

1st International Symposium of Watsu and Aquatic Bodywork
"Watsu and Aquatic Bodywork today:
formation, research, integration"

ITALY, Paratico (Brescia), 2004, June Saturday 5 and Sunday 6

HOW TO REACH THE SYMPOSIUM

The 1.st International Watsu and Aquatic Bodywork Symposium will be held at the Franciacorta Golf Hotel **** in Paratico (BRESCIA), via XXIV Maggio, 48 – 25030 – ITALY tel. 0039.035.913333 - fax 0039.035.913600 - email info@franciacortagolfhotel.it

With the Bus:

- From and to Brescia city center, Palazzolo and Iseo, Bus stop at the Hotel
- From and to Bergamo and Milan city centers, Bus stop at 1,5km (approx 1 Mile)

With the Car: Paratico is about 8kms (5miles) from Palazzolo sull'Oglio A4/E64 Highway exit (Highway Milan-Venice) and is:

- 25 kms far from Bergamo
- 30 kms far from Brescia
- 70 kms far from Milan
- 100 kms far from Verona
- 200 kms far from Venice

With Airplane: (distances from International Airports)

- 22 kms far from Milan/Bergamo-Orio al Serio (BGY)
- 40 kms far from Brescia-Montichiari
- 60 kms far from Milan-Linate (LIN)
- 95 kms far from Milano-Malpensa (MXP)

Under reservation it is available a shuttle service from and to the International Airport of Milan/Bergamo-Orio al Serio (BGY), airport which is connected by all the main Low-Cost Airline companies flying across all the European Countries.

Download from the Internet the timetable of all arriving / departing flight at the Milan/Bergamo-Orio al Serio International Airports (BGY)

Airline Companies and Airport connected with Bergamo Orio al serio:

Air Dolomiti - Lufthansa

Sevilla (SVQ)
Valencia (VLC)
Munich (MUC)

Air Italcia

Pescara

Azzurra Air

Roma Fiumicino (FCO)

Basiq Air

Amsterdam (AMS)
Berlin Air
Berlin
Berlin Tegel (TXL)
Duesseldorf (DUS)

BMIbaby

Cardiff (CWL)
Nottingham
East Midlands (EMA)

CarpatAir

Cluj (CLJ)
Kishnev (KIV)
Timisoara (TSR)
Oradea (OMR)

Gandalf Air – Air France

Parigi Orly (ORY)
Stuttgard (STR)

Hapag Lloyd Express

Hannover (HAJ)

Luxair

Athens (ATH)
Luxemburg (LUX)
Bacau (BCM)

Ryanair

Hamburg-Luebeck (LBC)
Bruxelles (Charleroy) CRL

Frankfurt Hahn (HHN)
Barcelona Gerona (GRO)
Glasgow Prestwick (PIK)
London Luton (LTN)
London Stansted (STN)
Parigi Beauvais (BVA)
Stockholm Stavska (NYO)

SkyEurope Airlines

Bratislava (Vienna) (BTS)
Budapest (BUD)

Sterling

Copenhagen (CPH)
Stockholm Arlanda (ARN)

Volareweb

Bari (BRI)
Cagliari (CAG)
Catania (CTA) Windjet
Palermo (PMO)
Roma Fiumicino (FCO)

NOTICE: To check availability of flights on all Milan area Airports, use the the Airport code MIL (All Milan airports: LIN, MXP e BGY)

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FACT SHEET FRANCIACORTA GOLF HOTEL ****

- AMBIANCE : elegant, sober, quiet, modernly furnished, right for business, cultural and eno-gastronomical stays
- LOCATION : in a strategical and very happy location for visiting the main towns, both in Lombardy and Venetian; by Iseo lake (100mtrs.), in the centre of a small village called Paratico (Commercial Center Verdelago), at the border of Franciacorta, land of castles, vineyards and cellars producing the excellent local "champenoise".
- ADDRESS : via XXIV Maggio, 48
25030 Paratico (Brescia, ITALY)
- TELEPHONE : (+39) 035 91 33 33
FAX : (+39) 035 91 36 00
INTERNET : www.franciacortagolfhotel.it
E-MAIL : info@franciacortagolfhotel.it
- ROOMS : Modernly conceived, with large built-in wardrobe, mirrors, safe, satellite TV, direct telephone, minibar, bath room with tub, shower and hair dryer.
- RESTAURANT : "Terrazza Restaurant" in the hotel.
Elegant atmosphere, with panoramic terrace in summer.
- BEAUTY FARM : connected to the hotel, with sauna, steam bath, gym hall, aerobic dance courses, massage, solarium, jacuzzi and other...
Closed on Sundays.
- PISCINA : indoor swimming pool, open all the year
(in winter 30° heated water)
- LAUNDRY : laundry service provided in hotel
- SPORTS : Golf : Franciacorta Golf Club in Nigoline di Cortefranca (10 minutes by car), 18 holes par 72, 9 holes par 27. Swimming pool and tennis courts.
Closed on Tuesdays.
Special rates for hotel guests.
Mini soccer : in Villongo - Indoor.
Horse back riding : at "Le Foppe" in Paratico.
Paracrafting, surfing, water skiing in Iseo
Bowling : in Gorlago (15 minutes by car)
- SHOPPING : at Verdelago Shopping Center
in Paratico and in the near villages of Sarnico and Iseo, with shops and boutiques of the best Italian griffes.
Commercial Centres (Malls):
"Le Porte Franche" in Erbusco (15 kms)
"Orio Centre" in Bergamo (22 kms)

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"Le Rondinelle" in Brescia (25 kms)
"Le Torbiere di Corte Franca" in Cortefranca (10 kms)
"Franciacorta Outlet" in Rodengo Saiano (15 kms)

RISTAURANT AND
TIPICAL PLACES

: "L'Albereta di Gualtiero Marchesi" in Erbusco
"Il Castello", "Il Volto", "Cascina I Doss" in Iseo
"La Fenice" a Pilzone d'Iseo
"Al Desco" a Sarnico
"Hostaria al Portico" a San Pancrazio
(all at 10/15 minutes with the car)

CLUBS AND DISCOS:

"L'Albereta di Gualtiero Marchesi" in Erbusco
"Il Castello", "Il Volto", "Cascina I Doss" in Iseo
"Al Desco" in Sarnico
"Hostaria al Portico" in San Pancrazio
(all at 10/15 minutes by car)

NIGHT CLUBS AND
PLACES

: disco "Number One" in Cortefranca
disco "Dadi Club" in Pilzone d'Iseo
piano bar "Piazza Statuto" in Iseo
piano bar "Galleria Imperiale" in Sarnico
piano bar "XVII Miglio" in Erbusco
sexy bar "X-File" in Palazzolo
night club "Venus" in Clusane d'Iseo
night club "Popsy" in Erbusco

STREET MARKETS:

on Mondays in Rovato
on Thursdays in Sarnico
on Fridays in Iseo
on Saturdays in Paratico and Lovere

IN ADDITION ...

Tour around the lake by boat. A day on the new boats of Iseo lake with restaurant on board, discovering the unexpected views from the lake.

Montisola, the largest lake island in Europe, offers beautiful excursions up to the castle on top of the mountain.

Nice restaurants with lake fish specialties in Peschiera Maraglio, Sensole, Siviano and Carzano.

Visit to one of the 70 wincellars of the area, producing the well known "method Franciacorta" with the inevitable wine tasting.

THE CULTURAL ALTERNATIVE...

Villas, castles and abbeys of Franciacorta for an historical route.

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Peat-moss of Provaglio (natural reserve). Iseo lake and walks on the hills, discovering the farmhouses and their typical cooking.

Vallecamonica with its rupestrian inscriptions, dating 7.000 years b.C.

Zone with its natural erosion piramids.

Exhibitions : arts and crafts exhibition in Cortefranca, Biennal of Franciacorta, Arsenale in Iseo.

Performances : Brescia Teatro Grande, Santa Chiara, Tenda
Bergamo Teatro Donizetti
Verona Arena

... and : musical weeks in Franciacorta, Iseo Jazz festival, Jazz festival in Franciacorta.