



THE SPAS: TOTAL WELLNESS IN THE ITALIAN TRADITION

TERME DI BOARIO "CURA UT VALEAS"

Wellness from the very beginning of your stay. Boario Spa, increasingly developed and become famous nationwide and worldwide, offers you new and healthy holidays, suited to your tastes and your personal needs

DARFO BOARIO TERME: ITS HISTORY

The pleasure of spending relaxing holidays and feeling well at the Spa should be discovered by everyone. Coming to Boario Spa means choosing among various opportunities for a cure, but such a vast range of proposals can make you think of adding more treatments to those already prescribed. The bathrobe, the slippers and the bath towel are supplied by the Spa; we suggest that you bring a bathing costume in case you want to bathe in the thermal pools, as well as a tracksuit and gym shoes for a personalized exercise program at the gym centre or even to practice the so-called "Life Route" and the "Antiage Route" carried out in the park.

Darfo Boario Terme, the important thermal center in Valle Camonica, is located along the course of the River Oglio and has about 15000 inhabitants. The Commune is divided into 11 districts. The name Darfo has suffered various disputes about its origin while the name Boario seems to come from "Forum Bovarium", referring to the cattle market that used to be held here. Thanks to the Romans who arrived in this area, originally swampy, in 16 BC, the first settlements were established and soon reached a remarkable urban and economic development.

It goes back to the 15th century the first recognition of the unusual qualities of Boario waters, when their therapeutic properties started to be studied. After a long period in oblivion, they were rediscovered in the 19th century. Boario started its activity as a centre for treatments about the end of 1700, with the building of the Casino Boario. In the second half of 1800, according to the custom of "passare le acque" (to go through water), Boario became an "open-air living room", a place for treatments and a fashionable resort for middle-class people; the Antica Fonte water was welcomed as a universal remedy and started being sold by the apothecaries in Milano. Alessandro Manzoni was one of its beneficiaries and ordered

more than a hundred bottles to cure his liver disorders; even his wife, Teresa Stampa, personally ascertained its effectiveness. The Art Nouveau dome, rich in columns and capitals, arches and volutes, chiaroscuro and light decorations was built in 1913: it used to host an orchestra to entertain middle-class people, now it is the emblem of Boario Spa. Since 1969 the Commune of Darfo has changed its name into Darfo Boario Terme, which sounds more attractive from a tourist point of view, and has become one of the most important thermal and industrial centres of Valle Camonica.

DARFO BOARIO TERME: THE THERMAL SPRINGS

Boario Spa provides people with specific treatments for the restoration and purification of the body in a totally relaxing atmosphere. The four thermal waters of Boario are real sources of full wellness, since they flow slowly from Mount Altissimo to the valley through rocks rich in varied hydro-mineral strata. The precious waters with calcium magnesium sulphate, are highly varied as far as salt concentration is concerned, a characteristic that provides them with various therapeutic capacities to prevent and cure a large range of diseases. Besides the splendid park with ancient plants, the guests can avail themselves of an avant-garde equipment and four thermal springs: Antica Fonte, the most ancient one, very rich in mineral salts, that gives benefits to liver, bile and intestine; Fausta, that influences the bilious secretion and the functional aspects of liver and intestine; Igea, mostly diuretic, which is recommended for metabolism disorders; Silia, diuretic and particularly effective in treating urinary infections and calculi.

THE THERAPY CENTER

The Therapy Centre of Boario can boast a highly specialized staff to provide guests with personal treatment programs for every kind of need. All the treatments take advantage of the thermal waters that, thanks to the high concentration of mineral salts, can supply curative benefits and remedies to conditions of suffering. These waters are also low in sodium and suitable for special diets. The water, thanks to its physical characteristics, can be variously used: for mineral water cures, mud baths, inhalations, pulmonary ventilations, vaginal irrigations, vascular treatment in pool and hydro-massage, masso-therapy, neuro-motor rehabilitation, balneo therapy with salts from Mar Morto, personal gym programs and iso-kinetic treatment. In the last few years, the therapeutic treatments of various diseases have been taking more and more care of the whole body conditions, so that also hydrotherapy has been appraised for its holistic features in providing people's total personal harmony. The therapeutic treatments come together with programs of prevention and rehabilitation, beauty, psychophysics conditions and the pleasure of movements. The Istituto di Bellezza Interiore that utilizes natural products made with thermal waters, offers varied treatment programs for every kind of skin, such as massages, aromatherapy, body peeling, sauna, Turkish bath and solarium. There is more: a big park that covers 150000 sq. m with 140 kinds of plants, a tasty local cuisine, bars, shops and various opportunities for amusement (dancing in the park, cinema, theatre, concerts, piano bar, open-air shows, games and entertainment for children). Various tours are also organized every afternoon.

VISITING BOARIO TERME AND ITS SURROUNDINGS

The town of Darfo Boario Terme and the surrounding historical centres preserve an important artistic heritage that is worth knowing. As for Darfo, situated on the eastern bank of the River Oglio, we recommend visiting: Convento Queriniano (18th century), a magnificent architectural work with a garden, an internal cloister and the ex Chiesa di Santa Maria della Visitazione that hosts some frescoes by Fratelli Inganni; Chiesa dei Santi Faustino e Giovita, rebuilt in 1656 in the Baroque style sited on the remains of the 15th century prior church. In Piazza Matteotti you can see the old Parish Church; Casa Fiorini with a fresco representing the Madonna del Rosario on the facade; Palazzo Cemmi and its beautiful Italian-styled garden. Not to be missed also the near district of Montecchio, best-known for its characteristic stone bridge built in 1686 by Francesco Cifroni and for the nearby Chiesetta dell'Oratorio o dei Morti, with some remarkable frescoes of the 15th century in late Gothic style, such as a Crucifixion, the Madonna dell'Umiltà and the Pantocrator. Across the bridge on the River Oglio, you arrive at Boario Terme, mostly appreciated for its Thermal Springs or Parco delle Fonti and the thermal tourist-hotel centre. The Parish Church, dedicated to the Madonna degli Alpini and built in 1957, is a War Memorial. On its façade you can see a gigantic golden-bronze statue of the "Madonna col Bambino". a War Memorial. On its façade there is a golden-bronze gigantic statue of the "Madonna col Bambino".

THE ALPINE MUSEUM

ACQUA PLANET

Acqua Planet, a structure open all the year round except for Christmas time and Epiphany, offers a complete range of equipment to relax and practise sport: 10 varied sized swimming pools that include a covered pool 25m long, a baby pool, games and water chutes. Swimming courses for adults and children (only in Wintertime) as well as courses of aqua-gym, hydro-bike, competition and private lessons are organized. There are lots of amusement opportuni-

ties such as gym, five-a-side football ground, beach-volley, bowls, solarium, entertainment, picnic area, a restaurant bar and a pizzeria. Acqua Planet: Via Rigamonti, 71 - 25047 Darfo Boario Terme (BS) Tel. 0364 533796 Fax 0364 527777.

ARCHEOPARK: AN INTERACTIVE PARK MUSEUM

The Archeopark is located at Boario Terme, in Valle Camonica, less than one hour drive from Brescia and Bergamo, about one hour and half from Passo del Tonale and about 30 minutes drive from Lake Iseo. This big Park features a revival of prehistoric times and allows you to discover the ancient Camunians and the people of the Alps and the Po Valley, through 15000 years. One of the most important areas of the Park hosts some workshops where visitors can experiment with a large number of activities, under the guide of cultural assistants, such as working clay, using flywheel and bow drills invented thousands of years ago, grinding the corn, doing rock engravings, lighting the fire and competing in archery. The Park is open from 1st May to 30th November, from 9 am to 5 pm and even longer in Summertime. www.archeopark.net

LAKE MORO PARK

Lake Moro, with the picturesque small village of Capo di Lago situated by its side, is shared between Darfo Boario Terme and Angolo Terme. The lake, which takes its name from its dark waters, is small-sized and has glacial origins. It lies at an altitude of 380m above sea level and is 834,6m long and 328m wide. Because of the silence, the climate and the quiet atmosphere that surrounds it, it is called "the gem of the Camuni's land" and is a destination for those who like to relax or, in Summertime, to plunge into its water or going out in a boat. It is also an ideal starting point for pleasant walks. You can go to Garzone and Angolo Terme on foot, by bike or by car, driving along a panoramic route that moves away from the village of Corna. In Summer, on Sundays and public holidays, the car traffic is forbidden and a shuttle service is available.

GORZONE

The historical centre of Gorzone, in time renowned for its stone quarries, is rich in works of art preserved in four beautiful churches and in some remarkable buildings such as the impressive Castello Federici built around 1160, with a fortress surrounded by a splendid park and walls overhanging the deep and narrow valley of Dezzo. In the park there is a small church dedicated to San Giovanni Battista with a late Romanesque façade. Another sign of the importance of the Federici family are Palazzo Minini and Palazzo Rizzonelli (16th century). Not to be missed the Chiesetta di San Rocco built in 1522 in honour of the Patron Saint of plague-stricken people. The Parish Church of Sant'Ambrogio was built on the remains of a medieval church, whose fresco "Madonna che allatta il Bambino" of 1400 and the side portal in "pietra Simona" can still be seen. Another important work is the Sarcophagus of Isonno Federici, built in 1336 in the Lombard-Gothic style and perfectly preserved.

HEALTH AND WELLNESS AT ANGOLO TERME

Since 1953 also Angolo Terme has become appraised as a modern spa. The ancient healthy spring of Dezzo and Angolo situated near the village, on the bank of the Torrente Dezzo and just in front of the mountain ridge of the Presolana, has been named Fonte S. Silvestro, in honour of the nearby hermitage. Like Boario, also Angolo is provided with a specialized medical organization as a completion of the thermal therapy. To favour the tourists and to offer relaxation, the thermal park has been enriched with a sport-recreational area that integrates with the various landscapes, historical and artistic attractions of the area.

NATURAL AND ARTISTIC BEAUTIES OF VALLE CAMONICA

Valle Camonica, one of the biggest and most important valleys in the Alps from a historical point of view, extends over about 82 km; it is run by the main road N.42 and is lengthwise crossed by the River Oglio. The valley, including 41 Communes, can be divided into three areas: the Low Valley, where the town of Darfo Boario Terme is situated; the Medium Valley that also includes the Communes of Breno and Capo di Ponte; the High Valley with Edolo, Ponte di Legno and Temù among its towns. The Low Valley and the Medium Valley present geographic characteristics more favourable to the economical development than the High Valley, also thanks to an easier access, and boast a flourishing industrial activity that decreases more and more as you go up the High Valley

LUINE PARK

Luine Park is situated on a hill above Darfo Boario, bounded by the River Oglio and the River Dezzo. A visit to the Park is not only a pleasant opportunity for admiring a panoramic view of the alluvial plain below, but most of all it makes you come into contact with an interesting archaeological site: it consists of 10,000 years of engravings that has made Luine become the "sacred hill" of the Alpine prehistory.

Here you can admire the most ancient engravings of the Camuni's land, going back to Palaeolithic era (8000/6000 B.C.). After a period of abandon, in late Neolithic and most of all in the Bronze and Iron Ages (5000/1000 B.C.) the area became a popular place once again. In the Park, established in the 1970s, three different routes lead to various engravings that feature scenes of hunting, war, religious and daily-life of the ancient population of the valley: even if various ages are represented, the Bronze Age is the most conspicuously depicted. No other sites can boast such a large concentration of themes, compositions and rock engraving art. For further information and/or Guided Tours (that must be booked), please call the Park Guardian Tel. 348/7374467 or

I.A.T. Boario Tel. 0364/531609.

Darfo Pro Loco Tel. 0364/536174.

Open all the year round

from 9 am to 12 am and from 1 pm to 5 pm (October/March)

from 9 am to 12 am and from 2 pm to 6 pm (April - September)

Closed on Mondays.

Parco Comunale delle Incisioni

Rupestri di Luine - 25047 Darfo

Boario Terme (Bs) - telefono

348/7374467.

CUISINE

Trattorie and local restaurants offer ancient flavours: simple and genuine dishes derived from a very old tradition. Various kinds of bread, both white and with rye flour, can be tasted, as well as the "casoncelli", ravioli stuffed with meat, vegetables and other ingredients whose recipe differs from village to village. The first Sunday of August, at Erbanno of Darfo Boario Terme, there is a three day-feast dedicated to the "casoncelli". Other excellent first courses are: "tagliatelle", "maltagliati" that can also be made with chestnut flour, "gnocchi", "minestre d'orzo" and "trippa". Among the second courses, the "polenta" with maize or wheat flour to be accompanied with "controfiletto alla Brenese", "carne salata", "stracotto d'asino", "salsiccia di castrato", "salumi di puro suino", etc. But also rabbit flesh, chicken, game, hare and wild boar flesh must not be missed. Fresh-water fish is served dried as per tradition. The breeding of cattle, goats and sheep is guaranteed to produce a large variety of cheese such as "formaggelle", "silter", "casolet", "ricotte", "fatuli" and natural or herbs flavoured goat's milk cheese. Among the sweets, all genuine and tasty, there are the "spongade" and the biscuits and cakes with chestnut flour. Also viticulture has an ancient tradition in Valle Camonica. After a period of almost total abandon, there has been a recovery in improving the quality of wine. Ancient grape-wines extend in the areas of Erbanno, Cividate Camuno, Malegno, Breno, Losine. The efforts of wine growers have already achieved a number of acknowledgments and also the formation of the "Consorzio Tutela IGT Valle Camonica" that is housed at the Ente Vini Bresciani (Tel. 030 364755). The IGT (Indicazione Geografica Tipica) Valle Camonica can refer to both white and red wine, but most of all the production of Merlot and Marzemino have been revitalized and increased. The IGT wines of Valle Camonica are called Lambrù, Rebaioli Cav. Enrico, Camunnorum, Baldamì.

GETTING TO DARFO BOARIO TERME

By car: A4 Motorway, then follow traffic signals. From Milano: Seriate exit.

By plane: Milano or Bergamo/Orio al Serio Airports.

By train or bus: Direct connection from Brescia, Bergamo and Milano

TERME DI BOARIO

Viale Igea 3 - Località: Darfo Boario Terme

Tel. N. verde 800800198 - Fax.0364 525252

Provincia di Brescia - Assessorato al Turismo - Uff. I.A.T. Darfo Boario Terme

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