

Swimming

Kamárovský Pond, Nebák Pond, Drhlenský Pond, Písečák Píšovice, Věžák Pond, Bažantník Pond, Sedmihorky

Swimming pools - Bělá at Turnov, Kacanovy, Vesec at Kozákov, Jičín, Sobotka, Bakov nad Jizerou, Píhrazky, Pelíšek in Prachovské skály, Kosmonosy.



Věžák Pond

Cycling Services

BC Sport Termit, sale + repairs, Jiráskova 126, Turnov
BC sport, sale + repairs, Nádražní 351, Semily,
tel.: 0431 / 625 228

Cykloservis Jan Kavka, Masarykovo nám. 243, Mnichovo Hradiště,
tel.: 0329 / 771 512

Cykloservis Radim Fiala, Jaselská 1235, Mnichovo Hradiště,
tel.: 0329 / 772 923

Cyklon, Jičínská 762, Mladá Boleslav, tel.: 0326 / 257 70

Sagitta Sport, Husova tř. 59, Jičín, tel.: 0433 / 524 284

Cykloservis Souček, Valdštejnovo nám. 57, Jičín, tel.: 0433 / 534 061

Cyklo Ski - J. Žitník, 5. května 728, Lomnice nad Pop.,
tel.: 0431 / 672 011

Atom Cycles, Trávnice 153, Turnov, 0436 / 216 25

Cyklospport, Hluboká 279, Turnov, 0436 / 256 97

Cyklospport Kampo, Nádražní 1298, Turnov, tel.: 0436 / 25 555

Cyklospport, náměstí 101, Rovensko p. Tras., tel.: 0436 / 38 24 17

MV Cymonto, Jičínská 230, Sobotka, tel.: 0433 / 571 775

KP servis, Malé nám. 45, Železný Brod, 0428 / 389 577

Bike rental and deposit

BC Sport Termit, Jiráskova 126, tel.: 0436 / 257 70

IC Jičín, Valdštejnovo náměstí, Jičín, tel., fax.: 0433 / 24 390

Sagitta Sport, Husova tř. 59, Jičín, tel.: 0433 / 524 284

Hotel Karel IV., Žitkova 501, Turnov, tel.: 0602 / 651 149

Pension Na Špici, Mírová pod Kozákovem, tel.: 0436 / 320 219

Hotel Zámeček, Rybníček, tel.: 0433 / 534 912

Autocamp Jinalice, tel.: 0433 / 568 922



Rules for Using Cycling Trails

1. Follow the rules of road traffic.
2. If the cycling trail is identical with the trail for tourists, it is always the tourists on foot who have the right of way.
3. Always keep within the right part of the cycling trail.
4. Follow the instructions of administrators of protected landscape areas. Stick to marked trails only.
5. No litter please. Take out what you have brought in.
6. We accept no responsibility for any injury sustained by any biker using the cycling trails.

Information Centres

MIS, Nám. Českého ráje 26, 511 01 Turnov,
tel., fax.: 0436 / 25 500, tel. 0436 / 235 86, e-mail: info@turnov.cz

MIC, Valdštejnovo náměstí, 506 01 Jičín,

tel., fax.: 0433 / 534 390, e-mail: mic@evrodata.cz

MIS, Riegrovo nám. 68, 513 01 Semily,

tel., fax.: 0431 / 624 721, e-mail: musm@mikroservis.cz

MIC mládeže, Bezručova 130, 512 51 Lomnice nad Popelkou,

tel., fax.: 0431 / 673 107, e-mail: ddmlo@mikroservis.cz

MIC, tř. Václava Klementa 1229, 293 23 Mladá Boleslav,

tel., fax.: 0326 / 22 173, e-mail: info@kmmb.cz

IS, Masarykovo nám. 1, 294 41 Mnichovo Hradiště,

tel.: 0329 / 772 203-4, fax.: 0329 / 772 209,

e-mail: mestmh@telecom.cz

MIS Sobotka, Šrámkovo knihkupectví, nám. Míru 3, 507 43 Sobotka,

tel.: 0433 / 571 587

IS, nám. 3. května 1, 468 22 Železný Brod,

tel.: 0428 / 389 541, e-mail: muzelbrod@iol.cz

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tel.: +420 / 436 / 366 225, fax: +420 / 436 / 366 221,

e-mail: ceskyraj@turnov.cz, http://www.ceskyraj.cz,

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CYKLOTRASY

Biking Trails - Bohemian Paradise

ČESKÝ RÁJ



Dear friends of biking,

we would like to invite you for a ride along the biking trails of the Bohemian Paradise. This picturesque region, the oldest large-area protected landscape in the Czech Republic, lies not even one hundred kilometres north-east of Prague.

Almost 300 km of marked biking trails will lead you along the C class roads, forest and dirt roads through sandstone rock towns - Hrubá Skála Rock Town, Příhazy Rocks, around Prachov Rocks, Klokoči and Betlehem Rocks and Borek Rocks. The biking trails pass through romantic rocky valleys with ponds, providing good swimming - Bažantník, Věžák, Rokytnický Pond, Nebák, Jinolické Ponds, and Komárovský Pond. Lovers of steep slopes and downhill racing can use the biking trails which lead to viewpoints, created as early as in the Palaeozoic and Tertiary eras by volcanic activity - Kozákov, Trosky, Mužský, Vyskeř. Besides the beauties

of the landscape, there are historical monuments represented by medieval castles - Valečov, Valdštejn, Frýdštejn, Rotštejn, Kost and Trosky, mansions - Hrubý Rohozed, Sychrov, Humprecht,

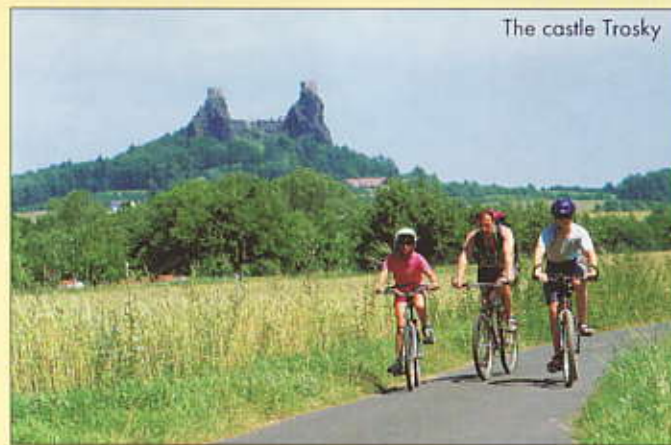


The castle Valečov



The castle Kost

Mnichovo Hradiště and Hrubá Skála. This is completed by folk architecture - Dolánky u Turnova, Příšovice, Vesec u Sobotky, Sobotka, Železný Brod, Lomnice n. Popelkou and Osek. A rich



The castle Trosky

network of museums records the craftsmanship of people living in this region. The glass product from Železný Brod, Bohemian crystal from Sobotka, biscuits from Lomnice and garnet jewellery from Turnov are well-known even nowadays all over the world. These natural and historical points of interest, together with a rich range of cultural and sports events such as Jičín - the Fairy-tale Town, Šrámek's Sobotka, Old Bohemian Fair in Turnov and Music Summer in Lomnice, offer a wide selection of possibilities to spend an active holiday in one of the most beautiful parts of the Czech land.



The Prachovské rocks



The chateau Hrubá Skála

