



Guide to SPRING CUP 2026

XXIX Edition

International Synchronized ice skating competition
January 16-18th, 2026



CITTÀ DI
SESTO SAN GIOVANNI
MEDAGLIA D'ORO AL VALOR MILITARE



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

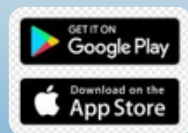
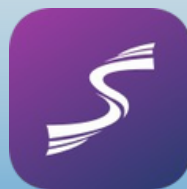
We are pleased to welcome you to the 29th Edition of the Spring Cup! This competition, hosting participation of several teams coming from all over the world, is an honor for synchronized skating in Italy, organized since 1995 by Precision Skating Milano in collaboration with the Italian Ice Sports Federation.

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
Springcup2026

PRECISION SKATING MILANO

About us

Precision Skating Milano is a non-profit Amateur Sports Association, recognized by CONI and FISG (Italian Ice Sports Federation) since 1990. The Association's team, Hot Shivers (www.hotshivers.it), has made history in synchronized skating in Italy over the years.

At the national level the team keeps the leadership in terms of achieved results: 29 Italian awards for Senior category e 26 Italian awards for Junior. Moreover, the Hot Shivers team represents Italy in the World Championships and participates every year in high-level competitions abroad. The results achieved are due to an excellent technical staff, which brought this sport to Italy, and a Board of passionate parents.

A story of emotions, sharing, tenacity, and unconditional love, told in the short film "Se cado mi rialzo," produced in 2023 with the endorsement of the Municipality of Milan, to promote this sport:
<https://www.youtube.com/watch?v=1NePFj8-MBg>

The Association adheres to and respects the CONI sports code of ethics, as well as all guidelines and regulations of the FISG.



SPRING CUP

A piece of story

Precision Skating Milano has been organizing the Spring Cup for over twenty years, the only international synchronized skating competition in Italy, with around 30 teams from all over the world participating.

In 2026, the competition will be held from January 16th to 18th, at the confirmed venue of the PalaSesto Arena in Sesto San Giovanni.

Synchronized skating is the only team discipline in figure skating that combines high athletic content with artistic interpretation. Over the years, the technical elements of the programs have increased in number and complexity, making the discipline increasingly spectacular and engaging for the audience.



CONTENTS

- How to reach Palasesto
- How to get around
- Where to stay and eat
- Services and health
- Places of interest
- Leisure



HOW TO REACH PALASESTO

From Milano Stazione Centrale

METRO MM1 - Sesto 1° Maggio FS

MM2 to Cologno/Gessate Stop Loreto

+ MM1 Sesto FS Stop Sesto 1° Maggio FS

From Milano Airport of Linate

Metro MM4 to San Cristoforo Stop San Babila

+ MM1 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

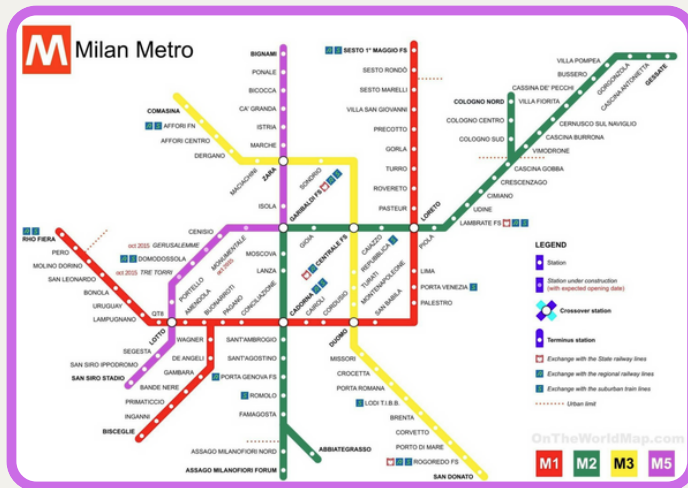
METRO and PASSANTE FERROVIARIO Stop Sesto 1° Maggio FS
within walking distance from Palasesto

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.taxisestosingiovanni.it TAXI Milano (to Sesto San Giovanni)

+39 02 8585

+39 02 4040

+39 02 6969

WHERE TO STAY

IH HOTELS MILANO ST. JOHN

📍 Via Bruno Buozzi, 97 – 20099 Sesto San Giovanni (MI), Italy

🌐 ih-hotels.com/city-hotel/milano/ih-hotels-milano-st-john

For Teams

Bookings exclusively for teams (block reservations). Please send an e-mail to reservation.stjohn@ih-hotels.com mentioning “Spring Cup” to access the dedicated team rates.

For Families and Supporters

Individual bookings only through the hotel’s official website. Enter the discount code: SPRINGCUP (in CAPITAL LETTERS, no spaces) in the “insert a code” field during the online reservation process.

Enjoy a 10% discount on the website rate (already lower than booking.com).

- Valid for stays between January 10th and January 18th, 2026, for all room types (both flexible/cancellable and prepaid rates).
 - The discount is already active and bookable now, subject to room availability.
- ⚠️ Valid only for individual bookings (families and supporters – not for teams).

COSMO HOTEL PALACE

📍 Via F. de Sanctis, 5 – 20092 Cinisello Balsamo (MI), Italy

🌐 www.cosmohotelpalace.it

For Teams

Bookings exclusively for teams (block reservations). Please send an e-mail to info@cosmohotelpalace.it mentioning “Spring Cup” to access the dedicated team rates.

For Families and Supporters

Individual bookings through the hotel’s official website.

Enter the discount code: SPRINGCUP (in CAPITAL LETTERS, no spaces).

Enjoy a 10% discount on the daily website rate.

- ⚠️ The hotel reserves the right to suspend the discount at any time depending on occupancy, without prior notice.

WHERE TO STAY

GRAND HOTEL BARONE DI SASSJ

📍 Via Padovani, 38 – 20099 Sesto San Giovanni (MI), Italy

🌐 www.baronedisassj.com

ABACUS HOTEL

📍 Via Monte Grappa, 39 – 20099 Sesto San Giovanni (MI), Italy

🌐 www.abacushotel.it

🏆 Closest hotel to the competition venue – easily reachable on foot.

For Teams, Families, and Supporters

Please contact the hotel directly at info@abacushotel.it or by phone at +39 02 262 26 41, mentioning "Spring Cup 2026".

Participants indicating the event name will benefit from last year's rates – current rate increases will not apply.

The offer applies to both team and individual bookings, subject to room availability.

Early booking is recommended due to proximity to the venue.



WHERE TO EAT

RECOMMENDED PARTNERS near Palasesto

- **SPORTS PUB - Inside the Palasesto venue**

Bar-restaurant with a large seating capacity, available for the teams, staff, and the public, with a panoramic view of the rink.

- **CENTRO SARCA SHOPPING MALL**

Large store located very close to Palasesto, it offers a wide range of products, from the latest fashion trends to home goods, as well as restaurants.

All Around

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

WHERE TO EAT

All Around

ITALIAN TRADITION

Vento di Sardegna

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

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

IceCream

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

La pentola d'oro



Vento di Sardegna



WHERE TO EAT

SHOPPING MALL

Centro SARCA

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

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 pizza

Centro SARCA



SUPERMARKET

ESSELUNGA

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

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

NON URGENT MEDICAL ASSISTANCE

AMBULATORIO DI CONTINUITA' ASSISTENZIALE

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

FOR EMERGENCIES

EMERGENCY ASSISTANCE

Phone: 112, available 24/7

Emergency Room

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

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



POLIZIA

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.

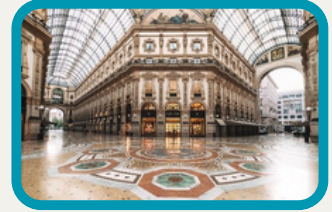
From Sesto FS: Take the MM1 line and get off at Duomo station.



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 court yards 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 !

SARCA SHOPPING MALL



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.

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.

LA Rinascente Duomo



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) direction Rho Fiera from Sesto 1° Maggio FS. Get off at Duomo station. La Rinascente is walking distance.

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.

SPECIAL THANKS

A special thank you to all the athletes of the Hot Shivers teams 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 all the competition materials.

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

Thanks to the Italian Ice Sports Federation for their guidance and continuous support in organizing this competition and in the everyday activities.



SPRING CUP SPONSORS

amazfit

Amazfit is a global brand offering stylish smartwatches designed for sports and wellness. With advanced health tracking, GPS, and up to 25 days of battery life, Amazfit allows you to stay active and connected. Trusted in over 90 countries, it combines cutting-edge technology with comfort for everyday.

www.it.amazfit.com

EMAR

SOLAR

Emar is specialized in turnkey design, installation and monitoring of civil and industrial photovoltaic systems. With over 30 years of engineering expertise and a dedicated R&D department, they deliver custom-tailored solar installations that blend efficiency, quality, and reliability.

www.emarimpianti.it

ICOM

CCFO Osteopathic and Physiotherapy Polyclinic ICOM represents the excellence in manual therapies. Proud partner of the Spring Cup and supporter of the health of participating athletes!

www.poliambulatorioicom.it

SPRING CUP SPONSORS

MOKÀ

Mokà is an Italian sportswear brand specializing in custom-designed clothing for artistic roller/ice skating, rhythmic and artistic gymnastics, and dance. Perfect for both training and leisure, Mokà caters to individuals, teams, and clubs seeking originality and performance-driven attire.

www.cpmoka.it



Dental clinic located in Usmate Velate (MB) that combines innovation with personalized care. Equipped with cutting-edge technology and advanced expertise, the clinic delivers a unique dental experience. Every treatment plan is tailored to individual needs, ensuring effective, long-lasting solutions. The mission is to create healthy, confident smiles built for the future.

Contacts: 039 6079538; 346 8437521

www.smilenow.it



Engineering studio skilled in energy efficiency and photovoltaic system design.

www.studiosimax.it



Spring Cup contacts:
Administration
oc@springcup.it

For online ticket purchases

