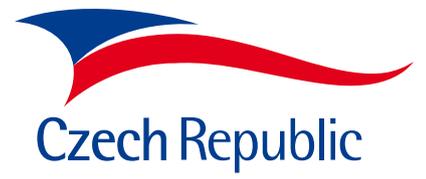


## Outdoor Holidays

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**Outdoor  
Holidays**





[www.kudyznudy.cz](http://www.kudyznudy.cz)

Catalogue of tips for trips in the Czech Republic

# OUTDOOR HOLIDAYS IN THE CZECH REPUBLIC

**WELCOME TO THE CZECH REPUBLIC**, situated in the heart of Europe and a great place to enjoy outdoor holidays in so many different ways. Here there's something for everyone: you'll find diverse opportunities at your disposal for the whole family and all age groups.

The outdoors here are truly unique, and our national parks extend warm invitations to all hikers. Take advantage of the highest quality European network of trail marks to lead you on your walking-tours through diversified central European landscapes. Or if you fancy cycling, take your bikes for a trip on the surfaced roads or well-groomed paths to historic towns and natural attractions. For the golfer in you, there's the chance to play a few rounds on modern courses sensitively set in scenic domains. People interested in horseback riding will also be happy in the Czech Republic, where this sport has a long and famous tradition. And for others, there's always the chance to take part in traditional hunting in thick forests or to enjoy fishing in the morning glory of rivers and ponds.

Rock climbers are also welcomed to try their best in well-marked areas for sport climbing and a dense network of man-made climbing walls, apart from traditional rock formations. For water sport enthusiasts, there are calm as well as white waters in the Czech rivers and easily-accessible man-made canals, and beautiful lakes and dams with light breezes for the yachtsmen. For the more adventurous who appreciate a higher dose of adrenaline, choose from a high number of intense experiences whether in air or in water, with a parachute or on a line.

Once again, welcome to our diverse landscapes, where there's something for everybody.

[www.czechtourism.com](http://www.czechtourism.com)

Official tourist presentation of the Czech Republic

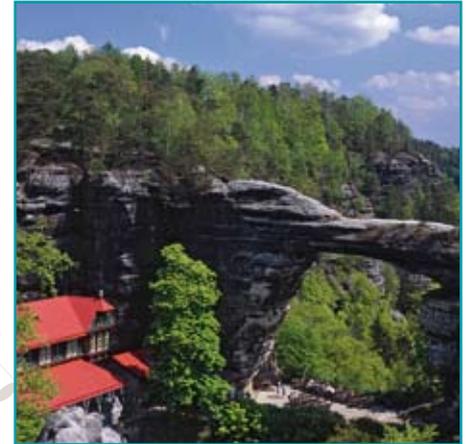




OUTDOOR HOLIDAYS / HIKING

# HIKING THROUGH THE CZECH LANDSCAPE

*Full of green forests, varied geology, vast horizons and romantic views of traditional villages and historic towns, the Czech landscape is simply a marvel. From time to time you might come across a white chapel; through the woods and in the countryside little ponds shimmer with life. Everything is connected with trail marks, which will guide you to the most beautiful of views. Let them lead you on your walks and enjoy everything that the landscape has to offer.*



The Czech Republic has the most numerous and best quality networks of marked hiking routes in Europe. Red, blue, green and yellow marks – the colours representing the importance of the routes – cross mountain meadows as well as forests in lowlands and take you to the most breathtaking overlooks, the most impressive fortresses and castles, and even to the most hidden, clear, fresh springs. The trail marks will lead you in and guide you back out of our pristine natural areas.

Bohemia and Moravia are ideal regions for hikers. Along your walks you will meet both the older generation toting leather hiking boots and trekking sticks, as well as younger folks with light bags and state-of-the-art GPS navigation. There are easy half-day hikes, as well as mountain range crossings that will take several days and chances to explore castles and fortresses. There's something suitable for all walks of life, whether you are a fit hiker or a simple tourist used to easy and more comfortable outings.

## TIPS

### Schwarzenberg's Navigation Canal

Schwarzenberg's Navigation Canal was created more than 200 years ago for timber removal purposes and crossed the whole southern part of Šumava. Today it is a very popular sight to see, technically unique and a great place to watch the timber transports float by.

### Pravčická brána

Pravčická brána is the biggest rock arch in Europe. It is sixteen metres high and thirty metres across. There is easy and comfortable access to it not far from the town of Hřensko.

### Rejvíz

The high plateau of Rejvíz, a national wildlife area, offers walks through a large moor area surrounding two mossy bodies of water. A settlement of the same name amidst deep forests is an ideal starting point for hiking to mountain ranges as well as into the valleys of Jeseníky in Moravia-Silesia.

## ON FOOT IN SEARCH OF THE BEAUTY OF NATIONAL PARKS

### České Švýcarsko national park

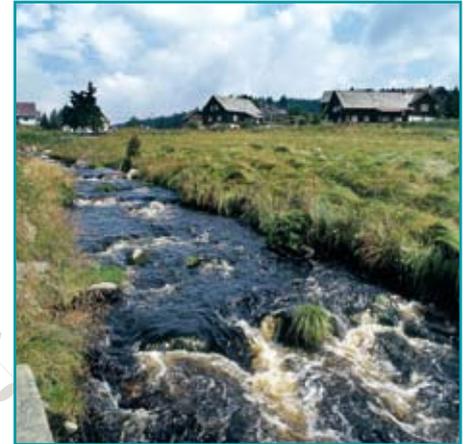
České Švýcarsko lies near the northwest borders with Germany and is the youngest national park around, with a landscape of winding paths through geological areas in deep forest valleys, rock lookouts as well as small, shaded rivers. With one foot on the edge of a rock, the visitor will have a view of hundred-year-old-plus framed houses with slatted mosaics. From Labe in Hřensko via Pravčická brána, follow beautiful trails to the hunting lodge of Tokáň, which nowadays caters to the needs of the tourist and is located on a green hill in the very heart of rock formations.

INFORMATION: [www.ceskesvycarsko.cz](http://www.ceskesvycarsko.cz)

### Podyjí national park

The borders of the national park Podyjí reach the well-known winery town of Zlín. From Zlín it is easy to reach on foot the deep valleys of the Dyje River and its tributaries, where the unique character of the area is well preserved with a diversity of flora and fauna. Or you can set off from the north-west, from the majestic castle of Vranov, towering above the waters of a dam bearing the same name. The protected canyon of the Dyje River is 40 kilometres long and is two hundred metres deep. In the very heart of the national park, take a break at a one-of-a-kind winery, Šobes, one of the best in Europe and ideally located: on the far side of a sunny bank and surrounded by the Dyje River. This is a region like no other: the wine is delicious and the people hospitable.

INFORMATION: [www.nppodyji.cz](http://www.nppodyji.cz)



## Šumava national park

Deep forests, expansive marshes and hundreds of creeks flowing down from the shoulders of Šumava are the source of the most beautiful gold bearing rivers, the Vltava, Vydra and Otava. In the forests above Železná Ruda, find the Černé and Čertovo lakes with surfaces like black glass, inviting you for a trip. Little roads along the borders cross untouched nature and are made for walks and trips on bikes. In the very centre of the national park you can find closely protected localities, such as Boubínský native forest, Prášilské lake and Modravské Slatě. Here are some tips when in Šumava: see the Vydra, the wildest river forcing its way over a stony riverbed in the west. In the east, on the other hand, the long journey of the Vltava River begins – a spring easing out of marshes at 1170 m above sea level and tourist target number one. And a mountain lake, lake Laka, is a reminder of the glacial history of the region.

**INFORMATION:** [www.npsumava.cz](http://www.npsumava.cz)

## Krkonoše national park

The wildest mountainous range between the Alps and Scandinavia will only reveal its beauty to those who are willing to put on hiking shoes and set off for the tops. Krkonoše is most stunning in the moments when the sun shines on the ridges, the valleys are hidden in mist and only the tops of watch towers stand out on surrounding hills. High up on mountain meadows, visitors are lured to old mountain chalets, where you can comfortably eat, spend the night or find shelter from the rain when needed. A must-see in Krkonoše is the highest mountain in all the Czech Republic: Sněžka, towering above the surroundings two hundred meters to provide you with a perfect, panoramic view: a hike well worth the effort. However, the top can also be reached by chair lift. Other sites worth visiting include the stone watch tower Žalý with a view of nearly all the Krkonoše range, the spring of Labe – high in the mountains, but nevertheless easily accessible – the sports centre Špindlerův Mlýn, the Obří Důl valley with waterfalls and the town Harrachov with the oldest European glassworks in operation.

**INFORMATION:** [www.krkonose.eu](http://www.krkonose.eu)



# HOLIDAYS ON BIKES

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*Watching the passing landscape on your bike is one of the most pleasant experiences. Rides on slightly jolting forest roads are relaxing, if you enjoy the fragrances of the surrounding nature, its sounds, colours, sparkles of light and shaded areas. And from a practical point of view, with your bike you can visit many more attractions and beautiful places not available to the common tourist. So set off on your bike and explore the rolling landscape of the Czech Republic.*



Most places in the Czech Republic offer you the chance to take bike tours of various difficulties and lengths. The landscape is crossed by a dense network of routes leading along local roads, field roads as well as accessible forest paths. These usually lead to picturesque places and towns, if not the occasional turn to memorial streams, wells or watch towers off the main track.

Southern Bohemia – a paradise for bikers – has everything that a bike-rider wants. Roads wind their way among ponds in the Třeboň area, there are light inclines on asphalt roads, through forests in the yet untouched nature of Novohradské Hory, and rides along the forest downhill in Šumava on cross-country and mountain bikes. Wherever you go, somewhere nearby there will be a place for refreshments, and do get informed about the pensions if you are interested in a bike tour taking more than a day. Bikers will be attracted by Lužické and Jizerské Hory in northern Bohemia, perfectly marked routes for bikers can also be found in the north of Moravia, in the foothills of Beskydy. By bike you can practically see the whole of southern Moravia. Especially breathtaking sights can be found through the vineyards in the outskirts of Znojmo, Mikulov, Břeclav, Hodonín and Uherské Hradiště.

## TIPS

### Brdy for bikers

Visitors to Prague interested in bike riding can visit nearby Brdy. The low mountains there are available by city bus, suburban train or by cyclo-bus and offer beautiful cycling routes. These mountains are a perfect destination for a single-day, mountain biking quest!

### Cyclo-buses

In many places you can use what are known as cyclo-buses that will take you and your bike to different locations, making it easy to choose routes. If you plan to spend your holiday with your bike in the mountains, a cable car is an option to help you up.



OUTDOOR HOLIDAYS / WATER SPORTS

# WATER PARADISE IN THE HEART OF EUROPE

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*Outdoor holidays without water? It would not be right in the Czech Republic! Fresh wind blowing on your back and the sun caressing your face as the boat cuts its way through the smooth waters: what could be better than a day on the lake? Beautiful nature all around, with castles and fortresses and other landmarks scattered along the neighbouring hills and within view. And when you have had enough of yachting, you can try the white waters and take a paddle in your hand to enjoy the water pounding against the kayak or canoe on one of the many rivers or man-made canals. Is there any better way to spend your time?*



Under the highest peaks of the forested hills of Šumava, the largest Czech body of water, the “Šumava Sea”, is found. The dam holds the waters of the Vltava to ensure that in summer there’s plenty of space for yachting and windsurfing.

In the Czech Republic there are many different places for various water sports. Among the most popular are the Nechanická Reservoir on the north-Bohemian river Ohře, the reservoir Nové Mlýny on the southern-Moravian Dyje and Lake Rozkoš in eastern Bohemia. You will also be tempted by other dams of the Vltava cascade with vast bays, light breezes and many places suitable for anchoring and renting sports equipment. Water skis are a traditional Czech sport; however, on smaller lakes wakeboarding, taking a board towed by a motorboat, and kiteboarding, riding on a kite-driven board, are becoming more and more popular.

## TIPS

### Vltava on ocean kayaks

Growing in popularity, many people find the ride through all the dams of the Vltava cascade between Budějovice and Prague on sea kayaks unforgettable. Seeing the capital this way is an experience to remember.

### Baťa's canal in Moravia

The Morava River goes as far as the Danube. Calm parts of its course are used by Baťa's canal, a unique waterworks built in the past century to support the water livelihood of central Moravia. Nowadays it is used for recreational trips on steam and houseboats.

OUTDOOR HOLIDAYS / WATER SPORTS



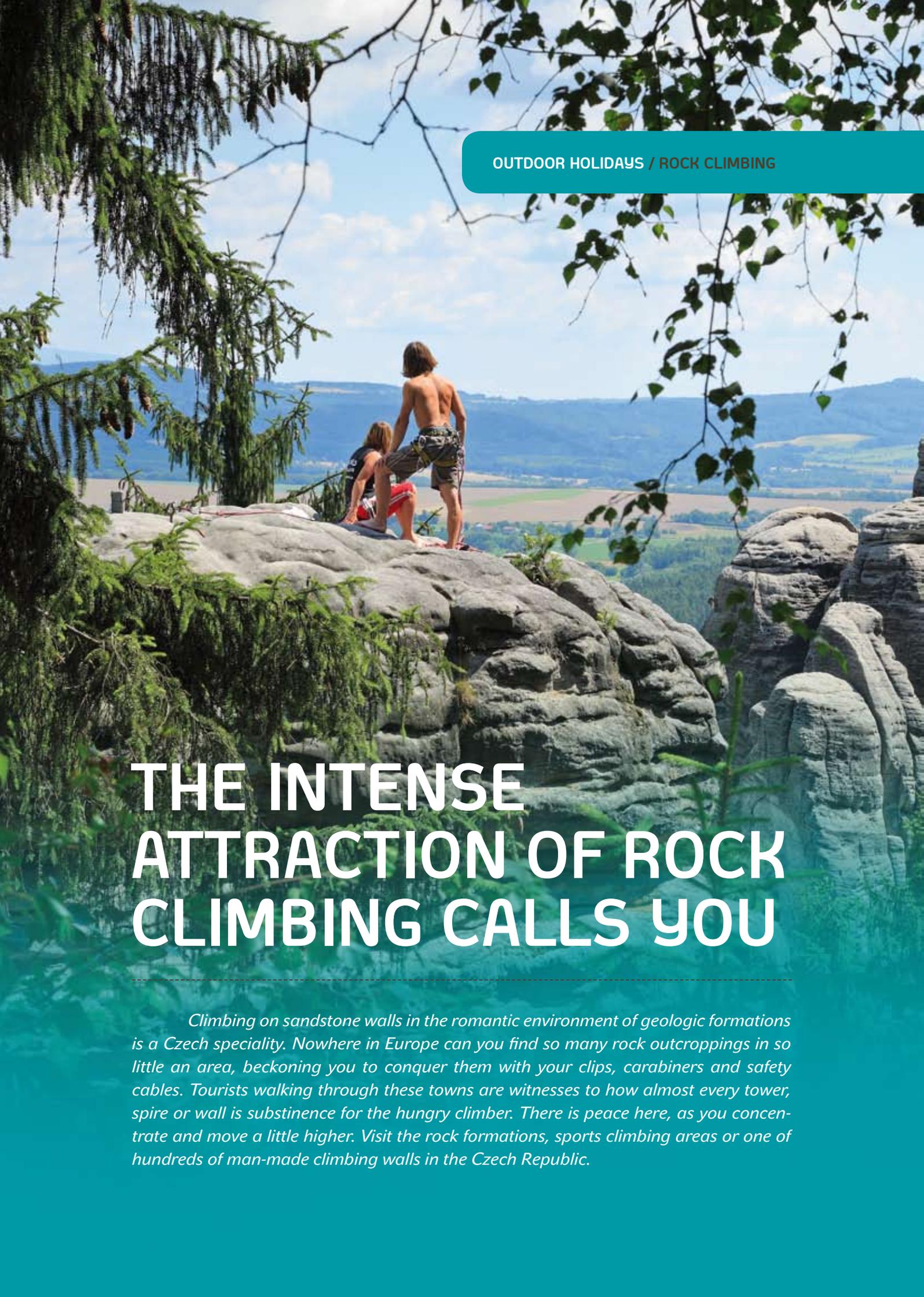


The well-known Czech river the Vltava is suitable for trips with tourist canoes through remarkable countrysides from its source to České Budějovice. Water tourists – beginners if you will – might appreciate the river Berounka, calmly flowing past many pubs and castle ruins. Experienced water enthusiasts usually prefer the river Lužnice in south Bohemia, the Ohře in north-west Bohemia and the Morava in central Moravia.

The river Lužnice is a classic. The lowland river comfortably meanders, sometimes hiding in forests and constantly on the go. The Ohře is large and alive. The fast stream alternates with rock-strewn rapids. The historic towns of Cheb, Karlovy Vary and Kadaň situated on this river are worth visiting. The Morava River is narrow and fast. It leads through the beautiful protected region of Litovelské Pomoraví. Further down in a lowland forest you will find a wide river perfect for tourist canoes.

And when you have had enough of slowly running water, try out a faster river or canal and let the white foam splash off your paddles and sides of

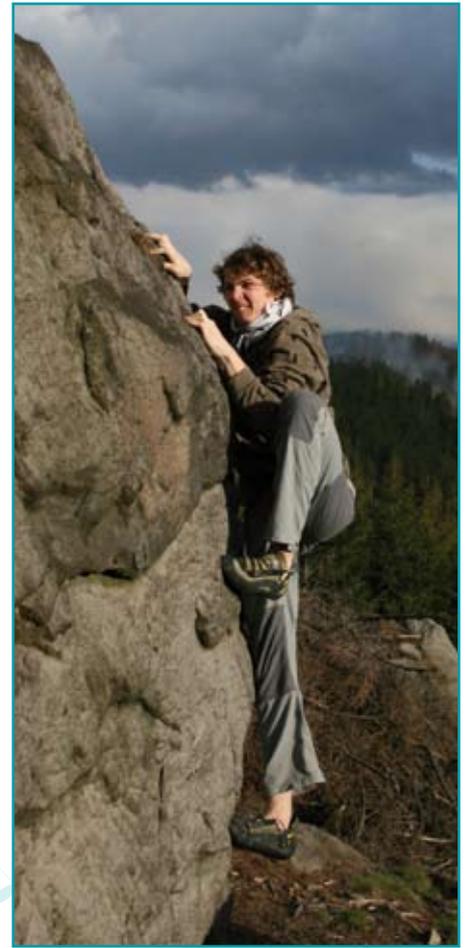
your boat! When water levels are adequate, certain sections of rivers below the mountains are ideal for kayaks. In man-made canals with wild water there is always enough water. Right in Prague, visit the popular Trojský Canal, or outside the capital try the Roudnice nad Labem, Veltrusy and Roztoky near Křivoklát. When in Moravia, go for the Vířská Dam; and in the north in Silesia there's the river Opava.

A photograph of two people on a large, grey sandstone rock formation. One person is standing, shirtless, wearing shorts, looking out over a valley. The other person is sitting on the rock, wearing a dark shirt and red shorts. The background shows a vast landscape with rolling hills, fields, and a blue sky with light clouds. The foreground is filled with green foliage, including pine branches and leaves.

# THE INTENSE ATTRACTION OF ROCK CLIMBING CALLS YOU

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*Climbing on sandstone walls in the romantic environment of geologic formations is a Czech speciality. Nowhere in Europe can you find so many rock outcroppings in so little an area, beckoning you to conquer them with your clips, carabiners and safety cables. Tourists walking through these towns are witnesses to how almost every tower, spire or wall is substinence for the hungry climber. There is peace here, as you concentrate and move a little higher. Visit the rock formations, sports climbing areas or one of hundreds of man-made climbing walls in the Czech Republic.*



Sandstone geologic formations are a Czech wonder: nowhere else in the world can visitors find hundreds of high, perpendicular, thin rock towers in so small an area. There are passes so narrow that the rough sandstone walls nearly brush your back, or paths cut high above the valleys in steep rocky terrain. The majority of formations are concentrated in three areas: Český ráj, České Švýcarsko and Adršpach.

Apart from geologic formations, you can make use of hundreds of areas designated for rock climbing. These places are cared for by volunteers among the local climbers, who maintain marked routes, build new ones and issue recommendations for sports climbing. Hundreds of formations have been mapped with innumerable charted routes, from the easiest “two” to the most difficult “ten” climbs.

## TIPS

### Man-made climbing walls

Man-made climbing walls constitute an independent part of recreational climbing. There are more and more walls being built. Instead of a gym, go for a man-made wall where staff is available to lend you equipment and give assistance to beginners and all who ask. In Prague alone there are more than twenty walls, and in the whole country there are more than a hundred public climbing walls big and small. Even if the weather turns bad, climbers never need to despair in the Czech Republic.



OUTDOOR HOLIDAYS / ADRENALINE SPORT

# HOLIDAYS INFUSED WITH ADRENALINE

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*High above your head several figures swing in a net of ropes. They are trying to reach from one pole to another suspended in the air. Sometimes somebody does not succeed, and like a butterfly gently drifts to the ground. All around there are many ropes, ladders and racks. The climbers secured by ropes make their way over several obstacles up in the air. In another part several people are trying to fly through free space from one rack to the next. This is a 'rope centre'.*



There are more and more rope centres in the Czech Republic. Well and reliably secured, various kinds of experiences are available: from moving along a rope hand over hand, to rope-dancing and abseiling and running on a ropeway, all under the supervision of professional instructors.

A once-in-a-lifetime experience might be to see the rugged landscape out of a cockpit of a sports airplane or from the harness of a steerable parachute. Provided the weather is favourable, you can see the whole country from the sky. The most beautiful views from a parachute are in Krkonoše, though the best weather conditions are to be found in Krušné Hory and České Středohoří in the north-west of the country and in Beskydy in the east not far from Ostrava. One of the novelties offered in the adrenaline parks is zorbing - rolling in an inflated sphere. A common thrill in mountain centres here are summer bobsledding tracks, where you are taken up on a wheeled sled and released down a stainless steel pipeline for some sharp turns and fast straightaways.

## TIPS

### Parachuting in Krkonoše

In the summer you can use a cable car to get to the starting points for parachutes on Černá Hora above Jánské Lázně, on Čertova Hora above Harrachov and on Medvědin and Pláně above Špindlerův Mlýn and on Žalý above Vrchlabí. Also greatly popular are the tandem flights, which you can order in those very centres below the mountains.



OUTDOOR HOLIDAYS / GOLF AND RIDING

# EXPERIENCES FOR THE DISCRIMINATING MIND

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*Active recreational sports with long traditions in the Czech Republic include horseback riding and golf. The landscape is dotted everywhere with high quality golf courses, as well as riding stalls and tourist riding houses. These are available to all visitors wherever in the country you are. Experience a pleasant day outdoors with a golf club in your hand or in the saddle of a horse. This is a sure way to get to know the natural beauty of the country or its historic landmarks.*



The Czech Republic has a long tradition of horse breeding, riding and racing. There are many notable breeds of horses here and many places ideal for riding. Hundreds of riding houses and tourist riding houses offer training, rides in nature, refreshment as well as the possibility of accommodation. The riding trails are all easy to navigate with clear trail markers.

In the Czech Republic high-quality golf courses and the unique atmosphere of play and active rest in the bosom of the nature are here for you, within easy reach of some historic or natural landmark or another. Traditional courses near spa towns have in recent years been supplemented by splendid greens in the outskirts of Prague. After a day spent playing at Karlštejn with a perfect view of the enchanting gothic fortress, we recommend you try out north Moravia or west Bohemia, where more courses in more beautiful scenery await.

## TIPS

### National breeding stud in Kladruby

From the heart of Europe comes one of the most valued horses in the world. The Kladruby horse breed founded many centuries ago was proclaimed a national cultural landmark and is in nomination for a listing at UNESCO.

### Indoor golf off season

Off-season, you can enjoy indoor golf here, the quality of which is hard to beat. In Prague there are three large indoor centres with a range of services, including sand traps and putting.

# BACK TO NATURE

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*Wake up to the sound of singing birds instead of the ringing of an alarm clock, then eat fruits and vegetables direct from the garden and fresh goat cheese for breakfast. Pristine countryside and nature moments away. More and more we appreciate the opportunity of leaving worries in the city – at least for several days – and head for places where we can live more simply, in symbiosis with nature, among trees, near fields, with forest and ponds within reach. The Czech countryside offers you many such opportunities.*



The landscape of the Czech countryside is filled with little towns and crossed by an intricate network of roads. People, animals as well as plants reside here together. Take advantage of a holiday here and find out what a slow pace is. Enjoy your time tasting local specialities, such as smoked sausage, delightful beer, potato pancakes or fresh dark bread in remote village pubs. Or gather a basket of mushrooms or a pot of blueberries along the forest paths.

Enjoy a week on a farm or in a family countryside house in Šumava, south Bohemia, in the highlands or in Český ráj or Moravian Walachia. You will always be warmly welcomed. Agro-tourism gives you the chance to take part in farming activities. Families with children might especially enjoy this, as the children learn to live closer to livestock.

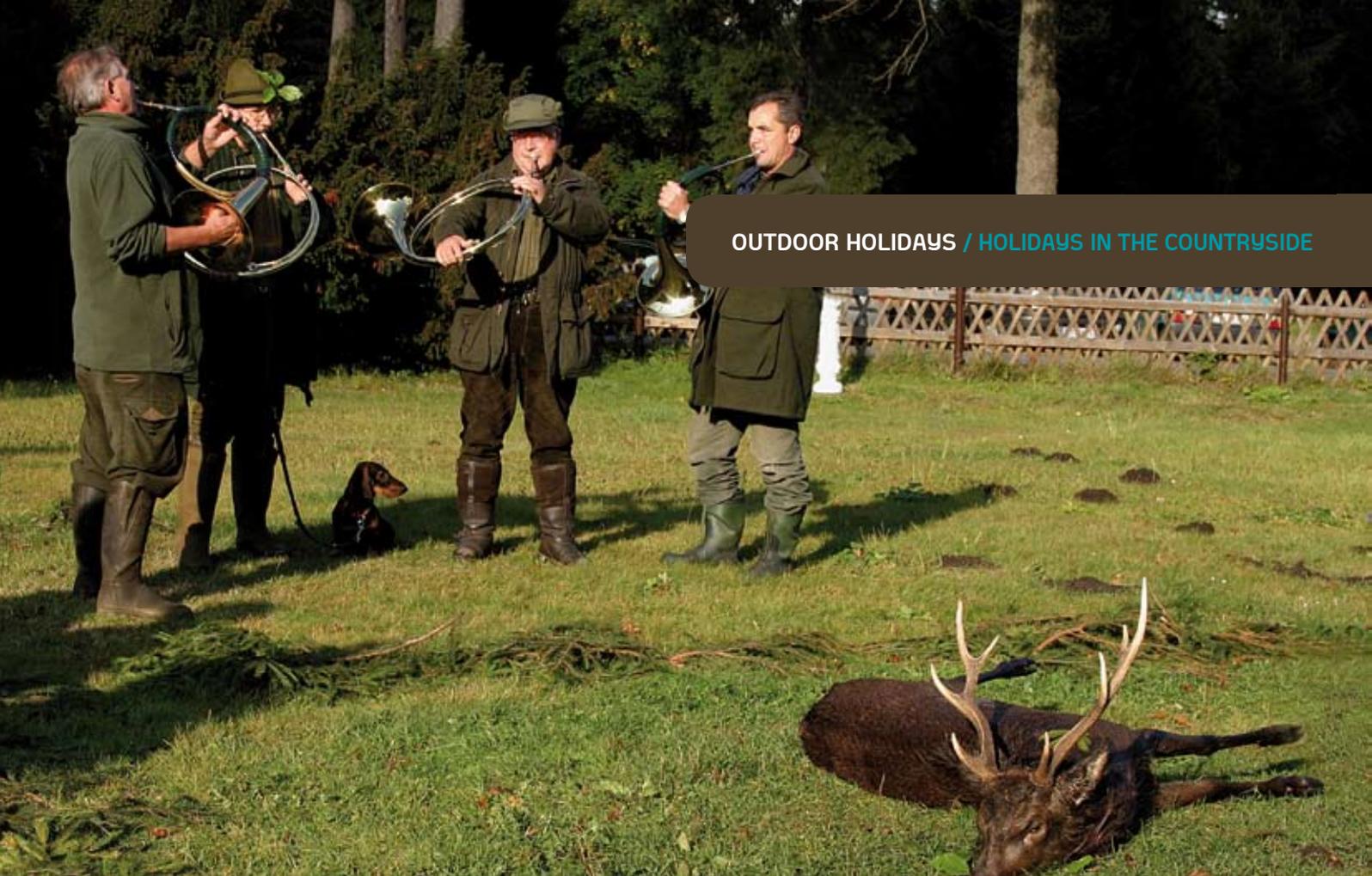
## TIPS

### Museum of hunting Ohrada

In the 18th century, the castle Ohrada in Hluboká nad Vltavou became a centre for hunting. This baroque belvedere has since 1842 been a seat of the museum of forestry, hunting and fishery. The museum in Ohrada is thus the oldest in the Czech Republic and is also the oldest specialised museum in Europe.

### The largest pond around, Rožmberk

Rožmberk in southern Bohemia is the largest pond in the Czech Republic. It is part of an elaborate system of ponds established during the Middle Ages as a sophisticated and balanced system of water regulation.



## Hunting

In the Czech Republic there are many popular hunting districts with various small game including water fowl as well as well-kept parks with larger game. Enjoy unforgettable hunts for deer, moufflons, fallow-deer, sika deer, roe deer as well as wild boar. In rich, flat terrains there are special moments to be had, as well as pheasants, partridges, rabbits and wild ducks.

Hunting ethics and traditions in the Czech Republic are well-grounded, and all visitors are expected to keep to them. The natural conditions are right here, so the high percentage of wooded areas, and the knowledge and experience of our professional hunters lead to a good day for all. Well-known areas for pheasants and partridges are to be found near the Konopiště Castle not far from Prague, and also in the south of Bohemia and in the south of Moravia. Ducks may be hunted above all in the fish-farming regions in southern Bohemia. In game parks, wait for the right moment and enjoy the thrill. Hunting in free deer forests is also available.

## Fishing

The cultivated south-Bohemian landscape full of ponds is tied to the name of Jakub Krčín. 500 years ago he converted the former marshes into hundreds of large and small water reservoirs, where fish have been kept ever since. Year-round fishing is the foundation for the traditions and handicraft of south-Bohemian fishermen. On most any weekend morning, right at dawn they spread their nets and in rubber coats and high boots enter the cold silt. Slowly they draw the nets back and in the evening bring the fish to the bank. It's always inevitable that a few will be cooked up right there, on the grill or directly on some coals.

River districts are classified into trout waters, where the primary catch are salmonids, and non-trout waters for predators and carp. Enjoy trout fishing in the offshoots of the Vltava and Otava in the south of Bohemia, in the east-bohemian Orlice or in the upper stream of the Morava River. Ideal conditions for the fishing of predators and carp are found in the Vltava dams Lipno and Orlík, in the north-Bohemian Slezská Harta, Nechranická dam or on Labe among sandstones, not far from the border with Germany.



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