

Tour Central Europe  
Presents  
**Check the Czechs Special**

# WELLNESS-SPA TOUR

With Frank Fristensky, Durango, and Michael Zeman, Prague

**This special tour has been designed with these important considerations on our minds:**

1. Reduced traveling days between places and more comfort.
2. Enjoying historic spa-towns, their offerings and other activities for more days.
3. Convenient day trips without moving from hotel to hotel.
4. Spectacular itinerary that combines spa-towns, villages, castles, country site, music, history, shopping and more in a comfortable and relaxed atmosphere.

**The Czech Republic** is a country of fairytale castles, forests and fishponds, music and art, medieval spa-towns and Renaissance chateaux. There is a rich heritage to explore – unravel Czech history and you will get a deeper understanding of Europe as a whole – with the added bonus of the world’s finest beer to lubricate debate. And at the center of it is Prague (Praha), one of the most beautiful and cultured cities in the world.

**Journey to Czech Spa-Wellness!** This special trip is for those who would like to explore and experience the unique nature and history of one of Europe’s oldest spa’s tradition, the Czech Republic. This tiny country is located in the heart of Europe. As native of this country, I selected a variety of leading spa establishments in the western part of the Czech Republic.

Traveling for your health can combine feeling good with great destination. Spas have been popular in Europe for centuries. They were usually founded around natural mineral and thermal springs; the waters were used both for drinking cures and for bathing and topical applications. It was discovered early on that natural mineral waters had beneficial health properties, and their use (as well as the use of mineral mud, peat, mineral salts, radon water, and related products) continues to this day, in medicine as well as cosmetics and body care.

Czech spas are well-respected; they have long-standing tradition stretching back several centuries and illustrious history of more than thirty spas across the country, hundreds of springs possessing curative properties and rich mud deposits – all of this makes Czech Republic one of the world’s spa superpowers.

They are mostly situated in beautiful natural valley settings surrounded by forest and rolling hills. The spa towns include spa colonnades with gracious and historic spa establishments along the way. Coffee shops, galleries, concert halls, hiking trails, beautiful parks and, of course, native culinary extravaganza will round your tour experience.

### **DAY 1: AM/PM**

(Friday)

After arriving in **Prague (Praha** in Czech) (1, 100,000 pop.), we check into our hotel. Depending on our arrival, there might be enough time to explore the old town on your own. It is amazing what 17 years of freedom can do. Praha has always been historic. Now it is fun too. No place in Europe has become so popular so quickly. And for good reasons: Praha, the only Eastern European capital to escape the bombs of the last century's wars, is one of Europe's best-preserved cities. It is filled with sumptuous Art Nouveau facades, offers great musical entertainment, galleries, amazing museums and restaurants, and brews the best beer in Europe (perhaps in the World). Praha is the town of thousands of red roofs and spires.

The next two days we will call our home the 4 star Art Nouveau Hotel Pariz (Paris) in Praha. This in 1904 build architectural jewel is well located in the center of the historical old town. The welcome dinner will be on the boat cruising the Vltava river.

(D)

### **DAY 2: AM**

(Saturday)

This morning we tour Praha with a local guide. We explore the Hradcany (the Praha Castle) district, home of the distinctive castle towering above the Vltava River. The castle today is the seat of the president of the Czech Republic. We stroll down along the Golden Lane, with its picturesque artisans' cottages. We cross the famous Charles Bridge into the Old Town Square with its Astronomical Clock Tower and many other sites.

#### **PM**

The remainder of the day is free to continue exploring this enchanting city on your own. Following this evening dinner there we will experience a special performance at the National Theater or the Opera House. We spend a second night in the **Pariz Hotel**.

(B-L-D)

### **DAY 3 :AM/PM**

(Sunday)

Following breakfast we will depart our Praha's "castle and head north-west to **Karlovy Vary** (52,000 pop.), a world famous hot springs town and the real jewel of Czech spa culture. Karlovy Vary is a town of remedial springs and quite literally built on water. There are 15 hot springs housed in or near five colonnades along the Tepla River. The legend has it that Karlovy Vary's hot springs were stumbled upon by pure chance. They were discovered by a dog, which fell into the first of the town's springs while out on a hunting trip with Emperor Charles IV in 1350. The town soon became a magnet for European aristocrats. The opulent 19<sup>th</sup> and early 20<sup>th</sup> century grandiose architecture forms a two-sided colonnade along the river Tepla that runs through the middle of town.

Upon arrival in Karlovy Vary we will check in another luxurious hotel Dvorak located in the center of town.

In the afternoon we will tour the world famous Moser lead free crystal glass making factory. A visit to the **Moser Glass Factory** is a pleasure to everyone who enjoys crystal, glass products and the art of glass making. Engraver Ludwig Moser established the original glass factory and shop in 1857. Moser glass has been sought out ever since for its outstanding quality and artistry and is known worldwide as the "glass of kings". All products are made by hand in an array of shapes and Moser signature colors.

(B-L-D)

#### **DAY 4: AM/PM**

(Monday)

This day is reserved for your enjoyment of the various spa offerings in town, take stroll on the promenade the colonnade sipping the curative warm spring waters and relax in the gardens.

The Karlovy Vary balneology is over 600 years old, built upon its curative effects. Other spa offerings include mineral baths, siphoning, peat moss and paraffin packs, inhalation, cryotherapy, hydrotherapy, and many others. Note: most of the procedures need to be reserved in advance.

(B)

#### **DAY 5:**

(Tuesday)

##### **AM**

This morning on the way to Mariánské Lázně we will visit a nearby medieval **castle of Loket** that was built in the 15<sup>th</sup> century under the King Wenceslas IV.

##### **PM**

After this medevail experience we will continue south to our final destination for that day to the town of **Mariánské Lázně** (Marienspa, 15.000 pop.). The town, surrounded by green mountains, is an exquisite mosaic of parks and noble houses. Most of its Art Nouveau and neoclassical buildings, pergolas, pavilions and colonnades come from 19<sup>th</sup> century, when many celebrities and top European rulers came to enjoy the curative carbon dioxide springs. Spa guests still carry around the curious porcelain cups, mentioned by Mark Twain, with handles that doubles as drinking straws for sipping water from any of the 12 springs.

We overnight in **Spa-Hotel Nove Lázně** (est.1896), which is the most beautiful spa hotel in Mariánské Lázně and is located near the colonnade and parks.

(B-L)

**DAY 6: AM**

(Wednesday) This morning is reserved for your Wellness/Fitness activities.

**PM**

This afternoon we will travel southwest to another very unique spa facility in the small village of **Chodova Plana**. There you will experience the first Czech and one of the few in Europe the original BEER spa. Run by family owned Chodovar brewery and situated in a historic brick-lined cellar and equipped with stainless steel private tubs filled with original and spiced warm Czech beer. It offers warm beer re-conditioning therapy, relaxing hot beer bath, massages and hot beer packs. That's where you may say "Cheers to your total health!"

Note: we need to make very early reservation for us to be able to enjoy this special treat!

Overnight in Marianske Lazne

(B-D)

**DAY 7: AM**

(Thursday)

After breakfast, we travel to the small town of **Klatovy** (23,500 pop.), located in the Plzen Region. The King Premysl Otakar II founded Klatovy during 1260-1263. We explore Klatovy's central old square with its important historic sites such as: the Black Tower, reaching a height of 81meters (245 feet) and built between 1547-1557 of unplastered ashlar blocks; the **Baroque Pharmacy**, "U Bileho jednorozce" (At the White Unicorn), a UNESCO World Heritage Site, in business from 1776 to 1966, complete with rococo furnishings and apothecary supplies.

**PM**

We then continue further south into the Sumava Mountains region (the Bohemian Black Forest National Park). On the way to our final destination for this evening we will visit the medieval **castle of Kasperk**.

Kašperk castle was built on the northwestern foothills of the Ždánov Mountains.

We will settle down for tonight in the town of **Kasperske Hory**, situated in the heart of the Sumava Mountains. This low mountain range extends from Southwest Bohemia to Austria and Bavaria in Germany.

Overnight in **Park Hotel Tosch** in Kasperske Hory

(B-L-D)

**DAY 8: AM**

(Friday)

This morning we will relax in and around the hotel, which used to be a brewery. There are an ample possibilities for recreation.

**PM**

This afternoon we will take a beautiful hike about 2.5 flat miles along the **Vydra River** in the Sumava Mountains. In the afternoon we will leisure travel through the Sumava Mountain Forest and towards the Lipno Lake or reservoir as it is sometimes called because of its man made origin.

We will travel along the lake until we reach our final destination for the next two days, the town of **Frymburk**.

Our accommodation will be in Wellness Hotel Frymburk, which is the newest and largest wellness complex in the Czech Republic. It is situated on the bank of Lipno Lake. The complex offers abundant opportunities for in and out-door fitness, it houses the “**Wellness paradise,**” that offers diverse bath activities and saunas, various types of massages, body wraps and other procedures.

(B-D)

**DAY 9:**

(Saturday)

**AM/PM**

All day will be your another Wellness Day” to fully indulge in all the offerings of the Wellness paradise and town of Frymburk

(B)

**DAY 10:**

(Sunday)

**AM/PM**

This morning we will continue to one of the most enchanting towns in the Czech Republic, the town of **Cesky Krumlov** (14,000 pop.), a small ancient city in the South Bohemian Region (UNESCO World Heritage Site). Construction of the town and the castle began in the late 13<sup>th</sup> century at a ford in the Vltava River. The core of the old town is within a horseshoe bend of the river. The famous Krumlov Castle contains a preserved **Baroque theater** (dated at 1776), complete with original stage machinery, scenery and props. We enjoy a guided tour of the picturesque town, the castle and the Baroque theater. We will enjoy a Farewell Dinner in a special restaurant. We will overnight in the center of old town in the **hotel Gold**.

(B-L-D)

**DAY 11:**

(Monday)

**AM**

This morning we will be heading up north and back to Praha. On the way we make a lunch stop in an old rural town of **Plastovice** with a very unique south Bohemian architecture.

**PM**

After arriving in Praha the rest of the afternoon and evening will be for you leisure in Praha and some last minute shopping. Farewell dinner.

Overnight in **hotel Josef**.

(B-L-D)

**DAY 12:**

(Tuesday)

**AM**

This morning we transfer to the airport for our return flight to the USA.

(B)