

**CzechRepublic**  
Land of Stories



# Spas

## and health resorts

in the Czech Republic



# What health issues are treated in Czech spas?

Spa	A	B	C	D	E	F	G	H	I	J	K	NHR
Bechyně						x	x					2
Bludov				xo			xo					1
Buchlovice		x				x	x			x		1
Františkovy Lázně		xo	xo	xo		xo	xo			xo	xo	1,2,3
Hodonín		x		x		x	x			x	x	1
Jáchymov		x		x		x	x			x		1
Janské Lázně				xo	xo	xo	xo		xo	xo		1,4
Jeseník				xo	xo				xo	xo		4
Karlova Studánka		x		x	x	x	x		x	x		1,4
Karlovy Vary			xo	xo		xo	xo					1,3
Karviná – Lázně Darkov		x		x		x	x			x	x	1
Klimkovice		xo		xo		xo	xo			xo	xo	1
Konstantinovy Lázně		x		x		x	x					1
Kostelec u Zlína		x				x	x			x		1
Lázně Bělohrad						xo	xo			xo	xo	2
Lázně Bohdaneč						x	x					1,2
Lázně Kundratice						x	x					2
Lázně Kynžvart		xo	xo	xo	xo	xo	xo	xo	xo	xo		1,4
Lázně Libverda		x		x		x	x					1
Lázně Toušeň						x	x			x	x	2
Lednice		x		x		x	x			x	x	1
Luhačovice		xo	xo	xo	xo	xo	xo			o		1
Mariánské Lázně		x	x	x	x	x	x	x				1,3
Mšené-lázně						x	x					2
Ostrožská Nová Ves		x				x	x			x		1
Poděbrady		xo		xo		xo	xo					1
Slatnice		x				x	x			x		1
Teplíce				xo		xo	xo					1
Teplíce nad Bečvou		xo		xo		xo	xo					1
Třeboň						x	x					2
Velké Losiny		x				xo	xo			xo		1
Velichovky						x	x					2
Vráž						x	x					2

x – Adults o – Children

Source: Ministry of Health of the Czech Republic

- A Oncological diseases
- B Cardiovascular diseases
- C Digestive system diseases
- D Metabolic disorders and endocrine diseases
- E Respiratory diseases

- F Diseases of the nervous system
- G Diseases of the musculoskeletal system
- H Kidney and urinary system disorders
- I Mental diseases
- J Skin diseases
- K Gynaecological diseases

#### Natural healing resources (NHR)

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

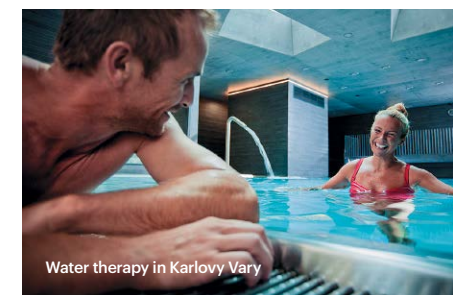
# Czech Republic, the Promised Land of Spas

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

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

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

The spa infrastructure in the Czech Republic is at an excellent level and even more importantly spa resorts employ top class balneology experts and highly qualified medical staff. The quality of Czech medical care along with the progressive healing and physiotherapeutic methods are known only too well. Undoubtedly, it was no coincidence that in 2006 a spa establishment from the Czech Republic Lázně Bělohrad – as the first in Europe – was presented with the EUROPESPA med© Certificate – a seal of quality awarded by the European Spas Association (ESPA) in



Water therapy in Karlovy Vary



Relax in Mariánské Lázně

Brussels to selected European spa resorts after a thorough on-site inspection and audit of their operation.

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

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

with massages and pearl (air-bubble) baths and ending with exotic care inspired by Eastern medicine.

A balanced combination of treatments, pleasant relaxation, high quality gastronomy, sporting opportunities as well as superb cultural events makes up a truly comprehensive experience. Allow it to sweep you away and give you a break from the reality of everyday life. Now something really out of the ordinary awaits you.

#### Examples of the Use of Natural Healing Resources

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



# Karlovy Vary



[www.karlovyvary.cz](http://www.karlovyvary.cz)



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

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

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

And yet Karlovy Vary is also a modern town offering

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

## Natural Healing Resources

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

## Medical Conditions Treated in the Spa

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

## Main Points of Interests in Karlovy Vary

The town and the surrounding area offer countless opportunities for walks, trips as well as exploring and sightseeing. Most attention will deservedly be captured by the colonnades, mainly the most famous of them all, the Neo-Renaissance **Mill Colonnade** designed by the distinguished Czech architect Josef Zíték, who also participated in the construction of the National Theatre in Prague. Another beauty is the Art Nouveau **Castle Colonnade**, and no less fascinating is the modern **Hot Spring Colonnade** with the most powerful Karlovy Vary spring jetting up as high as 12 metres along with the **Park Colonnade** sheltered under an arched iron framework.



Karlovy Vary



Relax in Karlovy Vary



Mill Colonnade

Sights definitely worth taking note of include the Neo-Baroque complex of the **Grandhotel Pupp** and the theatre designed in the same style, the Pseudo-Renaissance building of **Lázně I**, in fact all of the buildings surrounding the River Teplá. The next point of interest in Karlovy Vary is its churches – particularly the magnificent **Church of Saint Mary Magdalene**, which is the work of the Baroque genius Kilian Ignaz Dientzenhofer, and the exquisitely decorated **Orthodox Church of Sts. Peter and Paul**.

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

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



Becherovka herbal liqueur

## Trips Out of Town

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

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

## Golf & Spa

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

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

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

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



# Mariánské Lázně



www.marianskelazne.cz



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

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

## Natural Healing Resources

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

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



Rudolph Spring Colonnade



Maria Spa in Mariánské Lázně

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

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

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

## Medical Conditions Treated in the Spa

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



Drinking therapy



Colonnade

## Points of Interest in Mariánské Lázně

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

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

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

## Trips Out of Town

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

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

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

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

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

## Golf & Spa

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

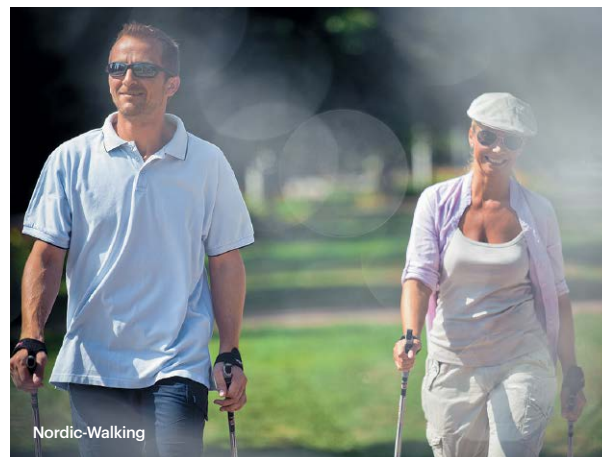
[www.golflm.cz](http://www.golflm.cz)

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

# Konstantinovy Lázně



www.konstantinovy.cz



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

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

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

## Natural Healing Resources

The local sulphurous spring used to be and still is a source of hydrocarbonate mineral

water, or to be more specific ferrous acidulous water at a temperature of 9.1 °C. It holds the record of having the highest concentration of CO<sub>2</sub> in the entire Czech Republic.

## Medical Conditions Treated in the Spa

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

## Out and About

Trying to indulge those keen on trips and walks as much as possible, Konstantinovy Lázně has set up **four nature trails** in the vicinity

of the spa, which will enlighten you with some interesting information and take you to attractive destinations – such as onto Hradištský Hill commanding beautiful views, to Úterský Brook Natural Park, to the ruins of Švamberk Castle on Krasíkov Hill and finally to the Spring of Love – who could resist? In addition, you can set out for the romantic ruins of Gutštejn castle, for the nearby town of Bezdržice and its chateau housing a unique exposition of work by leading glassmakers and finally for the splendid medieval town of Úterý with a truly charming town conservation area.

## Tips for Active Relaxation

**Cyclists** can saddle up their bikes and follow attractive routes, which will take them for example to the Baroque Chateau in Manětín and to monasteries in Teplá and Kladruby. There is also a local cycleway with a section devoted to in-line skating.

Apart from cycling, you can take part in some other pastimes locally, for instance you can go **Nordic walking**, enjoy a game of petanque, have a swim in a beautiful quarry or get your golf bag ready and set out for a round of **golf** to nearby Alfrédov. Stretching along a one hundred year old linden alley, the charming 18 hole golf course is situated about a half an hour drive south of Konstantinovy Lázně. [www.alfredov.cz](http://www.alfredov.cz)



# Lázně Kynžvart



www.lazne-kynzvalt.cz



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

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

## Triumph of Clean Air

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

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

## Natural Healing Resources

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



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

## Medical Conditions Treated in the Spa

The key specialisation of the spa is treatment of non-specific respiratory diseases including those induced by an allergy. The spa has recorded excellent results in the treatment of obesity, skin complaints covering psoriasis and eczema, kidney and urinary tract diseases, metabolic disorders and digestive, musculoskeletal, circulatory and neurological conditions, as well as mild mental disorders such as anxiety, depression and psychoses.

## Out and About

The surrounding area offers countless opportunities for attractive trips and walks. These include the beautiful Classicist **Kynžvart Chateau** with a rare collection of curiosities from all over the world, gathered by the Austrian Chancellor Metternich, the amazing chateau park, the romantic **ruins of Kynžvart Castle**, the nature trail in the peat bog area of Kladská, mud volcanoes, the nearby town of **Mariánské Lázně**, several **golf courses**, the remarkable Jewish cemetery and a geographical point of interest – the officially recognised accurately measured **Midpoint of Europe**.

# Františkovy Lázně



www.flinfo.cz



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

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

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

## Natural Healing Resources

In 1793 Austrian Emperor Franz I founded the world's first peat spa in this area. At that time the local spring water was sold not only in the Czech land but also throughout the whole of Germany where it soon became the best-selling mineral water. Currently, Františkovy Lázně has 20 curative springs used for drinking, irrigation and bathing. Another important natural resource found locally is peat, which thanks to being rich in minerals and humic acids can be fully exploited in wraps and bathing. In addition, natural gas separated from the local mineral water or captured from dry CO<sub>2</sub> seepage manifest therapeutic effects – gas injections and baths show highly efficient

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

## Medical Conditions Treated in the Spa

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

## Places to See in Františkovy Lázně

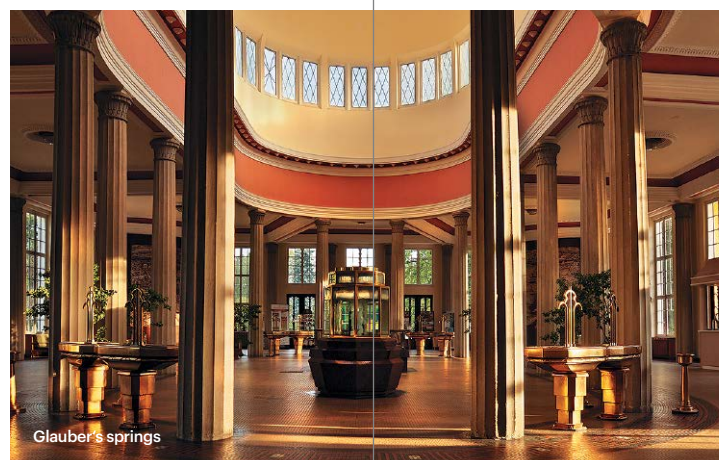
The peace and serenity of a spa town can best be enjoyed during walks through the town parks or the environs where you can take advantage of nine routes marked with symbols of colourful hearts, aptly named the **Heart Trails**. They will take you to the most attractive spots of the spa – the famous František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



Františkovy Lázně



Water therapy



Glauber's springs

## Nearby Points of Interest

In the close vicinity you can set out for a trip to the romantic **Salinburg Lookout Tower** and the observation tower at the **Zámeček** restaurant. Just a little further on you can explore one of the most remarkable nature reserves in Europe called **SOOS**. The vast peat bogs with mud volcanoes and mineral springs constantly change their colour and appearance making you almost believe you might be on a different planet.

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

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



Music pavilion

## Cycle & Spa

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

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

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

## Golf & Spa

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

[www.gr-fl.cz](http://www.gr-fl.cz)



Statue of small František

# The First Radon Spa in the World

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

Jáchymov

## Jáchymov



[www.laznejachymov.cz](http://www.laznejachymov.cz)

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

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

### Natural Healing Resources

In 1864 an accident happened in the Svornost Mine in Jáchymov. Miners extracting uranium ore came upon a powerful spring of water at a depth of 500 m and this water very quickly flooded the mineshaft. For a long time nobody realised that this event had actually brought the town good fortune. When in 1898, the Curies analysed the pitchblende from this pit and discovered the entirely new element radium, which in layman's terms together with uranium is a parent of radon – Jáchymov water suddenly became a much sought-after commodity. Its properties astonished the world.



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

### Medical Conditions Treated in the Spa

Radon treatment is very mild and does not overburden the body. It is suitable and efficient particularly for diseases afflicting the musculoskeletal system – e.g. inflammation, rheumatism, Bechterew's disease, arthrosis, disc herniation, tendon and ligament damage, osteoporosis, gout as well as peripheral neuropathy. It has positive effects on post-operative conditions, specifically joint replacements, spinal surgery and burns. Moreover, it manifests rejuvenating properties – beneficial for loss of strength associated with old age, job and sporting burnout or even intolerance to cold. The spa also treats circulatory, neurological,



Spa Hotel Radium Palace

metabolic and dermatological disorders.

### Points of Interest in Jáchymov

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

Shortly after World War II when the communist party took control of the country, prison camps were set up here which were later to be nicknamed **Jáchymov Hell**. Up to 65,000 prisoners were forced to work in atrocious conditions in the uranium mines, thousands of them lost their lives and tens of thousands suffered damage to their health for the rest of their life. To discover more about Jáchymov's sorrowful history you can set off on an interesting nature trail called Jáchymov Hell. Also worth a visit is the Royal Mint which houses the permanent exhibition under the title Labour Camps in the Jáchymov Region.

### Ski & Spa

For trips outside of Jáchymov, spa visitors most often head for the Krušné Mountains, for example to Boží Dar, the highest altitude town

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

[www.klinovec.cz](http://www.klinovec.cz)



# Teplice



www.lazneteplice.cz  
www.teplice.volareza.cz



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

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

and tranquillity. Teplice is a world-renowned spa and in the late 18th century it was quite deservedly referred to as Little Paris or the Salon of Europe.

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



Teplice

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

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

#### Natural Healing Resources

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



Massage

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

#### Medical Conditions Treated in the Spa

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

#### Points of Interest in Teplice

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



Teplice

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

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

#### Trips Out of Town

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

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

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

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

#### Golf & Spa

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

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



Relax in Teplice

Classical music lovers will be unable to resist temptation in the form of the famous Ludwig van Beethoven Music Festival which takes place in May and June. [www.severoceska-filharmonie.cz](http://www.severoceska-filharmonie.cz)

# Lázně Libverda



www.lazne-libverda.cz



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

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

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

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

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



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

## Natural Healing Resources

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

## Medical Conditions Treated in the Spa

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

## Out and About

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

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

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

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

# Janské Lázně



www.janskelazne.com



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

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

## Natural Healing Resources

Boasting significant healing properties the thermal water which rises to the

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

There are about 30 water springs, the most important being the Jan (John) and Černý (Black) Springs, which supply therapeutic water to spa facilities and pools all over the town.

## Medical Conditions Treated in the Spa

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

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

## Points of Interest in Janské Lázně

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

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

## Trips Outside of Town

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

Express or in a more arduous manner accompanied by a great feeling of a triumph when you actually reach the top on foot. You will be rewarded not only by a unique panoramic view of the whole of Krkonoše from an original metal observation tower built using the former slope of a cableway, but also an excursion to the Black Mountain Peat Bog along wooden pathways. [www.lanovka-cerna-hora.cz](http://www.lanovka-cerna-hora.cz)

## Ski & Spa

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

## Golf & Spa

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

# Lázně Bělohrad



www.belohrad.cz



In the charmingly undulating landscape of the Krkonoše foothills, in beautiful, clean environs, lies the town of Lázně Bělohrad. The absolute tranquillity, pleasant small town atmosphere, modest chapels and the surrounding forests and meadows decorated with gems of rural architecture are the main characteristics of the local peat spa.

For 120 years ailments of the body have been treated here with packs, baths and wraps containing healing mud from the famous Bělohrad peat bog. The centre of the town is dominated by the exquisite Neo-Renaissance building of the Lázeňský (Spa) Hotel, and just a few steps away from here you can stroll into a well-maintained chateau garden and discover a gorgeous chateau in it. Coming here is like being embraced by soothing motherly arms.

## Natural Healing Resources

The spa development was initiated by the discovery of the spring of ferrous acidulous water containing arsenic in the early

20th century. However, as time went by the spa started using the sulphurous-ferrous containing water as its main natural healing resource.

## Medical Conditions Treated in the Spa

The spa's main specialisation is physiotherapy and treatment of musculoskeletal complaints, particularly rheumatism, spinal pain, Bechterew's disease, arthrosis, osteoporosis as well as conditions following injuries and orthopaedic surgery. Moreover, the therapeutic peat has shown very good results in treatment of gynaecological and neurological ailments including Parkinson's disease



Mud therapy

and obviously skin complaints especially atopic eczema, psoriasis, dermatitis and conditions caused by burn injuries.

## Leisure Time Activities

**Walking** under the tree canopy of the Bažantnice Spa Park is utter bliss. The silence here is almost tangible, disturbed only by the rustling of leaves. Here and there you will discover small structures, such as a gazebo or a romantic water pond... For pleasant walks you can also head to the chateau park with a Classicist orangery.

If you fancy venturing a little further, you can set out for nearby Dvůr Králové nad Labem and visit its renowned **ZOO safari**, or even further on you can admire a gem of Czech Baroque architecture called **Kuks Chateau** with the rare natural gallery of statues by Matyáš Bernard Braun.

Those of a more active disposition will undoubtedly take advantage of the dense network of **cycleways** of the total length of nearly 100 km which will take them through wooded valleys along streams and brooks. Nonetheless, the local traditional spa sport is tennis – the courts were built here more than a hundred years ago and one of the players who enjoyed the game here was none other than the actor Vlasta Burian, known as the “King of Comedians”. Today you will find here five

outdoor courts and an indoor tennis hall. It is also possible to use a table tennis hall and volleyball courts.

**Golf** enthusiasts will not have far to travel to get a game. The closest golf course is near the village of Myštěves. There at the Queens Park Golf Club you can look forward to a peaceful and pleasant 18-hole golf course. A greater challenge awaits players at the Nová Amerika Golf Resort, the largest golf resort in Eastern Bohemia with three separate championship nine-hole courses, each of a different character. [www.golf-mysteves.cz](http://www.golf-mysteves.cz) [www.novagolf.cz](http://www.novagolf.cz)

**In 2006 Lázně Bělohrad was the first spa in Europe to be awarded a EUROPESPA med® Certificate – the seal of quality presented by the European Spas Association in Brussels to selected European spa resorts after a thorough on-site inspection and audit of their operation.**

# Poděbrady



www.polabi.com



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

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

## Natural Healing Resources

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

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

## Medical Conditions Treated in the Spa

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



Poděbrady

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

## Points of Interest in Poděbrady

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

## Trips out of Town

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

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

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

## Paradise for Cyclists and In-line Skaters

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

## Golf & Spa

Spa and golf – this association obviously also applies in Poděbrady. The beautiful 18-hole park golf course of Golf Club Poděbrady will do nothing but excite you. [www.golfpoděbrady.cz](http://www.golfpoděbrady.cz)

# Třeboň



www.itrebon.cz



Whenever in the Czech Republic you say the name of the South Bohemian town of Třeboň, absolutely everyone will immediately visualise an idyllic and graceful landscape abundant in ponds, endless embankments with alleys of hundred-year old trees, a segmented and manifold landscape, a perfect essence of Czech character – quite simply, genuine Czech scenery.

The mirrors of immense ponds reflect the Baroque clouds and the historic town of Třeboň with a chateau dressed in white and lofty walls rule over all this beauty. No wonder that in this promised land of water man discovered rich deposits of curative peat in the bogs and founded a spa. The whole area around Třeboň evokes a spa atmosphere – wherever you may set out for, you will feel as if you were strolling through a park or well-maintained garden – that is the essence of the enchanting South Bohemian scenery.

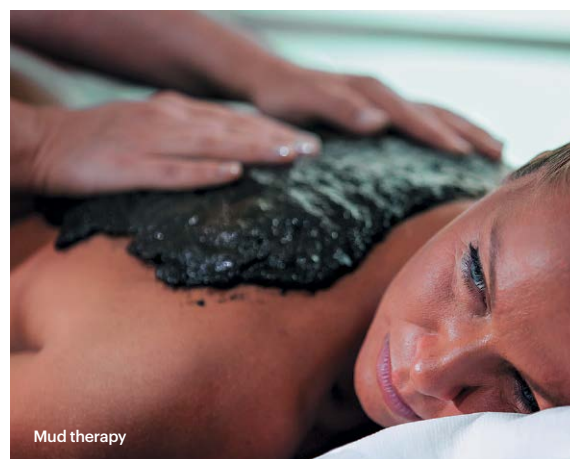
The first person to try to take advantage of the natural

resources for spa purposes was the pond-administrator Václav Horák in 1666. He based the treatment on running water. Two hundred years later the idea of using peat for curative purposes was put into practice by the teacher Václav Hucek. In 1883 he opened a spa in Třeboň at Zlatá stoka (canal) having been inspired in this deed by his daughter Berta who had just returned from West Bohemian spas. Not surprisingly, the oldest Třeboň spa facility is named after her – Berta's Spa.

Being almost one hundred years younger, the second local spa – Aurora



Chateau Třeboň



Mud therapy

Sanatorium was completed in 1975 and today apart from classic medical spa treatments it provides wellness services and relaxation packages.

## Natural Healing Resources

Třeboň peat is of a very high quality. Stretching over an immense area, the local bogs have very rich deposits of peat – peloid of healing properties. It is mostly of organic origin, resulting from decaying plants such as reed mace, sedge and reed combined with inorganic constituents, specifically iron and sulphur.

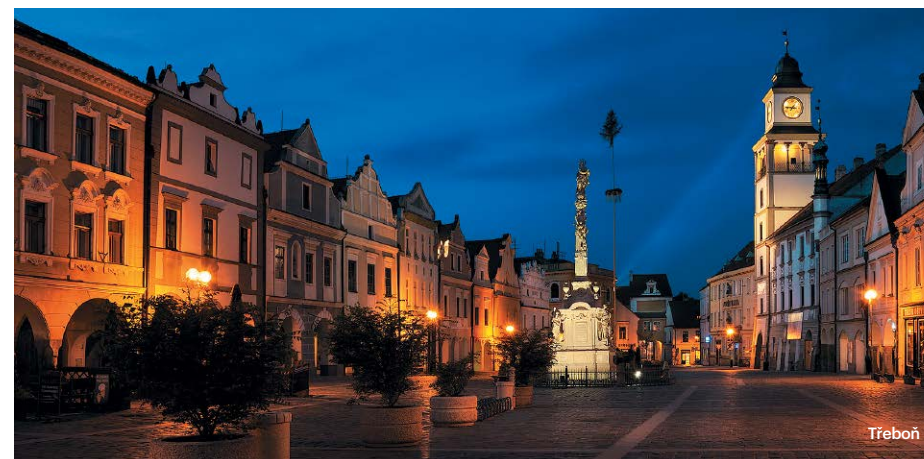
## Medical Conditions Treated in the Spa

The conditions treated here include musculoskeletal complaints, rheumatic disorders, conditions following injuries and surgery – for example spinal pain, total hip joint replacement

along with arthrosis, rheumatism, osteoporosis, Bechterew's disease, gout, soft tissue pain and finally neurological diseases.

## Out and About

You could easily write a book about all of the possible walks, trips and outings in Třeboň and the surrounding area. Wherever you may set out for, you will love it there. Why don't you start with the radiantly historic town of Třeboň and explore its numerous sights – walk through the lofty town gates that even today guard the entry routes to the town, take a stroll through the arcades of Renaissance and Baroque houses on a picturesque square, visit the former Augustinian monastery and beautiful Church of St. Gilles, follow the park path as far as the majestic Neo Gothic Schwarzenberg Tomb,



Třeboň



Ponds in the Třeboňsko region

wander casually around Svět (World) – the tenth largest pond in the Czech Republic, stretching out next to the town halls. Make sure you don't forget the magnificent Renaissance chateau, one of the largest chateau complexes in the Czech Republic.

If there is still some time and energy left, head for the legendary Český Krumlov, for Červená Lhota – an enchanting water chateau or the historic town of Jindřichův Hradec.

Alternately, how about saddling up your bike and riding along some of the numerous charming cycleways in mild and friendly terrain matching the character of the local folk? Take the area around Chlum u Třeboně for example, the scenery is so fantastic that at times you will be convinced that all of this must have been

designed by an ingenious landscape artist – and in a way you would be right because all those ancient trees, tiny pond islands, flocks of aquatic birds, wind combed fields – is without question one of God's masterpieces.

## Treat Your Taste Buds

For Czechs Třeboň is a synonym of a world of fish. Menus of local restaurants abound with various Czech fish specialities, including the very popular carp fries. Applying the latest cooking techniques and creating innovative recipes, chefs will conjure up dishes containing freshwater fish of all kinds and sizes, some caught that very day. And what might appear on your plate? What would you say to pikeperch, pike, catfish, eel, tench, grass carp, trout or perch?



Golf Club in Hluboká nad Vltavou

## Golf & Spa

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

Setting out eastwardly, within the same time span you will get to the Golf Resort Monachus Nová Bystrice, where you can try the eighteen or nine-hole golf

course. Both of them offer interesting terrains perfectly set into the local undulating landscape. Meanwhile it is possible to stay in Třeboň and work on your shots at a well-equipped driving range at the Aurora Sanatorium and after the strenuous practice head for some relaxation in saltwater at the Wellness Centre Aqua Viva! [www.golfhluboka.cz](http://www.golfhluboka.cz) [www.golfmonachus.cz](http://www.golfmonachus.cz)

# Lázně Bohdaneč



www.llb.cz



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

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

## Natural Healing Resources

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

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

## Medical Conditions Treated in the Spa

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

## Out and About

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

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

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

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

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

## Golf & Spa

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

[www.gcpa.cz](http://www.gcpa.cz)

# Velké Losiny



www.lazne-losiny.cz



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

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

## Natural Healing Resources

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

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

## Medical Conditions Treated in the Spa

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

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

## Points of Interest in Velké Losiny

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

Just a few steps away, a beautiful Late Baroque and

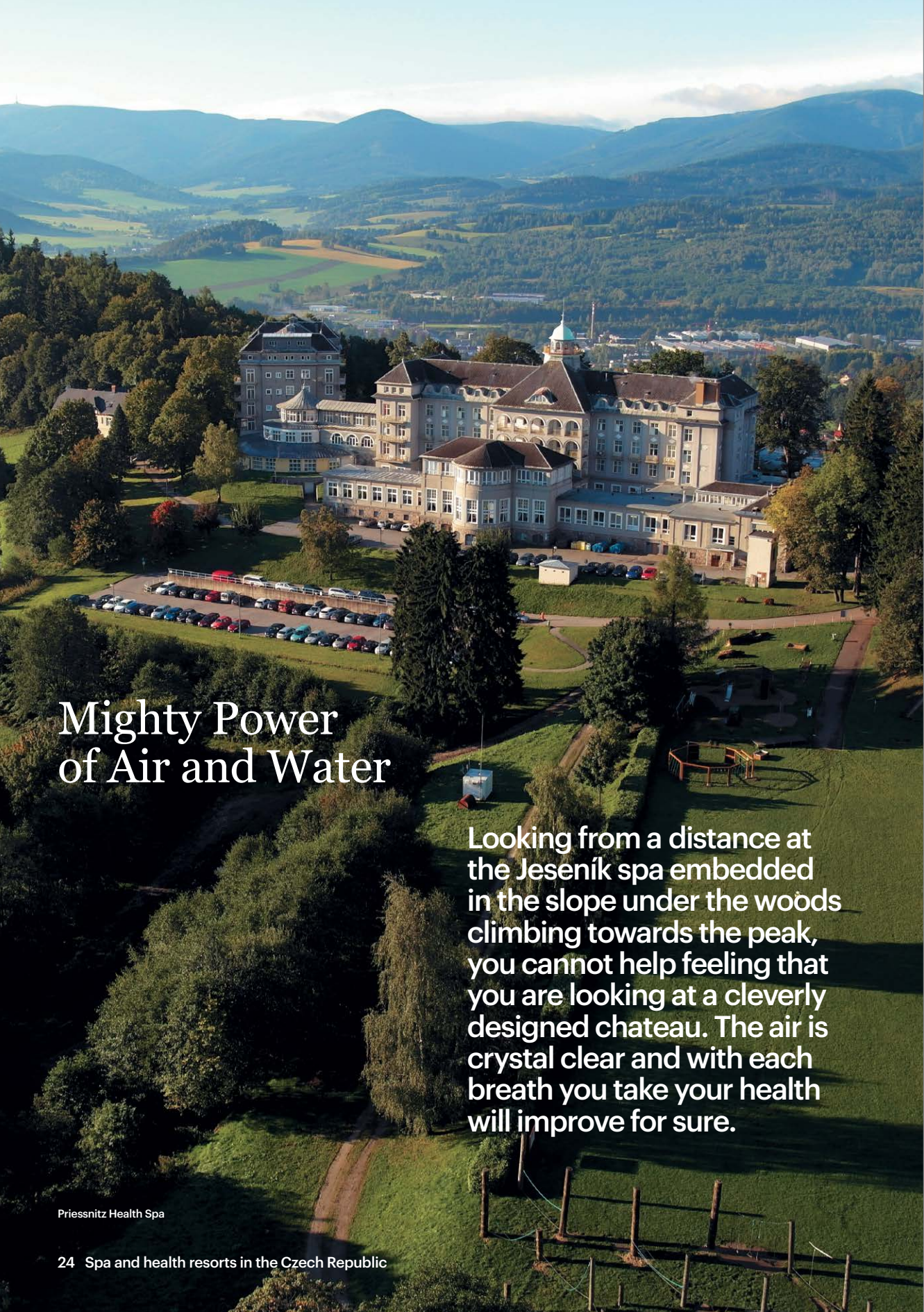
Classicist building is home to the **Museum of Paper**, in fact it is a functional handmade paper mill, which has been in operation non-stop for four hundred years!

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

## Ideas for an Active Holiday

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

**The unique Therme Park, newly opened in 2015, offers relaxation in 9 thermal pools containing healing thermal sulphurous water at about 36 °C.**  
[www.termaly-losiny.cz](http://www.termaly-losiny.cz)



# Mighty Power of Air and Water

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

Priessnitz Health Spa

# Jeseník



[www.priessnitz.cz](http://www.priessnitz.cz)



## Natural Healing Resources

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

## Medical Conditions Treated in the Spa

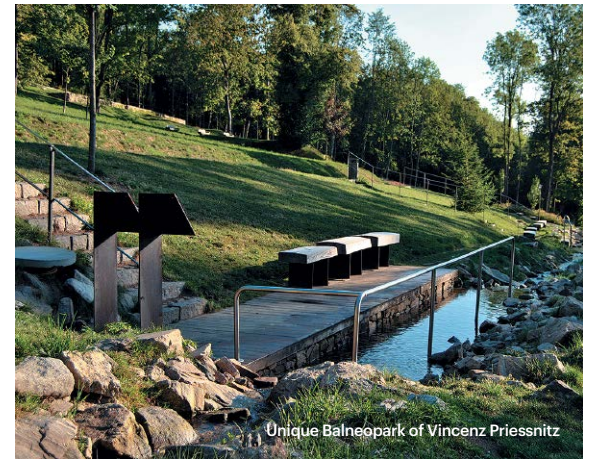
Based on the latest measurement data the air in Jeseník is the cleanest in the whole of continental Europe! Therefore it is logical that the spa is very successful in treating non-tuberculosis respiratory conditions including asthma and obstructive pulmonary diseases as well as oncological and metabolic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

The unique Balneopark – Priessnitz natural baths for upper and lower limbs has recently been built within the spa grounds. In essence it is a water garden where you can indulge in various water activities such as walking through an ice cold water pool taking strides like a stork, walking on pebbles submerged in water as well as enjoying the Priessnitz water jets, shower and bench. This water therapy has beneficial effects in

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

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

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



Unique Balneopark of Vincenz Priessnitz

strengthening the immune system, reducing allergic manifestations, supporting the vascular system, reducing blood pressure and heart rate, improving the circulatory system, relieving headaches, depression and anxiety.

## Out and About

You can start at the unique colonnade in **Jeseník** amidst the beautiful old trees with breathtaking views of the surrounding scenery. a beautiful park situated nearby features a herb garden and a pond covered with water lilies.

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

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

Jeseník Spa also caters for those interested in more active forms of relaxation. **Golf** enthusiasts can practise their shots on a well equipped driving range situated in the

town itself. Unfortunately, for the time being the actual golf course is still in the planning stage.

[www.golfjesenik.cz](http://www.golfjesenik.cz)

If you fancy an interesting trip, head for the small town of **Lipová Lázně**, where you can dive into a brand new indoor swimming pool and take advantage of the sauna world with 3 types of sauna, a whirlpool, paddling pool and a Kneipp foot bath.

**Taste the local herbal liqueur from the Bairnsfather distillery in the village of Domašov in Bělá pod Pradědem.**

# Teplice nad Bečvou



www.ltnb.cz



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

## Out and About

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

A little higher, obviously once again on the Earth's surface you can feast your eyes on the remarkable villa designed by the renowned architects **Oskar and Elly Oehler**. The highly regarded functionalist structure is sensitively set into the steep slope and up to this day has not lost any of its impressive qualities. Incidentally, Oskar Oehler is one of the designers of the Bečva Sanatorium building.

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

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

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

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

## Balm for the Heart and Nerves

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

Today we can admire some of the spa houses that

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

## Natural Healing Resources

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

## Medical Conditions Treated in the Spa

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

# Klimkovice



www.sanatoria-klimkovice.cz



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

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

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

## Natural Healing Resources

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

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

## Medical Conditions Treated in the Spa

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

## Points of Interest in Klimkovice

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

## Out and About

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

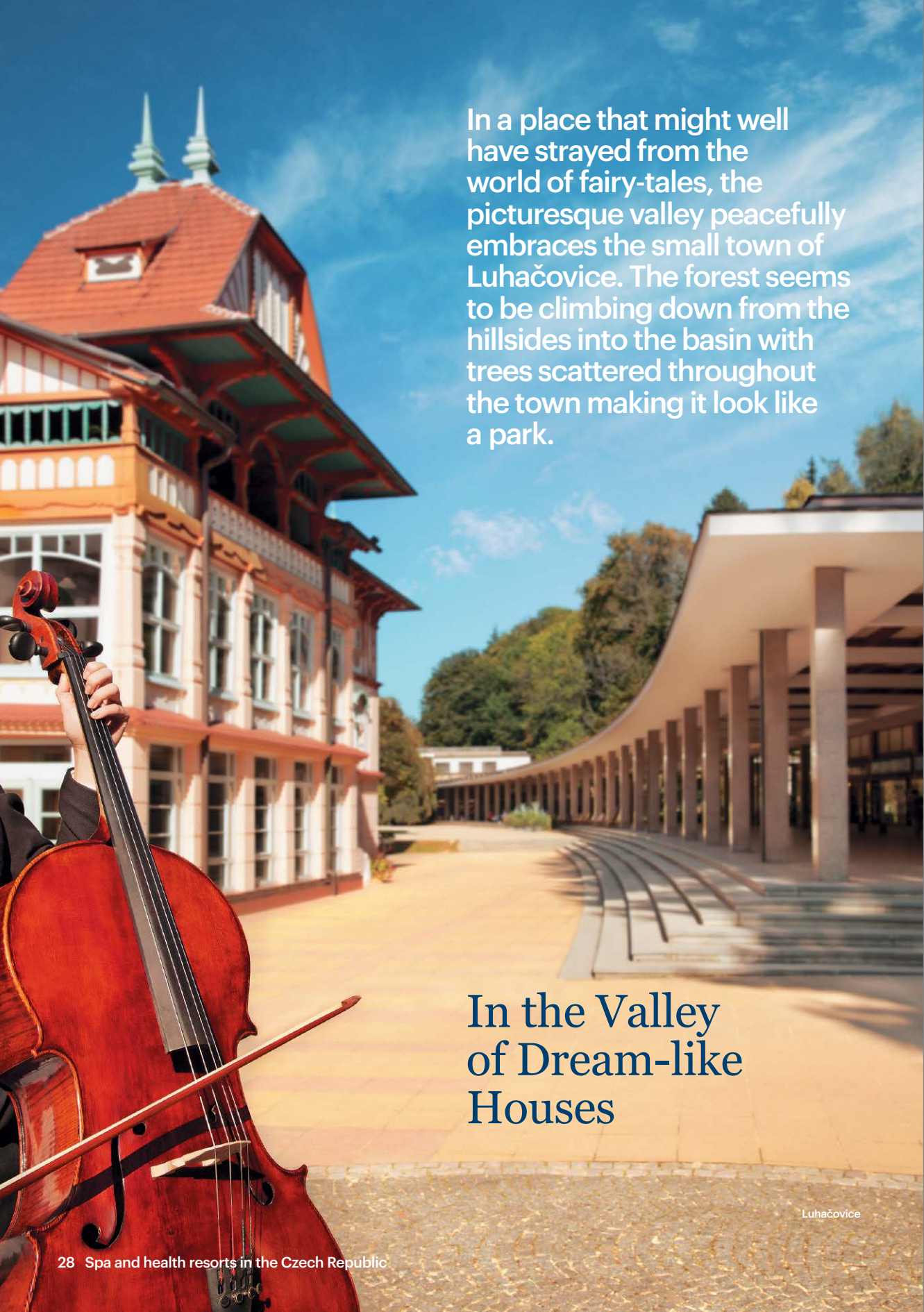
If you are more of a city person, then you must head for nearby **Ostrava**. Its **industrial heritage** is unmatched anywhere in the world. The steel giants mostly peacefully slumber these days, but strolling past them is amazing. A gas holder has been turned into a multi-cultural centre and a former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

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

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

## Golf & Spa

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



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

## In the Valley of Dream-like Houses

Luhačovice

# Luhačovice



[www.luhacovice.cz](http://www.luhacovice.cz)



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

A total of 16 healing springs are scattered around the valley, with the most famous Vincentka (acidulous water), which over the long years has not lost any of its popularity

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

### Natural Healing Resources

Since time immemorial Luhačovice valley has been full of gurgling mineral water springs displaying a veritable rainbow of colours thanks to the special sediments. The salty tasting “Luhačovice water”, as it was first referred to, soon began arousing interest throughout the whole of Europe. The spa’s fame began to spread at the end of the 18th century. Today, 17 springs of acidulous water of the hydrogen-carbonate-chloride-sodium type and one sulphur spring rise up to the surface within the town’s boundaries, reaching an astonishing volume of 15 thousand litres of mineral water every hour. Thanks to a high content of mineral elements and a large amount of dissolved carbon dioxide, the mineral waters are considered to be some of the most efficient in Europe.



Relax and feel good



Luhačovice

### Medical Conditions Treated in the Spa

The local treatment is very successful especially for respiratory diseases such as asthma, allergic bronchitis, hoarseness and voice disorders, as well as digestive ailments – lack of appetite, gastric ulcers, post-operative conditions and disorders of the musculoskeletal and metabolic systems (particularly diabetes and obesity) and furthermore oncological, neurological and circulatory diseases. The spa also treats sick children.

### Trips out of Town

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

### Points of Interest in Luhačovice

It would be a great pity to become overwhelmed by the surrounding area and forget Luhačovice itself. It is a really beautiful town offering relaxing walks and interesting sights – such as strolls along the valley to individual pavilions sheltering the springs, **houses designed by Jurkovič**, fountains, the colonnade, the chance to ride

on a tourist land train around the town, an excursion to the Vincentka bottling plant, discovering splendid and impressive mansions of all imaginable styles and types, the remarkable **Augustinian House**, where the world-renowned Czech composer Leoš Janáček created the famous Glagolitic Mass, the spa theatre, Baroque chateau and prehistoric burial mounds in the surrounding woods. Luhačovice is truly a colourful palette of gems, the like of which cannot be seen anywhere else. Also worth mentioning is Jurkovič Alley which will bring you to the beautiful water reservoir of **Pozlovce Dam**, where you can have a swim, take a walk around it, indulge in biking or in-line skating, do some fishing or simply relax and enjoy yourself.

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

[www.gcuh.cz](http://www.gcuh.cz)  
[www.gclk.cz](http://www.gclk.cz)



## Other Spas in the Czech Republic



### Bechyně

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

### Bludov

A modern spa at the foothills of the Jeseníky Mountains with a spring of natural slightly mineralised, strongly alkaline, thermal hypotonic ground water of the sulphur-chloride-sodium type with a higher content of fluorides, displaying considerable anti-rheumatic effects. The spa treatment covers musculoskeletal diseases, metabolic disorders and obesity. [www.lazne-bludov.cz](http://www.lazne-bludov.cz)

### Hodonín

A modern town spa in the south of Moravia with springs of natural cold medium mineralized water, rich in sodium chloride as well as iodine and bromine with a higher content of metaboric acid. The spa specialises in the treatment of metabolic, musculoskeletal and neurological diseases, as well as dermatological and gynaecological conditions along with circulatory and cardiovascular disorders. [www.laznehodonin.cz](http://www.laznehodonin.cz)

### Karlova Studánka

Set in the mountain valley of the Jeseníky Range, this charming spa with the cleanest air in Central Europe makes use of two natural healing resources, the first being the medium mineralized water of the hydrogen-carbonate-calcium type with a higher content of silicic acid and the second being the climate. The spa specialises in the treatment of respiratory conditions, oncological diseases, circulatory disorders, diabetes, neurological complaints, skin ailments, musculoskeletal diseases and mental disorders. [www.horskelazne.cz](http://www.horskelazne.cz)

### Kostelec u Zlína

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

### Lázně Buchlovice

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

### Lázně Darkov

The town spa at the foothills of the Beskid Range with springs containing unique highly mineralized brine rich in iodine and bromine originating in the Tertiary Period. Thanks to the excellent properties of the local water the spa treats

musculoskeletal diseases, metabolic and gynaecological disorders, skin complaints, neurological diseases, circulatory disorders, cardiovascular complaints, obesity and excess weight as well as post-injury and post-operative conditions. [www.darkov.cz](http://www.darkov.cz)

### Lázně Kundratice

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

### Lázně Toušeň

Dwelling in the flat terrain of Central Bohemia just 25 km away from Prague, this spa town makes use of the local peat rich in sulphur and iron for the treatment of musculoskeletal and neurological diseases, skin complaints and gynaecological conditions. [www.slatinnelazne-tousen.cz](http://www.slatinnelazne-tousen.cz)



Drinking therapy and typical spa wafers

### Lázně Velichovky

Set in the flat fertile land of Eastern Bohemia, the spa in the small town of Velichovky has been taking advantage of the local deposits of exceptionally high quality peat for medicinal purposes for over 100 years. This natural substance has beneficial effects especially for the treatment of musculoskeletal and neurological diseases.  
[www.velichovky.cz](http://www.velichovky.cz)



Inhalation

### Lednice

A spa hiding in the bosom of the Lednice-Valtice complex, a breathtaking piece of land of South Moravian cultural heritage protected by UNESCO. Making use of the mineral water with a higher content of iodine and bromine, the spa treats musculoskeletal, neurological and gynaecological diseases, skin complaints as well as circulatory and metabolic disorders.  
[www.lednicelazne.cz](http://www.lednicelazne.cz)

### Mšené-Spa

A peaceful little spa town with remarkable architecture sitting at the edge of the České středohoří range. The therapeutic procedures make use of natural peat and movement therapy. The conditions treated here include neurological and musculoskeletal diseases.  
[www.msene.cz](http://www.msene.cz)

### Ostrožská Nová Ves

A sulphurous spa in the heart of the Slovácko (Moravian Slovakia) region taking advantage of healing resources in the shape of the natural, pure, cold, hypotonic sulphurous mineral water of the hydrogen-carbonate-calcium-sodium-magnesium type with a high content of sulphur. The spa specialises mainly in skin complaints including psoriasis and atopic eczema along with circulatory and musculoskeletal diseases and neurological disorders.  
[www.laznenovaves.cz](http://www.laznenovaves.cz)

### Slatinice

A sedate rustic-style spa in the middle of Moravia with springs of natural cold sulphurous water with a hypotonic content of hydrogen sulphide and a higher content of sulphide sulphur. The spa provides treatment for musculoskeletal

and circulatory disorders, oncological diseases as well as neurological and dermatological conditions.  
[www.lazneslatinice.cz](http://www.lazneslatinice.cz)

### Vráž

A spa resting in the peaceful and beautiful surroundings of the forested landscape in Southern Bohemia, not far from the town of Písek. The therapeutic procedures are based on simple hemic peat and focus on neurological and musculoskeletal diseases including post-injury and post-operative conditions.  
[www.lazne-vraz.cz](http://www.lazne-vraz.cz)



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### Spa and health resorts in the Czech Republic

#### Published by CzechTourism

The official tourist presentation of the Czech Republic  
CzechTourism, Vinohradská 46, 120 41 Praha 2

Prague 2015 (1st edition) ©

Text: Rostislav Krivánek and CzechTourism

Translation: ADS LangLinX, s.r.o

Photos: CzechTourism, David Marvan, Ladislav Renner, Libor Sváček, Milan Jaroš, Pavel Štěpánek, Milan Drahoňovský, Jan Nechanický, Royal Golf Club Mariánské Lázně, o. s., Archive of Priessnitz Health Spa, Klimkovic Health Spa, Lázně Bohdaneč Health Spa, Teplice Health Spa, Janské Lázně Health Spa, fotobanka.cz, ThinkStock

Design: Vydavatelství MCU, [www.mcumedia.cz](http://www.mcumedia.cz)

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[www.czechtourism.com](http://www.czechtourism.com)

ISBN 978-80-7513-108-9, 1st edition



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