

# ROME

# HOTEL EDEN

## One day itinerary: **Active**

A trip to Rome doesn't have to mean a holiday from your fitness regime. While it can be tempting to spend all your time indulging in pizza and pasta, counterbalance the calories by getting active as you explore. From hiking to the city's best viewpoints to jogging between historic attractions, there are plenty of ways to combine fitness with sightseeing, as you'll discover with the help of this one-day active itinerary.

*Rise early and take a 20-minute drive to the base of Monte Mario.*

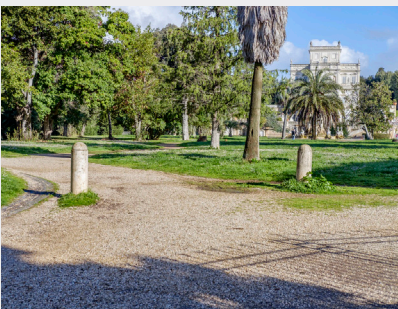


### MONTE MARIO

*00136 Rome*

Begin the day with an early morning hike up Rome's highest hill, Monte Mario. Trek through the nature reserve and be rewarded with stunning views over the capital, where the Basilica stands tall over the historic cityscape. At the top, visitors can also discover the Monte Mario Observatory and the Copernican Museum of Astronomy.

*Then, take a 10-minute drive to Villa Doria Pamphili.*



### VILLA DORIA PAMPHILI

*T: 006 0608 | Via di S. Pancrazio, 00152 Rome*

After hiking back to ground level, enjoy a leisurely walk or run in the grounds of Villa Doria Pamphili, the largest landscaped public park in Rome. The giant Renaissance-style garden is a beautiful place to spend a morning, with tree-lined paths, wide lawns and a charming lake overlooked by the noble 17th century Fontana del Giglio.

*Next, take a 20-minute drive to Villa Borghese.*



### LAGHETTO DI VILLA BORGHESE

*T: 006 0608 | Viale dell'Aranciera, 00197 Rome*

Villa Borghese is one of the largest and most beautiful parks in Rome. Its most picturesque point is the Lughetto di Villa Borghese Lake, upon which visitors with a love of water can go boating. Rowing against the backdrop of the 18th century Temple of Aesculapius is a memorable experience – and a great workout for the arms!

*The next destination is a 30-minute drive from here.*



## MARCO SIMONE GOLF & COUNTRY CLUB

*T: 00774 366469 | Via di Marco Simone 84/88, 00012 Guidonia*

Built around an 11th century castle in the Roman countryside, Marco Simone Golf & Country Club offers world-class golfing in a memorable setting. The club, which is set to host the Ryder Cup in 2022, offers two courses and 27 holes, with varying degrees of difficulty. There's also an excellent Golf Academy for those who want to work on their swing with an expert.

*Head back into the city and make your way to the Tiber River.*



## TIBER RIVER

*Ponte Sant'Angelo, 00186 Rome*

If you've still got the energy, finish the day with a walk, run or bike ride along the Tiber River. While there are many places to start, a good option is Ponte Sant'Angelo, from where you can take in famous sights such as Castel Sant'Angelo. If you can time your visit for sunset, this is a great opportunity to take in some of the most beautiful views of the city.

*Hail a taxi from your finishing point and head back to the hotel.*

*All journey times are approximate and subject to variation.*