

THE SUNDAY TIMES

# travel

BE INFORMED. BE INSPIRED. BE THERE

SEPTEMBER 2010 £3.70

**NY, Paris, Berlin, Rome...**

## SUMMER IN THE CITIES

Rooftop bars to outdoor pools:  
stay cool in 12 world hotspots

**Australia in 14 days**

Where, when – and how

**Save 46% on  
your next flight**

With one click! See p. 28

**Still not  
booked?**

Quick fixes in  
Croatia, Sardinia &  
southern France

**Ireland**

The dream trip  
on your doorstep:  
Total Guide inside

£3.70 net per copy inc. VAT. www.sundaytimestravel.co.uk



How do you ensure a cool urban weekend when the heat is on? You start here, with our inside guides to New York, Paris, London – and nine more hot metropolises

THE SUNDAY TIMES  
**travel**

# SUMMER IN THE CITIES

What a classic: drifting  
past the temple of  
Asclepius, in the gardens  
of Villa Borghese



## Rome

**When in Rome, do as the Romans do...**  
And as soon as the sun comes out, that means living *la dolce vita* alfresco

**Drink in palatial surrounds:** Oozing refined elegance from every low-slung sofa, the terrace of the Wine Bar Camponeschi opens onto the fountained Piazza Farnese – home to the grand French Embassy and Swedish Church with its striped, cuckoo-clock tower. Most guests favour vodka tonics but the robust house red is the perfect marinade for the bite-sized salami, cheese and frittata. (Piazza Farnese 52; 00 39 066 813 5104, [www.ristorantecamponeschi.it](http://www.ristorantecamponeschi.it).)

**Or:** For a view and a lively vibe, aim for the rooftop bar at the Exedra hotel. Five storeys up, you can sip a Martini and swallow the sight of Rome's best domes – assuming you can tear your eyes away from the floodlit ultramarine pool. (Piazza della Repubblica 47; 00 39 064 89381, [www.boscolohotels.com](http://www.boscolohotels.com).)

**Breakfast with locals:** Baskets brimming with blood oranges and counters piled with *cornetti* suggest the order of the day in Caffè delle Arance. Romans cross town for the *spremuta* (freshly squeezed juice) with espresso. Regulars read rainforests of newspapers; you can watch the sunlight playing on the scallop shells that decorate the fountain in the square. (Piazza Santa Maria, Trastevere 2; 00 39 338 998 2790.)

**Or:** Recline at one of the six outdoor tables at landmark Sant'Eustachio Il Caffè, close to the Pantheon. Romans have been coming since 1938 for the most cracking caffeine fix in the city. (Piazza Sant'Eustachio 82; 00 39 066 880 2048, [www.santeustachioilcaffe.it](http://www.santeustachioilcaffe.it).)

**Linger over lunch:** It's a feast for all senses, as you gaze upon the rugged columns of Hadrian's Temple from a table outside Osteria dell'Ingegno near the Pantheon. Warm zucchini flowers filled with goat's cheese are veggie-heaven-on-a-plate. (Piazza di Pietra 45; 00 39 066 780662.)

**Or:** Laze under the orange trees in the Borghese Gardens as you tuck in to a picnic basket from nearby restaurant Gina. Expect fresh sarnies, fruit salad, pudding and coffee, all for €33. (Via San Sebastianello 7/A; 00 39 066 780251, [www.ginaroma.com](http://www.ginaroma.com).)

**Get an artistic 'high':** The sight of the sun flooding through the sloping glass-walled gallery on the top floor of MAXXI is one of the best creative fixes in Rome. It's a dramatic spectacle, this gleaming new modern art and architecture museum: think two parts flying saucer, one part Spaghetti

Junction, complete with rippling staircases. Serpentine galleries brim with big names, from Andy Warhol to Anish Kapoor. (Via Guido Reni 4A; 00 39 063 996 7350, [www.fondazionemaxxi.it](http://www.fondazionemaxxi.it).)

**Or:** Cool it for an afternoon in shady Trajan's Market, the ancient Roman precursor to the modern shopping mall. It's a tranquil place in which to drain your culture-loaded brain, amid majestic arcades that once echoed to veg and vino trade, plus imperial gossip. (Via IV Novembre 94; [www.mercatiditraiano.it](http://www.mercatiditraiano.it).)

**Eat in a country paradise:** About an hour by train from central Rome, Villa d'Este has a garden to rival Babylon's. It's a landscaped paradise of terraces, fountains, gargoyles and grottos. On a hot day, the sight and sound of waterfalls cascading down slopes planted with palms and cypresses acts like a sedative. Over lunch, take in the views: Eternal City one side; splashy, mossy Fontana della Rometta the other. Booking essential. Take the Rome-Pescara train to Tivoli. (Piazza Trento 1; 00 39 044 523 0310, [www.villadestetivoli.info](http://www.villadestetivoli.info).)

**Or:** Lose yourself amid the ponds, pools, columns and caryatids at Villa Adriana (aka Hadrian's Villa), a classical playground of mammoth proportions designed by the eponymous ruler in the 2nd century AD. Be sure to locate the little maritime theatre, a circular palace in the lagoon where Mr H came to get away from it all. Get there aboard Metro B to Ponte Mammolo, then Cotral Bus to Villa Adriana. (Via di Villa Adriana; 00 39 077 438 2733.)

**Go gourmet with gladiators:** What a view you get from the balcony of Rome's new pocket-sized eyrie, Aroma. It brings you up close and personal with the ruins of the gladiators' gymnasium and – handily placed just across the street – the Colosseum, their nemesis. No grisly fate for you – just treats such as zabaglione-stuffed chocolate mousse roll. (Via Labicana 125; 00 39 067 759 1380, [www.hotलगladiatori.it](http://www.hotलगladiatori.it).)

**Or:** Reflect on your Roman holiday with classic *cucina romana* outdoors at cool-but-charming Osteria del Sostegno: try spinach-stuffed pasta with lemon and saffron, steps from the Pantheon. (Via delle Colonnelle 5; [www.ilsostegno.it](http://www.ilsostegno.it).)

Rachel Spence

● *I-escape* ([www.i-escape.com/daphneinn.php](http://www.i-escape.com/daphneinn.php)) has three nights at Daphne Inn from £220, B&B, flights extra. Airlines serving Rome include EasyJet ([www.easyjet.com](http://www.easyjet.com)) from Bristol, Gatwick and Newcastle. >