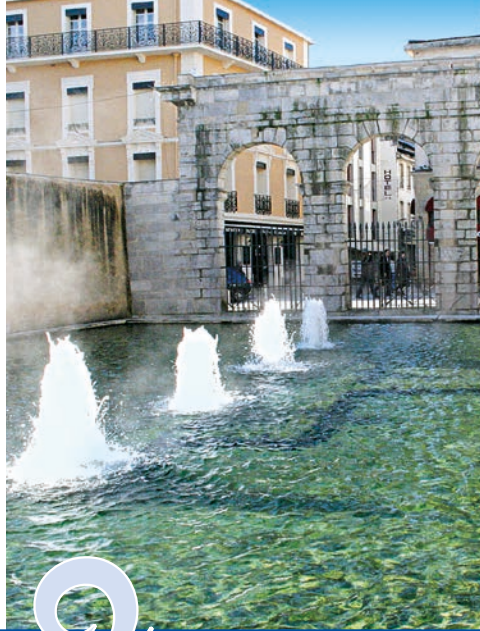


Explore a Unique European Roman Thermal Spas & Culture Experience

in France, Portugal and Spain as the Romans did over 2000 years ago



European Roman Thermal Spas & Culture Experience in France and Portugal with a trip through Galicia, Spain

Roman Thermal Spas in France, Portugal and Spain are known throughout the world for their healing hot springs and thermal water and have been popular since Roman times. Discover unique cultural sites such as the world famous pilgrim church in Santiago de Compostela and combine these with a relaxing wellness experience at the most vibrant Roman Thermal Spas of Europe.

Individual Private Tour

- 8 days/7 nights
- France, Portugal and Spain
- Arrival: Bordeaux Airport/France
- Departure: Porto Airport/Portugal
- 3, 4, 5 Star Hotels
- April – October

TOUR ITINERARY:

Day 1: Bordeaux – Dax, France

Arrival at airport in Bordeaux, France. You will be welcomed by your local guide. On your way to Dax (250 km), you will take a short **sightseeing tour of Bordeaux**, a **UNESCO World Heritage** site due to its exceptional urban and architectural ensemble such as the remains of the old city wall and the ruins of a Roman amphitheatre. Near the Gironde estuary, Bordeaux has developed through the centuries around its river, the Garonne. Thanks to the rise of the wine trade, Bordeaux enjoyed a boom in the 18th century. Passing by the Grand Theatre on your way to Place de la Bourse, the city unveils its culture of wine, lifestyle and art. Afterwards, you will reach the city of **Dax, the most visited French spa town** – with mineral water and mud used since ancient times for relaxation & health improvement

and specialized in treatments of rheumatic and phlebological ailments. It is located in south-western France, close to the Pyrenees, the Spanish border and the Atlantic Ocean. Its thermal waters were already appreciated by the Romans who founded the city. Ruins of the Roman fortification wall and the Roman temple can still be visited today.

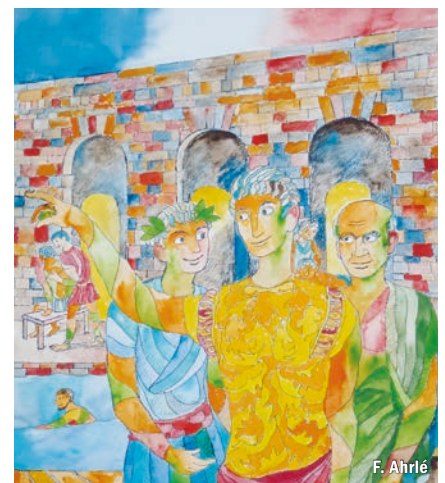
To recover from this exciting day, escape from the stress of modern life in Thermes Bérot. Overnight **Thermotel Bérot**.

Day 2: Dax – Arcachon, France

Today you can choose between a full relaxing day at Thermes Bérot in combination with a stroll through the park, the old town with its pedestrian streets and shops or a half-day excursion to the **inland lagoon Arcachon** after breakfast (150 km). This “small, interior sea” opens to the Atlantic and is famous for its tiny **wooden oystermen villages**. You will enjoy a **boat tour on a traditional wooden “Pinasse”**, visit the oyster parks and discover oyster breeding with specialists. This way you will get the chance to admire **Europe’s highest sand dune which rises 110 m** high. Enjoy an oyster tasting (accompanied by glass of wine) at the Canon village. Return to your hotel in the afternoon and enjoy the Spa of Thermes Bérot. Overnight **Thermotel Bérot**.

Day 3: Dax – Sauternes, France

After breakfast you can either relax yourself in the Aqua world of Thermes Bérot or optional join the half-day excursion to the famous wine region Sauternes (150 km). You will visit the simple and discrete **Château Guiraud**. Surrounded by vines and trees, it seems as though the estate is cut off



from the rest of the world. You will get a breathtaking view into the wild and open countryside and the village of Sauternes below. Return to Dax in the afternoon and take a walk to the impressive **“Fountain Chaude”**, a gushing mineral spring erected on the **ruins of the Roman bath** or relax in Thermes Bérot.

Overnight **Thermotel Bérot**.

Day 4: Dax, France – Burgos, Astorga, Lugo, Spain

Today you will cross the border to Spain via the Pyrénées and drive through the **Basque Country** towards **Galicia**, the country’s green heart. You will admire the great Gothic cathedral during the first stop at **Burgos** (370 km) before you will continue to **Astorga** (220 km), a town more than **2000 years old with remains of Roman Thermes**, a temple and various Roman residential houses. The old **“Asturica Augusta”** is well known for its well preserved fortified defense structure and its local



8 days/7 nights
from € **2332**



cuisine, as well as the Bishops Palace, **designed by the famous architect Antoni Gaudí**.

Continue to **Lugo** afterwards (170 km) and take a walk along parts of the intact circuit of the **old Roman town wall** and visit the **cathedral of Lugo**. Overnight **Hotel Balneario Lugo**.

Day 5: Lugo – Santiago, Spain – Chaves, Portugal

Our journey will take you today to **Santiago de Compostela** (120 km), the endpoint of the **St. James Pilgrim way** (short walks on the path might be offered optionally). A local guide will accompany you during your walking tour, including the entrance to the Cathedral. In order to enjoy local specialties, we offer a Galician seafood gourmet lunch (wine Albarino included) in Sanxexno, for approximately 60 € pp.

In the afternoon, you will cross the border to Portugal and continue to Chaves (200 km) where you can enjoy the Chaves Thermal Spa.

Overnight **Hotel Forte S. Francisco**.

Day 6: Chaves – Douro Valley, Portugal

Chaves is one of the most **important thermal spas of Europe** and has been a preferred destination to recover body and soul in the hot thermal waters since Roman times. Relax and recharge yourself with the healing effects of a wellness or spa treatment or stroll through the city to see its rich **Roman heritage and historic monuments** from other areas. Alternatively, you can go on a trip to the **Unesco Heritage Site of Douro Valley** (95 km). There you will go on a **romantic river cruise** along the nice scenery. Afterwards, you will have the opportunity to taste the **famous Porto Wine** and other wine products of this region during a winery tour. Return to Chaves in the afternoon and recover at the Spa. Overnight **Hotel Forte S. Francisco**.

Day 7: Chaves – Braga and Guimaraes, Portugal

Today you can book one of the various Spa treatments in the Chaves Thermal Spa. Optional: You can decide for a full day excursion to one of the greatest cities in northern Portugal: **Braga** (169 km). The city used to be the centre of the **Roman province Gallaecia** and is famous for its old baroque churches and beautiful parks and gardens. Continue to visit **Guimaraes** (30 km), a town that has been declared **European Capital of Culture in 2012**. Return to **Hotel Forte S. Francisco** in the afternoon and book a treatment or enjoy a bath in the Spa.

Day 8: Chaves – Porto, Portugal

After breakfast, you will leave for airport Porto (170 km), where your journey ends. If there is time, you will have a short **city tour**, including the **wine cellars of Gaia**, before you head to the airport to take your flight back.

The price includes:

- 8 days/ 7 nights
- double/twin room/breakfast
- Transportation by deluxe AC motor coach with professional driver (Mercedes E class up to 3 pax, Mercedes Viano up to 6 pax, Mercedes Sprinter up to 12 pax)
- Local English speaking escort guide for Santiago de Compostela half day walking tour
- Entrance fee to Cathedral in Santiago
- River cruise and wine Tasting in Douro Valley (2 Douro DOP + 1 Porto)
- Round the clock 24 h telephone assistance in English during your trip
- Complete travel documents for your stay, including maps and indications for the road
- Use of Thermal pools in the Hotel Spas

Price per person in €			April – October	
Minimum persons	double/twin room/ breakfast	Single room supplement	Triple room discount	
6	2332 €	295 €	90 €	
5	2499 €	295 €	90 €	
4	2970 €	295 €	90 €	
3	2340 €	295 €	90 €	
2	3780 €	295 €	-	
1	6990 €	295 €	-	

Not included: air fare, lunch, dinner, tip, personal expenses for souvenirs etc. The itinerary is subject to change and depends on arrival and departure times. Tour is customizable on request.



Enjoy the Roman Thermal Spa Experience in Beautiful Spa Resorts

France: The Romans founded the city of **Dax** or “**Aquae Tarbellicae**” and soon began to appreciate its thermal water. According to the legend, a Roman soldier heavy-heartedly left his dog suffering from arthritis in Dax. When he returned he found his dog in excellent health.

Thanks to its thermal water and the healing mud from the river Adour, Dax is one of the **most famous spas in France**. Visit the impressive “**Fontaine Chaude**”, a gushing mineral spring erected on the ruins of the Roman bath. Benefit from soothing medical treatments in “**Thermes Bérot**” or enjoy pure relaxation and wellbeing in its spa. Located in the south-west of France, Dax offers mild climate and French savoir-vivre. Go for a walk in the town centre and take a break in one of the typical French cafés. Do not miss “**Notre-Dame de Sainte Marie**” cathedral and the bullfighting arena. At the weekends, there is a market in front of the cathedral. Local farmers offer home-grown fruit, vegetables and other regional products. The most heavily forested area of Western Europe, as well as long **sandy beaches along the Atlantic coast** can be found in immediate proximity to Dax. The worldfamous cities of **Bordeaux** and **Biarritz** are ideal destinations for day

trips. A wine tasting and fine French food complete the perfect French holiday experience.

Thermes Bérot with the Thermotel located in the heart of the center of Dax, directly connected to the Thermes Bérot, just 400 m away from the square of the hot water fountain and Roman relics. Here you will find all the service of a hotel with the freedom of a residence. 57 studios with bath/WC, court side, air condition. Thermal pools with jets, underwater, turpentine oil and jet showers, carbon dioxide baths, sauna, whirlpool, thermal water walking parcours.

Spain: Lugo – Hotel Balneario de Lugo lies in a peaceful green environment with 5.000 sqm green areas and just 1 km away from the city center, on the Primitive Way to Santiago and beside the beautiful Minho river walk.

Portugal: Chaves – named **Aquae Flaviae** in Roman times – was due to its hot thermal springs and its location at the crossroads of three important roads a major city in Roman times. The well-preserved Roman Bridge is still an impressive evidence of its glory. In Roman times, Chaves was a preferred destination to recover bodies and souls in the hot thermal water. Still today, Chaves Thermal Spa is using it for a wide range of treatments for many ail-

ments. Relax and recharge your batteries with a wellness treatment in the modern thermal bath and enjoy a spa experience whose healing and relaxing effects have been appreciated for more than 2,000 years.



HOW TO GET THERE

Dax/France – by airplane

Paris (CDG) 730 km, Bordeaux-Mérignac (BOD) 145 km, Toulouse-Blagnac (TLS) 276 km, Biarritz (BIQ) 60 km, Pau-Pyrénées Airport (PUF) 80 km, San Sebastián/Spain (EAS) 89 km

By train: From Paris Gare du Nord/Montparnasse **TGV Atlantique** to Dax (4,15 h). Transfer service on request.

Chaves/Portugal – by airplane

International Airports: **Portugal:** Porto (OPO) 140 km, Lissabon (LIS) 430 km; Further airports: Braganca (BGC) 100 km. **Spain:** Santiago de Compostela (SCQ) 205 km, Vigo (VGO) 180 km, Madrid (MAD) 460 km.

Transfer: We recommend to rent a car. Transfer service on request.



Booking request

FIT Reisen | 60314 Frankfurt am Main, Germany
Tel.: +49 (0)69 40 - 5885 - 85, Fax: - 901
info@fitreisen.de | www.fitreisen.de

Roman Thermal Spas of Europe

Secretary General of the European Spas Association
B-1000 Brussels, Belgium | Tel. +32 (0)2 282 0558
info@roman-thermal-spas.eu | www.roman-thermal-spas.eu



Co-funded by the European Union