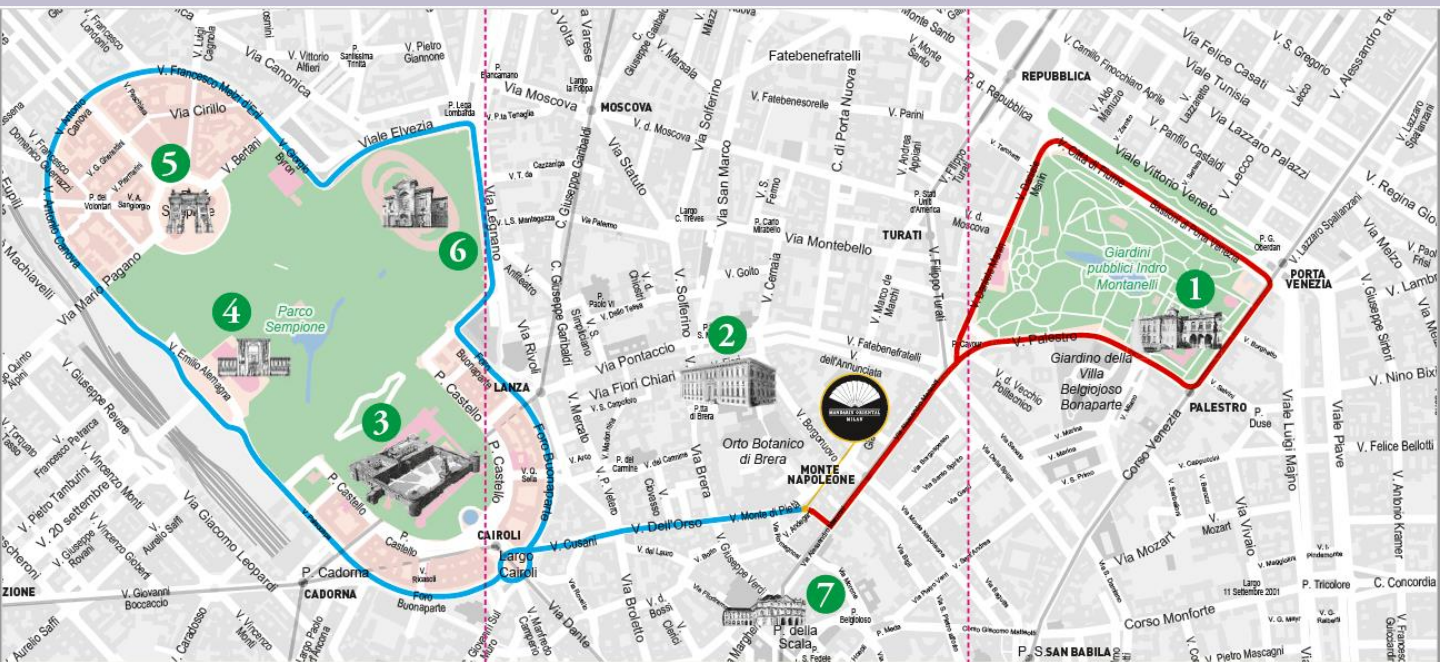


MORNING WORKOUT

Mandarin Oriental, Milan has launched Running Map, a new fitness programme for guests.



Between 6 and 9am daily the hotel foyer houses a well-equipped jogging station where guests can stock up on essential items for their morning run.

Complimentary jogging kits include bottled water, a towel and a 100% Merino wool T-shirt fitted in a compact Merino pouch.

Guests will be able to try on a 100% Merino wool T-shirt that showcases the fabric's outstanding characteristics. The fibre's temperature regulating ability and antibacterial properties make it the ideal choice for running throughout the year. As well as being extremely soft against the skin, Merino wool is naturally breathable, moisture-wicking and elastic, ensuring a comfortable fit day after day. Mandarin Oriental, Milan has chosen this exclusive fitness clothing, developed with the support of The Woolmark Company, for all its sporting apparel.

At the jogging station, our Concierge can shed light on several running routes in central Milan, providing guests with maps and suggested routes.

Our Head Concierge Marco Picozzi will gladly accompany guests on their run and point out places of interest along the way, offering guided city running tours that combine a morning workout with Milan's must-see sights. Guests who prefer to run at different times of day can make the most of our Running Map programme, with personal Jogging Kits available from the Concierge around the clock.

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