

2021



Discover Europe's Thermal Heritage

Culture - Architecture - History



THE EUROPEAN
ROUTE OF
HISTORIC
THERMAL
TOWNS

Cultural route
of the Council of Europe
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Dear Thermal Friends,

The spa towns in the European Historic Thermal Towns Association (EHTTA) have been centres of healing and tourism for centuries. They have a long tradition of welcoming guests from all over the world and are renowned for the quality of their architecture, cultural heritage and spa facilities. Thermal towns have always been places of innovation and creation as well as healing, and they contribute to a shared European memory, society and culture – they are an integral part of Europe’s story as you will see in the pages that follow.

In 2019 we celebrated the tenth Anniversary of the founding of the European Historic Thermal Towns Association, and in 2020, the tenth anniversary of EHTTA’s certification as a Cultural Route of the Council of Europe - a prestigious accolade only granted to forty routes. Thanks to the commitment, dedication and hard work of the former EHTTA Presidents, and dear friends, Christian Corne (Vichy) and Giuseppe Bellandi (Montecatini Terme), the first ten years have established a firm foundation for our work, and bringing in an era of positive growth and expansion. Their efforts allow us now to move forward into the coming decades, secure in our knowledge that EHTTA is a strong network able to liaise and create joint initiatives with other strong European partners and networks.

The world-wide pandemic has given EHTTA an opportunity to work in new ways, to keep our network strong and connected by embracing technology. We hope that soon the process of healing will begin, and it is my belief that our thermal towns and healing waters are well placed to help individuals to recover from the effects of the virus, both physically and mentally. Our towns and regions are the ultimate sustainable travel destinations, often connected by rail and set in tranquil and nurturing landscapes.

As President of EHTTA, it is my aim to lead the Association to even greater recognition as a leading organisation in the fight to protect and enhance thermal heritage in Europe.

We invite you to rediscover the centuries-old traditions of our towns, which have throughout history been places of healing and renewal, places of relaxation and rehabilitation.

With best wishes and thermal greetings from Ourense

José Manuel Baltar Blanco

EHTTA President



Key:

- Capital City
- Active Member
- Associate Member



Active Members	Acqui Terme p18	Bad Ems p19	Bad Homburg p20	Baden bei Wien p21	Baden-Baden p22	Bagnoles de l'Orne p23	Bath p24	Bursa Metropolitan Municipality p25
Caldas da Rainha p26	Caldes de Montbui p27	Castrocaro Terme e Terra del Sole p28	Châtel-Guyon p29	Daruvár p30	Enghien-les-Bains p31	Istiea Aedipsos p32	Krinides Kavala p33	La Bourboule p34
Ladek-Zdrój p35	Le Mont-Dore p36	Loutra Pozar p37	Loutraki-Perachora p38	Luchon p39	Luso-Mealhada p40	Monchique p41	Mondariz Balneario p42	Mondorf-les-Bains p43
Montecatini Terme p44	Montegrotto Terme p45	Ourense p46	Pärnu p47	Royat-Chamalières p48	Salsomaggiore Terme p49	São Pedro do Sul p50	Spa p51	Vichy p52
Wiesbaden p53	Associate Members	Afyonkarahisar p54	Budapest p55	Clermont Auvergne Métropole p56	Eurocity Chaves-Verin p57	FTCF p58	Ministry of Culture of Azerbaijan – Galaalti p59	Galicia Region p60
H.A.M.T.S. p61	Imereti Region p62	Karlovy Vary Region p63	Province of Ourense p64	ROUTE DES VILLES D'EAUX MASSIF CENTRAL Route des Villes d'Eaux du Massif Central p65				



Since ancient times, people have been drawn to the hot healing mineral waters of Europe. Over the centuries, the Greeks, Romans, Ottomans and others established bathing traditions and built complexes to harness the water so that people could bathe. Subsequent civilisations established medical complexes, and ceremonies around their miraculous waters, and during the 18th century, “taking the waters” for health – drinking and bathing in it - became almost an art-form. The most important people in Europe gathered at the spas to see and to be seen, and as social barriers began to break down in the spas, artists, writers, philosophers, musicians and scientists rubbed shoulders with nobility and royalty, sparking creativity and discovery – this phenomenon was known in Spa in the 18th century as the “Café of Europe”, a term that we have adopted in modern times to describe the huge creative potential in the spa towns of Europe.

At the heart of each of our member towns is a spring, or maybe several springs, which each come to the surface having undertaken an underground journey that may have lasted hundreds or even thousands of years, picking up minerals and thermal energy as they went. These springs were the catalyst for the development of small settlements which eventually became towns and cities – a unique kind of urban form that is slowly becoming recognised as having a special place in European history and memory.

The first tourists came to the springs and sources to seek better health, long before different faiths drew religious pilgrims across the globe to their shrines, as shown by archaeological evidence in a number of our towns. As buildings developed around the springs to harness them and allow their practical use, guest facilities developed in response, until the spa town as we know it today was developed with several elements all designed to facilitate the cure that visitors seek, not only in body, but in mind and spirit too.

In each of our towns, you will find a range of accommodation (often with waters available in thermal spa hotels); entertainment in the form of festivals, concerts, theatres and sporting events; historic monuments, often interpreted in innovative ways to help you to understand the past life of the town and its famous visitors; art galleries and museums; and historic and modern spa complexes.

The European Historic Thermal Towns Association (EHTTA) was established in 2009, by six Founder Members – Acqui Terme (Italy), Bath (UK), Ourense (Spain), Salsomaggiore (Italy), Spa (Belgium), and Vichy (France). These towns had been part of a three year co-operation project called Thermae Europae, and were keen to continue the work of the project, as they recognised the value of identifying good examples of the cultural heritage of thermal spa towns, and promoting their value at

a European level. EHTTA was established as ‘a non-profit Association based on the need to encourage, protect and enhance the thermal, artistic and cultural heritage throughout Europe’.

The first major milestone achieved by the Association was to be certified by the Council of Europe as a “Cultural Route” in 2010 – the “European Route of Historic Thermal Towns”, one of only 40 routes certified by the Council of Europe. EHTTA has grown from its original six Founder Members to a healthy non-profit Association, a network of almost 50 members in 18 countries, all meeting twice a year at General Assemblies to develop projects together, and to work towards the Association’s main aims and objectives. The focus of the association’s activity is on:

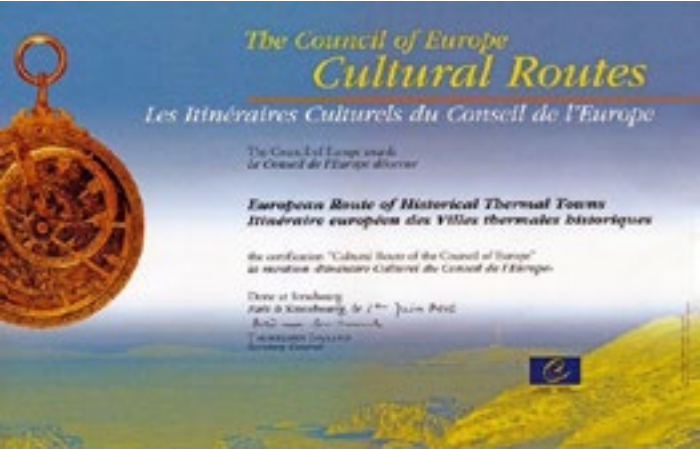
- The economic development of spa towns and the safeguarding of their cultural and built heritage through exchanges of experience and good practices at the European level
- Promotion of the network at a European level, in co-operation with European institutions, to raise awareness, and to develop policies which protect the thermal heritage
- Development of research in the spa sector, particularly relating to thermal heritage
- Make time for culture by visiting art galleries and museums, and add in concerts, festivals, events and talks. If you dare, add an element of risk to your visit with a visit to the casino!
- Enhancement and safeguarding of the architectural and artistic spa heritage within the development of the spa towns, by promotion and fund-raising at a European level
- Developing a European tourism product that can generate economic benefits to the spa town



We are a Cultural Route of the Council of Europe

The European Route of Historic Thermal Towns, is one of 40 Routes certified by the Council of Europe, all based on themes which are important to the cultural heritage of Europe. The Cultural Routes Programme was launched by the Council of Europe in 1987 with the Route of Santiago de Compostela, perhaps Europe's most famous pilgrim route, chosen as a symbol of European unification and identity. Like Europe itself, the Compostela was , built “on a shared history of exchanges and encounters between people with different backgrounds, nationalities and beliefs”. Since then, linear paths and themed networks, such as the Route of Historic Thermal Towns have joined the Programme.

“Both the knowledge and the sharing of cultural heritage, in a multicultural approach, encourage mutual understanding and prevent conflicts, aiming to ensure all citizens a life based on justice and peaceful coexistence.”
- Council of Europe



The Institute of Cultural Routes, based in Luxembourg describes the Cultural Routes as “Grass-roots networks promoting the principles which underlie all the work and values of the Council of Europe: human rights, cultural democracy, cultural diversity, mutual understanding and exchanges across boundaries. They act as channels for intercultural dialogue and promote a better knowledge and understanding of European history”.

The Cultural Routes of the Council of Europe encourage visitors to take “a journey through space and time” to understand Europe's shared and living cultural heritage. All the routes in the Programme are certified by the Council of Europe, and are re-evaluated every few years, so that a certain level of quality of experience is assured for visitors. The Cultural Routes Programme also aims to contribute to sustainable development in the regions and throughout the cultural routes, enriching the tourism sector with new products and jobs based on cultural and heritage tourism.



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In all its activities, our network aims to implement innovative activities and projects within five main priority fields of action of the Cultural Routes programme:

- co-operation in research and development;
- enhancement of memory, history and European heritage;
- cultural and educational exchanges for young Europeans;
- contemporary cultural and artistic practice;
- cultural tourism and sustainable cultural development.

The certification “Cultural Route of the Council of Europe” is a guarantee of excellence. The EHTTA Scientific Committee assesses all the potential members of the Association and the Route on strict criteria, to ensure this excellence, as well as researching and presenting important themes in the European Thermal Heritage Day for example. Being certified as a Cultural Route of the Council of Europe is

extremely important for the Association and was the first major achievement of EHTTA, in it's first year. Now, a decade or more later, EHTTA values the exchange of good practices and ideas with other Cultural Routes of the Council of Europe, the visibility of the Cultural Routes at a European level through the work of the Programme, and the dialogue that it prompts between cultural institutions and tourism bodies.

The story of the historic thermal towns of Europe is woven into the story of the continent of Europe and its people. It is part of Europe's shared memory, culture and traditions. As a cultural route of the Council of Europe, we continue to tell this story, to raise awareness of the importance our towns, in order to protect them for future generations, and to help young people to discover and understand traditions, heritage and culture that dates back hundreds of years, but which can also play an important part in their wellbeing and health in the future.



EHTTA exists to promote the interests of its members at a European level, and to increase awareness of the historic thermal towns of Europe – their history, culture, architecture and value in the development of Europe and its collective memory. EHTTA members meet twice a year at General Assemblies, but have other opportunities to work together and learn about best practices from each other at webinars and other events. Every year Members also take part in global events where the theme relates to water or wellness.

22nd March – the UN's **World Water Day** is the day when EHTTA Members celebrate their thermal water sources and give exclusive access to members of the public through behind the scenes talks and tours.

18th -19th September 2021- **World Wellness Weekend**

12th June 2021 - **Global Wellness Day**

September 2021 - **European Heritage Days**

14th October 2021 – **European Thermal Heritage Day**

European Thermal Heritage Day, held on or around 12th October every year, is EHTTA's annual event, organised by its Scientific Committee and held to discuss important topics with renowned experts in the area that has been chosen each year.

The first European Heritage Day was held in the world-famous Gellért Bath in Budapest, “City of Spas”. The day coincided with the 100th anniversary of the Baths’ opening in 1918, and was EHTTA's response to the European Year of Cultural Heritage. The subject for the first European Thermal Heritage Day was “**Thermal Tourism and Spa Heritage in Europe**”. The event – talks, conference and an exhibition were attended by Tibor Navracsics, European Commissioner for Education, Culture, Youth and Sport, and won a prestigious award from the European Institute of Cultural Routes.

In 2019, European Thermal Heritage day was celebrated in Spa, and looked at the subject “**What'Spa? SPA: A concept to be redefined**”. The event was the culmination of a series of celebrations of EHTTA's 10th anniversary, and discussed the use of the word “Spa” in modern culture.

2020's European Thermal Heritage Day on the subject of **Thermal Architecture** went online in a hybrid event due to the pandemic, and was hosted by Baden-Baden.

In 2021, EHTTA will be in Wiesbaden for European Thermal Heritage Day, to talk about the phenomenon of the “**Therapeutic Landscape**”, and how spa towns have used their natural surroundings and landscape for wellness, exercise and as part of the thermal water cure, for centuries.



Lobbying

During its first ten years as an Association, EHTTA has taken several opportunities to present its members and objectives to MEPs in Brussels and Strasbourg, and will often accept invitations to be more visible on the European stage through conferences and other events that can improve visibility.

We also lobby on behalf of our members with the help of other organisations and partnerships such as

- The European Institute of Cultural Routes
- The Tourism Manifesto
- The European Heritage Alliance 3.3 – Europa Nostra



How to enjoy your visit

Whether you have come to a thermal town for a medical cure prescribed by a doctor or are simply looking for a break from the hectic nature of life in the 21st century, you will find what you seek in our amazing network.

There are so many things to see and do in our spa towns, so we have put together a list of the top 10 ways to make the most of your stay!

1. **Take the waters** – as prescribed, perhaps by a physician – or simply for relaxation. Bathe in them, enjoy water-based treatments, and drink the waters that correspond to your health needs
2. **Go on the historic tours** which help you to learn about the town’s past, including its famous visitors. Look out for colourful costumed guides who will help you travel back in time!
3. Appreciate the **thermal architecture** and built landscape that surrounds you, and find out the stories behind these magnificent buildings
4. **Make time for culture** by visiting art galleries and museums, and add in concerts, festivals, events and talks. If you dare, add an element of risk to your visit with a visit to the casino!
5. Search out the **artistic works** that were inspired by or created in the spa towns – literature and music in particular
6. There’s a **spiritual** aspect too – from finding out about the ancient deities of the springs as well as visiting the churches, cathedrals and other religious

houses in the area. They are often located close to the springs. With the slow pace of life in spa towns, and plenty of quiet places just to set and “be”, your visit can be a mindful one too.

7. **Eat and drink well** – enjoy fine local produce in restaurants and markets to improve your inner well-being (and drink well too, with local mineral water if it’s available, and of course local beers and wines!)
8. **Enjoy good company** – spa towns are sociable places, and some are particularly romantic!
9. Wander through richly planted **parks and gardens**, often directly next to the thermal sources, where in the past, visitors took gentle exercise but also liked to be seen.
10. Marked paths and trails in the hills and countryside surrounding our towns are all designed to encourage you to be outdoors, to take exercise for your health in what we call the **“therapeutic landscape”**

We invite you to follow the footsteps of emperors, kings and queens, philosophers and film stars, socialites and scientists, composers and poets, architects and writers, politicians and athletes, as well as the multitudes of ordinary people, who over the centuries have helped to shape the thermal towns of Europe, and a particular type of tourism that is good for body, mind and soul.



Themes and Itineraries

Festivals galore!

Spa towns developed festivals and other entertainment to keep their clients occupied during the long stays of the cure. Some of Europe's most creative festivals are to be found in our network! Film, music, literature, guitars, gastronomy, wine, and even the humble potato are celebrated in our Cultural Route!

- Daruvar
- Caldes de Montbui
- Castrocaro Terme e Terra del Sole

Spas in Antiquity

Our network boasts Greek, Roman, Ottoman, Byzantine and Mythological traditions – see the buildings that the ancients built around thermal springs to use for leisure and healing, find out about our “Thermal Legends” and take the waters that they revered and worshipped.

- Bath
- Chaves Verin
- Caldes de Montbui
- Ourense
- Budapest
- Bursa
- Sao Pedro do Sul

Lights, Camera, Action!

Nearer the present day, many famous writers have been inspired to use spa towns as the back-drop to their works, which have now been turned into films, and some spa towns are frequently in use as film locations. Some of the most famous actors, actresses and directors of the last 100 years have visited, to relax and renew themselves – or might be there filming on location today. In addition, many of our towns also have internationally-renowned film festivals, so for movie enthusiasts, a tour of our thermal towns is essential!

- Montecatini Terme
- Karlovy Vary
- Bath

The Therapeutic Landscape

Where the surroundings of the spa town are used for recreation, sports, walking, cycling, horse-riding, ski - and more as part of the ‘cure’ in fresh air and unspoiled surroundings. Mountains, forests, lakes and rivers, as well as graceful parks and gardens await those that like physical activity as well as pure relaxing indulgence. Some of the landscapes were developed in the 19th century for the cure, and also to give a more “romantic” setting to the spa towns. Look out for places with funiculars that will take you up to the tops of the hills where you might find towers, restaurants, lookouts and pavilions where you can stop and enjoy the view.

- Wiesbaden
- Baden-Baden
- Karlovy Vary
- Bad Ems
- Spa

Great food and Drink

Slow food, slow tourism and quality local ingredients are often an essential part of the spa town experience. Look out for local bottled mineral waters, local wines and beers, and specialities made from the thermal waters. Not far from Acqui Terme, the hills surrounding Tenuta Il Castelletto, with all its vineyards, are so unique that this area was declared a UNESCO World Heritage Site in 2014.

- Acqui terme
- Daruvar
- Caldas da Rinha
- Region of Galicia

Hop on... the Train!

Thermal towns experienced a resurgence of popularity at the advent of rail travel, and some of the earliest lines and package tours connected great cities to the spa towns. You can see some of the gorgeous posters that the railway companies produced in the inside covers of this brochure. We recommend rest and relaxation, eco and slow tourism, by taking the train to our towns wherever possible. 2021 is the European Year of Rail, and EHTTA will be promoting travel to its towns by rail as well as celebrating the historic railway stations that were often built to bring spa guests to the towns.

- Salsomaggiore Terme
- Bad Homburg
- Budapest
- Royat
- Wiesbaden



The Great Spas of Europe UNESCO project.

GREAT SPAS of Europe

EHTTA is delighted to have within its network several of the candidates for a proposed World Heritage nomination to UNESCO, the United Nations Educational, Scientific and Cultural Organisation, called the Great Spas of Europe. The “Great Spas of Europe” are those which were at their most internationally famous, and which were culturally, medically and technically of European importance from the 18th century to the early 20th century, and which still continue as important spa towns today.

The group of 11 spa towns hope to gain World Heritage Status by demonstrating their significant contribution to the identified UNESCO criteria known collectively as “Outstanding Universal Value”. Until now, only Bath in the UK has achieved World Heritage Status as a spa town, but UNESCO has been encouraging nominations on the basis of themes, and clusters, not just individual sites, focusing particularly on the “intangible heritage” – the stories, legends, histories that can’t be seen and touched in the way that historical monuments can.



The Great Spas of Europe project brings together the renowned spa towns that were at the height of their fame in the 19th century. These towns attracted the crowned heads of Europe, the nobility and aristocracy, the artists, writers, poets, composers, scientists, politicians and philosophers not only for the cure, but to be part of the uniquely creative atmosphere that characterised the spas at this time. Also known as the ‘Belle Epoque’, and continuing to embrace the principles of the Enlightenment, the latter half of the 19th Century, saw fundamental changes in society, healthcare and tourism in the spa towns of Europe, developments that were subsequently copied in many smaller spa towns too.



Studies which have been made by the International Working Group of the Great Spas of Europe since 2011 have shown how important Europe’s spa towns have been in the democratisation of society as reflected in the health provision, communications systems, and of course the tourist industry. They have also highlighted the concept and design of the “therapeutic landscape” in spa towns, considered an integral part of the traditional cure – a tradition which continues to this day in many spa towns.

EHTTA Members selected as candidates for this World Heritage Serial Nomination include Baden bei Wien, Baden-Baden, Bath, Montecatini Terme, Spa, Vichy, and three towns in the Karlovy Vary Region or ‘Bohemian Spa Triangle’ (Karlovy Vary, Františkovy Lázně, and Mariánské Lázně). Bad Ems and Bad Kissingen complete the list of candidates.



Acqui Terme

Italy

Founder Member of EHTTA

Active Member



Tucked away in the heart of northern Italy's Piedmont region is Acqui Terme, a bustling spa town established as an important thermal centre in Roman times, surrounded by breath-taking vineyards and landscapes that were recognised as a UNESCO World Heritage Site in 2014. The impressive ruins of the Roman Aqueduct still stand next to the Bormida river, a reminder of how water has always been the most important element in Acqui Terme, which offers its visitors an enviable blend of spas, culture, culinary excellence and Italian small-town charm making it an appealing destination.

The sound of water follows you everywhere, in fact Acqui Terme has three main springs: the Bollente Spring, which is the primary source for the thermal treatments, and is publicly available at a fountain in the heart of the town, that is arguably the city's most famous attraction. The water – one of the hottest in the EHTTA network gushes out at an amazing temperature of 74.5 °C with a high mineral content. The Lago della Sorgenti spring at 50°C is mixed with the Bollente water used at the Thermal Establishments, but in the 4th century the waters were probably used by the Romans, with the therapeutic mud that is deposited at the bottom of the lakes,

www.turismoacquiterme.it
www.termediacqui.it



Roman Name: Aquae Statiellae



Earliest known use of the springs: 173 AD



Hottest Spring: 75°C



Springs: Bollente, Acqua Marcia, Lago delle Sorgenti (Lake)



Active Chemical Elements: sodium chloride, bromine, iodine, sulphur



and today are used in mud bath therapies, which have been popular in Acqui Terme since the early 14th century.

The Acqua Marcia source was discovered much later, during the second half of the 18th century, and it has a minor flow compared with the other springs. It flows into a secondary basin 1000m below the surface, where it loses its temperature and finally emerges at 19°C. It is used mainly as drinking water and for some inhalation treatments, as it is rich in sulphur compounds. The new thermal complex, the "Regie Terme of Acqui", where ancient spa rituals from east and west are integrated into modern treatments.

Today, the ruins of the Roman architecture may be admired throughout the town, especially at the Archaeological Museum housed inside the Paleologi Castle along with a fine selection of open-air archaeological sites and the old Roman baths.

Acqui Terme has a lively arts scene, and every year it hosts prestigious Art exhibitions and the Premio Acqui Storia, a historical literature festival with an esteemed prize for the winner.

Acqui Terme is a Founding Member of EHTTA, and the Association's Secretary's Office is hosted by the municipality of Acqui Terme.

Bad Ems

Germany

new member

Active Member

The most striking feature of Bad Ems, is its elongated position on the banks of the River Lahn, in a steep-sided valley covered in trees – part of a forested area that forms the Nassau Nature Reserve. Bad Ems is one of the "Great Spas of Europe" (See p8 of this brochure), and is known as "The Picturesque Imperial Spa" because of its buildings and setting, and also because of the high-ranking guests who came to take the waters over the centuries.

There is no evidence that the Roman soldiers stationed at The Limes, the frontier of the Roman Empire between the Rhine and the Danube used the waters which rise in a cluster of 15 hot springs near the river. The earliest written records of bathing in the waters date back to 1172, and by the 16th century the waters at the Kränchen spring were being recommended for drinking cures. In 1855, an innovative French treatment was introduced to Bad Ems that helped it to gain international recognition as a centre for inhalation therapy, and these days the alkaline-muriatic acidulous springs, the only springs of their kind in Germany, have a reputation for treating respiratory diseases.

In the 16th and 17th centuries Bad Ems was one of Germany's most famous spa towns and several well-preserved buildings date from this time of fame and prosperity, including the Kurhaus. By the start of the 19th century, Bad Ems was one of the most fashionable and Zignificant spas in Germany, welcoming visitors from around the world, who often arrived by boat – it was the "summer capital of Europe". Emperors, kings, dukes and celebrities from culture, politics and economy who came here to seek healing. Some key dates in European history are connected to Bad Ems and its distinguished visitors, such as the Emser Dispatch of 1870 which precipitated the Franco-Prussian War.

Bad Ems has long exported its waters, but from 1858 the Emser Pastilles became available and are still used to soothe mild sore throats. The pastilles, sprays and medicinal Emser Salz®, contain over 30 minerals and trace elements, present in the water itself.

Visitors to Bad Ems enjoy walking, hiking and climbing in the hills around the town as well as using the modern spa forest railway, the Kurwaldbahnis - one of the steepest funiculars in the world. There is an annual music festival to celebrate composer Jacques Offenbach, and the Bartholomäusmarkt, held at the end of August each year is Germany's largest flower parade.

www.staatsbad-badems.de



Roman Name: N/A



Earliest known use of the springs: 1172



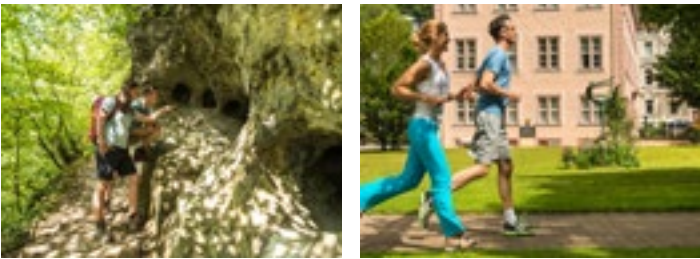
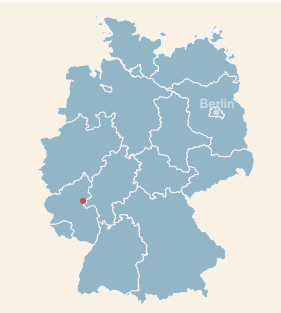
Hottest Spring: 57°C



Springs: Emser Kränchen, Fürstenbrunnen, Kaiserbrunnen, Kampe-Sprudel, Kesselbrunnen, Robert-Krampe-Sprudel, Römerquelle and Neuquelle I-IV



Active Chemical Elements: Hydrogen carbonate, Chlorine ions, Sodium ions, Carbon Dioxide



Bad Homburg vor der Höhe Germany


Active Member


Once enjoyed by the ancient Romans, Bad Homburg’s famous mineral springs were used to produce salt in early modern times. But it wasn’t until the beginning of the 19th century that the springs were rediscovered, and developed, transforming Bad Homburg into a popular resort for cosmopolitan high society. Bad Homburg also became famous for its landscape design and for military prowess.


At the end of the 19th century European nobility, famous literary figures, politicians and the high-ranking military regularly congregated in Bad Homburg, taking the waters, strolling in the parklands and nearby Taunus, swinging rackets on the continent’s first tennis courts (1876) or clubs on Germany’s very first golf course (1889). The Prince of Wales, who was later to become King Edward VII of England, visited Bad Homburg a total of 32 times and he popularised the famous “Homburg hat”. The golden years of the royal spa town – known as the “aristocrat amongst Europe’s spa resorts” – came to an end with the outbreak of the First World War. Bad Homburg has nevertheless remained a celebrated and widely recognised spa resort, and today is one of Germany’s wealthiest towns, with rich cultural and arts scene.


Over the years, Bad Homburg has retained its history and tradition. The 40-hectare spa park area, which is listed as a historical monument, is home to a variety of historical buildings, sculptured fountains, the Kaiser Wilhelm Bath, the old casino, an orangery and a Russian chapel. Bad Homburg is synonymous with 200 years of healing and healthcare tradition. As well as the mineral springs, Bad Homburg is famous for its medicinal clay treatments. The historic “Kaiser-Wilhelms-Bad” is now a haven of wellbeing that combines health promotion and regeneration. Bad Homburg is also home to an acute care clinic and four follow-up rehabilitation and preventive care clinics, all of which are equipped with the very latest medical equipment and services.


www.bad-homburg-tourismus.de

 **Roman Name:** N/A

 **Earliest known use of the springs:** Roman

 **Hottest Spring:** 34.5°C

 **Springs:** Elisabethenquelle or Elisabethenbrunnen, Landgrafen-und Auguste-Victoria-Brunnen, Louisenbrunnen, Stahlbrunnen, Kaiserbrunnen, Ludwigsbrunnen, Solesprudel, Viktoria-Louise-Brunnen

 **Active Chemical Elements:** Sodium Chloride



Baden bei Wien Austria


Active Member


Baden bei Wien, located as its name suggests, just 25km from Austria’s capital on the edge of the Vienna Woods has been known for its healing waters for thousands of years. Archaeological finds place Neolithic camps in the centre of the spring field, long before the Romans in the Imperial Province of “Pannonia” bathed in the sulphur rich waters to soothe their aching joints and muscles. The hot springs at Baden bei Wien were in use in the middle ages, and the town gradually developed by the 13th century to the side of the springs, rather than directly above them. As early as 1276 the Kaisers of the House of Habsburg visited, indeed owned, the springs, beginning a long tradition of royal patronage, which continued well into the 19th century, leading Baden bei Wien to be known as the “Spa of Emperors”.


The sulphur-rich waters of Baden bei Wien are not particularly pleasant to drink, so bathing has always been the most important activity here, and spa treatments also developed, including the whey cure, cold and hot water and air therapies, and mud treatments. There were also “terrain cures” – prescribed walking in the countryside and in the numerous and beautiful parks and landscaped gardens which gradually became an important and attractive feature of Baden bei Wien.





www.tourismus.baden.at

 **Roman Name:** Aquae Pannonicae (water in the province of Pannonia)

 **Earliest known use of the springs:** Neolithic times

 **Hottest Spring:** 36°C

 **Springs:** 14 springs Ursprungsquelle (original spring), Frauenquelle, Karolinenquelle, Josefsquelle, Mariazellerhofquelle, Perigriniquelle, Leopoldsquelle, Franzensquelle, Johannesquelle, Ferdinandsquelle, Sauerhofquelle, Engelsbadquelle, Petersquelle, Marienquelle (latest and most productive spring tapped in 1924)

 **Active Chemical Elements:** Sulphur, Calcium Carbonate compounds, Calcium Chloride and Magnesium Sulphate (Epsom Salt)



Baden bei Wien has always attracted famous and fashionable visitors, becoming a world-class spa resort by 1870, and remains a very popular tourist destination to this day. Some of Baden bei Wien’s most notable guests are musical legends, often composing celebrated works in the town – Beethoven’s Ninth Symphony and Mozart’s haunting Ave Verum Corpus are two of the most famous examples, while the Joseph Lanner, one of the earliest Viennese composers to perform the waltz, and Johann Strauß the Elder and Younger performed for guests at many different venues throughout the town. The political, artistic and scientific elite of the Enlightenment met here (particularly during the Congress of Vienna in 1814-15), and the legacy of all these famous visitors can be seen today in the magnificent villas, hotels and spa facilities which were built to accommodate them.

Modern-day visitors to the Kurhaus and four other large privately-owned spas make good use of the 2 million litres of curative thermal water that bubble up under the town in fourteen springs. Conditions treated here include rheumatism and arthrosis, chronic inflammation, and regeneration of connective tissue and cartilage. Visitors also enjoy the Kurpark and other landscaped gardens, the Congress Casino, two historic theatres, six museums and a racecourse, lido and international festivals such as the 120 year old Festival of Operetta, the biggest photographic festival in Europe the (LaGacilly-Baden-Photo) and the Festival of Roses.



Baden-Baden

Germany

Active Member

The Friedrichsbad in Baden-Baden, with its high central dome, encrusted with elaborate frescoes almost like a temple or palace, perhaps encapsulates the essence of Baden-Baden.

A seventeen-step ritual combining Roman and Irish bathing traditions takes the visitor through changing temperatures and different baths, guaranteeing that like Mark Twain, “you lose track of time within 10 minutes and track of the world in 20...”. Here, the Roman foundations and the 1877 Neo-Renaissance-style spa building form the perfect blend of style and relaxation, typical of a town that has been world-famous for its cultural traditions since the 19th century, a golden age when Baden-Baden was known as the “Capital d’été” or “summer capital of Europe”.

While Baden-Baden had its roots in Roman times, it was not until the redevelopment of the town at the end of the 18th century that it shifted its focus to the green countryside. By the mid 19th century, Baden-Baden had become a sophisticated and world-renowned spa resort, where an international crowd gathered for social and cultural events, establishing itself as a place of creativity and inspiration for composers such as Johannes Brahms, Clara Schumann, and many other renowned artists.

By 1871, the focus on the thermal water had intensified and the town became a health spa with large modern spa palaces such as the Friedrichsbad and thermal hotels being built for more and more fashionable guests – a rising middle class, experimenting with the rules of society, as well as the nobility and royalty. Many trace minerals in the salty water promote the curative effect for cardiovascular and metabolism problems or respiratory complaints, while the warmth of the water (50-68°C) aids blood circulation in the muscles, joints and skin. Today Baden-Baden is a unified green cityscape, where the arts and health flourish side by side, and where traditional spa-town activities such as international festivals, horse racing, the theatre, the Festival Hall and the Casino are complemented by a high standard of modern architecture, retaining the city's flare and style.



www.baden-baden.de



Roman Name: Aquae



Earliest known use of the springs: Pre-Roman



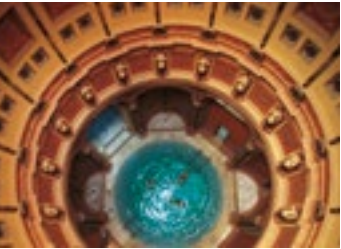
Hottest Spring: 68.8°C



Springs: Ursprungsquelle, Brühquelle, Judenquelle, Ungemachquelle, Höllenquelle, Murquelle, Fettquelle, Kühler Brunnen, Armenbadquelle, Büttenquelle, Klosterquelle



Active Chemical Elements: Sodium Chloride with lithium, cesium, silica, boric acid, manganese, magnesium and traces of cobalt, zinc and copper.



Bagnoles de l’Orne

France

Active Member

The setting of Bagnoles de l’Orne in Normandy, northern France could hardly be more magical – around a lake hidden in the forest, with a “Quartier Belle Époque” townscape of magnificent villas reflecting the elite visitors that came to Normandy’s only thermal spring in its hey-day in the 19th century.

Perhaps this magical setting has given rise to the many legends about the founding of the town – even the links to Arthurian legend, Sir Lancelot. All the legendary tales describe people and animals (notably Rapide, an aging horse worn out in battle and abandoned in the forest) having been miraculously restored to health by drinking at the spring. Today the acidic aquamarine waters of the “Grand Source” are sought after for the treatment of rheumatism, osteo-arthritis, circulatory and vein problems and gynaecology. Aside from the medicinal qualities of the water, its constancy and quality are the key to the success of the spa.

Nestled in the heart of the Andaines forest, Bagnoles de l’Orne Normandie enjoys exceptional surroundings. The landscape around the town, dotted with forests, historic towns and castles makes this Regional Natural Park area popular for outdoor pursuits such as rambling, cycling, Nordic walking and fishing. In the town itself there is a wide range of activities on offer - Casino, golf course, tennis courts, outdoor swimming pool, archery, tree climbing, as well as simply relaxing in the town’s parks and gardens. The cultural calendar in Bagnoles de l’Orne includes the Plants exhibition or Belle Epoque Festival in June, the Street Theatre Festival all the summer, fireworks in July & August, horse racing and many other events. The region is famous for its food too, and local specialities are available not only in local markets and restaurants, but also in the spa itself, with Normandy cider apples being used in some of the treatments!



www.bagnolesdelorne.com

www.bo-spathermal.com



Roman Name: N/A



Earliest known use of the springs: 1540s



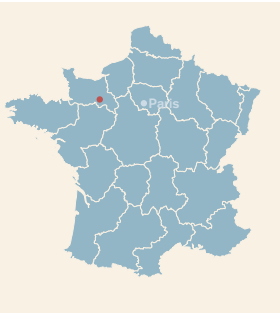
Hottest Spring: 24.3°C



Springs: La Grande Source



Active Chemical Elements: Copper, Molybdenum, Silicon








Bath

United Kingdom

Founder Member of EHTTA

Active Member

	www.visitbath.co.uk
	www.thermaebathspa.com
	www.romanbaths.co.uk
	Roman Name: Aquae Sulis
	Earliest known use of the springs: 863 BC (mythology)
	Hottest Spring: 45°C
	Springs: Cross Spring, Hetling Spring, Sacred Spring (Roman Baths)
	Active Chemical Elements: sulphate, calcium, chloride, sodium, bicarbonate, magnesium, silica, iron



Breathtaking, Bath with its world famous 18th century architecture and impressive Roman Baths is the only complete spa city designated by UNESCO as a World Heritage Site. It was inscribed in 1987 as a place of Outstanding Universal Value for its “Roman remains, 18th century architecture, 18th century town planning, and its role as a setting for social history, inspired by its hot springs and natural landscape setting.” Bath is also a candidate for the Great Spas of Europe UNESCO project.






Although ancient Britons were known to have worshipped at the springs, they were said to have been discovered in around 863BC by Prince Bladud, a prince who had been exiled from his father’s kingdom and forced to roam the country as a swineherd because he had leprosy. He noticed that his pigs were cured of skin problems after rolling in the hot mud around the springs, and soon after was cured himself, and founded Bath in gratitude for his cure. Since then the hot healing waters have been enjoyed for relaxation and health, and the town which developed around the springs became known as the “Queen of the Spa Towns” – a reputation which is still intact today.

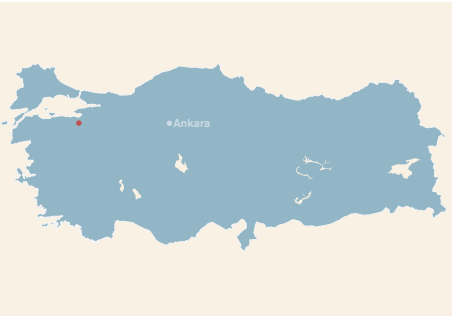
Bursa

Metropolitan Municipality

Turkey

Active Member

	www.bursa.bel.tr
	Roman Name: N/A
	Earliest known use of the springs: 185 BC
	Hottest Spring: 90°C
	Springs: Zeyninine, Vakıfbahçe, Oylat, Kaynarca and Karamustafapaşa
	Active Chemical Elements: Oligomethallic (low mineral) waters



Bursa, Turkey’s fourth largest city, takes its name from King Prissias the 1st, as the town was dedicated to him by Hanibal on its foundation in 185 BC. Over time it changed to Prusias, then Prusa and finally Bursa. Part of the Roman Empire, then the Byzantine and later the Ottoman Empire, Bursa became the capital of the Ottoman State, and was one of the most important centres in the world for silk and spice from 1326 to 1453.

Many rulers and state officials made Bursa their holiday place, but it is also the resting place for the first six Ottoman sultans, and their tombs and other historic monuments of significant cultural and religious value, relating to the Roman, Byzantine and Ottoman eras contribute significantly to Bursa’s importance as a destination for cultural tourism. There are also links to Alexander the Great, and Christian bible stories in the wider area.

Bursas hot springs are mostly contained in Turkish Baths and hamams, traditionally segregated into men’s and women’s baths. The many different sources, arising in separate geothermal areas of the city, known as the Çekirge zone and Kükürtlü zone, are piped to hotels, hospital facilities, and Turkish baths throughout Bursa. The hot springs are well-known for treating rheumatic diseases, neuralgia, rehabilitation stress disorders and sports injuries, and many other conditions. Waters over 40°C (“female” waters) are used for bathing while those below 40°C (“male” waters) are used for drinking. Several modern facilities in Bursa are dedicated to high-tech medical treatments and bio cosmetics.

Recognising the potential of wellness tourism based on the thermal waters of Bursa, the Governorship is actively promoting development opportunities in this sector. It has also 3 sites which are in the UNESCO World Heritage List. Bursa is one of Turkey’s most important centres not only for health, wellness and thermal springs, but for industry too, and it is the heart of textile, energy and automotive sector in Turkey. It boasts an international conference centre, a winter ski resort, numerous museums, and is a centre for cultural, historic and faith tourism.



Caldas da Rainha

Portugal

Active Member

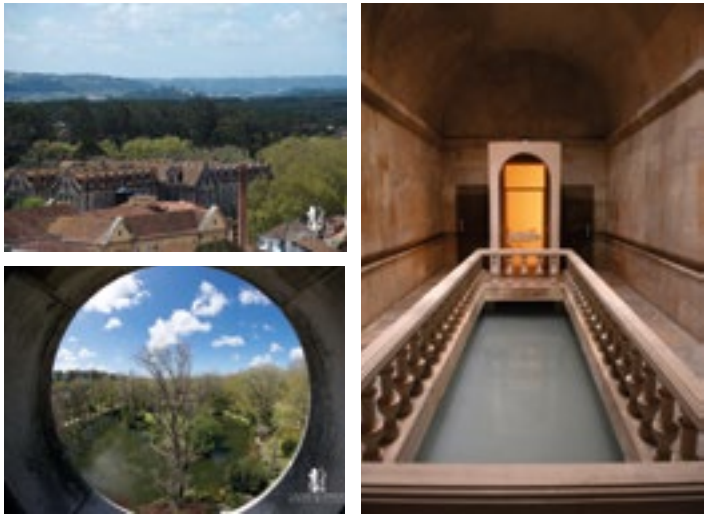


Caldas da Rainha (translated as The Queen's Hot Springs) is located north of Lisbon, close to the coast, about an hour's drive from the capital. Legend has it that Queen Leonor, consort of King Joao II founded the thermal hospital in the town in 1484 after discovering for herself the therapeutic benefits of the sulphur-rich waters, now famous for treating skin and bone ailments. It is thought that her thermal hospital, combining a hospice or medieval hospital with baths and a clinic providing thermal therapy and medicine, was the world's first purpose-built spa hospital. The waters flow plentifully, more or less at body temperature.

Caldas da Rainha became a fashionable resort for the nobility, and in the late 19th century, the D.Carlos I Park was built, complete with an ornamental lake, originally supplied with thermal waters, and this lake and park now form part of the thermal district of the town – perfect for relaxation. Caldas also boasts water gardens, an aqueduct and several historic public water fountains. Some of the historic thermal buildings are undergoing a programme of restoration, in order to revitalise the area and to bring them back in to use as spa buildings.

www.cm-caldas-rainha.pt

- Earliest known use of the springs:** Roman
- Hottest Spring:** 35°C
- Active Chemical Elements:** sulphur



Today, Caldas da Rainha, with its many fine examples of Art Nouveau architecture has a bustling shopping district, and a lively daily produce market, selling local produce from the area which has become known as the “garden of Portugal”. It is a centre for many outdoor activities including ballooning, water sports and horse-riding, and is close to beautiful beaches, and charming medieval towns and fishing villages.

The town has a thriving arts culture, with theatre, concerts, and exhibitions being held all year round, and is world-famous for its glazed ceramic pottery, produced at the Bordallo Pinheiro factory. Caldas da Rainha has several museums including the Hospital Museum, dedicated to interpreting the development of the thermal hospital and the urban areas that grew up around it.

Caldes de Montbui

Spain

Active Member

Caldes de Montbui lies 30km north of Barcelona in the foothills of the Catalan Coastal Range, where the folds and faults of the landscape have given rise to the thermal waters, in a process spanning well over 10,000 years as they travel to the surface.

One of Catalonia's more prestigious and well-known spa towns, Caldes de Montbui, as its name suggests was founded around springs, which at 76oC are some of the hottest in Europe. Caldes de Montbui was an important Roman spa town, and the ruins of the extensive 2nd century medicinal thermal bath complex are well preserved, with a large pool made of opus signinum (a Roman building material made of broken compacted tiles first described and named by Pliny the Elder in Segnia), covered by a vaulted ceiling. During the middle ages, some of the town's industries were based around the beneficial hot waters - for example they were used for soaking the wicker that was used to make large baskets that were extensively sold and used in the city of Barcelona. Laundry is said to be cleaner, whiter and softer after being washed in the spring water here, and for centuries people have washed clothes and gossiped over the hot spring waters. El Safareig, one of the old washing houses, has been converted to a spa facility, and the 14th century Canaleta public laundry, and the Portalera public laundry fed by the emblematic Lion Spring (Font del Lleó) in the town square are still in use today. Regional specialties such as the sweet treat “carquinyolis” involved soaking almonds in the hot spring water to peel them, and all varieties of beans and vegetables to prepare for cooking. These days the world's first beer made with thermal water “calderina”, is a local treat!

It wasn't until the 19th century that Caldes de Montbui became popular as a thermal destination once more, drawing illustrious visitors such as Queen Isabel and Princess Maria Cristina to the spa. Several important spa buildings were restored and extended, and some, such as the Old Can Rius spa were said to be among the most luxurious in Spain. The gothic Santa Susanna Hospital, now the Thermalia museum, is dedicated to the story of thermal culture in the town, and also houses important works by Manolo Hugue and Pablo Picasso, who were part of a renowned artistic community. Visitors today can find several thermal hotels with their own water sources and spa facilities, which are known for relaxation and for treating rheumatic conditions, respiratory complaints, the nervous system, obesity, and stress. The town also boasts museums, traditional Catalan cuisine, numerous walks and bike trails, and a lively programme of events, including the spectacular Escaldarium festival of fire and water in mid-July.

www.visiteuclades.cat

- Roman Name:** Aquae Calidae
- Earliest known use of the springs:** Roman times
- Hottest Spring:** 76°C
- Spring:** Lion Spring
- Main minerals:** Sodium Chloride



Castrocaro Terme e Terra del Sole

Italy

Active Member






Castrocaro Terme, in the Romagna region, about 100km North-East of Florence is steeped in history, and located within a stunning landscape. The town has ancient roots, dating back to pre-history, but it is known as an Etruscan spa (approx. 750-500 BC). The Roman name Salsubium is a clue to the salty nature of the “fossil” waters, which, like the naturally matured “velvet” muds used in spa treatments have their origins in the ancient sea beds that lie beneath the landscape.

The town’s Medieval urban plan, overlooked by an imposing fortress is still almost entirely intact today, with many of its original buildings perfectly preserved. It harks back to a time of major expansion for Castrocaro Terme during the Middle Ages, thanks to the healing springs. In the Renaissance it was the capital of Tuscan Romagna, and during this period, the neighbouring settlement of Terra del Sole, or “Land of the Sun” was commissioned by Cosimo I dei Medici, designed as a city-fortress.

There are three main sources of thermal waters, each with different mineral compositions, which are used to treat respiratory, digestive, skin and vascular diseases, and even rhinogenic deafness. The salsobromoiodic waters, come from up to 150 meters deep in layers of porous rock called “spungone” and their distinctive green colour is due to the presence of natural chlorella. Fine clays, described by Leonardo da Vinci as “blue terren of the sea”, known for their velvety creaminess are also mixed with the waters and matured for use in treatments.

The waters were “rediscovered” by a local doctor in 1838, leading to the first spa establishment being built in 1844. In 1938 the richly decorated art deco buildings of a new State Thermal Establishment were built within a beautiful Spa Park. The Bath Establishment, the Grand Hotel Terme and especially the unique Party Pavilion are some of the best examples of this kind of architecture in Italy. Today the expanded and restored Terme di Castrocaro and Grand Hotel Terme are part of a high class and “cutting-edge multifunctional centre”, with both leisure and medical facilities where mineral waters and muds are used for preventive, therapeutic and rehabilitative purposes.

Castrocaro Terme and Terra del Sole were awarded the Orange Flag in 2005 by the Italian Touring Club – a quality label for sustainable tourism and environment. Visitors enjoy superb local food, walking and cycling in the surrounding countryside, as well as the famous Castrocaro Terme Music Festival, which celebrates new singing talent.

	www.visitcastrocaro.it
	Roman Name: Salsubium
	Earliest known use of the springs: Prehistoric times
	Hottest Spring: Cold water springs
	Spring: Salsubia, Salubria, Beatrice
	Main minerals: Magnesium, bromine, sulphur, hydrogen sulfide, and iodine



Châtel-Guyon

France






Active Member

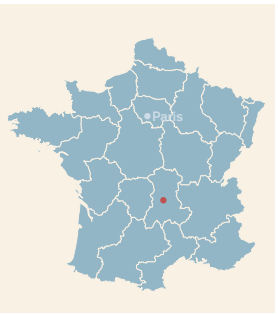
With magnesium-rich waters, the spa at Châtel-Guyon has been successfully treating bowel disorders for over 150 years. The waters are also well-known for treating rheumatic diseases, and urinary and metabolic disorders. With clean pure air high in the mountains, a stay at Châtel-Guyon in the volcanic region of the Auvergne is a calming, balancing and regenerating experience.

The drinking cure in Châtel-Guyon follows a similar path to many other European spas where the water is taken at regular intervals, 4 to 6 times a day, if possible on an empty stomach in the morning, at lunch time and at the end of the day in gradual doses. The four different thermal springs all have similar chemical compositions, but have different concentrations of the minerals in each spring.

Duclos, the chemist carried out the first analyses of the waters in 1671, and they were soon nick-named the “Gargouilloux”, or Gurgling Waters due to the particular noise that they made when gushing out at the source. The town was well known in the 18th century but only really became famous in the 19th century, particularly after the arrival of the railway at nearby Riom in 1855. The council had installed a very basic thermal establishment in 1817, and in 1858, Camille Brosson built a newer installation. 1878 the Châtel-Guyon Waters Company, bought the Brosson and the Barse installations, and started a major urban planning programme, in particular the building of the avenue des Bains (today avenue Baraduc) and the construction of the new Great Spa Establishments. In 1912, Châtel-Guyon was declared a spa and had its own major railway station built. The great spa establishments, the hotels, the casino and grand theatre showcase some stunning architecture, combining different architectural styles to great effect, particularly in the hallway of the spa building with its red marbled columns and twin staircases.

At the beginning of the 20th century, there were 28 spa springs, some of which supplied the fountains in the thermal park, and others the Great Water-Cure Establishments. The Henry spring supplied the establishments of the same name, built between 1882 and 1888, it was destroyed in 1982 to make way for a more modern establishment. In 2018 the new Henry spring will be redeveloped into a new building with a hotel and a medical thermal spa.

	www.chatel-guyon.fr
	www.thermesdechatel-guyon.fr
	Roman Name: N/A
	Earliest known use of the springs: 1671
	Hottest Spring: 34°C
	Springs: Carnot, Marguerite, Germaine, Deval.
	Active Chemical Elements: Magnesium, silicium



Daruvar

Croatia

Active Member

The Daruvar Spa is built on the springs of Daruvar – directly above the healing thermal water and mineral mud, which have been in use since the 2nd century BC when the Illyrian tribe of Iasi settled around the springs, and used them for medical cures. Over the years, Roman soldiers, Turkish beys (chieftans), Austro-Hungarian aristocracy as well as artisans and the middle classes have appreciated the healing qualities of Daruvar’s waters .The Daruvar Spa, which includes many historic baths and villas, is set within the beautiful landscaped Spa park - Julije’s Park- in the heart of Daruvar, a perfect setting for recovery or relaxation.

At the heart of the spa, built on Roman foundations and the former Ana’s bath is the Central Mud Bath, built in 1909 in a Moorish style. Recently restored to its former glory, the Central Mud Bath, with its octagonal cupula is the symbol of the town. Daruvar, the “iron spa” has been treating infertility in women for over two thousand years, and is also renowned for medical rehabilitation after accidents or illness, and the treatment of rheumatic diseases. In recent years it has become popular with world-class athletes, in preparing for or recovering from sporting events. As well as medical treatment programmes, the spa offers wellness and relaxation, plenty of accommodation and many indoor and outdoor activities, both sporting and cultural for visitors – including many festivals with unusual themes!

Set in the heart of wine-growing country, Daruvar is a centre for gastronomy, and wine, with a Daruvar wine route, which includes wine tasting: Graševina, Rhine Riesling, Chardonnay and Sauvignon, and is also home to Croatia’s oldest brewery, specialising in Czech beer-making methods (perhaps a reflection of the ancient Czech population in Daruvar, and its multi-ethnic nature today).



	www.visitdaruvar.hr
	www.daruvarske-toplice.hr
	Roman Name: Aquae Balissae
	Earliest known use of the springs: 2nd Cent. BC
	Hottest Spring: 46°C
	Springs: Antun, Ivan, Marija
	Active Chemical Elements: Iron



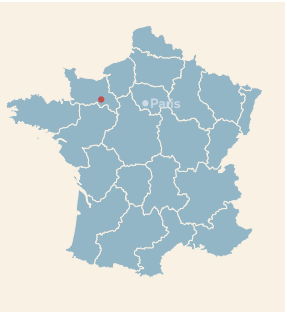
Enghien-les-Bains

France

Active Member



	www.ot-enghienlesbains.fr
	Roman Name: N/A
	Earliest known use of the springs: 1820
	Hottest Spring: 15°C
	Spring: Coquil
	Active Chemical Elements: Sulphur and calcium.



A short fifteen-minute train ride north from Paris brings you to the picturesque town of Enghien-les-Bains, a fashionable resort set around a large lake, complete with fountains and water jets that are illuminated with coloured light by night. A large Casino (the first in France), and thermal complex front onto the lake, where throughout the summer visitors enjoy the water fishing and paddle-boating.

The charm of its waterside setting and it’s grand 19th century villas are complemented by a thoroughly modern offering in the Centre des Arts at Enghien-les-Bains, a multidisciplinary arts space dedicated to performing and experimenting with the digital arts.

Every other year, Enghien-les-Bains is home to “les Bains Numériques” a festival of the digital and contemporary arts, and there’s the Barrière Enghien Jazz Festival too, along with a cultural season at the Centre des Arts, fusing dance and new technology.

In 1766 Louis Cotte, a priest from Montmorency discovered a “smelly stream” fed by a spring which overflowed from a pond, which is now the Lake of Enghien-les-Bains. In 1772 Louis Guillaume Le Veillard, a Paris pharmacist was granted concessions by the Prince of Condé to establish thermal baths, and by 1821, when the first proper thermal facilities were created by Doctor Pélégot the town was thriving, with its water being sold in nearby Paris.

The sulphur-rich springs are the basis for the ultra-modern facilities which can be found in Enghien-les-Bains today, specialising particularly in respiratory conditions.

There are the Thermal Baths offering a full range of 21st century treatments, and the “Spa Diane Barrière”, a luxurious leisure spa with far-reaching views of the lake and the city of Paris. These combine with the “Soins et Médecine Esthétique Diane Barrière” which brings together medical and cosmetic therapies.

Enghien-les-Bains, the only spa in the Ile de France region, is a centre of excellence, with some 160 doctors and 250 other experts.

Istiaia-Edipsos

Greece

Active Member

The name Aedipsos (Also Edipsos), meaning healing, gives an immediate sense of the special qualities of the waters in this ancient part of Greece – on the island of Evia. According to Greek Mythology, the Goddess Athena asked her brother Hephaestus, the God of Fire to create the healing springs of Edipsos for her protégé Hercules to rest and recover after each of his tasks. Thermal springs emerged after Hephaestus struck the earth with his hammer. Early writers such as Athinaeus, Plinius, Plutarch and Strabon, while Aristotle studied their healing powers.

Roman emperors such as Hadrian, Septimus Severus and Marcus Aurilius visited while the town flourished, and it was the Generals Sulla, who gave his name to the baths established in a cave located behind the present day National Tourist Organisation’s hydrotherapy facilities, and ensured that the town was protected. His name has also been lent to the most luxurious hotel here, the Thermae Sylla Spa and Hotel , completed in 1897, at the time that Loutra Edipsos, was experiencing a revival, evidenced by the Belle Epoque villas and hotels which now lend a turn of the W elegance to the town. The old Agioi Anargyroi Hydrotherapy Centre, a large red building in the heart of town, was designed by Ziller, the 19th century celebrity architect.

As Edipsos was revitalised during the late 18th and early 19th centuries, the waters renowned for their medicinal and relaxing qualities and the developing resort not too far from Athens, attracted an international and cosmopolitan clientele such as Aristotle Onassis, Maria Callas, Greta Garbo, Winston Churchill, Omar Sharif, royalty, politicians, shipping magnates, industrialists, artists and writers.

Not only are there five main springs which supply several spa hotels and thermal wellness centres in the town, but there are as many as 80 locally, and even a cascade pouring warm thermal mineral waters onto the beach over brightly coloured deposits of the minerals. Elsewhere on the beach the thermal water rises up under the sea, so that bathers can enjoy the best of both worlds!

Today the waters are enjoyed in privately owned spas, pools and hotels, and the Hydrotherapy Centre built in 1985 by The Greek National Tourism Organization for the relief of rheumatism, arthritis, nerve, skin and respiratory diseases, fertility problems, and many other conditions.

www.dimosistiaiasaidipsou.net



Earliest known use of the springs:
Pre-history (20,000 years ago)



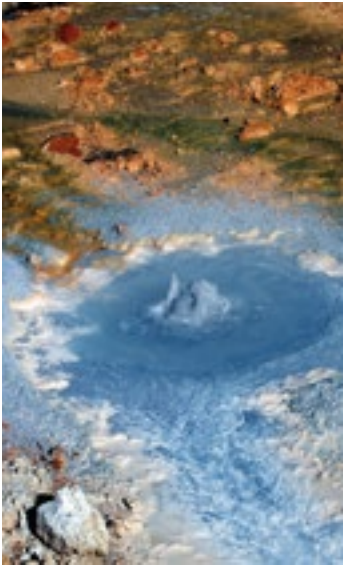
Hottest Spring: 86°C



Springs: Kompoyianni, Letta Vasilakou, Damaria



Active Chemical Elements: Sodium, Chlorine, Boron, Potassium, Carbon Dioxide,Hydrogen Sulphide, Iron, Zinc and Copper



Krinides Kavala

Greece

Active Member

In 356 BC when the Macedonian King Phillip II Seized and fortified the city of Krinides, and named it Philippi after himself, the area was already known for its fertile soil and thermal water. Philipp established his city and built one of the largest ancient theatres here, still used today for concerts and theatre performances. Later, after the Battle of Philippi in 42BC, the Romans turned the town into the biggest urban centre in the area, and constructed the first organised hot baths. Less than a century later, in 50AD, Saint Paul the Apostle visited the area, and baptized Lydia in the Zygaktis River. The church built on the site, and named after her was the first Christian Church built in Europe . Due to the historic sensitivity of the area (it is now listed as a UNESCO World Heritage Site), hotels are located in Kavala, just 16km away on the coast.

The modern mud baths of Krinides are situated 2km away from the ancient Agora where the first bathing installations were built and consist of a clay treatment pool which is divided in two with a male and female side, healing water showers, a post-byzantine hamam and a massage area. The water is described as hypothermal, hypotonic and healing and are rich in Calcium, magnesium and bicarbonate. The healing clay, which is also naturally warm, contains Montmorillonite, Kaolinite and Muscovite. Mud baths, or compresses to target specific areas of the body are offered as part of a structured treatment of three weeks, usually taken once a year. The mud is removed with a healing water shower, and then a period of perspiration while the minerals in the mud continue to work. Drinking therapy is also popular here for intestinal and urinary problems.

The Mud baths have three main effects on the body:

- 1. Mechanical** (the body is relaxed by being lifted in the clay but also receives a uniform hydrostatic pressure, which helps to relive pain);
- 2. Thermal** (with significant effects on skin, breathing and circulation, and muscles);
- 3. Chemical** (from the organic and inorganic compounds). The clay is said to have intense anti-inflammatory, absorbent, anti-allergenic, analgesic, and nourishing-rejuvenating effects, and is most popular for treating musculoskeletal diseases and skin problems.

www.kavalagreece.gr

www.pilotheapia.gr



Roman Name: Colonia Iulia Augusta Philippensis



Earliest known use of the springs: 356 BC



Hottest Spring: 28°C



Spring: Krinides



Active Chemical Elements: Calcium, Magnesium, Bicarbonate



La Bourboule

France

Active Member

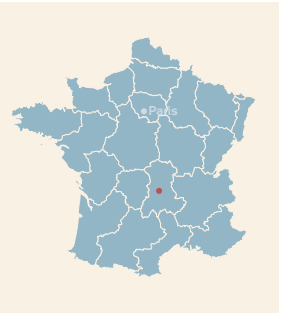


In the heart of the Auvergne with a dramatic backdrop of extinct volcanoes such as the Puy de Sancy, lies La Bourboule, a charming spa town and winter ski resort which was at the height of its fame during the Belle Epoque, the period of prosperity between the end of the 19th century and the First World War. The town hall, (a former casino) is ornate and richly decorated inside and out, while the Great Thermal Baths (Les Grands Thermes) give an eastern flavour, due to their neo-Byzantine domes, which are covered with scales made of zinc.

La Bourboule’s waters, described as “arsenical”, are quite rare and have some unusual qualities – in the past the poor of the town would wash their linen in the hot waters, giving a bright bleached result, and French beans retain their bright green colour when cooked in the thermal waters! The name La Bourboule may have come from Borvo, the Celtic god of spring water, or could be derived from the old French word “borboler”, meaning “to bubble”. Drinking and bathing in combination seems to have heightened the effectiveness of the waters, which strengthen nasal mucosa which in turn inhibits allergens and improves the immune system and skin quality.

www.ville-labourboule.com

- Earliest known use of the springs:** Celtic or medieval period
- Hottest Spring:** 58 °C
- Spring:** Choussy-Perriere
- Active Chemical Elements:** sodium arsenate, sodium chloride, with a small amount of iron.



Łądek-Zdrój

Poland

Active Member

Łądek-Zdrój, located in a wide picturesque valley in Lower Silesia, at the southern border of Poland, literally “The corner of the country”, has been a well-known spa town since the 13th century. Originally on an important trading route for salt, Łądek-Zdrój is the oldest spa town in Poland, and one of the oldest in Europe, with a tradition of hosting royalty, celebrities, scientists, politicians, writers and artists since the 16th century. The Jerzy (“George”) physiotherapy building is the oldest in the town, having been operating since 1498. The waters have been described and studied by doctors since it earliest days, with their reputation proving to be a draw for many illustrious visitors, increasing its fame and reputation. It was during the late 18th century, that the town became a popular resort for European Royalty, and it was in 1880 that the famous Zdrój Wojciech establishment, built originally in 1680 around a Turkish bath located directly above the Maria Skłodowska-Curie and Zdzisław sources was rebuilt in its current neo-Baroque style, and remains an emblem of the town.

Legend has it that the healing source was found by a cattle herdsman who drank from it to quench his thirst. The warmth and taste of the water were surprising to him, and soon he had told many others about it. Those who visited found that the waters helped to take away pain in their limbs and joints, and improve their health. It is known that there were baths in the town by 1241, when the Mongol army destroyed the facilities, the first of many setbacks for the place! Łądek-Zdrój is certainly resilient, having had the bathing facilities and the town destroyed in 1428, 1431, and 1443, later by fire in 1739 and then again during the 30 years war. Nevertheless it has been visited by Kings of Prussia, Tsar Aleksander 1 of Russia, John Quincy Adams, the 6th President of the USA , Goethe, German Emperors and of course Polish, Silesian, Czech and Dutch Royalty. Over the centuries the waters have been used by soldiers recovering from the effects of battle, while today actors and footballers frequent the town.

Today, several different medical institutions, and leisure establishments use the unique sulfide - fluoride radium thermal waters for a variety of bathing, drinking, mud and inhalation treatments. There are said to be over 500 treatment stations, 60 types of treatments, a cryochamber and modern rehabilitation equipment. The waters are thought to prolong youth, improve the appearance of the skin, lower cholesterol, improve fertility and alleviate the symptoms of menopause, rinse heavy

www.uzdrowisko-ladek.pl

- Earliest known use of the springs:** 12th century
- Hottest Spring:** 44°C
- Spring:** Saint Jerzy, Wojciech, Maria Curie-Skłodowska, Chrobry, Dabrówka, Old
- Active Chemical Elements:** Sulphide, Fluoride, Hydrogen Sulfide , Radon



metals from the body, lower cholesterol and accelerate the healing of bones. Łądek-Zdrój, and the wooded hills around the town, are home to several music, artistic and dance festivals as well as the Łądek-Zdrój Mountains Festival, which includes film screenings, and a the Festival of Mountain Runs.



Le Mont-Dore

France

Active Member

Typical of the Belle Epoque, the architecture of Le Mont-Dore is similar to that of nearby La Bourboule and St Nectaire, and is epitomised in the thermal baths. Behind the rather stern front of the thermal baths is a vast Neo-Byzantine palace, built in the style of Gustav Eiffel. Vast rooms with painted ceilings, columns, domes, rose windows, stained glass, marble statues and mosaics accompany the last remains of the Roman Baths and frescoes from the 19th century.

Le Mont-Dore sits below the Puy de Sancy (the highest point in the Massif Central) in the heart of the volcanic region of the Auvergne national park, and at the source of the Dordogne River. It is a well-known ski resort, with many winter and summer sports available (although there's also the Capucin Funicular, the oldest electrical funicular in France, for those with less energy to climb the steep slopes).

The Romans knew of the springs of Le Mont-Dore but they were neglected in medieval times, and were only brought back into fashion in the 18th and 19th century, when the determination and hard work of several men including Michel Bertrand, the water inspector in Le Mont-Dore changed the place into an international spa town which hosted politicians, artists and members of royal families.

Luxury hotels, the casino, new villas and public buildings were built to complete the thermal infrastructure.

The waters are renowned for treating tuberculosis, bronchitis, asthma and rheumatics, through bathing, drinking and inhalation. They have the highest concentration of silica in France, but are also contain iron, carbon gases, sodium chloride bicarbonate of soda and arsenic. They strengthen the respiratory mucosa which helps to reduce the effect of allergens and stimulate the body's immune system. Bathing in the waters can be a good form of pain relief, while the thermal gases are known to improve peripheral blood circulation.



www.cc-massifdusancy.fr



Roman Name: N/A



Earliest known use of the springs: Roman



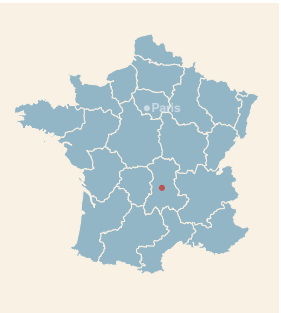
Hottest Spring: 44°C



Springs: Les Chanteurs, César, Pigeon, Ramond, Madeleine, Boyer, Bertrand.



Active Chemical Elements: sodium chloride, bromine, iodine, sulphur



Loutra Pozar

Greece

Active Member

In Loutra Pozar, visitors can really get back to nature, and understand the connection between hydrotherapy and its earthly and ancient origins. Hydrotherapy is believed to have been practiced the Almopia region since ancient times, but it wasn't until the early 20th century that it started to be formally given as part of a recognised thermal town in Loutra Pozar.

The spa facilities are set within a forested landscape, at the foot of the Vóras Kaimáksalan mountain, and 13km from Almopia itself, within a natural canyon where the Thermopotamos river creates cascades and natural waterfalls. The hot 37°C water, aptly named, has been coursing through this area for thousands of years, creating a stunning landscape, where legend has it that Alexander the Great was born.

The baths are open all through the year – the cascading steaming water even more spectacular against a snowy winter landscape - and there can be few things more invigorating than standing under the 20m high thermal waterfall which forms a small lake among the rocks and lush vegetation.

In the areas around the baths, hotels, swimming pools, steam baths, artificial waterfalls, a relaxation and beauty centre, restaurants and cafes, a folk museum and prehistoric caves tempt the visitor to stay a while. For the adventurous types, hiking trails and climbing routes as well as ski-ing are to be found in the forests and mountains close by, but after such exertion, there are plenty of spa facilities for visitors to enjoy, including many private baths, hammams and swimming pools at the hydrotherapy centres.

The mineral rich waters of Loutra Pozar are used in drinking and bathing treatments for rheumatic diseases, respiratory problems, sciatica, diseases of the nervous system, dermatological and gynecological diseases, injuries, sprains and fractures.

www.loutrapozar.com.gr



Roman Name: N/A



Earliest known use of the springs: ancient Greek times



Hottest Spring: 37°C



Springs: Stream of Áyios Nikólaos (St Nicolas) locally known as Thermopótamos (hot river)



Active Chemical Elements: potassium, sodium, lithium, manganese, magnesium, silicon, fluorine, iron








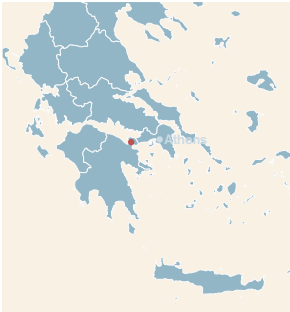
Loutraki-Perachora

Greece

Active Member



	www.loutraki-agioitheodoroi.gr
	www.loutrakispa.gr
	Roman Name: Thermae
	Earliest known use of the springs: pre-Roman
	Hottest Spring: 31°C
	Springs: Loutraki-Perachora
	Active Chemical Elements: magnesium



Just 80 km from Athens, by the Corinth Canal is the seaside resort of Loutraki, once known as Thermae which is similar in both Ancient Greek and Latin, and refers to public bath houses. (Θερμαί, is the Greek word meaning hot springs).

The waters have been known as the “water of life” since antiquity, and many consider Loutraki to be the birthplace of Greek thermalism and its most important therapeutic centre. Loutraki is derived from Loutro (in Greek), meaning bath, bath-house, spa or thermae. Spartan soldiers were said by the historian Xenophon to rest and rejuvenate in the curative waters here, while later, Roman and Byzantine military and politicians also took the waters.

In 1847 the first analysis of the mineral waters was undertaken by Professor Giovanni Battista Delvinioti, and soon after the beneficial effects of the waters were publicised in Italy, an influx of settlers paved the way for modern Loutraki. In 1855 the first wooden building housing 10 baths was built, at the same time as the first municipal operating company was established.

A new bath complex was built in 1899, with 22 baths, (and demolished in 1967). In 1928 Loutraki was completely destroyed by earthquake and rebuilt. Today the Loutraki Thermal Spa combines the restored 1934 classical-inspired building and an extended luxurious modern spa complex.

The magnesium-rich waters are still used in drinking therapies to reduce blood pressure, and assist kidney, bladder and bile functions and improve the skin. In the spa they assist with the reduction of cellulite, as well as promoting relaxation. These days, while tourism, bottled mineral water and confectionery are the main industries, Loutraki is also famous for its new casino which is one of the largest in Europe and a large modern conference centre.

Luchon

France






Active Member

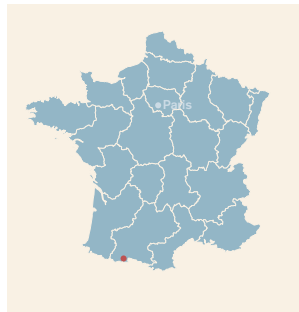
The Romans first developed baths at Luchon, dedicating them to the goddess of water, Ilxion, thus starting a 2000-year-old tradition of thermalism which continues to this day. Set high in the Pyrenees, with stunning scenery surrounding the town, Luchon has the only natural hammam in Europe – a magical system of subterranean caves, 1200 metres long, where hot springs which leak through the walls create a soft humid heat between 38°C and 42°C. This natural Vaporarium was established in 1929 but the curves in the rocks of its long galleries were conceived and used by the Romans. Over the years it has been developed, and was completely refurbished in 2010.

Luchon’s waters are known for being the most sulphurous in the Pyrennes, which gives them a particularly anti-infectious quality, promoting healing. They are used today to treat rheumatism, fibromyalgia, and diseases of the respiratory tract, as well as being popular for stopping smoking. Post cancer treatments, and the treatment of asthma in children is also available along with coaching, back treatments and more. The “Luchon Forme et Bien Etre” is a completely modern centre for health and wellbeing built on the foundations of the Roman baths.

From the mid 18th century, Luchon became popular after the Baron d’Etigny fell in love with the place and decided to build some new thermal baths, and a road to connect them to the town. In 1763, the Duke of Richelieu promoted the town at the court of Versailles, and its reputation spread. By the 19th century, during the Pyrénéisme craze, Luchon was at the height of its fame, and this is reflected in the extraordinary thermal architecture of the period – a multitude of styles and influences, seen today along the Allée d’Etigny, and in the Casino with its Italian theatre and Tunisian lounge. Famous visitors to Luchon include the children of Louis XIV, the Prince Imperial, son of Napoleon III and the Empress Eugénie, and the Tsar of Russia.



	www.thermes-luchon.fr
	www.thermes-luchon.fr/forme-bien-etre/
	Roman Name: Ilxion
	Earliest known use of the springs: Roman
	Hottest Spring: 42°C
	Springs: Pré, Reine.
	Active Chemical Elements: sulphur



Luso-Mealhada

Portugal

Active Member

The thermal springs of Luso are situated within the parish of Mealhald, some 90 km south of Oporto in Portugal. During the 11th century Luso was linked to the Monastery of Vacariça, in the Serra do Buçaco, now a National Park, a place so isolated from the world that in 1628 the Discalced Carmelite monks chose it as an ideal place for absolute silence and meditation. Benedictine monks had settled here originally in the 6th century, The ruins of their hermitages, which the monks lined with cork to keep out the bitter cold can still be seen today among the rare trees they planted from around the world. The “Iron Duke”, Wellington famously spent a night in one of these cells before his victory over the French in 1810.

In 1726, the 1st Inventory of Portuguese mineral waters, the “Aquilégio Medicinal” (written by Dr. Francisco da Fonseca Henriques, mentioned the existence of a “hot water spring, which has been named as the Bath ...” , and in the later 18th century, local physicians and monks started to write about the effectiveness of the waters for particular cures. However, it wasn’t until 1834, when monasteries were abolished in Portugal, that the village was separated from the monastery and started to thrive as a health and rehabilitation spa in its own right. By 1854, work had started on a new hydrotherapeutic facility, a complex of baths and treatment rooms, laid out in a circle around the spring. New hotels and villas and a casino added to the attraction of the town. The Founders of the Society for the improvement of the Luso Baths, DrAntónio Augusto Costa Simões, Dr. AlexandreAssis León, Dr. Antonio Francisco Diniz and a local journalist who was tireless in his promotion and development of the town, Councilor Emídio Navarro, are all immortalised in a famous painting by Luciano Freire, which may be seen in the Casino.

The Thermal Baths were modernised in 1977, and in 2010 were supplemented by the Malo Clinic, a new medical centre. Spa treatments are used for the relief of various conditions, including cardiac, skin, respiratory and rheumatic diseases. Motor rehabilitation, weight control, the treatment of arteriosclerosis and renal diseases are particular specialities of the centre. Bottled water from Luso, said to be exceptionally pure, is sold around the country, and Águas do Luso is one of the largest mineral water companies in Portugal., These days the Grande Hotel de Luso offers direct access to the thermal waters in the centre of the town, while the 19th century Manueline – Gothic style Palace Hotel do Bussaco, originally built on the site of the former Carmelite Monastery as a summer palace and hunting lodge for the Portugese royal family is a historic luxury hotel set in stunning ornamental gardens on the edge of the forest.

www.termasdeluso.pt



Roman Name: Balneum



Earliest known use of the springs: 1064



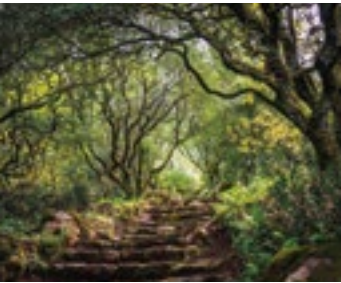
Hottest Spring: 26.6°C



Spring: Luso hot spring



Active Chemical Elements: Sodium Chloride, silica



Monchique

Portugal

Active Member

The Romans knew Caldes de Monchique, the only spa town in the Algarve in the south of Portugal, as Mons Cicus, and considered the health-giving waters to be sacred. Some even believed the waters to be magical, and legend has it that if you drink from the “fountain of love”, an ancient source in the forest, you will fall in love for life. Pine, oak and eucalyptus trees cover the hill-sides of Mount Fóia, the Algarve’s highest mountain, and with spectacular panoramic views to the coast it’s a popular place for walkers. It is the lush landscape, mountain air, and picturesque surroundings, as well as the waters which have undoubtedly been a draw for visitors including royalty and celebrities to frequent Monchique ever since the Romans established bathing facilities here. The thermal village of Caldas de Monchique is set in a valley on the winding road to Monchique itself, 6km away.

The waters of Caldas de Monchique are some of the most alkaline waters in the world, and certainly in Portugal, with a ph. Of 9.5. They are rich in bicarbonate, sodium and fluoride, and have traditionally be used for a wide range of respiratory diseases and musculoskeletal problems. They are used for relaxation as well as the prevention of osteoporosis, and are known to restore vitality and well-being, as well as delay the signs of ageing.

The entire village of Caldas de Monchique was carefully restored in 2000 and the cobbled main square, surrounded by nineteenth century buildings and the Moorish-influenced Casino building is a delightful place to stop and rest and enjoy the peace and tranquility of the place. As for the spa facilities, floods in 1997 had led to the closure of the spa hospital, after which it was redeveloped into a spa resort. The Villa Termal das Caldas de Monchique Resort Spa now comprises four hotels, restaurants, pools, wellness suites, hiking and cycling trails, and has helped to transform Monchique into a luxurious modern health and wellness destination. Monchique Cosmetics has developed to sell products and treatments made from the natural thermal waters.

Monchique is also famous for its Aguardente de Medronho, distilled from the berries of the strawberry tree (arbutus), as well as cultural events such as the traditional sausage fair, the Feira dos Enchidos Tradicionais held in March.

www.monchiquetermalresort.com



Roman Name: Mons Cicus



Earliest known use of the springs: 100 BC



Hottest Spring: 32°C



Spring: Monchique hot spring



Active Chemical Elements: Sulphur, alkaline waters rich in bicarbonate, sodium and fluoride.



Mondariz Balneario

Spain

Active Member

Balneario de Mondariz is situated on the banks of the River Tea, in the smallest district in Galicia, and at 2.3 km² one of the smallest in Spain. It was a settlement even before the Romans came to the region, and historians think that the waters were known and used until the 12th century, when spa buildings were destroyed in a famous battle. In the late 19th century, Dr Domingo Blanco Lage, noticed that his patients benefitted from drinking the local water, and in particular how their skin conditions improved. By 1873, the waters were certified for public use, and by 1877 a bottling plant was established by the Peinador brothers, allowing Mondariz to very quickly become a fashionable resort, a gathering place for the society of the day, and the official supplier of the Spanish royal family. The spa was also developed for bathing, and became a luxurious and fashionable “belle époque” resort, complete with its Grand Hotel, opened in 1898, which included American magnate Henry Rockefeller and European royalty among its distinguished guests. Nobel Prize winner José de Echegaray, another famous visitor said “This is not a Spa: it is a Water Palace”, a name which has remained to this day.

Mondariz water is thought to be 60-150 years old, and to flow through deep layers of granite, surfacing at 15 -17°C in numerous springs. The water itself benefits from protection of its large catchment area, including a ban on mining and other industrial activities. Water can be tasted at two historic buvettes (fountains), the Gándara and the Troncoso springs. Both rich in bicarbonate and other minerals, they treat a variety of diseases and conditions.

These days, bottles of Mondariz water with their distinctive blue, white and gold labels may be found throughout Spain, while the resort has gone through a resurgence after the opening of the new “Water Palace” in 2005, and is once again known as the flagship of Galician thermal resorts. The Water Palace features acircuitinspired by the ancient Celtic saunas consisting of a range of differently heated rooms, and a series of bathing experiences. Balneario de Mondariz is also known for its advanced techniques in mineral-medicinal water application, an 18 hole golf course, luxury four-star hotel, and conference centre.

www.balneariodemondariz.es



Roman Name: Búrbida



Earliest known use of the springs: pre-Roman, rediscovered in 1872



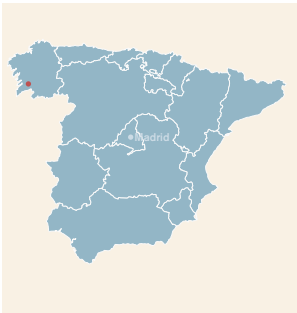
Hottest Spring: 17°C



Springs: Fuente (source) de Gándara, Fuente de Troncoso, Fuente del Val (bottled water), Agua de Mondariz



Active Chemical Elements: iron, sulphur, bicarbonates



Mondorf-les-Bains

Luxembourg

Active Member

Mondorf-les Bains, a charming village of about 5,000 inhabitants, is the only thermal town in the Grand Duchy of Luxembourg – a country which also has special significance, as it is also the home of the European Institute of Cultural Routes.

In 1841 Karl-Gottself Kind began drilling in Mondrof-les-Bains, hoping to find salt, which was highly taxed. He drilled to a depth of 736m (a world record at the time), but the waters he found produced a brownish salt because of their high iron content. A local solicitor, J-P Ledure from Mondorf observed that cows preferred to drink from a particular water source, and he saw an opportunity to establish a bathing facility, and as a result of setting up the “Société des Bains de Mondorf”, the first thermal establishment was opened in June 1847. Soon visitors from France were coming to enjoy the waters and stay in the luxurious hotels with also sprang up. Two more sources were drilled in 1913 (Source Marie-Adelaïde) and in 1979 (source Michel Lucius). Michel Lucius is the only remaining active source.

The mineral-rich waters have a pH close to that of the human skin, plus soothing, decongestive and anti-inflammatory properties, and are used for a wide variety of medical as well as leisure treatments. The waters are particularly suitable for the treatment of liver, gastric and respiratory ailments.

Due to its location near the borders of France, Belgium and Germany, the town has experienced some turbulent times over the years, and this in turn has affected the fortunes of the spa. From the late 1880s, state ownership and investment in new facilities attracted waves of new visitors, and in the early 20th century, a new pavilion



www.visitmondorf.lu



Roman Name: N/A



Earliest known use of the springs: 1841



Hottest Spring: 36°C



Springs: Source Michel Lucius



Active Chemical Elements: chlorides, sulphates, hydrogen carbonates, fluoride, iodine, sodium, calcium, magnesium, potassium, iron, manganese



for the original source, a banqueting hall and reading room, the Orangerie and the country's first indoor swimming pool all contributed to the success of Mondorf-les-Bains, as did the arrival of the railway in 1903 and the building of a new spa centre in 1926.

Every year Mondorf-les-Bains attracts more than one million visitors, mainly to the thermal centre and the casino – the only one in Luxembourg. The “Mondorf Domaine thermal” health resort, hotel and conference centre, provides medical treatments as well as wellness therapies and is set within a magnificent park of 42 hectares, designed in the 19th century by Edouard André (a well-known French architect and landscaper). Visitors enjoy strolling along the promenades between old trees, plants, flowers and sculptures, floating around in the rowing boots or simply relaxing on one of the numerous benches in the park.

Mondorf-les-Bains offers a large selection of recreational activities and attractions for residents and tourists, including a casino with bars, restaurants, shows and concerts year-round – usually there are over 300 events per year in Mondorf-les-Bains! There is also the thermal centre with a huge fitness and wellness centre, many sports, including swimming pools, tennis courts, golf courses a velodrome and numerous hiking and cycling opportunities in the surrounding countryside.

Mondorf is a stone's throw away from the river Mosel with its viticulture, and Schengen, where the convention to create the European single market was signed in 1985.



Montecatini Terme

Italy

Active Member

An early morning walk through the elegant Art Nouveau streets and landscaped parks of Montecatini Terme, not far from Florence, will reveal the routine that visitors to the spa undertake for their internal health. Part of the ritual of the spa is to drink the waters from the prescribed source, early in the morning, and to take some gentle exercise in the vicinity of the spa. The sources are housed in the magnificent Terme Tettuccio complete with shops and a dance hall, built in the 19th century.

It's thought that the Romans knew about the waters and their benefits but it wasn't until Ugolino Simoni, a famous physician, and founder of Italian hydrology, studied the properties of the springs that they became popular. In the 18th century, the Grand Duke of Tuscany, Pietro Leopoldo, planned the first works for the canalization of the spring waters and the building of the spas for thermal treatments.

By the beginning of the 19th century, when scientists started to accumulate knowledge about the waters, there were several buildings dedicated to thermal treatments, supported by new hotels, tourist facilities, the casino and other civic buildings. Thousands of visitors flocked to Montecatini Terme including the celebrities of the day, such as Verdi, and Puccini who composed part of La Boheme here. The slightly saline waters, which have three different strengths have varying effects on the intestines, stomach and liver, and are therefore used to treat a number of internal disorders. The waters are also used at the spa for mud treatments and thermal showers.

Visitors to Montecatini Terme can also take the funicular railway to the spectacular original hilltop town of Montecatini Alto (built when Montecatini Terme was just a muddy swamp), but no visit is complete without a tour of the star-studded pavements, commemorating legendary visitors especially the Italian and Hollywood film stars and directors, who made Montecatini fashionable in the 50s and 60s, such as Grace Kelly, Audrey Hepburn, Christian Dior, Totò and many of the kings and queens of Europe. Today Montecatini Terme is a great destination for young people, who enjoy the fine shopping, good food and lively night-life, as well as traditional spa visitors.


Finally, don't forget to take home a distinctive circular tin of Montecatini wafers – just delicious!


www.tomontecatini.com

 **Roman Name:** Thermae

 **Earliest known use of the springs:** Roman

 **Hottest Spring:** 33.5°C

 **Springs:** Leopoldina, Regina, Rinfresco and Tettuccio

 **Active Chemical Elements:** sodium and magnesium sulphates and chlorides. They also contain iodine, bromine, lithium, calcium, potassium, silicon, phosphates and sulphur



Montegrotto Terme

Italy

Founder Member of EHTTA

Active Member


Less than an hour by train from Venice, Montegrotto Terme, now almost merged with near by Abano Terme is part of the Euganean thermal zone, where waters from the Lessini Mountains in the foothills of the Alps emerge at 87°C full of minerals and salts, having been on a high-temperature, high-pressure 80 km journey at depths of 2000-3000 meters.

Having been used since the Iron Age, the Romans knew about the curative properties of Montegrotto Terme's waters, and offered numerous "ex voto" miniature sculptures representing part of the human body to the gods in thanks for the cures they received from the healing waters. Many were given to the deity Aponus ("who takes away the pain"), evidencing the pain-relieving and anti-inflammatory properties of the thermal water and mud, which is still studied and highly prized today. The great Roman physicians encouraged the use of the spa and Hippocrates himself praised the virtues of hot springs. Near the main street, in the Via degli Scavi, the remains of the original Roman bathing complex (Terme Romanae) can be seen – three interconnected pools and a small theatre, showing how well the Romans exploited the thermal waters.

The name Montegrotto comes from the descriptive "Mons Aegrotorum", meaning "mountain of sick people", and gives an indication of its popularity even hundreds of years ago. These days, while there are still many therapeutic cures on offer, the people in the town are also there for leisure. Settled in the Euganean Hills Regional Park, Montegrotto Terme is the perfect spot for walking, cycling, and sightseeing. Montegrotto Terme has numerous spa centres, all housed in the thirty or so hotels, each equipped with indoor and outdoor pools, and thermal centres, allowing guests to enjoy all the latest spa facilities and the therapeutic waters and muds without leaving the comfort of their own hotel.

Thermal mud is used for a variety of preventative and curative applications, and is particularly prized for relieving pain associated with osteoarticular diseases (rheumatism, arthritis and osteoporosis). The preparation of the thermal mud takes several months, during which the mud is "matured" by combining three elements – solid or land (natural clay) – hydromineral (thermal water) and biological (micro-organisms and biomaterials). The resulting spa product is the only one to have been given a European patent, and is ranked in the highest classifications by the Ministry of Health.

www.montegrotto.it

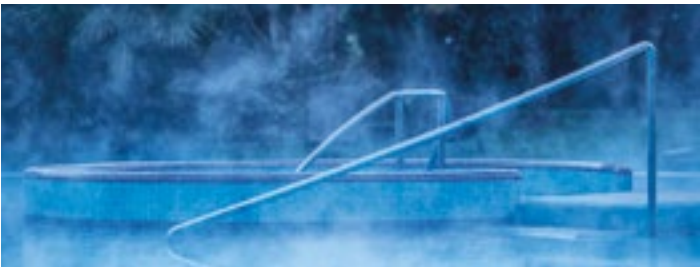
 **Roman Name:** Mons Aegrotorum also aquae patavinae

 **Earliest known use of the springs:** Iron Age (8th-3rd century BC)

 **Hottest Spring:** 87°C

 **Spring:** Euganean Thermal Spring

 **Active Chemical Elements:** bromide iodine salts



Ourense

Spain

Founder Member of EHTTA

Active Member

Ourense’s thermal water, plentiful and very hot, is a public resource, freely available, not only in the centre of town, in the historic thermal springs of As Burgas, but also in open-air bathing pools that stretch along the river Minho to a landscaped thermal park, at Outariz.

The riverside pools, known as A Chavasqueira, Outariz, Burga de Canedo and Muíño da Veiga, are often full of people long into the night, chatting and enjoying the relaxing waters and the cool, peaceful riverside setting, after the heat of the day. Near an old mill, some of the hottest waters in Spain can be enjoyed at Muíño da Veiga. Two Japanese-inspired spas and the thermal spring of O Tinteiro complement the open-air pools. The waters along the 5km thermal route range from 41°C to 72°C and relieve skin problems, rheumatism, and arthritis.



www.turismodeourense.gal
www.termalismo.ourense.es



Roman Name: Aquis Auriensis



Earliest known use of the springs: pre-Roman



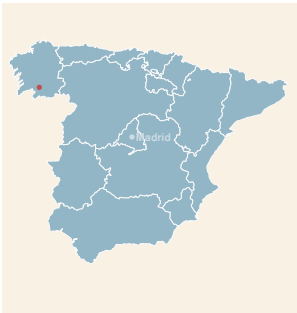
Hottest Spring: 72°C



Springs: As Burgas, A Chavasqueira, Tinteiro, Muíño da Veiga, Outariz, Burga de Canedo.



Active Chemical Elements: bicarbonate, sodium, fluoride, lithium and sulphur



The Romans called Ourense ‘Aquis Auriensis’, meaning golden waters, and the As Burgas pool in the centre of the town is a sensitive redevelopment of the ancient Roman facilities, allowing visitors to bathe where in the 1st century visitors came to pray for their health. Two fountains at As Burgas, gush water at temperatures of more than 60°C. The upper fountain is small and traditional, dating from the 13th century, and the lower one, built in an impressive Neoclassical style in the 19th century has a distinctive silhouette which has become an icon for Ourense.

As the thermal capital of Galicia, Ourense is also known for its rich history, full of Romanesque, Baroque and Modernist monuments and for its charming traditional restaurants and taverns which serve the good wines of the area and prepare delicious local dishes such as octopus.



Pärnu

Estonia

Active Member

EHTTA’s most northerly member town, Pärnu, known as the “Summer capital of Estonia”, is situated on the shores of the Baltic Sea. With its green parks, elegant architecture, and romantic wooden villas, it is a popular destination, not only to enjoy the spa culture, but also water sports golf, and other outdoor activities in the two national parks. Visitors also enjoy visiting the unique Kihnu island, known for its matriarchal society.

The development of several key buildings in Pärnu have shaped the town into the award-winning coastal spa resort of today. One of them is the Pärnu Mud Baths (now known as the Hedon Spa), housed in a striking neoclassicist building which was constructed in 1927 in place of a bathing house that burned down in World War I. The original building, built in 1838 offered warm sea baths in the summer and hot saunas in the winter, and was one of the first buildings which helped to turn Pärnu into a popular resort. After Estonia became independent it was abandoned, but now houses a boutique spa and a modern hotel complex overlooking the beach. In the 1880s the The Kuursaal (Resort Hall) incorporating a restaurant and music salon was built to provide a venue for music and dancing.

An architecture competition resulted in the construction of the magnificent Pärnu Beach Hotel, completed in 1937. Reminiscent of a ship heading out to sea the Beach Hotel, it is located in the Beach Park (established in 1882, and now a nature protection zone because of its wide variety of plant species), helped to put Pärnu on the map.



www.visitpärnu.com



Roman Name: N/A



Earliest known use of the springs: 1251



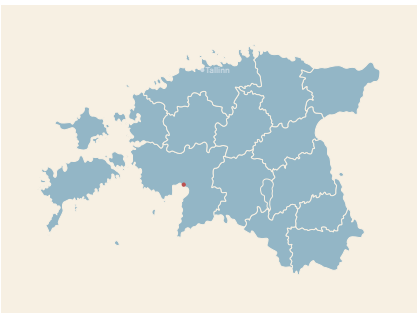
Hottest Spring: 13°C



Springs: Goodmen’s Mineral Water Spring



Active Chemical Elements: Goodmen’s mineral water belongs to the group of chloride calcium-sodium waters



These days there are nine separate spas and wellness centres in Pärnu, as well as smaller spas in the local region, offering a variety of treatments, which include exotic experiences as well as Estonian sauna rituals and traditional peat and honey wraps. The natural muds which are used in many healing spa treatments are sourced from lakes close to Pärnu. They are mixed with the natural curative mineral waters, which are also available as bottled water from the Goodmen’s Spring, known for its high mineral content and unique taste and healing properties. Each March, Pärnu hosts its annual Spa Week.

Pärnu, which originally dates back to the 13th century, is part of the Hansa, once an important trading league, and now another Cultural Route of the Council of Europe. The port and harbour have always been an important element of the town and are protected by the stone “moles”, which prevent the build-up of sand in the harbour. They have become popular walking destinations for holidaymakers, and according to local legend, walking to the end of the mole and kissing there brings good luck to couples.

Pärnu has assured its popularity as a resort by combining a great location, flat sandy beaches, fresh air, green parks, and a lively cultural scene with quality treatment and relaxation in its spas. Lonely Planet chose Pärnu to be in the Top 10 lesser-known beach cities to visit in 2018, and the following year, Pärnu was chosen as the best welfare and health tourism destination in Estonia as part of the European Commission’s EDEN (European Destinations of Excellence) competition.

Royat-Chamalières

France

Active Member



www.tourisme-royat-chamalieres.com



Roman Name: Rubiacum and Camaleria



Earliest known use of the springs: 1st Cent. AD



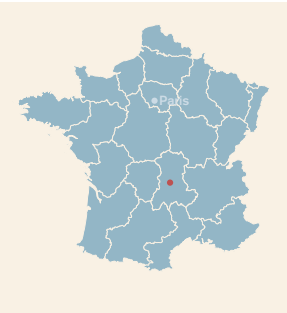
Hottest Spring: 37°C



Springs: Royat – Eugénie, César, Saint Mart, Saint-Victor and Velleda. Chamalières – Auraline



Active Chemical Elements: Royat – Arsenic



The dramatic gorge of the River Tiretaine runs through Royat and Chamalières high among the mountains of the Massif Central, not far from Clermond Ferrand. Originally built around separate monasteries, founded by the Count of Genesis in the 7th century, the springs have been in use since the first century.

Thousands of anthropomorphic figures showing limbs and internal organs were discovered in the shrine at the “Source-des-Roches” mineral spring in Chamalières. Known as ex-votos, meaning images offered to a deity, these figures were used by Gallo-Romans in their search for health. They also had extensive bath houses, part of which can be seen in the spa park, which extends along the river, past the buvette (drinking fountain) to the thermal baths and the impressive St Mart Pavilion entrance built in 1912.

Today, however, it is the Baroque charm of the towns that are most visible. Huge villas and richly decorated hotels hark back to the days of royal patronage in the second half of the 19th century when new roads and the railway brought large numbers of visitors to enjoy the new thermal park, hotels, theatre and casino following in the royal footsteps of Napoleon III and the Empress Eugénie (1863) and the Prince of Wales (1884) . Animated tours of the town with the larger than life character Hortense bring to life some of the antics of the visitors in this period, and is a treat not to be missed!

Royat Chamalières kept developing throughout the early 20th century, and despite the dark days of the second world war, when the wealthy European patients stopped coming to the spa, it reinvented itself with the establishment of the Institut de Recherches Cardio-Vasculaire (IRCV) in 1946, and is now a leading research and treatment centre for cardiovascular diseases and rheumatology. Those seeking relaxation rather than the cure can enjoy the new “Royatonic” baths with wellness and beauty packages, in an internal landscape that includes caves, geysers, underwater currents and volcanic rocks under an impressive dome.

Salsomaggiore Terme

Italy

Founder Member of EHTTA

Active Member

The Roman name of “Salso Maggiore” shows that saline water has been the foundation of the wealth of this important town in the northern Italian province of Parma, since ancient times. At their source the waters have five times the density of salt than the Mediterranean Sea, so it’s no surprise, that the tribe of Galli Celelati, and later the Roman s settled in the hills around the town, to extract the precious salts.

However it wasn't until 1839 that Doctor Lorenzo Berzieri, a local general practitioner, discovered the curative properties of the waters here and in nearby Tabiano. His name graces the “Liberty”-style Thermal Centre, the “Terme Berzieri” built in 1923 by the architect Ugo Giusti, richly decorated inside and out by the ceramist Galileo Chini, with multiple symbols from oriental and occidental philosophies.

The waters themselves are hypertonic, and contain sodium chloride, bromine and iodine salts, at a density of 150g of salt per litre of water, which amplifies the therapeutic benefits of the spa waters. At the thermal centre, which welcomes all the family, the water are used to treat chronic inflammations of the osteo-articular, gynaecological, vascular and respiratory systems, as well as gum diseases and cellulite problems (the application of mud for certain treatments also increases the pain-relief and anti-inflammatory qualities of the water). The water has a rusty colour, which is due to ferrous minerals that oxidize on contact with the air.

Visitors to modern-day Salsomaggiore will find plentiful parks, gardens, swimming pools, a golf course, and many cultural and artistic events, as well as a thriving thermal spa centre, boasting a line beauty products for the face, body and skin, made from the spa water. Salsomaggiore Terme is also very close to another certified Cultural Route of the Council of Europe, the Via Francigena, an ancient pilgrim route from Canterbury in the UK to Rome, with plenty of opportunities to benefit the health by walking in the stunning countryside surrounding the town.



www.visitsalsomaggiore.it

www.termedisalsomaggiore.it



Roman Name: Salso Maiore



Earliest known use of the springs: Pre-Roman



Hottest Spring: 16°C



Spring: Tabiano



Active Chemical Elements: sodium chloride, bromine, iodine, and Sulphur at Tabiano



São Pedro do Sul

Portugal

Active Member



www.cm-spsul.pt
www.termas-spsul.com

Roman Name: Balneum

Earliest known use of the springs: Pre-Roman

Hottest Spring: 68.7°C

Springs: Traditional Spring and AC1 Bore

Active Chemical Elements: sulphur, bicarbonates, carbonates, flourides and highly silicate sodium sulphates



Throughout history, São Pedro do Sul has been known by many names, but the waters remain constant - hot, alkaline and sulphurous – and have been a magnet for visitors for over 2000 years. Extensive ruins of the Roman Baths, which were kept running for many centuries, may still be seen in the town, which these days is a centre for wellness tourism, offering varied sports, leisure and cultural activities alongside its medical and wellness facilities.

It's often the case that royal patronage after a successful cure helps to develop a spa town in its early days, and São Pedro do Sul is no exception. Having already granted, in 1152, a charter, recognising its growing fame and importance, the first King of Portugal, King Afonso Henriques came to what was then known as the Caldas Lafonenses, to recover from a broken leg, injured in battle.

In 1884, a new baths was built on the site, to replace the 300 year old Caldas de Lafões Royal Hospital established by King Manuel I. Before long, Queen Amélia also came, in 1894, to put an end to some health problems that tormented her. Because of the success of her visit, a royal decree declared that they should be called Caldas da Rainha D. Amélia. With the coming of the Republic in 1910 they became the S Pedro do Sul Spa and Hydrotherapy Centre.

In 1987 the new King Afonso Henriques Baths were built with three floors dedicated to classic thermalism, physical medicine and thermal wellness services, including treatment rooms for respiratory problems in children. They have since been modernised again in recent years, to provide the very latest equipment, within the most prestigious centre in the country.

The Queen Amélia Baths retain their old-fashioned charm, as a thermal wellness centre with individualised spa programmes, using the Aqua Termas de S. Pedro do Sul Dermacosmetics

Spa

Belgium

Founder Member of EHTTA

Active Member

Known as the “Pearl of the Ardennes”, Spa nestles in a pretty valley, surrounded by a forested landscape, which is protected as the source of its world-famous bottled waters. Several sources and springs, known locally as Pouhons, can be found in the town itself, and on the surrounding hills.

The waters are not identical in quality – some are sparkling, some rich in iron, some slightly mineralised, some containing many minerals. A signature treatment at the new Thermes de Spa, accessed by Funicular railway from the town centre, is taken in carbonated water in traditional copper and brass baths from the old spa building in the town. The skin is immediately covered in thousands of tiny bubbles – a refreshing experience! In the 18th century , there were 3 stages for treatment in Spa: drink mineral water (different springs for different diseases), practise a physical activity (walking, dancing, riding, etc.) and to enjoy oneself. You can still do the same today if you wish, although treatments are exclusively balneotherapy treatments carried out at the spa. Many visitors still drink water from the different sources but there are no recommended drinking treatments.

The word spa has come to mean mineral springs and a thermal resort, and has been used and mis-used the world over, but not everyone realises that there is a place behind the name. Although probably known by the Romans (Sparsa is the past tense of the Latin verb, to gush forth, and could how Spa was named), it wasn't until the 16th century that Spa really began to develop as a town, attracting large numbers of distinguished visitors – many documented in lists and the famous “livre d'or”, pictured below. Spa has remained a popular destination for health and leisure throughout the centuries.

These days, Spa is a lively town offering museums, shopping, sporting activities and plenty of cultural events, including the famous Francofolies festival each year, and of course the prestigious casino (the oldest in the world) and famous racetrack.



www.spatourisme.be
www.thermesdespa.be

Roman Name: possibly from the word Sparsa

Earliest known use of the springs: Roman

Springs: Pouhon Pierre le Grand, Pouhon Prince de Condé, Tonnelet, Sauvenière, Grosbeeck, Géronstère, Barisart, Marie-Henriette

Active Chemical Elements: sodium chloride, bromine, iodine, sulphur



Vichy France

Founder Member of EHTTA

Active Member

Vichy had been known for its thermal water cures ever since the Romans discovered that the hot mineral waters were effective for health, as well as bathing. Throughout its history, famous people (royals, great artists) contributed to building a legend around its quasi-miraculous springs.

One of this long line of Vichy's famous guests, Madame de Sévigné reported to the court of Louis XIV that the Vichy waters had a beneficial effect on her complexion and hands, thus starting a trend for beauty treatments that continues to today. The richness of the mineral composition of the waters mean that they have a revitalising and tonic effect, and their anti-inflammatory qualities are also prized for the Laboratoires Vichy dermocosmetic line that is based in the town and part of the world-famous l'Oréal brand.

Victoire and Adélaïde, daughters of King Louis XV came for a cure in Vichy in 1785, followed in 1799 by Laetitia Bonaparte, the mother of Napoléon Ist. However, it was the Emperor Napoléon III who decided to turn what was then a large village into France's greatest spa town, developing elegant villas, hotels and spa from the 1860s onwards.

Throughout the centuries, and even more recently in the 1990s, Vichy has always developed, diversified and modernised. Today the town and the Compagnie de Vichy (formed in 1853 to look after the economic interests of the springs resorts), are recognised for cosmetics, laboratories, bottled water – exported to more than 40 countries, octagonal soda pastilles, and the opulent thermal spa built in 1993, as well as for the healing qualities of the waters and a rich architectural heritage.

The Vichy Thermal Spa offers traditional hydrotherapy and drinking cures for digestive, metabolic, rheumatic diseases and allergies, while the new Vichy Spa Hotel and Resort Les Célestins offers guests the latest skincare and beauty techniques, as well as hydrotherapy treatments using the Vichy spring water, in a modern complex overlooking the Napoléon III Park.


Each spring, Vichy celebrates the visits and legacy of the Emperor Napoléon III and the Empress Eugenie, during an historic feast which includes costumed dances in front of his Grand Casino, now an emblem of the city.


www.vichy-destinations.fr


www.vichy-spa-hotel.com


www.vichy-thermes-domes-hotel.fr


www.vichy-thermes-callou-hotel.fr

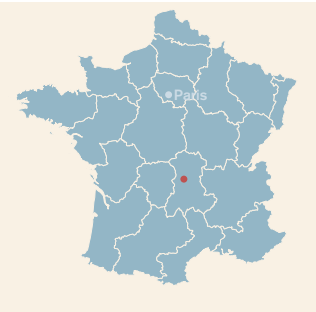
**Roman Name:** Aquis Calidis

**Earliest known use of the springs:** Roman times

**Hottest Spring:** 43.5°C

**Springs:** Célestins, Chomel, Grande Grille, Hôpital and Lucas.

**Active Chemical Elements:** Sodium bicarbonate




Wiesbaden Germany


Active Member


Wiesbaden, sometimes called the “Nice of the North”, due to its mild climate was known by the Romans for its hot springs, and named “Aquae Mattiacorum” or the waters of the Mattiaci tribe, which occupied the area before the Romans. The modern name of Wiesbaden translates as “meadow baths” but the meadows are long gone, replaced by a successful city, renowned for its architecture, as well as for its continued use of its 26 healing springs.


These days visitors to Wiesbaden can enjoy the hot waters in the thermal baths, or family-friendly swimming pools. The Opelbad on Wiesbaden's Neroberg, which offers a fantastic view of the city, is considered one of the most beautiful open-air-pools in the region. Two of Wiesbaden's hotels have access to private thermal springs, and have developed their own spa centres to complement the public facilities, and of course there are medical facilities too, specialising in rheumatic and orthopaedic diseases and rehabilitation. The expansion of the town in the early 18th century led to Wiesbaden's rise to world fame as a destination for treatment and the cure – and gambling. European nobility and celebrities such as


www.wiesbaden.de

**Roman Name:** Aquae Mattiacorum

**Earliest known use of the springs:** Pre-Roman

**Hottest Spring:** 66°C

**Springs:** Salmquelle, Schützenhofquelle, Große und kleine Adlerquelle, Kochbrunnen

**Active Chemical Elements:** hydrogen sulfide



Johann Wolfgang von Goethe, Fyodor Dostoevsky, Richard Wagner, Johannes Brahms, Otto von Bismark, and Henrik Pontoppidan flocked to the town, and Wiesbaden became particularly wealthy with more millionaires living there than any other city in Germany, building houses that experimented with new forms of architecture – historicism, classicism and art nouveau. Aristocracy and the emerging middle class were in closer contact here than in any other place at this time. And it was in the second half of the 19th century that the city experienced an enormous boom, spurred by visits from large numbers of prominent guests.

The First World War followed by the economic depression hit the town hard. Wiesbaden never recovered the status and fame it enjoyed during the second half of the 19th century and the early years of the 20th century, when it was most frequently visited European spa. Today Wiesbaden has a reputation for the treatment of rheumatic and orthopaedic disorders, as well as relaxation and wellness treatments offered at the modern Aukammtal thermal baths and the historic Kaiser-Friedrich-Therme a luxurious spa built on the site of a Roman sauna.



Afyonkarahisar

Turkey

www.afyonkarahisar.gov.tr



Associate Member

The Afyonkarahisar district is an important area for many reasons: it's a natural crossroads, a large agricultural area, a producer of opium-based pharmaceuticals, a growing tourism destination, and producer of marble, as well as of course being an important thermal region, with several centres throughout the district based on plentiful hot healing springs. Geothermal energy, cosmetics, bottled mineral water, glass and soap-making industries are associated with the thermal waters as well as two universities which are connected to and support the thermal and tourism sectors.

In addition to the ancient town of Afyon (meaning opium), with its imposing Byzantine fortress on an imposing high black volcanic rock, which gives the town the other part of its name, there are several more thermal areas in the wider district, each with springs that have high mineral contents and high temperatures (40-100oC), and which are used to treat a wide range of health problems. The resorts have combined ancient bathing traditions and rituals with modern hospitals and five star thermal hotels, to provide an attractive offer to visitors who seek medical care, comfort and innovation.

Ömer-Gecek, and Heybeli, are closest to the main town, while Gazlıgöl in the town of Ihsaniye 21km from Afyon is home to the 500-bed Oroçu lu Thermal Resort. Here the carbonated thermal waters rich in minerals and salts are used for rheumatism, cardio-vascular, digestive, urinary, kidney and metabolism disorders and skin and orthopaedic problems. The Hüdai thermal area in Sandıklı, 62 km from Afyon offers several resorts, villa, luxury hotels and hostels for thermal visitors. Mud baths (followed by bathing in sulphur-rich waters) are a speciality here, and are used for rheumatism, joint diseases, and strengthening the immune system, as well as tightening the skin, and smoothing wrinkles to appear younger.

Ancient monuments in Afyonkarahisar include the Imaret Mosque, built in 1472, used not only for worship but for bathing and until recently as a museum, the Kadi Bath which dates from the 16th century, and the Amorium Bath, near Emirda which was a public bath built in the late Roman/early Byzantine era.

Many thermal complexes in the area are decorated with several of the colourful marbles, which have been an important part of the local economy for thousands of years. Local marble has been widely used for architecture and decoration of thermal baths since early Roman times, and is also found in significant buildings, such as the Pantheon in Rome, and the Hagia Sophia.



Budapest

Hungary



Associate Member

Budapest, recognised as a “Spa City” since the 1930s is the only capital city in our network which is also a spa centre, and for centuries it has been a fashionable place for the celebrities of the day. Even in Roman times, with 14 private and public bath houses, it was a centre rivalled only by Rome itself in terms of bathing facilities.

Today baths, lidos, beaches and spa hotels use the plentiful thermal waters, which flow at a rate of 70 million litres per day from 123 natural hot springs and bore holes at temperatures ranging from 21°C to 78°C. Here at the crossroads of Europe, traditions and historical buildings from east and west add to the variety of exciting spa experiences on offer in the city.

Budapest had several significant historical periods of thermal development. Firstly the Roman occupation, when bath complexes with several pools at various temperatures provided the means for social contact. Hospitals were built over the medicinal springs during the Árpád Dynasty (10th - 13th century), but it was the Turkish occupation from 1541-1686, when both baths and hamams were built, which are still in use today.

During the age of enlightenment in the early 1700s, when the first studies were made of the benefits of the hot springs in Buda, and then from the 1930s, Budapest, having been declared a “Spa City” became the headquarters of the International Balneological Association.

The Budapest Spas Company promotes the Gellért Baths (perhaps the most famous with its iconic hotel), the Széchenyi Baths (where you can play chess in the water), the Lukács Baths (renowned for cures since 1178), the Rudas Baths (authentic Turkish baths now popular for its night bathing), the Király baths (original Turkish baths), the Palatinus Baths, and several others.


www.budapestinfo.hu
www.spabudapest.hu

 **Roman Name:** Acquincum

 **Earliest known use of the springs:** Roman

 **Hottest Spring:** 78°C

 **Springs:** Juventus, Attila, Hungaria, Gül Baba, Szent István

 **Active Chemical Elements:** calcium, magnesium, hydro-carbonate, containing sodium, sulphate, fluoride and metaboric acid



Clermont Auvergne Métropole France

Associate Member

Clermont Auvergne Métropole was established in 2018 as a new administrative area centred on the city of Clermont-Ferrand within the Auvergne-Rhône-Alpes region of France – an area renowned for its volcanic landscape, and which as a result is rich in thermal mineral waters. There are twenty-one towns in the Métropole area, including the spa resort of Royat-Chamalières, established in the shadow of the Puy de Dôme in Roman times, but which became particularly popular in the 19th century – the “Belle Epoque”(see the entry in this brochure for more details on Royat-Chamalières). The carbonated waters here are renowned for treating rheumatic and cardio-arterial diseases, at the Thermes de Royat, while Royatonic is a 2400 m² facility dedicated to pure water-based relaxation. Bringing together wellness and other tourism offers in the area, Royat-Chamalières is promoted as a spa resort locally, nationally and internationally by the Clermont Auvergne Métropole.

Health tourism, including hydrotherapy is one of four strands of the tourism development strategy of the Métropole Region, and runs alongside an ambition



www.clermontmetropole.eu





to be accredited by the Department of Culture as a “Country of Art and History”, as well as applying to be the European Capital of Culture in 2028. Visitors to Clermont-Auvergne can enjoy a number of important annual events – the Short Film Festival in February, nick-named “Cannes du court”, the ‘Europavox’ festival each May and the ‘Rendezvous du Carnet de Voyage’ which attracts 10,000 people every autumn to celebrate the art of the travel diary.

The Clermont Auvergne Métropole region also boasts a natural UNESCO world Heritage Site – the Chaîne des Puys (rounded extinct volcanoes) – Limagne Fault, and a Vulcanism museum, as well as the L’Aventure Michelin an interactive museum experience dedicated to the area’s world famous manufacturer and its ever-cheerful mascot.








Eurocity Chaves-Verín Portugal/Spain



Associate Member

www.visitchavesverin.com
www.termasdechaves.com
www.balneariopedagogicovidago.com

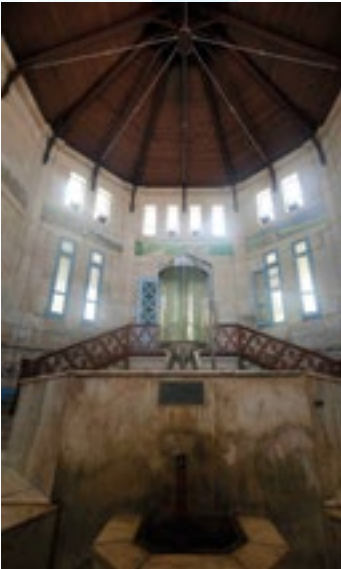
-  **Roman Name:** Aquae Flaviae
-  **Earliest known use of the springs:** Roman
-  **Hottest Spring:** 73°C at Chaves
-  **Springs:** Verin: Cabreiroá, Sousas, Fontenova, Caldeliñas, Fonte do Sapo) Chaves: Termas de Chaves, Spa of the Emperor
-  **Active Chemical Elements:** sodium bicarbonate, lithium and flouride



Chaves-Verín is the “Eurocity of Water”, a single destination that straddles the border of Spain and Portugal – two cities united by the common theme of thermal water. Verín, in the Galicia Region of Spain and Chaves in the Trás os Montes region in Portugal, together make an impressive destination, with water at its heart – genteel spa towns, ruins of Roman bathing complexes, world-renowned bottled water, and the river Tâmega running through a fertile valley connecting the towns. Historic Vidago with its thermal baths and palace, south of Chaves, completes the thermal tourism destination, and the “Thermal and Water Route”.

The abundance of thermal waters in the area is due to the Corga tectonic Fault, which has led to a high density of mineral-medicinal waters, all with a similar composition but distinguished by their varying temperatures from 17-25°C in Verin and 73°C in Chaves. This also explains why the waters are used for bathing in Chaves at the Spa of the Emperor, (in Roman times at the Aquae Flaviae thermal baths next to the Roman bridge whose ruins were discovered in 2004), while Verin was predominantly a drinking water spa, popular from the mid 19th century (although also known by the Romans), and is still famous for its bottled waters.

Although pilgrims may often be seen near the river, as they cross the area on their way to Santiago, visitors that stay locally can relax and enjoy the local specialties – wine produced on the hillsides of the Tamega valley, and many other gastronomic delights. While driving, cycling or walking along the Thermal and Water Route, be sure to stop by at the special “buvettes” where the springs are housed for drinking in Verin, and take time to relax and enjoy the thermal waters at the Spa of the Emperors in Chaves, before dining out, with the local mineral water on your table of course!



Fédération Thermale et Climatique Française

Associate Member

The Fédération Thermale et Climatique Française (FTCF) was created in 1924. The President is Mr Jean François Béraud. The purpose of the FTCF is to study the problems attached to the life of French thermal spas, and the coordination of all efforts for the purpose of the development of thermal activity.

The Fédération Thermale et Climatique Française brings together the National Association of Mayors of Thermal Communes (ANMCT), the National Confederation of Thermal Operators (CNETh), the French Association for Thermal Research (AFRETh), the National Union of Thermal doctors (SNMTh), the French society of Thermal Medicine (SFMT), the Regional Thermal Federations and the Regional Councils concerned with thermal activity.

The FTCF studies thermal activity problems in France in collaboration with national member bodies. It is their intermediary to the public authorities (Ministry for Health, Ministry for Tourism, Ministry for the Interior and regional collectives). The FTCF maintains permanent connections with the parliamentary group for thermal activity.

The FTCF participates actively in research through the AFRETh, of which it is a founding member. Every year, the FTCF organises the national meetings for thermal activity, which bring together the entire profession.

The FTCF maintains relationships with the European thermal activity bodies (EHTTA, ANCOT, ESPA, ISMH).



Ministry of Culture of Azerbaijan – Galaalti



Associate Member

The name of Galaalti tells us its geographical location – underneath a fortress, in this case the Chyraggala fortress. Not far from the city of Shabran, formerly known as Devichi (which translates as “the person who leads the camel”), Galaalti is in a region which is rich in mineral resources – mineral waters, mud volcanoes and oil. Situated 122 km from Baku, and not far from the coast of the Caspian Sea, Devichi was once a stopping place for large caravans, but these days the semi desert terrain is home to more “nodding donkeys” (oil derricks) than camels.

The new source of “Naftsu” or “oil-bearing” water at Galaalti was discovered in 1969, in picturesque woodlands located 20 km from the centre of Shabran, but due to political and economic upheaval in the country, the new resort was not fully developed and open for business until more recently. Naftsu is the only medicinal water in the world with the raised content of organic substances originating in oil, such as ether-soluble organic compounds, phenols containing hydro Carbons, volatile organic acids and hummus. The Qalaalti Resort and sanatorium was built 1000 metres above sea level, in the foothills of the Greater Caucasus mountains, and consists of a leisure spa as well as a medical spa and the “Chirag” Centre, fully equipped with the latest technology, restaurants, pools, and everything needed for a comfortable stay.

The water from Qalaalti, which is strong in both taste and smell, can only be drunk at the source, as the water doesn't travel or store well (because of the organic substances in suspension). The waters are low in minerals, but high in organic compounds, and have a very complex structure, making them unique in this sense, but also on the physiological impact on a human body. The waters here are thought to prevent early aging, reduce inflammation, and re-balance metabolism, but their main use is in the treatment of Urolithiasis (the formation of stones anywhere in the urinary tract). Qalaalti water also reduces (and prevents the formation of) kidney and gall bladder stones.



www.qalaalti.com/en



Roman Name: N/A



Earliest known use of the springs:1969



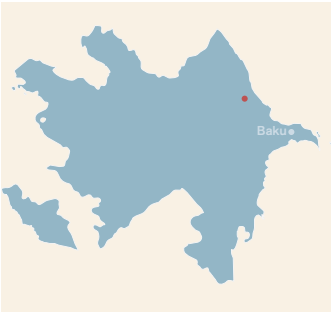
Hottest Spring: 17°C



Spring: Qalaaltielle



Active Chemical Elements: ether-soluble organic compounds, low mineralisation but small amounts of carbonic acids, hydrogen sulfide, chlorine, sodium, potassium, iron, copper in the water



Galicia Region

Spain

Associate Member

The word Galicia brings to mind amazing fish and local food, delicious wines, lush green vegetation and glorious beaches, or the stunning scenery of the highest cliffs in continental Europe. It also conjures up the pilgrimage routes to Santiago da Compostella (the route of St James was the first Cultural Route certified by the Council of Europe, 30 years ago, and is now a Cultural Route of UNESCO), but when thinking of Galicia, you should also be thinking of spas and thermal heritage.

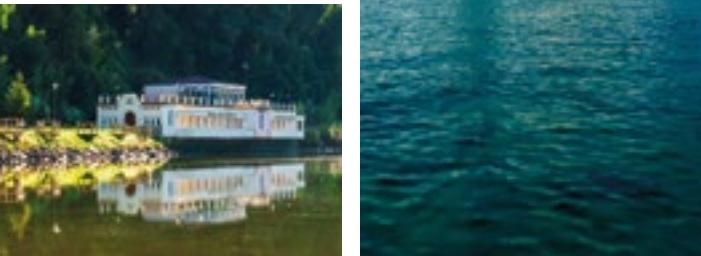
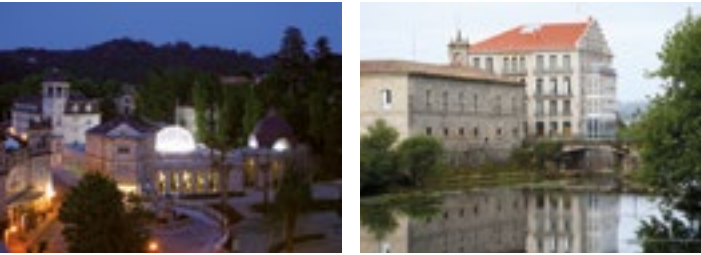
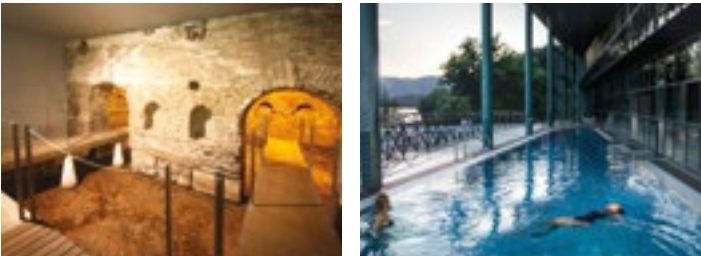
Galician spas are some of the region's hidden gems, and many of the 300 or so natural geothermal and mineral-rich springs in the area are often to be found in delightful historic towns, many of them first established by the Romans (eg Ourense, Termas de Lugo, Caldas de Reis and Caldeas de Tui), but revitalised and brought back into fashionable use in the 18th century.

The first 'modern' spas appeared in the 19th century and Galicia's thermal industry flourished in the second half of the century. During the belle époque, thermal baths became fashionable and elite facilities such as La Toja and Mondariz came to prominence. In the late 19th century, thermal towns undertook projects that required more complex forms of society and greater investment of capital.

Examples include A Toxa and Mondariz. Over time, the quality and variety of their medicinal waters, the location and transport infrastructure, and advances in medicine and hygiene meant that the best Galician spas became major social centres frequented by the crème de la crème, from home and abroad.

Water in the Galicia region is plentiful, and with a rich heritage of taking the waters, the area can be regarded as one of the richest in Europe, with 21 spas and 10 mineral water bottling plants including Aguas de Mondariz. Thalassotherapy centres are also popular on the coast, and some spas are even finding new peloids to add to the spring water – wine and even chocolate as well as more traditional mud can be on the menu!

Today, visitors to the region can enjoy many activities to enhance their wellbeing, in body mind and spirit, and whether focusing on prevention, cure, or relaxation there is something for everyone in the spas of Galicia!



Hellenic Association of Municipalities with Thermal Springs (H.A.M.T.S.)

Greece

Associate Member

The Hellenic Association of Municipalities with Thermal Springs (HAMTS) was founded in 1983 in order to protect and develop the thermal and mineral resources of Greece. Today it comprises 55 members with 71 springs, which are spread throughout Greece. The headquarters of the Association is in Thessaloniki.

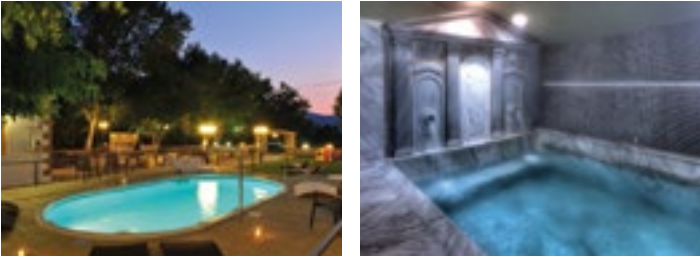
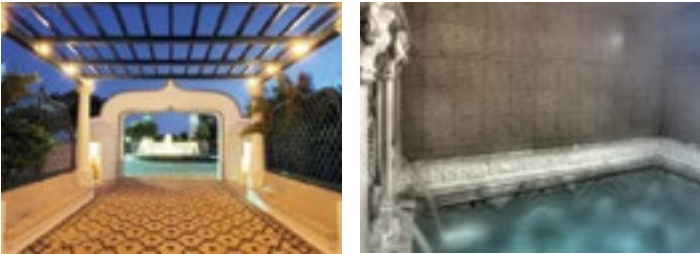
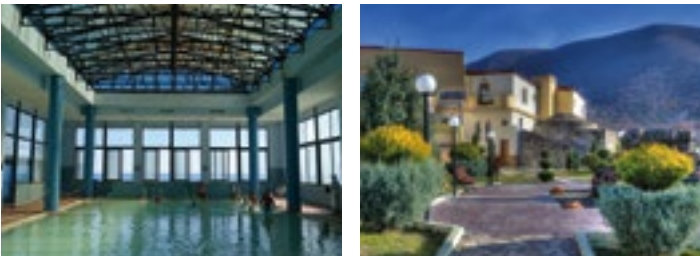
Due to its geographical location and because of its geological structure, Greece is very rich in thermal natural resources (mineral water, mud, vapour). 2500 years ago, Greece pioneered the art of hydrotherapy which flourished in the Aegean and later it spread all over Europe. From ancient times, Greece's curative natural resources gave mankind "the divine gifts of health, well-being and vigour." Hippocrates, the father of medical science from the island of Kos, was the first to write about healing diseases using water. He used water extensively, both internally and externally in treating illnesses of all kinds.

Many thermal springs in Greece are located in, or next to archaeological monuments of ancient Greek, Roman, Byzantine and Ottoman empires.

The Association considers all kinds of hydrotherapy to be fundamental to human health, and is keen to support establishments where the cultural environment of their region is the key to the economic development of the local communities and are related to Greek local history and tradition.

Greek hydrotherapy centres offer many forms of hydrotherapy, including balneotherapy, mineral water drinking therapy, inhalation therapy, hydrokinesis therapy, and of course Clay therapy, climatotherapy and thalasso-therapy. The high quality of Greek curative waters, very rich in chemical elements are used in the treatment of various diseases such as rheumatic, arthritic, skin ailments, gynaecological ailments, kidney problems.

For thirty-two years the Hellenic Association of Municipalities with Thermal Springs has been aiming to bring health tourism into prominence and promote thermalism and its applications. It's main aims include the promotion and protection of the springs and their environment, international promotion of Greek thermal centres, and the history and culture connected with the spas, the support of therapeutic treatment which aim to improve physical and mental health, support for related tourism projects and scientific research related to the waters and their uses.



Imereti Region

Georgia

Associate Member

The region of Imereti in western Georgia is renowned for its beauty, landscape, ancient cultural heritage (including two World Heritage Sites), and as a region of spa towns and resorts, but it is perhaps most famous as the place where Jason and the Argonauts came in search of the legendary Golden Fleece.

The so-called “waters of immortality” in Tskaltubo were known in the 7th-9th centuries, during what is known as Georgia’s Golden Age. Also extremely popular in the Soviet era, Tskaltubo had one particularly famous visitor among the 125,000 who took the waters each year – and modern-day tourists can now visit the private pool where Stalin bathed on his visits to the town. The radon-carbonate waters which emerge at a comfortable temperature for bathing are used to relieve a number of conditions including skin, metabolic, and circulatory diseases, and the spectacular local caves, with their dust-free atmosphere are also said to benefit people with asthma and other lung diseases.



Today the region is reinventing its flagship historic spa town of Tskaltubo with the help of investment from the World Bank – the spa facilities and public spaces in the town are now being restored to their former glory, in order to attract more visitors. Indeed, the economic potential of the resort was a driving force in the creation of Georgia’s first National Tourism Strategy.

The mountainous ‘Balneological-climatic’ resort of Sairme is also located in Imereti, and has been known since the 1890s for several mineral and thermal springs, each with different chemical compositions, which in turn are associated with treatments for numerous diseases. The resort, which benefits from a mild climate and pristine environment, boasts clinics, swimming pools, and spa centres, while the waters can be drunk in four pump rooms located throughout the resort, and some are also bottled. Sairme is named after the deer which visited the springs for water and salt, while nearby Udabno with its hot nitrogen/methane/sulphur water was discovered in the 1920s when shepherds noticed an unusual place where grass was always green, snow melted very fast and the ground always dried quickly after rain.



Karlovy Vary Region

Czech Republic

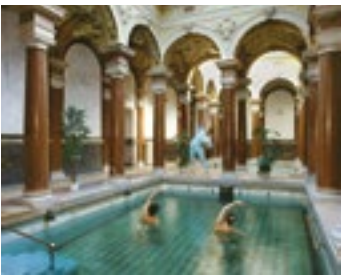
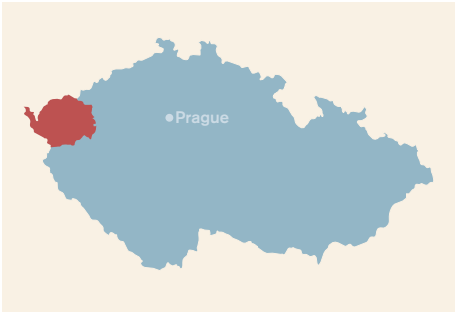
Associate Member

In the western most corner of the Czech Republic, at the border with Germany, you will find the Karlovy Vary Region, the smallest of the Czech regions, but quite extraordinary, as it contains no fewer than five spa towns (as well, of course, as historical monuments, beautiful countryside, and plenty of outdoor activities). The spa towns in this region – also known as West Bohemia Spa – were among the most prestigious of European spa towns in the 19th century, and count among their numerous past visitors, kings and queens, emperors, politicians, nobility, artists, composers and musicians, philosophers, writers and scientists and architects. Today’s visitors still include the greatest celebrities of the day – international film-stars, musicians, artists, scientists, athletes and politicians.

The famous spa waters are to be found in five towns, namely Karlovy Vary, Mariánské Lázně, Františkovy Lázně, Jáchymov and Lázně Kynžvart, which between them offer a wide variety of medical, wellness and beauty treatments, using the rich natural resources of the region – hot and cold mineral springs, mud, peat and gas. Marked woodland trails in the surrounding hillsides not only give stunning viewpoints of the towns, but walking for health is an important aspect of the traditional cure. Water is freely available to drink in the many beautiful colonnades which are characteristic of the region, while prestigious hotels and spa resorts provide a variety of treatments from mineral baths and warm peat body wraps to gas inhalations and injections.

Karlovy Vary has the hottest springs of the region and some of the strongest minerals, and can turn paper roses into stone in just two weeks. They were discovered by King Karel and his deer, 650 years ago, and have been attracting thousands of visitors per year ever since. The steaming waters of the fifteen springs can be found in historic colonnades throughout the town, sipped from special decorative cups with a long thin spout. Every year in Mariánské Lázně, at the start of the spa season in May, a singing fountain by the colonnade sings a new specially-composed song, entertaining visitors who are there for treatment for a wide range of conditions. Františkovy Lázně, is renowned for its treatment of female fertility, and its yellow buildings lining the wide boulevards, with springs which are dotted throughout the tranquil parkland surrounding the town. Jáchymov is famous for its unique radon treatment, while Lázně Kynžvart specialises in treating children.

www.livingland.eu



Province of Ourense

Spain

Associate Member

The Province of Ourense has been an important thermal region since pre-Roman times, as evidenced by the ancient native deities such as Revye found in the As Burgas baths at Ourense, but it was the Romans who captured and used the thermal waters of the province for health and well-being. Ancient thermal heritage is reflected in many places throughout the Province – for example, Ourense, Verin, and Baños de Molgas were founded because of their thermal waters. Architectural remains are found at As Burgas, Baños de Molgas, Riocaldo; Bande, and there are several Roman roads linking thermal towns, sun as the via XVIII and the Roman Road to connect Bande with Lugo). Ancient (and modern) place names are associated with the waters – for example Aquae Querquennae became Baños de Bande, while Aquae Originæ is now known as Riocaldo.

Even after the Roman Empire fell, the mineral waters of the region were still seen to be valuable. Medieval documentation describes the references to these waters and their use (for example, in Aguas de Melon; Prexigueiro; or Baños de Molgas which is said to have been visited by kings in the Medieval period). Ourense is a good example of where the Roman monuments surrounding the springs were adapted for



use in the 16th and 17th centuries. Historical documents show that the reputation of the quality of the mineral waters of the Province increased greatly after the 16th century, as export of the waters started to increase – to Spain and Portugal as well as many other countries. Cabreiroa's mineral water is still widely exported today, while other mineral waters also have an international reputation. The quality and appreciation of the Province's mineral springs was reinforced by Royal Mandate in 1816, which established the medical control and supervision of the main springs of Spain to improve the hygiene and comfort in their use and exploitation. Consequently, new hotels and spas were built and these establishments became places of recreation where new leisure areas were included, improving their facilities and, combining tradition and modernity. These days, the Province of Ourense is renowned for its healing waters, used both medicinally and for relaxation in strictly-regulated state of the art facilities, some of which are among the most visited in Spain. The surrounding landscape, cuisine, leisure activities, cultural heritage and the waters themselves combine to make the perfect thermal experience.



Route des Villes d'Eaux du Massif Central

France

Associate Member

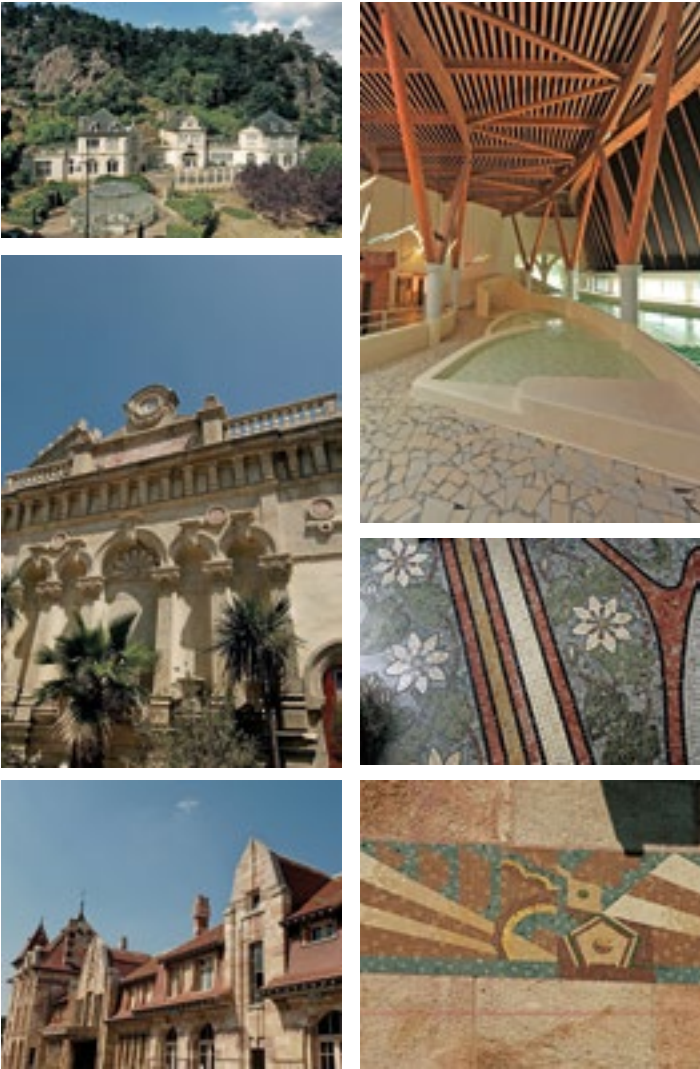
If you find yourself in the centre of France, in the vicinity of Clermont-Ferrand, you will be in a unique area – the Massif central – a volcanic mountainous range, full of hills and valleys and stunning views. The volcanic nature of the area means that thermal water is plentiful and there are many towns and villages that have grown up around the thermal sources. These towns are full of historic architectural treasures, including five Gallo-Roman baths which can still be seen today.

The towns of the route all share several characteristics – they are all dedicated to wellbeing activities, with thermal water at the heart of those activities, with a rich thermal heritage to share (the youngest of the towns in the route is Montrond-les-Bains, whose waters were discovered in 1881). No fewer than eight of the thermal spa establishments are protected by the Historic Monument Service of France, and five of the tows in the route are members of EHTTA.

The Massif Central boasts some of the hottest water in Europe at Chaudes-Aigues (82°C) and a thermal water jet at Vals-les-Bains which sometimes reaches 15m high! There is plenty to see and do on this route, with festivals, historical interpreter guides who take on some fascinating personas from the past, and of course, a variety of thermal spas to choose from for relaxation and health.

Seventeen towns, namely Bourbon-l'Archambault, La Bourboule, Châteauneuf-les-Bains, Châtel-Guyon, Chaudes-Aigues, Le Mont-Dore, Nérès-les-Bains, Royat - Chamalières, Saint-Nectaire, Vichy, Montrond-les-Bains, Saint-Laurent-les-Bains, Vals-les-Bains (Auvergne - Rhône-Alpes region), Bourbon-Lancy, Saint-Honoré-les-Bains (Bourgogne-Franche-Comté region), Evaux-les-Bains (Nouvelle Aquitaine region), Cransac-les-Thermes (Occitanie region), make up a tourism association, the Route des Villes d'Eaux du Massif Central.

The Route des Villes d'Eaux du Massif Central has been an Associate Member of EHTTA since its early days and has played a key role in helping the Association to achieve its objectives and to run major projects, such as the Source Project.



Membership of the Association

EHTTA has three membership categories:

- Active Members:

(Member Towns), are historic thermal towns or cities represented by the local authority or municipality that fulfils EHTTA's quality criteria.
- Associate Members:

are regions or associations committed to the objectives of the network.
- International Partners:

are thermal spa towns located in a country which is not a member of the Council of Europe

Active Members (towns) must be able to answer these five questions before applying for membership:

1.

Is it a historic thermal area situated in a country member of Council of Europe, dating back at least to the 19th century?
2.

Does it provide natural mineral waters and its derivates by specific facilities for its use, management and monitoring?
3.

Does it possess a high quality architectural heritage dating back at least to the century and beyond related to its thermal past and classified as Listed Monuments?



4.

Does it possess a rich intangible heritage related to thermal history of the town and used for the town’s promotion? Does it maintain a tradition of cultural and artistic events and programmes?
5.

Does it offer a quality accommodation (from hotels of 5* to 3* as the minimum) and a significant number of rooms available? Does it offer other tourist services?

Benefits of membership include networking with towns and organisations in the thermalism sector and sharing experiences; contact with European institutions and preparing calls for proposals; branding and common promotional tools; events, including twice-yearly General Assemblies, as well as exhibitions and fairs.

EHTTA welcomes applications for membership from towns which meet its criteria (municipalities should make the application). Associate Members, such as Associations or Regions may also join, providing that they commit to further the aims of EHTTA and the Cultural Route.

Further information on how to apply, and the application process can be found on the EHTTA website, or by emailing recruitment@ehtta.eu



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About EHTTA

Europe's Historic Thermal Towns, all based around healing mineral-water springs, have been centres of health, well-being, culture and tourism for centuries, and their development over the years has led to a rich and varied architectural heritage. Discover the stories, buildings, culture and festivals, and of course the waters themselves in a tour through the European Route of Historic Thermal Towns – a cultural route certified by the Council of Europe.

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