



WHEELCHAIR TO WHEELCHAIR

about South Bohemia



South Bohemia
true love

www.jiznicechy.cz



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“OK, Jan, let’s do this. What have you got in mind?”

“Well, Ivan, we don’t need to make maps, there’s been enough of that lately.”

“Right – instead we should give wheelchair users a few tips on where to go and what to try out. Anyone who needs more detailed information these days can always go to the Internet and Infocenters.”

“Exactly! Let’s write down the places we know and where we’ve had good experiences. We can add some comments if we need to. We’ll add some activities, and let’s try to keep everyone in mind – athletes, families with kids, older people, and people with more serious disabilities. That way everybody can choose something, get to know our region, and maybe they’ll want to explore further.”

“Then let’s get to it, Jan. How do we start? How about this?”

South Bohemia is an amenable place for wheelchair users. There’s plenty of places here where barriers won’t get in the way of a physical handicap, and you can experience what you’d expect with no unpleasant surprises... Just like everyone else. This publication offers just a few of the many options, but we’ll help you start to find your way around in our region. Everything a guest would expect for sports, relaxation, and regaining your strength. We hope that you’ll find South Bohemia a friendly place. Welcome!

Ivan Nestával (paraplegic after illness in 2009)

and

Jan Herman (paraplegic after an accident in 2011)

Sport

We're both active athletes, so we're proud to recommend you a few traditional vacation activities here, as well as something unique; something that originated in South Bohemia and you won't find anywhere else.



2) **Hluboká – Purkarec**: a magnificent route, very good surface, river, rock formations, Schwarzenberg game forests, a bit of uphill and downhill, an exhilarating ride for the more proficient handbiker.



Handcycle

I've selected a few routes and locations so that you don't have to waste time looking around. Simply park and go. And you can enjoy your handcycle on level terrain instead of hills.

Hluboká nad Vltavou

Park in the Sport & Leisure Complex right by the bike path and set out. You've got two options in Hluboká:

1) **Hluboká – Č. Budějovice**: perfect surface, absolutely level, plenty of refreshment stops during the season, and easy access to the České Budějovice town square. An easy ride or brisk racewalking training.

Hluboká supports parasports

This is a year-long project being implemented in Hluboká nad Vltavou. Check out FB AsV and plan yourself a visit to South Bohemia according to the events calendar. The Wings for Life AppRun at the beginning of May, fishing competitions at the beginning of June, a tennis tournament in mid-July, a wheelchair basketball tournament at the end of August, parapaddleboarding races at the end of September, and a parafootball tournament at the beginning of December. These are all open events. Write to us to let us know you wish to participate. Add another dimension to your holiday.



Try something different

The Sport & Leisure Complex in Hluboká nad Vltavou offers barrier-free facilities and other sports opportunities.

www.arel-hluboka.cz



Lipno

Just drive to Lipno nad Vltavou, park in the central car parking under the chair lifts, and head towards the water. When you reach the bike trail, go right. The route around the water is level and extends for quite a long way. For a great diversion and pleasant experience, take the Frymburk ferry (leaves every hour) to the opposite shore, where you can head into the hills among the meadows and forests.

our TIP

The Lipno Ski Resort rents handcycles. The number of cycles is limited, so we recommend an advance reservation.
www.lipno.info



Třeboň

The area around Třeboň is a paradise for all cyclists and, since it's nearly completely flat, it also perfect for handbikers. There's endless beautiful routes here. Sometimes you have to ride on the roadway with cars, so don't forget your flag. A good place to start is the parking lot under the levee of the Svět Pond, or even better, at the Municipal Beach complex at the Svět Pond.

Šumava

Šumava offers up plenty of options for cycling, and it's difficult to choose just one route. We decided to recommend a handbike trip from Borová Lada through Knížecí pláně to the Žďarecké water reservoir. Park in Borová Lada and look for the hiking sign pointing to Knížecí pláně and Žďarecké jezírko. You have to ride on a public roadway for just a short stretch, then when you leave the village, the road is restricted for motor vehicles with special permission. This makes for a peaceful and safe bike ride. The surface is very smooth for most of the route, and the elevation differences are easy and refreshing.



Try something different

When you get to Borová Lada, drive your car to the Chalupská slat peat bog. We'll explain more later in this book.





Monoski

If you like to ski, or if you want to learn, then you should definitely check out the Lipno Ski Resort. Parking directly below the ski lift, symbolic pricing for you and an escort, equipment rental, instructors, slopes for novice and advanced skiers, barrier-free facilities, and mainly a willing staff everywhere you turn. They're used to wheelchairs here, and you'll know that you're welcome. I'll give you an example: once it started raining and I realized that I hadn't covered my wheelchair. I had just gotten on the ski lift, and I turned around to see a staff member running with a plastic bag to cover my wheelchair.



our TIP

We recommend booking your equipment in advance. You can hire monoskis (three seat widths) and bi skis.

www.lipno.info

Follow [f Lipno bez bariér](#) (Lipno without barriers) on FB and keep in touch with the frequent "Day with Handicap" events.



Parapaddleboarding

That's right, a paddleboard for wheelchair users was developed and tested in South Bohemia in 2018. Our region has given the world a new wheelchair sport – parapaddleboarding. We know where you can try this popular relaxing sport today and experience that great feeling just like everyone else.

Hluboká nad Vltavou

You and your escort can borrow parapaddleboards in the Sport & Leisure Complex. The staff or we (see the end of brochure for contact details)

will advise you on the most convenient place to board and head out into the calm waters of the Vltava River.

Other places good for parapaddleboarding are the Svět Pond in Třeboň (the Municipal Beach area at Svět) and the Lipno Dam. The process of removing barriers is an ongoing process in our region, and we predict that sports equipment rentals and sports facilities will soon be adding wheelchair parapaddleboards to their program soon – so keep up to date on [f Lipno bez bariér](#) and [f Třeboň](#).



our TIP

Paddleboard rental for wheelchair users and their escorts without reference to a specific water surface – [f Ultina back to active](#). The guys at Ultina are wheelchair users themselves who developed the wheelchair paddleboard, so this is a good place to get more practical tips for an active vacation.



Barrier-free workout

There are two workout parks adapted for wheelchair users in South Bohemia. Based on your abilities and condition, you'll be able to use up to 70% of the park. Wheelchair exercise elements are something unique to South Bohemia (we participated in their development and testing) and will make exercise possible for people with varying levels of performance, ranging from beginner to proficient athlete.

You'll find a barrier-free workout zone in the Sport & Leisure Complex in Hluboká, and in the Municipal Beach complex in Třeboň. Come work out and push your limitations.

our TIP

Before exercising, read the Exercise Methodology and Safety Notices.

www.workouthluboka.cz

Walks and lookout points

Every time you go on vacation, you're influenced by the atmosphere of the place, and the best way to take it in is by going for a walk or visiting a lookout point. We've put together some tips for you. They're not too difficult, and they offer a great way to draw from our region's positive energy.

Hluboká nad Vltavou castle gardens and park

When you visit Hluboká nad Vltavou, check out the castle gardens and the park. The paths are made from compacted gravel and are well maintained (there might be a few sections that are waterlogged or under repair, but you can easily get around them). The castle gardens turn into a forest park. Between the upper and lower gardens, there's a hill about twenty meters steep, so you might need some help there. As a wheelchair user you can use the road reserved for weddings to get to the castle garden (ask at the Infocenter) or from the town center up a steep hill with an asphalt surface.

www.zamek-hluboka.eu

Try something different

Hluboká nad Vltavou offers its handicapped visitors the best barrier-free facilities possible. Right next to the Infocenter on the main street, there's a barrier-free house with a kitchenette, a toilet, and a relaxation area. You can get more details and the key at the Infocenter. We haven't heard about anything like this anywhere else, and we're grateful to the people of Hluboká.

What's being prepared?

Hluboká nad Vltavou is working on opening a unique historical monument – the ruins of Karlův Hrádek – to the public. We have people in the working group and can look forward to access from the water and land. Hluboká supports us.

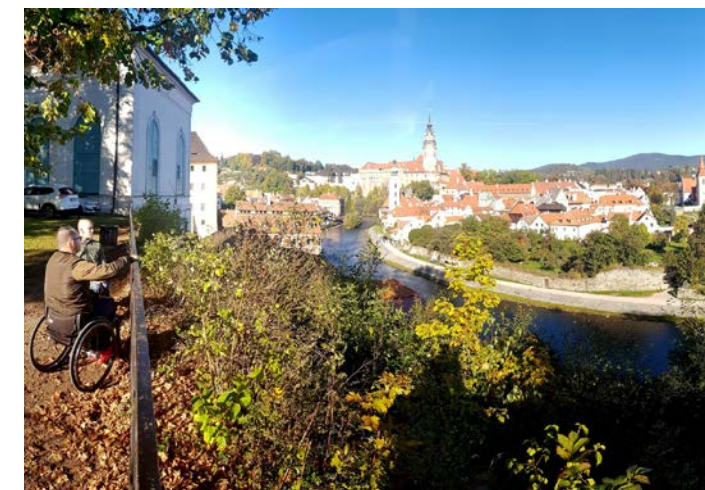


Český Krumlov

castle park and the view from the Municipal Theater Park

Český Krumlov is a bit harder to get around for wheelchair users, but it's still a historical pearl and one of the most beautiful towns in the Czech Republic. You should go see it anyway, so go to the Municipal Theater Park for a panoramic look over the old town that gives you one of the best views. Later, you can visit the castle gardens and explore the famous Revolving Auditorium, among other places. We recommend driving your car to the parking lot at the main garden gate on the south side.

www.ckrumlov.cz





Blatná

chateau park

The chateau park in Blatná has become very popular in South Bohemia lately, mostly due to the freely moving herd of quite friendly fallow deer. It's beautiful there.

www.zamek-blatna.cz

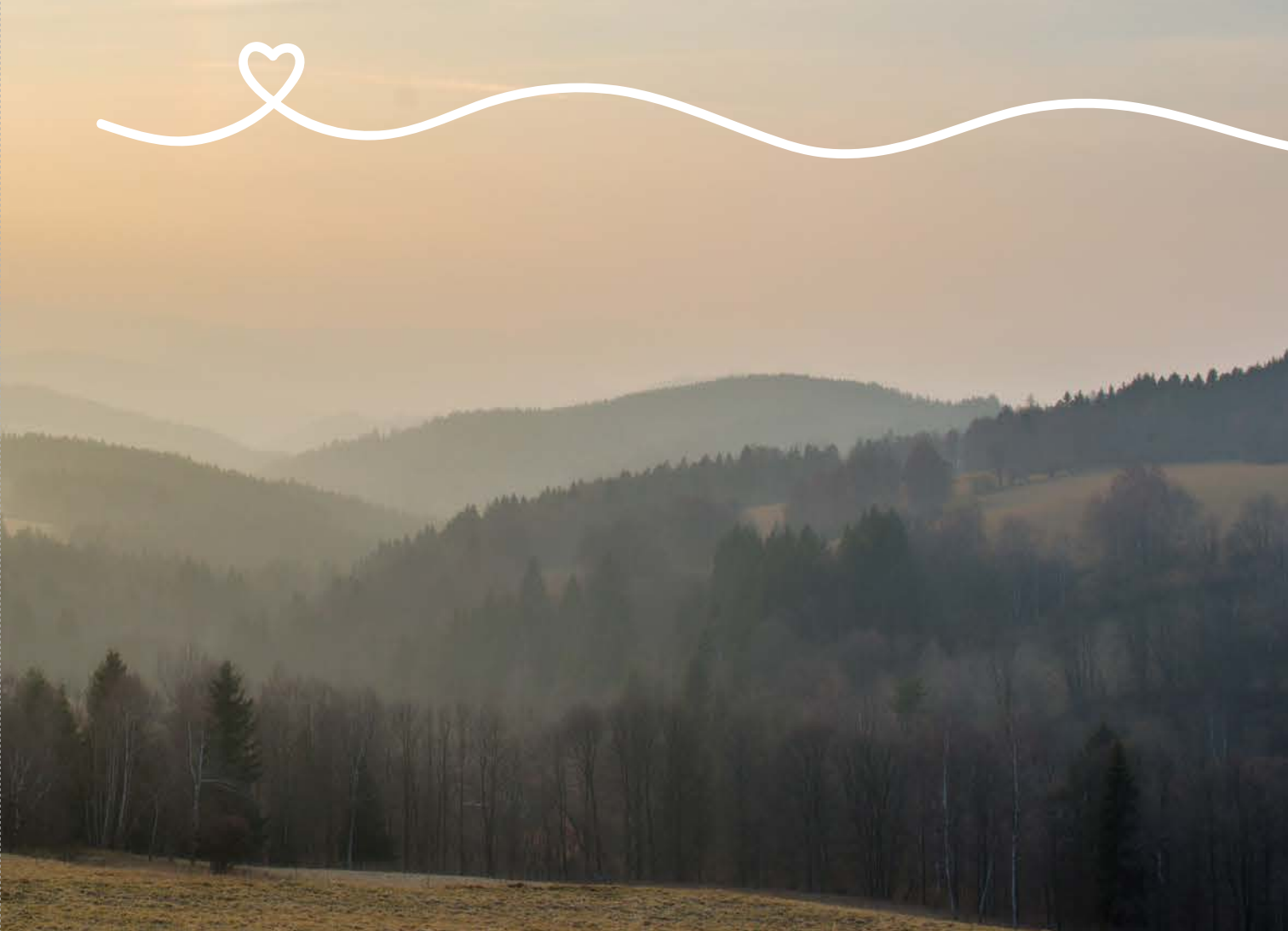
Třeboň

park near the pond Svět and the Spa Aurora lookout point

The pond Svět, the town of Třeboň, and its surroundings are best seen from the panoramic lift and glass-covered lookout point at the Spa Aurora. The lift is open to the public. You can go through the adjacent park and use the well-prepared barrier-free map to get into the castle garden and the center without any problems.

www.mesto-trebon.cz





WHEELCHAIR TO WHEELCHAIR about South Bohemia



Šumava

There are several recommended routes for wheelchair users throughout the Šumava. We know from our own experience that some can be quite demanding. We chose the most hospitable one for you: the Chalupská slat' peat bogs. Ride a planked wooden walkway through beautiful nature all the way to a lookout point at the peat bogs. This is an ideal introductory route for the Šumava forests. It'll leave you wanting to see more.



Try something different

Šumava National Park also offers organized trips on electric scooters. You'll need to reserve a date at www.npsumava.cz

Think about whether a scooter is right for you. It's ideal for seniors.

Day tripping

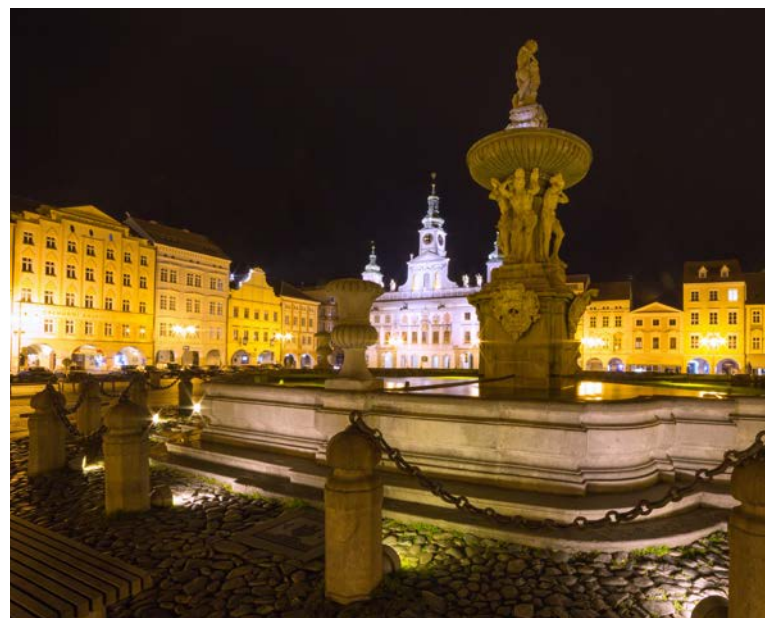
Every vacation should include a bit of distraction on the side, so we've included a few recommendations of what we think are ideal quick getaways. Mostly culture, new information, a few thrills, and some minor distractions.

České Budějovice

the Budvar Brewery and Meat Market Restaurant

While in České Budějovice, stop at the Visitors' Center of the Budvar brewery. A tour of the modern museum featuring the history and present day of this České Budějovice brewery is a fun way to spend a few hours. About a quarter of the way through the tour, you'll get thirsty for beer, and it gets more intense as you go on. No way around it, then, simply head to Budvar's restaurant called Masné krámy (former meat market), just a short ways from the Přemysl Otakar II town square. Order a Krausened beer and enjoy the unforgettable atmosphere of this historical building from the time of King Charles IV. The restaurant is very comfortable for wheelchair users and the staff is experienced. The Masné krámy restaurant is a favorite place for the České Budějovice wheelchair athlete community.

www.budejovickybudvar.cz

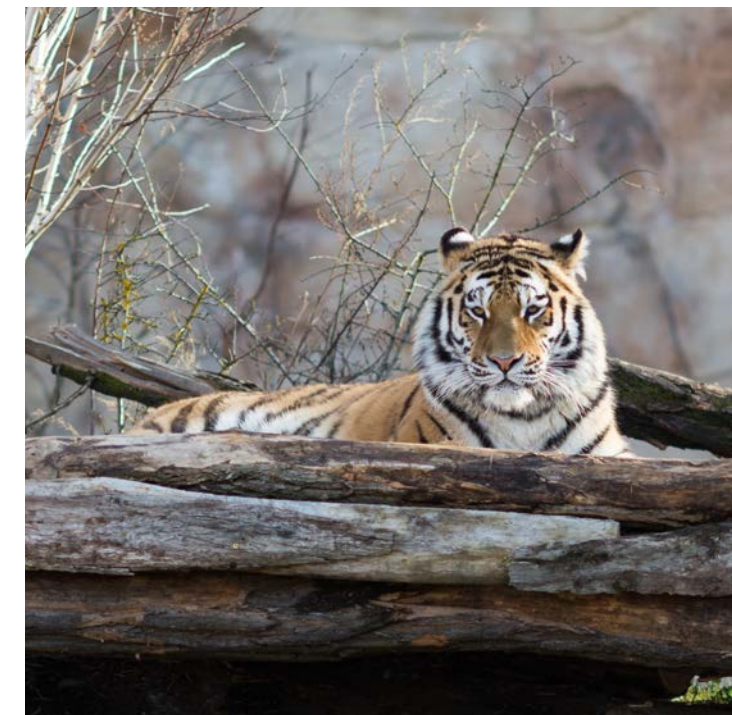


Hluboká nad Vltavou

barrier-free fishing

Thanks to the Fishing from the Same Bank project, you can enjoy fishing at the unique barrier-free and easily accessible Pískovna (Sand Pit). Fishing is only possible with a local permit. Info on the website of the Hluboká n V. Czech Fishing Association:

www.mo-hluboka.wz.cz



Hluboká nad Vltavou

Ohrada Zoo and Castle

You'll want to spend a little more time visiting Hluboká nad Vltavou. We've already told you about some of the temptations, but you just have to visit the castle. You can choose from three guided tours. On the first route, you'll need to use a wheelchair lift or assistance. The other two routes are all right. Still, we suggest that you call them a day beforehand to announce your visit at telephone +420 387 843 911. You never know when you'll come across an inexperienced tour guide...

Another destination in Hluboká, almost mandatory, is the Ohrada Zoo on the shores of the Munický Pond. If Prince Adolf Schwarzenberg had known how happy he'd be making ten thousand visitors a year when he founded the Ohrada Zoo, he'd certainly have been pleased. The Ohrada Zoo is friendly to wheelchair users. The restaurant at the end of the garden has an elevator (you'll have to send someone to get the key). The Ohrada Zoo is located only about 2 km from the center of Hluboká nad Vltavou, and it makes for a nice little ride.

www.zoohluboka.cz



Lipno

bobsleigh track, Treetop Walkway, motor boat

There's a lot of fun to be had at Lipno. On top of the sports activities we've already mentioned, you can try a bobsleigh track, a wheelchair motorboat, and a Treetop Walkway. You can get to the Treetop Walkway by chairlift, then you can ride your chair (alone or with help) up the spiral to the treetops. It's a real experience.

Lipno is the way to go. Details at www.lipno.info or [f Lipno bez bariér.](#)



our TIP

You don't have to be nervous about getting on the chairlift. The staff is very experienced and helpful, they'll take care of you. If you still don't feel like taking the chairlift, or if you have an electric wheelchair, then you can use a barrier-free minibus.



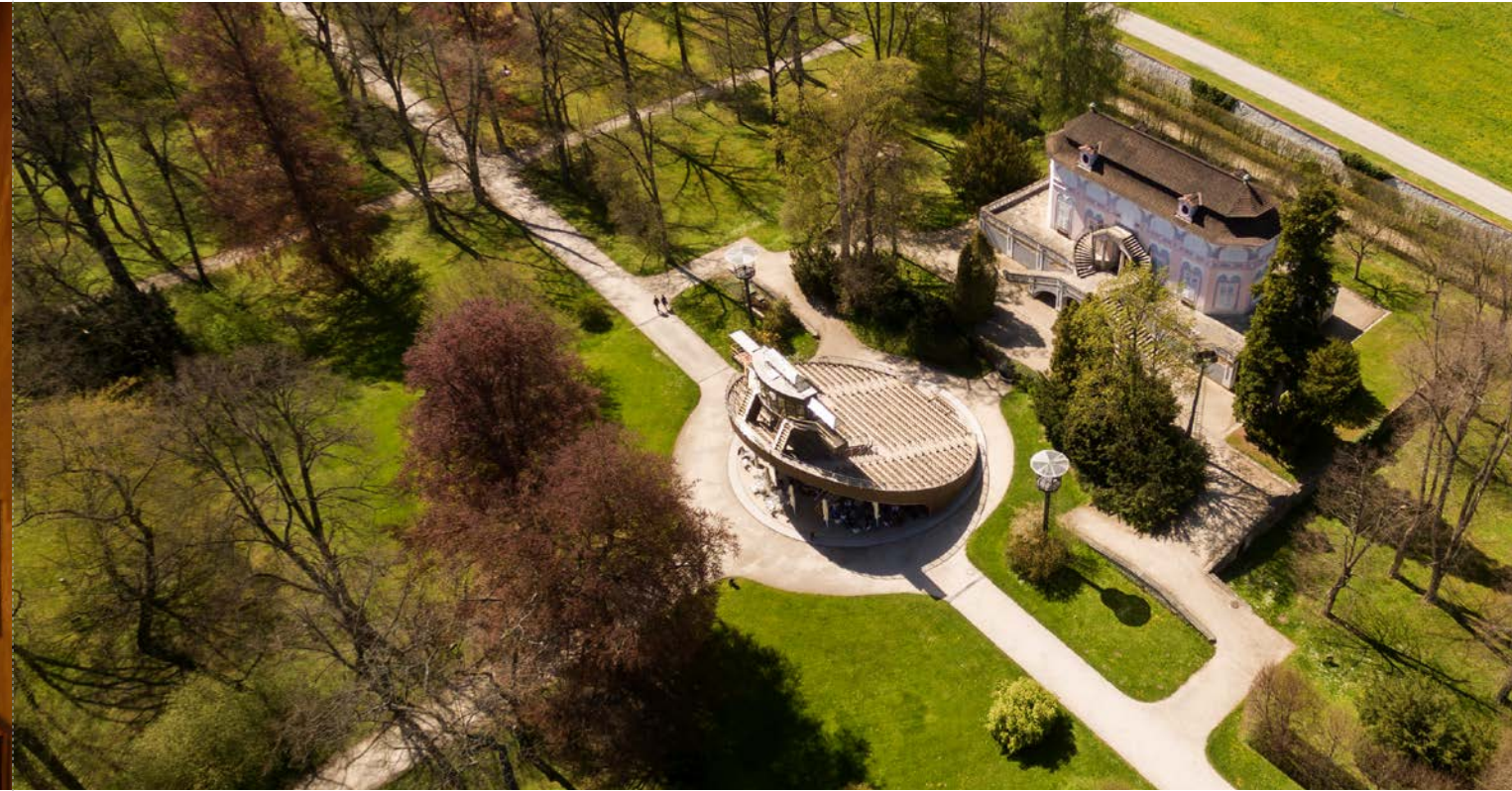
Třeboň

Štěpánek Netolický House

When you're in Třeboň (we've given you some tips already), find the Štěpánek Netolický House on the barrier-free map. This museum is dedicated to one of the architects of the Třeboň fishpond heritage. The exhibits are interactive, and the entire building is completely barrier-free from the cellar to the third floor.

www.dumstpanketolickeho.cz





Tábor

Hussite Museum

A trip to South Bohemia that leaves out a visit to the city of Tábor, the heart of the Hussite movement, would be a mistake. So make sure you make time for the Hussite Museum in Tábor. You won't run into any obstacles, and you'll be amazed by this more hard-core period of Bohemia's history. There's a lot to learn here, and we think that a visit to the Hussite Museum will spark a flame of interest in Czech history; and if your flame is already burning, this will certainly stoke it.

www.husitskemuzeum.cz



Český Krumlov

Revolving Auditorium

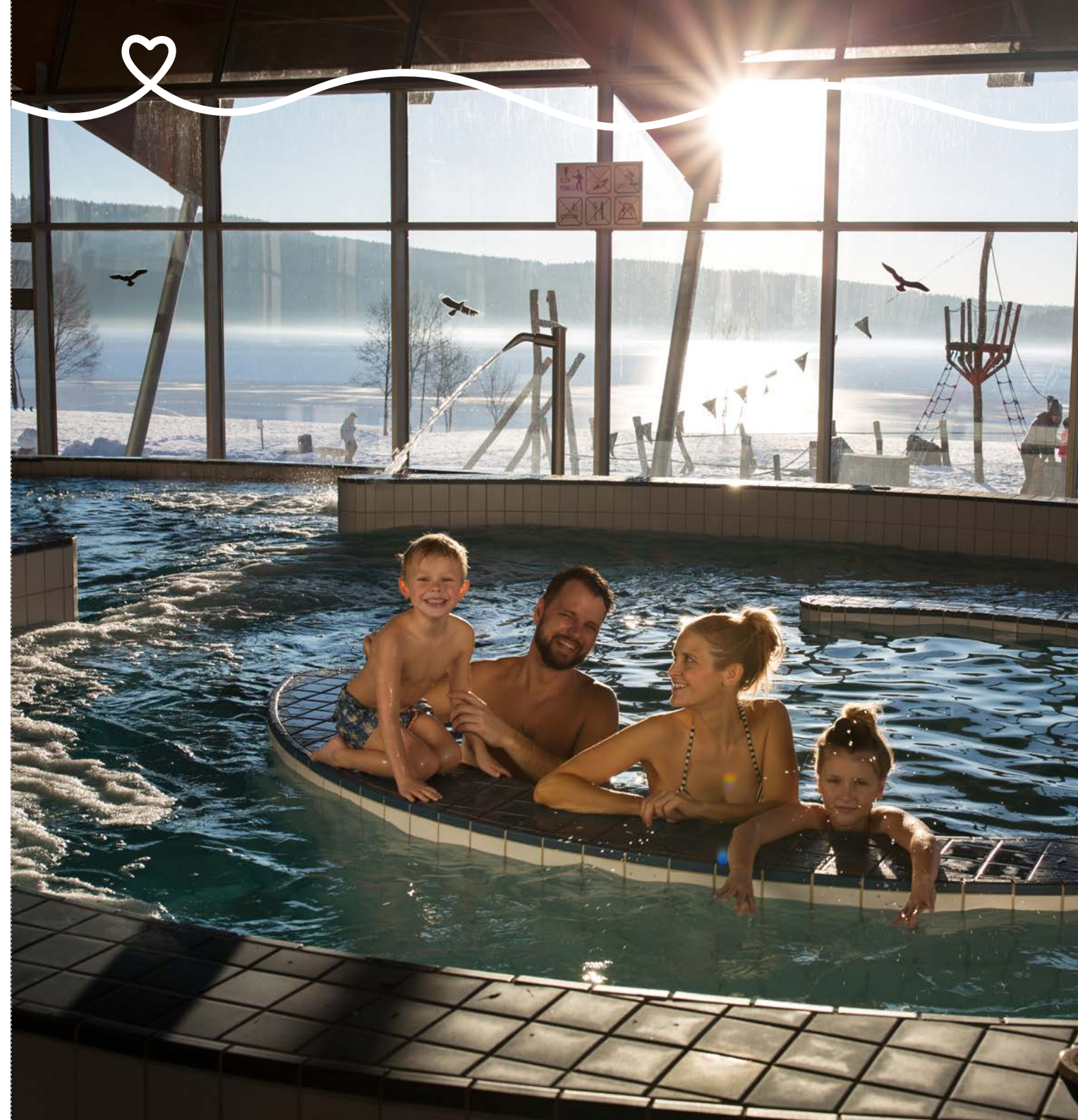
Český Krumlov has one real rarity – a theater with a revolving auditorium, where in the summer the actors come from the South Bohemian Theater and the guests come from all the way from Prague and beyond. A theater performance in the castle park is an unforgettable experience.

Park the car, as we mentioned, at the main garden gate on the southern side of the castle gardens. There are two wheelchair spaces at the Revolving Auditorium, which have to be booked by phone at the ticket office (+420 386 356 925) or info@jihoceskedivadlo.cz, vstupenky@jihoceskedivadlo.cz. When booking, you'll receive instructions on where you can pick up your tickets, or they'll send them to you by post.

www.otacivehlediste.cz

Relaxation

There are plenty of opportunities in South Bohemia for relaxation. For starters, you can try the Aurora Spa complex in Třeboň (swimming pool, whirlpools and streams, massages, and everything you'd expect from a modern spa), and Aquaworld Lipno (swimming pool, whirlpools and streams, friendly staff).



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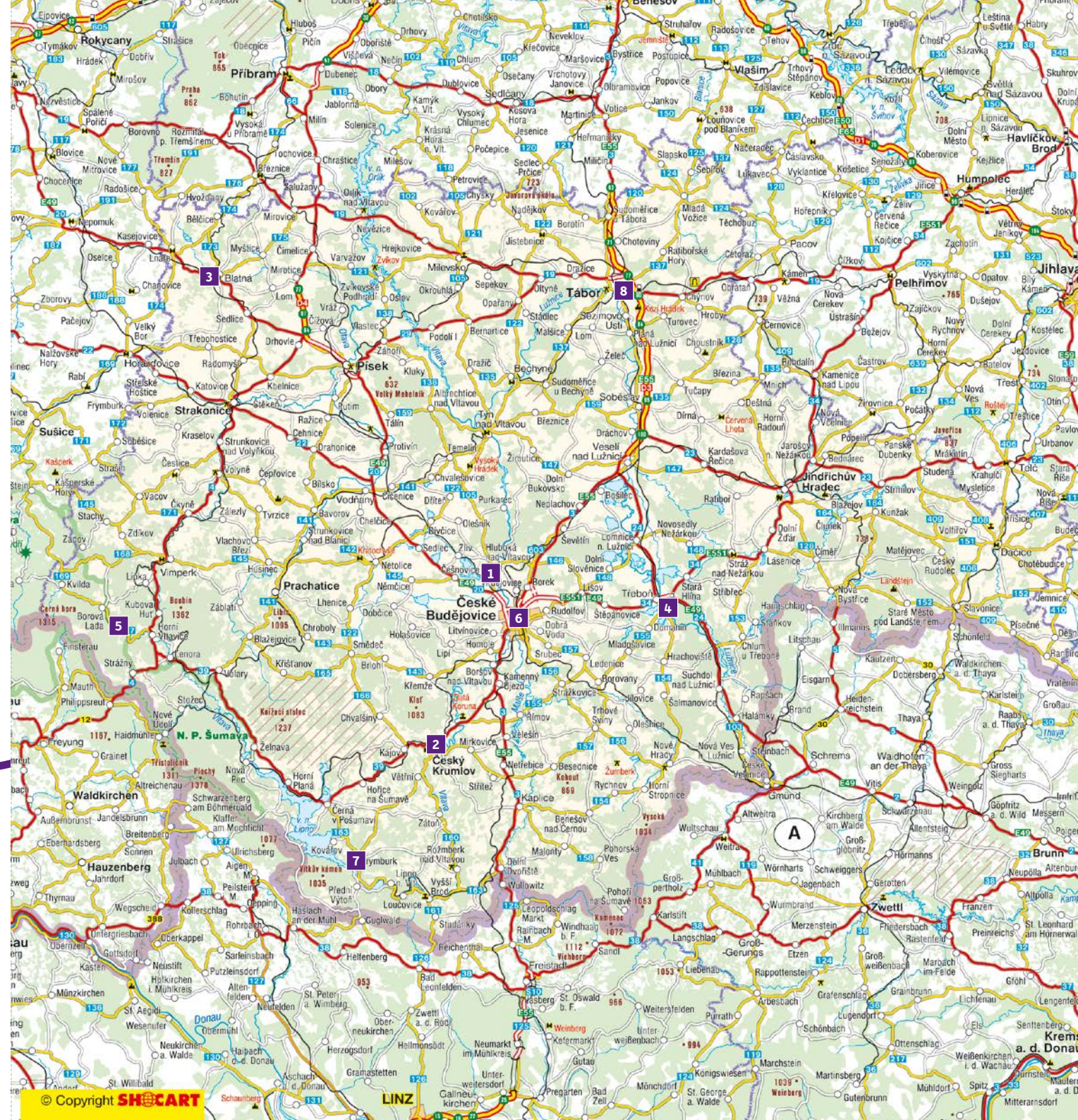
In closing

From the many attractive places wheelchair users can visit in South Bohemia, we've offered you just a few clues, and we trust that they're enough to make you fall in love with South Bohemia. We hope that you'll look forward to coming back to our region and explore other places amenable to wheelchair users. We'd be glad to hear your experiences and even new ideas and suggestions.

Now you know what to expect and what awaits you, so we'll say it once more:
Welcome to South Bohemia!

Honza and Ivan

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Published by the Tourism Authority
of South Bohemia in 2020

Text: The Tourism Authority of South Bohemia
in co-operation with Ultina, s.r.o. and Aktivně
s vozíkem z. s. (www.aktivnesvozikem.cz)

Photos: Pavel Kubeš, Archive of presented entities
and Tourism Authority of South Bohemia,
Vydavatelství MCU and LIPNO SERVIS, s.r.o.

Graphic design and typesetting: Daniel Dědek

Print: INPRESS a.s.

Copies: 500 pcs; reprint of first edition; not for sale

Print errors reserved

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ISBN 978-80-88303-59-6

The project "Promotion of marketing activities of Tourism
Authority of South Bohemia" was supported from funds
of the state budget of the Czech Republic within the
programme of the Ministry of Regional Development.



CzechRepublic

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