

# MAMMA CULT

Family Friendly Tours

ROME



## Mamma Cult:

**The best experience for living Italian cities  
for moms, dads and children of every age!**

ROME

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## **FAMILY PLUS - WHY MAMMA CULT IS NEW:**

- **Official Tourist Guide** trained to interact with children and parents
- **Creative worksheets** for **children** to best follow the guide
- **Content, routes** and **duration** designed to cater to the needs of **parents** and **children**
- **Headset** for better follow the visit
- Tours **accessible** with **stroller**
- Availability of **baby carriers if necessary**
- **Artistic Labs** for children

## **LANGUAGES:**

- Italian, English, Spanish, German, French, Russian, Portuguese and Japanese
- Interpreter: Chinese and Arabic

Contacts:

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Founder

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Mamma Cult is in **Rome, Florence, Bologna, Venice, Genoa, Ancona, Sicily.**

Below are our **Family Friendly Tours:**

1. **ANCIENT ROME**

- a) COLOSSEUM FOR CHILDREN
- b) COLOSSEUM + ROMAN FORUM
- c) COLOSSEUM + GLADIO SCHOOL
- d) IMPERIAL FORA FOR FAMILIES

2. **VATICAN & JUBILEE**

- a) VATICAN MUSEUMS AND ST.PETER'S BASILICA
- b) JUBILEE PATHWAY FOR FAMILIES

3. **UNESCO HERITAGE**

- a) TREASURE HUNT – THE UNESCO HERITAGE IN THE CENTER OF ROME
- b) VILLA D'ESTE FOR FAMILIES

4. **FOOD EXPERIENCE**

- a) PICNIC IN VILLA
- b) PIZZA MAKING FOR CHILDREN

5. **WALKING TOUR**

- a) SECRETS OF CARAVAGGIO
- b) BAROQUE ROME
- c) AVENTINE
- d) DISCOVERING TRASTEVERE

**TOURS DESCRIPTION****I. ANCIENT ROME****1.a) COLISEUM FOR CHILDREN**

Getting nearer to the area of the **Roman Forum**, we are suddenly attracted by the stateliness of the **Flavian Amphitheatre**, better known as the **Coliseum**. Try to imagine how much material and effort it took to create these four different architectonic orders!

We will get to know its secrets and find out what the **Gladiators'** life was like in **Ancient Roman** times!

|                           |   |
|---------------------------|---|
| <b>Duration</b>           | 2 Hours   |
| <b>Ticket</b>             | Ticket for the Colosseum: Full price € 12, Reduced €7.50, <18 free. Fast track 2€/person. Undergrounds are not included. Free entry the first Sunday of every month.                    |
| <b>Except</b>             | 25 December, 1 January, 1 May   |
| <b>Meeting place</b>      | Near the Arch of Constantine  |
| <b>Stroller</b>           | NO  |
| <b>The visit includes</b> | <ul style="list-style-type: none"> <li>• Tour with a qualified tour guide</li> <li>• Worksheet for children</li> <li>• Possibility to hire baby carriers</li> <li>• Headsets</li> </ul> |
| <b>Not included</b>       | <ul style="list-style-type: none"> <li>• Pick up from/return to the hotel</li> <li>• Tips (optional)</li> <li>• Tickets to skip the line at the Colosseum</li> </ul>                    |

**1.b) COLISEUM + ROMAN FORUM**

Let's go to discover the wonderful Coliseum, its history and its transformation over time, through games and stories for children.

After a tour inside the Coliseum, we will take a leap into Roman history by entering the Roman Forum: in the beginning it had a marshy valley floor and it became the political, religious and administrative centre of Rome for more than a millennium!

|                           |   |
|---------------------------|---|
| <b>Duration</b>           | 3 Hours   |
| <b>Ticket</b>             | Ticket for the Colosseum: Full price € 12, Reduced €7.50, <18 free. Fast track 2€/person. Undergrounds are not included. Free entry the first Sunday of every month.                    |
| <b>Except</b>             | 25 December, 1 January, 1 May   |
| <b>Meeting place</b>      | Near the Arch of Constantine  |
| <b>Stroller</b>           | NO  |
| <b>The visit includes</b> | <ul style="list-style-type: none"> <li>• Tour with a qualified tour guide</li> <li>• Worksheet for children</li> <li>• Possibility to hire baby carriers</li> <li>• Headsets</li> </ul> |
| <b>Not included</b>       | <ul style="list-style-type: none"> <li>• Pick up from/return to the hotel</li> <li>• Tips (optional)</li> <li>• Tickets to skip the line at the Colosseum</li> </ul>                    |

**1.c) COLISEUM + GLADIO SCHOOL**

Let's go to discover the wonderful **Coliseum**, its history and its transformation over time, through games and stories for children.

We will get to know its secrets and find out what the **Gladiators'** life was like in Ancient Roman times!

After the tour, children will live the experience of a gladiator in an authentic Gladio School!

|                           |   |
|---------------------------|---|
| <b>Duration</b>           | 2 Hours Tour + 2 Gladio School  |
| <b>Ticket</b>             | Ticket for the Colosseum: Full price € 12, Reduced €7.50, <18 free. Fast track 2€/person. Undergrounds are not included. Free entry the first Sunday of every month.                    |
| <b>Except</b>             | 25 December, 1 January, 1 May   |
| <b>Meeting place</b>      | Piazza del Campidoglio, under Marco Aurelio's statue  |
| <b>Stroller</b>           | NO  |
| <b>The visit includes</b> | <ul style="list-style-type: none"> <li>• Tour with a qualified tour guide</li> <li>• Worksheet for children</li> <li>• Possibility to hire baby carriers</li> <li>• Headsets</li> </ul> |
| <b>Not included</b>       | <ul style="list-style-type: none"> <li>• Pick up from/return to the hotel</li> <li>• Tips (optional)</li> <li>• Tickets to skip the line at the Colosseum</li> </ul>                    |

**1.d) IMPERIAL FORA FOR FAMILIES**

Our walking tour starts going up the Capitol hill through the staircase built to a design by Michelangelo and decorated by statues of Castor and Pollux, with around historic buildings of great beauty. The walk continues through the scenic lookout which presents the Roman Forum. It falls right in front of the Curia and the churches of St. Joseph of the Carpenters and the SS. Luca e Martina fate on Prison Mamertinus and the Forum of Caesar. It runs alongside the hole walking along Via dei Fori Imperiali to the Basilica of Maxentius and then move on to the Imperial Fora of Augustus, Nerva and Trajan, to arrive at the Coliseum.

|                           |   |
|---------------------------|---|
| <b>Duration</b>           | 2 Hours   |
| <b>Ticket</b>             | Not applicable  |
| <b>Except</b>             | Depending on institutional events   |
| <b>Meeting place</b>      | Piazza del Campidoglio, under Marco Aurelio's statue  |
| <b>Stroller</b>           | YES   |
| <b>The visit includes</b> | <ul style="list-style-type: none"> <li>• Tour with a qualified tour guide</li> <li>• Worksheet for children</li> <li>• Possibility to hire baby carriers</li> <li>• Headsets</li> </ul> |
| <b>Not included</b>       | <ul style="list-style-type: none"> <li>• Pick up from/return to the hotel</li> <li>• Tips (optional)</li> <li>• Tickets to skip the line at the Colosseum</li> </ul>                    |

**2.a) VATICAN MUSEUMS AND ST.PETER'S BASILICA**

A jump into the small **Vatican City State**, that is full of history and culture, where we will discover the Vatican Museums, one of the biggest collections of classical and renaissance art in the world. A triumph of ancient works of art, one more famous than the next, and collected for centuries by the different popes, clever patrons and connoisseurs of art, preserved right in their stately dwelling, divinely frescoed. Among the Laocoön and His Sons and Apollo Belvedere we get to the **Sistine Chapel**... a sheer visual and aesthetic emotion!

After let's to discover the **St. Peter's Basilica** and its colonnade.

|                           |   |
|---------------------------|---|
| <b>Duration</b>           | 3 Hours   |
| <b>Ticket</b>             | Tickets to skip the line at Vatican Museums and Sistine Chapel Full Price 20€, Children 6-12 years 12€, < 6 years 4€<br><br>Early Entry + Breakfast (from 7.00am) Full Price 65€, Re Children 6-12 57€<br><br>Ticket Basilica di S. Pietro 1,5€/pax |
| <b>Except</b>             | Every Sunday, 29 June, December 8, 25 and 26, January 1 and 6 , February 11, March 19, April 5 and 6, May 1, August 15, Eastern   |
| <b>Meeting place</b>      | At the entrance of Vatican Museums  |
| <b>Stroller</b>           | NO  |
| <b>The visit includes</b> | <ul style="list-style-type: none"> <li>• Tour with a qualified tour guide</li> <li>• Worksheet for children</li> <li>• Possibility to hire baby carriers</li> <li>• Headsets</li> </ul>   |
| <b>Not included</b>       | <ul style="list-style-type: none"> <li>• Pick up from/return to the hotel</li> <li>• Tips (optional)</li> <li>• Tickets to skip the line</li> </ul>   |
| <b>Note</b>               | <ul style="list-style-type: none"> <li>• Visit recommended for children over six years</li> <li>• We recommend appropriate clothing to churches, shoulders and legs covered.</li> </ul>   |



## 2.b) JUBILEE PATHWAY FOR FAMILIES

Let's discover **3 stages** of the PAPAL WAY, to discover at best the **Rome of the Jubilee of Mercy**.

- I. **FROM THE BASILICA OF SAINT JOHN TO THE IMPERIAL FORA:** We start from the Basilica of **Saint John in the Lateran**, Borromini's masterpiece, where we start the first stage of the Papal Way. After a pleasant walk along via dei SS. Quattro we will arrive in front of the **Coliseum**, symbol of Rome and UNESCO's World Heritage Site. We complete the first part of the Papal Way with the **Imperial Fora**.
- II. **FROM THE MAMERTINE PRISON TO TORRE ARGENTINA:** Starting from **Venice Square**, the path included a visit outside the **Mamertine prison**, where Saint Paul and Saint Peter were imprisoned. After we will go toward the political heart of Rome, that is the **Capitoline Hill**. After we go down to Venice's square to take via del **Teatro Marcello**. Before heading toward Largo di Torre Argentina, we will visit the **Jewish Ghetto**.
- III. **FROM THE PANTHEON TO THE BASILICA OF SAINT PETER:** We will reach the **Pantheon** walking along via Cestari and passing **Piazza della Minerva**, where there is the Basilica of Santa Maria Sopra Minerva. After we will go to **Piazza Navona**, where there is a series of authentic masterpieces: the church of Sant'Agnese in Agone, the fountain of the Four Rivers, Palazzo Pamphilj, the fountains of the Moor and of Neptune. Taking via Pasquino and, after quickly visiting the splendid parish church of **Santa Maria in Vallicella**, we will walk along via dei Banchi Nuovi and via del Banco di Santo Spirito and we will find **Castel Sant'Angelo**.

|                           |   |
|---------------------------|---|
| <b>Duration</b>           | Each stage is long 2/3 Hours  |
| <b>Ticket</b>             | -   |
| <b>Except</b>             | Every Sunday, 29 June, December 8, 25 and 26, January 1 and 6 , February 11, March 19, April 5 and 6, May 1, August 15, Eastern   |
| <b>Meeting place</b>      | 1 stage: S. Giovanni square<br>2 stage: Venice Square<br>3 Stage: Largo Argentina   |
| <b>Stroller</b>           | YES   |
| <b>The visit includes</b> | <ul style="list-style-type: none"> <li>• Tour with a qualified tour guide</li> <li>• Worksheet for children</li> <li>• Possibility to hire baby carriers</li> <li>• Headsets</li> </ul> |
| <b>Not included</b>       | <ul style="list-style-type: none"> <li>• Pick up from/return to the hotel</li> <li>• Tips (optional)</li> <li>• Tickets to skip the line</li> </ul>                                     |
| <b>Note</b>               | <ul style="list-style-type: none"> <li>• Visit recommended for children over six years</li> <li>• We recommend appropriate clothing to churches, shoulders and legs covered.</li> </ul> |

### 3.a) TREASURE HUNT – THE UNESCO HERITAGE IN THE CENTER OF ROME

A fantastic **Treasure Hunt** in the historic center of Rome, included in the **UNESCO** World Heritage. Children will be happy to find the clues of the map, discovering the many sights of ancient and modern Rome.

Let's go to discover the cultural heritage of Rome...

...and at the end a very good **ice cream** for all!

|                           |   |
|---------------------------|---|
| <b>Duration</b>           | 2 Hours   |
| <b>Ticket</b>             | -   |
| <b>Except</b>             | -   |
| <b>Meeting place</b>      | Piazza del Popolo   |
| <b>Stroller</b>           | YES   |
| <b>The visit includes</b> | <ul style="list-style-type: none"> <li>• Tour with a qualified tour guide</li> <li>• Worksheet for children</li> <li>• Possibility to hire baby carriers</li> <li>• Headsets</li> </ul> |
| <b>Not included</b>       | <ul style="list-style-type: none"> <li>• Pick up from/return to the hotel</li> <li>• Tips (optional)</li> <li>• Tickets to skip the line</li> </ul>                                     |
| <b>Note</b>               | <ul style="list-style-type: none"> <li>• We suggest comfortable clothing for the walk and a hat to protect yourself from the sun in summer.</li> </ul>                                  |

**3.b) VILLA D'ESTE FOR FAMILIES - UNESCO HERITAGE**

Villa d'Este, a masterpiece of the **Italian Garden**, included in the **UNESCO Heritage**, with its fountains, nymphs, grottoes, plays of water, and music has provided a model for European gardens in the mannerist and baroque styles.

A few kilometers away from Rome, it was built by Cardinal Ippolito II d'Este, governor of Tivoli from 1550 that he wanted to revive in this villa the magnificence of the courts of Ferrara.

|                           |   |
|---------------------------|---|
| <b>Duration</b>           | 2 Hours   |
| <b>Ticket</b>             | Tickets Full Price 8€, Children 4€<br>Evening Full Price 11€, Children 7€ (12-18 years)   |
| <b>Except</b>             | Monday  |
| <b>Meeting place</b>      | Villa D'Este Entry  |
| <b>Stroller</b>           | NO  |
| <b>The visit includes</b> | <ul style="list-style-type: none"> <li>• Tour with a qualified tour guide</li> <li>• Worksheet for children</li> <li>• Possibility to hire baby carriers</li> <li>• Headsets</li> </ul> |
| <b>Not included</b>       | <ul style="list-style-type: none"> <li>• Pick up from/return to the hotel</li> <li>• Tips (optional)</li> <li>• Tickets to skip the line</li> </ul>                                     |
| <b>Note</b>               | <ul style="list-style-type: none"> <li>• Visit recommended for children over six years</li> <li>• We recommend appropriate clothing to churches, shoulders and legs covered.</li> </ul> |

**4.a) PICNIC IN VILLA**

One of the most relaxing tours for adults and children, where your children can run around without danger inside these wonderful green areas of Rome. What could be more beautiful than walking in nature and at the same time enjoying the historical and cultural records?

Let's go to **Villa Torlonia** and let ourselves be amazed by the strange and harmonious overlapping of different styles of the **Casino Nobile** and of the **Casina delle Civette**, which became the seat of a small museum with artistic glass windows.

After the tour children and adults will enjoy a **picnic** in one of the most beautiful parks in Rome

Alternatively the tour will be held at the **Galleria Borghese** and the Picnic in **Villa Borghese**.

|                           |   |
|---------------------------|---|
| <b>Duration</b>           | 2 Hours of Tour + Pic Nic   |
| <b>Ticket</b>             | Tickets Full Price 9,5€, Children (>6 years) 6,5€   |
| <b>Except</b>             | Monday  |
| <b>Meeting place</b>      | Via Nomentana 70  |
| <b>Stroller</b>           | YES   |
| <b>The visit includes</b> | <ul style="list-style-type: none"> <li>• Tour with a qualified tour guide</li> <li>• Worksheet for children</li> <li>• Possibility to hire baby carriers</li> <li>• Headsets</li> </ul> |
| <b>Not included</b>       | <ul style="list-style-type: none"> <li>• Pick up from/return to the hotel</li> <li>• Tips (optional)</li> <li>• Tickets to skip the line</li> </ul>                                     |
| <b>Note</b>               | <ul style="list-style-type: none"> <li>• It is not possible to enter Borghese Gallery and Casina delle Civette with a stroller</li> </ul>   |

### 4.b) PIZZA MAKING FOR CHILDREN

A typical Italian dish: pizza! We learn with our children to knead, prepare and dress a fabulous pizza. Children and adults will have fun creating your own pizza and eat it!

Cooking class of 2 hours +  
tasting



|                           |   |
|---------------------------|---|
| <b>Duration</b>           | 3 Hours   |
| <b>Ticket</b>             | -   |
| <b>Except</b>             | -   |
| <b>Meeting place</b>      | S. Giovanni Square  |
| <b>Stroller</b>           | YES   |
| <b>The visit includes</b> | <ul style="list-style-type: none"> <li>• Cooking class</li> </ul>   |
| <b>Not included</b>       | <ul style="list-style-type: none"> <li>• Pick up from/return to the hotel</li> <li>• Tips (optional)</li> <li>• Tickets to skip the line</li> </ul> |
| <b>Note</b>               | <ul style="list-style-type: none"> <li>• Max 16 people</li> </ul>   |

**5.a) WALKING TOUR - SECRETS OF CARAVAGGIO**

Who was **Caravaggio**? And why was he nicknamed the "light master" or even better the "cursed artist"?

To discover the curiosities of his life, the characteristics of his restless and impetuous nature we have to rely on his works of art... as it appears they speak in his place!

We will follow in this artist's footsteps starting from **San Luigi dei Francesi**, the National church of France, which preserves three of his most beautiful works in the Contarelli chapel.

We then arrive at **St. Augustine church**, where in the left chapel, we will admire the melancholic Pilgrim's Madonna.

|                           |  |
|---------------------------|--|
| <b>Duration</b>           | 2 Hours  |
| <b>Ticket</b>             | -  |
| <b>Except</b>             | Sunday   |
| <b>Meeting place</b>      | Piazza Borghese  |
| <b>Stroller</b>           | YES  |
| <b>The visit includes</b> | <ul style="list-style-type: none"> <li>• Tour with a qualified tour guide</li> <li>• Worksheet for children</li> <li>• Possibility to hire baby carriers</li> <li>• Headsets</li> </ul>          |
| <b>Not included</b>       | <ul style="list-style-type: none"> <li>• Pick up from/return to the hotel</li> <li>• Tips (optional)</li> <li>• Tickets to skip the line</li> </ul>  |
| <b>Note</b>               | <ul style="list-style-type: none"> <li>• Please pay attention to the steps outside the churches</li> <li>• We recommend appropriate clothing to churches, shoulders and legs covered.</li> </ul> |

**5.b) WALKING TOUR - BAROQUE ROME**

A beautiful walk in the centre of Rome, from Navona Square, one of the most elegant and lively piazzas of Rome. The piazza has three splendid fountains including that of the Quattro Fiumi (Four Rivers), for which Bernini was commissioned on the occasion of the Jubilee of 1650. Then we will go straight to arrive in S. Ignazio Square with the rococo aspect by construction of a series of buildings similar to chests of drawers.

To complete the tour we will admire the last and very famous sample of the Roman Baroque period: the Trevi Fountain. The fountain which the film "La Dolce Vita" has given a sort of eternal place in the public imagination: the Fontana di Trevi.

We will visit beautiful areas of the eternal city allowing mums, dads and strollers to move freely!

|                           |   |
|---------------------------|---|
| <b>Duration</b>           | 2 Hours   |
| <b>Ticket</b>             | -   |
| <b>Except</b>             | -   |
| <b>Meeting place</b>      | Via del Teatro Valle 40   |
| <b>Stroller</b>           | YES   |
| <b>The visit includes</b> | <ul style="list-style-type: none"> <li>• Tour with a qualified tour guide</li> <li>• Worksheet for children</li> <li>• Possibility to hire baby carriers</li> <li>• Headsets</li> </ul> |
| <b>Not included</b>       | <ul style="list-style-type: none"> <li>• Pick up from/return to the hotel</li> <li>• Tips (optional)</li> <li>• Tickets to skip the line</li> </ul>                                     |
| <b>Note</b>               | <ul style="list-style-type: none"> <li>• We suggest comfortable clothing for the walk and a hat to protect yourself from the sun in summer.</li> </ul>                                  |



**5.c) WALKING TOUR – AVENTINE**

Let's go to discover ancient places, walking through a real oasis of peace in the heart of Rome called **Aventino**, one of the mythical seven hills of the ancient city. the tour starts from the famous "**Garden of Oranges**", medieval stronghold of the family Savelli, where inside there is a rooftop terrace with a lovely view on the Tiber and the entire city. After so much natural beauty, we return to the ancient history of the hill, because there are some of the oldest **churches** in the city: as S. Sabina's Church and S. Alessio's Church.

|                           |  |
|---------------------------|--|
| <b>Duration</b>           | 2 Hours  |
| <b>Ticket</b>             | -  |
| <b>Except</b>             | Sunday mooring   |
| <b>Meeting place</b>      | Piazza Ugo La Malfa  |
| <b>Stroller</b>           | YES  |
| <b>The visit includes</b> | <ul style="list-style-type: none"> <li>• Tour with a qualified tour guide</li> <li>• Worksheet for children</li> <li>• Possibility to hire baby carriers</li> <li>• Headsets</li> </ul>  |
| <b>Not included</b>       | <ul style="list-style-type: none"> <li>• Pick up from/return to the hotel</li> <li>• Tips (optional)</li> <li>• Tickets to skip the line</li> </ul>  |
| <b>Note</b>               | <ul style="list-style-type: none"> <li>• We suggest comfortable clothing for the walk and a hat to protect yourself from the sun in summer.</li> <li>• We recommend appropriate clothing to churches, shoulders and legs covered.</li> </ul> |

**5.d) WALKING TOUR - DISCOVERING TRASTEVERE**

An exciting walk along the alleys of the wonderful **Trastevere**: one of the most famous and ancient districts of Rome, showing the wonders hidden in the streets and the beauty of monuments. We will visit the most important basilicas like **Santa Cecilia** and **Santa Maria in Trastevere**, but there will be corners, alleys, which still retain the atmosphere of Rome's past, where they also lived important people, such as the painter **Raphael**, that among these roads fell in love with the Fornarina.

|                           |  |
|---------------------------|--|
| <b>Duration</b>           | 2 Hours  |
| <b>Ticket</b>             | -  |
| <b>Except</b>             | Sunday mooring   |
| <b>Meeting place</b>      | Santa Cecilia Square   |
| <b>Stroller</b>           | YES  |
| <b>The visit includes</b> | <ul style="list-style-type: none"> <li>• Tour with a qualified tour guide</li> <li>• Worksheet for children</li> <li>• Possibility to hire baby carriers</li> <li>• Headsets</li> </ul>  |
| <b>Not included</b>       | <ul style="list-style-type: none"> <li>• Pick up from/return to the hotel</li> <li>• Tips (optional)</li> <li>• Tickets to skip the line</li> </ul>  |
| <b>Note</b>               | <ul style="list-style-type: none"> <li>• We suggest comfortable clothing for the walk and a hat to protect yourself from the sun in summer.</li> <li>• We recommend appropriate clothing to churches, shoulders and legs covered.</li> </ul> |

## **ARTISTIC LABS FOR CHILDREN**

Artistic workshops for children 3 years and older

- **“We learn with ...”**
- **... Ancient Romans**
- **... The Impressionists**
- **... Michelangelo and Raphael**
- **... Pablo Picasso**
- **... Andy Warhol**
- **... Escher**

## **OTHER SERVICES:**

- **HIRING BABY CARRIERS**
- **PIC NIC PACKAGE**