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History of Rome. According to legend, Rome was founded in 753 BC by twin sons Romulus and Remus who were raised by a she-wolf. During its twelve-century history, the Roman civilization shifted from a monarchy to an oligarchic republic to an immense empire. Since then it has been continuously inhabited, and, as headquarters first of the Roman Empire and then of the Roman Catholic Church, it has had an immense impact on the world. Ancient Rome history in brief. Rome began as an Iron Age hut village, founded in the mid-8th century BC. In 616, the Romans' sophisticated Etruscan neighbours seized The History of Rome. A weekly podcast tracing the history of the Roman Empire, beginning with Aeneas's arrival in Italy and ending with the exile of Romulus Augustulus, last Emperor of the Western Roman Empire. Now complete! A Brief Update: One Year Later. Ask Me Anything is tomorrow, May 31 at 6:30 EST: http://www.reddit.com/r/history. The topic of the next show will almost certainly be revealed! A hint: See ya soon