SEEING MILAN
A GUIDE TO GETTING THE MOST OUT OF YOUR STAY
Welcome to Milan!

Milan is definitely worth a visit! The metropolis in the fertile Po Valley is Italy's economic centre and the meeting point of both fashion and design. Since the time of the renowned artist and inventor Leonardo da Vinci, Milan has been the home of innovation. Against the background of numerous art and historical treasures, such as the Dome and the Scala, there is a vibrant atmosphere.

All this will help to make this year’s ESCRS Congress into an occasion where you’ll have the chance to engage in highly stimulating exchanges of expertise. Innovation is the foundation for any progress. It is one of the key characteristics of our company. At the Oertli booth S148, you can see the results of creativity in action. We do not pretend to be able to keep pace with Milan’s fast moving fashion designers. And that’s the way it should be. Real progress has to stand apart from fashion trends and needs to bring benefits both for patients and for the health care system. We do have a lot to offer and look forward to exchanging news and views with you.
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Big steps in a micro field

OertliKatalyst is the new brand for precision at the retina. With its out-
standing range of micro instruments as forceps, scissors, polishers and retina
picks, Oertli is expanding its commitment to the highest possible precision
and safety for vitreo-retinal interventions.

Our goal is to reach a ground-breaking level of perfection in vitreo retinal interven-
tions. With our creative product development we are doing the utmost to make
tissue much more easily visible and more precisely manipulable. With OertliKatalyst,
just like with Oertli surgical devices, we are now pushing ahead with innovations
in the micro instrument sector. Do visit the OertliKatalyst stand at booth S148 –
there is a lot to see and a lot to admire.

Andreas Bosshard  Christoph Bosshard  Thomas Bosshard
Chairman of the Board  CEO  Head of Marketing & Sales
Welcome to Seeing Milan

Welcome to seeing Milan, Ophthalmology Times Europe’s guide to help you get the most out of your stay in Italy’s capital city during the XXX Congress of the European Society of Cataract and Refractive Surgery (ESCRS).

Milan is not only the economic hub of Italy but is also one of the World leaders in fashion and has much to offer its visitors. In this guide, we aim to provide a brief overview of some of the historical and beautiful attractions the city has to offer, as well as a quick review of places to eat, drink and relax. We also include some handy tips on how best to navigate the city.

Whether you have a penchant for shopping or you simply enjoy people watching then Milan will definitely be a good place for you. As the city is iconic of haute couture there are many shops to while away the days and money. If your feet get a little tired then you can always take a rest in a café and enjoy some delicious caffeinated beverages, such as a marocchino.

To abate those hunger pangs after a long day of shopping, there is a huge range of restaurants in which you can indulge your taste buds with the local cuisine. Of course, there are also some beautiful historic sights to take in while in Milan, including the Duomo di Milano and The Last Supper by da Vinci.

We hope we have provided you with a good starting place to be able enjoy this beautiful and bustling city and wish you a wonderful stay in Milan.
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The European Society of Cataract and Refractive Surgeons (ESCRS) is holding its 30th congress in Milan, Italy this year. The meeting is regarded as one of the most respected forums for the anterior segment. The congress will introduce a plethora of free paper presentations, symposia, and opportunities to network and create valuable healthcare and industry contacts that could last a lifetime. Ophthalmologists will also have the chance to view new products and services offered by numerous ophthalmic companies.

When

The XXX ESCRS Congress will be held on the 8–12 September 2012

Where

The 2012 ESCRS Congress will be held at MiCo Milano Congressi, Piazzale Carlo Magno, 20149 Milano, Italy
Website: www.micmilano.it
Train stop: Domodossola
Metro stops: Amendola or Lotto

Registration

The onsite registration fees for the congress are as follows:

- Member: €635
- Non-member: €735
- Trainee: €50
- Healthcare Professional: €360
- ESONT Member: €85
- ESONT non-member: €135

Exhibition

As well as the ESCRS Congress, instructional courses and the main symposia, there will be an exhibition from Friday 7 September to Tuesday 11 September.

Main Symposia

Every day there will be main symposia taking place as well as free paper sessions. These are just some of the highlights:

**Saturday 8 September (2 pm–4 pm)**
ESCRS/EURETINA Symposium: Cataract surgery and macular disease
Chairpersons: P. Barry, G. Richard

**Sunday 9 September (11 am–1 pm)**
ESCRS/WCPOS Symposium: Cataract and refractive surgery in children
Chairpersons: D. Epstein, K.K. Nischal

**Monday 10 September (11 am–1 pm)**
Femtosecond-assisted cataract surgery: Where are we now?
Chairpersons: M. Piovella, P. Rosen
**Tuesday 11 September (11 am–1 pm)**
*Innovations in IOL power calculation*
Chairpersons: T. Kohnen, R. Mencucci

**Wednesday 12 September (11 am–1 pm)**
*I am a perfect cataract surgeon. How can I become better?*
Chairpersons: R. Bellucci, M. Lundström

**Refractive Surgery Didactic Course**

This comprehensive course will commence on the first day of the meeting, Saturday 8 September. The EBO-accredited course is a great chance to brush up on surgical skills and refractive procedures. OTEurope’s highlights are:
- 9.10 am — *Incisional and coagulative corneal procedures: Principles, techniques and results* (T. Kohnen)
- 12.20 pm — *Presbyopia* (G. Grabner)
- 2 pm — *Quality of vision evaluation* (R. Applegate)
- 4.20 pm — *Customized ablational procedures* (J.L. Alió)

**Instructional Courses**

Instructional courses will be offered from Saturday to Tuesday. OTEurope recommends:

**Saturday 8 September**
- 11 am–1 pm — Corneal crosslinking therapy
- 2.30 pm–4.30 pm — Solving the high myopia problem with phakic IOLs
- 5 pm–6 pm — Meibomian gland dysfunction and chronic blepharitis

**Sunday 9 September**
- 8 am–10 am — Presbyopia correcting IOL implantation: Choosing the proper lens for each patient
- 2.30 pm–4.30 pm — Management of astigmatism in conjunction with contemporary lens-based surgery
- 5 pm–6 pm — Ray tracing for laser refractive surgery and IOL power calculation

**Monday 10 September**
- 8 am–10 am — ABC in effective ophthalmic publishing
- 2.30 pm–4.30 pm — Endophthalmitis following cataract surgery
- 5 pm–6 pm — Anterior vitrectomy masterclass

**Tuesday 11 September**
- 8 am–10 am — Systematic approach and experiences with femtolaser refractive cataract surgery
- 2.30 pm–4.30 pm — Intracorneal inlays for presbyopia

**Other Highlights**

**Saturday 8 September**
- Young Ophthalmologists Programme

**Sunday 9 September**
- Workshop on Visual Optics
- David Apple Commemorative Lecture

**Monday 10 September**
- Combined Symposium of Cataract and Refractive Surgery Societies (CSCRS)

**Organizers**

**ESCRS**
Temple House, Temple Road, Blackrock, Co Dublin, Ireland
Tel.: +35 31 209 1100  Fax: +35 31 209 1112
E-mail: escrs@escrs.org
Website: www.escrs.org
Milan, Italy’s second largest city, is not only the country’s economic centre but is also considered to be one of the world-leaders in fashion. For designer label shopaholics, Milan is a utopia, but don’t let the city’s fashionable reputation fool you — there are plenty of beautiful and well-kept historical sights to inspire you also. The Duomo di Milano, for example, is the city’s majestic Gothic cathedral and there are a number of other beautiful churches and palaces to enjoy.

The city has been divided into 9 boroughs, or decentralization zones, that are identified numerically but also have names. At the very heart of these 9 zones is the Centro storico, which is the historical centre of the city that used to be surrounded by the old Spanish walls. This zone comprises several districts and includes the majority of the historical sights and attractions of the city.

Sandwiched between France, Switzerland, Austria, and Slovenia, Milan really is a cultural hub and of course it would not be right if we did not mention the massively supported football teams that dominate the Milan sporting calendar, AC Milan and FC Internazionale.

Art, Sport and Culture

Combining historical architecture with sleek new business buildings, it is safe to say Milan is a real melting pot of culture and style.

Within the Centro storico district, visitors can find the Duomo di Milano and a variety of smaller churches. One of the greatest highlights of the city is seeing the iconic painting The Last Supper by Leonardo da Vinci. However, tickets to see this masterpiece are usually snapped up — so book quickly. If you’re in a more sombre mood then head to the peaceful Cimitero Monumentale di Milano near the city centre.

For art, theatre and music lovers there is the Blue Note Milano Jazz Bar (more details can be found in the Bar Guide) that specializes in all three. There is also Teatro alla Scala — Milan’s world-renowned opera house. A number of smaller theatres are also dotted around the city — all showing a variety of performances. The Galleria d’Arte Moderna offers a perfect opportunity to peruse modern art collections from Picasso to pieces from the 1950s.

Duomo di Milano

www.duomomilano.it
Piazza del Duomo, 20122

Where better to start than Milan’s most famous landmark? The Duomo di Milano, a Gothic cathedral commissioned in 1386, consists of an impressive 135 spires and 3200 statues. At the time it was constructed it could fit the whole population of Milan… that’s 40000 people. The stunning cathedral is made out of brick and plated with marble donated from local quarries. If you
make it to the roof then you will be treated to sweeping views of the city.  
**Opening times:** 7 am–6.45 pm daily  
**Admission:** €6 to climb the stairs or €10 to take the elevator

**Chiesa di San Maurizio al Monastero Maggiore**  
**Corso Magenta, 20123**  
Built in 1503 by Gian Giacomo Dolcebuono, this church is a tourist hot spot. The organ was painted by Francesco Medici, a member of the once-powerful Medici family. The walls are covered in gorgeous paintwork depicting holy scenes. It is a prime example of Milan’s fine 16th century architecture.  
**Opening hours:** 9.30 am–5.30 pm daily  
**Admission:** Free

**Cimitero Monumentale di Milano**  
**Piazzale Cimitero Monumentale 1, 20151**  
www.monumentale.net  
Second only in size to the Cimitero Maggiore, the Cimitero Monumentale di Milano is known for the beautiful and elaborate tombs housed within. Designed by the architect Carlo Maciachini, the Monumental Cemetery is the resting place for many notable industrialists and honoured Italians.  
**Opening hours:** Tues–Sun (8 am–6 pm)  
**Admission:** Free, last admission allowed 30 minutes before closing

**The Last Supper (Leonardo da Vinci)**  
**The Church of Santa Maria delle Grazie, Piazza Santa Maria delle Grazie 2, 20123**  
You will need to book a tour in advance to see one of the most famous paintings in the world. Leonardo da Vinci’s The Last Supper is nothing short of breathtaking. Although savaged by neglect and damage over the years, including the restoration attempts made on it damaging it further, The Last Supper is still magnificent consuming a complete wall in the refectory of the Church. Slightly more expensive than other attractions in Milan but surely a ‘must-see’.  
**Opening times:** Variable (it is advised that you turn up 20 minutes prior to the tour start time and each tour lasts only 15 minutes)  
**Admission:** This varies depending on the tour provider (approx. €23–€30)

**Galleria d’Arte Moderna**  
**Via Palestro 16, 20121**  
www.gam-milano.com  
This is your classic art gallery with marble sculptures and squeaky floors. There is a lot of contemporary art from the 1950s but also a few older pieces from Picasso. The Civic Gallery of Modern Art is the perfect place to spend an Milanese afternoon.  
**Opening hours:** Wed–Sun (9 am–1 pm and 2 pm–5.30 pm)  
**Admission:** Free

**Basilica di S. Ambrogio**  
**Piazza S. Ambrogio 15, 20123**  
www.basilicasantambrogio.it  
This hauntingly beautiful and ancient Milanese church was constructed in 379 AD by St Ambrose. In the 13th Century a mosaic, called the Christ Pantokrator, was completed on the domed ceiling depicting Jesus Christ. The Bascilla has two bell-towers — one built in the 9th Century and the other built in the 12th Century.  
**Opening hours:** Mon–Sat (10 am–12 pm and 2.30 pm–6 pm), Sun (3 pm–5 pm)  
**Admission:** Free
Teatro alla Scala
Via Filodrammatici 2, www.teatroallascala.org
Rich in history and the epicentre of European opera, the Teatro alla Scala really epitomizes sophistication and charm. However, it is argued that the interior of the theatre is far more ornate than the exterior! The theatre’s museum features musical instruments used by Mozart and Liszt. The theatre plays host to opera, concerts, recitals, ballets and other cultural events. The performances can be operas that are hundreds of years old or even modern-day horror films translated to the stage!
**Opening times:** Varied
**Admission:** Varied (more information may be found on the website)

San Siro Stadium
Piazzale Angelo Moratti, 20151 www.sansiro.net
Home to the both AC Milan and FC Internazionale football clubs, the San Siro is a must-see for any sports fan. The stadium was built in 1925 and was renamed in 1980 to Stadio Guiseppe Meazza, in honour of the Milanese player. Other than soccer, the stadium plays host to boxing matches, music concerts and Italian rugby. See actual soccer memorabilia from Pele to Maradona and Zidane to Rivera. There is also a Cinema Hall in the stadium that shows a movie about the history of Milan. Daily guided-tours are available, lasting 30–40 min in English and Italian.
Opening hours: 10 am–6 pm daily (variable according to match schedules, please check website)  
Admission: €13 or €7 for museum access alone

Giardini di Villa Reale  
Via Palestro, 20121
If you want to escape from the buildings, noise, traffic and people then head straight to these beautiful gardens in the centre of Milan. The mini paradise features ponds, lush greenery, swans and ducks. With a grand period villa and a large grassy lawn it is easy to imagine you are not in a bustling city centre. On summer days it is a very popular sunbathing spot with well-tended lawns lined with beautiful cherry trees and there is a play area for children. There is also a picturesque waterfall leading into a lake… one of the best free attractions in Milan!
Opening hours: May–Oct (9 am–7 pm)  
Admission: Free

San Satiro  
Via Torino (at Via Speronari), 20123
The San Satiro church, full name Santa Maria Presso di San Satiro, is a pleasingly primitive place of worship. Completed in 1482, the church adheres to the style of the time. San Satiro is dedicated to Saint Satyrus, confessor and brother of Saints Ambrose and Marcellina. The internal parts consist of a nave and two aisles with a barrel vault. The original paintwork was white and gold, but now this has been transferred to the Pinacoteca di Brera.
Opening times: Mon–Fri (7.30 am–11.30 am), Sat (3.30 pm–6.30 pm)  
Admission: Free

Parco Sempione  
Piazza Castello, 20121
Considered one the most romantic spots in Milan, the Parco Sempione is ideal for a relaxing stroll or a soothing bike ride. After your walk you can visit the on-site café for an afternoon latte or espresso. Bikes are available to rent at very low prices by the hour and there are restaurants at the far end of the park. You may even spot some pro basketball players on the courts during training season!
Opening hours: Jun–Sep (daily, 6.30 am–11.30 pm)  
Admission: Free

Castello Sforzesco  
Piazza Castello, 20121
www.milanocastello.it
Located adjacent to the Parco Sempione, this magnificent fortress is steeped in history. Being subjected to several invasions, demolitions and reconstruction efforts it truly is a wonder. The last restoration of the castle was completed in 2005 and it is now home to several museums and libraries.
Opening hours: Grounds are open daily (8 am–6 pm), the museum is open Tues–Sun (9.30 am–5.30 pm)  
Admission: Free into the grounds or €3 to access the museum
“Acquisti”, or “shopping” in English, is what the Milanese do best. Queen of the catwalk and home to some of the most iconic designers, Milan oozes style and fashion perfection. If you like to have everything you need under one roof then the Galleria Vittorio Emanuele II will be shopping perfection. If you prefer a more quirky shopping experience, visit the Navigli District with its pretty canals, boutiques and cosmopolitan feel. Or for a more artistic and vintage approach to shopping then head to the Brera District — Milan’s answer to Paris’ Montmartre. But for the ultimate designer label shopping experience the famous Fashion Quadrangle is a shopper’s utopia. What are you waiting for? Dust off the credit card and splurge until your heart’s content...

**Galleria Vittorio Emanuele II**

Connecting the Piazza del Duomo to the Piazza della Scala is the infamous and historical shopping centre, Galleria Vittorio Emanuele II. The double arcade is named after the first king of Italy and was designed and built by Giuseppe Mengoni in the 19th Century. Everything can be found under the impressive glass and steel ceiling, including luxury shops such as Prada, Gucci and Louis Vuitton as well as cafés and restaurants. So, this is the perfect place to enjoy some retail therapy and people watching.

**Navigli District**

This part of Milan is made up of an almost triangular system of waterways and canals. One canal reaches out to the Po in the sea, another stretches to northeastern Europe and the third canal reaches Switzerland. The mouth of the Lambro Vettabbia is said to be one of Milan’s first links to the sea.

Shopping is one of the best aspects of visiting the Navigli district. From handpicked fashion to classic vintage pieces, there is something for all tastes and budgets. For those who like their clothing handmade head to Frip, if you’re after a more retro look then visit Wok or if you’re into...
grass-roots fashion design then take a trip to Biffi. The flea market takes place every last Sunday of the month along the Naviglio Grande canal. This is where you will be treated to the opportunity to purchase antiques and second hand goods.

Clothing and antiques aren’t all you can find in the Navigli district. This section of Milan offers a number of artsy cafés, restaurants and bars. The architecture, although made up of old-fashioned buildings of the 18th Century working class, now serve as an attractive tourist destination.

Wok
Viale Col di Lana, 5 20136
Tel.: +39 (0)2 898 29700
www.wok-store.com
This boutique is one of the newest in Navigli. It’s decorated with interesting props and urban graffiti. The shop supports grass-roots designers and established brands alike such as JC de Castelbajac. There are also a few vintage pieces available and if you look hard enough there will be one or two hidden bargains. It celebrates avant-garde designers from all over the world, including the UK, Sweden and the USA. The store has played a role in Milan Design Week — hosting METROFARM — a distinguished Berlin studio.

Frip
Corso di Porta Ticinese 16, 20123
Tel.: +39 (0)2 832 1360
www.frip.it
First opened in 1994 Frip is widely regarded as Milan’s first mainstream store selling alternative clothing. This must-visit store is open later at night than most of the clothing stores in Milan and is a tourist attraction in its own right. It was one of the first shops to mix low profile clothing with edgier, quirkier pieces. Brands available at Frip include Petar Petrov, Pleasure Principle, A’N’D, The Local Firm, Bernhard Willhelm and RAF.

leFull
Corso di Porta Ticinese 16, 20123
Tel.: +39 (0)2 873 90018
www.lefull.it
leFull is, in fact, a brand, promoting itself as feminine yet feisty. It claims to offer an outfit for every mood a woman can possibly feel. If you want to take them up on that challenge then head there as soon as possible.

Biffi
Corso Genova, 6 20123
Tel.: +39 (0)2 831 16052
www.biffiboutiques.com
With boutiques in both Milan and Bergamo, Biffi is a popular choice for Italians. There is always something going on at Biffi — whether it’s a Mulberry exhibition, a jewellery sale or Men’s Fashion Week. Biffi also showcases new designers — so watch out for some real ’out-there’ designs. Brands include Acne, Peter Pilotto, Christopher Kane and Marni.

Mauro Leone
Corso di Porta Ticinese 60, 20123
Tel.: +39 (0)2 894 29167
www.mauroleone.com
Mauro Leone is one of the best places to go for tailor-made shoes and certainly one of the smartest stores in town. Catering for everyone from ballerinas to bride-to-be, the store offers a personal service where you will definitely get what you pay for. The family-run business has been going since 1941 and has crowds of dedicated customers. For a pair of purely Italian, handmade shoes there is no place better than Mauro Leone.
Brera
The Brera District is fondly referred to as the “Milanese Montmartre” due to its population of artists, writers and bohemians. Priding itself on the ever-growing café culture, Brera is the place to see and be seen. The district is heaving with charming pizzerias, bars, restaurants, fortune-tellers, street vendors and shops — making it a perfect place to shop, eat, drink, hang out and then shop again. With cobbled streets and well-kept buildings Brera is considered the prettiest part of the city. It is popular for walks as well as window-shopping! Via Fiori Chiari, Via Madonnina and Piazza del Carmine form a delightful pedestrian shopping area.

10 Corso Como
Corso Como 10, 20121
Tel.: +39 (0)2 290 02674
www.10corsocomo.com
At 10 Corso Como most of the stock is actually hand-selected by Vogue Italia’s Editor-in-Chief Franca Sozzani. This is one of the only places you can find totally individual designer pieces and exclusive collections solely available in the store. Marni, Lanvin and Prada are just a handful of the designers available here. For those with a stricter budget the 10 Corso Como Outlet store is located on Via Tazzoli 3. Although most of it is off-season, shoppers have found some hidden gems.

La Vetrina di Beryl
Via Statuto 4, 20121
Tel.: +39 (0)2 654 278
The ultimate place for anyone with a shoe obsession, La Vetrina di Beryl houses some of the most beautiful designer shoes in the world. Barbara Beryl owns the shop and it is highly regarded as the Vogue Italia of the shoe-world. Labels include Prada, Marc Jacobs and Costume National, along with a couple of clothes racks too.

Cavalli & Nastri
Via Brera 2, 20121
Tel.: +39 (0)2 720 00449
www.cavallienastri.com
Where else would you be able to find a 1950s Dior cocktails dress or a 1940s American dress under the same roof? The answer lies in Cavalli & Nastri — one of Milan’s best vintage stores. There is a Cavalli & Nastri vintage store for everyone in Milan, men, women and homes! There is something for everyone’s budget and is certainly a ‘must-see’ store in Milan.

Lipstick Vintage
Corso Garibaldi 79, 20119
Tel.: +39 (0)2 620 86165
www.lipstickvintage.com
Forget vintage, this shop is just downright historical. You will find clothing from the 18th and 19th Centuries right up until the 1990s — if you enjoy truly vintage collections then this is definitely the store for you.

Street Markets
Textiles, shoes, bags, food, antiques, second hand goods and many more items can be found in Milan’s street markets. Visiting a market is the perfect opportunity haggle with the locals for traditional Italian goods such as Parma ham, sausages, Parmesan cheese and various pastas.
Street markets and flea markets in Milan generally take place during the weekdays from 8 am to 1 pm and Saturdays from 9 am to 5 pm. The following streets usually have a market:
Monday: via Zamagna, via Kramer, piazza Mirabello
Tuesday: viale Papiniano and via B.Marcello
Wednesday: via Aicardo, piazzale Martini and via Zuretti
Thursday: via Osoppo, via Ampère, piazza Mirabello and via P. Calvi
Escaping the City

City life can get noisy and busy at the best of times — so sometimes it’s nice to take a break from it all and take a day trip to sights and attractions just outside of Milan. There are plenty of them — the castle at Trezzo sull’Adda, the Grand Prix at Monza and the Roman-Gothic St John Cathedral. However, if you are looking for something a bit more lively then Italy’s second largest city, Lago Maggiore, is full of buzzing restaurants, shops and bars.

Chiaravalle Milanese
Via Sant’Arialdo, 102 20139
www.cistercensi.info
Founded in 1135 by St Bernard of Chiaravalle, the abbey is located in the Lombardia District south east of Milan city centre. Past donations from local aristocracy means the abbey stands on an abundance of land. It has survived almost 1000 years of European history — including the Hundred Years War in the 1300s and the Napoleonic wars in the 1700s. Rebuilt in a Baroque style in the 19th and 20th century, the abbey hosted many concerts and still remains a beauty in Italian culture.

Autodromo Nazionale Monza
Parco di Monza, Via Vedano 5, 20900, Monza
www.monzanet.it
Twenty kilometres West of central Milan is where the Grand Prix is held at the Autodromo Nazionale Monza. The Grand Prix actually coincides with the ESCR — so some of you may be tempted by the circuit. The track was built in the Royal Villa of Monza park in the woods. It has three tracks: the 5.793 km Grand Prix track, the 2.405 km Junior track and the 4.25 km high speed track.

Opening hours: Various
Admission: Starting from €45, see website for detailed information

Visconti Castle
Constructed by the famous Visconti family in 1360, the Visconti castle is a remarkable piece of Italian history. The castle houses the Civic Pinacoteca Malaspina and Civic Museums, which features archeological finds, sculptures and over 500 paintings by Bello, Crivelli and Correggio. Neighbouring the castle is the private chapel of the Visconti family — the 1396 Certosa Pavia. The castle park was the setting for the Battle of Pavia, which was the finale of the Italian Wars in 1525.

Lake Garda
Nestled in the alpine area between Venice and Milan, the gorgeously azure blue Lake Garda is the deepest lake in Italy. Legend has it that the lake was created by some of the Ice Age’s last glaciers. The lake features five main islands: Isola del Garda, Isola dei Conigli, Isola di Sogno, Isola dell’Olivo and Isola di Trinellone. There is also a rare species of salmon that resides in the lake. Scattered around the lake, there are several traditional villages and town to visit, including the port town of Lazise, the beautiful Salò and the old port of Desenzano del Garda.
Italy isn’t just about pizza and pasta with Bolognese sauce. Milan, located in the Lombardy region, is famous for Cotoletta alla Milanese (cutlet of meat in breadcrumbs) and Quartirolo Lombardo, a creamy cheese with pale pink rind made from cows milk. Nearby is the town of Gorgonzola, where its pungent namesake cheese was created.

The famous stereotype that Italy is the homeland of fine wine is very true. Milan prides itself on offering a selection of local, mouth-watering grape varieties such as Bonarda and Nebbiolo — which can be found in most Milanese restaurants.

Milan is a culinary hub, home to over 3000 restaurants, trattorias, enoteche (wine bars), cafés and ice cream parlours. Most of the gourmet restaurants tend to be in central Milan, whereas the traditional and quirky places are usually situated in the Brera and Navigli districts of the city.

L’Immagine Ristorante Bistrot €€

Cuisine: Italian/Continental/Bistro
Address: Via Varesina 61, 20156
Tel.: +39 (0)2 392 64564
www.limmaginebistrot.com
Possibly the warmest and most welcoming restaurant in Milan, L’Immagine Risorante Bistrot is a hidden gem. You may find yourself piling on the pounds at this restaurant because the waiters have a habit of giving their customers free food.

Montecristo €€

Cuisine: Seafood
Address: Corso Sempione 17, 20145
Tel.: +39 (0)2 349 5049
www.ristorantemontecristo.com
With a massive wine list to ponder over and enjoy, you may not remember your visit to this restaurant. Montecristo offers a dazzling array of seafood dishes such as antipasto Montecristo, spaghetti aglio and olio and scampi. The waiters are more than happy to explain the contents of each dish, so don’t feel embarrassed if your Italian vocabulary consists of three words.

Oste del Teatro €€

Cuisine: Italian/Fusion
Address: Via Pastrengo 16, 20159
Tel.: +39 (0)2 690 10293
www.ostedelteatro.it
Located inside the glamorous Teatro Verdi, Italian Fusion restaurant Oste del Teatro offers an eclectic menu and a carefully selected wine list. Vegetarians will feel at home here with a vast selection of delicious meat-free dishes such as smoked grilled mozzarella on top of sautéed vegetables. Meat-eaters are strongly advised to try the succulent San Daniele prosciutto.
Noblesse Oblige €€

Cuisine: Italian
Address: Franchino Gaffurio 1, 20124
Tel.: +39 (0)2 669 2773
www.ristorantenoblesseoblige.com

Relaxed service and quality food is on the agenda at this restaurant. Although a little pricey, it promises a chilled atmosphere and authentic seasonal Italian dishes. All ingredients are hand-selected and locally sourced by the head chef. The low lights and warm colours provide an intimate feeling that will make you feel very at home.

Ristorante Manna €€

Cuisine: Italian
Address: P.le Governo Provvisorio 6, 20127
Tel.: +39 (0)2 268 09153
www.mannamilano.it

A little out of the way, but well worth the taxi ride, Ristorante Manna serves unbeatable Italian cuisine. The wine list is not only mammoth but it’s also very well priced. The menu changes according to the seasons, meaning only the freshest produce is used.

Filetteria Filò €€€

Cuisine: Italian (specializing in fine steak)
Address: Via Lecco 15, 20124
Tel.: +39 (0)2 295 31938
www.filetteria.it

If steak is your passion then Filetteria Filò should definitely be on your culinary to-do list in Milan. It is a little expensive but the quality of the food and wine is absolutely divine. The restaurant offers over 25 different versions of fillet beef steak, along with some personal Italian appetizers and starters. The interior is funky and stylish, but you probably won’t notice due to the exemplary cuisine.

Warsá €

Cuisine: African
Address: Via Melzo 16, 20129
Tel.: +39 (0)2 201 673
www.ristorantewarsa.it

This restaurant has an impressively ethnic atmosphere, complete with tribal-inspired furniture. Some of the chairs and tables are low down to create the impression of eating in traditional African style. Meat-eaters and vegetarians are both catered for and you are encouraged to eat many of the dishes with your hands. The restaurant is perfect for those on a budget — wine is available at €15 a bottle and mixed food platters start from €17.

Iyo €€

Cuisine: Japanese
Address: Via Piero della Francesca 74, 20154
Tel.: +39 (0)2 454 76898
www.iyo.it

Iyo really goes for the minimalistic, chic look and serves equally chic sushi. The fish is said to be the freshest in Milan and the wine isn’t too bad either. The menu choices are quite expansive and the price is in line with quality. If it’s classic sushi served in a typically stylish Milan restaurant you’re after then Iyo is the place to go.
Sarla

Cuisine: Indian
Address: Via Gaspara Stampa 4, 20123
Tel.: +39 (0)2 890 95538
www.sarla.it

Although home to a host of spicy dishes, the chicken nilgiri at Sarla is ideal for those who don’t like spicy food, as is the cheesy naan bread and the malai kofta. Sarla caters for a variety of palates and all for a very reasonable price. Generally, guests can tuck into an appetizer, starter and main course for only slightly more than €20. Even the side orders are delicious — the fresh pudina, dhania and green chilli chutney particularly!

Feel Fusion

Cuisine: Japanese
Address: Via Severino Boezio 10, 20145
Tel.: +39 (0)2 345 1669
www.feelfusion.it

Reasonably priced Feel Fusion has welcoming staff and even more welcoming sushi. All dishes are beautifully presented and the décor is nothing short of stylish. Run by Japanese people, Feel Fusion is an accurate representation of excellent Japanese cuisine.

La Rosa dei Venti

Cuisine: Italian/Mediterranean
Address: Via Piero della Francesca 34, 20154
Tel.: +39 (0)2 347 338
www.ristorantelarosadeiventi.it

La Rosa dei Venti is a delightful restaurant specializing in fish and other seafood dishes. The restaurant takes pride in ensuring every dish is creatively presented and available at an affordable price. Added to this extreme devotion to customer satisfaction means this, sometimes overlooked restaurant, definitely deserves a try.

Il Capestrano

Cuisine: Italian/Mediterranean
Address: Via Gian Francesco Pizzi 14, 20141
Tel.: +39 (0)2 569 3345
www.ilcapestrano.it

With the ham carved in front of the guests and free glasses of champagne, the Il Capestrano, Ristorante Abruzzese is a fine choice for any restaurant lover. Reasonably priced and offering a magnificent selection of Italian fare, the restaurant is the perfect example of the country’s traditional cuisine. The only downside (but it’s not really that much of a disadvantage) is that the menu is entirely in Italian… so you better brush up on your language skills.

Vinile

Cuisine: Italian
Address: Via A. Tadino 17, 20124
Tel.: +39 (0)2 365 14233
www.vinilemilano.com

Vintage, retro, nostalgia and more vintage is what you will find at Vinile. With the finest choice of Italian wines, a typical Italian food menu and a collection of records for sale, Vinile is one of the grooviest places to eat, drink and sing.
Il Luogo di Aimo e Nadia €€€
Cuisine: Italian
Address: Via Montecuccoli 6, 20147
Tel.: +39 (0)2 416 886
www.aimoenadia.com
If you want to escape the fashionable clutches of Milan then head to Il Luogo di Amio e Nadia — located 20 minutes outside the fashion district. A well-recommended dish is the lobster cooked in butter and white wine sauce, followed by some of Italy’s tastiest tiramisu dessert. The chefs offer a personal touch and often come out of the kitchen to speak to the guests at the table.

Il Mosto Selvatico €€
Cuisine: Italian
Address: Via Cesare da Sesto 1, 20123
Tel.: +39 (0)2 894 06172
www.ristoranteilmostoselvatico.com
Traditional fish dishes, rich wines and homemade Italian desserts are all under one roof at the Il Mosto Selvatico. For a three course meal with wine expect to pay around €50 per person. The chefs are young but their ways are nothing short of traditional. A popular dish is the prawns in batter stuffed with cheese and squash accompanied by a young, dry Muscat wine.

Mirror Lounge and Restaurant €€
Cuisine: Contemporary
Address: Privata Polonia 10, 20157
Tel.: +39 (0)2 786 27000
www.thehubhotel.com
Where the tables are made of wengé wood and there is enough room to swing a cat, this restaurant really does ‘mirror’ the cool and chic reputation Milan upholds. Guests can see the chefs at work through the plate glass windows — so you know exactly where your food is coming from. With champagne for breakfast you will feel like a king. An à la carte menu is available for evening meals and lunch is served all in one course.

Al Porto €€€
Cuisine: Seafood
Address: Piazzale Generale Cantore, 20123
Tel.: +39 (0)2 894 07425
www.ristorantealportomilano.it
Reservations are a must with this restaurant, as it tends to get fully booked pretty quickly. The menu is a little on the pricey side but full of exciting seafood dishes such as sea bream, branzino and lobster. Chestnut mousse and prawns with horseradish are also delights worth sampling.

Trattoria Mirta €€
Cuisine: Italian
Address: Piazza San Materno 12, 20131
Tel.: +39 (0)2 911 80496
www.trattoriamirta.it
This restaurant places emphasis on culinary creativity combined with tradition. The wine is all from Northern Italy, as are most of the ingredients. The website boasts “unique flavours” and “excessive variations of traditional dishes.” Trattoria Mirta is situated away from the hustle and bustle of the city in a quiet square with an old abbey. The average spend per person can vary between €30–40.
202 The Grill

Cuisine: American
Address: Via Cesare da Sesto 1, 20123
Tel.: +39 (0)2 872 36415
www.202milano.com

With bare brick walls and Banksy artwork you will feel like you’re in a downtown Brooklyn restaurant than in the centre of Milan. Chicken is fried in a homemade breadcrumb and seasoning mix and the burgers are the tallest in Italy. Everything is American except the beer… which is a draft from Saronno in Italy. So, if you want a break from seafood, pasta and pizza then head down to 202 The Grill for a little taste of the USA.

El Paladar de Juan

Cuisine: Cuban
Address: Via dei Valtorta 23, 20127
Tel.: +39 (0)2 284 2998
www.paladardejuan.it

Rustic and cosy Cuban restaurant El Paladar de Juan is situated on the calm outskirts of Milan. The waiters are friendly and the food is simple but incredibly delicious. The chef is Cuban so authenticity is guaranteed and there is a great selection of rum to choose from as well.

Da Maruzella

Cuisine: Italian
Address: Piazza Guglielmo Oberdan 3, 20129
Tel.: +39 (0)2 295 25729

Bigger is better according to Da Maruzella. The portions are very generous and the price range will suit anyone’s budget. Typical Italian food such as bruschetta, carbonara, Bolognese and grilled shrimp are all served here. A must-try dish is the ‘Buffolino Pizza’ (Buffalo Pizza). Reservations are not always necessary but it is a popular spot and can get busy. The restaurant is also suitable for all the family.

La Maniera di Carlo

Cuisine: Italian
Address: Via Pietro Calvi 2, 20129
Tel.: +39 (0)2 760 24261
www.lamanieradicarlo.it

La Maniera di Carlo believes that using fresh and local raw ingredients is the key to a successful restaurant. Supporting small producers and bringing passion into their food, the intimate restaurant is a fine example of Italian cuisine. The fish is bought from the Fish Market in Milan and the pasta, desserts and breadsticks are all produced in house.

La Dogana del Buongusto

Cuisine: Italian
Address: Via Molino delle Armi 48, 20123
Tel.: +39 (0)2 832 42444
www.ladoganadelbuongusto.it

For home-cooked Italian comfort food in the centre of Milan then visit La Dogana del Buongusto. Run by a father and son team, the restaurant has a friendly environment. Don’t worry if your Italian isn’t up to scratch, the waiters are more than happy to translate the menu for you. La Dogana del Buongusto manages to maintain an individual charm within the touristy hub of central Milan.
Chandelier €€€

Cuisine: Mediterranean/European
Address: Via Giuseppe Broggi 17, 20129
Tel.: +39 (0)2 202 40458
www.chandelier.it

Chandelier is a uniquely arty restaurant decorated with its neoclassical and Baroque namesakes. Expect swanky furniture and richly Mediterranean Italian food such as gnocchi, risotto, scampi and salmon. Desserts range from the classic Tiramisu to the creamy chocolate cake. The only downside is that it’s closed on Sundays.

Boeucc €€

Cuisine: Italian
Address: Piazza Belgioioso 2, Scala, 20121
Tel.: +39 (0)2 760 20224
www.boeucc.it

As Milan’s oldest restaurant, Boeucc certainly doesn’t serve the oldest food. Each dish is lovingly made with the freshest ingredients. The homemade cooking will warm the coldest of hearts. Dessert is served on a traditional tea cart, making you feel as if you’re in a period drama.

Savini €€€

Cuisine: Italian
Address: Galleria Vittorio Emanuele II, Via Ugo Foscolo 5, 20121
Tel.: +39 (0)2 720 03433
www.savinimilano.it

Savini offers local-style risotto, spaghetti and ravioli all in a historic setting. The Cotoletta alla Milanese is available in lamb or beef and there is a large selection of fish for seafood connoisseurs. Desserts available include chocolate cake and strawberry tart. First opened in 1867, Savini is historically rich as well as culinary-rich.

El Brellin €

Cuisine: Italian
Address: Vicolo dei Lavandai angolo Alzaia Naviglio Grande 14, 20144
Tel.: +39 (0)2 894 02700
www.brellin.it

For a classic twist on Milanese dining, go to El Brellin Ristorante. They do the traditional homey classics such as rigatoni sautéed with pancetta and creatively modern dishes such as the pumpkin tart appetizer. The outside seating area makes it a perfect choice for dining on a summer evening.

Cantina della Vetra €€

Cuisine: Italian
Address: Via Pio IV 3, 20123
Tel.: +39 (0)2 894 03843
www.cantinadellavetra.it

Popular with both locals and tourists, Cantina della Vetra is an obvious choice. Choose from braised beef with polenta, the sea bass carpaccio, pumpkin crème brûlée, aubergine/eggplant Parmesan, saffron risotto with seafood and many more fantastic combinations. English menus are available and most of the staff are English-speaking.
Buongusto €

Cuisine: Italian
Address: Via Caminadella 2, 20123
Tel.: +39 (0)2 864 52479
www.buongusto.it

Quantity doesn’t always mean quality, as proven by 20-seater eatery Buongusto. All pasta is freshly made in-house and some of it is sold in the adjoining shop. A three course meal with wine only comes to about €45 for two, making it one of the best value restaurants in Milan. There is an abundance of seasonal dishes to choose from and is generally very popular with chic Milanese locals.

Lon Fon €€

Cuisine: Chinese
Address: Via Lazzaretto 10, 20124
Tel.: +39 (0)2 294 05153

If you fancy a break from Italian fare, this bustling, family-friendly Chinese restaurant is perfect for large, hungry groups. Lon Fon is ideal for fussy eaters, as the staff will take it upon themselves to cater for your personal needs. Items on the menu include: fresh steamed sea bass, fried rice, garlic chili prawns, mixed vegetables, beef chow mein and many more.

Seven €€

Cuisine: Steakhouse
Address: Viale Montenero 29, 20129
Tel.: +39 (0)2 540 19867
www.sevengroup.it

For meat-lovers the Seven Steakhouse is the place to go. Fast and friendly service with a smile, the Steakhouse is perfect for families and larger parties. It’s reasonably priced and it’s conveniently situated near several transport links.

Primonovecento Osteria €€€

Cuisine: Italian
Address: Via Ruggero di Lauria 17, 20149
Tel.: +39 (0)2 336 11643
www.primonovecento.it

This is the only place were the €5 cover charge includes a glass of champagne! Primarily a fish restaurant, Primonovecento Osteria is an ambient, welcoming place where you are automatically served a glass of Prosecco on arrival. Standard dishes include the lobster linguini and a beef fillet in mustard sauce. Due to its intimate setting, the restaurant is more ideal for small business meetings and romantic dinners rather than families and larger groups.

Malavoglia €

Cuisine: Seafood
Address: Via Lecco 4, 20124
Tel.: +39 (0)2 295 31387
www.ristorante-imalavoglia.com

This quiet seafood restaurant, located just outside the centre of Milan, offers a grand selection of Sicilian wines to accompany a variety of well-cooked fish dishes. Food quality here is the order of the day and the staff are ready to ensure everything you order complements each other perfectly. Passion, quality and attentive staff means this restaurant is definitely worth it.
Antica Hostaria della Lanterna €

**Cuisine:** Italian  
**Address:** Via Mercalli 3, 20122  
**Tel.:** +39 (0)2 583 09604

Run by a Signora Paola, this restaurant has ‘grandma’s home cooking’ written all over it. The menu may be fixed but it is very Milanese — think penne with pumpkin and parma prosciutto and veal in herb gravy. It’s a shame they’re closed on Sunday and don’t do lunch on Saturday.

SPIB Pizza €

**Cuisine:** Pizza/Italian  
**Address:** Via Legnone 34, 20158  
**Tel.:** +39 (0)2 603 536

If you want paper-thin pizza home-cooked with your choice of sauce and topping, SPIB Pizza is your man. Popular with locals of all ages, the restaurant is located in downtown Milan. The neighbourhood may not be as glamorous, but at least you get to see a glimpse of real Milan.

Solferino €€€

**Cuisine:** Italian  
**Address:** Via Castelfidardo 2, 20121  
**Tel.:** +39 (0)2 290 05748  
**www.isolferino.com**

Solferino is a popular restaurant located in the Brera District of the city. Reservations are essential, as it gets very busy. Here you will find typical Italian dishes such as ravioli and shredded fish and smoked salmon in Alfredo sauce. The atmosphere is nothing short of romantic — perfect for couples.

Al Valentino €€

**Cuisine:** Italian  
**Address:** Via Luigi Faravelli 8, 20149  
**Tel.:** +39 (0)2 345 38399

Possibly the most serious and posh pizzeria in the world, Al Valentino does everything in style. You can order a pizza with carpaccio, truffle paste and rocket for a small price. They also offer seafood and pasta dishes with an eclectic choice of appetizers and wine.

Osteria del treno €€

**Cuisine:** Italian  
**Address:** Via San Gregorio 46/48, 20100  
**Tel.:** +39 (0)2 670 0479  
**www.osteriadeltreno.it**

Osteria del treno prides itself on serving authentic Italian food. The restaurant is part of the Slow Food organization — a network of chefs and food connoisseurs that promote the use of local produce to support their communities. Guests are served at a relaxed pace, encouraging you to savour your food in the way that Italian dishes should be. One of Osteria del treno’s best dishes is the pistachio ice cream with hot chilli peppers, a delightful contrast.
It was at the turn of the 20th Century that Luigi Bezzera first patented his coffee machine design, which is still prominent today, and it’s with this rich history and serious love of the roasted beans that Milan will certainly not disappoint those seeking a café or two.

The city drink is “un marocchino”. This is, effectively, an upside-down cappuccino served in a glass sprinkled with cocoa powder. A splash of hot frothy milk is added, along with a shot of espresso.

The café culture in Italy has been around for a good 450 years. Along with tobacco, coffee made its first appearance in Venice at around 1570. By 1801 a physician in Milan had printed a leaflet detailing that coffee was a “cure-all” and had great healing powers. You can decide that for yourself by visiting some of these cafes...

**Shockolat**

**Address:** Via Boccaccio 9, 20123  
[www.shockolat.it](http://www.shockolat.it)

In this beautiful chocolate shop-cum-ice-cream parlour-cum-café you will most definitely feel like you have entered Roald Dahl’s ‘Charlie and the Chocolate Factory’. With an array of delectable creamy chocolates available, you are spoilt for choice. Beware, you may feel an incredible chocolatey high. Also on offer are several types of coffee and hot beverages.

**Cova**

**Address:** Via Montenapoleone 8, 20121  
[www.pasticceriacova.it](http://www.pasticceriacova.it)

Possibly not a café for those staying in Milan on a shoestring, as Cova is known to be quite pricey. However, its location, on the bustling Via Montenapoleone, is excellent for people watching, eavesdropping and relaxing after a hard day’s shop.

**Blu**

**Address:** Via Carmagnola 5, 20159  
[www.blumilano.net](http://www.blumilano.net)

Perfect soundtrack to a perfect coffee, the Blu Café prides itself on being beautiful. Breakfast is served here, along with lunch, dinner, special dishes and an abundance of cakes. The great thing is you will walk out of Blu weighing a few more pounds but your wallet won’t lose much weight at all — Blu is significantly more affordable than the majority of Milanese cafes.

**Gran Caffe’ Cimmino**

**Address:** 2, Via Larga, 20122 Milan

There is more emphasis on the coffee than the food at Gran Caffe’ Cimmino. However, breakfast and pastries are available daily. Its centrally located spot is an ideal place in which to ponder about what designer handbag to buy while sipping a luxuriously frothy cappuccino, although a table charge will be added.
**Juicebar**

**Address:** Piazza Duomo, c/o La Rinascente
7th Floor

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

This place tends to get a little busy so it can prove a little hard to find a seat. However, it’s worth a visit to taste a Juicebar Smoothie or if you prefer you can drink a latte. The Juicebar attracts a fairly young crowd — adding to a youthful and colourful vibe.

**Cha Tea Atelier**

**Address:** Via Marco d’Oggiono, 7, 20123

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

The atmospheric café also doubles as a teashop selling blends such as Darjeeling, Jasmine, Assam and Milky Wulong. Cha Tea Atelier is a place where you can relax and bathe in a tranquil vibe. The actual tearoom offers authentic teas from China, Japan, Taiwan, India and Sri Lanka. The place is full of charm, mixed with a contemporary feel. Cha Tea Atelier also offers homemade soups, seasonal vegetarian dishes and homemade cake.

**Tip & Coffee**

**Address:** Via Wittgens 1, 20123

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

Tip & Coffee is a popular spot for a light brunch or buffet and a glance or two at the sports or fashion on the many screens displayed within. The coffee and juice are both self-service — so the strength of the coffee depends on you. The only problem with this place is the parking limitations.

**Colonial Café**

**Address:** Corso Magenta 85, 20123

[www.colonial-cafe.com](http://www.colonial-cafe.com)

A café that is effectively hundreds of years old, Colonial Café seeks to embrace the coffees of the world. This includes Sidamo from Ethiopia, Blue Mountain from Jamaica, Pergamino sul De Minas from Brazil and Pacamara from El Salvador. Besides coffee, Colonial Café also has a wide range of teas available including Special Gunpowder Green tea from China, Japanese Bancha green tea, English Breakfast tea and the excitingly named Infused Dreams of Love. That’s not all. The café produces some of the finest Mayan hot chocolate known in Milan.

**Caffe Gusto**

**Address:** Via Tonale 26, 20125

Forget scrimping on sandwich fillings, Caffe Gusto is famous for generously filling its sandwiches. You really will get your money’s worth if you visit this café. The sweet tarts alone are worth visiting Caffe Gusto and the staff are generally young, very polite and welcoming.

**Pasticceria Martesana**

**Address:** Via Cagliero 14, 20125

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

Opened in 1968, the Pasticceria Martesana is a warm and welcoming patisserie-cum-café full
of vivid colours. Winner of several prizes, the café does not disappoint. Their signature cake “la Martesana” will have you returning again and again and having renovated recently the place now offers more space for diners.

**Vasavasa**

**Address:** Via Cadore 38, 20135  
**www.vasavasa.it**

Vasavasa means ‘kiss kiss’ in Sicilian Italian and you will definitely feel like you’ve been kissed after one of the handmade ice creams of this establishment with a hot coffee. The owners of the ice cream parlour are constantly researching new flavours, as well as offering classic Sicilian ice cream. Current flavours include pistachio, chilli chocolate, hazelnut and violet. As well as ice cream, Vasavasa sells hot chocolate, cannoli and even brioches.

**Lino’s Café**

**Address:** Corso Venezia, 37  
**www.linoscoffee.com**

Whatever sort of coffee you’re after, Lino’s Café is sure to have it. As a chain of stores in Milan, Lino’s is like the Starbucks of Italy. With plenty of coffee beans on offer and their own special blends to boot, satisfaction is almost guaranteed.

**De Santis**

**Address:** Corso Magenta, 9, 20123  
**www.paninidesantis.it**

With a huge selection of paninis, De Santis proves to be a popular spot and is situated in a nice location, not too far from some of the tourist attractions. However, the price can be a little shocking so be advised that it could cost around €10 for a panini.

**Il Resentin**

**Address:** Via Mercato 24, 20121  
**www.resentin.it**

‘Resentin’ actually refers to an old Venetian tradition of savouring the grappa in the same, warm espresso cup. In this beautiful bar and guesthouse you can enjoy your breakfast croissant and coffee on the old counter that has been restored from the Grapperia. Food is available all day and it’s location is in the chic and bohemian Brera district.

**L’Eoliana**

**Address:** Via Ortica 1, 20134

This café/restaurant displays a real devotion to cooking and the staff and ambiance are welcoming. A good selection of pastries, lunches, teas and coffees are available.

**Bar Castello**

**Address:** Piazza Castello 2, 20121

This is the epitome of traditional Italian café and ice cream bar culture. Bar Castello specializes in deserts and coffee at reasonable prices. For a reasonable cost you can get a beautifully presented coffee or cake. Customers are also treated to a fantasic view of the Castello Sforzenso.
**b:free Cocktail Bar**

**Address:** Via Lecco 22, anglo Via San Gregorio 21, 20124  
**www.bfrecococktailbar.com**  
As one of the newest cocktail bars in Milan, it certainly doesn’t disappoint. Sleek, shiny and stylish, the b:free Cocktail Bar will quench the thirst of any cocktail lover. With a wide selection of pale ales, lagers and wines, even beer and wine lovers will find solace here. Watch as the almost acrobatic bartenders pour you the perfect mojito and revel in the fashionable Milan crowd.

**Blue Note Milano**

**Address:** Via Borsieri 37, 20159  
**www.bluenotemilano.com**  
The Blue Note Milano is more about the music than the food or drink. The regular set list consists of international jazz players, singers and groups. The drinks are fairly expensive but this will soon be forgiven when you start toe-tapping to the music.

**Bar Trussardi**

**Address:** Piazza della Scala 5, 20121  
Bar Trussardi, located in the city centre, consists of a restaurant on the first floor and a chic bar on the ground floor. There is also a roof terrace overlooking the square and being only a stone’s throw away from the Teatro Alla Scala, this bar is ideal for pre-opera drinks and ambiance.

**Goganga**

**Address:** Via Cadolini 39, 20137  
**www.goganga.it**  
This relaxed club is perfect if you want to dance the night away. Most evenings there is a DJ or live music and themed parties are arranged throughout the year. It is best to go before midnight as the club can get full quickly.

**Alcatraz**

**Address:** Via Valtellina 25, 20159  
**www.alcatrazmilano.com**  
If you want a break from fashion brands, the latest trends and just the general designer label crowd then grab a cold Italian beer at Alcatraz. This bar plays pop and rock hits on the busier club nights, as well as a few R'n'B and hip hop favourites. Alcatraz has something for everyone: live music, punk bands, drum and bass and even Pink Floyd tribute acts!

**Bobino Club**

**Address:** Imbarcadero Darsena, Piazza A. Cantore, 20123  
**www.bobinoclub.it**  
Situated on Porta Genova dock is the elegant Bobino Club. Full of dark Chesterfield sofas bathed in ambient lighting, the Bobino Club strikes up the atmosphere of a hip New York joint. The large windows overlook the canal and the incredibly gorgeous outside seating area. Expect a mesmerizing choice of wines, spirits and beers — and even a cocktail or two.
Propaganda

Address: Via Castelbarco 11, 20136
In a nutshell Propaganda is a posh nightclub over lots of floors. Featuring many dance floors and bars, this place is very popular with both tourists and locals alike. Despite its suave appearance, Propaganda sells most drinks at very reasonable prices. It is a prime example of the Milanese disco scene.

Ragoo

Address: Viale Monza 140, 20127
www.ragoo.it
Ragoo is very popular with the alternative and artistic crowd. It’s kooky red, yellow and orange interior makes it a bright and quirky place to enjoy a chilled beer or glass of wine. The staff are very welcoming and you will feel like part of the furniture as soon as you arrive. The music ranges from indie rock to chart hits.

Old Fashion Café

Address: Viale Alemagna 6, 20121
www.oldfashion.it
A beautiful bar that can be reasonably difficult to get into. Going early is probably advised if you want to avoid the queues, but once you get past the entrance the staff are incredibly friendly.
Situated near the Parco Sempione, the Old Fashion Café offers a gorgeous backdrop in which you can enjoy a few drinks.

Armani Café

Address: Via Croce Rossa 2, 20121
After a splurge in the designer shops, head to the Armani Café for a pick me up. Despite its name, the Armani Café has a very understated interior. That’s not to say it’s boring, it’s fantastically white and clean with minimalist-chic furniture. Sit on the floating mezzanine and sip a glamorous cocktail.

Gold

Address: Piazza Risorgimento, 20129
www.dolcegabbana.com/gold
Another bar owned by a world-renowned designer is the Gold bar run by Dolce and Gabanna. The glitzy bar stays true to its name with quite elaborate décor. Upstairs is a formal restaurant available for dinner only and downstairs is an all-day bistro and bar. With such a fashionable crowd, even Madonna has been known to go here, Gold is the perfect place to indulge in some people watching.

Diana Garden

Address: Sheraton Diana Majestic Hotel Viale Piave 42, 20129
Situated in the Diana Majestic Hotel is the Diana Garden bar — a hotspot for the Milanese chic elite. Fashion shows are a regular slot at Diana Garden and Kate Moss has been known to visit them now and again. The bar has wonderful views of the beautiful hotel gardens, ideal for relaxing after a long day sightseeing.
a_mi

**Address:** Viale Piero E Alberto Pirelli 14
With high ceilings and exquisite sculptures, a_mi is one of the most glamorous bars in the city. It is different to most of the cool, minimalist bars in that it draws a younger, more casual clientele, creating a warmer and livelier atmosphere. A small number of delicious Italian meals are available alongside a larger menu of dazzling cocktails.

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Café l’Atlantique

**Address:** Viale Umbria 42, 20135
**www.cafeatlantique.it**
Designed by young Milanese architects, Café l’Atlantique combines modern and old styles to create a striking and glamorous space. Traditional Italian dishes are served here along with incredible cocktails. It’s a popular lunch spot but in the evening the dress code can be pretty strict.

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Sayonara

**Address:** Via Ippolito Nievo 1, 20145
**www.sayonara-pianobar.it**
If it’s a classy 1930s piano bar you’re after then Sayonara is the place for you. It is a little on the pricey side but the décor alone is almost enough to give you your money’s worth. A pianist is always on hand to play beautiful pieces of music and the cocktails are simply out of this decade, let alone world!

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Yar

**Address:** Via Mercalli 22, 20122
With 15 types of imported Russian vodka, you may not be able to stand after leaving Yar. The bar is Russian themed and even serves dishes such as Beluga caviar. Typical cocktails on the menu include Moscow Mule and the Apple Martini. There is only one real downside to Yar — there is no happy hour but the quality of the apertifs soon makes up for that.

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Honky Tonks

**Address:** Via Fratelli Induno, 10 Fiera, 20154
Honky Tonks, a former office and now a smoky jazz bar, is full of battered furniture, cigar-smoking clientele and Tex Mex food. Kick back, relax and enjoy the jazz while the barman makes you a deliciously smooth and technically impeccable cocktail.

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Hollywood Rythmoteque

**Address:** Corso Como 15, 20154
**http://www.discotecahollywood.it**
Perfect for hosting industry events or entertaining business partners, Hollywood Rythmoteque will surely help you find your groove. If it’s glitz and glamour you’re after then this club is the place for you. It’s a goldmine for Italian footballers, models, athletes and various other celebrities.
GETTING AROUND

Transport

Much like the London Underground or the New York Subway, Milan has the Azienda Transporti Milanesi (ATM). This is made up of three metro train lines and 120 tram and bus routes.

The Metro lines include: the red line running from Northeast to West, the green line running Northeast to Southwest and the yellow line running North and South. The first Metro of the day runs at about 6 am and the last one is at about 12.30 am. Metro stations are marked with a white "M".

Trams, otherwise known as trolley cars, cover the whole city. Buses also cover most routes. Both bus and tram stops are distinguishable by orange poles.

Travelcards

There are a number of travelcards available depending on your what you require and the expected duration of travel.

The Urban Travelcard allows you to travel in the immediate urban vicinity of Milan. Prices include €11.30 for a weekly travelcard, €30 monthly and €300 annually. The Extra-urban travelcard covers further parts of Greater Milan. Prices for this travelcard start from €11.90 for a weekly card. There are also student and senior citizen travelcards available.

All travelcards must be purchased using an electronic card, which costs an additional €10, but lasts for four years.

Purchasing Tickets

For single journeys it is currently €1.50 on all trams, buses and metros. You can also purchase a ticket for 10 rides at €13.80. Each ride is valid for 90 minutes.

One day and two day tickets are on offer, as well as weekly passes and evening tickets.

All tickets can be purchased in any of the 2200 authorized outlets, including bars, newsagents and shops. Tickets are also available at all stations from the machines.

For further information on ticket types and prices please visit www.atm-mi.it

Taxis

Unlike some cities, Milanese taxi drivers tend not to stop if you hail them so it is advisable to call the cab company directly or walk to the nearest taxi rank, which are generally located near tourist hotspots and train stations. (Please note, the fare meter begins as soon as the driver receives your call.)

Finding the ESCRS Congress

The ESCRS XXX Congress is located at MiCo, Milano Congressi (formerly Fiera Milano City). Address: Via Giovanni Gattamelata, 5, 20149 Milano, Italy

Tram line: Domodossola
Metro stop: Amendola or Lotto
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