

THERMAL GUIDE OF EIXO ATLÂNTICO



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THERMAL GUIDE OF EIXO ATLÂNTICO



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Ricardo Rio
President of Eixo Atlântico



Lara Méndez
Vice president of Eixo Atlântico

Health is one of the main concerns of modern society and there is an increasing demand for balance, harmony and well-being. Thermalism is no longer seen only as a therapy but also as a recovering practice, that combined with tourism activity has been gaining force over the years.

Therefore, the thermal sector is one of the great scopes for tourism development throughout Europe and especially in the Euro-region of the Northwest Iberian Peninsula, where we stand out not only in quantity, but above all in quality. Both the North of Portugal and Galicia constitute a very rich thermal territory, with some of its thermal springs being used since Roman times. That is why, 4 years ago, we formed the Thermal Forum of Eixo Atlântico, in which all the member cities of this Cross-border Association that have thermal springs participate, as well as others that, even though they are not members, have thermal resources and the political will to value and coordinate them, to constantly improve their offer.

This Forum was born with the desire to create a differentiating tourism product based on the natural potential of our territory. That product of excellency will only be possible through research, training, and the application of new technologies at the service of Thermalism, combining tradition with modernity through innovation.

The modernization of the infrastructures, the commitment to the qualification of the human resources and the quality of the services provided, as well as the increase and the incentive in promotion of the offer are bearing fruit. Traditionally much appreciated by the older population, Thermalism begins to attract more and more young people who have been discovering its tourism potential when planning weekends in thermal establishments. This is a perfect activity to get to know the cities and the thermal villages and their surroundings, all of them with a rich natural and historical heritage.

For this reason, we have prepared this Travel Guide of thermal resources which contains the diverse and excellent quality offer of all the cities represented in the Thermal Forum of the Eixo Atlântico. Here you can find the best suggestions to bring the family together, organize your leisure time and enjoy unique moments. Enjoy our thermal establishments, where you will always be welcome.



Manuel Baltar

President of the Thermal Forum Eixo Atlántico

Thermalism is one of the potentialities of our territory. The Eixo Atlántico is well known in European thermalism, as a health, tourism and economic resource. The pandemic makes this strength especially relevant, as it is synonymous with health and well-being.

As President of the Thermal Forum, it is a pleasure to present this guide as one of our most important treasures, created with the care and the thoroughness required by the standing of our organization and commitment to our homeland. I am grateful for the collaboration of all the members of the Forum to present a publication that deepens into the benefits of our thermalism and that defines our way of networking and ambition.

From the Provincial Council of Ourense, the thermal province, we were clear from the beginning that the future development strategy revolved around the thermal axis. More than a hundred springs with five million litres of thermal water a day speak loudly about our condition. The "social thermalism programme" in collaboration with the Government of Spain is based on benefits—in terms of quality of life—, which the therapeutic properties of the waters declared as mineral-medicinal of the spa facilities of the province offer. At the moment, all of them already have important hygiene and safety protocols in all the activities and services they carry out.

In this scenario, this Thermal Forum of Eixo Atlántico must ensure that the sector develops a series of common general measures aiming at minimizing risks. Thermalism is our great wealth and what sets us apart from other regions of the world. That is why we must preserve and promote this resource, defining creative and innovative prevention and enhancement policies.

We have great challenges to conquer together. And we know that water is life. And that thermal water is health. From the perspective I have as President of the European Historic Thermal Towns Association (EHTTA) I clearly identify a path full of good news for the thermalism of the Eixo Atlántico.

I ensure you a planned and competitive work from the Thermal Forum. May this be an invitation to collaboratively build the future that we fight for.

INDEX

AMARANTE

- General information..... 10
- Amarante Thermal Baths..... 12

CALDAS DE REIS

- General information..... 16
- Acuña Thermal Spa..... 18
- Dávila Thermal Spa..... 20
- Burga public fountain..... 22

CARBALLO

- General information..... 26
- Carballo Thermal Spa..... 28

PROVINCIAL COUNCIL OF LUGO

- General information..... 32
- Guitiriz..... 35
 - Pardiñas Thermal Spa. Fountain of Santo Domingo..... 37
 - Fountain of San Xoán de Lagostelle..... 38
 - Fountain of Valdovín..... 40
- Palas de Rei..... 41
 - Oca Rio Pambre Hotel Thermal Spa..... 43
- Pantón..... 45
 - IBERIK Augas Santas Thermal Spa & Golf Resort..... 47

PROVINCIAL COUNCIL OF OURENSE

- General information..... 52
- Arnoia..... 56
 - Arnoia Thermal Spa Hotel..... 58
- Baños de Molgas..... 60
 - Baños de Molgas Thermas Spa Hotel..... 62
- Castrelo de Miño..... 64
 - O Diestro Thermal Area..... 66

• Cenlle.....	67
• Laias Thermal Spa Hotel.....	69
• Barbantes Thermal Area.....	72
• Cortegada.....	74
• Cortegada Thermal Spa.....	76
• Leiro - Berán.....	79
• Berán Thermal Spa.....	81
• Lobios.....	82
• Lobios Thermal Spa Hotel.....	84
• Punxín.....	86
• As Quintas Thermal Area.....	88
• Ribadavia.....	89
• Prexigueiro Thermal Area.....	91

GUIMARÃES

• General information.....	94
• Thermal Taipas.....	96

LUGO

• General information.....	100
• Thermal Spa of Lugo. Roman Thermal Baths.....	102

O CARBALLIÑO

• General information.....	106
• Caldas de Partovia Thermal Spa.....	108
• O Carballiño Great Thermal Spa.....	110
• Thermal public fountain Baños de Arcos.....	112

OURENSE

• General information.....	114
• As Burgas Thermal Pool.....	116
• A Chavasqueira.....	118
• Muíño da Veiga Thermal Area.....	120
• Outariz Spa.....	122
• Outariz and Burga de Canedo Thermal Area.....	124
• O Tinteiro fountain.....	126

PONTEAREAS AND ITS COUNTY

- General information..... 130
- Mondariz-Balneario..... 132
 - Mondariz Thermal Spa Hotel..... 134
 - Gándara Fountain..... 136
 - Troncoso Fountain..... 138
- Salvaterra de Miño..... 139
 - Municipal Thermal baths of Teáns..... 141

SANTA MARIA DA FEIRA

- General information..... 144
- S. Jorge Thermal Spa..... 146

TERRAS DE BOURO

- General information..... 150
- Gerês Thermal Baths..... 152
- Moimenta Thermal Baths..... 155

VILA POUCA DE AGUIAR

- General information..... 160
- Pedras Salgadas Spa & Nature Park..... 162

VIZELA

- General information..... 166
- Vizela Thermal Baths..... 168

MAP OF THE THERMAL AREAS OF EIXO ATLÂNTICO



Thermal Spa / Thermal Bath

1. Amarante Thermal Baths
2. Acuña Thermal Spa
3. Dóvila Thermal Spa
4. Carballo Thermal Spa
5. Oca Río Pambre Hotel Thermal Spa
6. IBERIK Augas Santas Thermal Spa
7. Arnoia Thermal Spa Hotel
8. Baños de Molgas Thermal Spa Hotel
9. Lalas Thermal Spa Hotel
10. Barbantes Thermal Area
11. Cortegada Thermal Spa
12. Berán Thermal Spa
13. Loblos Thermal Spa Hotel
14. Predeguero Thermal Area
15. Thermal Taipas
16. Thermal Spa of Lugo

17. Caldas de Partovia Thermal Spa
18. O Carballiño Great Thermal Spa
19. As Burgas Thermal Pool
20. A Chavasqueira
21. Muíño da Velga Thermal Area
22. Outariz Spa
23. Outariz and Burga de Canedo Thermal Area
24. Mondariz Thermal Spa Hotel
25. Municipal Thermal baths of Teóans
26. S. Jorge Thermal Spa
27. Gerês Thermal Baths
28. Moimenta Thermal Baths
29. Pedras Salgadas Spa & Nature Park
30. Vizela Thermal Baths

Mineral-medical waters

1. Burga public fountain
2. Pardifas Thermal Spa. Fountain of Santo Domingo
3. Fountain of San Xoán de Lagostelle
4. Fountain of Valdovín
5. O Diestro Thermal Area
6. As Quintas Thermal Area
7. Bañiños de Arcos
8. Fonte do Tintelo
9. Gándara fountain
10. Trancoeso fountain

Amarante



Amarante

In the North of Portugal, crossed by the river Tâmega and sheltered by the mountains of Marão and Aboboreira, there is a land full of history and culture: **Amarante**.

Its Creative Nature is expressed in a significant architectural, natural, cultural, gastronomic and tourist heritage. Since 2017, it has been a UNESCO Creative City.

It is taken for granted that Amarante gained importance and visibility with the arrival of S. Gonçalo, in the 12th century, who settled here after his pilgrimage through Rome and Jerusalem. The popular Saint attracts crowds to the Monastery and Convent, built in his honour, in 1540, by D. João III, that along with the Bridge comprise a Baroque architectural ensemble of special interest and beauty. In addition, the historic centre brings together a remarkable set of buildings and monuments, mostly of Baroque style.



It is an attractive and charming land, which invites you to discover and enjoy it. After all, Amarante was the birthplace of geniuses who lent their talent to those areas. Names such as Amadeo de Souza-Cardoso, Agustina Bessa-Luís or Teixeira de Pascoaes will surely sound familiar, as an indelible memory.

Amarante has its destiny inextricably linked to the **river Tâmega** and the mountains of Marão and Aboboreira, in a word, to nature. Here you can feel a constant appeal to outdoor activities and physical activity, such as hiking, mountaineering, canoeing, outing in **guigas** (designation of a small vessel manufactured locally) and seagulls, fishing, hunting, swimming, golf, camping, enjoying the river beaches, the water park and our thermal spa.



With an eye on the future, Amarante is committed to the sustainable valorisation of nature and the transition to a circular economy. The most recent experience, in the recovery of its built heritage, reveals a dynamic city, and the investments in environmental quality, in the recovery of rivers and riparian galleries, place Amarante alongside other European counterparts. The quality of life and the maintenance of health and active lifestyles are strengths of this small city that enhance it in every detail of what it offers both to the inhabitants and to those who visit it.



LANDMARKS

- Historic centre
- Church of the S. Gonçalo Convent
- S. Gonçalo Bridge
- Municipal Museum Amadeo de Souza-Cardoso
- Casa da Cerca
- Churches of S. Pedro and S. Domingos
- Azenhas I Trail
- Marão and Aboboreira Mountains



ACCOMODATION



AMARANTE

THERMAL BATHS

Município de Amarante

The first major historical reference to the medicinal mineral waters of Amarante appears in the Medicinal *aquilegium* (all thermal waters inventory) of Francisco da Fonseca Henriques, in 1726. In 1895, the first concession license for a thermal spa in Amarante, is then granted to the City Council in 1968.

In 2013, the Mayor of Amarante, José Luís Gaspar, initiated the project for the construction of the Spa. On September 30, 2016, the first stone is laid of what is now the thermal establishment "**Termas de Amarante**" that has been operating since January 2019

The thermal baths of Amarante is located in a privileged location, easily accessible, right in the centre of the city, with a close and visible relationship to the **river Tâmega**. It offers therapies in the respiratory, rheumatic and skeletal muscle areas. Equipped with the latest technical solutions, this new thermal complex offers several types of baths, showers and hydromassages, as well as specific treatments for respiratory and musculoskeletal diseases. But not only that, it also has excellent conditions for invaluable moments for rest and relaxation, alone or in good company.



WATER COMPOSITION

The complete physical chemistry study concluded that the natural mineral water, of the thermal baths of Amarante, exhibits the typical profile of a genuine sulphur, of the pH > 9 subgroup.

Temperature
& PH
22°C
PH 9.6

Thermal season
The whole year

Timetable

From monday to saturday:
09:00h 20:00h



THERAPEUTIC INDICATIONS AND ASSOCIATED PATHOLOGIES

As published in the DRE (Official Journal) the therapeutic indications recognized for natural mineral water, from the thermal establishment of Amarante, are:

- **Diseases of the respiratory system:**

Allergic rhinitis, sinusitis, laryngitis, adenoiditis, bronchial and allergic asthma and COPD.

- **Rheumatic and skeletal muscle diseases:**

Osteoarthritis, inflammatory and periarticular rheumatisms (painful shoulder, neuralgia and sciatica), sprains and fracture sequelae.



THERMAL TECHNIQUES; COMPLEMENTARY OR WELLNESS TREATMENTS; OTHER SERVICES

The thermal baths of Amarante is a thermal treatment resort also providing health cares. Main services - treatments provided using thermal techniques:

- **Respiratory Tract Diseases:**

- Nasal irrigation
- Nebulization
- Aerosol (sonic / thermal)
- Pharyngeal spraying
- Proetz drainage
- Tympanic tube insufflation
- Filiform pharyngeal shower
- Filiform shower (rhinitis / sinusitis)



• **Rheumatic diseases and skeletal muscle:**

- Recovery pool
- Pool with whirlpool
- Bath simple immersion
- Immersion bath with hydromassage
- Immersion bath with underwater
- Immersion bath with air bubble
- Partial steam (limbs and column)
- Regional / general showers (jets, with massage)
- Circular shower
- Hydropressotherapy
- Pedidaix
- Bertholaix
- Muds

Other services - thermal wellness services provided with and without recourse to natural mineral water and thermal techniques:

Baths, thermal pool, showers, massages, body and face treatments and rituals.

€ **PRICES**



i **OTHER INFORMATION**

In the classic aspect of thermalism, the user can perform, through a medical appointment, thermal treatments for health or prevention reasons. In the wellness area - thermal SPA, you can enjoy a set of treatments and programs selected for the well-being and deep relaxation.



**AMARANTE
THERMAL BATHS**

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Caldas de Reis



Caldas de Reis

The strategic location, the landscape and natural wealth and its thermal waters are the main characteristics of **Caldas de Reis**.

The Treasure of Caldas is the most important remains in the History of the town. It is a collection of gold pieces which date back to the Bronze Age (1800 B.C.), and represents one of the most important prehistoric gold deposits in Europe. Today, it is located in the Museum of Pontevedra. During the early years of Christianization, Caldas was an Episcopal see and kept its importance in the Medieval Galicia, even after that, for its relationship with bishops and kings. Due to the fact that the King Alfonso VII was born here in the year 1105 this town was renamed as Caldas de Rex.

Thermalism is imprinted in the pages of Caldas (thermal springs) history in such a way that even its name has always reflected this phenomenon because the most important resource in the birth and development of the town is the **mineral medicinal water**. In addition to the public spring, the thermal town has two thermal spas: Acuña Thermal Spa and Dávila Thermal Spa.

The waters of Caldas de Reis belong to the group of hyperthermal waters rich in sulphur and sodium chloride, which are considered to be the most interesting mineral medicinal waters because of their temperature and content. They are medically suitable for rheumatic, skin, respiratory diseases and gynaecological and surgical conditions.

Pilgrims and foreigners, that arrived to Galicia by Tui or the ports of Baiona, Vigo and Pontevedra, heading to Santiago, had always to pass through Caldas following the ways paved by the Romans. At present, it is one of the municipalities with the longest routes of the Portuguese Jacobean Way.



When the pilgrims get to the old town they can see Santa María Church; then they go across the Umia river over the Herrería bridge to go down in front of the Burgas towards the street Real and the Bermaña Bridge. Before leaving the town and following their way to Padrón, they can also see Santa Mariña de Carracedo church, whose origins date back to a monastery of the 12th century.

There are important examples of **Romanesque churches** in the area such as Santa María de Caldas Church or the churches of Santa María de Bemil and San Andrés de Cesar, where we can see two Romanesque apses. San Esteban de Saiar Church also keeps some elements like the two Romanesque main fronts. In the town centre of Caldas we can find the Parish Church of Santo Tomás, from the late 19th century and Neo-Medieval style, whose interest lies in the fact that it was partly built with the stones of the ancient Tower of Doña Urraca.



It is essential to mention the Site of Cultural Interest made up of the river Umia, the Botanical Garden and Carballeira (an oak forest). It is one of the most charming places for the traveller where more than one hundred species from all the continents can be seen.

www.caldasdereis.com



LANDMARKS

- Historic centre of Caldas
- Romanesque church of Santa María
- Botanical Garden and River Umia
- Santo Tomás church



ACCOMMODATION



ACUÑA

THERMAL SPA

Thermal Relais

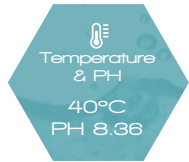


Hotel and Thermal Spa located in the historic centre of **Caldas de Reis**. The history of **Acuña Thermal Spa** dates back to the early 19th century, when the priest Pedro Acuña y Malvar, the secretary to the King Carlos IV, started to build this place. It was restored in the year 2007.



WATER COMPOSITION

Water rich in sodium chloride and bicarbonate.



THERAPEUTIC INDICATIONS AND ASSOCIATED PATHOLOGIES

Chronic and persistent upper airway processes: chronic rhinitis, pharyngitis and laryngitis; and respiratory diseases: bronchitis and asthma.



THERMAL TECHNIQUES; COMPLEMENTARY OR WELLNESS TREATMENTS; OTHER SERVICES

- Whirlpool bath
- Scottish shower
- Aerosol
- Inhalation

Thermal season
From March to
December



Timetable

Upon reservation



€ PRICES



i OTHER INFORMATION

- Located in the Portuguese Way of St. James
- There is an outdoor thermal pool and a green area
- Private parking



★★

ACUÑA
THERMAL SPA



Rúa Ferrería , 2
CALDAS DE RES



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-8.642497 (O)



Tel: (+34) 986 540 010



reservas@relaistermal.com
www.balnearioacuna.com

DÁVILA

THERMAL SPA

Family thermal spa

Hotel and Thermal Spa placed in the historic centre of **Caldas de Reis**. The history of **Dávila Thermal Spa** dates back to the year 1780, it was restored in the year 1998.



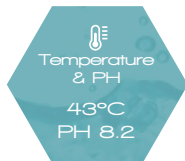
WATER COMPOSITION

Water rich in sodium chloride and bicarbonate.



THERAPEUTIC INDICATIONS AND ASSOCIATED PATHOLOGIES

Chronic and persistent upper airway processes: chronic rhinitis, pharyngitis and laryngitis; and respiratory diseases: bronchitis and asthma.



THERMAL TECHNIQUES; COMPLEMENTARY OR WELLNESS TREATMENTS; OTHER SERVICES

- Sprayings
- Inhalations
- Nasal cleansing
- Thermal pool
- Baths
- Water jets
- Facial and body treatment
- Massages

Thermal season
From March to
December



Timetable

Upon reservation



€ PRICES



i OTHER INFORMATION

- Located in the Portuguese Way of St. James
- It has an outstanding bamboo cane field
- Private parking



★★

DÁVILA
THERMAL SPA



Rúa Laureano Salgado, 11
CALDAS DE RES



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BURGA

PUBLIC FOUNTAIN

Public fountain



The first settlers of Caldas de Reis were the Cileni, and several archaeological findings from the time of this indigenous tribe - such as a votive altar devoted to the god Edovio - already proved the existence of the spring **Burga public fountain** in that period.

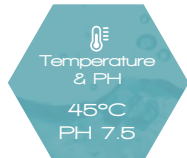
Later, the Romans regarded Caldas de Reis as the "*mansio de Aquis Celenis*" because of the benefits from the thermal springs and they set up a stable military camp.

In the year 1881, the city council of Caldas refurbished the fountain and the surrounding area of the spring. It is a neoclassical style fountain with two ornate water spouts made of bronze in the shape of lion heads.



WATER COMPOSITION

Water rich in sodium chloride and bicarbonate.



THERAPEUTIC INDICATIONS AND ASSOCIATED PATHOLOGIES

Respiratory tracts, digestive and dermatological processes.

Thermal season
The whole year



Timetable

24 hours every day



THERMAL TECHNIQUES; COMPLEMENTARY OR WELLNESS TREATMENTS; OTHER SERVICES

- Hydropinic cure
- Skin treatment



PRICES

A public and free fountain.



OTHER INFORMATION

The fountain is placed in the Portuguese Way of St. James.



BURGA PUBLIC FOUNTAIN



Rúa Laureano Salgado, s/n
CALDAS DE REIS



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Tel: (+34) 986 540 002



www.caldasdereis.com

Carballo



Carballo

Carballo, the capital city of Bergantiños, is located in the north area of Costa da Morte. It is the capital city and the economic and commercial epicentre of the region, between Santiago, A Coruña and Fisterra. At present, this town is a dynamic and lively centre with a great power of attraction.

With more than 31,000 inhabitants, this town entered the 21st century as one of the biggest municipalities in Galicia and one of the most populated areas in the province of A Coruña.



Carballo has **the only mineral medicinal thermal spa** in the whole area of Costa da Morte. Its centennial waters had already been recognised in the 19th century as one of the best waters in Europe.

The importance of its thermal spring made it possible, what had been until then just a small village in the area of Bergantiños, to become a town in continuous growth.

Even the ancient royal way which linked A Coruña with Fisterra and Santiago changed its layout to go across the urban centre and improve the access to bathers.

According to historians, Carballo could had been Glandimiro, a village located near the *Via Per Loca Maritima* in Roman times. The tired travellers would find an ideal place to rest and get their strength back next to these thermal waters.

Not only did Carballo turn into a thermal town but it also became the most important crossroads of the area.



Today, its thermal waters have the **Q quality label** and in addition to being a amazing source of health and beauty, they also provide wellness and relax. A powerful attraction which brings hundreds of bathers to this town every year.



LANDMARKS

- Natural area Razo-Baldaio
- Waterfalls of Rus and Entrecruces, linked by a route which brings together nature and heritage.
- An open-air museum of urban art, "breaking down walls with paint".



ACCOMMODATION



CARBALLO

THERMAL SPA

Carballo Thermal Spa



The fame of the medicinal mineral waters of **Carballo** comes from ancient times. Their remarkable properties were already known in the Roman period. An ancient catch basin from those Roman remains is still preserved in the current facilities. The baths were discovered again in the 18th century and thanks to that fact, Carballo is where it is today. It was way back in 1716 when a neighbour from the area wanted to know what happened in that place where strange vapours could be seen. He did not find the treasure he was looking for but he did find the remains of a spring with **medicinal mineral waters**.

When the owner of the land found out that the waters could heal his own rheumatic disease, he built a hospital and a chapel devoted to Our Lady of the Star. Hence the name of the street where the thermal spa is located today, one of the most central streets in Carballo. There was no town in that time and the first bathers stopped in the closest village to the spring, which is today known as the neighbourhood of A Lagoa.

In the 19th century, the count of Torre Penela improved the facilities of the thermal spa. The number of bathers increased significantly reaching more than a thousand people in the year 1871.



WATER COMPOSITION

Water rich in sulphur, sodium and bicarbonate with a low mineral content. It shows a high content of sulphur, sodium and bicarbonate as well as chlorine, fluoride, etc. It is transparent and colourless, although large amounts of water can develop a greenish blue tinge.



Temperature
& PH

42°C
PH 8.8

Thermal season
From 6th February
to 20th December



Timetable

Mornings
Monday to Sunday: 08:00-13:00

Evenings
Monday to Friday: 17:00-20:00
Saturdays: 18:00-21:00



THERAPEUTIC INDICATIONS AND ASSOCIATED PATHOLOGIES

- **Musculoskeletal disorders:**

- Degenerative rheumatic diseases: (arthrosis), inflammatory (rheumatoid arthritis, ankylosing spondylitis), metabolic (gout), non-inflammatory joint diseases (fibromyalgia, tendonitis).
- Non rheumatic disorders: post-traumatic conditions of fractures, sprains, strains, etc.

- **Disorders of the respiratory tract:**

- Upper airways: sinusitis, rhinitis, pharyngitis, etc.
- Lower airways: COPD, CB, asthma, etc.

- **Skin disorders:** (psoriasis, atopic dermatitis, etc.)

- **Digestive tract disorders**

- **Nervous and circulatory system**

Besides these indications there are others such as slowing down the aging process, wellness and anti-stress treatments, gynaecological processes, surgical conditions, hepatic and enterohepatic conditions, metabolic disorders, urinary tract and odontostomatology.

The medical team will establish the definitive treatment according to the patient's pathology and available to answer any questions at:

serviciosmedicos@balneariodecarballo.com





THERMAL TECHNIQUES; COMPLEMENTARY OR WELLNESS TREATMENTS; OTHER SERVICES

- Thermal water pool: circular shower, whirlpool bath, bubbles and jet shower.
- Respiratory tract techniques: nasal and pharyngeal cleansing and inhalations.
- Muscle and bone techniques: parafango.
- Aesthetic techniques: body wrap (seaweed, mud, chocolate).
- Complementary techniques: relaxing massages, facial treatments (peelings, moisturising cream, masks).



PRICES



OTHER INFORMATION

The two-star Carballo Thermal Spa is located in the town centre. It has 60 bedrooms: 54 double rooms (2 rooms adapted for disabled guests) and 6 single rooms, linked to the thermal facilities by an indoor corridor.



★★
**CARBALLO
 THERMAL SPA**

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 A CORUÑA

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 www.balneariodecarballo.com

HOTELBalneariodeCarballo

Bal_carballo



Provincial
Council of
Lugo

Provincial Council of Lugo

With more than three hundred fountains of medicinal mineral waters, Galicia is the Spanish Autonomous Community with the greatest offer related to health tourism.

Lugo keeps a privileged place in the ranking of provinces, not only because of its wide thermal heritage but also due to a long historical tradition that makes the social uses linked to water to be deeply rooted in the idiosyncrasy of Lugo.

The origins of thermalism in Lugo date back to the Romanization. It was right in the ancient city of *Lucus Augusti* where the thermal baths were built next to the Miño river between the 1st and 2nd century A.D. The apodyterium or changing room and a vaulted area from the old public baths are still preserved today.

Those ancient remains give the thermal spa of the capital city of Lugo the privilege of being the only thermal spa in Galicia which keeps the original archaeological findings inside the building, which provides a remarkable link between the past and the present.

The period between the late 19th century and the Spanish Civil War of 1936 will be considered as a take off stage of thermalism in its full glory. The thermal **spa of Guitiriz**, which was even in that time regarded as the Galician Karlsbad, played a leading role. The waters of the thermal springs of San Juan, Pardiñas and Valdovín are one of the most precious resources which forge the unmistakable identity of this municipality of Lugo with the so called route of water.



The thermal offer of the province is complemented with Río Pambre thermal spa, located in **Palas de Rei** and just a short distance from the French Way, becoming a true haven for the pilgrim.



In addition, in the heart of the Ribeira Sacra, the modern facilities of the thermal spa and the golf course of Augas Santas in **Pantón** are the icing on the cake of the cultural and enotourist offer of this destination. At the same time, it has been possible to live again the traditional habits and uses linked to a spring which was probably related to a primitive worship and which was later Christianized when a chapel paid by the users of the waters was built there.



But the thermal tradition of Lugo is not merely restricted to the activity of the great thermal spas. In rural areas of the province we can find medicinal mineral springs which were highly recognized because of their therapeutic properties in the past. They attracted a great number of visitors because they were prescribed by physicians as a remedy to relieve various diseases.

Today, these thermal springs are part of the popular imaginary as a scenery for legends and traditions that are kept in the collective memory, such as the fountain of ferruginous waters in O Incio, the fountains of A Rogueira in O Courel, the ancient thermal spas of Céltigos in Sarria, Mouriscados in Chantada and Frádegas in Antas de Ulloa or the well-known Charca do Alligal in Codesido de Vilalba among others.



LANDMARKS

A MARIÑA LUCENSE

- Historic centre of Ribadeo, Mondoñedo and Viveiro
- Natural monuments of O Souto da Retorta and the Playa de las Catedrales (beach of the cathedrals)
- Basílica of San Martiño de Foz and castro de Fazouro
- Sargadelos ceramics
- Beaches

RIBERA SACRA

- Canyons of the rivers Sil and Miño. River routes by catamaran and viewpoints
- Rural romanesque art
- Wine route
- Gundivós pottery
- Historic centres of Monforte de Lemos, Chantada and Portomarín

LUGO - TERRA CHÁ

- City of Lugo. The Roman Wall World Heritage Site
- Wetlands in the region of A Terra Chá
- Santa María de Meira church and Pedregal de Irimia (the birth of the river Miño)
- Castro de Viladonga
- Pambre castle and Vilar de Donas church in Palas de Rei
- Historic centres of Sarria and Vilalba

ANCARES - COUREL

- Villages of O Cebreiro, O Piorno, Seceda and Froxán (popular architecture)
- San Pedro Fiz church, reservoir of Vilasouto and Ruta do Ferro in O Incio
- Devesa da Rogueira, Tres Bispos, Mustallar peaks and Os Grabos forest
- The towns of Navia de Suarna and A Fonsagrada
- Reservoir of Salime in Negueira de Muñiz

THE WAYS OF ST. JAMES

- The Northern Way (World Heritage Site)
- The Primitive Way (World Heritage Site)
- The French Way (World Heritage Site)
- The Winter Way



ACCOMMODATION



Guitiriz

The Town of **Guitiriz** belongs to the Region of A Terra Chá, in the province of Lugo. It is one of the largest municipalities in the area with a surface area of 290 km². There are about 5,500 inhabitants spread over 18 parishes.

Guitiriz has a great cultural and historic heritage in addition to areas of great natural wealth. The water plays an important role in this town because there are **three medicinal mineral fountains**:

- The fountain of San Xoan de Lagostelle or Fuente de los Santos
- The fountain of Pardiñas Thermal Spa or Sto. Domingo
- The fountain of Valdovín (Parga)

Cold water at about 15° C springs up from all these fountains and it is prescribed to treat several conditions related to digestive, eating and skin disorders, kidney or liver pains. Besides these fountains, there are many streams that go across the town, shaping a special landscape with many waterfalls.



Because of its great natural wealth, Guitiriz belongs to the **Biosphere Reserve Terras do Miño** and the Special Area of Conservation (SAC) Parga Ladra Támoga.

In addition to the natural wealth, the rich heritage must also be noted; it is worth mentioning important sites from the Epipaleolithic period such as the Archaeological Site of Pena Xiboi, located in the quarries of Parga, or petroglyphs like the Petroglyph of la Calzada in O Buriz. There are also burial sites such as tumuli and dolmens; for example, the dolmen of Castro de Belote.



Religious architecture also plays an important role, such as San Alberto Chapel in Sambreixo, San Xoán de Lagostelle Church or San Vicente Church in As Negradas.

Besides the examples of religious architecture, civil architecture is also important; the typical Galician houses or Pazos such as San Antonio and the Pazo de Camarasa are worth mentioning.



PARDIÑAS

THERMAL SPA

FOUNTAIN OF SANTO DOMINGO

Declared of public use for historically acquired rights

This thermal spa is located about 2.5 km away from the town centre, in Lugar de Pardiñas, in the parish of San Xoán de Lagostelle. It opened its doors in the year 1955 although its waters had already been used before; in fact, in the post-war era many people came here to drink the waters of the fountain "Fuente de Sto. Domingo", whose flow of water among the stones was really low in that time. The waters were also declared of public use. The Fountain (with a figure in the shape of a fish) is placed in a small building with a rectangular floor plan and a hip roof surrounded by different species of trees.



WATER COMPOSITION

Water rich in sulphur and fluoride.

Temperature & PH
15°C
PH 7.9

Timetable
Winter:
Mon-Sat: 09:00-13:00
Summer:
08:00-12:00



THERAPEUTIC INDICATIONS AND ASSOCIATED PATHOLOGIES

The water is prescribed for liver conditions, biliary and digestive diseases.



THERMAL TECHNIQUES; COMPLEMENTARY OR WELLNESS TREATMENTS; OTHER SERVICES

Hydropinic cure treatment (water intake).



PRICES


Free access




PARDIÑAS THERMAL SPA

FOUNTAIN OF SANTO DOMINGO


Lugar Pardiñas
27309 GUTIRIZ
LUGO


43.190213 (N)
-7.923168 (O)


Tel: (+34) 982 370 451

FOUNTAIN OF SAN XOÁN DE LAGOSTELLE

Declared of public use for
historically acquired rights

The fountain of **San Xoán de Lagostelle** or *Fuente de los Santos* (fountain of the saints) is placed in front of the Thermal Spa Hotel (closed today). It dates back to the beginning of the 18th century, although it was not well known until the end of that century when professor José Lazcano from the Santiago Hospital started to recommend the waters; a fact that encouraged people from all over Galicia, Asturias and other areas of Spain to come to Guitiriz.

Its waters were declared of public use in 1902. Two years later, the Pavilion that covers the fountain was built. The tradition of thermal spas in Guitiriz is really important because of the important number of medicinal mineral fountains. Besides the forementioned fountain, the fountain located in Parliñas Thermal Spa and the fountain of Valdovín are also noteworthy.



There are many tourists who come to Guitiriz to take its waters. Therefore, if there is something the municipality is famous for, it is the medicinal mineral waters and the corn cake.

Thermal season
The whole year

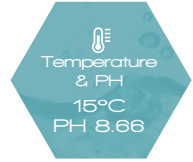

Timetable

24 hours
Every day



WATER COMPOSITION

Oligometallic water (with a high level of sodium bicarbonate) and rich in sulphur.



THERAPEUTIC INDICATIONS AND ASSOCIATED PATHOLOGIES

It is recommended for hepatic treatments, liver conditions, to reduce cholesterol and triglyceride levels, to regulate the neurovegetative system (anxiety) and for the skin (especially to fight against dermatitis and psoriasis).



THERMAL TECHNIQUES; COMPLEMENTARY OR WELLNESS TREATMENTS; OTHER SERVICES

Hydropinic cure treatment
(water intake).



PRICES

Free access



FOUNTAIN OF SAN XOÁN DE LAGOSTELLE



Avda. do Balneario s/n
27300 GUTIRIZ
LUGO



43.175132 (N)
-7.881723 (O)

FOUNTAIN OF VALDOVÍN

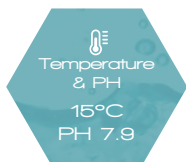
Declared of public use for historically acquired rights

It is placed in Villa de **Parga**, on the left bank of the river Parga. This spring had a stone made by a quarryman to collect water. In the year 1950, the current fountain was built and it was adapted with stone tables and benches to make a recreational area some years ago. It is the ideal place to spend a day with family and friends enjoying a picnic.



WATER COMPOSITION

Sulphurated and fluoridated water.



THERAPEUTIC INDICATIONS AND ASSOCIATED PATHOLOGIES

It is recommended for liver and biliary diseases, skin and kidney conditions, digestive and eating disorders.



THERMAL TECHNIQUES; COMPLEMENTARY OR WELLNESS TREATMENTS; OTHER SERVICES

Hydropinic cure treatment (water intake).



PRICES

Free access



FOUNTAIN OF VALDOVÍN

Lugar de Parga
GUTIRIZ
LUGO

43.189990 (N)
-7.923198 (O)

Palas de Rei

This municipality is integrated in the region of A Ulloa. It has a total area of 199,7 km² divided into 43 parishes and there are almost 3,500 inhabitants.

The first traces of the history of this town can be found in many archaeological remains of the **culture of castros** which date back to the primitive settlements. Tumuli, dolmens and fortified villages called castros are scattered all over the land. The Castro de Aurela in the parish of San Xurxo de Augas Santas is especially noteworthy because of its size and location. Although no excavations have been carried out, it can be seen the walls and some structures of the houses and other buildings.

Going back to Roman times, important traces of romanization can be found in the Roman Road XIX, which conected the capital cities *Lucus Augusti* with *Bracara Augusta*, going through *Iria Flavia*. At present, this route matches the Primitive Way of St. James, which has left a Roman bridge that can still be used today on its way through Ferreira.

The Middle Ages are related to the Jacobean phenomenon in Palas de Rei. **Two Ways of St. James** go through the town: **the French Way** and **the Primitive Way**. This fact led to the influence of Romanesque architecture in many churches of the parishes in Palas de Rei. It is worth mentioning the church of San Salvador de Vilar de Donas, which was born in a monastery belonging to the order of St. James whose purpose was to protect the pilgrims on their way. It was declared a National Historical and Artistic Monument in 1931 for the architecture and the important representation of Italian Gothic paintings which are preserved inside the church.



The **Pambre Castle** is certainly one of the main monuments of the Middle Ages in Palas de Rei. It is one of the few monuments which was able to survive the peasants' revolts *Revueitas Irmandiñas* in Galicia in 1461. It is an icon of Galician military architecture of the Middle Ages which can be visited today after having been restored. It has been declared and protected as a Place of Cultural Interest.



In terms of natural environment, the beauty of the Torrentes de Mácara must be highlighted. These torrents of water run along a small canyon surrounded by granite rocks with a lot of rapids and small waterfalls that reach about three to four metres high. In addition, the great diversity of fauna and flora gives the place a singular beauty.

In Palas de Rei we can also find the SAC (Special Area of Conservation) Serra do Careón, a protected area because it is the only place in the autonomous community where the plant *Santolina Melidensis* grows, a unique species worthy of preservation.

OCA RÍO PAMBRE

HOTEL THERMAL SPA

Hotel Balneario Oca
Río Pambre S.L

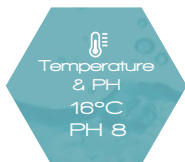
The Oca Río Pambre Hotel Thermal Spa is a small and cosy thermal spa located in the region of A Ulloa. It is close to the Pambre Castle, surrounded by indigenous forests, with centennial trees, bathed by rivers of clean waters full of life and it has been built following bioclimatic criteria and using typical materials from the Galician architecture: stone, wood and slate.

It has 23 rooms, 11 rooms in the main building and 12 in *pallozas*, stone houses with straw roofs typical from the area.



WATER COMPOSITION

Sulphurated and fluoridated water rich in bicarbonate and sodium.



THERAPEUTIC INDICATIONS AND ASSOCIATED PATHOLOGIES

- Musculoskeletal disorders
- Rheumatological disease
- Respiratory tract
- Stress
- Skin diseases
- Rest



THERMAL TECHNIQUES; COMPLEMENTARY OR WELLNESS TREATMENTS; OTHER SERVICES

- Anti-stress: different types of massages, hot stones...
- Immersion: whirlpool bath, active pool, swan necks, water beds, water-falls
- Inhalations

Thermal season
All the year
Closed 3 weeks in
January


Timetable

Every day:
09:30 13:30 · 16:30 20:30

- Shower: peeling showers
- Facial treatments
- Body wrap treatments: silt and seaweed
- Steam bath and dry sauna



PRICES



OTHER INFORMATION

Only 2.8 km away from the **Way of St. James** as it goes through the geographical centre of Galicia, in the municipality of Palas de Rei (Lugo). The thermal spa is located in the heart of the **region of A Ulloa**, which is famous for the traditional Galician houses *Pazos* and for the first pilgrims' hospital in the route to Santiago de Compostela, and it is also set in exceptional natural surroundings.

Facing east, we can find the **Pambre Castle**, a medieval monument which fills the region with legends, the remains of a fortified village or *castro* and the ancient **Royal Way** that connected Ourense to Santiago. The waters of river Pambre join the river Ulla just at the end of the scenic landscape surrounding the **Torrentes del Ulla**. Eagles, roe deers, wild boars, trouts or even otters are the local neighbours and sometimes even the **wolves**.



OCA RÍO PAMBRE



Lugar Vilarino (Sambreixo)
27203 Palas de Rei
LUGO



42.860781 (N)
-7.935165 (O)



Tel: (+34) 982 153 232
(+34) 982 374 135



info@
balnearioriopambre.com

www.balnearioriopambre.com

Hotel Balneario Río Pambre

Pantón

The lands of **Pantón** are bordered and embraced by the waters of three rivers: Miño, Cabe and Sil. The scenery ranges from open plains and areas of rough banks.

This orography encouraged the settlement of religious orders in the Middle Ages, a fact that made it possible to preserve the remains of some monasteries which have turned Pantón into the centre of Romanesque art in the area of **Ribeira Sacra**. The churches of San Fiz de Cangas, Santo Estevo de Atán, San Miguel de Eiré, San Vicente de Pombeiro and the Cistercian monastery of Ferreira are part of a religious and architectural heritage from the last 1500 years.

The scenery invites us to go on several **hiking routes** that take us to sites of singular beauty: the viewpoints of la Cruz and Pena Pombeira in the river Sil; the magic and peace of the Augacaída waterfall and castro de Marce. We can choose the Route of Ribeira Sacra do Miño that runs along the banks of this river basin passing the towns of Pantón and O Saviñao, or we can go for a walk through the almost untouched vegetation of the path *camino de A Curuxeira*.



The people who want to spend the night in this land have an important offer of rural guest houses, boarding houses or a great thermal spa hotel as well as different restaurants to taste our local products, which have been prepared with special care and good practice.



The wines produced in its three riversides are included in the best wine lists in the country. Mencía, Godello or Albariño are produced in the wine presses after a heroic work in the steep slopes that are reflected in the three rivers.

Carnival, the wine fair of Ribeira Sacra, seminars in Romanesque art in Pantón and the patron saint's festivities are four events that define the social life of this town and are also the meeting point of neighbours and visitors. It is worth mentioning traditional processions whose origins are lost in time and which are held in San Fiz de Cangas (Holy Christ), Regueiro, Pombeiro (Holy Mary of Neves) and in Pantón (Holy Mary of Augasantas).

On the 1st and 15th of every month visitors can taste the delicious octopus washed down with local wines in the traditional feasts held in the town centre of O Castro de Ferreira.



IBERIK AUGAS SANTAS

THERMAL SPA & GOLF RESORT

Hotel Balneario Augas
Santas S.L.

IBERIK Aguas Santas Thermal Spa & Golf Resort

opened its doors on 19th July 2006. It is located close to the old thermal spa, which was founded in the mid-nineteenth century and a short time later was already highly regarded even beyond the Galician borders. The healing power of its waters rich in sulphur attracted visitors who arrived from different points of Spain, Portugal or even France. Although it was a rather modest place, it was included among the most famous Galician thermal spas in its own right.



The decline experienced by those ancient institutions in the 20th century did not forgive the thermal spa of Pantón, which stopped working in the mid-fifties. Moreover, the neglected buildings were destroyed by a fire at the end of the seventies. However, the neighbours of the area did not stop visiting the old pond of the thermal spa because the waters springing up there were highly valued among them.

Thermal season
The whole year
except for the 2nd
and 3rd week
of January (check)


Timetable

Adults
10:00h - 14:00h · 16:00h - 21:00h

Children (2 to 12 years)
11:00h - 14:00h · 16:00h - 18:00h

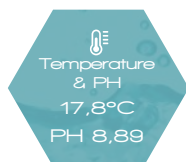
The ruins of the old thermal spa are preserved with the modern facilities as the testimony of a tradition that people intend to recover and encourage at present making use of the own resources of the 21st century.

The Thermal Spa has a surface area over 2,000 m² and is architecturally designed as a glass cube, which allows the user a direct contact with the surrounding nature because it is integrated in a green landscape of indigenous forest.



WATER COMPOSITION

Water rich in bicarbonate, sulphur and sodium.



THERAPEUTIC INDICATIONS AND ASSOCIATED PATHOLOGIES

- **Waters rich in bicarbonate:** bicarbonated waters enhance enzymatic pancreatic secretion, the saponifying capacity of bile and alkalise urine and gastric pH.
- **Waters rich in sulphur:** are recommended in rheumatologic, dermatological and respiratory conditions.
- **Waters rich in sodium:** are prescribed in gastric processes with the presence of hyperacidity.



THERMAL TECHNIQUES; COMPLEMENTARY OR WELLNESS TREATMENTS; OTHER SERVICES

- 1 indoor active pool with hydro massage jets, oxygenated beds, swan necks, jacuzzi, etc.
- 1 outdoor pool with a solarium area, waterfall and swan neck
- 1 pool at higher temperature with bubble seats and hydro massage
- 1 pool of cold water for thermal contrast
- Dry and wet saunas
- Booths with whirlpool baths, high pressure water treatments (water jets, circular shower, contrast shower and pediluvium), inhalations, shower massage and booths for body wrap treatments.

In addition to the great variety of treatments available, there are also other body and facial treatments:

BEAUTY

- Body peeling
- Body hydration
- Seaweed: body wrap
- Silt: peloids
- Uva special treatment
- Facial hydration
- Facial massage
- Facial hygiene
- Facial express

MASSAGES

- Massage 10
- Partial massage
- Total massage
- Underwater massage
- Celtic massage

HEALTH

- Therapeutic massage
- Medical consultation: a doctor will study each case and will monitor the therapy in the facilities in a personal and professional way.

€ PRICES



i OTHER INFORMATION

The exclusive production of the wraps with local products such as wine, chestnut, seaweed and apple is the identity seal.



★★★★
**IBERIK AUGAS
SANTAS**
BALNEARIO & GOLF


Lugar Os Baños s/n
27438 Pantón
LUGO


43.513881 (N)
- 7.604575 (O)


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-  iberik.hoteles

Provincial Council of Ourense



Provincial Council of Ourense

The history and culture of the province of **Ourense** are linked to water, its journey through the surface and subsoil and, of course, to its multitude of uses and applications discovered over the centuries, thus defining the production model and the settlement of the population in the territory. In such a way, the water allows us to take a journey through the history, heritage, nature, gastronomy and culture of Ourense.



On many occasions, the Roman Empire is said to be the **antecedent of nowadays thermalism**, falling in most cases into banalities that do not reflect the exceptionality that implies being able to go back, at least 2000 years ago, in a practice that is still alive, with a deep tradition associated to the phenomenon of "ir ás augas" (visiting the thermal waters) and an experience that remains latent today.

Although it is logical to think that all mineral water springs have always been known by the inhabitants residing at the place of emergence of water, mainly in the case of those waters that presented strong sensory characteristics such as their thermal gradient, flavour, smell or colour, it was not until the progressive spread of the Roman culture that the infrastructures associated with a first thermal architecture of which we are still indebted were built throughout the territories that were part of its Empire

Undoubtedly, the **springs** of the capital city of Ourense, such as As Burgas, located in the emblematic place on the heart of the city, conditioned the location and development of the capital of Ourense, where most of the thermal Roman relics are found

Fortunately, the province of Ourense also has other significant examples of that two-thousand-year-old occupation of thermal springs. Likewise, the enclave of Portoquintela - Os Baños, in the parish of S. Xoan de Baños (Bande municipality) is another of the **sites** of great interest to recognize the value of these waters in the ancient world. In this place identified with the Latin toponymal *Aquae Querquennae* and present in classical sources (mainly in street descriptions), it is located the military camp built and inhabited by a detachment of the *Legio X Gemina* at the end of the 1st century AD. Due to its location in the surroundings of the hot springs, as well as for strategic reasons, there is an underlying interest in taking advantage of this resource that gave it its name. Linked to these waters, which have recently been refurbished by the municipality of Bande and which are worth visiting, there would be a building of Roman baths.

The abundance of archaeological materials in the place and the proximity to the camp, the *mansio* and / or road station of the XVIII way of the Antonine Itinerary that would link *Bracara Augusta* (Braga) with *Lucus Augusti* through the interior area of *Gallaecia*, as well as the immediate population that served the camp, the *mansio* and the visitors of the mineral-medical waters, leave no doubt about their relevant function in ancient times.



Despite the fact that this complex is mostly submerged (seasonally) by the waters of the As Conchas reservoir, built in 1949, which flooded this site and other in the area, as the Roman origin bridge in Pontepedriña, in the summer period, archaeological excavations continue to discover the site. There is an interpretation centre in the vicinity (dependent on the *Aquae Querquennae* *Vía Nova* Foundation), from where visits to the historic Baths of Bande and other key sites of the area can be made, such as the visits to pre-Romanesque church of *Sta. Comba de Bande*, the megalithic monuments of the *Muíños* municipality or the abundant *castros* and mining operations from Roman times, still present in an environment embraced by the *Xurés* mountains.

A few kilometres further south, there is another Roman enclave of special singularity on the same road layout as the previous route (Vía nova or Vía XVIII of the Antonine Itinerary), cited as Aquae Oreginae / Originæ / Ogeresibus and located in the parish of Santa María de Riocaldo, Lobios municipality, on the banks of the Caldo River, where today the pools and the Lobios Thermal Spa are sited. The passage of the Roman road through this space records the highest concentration of milestones in the Iberian Peninsula, the presence of a Roman settlement and abundant Roman material that allows affirming the occupation and use of these springs in Roman times.



Along with the examples mentioned as thermal enclaves of the greatest archaeological entity linked to thermalism within the **province of Ourense**, there are many other potentially interesting enclaves in terms of thermal and tourist heritage, such as those presented in this guide. The province of Ourense has more than 490 thermal upwelling points, for that reason it is known in Europe as **the thermal province**.



LANDMARKS

RIBERA SACRA

- Route of the monasteries: Montederramo, Santo Estevo, Santa Cristina or San Pedro de Rocas.
- Rural Romanesque architecture.
- The Sil and Miño canyons: heroic viticulture, catamaran routes.
- Hiking routes and viewpoints (balcones de Madrid).
- Civil architecture marked by pazos and castles, and popular architecture highlighted by chapels, Calvary crosses, wayside shrines, ovens, mills, granaries...
- Montederramo birch forest.
- Traditional pottery.

MACIZO CENTRAL OURENSANO

- Natural monuments: Manzaneda and Trevinca mountains, A Serpe and Ocelo glacial lakes.
- Sports and mountain tourism (Manzaneda).
- Fauna and flora observatory: Natural Park of Serra da Enciña da Lastra, mountain chains of Queixa and O Invernadoiro, the Bibei River gorge, or the Casaio yew forest.

- Mountain gastronomy: botelos and chorizos, chestnuts and honey, bica sponge cake, Valdeorras wine.
- Winter Way of St. James.
- A Veiga Starlight destination.

TIERRAS DE OURENSE AND ALLARIZ

- City of Ourense, second European thermal capital.
- The town of Allariz, National Artistic Complex and European benchmark in the Heritage rehabilitation and conservation.
- Allariz Gardens, the Rexo Ecospace and Biosphere Reserve.
- Historic sites of Xunqueira de Ambía and Baños de Molgas.
- Os Milagres Sanctuary.
- South-East Way of St. James - *Vía de la Plata*.

LIMIA, BAIXA LIMIA AND CELANOVA

- Via Romana XVIII or Via Nova: Roman milestones of Portela de Home and Aquis-Querquernis camp.
- San Salvador Monastery, a Baroque gem.
- Visigothic art in Santa Comba, Bande.
- The towers of the Limia: Sandiás, A Pena and A Forxa.
- Megalithic remains of Muíños.
- Baixa Limia- Xurés Natural Park: nature and sport.
- Allariz Biosphere Reserve: Rairiz de Veiga, A Bola, Vilar de Santos.

O RIBEIRO- CARBALLIÑO

- The town of Ribadavia: old town and Jewish Quarter.
- Wine tourism in O Ribeiro.
- Romanesque, Gothic and Baroque routes that mark the Way of St. James, the Minhoto Way
- Monasteries of San Clodio, Oseira and Santa María.
- Temple of Veracruz in O Carballiño.
- The Castro culture: Archaeological Park of San Cibrao de Las.
- Pena Veidosa and Pena Corneira mountain chains.
- Gentle recreational area (hiking trails, RV parking).

MONTERREI- VERÍN

- Monterrei Castle.
- South-East Way of St. James - *Vía de la Plata*.
- Wine tourism and viticulture.
- Támeiga River and its journey to Portugal.
- Macizo central and O Invernadoiro Natural Park.



ACCOMODATION



Arnoia

We begin the route through the region of O Ribeiro, in **A Arnoia**, a small municipality of 20 square kilometres and with a single parish, San Salvador. Nestled between the two banks of the Arnoia River, from which it takes its name, its western limit is formed by the Miño River, in its area of backwaters of Frieira, a condition that offers a special scenic beauty, increased by the mouth of the river and its exuberant vegetation

In its orographic configuration, there are two well-differentiated areas: the one corresponding to the aforementioned mouth, very fertile and with traditional crops such as wine and fruit and vegetable products. The second area, defined by forest landscapes, in the foothills of Coto Novelle. Its main town is located in Outeiro da Cruz, lacking the designation of "Arnoia" for any village of the municipality.



Regarding the origin of the word "Arnoia", there are different opinions. According to the intellectual Murguía, in *Historia de Galicia*, its origin comes from the Sanskrit *arna* (river), but according to the scholar Santiago Gómez, it has another origin and so corroborates Father Samuel Eján, who looks for this origin in the Gipuzkoan and Biscayan dialects of Basque language, which names the noun "wine" as *ardo* or *ardao*.

In any case, the occupation of the territory dates back at least to the Castro period, of which there is evidence throughout the area, as well as for the Romans' passage, through numerous archaeological remains.

Once in the Middle Ages and under the protection of the monasteries, there are several writings referring to the lands of Arnoia. The Inquisition was also present in Arnoia, as well as the French or the Carlist parties, who walked through these lands. All this information is documented thanks to the writings of Father Samuel Eiján, among others.

Finally, we should highlight the **Arnoia Pepper Festival**, of National Tourist Interest, which is held at the beginning of August and promotes enhances this product that collects the flavour of the Arnoia River waters.



ARNOIA

THERMAL SPA

HOTEL

CALDARIA



Thermal complex built in 1995 by the San Rosendo Foundation - Caldaria Termal. Until that moment, although the waters were well known and used by local residents, the springs did not have infrastructure for bath usage. Later, they were submerged by the Frieira reservoir.

After its construction, the complex has been extended and improved on numerous occasions, with the last renovation being in 2015, obtaining the evaluation of a 4-star Thermal Spa Hotel. This establishment has been a benchmark for thermalism in Galicia since its construction. It also has the Q quality mark, being part of the Spanish and Galician Thermal Spa Network, as well as of the social thermalism programmes of the Imserso, Xunta de Galicia and Provincial Council of Ourense.

The Thermal Spa Hotel has a capacity to host 180 people and its facilities include restaurant, sports and children's areas, jetty, large garden spaces and the possibility of organizing events.



WATER COMPOSITION

Weak mineralization hypothermal waters.
Sulfurized, bicarbonated, fluorinated.



THERAPEUTIC INDICATIONS AND ASSOCIATED PATHOLOGIES

Hepato-digestive, paediatrics, dermatology, neurology, rheumatology, daily life.

Rheumatisms, dermatological and respiratory conditions, stress, beauty treatments, post-surgical and post-traumatic procedures.

Thermal season
The whole year



Thermal Club from 09.00h to 21.00h

Treatments

WINTER

Sun. to thurs.: 09:00h-14:00h · 16:00h-19:00h

Fri. and Sat.: 09:00h-14:00h · 16:00h-21:00h

Closed on the afternoon of 24th December

SUMMER 09:00h-14:00h · 16:00h-21:00h



THERMAL TECHNIQUES; COMPLEMENTARY OR WELLNESS TREATMENTS; OTHER SERVICES

The thermal techniques included in the Thermalism Programme will be selected under medical criteria for each of the participants. Techniques include: baths, bubble baths, whirlpool baths, thermal pressure jets, circular shower, Scottish shower, filiform shower, Vichy shower. Additionally: health and beauty treatments, physiotherapy / rehabilitation, massage / massage therapy, thermal pool.

This Thermal Spa Hotel offers the visitor a tour through the Termarium, with its underwater showers, its sauna and its fascinating indoor and outdoor pools, all of which will provide a sensation of pleasure in the middle of nature. In A Arnoia, water is the protagonist; the municipality itself owes its name to the longest river in the Ourense province, with the same name, which, after passing through different municipalities, concludes its journey in this council. The toponymy "Arnoia" is hydronymic (mass of flowing water), but not only the waters of its rivers are protagonists, but also its rich thermal waters and the incomparable natural landscapes of the area in the modern facilities of its thermal spa.



PRICES

Thermal Spa Programmes



Health Treatments



Beauty Treatments



★★★★

ARNOIA THERMAL SPA HOTEL



S. Salvador de Arnoia,
Lugar de Reza
OURENSE

42.25858 (N)
- 8.15404 (O)



Tel: (+34) 988 492 400
Fax: (+34) 988 492 422



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www.caldaria.es

Baños de Molgas

Baños de Molgas, framed in the lands that form Allariz, a town declared a Historic-Artistic Site, a Biosphere Reserve and known for its shopping outlets and markets, and Maceda, famous for its castle, where the king Alfonso X "The Wise" was raised, and its natural wealth expressed in the San Mamede mountain chain or in the Montederramo birch forest.



Although there is evidence of human activity in Molgas since the Bronze Age, the origins of the current town seem to go back to Roman times due to the archaeological discoveries present in the area: bronze wings, fragments of statues and a tombstone dedicated to the nymphs of the hot springs. Over the Arnoia River and next to the thermal spa, there is a **medieval bridge**, which was built using the Roman pillars. The current appearance is due to the restoration work carried out since the mid-eighties, in order to prevent its ruin, which were completed with actions in the area. Historians ensure that in this area the *Aquae Salientibus* mansion was located on Via XVIII of the Antonino itinerary, which linked Braga and Astorga. In the Middle Ages, the prior of Xunqueira de Ambía and the lords of Manzaneda da Limia and Monterrei also exercised their control over these lands.

One of the main attractions and reason for pilgrimage to this municipality is in Monte Medo, at the foothills of San Mamede mountain chain. The sanctuary is in Baroque-Neoclassical style and surrounded by a wall on which four access doors to the enclosure open. The facade is a giant stone altarpiece, as a small preview of the facade of the Obradoiro of the Cathedral of Santiago de Compostela, with its balcony and altar, planned for mass celebrations.

On the outside of the enclosure there are seven chapels forming Stations of the Cross, equidistant from each other, and at the rear, there is A Carballa dos **Milagres**, next to the Virxe fountain, place where it is believed that it was placed the first hermitage dedicated to the Saint or the Virgin during the 9th century.



Accessing the enclosure from the back door, we find the remains of the lantern of the previous temple, also Baroque, from the 17th century and towards the front, on this same side of the temple, we see the Calvary cross of A Piedade, originated in the 16th century, renovated and decorated in the 18th and 19th centuries. Since the 19th century, the Sanctuary has been run by the Congregation of the Mission.

Throughout Galicia, northern Portugal and in general in the northwest of the peninsula, the novena of the Virgin is celebrated and recognized from the end of August to 8th September. During these days, the sanctuary is full of worshippers and fair stalls, where we can enjoy an authentic popular pilgrimage celebration known as Romería: a festive and religious event with strong traditions.

The Baños de Molgas old train station, restored and enhanced through a European project in which the same tasks were carried out in stations in Spain and Portugal, also deserves special mention. Currently, among other uses, it hosts the Moncho Borrajo Museum, which collects the entire legacy of this artist born in Baños de Molgas, as well as his personal library with more than 3000 works.



BAÑOS DE MOLGAS

THERMAL SPA HOTEL

Baños de Molgas Thermal
Spa Hotel



The history of the municipality of **Baños de Molgas** has always been linked to the existence of hot springs known and used since the time of the Romans, Aquis Salientibus, both for heating and for their healing power (Balneos Mollicas, soft and sedative baths) and that today can continue to be enjoyed at the Baños de Molgas Thermal Spa Hotel, in operation since 1873 and which has undergone numerous modifications without losing its traditional charm.

This place, in which archaeological remains flourish, **three springs** are mainly identified: A Burga (used in the wash-house on the banks of the Arnoia), A fonte quente (used in the thermal spa) and the Charca, which flows in the opposite side of the river.

The thermal spa hotel maintains the aesthetics and history of the traditional building but with all the technical and medical means necessary for the proper use of its waters. It is part of the Association of Thermal Spas of Galicia and participates in the social thermalism programme of the Imserso, Xunta de Galicia and Provincial Council of Ourense. It also has a general medical care offer.



WATER COMPOSITION

Radioactive, bicarbonate, sodium, silicate and oligometallic waters.


Temperature
& PH
49°C

Thermal season
from 7th February
to 14th December


Timetable

From 07:30 to 12:00h
and from 17:30 to 20:00 h



THERAPEUTIC INDICATIONS AND ASSOCIATED PATHOLOGIES

- Cardiology
- Rheumatism treatment
- Traumatology and sport
- Arthritis
- Asthma, chronic bronchitis, sinusitis and pharyngitis
- Calculus
- Hyperuricemia
- Nervous system disorders
- Skin diseases
- Stress



THERMAL TECHNIQUES; COMPLEMENTARY OR WELLNESS TREATMENTS; OTHER SERVICES

Total and partial baths, aeromassage, electrotherapy jets, water intake, hand baths / foot baths, showers, inhalations / sprays, nasal cleansing, massage, thermal pool.

PROGRAMMES:

- Baths
- Whirlpool baths
- Pool
- Underwater and pressure jets
- Circular shower
- Parafango treatment
- Inhalations, nebulisations sprays and nasal cleanses
- Drinking thermal water



PRICES



★
**BAÑOS DE
MOLGAS
THERMAL SPA
HOTEL**

★
Doutor Samuel González
Movilla, 26
32701 Baños de Molgas
OURENSE

42.1438 (N)
- 7.40119 (O)

Tel: (+34) 988 430 246
Fax: (+34) 988 430 405

@
balneariomolgas@hotmail.com
www.balneariodemolgas.com

Castrelo de Miño

In the heart of O Ribeiro, on the left bank of the Miño River and surrounded by mountain relays, we find **Castrelo de Miño**. In its lands sheltered from oceanic influence and watered by an extensive river network, the characteristic vine cultivation of the region predominates. The history of Castrelo de Miño, known in the Middle Ages as *Castrum Minei*, is linked to the Galician palaces known as *pazos*, the large houses and a double monastery that subsequently belonged to the Bishop of Ourense.

Among the heritage of the municipality deserves special mention, the **church of Santa María**, on a hill overlooking the river, where a castle stood that was the scene of events that involved Archbishop Diego Xelmírez and Queen Doña Urraca.



Of the primitive church, of a nave the apse from the second half of the 12th century is preserved. It is semi-circular, divided by three sided columns, with semi-circular arched windows, supported by small columns bent on jambs. Inside, it has a semi-circular triumphal arch on sided semi-columns and a barrel vault.

Inside the church, there is an altarpiece from 1964 and wall paintings with scenes of the Final Judgment of Christ in front of Ollatos, the Flagellation and the The Way to Calvary. The nave was built in 1763 and on the churchyard there are Romanesque reliefs with scenes of Christ, Saint Peter and Saint Paul. With a Baroque door and buttresses on the north and south wall topped by pinnacles with balls, this church is located in the upper part of the area of Santa María and has formidable views of the Miño River.

In addition, the Church of Santa María de Astariz, dating from the 18th century, has a complex shape due to the juxtaposition of figures (sacristy and apse); however, the ground plan is rectangular, with the presbytery in a higher position. It has large pilasters at the corners with architrave spiers, and it is decorated with plank and cymatium that continue on the cornices.

Inside, some valuable altarpieces made in 1748 by the sculptor Salvador Carmona and donated by the Count of Troncoso, a genuine patron of the region, are preserved in very good condition. The Ánimas relief and the image of San Judas Tadeo deserve particular attention.

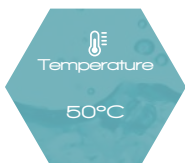


O DIESTRO THERMAL AREA

Ayuntamiento de Castrelo
de Miño

The **Thermal Area of Diestro** is a thermal complex formed by a cistern and a granite stone channel in which thermal waters emerge. Conditioned to the variations of the Miño River, there are 2 thermal pools and 5 auxiliary pools, some intact and other deteriorated.

Recently, refurbishment tasks have been carried out in this space, so it is worth visiting this thermal area of Roman origin.



WATER COMPOSITION

Sulphurous and ferruginous waters.



THERAPEUTIC INDICATIONS AND ASSOCIATED PATHOLOGIES

- Dermatology and dermatological conditions.
- Toning through water intake



PRICES

Free access.



O DIESTRO THERMAL AREA



32430 Castrelo de Miño
OURENSE



42.29078 (N)
- 8.1161809 (O)



[www.castrelo.org/gl/
contanos.htm](http://www.castrelo.org/gl/contanos.htm)

Cenlle

Still in the region of O Ribeiro and just 30 kilometres away from the regional capital city, the municipality of **Cenlle** is nestled between the Miño and the Avia rivers, both acting as limits of the municipal term, which comprises 29.03 square kilometres with 1,100 inhabitants.

With a rugged terrain but lacking important elevations, its orography is very irregular, predominating small groups of hills, in which the mountains of Piñeiro (477m), A Corredoira (489m) and Nazara (415m) stand out. Towards the south, as the altitude descends, around the Avia and Miño rivers valleys, the landscape is marked by water networks and extensive vineyards.



The first written references about Cenlle go back to a document from 1238, in which the dean of the Ourense Cathedral rented several properties to Abril Eáns, among which was a terrain located near A Torre village (In Cauto de Ceeli). However, like most Galician parishes, it lacks a glorious history, great deeds or battles.

Cenlle has always been a land of hardworking farmers who only thought of increasing **wine** production, exploited by the ruling classes of the Ourense Cathedral, San Clodio or the Count of Ribadavia who had a castle in San Lourenzo da Pena where he exercised his power. History reflects that there were many who benefited from possessions here, of which currently remain few testimonies as the monastery, the Pazos, the Large Houses and the Rec-torial Houses. The name of the *Tenencia* (public celebration square of Cenlle) will forever remember that there used to be a house where the Bishop of Ourense annually collected the yields, such as *fueros* and rents.

Cenlle is located in the historic Land of Castles, already known by this name in the 9th century. This designation was due to documents from 1258 in which it appears entitled as a town, which is not given to any surrounding population, except from Ribadavia.

Among the documents, Cenlle appears 7 times due to diverse reasons, which is helpful to recognize different dates about the history of the municipality. Among them, one of national interest stands out, in which the king stamped his signature on a letter while on his way to Ourense. The importance of the remaining six is exclusively socioeconomic, addressing topics such as the owners of the lands, those who worked on them and the historical predominance of the vineyards and strains, due to their quality and consequent high economic value.



LAIAS

THERMAL SPA HOTEL

CALDARIA

The **Laias** spring in Cenlle, flows in a place of great archaeological importance, since different settlements have been documented in the vicinity, as well as construction materials that suggest that this area was used in Roman times. Vestiges from later centuries were also found, but many are destroyed or submerged after the construction of the Castrelo de Miño reservoir.

In 1977, the public thermal spa was built, consisting of a 2-storey building used only for baths. This building is currently converted into a hostel after the construction of the new thermal spa in 2001 by the San Rosendo Foundation, right next to side of the chapel of Sta. Eulalia.

The last renovation of the Laias Thermal Spa Hotel took place in 2015, resulting in a modern and elegant building, with a contemporary design by Chaos and Garaizabal architects, inspired by the flight of a seagull and in which the windows that enclose the entire building stand out, providing natural light throughout the interior space.

The hotel has 98 rooms and facilities that incorporate the latest advances in thermal spa techniques that allow you to relax while enjoying a unique setting in the heart of O Ribeiro. The hotel belongs to the Associations of Thermal Spas of Galicia and Spain, and participates in the social thermalism programmes of the Imsero, Xunta de Galicia and Provincial Council of Ourense.



Thermal season
The whole
year


Timetable

Thermal Club from 09:00h to 21:00h

Treatments

WINTER

Sun. to Thurs.: 09:00h · 14:00h · 16:00h · 19:00h

Fri. and Sat.: 09:00h · 14:00h · 16:00h · 21:00h

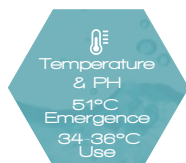
Closed on the afternoon of 24th December

SUMMER 09:00h · 14:00h · 16:00h · 21:00h



WATER COMPOSITION

Bicarbonate-sodium, alkaline, hyperthermal



THERAPEUTIC INDICATIONS AND ASSOCIATED PATHOLOGIES

- Cardiology and sports
- Paediatrics
- Traumatology
- Geriatrics
- Rheumatology
- Dermatology



THERMAL TECHNIQUES; COMPLEMENTARY OR WELLNESS TREATMENTS; OTHER SERVICES

MAIN TREATMENTS

- Bath
- Jets
- Thermal pool
- Shower
- Massage
- Sauna

THERMAL TECHNIQUES

- Whirlpool bath
- Steam bath
- Bath or Shower of Essences
- Jets
- Whirlpool Jets
- Underwater Jet
- Circular Shower
- Scottish Shower
- Jacuzzi
- Handbaths
- Footbaths
- Thermal Water Pool
- Contrast Pool
- Wet Sauna
- Dry or Finnish Sauna
- Heated armchairs
- Wet and Dry Hot Springs

COMPLEMENTARY TECHNIQUES

- Aromatherapy
- Chocolate therapy
- Chromotherapy
- Lymphatic drainage
- Electromagnet therapy
- Spa Seaweed wrap
- Other spa wraps
- Facial and body beauty treatments
- Physiotherapy
- Manual massage
- Parafango treatment
- Wine therapy

COMPLEMENTARY SERVICES

- Leisure activities /entertainment
- Parking / garage
- Bar/Cafeteria
- Medical or health technician assistant department
- Pool
- Heated pool Sauna
- Restaurant
- Sauna
- Thermal Spa
- Garden Terrace



PRICES

Thermal Spa
Programmes



Health
Treatments



Beauty
Treatments



★★★★

LAIAS
THERMAL SPA
HOTEL



N-120, km 585,80
32459 Cenlle
OURENSE



42.19374 (N)
- 8.01397 (O)



Tel: (+34) 902 492 400
(+34) 988 280 488



reservas@caldaria.es

www.caldaria.es/laias

BARBANTES

THERMAL AREA

Concello de Cenlle

This area of outside pools with free access is located next to the Laias Thermal Spa, in **Barbantes**, by the train station. This thermal area formed by a set of pools with hypothermal waters, was recently conditioned and has a recreation area with garden spaces, sports facilities, a sports orientation track tour and a RV area with all services.

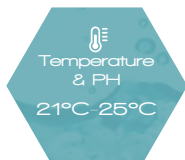


The project for refurbishing the Barbantes thermal area and river walking path, as well as the numerous trails created recently that pass through the historical and cultural heritage of this area of O Ribeiro, has been promoted by the municipality of Cenlle with European funding, as well as from the Xunta de Galicia and the Provincial Council of Ourense.



WATER COMPOSITION

Hypothermal waters with weak mineralization: bicarbonate, alkaline, sodium, magnesium and chlorinated.



THERAPEUTIC INDICATIONS AND ASSOCIATED PATHOLOGIES

- Arthritis
- Rheuma
- Dermatological pathologies

Thermal season
The whole
year


Timetable

Every day
24h



THERMAL TECHNIQUES; COMPLEMENTARY OR WELLNESS TREATMENTS; OTHER SERVICES

Outdoor hot springs:

- 3 pools with water at 21°C- 28°C
- Picnic areas and benches surrounded by trees
- Toilets and showers
- Bar
- Tourist Information Office



PRICES

Free access.



BARBANTES THERMAL AREA



Barbantes-Estación Cenlle
32450 Cenlle
OURENSE



42.33250 (N)
- 8.01306 (O)



[www.termasourense.com/
termas-de-cenlle](http://www.termasourense.com/termas-de-cenlle)

Cortegada

Also in O Ribeiro region, between the Castrelo and Frieira reservoirs, on the border with the province of Pontevedra, is located the small **Thermal Town of Cortegada de Baños** (26.88 square kilometres), with its historical name referring to its waters and thermal spas.



The rugged terrain of Cortegada is marked by its own natural limits which are the Arnoia, Miño and Deva rivers. Heading north from the Zaparín village, the Arnoia River forms an interesting canyon with a slope of about 200 meters, while the falls towards the Miño and Deva are more gradual. The river network is complemented by A Ponte, Suapena and Ponte Trado streams. The natural wealth of Cortegada create lands of fertile soils in which forest use predominates

Inhabited territory since the Castro era, its oldest sample is the altar of Zaparín. Moreover, it is suspected to exist a route of the XX Roman road between Braga and Astorga, located between the mining enclaves of Zaparín and Coto Novelle.

Cortegada has always been a destination for travellers in search of health. An example of this is the story of a canon of Santiago de Compostela complaining about the state of the roads of the kingdom as well as a place of passage on the Miñoto Way of Saint James's that came up from Portugal and crossed the river by boat in the village of Figueira.

In 1816, Cortegada was one of the first towns to have a bathhouse officially recognized by the government of the king Fernando VII, including Cortegada in the category of thermal spas with a medical director, although the majority of the demand was from rural people. Already in 1881, the construction of the Ourense-Vigo railway line opened Cortegada to the enjoyment of travellers from different places, but without attracting the attention of investors, so it never became a Grand Hotel such as the ones in Mondariz or Caldelas (Tui). The leisure and health tourism allowed some neighbours to build inns, rent the houses they did not use, host visitors in their own houses, or even in granaries during the summer -the time of greatest affluence.



Despite the passage of years, the springs continued to belong to the residents of Cortegada, who by receiving bathers that came to relieve their illnesses, increased their standard of living after the Spanish confiscation of the 19th century. It is at this time when Cortegada reached its maximum splendour. Several buildings from that time have been preserved, such as hotels and the neo-Gothic parish church, by the architect Daniel Vázquez Gullín.

CORTEGADA

THERMAL SPA

Fundación del Balneario de
Cortegada - Tesal

The knowledge about its thermal waters dates back to the 15th century, when the monastery of Celanova had under its jurisdiction the Cortegada baths and its mountain area. Despite this, there are no remains of infrastructures related to baths prior to the 18th century. The first constructions were made by the locals and date back to 1818, when the springs of Campo de Abaixo and Baños da Pedra or de Arriba were refurbished. Thanks to this, three of its main springs, as well as those of Baño do Monte or Castaño, were declared of Public Utility.

In 1841 the facilities were completed with closures and roofs that occasionally were covered by the floods of the Miño River. From that year on, it also had a medical director. In 1937, to avoid these consequences of the floods of the Miño River, a building was built closer to the banks of the Miño, in which the work of the architect from Vigo José Lago Loureiro is preserved. Thanks to the location change, after the construction of the Frieiras reservoir in 1970, the thermal spa remains untouched to this day.

The historic building, reopened in 1995, is located in a natural space of outstanding beauty, where the building seems to be suspended in the water of the Frieiras reservoir, perfect for practicing water sports. It is part of the social thermalism programme of the Provincial Council of Ourense and the local entity is part of the Section of Thermal Towns in the European project Raia Termal.



WATER COMPOSITION

Sodium, oligometallic and lithium sulfur-bicarbonated waters.

O Monte Thermal Area: radioactive sulfurized and bi-carbonated waters.



Temperature
& PH
49°C

Thermal season
The whole
year



Timetable

Tuesday to Saturday
from 11:00 to 22:00h



THERAPEUTIC INDICATIONS AND ASSOCIATED PATHOLOGIES

- Dermatology
- Hepato-digestive
- Rheumatology
- Bath and inhalations

O MONTE THERMAL AREA:

- Rheumatology
- Dermatology
- Respiratory disorders
- Hepato-digestive disorders



THERMAL TECHNIQUES; COMPLEMENTARY OR WELLNESS TREATMENTS; OTHER SERVICES

Of the thermal techniques included in the programme, those that will be administered based on medical criteria will be chosen: heated pool, Turkish bath, Finnish sauna, ice fountain, bi-thermal chromotherapy shower, contrast hydrothermal footbath and relaxation room with heated loungers.

The Thermal Club consists of three thermal leisure pools: a dynamic pool to relax and recover body and mind through a circuit of jets and waterfalls to relax and unwind; upstream river invigorating for the legs; underwater jets for leg joints; and reducing underwater jet for abdomen, buttocks and lumbar region. And to conclude, invigorating and relaxing combined water and bubble geysers and bubble bank; Jacuzzi pool, with bubble seats and water jets for foot reflexology, pressure jets and a powerful bubble massage cabin; and bubble bed pool for deep general relaxation.

It also has an area of contrasts and steam with the exotic Turkish bath and the Roman bath, the traditional Finnish sauna and the innovative cold room and aromatic and bithermal showers.



The offer is completed by relaxation areas, thermal beds and hammocks and a stunning terrace with nature views that gives it a unique touch of distinction and exclusivity.

The EcoBar will provide the visitors with healthy and natural drink supplements.
O Monte Thermal Area: Bath, jets, water intake, shower, thermal pool, sauna.



PRICES



OTHER INFORMATION

The geographical conditions give Cortegada a strategic and bordering location with Portugal, so that through its history, the area had to play many different roles in the stronghold of resistance and refuge for Christians.



CORTEGADA THERMAL SPA

Prza Fundación
Balneario, s/n
32200 Cortegada
OURENSE

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8.173034 (O)

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tesal.com
www.balneariodecortegada.
com

Leiro - Berán

On the banks of the Avia River and protected from the oceanic influence, the municipality of **Leiro** is located, made up of 9 parishes, of which one of them, **Berán**, holds the title of Minor Local Entity and is the place where the new Berán Thermal Spa is located

Leiro's location as the centre of the wine-growing region makes its heritage, its natural resources and its culture steeped in history. Among its extensive heritage, the **Monastery of San Clodio** stands out, a National Artistic Monument and whose origin is not determined. Some sources place it in the 6th century and for other scholars it was founded in 928. At first, it belonged to the Black Monks of the order of Saint Benedict, who turned it into a prosperous agricultural nucleus. It was in this area where grapevine cultivation was first introduced in O Ribeiro.



The church of Santa María de Lamas requires also a special mention, near the place that once occupied the castle where Alfonso VII was imprisoned. This church is a sample of Galician rural Romanesque, both for its structure and for its ornamental motifs, with a nave and apse.

Leiro and Berán form a group municipality, but each one of them maintains its own identity. On the other hand, the history of Berán speaks of peasants and workers, of powerful families, of emigrants who left and returned to fertile lands that produced excellent fruits and waters that hosted trout of more than 10 kilograms and from which springs of healing water gushed out.

Passing through the Thermal Spa of Berán, which is completely renovated, it is worth visiting San Breixo Verísimo, with an impressive architecture next to an old stone Calvary cross with an altar and a unique cross of probable Celtic origin. San Breixo is a saint known for curing rheumatism, so the miracle of these waters is assured.



BERÁN THERMAL SPA

Tesal

The **Thermal Spa of Berán**, in the Leiro Municipality, offers completely new facilities due to the important investments that have been made in it in recent years by the Provincial Council of Ourense and the Fundación Balneario de Cortegada- Tesal.

It currently has an outdoor thermal water pool, 7 individual bathtubs, changing rooms, showers and a fountain to drink thermal water. These waters are recognized as the best in O Ribeiro for skin treatments, although they are recommended for both bathing and drinking.



Temperature

28°C



Timetable
October to
March
weekends
9:30 to
21:30



Timetable
April to
September
Every day
9:30 to
21:30



WATER COMPOSITION

Hydrosulphurous and ferruginous waters.



THERAPEUTIC INDICATIONS AND ASSOCIATED PATHOLOGIES

- Digestive problems.
- Respiratory problems
- Liver problems
- Dermatology, especially for psoriasis



PRICES

On request.



BERÁN THERMAL SPA



Caserío Caldeas, 4,
Berán 32425 Leiro
OURENSE



42.34492 (N)
-8.140863 (O)



Tel: (+34) 988 488 463

Lobios

With an area of 168.77 square kilometres of pure nature and nestled in the Baixa Limia Serra do Xurés Natural Park, it limits to the north with Lobeira, to the east with Muíños, to the south with Portugal and to the west with Entrimo and Portugal. When traveling along the Caldo River through its stony terrain, the tourist is surprised with impressive waterfalls with crystalline waters, such as Corga da Frecha.



After the results obtained from the studies carried out in the area, Lobios has a rich archaeological heritage, a legacy that allows us to get closer to the historical evolution of what is now the municipality of **Lobios**.

Evidence of the first human settlement of hunters and gatherers of the Palaeolithic is known in the Riocaldo village area. However, certainly, the first effective occupation took place from the middle of the fourth millennium BC and was carried out by the first shepherd and agricultural peoples, who erected numerous megalithic monuments between approximately 3500 BC and 2000 BC. For the moment, the only findings known as antas, arks, mámoas, motas, dolmens, etc., funerary pantheons of those people are distributed throughout the county, and specifically in Lobios, in sites such as the tubular necropolis of San Bleito and the Anta do Couto.

Also in this region, vestiges of the first copper metallurgical towns are progressively being found, integrated in an era known archaeologically as Chalcolithic. First, reflected in the open-air settlements, with Penha type lithic and ceramic materials, which occupy the Limia Valley, approximately from 2500 BC. Later, a second manifestation of copper metallurgy, the one that derives from the location of Campaniform ceramics, approximately between 2200/2000 BC and 1800 BC.

The Bronze Age is less known, being limited for the moment to isolated findings corresponding to its initial phase, and located in existing megaliths in the region. The best-known representatives of our Protohistory are the sites called castros, villages built in places with natural defences, such as high hills or mountain spurs surrounded by river meanders, to which different fortification systems such as walls and embankments are added.

The Castro Culture, formed by the Galician peoples, extends chronologically from the 6th-5th century BC to the 4th century AD. It is at this time, more specifically in the year 215 BC, when a Roman army invaded for the first time the Northwest of the Peninsula, this being a key stage in the history of Lobios, which reached its greatest splendour under the reign of Augustus. These included the opening of a set of roads, the creation of infrastructures around the hot springs and the Caldo River, the exploitation of the immense mineral wealth of the area and, on top of that, the generation of an economy with new values and techniques, in which stand out polyculture, the use of coins and the increase in agricultural productivity, witnessed by the foundation of *villae* and rural houses.



LOBIOS

THERMAL SPA HOTEL

CALDARIA

Although **Lobios** is a thermal town with a significant concentration of archaeological remains from Roman times (remains of the Roman settlement in the vicinity of the Antonine Itinerary, the place name *Aquae Originæ*..), there are currently no known remains of the building that could have been used by the Romans for the utilisation of these waters.



Subsequently, there is no evidence of a specific construction for its use except for the findings of small excavations carried out on a seasonal basis, until the construction of the bathhouse administrated by the local residents in the 18th century. Due to the health problems detected in this pool in the 90s, in 1991, the municipality of Lobios carried out the renovation of the main pool in the form of a large pool and the ambitious project for the construction of the Thermal Spa Hotel.

Currently, the Thermal Spa Hotel has 4 stars and the Q for Quality recognition. It has a capacity for 150 people, with modern and innovative facilities. Its services include a swimming pool, a meeting room, a restaurant/bar and the rental of sports equipment. It uses its waters for mineral-medicinal purposes and for the production of cosmetics. Among its various services, it offers assistance in general nursing, hydrology, physiotherapy and general medicine. The hotel belongs to the Associations of Thermal Spas of Galicia and Spain, and participates in the social thermalism programmes of the Imserso, Xunta de Galicia and Provincial Council of Ourense.



WATER COMPOSITION

Fluoridated chlorinated, hyperthermal, oligometallic and silicate bicarbonate-sodium waters.



Temperature
& PH
77°C

Thermal season
The whole
year

Timetable

Thermal Club from 09.00h to 21.00h
Treatments
WINTER
Sun. to Thurs.: 09:00h-14:00h-16:00h-19:00h
Fri. and Sat.: 09:00h-14:00h-16:00h-21:00h
Closed on the afternoon of 24th December
SUMMER 09:00h-14:00h-16:00h-21:00h



THERAPEUTIC INDICATIONS AND ASSOCIATED PATHOLOGIES

Dermatological, liver, musculoskeletal, digestive, arthritis, osteoarthritis, low back pain, rehabilitation, rheumatism, anti-stress treatments.



THERMAL TECHNIQUES; COMPLEMENTARY OR WELLNESS TREATMENTS; OTHER SERVICES

THERMAL TECHNIQUES

- Whirlpool bath
- Steam bath
- Mineral medicinal bath
- Turkish bath
- Essences Bath or Shower
- Jets
- Underwater jet
- Circular Shower
- Scottish Shower
- Mud therapy
- Jacuzzi
- Underwater massages
- Therapeutic massages
- Active pool
- Thermal water pool
- Pool of contrasts
- Thermal armchairs

COMPLEMENTARY TECHNIQUES

- Aromatherapy
- Chocolate Therapy
- Chromotherapy
- Electrotherapy
- Spa Wraps
- Facial and body beauty treatments
- Physiotherapy
- Parafango treatments
- Pressotherapy
- Winetherapy



PRICES

Thermal Spa
Programmes



Health
Treatments



Beauty
Treatments



★★★★

LOBIOS THERMAL SPA HOTEL

Río Caldo s/n
32870 Lobios
OURENSE

41.862732 (N)
- 8.106603 (O)



Tel: (+34) 988 448 440
Fax: (+34) 988 280 484



reservas@caldaria.es
www.caldaria.es/lobios

Punxín

Punxín, a small municipality in the Carballiño region and just 20 minutes from the provincial capital, comprehends the territory along the slopes of Barbantiño offering the richness of its landscapes and the traces of its history linked to the Romanesque.

The highlight of the municipality's heritage is the sarcophagus of Wintilia, San Wintila for the inhabitants of Punxín. On a slope of Barbantiño, in the village of A Forxa, the pre-Romanesque art Church of Santa María is located. History says that the construction of this church is due to Wintilia, where he is buried under a beautiful 9th century sepulchre, probably the oldest in Galicia.

The current church of Santa María de Punxín is what remains of the Romanesque temple that has experienced numerous transformations over the centuries. With a primitive structure, currently only the walls of the nave, part of the apse and the triumphal arch remain, which after the last renovation, became the main portal of the church.



Some of the parish churches preserve part of the Romanesque style, such as Punxín and Ourantes, which is striking as they do not have Baroque works from the 18th century.

In San Xoán de Ourantes and Vilela there are two Romanesque churches that are worth visiting, the first being of special interest. With mostly Romanesque style, combined with Baroque works, in the case of the tower. With a single nave, its apse is rectangular. At the back, there is a Calvary cross with a wayside shrine on the pedestal, surrounded by an iron lattice that has the instruments of the Passion at the straight base of the column. On the Ionic style chapter, there is an image of Christ Crucified and Virgin Mary resting on angels.



AS QUINTAS THERMAL AREA

Concello de Punxín

As Quintas Thermal Area is located on the path of the Barbantiño River and on the shore of the Viñao waterfall in the Punxín municipality, commonly known as O Baño.

Recently refurbished, it has a spring and a thermal pool. The well-known water spring of O Santo can also be found in its vicinity.



WATER COMPOSITION

Sulphurous bicarbonate waters



THERAPEUTIC INDICATIONS AND ASSOCIATED PATHOLOGIES

- Dermatology and dermatological pathologies.



PRICES

Free access.



AS QUINTAS THERMAL AREA



Camino das Quintas, 1,
32456 Punxín
OURENSE



42.384417 (N)
-7.996794 (O)

Ribadavia

The capital of the county, the town of **Ribadavia**, is a historical-artistic complex surrounded by mountains, sheltered from the oceanic influence and nestled between the Miño and the Avia rivers.



These lands have always been populated due to the high importance of the county, suggestive and attractive, not only for the charms of its beauty, but also for the fertility of its soil, the mines of its mountains, the gold of its rivers and the mineral and thermal quality of its waters. Iberians, Celts, Phoenicians and Romans contributed to the development and humanization of the county, leaving signs and remains of great importance in almost all the parishes of O Ribeiro.

The legacy of the Romans stands out, who settled throughout the area to extract gold from the Miño River and to benefit from the great thermal springs, leaving important samples of their marks (altars, roads, coins, domestic and cult utensils, gold pans, etc.). Ribadavia was treated as the Abóbriga of Plinio. It is said that thanks to the Roman presence in O Ribeiro there is a great existence of vineyards.

Once in Christian times, the county achieved its prosperous era, due to the monasteries of Arnoia, Castrillo, Gomariz, San Clodio, etc., and to the many fortresses that were located throughout the area: San Xés, A Mota, Sande, Nóvoa, Pena Corneira, etc. For this reason, O Ribeiro was known in the 10th century as Castles' Land. Also in this period the Royal Charter "protection and special treatment" is granted by King Fernando II to the town.

A Hebrew community also flourished in the town, gathering in streets around the so-called Porta Nova, eventually forming one of the most interesting Jewish quarters in Galicia.

Every year at the end of August, the Jewish quarter, decorated in medieval style, hosts stalls selling gastronomic and artisan products. The best way to enjoy the party is to participate in the **A latoria** parade, open to anyone wearing medieval costumes. An intense programme of activities enlivens the parade.



The celebration is held in the castle grounds of the Sarmiento family, one of the most important noble families in the Middle Ages. Its shield, made up of thirteen gold bezants, appears sculpted in numerous buildings in Ribadavia and O Ribeiro, and even throughout Spain, since as they married to other noble families in the country, they acquired more possessions and titles, especially in Castile.

From the 17th century, the O Ribeiro region became one of the most prosperous territories in Spain due to the export of wine, being considered one of the best in Europe, as described by Cervantes in his work *El Licenciado Vidriera* in his description of the Kingdom of Galicia, when it refers to Ribadavia as the "Mother of wine of high carat".

PREXIGUEIRO

THERMAL AREA

Termas de Prexigueiro

This spring dating from the 16th century belonged to the Monastery of Santa María de Melón and was known as Baños de Cerves (name of the river on which it sprout). Centuries later, it was leased by the neighbours in exchange for fixing the facilities and committing to their maintenance. These baths consisted for many years of outdoor ponds, and later in the 20th century, they had a small house and a stone pool that was renovated in the 90s.



Likewise, there are several ponds along the **Cerves River** that have free access and are used as outdoor thermal baths. At present, these well-known waters attract both neighbours and foreigners, also due to the fact that in the upper part of the slope a new installation by the architect Suances has been built, of public initiative and private management, which uses the water springs as thermal baths. This space has rooms for various treatments and there is a project to expand the facilities to provide them with accommodation. In the lower part of the slope, in the river itself, there are free public access natural pools.



WATER COMPOSITION

Sodium and sulfurized bicarbonate waters.



Temperature
& PH
41°C



THERAPEUTIC INDICATIONS AND ASSOCIATED PATHOLOGIES

Traumatology and sports, dermatology, rheumatology and everyday life.

Thermal season
The whole
year



Timetable

Every day
from 11.00h to 22.30h



THERMAL TECHNIQUES; COMPLEMENTARY OR WELLNESS TREATMENTS; OTHER SERVICES

The new thermal area, inaugurated in 2010, has five outdoor pools of different shapes and sizes, as well as facilities for relaxation and health treatments, with whirlpool bathtubs.

- Baths
- Wine Therapy and Chocolate Therapy
- Massotherapy
- Sauna

It also has a cafeteria, restaurant and capacity to organize events.



PRICES

5,50 € for adults,

4,90€ for children.

Please visit the website.



PREXIGUEIRO THERMAL AREA



Lugar de Prexigueiro
37418 Ribadavia
OURENSE



42.253585 (N)
- 8.167484 (O)



Tel: (+34) 988 470 950



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www.termasprexigueiro.com

Guimarães

AQUI
NASCEU
PORTUGAL

Guimarães

Guimarães is associated to the shaping of the Portuguese national identity in the 12th century. The harmonious city and the architectural characteristics that illustrate the development of the city and its integration in the surrounding landscape give Guimarães a remarkable universal value, which reached its highest point when the Historic Centre was classified as a World Heritage Site by UNESCO in 2001.



Just a few kilometres from the city centre, the town of **Caldas das Taipas** has always been a lively and busy crossing point and a good choice for a stop for its several attractions, especially an ancient thermal spa.

Guimarães keeps the will to protect and encourage its historical heritage and cultural traditions linked to the diversity of endogenous resources; for example, the thermal waters.

The therapeutic use of its waters dates back to the Roman Empire, testified by a huge granite block we can find next to the Mother Church of the town, called, Stone or Altar of *Trajan*, with a long inscription in Latin devoted to the Roman emperor *Trajan Augustus*, about the demand and use of these medicinal waters during the Roman times.



Thermal and Wellness Tourism has become increasingly important on the national level over the last years, especially in the north region, where the greatest number of thermal spas in all the country can be found.

The historic built Heritage, along with the extensive cultural programme and sports activities held every year, enjoying nature, health and well-being turn Guimarães into a destination to be chosen in the North of Portugal.



LANDMARKS

- Building of the *Banhos Velhos* (Ancient Thermal Baths)
- Trajan's Altar (National Monument)
- *Citânia de Briteiros*
- Historic Centre of Guimarães (World Heritage Site)

www.guimaraesturismo.com/



ACCOMMODATION



THERMAL TAIPAS

Taipas Turitermas,
C.I.P.R.L



The town of **Caldas de Taipas** profits from the thermal waters as a natural resource. Its use dates back to the beginning of our era, when the Romans passed through this area. We can find some evidence of this fact in the remains of a thermal spa located in the same place where the first thermal spas were working – the *Banhos Velhos* (Ancient Thermal Baths). Later, they were replaced by new facilities in the early 20th century.

The brand **Taipas Termal** was recently created and new products were developed in the field of the Thermal SPA and natural cosmetics. The refurbished thermal spa of Caldas de Taipas, which now also includes a modern health clinic, opened its doors in September 2015. Valuing and using the endogenous resource- the thermal water- as well as the defence of heritage and the quality of the services rendered are the keys for the excellence and the distinctive features reflected in the thermal treatments, health care and sports medicine.

This refurbishment provided the centennial thermal spa with new operating conditions compliant with the most modern quality standards, both in the traditional model of thermalism, as in SPA and Wellness.



WATER COMPOSITION

Silicated hyposaline water, rich in sulphur, sodium and fluoride.



Thermal season
The whole year


Timetable

Thermal Baths
Monday to friday: 08:30-12:30 · 15:00-21:00
Saturday: 08:30-13:00
Sunday: subject to prior reservation
SPA
Monday to saturday: 08:30-21:00
Sunday: subject to prior reservation



THERAPEUTIC INDICATIONS AND ASSOCIATED PATHOLOGIES

- **Upper respiratory tract pathologies:** rhinitis, pharyngitis or sinusitis, chronic conditions caused by allergy (asthma, hay fever).
- **Rheumatic and musculoskeletal pathologies:** chronic or inflammatory rheumatism, arthrosis, tendonitis, low back pain, sciatica, postoperative dorsal pain, traumatic or osteoarticular after effects.
- **Skin pathologies:** eczema, psoriasis, scars, itching and hives.



THERMAL TECHNIQUES; COMPLEMENTARY OR WELLNESS TREATMENTS; OTHER SERVICES

- Immersion baths
- Bubble bath hydro massage
- Pool
- Jet and Vichy shower
- Steam column
- Thermal mud
- Irrigations
- Spraying
- Nebulization and aerosols
- Drinking water
- Mud poultice
- Massage
- Geothermal massage
- Body exfoliation
- Chocotherapy
- Massage with candles
- Lymphatic drainage massage
- Double massage



THERMAL TAIPAS



Largo das Termas
Caldas das Taipas
GUMARÃES



41.487801 (N)
-8.342652 (O)



Tel: (+351) 253 577 845



geral@taipastermal.com
info@taipastermal.com
www.taipastermal.com

 Taipas Termal



PRICES



OTHER INFORMATION

Taipas Termal offers other wellness programmes that are available on the web page.

Lugo



Lugo

Lugo, a historic and welcoming city.

More than two thousand years of history are a long time. That is why, visiting Lugo becomes a journey to the past and it needs time to discover in a quiet way all the corners that this magical two-thousand-year-old city hides. One of the pleasures that the traveller who lets himself fall in love with the walled capital city can discover is forgetting about hurrying up. Lugo offers the magic of the cities where time seems to slow down and the visitor can surrender to the privilege of strolling around the quiet streets and discover peacefully its one thousand and one enchanting corners.



And if anything characterises Lugo is the extraordinary hospitality which the city shows when its visitors are welcomed: the doors of the **Roman Wall** are always open. Lugo is proud of the only Roman Wall in the world that keeps its entire perimeter intact and that became the symbol of the city, especially since the year 2000 when the Unesco declared the Wall as a World Heritage Site.

When travellers discover these walls, they cannot help to be astonished by the solid quiet beauty of this defensive structure and the passage of history can be felt when looking at their stones.

A historic monumental and gastronomic city. Travellers who arrive in Lugo find a city with its own touch of magic for the beauty of its Wall, the historic centre and the **river Miño**. They will keep a lasting memory of a welcoming city where nobody is a foreigner and which always keeps its doors open.

To convey the cultural heritage, Lugo has a network of **Municipal Museums** specialized in the archaeological heritage inherited from the Roman times. The cultural offer is completed by the Provincial Museum, placed in the ancient San Francisco convent, and by a carefully selected cultural programming developed by the City Council of Lugo throughout the year.

In addition to being a monumental city, Lugo is also well-known by its **natural areas**.

The horizon is marked by the beautiful landscape of the meadows. Its magnificent indigenous forests offer amazing images all year round. As a matter of fact, the Primitive Way to Santiago goes across this amazing landscape on its way through the municipality. In addition, the city is surrounded by a green belt with a ten-kilometre path which runs along the river Miño and the river Rato.

Another attractive feature of Lugo is related to health and wellness. It is one of the most valuable legacies that the Romans left to the city. We talk about the Thermal Baths, placed along the banks of the river Miño, where the Thermal Spa of Lugo, which offers a wide range of thermal treatments, is located. Don't miss the sunset from the **Vella Ponte** (Old Bridge).



LANDMARKS

- The Roman Wall, World Heritage Site
- Santa María Cathedral, World Heritage Site
- Pío XII square
- Museums – Archaeological Centres: Domus do Mitreo, Casa dos Mosaicos, Sala Porta Miñá, San Roque, Visitor Interpretive Centre of the Wall
- Interactive Museum of the History of Lugo
- Provincial Museum
- Sociocultural Centre O Vello Cárcere
- Burgo Vello (Historic centre) – area of the Cathedral, the square Praza do Campo, the neighbourhood of La Tineria
- Monumental Lugo: Pazo do Concello, Main Square, Santo Domingo square, San Marcos street.
- Rosalía de Castro Park
- Park of river Miño – Biosphere Reserve
- Rato Walk
- Roman Bridge
- Roman Thermal Baths
- Primitive Way
- Via XIX (Roman Route)
- Temple of Santalla de Bóveda (Place of Cultural Interest)
- Rural area: Terras de Auga e Cultura (Lands of Water and Culture programme)



ACCOMMODATION



THERMAL SPA OF LUGO

ROMAN THERMAL BATHS

Balneario y Termas de Lugo S.L.

The **Thermal Spa of Lugo** lies at the foot of the Roman city. It is placed at the banks of the river Miño in the Reserve of Biosphere of Miño and surrounded by long paths in full nature. Besides, it is about 2 km from the historic centre of the city of Lugo. This Thermal Spa is a traditional spa for therapeutic purposes. The quality of its waters was already known in ancient Rome; a good example of this fact are the **Roman Thermal Baths**, which have been declared as a Place of Tourist Interest.

These archaeological remains, which are more than two thousand years old, are preserved inside the building with three vaulted rooms : the Apodyterium, or changing rooms area, the Caldarium or hot bath room and the Tepidarium, which was the transition area to the cold bath or Frigidarium. Since Roman times until now, the Thermal Spa has worked intermittently. However, after 1988, the Thermal Spa has been working continuously in a constant state of renovation and remodelling.



WATER COMPOSITION

Hyperthermal water rich in sulphur, sodium and bicarbonate.

Temperature
& PH

43°C

PH 7.8



THERAPEUTIC INDICATIONS AND ASSOCIATED PATHOLOGIES

- **Rheumatism:**

Chronic degenerative (arthrosis); chronic inflammatory (arthritis), non-articular rheumatism (sciatica, low back pain, painful shoulder)

Thermal season
From March
to December

 Timetable

From Monday to Saturday:
08:30 13:30 • 18:30 20:30

Sunday:
08:30 13:00

• **Respiratory disorders:**

Pharyngitis, rhinitis, sinusitis, laryngitis, bronchitis, asthma, etc.

• **Skin disorders**

• **Stress, mental and physical exhaustion...**



THERMAL TECHNIQUES; COMPLEMENTARY OR WELLNESS TREATMENTS; OTHER SERVICES

• **Thermal techniques:**

Thermal water pools, thermal water baths, bubble bath, circular showers, jets, Vichy shower, parafangos, paraffin, respiratory techniques (nasal cleansing, spraying, inhalation, aerosols).

• **Thermal circuit:**

Wet sauna, dry sauna, bi-thermal contrasts, relax pool, jacuzzi, thermal couches.

• **Additional treatments:**

Massages (total, partial, anti-cellulite massage), pressotherapy, body wrap (mud, seaweed), thermal body treatments (exfoliation, body firming treatment, hydration, back facial); facial thermal treatments (face cleansing, moisturizing treatment, firming, anti-acne).



PRICES



OTHER INFORMATION

Tourist quality certification "Q".



**THERMAL SPA
OF LUGO**



Camino del Balneario s/n
27004 LUGO



43.001706 (N)
- 7.560849 (O)



Tel: (+34) 982 221 228

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O Carballiño



O Carballiño

O Carballiño is a touristic and a thermal town which was born at a crossroads in the southern inland area of Galicia, around the fair developed by the friars of the monastery of Oseira in the first third of the 17th century. However, the town council was created in the early 19th century; that is why O Carballiño is a modern town which provides all types of services and an important business and industrial park.

It is located in a strategic geographical position, in a railway and terrestrial network linked to the Galician capital cities, towns and airports by means of a motorway.

There are four essential pillars that support the fame of this town: THERMALISM, NATURE, CULTURAL HERITAGE AND GASTRONOMY.



THERMALISM

There are two private thermal spas: the **Great Thermal Spa**, with about 118 years of history, and the **Caldas de Partovia Thermal Spa**, which has been recently modernised. In addition, there is also a public thermal area called Bañiños de Arcos.

NATURE

One of the natural jewels of O Carballiño is the **Municipal Park**, which along the **Fish Farming** and the **Ethnographic Park of O Arenteiro** cover an area of about 500,000 square metres of forest, paths and leisure areas.

CULTURAL HERITAGE

The most outstanding architectural monument in O Carballiño is the **Temple of Veracruz**. It was built for thirteen years and it was finished in 1957, according to the project of the architect Antonio Palacios Ramilo, who combined different architectural styles. It was declared a Place of Cultural Interest in 1995.

GASTRONOMY

The octopus tradition of O Carballiño is several centuries old, and it has turned the town into a referent for all the Galician *pulpeiros* and *pulpeiras* (men and women that sell octopus). This tradition reaches its peak every second Sunday of August during the **Octopus Fair**, which has been declared a Festival of National Tourist Interest and brings together thousands of people in the municipal park and the town.



FEASTS

The most remarkable festive events are: Carnival and Fiesta de la Cachucha, in February; the Octopus Feast, on the second Sunday of August; Fiestas de la Cachucha in September; the Magosto (chestnut festival) and the Feast of New Wine in November.

HIKING PATHS

There are two authorised hiking paths of great natural and ethnographic interest: O Camiño dos Arrieiros and the Trail of River Arenteiro.

THE REGION

As the main town of the area, O Carballiño lies in a strategic position where visitors can enjoy a wide range of interesting routes. To the north, more than worth the visit to the Monastery of Oseira and the ovens where the bread from Cea is baked, and to the south, to the Castro de San Cibrán de Lás and the typical Galician houses or Pazos of Banga and Cabanelas.



LANDMARKS

- Temple of Veracruz
- Municipal Park
- Fish farm of Carballiño
- Ethnographic museum of Muíño do Anxo
- Path of Arenteiro
- Pazos de Banga, Cima de Vila and Cabanelas



ACCOMMODATION



CALDAS DE PARTOVIA

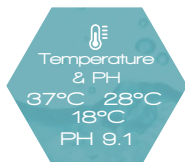
THERMAL SPA

It is located 2 km away from O Carballiño, in as **Caldas de Partovia**. It is just a unique peaceful space to relax and enjoy the pleasure of a bath. There is a modern building and new facilities since 2017.



WATER COMPOSITION

Rich in sulphur, slightly radioactive, rich in bicarbonate, sodium and with a low mineral content.



THERAPEUTIC INDICATIONS AND ASSOCIATED PATHOLOGIES

- Musculoskeletal system pathologies
- Skin pathologies
- Circulatory system pathologies
- Nervous system pathologies
- Respiratory tract pathologies
- Digestive system pathologies



THERMAL TECHNIQUES; COMPLEMENTARY OR WELLNESS TREATMENTS; OTHER SERVICES

- **Dynamic pool and phlebototherapy channel:** it has the first phlebototherapy channel in the country.

Thermal season
The whole year


Timetable

From Tuesday to Sunday
10:00 22:00

- **Magna shower:** exclusively designed for this thermal spa, with 843 outlets pouring down medicinal mineral water which comes directly from the spring.
- **Ying Yang Bath (2 people):** with natural medicinal mineral water, whirlpool bath, music therapy.
- **Medicinal bath:** a bath in an individual bath tub with medicinal mineral water.
- **Whirlpool bath**
- **Pressure jets**
- **Parafango treatment**
- **Aesthetic naturopathy:**
 - Self-heating seaweed
 - Green mud
 - Black mud
 - Cherry therapy
 - Chocotherapy

€ PRICES



CALDAS DE
PARTOVIA
THERMAL SPA



As Caldas
32515 O CARBALLIÑO
OURENSE



42.409650 (N)
-8.070509 (O)



Tel: (+34) 988 273 057



reservas@
caldasdepartovia.es

www.caldasdepartovia
balneario.com

O CARBALLIÑO

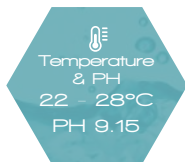
GREAT THERMAL SPA

Since the year 1816, it has been **one of the most popular thermal spas in Spain**. The current building, designed by the architect Daniel Vázquez Gullás from Ourense, opened its doors in the year 1900. The thermal spa underwent a major refurbishment in 1993. The facilities are modern although they keep the charm of a historic thermal spa.



WATER COMPOSITION

Alkaline radioactive water rich in sulphur, sodium, fluoride and lithium.



THERAPEUTIC INDICATIONS AND ASSOCIATED PATHOLOGIES

- Digestive system disorders
- Respiratory tract treatments
- Metabolic disorders
- Rheumatism
- Skin disorders



THERMAL TECHNIQUES; COMPLEMENTARY OR WELLNESS TREATMENTS; OTHER SERVICES

- Drinking water
- Baths
- Whirlpool baths
- Showers
- Jets
- Nebulizations
- Inhalations
- Spraying

Thermal season
From March
to November


Timetable

From Monday to Saturday
08:30-19:00

COMPLEMENTARY TECHNIQUES

- PARAFANGOS:

Combination of mud with paraffin to be applied to the affected areas of the body at an average temperature between 42°C and 46°C, achieving a relaxing and analgesic effect for rheumatic conditions or contractures.

-MASSAGES:

Full or partial massages on the areas affected by contractures or circulatory problems.



PRICES



OTHER INFORMATION

There is a parking and a garden area in the thermal spa. There isn't a hotel although there are several one to four-star hotels in the surrounding area.



O CARBALLIÑO GREAT THERMAL SPA



Avda. do Balneario O
32500 O CARBALLIÑO
OURENSE



42.432023 (N)
-8.082648 (O)



Tel: (+34) 988 270 926



www.balneariodecarballino.com

BAÑIÑOS DE ARCOS

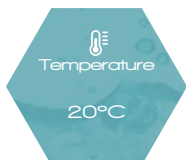
Public use

It is a thermal public fountain.
0,03 l/s.



WATER COMPOSITION

Water rich in sulphur, bicarbonate and fluoride.



THERAPEUTIC INDICATIONS AND ASSOCIATED PATHOLOGIES

Hepatic digestive properties.



THERMAL TECHNIQUES; COMPLEMENTARY OR WELLNESS TREATMENTS; OTHER SERVICES

- Water intake
- Bath



PRICES

Free access



BAÑIÑOS DE ARCOS

32500 O CARBALLIÑO
OURENSE

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-8.073039 (O)

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Ourense



Ourense

Known since Antiquity for the abundance of its mineral-medicinal waters, **Ourense** was born as *Aquis Auriensis*, the city of gold and water. That's how it was named by the Romans, who two thousand years ago founded a settlement at the foot of **As Burgas**, the emblematic thermal springs that still continue to flow at more than 60°C.

From its origins and throughout history, the tradition of thermal baths has been very present in the city and today is more alive than ever, practised in the many facilities available: historic thermal baths, others surrounded by nature, those inspired by the *Onsen* Japanese tradition ... Any time of the day is good to enjoy a comforting hot bath in them, be it summer or winter.



Ourense extends through the fertile valley formed by **Minho River**, crossed by numerous bridges that draw an unique image, among which stand out the majestic arches of the Old Bridge, of Roman foundation and Medieval design, and the almost impossible lines of the avant-garde Millennium Bridge: they are symbols respectively of the old Ourense and the contemporary one.

A friendly and hospitable city, Ourense's long history is reflected through an important **monumental heritage** concentrated in its Historic Centre, a labyrinth of streets and squares arranged around St. Martin's Cathedral. The temple, one of the oldest in Galicia, keeps authentic artistic treasures, highlighting the Gate of Paradise with its beautiful polychromy.



Throughout the year, Ourense enjoys a complete cultural and festive programme; an offer that, together with the quality of its local commerce and its magnificent gastronomy, turns the city into a tourist destination that stands out for its quality of life.



The Mozarabic Camino de Santiago Way or **Via de la Plata**, which connects southern Spain with Santiago de Compostela, also runs through Ourense, where pilgrims have found relief and rest in its thermal springs since medieval times.



LANDMARKS

- As Burgas Archaeological-Thermal Site
- River Miño's Thermal Banks
- Old Bridge
- Main Square
- Ourense Historic Centre
- St. Martin's Cathedral
- St. Francis' Cloister
- Montealegre Botanical Park
- Santomé Archaeological Site
- Paseo Street



ACCOMMODATION



AS BURGAS

THERMAL POOL

Concello de Ourense

A layer of water of more than 200m² ready for the bath surprises those who approach the surroundings of **As Burgas**, the mineral-medical springs that are a landmark for the city, flowing in the heart of Monumental Ourense. This facility is undoubtedly the best way to discover this space full of history, where many researchers locate the origin

of Ourense. Here it is to do it practically in the same way, in the same place and in the same waters where 2,000 years ago the Roman settlers already did it; they built in this area a *balnea* and a sanctuary pool whose remains are still preserved.



The pool is fed by As Burgas's own water, which flows freely at more than 60°C in the two monumental fountains that are here. La Burga de Arriba (Upper Burga), with its Neoclassical silhouette (19th century), is the best known and most abundant.

Next to the bathing area, the Burga de Abajo (Lower Burga), smaller but also older (17th century). In the pool, the water is cooled to 38°-40°C, allowing you to enjoy the bath at any time of the year, in a space for relaxation and wellness.

Thermal season
The whole year


Timetable

Monday:
Closed

Tuesday to Sunday:
10:00-13:00 • 17:00-21:00



WATER COMPOSITION

Hyperthermal waters with medium mineral content, radioactive, fluorated with predominant ions of bicarbonate and sodium, very soft.



THERAPEUTIC INDICATIONS AND ASSOCIATED PATHOLOGIES

Skin and musculoskeletal conditions.



THERMAL TECHNIQUES; COMPLEMENTARY OR WELLNESS TREATMENTS; OTHER SERVICES

- Group bath, Roman sauna (humid heat).
- Services: changing rooms, toilets, lockers.



PRICES

Free admission



OTHER INFORMATION

Next to the pool is **As Burgas Interpretation Centre**, a mandatory visit to learn about the evolution in time of this central space in the city.

If you go by public transport, all buses stop in the downtown area. Parking nearby.

BURGA DE ARRIBA



Temperature
& PH

64,3°C
PH 7.7

BURGA DE ABAJO



Temperature
& PH

64,2°C
PH 7.55



AS BURGAS THERMAL POOL



Rúa das Burgas s/n
OURENSE



42.334578 (N)
-7.86487 (O)



Tel: (+34) 988 366 064



turismo@ourense.es

www.turismodeourense.gal

A CHAVASQUEIRA

Concello de Ourense,
Ibernisha S.L.

A few metres away from the avant-garde Millennium Bridge, following the river's right (northern) bank, you will find this space that inaugurates the so-called **Miño Thermal Route**, a large riverside park in which some of the most popular and emblematic thermal facilities of Ourense are located.



A Chavasqueira's hot springs were already used by neighbours and visitors in the early 19th century: they were popularly known as the "Bishop's Baths", in reference to Cardinal Quevedo (1736-1818), who ordered to arrange them for the comfort of the sick. The bishop himself also had a space for his personal use, a gazebo built of stone that is still preserved inside the **A Chavasqueira Spa**.



This thermal facility, fed by two hot springs, recreates with great detail an Onsen, a traditional Japanese bathhouse that stands out for its calm and Zen-inspired atmosphere. Built entirely in stone and wood, A Chavasqueira spa offers a **thermal circuit inspired by Japanese bathing techniques**, including a sauna set inside the Cardinal's ancient temple.

Thermal season
The whole year

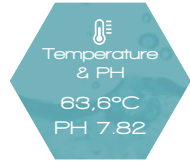
Monday closed
Tues, Wed, Thurs. and Sun.: 09:00-23:30
Friday: 09:00-01:30
Saturday: 09:00-02:30

TEMPORARILY OUT OF SERVICE



WATER COMPOSITION

Hyperthermal waters with medium mineral content, sulphured, fluorated with predominant ions of bicarbonate and sodium, very soft.



THERAPEUTIC INDICATIONS AND ASSOCIATED PATHOLOGIES

Skin and musculoskeletal conditions.



THERMAL TECHNIQUES; COMPLEMENTARY OR WELLNESS TREATMENTS; OTHER SERVICES

- Rotenburo: 3 outdoors pools for group bath (41 °C)
- Ofuro: 1 indoors pool for single bath (39 °C)
- Templarium: sauna made of stone and slab (40 °C – 85% humidity)
- Sudarium: sauna made of stone and wood (45 °C – 85% humidity)
- Tsumetai: cold water basin for thermal shock
- Massages
- Cafeteria



PRICES

Admission Fee: € 4 – It's possible to buy monthly passes.



OTHER INFORMATION

Next to the facility, at the foot of the river, there is also a set of small outdoor thermal pools, adapted for bathing and in which the water is around 40 °C. They have free admission and have changing rooms and toilets.

Public Transport: Lines 26 and 19 (Thermal Train).

Rates and schedules may undergo changes. It is recommended to confirm by phone.



A
CHAVASQUEIRA

📍
Campo da Feira s/n
OURENSE

📞
42.346845 (N)
-7.87837 (O)

☎
Tel: (+34) 988 214 821

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chavasqueirarecepcion
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www.termaschavasqueira.com

MUÍÑO DA VEIGA THERMAL AREA

Concello de Ourense

Not so long ago, **Minho river** was part of a wide human landscape of washerwomen, fishermen, boatmen and of course mills, which were a key element in the city's economy. Here we find one of the few watermills still preserved, which gives its name to this bathing area on the river banks.



This area is surrounded by one of the Minho's most beautiful landscapes, as in this meander waters flow placidly. Five thermal pools built in stone, each one with different temperatures, invite to a relaxing bath in the middle of nature, to the cooing of the river and under the soft setting sun.



WATER COMPOSITION

Hyperthermal waters with weak mineral content, fluorated with predominant ions of bicarbonate and sodium, very soft.

Temperature
& PH
65,4°C
PH 8.2



THERAPEUTIC INDICATIONS AND ASSOCIATED PATHOLOGIES

Skin and musculoskeletal conditions.

Thermal season
The whole year


Timetable

Fall - Winter
10:00 - 19:00

Spring - Summer
10:00 - 20:00



THERMAL TECHNIQUES; COMPLEMENTARY OR WELLNESS TREATMENTS; OTHER SERVICES

- Group bath
- Cold pool for thermal shock
- Toilets and changing rooms



PRICES

Free access.



OTHER INFORMATION

Public Transport: Line 19 (Thermal Train).

Free parking area nearby.



MUIÑO DA VEIGA THERMAL AREA



Paseo do Tinteiro s/n
OURENSE



42.3517 (N)
-7.910382 (O)



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capitalthermal

capitalthermal

OUTARIZ

SPA

Ibernisha S.L.

Following in the footsteps initiated by A Chavasqueira, a few years later came this other facility inspired also by the ancestral Onsen culture, based on the principles of respect and harmony with nature. With a capacity for 180 people, this facility with **indoor and outdoor thermal pools** offers two circuits for enjoying the springs: a **Zen circuit** with calm waters, pools made of wood and stone, designed for relaxation and meditation; and a **Celtic circuit**, inspired by the architecture of pre-Roman settlements, in which waters flow with invigorating streams, bubbles and waterfalls, ideal for eliminating tensions and decontracting muscles. Services also include sauna, massages and beauty treatments.



After the bath, it is possible to enjoy a light meal in its magnificent panoramic terrace on the river, which has a restaurant and cafeteria service. Following the Japanese tradition, the site also has a **sushi bar** where you can taste makis and green tea.

In the facilities of Outariz Spa you can also hold events and meetings: there is a multi-purpose room of great capacity, as well as a reserved bathing area.

Thermal season
The whole year


Timetable

Mon., Wed. and Thurs.: 10:00 00:00
Tuesday: closed
Friday: 10:00 02:00
Saturday: 09:30 02:00
Sunday: 09:30 00:00



WATER COMPOSITION

Hyperthermal waters with weak mineral content, fluorated with predominant ions of bicarbonate and sodium, very soft.

Temperature
& PH

60,2°C
PH 7.98



THERAPEUTIC INDICATIONS AND ASSOCIATED PATHOLOGIES

Skin and musculoskeletal conditions.



THERMAL TECHNIQUES; COMPLEMENTARY OR WELLNESS TREATMENTS; OTHER SERVICES

- Group bath.
- Single bath (Ofuro)
- Cold pool for thermal contrast
- Gravity streams
- Water cannons
- Radiant thermal slab area
- Dry heat sauna and humid heat sauna
- Facial and body aesthetic treatments
- Massages
- Chocolate therapy
- Body wraps of algae and mud.
- Rental and sale of bathing suits, towels and thermal cosmetic products



PRICES

Admission Fee: € 5,50 – It's possible to buy monthly passes.



OTHER INFORMATION

Public Transport: Line 19 (Thermal Train).

Rates and schedules may undergo changes. It is recommended to confirm by phone.



OUTARIZ SPA



Lugar de Outariz s/n
OURENSE



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OUTARIZ AND BURGA DE CANEDO THERMAL AREA

Concello de Ourense

The final stage of Minho's Thermal Route is also **the largest thermal area in the city**. It is a large park with pergolas, swings and rest areas, with two sets of outdoor stone thermal pools, in which you can enjoy these waters throughout the year. Trees and soft grass surround these thermal baths, with different temperatures ranging from more than 40° C in the hottest ones to cold pools for contrast baths. On the bank, almost on the riverbed, among the boulders you can see the curious spectacle of the thermal water sprouting directly from the underground.



WATER COMPOSITION

Hyperthermal waters with weak mineral content, fluorated with predominant ions of bicarbonate and sodium, very soft.

OUTARIZ


Temperature
& PH

55,7°C
PH 7.88

Thermal season
The whole year


Timetable

Fall - Winter
10:00 - 19:00

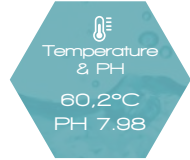
Spring - Summer
10:00 - 20:00

BURGA DE CANEDO



THERAPEUTIC INDICATIONS AND ASSOCIATED PATHOLOGIES

Skin and musculoskeletal conditions.



THERMAL TECHNIQUES; COMPLEMENTARY OR WELLNESS TREATMENTS; OTHER SERVICES

- Group bath
- Cold pool for thermal shock
- Toilets, showers and changing rooms



PRICES

Free access.



OTHER INFORMATION

Public Transport: Lines 5 and 19 (Thermal Train).

The set is framed by a beautiful pedestrian walkway that connects this area with the opposite bank of the river, where is the Pozas de Maimón free parking area, suitable for coaches.



OUTARIZ AND BURGA DE CANEDO THERMAL AREA



Lugar de Outariz s/n
OURENSE



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capitalthermal

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O TINTEIRO FOUNTAIN

Concello de Ourense

This hot spring, undoubtedly one of the most loved and visited in the city, is just 500 metres away from A Chavasqueira. Traditionally, these waters are attributed **important therapeutic properties**, especially for the care of skin conditions. The fountain, made of traditional wrought iron, is set on a wooden **viewpoint** over the riverbed, with magnificent views of the surroundings. It is a privileged space for the observation of birds such as ducks, herons, sandpipers and sea crows that have found their habitat here.



WATER COMPOSITION

Hyperthermal waters with weak mineral content, sulphured, radioactive, fluorated with predominant ions of bicarbonate and sodium, very soft.



Temperature
& PH

37,3°C
PH 8.47

Thermal season
The whole year



Timetable

24 hours
Every day



THERAPEUTIC INDICATIONS AND ASSOCIATED PATHOLOGIES

Skin and musculoskeletal conditions.



THERMAL TECHNIQUES; COMPLEMENTARY OR WELLNESS TREATMENTS; OTHER SERVICES

Partial bath.



PRICES

Free access.



OTHER INFORMATION

Just in front of this fountain, on the left bank of the river, is the Reza fountain, whose waters share characteristics with those of Tinteiro, both coming from the same vein. It is accessed through the Paseo de las Ninfas pedestrian path.

Public Transport: Line 19 (Thermal Train).



O TINTEIRO FOUNTAIN



Paseo do Tinteiro s/n
OURENSE



42.352182 (N)
-7.883366 (O)



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 capitalthermal

 capitalthermal

Ponteareas
and its county



Ponteareas and its county

Ponteareas, town of O Condado – A Paradanta County, is located along the bank of the **Tea River**.

The municipality of Ponteareas is formed by 24 parishes. The Tea river and its affluents irrigate the territory. In these lands, inhabited since ancient times, there are prehistoric, *castros* (fortified settlements), Romanesque and Medieval remains, and beautiful landscapes.

The first people settled here lived on the bank of the river Tea, from which they obtained food. Over the centuries, they moved to strategic and higher places that allowed them to keep an eye on their territory, as can be seen in the countless *castros* that we find in Ponteareas, worth mentioning the Troña Castro, declared BIC (asset of cultural Interest) in 2009.

Roman civilization also left its footprint in the town. During the Middle Ages, the castle of Sobroso was the scene of family battles, such as those carried out by Dona Urraca. In 1483 the Catholic Monarchs gave the concession of the free market to the count of Salvaterra, to whom the convent of S. Diego de Canedo is attributed, in which the *menina* (portrayed in the Velázquez painting "Las Meninas") María Agustina Sarmiento de Sotomayor lived.



At the end of the century XIX, Ponteareas lived its golden age during which important buildings were built, such as the church of S. Miguel, the Casa do Concello (Town hall), or the Curtidos Garra factory, which today houses the Municipal Library and the Town Museum inside.

The first references to the most important festival in the town date back to 1856, the *Corpus Christi*. For this celebration large flower carpets are made to decorate the streets of Pontearreas. This festival, visited by visitors from all over, was declared Festival of International Tourist Interest in 2009.



LANDMARKS

- Municipal Museum
- Casa do Concello (Town hall)
- Baptismal founts
- Church of *San Miguel Arcanxo*
- Fountain of Fama
- Remedios bridge
- Partidas bridge
- Cabalón bridge
- Trail of Tea river
- Freixa fluvial beach
- Castro of Croa (Ribadetea)
- Citea (Tea river Interpretation Centre)
- Galeiro hill (Padróns)
- Trail of Uma river
- Trail PR-G 30 "Rota da Picaraña"
- Trail PR-G 132 "Rota dos Montes de San Cibrán"
- Viewpoint and Night Observatory of San Cibrán
- Sobroso Castle
- *Castro de Troña*
- Canedo Convent
- Church of San Pedro de Angoares
- Church of San Cibrán de Paredes
- Church of San Salvador de Padróns
- Church of Santo Estevo de Cumiar
- Paintings of Prado Church
- Couso Windmills
- Municipal Conservatory (Old School Graduada, of 1916)
- CFP A Granxa, in Areas (Old House of Boa Vista)



ACCOMMODATIONS



Mondariz-Balneario

A small village with a strong personality, equipped with a great infrastructure and with magnificent services. **Mondariz-Balneario** will stimulate all your senses and will get you to forget the massifications, tension and pollution.

You can enjoy its magnificent golf course, sports such as horseback riding or tennis and beautiful walks in protected natural spaces. Relish its delicious cuisine and enjoy its nature, its art and its long history linked to water. History crowned by one of the most awarded resorts in the European continent, which attracted such illustrious names as Sultan Muley Hafid, Rockefeller III, Emilia Pardo Bazán, Emilio Castelar, Isaac Peral and many other people charmed by all its advantages.

Today this beautiful village is a peaceful place where its buildings full of personality are the image of its great history. A place of pleasant tertulias and melodious streams. Where time does not pass and water becomes art and art is legend.



Buildings of historical interest in the Square of Fundadores

- **Gran Hotel.**

Designed by Jenaro de la Fuente, its construction was completed in 1898. The building was decorated with silks from Liberty of London, e glassworks from Pereantón, in Madrid.

- **La Baranda.**

Work by the architect Antonio Palacios. It even housed several shops and a theatre room with a capacity for 400 people. This building is currently part of the Mondariz Spa.

- **O Sanatorio.**

The idea of D. Sabino Enrique was to create a building that would serve to cover the health needs of and visitors through water, providing it with hydrotherapy systems. The drawings were made by Antonio Palacios. His work has not been completed. Currently it has been renovated and today this building belongs to the Mondariz Thermal Spa.



Other landmarks

- **Woods of the Gran Hotel**, with its gardens and the chapel of Nosa Señora do Carne.

- **San Pedro**, with the Xabriña recreational area, the dolmen of the Tres Cruces and the chapel of San Pedro.

MONDARIZ THERMAL SPA HOTEL

Balneario de Mondariz

Although the use of the waters is remote in time, probably since Romanization, it can be said that the history of the **Balneario de Mondariz** begins in 1873, when the waters of its springs are declared of public utility on the initiative of the brothers Enrique and Ramón Peinador. In 1872, the Peinador family acquired the lands where their waters emerge and in the first decades, they formed a company dedicated to elite thermal users.



The growing number of users and the prestige achieved by the waters urged to create a new building, the "Gran Hotel", inaugurated in 1898, commissioned to Don Genaro de la Fuente. In addition, in the first decades of the 20th century, the architect Antonio Palacios remodelled the fountain of Gándara and the fountain of Troncoso, and constructed the "A Varanda" building, where the current spa is located.



Between the end of the 19th century and the beginning of the 20th it became one of the most important spas in Spain. However, during the Civil War came its decline culminating with the fire of the Gran Hotel in 1973. In the 1980s, its reconstruction began and it became a traditional spa villa adapted to the 21st century.

Thermal season
The whole
year


Timetable

January - June / October - December
M, T, W, Th: 15:30h - 21:30h · F: 16:00h - 00:00h
S: 10h - 14h · 16h - 00h Sun.&public h.: 10h - 14h - 16h - 22h

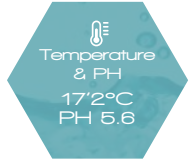
July - September
M, T, W, Th: 16:00h - 22:30h · F: 16:00h - 00:00h
S: 10h - 14h · 16h - 00h Sun.&public h.: 10h - 14h - 16h - 22h

August
M, T, W, Th: 12h - 14h / 16h - 22h · F: 12h - 14h / 16h - 00h
S: 10h - 14h · 16h - 00h Sun.&public h.: 10h - 14h - 16h - 22h



WATER COMPOSITION

Hypothermal, sodium bicarbonate, radioactive, carbonated.



THERAPEUTIC INDICATIONS AND ASSOCIATED PATHOLOGIES

Indicated for problems with the locomotor, respiratory and endocrine systems, to combat tension and obesity and for aesthetic treatments.



THERMAL TECHNIQUES; COMPLEMENTARY OR WELLNESS TREATMENTS; OTHER SERVICES

All treatments for the application of these mineral-medical waters are carried out in the facilities of the Spa, ranging from HYDROTHERMAL TECHNIQUES (immersion in bathtubs, application of jets, showers, etc.), RESPIRATORY THERAPY (inhalations, aerosols, etc.), FANGOTHERAPY (muds, algae, slime, etc.) or FACIAL AND BODY BEAUTY techniques.



PRICES



OTHER INFORMATION

The four-star hotel has 194 rooms, including 6 suites and the spectacular *Miradoiro* (belvedere) suite that is located at the top of the tower. It has 2 outdoor swimming pools (open during the summer months) and an indoor swimming pool whose use is therapeutic, both individually and collectively (open all year round).



MONDARIZ THERMAL SPA HOTEL



Avda Enrique Peinador, s/n
36890 Mondariz Bañeario
PONTEVEDRA



42.227371 (N)
- 8.465793 (O)



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com

GÁNDARA FOUNTAIN

Gran Hotel Mondariz



The **Gándara** spring was discovered in 1872 by Sabino Enrique. The first analysis proved that there were remains of pipes that led to believe that they existed from previous utilisations. The fountain was placed in a spacious, clean and easily accessible place and, over time, a fountain of cast iron and a covering made by Antonio Sanjurjo Badía's studio were built.

An iron fence was built around it and a person was hired to administer the water in measuring cups to the sick. To give it an appearance in harmony with the Gran Hotel, a refurbishment was carried out. This project was commissioned by the misters Palacios and Otamendi and two clearly differentiated parts stood out; one for the bottling plant and another for water intake.

The building was 28 meters high, topped with a bronze and crystal dome supported by several columns. The Gándara Fountain is the symbol of the resort, becoming a place of worship for health.



WATER COMPOSITION

Hypothermal, medium mineralization, bicarbonate, sodium, radioactive, carbonated.



Temperature
& PH

17,2°C
PH 5.6

Thermal season
The whole
year



Timetable

Every day
24h



THERAPEUTIC INDICATIONS AND ASSOCIATED PATHOLOGIES

Intake of its waters are used for therapeutic cures, due to its excellent diuretic and digestive power.

- Digestive problems:
Dyspeptic states, gastritis, mild liver failure, chronic liver processes.
- Metabolism changes:
Prevention and improvement of diabetic conditions, hypercholesterolemia and hyperuricemia - Prevention and improvement of cardiovascular risk factors.
- Urinary system affections:
Uric lithiasis.



PRICES

Free access.



OTHER INFORMATION

It is open to the public and available to any visitor.



GÁNDARA FOUNTAIN



Avda Enrique Peinador, s/n
36890 Mondariz Balneario
PONTEVEDRA



42.227371 (N)
- 8.465793 (O)

TRONCOSO FOUNTAIN

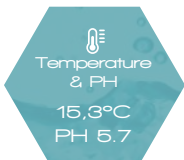
Concello de
Mondariz Balneario

It was discovered by D. Domingo Blanco Lage in 1862. The parish priest was dedicated to finding formulas and recipes to cure his parishioners. Legend has it that a sick asked him a tonic to relieve his stomach problems and that he advised him to drink the water from the **Troncoso** Fountain, and the man was cured. D. Domingo ordered the waters to be analysed and as he proved their benefits, he ordered to build a wall to protect the source from the rising water of the Tea River. A stonework deposit with an iron pipe through which the waters of the spring flowed and a square stone sink that collected the water so that the sick could bathe. In 1886 D. Enrique Peinador Vela obtained the title of the land but until 1905 he would not be able to explore its waters. It is from this moment that reforms are carried out in the fountain. It has recently been assigned to the Municipality of Mondariz Balneario.



WATER COMPOSITION

Hypothermal, strong mineralization, bicarbonated, sodium, radioactive, carbonated.



Temperature
& PH

15,3°C
PH 5.7



Timetable

Every
day
24h



PRICES

Free access.



TRONCOSO FOUNTAIN



Paseo do Tea
36890 Mondariz Balneario
PONTEVEDRA

42.22684 (N)
-8.47401 (O)

Salvaterra de Miño

On May 24, 991, it is signed the first known document up until now, which refers to the municipality. The Galician monarch Bermudo II signed the transfer of several lands to the Church of Santiago de Compostela, among them "Lacedurium", the first term with which Salvaterra was named.

In the 11th and 12th centuries, the border with the new kingdom of Portugal was defined, with decades of intense struggles with the Salvaterra border as a strategic enclave. In fact, Queen Dona Urraca I of Leon spent long stays in this place during the conflicts that arose in 1120 with her sister Tereixa, over the domain of Portucalense County. At the end of the 12th century, King Fernando II, tired of the Portuguese incursions, promoted the construction of fortified systems along the Miño River. Since then, the town was renamed "Salvaterra" alluding to its new defensive condition.



From 1580, the Portuguese territory was under the guidelines of the Spanish kingdom. The Spanish Empire began to disintegrate, something that Portugal would take advantage of to restore its independence in 1640 and proclaim John IV as the new king of Portugal. As had happened centuries ago, the natural barrier formed by the Miño River was a prominent strategic point, building on both sides of the river small defence outposts, fortresses, and starting the walling of different towns.

At the beginning of 1643, the Count of Castel-Melhor took the town and named it "Salvaterra de Portugal", thus beginning what would be the longest period of Portuguese occupation. It is at this point when a reconstruction and modernization of the wall is carried out, where the most prominent elements are the bastions, which removed the blind spots of the wall and were defended with the new artillery weapons.

In the year 1659, after the long sieges of the Castilian troops to the Portuguese, the fortified town of Salvaterra was reconquered. The conflict ended with the peace treaty of 1668, returning the occupied land to their former owners.

Because of the town's long history of war, one of the unique walled complexes in southern Galicia has been preserved, the Salvaterra Fortress, which occupies an area of approximately 9,700 square meters. This historic complex was declared as BIC (asset of cultural Interest) in 1949 and is surrounded by the 17th century walls that enclose the Castle of Dona Urraca, the Casa do Conde, the Church of San Lourenzo and the Chapel of A Oliva.



Landmarks:

- **Fortress.** Declared BIC (asset of cultural interest) in 1949, it is considered one of the most impressive fortresses of Galicia. Although its origin goes back to the 12th century, the Fortress was built by the Portuguese in the mid-17th century.
- **Dona Urraca castle.** Of medieval origin, it currently holds the Tea County Wine Science Museum, one of the most interactive and didactic museums of the Iberian Peninsula.
- **Casa do Conde (House of the Count).** Its construction commissioned by the legendary Pedro Madruga, is nowadays part of the facilities of the Wine Science Museum.
- **Church of San Lourenzo.** Built in 1580 of the Renaissance art influence, inside it stands out the carving of *Santísimo Cristo de la Victoria* (1733) in honour of the victory over the Portuguese in the reconquest of the village.
- **Park A Canuda.** It is one of the largest and visited parks in Galicia, located on the bank of the Miño River and with a large number of leisure equipments.

MUNICIPAL THERMAL BATHS OF TEÁNS

Concello de Salvaterra
de Miño

The **municipal thermal baths of Teáns**, located in the parish of Oleiros, are considered to be the largest outdoor springs in all of Galicia. Known and used since a long time ago, the first time that there is registration in documentary sources was in the "Complete Treaty of Spain's mineral sources" (1853) by D. Pedro María Rubio. Later, they fell into disuse until 2017, when the town council of Salvaterra decided to recover them for public use.

Inaugurated in the year 2019, these springs facing the Miño river stand in more than 3,000 square meters with bathing facilities, green areas and a public park. The complex has 4 thermal pools: 3 large ones of approximately 140m² of surface, with a depth of 60cm and a small pool of approximately 30m² of surface and 1,40m of depth. Its mineral-medical and thermal waters are recommended for respiratory, digestive and dermatological diseases.



WATER COMPOSITION

Chlorine: 1g/l with a predominance of chlorine and sodium, calcium or magnesium cations.

Sulphates: 1g/l with a predominance of sulphates.

Bicarbonates: 1g /l with a predominance of bicarbonate.

Sulphur: in more than de 1mg/l.

Temperature
& PH
42°C
PH 7.3



THERAPEUTIC INDICATIONS AND ASSOCIATED PATHOLOGIES

- **Chlorine:** useful for skin regeneration.
- **Sulphates:** useful in digestive dyspepsia and biliary dyskinesia.

Thermal season
The whole
year


Timetable

Summer (June to September)
09:00h -12:00h · 19:00h -23:00h
(Closed on Mondays for maintenance)

Winter (October to May)
10:00h -13:00h · 17:00h -21:00h
(Closed on Mondays for maintenance)

- **Bicarbonates:** useful in dyspepsia and hyperchlorhydria.
- **Sulphur:** useful in rheumatic, dermatological and chronic respiratory processes.



PRICES

Free access.



OTHER INFORMATION

All the rules for use of the spa at:

www.concellodesalvaterra.com



MUNICIPAL THERMAL BATHS OF TEÁNS



Teáns, s/n, Oleiros
36450 Salvaterra de Miño
PONTEVEDRA



42.0821 (N)
- 8.4815 (O)



Tel: (+34) 986 65 81 26
(+34) 986 65 80 82



turismo@concellodesalvaterra.org

www.concellodesalvaterra.org



ConcellodeSalvaterra

Santa Maria da Feira



Santa Maria da Feira

With its differentiating cultural offer throughout the year, **Santa Maria da Feira** defines itself as a authentic "Stage of Experiences", where the visitor is challenged to fully enjoy the spirit of the events and invited to return every time culture is happening.

The **Imaginarium** – International Street Theatre Festival, the **Medieval Journey in the Land of Santa Maria** and the **Perlim** Christmas theme park are the main cultural reference events that boost Northern Portugal's tourism offer.

With rituals that last in time, the **Fogaceiras Feast** is one of the greatest religious manifestations in Northern Portugal and the most identity festivity of the municipality of Santa Maria da Feira. Celebrated every year on 20 January (the municipal holiday), it fulfils the promise made to the martyr St. Sebastian in 1505, by offering fogaças to the needy, the Fogaceiras Feast is characterized by the iconic Fogaceiras, the young girls who carry the fogaças on their heads, dressed in white with colored bands at the waist.



Santa Maria da Feira boasts **one of Portugal's most beautiful castles**, an excellent business and congress centre – Europarque, and the António Lamoso Cinetheatre, which hosts an extensive and qualified cultural programming throughout the year.

Filled with history, the **Lóios Convent Museum**, the **Paper Museum of the Lands** of Santa Maria de Lamas invite you to experience them, as you enjoy a visit to the testimonies and memories of the historical and cultural heritage of the municipality; to the traditional paper production, from the "foil-to-sheet" manufacturing phase; and to the exhibition of the private collection of Comendador Henrique Amorim, with its outstanding collections of Sacred Art and Cork.

A real living museum, the **Lourosa Zoo – Ornithological Park** provides a unique journey through the wild world of birds, with a collection of 500 specimens of 150 different species, distributed in 80 habitats of captivity.

Despite being so close to major urban centres, the city remains exceptionally quiet, which encourages a longer stay. At the **São Jorge Thermal Spa**, the visitor will find the ideal haven to take care of body and mind.



Don't miss the ritual of tasting *Fogaça* from Feira, an ex-libris of the region's gastronomy and a symbol of the century-old Fogaças Feast, the most charismatic religious festivity in Northern Portugal.

Santa Maria da Feira – A Stage of Experiences!



LANDMARKS

- Feira Castle
- Lóios Convent Museum
- Paper Museum of the Land of Santa Maria
- Santa Maria de Lamas Museum
- Lourosa Zoo – Ornithological Park



ACCOMMODATION



S. JORGE THERMAL SPA

Sociedade de Turismo
de Santa Maria da Feira S.A.

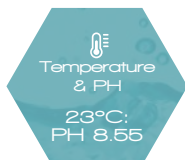
In Caldas de S. Jorge you will discover a haven for your health and well-being, bathed by the River Uíma: the **S. Jorge Thermal Spa**. With a long thermal tradition, the S. Jorge Thermal Spa is a reference of Portuguese thermalism. Here you will find an environment of tranquillity and harmony, where you can replenish your energies and recover your physical and mental balance. In this modern space you can combine health, rest and leisure! Innovative techniques, combined with specialized medical monitoring and a large team of qualified professionals, offer the best guarantees of results for your health.

The S. Jorge Thermal Spa specializes in rheumatic, musculoskeletal, respiratory and skin treatments! The programmes are tailor-made for the spa's clients, with a view to health prevention, promotion and rehabilitation, or purely for relaxation and well-being.



WATER COMPOSITION

Hypothermal 23°, sulfidated sodium, bicarbonate, chlorinated, fluoride, high% lithium and silica, strong alkaline reaction.



THERAPEUTIC INDICATIONS AND ASSOCIATED PATHOLOGIES

Therapeutic indication for the treatment of musculoskeletal, respiratory and skin conditions.

Thermal season
February to
November


Timetable

Monday to Friday
08:30 12:00 • 16:00 20:00

Saturday and public holidays:
08:30 12:00

Sundays:
Closed



THERMAL TECHNIQUES; COMPLEMENTARY OR WELLNESS TREATMENTS; OTHER SERVICES

- **Hydroponics:** Oral intake.
- **ENT/Respiratory Tract:** Nasal irrigation, Inhalation, Nebulization, Pharyngeal spraying, aerosol.
- **Shower techniques:** Nozzle, circular, regional, underwater, pulverized, Vichy massage, Aix massage.
- **Vapour Techniques:** Bertholaix, hands and feet, steam room.
- **Physical medicine and rehabilitation techniques:** Massotherapy, Thermotherapy (mud wraps).
- **Immersion Techniques:** Simple immersion, current, simple Hydromassage, Aerobath, Hot Hand Bath, Hot Foot Bath, computerized Hydromassage and Hydropressotherapy.
- **Complementary Techniques:** Gym re-education, Hydro-Kinesiotherapy, thermal Swimming Pool, walking corridor, lymphatic drainage.



PRICES

Treatments



Wellness





OTHER INFORMATION

- **Available programmes:** therapeutic, health promotion and thermal day spa.
- **Paediatric thermalism:** The S. Jorge Thermal Spa has programmes of paediatric thermalism, namely an exclusive sector for children in the respiratory area. Here the infants find the combination of the therapeutic and well-being components, together with fun and the important dimension of pedagogy for health, as embodied in its "Gottinhas" mascot.
- **Thermal Saturday:** Saturday afternoons are exclusively devoted to moments of relaxation and well-being at the S. Jorge Thermal Spa. A real invitation for your first thermal experience!



**S. JORGE
THERMAL SPA**


Sé, 4509-903
Caldas de S. Jorge
SANTA MARIA DA FEIRA

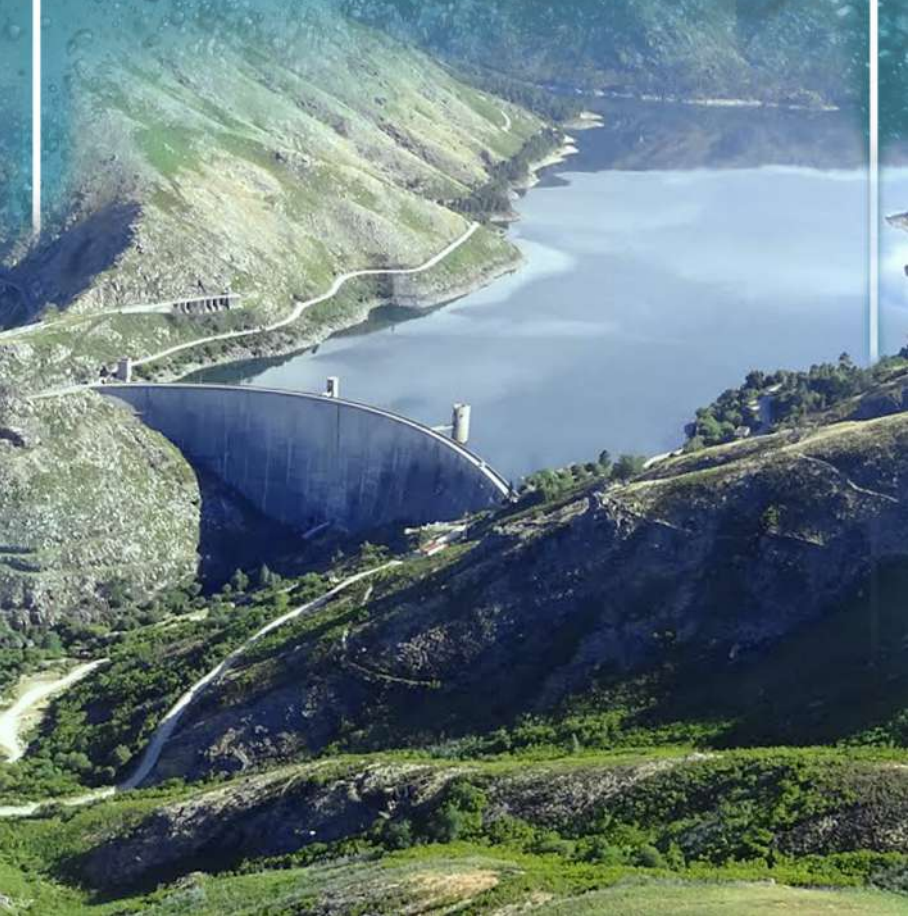

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 termassjorge
 termassjorge

Terras de Bouro



Terras de Bouro

Terras de Bouro: Paradise in the Minho region.

Terras de Bouro, located in the district of **Braga**, is a mountain municipality, whose territory extends through the Gerês Mountains and Amarela Mountains and the valleys of the rivers Homem and Cávado, with 270 km² of breathtaking landscapes.

Evidence of the Roman presence in the history of this area is the Estrada da Geira (via XVIII – Roman Road) and its milestones, recognized as National Heritage. It is an extraordinary Roman archaeological complex that keeps practically intact, along its 30 kms, bridges, walls, houses and the largest concentration of carved milestones in the Northwest of the Iberian Peninsula, whose many of their inscriptions date back to between the late 1st century and the 4th century AD.



As far as natural heritage is concerned, Terras de Bouro is located in the **Natural Park Peneda- Gerês** and has excellent natural, cultural and tourist resources, of which stands out the Mata de Albergaria, an oak forest, which has been declared a Biosphere Reserve.

An enormous natural amphitheatre where the purest natural resources remain intact as well as diversified flora and fauna and where, in its nearly wild places, live wild horses, wild boars, wolves, badgers, otters, roe deers and the famous and rare Golden Eagle, as well as viewpoints and exceptionally beautiful waterfalls.

Adventure tourism plays an important role in this area, where walks, trips, hiking trails and horse riding as well as extreme sports become increasingly popular. In the same way, the lagoons Albufeira da Caniçada and Albufeira de Vilarinho da Furna are singular environments in a landscape of exuberant natural beauty. The potential of nature and landscape that surrounds these lagoons provide them privileged conditions for tourist attraction, especially the Albufeira da Caniçada for water sports.



Their ancient culture is influenced by rural traditions, popular songs and dances, festivities and processions.

Knowing this town means taking a stroll over the trails of shepherds and farmers, enjoying the rural life of villages and local crafts, relive the historical and ethnographic past in the museological complex Campo do Gerês, sleeping in rural tourism cottages or hotels and local accommodations, tasting the gastronomy, feeling the charm of the National Park of Peneda-Gerês and the lagoons Albufeira da Caniçada and Albufeira de Vilarinho da Furna, "healing" in the thermal towns of Gerês and Moimenta and living the faith of the people in the church of S. Bento da Porta Aberta.



LANDMARKS

- Museological complex Campo do Gerês
- Park of the Thermal Baths
- S. Bento da Porta Aberta
- Bom Jesus das Mós
- Stº Isabel do Monte
- Marina Rio Caldo
- Waterfalls of Arado, Leonte and others
- Walking Trails in the route of Miguel Torga
- Pedra Bela viewpoint
- Geira – Roman road
- Lagoon of Vilarinho da Furna, etc.



ACCOMMODATION



GERÊS THERMAL BATHS

Empresa das Águas
do Gerês, S.A.

The historical references of these thermal baths date back to the Roman times, as it has been proved by the coins found in excavations carried out near mineral water springs. The first buildings for Baths, which were granite tanks sheltered in stone huts- The Wells - were built in the reign of D. João V. In 1888, Gerês was visited by their Majesties D. Luis I and D. Maria Pia and the Royal Prince D. Carlos I and his wife D. Maria Amélia. The first Thermal Spa facilities of the Gerês started to be built in 1897.

Dr Ricardo Jorge published several books describing and proving the efficiency of Gerês Mineral Waters to treat liver and gallbladder diseases, digestive tract conditions, circulatory system problems and endocrine or metabolic disorders, widely spreading the remarkable properties of these waters.



At present, the Thermal Baths facilities, which have been refurbished and remodelled, and the new Spa are provided with the most modern thermal and wellness techniques, enabling to fulfill the expectations of those who use them and also to adapt to the increasing demand on the field of Health, Beauty and Wellness Tourism.

Thermal season
1st May to
31st October


Timetable

Every day:
07:00-13:00 • 15:30-20:00
(The timetable may change according to
the season or the number of spa goers)

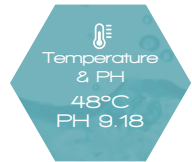
Thus, the Thermal Baths created new amenities, such as the Dynamic Pool, Cuba showers, Blue showers and Bi-thermal Sequential aromatherapy Showers with 3 essential oils, a wide area of Massage and Thermal Beauty cabinets and as well as modern Gym, and several services and shopping and areas.

Today, all these modern facilities are a great Thermal-Tourist Complex placed in the heart of the National Park Peneda-Gerês, one of the 7 "Wonders of Portugal".



WATER COMPOSITION

Hyperthermal hyposaline water, rich in bicarbonate, sodium, lithium with a high content of silica and rich in fluoride (one of the most fluoridated waters in Europe).



THERAPEUTIC INDICATIONS AND ASSOCIATED PATHOLOGIES

- Liver problems
- Gallbladder problems
- Obesity
- Diabetes
- Arterial hypertension
- Chronic rheumatism
- Metabolism



THERMAL TECHNIQUES; COMPLEMENTARY OR WELLNESS TREATMENTS; OTHER SERVICES

- Water intake
- Immersion baths
- Aerobaths
- Computerized Whirlpool bath
- Scottish shower
- Circular shower
- Underwater shower
- Vichy shower
- Sauna and Turkish bath
- Therapeutic massage
- Lymphatic drainage
- Pressotherapy
- Vacuum therapy
- Ultrasounds
- Diathermy
- Hydrocollator
- Inhalations
- Nebulizations
- Cardio – Fitness Gym
- Dynamic pool
- Bi-thermal shower with 3 essential oils
- Cuba Shower
- Blue shower
- Massages with volcanic stones
- Draining massages
- Reductive massages
- Anti-cellulite and tonic treatments
- Shiatsu
- Massage with scented candles
- Body peelings
- Seaweed body wrap
- Beauty & Care Treatments



PRICES



OTHER INFORMATION

Two doctor appointments are included in 14-day treatments; Medical assistance during the whole thermal treatment; Registration in thermal baths; Main Gerês treatment.



GERÊS THERMAL BATHS



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4845-069 GERÊS



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MOIMENTA THERMAL BATHS

CTM - Complexo Termal da
Moimenta, LDA



Moimenta Thermal Baths are located in the town of Terras de Bouro, 12 km away from the entrance to the PNPG (National Park Peneda- Gerês), in the heart of the National Park Peneda- Gerês surrounded by a peaceful and quiet atmosphere. Moimenta Thermal Baths are a new reality in the sector of National Balneotherapy, provided with modern equipment to guarantee and offer the best results in the available treatments. The healing properties of the sulphurated waters of these Thermal Baths have been known by the population of Terras de Bouro for several decades.

It is said that about 80 years ago, some girls from the village got sick with leprosy and they were so ashamed that stopped going to school. Since at that time were very few medicines and there were a lot of difficulties, especially going to the doctor, their parents went to the pharmacist for help. Knowing about the healing properties of this water, he recommended them to buy sulphur powder and mix it with water to make a poultice and put it on the wounds. That's what their parents did and, after several days, the girls healed.



Right after buying the land where the sulphurated water rose, the new owners started to hear countless stories about the healing powers of this water, so they decided to investigate.

Thermal season
From May
to October


Timetable

Every day:
09:00 13:00 • 15:00 19:00

After the first excavations, António Martins found, about 3 meters below the surface, bubbling water springing up from a hole in the middle of a rock. The so called healing water was analysed to check if the stories and rumours they heard had any real basis.

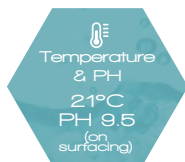
Later, the test results proved that the water had medicinal properties. Then, promoters joined efforts to develop the project to build the new Thermal Baths in the Town of Terras de Bouro.

The water of Moimenta Thermal Baths has high chemical stability and is exploited in a traditional way. "(...) the singularity of this water lies on the content of something in the order of several tens of mg/l of Cerium in residual composition. This element belongs to the Rare Earth Metals, a group that cannot be found in any sulphurated waters which we have analysed (...) INETI Report n°5/H/2006, page 8, that is, from all the waters analysed by the INETI (National Institute of Engineering, Technology and Innovation), Cerium is only found in Terras de Bouro. When allied to Nitrate, Cerium boosts the bactericidal effect. This element which can be found in the water of Moimenta helps wounds to scar over faster.



WATER COMPOSITION

Silicated water rich in bicarbonate, sodium, fluoride and chlorine.



THERAPEUTIC INDICATIONS AND ASSOCIATED PATHOLOGIES

- **Chronic problems and respiratory tract allergies:**

Sinusitis, rhinitis, adenoiditis, tonsillitis, pharyngitis, laryngitis, bronchitis, bronchial asthma, etc.

- **Rheumatic pains:**

Degenerative/ osteoarthritis: spine (spondyloarthropathy), knees, hands, feet.
Inflammatory / rheumatism: spondylitis, arthritis, rheumatism, neuralgia/sciatica, tendonitis.

- **Skin allergies:**

Chronic eczema, chronic urticaria, seborrhoea, skin moisturizing, etc.



THERMAL TECHNIQUES; COMPLEMENTARY OR WELLNESS TREATMENTS; OTHER SERVICES

- Balneotherapy
- Computerised Whirlpool baths
- System of sequential massage to increase the benefits of hydrotherapy that, after five minutes induces a sense of wellbeing, pain relief and body relaxation.
- Immersion programme with air bubble: spine problems, weak backs, weak legs, relax, slimming.
- Showers: Vichy massage (local, partial, total); Aix massage, local underwater massage in a whirlpool bath, relaxing massage with essential oils.
- Steam, steam applied to the spine, steam applied to the limbs.
- Inhalation therapy (ORL)
- Pharyngeal spraying
- Nebulization
- Nasal irrigation



PRICES



OTHER INFORMATION

In the near future, the complex is due to open for more months.



MOIMENTA THERMAL BATHS



Av. D. Manuel I, 18
4840-100 Moimenta
TERRAS DE BOURO



41.7147 (N)
8.3146 (O)



Tel: (+351) 253 353 217 /
968 268 724

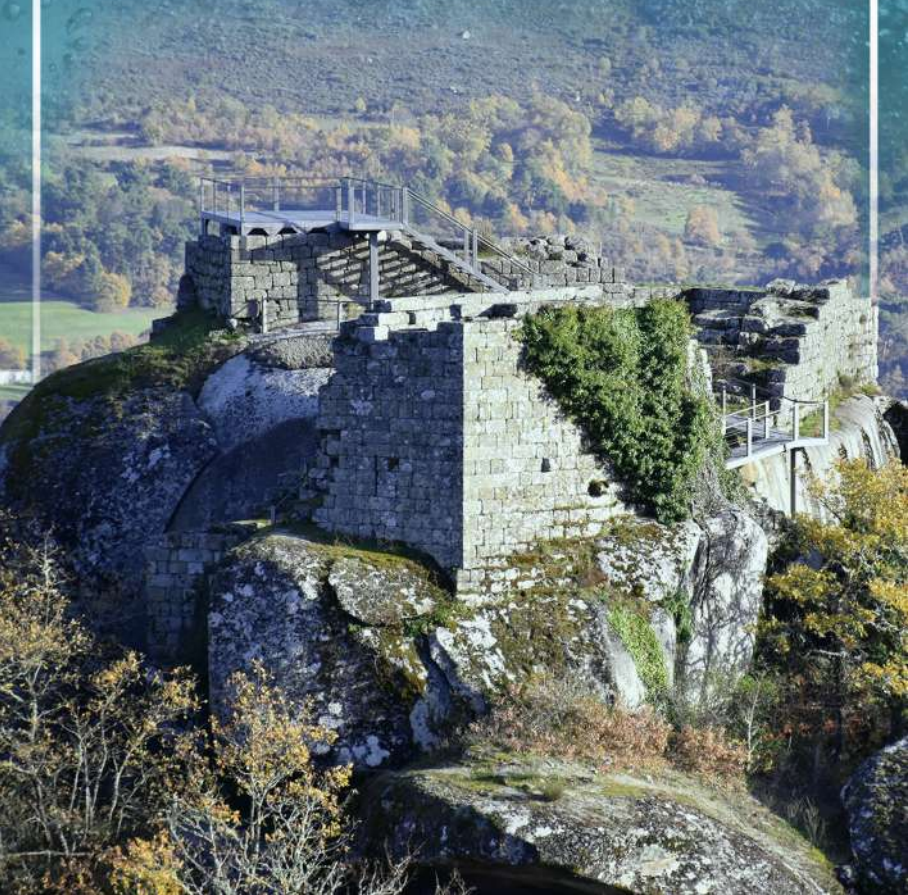


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termasdamoimenta

Vila Pouca de Aguiar



Vila Pouca de Aguiar

The town of **Vila Pouca de Aguiar** is located in the North of Portugal, in the Alto Tâmega region. It is located in one of the most uneven terrain regions of the country, where plateaus and deep valleys dominate the landscape.. It is divided by several rivers and streams with high quality water, from which comes its great natural wealth, with well-preserved ecosystems protected by human action.

The luxuriant vegetation and its diversity create stunning landscapes, especially in Spring, when heather or gorse start to bloom. In fact, about a third of the town area is protected, as is part of the **Alvão-Marão Site** of Natura 2000 network.



Since ancient times there has been human activity in the land, directly related to the exploitation, over the last two thousand years of occupation, of natural resources existant in the region: granite, gold and mineral waters.

Inevitably, these resources were the engine of the civilisations that settled here. If the landscape has preserved, up to the present, funerary monuments made of granite (dolmens, tumuli) built by the primitive man, in Tresminas is still possible to visit the mine open-pits, the underground galleries and the water channels, of one of the most important gold explotations site in the Iberian Peninsula of the golden times of the Roman Empire.

In the Middle Ages, the Roqueiro Castle of Aguiar de Pena became increasingly important and the annual Traditional Onion Fair was born here. The 19th and 20th centuries brought new life to the territory with the commercial operation of the Águas de Pedras Salgadas waters, and the refinement of its Thermal Park, and the return to the gold mining exploitation (in Jales) and ornamental granite (in Pedras Salgadas and Telões).

Apart from its rich historic heritage, whose well preserved remains allow visitors to know and understand the History of **Vila Pouca de Aguiar** and its amazing landscape, this town also has a strong identity marked by the traditional uses and customs, reflected in its gastronomy, crafts and the character of its people.



LANDMARKS

- Thermal Park of Pedras Salgadas
- Tresminas
- Riding Centre of Pedras Salgadas
- Municipal Museum Padre José Rafael Rodrigues
- Roman Mining Complex
- Castle of Aguiar
- Alvão Lagoon



ACCOMMODATION



PEDRAS SALGADAS

SPA & NATURE PARK

VMPS, Águas e Turismo S.A.

Within one hour's drive from the city of Porto, Pedras Salgadas Spa & Nature Park offers stays in modern Eco Houses and the opportunity to experience the benefits of a Thermal Spa placed in a restored building, where in the 19th century, the thermal spa of the ancient Thermal Baths of Pedras Salgadas was born. The power of the waters, the fountains and the natural beauty of the park are some of the most valuable features of this new leisure destination in complete harmony with nature to please all generations.

The Thermal Spa of Pedras Salgadas was restored by the architect Álvaro Siza Vieira, who gave the charm from ancient times back to the building. The refined aesthetic, the use of natural light and large windows stand out in the modern design developed inside the art Nouveau building.

Nature is also present in the essence of THERMAL SPA. The therapeutic power of the natural water rich in carbon dioxide of Pedras Salgadas, which was recognised by the national and international scientific community a long time ago, is used in the wide range of health and wellness treatments. By means of new concepts, methods and equipment, the available therapies aim to renew the spirit of thermal tourism.



WATER COMPOSITION

Hypersaline water rich in carbon dioxide, bicarbonate and sodium.

Temperature
& PH
18°C
PH 6.3

Thermal season
The whole year


Timetable

Every day:
10:00-19:00



THERAPEUTIC INDICATIONS AND ASSOCIATED PATHOLOGIES

- **Metabolic and endocrine disorders:** diuretic, acting on blood pressure.
- **Digestive system disorders:** it has an effect on the digestive system, difficult digestions, heartburn, constipation.
- **Respiratory tract diseases:** asthma and chronic bronchitis.
- **Rheumatic and musculoskeletal diseases:** osteoarticular disorders (rheumatism), osteoporosis.



THERMAL TECHNIQUES; COMPLEMENTARY OR WELLNESS TREATMENTS; OTHER SERVICES

- 14 treatment booths (included 5 hydrotherapies and 2 double rooms)
- Indoor pool with a jet circuit
- Turkish bath (Hammam)
- Sauna
- 2 relaxation rooms
- Massage shower, whirlpool bath, jet shower and aerosols.
- Massages, facial treatments, body treatments, depilation, manicure and pedicure.
- Thermal programmes and wellness programmes.



PRICES




OTHER INFORMATION

The THERMAL SPA is open for guests and external customers all over the year.



PEDRAS SALGADAS SPA & NATURE PARK


Parque de Pedras Salgadas
5450-140
PEDRAS SALGADAS


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Vizela



Vizela

Vizela is located in the district of Braga. It covers an area of 24 km² and it has 5 parishes and over twenty-four thousand inhabitants. The name of the town comes from the river that is linked to the town and flows through it, Vizela River.

Vizela is the diminutive name of Ave, which comes from the Latin word "Avicella". In 1787, the first remains of the ancient thermal baths built by the Romans were found in the Republic Square. The identity of the town is related to the history and spaces devoted to the use of **thermal waters**. The springs were exploited by the Celts from Lusitania but the Romans were the ones that left a lasting mark in the use of this "miraculous" water. They also were the ones who had the greatest influence on this place by discovering the medicinal properties of thermal waters and also for building facilities so that the water could be used by the community. Some experts consider Vizela water as the best hot sulphurated waters in the country.

Another important trace of these people is the **Roman Bridge**, which became part of the military road that linked Braga to Mérida. In the Garden Manuel Faria, the "visiting room" of the town, we can see the allegorical statue "Roman Vizela", which symbolizes the Roman origin of Vizela Thermal Baths. It was inspired by a painting of José Pereira da Costa, a painter from Vizela and made by the sculptor from Porto João Barata Feyo.



Between 1361 and 1408, the King of Portugal granted autonomy to this land. In 1372, the most ancient military alliance was signed in Tagilde – the Anglo-Portuguese Alliance Treaty – with the Portuguese King D. Fernando and the Duke of Lancaster. The thermal facilities have been working since 1892.

In that moment, Vizela was living “the golden ages”. A privileged place for the wealthy from the Brazilian and English colonies to carry out the leisure activities that made Vizela to be called “The Queen of Portugal’s Thermal Baths”. It was an emerging town as the writer Camilo Castelo Branco mentioned in his books, portraying the relation between the thermal baths and the people from Vizela.

One of the most beautiful parks in Portugal was also created in that time. The park was built between 1885 and 1886 and it was designed by the prestigious florist and horticulturist José M. Loureiro and the landscape gardener Jerónimo Costa. This space is the “lung” of Vizela because of the luxuriant vegetation and the different, some of them centennial, species of trees. The São Bento das Peras Sanctuary is placed on the top of the mountain, at a height of 415 meters. Beautiful landscapes can be seen from the viewpoints. The ancient chapel dates back to the 14th century and the most recent chapel opened as a place of worship in October 1970.



A visit to Vizela must include tasting its culinary delights, its traditional cuisine accompanied by the region’s nectar, the vinho verde (green wine), and the famous “Bolinhol”, a unique cake in Portugal. Vizela can be experienced by learning the secrets of a valley full of knowledge, flavours, pleasures and distinctive traditions.



LANDMARKS

- São Bento das Peras Sanctuary
- Thermal Baths Park
- Roman Bridge
- Manuel Faria Garden
- Volunteer Firefighters Museum



ACCOMMODATION



VIZELA THERMAL BATHS

Tesal Explotacion SL
Permanent Representation

The first facilities of **Vizela Thermal Baths** appeared in 1785. A shack covered with straw, which didn't meet the hygiene and health standards, was built in a place called Lameira, the current Republic square. However, the growing demand for thermal waters led to the setting up a business company devoted to the its exploitation and organization.

Thus, in 1873 the Companhia de Banhos de Vizela was created and the main building of the Thermal Baths began to be built. In 1881, although the works hadn't finished yet, the thermal spa was already working. For many years, Vizela Thermal Baths were considered the best thermal baths in Portugal. However, since the last quarter of the 20th century it had been suffering a gradual decline up to 2012, the year when the Group Tesal took over the management of the thermal complex.

Since then, this business group has made a significant investment in Vizela Thermal Baths with the aim of turning them into a Portuguese thermalism of the 21st century reference. This renovation process finished in July 2018 and it was essentially on the redefining the therapeutic uses and on developing new areas for leisure and wellness thermalism (such as a Hamman- Turkish Spa – the only one in the north of Portugal, and a unique complex of swimming pools – a recreational pool, a rehabilitation pool and a pool to practise sports activities).



WATER COMPOSITION

Hyperthermal, mineralized water rich in sulphur, sodium and fluoride.



Temperature
& PH

up to 66°C
with PH 9
(alkaline)

Thermal season
The whole
year


Timetable

Winter

Monday to Friday: 09:00-12:30 · 14:30-18:00
Saturday: 09:00-13:00

Summer

Monday to Friday: 08:00-12:30 · 14:30-18:00
Saturday: 08:00-13:00

Timetables may vary but the changes will be notified in advance.



THERAPEUTIC INDICATIONS AND ASSOCIATED PATHOLOGIES

Vizela thermal waters are recommended for the following pathologies:

- Rheumatic diseases (arthrosis, arthritis, low back pain, among others)
- Respiratory pathologies (chronic sinusitis, chronic laryngitis, asthma, chronic otitis, among others)
- Dermatologic pathologies (atopic dermatitis, eczemas, psoriasis, among others)
- Pathologies related to the current life (stress, anxiety, cardiovascular risk factor, etc)



THERMAL TECHNIQUES; COMPLEMENTARY OR WELLNESS TREATMENTS; OTHER SERVICES

• Thermal techniques:

Nasal irrigation, spraying, inhalation, Scottish jet/shower, medicinal mineral bath, bubble bath, whirlpool bath, Vichy (local and general), application of mud (self-made), thermal kynesiotherapy, steam applied to the spine.

• Complementary or wellness

techniques: therapeutic massage, lymphatic drainage, reduction and anti-cellulite massage, relaxing massage, foot reflexology, facial massage, body exfoliation, rheumatological physiotherapy, hydrotherapy, among others.



VIZELA THERMAL BATHS



Rua das Termas , 37
4815 416
VIZELA



41.374131 (N)
- 8.309452 (O)



Tel: (+351) 253 565 117



tesalvizela@tesal.com

www.tesal.com



termasvizela



PRICES

On request



OTHER INFORMATION

Services available for spa-goers and the general public.

MUNICIPALITY	THERMAL SPA / THERMAL BATH	WEB
Amarante	Amarante Thermal Baths	www.cm-amarante.pt
Caldas de Rels	Acuña Thermal Spa	www.balnearioacuna.com
	Dávila Thermal Spa	www.balneariodavila.com
Carballo	Carballo Thermal Spa	www.balnearioecarballo.com
Provincial Council of Lugo	Palas de Rei: Oca Rio Pambre Hotel Thermal Spa	www.balnearioriopambre.com
	Pantón: IBERIK Augas Santas Thermal Spa	www.iberikhotels.com
Provincial Council of Ourense	Arnala: Arnala Thermal Spa Hotel	www.caldaria.es
	Baños de Molgas: Baños de Molgas Thermal Spa Hotel	www.balneariodemolgas.com
	Cenlle: Loais Thermal Spa Hotel	www.caldaria.es
	Cenlle: Barbantes Thermal Area	www.termasourense.com
	Cortegada: Cortegada Thermal Spa	www.balneariodecortegada.com
	Leiro - Berón: Berón Thermal Spa	www.termasourense.com
	Lobios: Lobios Thermal Spa Hotel	www.caldaria.es
Ribadavia: Prexigueiro Thermal Area	www.termasprexigueiro.com	
Guimarães	Thermal Taipas	www.taipastermal.com
Lugo	Thermal Spa of Lugo Roman Thermal Baths	www.balneariodelugo.com
O Carballiño	O Carballiño Great Thermal Spa	www.balneariodecarballino.com
	Caldas de Partovia Thermal Spa	www.caldasdepartoviabalneario.com
Ourense	As Burgas Thermal Pool	http://turismodeourense.gal
	A Chavasqueira	www.termaschavasqueira.com
	Muíño da Veiga Thermal Area	http://turismodeourense.gal
	Outariz Spa	www.termasoutariz.com
	Outariz and Burga de Canedo Thermal Area	http://turismodeourense.gal
Ponteareas and its county	Mondariz - Balneario: Mondariz Thermal Spa Hotel	www.balneariodemondariz.com
	Salvaterra de Miño: Municipal Thermal Baths of Teóns	www.concellodesalvaterra.org
Santa María da Feira	S. Jorge Thermal Spa	www.termas-sjorge.com
Terras de Bouro	Moimenta Thermal Baths	www.termasdamoimenta.com
	Gerês Thermal Baths	www.augasdogeres.pt
Vila Pouca de Aguiar	Pedras Salgadas Spa & Nature Park	www.pedrassalgadaspark.com
Vizela	Vizela Thermal Baths	www.tesdl.com

DERMATOLOGY	DIGESTIVE SYSTEM	RESPIRATORY SYSTEM	NERVOUS SYSTEM	METABOLIC ENDOCRINAL	CIRCULATORY SYSTEM	MUSCULOSKELETAL DISORDERS RHEUMATOLOGICAL	OTHER INDICATIONS
		●				●	
		●					
		●					
●	●	●	●		●	●	
●		●	●			●	
●		●				●	
●	●	●	●			●	Beauty treatments, post-surgical and post-traumatic processes
●	●	●	●		●	●	Stress
●					●	●	Geriatrics and pediatrics
●						●	
●	●	●		●			
●	●	●				●	
●	●				●	●	Anti-stress treatments
●						●	
●		●				●	
●		●	●			●	Stress, mental and physical exhaustion
●	●	●		●		●	
●	●	●	●		●	●	
●						●	
●						●	
●						●	
●						●	
●	●	●		●	●	●	
●	●	●		●		●	
●		●				●	
●		●				●	
	●		●	●	●	●	Helps in cases of stress, sedentary lifestyle, anorexia and depression
	●	●		●		●	
●		●	●			●	Stress, anxiety, cardiovascular risk factor, etc





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EIXO ATLÁNTICO
DO NOROESTE PENINSULAR

