



ADVENTURE STAYS not just for groups



Foreword

Special occasions call for special venues. If you're after some coordinates where to celebrate your graduation or inauguration, the start of the school year, to welcome new people to your team or for a project send-off, we bring you quite a few pages to choose from. Allow us to introduce the TOP dozen venues for such occasions, 'cool' not just in the summer but great all year-round. Don't expect five-star hotels or fish knives and dessert forks when looking for a place to stay for a few days wearing trainers, where you can go geocaching, or, if the fancy takes you, fire-walking, skike-rolling or wielding a tennis racquet.

We've chosen all the venues carefully with a view to their excellent accessibility from the capital and other traveller comforts. They're within two hours travel from Prague with at most one transport change, and conversely, a day trip to see the mother of all cities won't be spent in transit. These are by no means Spartan camps; we like to see our guests well taken care of in Central Bohemia. Even if you're planning to take a whole class of 30 school friends you'll be getting full or half-board, chalets or suites, as well as other facilities. Last, but not least, a fun programme that the older generation may shake heads at, but others can enjoy as a welcome adrenalin challenge. And that's just as well, for putting team spirit to the test.

Let me wish you lots of adventure and fun exploring Central Bohemia,

Markéta Wernerová
Director of the Central Bohemia Tourist Board

Central Bohemia Region



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PENZION HULÍN

www.penzionhulin.cz

If it's a restful place you're after, you have just found it. The four natural lakes, surrounded by meadows and deciduous woodland, a relaxing place to stay in its midst, in chalets redolent of wood inside and out. Penzion Hulín, situated in typical Central Bohemia countryside near Sedlčany, is a great place to slow down and get some active relaxation, one day spent barbecuing in a gazebo and another on an outing to the Drbákov-Albertovy rock formations nature park. Once you've had your fill of meditative calm, you can get out onto the tennis court, play some beach volleyball, or enjoy an aqua-aerobics workout in the outdoor pool. You can give vent to some healthy competitiveness on the minigolf course, playing darts or bowling (the alleys are in the guest house). Fishing is said to be an old man's hobby, but having the option for some sport fishing (catch and release) close to hand, why not try it? During their finals gathering in Hulín, even the Miss Aerobic contestants had a go. Fishing is licensed here all year round, with ice fishing in the winter. You can set your bait for some pike, carp or even sturgeon.

Penzion Hulín offers accommodation in 5 four-bed and five-bed chalets and several apartments for six, in the main building. The two-storey chalets are designed like an A-frame tent, the second floor has a balcony, and the entrance is through French windows off a cosy terrace. The guesthouse provides catering all year round, with a cosy restaurant fireplace in the winter, outdoor terrace seating in the summer. Short order meals are served.

Things to do

In the resort:

Tennis, soft tennis, five-a-side football, football tennis, volleyball. Mini-golf course with 9 routes, three bowling alleys. Table tennis and darts. A compact outdoor pool.



TIP for activities nearby:

Biking and hiking tours discovering some Central Bohemia lookout towers, caves, and ruins. You can ride some quad bikes, in nearby Dublovice.



The scenic beauty of Sedlčansko is borne out by the place names, which translate as e.g. 'Another World', 'Darling', 'Hats off' and 'Wetlands'. You can visit the Jan Hus stone pulpit, in the Týnčany cave you'll take an unusual via crucis walk, beset with stone-carved reliefs.



Penzion Hulín, Hulín 10, 264 01 Sedlčany
GPS: 49°36'51.4"N 14°29'25.6"E



+420 731 502 875
recepcce@penzionhulin.cz

Price:



from
450 CZK pers./day

Type:



chalets;
guesthouse

Beds:



80

Season:



all year

Distance from Prague:



86 km
1 hour 31 min.

Changeovers:



1

Dining capacity:



100 people

Wifi:



Yes

SPORTOVNÍ CENTRUM NYMBURK

www.scnb.cz

The Nymburk sports centre is the home ground of top-class Czech basketball, and its extensive facilities get used by our Olympic team. Sprinter Pavel Maslák may well whizz by as you do your morning exercises, while javelin ace Bára Špotáková throws another record. You can enjoy these disciplines, and 18 other Olympic sports in Nymburk as you see fit. The outdoor part has classy running tracks, landing zones for high, long and triple jumps, and next to the athletics areas are tennis, football and volleyball grounds, a multi-purpose sports hall and an indoor swimming pool. This 'pro arena' belongs to the ČUS (Czech Union of Sport) and invites you to try more off-beat activities, such as crossbow shooting or dragon-boat racing. Make sure you bring your own swimwear and sneakers, but you can leave your javelin, discus, or throwing hammer at home – you can hire everything you need right here.

The Nymburk complex includes a three-star hotel and an all-day dining facility. After a workout you'll appreciate the physio services, whether you're happy with a 15-minute massage, or a wellness body wrap. Nymburk Sports Centre scores points also thanks to the wonderful surroundings, a forest park on the banks of the river Elbe. If you get peckish on your walk through the English park you can 'take English leave' (as the French and the Czechs say) for some refreshments at the tennis courts behind the Sports Centre.



TIP for activities nearby:

A left-bank cycle path goes through the park. The whole segment is hard surfaced, also suitable for in-line skaters.

The nearby spa town of Poděbrady has a large lake, offering yoga classes on paddleboards.



Nymburk deserves to be dubbed the city of sport, a week here can improve your prowess in twenty Olympic disciplines.

Things to do

In the resort:

Twenty Olympic sports. Health-talks and presentations on sports psychology.



Sportovní centrum Nymburk, Sportovní 1 801
288 35 Nymburk
GPS: 50°10'41.0"N 15°03'33.4"E



+420 325 517 808
info@scnb.cz

Price:



800CZK pers./day
with breakfast

Type:



hotel rooms

Beds:



268

Season:



all year

Distance from Prague:



50 km
55 min.

Changeovers:



0

Dining capacity:



250 people

Wifi:



Yes

STŘEDISKO U STARÉHO RYBNÍKA, ZBRASLAVICE

www.zbraslavice.eu

Who wouldn't want nerves as tough as ships' ropes? And to have fellow students or colleagues who are just as reliable? The saying "carry your own weight" might suggest you go to the rope park, where you'll clamber through rigging up to 10 metres above ground. All things are secured, and in the Recreational and Sports Centre 'At the Old Pond' in Zbraslavice they take no chances with visitor safety. You'll give your sporty hormones a jolly boost when paddleboarding on the old pond, shooting paintball, water ball (aquazorbing), ascending the climbing wall, in the archery amphitheatre, and other outdoor and indoor sports.

Winners and losers can all get their victuals at the START, the name the main building of the Centre with the refreshments goes by. Its kitchens are freshly renovated to feed hungry sportsmen and women, who are keen to go back outside, and look to the catering to provide nutritionally balanced food, above all.

After the no-fuss heated white crockery, it's once again time to go outside or into one of the five sports halls, where things can really get going. Conversely - time out spent dawdling and sunbathing on the sandy beach of the old pond, here in the geographical centre of Czechia, feels just like a seaside resort! A siesta like that may soften the heart of anyone who despises waterside idling, so that they, too, will want to take a break before their paddleboarding race or get their strength back for more kayaking.

Things to do

In the resort:

Kayaks, paddleboarding. Rope park with three levels and a cable run, rock climbing, floorball and indoor sports in gyms. 4 firepits to lounge around.



TIP for activities nearby:

Trips to Kutná Hora, the castle in Zruč nad Sázavou, the Sion ruins, the castle and brewery in Kácov, Český Šternberk castle



Learn how to find your feet when you are all up in the air. Rope parks are perfect for putting that to the test. You start on level one, and by level three you'll have lost all fear of being higher off the ground than you might have wanted.



Rekreační a sportovní středisko U Starého rybníka
Zbraslavice 255, 285 21 Zbraslavice
GPS: 49°49'26.3"N 15°11'36.1"E



+420 777 123 405
zbraslavice@sicco.cz

Price:



from 277CZK
pers./day
including full
board

Type:



SPORT building;
hotel suites;
log cabin;
chalets

Beds:



124
+ 104
+ 54
+ 80

Season:



all year

Distance from Prague:



94 km
1 hour 41 min.

Changeovers:



1

Dining capacity:



120 people

Wifi:



Yes

FARMA BLANÍK, OSTROV

www.farmablanik.cz

With a bridle and saddle, rake and scythe, wicker back-basket and watering can, your first farm- or horse-themed teambuilding can begin. These are the specialties of Blaník farm. If you've lost touch with the scent of hay, or with diving headlong into straw, or recognizing a Czech spotted cow, in Louňovice pod Blaníkem you get the time and space to refresh your memory. If you prefer classic sports, you can choose between the outdoor pool, a playing field for ball games and the former granary loft, with its ping-pong table and a dartboard. Take a break to pan for gold in 'Goldsmiths Creek', which brings fragments of this precious metal, from the former gold mine in Roudný. The unwritten law of gold miners says that whatever you find, you keep.

Accommodation on Blaník farm bears the seal of country and western hospitality – this is an enclosed farm, where you stay in the ranch buildings and cottages. These serve as mini hotels, where you rest your head in rooms and suites with stylish names like 'Calf byre' or 'Blue-tit nest' or just 'Under the eaves'. In the early morning we recommend breakfast in the garden refreshment 'By the horses'. In the evening, you'll appreciate the comfort of "U Mančalů" restaurant, with its fireplace and covered terrace overlooking the farm yard. Blaník farm is remembered by visitors for its indelibly romantic atmosphere. This is not the romantic mood of soap operas, but the true-life allure of fresh air, real green grass and the full fragrance of farming life.

Things to do

In the resort:

Learning about life on a farm, horseback riding and working with horses. Swimming in the outdoor swimming pool, indoor wellness world, football, football tennis, badminton, table-tennis, darts. Exploring the farm. Gold panning.



TIP for activities nearby:

A walk along the local rock formations to the rapids below the weir, or just a few hundred metres to the romantic Blanice river valley.



Teambuilding on old ground, getting to know colleagues while panning for gold or supporting each other in the outdoor equestrian team-building – experiences like that stay with you, and bring back memories for years to come.



Farma Blaník
Ostrov 1, 257 06 Louňovice pod Blaníkem
GPS: 49.6660528N, 14.8547428E



+420 602 291 250
farma@farmablanik.cz

Price:



from 600 CZK
pers./day

Type:



rooms in stylish
buildings

Beds:



70 incl.
additional
beds

Season:



all year

Distance from Prague:



65 km
1 hour 30 min.

Changeovers:



1

Dining capacity:



restaurant with terrace
for 70

Wifi:



Yes

GREEN VALLEY, CHOTÝŠANY

www.green-valley.cz

Green Valley is just the place to invite friends and colleagues. It has all it takes to get some sporty adrenalin flowing, along with a surge of happy endorphins, moreover, it is suitably off the beaten path and surrounded by nature. If you expect this former mill to be a village museum full of folk crafts accompanied by the rhythmic clatter of water wheels, then think again, put on your sports shoes and oil your bike chain. As well as the obligatory football pitch and tennis court with night lighting, Green Valley has a grass volleyball playground, also suitable for badminton, and an outdoor swimming pool, neatly next to the restaurant terrace. Going out through the gates of the resort, you can start fitness training, whether sprinting up to the hilltop, running cross country, or biking or skating on an asphalt track. The extensive grassy grounds are great for a stroll thinking how you might fit in an evening by the fire pit on the banks of the stream.

The accommodation, in smaller buildings filled with homestead serenity, promises a good night's sleep and all comfort. Each room has a flat-screen TV, fridge, ensuite bathroom with shower, toilet and hair dryer. You can enjoy the buffet breakfast together on the terrace under a small pergola, or in conventional style, in the restaurant.

Things to do

In the resort:

Football, footpool, diskgolf. Tennis, even by night, soft tennis, badminton. Volleyball, football tennis. Croquet, petanque, billiards, darts, board games and cards.



TIP for activities nearby:

250 km of marked cycling routes, golf courses, riding stables, beautiful natural surroundings to hike around.



If you are staying in Green Valley, you can stay in a treehouse or even a hanging tent Cocoon Tree Bed, to really 'branch out'.



Resort Green Valley, 257 28 Chotýšany 16
GPS: 49°44'57.9"N 14°50'21.5"E



+420 774 718 618
info@green-valley.cz

Price:



from 600CZK
pers./day

Type:



rooms or
suites in cosy
outbuildings of the
former homestead

Beds:



65

Season:



all year

Distance from Prague:



56 km
51 min.

Changeovers:



0

Dining capacity:



restaurant 60,
covered pergola 100

Wifi:



Yes

SÁZAVSKÝ OSTROV

www.kempsazava.cz

Care to spend a little while as a castaway? Yo-ho-ho, why be coy about it? Why not go for a straight few days out on an island. You can catch a train from Prague and cross a causeway across the Sázava river, or canoe over. This island, with its camping ground, two restaurants, year-round operation for sports and casual physical activities, is not far from the capital city. In cooperation with the boat rental company Bisport you can hire a canoe or raft and head off on one - or multi-day trips downstream or upstream, all-in. This place is perfect even for teams and individuals less enamoured of water sports or the aquatic element: passing the time pleasantly playing volleyball, Russian skittles or table tennis, not to mention the beach bar on the island. A short distance away is the stylish Sázava taverna restaurant with comfortable seating on the terrace, an open fireplace and barbecue spots, best enjoyed in the evening.

Although this place has camping written all over it, and yes, you can pitch your tent here, it offers accommodation in modern apartments, in mobile homes with your own terrace and in hotel rooms. Despite all the trappings of civilization, the Sázava island has kept true to the backwoodsman trapper camping atmosphere. The distant whistle of the "Posázavský Pacifik" train is no sound-effect backdrop, but a nod to what is a real hoot of an island adventure.



TIP for activities nearby:

Nearby are options for horseback riding, and from the island, you can take the red, green, blue and yellow hiking routes or the Sázava cycle path.



What would you take with you to a desert island in the Caribbean? And to the Sázava version?

Things to do

In the resort:

Football, football tennis and volleyball on a maintained pitch, Russian skittles, outdoor ping-pong, giant trampoline. Punts, for going around the island.



Rekreační areál Sázavský ostrov
Poznaňská 297, 285 06 Sázava
GPS: 49.8805319N, 14.9065078E



+420 702 030 263
ubytovani@kempsazava.cz

Price:



from 400 CZK
pers./day

Type:



mobile homes;
hotel rooms;
suites

Beds:



24
+70
+22

Season:



all year

Distance from Prague:



44 km
1 hour 17 min.

Changeovers:



1

Dining capacity:



restaurant 50;
covered terrace 30

Wifi:



Yes

LÁVKA PARK SKOCHOVICE

www.lavkaskochovice.cz

You can get to the Lávka Park from Prague along the right bank of the Vltava river on roller skates or bike, even before you devote your stay to sports and adrenalin. BTW – you'll even get to fly, if you raise some enthusiasm for flyboards, hoverboards or jetpacks. These are well-honed water sports – and, flying on a flyboard is easier than it looks. Just follow the instructor's advice and you'll lift off above the surface in a few minutes. These activities are made possible because Skochovice, 5 km south of Prague is situated by a dam reservoir in the picturesque valley of Vrané nad Vltavou. Stirring its waters are not only 'pilots', but also yacht sailors and windsurfers. The grounds stretch over some 25 000 m², with plenty of room for a tennis court, beach volleyball or sports trampolines.

If all the action makes you feel peckish, there are several ways to top up: camping style, hiring a big or small barbecue grill and preparing your own meals, or visiting another part of the park, where there's a 32-seat restaurant, and room for another 20 on the terrace, overlooking the lake. Right next to the Vltava River stands a circular bar, where beachboys serve quick snacks and refreshments on sunny summer days. Albeit sport can recharge your batteries, you need to switch off once in a while. The accommodation facilities here comprise 52 beds.



but also to the resorts of Měchenice, Davle or Štěchovice. You can take a train along the river Sázava.

 **You won't be flying to the Moon, but hovering a few feet above the surface for as long as your flyboard handling ability allows. It won't be a big or a small step for mankind, but for you, a leap from the aquatic into the aerial element. So, who's for skipping off to Skochovice?**

Things to do

In the resort:

Tennis, beach volleyball, sport trampolines, table tennis. Swimming, sailing, windsurfing, water sports.

TIP for activities nearby:

A skating and cycle path to/from Prague city centre. Steamboats go from the dock to Slapy dam (2.5 hours),



Areál Lávka Park Skochovice
Vltavská 654, 252 46 Skochovice – Vrané nad Vltavou
GPS: 49°55'49.9"N 14°22'22.4"E



+420 773 979 777
lavkaskochovice@lavka.cz

Price:



from 250 CZK
pers./day

Type:



hotel-style with twin
rooms and en suite
facilities

Beds:



52

Season:



Apt-Oct

Distance from Prague:



25 km
35 min.

Changeovers:



0

Dining capacity:



restaurant 32,
terrace 22

Wifi:



No

LESNÍ LÁZNĚ, ZVÁNOVICE

www.lesnilazne.cz

When did you last walk across cornfield stubble barefoot, or a lawn covered with fresh dew? And what about walking on hot coals? The 'Forest Spa' here has always prided itself on being in tune with nature and its elements, and in Zvánovice in the Voděřady beechwoods the forest spa epithet feels true. Whilst there is a comfortable hotel on the site, only 90 metres away you can feel enveloped by nature - in the 'Forest suites'. They provide all the amenities - a nice bathroom and toilet, satellite TV, fridge, telephone, safe, electric kettle - and at the same time ensure you have a peaceful stay, disturbed only by the sound of crickets and courting blackbirds. Here, even the most ardent late risers feel like getting up with the dawn and going out to see what's afoot. And that will be the feeling of bare feet on dewy grass, seemingly imbibing the moisture. To follow, you can try Nordic walking.

Or would you like a dash of excitement to spice up all this poetic wellness? Well don't rule anything out yet - in Zvánovice you can learn to shoot like William Tell, and on the aerotrim you'll experience weightlessness (advance bookings only). That will get you good and ready for the ARGO X game, in the room escape genre, with some of the hotel rooms specifically modified for the purpose. You need to book ARGO X in advance, because Legner clients are admirably keen and bold and seek this game out. If all goes well, you'll meet all your friends for a great meal in the hotel restaurant.



TIP for activities nearby:

A shooting programme out on the nearby Vráž forest parkour shooting range. Guided trips on push scooters (for adults). A locality full of biking trails. Tours of the Voděřady beechwoods.



The Voděřady beechwoods have always been known for curious goings on - there are giant stones from an ancient temple, a Celtic place of sacrifice, or a trove of rare coins, inscribed ARGO X. Today, ARGO X is a unique game project, building on the 'escape the room' craze.



Things to do

In the resort:

Outdoor recreational tennis court, volleyball or foot tennis court, petanque, table tennis. Forest walking and Nordic walking programmes, yoga.



Lesní Lázně - Legner Hotel Zvánovice
Zvánovice 154, 251 65 Ondřejov
GPS: 49°56'32.3"N 14°47'27.1"E



+420 323 649 679
E-mail: zvanovice@legner.cz

Price:



from 695 CZK
pers./day

Type:



Forest suites,
hotel

Beds:



130

Season:



all year

Distance from Prague:



33 km
1 hour 33 min.

Changeovers:



1-2

Dining capacity:



restaurant
90-120

Wifi:



Yes

TENIS CENTRUM CAFEX, RAKOVNÍK

www.cafex.cz

Are you a tennis star at heart? Have you succumbed to the elegant game, and is tennis your #1 sport? Then what follows will be your match point: 10 outdoor clay courts, one outdoor court with artificial turf, two more courts in the tennis hall, kit rental. The Cafex sports centre in Rakovnik has truly professional amenities for active people. But don't hesitate to go in if other racquet and ball sports take your fancy. The agenda is well laid out, the morning is for playing doubles, experimental beach basketball or a five a-side football tourney, and in the afternoon you can watch all the goings-on from the summer terrace, with your dessert, coffee and lemonade on the table. If you don't find the sporting efforts of others inspirational, challenge everyone to a game of darts after lunch, or take a spin at the wheel of racecar simulator, with an evening soak in a hot tub. It can hold six people, and is a recent addition at Cafex.

At Cafex, you'll find everything you'd expect from a sports camp at your fingertips, with no time wasted. The restaurant size matches the housing capacity, and you can book a catered reception to suit your own tastes. Accommodation is in single storey buildings right by the outdoor sports facilities. Rooms, for three to four people, are divided into three categories, and even the entry-level one includes your own en-suite shower.



Things to do

In the resort:

Tennis, badminton, table tennis, squash. Beach volleyball and basketball. Five-a-side football. Bowling, billiard, darts. Race car simulator.



TIP for activities nearby:

Cycling routes around the Rakovnik locality. A minigolf course, ground hockey pitch with artificial turf, a competitive swimming pool and go-kart track are in the town of Rakovnik itself.



Cafex is ace for racquet and beach sports aficionados. It is also home to the CAFEX BALL Rakovnik club - its athletes come here to perfect their three beach sports - as well as volleyball, there's the more offbeat beach tennis and basketball.



TENIS CENTRUM CAFEX
Na Studánkách 2590, 269 01 Rakovnik
GPS: 50°06'14.4"N 13°42'51.4"E



+420 313 516 183
cafex@cafex.cz

Price:



from 650 CZK
pers./day

Type:



rooms
in single storey
buildings

Beds:



220

Season:



all year

Distance from Prague:



54 km
54 min.

Changeovers:



0

Dining capacity:



restaurant - 170;
terrace - 35

Wifi:



yes

SPORTHOTEL TRHOVKY

www.trhovky.cz

Get packing! We're off to Orlik! The first thing that might catch you out is trying to find somewhere to stay Franklin, Orlik is sought-after and a popular place to relax. If you're not pulling a caravan or taking you accommodation with you (tent-wise) then try dialling the number of Sporthotel Trhovky. They offer accommodation in suites, bungalows or hotel rooms and it's only a five-minute walk to the reservoir and the beach. And once the air and water temperatures are up to the mark, whatever the time of year, it's time for a summer vacation. Put on your stripy sailing top, rent a sailboat or jet skis and get out on the water ... trust your instructors. These old sea dogs know more than most and want everything on the water to be shipshape.

You'll get some well-earned R&R in the cocktail bar – beachside. Sit under palm frond sunshades, and enjoy classic cocktails made with fresh seasonal fruit. And if you're thinking it'll be hard to leave the beach, you're spot on, because a game or two of beach volleyball will keep the warm sand beneath your feet.

The Sporthotel grounds also include a sizeable restaurant. They try to match the catering to the needs of much demand. You choose from à la carte or the menu du jour, as listed on Facebook.

Things to do

In the resort:

6 top-class tennis courts, 5 beach volleyball courts, football tennis pitches, 6 pro bowling alleys.

TIP for activities nearby:

Sailing – sailing boats rental. Water skiing. An outing to Příbram with its memorable Holy hill. Ascent to the newly opened observation tower Milada atop Krchov



hill overlooking the Orlik dam, with views of Orlik and Kamýk castles, the Vltava 'horseshoe' meander and in fine weather, the Šumava Bohemian Forest.



'Welcome aboard' to cruise the waters of Orlik by sailboat or on water skis. Orlik is the largest of the dams on the Vltava river cascade, so there is plenty of space for a cruise.



Sporthotel Trhovky
Trhovky, 262 34 Milešov nad Vltavou
GPS: 49°34'50.6"N 14°10'27.9"E



+420 606 931 820
sporthotel@trhovky.cz

Price:



from 300 CZK
pers./day

Type:



suites;
bungalows;
hotel room

Beds:



60

Season:



May-Sep

Distance from Prague:



76 km
1 hour 32 min.

Changeovers:



0-1

Dining capacity:



60

Wifi:



no

HOTEL LIONS NESUCHYNĚ

www.stredisko-nesuchyne.cz

In the village of Nesuchyně, between the royal towns of Rakovník and Slaný, you can enjoy your academic, inaugural or collective event in Lions style. Their traditional disciplines, like walking on stilts, sack hopping, tug of war, or tin can alleys – may seem a bit trite, but try to compete in them against the clock, or on the slalom course, at a greater distance, or blindfolded. Most corporate or school teams that come to this place also get bitten by the adventure golf bug – Nesuchyně is perfectly kitted out for tourneys of any size in this lesser-known sport. There are also facilities for the more orthodox badminton and tennis.

The Hotel Lions in Nesuchyně is not your usual sports camping. The entire building is in the style of a retro farm house: on a neatly trimmed English lawn stand two stone lions, watching over the quiet nights and bountiful days of their guests, and the newly renovated wellness spa puts your rest and relaxation on cloud nine. The pool, 10 x 5 m with salt water is fit for a few strokes, and then there's the aromatic steam sauna, or the jacuzzi to settle your inner self. The convenience of this centre will appeal more to those who have outgrown classic hostels or cabins and waking up with cold feet, but who still want to get to know their colleagues in the great outdoors. What better way than to sit down for breakfast in a comfy chair, all service included; cared for by regal lions.



TIP for activities nearby:

Nature walks. Optional rental of bikes, electric bikes or scooters.



Why not put on a grand tournament in adventure golf, open to amateurs and professionals alike. It's basically a combination of golf and minigolf.

Things to do

In the resort:

Badminton, table tennis, squash, outdoor adventure golf, beach volleyball, an outdoor playground for tennis and football tennis. Petanque, bowling, darts, table football, billiards (pool). A wellness centre with marine indoor swimming pool, a whirlpool bath and an aromatic steam sauna for guests free of charge at scheduled times.



Školící středisko Hotel LIONS Nesuchyně
270 07 Nesuchyně 31
GPS: 50°10'45.219" N, 13°41'25.449" E



+420 353 575 452
info@stredisko-nesuchyne.cz

Price:



from 800 CZK
pers./day
with breakfast

Type:



hotel;
rooms and suites

Beds:



270

Season:



all year

Distance from Prague:



69 km
1 hour 28 min.

Changeovers:



1

Dining capacity:



270

Wifi:



Yes

AREÁL MONÍNEC

www.leto.moninec.cz, www.zima.moninec.cz

Predators attacked the glacier with their tooth-wheeled steel machines, churning up the ground to muddy slush. Can you guess which fantasy saga this sentence is from? Don't spend too long taxing your brain, the glacier we have in mind is not in Mordor; it is in Central Bohemia in the heart of 'Czech Siberia'. With its micro-climate, a north facing slope and elevation, the Monínec hill makes a unique natural glacier. And thanks to the exceptional conditions for an outdoor rampage, it is the venue for the Predator Race – an extreme hurdle running race. Furthermore, the Monínec slopes are dedicated to a bikepark with bike trails. This place will test how much you dare to overcome your own limits. It might even stir up those otherwise buried in their books and scripts, who for all their love of learning feel unsure of their sporting prowess. But the important thing is having the resolve to develop it.

There's another bit of good news, Monínec is one of the first Czech ski slopes to open each season. People have been known to come here as early as the end of October with their bigfoots and snowboards, and indeed get to use them. After a day full of sports, the visitors unwind in the wellness centre, housed in the hotel itself. The same building includes the main restaurant, which the Monínec folks are justly proud of. The menus put together by the head chef are locally sources; the surrounding because the surrounding forests are full of tasty mushrooms, blueberries and wild fruit. In the summer you can enjoy fruit dumplings, and in the autumn, roast game. The second restaurant, M2, is in Alpine style, a self-service buffet for skiers to have a quick snack in the winter season, and for swimming pool guests in the summer.

Things to do

In the resort:

Bike park with banked turns and trails for beginners and the proficient alike. Ropes course, archery, bungee trampolines. Disc golf, tubing. Tennis and volleyball. Bathing,



swimming. Skiing, cross-country skiing, ski-touring and a snowball circuit. Wellness.

TIP for activities nearby:

Just above the Monínec is the Diagonála Ypsilon horse-farm with a large herd of Hucul/Carpathian ponies.



Head north, south, east or west, to suit your preference or training plan, in winter, in summer ... year-round there's never a moment when Monínec doesn't entice you to spend the day actively.



Areál Monínec
Monínec 7, 257 91 Sedlec-Prčice
GPS: 49°32'38.5"N 14°30'58.0"E



+420 739 118 651
info@moninec.cz

Price:



from 500 CZK
pers./day with
breakfast

Type:



chalets;
hotel;
suites

Beds:



90
+ 84
+ 74

Season:



all year

Distance from Prague:



82 km
2 hour 15 min.

Changeovers:



1

Dining capacity:



100
+200

Wifi:



Yes

* Guests are assured, by prior arrangement, of being picked up and brought to the resort from the station at Heřmaničky or Sedlec-Prčice.



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Central Bohemia
Tourist Board

Prague 9/2018
1st edition
Not for sale