



IS IT SAFE?

Rome

SOLO TRAVELER SAFETY GUIDE

SAFE — WITH AWARENESS

SAFETY OVERVIEW

Solo traveler assessment — Italy

Rome is safe — but it demands more awareness than many European capitals. Violent crime targeting tourists is extremely rare. What you do face: a sophisticated pickpocket culture that specifically targets distracted solo travelers in crowded sites, a scam ecosystem that profits from tourist unfamiliarity, and a public transit system that requires vigilance. The good news: Rome's risks are almost entirely predictable, and forewarned travelers rarely have problems. Move with purpose, keep your valuables secured, and trust your instincts.

NEIGHBORHOOD SAFETY RATINGS

5 = Excellent · 3 = Normal Caution · 1 = Avoid

Centro Storico		4/5
Pantheon, Piazza Navona area. Safe but highest pickpocket density.		
Trastevere		4.5/5
Authentic, charming, less crowded. Very safe by Roman standards.		
Testaccio		4.5/5
Local residential neighborhood. Excellent food market. Very safe.		
Prati (Vatican area)		4.5/5
Upscale, quiet. Good base for solo travelers 50+.		
Pigneto / Ostiense		3.5/5
Trendy but transitional. Fine by day, more caution at night.		
Termini Station Area		2.5/5
Termini itself is high-alert. Fine to pass through, not to linger.		
Tor Bella Monaca		1.5/5
No tourist reason to visit. Avoid entirely.		
Tivoli / Day Trips		4.5/5
Day trips outside Rome are generally very safe.		

GETTING AROUND SAFELY

Transport tips for solo travelers

- The Metro has only 3 lines (A, B, C) — simple but limited. Line A covers the main tourist sites.
- Buses and trams fill the gaps but can be very crowded. Hold your bag in front of you at all times on crowded buses.
- Always validate your ticket on entry — inspectors do check and fines are immediate.
- Taxis must be licensed (white, with meter) and must use the meter. Insist on it.
- Never accept rides from drivers who approach you at Fiumicino airport. Use official taxi stands or pre-booked transfers.
- Rome is a walking city for most tourist areas. Comfortable shoes are essential — cobblestones are everywhere.
- Ride apps (FREE NOW, Uber Black) are available but more expensive than metered taxis.

SCAM AWARENESS GUIDE

Know what to watch for before you encounter it

■ The Rose / Bracelet Scam

Someone puts a rose or tied bracelet in your hand, then demands money. Never accept anything from a stranger.

■ Fake Police Officers

Men in 'plainclothes' who flash badges and ask to inspect your wallet or passport. Real Italian police do not do this. Ask for ID, request to go to a station.

■ The Loose Change Trick

A vendor 'accidentally' drops change near you and uses the distraction to pick your pocket. Keep moving.

■ Overpriced Cappuccino Seats

At outdoor tables near major sites, the same coffee can cost 8–15€ vs. 1.20€ standing at the bar. Check the menu before sitting.

■ Photo 'Helpers' at the Trevi Fountain

Offer to take your photo, then demand payment. Decline all unsolicited photography help.

■ Fake Charity Petition Signers

Clipboard-carrying groups approach tourists asking for signatures, then demand a donation. Walk away.

MEDICAL RESOURCES

Hospitals & healthcare in Rome

Ospedale Fatebenefratelli

Isola Tiberina — Lungotevere degli Anguillara, 00153
+39 06 6837 1

Policlinico Umberto I

Viale del Policlinico 155, 00161 Rome
+39 06 49971

Ospedale Santo Spirito

Lungotevere in Sassia 1, 00193 (near Vatican)
+39 06 68351

PHARMACIES: Farmacie (green cross sign) are common throughout Rome. After-hours pharmacies rotate — any closed pharmacy posts the nearest open one on the door. Farmacia della Stazione near Termini is often open late.

TRAVEL INSURANCE: EU residents: present EHIC at any public hospital. US travelers: your regular health insurance may not cover Italy. Bring supplemental travel health insurance and carry the insurer's emergency number.

EMERGENCY CONTACTS — KEEP THIS PAGE ACCESSIBLE OFFLINE

Emergency (General)	112 European universal — connects to police, medical, fire
Medical Emergency (Ambulance)	118 Direct medical emergency line — faster response
Police (Carabinieri)	112 Also reachable via 112
US Embassy Rome	+39 06 46741 Emergency after-hours: +39 06 46741
Tourist Police (Polizia Turistica)	+39 06 4686 For tourist-specific incidents, theft reports
Farmacia Hotline	+39 800 820 061 Locate nearest open pharmacy — free call

SOLO IN ROME

Tips written specifically for the independent traveler 50+

- Use an anti-theft bag with hidden zippers or a money belt under your clothing for passport and large bills.
- The area around the Colosseum, Trevi Fountain, and Vatican is the highest pickpocket risk zone — stay alert.
- Don't keep your phone out on cafe tables — phone-snatching from outdoor tables is an increasing problem.
- Take photos of your passport, insurance card, and credit card front/back. Store in email or cloud before traveling.
- A theft report (denuncia) filed at any police station is required for insurance claims. Don't skip this step.
- Rome's tap water is safe and delicious — the city's 2,500 public nasoni (street fountains) are free drinking water.
- Learning a few Italian phrases goes a long way — Romans respond warmly to any effort with the language.

Travel Alone. Live Fully.

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This guide reflects conditions at time of writing. Safety situations change. Always verify current conditions with your accommodation, local authorities, and current government travel advisories before and during your trip.