

Torrey Rome: Where to Go On Saturdays

Subiaco

Subiaco is a small town about 45 miles east of Rome which contains the Monastery of Saint Benedict and the cave (*sacro speco*) which Saint Benedict spent three years in solitude. After having been discovered and developing a following Benedict founded his first monastery on a mountainside in Subiaco. The monastery itself houses many frescos along with the stunning views from the mountainside. Visiting hours are 9:30 to 12:30 and 3:00 to 6:00 pm.

To reach the monastery by bus, take the metro to the Ponte Mammolo station on line B. The bus will drop you off in piazza Falcone, be warned this is a decent hike from the monastery which is located on the side of a mountain. There is one bus at 2pm (Subiaco-Jenne-Vallepietra) which will take you to the monasteries, but you are on your own to walk back. It is about 2.5 miles downhill.

The buses times for the bus between Rome and Subiaco are listed below for the weekends. There are not many weekend stops so be sure to time your trip well! For more information on the Cotral lines to and from Subiaco visit the Cotral website at <http://www.cotralspa.it/ENG/index.asp> and under Services on the left hand side of the screen, click on download timetables. This will bring up a list of all the cities, Select Roma for outgoing buses and Subiaco for buses returning to Rome. On the Rome schedule the Subiaco bus schedule is on p.149 and on the Subiaco schedule the Rome bus schedule is on p.6.

TO: Subiaco

Leaving from the Cotral station at Ponte Mammolo

05:00₃ .. 06:00₃ .. 07:00₁ .. 16:30₃ ..
17:30₃ .. 19:30₁ ..

[p.zza Falcone]

1. MANDELA FS - MANDELA A24 - LUNGHEZZA A24 - ROMA VIA P.TOGLIATTI
2. MANDELA FS - MANDELA A24 - ROMA VIA P.TOGLIATTI
3. MANDELA FS - TIVOLI S.ANGELO - BAGNI DI TIVOLI - CASTEL ARCIONE - SETTEVILLE - SETTECAMINI
4. MANDELA FS - MANDELA A24 - GRA TIBURTINA
5. MANDELA FS - TIVOLI S.ANGELO - PONTE LUCANO VECCHIO - TIVOLI A24 - ROMA VIA P.TOGLIATTI

TO: Roma

Leaving from the Cotral Station at piazza Falcone

Ponte Mammolo [Metro

B]

05:00₃ .. 06:00₃ .. 07:00₁ .. 16:30₃ ..
17:30₃ .. 19:30₁ ..

1. MANDELA FS - MANDELA A24 - LUNGHEZZA A24 - ROMA VIA P.TOGLIATTI
2. MANDELA FS - MANDELA A24 - ROMA VIA P.TOGLIATTI
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5. MANDELA FS - TIVOLI S.ANGELO - PONTE LUCANO VECCHIO - TIVOLI A24 - ROMA VIA P.TOGLIATTI

Monte Cassino

Monte Cassino is a Rocky hill in Cassino about 87 miles southeast of Rome, upon which Benedict of Nursia founded his first monastery around 529. The monastery has suffered a great deal of damage in the past, culminating in its almost complete destruction in 1944 during the Battle of Montecassino

of WWII. Since then it has been rebuilt according to its original specifications on the foundation upon which it was first built.

The monastery is approximately two hours away by train. Once at Cassino station the monastery is still about 5 miles away, so you will need to take a bus from the station to “Montecassino” (Mount Cassino).

Trains to Cassino from Termini station in Rome leave frequently (usually no more than 1 hour apart) beginning at 6:15 in the morning. Tickets are around \$30 USD round trip in the “freedom” class (flexible 2nd class).

Orvieto

About an hour north of Rome lies the small town of Orvieto, which is particularly noted for its breathtaking location on top of a hill as well as its impressive number of intact 13th century homes and palaces which are still standing. The main attraction, however, is a large cathedral dedicated to the Virgin. It is most noted for its incredible façade and the Chapel of San Brizio by Luca Signorelli and Fra Angelico, a chapel which contains one of the largest paintings of the Italian Renaissance. Tickets to enter the cathedral are €5 and it is only open from 2:30pm to 5:45pm.

To reach Orvieto take a train from Termini; it should take about an hour. Once in Orvieto to reach the main part of town which is perched on top of a hill, take the funicular railway, a type of pull train, to the city. It appears to be a free service, but just in case have a euro or two handy. Once inside the walls of the city the cathedral is within walking distance.

Ostia Antica

Ostia Antica, a town located twenty miles from Rome between the Tiber River and the Tyrrhenian Sea, is home to beautifully preserved ruins of Ostia. It was originally built as a military colony to protect the mouth of the Tiber, but it eventually became a thriving center of commerce. The traces of the once populous city of 100,000 are still largely intact, and provide a very complete picture of Roman life in 2nd century AD. Expect to take around three or four hours wandering the ruins to see everything from apartments and public baths to amphitheaters and temples.

The best way to reach Ostia is by using the metro. Trains leave for Ostia at the Piramide station. Get off the regular metro line B at Piramide, go up the escalator, turn immediately left and down the steps into the Roma-Lido station. If you miss the Piramide station exit you can still exit the Basilica S.Paolo or the Eur Magliana station and transfer to the train heading toward Ostia. A normal metro ticket will suffice for the entire journey. Get out at the stop Ostia Antica. Next cross the highway using the pedestrian bridge. To reach the site from the pedestrian bridge, keep walking straight ahead, cross a busy road and after 100 meters turn left to get to the entrance. The price for entry into the excavations is €6.5. The ruins are open from 8:30am to 4:00pm. Just outside the excavations are three restaurants as well as a cafeteria inside the excavation area.

Viterbo

<http://www.viterboonline.com/Default.htm>

Viterbo is a small town about 50 minutes outside of Rome in the Viterbo province. This medieval town is still surrounded by its original walls built in the 11th and 12th centuries and boasts churches from the 11th century on, many fountains, and the Papal Palace built in 1255. The Papal Palace was a country residence and refuge for the Papacy in times of trouble in Rome. Along with the Papal Palace, be sure to see the Cathedral of S. Lorenzo, a Romanesque structure which houses the sarcophagus of Pope John XXI.

Viterbo's historical center is one of the best preserved medieval towns in central Italy.

To reach Viterbo by train, use the Florence-Rome line and change to the local train, "Orte-Viterbo", in Orte-Scalo: after 54 km and approx. 50 minutes you will reach Viterbo.

Tivoli

Tivoli is a popular resort town in Italy which contains the falls of the Aniene River, Villa Adriana, Villa Gregoriana (closed during the winter), and the Villa D'Este.

Villa D'Este is a magnificent villa and gardens listed as a UNESCO World Heritage Site. The site includes the ruins of multiple villas and the extensive use of the underground aqueduct system to supply the impressive collection of fountains and waterfalls throughout. Entrance to the villa is open 8:30am-5pm for €6.50.

Villa Adriana, the extensive property built by Emperor Hadrian, often called the Emperor's dream palace, is almost a day trip in itself. The villa incorporates lakes, fountains, libraries, baths and temples; all in all a full experience for anyone with an interest in antiquities. It is open 9:30am to 1:30pm, and reopens 2:30 to 5:00pm. Prices should be in the range of €6.50, but bring a bit extra just in case.

To reach Tivoli by train take the Roma-Pescara Line from Rome's Tiburtina station to Tivoli. It takes about a half hour. Then you'll hop a shuttle bus to the town center and Villa d'Este. The tourist information center is in the town center, close to the entrance of Villa d'Este. Here you can grab maps and information about the town. The Villa Adriana is not actually in Tivoli, but in the plains below the town. The Villa is not a highly developed area, so be sure to eat or grab food in town (there are however many great picnic locations at the Villa!). There is a bus that goes from the center of town to the Villa. Just be sure to double check the return times, you don't want to get stuck!

Be sure to take advantage of the extra sites listed on the maps; Tivoli has a beautiful waterfall and gorge which are definitely worth seeing, as well as the Temple of Vesta and the Temple of Sybil, and other unique sites.

Palestrina

Palestrina is a sleepy town built over the enormous ruins of an ancient temple. Many of the ruins of the temple and the city in which it once resided have been unearthed by the bombings of the Second World War. This is truly a place to wander through, taking your time to soak up the history.

From the bus stop you walk up, through the massive walls of the Roman temple. Palestrina is on a hill, within the area originally covered by the temple. To reach the museum, just head upwards, through the pretty flower-lined streets and alleys. The former sanctuary of the temple, later developed into the Palazzo Colonna-Barberini, now houses the very fine Museo Archeologico. It's situated at the highest point of the town. Be sure to see the fantastic Nile Mosaic at the museum, which was once located in the heart of the temple. Your museum ticket will gain you entrance to the ruins and pathways which overlook the town. Also, off the central Piazza in town is a dark flight of stairs which will take you to the open space that was the heart of the temple complex.

This isn't a bustling city, and there isn't a strong tourist infrastructure, so it might be a good idea to pack food for this day trip. To reach Palestrina take a Cotral Bus from Rome to Palestrina. Get the Metro Line A to the southern terminus of Anagnina. Leave the Metro station by heading left, following the signs to the bus station (in the same complex). Buy tickets at one of the kiosks (get one for the return journey too), and ask which platform (binario) you need. Timetables are displayed on the platforms, along with any scrawled cancellations. Buses should be at least every hour, probably more frequent. Ask the driver or a fellow passenger where you should get off the bus.

