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# MILAN

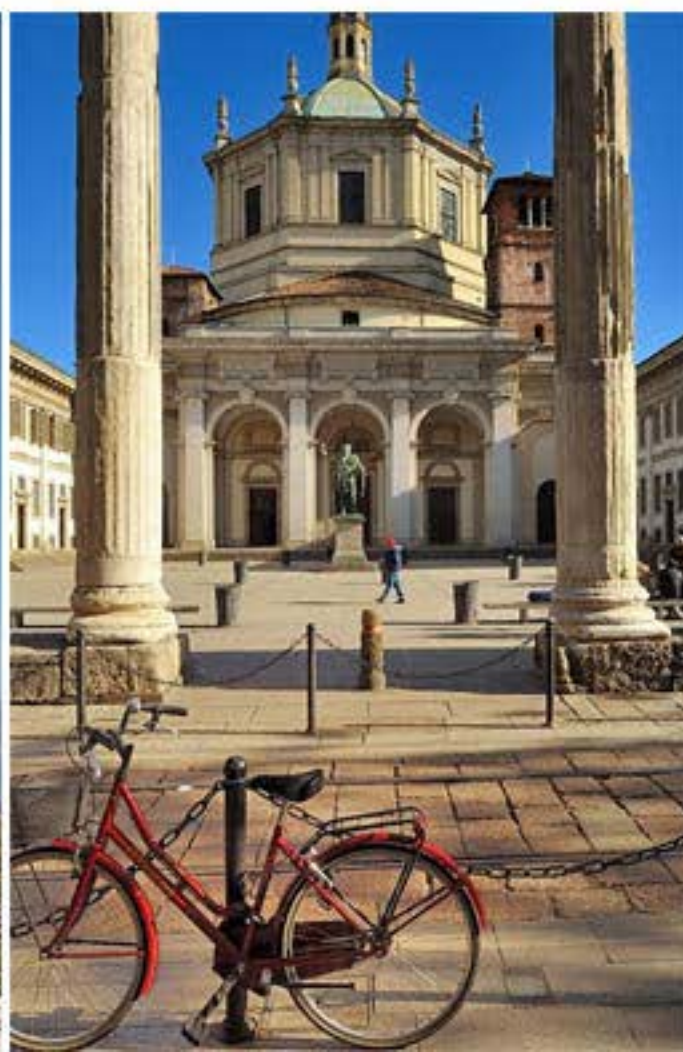
## ON BIKE





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# INDICE

pag 05

CRYSTAL  
MILAN



pag 27

SECRET AND MYSTERIOUS

MILAN



pag 52

MILAN  
IN LIBERTY



pag 72

MARTESANA  
CANAL



pag 87

BETWEEN THE TWO CANALS  
IN THE SOUTH PARK



pag 105

THE WAY TO

EXPO



# CRYSTAL MILAN



INDEX

MILAN

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ON BIKE





# Umbria

scopri l'arte di vivere



# CRYSTAL MILAN

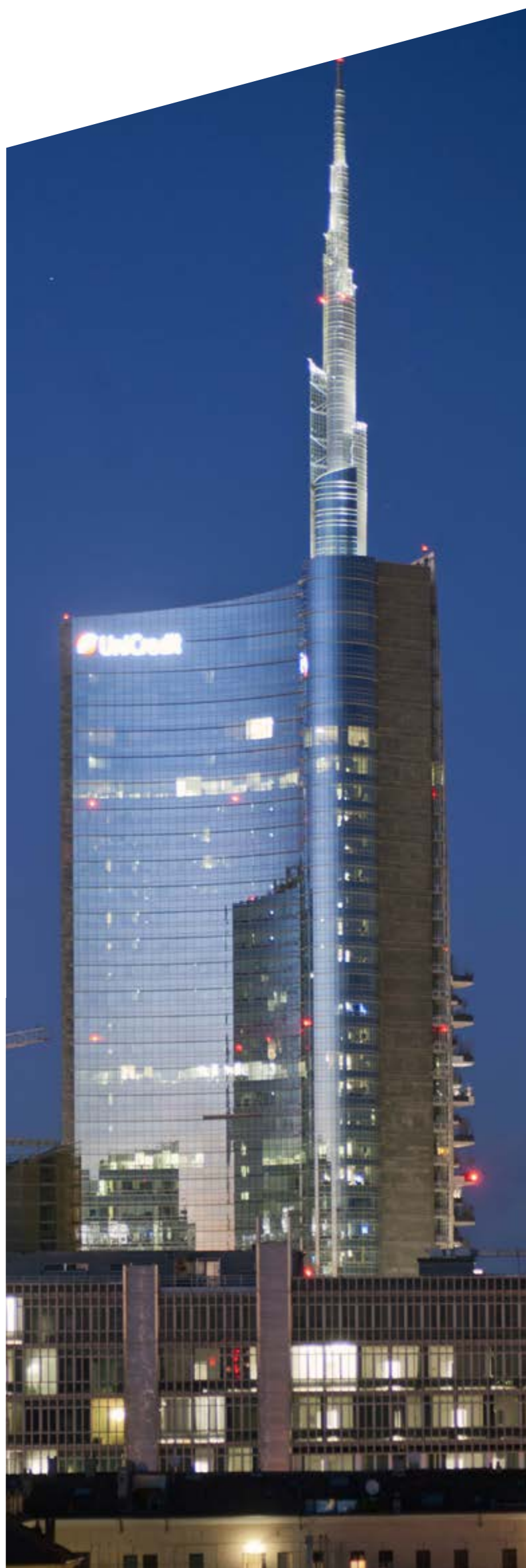


The Crystal Milan runs the new districts of recent construction that put Milan ahead together with the big world capital cities.

The bicycle route to discover the futuristic contemporary skyscrapers **starts at the Pirelli skyscraper** and winds along the new Milan until the Palazzo Lombardia skyscraper through places that will make you ride with **your head upwards**.

5 km

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## A bit of history

Milan is found at the centre of the Po Valley and surrounded by mountains that are perceived within nearby distance during clear windy days.

Milan was for centuries a horizontal city with the imposing whitening of the Duomo as the only reference for its height. The placement of the "**Madonnina**" on the highest spire dates back to 1774.

The 108,50 meters height was a limit that no one would have ever thought to cross for a long time. Just over a century later, while in the "Loop" of the city of Chicago, destroyed by a terrible fire, the first "**skyscrapers**" were

rising in the name of technological achievements, such as the electric elevator and the introduction of structures with steel beams and columns, instead, in Milan, excluding some non-residential structure, such as church towers, urban development was privileged in width and horizontal lines, such as in the projects of Luigi Broggi: for example, the former Stock Exchange Building, now Post Office in Cordusio Square and the Italian Credit Palace in the nearby Tommaso Grossi Street.



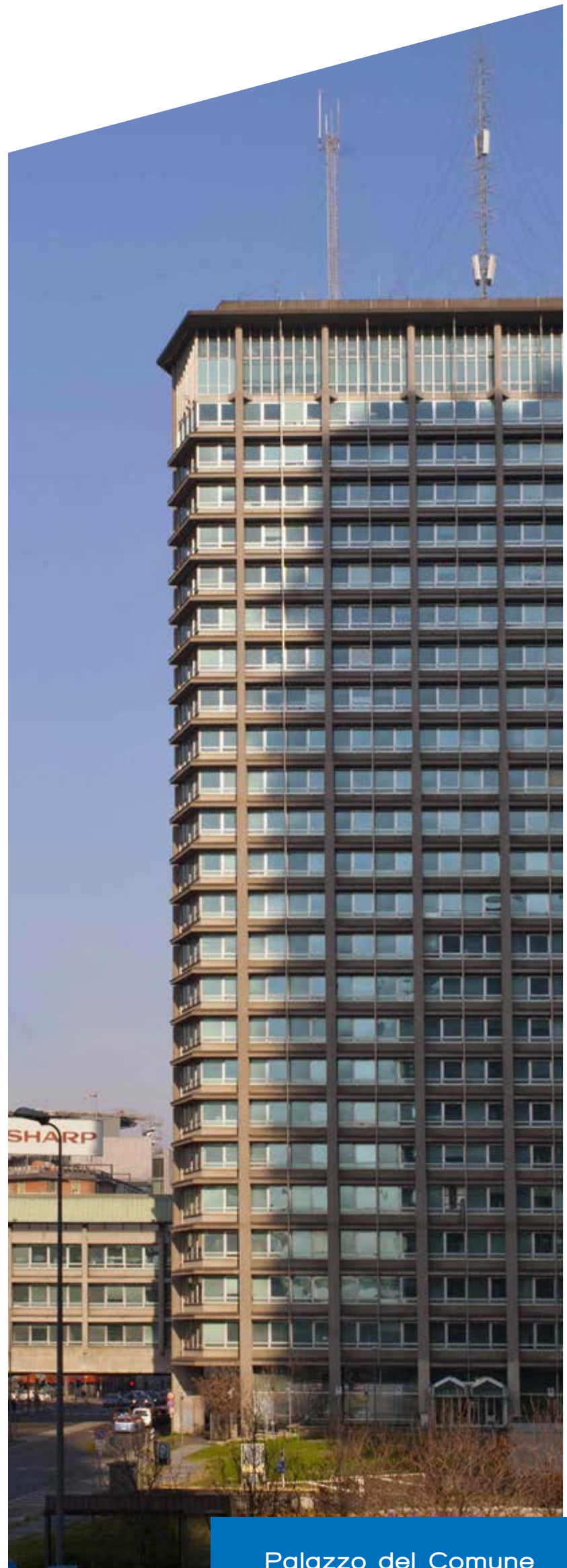


Still in the early '900, in fact, **the building code in Milan**, appreciated by traditionalists, **prescribed a maximum height of 28 meters**. **Only in 1923**, in Piemonte Square, in a scenic location right near Washington Street, the prescribed limit was waived due to the vastness of the square and side streets, bringing the height of the two ten-floor-twin buildings to **38 meters**.

These buildings were rough, decidedly bourgeois in taste and between the eclectic and decò styles. It was, however, an isolated phenomenon that had a following ten years later with the construction of **the Parco Tower** or Littoria, today Branca, a structural skeleton built in just 68 working days with Dalmine steel tubes.

Inaugurated at **the Fifth "Triennale"** and therefore erected with panorama and celebratory functions, this resounding landmark, in fact, tops **108,60 meters**, 10 meters more than the **"Madonnina"**.

Nowadays this is still the highest panoramic point accessible to the public.



Palazzo del Comune





# Piemonte Ciclabile

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In the following years, many “**towers**” would rise in the centre of Milan, always characterised by the fullness of the building’s façade but much higher than the surrounding buildings.

From **Rasini Tower (1933-34)** to Porta Venezia, Snia **Viscosa Tower (1935-37)** in Corso Matteotti, Locatelli Tower (1936-39) in Repubblica Square, the discussed New Medieval Velasca Tower, a masterpiece of **1958**, which, as Rogers would say, takes into account the pre-existing environment and the different historical finds in the area, in a subtle play of allusions. In stark contrast appears the

American style **Pirelli skyscraper (1955-60)**, that, in the diaphanous transparency of the curtain wall, is in closed form, isolated from the context and resolved in itself. It is from this building that we will begin our bike journey to discover the futuristic and contemporary skyscrapers, which we will continue to call “Towers” almost to contextualise their impact.



Milan Skyline



Following the **new bike lanes** that have found their paths in a natural way -- almost predestined, not only ideally, to connect architectures and ways of life -- you see the City sliding in front of you, with the feeling that its modernity is not raised haughtily, but in all its humanity, with the loving relationship typical of a village.

The new **"Towers"** are not just about business, in fact, but people live and take possession, once cranes, scaffolding, excavations and shovels give way to gardens and public spaces, first with perplexity, almost afraid, then with undisguised pride. The squares acquire the ancient role of agorà

and not only of futuristic meeting places for young and old people.

The new **"skyscrapers"**, which are many more in number than in London, are located in central areas and not in compounds such as La Défence in Paris or Eur in Rome.

The effect is that they give the impression of **being ubiquitous** in the City skyline, towering in the distance with their typical silhouettes, from building to building, often with studied symmetries. Following the proposed route, it is fun to take small personal digressions to discover and acquire interesting views, to then go back to the original road.





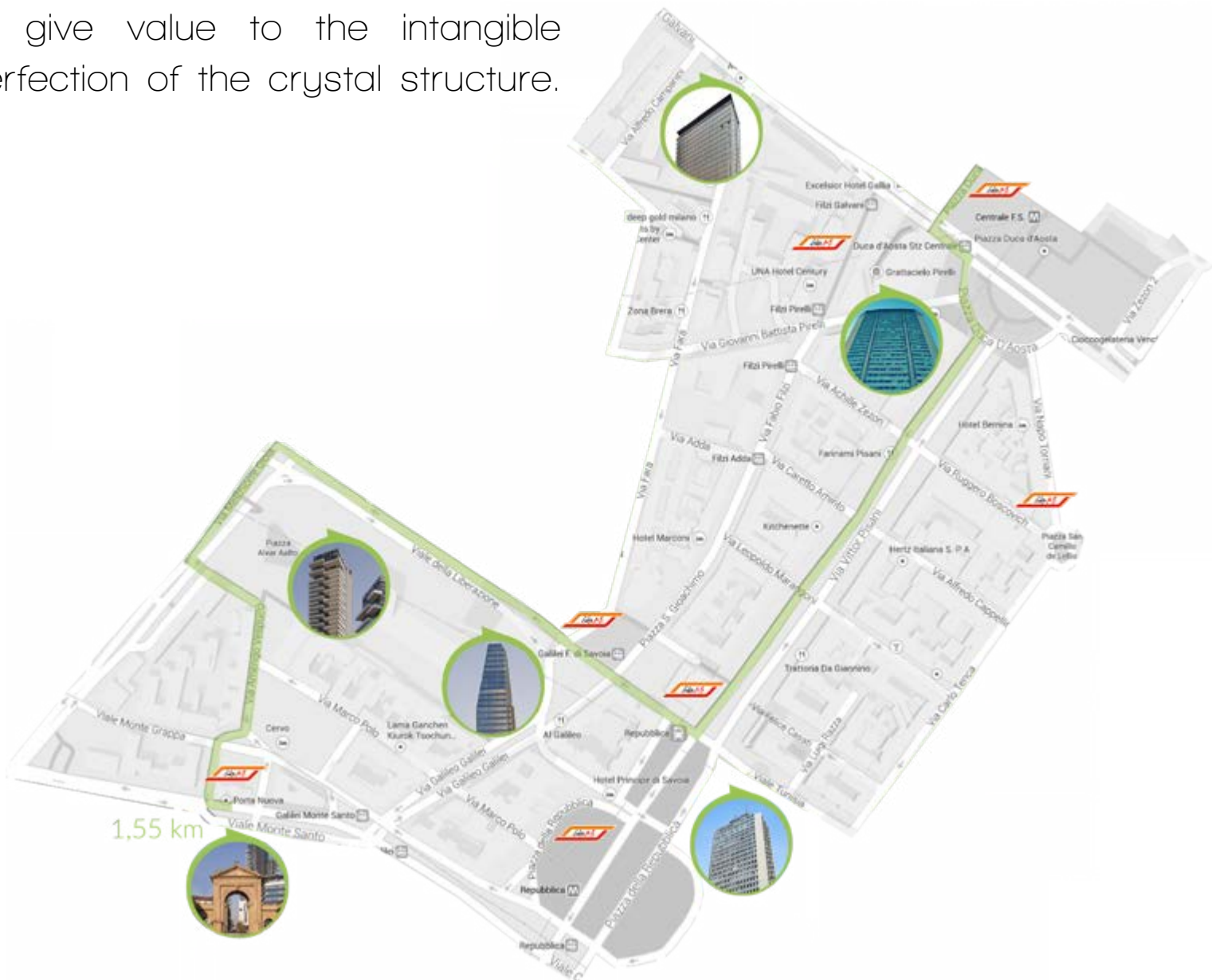
# We start from a Vertical Fairy Tale

The cycle path coming from the Central Station, carrying along Vittor Pisani Street, grazes on the right **"Il Pirellone" (The Pirelli Tower).**

It is also known as the "slender building" that housed for years the Lombardy Region, which deservedly carved out its role as a noble father to Milan skyscrapers. Destroyed by bombing and built between 1955 and 1960, on the ashes of the historical Pirelli factories, it takes, among others, the unmistakable signature of Gio Ponti, who wanted in his project to give value to the intangible perfection of the crystal structure.

“A vertical fairy tale”, Biancardi wrote in his novel “The bitter life.” With its 127-meters height, the building actually appeared higher than the “Madonnina” and to preserve the tradition that somehow did not want to exceed such height, a miniature copy of the great golden Madonnina statue was placed on top in secret.

A creative Italian-style solution that made everybody happy and the problem was well overcome.





Before continuing on to **Vittor Pisani Street** it is worth taking a look to the Galfa Tower, which owes its enigmatic name to the acronym of the two streets that border it, Galvani and Fara. Shortly after its amiantus removal, widely used at the time in that type of buildings, the skyscraper was "occupied" by political protests that advocated a ready use.

Continuing along the path that runs along the wide **Pisani Street with its high arches, you will get to the Republica Square**, between two imposing towers, almost signs of recognition and welcome, on the left, **the 31-story Breda Tower built in 1954** and on the right, the **18-story Locatelli Tower built in 1939**.

Between the two, there is a difference of nearly 50 meters that you can clearly see continuing the path and turning to look at the towers from far in perspective.



Locatelli and Breda Towers



# Towards the "Diamantone"

From Repubblica Square, following the path that bends to the right, we first take Ferdinando di Savoia Avenue and then Liberazione Avenue.

Here, where only a few years ago there were large empty and broken areas, partially occupied by the "Varesine Lunapark", now two skyscrapers appear, built at the respective ends of the site between Gioia Street and Galilei Street, **the Solaria Arquitectonica Tower and the Varesine B Tower by Lee Polisano and Kohn Pedersen & Fox, affectionately nicknamed "Diamantone"**, due to the faceted shape and its irregular geometry with perimeter columns

Solaria Tower



Diamantini and Varesine B Tower

inclined from the vertical line in a game of oblique lines. As the highest steel construction in Italy, it enjoys a more uniform façade and minor defects such as undulations, just to name the most obvious, and presents laminated glass instead of the traditional ones that were thermal tempered.



Moreover, as a building constructed according to **principles of environmental sustainability**, it is LEED GOLD certified, one of the highest levels recognised by the Green Building Council.

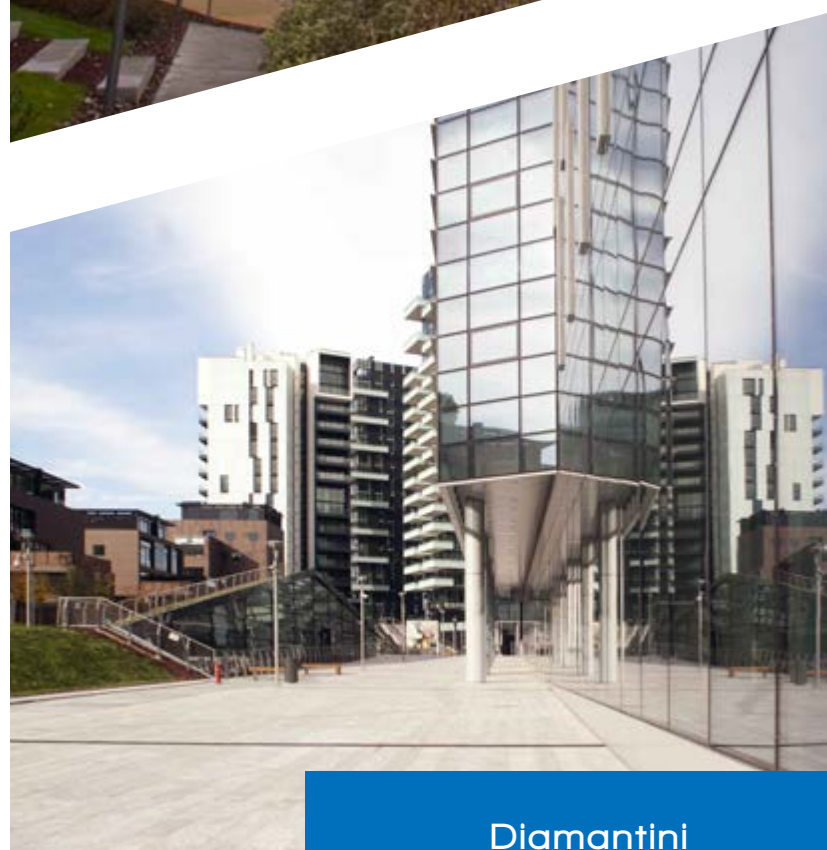
It consists of 30 floors plus four undergrounds, it is correlated by a series of low bodies of 9 floors, also known as "diamantini" (little diamonds), all for office use.

Residential instead is the Solaria, the tallest building in Italy in its category as one of its three wings reaches 143 meters. Altogether it hosts 102 apartments, some on two or three floors, with swimming pools or hot tubs.

The progressive transparency of the glass etched in the parapets was designed to allow at the same time privacy and views of the landscape.

As an "extreme" luxury building, "multipurpose" areas have been co-housed, such as a home theatre with large screen, room for meetings, play areas for children, areas for yoga practice, party room, library and also a billiard table.

Diamantone



Diamantini



# Samsung district



In a place where you can breathe the future after each pedal stroke, the Samsung District can not be missed in its 12,500 square meters. It constitutes a real digital and technological district at the service of the community in addition to giving hospitality to its company offices in a efficient, comfortable and interactive manner, according to the new models of the Smart Work.

Inside the new centre of innovation and business in Milan, born from the redevelopment project of Porta Nuova, and precisely on the ground floor of the "Diamantino" building, the Samsung Smart Arena shines with an auditorium equipped with the best technologies. Thanks to a space that is completely adjustable to its many diverse projects and initiatives, it is protagonist of conferences and

meetings and promoter of events targeted at citizens, businesses and institutions.

Open to the public and with independent access from the offices, it is really worth a visit, there is one showroom where all visitors have the opportunity to experience the Smart Home through the best technologies and touch with hands the Samsung ecosystem.

Certified LEED Gold for the level of sustainable quality, in line with international standards, this represents the building where the technology keeps up with the times.



SAMSUNG

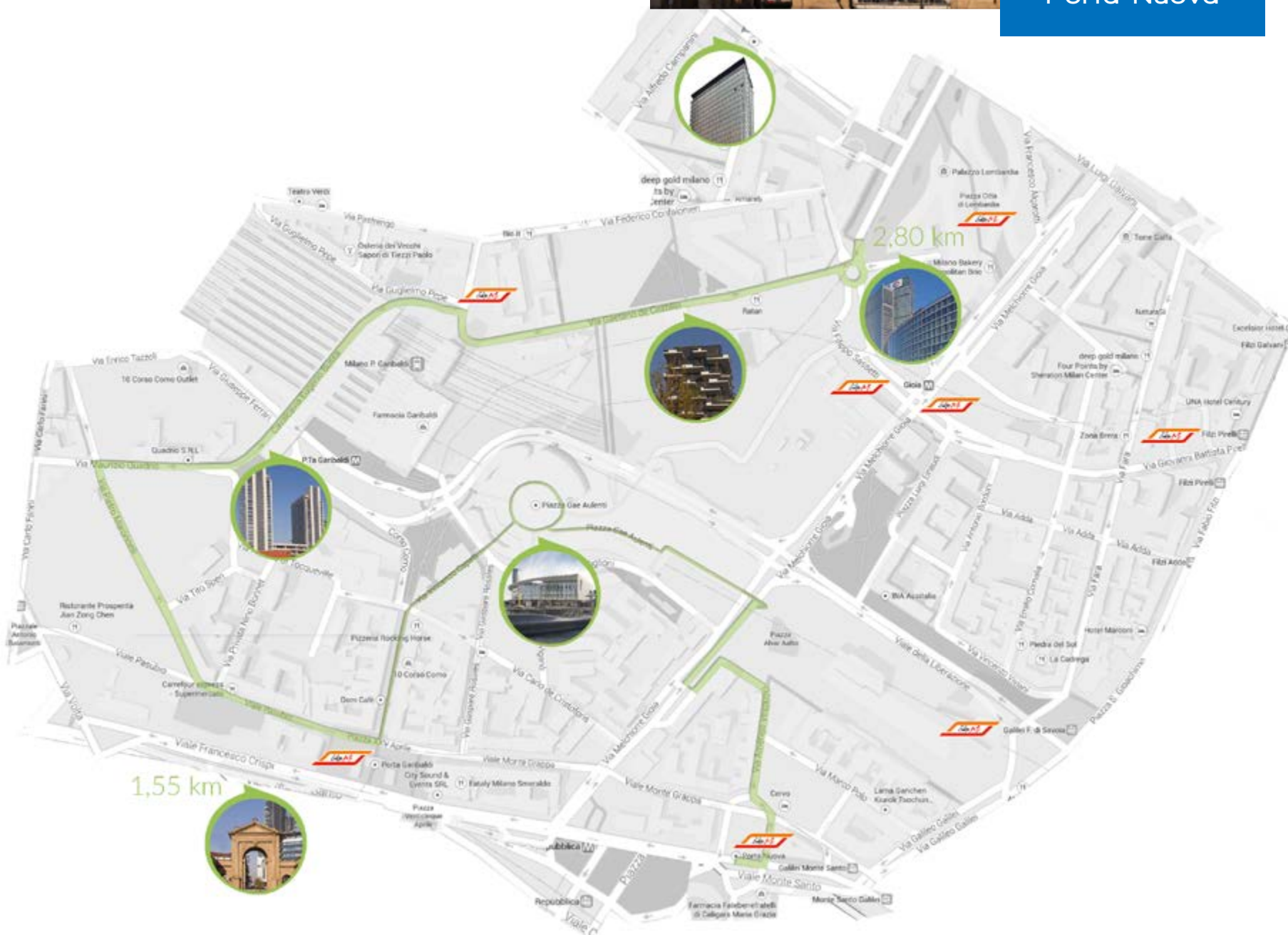


Taking a brief digression on Vespucci Street and reaching beyond the nineteenth-century Porta Nuova, it is curious to note the contrast with the futuristic tower that is in the background, like a warm hug of past and future. In fact, it is this gate that gives its name to the skyscrapers project built from 2010 to 2013, at the time called "nuova" (new) because it was the latest built.

Along the short Vespucci Street, on the odd numbers side, there are several small restaurants where there is an air of novelty. At number 5, "Petit", a bistro-friendly atmosphere, "shabby chic" ([www.petitbistrogroup.com](http://www.petitbistrogroup.com)), N. 3 the fish restaurant "Sweet", where, in the afternoon you can taste an aperitif with "fried and bubbles" ([sweet-milano.it](http://sweet-milano.it)) and N. 1, l'Alulife Café, open from 7 am to 24, with competitive prices and pleasant outdoor space weather permitting ([www.alulifecafe.com](http://www.alulifecafe.com)).



Porta Nuova





# From the Path to the Podium



From an area with elevated views, take the "**crossover**", a long pedestrian-cycle bridge, bypassing the axis road of Melchiorre Gioia, that connects Repubblica Square with Garibaldi, in a few minutes, by foot or by bicycle.

One can therefore access the heart of the complex signed by César Pelli, consisting of a circular plaza with a diameter of 100 meters around which three steep winding silvery towers lie in various heights made by eco-sustainable glass and steel.

The square was dedicated to **Gae Aulenti** and called "**podium**" because it is 6 meters above street level, giving access to shops, homes and hotels.



Gae Aulenti Square



A sinuous bench sculpture winds around three circular fountains covered with a thin water layer.

At the centre, a technological tree, the Solar Tree, comes out like a firework and lights the square with solar energy.

**The highest tower (231 meters)**, that hangs in all its grey and bright verticality, is the **UniCredit's headquarter**, which gives its name to the skyscraper. Its peculiar characteristic is the **85 meter spire**, tapering upwards, almost resembling the highest spire of the Duomo.

Steel perforated, to prevent the formation of ice, it is entirely covered with LEDs that determine its colour from time to time: lilac at the inauguration of the subway line M5 stops of Isola and Garibaldi, red for the 150 anniversary of the Red Cross or tricolour.

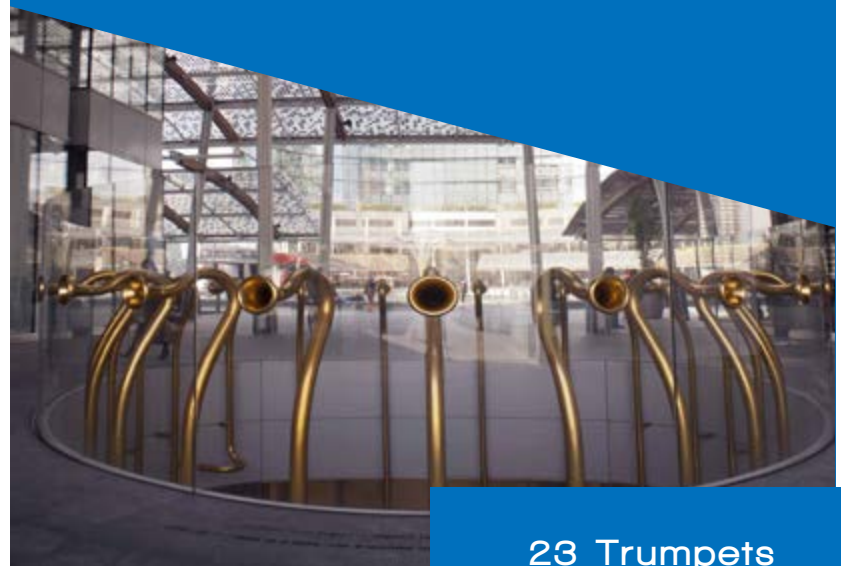
Among the other two towers, the 22-story B and 12-story C, there is a large gap in the centre from which 23 long golden trumpets rise from the lower floors, an installation of Alberto Garutti, as futuristic ears of Dionysius, bringing the sounds from below to the surface.

Unicredit Tower



Events take place, such as concerts in summer. An ice rink will be installed in winter. Also highly popular, football tables (Balilla old style) for twenty players where teams battle it cheerfully in extemporaneous international formations. It's enough to leave a document to receive the ball.

Now the rumour has spread among tourists. Perfectly in line with the spirit of the new era is RED, chosen by Feltrinelli for its library at the base of the Unicredit Tower, acronym for "Read, Eat, Dream", reminding Sartre who gathered his friends around the dinner table in the library.



23 Trumpets



# Descending to Corso Como

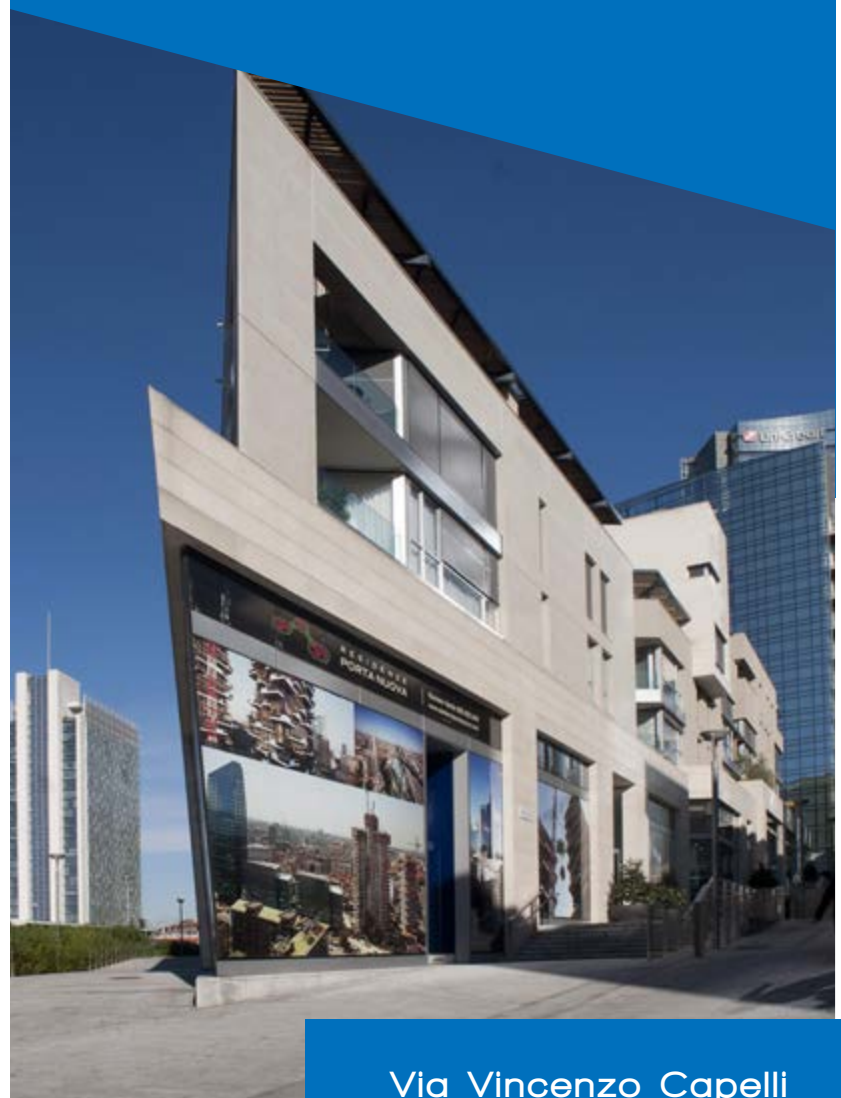
Beyond, flanked by the buildings of the **"borghetto" (little town)** designed by the **Studio Muñoz & Albin Houston**, there is a street going down named after **Vincenzo Capelli**, war and peace patriot.

Residential units with terraces and gardens raised in different forms are placed above the commercial part designed as high glass volumes. Here too, great attention was given to energy consumption, which is 10% lower than law standards.

At the end of the descent, we take **Corso Como**, while to the right, beyond the green zone dedicated to **Anna Politkovskaya**, you can see the Garibaldi station, the city's neuralgic centre. At the end of the Corso Como pedestrian area, which is interesting not only for its shops and venues but also for its people, you find yourself in **XXV Aprile Square**, dominated at the centre by Porta Garibaldi.

The area of Corso Como, a long stretch of Comasina Street: the area is now very fashionable and topical, completely pedestrian. During the urbanisation of the late nineteenth century it became populated with workers' houses and small craft activities and industrial and it retains original structural features that were revisited.

A successful example is at number 10: the Sozzani Gallery ([www.10corsocomo.com](http://www.10corsocomo.com)) is appreciated all over the world with its multifunctional philosophy that embraces art, music, culture, cuisine and design, as well as for the trendy nights in nightclubs and lounge bars that have a high concentration in the area.



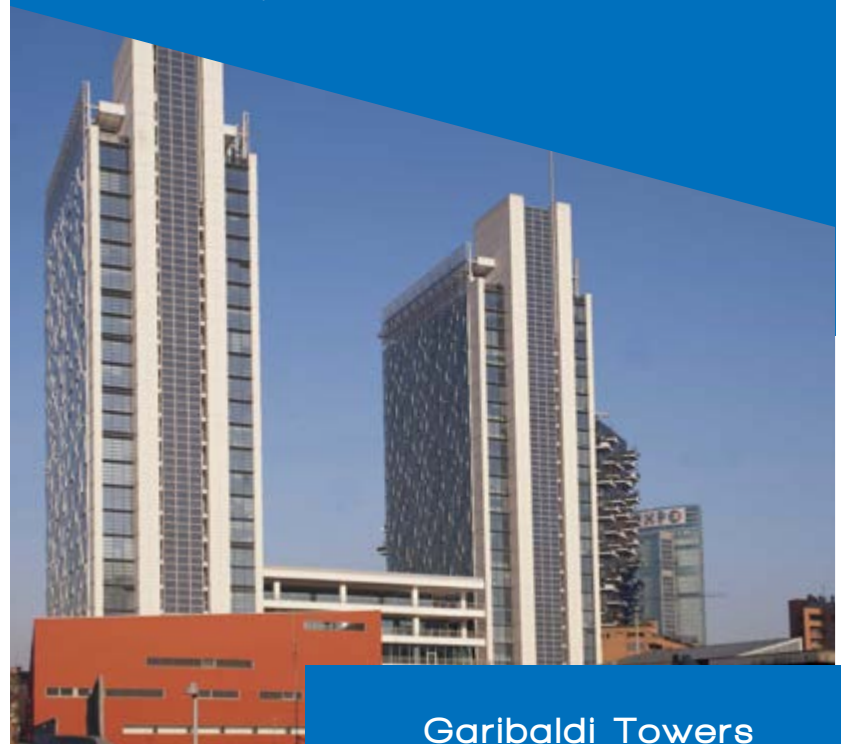
Via Vincenzo Capelli



After taking a look at the former Smeraldo theatre, that was given a new life with Eataly ([www.eataly.net/it](http://www.eataly.net/it)), you take Pasubio Avenue, Marroncelli Street and then pedalling from Quadrio Street, steeply but short along a "bend", until you get to Cavalcavia Bussa from which you have a view of tracks and points of the below train station.

The area of 8,400 square meters, built in 1961 and now in transformation process, appears dominated by the two Garibaldi Towers, former state railways, in all their grandeur. In their redevelopment not only unlikely panel colours, pastel pink and yellow, with a patchwork effect in contrast with bluish windows were replaced by Studio CMR Space with a rigorous white / blue high tech design, but also, less visible but perhaps more important, technological systems were redesigned with the construction of solar collectors, solar chimney with natural ventilation, ventilated hyperactive facades, wells for the groundwater's exploitation, climate controlled greenhouses in the floors and anything else that was just a dream of a few visionaries when the buildings were built.

Pasubio Avenue is another street full of delightful places, derived mostly from old industrial spaces: at Number 2, "Factory, pizzeria with kitchen", where beautiful frescoes in charcoal evoke workers' environments of the past. Fine wines and no to additives and preservatives ([www.lafabbricapizzeria.it](http://www.lafabbricapizzeria.it)). Across the street, the third is a "Flavour Factory" where fans of "street food" can find home made piadine of all kinds. Popular flavours in exquisitely traditional Italian dishes (DOC), instead, are served at "Osteria del Gambero Rosso" at number 6. The name comes from Pinocchio, Collodi's tale remembered in various designs on the walls ([www.algambero.com](http://www.algambero.com)). Open since 1880 at number 10, corner of Via Marroncelli, l' "Antica Trattoria della Pesa" continues to offer traditional Milanese cuisine where risotto with Ossobuco, sausage and cassouela are the master dishes. Vegetarians off limits, of course. Just to note that Milan was already international in the '20s, as evidenced by a plaque at the entrance, Ho Chi Min used to eat, who it's said to have lived in a small apartment in Maroncelli Street.



Garibaldi Towers



# Bosco Verticale

A short walk from the skyscrapers, in Maroncelli Street is a narrow street where there are laboratories, eccentric clothing stores, among the most unconventional of Milan, and art galleries. Among these, at number 10, you can find the Colombari Galleries where Scarlett and Paola, "daughters of art" as heirs of a dynasty of antiques Turinese dealers, manage two large spaces.

One focuses on furniture, lamps, pictures, vases signed by Molino, Mendini, Bridges and other designers of the '900, while the other is attracted by the art design and by incredible gleaming "Bossalino style" hats. At number 12 there are both Tallulah Studio Gallery, with its amusing stools covered with scraps of Rubelli, and the Wunderkammer Studio with its futuristic iron furniture, wood and polished aluminium.

Opposite at number 11, it is fun to browse among fake jewellery made with fabric, resin, recovered buttons in a small workshop, L'Arzigogolo. Shoe lovers will find a wide selection from all over the world at number 3, Lift Shopping Spirit, a store-lounge where you can sip a tea or drink in a relaxing and home environment.

Going down the bike path, you find yourself in the Isola neighbourhood, which once was isolated and dangerous, a place, they said, "from which to stay away." Today, instead, it is a magnet for young people often involved in ecology initiatives.

From Borsieri Street, which continues to the left, take De Castillia Street, To the left, by Boeri Studio, as **monuments of the new ecology, two towers of the Bosco Verticale appear with their 23 and 16 floors.**

Predisposed to come into contact with large amounts of air and light, with their trees (900 species of trees high up to 8 meters) they contribute to building a microclimate and filtering fine particles present in the urban environment

In Borsieri Street at number 4A, there is the historical "FIAB Ciclobby" association, a lobby of urban cyclists that has been promoting for decades the use of bicycles as a daily means of transportation. Under the "no pollution, no noise, no space." We might add that it's fun and makes you save time. ([www.ciclobby.it](http://www.ciclobby.it))

At number 26, every Saturday, from 9:00 to 17:00, there is an appointment with the "Bio Verziere", organised by AIAB organic market, where the manufacturer sells directly to the consumer, favours biodiversity and environmental protection. ([www.aiablombardia.it](http://www.aiablombardia.it))



Bosco Verticale



In the period of New Romanticism, aimed at recovering the primordial nature, **lush plants** surround architectural artefacts, with natural ease as the moss does on the rocks.

Apparently, in fact, because here everything is subtended by detailed studies on the choice of plants and their placement. It is a successful project and in tune with the deepest contemporary needs, if you think that the **Bosco Verticale**, with its "**Green Wall**", won the **International High-rise Award**, first among 800 competitors worldwide.

A nice shot! But only the beginning of a dream of a better life, because the lungs of the entire area was thought to be a huge park of the future where there is already a pedestrian path running through it, connecting De Castillia Street with Gae Aulenti Square.



Bosco Verticale



At number 28 in **De Castilia Street** lies an interesting building of industrial architecture, headquarter of the Foundation Riccardo Catella. Born as a railway warehouse, it was used in the '900 as a movie set and art workshop.

Now, hive of cultural initiatives, it is a meeting place with bocce courts and even a restaurant ([www.ratana.it](http://www.ratana.it)).

Going through the bike path, leaving **Via De Castilia** on the left, beyond the roundabout, you reach the final stage of the route. The complex construction



Lombardia Palace

of **the Lombardia Palace**, built and designed by **Pei Cobb Freed & Partners in New York**, in the fully pedestrianised area between Restelli, Galvani, Algarotti and Gioia Streets, consists of four buildings with a sinusoidal shape and a **39-story tower** made by concrete, steel and glass, awarded for design, innovation and sustainability by the Council of Tall Buildings and Urban Habitat in Chicago as best European Skyscraper of the year 2012.



At the centre, completely covered by transparent plastic, you find the big square of **Città di Lombardia** with a curious high-arched shape.

It appears flanked by two others, open towards **Pola and Gioia Streets**. Interesting and mysterious at first glance, the installation with flower beds, hills, lakes and towering boulders is meant to symbolise the Alps with its

lakes, and you may appreciate the beautiful natural skyline "live", taking on Sundays the "**supersonic**" elevator up to the 39th floor where you can enjoy a beautiful and breathtaking view of the City and the mountains.





SECRET AND MYSTERIOUS

# MILAN



INDEX

# MILAN



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ON BIKE





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# SECRET AND MYSTERIOUS MILAN



Biking around in the heart of Milan and discover curiosities and details **that often go unnoticed in everyday's life**, filled with wonder even to the authentic Milanese citizens, often too busy to enjoy the pleasures of the slow-sight.

The aim of this itinerary is therefore to enhance the Milan **hidden or forgotten** and pay attention to the little known artistic and historical events, revive it in all its complex authenticity.

# 7 km

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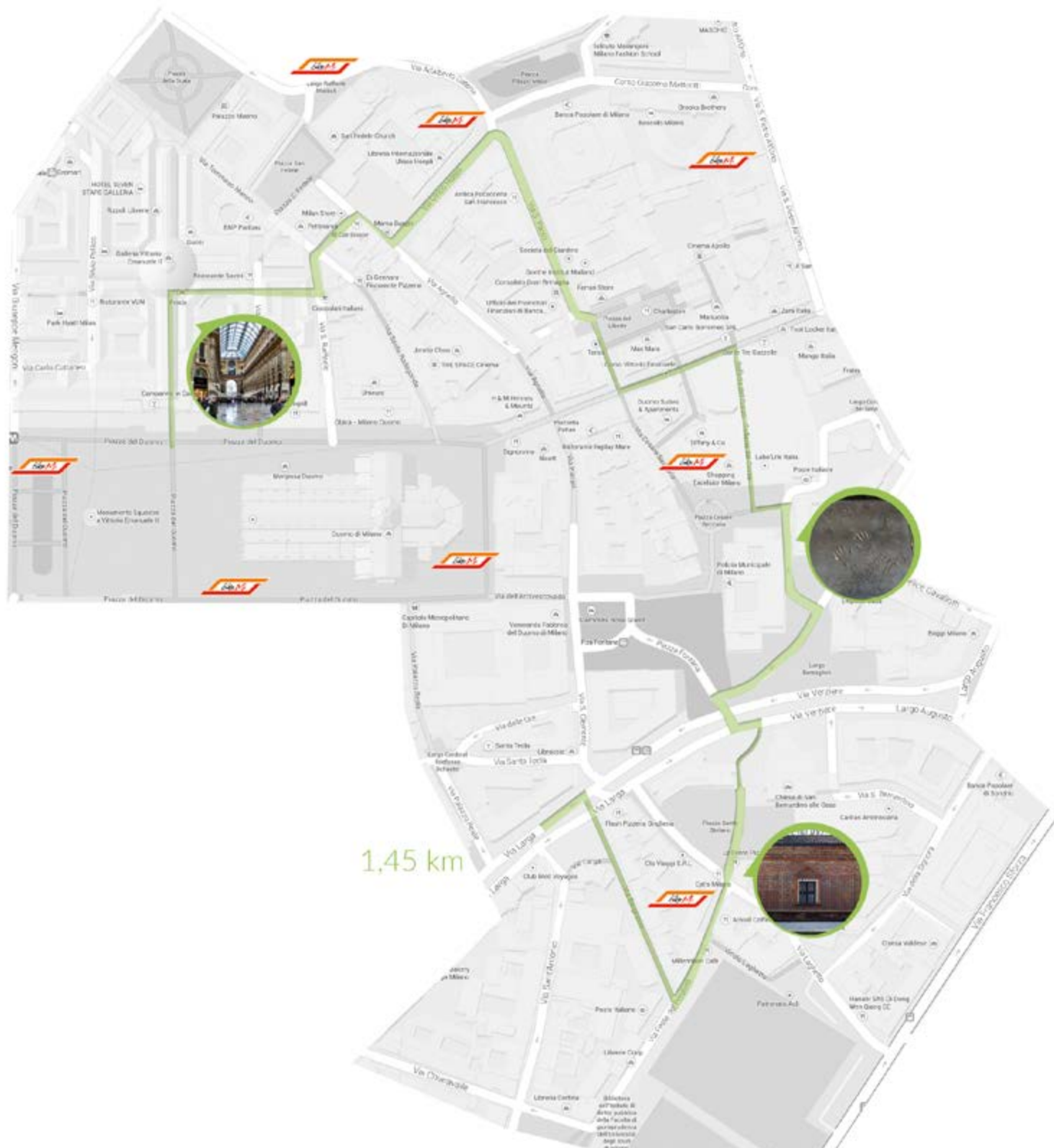
# The Cathedral as you've never seen it before!

The skyline of the **Duomo (Cathedral)** is familiar with its **135 spires and 3288 statues**, both internal and external, some curious and not necessarily inspiring mystical as you might imagine.

The area seems to have been considered sacred already 25 centuries ago because, according

to Polybius writing, housed a temple where the Insubri hold their signs and symbols.

After the **consul Marcellus in 225** had conquered the city and sacrificed on the altars young defenders, the temple was dedicated to **Minerva**.





With time there was built the early-Christian **Santa Tecla's church**, whose surviving portions, found through excavations, can be visited in the basement of the churchyard, next to the remains of the octagonal Baptistery of

San Giovanni alle Fonti where, is handed down, the 387th Easter day when **Saint Ambrose baptized Saint Augustine**.

The actual size of this sacred place can be deciphered in the lines, at first glance mysterious, visibly etched in the pavement outside the churchyard.



Duomo



The construction of the **Cathedral**, which lasted **more than four hundred years**, recognized as the 'never finished' work, from the expression of Milan "**La fabbrica del Domm**", curiously reflects the various construction periods, especially in the diversity of fantastic decorations and symbols.

It can range from the scene depicted in the right lower part of the recent front door, where is foreshadowed one of the legends that reveal the origin of the Visconti emblem, derived from **the shield of dark** Voluce killed by Ottone Visconti during the First Crusade, to "**La legge nuova (The new law)**", the nineteenth century

Biscione



statue placed on the balcony above the central entrance that seems to have inspired the Statue of Liberty in New York, from depictions of funny faces or caricatures of animals' muzzles that run along the base of the cathedral, the statue dedicated to a San non-existent Napoleon, in homage to the Course that just in front of the Cathedral was self crowned placing on his head the Iron Crowned, full of "**God gave it to me, woe betide anyone who touches it.**"



The New Law

The statue, at the top right corner of the window, at the third buttress towards the Royal Palace, is recognizable by the folded arms and arrogant attitude, almost defiantly.



## Galleria



Leaving the Duomo, bicycle in hands, you enter **Galleria Vittorio Emanuele**, made lavish, in view of Expo 2015, the recent restorations operated thanks to the brands Feltrinelli, Prada and Versace, the lounge patrons in the heart of Milan.

It will be for the wonderful mosaic pavement, it will be for the lighting, it will be for the chromatic harmony of the shop signs, all, absolutely all, strictly in gold on a black background, but there lingers a living party atmosphere of other times.

Neither secret nor mysterious is the custom, now international heritage, which has targeted the emblem of the city of Turin, or rather **the "jewels" of the bull** on the ground.

It is frequently noted in the short arm of the gallery that brings to Via Silvio Pellico, a group of tourists who, arrayed in a circle like a tribal ritual, performing festive, in turn, in the fateful pirouette luck. In fact even if the bull has now been brutally castrated, rooted tradition, continues inexorably.



## Jewels of the bull



Bas-relief in Agnello Street



In the Galleria Vittorio Emanuele is worth taking a look at two local historians of Italy and perceive yourself first-hand in the atmosphere of yesteryear, marked by solid traditions.

From 1867 is the Campari no, at the entrance to the gallery, where among exquisitely Liberty chandeliers of the artist Mazzucotelli and mosaics of D'Andrea, you can enjoy the Bitter that inspired the famous posters of the time, now looked like works of art ([www.caffemiani.it](http://www.caffemiani.it)).

Coeval, inside the gallery, in the right arm, which goes in Foscolo Street, restaurant / cafe, Savini, whose elegant dining rooms have hosted Puccini, Mascagni and Verdi, is still elite meeting point for after Scala drinks and beyond ([www.savinimilano.it](http://www.savinimilano.it)).

Who, now in **Via Agnello**, asks where it comes from that name, looking up above the door of number 19, will find the answer in a small relief depicting precisely the docile animal.

Almost a street sign, you think, as the head of the wolf near Via Lupetta, more than a tribute symbolizing the religious' "**Agnus Dei**".



# Sciur Carera's history

They call him the man of stone or better **Sciur Carera**, but it is a marble relief of the **third century**, moved several times and now anachronistically "parked" under the arcades of Corso Vittorio Emanuele at number 13, in correspondence of a modern building.

Without arms but with a rich drapery toga, of the tenth century, completed with a head styled typical of medieval ecclesiastical, had been recycled as an archbishop.

In the nineteenth century had well-served features of the Roman Pasquino of which were written and posted satirical tickets. In **1848** by a notice that advertised "the strike of cigars" to the detriment of the Habsburg monopoly, even gave rise to the 5 Giornate (Five Days) of Milan.

The name of Sciur Carera derived from "Carere..." the beginning of a sentence Cicero carved at its base, which in Italian sounds, **"Must be free of any fault those who are ready to criticize others."** A nice way to silence many blah, blah blah.



Sciur Carera

Other symbol site of the after shows is the Santa Lucia in San Pietro all'Orto Street, with walls literally papered with dedications from at least 400 portraits of famous people, attracted, since 1929, by the equally famous Neapolitan cuisine ([www.asantalucia.it](http://www.asantalucia.it)).



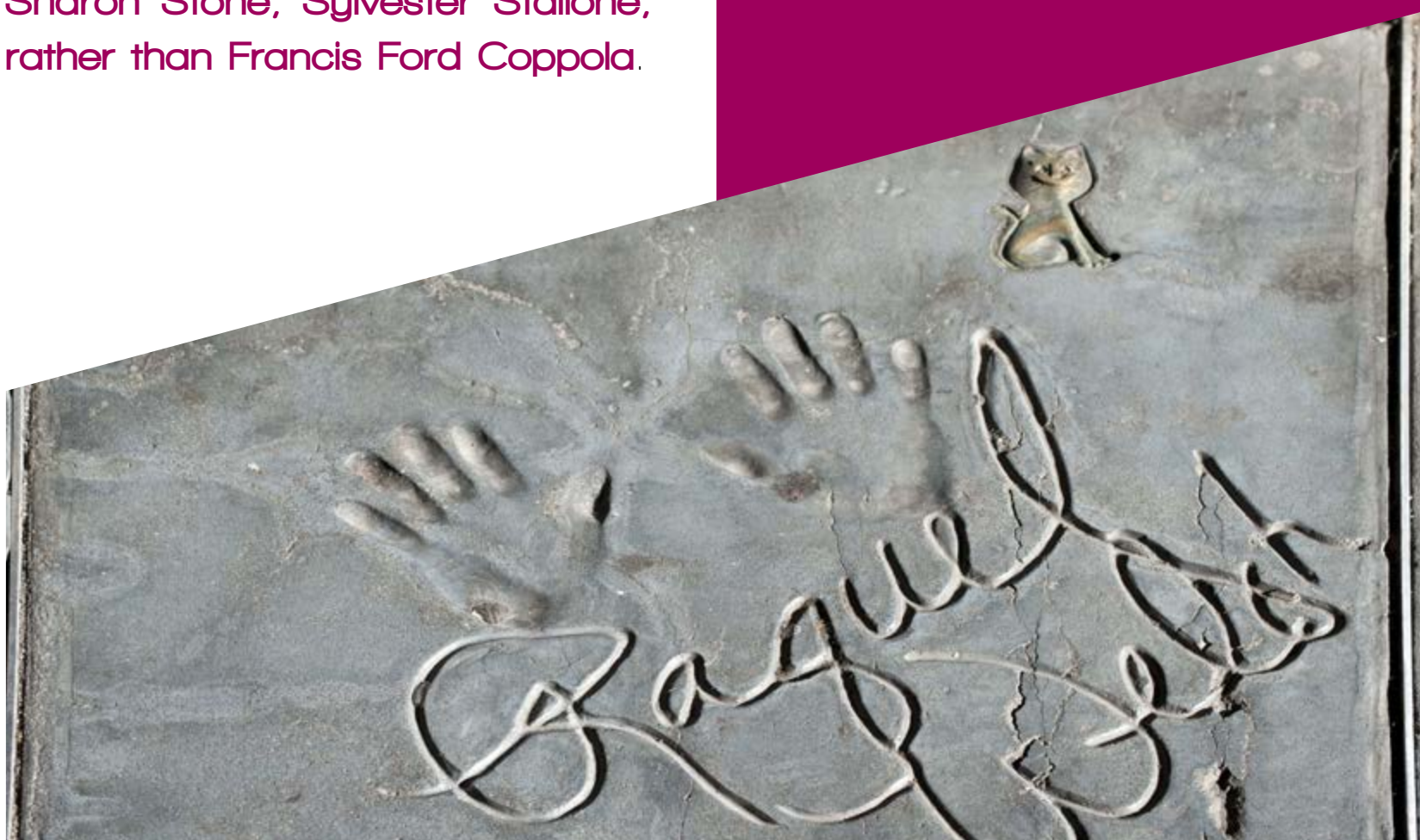
# Walk of Fame

Heading **towards the Verziere**, or the Archbishop's garden, the area where there was a rich fruits and vegetables' market, you pass **Largo Corsia dei Servi**, a dimly lit hallway with a little passage, despite being a few steps from the Duomo.

Looking down at the sides, at the number 21 you see handprints, footprints and signatures, made in the course of twenty years, **from 1984 to 2004**, a sort of **"Walk of Fame"** as in Hollywood in a minor, little valued and then forgotten, even if it includes people linked to the world of entertainment **such as Sharon Stone, Sylvester Stallone, rather than Francis Ford Coppola.**

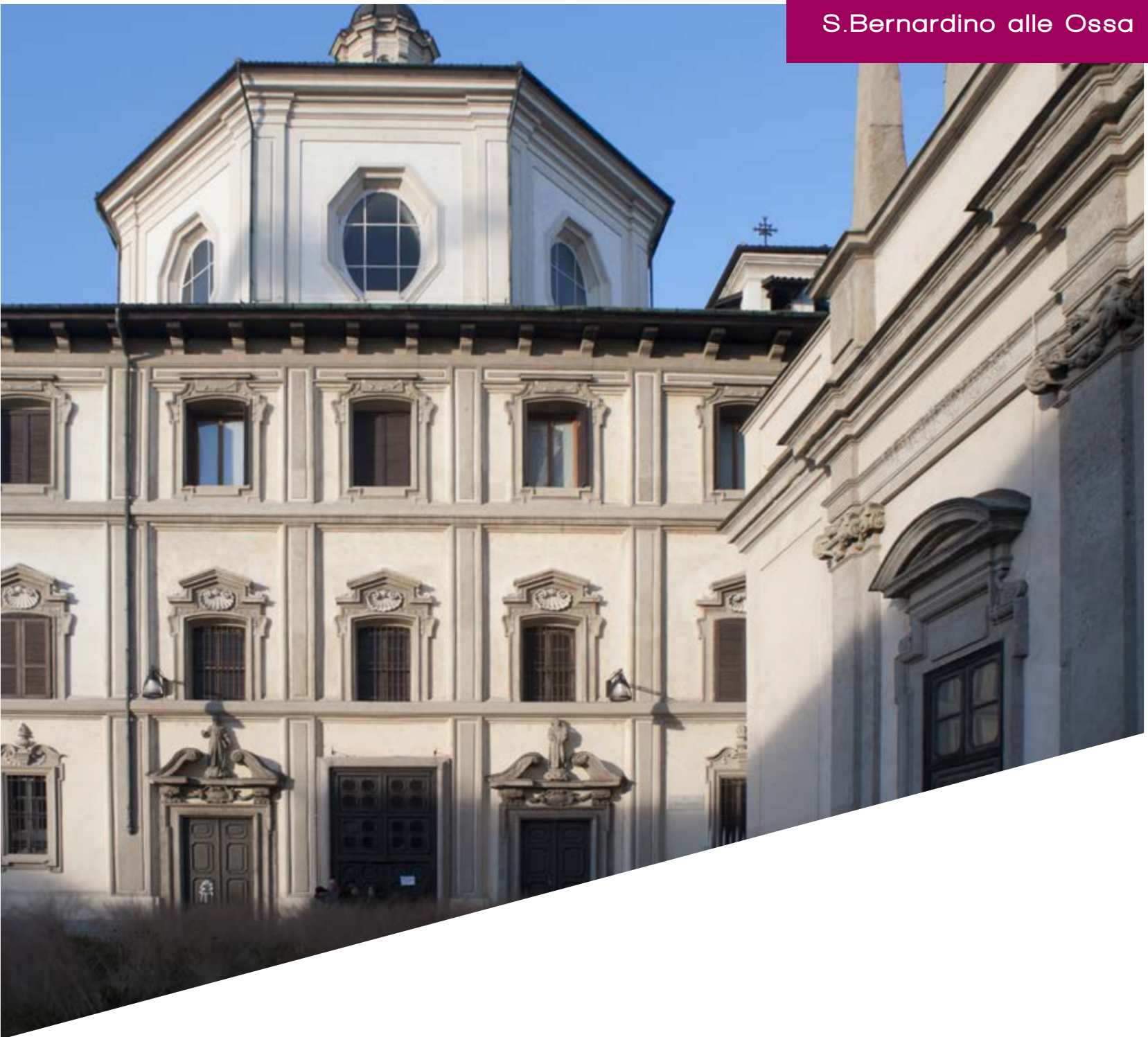
Bianchi Café is a fresh and dynamic site for those who love the two wheels. In addition to food and wine houses holds a showroom and a workshop. Here cyclists, or simply curious, can discover patterns signed Bianchi.

[www.bianchicafecycles.it](http://www.bianchicafecycles.it)





S. Bernardino alle Ossa



The name of the medieval Church **San Bernardino alle Ossa** guesses its contents. Wanted by the secular Disciplines movement that, dedicated to the worship of the dead, practiced self-flagellation to atone for sins, the church contains a chapel, accessed along a narrow tunnel on the right. There are enclosed, well aligned, mostly to form crosses,

thousands of skulls and human bones caged by networks of iron henhouse. In counterpoint to this macabre atmosphere and to redeem the horror, **the frescoes by Sebastiano Ricci** describing the "Triumph of souls among the angels", introduces a colourful note, almost solar.



## Ufo's eat? Here is explained the arcano

**Larghetto Street** takes its name from the small lake fed from the internal network of canals, created in **1438** to accommodate the barges from Lake Maggiore who unloaded the Candogli marble and other materials for the building of the Cathedral.

Gian Galeazzo Visconti, indicating that these vessels were not subject to tolls; he did enter the symbol AUF (**Ad Usum Fabricae**) that has remained our expression "for free", that is to latch without payment.

The old building at number 2 has to its name "**la cà dei Tencitt**" that is the home of the blacks, the dirty, to the fact that in addition to the porters, housed coal transporters and their families.

It was considered a rough area and when the last plague, which had wreaked havoc across Milan, had spared, right-thinking people had given immunity to the presence of powerful witches, not to the deprecated layer of coal dust that in all likelihood, for his absorbent property, had prevented the disease from spreading. But that's another story. After superstition

and ancient science, here is a mystical note. The one feet tall votive that the abbot of the corporation of the Carbonari had put up thanking the Assumption still stands on one side of the house, well after four centuries. Interesting is the lower part of the painting where it is still possible to distinguish an ancient depiction of the Lazaretto.



Ex voto in Ca' dei Tencitt



Within the ancient and mysterious names of streets that has lost their meaning is the **Vicolo delle Mosche (The Flies Alley)**, the transition now incorporated in the building that faces the Duomo.

Great attempt to hazard a guess. From the most banal that

argues that the effluvia of his workshops would attract insects, the more educated would relate to cantharides based medicine, called **"Flies of Milan"**, used as an ancient, dangerous Viagra and probably prepared in the alley by an apothecary who, forerunner of our rampant publicity, advertised **"Omo sano cò le mosche de Melano (Healthy man with the Flies of Milan)"**.



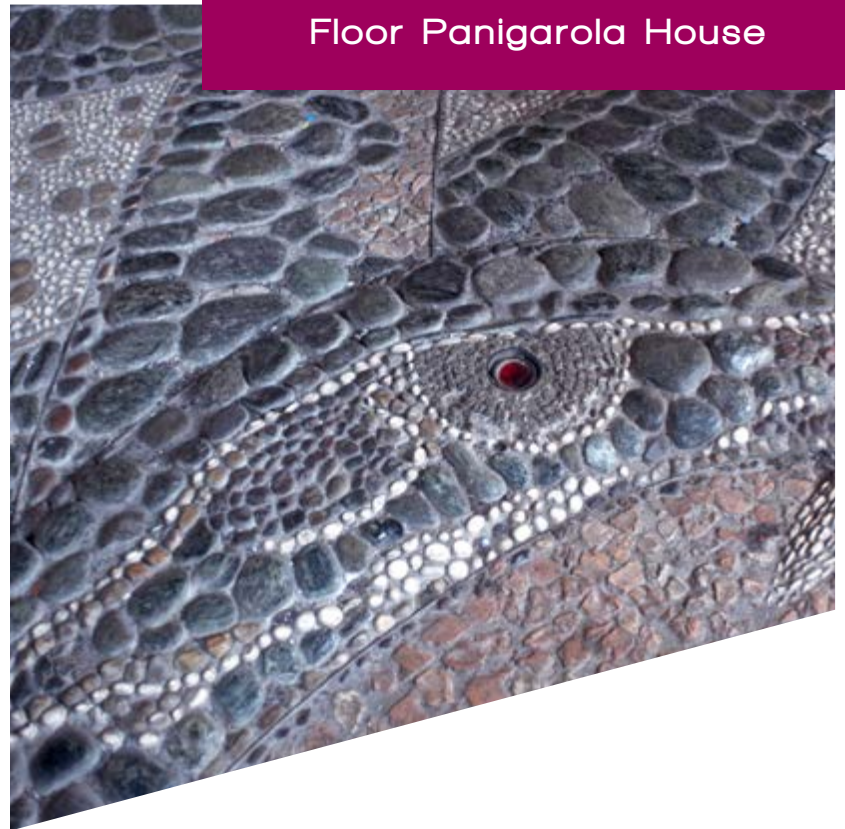
the Flies Alley



## Mediolanum was a half-wolly sow!

Out of any discussion is rather clear etymology that the Streets **Safari, Armorari, Orefici, Speronari, Cappellari** gravitate around Piazza dei Mercanti, antique mall and administration of justice. Here, where there is now the sixteenth-century well, was once located the elusive **"Pietra dei Falliti"** (Stone of the Failed) on which, who was accused of fraudulent bankruptcy had to sit without pants, exposed to public ridicule, while the **"Parlera"** on the first floor of the fourteenth-century Osii palace, located along the south side, there were sold the Failed goods at auction. On the

Floor Panigarola House



west side, on the ground floor of the **Panigarola house**, also known as the Notaries Palace, you can see a curious floor made of rounded pebbles that give shape to two serpents / dragons whose turns ringed will cover almost completely the surface.

To the north, on the façade of the **Palazzo Della Ragione** or New Broletto, built in 1233 by the mayor Oldrado from Tresseno stands a dedicated low-relief on the grounds to whom had solved the Cathars heresy. Macabre merits were considered that did not act on the wings of persuasion but that he simply burn them, summarily, in large numbers.



Osii Palace



Oldrado da Tresseno



On the front side of the building and precisely above the capital of the second arc, stands a small low-relief of the Roman times passing mostly unnoticed. It actually embodies one of the **26 hypotheses about the origin of the name of Milan**.

Represents, in fact, a **half-woolly sow**, that hairy just in front of the body (**medium lignum**) that was first dreamed and then recognized on site from the **Celtic Belloveso**, legendary founder of Milan.

In the porch of the **New Broletto**, open on all sides with large arches, is fun to experience the mystical world of the echo, speaking softly at a pillar on one side you can exchange messages with another person placed near another pillar in diametrically opposite position. It seems it was the trick used by ancient traders to communicate with each other without being noticed.



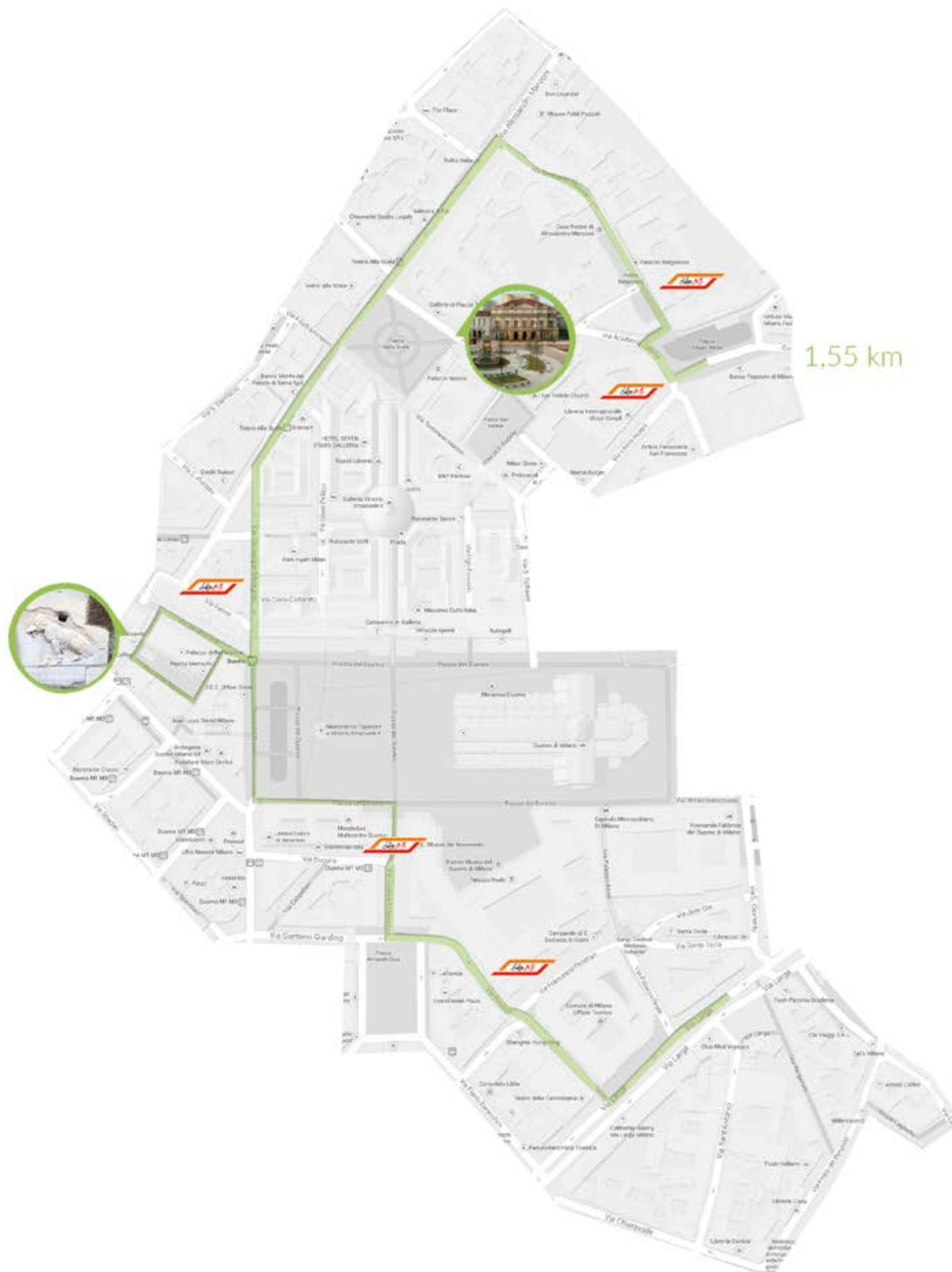
Medium Lignum



# Curiosities of Piazza della Scala in Milan

Passing through **Piazza della Scala** is worth to recall some curiosity, one is the origin of the mystical name of the theatre, built in **1776** in the place where it had been

torn down the church of **Santa Maria Della Scala**, built in 1381 by Bernabò Visconti in honor to, in fact, his wife Regina della Scala.





Another concerns the porch of the theatre with flooring in large slabs of grey granite on which passed the carriages of noblemen or at least rich music fans who came to the show, this way protects from weather and takes them directly into the hall inside, without soaking their shoes.

The entrance and exit of the porch, there are still two small wayside places to safeguard the integrity of the pillars by the impact of the wheel hubs. Another curiosity relates to the imposing statue placed in the centre of the square, where once stood the old and dilapidated houses.

Depicts **Leonardo da Vinci**, surrounded on either side by the rigid figures of four of his disciples. The scene had not left the Milanese indifferent, used to give nicknames to everyone and everything, with witty bonhomie. In this case it was the turn of **"Elliter in quarter"**, which means **"A litre for four"**, coined by Giuseppe Romani, representative of the Scapigliatura movement, who, it was said, had good familiarity with alcohol.

Leonardo da Vinci





Manzoni House



Passing through **Piazza Belgioioso**, on the left you can see the elaborate decorations in brick façade inspired by the architecture of the Lombard Renaissance and wanted by **Alessandro Manzoni**, botany enthusiast in the palace with a romantic garden, who lived for over sixty years. It is said that in the interior, simple and elegant, were made magnetic experiments and séances, practices introduced by the second wife's son, Stefano Stamp, fond of that hobby in vogue at those times.



Belgioioso Square





Omenoni House

The numbers that can be seen carved into the entrance of the old houses in the old town do not denote the dating, as one might venture, but indicate the progressive house numbering. Introduced by Austrian domination Empress **Maria Theresa of Austria** started from the **Royal Palace**, bearing the number 1 and continued in a circular spiral to the borders corresponding to the Spanish walls.

The number supported by an alphabetical letter indicated buildings constructed in a second time. This numbering system called, precisely, **Teresian** is still in use in the city of **Venice**. This explains the riddle of the number 1722 affixed on top of the door of the sixteenth-century House of Omenoni, so

named by the Milanese for the **eight Talamoni**, huge statues that decorate the façade of the late Renaissance and which seem even more impressive by the street narrowness. It is difficult to say whom they want to represent, however, behind the head of six of them, reads the name of an ancient conquered population.

A strange house that had attracted the attention of the Vasari because "full of fantastic inventions," disconcerting as the character that built and lived, Leone Leoni, sculptor and goldsmith from life daring. Despite poisons, torture and stab wounds were on the agenda for him, he always managed to save his skin. **Charles V** and **Philip II** had protected him in extremis, not wanting to risk losing their valuable craftsman / artist.



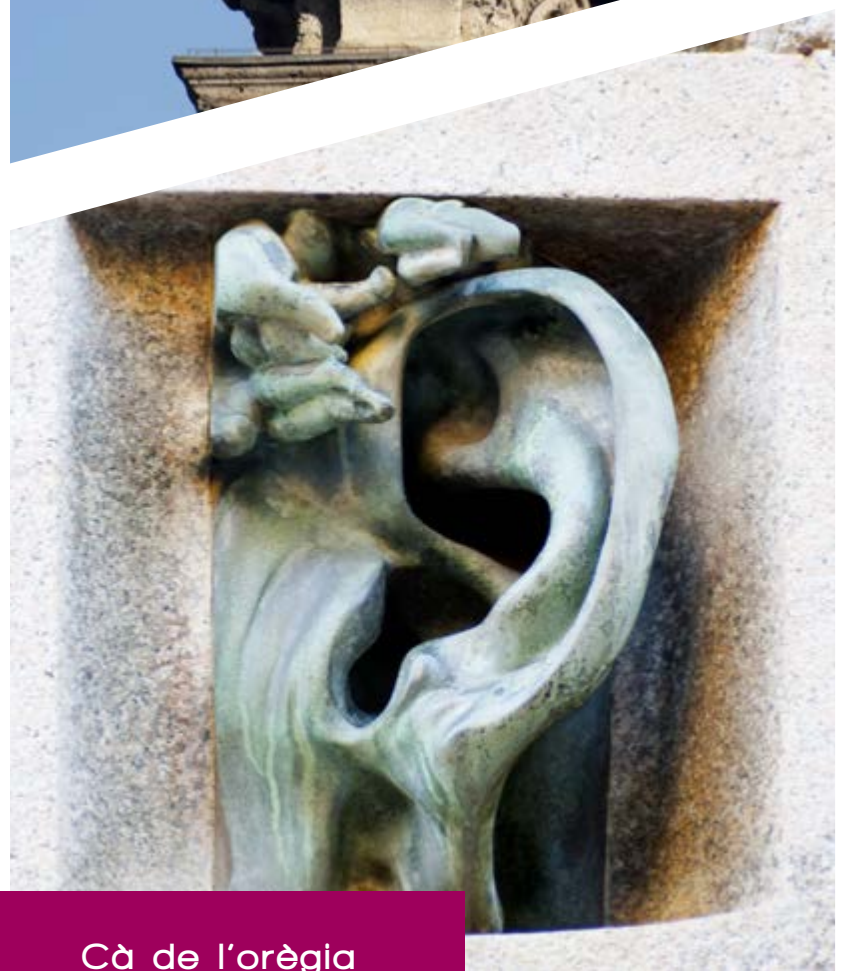
Violent, but art lover, in his home in Milan had amassed a collection of works by Tiziano, Leonardo, Raphael, of the Carracci and his friend Michelangelo.

Even now that the interiors, renovated in **1929** by **Pietro Portaluppi**, hosting a historic men's club, not open to the public, the façade at the top, just under the eaves, shows a disturbing stone relief, with his allegorical signature, where a satyr, overshadowing slander, is mauled, incidentally, by two lions.

Another **lion**, not aggressive, but crouched on a high column as a tame cat, is in **Piazza San Babila**, right in front of the church. Ancient emblem of the district, it is elevated to that position since **1650**, when the then roads' magistrate, Count **Carlo Serbelloni**, to defend it from Hooligans, distanced it from the ground, inserting a column between the lion and the base.

In Serbelloni Street at number 19, to the right of home Sola-Busca, Art Nouveau building of 1930, nicknamed "**Cà de l'Oregia**", appears in all its perfection a huge marble ear, work of **Adolfo Wild**, author of various sculptures in luxury homes in the area. Just to give a touch of mystery

S.Babila Square



Cà de l'orègia

and modernity, talking in a great pavilion auricle you could communicate with the inside, as in a kind of intercom. Surprising news for those times!



# Milan and the pink flamingos

## Flamingos



Passing by **Cappuccini Street**, where at number 3 is located **Villa Invernizzi**, it is worth a peek into the garden and surprise a family of **pink flamingos** in flesh, bones ... and feathers, perfectly settled in and careless of curious passers-by.





Oberdan Square



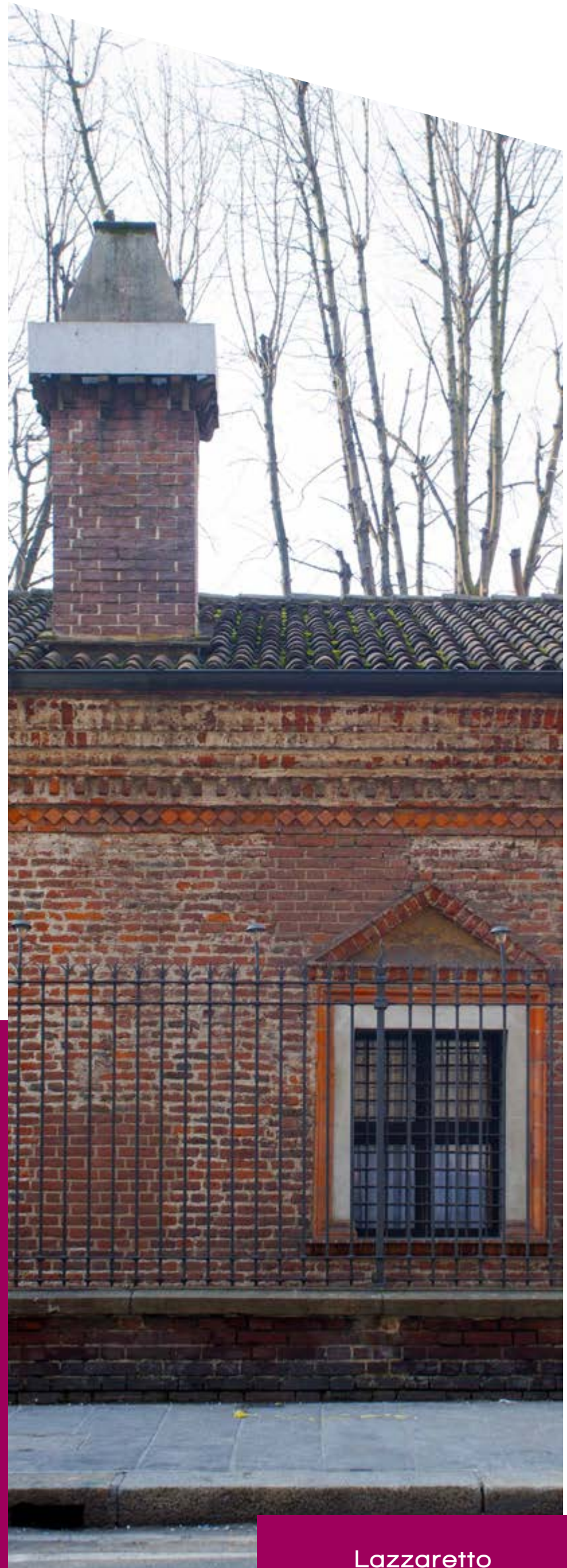
In **Piazza Overdan**, towards Via Vittorio Veneto, towering two columns at the underlying Day Hotel Venezia, where between 1925 and 1950, accessible to Milanese and outsiders, there were popular and luxurious bathrooms, shower cubicles, wardrobe, ironing, bike storage and even a bank.

The column towards Corso Buenos Aires was none other than the chimney of the heating boiler, camouflaged. The other, in full, had been erected just for symmetry.



**Lazzaretto**, well described by Manzoni in chapter XXXI of the **Promessi Sposi**, little remains. It consisted of a vast quadrangle whose centre consisted of a church open on the eight sides to allow all plague victims to assist from afar to religious functions that were celebrated. The church now closed for renovations, is dedicated to St. Charles Borrowed who built it in 1585. Proceeding in **Via San Gregorio**, up to number 5, you can understand how it was that the porch perimeter, closed externally by a wall with windows, gave shelter; actually open air, to the plague victims. The small part that remains at NE, after the demolition of the late nineteenth century, retains ten original arches and five chimneys on the roof. The moat that is seen outside is part of the ancient "fountain of health".

The ancient Farmacia di Lazzaretto in 29 Castaldi Street is really old, going back to 1750. From the beginning of the last century, Amaro Giuliani, the owner, had created a drink to offer to his loyal clients. The Amaro drink became famous and was then marketed.



Lazzaretto



## And finally...



Renzo

Under recovery, some columns of the Lazaretto, during demolition, were saved and placed in the courtyard of the mysterious **Palazzo Luraschi** in **Buenos Aires** at number 1. To make an

impressive temple dedicated to the **Promessi Sposi**, contributes 12 busts depicting the characters that seem to look at who comes in from above, as from a balcony.



Lucia



Glancing at suggestive cloisters, courtyards or patios hidden by doors or deleted by the buildings façades, often depleted, you can notice views with statues, fountains, arcades, columns, gardens which inspire awe and that discovery

emotion that Stendhal suggested of Milan defining the city with **the most beautiful courtyards of Europe**. To be discovered.





# MILAN IN LIBERTY

INDEX

MILAN



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# MILAN IN LIBERTY

A bicycle, in a city like Milan, offers the opportunity to discover extraordinary architectural beauties.

Palaces, friezes, aquariums, plant motifs, wrought-iron railings are the main characters of a journey that will take you to discover a Liberty City.

In some places it will be necessary to carry your bike in hands to be able to go in the opposite lanes enjoying, with your nose up, their beauty.

8 km

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# Brief History

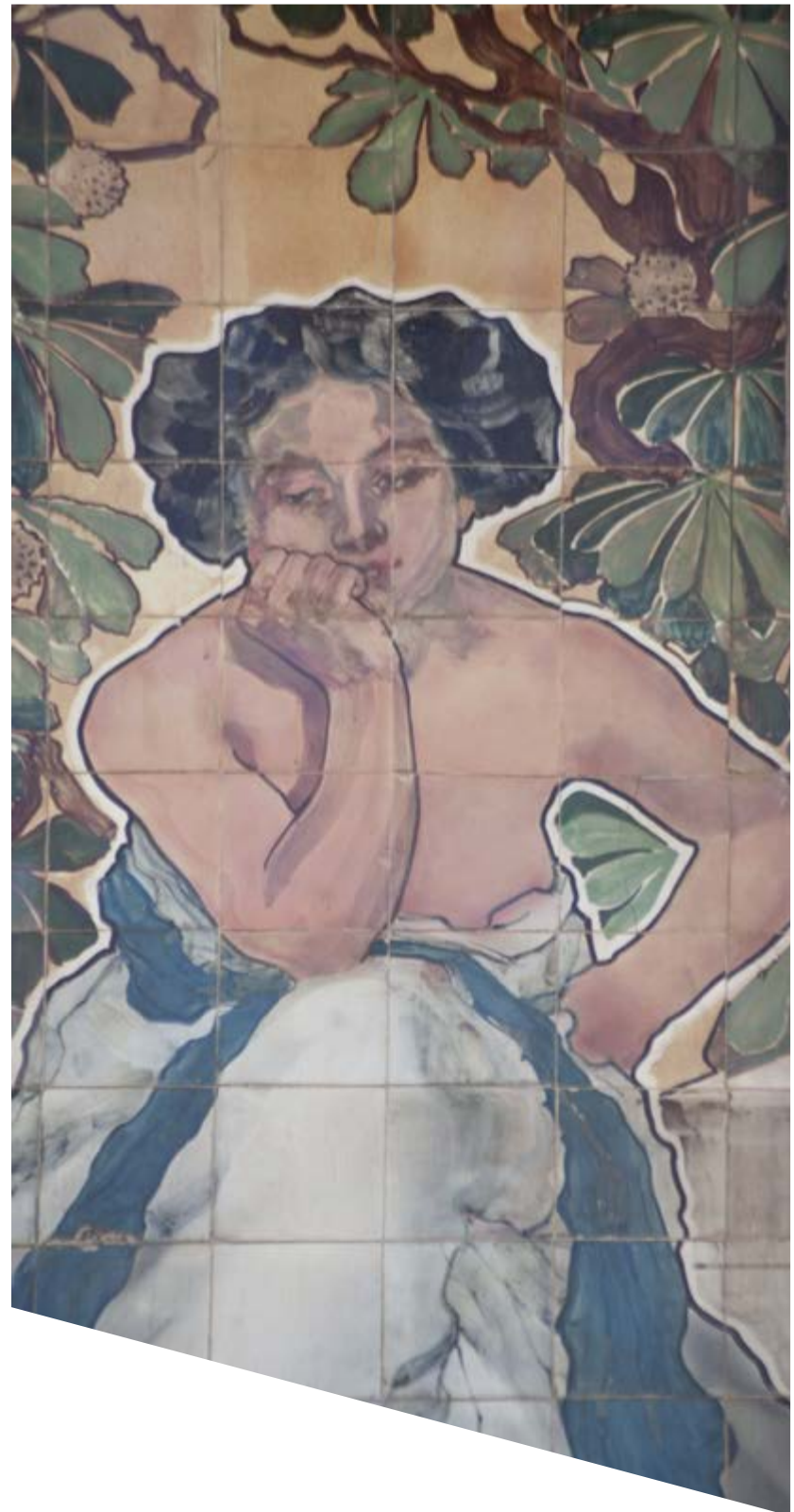
A hundred years ago or so, it was a special moment for Milan, as always when change does not turn into crisis, but in potential.

Opportunities that the city then had been able to greatly grasp, opening up to Europe and optimising the new input of creativity and artistic sense inherent in its DNA. To grow and share.

Our ancestors had understood. Burying under fear, resentment or distrust their talents was considered an useless waste of energy.

**Between the late nineteenth and early twentieth century**, as part of a huge urban transformation, giving a more modern style, the city's look was changing and the **Liberty** European fashion was playing a good role, which also spread all around Italy with general enthusiasm.

A return to basics if you think that the name comes from the London warehouses of **Arthur Liberty** which exhibited art objects and fabrics of **Art Nouveau**, daughter of the English Pre-Raphaelites that, with Dante Gabriel Rossetti, were inspired by Italian art that preceded Raphael.



<http://lenews.info/2014/06/18/ofelia/>



## A lost time atmosphere

Sinuous decors of strong graphic style, stylised plant motifs, masks, beautiful reflections of stained glass. Wrought iron inspired by a lush, untamed primordial nature. Houses dressed in bright colours of majolica decorations that seem to reflect the voluptuous **Belle Epoque** atmosphere.

They became the symbol of a desired triumph of freedom and fantasy, embodying life choices in the name of a positive, confident potential as opposed to the prevailing static nature of classicism and academicism.







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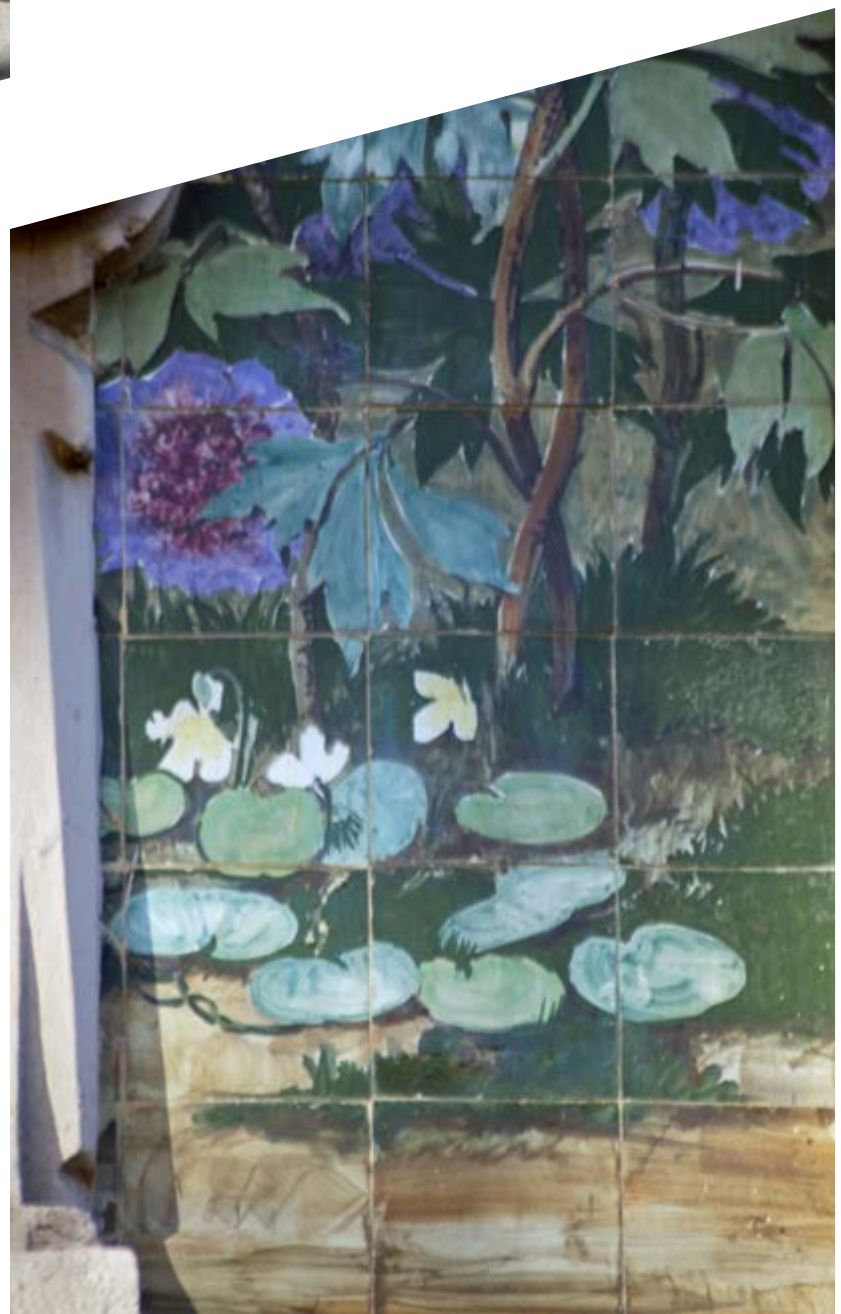
## Aquarium Gadio Street



city. Reaching, **as in a magical spider web** the various sites and moving from one to another by knights errant, riding his steel horse, it is possible to relive the atmosphere of the past, recreated as if by magic. And by looking around, relating it with the life that takes place now.

Architects and artists-artisans involved in the world of "new art" had a wide scope to build entire neighbourhoods, backed by not only aristocratic clients, but consisted, for the most part, from an emerging cultured middle class, bowled by **new ideals, not only aesthetic.**

You could touch economic and social changes, transfused in fascinating buildings that have given an alluring dimension to the

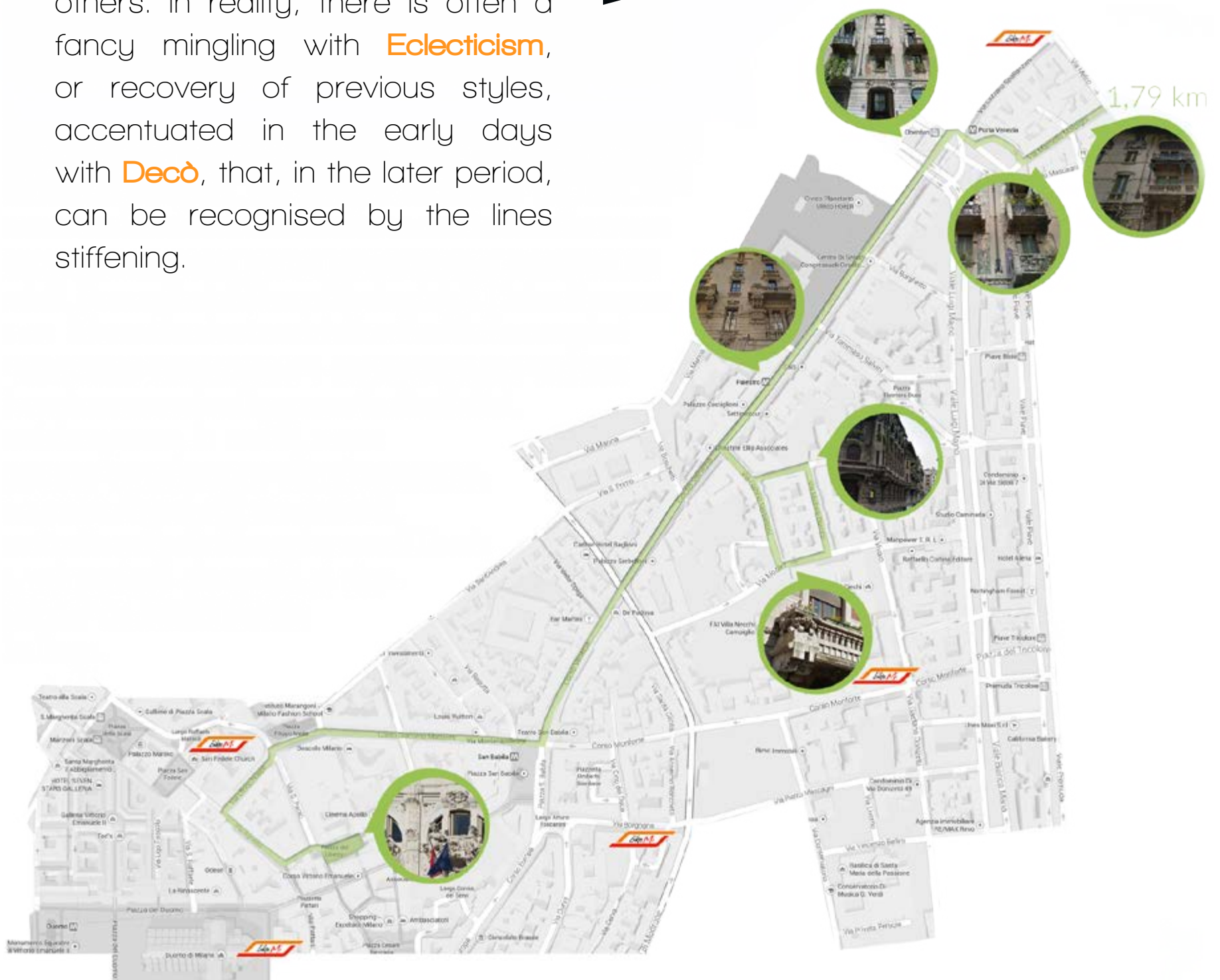
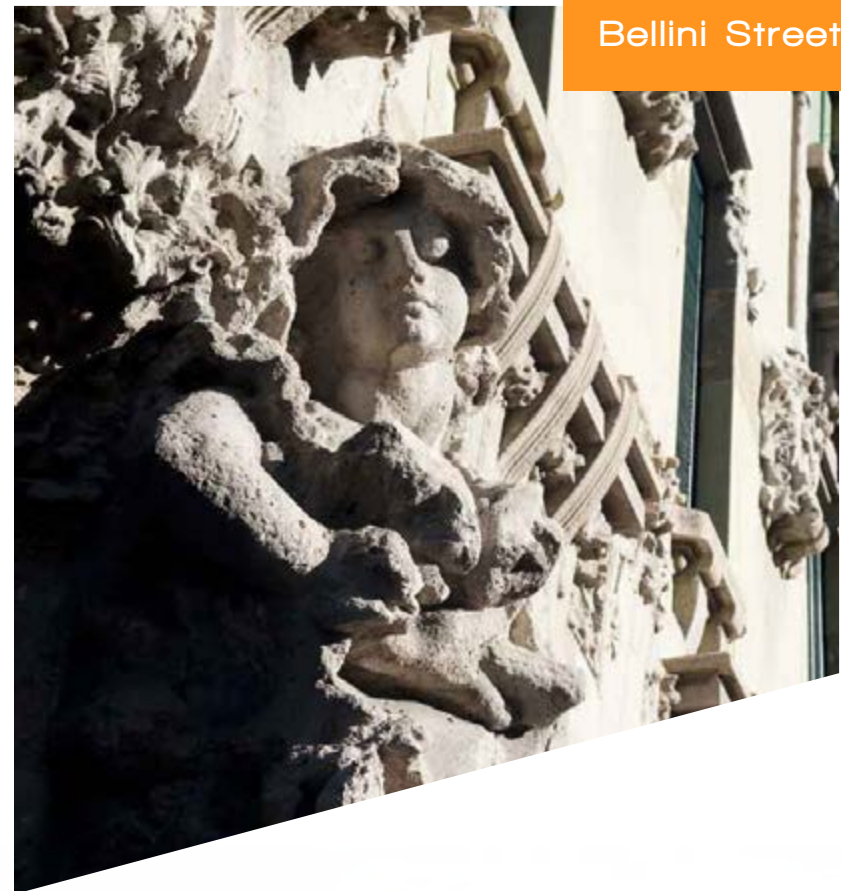




More than a thousand buildings, which share some stylistic elements, appear sophisticated or simple, but **always different** from each other in an endless variety distributed through oil spots within centre and periphery, from large office buildings, residential districts, up to industrial plants.

The idea is to report an itinerary that touches some exemplary buildings and allow a **'hide and seek'** personal discovery of others. In reality, there is often a fancy mingling with **Eclecticism**, or recovery of previous styles, accentuated in the early days with **Decò**, that, in the later period, can be recognised by the lines stiffening.

Bellini Street



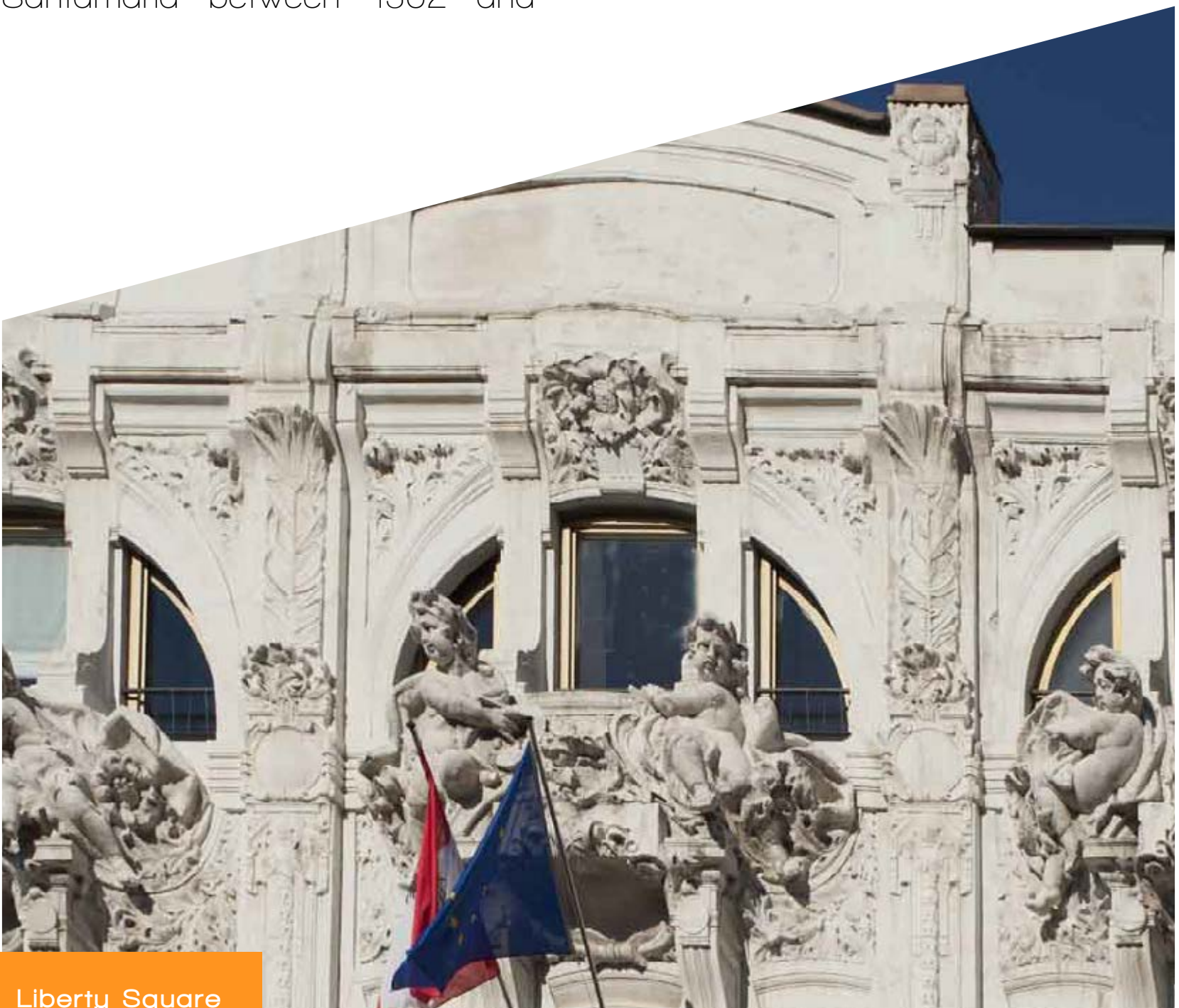


## Bike in hands and nose up... Let's go!

At Liberty, a short walk from the Cathedral, it was dedicated a square dominated by a palace that looks white like cotton candy.

It is the rationalist Reale Mutua Assicurazioni Palace of which it was reassembled the façade of the luxurious Corso Hotel in 15 Corso Vittorio Emanuele, built by architects Cattaneo and Santamaria between 1902 and

1904, and dismembered as a result of war damage. Now tall pilasters mark the floor of the façade, decorated with French monsters and floral ornaments. High up at the large semicircle windows, there are proudly displayed three giant pairs of cherubs that give additional grandeur to the building.



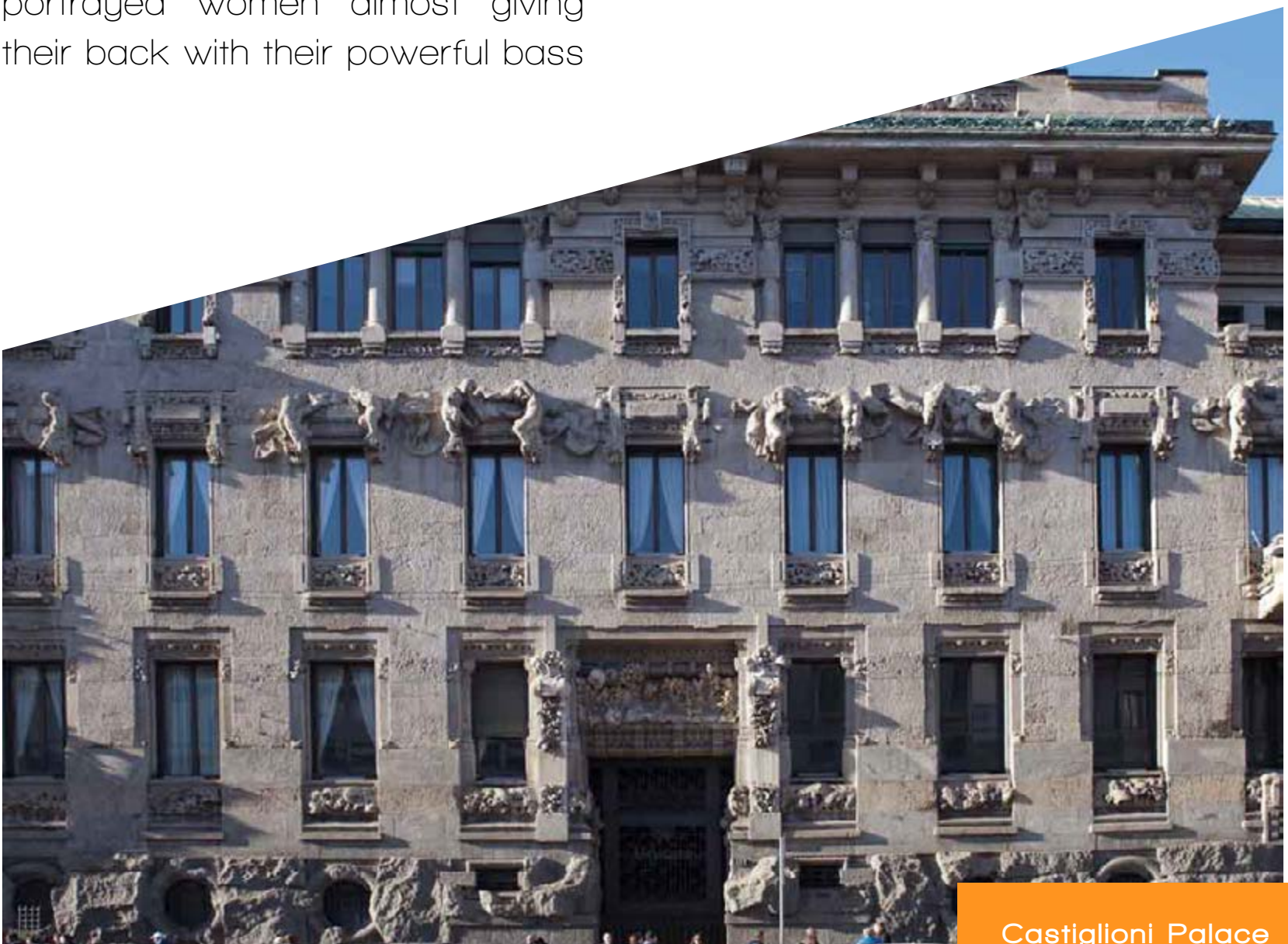
Liberty Square



Built in 47/49 Corso Venezia, in the middle of a prerogative street and populated by sober Neoclassical palaces, the first Art Nouveau building in Milan (1901/1904), has had a disruptive effect, not so much for the asymmetry of the façade, with a single balcony to the right, for the use of rustication crude that takes the natural shapes of the rock, for the severe facade of monumental dimensions, for full-bodied porthole windows closed by interlacing wrought iron or for the profusion of large putties, but especially for the two statues, the work of **Ernesto Bazzaro**, which portrayed women almost giving their back with their powerful bass

back in evidence, so much that **Castiglioni Palace**, named after the rich owner who had wanted to launch the challenge, was immediately called the **Cà of Ciapp** (the Bumps' House).

The same architect Giuseppe Sommaruga, annoyed by the criticism and irony of well-meaning and not, eventually confined the two figures, that were supposed to represent Peace and Industry, in the back of a villa designed by him, now the Columbus Clinic in Buonarroti Street, where they still are in a tight angle.



Castiglioni Palace



## Three liberty jewels

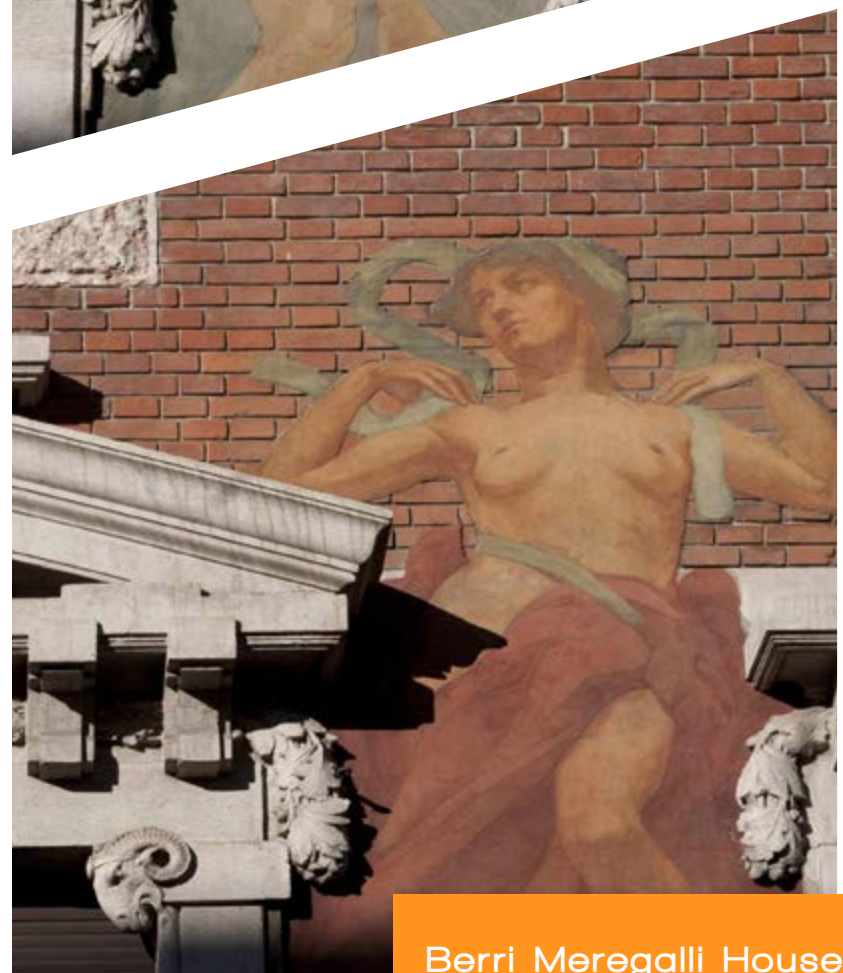
From Corso Venezia it is worth to make a small detour to take a look at three houses built by one of the greatest exponents of the Milanese Liberty, architect. **Giulio Ulisse Arata**, for the same family, the Berri Meregalli, in the block between Sebelloni Street, Mozart Street, Barozzi Street and Cappuccini Street.

In the first, at 7 Barozzi Street, dating back to **1910**, the **powerful structure** appears softened by animal-heads, distributed with profusion, at the windows frames and in support of the balconies balustrades.

In the second, made a year later in 21 Mozart Street, it was the turn of **gigantic monstrous rams' heads** that, by implementing the philosophy of those times to combine aesthetics with practicality, are used as gutters.

They have an aesthetic function instead, the two figures, painted with solar shades of plaster, at the central balcony, that stand out on the coated tiles of different sizes.

However, beautifully dark in every small detail is the third one that appears in all its shocking majesty in 8 Cappuccini Street, at the corner with Vivaio Street.



Berri Meregalli House



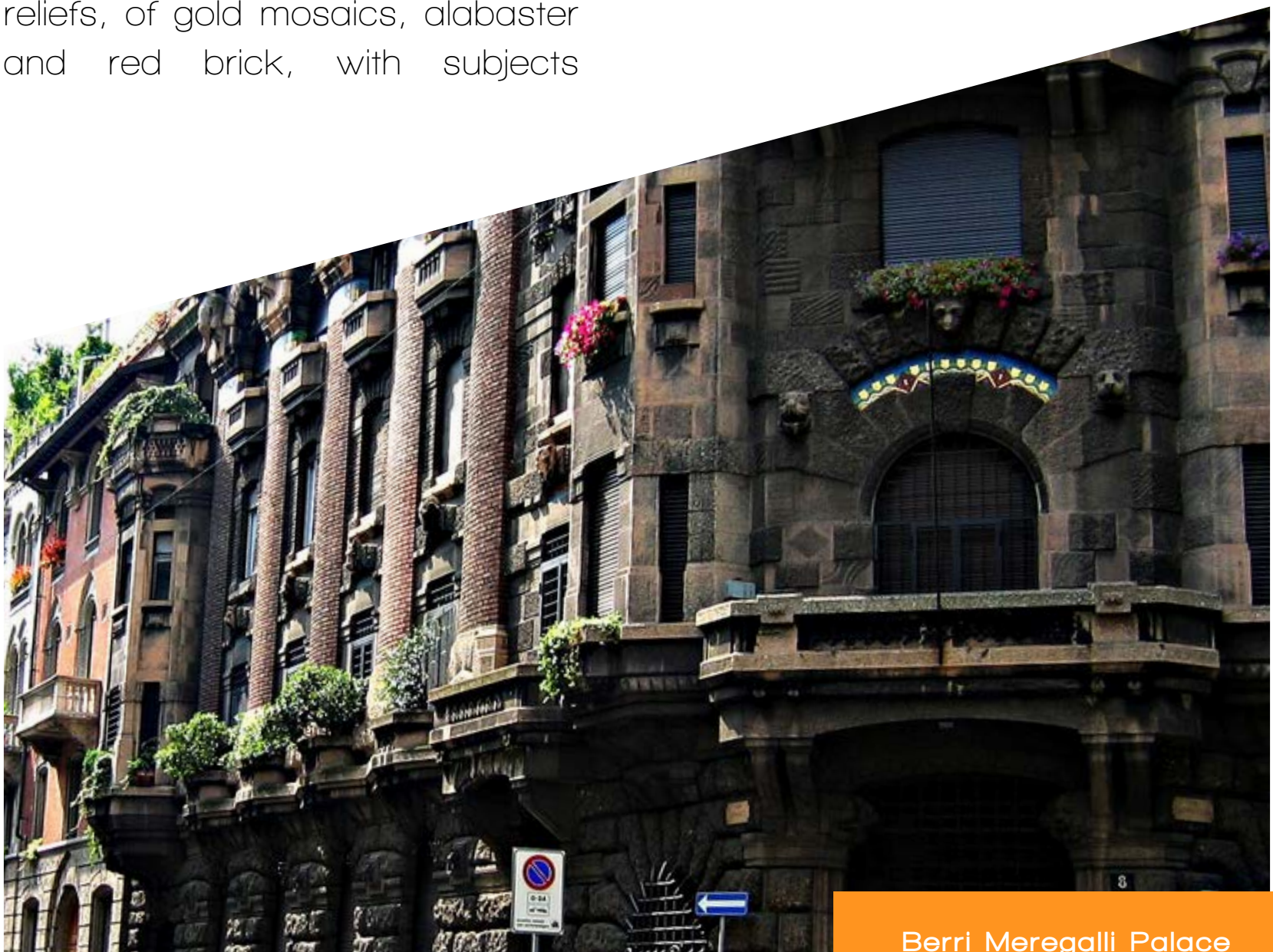
Commissioned in **1911**, but completed only in 1915, unlike many other buildings inspired by Liberty which thanks to mass production had brought art to everyone, it is definitely a house for the rich.

Embodies, in fact, the best that the superior craftsmanship could offer: D'Andrea's mosaics, Rimoldi's painted figures, from Prendoni and Calegari's external sculptures to unparalleled Mazzucotelli's wrought iron.

**A mixture of natural and manmade stone**, of high and low concrete reliefs, of gold mosaics, alabaster and red brick, with subjects

borrowed from a vast medieval bestiary and the inevitable huge cherubs, this time dangerously clinging to downspouts.

Who has time to cast a look inside, in the foyer, dramatically stunning, will be surprised to see at the end, in a central position, protected as a precious treasure between the ceiling and the mosaic floor, **an enigmatic sculpture of Adolfo Wildt** representing the **Winged Victory**, 1919, with its already Futurist imprint.



Berri Meregalli Palace



At **Porta Venezia**, at 42 Piave Avenue appears another corner building, austere and majestic but not so disturbing.

It is the former **Kursaal Diana**. Built in 1907 by architect Achille Manfredini, with a French mansard roof, contained large pools and a theatre later destroyed by bombing. The restoration carried

Galimberti House



out in 1926 by the architect Giuseppe De Finetti, transformed the building into a luxury hotel, now Hotel Diana Majestic entrance that still retains a superb original wrought iron chandelier.

Appetisers are wonderful in the charming garden with an arbour and mature trees.



## Eco friendly village in Belle Epoque style

Behind, a bit removed from the streets of big traffic, a picturesque district created in an area previously occupied by stables that housed horses intended to tow the omnibus and discontinued with the advent of electric trams, it has a high concentration of buildings which follow the the new fashion dictate, high aesthetic level of Liberty. Starting from **Galimberti House**, in 3 Malpighi Street, built between 1902 and 1905 by the architect.

**Giovan Battista Bossi** that draws the colours of two-dimensional figurative ceramic tiles, floral motifs in concrete and twisted wrought iron, the latter made by the firm Arcari and Ajay. As in buildings Lavirotte and Klein in Paris, painted tiles that line to 170 square meters the three sides of the building had to fulfil the practical purpose of helping to maintain it clean.

Ceramic tiles, **already cooked and painted, were painted and cooked** yet another time before being applied as a mosaic. A great deal of male and female figures, in a tangle of lush vines echoed the ideas of iron and cement plants,

they want to be a colourful hymn to **nature's freedom**. At number 12, built by the same architect between 1904 and 1906, there is Guazzoni House, named after the owner, master builder who carried out the work.

The chiaroscuro (light-dark) of the volumes is here played on the plasticity of wrought iron and cement, moulded into shapes of female heads, cherubs and plants foliage, with intertwined flowers.



Galimberti House



ex cinema Dumont



The area of Malpighi Street and surroundings is a "village in the city" characterised by its ecological touch and sophistication. To be discovered:

Eating at Mimmo, 34 Sirtori Street, also appreciated for its atmosphere.

Sleep at Locanda del Pino, cozy B & B in 28 Melzo Street.

Browse among the jewels of "Anthozoa", in 7 Malpighi Street, between the teas of "La Teiera Ecclettica" in 30 Melzo Street, among the scents from all over the world of "British Book" on the same street at n. 34.

Reserved to the real ecologists: "La Città del Sole" for those who love to play and Naturasì, the famous Supermarket.

There's also the Brompton Junction shop, highly popular, where you find pocket bikes or nearly so.

To complete the spectacular view of **Malpighi Street**, just down the road, on the square, at 2 Frisi Street, dominates the façade of the former **cinema Dumont**, graced with flowers and ribbons in concrete and a woman's head that dominates the top tympani.

The building created in 1905 by the architects **Tettamanzi and Mainetti** to accommodate over 500 spectators, now contains the Venice Library, cultural hub of the neighbourhood.

A district with scenes from **Belle Epoque**, has gradually developed a connotation of **eco-friendly** animated by **fil rouge** of respect for the environment. In its streets on a human scale, not surprisingly almost without traffic, it breathes a cheerful atmosphere that seems to want to project from the past in a happy future.



# The risorgimento heroes

The path continues in an area with streets and squares dedicated to the Italian Risorgimento heroes, i.e. **Bixio**, **Fratelli Bandiera** and **Pisacane** just to name a few.

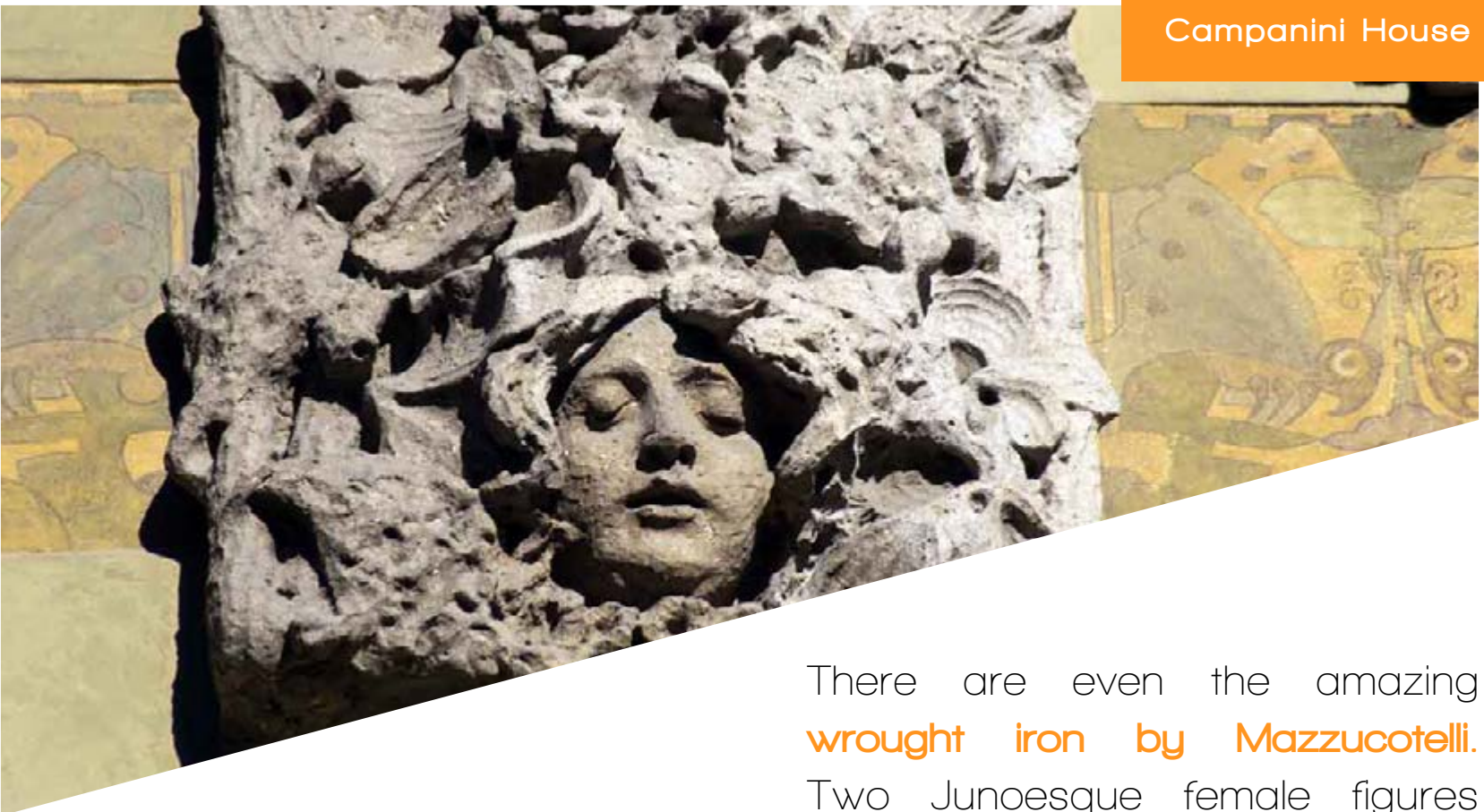
On these streets, in fact, one is struck by an incredible row of Liberty palaces, deployed on the side of the even numbers, 12-20, in front of a low newer building that houses a school.

Built in the early years of the century, they are surprising for the continuity of the architectural design and the restrained elegance of the decorations formed from time to time by refined forms of concrete on the framing of windows or doors, by **delicate floral motifs or wrought iron worked with such delicacy to look like laces**.

Cambiaghi House







Campanini House

At **11 Bellini Street**, the arch. Alfredo Campanini designed his house, precisely **Campanini House**. One may think that he was free to give the best of himself since he did not have to come to terms with clients.

Furthermore, it was built in **1906**, the same year of the World Expo, that helped to launch activities, whether or not from craftsmanship, in an atmosphere of general enthusiasm for the potential that the innovations could bring. The building is, in fact, a masterpiece of elegance and balance of solid and void, with successful patterns of architecture and applied art, **floral inserts on cement** plaster in delicate light green, stained glass, painted bands.

There are even the amazing **wrought iron by Mazzucotelli**.

Two Junoesque female figures in cement designed by Michele Vedani on both sides of the entrance, unlike those created by Bazzaro in **Palazzo Castiglioni**, did not cause any scandal, perhaps for the hidden position of the building which lies in a tight angle, and still stand in the same place.



Campanini House's gate



Built in **1902**, at number 8, one can find the interesting building constructed by Bonomi in **Corso Vittorio Emanuele**. The use of iron and glass reminds contemporary overseas or Anglo-Saxon buildings.

Here **the iron sight** not only performs the function of supporting structure, but becomes a **refined ornament** with protruding volumes, arabesque and fancy shapes while the large windows give the building a sense of lightness.

The current building's interiors were designed by architects John and Lorenzo Muzio, who also built the building next to it in 1963 to complete the block.

For those wishing to experience the thrill of living in a historic Liberty Palace, you can choose the "Celebrity Top Suite" <http://adtoday.it/vivere-un-sogno/> within "The-Place, Luxuryaccommodations".



Vittorio Emanuele Street



Made in 1903 in real Liberty style, the **Ferrario House** was constructed in 3/5 Spadari Street by Arch. **Ernesto Pirovano**.

The simplicity of the building appears modified by the rhythms of the horizontal deck with three balconies and columns and supported by corbels in the shape of a griffin, which appears ennobled by the tunnels of **Alessandro Mazzuccotelli**, the most famous craftsman of wrought iron, who also seems to have the ability to impart motion and

energy to the inertia of the metal with his imaginative work.

At number 9 of this ancient road, that, like many other of the centre of Milan, takes its name from what once took place there, is "**Casa Peck**" (**Peck House**) with its Liberty decorations that seem in tune with the buildings that precede in a homogeneous architectural street.

Spadari Street, Casa Peck. At the lower floors, there is still a historical store of gastronomic delights, a forerunner of passion for quality food, praised even by Gabriele D'Annunzio.





# The liberty style aquarium of expo 1906

What cannot be missed along the route of the bike path is the **Civic Aquarium** in 2 Gadio Street.

The building was opened in **1906** for the **Universal EXPO in Milan**, at a time when Milan spent great means to prove its modernity and success.

Here was the stand dedicated to fish farming that the arch. Sebastiano Locati had built between the **Castle and the Sempione Park**.

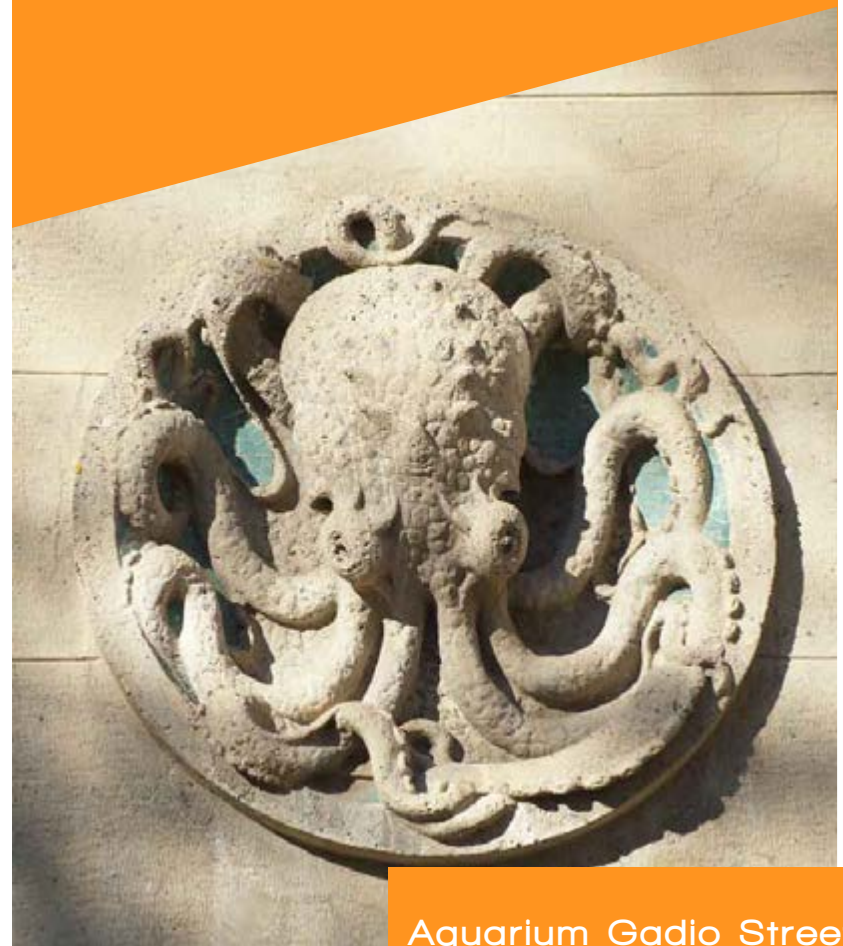
It is one of the **top aquariums in the world**, certainly of great impact with concrete inserts made by the Chini Company, ceramic friezes and the fountain with an hippopotamus head, dominated by an imposing Neptune.

Among aquatic plants, fast goldfish quiver in the water, unaware witnesses in a historic setting.

Connected through a winding bike path, there is Corso Garibaldi. For long pedestrian stretches, definitely "bike friendly" for the presence of Rossignoli, the historic store that, among other things, provides DIY service to inflate tires.

Eating: at n. 26, "Re di Coppe e Piatti" offers exquisite Sicilian cuisine at reasonable prices <http://www.saporinews.com/2014/05/sapori-e-atmosfere-di-sicilia-da-re-di-coppe-piatti>

Pick into n. 44, for South African products and wines, do a little gym at n. 50 in Centroara, specialised in Pilates, just to pleasantly relax your contracted muscles.



Aquarium Gadio Street



# MARTESANA CANAL



INDEX

MILAN



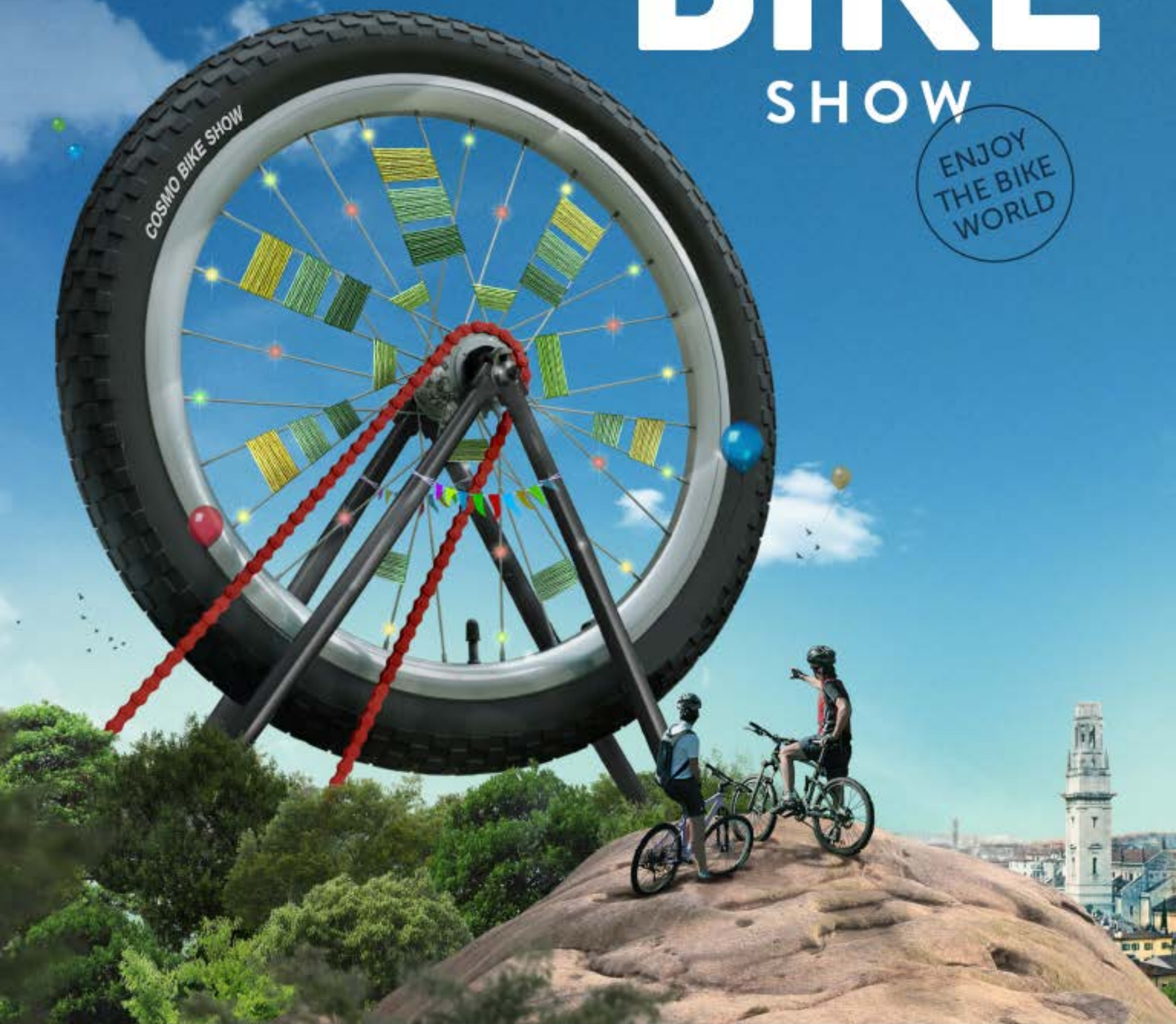
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ON BIKE



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# MARTESANA CANAL



This route, even if part of one of the landmarks of modern Milan, the San Marco area with its skyscrapers, follows a path that has more than 500 years, that sinuous unravels the busy streets of Milan, up to the Adda river, through the then 16th century **MARTESANA** county.

We'll talk just about that history and what is currently living along the banks of the **MARTESANA CANAL**. The **route is flat** and spreads for 36 km. At the end you can decide whether **to go back on a bike or with a comfortable train**.

# 39 km

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GPS TRACK





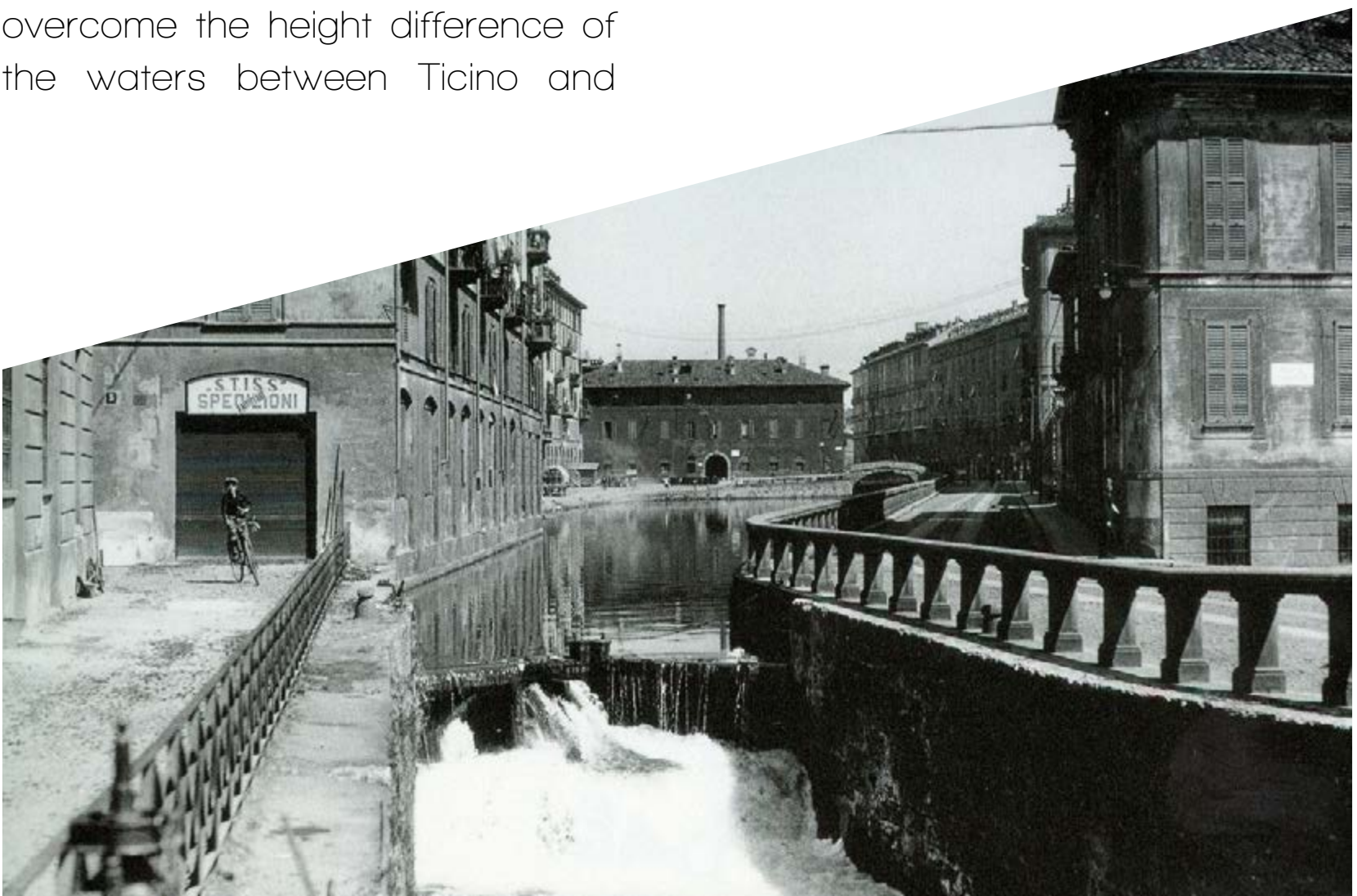
## A bit of History

In **1457 Francesco Sforza**, wished to build a canal, which from the castle of Trezzo mounted up in the heart of the city of Milan, to give a boost to navigation in the Padana Valley, already crossed over the centuries by the boats of the Etruscans and then the Romans, experts at creating artificial channels to complement the many natural waterways. In **1496 Ludovico il Moro**, to complete the connections, asked **Leonardo da Vinci** to join the waters of the Martesana with those of the Navigli Milanesi internal trench. It was to overcome the height difference of the waters between Ticino and

Adda which Leonardo built the San Marco's basin.

To one side, two closed hatches for regulating the inflow and outflow of sailing water, and on the other side water flowed unimpeded to provide motive power for crafts.

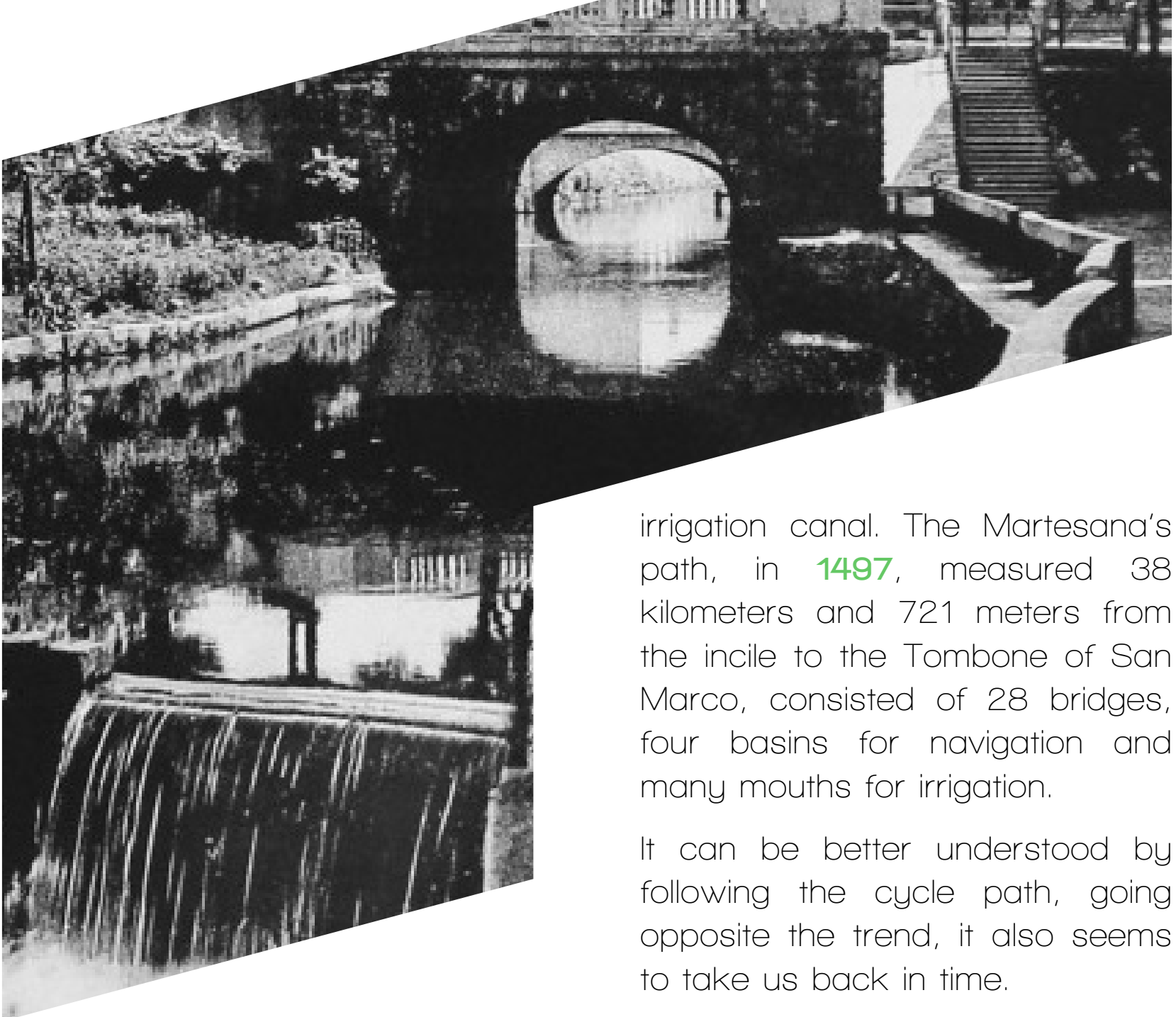
Downstream from where waters were joined together to fall, then, in the wide expanse of water that covered the width of San Marco where today are located the car parks.





From the city centre, following up the canal's waters, on barges pulled by horses, it would be achieved, centuries later, the villas built on the banks, often places for kings or emperors like **Maria Teresa of Austria** or **Napoleon** to stay in.

Navigation on the Martesana would end with the coverage of the ring of canals, which began around **1930** and ended in the 60s, when it was downgraded from transport channel in an



irrigation canal. The Martesana's path, in **1497**, measured 38 kilometers and 721 meters from the incile to the Tombone of San Marco, consisted of 28 bridges, four basins for navigation and many mouths for irrigation.

It can be better understood by following the cycle path, going opposite the trend, it also seems to take us back in time.



# Across the river and into the vineyards

*‘ A trip to Rovereto by bike ‘*



**Adige cycling path:** Trentino is traversed by one of Europe's most spectacular bike trails, which runs along the path of the ancient Via Claudia Augusta.

Pedaling along the river and through the vineyards you'll encounter:

- Rovereto's Mart (Museum of Modern Art) and War Museum
- medieval castles
- villages rich in history
- biotopes, ideal for bird-watching
- vineyards and wineries which produce excellent wines and sparkling wines
- equipped bike service stations

From Rovereto a short and easy ride will lead you to **Lake Garda** or to **Trento**, which is an easy ride for you and your children. There are dozens of bike-friendly **hotels** and **B&Bs** along the Adige cycling Path, offering you a locked bike area, a kit with maintenance tools and a quick wash & dry laundry service. You will also find an **infopoint** with information and hotel reservations directly along the bike path in Rovereto.

**Rovereto. Discover, experience, taste!**

Tel. 0464 430363  
[visitrovereto.it](http://visitrovereto.it)



#roveretobike? I like !



follow us ...





# Let's Start!

The route of the cycle path begins in San Marco street with the Tombone, painted in dark colours from the Scapigliatura Milanese movement, continues north, with the famous Conca and the customs and passes under the Ponte delle Gabelle (Bridge of Taxes), to exit in Melchiorre Gioia Street, and from here continues towards the north all the way from Melchiorre Gioia until Martesana's waters reappear at Casina de Pomm or de Pomi.

The cycle path begins to follow the path of the canal with gentle curves, **between neighbourhoods with distinctive working-class**

**remains of old mills and green oasis, as the recent Greco garden, surpassing succession of villas that overlook the water, such as those of the "Crescenzago's Riviera Milanese" or steeples of churches and "courtyard houses".**

El Tombon de San Marc, historic bar/restaurant in Milan at the corner of San Marco Street and Montebello Street, ideal for drinks and dinner with friends

Pasticceria Martesana - 14 Cagliero Street. Open daily from 7.30 to 20.30.

[www.pasticceriamartesana.com](http://www.pasticceriamartesana.com)

The pastry's chef Davide Comaschi is a winner of the chocolatiers' world championship.







follows the path of the water, untangles between **Greco and Gorla** in an easterly direction to Padova Avenue. If the canal is the water for the gardens, the cycle path is the air for those who survive in the city: Sunday cyclists for the trip out of town, daily cyclists who go to work; mothers with children, youngsters with dogs, breathless joggers.

All together and everyone for themselves here there is room for everyone, as you reach the intersection at Padova Avenue, at the home of the **Alpini di Crescenzago**, then turn left at Idro Street until you cross the Lambro.

And it is at the **Cascina de Pomm**, that on December 13th , 1986, a group of riders led by Luigi Riccardi met to free what would become the Martesana bike lane from the brambles that obstructed it.

It was on that day, thanks to the efforts of **Riccardi, founder of Ciclobby** and later president of **FIAB**, that the bike lane that we are describing opened.

In 2014 the bike lane was entitled to his name as a sign of respect for his efforts on promoting the use of bicycles.

In the first part, the cycle path

Home to one of the Italy's most famous cabaret: The Zelig.

[www.areazelig.it](http://www.areazelig.it)  
140 Monza Avenue, Milan

02.2551774



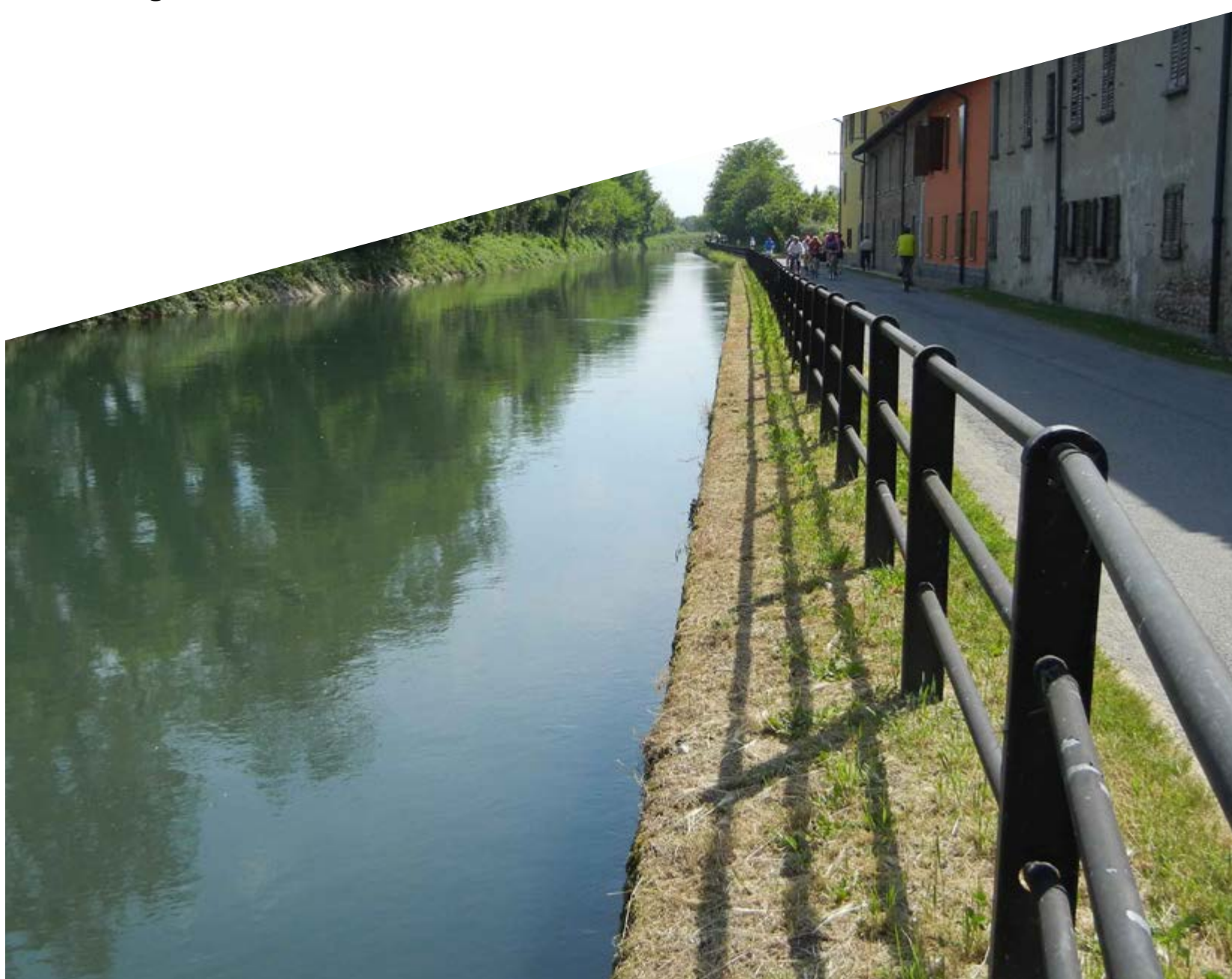
# Where the countryside begins

After about **6 km from the start**, we will get to Cologno Monzese and then to Vimodrone where the path runs alongside the meadows with playgrounds and farmsteads.

The grounds are wider, reviewing the mountains on the horizon and is perceived to be the beginning of a journey that is also in the Lombardy history and culture.

From the other side of the waterway are reflected the

Milanese aristocratic villas: **Villa Cazzaniga and Villa Alari Visconti**, towards Cernusco, eighteenth-century "**Villa di delizia (Villa of delight)**" described in the '700 by Pietro Verri, and then climbing up will meet **Villa Borromeo and Villa Melzi**, where **Leonardo da Vinci** lived. He studied, painted and designed the canal.





After Bussero and Cassina de Pecchi, you enter Gorgonzola, **about 15 km from the start**, where in addition to the Villa Sola Busca Serbelloni and the adjoining garden, the track narrows right in front of a curious wooden building, overlooking the canal as a bridge but it is closed as a house, with windows and internal living rooms and connecting Busca Street with a private condominium.

The curiosity to seek access to the building leads to discover a **beautiful mosaic of the Madonna and Child**. Just a few tens of meters to the left, it's worth taking a look at the old mills.

In Gorgonzola there is a lovely restaurant terrace on the Naviglio "The Stazionetta", accessible through a pedestrian bridge, put there just as we do not need to resist to our stomach attentions, especially at lunchtime.

[www.lastazionetta.it](http://www.lastazionetta.it)

Open Monday to Friday from 6:00 to 20:00 (breakfast and lunch).  
Saturdays 6:00 to 00:00 (breakfast, lunch and dinner).

Closed: Sundays 8.30 until after lunch (breakfast and lunch)  
... By popular demand it may open every Sunday.  
Summer closure: 9th to 24th of August.  
Reopening: 25th of August.





Soon after Gorgonzola, **Villa Fornaci**, **Bellinzago** and then **Inzago**, (nearly **24 km from the start**) are immediately recognizable for the spire of the octagonal tower of Villa Aitelli Vitali. At Cassano, in a place called "La Volta", the Martesana curves north, to bathe first Groppello, with the basin, and Ruotone, and then Vaprio.

In Cassano, where we will have accumulated a route of about 27 km, here's another dining venue that deserves our attention: it is "Il Buco (The Hole)", tavern in Groppello. Behind the counter the kind lady Teresa ensures that the restaurant keeps faith to its dedicated kitchen and cooks frogs, fish and snails.

50 Fara Street, Cassano d'Adda.  
0363 64998



33,0 km



# Biking along the waterway



After Groppello, about one kilometre from Casino, the path becomes so scarily pretty. Rough, without banks and without lights, and even of the natural very little filters.

It is on the left along the waterway and on the right a few meters from the Addax.

It's the **north of the Adda's park**: much of it is **forest** not grass, **humidity**, **smells** of plants and animal sounds. **But also silence**.

Few kilometres and a few people after you get to Vaprio d'Adda.

From Vaprio, crossing the Adda on a wooden walkway, built by Cristoforo Crespi, you can make a digression to Crespi d'Adda, **to see the old factory town**.

Ideal to get there at lunchtime and eat while watching the slow flow of the Adda.

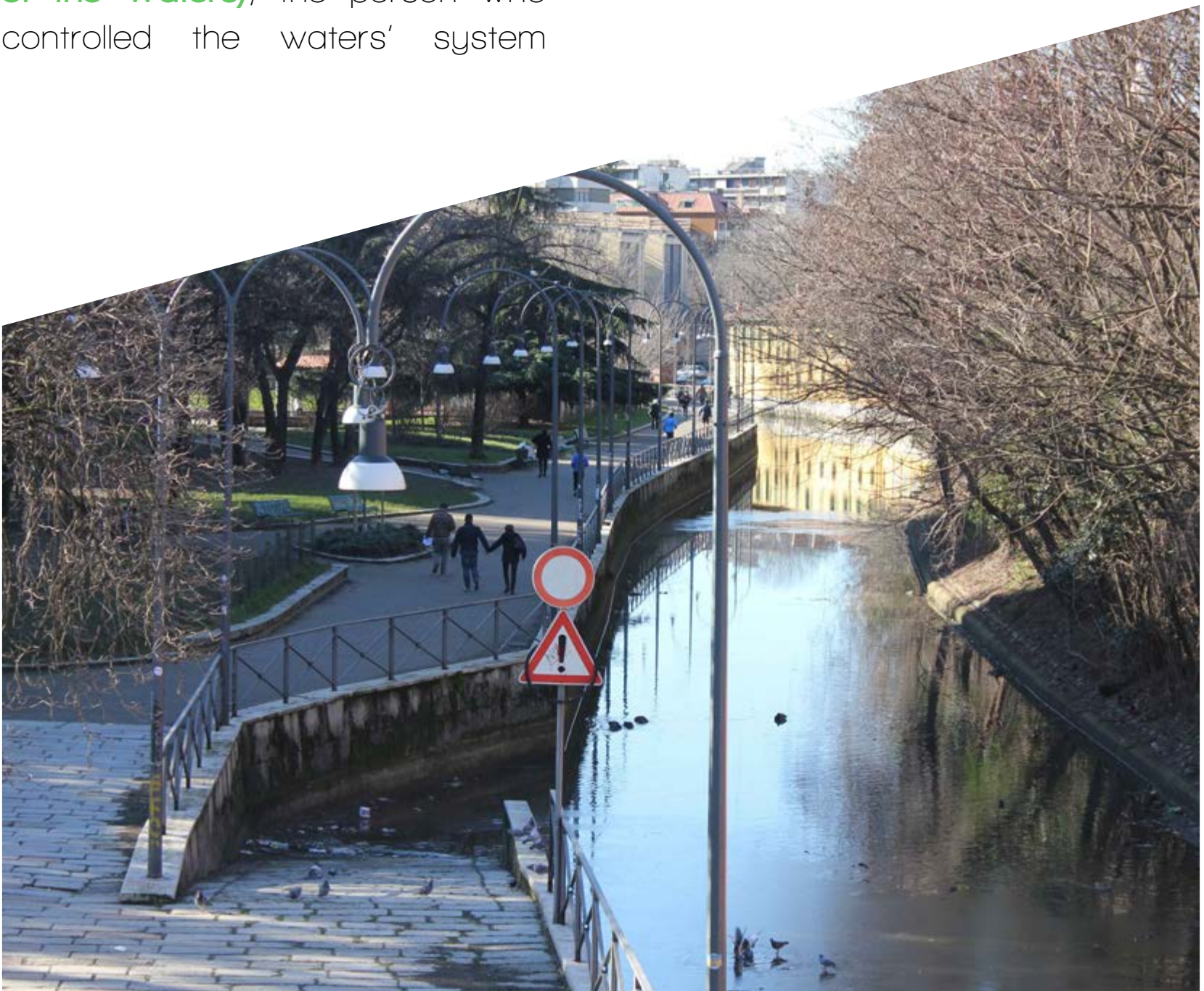
4 Libertà Square, Canonica d'Adda (BG)  
Phone: 02.9094048  
[www.terrazzamanzotti.it](http://www.terrazzamanzotti.it)



The current latest incile of the Martesana is Concesa. The original is more forward in Trezzo d'Adda, an outcropping rock still clearly visible from the bike path that continues along the fascinating river Adda, including Leonardo's landscapes and industrial archaeology.

In Vaprio, close to the end of our journey, **here we are 33 km away from Milan**, you also pass next to the **Casa del Custode delle Acque (House of the Guardian of the Waters)**, the person who controlled the waters' system

between the river and the canal and who collected payments. But this is also a point of view of a certain beauty that inspired among others Bernardo Bellotto for "four views of Vaprio and Canonica". Leonardo also studied and drew inspiration from this point of view - Villa Melzi d'Eril is at walking distance- so that, in the recent renovation of the building was included the **Leonardo in Adda Interactive Gallery**.





## Where the canal arises

The bike path that had disappeared to make way for the road reappears at the end of the incline that leaves behind the **Vaprio Bridge**. It is like the previous stroke, rough and wild, so beautiful (depending on your point of view).

And as before, there are elderly people who walk and boys running because dirt does not necessarily mean abandoned or forgotten.

After a few kilometres of forest, there is paradise, you find **Concise**, the fraction of Trezzo d'Adda where the Martesana Canal arises. Observed, guarded but also protected from the **Santuario**

**della Divina Maternità** (Shrine of the Divine Maternity), the canal arises here, in the last corner to the northeast of the province of Milan but with some fresh air and fragrant vegetation.



"Al lavatoio"

13 Alzaia Street, Trezzo sull'Adda.  
Phone: 02.9091586

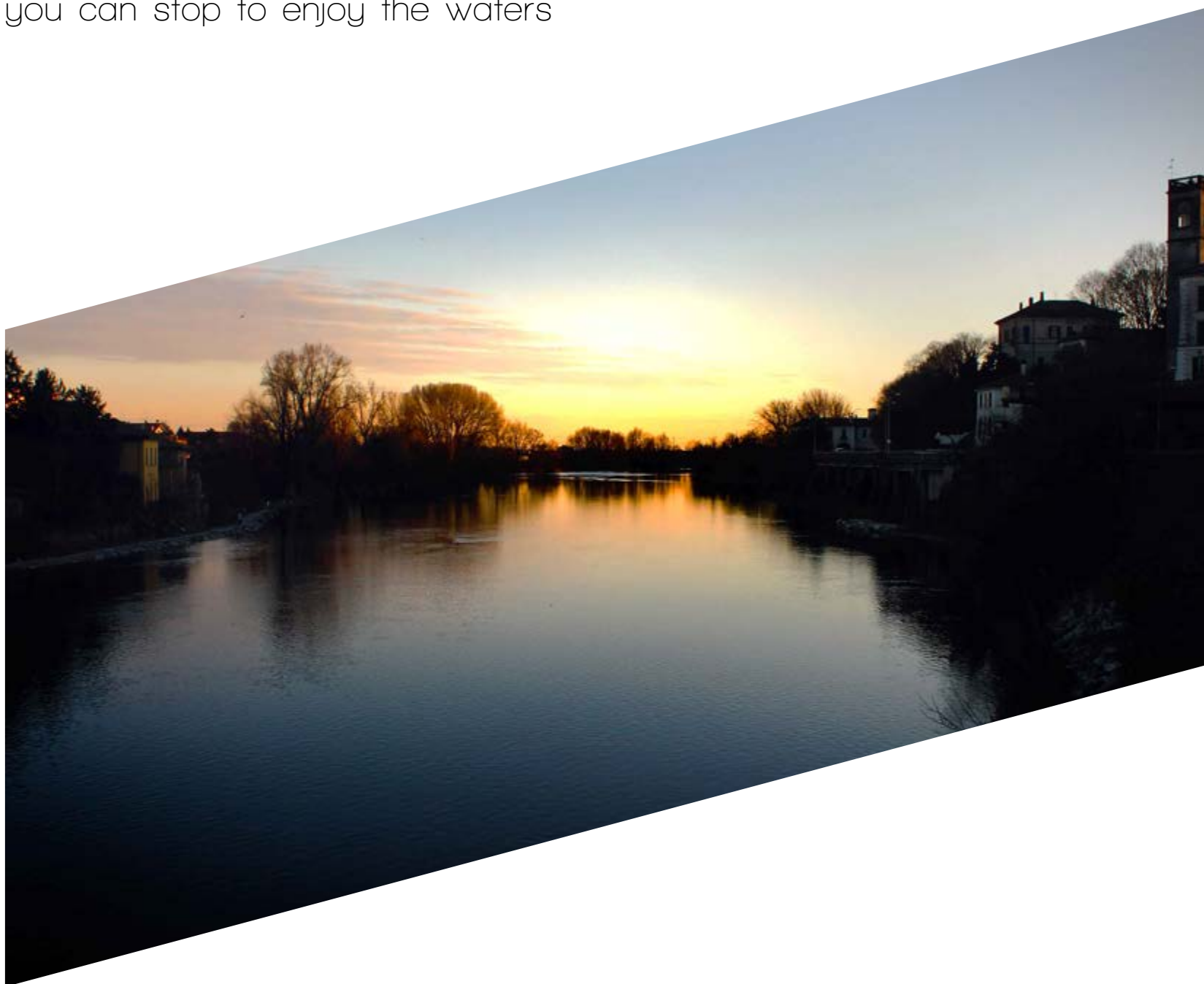
The Adda River locates the restaurant, downstream of a dam in beautiful art nouveau style, behind of which the river makes a bend, creating a magnificent scenery to be seen.

On the shore you find large quantities of splashing swans, ducks, moorhens, kingfishers and other birds.



From departure, we have covered **about 36 km**. The cycle path goes left and continues as a narrow path, a short distance from the water and with a little effort you get to the Adda's dam, where you find the Visconti Castle and Tacconi hydroelectric plant. Here you can stop to enjoy the waters

tranquillity. But the cycle continues, and as a lady that has found its time, runs towards the Adda's swans and the **Paderno Canal**, up to **Manzoni's Lecco**.



For returning you can go back the same way, if your legs have the agility of other **36 km**. Otherwise you can fall from Concessa in Cassana d'Adda long before the canal and then the Muzza channel, until you cross the railroad tracks, where turning right is the Cassano station (from Cassano is about 1 km) **to get a comfortable train that brings you back to Milan**.



# BETWEEN THE TWO CANALS IN THE SOUTH PARK



INDEX

MILAN



[viagginbici.com](http://viagginbici.com)

ON BIKE



## BETWEEN THE TWO CANALS IN THE SOUTH PARK



The history of Milan would be very different from the one we know if the city and the province were not so tied to the tangle of water, canals, rivers, streams and ditches that unfold like a spider web between the centre of the city and its countryside.

After the rationalization of canals and ditches, up to date, in the province of Milan run 370 km of waterways. It is from this extensive irrigation's network that draws the landscape of **South Milan Agricultural Park**, which together with the **canals** will be the backdrop to our journey of about 40 km.

# 40 km

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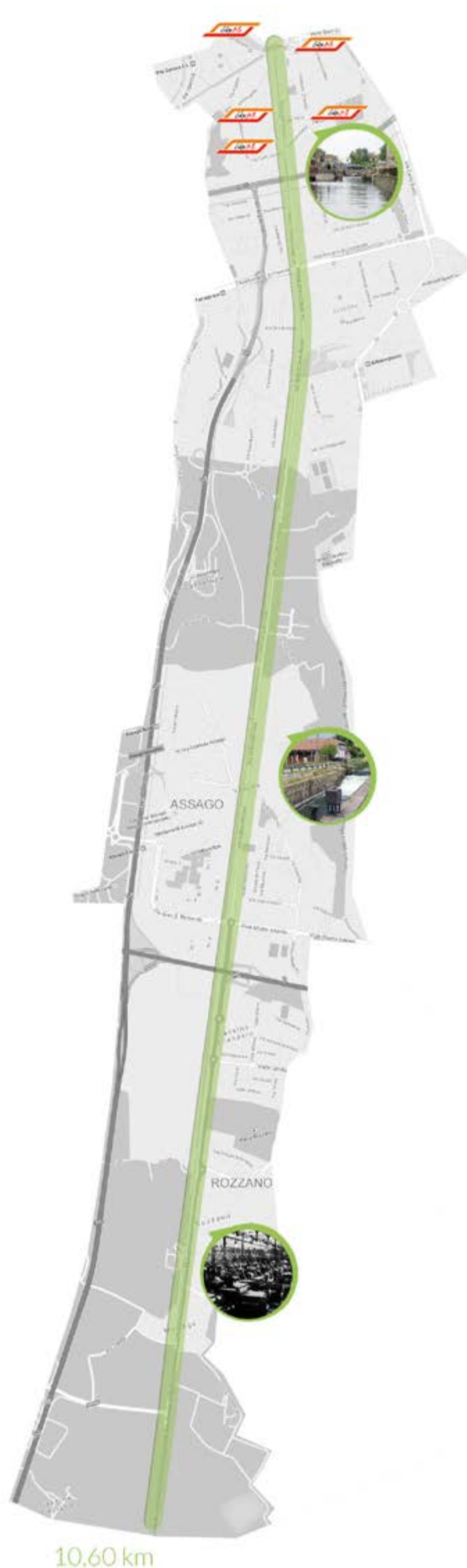


# Let's go!

Departure is from **Piazza XXIV Maggio**, the large space recently renovated overlooking the marina. This was the **historic port of Milan** up to 31st March **1979**, one of the most important ports of goods in Italy, where in addition to the food that arrived in the city from the countryside, landed barges loaded with sand piled up along the banks, had suggested to the old Milanese the nickname of the area still in use: **THE SABBIONI**.



XXIV Maggio Platz





# A bit of some road trip...

Our route, along the canal that runs on the right, runs along the **Alzaia Pavese (towpath Pavese)**, where up to **Milanofiori** there is a lot of traffic that it is better to be very careful.

The first stage **LA CHIUSA**, also called the **Conchetta** for as little space given to maneuver, then, after crossing Tibaldi Street you continue leaving behind the overpass Schiavoni. After a couple of miles appear **CONCA FALLATA**, so called because the abandonment of the work had thwarted the use of the waterway. Fallata means in fact wrong, but with a wry sense...

Erba Brusca Restaurant.

286 Alzaia Naviglio Pavese, Milan

The most appropriate definition of this restaurant is "garden with a kitchen": the outside is a garden (where guests can eat during summer), where they grow aromatic herbs and vegetables in season, raw materials for its dishes and a symbol of this kitchen.

[www.erbabrusca.it](http://www.erbabrusca.it)



Conca Fallata



## ...the cycle path begins...

Peddalling **for 3 km, about 7 from the start**, we get to Milanofiori and its commercial centre. Here the exclusive path dedicated to bicycles begins.

Before passing under the bridge of the ring road, in a small picnic area, you can see nutrias or wild rabbits searching to consume their daily meal.

The bridge seems to be the virtual border between Milan and its countryside, passing it, we will have the feeling that the city world has closed behind us.

Soon we arrive to **Rozzano**, where we can admire a rich system of weirs and a crystalline waterfall. If there is a breath of wind, the steam raised from the water will give us a nice cool feeling.

### Trattoria Burlagiò

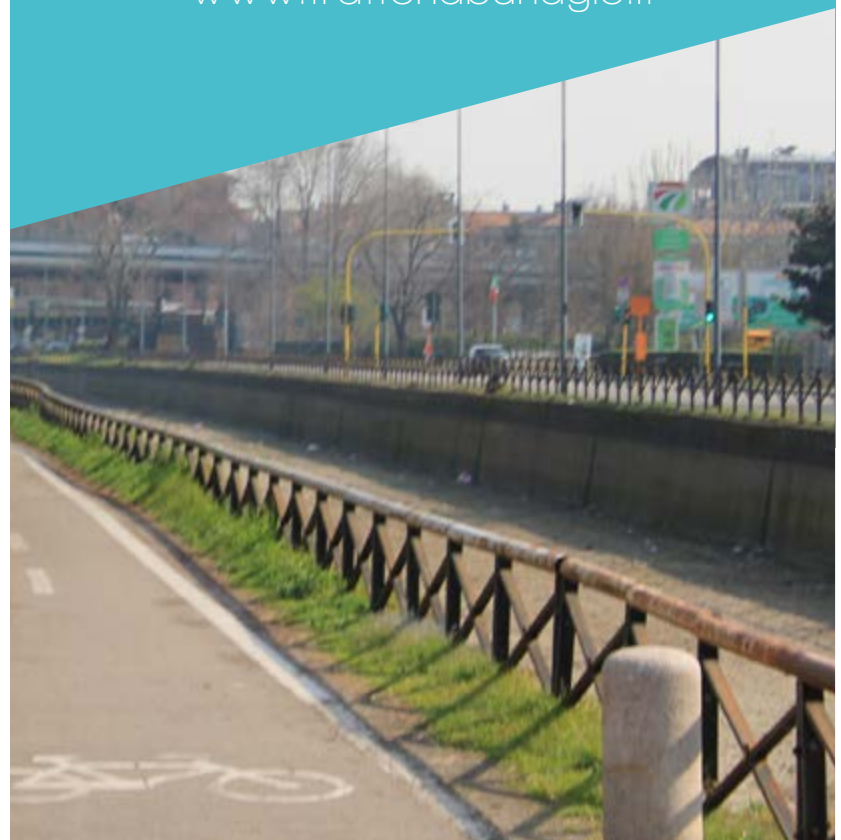
The Trattoria Burlagiò is a Milanese tavern that rises on the banks of the Naviglio Pavese, where you can taste regional tradition dishes. The first most requested dish is the mythical yellow rice. Among the typical seconds to stand out are the breaded veal cutlet, ossobuco (often served as a main dish along with yellow rice) and Cassoeula.

Trattoria Burlagiò - 12 Pavese Street -  
20089 Rozzano Vecchia (MI)

Tel. 02.8250046 - Fax. 02.8258357

Closed Sundays and Saturdays at noon.

[www.trattoriaburlagio.it](http://www.trattoriaburlagio.it)



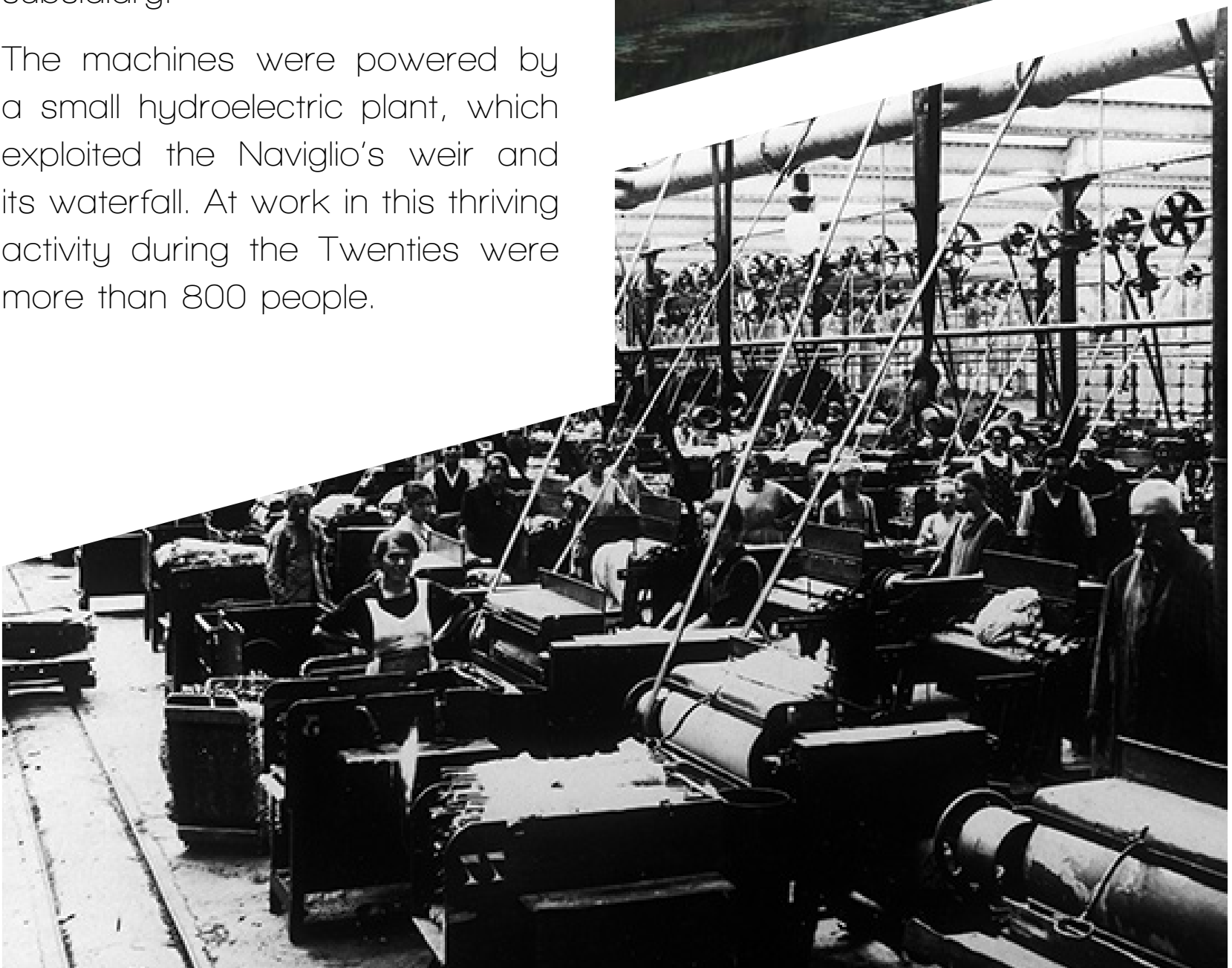


## Silk Factory

Next to the weir, a small distance between the Giovi highway and Naviglio Pavese, there is an old abandoned building, actually a piece of industrial archaeology, among the most important ones.

It is indeed a testimony of the Milanese industry of the early twentieth century, the factory, in disuse for fifty years, the *Société Anonyme de Filatures Schappe*, a French national company, was specialized in the production of silk, which had opened in 1907 in Rozzano as the only Italian subsidiary.

The machines were powered by a small hydroelectric plant, which exploited the Naviglio's weir and its waterfall. At work in this thriving activity during the Twenties were more than 800 people.





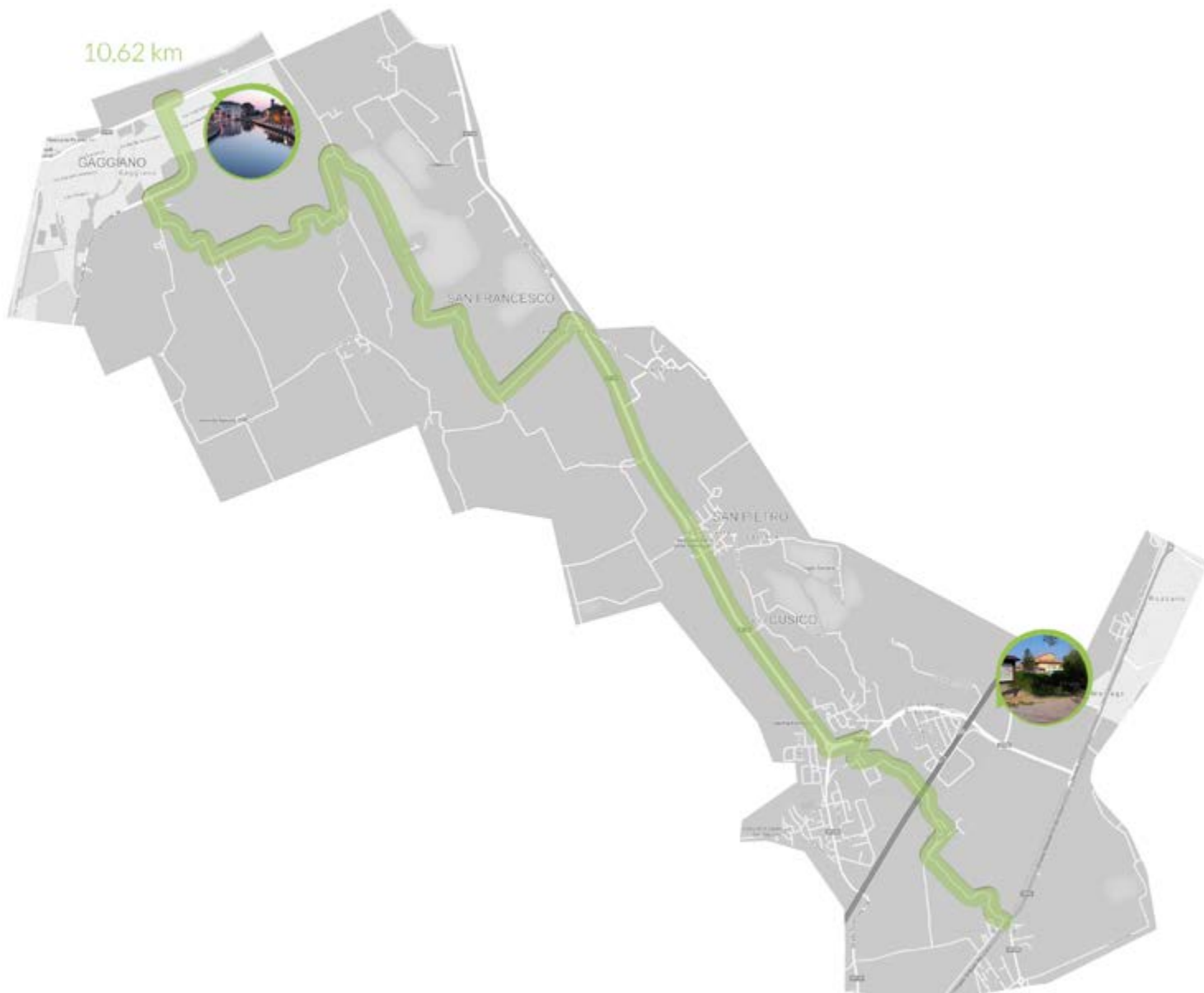
# Mills, orchards and fields



After the mill, **over 2 to 3 km** we cross **Moirago** and graze **Zibido**, without crossing the town of which we do not even notice the sign.

As we continue to pedal along the path that runs straight on the right side of the waterway, we note that the dwellings will increasingly rare, replaced by orchards first and then fields.

Along the shore, patient fishermen wait to see the rod bend and the fish take the bait.





At about 11 km from the start, just before the small village **Badile**, there is a map sign with the South Agricultural Park routes perfectly designed and an iron bar to deter cars to go on the cycle path. The sign on the left indicates **"Caggiano - Naviglio Grande"**.

After passing the bar with our bikes, we will have to follow the signs to **"Naviglio Grande"**, our intermediate destination, before going back to Milan.

### Moirago's Old Tavern

The location is historic, the place was built back in 1250 and has become a Tavern in 1478. This is the Old Tavern of Moirago in Zibido San Giacomo in Milan. The tavern serves classic Mediterranean cuisine with specialties from Lombardy; the dishes are both fish and meat. Pasta and desserts are homemade.

4 Pavese Street

tel. 02.9000.21.74

fax 02.9000.33.99

[prenotazioni@anticaosteriamoirago.it](mailto:prenotazioni@anticaosteriamoirago.it)

[www.anticaosteriamoirago.it](http://www.anticaosteriamoirago.it)



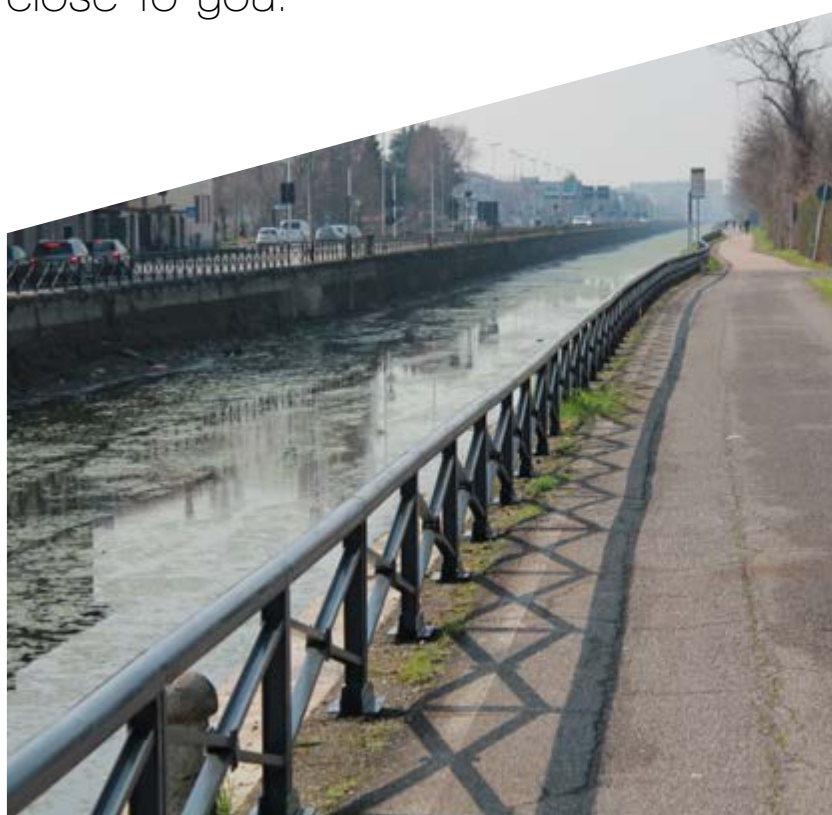


# Agricultural south park

A good number of 9 paths meander through the **Agricultural South Park** and often intersect each other. Those we now choose are Route 5 or blue (Badile - San Pietro Cusico) and the Route 4 or pink (San Pietro Cusico - Caggiano).

After passing the bar, we will alternately see in our route stretches of clay to paved stretches.

Two or three open spaces with benches invite us to give ourselves a short relaxation. Going back on the saddle, after a ride, you will have the feeling of being light years away from the busy city, while mountains will seem next close to you.



## Cascina Cà Granda

The vineyard, located in the heart of the South Agricultural Park in Milan, covers an area of about 90 hectares. There are planted corn and fodder, for the healthy nutrition of the herd, and a small part of rice cultivation typical of the area. The old stable has been restored and opened to the public: it is here that are sold raw milk quality, dairy cheese, obtained with the milk's workmanship, and rice cultivated with techniques that respect the environment and elaborated as once, without preservatives and bleaching. The machine and the milk distributor of products (bottles, rice, honey, yogurt) are open every day of the week from 8 am to about 8:30pm. The dairy farm (fresh and aged cheeses, cold cuts) is open only on Saturdays and Sundays from 10am to 12 and from 4 to 7pm. Zipo farm dr. Marco Pozzi - Cascina Ca 'Grande - Via San Giacomo 15, Zibido San Giacomo (MI)

[marco.pozzi@zipo.it](mailto:marco.pozzi@zipo.it) - 338/7916753

[elisa.pozzi@zipo.it](mailto:elisa.pozzi@zipo.it) - 349/2601886



In fine weather, stands the skyline of Resegone, the Mount cited by **Manzoni** in the first pages of his "**The Betrothed**".

*"The coast, formed by deposits of three large rivers, leaning down to two contiguous mountains, one called San Martino, the other, in Lombard dialect, Resegone, from many of its summits in a row, it makes it look like a saw: so that is not who, at first sight, even if it is right in front, as for example as walls of Milan who look north, do not discern at once, to such a mark, in that long and wide dewlap, from other darker named and of most common form."*

*(The Betrothed, Alessandro Manzoni)*





# The water meadows

In addition to the Resegone you can see the Grigne, Milanese climbers' gym, and farther Monte Rosa with its imposing size. Looking down, much closer to us, now we see the **MARCITE (water meadows)**.

**Characteristic cultural technique of the Po Valley** fields had been used for the first time in the grange, large farms owned by the abbey scattered in the area, from **Viboldone** to **Mirasole** or **Chiaravalle**, just to name a few that are worth a visit. The ancient

technique consisted and consists of the springs' water usage, even in winter.

While in summer the lawns are watered regularly, in winter continuously. So that the spring water flows throughout the year with a constant temperature of between 9 °C (in winter) and 14 °C (in summer), by keeping it in constant motion and slightly degrading the ground, preventing the soil from freezing.





In this way the vegetation's development continues even during winter, making it possible to perform at least seven denominations of forage per year (but often also nine), against 4-5 obtained with another type of cultivation.

Continuing to ride, about a mile from the junction, you'll actually drive along one of the **1400 farms of the park** and face a gentle slope that will allow us to overcome the highway Milan - Genoa.

Completed the descent and crossed Zibido San Giacomo, before continuing on rough road that will lead us to San Pietro Cusico, where itinerary 4 starts. To do some math: **from the waterway's junction we have left behind about 3 kilometres**, while from Milan the kilometres will be 15.



L'Osterietta Restaurant - Pizzeria

Lombardy's typical cuisine, with possibility of pizza. It is open from Tuesday to Sunday (closed on Mondays)

From 12.00 to 2.30pm

From 7pm to 11.30pm

62 XXV Aprile Street

San Pietro Cusico, fraz. Zibido San Giacomo (MI), 20080

Tel. 02.90.00.24.83



# The oasis of Boscaccio

Once left **San Pietro**, there are nice views with ditches and canals that will accompany us to the Natural Reserve **of Lake Boscaccio**. Here we are **20 kilometers from the start and about 18 to arrival**.

The Boscaccio is a truly spectacular natural oasis, made with discretion and respect for nature of an abandoned quarry.

Obtained with other similar procedures, it is primarily distinguished by its size, since its extension, over 35 hectares, places it among the larger ponds in the Milan Province, surpassed only by Idroscalo.







Cascina Boscaccio

Moreover, over the years, the Boscaccio characteristics have proved ideal for resting migratory birds and nesting of many rare species and not.

Within happy Boscaccio inhabitants do not only appear birds, but in the lake, 5 meters deep, are hosted **numerous species of fish and amphibians** which fans can see up close thanks to diving courses locally organized by qualified instructors.

Other than spy on the inhabitants' movement in the depths of the lake, **the Boscaccio offers sports activities and enjoyment**, such as horseback riding or swimming lessons and boating. **The landmark is a farmhouse that hosts, from time to time, banquets and conferences.**

## Cascina Boscaccio

Cascina Boscaccio is an eighteenth-century's typical Lombard farmhouse that has preserved, unchanged over the years, the architectural features of simplicity typical of rural buildings in the region. Lake Boscaccio, around three quarters of the corpus of the farm buildings, is fed by numerous springs of pure water, and recreates a natural habitat typical of the Lombard plain. Together, structure and nature, give shape to a unique and charming location as the setting for fairytale ceremonies.

[www.cascinaboscaccio.com/](http://www.cascinaboscaccio.com/)



## Madonnina del Dosso



Left behind the Boscaccio by some pedaling, we find the '**Madonna del Dosso**', an isolated chapel built in the middle of the expanse of rice fields and surrounded by some trees, whose shade is particularly appreciated by cyclists, especially in summer. It is a small devotional church whose construction is linked to the discovery of a wooden crucifix that is still preserved in the Church. It is not known the construction date but for some already existed around the years **1280-90**.

Il dosso, the rise on which it stands and from which it takes its name, is not an artificial embankment but the original plan of the ground, around which in the twentieth century was dug to extract the clay layer for the manufacture of bricks.





# The Naviglio Grande

A few minutes away are **Gaggiano** and the path of the **Naviglio Grande** that will bring us back to Milan.

After the bridge, we move to the opposite side of the Naviglio Grande: where the path runs for about 13 kilometres until you reach the dock.

Along the way you will meet again farms, many of which are almost uninhabited. In **Corsico** you can make water supply from the '**Casa dell'Acqua**' (**Water House**), where the various taps of public drinking fountains gush out fizzing water, chilled and simple.

Water House





19 Quasimodo Street  
20090 Trezzano sul Naviglio (MI)

Cell. 346 408 4587

Tel. 02 84 56 97 36

Fax 02 84 56 97 34

[info@ristoranteangolosulnaviglio.it](mailto:info@ristoranteangolosulnaviglio.it)

Closed on Mondays

[www.ristoranteangolosulnaviglio.it](http://www.ristoranteangolosulnaviglio.it)

Angolo sul Naviglio Restaurant  
(the angle on the Canal Restaurant)

The restaurant is located in a building whose construction took place before 1233, and that since then hosted a tavern. The restaurant is characterised by being located directly on the canal, the kitchen and a glass porch, which overlooks a lovely garden with an original herb garden in tiers. The dishes are inspired by traditional cuisine, with particular attention to local ingredients.



Angolo sul Naviglio



From the Water House, **about five kilometres to reach** our final point which was also the starting one, and after traveling a path ring of about 40 kilometers back to the Darsena (dock) of Porta Ticinese, along the road that is again suitable for cars, we will first meet the **Canottieri Milano (Milan Rowing)** and then the **Canottieri Olona (Olona Rowing)**, historical Milanese sports associations.

Back in the chaotic frenzy of Milan, with our eyes still full of the Lombardy countryside images and inside our nostrils the scent of crops and grassland that we just left, we realize what these two speed worlds are separated from each other by only a few kilometres.

### Chiesa di San Cristoforo



Alta Luce Teatro (High Light Theatre)

192 Alzaia Naviglio Grande - 20144 Milano

348.7076093

Alta Luce is a theatre which offers courses in a former laboratory adjacent to the Naviglio, shortly after the Church of St. Christopher.

[www.altaluceteatro.com](http://www.altaluceteatro.com)





# THE WAY TO EXPO



INDEX

MILAN



[viagginbici.com](http://viagginbici.com)

ON BIKE



# SAMSUNG Galaxy S6 edge

NEXT IS NOW



Samsung Galaxy S6 edge è il perfetto incontro di materiali finemente forgiati tra loro. Un'armonia perfetta tra forma e sostanza fatta di materiali e tecnologia di primo livello. Colori ancora più vibranti grazie al display dual edge Quad HD Super AMOLED da 5,1" e fotografie perfette in ogni condizione di luce. NEXT IS NOW.

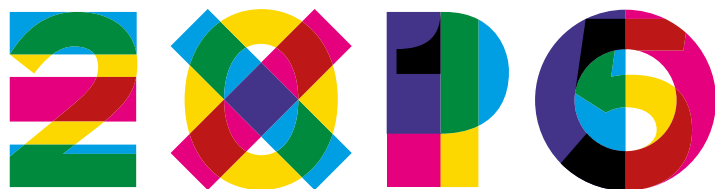
**SAMSUNG**



Samsung Electronics Italia è Official Global Partner di EXPO 2015.  
Tecnologie per un futuro sostenibile.



# THE WAY TO



A ride from **Piazza Duomo** to the **Expo 2015** site is a journey through the history and geography of Milan, that for miles and periods tell the tradition and the future of this city, Milanese and worldwide known.

For comfort you can take a **BIKEMI** bike, Milan's bike sharing, which for the occasion has made available 1.000 red bicycles with pedal assistance.

The track is completely safe: the cycle tracks alternate roads not too busy until you get to Cascina Merlata where racks are provided for at least 500 bicycles. From here on the Universal Exhibition which houses 80 pavilions and 145 countries.

# 12 km

DOWNLOAD  
GPS TRACK





## Let's start with the bike almost in hands...

It is nice to start our cycling though from **Mercanti Square**, in the homonymous street that begins in front of the Duomo and comes in Cordusio. Mercanti Square has a unique charm: it was built in **1228** –though before the Duomo– when the new Broletto "**Palazzo della Ragione**" was built.

Here the typical activities of the courts were managed, while the Square was for the traders, as well as the adjacent lodge overlooking the street. At the center there is

a well of the XVI century, while in front of the lodge are the **Palatine Schools** and the remains of a prison.

Today that building is a bank while the Palazzo della Ragione is returning to its true glory thanks to a major restoration, and hosts exhibitions of great photographers.

On a wall of the building there is the "**scrofa semilanuta**" (**half-wooly sow**), an animal which is associated with the origin of Milan, according to one of the legends. It is visible but we do not say where, it would be nice to be able to find it before you carry on pedaling. Across the road from dei Mercanti Street you find the **Palazzo Giureconsulti**.

It is a project of Vincenzo Seregni made in 1562; large staircases and beautiful halls host exhibitions and cultural events in an appropriate context. Few rides away and you get in Cordusio Square to cross in Dante street.





We hope to find a red light so, in the meantime, we can have a look at the Square that is designed by elegant buildings built between the end of **1800** and the beginning of the next century, according to Cesare Berruto's plan, taking on what we see today: **Palazzo Broggi** -the Stock Exchange from 1901 to 1932, **Palazzo of the Assicurazioni Generali** (of Luca Beltrami and Luigi Tenenti) and the **Palace of Credito Italiano**, whose first construction was of Luigi Broggi.

In front of our wheels instead a web of tram tracks, as Cordusio is the hub of communication routes that depart and arrive in the folds of the city.

Beyond the romantic view on track, we must be careful and remember one of the basic rules of urban cyclists: the tracks are "cut" with a trajectory of at least twenty degrees and when needed you must be able to support the entire sole of the foot on ground and not just the tip, the usual "measure" which adjusts the saddle height.

Mercanti Square



Duomo



# PLEASURE, NATURE & CULTURE

Info, hotel & tours on [www.bikehotels.it](http://www.bikehotels.it)

Discover the highlights of the sunny side of the Alps on South Tyrol's most beautiful cycling routes!





# Dante street... and then you pedal!

We leave on our right the statue of the '700s poet **Giovanni Parini** and take **Dante Street** with our bike in hands for only 500 meters enjoying the look at shops and buildings.

Today Dante Street is pedestrian, decked with flags, populated, chatted, watched. In projects at the beginning of last century, when the street was opened, it was going to be called **Sempione Street** and be an avenue together with Corso Sempione, which we will find later, clearing the **Sforzesco Castle** and perhaps its park. As in Cordusio Square, the finest palaces were built between the late '800s and the beginning of the next century; some are at the beginning of the street, number 7 and 9.

Since we are cycling you can turn right for Rovello Street and browse the headquarters of the Piccolo Teatro (Little Theatre). "Arlecchino, Servant of Two Masters" is Milan in the international world from 1947, year of conversion of the cinema Broletto to theatre, so that tradition together with internationalization are the tracks on which the Piccolo has traveled to date: **Theatre of Milan - Theatre of Europe.**



Palazzo della Ragione

In the heart of Milan's Palazzo della Ragione, the best exhibitions devoted to photography, from contemporary talents to the masters of the photographic language. Within six months of the Expo will be organized two exhibitions whose theme is 'A trip in the beautiful country' through the images of the most important Italian photographers. The largest photo exhibition ever dedicated to Italy in two separate but related times:

INSIDE March 21 -21 June 2015: Italian photographers

OUT July 1 -27 September 2015: World photographers

[www.palazzodellaragionefotografia.it](http://www.palazzodellaragionefotografia.it)



Taking once again left on Dante Street at the corner of **Cairoli Square**, there is an interesting international library named Melting Pot, here you find books in their original language from England, France and Spain.

From there, and a little further on, at number 2 San Giovanni sul Muro Street, you find the dal Verme Theatre, with two rooms: 200 and 1500 seats- for concerts, events and exhibitions. Dante Street ends on Cairoli Square.

At the centre of the square there's a monument to **Garibaldi** built in **1895** by Ettore Ximenes with its basement of groups fighting for revolution and freedom; instead its ornamentation there are Foro Buonaparte arms, these built towards the end of 1800. Rather are of nowadays the two Expo House buildings, for everything you want to know about the event.

## Piccolo Teatro

Since the beginning of the years 2000 the Piccolo has accentuated its international and interdisciplinary dimension, by standing as an ideal citizen and European cultural center. On its stages alternate plays and dance shows, exhibitions and film festivals, round tables and cultural studies.

[www.piccoloteatro.org](http://www.piccoloteatro.org)



Cordusio



# The castle

Carry on pedaling towards the **Sforzesco Castle**: it is impressive the difference in space from the road traveled so far and the open space in front of the castle. The new flooring then, without any restraints, exacerbates this difference -that is a beauty- and prepares the successive environments, the garden inside the castle and the **Sempione Park** soon after.

We can take the cycle path that goes around the castle from our right and brings us to the 'Arco della Pace' (Arch of Peace); or enter the Castle. During the project planning of the end '800s the Castle was a problem to pave.

Today is one of the symbols of the city; built as a defensive fortress between 1360 and 1370 by **Galeazzo II Visconti**, the work was then continued with the successors Gian Galeazzo and Filippo Maria, which transformed it into their residence.

## Teatro Dal Verme (Dal Verme Theatre)

Dal Verme Theatre belongs to the City and Province of Milan and is run since April 2001 - the year of its reopening - by I Pomeriggi Musicali Foundation. Dal Verme is the seat of the historic Symphony Orchestra I Pomeriggi Musicali, and is the site of a very complex and diverse programming that puts Milan on a vast landscape of music that ranges from classical and symphonic to the scenes of independent rock, from jazz to electronic music, from pop to higher expressions of international contemporary folk music.

[www.dalverme.org](http://www.dalverme.org)



Castello Sforzesco



Fortunately ended the period in which Milan needed a similar military construction, and passed the indifference of the city towards the structure.

**Today the Castle is the setting for cultural exhibitions, sporting events;** even the wide moat is one of the most picturesque locations where in September is organized the **Milan Film Festival**.

## Castello Sforzesco (Sforzesco Castle)

The Sforzesco Castle, one of the most important monuments of Milan, had, during its history, long construction vicissitudes, brutal demolitions, reconstructions, restorations and embellishments, becoming a symbol of Milan's historical moments, happy and dramatic ones. Today the Castle is well to house museums and libraries, assuming cultural and public functions that still characterizes it.

[www.milanocastello.it](http://www.milanocastello.it)



Castello Sforzesco



# Sempione Park, the lungs of Milan

Out from the ramparts of the Castle you find **Parco Sempione (Sempione Park)**. D'Armi Square and then gardens, to be built first and to defend now, the Park is the city's oxygen and gives the illusion of being at the outskirts even though you are in the heart of the city.

The area is about 390,000 square meters, fenced and guarded since a few years. Looking straight on, just outside the Castle you can see **Arco della Pace (Arch of Peace)**, our next destination.

Though to get there we have to take the excavated roads that open to the left or right: on one side it passes near the **Triennale**, benchmark for design, architecture, visual and figurative arts. On the other side the **Arena Civica (Civic Arena)**, before the Napoleonic Arena and today Arena Gianni Brera), which was dedicated to the great sports writer and journalist from Lombardy.

## Torre Branca (Branca Tower)

Built by Gio Ponti in 1933, restored by Branca Bros. since 1985 and made accessible in 2002, with its 108 meters is the highest point of the Sempione Park in Milan. The roof terrace is accessible by an elevator up to the viewpoint, view of the city. On a clear day, from the platform (diameter 18,50 meters) located at the top, you can see the entire profile of Milan, a good part of the Lombard plain, the Alps and Apennines.

02.3314120

[info@fps-eventi.it](mailto:info@fps-eventi.it)

[www.fps-eventi.it](http://www.fps-eventi.it)



Torre Branca



The Arena –of the neoclassical architect **Luigi Canova**– was inaugurated in summer 1807 and still hosts the **Italian Championships** and Lombardy Athletics; it is the home of the historic Riccardi –light athletics– and of the Amatory rugby, but from here both cycling and football passed by before the construction of the San Siro stadium; going back in time also chariot races, circus shows and westerns, Buffalo Bill.

In **Parco Sempione** is still pleasant to stroll through the streets, stopping at one of the small bars that are hidden in the green or just get some fresh air under the trees; there after you will ride on concrete for obvious urban issues, so we fill ourselves of oxygen now.

## Triennale

The Triennale di Milano is a cultural institution that produces international exhibitions, conferences and events of art, design, architecture, fashion, film, communication and society. It organizes exhibitions dedicated to contemporary art, to the architects and designers of national and international reputation, to the great designers who have changed fancies and styles, to social issues.

Triennale Design Museum is the first museum of Italian design, and offers visitors the chance to discover the excellence of Italian design through unusual viewpoints.

[www.triennale.org](http://www.triennale.org)





## The champs elysees of Milan

We get to Corso Sempione (Sempione Avenue) through **Arco della Pace**; so named by Ferdinand I of Austria, when the construction manager Carlo Giuseppe Londonio completed in **1838** the work which begun thirty years earlier by **Giovanni Cagnola** commissioned by the City of Milan and **Napoleon**.

The Arch has been recently restored and descriptions in marble gleam in the sun, when there is some! Corso Sempione is intended as the first part of an axis linking Milan to Paris, at the beginning of 1800. It clearly recalls the Champs Elysées, with a central avenue and two lines.

On the left of the first part of the Avenue we get to cross the road twice - front and left- to introduce ourselves on the cycle path at the centre of the Avenue, away from cars and trams.



Arco della Pace



Among the tramcars you can meet those characteristic ones of Milan, the **"Type 1928"** built in about **500 units** in that year and the next four. More or less fifty trams of that model are still circulating, beautifully awkward, wood and iron, cold and romantic.

When one of these vehicles stop at number 27, the stop for **the building of the RAI - Italian Television**, and built by the Milanese designer Gio Ponti - you are in front of a piece of Italian history of the '900s within a few meters. We ride in Corso Sempione up to Losanna Street and turn left at the traffic lights, cross the Avenue and take **Arona Street**.

Pedal for about 150 metres, turn left and immediately right and you find yourself in front of the **Vigorelli**.

RAI Palace





# The legendary Vigorelli Velodrome

The **Vigorelli Velodrome** is the legend of **cycling in Milan** and the world, a theater of sport, where the greatest cyclists of all times performed with victories, fame and applause.

The idea was of Giuseppe **Vigorelli**, commissioner of the then Mangiagalli junta, industrial and cyclist in his youth; in 1935 he makes it build to replace the then old **Sempione Velodrome**.

The track is smooth, adrenaline, exciting. Time records, grand tours and cycling history with its champions; everything passes through Vigorelli and on the website [www.vigorelli.org](http://www.vigorelli.org) you can read the story and understand why it should be kept alive and told, preserved, honored.

We will pass by cycling close as a caress and continue in Gattamelata Street where we can peek in the workshop of Faliero Masi who is there, somewhere in the belly of the Velodrome, so to breathe the thin air of the cycling world.

Vigorelli and Isozaki Tower



Vigorelli

Once there was the magic of the Vigorelli track and Italian cycling, a world of emotions, entertainment and champions that have brought success in Milan and Italy. From a simple sports facility becomes a mythical place, a veritable temple of international cycling. Comparisons abound: the "Scala" of cycling, the 'Stradivari' tracks. To relive all these emotions plan a visit through [www.vigorelli.org](http://www.vigorelli.org)

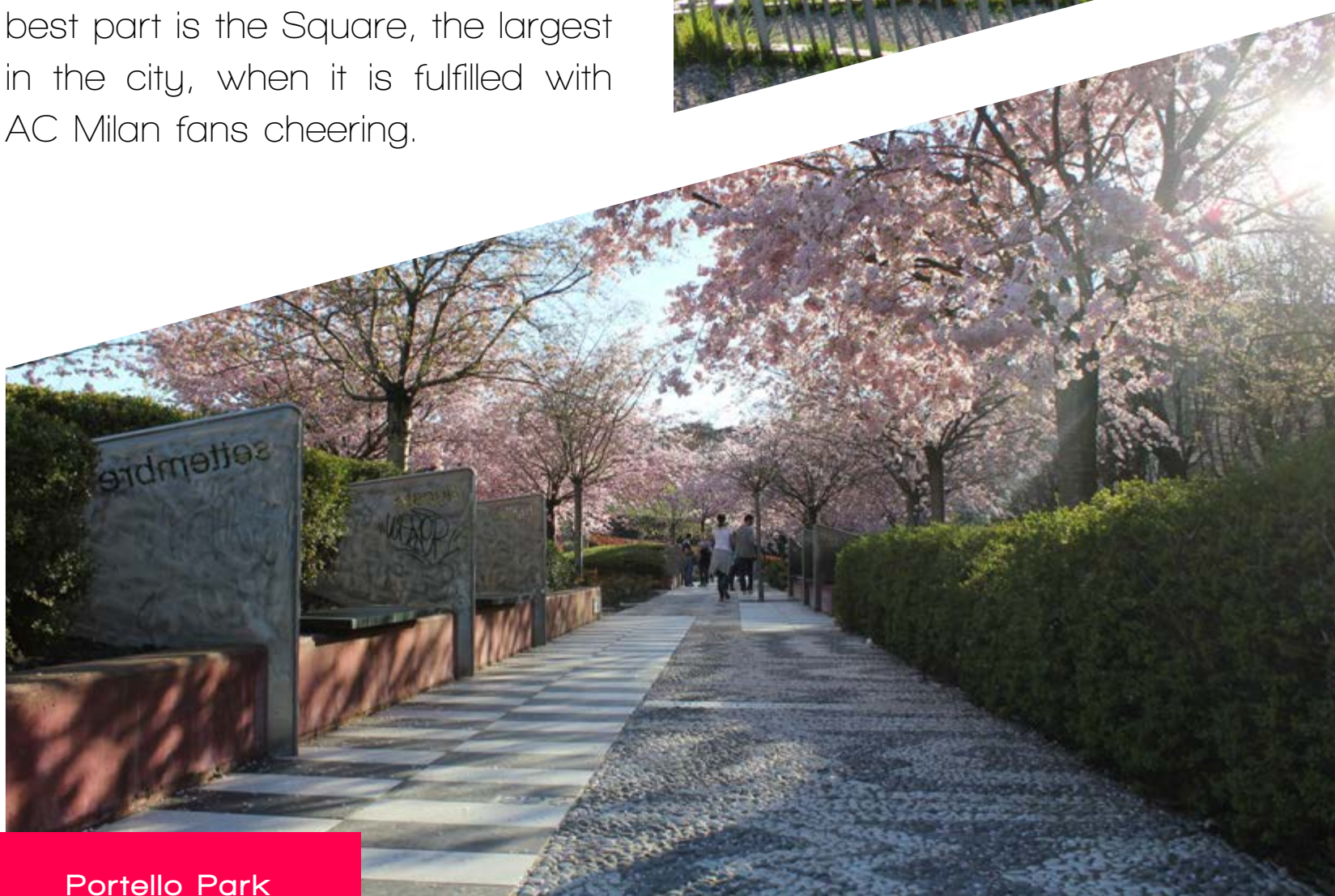
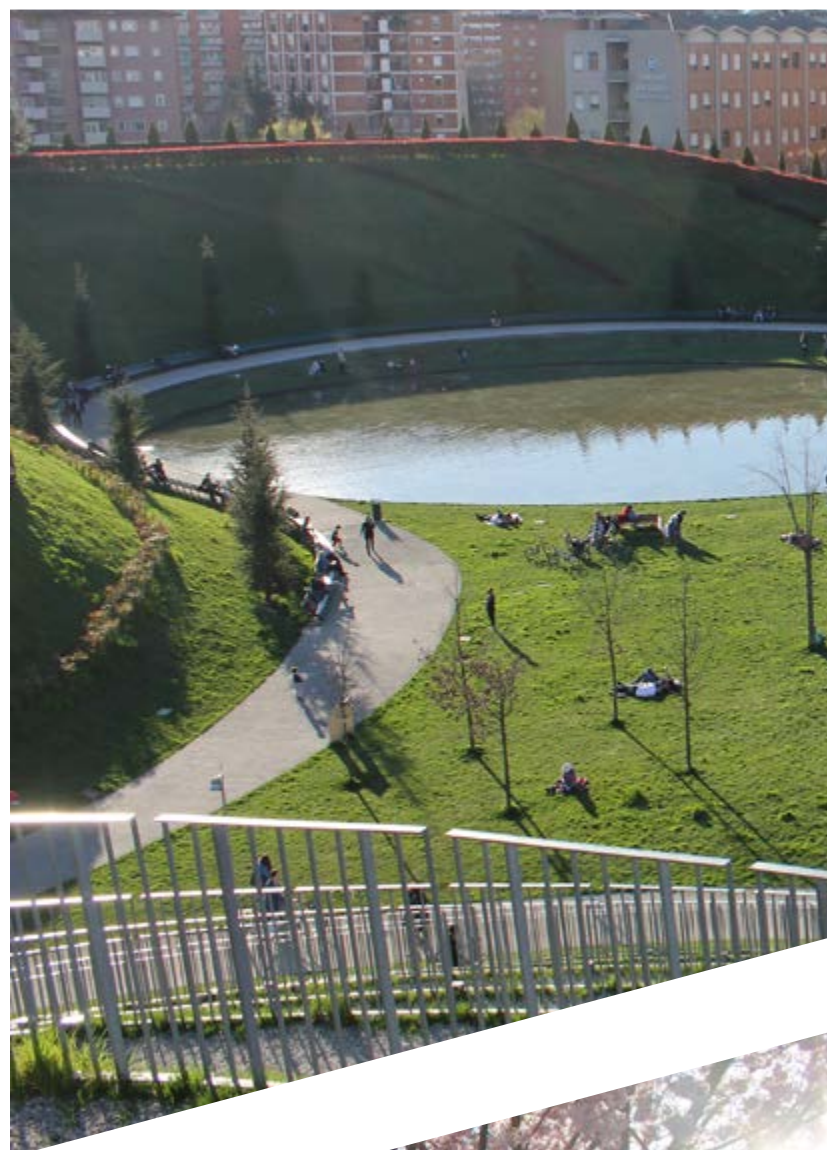


# Mhe ac Milan House

Ride through all **Gattamelata Street**, about a mile and a half that brings us to the pedestrian Gino Valle Square: we get to the **Portello** area, where between modern buildings and the old Fiera Campionaria (Trade Fair) shines "**Casa Milan**".

The futuristic building, of architect Fabio Novembre, is since the 6th October 2013 the **AC Milan** House [www.acmilan.com](http://www.acmilan.com).

Museum, offices, restaurant and shop; here's everything you look for that concerns the most titled football team in the world. But the best part is the Square, the largest in the city, when it is fulfilled with AC Milan fans cheering.



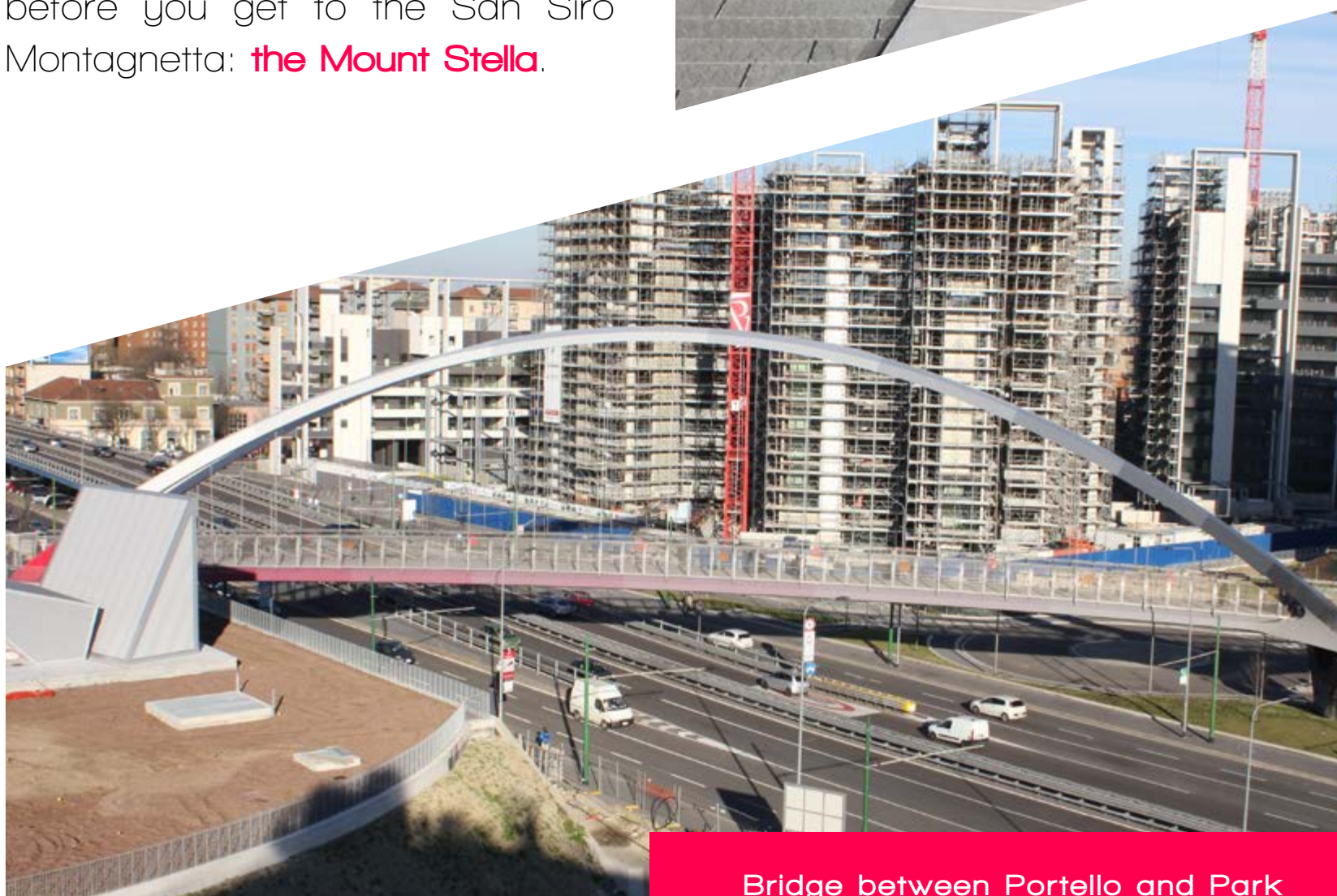
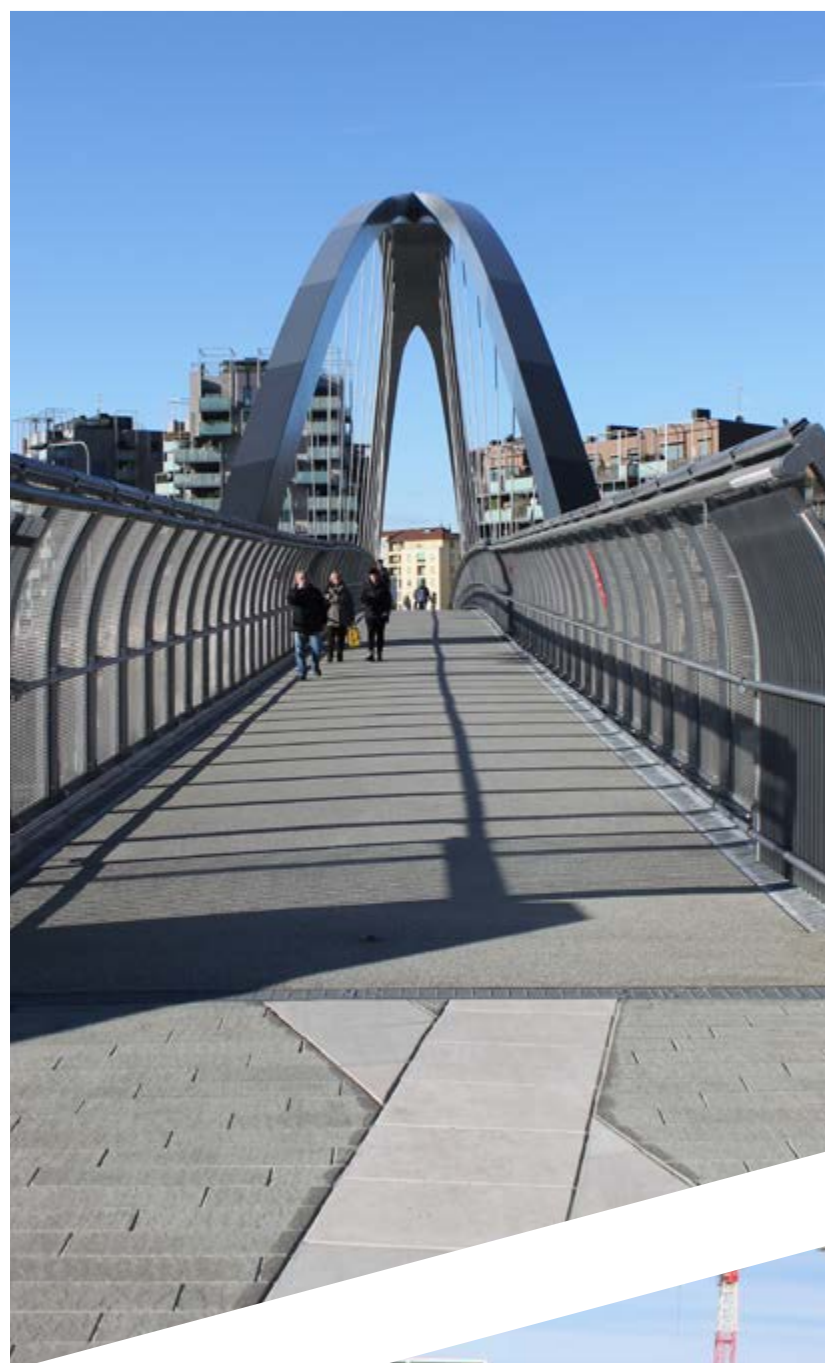
Portello Park



You cross Gino **Valle Square** and carry on the pedestrian bridge that crosses the ring Renato Serra.

Once at a supermarket turn left, then left again on **Achille Papa Street**; at the roundabout, on bike path you turn left crossing **Portello Park**, climb on the pedestrian bridge that crosses De Gasperi Street and descend in Cimabue Street.

It is a narrow but safe street; drivers of this area are used to runners going on training in XXV Aprile ground, historical meeting place for professionals and amateurs in the various disciplines of light athletics. On the right, just before you get to the San Siro Montagnetta: **the Mount Stella**.



Bridge between Portello and Park



# The Monte Stella

Accumulation of rubble of World War II, the "**Montagnetta**" –so called by the Milanese- was then a strategic roadmap for cyclocross races and business of the legendary **Renato Longo**, 12 times Italian champion and five-time world champion of this specialty.

Today the **Monte Stella** is the favorite place to organize football matches -on meadow path - and running on levels, the only optional place in Milan. From a height of fifty meters you can admire the metropolis and you may dream the mountains, which views from there are even closer.



The Monte Stella's Giardino dei Giusti is an area of over 7.000 square metres, inaugurated on January 24th, 2003. It originated from the proposal of Gabriele Nissim, president of the "Committee of the Giusti (Righteous)." Since 2008 the management of the Garden has entrusted to the Garden of the Righteous of Milan Association, founded by the City of Milan, the Italian Jewish Communities Union and the Giusti-Gariwo Committee .

For all information: <http://it.gariwo.net/giardini/giardino-di-milano/il-giardino-dei-giusti-a-milano-3504.html>



Cycle Lane Montestella



Benedetto Croce Street



Cycle Lane Benedetto Croce Street

Monte Stella is also the site of **"Il Giardino dei Giusti di tutto il mondo"**, a memorial dedicated to all the Righteous in the world that have fought for genocide.

Built in **2003** on the example of the garden and museum of Jerusalem **Yad Washem** and fourth in the world, **the Garden of the Righteous** of Monte Stella is for those who have struggled against the holocaust of the Jews, but also for the gulag's victims, the Armenian genocide, massacres of civilians in Chechnya and anyone who has tried to defend the Men's dignity.

For each of them a tree and a stone in granite. It should be seen; sobering; to be taken along with ourselves. For Expo 2015 the architect **Stefano Valabrega** created the subdivision of the area into four zones: **Meditation, Dialogue, Debris** and one dedicated to an **auditorium**. Monte Stella is so called because "Stella" (Star) was the name of Piero Bottoni's wife, the architect who designed the project. Today Monte Stella is a beautiful park!



## ...the arrival at the Expo

We cross **S. Elia Street** starting here a long bike path that leads us to the Expo site. First you take towards **Padre Salerio Street** and then **to Benedetto Croce Street**, turning right. Turn left and then immediately right to **Quadrenghi Street**, jumping from left to right of a green area; after about a mile you get to the metro stop Bonola that you leave on you right going towards **Appennini Street**.

There are no more beautiful buildings of downtown Milan's centre but there is more green, more air and more sky.

Carry on through Appennini Street to the roundabout we take right to **Suzzara Street**, then left for a few dozen meters away through **Gallarate Street**.

At the roundabout **Cascina Merlata** we go right and we finally arrive to destination: **the Expo Milano 2015** site. In the future that is tradition, remembering Expo 1906. In fact, tradition and future, dialect and English, for us have the same name: **Milan**.

