

## Waters.

### Taking a plunge into wellness

Umbria and water: it is certainly not the first duo that comes to mind, when you consider the other attractions of the region. But these lands are rich in waters, gushing forth from the many springs, some of which were celebrated in antiquity. A holiday in Umbria can therefore become an opportunity to regain your physical and mental equilibrium and recharge your energies, taking advantage of the regenerating properties of the mineral waters. Certainly one of the most well known spas is the **Terme di Fontecchio** at Città di Castello, where Pliny the Younger sojourned with his lovely wife Calpurnia. In the Middle Ages, the springs were protected by an edict that established the death penalty for anyone who polluted them. Today, the spa offers various treatments (mud baths, hydrotherapy, respiratory therapy) and rehabilitation therapies. The spa complex, which includes a hotel and restaurant, features a modern and relaxing wellness centre. Strolling through the lovely park, you reach the ancient mineral spring and then a second one situated inside a Renaissance colonnade. Nestled in the valley of the Monti Martani range, the springs known as **Acque di San Faustino** (taking their name from the nearby ruined Abbey of San Faustino) are renowned for their cold mineral water, blessed by Pope Pius XI in 1923, used for various therapies in addition to providing excellent drinking water. The park, renamed Collina



del Benessere, includes a hotel with all the amenities. The **Acque di San Gemini** comprise two mineral waters, Sangemini and Fabia, both bottled; in ancient times springs gushing from these same rocks fed the baths of the Roman city of Carsulae. The centre is situated on a hillside near the town, amidst a lovely park with lush vegetation and sports facilities dedicated to the guests. The town

of **Acquasparta** has a longstanding tradition as a spa centre, which survives today only in part: the **therapeutic waters** of the **Amerino springs** are used primarily for bottling. A splendid park surrounding the facility holds the spring that, according to tradition, was blessed by St. Francis. Bagni di Nocera is the site of the **Fonte Angelica** (or Acqua Santa), a favourite of the Popes. The initial structure was the 17th-century Palazzo Vecchio, followed in 1714 by Palazzo Nuovo. The facility was widely frequented up to the mid-1800s, then abandoned and later transformed into a modern hotel. The visual

impact of the **Terme Francescane** complex in Spello is notable: a vast park enhanced by numerous sulphur springs and a beautiful lake that gives a choreographic touch. Along with the spa treatments, the facility offers various sports activities.

