



A WELLNESS AND BEAUTY FARM IN UMBRIA ON LAKE TRASIMENO TRADITION

## HEALTH AND RELAXATION CENTRE

**The Antico Casale of Monte Gualandro, a historic noble country residence dating back to the 18th century, is located between Tuscany and Umbria, in the centre of Italy. It is surrounded by a parkland 100,000 square metres wide, with a splendid view of Lake Trasimeno and the Val di Chiana. Leave the stress of everyday life and enjoy its modern Wellness Centre, immersed in the peace of past time!**

### YESTERDAY AND TODAY

Some researchers hold that the first part of the house was originally built in the 15th century. Certainly in the 18th century the residence was already known as “Antica Osteria della Spelonca”, with rooms, a restaurant and stables. It served travellers on the route to Cortona.

In the 19th century the building was turned into the customs office of the Granducato of Tuscany, marking the border with the Papal State. Following the Unification of Italy, the Antico Casale was bought by Count Ranieri

di Sorbello, also owner of the nearby castle of Monte Gualandro, and became the administrative centre of a large estate which produced and sold wine and oil throughout Italy until the mid-1950s.

The Antico Casale, after more than three hundred years, has now returned to its original role, that of an inn. The building has been carefully restored with particular consideration for its historical significance, preserving the original materials (terracotta, tiles, wooden beams, frescoes, coats of arms, fireplaces) wherever possible, according to organic construction techniques and using natural products. In fact the current owners, two former accountants, chose to leave the big city and create a corner of paradise to be shared with their guests, offering them the opportunity of spending time to relax body and mind.

The restoration works were inspired by the desire to realize a structure for rest, relaxation and well-being, in a peaceful atmosphere. The Antico Casale provides a complete range of services that can turn holiday time into all of this. Besides the large swimming pool in the park, with a splendid view of Lake Trasimeno, and a sun terrace, it houses a Health and Relaxation Centre that allow its guests a bit of pampering, at any time of the year.

The historical residence Antico Casale has been awarded the quality card Logis d'Italia with three "caminetti", for the comfort, the excellent cuisine and the careful services, as well as the Ecolabel, the European trademark for the ecological quality of selected accommodation facilities. Even Viaggiar Bene of Gambero Rosso has included the Antico Casale amongst the historical residences that offer a particularly well cared for hospitality.

## **ACCOMMODATION FACILITIES**

The Antico Casale provides 15 two-piece suites, each with a double bedroom, a living room with a double sofa-bed and a kitchenette, and a bathroom. Some apartments have their own small private garden and in particular one (The Imperial) has a terrace with a magnificent view of the lake. The suites have been carefully furnished with four-poster and wrought iron beds, embroidered linen, Persian carpets and glass topped tables, that create a warm and romantic atmosphere.

Besides, they come equipped with a safe, a hair drier, satellite television, an Internet connection point and ceiling fans. In the parkland, ideal to enjoy relaxing walks amongst old olive trees, the guests can avail themselves of an open-air swimming pool and a sunny terrace with a magnificent view of the lake, as well as a barbecue and comfortable wooden tables.

There is also a private shaded car parking. The hall on the first floor houses the Conference Room "Sala Trasimeno", elegantly endowed with some 18th century furniture, with a ceiling more than 6 m-high, wooden beams, a fireplace and a terracotta floor.

The hall, that can host about eighty people, is equipped with a projector and a large TV screen with PC connection; it overlooks a large terrace and the park, thus providing pleasant and relaxing open-air coffee breaks for people attending a meeting or a course, while an internal staircase leads to the restaurant room below. A Beauty & Relaxation Centre offers the opportunity to alternate working time with pleasant and relaxing activities.

## **THE RESTAURANT**

The Restaurant "ANTICA POSTA PER CORTONA 1745" already the best-known in the surrounding area, welcomes both the guests of the Antico Casale and casual clients in a big hall on the ground floor, overlooking the park, with an original 18th century stone floor, columns and a vaulted ceiling.

The menu includes Tuscany and Umbrian traditional dishes as well as international recipes carefully prepared by the chef Sig. Strato. Amongst the first courses we would recommend Pici and Umbricelli alla Norcina, while the second courses include the tasty Straccetti al Chianti and Scaloppine ai funghi porcini; then the dessert, always varied and delightful. It is also possible to taste a light menu, suitable to any personal need.

The food is accompanied by a matching list of wines, especially recommended are the red Chianti DOCG and the white Orvieto DOC.

The restaurant is also the ideal place for candlelight dinners and elegant banquets.

## **BEAUTY & RELAX FARM**

To offer their guests the possibility of a complete relaxation and the chance to fully restore their level of energy and strength, a wellness centre has been set at the Antico Casale.

Open all the year round, it has been established on two floors and equipped with an indoor heated swimming-pool with jets for cervical massages, counter-current swimming and hydro-bike, sauna, Turkish bath, Scottish reacting shower, gym, hydro-massage Jacuzzi Spa, relax room with chromotherapy and aromatherapy facilities and sun shower.

On the first floor you can find a herbal tea room, four boxes for Ayurvedic and Shiatsu massages, essential oil drainage and aesthetic treatments. At the Beauty and Relax Farm you can recover from the stress of everyday life and enjoy personalized treatments, aimed at satisfying any kind of needs, granted by a qualified staff. The Centre is also member of the AICEB (Italian Association of Wellness Centres).

## LAKE TRASIMENO AND ITS SURROUNDINGS: ART AND NATURE

The Antico Casale lies in the Commune of Tuoro sul Trasimeno overlooking the northern side of the lake, where you can enjoy the beach or go by ferry to visit Isola Maggiore and Isola Polvese. "A veil of water on the fields", so Lake Trasimeno has been poetically described. Of tectonic origin, the largest lake in the peninsular Italy but also one of the less deep, it has been celebrated by painters and writers for the varied beauty of its coasts. Tuoro lies in the area which was the venue of the Trasimeno Battle (217 BC), one of the bloodiest battle of ancient times, when the Roman Legions led by Consul Caio Flaminio were defeated by Hannibal's army, as witnessed by the Permanent Documentation Centre of the Trasimeno Battle.

At Punta Navaccia, lido of Tuoro, you can also find the "Campo del Sole" an architectural complex of sculptures realized by various artists from 1985 to 1989. Shaped like a "tailed spiral", it is formed by 27 sculpture-columns that lead to a central board surmounted by a sun-symbol.

The surroundings offer various opportunities for interesting excursions, such as Castel Ranieri, in the past belonged to Montemelino family, that boasts a breathtaking view of the lake, and the Pieve di Confine, built at the beginning of the 12th century and located a few kilometres from the built-up area. Not to be missed is a visit to the nearby village of Castiglione del Lago, one of the most beautiful hamlets of Italy.

The area around Lake Trasimeno offers a gentle beautiful landscape rich in olive groves, with old stone mills for extra-virgin oil production, as well as vineyards producing the renowned local wines and small villages spread along the slopes of the hills.

The three islands: Isola Maggiore, Isola Minore and Isola Polvese, fascinating and ideal for unforgettable excursions, are rich in natural parks and ornithological reserves.

The whole area invites you to relaxation and harmony.

A little farther, within easy reach, you can also visit the main cities of art of Toscana, Umbria and Lazio, famous both in Italy and abroad for their wealth of medieval and Renaissance architecture, painting and sculptural masterpieces. Just to mention a few of them, we would remind you Assisi, Spello, Gubbio, Todi, Cortona, Montalcino, Montepulciano, Arezzo, etc.

## USEFUL INFORMATION

Throughout spring and summer, all the villages that, like a spiral, surround Lake Trasimeno, host a variety of events and celebrations to keep alive the memory of their rich historical past.

### Events:

- "Trasimeno Blues Festival". Second half of July.
- "Bianco, Rosso e Blues". From August to the beginning of Novembre
- "Trasimeno d'Autunno". From mid-October to the first decade of December

### Celebrations:

- "Alla Corte di Ascanio della Corgna". A guided visit to Palazzo Corgna in Renaissance costumes. From the end of July to the end of August at Castiglione del Lago.
- "Missione Annibale". An impressive play held in the places of the Battle of Trasimeno Last decade of July and August at Tuoro sul Trasimeno.

## INDIRIZZI UTILI

### Comune di Tuoro sul Trasimeno

Piazza del Municipio, 1  
06069 Tuoro sul Trasimeno  
Tel:075825991

### Centro di documentazione permanente sulla battaglia Parco il Sodo

Associazione Pro-Loce  
06069 Tuoro sul Trasimeno  
Tel-Fax:075825220

**Servizio Turistico  
Territoriale del Trasimeno**

Piazza Mazzini, 10  
06061 Castiglione del Lago  
Tel:0759652484  
Fax:0759652763

**Country House  
ANTICO CASALE DI MONTE GUALANDRO**

**Dimensione s.r.l.**  
Centro Benessere - Centro Convegni  
Via Montecchio, 32 - 06069 Tuoro sul Trasimeno (PG)  
Tel. 075 8230295 - 075 8230289 -Fax 075 8230255  
cell. 348 2256686  
e-mail: [info@anticocasale.it](mailto:info@anticocasale.it) - [www.anticocasale.it](http://www.anticocasale.it)

## *Getting to Antico Casale*

**By car:** From Firenze or Roma, A1 Motorway exit Valdichiana. Then drive along the junction for Perugia, exit Tuoro, and follow the SS 75 bis towards Cortona up to km n.48.3

**By train:** Firenze-Roma FS railway, up to Terontola station; then Terontola-Perugia line to Tuoro station.

**By plane:** S. Egidio Airport, 45 km from Perugia.