



Spas
and health
resorts

What health issues are treated in Czech spas?

Spa	I	II	III	IV	V	VI	VII	VIII	IX	X	XI	NHR
Bechyně						XX	XX					2
Bludov				XOXO			XOXO					1
Buchlovice		XX				XX	XX			X		1
Františkovy Lázně		XOXO	XOXO	XOXO		XOXO	XOXO			XOXO	XOXO	1, 2, 3
Hodonín		XX		XX		XX	XX			X	XX	1
Jáchymov		XX		XX		XX	XX			XX		1
Janské Lázně				XOXO	XOXO	XOXO	XOXO					1, 4
Jeseník				XOXO	XOXO				XOXO	XOXO		4
Karlova Studánka		XX		XX	XX	XX	XX		XX	XX		1, 4
Karlovy Vary			XOXO	XOXO		XOXO	XOXO					1, 3
Karviná – Darkov		XX		XX		XX	XX			XX	XX	1
Klimkovice		XOXO		XOXO		XOXO	XOXO			O	XOXO	1
Konstantinovy Lázně		XX		XX		XX	XX					1
Kostelec u Zlína		XX				XX	XX			XX		1
Lázně Bělohrad						XOXO	XOXO			XOXO	XOXO	2
Lázně Bohdaneč						X	X					1, 2
Lázně Kundratice						X	X					2
Lázně Kynžvart		XO	XO	XO	XO	XO	XO	XO		XO		1, 4
Lázně Libverda		X		X		X	X					1
Lázně Toušeň						X	X			X	X	2
Lednice		X		X		X	X			X	X	1
Lípová – Lázně				XO	XO					XO		4
Luhačovice		X	XO	XO	XO	X	X			O		1
Mariánské Lázně		X	X	X	X	X	X	X				1, 3
Mšené-lázně						X	X					2
Ostrožská Nová Ves		X				X	X			X		1
Poděbrady		XO		XO		XO	XO					1
Slatnice		X				X	X			X		1
Teplice				XO		XO	XO					1
Teplice nad Bečvou		XO		XO		XO	XO					1
Třeboň						X	X					2
Velké Losiny		X				XO	XO			XO		1
Velichovky						X	X					2
Vráž						X	X					2

X – Adults O – Children

Source: Ministry of Health of the Czech Republic

- I Oncological diseases
- II Cardiovascular diseases
- III Digestive system diseases
- IV Metabolic disorders and endocrine diseases
- V Respiratory diseases

- VI Diseases of the nervous system
- VII Diseases of the musculoskeletal system
- VIII Kidney and urinary system disorders
- IX Mental diseases
- X Skin diseases
- XI Gynaecological diseases

Natural healing resources (NHR)

- 1 Mineral water
- 2 Peloids (peat, silt, mud)
- 3 Natural gases
- 4 Climate

Czech Republic, the Promised Land of Spas



Relax in Mariánské Lázně

There are countless places in the Czech Republic attracting the interest of foreign tourists. One of the most frequent reasons for visiting the country is to stay in a spa. The Czech spa tradition is one of the oldest in Europe.

Since the Middle Ages people have endeavoured to take advantage of the great power of natural healing resources – mineral water springs, therapeutic mud and peat, natural gases and of course the pleasant local climate.

In the late 18th century Czech spas achieved such fame that the most significant personalities of the world used to come there, including monarchs and statesmen, military commanders, the aristocracy as well as artists. Remarkably, spa facilities can be found throughout the entire country – in more than 30 locations.

The spa infrastructure in the Czech Republic is at an excellent level and even more importantly spa resorts employ top class balneology experts and highly qualified medical staff. The quality of Czech medical care along with the progressive healing and physiotherapeutic methods are known only too well. Undoubtedly, it was no coincidence that in 2006

a spa establishment from the Czech Republic Lázně Bělohrad – as the first in Europe – was presented with the EUROPESPA med© Certificate – a seal of quality awarded by the European Spas Association (ESPA) in Brussels to selected European spa resorts after a thorough on-site inspection and audit of their operation.

Currently, the Czech Republic boasts the highest number of certificate holders among the EU member states. One of the guarantors of the high quality spa treatments in the country is the Czech Healing Spa Association. All of the spas in this association are accredited medical spa establishments that must comply with strict criteria for treatment, catering as well as accommodation.

Another important subject in the area of the Czech Spa Association is the Czech Spa Locations Association, which aims at incorporating spa locations and towns that are

nationally recognised for having a healing source to provide spa care. The mission of the association is to actively contribute to creating conditions and instruments for the regeneration and development of spas and spa locations in the Czech Republic and internationally.

up a truly comprehensive experience. Allow it to sweep you away and give you a break from the reality of everyday life. Now something really out of the ordinary awaits you.

Examples of the Use of Natural Healing Resources

- Mineral water** – drinking, bathing, inhalation, irrigation, hydro-massages
- Peat, mud** – wraps, packs, baths
- Gas** – gas injections, dry carbon dioxide baths
- Climate** – staying in locations with pure and fresh air



For more information, go to:
Czech Spa Association
www.lecebnelazne.cz
sekretariat@lecebnelazne.cz
Czech Spa Locations Association
www.jedemedolazni.cz
info@jedemedolazni.cz

Today, spas are widely used not only by people recovering from various ailments but also those who in this day and age are well aware of the importance of prevention and wish to treat their body and mind to extensive pampering. Spa resorts offer both the classic medical stays as well as manifold packages aimed at relaxation and regeneration. The main advantages of the “med wellness” (i.e. wellness in spa establishments) include many years of experience in providing traditional medical treatments, the option to consult health matters with a physician during the actual stay and in particular the possibility of taking advantage of natural healing resources. Apart from traditional remedies based on these resources, spas offer a wide range of other wellness treatments starting with massages and pearl (air-bubble) baths and ending with exotic care inspired by Eastern medicine.

A balanced combination of treatments, pleasant relaxation, high quality gastronomy, sporting opportunities as well as superb cultural events makes

Karlovy Vary



www.karlovyvary.cz



In the breathtaking valley of the River Teplá cutting deeply into the forested hills of the Slavkovský les Protected Landscape Area, dwells a fairy-tale like town. The most famous Czech spa, Karlovy Vary.

Fabulous town houses, impressive buildings of hotels and spa resorts. No matter if you are walking along the colonnades and sipping on the healing water from one of the Karlovy Vary springs or wandering along a spa path on forested slopes, you are following in the footsteps of Goethe, Beethoven, Schiller, Wagner and Chopin. Whichever lookout tower you may be viewing the town from, Karlovy Vary will always be sure to make a great impression on you.

This is so, because Karlovy Vary is a place where time simply does not matter. You will immerse yourself here in blissful tranquillity and timelessness, you will breathe the same air as those who came here for treatment hundreds of years before you and in fact you yourself may not be certain which era you have left behind you to get into this enchanting spa.

And yet Karlovy Vary is also a modern town offering

vibrant entertainment and providing excellent cultural opportunities. It is a place where you can go on a shopping spree, enjoy peaceful relaxation as well as indulge in some sporting activities and set out to explore several remarkable tourist destinations. To put it simply, Karlovy Vary is superb, unique, renowned, regal – and also obviously relieving and healing.

Natural Healing Resources

Hot mineral springs were known in this piece of land as early as the Middle Ages. Today there are 15 warm mineral springs producing water with properties especially suitable for drinking, bathing and irrigation. They are of a similar composition, but owing to the varied temperature and CO₂ content their healing effects are quite different.



Karlovy Vary

Medical Conditions Treated in the Spa

It is very well-known that Karlovy Vary springs are beneficial in the treatment of digestive conditions – diseases of the stomach, oesophagus, intestines, gall bladder, liver and pancreas, along with metabolic disorders – diabetes, obesity, gout, as well as musculoskeletal diseases and even periodontitis. Excellent results have been recorded in treatment of conditions after oncological and neurological diseases.

Main Points of Interests in Karlovy Vary

The town and the surrounding area offer countless opportunities for walks, trips as well as exploring and sightseeing. Most attention will deservedly be captured by the colonnades, mainly the most famous of them all, the Neo-Renaissance **Mill Colonnade** designed by the distinguished Czech architect Josef Zíték, who also participated in the construction of the National Theatre in Prague. You will also be fascinated by the Art Nouveau **Chateau colonnade**, a modern **Hot Spring colonnade** in front of which the powerful Carlsbad thermal spring with a capacity of two thousand litres per minute shoots up into the open area, or the **Sadová colonnade**, which is hidden under an iron construction.



Relax in Karlovy Vary

The New Baroque **Grand Hotel Pupp** complex is striking. The theatre, the pseudo-renaissance **Emperor's Baths** and a number of other buildings surrounding the Teplá Brook, are all built in the same design.

The next point of interest in Karlovy Vary is its churches – particularly the magnificent **Church of Saint Mary Magdalene**, which is the work of the Baroque genius Kilian Ignaz Dientzenhofer, and the exquisitely decorated **Orthodox Church of Sts. Peter and Paul**.

The town also offers 21 short walks exploring the sights on the main streets and adjoining woodland parks. a great idea to spice up your stroll is to take a ride on a funicular up to the **Jelení skok** (Deer Leap) Lookout or as far as the stone Diana lookout tower. a view of Karlovy Vary from above shows only too well that you have arrived in the town of dreams.

The most famous Karlovy Vary cultural event is the International Film Festival held every year at the beginning of July. Here you may well bump into eminent Hollywood stars as well as talented directors from all over the world.



Mill Colonnade



Becherovka herbal liqueur

Trips Out of Town

How about paying a visit to the small town of **Loket** and its main attraction – the medieval stone castle majestically looming high above the River Ohře?

A similar aura of grandeur is emitted by the chateau and castle in **Bečov nad Teplou**, which is one of the best-preserved Czech castles and boasts a unique historical artefact of European significance – the St. Maurus Reliquary considered in terms of age and value second only to the crown jewels.

Golf & Spa

In Karlovy Vary golfers will feel at home and somewhat spoilt – being able to choose from two golf resorts. Astoria Golf Resort Cihelny offers a slightly undulating links-style golf course and in Golf Resort Karlovy Vary you will find a top quality Czech park course tried and tested in competitive European golf tournaments and boasting more than eighty years of great tradition. www.astoria-golf.com www.golfresort.cz

There are not many who have not heard about the famous herbal liqueur, country's family silver – **Becherovka**. In the Jan Becher Museum you can learn a lot about the past and present of the liqueur and maybe even a thing or two to surprise you. You will also have a chance to taste some of the specialities at the museum bar.

Are you looking for something out of the ordinary? Then set off for the Beer Spa in the centre of Karlovy Vary, relax in wooden tubs, help yourself to excellent beer and have a rest on a bed of straw. www.pivnilazne-kv.cz

Would you like to experience something unforgettable? Then a trip to the magical world of luxury crystal glass at the Moser glassworks in Karlovy Vary would be perfect! www.moser-glass.com



Mariánské Lázně



www.marianskelazne.cz



The first impression you get when you come to Mariánské Lázně is that you have wandered into a huge park that has no end and naturally eases into deep woods. The lively and energetic town abounds with lush greenery; the charming singing of the fountain enhances the unique atmosphere and deep down inside the Earth powerful and health-giving springs force their way up to the surface.

Mariánské Lázně is also a town of little cafes, sweetshops and stylish pubs, where content locals who won't hear a bad word said against their hometown welcome spa guests from all over the world with open arms. Over the years the spa has been visited by a long list of famous personalities – such as English king Edward VII, Goethe, Chopin and many others, many giants in their fields – Edison, Freud, Kafka, Nobel, Nietzsche, Gogol, ...

Natural Healing Resources

The fact that the wild forests were hiding springs with medicinal water was known by local folks as early as the 13th century. Nonetheless, at that time the place was wild and difficult to access, so systematic research of the composition and effects of the springs had to wait until the end of the eighteenth century.

In the environs of the town and Mariánské Lázně itself there are almost 100 mineral springs. The spa treatments are mainly based on 6 of them. Interestingly, these are not thermal springs, but cold acidulous waters with

a high content of iron and mineral salt. Reaching a mere 7–10 °C, they rank among the coldest in the Czech Republic.

The properties of individual springs differ quite considerably despite often being located close to each other – this is one of the greatest balneological curiosities of Mariánské Lázně. The springs are so powerful that drinking the water in itself is very effective in combating ailments. When baths and inhalations are added, the results are really surprising, especially taking into consideration that the range of complaints treated here varies widely.

Medical Conditions Treated in the Spa

Mariánské Lázně specialises in neurological disorders, musculoskeletal conditions, osteoporosis, back pain, diseases afflicting kidney and urinary systems, prostate, respiratory system including asthma, metabolic disorders, gynaecological complaints, conditions following oncological surgery as well as hypertension and ischemic heart disease.



Rudolph Spring Colonnade



Maria Spa in Mariánské Lázně

All year round Mariánské Lázně indulges in cultural events. The Chopin Festival, the most famous music event in the spa, has been staged every year since 1959.



Drinking therapy



Colonnade

Points of Interest in Mariánské Lázně

Walks, promenades and trips are the activities that Mariánské Lázně seems to have been born for. The perfect starting point of your exploration is at the heart of the town – the splendid Neo-Baroque colonnade, probably the most beautiful in the whole of the Czech Republic.

Situated right next to the colonnade, the **Singing Fountain** is one of the main attractive features of the town. The water exhibition of 250 computer controlled jets gushing water as high as six metres in the air at ingenious intervals, shapes and combinations is highlighted by the fascinating display of colours accompanied by famous musical pieces from all eras.

Tempting anyone and everyone to go for a stroll, the **town parks** will take you to a remarkable architectural jewel – the **Church of the Assumption**, built in the historicist Neo-Byzantine style, then to **St. Vladimír's Orthodox Church**, as well as the geologic park, and obviously also to various springs scattered all over the town.

Trips Out of Town

If you feel like venturing out of the town, you definitely should not miss out on seeing two real gems situated nearby. The first is **Kladruby**

Monastery with the remarkable church, rebuilt in the Baroque Gothic style by the architectural mastermind Jan Blažej Santini. The Baroque building of the convent was erected few years later by Santini's greatest rival Kilian Ignaz Dientzenhofer. So within quite a limited space you will be able to feast your eyes on astonishing structures designed by the two most significant Baroque architects active in the Czech lands. You can rest assured that you will be leaving the monastery filled with deep admiration – to see Kladruby is a truly powerful experience.

The second **monastery**, this time in **Teplá**, is a fascinating complex dominated by the three-aisled Romanesque-Gothic Church of the Annunciation.

The diverse terrain surrounding the town offers countless possibilities for hiking and biking. **Cycleways** and excellently marked **tourist routes** will take you to fabulous, yet somewhat mystic woods and to places where forests give way to peat bogs and dark red lakes. The network of walking trails through the spa woods is very dense, so you can indulge in strolling to your heart's content without actually leaving the boundaries of the town. Obviously, you can venture further and explore the lookout towers, brooks and natural parks.

How about setting out along the **Kladská nature trail**? You will learn a thing or two about the local peat bogs as well as Taiga – the unique non-interference zone. Or just pop yourself down on the bank of the lake and soak up the ambient beauty.

Golf & Spa

Golf fans will be very excited in Mariánské Lázně because they will find here the historically oldest Czech golf course. It was officially opened in 1905 by English King Edward VII., but in those days it had only nine holes. Today, there is a gorgeous eighteen-hole park course with picturesque nooks and a serene, almost old-world English atmosphere. It is the only course in the Czech Republic that can proudly use the title "Royal".

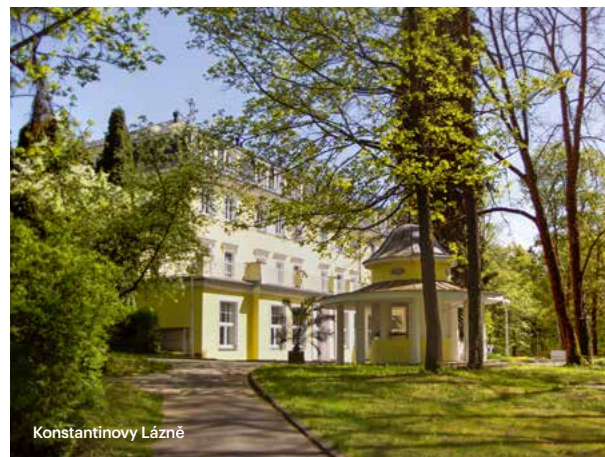
www.golfml.cz

Fancy trying out something unusual? Then head for nearby **Chodová Planá**, where in **Chodovar Brewery**, in the genuine beer spa you can experience a real beer or hop bath and packs based on malt draf as well as the **Mladinka drinking therapy**. www.chodovar.cz

Konstantinovy Lázně



www.konstantinovy.cz



Konstantinovy Lázně

In the charming undulating landscape, beneath the forested hill, at the edge of a beautiful woodland park, stands the small spa town of Konstantinovy Lázně.

Admittedly, Konstantinovy Lázně is somewhat overshadowed by the more renowned Karlovy Vary and Mariánské Lázně, however it does have certain advantages. People who know the place won't hear a bad word said against it.

It is an unbelievably peaceful town with a remarkably friendly atmosphere and in addition the local water has some exquisite properties, making the journey there well worthwhile. After a few days spent in Konstantinovy Lázně, visitors to the spa usually encounter a strange phenomenon – they somewhat forget the rest of the world, the Earth shrinks down just to this particular spot, stress flows away and problems disappear. The exceptionally clean local climate and natural beauty often untouched by man also add to the attraction of the spa.

In the modern Konstantin Wellness Centre, guests can find a relaxing pool, whirlpools, Kneipp pathways, aroma saunas, a Finnish

sauna, a steam bath and a fitness centre.

Natural Healing Resources

The local sulphurous spring used to be and still is a source of hydrocarbonate mineral water, or to be more specific ferrous acidulous water at a temperature of 9.1 °C. It holds the record of having the highest concentration of CO₂ in the entire Czech Republic.

Medical Conditions Treated in the Spa

The mineral water with healing properties is used for the treatment of cardiovascular problems focusing on clients recovering from heart attacks, operations on the heart, aorta and major vessels as well as conditions such as ischemic heart diseases, congenital and acquired heart diseases, post-thrombotic syndrome and conditions after acute carditis... Moreover, the spa has achieved successful results in treating diseases of musculoskeletal, respiratory and neurological systems as well as diabetes.

Out and About

Trying to indulge those keen on trips and walks as much as possible, Konstantinovy Lázně has set up **four nature trails** in the vicinity of the spa, which will enlighten you with some interesting information and take you to attractive destinations – such as onto Hradišský Hill commanding beautiful views, to Úterský Brook Natural Park, to the ruins of Švamberk Castle on Krasíkov Hill and finally to the Spring of Love – who could resist? In addition, you can set out for the romantic ruins of Gutštejn castle, for the nearby town of Bezdrůžice and its chateau housing a unique exposition of work by leading glassmakers and finally for the splendid medieval town of Úterý with a truly charming town conservation area.

Tips for Active Relaxation

Cyclists can saddle up their bikes and follow attractive routes, which will take them for example to the Baroque

Chateau in Manětín and to monasteries in Teplá and Kladruby. There is also a local cycleway with a section devoted to in-line skating. Apart from cycling, you can take part in some other pastimes locally, for instance you can go **Nordic walking**, enjoy a game of petanque, have a swim in a beautiful quarry or get your golf bag ready and set out for a round of **golf** to nearby Alfrédov. Stretching along a one hundred year old linden alley, the charming 18 hole golf course is situated about a half an hour drive south of Konstantinovy Lázně. www.alfredov.cz

Visit one of the biggest collections of hunting trophies and stuffed animals in Europe. At the Chateau in Bezdrůžice, you can see dozens of preserved animals from all around the world, including lions, tigers, hippopotami, ostriches, crocodiles, giraffes and several bears.



Relax in Konstantinovy Lázně

Lázně Kynžvart



www.lazne-kynzvalt.cz



The small town of Lázně Kynžvart is situated under the impressive massif of the Slavkov Forest Highlands. Owing to its location in a wide valley at an altitude over 700 metres above sea level, in an area with a high and particularly constant air humidity, along with crystal clear air free of pollutants – Lázně Kynžvart is one of only four resorts in the Czech Republic officially recognised as a climatic spa.

Historically and on a long-term basis Lázně Kynžvart has been specialising in the treatment and recuperation processes of children starting from the age of one and a half years. Its operation is ideally adapted to these types of clients. However, the spa has recently included services for adults, making it a truly family spa resort.

Triumph of Clean Air

The first spa buildings started to emerge in 1863 and within the thirty years to follow the spa expanded so much that its fame began to spread worldwide. At that time it

was regarded as a luxury spa resort for important and rich clientele. Although the concept of using the positive healing effects of the climate in medical treatment was then almost unknown, the local expert knew only too well that the climatic conditions here were utterly unique and therefore regular monitoring and evaluation of temperature, humidity and precipitation started and has lasted up to this day.

Natural Healing Resources

A combination of an altitude of about 730 metres above sea level, high and constant



Paradise for children all year round



Lázně Kynžvart

humidity supported by the mixed forest vegetation, an ample amount of sunshine and exceptionally clean air constantly checked by the latest monitoring equipment gives rise to climatic conditions, which are the main natural healing resource of the spa. In addition, the spa resort takes advantage of the local mineral springs that produce natural hypotonic ferrous acidulous waters with a higher content of silicic acid.

Medical Conditions Treated in the Spa

The main objective of the Spa is the treatment of unspecific diseases of the respiratory system, including allergies. The Spa has also achieved excellent results in the treatment of obesity, dermatology diseases, including psoriasis and eczema, material exchange, the digestive tract, and the muscular-skeletal system. It is the only Spa in the Czech Republic that provides spa treatment for kidney diseases and urinary tract infections for children, adolescents and adults.

Tips for day trips

The landscape is literally overflowing with many attractive day trip destinations. You can, for example, visit the Kynžvart Classicist Chateau with rare Metternich collections of curiosities from all around the world, the adjoining Chateau Park, and the romantic ruin of the Kynžvart Castle. The newly built fairytale path with Kynžvart's myths and wooden statues and mud volcanoes will lead you to the ruin. Go along the educational trail in the Kladská bog area, explore the remarkable Jewish Cemetery near Mariánské Spa, the numerous golf courses, or the geographic points of interest, which are officially recognised at the precise heart of Europe.

Františkovy Lázně



www.frantiskovylazne.cz



Situated in a land boasting a plethora of ponds, this town, seemingly lost in time, evokes the era of the Classicist and Empire Styles. Visitors to the area stare in amazement at the yellow and white houses, pavilions and colonnades, some perhaps imagining they have appeared in a dream of a daring confectioner.

The buildings and streets in Františkovy Lázně are in harmony with the festive mood of visitors. Strolling through the park, sipping the spring water, meeting other guests on the promenade, viewing the legendary statue of little František, setting out for trips in the vicinity... Maybe you think it all sounds a little mysterious? Well, this is exactly what the town of Františkovy Lázně is – ornamental, pleasant, friendly, yet always somewhat enigmatic.

Being the smallest of the three towns of the so-called West-Bohemian spa triangle (together with Karlovy Vary and Mariánské Lázně) it lacks the hallmark of a large spa town, but maybe thanks to this fact you will feel here as if you were just visiting some good friends.

Natural Healing Resources

In 1793 Austrian Emperor Franz I founded the world's first peat spa in this area. At that time the local spring water was sold not only in the Czech land but also throughout the whole of Germany where it soon became the best-selling mineral water. Currently, Františkovy Lázně has 20 curative springs used for drinking, irrigation and bathing. Another important natural resource found locally is peat, which thanks to being rich in minerals and humic acids can be fully exploited in wraps and bathing. Natural healing gas separated from the local mineral water and used for administering gas injections is also beneficial. Patients suffering from gynaecological problems sit in the thermal spring of dry

CO₂ gas. Finally, the local exceptionally clean climate positively contributes to health improvement.

Medical Conditions Treated in the Spa

The spa became renowned mostly for the treatment of gynaecological diseases including infertility. Nonetheless, medical practitioners here achieve excellent results in treating diseases of the heart, circulation and musculoskeletal system as well as neurological, oncological, dermatological and digestive ailments.

Places to See in Františkovy Lázně

The peace and serenity of a spa town can best be enjoyed during walks through the town parks or the environs where you can take advantage of five routes marked with symbols of colourful hearts, aptly named the **Heart Trails**. They will take you to the most attractive spots of the spa – the famous František and Luisa Springs, the Salt Spring and Meadow Spring Colonnades and the most renowned symbol of all – the **statue of Little František**.



Františkovy Lázně



Water therapy



Glauber's springs



Music pavilion

Nearby Points of Interest

In the close vicinity you can set out for a trip to the romantic **Salinburg Lookout Tower** and the observation tower at the **Zámeček** restaurant. Approximately 6 km away you will find **Soos**, one of the most spectacular natural reservations in Europe. The vast peat bogs with mud volcanoes and mineral springs constantly change their colour and appearance making you almost believe you might be on a different planet.

In addition, you can admire a natural geological park, a nature trail as well as a museum of prehistoric animals. By getting on the charming land train you can head for the **America Forest Park** past America Pond where various interesting sites along with a small zoo await you. If you are animal lovers, make sure you visit the **Butterfly House** in nearby Žirovice.

According to legend, if a woman touches the big toe on the statue's left foot, she will be pregnant within a year. The legend is still very much alive – even today. Maybe that's why Františkovy Lázně is so successful in infertility treatment.

Cycle & Spa

If you wish to make your days of relaxation a little more intensive, saddle up your bike and set out along the picturesque yet easy cycleway which connects all the points of interest around Františkovy Lázně. It will take you to the **SOOS Nature Reserve**, the ruins of the **Starý rybník** Gothic water castle as far as the noble castle of **Seeberg**.

And if you still have enough energy, you can pedal off to nearby **Cheb**, where you

can visit a Gothic castle, the Franciscan Monastery with its unique Gothic cloister and the town conservation area.

Golf & Spa

Keen golfers wishing to combine relaxation with a round of golf will undoubtedly be happy to learn that the eighteen-hole course of the **Franzensbad Golf Resort** situated in beautiful surroundings eagerly awaits your tee-off. www.gr-fl.cz



Statue of small František

The First Radon Spa in the World

A far-reaching forested mountain ridge of enigmatic woods, rust-coloured peat bogs, amazing rock formations and beautiful blossoming meadows – this is a snapshot of the Krušné Mountains.

Jáchymov

Jáchymov



www.laznejachymov.cz



Surrounded by picturesque scenery, Jáchymov, the oldest radon spa in the world, is situated at an altitude of 673 m, making it the highest located spa in the Czech Republic.

From time immemorial it was a place associated with ore mining. All that changed two years before the end of the 19th century, when it was discovered that the local water contained the until-then unknown element, radium. Entirely new possibilities opened up for the town and Jáchymov's new and long-lasting future in the spa trade commenced, giving rise to the first radon spa in the world. People from all over the world started coming to Jáchymov for treatment – and still do.

Natural Healing Resources

In 1864 an accident happened in the Svornost Mine in Jáchymov. Miners extracting uranium ore came upon a powerful spring of water at a depth of 500 m and this water very quickly flooded the mineshaft. For a long time nobody realised that this event had actually brought the town good fortune. When in 1898, the Curies analysed the pitchblende from this pit and discovered the entirely new element radium, which in

layman's terms together with uranium is a parent of radon – Jáchymov water suddenly became a much sought-after commodity. Its properties astonished the world.

Nonetheless, the actual onset of spa activities did not occur until 1906 and six years later the town witnessed the amazing construction of the majestic Neo-Classical Radium Kurhaus Palace, today known as Radium Palace. It was equipped with every imaginable luxury and modern convenience of its time, thus becoming the most modern spa house in Europe. Over time several other spa houses were erected, facilities and equipment were modernised, but the essential element has always remained the same – thermal water with a high concentration of radon.

Medical Conditions Treated in the Spa

Radon treatment is very mild and does not overburden the body. It is suitable and efficient particularly



Spa Hotel Radium Palace

for diseases afflicting the musculoskeletal system – e.g. inflammation, rheumatism, Bechterew's disease, arthrosis, disc herniation, tendon and ligament damage, osteoporosis, gout as well as peripheral neuropathy. It has positive effects on post-operative conditions, specifically joint replacements, spinal surgery and burns. Moreover, it manifests rejuvenating properties – beneficial for loss of strength associated with old age, job and sporting burnout or even intolerance to cold. The spa also treats circulatory, neurological, metabolic and dermatological disorders.

Points of Interest in Jáchymov

Jáchymov itself is a remarkable town. It holds several world records – the oldest working mine (Svornost 1518), the first mining training establishment (1716) and, as said before, the first radon spa (1906). Unfortunately, the place also has a dark history, which you can learn more about in the town itself.

Shortly after World War II when the communist party took control of the country, prison camps were set up here which were later to be nicknamed **Jáchymov Hell**. Up to 65,000 prisoners were forced to work in atrocious conditions in the uranium mines, thousands of them lost their lives and tens of

thousands suffered damage to their health for the rest of their life. To discover more about Jáchymov's sorrowful history you can set off on an interesting nature trail called Jáchymov Hell. Also worth a visit is the Royal Mint which houses the permanent exhibition under the title Labour Camps in the Jáchymov Region.

Ski & Spa

For trips outside of Jáchymov, spa visitors most often head for the Krušné Mountains, for example to Boží Dar, the highest altitude town in the Czech Republic, and Klínovec, the highest peak of the mountains. Both of these places are home to popular ski resorts. Visiting the local spa in the winter is truly a unique experience. Klínovec offers up to 18 km of downhill slopes stretching over 50 ha, where 90% of the pistes can be covered with artificial snow, there are modern four-person chairlifts, a snow-park and 50 km of perfectly maintained cross-country skiing trails. A smaller and quieter ski resort can be found in Boží Dar. But no matter what the size is, you will be able to ski to your heart's content in both of the resorts and when you have had enough of skiing you can enjoy pleasant relaxation in the Agricola Spa Aquacentre.

www.klinovec.cz

Teplice



www.lazneteplice.cz



For more than seven hundred years the town of Teplice has dwelled at the foot of the forested Krušné Mountains, in the wide basin at the edge of the volcanic České středohoří range. Its name in Czech is derived from the word warm (in Czech teplý). However, the discovery and first use of the springs date back much further than the town itself – the healing power of the local water has been known for two thousand years. Lázně Teplice proudly holds the title of the oldest spa in Central Europe.

Talking about the past – the mighty spring called Pravřídlo (Primary Hot Spring) has been jetting out of the bowels of the earth for eighteen thousand years and up to this day it has been providing relief and improving health. Teplice is a lively contemporary town with a large spa area. Once you come here you will feel as if you have shut the door on all the hustle and bustle of normal life and have appeared in an oasis of peace

and tranquillity. Teplice is a world-renowned spa and in the late 19th century it was quite deservedly referred to as Little Paris or the Salon of Europe.

Over the centuries, the spa has welcomed emperors, kings, scientists, artists, military commanders – the local promenades were literally overcrowded with the most eminent individuals of the continent. Anyone who was anyone just had to be



Spa House Kamenné lázně

seen in Teplice – including Tsar Peter I, Holy Roman Emperors – Joseph II, Francis II and Ferdinand I, King Frederick William III of Prussia, King Gustav IV Adolf of Sweden, Tsar Alexander I of Russia, King Charles X of France... Schumann, Liszt, Casanova, Beethoven, Goethe, Chopin, the list is endless.

It was a place which witnessed high-level diplomacy and discussions over the fate of war campaigns as well as a place that used to stage amazing concerts. And all this thanks to ancient water which wherever it flows, heals. The park full of spa houses along with the charming Zámecké náměstí (Chateau Square) and the garden surrounding the chateau are spots where one can enjoy pleasant walks and absorb the peace and majesty of the architecture and nature.

Natural Healing Resources

The spa facilities take advantage of four main springs, of which Pravřídlo is the warmest with the water



Massage

reaching 42.5 °C. All thermal springs produce medium mineralized water of the hydro-carbonate-sulphate-sodium type.

Medical Conditions Treated in the Spa

A surprisingly high success rate has been recorded especially in the treatment of musculoskeletal diseases including rheumatic disorders, osteoporosis and arthrosis, as well as neurological and vascular conditions such as paralyses, Parkinson's disease, multiple sclerosis and inflammation of the central nervous system, treatment of diabetes is also very efficient. The spa care is organised in four spa houses – the largest of them, Beethoven Spa House, named after the famous guest, ranks as the oldest spa facility in Central Europe.

Points of Interest in Teplice

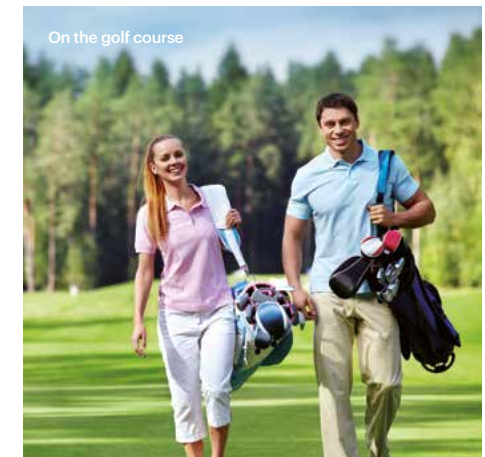
When planning a walk you must definitely start on **Zámecké náměstí** (Chateau Square) at one of the most



Classical music



Relax in Teplice



On the golf course

beautiful Baroque plague columns in Europe, crafted by the famous sculptor Matthias Bernard Braun. Once here, you will find it extremely difficult to depart from such a picturesque and noble place. Nonetheless, other sites worth visiting are awaiting you, for example the white **Church of St John the Baptist**.

Today the Teplice Chateau is home to rich and remarkable collections of the regional museum. **Chateau gardens** are still as beautiful as they were when the town was visited by Beethoven who met Goethe for the first time at this very place. And who will you meet here? Let destiny decide.

Trips Out of Town

Pop in to **Dubí** to feast your eyes on the amazing church – the northernmost structure to have been built in the

famous Venetian style. You can also visit an exceptionally interesting exposition in **The House of Porcelain** with Blue Blood. For 150 years the local porcelain plant has been producing this “delicate white gold” and the exhibition offers a cross-section of the history of Czech porcelain as well as samples of current production. Take a look at the only place in the world with the exception of Meissen, where production of porcelain with the “onion” pattern is officially allowed. www.cesky.porcelan.cz

Set out for nearby **Osek** to visit the monumental Cistercian Monastery. Head for the medieval mining town of Krupka and hop on a chair lift which will take you up the peak of **Komáří vížka** on the ridge of the Krušné Mountains. Or how about exploring a place where the

famous master of seduction Giacomo **Casanova** used to live? Then make your way to Duchcov Chateau because this is the spot where he spent the last years of his life.

Golf & Spa

Golf players will have plenty to smile about when staying in Teplice. Within easy reach there are two top-class golf courses. The first, **Golf Resort Barbora**, is a splendid eighteen-hole park course with a magnificent view of the Krušné Mountains and the adjoining lake.

The second of the two courses – **Golf Club Teplice** is the highest located golf course in the Czech Republic and is situated at the edge of a typical Krušné Mountains peat bog, on Cínovec, the very peak of the mountain ridge. www.golf-teplice.cz www.golfbarbora.cz

Lázně Libverda



www.lazne-libverda.cz



In the picturesque valley of the Jizera Mountains, embraced by mixed forests and watched over by the mountain ridges of the Jizera range, rests the idyllic town of Lázně Libverda.

The tranquillity of a mountain basin, clean air, splendid trips around the area and forests creating a unique climate represent some of the reasons why you will be able to recharge your batteries here and leave your problems and stress behind you.

When you add the local healing acidulous water, referred to for generations as “God’s Water” springing from a hillside, it must be clear to everyone that even many years ago Lázně Libverda became a sought-after spa resort of Northern Bohemia.

As early as in the 14th century “God’s Water” used to attract large numbers of pilgrims

and a hundred years later its fame spread much further a field. The first spa houses were erected in 1760. In the late 18th century the Clam-Gallas family built a promenade, a small Empire style lodge, used as their summer residence, and a spa park following the design of an English landscape garden. By then the spa had gained an excellent reputation and was visited by famous personalities from all of Europe, such as the Austrian Emperor Joseph II, the Russian Princess Anna Fedorovna, Franz Kafka, Alexander Humboldt as well as the composer Carl Maria von Weber, who found the inspiration here



for his opera *Der Freischütz* (The Marksman), and many others...

Natural Healing Resources

Libverda mineral water – God’s Water (Boží voda) – soon began to be bottled and exported. In 1910 an astonishing 200 000 bottles were sold! And why is it so exceptional? It is natural cold ferrous acidulous water of the hydrogen carbonate-magnesium-calciferous type with a higher content of silicic acid.

Medical Conditions Treated in the Spa

The spa focuses mainly on the treatment of cardiovascular and circulatory diseases – conditions following a heart attack, ischemic heart disease, high blood pressure, post-thrombotic syndrome, venous disorders, conditions after acute carditis and varicose vein surgery, congenital and acquired heart diseases... The second group of successfully treated conditions encompasses disorders of the musculoskeletal system, particularly those induced by inflammation and degenerative changes, pain in the back and legs; along with metabolic and neurological disorders.

Out and About

Undoubtedly, it is always beneficial and enjoyable to go for a **good walk** – why not follow the nature trail

leading to five observation points overlooking Lázně Libverda, the whole route will take you about three hours. More active tourists can set out along the beautiful path to the top of the highest peak of the Jizera Mountains, Smrk (1124 metres above sea level). Paradise awaits **cycling fans** in the shape of a dense and varied cycleway network. You can take a ride along the Pekelský (Hellish) Brook to Raspenava and further as far as **Frydlant**, where you will be left speechless by the beauty of the fairy-tale like castle and chateau with a large exposition.

When you get back to Lázně Libverda, make sure to pop into the unique restaurant with a magnificent view. It is called **Obří sud (Giant Barrel)**, and indeed it is a barrel, the only one of its kind in the Czech Republic, standing almost twelve metres high.

A different type of trip awaits you, if you set out for **Liberec**, which is situated about 25 km from here. Apart from the remarkable city itself, the well-known ZOO and popular Aquapark you can look forward to a wide choice of cultural events as well as a beautiful 18-hole golf course. A definite must is a ride up **Ještěd Hill** by cable car. The distinctive spire of the hotel dominates the top of the hill overlooking the city. www.visitliberec.eu

Janské Lázně



www.janskelazne.com



The highest mountain range in the Czech Republic is Krkonoše. These majestic mostly forested mountains, are surprisingly home to only one spa town, however it is a spa of exceptional beauty and renowned fame – Janské Lázně.

Situated under the almost 1300 m high Black Mountain massif, in the openings of the forested foothills, the town of Janské Lázně stretches outward in all directions. Where the woodland terrain would allow it, houses were erected. The nature of the mountain spa resort hidden in the woods has not changed even today. The fresh mountain air and mineral water springs form a perfect combination. No matter if it is summer, winter, spring or autumn – it is always beautiful here, visitors simply cannot resist the picturesque scenery which is all around them and feel compelled to set out for walks or trips. The skiing on the local slopes is truly excellent and the spa treatments are highly efficient.

Natural Healing Resources

Boasting significant healing properties the thermal water which rises to the

surface here is around 28 °C and represents the hydrocarbonate-calcium-sodium type. By the 1930s the spa had recorded great success in polio treatment and musculoskeletal disorders have remained the main therapeutic specialisation and pride of Janské Lázně.

There are two thermal springs here, Janův and Černý, which are used for hydro-therapy treatments and also supply water to the Spa Aqua Centre.

Medical Conditions Treated in the Spa

Successfully treating muscular, neurological and orthopaedic disorders as well as dermatological, metabolic and even respiratory diseases, the spa also provides excellent care for patients suffering from back ache and inflammation of the nerves along with those recovering after encephalitis and meningitis, paralysis,

joint replacement and spinal surgery... What isn’t helped by the water with healing properties, will be overcome by the experienced physicians and the pure mountain air.

Points of Interest in Janské Lázně

Walks and trips are somewhat of a speciality of Janské Lázně. Wherever you may set out for, you will arrive at a sweet-smelling beautiful dreamy forest. You can just wander around the picturesque town and stroll to the charming **Art Nouveau spa colonnade**, which has dominated the square ever since 1904, when the Janský Brook was channelled into an underground tunnel to make way for the new structure of the colonnade.

Alternatively, you can head for the famous **Red Toadstool**, a forest gazebo with a beautiful view. Many moons ago Almerie, Princess of Thurn and Taxis loved coming here and for a long time the place was known as the Princess’s Place of Tranquillity.

Trips Outside of Town

The most attractive tourist destination is the mystic **Černá hora (Black Mountain)**. You can conquer its peak – either in a very undemanding way by getting on a fast, 8-seat cable car called the Black Mountain Express or in a more arduous manner accompanied by

a great feeling of a triumph when you actually reach the top on foot. You will be rewarded not only by a unique panoramic view of the whole of Krkonoše from an original metal observation tower built using the former slope of a cableway, but also an excursion to the Black Mountain Peat Bog along wooden pathways. www.lanovka-cerna-hora.cz

Ski & Spa

Janské Lázně is a paradise for sports fans. If you are keen on skiing, you can use the perfect facilities of the ski centre, situated very close to the spa. There are 15 kilometres of downhill slopes with mainly artificial snow cover. Floodlit skiing is a real treat too, the local piste is the longest floodlit downhill slope in the Czech Republic. You can enjoy even more snow on the 3.5 km natural sledge route or by using snowshoes, which you can simply hire here. www.skiresort.cz

Golf & Spa

Golfers have probably already gotten used to being spoilt by Czech spa resorts and Janské Lázně is no exception. The nearby Mladé Buky Golf Club offers an interesting 18-hole course with a 6-hole practice course, set against the breathtaking backdrop of the Krkonoše panorama. www.mladebuky.com

Lázně Bělohrad



www.belohrad.cz



Lázně Bělohrad

In the charming, rolling countryside in the foothills of the Krkonoše Mountains, in a beautiful and clean environment, you will find a place that will enchant you with its atmosphere. The Bělohrad Spa is all about nature and water.

The story of the Bělohrad Spa began 130 years ago, when the Prague industrialist, Dormitzer had a wooden shed with three baths built on the banks of the Javorka River. There were as yet no therapeutic services at the time. The Prussian Countess, Anna of Asseburg, was responsible for the true establishment of the salt spa, when she first attempted treatments with the local bog. In 1888, the Spa was officially recognised as therapeutic. A great boom occurred during the period of the First Republic. Now, after almost one hundred years, the new owners have seen the Spa regain its original fame.

The Bělohrad Spa is the first spa in Europe to be awarded with the EUROPESPA med© certificate. This award is granted by the European Association of Spas in Brussels for quality.

Natural Healing Sources

In the Spa Journal of 1939, Professor Cmunt claims, "The Bělohrad Spa has excellent bog, one of the best in Bohemia, and it is as warm here as it is in Piešťany, with the exception that the cool air from the large forests is at your fingertips." So much from the expert.

Today's source of the high-quality Bělohrad's iron sulphate bog is a massive deposit beside Láňy. However, the beautiful ponds are a reminder of the original bog mining.

Medical Conditions Treated in the Spa

The main specialisation of the **Bělohrad salt Spa** is the rehabilitation and treatment of muscular-skeletal diseases, especially arthritis, back pain, Bechterew's disease, post-traumatic and orthopaedic surgeries. However, the bog

also has very good results in treating gynaecological diseases, the nervous system, (including Parkinson's disease), oncology and dermatological diseases. The Spa has an additional **Children's Treatment Centre**, which utilises the natural source and years of experience treating paediatric scoliosis and paediatric gynaecological problems.

The **Tree of Life Spa Resort** and home for senior citizens with motion problems, **Domov Vitalita**, offer high-quality services.

Leisure Time Activities

Walks under tree arches in the Bažantnice Spa Park or the carved wood-lined trail around the Pardoubek pond are a pleasure for everyone. You can see water birds and small animals all year round. The Chateau Park with classic arrangements also offers a pleasant atmosphere.

Trips out of Town

If you feel like taking a trip to the surrounding area, you can, for example, go to the nearby Dvůr Králové nad Labem, where there is a renowned **ZOO safari**, or to the jewel of the Czech Baroque culture, the newly renovated **Kuks Hospital** with a rare natural statue gallery by Matthias Bernard Braun. In September, Jičín, a nearby city, celebrates its traditional festival, **Jičín – město pohádek (City of**

Fairytales). Speaking of fairytales, the Krakonoš and the **Krkonoše Mountains** are not far away.

Tips for an active holiday

There is a large network of **cycle trails**, approximately 100 km long, for active guests. For **rock climbing** enthusiasts, the **Prachov Rocks** are nearby. Since the Jičín area is a Mecca for orienteering, there are many possibilities for running through and discovering the wooded valleys, streams and rivers, chapels and look-out towers with a special map. However, the traditional sport here is **tennis**. Tennis courts were built here more than one-hundred years ago and even Vlasta Burian, the king of Czech comedians, played on these courts. Today, there are five outdoor courts and a tennis hall. You can also play table tennis and volleyball.

Golf & Spa

Golf enthusiasts also do not have to travel far. The Nová Amerika Golf Resort is the largest golf resort in Eastern Bohemia with three separate nine-hole championship courses, each with different features.

Poděbrady



www.lazne-podebrady.cz



Poděbrady

Situated on the banks of the Elbe, the largest Czech river, on an almost perfect plane, Poděbrady is an idyllic town of parks with long promenades offering pleasant strolls in and out of the town. You can easily indulge your love of walking all day long.

The main pride of the spa parks is their flowers and fountains. Silvery blue water spouting up into the sunny air, colourful carpets of blossoms, the famous floral clock, bushes cut to the strict fashion of a French garden, airy pavilions, water attractions, paths... With the bonus of utter peace and a pleasant kind of easy-going drowsiness, time here seems to pass somewhat slower.

Natural Healing Resources

When in the early 20th century dowsing became fashionable, one of those who caught the bug was Karel von Bülow. Having heard about Bülow's skills, the owner of Poděbrady Castle – Prince Hohenlohe invited the Prussian dowser to Poděbrady and excitedly watched as Bülow marked a spot on the castle courtyard. And indeed on August 1, 1905 a strong jet of healing water spouted out from a depth of

nearly one hundred meters. Named after its discoverer, the Bülow Spring has been used up to this day. Two years later two more springs were found making it possible for a spa to be set up, an event which happened in 1908. Springing from the depths of the earth, the local water is characterised as strongly mineralised, acidulous cool water of the hydrocarbonate-chloride-sodium-calcium type.

Medical Conditions Treated in the Spa

Thanks to the composition of the local mineral water medical staff in Poděbrady can achieve excellent progress mainly in the treatment of circulatory diseases - conditions after heart surgery, heart attack and chronic ischemic heart disease. Moreover, the spa specialises in vascular diseases, high blood pressure and venous insufficiency of

the lower limbs. Successful results have been recorded in the treatment of diabetes, neurological diseases, obesity as well as spine and major joint pain.

Points of Interest in Poděbrady

Relaxation in Poděbrady can turn out to be very active. The town offers many sights to explore – the most impressive of them is Poděbrady Castle, which harmoniously cohabits with the town. You can admire the spectacular statue of the Czech King, George of Poděbrady created by sculptor Bohuslav Schnirch, the Baroque Marian Column, the Gothic Church of the Exaltation of the Holy Cross... as well as interesting sites of a somewhat younger age – the very first functionalist railway station constructed in the Czech Republic as well as other functionalist buildings, a remarkable canal lock on the River Elbe, the unique wireless telegraph station – and obviously the entire spa promenade crowned with the glazed Libenský Colonnade with an outstanding reinforced concrete dome from 1938.

Trips out of Town

You can head for the magnificent historical town of **Kutná Hora**, where you will undoubtedly marvel at its Unesco listed sights and look in awe at the fabulous Gothic Cathedral of St. Barbara. Alternatively, how about

visiting possibly the most romantic Czech chateau in **Hrádek u Nechanic**? And what is more, the **Capital City of Prague** is just a stone's throw away.

Fancy an unusual experience?

Then do not hesitate to hurry to the Botanica historical village situated in nearby **Ostrá**. You can try your own hand at various long-forgotten crafts, take a stroll in the herb gardens or just watch how the natural cosmetic products are made. Another journey to the past awaits you in the Open-air museum in **Přerov nad Labem**.

Paradise for Cyclists and In-line Skaters

If you are keen cyclists or love long rides on in-line skates, you will be thrilled with the path leading along the bank of the Elbe which will take you as far as the town of Nymburk in one direction and to Libice nad Cidlinou the other. Either way, it will be a pleasant trip over flat terrain and floodplain forests along the calm river.

Golf & Spa

Spa and golf – this association obviously also applies in Poděbrady. The beautiful 18-hole park golf course of Golf Club Poděbrady will do nothing but excite you. www.golfpodebrady.cz

Třeboň



www.laznetrebon.cz



A harmonious landscape full of ponds and endless dams surrounded by alleys of centuries-old trees. Třeboň is a place where you will also find something to do, something to discover and something to experience. It is a destination guaranteed to soothe the body and soul!

Fluffy, baroque clouds are reflected in the large ponds. The historical city of Třeboň, with its white castle and proud walls, reigns over all this beauty. The Třeboň region is known as the landscape of two skies, with rich deposits of beneficial bog.

Třeboň gives the impression of a spa area. Wherever you go, you feel like you are in a garden or chateau garden. This is how magical the Southern Bohemia region is. The teacher, Václav Hucek, first used the bog as a healing source in Třeboň at the end of the 19th century. His daughter Berta, who had visited spas in Western Bohemia, inspired him to investigate the composition of the local bog. When the bog proved to be high in quality, Václav Hucek built and ran the first Třeboň Spa House at Zlatá stoka (the Golden Sewer). The old Třeboň

spa still bears the name of Hucek's daughter.

The second spa house is almost one hundred years younger. It was built in 1975. In addition to the traditional spa treatments, both the Berta Spa and Aurora Spa facilities also specialise in wellness and relaxation programmes.

Natural Healing Resources

The Třeboň bog is high quality material used for therapeutic purposes. Prior to being used for therapeutic purposes, it is modified and heated. The main effect is the gradual, even warming of the body. In addition to the warming effect, it also has beneficial effects on the skin and a positive impact on the whole immune system.



Chateau Třeboň



Třeboň



Cycling



Healing power of the bath



Golf Club in Hluboka nad Vltavou

Medical Conditions Treated in the Spa

The Třeboň Spa is suitable for treating muscular-skeletal diseases, post-traumatic and post-surgery conditions, rheumatism, post-hip-replacement surgery, arthritis, rheumatism, osteoporosis and overall regeneration.

Out and About

Sight-seeing enthusiasts are attracted to the historical city of Třeboň to see the Třeboň State Chateau, the former Augustinian monastery with the gothic Church of St. Giles and Our Lady of the Queen, and the Regent Brewery, which has been brewing beer traditionally since 1379.

Masaryk Square, with renaissance and baroque buildings on a gothic foundation, has formed the centre of the city's historical

monuments since 1976. It is also worth visiting the J.K. Tyl Theatre, which was built in 1833 and the Neo-Gothic Schwarzenberg Tomb. Visitors have a wide range of culture to choose from, such as concerts, theatrical plays, cinemas, festivals, markets, etc. Since 1977, the Třeboň region has been declared a biosphere reserve by the UNESCO Man and Biosphere Programme (MAB). Only Třeboň cycling (tourist cycling) allows you to discover the „World“ or cycle around it in a couple of hours. The flat landscape has many pedestrian and cycle trails, many of which are also accessible for baby strollers and wheelchairs.

Golf & Spa

A half-an-hour drive west of Třeboň will bring you to **Hluboká nad Vltavou**, where you can indulge in golf to your heart's content and test your swing at a total of 27 holes on eighteen and nine-hole golf courses, playing amidst lakes and canals as well as admiring the silhouette of the romantic Hluboká Chateau.

Setting out eastwardly, within the same time span you will get to the **Golf Resort Monachus** Nová Bystrice, where you can try the eighteen or nine-hole golf course. Both of them offer interesting terrains perfectly set into the local undulating landscape. Meanwhile it is possible to stay in Třeboň and work on your shots at a well-equipped driving range at the Aurora Sanatorium and after the strenuous practice

head for some relaxation in saltwater at the Wellness Centre Aqua Viva!
www.golfhluboka.cz
www.golfmonachus.cz

Gastro tip
For Bohemia, Třeboň is a synonym for the world of fish. Local restaurants offer Czech fish specialties, especially the famous carp fries. Pond fishing takes place here in the spring and fall, which is often accompanied by a visitors' programme, including the preparation of fish specialties.



Ponds in the Třeboňsko region

Lázně Bohdaneč



www.llb.cz



Situated in an area of water channels and ponds, not far from the city of Pardubice, on a flat terrain with vast forests, the town of Lázně Bohdaneč is a peaceful and pleasant place with rich deposits of therapeutic peat as well as mineral water springs.

The surrounding landscape proves wrong anyone who thinks that flat terrain can't be beautiful. A huge spa park and the national nature reserve around Bohdaneč ponds provide countless possibilities for walks and trips. The high success rate and long tradition of treatment of musculoskeletal problems is an excellent added value to a place which would be worth visiting and exploring anyway.

Natural Healing Resources

For four thousand years the peat in the Bohdaneč wetland was waiting for a daring and enterprising person, who finally appeared in the shape of a local man, Jan Veselý. When in the 1890s he was draining the meadows he came up with the idea of founding a spa in Bohdaneč. For years people had been collecting peat for heating so why couldn't it be used for worthier purposes?

The expert analysis showed that the local peat had excellent healing properties. The first spa season started in 1897. Apart from the peat there is another natural resource – the pure ferrous-alkaline water.

Medical Conditions Treated in the Spa

The key specialization of Lázně Bohdaneč is treatment of the musculoskeletal system, rheumatic disorders, Bechterew's disease, lupus, osteoporosis, arthrosis, as well as conditions following orthopaedic surgery and many other diseases. The treatment of neurological ailments has also proven very efficient – neuromuscular disorders, paralysis and Parkinson's disease are just some of a long list of medical conditions dealt with here.



Spa Pavilion designed by Josef Gočár

Out and About

Having been designed by the outstanding Czech architect Josef Gočár, the main **spa pavilion** is an interesting structure displaying characteristic features of remarkable Cubist architecture and up to this day has remained the pride and joy of the spa.

The spa **woodland park** with mature trees, some of them around a hundred years of age, romantic corners, meticulous gardening work throughout, well-maintained paths with rest areas, Rajský Brook, exotic flora – is a place where spa guests most often go for a peaceful stroll, maybe also for the reason of the park harmoniously easing into a natural landscape. So it is simply up to you how far you will wish to venture out.

If you set out in the opposite direction, in a few minutes you will reach the edge of the large National Nature Reserve of Bohdaneč and Matka Ponds. Marshland, woods, reeds sheltering nests of wading birds and aquatic fowl, striking flora and rare fauna. It is nothing out of the ordinary when an eagle, heron or a cormorant circles above your head and when it gets dark you can hear a nightingale performing a late night concert here. A four-kilometre **nature trail** will take you to the centre of the reserve and you do not need to be a keen bird-watcher to get excited

about this wonderful peace of a land. If you wish to explore the town, the best way to do it is to follow the 5-kilometre long **Gočár Circuit**, a local educational route encompassing some of the interesting sights of Lázně Bohdaneč.

A popular place to visit is the nearby city of **Pardubice** with the neo-Renaissance chateau, picturesque square, horseracing course and sweet smelling gingerbread, a famous Pardubice speciality.

Golf & Spa

Life is sweet for golfers in Lázně Bohdaneč, they can easily reach a golf course from the spa on foot thanks to the Golf Club Pardubice having built an eighteen-hole course in the close vicinity of Bohdaneč spa. Playing on it is a real treat because it is not very often that one can see so many intricate water hazards on a course that is as flat as a pancake.

www.gcpa.cz

Velké Losiny



www.lazne-losiny.cz



Imagine a small picturesque town in a wide open area of meadows and fields embellished with groves and woods and at the back the majestically rising blue-tinted dignified ridges of high mountains. This is how Velké Losiny in Jeseníky looks.

A small town, which history dramatically swept through leaving behind a plethora of sights. Flowing through the middle of the place, the Losinka Stream has, like a magnet, drawn all the important structures of the town to itself – the beautiful, grandiose Renaissance chateau, Baroque hand-made paper mill, Late Renaissance Church of St. John the Baptist and obviously the spa buildings with the Eliška Pavilion constructed in the 1930s leading the way. And as is common on this piece of land, healing waters spout up here, a fact that was known as early as the 16th century.

Natural Healing Resources

Springs in Velké Losiny produce thermal sulphurous water. The most important healing element is hydrosulphide at concentrations making the local water one of the best quality sulphurous waters

in the Czech Republic. Oscillating around 36 °C, the water temperature is similar to that of the body, which means nowhere else in Moravia will you be able to find warmer springs.

Medical Conditions Treated in the Spa

The spa traditionally treats neurological conditions and diseases afflicting musculoskeletal systems – such as back and joint pain, inflammatory diseases of the musculoskeletal system, tendon, muscle and muscular insertion pain as well as extra-articular rheumatism. As to neurological disorders the treated complaints include diseases of peripheral nerves, conditions following inflammation of the central nervous system as well as stroke, brain or spinal cord surgery, along with multiple sclerosis and Parkinson's disease.



Velké Losiny

Successful results have recently been recorded in the treatment of skin diseases, such as psoriasis, atopic eczema, lichen planus, itching and acne. Moreover, the local spa procedures have positive effects in fighting high blood pressure, cardiovascular diseases as well as conditions after oncological treatment.

Points of Interest in Velké Losiny

Velké Losiny boasts two **parks** which it can rightly be proud of. The smaller of the two stretches around the chateau and the larger surrounds the spa grounds. Because of their charm and beauty, you simply won't be able to tear yourself away from the wonderful atmosphere and sights – rhododendrons, azaleas, flower beds, mature trees originating from all over the world, historical spa buildings, tempting sweet shops, fountains, pools... Nevertheless, whichever way you may set out, in the end your feet will take you to the courtyard of one of the most beautiful Renaissance **Chateaux** in Europe. Built in the late 16th century on the spot of a Gothic water fortress, the chateau features amazing three-storey arcading and sgraffito decoration crowned with a slender octagonal tower – a sight that will take your breath away.

Just a few steps away, a beautiful Late Baroque and

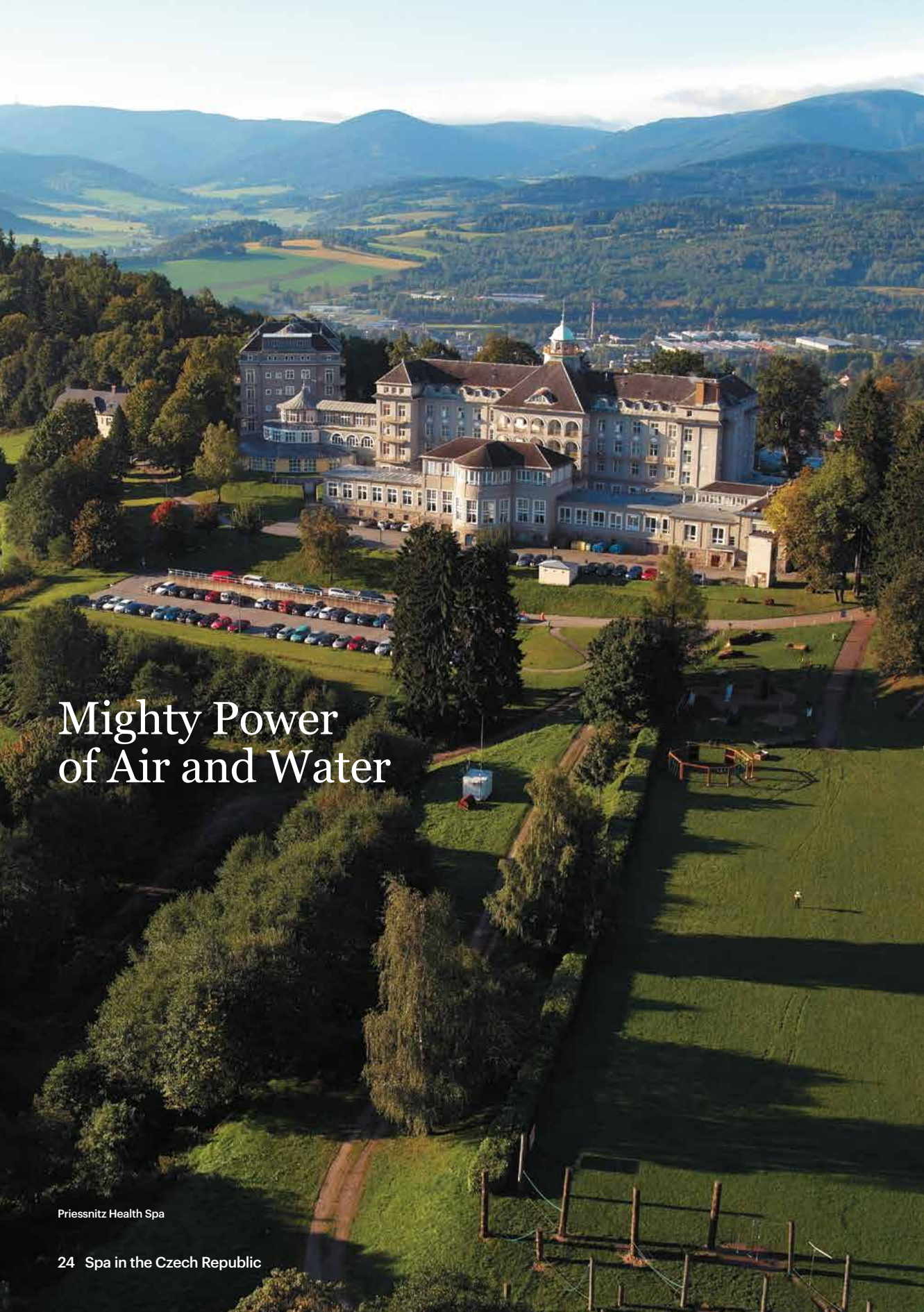
Classicist building is home to the **Museum of Paper**, in fact it is a functional handmade paper mill, which has been in operation non-stop for four hundred years!

If you venture a little further on your walks, you will find places associated with a very sinister period in history, the 17th century **witch trials**. It was the neighbourhood of Velké Losiny which became notorious for burning alleged witches at the stake. Today, this dark episode from the Monument to the Victims of Witch Trials in the Spa Park. www.zamek-losiny.cz www.muzeumpapiru.cz

Ideas for an Active Holiday

The nearby Jeseníky Mountains are full of splendid tourist routes and irresistible cycleways. Červenohorské sedlo, the peat bog at Rejvíz, Šerák Nature Reserve, Bílá Opava Waterfalls and Praděd Peak – these are some of the destinations worthy of a visit by a fit sporty person. Fancy a bike ride? Then set out along the Witches' Cycle Trail leading to places associated with the infamous witch trials.

In the area of the Spa's park, thermal water enthusiasts can visit the unique Thermal Park Losiny with nine thermal pools, water attractions, a sauna world, massages, restaurants and day apartments.



Mighty Power of Air and Water

Priessnitz Health Spa

Jeseník



en.priessnitz.cz



Looking from a distance at the Jeseník spa embedded in the slope under the woods climbing towards the peak, you cannot help feeling that you are looking at a cleverly designed chateau. The air is crystal clear and with each breath you take your health will improve for sure.

Jeseník is the place where the famous Vincenz Priessnitz's water cure first saw the light and the well-known Priessnitz compress was born. Being referred to as the "water doctor", since he was the first to make use of water power, the renowned local healer Vincenz Priessnitz was a pioneer and all those who look after spa guests today are his devoted followers that proudly and justly profess that there can only ever be one original.

In the early 19th century, Vincenz Priessnitz, the heir to a small farmstead, used to live in Jeseník. As a child Vincenz watched a roebuck which often came to a spring to bathe its wounded limb and in the end made a full recovery. When he himself was seriously injured, he used the power of water and applied cold packs which helped to cure him despite

the gloomy prognoses of physicians.

He was the first in the world to found a small improvised hydrotherapy spa, which was situated at one of the springs of Studniční Mountain and at that time consisted of an ordinary cabin with two tubs. Nonetheless, his fame quickly rocketed and soon he was treating the most important personalities from all over Europe.

Natural Healing Resources

Strict adherence to the Priessnitz method, use of mineral and non-mineral forest springs, but most of all the unique climate influenced by air currents coming from the Baltic Sea, bringing iodine, sea salt and negatively charged particles, which significantly reduce the level of allergens as well as the presence of trace elements.



Jitřní pramen spring

Medical Conditions Treated in the Spa

Based on the latest measurement data the air in Jeseník is the cleanest in the whole of continental Europe! Therefore it is logical that the spa is very successful in treating non-tuberculosis respiratory conditions including asthma and obstructive pulmonary diseases as well as oncological and metabolic diseases, endocrine conditions, psychological disorders and skin ailments.

The unique Balneopark – Priessnitz natural baths for upper and lower limbs has recently been built within the spa grounds. In essence it is a water garden where you can indulge in various water activities such as walking through an ice cold water pool taking strides like a stork, walking on pebbles submerged in water as well as enjoying the Priessnitz water jets, shower and bench. This water therapy has beneficial effects in strengthening the immune system, reducing allergic manifestations, supporting the vascular system, reducing blood pressure and heart rate, improving the circulatory system, relieving headaches, depression and anxiety.

Out and About

You can start at the unique colonnade in **Jeseník** amidst the beautiful old trees with breathtaking views of

the surrounding scenery. A beautiful park situated nearby features a herb garden and a pond covered with water lilies.

The surrounding mountains are a paradise for **tourists** who can set out on seven specially demarcated tourist trails that will take them up the hills, past the springs, into the woods, on the peaks, for example to Bílé kameny (White Stones), Praděd the highest peak of the Jeseníky Range and Červenohorské sedlo.

The **Rychlebské Mountains** as well as **Jeseníky** are within your easy reach and it would be a great shame to miss out on exploring the unspoiled natural surroundings displaying a type of beauty not to be found elsewhere.

Jeseník Spa also caters for those interested in more active forms of relaxation. **Golf** enthusiasts can practise their shots on a well equipped driving range situated in the town itself. Unfortunately, for the time being the actual golf course is still in the planning stage.

www.golfjesenik.cz

Taste the local herbal liqueur from the Bainsfather distillery in the village of Domašov in Belá pod Pradědem.

Teplice nad Bečvou



www.ltnb.cz



Meandering through wide plains and rolling countryside the River Bečva has created an idyllic valley and a cradle for the town of Teplice nad Bečvou. The springs situated here have been known since the 16th century. At that point locals started using the spring water for healing purposes.

Today the spa buildings climb up the steep hill above the river, the river murmurs quietly and time dawdles by on the bridge. Here days go by in a slow and measured manner, one has time to contemplate life and devote care to his body. The unique local mineral water helps in this endeavour as much as it can.

Balm for the Heart and Nerves

In 1553 the owner of the local manor Jan Kropáč of Nevědomí had a stone bathing tank built at one of the springs on the hillside. It was another long 158 years before the first brick spa house was erected on the river bank. Now this very spot is occupied by the Bečva Spa Sanatorium.

Today we can admire some of the spa houses that mushroomed here in the era

of the big building boom in the 1930s, which was brought about by the fact that the healing properties of the local water was scientifically and conclusively proven.

Natural Healing Resources

The natural remedy of the spa is the strongly mineralised, carbonic, tepid, hypotonic mineral water of the hydrogen-carbonate-calcium type.

Medical Conditions Treated in the Spa

For years the spa has been specialising in cardiovascular diseases but the list of treated conditions is much longer. It includes circulatory complaints, such as high blood pressure, conditions after heart attack and heart surgery, ischemic heart disease, artery and venous diseases as well as lymphatic system disorders. The neurological conditions



Teplice nad Bečvou



Relaxation

cover Parkinson's disease, neuromuscular disorders, conditions after injury or surgery of the brain, spinal cord and peripheral muscles. In addition, the spa provides treatment of oncological diseases, diabetes and various musculoskeletal complaints and post-operative conditions.

Out and About

Walks along the banks of the **River Bečva** as well as around the sloping spa grounds are pleasant and relaxing. And how about spicing it up by visiting a mysterious subterranean world? Next to the Bečva Sanatorium you can enter the unique **Zbrašov Aragonite Caves**. The warm mineral water has created astonishing cave decorations. Moreover, the water heats the cave air to 15 °C, making it the warmest cave in the Czech Republic.

A little higher, obviously once again on the Earth's surface you can feast your eyes on the remarkable villa designed by the renowned architects **Oskar and Elly**

Oehler. The highly regarded functionalist structure is sensitively set into the steep slope and up to this day has not lost any of its impressive qualities. Incidentally, Oskar Oehler is one of the designers of the Bečva Sanatorium building.

Heading out of Teplice along the river, you can take a trip to the **Chateau in Hustopeče nad Bečvou**, or venturing in the opposite direction you can reach the town of Hranice with its interesting churches, Late Renaissance chateau, a synagogue and Jewish cemetery as well as the famous Hranice Abyss, which owing to its depth of 373 metres ranks among the deepest submerged freshwater caves in the world.

And finally a good tip for golfers. Situated a mere 12 kilometres from Teplice nad Bečvou, the **Golf Club Radíkov** is a charming nine-hole golf course, harmoniously set in the landscape and offering a pleasant slightly undulating terrain.

Klimkovice



www.sanatoria-klimkovice.cz



Situated on a small hill in the foothills of the Nížký Jeseník range, the Klimkovice Spa Resort is surrounded on two sides by forests.

The actual town of Klimkovice is located almost four kilometres away from here, making the spa resort an entirely separate peaceful stretch of land commanding fascinating views of the Beskydy panoramas.

The complex of spa buildings was officially opened in 1994. The backdrop of picturesque scenery and fresh clean air less than ten kilometres away from Ostrava, a city with a population of three hundred thousand, may seem to be a small miracle. Nonetheless, when we add the iodine- and bromine-rich mineral water, which is quite unique in Europe and which is used in all of the treatments here in the spa, the small miracle turns into a large one. The complex of modern, architecturally remarkable buildings is efficiently designed and wheelchair accessible throughout.

Natural Healing Resources

The first documented use of the saline water mineral springs, which since time immemorial has been referred to as "solanka", dates back to the mid 19th

century. It was discovered that the water, which is over ten million years old, had an unusually high content of minerals, particularly iodine and bromine, giving it the highest mineral concentration in the whole of Europe. Astonishingly, its mineralization even surpasses Red Sea water!

Medical Conditions Treated in the Spa

The effects of the local water greatly contribute to treatment of neurological diseases such as multiple sclerosis as well as musculoskeletal system disorders including arthrosis, back ache and rheumatism. Excellent results have been recorded in the treatment of the cardiovascular system including peripheral arterial disease along with gynaecological conditions because the iodine-bromine water efficiently reduces adhesion formations. In addition, the spa successfully treats some skin ailments.



Klimkovice Spa Resort

Points of Interest in Klimkovice

Both of the huge spa buildings are clearly segmented, the larger of the two is a home to a colonnade with water fountains, benches, shops and tropical flora. The complex is surrounded by a large park where you can find the Priessnitz outdoor baths for upper and lower limbs. The park gradually eases into the vast wheelchair accessible Forest Park that offers countless opportunities for walks and relaxation.

Out and About

Why not set out on interesting trips and explore the attractions situated nearby, such as **Hukvaldy Castle**, the chateau of **Fulnek, Raduň** and **Hrádek nad Moravíci, Šipka karst cave** and the town of **Štramberk** along with the Štramberk castle ruins with its striking tower.

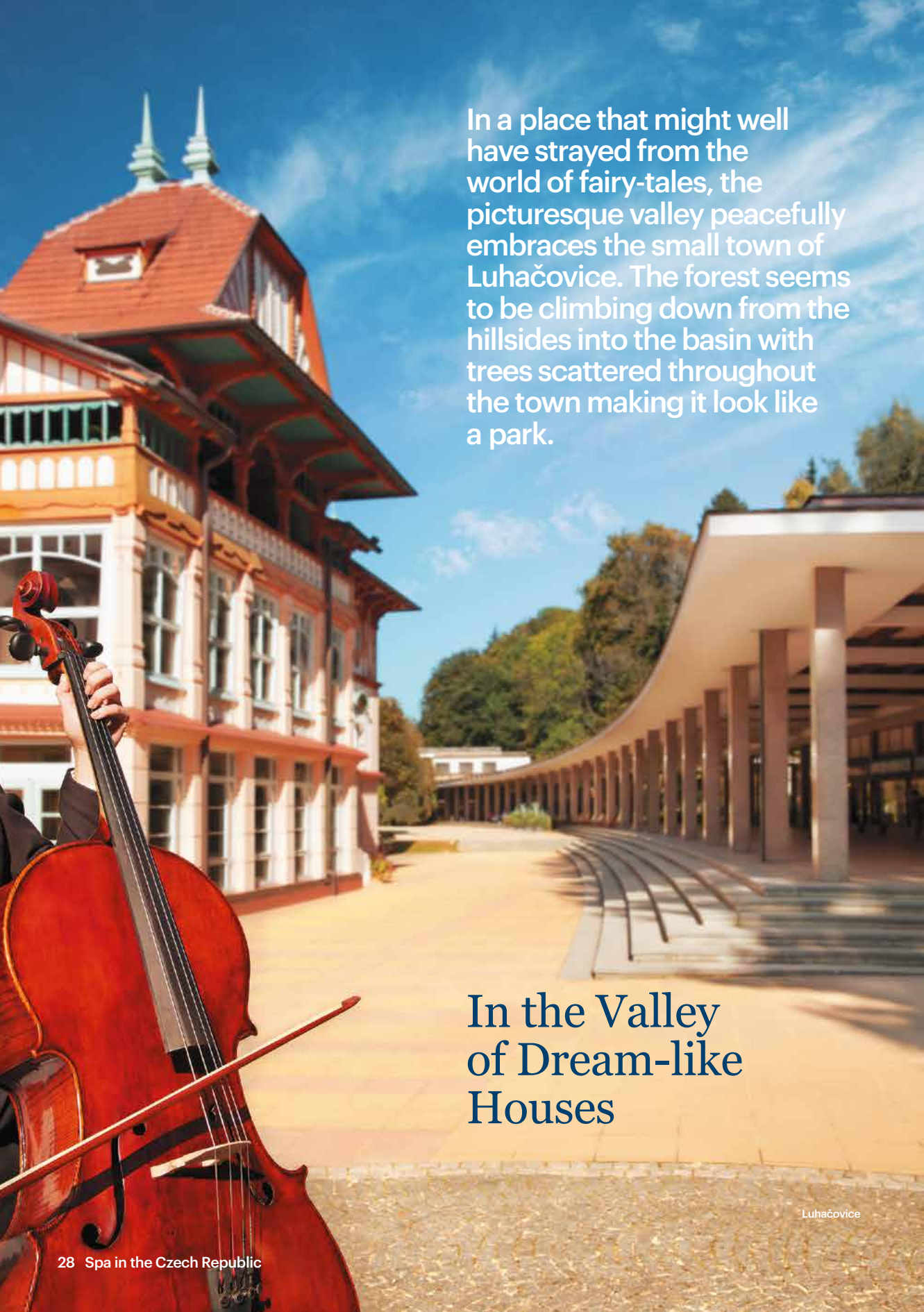
If you are more of a city person, then you must head for nearby **Ostrava**. Its **industrial heritage** is unmatched anywhere in the world. The steel giants mostly peacefully slumber these days, but strolling past them is amazing. A gas holder has been turned into a multi-cultural centre and a former energy central station serves as an interactive museum based on the concept of Jules Verne's novels. At the **Michal Mine** set out on a tour route to learn about the everyday

work routines of a miner, in **Landek Park** explore the largest mining museum in the country, take a ride on a mining train or travel down a mine shaft in a mine cage. Make sure you don't miss the **Lower Area of Vítkovice**, because here you can be taken by a lift to the top of the blast furnace.

Those interested in automobiles shouldn't pass up the chance to take a trip to the town of **Kopřivnice** and visit the remarkable museum of Tatra vehicle production.

Golf & Spa

Golf lovers will have ample opportunities to indulge in their favourite sport, when they set out from Klimkovice to one of the golf courses situated near Ostrava, such as **Golf Resort Ostravice**, the famous **Prosper Golf in Čeladná**, the venue of international golf events, which was designed by the world-class player Miguel Angel Jiménez, the beautiful links course at the **Golf Course Ropice**, or the fabulous course in the chateau park in **Šilheřovice**. www.ostravice-golf.cz www.golf-ostrava.cz www.prosper-golf.cz www.beskydgolf.com



In a place that might well have strayed from the world of fairy-tales, the picturesque valley peacefully embraces the small town of Luhačovice. The forest seems to be climbing down from the hillsides into the basin with trees scattered throughout the town making it look like a park.

In the Valley of Dream-like Houses

Luhačovice

Luhačovice



www.luhacovice.cz



The spa itself is located at the spot where the valley opens up, thus allowing for lots of light, sun, space and air. The whole setup is brilliantly conceived and just walking through the place will conjure up a smile. The fairy-tale look is enhanced by the utterly unique architecture. Houses designed by the architect Dušan Jurkovič do not resemble anything else and so do not deserve to be classified as a certain style; they are absolutely and utterly original and wonderfully quaint. However, since people feel the need to brand things, these colourful magnificent buildings are referred to as Folk Art Nouveau. Constructed in the early 20th century, they still look, owing to diligent reconstruction, as if they were designed by the genial architect only yesterday.

A total of 13 healing springs are scattered around the valley, with the most famous Vincentka (acidulous water), which over the long years has not lost any of its popularity

and is for many people an inseparable part of their lives wherever they might live in the Czech Republic.

Natural Healing Resources

Since time immemorial Luhačovice valley has been full of gurgling mineral water springs displaying a veritable rainbow of colours thanks to the special sediments. The salty tasting “Luhačovice water”, as it was first referred to, soon began arousing interest throughout the whole of Europe. The spa’s fame began to spread at the end of the 18th century. Today, 13 hydrogen-carbonate-chloride-sodium iodine springs rise to the surface here. Thanks to a high content of mineral elements and a large amount of dissolved carbon dioxide, the mineral waters are considered to be some of the most efficient in Europe.

Medical Conditions Treated in the Spa

The local treatment is very successful especially for



Luhačovice

respiratory diseases such as asthma, allergic bronchitis, hoarseness and voice disorders, as well as digestive ailments – lack of appetite, gastric ulcers, post-operative conditions and disorders of the musculoskeletal and metabolic systems (particularly diabetes and obesity) and furthermore oncological, neurological and circulatory diseases. Paediatric dermatological diseases are also treated here.

Trips out of Town

Trips heading outside of Luhačovice are obviously very tempting, some of the places definitely worth visiting include the **chateau** in Bojkovice and Vizovice, the typical Moravian Slovakian village of **Vlčnov**, where up to this day various folk customs are still practised, and for example the historic town of **Uherský Brod**.

Points of Interest in Luhačovice

It would be a great pity to become overwhelmed by the surrounding area and forget Luhačovice itself. In Luhačovice, you can walk through the valley to the individual pavilions protecting the springs, see **houses designed by Jurkovič**, fountains, colonnades, take tours of the city with a tour train, go on tours of the Vincentka natural healing water bottling plant, discover beautiful villas of all imaginable styles, including

the notable **Augustiniánský dům**, where the world renowned, Czech composer, Leoš Janáček wrote his famous Glagolitic Mass, see the Spa Theatre, the baroque castle or the prehistoric mounds in the surrounding forests. Luhačovice offers a wide range of sights that you will not find elsewhere. Jurkovič’s Alley will take you to **Luhačovice’s Dam**. You can walk around this dam, cycle around it, in-line skate around it, swim in it, fish in it, relax and have fun.

The town offers a wide range of sporting opportunities. **Cycling fans** can take advantage of the five specially demarcated routes, riding clubs will provide you with a **horse riding** experience and tennis courts will let you test out your forehand. You do not have to leave your golf bag lying idle, because close to Luhačovice there are two nine-hole **golf courses** – Jezera Golf Resort in the village of Ostrožská Nová Ves and the Golf Club Lázně Kostelec near Zlín. www.gcuh.cz www.gclck.cz

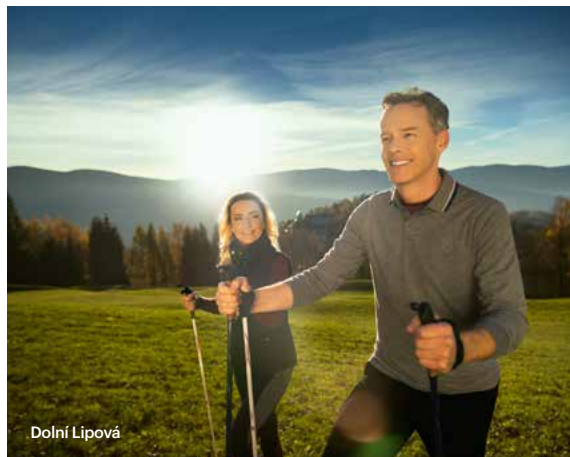


Relax and feel good

Dolní Lipová



www.lazne-lipova.cz



Dolní Lipová

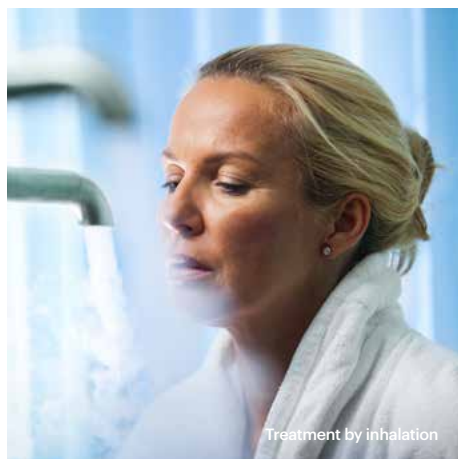
The Schroth medical treatment spa in Dolní Lipová is set in a picturesque location on the border of Hrubý Jeseník and the Rychlebský Mountains, in the heart of the popular tourist destination. The treatment is complimented by walks throughout the extensive spa park or in the beautiful Anenský Valley, which directly adjoins the spa area.

Johann Schroth was a farmer who lived in Dolní Lipová at the beginning of the 19th century. As a very young boy, he began experimenting with treatments on farm animals. He was so successful that before turning twenty, he also became interested in treating people. His wet, warm and steam wraps were so successful that he soon gained a reputation as a human healer. Later on, he became friends with the very popular Vincenz Priessnitz. However, their ideas regarding methodology soon began to significantly differ. Schroth believed in rather harsh diets and eight-hour wraps. Strength and determination were required in order to complete his

treatments. Therefore, at the beginning, only those who were elsewhere labelled as incurable underwent his treatments. As of 1837, it was possible to speak of spa care. Three years later, this care was also confirmed by an official decree. Johann's methods were handed down, moderated and modified by four generations of descendants, who managed the spa until the end of the Second World War. However, the modern concepts of Schroth's methods are still very effective today.

Natural healing sources

The main natural treatment source here is air. This is a climatic spa that benefits from



Treatment by inhalation

the high quality mountainous climate from Hrubý Jeseník. They also use unique Lipová herbal blends, traditional and modern rehabilitation methods, and modern instruments and equipment that thoroughly follow up on the nearly two hundred year old treatment traditions.

Medical Conditions Treated in the Spa

The spa focuses on treating non-infectious dermatology diseases, especially psoriasis, as well as diseases due to metabolic disorders and diseases of the respiratory system, as well as traditional treatment of childhood obesity.

Karlova Studánka Mountain Spa



www.horskelazne.cz



Karlova Studánka Mountain Spa

This is a charming Spa in the Jeseník Mountain Valley on the Bílá Opava pod Pradědem riverbank, the highest Jeseník mountain (1,491 above sea level). Despite the 800 m altitude, there is a mild mountainous climate here. In addition to the mineral springs, the Spa's biggest advantage is its crystal clean air, which, according to some measurements is the cleanest in Central Europe.

The Karlova Studánka Mountain Spa is a true oasis of tranquillity amidst beautiful countryside. The Alpine character of the local architecture contributes to the uniqueness of the highest situated spa in the Czech Republic. The mineral springs were first used for treatment in the first half of the 17th century, when the territory was acquired by the German Order of Knights. The first Spa house was built here in 1785 by the Order's Master, the youngest son of Empress Marie Theresa, Maxmilian II. František. (By the way, the Spa is named after the Arch Duke Charles, the Empress' grandson). The oldest

buildings in the Spa include Odra, the Tower House and Praděd. These buildings were all built at the end of the 18th century. Other buildings were primarily built in the 19th century, when the popularity of the ideal Mountain Spa grew rapidly.

Natural healing sources

There is a spring of mildly mineralised carbon dioxide, bicarbonate-calcium type water here with a higher content of silica acid. The local medicinal sources also include peat deposits, which have been used for medicinal purposes here since 1910. However, in the 1940s,



Relax in Karlova Studánka Mountain Spa

peat was no longer used. In 2016, the spa managed to obtain permission to renew treatment using this peloid raw ingredient. Therefore, the Spa newly also provides healing wraps and baths. Natural spring gas, which fills up some baths, is further used for treatment. Electrotherapy and rehabilitation is also an effective spa procedure.

Medical Conditions Treated in the Spa

Oncology diseases, circulatory diseases, diabetes, disorders of the nervous system, dermatology diseases, mental disorders and diseases of the respiratory system.

Bludov Spa



www.lazne-bludov.cz



Relaxation

This modern Spa in Northern Moravia, not far from Šumperk, lies in the beautiful countryside of the Jeseník Mountains. The Spa is hidden in an ideal forest-park, in a tranquil valley between the Hanušovice and Zábřeh highlands.

The gentlemen of Žerotín, to whom Bludov belonged, were convinced of the beneficial effects of the local hot springs in the 16th century. Back then, the local residents firmly believed in the healing power of the baths. Bludov water was known to be miraculous. However, many years later, the aristocrats had ponds built here and it had appeared as though the magic had passed. However, when fields took the place of ponds, strange things began happening. A pond appeared in the middle of a field, which did not even freeze in the harshest winters and the vegetation in its surrounding did not grow. Covering the pond up did not help. When a Bludov native, Zdeněk Pospíšil, bought the local property in 1924, he was puzzled by the strange infertility of the land. Therefore, he had the land drilled, only to discover 39°C warm

water below the ground. Following an analysis, it was discovered that this water is highly mineralised, natural therapeutic water. The entrepreneurial owner began collecting the water and built spa buildings with baths and pools around the springs. The Bludov Spa was established in 1929. The water was soon analysed as radioactive sulphur-iodine and sulphur-ferrite thermals. The Spa was rather visited by teachers, clerks, the self-employed and the retired, not by the social elite. Even then, people would boast about the friendliness of the staff and the effectiveness of the treatments, which is still the case today.

Natural healing sources

There is natural, slightly mineralised, strongly alkaline, thermal, underground sulphur-chloride-sodium water here, with a higher content of fluoride, hypotonic,

with significant effects against arthritis. This therapeutic water is used for different types of hydro-therapy treatments.

Medical Conditions Treated in the Spa

They have remarkable success, especially in treating the muscular-skeletal system (joints, spine, tendons...), the urinary tract and completely new treatments of the respiratory system. In past decades, the Bludov Spa has also been renowned for significant success in treating obesity, especially in children.

Darkov Spa



www.darkov.cz



Darkov Spa

The Darkov Spa is one of the oldest iodine spas in Europe. It is located at the foothills of the Beskyd Mountains, in Karviná.

The therapeutic springs in Darkov have been known since the 13th century. Back then, people went for the good water to the local well with a poetic name, Stříbrňočka, and used it in natural healing. At the same time, salt began flowing out of the water. Coal mining fever later struck the area. Baron Bess of Chrastiny was one of the people who searched for the coal deposits. Although he wasn't fortunate enough to find coal, he did discover a salt water geyser that began bursting from one of the experimental drills. His general practitioner turned out to be a visionary and advised the Baron to build a spa in the area to treat people with the saline water and to further obtain healing iodine salt from it. In 1866, the Baron was granted official permission to establish a spa. Once the Baron provided scientific evidence about the quality of the local water, he could begin preparing the first spa season in 1867. Over time, it turned out that the water was far more superior than was assumed, which started the construction of other Spa buildings. The Spa's popularity and reputation began growing. Darkov salt

was exported throughout the whole world and the local experts handed down knowledge and experience. They continue to do so to this day.

Natural healing sources

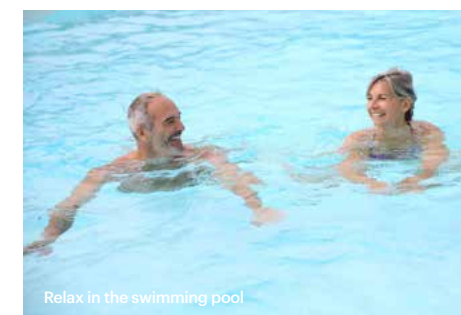
It has been proven that iodine is actually the most effective balneologic element. This is Darkov's natural, healing source. The highly mineralised iodine bromine truly contains a lot

of it, up to 25 mg per litre. The local bromine originated from the tertiary sea water, which had concentrated over millions of years and was enriched by elements of the ancient sea flora and fauna. This water is primarily used for baths and wraps.

and neurological diseases for over one hundred and fifty years. The Spa has excellent results in the area of rehabilitation, especially also due to the fact that the traditional rehabilitation methods are complemented by robotic rehabilitation using state of the art equipment.

Medical Conditions Treated in the Spa

The Darkov Spa has been specialising in treating muscular-skeleton diseases



Relax in the swimming pool



Rehabilitation in Darkov Spa

Hodonín Spa



Hodonín Spa



www.laznehodonin.cz



A modern Spa complex in the heart of South Eastern Moravia located on the outskirts of the city in a pleasant park environment.

Until the middle of the last century, no one had any idea about the strength of the local mineral springs. The springs were actually discovered coincidentally. During drilling, miners discovered that the water that they were pumping out contained a considerable amount of iodine. If it weren't for the enlightened doctors from Hodonín Hospital, this could have gone by the wayside. However, the Hodonín doctors paid more attention, performed further analyses and soon began using the bromine to treat patients suffering from bone damage and diseases of the muscular-skeleton system. The results were surprising and very inspiring. This prompted the interest of balneologists. Following long-term research and trial experiments on several-thousand patients, it was officially recommended to build a healing spa in Hodonín. The first pavilion opened here in the summer of 1979. However, the road to opening the Spa to its full operations, trust and popularity of patients was difficult. Yet it was successful in Hodonín. When the City of

Hodonín took the premises over in 1993, the Spa, which at the time was part of the Luhačovice Spa, became independent. The Spa's popularity is continuously growing. The hospitable and cultural region with delicious wine, heart-felt people and a very friendly atmosphere surely has something to do with this popularity. In recent years, the Daily Spa pavilion was also built here, where the healing care experience is used for the general public, primarily focusing on regeneration and relaxation.

Natural healing sources

The iodine-bromine mineral water is called brine. The iodine bromine is fourteen million year old water from the tertiary sea. In addition to low mineralisation, it excels in its high content of iodine and, given its composition, is among the best iodine water in Europe.

Medical Conditions Treated in the Spa

Diseases of the muscular-skeletal system, vascular, neurological and



Care of skin diseases



Relax in Hodonín Spa

dermatological diseases are treated here. Moreover, the Spa provides year-round treatments targeted at therapeutic and rehabilitative care.

Lednice



Lednice castle



www.lednicelazne.cz



This is the youngest Spa in the Czech Republic. It is also the only Spa that can boast a surrounding countryside that is protected by UNESCO. The Perla Spa House in Lednice lies in the middle of a beautiful cultural landscape, at the heart of the Lednice-Valtice area, where the water surfaces and streams complement the decorative buildings and fairytale chateaus. The Chateau gardens, where one can walk down the new and modern colonnade, directly adjoin the area.

The Lednice-Valtice area, which has been protected by UNESCO since 1996, is a beautiful area of abundant water, silently flowing through forests, meandering in the charming bays of the Dyje River, sparkling in the artificially created canals and chains of ponds. Another source of ancient water was discovered here, trapped at a depth of 1,250m, in the underground mines of the prehistoric sea, under this

countryside full of water in the 1970s. It was soon discovered that the mineral water with a high content of iodine is unique in many aspects and has significant healing effects. Since the discovery to establishment of the Spa, a lot of water has flowed through the Chateau's Dyje River. Spa treatments began taking place here in 2007 and, two years later, Lednice was granted Spa status. Even though the Spa



Lednice Spa

is very young, the therapeutic successes combined with the exceptionally attractive landscape, offering day trips, as only a few spas can offer, make this Spa a very important and increasingly popular balneological destination. Moreover, the Perla Spa House offers a wide range of relaxations stays and even adapts its programme to the different seasons.

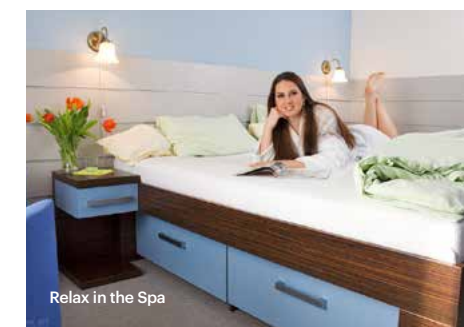
Natural healing sources

Iodine bromine, mineral water, which in its composition resembles

a strongly mineralised sea water (its origin being tertiary).

Medical Conditions Treated in the Spa

The local bromine has primarily exceptional effects in the treatment of the muscular-skeletal system. However, it has successfully been used in the treatment of neurological and gynaecological diseases.



Relax in the Spa

Ostrožská Nová Ves



www.laznenovaves.cz



Nordic Walking in Ostrožská Nová ves



Relax in the bath

The sulphur baths in the heart of Moravian Slovácko are very picturesque, located in a large forest park with a peaceful and pleasant family atmosphere.

The story of the Nová Ves Spa is unique. The majority of discoveries of natural healing sources were made by doctors, although, not by theology doctors. However, in Ostrožská Nová Ves, this was the case. František Botek, a local native and priest and a prominent figure in the Olomouc Archdiocese, thoroughly investigated the sulphur springs that he had seen in the swamps of the nearby town. This occurred in 1903, when a small municipal Spa with one building, six bath cabins

and a waiting room for guests, was established here. However, with time, the Spa became more popular and following the establishment of the Czech Republic, building began and the Spa's capacity grew. Yet the Spa didn't record its largest development until recently. In the 1990s the Spa was privatised, and the Spa's main building was constructed on the brink of the millennium. Since then the growth of the Spa has not stopped. Its mansions, Vlasta and Šárka, were renovated, and in 2011

the Spa's development was completed by the building of the colonnade, a Spa coffee shop and a restaurant. There is an educational bee trail at the Spa, which leads its guests through the beautiful surroundings. There are large water areas nearby, a natural monument of the Spa's wetlands. The Bata Canal is near the area where the sulphur springs were discovered. It is a wine region full of folklore traditions, castles and chateaux...

Natural healing sources

The healing sources are the hydrogen-carbonate-calcium-magnesium natural mineral water springs with a high sulphur content. Its concentration in the mineral water is the highest in the Czech Republic.

Medical Conditions Treated in the Spa

Diseases of the muscular-skeletal system and dermatology diseases are treated here, especially psoriasis and atopic eczema. The Spa is also renowned for excellent rehabilitation results.



Ostrožská Nová Ves

Slatinice



www.lazneslatinice.cz



Slatinice

A modern, family Spa near Olomouc, with centuries-old healing traditions, which is the oldest Spa in Moravia. The area surrounding the Spa offers many natural and cultural destinations that are also very attractive, including Bouzov Castle, Náměšť na Hané Chateau and the ancient city of Olomouc.

The first, serious scientific research of the remarkable sulphur springs in Slatinice took place in the 16th century, when they were undoubtedly labelled as therapeutic in the "Book of Therapeutic Waters and Moravian Thermals". The owners of the local manor, the Lichtenstein family, took advantage of this at the end of the 17th century to build a Spa, which by 1714 already had 7 rooms and continued to expand. The building of the first Spa Building took place in 1733. It is pleasing to know that this original architecture can still be seen today in the historical building called Morava, which is now home to the present-day canteen, restaurant and

balneo-therapy. The Spa was nearly closed down at the end of the 18th century, but the prince listened to the Olomouc residents and kept it alive. The Spa underwent its most prominent development during the period of the First Republic and then again in the last twenty years, when the Spa facilities were significantly modernised and expanded to include a new Spa House and modifications to the park.

Natural healing sources

This place is the source of an exceptionally effective, natural, mildly mineralised water with a high hydrogen-sulphide content. Here, treatments are complemented by various kinds of electro-therapy, thermal-therapy, light-therapy, by ultrasound and pulse magnet-therapy or computerised kinesiology. The rehabilitative care provided here is highly rated.

Medical Conditions Treated in the Spa

Patients suffering from diseases of the muscular-skeletal system, the circulatory system, the nervous system, dermatological and oncology diseases come here for treatment. The Professional Medical Rehabilitation Institute then treats patients after total hip replacement surgery, serious injuries, spinal surgery or those suffering from, rheumatism, arthritis and neurological diseases.



Massage

Velichovky



www.velichovky.cz



The nostalgic spa town of Velichovky is located in the ideal, flat agricultural countryside region of Eastern Bohemia.

The Velichovky Spa was established in 1897, not long after the therapeutic properties of the peat were discovered by Dr Alois Kutík. The Spa's main development took place after the Republic was established. At this time, a lot of construction was not only taking place but important guests, including President Masaryk, came here. The Spa Park on the outskirts of the village is still literally a showcase of First Republic architecture. In addition to the beautiful mansion, it can further boast the main Spa building, known

as Masaryk House. This is the masterpiece of one of the most important architects of the First Republic, Milan Babuška (who, for example, designed the functionalist buildings of the National Technical Museum and the National Agricultural Museum in Letná, Prague). The architecture adds a pleasant nostalgic atmosphere to the Spa, although the spa care is at a very contemporary and high level. Tradition, history and the experiences related to it are important here. This is maybe also the reason why the Spa's guests feel so good here.



Local healing peat

Natural healing sources

The exceptionally high quality peat originating from local sources has been used for spa care for over one hundred years. It is a unique chalk peat soil, with a high content of calcium carbonate and iron. This unique, European natural healing source has large deposits. Experts estimate that the local peat deposits will last for at least another two hundred years. Thanks to the natural density, the peat is primarily suitable for wraps and baths.

Medical Conditions Treated in the Spa

The local peat has beneficial effects, especially for treating diseases of the muscular-skeletal and nervous systems. It heats the soft and solid tissues, has anti-inflammatory, analgesic

and regeneration effects. Therefore, it is ideal for treating the muscular-skeletal system. It significantly helps to alleviate or even completely eliminate the pain of all patients suffering from joint, muscle and spinal diseases.



Velichovky Spa

Vráž



www.lazne-vraz.cz



The Vráž Spa is located in a peaceful and beautiful forest landscape in Southern Bohemia, not far from Písek. The forest naturally blends in with the beautiful English park, which adjoins the former mansion, the summer residence of the Lobkowitz family.

When the Viennese architect, Bedřich Flohr, built the summer residence in a modern, Neo-Gothic style for Prince Lobkowitz's family in 1875, he had no idea that the mansion will one day become the centre of a popular spa. In 1926, the Lobkowitz family sold their summer residence to the Auxiliary Society for health and care of private clerks and founders in Prague, who later transformed it into an insurance company. The insurance company invested money into the interior design and furnishings. At the beginning of 1936, a healing sanatorium was opened here. The great advantage of the new Spa was that a leading, Czech neurologist, Professor Jiří Vitek, was the head of this sanatorium. He built a prestigious rehabilitation centre for diseases of the nervous system and later also for diseases of the muscular-skeletal system, using the

therapeutic characteristics of the local earth mud. Even back then, this was one of the main advantages of Vráž, as well as the beautiful walks in the surrounding area, to Jezírko lásky (Pond of Love) or to the Novovrážský Pond. The popular destinations are today complemented



Relax in Vráž Spa

by Čertova hora (Devil's Mountain) and the Hrby natural reservations. The romantic landscape, the therapeutic silence and peace, the singing of the birds, which are found here in an unusual variety of species, and the omnipresent water surfaces all adorn the Vráž Spa, making it a sought-after destination.

Natural healing sources

The healing source is the transition-free peat, suitable for the preparation of high quality wrap blends. The extremely favourable climate is also used for treatment.

Medical Conditions Treated in the Spa

Neurological, orthopaedic and arthritis diseases are treated here, including post-traumatic and post-operation conditions. The Spa also

offers a walking school and complex rehabilitation after amputations. The unique chateau atmosphere and the friendly nature are also the framework for wellness and relaxation stays with a wide range of sport activities, cultural and tourist adventures.



Vráž Spa

Other Spas in the Czech Republic

Bechyně

Sitting in the valley of the River Lužnice, in beautiful South Bohemian landscape, the Bechyně spa is acclaimed for the healing properties of its peat extracted from the Komárov Bogs. The spa specialises in the treatment of musculoskeletal conditions – arthritis and arthrosis, Bechterew's disease, metabolic disorders affecting the joints, painful tendons and muscles, osteoporosis as well as neurological diseases.
www.laznebechyne.cz



Relax in the spa

Lázně Kundratice

A spa situated not far from Liberec in North Bohemia, in a valley under the majestic Ještěd Peak. The treatment is based on the local peat with a high iron and sulphur content and is aimed at musculoskeletal and neurological diseases.
www.laznekundratice.cz

Lázně Buchlovice

The sulphurous spa in the Smradávka hamlet, a part of Buchlovice, is located in the picturesque valley surrounded by the Chřibý Hills, not far from Buchlov Chateau and Buchlov Castle. The original spa facility was founded in 1805 and its resurrection was successfully completed in 2012. Sulphurous mineral water is used for treatment of neurological and circulatory diseases as well as musculoskeletal disorders.
www.lazneleopoldov.eu



Relax in the swimming pool

Kostelec u Zlína

The spa is located in the picturesque landscape of Central Moravia and boasts healing springs with a high content of hydrogen sulphide. It focuses on the treatment of musculoskeletal diseases – back and cervical spine pain as well as rheumatism, circulatory and neurological disorders along with skin complaints.
www.hotel-kostelec.cz

Mšené-Spa

A peaceful little spa town with remarkable architecture sitting at the edge of the České středohoří range. The therapeutic procedures make use of natural peat

and movement therapy. The conditions treated here include neurological and musculoskeletal diseases.
www.msene.cz



Journeys to Health and Luxury



Journeys to Health

Health care in the Czech Republic is at a very high standard. There are many specialised, superbly equipped, certified hospitals and clinics with **top experts** at their disposal, who are sought after not only by the people from the entire country, but increasingly also from abroad. In recent years, interest from international clients has been increasing by 15% annually. The advantage of Czech medical tourism is the ideal combination of excellent quality, convenient geographical position in the centre of Europe, considerable flexibility of the individual facilities (in practice, this means short waiting times for the required surgery), narrow **specialisation** of some clinics, and, not least, also bargain prices, which are often up to three times lower

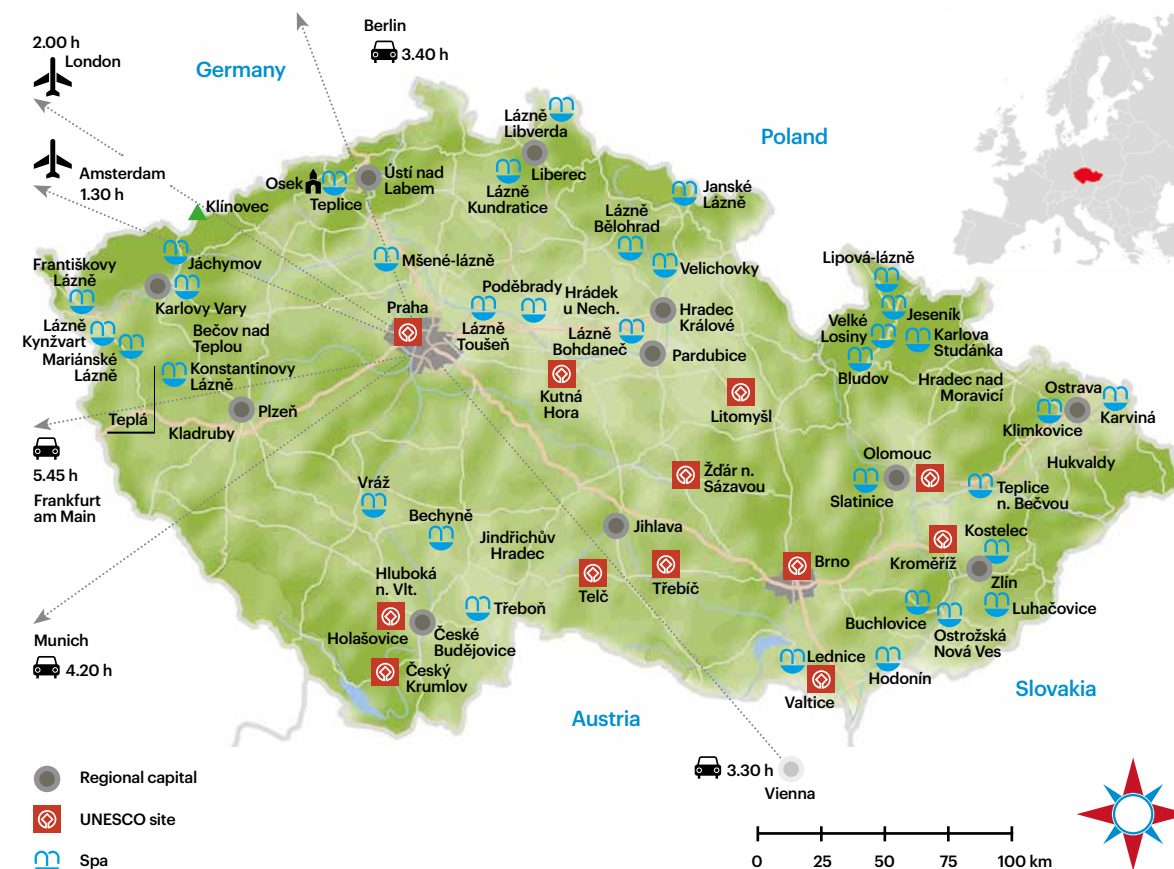
than elsewhere in Europe. The country has excellent care available in many fields – cosmetic surgery, reproductive medicine, dentistry, diagnostics, bariatry, cardiology and cardiac surgery, neurology and neurosurgery, gynaecology, ophthalmic surgery, oncology, orthopaedics, paediatrics, but also in the field of sleep disorders, gynaecology, urology, gastroenterology and hepatology, endocrinology and otolaryngology, as well as oral and maxillo-facial surgery. A significant advantage is also a continuity with the subsequent rehabilitation and spa treatment. It is becoming more common that an international client, who seeks out medical specialists in the Czech Republic and undergoes medical treatment, remains for the required period in a Bohemian or Moravian spa, selected by the doctor, under the supervision of local specialists. Treatment efficacy is thus significantly enhanced.

Journeys to Luxury

The Czech Republic is the heart of Europe, a heart which beats to a unique rhythm. Those who come here desire originality, tradition, uniqueness, unrepeatability, excellence – and it does not matter whether it is in regard to unusual experiences or things that tourists take away from here. The Czech Republic is ready. Here, tourists find **luxury accommodation**, **top-class gastronomy**, comfortable transport, unique relaxation and sports activities, specialised shops with luxury and **original goods**, unusual options for leisure activities, or hire luxury historical and modern spaces, vehicles, and means of transports. You can choose from special luxury packages prepared for a specific type or opportunity

– romance for couples, fun for families with children, indulgence for women, Christmas or New Year specials. It is always different, unexpected, intimate, and memorable.

You will receive the highest quality of services particularly in Prague and in the West Bohemian spa area. In the Czech Republic, you can experience a unique dinner and a joining of great food with a novel environment in one of the top-class culinarily creative restaurants, whether you follow the recommendations of the Michelin Guide (31 restaurants) or the CzechSpecials catalogue (200 certified restaurants). You can hire one of the 75 chateaus and castles, and hold a truly exceptional event there; organise a wedding in a monastery, at a castle chapel, library, in the stables, in a courtyard, in the middle of a lake, or on the tops of cliffs; or personalise your wedding with a carriage ride, medieval jugglers, a balloon flight, a procession of masks – the possibilities are countless, it is all up to you. There are increasingly more places where you can buy truly luxurious items, from clothing, through handbags, shoes, fashion accessories, jewellery, watches, to antiques. But a discerning visitor of the Czech Republic can get much more. For example, how about hiring a helicopter, a historical train, plane, or a steamer?



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