

# Skagerrak Tours Offers brought to you by ENAT

[www.skagerrak.hu](http://www.skagerrak.hu) - Accessible Hungary

## Accessible Adventure tourism, sports and outdoor pursuits

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| phone: 36-1-2250329

- Accessible kayaking on Lake Balaton (two single and two double kayaks).
- Handbikes for paraplegic wheelchair users for rent at Lake Balaton
- Accessible sailing boats for rent at Lake Balaton. The boats are constructed especially for handicapped people, they are totally safe. The boats are always accompanied by a motorboat, too. 4-6 persons can sail at the same time. The port is also completely accessible.
- Adventure Park for brave people with paraplegia (groups) at Lake Balaton
- Archery In the Adventure Park at Lake Balaton
- Accessible paintball games in Budapest (groups)
- Not accessible caving for handicapped with special guides (real challenge!)

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## Children's, Family and Youth Tourism

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- **Holiday at Lake Balaton in Zánka Youth Center**

The accomodation is in an accessible holiday house in double or triple rooms with self-catering (there is a kitchen in the house). The Youth Center is situated within a national park and offer plenty of possibilities like own long beach with accessible toilets, a hoist to the lake, a supermarket and restaurants within the big park of the Center.

On the area of the holiday centre there is a Forest Adventure Park with obstacle courses for children and adults, paintball and rock climbing (partly accessible).

There are plenty of beautiful places, little towns in the neighborhood of Zánka, it is worth visiting some. Budapest is not too far away, so you may spend a day with sightseeing in the capital.

On request we can provide trasfer to the Center from Budapest or a local guide.

- **Skanzen (Open Air Museum)**

It presents the architectural characteristics, way of life and traditions of different Hungarian regions 20 km from Budapest in a national park. The buildings are arranged just like they were in the original villages, and you can get to know the daily lives of adults and children through the objects they used. Walking around the museum "villages" visitors can not only observe buildings and objects, but they can also try the various household activities and outdoor games the peasants were doing. You will learn canvas painting, life in the smoke house, how to make candles, traditional Hungarian honey-cookie making, etc. The peasant houses are partly accessible. A small accessible train built in 1930, scrolls through the 60 hectar open air museum to make the visit even more interesting (space for 2 wheelchairs in the same time).

- **Budapest with Children**

Stay in a nice hotel with a huge aqua park indoor and visit the accessible sights of this beautiful city with your family: Budapest Zoo, Palace of Arts for concerts (both for children and adults), Palace of Wonders (interactive science for children).

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## Cruisers, Sailing and everything Nautical

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- Sailing on Balaton Lake with Juditta 19th Century like two spars sailing ship (accessible)
- Accessible kayaking on Lake Balaton (two single and two double kayaks).
- Accessible sailing boats for rent on Lake Balaton. The boats are constructed especially for handicapped people, they are totally safe. The boats are always accompanied by a motorboat, too. 4-6 persons can sail at the same time. The port is also completely accessible.

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## Cultural Heritage

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- **BUDAPEST** - Skagerrak Tours offer accessible city tours, also in an interactive way to introduce the beautiful sights of the capital. Buda Castle, the Danube River embankments and the whole of Andrásy Avenue have been recognized as an UNESCO World Heritage Site. Skagerrak Tours offers cultural programs like opera visit, concerts in Palace of Arts, visit the Parliament's beautiful building, tours in the Jewish district, visit the House of Terror to learn more about history and wine tasting to introduce delicious Hungarian wine.
- **Skansen** (Open Air Museum) - It presents the architectural characteristics, way of life and traditions of different Hungarian regions 20 km from Budapest in a national park. The buildings are arranged just like they were in the original villages, and you can get to know the daily lives of adults and children through the objects they used. Walking around the museum "villages" visitors can not only observe buildings and objects, but they can also try the various household activities and outdoor games the peasants were doing. You will learn canvas painting, life in the smoke house, how to make candles, traditional Hungarian honey-cookie making, etc. The peasant houses are partly accessible. A small accessible train built in 1930, scrolls through the 60 hectar open air museum to make the visit even more interesting (space for 2 wheelchairs in the same time).

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## Health, Therapy, Wellness

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- **Hévíz - the world famous healing thermal water** is Europe's biggest biologically active natural lake. The lake produces 410 liter/secundum, which means that all the water is changed every three days. The erupting water's temperature at the source is 38,5 C and the lake's temperature varies between 24 C and 38 C according to the season, which enables winter bathing! Not only the thermal water, but also the lake's mud helps to ease several medical problems. The medicinal suggestions of the therapy covers a wide range of locomotor diseases: it has beneficial effects on rheumatic locomotor diseases, osteoporosis, degenerative spinal/joint diseases, Bechterew syndrome, inflammation diseases of the joint in their chronic phases, post treatment of injuries and locomotor operations as well as tender tissue rheum, secondary diseases of the joints, chronic, peripheral, nervous, mechanical-related complaints, pre- and post treatment of operations on the joints and discs as well as chronic and gynaecological conditions.
- **Budapest - city of thermal springs** - Hungary has an estimated 1,300 thermal springs. Budapest lies on a geological fault that separates the Buda hills from plains. More than 30,000 cubic metres of warm to scalding (21° to 76°C) mineral water gushes from 118 thermal springs and supply the city's thermal baths. Budapest has been a popular spa destination since Roman times. Some of the baths in the city date from Turkish times while others are modern. Skagerrak Tours offer leisure holidays in the best spa hotels in Budapest.