

Daily Activities at the Villa and Surrounding

Spa Treatments

Revive your body, mind and soul



MANI - PIEDI - FACCIA - TESTA Hands, feet, facials, head

Mani & Piedi

60 min

Head & Neck

60 min

These 2 different treatments can be combined

90 min

FACIALS

La grande classica

45 min

La bella escapata

45 min

Vitalita intensa-optimale

60 min

THE BODY MASSAGE

Swedish massage

60 min

Deep tissue massage

60 min

Lymph drainage

90 min

Reflexology

60 min

Hot towel massage

60 min

Hot stone massage

45 min

Aromatherapy massage

60 min

SHIATSU - TAI - AYURVEDIC MESSAGES

Shiatsu

60 min

Thai-buddhist temple

60 min

Ayurvedic massage

60 min

CRANIO-SACRAL, CHAKRA, BALANCING, REIKI

Cranio-sacral massage

60 min

Alignment of chakras - chakra balancing

60 min

Reiki

60 min

SPECIAL HONEYMOON TREATS

Tete a tete (2 people)

75 min

Aphrodite's Secrets

90 min

Lakshmi's Delight

150 min

The wisdom of the Geisha

90 min

Colors of the lotus

45 min

THE TERRANOVA CUCINA

Cooking Classes



The Terranova Kitchen is open all year round to guests for individual or group tuition from our Chef **Patrizio Cesarini**. Whatever your culinary ability or interests we are happy to customize classes to your needs and share our love of Italian cuisine with you.

The cooking style of our Chef, Patrizio Cesarini, is Umbrian and Mediterranean, fresh and genuine. Born in the area, he has travelled many years abroad and has recently returned home. He creates dishes drawing from the Umbrian traditions but with a modern twist. Many ingredients come from the Terranova gardens, so all are organic and seasonal, producing a robust taste that lingers in the mouth.

The courses are available anytime during your stay and can be arranged for individuals or groups in English or Italian. We have the following suggestions for courses:

Secrets of the Italian Kitchen
Home-made bread and pasta
Highlights of The Umbrian Kitchen (seasonal dishes)
Wood fired pizza and focaccia (with create your own)
Traditional Desserts
Everything Chocolate!

After your cooking class you will have a lunch or a dinner tasting the dishes you have prepared earlier. Included in the course is a linen apron made in Anghiari, a recipe book and a chef's hat.

Cost per person Euro 150,00 including taxes

Food and Wine

Guests can enjoy intimate lunches and dinners in Terranova's vaulted dining room and have lunch and dinner on the outside terrace during the warmer months. The Terrace has stunning views across the hills and valley and on a clear day the nearest ski mountain Monte Amiata can be seen. For 'al fresco' dining there are pizza evenings where everyone can join in and make their own pizza in the traditional wood oven. Guests can relax before dinner in the luxurious bar and sit beside the log burning fire whilst enjoying a Terranova cocktail or a glass of Umbrian wine.

Historical Interests

Terranova is situated on the border of Umbria and Tuscany, so during your stay, you will be able to discover hidden mediaeval villages of Umbria, but also see the well-known towns and sights of Tuscany. If your interests are historical, artistic or aesthetic, you will find a treasure not too far away. Below are some ideas for further exploration.

ORVIETO (Umbria)

1½ hour from Palazzo Terranova

Founded by the Etruscans, it was part of the league of the 12 cities which opposed themselves to Rome until 280BC when it was destroyed. In the 5th century, the old city was re-built (the name Orvieto means 'old city') and remained the centre of many wars – within the city walls as well as without. One of the bloodiest wars of Umbria took place in Orvieto in 1313.

The largest landmark of the town is the Duomo which has distinctive stripes and a façade resembling a giant triptych. From this part of the town, the other places of interest are easily found. Of almost equal note is the Cappella di San Brizio which has frescos by Signorelli. When Signorelli drew up his contract to fresco the Cappella di San Brizio, he made sure to add the clause; 'that he be given as much as he wanted of that wine of Orvieto' as the town is also famous for its good wine. Another mystery to explore are the numerous tunnels and passageways – 1200 have been counted – that disappear underneath the town.

GUBBIO (Umbria)

1 hour from Palazzo Terranova

An Umbrian mountain town that is over 2500 years old and still maintains a medieval ambiance. The town, after being destroyed after too many battles, was re-built on the side of the mountain, with walls protecting the city for future battles. The most recent was a 3 week fight between the Allies and the Germans during the Second World War.

With a history as varied as this town, there are many interesting places to visit which include the Museo Civico and the Pinacoteca Comunale, the Palazzo dei Consoli and the Piazza della Signoria and the Ducal Palaces (1470). St Francis also visited the city and had a famous conversation with a wolf, whose descendents still roam the woods and forests behind the town. Churches in Gubbio are the Santa Maria Nuova, San Pietro, San Francesco, San Domenico and San Giovanni with of course the Cathedral from 8th century. The Mayor-Palace and grandiose open-sided gallery of shooters is also interesting and a little outside the main centre are the remains of the Roman theatre.

Of the many mediaeval festivals that Gubbio hosts, the most fascinating is the 'Corsa dei Ceri' (the running of the candles) every year on 15 May where three large 'candles' weighing 200kgs each are carried by teams of ten men through the town and up the hill to the Church of Sant' Ubaldo.

CORTONA (Tuscany)

45 minutes from Palazzo Terranova

The most striking features of this city are the city walls, joined up by the Fortezza del Girifalco and the compactness of the city centre inside these walls. The city commands a fantastic view of the surrounding Tuscan plains and it's easy to see the important role the city played in Etruscan times as it lays at the crossroads of two important roads; Arezzo - Perugia and Val Tiberina - Siena. Later, in the Roman period, it maintained its importance because just below it ran the Via Cassia, the main means of communication between Etruria and Rome.

A visit to the central Piazza della Repubblica, the heart of the city, is a must; dominating the piazza is the Palazzo Comunale, opposite which there is the Palazzo del Capitano del Popolo. In the adjacent piazza there is the Palazzo Pretorio (previously called Casali), which houses the Museo dell'Accademia Etrusca, established in 1727. The Duomo was built in the 15th century, taking in the pre-existing Pieve di S. Maria.

Cortona has recently become known as the location of the book and film 'Under the Tuscan Sun' and so now receives more visitors than ten years ago. In August, the city hosts a week long music festival and during the first week of September is the national antiques fair for 10-15 days.

ASSISI (Umbria)

45 mins from Palazzo Terranova

The town well known for its chosen son – St Francis, who is also the patron saint of Italy. It has not always been a peaceful town with many wars fought at Assisi, starting from the 6th Century. But from the prosperous 13th and 14th Centuries, Assisi has retained one of the greatest hordes of frescoes in the Basilica di San Francesco. For pilgrims, Assisi is the third most visited site in Italy. In 1997, Assisi sustained damage from the earthquake that shook the area. Some frescoes were damaged, two friars and two journalists were killed; but after being closed for 2 years, the Basilica was reopened with all restorations finished.

Apart from the religious sites, of interest also are the Rocca, the pagan temple, the Forum, the amphitheatre, epigraphs, wells, statues and parts of the city walls that tell the history of this incredible city. On the way to Assisi, stop in Santa Maria degli Angeli and see the basilica with the 'Porziuncola' (the little portion) in the middle.

Truffle and Porcini Hunt

Come and join us at Palazzo Terranova for one of our favorite times of year – the Truffle Season!



Join local hunters as they look for the elusive white truffle and the shy porcini mushrooms. (porcini hunting according to the season)

We've put a package together that is irresistible, the package includes:

- 2 nights in a spacious double room
- Buffet breakfast every morning, including homemade pastries
- One morning of truffle hunting for 2 people
- Lunch for 2 people with a truffle or porcini theme after the hunt
- Gourmet dinner for 2 people with an Umbrian wine tasting
- One surprise gift on departure

Some extra tempting information:

To stay another night (or two!) is €275.00 / €375,00 per room

To upgrade to a Deluxe room and increase the luxury is Euro 99.00 per room per night.

This offer only lasts from 01 March until 15 November, 2009 so book while it lasts!

Additional Things you may enjoy

Fitness Center - The recently added fitness centre with cross trainer, treadmill, weights and exercise bike takes advantage of the surrounding mountain views. There is also an outside Jacuzzi, changing rooms and showers for the comfort of guests.

Wine Tours – Visit Montefalco for the famous Sagrantino wine and Montalcino for the famous Brunello. Chianti is also just a short drive away over the hills into Tuscany. Tastings and tours of wineries can be arranged.

Tennis and Golf – There are tennis courts nearby (10mins drive) if you would like a court reserved, please ask one of the reception staff. Also, there is a 18 hole Golf Course approx. 30 mins drive from Palazzo Terranova.

Walking – explore the hills and beauty of Umbria with one of our Terranova walking guides. Enjoy a relaxed stroll through wildflower fields or spend an invigorating few hours hiking through the Apennine mountains.

Cycling – a great way to discover the secrets of Umbria with an Umbrian cycling guide or we can hire bikes if you prefer to 'off the beaten track' unaccompanied.

Horse Riding – Ivan with stables near to Terranova encourages riders of all ages and experience to enjoy riding through our unspoilt soft rolling hills of Umbria. An experience never forgotten.

Culture – Assisi, Perugia, Cortona – it is always a delight to have an enthusiastic guide to lead you on a discovery of the area. We work with several knowledgeable guides who constantly return our guests full of stories and wonderment at the area's rich history.

Fashion Outlets – Gucci, Prada and The Mall are only an hour away, whilst on our doorstep in Umbria we have leather, cashmere, linen and ceramics.