

Conference Guide

Conference Venue

Conference Location: The Church Palace Hotel

The Church Palace Hotel

The Church Palace is a striking 4 star superior hotel housed in a historical, Renaissance-inspired building. The hotel has been completely renovated to better satisfy its guests' needs and is distinguished by its elegant lines and refined atmosphere. Surrounded by a private park, with an ancient fountain as a backdrop and an 18th century nymphaeum, the hotel harmoniously integrates with the Villa Carpegna Park.



Address: Via Aurelia 481, Rome, Italy

Tel: +39 06 66 00 11

Fax: +39 06 6623138

Email: concierge@thechurchpalace.com

URL: <http://www.thechurchresort.com/thechurchpalace/en/>

History of Rome

Rome is a city and special comune (named "Roma Capitale") in Italy. Rome is the capital of Italy and of the Lazio region. With 2.9 million residents in 1,285 km² (496.1 sq mi), it is also the country's largest and most populated comune and fourth-most populous city in the European Union by population within city limits. The Metropolitan City of Rome has a population of 4.3 million residents. The city is located in the central-western portion of the Italian Peninsula, within Lazio (Latium), along the shores of Tiber river. Vatican City is an independent country within the city boundaries of Rome, the only existing example of a country within a city: for this reason Rome has been often defined as capital of two states. Rome's history spans more than two and a half thousand years. While Roman mythology dates the founding of Rome at only around 753 BC, the site has been inhabited for much longer, making it one of the oldest continuously occupied cities in Europe. The city's early population originated from a mix of Latins, Etruscans and Sabines. Eventually, the city successively became the capital of the Roman Kingdom, the Roman Republic and the Roman Empire, and is regarded as one of the birthplaces of Western civilization and as the first ever metropolis.



It is referred to as "Roma Aeterna" (The Eternal City) and "Caput Mundi" (Capital of the World), two central notions in ancient Roman culture. After the fall of the Western Empire, which marked the beginning of the Middle Ages, Rome slowly fell under the political control of the Papacy, which had settled in the city since the 1st century AD, until in the 8th century it became the capital of the Papal States, which lasted until 1870. Beginning with the Renaissance, almost all the popes since Nicholas V (1422–55) pursued coherently along four hundred years an architectonic and urbanity program aimed to make of the city the world's artistic and cultural center. Due to that, Rome became first one of the major centers of the Italian Renaissance, and then the birthplace of both the Baroque style and Neoclassicism. Famous artists, painters,

sculptors and architects made Rome the center of their activity, creating masterpieces throughout the city. In 1871 Rome became the capital of the Kingdom of Italy, and in 1946 that of the Italian Republic. Rome has the status of a global city. Rome ranked in 2014 as the 14th-most-visited city in the world, 3rd most visited in the European Union, and the most popular tourist attraction in Italy. Its historic centre is listed by UNESCO as a World Heritage Site. Monuments and museums such as the Vatican Museums and the Colosseum are among the world's most visited tourist destinations with both locations receiving millions of tourists a year. Rome hosted the 1960 Summer Olympics and is the seat of United Nations' Food and Agriculture Organization (FAO).

Source: <https://en.wikipedia.org/wiki/Rome>

How to get to Rome

By Air:

Leonardo da Vinci/Fiumicino International Airport (FCO) in Rome is Italy's first airport and Europe's sixth where traffic volume is concerned. It lies 16 miles southwest of Rome and is linked to the city by train and by road. The ride by train lasts approximately 30 minutes and goes as far as the central railway station of Rome, Termini. The airport incorporates 3 passenger stations and offers services of a great variety, such as convention facilities, conference rooms, banks, coffee shops, restaurants and shops selling both local Italian products and international goods.

Visa: Before you travel to Italy, please check your visa requirements and make sure you have a valid visa if needed. Holders of non-standard passports and travel documents may also have different entry requirements: please check your visa and passport requirements at <https://italy.visahq.com/>

For more details:

**Leonardo da Vinci/Fiumicino International
Airport (FCO)**

Tel.: +39 06 65951

URL: <https://www.adr.it/web/aeroporti-di-roma-en-/pax-fco-fiumicino>

Lost and Found Baggage

Tel.: +39 066640 for Alitalia customers

By Ferry:

Grimaldi Lines provides ferry service from Civitavecchia to Barcelona, Tunis, Toulon (France), Porto-Vecchio (Corsica). Many ferries run as much as 4h late causing problems with onward connections such as the train to Rome. The last one leaves Civitavecchia at midnight and can leave you stranded overnight.

Official site of Grimaldi Lines: <https://www.grimaldi-lines.com/en>

Moby Lines provides service to/from Olbia, Sardinia

Official site of Moby Lines: <http://www.mobyhines.com/>

By car:

Driving to Rome is quite easy; as they say, all roads lead to Rome. The city is ringed by a motorway - the Grande Raccordo Anulare or, simply, the GRA. If you are going to the very centre of the city any road leading off the GRA will get you there; if you are going anywhere else, however, a GPS or a good map is essential. Signs on the GRA indicate the name of the road leading to the centre (e.g. via Appia Nuova, via Aurelia, via Tiburtina) but this is useful only for Romans who know where these roads pass.

By train:

Rome's main railway station is Roma Termini, which is closed between 00:30am and 04:30am. Most long-distance trains passing through Rome between these times will stop at Tiburtina station instead. Other main stations are Roma Tiburtina, Roma Ostiense, Roma Trastevere and Roma Tuscolana.

*About luggage: when traveling between major cities or to/from another country, trains will be designed for passengers and luggage. Most others (e.g., between nearby towns and cities) are often designed to serve commuters.

For stations end route, they stop for only 1-2 minutes.

Most cars have a middle platform close to the station's boarding level, but with a significant gap. Seating areas may be at levels different from the middle platform, with narrow/clumsy steps for moving large luggage and little space to store them. Large pieces must often be left on the middle platform; have someone guard them... as thieves might try to grab them just before the doors close.

How to get from the Airport to the Hotel

By Train:

From the Leonardo da Vinci/Fiumicino airport, there are two train lines that will get you into Rome:

The Leonardo Express leaves every 30 minutes to Roma Termini, Rome's central train station (35 min trip). Tickets cost 14,00 € and are available (within 7 days of departure) online (you must create an account and enroll in Trenitalia's CartaFRECCIA program before you can purchase online tickets).

Tickets sold at the departure platform are 15,00 €. So if there are three of you it is cheaper to take a taxi and you get delivered to your door. You can't buy a ticket for a specific train; it's just a general ticket for a specific route (Termini), but it's good for any time. Get your ticket stamped in a yellow validation machine just before boarding the train: it will expire 90 minutes after the validation. It is important to validate the ticket: otherwise, the train conductor could fine you a substantial sum. At Termini, the Leonardo Express stops at platform No.24.

The suburban train (FL1 line) does not stop at Termini. Get off at Tiburtina or, before that, at the Ostiense train station, where you can connect to line B of the Metro; alternatively, you can get off at the Roma Trastevere train station and from there take the No.8 tram line (direction: "p.za Venezia") to go to Trastevere, Campo de' Fiori, largo di Torre Argentina and piazza Venezia. Tickets are 8,00 € plus 1.50 € for a bus-tram-Metro ticket. The extra cost of the Leonardo Express is for the convenience of a direct ride to Termini. If you are going somewhere else close to a Metro station, Tiburtina and Ostiense stations are as convenient. Get your ticket stamped in a yellow validation machine just before using it.

Note: When boarding one of the Terravision coaches from Termini to either airport, you must trade in your ticket for a laminated card called a "Boarding Pass". The 6, 00€ ticket is good for any bus in the day of purchase, but there's a limited number of seats available on each bus - and the Terravision office hands out these boarding passes on a first come, first served basis. For example, you may go to the station at noon and buy the 14:30pm ticket to Ciampino. The ticket agent will however be giving you a generic ticket; you must then come back (they recommend 30 minutes earlier) at, let's say, 14:00pm and trade that ticket in for a boarding pass valid for the 14:30pm bus to Ciampino. In rare cases, these passes may have already run out by the moment you show up at the office - our advice is to get onto the bus before the one you actually want to ride. The agents speak decent English, though, so just ask them if you are confused.

Trenitalia's CartaFRECCIA official site: http://www.trenitalia.com/cms-file/html/frecciarossa_en/Info_Tariffe_en_LeFreccie.html

By Taxi:

Private Arrival Transfer: Rome Fiumicino Airport to Hotel

<http://www.viator.com/tours/Rome/Private-Arrival-Transfer-Rome-Fiumicino-Airport-to-Hotel/d511-5476FCOAPHTL>

Rome cabs - Private and Shared Shuttle from and to airports

http://www.romecabsbooking.com/?gclid=Cj0KEQjw3auuBRDj1LnQyLjy-4sBEiQAKPU_vUt4ELgZmg1JnK9EtLR_Ek2oGqxiBBEoRIg2er-W2oUaAmOz8P8HAQ

By Public Transportation:

Shuttle service between Ciampino and Fiumicino airports:

Operated by Schiaffini Travel - outside the airport at the bus stop

Tickets can be purchased on the bus.

Ticket cost: 5,00 €

Terravision bus is probably the easiest and cheapest connection between Fiumicino airport and Rome city centre, but the journey takes 55 minutes. However, you should consider that they oversell buses online and you may wait more than two hours to catch one. The online "reservation" does not guarantee a seat. You can either book online (4,00€ one-way) or buy the tickets there (6,00€ one-way, 11,00€ round-trip). The bus departs near Terminal 3 of the airport and arrives at Termini station (the same applies for the route in reverse). There are other buses that go to Termini station and, during the low season, you can hedge your bets and see which one leaves earlier.

From Leonardo da Vinci/Fiumicino, the public bus stop is located outdoors at ground level, at the bottom of the Terminal 1 (Domestic Arrivals). You can buy tickets at the tobacco shop in the Terminal 1 baggage area, with the blue sign (Tabaccheria).

Lines from Leonardo da Vinci/Fiumicino are: Aeroporto-Termini-Tiburtina

The schedule for Aeroporto-Termini-Tiburtina

From Fiumicino station 01:15 02:15 03:30 05:00 10:55 12:00 15:30

Ticket cost: 4.50€

From Rome Tiburtina station 00:30 01:15 02:30 03:45 09:45 10:30 12:35 17:30

Aeroporto - Roma Cornelia Metro line A Ticket cost: 2.80€

Aeroporto - Roma Magliana Metro line B Ticket cost: 1.60€

Aeroporto - Ostia Lido Ticket cost: 1.00€

Aeroporto – Fregene Ticket cost: 1.00€ Bus No.22, which leaves from Abrenes Street, has direct services between the airport and the city centre.

Public Transportation in Rome

Metro

Rome has a terrific underground railway system that will get you near most tourist destinations. The Roman Metro has three lines - A, B and C, plus a new branch of the B line, called B1, which goes from the "Bologna" stop to "Jonio". The combination of A and B lines is X-shaped; the two lines cross at the city's central railway station, which is called Roma Termini.

Bus

Rome public buses run a very comprehensive and frequent system running from about 05:30 to midnight daily. These bus services are supplemented by night services that run all night along the core routes. In the centre of Rome, where most visitors are, the major bus terminus is in front of Termini Station. Termini Station is the major public transport hub for central Rome and if you use public transport for sightseeing it will soon become a familiar place. In general the public buses are used for very short journeys and as a feeder service to the Metro and train networks.

Useful Routes for the First Time Visitor

Of the main 'must see' sights the Vatican, Spanish Steps and Colosseum / Forum are best visited by Metro if you can.

The ancient centre of Rome is a no go area for the Metro, you either need to walk (and walking is a very attractive proposition in Rome) or take the local bus. Even these local buses cannot penetrate the narrow lanes of the ancient city centre - however there is a small network of small electric buses that can (see further down page). Some key, frequent routes for the tourist are listed below, but there are many, many more.

40 (Limited stop express) - Termini - Piazza Venezia - Argentina - Piazza Pia (for St Peter's/Vatican)

64 - Termini - Piazza Venezia - Argentina - Vatican

62 - Repubblica - Spanish Steps - Piazza Venezia - Argentina - Vatican

81 - Vatican Museums - Piazza Imperatore (Spanish Steps) - Piazza Colonna (Trevi Fountain) - Piazza Venezia - Circo Massimo - Colosseum

60 - Repubblica - Piazza Venezia - Colosseum - Circo Massimo

H - Termini - Piazza Venezia - Argentina - Trastevere

9 (Tram) - Piazza Venezia - Argentina - Trastevere

Rome Bus, Tram & Metro Ticket Prices:

B.I.T. 1.50€ - Standard ticket, valid for one Metro ride or 75 minutes on all buses

B.I.G. 6.00€ - Daily ticket, valid for unlimited metro, bus, and train travel within Rome

B.T.I. 16.50€ - 3-day tourist ticket, valid for everything listed under the B.I.G ticket

C.I.S. 24.00€ - Weekly ticket

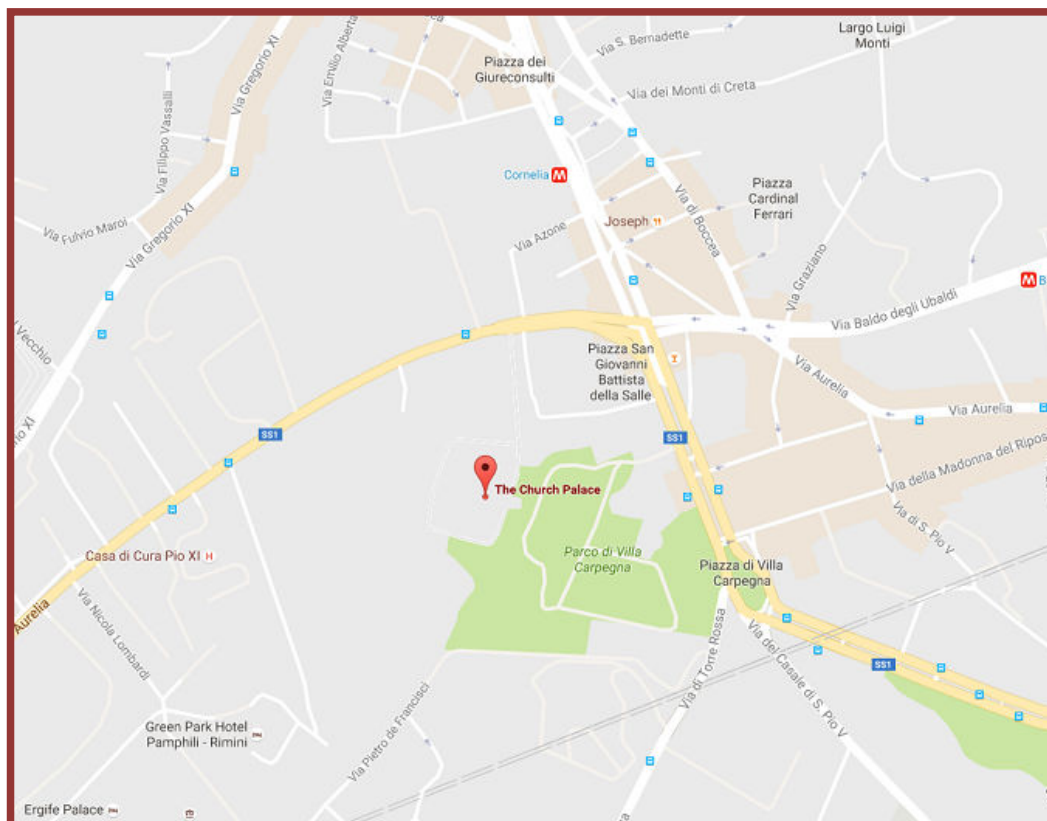
Tram Services in Rome

There is a small network of trams in Rome most of which do not cover the main districts of Rome frequented by visitors.

If you have time on your hands and want to see a little of the “real Rome” you can combine the number 3 and 19 trams to a pleasant window on suburban Rome. The No.19 tram starts in a square outside the walls of the Vatican, on the main walking route between St Peter's Square and the Vatican Museum.

The No.19 tram eventually takes you to the Villa Borghese Park where the No. 3 tram joins the route for around 15/20 minutes from outside the Modern Art Museum. Changing to the No.3 tram you circuit the eastern side of Rome and swing around to the south of the city centre with good views of the original Rome walls, before passing the Colosseum and crossing over the river to Trastevere.

Trastevere is a major restaurant district and the No.8 tram connects you the short journey to the Piazza Venezia right in the heart of Rome by the Roman Forum and the Capitoline Museum



PLACES TO VISIT

The Colosseum

The Colosseum is the most recognizable and iconic monument of Rome, if you see no other site in Rome you should see this structure. This grand stadium was constructed by the Flavian emperors. In 508-544BC the valley where the colosseum now stands had been drained. Houses and public buildings were constructed at this point where four regions of ancient Rome converged.

Address: Piazza del Colosseo, 1, 00184 Rome

Opening Hours: daily 8:30am-16:30pm

Tel: 06-39967700

Admission Fee: 12,00€ all levels. Guided tours: 4,00€

Note: The Colosseum also includes a visit to the Roman Forum and the Palatine Hill. You can get a free entrance to the The Colosseum using the Omnia Card

The Pantheon

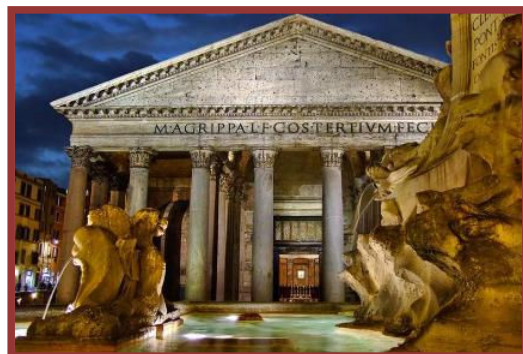
The Pantheon in Rome was built on the orders of Hadrian between 118AD and 125AD, it functioned as a temple to all the Roman Gods. The temple was built to replace Marcus Agrippa's temple which had burnt down in 80AD. The original inscription can still be seen above the Pantheon entrance "Marcus Agrippa son of Lucius, having been consul three times made it." The building is in such good condition thanks to renovations made by the Byzantine Emperor Phocas in 608AD when it was converted into a church.

Address: Piazza della Rotonda, 00186 Rome

Opening hours: Monday-Saturday 8:30am-19:30pm, Sunday 9:00am-18:00pm

Tel: 06-68300230

Admission Fee: Free admission



St. Peter's Square

The expansive St. Peter's Square is located within Vatican City in front of St. Peter's Basilica. In the 1600s the plaza was designed by Bernini who also had a hand in designing the adjacent basilica. His design was limited by the constraints of surrounding structures but he managed to create a trapezoid shaped plaza of grand proportions. The elliptical shaped open area of the square is surrounded by 284 Tuscan-style Doric colonnades, in 4 rows; the columns are 13 meters high.

Address: Piazza San Pietro, Rome

Piazza Navona

Piazza Navona is an elongated oval-shaped public square in Rome, it was built on the former Stadium of Domitian (the remains of which can still be seen on guided tours from Piazza Tor Sanguigna¹³). The original name was Circus Agonalis or Circus Agonalis. The Piazza was paved in the 15th century and used as a market place and a venue for special events including mock naval battles. Today is a lively and popular social meeting point in the numerous cafes, restaurants and places of entertainment which line the square.

Address: Piazza Navona, 00186 Rome, Italy



St. Peter's Basilica

St Peter's Basilica is perhaps the holiest and most important church in Christendom, located within Vatican City on Vatican Hill; it is the heart of the Catholic Church. The location has long been considered holy as the apostle Saint Peter is believed to have been buried here in 64AD. Peter is considered to have been the first Pope and so its place in Vatican City is fitting.

Address: Piazza di San Pietro in Vincoli, 4/a, 00184 Rome

Opening Hours: Basilica (including the sacristy and treasury) daily 9:00am-6:00pm. Grottoes daily 8:00am-5:00pm. Dome Oct-Mar daily 8:00am-5:00pm, Apr-Sep 8:00am-6:00pm

Phone: 06-69881662

Admissions: Basilica (including grottoes) free admission. Guided tour of excavations around **St.** Peter's tomb 10,00€, children 14 and under are not admitted. Stairs to the dome 4,00€, elevator to the dome 5,00€, sacristy (w/Historical Museum) free

Trevi Fountain

The Fontana di Trevi is the largest baroque fountain in the world. The fountain is well known from the Fellini film "La Dolce Vita" and "Three Coins in The Fountain." Legend has it that if you throw a coin into the fountain and make a wish to return to Rome, your wish will be granted. It is situated in the Trevi District of Rome at a junction of three roads (hence the name tre-three+vie-roads). The fountain is 26,30 meters high, 49,15 meters wide, 80,000 cubic meters of water flow through the fountain every day and it is mostly carved from travertine stone.

Address: Piazza di Trevi, 00187 Rome



Castel Sant'Angelo

The Castel Sant'Angelo, also known as The Hadrian Mausoleum, was constructed 130AD-139AD on the edge of the River Tiber by Emperor Hadrian for himself, his family and his successor's interment. The mausoleum has a cylindrical colonnaded drum, 64 meters in diameter, on top of an 89 meter wide square base which was covered with lush planted gardens and trees. Situated on the right bank of the river, the Ponte Sant'Angelo connects it with the rest of the city.

Address: Lungotevere Castello, 50, 00186 Rome

Opening hours: Tuesday-Sunday 9:00am-19:30pm

Phone: 06-6819111

Vatican Museums

The Vatican Museums are within Vatican City and comprise several exhibitions housed within several museum galleries. The collection began with the purchase by Pope Julius II of the statue of Laocoon and his Sons in 1506. Although the collections could have been kept within the Vatican walls as the Pope's private collections, lucky for mankind, the popes chose from the very beginning to make the art available to the general public.

Address: Viale Vaticano, 00165 Roma, Italy

Phone: 06-69883333

Opening Hours: Monday-Saturday 10:00am-12:20pm

Admission: 14,00€ adults, 8,00€ children 13 y.o., children up to 5 y.o and under are free

Note: You can get a free entrance to the Vatican Museums using the Omnia Card



Capitoline Hill

This is one of the famed seven hills upon which Rome was built and it was considered the most sacred. The English word "capital" is derived from Capitoline. It is located between the Forum and the Campus Martius and was the site of Rome's first temples, the Temple of Jupiter and the Capitoline Triad and of the Tabularium, the city hall of records. Capitoline Hill was the site of many major events in Roman history, for example after the murder of Caesar, Brutus and his cohorts hid in the Temple of Jupiter situated on Capitoline Hill.

Address: Piazza del Campidoglio, Roma Rome, Italy

Santa Sabina

The Basilica Sanctae Sabinae is located on the Aventine Hill; it is one of the city's oldest churches and dates back to 422-432. It is built on the site of the home of Sabina, a convert to Christianity and Roman martyr who was later declared a saint. The founder of the church was Peter of Illyria a monk who gives his name to the square and adjacent convent.



DINNING IN ROME

Pane Olio & Arrosticini

Pane Olio & Arrosticini was born to Antonio and Elena, the combination of Puglia and Abruzzo culture. Antonio Gargano produces in the family, extra virgin olive oil for more than 60 years, while Elena is an expert of dell'arrosticino culture. The products served are few and simple, in line with the Abruzzo and some also Apulian culture. The idea is to provide an alternative to imported fast food, but above all to enhance the typical quality of Italian food and wine, trying to offer them in a more health-conscious manner.

Cuisine: Italian

Address: Via Tuscolana 481 | Vicino Metro, 00181 Rome, Italy

Open Hours: Sunday 7:00 pm - 11:30 pm, Monday 7:00 pm - 11:30 pm and 12:00 pm - 3:00 pm

Tuesday- Saturday: 7:00 pm - 11:30 pm and 12:00 pm - 3:00 pm

Tel: +39 392 242 4076

URL: <http://www.arrosticiniroma.it/>

Vino e Camino

In a strategic position for those walking back towards the centro storico after a day at the Vatican, this Roman offshoot of a noted Bracciano country restaurant serves up gourmet versions of northern Lazio specialties like strozzapreti ('priest-strangler') pasta with sausage and galletti mushrooms. The upmarket trattoria décor is as friendly as the service, but what really marks this place out is its foodie obsession with the very best local ingredients, from Canale Monterano bread and organic olive oil to Caciofiore di Columella cheese. They also take great pride in their magnificent tiled wood oven which is used, for once, not just to make bread and pizza but to turn out perfect secondi like veal shin with potatoes and mushrooms. The wine list is extensive and strong on interesting smaller producers. What really marks this place out is its foodie obsession with the very best local ingredients.

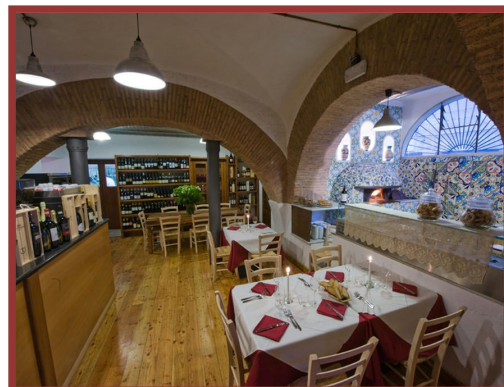
Cuisine: Italian

Address: Piazza dell'Oro 6, 00186 Rome, Italy

Open Hours: Mon-Sat, 12.30pm-3pm, 7.30pm-11pm

Tel: + 39 06 6830 1332

URL: <http://www.vinoecamino.it/>



Panzerotti & Friends - Ottaviano

Panzerotti & Friends - Ottaviano presents a great opportunity to taste sweet and savory specialties that enhance the taste of Puglia. Focacce, rustici, pucce, first dishes like potatoes and mussels rice or orecchiette with turnip tops and the famous Pasticciotto Leccese, represent a great taste of tradition and quality of product.

Cuisine: Sandwiches, Delicatessen, Pasta

Address: Via Germanico 69/71, 00192 Rome, Italy

Phone: +39 06 3105 9061

Open Hours: Monday - Saturday 10:30 am - 21:00 pm

Da Cesare al Casaletto

Way out in the sticks - but conveniently close to the end of the number 8 tramline - this in-the-know trattoria has been garnering rave reviews since it was taken over and turned around by current owner Leonardo Vignoli in 2009. To tell the truth, the style makeover is only skin deep, with splashes of contemporary colour doing little to counteract the glaring lighting and echoing acoustics of the large dining space. But the food, which ranges from personalised Roman antipasti like polpette di bollito (meat croquettes in basil sauce, as dainty as Bacio chocolates) to classics like abbacchio a scottadito (grilled lambchops), is excellent and good value - a feature shared by the wine list, which takes in some stellar bottles at reasonable mark-ups. There are fish dishes too, like the tasty maltagliati pasta with mixed seafood in a light pesto sauce. It's worth listening in to the off-menu daily specials - they rarely disappoint.

Cuisine: Italian, Pizza

Address: Via del Casaletto 45, 00151

Phone: +39 06 536 015

Open Hours: Mon, Tue, Thu-Sun, 12.45pm-2-45pm, 7.45pm-10.45pm



Antica Birreria Peroni

Roll out the barrel at this vintage Roman-style bierkeller, where crowds of appreciative locals and tourists pack in to dine on filling carb and meat fare, washed down with draught Peroni. There are four beers on tap, including Nastro Azzurro and, believe it or not, Fuller's London Pride. The food, served by hale and hefty waiters, consists of three or four daily-changing pasta dishes, plus sausages, steaks, goulash, grilled scamorza cheese and a few salads. If you're in a hurry at lunchtime, you can join the local office workers who eat standing up at the bar in the entrance. The place stays open all afternoon - handy if you need to eat between 3pm and 7pm when it's hard to find a sit-down meal in Rome.

Cuisine: Italian

Address: Via San Marcello 19, 00187 Rome, Italy

Phone: +39 06 679 5310

Open Hours: Mon-Sat, midday-midnight

Settembrini

When long-time chef Luigi Nasti departed for Paris in late 2013, those regulars who depended on Settembrini as a place where the food was always good, the ambience stylishly laid-back and the wine excellent were thrown into disarray. Now with the well travelled Federico Delmonte at the helm, their confidence in the place is returning. This northern part of Prati lacks a little of that old centro storico charm, but the lawyers, architects and RAI broadcasters who colonise this 'burb are a choosy bunch, and demand high standards. The cuisine in the smartly contemporary main restaurant is creative Italian. There are three tasting menus, and a stellar wine list full of off-the-radar discoveries; if you're too curious to stick with a single bottle, they also offer a one-glass-per-course option. The Settembrini mini-empire also now includes the Settembrini Café, next door to the restaurant at number 21, which offers a multi-tasking menu of food and drinks from early morning until midnight, and just across the road (Piazza Martiri di Belfiore 12), Settembrini Libri e Cucina, where good-value buffet meals are served inside a shabby-chic bookshop. Reservations are recommended for the main restaurant. There are three tasting menus and a stellar wine list full of off-the-radar discoveries.

Cuisine: Italian

Address: Via Settembrini 21, 00195, Rome, Italy

Phone: +39 06 323 2617

Open Hours: Main restaurant: Mon-Fri, 12.30pm-3pm, 8pm-11pm; Sat 8pm-11pm. Caf?: daily, 7am-1am. Libri e Cucina: daily, 11am-11pm



L'Arcangelo

When it opened towards the end of the last millennium, this Prati restaurant with its retro wood-panelled decor was one of the first places in Rome to take the fresh-and-local trattoria formula and give it a cordon bleu twist. The good news is, it's still one of the city's best bets for a mid-range gourmet meal. To sample what they do best, order the rigatoni alla carbonara - a classic Roman trattoria dish, given wings by the quality of the ingredients and the perfection of the technique. At the end of the meal they offer free, homemade Vov - a zabaglione liqueur - with sweet biscuits for dipping. With its well-spaced tables and refined, elegant setting, this is a good place for a romantic tete-a-tete. The lunch tasting menu - three courses for €25 - is a real bargain. This is one of the city's best bets for a mid-range gourmet meal.

Cuisine: Italian

Address: Via Giuseppe Gioacchino Belli 59, 00193 Rome, Italy

Phone: + 39 06 321 0992

Open Hours: Mon-Fri, 1pm-2.30pm, 8pm-11pm; Sat, 8pm-11pm

Da Felice

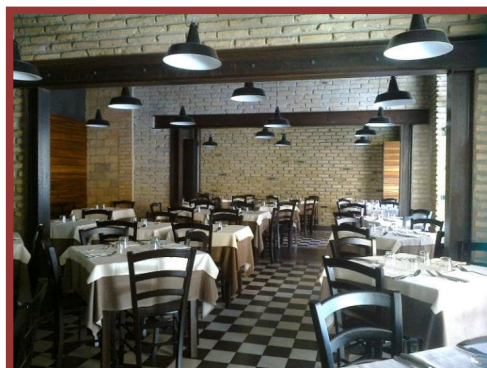
Felice's heirs have turned the place into one of Rome's most buzzy trattorias: these days, the tables really are all booked. If the exposed-brick decor is now firmly in the hipster camp, the food is still downhome romano, centred on classics like spaghetti all'amatriciana or involtini di manzo al sugo (cow intestines in tomato sauce) and some daily-changing specials. Veggies will be pretty much limited to the tonnarelli cacio e pepe (pasta strands with sheep's cheese and black pepper), but it's no sacrifice - they're amongst the best in town. Things are more fishy on Fridays when dishes like spaghetti alle vongole (with clams) and baccala al forno (baked salt cod in tomato sauce) are featured. Service is brisk but professional, the wine list surprisingly extensive for a family-run trattoria. This is one of Rome's most buzzing trattorias.

Cuisine: Italian

Address: Via Mastro Giorgio 29, 00153 Rome, Italy

Phone: + 39 06 574 6800

Open Hours: daily, 12.30pm-2.45pm, 8pm-11pm



More options to dine in Rome:

<http://www.ristoroladispensa.com/>

<http://www.metamorfosiroma.it/>

<http://www.voleeristorante.it/>

<http://www.laportadelprincipe.it/>

Sources:

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