

Rome and Frascati



**YOUR PERSONAL AUDIO GUIDE DOWNLOAD
INSTRUCTIONS: PLEASE READ**



Welcome to Rome and your personal audio guide package. These walks are just like the audio guides you use in museums and galleries, but out on the street! Full of music and fascinating stories, they will unlock the secrets of the city around you. Have fun!

It's easy, just use this map book, and the audio directions you'll hear at the beginning of each stop, to guide you to the next stop. Unexpected closures or obstructions can occur – simply use your map to go past them. Look out for traffic. Always pause your audio when walking, and above all, enjoy exploring one of the most amazing cities in the world.

1. Please go to our audio file website at lndp.com/resources
2. Type in the password '**password**' and click the submit button.
3. Then, click on the download button for whichever tour you wish to download.
4. The audio file, when downloaded, will appear in the 'downloads' folder, on your phone. This can be found in the Files app, on iPhone, or the My Files app (or equivalent), on Android devices.
5. Each stop has its own start timecode, listed next to the stop number, on the following walk instructions.
6. Away you go, and have fun!



❗ ESSENTIAL INFORMATION

- ⬇ **START POINT**
 The centre of Piazza Navona
- ⬇ **END POINT**
 Tiber Island
- 🕒 **WALK TIME**
 Approx 2 hours

Directions

We call this Rome Revealed, because that's what we do on this walk! It's time to dig a little deeper, to discover some of Rome's amazing hidden secrets, to come face to face with the real Rome!

1. Piazza Navona. [0.00]

Directions to start: You should be standing in the centre of Piazza Navona by the white fronted church called Sant' Agnese in Agone, and next to the elegant fountain called Fontana dei Fiumi.

2. Campo de' Fiori. [3.14]

Directions: Leave the square at the end and walk down Via della Cuccagna to Corso Vittorio Emanuele II. Cross at crossing when safe. Walk down Via de Baullari to reach Campo de Fiori. Stand by statue of hooded man on plinth.

3. Farnese Palace. [7.32]

Directions: Stand in front of the scowling statue. Over your right shoulder there's a narrow street leaving the square. Walk down that street. Stop in the next square in front of the palace.

4. Michelangelo's Bridge. [10.34]

Directions: Face the palace. Walk down the street that runs down the right hand side of the palace. Turn left at the end to find a small bridge. Stop by the little bridge.

5. Ponte Sisto Bridge. [12.48]

Directions: Walk under the little bridge, all the way to the end of the block. Then cross the busy road on your right using the crossing and lights, and cross the bridge in front of you. Stop on the far side.

6. Sant Egidio. [15.28]

Directions: Cross the road using the crossing on your right and walk down the street in the far left corner of the square. Once there, walk down a street called Vicolo De Cinque on your right until you reach a little junction. Take the second exit to find a church in an open square. Stop by the church.

7. Santa Maria. [18.37]

Directions: Face the church of Sant Egidio. Turn left. Walk to the far end of this pretty square and go left into a bigger square. Make for the fountain in the middle.

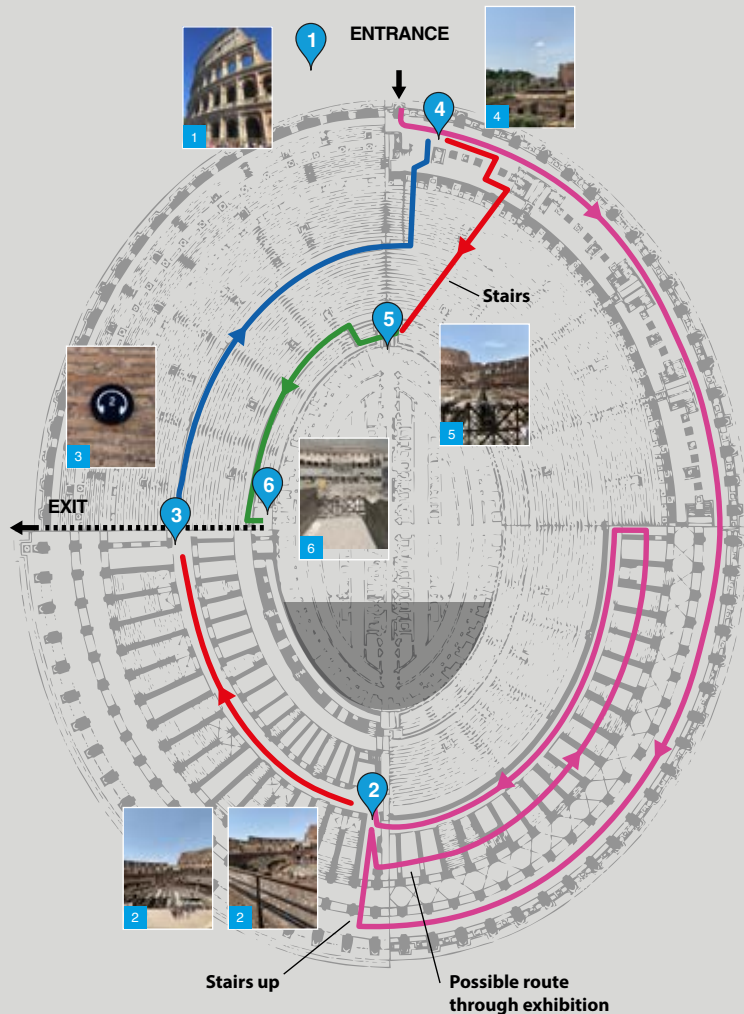
8. Santa Crisogono. [21.45]

Directions: Stand with your back to the church. Look across the square to find a street called Via della Lungaretta. Walk along it until you almost come to a big busy road. On your right you'll see a plain church with a grey door. Go through the grey door.

9. Tiber Island. [24.45]

Directions: Face the busy road. Cross it using the crossing. Continue away from the busy road, down Via della Lungaretta, to the end of the block to a pretty square. Find steps on your left. Go up them, cross the road at the crossing and take the bridge onto the Tiber island. See you by the pharmacy.

The Colosseum



Directions

Welcome to the largest amphitheatre, on earth. In front of you stands the might of ancient Rome, written in stone; the legacy of the largest empire the world had ever seen.

How to use audio guides in the Colosseum: Always keep your eyes and ears open. Look out for steps and for uneven floors. Never listen to the audio while going up or down the stairs – they're steep and uneven and you need to concentrate. Use the handrails provided.

1. Introduction. [0.00]

Listen to this before you enter the Colosseum then navigate the entrance procedure through the airport scanners and ticket barriers all the way to the far end of the Colosseum near to the elevator where you will find some steep stone stairs.

2. The Colosseum – why? [2.10]

Directions Part 1: Climb these stairs to the top, then check your maps! If possible, walk into the auditorium from here and turn left to find viewing area which is stop 2. Otherwise follow the map route through the exhibition and then into auditorium, and walk along to reach stop 2.

Part 2: When directed on the commentary, keep the arena on your right and walk a short distance until you get to the railings on your right. Stop there, where you can see everything.

3. The Colosseum – how? [6.51]

Directions: Walk on round keeping the arena on your right. Walk until you're about half way round the arena and you're looking directly across the Colosseum at a crucifix on the other side. Can you see it?

You should end up by an information pillar saying Colosseum Substructures, and by a headphone symbol on the wall indicating 2 – don't worry that's a different audio guide number. We're at stop 3. Check your map for exact locations. Pause your audio and start it again when you're there.

4. The Valley of the Colosseum. [10.59]

Directions: Follow the trail round until you can leave the auditorium by going left where you see a sign saying Stairs To Level 1. Then having turned left here, walk ahead to the railings where you'll be looking over to the Forum and the Palatine Hill.

5. Gladiators [15.08]

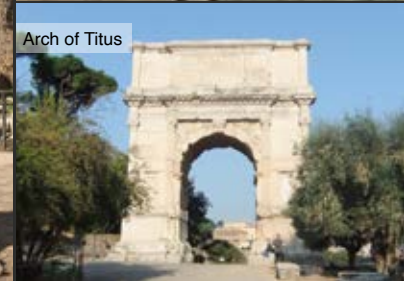
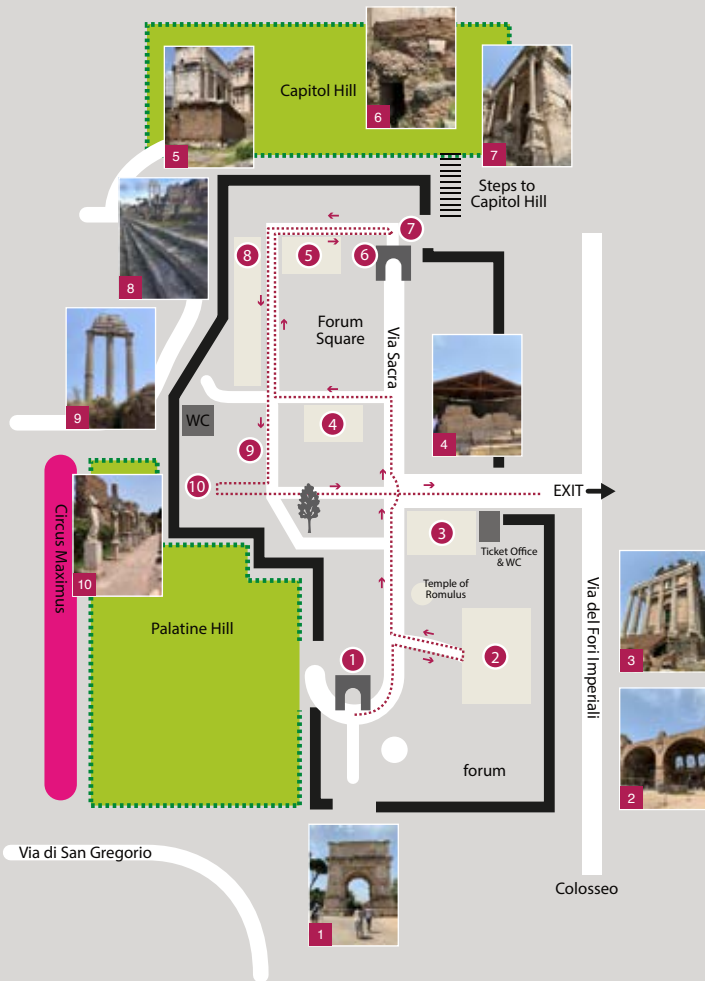
Directions: There are some steep steps to negotiate. Use the handrails and concentrate.

Ok, turn with your back to the temples. Look for the bookshop on your left. To the right of it, you'll see signs for Uscita (Exit) and you'll see the stairs. Go down them, talking great care. At the bottom, turn left and left again past some stone fragments to find yourself walking ahead into the arena. You'll be walking the same route the gladiators walked when they entered the arena. Walk as far ahead as you can get. Stop there.

6. Your life in their hands. [19.08]

Directions: take the ramp out to your right, and follow the arena round, keeping it on your left until you come to a viewing area. Look across the arena to a large crucifix on the far side.

Roman Rubble - The Forum

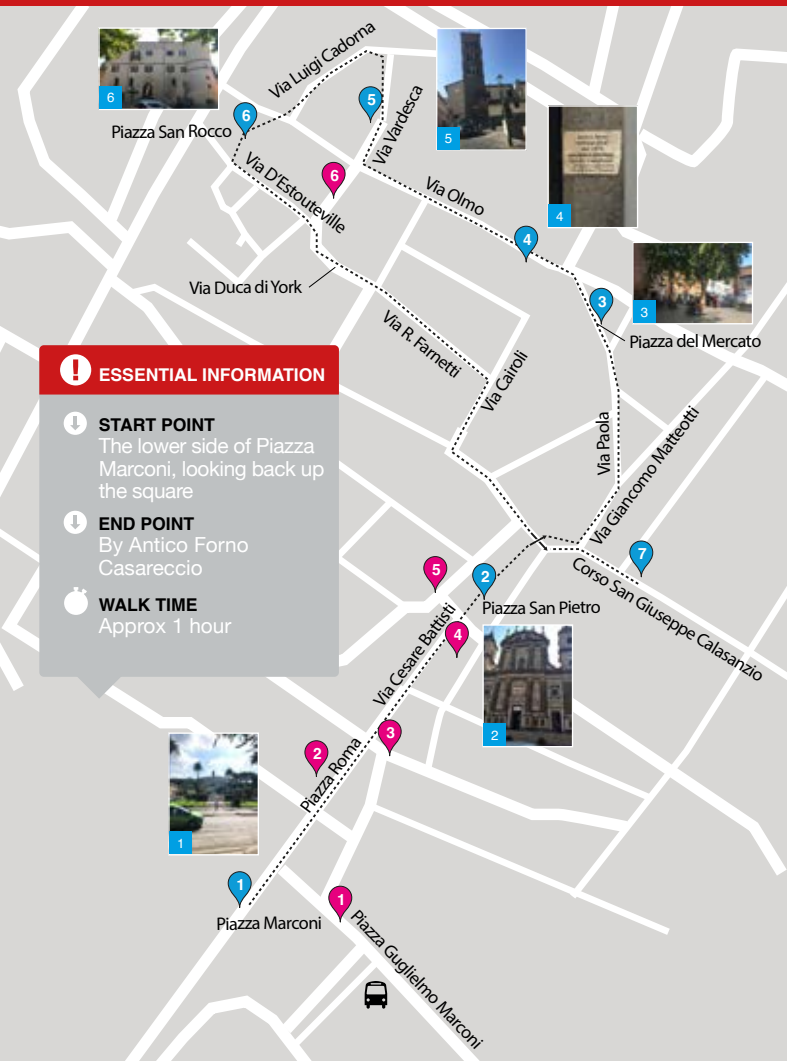


THIS WALK STARTS AT THE ARCH OF TITUS. Please follow signs to the Arch and start the audio guide when you're there.

For over a thousand years, Rome ruled the known world, and the heart of that vast empire was right here before you, the Forum. This was their market place, their banking centre and the home of their law courts. They came here to hear passionate speakers, and to watch victorious generals show off their looted treasures. You're about to walk in the footsteps of Julius Caesar through the very centre of the Roman Empire.

- | | |
|---|--|
| 1 The Arch of Titus [0.00] | 6 The Umbilicus [13.49] |
| 2 The Basilica of Maxentius [4.07] | 7 The Arch of Septimius Severus [16.18] |
| 3 The Temple of Antoninus and Faustina [6.18] | 8 The Basilica Julia [17.59] |
| 4 The Temple of Julius Caesar [8.40] | 9 The Temple of Castor and Pollux [20.07] |
| 5 The Rostra [11.22] | 10 The House of the Vestal Virgins [21.59] |

Frascati



ESSENTIAL INFORMATION

- START POINT**
The lower side of Piazza Marconi, looking back up the square
- END POINT**
By Antico Forno Casareccio
- WALK TIME**
Approx 1 hour



Welcome to the pretty hillside town of Frascati. These stunning little streets and shops have been a popular escape for Romans, sweltering in the summer heat of the city, for hundreds of years, and you'll soon see why. The town is famous in Italy for its peaceful easy going feel, for its good food and fine wine, and for an amazing selection of ice cream shops, or Gelateria as they're called here. So enjoy your time in Frascati today, soak up a bit of history, take in the amazing views, and walk down the streets once frequented by Italian aristocrats and noblemen. And don't forget to try one of their famous ice creams too, you'll never forget it!

Audio Tracks

1. Start. Piazza Marconi [0.00]
2. Piazza San Pietro [3.09]
3. Piazza del Mercarto [6.19]
4. Old biscuit bakery [8.33]
5. The Bell Tower [10.00]
6. Piazza San Rocco [11.38]
7. Antico Forno Casareccio [13.54]

Gelateria

1. Gelateria Dei Glicini
2. Gelateria Bar Belvedere
3. Cafe Rendez Vous
4. Paticceria Eden Cafè
5. Gelateria Tris
6. Gelateria by Piazza Paolo

Florence



Directions

1. Train journey to Florence. [0.00]

Listen to the first track on the train.

2. Mercato Centrale. [3.31]

Exit platforms and turn left. Exit station. Cross road, Piazza della Stazione, then turn right. Walk passed McDonald's. Cross Largo Fratelli Alinari. Walk ahead. Follow sidewalk round to left into Via Sant'Antonio. Walk to market. At crossroads turn left through leather stalls, keep market on right. Go right at end of market, Via Panicale, and walk to market doors on right. Stop on the steps into market. Lots of places to eat upstairs – why not come back here for lunch?

3. San Lorenzo Church. [8.09]

Exit market, turn right, back to crossroads. Turn left at crossroads. Walk to open square, Piazza San Lorenzo. Cross road to domed church. Follow steps. Keep domed church on your right. Find a white marble statue of a guy in a chair. When you get there, turn and look at church.

4. Piazza del Duomo [12.27]

Stand with Church behind you. Look right. Walk down Borgo San Lorenzo for five minutes to Piazza del Duomo. Enter the huge open square called the Piazza Del Duomo. Ahead is the green and white striped Baptistery, while to the left and behind it is the cathedral of Santa Maria del Fiore, crowned by the mighty Duomo. Walk into the square and stop so that you can see the dome at the far end, the huge marble façade of this end of the cathedral, and the green and white octagonal baptistery to your right.

5. Piazza della Repubblica. [18.44]

Stand facing the main door in the façade of the cathedral, then turn right, then exit the square walking ahead into Via dei Calzaiuoli.

Look for Migone and other treats. Take the second right into Via degli Speciali. Walk ahead towards the giant arch of Piazza della Repubblica, but stop before the end of the street and find a place to stand, next to a store called La Rinascente. Incidentally there's a great rooftop café on the top of this store if you have time.

6. Piazza della Signoria. [23.29]

Keeping La Rinascente on your left, take a left and walk along the street a short distance. Take the first left into Via Orsanmichele, passed old church on right with white statues on wall, then turn right after church into Via Calzaiuoli. Walk ahead to Piazza della Signoria. Stop in centre of square.

7. The Uffizi Gallery. [28.43]

Your next stop is just down the street ahead, between all the statues on your right and David on your left. You'll see queues of people here heading into the gallery. Walk down where the queues are and find a place to listen while I tell you about the gallery.

8. Ponte Vecchio. [32.40]

Carry on through the Uffizi towards the arch at the far end. Take care and cross the road and you'll find the river. Look right to see the final stop, the Ponte Vecchio bridge. Follow the road, through the cloisters and I'll see you in the middle of the bridge near a statue of a bearded man.

End choice.

Carry on across the bridge to discover the district called Oltrano, or go back the way you came and when you leave the bridge keep walking ahead for about 150 yards until you find the Piazza del Mercato Nuovo and the famous statue of the Bronze Boar.

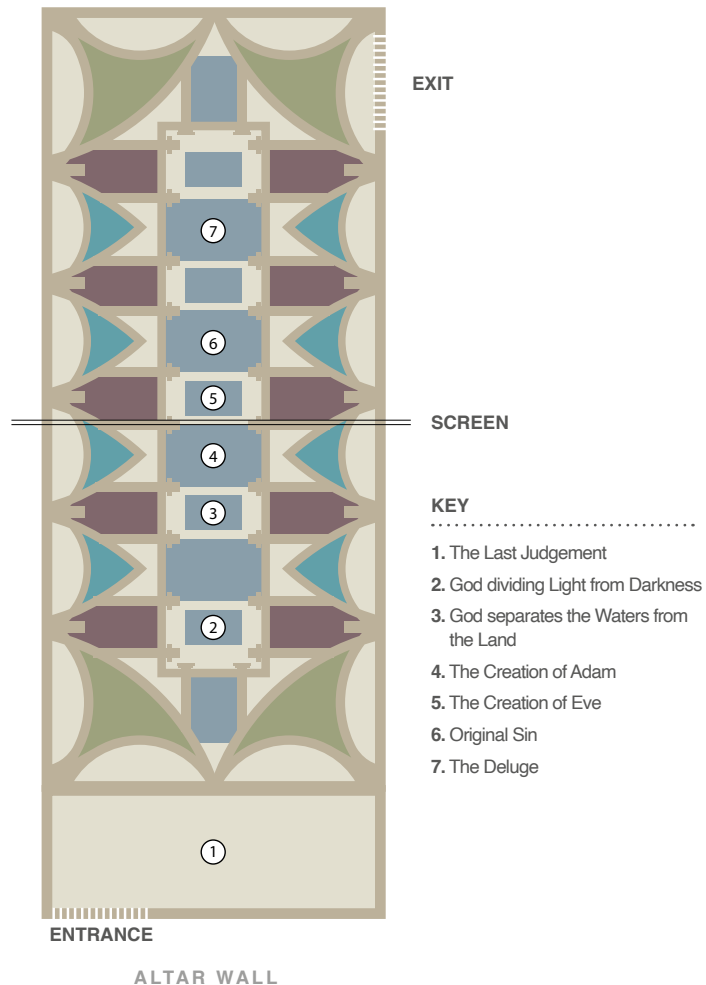


The Sistine Chapel – an overview

Welcome to the Sistine Chapel. You're standing surrounded by what is arguably the greatest artwork in the whole world. It took Michelangelo just four years to paint that ceiling. Look at it – just four years, between 1508 and 1512.

Before he started any work on it the ceiling was just painted in blue with a few glinting stars. Now look at it!

There is a screen about half way down the chapel that stretches from one side of the room to the other. Walk towards it and find a place to stand where you can clearly see the ceiling.



1 The Last Judgement.

Painted by Michelangelo almost twenty years after he'd painted the ceiling, this gruesome scene announces the end of the world.

Sistine Secrets!

Look by Christ's left foot for Saint Bartholomew, kneeling on a cloud. He is holding his own skin - look closely at the skin - that's Michelangelo's face hidden there between the two arms.

2 God dividing Light from Darkness.

Look at the way the figures are viewed as if from below – this is the first time Michelangelo painted figures this way.

Sistine Secrets!

The way Michelangelo planned this ceiling is fascinating – he was really a sculptor not an artist, so he started his painting at the end of the story, with Noah, and worked his way back along the ceiling towards the altar wall end, knowing that his technique for painting would improve as he progressed – and he wanted the start of the story, showing God and the creation, to be the very best that he could. I think he's surpassed himself!

3 God separates the Waters from the Land

Here you can see God, again with his flowing beard and outstretched hands, looking down as he creates the earth and the seas.

Sistine Secrets!

Nobody had seen God portrayed like this before – with his long beard and flowing hair, this was Michelangelo's version – and it's stayed with us ever since. Before this painting of God, he was usually depicted as a hand coming down out the clouds!

4 The Creation of Adam

This has to be one of the most famous images in the world. On the left can you see Adam on his back, with one arm on the ground and the other arm stretched out?

Sistine Secrets!

Look back to the Last Judgment for a moment. When it was finished, the local council insisted that the nudity had gone too far! It had to be cleaned up. So an artist called da Volterra was hired to paint underwear on the more obvious nudes – and he became known for the rest of his life as Il Braghettone – Mr Big Pants!

5 The Creation of Eve

Here God has finally come down to earth and is standing, beckoning to Eve.

6 Original Sin

This story is one that many of us are familiar with – the serpent tempting Eve to try an apple, and the minute she does, both she and Adam are thrown out of the Garden of Eden.

Sistine Secrets!

Give your neck a rest for a moment and look to the side walls here. Pope Sisto commissioned painters like Botticelli to paint them. On one side there's the story of Moses and on the other the story of Christ. These are some of the finest frescos in the world - and that was before Michelangelo turned up and painted the ceiling.

7 The Deluge

Well this is Noah's flood. The water of the floods represents the cleansing of the world of sinners.

Sistine Secrets!

Look up at those decorative nude men all along the ceiling. Can you see they're depicted with acorns? In fact there are lots of acorns up there. Why? The Pope who commissioned Michelangelo to paint the ceiling had acorns in his family crest, and his family name was Rovere which means Oak in Italian. This is Michelangelo's way of acknowledging his patron.



St Peter's Basilica – an overview

St Peter's Basilica is the most important Roman Catholic church in the world, and it's a place nearly all visitors to Rome want to visit – and when they do, it doesn't disappoint.

There is a lot to see here, as you can see! So I have selected the six top stops which are things that I think will interest you, things that you would never see anywhere else on the planet.

Look at your map of the basilica, follow the dotted line, and use this guide – to guide you!



KEY

1 Chapel of the Pietà

This beautiful famous marble sculpture has had a troubled history – she lost four fingers in the 1700s when she was being moved. They were repaired.

2 The Papal Altar

The Papal altar beneath the huge bronze canopy, lies directly over the tomb of St Peter. The Pope is the only person allowed to celebrate Mass at this altar.

3 The Baldachin

This was made by the sculptor Gian Lorenzo Bernini, known as the 'Shakespeare of sculpture'.

4 The Dome of St Peter's

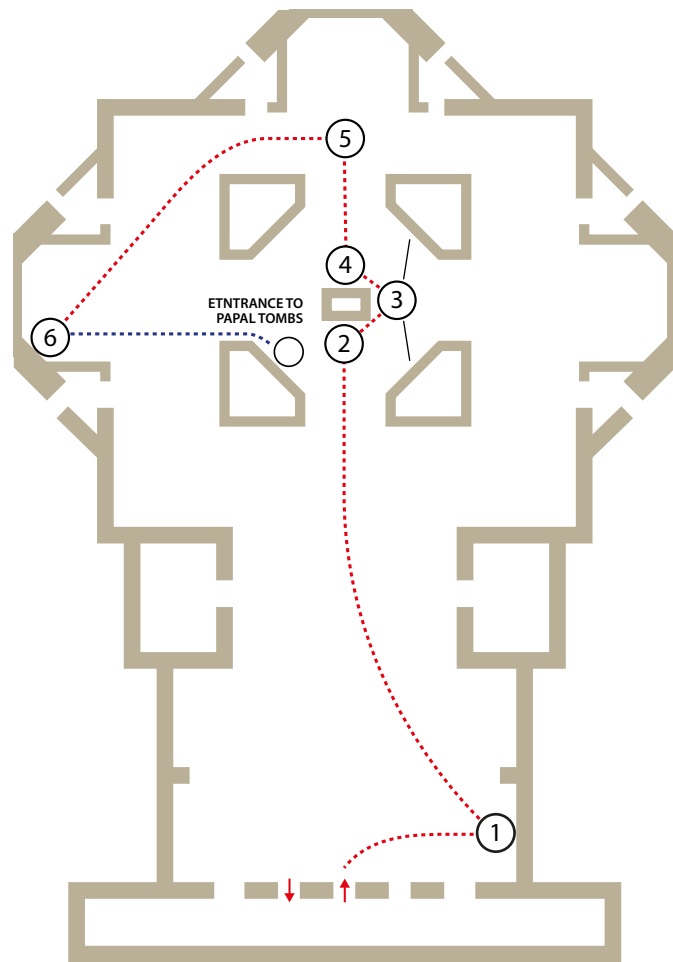
Look up. This dome was designed by the world-renowned artist and sculptor Michelangelo, although it wasn't finished in his lifetime.

5 The Throne of St Peter in Glory

Look closely at the throne. You'll see it's a bronze piece decorated in gold.

6 The Altar of the Crucifixion

It is said that St Peter was crucified upside down in the middle of giant race track in ancient Rome called Nero's Circus.





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