

The spa town of Karlova Studánka is the highest town in the Bruntál district and is a gateway to Praděd mountain. Visitors flock here for the Bilé Opayy waterfalls, located not far from the town. The stream which cuts through the valley has a number of cascades and the cliff forms are some of the most attractive in the Jeseníky Mts.

The yellow hiking path goes through the valley for a length (instructional trail Bílá Opava) of 6.5 km, and is suitable for more demanding hikers, going all the way to Ovčárna. A trip to Ovčárna takes you to an area of hiking and skiing complexes, with the chalets of Kursovní, Barborka, Sabinka and Figura, as well as the highest mountain in Moravia, Praded (The Great Grandfather), which has an observation tower. It is possible to return to Karlova Studánka from Ovčárna by bus.

More demanding hikers can continue from Ovčárna along the yellow trail. There above the forest line are alpine meadows of sedge, poales and sparse scrub pine. On the right you will see Petrovy kameny (Peter's Rocks, 1438 m alt.) which are connected with legends about witches.

Continue along the ridge on the blue trail, on a segment of which is an in**structional nature trail**. On its information panels you will find a great deal of interesting facts on the Velký Kotel (Great Cauldron) glacial basin and the local flora and fauna. The trail, after ca. 12 km, ends in Malá Morávka u Rychty, where there is bus transportation.

Ovčárna – tel.: +420 554 779 007, www.ovcarna.cz **Praded Observation and Television Tower** - tel.: +420 554 779 017, +420 608 863 373 www.jeseniky-praded.cz, www.kstudanka.cz www.malamoravka.cz

Irails from Skřítek





The Skřítek mountain saddle separates the southernmost part of the Hrubý Jeseník Mts. from the Hraběšická Highlands. The saddle is about 2.5 km long and several dozen metres wide, a starting point for ridge hiking. Below Skřítek is the community of Klepáčov, which has comfortable accommodations. This mountain hamlet in the lovely Klepáčov Stream Valley boasts a small wooden church. It is also a recreational centre with a great number of options. On Skřítek can be found a motel, an alpine rescue station and in winter a number of maintained cross-country ski trails lead there.

On the green trail, one of the most-frequented, you can ascend the main ridge of the Jeseníky Mts. Along the trail, which rises rather steeply, you first go through forest cover with occasional views, and then after a ca. 2 km ascent you will reach the bizarre wind-shaped cliffs of the "Ztracené kameny"—The Desolate Rocks. The cliffs are connected to an ancient legend about the devil, who after moving this mountain, had to abandon it after a rooster crowed. From the cliffs you enter the Merta Stream Valley and continue to Velké

Losiny and **Sumperk**. After a short rest you can continue through a thinning forest to its edge, above which unfold the bald main ridge of the Jeseníky, all the way to **Praděd** (1492 m alt) itself, the highest peak in the Jeseníky Mts. The path goes through the "Pece" (The Ovens, 1250 m alt.) rock formation, along the flank of Břidličná (Slate, 1358 m alt.), and then along the comfortable. barely perceptibly rising path to **Jelení Studánka** (Deer Well), from which stems the Střibrný potok (Silver Stream). There you will cross over to the vellow trail, which takes you east to the Alfrédka chalet (unfortunately closed due to a fire at present; a buffet is located there as a temporary substitute) and back to Skřítek (11 km)

Along the vellow trail to the west awaits a rapid decent along the scattered scree flank of Břidličná (1358 m alt.) to Čertová stěna (The Devil's Wall), a rock formation which will amaze you with its view into the depression created by the Merta Stream. You can view the jagged slopes of Kamzičník (Mountain Goat), Vysoká hole (High Stick) and Praděd, which together with the opposite Mravenečník (Anteater) massif create a fairy-tale backdrop. It's not unheard of to encounter herds of mountain goat and deer along the way. One can continue in this direction to Kosaře (a former settlement, now secluded) and to **Vernířovice**, where there is a restaurant, accommodations and bus connection (ca. 7 km).

The trail goes further along **the red path**, over the bare main ridge, with expansive views, to Malý Kotel (The Small Cauldron), Vysoká hole and on the left you will see **Petrovy kameny** (1438 m alt.), associated with legends about witches. The rock formation is protected due to its rare flora and is not accessible to the public. From Petrovy kameny go up to the soldiers' rest home at Ovčárna (bus connection). The Ovčárna area is a very popular hiking and ski complex with dining and accommodation facilities (e.g. the chalets Kursovní, Barborka, Ovčárna, Figura and Sabinka).

From there you continue along the green trail to the crossroads "Poc Pradědem". From that point it is only one kilometre to the highest peak in Moravia, **Praděd** (1492 m alt.).

If you decide at the crossroads to continue along the blue trail, a rapid descent to **the Divoká Desná** Stream Valley awaits you; the stream feeds the reservoir at the Dlouhé Stráně Hydroelectric Plant (open to the public; if interested do not miss a visit to this, the largest waterworks in the Czech Republic). Go along this path to **Kouty nad Desnou**, where there are bus and train connections (ca. 11.5 km).

From the crossroads "Pod Pradědem" there is also a green trail. After a gradual 3 km descent you will arrive at the Svýcárna chalet, where one can dine as well as spend the night. You can continue the descent along the green trail with occasional splendid views of the **Desná** River Valley and on Mravenečník Peak with the Dlouhé Straně reservoir (the reservoir will be closed to visitors due to repairs from 1 June – 31 August 2007).

3.5 km further, you can decide at the "Petrovka" crossroads whether to continue along the rapid descent on the green trail to Kouty nad Desnou (5.5 km, bus and train connections) or along the blue ridge trail to the hiking and ski centre at **Červenohorské Sedlo** (saddle, 1010 m alt.) where there are bus connections to Sumperk and Jeseník (5.5 km)

Motorest Skřítek – tel.: +420 583 237 130, www.jesenik.org **Dlouhé Stráně IS PVE DS** – tel.: +420 583 235 091 www.energotis.cz/ic.html **Švýcárna chalet** – tel.: +420 554 779 018, +420 737 249 573

www.svycarna.cz

www.infosumperk.cz, www.ceskehory.cz/jeseniky www.jeseniky-praded.cz

Trails from Cervenohorské sedlo



The most important Jeseníky crossing Červenohorské sedlo (saddle) – divides the Hrubý Jeseník mountains into the Keprník aloine massif and the Praděd massif. It is an mportant crossroads of hiking paths and the starting point for ridge hikes. Busses travel there. Hikers have at their disposition restaurants, an alpine hotel, tourist accommo-

dations (built in 1934 by the Czech Hiking Club). The Jeseníky Alpine Rescue Services House and the Šumperk Ski-klub complex, which maintains the ski slopes there, are also located here.

From Červenohorské sedlo you can take the red trail north-west to the crossroads "Bílý sloup"—"White Pillar"—where you cross over onto the green trail. This goes along the south slope of Šindelná Peak, around diverse rock formations with views of the Mravenečník massif and Praděd to Kouty nad Desnou, where there are bus and train connections.

Along the green trail in the north you ascend through the scrub pines to Červená hora (Red Mountain, 1333 m alt.) with expansive views. In the direction of Sněžná kotlina (Snowy Hollow) you can see the panorama of the Jeseníky, dominated by Praděd. The trail continues around **Kamenné okno** (Stone Window) and descends past Točník (1144 m alt.) and Keprnický Stream to the restaurant "U Cimbury" in Běla pod Pradědem, where there is a bus connection on motorway 44.

The trail (green, red) continues over a gorge to Vřesová studánka (Heath Well), a former pilgrimage place. Today there is just a chapel with a spring, from whence according to myth flows miraculous water. There was a wooden church built here and later an inn, rebuilt in 1892. After it burned down a new chalet was built. And the original wooden chapel was replaced by a tiny church, which burned in 1946 after it was hit by lightning. Today only the foundations of the buildings can be found. At the former chalet are steeply declining slopes to the Hučivé Desné Valley, which in 1921 under the strain of flash flooding caused a huge landslide, damming up **the Hučivé Desné**. Another surge of water overflowed the embankment, causing a massive flood.

From Vřesová Studánka continue on the red trail along the slope of Červená hora to the saddle, and then to the Šerák-Keprník Nature Reserve (here the trail is also an nstructional nature trail). It was made a reserve in 1903 and is made up of a primeral forest and peat bog with meadows, pools and a flowering peat bog.

A steeper ascent leaves the forest boundary and rises to the top of Keprník (1423 m alt.), forming a stone promontory. At the top is a 360-degree view on the north to the Polish lowlands. Otmuchovský and Nyský Lake, on the south to the Vozka (Coachman, 1377 m alt.) rock formation, associated with a legend

Past Keprník continue on the red trail marked by poles down to Šerák 1351 m alt.). Below the peak is a hiking chalet and an alpine rescue service station; not far from the peak is the upper station of a funicular to Ramzová. After vour 8.5 km hike from Červenohorské sedlo, there awaits a 6 km descent from erák around Koňská vyhlídka (Horse Lookout), providing magnificent views of the deep **Branné** Valley and **the slopes of Keprník**. From there go around the funicular station at Černava (1104 m alt.) to Ramzovské sedlo (759 m alt.), a winter sports complex. There are bus and train connections at Ramzová.

Červenohorské sedlo alpine hotel tel.: +420 583 295 101

www.hotel-cervenohorskesedlo.cz www.infosumperk.cz, www.jesenik.org

Trails from Ramzová





Ramzová – part of the town of Ostružná – is on the motorway connecting Hanušovice and Jeseník. It is the main starting point for summer and winter hiking in the Hrubý Jeseník and Rychlebské Mts. Ramzová also has a station on the funicular which goes past Černava to Šerák (600 m difference in elevation). It has plentiful accomnodations for sleeping and dining and an alpine rescue service station.

The nearby towns of Ostružná and Branná are worth a visit. Ostružná, famous in the past for mining graphite and magnetite and also as lumber processing town, is today a significant recreational centre. It has a fine Baroque church from 1794. Branná has an originally Gothic church, remodelled in the beginning of the 17th century. The first historic mention of Branná is from 1575, in connection with Kolštejn Castle. In 1575 the Žerotín family bought the castle and started construction on a Renaissance chateau. In 1926 the chateau burned down and has not yet been restored to its original extent. Preservation work was carried out only for purposes of storage. The chateau is open to the public. The town is a fine starting point for summer and winter hiking.

From Ramzová along **the red forest path** go through **Petříkov** (1.5 km, another part of the town of Ostružná, known mainly for its excellent ski complex) to the Císařská bouda (Emperor's Cabin) hunting lodge. After that, there is a 2.6 km-long moderate ascent to **the Paprsek** (Sunbeam) chalet (1007 m alt.), not far from the Polish border, offering visitors food and accommodations year-round.

Further on the red path you can continue to the Medvědí bouda (Bear Cabin) chalet of the Brno mountain climbers (the chalet is not open to the public), to the Alois spring and descend to the gamekeeper's lodge above the community of **Nová Seninka**. From there is is possible to cross at the Kladské sedlo (saddle and go to Poland (border crossing). From Kladské sedlo we recommend descending along the yellow path to Seninka and from there along the motorway to Staré Město pod Sněžníkem, where there are bus and train connections

If you prefer change and decide to take the green path, the trail leads down the Krupá Stream Valley to Staré Město pod Sněžníkem.

Funicular - Ramzová. Ostružná - tel.: +420 583 230 077 www.bonera.cz Ramzová Alpine Mini-Cars – tel.: +420 602 761 949, www.haltmar.cz Branná – www.volnv.cz/branna

Kolštejn Castle and Chateau, Branná – tel.: +420 737 196 169 http://sweb.cz/branna/hrad.htm Kaste chalet, Ostružná-Petříkov – summer bobsledding

tel.: +420 583 230 098. www.kaste.cz

Proskil, Branná - summer skiing, chair lift tel.: +420 777 878 999, www.proskil.cz

Trails from Staré Město pod Sněžníkem





Staré Město pod Sněžníkem lies on the boundary of the huge massif of Králický Sněžník (1423 m alt.) and Hrubý Jeseník (1492 m alt.) and is a significant start-

ing point for summer and winter hiking. The alpine terrain is ideal for nature walks and more arduous climbs. There are a number of well-marked hiking trails, some of which offer significant differences in elevation. Staré Město pod Sněžníkem was founded as a community by the name of Goldek by miners in ca. 1300. In the 14th century silver was mined here, and at the beginning of the 17th century on Stříbrný vrch (Silver Peak) copper. In the first half of the 19th century graphite was mined and a flax-producing industry was started. There are dining facilities and accommodations and an alpine rescue station. Bus and train connections, Border fortifications from the years 1937–1938 have been preserved in the area.

Králický Sněžník is the dominant feature of the Staré Město region. If you want to reach its summit, start from **Staré Město** on **the blue trail**, gradually ascending to **Stříbrnice** (recreational community; first mentioned in 1325). From there, keep ascending past scenic lookout places to the chapel, which was restored in 2005 to its original appearance by the National Forests Care, continue along the trail (also marked in red) around the Adélin spring to sedlo pod Králickým **Sněžníkem** (10.2 km total). Here vou can go 2 km along the red trail to the source of the Morava River and the peak of Králický Sněžník (1423 m alt.). where the historical borders of Bohemia, Moravia, and Polish Kladsko meet, The Ice Age left huge lavers of scree on its slope and a "stone sea" at Vlaštovčí kameny 'Swallows' Stones). The flora is similar to Alpine glades. One species endemic to the Jeseníky, the bearded bellflower (Campanula barbáta) are at their westernmost border of their range here. There used to be an attractive alpine hotel here, although only parts of the cellar now remain. Nearby is a statue of an elephant, placed here allegedly by Brno students in the period between the wars as a prank.

From the peak of Králický Sněžník, return to sedlo pod Králickým Sněžníkem (2 km) along the red trail to Adélin spring (1.4 km) and further along the yellow path to the Návrší (Hill) chalet (900 m), where in addition to food and accommodations there are lovely views of the Staroměstská kotlina (Staré Město Hollow), and further to the main ridge of the Hrubý Jeseník Mts. Go around the community of Stříbrnice, noting the fortifications below Štvanice, to the recreational and ski community of **Hynčice pod Sušinou**. The trail ends in **Chrastice**, where there are bus and train connections (11.3 km).

Extensive views are also on offer by from **Staré Město** along **the green trail** (7.5 km) to Paprsek (1007 m alt.), food and accommodations; and on the blue trail to Branná (6 km). f you want to go to Ramzová, leave from the rest home (zotavovna) in Staré

Město along the green trail, around the graphite mill in Malé Vrbno and continue along the blue trail through the lovely Adamovský stream valley, past the Petříkov skiing and recreational complex (8.5 km), then along the red trail (2 km) to **Ramzová**, where there are bus and train connections

BERST - Hynčice Slopes, summer skiing tel.: +420 583 239 070, +420 608 050 618, www.vlekyhyncice.cz Staré Město District Fortifications Museum – bunkers

tel.: +420 732 530 774, www.opevneni-stm.wz.cz Paprsek Chalet – tel.: +420 583 294 100, www.paprsek.net Návrší Chalet - tel.: +420 583 239 150, +420 774 511 165, www.navrsi.cz www.mu-staremesto.cz, www.staromestsko.cz, www.staremesto.info

Trail to Králický Sněžník Around Waterfalls



the red trail goes around the Bystřina gameeeper's lodge through the lovely Prudký (Rapid) stream valley (ca. 10 km). The stream has lovely cascades and waterfalls The trail goes through primeval forest to Sušina peak (1321 m), with extensive views. Here the red trail ends, connecting





This village lies in the Staříč stream valley; its first historic mention was in ca. 1290. It is an important tourism and spa centre. The pleasingly moist climactic conditions of the Dolní Lipová Spa have therapeutic effects on the human body, and have been used for treatment for nearly 170 years. In the village are bus and train connections, accommodations, dining, and there is a ski complex nearby in Miroslav. One of the trails awaiting you is the hiking trail to Jeseník and the Priessnitz Therapeutic Spas located there.

First take the green trail to the Na Pomezí Caves (3 km), the largest cave vstem in the Czech Republic: their marble formations will amaze you.

ne trail continues past **Medvědí kámen** (Bear Rock, 907 m alt.) around **the** Šárka spring to the Priessnitz spring (5.9 km), then around the Jitřní **Spring** to the world-famous **Jeseník Spas**. This lovely spa complex can be coured; here too you can draw upon new strength and continue along the red trail to Jeseník (3.2 km), where there are bus and train connections

A more difficult trail (with a great increase in elevation, but with fabulous views) goes from Lipová-lázne to Šerák. The trail begins in the spa complex, ascending along the blue trail to the crossroads "Pod Javoříkem". Connect there onto the vellow trail, through serpe peak of Šerák, where you can find refreshment in the Jiří hiking chalet. From there a rapid descent awaits you along the blue trail to "Obří skaly" (Giant Rocks), stone ramparts made by frost heaves in mica schist, with a lovely view of the surrounding countryside. After a brief rest the blue trail will take you down to **Horní Lipová**. From there you can comfortably return to the Dolní Lipová Spa

Dolní Lipová Spa – tel.: +420 584 421 351, www.lazne.cz Penzion Bobrovník – tel.: +420 584 409 166 www.bobrovnik.jeseniky.net/ RS Miroslav - tel.: +420 584 421 380, +420 608 883 000, www.rsmiroslav.cz

Na Pomezí Caves – tel.: +420 584 421 284, www.caves.cz www.lipova-lazne.cz, www.jesenik.org

Irails from Jeseník





The town Jeseník lies in the picturesque basin formed by the Běla stream. The first historic mention of the town was in 1267, when it belonged to the Wroclaw pishops and was known as Frývaldov. The biggest influence in the evolution of the town was the discovery of gold in the 16th century, when gold was mined and processed. In the first half of the 19th century there was a boom in the textile industry and particularly the spa industry. The Jeseník Spas, located at an altitude

of 605 metres above sea level, were founded by Vincenc Priessnitz (1799-1851) who earned his epithet of the "water doctor". Dr. J. Reinhold, a student of Sigmund Freud, was responsible for modernisation of the spas, which took place during his tenure from 1913-1947. At the present time the spas treat neural, psychiatric and blood disorders. There is an instructional trail which goes through the spa complex, where on nine panels the history of the Jeseník region, the establishment of the spa complex and the life of Priessnitz are described.

During a visit to Jeseník you should surely visit the Vodní tvrz (Water Fort, a preserved medieval building, part of the town fortifications). Also worth a visit is the originally Renaissance Town Hall from 1610, which underwent reconstructions responsible for its present appearance in the 18th and 19th centuries. In Smetana Park there is a sculptural group featuring Priessnitz, with the allegory of Healthy and Sick by the sculptor J. Oberth.

From the town you can follow the red trail to the panoramic Zlatý chlum (Gold Hill). The observation tower offers an uninterrupted view of the town, its spa complex, the silhouette of the Jeseníky Mountains, and on a clear day one can see into Poland. You can continue along the trail past the Bílé and Bleskovcové cliffs to Rejvíz (9.6 km, 778 m alt.), where in addition to food and accommodations there is also a bus stop (the line between Jeseník and Zlaté Hory). There you can also tour the instructional nature trail to **Mechové jezírko** (Moss Lake; the Big and Small Moss Lakes are peat bogs in the centre of the largest nature reservation in Moravia).

You can return to **Jeseník** on **the green trail** via Mýtinka - refreshments (8.4 km).

From Jeseník you can also follow the blue trail. It offers a fine tour around the Priessnitz monument to the restaurant on Křížový Vrch (Cross Peak. 674 m alt.); continue from there to **Zlatý Chlum** with its observation tower, and to **Čertovy kameny** (The Devil's Rocks, bizarre cliff formation and alpine chalet, 675 m alt.). From Čertovy kameny descend to Česká Ves, where there are bus and train connections.

Zlatý Chlum Observation Tower - tel.: +420 603 509 943, www.zlatychlum.cz Penzion Rejvíz – tel.: +420 584 413 091, www.rejviz.com Křížový Vrch restaurant – tel.: +420 584 402 063, www.nalov.cz/restaurace/

Česká Ves Antique Auto Museum – tel.: +420 584 428 218, +420 608 502 601 www.veteranklub.cz

Priessnitz Therapeutic Spas - tel.: +420 584 491 111, www.priessnitz.cz Vincenc Priessnitz House - Museum - tel.: +420 584 411 633 www.muzeum.jesenik.net, www.jesenik.org

Irails from Zlaté Hory





Originally a mining town, first mentioned in the 13th century, Zlaté Hory (Gold Mountains) is transforming itself into a place for winter and summer tourism. Rare metals used to be mined here, especially gold. Among the interesting monuments which you can see in the town are the building housing the Městské muzeum (Town Museum, a unique example of Silesian Baroque), a number of Baroque burghers' houses, **Špitální kostel sv. Kříže** (the Hospital Church of the Holy Cross) and the pilgrimage site of the Virgin Mary The Helper. On the square in front of the Town Museum is a hiking map.

f you are interested in technical achievements, we recommend a visit to **the Gold Ore Mills** (a replica of medieval gold ore mills with an instructional nature trail, where you can acquaint yourself with the old technology of mining and refining gold).

From Zlaté Hory you can go through forest around the Chapel of St. Rochus, built in 1768, to Biskupská kupa (Bishop's Stack, 888 m alt., 4.2 km) with an observation tower offering extensive, unimpeded views. Biskupská kupa is the

Town Museum – tel.: +420 584 425 329, www.zlatehory.cz **Gold Mines** – tel.: +420 584 425 397, **www.zlatehory.cz** Biskupská kupa – www.rozhlednabiskupskakupa.cz Areál Bohemaland - tel.: +420 584 425 177, www.bohemaland.cz The Virgin Mary The Helper pilgrimage site – tel.: +420 584 425 916 www.mariahilf.hyperlink.cz; www.zlatehory.cz

To the Rychlebské Mountains





located north-west from the town of Jeseník. Their main ridge is on the Czech-Polish border, from where the mountains extend into Poland. The highest peak is Smrk (Spruce, 1125 m), which is criss-crossed by hiking paths. There is a wide spectrum of interesting trails in the Rychlebské Mts, for short trips, day tours or a several-day crossing of the entire range. You can start your trip in valley or mountain towns, such as Bílá Voda (White Water), which s located on the national border, **Travná** (Grassy) with its therapeutic radioactive spring, or **Žulová** (Granite) with several large granite quarries in the immediate vicinity. And other places in the mountains are of interest, for example, the new viewing point on Borůvková hora (Blueberry mountain) situated on the czech-polish border. You can set off from Bílá Voda (White Water) or from Javorník. Certainly worth a visit is the natural monument Vodopády Stříbrného potoka (Silver Stream Waterfalls which can be easily reached via **the blue trail** from the town of **Žulová** (ca. 5 km). On the red trail from Javorník, you can go to the beautiful ruined Gothic castle of Rychleby, which once guarded the trade route from Kladsko to Bohemia. You will pass through the romantic Račí (Crayfish) Valley, see Antonín spring, the highest in the vicinity, and the lovely cliff lookout **Čertova kazatelna** (Devil's Pulpit) with its inimitable view of the valley and ruins.

Borůvková hora (Blueberry Mountain) observation tower - tel.: +420 584 440 688, www.javornicko.cz Javorník – Jánský Vrch Chateau – tel.: +420 584 440 286 http://janskyvrch.wz.cz; www.zulovsko.cz, www.rychleby.cz

To Slezská Harta



set within a tantalising landscape. The dense network of forest trails makes for an ideal opportunity to take calm strolls or long trips, and nushroom lovers also frequent the area. Strolls around the water (with lovely views of the water surface and local landscape) are of interest. and there are also local cultural monuments in the immediate vicinity. Information boards located on the reservoir's banks detail the

Monumental water work on the Moravice River.

hose more demanding can conquer the surrounding peaks of the **Nízký Jeseník** Mts. The reservoir is suitable for water sports. Six places on the reservoir established for swimming are routinely monitored for hygiene. The seemingly endless water surface is a real paradise for fishermen, windsurfers and those who love sailing and boating. Nearby the reservoir are tennis courts, horse riding, comfortable and less luxurious accommodations. www.slezskaharta.cz. www.bruntal.mic.cz

Penzion U Jelena, Nová Pláň – tel.: +420 554 712 771

Trails to Sovinecko



The Sovinecko nature park on the western edge of the Nízký Jeseník Mts is a truly valuable protected landscape area. The slightly hilly terrain features deep forests, extensive pastures, fields and lovely valleys. The entire area is dotted with charming piedmont villages. The terrain is dominated by the monumental medieval castle of Sovinec. Circa 10 km

away the eye-catching Rešovské waterfalls await you, the highest in the Nízký leseník Mts., cascades on the Huntavá stream (the highest drop is 10 metres) Nearby you will also find the romantic ruins of castles in **Rešov and Huzová**. The earby village of **Řídeč** is proud of its preserved original character and the magnifient **Oltářní kámen** (Altar Stone) in the adjacent forest. In **Jiříkov** (ca. 3 km from vinec Castle) you will be delighted by the Garden Gallery of Grandfather Praděd and its manger scene, the largest in Europe, included in the Guinness Book of World Records. Children are not the only ones who love to visit the horse and deer pens here. The town of **Rýmařov** is also worth a visit. Refreshment and relaxation are to be found in the local **Slunce Aqua Centre**.

The area is crossed by dozens of hiking trails, and you can get to the Rešovské waterfalls by wooden steps and footbridges. You will find a number of cottages, chalets, pensions and hotels throughout the area

Sovinec Castle - tel.: +420 554 295 113, +420 777 205 029, www.sovinec.cz www.bruntal-zamek.cz/sovinec.htm

Aquacentrum Slunce – tel.: +420 554 219 958, +420 777 273 776

Around Sumperk



Sumperk has many names. For the buildings in its historic centre it is called "Little Vienna" and thanks to its position on the border of the Hrubý Jeseník Mountains it is called the "Gateway to the Jeseníkv". It is located in the charming Desná River Valley, right under the mountain massif. In the immediate vicinity and farther around the city you will find many attractive and

One suitable possibility for a day trip would be the Městské skálv (Town Cliffs) which can be reached by **the green trail** from the train station. On their summit ou will find a lovely gazebo, and a fine view of Sumperk, Bratrušov, the Háj and Chocholik peaks on one side, on the other side the Rapotin Valley all the way to Sobotín, behind which is Praděd and the surrounding Jeseníky peaks. The cliffs are also a favourite terrain for mountain climbers

You can get back to Sumperk via the bizarre cliff formations of **Kokeš (on the vel** low trail), from which there is a splendid view. Another, larger, panorama of the landscape can be see from the observation tower on top of Háj, which can be reached from Šumperk on **the yellow trail**, at the saddle at **U Červeného kříže** (At the Red Cross) it is necessary to turn onto the vellow trail, which goes in a rapid ascent right to the observation tower. In nearby Bludov there are wooden houses, examples of folk architecture. Worth seeing in the Sumperk environs are also Malínská rokle (the Malín gorge), the Kamenný vrch (Stone Peak) lookout and the Krásné reservoir on the Hraběšický Stream.

Na Háii Observation Tower – tel.: +420 583 292 134. +420 604 624 639 Bludov Spas – tel.: +420 583 238 291, www.lazne-bludov.cz www.infosumperk.cz

Zábřeh and Environs





In the environs of Zábřeh, hiking trails lead to old-fashioned villages and to interesting nature localities. Among the most visited places in the Zábřeh area are the recreational community of **Dolní Bušínov** with its fine reservoir for swimming, and the villages of Pivonín, Svébohov and Jedlí, in which you will find original folk architecture. Those who like pleasant nature walks enjoy the ruined castle of Brníčko spread out upon a lone hill ca. 9 km from Zábřeh. Also of interest is the **Na Skaličce** lookout, from which you can get a bird's-eye view of Zábřeh.

From Štíty (town protected monument zone. Aleš Valenta's Acrobat Park) you can take the trail Štíty - Sychrov Pond - Horní Studénky - Štíty 8.5 km along the red trail which runs along the motorway (Na Pilníku Street), which behind the automobile repair shop turn left onto the ascending forest path. After 3.5 km you will arrive at the Sychrov pond. Here continue toward the right on the yellow trail to the village of Horní Studénky (fallow deer and moufflon reserve, old folk architecture, linden tree of note). On the left side you will see a nunting lodge and continue on to the Church of St. Leonard. There follow the blue trail between houses until you see the chapel below the great linden tree, turn left and you will find the motorway. After 300 metres along the road you will arrive at a crossroads; follow the blue trail in the direction of **Stity**

You could also go on a trip to **the Lázek observation tower**, an easy walk from Štíty along the red trail.

Acrobat Park, Štíty – tel./fax: +420 583 440 117, +420 737 189 351 www.acrobatpark.com NH Dolní Bušínov Recreational Facilities – tel.: +420 583 418 316

Koliba Bozéňov – tel.: +420 583 449 094. +420 603 223 562 zahreh.cz. http://tourism.zahreh.cz. wy

Information Centres in the Jeseníky Mts

Jeseník, www.jesenik.org, Masarykovo nám. 1/176, tel.: +420 584 498 155 **Šumperk**, www.infosumperk.cz, Hlavní třída 22, tel.: +420 583 214 000

Bruntál, www.bruntal.mic.cz, nám. Míru 7, tel.: +420 554 713 099 **Bludov**, www.bludov.cz, A. Kašpara 353, tel.: +420 583 238 177

Javorník, www.javornicko.cz, Nádražní 160, tel.: +420 584 440 688 **-ipová-lázně**, www.lipova-lazne.cz, Town Office 396, tel.: +420 584 452 200

Loučná nad Desnou, www.energotis.cz/ic.html, Kociánov 11, tel.: +420 583 235 091 Mikulovice, www.mikulovice.cz, Hlavní 214, tel.: +420 584 429 381

Moravský Beroun, www.morberoun.cz, nám. 9. května 4, tel.: +420 554 773 147 Ostružná, e-mail: ou.ostruzna@cmail.cz, Town Office, tel.: +420 583 230 072

Rýmařov, www.rymarov.cz, nám. Míru 6, tel.: +420 554 212 381

Staré Město pod Sněžníkem, www.staremesto.info nám. Osvobození 166, tel.: +420 583 239 134

Štíty, www.stity.cz, nám. Míru 55, tel.: +420 583 440 109 Velké Losiny, www.losiny.cz, Lázeňská 25, tel.: +420 583 248 361

Zábřeh, http://tourism.zabreh.cz, ČSA 1 (Cultural Centre), tel.: +420 583 411 653

Zlaté Hory, www.zlatehory.cz, Bezručova 144, tel.: +420 584 425 397 **Žulová**, www.zulovsko.cz, Kostelní 1, tel.: +420 584 437 151

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E-mail: tourism@kr-olomoucky.cz, www.kr-olomoucky.cz, www.olomoucky-kraj.com, The Olomouc Region, Jeremenkova 40a, 779 11 Olomouc, Czech Republic



e-mail: sdruzenicr@jeseniky.org, www.jeseniky.org Phone/fax: +420 583 283 117 Kladská 233/1, 787 01 Sumperk The Jeseniky Mts – Tourist Association

www.connexmorava.cz st these phone numbers: +420 585 108 122, +420 585 108 256 or on: More information relating to cy

ernberk and Zábřeh. Seat reservations are not required. or at selected information centres in the towns of Olomouc, Bruntál, Jesenik, Seat reservation tickets can be purchased at http://rez.connexmorava.cz, for transport of bikers and their bicycles, tourists as well as other passengers. The cycling busses are operated as standard bus lines – they can be used

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 – Karlova Studánka – Vrbno pod Pradědem – Videlský kříž 3. Zábřeh – Šumperk – Klepáčov – Skřitek – Rýmařov – Malá Morávka – Hvězda - Vrbno pod Pradědem - Zlaté Hory - Rejvíz - Jeseník 2. Krnov – Bruntál – Karlov – Malá Morávka – Hvězda – Karlova Studánka 1. Olomouc – Śternberk – Huzová – Rýmařov – Malá Morávka – Hvězda – Ovčárna

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Bělá pod Pradědem – Jeseník

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The Olomouc Region











Map: J. Machovsky