



With the scientific contribution of  
the Wellness Foundation



# *Sport, Fitness & Wellness Directory*



# *Cesenatico Bellavita*

## *Sport & Wellness Hotel collection*



Sport & Wellness Hotel collection

## *Cesenatico Bellavita*

A selection of high-quality Hotels

The Consortium Cesenatico Bellavita® offers an accurate selection of high-quality hotels, places of “fine life”, where comfort and wellness, taste, fun and real hospitality are common traditions. The services provided by every hotel are high quality and meet all the needs of demanding guests.

The Consortium Cesenatico Bellavita® guarantees high-quality services:

- **3 and 4 star Hotels**
- **Aparthotel**
- **New or renewed buildings**
- **Swimming pools and jacuzzi**
- **Wellness areas**
- **Entertainment and miniclubs**
- **Meeting rooms**
- **Local food**
- **Attention to detail**

*Hospitality + Family + Food + Wellness: Cesenatico Bellavita*

Such hospitality promotes good food, relax, outdoor exercise and fun. The sea air, the good food and physical exercise, to spend enjoyable but especially high-quality holidays.

# Wellness means Bellavita

A unique land from the sea to the hills, among art, food, hospitality and wellness



Between the sea and the green hills you can find the Wellness Valley®, where wellness is a peculiarity of this area. The quality of life in this area, which comprises the city of Cesena up to the sea and Romagna, is high. This is the result of the combination of different factors, such as many organic farms, wineries, fitness centres and technological companies, the proximity to the sea and many spa centres. All these factors allow this area to have high-quality standards and it is no coincidence that the province of Forlì-Cesena got the highest GNW (Gross National Wellbeing) in Italy. According to a study done by the Italian newspaper Il Sole 24 Ore, this area is the one with the best quality of life.

Through the project Wellness Valley®, promoted by the Wellness Foundation, the hospitality of the Consortium Cesenatico Bellavita® promotes the concept of “wellness” considered as an holistic and multisensory experience.

**The Hotel Collection of Cesenatico Bellavita® offers its guests the best services to do sport, special agreements with the local sports centres, it organizes special wellness and physical exercise events and also provides all the information to lead an active life.**

# Cesenatico Bellavita

An outdoor gym for physical exercise and relax

Leading a healthy and positive life, “feeling well”. Physical exercise is essential to our mind and body.

**Cesenatico is an outdoor gym, the sportiest and the most fashionable seaside resort of the Adriatic coast.**

In any part of the city you can spend your time doing a wide range of sports that meet all the needs.

The wide *Parchi di Ponente e Levante* (West and East parks), the two green lungs of the city, have trim trails, outdoor fitness equipment and rest stops. A luxuriant nature which hosts small animals and whoever wants to spend some hours relaxing surrounded by greenery and the wonderful inland with its rolling hills, are the best background for cyclers or those who love walking along natural paths and looking for views that worth even the most tiring excursions.



Parco di Ponente: to do physical exercise in the shadow and have fun near the big trees.



The beach: to play beach volley barefoot till the sunset.



Parco di Levante: to go jogging surrounded by greenery and animals.



The Inland: to go cycling along the rolling hills.



The sea: blue water, water sports.



Gardens by the sea: to go skating and relax while overlooking the sea.

# Sport, Fitness & Wellness

Active holidays, the pleasure of doing physical exercise every day

The word holiday is often a synonym for wellness, relax and good food, but it can become something more when you choose the best place to spend your free time! Cesenatico offers thousands of opportunities to keep fit, because wellness means first of all "feeling good" about ourselves. Here is a sort of guide to get to know the different sports and where and how you can do them in Cesenatico or nearby.



## Swimming

To swim regardless of the weather conditions, Cesenatico offers many solutions. Many hotels have a swimming pool and there is also a municipal, indoor, semi-olympic-sized swimming pool (25 m), as well as the pools of the private beaches.

**PISCINA COMUNALE**  
Via Saffi 181  
Tel.: 0547.672840  
www.piscinacesenatico.it

**PISCINA MARCONI**  
Piazza Marconi  
Tel.: 0547.80272  
gesturist@gesturist.com

**PISCINA AI 4 VENTI**  
Viale Ferrara  
Tel.: 0547.673344

**ACQUASCIVOLO DIAMANTI**  
Via Montello 1  
Tel.: Adac 0547.80436



## Water Ski, Parafly

Funny water sports where you are harnessed and dragged by a motorboat on the water. These are the three most famous ones: Water ski, parafly, and the banana-boat.

At the wharf of Gatteo Mare every day in the morning and in the afternoon you can put your name down to try.

Signor Silvano  
Tel: 348.4905753



## Sailing

The Circolo Vela (Sailing Club) Cesenatico and the Circolo Nautico (Yacht club) Cesenatico organize courses for children and adults to start and improve this sport during the summer. The Scuola Vela (sailing school) is recognized by the Italian Sailing Federation.

**CONGREGA VELISTI**  
Via Cavour 27 (ponente)  
Tel: 0547.80655  
www.congregavelisti.it

**SCUOLA VELA (ponente)**  
Circolo Nautico, viale Magrini 36  
Tel: 0547.81094 - 347.6898100  
www.cncesenatico.it

**SCUOLA VELA DANIEL'S SHIP**  
Lungo Porto Canale c/o Pescheria  
Tel: 347.2401346  
danielship.com

**CIRCOLO VELA (ponente)**  
Via Pian del Carpine  
Tel: 0547.83911  
www.circolovelacesenatico.it



## Surf & Kite Surf

These sports are more and more common on the Adriatic coast, despite the low waves. There are many schools or centres where you can try these exciting experiences.

**SCUOLA KITE SURF SUP STRAYDOG**  
Viale Carducci  
Tel: 347.9909900  
www.kitesurfing.it

**BORA BEACH scuola vela, wind surf**  
Spiaggia Libera Levante, via Deledda  
Tel: 335.6807843 - 348.2202508  
www.borabeach.it

**SCUOLA WIND SURF CESENATICO**  
Via Magellano 22  
Tel: 334.6658101  
www.windsurfacesenatico.it



## Pescaturismo (Recreational fishing)

Guided excursions at sea on fishing boats, at the fish market and at the Museo della Marineria (Marine museum), to discover all the secrets of fishing and of the best food.

During the excursions at sea, on the motorboats you can take part in raising the nets. So thanks to pescaturismo everyone can be a fisherman for one day and sail to discover the sea and its traditions.



## Horse riding

A big circolo ippico (horse club) in the countryside, few kilometres far from the sea. Here you can have individual or group lessons (English or American riding), or you can ride on your own.



## Birdwatching

In the famous Saline di Cervia, there is an area for birdwatching. It comprises three paths equipped with turrets to see birds and descriptive panels on flora, fauna and their history. The bird fauna of the saline is varied and perfect for birdwatching. Besides this, 12 km of the Romagna coast are now a marine coast oasis, the favourite habitat of 21 species of seagulls and other pelagic species.

**PESCHERECCIO "MAGIA BLU"**  
partenza da p.zza Ciceruacchio  
Tel: 340.6900805 Paolo Polini  
paolo\_tuc@yahoo.com

**LAGO VALLONI PESCA SPORTIVA**  
Via Cannucceto 8  
Tel: 327.5986652

**CIRCOLO IPPICO DUE PONTI VILLAGE**  
Via Fenili 106 (Sala)  
Tel: 0547.680303 - 335.5366221  
www.duepontivillage.it

**PARCO DELTA STAZIONE SUD SALINE**  
Via Bova 61 (Cervia)  
Tel: 0544.973040  
www.salinadicervia.it

**PARCO DI LEVANTE**  
Via Abba/Viale dei Mille  
Tel: 0547.81344 (Gesturist)

**OASI COSTIERA**  
Tel: 339.8097151  
www.oasicostiera.org



## Football

Cesenatico provides a wide range of football fields in different parts of the city. In the area of Villamarina for instance, there are two football fields and one five-a-side football field with lighting. Moreover, Cesenatico has a wonderful municipal stadium and many lawn courts.

**STADIO COMUNALE "A. MORETTI"**  
Via G. Sozzi 2  
Tel: 0547.75424  
www.cesenaticoturismo.com

**CAMPO CALCIO BOSCHETTO**  
Viale Abba 51  
Tel: 339.1766119

**CAMPO GHEZZI**  
Via Magellano 21/23 (ponente)  
Tel: 0547.672915 (calcetto)  
0547.80050 (calcio)

**CAMPO VILLAMARINA**  
Viale Litorale Marina 182  
Tel: 0547.7680504 - 393.1441691



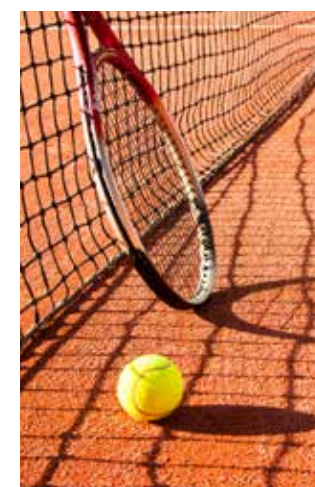
## Tennis

The Circolo tennis (Tennis club) A. Godio of Cesenatico is one of the best in Italy. This club was the headquarters of the Italian Tennis Federation for many years and many great players such as Bracciali, Starace, Bolelli and Galimberti trained here. The club has 10 tennis courts with lighting: 5 supreme courts, 3 clay courts and 2 grass courts. The building also offers 2 outdoor five-a-side football grass fields. Fitness lovers can train in the halls of the gym Palestra Elite, which is part of the club and you can find many other tennis clubs all over the city or in the hotels of the consortium.

**CIRCOLO TENNIS GODIO**  
Via Magellano 21 (ponente)  
Tel/fax: 0547.672915  
www.tenniscesenatico.com

**TENNIS VALVERDE**  
Viale Carducci 278  
Tel: 0547.86043

**CENTRO TENNIS LEVANTE**  
Viale cesare Abba 31  
Tel: 0547.675137





## Beach Volley

The beach is the best alternative to the gym to do sport. For this reason, beach volley has become a real sport. On the beach next to the square of the skyscraper, Cesenatico hosts the beach Volley Arena, where every summer professional and amateur competitions are held, such as the international tournament of Beach Tennis.



## Athletics

The municipal stadium Moretti of Cesenatico has an athletics track where you can train and compete in all the sports: shot put and javelin throw, high jump, long jump, athletics, middle distance race and distance running. It has eight lanes and it is equipped with a lighting system. Besides this, you can also find an indoor short track that can be used in the winter.



## City Walking

“Cesenatico Cammina” (Cesenatico walks) organizes walking initiatives. There are many different walking paths and on Tuesdays and Fridays evening guided walking initiatives are organized; the starting point is at Palazzo del Turismo (Palace of Tourism) to see all the historic buildings of the city. Nordic Walking is also more and more common and it is done on the beach.

ARENA BEACH VOLLEY  
 Piazza Costa  
 Tel: 347 2422495  
 www.beachvolleyuniversity.it

STADIO COMUNALE “MORETTI”  
 Via Sozzi 2  
 Tel: 0547.75424  
 pol.endas.cesenatico@tiscali.it  
 gabakia@libero.it

IAT CESENATICO  
 Viale Roma 112  
 Tel: 0547.673287  
 iat@cesenatico.it

## Cycling holidays & Cycling

Sono migliaia i ciclisti che tutto l’anno confluiscono dall’Europa a Cesenatico, riconosciuta patria del cicloturismo internazionale, nel cuore della Riviera Romagnola. Qui è nato, ha vissuto e si allenava il “magico” Marco Pantani, campione leggendario del ciclismo, al quale la sua città ha dedicato il museo “Spazio Pantani”. Cesenatico è la base di partenza ideale per fantastiche pedalate verso l’entroterra collinare, in uno splendido scenario di paesaggi sempre diversi, dove innumerevoli e vari tracciati, sono la palestra ideale per tutte le gambe. Cesenatico ospita durante tutto l’anno anche competizioni professionistiche. La “Nove Colli” rappresenta l’evento di maggior rilievo in Europa, con i suoi oltre dodicimila partecipanti, ma sono rinomate anche la gran fondo del Titano, la Via del Sale, la Pantanissima e tante altre gare, di mountain bike o di triathlon.



ASD ASSOCIAZIONE FAUSTO COPPI  
 Via Saffi 2  
 Tel: 0547.672156  
 www.gcfautocoppi.it







CESENATICO GOLF CLUB  
 Via Canale Bonificazione 122  
 Tel: 0547.81305  
 www.cesenaticogolf.com



## Golf

The Golf Club in Cesenatico is close to the sea, in a peaceful area where you can improve your performance or learn to play. It is a school for all ages. The club has: 4 holes, driving range, putting green and a golf school with a teacher. Few kilometres far from it, the Golf Club in Cervia has 18 holes and the Golf Club in Rimini is located in the wonderful area of Verucchio. Many other golf clubs can be easily reached from Cesenatico.



-  PARCO DI LEVANTE
-  Via Abba/viale dei Mille
-  PARCO DI PONENTE
-  Viale Mazzini

## Parks

The *Parco di Levante* (east park) is the real green lung of the city (35 hectares). It covers a wide area of meadows and typical plants from coastal areas and here you can also find two little lakes with mute swans, ducks, water hens and many species of fish.

The whole park has pedestrian or cycle lanes, as well as picnic areas, a summer bar, two playgrounds for children, a trim trail to do physical exercise and a LIPU (Italian League for bird protection) protected area for birdwatching.

There is also a specific area for dogs, to let them run, and yoga and Tai Chi courses are organized outdoors. An old rural house hosts the elderly centre and promotes recreational activities, such as dancing.

The *parco di Ponente* (West park) covers an area of 13 tree-lined hectares. Here you can find: two football fields, a picnic and entertainment area and many playgrounds for children.

The whole park has pedestrian or cycle lanes and it is perfectly suited for trim trail.

## Parco di Ponente



Area of the park: 13 hectares

## Parco di Levante



Area of the park: 35 hectares

# Active Holidays

Choose to “live well”

Wellness is a state of mind that involves your body and mind.

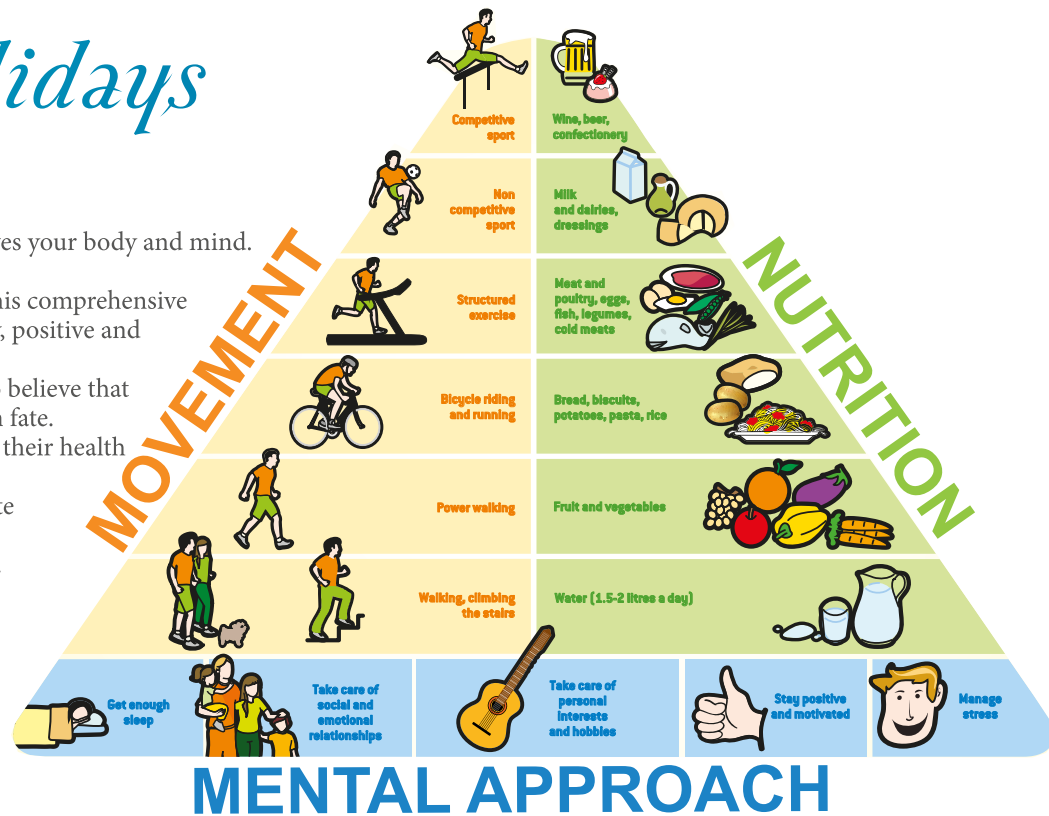
We say that we “feel well” to refer to this comprehensive feeling which is the result of a healthy, positive and quality-oriented lifestyle.

In order to “live well” it is necessary to believe that health and wellness do not depend on fate.

Everyone has to be the protagonist of their health and wellness.

So “living well” means making concrete decisions, it cannot be a desire but an active choice that everyone can make.

Also on holiday.  
Now.



Fonte per il Movimento: ACSM-AHA Position Stand.  
Fonte per l'Alimentazione: Istituto di Scienza dell'Alimentazione, Università La Sapienza, Roma.

Con il contributo scientifico di  
**Wellness FOUNDATION**

# 10 commandments to “live well”

- Each day do at least 30 minutes of moderate intensity exercise.
- Exercise your muscles at least twice a week, and increase flexibility everyday.
- Choose to go on foot or by bike instead.
- Eat 5 meals a day, preferably fresh food and natural produce.
- Drink plenty of water and avoid soft drinks.
- Sleep long enough to recharge physically and mentally.
- Dedicate time to your own passions and hobbies.
- Avoid polluted environments and get back to nature.
- Do not smoke or drink too much alcohol: think clearly and stay in control.
- Be positive about life, get motivated and smile!







# *The main rules*

## *to “live well” and in a balanced way*

Following rigid diets or skipping meals are not the best solutions to get long lasting results for a healthy and well-balanced lifestyle. Here are three simple rules to have good eating and motor habits. Let's choose together the wellness of our body and mind in every single moment and action of our daily life.

### **RULE 1 Exercise is good, but if you do it on a regular basis it is much better**

An important element of “living well” is physical exercise. Sedentariness should be considered as the main risk factor for many diseases, it is as dangerous as smoking, obesity, hypertension and cholesterol. These are the three main physical qualities you need to train:

#### - AEROBIC CAPACITY

To improve and assess the intensity of your training, checking your heart rate is very good.

How can we establish the right intensity of our training? You deduct your age from the highest theoretical heart rate (220). According to the right intensity of your training, you should work between the 60 and 80% of that rate.

#### - STRENGTH

Research shows that our body fat percentage tends to increase, whereas our muscle mass starts to decrease from 25/30 years of age. Physical exercise is important because it can slow down or even reverse such process by keeping a strong and elastic muscle mass.

#### - FLEXIBILITY

Is the result of elastic connective and muscular tissues and it can be improved with stretching exercises.

### **RULE 2 Eating well but in a balanced way**

Your diet is healthy when you follow three rules:

- 1) A correct calories intake,
- 2) Right percentages of macronutrients (60% sugar, 15% proteins, 25% fats),
- 3) A balanced distribution of calories during the three meals of the day.

A well-balanced diet is the following:

- At breakfast have some fruit, cereals, semi-skimmed milk and yogurt
  - In the midmorning have a fruit snack
  - At lunch have mixed salad or pasta (no rice with tomato sauce)
  - At dinner have a vegetable soup, chicken, beef meat or fish (on a rotating basis) and vegetables.
- Once or twice a week, you can have boiled eggs and cheese.

#### FIND OUT YOUR IDEAL WEIGHT

The BMI or Body Mass Index is the ratio between the height and weight of a person:  $BMI = \text{weight (kg)} / \text{height}^2 \text{ (m)}$   
The BMI shows the ideal weight for your health and not only for your physical appearance. For men, a standard BMI is comprised between 20 and 25, for women between 19 and 24.

### **RULE 3 Good habits, body and mind wellness**

Bad habits (drinking alcohol, smoking or sleeping few hours per night) are the worst allies of “living well”. Doing little exercise does not help if our lifestyle is not healthy. It is also a problem of mindset; according to many studies, positive thinking helps our wellness and the secrets to live well are sleeping a proper amount of hours per night, avoiding alcohol and cigarettes, doing physical exercise on a regular basis, eating well, reducing stress and listening to music, focusing on art, culture and the pleasure of getting to know new things.

# Eventi Sportivi

*exciting competitions*

APR

**CESENATICO TROPHY**  
EASTER – MUNICIPAL SPORTS CENTRES  
International youth football tournament

APR

**TOURNAMENTS OF YOUTH VOLLEYBALL**  
EASTER – MUNICIPAL SPORTS CENTRES  
National youth tournament

APR

**TOURNAMENT “PLAY WITH FOOTBALL”**  
EASTER – MUNICIPAL SPORTS CENTRES  
Youth Football Tournament

APR

**INTERNATIONAL EASTER SAILING REGATTA**  
EASTER - LEVANTE E PONENTE  
Sailing regatta for catamarans.

APR

**BCC SALA DI CESENATICO TROPHY**  
PALASPORT VIA MAGELLANO  
National CSEN taekwondo tournament

APR

**SEA CUP**  
VILLAMARINA II MUNICIPAL SPORTS CENTRE  
5-a-side football tournament

APR

**PANTANISSIMA**  
COLONIA AGIP/VIALE CARDUCCI  
Gran fondo bicycle competition Fondazione Pantani.

MAY

**CICLO & VENTO Cycling holiday week**  
PIAZZA COSTA/VIALE CARDUCCI  
International exhibition on cycling holiday.

MAY

**NOVE COLLI RUNNING**  
VIA ARMELLINI  
200 km footrace (arrival within 30 h)

MAY

**MINIGRANFONDO NOVE COLLI**  
PIAZZA MARCONI  
Granfondo bicycle competition for children from 7 to 12 years of age.

MAY

**NOVE COLLI**  
PORTO CANALE 200 km Granfondo competition – Appennine patent of the Nove Colli. Arrival at colonia Agip within 12 h

MAY

**INTERNATIONAL BEACH TENNIS TOURNAMENT**  
ARENA BEACH DI PIAZZA COSTA  
A two-day competition between volleyball players

JUN

**MARATONA 80**  
PORTO CANALE  
Footrace for amateurs Cesenatico/S.Mauro M.

AUG

**LA NOTTE GIALLA (THE YELLOW NIGHT)**  
PIAZZA COSTA  
Sport and shows for Pantani.

SEP

**NATIONAL TROPHY CITTÀ DI CESENATICO**  
PISTINO DEL SOLE  
Skating competitions Massarutto memorial run.



# CESENATICO

Zadina

Ponente

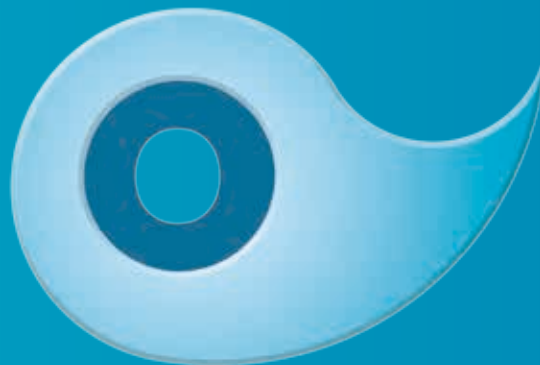
Marina Centro

Valverde

Villamarina

Gatteo Mare





[www.cesenaticobellavita.it](http://www.cesenaticobellavita.it)  
[www.wellnessvalleyhotel.com](http://www.wellnessvalleyhotel.com)

**CESENATICO BELLAVITA®**  
Consorzio di Promozione Turistica  
Viale G.Mazzini, 93 47042 Cesenatico (FC)  
tel. 0547.80436 - [info@cesenaticobellavita.it](mailto:info@cesenaticobellavita.it)



Wellness  
FOUNDATION

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della Fondazione Wellness Foundation [www.wellnessvalley.it](http://www.wellnessvalley.it)



redazione progetto grafico a cura di **yykk**