

History lesson: learning is brought to life with interactive kiosks at the London Mithraeum

No place like Rome

Follow in the footsteps of the ancient Romans with a trip to one of these five historical London locations.

WANT to brush up on your history, keep young explorers entertained or just do something a bit different this weekend? The capital's Roman remains are waiting to be discovered.

London Mithraeum

This underground temple was built in the third century AD to honour the Roman god Mithras and has now been carefully restored. Visitors can enjoy a multi-sensory trip through history in an experience including light effects, mist and sound.

How to get there: The Mithraeum is a two-minute walk from Bank Tube station, or six minutes from St Paul's or Mansion House Underground stations. Alternatively, catch a train to Cannon Street station, which is just one minute away.

More details: Admission is free. Book ahead to guarantee a place at londonmithraeum.com

Billingsgate Roman house and baths

Another hidden treasure, these well-preserved ruins include a Roman bath house and the remains of ancient underfloor heating. Viewing of the house and baths is by guided tour only.

How to get there: The nearest Underground stations are Monument, which is a four-minute walk away, and Tower Hill which is six minutes on foot.

More details: Visit the City of London website for details of upcoming tour dates at cityoflondon.gov.uk

London's Roman amphitheatre

The only building of its kind in London, the amphitheatre was designed as a venue for fights between gladiators and wild animals, and would have held more than 7,000 spectators. Access is through the Guildhall Art Gallery and entry is free. Audio guides are available at the gallery welcome desk.

How to get there: The Guildhall Art Gallery is four minutes from Bank, five minutes from Mansion House and six minutes from St Paul's or Moorgate stations. It is also accessible via a number of bus routes.

More details: For more information about guided tours of the site, go to cityoflondon.gov.uk

London Wall

Built around AD 200, this Roman wall was once two and a half miles long, providing security to Londoners and representing the city's status. Head to Tower Hill to see one of the most impressive surviving sections.

How to get there: The site is very close to Tower Hill Underground station and Tower Gateway on the DLR. It is also near a number of bus routes.

More details: Find out more about the history of the London Wall and plan your journey of discovery at www.english-heritage.org.uk

Memorial to an ancient Londoner

At the foot of London's Gherkin skyscraper is a monument to an unknown girl from Roman London. Written in English and Latin and decorated with a Roman laurel wreath, the memorial marks the site where archaeologists discovered the girl's skeleton during building works in 1995 - more than 1,600 years after her death.

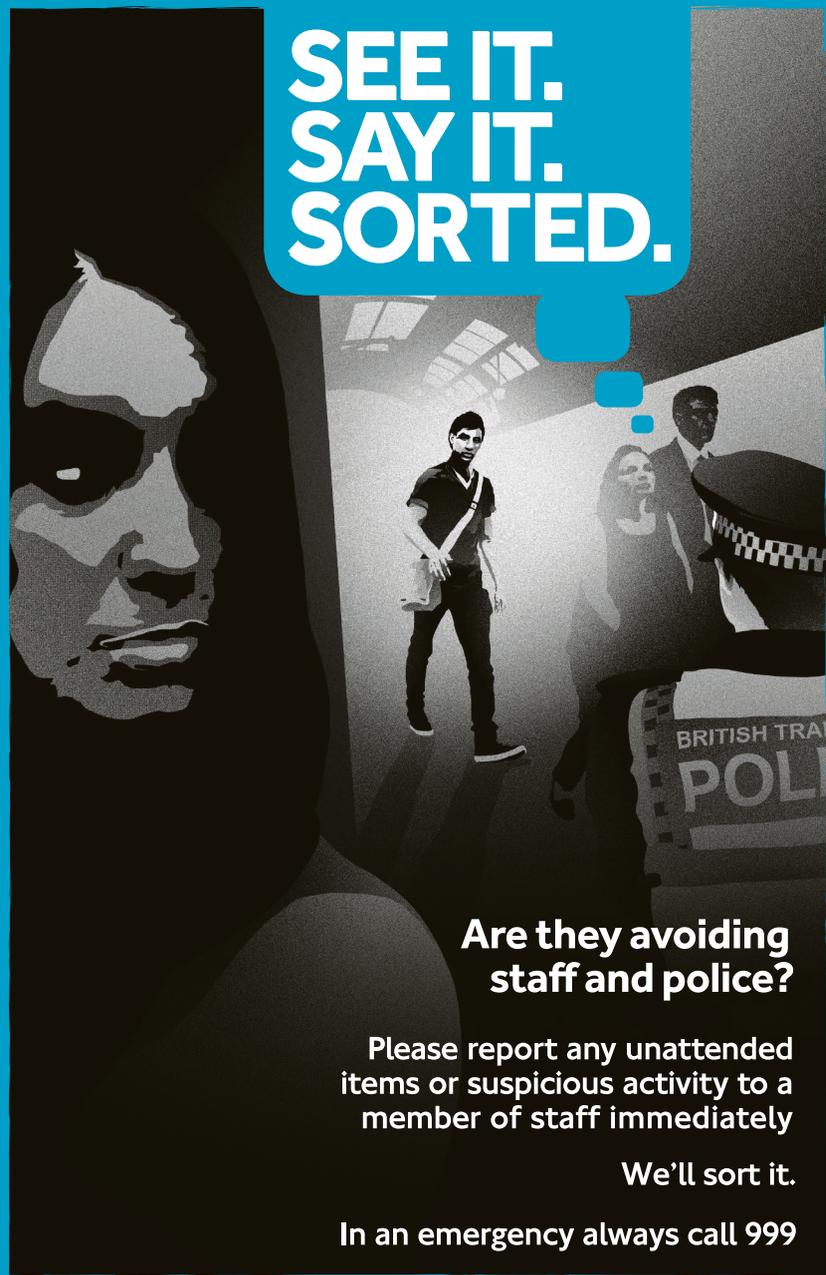
How to get there: The burial site is a five-minute walk from Aldgate station, or an eight-minute walk from Liverpool Street station.

■ To plan your weekend in the capital, visit tfl.gov.uk

Did you know?

- The original capital of Roman Britain was not London, but a place called Camulodunum. This is now the site of Colchester in north Essex
- The Romans chose to build London close to the Thames, so they could use boats to transport goods. They were responsible for building the first ever London Bridge to provide a useful crossing point
- The Romans are famous for their road networks. Early settlers in London built seven major routes running in and out of the city

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Exploring the past: the London Mithraeum offers visitors an insight into the rituals and customs of the ancient Romans

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