
Baths, Spas and Thalassotherapy

Porto and the North

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.