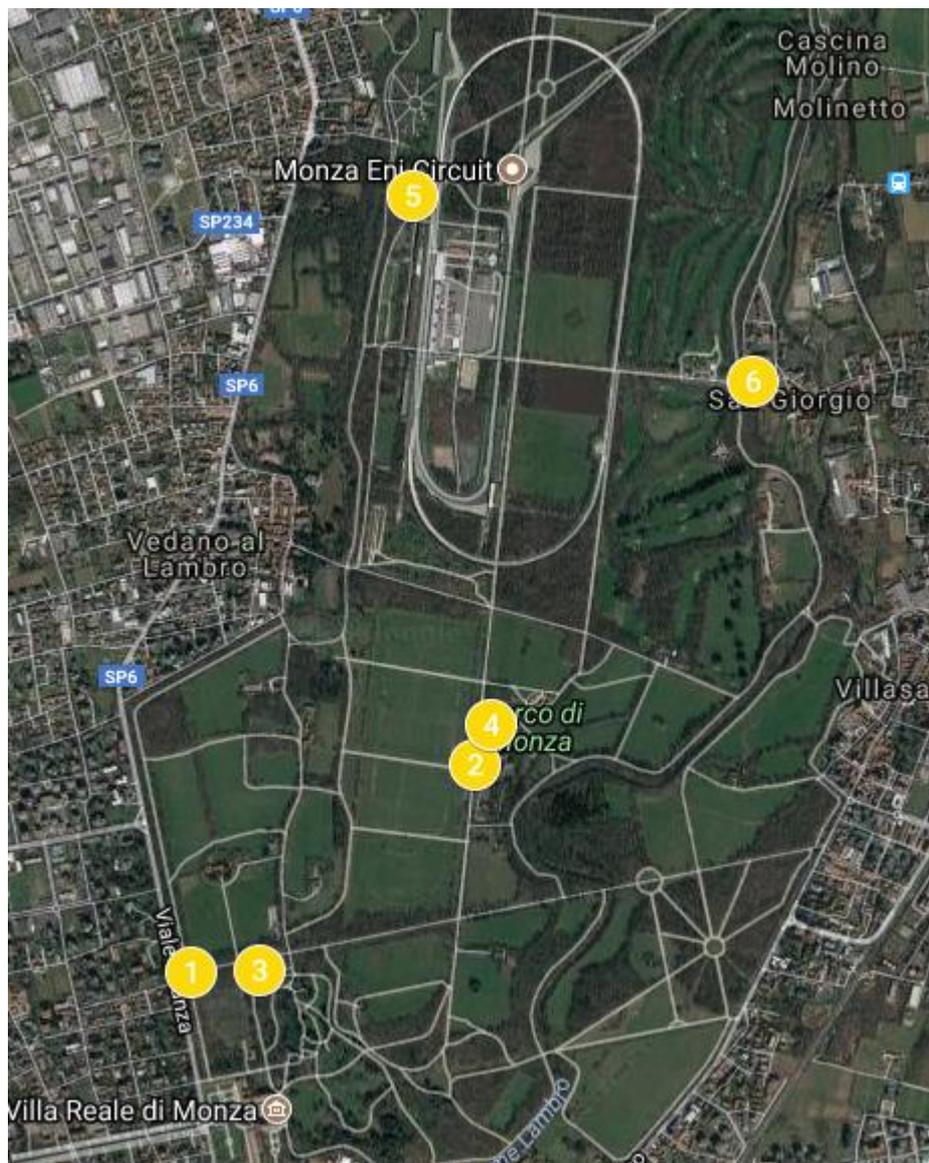


# TRAINING ROUTE

## SPORT IN THE NATURE

### Sport in the Nature

The Monza park offers a wide range of equipment designed for anyone who wants to engage in physical activity: kids, adults, families and for all those who want to experiment and get involved! With this itinerary we want to facilitate your training and encourage you to practice sports in a clean, safe and suitable place.  
Good training!





## 1. THE RUNNING: VIALE DEI TIGLI

Running in the park of Monza is very practised by walkers or amateur athletes. The routes are highlighted by stationed billboards located on the six entrances of the Park and are also reported by signs on the ground that are: the one yellow for a path of 3 km, the blue one which is 5 km long, then the red one that states a 10-km-long path. Moreover, the Park offers the Royal Half Marathon, which measures 21.08 km. Every route starts from Viale dei Tigli on the left side of the Porta Monza's entrance, that is the main entry of Viale Brianza..

*"Running has taught me that pursuing a passion is more important than passion itself"*  
Dean Karnazes

## 2. NORDIC WALKING: VIALE MIRABELLO

Nordic Walking is a type of physical and sports activity that is practiced using specially designed sticks, similar to those used in cross-country skiing. It is an activity for everyone because it is very simple and fun and can be practiced in company. The Monza Park offers various Nordic Walking courses but there are also different routes for length and difficulty for those who want to practice this activity individually, with family or friends.



*"In every walk in nature, man receives much more than what he seeks."*  
John Muir

## 3. CYCLING: LA CASCINA BASTIA



In the Park, there's a bike path which consists of a ring tour. The route crosses areas occupied by sport systems, like the ex-racecourse of the Mirabello Villa, the racetrack and the Golf Club Milano; in its second-half part, the way runs both sides of the Lambro river and then behind the Royal Villa, where are placed the Royal Gardens (the access is allowed only on foot). The path also runs the roads of the whole Park, that are forbidden for cars except for Viale Cavriga, which is also pretty congested. However, even this one is closed to traffic during the weekends and the public holidays: in these days the way can be considered suitable for cycling. In addition to that, the Park of Monza provides of bike, riscio and tandem renting at the Cascina Bastia.

*"Bicycles can change but cycling is timeless"*  
Zapata Espinoza

## 4. HORSE RIDING



The Monza Park hosts the S. Maria alle Selve Equestrian Center. It has been active since 1979 inside the great green lung where Villa Mirabello stands. It is located on an area of about 11,000 square meters in the structure once used as a royal stable (entry Vedano al Lambro). It is possible to practice equestrian tourism (horse riding) and children, starting from 5 years, can adhere to a riding course. Experience not to be missed! NB: Access to motorized vehicles is forbidden, in the Monza Park, on Viale Vedano and Viale Mirabello with destination the Santa Maria delle Selve riding school on Saturdays, Sundays and holidays.

*"My horse's feet are as fast as the rumble of thunder. Take away all my fears and when the world is about to fall apart, its mane is immediately there to wipe away my tears"*

*Bonnie Lewis*

## 5. SWIMMING POOL

Inside of the Monza Park nearby the Autodrome, there is an outdoor Olympic-size pool with a pool for children, open from June to the end of August. This structure, an oasis of blue surrounded by greenery, over the years has gradually strengthened its characteristic of meeting point and entertainment, so closed to Monza and Brianza. Recently it is even more important to the attention thanks to a series of innovations and initiatives, designed to make the moments of relaxation of its guests even more pleasant, giving everyone the opportunity to play sport in a different way, in contact with nature in a unique environment..



*"The gestures of swimming are the most similar to those of flight"*

*Erri De Luca*



## 6. GOLF

The Golf Club was founded in 1928 thanks to the senator Giuseppe Bevione. The golf course design was entrusted to the golf architect James Peter Gannon and in 1958 the current Club House was built, one of the most beautiful in Europe. The field consists of three courses that count 27 holes. In 1987 the Club was decorated as a "Golden Star" by Coni. We recommend this experience because it is an activity that trains your precision and your competitiveness.

*"Sport offers a different perspective on life: teaches to face disappointments and stimulates energies to conquer more constructive objectives"*

*Charlene Wittstock*

## EUROPE IN A PARK

- The Park of Monza is the largest walled park in Europe, strongly wanted by the French leader, Napoleon Bonaparte, to host his troops.
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- The Royal Villa was commissioned by Queen Maria Theresa of Austria and the architect Giuseppe Piermarini took inspiration from the Austrian castle of Schönbrunn.
- Inside the royal gardens you can still find areas, whose designs follow the Italian, English and French garden fashion .
- The rose garden of the Royal Villa, which has 4,000 rose varieties, was created by the industrialist Niso Fumagalli, after his numerous trips to France, Belgium, Holland and England.
- According to the legend, Villa Mirabello was erected on the ruins of an ancient castle owned by the de Leyva family, the famous Monaca di Monza.
- The Park of Monza used to house a Liberty racecourse, built in the 1920s on the model of the hippodromes typical of the French Belle Epoque. On the other hand, from the same period, we still have the oldest functioning racetrack in Europe, while the Golf Club, dating back to the 30s, was designed by two Anglo-Saxon architects Peter Gannon, priest golfer, and Cecil Blandford former major of the British army, considered among the best European golf designer.

### WHO ARE WE:

#### DEMETRA SOCIETA' COOPERATIVA SOCIALE ONLUS



Demetra is a social cooperative, which has been involved in the care and culture of green, also intended as an enhancement of the territory. The environmental and cultural sector realizes and designs numerous and diversified activities for schools, institutions and families such as guided tours and itineraries, museum services and libraries, information courses, , workshops for events, educational projects, nature campuses and participate in educational, cultural and environmental tenders. ([www.demetra.net](http://www.demetra.net) – [aea@demetra.net](mailto:aea@demetra.net) –

FB Educazione Ambientale e Culturale AEA Demetra)

#### LICEO STATALE "CARLO PORTA" OF MONZA



All the three areas of "Liceo Statale Carlo Porta", Linguistics, Humanities and Social Economics, aim to provide a broad cultural education as well as to arise in young people the desire to develop an attitude of curiosity and openness towards reality.

[www.carloporta.gov.it](http://www.carloporta.gov.it)

#### PARCO REGIONALE VALLE DEL LAMBRO



**Parco Regionale  
Valle del Lambro**  
*il tuo parco*

The Valle del Lambro Regional Park was founded in 1983 and currently includes 35 Municipalities, scattered throughout the provinces of Monza Brianza, Lecco and Como. Founded with the intention of protecting and preserving a largely urbanized and exploited territory, the establishment of a protected area of over 8000 hectares has allowed the safeguarding of some environmental jewels: over the years the Park's tasks have however expanded to the popularization of the environmental values and ability to make the territory usable and livable for present and future generations. ([www.parcovallelambro.it](http://www.parcovallelambro.it) - [info@parcovallelambro.it](mailto:info@parcovallelambro.it) - FB parcovallelambro)

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