Hotel Cascade *****

The Facts

The Hotel

- 5-star hotel with 86 rooms, suites and junior suites
- Personal attention & excellence of service
- Portuguese architecture links past to present
- 4 wings split into Asian, African, South American & European styles

Accomodation

- First floor: 32 Doubles, 3 Suites, 6 Junior Suites, Presidential Suite & Deluxe Suite
- Ground floor: 31 Doubles, 4 Suites, 6 Junior Suites and 2 Grand Suites
- Doubles up to 56 m^2
- Junior Suites upt to 82 m^2
- Suites up to 76 m^2
- Presidential Suite: 193 m^2
- Deluxe Suite: 104 m^2
- Presidential Suite & Deluxe Suites with private veranda & jacuzzi on roof top
- All rooms with balcony/terrace

Cuisine

- Main restaurant with outdoor patio, buffet gallery & Show Kitchen on the first floor
- Restaurant on the ground floor
- Adega (wine cellar) offering the best of Portuguese wine making

Medical Wellness & Art Spa

- Tailored programmes for nurturing body, mind and soul
- Range of therapeutic treatments and therapies
- Leading beauty brands
- Consultation, follow up and programmes with attending physicians & specialists of the Medical Centre

Pool Area

- Outdoor pool
- Children`s pool
- Sun deck
- Poolbar
- Heated pool in the Spa area 2011
- Rooftop pool 2011

Cascade Sports Academies

- Football Academy
- Tennis Academy
- Golf Academy
- Spa, Gym & Nutrition
- Outdoor Sports & Recreational Centre
- Corporate Events & Hospitality

Praceta

- Praceta, the commercial area & social square of Cascade Resort with Health Club; Medical Centre; bars; restaurants; service facilities etc
- Kids Club

Location

- Praia do Canavial, Lagos, Western Algarve, Portugal
- Unique cliff-top location
- Next to historic Lagos town centre
- On 38 hectares
- With over one mile of coastline
- 8 beaches in the vicinity
- GPS co-ordinates: N37.05.08; W08.40.37