



LES SOURCES DE CAUDALIE  
BORDEAUX

## ACTIVITIES





Sport

Spa

Gastronomy

Oenology

Getaway





01

# SPORT

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*AT LES SOURCES*

# Relax in our *pools*



## Pools

Housed in a magnificent greenhouse, the indoor pool is open every day. You'll have the unique opportunity to swim in a work of art. Also, enjoy our heated outdoor pool from May to October.

*Indoor pool open year-round, from 8 a.m. to 8 p.m.*

*Outdoor pool open from May to October, from 8 a.m. to 8 p.m.*

## Barrel bath

The outdoor hot tub, inspired by the famous barrel bath, is open year-round. You will relax in water that comes directly from the hot spring 540 meters underground, while fully enjoying a soothing and rejuvenating setting made of natural materials.

*Open year-round, from 8 a.m. to 8 p.m.*

## Sauna

The sauna, a treasure of elegance in the shape of a barrel, majestically stands on the terrace of the indoor pool. An oasis of tranquility enhancing the experience, with its enveloping warmth.

*Open year-round, from 8 a.m. to 8 p.m.*



# Biking in the vineyards

## Bicycle at your disposal

The hotel provides bicycles for exploring the surrounding vineyards.

## Electric Bike Rental

Explore the Wine Route with our electric bikes!

*€40 per day per bike. Advance booking recommended.*

## Château Tour

Our fitness coach Julien will accompany you on a one-and-a-half-hour bike ride through several châteaux in the Bordeaux region. You will pass through the estates of the châteaux Smith Haut Lafitte, Carbonnieux, La Louvière Haut Brion, Haut-Bailly, and Rochemorin.

*Every day, subject to availability, €135 for a 1.5-hour ride, for 1 to 8 people.*



# Rejuvenate with *yoga*



## Weekly yoga classes

Join our Saturday morning yoga sessions. Our instructor, Charline from the Satnam Club in Bordeaux, will guide you on the path to well-being, fostering total harmony between body and mind. Depending on the group and preferences, Charline will tailor the session, offering either a Hatha or Yin yoga class.

*Every Saturday at 10 AM, by reservation - €45 per person.*

## Yoga Classes on Request

For our Yogi guests, we offer yoga classes on request. Our instructors will guide you through your practice, whether it's Vinyasa, Ashtanga, Hatha, or other styles. Experts in mindfulness meditation, they will take you on a journey of true relaxation and inner calm.

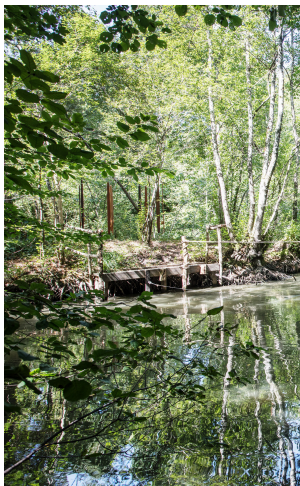
*Private Class - €120/class for 1 - €190/class for 2 - €250/class for 3 or more*



# The forest of *senses*

The 'Forest of Senses,' spanning 8 hectares, is a prime space for the expression of young contemporary artists, mostly from Bordeaux. Their works are exposed to the elements and 'live' with nature. You will be invited to observe the interplay of light along a path dotted with artworks that winds between trees, flowers, streams, and vineyards, listening, touching, feeling, and ultimately tasting nature.

*Open Monday to Saturday - 10 a.m. to 7 p.m.  
Sunday and public holidays - 10 a.m. to 6 p.m.  
Free for hotel guests.*



## Discover the artworks of the estate

Many artworks are scattered throughout the domain. By following a predefined route, you will discover the entire property from a new perspective. From Barry Flanagan to César, including Nathalie Decoster, art at the Sources de Caudalie will hold no secrets for you. A brochure is available at the Reception to guide you on your walk.



# Personal *training*

*Free session on weekends from April to October*

*Private session upon request: 90€/hour*

*Hiking upon request: 135€ for 1h30*

Every Saturday and Sunday **between 9 AM and 12 PM** (from April to October), we offer you a **workout session** with our coach Julien!

Sessions are also offered for children starting at age 4. For any reservations outside of these time slots, our coach can be available for a custom session. Whether it's brisk walking, running, biking, fitness, strength training, or tennis lessons, Julien adapts to all your desires. He can also offer a 1.5-hour hike through the vineyards, exploring the grand châteaux of the region.

Improve your game with a lesson from a professional!  
Julien tailors his session to your level and can also teach children.

*Private lesson - €90/hour*

*Reservation upon request*

# Tennis *lesson*





## Our *facilities*

### **Fitness room**

A gym equipped with cardio machines is open for you to train from **8 a.m.** to **8 p.m.**

### **Tennis court**

A tennis court is available by reservation from **8 a.m.** to **8 p.m.** For more information, please consult our concierge.

### **Jogging trail**

A 3.5-kilometer jogging trail awaits you between the forest and the vineyards.



02

**SPA**

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*AT LES SOURCES*

[reservations@sources-caudalie.com](mailto:reservations@sources-caudalie.com)



# CAUDALÍE

VINOTHERAPIE SPA

Discover the benefits of vine and grape extracts combined with naturally warm spring water sourced from 540 meters deep. All of our treatments provide access to the Spa facilities: thermal pool, jacuzzi, hammam...





# Our Signature *rituals*

Vinotherapy® combines natural active ingredients from the vine and grape with exceptional skincare rituals to provide unique face and body treatments. All massages are performed using essential oils and grape seed oil, known for its anti-aging, nourishing, and soothing properties.

## Ritual of the Sources

- At your choice, a bath or wrap - 15 min
  - A massage with warm oil - 20 min
  - A facial treatment - 50 min
- Half day - €335*

## Sunday Ritual

- A facial treatment - 50 min
  - A Vinotherapist body treatment - 50 min
- Half day - €370*

## Ritual of the Vines

- At your choice, a bath or wrap - 15 min
  - A Crushed Cabernet scrub - 35 min
  - A massage with warm oil - 20 min
  - A facial treatment - 50min
- Half day - €455*



# Our Signature *treatments*

Each treatment combines targeted therapies that harness the exceptional benefits of vinotherapy to address the specific needs of your skin and body. Whether it's detoxifying, revitalizing, or anti-aging treatments, each program is designed to offer you a complete, deep transformation.

## Cure des Sources - €700

### Day 1 :

- Grape Marc Bath - 15 min
- Merlot Wrap - 15 min
- Crushed Cabernet Scrub - 30 min
- Hot Oil Massage - 20 min

### Day 2 :

- Grape Marc Bath or Wrap - 15 min
- Hot Oil Massage - 20 min
- Facial Treatment - 50 min

## Cure Luxe - €800

### Day 1 :

- Grape Marc Bath - 15 min
- Scrub - 30 min
- Vinotherapist Massage - 50 min
- Facial Treatment - 50 min

### Day 2 :

- Merlot Wrap - 15 min
- Reflexology - 50 min
- Beauty Water Massage - 50 min



# Our Signature *bubbles*

Let yourself be pampered by the expert hands of our  
Vinotherapists, who will provide you with  
exceptional treatments using Caudalie products,  
known for their antioxidant and anti-aging properties.  
Moments of relaxation stretched to infinity in a haven  
of calm and well-being...

## **Relaxation Bubble**

- A Vinoperfect facial treatment - 50 min
  - A Vinotherapy massage - 50 min
  - Access to the Spa facilities for half a day
- €290**

## **Hydratation Bubble**

- A VinoHydra facial treatment - 50 min
  - A Vinotherapy massage - 50 min
  - Access to the Spa facilities for half a day
- €290**

## **Tightening Bubble**

- A Premier Cru facial treatment - 50 min
  - A Vinosculpt massage - 50 min
  - Access to the Spa facilities for half a day
- €290**

*Bubbles available only on weekdays.*



03

# GASTRONOMY

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*AT LES SOURCES*

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# Our *restaurants*

## **La Grand'Vigne**

Our two Michelin star restaurant offers delicious and authentic cuisine. Like a winemaker, Chef Nicolas Masse seeks to express the very essence of this exceptional terroir and its products: he blends and composes to ultimately focus on what is essential.

## **La Table du Lavoir**

Our restaurant with a crafted and original 'bistro' cuisine offers dishes inspired by the rythm of the seasons.

## **ROUGE**

Discover our gourmet grocery store and wine bar ROUGE, a lively and sharing space where you can drink, savor, and enjoy good times with family or friends.

## **Le French Paradox**

The intimate atmosphere around the fireplace, with velvet armchairs and polished wooden floors, invites you to enjoy the art of tasting a collection of vintage Armagnacs, Cognacs, Whiskies, and other aged spirits.

# Gourmet *picnic*

Collect memorable moments while enjoying a gourmet picnic prepared by our Chef for lunch.

## **Takeaway Picnic - €35 per person.**

Mixed salad, half baguette, hummus to share, sandwich, sweet treats, seasonal fruits, bottle of water.

## **Picnic with basket to take away - €55 per person.**

Including wicker baskets, cutlery, and a tablecloth, so you can enjoy a countryside picnic in the heart of our vineyards.

Mixed salad, half baguette, foie gras terrine, salmon club sandwich, local cheese, shareable pastry and cannelés, seasonal fruits, bottle of water.

*Vegetarian option available upon request.*

To complete your picnic, a selection of bottles of wine can be offered for an additional charge.

Les Hauts de Smith Rouge - €33

Les Hauts de Smith Blanc - €38

Les Hauts de Smith Rosé - €18,50

Deutz brut/Deutz rosé - €45

*Reservation required a minimum of 24 hours in advance.  
The picnic will be available for pick-up at the hotel reception.*





04

# OENOLOGY

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*AT LES SOURCES*

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## To the discovery of Château *Smith Haut Lafitte*

This vast wine region, stretching along the Garonne between Sauternes and Médoc, produces Grand Crus in both red and white. Every day, Château Smith Haut Lafitte, a **Grand Cru Classé of Graves**, welcomes you for guided tours by appointment. You will discover its 16th-century tower, its winery, the underground cellars for both white and red wines where 1,000 barrels rest, its cooperage, and conclude with a tasting of the estate's first and second wines.



## The activities at Château *Smith Haut Lafitte*

At Château Smith Haut Lafitte, the focus is on sharing its unique art of living, where nature, history, and sensory pleasures blend harmoniously. Discover the estate's expertise and the passion of its team through immersive activities and vibrant tastings.

### **"Discovery Circuit" Activity**

You will explore the white and red wine cellars, the winery, and the cooperage of the château, ending with a tasting of the château's first and second wines.

**Workshop available daily.**

**€25 per person and €12.50 per child.**

### **"Towards Paradise" Activity**

The doors of the owners' private cellar will open for you, following a personalized tour of the estate and a tasting of the château's first wine, both white and red.

**€52 per person for groups of 5 or more**

**Package of €209 for up to 4 people**

### **"Masterclass" Activity**

This workshop highlights the philosophy of the estate, its values, and its renewed passion through the vintages. An exceptional tasting of 5 great wines will immerse you in the history of the château, following a private tour of our cellars and caves.

**€810 per group.**





# The Workshops of Château *Smith Haut Lafitte*

## **"Land of Wines and Art" Workshop**

The soil of Château Smith Haut Lafitte offers infinite richness, reflected in its exceptional wines and fully revealed during the tour of the cellars. It is also a land that hosts monumental sculptures, telling the story of passion from a unique perspective. The experience concludes with a tasting.

**Available only on weekends. €50 per person.**

## **"In the Footsteps of the Winemaker" Workshop**

Experience the daily life of a vineyard manager or cellar master and discover the many facets of the winemaker's profession. At the heart of the vineyards or cellars, participate in various tasks according to the season. The workshop begins with a tour of the cellars, followed by a tasting.

**€129 per person. Available only during the harvest season, from early September to the end of October.**

## **Sensory Workshop**

The oak scents from the cooperage and the aromas of aging wines will immerse you in a sensory workshop where all your senses will be awakened. At the end of the tour, enjoy a blind tasting of 3 wines from the estate, paired with chocolate. This is a chance to explore the different characteristics of our gravelly terroir and let your olfactory and gustatory senses fully express themselves.

**€185 per group of 1 to 4 people. By reservation only.**





# Introduction to *oenology*



Our **Head Sommelier Aurélien Farrouil** and his team will introduce you to **oenology** in a friendly atmosphere and will answer all your questions about wine. You will learn more about the Bordeaux terroir and its various grape varieties. You'll discover **the order and temperature** for serving your Grand Crus, how to choose between decanting and aerating, as well as tips for perfect food and wine pairings. Aurélien will guide you through the different stages of sensory analysis.

April 26, 2025

May 24, 2025

June 21, 2025

July 26, 2025

August 23, 2025

September 20, 2025

October 25, 2025

November 22, 2025

December 13, 2025

**Saturday 10 AM - 1 PM - €245 per person**  
**Introduction and lunch at La Grand'Vigne**  
**at the host table.**

**MENU**

# At the corner of *counter*

Join us at ROUGE for exclusive tastings!

## Tasting of 3 Prestige Wines

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 savor.

€120/pers.

## Champagne Tasting

Dive into the sparkling elegance of a champagne tasting, an experience dedicated to effervescence and the art of celebration. Let yourself be transported to a luxurious bubbly world 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/pers.



MENU

# Mixology workshop

The shaker will hold no secrets for you! Join us at our bar, Le French Paradox, for a private mixology class behind the bar. This is your opportunity to discover delicious creations made from regional spirits.

Whether you prefer classic, custom, or Bordeaux-style cocktails, our team will teach you all the tips and tricks to create tasty cocktails.

*From Monday to Thursday at 3:30 PM, by reservation - €90  
per person  
4 people maximum*





05

# GETAWAY

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*AT LES SOURCES*

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# Trip to the Arcachon *Bay*

Discover the Arcachon Bay aboard the traditional pinasse boat from Les Sources de Caudalie for an unforgettable day of relaxation. The journey begins at the port of Arcachon, near its fish market, before passing by the famous Bird Island and its iconic "cabanes tchanquées" (perched cabins). Then, explore the beauty of the Dune of Pilat, land on the Banc d'Arguin, and continue to the Cap Ferret pier to watch the waters of the Bay merge with the Ocean...

*Pinasse rental – Starting from €1380 for a half-day.*



# Electric *car*

Explore the beauty of our region by renting our Mini Aceman, which can accommodate up to 4 people, perfect for vineyard getaways or a city outing. From the Arcachon Bay to Saint-Emilion, passing through Bordeaux, our region is rich in discoveries and activities.

*€200/day from 10am to 6pm. Range: 170km per day.  
Advance booking recommended.*

