



Guide to SPRING CUP 2025

XXVIII^a Edition

International Synchronized ice skating competition

15 e 16 febbraio 2025



Enjoy your stay in Milan and Sesto San Giovanni in the days of the competition

We are pleased to welcome you to the **28th Edition** of the **Spring Cup!**

This competition, hosting participation of several teams coming from all over the world, is an honor for synchronized skating in Italy, organized since 1995 by **Precision Skating Milano** in collaboration with the **Italian Ice Sports Federation**.

This Guide will provide you with all the useful tips to fully enjoy this thrilling experience!

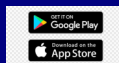
Happy Spring Cup to everyone!

Spring Cup Organizing Committee
ASD Precision Skating Milano

*For all the information on the
competition, please consult the
Spotify App and the website
www.springcup.it*



Event password
Springcup2025



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REACHING PALASESTO

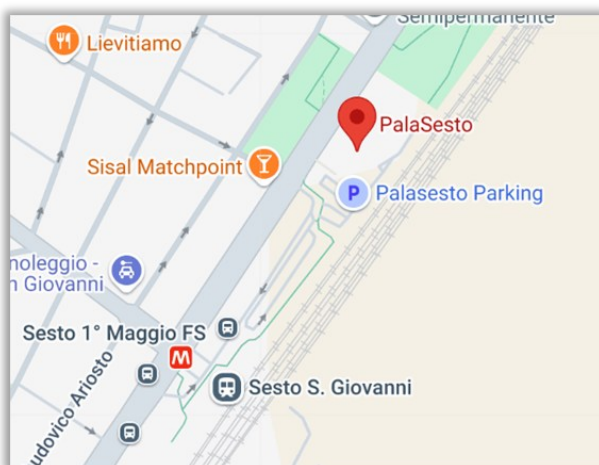
METRO

MM1 - Sesto 1° Maggio FS
From Milano Stazione Centrale

MM2 Cologno/Gessate Stop Loreto + MM1 Sesto FS
Stop Sesto 1° Maggio FS

From Milano Aeroporto di Linate

MM4 San Cristoforo Stop
San Babila + MM5 Sesto
FS Stop Sesto 1° Maggio
FS



TRAIN

PASSANTE FERROVIARIO Line S8, S9, S11 or R14, Stop:
Sesto San Giovanni.

BUS

Autolinee: AGI - SAB - SAL - SIA - SITA

ATM: 199 - 700 - 702 - 712 - 727 - 729

Brianza Trasporti: Z218 - Z221 - Z222 - Z225 - Z227 - Z229 - Z301 MI-BG

CAR

Motorway A4 MI-VE exit Viale Zara

East Ring Road A51 exit Cologno - Sesto Sud

North Ring Road A52 exit Marelli 1° Maggio / Monza

HOW TO GET AROUND



METRO and PASSANTE FERROVIARIO

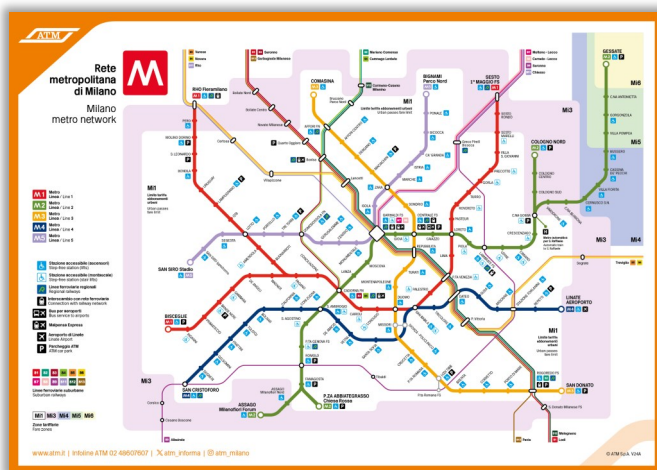
Stop Sesto 1° Maggio FS within walking distance from Palasesto
MM1 to Milano Centro (Fermate San Babila / Duomo)

S9 Direction Albairate to Milano

S7, S8, S11 Direction Garibaldi to Milano

Tickets available at the station from vending machines

www.giromilano.atm.it



TAXI SERVICE

Radio taxi Sesto San Giovanni (to Milano)

+39 02 244888

www.taxisestosangiovanni.it

TAXI Milano (to Sesto San Giovanni)

+39 02 8585

+39 02 4040

+39 02 6969

WHERE TO SLEEP AND EAT



Abacus Hotel

Located about 350 meters from Palasesto



Holiday Inn Milano Nord Zara

About 700 meters from Palasesto

Cosmo Hotel Palace

About 1,7 km from Palasesto, offers a restaurant, spa and a private parking

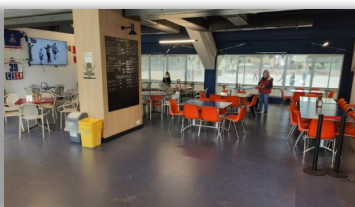
B&B Hotel Milano Sesto Marelli

About 1,6 km from Palasesto, near Sesto Marelli underground station

WHERE TO EAT INSIDE PALASESTO

Inside the Palasesto you will find a bar-restaurant with a large seating capacity that will be available to the teams, staff, and the public: **FRESCO BAR** Restaurant, with a panoramic view of the rink.

Phone: 388 617 6376



Pizzerias

Lievitiamo - Ristorante Pizzeria

Address: Via Francesco Petrarca, 125;
Sesto San Giovanni
Phone: 02 242 1265

Vesuvio Sesto dal 1961

Address: Via Giovanni Boccaccio, 237;
Sesto San Giovanni
Phone: 02 242 1265

San Mina Ristorante Pizzeria

Address: Viale Fratelli Casiraghi, 368;
Sesto San Giovanni
Phone: 02 242 1265

Bella Napoli

Address: Via Davide Campari, 62;
Sesto San Giovanni
Phone: 02 242 1265

Italian tradition

La pentola d'oro

Address: Via Fratelli Bandiera 25;
Sesto San Giovanni
Phone: 02 26261341

Morganti

Address: Via Morganti 24;
Sesto San Giovanni
Phone: 02 37 90 11 89

Morganti 2

Address: Via Breda 20;
Sesto San Giovanni
Phone: 02 35984837

Villa Campari

Address: Via Campari, 23;
Sesto San Giovanni
Phone: 02 22471108



Vento di Sardegna

Address: Viale Antonio Gramsci 80,
Sesto San Giovanni,
Phone: 02 26226652

Ice Cream

Il gelatiere

Address: Viale Fratelli Casiraghi 153;
Sesto San Giovanni
Phone: 02 242 5446

Fast Food

McDonald's Valtellina

Address: Via Valtellina 36;
Cinisello Balsamo
Phone: 02 49372673

McDonald's Partigiani

Address: Via dei Partigiani, 145;
Sesto San Giovanni
Phone: 342 651 4587

La Piadineria

Address: Viale Casiraghi, 42;
Sesto San Giovanni
Phone: 02 36639612

CENTRI COMMERCIALI

Centro Commerciale Sarca



Only for the two days of competition, by registering on our app you will find the Spring Cup promotions



The following dining options are available inside:

**I love Poke,
Il vero gusto - gelateria,
La bottega del caffè,
La cantinetta messicana,
La piadineria,
Le frit c'est chic,
Mc Donald's,
Myke Burger & Bowl,
Nespresso,
Old Wild West,
Roadhouse,
Spontini**

Address: Via Milanese, 10;
Sesto San Giovanni
Phone: 02 241 2431



SUPERMERCATI

Esselunga Sesto San Giovanni

Address: Via Giuseppe Rovani,
Corner of Via Nazario Sauro,
Sesto San Giovanni

Carrefour Market

Address: Viale Fratelli Casiraghi, 200
Sesto San Giovanni

SERVICES AND HEALTH



PHARMACIES



FOR EMERGENCIES

Farmacia Pianella

Address: Via Giuseppe Pianella, 15;
Sesto San Giovanni
Phone: 02 242 12651

Farmacia Lamiranda

Address: Via Francesco Petrarca, 111;
Sesto San Giovanni
Phone: 02 248 33741

MEDICAL ASSISTANCE

For non urgent Medical Assistance

Ambulatorio di Continuità Assistenziale,

Sesto San Giovanni
Address: Via Carlo Marx, 111;
Sesto San Giovanni

Poliambulatorio ICOM

Osteopathy - Physiotherapy
Massage Physiotherapy
Orthopedic Medical Examinations
<https://poliambulatorioicom.it/>
Address: Via Giacomo Matteotti 62,
Cinisello Balsamo
Phone: +39 02 61291582
e-mail: ccfocinisello@icomedicine.com

Emergency Room of Sesto San Giovanni Hospital

Address: Viale Matteotti, 83, 20099
Sesto San Giovanni
Phone: 02 5799 1

Emergency Assistance

Phone: 112, available 24/7

Police Stations State Police Station

Address: Via Fiume, 2;
Sesto San Giovanni
Phone: 02 248 82111

Local Police Sesto San Giovanni

Address: Via Volontari del Sangue, 1;
Sesto San Giovanni
Phone: 02 249 6859

PLACES OF INTEREST



...if you have time, take the opportunity to visit must-see places in Milan, easily reachable from Sesto!

Duomo di Milano

The symbol of the city, this Gothic cathedral is a must-see. You can climb up to the terrace for a breathtaking panoramic view of the city.

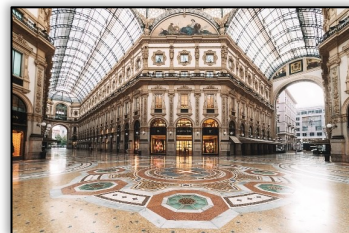
From Sesto FS: Take the MM1 line and get off at Duomo station.



Galleria Vittorio Emanuele II

Located next to the Duomo, this elegant shopping gallery is perfect for a quick stroll and to admire the historic architecture.

From Sesto FS: Take the MM1 line and get off at Duomo station.



Teatro alla Scala

One of the most famous opera houses in the world. Even if you don't have time for a show, you can visit the theater museum to learn about its history.

From Sesto FS: Take the MM1 line and get off at Duomo station.



Castello Sforzesco

An impressive castle that houses museums and art collections. Even a brief visit to its courtyards and gardens is worthwhile.

From Sesto FS: Take the MM1 line and get off at Cairoli station.



Santa Maria delle Grazie e Il Cenacolo

The church that houses Leonardo da Vinci's The Last Supper. It is advisable to book tickets in advance to see this masterpiece.

From Sesto FS: Take the MM1 line and get off at Conciliazione station.



LEISURE

...shopping spots to take Milan with you!



Centro Commerciale Sarca



Located at Via Milanese 10 in Sesto San Giovanni, Centro Sarca should be your first destination for

spending your free time and finding solutions for every need. From the latest fashion trends to the newest gourmet finds, from the most advanced high-tech smartphone to the most thrilling new film releases in cinemas. 83 stores with major brands, 14 cafes and restaurants to suit all tastes, a large multiplex cinema, and a myriad of services ready to meet any desire.

Less than 20 minutes on foot from Palasesto.

La Rinascente Duomo

la Rinascente

Historic store located in Piazza Duomo in Milan. It is a landmark for high-end shopping and offers a wide range of products, from the latest fashion trends to home goods, as well as restaurants with spectacular views of the Duomo.

From Sesto FS: Take the Metro (MM1) directioni Rho Fiera from Sesto 1° Maggio FS. Get off at Duomo station. La Rinascente is walking distance.

Eataly Milano Smeraldo



Eataly Milano Smeraldo is a large market and restaurant located in Milan at Piazza XXV Aprile. It offers a wide selection of high-quality Italian food products, themed restaurants, and cooking classes. It is an ideal place to discover and enjoy the excellence of Italian gastronomy.

From Sesto FS: Take the S7, S8, or S11 suburban railway line southbound. Get off at Milano Porta Garibaldi station. From there, Eataly is a few minutes' walk away.

Scalo Milano

Scalo Milano is a luxury outlet located in Locate Triulzi, south of Milan. It offers over 130 stores of fashion, design, and gastronomy at discounted prices.

It is perfect for those looking for deals on high-quality items.

From Sesto FS: Take the S9 suburban railway line southbound. Get off at Locate Triulzi station.





Spring Cup Sponsors

athics
Artificial Intelligence

Athics develops AI solutions for companies that want to optimize their processes and increase operational efficiency. Thanks to conversational AI and predictive analysis technologies combined with a tailored approach, Athics enables companies to improve productivity, reduce costs and personalize interactions with customers.

BANCO BPM

A bank serving the community, businesses, and individuals, chosen for the solidity of a long history and for the professionals who continue to write it while looking to the future.

www.bancobpm.it



The world's largest and most successful business networking organization offers services to companies interested in growing through building effective relationships.



A radio station with high listener ratings, appreciated for its rich schedule of news and music, events, and entertainment.

www.radiobruno.it



Unique sportswear for events, with the official logo and personalized details printed on the spot based on customer choice.

www.finedesign.com

Spring Cup Sponsors



CCFO Osteopathic and Physiotherapy Polyclinic ICOM

*Excellence in Manual Therapies. Proud Partner of the Spring Cup and
Supporter of the Health of Participating Athletes!*

www.poliambulatorioicom.it



*Custom digital services to support any business: optimized websites, increased
visibility on search engines, online advertising campaigns.*

info@inventivestudio.it



Excellence of Made in Italy in the production of high-quality leather bags.

www.maximabags.it



*Elegance in motion. Handcrafted garments for figure skating, from training to
competition.*

www.instagram.com/.nymphaea_sportswear/



Spring Cup Sponsors

High quality and experience in the supply and production of lumber for furniture and for artistic and artisanal use.

www.ronchettilegnami.com



**RONCHETTI
LEGNAMI SRL**

RD run design
branding agency

COMUNICAZIONE PER LA TUA IMPRESA



A communication agency specialized in branding. Projects founded on identifying the brand's differentiating element in order to support its strategic positioning.

www.rundesign.it



Engineering studio skilled in energy efficiency and photovoltaic system design
www.studiosimax.it

Engineering & Consulting



Heat Transfer Patches Customized in every way to promote corporate brands, events, activities.

www.walked-on.com



SPECIAL THANKS

A special thank you to all the athletes of the [Hot Shivers](#) team for their daily commitment, passion, and sacrifices for this beautiful sport.

Applause to the team coaches, to the parents and all the volunteers who helped make this event possible.

Thank you to Andy Benaglia for creating this guide and all the competition materials.

Thanks to the businesses that have supported us in many ways and to our sponsors:

Athics

Banco BPM

BNI

CCFO Poliambulatorio Osteopatico e Fisioterapico ICOM

Centro Commerciale Sarca

Fine Design

Fresco Ristorante Bar @ Palasesto

Lavasecco LINDA di Scuotto Sergio

Maxima

Nymphea Sportswear

Ristorante La Pentola d'oro

Ronchetti legnami

Radio Bruno

Run design

Studio Simax

Walked-on



Spring Cup contacts:

Amministrazione

Administration:

oc@springcup.it



SCAN ME

For online ticket purchases

