

Untold Italy Episode 109 - Women of Ancient Rome and Italy: the untold story

This is the Untold Italy Travel podcast, and you're listening to episode number 109.

Ciao a tutti and Benvenuti to Untold Italy, the travel podcast, where you go to the towns and villages, mountains and lakes, hills and coastlines of Bella Italia. Each week your host Katy Clarke takes you on a journey in search of magical landscapes of history, culture, wine, gelato, and, of course, a whole lot of pasta. If you're dreaming of Italy and planning future adventures there, you've come to the right place.

Katy

Ciao Benvenuti! Hi everyone. Hope your week has been fun and full of little Italian surprises. We've just put the finishing touches on our June trip to Italy and the excitement is building! I can't wait to get back to the country I love best in the world.

And while we may be visiting some new places which I am going to be thrilled to share with you, we're also revisiting some of the classics and of course Rome! Having been around for well over 2000 years, there is always something new (or recently rediscovered) and exciting to see and experience in the Eternal City or a different way of looking at iconic sights and that's what we're going to be talking about today.

Now we all know that history is written by the victors and those who were in power and that means that what we know about Ancient Rome and the history of Italy has mainly been told from the perspective of the elite male rulers of the country over many centuries

My friend Angelo from Liv Tours had an idea to see this history from another angle and he's going to tell you about that today. It's a fascinating and unique way to approach learning about the sites in Rome and Italy that really got me thinking.

Liv Tours are one of our favorite Italian tour companies. They are a family-run company based in Rome who offer very small group tours and private tours and experiences in Italy. We love that they create expertly crafted experiences to help visitors enjoy Italy's rich culture and history that are led by some of the most passionate guides in the business. So without further ado, let's hear from Angelo about another perspective on Italian history

Katy

Benvenuto Angelo, welcome to the Untold Italy podcast.

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Angelo

Thank you. Thank you so much for having me.

Katy

Oh, I'm absolutely delighted to have you on the show today, Angelo, to talk about the fascinating and I would have to say mostly untold stories of the women of ancient Rome. But I know I've been getting to know you quite well over the last year or so, but our listeners probably they may not know you so well. So I was wondering if you could give them a bit of an introduction, a little bit about yourself and your company Liv Tours.

Angelo

Absolutely. Even though we discussed this earlier, I may not sound Italian. I'm actually born and raised here. My name is Angelo Carotenuto, and I come from a family of artists, so nothing to do with tourism. And I sort of followed their path for most of my life throughout higher education, which I received in California. However, in love with Italy and having touched up on tourism during my higher education, I decided to come back and worked as a tour guide since 2005. So even though it may not seem it's been quite a long time, the long story short is that within the first six years, I had the pleasure and the opportunity of working with a lot of different segments of clientele from school groups that were trying to see nine European capitals in seven days, all the way to big, large cruise ship tour operators, even free tours at the Forum or at St. Peter's Basilica, or just skip the line experiences or VIP secret rooms and so forth. In any case, in that six-year experience, I had this sort of epiphany in 2011. So we created a website, a portal. It was Liv Italy at that time. LivItaly.com. And there was an opportunity for a traveler to pick up and literally design their vacation a la carte. However, it wasn't tours, tours, tours. It was when you're in Martinello, you can drive a Ferrari, you can go to a soccer game when you're in Rome, you can dive into the corals of Capri when you're in the Amalfi Coast, and you can literally just puzzle in your own vacation and fill it with experiences and things that you were dreaming of. My wife, Kristin joined me in this adventure a couple of years in. I was treating it more like a hobby. I was tour guiding every day, and I was just answering emails and sort of dealing with the website in the evenings. And she saw me doing this. She decided to stay in Italy. And that's when we joined ventures and made a choice, which was we decided that our group tours were going to be set at a maximum of six people per every tour guide, which then granted or gave the tools to our tour guides to eliminate all sorts of stereotypes that probably don't see in your dreams, which is a flag, a headset you trying to run behind the tour guide. These things you're not dreaming about. You're dreaming about seeing the Sistine Chapel. We eliminated all of those. And by eliminating all of those, we gave the opportunity to our tour guides to have passion about their subject. They have passion about their country. They have passionate about their culture. And by eliminating headsets, flags, etc, they are able to give you to transmit that passion, giving you those goosebumps that we were talking about, or even the opportunity to divert the conversation - talk, ask questions. And we continued to diversify our offering

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throughout the whole peninsula. So now we were all the way from Milan to Sicily, and two years BC, which was two years before Corona, we started noticing a little trend, which we were very proud of. We don't do an enormous amount of marketing. We're a very small family business. So we rely on word of mouth and returning clients. And these clients that we had been serving for two or three, four years started emailing us and saying, I need your service. I want you in Paris, in Tokyo, in Vancouver, I kid you not - in Cairo, people started saying all these beautiful cities where we're like, that could be fun.

Angelo

So we opened Barcelona when our firstborn came to life, and then we opened right before the pandemic we opened Paris and London. And we continue to expand Italy because that's where our heart lives, and that's where we are, and we're having a blast.

Katy

Yeah, it's amazing. And what I really love about your company is it is a local family-run Italian company. And so there are quite a lot of bigger international outfits that are operating in Italy, and they do a very good job, especially of raising their profile. And they offer some great services, but that's what I really love about your company is that it is a local family-run company, and you've got all these strong connections into the local guides there. And I think it really comes out in the passion of what you do and how you create the experiences that you have created. The latest round of tours that you're doing is something that's really fascinating and it really captured my imagination because I'm actually like, I put my heart on my sleeve, and I'm definitely a feminist. So I really loved this concept when I was talking to Kristin about it, I was like, wow, this is amazing. So why don't you tell everyone what you're doing in Rome with these tours?

Angelo

Well, it's important to talk about the process. I think, in order to understand why we came up with this new series. It was the first three months of lockdown, and many historians say that that's an opportunity to go back into yourself and start being creative again if you really put things into perspective. The Renaissance was a great example when creativity and intellect started growing and becoming fascinating again was right after a moment of sorrow and darkness. So sort of inspired by that, I put myself into a new creative state of mind and decided that we should start creating a series of tours that could be applicable to a lot of our destinations. And also noticing that there were a lot of things lacking in the offering by tour guides across the board. Not just our tour guides, not the tourist tour guides, but across the board was the ability to present history and characters and happenings in a way that is different from what we're taught at school, because it is extraordinarily - history is an extraordinarily masculine subject.

Katy

Absolutely.

Angelo

And I have to say I didn't come up with this immediately. The first series that I had come up with it, but we haven't developed yet was the World War II series. We wanted to create a bunch of World War II themed tours across all of our destinations - Rome, Naples, Venice, Milan, Paris. Also, because history is often told by the victorious, and it's interesting to really dwell into and be in a place and understand also how the losers may want to tell their story and their part of the story. And that's when I developed the women's history theme series, I should say. So I talked to our guide managers. We have guide managers in every region who are extraordinary resources. I don't have the knowledge to be able to write up and create tours like that in every single destination we have. I have the idea I provide the generic information, but then I need their assistance in terms of knowledge, in terms of what we could be talking about inside the Doge's Palace, for example. But I do know a lot about Rome because I've been a tour guide since 2005, and I realized, hey, we never talk about the sibyls, which are female prophets painted by Michaelangelo inside the Sistine Chapel. We never talk about, for example, when we're inside the Vatican Museums, the wife of the Laocoön priest of Troy, who saw his husband being dragged into the waters by a snake with his two sons - and lost a husband and two sons in one single dramatic mythological event. We never talk about Michelangelo's loved mother, or Raphael's, for that matter. We sort of talk about his sexual inclination, but we never talk about the influence that women and female figures might have had onto these people. Nor do we stop at actual art pieces that are made by females or women. We have the tendency to skip on these things. And the same thing goes with ancient Rome, clearly, because the further you go back in history and the more male based it seems to be. And that was the fascinating discovery we had. We started doing a lot of research with Kristin and Davide. Davide is our Rome guide manager who is phenomenal. And we started going through and sort of like dry running a regular tour because, Katy, it's extraordinarily hard to change completely the direction of a speech. And my point, my direction to our tour guide managers was we're never going to talk about men on these tours.

Katy

Yeah, well, that's really hard because I was just thinking while you were talking, like if I think to ancient Rome, I mean, there's a really mainly one woman that comes to mind, and that's Cleopatra and she wasn't even...

Angelo

Wasn't even there. Yeah, exactly. You may talk about Vestal Virgin, but this aerial figure that nobody understands who they are. If you don't mind, I'll talk about a couple that are going to blow your mind away.

Katy

Sure

Angelo

And by the way, these are regular tours. You see the exact same sites that you would see in a Colosseum and ancient city tour. We call it Women's of Ancient Rome tour, but the sites are identical. It's the way you present and talk about the history and those sites that is different. And this could be amazing for first time travelers because they know the rest of it from their school and their education and the documentaries, because nobody talks about these places with that angle. So you may be as knowledgeable as possible. And I'm not saying, of course, the direction is never talk about men, but you're going to have to talk about historical facts and anecdotes, so you still get the whole picture. I'll give you an example. I'll start with teasers and then I'll give you examples.

Katy

Okay.

Angelo

Do you think there were women Gladiators

Katy

Perhaps

Angelo

This is a teaser. We're not going to answer this now. Who got to sit in the Royal Balcony at the Gladiator games or better, who treated Gladiators and how were they seen? I mean, who took medical care of the wounds on an arena game? Why? When? How were they looked at? Why would women have to sit in the loggia. Up on the top? Was it because they were women and they needed to be away and men have to go and see their game? Or was it because they were being protected by these gory bloody games? And were they obliged to go up there? Or was it popular in society at that time to bring a woman because you always had to show that you were accompanied? And this is generic. And you may touch upon these things even on a regular old tour, but you never talk, for example, about Julia Domna, which was the wife of Septimius Severus, which we're talking about second century after Christ. Septimius Severus had two children, and she was a Co-Empress at that time. The two children, the oldest one, Geta, was made Emperor. And Caracalla, the youngest one, was tremendously jealous of him becoming an Emperor and him getting all the love by Julia Domna to the point that she is trying to mediate peace between the two of them. And this is about the future of the Roman Empire. A woman is trying to mediate the relationship between two brothers to the point that she fails and Caracalla kills Geta. Now, the thing is that Caracalla deletes every single image

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that will recall Geta's memory in his mother's mind. So he goes to the family portrait. And I don't know if we watch horror movies or Sci-Fi movies and, you know, when people cut out the face in a family picture of one person they don't like? Same thing. He went there and scratched off, Geta's face out of the family portrait. He wants to be the closest and only one to his mother. And he becomes the Emperor and makes his mother Co-Empress. And she becomes an enormous influence in social, political, philosophical life of ancient Roman. That's the second century after Christ. Rostra Fulvia, wife of Mark Antony. Even though Mark Antony cheated on her several times, went after Cleopatra, she was extraordinarily commanding on his personality, to the point that she wanted to command the army instead of him.

Angelo

Livia, Augustus's wife. They were married for 52 years. There's a beautiful home to see of Augustus on the Palatine Hill. There's reconstruction of Livia's home in the Palazzo Massimo Museum next to Terminal Station. But nobody talks about Livia. Livia was a fascinating story. Livia was married with a man. His name was Nerone, but it wasn't the Nero we're thinking about. And Nero - there was a little bit of a revolution between families. Anyways, their family loses this little battle and is exiled. So Livia has to follow. And the other family they're fighting against is Octavias family, who will then become Emperor Augustus. And they're exiled. Livia is exiled and starts having the first child or starts getting pregnant of Nero's first child. When they're finally let back into the country, she falls in love with Augustus, which is Nero's nemesis. And Augustus tells Nero on the day of the birth of the son, you need to leave Livia, because I'm going to marry her. Nero accepts and walks her on the wedding day to the altar as a fatherly figure. So what does Livia become? Livia becomes the most famous, grand, powerful, influential Co-Empress of the beginning of the Roman Empire. She is so well respected by Augustus that he talks about state matters to her. This is 2000 years ago, where a man shares state matters because he wants to hear what his wife has to say about it, even though she may not be a strong political figure like Julia Domna was in my first description - Septimius Severus's wife, she feels and looks like more like a housewife, somebody that is there to take care of the household, someone to take care of the finances, of the children, raising the children, etcetera. Nonetheless, this very traditional figure has extraordinarily influence on the history that will be making the Roman Empire. I mean, imagine a tour guide challenge in talking only about this while you're inside these sites. So it's interesting for first time travelers because they know things about Augustus and he will be talked about, but to learn why Augustus made certain choices, why Augustus lived a certain way, how Augustus was influenced, or rather, how important was Livia (that nobody talks about) is something different. And it's a series of tours. Imagine it applied to Florence, imagine doing a tour of the Louvre in Paris of only women, of only women's paintings, women theme paintings and women painted paintings.

Angelo

It's very healthy. You don't have to be a feminist. It's very healthy to hear these stories, to hear this side for anybody. It could be a group of women. It could be a family who wants their children to hear stories told this way. It could be first or repeat travelers. It doesn't matter. It could be a group of men.

Katy

I think just hearing different perspectives, just layers over your experience anyway. And I just love this because you think you've got it nailed. But, I mean, I'm a historian as well. That's my background. I love history. And I think that when you hear these stories, it just sparks a different perspective and just a different way of thinking. And you're like, wow, it challenges and awakens something within you as well, not just in regards to what you're seeing, but just like, wow, I didn't look at it from that way before. Why didn't I consider that? I mean, when you hear the stories of Rome, you don't hear of female babies being born at all. Do you really? Like it's only when the males are born about a little bit about Romulus and Remus's mother, but she didn't have a very exciting time. Maybe she in the background and, you know, influence can be wielded in very subtle but very effective ways. And I just think this concepts really fascinating. Wow. So do you have a favorite protagonist of these women?

Angelo

I would say Livia.

Katy

50 years of power.

Angelo

Yes. Behind the scenes power. But it's behind the scenes because we think it's behind the scenes because we're taught history that way. That angle, maybe ancient Romans knew that Augustus depended on Livia and thought of Livia's figure as the real protector of the sacred value of the choices made by the Emperor. History has been transposed through the centuries, translated, retold recounted, retranslated by man, after man, after man, after man. Right. This is also an enormous issue. People who have been telling stories have been telling them always on that side, I like to say first, scripture translations. First latin translations were done in the Middle Ages by a bunch of priests, not by nuns. So don't you think they're going to feel the copyright freedom of changing things up anymore or hiding certain information? It's a lot of research to be done, if you allow me - it's not a tour that everybody can deliver.

Katy

Yeah. I mean, you have to be sympathetic to this point of view. I guess that there is a different perspective for sure. And I mean, even like, if you take it a little step further. Like

the women that you've mentioned so far, they're very powerful women. I mean, what do we know about the more humble women? There's obviously millions of women doing things day in, day out that did not have that power or the influence, and obviously they had a significant role in society as well.

Angelo

Well, clearly, when you start talking about powerful women and their roles and their influence of men, you have to then sort of be able as a tour guide, (I'm thinking of the tour guide) to go back to daily life, breakfast, lunch and dinner, what happened and how interactions might have happened and what their role was at different levels of hierarchy inside ancient Roman society. If we're talking about ancient Rome, because if we're doing the Vatican Museums, maybe you don't get to talk about daily life because you cover so many centuries, you cover so many different art movements etcetera. And this is even more (allow me) why this theme - the series is interesting because no tour will be the same in terms of content, the relationship to our discussion and our presentation about women on that tour will never be the same scheme will never be systematic throughout. Every destination, every destination presents themselves in a different way. So in ancient Rome, you're going to talk about daily life, you're going to talk about the role of women in regular society, maybe in different social classes until you reach talking about medical care at the Colosseum, women Gladiators, midgets, Livia, Septimius Severus's wife. At the Vatican Museums maybe you talk about Michelangelo's relationship with his mother. Why do historians think that the Pieta's face is Michelangelo's father's face? What did Michelangelo's mother mean to him? And so she lost him at the age of 13. He lost her at the age of 13. Why are paintings done that way? Why are these females paint? What are they telling us? And does it have to do anything with his sexuality, with the women he met? Who are these women that he met? The material is fascinating in every single place.

Katy

Yeah, amazing. I mean, when I think of the Vatican Museums, I probably think of Giulia Farnese and that relationship with Alexander. I think it was I actually think some of the TV series that have come out lately around Rome in those different eras. They've done a better job, actually, of raising the profile and perspective of women than perhaps you've ever seen before. There's just so many stories to be told and be uncovered. And I'm sure it takes a lot of research to actually get to the point where you've got like a really great story to tell for a two or three hour tour.

Angelo

Yeah. It's not easy.

Katy

Is there a lot of raw material that you can access?

Angelo

No. That's also the problem. Access to material - per our discussion earlier regular history books, call them like that, don't present it that way. So you have to be inquisitive and then delve into a far deeper research when you do inquisit. So that's why I'm selling the delivery of this tour. We have 100 spectacular, five star-rated tour guides just in Rome, and they're phenomenal at every single performance (we'll call in performance) performance they do. But with all honesty, I wouldn't bet on every single one of them to be able to deliver this type of tour. So it's hardcore research. Yes. Talking 3 hours like that or almost uniquely that way (or about that) requires education that you weren't provided and you have to study really hard about. I was thinking about when you were talking about Giulia Farnese and sparked my mind, the Borgias, even though it's not the greatest, but they do talk about women a lot in the Borgias TV series, I was thinking about Raphael's lover, the daughter of a baker who made him go nuts, and he lost his mind for her to the point, legend says that he may have gotten high fever and consequentially died after a couple of weeks of high fever because of a night of too much sex with her. But that's the only thing we know, and that's the only thing we talk about on a regular tour if we ever want to talk about the myth and the legend of Raphael's love life and why he may have died. But no tour guide, and this is going to be the challenge of that Women's of the Vatican tour - talks about who that baker was and who that daughter was. And did she ever come into the Vatican scene? Did she ever see Raphael's work? The Raphael, who was very extrovert, share his work with her? And did she have anything to say about it? Is she painted somewhere? It gets so intriguing and so much more interesting that it'll make for a good tour, in my opinion.

Katy

Absolutely. Well, I think Dan Brown should get onto this. To me, it's way more - it's got all the intrigue and mystery that could go into a novel. I'm just so excited. I mean, like, one of the other favorite female figures in Italian history that I love is Catherine de' Medic, and this woman - just so influential in Europe. And I love that you can go and buy her perfume in Florence. You've got just such a wealth of history there to go on and it's like these guides must be incredible to take on that challenge because like you say, it's a very hard research. And there have been books written and maybe not even in Italian or even - I know there's a lady who writes really great books about Roman history, Mary Beard, who writes amazing books about Rome. But yeah, I'm in awe, actually, because I know how much work and how much knowledge goes into actually just passing the initial test to be a guide in Rome. It's insane. But to take it to another level just shows a level of dedication and professionalism and passion, I guess that you may not find anywhere really and I really admire these people.

Angelo

Yeah, me too.

Katy

And for visitors to Italy, it really will raise your experience. I can't stress it enough for me, when I was like a younger backpacking style traveler, I used to sort of go "ugh tours", but now I just can't get enough because like you said we're getting different perspectives, you're seeing different angles, you're learning. And for me, and my passion is history. So I just soak it all up and I can't get enough of these stories. And I love the way that it's delivered in the story format. So you're not just going "in 2 AD, this is what happened". No, it's those stories that you mentioned before about Livia and these amazing women that were calling the shots. That's what you're going to remember, actually.

Angelo

Yeah. And it doesn't have to be as extravagant as looking for a series that is concentrated on women. Meaning I think that the format that Kristin and I have dedicated our life and have decided that for the rest of the time we own this business, we're never going to change it, no matter how enticing it is to make more money by making groups that are bigger - the format we're giving to clients and tour guides is giving the opportunity for them to be able to touch up and brush up and delve in and research together, during the tour itself, on things that normally in a regular flagged tour, the tour guide is obliged to do exactly what you just quoted. And "to the 2nd century before Christ, da da da da ad" when you're in a tour like that, you're obliged, you can be really good, you can be a good presenter - I did a lot of big group tours and my training in Los Angeles was in acting and I got a minor in European art history. But I used my acting ability in order to entertain 20/30, 25/15 people. And I was good at it. But the content was always the same. It was always press, play, go, go, go, go go, done, ask for tips, stop. Start all over again. And with a group of six, you can't do that. With a private tour, you can't press play and just go. I have an amazing tour guide. Her name is Tiffany and she's a Notre Dame University graduate. So she's smart and she works for the company that does bigger group tours and she's one of the best tour guys, clearly. And she works for us, too. And she says to me, she made this comment, she said - this other company's tours are physically challenging because of that repetition and that long walk and you have to take care of 20 people and whatever - your tours are emotionally and intellectually challenging. Well, if I were a client, I'd rather see my tour guide emotionally and intellectually challenged.

Katy

To be personally, I'd rather be emotionally and intellectually challenged myself as well. Angelo - brilliant. I just love this innovative and interesting approach to visiting some of Italy and the world's main attractions. It's just what better way to immerse yourself in Roman culture and history than to look at it from a different perspective? Thank you for joining us on Untold Italy today. I was wondering, I know people are just going to be so interested to know all about these tours and how they can stay in touch with you. How can they do that?

Angelo

So we are best known as Liv Italy Tours, L-I-V, Italy Tours. So there's no e in the live. It's all a trick of words, but it's all because we want you to 'live' that moment. Right. So everything we've talked about up until now. So there's a website called livitaly.com L. I. V italy.com. However, that's our old website. Since we've expanded through other destinations, I strongly suggest to browse on our new website. It's cleaner, it's neater, it's savvier, it's more fun and clearer to read. And it's livetours.com. So L.I.V. tours.com Livtours.com. You can browse by destination, you can browse by tour type, you can browse by filter, by dates, and you can browse by theme or series. So you can look for Women's tours. And you'll find this first one we talked about today on this podcast, which is Women's of Ancient Rome, soon launching Vatican Women's of Vatican, Women's of Florence and Women of Venice, and going up to the Louvre and the British Museum very soon.

Katy

Amazing. Well, maybe because we did touch on Rome and Florence and the Vatican. So maybe can you tell us before you go, one last female protagonist from Venice, Venice is my favourite.

Angelo

Well, okay, if you don't mind, it's multiple protagonists.

Katy

Okay, great.

Angelo

And they may not be touched on our Women's of Venice tour because it's going to be mostly concentrated on the Doges Palace, but I do want to send a word about them. There's a group of women in Venice, and part of them are expats, actually, who teach rowing. So there's no woman gondolier. There's one woman gondolier, okay. And she barely is able to work. You can imagine. So there is actually a group of women that has a rowing club. They row on boats that are very similar to gondolas slightly wider. Okay. But the technique is very similar. And they offer rowing lessons. And in my opinion, they are protagonists of Venice because every penny they make by giving people rowing classes goes to women in sports. And we love collaborating with them. You'll find it on our website. You can take rowing classes and you end up doing it in Cannaregio, which is a beautiful off the beaten path part. Very tranquil. The canals are tranquil. So you get to really learn for 45 minutes to an hour how to row taught by women. And every single penny you make or they make goes to a woman's association in sports.

Katy

Women have a great history of supporting each other, and that's a brilliant story. I have heard of these ladies and I've only heard amazing things about the experience of going on those learning how to row with them. Excellent. Well, Angelo, thank you so much for joining us on Untold Italy today. It's been just fascinating and I can't wait to come and hear live in situ the places where all of these things happen about these amazing women. Thank you.

Angelo

Thank you for giving us the opportunity Katy.

Katy

So what do you think? To me it feels like Angelo and his team are rebalancing the history books in their own way and good on them.

To be honest, I feel a bit robbed knowing we've only been told half the story about what went on back in Ancient Rome and really want to know more about Livia, Fulvia and Julia Domna and the influence they held over the city of Rome.

And of course, I can never get enough of Catherine de Medici, born in Florence to their most illustrious family, who went on to become the Queen of France. I even have her perfume which you can buy to this day at the absolutely gorgeous Santa Maria Novella pharmacy in Florence. So I cannot wait to see what the team at Liv tours come up with for their tour focused on the history of women in the Renaissance city

You can find a link to Liv Tours and all the details of the women of ancient Rome and the history tours and experiences Angelo mentioned, including the women's history tour of Rome and Venetian rowing class in the show notes for this episode at untolditaly.com/109 for episode 109.

Liv Tours also offers Untold Italy listeners 5% off their tours with code 'UntoldItaly' - so that's pretty easy to remember. As Angelo mentioned, they focus on experiences so whether you want to discover more about the women of Rome, take a Ferrari for a spin in Modena or, if you're braver than I am, take a Vespa ride through the streets of Rome then you should definitely have a browse of what they have on offer.

Thanks to all our wonderful listeners for your ongoing support of Untold Italy. I hope you enjoyed today's show. If you did we would love it if you shared it with your Italy-loving friends and family. Grazie to those of you who have already done this - it is so appreciated.

That's all for today, next week we're going to get a little romantic just in time for San Valentino

But until then it's "ciao for now"

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