

Factsheet



CASCADE

WELLNESS RESORT, ALGARVE

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# 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 Infinity outdoor swimming pool with sandy bottom entrance
- 2 Outdoor swimming pools for children
- Covered parking and outdoor parking
- Gardens
- 2 football pitches and 1 half pitch with natural grass (FIFA official measures)
- 2 Tennis Courts
- Spa with 4 treatment rooms, heated outdoor pool, jacuzzi, Turkish bath, sauna and ice fountain
- Gym with natural light and outdoor training area
- Kids club with playground

## Accommodation

- 105 hotel rooms
  - 80 doubles (between 45 and 57 sqm)
    - 39 doubles
    - 15 doubles pool view
    - 26 doubles sea view
  - 23 suites (between 60 and 82 sqm)
  - 1 grand suite (101 sqm)
  - 1 Master Suite (193 sqm)

- 58 Apartments (between 78 and 81 sqm)
  - 38 T1 apartments
  - 20 T2 apartments

1 Villa V4 (325 sqm)

## 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 36  Outside 12 

## 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 28  Outside 16 

## 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 28  Outside 14 

## 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 88  Outside 96 



# 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 pitches and one half-pitch with natural grass FIFA official measures, 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

1 half 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



Gym

At Cascade Gym by Sculptors Fitness & Wellness 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



# Family facilities



## Kids club

Caskiddy is not just a traditional kids club. Caskiddy is a world of adventure around the world! At Caskiddy our younger guest, ages 3 to 12, will explore the enchanted world of Discoveries like the Portuguese navigators did and sail through a magical story that includes fun and dynamic activities

The Caskiddy kids club area comprises the indoor playroom, a green outdoor area, playground with a pirate ship ready to be climbed.

## Football academy

Training coaches, Ben and James, are certified by the English Football Federation (FA) and hold a comprehensive international experience in the development of football camps for children.

Football camps are offered weekly during peak season, where children aged 5 to 15 years will be able to improve their football technical skills, such as dribbling, passing and shooting.



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