

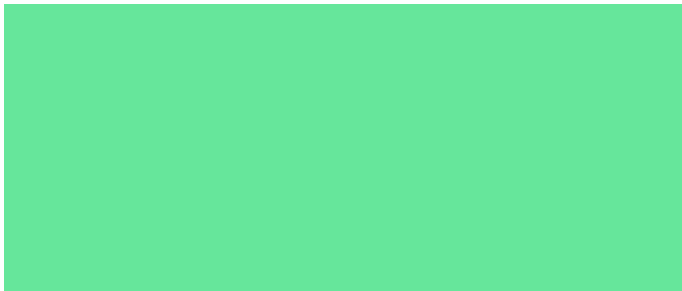
# Walking & Running Tours

Get your heart pumping and experience the beauty of Florence  
at the Walking & Running Tours!

These unique activities offers participants a choice between a  
scenic running tour and a brisk walking tour.

## Choose your Adventure!

You will be able to secure your spot to this activity **during**  
**the registration process for the IUMS 2024 Congress**



TOUR DURATION: **45 MINUTES**

## A Morning of Sightseeing & Sweat

Burn calories, build memories! **Be a part of the IUMS 2024 5km Running Tour and take a runner's perspective of Florence's most iconic landmarks.**

This tour covers approximately 5 and a half kilometers, passing by the stunning Duomo (Santa Maria del Fiore), Piazza della Signoria, the Uffizzi, the historic Ponte Vecchio bridge, and other hidden gems.

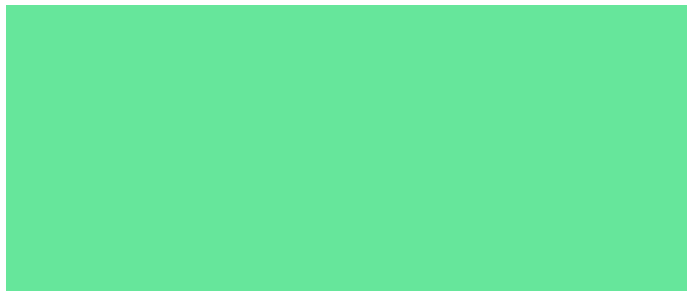
Learn fascinating stories and little-known facts about the city and its famous Renaissance families while enjoying a refreshing morning run.

October 24, 2024

07:00AM

€35

[View tour map](#)



TOUR DURATION: **45 MINUTES**

## A Leisurely Stroll Through History

Explore Florence at your own pace on this 3-kilometer walking tour. **Follow a similar route as the running tour, taking in the architectural wonders and charming squares of the city.**

Hear captivating historical anecdotes and jokes shared by local guides, making this tour both informative and entertaining.

October 24, 2024

**07:00AM**

**€35**

[View tour map](#)