



Discover the European Route of Thermal Heritage

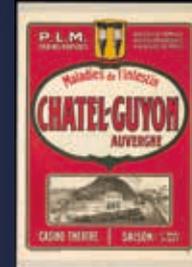
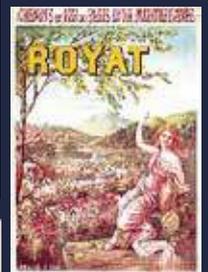
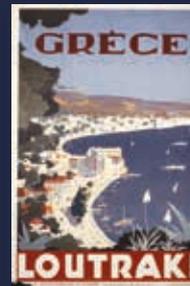
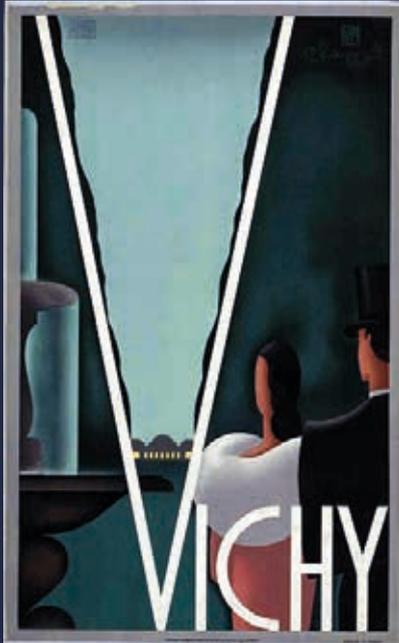
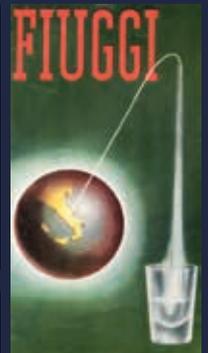
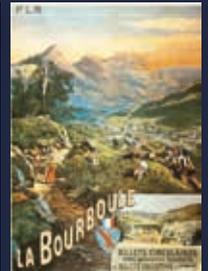
Culture - Art - Architecture - History



THE EUROPEAN
ROUTE OF
HISTORIC
THERMAL
TOWNS

Cultural route
of the Council of Europe
Itinéraire culturel
du Conseil de l'Europe







Welcome from the President

The historic thermal towns, or spa towns in our network have been centres of tourism and healing for centuries. They have a tradition of welcome which continues to this day, and are renowned for the quality of their architecture, heritage, and spa facilities. Thermal towns have historically been places of innovation, both socially and in the design of the urban form and particular styles of architecture. They established the first public health policies, and they constantly play an important role in the pursuit of a better quality of life - an issue that affects all generations. Our spa towns have played an important part in the development of European society, memory, culture, healthcare and tourism, and we are rightly proud of that fantastic legacy!

Our network is active in promoting the benefits not only of our thermal waters, but of appreciating and protecting the built and cultural heritage that has grown up around spa town traditions across Europe. We celebrate the bath houses, the pump rooms, the assembly rooms, casinos and theatres, as well as the surrounding landscape used for exercise and health, and the parks and gardens that are a feature of all our towns. We invite you to do the same!

This brochure will help you to understand how visiting a spa town is a rich and enlightening experience, connecting you to the earliest tourists who trekked across Europe to benefit from our unique thermal waters. We invite you to immerse yourself in all that our towns have to offer – history, landscape, heritage, culture, arts, festivals, and of course our wonderful cascading, hot, mineral-rich, health-giving aquae vitae – the waters!

I give you the traditional thermal greeting, and wish you well in your thermal travels – Salve!

Giuseppe Bellandi,

President of EHTTA
and Mayor of Montecatini Terme



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Map of Spas

Here are the locations of our members and Associate Members.

Key:

-  Roman Name
-  Earliest known use of the springs
-  Hottest Spring
-  Springs
-  Active Chemical Elements
-  Capital City
-  Spa Town Location



Introduction

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 in 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, tourist facilities grew in a practical 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.

So, in each of our towns you will find a range of accommodation (often with waters on tap in 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.

When visiting a spa town, there are several distinct elements to your visit, which you should try to incorporate into your stay. Here are ten ways to enjoy a visit to a spa town:

- 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
- Go on the historic tours which help you to learn about the town's past, including its famous visitors. Look out in particular for colourful costumed guides!
- Appreciate the architecture and built landscape that surrounds you, and find out the stories behind these magnificent buildings
- 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!
- Search out the artistic works that were inspired by or created in the spa towns – literature and music in particular
- 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
- Eat well – restaurants and markets selling local produce 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!)
- Enjoy good company – spa towns are sociable places, and some are particularly romantic!
- Wander through richly planted parks and gardens, where in the past, visitors took gentle exercise but also liked to be seen
- 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”

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. To discover how to visit our towns, and some of the tour packages available for visitors, please go to the “tourism” button on our website www.ehtta.eu.

The European Route of Historic Thermal Towns, is one of over thirty 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, built as Europe was “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.

They include:

- The Via Francigena – pilgrim route from Canterbury to Rome
- The European Mozart Ways
- The Phoenecian's Route
- The European Route of Ceramics
- The European Route of Jewish Heritage..... and many more fascinating themes!



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”.

Cultural Routes focus on themes that are representative of European values, and common to several European countries. In the case of linear routes they follow a historical (often pilgrimage) route, or in the case of cultural tourism a newly-created route or network. They are organised by an Association or federation of Associations, and give rise to long-term multilateral co-operation projects in important areas such as scientific research, heritage conservation and enhancement, cultural and educational exchanges among young Europeans, contemporary cultural and artistic practices, cultural tourism and sustainable development.

They encourage visitors to take a journey through space and time to understand Europe's shared and living cultural heritage.

The core values of the Cultural Routes of the Council of Europe are:

- Human rights
- Cultural Democracy and diversity
- Mutual understanding and exchanges across boundaries.

“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.”



All the routes in the Programme are certified by the Council of Europe, and are re-evaluated every few years (in terms of their organisation and the way that they meet the aims of the Programme), 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. It enriches the tourism sector with new products based on cultural and heritage tourism, bringing new jobs especially for young people, and having an impact on SMEs and innovation. The Cultural Routes programme helps to

tackle seasonality in tourism, and helps to facilitate education and learning, as well as promoting and preserving cultural identities. The Cultural Routes Programme is at the heart of cultural tourism development – for the European Union too, as more tourism funds are being made available via the Cultural Routes programme.



For thousands of years, Europe's thermal waters have been destinations for tourists seeking health and wellness. Our towns became places where the political and cultural elite and all levels of society gathered and mixed – often in neutral places away from conflict. The endorsement of the towns by the celebrities of the day generated

prestigious thermal facilities - the pump rooms (drinking halls), bathing palaces, assembly rooms, theatres, casinos, and grand hotels that characterise the urban landscape today. Landscaped gardens and promenades ensured that everyone could see and be seen, and show off the latest fashions – as well as taking moderate exercise as part of the cure. As scientists examined the effects of the waters, more knowledge was gained, and new treatments developed, allowing the thermal towns to become the precursor to modern tourism. It is this story, and the shared cultural heritage and memory generated in the spa towns of Europe that was validated when the EHTTA became the Cultural Route of Historic Thermal Towns.

Background

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 three year co-operation project called *Thermae Europae*, and were keen to continue the good 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 33 routes certified by the Council of Europe. Other routes include linear and pilgrimage routes such as the Way of St James (the Camino), the Via Francigena, and the St Olaf Ways, and themed routes such as the European Route of Megalithic Culture, the Routes of the Olive Tree, the Iter Vitis Route, and Destination Napoleon, to name but a few.

EHTTA has grown from its original 6 Founder Members to a healthy non-profit Association, a network of nearly 40 Active and Associate Members in 13 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
- 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 towns

Membership of the Association

There are two main categories of membership of the Association. The Thermal Towns (Active Members), which are represented by the Municipality or local government, and Associate Members, which are typically geographical regions, or Associations. The Association is run day – to-day by a small Task Force, and the Scientific Committee, both working with an Executive Council and the General Assembly.

Active Members have to fulfil certain criteria to be accepted by the Association.



They must:

- Be within a country which is a member of the Council of Europe.
- Have a history of use as a thermal spa town dating back to the 19th Century or before.
- Have an active water source used for bathing or drinking as part of a thermal spa or wellbeing centre.
- Have a thermal architectural heritage dating back at least to the 19th century, with one or more buildings related to hydrotherapy which are classified historic monuments; or for historic spa towns within the Council of Europe which do not satisfy this point, the city must prove that it has a significant history of thermalism.
- Have a tradition of cultural events, and the infrastructure to support this, such as theatres, concert halls, casinos and bandstands.
- Offer high quality accommodation with specific facilities dedicated to thermal activity

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 from the Secretary, via email: contact@ehtta.eu.

The Cultural Routes programme, launched by the Council of Europe in 1987, demonstrates in a visible way, by means of a journey through space and time, how the heritage of the different countries and cultures of Europe represent a share cultural heritage. The Cultural Routes put into practice the fundamental values of Council of Europe: human rights, cultural democracy, cultural diversity and identity, dialogue, mutual exchange and enrichments across boundaries and centuries.

As of 2016, there are 32 certified Cultural Routes of the Council of Europe (www.coe.int/routes)



The Great Spas of Europe UNESCO project.

www.spaarch.cz

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.

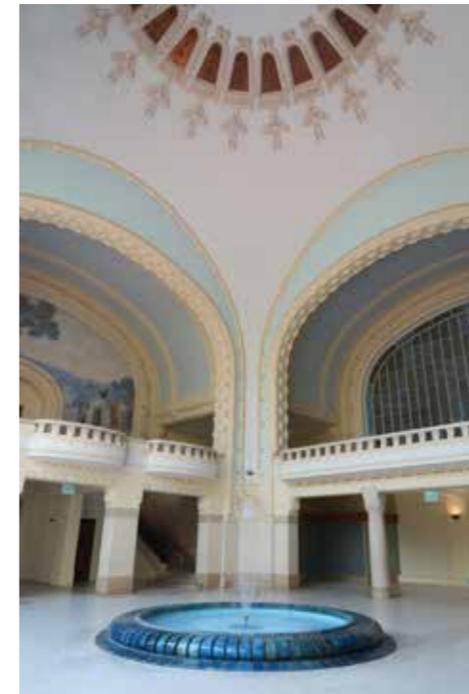


Studies which have been made by the International Working Group of the Great Spas of Europe since 2011 have shown how important Europe's spa towns have been in the democratisation of society as reflected in the health provision, communications systems, and of course the tourist industry. They have also 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-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, Bad Kissingen and Baden bei Wien also go forward for nomination, the result of which will hopefully be known in 2018.



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.



EHTTA Projects Past and Present:

In its relatively short existence, EHTTA has achieved a number of milestones, and has plans for several more ambitious projects. These pages give you a snapshot of some of the projects carried out since the Association was formed in 2009. Becoming a Cultural Route certified by the Council of Europe was EHTTA's first major achievement, and is a significant part of its identity today.

Sources of Culture, the Cafés of Europe (SOURCE) project

The Source Project was the biggest project so far undertaken by the Association, and ran from May 2013 to March 2015, across eight towns in six countries. It was part-funded by a grant from the EU Culture Fund, the co-organisers, which were a small group of Municipalities in the Association, and the Route des Villes d'Eaux du Massif Central, which co-ordinated the project on behalf of EHTTA. Each event had local partners, particularly the organisers of the festivals which were taking place at the time of each Café event. The project showed that EHTTA is capable of a high level of creativity and co-ordination, and was a great achievement for a relatively young organisation.

The inspiration for the project was the nickname given to Spa in the 18th Century of the "Café of Europe", meaning a place where all levels of society could meet without the usual rules being applied. Eight "Cafés" were set up, each at the same time as an important festival in the town, as round table discussions in front of invited audiences, each with a different theme. These themes were important to each town, but are also issues which affect the future of our historic thermal towns. The overall aim of this multidisciplinary co-operation project was to explore, understand and promote a shared European cultural heritage.

There were several strands running through the project, which were brought out at each of the cafes. These included an "interactive novel", an experimental form of writing, based on characters from the past, and linked to the towns, whose story is still being told on social media today. They were brought to life at the cafes by actors whenever their story paths overlapped. Each café was filmed, and also recorded by a travel diarist, whose images form part of a rich archive of cultural materials generated by the project (all still available online at www.sources-of-culture.com). Another great resource was the establishment of the "International Resource Centre" at the Médiathèque Valéry-Larbaud in Vichy, and the gathering together of all the festivals held throughout the network, in order to foster future collaboration between festival organisers. The project also generated an event which is now held every year in the network, to celebrate the unique water sources in every town on World Water Day.



Sources of Culture, the Cafés of Europe (SOURCE) project



1. Enghien-les-Bains, 14th June 2013, held during the "Bains Numériques" festival The Café Theme: « Invisible Cities » Digital culture & augmented heritage reality: Key challenges for the thermal towns and for Europe.

2. Ourense, 19th September 2013, held during the Termatalia exhibition The Café Theme: "Water, Pilgrimages and Spirituality" A history of hospitality through the sources of Europe.

3. Royat – Chamalières, 14th November 2013, held during the the "Rendez-vous du Carnet de Voyage" in Clermont-Ferrand. The Café Theme: "Travel, other paths through Europe: Journeys and memory"

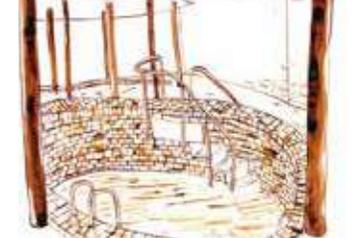
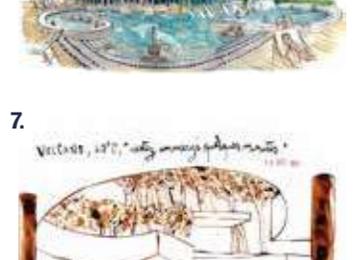
4. Baden-Baden, 17th March 2014, held during the Easter Festival at the Festspielhaus. The Café Theme: Thermal Towns of the 19th century as Places for Musical Inspiration

5. Spa, 8th June 2014, held during Spa's Salon Santé et Bien-être event The Café Theme: The role that spa towns have played in the development of modern tourism, and the part it can play in developing new forms of "slow", "eco", wellness and healthy tourism.

6. Fiuggi, 26th July 2014, held during the Fiuggi Family Film Festival The Café Theme: The Movie Café

7. Acqui Terme, 17th October 2014, held during the Premio Acqui Storia historic literature prize event. The Café Theme: " Historical Literature in Spa Towns"

8. Bath, 5th March 2015, held during the Bath International Literature Festival The Café Theme: Bath Spa – a Utopia of the Past, Present and Future?



Enghien-les-Bains Travel diarist: Yann Minh
Ourense Travel diarist: Luis Ruiz
Royat Chamalieres Travel diarist: Elsie Herberstein
Baden-Baden Travel diarist: Lapin
Spa Travel diarist: Damien Roudeau
Fiuggi Travel diarist: LapisanpluS
Acqui Terme Travel diarist: Guillaume Reynard
Bath Travel diarist: Andrew Lansley



This project has been funded with support from the European Commission. This publication reflects the views only of the author, and the Commission cannot be held responsible for any use which may be made of the information contained therein.

Visibility

EHTTA's membership has grown steadily since the first six founding members set up the Association, and now stands at nearly 40 Members and Associate Members, with more being welcomed each year. EHTTA has taken its message to the European Parliament, both in April 2015 and September 2016, launching a political declaration, and promoting the Association and its work, especially the Cultural Route, to MEPs and other stakeholders. EHTTA is an active member of the Cultural Routes Programme, and continued co-operation with the Council of Europe, and the European Institute of Cultural Routes ensures its visibility on the European stage. Collaborating with relevant organisations at a regional and European level, and with other cultural routes is a key activity for developing opportunities to find funding for projects, such as the Thermal Pass project. Speaking engagements and participation in conferences and exhibitions each year brings awareness of the organisation to new audiences. EHTTA's communication tools are constantly being updated within the context of a new strategy for communication and tourism.



The Thermal Atlas

The Thermal Atlas is a project which is being developed by the Scientific Committee of EHTTA, an ambitious initiative for the study of the Thermal Heritage of Europe. The Thermal Atlas aims to become the most complete resource on thermalism in Europe, building an essential database and geographical information system on the resources that have made thermal towns key actors in the history and identity of Europe. The Atlas will gather together information in fifteen categories, covering the natural heritage (the springs), the cultural heritage (the thermal buildings, hotels, and built landscape) and the intangible heritage (events, stories and people), as well as data about infrastructure, promotion, research and water-based industries.

Celebration@Sources

Every year, the Network holds celebrations of its water sources on World Water Day (March 22nd) where all the members can give access to their heritage and sources in interesting and unusual ways (behind the scenes tours, talks, free bathing sessions, water tasting and so on). This reinforces the importance of water, and the history of its use which is at the heart of every town to both local residents and visitors. Look out for similar events to celebrate thermal water sources around European Heritage Days in September and Global Wellness Day in June, and during the Year of European Heritage in 2018.



Themes

Several themes unite our network, and can be used as inspiration for designing your own itinerary:

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!

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.

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!

Let the train take the strain – 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.

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.

We invite you to follow in 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 benefits the body, mind and spirit.



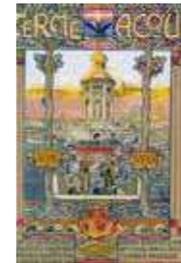
Acqui Terme, Italy

Founder Member of EHTTA

Tourism: www.turismoacquiterme.it

Spa: 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.



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,

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.

Associazione Nazionale Comuni Termali (ANCOT), Italy

Associate Member

A.N.CO.T. , the Italian Thermal Municipalities Association is a non-profit Association, whose members are thermal municipalities. A.N.CO.T. was founded in 1989 by the most important Italian Thermal Municipalities such as Chianciano Terme, Montecatini Terme and Salsomaggiore Terme. Today it has 49 Municipality partners, some of which are already involved in E.H.T.T.A. such as Acqui Terme, Fiuggi, Montecatini Terme, Chianciano Terme and Salsomaggiore Terme. The Registered Office is at the Municipality of Chianciano Terme.

SPECIFIC OBJECTIVES THAT A.N.CO.T. PROMOTES INCLUDE THE FOLLOWING:

- ANCOT performs a coordinated action between the towns associated in dealing with institutional bodies, the Government and Parliament, and with the Ministry of Culture and Tourism
- Valorisation and preservation of thermal cultural heritage in Europe
- Reinforcing co-operation between spa towns and spas at Trans-European level, and exchange of experiences and good practices between the local authorities and/or cultural and socio-economic operators of spa towns
- Encouraging, promoting, completing and developing research, analyses, studies and statistics in the spa sector;
- Co-operating with European institutions in supporting international policies regarding spas



Tourism: www.comunitermali-ancot.it



Bad Homburg vor der Höhe, Germany

Tourism: www.bad-homburg-tourismus.de



Roman Name: N/A



Earliest known use of the springs: Roman



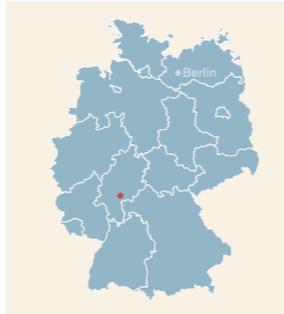
Hottest Spring: 34.5°C



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



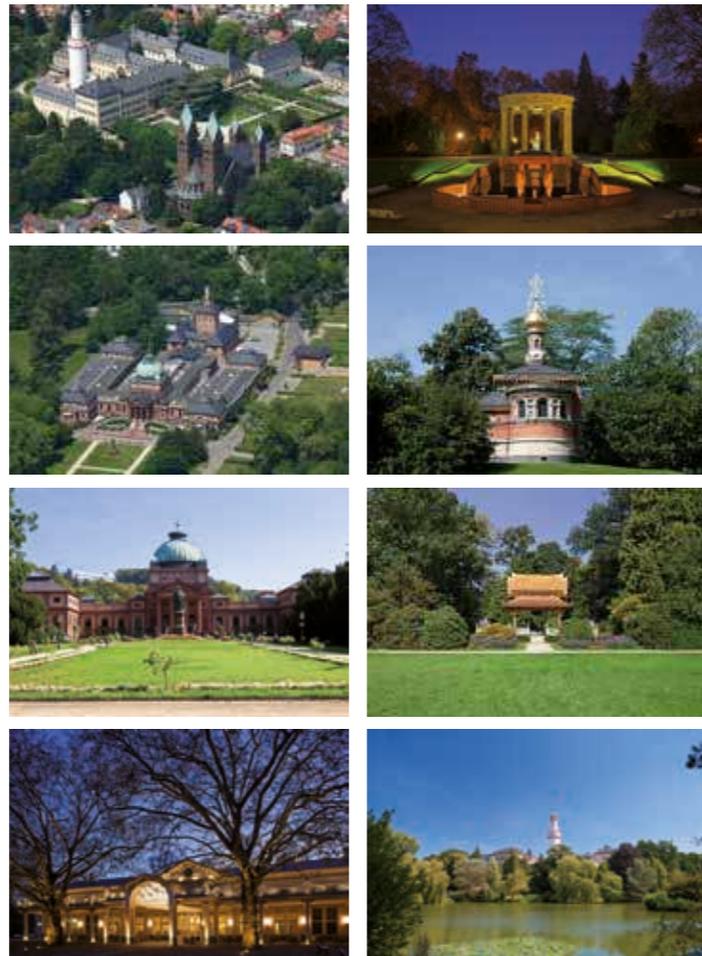
Active Chemical Elements: Sodium Chloride.



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.



Baden-Baden, Germany

Tourism: 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.



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.



Bagnoles de l'Orne, France

Tourism: www.bagnolesdelorne.com

Spa: 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.



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!



Bath, United Kingdom

Founder Member of EHTTA

Tourism: www.visitbath.co.uk,
www.thermaebathspa.com

Spa: 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.

Bath's thermal water is, in part 10,000 years old, having fallen as rain on the Mendip Hills south of the city, then heated at great depth and rising to the surface via a geothermal fault system. However, the exact origins of the waters still remain a mystery. At 45°C, the waters are the hottest in the UK, and Bath is the only place in the country where it is possible to bathe in natural thermal mineral water. In the past, the waters were renowned for drinking, more than bathing, and the 18th century Pump Room is a testament to the importance of the waters and the social customs that grew up around the taking of the waters for the cure – customs that were copied throughout the spas of Europe.

Modern Bath is a thriving city, with an equally thriving spa culture to complement its many internationally-renowned festivals, its rich architectural heritage, and an enviable cultural and sporting scene. In 2006 the new Thermae Bath Spa opened its doors, finally reconnecting Bath to its thermal waters, after a period of 25 years when Bath was a spa town in name only. A new five-star spa hotel, the Gainsborough Bath Spa with its own supply of thermal water opened 2015, thus completing the revival of thermal leisure facilities in the city centre.

Budapest Spas, Hungary

Tourism: www.budapest.gotohungary.com

Spa: www.spabudapest.hu

-  Roman Name: Acquinum
-  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 metabolic acid.



Associate Member

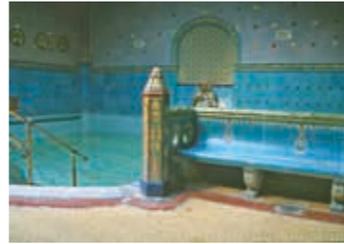
Budapest, recognised as a “Spa City” since the 1930s is the only capital city in our network which is also a spa centre, and for centuries it has been a fashionable place for the celebrities of the day. Even in Roman times, with 14 private and public bath houses, it was a centre rivalled only by Rome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



Governorship of Bursa, Turkey

www.bursa.gov.tr
www.bursaab.gov.tr

-  Roman Name: N/A
-  Earliest known use of the springs: 185 BC
-  Hottest Spring: 90°C
-  Springs: Zeyninine, Vakırbahçe, Oylat, Kaynarca and Karamustafaşa .
-  Active Chemical Elements: Oligometallic (low mineral) waters.



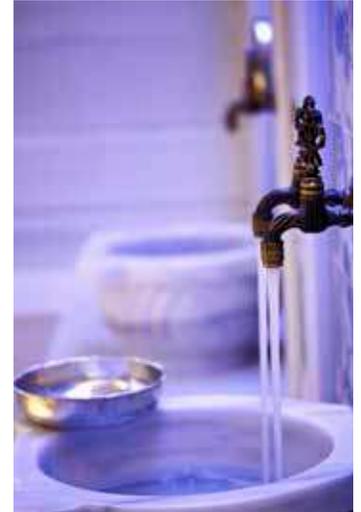
Associate Member

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.

Bursa's 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

Tourism: www.cm-caldas-rainha.pt

🕒 Earliest known use of the springs: Roman

🌡️ Hottest Spring: 35°C

🌿 Active Chemical Elements: sulphur



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.

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.

Châtel-Guyon, France

Tourism: www.chatel-guyon.fr

Spa: www.thermesdechatel-guyon.fr

🏛️ Roman Name: N/A

🕒 Earliest known use of the springs: 1671

🌡️ Hottest Spring: 34°C at Chaves

🌿 Springs: Carnot, Marguerite, Germaine, Deval.

🌿 Active Chemical Elements: Magnesium, silicium



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.



Eurocity Chaves-Verín, Portugal/Spain

Tourism: www.visitchavesverin.com

Spa: www.termasdechaves.com
www.balneariopedagogicovidago.com



Roman Name: Aquae Flaviae



Earliest known use of the springs: Roman



Hottest Spring: 73°C at Chaves



Springs: Verín: Cabreiroá, Sousas, Fontenova, Caldeleñas, Fonte do Sapo) Chaves: Termas de Chaves, Spa of the Emperor.



Active Chemical Elements: sodium bicarbonate, lithium and fluoride.



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-medical waters, all with a similar composition but distinguished by their varying temperatures from 17-25°C in Verín 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 Verín 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 Verín, 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!



all pictures are "courtesy of EurCity Chaves-Verin, EGTC"

Chianciano Terme, Italy

Spa: www.chianciantoterme.info



Roman Name: Fontes Clusini



Earliest known use of the springs: 5th Cent. BC



Hottest Spring: 38.5°C



Springs: Acqua Santa, Acqua Fucoli, Acqua Santissima, Acqua Sillene, Acqua Sant'Elena



Active Chemical Elements: carbon dioxide, calcium carbonate, bicarbonate, sulfates.



The origins of Chianciano Terme are possibly the oldest in the network, as it can trace its history back to a temple dedicated to Sillene, built in the 5th Century BC. According to the legend, Sillene, who was the goddess of beauty for the Etruscans, used to hide in the spring where she often bathed and the spring soon was called by her name. The Sillene springs are located in the newer Terme quarter of the town (the more ancient part of the town, Chianciano Vecchia being on top of a hill). The springs were popular in Roman times, and many luxurious roman villas were built in the area near the thermal baths.

Chianciano is close to another Cultural Route, the Via Francigena, and its proximity to what was the main connection to France and England in the Middle Ages allowed Chianciano to develop sufficiently to have its own statutes. It was only in the first decades of the 20th century that the Terme area of the town began to be developed, although many of the new buildings were destroyed in 1940, and redeveloped again in the 1960s. The elegant Terme quarter, with its parks, numerous hotels and thermal springs is one of Italy's finest health resorts, stretching towards the older town in a crescent shape.

The Chianciano waters come from five different springs, and treat different conditions. Broadly, they are known for cleansing the liver and general detoxification, respiratory problems, metabolic disorders and treating kidney and urinary tract problems. Acqua Sillene waters, at 38.5°C are used for the preparation of thermal mud baths (clay is matured in the waters and heated to about 48°C), an effective remedy used to boost circulation and cardiovascular problems. Those seeking relaxation and wellbeing should look no further than the new Sensory Spa at Terme di Chianciano, a dramatic blend of new architecture and the ancient thermal springs, with treatments based on the elements - water, fire, earth, air and ether, and specially designed themed sensory trails for detoxification, rebalancing, energising and relaxation. Brand new pools, called Theia, are filled with the opaque waters of the Sillene spring, and are anti-inflammatory and soothing for the skin.



Daruvar Spa, Croatia

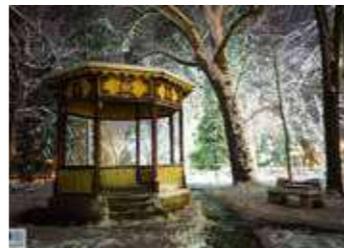
- Tourism: www.visitdaruvar.hr
- Spa: www.daruvarske-toplice.hr
-  Roman Name: Aquae Balissae
-  Earliest known use of the springs: 2nd Cent. BC
-  Hottest Spring: 46°C
-  Springs: Antun, Ivan, Marija.
-  Active Chemical Elements: Iron.



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 cupola 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).



Distretto Turistico Selinunte, Italy

Tourism: www.distrettoturistico Selinunte.it



Associate Member

The Distretto Turistico “Selinunte, il Belice a Sciacca Terme” was created in 2010 to promote the region of Selinunte in Sicily, and is an Associate Member of EHTTA. The partnership comprises eighteen municipalities, 40 private partners, including hotels, B&Bs, farmhouses, restaurants and Associations.

The District’s tourist development project, approved by the Department of Tourism of the Sicilian Region, includes a tourism communication campaign which involves the coast from Selinunte to Siculiana and covers the entire area of the Belice river. Visitors to the area find an unspoiled region, where coastal routes and historic towns and monuments can be discovered in their typical Mediterranean rural setting. The roots of Mediterranean cultural heritage can be found here - the landscape still has many traces of Phoenician, Greek, Arabian-Norman and Spanish civilizations, which have left obvious and still intact, but in many cases, rather unknown signs and evidence of their presence. Archaeology, history and culture all conspire in Selinunte to express the excellence of Mediterranean cultural heritage.

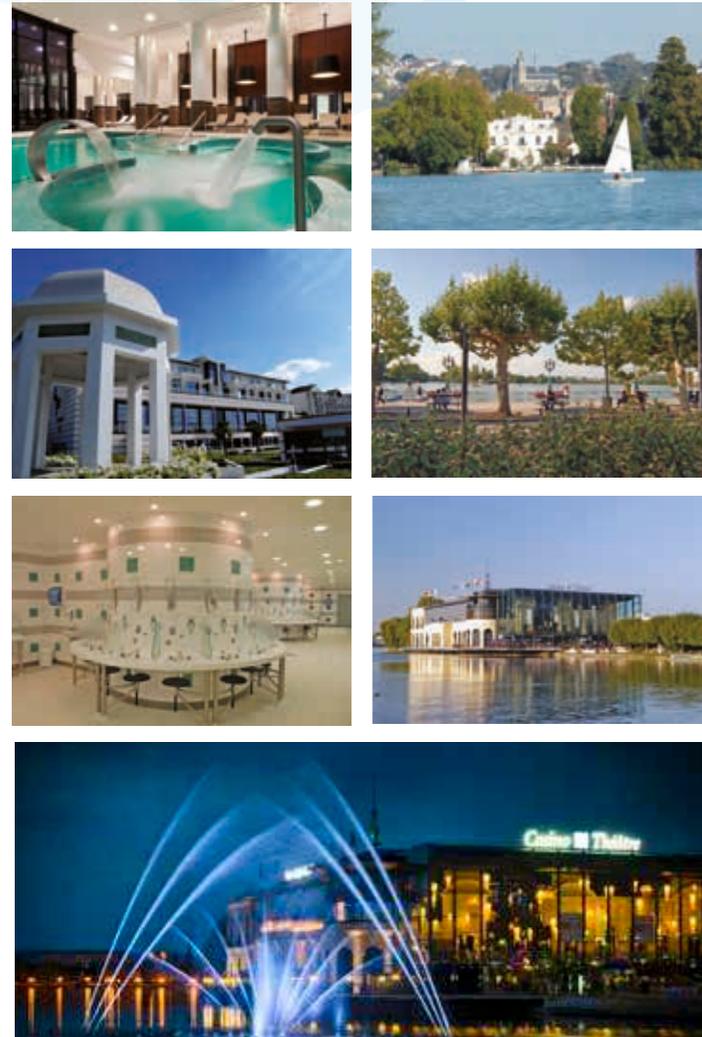
The municipalities that are part of the district are: Castelvetrano, Menfi, Ribera, Sciacca, Cattolica Eraclea, Monte Allegro, Siculiana, Santa Ninfa, Vita, Poggioreale, Salaparuta, Montevago, Partanna, Santa Margherita Belice, Sambuca, Caltabellotta, Calamonaci and Giuliana. Thermal tourism is being developed in the municipalities of Sciacca Terme and Montevago, which are also among the membership, both of the network of the Sicilian Thermal spa towns and the Thermal District project in Sicily.

The Tourism District of Selinunte has set out on a deliberate strategy to become more internationally visible, and is particularly focussed on becoming involved in the Cultural Routes programme of the Council of Europe. The district, in fact, is part of 5 routes, certified by the Cultural Routes programme, the Phoenicians’ Route and Iler Vitis (which also has its head office in the territory), EHTTA – Thermal Towns Route, The Ceramic Route, and the Route of Charles V.



Enghien-les-Bains, France

- Tourism: www.ot-enghienlesbains.fr
-  Roman Name: N/A
-  Earliest known use of the springs: 1820
-  Hottest Spring: 15°C
-  Springs: 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 its 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 Péligré 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.

Fédération Thermale et Climatique Française, France

www.federationthermale.org



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 D°ctors (SNMTh), the French S°ciety 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).



Fiuggi, Italy

- Tourism: www.comune.fiuggi.fr.it

-  Roman Name: Felicia

-  Earliest known use of the springs: pre-Roman

-  Hottest Spring: 12°C

-  Springs: Bonifacio VIII, Anticolana

-  Active Chemical Elements: Oligomineral waters – with a low mineral content



When Italian Prime Minister Giovanni Giolitti encouraged the development of two thermal complexes in one of his favourite places, Anticoli di Campagne early in the 20th century, he was building on a tradition which had started with the Romans, and continued through the centuries, treating famous historic characters such as Pope Boniface VIII. Michaelangelo, was said to have described Fiuggi water as “the water which breaks the stone”, as it cured him of what he said was “the only kind of stone I couldn’t love” – the ones in his kidneys.

Built in a verdant valley in the hills due east of Rome, the town had enjoyed a resurgence of visitors in the 19th Century, as the healing qualities of the waters became better known, and 2011 by Royal decree, Anticoli was renamed Fiuggi, after the ferns which grew in the surrounding woods (“fici” in local dialect).

Fiuggi’s thermal complex consists of two thermal springs, the Bonifacio VIII,

commonly drunk in the morning, before eating and the Anticolana, more usually drunk in the afternoon. The imposing Art-Nouveau entrance to the Bonifacio VIII park is all that remains of establishment built in 1911 in elegant Liberty Style. It was rebuilt in concrete in the 1960s in a contrast to the lush vegetation of the park, which lies in a long wooded valley laid out with walking trails and peppered with drinking fountains. The Anticolana spring was built in the 1920s and sits in landscaped gardens with more fountains, tennis and bowls courts, and a theatre. Fiuggi water is bottled locally and well-known throughout Italy. It’s miraculous effects include dissolving kidney stones and relieving urinary problems. It is also sometimes referred to as “liquid viagra”!

The Medieval hill town in upper Fiuggi has more of a medieval feel, and is where the imposing theatre, previously a hotel and the town hall, overlooks the charming market place. Cultural events include the famous Fiuggi Family Film Festival, and an annual Guitar Festival.

Galaalti, Azerbaijan

- Tourism: www.qalaalti.com/en

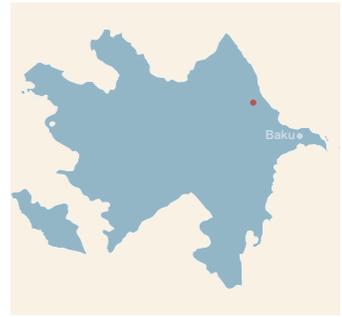
-  Roman Name: N/A

-  Earliest known use of the springs: 1969

-  Hottest Spring: 17°C

-  Springs: 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.



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 122km 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 hydrocarbons, volatile organic acids and hummus. The Qalaalti Resort and sanatorium was built 1000metres 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.



Galicia Region, Spain

Tourism: www.turismo.gal



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, Greece

www.thermalsprings.gr



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.



Karlovy Vary Region

Czech Republic

Tourism: www.livingland.eu



Associate Member

In the westernmost 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.



Krinides Kavala,

Greece

Tourism: www.kavalagreece.gr

Spa: www.piloherapia.gr

-  Roman Name: Colonia Iulia Augusta Philippensis
-  Earliest known use of the springs: 356 BC
-  Hottest Spring: 28°C
-  Springs: Krinides
-  Active Chemical Elements: Calcium, Magnesium, Bicarbonate



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 l°Cated 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.



La Bourboule, France

- Tourism: www.ville-labourboule.com

-  Roman Name: N/A

-  Earliest known use of the springs: Celtic or medieval period

-  Hottest Spring: 58 °C

-  Springs: Choussy-Perriere

-  Active Chemical Elements: sodium arsenate, sodium chloride, with a small amount of iron.



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.

The basic thermal facilities were built in the 15th Century, but in the 17th and 18th centuries, the discovery of a new hot spring, and publication of treatises on the quality of the waters began to attract more visitors. Published in the XIXth century, the documentation of the five springs was a springboard to the development of new thermal baths, hotels, a bottled water company and the development of the thermal infrastructure of the town, ready for a period of popularity and prosperity, enhanced by the arrival of the railway.

Since the second world war, La Bourboule has specialised in treating children for asthma, allergies and skin complaints, such as eczema, but recent changes in the health service's funding of treatment has meant a decrease in the number of children coming here (and enjoying the specially-designed activities in the Park de Fenestre). Today La Bourboule is a family-oriented centre, with plenty of outdoor activities to complement the medical and wellness offering.

Le Mont-Dore, France

- Tourism: 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.



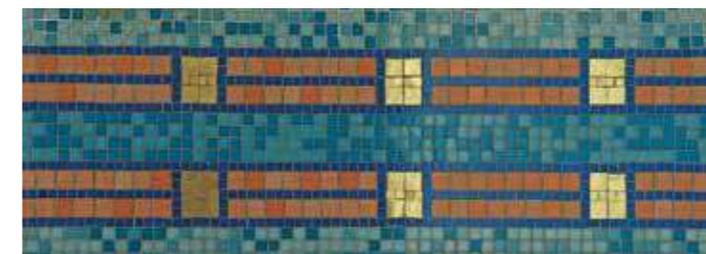
Typical of the Belle Epoque, the architecture of Le Mont-Dore is similar to that of nearby La Bourboule and St Nectaire, and is epitomised in the thermal baths. Behind the rather stern front of the thermal baths is a vast Neo-Byzantine palace, built in the style of Gustav Eiffel. Vast rooms with painted 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.



Loutra Pozar, Greece

Tourism: www.loutrapozar.com.gr

-  Roman Name: N/A
-  Earliest known use of the springs: ancient Greek times
-  Hottest Spring: 37°C
-  Springs: Stream of Άγιος Νικόλαος (St Nicolas) locally known as Thermopótamos (hot river)
-  Active Chemical Elements: potassium, sodium, lithium, manganese, magnesium, silicon, fluorine, iron.



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.



Loutraki-Perachora, Greece

Tourism: www.loutraki-agioitheodoroi.gr

- Spa: 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 (Λουτρό 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

Tourism: www.thermes-luchon.fr

Spa: www.luchon-bien-etre.fr



Roman Name: Ilixion



Earliest known use of the springs: Roman



Hottest Spring: 42°C



Springs: Pré, Reine.



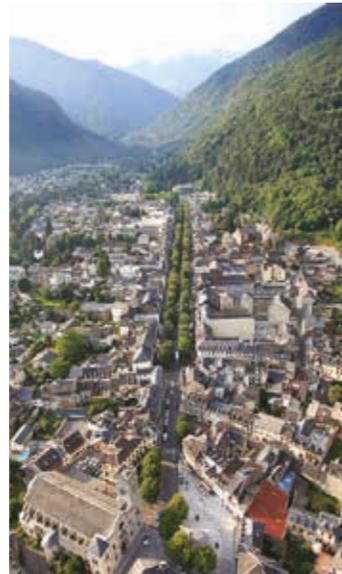
Active Chemical Elements: sulphur.



The Romans first developed baths at Luchon, dedicating them to the goddess of water, Ilixion, 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.



Montecatini Terme, Italy

Tourism: www.comune.montecatini-terme.pt.it



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.



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!



Ourense, Spain

Founder Member of EHTTA

Tourism: www.turismodeourense.com

Spa: 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.



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 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 3km "thermal walk" range from 41°C to 72°C and relieve skin problems, rheumatism, and arthritis.

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.

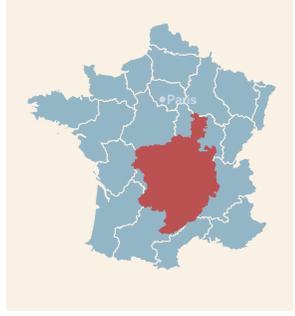
As the thermal capital of Galicia, Ourense is also known for its rich history, full of Romanesque, Baroque and Modernist monuments and for its charming traditional restaurants and taverns which serve the good wines of the area and prepare delicious local dishes such as octopus.



Route des Villes d'Eaux du Massif Central France

Associate Member

Tourism: www.villesdeaux.com



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 towns 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, Nèris-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.



Royat-Chamalières, France

Tourism: www.tourisme-royat-chamalieres.com



Roman Name: Rubiacum and Camaleria



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



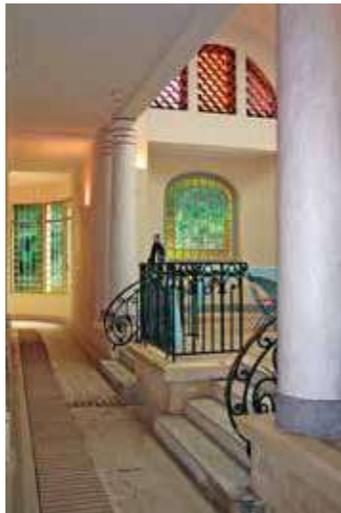
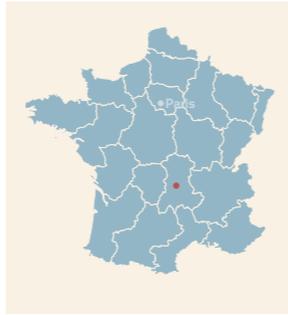
Hottest Spring: 37°C



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

Tourism: www.visitsalsomaggiore.it

Spa: www.termedisalsomaggiore.it



Roman Name: Salso Maiore



Earliest known use of the springs: Pre-Roman



Hottest Spring: 16°C



Springs: Tabiano



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



The Roman name of "Salso Maiore" 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 Berziera, 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 Berziera" 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.



São Pedro do Sul, Portugal

Tourism: www.cm-spsul.pt

Spa: 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



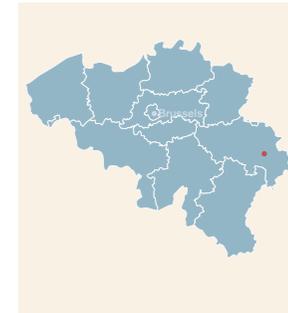
Spa, Belgium

Founder Member of EHTTA

Tourism: www.spatourisme.be

Spa: 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.



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.



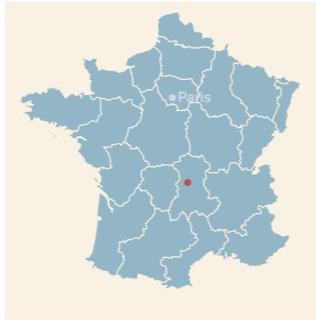
Vichy, France

Founder Member of EHTTA

Tourism: www.vichy-destinations.fr

Spa: 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



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 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.



Wiesbaden, Germany

Tourism: 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.



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 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-Terme a luxurious spa built on the site of a Roman sauna.



Glossary of European spa words in our network



| | Where to bathe in the water | Where to drink the water | Springs or water sources | Thermal sources (in a place name) |
|----------------|--|---|--------------------------------|---|
| Azerbaijan | Hamam | nasos otaqlı | bulaq | Kurort |
| Belgium | Les thermes | Les Sources (Pouhon is used for some specific springs in Spa) | Sources | Les thermes |
| Croatia | Banja | izvor ljekovite vode | Izvor | Toplice, eg Daruvarske toplice |
| Czech Republic | Lázeňský dům, or Lázně | Kolonáda (collonades) or Dvorana (hall) | Pramen or Vřídlo (hot spring) | Lázně (eg Mariánské Lázně) |
| France | Les Thermes | La Buvette | Source | Les bains (eg Enghien-les-Bains) |
| Germany | Thermalbad / Therme | Trinkhalle | Brunnen (well) Quelle (spring) | Bad or Baden (eg Bad Homburg, Wiesbaden) |
| Greece | Balneum (from Ancient Greek) Thermae - ancient Greek and Latin. Modern - Loutro | | Loutro | Thermae (ancient name for Loutraki) Loutra Pozar |
| Hungary | fürdő | ivókút | forrás | gyógyürdő |
| Italy | Balneum (Latin) Bagni | Sala Estrazona Acque | Fonte or Sorgente | Terme (eg Acqui Terme) |
| Portugal | Caldas | Buvette | La fonte | Caldas (eg Caldas da Rainha) or Termas de... |
| Spain | Balneario Terma | Buvette | Manantial, Fuente or Burga | Caldas (Catalonia) Burgas, Alhama |
| Turkey | Hamam | pompa odası | Pinar | |
| UK | Baths | Pump Room | Springs or Wells | Spa (eg Bath Spa) |

Further information and Resources



| | |
|---|---|
| www.ehtta.eu | The EHTTA website has all our news, information about the Association, details of how to join as a member, and links to tourist offices and tourism packages. |
| Thermal Travels | Our Facebook page – please connect with us on Facebook to find out more about what's going on in all our towns. We often ask you if you "wish you were here?" |
| @ehtta_thermal | The EHTTA Twitter feed –for our news and events. |
| @european_historic_thermaltowns | Our Instagram feed – gorgeous pictures of our historic buildings and luxurious spas – and a place for your #spatownselfie pictures! |
| www.scoop.it/t/historic-thermal-cities-villes-thermales-historiques | A news feed about European thermal towns, curated by Mr Michel Thomas-Penette, former Delegate General of EHTTA and a former director of the Institute of Cultural Routes in Luxembourg. |
| www.youtube.com – search for EHTTA | EHTTA has its own YouTube Channel, where you can find official videos about many of EHTTA's members. |
| www.sources-of-culture.com | The SOURCE Project website, including films of all the themed debates and discussions, at the Cafés of Europe, the images created by the travel diarists at each event, and links to other elements in the project, such as the characters of the interactive novel, "Aux Sources de l'Europe". |
| ehttasource.wix.com/waterandcities and vimeo.com/channels/waterandcities | Original films made by Marie Thomas-Penette at the Cafés of Europe and other events about the wonderful world of our thermal towns, the themes explored during the SOURCE Project, and the characters of the Interactive Novel. |
| Thermal-towns-and-Cinema – et-Villes -Thermales | A Facebook page for the cinematic connections to our thermal towns |
| www.spaarch.cz | The Great Spas of Europe website with details of the process of working towards a trans-nation serial nomination for World Heritage status from UNESCO, and the towns involved, many of which are in the Cultural Route of Historic Thermal Towns. |
| www.coe.int/routes | The Cultural Routes Programme website, with all the fascinating routes and networks which make up the programme. |

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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.

Contact details

EHTTA Office:

e: contact@ehhta.eu

w: ehhta.eu

 ThermalTravels

 @ehhtaThermal

 european_historic_thermaltowns



THE EUROPEAN
ROUTE OF
HISTORIC
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