



ARGENTARIO GOLF RESORT & SPA  
your private tuscan

### **Get Fit in the Great Outdoors this Autumn at Italy's Argentario Resort**

*Tuscany, Italy, August 2020:* Italy's Argentario Golf Resort & Spa, set in extensive grounds adjacent to a nature reserve ([www.argentarioresort.com](http://www.argentarioresort.com)), is offering a 'Fitness Break' package from Euros 772.5 per person this Autumn that includes working out with a Personal Trainer in the great outdoors and access to the Resort's range of sport and exercise facilities.

After the confines of lockdown a few days under the Tuscan sun at Argentario is the ideal place to be for fitness fanatics craving fresh air, space and healthy eating. Set in 77 hectares of unspoilt Mediterranean nature allowing for easy social distancing, the Resort gives guests plenty of opportunity to improve their fitness against a picturesque backdrop of the Monte Argentario peninsula, the Orbetello Lagoon awash with flamingos and the Tyrrhenian Sea.



*The extensive, natural surroundings of Argentario*

At same time as getting fit or fitter, the Resort also offers guests the chance to enjoy some healthy, local cuisine created by in-house chef, Emiliano Lombardelli, using produce from the Resort's organic kitchen garden and nearby farms.

Autumn meanwhile is the perfect time to visit the five-star hotel in the heart of the unspoilt Maremma as at this time of year you will be assured of some late Tuscan sun and warm, balmy weather creating perfect conditions for outdoor activities. Moreover as we head into the mid-season in September and October, the package costs have been reduced to reflect this, offering excellent value for money whilst special midweek stays are also available at a discount.

In addition to a championship golf course, designated as the PGA National Italy last year, and excellent practice facilities, Argentario provides guests with all the requirements for a truly active holiday.

The wide range of other outdoor facilities include padel and tennis courts, a mini football pitch and jogging tracks around the property whilst the extensive gym offers further opportunities for body toning. E-cycles are also available to hire on site whilst a number of trekking routes are easily accessed from the property.



*The Argentario Resort offers a range of activities for fitness fanatics*

For some post-exercise rest and relaxation, the Resort's 2,700 m<sup>2</sup> spa is open in accordance with regional Covid guidelines as are the property's two swimming pools (one indoor and one outdoor).

The three-night 'Fitness Break' package, starting from Euros 772.5 per person\* in a shared double room, includes:

- Daily Buffet Breakfast
- 2 hours of fitness training per day with a Personal Trainer
- A healthy, post-workout snack
- One welcome dinner at the Club House Restaurant (3 courses, beverages excluded)
- Sports & Nature: use of the golf driving range, tennis & padel courts, jogging paths and mini football pitch
- Spa Access (advance booking is required for the use of the various services and spaces)
- Garage Parking
- Wi-fi internet

\* based on the seasonality and availability of the Resort

Argentario is easily accessed from Rome Fiumicino Airport by car in just 90 minutes whilst Rome Ciampino and Pisa are just over two hours away.

Please note that now more than ever, the Resort is wholeheartedly committed to protecting the health and safety of all its guests – as well as its employees - without compromising the high quality level of experience of staying at the hotel, known for its personal service and attention to detail.

For reservations: T: +39 0564 810292 or E: [booking@argentarioresort.it](mailto:booking@argentarioresort.it)

### **\*\*\*Further Notes on Health, Hygiene & Safety at Argentario**

The Resort is proud to maintain the highest standards of hygiene and cleanliness. It follows the most up-to-date standards and protocols established by international experts and government entities, including the World Health Organization and the Centres for Disease Prevention and Control, in order to optimize the effectiveness of our response.

- The Argentario team receives continuous directives and updated operating protocols
- The Resort has increased the frequency of cleaning and sanitizing services in common areas and rooms
- Guests will find at their disposal disinfectant gel dispensers and kits with mask & mini sanitiser gel
- The Resort will continue to apply the latest safety and hygiene precautions in its restaurant services, sport facilities and wellness centre
- In addition to these measures, Argentario encourages guests to find additional information on travel safety. The World Health Organization (WHO) has issued numerous recommendations to reduce exposure to a range of diseases, including hand and respiratory hygiene and food safety measures.

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For further information and/or high res images, please contact: Helen Heady, Heady PR, on behalf of Argentario Golf Resort & Spa on T: +44 (0)20 8789 0900 or +44 (0)7966 491 509 or E: [helen@headypr.co.uk](mailto:helen@headypr.co.uk)

**Notes for Editors** The luxurious Argentario Golf Resort & Spa, located in the Maremma region of Tuscany, is an ideal destination for those looking for relaxing holiday that combines golf, wellness and gastronomy.

Set in an area of outstanding natural beauty on the Monte Argentario promontory, the resort is home to an eco-friendly golf course that meanders through cork-oak woods and olive groves. In 2019, it was awarded the status of PGA National Italy by The PGA.

The five-star hotel is a triumph of design and comfort throughout; a majestic entrance, a dramatic central stairway and huge windows are in stunning contrast to the intense blue Tuscan sky and Mediterranean landscapes whilst the 73 rooms and suites offer sleek, modern interiors that are beautifully appointed, all with private decked terraces.

The Resort also offers a comprehensive spa and wellness centre and a range of sporting activities whilst the Dama Dama Restaurant and Club House serve delicious, healthy local cuisine prepared from locally-sourced produce.

Nearby the Argentario Golf Villas, an exclusive collection of bespoke luxury villas, boast ground-breaking design and views of the lagoon, sea and golf course that blend seamlessly into the landscape. Owners benefit from a range of amenities and services offered by Argentario Golf Resort & Spa, including 24-hour security, property management and a rental programme.

Outside the Resort, the Monte Argentario promontory offers a variety of outdoor spaces and services that guarantee social distancing with its 50km of coast with wide, sandy beaches of the Silver Coast, nature trails that can be explored on foot or by bike and extremely-safe yacht and boat rental services.