



# VIA VITALITÉ

WEIGHT CARE & WELLNESS

## REGISTRATION

Check-in at the Via Vitalité takes place the evening before the start of the programme, after 19:00.



The programme starts the next day at 8.00.

On the final day of the programme, check-out is until 17:00.

Note:  
For early check-in or late check-out, please contact the reception by phone +371 26511011 or email: [via@vitalite.lv](mailto:via@vitalite.lv).

## WHEN VISITING VIA VITALITÉ, YOU WILL NEED

1. Shoes and clothing for gym classes.
2. Weather-appropriate walking shoes and clothing (preferably two sets).
3. Swimwear for the swimming pool and sauna.
4. Pool slippers.
5. Personal hygiene items.
6. Medicines you take regularly.
7. A smartwatch for monitoring your heart rate (optional).



Feel free to leave your jewellery and evening gowns at home.  
If you have any allergies, please contact us in advance.

## HOW TO GET HERE

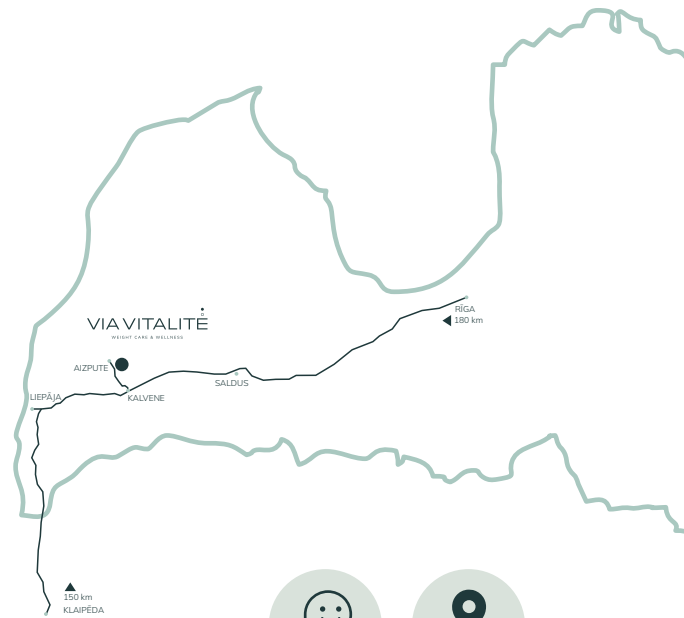
Via Vitalité is easily accessible by car and public transport, and we also offer a transfer service.



By bus to Aizpute bus station (3 km from Via Vitalité) + transfer (EUR 10).

By bus to Kalvene bus stop (15 km from Via Vitalité) + transfer (EUR 20).

Transfer from Riga Airport (RIX):  
Lexus RX 450H – EUR 190.



## ADDRESS

“Lejas Raķi”,  
Laža rural territory,  
Dienvidkurzemes municipality,  
LV-3456, Latvia

## CONTACT

Email: [via@vitalite.lv](mailto:via@vitalite.lv)  
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