



Who was Flavius Thedosius? A sickly child who turned into an emperor or the source of the most famous legend about the origin of Lake Hévíz.

According to the ancient legend about the birth of the lake and its healing powers, Flavius, a Roman boy, was brought up by a Christian nurse here in Pannonia. The boy was weak and in poor health but his father was a great military leader so the nurse prayed to Virgin Mary to help him. Hearing her prayer, the Holy Virgin caused a spring to gush forth, in the healing water of which the child was bathed every day. The hot water of the spring and the steaming mud made the child's body grow stronger and stronger, and the boy became the Emperor of the Eastern Roman Empire, Flavius Theodosius, who made Christianity the state religion of his empire in 391. Since then, the water of the spring has been feeding Lake Hévíz and has brought healing to many.

#### Is the Roman legend true or is it just a myth?

Theodosius I, originally Flavius Theodosius, was born in January 347 in Galicia, in the territory of present-day Spain. His father, also named Flavius Theodosius, was the most successful general of Emperor Valentinian, who was also a Christian. By the custom of the time, Theodosius probably went to battle with his father from childhood, and thus received military training. He visited Britain, fought against the Alemanni and the Sarmatians, and travelled to many places in Pannonia. After his victorious battle here, in 374, he was appointed military commander of the province of Moesia, on the Lower Danube.

Although Theodosius came to the imperial throne under dubious circumstances, he later went down in history as Theodosius the Great, because he was a strong emperor who made Christianity the state religion.

As far as Hévíz and the Romans are concerned, there is no doubt that people were living in the town and in the surrounding area in Roman times. Local excavations show that there was a large settlement in the period of the Roman Empire in the present-day Egregy district. Several finds of the Villa Rustica - or villa farm - show that the settlement was inhabited from the 1st century until the 5th century. Roman artefacts were found not only in Egregy but also in other parts of Hévíz: Roman coins, earthenware and an altar stone of Jupiter were recovered in the bed of

#### The formation of Lake Hévíz in reality

The formation of Lake Hévíz dates back to 20-22 thousand years ago

when the basalt hills and Lake Balaton were born.

At the end of the Pannonian period, volcanoes broke up the landscape of the Transdanubian region. The first signs of post-volcanic activity were the eruption of hot springs such as the original Hévíz thermal spring. Archaeological excavations show that people already lived here as early as the end of the Stone Age. In addition, there are many legends dating back to different periods about the healing properties of the water. According to Roman remains and finds, Hévíz was already inhabited 2000 years ago, but even more surprisingly, water samples taken at the discovery of the spring cave suggest that the cold water coming from the spring is 8000 years old, while the hot medicinal water is 12000 years old.

### THE SPRING

The Discovery of the Spring Cave

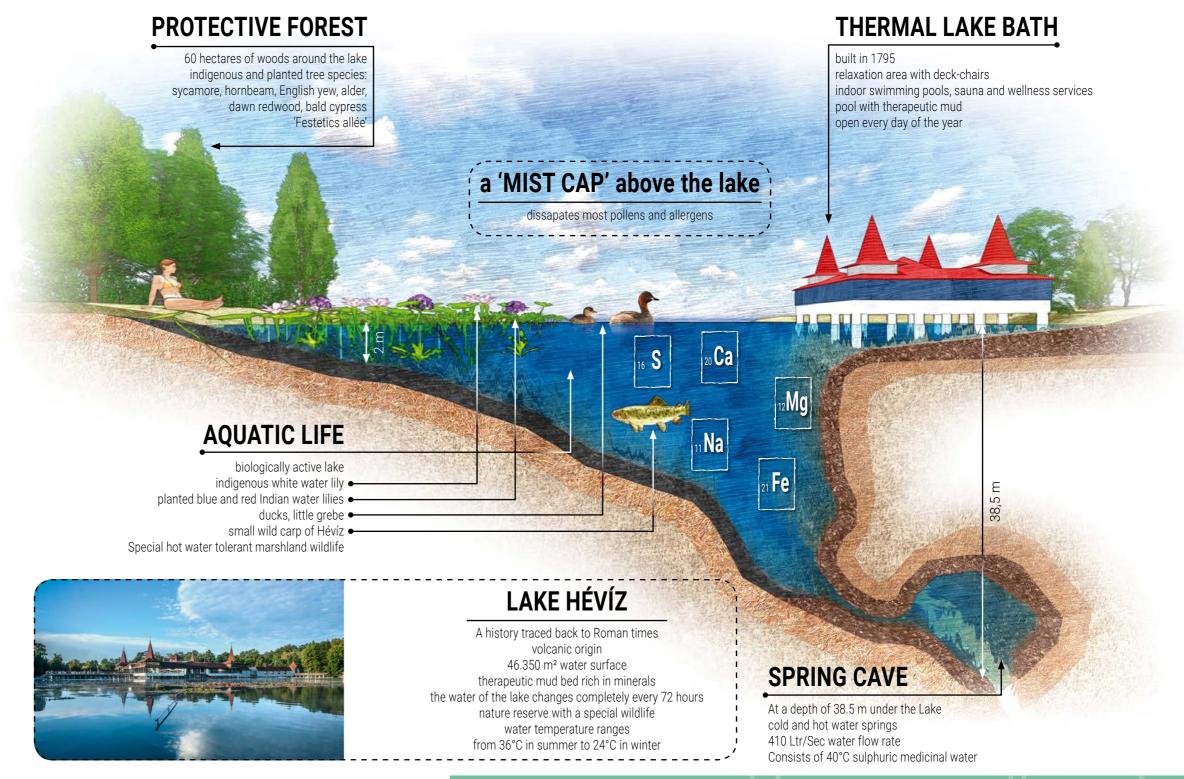
In the 1970s, divers kept a close eye on the temperature and yield of the water rising from the spring of Hévíz due to the operation of the bauxite mines in Nyirád. Light diving became a regular activity and several attempts were made to find the spring. However, a lot of debris blocked the supposed entrance. After several dives and cleaning operations,

#### light divers István Plózer and Lajos Csávosi finally discovered the spring cave on 10 February 1975.

They found a passageway measuring about 60×80 cms, which led to a four-meter-long corridor. Overcoming the strong current of thermal water flowing against them, they entered the cave room. István Plózer wrote about the discovery two days later:

'On 10 February 1975 at 9 a.m ... we dived to the spring. ... With a bit of dexterity, I crawled through the narrow opening and then moved to the left side of the passage. As wood and stone debris completely blocked the opening, I did not experience any water movement. Then my friend Lajos put in the spool and swam in beside me. We slowly started to swim forward, concentrating all our attention. At 5 meters from the entrance, the passage suddenly widened and disappeared into nothingness. I was appalled and suddenly could not understand where I was but slowly, in the light of our torches, a clay ridge loomed up with a funnel-shaped opening on either side of it. Later, looking more closely, I noticed that the other side and the ceiling were also faintly visible. Crouched down in the passage, which opened out at a depth of 40 metres, we watched the room. ... I estimated its size at 15×15 meters. Presumably, the water was coming out of two funnel-shaped openings, estimated to be 7-10 m deep (as far as you could see). ... At the end of the sixth minute, we swam out of the opening, ... we swam to the surface.

From then on, the excavation, which started on 19 September 1975, was carried out under the direction of the Scientific Research Institute of Water Management (VITUKI). They later found that the passage was about four meters long, and the cave was seventeen meters in diameter and fourteen meters high with arched walls all around.



The cavern is divided by a layer of mud at a depth of 40-41 meters with cold water of 17.2°C rushing up from a crater on the eastern side and thermal water of 41.3°C welling up from a crater on the western side at a depth of 45-46 metres. The cave is home to ray fungi and freshwater sponges adapted to extreme conditions. A 40-50 cm layer of gas covers the dome with a white algae colony floating on the surface.

46.350

m<sup>2</sup> of water surface

surrounded by

hectares of protective forest

the hot spring is at a depth of

38,5

the first bathing establishment was built 410

litres of water per second is In numbers! the water yield of the spring

23 and 36°C

are the coldest and hottest temperatures of the water in winter and summer







## How It All Began

Although the Romans already knew the hot-water lake itself, the classic bathing life in Hévíz dates back to the 18th century. Count György Festetics I had the first spa buildings erected over the lake in 1795, and villas were also built near the western shore of the lake. In the 19th century, there was also a cure house ('cupping house') next to the creek bed, where, according to the times, people practised leeching, vein cutting and cupping.

The land of Lake Hévíz was the property of the Festetics family which was given as a 30-year lease to Vencel Reischl, beer brewer from Keszthely in 1905.

Vencel Reischl was not only an entrepreneur with good business sense but also the richest citizen of the area who envisioned Hévíz as a spa town of international quality and reputation.

#### The cornerstones of development

As an initial step, some of the marshy areas had to be converted into land suitable for construction as several new buildings were planned both next to and above the lake. Between 1906 and 1912, all the buildings around the lake were renovated and modernised, and a 'Kursaal', which hosted balls, and a modern sanatorium were opened. From 1906 onwards, the spa buildings were continuously built and extended above and on the shores of Lake Hévíz. A domed building on piles was built next to the former baths. The wooden bridge was removed and replaced by a new, covered bridge in 1907. The two-towered main entrance, which is still a characteristic feature, was also completed.

The entrance is guarded by cherubs commissioned from the Zsolna Manufactory in Pécs.

#### Quality medicine is essential to a state-of-the-art spa

Vencel Reischl knew that a modern spa could only be successful if it had professional staff. He invited Dr Vilmos Schulhof, pharmacist Lajos Cséby and Dr Károly Moll to Hévíz to work. The expertise of the doctors working in Hévíz was internationally recognised, and their work laid the foundations for the methods, results and international reputation of Hévíz therapy.

#### A new, business approach

The successful brewer has also taken great care to enhance the reputation of the spa. At the same time as the construction work began, colourful posters, brochures and postcards were published in German and Hungarian languages, all advertising the beauty of the spa, the beneficial thermal waters and the lively cultural life.

#### Famous guests popularize Hévíz

In 1911, the town was granted the title of 'spa-type settlement', and in 1914, by a stroke of luck, the spa resort made it into the national press. The doctor of the Budapest Zoo referred Nelly, a young elephant with a sore leg, for a spa treatment to Hévíz. The 'little pet' was of course a big sensation in the area and increased interest in the medicinal lake.

#### The real 'Happy Peacetimes'

During the First World War, Hévíz suffered no damage and even found itself in a more fortunate position due to the annexation of some other spa resorts in the country. After 1920, the town was further expanded with hotels, questhouses, a cinema, a post office and restaurants. In 1927, the still existing wooden-framed towered bathhouse was built on the shore. In 1932, thanks to Vencel's successors, the bathhouse above the lake was given a sliding glass roof. It was closed in rainy and opened in sunny weather. By this time, there were seven hotels, twelve restaurants and forty villas around the lake, and 16,000 guests a year (mainly in summer) visited Hévíz.

#### The end of the Happy Peacetimes

In 1940, the lease contract expired and the management rights of Spa Hévíz reverted to the Festetics family. The Happy Peacetimes ended with the Second World War when the sanatoriums, hotels and hospital buildings were converted into war hospitals. In 1945, the property of the aristocracy was confiscated, and in 1948, everything was

#### DR VILMOS SCHULHOF AND DR ÖDÖN SCHULHOF

Dr Vilmos Schulhof (1874 - 1944) was invited to Hévíz in 1905 by Vencel Reischl to become the physician of the spa at the sanatorium. In 1911, he founded the Zander Institute, where patients were provided with equipment to help them move their aching limbs. At that time in Europe, this method was only used here in Hévíz and Karlsbad. His brother Ödön (1896-1978) was a physiotherapist specialising in the effects of the hydrostatic pressure of water, but he also studied the biological effects of mud wrapping during treatments. He introduced X-ray examinations and electrotherapy treatments in Hévíz

#### DR KÁROLY MOLL – FATHER OF THE WEIGHT BATH

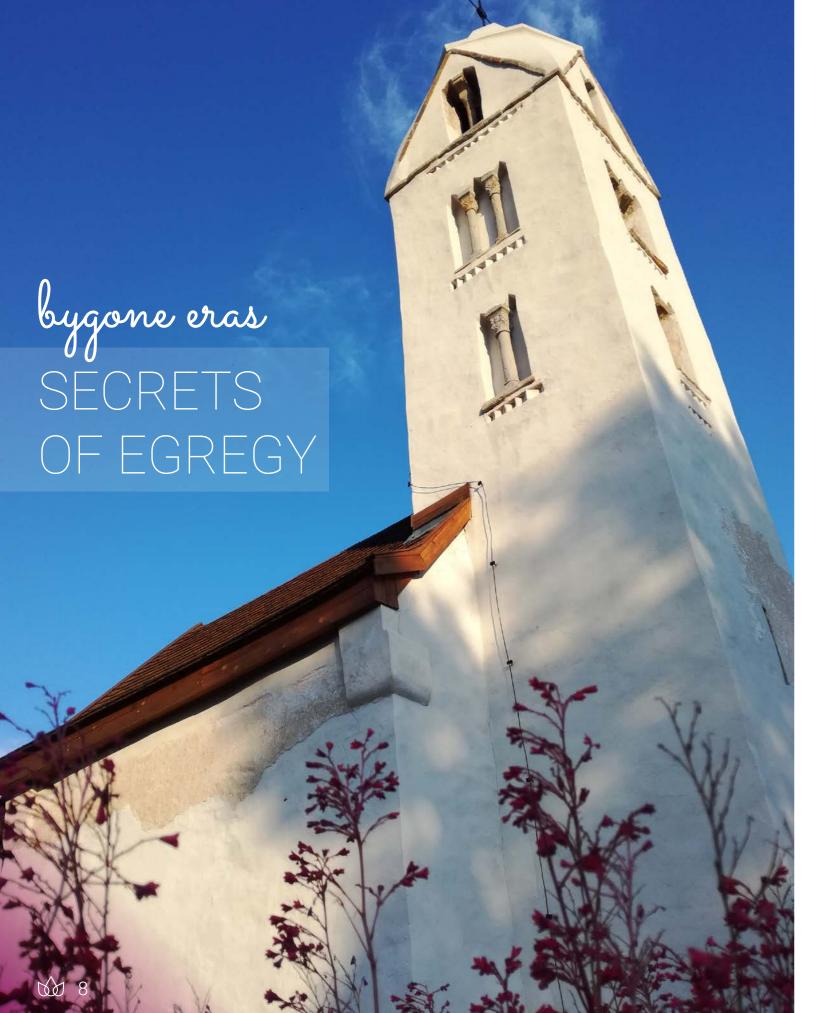
Dr Károly Moll (1889 – 1982) worked as a rheumatologist and spa physician in Hévíz from 1920. Through his research work and experience, he developed the weight-bath treatment, which is still used successfully today. He also prepared the flow map of the lake and published in numerous national and international journals the achievements of Hévíz in relieving rheumatic pain. His work has made a significant contribution to the development, success and reputation of therapeutic methods in Hévíz.



Visit Hévíz in spring and enjoy the period costume parade at the Happy Peacetimes Festival.







## The Romans

In 1931, the remains of a villa from the early period of the Roman Empire were discovered in the area that belongs to today's Egregy. The villa had been inhabited for almost four centuries, between the 1st and 5th centuries. Built around 100 AD, the villa, with a floor area of nearly 1000 m<sup>2</sup>, had a colonnaded porch and hot-, warm- and cold-water pools. Finds from the excavations in Egregy and other parts of Hévíz - the Jupiter altar stone found near the lake and coins from the period of the Roman Empire unearthed by divers – show that the medicinal water also played a major role in the Roman settlement.

The tomb of a Roman soldier was also found during the excavations. It can be accessed from Dombföldi Street.



The Roman remains are easily accessible from Attila Street and Zrínyi Street. The museum garden hosts many events.



## Since 1221

Following the conquest in 895, the tribe of chieftain Bulcsú Vér invaded the area around Lake Balaton at the end of the 10th century, according to the Illuminated Chronicle. His descendants, the Atyus clan, occupied the Balaton region in the 12th and 13th centuries. The first written record of the settlement dates from this period (1221), and the settlement may have been called Egregy because of the characteristic alder forests that grew in the marshy area.

The first mention of the still-preserved Romanesque stone church of Egregy can be found in a charter of 1341. Its distinctive feature is the octagonal tower with a Rhemish roof.

In the Middle Ages, the village's life was dominated by farming with its fertile land being used for agriculture and animal husbandry, later supplemented by viticulture.

The village was destroyed several times during the Ottoman occupation. However, it was always rebuilt, and the population moved from the hilltop a little further down into the valley. In the 18th century, German settlers arrived and Egregy became part of the Festetics family's estate but, by 1828, it was once again listed as a Hungarian village.

As a separate village, Egregy was united with Hévízszentandrás and Hévízfürdő in 1946, under the name of Hévíz.

Water is our lifeblood, without it, life would be unimaginable on this wonderful planet called Earth. However, water is not simply the source of life. It surrounds us in many forms.

#### Drink it!

The recommended daily water intake is 2 litres for adults. This is the amount that everyone needs for ideal body function. What's more, in Hévíz, you can also drink sulphurous medicinal water, which is recommended for many people. Drinking Hévíz medicinal water in moderation can relieve stomach aches and bile problems. You can taste it at the public water fountains.

#### Get in the steam!

The sauna is good, many people like it. Hot steam and humid air are an important part of the bathing culture of many civilisations, be it a Roman tepidarium, a Turkish bath, a Japanese onsen or a Finnish sauna. The hot, humid air dilates pores, increases cellular metabolism, refreshes the skin, relaxes the mind and clears the respiratory system.

#### Inhale water vapour!

Having mentioned breathing in hot steam, we should also highlight the other beneficial effects of inhaled vapour. Inhaling water vapour can provide the body with many valuable substances, which can be rapidly absorbed. You can think of oxygen therapy, for example, or the mist floating above the lake, which contains gaseous substances that, when inhaled, enhance the healing effect.

#### **Hydromassage for everyone!**

Probably no one has ever been to a spa without standing/ sitting under a water massage jet. The massaging effect of water has been used for a long time, so it's almost ubiguitous in spas, wellness and adventure baths. However, water jet massage is not just a simple muscle-relaxing spa experience; it is also a significant treatment. It is also used in Hévíz carried out in a 34-37 degree Celsius water bath under the name of Tangentor therapy. Depending on the strength of the water jet, it can even move deeper muscle layers, and it causes an increase in blood flow to the treated area and has a good effect on lymphatic circulation. It is one of the most popular procedures for post-operative care.

# drinking it, enjoying it, using it

#### Ice-cold delights!

Water vapour is also useful and can be used if it is ice cold. On the one hand, we often cool ourselves with ice cubes, cold water spray or an ice bath after a sauna session, and on the other hand, the cryosauna, which cools the body with temperatures of around minus 140 degrees Celsius, is becoming more and more popular. This freezing treatment takes only two minutes but it is extremely effective. It regenerates cells, alleviates reduced vascular problems, speeds up metabolism and even helps you lose weight. It is no coincidence that competitive athletes used it first for rapid recovery.

#### **Electricity conducted into water?**

Why not? It may sound strange, as most people learn at an early age that it is not advisable to dry our hair in the bathtub. However, there are occasions when conducting electricity into the water - much less than 220 V, of course can be useful. One of these occasions is called the galvanic bath, which is mostly used to relieve arthritis and pain. This treatment should only be used under medical supervision and on a therapeutic basis. Typically, the hands and feet are placed in hot water while a low current is passed through the body thanks to the conductivity of the water.



#### Once upon a time, there was the mud of Hévíz

The bed of Lake Hévíz is covered with peat, which, due to its loose structure, mostly floats in the water. This layer of peat used to be much thicker, so it was necessary to regularly remove large quantities of silt from the Hévíz streams to prevent the canal from becoming blocked. It was then settled, ground and transported in bags or buckets to the spas, where it was heated and used for mud wrapping.

#### In the spring of 1986

the newly rebuilt building complex above Lake Hévíz was engulfed in flames during a night fire, and pieces of it fell into the lakebed. Thousands of cubic metres of mud had to be pumped out of the bed, which was filled with ash, building debris and broken glass. As a consequence, it was then no longer suitable for any purpose, especially medicinal purposes.

## why? and how? is the medicinal mud of Hévíz produced?

The water in the lake became crystal clear due to lower amounts of peat, but subsequently, there was not enough silt in the stream for extraction.

#### What happens to the mud treatments without mud?

Experts have successfully established that the lake bed silt is part of a layer of vegetal peat - about 80-200 cm thick, a thousand years old, clean, free of minerals, rocks and small animals -, which can be mined over a large area in the region. If the peat and the other ingredient, the thermal water, are available, they just need to be mixed together.

The extracted loose peat, containing about 70-80% water, is transported to the Hévíz mud factory, where, in a metal tank, it is soaked in pure medicinal water coming directly from the spring of Lake Hévíz, then turned and drained. After a few days, the water content of the peat is significantly changed, and the components of the medicinal water are incorporated. After that, the fine grinding and heat treatment (not boiling) are carried out to achieve the desired consistency and purity.

The manufacturing procedure was developed after 1986, but today's computer-controlled factory has been operating in Hévíz since 2013. In a year, about 200 tonnes of Pannon Standard Medicinal Mud of Hévíz is packaged in buckets and transported to many spas across the country.



#### Hévíz medicinal mud in a bucket 1 ka

Available online or directly in Hévíz.

WEBSHOP - WWW. HEVIZ.HU **TOURINFORM OFFICE** Hévíz, Rákóczi str. 2.

Try it at home. Instructions for use can be found on the packaging. Consult your doctor about the indications and contraindications before use.

#### Other products:

· peat bath salt · handmade soap with Hévíz medicinal mud · Hévíz giftware · postcards

42°C therapeutic Hévíz mud + a refreshing massage for the whole body = relaxed muscles, softer skin, full relaxation!

Definitely worth a try!

### What makes the mud massage so special?

The Hévíz mud massage, which was developed by the staff of the therapeutic department of the spa, is one of the most exceptional services of the Hévíz Lake Baths.



During the full-body massage, the 40-42°C, lightly granular medicinal mud is continuously massaged into the skin. In essence, this warm wellness massage and therapeutic mud. Not only is your skin renewed and your muscles refreshed,

In the summer, you can enjoy it in a pavilion built on the lake, so instead of taking a shower, you can even soak the mud off your skin while swimming in Lake Hévíz.

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#### What hurts, come on tell us...

Whether you develop musculoskeletal pain because of an accident, during exercise, over time or from sedentary work, depending on the nature and severity of the pain, there are solutions to relieve it.

#### Recreation in 3-5 days

To stay in good shape for another 10-20 years, occasionally you need to take time for a good rest. Leave the weekdays behind and enjoy the fresh air, the relaxing effects of thermal water and a revitalising massage. During a long weekend, you can have time for a few spa massages, an inversion table treatment, some sauna sessions, special wraps or oxygen therapy.

#### Regeneration in 4-7 days

A strain, contusion, sprain or arthritis can make your everyday life miserable. Recovery usually involves more than just rest or the use of muscle-relaxing ointment. You need effective help in the form of therapeutic massages, individual physiotherapy, mud treatments or joint wraps. Moreover, treatments can include spine liner, shockwave therapy, ultrasound, TENS, Kinesio tape or cryosauna. One thing is certain: an expert will help you set up the right health programme, tailored to you and your problem.

#### Rehabilitation in 7-21 days

There are times when resting and some regenerative treatment can no longer help because of a previous injury, accident or surgery. A complex solution is needed for long-term pain relief. This is when all the decades of expertise that form the basis of spa treatments in Hévíz is recommended. In this case, complex health programmes include all the thermal water and mud treatments of Hévíz, as well as the most modern physiotherapy and electrotherapy.

## The four pillars of the perfect relaxation in Hévíz

**QUALITY RELAXATION,** which starts with a soothing sleep.

EFFECTIVE MEDICAL WELLNESS TREATMENTS, including individual health programmes drawn up with the help of an expert.

THE LEISURE TIME THAT RECHARGES YOU THE BEST: from family programmes to running clubs, you can choose from a range of options.

NATURAL HEALING FACTORS: clean, fresh air, silence, green surroundings, medicinal water and healthy food to recharge your batteries in a way that is not only stress-free but also chemical-free.

#### Active recreation in Hévíz:

- swimming in thermal water, open water or even in a sports pool
- running trails in the Hévíz Protective forest and Keszthely Hills
- cycling routes to Kis-Balaton and Lake Balaton
- outdoor and indoor adventure parks with several levels of difficulty, climbing walls, fitness exercises
- hiking trails and nature trails with look-out points and castle ruins
- outdoor yoga
- water sports and canoeing in several locations, even in winter
- hot air ballooning in the country's largest balloon
- cave tours with some crawling and climbing
- paintball, go-karting, bowling, rifle shooting for the adventurous people

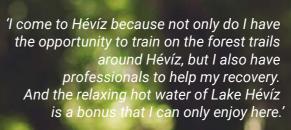
#### Where and how?

Smaller regeneration and complex rehabilitation health programmes can be booked in the certified spa hotels of Hévíz, where you certainly receive quality service under the protection of the Hévíz Traditional Therapy trademark. Treatments can also be booked in the Festetics Bathhouse of the Hévíz Lake Baths, in which case you can book any type of accommodation for the duration of the treatments.

# SEDENTARY WORK, TIRED MUSCLES, ACCIDENT OR INJURY?

tips for pain relief

CSÉCSEI



Zoltán Csécsei – ultra runner multiple national champion





### THIS IS HOW WE RELAX!

## the perfect morning

Start your day with an energising breakfast after a long sleep. A refreshing cup of coffee/tea is accompanied by a selection of local bakery products,

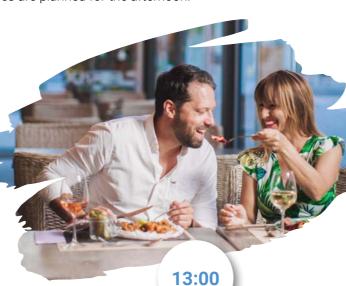
but do not forget fresh fruit and vegetables. Our breakfast motto: vitamins

9:00

10:30



It is nice to relax with a delicious lunch. Choose the set menu to save some time in the restaurant. More adventures are planned for the afternoon.



wandering around the area

Every break includes a little adventure. The most common destination is Keszthely: visit the Festetics Palace or take a boat trip in Keszthely Bay. Szigliget Castle can be both an easy hike and a cultural experience, not to mention the panoramic view of Lake Balaton. Is it overcast or raining? Do not worry! You can choose from a selection of places to visit in the Balaton Uplands National Park or just hop over to Alsópáhok to climb a wall in the Adrenalin Arena.



## evening relaxation

We try to ensure that the evenings are full of lively activities. If there are no fun outdoor concerts to get you back into the swing of things with youthful energy, you can relax in the warmth of the saunas after a busy day.

19:00

14:00



Do not miss a relaxing massage in the Hévíz Lake Baths. You can book an appointment at the Festetics Bathhouse, but if you can, choose the massage pavilion overlooking the beautiful lake. For a special experience, opt for the body massage with medicinal mud instead of the usual refreshing wellness massage.



Why have dinner late when there are still plenty of evening activities in Hévíz? We usually choose a cosy terrace for dinner, one of our favourite ones can be found on the hillside of Egregy, with a real view of County Zala.



walk around the lake

After dinner, take an easy evening stroll around Lake Hévíz, along the promenades of the Protective forest. The fresh air, the atmospheric lighting of the buildings of the Lake Baths, and the soft music from the restaurants can cap the day off. Alternatively, you might just find yourself in the middle of a lively festival.

## splash!

Why miss a swim in the caressing water of Lake Hévíz? Let the hot water relax your muscles while you admire the beauty of the tree-lined thermal lake.





## FITNESS IS HALF THE SECRET TO GOOD HEALTH!

walking tours

From family walks to hikes in boots, we have a wide range of offers. For easy walks, we recommend the Hévíz Protective forest, Egregy, the cycle path between Hévíz and Keszthely or the area around Kis Balaton with a visit to Kányavári Island. It is worth taking the hiking trails of the Keszthely Hills, which abound in lookout points, as you can enjoy a wonderful panoramic view of Lake Balaton on several parts of the trails. The basalt columns on the Badacsony and Szent György hills will dazzle you. The ruins of Castle Rezi and Tátika are the closest to Hévíz, while Csobánc and Somló are further away. You can also reach Szigliget or Sümeg within 30 minutes by car and can discover the history of these magnificent castles.

## bike tours

Cycling is easy within Hévíz, and from Hévíz you can reach either Kis-Balaton or Lake Balaton on a safe designated cycle route. The cycle route around Lake Balaton (7.8 km) is accessible through the centre of Keszthely with easy access to the Gyenesdiás mill (12.3 km), the St. Michael's Chapel in Vonyarcvashegy (14.8 km), the Szépkilátó lookout point (19 km) in Balatongyörök, but you can also cycle to Szigliget (29 km) or in the other direction to Fenékpuszta (13 km) and the Kis-Balaton Visitor Centre (15.3 km).

## guided sightseeing walks

You can explore Hévíz, Keszthely, and the wildlife of the Protective forest and Lake Hévíz on guided sightseeing and geotours. If you are curious about the hidden treasures, the secret stories, and the legends of bygone times, join the guided tours of Krisztina Csorja and Zoltán Samu. You can discover the attractions of the area on foot, by bike, with torches or even during a costumed walk. You can register for the tours at the Tourinform office.

#### HIKING MAPS, TOWN MAPS, BROCHURES ABOUT ATTRACTIONS

Many publications and maps are available free of charge at the Hévíz Tourinform Office. Ask our staff and they will help you find the best programmes at any time of the year.

#### BICYCLE, E-BIKE AND E-SCOOTER RENTAL SERVICE

In our Hévíz office, you can choose from more than fifty vehicles. We provide a limited number of child seats and helmets for trekking bikes, city bikes, children's bikes and e-bikes, and bicycle maps for easy orientation.

#### **Tourinform Office**

8380 Hévíz, Rákóczi str. 2. +36 83 540 131 heviz@tourinform.hu open every day



# LAKE HÉVÍZ **BALATON**

Every day thousands, tens of thousands of people enjoy the pleasures of Lake Balaton and Lake Hévíz in both the summer and winter. They take advantage of an opportunity that many only long for.



While Lake Balaton is the largest freshwater lake in Central Europe and its main source of water is the River Zala, Lake Hévíz is the world's largest thermal lake suitable for bathing fed by a thermal spring.

The water of Lake Balaton is discharged into the Danube by the Sió Canal, while that of Lake Hévíz flows through the Hévíz stream into the Gyöngyös stream, then to Kis-Balaton and finally into Lake Balaton.

The deepest point of Lake Balaton is 11 metres, while the spring under Lake Hévíz is 38.5 metres deep

The surface area of Lake Balaton is 600 km², compared to that of Lake Hévíz, which is only 0.0475 km<sup>2</sup>. However, due to the water yield, the total volume of water in Lake Hévíz is changed every 72 hours, while in Lake Balaton this occurs roughly every 2 years.

On hot summer days, the water of Lake Balaton can reach 28 degrees Celsius, but in cold winters the upper layer of water can freeze up and the thickness of the ice layer can even reach 25 cm. The water in Lake Hévíz is around 35-36°C in summer and does not drop below 23°C in winter.

You can swim around Lake Hévíz in half an hour, but in the case of Lake Balaton, vou'd better take a bike instead.

You can enjoy rowing, paddle boating, windsurfing, boating, ice-skating and kick sledging at Lake Balaton, while in Lake Hévíz you can 'only' swim, however, you can do so every day of the vear.

The water of Lake Balaton is of drinking quality, while the medicinal water of Lake Hévíz is suitable for drinking cures. Some people drink it and it does good for them.

You can swim in Lake Balaton for as long as you like if it is warm enough. However, it is recommended to stay for only 30 minutes at a time in Lake Hévíz, the water of which is always hot. After a short rest, you can go in for a swim

You can walk into Lake Balaton from the shore, while even the shallowest part of Lake Hévíz is 1.5-2 metres deep.

The typical plant of Lake Balaton is the reed, while that of Lake Hévíz is the Indian water lily.

Lake Balaton is home to many species of fish, and so is Lake Hévíz, although different species are found here.

The mud of Lake Balaton is most popular with children for throwing or castle building, but the mud of Lake Hévíz is used by adults in the hope of recovery.

Lake Balaton offers an unrivalled spectacle, whether you are watching the surrounding buttes, admiring it in a storm, photographing the birds gathered along the shoreline or the billowing sails.

The clear turquoise colour of Lake Hévíz, the water lilies floating on it, the mist swirling above, the reflections of the buildings at night and the feeling of swimming above a depth of 38.5 metres: a mystical sensation.

## ATTRACTIONS IN THE AREA

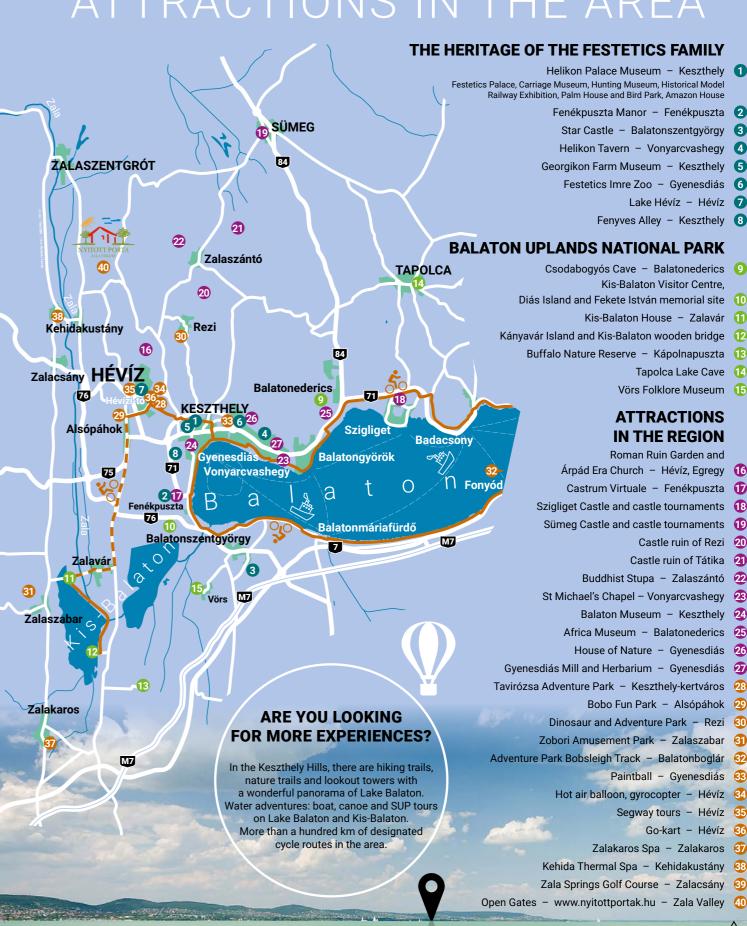
Lake Hévíz – Hévíz 🕜

Tapolca Lake Cave 14

Castle ruin of Rezi 20

Castle ruin of Tátika 21

Go-kart - Hévíz 36





### Bald cypress

The 4.44-hectare Lake Hévíz is surrounded by about fifty hectares of PROTECTIVE FOREST. The function of the forest is to protect the lake from winds and thus from rapid cooling. It also protects the lake from airborne pollutants, provides shade, filters urban noise and produces oxygen. Its characteristic trees are BALD CYPRESSES. These spectacular trees with lush green, light foliage in the summer are ornamental trees of North American origin. They are characterised by the fact that, unlike other cypresses, their leaves turn glowing reddish-brown in autumn and then fall off in winter.



## Water lily

The unique plants of Lake Hévíz are water lilies. The 4-5 m long stalks of the plant arise from underwater stems that are buried in the mud. The leaves and flowers, which can be seen from May to November, are borne at or above the water surface on long stalks that are attached to the underground stems. The white WATER LILY is native to the lake, the Indian red variety was introduced by Sándor Lovassy in 1898. Water lilies are not only of aesthetic value. The leaves of the plants that cover the surface of the lake are effective in slowing down the cooling of the water.



## Little grebe

The little grebe is the smallest and the stockiest SPECIES OF GREBES. It winters only in Hévíz in Hungary. Families can be seen all the time around the stream, but they often nest in the Lake Bath area. One year, they were breeding on the stairs that were closed in winter, so visitors could closely watch the chicks grow day by day. Unlike the other grebe species, it feeds not only on fish but also on smaller aquatic animals.

#### FROM 6 TO 106 YEARS, FOR ALMOST ANYONE

There is life-giving power in water. And even more. Because when the hot, sulphur-radon-rich medicinal water of Lake Hévíz is combined with 200 years of medical expertise, an effective and natural treatment is created that helps if you sit a lot, if you have had knee surgery or strained your joint during sports or if you just want to prevent the above.

#### **EVERYTHING IS BASED ON WATER AND MUD**

The basis of Hévíz therapy is the thermal water and the black medicinal mud of Hévíz, the beneficial effects of which have been known for hundreds of years. Thanks to medical research and thousands of cured patients, Traditional Hévíz Therapy has become a trademark. Although the elements of this therapy are built on each other and strictly regulated, the whole complex process is personalised: it can be individually planned and optimised. The aim is to achieve long-term pain relief.

#### WHAT MAKES IT NATURAL? WHY IS IT EFFECTIVE?

Natural factors such as medicinal water, gravity, electrical stimulation of cells, movement of muscles and joints, absorption of minerals, alternating cold and heat ... Thanks to specialist doctors, all these therapies have become medically proven effective treatments in physiotherapy, electrotherapy, hydrotherapy and movement therapy. Moreover, all these treatments are available in a hotel environment in the greatest comfort even financed by health insurance.

#### TAILORED TO MEET TODAY'S EXPECTATIONS

Today, the health programmes developed in Hévíz combine traditional and modern elements. In addition to joint regeneration treatments, there are now **programmes for athletes, detoxing cures, Kinesio taping**, cryo saunas and stress-relieving **manager packages**. In 2020, the complex **Post-Covid Care health programme** was created here first in the country. In addition, the **Kinesio or Movement Analysis Laboratory** provides state-of-the-art objective diagnostic tests. Digital imaging equipment is used to assess the condition of the body's musculoskeletal system and the spinal column. The tests cover several parts of the body and are available to anyone.

# RELAXATION ON PRESCRIPTION

healing is natural



The method of hot, medicinal mud joint wrapping is not only used here in Hévíz but also in other health resorts. It has been proven effective in regenerating joints.

Dr Károly Moll developed the weight bath treatment carried out in the medicinal water of Lake Hévíz. It is one of the most significant achievements of Hungarian rheumatology and helps in the painless treatment of spinal deformities.

#### Certified spa hotels:

Hotel Europa Fit \*\*\*\*\*superior
NaturMed Hotel Carbona \*\*\*\*superior
Hotel Spa Hévíz \*\*\*\*
Ensana Thermal Hotel Hévíz \*\*\*\*superior
Ensana Thermal Hotel Aqua \*\*\*\*\*

#### **Outpatient treatments:**

Festetics Lake Bath

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## TIPS with Kids

**BOBO FUN PARK - ADRENALIN ARENA** indoor adventure park

for all ages any time of year in Alsópáhok

#### TAVIRÓZSA ADVENTURE PARK

ropes course for all ages in the middle of a beautiful garden centre

#### **ZOBORI ADVENTURE PARK**

indoor and outdoor adventure park: giant slide, a roller coaster in Zalaszabar

#### **MODEL RAILWAY EXHIBITION**

Europe's largest model railway with operating trains above the Hunting Exhibition in Keszthely

#### PIRATE SHIP ON LAKE BALATON

themed boat trip for children from the pier of Keszthely

#### SZIGLIGET CASTLE AND CASTLE TOURNAMENTS

The castle of Lake Balaton Wonderful panorama, medieval castle tournaments and delicious ice cream in Szigliget.

#### **FESTETICS IMRE THEME PARK**

House of Nature and wildlife park with close-to-nature experiences

#### **GYENESDIÁS PLAY BEACH**

one of the best child-friendly beaches at Lake Balaton for all ages

#### CANOE TRIP ON HÉVÍZ STREAM IN THE WINTER

A winter adventure for the whole family on the steaming Hévíz stream. The route can be completed with little ones or as an amateur.

#### TYPES OF HOLIDAYMAKERS AT LAKE BALATON

#### Forever child

Splashing in the pleasant water, building sandcastles on the beach, eating pancakes or ice cream and munching on a juicy melon in the shade. What more could you need to be happy when summer is here? At the western tip of Lake Balaton, there are family-friendly beaches and adventure pools. Safe water depths, clean water, children's activities, exciting playgrounds and sandy beaches for the youngest.

### The masters of water

For lovers of sailboats, windsurfs, SUPs, canoes and other watercraft, the scenery is the most beautiful from the middle of Lake Balaton. Gliding on the open water, feeling the wind, and the waves, mastering nature and enjoying the swinging while admiring the scenery of Badacsony. If you don't have your boat, boat trips offer an equally unique experience.

### Wine lovers and beer fans

Some people enjoy the view of Lake Balaton from the cool terraces of Badacsony wine cellars, while others dangle their feet in the water with an ice-cold beer in their hands. Because everyone needs a cold drink in the summer and Lake Balaton would not be the same without a glass of beer or wine, gastronomy festivals and cold cellars.

Sunbathing on the beach, in the water, by the pool, in the garden or even on the terrace of a café. Shade and bad weather are out of the question.

#### L'ive wires

Whether it's climbing the magnificent hills of the north coast, hiking at Kis-Balaton, boating in the Tapolca lake cave, cycling, running, canoeing, playing tennis, visiting castle ruins or wandering around the towns all day long, there's no stopping them. They are cheerful even in cloudy weather because no matter how many times they come, they always discover new places from Hévíz to Tihany.

#### Adrenaline addicts

Beach time is good, but it is even better when it comes with a little excitement. For example, the speed of a go-kart or bobsleigh track, the challenge of a skateboarding track, wall climbing or giant slides, roller coasters, laser combat or paragliding from Szent György Hill. Come rain or shine, a little adventure and a good festival are always in the cards.



# Different in each season... and always exciling!

## autumm

Because autumn is full of the after-glow of summer, the sun under your skin, wonderful flavours, smells and colours. Autumn is quality, desire, and sensuality. Enjoy the beach season that lasts until October on the shores of Lake Hévíz. Enjoy the culinary events of autumn and early evening concerts of popular music on a cosy terrace or at the Egregy wine hill. Take one last boat ride in the sunset

## winter

Because winter is full of lights, atmospheres, and intimacy. It is full of warmth: sitting in the thermal water of the pool, enjoying sauna sessions, clutching hot Christmas drinks... and full of romance: days spent with your loved one. It is filled with silence and affection. Enjoy the peace, the lights, and the delicious flavours. Pamper yourself and your partner with massages, and unwind with the power of steam. Take



spring

Because the grass is greener, the weather is warmer, the evenings are longer and the water of Lake Hévíz is getting hotter and hotter every day. Enjoy a splash in the 30°C thermal lake before summer hits the beach, recharge your batteries by walking in nature, and discover the castle ruins and the lookouts. Admire the beautiful scenery of Lake Balaton or Kis-Balaton and watch the mating dance of waterfowl. Pamper yourself in the spa, recharge your batteries, exercise, change your lifestyle, go on a diet, treat your skin or relieve the pain in your stiff limbs with the help of skilled hands because it has been a long winter.

> To whom do we recommend Hévíz in spring? to active life lovers, explorers, adventurers, renewers and restarters

### summer

Because summer is full of life, fun and activities. Enjoy the summer and your holiday, and discover the best places in Hévíz and the surrounding area. It is the time of active relaxation, festival atmosphere, happiness, children's laughter and clinking of glasses in the evening. Come and join in the fun and indulge in the wide range of activities in the whole area. You will not get bored, even if you just dangle your feet in the pleasant 34-36°C water of Lake Hévíz all day long.

To whom do we recommend Hévíz in summer? to holidaymakers, families, bustle lovers, and beach fans

on Lake Balaton, jog, walk, and cycle along the promenades rustling with falling leaves. Recuperate, relax, slow down, be a little selfish and take care of yourself.

> To whom do we recommend Héviz in autumn? to hedonists, late risers, binge avoiders, flavour worshippers, the health-conscious and the eternally young

a canoe tour in the Hévíz steam in winter, and go to the cinema in the evening instead of watching TV. Take part in gastronomic events, but do not miss the magnificent winter view of Lake Balaton from the highest tower of Szigliget Castle. Winter is all about you. About you and your loved one.

> To whom do we recommend Hévíz in winter? to eternal romantics and those who want to recharge and escape

### FESTIVALS

- Happy Peacetimes In Hévíz · May
- **Hévíz Beer Promenade** · July
- RizlingPlacc! Hévíz Wine **& Gastronomy Promenade** · August
- Water lily Folklore Festival September
- **Buffalo of Hévíz Duatlon** November





## Dödölle of Zala RECIPE

#### Ingredients:

- · 300 g potatoes (not new)
- 200 g flour
- salt
- · lard or oil
- 100 g red onion chopped
- · for serving: sour cream and diced fried bacon to taste

Boil the diced potatoes in salted water until tender, pour off the water, and then add the flour and salt. Mash and stir it over a constant heat until you get a smooth, shapeable dough. When the dough has cooled, use a tablespoon to make dumplings and fry both sides of the dumplings in a little lard until crispy. At the end of frying, toss with chopped fried onion. Serve the hot dumplings with plenty of sour cream and fried bacon to taste.

#### Hévíz Farmers' Market

For authentic serving and preparation, buy everything you need at the Hévíz Farmers' Market.

From spring to autumn, it is open three times a week: on Tuesdays, Thursdays and Saturdays. It offers fresh food from local farms, unique handicraft products, natural cosmetics and antiques. In winter it is open on Tuesdays and Saturdays.





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