

ORLD



1 INTERESTING IN ITALY

Italian food is a major drawcard for runners travelling to Italy: think pizza, pasta, fresh tomatoes and oregano washed down with smooth red wine and rounded out by rainbow-coloured gelato.

Italy also has amazing coast lines, huge rock formations and a deep history.

Head to the Dolomites for sheer rock massifs and spectacular trails that link 'refuges' (villages). With more than 600 kilometres of ski trails there are endless undulations that can keep you going for days – it is not uncommon to go for a jog and come back six hours later feeling on top of the world. Refuges are open over summer and provide amazing food to refuel.

If you're a sea-lover, the tourist trail of the Amalfi Coast or the Cinque Terre will bring you right to the edge – you will need to get going early to avoid the crowds but it is worth every early breath.

Be sure to stop and try the lemons being sold on the trails; surprisingly, they aren't bitter and will give you a good energy boost. Each bright-coloured village is straight out of a postcard, no filters needed.

If history is your passion, take a running tour in the form of the Rome Marathon. Starting at the Colosseum, embrace your Roman fighting spirit and race 25,000 others through the ancient, cobbled streets passing many famous landmarks such as the Forgotten Soldier, the river Fiume Tevere, Trevi Fountain. All roads are closed for the day and the highlight is – of course – running around the mighty Vatican.