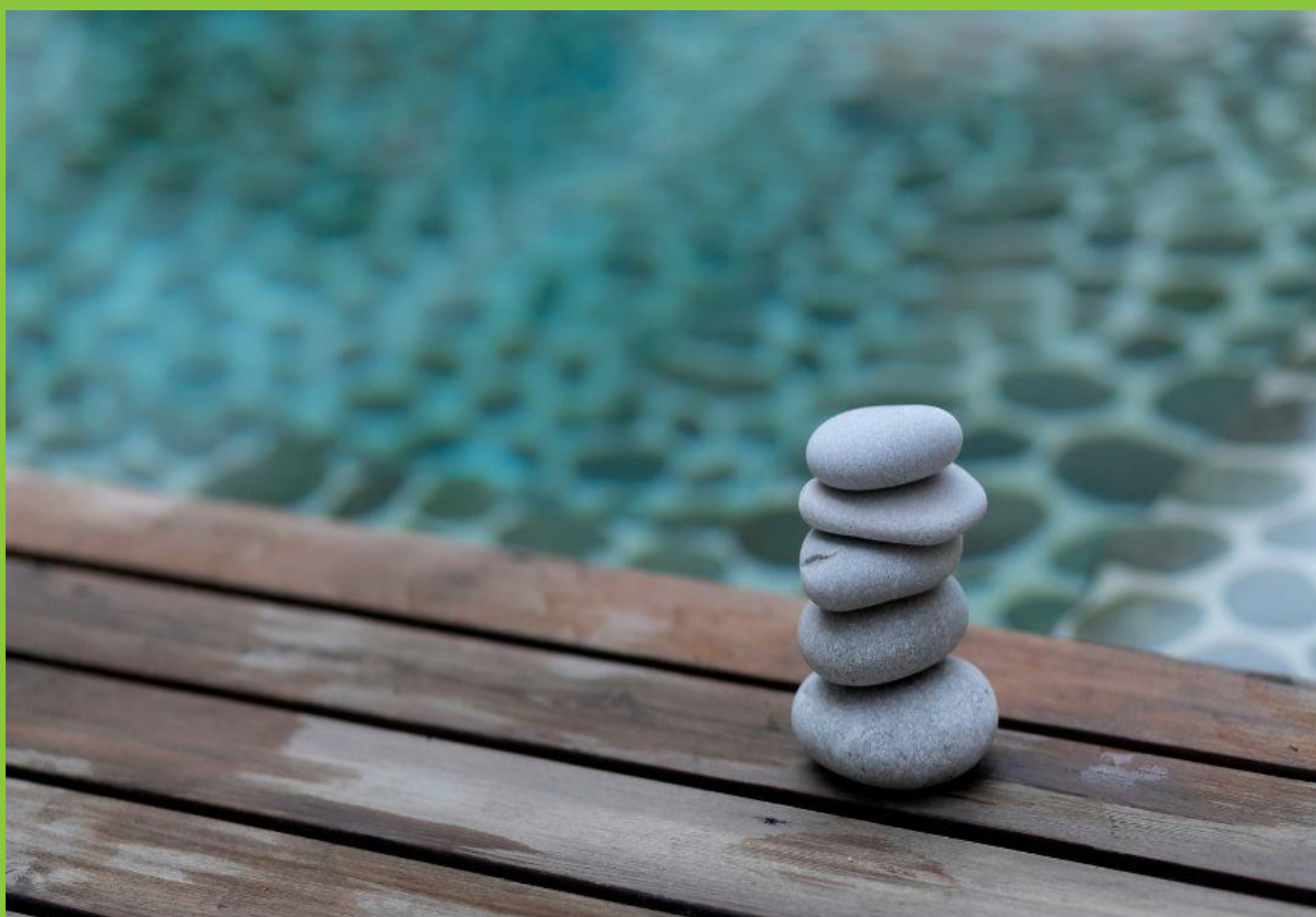


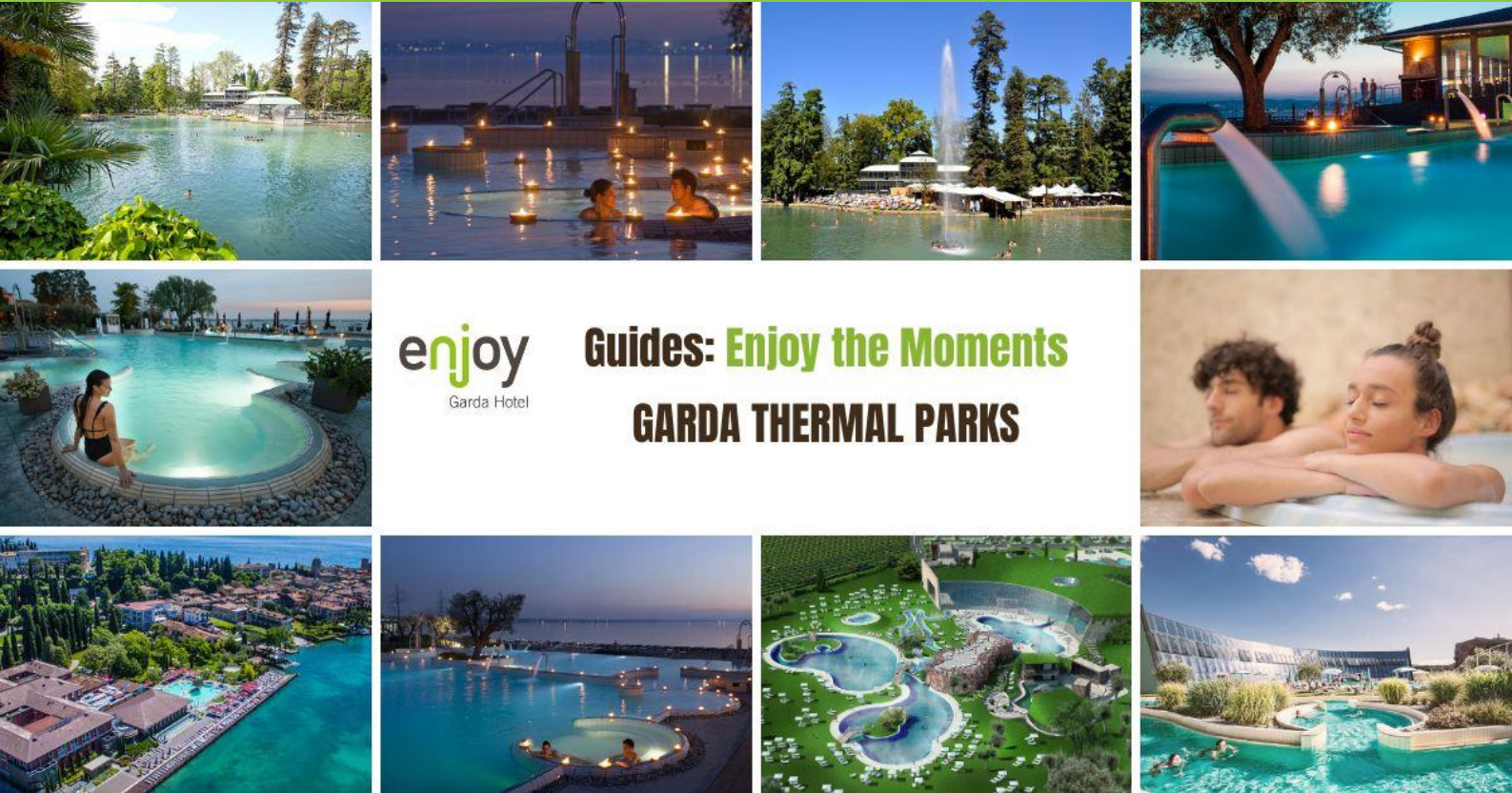
ENJOY GARDA HOTEL

GUIDE TO GARDA THERMAL PARKS



enjoy
Garda Hotel

GUIDE TO GARDA THERMAL PARKS



A few kilometers from Enjoy are the best Garda thermal parks: Aquaria, Aquardens and Villa dei Cedri Thermal Park. This guide serves to orient you in the choice of the best thermal parks in our area. Here is an overview of the facilities and their services, instructions on how to purchase tickets and lots of useful information that will help you choose the thermal park that best suits your needs. Use it as an excellent source of useful advice, but always check the official websites of the parks for the current conditions of admission and use of services. In particular, check the information on opening days, hours, prices, free admission and regulations.

Discover the most relaxing thermal parks on Lake Garda with our overview of Aquardens, Aquaria and Villa dei Cedri Thermal Park.

AQUARDENS



What it can offer you

Aquardens is located in Santa Lucia di Pescantina, 21 km from Enjy. It is a very large complex that has a spring of salty-bromine-iodine water that gushes out at 47°C from a depth of 130 metres.

Aquardens is divided into four main areas:

- **Thermal area:** includes several pools, both indoor and outdoor. Among these we particularly recommend:
 - **Salina:** where saline-bromine-iodine thermal water and salt combine their essences to offer you a healthy treatment. For adults only.
 - **Energy and relaxation lagoon:** equipped with invigorating water jets and numerous hydromassage beds.
 - **Phlebological Kneipp path:** where hot and cold thermal water alternate to give you a feeling of lightness.
 - **SPA Lounge:** includes Turkish bath, soft sauna, Finnish sauna, Mediterranean bath, ice cascade, experience showers, salt room and relaxation area. SPA Lounge is reserved for those over the age of 14.

AQUARDENS



What it can offer you

- **Sauna Village:** this is an open-air village with different types of saunas, each with its own themed setting. For example, you can experience the Turkish bath, Siberian waterfalls, Russian banja, Scandinavian barrel and Celtic sauna. It also includes a relaxation area, a beach equipped with parasols and gazebos, and a pool bar. Sauna village is reserved for those over the age of 14 and requires an extra ticket, which can be combined with the normal entrance ticket to the spa area.
- **Massage & Beauty:** 7 cabins to take care of yourself with facial and body treatments, fitness programs, Ayurveda and different types of massages, such as those inspired by Asian traditions. There are also private suites with saunas, steam baths, Jacuzzis and massage cabins. Reservations are required if you wish to have one or more treatments.

AQUARDENS



Who do we recommend it to

Aquardens is probably best suited for a family outing or a group of friends, wanting to have fun. If you are looking for silence and intimacy, this may not be the ideal place, as its large structure and the presence of numerous pools and lots of people make it appear more like a spa/water park.

Bear in mind that in some areas such as the SPA Lounge and Sauna Village are reserved for those over the age of 14, but this does not guarantee complete relaxation and silence.

If you are a couple you may find it quieter in the evening hours, when fewer families are there. Keep in mind - if you go in the evening - you will be asked to leave the pools 30 minutes before closing time. If you are going with your family or a group of friends, you will enjoy the lively atmosphere.

AQUARDENS



Contact

Aquardens, Via Valpolicella 63, Santa Lucia di Pescantina (VR)

Info:

+39 045/67067

info@aquardens.it

<https://www.aquardens.it/>

How to get there

A car is the most convenient way to reach Aquardens from the Enjoy. The distance is 21 km and upon arrival you may park in reserved parking. The parking lot is unpaved and can be a little messy during rainy days. Public transportation to Aquagardens is not convenient.

AQUARDENS



How to get a ticket

- Tickets can be bought either **online or at the ticket office**, but there are a few exceptions where you can only buy online. We advise you to check on the Aquardens website the types of available tickets and where you can buy them.
- There are **3 types of fares**, all of which are clearly specified in the calendar on their website: weekday fares, holiday fares, and the special fare on 23 July, the facility's birthday.
- **For each type of fare there are several options**, with admissions by the hour or for the whole day. Generally, the ticket is valid for 6 months, so you can buy it at the beginning of your holiday and then go when you like or when the weather conditions are optimal.
- You can get reductions for children under 14 and for babies under 1 year of age.
- There are special offers that vary, mostly aimed at families or those entering at certain times of the day, or dedicated to special events. Note that the children's club is only available certain days of the week, so check on this if you decide to buy a family promotion.
- An extra ticket is required for admission to the sauna area.

AQUARDENS



Other useful information

- Even if you buy your tickets online you must still enter the queue to get in. During the summer and on weekends the wait can be long, so take this into account, especially if you choose to enter at the most popular times.
- No soap is available in the showers.
- You can only enter the Sauna Village if you have a terry/cotton towel to cover your sauna seat. You must also wear a non-woven swimming costume (which they will give you free of charge when you first enter) or a second terry/cotton towel to cover your private parts. If you do not have these, you will have to rent them before entering. Microfibre towels are not allowed.
- Inside Aquardens there are several refreshment areas for lunch, snacks, and drinks. They range from bar to restaurant, for all tastes and needs.
- Each day of the week offers different opportunities for entertainment. You can find the updated calendar on the website, with all the initiatives, such as the kids' club, live music and music therapy.

AQUARDENS



Other useful information



- Remember that some pools are reserved for adults only.
- If you buy a 'timed' ticket and miss the exit time by even a few minutes, you will be charged extra. So plan ahead, especially because of the often crowded showers.
- The changing rooms are indiscriminate, so there is no distinction between women's and men's changing rooms.
- The facility is very large, but does not apply any particular restrictions on entrances, so during the busiest periods it may be difficult to find free deckchairs or sunbeds.

By regulation you can only keep your towel on deckchairs and sunbeds if you are using them, so as soon as you enter the water the staff will remove your towel if you have not already done so. This means that once you get out of the pool you may have to find a new sunbed or deckchair.

- For the same reason you may have difficulty finding a free locker in which to leave your personal belongings.

AQUARIA



What it can offer you

Aquaria is part of the Terme di Virgilio and with its 15,000 square metres it offers you various wellness and relaxation experiences.

You will find at your disposal swimming pools, whirlpools, sun beds, a vascular path and a circuit of saunas and steam baths (including Turkish bath, soft sauna, Finnish sauna and a steam bath with two humidity levels).

There are also several relaxation areas where you can carve out a moment of peace between one experience and another: you can enter the music room, the starry sky room, the salt room and relax while taking a journey through the water.

AQUARIA



What it can offer you

The offer continues with the area of facial and body treatments, which follow protocols validated by dermatologists and use thermal water and mud, as well as natural products such as the Aquaria Thermal Cosmetics line.

Finally, there is the Thermal Medical SPA section, which combines the wellness offer with traditional thermal therapy, aiming at improving breathing, treating osteoarticular and rheumatic pain, and soothing the skin.

In addition to Aquaria, Terme di Sirmione also includes Terme di Virgilio, the detached section dedicated exclusively to the treatment of respiratory pathologies and rheumatic ailments.

AQUARIA



Who do we recommend it to

We would recommend it to anyone wishing to spend a relaxing day in a clean and quiet environment, with excellent organisation of services and an enchanting view of Lake Garda. It could also be a great opportunity to explore the small village of Sirmione, a picturesque peninsula of land that penetrates into the waters of the lake.

Contact

Aquaria Thermal SPA, Piazza Don A. Piatti 1, Sirmione (BS)

Information and reservations: +39 030 916044. Every day from 9am to 5 pm
aquaria@termedisirmione.com <https://www.termedisirmione.com/it/aquaria>

Online shopping at <https://aquaria.termedisirmione.com/it/>

AQUARIA



How to get there

Aquaria is located in Sirmione (BS), 13 km from Enjoy. You can get there in different ways:

- **By car**, parking at the entrance to the town and then taking a 15-minute walk to reach the heart of the town, where Aquaria is located. We recommend leaving your car in the Monte Baldo public car park, which is 700 metres from the centre of Sirmione.
- Please note that this town is very popular with tourists, so we recommend that you leave well in advance to make sure you arrive at the desired time, especially if you decide to book tickets online with entry at a certain time.
- Traffic on Lake Garda can be very heavy, especially during the summer and holidays. If you arrive early, you can use the time to take a stroll through the picturesque streets of the village or take a break in one of the many bars in the area.
- **By car + shuttle service**: you can park outside the village to avoid the traffic and then reach the centre with the shuttle bus service connecting Colombare to the historic centre of Sirmione. You can find more information at: <https://brescia.arriva.it/shuttlebus-sirmione/>
- **By taxi**, which you can take at the train station, which is a 5-minute walk from the Enjoy.

AQUARIA



How to purchase a ticket

- Reservations are always required. You can book your entrance on the Aquaria website, choosing the day and time. Tickets are available for the whole day, for certain time slots or for a certain number of hours.
- There are several offers on the site, combining entry with one or more beauty and wellness experiences.
- Start early, bearing in mind that there can be a lot of traffic, because arriving late for your appointment may not guarantee you access.
- You can cancel your reservation up to 48 hours before arrival and rebook within 12 months from the date of cancellation.

Other useful information

- Please note that the facilities close before Aquaria's closing time to give you time to take a shower and exit the facility. In particular, the thermal pools close 30 minutes before facility closing, while the sauna and steam bath circuit, relaxation area and freshwater pool close 60 minutes before facility closing.
- The time you spend in the changing room to change or take a shower is counted towards the total time you have purchased.

AQUARIA



Other useful information

- If the ticket you have purchased provides for this, you will receive a welcome kit with a bathing cap, towel and bathrobe included in the price. Otherwise you can rent these directly at the facility or buy it at the Aquaria Store.
- For your breaks you can go to the two bars, which offer both cafeteria and restaurant services and always have some vegetarian or gluten-free options. You cannot, however, consume food and drinks brought in from outside.
- Pay attention to the size of bags and backpacks: they must not exceed these measurements: 50 x 40 x 15 cm to fit into their lockers.
- You must wear a swimming costume and pool slippers to enter the wellness areas. If you don't have them with you, don't worry: you can buy them directly at Aquaria Store.
- There are no safety deposit boxes, so we advise you not to take your valuables with you.

VILLA DEI CEDRI



What it offers

Villa Dei Cedri offers you a spacious environment, divided between the thermal park and the wellness centre.

There are two thermal lakes in the park: the main lake and the small one, which has a complete water exchange over 48 hours. Both are equipped with whirlpools, neck fountains, waterfalls and geysers. They are also illuminated to allow evening bathing.

The main lake of 5,000 square metres has a temperature of 33-34° C and contains three pools where the temperature rises to 38-39° C.

In the **Winter Garden** next door you will find changing rooms, lockers for storing your belongings and a relaxation area with a view of the thermal lake.

The wellness centre is over 1,000 square metres in size and has been converted from the former stables and guest quarters. Here you can enjoy a variety of experiences, such as halotherapy, Turkish baths, Finnish saunas, showers with chromotherapy, biosauna, indoor and outdoor thermal pools, and a cold plunge pool after the sauna. Relaxation areas and bar service are available, as well as cabins for massages and treatments.

VILLA DEI CEDRI



Who we recommend it to

We recommend Villa dei Cedri to couples and those who want to relax while in touch with nature. It is an ideal place to visit during the summer and when temperatures are mild.

For couples, it may be interesting to first enjoy the wellness centre (entrance permitted only to adults) and then contemplating the sunset at day's end, immersed in the lush vegetation of the park.

Contact

Villa dei Cedri Spa, Piazza di sopra 4, Colà di Lazise (VR)

Information: +39 045/7590988

Reservations: +39 045/6490024

villadeicedri@villadeicedri.com

<https://www.villadeicedri.it>

VILLA DEI CEDRI



How to get there

The most convenient way to reach Villa dei Cedri from Enjoy is by car. The distance is 6 km and on arrival you can park in the reserved car park at a cost of 5 euro per day. The car park is not guarded. Public transportation is not convenient to get there. However a taxi would be convenient, given the short distance.

How to get a ticket

You can buy your ticket online or at ticket offices, choosing between:

- Admission to the thermal park (daily, afternoon or reduced for children). No need to book. Choose this ticket if you only want access to the outdoor area, where the ponds are located.
- Entrance to the wellness centre. Booking at +39 045/6490024 is compulsory for admission, treatments and massages.
- Combined entrance thermal park + wellness centre. Booking at +39 045/6490024 is compulsory and the two tickets must be used on the same day.

You can use the admission within one year from the ticket issue.

VILLA DEI CEDRI



Other useful information

- If you decide to cancel your appointment at the wellness centre after you have made it, please note that you must do so well in advance or you will still be charged. Check the official website for the current conditions.
- The thermal park and wellness centre have separate opening hours: take note of both to plan your day.
- The wellness centre is only accessible to adults.
- In the event of bad weather, you cannot request a ticket refund.
- If you intend to stay until closing time, please note that you must leave the pools at least 45 minutes earlier.
- You can buy but not rent the swimming costume, towel, bathrobe, slippers and swimming cap for the thermal pool.
- Loungers and lockers are not included in the admission price, but must be rented separately. If you do not want a sunbed, you can bring a beach towel and lie down on the lawn. The park is so large that it will be easy to find a place.

VILLA DEI CEDRI



Other useful information

- The park is large and thanks to the many trees, it remains cool and shady even in summer. It can be a good choice to escape the high temperatures of the warmer months.
- If you can, visit on weekdays, because weekends are always a bit crowded.
- The baths in the spa are modern, clean and generally less used than those in the
- thermal park. So you can use them to avoid waiting and to have more peace of mind, if you have purchased the entrance ticket.
- For lunch or a snack, you can bring a picnic and take advantage of the tables in the spa park, which are available to guests. Alternatively, you can take a break at the bar/hot table located in the beautiful winter garden or in the restaurant that welcomes you inside Villa Moscardò.
- Should you wish to visit the thermal park during the colder months, bear in mind that the ponds are far from the ticket office, so the walk to the ponds in winter can be cold.



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