WHERE TO STAY
On the third floor of a 19th-century palazzo at the entrance to the Borghese park and overlooking Piazza del Popolo, the elegant and romantic Casa Montani welcomes guests in its five uniquely designed rooms. This hotel from Condé Nast Johansens, which used to be a typical Roman family apartment, offers a pleasant atmosphere with high-end furniture in each room. A continental breakfast is served every morning...in bed.
Via Urbana, 89-92 casamontani.com

WHERE TO DINE
If you want to try some of the best culinary creations made by Rome’s top artisans, don’t miss Mercato Centrale. Covering a total of three storeys, the ground floor features a marketplace with 15 food stalls that has become a hotspot for foodies and cooks. Under the motto la bontà è elementare (goodness is elementary), here you can try delicious pasta, pizza, Sicilian specialties, or some more international bites, including sushi and ramen. The place is open every day from early in the morning until midnight.
Via Giolitti, 36; mercatocentrale.it/roma

WHERE TO SHOP
The eclectic and bohemian Monti neighbourhood has a concentration of many small and independent boutiques featuring some of the best local creations. A few steps away from Piazza degli Zingari you can find LOL Moda Arte Design, an independent and trendy clothing store offering several Italian brands. The shelves and hangers sport modern knits, unique jewellery, and shoes. The shop is a must-see for fashion lovers and a good place to get some Roman designs to bring back home.
Via Urbana, 89-92

WHY NOT?
Every March, the Fondo Ambiente Italiano (National Trust of Italy) organises an open-house weekend during which you can discover some of the most hidden and inaccessible places in town. This year on March 24 and 25 it will be possible to visit the Palazzo Giustiniani (the residence of the president of the Italian Senate), the Palazzo della Marina, the German Academy Rome Villa Massimo, and the Villa Torlonia Theatre, designed by the Neoclassical architect Giuseppe Valadier.
fondoambiente.it

A CLASSIC NOT TO MISS
The Piazza dei Cavalieri di Malta once kept one of the best secrets of Rome: an amazing view of St. Peter’s Basilica in the Vatican. The keyhole of the gate of the Knights of Malta headquarters offers a unique perspective of the dome of one of the most famous basilicas in the world. But this small place has nowadays become a popular tourist attraction, so you may need to practise some patience until it’s your turn to gaze through the hole for a few seconds.
Piazza dei Cavalieri di Malta, 3

How to enjoy the city if you have only one day
From aristocratic palazzos to Baroque fountains, lively squares, and ancient treasures, Rome is the perfect destination to enjoy a relaxing and cosmopolitan time. Just when spring kicks off, the Italian capital offers a good combination of culture, traditional food, exciting nightlife, and romantic inspiration. Here are five suggestions to make the most of the Eternal City in 24 hours.