



The Hidden Hot Springs of the Pyrénées-Orientales

Discover the extraordinary variety of thermal baths nestled within the Catalan Pyrenees. From wild natural pools hidden in mountain valleys to luxurious spa facilities, the Pyrénées-Orientales offers a unique thermal experience unmatched anywhere else in France. All these bathing spots are located between 8 and 50 kilometers from Casa Ilicia in Eus, making them perfect for winter exploration.

As we guide you through these magnificent locations, we'll highlight safety precautions and respectful practices. For the most sensitive and pristine wild springs, we'll provide only general information to preserve their natural beauty and prevent overcrowding.

Natural Thermal Waters: A Geological Wonder

Unique Geography

Throughout the Têt valley, natural hot springs emerge at temperatures exceeding 40°C, following a geological fault line that runs parallel to the valley.

Access Considerations

While many of these springs offer free access, most are located on private land. Always respect municipal ordinances and warning signs.



Mineral Properties

These sulphurous waters have been prized for centuries for their therapeutic properties, similar to Japanese onsen traditions.

Conservation Ethics

The preservation of these natural wonders depends on visitors treating them with respect and minimising their impact on the environment.

The hot water rises through ancient fractures in the earth's crust, emerging at consistent temperatures regardless of the season. This remarkable geological phenomenon creates a unique bathing experience that changes dramatically with the seasons.

The Baths of Canaveilles-Nyer



Secret location

Technically on the commune of Nyer, these wild hot springs are situated directly on the riverbed of the Têt.



Temperature Control

When the springs become too hot, bathers can regulate the temperature by allowing river water to enter the pools.



Safety Precautions

Never visit after heavy rainfall, during snowmelt periods, or following storms. Parking on the RN116 is strictly prohibited.

These remarkable baths feature three stone and river pebble pools constructed directly in the riverbed. The juxtaposition of hot thermal water against the cool mountain river creates a sensory experience that changes with the seasons. Visiting at dawn or dusk offers the most magical atmosphere, with steam rising from the pools against the backdrop of the mountains.

Historic Thermal Establishments



Mart92

www.delcampe.net

Relais de l'Infante

This historic thermal hotel in Canaveilles was destroyed by fire in 1984 and never rebuilt. Its ruins are dangerous and strictly forbidden to visit by municipal decree.

Bains de Nossa

Another lost thermal establishment, this historic bath complex was submerged during the construction of the Vinça dam.

Roman Heritage

The region's thermal tradition dates back to Roman times, with several ancient bathing sites still visible today, particularly in Dorres.

The Pyrénées-Orientales has a rich history of thermal bathing stretching back centuries. The region once boasted numerous grand thermal hotels that attracted visitors from across Europe seeking relief from various ailments. While some historic establishments have been lost, their legacy continues in the modern thermal facilities and wild bathing spots that remain popular today.

The Baths of Thuès: Where Fire Meets Water



69°C

Source Temperature

The thermal water emerges at this remarkable temperature before cooling in the pools

37°C

Bathing Temperature

Perfect therapeutic temperature in the carefully constructed stone pools

1.5h

Hike Duration

Walking time from Nyer village via the picturesque hamlet of EN

These dramatic baths feature several stone pools perched on the edge of the steep Têt valley. The safest approach is from Nyer village, following a magnificent 90-minute hiking trail that passes through the hamlet of EN to reach Thuès-les-Bains. Be extremely cautious around the railway tracks of the Yellow Train, which are electrified and strictly forbidden to cross.

What makes Thuès truly unique is that it's also the starting point of Europe's only hot water canyon—a thermal water canyon suitable for guided canyoning adventures. Professional guides can safely lead you through this extraordinary experience.

Secret Springs: Hidden Treasures of the Mountains



Prats Balaguer

Located in a valley amid a forest near the charming village of Prats Balaguer, these free wild baths are one of the area's best-kept secrets.

Thermal Experience

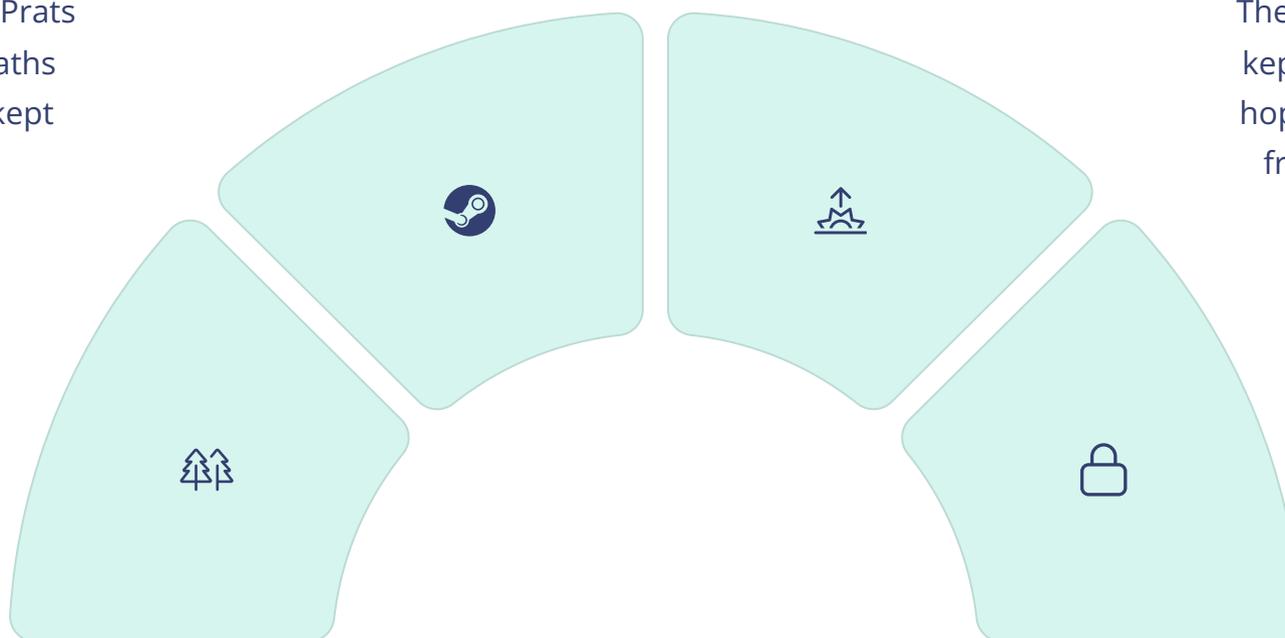
Sulphurous vapours swirl above the source as water cascades through several natural pools carved into the hillside.

Best Time to Visit

Early morning offers the most tranquil experience, especially in winter when snow blankets the surroundings.

Protected Secret

The exact location is intentionally kept quiet by those who know it, hoping to preserve these springs from becoming overcrowded.



These hidden gems represent the European equivalent of Japanese onsen—natural thermal baths nestled in pristine mountain settings that invite relaxation and meditation. Many locals and connoisseurs purposely keep these locations secret to protect them from degradation. Detailed directions are only shared by word of mouth to ensure these fragile ecosystems remain pristine.



Accessible Thermal Baths: Saint-Thomas-les-Bains



Three Outdoor Pools

Multiple temperature options in well-maintained thermal pools with panoramic mountain views



Spa Facilities

Indoor spa and hammam options available for additional comfort and therapeutic treatments



Massage Services

Professional therapeutic massage treatments using local thermal water benefits



Affordable Access

Entry from €6 for basic access, with premium packages starting at €12

For those seeking a more controlled and comfortable thermal experience, Saint-Thomas-les-Bains offers excellent facilities near Fontpedrouse. Comparable to Japanese Sento (public bathhouses), these baths provide the therapeutic benefits of thermal waters with modern amenities and services. The evening atmosphere is particularly magical, with steam rising from the pools against the darkening mountain backdrop.

Other Thermal Destinations: Llo and Dorres



Baths of Llo

Continuing along RN116 towards Andorra, Llo offers several outdoor pools with entry starting at €12.



Roman Baths of Dorres

Past Font Romeu, these 37°C outdoor baths are carved into granite and offer spectacular panoramic views of the Catalan Pyrenees.



Molitg-les-Bains

This traditional thermal treatment centre also offers wellness packages for non-patients, starting at €19.

The Pyrénées-Orientales boasts an impressive variety of thermal experiences beyond the wild springs. Dorres is particularly noteworthy for its ancient Roman baths that continue to function today, offering a glimpse into the region's long history of thermal bathing. The sunset views from these granite pools are absolutely breathtaking and well worth the modest €6 entry fee.



Planning Your Thermal Adventure



Choose Your Season

Winter and autumn offers the most magical contrast between hot water and snowy surroundings



Find Accommodation

[Casa Ilicia in Eus](#) provides an ideal base for exploring all thermal sites



Plan Your Visits

Combine wild springs with established facilities for a complete experience



Seek Local Knowledge

Casa Ilicia hosts can provide detailed information about secret bathing spots

For the complete thermal experience, consider booking a stay at [Casa Ilicia in Eus](#), with rooms starting at €59 including breakfast. Their hosts can provide detailed verbal directions to the secret bathing spots that aren't widely publicised. The guesthouse also plans to offer a solar-heated jacuzzi soon, complementing the region's natural thermal offerings.

Remember that each hot spring has its own character, etiquette, and optimal visiting times. Wild springs are typically quieter in early mornings and on weekdays, while managed facilities offer more consistent experiences year-round.