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# Baths, Spas and Thalassotherapy

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## Alentejo

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### Fronteira

#### **Termas da Sulfúrea - Cabeço de Vide**

**Address:** Sulfúrea - Termas de Cabeço de Vide Avenida da Liberdade, 45 D 7460-004 Cabeço de Vide

**Telephone:** +351 245 634 206 **Fax:** +351 245 634 444

**E-mail:** [jfreg.cabecodevide@mail.telepac.pt](mailto:jfreg.cabecodevide@mail.telepac.pt) **Website:** <http://www.jf-cabecodevide.pt>

#### **Timetable:**

From Monday to Sunday: 8am - 12.30pm / 4.30pm - 7pm;

Bathing Season: From 16 March to 15 November;

#### **Characteristics and Services:**

Water type: Sulphurous, hydroxylated and hyposaline;

The thermal spa resort of Cabeço de Vide, with its remains of an ancient Roman bathhouse that is said to date from the time of Augustus Caesar (119 BC), best known as Termas da Sulfúrea, is a quiet and pleasant place in which to relax.

Situated in the valley of Ribeira da Vide, about 1 kilometre to the southeast of the town, the spa is considered to be an oasis in the Alentejo plain, bringing together the therapeutic properties of the waters and the relaxing environment of the region.

The building in which it is located has three floors which, in addition to the treatment areas, also include reception areas, indoor pools, cooling zones, a gym, a spa, a bar/café and an interior unroofed patio.

The healing properties of these waters have been used for about 4,000 years, and are recommended for the treatment of osteo-articular conditions (rheumatism), respiratory problems (asthma, bronchitis, sinusitis, rhinitis) and skin diseases, and its unique characteristics make this resort one of the busiest in the country.

### Nisa

#### **Termas da Fadagosa de Nisa**

**Address:** Ternisa, E.M. - Apartado 90 6050-909 Nisa

**Telephone:** +351 +351 245 799 050 / 927 814 393/4 **Fax:** +351 245 799 059

**E-mail:** [ternisa@gmail.com](mailto:ternisa@gmail.com) **Website:** <http://www.termasdenisa.pt>

#### **Timetable:**

From Monday to Sunday: 8am / 8pm; Bathing Season: From 1st April to 30th November;

#### **Characteristics and Services:**

Water type: Sulphurous, bicarbonated, sodic; pH level: 8,15 ± 0,17; Water temperature: 19°C;

Fadagosa de Nisa Spa is located in a region where the Tagus confines with Nisa Municipality for more than 40 km, having landscapes of great beauty.

Nearby, there are several important vestiges of the roman presence and of rupestral art, from which we stand out the Megalithic complex of S.Gens.

## Algarve

### Albufeira

#### **Real Spa Health Club - Real Bellavista Hotel & Spa**

**Address:** Av. do Estádio 8200-127 Albufeira

**Telephone:** +351 289 540 060 **Fax:** +351 289 540 061

**E-mail:** [spa.hc@realbellavista.com](mailto:spa.hc@realbellavista.com) **Website:**  
<http://www.realspaandthalasso.com>

**Timetable:**

9 am - 9 pm;

**Accessibility:**

Disabled access;

**Characteristics and Services:**

Hydro-massage baths; Seaweed treatments; Massage; Reflexology; Beauty treatments; Sauna; Turkish saunas; Accommodation facilities available; Restaurant; Gymnasium; Power showers;

**Payments:**

Credit cards accepted;

Find a unique beauty philosophy at the Real Spa & Health Club, with treatments tailored to meet your needs. Put yourself in our hands and our team will lead you to your self awareness.

Discover the solutions we have created for you, free your mind and body. Stimulate change, affect rhythms and find a total feeling of well-being.

#### **Real Spa Thalasso - Grande Real Santa Eulália Resort & Hotel Spa**

**Address:** Praia de Santa Eulália 8200-916 Albufeira

**Telephone:** +351 289 598 030 **Fax:** + 351 289 598 001

**E-mail:** [spa.grse@grandereal.com](mailto:spa.grse@grandereal.com) **Website:**  
<http://www.realspaandthalasso.com>

**Timetable:**

9 am - 8 pm Sunday: 9 am - 7 pm;

**Accessibility:**

Disabled access;

**Characteristics and Services:**

Hydro-massage baths; Seaweed treatments; Massage; Reflexology; Beauty treatments; Sauna; Turkish saunas; Accommodation facilities available; Restaurant; Gymnasium; Seawater swimming pool; Power showers;

In Real Spa Thalasso you will experience a journey to find your inner-self. Be involved in a unique philosophy that allies secular methods with avant-guard techniques. The Thalassotherapy happens with medical orientation, which defines needs and treatments for each person. The ocean and its bio-elements bring together the active beginnings of re-mineralization, detoxification, hydration, oxygenation and tonification. Put yourself in our hands and our team will lead you to your self-awareness. Discover the solutions we have created for you, free your mind and body. Stimulate change, affect rhythms and find a total feeling of well-being.

Located in Grande Real Santa Eulália Resort & Hotel Spa, Albufeira, Real Spa Thalasso has 1200m<sup>2</sup> of a well decorated and equipped space, managed by specialized professionals.

With 16 treatment rooms and one thalasso animated pool, Hammam, Chromotherm, Vichy Shower and Sauna. This is the right place, dedicated to revive the body and relax the mind.

All this allied to the most varied techniques of physical exercise, with a modern space of Cardio Fitness as backdrop and a wide range of menus elaborated by qualified nutritionists will make of the Grande Real Santa Eulália Resort & Hotel SPA the ideal shelter for all those who look for the true well-being.

### Lagoa

#### **Vilalara Thalassa Resort**

**Address:** Praia das Gaivotas, Alporchinhos, Porches 8400-450 Lagoa

**Telephone:** +351 282 320 000 **Fax:** +351 282 320 077

**E-mail:** [reservas@vilalaresort.com](mailto:reservas@vilalaresort.com) **Website:**  
<http://www.vilalaresort.com>

**Characteristics and Services:**

Hydro-massage baths; Seaweed treatments; Massage; Beauty treatments; Sauna; Turkish saunas; Gymnasium; Aquatic gymnastics; Pressure-therapy; Aerosols; Power showers;

## Monchique

### Caldas de Monchique

**Address:** Caldas de Monchique 8550-232 Monchique

**Telephone:** +351 282 910 910 **Fax:** +351 282 910 991

**E-mail:** [spa@monchiquetermas.com](mailto:spa@monchiquetermas.com) **Website:**

<http://www.monchiquetermas.com>

#### **Timetable:**

All year: 10am / 6pm; Bathing Season: All year round;

#### **Other informations:**

Leisure Activities: Tennis, Golf and Hunting.;

#### **Characteristics and Services:**

Water type: Bicarbonated, sodic and fluorinated; pH level: 7,6;

Water temperature: 31; Accommodation facilities available;

Restaurant;

#### **Accessibility:**

Disabled access;

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).

## Olhão

### Real Spa Thalasso - Real Marina Hotel & Spa

**Address:** Av. 5 de Outubro 8700-307 Olhão

**Telephone:** +351 289 091 300 **Fax:** +351 289 091 301

**E-mail:** [spa@realmarina.com](mailto:spa@realmarina.com) **Website:**

<http://www.realspaandthalasso.com>

#### **Timetable:**

9 am - 8 pm Sunday: 9 am - 7 pm;

#### **Accessibility:**

Disabled access;

#### **Characteristics and Services:**

Hydro-massage baths; Seaweed treatments; Massage;

Reflexology; Beauty treatments; Sauna; Turkish saunas;

Accommodation facilities available; Restaurant; Gymnasium;

Power showers;

#### **Payments:**

Credit cards accepted;

The Hotel has a Spa with 1000m2, well decorated and equipped, managed by specialized professionals. With 9 treatment rooms and one heated pool, Turkish Bath, Vichy Shower and Sauna.

This is the right place, dedicated to revive the body and relax the mind. All this allied to the most varied techniques of physical exercise, with a modern space of Cardio Fitness as backdrop and

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a wide range of menus elaborated by qualified nutritionists will make of Real Marina Hotel & Spa the ideal shelter for all those who look for the true well-being.

## Portimão

### **Prainha Clube**

**Address: Praia dos Três Irmãos 8500-072 Alvor**

**Telephone: +351 282 458 258 Fax: +351 282 458 258**

**E-mail: thalgotprainhahealthclub@gmail.com Website: <http://www.prainha.net>**

#### **Timetable:**

Open Monday to Saturday from 9 am to 10 pm;

#### **Characteristics and Services:**

Hydro-massage baths; Seaweed treatments; Massage; Beauty treatments; Sauna; Turkish saunas; Gymnasium; Aquatic gymnastics; Seawater swimming pool; Power showers;

#### **Payments:**

Credit cards accepted;

## Vilamoura

### **Vila Sol World-Class Spa**

**Address: Morgadinhos - Vilamoura**

**Telephone: +351 289 300 550 Fax: +351 289 300 566**

**E-mail: [spa@vilasol.pt](mailto:spa@vilasol.pt) Website: <http://www.vilasol.pt>**

#### **Timetable:**

9 am - 8 pm;

#### **Other informations:**

All treatments at Vila Sol SPA have been developed to appeal to the senses using products as close to nature as possible to ease into a relaxed state of mind. The line of services includes a full range of hydrotherapy treatments, skin care and body treatments, massages and manual therapies. From the pool specially designed for aqua-gym and underwater jet massages to all hydrotherapy services including balneotherapy, jet showers, massages under Vichy shower and seaweed applications. From a large range of facials adapted to individual needs to body scrubs or wraps. From traditional Swedish or sport massages to oriental massage techniques such as reiki or shiatsu offered on a floor mat, all the services have been designed with the well-being and comfort of the guests in mind, helping them retrieve a natural balance of health and energy. All the treatments are performed by certified and highly trained health and beauty professionals dedicated to deliver the ultimate soothing spa experience through irreproachable service.;

## Azores

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## Ilha da Graciosa

### Termas do Carapacho

**Address:** Rua Doutor Manuel de Sousa Menezes

Carapacho 9880-152 Santa Cruz da Graciosa

**Telephone:** +51 295 730 505

**E-mail:** [termas.carapacho@graciosahotel.com](mailto:termas.carapacho@graciosahotel.com) **Website:**

<http://www.graciosahotel.com>

Carapacho Thermal Spa

The Carapacho thermal springs are located in Graciosa island,

next to the sea.

The thermal waters were discovered in 1750, and their medicinal

properties gained fame in the Azores, in the 18th and 19th

centuries.

The Carapacho thermal spa also includes a series of 19th-

century summer residences.

## Ilha de São Miguel

### Termas das Furnas

**Address:** Rua das Caldeiras, nº 14 Furnas 9675-022

Povoação / São Miguel

**Telephone:** +351 296 549 000 **Fax:** +351 296 549 001

**E-mail:** [reservas@furnasspahotel.com](mailto:reservas@furnasspahotel.com) **Website:**

<http://www.furnasspahotel.com>

#### **Timetable:**

Bathing Season: All year;

#### **Accessibility:**

Disabled access;

#### **Characteristics and Services:**

Accommodation facilities available; Restaurant;

## Centro de Portugal

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### Aguiar da Beira

#### Caldas da Cavaca

**Address:** Aguiar da Beira 3570-026 Aguiar da Beira /  
Guarda

**Telephone:** +351 232 680 192 / 232 689 102 **Fax:** +351  
232 688 894

**E-mail:** [geral@caldasdacavaca.pt](mailto:geral@caldasdacavaca.pt) **Website:**

<http://www.caldasdacavaca.pt>

#### **Characteristics and Services:**

Water type: Sulphurous, bicarbonated, sodic and fluorinated. ;

#### **Timetable:**

Bathing Season: From May to October ;

## Almeida

### Termas de Almeida Fonte Santa

**Address:** Encosta da Fonte Santa 6350 Almeida / Guarda

**Telephone:** +351 271 571 123 / +351 271 571 080 **Fax:**  
+351 271 571 081

**E-mail:** geral@almeidamunicipia.pt **Website:**

**http://www.almeidamunicipia.pt**

#### Timetable:

8am - 12.30pm / 2pm - 8pm; Bathing Season: From May to December;

#### Other informations:

Brief description of the infrastructure and tourist animation: Gymnasium, Guided Tours to the Historical Center of Almeida; Library; Military History Museum; Center of Studies of the Military Architecture; Swimming-pools; Tennis; Vilar Formoso Border; Horse Riding; Fairs; Exhibitions. Visitors can enjoy the proximity of the Fortress of Almeida, with one of the best preserved walls in Europe and a unique bunker in the world (casamatas), where it was recently installed the Military History Museum.;

#### Characteristics and Services:

Water type: Sulphurous, bicarbonated, sodic; pH level: 8,7;

#### Accessibility:

Disabled access;

Almeida's Fonte Santa SPA - The mineral waters of the Thermal Complex of Almeida sprout on the scarps of the mountains that form the vale through which the Côa River flows at 560m altitude, about 3,5 km Northwest of Almeida, district of Guarda. Surrounded by a green landscape, it is a great destination to escape from the stress of everyday's life, reloading energies through the welfare that a SPA program can offer. The Thermal Complex consists of a treatments area (balneotherapy), gymnasiums, sauna, Turkish baths, massages cabinets, and a medical area consisting of a waiting room, medical secretary, medical office, and the Clinical Director's office, having as its main vocations, beyond the people's welfare and stress relieving, the treatment of respiratory and rheumatic diseases, and musculoskeletal disorders.

## Caldas da Rainha

### Termas das Caldas da Rainha

**Address:** Hospital Termal Rainha D. Leonor - Centro Hospitalar das Caldas da Rainha Largo Rainha Dona Leonor 2500-176 Caldas da Rainha

**Telephone:** +351 262 240 012 **Fax:** +351 262 880 579

**E-mail:** termas@cm-caldas-rainha.pt **Website:** **http://www.mcr.pt/webcenter/portal/mcr/Visitar/Termas+Caldas+da+Rainha**

#### Characteristics and Services:

Water type: Sulphurous, calcic, chlorinated, sodic ; pH level: 6.7;

Water temperature: 35; Accommodation facilities available;

Restaurant;

#### Timetable:

Bathing Season: All year round;

#### Accessibility:

Disabled access;

The foundation of this locality is deeply connected with Queen D. Leonor, the wife of King João II, who, in the 15th century, ordered the construction of equipments to help patients enjoying the benefits of those thermal waters.

Caldas da Rainha is one of the most important spas in Portugal which, throughout the times, have been demanded by the majority of portuguese Kings with the purpose of making their

annual cure.

## Castro Daire

### Termas do Carvalho

**Address: Rua do Balneário - Termas do Carvalho**

**3600-398 Mamouros (Viseu)**

**Telephone: +351 232 382 342 - 232 315 881 Fax: +351 232 315 882**

**E-mail: geral@termasdocarvalho.com Website: <http://www.termasdocarvalho.com>**

#### Timetable:

8.30 am-12.30 pm / 2.40 pm-7 pm; Bathing Season: From February to December.;

#### Other informations:

Leisure activities: Tennis, canoeing and training circuit (27 kms);

#### Characteristics and Services:

Water type: The water combines several elements, such as sulphur, bicarbonate, sodium and fluoride.; pH level: 9,3; Water temperature: 42º; Accommodation facilities available;

Restaurant;

#### Accessibility:

Disabled access;

Water Village/Aldeia da Água reflects the outstanding elements which characterize Castro Daire. It allies hot springs to rural world, countryside, nature, secular traditions and local gastronomy.

The landscape combines the mountain range of Montemuro and River Paiva, a memorable scenery where new experiences happen underneath Nature's own and exclusive rhythm.

"The Village is this quietness made of silence and little houses, of woods and flocks."

This rustic environment, already forgotten by many, is waiting for you. Water Village/Aldeia da Água will reveal remarkable codes, codes which will provide you pleasure and well-being.

Dare!

## Covilhã

### Aquadome - Estabelecimento Termal de Unhais da Serra

**Address: Avenida das Termas - Unhais da Serra**

**6200-999 Covilhã**

**Telephone: +351 275 970 030 Fax: +351 275 970 038**

**E-mail: geral@aquadome.com.pt Website: <http://www.h2otel.com.pt>**

#### Timetable:

open everyday: 9am to 8pm; Bathing Season: From 15 May to 15 November;

#### Other informations:

Leisure activities: Tennis and Swimming pool (23 kms);

#### Characteristics and Services:

Water type: Sulphurous, bicarbonated, sodic and hydrosulphide; pH level: 8.5; Water temperature: 38º; Accommodation facilities available; Restaurant;

#### Accessibility:

Disabled access;

## Curia

### Termas da Curia

**Address:** Curia 3780-541 Tamengos

**Telephone:** +351 231 519 825

**E-mail:** [termas@termasdacuria.com](mailto:termas@termasdacuria.com);  
**reservas@termasdacuria.com** **Website:**  
<http://www.termasdacuria.com>

#### Other informations:

Leisure Activities: Tennis, Horse-riding, Bicycle and Boat Hire, Fitness Training Circuit, Mini-Golf, Fishing, Swimming, Clay Pigeon Shooting and Sports.;

#### Characteristics and Services:

Water type: Sulphurous, calcic and magnesian; pH level: 7.2;  
Water temperature: 19; Accommodation facilities available;  
Restaurant;

#### Timetable:

Bathing Season: All year round;

#### Accessibility:

Disabled access;

In the heart of Bairrada, a region with natural and man-made landscapes all of its own, Curia Spa is one of the most prestigious in the country. Located in Curia Park near a kilometre-long lake, the spa facilities are surrounded by trees and greenery.

In addition to its exceptional attributes, Curia benefits from being one of the points of the famous Curia - Luso - Buçaco tourist triangle, a zone that brings together a remarkable wealth of ethnographical treasures, folklore art and monuments.

## Guarda

### Termas de Longroiva

**Address:** Lugar do Rossio 6430-071 Longroiva / Guarda

**Telephone:** +351 279 849 230 **Fax:** +351 279 849 235

**E-mail:** [geral@termasdelongroiva.com.pt](mailto:geral@termasdelongroiva.com.pt) **Website:**  
<http://www.termasdelongroiva.com.pt>

#### Timetable:

From Monday to Friday: 8am - 12pm / 4pm - 8pm; Saturday: 8am - 2pm; Bathing Season: From May to November;

#### Characteristics and Services:

Water type: Sulphurous, bicarbonated, sodic ; pH level: 8,79;  
Water temperature: 46º; Accommodation facilities available;  
Restaurant;

#### Accessibility:

Disabled access;

## Lourinhã

### **Termas do Vimeiro**

**Address:** Rua da Ribeira 2560- 084 Maceira / Torres Vedras

**Telephone:** +351 261 980 800 **Fax:** +351 261 984 621

**E-mail:** [termasvimeiro@ohotelsandresorts.com](mailto:termasvimeiro@ohotelsandresorts.com) **Website:** <http://www.ohotelsandresorts.com>

**Timetable:**

From Monday to Sunday: 8.30am - 1pm / 3pm - 7pm; Bathing Season: From June to October;

**Other informations:**

Leisure Activities: Golf, Tennis, Horse-riding, Fishing, Swimming, Windsurfing, Bingo, Sports, Beach and Health Club - Hotel Golf Mar.;

**Characteristics and Services:**

Water type: Chlorinated, sodic ; pH level: 7.1; Water temperature: 26; Accommodation facilities available;

**Accessibility:**

Disabled access;

The peaceful spa of Vimeiro is located in the district of Torres Vedras, in the beautiful Western Region, and is reputed to have been known since remote antiquity. The high point in its history was an important battle that took place there between the Anglo-Portuguese forces and the French army during the Napoleonic invasions (19th century).

Facing the sea and surrounded by verdant groves , the spa provides a tranquil and relaxing environment.

## **Luso**

### **Termas do Luso**

**Address:** Rua Álvaro Castelões3050-230 Luso

**Telephone:** +351 231 937 910

**E-mail:** [geral@termasdeluso.pt](mailto:geral@termasdeluso.pt) **Website:** <http://www.termasdeluso.pt>

**Timetable:**

1 April / 30 September: Monday to Friday: 8am / 7pm; Saturday, Sunday and holidays: 9am / 8pm 1 October / 31 March: Monday to Friday: 8am / 6pm; Saturday, Sunday and holidays: 9am / 7pm ; Bathing Season: All year;

**Other informations:**

Leisure Activities: Tennis, Bingo, Boat Hire, Mini-Golf, Fitness Training Circuit, Swimming, Canoeing, Games Room and Squash.;

**Characteristics and Services:**

Water type: hyposaline, mesothermal, chlorinated and sodic.; pH level: 5.5; Water temperature: 27;

The old settlement of Luso is a welcoming small town of great character. Its excellent conditions and extremely pure waters make Luso one of the most important Portuguese spas.

Nearby are the enchanting hills of Buçaco, where you can appreciate the delights of nature in all their glory and the city of Coimbra, one of the oldest university cities in Europe, with centuries-old academic traditions remaining intact.

## Mação

### Termas da Ladeira de Envendos

**Address:** Envendos 6120-019 Envendos (Mação)

**Telephone:** +351 276 990 900 **Fax:** +351 276 907 359

**E-mail:** [termas@unicer.pt](mailto:termas@unicer.pt)

#### Timetable:

From Monday to Sunday: 8am - 12pm / 4pm - 7pm; Bathing

Season: From May to October;

#### Characteristics and Services:

Water type: Siliceous, chlorinated, sodic and hyposaline; pH level: 4.7; Water temperature: 21°;

Envendos is an ancient locality in the municipality of Mação, not only with important archaeological vestiges, but also with strong traditions and habits that constitute a cultural heritage of enormous and unique value.

Being controverse the origin of its toponym, we know, however, that the village belonged to the diocese of Idanha-a-Velha (Egitânia, in the roman period), one of the most important cities of the former Lusitania.

Nearby, close to Ladeira village, the excelent mineral waters, of enormous curative value, spring warm in a copious flow in the so called Desfiladeiro de Águas Quentes (Hot Waters Gorge).

## Mangualde

### Termas de Alcafache

**Address:** Rua do Balneário 3530-029 Alcafache

**Telephone:** +351 232 479 797 / 96 27 95 733 **Fax:** +351 232 471 296

**E-mail:** [geral@termasdealcafache.pt](mailto:geral@termasdealcafache.pt) **Website:**

<http://www.termasdealcafache.pt>

#### Timetable:

9am - 1pm / 4pm - 7pm; Bathing Season: From March to November;

#### Other informations:

Leisure activities: fishing;

#### Characteristics and Services:

Water type: Sulphurous, bicarbonated and sodic; pH level: 8.4;

Water temperature: 50; Accommodation facilities available;

Situated in the Beira Alta, in the peaceful rural atmosphere of the Dão valley, roughly 9 kilometres from Viseu, the spa is surrounded by a harmonious landscape of vineyards, pinewoods and apple orchards that fill the air with their scent.

One interesting particularity is the fact that some of its waters spring from cracks in the granite rocks situated on the river bed. The spa of Alcafache is a small paradise protected from the pollution and stress of city life. In an area that spreads over more than 20,000 square metres, mind and body can rest and regain their strength in the peaceful shade of the extensive pinewoods here.

As a complement to its regular activities, the spa of Alcafache, in conjunction with the Dão-Lafões Tourism Region, organises a varied programme of cultural entertainment, which includes folk dancing and singing, concerts of jazz, pop and Brazilian music, and much else besides.

## Manteigas

### Termas de Manteigas

**Address:** Manteigas - Apartado 17 6260-012 Manteigas

**Telephone:** +351 275 980 300 **Fax:** +351 275 980 340

**E-mail:** [inatel.manteigas@inatel.pt](mailto:inatel.manteigas@inatel.pt) **Website:**  
<http://www.inatel.pt>

#### Timetable:

8am - 10m / 2pm - 5pm; Bathing Season: From 1st March to 31st November;

#### Other informations:

Leisure activities: Tennis, jogging and mountainering;

#### Characteristics and Services:

Water type: Sulphurous, bicarbonated, sodic and fluorinated.; pH level: 9; Water temperature: 48; Accommodation facilities available; Restaurant;

#### Accessibility:

Disabled access;

It is in the heart of Serra da Estrela, a mythical place associated to the resisting forces against the roman occupation, that the springs of Caldas de Manteigas have their origins.

The Spa, that has been assuming an increasing importance as a tourism and restness place, is located near Manteigas village, in the valley of Zêzere, inside the magnificent scenery of the biggest portuguese Serra.

## Monfortinho

### Termas de Monfortinho

**Address:** Monfortinho 6060-072 Monfortinho

**Telephone:** +351 277 430 400 **Fax:** +351 277 430 409

**E-mail:** [termas.monfortinho@monfortur.pt](mailto:termas.monfortinho@monfortur.pt) **Website:**  
<http://www.monfortur.pt>

#### Timetable:

From Monday to Sunday: 8.30am - 1pm / 4.30pm - 6.30pm;  
Bathing Season: From 1st January to 31th December;

#### Other informations:

Leisure Activities: Tennis, Bicycle and Boat Hire, Badminton, Fitness Training Circuit, Mountaineering, Fishing, Hunting, Swimming, Windsurfing, Skating, Mini-Golf, Sports and Clay Pigeon Shooting.;

#### Characteristics and Services:

Water type: Hyposaline and containing carbon anhydride; pH level: 5.7; Water temperature: 31; Accommodation facilities available;

#### Accessibility:

Disabled access;

The existence of Roman remains has led to the belief that the Monfortinho springs were used during the Roman colonisation, although it is only from the 17th century onwards that there is reliable evidence of their use. The spa became important in the forties(20th c.) with the building of newfacilities, and today is one of the most prestigious in the country.

Located in Beira Baixa, on a wind-sheltered plateau, Monfortinho Spa benefits from the excellent local microclimate. Closeby is Idanha-a-Velha, an ancient city of Egitânia, that stands as a remarkable witness to the history and culture of the Portuguese people.

The programmes specially directed towards physical and mental relaxation complement each other to guarantee that a visit to Monfortinho Spa is well worthwhile.

## Monte Real

### Termas de Monte Real

**Address:** Rua de Leiria 2426-909 Monte Real

**Telephone:** +351 244 619 020 **Fax:** +351 244 619 029

**E-mail:** [balneario@termasdemontereal.pt](mailto:balneario@termasdemontereal.pt); [geral@termasdemontereal.pt](mailto:geral@termasdemontereal.pt) **Website:** <http://www.termasdemontereal.pt>

#### Timetable:

From Monday to Saturday: 8am - 12pm / 4pm - 6pm; Sunday: 8am - 11am; Bathing Season: All year;

#### Other informations:

Leisure Activities: Tennis, Horse-riding, Bicycle Hire, Badminton, Fitness Training Circuit, Caving, Mini-Golf, Fishing, Hunting, Swimming, Windsurfing, Skating, Bingo and Clay Pigeon Shooting.;

#### Characteristics and Services:

Water type: Sulphurous, sulphated and calcic.; pH level: 7.2; Water temperature: 18º; Accommodation facilities available; Recently opened to the public, the Monte Real Thermal Park consists of the Monte Real Hot Springs, the Monte Real Palace Hotel and the Monte Real Spa, stretching over an area of 24 hectares which also includes 2 tennis courts, a children's park, a mini-golf course and a keep-fit circuit.

The Monte Real Spa dates back to Roman times, even though its commercial exploitation only began in the early 20th century. Since then, this spa has become a synonym for rest, relaxation and leisure, and is now the preferred destination of all those looking for a sense of completeness and well-being.

## Nelas

### Caldas da Felgueira

**Address:** Av. António Marques - Caldas da Felgueira  
3525-210 CANAS DE SENHORIM (Viseu)

**Telephone:** +351 232 945 000 **Fax:** +351 232 945 002

**E-mail:** [termas@termasdafelgueira.pt](mailto:termas@termasdafelgueira.pt) **Website:** <http://www.termasdafelgueira.pt>

#### Other informations:

Leisure Activities: Tennis, Horse-riding, Bicycle Hire, Fitness Training Circuit, Fishing, Hunting, Swimming, Sports and Clay Pigeon Shooting.;

#### Characteristics and Services:

Water type: Sulphurous, bicarbonated, sodic and fluorinated.; pH level: 8.4; Water temperature: 35.8º; Accommodation facilities available;

#### Timetable:

Bathing Season: From 4th March to 20th November;

In use since the end of the 18th century, the hot springs of Felgueira, or Caldas do Vale de Madeiros as they were known until 1880, were popular from the beginning, though especially so early in the 19th century.

Located in a peaceful and welcoming site, with the Serra da Estrela mountain range in the background and the serenity of the River Mondego closeby, this small spa transmits an incomparable sensation of peace and well being.

## Sabugal

### Termas do Cró

**Address:** Praça da República 6324-007 Sabugal

**Telephone:** +351 271 581 818 **Fax:** +351 271 581 818

**E-mail:** [termas.cro@cm-sabugal.pt](mailto:termas.cro@cm-sabugal.pt) **Website:**  
<http://www.cm-sabugal.pt>

### Timetable:

Bathing Season: From May to October;

### Characteristics and Services:

Water temperature: 23°;

## São Pedro do Sul

### Termas de São Pedro do Sul

**Address:** Praça Dr. António José de Almeida - Termas de São Pedro do Sul 3660-692 Várzea

**Telephone:** +351 232 720 300 **Fax:** +351 236 712 152

**E-mail:** [geral@termas-spsul.com](mailto:geral@termas-spsul.com) **Website:**  
<http://www.termas-spsul.com>

### Other informations:

Leisure Activities: Tennis, Horse-riding, Boat Hire, Swimming, Canoeing, Clay Pigeon Shooting and Skating.;

### Characteristics and Services:

Water type: Sulphurous, bicarbonated, sodic and fluorinated; pH level: 8.8; Water temperature: 69; Accommodation facilities available;

### Timetable:

Bathing Season: All year round;

### Accessibility:

Disabled access;

Remains of a Roman changing room prove that this Spa was used in the period of the Roman conquest. Its original name - Balneum - gave rise to the place name Banho by which the village was known in the 11th century. It is also thought that D. Afonso Henriques (12th century), the first Portuguese monarch, frequented the baths.

From 1895 until the declaration of the Republic the spa took the name Termas da Rainha D. Amélia, after the Queen. It is situated in the outstandingly beautiful Vouga valley and has the reputation of being one of the best in the country.

The well known Portuguese writer Ramalho Ortigão wrote of it: "In S. Pedro do Sul, nature takes pride in its own exuberance, in a synthesis of colour and fertility, embroidering the meanders of the river and rising through the leaves of the hills that sweep down, gently, to the water..."

Just a few kilometres away is the city of Viseu, with its vast architectural heritage.

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## Tondela

### Termas de Sangemil

**Address:** Lajeosa do Dão 3460-160 Tondela / Viseu

**Telephone:** +351 232 672 460 **Fax:** +351 232 672 445

**E-mail:** [termasdesangemil@tondelviva.pt](mailto:termasdesangemil@tondelviva.pt) **Website:**

<http://termasdesangemil.tondelviva.pt>

**Other informations:**

Leisure activities: fishing;

**Characteristics and Services:**

Water type: Sulphurous, bicarbonated, sodic and fluorinated.; pH level: 8.6; Water temperature: 49; Accommodation facilities available;

**Timetable:**

Bathing Season: From April to November;

**Accessibility:**

Disabled access;

Sangemil village and the Spa named after it are located next to River Dão, in Tondela Municipality, in a valley surrounded by vineyards and orchards.

Like in Alcafache Spa, some of these springs have their origin in the bed of River Dão.

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## Lisboa Region

### Costa de Caparica

#### SPA Thalasso Caparica

**Address:** Av. 1º de Maio nº 25-A 2825-397 Costa de Caparica

**Telephone:** +351 212 905 655 **Fax:** +351 212 912 657

**E-mail:** [geral@thalassocaparica.com](mailto:geral@thalassocaparica.com) **Website:** <http://www.thalassocaparica.com>; <https://www.facebook.com/thalassocaparica>; <https://www.instagram.com/thalasso.caparica/>; <http://www.linkedin.com/company/thalasso-caparica>

**Timetable:**

All year;

**Characteristics and Services:**

Hydro-massage baths; Seaweed treatments; Massage; Beauty treatments; Sauna; Turkish saunas; Gymnasium; Aquatic gymnastics; Seawater swimming pool; Pressure-therapy; Maniluvium; Aerosols; Power showers; Water type: Heated Sea Water (Thalassotherapy); pH level: 7.8; Water temperature: 34º - 38º; Medical monitoring; Nutrition monitoring; Jacuzzi; Marine mud treatment;

**Payments:**

Credit cards accepted;

**Accessibility:**

Disabled access; Reception area suitable for people with special needs; Care skills: Visual impairment, Motor disability, Mental disability; Support products/services available: Visual impairment, Motor disability, Mental disability;

**Recommended treatments:**

Skin therapies; Digestive tract therapies; Respiratory therapies; Blood circulation therapies; Nervous system therapies; Rheumatic and musculo-skeletal therapies; Metabolic-endocrine system therapies;

**Well-being programmes:**

Rehabilitation programmes; Anti-ageing programmes; Detox programmes; Weight control programmes; Stress management programmes; Beauty programmes; Sports massage;

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We provide our clients with wellness and health services - body, mind and soul rehabilitation; differentiating and of extreme quality.

Several services performed with heated sea water, a differentiating and successful element in health and wellness programs, which are complemented by other services - osteopathy, physiotherapy, massages, Thalgo face and body aesthetics, holistic therapies, among others, consonant the need of each person.

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## Estoril

### **Termas do Estoril**

**Address: Av Portugal 2765-272 Estoril**

**Telephone: +351 214 658 610 Fax: +351 414 665 512**

**E-mail: geral@termasdoestoril.pt Website:**

**<http://www.termasdoestoril.pt>**

### **Timetable:**

8am / 7 pm; Bathing Season: All year round;

### **Characteristics and Services:**

Water type: hyposaline, chlorinated and sodic.;

## Madeira

### Funchal

#### **Vidamar Resort Madeira**

**Address: Estrada Monumental, 175-177 9000 Funchal**

**Telephone: +351 291 717 700 Fax: +351 291 717 701**

**E-mail: [info@madeira.vidamarresorts.com](mailto:info@madeira.vidamarresorts.com) Website:**

**<http://www.vidamarresorts.com>**

### **Characteristics and Services:**

Hydro-massage baths; Seaweed treatments; Massage; Beauty treatments; Sauna; Turkish saunas; Gymnasium; Aquatic gymnastics; Pressure-therapy; Sun beds; Maniluvium; Aerosols; Power showers;

## Ilha de Porto Santo

### Hotel Thalasso Vila Baleira

**Address:** Sítio do Cabeço da Ponta 9400-030 Porto Santo

**Telephone:** +351 291 980 890 **Fax:** +351 291 980 801

**E-mail:** [talasso@ferpinta.pt](mailto:talasso@ferpinta.pt) **Website:**

<http://www.vilabaleira.com>

The Hotel Vila Baleira is located amidst the calm beauty of the Island of Porto Santo, 4.5 km from the city centre and 6 km from the airport. The hotel is ideal for the total calm of a truly relaxing break from the routines of daily life. Facilities include one of the most modern of all thalassotherapy units specialising in health tourism and capitalising on the unique therapeutic properties of the island's fine sands and the purity of the waters around this mid-Atlantic island.

Given the excellence of its staff and facilities, the hotel provides health services of both a preventative and curative nature to an increasingly cosmopolitan global society where the frenetic pace of daily life demands a more careful attitude to the requirements of one's own body.

Facing the sea and with direct access to the beach, this complex is made up of a 256 room hotel and 56 fully equipped one-bedroom apartments. The range of services is impressive and includes the most innovative techniques in the struggle against the ailments of modern life: stress, tiredness and exhaustion, a sedentary lifestyle, dietary and digestive problems, tobacco smoking, blood-lymphatic problems, osteo and bone problems and post-natal recovery, among others. Other facilities include a Cinema, a Kid's Club and retail stores.

Thalassotherapy. Feels good, does you good.

## Porto and the North

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## Amares

### Termas de Caldelas

**Address:** Caldelas 4720-263 Amares

**Telephone:** +351 253 360 160 **Fax:** +351 253 361 136

**E-mail:** [mail@termasdecaldelas.com](mailto:mail@termasdecaldelas.com) **Website:**  
<http://www.termasdecaldelas.com>

#### Other informations:

Leisure Activities: Tennis, Fishing, Mini-Golf and Swimming.;

#### Characteristics and Services:

Water type: Bicarbonated, calcic and fluorinated; pH level: 8.3;

Water temperature: 32; Accommodation facilities available;

#### Timetable:

Bathing Season: From 1st May to 31st October;

Caldelas Spa is set in a magnificent location at the heart of Minho region, in a zone that witnessed important battles marking the birth of the Portuguese nation. With its particularly mild climate it is an excellent place for therapy and rest.

The important archaeological remains discovered there show that the hot springs were already in use in Roman times.

Near the spa are the Peneda-Gerês National Park and the city of Braga.

## Boticas

### Caldas Santas de Carvalhelhos

**Address:** Rua das Caldas (EN 520-1), 12 5460

Carvalhelhos / Boticas

**Telephone:** +351 276 410 300 **Fax:** +351 276 410 301

**E-mail:** [carvalhelhos@mail.telepac.pt](mailto:carvalhelhos@mail.telepac.pt) **Website:**  
<http://www.carvalhelhos.pt>

#### Other informations:

Leisure activities: Training circuit, fishing and hunting;

#### Characteristics and Services:

Water type: Bicarbonated, sodic and fluorinated; pH level: 7.9;

Water temperature: 22; Accommodation facilities available;

#### Timetable:

Bathing Season: From July to September;

The majestic and imponent region of Barroso, in Trás-os-Montes, is the set of Águas Santas de Carvalhelhos springs, which waters are known since the romanization period.

Apart from the magnificent show of nature in all its strength and plenitude, a stay in this region offers the possibility of meeting the features of a millenary culture, evident in strongly marked and particularly curious practises and traditions.

## Chaves

## **Chaves - Termas & Spa**

**Address:** Largo das Caldas 5400-534 Chaves

**Telephone:** +351 276 332 445 / 6 Fax: +351 276 332 447

**E-mail:** geral.termas@chaves.pt **Website:**

**http://www.termasdechaves.com**

### **Timetable:**

Monday-Saturday: 9am-7pm;

Sunday: 9am-1pm.; Bathing Season: From 1st February to 20th December;

### **Other informations:**

Leisure Activities: Golf, Tennis, Mountaineering, Mini-Golf, Fishing, Hunting, Swimming, Sports, Clay Pigeon Shooting and Gymnasiums.

### **Characteristics and Services:**

Water type: bicarbonated, rich in minerals (sodium, silica, fluoride and hydrogen); pH level: 6,6; Water temperature: 76; Accommodation facilities available; Gym; Medical monitoring; Nutrition monitoring; Vichy Shower; Aquatic gymnastics; Hydromassage; Power showers; Hand wash; Aerosols; Sauna; Turkish baths; Massage; Pressure-therapy; Beauty treatments;

### **Accessibility:**

Disabled access;

The Aquae Flavie of Roman times, Chaves is located in the heart of the Trás-os-Montes mountain range. It is one of the most important Portuguese spas, as its waters are the hottest in Europe.

The exceptional quality of its springs, which include the Alto Tâmega thermal channel, was the reason why Aquae Flavie was one of the most flourishing Iberian cities of the Roman period.

Chaves medicinal mineral water is bicarbonated, rich in minerals, especially sodium, silica, fluoride and hydrogen. By its temperature, is called hyperthermal and its main action is to stimulate the metabolic and physiological functions because of its mineralization. It has high anti-inflammatory and analgesic action is descontracturant and facilitates joint function.

## **Espinho**

### **Balneário Marinho Municipal**

**Address:** Rua 6 4500 Espinho

**Telephone:** +351 227 344 179 Fax: +351 227 31 1053

**E-mail:** cmesolarioatlantico@mail.telepac.pt **Website:** <http://portal.cm-espinho.pt/pt/equipamentos-municipais/balneario-marinho/apresentacao/>; <http://portal.cm-espinho.pt/>

### **Characteristics and Services:**

Hydro-massage baths; Seaweed treatments; Sauna; Seawater swimming pool;

## Guimarães

### Taipas Termal

**Address:** Largo das Termas4805-079 Caldas das Taipas

**Telephone:** +351 253 577 845

**E-mail:** geral@taipastermal.com **Website:**  
<http://www.taipastermal.com>

#### Timetable:

From Monday to Saturday: 8.30am / 9pm

Closed: Sundays and public holidays; Bathing Season: All year round;

#### Characteristics and Services:

Water type: Hyposaline, sodic, sulphurous, silicated and fluoridated.; pH level: 8,22; Water temperature: 33; Gym; Medical monitoring; Nutrition monitoring; Vichy Shower; Aquatic gymnastics; Hydromassage; Jacuzzi; Power showers; Seaweed treatments; Marine mud treatment; Aerosols; Sauna; Turkish baths; Massage; Pressure-therapy;

#### Payments:

Credit cards accepted;

#### Accessibility:

Disabled access; Reserved parking spaces; Accessible route to the entrance: Total; Reception area suitable for people with special needs; Accessible changing rooms and treatment areas; Care skills: Mental disability; Support products/services available: Motor disability, Mental disability;

#### Recommended treatments:

Skin therapies; Digestive tract therapies; Respiratory therapies; Blood circulation therapies; Nervous system therapies; Rheumatic and musculo-skeletal therapies;

#### Well-being programmes:

Rehabilitation programmes;

Caldas das Taipas are known since romanization and there are important vestiges of that period. The ruins of a complete balneary, found in 1867, and Pedra Epigráfica de Trajano (Trajano's Epigraphic Stone) prove that this spa had a great demand in the roman period.

Integrated in a park surrounded by River Ave, its Autumns have an almost legendary fame, because of the temperature mildness and the coloured high vineyards that characterize this region.

## Monção

### Termas de Monção

**Address:** Av das Caldas 4795-405 Monção

**Telephone:** +351 251 648 367 **Fax:** +351 251 648 367

**E-mail:** tesalmoncao@tesal.com **Website:**  
<http://www.tesal.com>

#### Timetable:

8am / 9pm; Bathing Season: All year round;

#### Other informations:

Leisure activities: Tennis, Boats for rent, Fishing and swimming pools;

#### Characteristics and Services:

Water type: Sulphurous, bicarbonated, sodic; pH level: 7.4; Water temperature: 49; Accommodation facilities available; Situated close to the border with Galicia, at the northernmost edge of the Minho region, in the midst of a leafy park by the side of the Minho river, Monção is a spa that exudes peace, quiet and freedom.

The spa is located 700 metres from the actual town of Monção in a setting of great natural beauty, in the heart of the demarcated Vinho Verde region, where Alvarinho, one of the world's truly unique wines, is produced.

Equipped with some of the most modern facilities in the country, this spa resort is surrounded by lush green vegetation, making it impossible to resist the desire to stroll amongst the centuries-old trees that are to be found there. The spa of Monção is an ideal place for enjoying some much-needed rest and relaxation.

## Murça

### Caldas de Carlão

**Address:** Candedo 5090-011 Candedo (Murça)

**Telephone:** +351 259 549 147 **Fax:** +351 259 657 393

**E-mail:** [caldasdecarlao@caldasdecarlao.com](mailto:caldasdecarlao@caldasdecarlao.com) **Website:**

<http://www.caldasdecarlao.com>

#### Other informations:

Leisure activities: Fishing;

#### Characteristics and Services:

Water type: Hypothermal, fluorinated, bicarbonated, sulphurous and sodic.; pH level: 8.2; Water temperature: 29;

Accommodation facilities available;

#### Timetable:

Bathing Season: From 1 June to 30 September;

Caldas do Carlão Spa is integrated in a beautiful scenery of tread-like vineyards, near Alijó and Murça. In Autumn, this landscape is covered by golden and copper tones, offering a rare and dazzling sight.

These waters are supposed to have been used by romans, fact proved by the vestiges found in the local where the spa is situated. From those vestiges we point out the roman road in the slope of Caldas de Carlão.

## Penafiel

### Termas de Entre-os-Rios

**Address:** Estr. Nac. 106, km 39 - Torre 4575-416 Portela PNF

**Telephone:** +351 255 616 059 **Fax:** +351 255 615 170

**E-mail:** [inatel.erios@inatel.pt](mailto:inatel.erios@inatel.pt) **Website:**

<http://www.inatel.pt>

#### Timetable:

From Monday to Saturday: 8am - 12pm / 3.30pm - 6pm Sunday:

8am - 12pm; Bathing Season: From 2nd May to 31st October;

#### Other informations:

Leisure activities: Fishing;

#### Characteristics and Services:

Water type: Bicarbonated, containing sodium hyposulphide and fluorinated; pH level: 8.7; Water temperature: 18.5°;

Accommodation facilities available; Restaurant;

#### Accessibility:

Disabled access;

In the heart of a park with centenarian trees we can find Entre-os-Rios Spa, a privileged spot where nature appears in all its splendour and magnificence.

### Termas de São Vicente

**Address:** Termas São Vicente 4575-373 Pinheiro PNF

**Telephone:** +351 255 617 080 / 964 941 987 **Fax:** +351 255 617 089

**E-mail:** [termas@termas-svicente.pt](mailto:termas@termas-svicente.pt)

#### Characteristics and Services:

Water type: Sulphurous, bicarbonated, sodic; Accommodation facilities available; Restaurant;

#### Timetable:

Bathing Season: From 15th January to 31st December;

#### Accessibility:

Disabled access;

## Resende

### **Caldas de Aregos - Balneário Rainha D. Mafalda**

**Address:** Caldas de Aregos 4660-013 Resende

**Telephone:** +351 254 875 259 **Fax:** +351 254 875 825

**E-mail:** [geral@termas-caldasdearegos.com](mailto:geral@termas-caldasdearegos.com) **Website:**  
<http://www.termas-caldasdearegos.com>

#### **Timetable:**

Monday to Saturday: 08:00 - 14:00 / 15:00 - 21:00; Sundays and Holidays: 08:00 - 12:00; Bathing Season: All year;

#### **Other informations:**

Water Sports (Sailing, Rowing, Canoeing and Power Boating), Fishing. Outside Pool, Tourists Routes and Historic Monuments and Landscaped Pedestrian. ;

#### **Characteristics and Services:**

Water type: Sulphurous, Bicarbonate, Sodium ; pH level: 9.2; Water temperature: 62;

#### **Accessibility:**

Disabled access;

The new Spa Resort appreciates all the known thermal waters sought by its therapeutic value (musculoskeletal problems, skin and respiratory tract).

Make use of our waters in a complex that promotes their welfare.

## Santa Maria da Feira

### **Termas de São Jorge**

**Address:** Lugar da Sé 4509-903 Caldas de São Jorge

**Telephone:** +351 256 910 360 **Fax:** +351 256 910 369

**E-mail:** [info@termas-sjorge.com](mailto:info@termas-sjorge.com) **Website:**  
<http://www.termas-sjorge.com>

#### **Timetable:**

From Monday to Friday: 8.30 am - 12pm / 4pm - 8pm Saturday: 8.30 am - 12pm Closed on Sunday ; Bathing Season: From 23th February to 1th December;

#### **Characteristics and Services:**

Water type: Chlorinated, bicarbonated, sodic, fluorinated and siliceous.; pH level: 8,55; Water temperature: 23; A haven providing well-being!

In the village of Caldas de S. Jorge, 25 km from Porto, you will find the ideal haven to regain your physical and psychological equilibrium that can be lost due to modern living.

With a long tradition the S. Jorge Thermal Spa are renowned for the therapeutic qualities of its sulfuretted waters in the treatment of respiratory sickness, skin ailments and muscular and skeletal illnesses. In keeping with a spa-related philosophy, whose concept includes the notion of therapeutic activity but which places ever greater value on prevention and promoting good health, the S. Jorge Thermal Spa also offers a range of treatments that are meant to provide physical and psychological well-being.

Our mission at S. Jorge Thermal Spa is to provide integrated spa-related services, in a welcoming atmosphere and with the professionalism of qualified staff.

## Santo Tirso

### Caldas da Saúde

**Address:** Caldas da Saúde 4784-907 Areias (SANTO TIRSO)

**Telephone:** +351 252 861 763 **Fax:** +351 252 861 764

**E-mail:** [termas@caldas-da-saude.pt](mailto:termas@caldas-da-saude.pt) **Website:**

<http://www.caldas-da-saude.pt>

#### **Timetable:**

Monday to Friday: 8am - 2pm / 3pm - 9.30pm Saturday: 8am - 2pm / 4pm - 8pm; Bathing Season: From 2nd January to 22th December;

#### **Other informations:**

Leisure Activities: Swimming, Health Club with Gymnasium (turkish bath, jacuzzi and swimming pool).;

#### **Characteristics and Services:**

Water type: Sulphurous, chlorinated, sodic, fluorinated; Between Vila Nova de Famalicão and Santo Tirso, Caldas da Saúde, or Caldinhas, is a pleasant and extremely peaceful spot where the priests of the Order of Santo Inácio de Loyola still stroll.

The property and spa facilities were acquired by the Companhia de Jesus in 1932, following the transfer to Portugal of the Jesuit College until then installed in La Guardia, Spain.

Nearby is S. Miguel de Seide, where Camilo Castelo Branco, one of the most celebrated Portuguese novelists of the 19th century lived and died.

## Terras de Bouro

### Termas do Gerês

**Address:** Av. Manuel Francisco da Costa, 125 4845-067

Gerês

**Telephone:** +351 253 391 113 **Fax:** +351 253 391 184

**E-mail:** [info@TermasdoGeres.pt](mailto:info@TermasdoGeres.pt) **Website:**

<http://www.TermasdoGeres.pt>

#### **Timetable:**

From Monday to Saturday: 8am - 12pm / 2pm -7pm; Bathing Season: From 1 May to 31 October;

#### **Other informations:**

Leisure Activities: Tennis, Horse-riding, Boat Hire, Fishing, Swimming and Skating.;

#### **Characteristics and Services:**

Water type: Hypothermal, fluorinated, bicarbonated, sodic, hyposaline, lithinated and siliceous.; Discovered and exploited by the Romans, the Gerês hot springs saw the first bathing establishment constructed in the reign of João V (17th century).

The exceptional quality of the waters and the spa's location in the majestic Peneda Gerês National Park, on the banks of a small river, surrounded by magnificent scenery, make this site the ideal place for calm and relaxing holidays.

The Caniçada and Salamonde dams are nearby.

## Vidago

### Termas de Vidago

**Address: Parque de Vidago Apartado 16, 5425-307**

**Vidago / Vila Real**

**Telephone: +351 276 990 970 Fax: +351 276 100 297**

**E-mail: [sparereservations@vidagopalace.com](mailto:sparereservations@vidagopalace.com) Website:**

**<http://www.vidagopalace.com>**

### Timetable:

From Monday to Sunday: 9am / 9pm; Bathing Season: All year round;

### Other informations:

Leisure Activities: Golf, Tennis, Horse-riding, Bicycle and Boat Hire, Fitness Training Circuit, Mini-Golf, Fishing, Hunting, Swimming, Clay Pigeon Shooting and Health Club - Vidago Palace.;

### Characteristics and Services:

Water type: Bicarbonated, sodic and carbo-gaseous; pH level: 6.6; Water temperature: 18; Accommodation facilities available;

### Accessibility:

Disabled access;

A prestigious spa Vidago was the favourite watering place of the Portuguese court in the 19th century and, as such, was considered the "queen of the spas". The grand and elegant spa hotel, the Palace do Vidago, is located in the middle of a leafy park and maintains a "belle époque" aura.

The cold, sparkling waters of Vidago are greatly appreciated as mineral waters, being bottled here and distributed throughout the country.

Just a few minutes away is Chaves, a locality of historic interest on account of its monuments and museums and a place with rich culinary traditions.

## Vila Pouca de Aguiar

### Termas de Pedras Salgadas

**Address: Parque de Pedras Salgadas 5450-140 Bornes de Aguiar**

**Telephone: +351 932 640 521**

**E-mail: [pedras@unicer.pt](mailto:pedras@unicer.pt) Website:**

**<http://www.aguadaspedras.com>**

### Timetable:

From Monday to Sunday: 9.30 - 12.30pm / 3pm - 7pm; Bathing Season: From May to October;

### Characteristics and Services:

Water type: Carbo-gaseous, bicarbonated, sodic; pH level: 6.3; Water temperature: 17;

### Accessibility:

Disabled access;

In 1902, the inspector of the Kingdom's Mineral Waters defined Pedras Salgadas as it follows: "For all its natural beauties, therapeutic importance and artifices' magnificence, it must be considered the most beautiful portuguese spa."

This Spa, considered unique because of the unsurpassable beauty of the park in which it is located and because of its buildings' architecture - indelible traces of a period and of a special way of living - has registred at the end of the 19th century a remarkable frequency of mineral waters' lovers, such as King Carlos.

## Vizela

### Caldas de Vizela

**Address:** Rua das Termas, 37 4815-416 Vizela

**Telephone:** +351 351 253 480 360 Fax: +351 253 480 361

**E-mail:** [termas@termasdevizela.com](mailto:termas@termasdevizela.com) **Website:**

<http://www.termasdevizela.com>

### Other informations:

Leisure Activities: Tennis, Boat Hire, Mini-Golf, Fishing, Swimming, Clay Pigeon Shooting and Skating.;

### Characteristics and Services:

Water type: Sulphurous, bicarbonated, sodic; pH level: 9.4;

Water temperature: 55; Accommodation facilities available;

Restaurant;

### Timetable:

Bathing Season: From 1st March to 30th November;

Caldas de Vizela provides three spa establishments, with multiple springs (approximately 50). Together they constitute the most extensive spa facilities in Portugal.

On the banks of the river that gives it its name, close to the city of Guimarães, the cradle of Portugal, Caldas de Vizela is bathed in light of a unique quality that accentuates its incomparable beauty.