

Factsheet



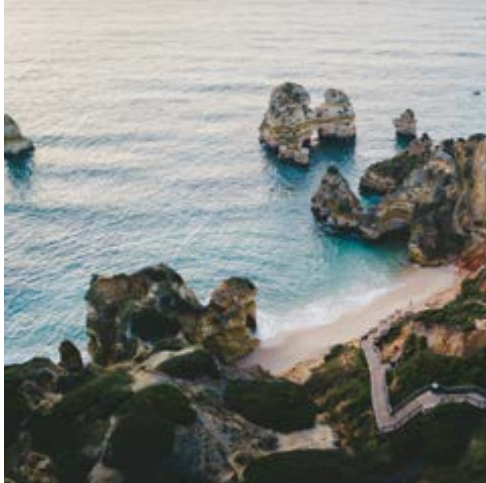
CASCADE

WELLNESS RESORT, ALGARVE

★ ★ ★ ★ ★



# Location



## Lagos

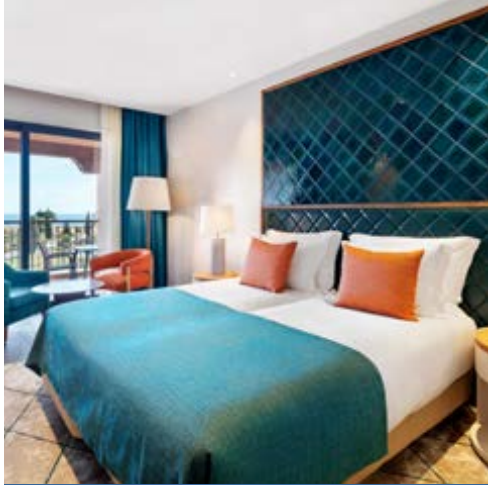
Lagos and its narrow streets are keepers of a historical heritage made of conquests and discoveries. Pleasant squares and gardens, white houses and chimneys of Arab influences, invite you to enjoy the mystical atmosphere that surrounds the city. Its privileged location in the south of Portugal has made this magical place the starting point from where Portuguese navigators sailed to discover the world, new continents and other civilizations.

In Lagos, you find mild climate all year-round and a vast cultural and leisure offer. Here is where the famous Ponta da Piedade Caves are located, as well as some of the most beautiful beaches in the world, according to Condé Nast Traveler. The Wax Discoveries Museum or the very typical Municipal Market are some of the most famous spots. The gastronomy and local wine production, which has been increasingly recognized, are some other tempting reasons for loving every moment spent in Lagos and discovering an even more special and authentic Algarve.

## Distances

- Faro International Airport (FAO) - 92 km
- Lisbon International Airport (LX) - 300 km
- Lagos Marina - 4 km
- Golf Course - 4 km
- Porto de Mós Beach - 1 km
- Algarve International Race Circuit - 24 km

# About the resort



With a unique cliff-top location on Ponta da Piedade, breathing from the historic surroundings of a four millennia city and having the Atlantic as a backdrop, the Cascade Wellness Resort is one of the most luxurious 5-star hotels in the Algarve, offering you an elegant and sophisticated experience.

The hotel concept is a parallel between the Discoveries and an inner journey of well-being. Cascade Wellness Resort excels in providing a close service to the guest and offering a comprehensive range of spa services, indoor and outdoor fitness activities and eclectic international cuisine with local inspiration. The architectural lines of the hotel and the apartments take the guest on a journey around the world, providing not only a leisure stay but also an inner journey of self-discovery.

The resort is divided into three large areas, including the hotel, the apartments and the independent villas. The hotel comprises five individually decorated wings: four of them are inspired in the Portuguese navigators' expeditions across four continents - Europe, Africa, Asia and South America - and the fifth wing is dedicated to Portugal, the starting point of all maritime adventures.

## Resort Features

- 38 Hectares
- 1 Outdoor swimming pool
- 1 Outdoor swimming pool with sandy bottom entrance
- 2 Outdoor swimming pools for children
- Covered parking and outdoor parking
- Gardens
- 2,5 Soccer fields (FIFA official measures)
- Driving range (320 m)
- Putting area, chipping and short game
- Golf Academy
- 2 Tennis Courts
- Spa with heated outdoor pool, jacuzzi, Turkish bath and ice fountain
- Gym with natural light and outdoor training area

## Accommodation

- 105 hotel rooms
  - 80 doubles
  - 23 suites
  - 1 grand suite
  - 1 Master Suite
- 58 Apartments
- 38 T1 apartments
  - 20 T2 apartments
- 3 Villas V4

## Room facilities

- Cable TV and Pay TV
- Telephone
- Free Wi-Fi
- Mini-Bar
- Nespresso coffee machine
- Safe
- Air conditioning
- Terrace or balcony
- Spacious bathroom, shower and bath with L'Occitane products



# Restaurants & bars



## Senses

With a sophisticated, yet unpretentious ambience, and a magnificent view over the Atlantic Ocean, Senses restaurant offers a gastronomic experience that combines the best of international haute cuisine with the rich gastronomic heritage of the Algarve. Here continents merge, and traditions are reinvented, the universe of Portuguese wines is revealed and glorified, and you are challenged to embark on a journey of discovery with the sea and the sunset as a company.

Inside 40  Outside 24 



## The Gastropub

In a contemporary approach to traditional Portuguese breweries, The Gastropub pays homage to the richness of national cuisine and the quality of regional products - both from the coast and the interior -, but also to the Mediterranean culture of toasting, sharing and gathering friends around the table.

Inside 35  Outside 24 



## Lighthouse Bar

The light and bright atmosphere of the Lighthouse Bar invites you to relax and enjoy the beauty of the Ocean. Navigate the world of cocktails and the most prestigious national and international drinks or recharge your energies, having the tastiest snacks.

Inside 27  Outside 16 



## Mundi

Mundi is a space that invites you to get inspired by the confluence of cultures and ingredients that Portuguese sea voyages brought to our national cuisine. Here the day begins with a journey through the aromas, colours and flavours of various regions of the globe, without ever losing sight of the best of local products.

Inside 96  Outside 70 

# Venues & capacities



Meeting Room- Ceuta 1



Meeting Room - Ceuta 2



Meeting Room Ceuta 1+2



Portuguese Garden



Meeting Room - Lagos



Meeting Room - Goa



Meeting Room - Macau



Meeting Room - Baía

Meeting spaces total 618m2 consisting of five rooms and two outdoor areas where it is possible to host a wide range of events, providing a comprehensive set of services and solutions. You can count on the entire dedication of the Cascade Wellness Resort team to respond effectively to your every need and make your event a success.

	Ceuta 1	Ceuta 2	Ceuta 1+2	Portuguese Garden (Garden)	Portuguese Garden (Terrace)	Lagos	Goa	Baía	Cliff	Macau	
Area (m <sup>2</sup> )	190	158	351	1360	249	162	35	32	3695	38	
Dimension (m)	12,5 x 15,2	10,4 x 15,2	23,1 x 15,2	-	11,7 x 21,5	10 x 16	5,6 x 6,3	7,2 x 4,5	-	6 x 6,45	
Height (m)	3,05	3,05	3,05	-	-	3,13	3,41	2,81	-	2,83	
Capacity pax	Audience	138	115	300	-	-	120	21	18	-	21
	Boardroom	80	50	180	-	-	56	16	16	-	16
	U Shape Table	60	42	78	-	-	42	14	14	-	16
	School	90	72	180	-	-	70	12	12	-	16
	Cabaret	60	48	168	-	-	48	-	-	-	-
	Cocktail	200	162	350	-	-	162	35	30	-	38
	Buffet	100	86	180	-	-	72	16	16	-	16
	Menu	120	96	240	-	-	72	16	-	-	-
floor 0										floor 1	



# Sports facilities



## Football pitches

At Cascade Wellness Resort we are proud to offer reference facilities for the practice of football in Southern Europe. With two football fields and a FIFA-approved half-grass pitch, a fully equipped gym and a range of luxury accommodation, at Cascade you will find the ideal conditions for the next stage of your football team.

2 football pitches      Half football pitch

## Tennis

At Cascade Wellness Resort you can find two synthetic flooring tennis courts with the right conditions for playing with friends and family. We offer individual, group and children classes.

2 tennis courts

## Golf

Tee off at Cascade Wellness Resort with our new range of golf packages. Whether you are interested in a short 3-day break or choose to book a whole week, take the tee off at Cascade and test your shot at some of the best golf courses in the Algarve. At your disposal, we have a golf academy with driving range, short play area and putting green.

Driving range 320m      Short game area      Putting green

## Gym

At Cascade Gym by AXN Club 100 you can enjoy a complete fitness experience. The gym consists of three areas: indoor space with natural light, equipped with Technogym® devices, a real outdoor gym in the 160m<sup>2</sup> outdoor space and even a studio for group classes. Facilities and equipment are supervised by a team of professionals who will monitor your activities.

160m<sup>2</sup>      Technogym®      Bootcamp