



# MILAN

A CITY WITH STYLE

by REISHA ZANG

**M**ilan has it all. From fashion and design to art and architecture, it has made a name for itself as a leader in setting trends. This international city is constantly pushing the boundaries of creativity and style. Walking through the streets will take you through an eclectic mix of modern high rise structures and classic historic buildings. Elegant shops and trendy restaurants happily coexist with a gothic cathedral and 14th century castle, giving visitors a glimpse of the past and a vision of the future.

### LOOKING FORWARD

When the top stylists want to know what the next hot item will be, they turn to Milan. It is one of the world's premiere fashion capitals. The top fashion buyers, designers and fashion elite descend upon the city twice a year for Fashion Week to see the new trends for the upcoming season. This is the place to see the new colors, lengths, fabrications and styles that will be gracing the racks in stores the likes of Saks Fifth Avenue and Bergdorf Goodman. In addition to high fashion, Milan is design mecca for home furnishings, linens and cars. Alessi and the Memphis Group (leading design member Ettore Sottsass), Frette and Pratesi, Alfa Romeo and Pininfarina all have connections to Milan.

This fascination with fashion makes Milan the ideal place to shop. The Quadrilatero d'Oro, or the Golden Rectangle, is the shopping district of the city with >

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opposite page; Bulgari shop.  
this page top; Spaghetti with scampi carbonara sauce, Bulgari Restaurant.  
this page bottom; Courtyard, Four Seasons, Milano.  
Photo courtesy of Four Seasons Hotel.



flagship stores lining the streets. Here you will find the top names in fashion, as well as boutiques for local designers.

Bulgari, Valentino, Gianni Versace, Serio Rossi, La Perla and Alberta Ferreti, just to name a few, make their home on Via Montenapoleone. Via Sant'Andrea is home to Missoni, Trussardi, Hermès and Gianfranco Ferré. Roberto Cavalli, Fendi, Marni and D&G Accessories are on Via della Spiga, and to round it out, Via Manzoni has Paul Smith, the Armani Superstore and Armani Casa.

Prada's flagship store, Louis Vuitton and Gucci can be found in the Galleria Vittorio Emanuele II, the world's oldest shopping mall. A glass and iron roof tops this five-story arcade near the Duomo. It is the perfect place to people watch while enjoying a coffee or aperitif at one of the many cafes inside.

#### HERE AND NOW

In the middle of Milan within the Golden Triangle shopping district, near La Scala Opera and the Duomo, you will find the Four Seasons Hotel Milano. The property is a restored 15th century convent with vaulted ceilings, frescoes that are hundreds of years old and an Italian garden in a cloistered courtyard. "Being in the heart of the country's cosmopolitan fashion capital in between the two most exclusive designer shopping >

photo; Prada Galleria.





streets in Italy, Four Seasons Hotel Milano occupies one of the most sought after locations,” says Oliver Gerber, director of sales and marketing. “Moreover, sleeping under a 15th century [ceiling] of richly decorated frescoes...could only be possible at Four Seasons Hotel Milano.” Intimate and elegant, this chic hotel blends contemporary Italian design with classic style.

For a stylish reprieve, duck into the Bulgari Hotel’s Il Ristorante. After shopping or before an Opera, this contemporary restaurant is located in the Brera district in a private garden next to the Botanical Gardens, just steps away from La >



this page top; Bulgari patio.  
this page bottom; Lemon and vanilla flower risotto, Bulgari Restaurant.  
opposite page; Bulgari Restaurant.





Scala Theatre, Via della Spiga and Via Montenapoleone. Luxurious yet informal, this garden oasis in the middle of the city is the perfect backdrop for Chef Andrea Ferrero's cuisine. Rooted in Italian tradition based on strong flavors and inspired by the freshness and colors of the season, the menu items are a balance in harmony and contrast. Not to be missed, Lemon and Vanilla Flower Risotto and the Spaghettini with Scampi Carbonara sauce.

When you want the highlight of the evening to be the meal, Ristorante Sadler is the restaurant of choice. "I love the tradition, but also modernity," explains Chef Claudio Sadler. "The cuisine is a mix between these two extremes, to which I apply my artistic sensibility." Not only are the dishes beautiful, they are imaginative and appetizing. One of the perennial favorites is the Padellata – translation, a frying-pan full of crustaceans, zucchini flowers, potatoes crystal, lobster roe and parsley water. Other standouts include rice noodles with black and gold contrast squid and mango, sea urchin with cauliflower cream and home-smoked salmon with raspberry vinegar. Finish the meal with The Black and White, a bitter chocolate pudding with a white chocolate soft heart, and you have a dining experience to remember.

If you are looking for a little night life, the Navigli District is the place to be. Glowing outdoor patios line the canals that Leonardo Da >



"...the Navigli District is the place to be...to listen to some jazz, enjoy happy hour or just bask in the company of the chic 'in' crowd."

Vinci helped design. These narrow waterways were recently renovated and have become one of the cities hottest destinations. It is a great place to listen to some jazz, enjoy happy hour or just bask in the company of the chic “in” crowd.

#### WHAT WAS THEN

One of the first sights visitors are drawn to is the Duomo. This cathedral is the center of the city and a symbol of Milan. In the world of Gothic cathedrals it is truly unique in terms of architecture and size. It is the third largest Catholic Church in the world just behind St. Peter’s in Rome and the Seville Cathedral in Spain. To get an up-close view of the gargoyles, statues, flying buttresses and spires, climb the 250 steps to the rooftop where you will take in an incredible view of the city, and if you are lucky, a glimpse of the Alps.

Just around the corner is the stunning Palazzo Reale, Milan’s Royal Palace. Once the home of Italian nobility, its majestic >

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this page; Castello Sforzesco © Andrea Scuratti, Comune di Milano.  
opposite page top; Villa Reale © Andrea Scuratti, Comune di Milano  
opposite page bottom; Galleria Vittorio Emanuele II © Comune di Milano.





staircases, vaulted ceilings, halls of tapestries and manicured grounds are now part of this current museum. In addition to its own history and beauty, modern and contemporary art exhibits, as well as fashion and design shows can also be found there throughout the year.

Nearby, visit Castello Sforzesco, home to an impressive collection of works by famous Italian artists including Tintoretto and Canaletto, along with one of Da Vinci's manuscripts. There are several

different museums on the grounds featuring a musical instruments, furniture, Egyptian art and ancient classical works.

Then head over to the Church of Santa Maria delle Grazie, a UNESCO World Heritage Site and stunning example of the beauty of the Renaissance in Milan, less than a mile away. The refectory is home to one of the world's masterpieces, Leonardo Da Vinci's *Last Supper*. While you are there, check out the chapel in the oldest part of the

church where Gaudenzio Ferrari's frescoes with *Storie della Passione* (Stories of the Passion) adorn the walls. ::

[this page](#); Sitting room, Four Seasons, Milano. Photo courtesy of Four Seasons Hotel.

[opposite page top](#); Pool, Four Seasons, Milano. Photo by Paul Thuysbaert.

[opposite page bottom](#); Calamari risotto, Ristorante Sadler.