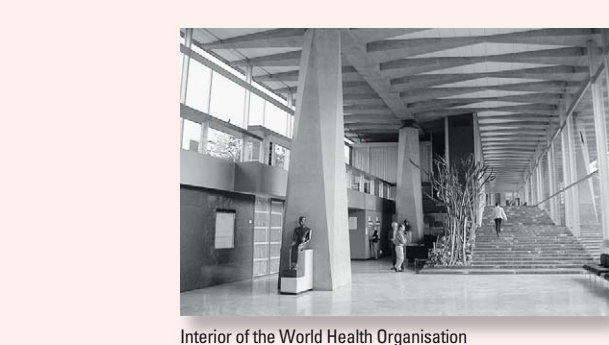


#### A FEW WORDS OF EXPLANATION...

- Estimated time for entire "Body and Heart" walk: 2 hrs
- Two concepts joined forces to create the Geneva walk dedicated to health: the City of Geneva's Pedestrian Plan, which has been developing a network of thematic urban circuits since 1996, and "Sli na Slainte", an international initiative to encourage people to walk more each day, for pleasure and for health.

"Body and Heart" is Geneva's 7th walking circuit and the result of intensive collaboration between a large diversity of partners with complementary interests. Thus urban planning, health and development, the environment, art and culture are themes that are addressed along the way. —



Interior of the World Health Organisation



Rock garden to the Domain of Penthes



Temperate greenhouse to the Botanical Garden



The Henry Dunant Institute to the Mon-Repos park



Pâquis batis



Pumping station bridge

- All passes and all remains  
But our lot is to pass
- To pass making roads  
Making roads in the sea
- Wayfarer, the only way  
Is your footsteps, there is no other
- Wayfarer, there is no way  
You make the way as you go
- As you go, you make the way
- And stopping to look behind  
ou see the path that your feet  
Will never travel again
- Wayfarer, there is no way
- Only foam in the sea

Antonio Machado "Select Poems"



Benches conception :  
'Compagnie des Rues', Genève

As you follow this path, you will discover a novel artistic concept of 8 red benches marking the beginning and end of each of the 7 km segments of the walk. Jointly conceived by an artist - Carmen Perrin - and an architect - Carlos Lopez -, these benches carry a silkscreened poem by Antonio Machado and punctuate the walk from the headquarters of the World Health Organization to the Eaux-Vives Park (Villa Le Plonjon).

Enjoy finding each of these 8 benches: they will show you that walking can be a discovery of one's own path, and a new rhythm for one's body, breath and spirit.

**Sli** "Sli na Slainte" originated in Ireland, and means "Path to Health" in Gaelic. Sli walks exist in 12 countries and are easily recognizable by the km Sli signs featuring the "Sli-person" with the heart. "Body and Heart" is Switzerland's first Sli walk. Enjoy!



#### PICTOGRAMS

- Children's sports ground
- Telephone
- Restroom
- Beverages
- Public Transportation (TPG)
- Lake Geneva General Schipping Co. (CGN)
- Mouettes Genevoises passenger ferry
- Pet zoo, aviary
- Sports, sports centre
- Banc
- Information
- Car park
- Steps
- Underpass
- From 1 to 22, suggested itinerary for this walk
- Parts of path which may be occasionally blocked for security reasons proper to international missions and organizations
- Boat route (mouettes)

#### PRACTICAL INFORMATION

- Municipal information point [www.ville-ge.ch](http://www.ville-ge.ch)  
1, pont de la Machine, phone +41 (0)22 311 99 70
- "Plan Piétons" [www.ville-ge.ch/plan-pietons](http://www.ville-ge.ch/plan-pietons)
- "Sli na Slainte" [www.irishheart.ie](http://www.irishheart.ie)
- "SPE" [www.prevention.ch/spe.htm](http://www.prevention.ch/spe.htm)
- "Commune de Pregny-Chambésy" [www.pregny-chambesey.ch](http://www.pregny-chambesey.ch)
- Public transportation (TPG) [www.tpg.ch](http://www.tpg.ch)  
Mobility information phone +41 (0)22 308 34 34
- Taxi phone +41 (0)22 331 41 33
- Weather report phone 162

#### FROM BODY AND HEART

It is a fact: our level of physical activity is too low and our health is the worse for it. Lack of physical activity is the first risk factor in cardiovascular incidents. It can also trigger diabetes, cancer of the colon, high blood pressure, osteoporosis, to name but a few. In Switzerland, each year, lack of exercise is the cause of 1.4 million illnesses, costing over 1.6 billion Swiss francs. It is a real health hazard!

There is an easy way out. We all have at hand a simple and harmless means to enable us to improve our health and, at the same time, discover the city in a new light: walking.

Contrary to popular belief, health is not merely the absence of disease; rather, it is a state of complete, physical, mental and social well-being. It depends on several factors, among others: eating habits, exercise, the national economic situation, the individual's social situation, the state of the urban environment.

This pedestrian route will familiarise you with some of these aspects which all relate directly to health. For example, you will come across institutions whose main concern is to save lives, you will visit leisure areas which reintroduce us to our more natural environment, your attention will focus on the efforts of town planners and architects committed to creating a friendlier, healthier environment, you will discover unusual sports... By the end of the walk, we hope you will be convinced that Geneva, with its history, its natural and urban environment, its international organisations and its development, provides the necessary conditions to enjoy health and quality of living.

Healthy? How about... a walk a day keeps the doctor away!

#### TO LEARN MORE...

- "Les parcs de Genève : 125 ans d'histoire", Ville de Genève, Service des Espaces Verts et de l'Environnement (SEVE), Genève, 1988, réédition 1993.
- "Mobilité en Suisse", Office fédéral du développement territorial et Office fédéral de la statistique, 2001.
- "Le voyage singulier : regards d'écrivains sur le patrimoine, Genève-Rhône-Alpes", Editions Zoé, Carouge, Paroles d'aube, 1996.
- "La Genève sur l'eau", Philippe Broillet, Editions Wiese, Bâle, coll. Les monuments d'art et d'histoire de la Suisse, 1997.
- Antonio Machado "Select Poems", translated by Alan S. Trueblood. Havard University Press. Cambridge, Massachusets, and London, England. Printed in USA. Seventh printing, 1999.
- Antonio Machado "Poesias completas", Edición Manuel Alvar, Colección Austral, trigésima tercera edición, Editorial Espasa Calpe, Madrid, 1975-2001.

#### THE PEDESTRIAN PLAN COLLECTION

This itinerary is part of the Pedestrian Plan collection of walks conceived by the Planning Office of the City of Geneva.

- Walking in Geneva
- From estate to estate  
Geneva – Bois-de-la-Bâtie - Jardin Botanique
- From site to museum  
Geneva on foot – in the heart of its heritage
- From quay to runway  
Geneva on foot – between travel and nature
- From city to city  
Geneva on foot – from the lake to the Arve
- Walking Downstream  
Geneva on foot – nature and technology
- From here and afar  
Geneva on foot – between work and leisure

#### IMPRESSUM

- Concept  
Texts
  - City of Geneva
  - Société de protection de l'environnement (SPE)
  - Saïdell Haery
  - Elizabeth Fischer
- Translation  
Credits
  - Mrs Therese Junker - Swiss Heart Foundation
  - Mrs Janet Vouët - World Heart Federation
  - Urban planning Department
  - Gilles Calza
  - Ceux d'en face, Geneva
- Photos  
Illustration (cover)
  - Imprimerie Genevoise S.A. Geneva
  - 50'000 copies / juin 2002
- Design  
Printed by  
Circulation

"Any use and/or reproduction of present document requires prior authorisation from the Planning Office of the City of Geneva, as well as full credit of the source. All author's rights reserved"  
Map reproduced with the authorisation of the Geneva Land Registry Office, february 21, 2002





## 1 WORLD HEALTH ORGANISATION (WHO)

- *All passes and all remains But our lot is to pass*

"Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity." This is how the WHO defines health. A United Nations (UN) body founded on 7 April 1948, the WHO promotes international cooperation in the field of health, implements programmes to monitor and eradicate diseases and, last but not least, to improve the quality of living. The organisation has set up a long-term urban and development initiative for the improvement of the health and well-being of people living and working in cities. WHO upholds the principle of health for all and of equal access to health services for all.

World Health Day, commemorating the foundation of the organisation, is celebrated every year on 7 April and focuses on a sensitive international health issue.

The building which now houses the WHO was designed by Jean Tschumi and inaugurated on May 7, 1996.

*On estimate, 57% of the men and 70% of the women living in Geneva suffer from lack of exercise. Estimates in Switzerland have shown that lack of exercise is the main factor in 2000 deaths and over a million cases of illness.*

*Exercising is vital. You may, for example, choose to use the stairs instead of the elevator, or go home on foot instead of using a motor vehicle.*

- <http://www.who.int>



## 2 CASTLE OF PENTHES

- *To pass making roads Making roads in the sea*

This castle was originally a 14<sup>th</sup>-century stronghold. It has been extensively remodelled since, and was reopened in 1978 as the Museum of the Swiss Abroad. Several famous Swiss doctors went abroad, such as Albert de Haller, Jean-Paul Marat, Albert Schweizer and Théodore Tronchin. The recommendations of the latter, who lived in the 18<sup>th</sup> century, still apply today. He advocated the practice of gymnastics and breast feeding, sanitary principles in the care of infants and considered that eating habits had a great influence on health. Paracelsus is also presented in the museum. He is considered the founder of thermal medicine and of chemotherapy.

- *Open daily, 10-12 a.m. and 2-6 p.m., closed on Mondays*

- <http://www.chateau-de-penthes.ch>



## 3 CONSERVATORY AND BOTANICAL GARDENS

- *Wayfarer, the only way is your footsteps, there is no other*

Did you know that some 240 regional botanical species are protected and preserved in the Conservatory and Botanical Gardens, which is home to certain trees well over 300 years old ? These ever-evolving 28 hectares are an ideal spot for relaxation and walking, and provide endless discoveries. In 1991, a "Garden of Scents and Touch" was inaugurated. Specially designed for the sensory discovery of plants, it is particularly suited to the visually disabled, the blind and, of course, children.

The « Terraces of Official and Utilitarian Plants » were first opened to the public in 2000. Under this elaborate name you will find common and less-known plants used daily : in the preparation of foodstuffs (colourings, spices, etc.), of medication, of perfumes and textiles. The « Botanicum », an area specifically designed for families, provides a wide range of activities focusing on playful and sensory interactions with the plant world.

- *April-September : Open from 8 a.m. to 7.30 p.m. October-March : Open from 9.30 a.m. to 5 p.m. Greenhouses : Open from 9.30 to 11 a.m. and from 2 to 4.30 p.m., closed on Fridays*

- <http://www.cjb.unige.ch>
- *Contact point with another walking circuit : From estate to estate*



## 4 WORLD METEOROLOGICAL ORGANISATION (WMO)

On the other side of the Botanical Gardens stand the new headquarters of the WMO, inaugurated in 1999. Mirroring the sky and the environmental concerns of the organisation, this building was designed by two Geneva architects, Brodbeck and Roulet. Here is a case of architecture in keeping with the principles of sustainable development : the heating and air-conditioning systems are devised to be as environment-friendly as possible, and the double-glazed facade acts as a kind of thermic membrane. Quality of life in the workplace has also been taken into account.

From weather prediction to research on air pollution, on climate change, on ozone layer depletion, on hydrology and water resources, on cities and so forth, the WMO provides information to all. All of this for the good of our health !

- <http://www.wmo.ch>



## 5 HISTORY OF SCIENCE MUSEUM (mansion Bartholoni)

- *Wayfarer. There is no way, You make the way as you go*

Did you know that up to the 1960s, a frog – the Xenopia – was used in pregnancy tests ? It's a simple experiment : when put into contact with the urine of an expecting woman, the Xenopia lays eggs. This is but a sample of the extraordinary things you'll learn about during "The Night of Science", an event organised every year at the beginning of summer by this museum.

The Museum is housed in the magnificent Bartholoni mansion, built in 1830. The important collection of ancient scientific instruments and books belonging to local families bears witness to the thriving scientific activity going on in Geneva in the 18<sup>th</sup> century. Some of the medical objects are rather daunting : huge syringes, lobotomy and blood-letting kits, dental drills... Fortunately, medical appliances have come a long way since !

- *Open daily, 10 a.m. to 5 p.m., closed on Tuesdays*

- <http://mah.ville-ge.ch>
- *Contact point with another walking circuit : walking downstream*



## 6 MON-REPOS PARK

The mansion in the park once belonged to the scientist Philippe de Plantamour. It now houses the Centre for humanitarian dialog – the Henry Dunant Institute, which actively promotes greater respect for international humanitarian law and humanitarian principles through dialog. In the pavilion by the water's edge, Philippe de Plantamour set up a small plant for the biological study of water in 1877, still in use today.

Did you know that in 1928, when the headquarters of the League of Nations were the object of a competition, Le Corbusier had imagined the « Promised Land » right in this spot, where he could find the symbiosis he dreamed of between architecture and the natural site. On the current site of the United Nations, the Swiss architect had planned a world-city with a museum of civilisation, the Mundaneum.

Le Corbusier projects were inspired by the principles of modernism and sanitarianism, and he always set great store on « sun, space and greenery, which shape both body and mind. Any organism cut off from its natural environment will perish, slowly or quickly, and man is no exception to the rule. »

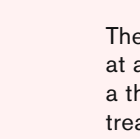
*In Switzerland, cardiovascular diseases are responsible for practically one death out of two; they thus rank among the main causes of mortality. Lack of exercise is a key factor in this type of disease.*

*By engaging in sustained physical activity for 30 minutes every day, you can greatly improve your health.*



## 7 PRIEURE PUMPING STATION

This is how the writer Claude Delarue remembers Lake Léman in the 1950s : « I would take in with disgust the stale smell of one of the most beautiful yet most polluted lakes in the world. It was like a mirror of our city, religiously bent over its dejections. Used condoms floated aimlessly on the surface, like a fleet of zeppelins among the dead rats and the asphyxiated fish ». Not very inviting for a swim... Fortunately, the quality of the water has consistently improved. Since the 18<sup>th</sup> century, lake water has been one of the city's main resources, and makes up 80% of the water currently provided by the Industrial Services.



## 8 WILSON PALACE

Who would have thought that the splendid National Hotel opened in 1875, a jewel of 19<sup>th</sup>-century architecture, was destined to serve international and humanist purposes ? In 1920, the League of Nations moved in for a dozen years. In 1924, the building was renamed « Wilson Palace » in honour of the American president. Jean Piaget, who revolutionised pedagogy, taught there. In 1988, the World Commission on Environment and Development – also called the Brundtland Commission – convened there and defined sustainable development as « a form of development that meets the needs of the present without compromising the ability of future generations to meet their own needs ». The Palace underwent restoration in 1993 and now houses some of the offices of the United Nations High Commission on Human Rights. The aim of the UNHCHR is to guarantee to each and everyone the full enjoyment of rights among which the « right to the highest attainable standard of health ».

This international organisation is located in the heart of the city, in a neighbourhood known for the cultural diversity of its inhabitants, thus providing a bridge between the local and international spheres of Geneva.



## 9 IUED 8 m1 Graduate Institute of Development Studies

The institute was founded in 1961 and was first called the African Institute of Geneva. Linked to the University of Geneva, its main focus are courses and research on developmental issues. It also actively encourages attendance by students from developing countries. It is a real multicultural beehive, a link between Geneva and the rest of the world. Convinced of the principle that a population in good health is a pre-requisite for development, it provides information and training in Switzerland and abroad, and carries out health programmes in developing countries.

- <http://www.unige.ch/iued>



## 10 WILSON PROMENADE AND MONT-BLANC PROMENADE

Between the second half of the 19<sup>th</sup> century and 1915, Geneva repeatedly enlarged the lakeside avenues, Mont-Blanc and Wilson promenade (called Léman promenade), transforming them into public walks and opening the city onto the lake. Geneva harbour as it looks today, with flower beds and avenues, was designed at the turn of the century, following a competition to embellish the lakeside walks.

The stretch of water between the end of the lake and the head of the Rhône river has progressively been filled in – it now covers only half the surface it formerly did in Roman times !



## 11 PAQUIS BATHS

- *As you go, you make the way*

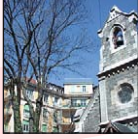
This is a favourite Geneva haunt ! The configuration of the baths hasn't changed since the 1930s, as the local population would have it. A popular referendum spared this site from demolition in 1988.

At the beginning of the 1930s, the city of Geneva wanted to provide free baths for all, located close to the working-class neighbourhoods. These baths were in keeping with the sanitarian principles the authorities wished to inculcate to the population. Opened in 1932, they were an instant success. Every summer, they welcome about 200,000 users from every walk of life. It is one of the rare places in Geneva where you will encounter such a varied cultural and social meltingpot.

The baths now offer a sauna, Turkish baths, massage and various events. The site is well worth a visit, and the water and beach are welcoming. Jump in !

- *Opening hours depending on seasonal activities For information, phone +41 (0)22-732 29 74*

- <http://www.bains-des-paquis.ch>



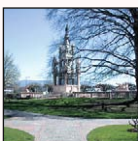
## 12 DR A. VINCENT STREET

Dr Alfred Vincent was born in 1850 in Saint Petersburg. He was awarded one of the first PhDs in medical studies at the University of Geneva. Actively engaged in the city's political life, he devoted himself mainly to questions of hygiene and sanitation. He was one of the benefactors of the Geneva sanatorium in Montana, in the Valais mountains.

*People who lack physical exercise are more often hospitalised, and stay longer in hospital, than people who don't.*

*A sample of easy daily exercises : walking briskly to work, doing your shopping or taking your kids to school on foot.*

- *Contact point with another walking circuit : From quay to quay*



## 13 ALP GARDEN

When the lakeside walks were enlarged in 1857, the old Pâquis harbour was destroyed and replaced by the Alp Garden.

The parks and gardens in Geneva are intended for leisure and rest, but they also serve other purposes. The first is aesthetic. They also bear witness to the cultural, historical and urban evolution of the city. They also have a didactic function, as places where city-dwellers can live with nature and learn more about it. They contribute to the biological diversity of the city by offering a habitat to various animal species. They have a positive influence on the urban microclimate : they freshen the atmosphere, they preserve the ground and bring oxygen to it, they filter the air we breathe and offer protection from the wind. They are also used for the preservation and reintroduction of rare plants as well as the elaboration of new plant species. And let us not forget that they may even provide food if needs be. During the Second World War, the parks of the city of Geneva yielded 92,000 kilos of potatoes and about 1,300 tons of vegetables.



## 14 MONT-BLANC BRIDGE

On average, 80,000 vehicles cross the Mont-Blanc bridge daily (statistics of the year 2001, covering 365 days). In Geneva, private car use is by far the preferred means of transport, mainly for leisure purposes, yet in more than one out of three instances the distance covered is under three kilometres !

The high density of cars on the bridge generates air pollution problems and presents a real health hazard. In 2001, the amount of nitrogen contained in the air was systematically above the accepted limit. This gas causes respiratory troubles such as asthma and chronic bronchitis; it also acidifies the natural environment. It is worth bearing in mind that, according to a world survey conducted in 2000 by WHO, three million people die every year from air pollution, and that this weighs heavily on public expenses.

Traffic has other harmful effects. Noise is one, it affects hearing and understanding, and may cause stress and fatigue if given limits are exceeded. Thus, there are good reasons for the regulatory traffic measures that Geneva is implementing in its efforts to reduce the amount of traffic in the city (30 km/ h speed limitations in certain areas, longer-lasting red lights, awareness campaigns).



## 15 ROUSSEAU ISLE

This isle, formerly « Ile des Barques » (boating isle), used to be part of the city's protection system. It was later renamed in honour of Jean-Jacques Rousseau, and a statue of the philosopher was erected there in 1835.

In his writings, the famous Geneva philosopher denounced numerous harmful prejudices and customs that seem strange to us today. At a time when it was customary for parents to entrust the care of their children to wet-nurses, nannies and tutors, Rousseau advocated that nothing could replace maternal care and love in a child's well-being. He also wanted to abolish swaddling, which hindered blood circulation and caused numbness in arms and legs. Sometimes the swaddled infant was suspended on a peg, to keep it out of harm's way, and the poor baby would end up purple in the face because of poor blood circulation.



## 16 PUMPING STATION BRIDGE

- *And stopping to look behind, You see the path that your feet Will never travel again*

Space for the city's development has constantly been gained on the lake. Nowadays, urban planning strives towards a more integrated relationship between public property and natural environment. Thus the river embankments are to be given over to pedestrians thanks to the "Fil du Rhône" project. At times, it takes some ingenious planning, witness the floating footbridge beneath the Mont-Blanc bridge. In the near future, a square in the middle of the Pumping Station Bridge (Pont de la Machine) will open right onto the water. These are just two examples of the way water is being reintegrated into the urban environment.

*In Switzerland, a quarter of the female population and a third of the male one are overweight, a condition that increases the risk of cardiovascular diseases, high blood pressure, diabetes and certain forms of cancer.*

*Physical exercise is a good way to lose weight.*

- *Drop into the Tourist Information Centre on the Pont de la Machine.*

- <http://www.ville-ge.ch>



## 17 GENERAL GUISAN PROMENADE

In the 19<sup>th</sup> century, a lot of work was carried out to embellish and extend the city, and to improve the sanitation system. The lake became a recognised source of pleasure, so the quays encroaching on the Rhône were turned into walks. The General Guisan promenade (formerly the Rhône promenade) was completed in 1934.

Numerous swans and ducks provide quite a spectacle. They are by far not the only inhabitants on the lake. Over a hundred different species live on or under the lake waters, not only birds and fish, but animals such as the lesser known freshwater crayfish, camaron, freshwater mussel and leeches. Fortunately the latter are only tempted by other invertebrates !

The density of leeches is a good indicator of the degree of water pollution. Their presence means that the quality of the lake's water has greatly improved in the past dozen years. So leeches are good news, since water also affects our health.



## 18 JARDIN ANGLAIS

The Russian writer Dostoïevski didn't think much of this garden : « They planted a few straggly bushes in an ugly little square (...), they took pictures and now they are selling them as postcards of the « English Garden in Geneva ». Trees have been planted since, and the result is much more pleasing.

Since 1934, every winter in mid-December, the Christmas swimming competition takes place by the Jardin Anglais. Organised by Genève-Natation 1885, it gathers 500 to 600 daredevil swimmers, ready to brave the icy Léman waters on a hundred-meter stretch.

Cold water certainly stimulates blood circulation and strengthens the body's immunity. But in this instance, it is the unusual spectacle and the friendly atmosphere that really warms people up.



## 19 EAUX-VIVES NEIGHBOURHOOD

The architect Maurice Brillaard, a socialist member of parliament in the 1930s, was an innovative town planner, as the Montchoisy squares testify. Built in 1928, they were the first in a series of measures of a global town plan published in 1935.

Brillaard designed generous spaces, with lots of greenery, in keeping with the site's natural implantation yet in tune with city life. A city with a rational plan would solve traffic and sanitation problems; slums were to be demolished to make way for healthy living quarters for families of modest means. Years later, in 1948, these ideas served as guidelines for the reorganisation of the entire Eaux-Vives neighbourhood.

*Physical activity guarantees a better and longer life. Walking briskly, cycling, roller skating... the more the better !*



## 20 GUSTAVE ADOR PROMENADE

- *Wayfarer, there is no way*

The innovative technology of solar energy reigns supreme here. Look out for the two photovoltaic units on the boats for hire, or on La Bécassine, one of the boats of the public transport service which take you across the harbour.

The showers of the « Genève - Plage » swimming pool are heated thanks to a solar system, and the train winding its way along the waterfront is powered by solar energy. If you can't spot them, lift your eyes up and look at the roofs !

- [www.ecotourisme.ch](http://www.ecotourisme.ch)



## 21 LA GRANGE PARK

Geneva boasts 330 hectares of parks, 40,000 trees growing on public property, and 428,000 plants - of which 40,000 rose bushes - to decorate the city. Green areas form part of the city's heritage and occupy about 20% of its territory. Urban development and green zones are intimately linked so as to preserve the breathing space and greenery that are necessary to a city's healthy growth.

La Grange is no doubt the most beautiful park in the city, considering its size, the magnificent vistas it offers, the century - old trees, the rose gardens and the orangery. An archaeological site, dating back to the 1<sup>st</sup> century A.D., and an elegant 18<sup>th</sup>-century mansion are also to be found on its grounds.

It is an ideal place to relax in and enjoy the surrounding beauty. Why not come here for a picnic on the grass, or to enjoy one of the summer concerts ?

- *This is the only park in Geneva to be closed at night. Opening hours change every season.*

- <http://www.ville-ge.ch/geneve/dpt5/SEV>



## 22 LE PLONGEON VILLA

- *Only foam in the sea*

Around the world, 60 to 85% of the adult population are not physically active enough for their own good and to protect their own health. This justifies the purpose of this discreet institution, hidden away in the Eaux-Vives Park (adjoining La Grange Park). It is the headquarters of the Geneva Sports Association and houses a specialised library. The Association was founded in 1940 as the Geneva Sports Committee. Because the border was practically closed the year before, it was almost impossible for Geneva's athletes to take part in sports competitions outside the country. So the Committee organised the Geneva Games in order to encourage the development of sports in the canton.

Sixty-five sports associations are members of the Geneva Sports Association. There is even a Swiss « arm lock » Federation and a Geneva Sumo Association. Are you familiar with some of the more « exotic » sports such as team frisbee, hob-nailed bowls, capoeira, jiu-jitsu, rink-hockey, sambo, taekwondo, Tchoukball, viet vo dao ? There's something to please everyone, so take your pick.

- *Library opening hours : Tu 1.30 to 5.30 p.m. We 9 to 12 a.m. & 1 to 6 p.m. Sa 10 to 12 a.m.*

- [www.sports-geneve.ch](http://www.sports-geneve.ch)

- *Location of the benches with silkscreened verses of Antonio Machado's poem*