West-Balaton
Summer country
Harmony
of hills and waters
The town of museums
Keszthely
Gyenesdiás
Vonyarcvashegy
Balatongyörök
Zalakaros
Hévíz
Medicine
The home
of health and wellness

www.west-balaton.hu
West-Balaton ...
... the home of gentle beauty

Gentle slopes, proud dolomite cliffs, rich-flavoured wines mellowed by the sun, and beaches with silky water and the spas still keeping the warmth of long extinct volcanoes, underground canals where you can go boating, caves in which even the air has a healing power, moors rich in wildlife. All these natural treasures and beauties featuring hills, spas, moors and the ‘Hungarian Sea’ as the brightest colour of the palette belong to the West Balaton Region.

Tourists are attracted not only by the silky water of the lake but also the ‘enchanting evenings’ and the ‘golden mornings’ of the seemingly never-ending summer but the colourful array of events, cultural evenings tempting you to get a move on and make you feel like going out. Should you be looking for an active holiday, there are numerous activities awaiting for you ranging from water sports to excursions, outings, hiking or trekking, hill walking or horse riding all over the forests of the region even in the game reserves. Newer and newer routes are added to the beaten tracks of the bicycle paths around Lake Balaton, the Little Balaton Nature Reserve or along the River Zala as well as in the Keszthely Hills.

The more adventurous sets are encouraged to try cave exploration, hot air ballooning or they might try hang gliding. Those who are in for technical sports may wish to go on a jeep tour or go quad driving. Or what about a wine tasting party in the wine cellars of the nearby vineyards, where already the Romans cultivated grapevine. Those who long for more serious activities are invited for a night visit to the nearby mansion, museums, concerts and festivals.

For the young ones West-Balaton means nights spent at discos, unforgettable hot nights, new encounters and adventures.

However those who have never been here will not be able to imagine what it is really like here if they are only to rely on what they can hear from others or what they can read in books about the westernmost corner of the Balaton, which we will try to give you a taste of.

A region of varieties
You can’t have enough of the green hills and the spectacle of the magic valleys. The flowers along the roadway ditches, the spring gushing forward from the basalt columns, the pathways cutting across the fields, holiday makers on horseback – seeing all this across the fields, holiday makers on horseback – seeing all this can make you feel that the simplest things offered by nature are the greatest at the same time.

The climate of the region – thanks to the surrounding hills, the fresh air produced by the trees – has very advantageous features; no wonder that the tourist pathways of the Keszthely Hills tempt visitors to go on long walks. The views opening from the lookout towers on to the lake and the volcanic peaks have been giving inspiration to many artists.

Highlights
- Festetics Palace
- Museums of town Keszthely
- Balaton beaches
- Sailing at sunset
- The Hévíz Spa
- Thermal and adventure baths
- Hiking tours in the Keszthely Hills
- Bicycle tours along the cycle path around the lake (BikeRing) and in the hills
- Conquest of lookout towers and castles
- Bird-watching in the Little Balaton Wildlife Reserve
- Water buffalo reserve
Between the beginning of May and the middle of September, the number of sunshine hours reaches 830, so the water of the lake is characterised by an evenly pleasant temperature. The beaches of West Balaton are characterised by a transition between the shallow waters typical of the southern shore and the deepening water of the northern side. Lovers of the sun and the Hungarian sea are sure to find a beach they fancy; should they be staying in Keszthely, Gyenesdiás, Vonyarcvashegy or Balatongyörök.

Any of these settlements offer ideal venues for family holidays. The velvet-soft shallow water of the lake, the sandy beaches and the playgrounds offer cheerful enjoyment. There are animated programmes, for the young ones and the older ones and we cater for those who wish to have a more active holiday as well.

The beaches offer numerous opportunities for sports: beach volleyball, five-aside beach football, handball, street-ball, open-air games, pedalos [paddle boats], rowing, sailing and fishing. It is no problem if you do not happen to have the necessary equipment – there are rental shops almost everywhere.

Those who crave more excitement should try water-skiing or windsurfing.

The beaches are connected by the Round Balaton Bicycle Path (Bike Round), which makes it possible to get safely round settlements near the lake even on a ‘bone-shaker’. Those who prefer to be fans and on lookers rather than athletes should go to watch sports events, matches and tournaments. You must not miss out on the ever-green summer favourite: the enchanting stroll along the beach, classical music concerts, gastronomic events and enjoyments.

All through the summer, in all the settlements there are countless events to cater for the interests and entertainment of people of different ages.

FOCUS

All along the 14 km long beach of there are six Blue Flag beaches awaiting bathers.

The idea of the ‘Blue Flag’ comes from France, where they use it to attract attention to the water quality and the protection of waters. The flag symbolises the quality of water, environment and wildlife, the safety of the beaches and the quality of the services. The Blue Flag means the greatest acknowledgement given to beaches.

GYENESDIÁS

• Diás Play Beach
  Cosy, family-friendly beach with a natural paddle pool in Mediterranean atmosphere, sports grounds, animation, beach radio broadcast, WiFi, free parking lot. www.gyenesdias.info.hu

• Gyenes Lido Beach
  The smallest sandy, shored beach of the village favoured by families with young children, who look for peace and quiet and a cozy atmosphere. www.gyenesdias.info.hu

VONYARCVASHEGY

• Vonyarcvashegy Lido Beach
  You can find the most popular beach of the neighbourhood here with a sandy shore, children’s pool, water ski facilities, shady sandpit, which is a favourite both with children and adults.
  Info: +36 83/348-131, www.vonyarcvashegy.info.hu

BALATONGYÖRÖK

Courses in windsurfing and sailing, annual international surfing championships. Playground, children’s pool, slides, volleyball-court, tennis courts, children animation, water-polo goals, net for water volleyball. www.balatongyork.info.hu

Current events, sights www.west-balaton.hu

Highlights

KESZTHÉLY

• Municipal beach
  The oldest beach of the region, the Island Bath has been receiving guests since the last century. There is a ginormous sandpit, sandy shores, playgrounds for children, a heated pool of the same shape as the lake, electric jet skis, free water slides and sports grounds with lots of entertainment.
  It is for you - no matter how old or young you are.

• Helikon Beach
  Laid out in nice surroundings, the cosy Helikon Beach offers enjoyment for adults and children alike. There is a free parking lot, slides, sand pit, see-saws and swings awaiting for the visitors.

• Libás Beach
  The newest beach of the region, good for those wishing to have peace and quiet. In the shade of the hundred-year old trees. There is a playground and a natural paddle pool to ensure holidays at close quarters with nature.
  www.keszthely.info.hu/strand

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Harmony of hills and waters ... 
... where the wind, the sun and the water rule!

Balaton is the biggest sweet-water lake of Central Europe, showing us a different face every season, which is worth exploring, and letting it capture our hearts and souls. The Balaton bustling with boats, bathers in summer puts on a peaceful face in the autumn, there are still sailing boats swaying on the gentle waves and the skylines of the Keszthely Hills are mirrored in a thousand and one colours by the surface while there are anglers waiting for a catch on the coast. In winter snow and ice take over and hundreds of skaters and ice yachts invade the endless field of ice.

People used to travel on rafts on the lake but at the initiative of the count István Széchenyi, steam-boating started in the middle of the 19th century. Besides the passenger boats running on a timetable, there are pleasure boats, disco-boats, a clown-boat and there are charter boats to meet different demands.

Highlights
- Boat trip on the lake
- Sailing by sunset
- Surfing in the bay of Keszthely
- Nostalgia boat trip with music on board
- Water skiing, wakeboarding
- Kayak or canoe tour
- Surf contest and regatta
- Boating, rowing
- Angling

Geocaching on the Keszthely Hills
The “Keszthely Hills” are waiting for you with stunning landscape and nearly 200 km of hiking trails. Even the “treasure hunting” is possible - it is called “Geocaching”.

This is an exciting outdoor sporting activity, a “treasure-hunting”, using GPS receiver or other navigational techniques. The coordinates, publicized on a website, mark the location of a “treasure chest”, that we can find on foot, using the above mentioned GPS device.

The hiking trails of the Keszthely Hills were renewed in 2010. New signs and signposts along the trails make orientation easier.

FOCUS
Gyenesdiás Nagymező (Great Meadow), is a favourite hiking destination of the region, where there are facilities for bacon roasting, there is a playground, BBQ and a forest gym course, awaiting holiday makers longing to be in nature and have an unforgettable family outing.

The mysterious ruins of Rezi and Tátika offer a fascinating view of the valley and the nearby upland plains where there is even a Buddhist peace temple – a stupa, which is believed to make your good wishes reach all corners of the universe if you go up it meditating, going round every level three times.

The streams, nooks and crannies of the neighbouring settlements, the hunting cottages and the cliffs are all there waiting to be explored by tourists. It is worth roaming over the countryside walking, riding a horse along the mountain paths or you might get on your bike and cycle along the roads.

Balancing, climbing and sliding in the Adventure Park requires concentration and a bit of skill and courage.

Hot-air ballooning over the Balaton and the Keszthely Hills offers an unforgettable experience as the vineyards, reeds and sedges, village and the sail boats gently swaying on the lake get gilded up by the light of the setting sun.

In the villages and in the vineyards, besides the unique natural beauties, the visitor can see remnants of traditional folk architecture, wine pressing houses, fishermen’s dwellings and manors.

Highlights
- Castles, ruins
  - Rezi
  - Táthka
  - Szépülőd
  - Sümeg
- Lookout towers
- Nagymező hiking center
- Szépülőd panorama point
- Caves
- Stupa (peace temple)

Activities
- Adventure Park
- Shooting
- Pleasure flight
- Bicycle route of Balaton
- Tandem parachuting
- Hot air ballooning
- Hiking
- Forest cycling
- Horse-riding
Keszthely
... the city of Hungarian culture

In what better way can the city of Keszthely welcome its visitors – it surrounds us from the North, South and West with its magical Balaton panoramas that will take your breath away.

FOCUS
West-Balaton Guest Card
Stay minimum 3 nights in Keszthely and get your discount card in the Tourinform office.
Have discounts on the beaches, in the museums and in restaurants!
A tourist guide belongs to the card with useful information.

Keszthely is a city of memories – those who have spent time relaxing here in all conscience think back with happy thoughts of walks underneath the sycamore, boat trips on the Csobánc, splashing in Lake Balaton, outdoor parties on the beach or shopping trips on the kiosk lane.

The first people living here whose name we know were the Celts, who built a fortress at Fenékpuszta. Keszthely is first mentioned in written sources in 1247. It was donated by King Louis the Great to István Lackfi, who started to build the still existing church and the adjoining monastery for the Franciscan order he had invited to settle down in the town.

Since the late Middle Ages, the Kossuth Lajos Street used to be called ‘Capitalis’, which was the main street. Twenty years ago it was turned into a pedestrian street. It is frequented by visitors to the town as its old buildings bring back memories of old times creating a scenic environment for performances staged here as well as for a nice cup of coffee or an ice cream sundae. While in the main square, visitors can stroll along the busy streets of the Sétáló, browse through the many boutique shops or walk on the kiosk lane surrounded by graphic artists.

The centre of the city is the Main square – just look for the Blessed trinity statue located in the middle. Here you will also find the Town hall, beside it the Balaton Theatre, in front of it Vajda János high school, the friary and the gothic parish church which was originally built from Fenékpuszta’s Roman fortress stones in 1386. On the walls of the sacristy there is the biggest continuous Gothic fresco of Hungary.

In front of the secondary grammar school sits the statue of Count Georg Festetics. Tourists love to take pictures here.

The Festetics Mansion is the best-known landmark of Keszthely whose history was inseparably entwined with that of the family from the beginning of the first part of the 18th century. The Palace is Hungary’s third largest and most beautifully restored baroque building.

Two hotels built at the end of the 19th century quote the age of the Monarchy, the Balaton and the Hullám, as well as the Island bath. Today these to hotels are the only hotel group around the Lake Balaton, that was able to save its original form.

The Keszthely municipal beach boasts the Balaton’s only island bath, which was built in 1864.

In a beautiful surrounding you will find the Libás beach, along with the city’s yacht club built.

Those who wish for a quieter introspection or passing, can walk on the lakeside or in the Helikon Park, which is the largest green area of the town.

The Helikon Monument - standing on eight columns with a dome – is situated in the center of the park. It was erected in memory of the Helikon Festival. In the middle of the park was erected the Helikon Monument for the centenary of the Helikon celebrations. These literary festivals were organised by Count Georg Festetics. He invited the most significant writers and poets of the time. Keszthely was referred to the small “Hungarian Small Weimar.”

It known to ensure true relaxation with nice familiar environment.
Keszthely, the town of museums...  
... exploring historic places

The Festetics Mansion is the best-known landmark of Keszthely, whose history was inseparably entwined with that of the family from the beginning of the first part of the 18th century. The most outstanding member of the family was the count György Festetics, who had the two-storey library wing built and made it possible for the town’s inhabitants to visit it. His grandson was called Taszilo, who married Lady Mary Douglas Hamilton of England and thus became related to European royal families. He made the acquaintance of Lady Mary Hamilton, who belonged to the highest circles of European aristocracy. They fell in love but the lady’s family did not welcome their relationship and against her will, Mary was married to a Monaco prince. Leaving behind wealth, principality, fame, Mary Hamilton fled to Taszilo from her unhappy marriage. After the marriage had been annulled, the count Taszilo and Mary got wedded in 1880. Taszilo was created a duke in 1911. It was he who made the family flourish again and enlarged the Keszthely mansion, where he entertained the English heir to the throne, who later became.

Highlight

HELIKON CASTLE MUSEUM
In permanent exhibition of the palace visitors can get acquainted with the former aristocratic lifestyle as well as with the Helikon Library that is the only original barional private collection in Hungary.

COACH MUSEUM
In the former Riding-Arena of the palace we can see wonderful coaches, carriages and sleighs as well as tools connection with horse culture.

EXHIBITION OF HUNTING
The members of the family Festetics were famous hunter but their collection does not exist any more. This exhibition made from trophies of Hungarian hunters of note must be a real experience for visitors.

HISTORICAL MODEL RAILROAD LAYOUT
One of the biggest European model railroad layouts commemorates the former Austro-Hungarian railroad system. The model of the railroad that made a connection between the Black Forest, the Switzerland and Nürnberg can be found in the middle of the hall.

BALATON MUSEUM
The history of the Balaton, the life and work of the people, who once lived here, the relics of fishing, shipping or bathing are displayed in the oldest museum of the county – established in 1898 – in the most comprehensive way.

MANOR MUSEUM
The exhibitions showing the seigniorial domestic economy, the agricultural life and the history of the Georgikon can be found in the buildings around the two large courts of the model farm once used for educational purposes by the Georgikon College.

Summer evenings in the Downtown
The Wednesdays in Keszthely are famous not only for the market. This day the palace and the small museums of the downtown wait for the guests until midnight. With one entrance ticket all these exhibitions can be visited as well as Intimate pleasure-grounds and shops of the Pedestrian Street are open as well as Intimate programs and concerts make those Wednesdays of the sweaty summer nights unforgettable.

SURBER’S MUSEUM OF AUTOMATIC MUSICAL INSTRUMENTS AND PHONOGRAPH
Discover the world of automatic musical instruments from the time, when there were no radios and record players to the 50’s of the last century.

MUSEUM OF RADIO AND TV BROADCASTING
In the late baroque barn built on instructions of count Festetics in the 1820s there is an industrial exhibition.

MARZIPEAN MUSEUM
In the museum behind the confectionery there are some 100 masterpieces made of marzipan on show.

DOLL MUSEUM – WAX-WORKS OF PANOPTIKUM – SNAIL PARLIAMENT
In one of the largest doll and national costume museum of Europe there are over 500 magnificent porcelain dolls in national costumes of the historical Hungarian.

VIDOR TOY MUSEUM
The bests of our childhood. 100 years, 10,000 toys.

NOSTALGIA MUSEUM
Everything which is interesting, spectacular from the 1800’s until today.

HISTORICAL WAX FIGURES
Almost 40 life-sized wax figures of famous Hungarian people in period dresses

BIRTHPLACE OF JÚLIA SZENDREY
Júlia Szendrey, wife of the greatest Hungarian poet Sándor Petőfi, was born here.
Gyenesdiás
... active & family friendly resort
village of the West-Balaton region

Gyenesdiás is a lovely resort village only 100 kilometres away from the western border of Hungary, in the West Balaton Region 15 kilometres from the Fly-Balaton Airport. The towns of Keszthely, known for its fascinating Festetics Palace, and Hévíz with its world famous spa are only a few kilometres from here.

JOY ON THE BEACHES
Two beaches are available for the lovers of bathing, swimming and sunshine in Gyenesdiás.

THE BEACH IN DIÁS OFFERS
- for little guests: playground, natural paddling-pool, once free slip on the giant water slide; animation: kids’ programmes, sport championships, mini disco, etc.
- for sport fans: sport fields like beach volleyball courts with lights, beach football field, table tennis, streetball field, petanque, chess; sport in the water: water polo, heading goals, basketball, volleyball - championships organised daily by our animation team
- relaxation: spacious lawn for sun lovers, also with shaded areas
- entertainment and event information by the Beach radio
- further on: rentals, internet access, restaurants, snack-bars, free parking.

Ticket prices: 600 Ft, for kids: 300 Ft.

This beach received the best result according to the online survey of balatontipp.hu among the beaches around Lake Balaton.

FOCUS
Ask for our Advantage Card and experience more for less money!

As a guest of the local Tourism Association the advantage card makes you and your family possible to visit both beaches of the village free and enjoy a wide range of services in the region with significant discounts.

The BEACH IN GYENES is preferred by families with kids and sun seekers due to its cozy and intimate atmosphere. In addition to bathing the beach attracts the active guests with beach volleyball and beach football, and the kids can frolic in the Water fun park.

Ticket prices: 400 Ft, for kids: 200 Ft

ACTIVE HOLIDAY
In the hills, valleys and on the water all year
Besides swimming and sunbathing there are a lot of other activities in Gyenesdiás you can take advantage of:
- for every day various active and family friendly programmes organized by the animation team on the Diás beach
- hiking and nordic walking tours on well-marked trails in the Keszthely Hills starting from the outing centre “Nagymező” (Big Meadow) to viewing towers, springs, caves, etc.
- cycling on bike path, dirt tracks or trails in the hills
- sailing or boat trips, angling
- stroking and feeding of native animals at the Animal farm
- more than 40 bird species in the Bird park
- unique 400 pieces antique oven collection
- try your hand at pottery and clay work at the Pottery house
- different sport shooting disciplines for everyone on the sport shooting range
- bowling, squash, billiards, tennis, mini golf
- balance on ropes between trees at the Spiderland adventure park
- laser battle field for families, groups, ideal for team buildings
- in winter ice skating on the lake, sled riding on the nearby hills
- in winter ice skating on the lake, sled riding on the nearby hills

At the market in Gyenesdiás you can buy fish from the Balaton and produce of small farmers like flat bread, stove cake, home-made marmalade and syrup, fruit and vegetables, honey etc.

In addition visitors can enjoy the Hungarian cuisine with famous delicious wines and the art of hospitality.

Spend the most beautiful time of the year in Gyenesdiás, make your holiday in the resort village of the West Balaton Region!

Highlights
April  Budding-Spring Festival
May  Season opening at Whituntdown
June  Festetics horse race
End of June  Bream festival
Beginning of July  Hiking days
Mid of July  Gyenesdiás Wine Days
July - August  Village Hall Evenings: classical concerts
25. July  Tradition keeping day at St. Christopher’s day
August  Feast of Saint Stephen and Saint Helen’s fair
September  Season closing Vintage Jubilee
December  Chestnut Roasting and Xmas Fair
Vonyarcvashegy

... the summer of Lake Balaton!

... it used to be a wine and vegetable growing village, today it is a pleasant holiday resort where visitors have a variety of recreational facilities. The village is rich in sights. From a touristic point of view St. Michael’s Chapel is outstanding. It preserves the legend of fishermen who survived on an iceberg on Lake Balaton.

According to the legend in the winter of 1729 forty fishermen went to fish on the frozen lake, they got caught in a storm and forty of them were able to escape on a drift of ice. The ice drifted these frightened people to the foot of a hill. Later they built a chapel at this place in honour of St. Michael as a sign of their gratitude for being saved. If we look down from the ridge of the hill we will see a magnificent view, the place is ideal for those who like romantic surroundings.

The lovers of water can find one of the most popular beaches of the area here, which attracts both children and adults due to its sandy shore, swimming pool for children, games and shady sandpits. Besides bathing numerous high-standard services provide carefree recreation, among others a surfschool, water-ski-run, beach volleyball and beach handball courts, paddle boats, minigolf, boating, sailing, playground, angling, buffets and restaurant.

The beach went through an important development in 2002: two international beach volleyball and beach handball courts and a 800-metre-long water-ski-run was completed which became the wakeboard fans’ favourite.

For the children a playground was built which conforms to EU standards and in the high season a swimming-pool for children and entertainers make the holiday unforgettable for the children.

In both sunny and rainy weather everybody can find recreational activities. For example tennis courts, bowling ground, billiard saloon, riding-school, music and folklore programmes on the open-air stage, open-air cinema, disco, places of entertainment with music and periodic fine art exhibitions.

We wish you a wonderful holiday making use of all the entertainment facilities and we hope you will come back in the future!
Balatongyörök
... reality dreamt

The gate of the West-Balaton region, Balatongyörök located 10 km from Keszthely with beautiful view and natural values. Balatongyörök is the home of peace and quiet, beauty, old and new, tradition, romance, nature, fresh air and happiness. The thousand-year old tradition of viticulture and wine making still enjoys huge popularity.

Highlights
Roman-era fest – the day of open cellars, wine tasting, historical games, hiking in the area
Györök Jazz-fiesta
The Balatongyörök Wine Festival
Györök Summer Exhibition
Györök Wine and Song Festival
Györök Vintage and Fish-soup cooking competition
Christmas market
Hiking tours

FOCUS
ENJOY THE BEACH CHEAPER!
If you have our partnership card, you can get discount from the daily beach ticket. Besides swimming you get careless with the card number of more Reductions in restaurants, wine license and other service providers of our town.

Find the card with your host!

The Balatongyörök beach is one of the most popular resort places. It is become a real family resort:
• the grassy beach has a lot of trees offering shades to protect you from the sun’s rays
• pool for children
• animation
• lido
• water-chute
• beach volleyball, surfing, canoeing, water-biking, tennis...
• water rescue, medical supervision

The cellars and the wine pressing houses of our village have been saved in their original form just as the fishermen’s houses, which make Balatongyörök a real pearl of tradition.

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Balatongyörök, ... reality dreamt

Festivals for which it is worth visiting us!
• Festival of Roman Times – wine tasting, open cellars, horse cart, historical games, excursions in the area...
• Firemen Day in Györök – a demonstration of volunteer fire brigades with funny contests and concerts
• Györök Convivial Wine Song Festival, Wine Queen Election
• Meeting of all Hungarians – (National Week) academic lectures on the history, linguistics and traditions of Hungarian people
• Györök Wine Harvest and Fish Soup Contest
• Advent Bustle in Balatongyörök- Christmas market, with merry musical programs, Santa’s visit, raffle...
• Ice carnival (at the end of January)

REGULAR PROGRAMS
• Guided tours all year long, crystal polishing and egg carving presentations, horse cart rides, golf, kids’ animation from June to August, fishing, etc...

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www.balatongyorok.info.hu

Balatongyörök. ...
... reality dreamt

Where recreation is always in season

Whether by bike, on horseback or horse cart, with or without a walking cane, by ship or boat, just discover nature in a natural way. Rent a bike and cycle around Lake Balaton along the Balaton cycle path, or take your boots and walking cane and go for a hike in the mountains. Visit our lookout towers and the Father Dormouse (Pele-apó) interpretive trail, or try an extreme tour in the Csodabogyós cave.

Ain’t no sunshine? Put on your walking boots and hike!
You can choose from many joyful and refreshing possibilities: Nordic walking, “there and back” trip, light trips for kids, herbalist trips, “7views” trip, “csodabogyós trip”, “granny trips”...

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• the grassy beach has a lot of trees offering shades to protect you from the sun’s rays
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• water rescue, medical supervision

The cellars and the wine pressing houses of our village have been saved in their original form just as the fishermen’s houses, which make Balatongyörök a real pearl of tradition.
Zalakaros
... the spa capital of the „Small-Balaton“ natural park area
The real spa experience in a peaceful environment

The reasons why you cannot resist the attraction of Western Hungary are its diversified scenery and beautiful natural setting. Areas of flat land alternate with gently sloping hills, forests meet meadows in blossom, rare plants and protected animals - being the extremely precious treasures of this part of the country-come in sight.

You find another special gift of nature here, springing forth subterranean waters. There is medical water with a temperature of 96 °C, containing a solution of diverse important mineral substances. It attracts a great number of people yearly to come here to have holiday, relax and cure their body and spirit in these hot springs and breathtaking environment. Nice and friendly people living here contribute to an unforgettable experience.

Granit Wellness World with more than 5000 m² water surface
Relax your body and soul at “Granit Wellness World", a perfect spa - and health center. A variety of treatments, fitness activities and other real Spa – services are offered. Medical pool, Thermal pools, adventure pools, wave pool, heated indoor and outdoor swimming pool, hydromassage pool, children’s play pool, multi-purpose children activity pool, saunas, infra-sauna, sauna-steam.

Granit Health and Cure Center
Wells of medical water and medically certified thermal water are the real treasure of Zalakaros. Health services include: medical examination and consulting, healthy lifestyle consulting, balneo-, hydro-, mechano-, oxygen-, and electro therapy, inhalation, recreational animation, medical gymnastics, special packs, medical foot care- and other therapeutic treatments as prescribed by a physician.

Other “plus”es
The city is excellent for intensive leisure activities. The air, the sun, the water and the activities attract more and more people and families.

Kis-Balaton
An inconceivable and significant part of the present day Kis-Balaton was the bay of Lake Balaton till the end of the 18th century, where steamers still ran. At the time the water-level of the lake was determined by the weather conditions. In 1863, a gate was built at Sió and its river bed was dredged. In this way, conditions were created to control more or less irrespectively of the weather, the area of Kis-Balaton got dry. At this time, Stabilization of the water-level allowed construction of the railway line on the west coast. The better traffic attracted more and more guests longing for holidays. Surroundings of the lake became the most important recreation area of Hungary.

As a consequence of propagation of the civilized world and quick development of tourism, the quality of Lake Balaton water became critical in the 1960’s.

Resurgent Kis-Balaton carries out improvement of the water quality effectively including the excellent water of the ‘Hungarian Sea’. Beyond this influence of Kis-Balaton, conservation is significant too. The developed wet biotope is a unique one for the rare bird species, other bog animals and plants. The entire area has been part of the Balaton Uplands National Park since 1997. Increased protected inner parts, covered by water, can be entered only in attendance, within the frame of organized excursions. However, a part of the area can also be visited by a bicycle on the newly built road, by the Lake Hídvég. The Kis-Balaton House, located in Zalavár, looks forward to welcoming visitors with a new interactive exhibition, a „water“ playground next to it and opportunity to rent a bike. Kányavár Island together with the renovated timber bridge and the buffalo reservation of Kápolnapuszta is available for everybody.

In the exhibition house, visitors can come to know:
Past and history of Kis-Balaton and its surroundings • Regional, natural values of the area and its ethnography • The operation of Kis-Balaton Water Protection System, its function and importance in protection of the water quality of Lake Balaton

Opening hours: 1 March - 30 November 9:00 - 12:00 a.m., 1:00-6:00 p.m. Closed: Mondays

Zalavár, Castle Island • Tel.: +36 83 710 002 • www.kisbalaton.hu

Current events, sights

Current events, sights

Current events, sights
The Hévíz lake is unparalleled in treating and curing patients suffering from rheumatic and locomotor problems. Its health-keeping force, rich mineral content facilitates the treatment of these diseases as well. The Hévíz treatment is suitable for not only curing people but for prevention and relaxation as well. There is ample choice for those who are in for wellness and a healthy way of life. The Hévíz hotels set a high standard for what level baths, saunas, pampering massages, beauty care treatments should reach and offer a wide choice of health food. Guests at private family hotels, guest houses are also offered services catering for all demands – whether it be sports or simply some pampering for your soul or your body.

In Hévíz, the town events, the activity programmes also focus on health, cure and keeping healthy. The town has a well-established service system, which caters for the unique demands of the town’s visitors on a high level. There is a wide choice of accommodation facilities ranging from elegant hotels, to a modern campsite, including villas mellowed by age and there are some cosy confectioners.

If the guests refreshed by the spa treatment feel like going for a walk, grabbing a delicious bite or good wines, then they should head for the row of cellars in Egregy, where there are a number of ‘watering holes’, wine cellars, wine pubs and restaurants offering vintage wines and delicious dishes. In the evenings, musical and dance events await those who are looking for entertainment with dance and music. You can take a walk to the hill roaming across the vineyards, going past the 13th century church, which was built in the era of the Árpád dynasty or you can take the shuttle which starts from the town centre. Those who lead an active life, can try many different sports facilities in the town and in the vicinity – you can try golf, archery, nordic walking, tai-chi, yoga, aquarobic, flights, hot air ballooning, but those enjoying traditional sports may choose from a lot of offers too: e.g. tennis, running, swimming and horse riding. With the development of the bicycle paths, bicycle tourism is getting more and more popular. Hévíz and Keszthely are connected by a built road, from where you can reach the Balaton Bike Ring or you can opt for the Little Balaton and get acquainted with its flora and fauna with the help of a qualified guide.

FOCUS

One more reason for relaxation!
Every guest who spends at least two nights in Hévíz can receive the Guest Card for free.
Contents:
50% discount from wellness ticket for every purchased bath lake ticket,
+1 hour free parking in the Central Parking Place,
10 – 50% discounts from sport and freetime activities, from healing and wellness cures and in Restaurants.
More about the discounts: www.heviz.hu/en

If the guests refreshed by the spa treatment feel like going for a walk, grabbing a delicious bite or good wines, then they should head for the row of cellars in Egregy, where there are a number of ‘watering holes’, wine cellars, wine pubs and restaurants offering vintage wines and delicious dishes. In the evenings, musical and dance events await those who are looking for entertainment with dance and music. You can take a walk to the hill roaming across the vineyards, going past the 13th century church, which was built in the era of the Árpád dynasty or you can take the shuttle which starts from the town centre. Those who lead an active life, can try many different sports facilities in the town and in the vicinity – you can try golf, archery, nordic walking, tai-chi, yoga, aquarobic, flights, hot air ballooning, but those enjoying traditional sports may choose from a lot of offers too: e.g. tennis, running, swimming and horse riding. With the development of the bicycle paths, bicycle tourism is getting more and more popular. Hévíz and Keszthely are connected by a built road, from where you can reach the Balaton Bike Ring or you can opt for the Little Balaton and get acquainted with its flora and fauna with the help of a qualified guide.

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Current events, sights
www.west-balaton.hu

Hévíz ... the fountain of life!
Medicine ... ... the traditional treatment

The medical water of Zala region was already used by the Romans, but the origins of the unique therapy go back to 1795 when the Count György Festetics had the first bathing house and then whole bathing settlement built. During the centuries, medical science got to know more about its therapeutic effects and accomplished it with treatments that made it even more efficient. The traditional treatment lasts 2-3 weeks, which contains physiotherapy, and treatments tailored to individual needs. The treatments make use of achievements and methods of the allied professions as well. Autogenic Training (concentrative self-relaxation), ergotherapy, dietician's counselling, conjunctive tissue and segment massage have the most significant roles and we must not forget the more than 50-year-old Hévíz invention, the traction (weight) bath, which relieves pain for months.

The Hévíz treatment

Its medical indications cover a wide range of locomotor disorders; it can be efficiently used in the therapy of rheumatic locomotor disorders, osteoporosis, degenerative spinal disorders (arthrosis) as well as inflammation of the spine and joint, injuries, and in post-operative treatments. Furthermore, it is recommended for soft tissue rheumatology complaints, secondary joint disorders, chronic problems, peripheral complaints to do with the nervous system, which can be put down to mechanical causes; pre- and post-operative treatment of the joints, operations on the vertebral disks, and treatment of chronic gynaecological diseases. However, it is not recommended in case of contagious diseases, malignant tumors, heart conditions, circulatory disturbances, thrombosis and other blood formations problems, asthma, high blood pressure and pregnancy. Without a doctor’s recommendation it is advisable to spend a maximum of 30 minutes at a time.

In cases of chronic gastric catarrh, intestinal catarrh and digestion problems, the water can be used for drinking cures as well.

The Zalakaros treatment

The composition and the abundance of the 94 % CO₂ water gushing from a depth of 2000 metres makes Zalakaros one of the most significant spas. It is an alkali chloride, hydrogen carbonated water, in which, the simultaneous presence of iodine, bromide, sulphur and fluoride makes its unique composition, which is very rare in Europe. Furthermore, the water contains potassium, sodium, magnesium, iron, manganese, metabolic acid, metallic acid and free carbonic acid.

The Zalakaros water is beneficiary for problems of the nervous system, disturbances of the circulatory system and heart condition, metabolic disorders, chronic gynaecological diseases. Furthermore it has excellent results in rehabilitation in traumatologic and orthopaedic operations. Our guests are welcome with wide range of variety of treatments and therapy with medical attention like treatments with hydrotherapy and electrotherapy, individual, group and under water therapeutic gymnastics, medical massage and compresses.

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www.spaheviz.hu

The composition of medical- and thermal water

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<th>Elements</th>
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<td>Na</td>
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</table>

* Data measured at well-head

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When they visit us, our guests arrive at a region especially rich in curative waters. Those who wish to get healthy and beautiful can enjoy the beneficiary effects of the thermal water all the year round. In our region, you can choose the one best suitng your needs from a great variety of indoor or outdoor spas and adventure baths. This is where you can find the Zalakaros Spa Complex and the Hévíz Medicinal Lake, which is the biggest biologically active thermal lake of the world. Its waters were already widely used by the Romans, however facilities for bona fide bathing culture were created by the Count György Festetics 1st in the 18th century.

Wellness recreation and family experiences!

Wellness is a popular trend which covers a joyful, physically, mentally and socially balanced way of life. Its target is not only the introduction of a 'regenerating treatment' once a year. It means the adoption of a self-imposed way of life which is characterised by individual responsibility, and balanced mentality.

Hévíz does not lack any of the treatments helping physical and mental regeneration either.

Besides the lake there are swimming pools, adventure baths and thermal baths available for everybody.

About the word „wellness” reminds us first of the saunas and the massages

Besides these ones we have listed, there are numerous treatments belonging to what we call wellness. These are the pampering immersions in tubs, nourishing packs, beauty care, healthy eating, active exercise, all of which help stress management, and let you feel relaxed and thus help to ease certain funcational and regular complaints as well.

Focus

Wellness = Harmony

and its peaceful surroundings

Zalakaros is the spa capital of the „Small-Balaton” natural park region – the area is a real island of peace.

Highlights

- Hévíz Spa
- Swimming among the water lilies
- Festetics Spa – the wellness and therapy centre of the Spa
- Mud packing
- Recreational and healmsagas
- Zalakaros Thermalspa
- Adventure Bath of Zalakaros
- Hiking in the forest of Zalakaros
- Bycicle tour through the hilly „Zala” landscape
The home of health and wellness

Medicine

Hévíz
Zalakaros
Balatongyörök
Vonyarcvashegy
Gyenesdiás
Keszthely

The town of museums

Harmony of hills and waters
Summer country
West-Balaton

www.west-balaton.hu