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# Baths, Spas and Thalassotherapy

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## Porto and the North

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### 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.

### Guimarães

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**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.