



**Palackého Dačice**  
Palackého náměstí 1, CZ-386 13 Dačice  
Phone +420 384 401 265, Fax +420 384 401 265  
info@dacice.cz, www.dacice.cz

**Informační středisko ETE**  
Jaderná elektrárna Temelín, CZ-373 05 Elektrárna - Temelín  
Phone +420 381 102 639, Fax +420 381 104 900  
infocentrum.ete@cez.cz, www.cez.cz/infocentrum-ete

**Infocentrum Hluboká**  
Zborovská 80, CZ-373 41 Hluboká nad Vltavou  
Phone +420 387 966 164, Fax +420 387 966 164  
infocentrum@hluboka.cz, www.hluboka.cz

**Informační centrum Holašovice**  
Holašovice 43, CZ-373 84 Dubné (obec Jankov)  
Phone +420 387 982 145  
infocentrumholašovice@seznam.cz, www.holašovice.eu

**Kulturní a informační centrum Horní Planá**  
Náměstí 8, CZ-382 26 Horní Planá  
Phone +420 380 738 008, Fax +420 380 738 008  
info@horniplana.cz, www.horniplana.cz

**Informační středisko Jindřichův Hradec**  
Panská 136/I, CZ-377 01 Jindřichův Hradec  
Phone +420 384 363 546, Fax +420 384 361 503  
info@jh.cz, www.jh.cz

**Infocentrum Kaplice**  
Linecká 434, CZ-382 41 Kaplice  
Phone +420 380 311 388, Fax +420 380 311 451  
infocentrum@mestokaplice.cz, www.mestokaplice.cz

**Infocentrum Lenora**  
Lenora 36, CZ-384 42 Lenora  
Phone +420 382 722 498 208, Fax +420 388 438 012  
infocentrum@lenora.cz, www.lenora.cz

**Infocentrum Lipno nad Vltavou**  
Lipno nad Vltavou 87, CZ-382 78 Lipno nad Vltavou  
Phone +420 380 736 053  
infocentrum@lipnoservis.cz, www.lipnoservis.cz

**Informační a kulturní středisko Lomnice nad Lužnicí**  
náměstí 5. května 133, CZ-378 16 Lomnice nad Lužnicí  
Phone +420 384 792 433, Fax +420 384 792 201  
info@iks.lomnice-nl.cz, www.lomnice-nl.cz

**Milevský kraj - infocentrum**  
náměstí E. Beneše 1, CZ-399 01 Milevsko  
Phone +420 382 521 321, Fax +420 382 522 101  
infocenter@milevsko-mesto.cz, www.milevskymkrajem.cz

**Informační centrum Netolice**  
Mírové náměstí 248, CZ-386 11 Netolice  
Phone +420 388 324 251, Fax +420 388 324 251  
info@netolice.cz, www.sumavane.net/cnetolice

**Informační středisko Nová Bystrice**  
Mírové náměstí 53, CZ-378 33 Nová Bystrice  
Phone +420 384 386 909  
info@novabystrice.cz, www.novabystrice.cz

**Kulturní a informační centrum Nové Hradky**  
náměstí Republiky 46, CZ-373 33 Nové Hradky  
Phone +420 386 362 195, Fax +420 386 362 195  
kic@novehrady.cz; infoc@novehrady.cz, www.novehrady.cz

**Infocentrum Písek**  
Heydukova 97, CZ-397 01 Písek  
Phone +420 382 213 592, Fax +420 382 213 592  
icpisek@mupisek.cz, www.icpisek.cz

**Obecní knihovna informační centrum Pohorská Ves**  
Pohorská Ves 31, CZ-382 83 Pohorská Ves  
Phone +420 380 311 890  
info.p.ves@seznam.cz, www.pohorskaves.cz

**Informační centrum Prachatice**  
Velké náměstí 1, CZ-383 01 Prachatice  
Phone +420 388 607 574, Fax +420 388 312 563  
infocentrum@prachatice.eu, www.prachatice.cz

**Informační centrum Protivín**  
Masarykovo náměstí 21, CZ-398 11 Protivín  
Phone +420 382 252 650, Fax +420 382 252 651  
infocentrum@muprotivin.cz, www.muprotivin.cz

**Turistické informační centrum Slavonice**  
náměstí Míru 480, CZ-378 81 Slavonice  
Phone +420 388 402 230, Fax +420 388 414 822  
i@slavonice-mesto.cz, www.slavonice-mesto.cz

**Informační středisko města Soběslavi**  
náměstí Republiky 1/1, CZ-392 01 Soběslav  
Phone +420 381 508 116, Fax +420 381 524 143  
kocourkova@musobeslav.cz, www.musobeslav.cz

**Turistické informační centrum Stachy - RRAŠ, o.p.s.**  
Stachy 422, CZ-384 73 Stachy  
Phone +420 380 120 271  
info@rras.cz, www.rras.cz

**Městské informační centrum Strakonice**  
Velké náměstí 2, CZ-386 21 Strakonice  
Phone +420 383 700 700, Fax +420 383 700 702  
infocentrum@strakonice.net, www.strakonice.net

**Informační a mapové centrum Strakonice**  
Zámecký náměstí 1, CZ-386 01 Strakonice  
Phone +420 383 323 600, Fax +420 383 323 600  
ciao@ciao.cz, www.strakonice.net

**Informační centrum města Suchdol nad Lužnicí**  
28. října 329, CZ-378 06 Suchdol nad Lužnicí  
Phone +420 384 781 299, Fax +420 384 781 299  
info@knih-su.cz, www.suchdol.cz

**Infocentrum Město Tábora**  
Žižkovo náměstí 2, CZ-390 01 Tábora  
Phone +420 381 117, Fax +420 381 486 239  
infocentrum@mutabor.cz, www.tabor.cz

**Turistické kulturní a informační centrum Trhové Sviny**  
Žižkovo náměstí 117, CZ-374 01 Trhové Sviny  
Phone +420 386 321 784  
infocentrum@tsviny.cz, www.tsviny.cz

**Informační a kulturní středisko města Třeboně**  
Masarykovo náměstí 103, CZ-379 01 Třeboně  
Phone +420 384 721 169, Fax +420 384 722 026  
info@trebon.cz, www.trebon.cz

**Informační centrum mikroregionu Týn nad Vltavou**  
náměstí Míru 37, CZ-375 01 Týn nad Vltavou  
Phone +420 385 772 301, Fax +420 385 721 121  
infocentrum@tnv.cz, www.tnv.cz

**Infocentrum města Veselí nad Lužnicí**  
náměstí T. G. Masaryka 25, CZ-391 81 Veselí nad Lužnicí  
Phone +420 381 548 180, Fax +420 381 548 180  
info@veseli.cz, www.veseli.cz

**Turistické informační středisko Vimperk**  
náměstí Svobody 42, CZ-385 01 Vimperk  
Phone +420 388 402 230, Fax +420 388 414 822  
infocentrum@mesto.vimperk.cz, www.info.vimperk.cz

**Infocentrum Vodňany**  
náměstí Svobody 18, CZ-389 01 Vodňany  
Phone +420 383 384 934  
info@vodnany.net, www.vodnany.net

**Infocentrum Vyšší Brod**  
Náměstí 104, CZ-382 73 Vyšší Brod  
Phone +420 380 746 627  
infocentrum@vyssibrod.cz, www.vyssibrod.cz

**Infocentrum Zvíkovské Podhradí**  
Zvíkovské Podhradí 13, CZ-397 01 Písek  
Phone +420 382 285 659, Fax +420 382 285 655  
recepcie@hotelzvikov.cz, www.zvikovskopodhradí.cz



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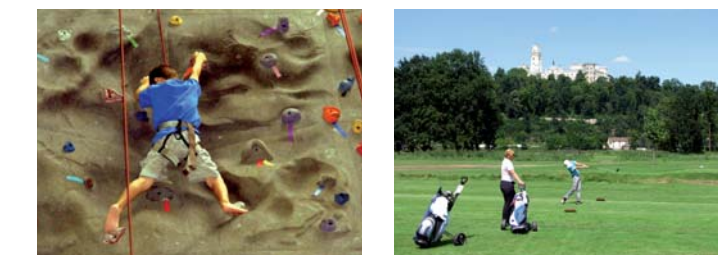


If you consider an active vacation to be the best form of relaxation, then you'll be able to appreciate the variety of South Bohemia. Whether you're the type who's crazy about sports, or if you simply want to stretch out occasionally, this landscape full of hills and flat stretches, rivers, ponds, and the enormous Lake Lipno is sure to satisfy. The range of services for sports lovers is constantly expanding, including bicycle rentals, boat rentals, and more, and new sports complexes are opening every year. Adrenalin sports are also increasing in popularity, offering rock climbing, parachuting and paragliding to thrill-seekers of all ages.

## REGION OF ČESKÉ BUDĚJOVICE

### České Budějovice – a city of experiences

Want to spend your free time actively? České Budějovice and its nearby surroundings can satisfy just about anyone's wishes. The city itself holds several fitness centers, tennis courts, bowling clubs, indoor swimming pools, a winter stadium, and an outdoor swimming pool. Jump on a bicycle and take off along one of several bike routes to the beautiful landscape and monuments of South Bohemia. Rent a horse from one of many riding schools and see the area from the saddle. For an adrenalin rush, you can hop around town on skyrunner shoes or climb an artificial rock wall. Just a short way from town you can ride an ATV, take a sight-seeing flight on a motorized paraglider, or do a tandem parachute jump. There's even an artificial slalom route where you can try your skills on the water. For quieter vacation, Hluboká offers the peace and relaxation of golf. Contact our Tourist Information Center for more details on individual services.



## REGION OF ČESKÉ BUDĚJOVICE

### Summer vacation in Týn nad Vltavou

Take a trip through the town historical areas or sites nearby the town. Hiking routes lead through the center of town, the Municipal Museum, underground corridors, the Municipal Gallery U Zlatého slunce, to the revolving auditorium and to the Bedřich Gardens where the Vltavotýnský Castle used to stand. Other routes lead to Čihovice, to Semenec, to the confluence of the Vltava and Lužnice Rivers, and more. A bicycle ride through the Týn nad Vltavou area offers interesting stops at the confluence of the Vltava and Lužnice Rivers, the Hněvkovice water reservoir, Koloděje nad Lužnicí, Vysoký Hrádek (High Castle), Pořežany, Tuchonice, Dolní Bukovsko, and more. You can also order a boat trip along the Vltava River to the Vltava and Lužnice confluence and to the Kořensko water reservoir, and there are regular boats taking passengers all the way to the castles Zvíkov and Orlík nad Vltavou. A sports hall, tennis courts and other sports facilities are available. Horse riding is also possible through the local riding clubs. Route descriptions and contacts can be found at [www.tnv.cz](http://www.tnv.cz).

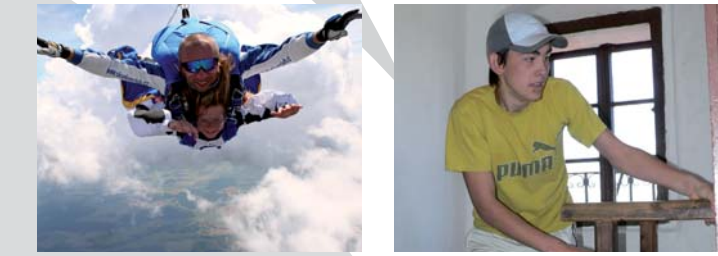
## REGION OF ČESKÝ KRUMLOV

### On the water, on foot, and on two wheels

Český Krumlov is more than just architectural monuments and culture, it also offers a wide range of sports opportunities. The varied surroundings of Český Krumlov offer an active and fun way to get to know the countryside. One such program could be as follows: begin your trip in Český Krumlov by setting off in a canoe or raft all the way to Zlatá Koruna. Disembark in Zlatá Koruna, grab your Nordic Walking sticks and climb to the top of Kleť, the highest mountain of Blanský Forest. Rest a while at the top, enjoy the magnificent view of the countryside and hop on a scooter cruiser down the mountain to end up back in Český Krumlov.

### Castle ruins around Kaplice

Whether you fancy biking or hiking, Kaplice is your starting point for three trips to the Medieval times. About 6km northward along the Malše River you'll climb atop a wooded rock precipice to the romantic castle ruins of Pořešín, where the torso of the southern palace and part of the surrounding castle walls have survived. The second castle gate was recently restored and restoration of the third gate began not long ago. Southwards from Kaplice there used to stand the castle Louzek, guarding the river from up high. Nowadays the remains of its inhabitable towers, palace and fortress walls are a popular destination for locals. The castle is well hidden in the forest above the steep Malše River valley. Eastwards towards Slepíci hory (Chicken Mountains), the ruins of the hunting castle Sokolčí stands out on the rocks above the Černá River. The rock walls below the castle are a favourite place for local rock climbers.



## REGION OF JINDŘICHŮV HRADEC

### Over the hill to Hradec, or the Jindřichův Hradec pedal

Since the Jindřichův Hradec area is a favourite destination for bicycle trips, it has become a tradition in the town above the Vajgar to welcome the new biking season every year with a bicycle trip. The challenge to overcome the varying difficulties of the routes is usually accompanied by entertaining events as well as a contest, and the winner takes home a new bicycle. The season traditionally begins in May, while the conclusion, also marked by a bike trip, takes place in October.

### Up the tower!

This is a fun sports competition organized by the Jindřichův Hradec Museum since 1998 on the occasion of International Museum Day in May. Dozens of participants try to make the best time up the 153 steps of the Municipal Lookout Tower every year – the best time so far is 40.7 seconds. The event is regularly accompanied by an entertainment program.

## REGION OF LIPNO

### Active vacation at Lake Lipno – cycling, in-line skating, and the New Lipno Bikepark

Experience an exceptional vacation! The Lipno region offers an endless number of ways to spend your time actively. Take a bike to experience the natural beauty of the southern shores of the lake. For in-line enthusiasts, the lake bicycle/in-line path leads from the town of Lipno nad Vltavou towards Frymburk. This path's varied and undemanding profile follows the shoreline of Lake Lipno and is ideal for mothers with children as well as beginners. Night lighting on the path lets you enjoy the romance of a night ride which you'll love to remember. You can also enjoy the newly-built largest rope park in the Czech Republic with over 500 meters of rope adventures. The pride of the rope park is a ride down a cable over 150 meters long. The Lipno Specialized Bikepark will bring you into a new and unknown dimension of thrill and relaxation. The bike route is a kilometre and a half long, known as the Fun Ride Trail, and offers spectacular views onto the „Sea of South Bohemia“ together with an exciting and safe ride full of banks, small hills and everything else that you might find in a ride manageable for everyone from the age of 6 up.



## REGION OF PRACHATICE

### The Adrenalin Experience Academy – Libín Rope Park

One of the largest rope climbing complexes in the country is right near the town of Prachatice. The complex boasts a full hectare of challenges on a kilometre and a half of ropes including 6 obstacle courses of varying difficulty for children, adults, athletes, and the whole family with 85 obstacles in the center of the Šumava Mountains. The obstacles are installed between 3 and 25 meters above the ground among the trunks of massive spruce trees. A team of professional trainers looks after each climber, and the entire installation is secured to rock-climbing safety standards.

## REGION OF TÁBOR

### Active vacation around Tábor

If you're looking for an active way to spend your vacation, the Tábor area offers endless opportunities. The area is situated in the South Bohemian landscape on the Lužnice River among forests, meadows and lakes, ideal for exercising in nature. Hikers will find a dense network of 637 km of hiking routes and cyclists can choose between the gentle landscape south of Tábor around Soběslav or the hilly terrain around the region of Mladá Vožice and Jistebnice. The town of Tábor also lies on the Greenways bike path between Vienna and Prague. The Lužnice River, lakes and sand pits offer plenty of opportunities for swimming, canoe trips and fishing. Even rock climbers, horse riders, and golfers will find something here. In the winter there are numerous cross-country ski trails around Jistebnice and the Monínek complex offers downhill skiing.

### The Vávrovka Rope Park at Veselí nad Lužnicí

Fifteen rope obstacles await you at the peaks of trees 10 to 15 meters high. The park was designed for schools, summer camps, company team-building and social events, family excursions and thrill-seeker parties. All participants pass through an introductory training course and safety exercise. The rope park also includes accommodation facilities for 34 persons in 4 sleeping rooms.



## REGION OF TÁBOR

### Canoeing along the Nežárka and Lužnice Rivers

For the more gentle canoers, we recommend a day trip along the Nežárka from Karštejn to Veselí (12 km), or from Jemčina to Veselí (20 km). Braver types will better appreciate a two-day trip along the Lužnice, Nová Řeka (New River), and Nežárka from Majdalena or Suchdol nad Lužnicí to Veselí (44 km), or along the Lužnice River from Veselí to Tábor (28 km). Boats can be rented from one of many rental agencies which will also take you to the beginning or back from the end. There are plenty of refreshment stops along the river routes.

## REGION OF VIMPERK

### A one-day visit to Vimperk

If you're headed to Vimperk, we've prepared a few one or more day programs for your visit. Just stop into our info-center and choose from a wide selection of offers such as bowling, paintball, tennis, the rope climbing complex in Churáňov, fitness centers, the indoor swimming pool at Hotel Kuba in Kubova Huť, and more.

