Central Moravia
Adventure tourism

- Nature Trips (2–5)
- On horseback and on the farm (6–9)
- Bicycle Tourism (10–13)
- Rafting and Swimming (14–15)
- Golf and Tennis (16–19)
- Wellness and Relaxation (20–23)
- Climbing Centres (24–25)
- Paintball and Military Forts (26–27)
- Adrenaline in the Air (28–29)
- Food (30–33)
- Mysterious Night (34–36)
The region is located in a temperate climate zone. Average January temperatures range between -2°C and -4°C while average July temperatures are between 15°C and 22°C.

Distance from selected European centres and Czech cities:

<table>
<thead>
<tr>
<th>European cities</th>
<th>km</th>
<th>Czech cities</th>
<th>km</th>
</tr>
</thead>
<tbody>
<tr>
<td>Berlin</td>
<td>500</td>
<td>Brno</td>
<td>76</td>
</tr>
<tr>
<td>Bratislava</td>
<td>197</td>
<td>Český Krumlov</td>
<td>320</td>
</tr>
<tr>
<td>Budapest</td>
<td>389</td>
<td>Hradec Králové</td>
<td>141</td>
</tr>
<tr>
<td>Krakow</td>
<td>276</td>
<td>Ostrava</td>
<td>100</td>
</tr>
<tr>
<td>Vienna</td>
<td>198</td>
<td>Prague</td>
<td>277</td>
</tr>
</tbody>
</table>

By Air:

<table>
<thead>
<tr>
<th>Airport Location</th>
<th>km</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>Brno – Tuřany Airport</td>
<td>70</td>
<td><a href="http://www.airport-brno.cz">www.airport-brno.cz</a></td>
</tr>
<tr>
<td>Ostrava – Mošnov Airport (Ostrava Leoš Janáček Airport)</td>
<td>80</td>
<td><a href="http://www.airport-ostrava.cz">www.airport-ostrava.cz</a></td>
</tr>
<tr>
<td>Katowice – Pyrzowice Airport (KTW)</td>
<td>210</td>
<td><a href="http://www.katowice-airport.com">www.katowice-airport.com</a></td>
</tr>
<tr>
<td>Bratislava – M.R. Štefánik Airport</td>
<td>210</td>
<td><a href="http://www.airportbratislava.sk">www.airportbratislava.sk</a></td>
</tr>
<tr>
<td>Vienna – Vienna International Airport</td>
<td>260</td>
<td><a href="http://www.viennaairport.com">www.viennaairport.com</a></td>
</tr>
<tr>
<td>Krakow – Jean Paul II Airport</td>
<td>265</td>
<td><a href="http://www.krakowairport.pl">www.krakowairport.pl</a></td>
</tr>
<tr>
<td>Prague – Prague Ruzyně Airport</td>
<td>280</td>
<td><a href="http://www.pragaero.cz">www.pragaero.cz</a></td>
</tr>
</tbody>
</table>

The Czech Republic is a member of Schengen space starting from January 1st, 2008 – the abolition of systematic border controls between the participating countries.
The promotional material you are holding is devoted to adventure tourism in the Central Moravian tourism region. The publication is divided into a total of 11 subjects offering suggestions for experiences in the region.

Adventure tourism is a relatively new form of tourism that aims to provide emotional experiences along with actual discovery. It offers visitors the opportunity to tour the selected attraction along with the possibility of active participation.

The subjects we have chosen will introduce you to 25 education trails that run through the Central Moravian landscape and offer a view of the great number of interesting flora and fauna species, rare nature formations and protected sites.

Another subject offers the possibility of touring local farms and discovering the beauty of the local scenery on horseback. Cyclists will appreciate the overview of trails and races enthusiasts of active relaxation can compete in.

For those who want to have fun and experience something new, we offer the combination of traditional adventures and beautiful Central Moravian nature in the form of raft rides on local rivers.

If you are looking for a place to cool off on hot summer days, an ideal solution would be a visit to swimming pools and natural swimming sites; a list of these is also available.

The active use of your free time can include golf, tennis and the opportunities offered at multipurpose sports centres; afterwards you can surrender yourself to the care of wellness experts – yet another subject covered by this publication.

Would you like see what you are made of and test your own limits? The adrenaline entertainment section is for you, including various climbing centres, paintball, tandem skydiving, sightseeing flights and balloon rides.

Tasting a wide range of national and local specialities and visiting festivals featuring food and drink can be a pleasant addition to your visit to the Central Moravian region.

And finally, if you happen to be one who enjoys history, nature and mystery, the publication offers a large selection of cultural and social events. Regardless of whether these involve tours of historical town centres under the cover of dark, night tours of castles and chateaux, or a visit to a planetarium, you will certainly go home with unforgettable experiences.

The promotional material can be downloaded in 4 different languages at: www.centralmoravia-tourism.cz or www.olomouc-travel.cz
The beauty of education trails

The landscape of Central Moravia is ideal for hikes and bike trips. The region features 25 education trails offering countless interesting flora and fauna species, rare landscape formations and protected sites. Along the way you will learn a great deal of new information and enjoy wonderful experiences.

The following pages offer a description of the natural sites you can discover in Central Moravia.

Tips:
- **Sluňákov** – the “Czech Ecological Building” of 2007 is located 5 km north of Olomouc in the town of Horka nad Moravou and is also the starting point of the Meadows of the Litovel Morava River Basin education trail.
- **Svatý Kopeček** – visit the basilica minor, a pilgrimage site consecrated by Pope John Paul II. The church is located in the immediate vicinity of the Svatý Kopeček education trail.
- **Hranice Chasm** – the deepest chasm in the Czech Republic is located in the Hůrka u Hranic National Nature Park. The education trail of the same name runs through the park.
- **Mammoth Hunter Memorial** – an authentic field presentation of archaeological finds on the From Předmostí to Prehistoric Times education trail.

<table>
<thead>
<tr>
<th>Education</th>
<th>Trail difficulty</th>
<th>Length of</th>
<th>Time</th>
<th>Number of</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Panské Louky Nature Reserve</td>
<td>★★</td>
<td>3.2 km</td>
<td>2 – 3 hrs.</td>
<td>10</td>
</tr>
<tr>
<td>2 Křížový and Kočičí hill</td>
<td>★★</td>
<td>6.3 km</td>
<td>2 – 3 hrs.</td>
<td>12</td>
</tr>
<tr>
<td>3 Green Trail</td>
<td>★★</td>
<td>9 km</td>
<td>5 hrs.</td>
<td>9</td>
</tr>
<tr>
<td>4 Henička</td>
<td>★★</td>
<td>1.2 / 2.2 km</td>
<td>1.5 / 3 hrs.</td>
<td>9</td>
</tr>
<tr>
<td>5 Prabába</td>
<td>★★</td>
<td>4.5 km</td>
<td>2 hrs.</td>
<td>9</td>
</tr>
<tr>
<td>6 Uničov Town Park</td>
<td>★★</td>
<td>4 km</td>
<td>2 – 3 hrs.</td>
<td>9</td>
</tr>
<tr>
<td>7 Třesín</td>
<td>★★</td>
<td>8 km</td>
<td>3 hrs.</td>
<td>9</td>
</tr>
<tr>
<td>8 Nové Zámky Romantic Grounds</td>
<td>★★</td>
<td>3.5 km</td>
<td>3 – 4 hrs.</td>
<td>26</td>
</tr>
<tr>
<td>9 History and Nature of Litovel and Surrounding Area</td>
<td>★★</td>
<td>11.5 km</td>
<td>4 hrs.</td>
<td>13</td>
</tr>
<tr>
<td>10 Meadows of the Litovel Morava River Basin (pg. 4)</td>
<td>★★</td>
<td>8 km</td>
<td>2 – 4 hrs.</td>
<td>7</td>
</tr>
<tr>
<td>11 Španěk</td>
<td>★★★</td>
<td>6 km</td>
<td>2 – 3 hrs.</td>
<td>11</td>
</tr>
<tr>
<td>12 Through the Theresian Valley</td>
<td>★★★</td>
<td>6.5 km</td>
<td>2,5 hrs.</td>
<td>13</td>
</tr>
<tr>
<td>13 Kladky Region</td>
<td>★★★</td>
<td>13 km</td>
<td>3 hrs.</td>
<td>9</td>
</tr>
<tr>
<td>14 Around Olomouc</td>
<td>★★★</td>
<td>7.1 km</td>
<td>3 hrs.</td>
<td>12</td>
</tr>
<tr>
<td>15 Černoví Marshall</td>
<td>★★★</td>
<td>1.7 km</td>
<td>3 hrs.</td>
<td>5</td>
</tr>
<tr>
<td>16 Velký Kosí</td>
<td>★★★</td>
<td>11 km</td>
<td>3 – 4 hrs.</td>
<td>12</td>
</tr>
<tr>
<td>17 Staré Hradisko</td>
<td>★★</td>
<td>2 km</td>
<td>1 hr.</td>
<td>6</td>
</tr>
<tr>
<td>18 Hlučina</td>
<td>★★★</td>
<td>4 km</td>
<td>1 – 2 hrs.</td>
<td>11</td>
</tr>
<tr>
<td>19 Čechovice</td>
<td>★★</td>
<td>3 km</td>
<td>1 – 2 hrs.</td>
<td>6</td>
</tr>
<tr>
<td>20 From Předmostí to Prehistoric Times (pg. 5)</td>
<td>★★</td>
<td>8.2 km</td>
<td>3 – 4 hrs.</td>
<td>9</td>
</tr>
<tr>
<td>21 Through the Meadows of the Přerov Region</td>
<td>★★</td>
<td>10.8 km</td>
<td>4 – 5 hrs.</td>
<td>18</td>
</tr>
<tr>
<td>22 Škrabalka</td>
<td>★★</td>
<td>0.6 km</td>
<td>15 min.</td>
<td>4</td>
</tr>
<tr>
<td>23 Valšovice</td>
<td>★★</td>
<td>3.4 km</td>
<td>1 – 2 hrs.</td>
<td>12</td>
</tr>
<tr>
<td>24 Hůrka u Hranic (pg. 5)</td>
<td>★★</td>
<td>2.1 km</td>
<td>1 – 2 hrs.</td>
<td>6</td>
</tr>
</tbody>
</table>

**Map of Central Moravia with marked trails and nature parks**

**Key:**
- restaurant, hotel
- campsite, cottages
- tennis, golf
- zoo, swimming pool
- auto camp

**www.centralmoravia-tourism.cz**
Nature Trips

The Meadows of the Litovel Morava River Basin

The education trail runs from Horka nad Morava to Litovel, mainly through the Litovel Morava River Protected Landscape Territory. Valuable riparian forests, wet alluvial meadows and wetlands stretch continuously from Mohelnice to the edge of Olomouc. The landscape is distinguished by rich diversity of flora and fauna; the site is home to numerous endangered species of plants and perhaps hundreds of birds regularly nest here. Rare animals occurring here include the European beaver, the river otter, the European crayfish; there are also large populations of fish and amphibians. Spring pools are populated by the rare crustaceans tadpole shrimp and fairy shrimp.

Svatý Kopeček

The education trail runs from the zoo on Svatý Kopeček outside Olomouc past the outskirts of Dolany to Radíkov. At the beginning the trail follows the green and blue forest routes, but along the entire course the trail is also marked as an education trail. The ruins of the demolished Údolí Josafat Carthusian monastery, known as Kartouzka, lies along the trail in Dolany.

Hůrka u Hranic National Nature Reserve

The Hůrka u Hranic education trail begins at the southwest edge of the reserve at the Teplice nad Bečvou railway station. The marked forest path climbs simultaneously with the red hiking marker up to the top of the hill to the Hranice Chasm, the deepest in the Czech Republic (2009). Difficult to access and not completely explored, the small lake at the bottom of the chasm is the subject of interest of geologists and divers. The dry part of the chasm, which can be freely viewed, is 69.5 m deep. The deepest point of the lake reached to date was a 2006 divers’ probe down to a depth of 220 m. The total verified depth of the chasm is therefore currently 289.5 m. Additional information along the education trail is related to plant and animal communities of the Hranice Karst and its historical landmarks such as the Svříčov Castle ruins. The karst territory also continues on the opposite left bank of the Bečva River; located here, for example, are the Zbrašov Aragonite Caves (open to the public).

From Předmostí to Prehistoric Times

The trail runs along the path of mammoth hunters from the Early Paleolithic period. The first stops are devoted to the history of the Přerov quarter of Předmostí, its geological past and the history of archaeological excavations of a prehistoric mammoth hunter settlement. The trail runs through the freely accessible “School Hill” grounds of the J. A. Comenius Elementary School. It then continues past the Přerovská Rokle Auto-Cross Raceway and also includes the unique “Fruit Tree Memorial,” the “Mammoth Tom” concrete sculpture and the natural monument on Na Popovickém Hill. The trail ends with a visit to the Mammoth Hunter Museum in the school building; the exhibition includes selected archaeological finds.
A relaxing holiday amongst farm animals

Central Moravia is unquestionably one of the most attractive tourism regions in the Czech Republic. The middle part of the territory is composed of the fertile Haná lowlands, the source of subsistence and wealth for local residents since time immemorial. It is readily evident how closely the entire history of Central Moravia is tied to agricultural activities and animal husbandry.

Set off with us on a tour of local farms and small rural agricultural settlements. Discover the power of nature and see for yourself how animals are raised, how local crops are grown and how traditional Haná specialities are made.

Discover the beauty of nature on horseback

The majority of people familiar with horseback riding insist that the most beautiful view of the world is from the saddle of a horse. You can also enjoy a horseback ride along the trails that run through the Central Moravian landscape. In addition to classic riding lessons connected with trips into the surrounding romantic countryside, you can also choose courses at various riding schools, stays with horses on a farm or western rides on a ranch. Those who prefer greater comfort will certainly appreciate carriage or sled rides.

Tips:

Horseback rides
Walking pace rides from CZK 200/hr.

Riding courses
Training rides in riding school under trainer supervision from CZK 350/hr.

Carriage rides
Rides through the historical centre of Olomouc from CZK 3,000/hr.

Horseback rides
You have a remarkable opportunity to take in the natural beauty of Central Moravia from the saddle of a horse. Test your skill at controlling these majestic creatures. Experience countless adventures and unforgettable experiences on horseback rides.

Riding courses
Try your own hand at the art and skill involved in riding a horse. Take a lesson and then enjoy a ride into the hilly and wooded landscape of Central Moravia. Intermediate riders can take advantage of programs and lessons ranging from one-hour training rides in a riding school and in the countryside for individuals, up to combined, day-long rides in the terrain for groups.

Carriage rides
Those interested in romantic trips in comfort can take advantage of carriage ride offers. For example, a ride through the historical centre of town is an ideal option for those who prefer not to walk.

More information on the services described above can be found at www.centralmoravia-tourism.cz.
On horseback and on the farm

A restful return to nature

During your visit to Central Moravia you can rest in beautiful natural surroundings and spend a day amongst animals on a farm. Contact with farm animals can be an extremely pleasant experience for more than just children. Visitors will see a whole range of farm animals including cows, horses, goats, sheep, rabbits, fowl, cats and dogs. And if you are interested, a number of farms offer the opportunity to try your hand at caring for animals and learning what life on a farm entails, including milking animals, making cheese and baking homemade bread.

Rural farms and stables

Those who enjoy quiet, relaxation and having all equestrian services at hand can spend several days in the country. Those who have the energy and desire to engage in the work process can learn about the care of various farm animals. This is a unique opportunity especially for children to come in contact with nature.

Specialities from the countryside

What can you try in the country, and how do these products differ from what you normally buy? Head out to the country and sample a whole range of specialities such as goat cheese, bread and cakes, dried fruit, herbal tea, honey, milk and meat.

Tips:

Homemade goat cheese
Almathea s.r.o., Hvozd near Prostějov
farmahvozd.webpark.cz
Rozinka Goat Farm, Čelechovice na Hané
www.rozinka.wz.cz
Střítež flat cakes, Střítež nad Ludínou
www.pecaky.kvalitne.cz

EVENTS / CONTACTS

20. – 23. 8. 2009 / Summer gardening market
1. – 4. 10. 2009 / Autumn gardening market
8. – 11. 10. 2009 / Exota Olomouc
5. – 6. 12. 2009 / International Cat Exhibition
January 2010 / Haná national Dog Exhibition
22. – 25. 4. 2010 / Flora Olomouc – spring edition
22. – 25. 4. 2010 / Spring gardening markets
20. – 23. 8. 2009 / Summer gardening market
1. – 4. 10. 2009 / Autumn gardening market
8. – 11. 10. 2009 / Exota Olomouc
5. – 6. 12. 2009 / International Cat Exhibition
January 2010 / Haná national Dog Exhibition
22. – 25. 4. 2010 / Flora Olomouc – spring edition
22. – 25. 4. 2010 / Spring gardening markets
sales of flowers, vegetables, seeds, ornamental plants, nursery stock, gardening aids and tools
Hunting Lodge grounds in Horka nad Moravou
www.autodemont.cz/cz/chata
9. 8. 2009 / Holiday Hobby Day
27. 9. 2009 / Official Show Jumping
2. – 4. 10. 2009 / Karel Podhajský Memorial
17. 10. 2009 / Ride of St. Hubert
May 2010 / Horse Day
Chateau park in Loštice – Čadlovice
www.mu-loslice.cz
18. – 20. 9. 2009 / Autumn Military – Czech Championships
pony, children
June 2010 / Cold-Blooded Horse Races
Radkova Lhota – aarl.wz.cz
26. 9. 2009 / Western Hobby Day
April 2010 / Show Jumping Hobby Day
May 2010 / Horse Day
July 2010 / Official show jumping competitions
July 2010 / Chateau Equestrian Day

Stables
Pokorny Stables, Bouzov
staj-bouzov.webpark.cz
Arka Stables, Lhota u Konice
www.stajarka.info
THETA Stables, Chvalkovec (Olomouc)
www.theta.wbs.cz
Chata pod Věží Stables, Radíkov (Olomouc)
aikce-radikov-chata-pod-vezi.websnadho.cz
Radkova Lhota
aarl.wz.cz

Farms and rural settlements
Rozinka Goat Farm, Čelechovice na Hané
www.rozinka.wz.cz
Hunting Lodge, Horka nad Moravou
www.autodemont.cz
Almathea s.r.o., Hvozd near Prostějov
farmahvozd.webpark.cz
Holubice Farm, Medlov
holubice.ecn.cz
Bělecký Mlýn, Zdětín
www.beleckymlyn.cz
Discover the beauty of Central Moravia by bike. Over 200 km of paved and well-marked bike trails will take you to the most interesting sites the region of Central Moravia has to offer. So don’t tarry – hit the trail for some active relaxation!

Selected bike trails

<table>
<thead>
<tr>
<th>Trail Name</th>
<th>Trail Difficulty</th>
<th>Length</th>
<th>Trail Accessibility</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Moravian Trail</td>
<td>** **</td>
<td>82 km</td>
<td>Very good</td>
</tr>
<tr>
<td>2. Bečva</td>
<td>*</td>
<td>31 km</td>
<td>Very good</td>
</tr>
<tr>
<td>3. Bystřička</td>
<td>** **</td>
<td>37 km</td>
<td>Very good</td>
</tr>
</tbody>
</table>

The Moravian Trail runs from the Jeseník Mts. to South Moravia. With a total length of 82 km, the trail runs through the Haná region, connecting towns such as Mohelnice, Litovel, Olomouc, Tovačov and Kroměříž. A substantial part of the trail runs through the beautiful Litovel Morava River Protected Landscape Area. The first part of the trail runs through a romantic landscape of untouched alluvial forests; you can stop at a number of very interesting sites. Moravčany boasts a lovely and richly decorated cruciform church; nearby Nové Mlýny has a unique hydroelectric plant from the end of the 19th century, and Nové Zámky features a Liechtenstein family hunting lodge from 1922 and uncommon small stone buildings in the Liechtenstein domain. Litovel and Olomouc are opportunities for longer stops and more in-depth tours. The trail continues on to Tovačov, a town with a beautiful chateau. The town is also surrounded by ponds that serve as nesting sites for rare birds. From here you will travel through Chropyně to Kroměříž, the former residence of the Olomouc bishops and archbishops.

Tips for stops:
- Mohelnice – historical centre
- Moravčany – Church of St. George
- Nové Mlýny – hydroelectric plant
- Nové Zámky – Liechtenstein family chateau park
- Litovel – town monument reserve
- Olomouc – town monument reserve, UNESCO
- Tovačov – town monument zone, chateau

The “Bečva” bike trail is a route along the Bečva River intended for hikers, cyclists and, where the surface of the trail permits, inline skaters. Once completed, the Bečva trail will connect 28 towns in the Přerov district. Running through the river valley of the same name, the Bečva trail will have a total length of 73 km. Approximately 14 km are currently in use, and once finished the trail will provide an alternative connection between the towns of Hustopeče nad Bečvou, Hranice, Lipník n. Bečvou, Přerov and Kojetín, primarily away from heavily travelled main roads.

Tips for stops:
- Hranice – town monument zone
- Lipník nad Bečvou – town monument reserve
- Přerov – town monument zone
Bicycle Tourism

Bystřička ★★★
Difficulty: low; length: 37 km; accessibility: very good

Built along a section of the Bystřice River, the Bystřicka Trail runs primarily over local roads, forest trails and newly built segments. The trail runs as close as possible to the Bystřice River in the Domašov nad Bystřicí – Hrubá Voda – Velká Bystřice – Bystrovarny – Olomouc section; this location minimizes climbs and descents, making the trail suitable for all users. Numerous interesting sites along the trail include Smilovský Mlýn and the Hluboký Castle ruins.

Tips for stops:
- Domašov - Malý Rabštejn climbing wall
- Hlubočky – go-carts
- Velká Bystřice – chateau
- Olomouc – town monument reserve, UNESCO

A race for all

Střeň Cup
Date: November 2009
Location: Střeň

Routes:
- The 4.2 km route runs mainly over local roads and field and forest paths

Web: www.stren-cyklokros.cz

Mamut Tour
Date: May 2010
Location: Přerov Exhibition Grounds

Routes:
- A 217 km, increase in elevation 3,050 m;
- C 58 km, increase in elevation 490 m;
- B 137 km, increase in elevation 1,650 m;
- D 58 km – MTB, increase in elevation: 947 m

Web: www.miko-cycles.cz

Author Šela Marathon
Date: May 2010
Location: square náměstí TGM, Lipník nad Bečvou

Routes:
- MTB SPRINT
- CLASSIC 90 km, increase in elevation 2,160 m
- JUNIOR 58 km, increase in elevation 1,140 m
- UNICYCLE 19 km, increase in elevation 438 m

Web: www.selasport.cz

Olomouc Kooperativa 50k
Date: June 2010
Location: Dolany (outside of Olomouc)

Routes:
- Main race – Olomouc Kooperativa 50k:
  - Bílkvice–Lalíny – Domašov – Pohořany – Postluchov – Bílkvice–Lalíny
- Length: 50 km, increase in elevation: 1,200 m

Web: www.cyklokankovsky.cz
If you are looking for a great way to rest and relax or a place to cool off on hot summer days, visiting a swimming pool or a natural swimming site (swimming without lifeguard) is an ideal solution. Central Moravia has numerous places that provide excellent conditions for water sports and swimming fun, including natural swimming locations and water parks open year round with a wide range of attractions.

**Natural swimming sites**

- Bagry, Mohelnice
  - GPS: 49°46’6.427”N, 16°57’47.579”E
- Náklo Sand Quarry, Náklo
  - GPS: 49°40’13.593”N, 17°6’51.012”E
- Nová Ves Quarry, Nová Ves
  - GPS: 49°40’43.848”N, 17°0’39.827”E
- Poděbrady Lake, Olomouc
  - GPS: 49°37’21.511”N, 17°13’34.715”E
- Olšovec Quarry, Olšovec
  - GPS: 49°35’57.995”N, 17°42’38.391”E
- Plumlov Reservoir, Plumlov
  - GPS: 49°28’8.916”N, 17°1’57.191”E
- Výkleky Quarry, Výkleky
  - GPS: 49°33’25.556”N, 17°28’58.158”E

**Other swimming sites in the area**

- Litovel Indoor and Outdoor Swimming Pool, Litovel
  - www.litovel.eu
- Loštice Swimming Pool, Loštice
  - www.mu-lostice.cz
- Majetín Swimming Pool, Majetín
  - www.majetin.cz
- Mohelnice Indoor Swimming Pool, Mohelnice
  - www.bazen.olomoucko.com
- Náměšť na Hané Swimming Pool, Náměšť na Hané
  - www.namestnahane.cz
- Přerov Swimming Pool, Přerov
  - www.prerov.cz
- Šternberk Swimming Pool, Šternberk
  - www.sternberk.eu
- Uničov Swimming Pool, Uničov
  - www.unicov.cz

**Water parks**

- Health Centre, Bohuňovice
  - www.bohunovice.cz
- Plováma Aqua Park Hranice, Hranice
  - www.aquaparkplovamahranice.cz
- Aqua Park, Olomouc
  - www.aqua-olomouc.cz
- Swimming Stadium, Olomouc
  - www.olterm.cz/pso
- Koupelky Aqua Park, Prostějov
  - dsp-pv.cz

**Boating in Central Moravia**

- www.centralmoravia-tourism.cz

**Rafting on the Morava River**

Would you like to have a good time and experience something new and untraditional in the outdoors? You have a unique opportunity to take raft rides that are suitable not only for schools, families and companies, but also for anyone interested in unusual experiences in the beautiful natural surroundings of Central Moravia. Boating equipment rentals make it easy to travel the entire length of the course – you’ll feel like a genuine boater!

www.raftingmorava.cz
www.perej.cz
www.pktlo.de

**Rafting on the Bečva River**

Boat and boating equipment rentals on the Bečva River in Hranice.

www.kvshranice.kvalitne.cz
Golf and Tennis

Active relaxation

The tourism region of Central Moravia offers numerous opportunities for those who enjoy spending their holiday in an active manner in the open air. You can take advantage of the services of golf clubs and tennis centres. In the case of bad weather multipurpose sports centres offering indoor sporting activities are also available.

Tips:
- Golf
  - Daylong play starts at CZK 150
- Tennis
  - Tennis court rentals start at CZK 150/hr.

Fun on the links

Golf is more than just a sport activity – golf means exercise, social encounters, good food, quality accommodations and a pleasant environment. Enjoy your holiday in Central Moravia, where you can take advantage of an entire spectrum of services for beginners and experienced players alike. Golf holidays are filled with elegance, style and unforgettable experiences. So grab your clubs and set off for the fairways of Central Moravia!

Golf Club Olomouc

The 15-year-old golf club is situated in the foothills of the Odry Hills, 12 km from the centre of Olomouc between the towns of Véska and Pohořany. This picturesque location offers an 18-hole course (par 72) with numerous water hazards and sand traps, a 9-hole training course (par 27), a driving range, a large putting green, a chipping green and a clubhouse with a terrace.

The 18-hole course offers four sets of tees on each hole and large, undulating greens. The entire course is watered and is one of the most beautiful in the entire country. Each distinct hole is both challenging and scenic. Even the training course, which is intended for beginners and those interested in learning about the game, features bunkered greens and other interesting opportunities for practicing one’s short game.

www.golf-olomouc.cz

Golf Club Radíkov

The golf course is located in the town of Radíkov, 8 km northwest of Hranice (on the highway between Olomouc and Ostrava). The Golf Club Radíkov is easy to reach thanks to the excellent local infrastructure. The golf course features a varied landscape, ponds and sloping terrain, making the facility both a challenging and beautiful experience. The 9-hole course is incorporated into the original landscape.

www.golf-radikov.cz

Key:
- ● golf course
- ● tennis courts
- ● other sports centres
- ● restaurant, hotel
- ● campsite, cottages
- ● tennis, golf
- ● zoo, swimming pool
- ● auto camp

www.centralmoravia-tourism.cz

golf course

tennis courts

other sports centres
**Golf and Tennis**

**Hotel Fit Přerov**
The Hotel Fit in Přerov offers a Full Swing indoor golf simulator (version 3.0), which features 60 world-class golf courses and the simulation of drives, approach shots and putting. Also available is a putting green with five holes, a driving range (into a net) and a bar. Right and left-handed sets of golf clubs can be rented, and players can make use of the services of a licensed golf professional.

www.hotelfit.cz

**Hotel Tennis Club Prostějov**
The Hotel Tennis Club is located in a quiet area on the north side of Prostějov. Among other things, the hotel complex offers a wide selection of hotel, conference and sports-relaxation services. The hotel's 21 outdoor and 4 indoor courts are among the very best in the entire region. Numerous accompanying services are also available, including a pool, solarium, sauna, bowling alleys, squash and badminton courts, and a fitness centre. The hotel complex is the annual host of the Czech Open, a tennis tournament that is one of the most important events of its kind in the country.

www.sportonline.cz

**TJ Milo Olomouc**
Tennis courts operated by TJ Milo Olomouc. The courts are located in two separate but nearby areas, close to the centre of the city. Both parts of the club are situated in a park setting with mature trees and grass-covered areas. The club has a total of 22 clay courts, 3 asphalt courts and a hall with 1 1/2 courts with an artificial surface.

www.tenismilo.cz

**Omega Sports and Health Centre**
This new sports and health centre offers a full spectrum of free-time activities in one location. The centre features 4 air-conditioned tennis courts and 4 squash courts that meet the highest standards of quality.

www.omegasport.cz

**Precolor Přerov Tennis Club**
The Přerov Tennis Club is one of the largest in the Czech Republic. The facility has 25 clay courts, including a large centre court with seating for 2,000 spectators and a small centre court with seating for 800 spectators. Also available are 4 indoor courts with a hard surface, 2 indoor clay courts, 2 outdoor courts with a hard surface, 2 training walls for children, facilities for top-level and tournament tennis (locker rooms, showers, clubhouse), a sauna, rehabilitation spaces, 2 restaurants, a pro shop, a heated outdoor pool, a beach volleyball court and a golf driving range.

www.tenis-prerov.cz

**Tennis and other ball sports**

<table>
<thead>
<tr>
<th>Other sports centres</th>
<th>Tennis</th>
<th>Badminton</th>
<th>Squash</th>
<th>Web</th>
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<tr>
<td>SK Věška, Dolany–Věška</td>
<td>yes</td>
<td>no</td>
<td>no</td>
<td><a href="http://www.skveska.cz">www.skveska.cz</a></td>
</tr>
<tr>
<td>KOTELNA Sports, Hranice</td>
<td>no</td>
<td>yes</td>
<td>yes</td>
<td><a href="http://www.sportskotelna.cz">www.sportskotelna.cz</a></td>
</tr>
<tr>
<td>Natali Tennis Club, Mostkovice</td>
<td>yes</td>
<td>no</td>
<td>no</td>
<td><a href="http://www.natali-tenis.com">www.natali-tenis.com</a></td>
</tr>
<tr>
<td>Asko Kozlovice, Přerov</td>
<td>yes</td>
<td>no</td>
<td>no</td>
<td><a href="http://www.asko.estranky.cz">www.asko.estranky.cz</a></td>
</tr>
<tr>
<td>Mlýn Sports Centre, Přerov</td>
<td>no</td>
<td>yes</td>
<td>yes</td>
<td><a href="http://www.sportovnicentrum.eu">www.sportovnicentrum.eu</a></td>
</tr>
</tbody>
</table>

**Golf**

**Painted Mug Tournament – twosome Texas scramble**

Date: 25. 7. 2009
Location: Golf Club Olomouc, Olomouc
Organizer: Golf Club Olomouc
Web: www.czech-open.cz

**Tennis**

**Zubr Cup 2009**

Date: December 2009
Location: Přerov
Organizer: Precolor Přerov Tennis Club
Web: www.tenis-prerov.cz

**2010 Czech Open**

Date: June 2010
Location: Hotel Tennis Club Prostějov, Prostějov
Organizer: TK Plus
Web: www.czech-open.cz
Wellness and Relaxation

Relaxation of body and soul

Wellness is unquestionably a contemporary phenomenon, and wellness services are an important part of the programs at hotels, spa facilities and relaxation centres. So come and experience a feeling of harmony that restores an internal sense of balance and serenity. Physical beauty and fitness, a positive attitude, a healthy diet, personal habits and internal balance – this is wellness. This means not only being healthy, but feeling healthy to the greatest possible extent.

Purify your mind and body – you will feel as if you have been reborn – stronger and more capable than ever before. Come see for yourself; take a rest from today’s hurried life. Central Moravia provides you an ideal opportunity!

Spa relaxation

Natural curative sources, baths and mineral waters are regarded as some of the oldest methods of therapy used throughout the ages. This explains the origin of numerous spa locations over the years. Central Moravia also boasts several important spa centres.

Teplice nad Bečvou Spa

One of the leading facilities of its kind in the Czech Republic, the spa specializes in top cardio-rehabilitation with a focus on the prevention of cardiac events and strokes. A large number of springs and natural curative sources are available on the grounds; two of the most popular are the Kropáčův and Juníkův springs.

Kropáčův and Juníkův springs – both of these springs contain heavily mineralized, hydro-carbonated calcium water that is rich in carbonates. The water bubbles to the surface lukewarm and hypnotic.

www.ltnb.cz

Skalka Spa

All spa procedures are based on the use of mineral waters beneficial in the treatment of the movement system and disorders of a rheumatic nature; the water also has a beneficial effect on skin disorders.

www.lazneskalka.cz

Tips:

Pearl bath – taken in a tub with warm mineral water. Air flowing through a grate creates a whirling effect, providing the client the feeling of a gentle massage over the entire body. The bath has an extra relaxation effect when aroma essences are used. Bath prices start at CZK 110.

Whirlpool bath for legs – a partial bath for the legs; the whirlpool in the 36 – 38 °C water is created by water turbines. The bath improves circulation in the legs, local metabolism and also activates skin receptors. Prices start at CZK 90.
Wellness

For health

The increased emphasis on a healthy lifestyle today is the inspiration behind the creation of a rich offer of stays that teach clients the basic principles of healthy nutrition and exercise so that these can then be incorporated into their everyday life. So take advantage of comprehensive relaxation programs that will strengthen your health, develop your beauty and help you acquire balance in your life. Visit Central Moravia and maintain your health and beauty for as long as possible.

Solana Olomouc Salt Cave
As the only one of its kind in the Czech Republic, the SOLANA Salt Cave offers procedures with Dead Sea salt, Himalayan salt crystals, iodine-bromine salt from Poland and salt water from Luhačovice, all of which have significant preventative and regenerative effects.

www.solana.cz

Saltika Teplice nad Bečvou Salt Cave
The SALTIKA Salt Cave uses new and original methods that combine salt from the Dead Sea, Himalayan salt crystals and iodine-bromine salt from Poland. Dissolved salts vaporizing from salt water waterfalls have significant beneficial, preventative and regenerative effects.

www.saltika.cz

Jánský Salt Cave
The salt cave was built using the latest technology and exclusively with Dead Sea salt; no bonding agents or glues were utilized. Air in the cave contains a high concentration of rare salts, thanks to which the environment is entirely free of foreign substances, making the cave ideal for those with allergies as well.

www.solnajeskynejanskeho.cz

Prostějov Salt Cave
The walls of the salt cave are built from salt rocks from Pakistan – the same that are used to make salt lamps. Ait flows across the salt walls, releasing micro-particles of salt in the air. These particles contain minerals and trace elements essential for the proper functioning of the human organism.

www.solnajeskyne-pv.cz

Exercise

If you prefer physical activity and would like to improve your condition, don’t hesitate to make use of a broad spectrum of free time facilities and centers offering a comprehensive selection of professional services in the Central Moravian region.

Wet zone
Come and make yourself comfortable in the relaxation facility’s wet zone. After a hard workout you can take advantage of a wide range of whirlpool baths and pools, relax your tired muscles with a massage, or warm yourself in a dry or steam sauna. The wet zone likewise features a rest area.

Fitness zone
The fitness zone provides anaerobic training for all ages. You can take advantage of the services of a professional trainer and a broad range of weight lifting machines that give you the possibility of systematic and targeted training with maximum effect and comfort.

Relax zone
The relax zone offers room for rest and relaxation. After your workout you can rest on comfortable lounge chairs placed in a free, sunny location. A sunny terrace and a solarium are also available.

### Additional free-time facilities

<table>
<thead>
<tr>
<th>Web</th>
<th>Wet zone</th>
<th>Fitness zone</th>
<th>Relax zone</th>
</tr>
</thead>
<tbody>
<tr>
<td>KOTELNA Sports, Hranice</td>
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<td>yes</td>
</tr>
<tr>
<td>Natali Tennis Club, Mostkovice</td>
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<td>yes</td>
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<tr>
<td>Help Fitness, Olomouc</td>
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<td>yes</td>
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<tr>
<td>Omega, Olomouc</td>
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<td>yes</td>
</tr>
<tr>
<td>Prostějov Tennis Club, Prostějov</td>
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<tr>
<td>Asko Kozlovice Sports Centre, Přerov</td>
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<td>yes</td>
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<tr>
<td>Mlýn Sports Centre, Přerov</td>
<td>yes</td>
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<td>yes</td>
</tr>
</tbody>
</table>
Adrenaline excitement for all ages

Do you want to find out what you are made of – to test your skills and learn your limits? Try manoeuvring your way through numerous rope climbing obstacles and ride a cableway metres above the ground. Central Moravia offers a choice of rope-climbing centres, climbing walls as well as many opportunities for climbing in nature. So don’t hesitate! Overcome your fears and gain a new level of self confidence.

Tips:
A traditional adventure program starting at CZK 105/prs.
Rope climbing centre prices starting at CZK 200/prs.
Single rides from CZK 100/prs.

Rope and rock climbing

Olomouc – PROUD Rope Climbing Centre
The PROUD Rope Climbing Centre was built in 2000 as the very first facility of its kind in Central and Eastern Europe, making it a must for adrenaline lovers. Mastering unusual rope obstacles at a height of eight metres is a thrilling experience. All those attempting to master their fears are secured with a climbing rope. The climbing centre features 9 low rope obstacles, 15 individual high rope obstacles, 5 team obstacles and 2 jumps. The centre offers programs for groups and individuals alike. No special skills are necessary – all you need is a basic level of physical fitness and the desire to discover something new.

www.lanovecentrum.cz

Olomouc – PROUD Rope Climbing Centre

Baldovec – Centre for Adventure Training and Education
If you long to experience excitement and something truly extraordinary, or simply an unforgettable holiday, head for the recreation centre in Baldovec in the Drahany Highlands. Test your limits at the local rope climbing centre with a 23–metre training tower featuring a 150–metre cableway to a second tower! You can also practice climbing on the nearby rock formations. Rentals of sports equipment, tennis and volleyball courts and a football pitch are available for your active relaxation. Families with children will certainly welcome the nice playground. Accommodations are also available.

www.baldovec.cz

Baldovec – Centre for Adventure Training and Education

Helfštýn – Rope Climbing Park
Test your courage and agility on rope obstacles hung high above the ground and between trees – naturally, under the supervision of trained instructors. Visit the “Pod Helfštýnem” Rope Climbing Park near Helfštýn Castle. The park is composed of various obstacles located between trees at a height of around 4 metres. The track has 11 obstacles plus a final descent ladder. The length of the track is approximately 120 metres. All climbers secure themselves with rented equipment according to the instructions and training of staff members.

www.lanovy-park.cz

Helfštýn – Rope Climbing Park

Šternberk – Malý Rabštejn
Try climbing in open nature. A total of 28 climbing tracks are located near Šternberk in the Malý Rabštejn rocks. These have become a very popular destination for climbers from the entire area. The height of the slate block reaches 40 metres.

www.lanovecentrum.cz

Šternberk – Malý Rabštejn

Tips:
A traditional adventure program starting at CZK 105/prs.
Rope climbing centre prices starting at CZK 200/prs.
Single rides from CZK 100/prs.
www.centralmoravia-tourism.cz

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www.centralmoravia-tourism.cz
Paintball – an extraordinary experience

We have a special offer for military history buffs who would also like to learn for themselves what it’s like to fight with a weapon in their hand. So don’t hesitate! Come and visit Central Moravia. Discover the rich history of military fortifications or try some active excitement with friends in the form of paintball.

Paintball is a modern adrenaline sport that is quickly gaining popularity. It requires both speed and good physical condition. You will also require tactical thinking, a cool head, and teamwork skills. An individual fighter has no chance to survive in paintball, but an outnumbered team that works well together has a chance to defeat a stronger opponent. Experience the thrill of victory and the agony of defeat. One thing is certain – your paintball experience is something you will never forget!

List of sites Accompanying services* Accommodations Refreshments Web
--- --- --- --- ---
Hunting Lodge, Horka nad Moravou yes yes yes www.autodemont.cz
Paintball Club, Hranice yes no no www.paintballhranice.cz
Fort XV Neředín, Olomouc yes no no www.paintball.pgo.cz
Morava Paintball Club, Prostějov yes no no www.paintballmorava.cz
Paintball, Savin no yes yes www.paintball.napinde.cz
Bělecký Mlýn, Zálešín yes yes yes www.beleckymlyn.cz

*Additional free-time activities enhancing paintball services.

Military forts

Fort XVII, Křelov
The fort is one of the best preserved parts of the Olomouc imperial fortifications. The history of the fort stretches back to 1850, when the construction site was honoured with a visit by Austrian Emperor Franz Joseph I and Russian Tsar Nicholas. The design of Fort XVII is very similar to the fort in Krakow, which was built in the same period. Křelov Fort Museum - a tour of the unique designs of individual forts. The permanent exhibition is focused on fort construction and the military history of the 19th century. A restaurant is also located on the grounds of the fort.
www.forty.cz

Fort II, Radíkov (Olomouc)
The fort at Radíkov was the only one to be built between the years 1871 to 1876. The fort was designed by a planner for Captain Karel von Peche from the 8th Division of the Imperial War Ministry in Vienna and has a 6–point floor plan. A large part of the fort was actually built by the year 1876, but it was never entirely completed. Work on the fort ended when relations with the Prussians improved.
www.pevnost-radikov.cz

Fort XIII, Nová Ulice (Olomouc)
The redoubt fort is very well preserved. Hitler Youth units were stationed in the fort during the Second World War; battle remnants on the wall of the fort testify to their resistance during the liberation of the country. The building was used by the Czech Army as a munitions warehouse until 1998. The preserved (renovated) part of the fort is open to the public with a guide. The tour includes a presentation of the history, present and future of the fort.
www.drakk.eu

Fort XV, Neředín (Olomouc)
The fort was built between 1850 and 1854 on a 5-point floor plan. Located in the centre is a horseshoe-shaped redoubt; connected to this is a rear caponiera and a rear wall that runs towards the foreground in the main rampart. The main rampart is separated from the foreground by a moat. The fort is used today by paintball enthusiasts.
www.paintball.pgo.cz
Adrenaline in the Air

Discover Central Moravia from the sky

<table>
<thead>
<tr>
<th>Activity</th>
<th>Program difficulty</th>
<th>Length of activity</th>
<th>Orientation price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tandem skydiving</td>
<td>★★</td>
<td>half-day</td>
<td>from 3,000/person</td>
</tr>
<tr>
<td>Hot air balloon flights</td>
<td>★★</td>
<td>half-day</td>
<td>from 5,500/person</td>
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<tr>
<td>Airplane rides</td>
<td>★★</td>
<td>15 minutes</td>
<td>from 100/minute</td>
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<tr>
<td>Paragliding</td>
<td>★★★</td>
<td>two-day with course</td>
<td>from 3,900/person</td>
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<tr>
<td>Gliding</td>
<td>★★★</td>
<td>individual</td>
<td>from 300/hour</td>
</tr>
<tr>
<td>Helicopter rides</td>
<td>★★</td>
<td>2 hours</td>
<td>from 3,000/person</td>
</tr>
</tbody>
</table>

Airports

- Colours indicate services offered

Marked airports

- www.centralmoravia-tourism.cz

Selected activities

Tandem skydiving

Tandem skydiving from an airplane flying 4,000 m above the ground is a unique, extraordinary and easy way to experience a fantastic rush of adrenaline. As the name itself suggests, this is a free fall and parachuting training method that enables students to quickly and safely acquire the necessary basic skydiving skills. All you need is a little courage and an urge to try something new.

Event:
- Prostějov – European Parachuting Championships 30. 8 – 6. 9. 2009
- Hranice – Moravská brána – Moravian Parachuting Cup June 2010

Hot air balloon flights

Take off on a real hot air balloon flight and experience unforgettable moments on your romantic and adventurous trip. You will discover new hidden places as you fly just over the tops of trees and the surface of ponds. Touch the clouds!

Event:
- ZEPELIN CZ, s.r.o. – www.balony.eu
- Skyballs Prostějov – www.skyballoons.cz

Airplane rides

Flight is the only way to see the world from a bird’s eye view. From the air you can see all of the local historical landmarks and natural sites. The flights are in small planes flown by experienced pilots.

Contacts

- Hranice Aero Club | www.aeroklubhranice.cz
- Josef František’s Aero Club Prostějov | www.lkpj.cz
- Mamba-air | www.mamba-air.cz

Airport

Colours indicate services offered

- www.centralmoravia-tourism.cz
On the trail of fine food in Central Moravia

Culinary tourism is not only a distinct form of tourism in which people travel to taste local specialties; it is also a pleasant complement to trips for discovering nature and various cultural attractions. Perhaps every location has its own unique food traditions, and Central Moravia is certainly no exception.

Even the most demanding gourmet will enjoy a wide selection of local and national specialties, as well as highly popular festivals offering food tastings.

Come and discover Haná culinary specialties and customs – you certainly won’t regret it!

Culinary events

Litovel Bottle Opener
A large beer festival with an extensive cultural program.
Location: Litovel
Date: 15 August 2009
www.litovel.eu

Czech Kettle Goulash Championships
The 5th annual Czech Kettle Goulash Championships will be held as part of the ZUBRFEST 2009 cultural-social event at the Přerov Exhibition Grounds. This unique event is the largest goulash and beer demonstration in the Czech Republic.
Location: Přerov Exhibition Grounds
Date: 12 September 2009
www.gastromorava.cz

Ceremonial harvest of Hradecký Pond
Visitors can watch fishermen at work starting in the early morning. The event features cimbalo music performances. Fresh fish, fish specialties and other types of refreshments are available for purchase. An enjoyable time will be had by all fishing enthusiasts and nature lovers.
Location: Tovačov
Date: October 2009
www.tovacov.cz

Olomouc Beer Festival
Visitors to the beer festival can try around 100 different brews ranging from classic ten-degree beers up to a wide selection of specialty beers produced by over 25 Czech and regional breweries and microbreweries.
Location: Olomouc
Date: May 2010
www.beerfest.cz

Loštice Tvarůžky Cheese and Music Festival
An annual social-cultural event held in Loštice. The festival includes the coronation of the tvarůžky king, competitions and an extensive musical program.
Location: Loštice
Date: June 2010
www.regionmohelnicko.cz/akce/

Traditional food is also an important part of numerous other social, cultural and folklore events held throughout the year in the Central Moravian region. So don’t hesitate – come and enjoy unforgettable experiences offered in your surrounding area.

www.centralmoravia-tourism.cz
Food

Genuine Haná region delicacies

Just like other regions, Haná has its own traditional foods. Many of the local dishes have become famous in both the Czech Republic and beyond the borders of the country. The best known of these include Olomouc tvarůžky cheese and the Moravian pig slaughter celebration. Visitors can enjoy these delicious specialities prepared in many different ways at restaurants throughout the region.

Olomouc tvarůžky cheese

The best-known local delicacy is known as "aromatic gold". Genuine Olomouc tvarůžky cheese from the Haná town of Loštice has been made for over 600 years. The strong aroma of the cheese has been well-known beyond the borders of the country for years. Those interested in the way the cheese is produced can visit the Loštice cheese factory, which also features a museum devoted to the history of this unusual type of cheese.

www.tvaruzky.cz

Niva cheese from Otinoves

The Otinoves Dairy has produced popular Niva blue cheese since 1963. The cheese is ripened for five weeks under strict climatic conditions. The result is a two-kilogram block of cheese. The popularity of Niva from Otinoves likewise extends far beyond the borders of the region.

www.mot.cz

Tovačov carp

Sand-bottomed lakes in Tovačov are well-known for carp and catfish. The special method of feeding the fish produces delicious meat (without heavy metals and the muddy flavour commonly associated with these species). Celebrated throughout the country, "Tovačov carp" is particularly delicious.

www.tovacov.cz

Moravian pig slaughter celebration

Pig slaughter celebrations have an extremely long tradition in Central Moravia. These rituals have always been important events. In earlier times the pig was slaughtered to provide the family food during the long winter. Today the slaughter has become more of a social event. A whole range of pig slaughter specialities and delicacies can be found on menus in Central Moravian restaurants.

Roasted Moravian duck

Roasted Moravian duck is yet another traditional dish in Haná cuisine. It is typically served with potato dumplings and sauerkraut.

Mineral water springs

Těšíkovská kyselka (Těšíkov)

The Těšíkovská kyselka well produces ferrous mineral water documented as far back as 1669. In addition to its medicinal qualities, the water is also popular for its fine flavour; the water is used extensively by the residents of local towns as drinking water. The strength of the spring fluctuates around 30 l/min. in connection with climatic conditions. The well is 63 m deep.

www.sternberk.eu

Hanácká kyselka (Horní Moštěnice)

Hanácká kyselka mineral water is drawn from six wells, the deepest of which is 265 m. The composition of the water is the same as when it was first discovered. The water comes from the period of Paleozoic limestone. The water rises from cracked Devonian rock deep under the ground; it is here that the water is saturated with carbon dioxide.

www.hanackakyselka.cz

Moštěnka (Horní Moštěnice)

The source of this water, recognized in 1993 as natural mineral water, is located in the town of Horní Moštěnice near Přerov. The spring is one of three found in the town; one of the other two is the source of the Hanácká kyselka mineral water described above.

On the trail of beer and spirits

Central Moravia is above all known for the production of fine, traditional Czech beer. And the selection is great! The leading brands include Zubr from Přerov and Litovel beer from the Litovel Brewery. If you’re in the mood for something more original, you can try the beer at the Moritz Microbrewery in Olomouc or the Ječmínek Brewery in Prostějov.

Breweries and distilleries

- Litovel Brewery, Litovel
  www.litovel.cz
- Moritz Microbrewery Pub, Olomouc
  www.hostinec-mortz.com
- Distillery at the Green Tree, Prostějov
  www.starorezna.cz
- U krále Ječmínka, Prostějov
  www.ukraljeceminka.cz
- Zubr Brewery, Přerov
  www.zubr.cz
- Tomáš Koláček Distillery, Střítež nad Ludinou
  www.likerka.com
Mysterious Night

Mysterious history and magical powers
Do you enjoy history, nature, mystery and supernatural phenomena? Are you attracted to the magical power of night? If so, the Central Moravian region has a wide range of cultural and social events guaranteed to enchant all with their mystery and beauty.

Tips:
Special evening tours of castles and chateaux start at CZK 70/person

Historical centres
Visit the historical centres of town monument reservations (Olomouc a Lipník nad Bečvou) and monument zones (Litovel, Mohelnice, Šternberk, Unicov, Prostějov and Přerov) under the cover of night. The most important monuments are illuminated and create an unforgettable experience.

Lipník nad Bečvou
A night tour of the monuments of Lipník nad Bečvou is planned as part of the European Heritage Days set for 12 September 2009. This guided tour will also include performances by “historical personalities” and skits that bring historical events to life.

www.mesto-lipnik.eu

Nights tours of castles and chateaux

Bouzov Castle
This fairytale castle offers evening tours during the course of the tourism season. Tour times are available on the castle’s website.

www.hrad-bouzov.cz

Tovačov Chateau
Tovačov Chateau is one of the most important architectural compounds in the tourism region. The original Gothic fort was rebuilt into an Early Renaissance water castle in the 15th century.

www.tovacov.cz

Planetariums

Olomouc Planetarium
The planetarium in the Lošov quarter of Olomouc offers visitors the opportunity to observe the night sky through several telescopes and watch films with an astronomical theme.

Operating hours:
April – August, Fri. 9pm – 11pm
September, Fri. 8pm – 10pm
October, Fri. 7pm – 9pm
November, Fri. 6pm – 8pm

www.hvezdarna.olomouc.cz

Přerov Astronomy Club
The planetarium in Přerov offers a whole series of lectures on the subject of astronomy.

Operating hours:
March – November (every Thursday from 9pm)

http://www.iweb.cz/~astro/

Prostějov Planetarium
The planetarium is located in the centre of Kolář Gardens on the west side of Prostějov.

Operating hours:
March – November (every Thursday from 9pm)

Tip:
Special evening tours of castles and chateaux start at CZK 70/person

Visit the historical centres of town monument reservations (Olomouc a Lipník nad Bečvou) and monument zones (Litovel, Mohelnice, Šternberk, Unicov, Prostějov and Přerov) under the cover of night. The most important monuments are illuminated and create an unforgettable experience.

Tours of historical centres can be taken by visitors on their own or with an expert guide. Guided tours can be reserved at town information centres – see page 37.
### Mysterious Night

#### ZOO Olomouc

Evening Christmas tours, traditional for a number of years now, will be held between 19 December 2009 and 3 January 2010 (the zoo remains open until 8pm – the ticket office closes at 7pm).

**www.zoo-olomouc.cz**

<table>
<thead>
<tr>
<th>Location</th>
<th>Event</th>
<th>Date</th>
<th>Website</th>
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<tbody>
<tr>
<td>Prostějov</td>
<td>Night tour of Prostějov Town Hall</td>
<td>12 September 2009</td>
<td><a href="http://www.prostejov.eu">www.prostejov.eu</a></td>
</tr>
<tr>
<td>Šternberk</td>
<td>Night tour of former Augustinian monastery in Šternberk (including monastery cellars) and the Church of the Annunciation of the Virgin Mary (including organ demonstration)</td>
<td>by individual arrangement (min. of 5 people)</td>
<td><a href="http://www.sternberk.eu">www.sternberk.eu</a></td>
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<tr>
<td>Šternberk</td>
<td>Evening performance and duel of knights</td>
<td>11 – 12 September 2009</td>
<td></td>
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<tr>
<td>Šternberk</td>
<td>National commencement of European Heritage Days</td>
<td>11 – 13 September 2009</td>
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<tr>
<td>Šternberk</td>
<td>Evening tour of castle and program</td>
<td>28 October 2009</td>
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<tr>
<th>Location</th>
<th>Event</th>
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<tbody>
<tr>
<td>Náměšť na Hané</td>
<td>From Fairytale to Fairytale</td>
<td>22 August 2009</td>
<td><a href="http://www.namestnahane.cz">www.namestnahane.cz</a></td>
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<tr>
<td>Chateau</td>
<td>Secret Chateau – A Mysterious Haunted Tour of the Chateau and Cellars</td>
<td>31 October 2009</td>
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<td></td>
<td>From Fairytale to Fairytale</td>
<td>19 June 2010</td>
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<th>Location</th>
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<tbody>
<tr>
<td>Litovel Museum</td>
<td>Haunted Night Tour</td>
<td>12 September 2009</td>
<td><a href="http://www.muzeumlitovel.cz">www.muzeumlitovel.cz</a></td>
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<tr>
<td></td>
<td>Craft Revival</td>
<td>26 December 2009</td>
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<tr>
<td></td>
<td>Museum Night</td>
<td>June 2010</td>
<td><a href="http://www.olmuart.cz">www.olmuart.cz</a></td>
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<tr>
<td></td>
<td>Museum Night</td>
<td>June 2010</td>
<td><a href="http://www.prerovmuzeum.cz">www.prerovmuzeum.cz</a></td>
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<tr>
<td>Olomouc Museum of Art</td>
<td>The Golden Age of Přerov or From the Wisent to the Lion</td>
<td>27 October 2009</td>
<td><a href="http://www.prerovmuzeum.cz">www.prerovmuzeum.cz</a></td>
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<td>Hranice</td>
<td>49°32'49.99&quot;N, 17°44'3.94&quot;E</td>
<td>Tourist Info Centre</td>
<td>Masarykovo nám. 71</td>
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<td>Kojetín</td>
<td>49°21'10.49&quot;N, 17°18'10.17&quot;E</td>
<td>Educational and Info Centre</td>
<td>Masarykovo nám. 8</td>
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<td>Konice</td>
<td>49°35'20.82&quot;N, 16°53'27.6&quot;E</td>
<td>Cultural Centre</td>
<td>Kostelní 46</td>
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<td>Litovel</td>
<td>49°42'5.03&quot;N, 17°44'34.89&quot;E</td>
<td>Tourist Info Centre</td>
<td>nám. Přemysla Otakara 754</td>
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<td>Mohelnice</td>
<td>49°46'36.374&quot;N, 16°55'11.505&quot;E</td>
<td>Tourist Info Centre</td>
<td>nám. Svobody 1</td>
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<td>Moravský Beroun</td>
<td>49°47'36.451&quot;N, 17°26'31.572&quot;E</td>
<td>Tourist Info Centre</td>
<td>nám. 9. května 4</td>
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<td>Olomouc</td>
<td>49°35'38.14&quot;N, 17°15'5.9&quot;E</td>
<td>Tourist Info Centre</td>
<td>Horní nám.</td>
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<td>Prostějov</td>
<td>49°28'19.95&quot;N, 17°6'38.4&quot;E</td>
<td>Tourist Info Centre</td>
<td>nám. T. G. Masaryka 12–14</td>
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<td>Uničov</td>
<td>49°46'18.27&quot;N, 17°7'17.57&quot;E</td>
<td>Educational and Info Centre</td>
<td>nám. Svobody 1</td>
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<td>Šternberk</td>
<td>49°43'48.12&quot;N, 17°17'48.95&quot;E</td>
<td>Tourist Info Centre</td>
<td>Čs. Armády 30</td>
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<td>Přerov</td>
<td>49°27'11.2&quot;N, 17°26'58.72&quot;E</td>
<td>Tourist Info Centre</td>
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