

SÁRVÁR

AND ITS SURROUNDINGS





Sárvár



Sárvár is one of the most favoured and historical spas of Hungary, located in the heart of West-Transdanubia in the valley of the Rába river, among the hills of the Kemeneshát region. Its natural beauty, the magnificent castle, the various music events and an abundance of leisure time programs are a guarantee for true relaxation.

Sárvár has many faces and colours, as well as a rich history of more than a thousand years, with numerous memories from the past.

In 1961 something more valuable than gold was found deep within the earth: medicinal water. Thus, this natural resource based medical tourism became a key factor in the development of Sárvár.

It is a rarity to be blessed with two kinds of medical water, but Sárvár is lucky enough. The medicinal water, containing alkali hydrogen carbonates has a temperature of 48 degrees Celsius and can be found at a depth of 1.300 meters containing mainly sodium-chloride, hydrogen-carbonates and trace elements and is ideal for curing and rehabilitation illnesses of the musculoskeletal system, for the post-treatment of sports injuries and strains and for muscle relaxing baths. The other medicinal source has a temperature of 83 degrees Celsius and has a high salt concentration, with a lot of sodium-chloride, hydrogen-carbonate, iodine, bromide, fluorine and trace elements.

The first spa in the town in the 1960s was built upon these treasures, just like the new and exclusive Medical and Wellness Spa in the year of 2002.

Culture & History

This rapidly developing small town combines culture, architecture and an idyllic nature into an organic unit. What can we recommend for those who are coming here?

Sárvár has many architectural and culture-historical monuments. The symbol of the town is the renaissance **Nádasy-castle**, which, with its gate tower and arched



bridge, leaning over the moat is part of our national heritage. Its most beautiful part is the Knights Hall, where the battle paintings of Hans Rudolf Miller and the frescos of Stefan Dorffmeister can still be seen. The magnificent halls of the castle harbour objects of the former owners and a collection of the famous Hungarian light cavalry, the Hussar. The inner courtyard is the location for open air music festivals, culture programs, vintage balls and popular fairs.

Sightseeing tours should be started from this point, as the castle can be an ideal orientation point. Opposite the castle one can find the **evangelical church**, built in the first third of the 19th century in a classicistic style.

In the main square of the town at the side walls of the **mayor's office** visitors are entertained by the music of 20 small bells. In the middle of the square there is a fountain, commemorating the close ties between the town and the waters.

One of the key buildings on the square is the **Saint Ladislaus parish church**. Géza Gárdonyi, one of the famous Hungarian novelists, had taught once in the two-storey kindergarden behind the church. The first book published in the Hungarian language here and the translation of the New Testimony by János Sylvester (1541) was born here. The famous minstrel, Sebestyén Lantos Tinódi, also found a home here.

Starting to the right from the castle the visitor is guided to the entrance of the neighbouring **Arboretum** through a park with several hundreds of years old sycamore trees. Artificial lakes, using the water of the Gyöngyös brook, and promenades ornamented with statues enrich the visit to this botanical garden. The seven boating lakes, the river Rába, the „Vadkert” and the castle park are a must-see.

Festivals, entertaining and cultural programs are waiting for the visitors which are organized in the Nádasy-castle, on the main square and on the Posta-square, which is the new central place of the city.

There are several famous festivals during the summer: the **Nádasy Historical Festival** is organized in the second half of July, you can feel the middle-age-atmosphere in the city. Other big festivals are the **International Folklore Festival**, the **Brass-Festival** and the **Majorette Festival**.





SIGHTS AND PLACES TO GO



It is worth planning a longer stay in Sárvár, as the surroundings offers a lot to see and explore. In the following part you can find some places to visit. The centre of the tours is always Sárvár, the alpha and omega of everything...

ACTIVELY – IN A GREEN ENVIRONMENT

Join us for a nice walk. The Arboretum in the vicinity of the castle is worth a visit. Beautiful rhododendrons, impressive, several hundreds of years old sycamore trees and mammoth pines ...Familiarising with the more than hundred special plant species mean relaxation for several hours. Two brooks and a hunting lodge provide the order in the flower garden and a touch of romance. Statues along the paths make a tour here even more relaxing.

Behind the Spa there is a **Boating-lake** consisting of several lakes, where visitors can familiarise with the flora and fauna and breathe fresh air while walking over small bridges and enjoy the silence.

The Vadkert boulevard crosses the “green heart” of Sárvár. Walkers, joggers and bikers enjoy the facilities of the boulevard and its surroundings. Here is an excursion park in the forest, where you can find fire places and playgrounds, too. The paths in the forest lead to the **river Rába**, where we can even continue our walk. You can reach the boating lakes and the **Sárvár Adventure Park** as well from the Vadkert boulevard.

An exciting water tour? The waters of the Rába river – one of the most romantic and fastest rivers in Hungary – encircle the town. Owing to a high amount of water at the upper part of the river, between the towns of Szentgotthárd and Sárvár, no summer tour must be missed due to water shortage. Rowing in unique nature you reach Sárvár, where you can bathe, relax or enjoy the culture and history!

On two wheels? Sárvár has excellent touring opportunities for discovering the surroundings from the saddle of a bicycle. Both the Boating-lake and the town offer nice biking. Do not bother about not having a bike! In Sárvár you can rent tour and city bikes at several places.

Hiking? The hills of the Kőszeg mountains, the Ság and Somló mountains await all visitors with clearly indicated routes with signs, road houses and plenty of mountain paths, also accessible by car. Have you ever been to the Írottkő? Do you

know the mysteries of the craters on the Ság mountain? The Ság is the western-most mountain in the volcanic row of Balaton. The unique climate is energising and the clearly indicated routes take you to all places, which are worth a visit. Let the fresh air recharge you!

And much more: tennis, horse-riding, Nordic Walking, qualified trainers and animators. Feel free to ask.

Those loving gastronomy and wine can find several restaurants and wine cellars. Pleasant terraces and gardens offer culinary delights. Here you can find both the traditional Hungarian cuisine and wellness delights but also international and local dishes. Sárvár is located between two wine-regions, where colour and taste meet. On the Hegyhát (mountain back) generations pass on the secrets of wine making.

SIGHTS IN THE REGION

The town of **Szombathely** has very rich Roman and Baroque sights to offer. The toy paradise of the Adventure Park is a must for families with children. The Sava-ria Historic Carnival is a real time travel where visitors can get acquainted with the history of the town, which during that time is overtaken by Celtic warriors, Roman soldiers, gladiators, archers and carnival artists. Several events, a fair flair and the time of your life await you here!

The town of **Kőszeg** is the jewel-box of the region. Its winding streets and charming houses enchant visitors for sure. Taking a nice walk in the green where the air is clean is beneficial to all, so, off you go to the Írottkő, the Hétforrás or the Óház lookout or even the Styrian houses. The **Őrség** region is famous for its small handicrafts workshops and the home-made, additive free culinary delights. Visit the home of the Hungarian Unicum, the pumpkin seed oil and the honey.

The municipality of **Ják** harbours the famous late Romanesque style Saint George church. A must-see!

The town of **Sümege** – a mere 30-minute drive from Sárvár – is a very popular excursion point. Beautiful landscape, historic and cultural monuments, picturesque town and a nicely restored castle attract a large number of visitors every year. Medieval parades and jousting tournaments, along with medieval dinners await the daring spectators. Museums, castles and fortifications, castle theatres and plays, colourful programs, all dedicated to recall ancient times...





Spa- and Wellness Centre Sárvár

Even though Sárvár has become well-known for being a city with a medicinal spa, the Spa today can offer much more than a traditional bath, as it combines relaxing, activities and experience-filled recreation and it helps creating the balance among the body, the mind and the spirit. A place, where both young and old in the family feel good. A lot of fun is waiting for the children here.



Services available all over the year:

Indoor healing-water pool • partly covered healing-water pool • partly covered experience pool • wave pool • children's pool with water toys • baby pool • Jacuzzi • swimming pool • 3 huge slides • 6 indoor family slides • playhouse with kindergarten nurses • sauna-world • fitness centre • bowling • medical centre • wellness centre • exclusive relaxation rooms • solarium • hair dressers • cosmetics • pedicure • catering



Services from spring to autumn:

beach pool • slides • 12 giant slides • wave pool • plunge bay • baby pool • children's adventure pool with water castle and pirate ship • retro pool with healing-water • playgrounds for several age groups • sunbathing terrace • sports fields and tracks: beach soccer, volleyball, petanque • summer pavilions

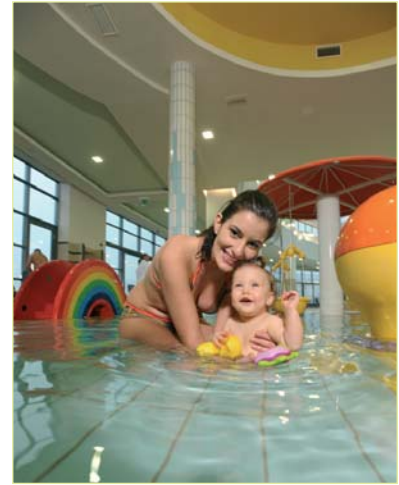


Awards, prizes:

The Spa has received several awards and prizes, because of the multitude of high-quality services, its professional employees, the infrastructure and hygiene:

- Quality Award of the Hungarian Wellness Association in the category Wellness Centre and Wellness Medicine.
- EuropeSpa Med International Quality Award from the European Spa's Association.
- Sárvár is a member of the Royal Spas of Europe. This membership is bound to a high quality Spa and a certified royal linkage.
- In 2015 was the Spa qualified by the Hungarian Spa Association. It got the highest 5-star qualification.





Unforgettable experience for families with children

There is a lot to see and experience for both young and old. With the opening of the family spa the generations can enjoy their time separately but still together. A corridor connects the healing spa with the family spa. Here it is all about the youngsters and the families with children... and while the little ones are splashing happily in the children's pool, their parents can keep a watchful eye on them from the Jacuzzi pool.

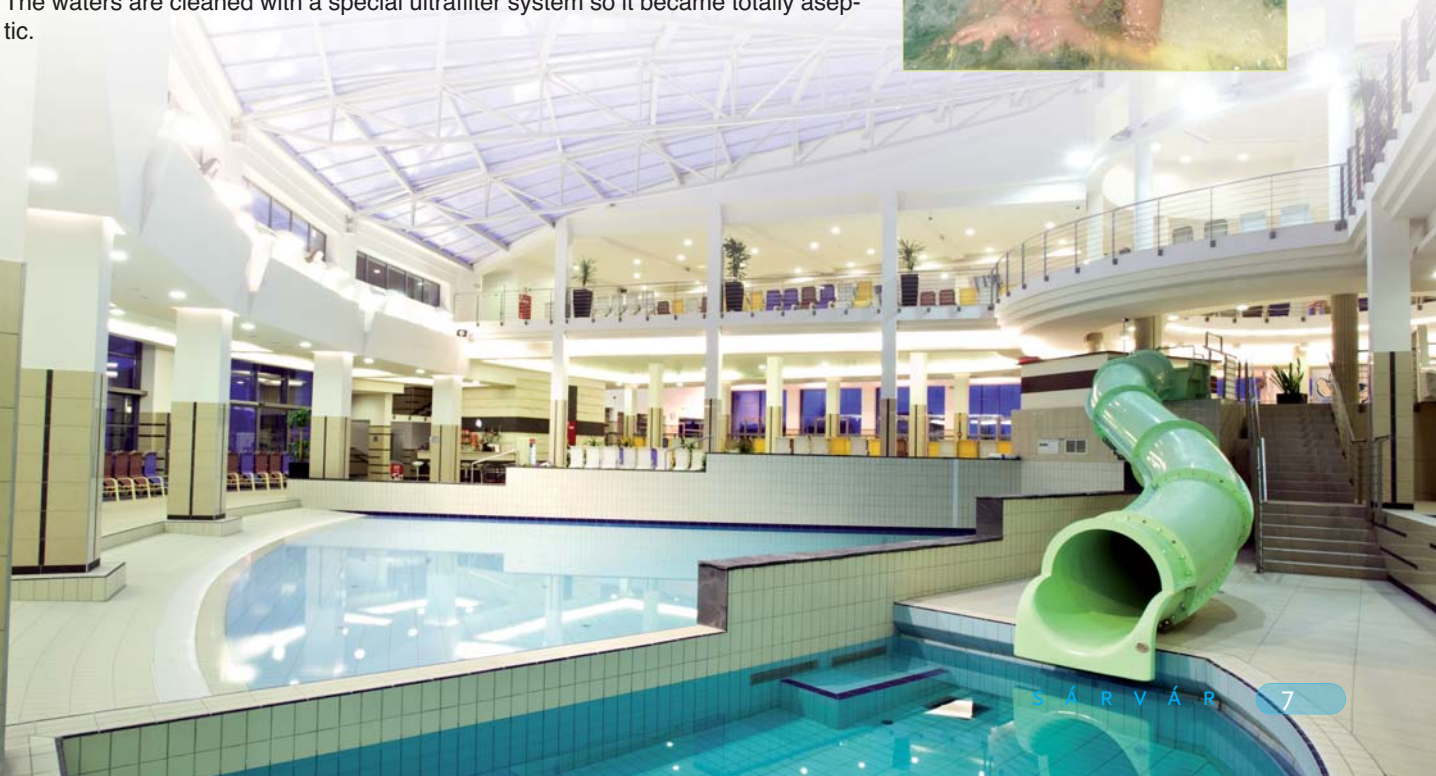
Take your choice between the slides of different sizes and rises and the family- and children's pools. The building of 5000 m2 with Mediterranean atmosphere is full of entertainment and adventure. In the baby-world there is a kitchen if you needed to heat up the food of the children, and also you can find a room where the children can take a nap and also a place where you can change the diaper.

Would the parents like to spend some time together? They can do it without remorse as the qualified kindergarten nurses ensure fun in the playhouse. They play with the children and organize programs, like do-it-yourself-time, puppet-show and musical-dance event. It is also worth checking on the homepage of the Spa frequently, as there are many water competitions and all kinds of fun programs for the children. They can often encounter clowns, performing artists and dancers, too.



Water-cleaning chlorine-free – ultrafilter technology

For the health of yours and your children's we do not add chlorine to the water of the pools in the family spa, and we use other chemicals at the very minimum level. The waters are cleaned with a special ultrafilter system so it became totally aseptic.





Active outdoor relaxation

Fresh and clean air, warm sunshine and waters with mild temperatures await all visitors at the beach from May to the end of September.

The cool water of the big beach pool is pleasurable in the heat of the summer, the waves in the wave-pool remind us of the seaside.

Do any of you long for an adventure? You can enjoy sliding both on the 4-lane race slide and on the 8 gigantic slides, among which you can find some really special and extreme ones.

The children can have lots of fun on the pirate ship, in the water castle and on the water fairground, while the smaller ones can enjoy the baby splash pool.

Different sport fields – beach volleyball, beach football and petanque – and playgrounds offer fun for everyone. Adventure here and there and everywhere...

The playhouse moves outside if the weather is nice: do-it-yourself-time, competitions and mini-disco entertain the families.

Would you like tranquility and relaxation? The retro pool with medical water awaits you.





Would you like to relax and refresh?

Our wellness services provide health, a better mood, beauty and vitality. Try our special massages: aroma- or honey massage, lava-stone massage, lymph-massage or Shiatsu massage. Our chocolate, yoghurt, olive oil body packages contribute to the beauty of the skin.

A true specialty is the sound massage. The treatment is being done with Tibetan sound bowls of different sizes and on a sound bed. Both are meant to restore the turbulences in the energy field of the body and bolster the strengthening of the immune system. It is recommended for children with learning disorders and adults, if they wish to be liberated and enhance the healing powers of their bodies.

Ancient yet timeless Ayurveda gives you the means of attaining and maintaining your own optimal health and well-being. The benefits of Ayurvedic medicine have been proven over centuries of use, and its methodologies are as applicable today in the West as they were thousands of years ago in India. During the treatments special warm oil from India is used. These massages actuate the self-healing process of the body, help to get away toxin, relax body and soul.

Ayurvedic treatments:

Sarvangha abhyanga (bodymassage from top to toe with warm oil, with a purification in the steam cabin at the end), Shirodara (massage of the head while herbal oil is streamed on the forehead), Shiroabhyanga (headmassage with warm oil), Sync massage (complete bodymassage with oil made by two masseurs at the same time).



Sauna-world

Our **Sauna world** guarantees spiritual and mental regeneration from any hard days' night, providing a high degree of luxury and the flair of a true temple of health preserving. Here you can choose from the following facilities: in- and outdoor Finish saunas, bio sauna, steam sauna, steam baths, aroma cabins, and a Kneipp-pool. This world is like a pearl in a shell, where peace and quiet prevail. Experience our various infusions as well





For those who wish for recovery

Sárvár offers not only rest and relaxation, but also convalescence. Rheumatologists and highly trained therapists offer their services to guests in the medical centre.



The certified medical water in Sárvár, containing alkali hydrogen carbonates, has a key role in healing musculoskeletal and rheumatic illnesses. The silky water percolates the body and the soul, making one to forget the everyday worries and curing the aching joints and rheumatic complaints. It is exceptionally suitable for the medical treatment of locomotive disorders and can be applied to cures during the rehabilitation process. In addition to this the medical water can be used for the follow-up treatment of sport injuries, neurological complaints and for muscle relaxing baths.



A wide range of medical treatments can be found at our medical centre, such as balneo therapy treatments, physiotherapy and electrotherapy treatments. After consultation with our rheumatologist specialists, there is the opportunity to determine the most optimal combination of treatments based on your personal health condition.

Some of the medical treatments: Papimi, wave-shock therapy, manual therapy, salt cave, inhalation (for respiratory diseases), lymph drainage massage, electro-treatments, mudpack, healing gymnastics, weight bath, underwater jet massage.

For those loving sports...



You can shape your body in the quality fitness centre of the Spa. Cardio and weight training machines and our well-trained staff help you with advice or personal training and offer aerobic lessons, TRX training, water gymnastics.

In the summer you can enjoy the volleyball, soccer and petanque in the sand.



Adventure Park

The adventure park is located next to the Spa and offers great activities for both children and adults, so it is an excellent family program, it provides exciting adventure and challenge for group of friends or colleagues as well.

The **120-station forest ropes course** can be used from the age of 3 but the courses for grown-ups, the sliding over the horseshoe-lake or climbing obstacles 8 meter high are challenging for even the bravest. The 10-meters-tall **climbing wall** was made for rock climbing and wall climbing lovers. The challenge is available for both beginner and professional climbers. There is another option for an adventures climbing: you can climb one of the biggest trees in the park. Grips are fastened to the trunk and lead the way up high.

Those, who are not afraid of dizzying depth and are brave and ready to step out of their comfort zone, can try the courage test. After climbing to the top of the 5-metre-tall totem pole you have to jump into the depth.

In the park the visitors can get to know how to do traditional **archery** or you can hit the bullseye during **airgun shooting** and **suction archery**.

The **gold washing** is an exciting activity for the little ones. With the help of a gold-wash set they can find 10-12 different kinds of crystals. After climbing the ropes courses the children can outlet their remaining energies in the **playground** that have been built featuring fairy tale characters.

Walking along the **educational nature trail** of the Adventure Park you can experience nature's beauty or improve your knowledge of the flora and fauna of the wood and lake.





How to reach Sárvár:

Budapest - Sárvár 213 km

Budapest – Győr (motorway M1) – towards Szombathely M85 – M86 – by Hegyfalu to Sárvár (road 84)

Vienna – Sárvár 134 km

Vienna – Eisenstadt (motorway A3) – crossing the border Sopron/Klingentbach – Sárvár (road 84)

Prague – Sárvár 463 km

Prague – Brno – Bratislava – crossing the border Rajka – Mosonmagyaróvár – towards Szombathely M85 – M86 – by Hegyfalu to Sárvár (road 84)

Berlin – Sárvár 1020 km

Berlin – Leipzig – Nürnberg – Linz – Eisenstadt – crossing the border Sopron/Klingentbach – Sárvár (road 84)

Spa- and Wellness Centre Sárvár

H-9600 Sárvár, Vadkert str. 1.

Tel.: 0036 95 523 600

Fax: 0036 95 523 604

info@sarvarfurdo.hu

Gps coordinates:

47° 14' 48,81"; 16° 56' 54,02"

