

Welcome to Milan!

Your Home Away from Home



INDEX — Quick Navigation

1.  [Welcome + Quick Links](#)
2.  [House Rules](#)
3.  [TV & Channels Guide](#)
4.  [NoLo Neighborhood](#)
5.  [Food & Drinks](#)
6.  [Families](#)
7.  [What to See in Milan](#)
8.  [Hidden Gems](#)
9.  [Getting Around](#)
10.  [Day Trips](#)
11.  [Check-out Quick List](#)
12.  [Reviews](#)
13.  [Contacts & Details](#)

NoLo Centrale Apartment

Welcome to Milan!

Address: Via Soperga 52, Milano IT

Hosts: Maurizio & Andrea 

Quick Links (tap to open):

-  [Apartment](#)
-  [Milano Centrale](#)
-  [Loreto \(M1/M2\)](#)
-  **Emergency number**
(Italy): [112](#) (tap to call)

Hello & Welcome!

Hello and welcome to Milan! We are **Maurizio** and **Andrea**, your hosts. We are thrilled to have you here at **NoLo Centrale Apartment** — your **home away from**

home  

If you need anything during your stay, we're just a message away.

Enjoy Milan and make yourself at home! 



House Rules (simple & important)

We only have a few rules — friendly but essential — to ensure a peaceful stay for you and our neighbors 🙏



Quiet Hours — 10:00 PM to 8:00 AM

- Please keep noise low at night, especially in **shared areas** (entrance hall & stairs) and on the **balcony**.
- Inside the apartment you can relax and enjoy — just avoid high volume late at night.



No Parties / Unauthorized Events

- No parties in the apartment, please.
- Any extra guests beyond the reservation must be agreed with us in advance.



No Smoking Indoors

- This is a **non-smoking** home.
- Smoking is allowed **only on the balcony** 
- Please use the ashtray and **never** throw cigarette butts outside.

- Keep balcony doors closed while smoking to avoid odors inside.



Cleanliness & Waste

- Please leave the apartment as tidy as you found it.
- Dishwasher is available (please load/empty it as needed)

Recycling color code (bins in the inner courtyard)

- **GREEN** → Glass
- **YELLOW** → Plastic & metals
- **WHITE/BLUE** → Paper

Inside the **grey metal door** to the left of those bins:

- **BROWN** → Organic waste
- **CLEAR/NEUTRAL** → General waste (non-recyclable)

Keys & Security

- Please take good care of the keys (lost keys = replacement cost).
- When leaving, make sure the **Nuki smart lock** has locked the door automatically 
- No curfew — come back anytime, just keep stairs quiet late at night 

Elevator

- Free to use.

- Please always check **inner doors + main door** are fully closed.
- Quick check: the “occupied” light on the left should be **OFF**.

Appliances & Energy (Eco-friendly)

- Switch off lights and electronics when leaving.
- Use heating and fans as needed, but turn off when not in use 

Milano thanks you!



No Pets

- No pets allowed (allergies + building rules), unless we agreed an exception before your stay.

 **On arrival** we'll review everything quickly and give you a short apartment tour.

If anything is unclear, just ask 



TV & Channels Guide



Good news

The TVs you'll find in our apartment are already set to:

- **Prefer Italian audio** (when multiple audio tracks exist)
- **Prefer English subtitles** (when the program/channel provides them)



Main channels

- **1 Rai 1** — main Italian channel (shows + big events)
- **2 Rai 2** — entertainment + series
- **3 Rai 3** — culture + regional news

- **4 Rete 4** — talk/news + movies
- **5 Canale 5** — prime time shows + entertainment
- **6 Italia 1** — series + lighter entertainment
- **7 La7** — current affairs + talk shows
- **8 TV8** — entertainment + some sports/events (*varies by day*)
- **9 Nove** — comedy + easy shows



News

- **48 Rai News 24** — 24/7 news
- **50 Sky TG24** — 24/7 news
- **51 TGCom24** — 24/7 news



Movies & Series

- **20 20 Mediaset** — action, series, movies
- **21 Rai 4** — action / sci-fi / series vibe
- **22 Iris** — movies + cult titles
- **24 Rai Movie** — movies (often great picks)
- **25 Rai Premium** — drama/fiction series
- **26 Cielo** — movies/series (*varies*)
- **27 Twentyseven** — classics / sitcoms / movies
- **34 Cine34** — Italian cinema (comedies, classics)

- **37 Warner TV** — movies + series
- **38 Giallo** — crime & investigations
- **39 Top Crime** — crime & investigations



Family-friendly

- **5 Canale 5 / 6 Italia 1 / 8 TV8 / 9 Nove** — general entertainment
- **31 Real Time** — lifestyle
- **33 Food Network** — cooking
- **56 HGTV** — home & design (*if available*)



Preschool (0-6)

- **43 Rai Yoyo** — gentle, educational shows for little kids (stories, learning, calm cartoons). Great “safe background” for parents.
- **46 Cartoonito** — colorful preschool cartoons and simple adventures (very easy to follow, lots of short episodes).

Kids / Teens (6-14)

- **40 Boing** — mainstream cartoons and comedy shows; usually the “default” choice for kids who just want fun, fast-paced content.

- **41 K2** — more “school-age” programs: adventures, game-style shows, and teen-friendly series (often live-action mixed with cartoons).
- **42 Rai Gulp** — family-friendly series and cartoons with a slightly more “teen” vibe (often includes adventure/anime-style slots depending on the day).
- **44 Frisbee** — lighter, younger-kid friendly cartoons (easy and safe, often better for the lower end of 6–10).
- **45 Boing Plus** — extra Boing content: more reruns, longer blocks, and alternative cartoon schedules.

- **47 Super!** — teen-leaning mix:
cartoons + live-action
kids/teen series, often very
“after school” style.



Sports

- **58 Rai Sport** — highlights +
some live events
- **60 SportItalia** — sports
news/events (*varies*)
- **64 SuperTennis** — tennis



Culture & Documentaries

- **23 Rai 5** — culture, concerts,
theatre
- **54 Rai Storia** — history
documentaries
- **57 Rai Scuola** — educational /
slow TV

Music TV

- **36 RTL 102.5 TV** — studio + music videos + live radio shows
- **66 Radio 105 TV** — hit music with visuals
- **67 R101 TV** — pop music + radio simulcast at times
- **69 Deejay TV** — music rotation + the most-played tracks + Deejay-style shows
- **70 Radio Italia TV** — Italian music videos
- **258 Radiofreccia** — rock radiovision (music + studio)
- **266 Radio Zeta** — young hits / Italian & trending



Public radio

- **701 Rai Radio 1** — news & talk
- **702 Rai Radio 2** — music & entertainment
- **703 Rai Radio 3** — culture, documentaries, classical
- **704 Rai GR Parlamento** — politics / institutions
- **705 Rai Isoradio** — traffic & travel updates
- **706 Rai Radio 3 Classica** — classical
- **707 Rai Radio Kids** — kids radio
- **708 Rai Radio Live** — live music / events (*often “Live Napoli” style programming*)

- **709 Rai Radio Techetè** — archives, classics, old gems
- **710 Rai Radio Tutta Italiana** — 100% Italian music
- **711 Rai Radio 1 Sport** — sports talk
- **712 No Name Radio** — fresh/alternative selection

National stations

- **713 Radio Capital** — adult contemporary + talk
- **714 Radio Deejay** — hits + shows
- **715 m2o** — dance/electronic
- **724 RDS** — pop hits
- **728 inBlu2000** — talk + music

- **733 Vatican Radio** — news/culture
- **736 RTL 102.5** — hits + talk
- **737 Radio Zeta** — younger hits
- **738 Radiofreccia** — rock
- **739 RTL 102.5** — news updates
- **740 RTL 102.5 Best** — “best of” selection
- **741 RTL 102.5 Napulè** — southern/Italian vibes
- **742 RTL 102.5 DOC** — classics & iconic tracks
- **743 RTL 102.5 Music** — nonstop music

- **744 RTL 102.5 Bro & Sis** — urban/young
- **746 Radio 24** — business, economy, news
- **770 Radio Italia** — Italian music only
- **771 R101** — pop
- **772 Radio Monte Carlo** — chill / elegant pop
- **785 Radio 105** — hit music
- **786 Virgin Radio** — rock

NoLo Neighborhood Guide (North of Loreto)

NoLo is one of Milan's most vibrant, creative up-and-coming districts  

It's multicultural, lively, and still authentically local.

What you'll love here

-  **Safe & welcoming** day and night (use normal big-city common sense).
-  **Street art & murals** everywhere — perfect for photos.

-  **Food diversity:**
trattorias, pizza, noodles,
sushi, falafel, everything.
-  **Local hangouts:**
 - [Giardino degli Artisti](#)
 - [Piazza Morbegno](#)
 - [Parco Trotter](#)

Essentials nearby

Supermarkets, bakeries,
pharmacies, ATMs — all within
walking distance.

Friday morning open-air Via Marco Aurelio market (local experience!)

FOOD & DRINKS — Pick by Taste (tap for Maps)

⭐ Your Host's Favorites (nearby / super reliable) ⭐

- Corner NoLo (pizza • burgers
 - easy & trendy)  
- I 3 Fratelli (classic Italian comfort food, friendly vibe)  
- Osteria Pasta e Fagioli (cozy osteria, hearty Southern Italian)  

Milanese / Classic Italian

- Osteria del Treno (Centrale) — Milanese & Lombard classics in a beautiful historic setting; great for risotto + cotoletta  

- **Trattoria Sabbioneda da Romolo** (**Buenos Aires / Lima**) — super authentic “old Milan” vibe; simple, hearty dishes (often busy at peak hours)  
- **Trattoria Bertamè** (**near Loreto / Piola**) — cozy trattoria feel; a solid pick for ossobuco + risotto  
- **Antica Osteria Cavallini** (**Centrale**) — classic Milanese restaurant with a lovely garden; perfect for a relaxed traditional dinner  
- **Osteria de Milan** (**Centrale**) — contemporary take on Milanese comfort food (think risotti + mondegigli)  

Pizza (always a good idea)

- **Spontini (Loreto)** — iconic Milanese thick-crust slices, super quick ⚡
- **Pizzium (Viale Andrea Doria)** — Neapolitan-style pizza with “regional” toppings from all over Italy ★
- **San Mina (near Centrale)** — simple, local vibe + generous toppings (great value) 🍕
- **Gianni — Noloso Pizzeria (NoLo)** — cozy, super-friendly spot with excellent ingredients 😊

Meat Lovers

- **La Griglia di Varrone (Porta Garibaldi)** — premium grill

for steak nights + special cuts 🔥🥩

- **FOCUS — Bracerie Italiane (Isola)** — Italian meat on the grill, energetic vibe (often a “night out” feel) 🎵🔥
- **PitBeef Milano (Isola / Bosco Verticale)** — excellent meat + whisky pairing concept 🥃🥩
- **Osteria Braceria La Ciccia (Porta Venezia)** — barbecue in sight + classic Italian sides, very guest-friendly 🍷🔥
- **Osteria della Carne Sedda & Faedda (Centrale)** — old-school, all about the meat (great when you want “serious” portions) 🍴🥩

Seafood Lovers

- **Gelmetti 1952 (Via Vitrugio / Centrale)** — seafood “bistrot” vibe: great fritto, pasta, also perfect for quick take-away  
- **Il Salernitano (Via Vitrugio / Centrale)** — classic Italian seafood: spaghetti “al cartoccio”, scampi, risotti di mare (very traditional)  
- **La Caletta (Via Sammartini / Centrale)** — Sardinian seafood spot: simple, generous plates + super local atmosphere  
- **Da Salvatore — Trattoria Siciliana (Centrale)** — Sicilian family-run place with

excellent fish options (warm hospitality) 

- **Bel Paese (Via Soperga)** — super close and very guest-friendly 

Ethnic / International

-  **Ramen Shifu (Centrale)** — Japanese ramen + gyoza, easy and satisfying
-  **Wàng Jiao “Mong Kok” (NoLo / Viale Monza-Padova)** — real-deal Chinese (dumplings + spicy dishes), loved by locals
-  **CasaVietnam (Centrale)** — Vietnamese classics (pho, fresh/summer rolls), also great for takeaway

-  **Kashmir (Centrale)** — Indian/Pakistani comfort food: curries + naan (good vegetarian/halal options)
-  **Jeonju Bibimbap (NoLo)** — Korean favorites: bibimbap, bulgogi, kimchi (small & authentic)
-  **Fairouz (Centrale / Cornalia)** — Lebanese mezze + grilled specialties, perfect to share
-  **Piedra del Sol (Repubblica)** — Mexican classics + margaritas (super close to Centrale/Caiazzo)



Vegetarian / Healthy

-  **Radicetonda (Porta Venezia)** — organic vegan

comfort food (soups, bowls, daily specials) + great pastries/juices

-   **Flower Burger** (**Porta Venezia / Repubblica**) — fun, colorful vegan burgers (easy, quick, very tourist-friendly)
-   **Giardì** (Centrale) — fully plant-based “real food” spot, perfect for a light lunch near the station
-   **Joia** (**Porta Venezia**) — Michelin-star vegetarian fine dining for a special “wow” dinner

Breakfast / Coffee

- **Caffè Panzera (Piazza Duca d'Aosta)** — classic Milan “bar breakfast” right by Centrale: cappuccino + brioche in a real old-school setting  
- **Bar Pasticceria Rovida (near Centrale)** — local favorite for fresh, non-industrial pastries; great if you want a more “authentic neighborhood” vibe  
- **Nepà (Via San Gregorio)** — small, curated pastry spot that many travelers call a “must” (try their signature pastries / maritocco-style options)  

Gelato

- **Terra Gelato (Via Vitruvio)** — often mentioned by tourists as one of the best gelato stops near Centrale; creamy, high-quality flavors 
- **Venchi (inside Milano Centrale)** — easy, tasty option for chocolate lovers (gelato + hot chocolate) 

Pastry / Chocolate

- **Pasticceria San Gregorio (near Centrale)** — famous Milan pastry bar with beautiful, “wow” desserts (a bit pricier, but iconic) 



"Milan aperitivo" classics (authentic + tourist-friendly)

- **Bar Basso** (**Porta Venezia**) — the iconic spot for the Negroni Sbagliato vibe; lively, very "Milan" 🍷✨
- **Frida** (**Isola**) — hidden courtyard, plants + music + social atmosphere; praised for friendly service 🌱🎵



Easy, social & international

- **Ostello Bello Grande Bar** (**Centrale**) — super welcoming mixed crowd (Italians + travelers) + nightly events (DJ set, comedy, games, etc.) 🎉😊

Cocktails (date-friendly / “wow” drinks)

- Nottingham Forest (Porta Venezia) — creative cocktails + “experience” style 
- Kilburn (Porta Venezia / Repubblica area) — classy, cozy cocktail bar 
- Gesto (Porta Venezia) — cocktails + small plates + cool music vibe; good for groups or a fun pre-night-out 

Views / “special night”

- Terrazza Gallia (Centrale) — elegant rooftop-style atmosphere at Hotel Gallia; great for a refined aperitivo 

- **Radio Rooftop Bar**
(Repubblica / Porta Nuova)
— stylish rooftop with skyline views, great cocktails, very popular with international guests   
- **Terrazza Aperol (Duomo)** — iconic Duomo view (classic “Milan postcard” moment), perfect for aperitivo photos  

Live music / late night energy

- **Blue Note Milano (Isola)** — legendary jazz club; perfect “dinner + show” night  
- **Moebius (Centrale)** — cocktails + design + music nights in a cool warehouse venue  

Food & Drinks for Families (Kids-Approved)

 **Family tip:** ask for seggiolone (high chair) + “posso avere un tavolo comodo per passeggino?”

 **Best time:** early dinner (19:00-20:00) = calmer + faster service

 **Closest & most relaxed near home**

- **HUG Milano – Il Bistrot Sociale** — community-hub vibe: big tables, stroller-friendly, super inclusive (books/drawing corner + weekend activities) 
- **Corner NoLo** — easy, relaxed pizza/burgers; nobody minds

if kids are kids (great “no-stress” dinner). 

Big spaces + kid-friendly setup

- **Fuorimano OTBP** — huge indoor/outdoor spaces + courtyard feel (great when kids need to move). Weekend family brunch is a classic.
Note: some areas (like the ornamental pool zone) have rules for minors 
- **Mare Culturale Urbano** — big courtyard + family corner with games/books, often with an educator at key times (great for aperitivo while kids chill) 

- Un Posto a Milano (Cascina Cuccagna) — countryside-in-the-city vibe: space, greenery, and a very pleasant “slow” lunch/early dinner with kids  

★ THE JOLLY “Super Giochi”

- Mamusca — the closest thing to “Twister-style” in the city: **kids books + board games vibe**, made for families. Great for breakfast / merenda / aperitivo while kids play  

🐾 “WOW” snack for animal-loving kids

- Crazy Cat Café — magical if your kids love animals (cats walk around!)  



Merenda

- **Pasticceria Gelsomina** — bright, pretty, very “Italian sweet break” (their *maritzozzi* are famous). Great area for a family stroll after



Pizza near home

- **Pizzium (Viale Andrea Doria 17)** — “verace” Neapolitan pizza, quick service, usually easy with families



Extra “let them run!” (safe, beautiful, modern park)

- **BAM – Biblioteca degli Alberi Milano** — one of the best spots for kids: play area + wide open space (perfect before/after a meal)



What to See & Do in Milan — Must-See Classics



Duomo di Milano + Terraces

The heart of Milan. The cathedral is stunning, but the real wow is going up to the terraces for skyline views and gothic spires close-up.



Galleria Vittorio Emanuele II

Right next to the Duomo. A beautiful glass arcade with historic cafés and luxury shops.

Don't miss the famous "bull mosaic spin" (a fun little tradition).



Teatro alla Scala (La Scala)

Iconic opera house. Even if you don't attend a show, the museum/venue area is a classic Milan experience.



Castello Sforzesco

A huge castle complex + the city's most famous park behind it.



Brera District

Charming streets, romantic corners, and the Pinacoteca di Brera (major art museum).



Navigli Canals

Milan's canal district — lively, photogenic, and best in the evening.



If you're traveling with kids

-  Natural History Museum (dinosaurs!)
-  Leonardo da Vinci Science & Technology Museum (huge + very interactive)

Hidden Gems & Modern Milan (Local Favorites)

Milan isn't just the Duomo — it's also canals, street art, design, and skyline views. Here are the best "locals' Milan" ideas 

Naviglio Martesana

A peaceful canal with a walking/cycling path, perfect for a **slow stroll**, a morning jog, or an early evening walk.

Street Art Hunt

Milan has incredible murals and urban art — and it's a fun "treasure hunt" for adults and kids. Focus on NoLo • Isola • Lambrate



Porta Nuova Skyline

-  **Bosco Verticale**: Vertical Forest towers
-  **Unicredit Tower**: sleek buildings, modern squares



Fondazione Prada

A contemporary art space in a transformed industrial complex.



Triennale Design Museum

Perfect if you like architecture, furniture, fashion, and modern culture.



Liberty Milan

For a charming, romantic walk:

- **Porta Venezia / Liberty buildings**: beautiful facades, elegant streets

- **Villa Invernizzi flamingos**: a quirky hidden surprise in the city

Best Views

- **Torre Branca**: panoramic tower in Parco Sempione
- **Rinascente Rooftop**: great “Duomo view” vibe — perfect for coffee or aperitivo

Cimitero Monumentale

Open-air sculpture museum — peaceful and impressive.



Getting Around



Stations

- Pasteur (M1): ~5 min walk (~400 m)
- Loreto (M2 + M1) : ~10 min walk (~600 m)
- Milano Centrale (M3 + M2 + trains): ~10 min walk (~700 m)



Bus (ATM)

- Via Sammartini: ~5 min walk (~400 m)



Tram

- Via Venini: ~2 min walk (~200 m)



Day Trips from Milan

You can do a beautiful “fuoriporta” and still come back to sleep comfortably at NoLo Centrale Apartment.

Bergamo (Città Alta)

Medieval upper town + views + great food + very walkable.

Getting there

- Direct train from Milano Centrale → Bergamo
- About 50 minutes

Perfect mini-itinerary

-  Funicular up to Città Alta
-  Wander the historic streets, Piazza Vecchia, viewpoints along the walls

Como + Brunate

Lake scenery, zero planning.

Getting there

- Milano → Como S. Giovanni
- Around 40 minutes

What to do

-  Stroll the lakefront
-  Take the Como-Brunate funicular for panoramic views

Lecco + Piani d'Erna

Dramatic mountain scenery, fresh.

Getting there

- Milano Centrale → Lecco
- About 40 minutes

Highlight: cable car to Piani d'Erna



Torino

Why it's great: elegant, walkable, “big-city wow” without being overwhelming — perfect even on a rainy day.



Getting there

- Direct train Milano Centrale → Torino Porta Susa / Porta Nuova
- Around 1 hour



Perfect mini-itinerary

-  Piazza Castello + Via Roma stroll (classic Turin vibe)
-  Historic café stop
-  Sunset walk by the Po River (or a museum if it rains)



Verona

Why it's great: romantic, compact, super photogenic — ideal for couples or first-timers in Italy.



Getting there

- Direct train Milano Centrale → Verona Porta Nuova
- About 1h15-1h30, frequent



What to do

- Piazza Bra + Arena area
- Walk to Ponte Pietra + viewpoints along the river
- Aperitivo in the historic center (easy “wow” photos)

Bologna

Why it's perfect year-round: miles of porticoes = rain-proof day trip, plus legendary food.

Getting there

- Train Milano → Bologna Centrale
- Around 1 hour, very frequent

Perfect mini-itinerary

-  Walk under the porticoes
-  Lunch: tagliatelle al ragù or tortellini
-  Quick city viewpoint before heading back



Parma

Why go: huge food satisfaction
(great for a chill day).



Getting there

- Train [Milano](#) → [Parma](#)
- About 1h20–1h40, frequent



Perfect mini-itinerary

- Historic center stroll
-
-

Varenna + Bellagio

Why it's special: classic lake scenery + charming villages with minimal planning.

Getting there

- Train Milano → Varenna-Esino
- Around 1h-1h30

Perfect mini-itinerary

-  Lakeside promenade + old town in Varenna
-  Ferry hop to Bellagio
-  Viewpoints + gelato



Stresa + Borromean Islands

Why it's a top lake day: elegant promenade + islands = big payoff, very tourist-friendly.



Getting there

- Train Milano Centrale → Stresa
- Often around 1 hour



Perfect mini-itinerary

-  Stresa lakefront stroll
-  Boat to Isola Bella / Isola dei Pescatori
-  Back to Milan in time for dinner



Monza

Why it's underrated: feels like a mini escape, perfect for families and "low effort, high relax."



Getting there

- Train [Milano](#) → [Monza](#)
- About 10–15 minutes, very frequent



Perfect mini-itinerary

- [Villa Reale](#)
- Walk/bike in [Parco di Monza](#) (huge, peaceful)
- Coffee in the [historic center](#)



Pavia + Certosa

Why it's great: quiet, beautiful, and “real Italy” — ideal if you want something less touristy.



Getting there

- Train Milano → Pavia
- Around 25–40 minutes



Perfect mini-itinerary

- 🏰 Historic center stroll
- 🏠 Optional: Certosa di Pavia
- 🍷 Back in Milan for aperitivo

Lake Garda

Why it's special: lakeside views + cute towns; perfect when guests want a "wow lake" beyond Como.

Getting there

- Train Milano Centrale → Desenzano del Garda
- From there: short taxi/bus to Sirmione

Perfect mini-itinerary

-  Lakeside walk + old town vibes
-  Viewpoints + quick beachy promenade
-  Gelato + scenic return

Check-out Quick List

-  Take trash to the courtyard bins
-  Wash dishes / run dishwasher if needed
-  Close windows and turn off lights
-  Leave the keys on the table inside the apartment (unless otherwise agreed in advance with the host)
-  Confirm Nuki smart lock locked the door

Share Your Experience

If you enjoyed your stay, a quick review would truly mean a lot to us — it helps future guests choose with confidence, and it helps us keep improving. Thank you! 

Leave your Airbnb review

This is the most important one for us — even 2–3 lines are perfect.

 Tip: mention what you liked most (cleanliness, comfort, location, sleep quality, communication).

Leave a Google review

Google reviews are like a public guestbook for our home — fun to read, and super helpful for travelers searching on Maps.



Prefer private feedback?

If anything could be improved,
please message us privately on
Airbnb — we genuinely appreciate
it and we act on it. 

**Thank you again for choosing
our home in Milan** 

Contacts & Details

Maurizio & Andrea Trabucchi —

Hosts

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 **NoLo Centrale Apartment**

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