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# Accommodation

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## Algarve

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### Lagos

**Cascade Wellness & Lifestyle Resort -  
Apartamentos Turísticos  
Tourist Apartments / \*\*\*\*\***

**Address: Rua das Ilhas 8600-513 Lagos**

**Telephone: +351 282 771 500 Fax: +351 282 711 599**

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

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

**Characteristics and Services:**

Central heating; Baby Sitting; Bar; Swimming-pool; Number of beds: 154; Number of apartments: 57; Air conditioning; Games room; Internet Access; Pets allowed; Reserved area for non-smokers; Sauna; Restaurant; Gymnasium; Jacuzzi; Tennis courts; Indoor swimming-pool; Reserved area for smokers; Gay friendly; Smoke free; Laundry service; SPA; Paddling pool; Garden;

**Access:**

Outdoor parking; Buses; Covered garage; Transfer service; Bike friendly;

**Room facilities:**

Internet access in room; Telephone in room; Steel safe in room; Television in room; Hair dryer in room; Air conditioning in room; Heating in room;

**Payments:**

Credit cards accepted; Target price: \$\$\$\$ (>90€);

**Timetable:**

Breakfast timetable: 7h30-11h00; Room service timetable: 24h;

**Accessibility:**

Disabled access; Reserved parking spaces; Accessible route to the entrance: Total; Accessible entrance: Total; Reception area suitable for people with special needs; Accessible circulation inside: Total; Accessible areas/services: Bedrooms, Meeting rooms, Restaurant, Bar/Café, Patio, Swimming pool, Gym, Spa;

Cascade Wellness & Lifestyle Resort is one of the most luxurious 5 star hotels in the Algarve, offering a fantastic holiday destination, the hotel is located in the historic city of Lagos, in Portugal, within walking distance to Porto de Mós e Dona Ana Beach, distinguished by Condé Nast Traveller as one of the 50 best beaches in the world, and to the Ponta da Piedade lighthouse, where you can enjoy breathtaking views of the Algarve coastline and the Atlantic Ocean. The hotel is divided into four individually decorated wings, each reflecting the expeditions of Portuguese navigators across four continents - Europe, Africa, Asia and South America, which is reflected in the tasteful décor of the rooms and suites. Families may also enjoy all the privacy and functionality of our One and Two Bedroom Apartments or even a luxury Holiday Villa with its very own private swimming pool. An extremely passionate team offering the world-renowned Portuguese hospitality and an impeccable service awaits you at Cascade Wellness & Lifestyle Resort. Sip a cocktail as you immerse yourself in two splendid swimming pools, one of which with a natural sand bottom, sample a world-class culinary experience with our restaurants Moods and Senses, offering all-day-dining and a-la-carte options under the expert guidance of our very creative Chefs or simply unwind in an authentic oasis of tranquility - Tainai Spa, offering a large range of wellness programs as well as its very own heated

swimming pool, Jacuzzi, sauna and treatment rooms. At the sports level, Cascade Resort has been nominated for best resort and sports academy for already five consecutive years, and at your disposal we have three academies: Elite Golf Academy (Golf), Estima Sports (Football) and Elite Tennis Algarve (Tennis). Other facilities include a fully equipped gym with Technogym®, Cascade Gym by AXN Club 100, with indoor and outdoor areas, as well as classes such as bootcamp, pilates, yoga, functional training, among others.