



**Pardubicko**  
*Czech Gingerbread Heart*

# ACTIVE PARDUBICKO

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

Dear active holiday lovers,

Welcome to Pardubicko! A landscape with terrain flat enough to make it ideal for an easy hike or a cycling trip in the region, and for sportspeople of all ages. For a real experience it offers swimming and fun in the water, which you can enjoy almost everywhere around here. But there are also other ways to explore the region. Try horse riding, inline skating or compete for a medal in one of our local races! Just choose what suits you and head off on your adventure!



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# 1 CYCLING AND SKATING PARADISE



Cycling in Přeboučsko



Labe Trail



The Bicycle became a traditional and common means of transport in Pardubicko thanks also to the flat landscape. As Pardubicko is flat, a bike is the most common way to get around. Cyclists can be seen everywhere. **The dense network of marked cycle routes** and the many **well-maintained cycle trails** are a real tourist attraction. The routes are mostly along class 3 roads, paved local or tertiary roads, or

along field or forest tracks. The character of the Pardubicko landscape offers some really **pleasant rides**, one of the prettiest being along the River Labe. **The flat, easy terrain** is ideal for experienced bikers as well as for families with children and the elderly, who want to enjoy the countryside or the sights.

Labe Trail



Vysoké Chvojno arboretum



Cycling in Bohdanečsko



Inline skating trail below Kunětická hora



To start we certainly recommend a ride through **Pardubice** itself, especially the historical centre and continuing along the **Labe Trail** following the river to the region's only hill, **Kunětická hora**. It can be hard work riding up, but the view is well worth it! it's also worth visiting the area around **Bohdanečsko**. The landscape there is closely linked to the history of Pardubicko.

The routes along the **Opatovice Canal** lead through the **Bohdaneč Pond** national nature reserve and past clear sand quarry lakes. If nature's your thing, visit **Holicko**, and the **Arboretum** in **Vysoké Chvojno**. Another great ride is along the road to **Kladruby nad Labem**, **Choltice** and the Mageo geological trail towards the **Iron Mountains**.

Inline skaters shouldn't miss the beautiful route **alongside the Labe**. All the way along it you can see yourself approaching the castle of **Kunětická hora**. Just as nice is the route from Pardubice to **Staré Jesenčany**. With a bit of luck you might see a jumbo jet landing at the nearby **Pardubice Airport**. Near the castle, at the **Golf Resort Kunětická Hora**, there is a 4-km asphalted circuit. With its undulating

surface this is ideal for inline skating. There is another good asphalted surface on the trails from **Lázně Bohdaneč to Semtín** or the more challenging route through the woods **from Veliny to Borohrádek**. Along the way you can freshen up, have a snack or visit some other interesting tourist attractions!

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PARDUBICKO  
ON FOOT

Kladruby nad Labem national stud farm



Barborka lookout tower



Pardubicko offers many well marked **foot-paths**. These routes generally join **educational trails**, which describe the most interesting places in the area, the local history, and raise awareness of the place our ancestors lived in. **Pardubice** has educational trails with its rich history, **Bohdanečko** with the local fauna and flora and the **Iron Mountains region** with geology, while the attractions of **Holicko** are

its woods and beautiful countryside. **Kladruby nad Labem** tells the majestic story of the Old Kladruher horses and below **Kunětická Hora** you can admire the view of the castle as well as visit the educational trail at the Apolenka farm. You can also enjoy Pardubicko from the **viewpoint** or the **town tower**.

Vilém of Pernštejn educational trail



Pernštýnské náměstí



Apolenka horse riding school



Brloh geo-site



The **Vilém of Pernštejn Trail** takes in the most interesting places in the centre of Pardubice. If you're not familiar with the town's history, this trail is ideal. A total of 10 stops point out the beautiful sights and places in the city. You find out who Vilém was and what he meant to the town. It is definitely worth visiting **Pardubice Chateau** and the **Green Gate**. You can relive the Silver A operations,

which are linked to Pardubicko, on **Pardubice on the Trail of Silver A**. This trail describes the places that were crucial for these operations and the fates of the main protagonists. For more information about the routes, call in at Pardubice **Tourist Information Centre**, where you can also rent an audio guide.

An easy trail rich in fauna and flora can be found near **Bohdaneč Pond** and **Matka Pond**. There are a total of six stops on the trail. From Neratov you can walk through the countryside of the **Pernštejn Ponds** and learn more about the history of fish farming. Don't miss the famous **Gočár Circuit** in Lázně Bohdaneč. If you're travelling **with children**, visit the educational trail leading through the **Apolenka**

hippotherapy centre **in Spočil**. This route includes panels about horses, pets, attractions and habitats. Just as interesting for children and adults alike is the trail through the **Raškovice quarries**, with six stops, the **Barborka** lookout tower and the **Brloh** geo-site, which maps the history of our country!

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## PARDUBICKO ON THE WATER



Bohdaneč ponds



Opatovice Canal



Not everyone knows that Pardubicko is rightly considered an **area rich in ponds**. They used to cover an even bigger area than those in South Bohemia. The ones that have remained are now widely used. Some of them are **national natural monuments**, are used to hold social and food-related events, are **part of educational trails** or are simply a **place to relax**. One unique water attraction in Pardubicko is

undoubtedly **Opatovice Canal**. The canal is also used by rafters, including beginners, as the water is so calm. We must mention **fishing**, which some people do to relax, while others see it almost as an adrenalin sport. We have plenty more tips for fun and relaxation, too!

Arnošt of Pardubice cruiser



Adrenaline watersport



Mělice beach



Hrádek beach



You can also have a great time on the water and on dry land where the region's two largest rivers meet, the **Labe and the Chrudimka**. For something different there are some exciting new sports to try. **Park Na Špici** offers fun in the form of inflatable water attractions and paddleboarding, an entertaining water discipline, where besides boarding you can also try yoga, fitness or a night-time **ride down**

**from Kunětice to Pardubice**. You can also get to Kunětice on the **Arnošt of Pardubice cruiser**, which takes tourists from the main harbour in Pardubice. A cruise on the Arnošt is a really **unique experience!** You can also freshen up at the **Cihelna pool** or in Pardubice **aqua-centre** with its summer beach.

If you prefer **the countryside**, try a swim in the **clear water** of the former **sand quarries**. Children can have fun on the bank or in the water, always with a gentle slope. There's plenty to choose from for those who want to be more active by the water. At the quarries you can try **windsurfing and diving**. At **Hrádek beach** you can play beach volleyball or go **water skiing in Mělice**. In Pardubicko you

can stay at several camps with natural pools, ideal for sporty people and families with children. The water season doesn't end with the summer. On the October holiday the fish are harvested from **Bohdaneč Pond**, with fish specialities and other events on offer.

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## PARDUBICKO ON A HORSEBACK



Horses in Pardubicko



Kladruby nad Labem national stud farm



**Horses** are one the **biggest attractions** in Pardubicko. Proof that they are special can be seen in the **city emblem**, as well as the world-famous **Velká Pardubická**, one of the toughest races in Europe. One wholly unique sight is the **stud farm in Kladruby nad Labem**, famous for breeding Old Kladrubers. Pardubicko also has plenty of places to enjoy a great holiday in the saddle. There are several riding

routes; a 20-km route runs through the **centre of Pardubice**, while a route almost 70 km long leads through Chrudimsko-Hlinecko and **all over Pardubicko**. The longest goes from the Krkonoše **through Lázně Bohdaneč** to Vysočina. There are some unconventional ways to see Pardubicko, so come and try them!

Horse trail in Pardubicko



Apolenka horse riding school



Horses in Pardubicko



Kladruby nad Labem national stud farm



Hippotherapy in Apolenka



The route through **Pardubice** is for **intermediate riders**. It is marked with a yellow ring on a white background. The paved route leads **along the Labe** towards the **Rope Centre** and continues following the green markers through **Brozany, Ráby, Kunětice** and ends in **Počaply**. A longer route, which is also for **experienced riders**, leads from **Kovářov** through Slatiňany, Chrudim, **Pardubice**,

**Rokytno** and ends in **Bělečko**. The route is marked with a blue ring on a white background. Besides advanced riding routes there are also **riding clubs, stables, riding halls and ranches**, where you can **rent** a horse and **learn** the basics of riding safely. Courses are a great **addition to your holiday** and are also available for complete beginners!

You can also try the **riding school** at the **Apolenka** hippotherapy centre in **Spojil**. Lessons are **for children as well as adults** and teach basic balance and how to control the horse, followed by a ride into the nearby woods. You can also hire a horse or stable your own. When visiting Pardubicko we also recommend visiting the **Kladruby nad Labem National Stud Farm**. You will

meet Old Kladrubers, the horses of kings and emperors. If you fancy, you can book a **tour in a horse-drawn carriage** around the stud farm. You can also do the same on the race days at **Pardubice Race Course**, where you ride in a four- or six-seater carriage along the Velká Pardubická track.

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## PARDUBICKO FOR SPORTS AND MEDALS



Inline skating in Pardubice



Grand Prix Dřítěč



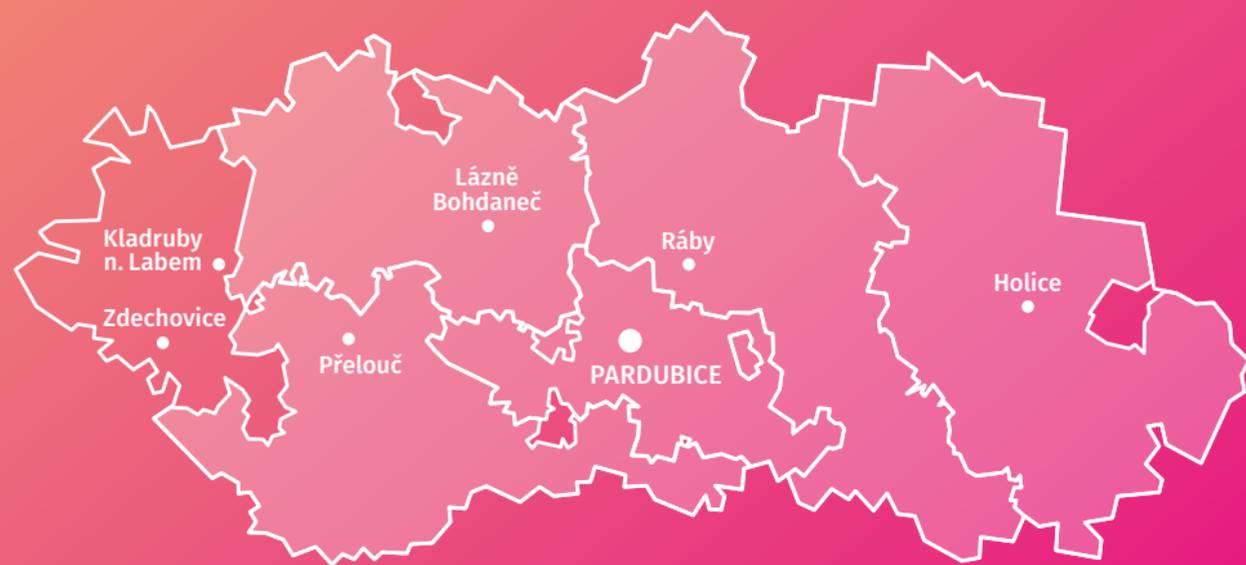
Pardubice Sports Park



**Enjoy running or biking** and fancy **a race**? We have a few tips for you. The running season starts in April with the famous **Pardubice Wine Half Marathon**, in which you can compete against Czech and foreign professionals. We also recommend the **Vysoká cross-country half marathon**. For families there is the **Run to the Castle** race at Kunětická hora, open to children and older runners. For a great day

out try **Pardubice Sports Park**, which is at Park na Špici and offers dozens of different sports. You can have fun on the **Run Tour** or **Taxis Gladiator Race**. The **Cyklopaťák, Křivkův memoriál, Cyklo RT MTBO** and **Pardubice on Skates** will all put your cycling or inline skills to the test. So get to the starting line!

## Tourist area Pardubicko



## Tourist Information Centers of Pardubicko

### **Turistické informační centrum Pardubice**

náměstí Republiky 1  
530 02 Pardubice  
Tel.: (+420) 466 768 390, (+420) 775 068 390  
[www.ipardubice.cz](http://www.ipardubice.cz)

### **Městsko-lázeňské informační centrum**

**Lázně Bohdaneč, o.p.s.**  
Pernštýnská 117  
533 41 Lázně Bohdaneč  
Tel.: (+420) 774 444 234  
[ic.bohdanec.cz](http://ic.bohdanec.cz)

### **Kulturní a informační centrum města Přelouče**

Masarykovo náměstí 26  
535 01 Přelouč  
Tel.: (+420) 739 480 292  
[www.kicmp.cz](http://www.kicmp.cz)

### **Informační centrum – Kulturní dům města Holic**

Holubova 768  
534 01 Holice  
Tel.: (+420) 466 920 476  
[www.kdholice.cz](http://www.kdholice.cz)

### **Turistické informační centrum Zdechovice**

Zdechovice 96  
533 11 Zdechovice  
Tel.: (+420) 606 660 236  
[www.zdechovice.cz](http://www.zdechovice.cz)

### **Informační centrum Děda Vševěda**

V Perníkové chaloupce 38  
533 52 Ráby  
Tel.: (+420) 466 612 474, (+420) 602 413 134  
[www.pernikova-chaloupka.cz](http://www.pernikova-chaloupka.cz)

### **Informační centrum Národní hřebčín**

**Kladruby nad Labem, s.p.o.**  
Kladruby nad Labem 1  
533 14 Kladruby nad Labem  
Tel.: (+420) 601 191 580  
[www.nhkladruby.cz](http://www.nhkladruby.cz)



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Founders of the Society



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