

Hévíz, the fountain of life!

Health

Wellness

Active

Gastronomy

Culture



According to an ancient legend,

the Holy Virgin caused a spring to appear after the appealing prayer of a Christian nurse. The nurse wanted to heal an invalid child. The hot water of the lake breaking out from the depth and the steaming mud cured the weak child completely. The legend stems from the Roman age and the mentioned child was definitely the East Roman emperor Flavius Theodosius, who declared Christianity to be the official religion in his own empire in 391.





Several poets and writers have been inspired by the pride of our town, Lake Hévíz – a unique natural formation in Europe, the woodlands around the town, our architectural monuments and natural treasures. Lake Hévíz has helped to cure thousands of people, enhancing their interest in life, faith and physical strength while the unique beauties of the landscape create the harmony of the soul. Indulge in the wonder of Hévíz yourself and experience the miracle which brings the body and soul into harmony!

*We are waiting for you:
visit us and be our guest!*

DID YOU KNOW

that in 1795 Count György Festetics had a plank house built as a changing cabin on the shores of the medicinal lake, which the Count's family and their guests used regularly?



History of Hévíz

The lake of Hévíz is **the biggest** biologically active, natural medicinal water **in the world**. Its temperature is affected by the combination of cold and hot spring waters coming from underground. The medicinal water breaks out from the **spring cave** on the surface at the rate of approx. 410 litres per second and with a temperature of 40°C. According to that delivery, the water in the lake changes every three and a half days and keeps uniformly clean.

The wonderful effects of the water were also known by our ancestors. According to archaeological excavations people lived here even at the end of the Stone Age. **The Romans laid the foundations** for bath culture in the 2nd century. They bathed in warm and cold water pools in the building of "Villa Rustica", which was excavated in Hévíz. The first significant bath development is related to the Festetics Family at the end of the 18th century. That time was the beginning of scientifically using the water of Hévíz and medically examining its healing effects.



Emperor
Flavius Theodosius



Count György Festetics



Lady Hamilton



Dr Richard Bright

Our famous spa guests from the past



It is a unique experience to



swim in water lily carpeted turquoise water in Hévíz.

Flowers of white, pink and purple water lilies alternate. You can arrive in Hévíz in any season, lotuses will surely bloom on the lake, that has a surface of 46350 square meters. In spring the whole town bursts into bloom, richly coloured compositions welcome the guests in the promenades and squares. From the terraces of restaurants and coffee shops murmur of cheerful friendly conversations seeps into the cozy small streets.

Go on a virtual trip around Hévíz! By scanning the QR code below you can watch the spa town's short film.



The water of the lake can reach the temperature of **36 degrees Celsius** in the summer. You can relax on the deckchairs of sun-decks in sparkling sunshine. Next to the lakeside playground opens the children's pool, where even the youngest can paddle to their liking. In summer colourful cavalcade of family programs await you around the town's accommodations and at the outdoor events. In autumn the shelter-wood around the lake changes to orange and in the mornings an enormous **mist dome falls onto the lake**, which is a real mystical sight from the surrounding hills.

Summer and winter

DID YOU KNOW that
the deepest point of the lake is a 38.5
meters deep spring cave?



Hévíz Lake offers unmissable experience even in the winter! Looking at the snowy landscape through the mist curtain while relaxing in its warm water – will be an eternal memory. The biological stability of the lake is shown by the temperature of the water, which has not changed for years and even on the coldest winter days doesn't **drop below 24 degrees Celsius**. Hévíz Lake is situated in a unique nature reserve, where the forest surrounding the lake protects it from wind. The constant evaporation of the water cleans the air, so it

allows the bathers to have a relaxation in a dust- and allergen free environment. The winter months are coloured with festive programs all over the town. The unmissable parts of the celebrations are the Advent concert series, tasting of local products and the artisan fair. In the town centre there is a roofed ice rink that awaits the ice skaters until the end of the winter.

Hévíz with the fresh colours of nature and the spa town's quiet atmosphere is an ideal place for relaxation, recovery and complete physical and mental recreation. Take time for yourself, be prepared for the challenges of the hardworking weekdays with health preserving bath cures!

200 years old therapeutics



The medicinal spring breaks out from a 7 meter thick turf base on the surface containing the essential compounds from this ground.

Due to its particular health-preserving effect and **high mineral content**, this water has an exceptionally advantageous effect on **rheumatic and motorial diseases** and helps in the treatment of several other complaints. It stimulates the production of hormones that have an effect on the adrenal glands which allow substances of your own body to reduce the inflammation and you may feel. The water affects positively the estrogen level of the body so it can be used efficiently for chronic gynaecological problems as well. The hydrostatic pressure when bathing and the different drifts are ideal to improve the circulation and the **gentle temperature** of the lake allows a long stay in the water.

The spring lake of Hévíz lies in a turf basin. It is filled with calcium- and magnesium-containing hydrogen-carbonate medicinal water. In addition to the medicinal lake, the turf-based **mud of Hévíz** is unique in all the world. Its effect is similar to the water, but more intensive.

Due to its radium content, it stills the pain, **refreshes the nervous system**, and stimulates the regeneration of cells and the metabolism. Beyond that, the micro-elements it contains **make the skin soft and silky** and normalize the sebum and even the biorhythm of the body during a longer treatment.



Traditional cures of Hévíz

DID YOU KNOW that
weight bath was developed by Dr Moll
Károly in Hévíz in the 1950s?

Water composition

Kations	mg/l
Potassium	6,8
Natrium	27
Ammonium	0,32
Calcium	81
Magnesium	36
Iron	0,04
Number of cations altogether	151

Anions	mg/l
Chloride	23
Bromide	0,11
Iodid	0,021
Fluorid	1,4
Sulphate	64
Hydrogen-carbonate	378
Sulphide	3,2
Number of anions altogether	470
Metaboric acid	0,5
Metaflint acid	43
Free carbon acid	86
Dissolved oxygen	3,6
Altogether	754
Radon (Bq/l) in the water	3,8-0,8

The specialists in Hévíz make personalized therapy plan following complex examinations. The cure should ideally be at least 10 days long. You can get professional medical attendance and can be cured in elegant atmosphere in several hotels along with the Saint Andrew Hospital.

Wellness in Hévíz



A course of treatment at Hévíz is excellent not only for its curative effects, but also for rest, relaxation and prevention of sickness.

At the beginning of a 'wellness vacation' an assessment of the body's condition is of primary importance. At the making of personalized treatments the individual is always in the centre and the prevention is determinative. The central element is stress reduction, as well as the development of a harmonious health-conscious lifestyle. Adjusting to the ever increasing demands of believer's in wellness and **healthy lifestyles**, they may choose from a wide range of possibilities. The Hévíz hotels are of outstanding quality, and fulfilling the criteria system of wellness hotels, they offer the widest

variety of baths and saunas, pampering massages, beauty treatment methods and an extensive range of healthy foods.

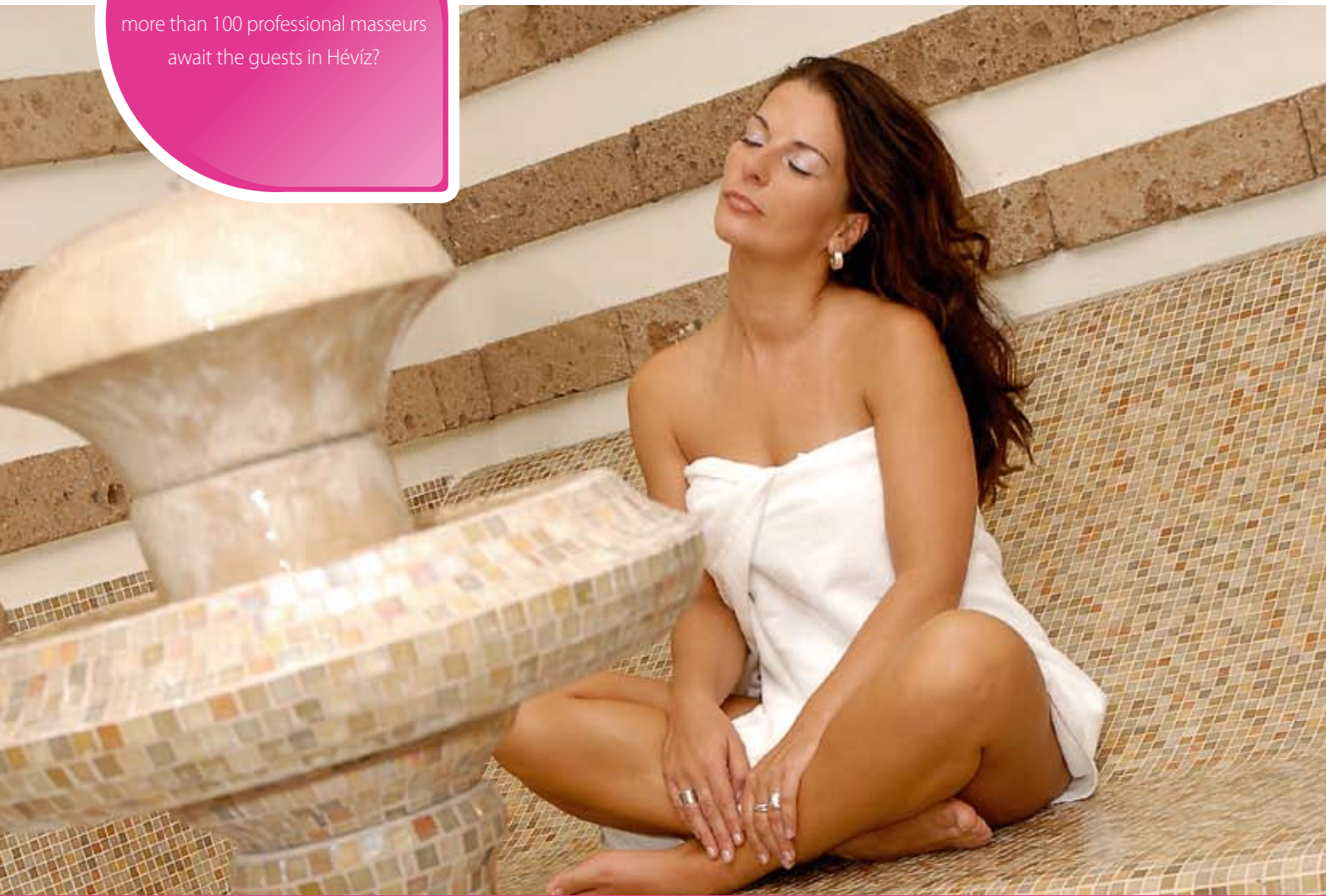
Thanks to the service providers in Hévíz, guests of the private accommodations find choices that satisfy every demand here, whether it is for sports, beauty treatments or just a little physical and spiritual pampering. In Hévíz healing and staying healthy are also the focus of municipal events, cultural programs and activities.

A holiday spent here helps to develop a harmonious, health-conscious lifestyle, not only during the vacation, but for everyday life as well.



Quality and proficiency

DID YOU KNOW that
more than 100 professional masseurs
await the guests in Hévíz?



Feel free to ask for help from wellness specialists choosing the ideal treatments! Even the most widespread Finnish sauna is not recommended for everyone, in case of high blood pressure the infra sauna is more ideal. It is not easy to choose from the massages alone. Based on your personality and health condition the choice is wide from the traditional aromatherapy massage to the exotic lomi-lomi massage. It is possible you need pro-

fessional advice on skin care, because different substances are needed depending on skin types. Different results can be achieved by alluring chocolate, grape seed, muddy and herbal packs and masks. Remember that it is always cheaper to prevent the development of a health problem than to heal the existing complaints. Pay attention to health preservation even at a young age!



On the soft lap of nature

**DID YOU
KNOW** that Hévíz Lake
together with the volcanic copes
of the Tapolca-Basin and the spring
cone of the Tihany Peninsula are on the
recommendation list of the Hungarian
National World Heritage
Committee?

Experience the liberating feeling of motion, protect your health in enchanted sceneries!

Whether it is a walk in the Zala Hills or a hike in the woods of Keszthely Mountains, the surroundings of Hévíz offer themselves for a good hiking. There is a **cycle path** starting from the town, which lets us enjoy the values provided by the unique landscape even on two wheels. The cycle path connects to the cycle path around Lake Balaton and so it is easy to reach the Europe-famous wetlands of **Small-Balaton**. In the area there are a number of quality bike rental and service places where you can get help if it is needed. **Horse riding** fans can feel free to indulge in their passion, they can choose from

cross-country riding and riding lessons in yards of horse-halls. Those who prefer **aquatic sports** can reach the shore of Lake Balaton in a few minutes by car. Whether it is sailing or water ski, hang-gliding or hot-air ballooning, you will certainly find the most satisfactory relaxation in the area.

Visit our homepage, learn about the complete sports and hiking offers of the region!

www.hevizlake.com



Gourmets' paradise



In Hévíz, lovers of traditional Hungarian cuisine find food suitable to their tastes, as do those who are looking for the flavors of international fare instead. Guests can always find something new, something original on the menus in Hévíz, but traditional culinary masterpieces are not lacking from the restaurants' menus either. Several outstanding, internationally recognized chefs work in the city, whose distinctive, original delicacies dazzle the guests that drop in. In addition to genuine country taverns, pastry shops and cafés,

evocative little pubs and restaurants amongst the old cellars and hilly vineyards also await visitors. Another curiosity is the Hévíz city wine that is chosen every year, and may be tasted in numerous restaurants and hotels. The rows of cellars in the „Egregy” part of town may be easily reached using a small train by those who want to drink wine. Every night the illuminated cellars and restaurants beckon guests with the aromas and live music filtering out from them.

Three times a week a Farmers Market takes place in the town. The local and the producers from the neighborhood are selling their products only from natural materials, with high quality.

It is currant to be a „conscious customer” – who environment-friendly and health-conscious is. Who tries to buy safe, without chemical procedures made products, and also keeps the lengths of the road between the „fields and the plates” in view.

The „Farmers Market” offers its product for these conscious customers.

In festival mood



Live concerts in every genre performed by great artists: pop music, classical music, dance, operetta, folk, ...

Refill yourself with the experience of Hévíz's colourful cultural life. You can choose from concerts, exhibitions, annually held festivals and dance performances all year round. The international audience can get an insight into the Hungarian culture through performances of world-class artists such as the 100-member Gypsy Orchestra, Miklósa Erika, Lajkó Félix, Mága Zoltán, Operetta Theatre or the Szeged Contemporary Dance Company.

Along with the events it is worth to explore the historical heritage of the area. **The Roman ruin garden**

and the Roman soldier's tomb in the Egregy district of Hévíz tell a story about the A.D. 1st century. The **Árpád Age church** that has preserved its medieval character brings us to the 13th century. The region is proud of the Festetics Family's cultural and architectural heritage. The first bath development in Hévíz, the historical buildings of Schulhof promenade (e.g. György-House, Rákóczi-House), as well as the construction of **Festetics Castle** in Keszthely, which is now the country's third largest authentically furnished baroque castle, are linked with the name of the Festetics Family.





EVENTS

Carnival	28th February – 2nd March	Flavours, dances, good neighbours	11th-13th July
Saison Opening Festival	21st-23rd March	Kermis of Egregy	20th July
Easter Gaieties	20th-21st April	Nostalgia Weekend	1st-3rd August
Happy Peacetime's Hévíz	30th April-4th May	Wine Festival of Hévíz	16th-20th August
Pentecostal Gaieties	7th -9th Jun	Day of Hungarian Songs	5th-7th September
The week of angels and vagabonds	19th -23rd Jun	Grape harvest in Egregy	13th-14th September
		Feast on Martins Day	8th-9th November
		Hévíz Advent Fair	30th November-21st December

The programs are subjects to change without notice! The list of our current events can be found on the website www.hevizlake.com





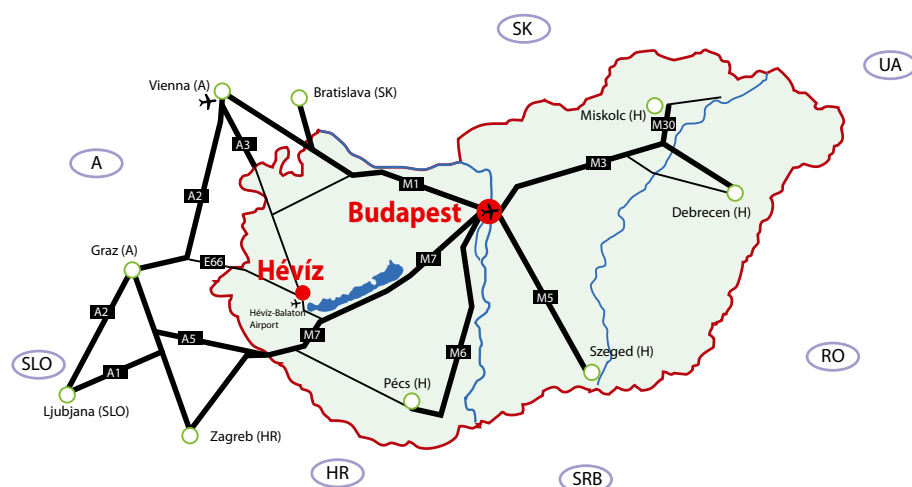
- | | | |
|--|---|--|
| 1 Tourinform Hévíz
Rákóczi street 2. | 4 Surgery
József Attila street 2. | 8 City Hall
Kossuth Lajos street 1. |
| 1 Thermal lake
Dr. Schulhof Vilmos promenade 1. | 5 Pharmacy | 9 Post Office
Kossuth Lajos street 4. |
| 2 Taxi
Deák square 1. | 6 Hévíz Medicinal Spa and Saint Andrew
Hospital for Rheumatic Diseases
Dr. Schulhof Vilmos promenade 1. | 10 Hévíz Gallery
Deák square 1. |
| 3 Bus Station
Deák square 4. | 7 Police
Erzsébet Királyné street 5. | 11 Drinking-fountain
Rákóczi street 17. |

- | | |
|----|--|
| 1 | Fa-Ló Búfé |
| 2 | Gyöngyösi Betyársárd - Rezi |
| 3 | Gyöngyvirág Étterem |
| 4 | Hüvösvölgyi Vendéglő - Alsópáhok |
| 5 | Kocsi Csárda |
| 6 | Korona Restaurant |
| 7 | Macchiato Caffé |
| 8 | Magyar Csárda Restaurant |
| 9 | Malomkerék Vendéglő |
| 10 | Rezi Borház |
| 11 | Római Pince |
| 12 | Sörsarok - Hofbräu Vendéglő |
| 13 | Szent Antal Fogadó - Zalabér |
| 14 | Vilmos Pince |
| 15 | 1000 Ut Utazási Iroda |
| 16 | 5-LET Ruhaszalon |
| 17 | Admirál Optika |
| 18 | Aiyara Thai Massage |
| 19 | Ambuláns Fizioterápiás Centrum |
| 20 | Annex Optika |
| 21 | Balaton Ballooning |
| 22 | Balaton Hajózási Zrt. |
| 23 | Barnoff Boutique |
| 24 | BusExpress - Airport Transfer |
| 25 | Cézar Borászat - Nagyrada |
| 26 | Dentsana Fogászat |
| 27 | Fox Auto Rent |
| 28 | Gábor Massage |
| 29 | Gelencsér Dental |
| 30 | Helikon Utazási Iroda - Keszthely |
| 31 | Hévíz Taxi |
| 32 | Hodent Fogászat |
| 33 | Hungaléria |
| 34 | Janko's Bike Team |
| 35 | Kröger Reisen |
| 36 | Lovasudvar - Felsőpáhok |
| 37 | Medicina Naturale |
| 38 | Mega-Sol Kft. |
| 39 | Mutsch Ungarn Reisen |
| 40 | Robinson Tours |
| 41 | Szasza-Tours Bt. |
| 42 | Zalathermal Utazási Iroda |
| 43 | Zena Beauty + Med Center |
| 44 | Lotus Therme Hotel & Spa***** |
| 45 | Danubius Health Spa Resort Aqua***** |
| 46 | Danubius Health Spa Resort Hévíz*****superior |
| 47 | Palace Hotel Hévíz**** |
| 48 | Hotel Europa fit*****superior |
| 49 | Hotel Spa Hévíz***** |
| 50 | Hunguest Hotel Mirage***** |
| 51 | Kolping Hotel Spa & Family Resort***** Alsópáhok |
| 52 | NaturMed Hotel Carbona*****superior |
| 53 | Prestige Ház**** |
| 54 | Magyar Honvédség Egészségügyi Központ - MH EK |
| 55 | Abbázia Group Hotel Kalma*** |
| 56 | Hotel Aquamarin*** |
| 57 | Hotel Erzsébet*** |
| 58 | Hotel Napsugár*** |
| 59 | Hotel Sante*** |
| 60 | Hunguest Hotel Helios*****superior |
| 61 | Hunguest Hotel Panoráma*** |
| 62 | Park Hotel Hévíz*** |
| 63 | Rezi-Hotel Kft. |
| 64 | Wellness Hotel Hévíz - Cserszegtomaj |
| 65 | Castrum Gyöggycamping Kft. |
| 66 | 1000 Home Apartments |
| 67 | Aal Apartman |
| 68 | Abolom Villa |
| 69 | Adler Apartman |
| 70 | Antal Ház |
| 71 | Arany Szőlő Wellness Apartmanház |
| 72 | Centrum Apartmanház |
| 73 | Club Unicum Apartmanház |
| 74 | Erika Vendégház - Alsópáhok |
| 75 | Feng-Shui Wellness Apartmanház |
| 76 | Fortuna Villa |
| 77 | Gabi Villa |
| 78 | Gusztli Villa |
| 79 | Három a Kislány Vendégház |
| 80 | Judit Villa |
| 81 | Kaktusz Villa |
| 82 | Klára Villa |
| 83 | Kovács Apartman - Alsópáhok |
| 84 | Mária Villa - Nemesbük |
| 85 | Napfény Apartmanház |
| 86 | Relax Apartmanház |
| 87 | Timpa Apartmanház |
| 88 | Villa Viktória |
| 89 | Williams Haus |

How can you reach Hévíz?



Hévíz-Balaton Airport: Hévíz is easy to reach also by plane!
Current flight details: www.hevizairport.com



Tourism Non-profit Ltd. of Hévíz Tourinform Hévíz

H-8380 Hévíz, Rákóczi str. 2.
Tel.: +36 83 540 131
Fax: +36 83 540 132
E-mail: heviz@tourinform.hu

IMPRINT

Publisher:
Tourism Non-profit Ltd. of Hévíz &
Hévíz TDM Association
Photo: Tucsek Tünde • Visuart Fotó •
Endre Szántó • Hévíz Thermal Lake and
St Andrew's Rheumatism Hospital •
Balaton Ballooning • I. Gróf Festetics
György Cultural Centre

Graphic: TheCube.hu
Print: TAZO Kft./Printpix Nyomda

You can comfortably reach Hévíz in 2 hours by car from Vienna on the highway 84 and from the direction of Budapest on the motorway M7.
After arriving in Hévíz you can get information about the current events at the Tourinform Office located in the town centre. Here you can ask for maps, program offers as well as you can have information on timetables.

Hévíz GPS: 46° 47' N, 17° 11' E

One more reason for relaxation!



Hévíz Card+ and Hévíz Passport



Use the special services offered by Hévíz Card+ and win with the Hévíz Passport!

- + 1 hour to your 3 hours' ticket to the lake
- +1 hour free parking in the Large Car Park,
- +1 hour or a half day bicycle rental at the Tourinform Office

and many more extra services await for you with the **FREE Hévíz Card+** Take the opportunity during your stay in Hévíz and ask for the card and the booklet accompanying it, in which you can find a lot of useful information about the town, at your accommodation or at the Tourinform Office!

Use the card also in the West Balaton region, take part in recreational programs and explore the surrounding beaches and museums on discounted prices!

Every guest who spends at least two nights in Hévíz can get the Hévíz Card. The card is made in the name of the holder, but it refers to the whole family. The card is valid from the day of arrival to the day of departure until 12 pm.

Hévíz Passport: Passport into the kingdom of premium vacations! The only passport that rewards your purchases with a premium vacation in Hévíz!

Win one of the **Premium holidays** in Hévíz!

Get the Hévíz Card and the accompanying discount booklet, and at the Tourinform Office hand down the Hévíz Passport located in it, with which you can win one of the 2 nights' premium holidays in Hévíz and you can take part in the monthly draw, where you can win a Hévíz gift package.