



Bükfürdő

www.visitbuk.hu



HUMAN
charging station

en

Surrounded by the flowering plains of the river Répce, the town of Bük is perfectly situated in the western corner of Hungary, a stone throw from the Alps. Its greatest treasure is the medicinal waters gushing to the surface from a depth of more than 1,000 metres. Besides having curative effects primarily on musculoskeletal complaints, these waters have been renowned due to their unmatched mineral content in Europe.

RÉPCE AREA



small town



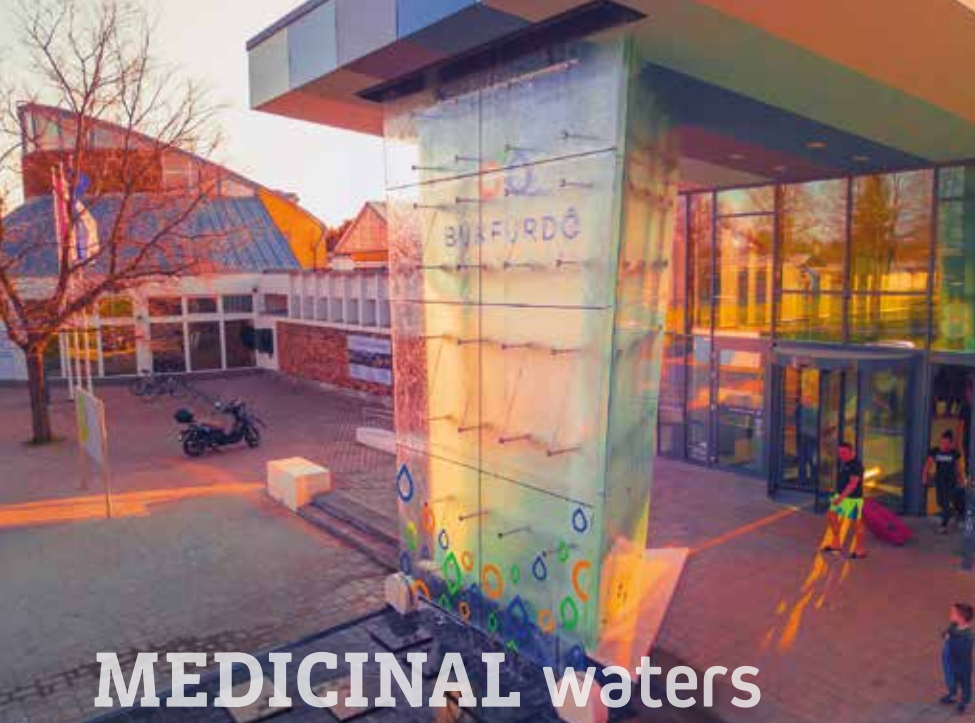
HARMONY



idyllic environment

The settlement has a history of several centuries; the neat and tidy streets provide an idyllic environment for visitors and locals alike. Flowery parks tempt you to take a nice stroll where you will get familiarised with the rich living world of the habitats around the river Répce.





MEDICINAL waters

energy RECREATION

Knowledge, experience and medicinal effects of the waters; adding these all up equals the 50-year-old Bükfürdő Thermal & Spa. This charming spa town has been renowned for its hospitality. It offers a perfectly comfortable environment for relaxation, which is absolutely guaranteed by fresh air, birds tweeting and the friendliest staff.



Bükfürdő offers excellent opportunities for relaxation all year round. In the summer, shady trees, 34 medicinal and adventure pools and a wide range of fun events are available for the whole family on an area of 14 hectares. In the winter, guests are welcome to take a dip in the warm embrace of the medical waters.

stress relief



Health cure and medicinal wellness, traditional and modern treatments, prevention and healing; Bükfürdő is a place to regenerate for everyone. Oriental luxury, holistic mindset, alternative treatments; regeneration of the body and the soul. Our expert staff and the infrastructure of the spa resort are capable of hosting even people with disabilities.

HEALTH CURE

wellness



One of the largest sauna worlds in Hungary provides an excellent environment for sauna enthusiasts. A range of high quality and complex saunas is available to our guests including a tepidarium, steam baths, infra and Finnish saunas, an aroma sauna and an outdoor devil sauna. In addition to outdoor and indoor cold water pools, the sauna experience is taken to the next level by a Kneipp pool and a number of outdoor and indoor Jacuzzis.



Comfort, relaxation, family-friendly offers, unique services, wheelchair-accessible buildings, pleasant atmosphere and environment. In Bük, there is accommodation for everyone.

WIDE range



COSY accommodation

Hotels, up to ****Superior, friendly guesthouses and cosy private B&Bs. A range to meet every need sharing one thing: excellent quality.



A lavish selection of culinary delights, delicacies of local and international cuisine, delicious wines and spirited Pálinkas, tempting desserts, Hungarian hospitality and music events.

delicate FLAVOURS



superb EVENTS

It's always nice to relax and be entertained after taking a dip in the spa. A great number of colourful events and programmes are available ranging from sports, music to dancing. Prestigious outdoor events are offered for every generation.





TRADITIONAL **aromas** Essence of Bükfürdő

Everything that is local; a taste of the abundant selection offered by the Farmers Market of Bükfürdő. Flavourful local cheese, excellent meat products, quality artisan products; everything under one roof from spring to autumn, every Friday.



Give your skills a try at the first 18-hole championship golf course of Hungary. The picturesque 100-hectare course with its seven lakes provides an ideal habitat for numerous rare bird species. A training course for beginners and a range of international competitions are offered by Greenfield Golf.

sport **GOLF**

The half a kilometre long Kneipp dry barefoot path and the open-air meditation and yoga spot provide a unique setting for relaxation. Fancy Nordic walking? Develop your skills or give it your first try and grow to like it in Bük. Outdoor exercise machines and diverse events in the Sports Park from spring to summer are available for those in favour of active recreation.

KNEIPP® PARK



nordic walking



CYCLING



football

Bük is the town of sport: renowned club teams from top leagues are often hosted for training sessions on the UEFA certified football pitch. In mood for cycling around the area? Rent a tandem, a pedelec or a traditional bicycle and embark on a spectacular bicycle tour.

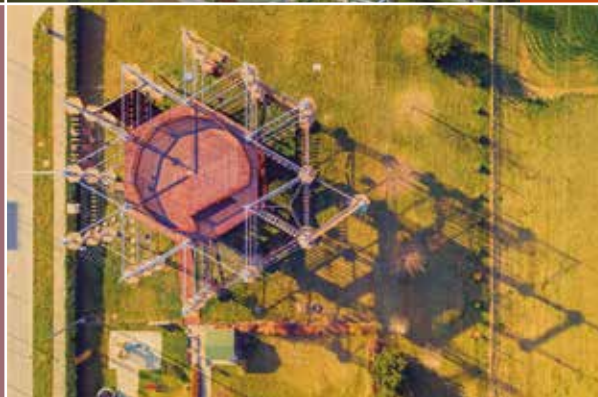


The nearly 1,700 sq m playground area of the Sunshine Children's Park provides exhilarating relaxation for the youngest ones. Let your children play joyfully, the playground offers sports and entertainment facilities for adults as well. Bowling lanes, a fitness room, a mini golf course, water games, bouncy castles, labyrinths and a skating rink... adventure for the whole family.

FUN

active ADVENTURE

Get an adrenaline rush climbing the obstacle course of the Crystal Tower, a scarcity of its kind even in Europe, and enjoy the breath-taking view of the Alpokalja (foothills of the Alps). Wholesome recreation and active relaxation for every generation.



entertainment



Bükkfürdő is the keeper of unspoilt nature. Diverse, eco-friendly programmes provide visitors excellent opportunities to learn how to become one with nature again. The botanical path introducing the biology of the charming Répce area is the most entertaining way to become acquainted with the unique flora and fauna of the countryside. Walking barefoot along the half-kilometre long Kneipp® Dry Barefoot Path is an experience in itself; besides, one might even learn why the place is so popular among squirrels.

For current slow events visit the website www.visitbuk.hu.



botanical PATH




SQUIRRELS

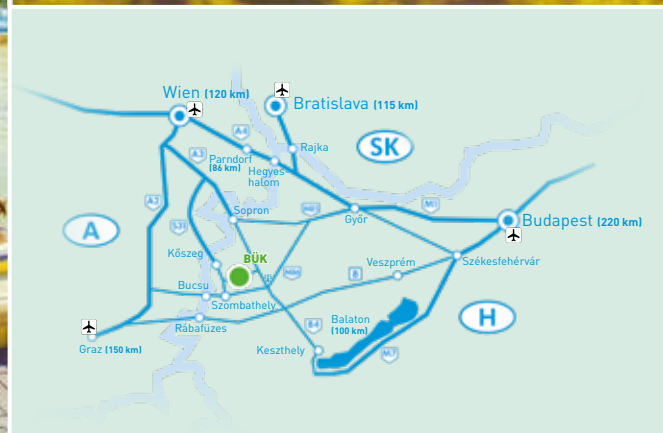


avifauna

European Musculoskeletal Medicinal Waters

 Bükkfürdő	Hévíz ^(H)	Harkány ^(H)	Bad Füssing Europa Therme ^(DE)	Bad Griesbach ^(DE)	Bad Wörishofen ^(DE)	Bad Tatzmannsdorf ^(A)	Baden-Baden ^(DE)	Sárvár ^(H)	Hajdúszoboszló ^(H)	Zalaegerszeg ^(H)	Bükkfürdő ^(H)
Cations											
Potassium ^{K+}	68.00	12.00	17.00	6.20	4.50	8.00	70.50	8.70	11.30	58.00	280.00
Calcium ^{Ca²⁺}	81.00	47.20	24.80	9.30	10.60	6.29	120.00	7.40	8.60	136.00	93.00
Magnesium ^{Mg²⁺}	36.00	12.10	3.80	5.62	3.36	17.08	5.50	5.70	5.40	47.50	45.50
Sodium ^{Na+}	27.00	159.00	302.50	406.00	691.80	634.00	770.00	978.00	1,530.00	1,810.00	4,220.00
Ammonium ^{NH₄⁺}	0.32	2.50	-	0.84	0.20	-	-	7.60	14.80	12.00	36.04
Iron ^{Fe²⁺}	0.04	0.02	0.16	0.15	0.60	-	-	0.02	0.79	0.15	0.46
Manganese ^{Mn²⁺}	-	-	-	-	0.14	-	-	-	-	-	-
Lithium ^{Li+}	-	-	-	0.16	0.15	-	5.24	-	0.20	-	-
Strontium ^{Sr⁺}	-	-	-	0.20	-	-	0.72	-	-	-	-
Barium ^{Ba⁺}	-	-	-	-	0.11	-	3.80	-	-	-	-
Rubidium ^{Rb⁺}	-	-	-	-	-	-	0.60	-	-	-	-
Total cations	151.00	220.80	348.26	428.47	711.46	665.37	976.36	1,008.00	1,571.09	2,063.65	4,678.36
Anions											
Nitrate ^{NO₃⁻}	-	-	-	-	-	3.61	-	-	-	-	-
Chloride ^{Cl⁻}	23.00	104.00	165.30	225.70	733.20	328.80	1,310.00	320.00	1,495.00	2,420.00	2,390.00
Bromide ^{Br⁻}	0.11	0.32	-	2.00	2.58	1.27	3.10	0.36	9.80	6.50	7.50
Iodide ^{I⁻}	0.02	0.17	-	0.60	0.89	-	-	0.32	5.50	5.40	1.26
Fluoride ^{F⁻}	1.40	1.20	6.19	-	5.37	0.87	3.70	0.81	1.70	1.40	4.40
Sulphate ^{SO₄²⁻}	64.00	0.00	8.04	6.81	132.10	267.10	150.00	> 25	37.00	1.40	880.00
Sulphide ^{S²⁻}	3.20	8.00	-	-	0.12	-	-	0.05	0.16	2.90	0.05
Hydrogen carbonate ^{HCO₃⁻}	378.00	500.00	611.20	730.40	488.10	926.00	0.00	2,135.00	1,790.00	1,650.00	7,240.00
Total Anions	470.00	613.70	790.73	965.51	1,362.36	1,527.65	1,466.80	2,482.00	3,339.16	4,087.60	10,523.22
Metaboric Acid ^{HBO₂}	0.50	7.00	-	-	1.80	-	-	9.30	-	155.00	14.30
Metasilicic Acid ^{H₂SiO₃}	43.00	64.00	-	-	26.00	-	-	30.00	-	19.00	26.00
Free Carbonic Acid ^{CO₂}	86.00	140.00	-	-	-	-	-	72.00	-	733.00	1,090.00
Radon ^{Ra}	0.8-3.8	-	-	-	-	-	-	-	-	-	-
Total	621.00	834.50	1,138.99	1,393.98	2,073.82	2,193.02	2,443.16	3,490.00	4,910.25	6,151.25	15,201.58

*Mineral content • Source: Internet and information publications of destinations



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