

★★★★S
Hotel Garden Terme

GB



TERME
DEI
DOGI®
DI VENEZIA



DEAR GUESTS,

It was my great-grandfather who started the family business back in 1906.

Then, in 1964, my father Carlo Gottardo created the Hotel Garden Terme in Montegrotto Terme.

Today, my wife Regina and I are enthusiastic to maintain the tradition wanted by the ones before us.

We live in the hotel with our daughter Silvia, that's why we can say:

"
Ove home is
your home!"
Regina e Carlo Gottardo





WELCOME!

Seventy people will take care of you.
Our collaborators are as faithful as our Guests:
they choose to stay here.
Moreover, all personnel take part
in periodical training courses to improve
constantly their professionalism
and to offer you excellent service.
That's why we could get the
Quality Certification ISO 9001-2015.





THE MEETING
PLACES
FOR YOUR
RELAXATION



JUST RELAX

The Bar, the exotic Indian Hall, the Burma Relax Room; these are meeting places for music, dancing, fashion shows or just for some relaxing moments. Everything has been carefully chosen for you: furniture, colours, light, and soft music. And for all the friends of tobacco, we created the lovely smoker's room "Toulouse-Lautrec". Wi-Fi is free while an Internet Point is available near the reception.



THE RESTAURANT

It overlooks the park,
it is flooded by the sunshine, and
it will really delight you.
A light mediterranean cuisine,
vegan and vegetarian cuisine as well.
A large variety of starters and desserts.
Breakfast with a rich buffet is also
available outdoors.



*Our menu includes also a rich choice
of gluten free recipes.*





THE ROOMS

Sleeping and resting are the best remedy and fundamental moments of the Holiday at the Hotel Garden.

51 double rooms, 53 single rooms, and 13 suites are waiting for you.

Constantly renovated in furnishings and comfort.

All equipped with bathroom, minibar, telephone, satellite TV, air conditioning and DINA4 safe as well as Memon® technology which reduces respirable dust.

All rooms have free wifi or cabled internet access at your disposal.







THE OUTDOOR SWIMMING-POOL

With the Euganean Hills for a background, here it is the outdoor thermal swimming-pool. Over 800 square meters of thermal water (in cold months the water temperature is 35°C), a Kneipp path (hot-cold therapy), distinctive underwater music with 432 hertz (our hotel is one of the fewest in Italy to offer it) and the whirlpool pagoda with its original Jacuzzi® hydro-massage jets. Water gym and Chi-Machine complete the light physical activities which have begun in the indoor gym.



INDOOR SWIMMING-POOLS AND THE BURMA RELAX ROOM

Two indoor swimming-pools.

One of these pools, which also offers the exclusive underwater music, is connected to the pool in the park.

The other is a therapeutic swimming pool, with underwater equipment and Kneipp path. Treat yourself with our physiotherapists in hot thermal water, it will be mentally beneficial and truly healing.

The Burma Relax Room, with its antique furnitures and fantastic view on the outdoor pool, is an ideal place for relaxation.

The spa area consists in an original thermal grotto with thermal water, a spacious steam bath with Mediterranean essences, and a Finnish sauna with ice waterfall.







MUD TREATMENTS

In the Hotel Garden Terme, the iodine-bromide-salt water springs gush out at 76°C. The therapy based on thermal mud is carried out in the hotel. It is specifically suitable for treating and preventing a number of pathologies which cause movement problems. But not just any mud! Mud from Abano and Montegrotto has exclusive characteristics. It is very rich in organic substances and contains an alga unique in the world, named by Padova University: ETS-05. The anti-inflammatory effect of this alga is superior to the most powerful drugs. That's why it was patented.







THE SPA AND THE HEALTH PASSPORT®

Numerous personalized programs
to get the balance between mind and body.
They are carried out in our well-being centre
by a team of international experts,
to train the cardio-circulatory system,
to correct postures which damage the spine, to eliminate stress.
We also offer: education to a correct diet,
post-traumatic rehabilitation in thermal water,
underwater massages,
and the “confidence in water” programme,
to help overcoming fear of water.



BEAUTY

Tender face care for a firmer skin.

Energetic anti-cellulite massages for the legs and numerous types of masks and anti-ageing treatments.

A large variety of treatments with weekly or weekend beauty packages are available in our beauty department, which has been completed by a massage cabin for couples as well as a Shiatsu cabin.





GOLF

You can play in five courses:

Ca' della Nave,
Frassanelle,
Montecchia,
Padova-Valsanzibio,
Albarella.

The Hotel Garden Terme
will assist you completely,
from bookings to discounts,
and free rounds of golf.

And after playing, we have a large proposal
for regenerating therapies.





TERME
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THE EMOTIONS
OF A WITHOUT
EQUAL STAY FROM
SERENISSIMA'S
SOVEREIGNS

DOGES AND CAPTAINS AT THE THERMAL BATHS

The Doges of Venice were aware of the thermal waters and salts healing properties.

They themselves frequented the “Baths”, and as supreme commanders of the troops they hosted in Montegrotto, at state’s expense, their General Captains infirm for war reasons: so it was in XV° century for the famous captain of fortune Gattamelata, which Donatello portrayed in the equestrian monument located in front of the Basilica of S. Antony in Padua.

The Doges were therefore aware of the importance of the “Baths” to regenerate the physical and mental conditions of their valuable General Captains, and consequently of the role played by water and thermal salts for the intestinal microbiota, in relation to several diseases: osteoarticular and cardiovascular, as well as metabolic and respiratory.



The task of the Captains was also to hire troops for the ground army across Europe. Thus, between XV° and XVI° century, warriors named **Gotward** arrived from Germany to the Republic of Venice, who settled especially in the area of the Euganean Hills and Montegrotto, Italianizing the surname in **Gottardo**.

Among these are the ancestors of our Gottardo Family, historically linked thereafter to the events of the land of the Doges and their spas.

ON THE TRAILS OF THE DOGES OF VENICE

The Hotel Garden Terme and the Terme dei Dogi® renew in our days the historical bond that for centuries has joined the Republic of Venice, the “Serenissima”, to the territory of the Euganean Hills and its resources.

In XV° century the Venetian nobility began to sojourn in the “Villas” in the Euganean area and to attend the thermal “Baths” of S. Pietro Montagnon, as it was then called the town of Montegrotto

In the second half of the XVIII° century, the Serenissima Republic itself got certified its health-giving properties from the authoritative University of Padua Medical College: scientific attention was born for what we today call **thermal medicine**.

THE CARE FOR A “BONA VITA” TODAY AS THEN

Retracing the same centuries-old hospitality tradition of the thermal “Baths”, the Hotel Garden Terme proposes to the Guests the treatments for a “bona vita”, made of physical and mental well-being, with the Salts from its springs, the mud therapy, the inhalation therapies: **thermal medicine** precisely!



The extraordinary qualities of the waters and especially of the thermal salts were known since ancient era and their fame never failed over time: in 1300 Jacopo Dondi dell’Orologio, **Francesco Petrarca’s** personal physician who then resided in nearby Arquà, wrote about it in “*De causa salsedinis aquarum*”.



GUESTS AT THE DOGES' TABLE

“Bona vita” and “well-being”, they mean also good food and good drinking: : **the Hotel Garden Terme offers to the Guests many recipes from centuries-old Venetian cuisine.**

A feast of ancient flavours, qualified in satisfying the most demanding tastes, enhanced by the distinguishing selection of wines historically linked to the table of the Doges of Venice. And in the path of the “Serenissima” tradition, even the **Caffè del Doge®** produced by the olden Venetian roasting, reminds to the Guests that the history of the most widespread drink in the world begins exactly in Venice, in the XVII° century, when it was still considered a medicinal and healthy infusion.



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Gottardo Family Management

Corso delle Terme, 7 . 35036 Montegrotto Terme . Padova (Italy)

Tel. +39 049 8911699 . Fax +39 049 8910182

E-mail: garden@gardenterme.it

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