Wherever you go in Hungary, medicinal and thermal baths abound almost everywhere which is no surprise since, uniquely enough, bathing culture has a 2,000-year-old history here in the Carpathian Basin. Apart from Budapest, often referred to as the spa capital of the world, a great number of locations throughout the country await visitors with excellent-quality thermal waters. It can be used to alleviate many different illnesses, but the water in over 1,500 natural thermal springs in Hungary is also excellent for preventive purposes.

Apart from the unique mineral composition of their waters, Hungary’s baths offer many more interesting features and adventures; from their history, impressive architecture or the additional services they offer. Hungary also boasts Europe’s largest spa complex and thermal water lake. The treasures of its bathing culture are endless, including natural cave baths, salt hills, mud baths, adventures and water fun for the entire family, so you are sure to find what you are looking for here. We hope this map will help!

**Therapeutic effects and treatments**

- **Musculoskeletal**
- **Dermatological**
- **Gynaecological**
- **Neurological**

**1. Rudas Thermal Bath**
This Budapest bath, built over 450 years ago, owes its fame to the mysterious ambiance and medicinal spring. Undoubtedly, it has everything for a perfect experience that visitors will love. One of Budapest’s true gems, it is situated by the foot of Gellért Hill, next to 21 hot springs. Its rooftop pool offers a magnificent view of the majestic Erzsébet Bridge and bustling central Pest.

**2. Széchenyi Thermal Bath**
Often referred to as “Sechka” by the locals, the Neo-Baroque and Neo-Renaissance “bath palace” is one of the largest spa complexes in Budapest – and in Europe. On hearing the name, the image of famous chess games played in the outdoor pool or the Classicist and Neo-Renaissance architecture spring to mind, but what also makes it interesting is that the chemical composition of its thermal water is very similar to that of the River Nile, so the hippopotamus pool of the nearby zoo is also filled with its water. Every detail of this bath, situated in the City Park, is absolutely fascinating.

**3. Gellért Thermal Bath and Swimming Pool**
A prominent example of Hungarian Art Nouveau, the bath was a first in several aspects: the first luxury facility of its kind in Budapest and, during the 1910s shortly after being opened, the most modern spa complex. The colourful Zsolnay tiles that adorn the walls of the thermal section or the stained glass windows in the hall, which present a story by the Hungarian poet János Arany, are magnificent illustrations of the building’s incredible history. Many a famous person has taken a dip in its thermal water: Ryan Gosling waded into the pool in a shirt and tie with a cup of coffee, posing for a photo. Its wave pool, one of the first in the world, opened in 1927 and is still operational today.

**4. Aquaworld**
Aquaworld, Budapest’s largest water theme park, takes you on a journey to the mysterious world of the Incas. Climb onto the suspension bridge to reach the ruins of Inti the Sun God’s temple, then whizz round the giant slides to reach the pools. Those who want to escape the excitement of the 11 adventure-filled slides and the exotic jungle feeling can relax in the separate Sauna World, enjoying the sauna sessions, where essential oils are used to refresh both body and soul.

**5. Veli Bej Turkish Bath**
Step into the Veli Bej Bath in Óbuda for a journey across centuries and countries. The authentic pools, hot sauna and world-famous steam cabins filled with the scent of aromatic oils, conjure up an intimate atmosphere in this traditional Turkish bath. Those seeking an oasis of peace in the busy capital can relax in the lovely pools, which were renovated in 2012.

**6. Csillaghegy Pool Complex**

**7. Dandár Thermal Bath**

**8. Király Thermal Bath**

**9. Palatinus Thermal Bath and Pool Complex**

**10. Paskál Thermal Bath and Pool Complex**

**11. Pesterzsébet Iodine-Salt Medicinal Bath and Pool Complex**

**12. Pünkösdfürdő Pool Complex**

**13. Római Pool Complex**

**14. Lukács Thermal Bath**
5. Hévíz Lake Bath
In springtime the Sóstó forest, nicknamed "the town’s lungs" by the locals, is filled with the sweet smell of the flowering larch trees. Its alkaline lake became famous overnight, attracting visitors such as the actress, Luiza Blaha, and the writers Gyula Krúdy and Frigyes Kantháy. Its 42°C thermal water was discovered in the 1950s. The Pool Complex was built later, then in the 2000s the Aquarius Adventure Park opened and soon becoming a favourite leisure destination for families.

6. Hungarospa Hajdúszbobozsó
Whether you want to swim, be pampered in the wellness centre, or need a therapy, there is nothing Hungarospa cannot offer its visitors. You’ll be lost for words when you see this bustling resort, full of exciting adventures, superb restaurants and high-quality accommodation. Rightly so, since this is the largest spa complex in Hungary and in Europe.

7. Miskolctapolca Cave Baths
Inside there are cool water currents, echoing cave passages and a Star Hall, while outside boasts six pools, including the iconic shelled roof pool. The lake cave has been shaped by nature over thousands of years and now it awaits visitors who wish to enjoy its therapeutic effects or simply relax here. This is Europe’s only natural cave bath; the hot karst water and the crystal-clear, cool air of its zigzagged passages relax body and soul wonderfully.

8. Sárvár Medicinal and Wellness Spa
You can enjoy the benefits of the highly saline medicinal water in the peaceful atmosphere of the health spa wing, while in the 5,000-square-metre family pool complex, the little ones can play in the baby pool and the children’s pool, and the older ones can relax in the jacuzzi. The exclusive sauna world provides a quiet sanctuary from the hustle and bustle of its surroundings.

9. Zalakaros Adventure Park, Family and Health Spa
One trip to this Zala town to visit the spa, whose water composition is unique in Europe, and you are sure to return. The spa complex has been growing since it opened 50 years ago, offering fun and adventures for every generation. Indoor and outdoor adventure pools, slides, thermal water pools and spa sessions with aromatic oils await its guests.

10. Debrecen Aquaticum Spa
Debrecen Aquaticum Spa is located among the 100-year-old trees of the City Park where, even in winter, a summer atmosphere awaits visitors and those ready for adrenaline-filled adventures can enjoy the giant slides overgrown with tropical plants. Excitement, fun and memories are guaranteed for all in one of the most unique and spectacular pool complexes in Central Europe, including night-time bathing.

11. Ágárd Medicinal and Thermal Bath

12. Anna Medicinal, Thermal Bath and Pool Complex

13. Aquasziget Pool Complex

14. Árpád Bath

15. Árpád Spa and Pool Complex

16. Berefürdő Thermal & Spa

17. Bogács Spa and Pool Complex

18. Brigetio Spa

19. Cascade Cave Bath and Pool complex

20. Cegléd Thermal Bath

21. Eger Turkish Bath, Thermal Spa and Pool Complex

22. Gyomaendrőd Liget Spa and Camping

23. Gyopáros Spa, Park and Pool Complex

24. Halas Thermal Bath

25. Hagymatikum Thermal Bath

26. Hajdúszoboszló Aquaroom

27. Harkány Spa and Pool Complex

28. Kecskemét Bath

29. Kishobor Medicinal and Thermal Bath

30. Lipót Thermal Bath and Pool Complex

31. Sá Ra Thermal

32. Mórahalom Saint Elizabeth Spa

33. Székesfehérvár Medicinal and Thermal Bath

34. Szilva Thermal and Wellness Spa

35. Tamási Thermal Bath

36. Thermal Spa Siklós

37. Várkertfürdő Pápa Medicinal and Thermal Bath

38. Vésprőd Bath

39. Virág Bath

40. Zsóry Thermal Bath and Spa