

# Wellness destination Baden

The large baths in the city of culture and spas can look back on an impressive 2000-year history. With modern wellness offers and the most mineral-rich thermal water in Switzerland, wellbeing is a top priority in Baden.

Already the Romans discovered the benefits of a thermal bath in Baden. Today, this treat goes far beyond a bath. With the holistic wellness approach, the focus is on active recovery for body and mind, conscious exercise, healthy nutrition and classic treatments.

Switzerland's only urban wellness destination offers not only the classic spa visit in the heart of the spa town, but also a wide range of exercise and training options. It is completed by a diverse, preventive health offer, a conscious and regional cuisine as well as the nearby nature for mindful relaxation.

You will find an overview of the wellness offers and wellness partners at [deinbaden.ch/en/wellness-destination](http://deinbaden.ch/en/wellness-destination)

## City tours

Discover 2,000 years of spa culture and listen to thrilling anecdotes stories of the baths from our tour guides. The highlight of the tour «The Water»: Taste a sip of Switzerland's most mineral-rich thermal water.

[deinbaden.ch/en/citytours](http://deinbaden.ch/en/citytours)

## Historical Museum Baden

The Historical Museum Baden has a permanent exhibition of the spa culture with numerous treasures and stories of past eras of the spa town – narrated interactively.

[museum.baden.ch](http://museum.baden.ch)



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## The baths past and present

Baden has always been known as a spa town: firstly as Aquae Helveticae and today as a wellness destination, which once again gained nationwide recognition thanks to the wellness therme FORTYSEVEN.

The Roman settlement Aquae Helveticae, the original Baden, was constructed some 2,000 years ago when Roman legionnaires discovered hot springs near the bend of the River Limmat. Healing properties were immediately attributed to these thermal springs, and the thermal baths became an important social meeting place.

During heyday in the Middle Ages the baths underwent a significant expansion. With two public baths and around 30 private baths, Baden became the most famous spa town in German-speaking Europe. A trip to Baden for a spa treatment, known as a "Badenfahrt", was a standard feature in the life of the upper-class.



Verenabad baths around 1820: Aquarelle by W. Meier after a sketch from L. Vogel

The opening of Switzerland's first railway line from Baden to Zurich, known as the "Spanischbrödlibahn", and the construction of the "Kursaal" with a wide range of entertainment (now the Grand Casino) brought about a further upswing in the baths' fortunes.

Then the First World War put an end to the scintillating spa activities of the Belle Époque, and after the Second World War the spa town of Baden focused more on medical services and rehabilitation. Visitor numbers declined, and by the end of the 20<sup>th</sup> century the baths were facing a crisis.

The redesign and reopening of the thermal baths in 2021 has once again created a meeting place and visitor attraction.

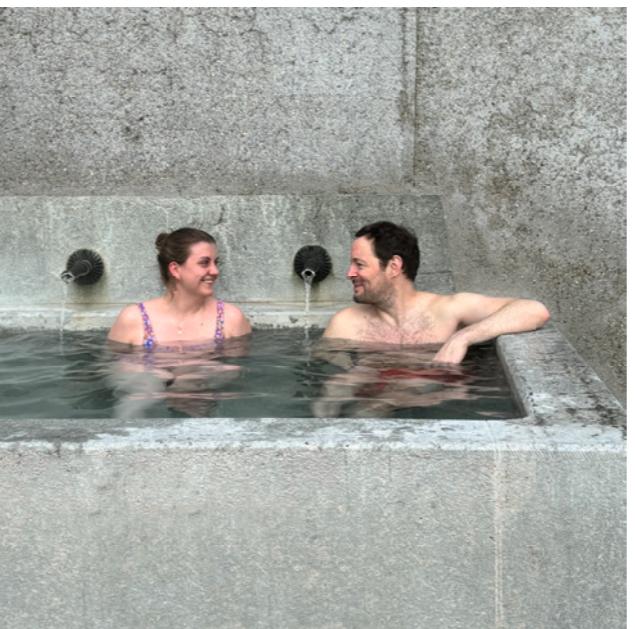
In addition to the existing hot spring experiences, the contemporary wellness therme FORTYSEVEN continues the 2,000 years old spa



Wellness-Therme FORTYSEVEN © Schweiz Tourismus

culture and tradition. The focus on holistic wellbeing has created an attractive range of treatments that is in tune with the spirit of the times. The redesign of the Verenahof area will enrich the baths with a modern prevention and rehabilitation clinic. Residenz47, a residential and medical facility with a ZURZACH Care outpatient center and various medical services, complements the redesigned residential area.

Public spaces have also been upgraded: the redesigned „Kurplatz“ and „Mätteli Park“ invite you to relax and unwind, as does the spacious Limmatpromenade with its publicly accessible hot thermal fountains.



## The source of well-being

Immerse yourself  
in 2000 years of spa culture

[deinbaden.ch/spatown](http://deinbaden.ch/spatown)

**BADEN**  
culture & spa town

# Immerse yourself in a wide range of bathing experiences

Badens thermal water is not only one of the warmest at 47°C, but also the most mineral-rich healing water in Switzerland at around 4.5 grams of minerals per liter. An average volume of approximately 750 liters per minute gushes up through 18 springs from a depth of over 1,000 meters. The thermal water acquires its high mineral content from its long journey underground – some of it has been in transit for between 4,000 and 12,000 years.

## 1 Wellness therme FORTYSEVEN

Switzerland's wellness therme with the most mineral-rich thermal water. Holistic wellbeing for body, mind and soul with its unique "cosmos" area.

Grosse Bäder 1, 5400 Baden  
Tel. +41 56 269 18 47  
[fortyseven.ch](http://fortyseven.ch)

## 2 Novum Spa Limmathof Baden

A small but beautiful thermal bath in the historic and stylish Hotel Limmathof. With steam bath, sauna and cold room. Admission from 16 years of age.

Limmatpromenade 28, 5400 Baden  
Tel. +41 56 200 17 17  
[limmathof.ch](http://limmathof.ch)

Discover the baths on the guided tour  
«Eternal Thermal Spring»  
[deinbaden.ch/en/citytours](http://deinbaden.ch/en/citytours)



## 3 Hotel BLUME.

Historic spa hotel with unique dining and rest gallery in the atrium. Fine à-la-carte meals, its own roman baths and romantic experiences such as Candlelight Bath & Dinner.

Kurplatz 4, 5400 Baden  
Phone +41 56 200 02 00  
[blume-baden.ch](http://blume-baden.ch)

## 4 Private Spa Limmathof Baden

Private wellness. Modern wellness suites with high-quality infrastructure, refined design and a unique ambience.

Badstrasse 20, 5408 Ennetbaden  
Phone +41 56 200 17 17  
[limmathof.ch](http://limmathof.ch)

## 5 Hot thermal fountains Baden & Ennetbaden

Hot thermal fountains along the Limmatpromenade on both sides of the Limmat knee. Inspired by the medieval public open-air pools, they make the thermal water accessible to all. The fountain facilities with various pools, arm baths and drinking fountains (Ennetbaden only) are fed by natural thermal water directly from the source.  
[deinbaden.ch/thermalfountains](http://deinbaden.ch/thermalfountains)

## 9 Hot stone

The pentagonal stone slab at the Kurplatz is weighing approximately five tonnes. This hot stone is warmed by the "Big hot stone" spring located directly below it. Its warmth can be clearly felt on the site.

## 10 Limmat spring

Newly designed pavillon of the only thermal spring intake visible in public space.

## Arrival by bus from/to the railway station

Nr. 3 from/to Grosse Bäder  
Nr. 2 and 5 from/to Freihof or Schiefe Brücke

Detailed information at [deinbaden.ch/spatown](http://deinbaden.ch/spatown)

## Facilities

- 1 Wellness therme FORTYSEVEN
- 2 Novum Spa Limmathof
- 3 Roman bath Hotel BLUME.
- 4 Private Spa Limmathof
- 5 Hot thermal fountains Baden & Ennetbaden
- 6 Thermal water fountains Baden & Ennetbaden
- 7 Medieval kettle bath
- 8 Roman apsis
- 9 Hot stone
- 10 Limmat spring
- 11 Inhalatorium
- 12 Bad zum Raben Cultural Centre



## Accommodations

- 13 Hotel Limmathof
- 14 Hotel BLUME.
- 15 Hotel du Parc
- 16 River Residence
- 17 Glandon Apartments

## Restaurants

- 18 Phra Nakhon
- 19 DORY & DU
- 20 kafi raab
- 21 Pizzeria il Brunello
- 22 Restaurant FORTYSEVEN
- 23 Bela Loko
- 24 Restaurant Sonne
- 25 Brasserie Schwanen
- 26 Ristorante PepeNero

## Building project

A Verenahof  
B Hinterhofquelle

## Chäneli-Tour

The panorama walking route connects four lookout points around Baden.  
[deinbaden.ch/thechaenzelitour](http://deinbaden.ch/thechaenzelitour)

