
Caldas de Monchique

ABOUT



Caldas de Monchique

Situated roughly 250 metres above sea level, in a beautiful valley of the Serra de Monchique, in the midst of luxuriant vegetation and beautiful sunlight, this spa is an unexpected oasis of peace and tranquillity and a genuine paradise for all those who visit it. The highest point in the mountains is the peak known as Foia, from where there is a magnificent view over a landscape full of contrasts.

A century before the birth of Christ, the waters of Monchique were already much appreciated as a treatment for bodily and spiritual fatigue by the Romans, who gave them the name of "sacred waters", as is proved by the numerous important archaeological finds that have been made in the area round the thermal springs of Monchique.

This is the Algarve with a difference - a peaceful and calm environment that will give you the rest you so cherish.

Nearby, the former Arab capital of Silves deserves a special mention, as does Sagres, a place which evokes memories of the epic period of the Discoveries and their great inspirer, Prince Henry the Navigator (14-15C).

Contacts

Address: Caldas de Monchique 8550-232 Monchique
Telephone: +351 282 910 910
Fax: +351 282 910 991
E-mail: spa@monchiquetermas.com
Website: www.monchiquetermas.com

Characteristics and Services

Tipo de agua: Bicarbonated, sodic and fluorinated
pH level: 7,6
Water temperature: 31
Accommodation facilities available
Restaurant

Indicações Terapêuticas

Indicacoes Terapeuticas: Diseases of the digestive and respiratory system, Rheumatic and musculoskeletal diseases.

Timetable

All year: 10am / 6pm

Epoca termal: All year round

Acessibilidade

Disabled access
