



永恒之城——罗马 42°N

用大理石写就的史书

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未见罗马，无从想象。无从想象的亚平宁半岛，是一个踩着过膝长靴，行走在地中海的妙龄女郎，北纬 40° 线犹如镶嵌在靴子上的一颗颗珍珠，让这位地中海女郎风情万种。靴子膝盖处，就是罗马，一座看似上了年纪但骨子里却有着妙龄女郎情怀的永恒之城。

罗马 (Rome)，意大利首都，古罗马帝国的发祥地，亚平宁半岛上最璀璨夺目的历史文化名城，因建城历史悠久而被称为“永恒之城”。

罗马城位于意大利半岛中西部，台伯河下游平原地的七座小山丘上，市中心面积 1200 多平方千米。是意大利占地面积最广、人口最多的城市，也是全欧洲最大的城市之一。

罗马的永恒，在于她的古老。古老得让“罗马”二字都能成为那个时代大都市的别称，成为拉丁文 CAPUT MUNDI 里的全球之都、永恒之城。

根据罗马神话，罗马城是由双胞胎

兄弟罗慕卢斯与雷穆斯在公元前 753 年兴建。世界遗产委员会把罗马历史中心区列入《世界遗产名录》，理由是：“从传说的公元前 753 年建成之日起，罗马就同人类的历史紧密相连。它曾是统治地中海世界五个世纪之久的帝国的首都，后来又成为基督教世界的首都，今天仍然履行着这些重要的宗教和政治功能。”2014 年 4 月 13 日，罗马的年纪又长了几岁。英国《每日电讯报》报道说，对古罗马广场进行发掘的考古学家发现了一堵墙的遗迹，它的历史可以追溯至公元前 900 年。如果这一发现被证实，“永恒之城”的兴建时间就要比人们预想的早 100 多年了。

未见罗马，无从想象。

见了罗马，你会发现，罗马不是一天建成的。

全世界文化遗产的 70% 在意大利，其中 16% 在罗马。

罗马是全世界历史建筑物最多的城市：由奥勒良城墙围住的古城见证了其

三千年的历史并作为全欧洲文化遗产的象征。1980 年，联合国教科文组织把罗马古城、梵蒂冈地区以及城外圣彼得大教堂列入人类文化遗产目录。罗马城区内还有一个独立国家，即梵蒂冈城国。因此，罗马还是全世界独一无二的两国之都。

罗马是古老的，但她也是年轻的。

罗马人讲求实际，一如注重享受的妙龄女郎。罗马艺术的最高成就体现在她无数的公共建筑上。他们把古希腊主要为神庙增色的技术用来为人服务，修筑了网络密布的道路、桥梁、排水管道、广场、公共浴池、竞技场等大型公共设施，让它们在城市中发挥重要作用。

罗马人爱好奢华，一如喜欢打扮的妙龄女郎。他们经常在典型的希腊建筑造型的基础上进行改造，比如在多利克式柱的柱底加上一个柱基，把爱奥尼亚式柱头上的卷涡造型加在科林斯式柱头上，让建筑形式更加繁复华丽。从古罗马用大理石写就的一部部史书中，我们能读出罗马人鲜明的个性和特点来。





圣彼得大教堂

圣彼得大教堂高耸于罗马全城之上，是世界上最大的教堂之一。公元 320 年前后由君士坦丁皇帝下令修建。多个世纪后，开始了长达 200 多年的重建。米开朗琪罗、贝尔尼尼等众多艺术大师加入到重建的队伍中。在众多杰作中，绝对不能跳过的是米开朗琪罗的雕塑《圣伤》，其雕刻技术和传达的感动一直令观赏者惊叹。大教堂广场上恢宏的柱廊是贝尔尼尼设计并监造，284 根圆柱放射性布置成 4 列，如同张开的双臂，欢迎信众的到来。从方尖碑旁的柱廊弧心点向外看，柱廊仿佛只有一列。您可以登上教堂穹顶，360 度全方位欣赏罗马城的独一无二。

纳沃纳广场

离开圣彼得大教堂，踏上协和大街，在天使城堡前有一座白色天使桥通往台伯河对岸，过河后左行即可到达罗马最高雅最欢乐的纳沃纳广场。广场建在多米齐亚诺体育馆的废墟上，古时候曾被用作田径及竞技场，如今却成了街头艺术家展现才华的地方，画家几分钟内就能把模特传神地画在纸上。广场周边的冰淇淋店、比萨店、餐馆和露天咖啡馆至今仍然是罗马人及游客聚会的地方。

万神殿

从纳沃纳广场穿过复兴大街，绕过参议院大楼，后面一系列特色不一的小巷将把您带到万神殿。万神殿，是献给众神的古建筑。它是由亚得利亚诺皇帝于公元 118—125 年间在公元前 27 年的一个神殿废墟上兴建。公元 609 年被赠予教皇，成为基督教堂，曾被更名为圣母玛利亚殉道者教堂。1870 年成为意大利国王纪念堂，国王维多利奥·埃马努埃二世、翁贝托一世王后玛格丽特·迪·萨沃亚以及大艺术家拉斐

尔·桑齐奥均长眠于此。一进入万神殿，抬眼望天，你会发现，一缕光线通过穹顶上直径9米的“魔环”倾斜射入，照亮了整个神殿的内部。如果遇到下雨，考验强大的古罗马排水管道的时候就到了，飘进万神殿的雨水竟然从22个隐藏的泄水孔中消失了。

坎比多利奥

坎比多利奥尽管是罗马七丘中最低、最小的山丘，但它却是和罗马历史联系最紧密的地方，从古至今一直都是罗马的政治和宗教活动中心。经过精美的科尔多纳达台阶进入米开朗琪罗设计的广场。广场上有两个双子大楼（保守宫和新宫，现为卡比多利奥博物馆所在地），以及元老宫（现为罗马市政厅）。

大斗兽场

斗兽场是古罗马最大的圆形露天剧场，2007年被列入现代世界七大奇迹目

录。大斗兽场的意大利文是 Colosseo，意为巨像。公元2世纪时，其附近矗立着一个尼禄皇帝的巨型雕像。其真正的名字是弗拉维奥露天剧场。大斗兽场由维斯帕先皇帝下令兴建，其儿子提图在位的公元80年完成。原来用于角斗士之间角斗搏击（拉丁语 munera）以及角斗士与猛兽之间搏斗（拉丁语 venationes）。斗兽场共四层，内部有大理石贴面的砖砌台阶，地上地下设计十分精妙。竞技场是一个巨大的木质舞台，上面覆盖着沙子。地下部分有密集通道，猛兽被关在其中，舞台设备以及升降机也在此布置。距斗兽场几步之遥，就是罗马最著名的君士坦丁凯旋门。

市集

沿着帝国市集大道可到达古罗马市集，那里有罗马古老的广场，在马路另一侧，可以欣赏到帝国市集区。1924年至1932年间，罗马修建现在的帝国市

集大街时，让古罗马市集重见天日。共和制时代结束后，罗马成为一个庞大帝国的首都，其版图从高卢至小亚细亚。过去的市集显然无法满足其作为政治和社会中心的需求。恺撒大帝于公元54年最先下令修建了恺撒市集，之后是奥古斯都市集、特兰西多利奥市集，最后当然是最宏大的图拉真市集。从城市建设角度看，罗马帝国市集从坎比多利奥至奎利纳莱的古迹区构成了一个有机整体。

罗马是古老的，但她也是活力四射的。

一个很会穿靴子的国家，一定有一支很会踢球的球队。罗马足球俱乐部与同城死敌拉齐奥，每年都会在他们共用的主场——罗马奥林匹克球场上演最精彩火爆的罗马德比。国王兵临城下，意甲各队莫敢不从。到罗马一睹意甲超级赛事，如今已成为最热门的旅游项目。

要熟悉罗马，一辈子也不够。







Rome (42°N)—Eternal City History Engraved in Marble

You could never imagine Rome unless you come and see it.

Seen from the map, the boot-shaped Apennine Peninsula is like a young lady playing by the Mediterranean sea, and the lady looks more gorgeous against the romantic 40th parallel north. At the knees sits Rome, an old city that smells like teen spirit.

Rome, the capital of Italy, is the birthplace of the Ancient Roman Empire, and the most brilliant historic and cultural city on the peninsula. With its long history, it is also known as the Eternal City.

The City of Rome is located in the central-western part of the Italian Peninsula and built on seven mountains along the downstream plain of Tiber River. With a downtown area of more than 1,200 km², it is the largest and most populated city in Italy, and also one of the largest cities in Europe.

Rome is called the “Eternal City”

for its long history. In ancient times, “Rome” was another name for metropolis, and its Latin phrase CAPUT MUNDI was taken to mean “Rome capital of the world”.

Founded, according to Roman mythology, by twin brothers Romulus and Remus in 753 BC, Rome, to be specific, the whole historic centre within city walls, was included by the World Heritage Committee in World Heritage List under the following criterion: “From its foundation, Rome has continually been linked with the history of humanity. Rome was first the center of an empire which dominated the Mediterranean world for many centuries, and then the capital of the Christian world. It remains today a symbol and one of the most venerable goals of pilgrimages.”

On April 13, 2014, ancient Rome just got a little older. Excavations inside the Roman Forum have found the remains of a wall dating back to 900 BC, suggesting that the Eternal City

was settled two centuries earlier than previously believed.

You could never imagine Rome unless you come and see it.

When you make it here, you will understand that “Rome wasn't built in a day”.

Over 16% of the world's cultural heritage is located in Rome, and 70% in Rome.

Rome is a city with the richest cultural and architectonic heritage. The historical center within the Aurelian walls bears witness to almost three thousand years of history, and stands as a testimony to the European culture. In 1980, the historical centre of Rome city was declared a UNESCO World Heritage Site along with Vatican City and the Basilica of St. Paul's Outside the Walls. Inside the city boundaries of Rome is an independent country -- the Vatican City. For this reason, Rome has been often defined as capital of two states.



The ancient city also stands with a young touch.

Romans have the practical attitude same like that of young lady focusing on enjoyment. The apex of Roman art is found in its countless public buildings. Technologies to build the temples in Ancient Greek were applied in civil fields, to construct a dense network of major public facilities like roads, bridges, drainage pipes, squares, public bathes, and arena which would better serve the city and its citizens. Their love for extravagant style is no different from young ladies' passion for dressing up. They often renovate the classic Greek architecture for intricate and magnificent expressions, for example, adding a plinth at the bottom of Doric column, or transferring the volute Ionic capital to the Corinthian. Ancient Rome has a history of marble, which reflects the distinctive personalities and traits of Romans.



St. Peter's Basilica

Overlooking the Rome city, St. Peter's Basilica today remains one of the largest churches in the world. The church was built at around 320 by the Emperor Constantine, and over the centuries, the long process was launched which, within the space of about two

hundred years and thanks to the genial contribution of artists such as Michelangelo and Bernini, led to the complete overhaul. Michelangelo's masterpiece of Renaissance sculpture the Pietà, where many a visitor remains mesmerized by its combination of technical purity and emotional impact. At the piazza outside the basilica, Bernini

designed two colonnades of 284 columns in four rows that frame the piazza just like "the motherly arms of the church". The obelisk indicate viewing points from which each wing of the colonnade seems to have only one row of columns rather than four abreast. Climb up to the top of St Peter's dome, it is a fantastic experience, and a great opportunity to enjoy a fantastic and dizzying city panorama all around Rome.

Piazza Navona

Take Via della Conciliazione from St. Peter's Square, and continue to fortress of Castel Sant'Angelo where you can cross the majestic Sant'Angelo Bridge to the other side

of Tiber River and make our way left to Piazza Navona -- undeniably the most elegant and cheerful of all Roman piazzas. Established on the ashes of the Circo di Domiziano (Circus of Domitian), where athletics competitions and games took

place, Piazza Navona is enlivened every day by many artists who with their art succeed in just a few minutes in capturing the features and the typical expressions of those being depicted. Surrounded by ice cream parlors, pizza shops, restaurants and sidewalk cafes, this has always remained one of the favourite meeting places of Romans.



Pantheon

Walk from Piazza Navona along Corso del Rinascimento, and distinctive lanes behind the Senate House will lead you to the Pantheon. Dedicated to the worship of every god, the Pantheon was built by the Emperor Hadrian between 118 and 125 A.D. over the ruins of another temple dating back to 27 A.D. In

609, it was converted into a Christian Church by Pope Boniface IV and consecrated to Santa Maria of the Martyrs. Turned into a memorial chapel for the kings of Italy in 1870, the tombs of Vittorio Emanuele II, Umberto I and Margherita of Savoy

are to be found here together with that of the celebrated Renaissance Artist Raffaello Sanzio da Urbino, who is more often referred to as simply Raphael. Lift up your head on entering. Our attention is caught straightway by a ray of slanting sunlight shooting down from the "oculus", a 9- metre round aperture at the very top of the dome that illuminates the entire building. If it is raining, watch the falling water disappear into the floor's 22 virtually invisible holes.

Piazza del Campidoglio

While being the lowest and smallest of the seven hills of Rome, the Capitoline is perhaps the most closely bound to the city's history,



as it has been the hub of Rome's political and religious life since ancient times. Today the Michaelangelo piazza, reached by climbing a splendid flight of steps, is encircled by two identical buildings (Palazzo dei Conservatori and Palazzo Nuovo, home to the Capitoline Museum) and Palazzo Senatorio, which serves as the seat of the Mayor of Rome.

Colosseum

As the largest amphitheatre ever built in ancient Rome, the Colosseum was proclaimed one of the new Seven Wonders of the World in 2007. In Italy, the amphitheatre is known as Colosseo, i.e. colossus. The name Colosseum has long been believed to be derived from a colossal statue of Nero nearby. Originally known as Flavian Amphitheatre, it was built under the emperor Vespasian, and was completed in 80 A. D. under his successor and heir Titus. It was used for gladiator fights (munera in Latin) and hunting simulations involving ferocious and exotic animals (venationes in Latin). With wide marble terrace encircling the arena, the four-storey structure comprised a large wooden floor covered by sand, covering an elaborate underground structure which consisted of a network of tunnels, hinged platforms and vertical shafts, as well as cages where gladiators and animals were held. Within walking distance of the Colosseum is the famous Arch of Constantine.

The Forums

Walk along Via dei Fori Imperiali, you can reach the Imperial Forums, the ancient Roman piazza best appreciated at the other side of the street. Between 1924 and 1932, the Imperial Forums resurfaced following the demolition of which had been over the centuries built on top so as to clear the way for today's Via dei Fori Imperiali. At the end of the Republican Age, when Rome had become the capital of a vast empire stretching from Gaul to Asia Minor, the old Roman Forum proved to be too cramped to efficiently serve as the city's administrative and monumental centre, to be the very hub of public life. In 54 B.C., Julius Caesar was the first to come up with another square Caesar's Forum, followed by Augustus', then the Transitional and, finally, Trajan's Forum, which is undoubtedly the grandest. Together, the archaeological sites make up, from an urban standpoint, an organic complex renamed in the modern era the "Imperial Forums".

Rome is old but dynamic.

A boot-shaped country is definitely a power in football. The Rome Derby is one of the most eagerly awaiting sports event at the Stadio Olimpico shared by Roma and Lazio football clubs. Collision between the two giants is epic of all time. Watching Serie A is becoming the most popular project in Rome.

To know Rome, the whole life will not be enough.



