



FAMILY TRAVEL & ITALY

Family Travel and Italy - Gluten Free

As with most European cities, there are museums, iconic sites, playgrounds and specific activities for children. And for those who love to get hands “in” experiences , there are always private family cooking lessons- even gluten free pasta and pizza! You simply have to know the right suppliers who can engage the best guides who focus on children. **Gluten Free Travel-Us has been providing these options for 12 years.** Most first time travelers to Italy usually visit Rome, Florence and Venice. As there are unlimited ways to create an itinerary here, we are simply offering some suggestions for activities and locations we can include in a family journey for each of these three cities. Please do note that there are many other cities in Italy where we can create the same types of excitement for children. **Once you have decided this is where you wish to go, contact us and we can begin the planning!**

Rome with Children

Museums: Many of these require reservations and would be better experienced with a guide. Gluten Free Travel - US has all the connections to assist with these details.



EXPLORA—IL MUSEO DEI BAMBINI DI ROMA

- This childrens museum near Piazza del Popolo and Piazzale Flaminio tops just about every "child-friendly Rome" list, and with good reason. An interactive children's museum with a ground floor built to child scale, [Explora](#) lets kids play "grown up" in a variety of different settings, like a child-sized post office, grocery store, bank, and TV studio. The recently renovated museum also hosts a variety of ever-changing educational events on the first floor.

NATIONAL MUSEUM PALAZZO ALTEMPS

-The castle is home to significant collections of antiquities and

Egyptian works. Its rooms have Roman and Greek structures that belonged to the 16th– and 17th-century noble families.



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THE JEWISH MUSEUM OF ROME – for those who wish to explore the past of their ancestors. These families lived in Rome for a long time, or they came from the Lazio countryside, where they arrived as refugees from Spain and from the Kingdom of the Two Sicilies after 1492. These families were linked to one of the five synagogues, according to the ritual they celebrated. From 1555, the year in which the ghetto was established, the five places of worship had been merged into a single building, therefore called Cinque Scole, which became the beating heart of religious and social life in the ancient Jewish area.

THE BALLOON MUSEUM - The first museum in the world composed entirely of balloon & inflatable art. This is brand new and we will need to keep our eyes on the upcoming events as many were canceled due to COVID.

VIGAMUS -The first and only Video Game Museum in Italy in the heart of Rome. A cultural center dedicated to electronic entertainment, come and see the origins and evolution of video games through different exhibitions and guided tours for schools and groups.

**Iconic Sites: Again, guides and advanced ticketing for many of these is a must.
Gluten Free Travel - US is ready to get these done.**

COLOSSEUM – Likely at the top of your must-see list, the mighty Colosseum fortunately enchants the under 12 set too.. How about spending some time in Gladiator School?

VILLA BORGHESE - There's no better place for kids to play and stretch their legs than Villa Borghese park, a verdant 198-acre sprawl right off Piazza del Popolo. The park also encompasses Bioparco, Rome's only wildlife reserve, home to 200 species spanning five continents. At the front of the zoo, hop on a miniature train that rambles around the gardens in the warmer months. Meanwhile, Casina di Raffaello, a children's play center, delights the 3- to 10-year-old crowd with workshops, a library and bookshop.



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DOMUS AUREA AND PALAZZO VALENTINI - The capital's ancient past rouses back to life thanks to savvy virtual reality. Advance reservations are required. Beneath 16th-century Palazzo Valentini reside ruins of domus romane, or ancient Roman residences resurrected through a sound-effect packed multimedia show.

THE CATACOMBS AND BASILICA DI SAN CLEMENTE - Little explorers will delight in scouting the capital's mysterious, underground attractions. Older kids can prowl the Catacombs of San Callisto, a tangled maze of tombs where the early Christians were laid to rest. Look for the frescoes and paintings that adorn the catacombs.

PIZZA, PASTA AND GELATO – EVEN IF YOU ARE GLUTEN FREE! - Italy doesn't do kid menus, but luckily it has children-adored dishes down to an art. Oven-baked pizza populates the menus of sit-down restaurants and comes with all sorts of toppings. Gluten Free Travel-Us food reports will give you tons of options for restaurants, markets and bakeries.

I BURATTINI DEL GIANICOLO - (Puppet Theater): Rome is home to a number of children's theaters and cinemas that host terrific shows... in Italian. The traditional hand-crafted puppets—burattini—are beautiful, and their slapstick antics transcend language barriers. Best of all, every day at noon, the theater shoots off a cannon. Cover your ears!

TECHNOTOWN - Great for older kids or your budding techie, Technotown features a variety of interactive technology and science-based adventures, like a time machine that takes visitors back to Ancient Rome. FlipBall: ping pong reconceived.

SAID VINTAGE CHOCOLATE FACTORY - Kids will love Said Vintage Chocolate Factory—and okay, you will too.

LARGO DI TORRE ARGENTINA CAT SANCTUARY - There's just something about Roman ruins that cats can't seem to get enough of. Is it the hidden nooks and crannies? Is it the warmth of the sun-baked bricks? Whatever it is, the Largo di Torre Argentina—former home of four Roman temples and Pompey's Theater—must have it in spades; hordes of Rome's stray cats have been living there since the site was uncovered by archaeologists in 1929.

LA FONTANA DI TREVI - Tossing a coin into the massive Trevi fountain is something your child will remember for the rest of their life. Make a game out of trying to get a photo without a stranger's elbow in the frame.



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I NASONI - The public water fountains in Rome are free (and safe) to drink from... if you can figure out how to do it without getting wet! The cast iron fountains' nose-shaped spouts point downward, making getting a simple drink a fun challenge.

And last but not least, two of my own favorite toy stores.....**Bartolucci**: A toy shop near La Fontana di Trevi that sells gorgeous handcrafted wooden toys. Home of Pinocchio!

AL SOGNO – located in the Piazza Navona. The stuff dreams are made of! Everything from Pinocchio to handmade bambollini (baby dolls). Since 1945 and forever more. For the child in all of us!

Florence with children

Florence, like all great cities of art, may seem unsuitable for a holiday with children. Nothing could be more further from the truth. The city has a lot to offer even to the little ones with lots of spaces dedicated to them and perfect activities for the whole family. **Gluten Free Travel-Us can include many activities within the day to day itineraries. Our private guides and local staff enable us to create this with every age in mind.**





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RUB THE NOSE OF THE PORCELLINO - After touching the pig's nose, you have to put a coin in his mouth; if the coin falls and enters the fountain grate, you will have luck otherwise you won't. Every day many people try their luck in this way and in fact the pig's nose is particularly shiny.

CROSS THE PONTE VECCHIO - Ponte Vecchio is one of the most famous monuments in the city and is a great example of what you can find in Florence by taking a walk in the historic center.

MERRY-GO-ROUND IN PIAZZA DELLA REPUBBLICA - Located right in the heart of the historic center, not far from Piazza della Signoria and Piazza del Duomo.

GO UP TO THE DOME OF THE DUOMO AND GIOTTO'S BELL TOWER - Brunelleschi's masterpiece, a true miracle of engineering, stands on a base 60 meters high to which he adds another 56. In practice, the lantern on the top of the dome is the highest structure in the whole city and from up there you can admire an incomparable panorama.

MUSEO GALILEO - Museo Galileo is also equipped with a multimedia laboratory used during the numerous educational activities offered to schools and beyond. In fact, every weekend, the Galileo Museum offers meetings dedicated to children of all ages; an excellent opportunity to learn something while having fun..

BOBOLI GARDENS - Behind the Palazzo Pitti on an area of 45,000 m² in a succession of tree-lined avenues, rare plants, statues and fountains.

LA SPECOLA - a natural history museum located in Via Romana. The museum is located in the historic Torrigiani palace where the Royal Museum of Physics and Natural History was already in 1775, the oldest scientific museum in Europe, of which La Specola is the direct heir.

PIAZZALE MICHELANGELO AND THE MOST CLASSIC PANORAMA - Another thing to do in Florence is to take the children to admire the city from **Piazzale Michelangelo**, its most famous viewpoint. You can enjoy a 180° view of all the main monuments from the Basilica of Santa Croce to Ponte Vecchio, with the Duomo, Palazzo Vecchio and the Lungarni.



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THE ARCHAEOLOGICAL MUSEUM, A DIP IN THE PAST - Florence is a city famous above all for its art and its history. This museum has one of the most important collections in the whole Italian panorama with important evidence of the Etruscan, Greek and Roman civilizations. Who knows if your children, admiring the masterpieces of ancient art such as the Chimera of Arezzo, the Francois Vase or the Sarcophagus of the Amazons, will want to become little Indiana Jones.

STIBBERT MUSEUM WEAPONS, ARMOR AND KNIGHTS - One of my favorite museums: the **Stibbert Museum**. As a child I have been there I don't know how many times and every time I was fascinated in front of all those knights with their shining armor, swords and shields; for me every time was like a daydream. In the museum there is also a room where you can wear some pieces of armor and take a souvenir photo in the guise of a brave warrior. I don't think there is a single child in the world who would not instantly fall in love with the Stibbert Museum!

And taking a day trip out to Tuscany can be an added bonus. **Gluten Free Travel - US can arrange for wine tastings as part of a family biking experience, lunches (Gluten Free, of course) at a local farmhouse, horseback riding in the countryside.** You dream it and we will do our best to make it happen!

Venice with children

First things first, get your bearings. There are no cars in Venice so you must get around the city by foot or by boat. This alone will be fascinating for children of all ages. Also, this city is one where you will spend the least amount of time. One to three nights here is usually sufficient so there are more than enough children's activities to keep everyone happy. Since the pandemic closed the Grand Canal to all traffic, the water has become clear and clean. Venice is now a must see for everyone.





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PIAZZA SAN MARCO - Piazza San Marco (St Mark's Square) is one of the world's most beautiful spaces. You can spend a good few hours just soaking up the atmosphere and admiring the architecture of the famous Basilica San Marco, Campanile (Tower), Torre dell'Orologio (Clock Tower) and Palazzo Ducale (Doge's Palace). Depending on their ages, your children might prefer to chase pigeons or enjoy the antics of the street performers. This is a great place to burn off some energy.

Older children will be fascinated by the Doge's Palace and Basilica San Marco. Both these buildings hold many secrets and intrigues that are best discovered by taking a guided tour which we can easily arrange – again, with a guide who can keep the attention of a child. You can't help but marvel at the sparkling mosaics inside the basilica and the riches of the palace. But they come alive with the stories a professional guide will tell.

SPOT VENETIAN WINGED LIONS - Piazza San Marco is also home to one of the most enduring icons of Venice – the winged lion – who sits on top of a granite column outside the Doge's Palace.

TOUR THE RIALTO MARKET - Fresh food markets are one of the best ways to get to the heart of any city and this is especially true in Venice. At the Rialto market there is an incredible blend of sights and smells from the sea and the nearby Veneto region.

VISIT A GONDOLA WORKSHOP - There are around 450 working gondolas in Venice and like most boats they need repairs to keep them seaworthy. You can watch craftsmen work on the gondolas at Squero San Trovaso in Dorsoduro. This workshop is one of only five squeri (gondola workshops) across Venice dedicated to preserving the famous boats. Each gondola is made to suit its gondolier, their height and weight so the process of making it is detailed and refined. **With our great local suppliers, we can make the necessary arrangements to reserve a spot for your family.**

PLAY IN THE CAMPI - A campo is a small Venetian square and you will find hundreds in the city. Each has an ancient cistern or well where the local kids run around and play hide and seek. Some of the larger campi have outside restaurant seating so you can eat lunch and play in the open space away from the crowds. **With a local, private guide you can find these easily making sure to get there in time to enjoy lunch.**



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EXPLORE COLOURFUL BURANO AND GLASS MAKING IN MURANO - Many children (and even some adults) have no idea how glass is made. In Murano it is not a lost art as you can see so much done by hand and blown through a long tube. Most of our tours to Murano also include a stop in **Burano** where the houses are painted vibrant colours guaranteed to make your whole family smile. This is a great place to take family photos and for teenagers to do some Instagram friendly posing. You can also visit the lace museum and browse the shops. **Gluten Free Travel - US can provide private tours with your own boat or make reservations with a group experience.**

MAKE A VENETIAN MASK - Carnevale is a very special time of year when over 3 million people attend balls and parties celebrating the city of Venice. Held in February, Carnevale is famous for elaborate costumes and masks worn by the revellers. The tradition dates back to the 12th century when citizens celebrated an important victory of the Venetian republic by dancing in Piazza San. **We can arrange to have children visit a mask making studio and make their own carnevale mask to take home.**

LIBRERIA ACQUA ALTA - You will not see a bookshop like **Libreria Acqua Alta** anywhere else in the world. Inside gondolas are piled high with books while in the courtyard there is a staircase made of books leading to a pretty view of one of the small canals. It's worth just popping in there for the spectacle but they also stock a beautiful collection of prints and maps.

VISIT THE VENICE LIDO BEACHES - It may not be the first thing that springs to mind when you think of Venice but the beaches facing the Adriatic on the Venice Lido are sandy and wide. Most of the beach is occupied by private beach clubs where you can rent an umbrella and chair but you can also access the spiaggia libera (free beach) on Gran Viale Santa Maria Elisabetta. **As we plan your itinerary we can include a reservation at a private club or simply provide transportation to the public beach.**

ENJOY A GONDOLA RIDE - These can be arranged during all hours of the day and early evening – either with a group or on your own. Kids have the best time saying “Ciao!” to the gondoliers and passing tourists who all wave and ciao right back. **Again, Gluten Free Travel - US can provide a private experience or add your family to a group.**

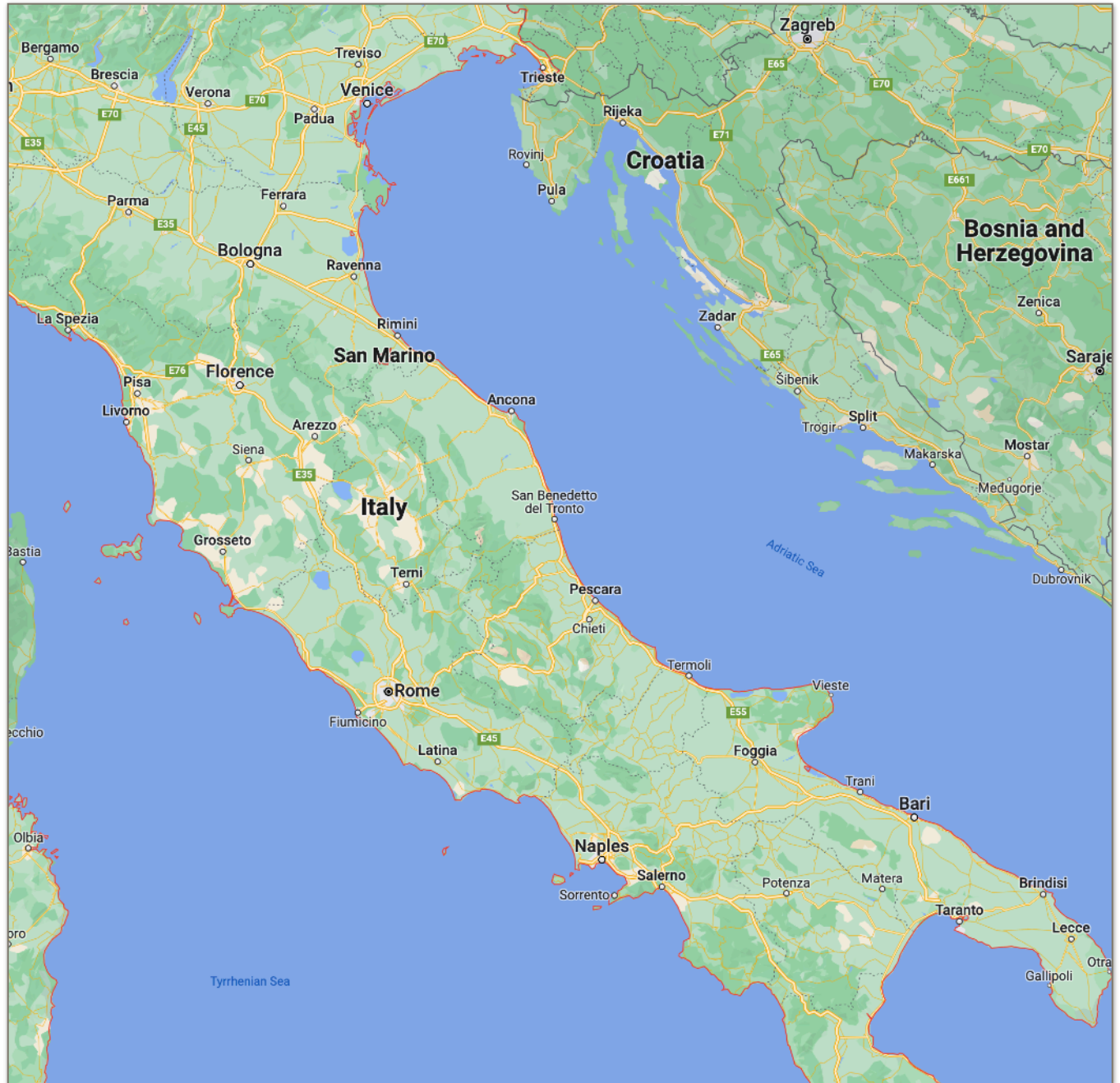
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