



**SPORTS** are in our **NATURE**



**LAIAS caldaria**  
HOTEL BALNEARIO







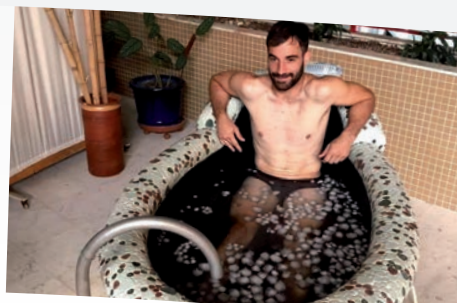
Path with biological paving that links the Laías Spa with the sports facilities at Barbantes (1.8 kilometres away)



Medical services at the El Carmen Hospital, which works with the Galician Football Federation providing healthcare to footballers



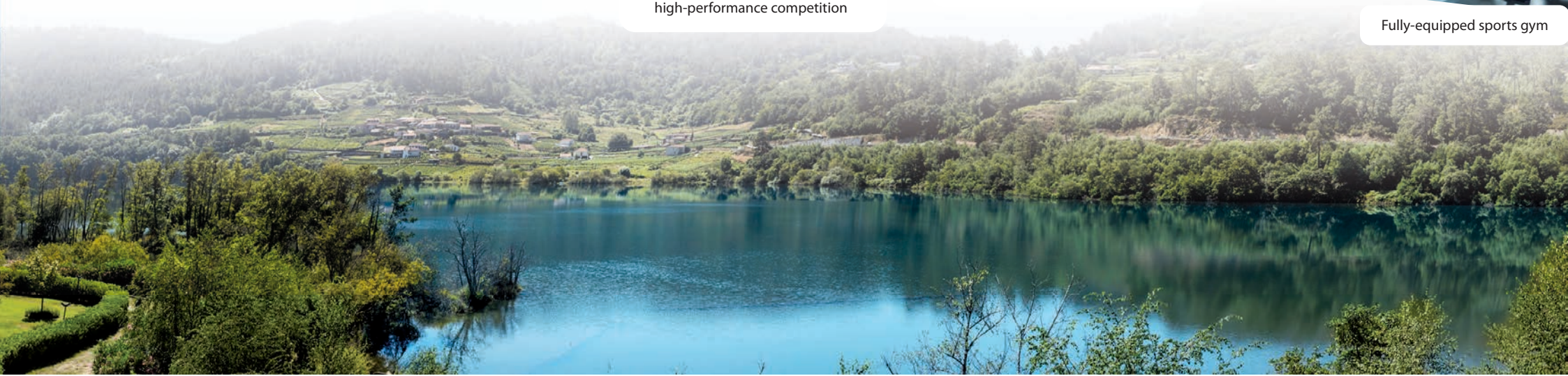
Aerobic training rooms with exercise bikes and rowing machines adapted for high-performance competition



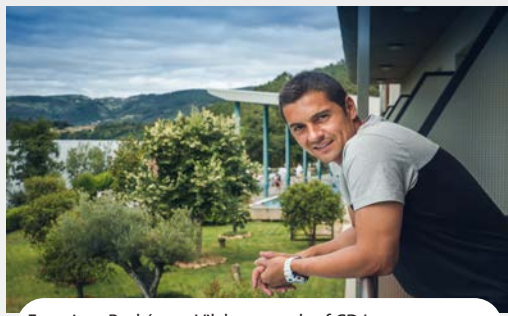
Baths for cryotherapy sessions.



Fully-equipped sports gym







Francisco Rodríguez Vilchez, coach of CD Lugo:  
 “The Hotel Balneario Laías is an ideal place for us to meet.  
 Here we find peace, resources and the surrounding  
 landscape would be hard to beat.”



Private dining room, with views of the river.  
 Exclusively for team meetings.



Rooms equipped with audiovisual facilities  
 are available for teams.



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## Probably, the best equipped facilities for the pre-season stage

**FOR THE PROXIMITY:** The Spa Hotel is located in the Laías-Cenlle district of the province of Ourense, in a natural setting 10 minutes from the city of Ourense.

**FOR THE SPORTS EQUIPMENT:** The Hotel's sports infrastructure comprises a 103- by 62-metre natural grass football pitch and a smaller synthetic grass pitch measuring 58 m. by 38 m. In addition, there is a fully-equipped gym for physical preparation and two rooms for aerobic training with rowing machines and exercise bikes adapted for high-performance competition. The location, with its surroundings, environment and setting, provides ideal conditions for good pre-season work.

**FOR THE QUALITY OF THE HOTEL COMPLEX:** The complex has a recently built, 98-room hotel, fully equipped with four-star services: complete en-suite bathrooms, mini-bar, satellite TV, background music, heating and air-conditioning. Other services are also available: café-bar, restaurant, event rooms for between

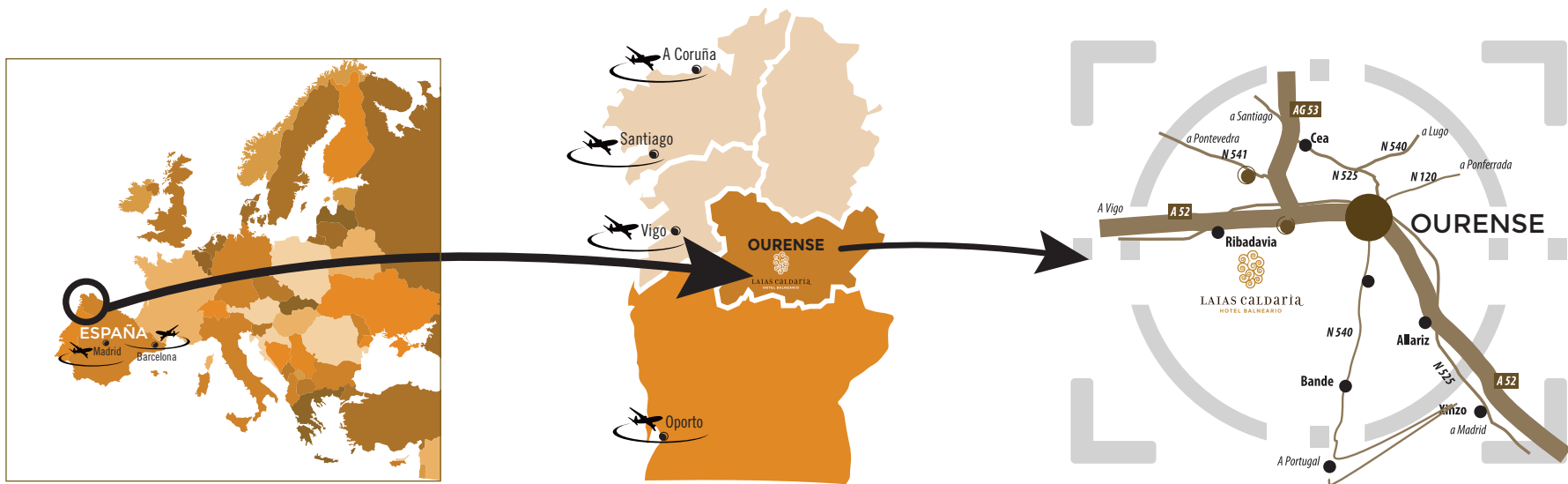
10 and 400 people fitted with all the means you need for meetings and sports talks (projectors, slide projectors, television, video, screens, boards, etc.).

**FOR THE PROPERTIES OF THE WATERS:** The thermal and medicinal mineral waters of the spa are recommended for a wide range of therapies, which include the contribution they make in recovering from muscular and psychological fatigue.

**FOR THE EXPERIENCE:** The Laías sports complex is the base for CERLAC - The Laías, Arnoia and Castrelo Rowing Training Centre – with specialised facilities for preparing high-performance rowers. It has been used by the national teams of Australia, Belarus, Holland, France and the GB youth team and many others including teams from Estonia, Sweden, Bulgaria, Romania and Spain.

In August this year, 2017, the Club Deportivo Lugo team held their pre-season meeting.





**caldaria**  
*Living, in a word*

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