

INFORMATIONS

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Saint-Thomas-les-Bains
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www.bains-saint-thomas.fr

Amélie-les-Bains Thermal Baths
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Boulou Thermal Baths
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La Preste Thermal Baths
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Links:
www.tourisme-pyreneesorientales.com/en

The Pyrénées-Orientales is the ideal destination for a wellness getaway in the fresh air, with a record number of sunny days (300 days per year), mountain resorts and regional natural parks, "Grand Site de France" label for the Canigou mountains, 3,500 km of hiking trails and a multitude of hot springs that spurt up from the depths at the heart of the Pyrenees.

Hot sulphur springs

Every day, these waters spurt out from the very core of the Pyrenees, at a temperature of 40°C, making this the ideal place to relax as a family or after a hiking trip, all year round.

In Cerdanya

- ✓ Bains de Dorres (altitude 1,458 m): These baths have been around since Ancient Times, they are south-facing and overlook the Serra du Cadi and Puigmal at a peak of 2,910 m.
- ✓ Bains de Llo (altitude 1,400 m): This natural spa is on the edge of the Sègre Gorges, with cutting-edge facilities and Organic beauty products that are made locally.

In Haut-Conflent

- ✓ Saint-Thomas les Bains (altitude 1,042 m): This establishment opened in 1995 and welcomes 115,000 people every year to enjoy the facilities here. Outdoor pools, whirlpools and Jacuzzi, bathing area, Turkish bath, etc. Thermal Plankton is a timeless treasure for top-quality cosmetics, and it is made right here.

Thermal treatments

There are 5 thermal spa complexes in the department, providing 3-week courses of treatment or over a weekend, for express recovery treatment. There is a wide range of package deals available and all treatments can be adapted to suit your needs.

In Vallespir

- ✓ Amélie-les-Bains: Thermal resort in a lush green setting, with a mild and sunny climate, at an altitude of 240 m. Two types of therapy: rheumatology and respiratory.
- ✓ Le Boulou: Le Boulou is sheltered by the Albera mountains, is at an altitude of 80 m, and benefits from a mild Mediterranean climate. The hot springs, known since the 9th century, can be used to treat both digestive issues and coronary artery diseases. Thermal water vapour in La Boulou can treat migraines and food allergies.
- ✓ Prats-de-Mollo/La Preste: At the far end of Tech Valley is the La Preste-les-Bains thermal resort. La Preste-les-Bains thermal resort plays an important role in the thermal heritage of France thanks to the beneficial effect it has on the urinary system and treating rheumatic diseases.

In Conflent

- ✓ Vernet-les-bains: Canigou thermal resort and the private, family-run establishment treat respiratory problems with 40° sulphurous water. Interesting buildings from the "Belle Epoque".
- ✓ Molitg-les-Bains: first resort of the Chaîne Thermale du Soleil and of the Barthélémy establishments, this resort is renowned for their kaolin baths and treatment for dermatological issues.

SERVICE PRESSE

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PYRÉNÉES MÉDITERRANÉE EN PAYS CATALAN

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