



ACTIVITIES AT THE HOTEL

You will not lack activities at Les Sources de Caudalie. With your family, solo, as a duo or among friends, there is something for every taste! Put on Nicolas Masse's shoes for a few hours, get pampered at the spa, explore nature around you, take advantage of our sports coaches' advice to push your limits, visit our famous vineyards or escape to the Bassin d'Arcachon, and keep memories of a lifetime from your stay!



LES SOURCES DE CAUDALIE
BORDEAUX

Information and booking

05 57 83 83 83

reservations@sources-caudalie.com



A WELLNESS PARENTHESIS



Our pools

The indoor swimming pool, housed in a superb greenhouse, is open every day. Thanks to the artist Mathilde de l'Ecotais, you will live a unique experience: swimming in a work of art. The vine leaves picture resonates with the amazing natural environment from Les Sources de Caudalie.

From May to October, enjoy our 25-metre, heated, outdoor swimming pool.

Outdoor pool open from May to October, from 8am to 8pm.
Indoor pool open all year from 8am to 8pm

Our outdoor hot tub

The outside hot tub, responding to the famous barrel bath, is open the whole year. You will lounge in a water drawn from a natural hot spring, 540 meters beneath the earth, while fully enjoying a calming and invigorating atmosphere made of natural materials.

Open all year, from 8am to 8pm.

Well-being at the Vinothérapie® Spa

Discover the virtues of naturally warm spring water, that comes from a depth of over 540 meters, combined with vine and grape extracts.

All our treatments include access to the Spa facilities: thermal pool, jacuzzi, hammam, etc.

Discover our signature rituals

Sources ritual

Depending on your choice, enjoy a 15-minute bath or a wrap, a 20-minute warm oil massage and a 50-minute facial treatment of your choice or a Resveratrol lift facial treatment.

½ day – €325

Vines ritual

Depending on your choice, enjoy a 15-minute bath or a wrap, a 35-minute Crushed Cabernet scrub, a 20-minute warm oil massage and a 50-minute facial treatment.

½ day – €440

Sunday ritual

This ritual includes a 50-minute facial and a 50-minute body treatment, both of which you can choose.

½ day – €360

The Sources Cure

The 1st day is composed of a relaxing bath, a wrap and the famous Crushed Cabernet scrub followed by a warm oil massage. The 2nd day, you will enjoy a Sources Ritual.

2 days – €650





A GASTRONOMIC INTERLUDE

Our restaurants

La Grand'Vigne

Our two Michelin-starred restaurant offers a delicious and authentic cuisine. Like a winemaker, Chef Nicolas Masse seeks to express the very essence of this exceptional terroir and its produce: he assembles and composes, ultimately retaining only the essentials.

La Table du Lavoir

La Table du Lavoir serves delicious, unusual, bistro-style food with the finest seasonal products.

ROUGE

Discover a place where you can drink, eat and share very happy moments with friends and family!

Le French Paradox

The cosy atmosphere, velvet armchairs and wooden floor, invite guests to properly enjoy a great collection of old Armagnacs, Cognacs, Whiskies...



At the bar corner

Share an informal moment with our sommelier around 3 wines, and taste exceptional products

Dégustation de 3 vins Prestige

Discover a selection of three renowned wines, carefully chosen for their character and excellence. Immerse yourself in a refined sensory experience as our experienced sommelier guides you through an immersive tasting, highlighting the subtle nuances and enchanting notes of each wine. Discover the art of wine appreciation in an elegant and relaxed setting, where each sip reveals a new story to savour.

120€ par person

Champagne tasting

Immerse yourself in the sparkling elegance of a champagne tasting, an experience dedicated to effervescence and the art of celebration. Let yourself be transported to a sparkling world of luxury as you explore a meticulously chosen selection of three prestigious champagnes. Under the expert guidance of our sommelier, discover the secrets of champagne production: from the cellars of the Champagne region to the bubbles in your glass.

115€ par person





Mixology workshop

The cocktail shaker will no longer hold any secrets for you! Let's discover our mixology workshop at our bar French Paradox.

The best way to discover great creations with local alcohols. Either you are *classic*, *customized* or *cocktail from Bordeaux*, our team will show you all tips to make delicious cocktails.

Monday to Thursday at 3:30pm, on booking
€90/pers. Maximum 4 pers.



FOR SPORTS AND NATURE ADDICTS



Awaken your senses in the forest

Our “Forêt Eveillée” is a way of expression for young local contemporary artists. Their art works are subjected to elements and ‘live” in total communion with Nature for some of them, or on the contrary for others, in opposition...

Visitors will look at the games of lights all along the path scattered with art works which winds between trees, flowers, streams and vines.

They will also hear, touch, smell, and finally taste the surrounding nature. The walk can last from 1 to 3 hours.

Open Monday to Saturday, 10am to 7pm
Sundays and public holidays, 10am to 6pm
Free for hotel guests.

Discover our property's art works

Many art works are disseminated accross the Smith Haut Lafitte estate and Les Sources de Caudalie. By following a predefined map, you'll discover the whole property from a new perspective. From Barry Flanagan to Cesar and Nathalie Decoster, art at Les Sources de Caudalie will not have secrets for you anymore! A brochure is at your disposal at the Reception to guide you throughout your stroll.

Personal training

On Saturday and Sunday morning, between 9am & 12pm, from April to October, our coach Julien is available for a free session!

A one-hour lesson can be reserved for children aged four and up. Our coach is also available for a private sport session. Power walk or run in the vineyards, cycling in the forest, cardiovascular fitness and muscle strength, tennis lesson, Julien can adapt to all your wishes. We can also take you for a hiking (1h30) through the vineyards, and discovering the magnificent châteaux in the area.

Free session during the weekend from April to October.

Private session on demand: 90€/hour

Hiking on demand: 135€ for 1h30

Tennis class

Elevate your game at the occasion of a class with a professional! Julien adapts the session to your level and can also teach children.

Private session.

Reservation on demand. 90€/hour.





Weekly yoga session

Experience the benefits of a yoga session with Charline, teacher in the Bordeaux Satnam Club. Make time for your inner self and for recharging good energies. Every Saturday, she will guide you on the way of a better living. A session that will harmonize body and mind. Charline will adapt the session according to everyone's wishes with Hatha or Yin yoga.

Hatha yoga is a traditional yoga class, consisting of a sequence of postures suitable for all, breathing exercises and relaxation. Yin is a gentle, restorative yoga class that consists of postures on the ground in total muscle relaxation. A real journey of inner relaxation.

Every Saturdays 9 am to 10 am, on booking.
€30 par pers.

Yoga class

Enjoy your stay within the vineyards with moments of pure relaxation. Our professors will adapt the class to your practice. Let yourself be taken away by her positive energy.

Private session on demand.
100€/h for 1pers. - 190€/hour for 2 to 5 people.



Wellnes Day

Our yoga teacher Charline, from the Satnam Club de Bordeaux, will accompany you for a day on the path to better living, for total harmony of body and mind.

We're offering you a revitalising experience, starting with yoga classes that will guide you through regenerating postures and breathing methods. After this energising session, we invite you to a plant-based lunch at our gourmet groceries shop, ROUGE, featuring local produce to nourish your inner well-being. With access to the indoor (or outdoor depending on the season) swimming pool and sauna, you can complete a day of total relaxation.

Programme:

9.30am - 11.30am: Hatha Flow around the energies of spring

12pm - 1.30pm: Plant-based lunch at Rouge (including water and coffee)

14h – 16h : Swimming pool/sauna access

16h30 – 18h : Yin Yoga and Sophrology

Dates available in 2024 :

Sunday 14 April

Sunday 26 May

Sunday 16 June

Our Wellness Day offer includes access to the swimming pool (indoor or outdoor depending on the season).

On booking
180€ per person

Sports facilities

Bike loan

The hotel gracefully places bikes at the disposal of guests, to allow them to go for a ride and explore the vineyards. Please ask the reception.

E-bike rental

Discover the Bordeaux wine route with our electric bikes.

40€ per day and per bike

Advance booking recommended

Fitness room

We also offer a fitness room, fully equipped with cardio-training equipment, available for free for your training from 8am to 8pm.

Tennis court

A tennis court in between vineyards and forest is available from 8am to 8pm. Please see our Concierge for more information.

Outdoor jogging circuit

In between the forest and vineyards, a 3,5 running trail awaits you.

Bike trip through the vines

Our personal trainer Julien is available to take you on a bike trip of an hour and a half across a few Châteaux in the Bordeaux region. You will go through Smith Haut Lafitte, Carbonnieux, La Louvière, Larrivet Haut Brion, Haut-Bailly and Rochemorin.

Depending on Julien's availability.

135€ for 1h30, from 1 to 8 people





DISCOVERING CHÂTEAU SMITH HAUT LAFITTE

"Discovery Tour" Activity at Château Smith Haut Lafitte

You will visit the cellars used for white and red wine, the vat room, and the on-site cooperage, ending with a tasting of a first and second wine from the estate.

Workshop available every day.
€25 per pers. & €12.5 per kid.

"Masterclass" Activity at Château Smith Haut Lafitte

This workshop show the philosophy of the estate, its values and passion, which is renewed by the children of the vintages.

An exceptional tasting of 5 great wines to make your immersion in the history of winery, followed by a private visit through our cellars and our wine cellars.

€810 per group.

"Road to Paradise" Activity at Château Smith Haut Lafitte

Following a customized tour of the estate, you will visit the owners' private cellar and taste the estate's first wine, both white and red.

€50 per pers, rates from 5 pers.
€205 in total until 4 people.

"Land for wines and arts" Workshop at Château Smith Haut Lafitte

Our soil offers infinite richness which translates into great wines, which you will apprehend while wandering through our cellars. This is also a land where monumental sculptures stand in harmony with vines, and tell another story of our passion.

Weekend only. €48 per pers.



In the winegrower's footsteps" Workshop at Château Smith Haut Lafitte

Experience the daily life of a vineyard manager or cellar master and understand the many facets of a winegrower's life. Take part in various seasonal tasks in the vineyard or winery. Winery tour, workshop, and tasting.

Available during harvest only
(from early September to late October)
On demand - €129 per pers.

The sensory workshop

The scents of the oak of our cooperage and those of our wines will plunge you into a workshop where all your senses will be awakened. At the end of this visit, enjoy a blind tasting of 3 red wines of the property, accompanied by chocolate. This is an opportunity to discover the different typicities of our gravelly soil and to let your olfactory and gustatory senses express themselves.

On demand
€180/group 1 to 4 pers.



GETAWAY



Boat ride on the Arcachon bay

Discover the Arcachon bay on board the traditional boat called « pinasse » for an unforgettable relaxing day. This trip begins at the port of Arcachon.

You will sail close to the famous « Ile aux Oiseaux » and its traditional cabins, the Pyla sandhill, land on the Arquin sandbank and enjoy the landscape from the Cap Ferret's pier.

Renting of the boat (gas & skipper)
From €1380 half a day

Electric car ride

Discover the beauty of our region by renting our BMW I3 electric car (5 doors) for 4 people maximum.

From Arcachon bay to Saint Emilion or Bordeaux, you will love exploring vineyards or taking a ride to the city.

100€ per day from 10am to 6pm

Extra charge 30€/hour

Battery life: 105 miles per day

Advance booking recommended





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