

Public Transport Connections – Rome Bowling & Hotels (Full Matrix: All 6 locations to each other)

From (Main Location)	To (Main Location)	Service / Line	Transport Type	Est. Time	Frequency	Notes / Intermediate Stations
Bowling Brunswick (BB)	Bowling TIAM	Bus via Termini (38/80/89)	Bus / Metro	30-45 min	Every 10-20 min	BB → Acqua Acetosa/Flaminio → Termini → Bus 38/80/89
Bowling Brunswick (BB)	Grand Hotel Fleming (GHF)	Bus 32 / C3	Bus	10-20 min	Every 10-15 min	Direct northern Rome bus
Bowling Brunswick (BB)	Hotel Ergife (HE)	Bus + Metro A (via Termini)	Bus + Metro	40-55 min	Every 10-15 min	BB → Flaminio/Termini → Metro A to Cornelia → Bus 246
Bowling Brunswick (BB)	Hotel Nord Nuova Roma (HNNR)	Metro A + Bus or Roma-Nord (via Flaminio)	Metro + Bus / Train	25-35 min	Every 10-15 min	BB → Acqua Acetosa / Flaminio → Termini
Bowling Brunswick (BB)	Mondial Bowling Ciampino (MBC)	Bus/Metro to Termini + Train FL4 + Shuttle	Bus/Metro + Train + Shuttle	50-70 min	Every 15-30 min	BB → Termini → FL4 to Ciampino FS → Shuttle
Bowling TIAM	Bowling Brunswick (BB)	Bus via Termini (38/80/89)	Bus / Metro	30-45 min	Every 10-20 min	BTIAM → Termini → Bus 53/223 or Roma-Nord
Bowling TIAM	Grand Hotel Fleming (GHF)	Bus via Termini (38/80/89 + 223/C3)	Bus	40-55 min	Every 10-20 min	BTIAM → Termini → Bus 223 or C3
Bowling TIAM	Hotel Ergife (HE)	Bus 38/80/89 to Termini + Metro A + Bus 246	Bus + Metro	35-50 min	Every 8-15 min	BTIAM → Termini → Metro A Cornelia → Bus 246
Bowling TIAM	Hotel Nord Nuova Roma (HNNR)	Bus 38 / 80 / 89	Direct Bus	15-25 min	Every 8-15 min	Direct to Termini
Bowling TIAM	Mondial Bowling Ciampino (MBC)	Bus to Termini + FL4 Train + Shuttle	Bus + Train + Shuttle	45-65 min	Every 15-30 min	BTIAM → Termini → FL4 Ciampino FS → Shuttle

From (Main Location)	To (Main Location)	Service / Line	Transport Type	Est. Time	Frequency	Notes / Intermediate Stations
Grand Hotel Fleming (GHF)	Bowling Brunswick (BB)	Bus 32 / C3	Bus	10-20 min	Every 10-15 min	Direct
Grand Hotel Fleming (GHF)	Bowling TIAM	Bus 223 / C3 to Termini + Bus 38/80/89	Bus	40-55 min	Every 10-20 min	GHF → Termini → Bus 38/80/89
Grand Hotel Fleming (GHF)	Hotel Ergife (HE)	Bus 223/C3 to Termini + Metro A + Bus 246	Bus + Metro	45-60 min	Every 10-20 min	GHF → Termini → Metro A Cornelia → Bus 246
Grand Hotel Fleming (GHF)	Hotel Nord Nuova Roma (HNNR)	Bus 223 / C3	Direct Bus	30-40 min	Every 10-30 min	Direct to Termini
Grand Hotel Fleming (GHF)	Mondial Bowling Ciampino (MBC)	Bus to Termini + FL4 + Shuttle	Bus + Train + Shuttle	55-75 min	Every 15-30 min	GHF → Termini → Ciampino FS → Shuttle
Hotel Ergife (HE)	Bowling Brunswick (BB)	Bus 246 to Cornelia + Metro A + Bus 53/223	Bus + Metro	40-55 min	Every 8-15 min	HE → Cornelia → Flaminio → Bus 53/223
Hotel Ergife (HE)	Bowling TIAM	Bus 246 + Metro A to Termini + Bus 38/80/89	Bus + Metro	35-50 min	Every 8-15 min	HE → Cornelia → Termini → Bus 38/80/89
Hotel Ergife (HE)	Grand Hotel Fleming (GHF)	Bus 246 + Metro A to Termini + Bus 223/C3	Bus + Metro	45-60 min	Every 10-20 min	HE → Cornelia → Termini → Bus 223/C3
Hotel Ergife (HE)	Hotel Nord Nuova Roma (HNNR)	Bus 246 to Cornelia + Metro A	Bus + Metro	20-30 min	Every 8-15 min	Direct via Metro A
Hotel Ergife (HE)	Mondial Bowling Ciampino (MBC)	Bus 246 + Metro A to Anagnina + Shuttle	Bus + Metro + Shuttle	40-60 min	Every 10-20 min	HE → Cornelia → Anagnina → Shuttle
Hotel Nord Nuova Roma (HNNR)	Bowling Brunswick (BB)	Metro A + Bus 53 / 223	Metro + Bus	25-35 min	Every 10-15 min	Termini → Flaminio → Bus 53 or 223

From (Main Location)	To (Main Location)	Service / Line	Transport Type	Est. Time	Frequency	Notes / Intermediate Stations
Hotel Nord Nuova Roma (HNNR)	Bowling TIAM	Bus 38 / 80 / 89	Direct Bus	15-25 min	Every 8-15 min	Direct
Hotel Nord Nuova Roma (HNNR)	Grand Hotel Fleming (GHF)	Bus 223 / C3	Direct Bus	30-40 min	Every 10-30 min	Direct
Hotel Nord Nuova Roma (HNNR)	Hotel Ergife (HE)	Metro A + Bus 246	Metro + Bus	20-30 min	Every 8-15 min	Termini → Cornelia → Bus 246
Hotel Nord Nuova Roma (HNNR)	Mondial Bowling Ciampino (MBC)	FL4 Train to Ciampino FS + Shuttle	Train + Shuttle	25-40 min	Every 15-30 min	Termini → Ciampino FS → Shuttle
Mondial Bowling Ciampino (MBC)	Bowling Brunswick (BB)	Shuttle + FL4 to Termini + Metro/Bus	Shuttle + Train + Metro/Bus	50-70 min	On request + 15-30 min	MBC → Ciampino FS → Termini → Flaminio → Bus 53/223
Mondial Bowling Ciampino (MBC)	Bowling TIAM	Shuttle + FL4 to Termini + Bus 38/80/89	Shuttle + Train + Bus	45-65 min	On request + 15-30 min	MBC → Ciampino FS → Termini → Bus 38/80/89
Mondial Bowling Ciampino (MBC)	Grand Hotel Fleming (GHF)	Shuttle + FL4 to Termini + Bus 223/C3	Shuttle + Train + Bus	55-75 min	On request + 15-30 min	MBC → Ciampino FS → Termini → Bus 223/C3
Mondial Bowling Ciampino (MBC)	Hotel Ergife (HE)	Shuttle to Anagnina + Metro A + Bus 246	Shuttle + Metro + Bus	40-60 min	On request + 8-15 min	MBC → Anagnina → Cornelia → Bus 246
Mondial Bowling Ciampino (MBC)	Hotel Nord Nuova Roma (HNNR)	Shuttle to Ciampino FS + FL4 Train	Shuttle + Train	25-40 min	On request + 15-30 min	MBC → Ciampino FS → Termini

Dedicated Shuttle Service for Mondial Bowling Ciampino (MBC)

- Shuttle from Ciampino FS Station → MBC: 5-10 minutes (direct)
- Shuttle from Anagnina Metro A → MBC: 10-15 minutes (direct)
- Shuttle from MBC → Ciampino FS Station / Anagnina: available after bowling sessions

Important: The shuttle service must be booked the day before by contacting Annalisa at Mondial Bowling via WhatsApp at +39 338 439 6623.

Practical Tips:

- **Best app: Moovit for real-time public transport.**
- **Ticket: BIT €1.50 (100 minutes) for ATAC buses and metro.**