Olomouc Region Paths of beauty and well-being

TOP TIPS & ROUTES







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Paths of beauty and well-being

The publication you are holding will introduce you to the treasures and attractions of two tourist destinations in the Olomouc Region: Central Moravia and the Jeseníky Mountains. Central Moravia offers unique monuments, Hanakian traditions, and the City of Olomouc, the administrative and cultural centre of the region, while the mountain landscape of the Jeseníky Mountains is the perfect spot for relaxation, sports, and recreation. In the following pages, you'll discover the links between the two destinations – paths that will bring you experiences in the form of unique beauty and a variety of relaxing holiday activities. So choose your path and welcome to the Olomouc Region! To learn about everything the Olomouc Region has to offer, check out www.ok-tourism.cz

Olomouc Region Card - Tourist discount card

Get to know the Olomouc Region for much less with the Olomouc Region Card. The card offers free or discounted entry to nearly 200 sights in the region. Check out www.olomoucregioncard.cz for more information.

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The most beautiful treasures of

Central Moravia

CENTRAL MORAVIA

Central Moravia welcomes visitors with the wide-

open gates of its fairy-tale castles and châteaux. The region features an extraordinary concentration of these unique castles and châteaux. There is a different event every weekend. The many festivals, fairs, and fencing tournaments make these ideal destinations for short and longer stays alike. We present five destinations here, but other châteaux such as Plumlov, Čechy pod Kosířem, and Úsov are also definitely worth visiting. Tip 5: Helfštýn Castle – Located near the town of Lipník nad Bečvou, the medieval Helfštýn Castle charms tourists with its exceptional size. During peak season, a range of diverse events are held at the castle, including Hefaiston, the famous international gathering of blacksmiths held every August. You can reach the castle by car; below the castle you'll find a high ropes park that is fun for all ages.

Bouzov Castle is the king of fairy tales and

looks like a medieval

seat - which is why it

is frequently used for

filming. During peak

tours and exciting

season, the castle

offers fascinating

events.

Tip 2: Tovačov Château

Don't miss the Tovačov Château when you visit Central Moravia. The truly exceptional view from the nearly 100-metre tall "Graceful Tower" showcases various bodies of water and the woodland meadows surrounding Tovačov. The Moravian Bike Route runs along ponds from Olomouc to Kroměříž and further to South Moravia.





Tip 3: Šternberk Castle Works of art, a rare collection of wooden sculptures, and a unique set of tiled stoves are some of the highlights of this castle. If you come to the town in June or September, you'll experience the thrill of the famous Ecce Homo motor race.

Tip 4: Náměšť na Hané Château

When you feel the need for silence and relaxation, visit this French-style Classicist château. It is located in the centre of a circular park, and houses unique collections.



CENTRAL MORAVIA OLOMOUC AND SURROUNDING AREA

Olomouc Pearl in the heart of Europe

No other city in Moravia will charm you as much as Olomouc with its impressive history and 100,000 inhabitants. It is a city of palaces, churches, and Barogue fountains. In addition to rare monuments and romantic hideaways, the city offers several unique cultural experiences and entertainment. Discover them for yourselves!

Tip 2: Holy Trinity Column - a UNESCO monument

The significance and number of Baroque monuments in Olomouc has given rise to the phrase "Olomouc Baroque". The top monument is the Holy Trinity Column, which is listed among the **UNESCO World Heritage** Sites due to its extraordinary dimensions and the complexity and scope of its sculptural decorations.



Tip 4: Olomouc Forts In the past, Olomouc was a town within a fortress. The fortifications were under construction for hundreds of years and these works culminated in the 19th century with the building of a unique ring of forward sconces. You can visit many of the remaining buildings.





Tip 3: Svatý Kopeček

Looming over Olomouc, Svatý Kopeček is one of the most popular outing and pilgrimage destinations of the region. It provides ideal conditions for hiking, biking, and relaxation. The dominant feature is the Church of the Visitation of the Virgin Mary from the 17th century, which was visited by Pope John Paul II.

Tip 5: Original museums

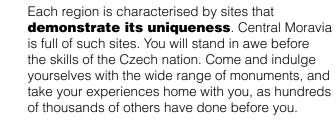
Olomouc is a city of remarkable museums. The Archdiocese Museum is the only museum of its kind in the Czech Republic (photo). The Veteran Arena is the largest private yet publicly accessible museum of vintage cars; the Regional Museum in Olomouc houses more than a million items, and is thus among the largest museums in the Czech Republic.

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Given the nearly 1,000-yearold history of the Olomouc bishopric, religious monuments dominate the city's attractive environment. One such monument is the Cathedral of St. Wenceslas, the main church of the Olomouc diocese which can hold up to 5,000 people.

Let yourselves be tempted by a diverse selection

CENTRAL MORAVIA



Tip 5: Šternberk Exhibition of Time

A cutting-edge interactive exhibit where you can immerse yourselves in space and time. You will understand the differences between calendars in different cultures and the development of the oldest clock, as well as the principles of time measurement.

Tip 1:

Čechy pod Kosířem A village near Prostějov with a château surrounded by a romantic park and two museums. The

Firefighters' Museum

is one of the largest

firefighter museums

in Moravia, and the

and Lanterns is the

only museum of its

kind in the Czech Republic.

Museum of Carriages

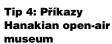
Tip 2: Úsov Hunting-Forestry Museum

The Úsov Château offers a hunting-forestry museum truly unique in Central Europe. It exhibits nearly 10,000 stuffed exotic and local animals, hunting and poaching weapons, and other items.



Tip 3: Uničov Šatlava (Manor Jail) The penal museum

The Royal City of Uničov is dominated by a neo-Renaissance town hall, and the former jail building is home to an interesting exhibit, the Prison Museum.



The museum features an original Hanakian pub and an exhibition of tools, machines, and toys. The open-air museum is part of the Rural Conservation Area.





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Biking, golf, and tennis

CENTRAL MORAVIA

Central Moravia is not only a region full of monuments and sights. It also offers an **attractive range of summer activities**. There are two long-distance bike trails and gradually developing bike trails for families with children. You can also play golf or tennis in a renowned tennis school where Wimbledon winners are born. The adventurous can experience adrenaline if they try the bobsled track or a tandem jump. **Tip 1: Biking** Central Moravia has a route to suit everyone. The route choices are many: you can ride along the beautiful route from Olomouc to Šternberk (also suitable for in-line skaters) or try one of the more difficult bike trails leading to the surrounding hills.



Tip 2: Bečva Bike Trail

the way to Wallachia.

The Bečva Bike Trail is an ideal opportunity to experience the Moravian Gate, which connects Central Moravia with Moravian Wallachia and Silesia. At 160 kilometres in length, the trail leads along the River Bečva and links Přerov, Lipník nad Bečvou, and Hranice all

Tip 3: Adrenaline Rush Adrenaline lovers can take advantage of the high rope centres or bouldering walls. There are also the exciting bobsled tracks and tandem jumps at the largest centre in Central Europe. Tip 4: Where Wimbledon winners start out

Central Moravia, Prostějov, and Přerov are well-known birthplaces of tennis talents. Some of them have reached the top in their tennis careers.



Tip 5: Golf Central Moravia offers

several golf courses. For instance, there is an 18-hole golf course with a driving range and club-house in the slightly hilly terrain near the village of Véska.

ACTIVE HOLIDAY

CENTRAL MORAVIA

Enjoy the variety

Tip 1: The Hanakian "Mont Blanc"

Near Čechy pod Kosířem, there is a 28-metre-tall modern observation tower on top of the Velký Kosíř Hill (the so-called Hanakian "Mont Blanc"). From here, you can observe the flat region of Hanakia, the Drahany Highlands, and the silhouette of the Nízký Jeseník mountain range. There are many viewing spots in Central Moravia (e.g., Olomouc, Prostějov, Uničov) and the entire region is interwoven with a network of marked hiking trails. **Discover the charm of Central Moravia** while hiking in the region. Go for romantic walks to observation towers or experience raft-sailing; lovers of horses and agrotourism will also find their ideal vacation in the region. You can partake in a wide range of water sports and new entertainment and "edutainment" parks that are not only for children. Take your pick and enjoy!

Tip 2: Cruises on the Morava River Raft cruises on the Morava River provide an unusual view of Olomouc and Central Moravia. Some may go on a short cruise through the historical City of Olomouc, while others may prefer a half-day trip on the meanders of the Morava.





Tip 3: On horseback

Central Moravia is perfect for horse lovers. The local stables and ranches offer riding lessons and various rides in the countryside. The horse-riding trails link a number of intriguing places, for example in the Potštát Area.

Tip 4: Holiday by the water

Lovers of water sports will find lots to do in Central Moravia. You can choose from among natural swimming pools and water parks across the region, for example in Olomouc.

Tip 5: Adventures for Children The region is filled with fun activities for children. Go-Kart tracks, high ropes centres, and a functional model of a garden railway. Currently, an exhibition entitled "The Strength of Knowledge" and an adventure world are being prepared in Olomouc.



NATURAL ATTRACTIONS CENTRAL MORAVIA

Wandering through nature

Tip 1: Javoříčko, Mladeč and Zbrašov Caves

Central Moravia is extremely rich in stalactite caves. The Javoříčko Caves offer mysteriously lit giant domes, the Mladeč Caves boast the remains of human skeletons and stone tools, and the Zbrašov Aragonite Caves are the warmest caves in the Czech Republic.



Tip 5: Olomouc Flora

The vast Olomouc parks provide an escape from the city to the outdoors, pleasant strolls, relaxation, and also interesting places and events. These include for example the Botanical Gardens, tropical greenhouses, and the renowned Flora Olomouc Flower Exhibits and Gardening Markets.

Central Moravia boasts not only unique monuments **but also beautiful nature**. There are underground caves, a protected landscape area, parks, renowned exhibits, and forest gardens. The forest garden in Bílá Lhota, for example, was founded around 1700 and has more than 500 species of rare trees.

Tip 2: Olomouc ZOO The ZOO in Svatý Kopeček near Olomouc has more than 400 species of animals. including a number of true rarities. The most interesting parts of the zoo include salt-water aquariums, a walkthrough pavilion of macagues, and a combined exhibit of wolves and bears. You can also experience the zoo in the form of a safari.



Tip 3: Sluňákov

A unique environmental project in Horka nad Moravou. The buildings and installations have been designed to encourage visitors to perceive nature with their senses and to cultivate the relationship between humans and the natural landscape of the Litovelské Pomoraví River Basin.

Tip 4: The Litovelské Pomoraví River Basin

The waters and dry land of the Litovelské Pomoraví River Basin are a wonderful destination for unforgettable trips. The territory occupies a 3-to-8-kilometrewide band around the Morava River between the towns of Olomouc, Litovel, and Mohelnice. You can do your own trip or use the provided services such as bikes and rafts.



Linking health and relaxation

CENTRAL MORAVIA SPA AND WELLNESS



Central Moravia is remarkable for its many types of spas and wellness centres.

Every year, thousands of visitors come to the Central Moravian spas, and thousands of people take advantage of the various relaxation centres and special wellness procedures.

Tip 5: Beer baths

Beer baths have become an integral part of the regeneration offering of many regions. Central Moravia is no different and the selection is wide. These baths contribute to improving the immune system and harmonising body and soul.



Tip 2: Slatinice Spa

The spa uses sulphur springs as a natural healing source in combination with specialised medical care and top-class rehabilitation services. Services here are focused on the treatment of the musculoskeletal system, oncological diseases, and diseases of the nervous system and skin. Reconditioning stays are also available.

Tip 1: Teplice nad Bečvou Spa The spa, located on the banks of the Bečva River. offers attractive and peaceful green parks and, above all, high-quality services. It specialises in top-quality physical cardiotherapy for its clients, emphasising the prevention of cardiac arrests and strokes. The spa also offers therapeutic and relaxation stavs.



Tip 3: Skalka Spa The spa uses the local mineral water with its unique alkaline--sulphurous composition. No other Czech spa offers the same sylvite content as Skalka, and indeed apart from Skalka it can be found only in Italy and Austria.



Tip 4: Wellness

At several places throughout the region, you can choose from relaxation and wellness programmes and various baths, salt caves, and ice rooms.



Tip 1: Hanakian Rides of the Kings The Hanakian Rides of the Kings are not as famous as those in Moravian Slovakia; nevertheless, you shouldn't miss this local folklore festival. Every year, you can see the Rides of the Kings in Doloplazy and also as part of the Kojetín Feast in August.

Culinary delights and traditions CENTRAL MORAVIA

THE CULINARY ARTS AND FOLKLORE

During the summer season, **numerous** folklore events and festivals are held in Central Moravia. You can see beautiful Hanakian costumes and learn the local customs and the original Hanakian dialect there. You will have fun and taste specialities such as the original Olomouc cheese.

Tip 5: Cheeses that connect nations

The modern production plant based on Moravian milk and the skills of Italian cheese-makers was established in Litovel, and the local Parmesan-type cheeses will satisfy even the most demanding gourmets. The blue cheese made near the village of Niva in the Prostějov Area is also very popular.

Tip 2 **Hanakian traditions**

Throughout the region there is a focus on preserving traditions. Hanakian costumes are among the most beautiful in the Czech Republic. It's worth undertaking the journey to participate in such events such as the Hanakian Wedding. Hanakian Centre of the World, and Folk Year.



Tip 3: Renowned brewing tradition Beer produced by the major and small breweries in Central Moravia is among the best, and does honour to the Moravian brewing tradition and the label of "Czech beer".

Tip 4: The only original Czech cheese

Many of you will already know the full flavour and aroma of Olomouc cheese. It is the only original Czech cheese, and has the lowest fat content of all cheeses in the world





EVENTS

CENTRAL MORAVIA

You'll **never** be **bored**

Feasts, fairs, festivals, competitions. What follows is a list with some examples. There are hundreds of events. With the wide range of events held every year, you can come at any time and you'll never be bored. Take your pick! Visit www.ok-tourism.cz for more information.



Taste Hanakia

The project runs throughout the year and offers both traditional regional products and typical Hanakian meals.

Visit one of the participating restaurants and "Taste Hanakia"!

THE MOST IMPORTANT EVENTS IN CENTRAL MORAVIA

April

The ceremonial opening of castles and châteaux Top Styl Fashion Show – Mohelnice Academia Film Olomouc Flora Olomouc – The Spring Stage – Olomouc European Jazz Days – Hranice

May

Author Šela Marathon – Helfštýn Castle Mohelnice Grand Prix – Mohelnice Colonnade opening – Teplice nad Bečvou Spa Theatre Flora – Olomouc Pilgrimage of the Visitation of the Virgin Mary – Olomouc – Svatý Kopeček March for the Loštice Cheese – Loštice Beerfest Olomouc – Olomouc Museum Night – Olomouc Dvořák's Olomouc – Olomouc Church Night – numerous towns in the region

June

Ecce Homo Šternberk, European Championship -Šternberk Záhorské Festival – Lipník nad Bečvou Hanakian Venice - Litovel Žváček Festival – Konice Wolker's Prostějov – Prostějov At the Castle and Below - Přerov In Fairy Tales – Náměšť na Hané Château Hanakian Centre of the World - Velká Bystřice Traditional Feast - Náměšť na Hané City Festival - Olomouc Loštice Festival of Music and Cheese - Loštice Uničov Fair – Uničov Hranice Rock Fest – Hranice Song Festival - Olomouc Mattoni 1/2 Marathon Olomouc

July

Ride of the Kings – Doloplazy Celtic Night – Plumlov Josefkol International Meeting of Wheelwrights – Čechy pod Kosířem Hanakian Feast – Němčice nad Hanou Brass Music Festival – Dřevohostice Music Summer – Litovel

August

St. Lawrence Feast - Přerov Flowers for the Lady of the Château - Náměšť na Hané Château Tovačov Portal – Tovačov Kojetín Feast - Kojetín Flora Olomouc – Summer Stage Mohelnice Stagecoach – Mohelnice Hefaiston - Helfštýn Castle Šternberk Hill – Šternberk Castle Bobr Bike – Litovel Litovel Opener – Litovel Marshal Radetzky Celebration - Olomouc Balloons Above the Castle - Bouzov International Festival of Flamenco and Spanish Culture – Olomouc Rock at the Château - Plumlov Château Fencing Weekend – Plumlov Château

September

Folk Year, Folk Festival – Velká Bystřice Ecce Homo Historic – Šternberk European Heritage Days – A number of places in the region Prostějov Hanakian Festival – Prostějov International Organ Festival – Olomouc International Festival of Light and Video-mapping – Olomouc Heart Day – Teplice nad Bečvou Spa European Autocross Championship – Přerov St. Wenceslas Feast – Tovačov

October

Flora Olomouc – Autumn Stage – Olomouc Czech-Slovak Jazz Festival – Přerov Bobr Cup – Litovel Hradec Pond Harvest – Tovačov

November - December

Advent Olomouc Christmas markets in cities of the region

Dates are subject to change.

NATURAL ATTRACTIONS JESENÍKY

JESENÍKY MOUNTAINS

Untouched natural paradise

ip 1:

The highest Moravian mountain One of the most attractive places

of the Jeseníky Mountains is the Praděd Mountain (1,492 metres above sea level). It is the tallest peak of the Jeseníky Mountains and of all of Moravia. Its elevation is further extended by a 146.5-metre-high television transmitter. There is a restaurant and observation tower on the top. The Jeseníky Mountains are a protected landscape area offering **exceptional and unspoilt nature**. The local scenery is gorgeous and ever-changing. In the spring, summer, and autumn, it is cloaked in fantastic colours, while in the winter it calms down and is clothed in a white robe. The Jeseníky are made up of the following mountain ranges: Hrubý Jeseník and its foothills, the Rychleby Mountains, Králický Sněžník, and the Nízký Jeseník Mountains.

Tip 2: Rejvíz, National Nature Reserve

Rejvíz is the largest peat bog in Moravia and was formed in the post-ice age 6,000 or 7,000 years ago. The Moss Lake can be reached by going along the educational trail from Rejvíz, renowned for its carved chairs with the portraits of Rejvíz residents.

Tip 3: Na Špičáku and Na Pomezí Caves

The Jeseníky Mountains area features stunning stalactite beauty in two caves. The Na Pomezí Caves are the largest cave system in the Czech Republic formed by marble dissolution, and the Na Špičáku Caves are among the oldest documented caves in Central Europe (1430).







Tip 4: Králický Sněžník, National Nature Reserve Králický Sněžník is the cradle of the largest Moravian river, the Morava. It is located in the centre of the mountains bearing the same name, and its peak (1,424 metres above sea level) offers breathtaking views. Under the peak, not far from where the Morava River has its source, you can see an elephant calf statue – the symbol of Králický Sněžník.

Tip 5: Šerák-Keprník, National Nature Reserve

Šerák-Keprník is the oldest nature reserve in Moravia. It protects a number of rare plants and trees, as well as several large highland peat bogs. Many hiking trails lead to the peak of Šerák Mountain (1,351 metres above sea level) which provides magnificent panoramas.

Hiking in the mountains

ACTIVE TOURISM



When you visit the Jeseníky Mountains, you can plan short walks as well as more demanding day-long hikes. It depends on whether you are casual walkers or experienced hikers. You'll be rewarded with beautiful scenery, clean air, good services, and unique experiences.



Tip 1: The most beautiful routes The most popular routes include the sections of the main ridge route rom Praděd to Červenohorské sedlo, Keprník, Šerák (photo), Ramzová, Paprsek, and through Staré Město to Králický Sněžník. You'll feel the same happiness in the Rychleby Mountains, Zlaté Hory, and around the Desná River as well.





Tip 3: Mountain cottages The Jeseníky Mountains are known for a number of remarkable mountain cottages. Some of them date as far back as the late 19th century. They include Šerák and Švýcárna (photo). Both are located in the most popular part of the main ridge route.



Tip 4: Waterfalls

In Silver Spring Valley, 5 kilometres from the village of Žulová, you'll find a system of small waterfalls and cascades. The Bílá Opava Valley features a beautiful waterfall cascade, and the High Waterfall near Bělá pod Pradědem is the highest in the region.

Tip 5: Natural attractions

The natural attractions of the Žulová Area include numerous flooded quarries. On the western slope of Smolný Hill, there is a rock town with remarkable caverns that used to be associated with supernatural beings – the folk of Venus – which is why they are called the Bowls of Venus.

Experiences and adrenaline

JESENÍKY MOUNTAINS **ACTIVE TOURISM**

The Jeseníky Mountains are also home to many **unique** activities. You can choose from bike parks, special bike trails, and adrenaline parks. If you like in-line skating, the possibilities are endless in the Czech Republic. The 2.5-kilometre-long one-way trail along the Dlouhé Stráně Reservoir, 1,300 metres above sea level, offers spectacular views! There is also the longest downhill scooter track in the Czech Republic (17 kilometres long). You won't find this anywhere else!

Tip 1: **Bike routes**

The Jeseníky Mountains boast various bike parks. The Rychleby Trails (photo) offer more than 60 kilometres of trails of varying levels of difficulty and include both old stone trails and modern flow trails. The bike park in Kouty nad Desnou is unique, as it operates a six-seater cable car to transport bikes to the elevation of 1,100 metres above sea level: it also has a wide range of trails of varying levels of difficulty.



Tip 2:

Witch's Bike Trail This one-of-a-kind bike trail is steeped in natural beauty and features places where the cruel witch trials took place in the 17th century. The entire route is 138 kilometres long and there are 20 stops pertaining to specific historical events.

The Jeseníky Mountains are a paradise for children. Summer bobsleds, mountain mini-cars. downhill scooter rides, bike trails, and grass skiing are some of the many activities available for children.





Tip 3: Fun for Children



Adrenaline takes many forms and is suitable for all age groups in the Jeseníky Mountains. Štíty is home to a centre built by Olympic champion Aleš Valenta for acrobatic ski and snowboard jumping into water. It is the greatest of its kind worldwide in terms of the range of services offered.



Tip 5: **On horseback**

If you prefer the rural way of life. visit the Jeseníky Mountains to find peace, quiet, and animals. You can use the services of local farms and ranches. Try a short ride or a several-week-long holiday at a farm

Tip 1: Skiing for families with children

or everyone

Given the natural terrain of the Jeseníky Mountains, the mountains are ideal for families with children, and the well-maintained slopes are perfect for teaching beginners. Everyone will be impressed by the new blue 3,050-metre-long ski slope, the longest in Moravia.

ACTIVE HOLIDAY

JESENÍKY

MOUNTAINS

Stunning natural scenery, the joy of exercise, and over **100 kilometres of ski runs** for beginners as well as advanced skiers. **More than 10 chairlifts,** artificial snow, night skiing, and rentals. Difficult runs, snowboarding snow parks, ski schools, and children's ski resorts. The Jeseníky Mountains – great skiing for everyone. **Tip 5: Snow parks** There are excellent conditions for snow parks in the Jeseníky Mountains.

in the Jeseníky Mountains. Most major centres offer attractive obstacle courses, of which the longest one is the one-kilometre obstacle course in the largest snow park in Moravia.



Tip 2: Skiing for experienced skiers

The Jeseníky Mountains also offer comfortable and safe skiing for experienced skiers. All you have to do is choose from the many slopes of varying difficulty. The largest ski resort in Moravia is found in the Jeseníky, with more than 11 kilometres of ski slopes. Many of the centres are accessible by regular bus lines from major Moravian cities.



Tip 3: Entertainment continues at night After you return from the slopes and snowy plains, you can still find entertainment in the Jeseníky Mountains. Many of the centres put on a variety of evening events for children and adults alike.

Tip 4: From the slopes to the spa

The Jeseníky Mountains are known for their unique spas. Many of the spas offer specialised ski stays. Thermal pools, hot tubs, and spa treatments can work miracles after a day of skiing.



ACTIVE HOLIDAY

JESENÍKY MOUNTAINS

Winter fairy tale

Tip 1: The longest winter in the Czech Republic The weather complements the excellent winter conditions in the Jeseníky Mountains. In the highest parts, snow generally remains until the spring – making it the longest snow period in the Czech Republic. Come and enjoy! The Jeseníky Mountains give you **beautiful unspoilt nature and some of the best air** in the Czech Republic. Add to this the dozens of kilometres of ski slopes, cross-country trails, and top-quality services, and you'll see that a holiday in the Jeseníky Mountains is a true winter experience.

Tip 2: Winter fairy tale Many places in the Jeseníky Mountains are an undiscovered paradise of peace and quiet. Everyone will find their favourite spot where they feel comfortable, and they'll keep coming back. The Jeseníky Mountains will make you feel like you are in a winter fairy tale.









Tip 4: Excellent services You will find top-quality services everywhere. Refreshments, ski schools with experienced instructors, luggage rooms, equipment rentals, and ski servicing. Ski without waiting as the transport capacity of cable cars and ski-tows is sufficient for the crowds.

Tip 5: The most beautiful cross-country trails

There are more than 400 kilometres of cross-country trails, offering fabulous views of the snowy landscape. You can check the current condition of the trails on your mobile phone. Choose a casual trail for a short ski or a long and relatively demanding trail if you are up for it. The ridge trails linking the local mountain cottages are increasingly popular.

Tip 3: Winter entertainment for children Children are welcome at any of the ski resorts. There are children's parks with balloons, children's runs, children's lifts, and slalom slopes. You can also try snow boats (snow-tubing) or sleigh rides.

Witch trials and more

JESENÍKY MOUNTAINS

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The Jeseníky Mountains are a synonym for countless hiking trails, unique monuments, and interesting history. **You will get goosebumps when you think of the witch trials** that took place at the Velké Losiny Château. Many other places in the region are also associated with witch trials. You can read about them in the "Traces of Blood in the Jeseníky Mountains" guidebook or at www.navstivtejeseniky.cz. There is a unique paper mill, châteaux, and ruins, and pilgrimage sites including wooden churches in Žárová, Klepáčov, and Maršíkov.

Tip 2: Velké Losiny Handmade Paper Mill – Museum of Paper

Over its four centuries of continuous operation, the mill has made paper using traditional manufacturing processes. This exceptional technical monument contains exhibits related to the history of manufacturing and a section of workshops where visitors can see how paper is made.



Tip 3: Jánský Vrch Château This ancient seat of the Wrocław bishops is the most attractive sight of Javorník. In addition to the beautiful interiors, it boasts the largest collection of pipes and smoking accessories in the Czech Republic, which contains 1,200 items.





Tip 4: Pilgrimage into the heart of the Jeseníky Mountains

Pilgrimage trails in the heart of the Jeseníky Mountains lead to the major pilgrimage destinations in northern Moravia. The trails are marked and offer beautiful views as well as examples of the local architecture and religious monuments.



If you want to learn more about the time of the infamous witch trials of the 17th century, you should visit Šumperk or Jeseník. In both towns, you can visit modern multimedia exhibitions and learn more about the witch inquisitions in the Jeseníky Mountains.

Tip 1: Velké Losiny

a courtroom and a hall

took place in the 17th

century. You can soak

up the atmosphere

and enjoy moments

of well-being in the

château.

park surrounding the

in which witch trials

Château The Velké Losiny Château is dominated by a slender octagonal six-storey tower and decorated with arcades rippling along the three wings in three rows, one above another. On the second floor, there is





Tip 2: Gold Ore Mine & Mill

An educational trail about the replicas of medieval mining mills leads through the valley of lost tunnels near Zlaté Hory. On the trail, you come across an open log cabin with a mill used for the crushing of gold ore, and an ore mill. You can even try panning for gold!

The power plant is one of the major attractions of the Jeseníky Mountains and of all of the Czech Republic. Its reversible water turbine is the largest in Europe and this power plant has the greatest differonce in elevation in the Czech Republic

ence in elevation in the Czech Republic and with the highest installed capacity among Czech hydro power plants (2x 325 MW). The tour includes a film, a visit to part of the power plant, and an optional view from the edge of the upper reservoir at 1,350 metres above sea level!

Fip 1: Dlouhé Stráně pumped-stora

hydroelectric power plant



Tip 3: Military border fortifications

History lovers will appreciate the museum of pre-war Czechoslovak fortifications in Branná and the Military Museum in Staré Město, as well as the system of border fortifications built around the city between 1937 and 1938. It is one of the best fortification systems in Europe.



Tip 4: Jan Eskymo Welzl – explorer, hunter,

gold-miner, and traveller – is the most famous native of Zábřeh. Visit the exhibition dedicated to him in the Zábřeh Museum, located in the Pod Podloubím House.



JESENÍKY MOUNTAINS

CULTURAL TOURISM

What **you'll find** nowhere else

There are also unique exhibitions and curiosities

in the Jeseníky Mountains. You and your children will enjoy the Agricultural Open-Air Museum, Veteran Museum, and animal park in Rapotín. There are interesting things to see in the small parish museum in Zábřeh, the veteran museum in Česká Ves, and the Museum of Roads in Vikýřovice. The major attractions include the Gold Ore Mine & Mill near Zlaté Hory and the Dlouhé Stráně pumped-storage hydroelectric power plant.

Tip 5: In the footsteps of Alois Nebel

Embark on one of the most beautiful railway lines in the Czech Republic, the Silesian Semmering. The railway line, with its mountainous profile and numerous serpentines, is the connection between Hanušovice and Jeseník. The turbulent history of the railway inspired a comic book and subsequently a famous film called Alois Nebel. You can download a mobile application at www.navstivtejeseniky.cz. The railway line runs through Horní Lipová and the Lipová Spa, where there is a small museum pertaining to the Silesian Semmering.



SPA AND WELLNESS

The Jeseníky Mountains healing mountains

Tip 1: Velké Losiny – a unique Moravian thermal spa The Velké Losiny Thermal Spa is one of the oldest and best-known Moravian spas. The first wooden spa building was built as early as 1592. The local thermal sulphurous water (around 36 °C) has beneficial effects on the musculoskeletal and circulatory systems and is used to treat diseases of the nervous system and skin. The unique Thermal Park (to be opened in 2015) will offer nine swimming pools with thermal water. **The Jeseníky Mountains boast exceptional air and even a thermal spa.** If you like mountains, refreshing springs, a spa atmosphere, and leisurely walks, you should not miss the local spa. You may not know that it was in the Jeseníky Mountains that the famous Vincenz Priessnitz founded the first hydrotherapy institute in the world in 1822. His healing methods are used to this day; they have made the Jeseník spa park a European rarity.

Tip 2: The Jeseníky Mountains – exceptional climatic conditions

The uniqueness of the Jeseníky Mountains lies in the preserved nature and excellent climatic conditions. It was found by repeated monitoring that the local micro-climate around Jeseník, with its unique healing effect, ranks third in the world just behind Bad Gastein in Austria and Carlsbad in the U.S.

Tip 3: Relaxation and wellness stays

After hikes and romantic walks, you should relax and renew your energy. In the Jeseníky Mountains, you can choose from massages, bubble baths, and body wraps. Beauty, health, and relaxation. There is a wide range of relaxation and therapy centres in hotels and guest houses.





Tip 4: Bludov Spa The spa in the foothills of the Jeseníky Mountains near Šumperk offers care based on the latest medical findings in the fields of balneology, obesitology, and rehabilitation.

Tip 5: Priessnitz Health Spa Jeseník

The resort near Jeseník, set into the landscape, dominates the surrounding area and offers unique views of the main ridge of Hrubý Jeseník. The local climate is suitable for the treatment of the upper and lower respiratory tract, blood circulation, the nervous system, and autonomic nerves.

EVENTS

THE CULINARY ARTS AND EVENTS

For **locals** and **tourists** alike

> Brewing Museum Hanušovice Beer has been brewed for nearly 140 years in the

Hanušovice brewery. Today, there is also a museum where you can see an exhibition of tools and other items related to the brewing and drinking of beer.

A vacation is inherently associated with good accommodation, pubs, local food, and interesting and appealing events. In the Jeseníky Mountains, you will also find the humility and hospitality of the local people. Take your pick and don't miss anything! **For more information, visit www.ok-tourism.cz**



Tip: Taste the Jeseníky Mountains

e Jeseníky The festival, held throughout the year, focuses on local products and original

cuisine, based on the traditions and history of the highest Moravian mountains. Visit one of the participating restaurants and "Taste the Jeseníky Mountains"!



THE MOST IMPORTANT EVENTS IN THE JESENÍKY MOUNTAINS

January

"Fifteen", a cross-country race around Paprsek

February

JeLyMan – a ski marathon, part of SkiTour, Staré Město

March

Jeseníky 24-hour cross-country race

April

In the Footsteps of the Gold Miner Eskymo Welzl – Zábřeh Opening of the Rychleby Trails – Černá Voda Opening of the international tourist and spa season –Jeseník Rock Point Mountain Challenge – Zábřeh

May

May hike to "Blueberry Hill" – Javorník Eskymo Welzl Grand Prix – Zábřeh Štíty Fair – Štíty Brewery March – Hanušovice "Moss Lake" Opening – Rejvíz Opening of the spa season – the Priessnitz Spa Zpěváček Festival – Velké Losiny Šumperk Festival – Šumperk

June

Theatre in the Park – Šumperk Midsummer Festival – Velké Losiny Javorník Area Days – Javorník Maršíkov Fair – Velké Losiny International Brass Music Festival – Jeseník 7apůl Fest – Zábřeh Rychleby MTB Challenge – Černá Voda

July

Jeseníky Nugget – Lipová Spa, Miroslav Wood-Carving in Hanušovice Rychleby 40 – Jeseník St. Anne Fair – Staré Město Bio-Festival – Staré Město Freestyle Czech Open – Štíty Hynčice Cup – Hynčice Velké Losiny Culture Summer – Velké Losiny Golden Days – Zlaté Hory Welz's Quadrathlon – Zábřeh

August

Pilgrimage – Church of the Virgin Mary of Mercy, Zlaté Hory Štíty Fair – Štíty Pekařov Fair – Pekařov European Bat Night – Na Špičáku Cave Hanušovice Fair – Hanušovice Snowboard & Freeski Contest – Štíty International Folklore Festival – Šumperk Gold Panning – Zlaté Hory The Jeseníky Mountains Are Having Fun – Jeseník

September

European Heritage Days – A number of places in the region Jeseníky Harvest Festival – Bělá pod Pradědem Emperor Joseph II in Horní Lipová -Horní Lipová Kolštejn Motorcycle Race - Branná Pilgrimage of Three Nations – Church of the Virgin Mary of Mercy, Zlaté Hory International Music Festival of Carl Ditters von Dittersdorf – Javorník International Climb to Králický Sněžník Mountain – Around Králický Sněžník Mountain Brewer's Festival - Hanušovice Horní Lipová Fair – Horní Lipová Czech Championship in Mushroom Hunting -Filipovice

October

Zlaté Hory Trekking – Zlaté Hory Džemfest – Šumperk Slovak Days – Jeseník Vincenz Priessnitz's Week – Jeseník

November

Blues Alive International Festival - Šumperk



Information centers in the Olomouc Region

Dřevohostice

Zámecká 88, 751 14 Dřevohostice Cell phone: +420 723 910 281 www.drevohostice.cz

Horka nad Moravou

Skrbeňská 669/70, 783 35 Horka nad Moravou Phone: +420 585 154 711 www.slunakov.cz

Hranice

Masarykovo nám. 71, 753 01 Hranice Phone: +420 581 607 479 www.mic.hranet.cz

Koietín

Masarykovo nám. 8, 752 01 Kojetín Phone: +420 581 202 202 www.koietin.cz/meks

Konice

Kostelní 46, 798 52 Konice Phone: +420 582 397 250 www.mekskonice.cz

Lipník nad Bečvou

nám. T. G. Masaryka 13, 751 31 Lipník n. B. Phone: +420 581 773 763 http://info.mesto-lipnik.cz

Litovel

nám. Přemysla Otakara 762, 784 01 Litovel Phone: +420 585 150 221 www.tic.litovel.eu

Mohelnice

nám. Svobody 1, 789 85 Mohelnice Phone: 583 430 915 www.regionmohelnicko.cz

Moravský Beroun

náměstí 9. května 4. 793 05 Mor. Beroun Phone: +420 554 773 147 www.morberoun.cz

Náměšť na Hané

Hrad 1, 783 44 Náměšť na Hané Phone: +420 585 952 184 http://zamek.namestnahane.cz

Němčice nad Hanou

Palackého náměstí 25. 798 27 Němčice n. H. Phone: 582 386 440 www.nemcicenh.cz

Horní náměstí (podloubí radnice) 583 779 11 Olomouic Phone: +420 585 513 392 http://tourism.olomouc.eu

Švédská 10, 772 00 Olomouc Phone: +420 585 231 460 www.tourist-centrum.cz

Plumlov

Zámecká 99, 798 03 Plumlov Phone: +420 588 882 662 www.plumlovsko.cz/tic.asp

Městské informační centrum Přerov Náměstí T.G. Masarvka 7. 750 02 Přerov Phone: +420 581 205 131 www.prerov.eu

Prostěiov

nám. T. G. Masarvka 130/12 796 01 Prostěiov Phone: +420 582 329 722 www.prosteiov.eu

Prostěiov

Pernštýnské nám. 176/8 796 01 Prostěiov Phone: +420 582 329 723 www.prosteiov.eu

Slatinice

Slatinice 29 783 42 Slatinice

ternberk

Čs. Armády 19. 785 01 Šternberk Phone: +420 587 571 243 www.sternberk.eu

Uničov

Masarykovo nám. 29, 783 91 Uničov Phone: +420 585 054 880 www.unicov.cz

Velká Bystřice

Zámecké náměstí 775. 783 53 Velká Bystřice Cell phone: 734 236 506

Bludov

Tř. A. Kašpara 353, 78961 Bludov Cell phone: 583 238 177 www.bludov.cz

Černá Voda

Černá Voda 267, 790 54 Černá Voda Handy: +420 739 710 494 www.rvchlebskestezkv.cz

Hanušovice

Hlavní 135 78833 Hanušovice Phone: +420 583 285 615 www.ic.hanusovice.info

Javorník

Nádražní 160. 79070 Javorník Phone: +420 584 440 688 www.kulturnidumjavornik.cz

Jeseník

Palackého 1341/2, 79001 Jeseník Phone: +420 584 498 155 www.iesenik.org

Jeseník, Priessnitzovy lázně

Priessnitzova 1349/24a, 79001 Jeseník Phone: +420 584 491 470 www.priessnitz.cz

Kouty nad Desnou

Lyžařský areál Kouty 1, 78811 Kouty n. D. Phone: +420 583 283 282 www.dlouhe-strane.cz/cs/informacni--centrum

Lipová-lázně

Lipová-lázně 476. 79061 Lipová-lázně Phone: +420 584 421 209 www.ic-lipova.cz

Mikulovice

Hlavní 214, 79083 Mikulovice Phone: +420 584 429 381 www.mikulovice.cz

Rapotín Šumperská 530, 788 14 Rapotín Phone: +420 583 212 211 www.kkcrapotin.cz

Staré Město

nám. Osvobození 166, 78832 Staré Město Phone: +420 583 239 134 www.staremesto.info

Štítv

nám. Míru 55, 789 91 Štíty Phone: +420 583 440 109 www.stitv.cz

Šumperk

Hlavní třída 22, 78701 Šumperk Phone: +420 583 214 000 www.infosumperk.cz

Velké Losiny

Lázeňská ul. 674. 78815 Velké Losiny Phone: +420 583 248 248 www.iclosiny.cz

Vidnava

Radniční ulice 84. 79055 Vidnava Phone: +420 588 517 237 www.vidnava.cz

Zábřeh

ČSA 1. 789 01 Zábřeh Phone: +420 583 411 653 http://tourism.zabreh.cz/

Zlaté Horv

Bezručova 144, 79376 Zlaté Hory Phone: +420 584 425 397 www.zlatehorv.cz

Žulová

Kostelní 1. 79065 Žulová Phone: +420 584 437 151 www.zulovsko.cz