

# *Life Catchers*

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TUSCANY

*Wellspring of life and wellbeing*





# In the Water

CONNECTING MAN AND NATURE

Focus, explore the surroundings, discover the countryside, trace a timeless path far from the clamor of daily life to encounter nature in the Water.

In this Tuscan adventure, Life Catchers move through a land known for its harmony, culture and *joie de vivre* – and for its hotsprings whose waters percolate through the earth wearing away the rock to gush forth into bathing pools regenerating body and soul.

An unforgettable journey to center yourself and rediscover harmony and the joy of experiencing landscapes, culture and lifestyle.

# Life Catchers

SUMMARY

Places

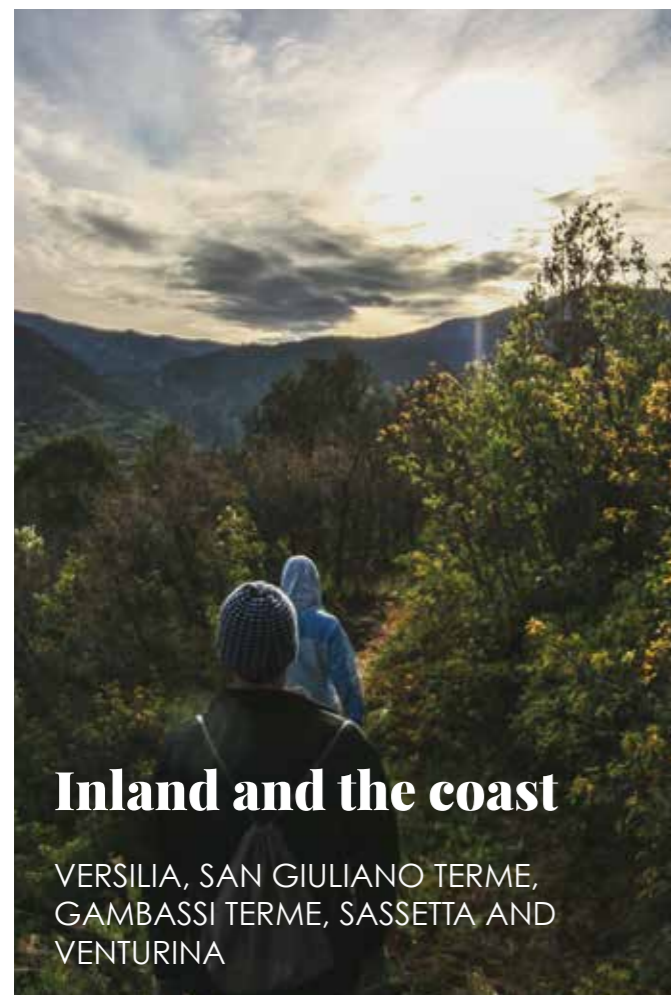


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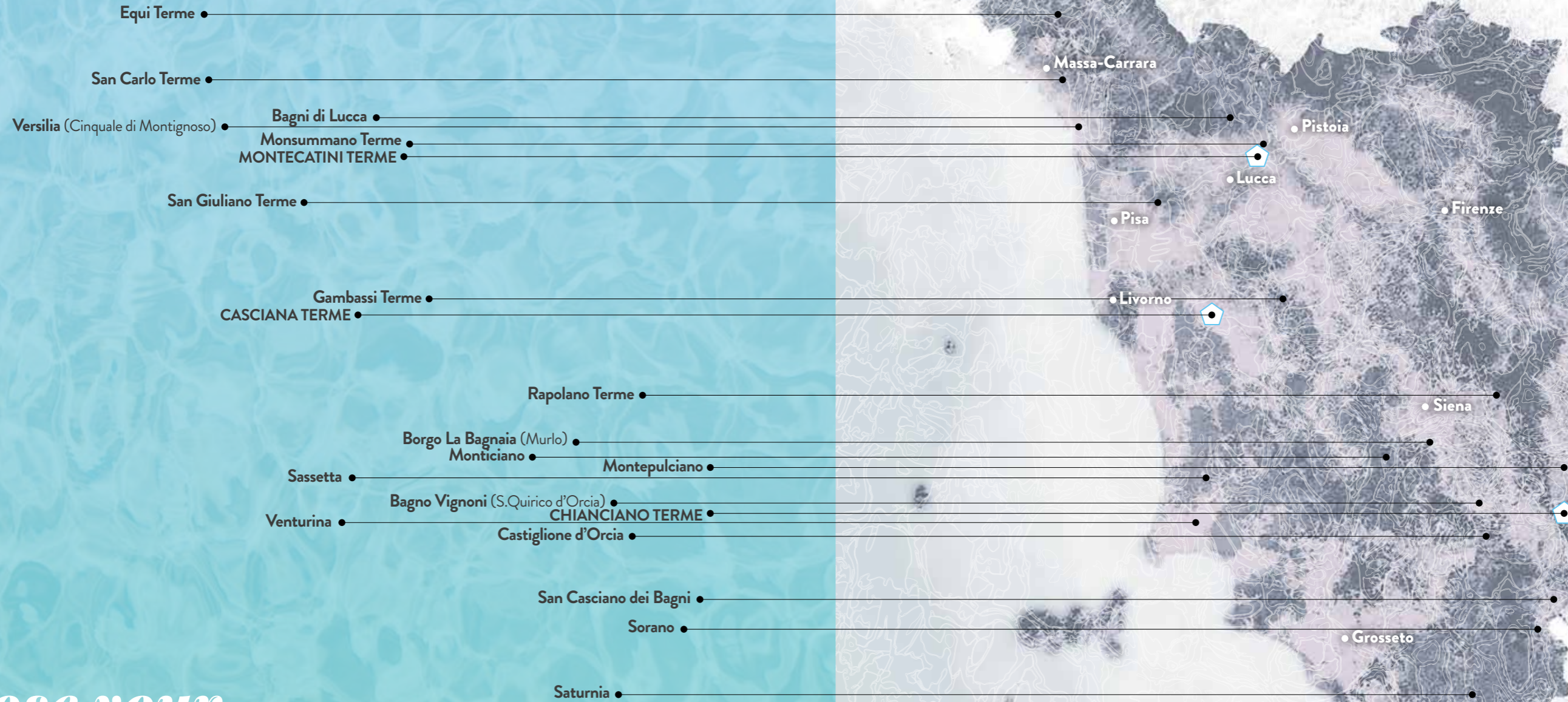
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# Tuscany:

places and routes to take your life back



*Close your eyes, leave everything behind and focus on yourself.*

The dream of so many Life Catchers who want an escape from their frenetic existence of work, traffic, pollution and stress.

A dream that can come true in a land of harmony and beauty.

**Spa Towns**  
Historical places of spa tourism





# Sea, Mountains and Forests

**Awareness of being in the here and now following the source of life: water.**

Grotte di Equi. Over a thousand meters of karst sinkholes and caverns carved out by water ▼



Equi Terme, San Carlo Terme, Bagni di Lucca, Monsummano Terme and Montecatini Terme.

*Where in just a few minutes you can go from a stroll on the beach to 1250 m above the sea: grottos, botanical gardens and natural parks.*

Crossed by valleys formed where the two mountain chains of the **Tuscan-Emilian Apennines** and the **Apuan Alps** meet, **Lunigiana** has always been a frontier passageway where the Via Francigena, a medieval route for ante litteram Life Catchers in search of meaning in their lives, wends its way through this land of the

mysterious ancient Lunis, whispering forests, babbling brooks, expansive mountain tops, and evocative centuries-old castles.

In nearby **Garfagnana**, Nature prevales over Man - a less rugged scene of chestnut woods, evocative ancient towns and the Grotta del Vento.

Garfagnana opens onto **Lucchesia**, where the splendid panorama of Mediterranean woods, olive and chestnut groves, and elegant landscapes lay before your eyes: corn fields, poplars planted on hilltop ridges, willows and fascinating winding roads.

*The meaning of life becomes clear once again.*



# In contact with your inner self

## 📍 Equi Terme and San Carlo Terme

**Lunigiana** is a frontier land, a throughway. A land of castles, medieval churches and stone-walled towns in a wild, green landscape.

Forming the north-west corner of Tuscany, it is **characterized by the Apuans**, called Alps because of their rugged appearance, whose complex geologic history can be seen in the stratification of the rock and their rich vein of marble. Lunigiana also has many medieval historical artifacts linked to the **Via Francigena**.

The hotsprings in this area have waters rich in mineral salts, particularly sulphur, chloride and sodium.

### Waters & Springs

Peculiarities and Indications

#### TERME DI EQUI termediequi.it

Rainwater collects and is filtered underground, where it is enriched with mineral salts invaluable for health, and then re-emerges to be collected and used; the **Apuane's marble heart** is the origin of these beneficial waters.

#### TYPE:

Saline-sulphurous-alkaline waters. Temperature varies between 17 and 27°C

#### MAIN THERAPEUTIC INDICATIONS:

Their therapeutic value is due to a particular colloidal sulphur they contain.

### Waters & Springs

Peculiarities and Indications

#### TERME SAN CARLO acquasancarlo.it

The waters of the Terme di San Carlo spring from deep caverns under the **Apuane Alps** at a temperature of around 13°C; they are "histophile" waters that have the same PH and saline composition as human tissues.

#### TYPE:

Oligomineral spring waters at a temperature of 12.8°C.

#### MAIN THERAPEUTIC INDICATIONS:

Indicated in the treatment of urinary tract disease; used in dismetabolic disease.

Sea, mountains and forests



Waterfalls near Equi hotsprings ▲

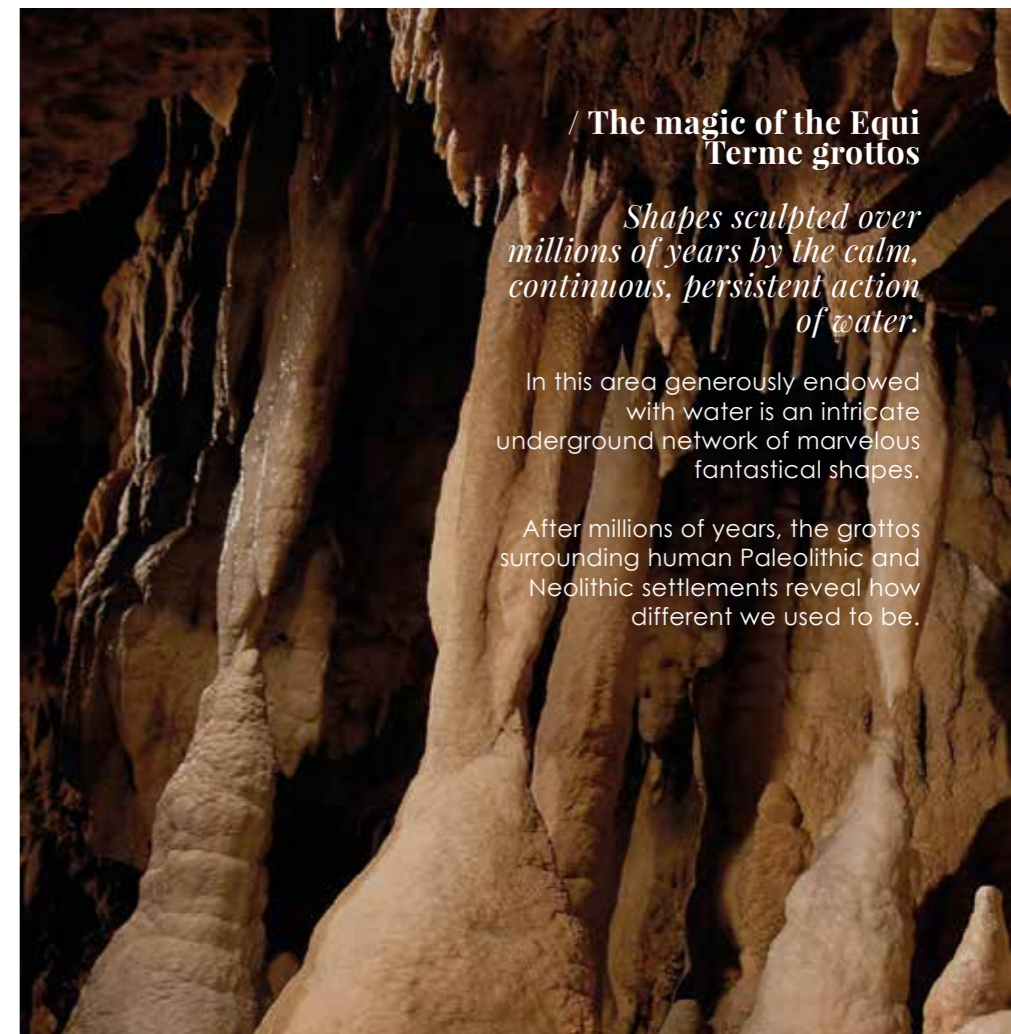
The Apuans have notable karst features such as the over 1300 recorded grottos. Three important karst systems have been equipped for public visits; one of these is the **Antro del Corchia**.

### / The magic of the Equi Terme grottos

*Shapes sculpted over millions of years by the calm, continuous, persistent action of water.*

In this area generously endowed with water is an intricate underground network of marvelous fantastical shapes.

After millions of years, the grottos surrounding human Paleolithic and Neolithic settlements reveal how different we used to be.



### Waters & Springs

Peculiarities and Indications

#### TERME DELLA LUNIGIANA termedellalunigiana.com

Situated inland among the highest and most picturesque of the Tuscan-Emilian peaks is Terme della Lunigiana. The mineral springs feeding the baths are located in the small, unspoiled town of Cavezzana d'Antena.

#### TYPE:

Sulphurous-chlorate springs. The temperature at the source is 18°C.

#### MAIN THERAPEUTIC INDICATIONS:

Indicated for the treatment of gastrointestinal, skin and urinary tract disorders. Mud applications for rheumatic conditions.

▼ **Grotta Giusti** (Monsummano Terme) a unique, regenerating visit



▼ **Ponte del Diavolo** crosses the Serchio river near Borgo a Mozzano, Lucca



# From the depths of the earth

## 📍 Bagni di Lucca and Monsummano Terme

**Lucchisia** is hilly terrain modelled by the meandering **Serchio** river and studded with medieval towns. Shady woodlands, Renaissance and Baroque villas, small towns ringing the **Pizzorne plateau**, the **medieval country churches of Capannori**, **ancient hostels** which gave rest to pilgrims following the Via Francigena, the evocative archeological area of **Fossa Nera**.

At **Borgo a Mozzano** is **Ponte della Maddalena**, better known as "**Ponte del Diavolo**" (the Devil's Bridge), which has asymmetric arches; the center one is so much higher than the others that it seems to defy the laws of gravity.

**Waters & Springs**  
Peculiarities and Indications

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**TERME BAGNI DI LUCCA**  
termebagnidilucca.it

The benefits of these hot springs have been known since ancient times. Poets and writers such as Byron, Shelley, Montale and Dumas have come here, as well as the great Paganini and aristocrats, and Napoleone Bonaparte with his beautiful sister Pauline.

**TYPE:**  
Calcareous-bicarbonate-sulphurous waters with a temperature at the source of 54°C

**MAIN THERAPEUTIC INDICATIONS:**  
Anti-inflammatory, relaxing action on the skeleton and muscle structures; promotes healing and decongestion of mucous membranes.

**Waters & Springs**  
Peculiarities and Indications

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**GROTTA GIUSTI**  
grottagiustispa.com

At Monsummano Terme there is a natural hot spring paradise: the Grotta Giusti which extends for over 200 meters underground, creating underground labyrinths decorated with stalactites and stalagmites.

**TYPE:**  
Magnesium-calcium-sulphate-bicarbonate waters. Temperature from 28 to 34°C

**MAIN THERAPEUTIC INDICATIONS:**  
The waters and ozone stimulate cellular metabolism. Indicated for all types of peripheral vasculopathy and fibromyalgia.

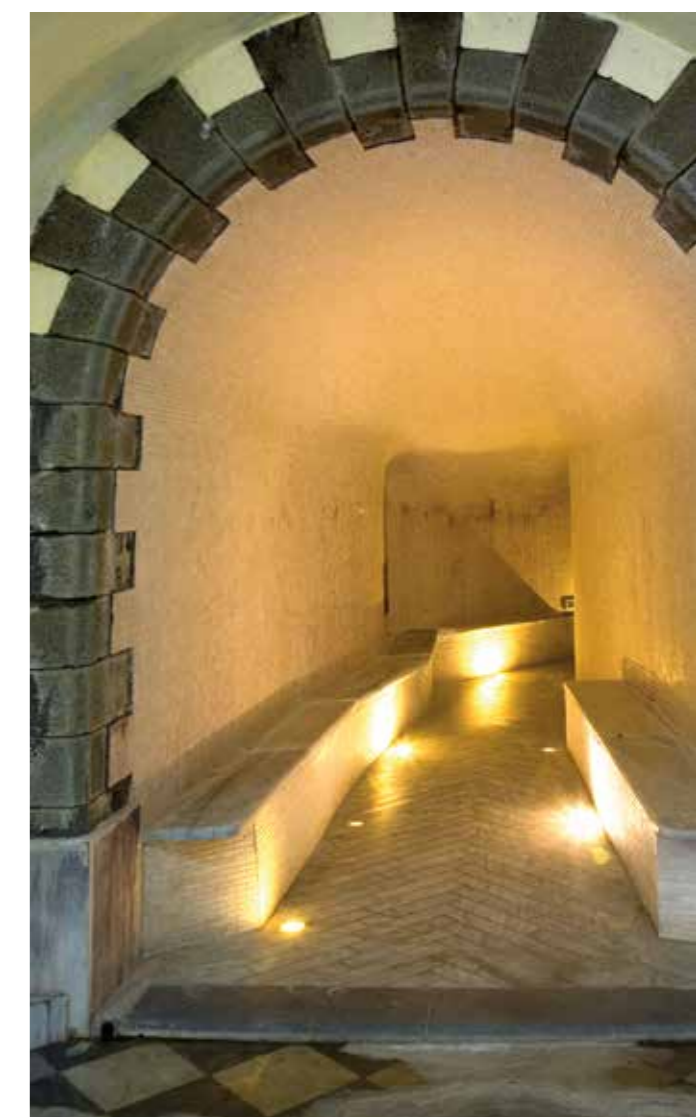
## / Orrido di Botri

This **spectacular natural canyon near Lucca** is an outstanding example of the many marvels to be found in Tuscany. **Orrido di Botri** is a stunning natural ravine **carved by the Pelago Creek** with high walls, deep clefts, waterfalls and small pools. Renting a protective helmet, you can go for a long, **fascinating and adventurous walk** along the Pelago river banks. The more adventurous can climb the walls by hanging onto safety ropes and wade through the clear (frigid) water of the creek when there is no other way to continue.



▲ **Orrido di Botri**, a deep gorge carved by Rio Pelago in the municipality of Bagni di Lucca

Natural vapor grottos with a temperature between 40 and 47°C at Terme Bagni di Lucca ▶





Called "Bagno nuovo" since the XIV century, the Tettuccio spa at Montecatini Terme was so named because of the roof that covered the first spring.

# Spa Oasis

## Montecatini Terme

Montecatini Terme, renowned for the **therapeutic properties of its waters**, its elegant buildings and the architectural value of the structures built around the springs. The queen of the dyad, **wellbeing and health**, Montecatini is a luxury destination for those who want a regenerating vacation. Known for centuries, the springs of Montecatini owe their fame to the waters that flow from deep in the ground and, after a long passage

through deposits of limestone, diaspore, and clay, they gush out into **spas in the middle of marvelous parks: Tettuccio, Regina, Excelsior, Leopoldine, Salute, Redi and Torretta**. Pure waters rich in minerals normally present in the body, the springs of Montecatini are versatile, which permit a large number of treatments although the **drinking cure** is the most well-known.

### Waters & Springs Peculiarities and Indications

#### TERME DI MONTECATINI termemontecatini.it

Variable from spring to spring according to the salt concentration absorbed from the earth's crust by the waters as they pass through on their way to the surface.

**TYPE:**  
Mineral waters from various springs  
Temperature varies from spring to spring

**MAIN THERAPEUTIC INDICATIONS:**  
Arthropathy and the digestive system, particularly constipation, liver and biliary tract disorders, and metabolic disorders.

### / Explore and breathe Valdinievole

Valdinievole is an original mix of famous **spas**, unspoiled **nature and ancient medieval towns**.

*For centuries the enigmatic secret heart of Tuscany between Pistoia and Lucca has been a crossroad of culture, exchange, meetings.*

Explore to discover its landscape and historical treasures, where immersing yourself in nature and culture puts you in your own time frame, far from the chaos of the city, in **a green lung where you can find inner peace**.







# Inland and the coast

**Experience your inner world to find yourself.**

The little geyser of the Bollori and Putizza hotspring on the Rio Casciani riverbed ▼



📍 **Versilia, San Giuliano Terme, Gambassi Terme, Sassetta and Venturina.**

*The coastline's emerald green turns into a thick pine woods that still farther inland becomes a scrubland of impenetrable vegetation.*

**Costa degli Etruschi** is a length of coastline characterized by an intensity of vegetation and force of color, beautiful disparate beaches and the imprint of thousands of years of history. This was **the favourite coastal territory of the Etruscans** who left signs everywhere inviting you to discover fascinatingly enigmatic

areas. Dark or fine light-colored sand, furnished beaches or empty expanses without a soul. The chance to experience a shady journey walking or horseriding from the pinetrees of **Vada** fino to **San Vincenzo**, flanked by the "tall spare" cypresses so dear to the poet **Carducci**.

Exploring inland, the croplands, vineyards, hills, Etruscan remains, and perfectly preserved towns will bewitch you in this realm of serenity where the presence and scent of the sea wafts through the air.

It was along this coast that the Etruscans, who were dedicated to trade and the pleasures of life, built **Populonia**, their only coastal city, on the **gulf of Baratti**. The necropolis suggests what the desires and secrets of this mysterious people were through the great number of artifacts on display.



# Right next the sea

## 📍 Versilia (Cinquale di Montignoso)

With golden beaches, a hinterland of towns and natural parks to discover, a mild climate and a lively nightlife of shows and entertainment, Versilia is also peppered with evidence of the past delineating its main cities: Forte dei Marmi, Pietrasanta and Viareggio on the coastline, Massarosa near Lake Massaciuccoli, Camaiore in the hills, Stazzema and Seravezza in the mountains of Alta Versilia, and a series of smaller towns of surprising natural beauty in the wild.

The sea, mountains, hills, endless sandy beaches and lush vegetation are the contrasting elements of a fascinating area that is the epitome of carefree fun and tourism for everyone.

**At Cinquale di Montignoso, two truly extraordinary discoveries** have given rise to an exceptional spa and mineral springs: **Terme della Versilia**.

**The first** was the discovery of a pure, **salt-bromine-iodic mineral spring** very near the sea, particularly rich in mineral salts.

**The second** was the discovery of a **peat deposit, the only one in Italy**, in the bed of Lake Massaciuccoli. Peat is a completely natural product with **multiple beneficial actions**: it purifies and promotes renewal of the skin, activates the microcirculation, and tones and promotes the vitality of tissues.

### Waters & Springs

Peculiarities and Indications

#### TERME DELLA VERSILIA termedellaversilia.com

The main ingredients of this center are the salt-bromine-iodic waters and peat. The former, rich in mineral salts, flows from a local underground spring. The latter, rich in enzymes and vitamins, is available only here.

#### TYPE:

Waters rich in iodine, sodium and bromine. Temperature at the source 17 °C

#### MAIN THERAPEUTIC INDICATIONS:

A prodigious cocktail that relaxes muscles, releases tension, combats joint inflammation and cellulitis, aids weight loss and increases vitality.



Terme Bagni di Pisa in San Giuliano

# Spiritual essence

## 📍 San Giuliano Terme and Gambassi Terme

On the green plain between the rivers Serchio and Arno at the foot of Monte Pisano is **San Giuliano Terme**. Exploring **Monte Pisano** - on foot, **horseback or by bike** on the hillpaths, old farming or foot tracks, entering **country churches** or old **millsheds** while viewing the land for miles around - means delving into a territory where history and nature have co-inhabited in harmony for centuries. The invaluable beneficial effects of the **hotsprings of San Giuliano** were discovered by first the Etruscans and then by the Romans who built the first structures to enjoy their benefits. In the 1800s, intellectuals, scientists and artists from all over Europe such as Montaigne, Alfieri, Lord Byron and Shelley convened at "Bagni di San Giuliano" to recuperate their

spiritual essence through physical purification. Continuing into the so-called "**Terra di passo**" (Land of Passage), in other words, the territory of **Gambassi Terme**, you meet up with the **Via Francigena** which is certainly worth passing through.

Gambassi's name (since 1977) derives from the **hotsprings flowing here since ancient times**. Still accessible, the spa is now located in a green municipal park, favoring easy access to this particularly qualified experience, from a medical and scientific standpoint, in an ideal environmental, historical and artistic context.

### Waters & Springs

Peculiarities and Indications

#### TERME BAGNI DI PISA bagnidipisa.com

The spa building was once the summer residence of Granduke Francesco Stefano of Lorraine and a must for European nobility. Today it is the ideal destination for those wanting a relaxing vacation caring for themselves.

#### TYPE:

Magnesium-calcium-sulphate-bicarbonate waters at a temperature of 38°C at the source.

#### MAIN THERAPEUTIC INDICATIONS:

Indicated for the prevention and treatment of pathologies of the musculoskeletal, respiratory, cutaneous and gastrointestinal systems.



A Gambassi vista of a section of the Via Francigena



## It's all energy and vibration

📍 Casciana Terme

*According to legend, the Contessa had an old aching blackbird that by repeatedly dipping itself in the water, rejuvenated.*

Lying on the hills of Pisa and defined as the "Pearl of Tuscany", Casciana Terme is famous for therapeutic

waters that have been recognized for their special curative properties since 1100. The renown of this town of **Etruscan origin** has grown thanks to what used to be called **Acqua Mathelda** (from the name of the Contessa Matilde di Canossa) and which, it was said, could make one younger.

Casciana is an unexpected masterpiece, a calm town of ancient sun-kissed houses surrounded by greenery. The **first recorded spa** dates to **1311** and was built by **Federico da Montefeltro**. The town is situated north of the cliffs of **Castiglioncello** just off the coast before the beaches of Versilia between **Pisa** and **Volterra**, the city of wind and rock.

**Waters & Springs**  
Peculiarities and Indications

**TERME DI CASCIANA**  
termedicasciana.it

Through mudbaths and bathing, Acqua Mathelda is used to treat skin diseases and for orthopedic rehabilitation.

**TYPE:**  
Calcium-sulphate-bicarbonate waters.  
Temperature at the source 35.7°C.

**MAIN THERAPEUTIC INDICATIONS:**  
Therapeutic benefits combat circulatory disorders, rheumatism and arthrosis, uricemia, high cholesterol, rhinitis, bronchitis, and gynecological disorders.

**Waters & Springs**  
Peculiarities and Indications

**TERME DELLA VIA FRANCIGENA**  
termeviafrancigena.it

Surrounded by a marvelous park of centuries-old trees, the center offers a wide range of spa services employing the active ingredients of the Salsa di Pillo waters which are suitable for drinking and inhaling treatments.

**TYPE:**  
Salt-bromine-iodium waters.  
Temperature at source 15°C

**MAIN THERAPEUTIC INDICATIONS:**  
Suitable for drinking treatments for the digestive system and inhaling therapies for respiratory disorders.

*The Via Francigena, like Cammino di Santiago, is known especially as a pilgrim route.*

/ Via Francigena

Spirituality, searching within oneself, sharing, empathy, solidarity during a walk stop being words and become a way of living daily, a necessity for Life Catchers over the last thousand years.

A **historical European route** that crosses Tuscany; an opportunity to discover nearly 400 km of this ancient track travelled by pilgrims, merchants and travellers to Rome **through woods, hills, and medieval towns discovering the land**, history, art, and Tuscan culinary history.

A route that reveals beauty in a thousand forms from the north to south of Tuscany: from Lunigiana, with treasures from Pontremoli to Pietrasanta, descending the valley to Lucca, climbing to San Miniato and crossing the hills to San Gimignano and Monteriggioni, entering into Siena and then continuing on to Amiata and Val D'Orcia, climbing again to Radicofani and on to Rome.



◀ The large outside pool of Terme di Casciana, Pisa



## Seeking real nature

📍 **Sassetta, Venturina and Portoferraio**

Along the **Via Aurelia**, almost dividing the seacoast from the countryside is the **Sassetta and Venturina hotspots**.

Sassetta stands in a hollow at the foot of Capodimonte, surrounded by chestnut woods and Mediterranean scrub covering the hilly red landscape.

The charming beautiful **forested park of Poggio Neri** is an unspoilt natural oasis.

The name "Venturina" dates to the 18th century as in the classical era it was called **Caldana**, "hot land". In the Middle Ages the area was deserted, with preference going to nearby Campiglia Marittima.

***The seasons rhythmically follow one another as they have for eons, offering a moving experience of authentic natural life.***

### **Waters & Springs**

Peculiarities and Indications

#### **TERME DI VENTURINA**

[termediventurina.it](http://termediventurina.it)

The construction of the first modern spa dates to 1883. The spa structure offers mudbaths, bathing, massages, and aerosols while drinking cures are taken in the park.

#### **TYPE:**

Waters rich in sulphur, alkali, and earth. Temperature at the source 36°C

#### **MAIN THERAPEUTIC INDICATIONS:**

Effective in the treatment of diseases of the respiratory system and the ear-nose-throat, bone and joint rheumatism and biliary tract disorders.



At Terme di Sassetta the action of unique hot spring waters unites with integrated holistic techniques and treatments.



◀ The inside pool at Terme di Venturina spa

The marvelous outdoor area of Terme di Sassetta, built entirely of river stones gathered in the fields and of chestnut wood from the woods of Val di Cornia ▶

**Waters & Springs**

Peculiarities and Indications

**TERME DI SASSETTA**

termedisassetta.it

An itinerary of "allround wellness", an experience to engender and heighten harmony in a stirring, authentic setting. The tradition of Ars Medica and knowledge handed down from the Etruscans in Val Di Cornia.

**TYPE:**

Hyperthermal-calcium-sulphate waters. Temperature at the source 49.6°C

**MAIN THERAPEUTIC INDICATIONS:**

Precious minerals and trace elements bestow the greatest therapeutic effects on the respiratory system, the skin, and the musculoskeletal system.



Imbedded like a precious gem in the Gulf of **Portoferraio**, the Terme San Giovanni arise in lovely location and wonderfully panoramic front of the **dock of the Medici** Elba capital.

**Waters & Springs**

Peculiarities and Indications

**TERME SAN GIOVANNI**

termeisoladelba.it

The Park and the Spa are located about 4 km from the center of Portoferraio, in the Place San Giovanni, along the main road to Porto Azzurro. The spa uses qualified operators to mud, baths and inhalations.

**TYPE:**

Salso-iodic Water and Silt: spa marine mud

**MAIN THERAPEUTIC INDICATIONS:**

Anti-inflammatory effect, draining and rebalancing. Mud therapy is useful in the treatment and prevention of arthritis, rheumatism, muscle spasms and psoriasis.



# In the poetry of the hills

**Attaining wellness means finding inner balance and harmony.**



 **Moving through the vast Sienese territory of Rapolano Terme, Monticiano and Montepulciano.**

*This land welcomes visitors with its fascinating past, ready to amaze them with its marvelous wooded valleys of clay and characteristic hillside rows of vines.*

Traversed by the **Via Francigena**, since ancient times Val d'Elsa has been a land of passage and like **Val di Merse**, it speaks to the traveller with the beauty of its woods riven by trails of water and numerous routes that wend between country churches and

the castle-towns of Chiusdino, **Monticiano**, **Murlo** and Sovicille. As the Farma river flows towards the valley to unite with the Merse and the Ombrone, it meets the hot waters of the Cistercian Terme di Petriolo. Favored by hermits and the devout for its serene silence, the valley contains many abbeys including the magical Cistercian **Abbey of San Galgano**, legendary for the "the Sword in the Stone".

South of Siena, an expanse of ravines and clay hills form the ancient **Crete Senesi**, the result of water eroding clay and sand sediments. Small medieval towns dot this moonscape: Asciano, Buonconvento, Monteroni d'Arbia, **Rapolano Terme** and San Giovanni d'Asso.

Nearby **Val d'Orcia** offers a variety of softer landscapes thanks to its rolling hills adorned with cypresses. Traversed by the river Orcia, this wonderland of evocative scenery has inspired artists, poets and writers for centuries.

▼ One of the five thermal pools at Terme di San Giovanni spa

The outside pool at Terme Antica Querciolaia at night ►



# When the soul expands

## 📍 Rapolano Terme

Seemingly stark Rapolano, like all the towns scattered over the rugged clay of the **Crete Senesi**, hides a warm heart – its hot springs that flow up from the ground charged with beneficial properties.

These springs have been known since Roman times, particularly **Antica Querciolaia** and **Terme di San Giovanni**, peaceful places in incomparable vistas. Apparently even **Giuseppe Garibaldi** bathed in a travertine pool that still exists and found relief for his wounds in these miraculous springs. Between hot baths, hydromassages and mudbaths, you can relax and discover one of the iconic territories of Tuscany.

**Waters & Springs**  
Peculiarities and Indications

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**TERME SAN GIOVANNI**  
termesangiovanni.it

Surrounded to the horizon by rounded clay hills with vineyards and olive trees, these hot springs are an ideal destination for a quiet vacation. A series of five thermal pools, all at different temperatures, lead outside.

**TYPE:**  
Calcium-bicarbonate-sulphureous waters. Temperature at the source 39°C.

**MAIN THERAPEUTIC INDICATIONS:**  
Especially for problems of the skin and the respiratory and musculoskeletal systems. Classic and oriental massages are offered.

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**Waters & Springs**  
Peculiarities and Indications

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**TERME ANTICA QUERCIOLAIA**  
termeaq.it

Since the 1700s Terme Antica Querciolaia and Rapolano Terme have been examples of quality in the wellness and health sector, offering a wide range of solutions to clients' needs thanks to the variety of treatments available.

**TYPE:**  
Mineral springs from various sources with abundant calcium, magnesium, sodium and potassium. Temperatures from 39-40°C to 22-25°C.

**MAIN THERAPEUTIC INDICATIONS:**  
Indicated for the treatment of respiratory, musculoskeletal and skin disorders.

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# At the edge of time

📍 Borgo la Bagnaiia and Monticiano

*A wild primordial land, both rugged and welcoming.*

Out of the forests surrounding this territory rich in centuries-old oak and chestnut trees rise the ruins of the **Abbey of San Galgano**, which was one of the most important Tuscan monasteries. Close by in this timeless magical atmosphere is the **hermitage of Montesiepi** with its mystery of 'Excalibur', the sword that San Galgano embedded in a rock and that has continued to fascinate us through the centuries.

**Waters & Springs**  
Peculiarities and Indications

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**BUDDHA SPA**  
labagnaiaresort.com

The modern Centro Benessere Buddha was built where the warm waters of Santa Caterina spring forth, originally known as "the water that warms". At Centro Benessere there is an open-air hotpool with a spectacular four-meter tall cascade.

**TYPE:**  
Calcium-bicarbonate-sulphate waters.  
Temperature at the source 28.5 °C

**MAIN THERAPEUTIC INDICATIONS:**  
Suitable for the treatment of rheumatism, circulatory disorders and skin disease.

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**Waters & Springs**  
Peculiarities and Indications

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**TERME DI PETRIOLO**  
termepetriolo.it

Terme di Petriolo, known already in Roman times, is surrounded by green hills between Val di Merse and Maremma. It has been patronised by such illustrious figures as the Medici family, the pope and cardinals, and nobles.

**TYPE:**  
Sulphate-hydrogen waters.  
Temperature at the source 43 °C

**MAIN THERAPEUTIC INDICATIONS:**  
Osteoarticular and cronic arthropathy disease, skin disorders such as acne, psoriasis, eczema, and respiratory system conditions.

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# Experiencing Tuscany

📍 Montepulciano

*Following a green wave of hills and golden fields dotted with cypresses.*

On the narrow crest of a calcareous hill where Val D'Orcia and Valdichiana meet sits **Montepulciano**.

This beautiful medieval town is set in the classic Tuscan landscape of waves of green hills and golden fields dotted with cypresses extending for miles in

all directions. The best way to discover this elegant ancient town clinging to the hillside is on foot, walking by imposing renaissance palaces until you reach the highest point in Montepulciano, the main square.

Internationally, this area is especially known for its **Vino Nobile**, wine produced from crushing the grapes produced in the vineyards surrounding the town.

At Montepulciano life finds its identity in the history and culture of wine.

**Waters & Springs**  
Peculiarities and Indications

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**TERME DI MONTEPULCIANO**  
termemontepulciano.it

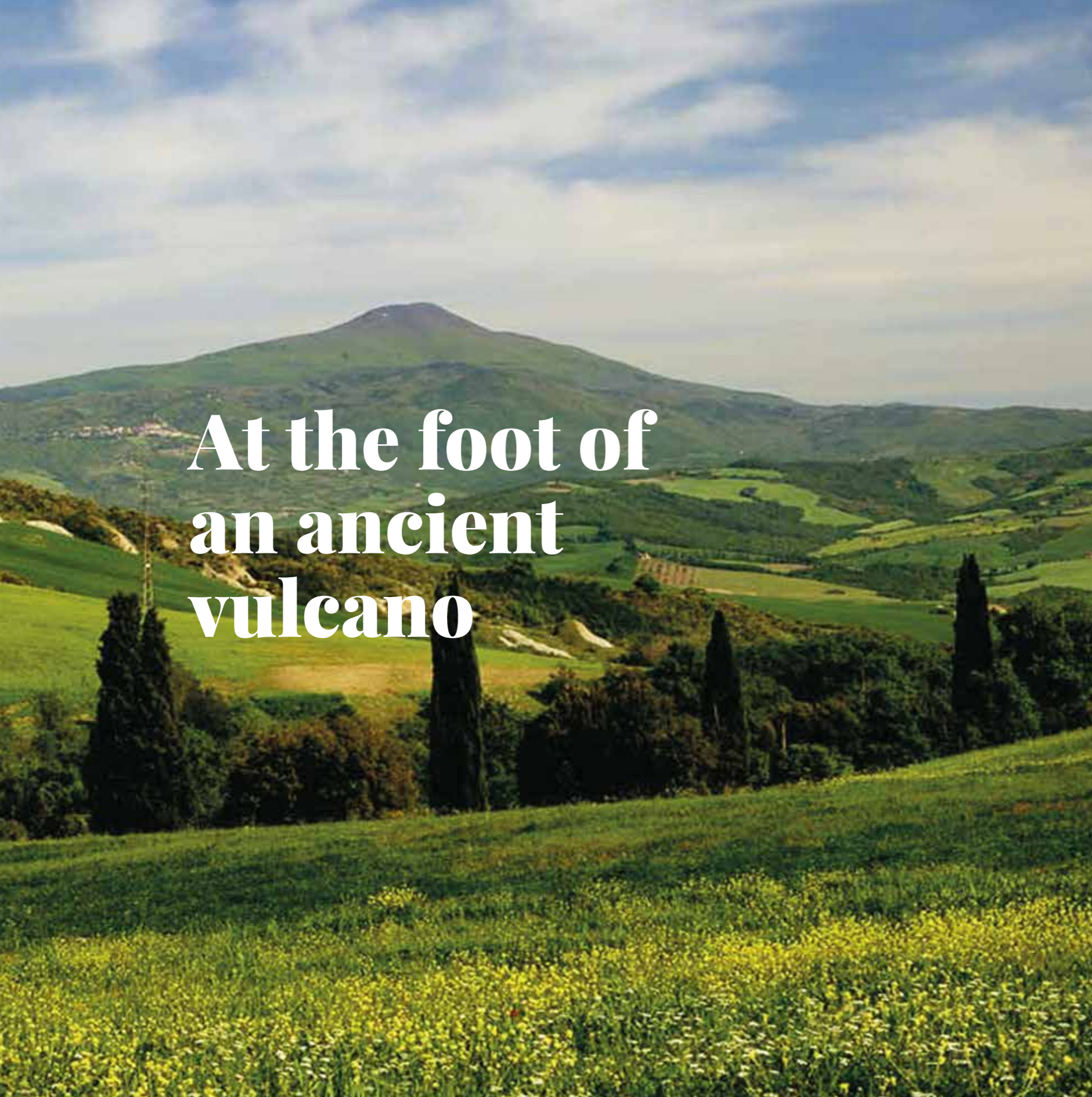
Terme di Montepulciano was built in 1966 in order to exploit the therapeutic properties of the saline-bromine-iodine-sulphurous waters, rich in carbon dioxide, that are found underground here.

**TYPE:**  
Saline-bromine-iodine-sulphurous mineral waters  
Temperature above 20 °C.

**MAIN THERAPEUTIC INDICATIONS:**  
A wide range of treatments for respiratory, arthrorheumatic and skin disorders.

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# At the foot of an ancient vulcano

**Everything that occurs in our lives  
is a projection of what happens  
inside us.**



📍 **From Bagno Vignoni, Chianciano, Castiglione d'Orcia to San Casciano dei Bagni, Sorano and Saturnia.**

## *A complex hybrid land of ancient character closely linked to natural forces.*

Around **Amiata** the full force of the four elements surrounds us in all its power. Amiata's earth is **fertile** and has nurtured those who cultivate it with passion and care, generously bestowing mushrooms and chestnuts. The cultures of **Siena** and **Maremma** meet along the crest of this mountain, chasing each other through the beech and chestnut forests of its six natural reserves.

**Water** is the primordial element defining the character of this territory and manifests itself on Amiata in three variations: bubbling up from underground springs, as frigid snow or as hot springs. Water tumbles out of the rock at **Santa Fiora** or at **Vivo d'Orcia**, spilling every which way through the woods in sparkling wending streams and snow falls in the winter.

At **Bagno Vignoni**, as at **Bagni San Filippo** and **Saturnia**, hot springs gush up from the heart of the vulcano to offer wellbeing and health.

**Fire** is another typical element of this mountain because fire purifies, destroys and recreates, making the land fertile. That's why there are fires everywhere on Amiata – in summer when farmers burn tow for San Giovanni, in winter to augur a good harvest the following summer. Torches, bonfires, and the Focarazza event characterize the Christmas season as folkloristic manifestations of an ancestral culture proud of its roots.

And lastly, **air**, crystal clear when you are high up and can see, as if from a hot air balloon, immense green expanses stretching to the Apennines.

Immersed in this landscape stratified by time and the action of natural forces, the journey of *Life Catchers* looking for a sense of well-being and meaning in water is nearly accomplished.

▼ The enchanting landscape of the gently rolling Sienese hills



The hot waters of the great pool of Posta Marcucci ▶



# Towns on ancient Etruscan lands

## 📍 Bagno Vignoni, Castiglione d'Orcia

In the heart of Terre di Siena, there is an **austere landscape** made up of hills, ravines, the wending flow of a river, and cypresses singly crowning heights or methodically lining roadways. The crete is characterized by clay earth giving rise to land with undulating slopes and rounded hilltops.

Extraordinarily fascinating oak woods, olive groves and vineyards producing **great Tuscan wines overlook the hills**, towns and historical monuments. To the west, **Monte Amiata**, the highest dormant volcano in Italy, completes the view. Delight descends from the hills because above all, **Val d'Orcia is nature**.

The evocative town of **Bagno Vignoni in the heart of Val d'Orcia** has developed around the great pool where miraculous hot waters flow that have been known since ancient times as they are very close to the Via Francigena.

Not far away is **Castiglione d'Orcia**, a town situated in an incredibly beautiful landscape. The landscape characterizing the whole of Val d'Orcia is due to slow transformations which started millions of years ago. Like all towns in this area, Castiglione's charms are not only beautiful landscapes but also the harmony between man and nature that since Etruscan times has offered balance to those who take their time.

### Waters & Springs Peculiarities and Indications

#### TERME DI BAGNO VIGNONI termedibagnovignoni.it

Arriving directly from a source that has flowed through the town of Bagno Vignoni for over 2000 years, it is rich in salts, calcium, iron carbonates, sodium and magnesium sulphate and has been esteemed since Roman times for its beneficial effects.

**TYPE:**  
Hyperthermic waters with sulphate-bicarbonate and alkaline earth metals. Temperature 49°C

**MAIN THERAPEUTIC INDICATIONS:**  
Disorders of the skeleton and mucous membranes. Tones the skin.

### Waters & Springs Peculiarities and Indications

#### ADLER THERMAE adler-thermae.com

Thermal waters rich in minerals and active ingredients. The waters are heated by extremely hot layers of active volcano activity at over 1000m underground, emerging at a temperature of 50°C.

**TYPE:**  
Hyperthermic waters with sulphate-bicarbonate and alkaline earth metals. Temperature 36°C.

**MAIN THERAPEUTIC INDICATIONS:**  
Beneficial to the whole organism, particularly the respiratory and musculoskeletal systems, and the skin.

### Waters & Springs Peculiarities and Indications

#### POSTA MARCUCCI hotelpostamarcucci.it

The waters flow from the earth at a temperature of 49°C into the pool overlooking the valley and Rocca di Tentennano.

**TYPE:**  
Hyperthermic waters with sulphate-bicarbonate and alkaline earth metals. Temperature between 35 and 38°C in the first pool and 28 and 32°C in the other.

**MAIN THERAPEUTIC INDICATIONS:**  
This water distinguished itself for centuries for its healthfulness. Indicated for disorders of the respiratory and skeletal systems and skin conditions.

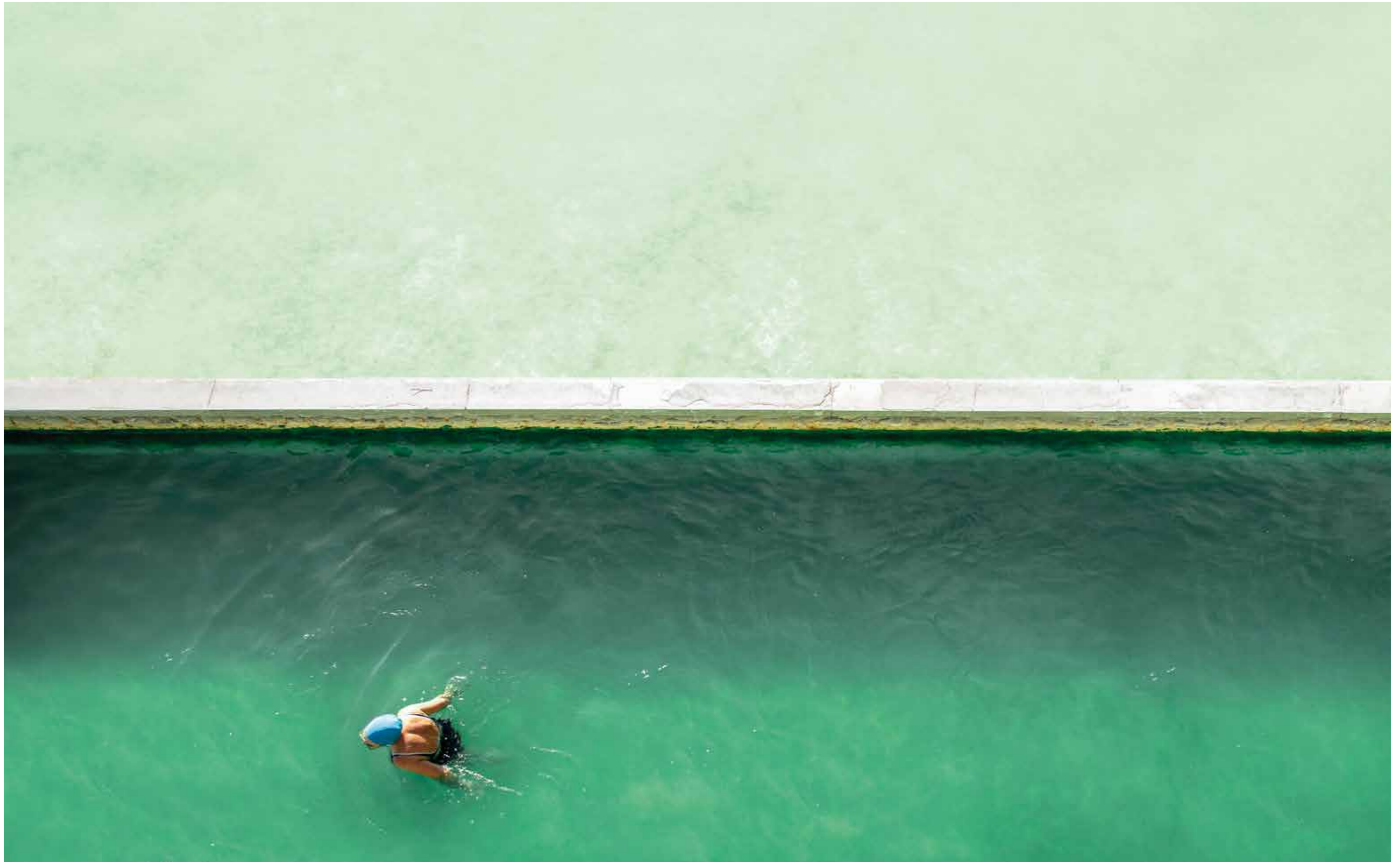
### Waters & Springs Peculiarities and Indications

#### TERME SAN FILIPPO termesanfilippo.com

The ancient origin of these hot springs has been confirmed by the discovery of Roman archeological artifacts and by the numerous mentions in the Middle Ages and Renaissance of illustrious figures such as Lorenzo il Magnifico visiting them.

**TYPE:**  
Hyperthermal magnesium-sulphate-calcium-bicarbonate waters. Temperature at 48°C.

**MAIN THERAPEUTIC INDICATIONS:**  
Osteo-neuro-articular diseases, respiratory disorders and skin conditions.



▲ The unfiltered thermal water pool of Posta Marcucci spa

▼ Terme di Chianciano. Theia, the "Spa of the Etruscans"



# In the splendid countryside

## 📍 Chianciano Terme

Situated among hills of oak, beech, holm oak and chestnut trees, **Chianciano Terme** is one of the **most renowned spas**. The city has preserved the parks around the hot springs and its public gardens so that today vegetation grows luxuriantly around its villas and hotels.

From Chianciano you can admire the mountain tops of **Monte Cetona** and **Monte Amiata** and glimpse the three **lakes of Chiusi, Montepulciano and Trasimeno** down in the valley.

Naturally, what Chianciano is particularly **famous for is its hot springs** such as those of Santa, Fucoli and Sillene whose waters make this locality a true "**city of health**".

### Waters & Springs

Peculiarities and Indications

#### TERME DI CHIANCIANO termechianciano.it

In the large hot spring parks of "Fucoli" and "Acqua Santa" there are 4 types of beneficial waters for treating the body and finding wellness: Acqua Santa, Acqua Fucoli, Acqua Sillene and Acqua Santissima.

#### TYPE:

Calcium-solophate-bicarbonate waters. Temperature varies according to the various sources.

#### MAIN THERAPEUTIC INDICATIONS:

Pathologies of the liver and biliary tract, vascular and arthrorheumatic diseases, anti-inflammatory action, mucolytic and sedative action on mucous membranes.

### Waters & Springs

Peculiarities and Indications

#### TERME SANT'ELENA termesantelena.it

The water springs forth at a short distance from the ancient Cappella di Sant'Elena inside a park offering a magnificent view of the lakes of Chiusi, Montepulciano and Trasimeno and of Monte Amiata.

#### TYPE:

Oligomineral bicarbonate waters containing rare earth metals. Temperature at 13°C.

#### MAIN THERAPEUTIC INDICATIONS:

Drinking therapy for kidney and urinary tract disease as well as gastrointestinal disorders..

At the foot of the ancient vulcano



Water flowing from a spring at Terme di Sant'Elena

Chianciano Terme from above ►

## / The legend of the underworld nymph: Sillene

On a supermoon night strange things happen and legend has it that Sillene, a nymph in the underworld, having found a path through the dark of the earth to come up into this world, was overlooking a field by the light of the moon when she saw a shepherd sleeping next his sheep and fell in love. From then on she would come up at night to see her sleeping shepherd.

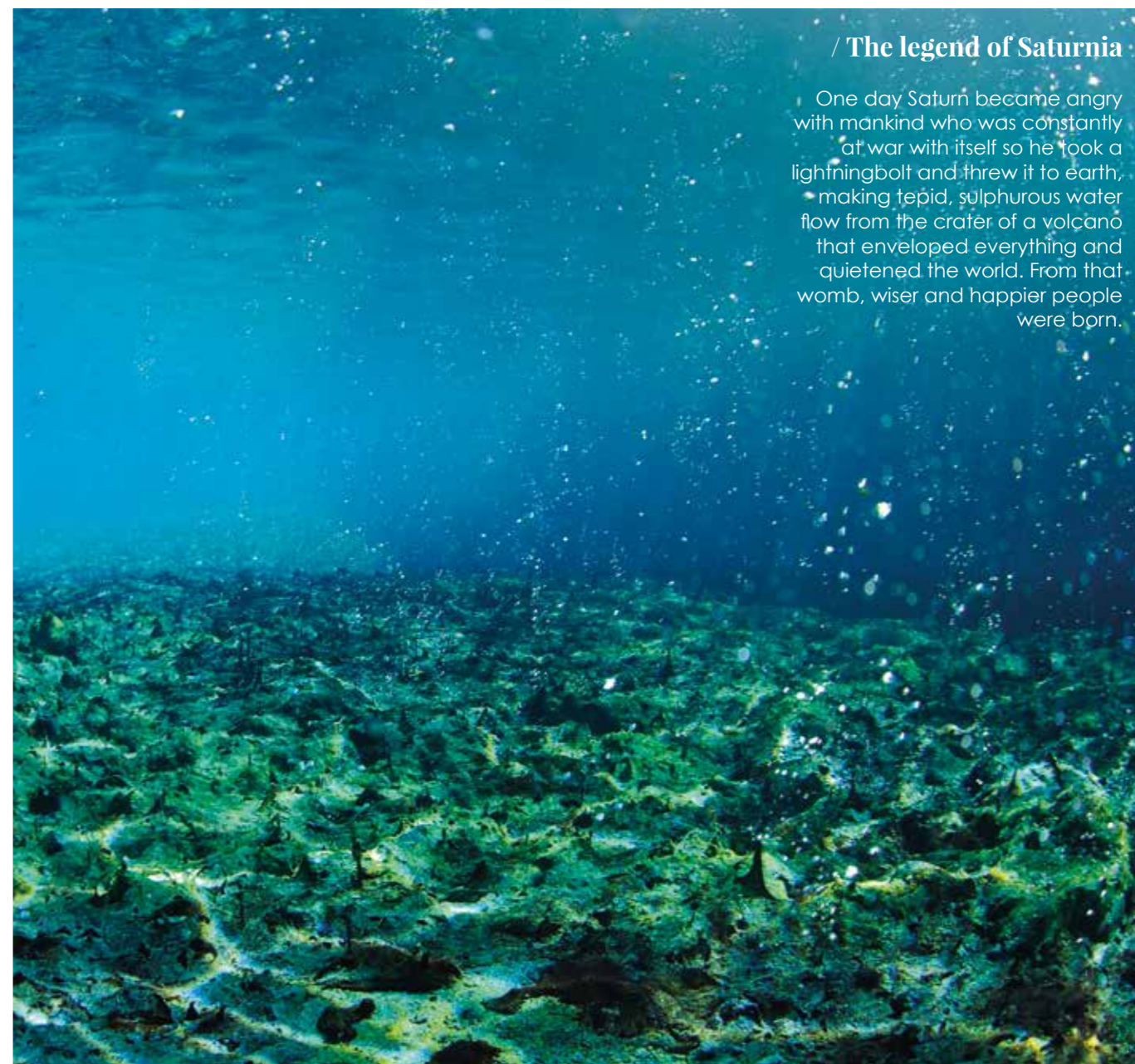
Diana found out and punished the nymph by turning her into a spring whose beneficial waters still flow at Chianciano Terme.





The natural spa Fonteverde with a marvelous view of Val'Orcia

▼ Spring waters at the hot spring spa of Saturnia



/ The legend of Saturnia

One day Saturn became angry with mankind who was constantly at war with itself so he took a lightningbolt and threw it to earth, making tepid, sulphurous water flow from the crater of a volcano that enveloped everything and quietened the world. From that womb, wiser and happier people were born.

# History and legend

## 📍 San Casciano dei Bagni, Sorano and Saturnia

The territory of **San Casciano dei Bagni** has always been characterized by hot springs. It was the **Etruscans** who built the first structures to favor the use of the waters but it was under the Romans that the therapeutic properties of these waters began to be used large-scale. **Through the centuries the hot springs have continued to attract visitors.**

**Sorano**, an ancient city that flourished during Etruscan times, was founded on a tall rock cliff that over time has come to look like a natural bluff. It has been slightly mitigated by Renaissance architecture and is surrounded by an imposing wall, one of the strongest defenses in the County of Pitigliano. Next the woods surrounding the

**Waters & Springs**  
Peculiarities and Indications

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**FONTEVERDE**  
fonteverdespa.com

Water free of any chemical or physical treatments altering its natural constitution. The microbiological pureness is guaranteed by the depth of the source and by the continuity and rate of flow of the water.

**TYPE:**  
Magnesium-fluorine-calcium-sulphate waters. Temperature at the source 42°C.

**MAIN THERAPEUTIC INDICATIONS:**  
Anti-inflammatory and analgesic properties. Improvement of respiratory functions. Drinking therapy for osteoporosis and oral source of electrolytes for athletes.

**Waters & Springs**  
Peculiarities and Indications

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**TERME DI SORANO**  
termedisorano.it

The small town of Terme di Sorano, harmoniously situated among woods, pastures and fields, offers guests 3 pools: one for sport and two fed by hot springs.

**TYPE:**  
Calcium-magnesium-bicarbonate hot spring water. Temperature above 37.5°C.

**MAIN THERAPEUTIC INDICATIONS:**  
Anti-inflammatory, anti-microbiotic, anti-itch, anti-oxidant effects as well as regulation of sebum and skin circulation.

thousand-year-old **Pieve di Santa Maria dell'Aquila** flow the waters of the hot springs at a constant temperature of 37.5° which feed the pools of **Terme di Sorano**.

**Saturnia**, theater of the legend of Saturn, offers us one of the most spectacular examples of nature thanks to a torrent of water flowing at **800 litres a second** at 37° to create the enchanting **Cascade del Mulino**.

The Saturnia hot springs comprise not only the Cascade del Mulino but also **two other well appointed hot spring spas**.

**Waters & Springs**  
Peculiarities and Indications

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**FONTE PURA SATURNIA**  
hotelsaturnofontepura.it

Built as a small town on the top of a hill dominating the valley of the hot springs at Saturnia, Saturno Fonte Pura has a sulphurous thermal water pool fed by its own source.

**TYPE:**  
Alcaline-bicarbonate-solphate-carbonic-sulphurous waters. Temperature at the source 37.5°C.

**MAIN THERAPEUTIC INDICATIONS:**  
Bathing therapy for the treatment of arthrorheumatic, gynecologic and skin, particularly psoriasis, diseases.

**Waters & Springs**  
Peculiarities and Indications

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**TERME DI SATURNIA**  
termedisaturnia.it

Terme di Saturnia Spa & Golf Resort is a marvelous place that will awaken your senses. The spa has been built from a travertine structure overlooking the thousand-year-old source.

**TYPE:**  
Bicarbonate-sulphate-carbonic-sulphurous waters. Temperature at the source 37.5°C.

**MAIN THERAPEUTIC INDICATIONS:**  
Skin diseases, anti-oxidant/anti-aging, depuration and protective action on the liver, reduction of tension in the cardiocirculatory and respiratory



# Toscana: la terra con le terme dentro

Project supervised by

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[toscanapromozione.it](http://toscanapromozione.it)

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