



0 3,15 6,3 9,45 12,6 15,75 km  
Měřítko 1 : 315 000



# Olomouc Region ACTIVE HOLIDAYS

For lovers of active holidays, the Olomouc Region offers a wide range of activities. The most popular ones include hiking in the Jeseníky Mountains, cycling along the banks of Morava and Bečva rivers, or a gastronomic trip in search of delicacies. For those who prefer a wilder ride, there are trail centres and bike parks. Adrenaline lovers will appreciate bobsleigh tracks, rope centres and climbing or the Laser Arena.



## HIKING

The Ridge Hiking Trail (Hřebenovka) in the Olomouc Region is a part of the Czech-Polish Ridge Hiking Trail, a peak route leading from the Jizera Mountains along the border with Poland to Jeseníky Mountains. The southern branch passes over the top of Králícký Sněžník, while the northern branch winds through the Rychleby Mountains. Above Ramzová, the two routes join to take hikers up to Praděd, the highest mountain in Moravia.

## CYCLING ROUTES

**1. Moravian Route No. 4**  
Moravian Route (No. 4) offers cycling enthusiasts discovering Moravia from north to south. One of the most popular sections runs through the floodplain forests of Litovelské Pomoraví between Mohelnice and Olomouc. From there, it follows the Morava River to the unique gardens and the Archbishop's Castle in Kroměříž.



### 2. Cycling Route Bečva No. 50

From the sources of the Rožnovská and Vsetinská Bečva rivers through their confluence and further down where Bečva River enters the Morava River near Tovačov, the Bečva Cycling Route (No. 50) offers 161 kilometres of a relaxing ride through a varied flat landscape along the river and mostly away from car traffic, so it is ideal for families with children.

### 3. Amber Route No. 5

In the past, merchants brought amber and other valuable goods through here, today cyclists took their place along the ancient trade routes. On the map, it is usually marked with the number 5 or as Eurovelo 9. The route connects the Baltic and the Adriatic Seas. In our country, it crosses the Jeseníky Mountains, then heads to the picturesque historic town of Olomouc and continues on to the South Moravian Region.

### 4. Taste Moravia on a Bike

The Taste Moravia on a Bike Route is a trip and a gourmet experience wrapped together as it crosses the Mohelnice and Zábřeh regions. It is 91 kilometres long and offers a variety of options to adapt the length to your fitness and taste buds. At 13 stops, choose from delicacies from family farms, patisseries and cafés.



### 5. Hvězdá Cycle Path

The Hvězdá Cycle Path connects Šternberk and Olomouc, and is popular for a smooth flat ride. In addition, the entire length of twenty kilometres is off main roads, so it is ideal for families with children or inline skating. There are plenty of refreshments in the villages along the route and the possibility of swimming in the Bohuňovice Health Centre.

## TRAIL CENTRES/BIKEPARKS

### 6. Rychleby Bike Trails

The Rychleby Bike Trails offer a fun ride on specially groomed trails in close contact with nature. There are stone trails for the more experienced riders, and modern flow trails that families with children can handle. At the Base there is a bike rental, bike school and kindergarten, refreshments, bike shop and an information centre.

### 7. Haná Bike Trails

In Mostkovice near Prostějov, the Haná Bike Trails with a comprehensive network of single-track trails, adapted for fun mountain-biking, were built out of sheer passion of bikers. The trails with sloped hairpin turns, benches and jumps are tiered by levels, from beginners to experienced bikers.

### 8. Lipová Bike Trails

### 9. Bike Park Kouty

### 10. Trail & Enduro Park Kraličák

### 11. Bike Park Kares

## WATER PARKS, POOLS, OUTDOOR SWIMMING



### 12. Thermal Park Velké Losiny

The hottest springs in Moravia feed nine pools of the Velké Losiny Thermal Park, the only thermal swimming pool in the country. The indoor and outdoor area of 6,000 m<sup>2</sup> offers quality services, four types of saunas and activities for children. There are also attractions in the form of a water toboggan, wild river, cave, water mushroom or slide.

## WATER PARKS AND POOLS

The offer of water activities in the Olomouc Region is very varied. You can choose between indoor water parks with water slides and fun elements, indoor swimming pools and outdoor summer swimming pools.



### 13. Aquapark Olomouc

### 14. Aquacentrum Šumperk

### 15. Aquapark Plovárna Hranice

### 16. Swimming Centre Zábřeh

### 17. Swimming Pool Kojetín

### 18. Aquacentrum Šternberk

### 19. Aquapark Koupelky Prostějov

## NATURAL SWIMMING SPOTS

Sun, grassy shores, pleasant water and sky overhead. Natural swimming has a priceless charm. In the Morava River valley, there is a number of lakes dug by gravel mining, which stand out with their clean water and are popular places for refreshment. The real romance awaits in the flooded quarries in the Jeseníky Mountain region.

### 20. Sand Pit Náklo

### 21. Plumlov Dam

### 22. Natural Swimming Poděbrady

### 23. Tovačov Riviere

### 24. Quarry Nová Ves

### 25. Jadran near Lipníka nad Bečvou

### 26. Biotop Laškov

### 27. Biotop Litovel

### 28. Quarry Rampa and other flooded quarries in the Jeseník area



## ADRENALINE AND FUN

### 29. Acrobat Park

A unique sports centre built by Aleš Valenta in Štítý after his victory at the Olympics in acrobatic ski jumping. Thanks to this, you too can learn his famous triple somersault with five turns, only instead of landing on snow, you will land safely in the water. All equipment can be rented.

### 30. Sport & Relax Centre Božeňov

In Dolní Bušínov in the Zábřeh region there is a recreational area Božeňov with an adrenaline park, scooter rental, children's playground and beach volleyball courts. Relaxation lovers can use the wellness centre with a Finnish sauna or enjoy a massage. Nearby is the Na Jahodné reservoir, suitable for swimming and water sports.

### 31. Baldovec

The Baldovec Recreation Centre is located near the Moravian Karst and is a paradise for all lovers of active life. There is a rope centre, climbing wall, paintball or multifunctional courts. After a good workout, you can relax in the wellness centre Water World with steam sauna, massage shower and whirlpool.



### 32. OLOLOŽ

A sightseeing cruise on the Morava River in a comfortable covered boat offers a unique view of the beauty of Olomouc from the river. The cruise lasts 45 minutes and includes a talk about the history of the city, the river and the nature around it.



### 33. Wake Surf Náklo

You don't have to travel to a seashore anymore to enjoy the endless surfing waves. Just a short distance outside Olomouc you can try wakesurfing, wakeboarding or water skiing at the Náklo sandpit. You can rent equipment and a vest on site, booking in advance is required.

### 34. OLOŠLAP

Do you want to experience an unusual tour of Olomouc, see the city from a different perspective and have a great time at the same time? You can try OLOŠLAP, on which you will move through the historical centre by pedalling. But don't worry, if you don't feel like pedalling, an electric motor will help you. It's the perfect activity for a group of friends.



### 35. River Route Morava

The Morava River is one of our year-round navigable rivers. There are no crowds of water tourists and yet the quality of services is comparable. For adrenaline rides the upper part of the Morava from Hanušovice is more interesting. Easy sections for families with children start in Postřelmov, between Litovel and Olomouc the river runs through the protected landscape area Litovelské Pomoraví.

### 36. Rope Centre PROUD

In the outdoor area, a number of attractions and rope obstacles are prepared for the general public, such as the Game Zone for children, High Rope Obstacles for more advanced climbers or the Big Adrenaline Swing for the brave.

### 37. Rock-Climbing Area Rabštejn

Rabštejn Castle used to stand on the rocks above Bedřichov, but only the remains of the walls are left today. However, it is still very much alive here, with two hundred routes it is the largest climbing area in northern Moravia and every weekend you can see climbers testing their skills. There is a mountain hut with a restaurant and accommodation below the summit.



### 38. Laser Arena

Laser Arena in Olomouc offers great fun for all those who like action games. In a room full of hiding places and obstacles highlighted with UV colours, you can safely play in a group of four to ten people and enjoy the feelings of warriors. Special game modes are designed for advanced players.

## LOOKOUT TOWERS

The bird's eye view has always attracted people, and fortunately, the missing wings have been replaced by lookout towers. The oldest stone ones in the Jeseníky Mountains date back to the end of the 19th century and are still standing today, as evidenced by the Biskupská kupa. Newer ones are being added all over the region, such as Dalimilova Tower in the foothills of Králícký Sněžník or Kopaninka on the edge of the Dražanská Vrchovina Highlands.



### 39. Lookout Tower Velký Kosíř

### 40. Lookout Tower Kopaninka

### 41. Dalimilova Lookout Tower

### 42. Lookout Tower Háječek

### 43. Lookout Tower Biskupská kupa

### 44. Lookout Tower Borůvková hora

### 45. Lookout Tower Bukovka



## FUN ALL YEAR ROUND

### 46. Hrubá Voda Resort

In the valley of the Bystřice River lies the Hrubá Voda Resort with a four-seater chairlift and four downhill slopes of blue, red and black difficulty. In the summer, you will find a bobsled and tubing track, a nature trail and a children's park with climbing frames, a jungle gym, and water activities for children's fun.

### 47. Hlubočky Ski Resort

In winter, Hlubočky turns into a popular family ski resort with two ski lifts, and a municipal ice rink, all within easy reach from Olomouc. In the summer months, it offers a 1.5-kilometre-long bobsled run with a stainless steel trough, bridge, tunnel and two carousels.

### 48. Kouty Resort

The backbone of the Kouty Ski Resort in Kouty nad Desnou is a six-seater chairlift with the upper station at a height of 1095 metres. Thanks to it, you can experience an almost endless ride on the three-kilometre blue slope and snowboarders and cross-country skiers would find their own paradise here. In summer, the lift is used by bikers who can descend the famous trails of the Kouty Bikepark. Families with children go from the upper reservoir of Dlouhé Strání on scooters on a 17-kilometre downhill.

### 49. Červenohorské sedlo Ski Resort

Winter season from December to March, altitude 1013 m, four ski slopes, groomed cross-country ski trails and quality facilities. The Červenohorské sedlo ski resort offers all this, which is why it is one of the most popular skiing resorts in the country. For its location it is an excellent starting point and crossroads for both winter skiing and hiking trails.



### 50. Kraličák Mountain Resort

Kraličák Resort offers eleven kilometres of slopes on both sides of the Štvanice Hill. A modern six-seater chairlift with heated seats starts from Stříbrnice. In the summer, the resort has a Trail & Enduro Park with 30 kilometres of trails for lovers of twisty turns and perfectly groomed trails. A bobsleigh run, a lookout tower, a pond, horse riding and the nearby Králícký Sněžník complete the offer.



Free/discounted admission with the Olomouc Region Card  
(Services marked with the ORC symbol correspond to the status in 2022. The current list of partners of the Olomouc region Card system can always be found at [www.olomoucregioncard.cz](http://www.olomoucregioncard.cz))

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Wheelchair accessible entrance



Winners of the Olomouc Region Tourism Award



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