

### **LEGEND**



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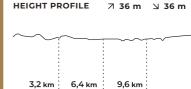
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## THROUGH THE ANTONÍN DVOŘÁK REGION TO VELTRUSY AND BACK



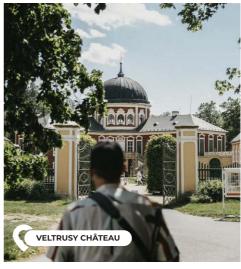




Discover the places that inspired the famous composer Antonín Dvořák. And start right away with his home village. Nelahozeves, situated on the left bank of the Vltava River, hides a Renaissance château with rich art collections and Dvořák's family house. But first, cross the street and visit the information centre built from a disused train station building. The Dvořák Trail starts from the family house and runs upstream along the river to Kralupy nad Vltavou. In Kralupy, take a close look at the old gear wheel from the Francis turbine from the nearby Miřejovice hydroelectric power station. Doesn't its gearing remind you of the logo of a French car company? Before you cross the river back to the left bank in Veltrusy, you will visit a Baroque château with a large park full of romantic buildings.













Nelahozeves Information Centre







Antonín Dvořák's Family House







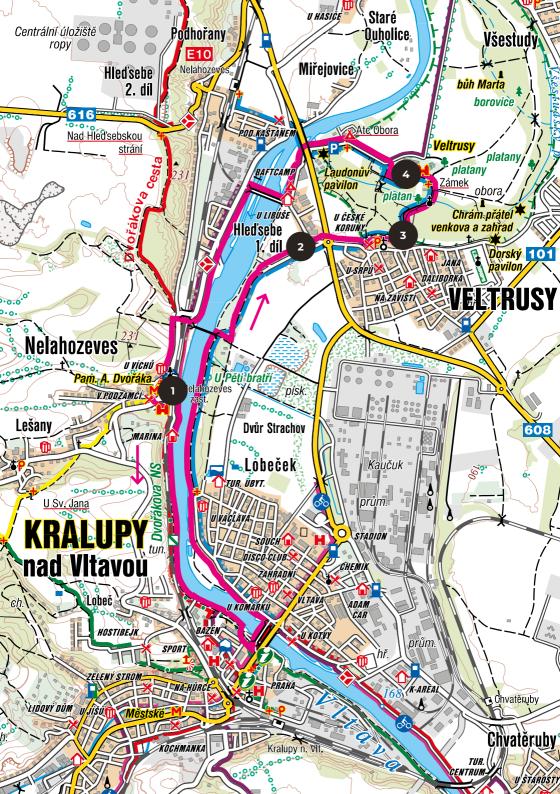












# 2. IN THE FOOTSTEPS OF CZECH PRESIDENTS







Curious about the Czech president's summer residence? Explore Lány Château and its park – open to the public! You can get acquainted with the personality of the first Czechoslovak president at the T. G. Masaryk Museum in a former granary. Pay tribute to the Czech great at the Lány cemetery, where he is buried with his family. Then head to the château park, the current appearance of which was created by the First Republic court architect Josip Plečnik. Check out the fountain with 5 lion heads or take a peek into the château greenhouse. If you book in advance there is the possibility of a guided tour of the representative floor of the château. Then head along the nature trail to an open part of the otherwise inaccessible Lány game park. From the viewing platform you can watch the grazing animals.













Museum of T. G. Masaryk in Lány













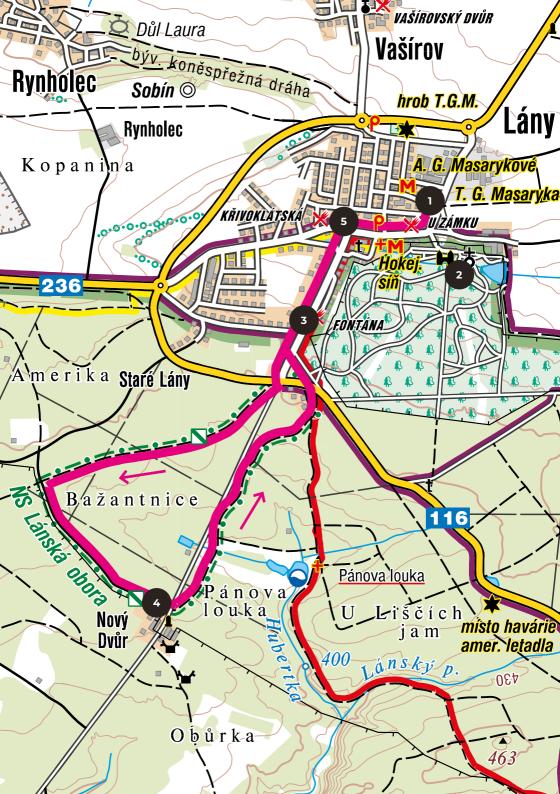








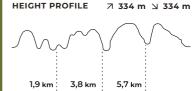




### THE ROCK TOWNS OF KOKO-**ŘÍNSKO: CINIBULKA'S TRAIL**







The trail named after Josef Cinibulka, the promoter of hiking in the Kokořínsko region, starts at the Lido of Mšeno, which will enchant you with its First Republic art deco look. The sandstone rocks are not always visible at first glance, like other Czech rock towns, but there is definitely no shortage of adventure. The trail will take you through two rock towns. They were formed naturally as a complex of cavities interconnected by narrow passages. Keep a close eye on the painted signs as it is not difficult to get lost here. The Bludiště rock town is reached by steep steps carved into the rock and with the help of a chain. Therefore, please consider vour physical abilities. Great news for dog owners! You're welcome to bring your furry friends on the trail - just be prepared to improvise occasionally and explore alternative paths.













Prolezovačky **Rock Town** 











Coffee Racer Ristro





**Huge Head and** Frog-Shaped Rocks



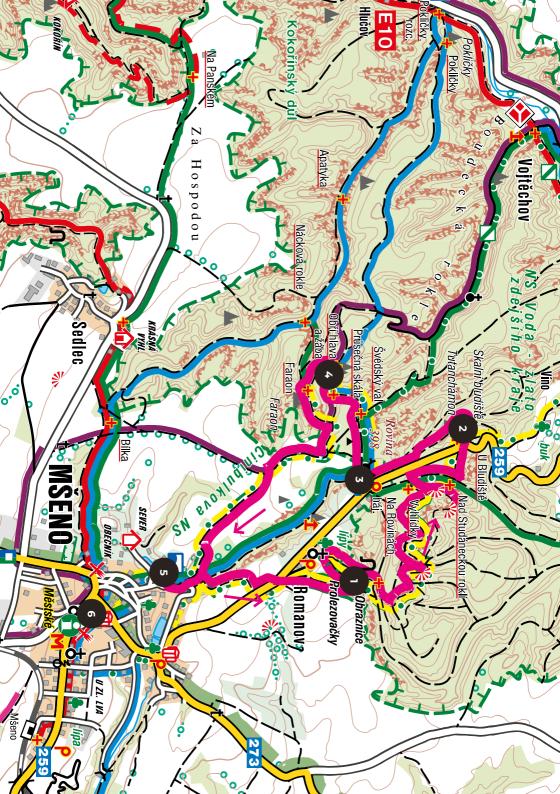










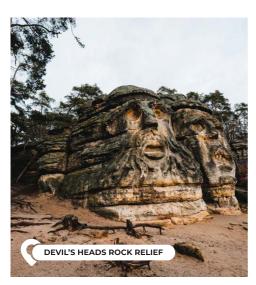








Huge, up to 9 metre-high Devil's heads will take your breath away. Their creation is the work of the château cook, Václav Levý. In the 19th century he carved several other reliefs into the sandstone rocks around Želízy, which are connected by a trail called the Václav Levý Circuit. It starts at Liběchov Château with a freely accessible park and statues of Matyáš Bernard Braun. From here, head first to the Harfenice, the Sphinx or Snake reliefs, the path in this direction does not have as many steep climbs. Behind the Devil's heads you will find the most interesting work – the Klácelka cave with its decorated portal and courtyard called Blaník. Here you will find characters from Czech history and myths, such as the Hussite warriors Jan Žižka and Prokop Holý, the sleeping Blaník army or the dwarves forging weapons for the Blaník army.

































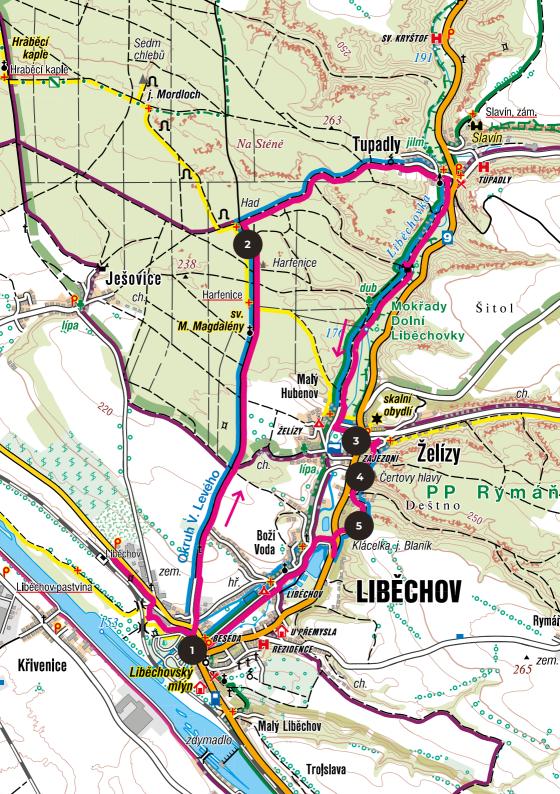
















7 188 m ≥ 201 m





DIFFICULTY easy

**ELEVATION** +48 m







HEIGHT PROFILE

A comfortable route without major elevation changes will lead you upstream the Jizera River along the red trail to the Zvířetice and Michalovice castle ruins. Start the route at the Bakov nad Jizerou train station, which is a stone's throw away from the ruins of Zvířetice. You can get acquainted with its history at the information centre in Podhradí. You can buy a snack and a souvenir from a trip to the nearby pottery Hrnčířský dvůr Zvířetice. The next stop is at the ruins of Michalovice Castle, whose leaning tower rivals the one in Pisa, Italy. Conclude the trip in Mladá Boleslav, from where you can easily get back to the start of the trail by public transport. Or stay in the city and visit some of the local attractions. You will not miss any of them if you follow the Metal trail with its interactive metal panels.





















**Ruins of** Michalovice



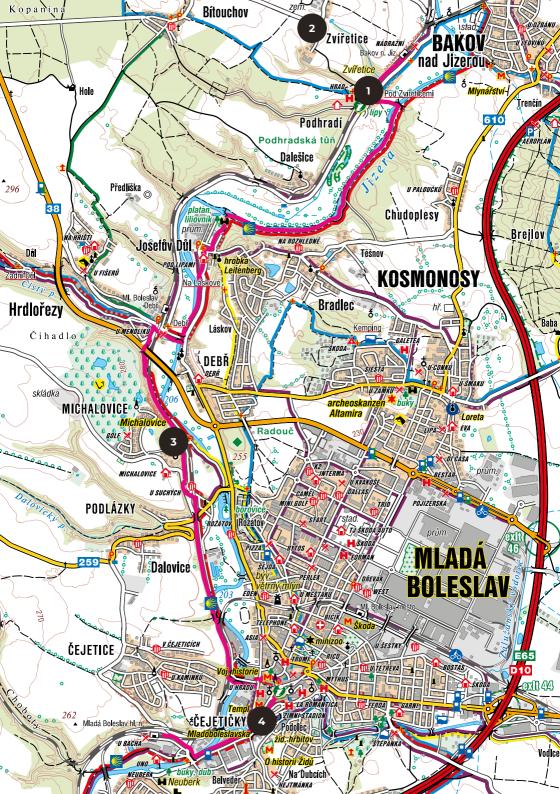












## 6. BEHIND THE EXTINCT VOLCA-NOES BABA AND DĚDEK







In the nature reserve near Kosmonosy, you will discover the basalt peaks of two extinct volcanoes – Baba and Dědek. But first, visit the Loretto Chapel in Kosmonosy with its Baroque corridors, Chapel of St. Martin, Santa Casa, and outside bell tower. The area between the Elbe and Jizera rivers is rather flat, so you don't have to brace yourselves for big hikes. Even so, Dědek will offer you beautiful views of the Bohemian Paradise and Ještěd Mountain. About halfway there is a small reward for you in the form of the GARP brewery. On the return journey, savor the sight of Zvířetice Castle ruins across the Jizera River. Families with small children can opt for a brief excursion to the nearby volcanoes via a three-kilometer nature trail starting from Horní Stakory village.











Loretto Chapel in Kosmonosy





















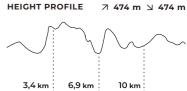




### PŘÍHRAZY ROCKS AND VALEČOV CASTLE



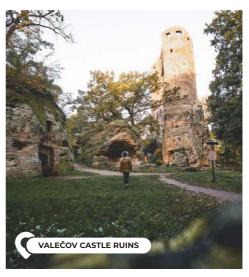




The rock towns of the Příhrazy rocks are situated around the Mužský hill. Their rock formations have been formed naturally as well as by human activity. Set off from Valečov Castle on a challenging 14 km long route. A friendly descent will be replaced by a steep climb, in some places you will be crawling through narrow rock ravines, in others you will be crossing footbridges between rock towers or climbing ladders. You'll be rewarded with varied views, tired muscles and memories of the adventure. Here you will draw energy from nature rather than the food served, so don't forget to take some snacks with you. Like the rest of the Bohemian Paradise, the Příhrazy rocks are also very popular. If you really want to enjoy them, come during the week or outside the peak tourist season.















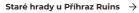








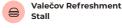


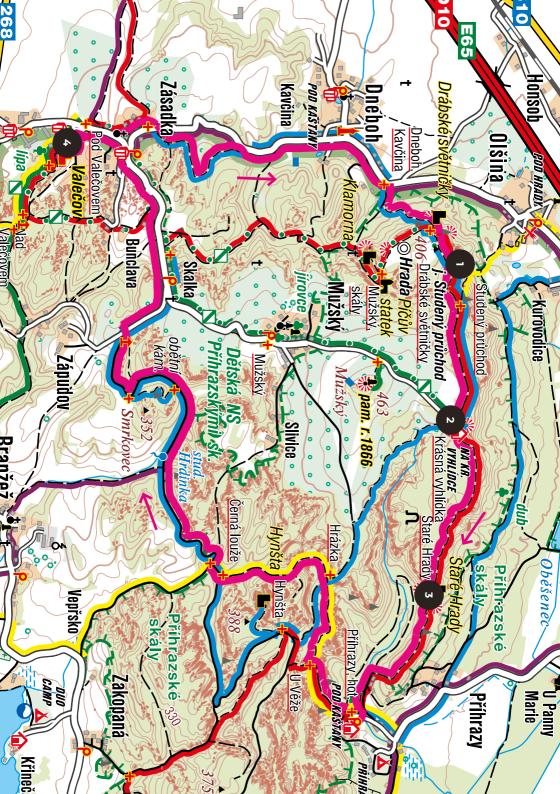








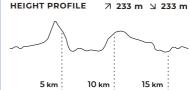




## 8. FROM MNICHOVO HRADIŠTĚ TO THE ZÁSADKA RUINS







The route of this trip will first lead you over Káčov hill, where you can climb the basalt chimney of a Tertiary volcano. Behind it you will find the picturesque ruins of the Zásadka Château, situated right above the confluence of the Jizera and Mohelka rivers. On your journey through the Jizera River valley, discover the former Klášter Hradiště nad Jizerou Château, now a renowned brewery. Previously, a Cistercian monastery stood here, evidenced by the well-preserved Gothic portal. In Mnichovo Hradiště, explore an accessible château and its library, once overseen by the infamous Giacomo Casanova. Don't miss the château garden with the sala terrena or the Capuchin monastery housing the tomb of military leader Albrecht von Wallenstein.



































## THROUGH THE VRCHLICE **VALLEY TO KUTNÁ HORA**







Old mills, a stone bridge, a medieval fortress, prehistoric forts and waterfalls. All this awaits you if you set off from Malešov to Kutná Hora through the valley of the Vrchlice River. You can also find the remains of historical silver mining here, which made Kutná Hora famous and was behind the prosperity and wealth of this royal town. The route will take you back in time, from the medieval Malešov fortress to the historical centre of Kutná Hora, which is a UNESCO world heritage site. Explore the town center, strolling through its historic narrow streets. Pass by the Jesuit College on your way to Kutná Hora's iconic Cathedral of St. Barbara. Don't miss the chance to visit the Italian Court, once the central mint of Bohemia. Consider leaving your car in Kutná Hora and taking the train to Malešov.















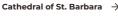












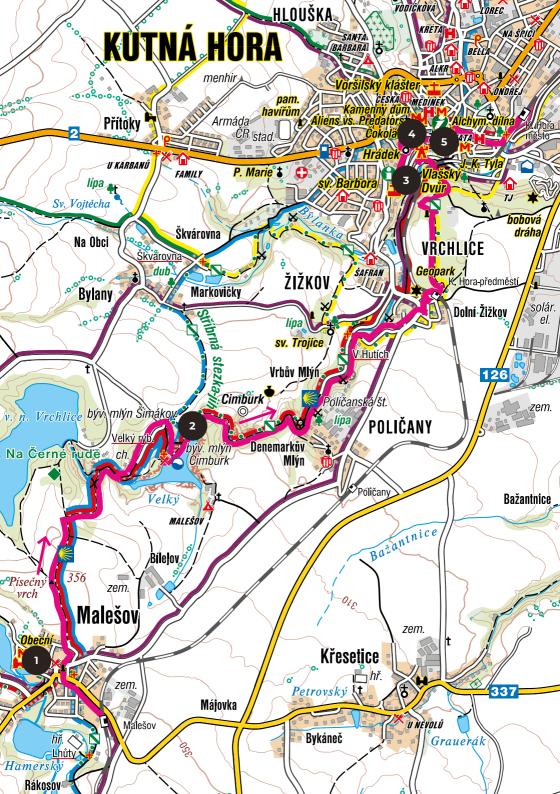








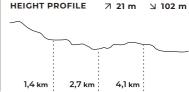




# THROUGH THE VLČÍ DŮL VIA THE CASCADES OF THE VAVŘINECKÝ BROOK







The Výrovka, formerly known as the Vavřinecký brook, is a favorite destination for paddlers. When the Vavřinecký pond is emptied, the brook transforms into a navigable route, hosting races of allegorical vessels and boats. The brook between Toušice and Zásmuky creates a romantic valley that hides several surprises. The first one you will see shortly after you pass through the historical Bažantnice, a Baroque stone bridge. Just beyond the bridge, rocks begin to line the valley. Another point of interest awaits you before reaching Toušice at the conclusion of the route. This is the second Baroque stone bridge, marking the start of the Toušické prahy – a 5-meter-high rock cascade with a shape resembling a threshold – along the Vavřinecký brook. To return to Zásmuky, follow the unmarked path on the opposite side of the mine.











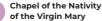












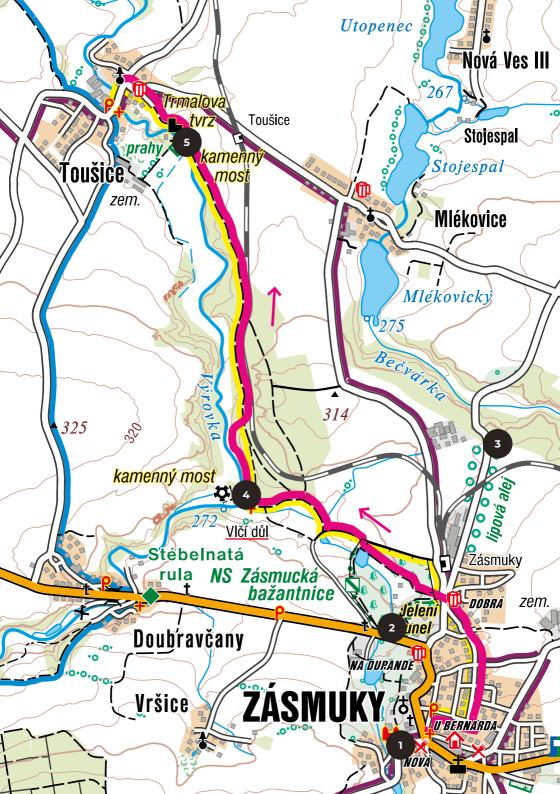








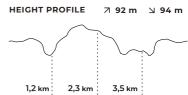




# AROUND KOUŘIM IN THE FOOTSTEPS OF THE FIRST SLAVS







Start in Kouřim, a royal town with well-preserved town fortifications and the precious Cathedral of St. Stephen, built in Romanesque style with elements of early Gothic. The winding streets will lead you to the nature trail to the Old Kouřim fortress. The prominent Lechův kámen rock outcrop, believed to be the settlement site of the brother of the Czech forefather. Along with the charming Chapel of St. Vitus and the petite Libušino lake, are integral components of the historic fortress. There are also beautiful views of the royal town of Kouřim and its surroundings. On the outskirts of the town you will find the open-air museum, which film-makers like to use for filming Czech TV fairy tales. Throughout the year, ethnographic programmes are held here, where you can learn about Czech traditions.













Lechův kámen Rock Outcrop →





Stará Kouřim Fortress



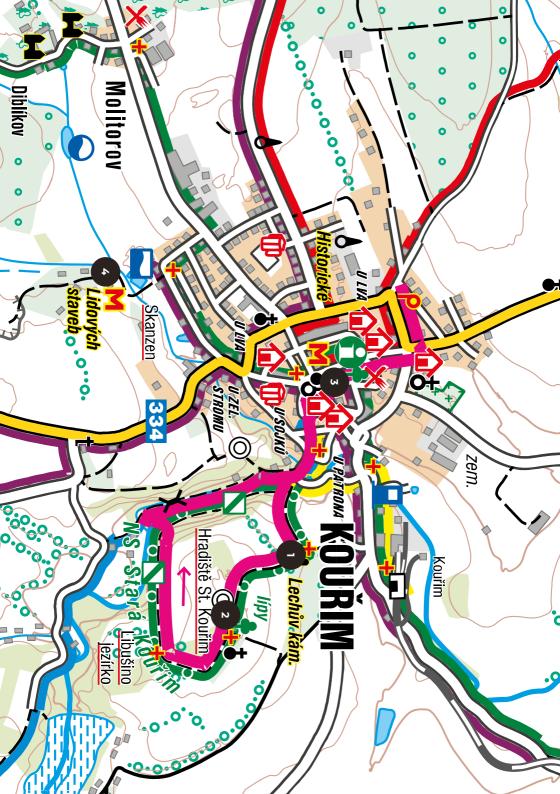








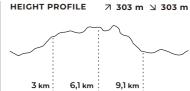




# BEHIND THE MYSTERIOUS TALES OF THE VOTICKO REGION







The Behind the Mysterious Tales of the Voticko Region nature trail introduces you to the legends of the region through fairy tales and also leads you to many interesting places. On Větrov hill is the impressive Chapel of St. Adalbert offering beautiful views. En route, pause at a gazebo concealing a spring known for its reputed healing powers, and take a refreshing sip. In Votice, ascend the Václavka lookout tower situated directly within the church tower. If you've got kids with you, swing by the information center on the square and snag a game card for them before you hit the road. At each stop there is a riddle, and at the end they will get a small reward in the Votice Monastery for solving the puzzle. The Franciscan monastery is not only a sacral monument, you will also find various exhibitions and displays there.

























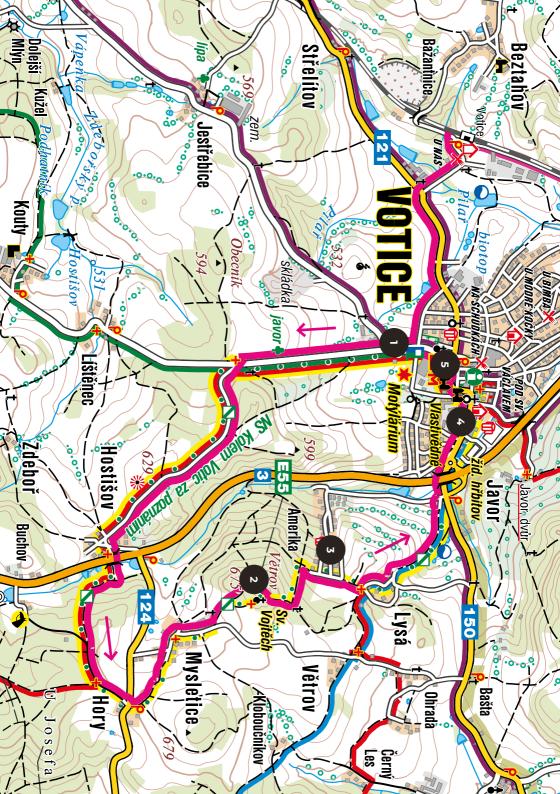








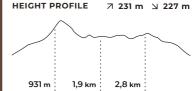




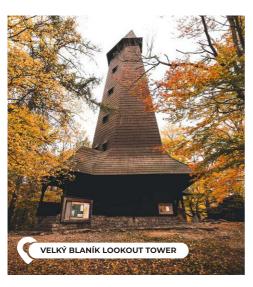
# TO THE TOP OF THE MYTHICAL MOUNTAIN BLANÍK

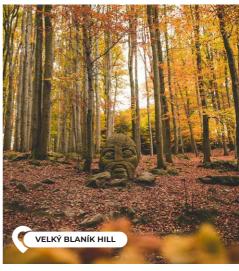






Do you know the legend of the knights of St. Wenceslas, who sleep in the heart of the Blaník mountain and will come to the aid of the Czech nation when in dire straits? Plan a trip to one of our most iconic peaks and find out if there's any truth to the legend. The main goal of the hike to Velký Blaník is the lookout tower in the shape of a Hussite watchtower, which offers views of the Podblanicko landscape. The ascent to the top of Velký Blaník is not the end of the attractions. Continue along the nature trail to the replica of the foundation stone of the National Theatre, which was broken out of Slepičí skála rock nearby. Did you know that Velký Blaník has a brother named Malý Blaník? Below its peak you will find the ruins of the Chapel of St. Mary Magdalene. Together, the two peaks form our smallest ever protected landscape area.



















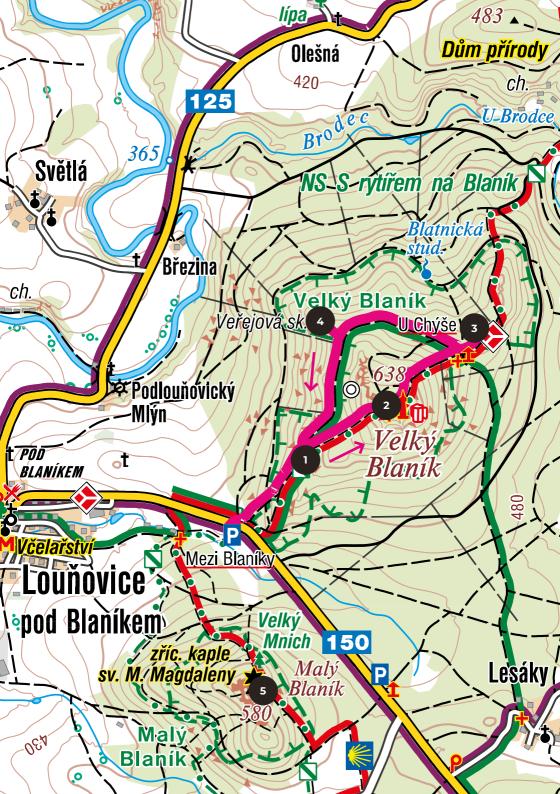








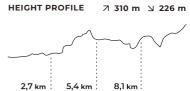




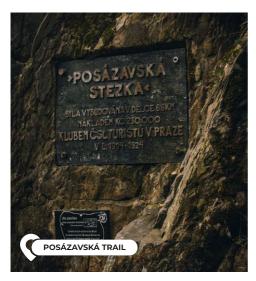
# **POSÁZAVSKÁ TRAIL**







The Posázavská Trail, marked as 0001, traces the Sázava River from Pikovice to Kamenný Přívoz. Originating in the 1920s, the Czech Tourist Club constructed this trail in areas once frequented by the first Czech tramps. In addition to the beautiful nature and cottages, whose location sometimes makes you pause, there will be no shortage of views of the Sázava valley. As you embark on the trail and it starts its ascent into the forest, you'll spot Pikovická jehla, a rock formation shaped like a needle, on the river's opposite bank. Kliment's lookout offers the most beautiful view of the valley and from Žampašská lookout you can see the 42-metre high stone railway viaduct Žampach. During summer, arrange for a ferry ride across the river above the Žampach reservoir to view the viaduct from below in Kocourská Gorge.













Zelená rokle Refreshment Stall

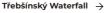






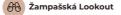






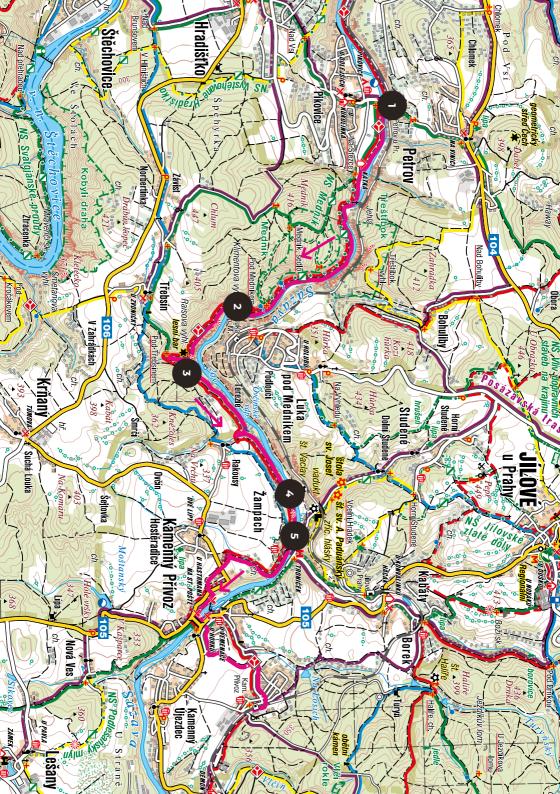












### FROM KÁCOV TO ČESKÝ ŠTERNBERK CASTLE







On the way along the Sázava River you will enjoy views of meadows and pastures as well as trails through the forest. At times, you'll be close to the river, but often you'll only sense its meandering path. In Kácov, right at the start of the route, an unmistakable castle with a Tuscan influence comes into view, gradually reviving after many years. Below it, just by the Sázava River, you will find a brewery with undeniable historical origin. Following that, brace yourself for a journey through undulating countryside, offering few level stretches. Nevertheless, the changes in elevation are moderate, with only two notable climbs awaiting you in the final third of the journey. As trees thin out, Český Šternberk emerges – starting with Dungeon and leading to the grand castle.

























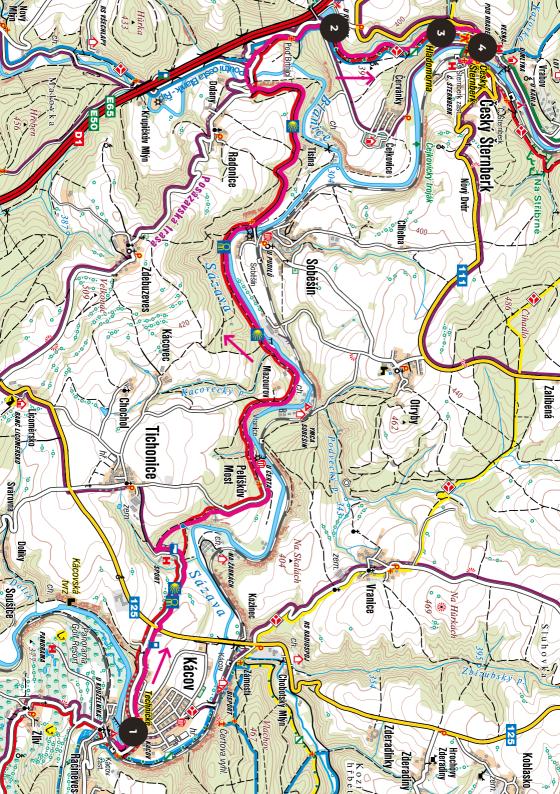








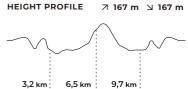




# AROUND THE KONOPIŠTĚ CHÂTEAU ACCESSIBLY







At Konopiště, time is never enough to explore the expansive park with rare trees, fountains, statues, and the stunning Rose Garden. Or, during a tour of the château, find out what life was like at Konopiště. The château is mainly connected with the life of Archduke Franz Ferdinand d'Este and faithfully preserves his memory. Discover the modern era at the Motorcycle Museum under the château. Visit the JAWA Factory Museum, featuring over 200 exhibits. Konopiště simply has something charming for everyone. Tailored for those with limited mobility, this route guides you through the château surroundings and directs you to the former Chvojen fortress, now commemorated by the Church of St. James and St. Philip, rumored to be connected to the château by a secret underground passage.

























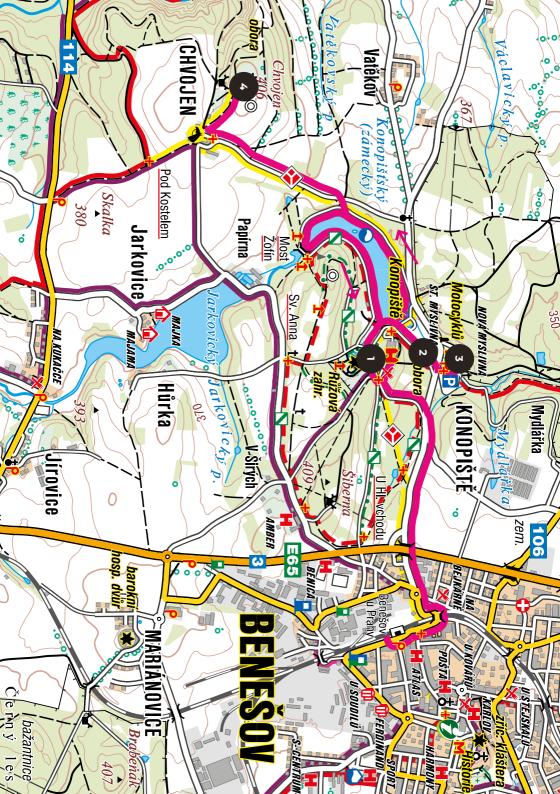












# ST. JOHN'S STREAMS NATURE TRAIL







St. John's Streams fuse romance, mystery, history, adventure, and courage, representing the former wild Vltava rapids from Slapy to Štěchovice, characterized by a deep rocky canyon and a sharp bend. Many rafts and the lives of their crew have been cut short here. Today, the streams are hidden under the surface of the Štěchovice reservoir, but the surrounding landscape has not lost its charm. The first part of the challenging journey will take you down a narrow path carved out in the rocks, sometimes through a tunnel or high above the water. You will pass through the Ztracená naděje settlement – the first tramp settlement in our country. The latter part of the route follows more pleasant forest paths, culminating in a final ascent before treating yourself to a recharge at the U Taterů tramp pub.

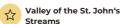


















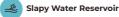


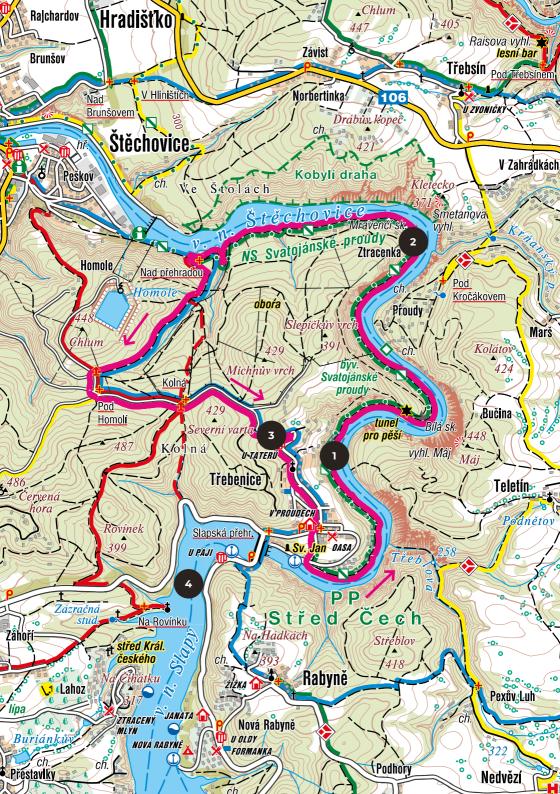
Mravenčí Rock











### THROUGH THE LANDSCAPE OF THE WILD BRDY RIDGES







How about letting your tired soul rest? We know of a place where you will get so much energy that you will light up like a Christmas tree. Start off gently with a tour of Mníšek pod Brdy Château. In its chambers you will see how the lower nobility lived during the First Republic. If you choose the second tour, you will go through the château with a simple but interesting interpretation. Head up the nature trail to Skalka from the château. The Baroque pilgrimage grounds up there, with a sweet view of the château and the area around, have this cozy vibe that you'll love. Explore the nearby forests where your phone signal fades, leading you to the Jezírko tramp settlement or the rocky summit, Babka, for breathtaking views of the Brdy landscape.

































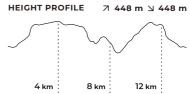




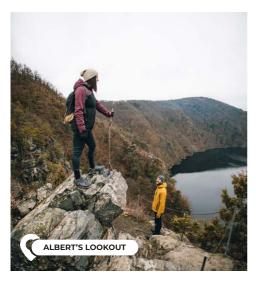
### **VLTAVA VIEWS - DRBÁKOV-**-ALBERTOVY ROCKS

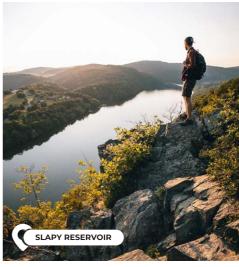






You will not find this many views on one route in any other place in our country. The Drbákov-Albertovy rocks nature trail is only 7 kilometres long, but you can't count the number of large and small viewpoints and scenic spots on one hand. From most of them you will enjoy the view of the Slapy water reservoir and the opposite Smilovice, but you will not get tired of those views. The foundations of today's trail were laid in the 1950s by Kamil Bartunek – a mason and later a gamekeeper from a nearby settlement, whose name is borne by one of the viewpoints. The journey is one of the more physically demanding. Be prepared for narrow rock paths, leaf-strewn steps and fallen trees across the trail. The same rules as in a national park apply to the Drbákov-Albertovy rocks, so do not walk off the officially marked trail.

























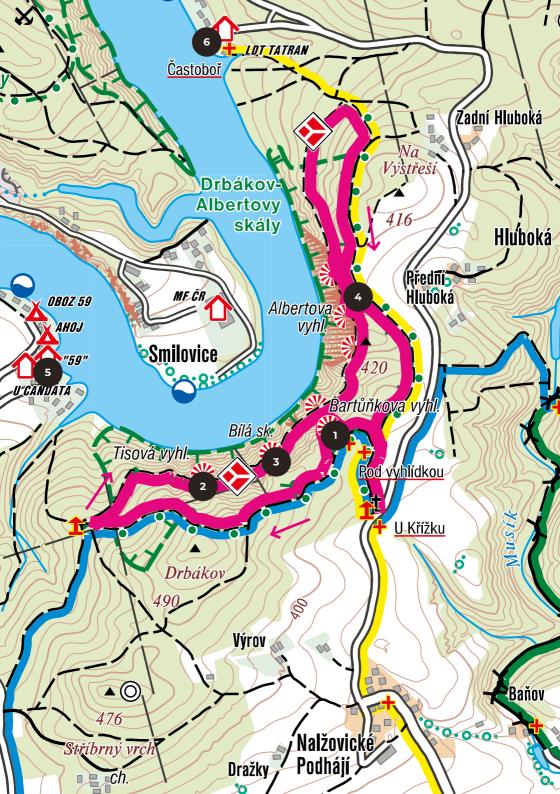








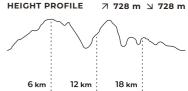












Ready to test your strength? Explore one of our toughest routes! Start off easy with a tour of the ruins of the royal castle Vrškamýk, founded by King Wenceslas I. If you get hungry after the first stretch, the U Švarců Restaurant in Zduchovice will save you. At the Altán crossroads, leave the marked path and enjoy the iconic view of the Solenice horseshoe bend. In the distance, you can see the Milada lookout tower, which is your next destination. Before that, the Orlík reservoir awaits you. The Orlík Hydroelectric Power Plant Information Centre offers year-round guided tours of the concrete dam, showcasing the plant's operation and a hidden civilian shelter. Advance booking is required. Additional glimpses of the Vltava River await you as you near the final stretch from Milada to Kamýk.



























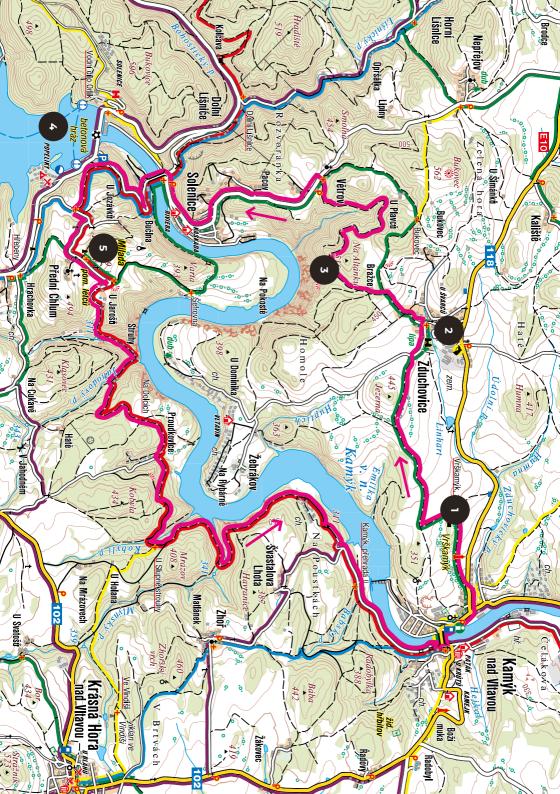








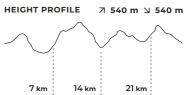




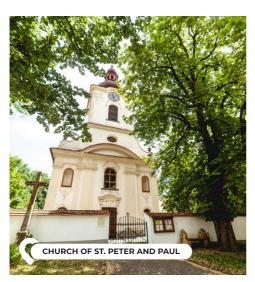
#### LAND OF ROCKS **AROUND PETROVICE**

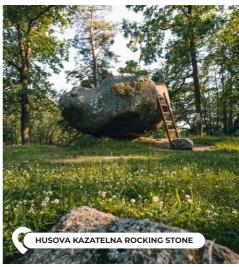






Why is Petrovicko called the land of rocks, you ask? Like scattered jewels, you will encounter small and large boulders all along the route, dominated by the largest rocking stone in the Czech Republic, Husova kazatelna. According to legend, Master Jan Hus preached on this rocking stone on his way to Kozí Hrádek. But rocks are not the only sight on the route. Ahead of you is a journey through an almost forgotten landscape with villages where time has stood still. Get a bird's-eye view of Petrovicko from the Kuníček lookout tower, the tallest in Central Bohemia. Along the way, you'll encounter picturesque mills and remnants of both surface and underground mining, enhancing the unfolding landscape. Refreshment options are limited, so bringing along some snacks is a wise choice.























Divišova Cave







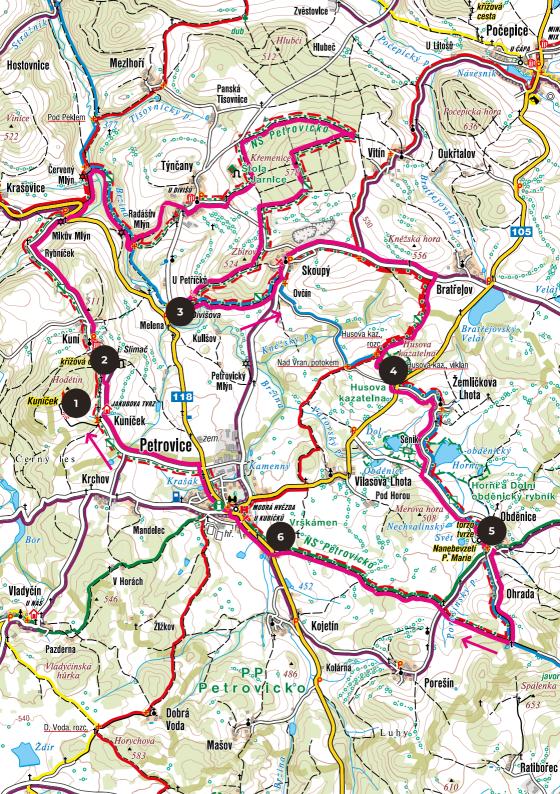








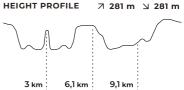




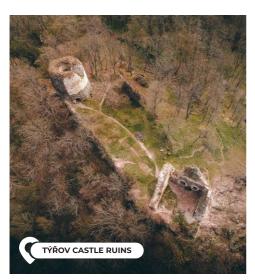
#### SKRYJE LAKES AND THE RUINS OF TÝŘOV CASTLE







Skryje and trilobites, i.e., fossils of primordial animals, have been inseparably linked since the 19th century, when the engineer Joachim Barrande discovered them here during the mapping of the horse track. Today you can see them in the local museum. Apart from these, the inconspicuous village in the middle of Křivoklátsko region offers more attractions. You will find the Skryje lakes in the cold valley of the Zbirožský brook and you can avoid the steeper climb if you follow the red marked trail first and then the blue one back to Skryje. On the red trail, discover refreshing fords perfect for hot summer days. Cross them on bridges or enjoy a barefoot wade. Beyond the village, the ruins of Týřov's royal castle overlook the Berounka River, providing a romantic view of the valley.























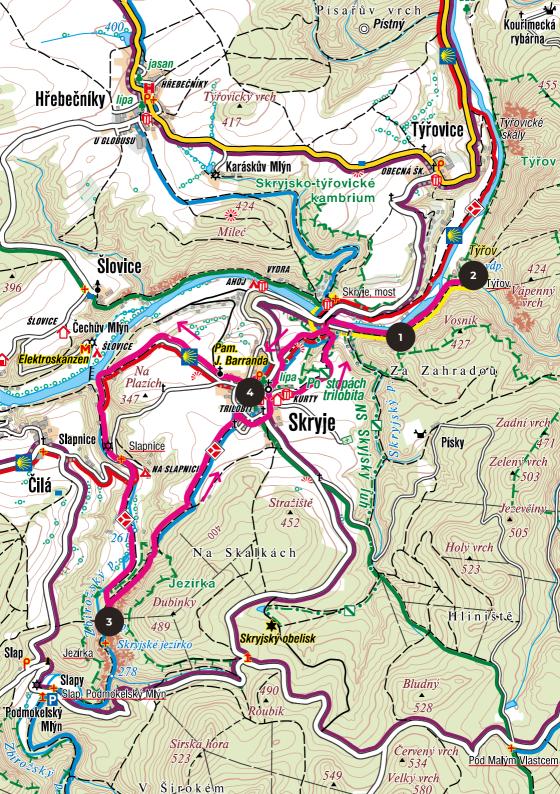












### CIRCULAR ROUTE FROM LUŽNÁ NEAR RAKOVNÍK







Did you know that in Lužná near Rakovník you will find our largest railway museum? However, in its surroundings, you can also experience nature by following the Louštín nature trail. Pause at the Punčoška forest lake, a tranquil resting spot, at the trail's beginning. As you continue, the path winds through the forest with just one ascent to the peak of Louštín, where a prehistoric hillfort once stood. The route is not difficult and even your little ones can manage it. They will also enjoy the playground U Sládkova kříže. A trip to the railway museum is not only entertaining for children; it also offers the chance to ride on a narrow-gauge train. Housed in the former heating plant of the Buštěhrad Railways company since 1871, the museum boasts the Czech Republic's most extensive collection of steam locomotives.















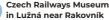








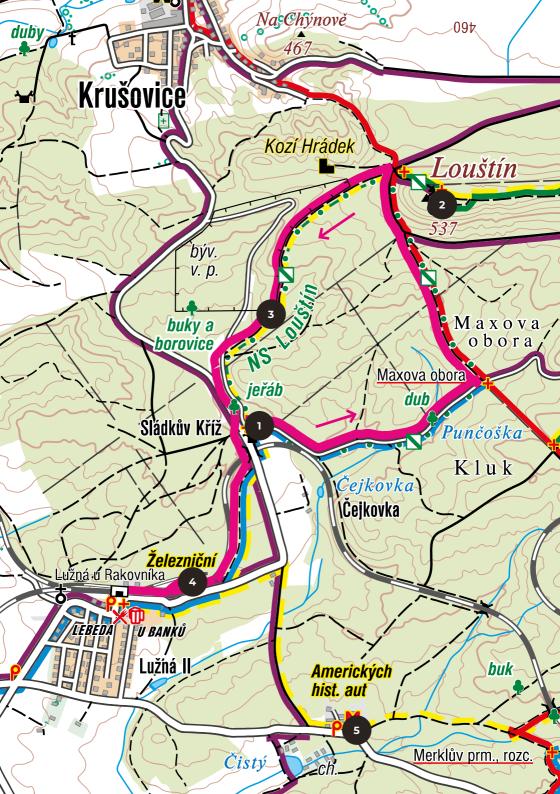








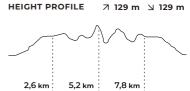




## THROUGH JESENICKO TO KRTSKÉ ROCKS



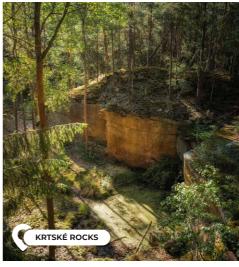




At the westernmost edge of Central Bohemia, you'll encounter a massive rocking stone, deserted flooded quarries, scattered granite boulders, as well as dense forests and ponds. This place seems to have been made for dwarves who, according to legend, lived in the local Krtské rocks a long time ago. A comfortable path leads along a part of the Jesenicko nature trail. On the way you will pass the Velký rybník pond featuring a sandy beach, or the Jesenický rocking stone, which has remained stationary for over 70 years. The ultimate destination is the Krtské rocks, remnants of quarries where high-quality blue-grey granite was extracted as far back as the 17th century. This granite played a role in constructing notable landmarks such as the Most Legií bridge in Prague and one of the fountains at Prague Castle.

























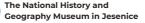








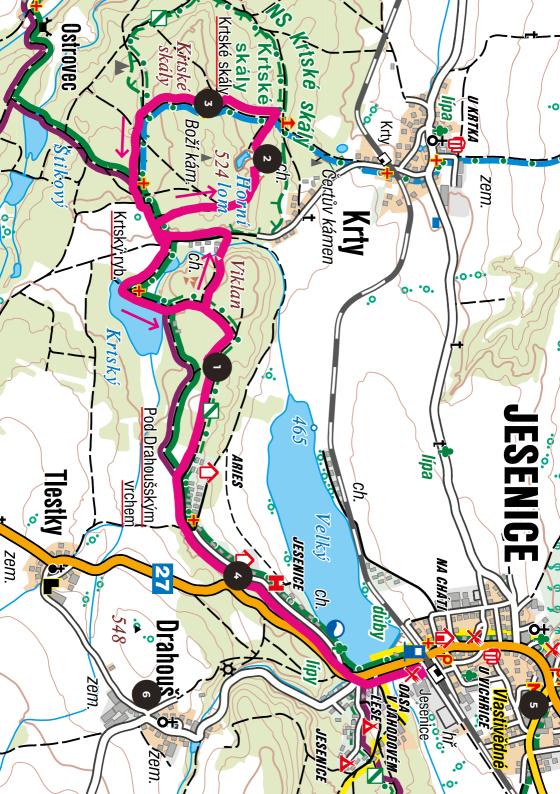








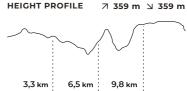
Kokeš Brewery



### FROM MUTĚJOVICE TO PRAVDA IN THE ÚSTÍ NAD LABEM REGION







Mysterious – that's how one could sum up the highlights of this trip. First you will see the ruins of Džbán Castle, of which no written records have survived. According to archaeological research, it was probably founded by one of the Czech kings sometime in the first half of the 13th century. The origins of Pravda Castle's ruins remain debated. Initially built for defense in the Gothic era, the castle now occasionally hosts overnight stays by modern-day adventurers. The route concludes with a mysterious sight: the Kounov stone rows. Spread across a vast area, hundreds of boulders are intriguingly arranged in fourteen parallel rows from north to south. Is it a work of nature, or were they created by our ancestors and we just have no idea why? Or is it all something else entirely? Try to get to the bottom of the mystery.













Džbán Castle Ruins





**Pravda Castle Ruins** 



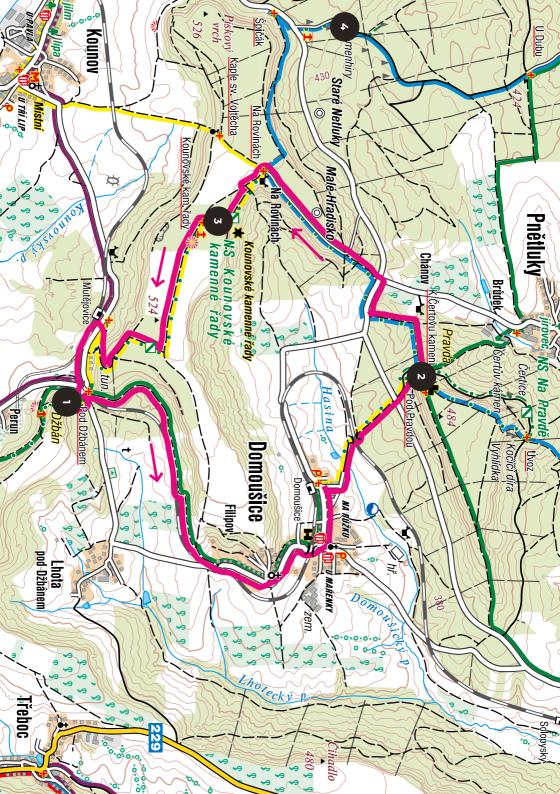


Stone Rows near Kounov





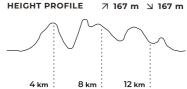
Menhirs



# VOJTA NÁPRSTEK'S TRAIL FROM BEROUN TO KARLŠTEJN







The oldest preserved trail of the Czech Tourist Club offers a few tough climbs, but the reward will be beautiful nature. Right after the first big climb from Beroun to Herinky, you will descend to the pilgrimage site of Svatý Jan pod Skalou, shrouded in the legend of St. Ivan, whose hermit cave you will visit in the Church of St. John the Baptist. There is a healing spring near the church, which in the past was even bottled and sold as Ivanka mineral water. Along the way, you'll encounter the Bubovice waterfalls, which today can only be seen after heavy rains. Continuing past the Seven Brothers Oak, you'll be welcomed by the impressive Karlštejn Castle. Make sure to explore the castle settlement and other attractions like the Museum of Nativity Scenes and Karlštejn Chimes on your way to the train station.

























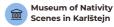


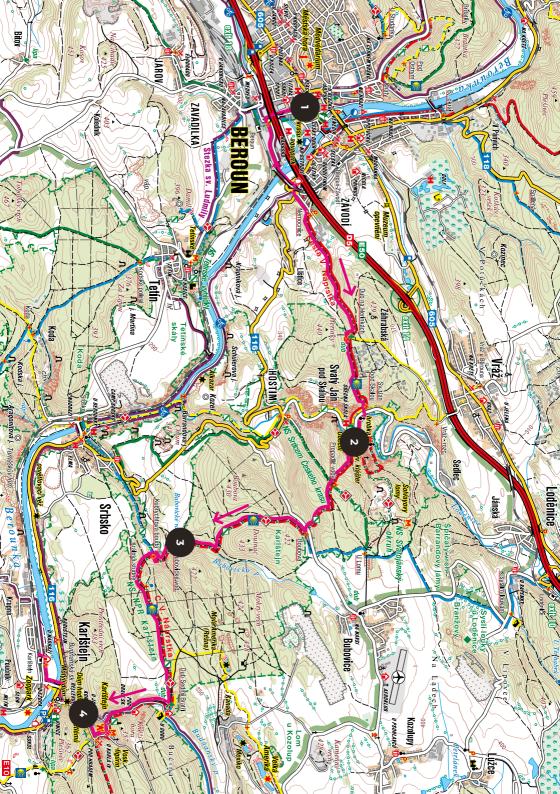












# BOHEMIAN KARST CIRCUIT WITH THE KONEPRUSY CAVES







The surroundings of Beroun offer plenty of walking opportunities. One of those is the circular route to the Koněprusy caves and the mythical Tetín. As you make your way to the Bohemian Karst's longest caves, Tetín is a must-stop, offering the coolest sights that'll leave you wondering where to look first. This mythical pilgrimage site dates back to the beginnings of Czech history. It was here that Princess Ludmila, the grandmother of St. Wenceslas, lived and died. After Tetín you will pass the Koda Nature Reserve with a freely accessible cave and a healing spring. Explore the awe-inspiring Koněprusy caves, offering a captivating glimpse into the active Čertovy schody quarry. After passing through the Axamit Gate, you'll return to civilization. This natural limestone formation remains from the entrance portal of the former cave.













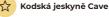


















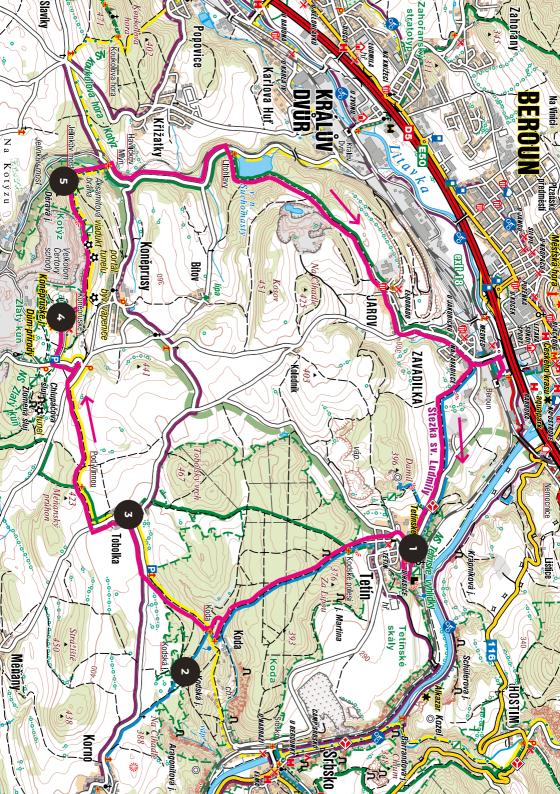


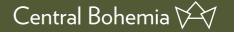












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