostia Antica

16 – Sicily-Rome Cemetery



ROME, ITALY  
HISTORIC TRAIL

# HISTORIC TRAIL QUIZ

1. How old is the Coliseum and what it was used for? \_\_\_\_\_
2. What is your favorite ruin in the Roman Forum or Palatine Hill and why? \_\_\_\_\_
3. What happens when you don't tell the truth at the Boca della Verita? \_\_\_\_\_
4. Who commissioned Michelangelo to sculpt the statue of Moses in San Pietro in Vincoli and what was its original purpose? \_\_\_\_\_
5. What do Romans have to come to the Campidoglio to do? \_\_\_\_\_
6. Why are the guards at the Vittorio Emanuele II Monument ? Who was Vittorio Emanuele II? \_\_\_\_\_
7. What happens if you make a wish with your back to the fountain and throw a coin in over your shoulder? \_\_\_\_\_
8. How many steps are at the Spanish Steps? What is the shape of the fountain at the bottom. \_\_\_\_\_
9. How old is the Pantheon? What was it originally used for? What do you notice about the ceiling? \_\_\_\_\_
10. What was the Piazza Navona used for in ancient Rome? Find Bernini's Four Rivers Fountain \_\_\_\_\_
11. What shape is San Pietro Basilica? Who sculpted the "Pietà" statue? Find the statue of St. Peter: what is unusual about his foot? \_\_\_\_\_
12. Who painted the ceiling of the Sistine Chapel? \_\_\_\_\_
13. Who turned the Villa Borghese area from vineyards to the gardens in the area today? \_\_\_\_\_

Answers on page 31



# BSA REQUIREMENTS

**Completion of the Rome Historic Trail may complete the following Requirements:**

## **Cub Scouts:**

### **Tiger:**

My Tiger Jungle  
Tigers in the Wild  
Tiger Tales

Req 1  
Req 1, 2, 4  
Req 7

### **Wolf:**

Paws on the Path  
Finding Your Way

Req 1-5  
Req 4

### **Bear:**

Fur, Feathers, and Ferns  
Paws for Action

Req 1  
Req 2B

### **Webelos:**

Webelos Walkabout

Req 1-6



## **Scouts BSA:**

### **Tenderfoot:**

Req 4d, 5a, 5b, 5c

### **Second Class:**

Req 3a, 3b, 3c, 3d, 6c

### **First Class:**

Req 4a, 4b



\*Note: Requirements for the Citizenship in the Community, Citizenship in the Nation, Hiking, Orienteering, and American Heritage Merit Badges and the Cub Scout Outdoor Activity Award can be earned by completing this hike and learning about sites found on this hike.




[illegible]

Quiz Answers: 1) almost 2000 years, gladiatorial contests; 2) no right answer; 3) It bites your hand; 4) Pope Julius II for his tomb; 5) Register for marriage; 6) Guard the Tomb of the Unknown Soldier, First King of Italy; 7) It will come true!; 8) 135 steps, Half-sunken ship; 9) 1900 years, a temple, it has a giant hole or oculus; 10) Games and competitions; 11) Cross, Michelangelo, it is worn away; 12) Michelangelo; 13) Cardinal Scipione Borghese







This Historic Trail was put together by  
members of the Transatlantic Council.

*Additional Historic Trails in the Transatlantic Council area  
can be found at <http://tac-bsa.org> or by scanning the QR  
Code below.*



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