

Czech Convention Bureau Inspirational Monthly

Incentive sustainable activities

For greater clarity, incentive activities are divided into three categories



**Sustainable
location**



No harm activity



Sustainable activity

Sustainable location

A site or building that implements environmental procedures, the purpose of which is to minimise negative impact on the planet. These procedures include economic measures and reduction of the carbon footprint, careful management of natural resources and effective use of technologies and energy.



No harm activity

No harm activities are those that **cause no harm to the environment** and help reduce negative impact on society and the planet. These activities are designed **to promote sustainability** and minimise environmental damage.

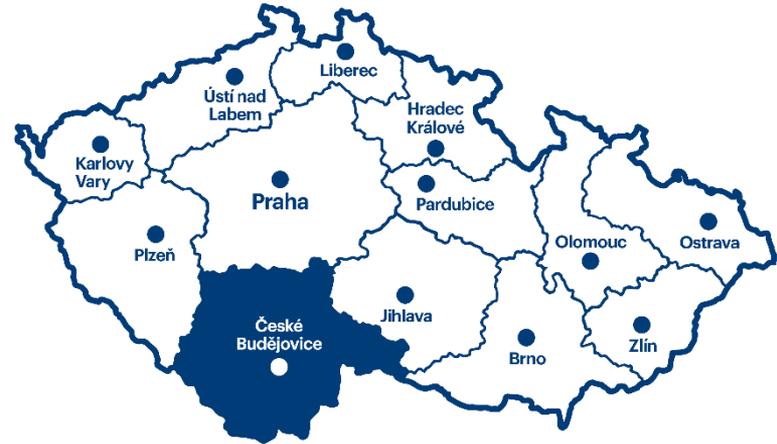


Sustainable activity

Sustainable activities are those that **minimise negative environmental impact, while also having added value**, i.e. positive impact. These programs promote sustainable activities and behaviour, which not only protects the environment, but also has other benefits and value for society, individuals and nature.

The goal of these activities is to promote sustainability and also support social responsibility and local communities and improve not only the environment, but also social and economic conditions for local residents, and contribute towards sustainable development on a local and global level.





Incentive sustainable activities

South Bohemia



Patrolling the Lužnice Trail

Come and check, clean and repair the pedestrian Lužnice Valley Trail through the Toulava region. The 55 km long natural trail between Planá nad Lužnicí, Tábor, Bechyně and Týn nad Vltavou is listed with the Leading Quality Trails Best of Europe. You too can lend a hand and contribute to maintenance and development of the Trail.

The programme is implemented in cooperation with the TOULAVA, o.p.s. destination company. The group will be divided on the basis of current requirements and potential. The hike will be combined with activities beneficial for sustainable development of the destination - cleaning the riverbanks, reporting fallen trees and impassable sections, minor repairs to bridges.... participation in other activities such as helping build furniture, earthworks, etc. can also be arranged.



spring and autumn



Tábor – Bechyně



all day



by arrangement - option of participation by smaller or larger groups of over 50 people



Czech, English



www.toulava.cz

More info: [South Bohemia Convention Bureau](#)

Sustainable cooking at the Sůl a řepa restaurant in South Bohemia



Truly sustainable food is food cooked using ingredients that you find in the area around your house. Head chef Pavel Drdel will teach you how to cook using the herbs and vegetables you grow with your own hands, at the Sůl a řepa restaurant in Strakonice.

Cook in a way that prevents harm to nature and gives herbs and vegetables a chance to keep growing. During a cooking course at the Sůl a řepa restaurant in Strakonice, you will learn not only to cook using local ingredients, but also how to grow your own vegetables and herbs. You will learn how to make a vitamin bomb, how to cook using meadow herbs, how to obtain sap from birch trees and why you should eat fermented food. This entertaining and educational cooking course is an original team-building event for everyone.



all year



Strakonice



2 hours



ideally groups of 30 to 40 people and smaller groups



Czech, English



www.sularepa.cz

More info: [South Bohemia Convention Bureau](#)

Žofín Forest - a place free of human intervention



Go on an outing to learn about the history of Žofín Forest, a national nature reservation in the Nové Hradky Mountains, which was established in 1838 by Earl Jiří František August Buquoy. The forest, which is one of the oldest nature reservations in mainland Europe, will be celebrating a respectable 185 years since it was created on 28 August 2023.

The reservation covers an area of 102 ha. The oldest trees here are up to 400 years old. Most of the forest has been growing without any human intervention whatsoever from the middle of the 18th century. Most of the trees are beech trees, but there are also some spruces and firs. The forest has been fenced in and closed to the public since 1991. The exception is organised tours with a professional and comprehensible commentary by the guide. Over the course of 1.5 hours, while walking through the forest, you will have the opportunity to see trees that began growing here at the time of the Hussite Wars and absorb the ambience of a place where nature can manage without human intervention.



May to October



Pohorská Ves, Žofín Forest



approx. 2 hours



20 to 25 people



Czech

More info: [South Bohemia Convention Bureau](#)





Cleaning the Vltava River

Are you looking for an interesting, socially responsible activity for your corporate event? What about combining it with navigating the Vltava River?

Every year, great amounts of waste are left behind by the great number of canoeists navigating the Vltava River. How about approaching the activity of navigating the Vltava River a little more responsibly and combining your outing with cleaning its banks? Whether you do this from your canoe or from the banks, this most popular river for navigation by canoe certainly deserves your attention in clearing rubbish.

The ideal safe vessel for navigating the river is a raft, but the more courageous among you can also reserve a canoe.

The ideal time for cleaning the river is the second half of September or the beginning of October, when there are fewer people navigating the river. But the river also needs cleaning during the canoeing season from May to October.



May to October, in good weather



Vltava River



by arrangement



up to 50 people, canoe for 2 people, rafts for 6 to 8 people



Czech, English

More info: [South Bohemia Convention Bureau](#)



Visiting the Pošumava region to see bison and other animals



Very few animal species have such a moving history as the bison, which can serve as a warning and a lesson. The “white man” brought the bison to the edge of extinction, but it was also the white man who saved the species. Bison are the first example of what the understanding and will of responsible people can do for nature conservation.

Visit Křišťanov to learn about European and American bison and aurochs and be amazed by the beauty of these herbivores. Humans domesticated the aurochs over several millennia and the species is the ancestor of all modern breeds of cattle.

The Agrokomplex Šumava Group started breeding the revived aurochs, the so-called surrogate aurochs, in 2009 at the Křišťanov cattle breeding facility. The goal of this breeding programme is to contribute to further refinement and stabilisation of this unique breed of cattle.

Half of the twenty-acre field is pasture, and the rest of the area is overgrown by successive woody plants, and it is located near the village of Křišťanov on the border of the Boletice military area. As well as an information panel, there is an observation tower at the edge of the field for observing these imposing animals.



all year



Křišťanov, Prachatice



1.5 hours



ideally groups 30 people

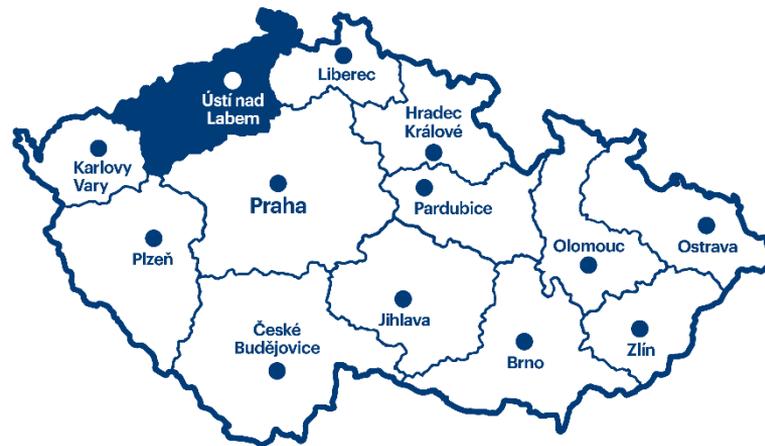


Czech



www.agrokomplex-sumava.cz

More info: [South Bohemia Convention Bureau](#)



Incentive sustainable activities

Ústí nad Labem Region

Self-service meadow bar in the heart of Bohemian Switzerland



Come by bike or walk, take a comfortable seat and serve yourself! The self-service Meadow Bar in Kamená Horka, near Krásná Lípa, the Kyjov Valley and the Bohemian Switzerland National Park, is open all year round.

This relaxation site offers wonderful views and, most importantly, refreshments, including regional products. You can extinguish your thirst with the local Falkenštejn beer or roast your own smoked sausage with bread over a fire. You can make some coffee on the cooker, or anything else your imagination lets you make from the ingredients you bring with you. Sweet biscuits and fruit are also available.

The bar is unique because it operates thanks to people's honesty. You pay for anything you drink or eat here according to the attached price list and put your money into the cash box. Visitors can also stay overnight on the meadow. You can also order a bath in the hot tub.

TIP: Don't forget to visit the nearby World of Aromas at Včelí Hora - Nobilis Tilia natural cosmetics and aromatherapy centre. You can finish relaxing at the Herbal tearoom and garden by mixing your own essential oil.



all year



Kamená Horka u Krásné Lípy (Bohemian Switzerland National Park)



1 to 4 hours



10 to 40 people (more by arrangement)



Czech, English

More info: [Ústí Region Convention Bureau](#)



Experiment at the natural herbal Rubens Soap Factory



Make your own soap from vegetable oils, walk barefoot along the natural pavements and take a seat at the beach bar - all this can be experienced in the village of Růžová at the Rubens Soap Factory complex.

The soap factory's motto is respect towards nature and its laws. This means that you will find all of nature's therapeutic effects incorporated in all its products. Each product is made here by hand using 100% natural ingredients, without chemicals or colours. You can also have your business name or logo stamped into the soap. You can make some soap yourself, with your colleagues or friends at the local workshop. You can decorate your soap or make felt soap for example.

The soap workshop is surrounded by an herb garden with a beach bar, where you can sit on the grass or on the sand and the entire area is interspersed with so-called Barefoot pavements. There is truth to the saying: "Walking barefoot is healthy". So walk over the stones, the pinecones, wood shavings or bark.

You can also stay in the complex at the Růžák Guest house, which has a capacity of up to 22 guests.



all year



Růžová (Bohemian Switzerland National Park, 15 minutes from Děčín)



2 to 4 hours (all weekend possible)



1 to 30 people (more by arrangement)



Czech, English, German



www.mydlnarubens.cz

More info: [Ústí Region Convention Bureau](#)



Long-range hiking is IN - Ridge Trail through Bohemian Switzerland



If you wish to enjoy the most beautiful places in Bohemian Switzerland in the healthiest way possible, then set out along the new long-range ridge trail. The only things you need to take with you are a good mood, good shoes, sports clothing and the enthusiasm to visit new places by foot.

The ridge trail through Bohemian Switzerland is 101 kilometres long, it will lead you through well-known and less-known places and will be part of the ridge trail from Praděd to Aš. It will be ceremonially and officially opened on 25 April 2023.

The trail leads from the village of Petrovice in the Ústí Region, through the cliff towns of Rájec and Ostrov, to the highest table mountain in the country - Děčínský Sněžník. It will continue from Děčín through the Elbe Canyon and along Růžový Ridge to Hřensko. It visits all the attractive places in the national park, including Malá Právčická brána (a sandstone arch) and Šaunštejn cliff castle. The route also includes Kyjov Valley and the oldest educational trail in the Czech Republic - the Kögler Trail.



all year



Bohemian Switzerland



half a day (or several days)



ideal for groups of 4 to 35 people



Czech, English, possibly German



www.ceskesvycarsko.cz

More info: [Ústí Region Convention Bureau](#)

A fun tour of an ecological and vegetable farm



A tour of a farm, which operates on the principle of community supported agriculture, is not only a unique experience, but also provides help. Activities here are based on biological-dynamic agriculture and its therapeutic effects on the landscape and humans.

Every vegetable grown here requires physical, nearly exclusively manual work. You will have the opportunity to visit the fields, greenhouses and the processing facility. But you will also have the opportunity to take part in the work. You can plant, weed and harvest. And then you can try making your own candle in the “candle workshop”.

And what can you taste after your hard work? Tea made from local herbs, home-made jam or herbal or vegetable pesto, dried pears, apples and even damsons for example.



spring to autumn



Svobodný statek na soutoku – České Kopisty u Terezína



2 to 3 hours



4 to 25 people



Czech, English



www.svobodny-statek.cz

More info: [Ústí Region Convention Bureau](#)

Revival of the spirit and the body - Lesná alpine complex in the Krušné Mountains



You can find the Lesná alpine complex, with over a century of tradition in hospitality, on the ridges of the Krušné Mountains. The site boasts a beautiful view of a valley in the Krušné Mountain foothills, it is in the ideal location, far away from civilisation, and offers activities in harmony with the surrounding nature.

You will find everything you need to learn about the Krušné Mountains here - the Krušné Mountain museum with Saint Anthony bell tower, educational centre, arboretum, geopark, adventure educational trail, animal farm, multi-purpose sports ground and rest zone with barbecue.

In the museum you will learn how the local mountain dwellers lived 150 years ago and a turnkey programme of activities can be prepared for you - baking bread, making bobbin lace or making wooden toys. Exhibitions are held in the attic areas. The educational trail has 22 stations across a 6 or 12-kilometre circuit.

There are 65 trees in the arboretum with descriptions in several languages. The multi-purpose sports ground with 3rd generation surface is equipped with lighting for evening use. The complex includes a restaurant, conference facilities and the option of accommodating up to 90 guests.



all year



Lesná/Boleboř (in the mountains above Jirkov)



half a day (or whole weekend)



5 to 50 people



Czech, English, German



www.horskyareal-lesna.cz, www.ustecky-convention.cz/Horsky-areal-Lesna

More info: [Ústí Region Convention Bureau](http://www.ustecky-convention.cz)



Incentive sustainable activities

South Moravia



Insect hotel

Do you want to do something useful while enjoying yourself with your team?

Select a sustainable activity from the range of various corporate programmes. Create something useful together and build an insect hotel. Your creation will be appreciated not only by the hard-working bees, but also by the children from the nursery school waiting for the insect hotel. Making bird feeders (+1 to 2 hours) can be added to the programme.



all year



South Moravia



3 to 4 hours



up to 80 people



Czech, English



www.z-agency.cz

More info: [Brno Convention Bureau](#)





Wine as a treasure

Coordinates and clues, a map and GPS device in your hands and then it is up to each team to see how fast and successful they will be in the search for treasure.

Try what the globally popular geocaching activity offers with your colleagues or friends, but this time with a truly valuable treasure at the end of your search. You will enjoy the beautiful nature around you and the view of the Dyje Valley during your entertaining search.

The Find your bottle programme is suitable for groups of 2 to 4 people, who like nature, hidden places and surprises.



all year



Hnanice vineyard



approx. 2 to 3 hours



smaller groups of 2 to 5 people



Czech, English



www.vinice-hnanice.cz

More info: [Brno Convention Bureau](#)



Ratiškovice rail trolley

Try this unique experience and take a ride on a pedal-powered rail trolley along part of the old Baťa railway in beautiful Raíškovice in the Slovácko region!

You will be moving under your own power during this activity, which guarantees not only an unforgettable experience, but also a healthy amount of exercise.

Up to 6 people fit on one rail trolley, so you can enjoy this activity with the whole team or a group of friends. Thanks to the level terrain, you don't need to worry that you'll have to work too hard riding the rail trolley. Instead, you can enjoy an easy ride with beautiful views of the surrounding landscape and plenty of fun.

 any time by arrangement

 Ratiškovice

 60 min.

 groups of 6 people

 Czech

 www.ratiskovice.com

More info: [Brno Convention Bureau](#)





Sonnenor - herbal paradise

Everyone in South Moravia knows the herbal paradise in Čejkovice in the Hodonín region.

These pioneers in ecological farming and production, not only on a Czech, but also a European scale, have opened a new building and tour route.

How did they manage to restore a formerly neglected brownfield at the edge of a south Moravian village? How do they farm ecologically and sustainably? What innovations are they implementing and how do they treat their suppliers and customers? They will be very happy to you all about it. Arrange a lecture tailored specifically to the requirements of your company or project and visit Čejkovice to absorb the aroma of the herbs and also some inspiration.



all year



Sonnenor Čejkovice



1 to 2 hours



10 to 25 people



Czech, English, German



www.sonnentor.com

More info: [Brno Convention Bureau](#)



An oasis of peace with a bit of nature in the centre of Brno



Are you looking for a venue for a corporate or social event, a place for team-building or a corporate family day? Are you looking for unusual, sustainable surroundings in the centre of Brno? The open garden is exactly what you are looking for.

You can participate in several ways. Either by putting on some gardening gloves, stretching your muscles and lending a hand and experiencing a fruitful day with your team in the fresh air and helping with the work that keeps the garden beautiful and functional for everyone. Or the other option is to participate in one of the thematic workshops. Culinary or herbal workshops are available.

The garden can be used as a stage for any event that its concept will complement. For instance, a barbecue, garden party or tasting.



 in good weather

 Brno

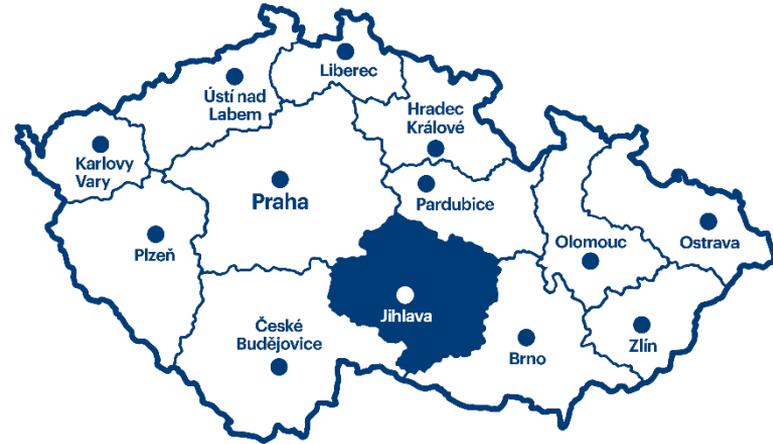
 by arrangement

 the capacity of the garden is approx. 1,000 guests

 Czech, English

 www.otvrenazahrada.cz

More info: [Brno Convention Bureau](#)



Incentive sustainable activities

Vysočina Region

Stories of the forest and the château steward at the château in Žďár nad Sázavou



Discover the magic of the adjoining estate and forests of the château in Žďár nad Sázavou. The current owners, the Kinsky family, are creating a lively, creative and friendly ambiance here in relation to the site's diverse history.

The interactive château steward tour will take you to places that are linked to the Baroque and Cistercian farming activities at the château complex. It also commemorates all the generations that worked to flawlessly interconnect human activities and nature, and are therefore great examples, even in today's world. The tour originated with the goal of supporting the sustainable development of the château and the entire château estate.

The goal of the "Stories of the forest" tour is to improve the relationship between man and the forest, to teach the general public to understand the laws of nature, to explain the key principles of sustainable management of the forest and its function and other information concerning nature conservation in forests owned by the KINSKÝ Žďár, a. s. company. You are guaranteed to see the forest through different eyes after taking this tour. The tour ends with a discussion over a forest buffet.



↑ Leoš Římovský
↓ Koruna Vysočiny



April to September, depending on the weather



Château Žďár nad Sázavou



2 to 4 hours



the capacity of the outdoor areas is unlimited, ideally a group of 40 people for the best experience



Czech, English



www.zamekzdar.cz

More info: [Vysočina Convention Bureau](#)



Try life on a farm at Ctiboř Ecofarm

Try working on a farm, learn about individual vegetables, even those that are less well-known - from seed to processing. You can taste each type of vegetable. The larks singing will make your work more enjoyable.

You can take a ride on a tractor, in a cart or on a wheelbarrow at the farm. Two dogs, three cats, a herd of sheep and chickens and pigs are among the animals at the farm that you can get to know.

The hay harvest at the beginning of July, including loading, treading and tossing the hay up to the attic with a fork, is very popular. You can also swim in the nearby ponds, pick forest fruits, or go on an outing on foot or by bike. Everyone will find something to enjoy here.



↑ Jakub Mertl
↓ Jakub Mitáš

 April to October, depending on the chosen programme

 Ctiboř, Žirovnice

 depending on the chosen programme

 depending on the chosen activity

 Czech, English

 www.ekofarma-ctibor.cz

More info: [Vysočina Convention Bureau](#)

A gastronomic experience at Tasov Farm with a cycle outing



A gastronomic experience is just one of the things you will take home from the family farm at Tasov near Velké Meziříčí. You will find out more about farming, try feeding the animals, working as a lumberjack, baker or cheese maker. You can then also taste your creations. And what is more, you can also relax in the beautiful and peaceful surroundings.

The farm restaurant (listed on Lukáš Hejlík's gastro-map from 2020) utilises as many ingredients from the farm itself or the surrounding area as possible. They make home-made cheese in their own cheese workshop and bake homemade bread with great care right in front of you. The farm also offers accommodation. You can try many farming activities yourselves, with your own hands. A cycle outing to the nearby château in Budišov will make your stay even more fun.



spring, summer, depending on the weather



Tasov, Budišov



time needed depending on the route, around 1 hour, at the farm - depending on the chosen activity



the capacity of Tasov farm is up to 200 people, and then depending on the individual activities



Czech, English, German, potentially Ukrainian



www.farmatasov.cz, www.vysocina.eu

More info: [Vysočina Convention Bureau](#)

Resort Svatá Kateřina – harmony has found a name



No cars. Just nature. Wellness. Yoga. Ayurveda. And you. Resort Svatá Kateřina has a unique location, surrounded by nature in the Vysočina Region, at an altitude of 730 masl. The harmony of the local environment is amplified by the cleanest air in the Czech Republic and the Katherine spring with its beneficial effects on human health.

The wide range of various stays provides opportunity for rest, pampering and sports activities. The Ayurvedic pavilion, an architectural gem and “Building of the year 2019”, is a unique combination of authentic Ayurveda and modern wellness with a swimming pool.

The resort offers original Ayurvedic therapies, various yoga classes, massages, relaxation in the wellness facility, and also the option to relax actively. Nordic walking, horse-riding and golf on the training green, bike rides through the surrounding area or meditation in the druid ring are all popular activities.



all year



Počátky



depending on the chosen programme activities



depending on the chosen activities and resort occupancy



Czech, English



www.katerinaresort.cz

More info: [Vysočina Convention Bureau](#)

Vysočina Geopark - a region of stonemasons



Do you want to relax surrounded by nature and learn what you didn't know about granite and peat bogs? Then you are in the right place! It is worth visiting Míchová Cliff, Roštejn Castle, the ruins of Štamberk Castle or the stone-masonry museum in Mrákotín. The tallest mountain of the Bohemian-Moravian Highlands, Javořice (837 masl), is also located in the geopark.

Granite and granite quarries are everywhere. They belong in our landscape and culture. You can notice stone-masonry traditions on every corner. We have pavements, fences, bridges and houses made from granite. Works of art made from Mrákotín stone can be found all around the country, at Prague Castle for instance. The geopark is also a paradise for water-lovers. You will find over 100 ponds and peat bogs in the area surrounding Telč, where you can go for a swim. You can walk along 4 km, 8 km or 13 km educational trails.



 all year, depending on the weather

 Vysočina Geopark

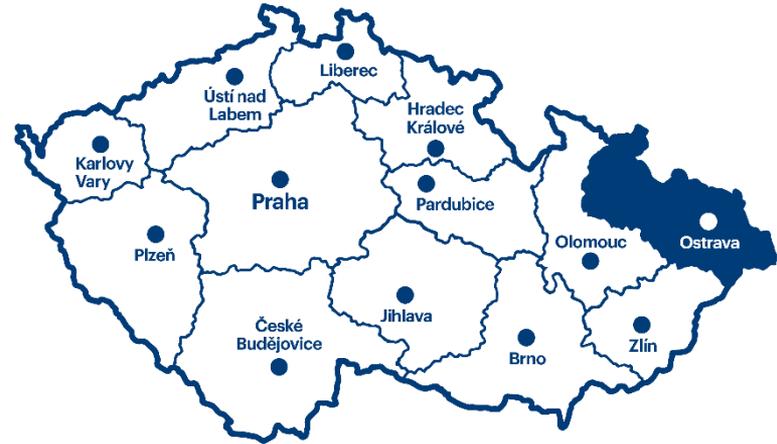
 depending on the length of the educational trail

 unlimited

 Czech

 www.geoparkvysočina.cz

More info: [Vysočina Convention Bureau](#)



Incentive sustainable activities

Moravian-Silesian Region

Green Key gives a green light to sustainability



Quality Hotel Ostrava City, a member of the CPI Group, is the only hotel in North Moravia to be the holder of a “Green Key” certificate. The criteria of the Green Key programme are acknowledged by the Global Committee for Sustainable Tourism and the programme has 3,600 certified facilities in 65 countries.

Hold your event with or without accommodation at the Quality Hotel Ostrava City, which has been engaged in sustainability for more than 10 years and has been the holder of the prestigious Green Key certificate since 2020. The CPI Hotels Company’s in-house ecological programme - Join Pure Stay, which presents a balanced merge between nature and hotel operation with the goal of reducing the carbon footprint throughout the entire chain, is also implemented at the hotel.

The hotel has 185 fully furnished rooms and offers 6 congress rooms with daylight and equipped with modern technologies for events. The experienced staff will prepare a turnkey meeting and transform your event into a wonderful experience. The capacity of the biggest hall is 280 guests in a theatre layout. The entire hotel is wheelchair accessible.



all year



Ostrava



depending on requirements



the biggest hall can seat up to 280 guests, a total of 6 congress halls, tailored incentive programmes



Czech, English, German, Polish



www.qualityhotelostravacity.com, www.greenkey.global

More info: [Ostrava Convention Bureau](#)

Woollen duvets from the mountains

BESKY is a traditional factory in the Beskyd Mountains, which makes woollen duvets and other bedding of the highest quality, by hand, using sheep's wool purchased from local farmers. The factory has been in operation since 1992 and is based on an extensive history of processing wool by hand in the Beskyd foothills.

You can purchase Besky products at the factory shop in Frýdek-Místek, where you can touch and smell the products, and also in the e-shop. The company uses regional wool and works with dozens of sheep breeders and farmers from the Beskyd Mountains and the surrounding area.

You can enjoy sleeping like a baby, but it's something else completely to see how a duvet is made or even try making one yourself. The company's door is open to group visits and tours. The factory's new premises are intentionally designed so that you can see into the manufacturing areas from the shop. Visits must be arranged in advance due to their popularity.

So don't hesitate to visit us and snuggle into a traditional wool duvet made from the wool of sheep from the Beskyd Mountains.



all year



Frýdek-Místek



by arrangement



15 to 20 people



Czech, English



www.besky.cz

More info: [Ostrava Convention Bureau](#)



Green destination North Moravia



The North Moravia Destination supports “green tourism” in general and you will find a number of tourist destinations in Ostrava and its surrounding area, which focus on environmental conservation. Ostrava has finally rid itself of the attribute “black” and is now truly “green” and it offers a range of “colourful events”, as well as being the ideal place for your event, just like the entire destination of North Moravia.

Accept an invitation to see places that are sustainable and plan your activities in the spirit of this concept. Below, we give a selection of 3 locations that allow visitors to learn a little more about sustainability and ecology and support a responsible and ecological approach to travel.

Nový Dvůr arboretum

The arboretum is famous for its large collection of rhododendron species, which is one of the biggest collections in the Czech Republic. You will see “mammoth tree” sequoias, bristle-cone pines from Arizona, which are over 4,000 years old in their homeland, and the ancient living fossil, the holy ginkgo, which also has medical properties and remembers the dinosaurs.

Ema spoil heap

The smoking Ema spoil heap, is the perfect place to view Ostrava and learn about the small specific ecosystem here. The heat radiating from the burning slag means that you will find a unique subtropical micro-climate on the Ema spoil heap, which is full of thermophilic flora. The Silesian Ostrava educational trail begins at the Výstaviště stop and leads across Ema. It was established by the Czech Hiking Club within the framework of the Hiking for everyone project. During your hike, you will encounter 12 informational panels, which explain the surrounding landscape, or a historical or technical heritage site. You can also turn off the circuit to visit Ostrava Zoo, which focuses on breeding and protecting endangered species of animal.

The aforementioned places are suitable for walks, so a fun programme can be tailor-made for companies.

More tips for green tourism: The Beskyd Mountains and educational trails, the Hlučín region, Odra cycle-route, Průlom reservation at Šlezská Harta.



all year



[Nový Dvůr arboretum](#), [Ema spoil heap](#), [Ostrava Zoo](#)



depending on the chosen programme



depending on the chosen activity



Czech, English



www.naucne-stezky.cz

More info: [Ostrava Convention Bureau](#)





Plant your tree

The peak of Ondřejník in the Beskyd Mountains is a popular hiking destination and has also suffered a bark beetle disaster in recent years and has lost its trees. However, as a result of the Trees for Ondřejník - plant a tree project, its peak is becoming green again.

The public tree planting event is usually repeated twice a year, in spring and autumn, which means you also have the opportunity to lend a hand and plant your tree. The event is intended to show the public how important the work by forestry workers is and to remind people of how important forests are for all of us.

The peak of Ondřejník used to be completely covered in trees and its bald top has been a sad sight in recent years. Some species of animal also disappeared along with the trees. On the other hand, the spruce trees, which do not belong in this location, also disappeared thanks to the bark beetle disaster. Visitors to Ondřejník can now look forward to beech and fir growth, which are of greater benefit to the landscape.

Everyone who helps plant trees on Ondřejník can find out more about the forest cycle, from planting, through the labour-intensive care, to use of wood as a raw material. The "Trees for Ondřejník - plant your tree" event is regularly organised by the Moravian-Silesian Region and the Bishop's Forests.



at least twice a year, on the announced dates



Beskyd Mountains



2.5 hours



180 people depending on registration



Czech, English



www.stromyproondrejnik.msk.cz

More info: [Ostrava Convention Bureau](#)



Bee = life

Visit a complex where you can find out more about the unique craft of bee-keeping, learn about the link between humans and nature, the history of bee-keeping, eat some honey refreshments, visit the Bee shop or simply relax.

The bee educational complex in Chlebovice has been established and gradually expanded since 1993 and visitors can currently visit the bee-keeping museum, open-air museum and the Chlebovice Museum, the educational apiary and educational garden. The museum offers a unique collection of honey extractors, smokers, hives and bee-keeping equipment.

The educational panels in the garden teach you about the plants that provide bees with pollen, nectar or honeydew, and the herb spiral is also a point of interest. An educational corner about solitary bees, wasps, hornets, bumblebees and other insects in our gardens has been created in the corner of the educational garden.

The apiary is used to teach bee-keeping to the bee-keeping class and also for educational programmes for bee-keepers and the general public. It is a site of active api-therapy. International voluntary work-camps have been held here since 2015, in which volunteers from various corners of the world attend and participate in maintaining the complex and in its other activities.



all year



Chlebovice



depending on the chosen programme



depending on the chosen activity



Czech, possibly English



www.vcelarskyareal.cz

More info: [Ostrava Convention Bureau](#)



Lucky goat farm

The family goat farm in Úvalno, with the telling name of “Happy Goats” has been taking care of its goats since 2013. Úvalno is a village in the Bruntál region, just 20 km from Bruntál or Opava. As well as goats, you will also meet a number of other animals at the farm - rabbits, chickens, cats, a pig, ducks, sheep, a ram and also a dog who guards the animals and not just them.

The main concept and reason for creating the family farm was to make cheese (without industrial flavourings and processes). The Šťastný family takes care of all the animals and makes sure they keep all their animals truly happy. All their products are made by hand and with love, exclusively from the milk they obtain from the goats on the farm.

Do you want to experience a farmer's life and meet a herd of happy goats? Take a tour, which the owners recommend during the period from April to November, when you can see the most at the farm. The tour lasts for approx. 60 to 90 minutes and includes not only a professional lecture about goat breeding and milk processing, but you will also meet the herd of happy goats in the pasture, and you will also be able to taste some of the farm's products at the end of the tour.

 all year, best from April to November, by prior arrangement

 Úvalno, Bruntálsko

 60 to 90 minutes

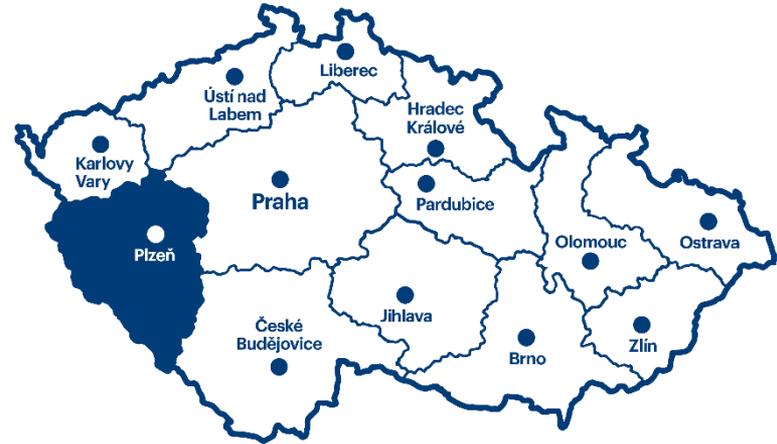
 max. 30 people

 Czech, English

 www.kozyuvalno.cz

More info: [Ostrava Convention Bureau](#)





Incentive sustainable activities

Pilsen Region

Following Vintíř's Trail



The Bohemian-Bavarian Vintíř's Trail is a long-distance pilgrimage trail, which connects important sites linked to the mediaeval hermit and the first inhabitant of Šumava - Saint Vintíř. The trail is divided into 9 individual stages of a total length of 162 km.

Vintíř's Trail begins on Bohemian territory at the Czech-German border crossing of Gsenget, from where it leads through the deep forests of Šumava and its picturesque foothills, into the interior of the Bohemian countryside. It passes through Prášily, Hartmanice, Sušici, Horažďovice and Chanovice to Blatné, where the signs marking Vintíř's Trail end in the countryside. From Blatné, Vintíř's Trail follows the corridor of the Via Nova route, which leads all the way to Prague, where Saint Vintíř is buried at Břevnov Monastery.

Vintíř's Trail is divided into 9 one-day stages of a total length of 162 km, of which 3 stages are in Germany, 1 stage leading across the border crosses both territories and 5 stages lead through Czechia. On the Czech side of the border, the trail mostly uses Czech Hiking Club routes and is signposted in the terrain using Czech Hiking Club signs with the name Vintíř's Trail (Vintířova stezka). On the Czech side of the border, the trail is complemented by 6 one-day hiking circuits, which begin and end at the same place and provide an opportunity for a one-day family outing, during which one can see the legacy of Saint Vintíř - Gunther, and also other attractive destinations, for instance castles, churches, chapels or springs.

 all year, depending on the weather

 Šumava

 depending on the chosen route

 small and large groups (10 to 50 persons)

 Czech, German

 www.turisturaj.cz/vintirova-stezka

More info: [Pilsen Region](#)





Soběsuky organic farm

You will find not only a unique accommodation concept and a unique approach to the environment at the family farm in Soběsuky, but also inspiration for your life in many forms.

Popular courses focusing on personality development, light meals, exercise, adaptation to the cold and creativity are regularly held at the farm. Accommodated guests and course participants can purchase and taste everything that grows at the Organic farm or was made here - vegetables and herbs, raw protein bars, fermented vegetables and Chinese yam tubers or other vegetable permaseeds.

You can reserve accommodation at the Organic farm in Soběsuky in one of the ten two-bed rooms built from natural materials, wood and hemp. You will be sleeping on a traditional Japanese futon mattress made from cotton and coconut and in cotton duvets and bed linen.



all year



Soběsuky, Nepomuk



depending on the chosen programme



depending on the chosen activity



Czech



www.organic-farm.cz

More info: [Pilsen Region](#)





Model natural garden

Come and see a rural garden by a family home, located on part of a former manor estate. The land is divided into an ornamental front garden with a number of perennials, herbs, a pond and rain border. The utility garden, with fruit trees, bushes, a meadow, a vegetable garden and chickens, is located on the land behind the house. Smaller terraces and dry walls are gradually being built here from local stone and the owners make sure to catch rainwater. This means that the garden has various biotopes suitable for small animals.

The people running the garden offer several tour versions, which are possible by prior arrangement and last approximately one hour. Visitors can take an ordinary tour called the Natural garden tour, with an explanation of the criteria of a natural garden, the principles for growing plants without chemicals and their use not only for the family, but also for wild animals. There are also other options, such as the Secret garden, the Wet garden or the Hot garden.

Various smaller public events, lectures, creative workshops and special tours are organised here during the season. The garden includes sale of home-made herbal products, aromatic mixtures for aroma-lamps and decorations.



in the form of guided tours in the season, by prior arrangement



Myslovice



depending on the chosen programme



ideally groups 20 people



Czech



www.zahradaumalire-cz.cz

More info: [Pilsen Region](#)





Alp Rieser Farm

This family farm on the border of the Křivoklátský region offers a unique experience. You can get to know the magical alpacas and other animals, learn how to milk a goat or take part in a course on yarn spinning on a spinning wheel and wool felting.

The farm is a wonderful experience for everyone who is interested in learning about animals in their natural environment. As well as the magical alpacas, you will also meet a pony, a donkey, goats, cats and friendly Bernese mountain dogs.

It is worth combining your visit with an interesting programme. The owners know how to plan an unforgettable experience, not only for families and individuals, but also for small and larger groups. You can barbecue, taste goat's cheese, pick some cherries or take part in several courses.

Yarn spinning on a spinning wheel course

This course takes place in the homely surroundings of the farm, you will learn everything from the basic processing of the wool, through cleaning, carding, spinning and washing, to the final ball of wool ready for knitting or crocheting.

Wool knitting course

The popular wool knitting - felting using the wet/dry method course, during which you will learn how to make the wool into a relaxation ball, toys, earrings, dolls, brooches and cushions.



by prior arrangement during the season



Terešov, Zbiroh



1.5 hours



10 to 20 people



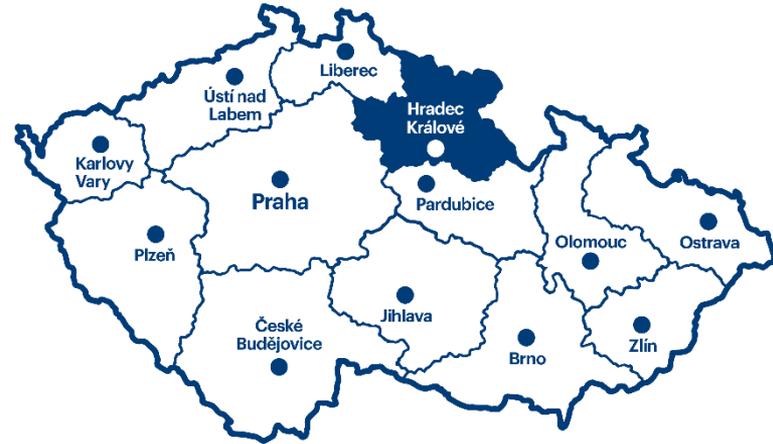
Czech, English, German, French



www.alprieser.cz

More info: [Pilsen Region](#)





Incentive sustainable activities

Hradec Králové Region

Have you ever found a fossil during a walk?



Are you fascinated by prehistoric animals and bizarre plants? Do you enjoy discovering unusual natural items of interest? Are you interested in mysterious cliffs and stones? Are you interested in how the Adršpach Rocks originated, what sandstone is, what the prehistoric sea here looked like or what you can learn from a stone?

If you want to learn more about the origin of the popular Adršpach Rocks or learn about the nature of the Broumov region otherwise than by taking a walk ending with a perfect photograph on Instagram, you can make use of the Geopark Bromouvsko programme.

This is open to the general public and school groups and also as an accompanying programme for corporate groups. Is everyone in your group capable of recognising a trilobite or the imprint of prehistoric plants in the rock? You can take a geo-walk with a guide or independently without a guide.



spring to autumn



Broumov region



min. 60 minutes



max. 30 people



Czech, Russian, interpreter possible



www.geopark.broumovsko.cz

More info: [Hradec Králové Region Convention Bureau](#)



A ride on a black pearl - a Friesian horse

Looking at things from a different perspective often helps resolve problems and clear your thoughts. What other perspective can we offer you in the Broumov region, which is well known for instilling peace, than that from a horse's back.

The Hejtmánkovice riding school near Broumov has been breeding Friesian horses, so-called black pearls, since 2008. The horses were brought from Holland and were used to found the van Braunau (of Broumov) stud.

The riding school offers the opportunity to take a ride in the peaceful natural landscape of Broumov to guests of the riding school, the public or corporate clientèle. Rides can be either on Friesian horses or on ponies. It doesn't matter if you are not an experienced horse rider. Each group will be accompanied by an experienced rider. The only obstacle is the weight limit for riders.



spring to autumn



Hejtmánkovice



60 minutes



max. 3 people at once



Czech



www.jizdarna-hejtmankovice.cz

More info: [Hradec Králové Region Convention Bureau](#)



Châteaux on the Orlice River by public transport



The Orlice Mountain foothills offer 4 châteaux in just 9 km, of which three are still owned by noble families - Častolovice, Nový zámek Kostelec nad Orlicí and Doudleby nad Orlicí. The Nováček family manages Potštejn château. The châteaux on the Orlice River are complemented by the ruins of Potštejn Castle and the castle at Litice nad Orlicí.

The châteaux and castles are open to the public from April to October. The owners of the châteaux also rent them for social or corporate events. The châteaux are quite near to each other and can be easily accessed by public transport as well as by car.

You can then easily travel between the individual châteaux by bike or even by water. If the conditions are good, you can visit the châteaux on the Orlice River by canoe or raft.

In the case of larger groups, you can also arrange a visit outside the classic opening hours.



April - October



Orlice Mountains



depending on the chosen route and transport



up to 50 people



Czech, English, German (depending on the specific château)



www.hkregion.cz

More info: [Hradec Králové Region Convention Bureau](#)



An unusual way to see Nové Město nad Metují



How can you learn about the beauties of Nové Město nad Metují and its surroundings in an unusual way? Try Nordic walking. But be careful to use these poles correctly!

Nordic walking with poles is an excellent rehabilitation activity, during which you will exercise up to 90% of your muscles if done correctly. During regular walks you improve your posture, eliminate back pain and take the strain off your knees and hips.

And it is important to choose a suitable route to make sure the walk goes quicker. In Nové Město nad Metují you can take a comfortable walk through the Town Heritage Reservation with a commentary about the town, visit the local château owned by the Bartoň-Dobenín family or walk even further, to Peklo (hell).



 all year, depending on the weather

 Nové Město nad Metují

 1.5 to 4 hours (depending on the chosen route)

 ideally groups of up to 10 people, max. 20 people

 Czech, English

 www.infocentrum-nmm.cz

More info: [Hradec Králové Region Convention Bureau](#)



I am a volunteer in KRNAP

Do you want to lend a hand and participate in nature conservation in the Krkonoše National Park? You can help by clearing brush after logging has finished, replace sod left by rooting pigs or collect and clear rubbish.

KRNAP is the oldest Czech national park and is celebrating its 60th anniversary this year. Several of the most popular destinations in the Czech Republic are also located within the park. Unfortunately, this means constant care, which the tallest mountain range in the Czechia certainly deserves.

You can help KRNAP by collecting waste, cleaning water courses, removing wild growth trees, raking meadows and pastures or removing stones from meadows. These activities are suitable for physically fit individuals, who really want to give their muscles something to do (we recommend you do this by raking wetland areas), and also for trippers who wish to collect biscuit wrappers, forgotten beer cans and other waste they may encounter during a pleasant walk.



all year, in good weather



the territory of the Krkonoše National Park



4 or more hours, depending on arrangements



min. 10 and max. 130 people



Czech, English

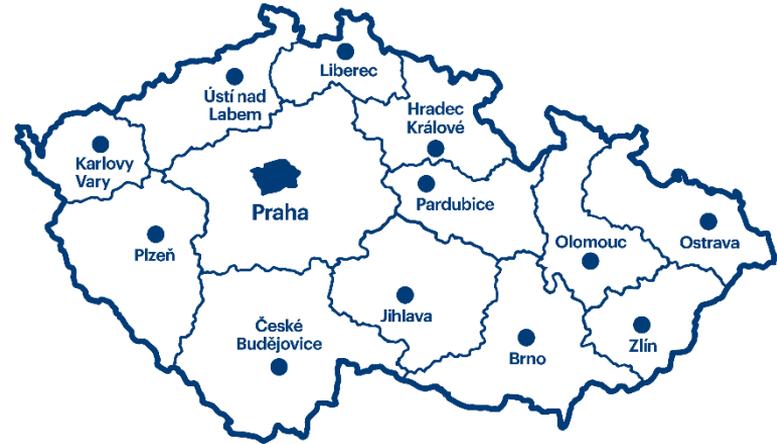


www.krnapp.cz

More info: [Hradec Králové Region Convention Bureau](#)

KRNAP





Incentive sustainable activities

Prague



Rescue mission

Tons of crops would be senselessly left in the field or in the orchard after the harvest every year. Their only “defect” is the fact that they do not meet the aesthetic criteria of the retail chains. Groups who set out on a rescue mission in the area around Prague can harvest these vegetables or fruit, donate them to the needy and prevent waste of high-quality food!

Gleaning is harvesting crops that would not usually be sellable due to their shape, size or colour. However, farmers have expended a large amount of resources on growing them: hundreds of hours of labour, as well as water. If you harvest the fruit and vegetables, these resources were not wasted in vain. And the fact that these crops are then given to people who would not normally be able to afford them, is also important. This includes people in shelters, some seniors, or people on the edge of poverty - for whom these foods are a great help.

You can arrange with the coordinator to meet at a specific place in Prague, from where you will travel to the field together and spend several hours harvesting crops in the fresh air. The DobroPolníci organisation then hands over the harvested vegetables or fruit to other organisations who focus on helping people in need.



summer - autumn



fields and orchards in the area surrounding Prague



approx. 5 hours



10 people



Czech, English



www.dobropolnici.mailchimpsites.com

More info: [Prague Convention Bureau](#)



↑DobroPolníci
↓Zachraň jídlo



Prague through the eyes of the street

A tour of the city with a trained guide, who has experience with life on its streets, will allow the participants to learn about the hidden corners of Prague and the real-life stories of people without a home. It also gives the guides an opportunity for meaningful and dignified employment.

Pragulic is a social enterprise, which allows the public to learn about and experience the world of homeless people and provides the guides not only with an income, but also the opportunity to present the city in a different way to the way other inhabitants of Prague or visitors know it. Tours help guides start to change their lives; this means that they are given support and self-confidence as well as a job.

Before reserving a group tour, you can choose a date and hour, and also a theme or chosen location and specific guide. Tours take place in all weathers and only in places that are not high-risk for the participants and in which neither their lives nor their property are at risk.



all year



Prague - various city districts



2 hours



20 people



Czech, English, German, Russian



www.pragulic.cz

More info: [Prague Convention Bureau](#)



Pragulic

A picturesque farm at the edge of the metropolis



Meadows, steppe, wetlands, riparian forest or farm. All this can be found at the ancient farm not far from the centre of Prague, which offers a wide range of environmental and educational activities. This means that even bigger groups of visitors can spend a large part of the day at the complex in Hostivař.

Toucův dvůr is a complex of historic, protected buildings spreading over an area of 10 hectares and surrounded by a number of natural sites of interest. The complex is the location of an eco-garden, an orchard, a forest nursery and farm, with original Czech breeds of animal (cows, horses, pigs, sheep, goats,...), baroque stables and also conference, accommodation and catering facilities and an organic shop.

The farm area offers a wide range and combination of creative and unusual group activities: for instance, crafts (bread baking), art and handicraft activities (wood-fired pottery) or volunteer activities (construction of animal shelters, preparation of feed, cleaning stables and others).

Toucův dvůr is a place that is operated in an environmentally, economically and socially responsible manner and this also applies to its Healthy dining facility, which offers customers catering made from high-quality fresh ingredients and organic foods that are environmentally friendly and healthy.



all year



Toucův dvůr, Prague 10



3 to 5 hours



150 people



Czech, English

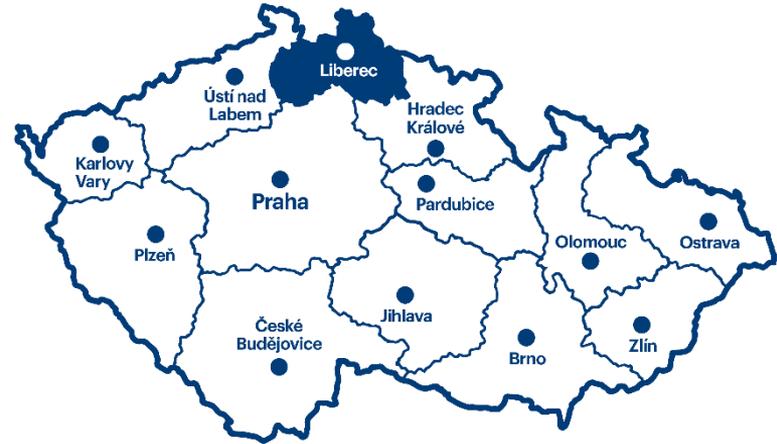


www.toucuvdvur.cz

More info: [Prague Convention Bureau](#)



Toucův dvůr



Incentive sustainable activities

Liberec Region

The most beautiful view of the world is from the saddle of a horse



Nature and animal conservation and their ecological treatment are some of the key values that allowed a number of areas to be created in the landscape where the gifts of nature are a priority. Local farms hidden in the picturesque mountains, magical forests and fresh air lure people interested in a stay during which they can deservedly enjoy some rest and relaxation far from the busy town and forget about their everyday cares.

One of these is Jitřavský Dvůrec, hidden in the heart of the Lužice Mountains. As well as accommodation and a restaurant, the farm also has a horse-riding complex, which is intended for sports riding. The farm is also a suitable place for holding various corporate events, from seminars and courses in the new conference areas, to tailor-made team-building events. After a physically demanding programme, guests can use the wellness facility with saunas, whirlpool and massages.

Hotel Farma Vysoká, which is also called the “Heavenly Pasture”, is located not far from Chrastavý. This farm offers irresistible views of the Lužice Mountains, Jizera Mountains and the Krkonoše Mountains and lives for its horses and wishes to pass on its love for horses to its guests. In relation to the offer of agro-tourism, interested clients can try saddling, cleaning or bridling a horse and the more experienced guests can also take a ride outside.

Château farm Černousy is located next to the Czech-Polish border and is not an ordinary destination for an outing. This is a place that is synonymous with the ecological treatment of nature. The farm, which was awarded Agro-tourism farm of the year in 2017, also offers horse-riding or hunting activities, as well as agricultural activities and keeping cows, sheep and horses. Advanced riders and beginners will have the unique opportunity to admire the landscape from the saddle.



all year



[Jitřavský Dvůrec](#), [Hotel Farma Vysoká](#), [Zámecký dvůr Černousy](#)



min. 2 hours



conference areas at Jitřavský Dvůrec 220 people, conference hall at Hotel Farma Vysoká 70 people, Zámecký dvůr Černousy salons up to 100 people



Czech, English

More info: [Liberec Region](#)





When the living and inanimate merge

Geoparks. Places, the goal of which is ecological hiking and education of visitors about the geological development of the area they are in.

One of these is the National Geopark Ralsko, which is located in a former military area. This geopark is a place that is unique for its mosaic of sandstone cliff towers, table mountains, deep canyons, quiet ponds, peat bogs and endless pine forests, which offer a unique natural scenery that has been untouched for 60 years and a rich geological legacy. The region, whose landscape suffered grievous wounds in the previous century due to war and uranium mining, has been striving to renew vegetation and protect nature for 10 years now. It offers ecological forms of tourism to its explorers and develops a specific branch of tourism - geo-tourism. Tours with professional geo-guides, who help tourists follow the traces of stone, sand and ore extraction, are a unique activity.

On the other side of the Liberec Region, there is the Bohemian Paradise Geo-park, which is the only one in the Czech Republic to be listed in the prestigious UNESCO Global Geopark Network. This area, with a wide range of geological and geomorphological phenomena, palaeontological, archaeological and mineralogical locations, allows visitors to explore its famous sites and most hidden corners. By means of a tour with a geo-guide, guests can look into the depths of the Earth, where they will view phenomena that are what remain of the lava or the chalk sea millions of years ago or set out to see the birth of decorative and jewellery gems, which earned the fame of North Bohemian costume jewellery.



all year



Ralsko – Mácha's country, Bohemian Paradise



min. 2 hours



Unlimited



Czech, English, German



www.visitralsko.com, www.geoparkceskyraj.cz

More info: [Liberec Region](#)





The beauties of nature under one roof

There is a unique building on the right bank of the Jizera River, in the picturesque village of Dolánky u Turnova. The building houses the secret of the oldest protected landscape area in the Czech Republic. The Bohemian Paradise House of Nature invites visitors to go on an outing to see sandstone towns, volcano peaks, and ancient castles or magnificent châteaux, and is where visitors are acquainted with the greatest phenomena in Bohemian Paradise by means of its exhibitions.

The most interesting element of the Bohemian Paradise House of Nature is the interactive natural science exhibition, which is divided into eight thematic cells. The first of these focuses on development of the country and particularly the surrounding landscape; the second acquaints visitors with one of the main symbols of the region, the sandstone cliffs. The exhibition continues through volcanoes and volcano craters, to the living element, which the remainder of the exhibition is devoted to. The subsequent stages focus on plants, forests, meadows and finally man, who also contributed to the appearance of the landscape. Visitors can enjoy the exhibit with all their senses when getting to know the fragrances of a meadow, recognising the voices of wild animals and observing life in the pond.

As well as rambles through the landscape, the Bohemian Paradise House of Nature also has an equipped conference room with a capacity of 50 people, which is suitable for holding corporate events, seminars or conferences.

 winter months Friday - Sunday, March to October Tuesday - Sunday

 Dolánky u Turnova

 min. 2 hours

 conference room 50 people

 Czech, English, German

 www.dumprirody.cz

More info: [Liberec Region](#)



Visiting the oldest gardens in our country



Liberec Zoo and Botanical Gardens boasts the title of the oldest garden in the Czech Republic and has experienced a number of changes and innovations during its long history. However, what has not changed in either the zoo or the garden in over a century is their approach to nature, when they actively strive to protect nature and contribute to keeping it alive.

The origins of Liberec Zoo date back to 1904, when it was opened to the public in September. It gradually expanded year by year, from keeping birds, farm animals and wild forest animals, to keeping more exotic and endangered animals, which attracted thousands of visitors. Today, the zoo takes care of more than 170 species of animal and is involved in a number of projects focusing on their protection, as well as breeding them. It prepares a number of unusual experiences for visitors, during which guests can try working as a zookeeper in the beast of prey or monkey section, tour the entire complex with an experienced guide or arrange a unique team-building event based on interaction with the animals.

The botanical gardens are the mother of origin of sea aquarium keeping in the country and care for the most diverse group of exotic plants in the Czech Republic. The greenhouse complex, which is shaped like plant cells, consists of nine exhibition pavilions of various sizes, divided into thirteen different botanical themes, and offers visitors a unique view of tropical and subtropical nature. One of the most important attractions is the pavilion for growing three of the biggest water lily species in the world: the Victoria amazonica, the Santa Cruz water lily and Euryale ferox (the prickly water lily). As well as water lilies it also grows the oldest bonsai trees and camellias in the world.



all year



Liberec



min. 2 hours



Unlimited



Czech, English, German



www.zooliberec.cz, www.botaniliberec.cz

More info: [Liberec Region](#)



A green oasis in the city desert

There is a purely green place in the middle of the busy city landscape, which is not called the green heart of Liberec in vain. The first leisure EcoPark Liberec represents everything every nature conservationist can think of and acquaints its visitors with its key priorities, which are nature, the connection with nature, eco-stays, active rest and relaxation.

The Ecopark originated on the site of a former waste-dump and now offers a wide range of services, whereas it offers a number of various activities as well as educational elements in the field of ecology and the environment. This means that visitors can try walking barefoot or in the mud, cooking in a mud kitchen, observing the birds in the crowns of the trees or can take yoga classes, tai-chi classes with a tea ritual, dance or krav maga classes. Culture lovers will appreciate the local open stage and coffee fans will enjoy the local forest coffee shop which interconnects the entire complex. Rest and relaxation will be enhanced by the offer of Scandinavian wellness in the form of a hot bath in a wooden tub or an overnight stay under the open sky, when visitors will fall asleep to the sound of animals.

Liberec Ecopark is the right place to hold corporate events and team-building events. The complex offers a natural classroom suitable for holding seminars, workshops and lectures to companies and organisations, and the operators are fully available to clients to fulfil their dreams and ideas in the field of team-building and leisure activities surrounded by nature.



May to September



Liberec



min. 2 hours



30 people in the area of the natural classroom, outdoor area without any limits



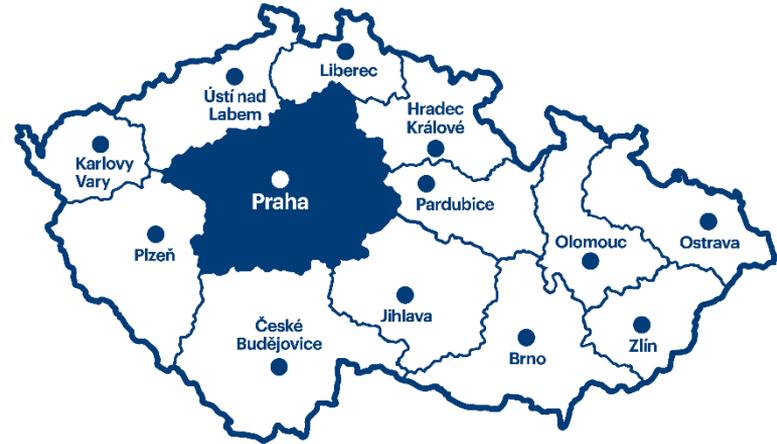
Czech



www.ekoparkliberec.cz

More info: [Liberec Region](#)





Incentive sustainable activities

Central Bohemian Region

In search of organic lavender, a short distance outside Prague



Lavender Valley spreads out across the former lime seas of ancient times in Chodouň in Central Bohemia. Don't miss visiting this place, which intends to revive the fame of Czech herbalism and the phenomenon of the Czech spa industry.

Lavender Valley boasts the unique Chodouň lavender, which is grown here in organic quality. The local team follows the path of sustainability and manages its fields with respect to the planet, and makes most of its products by hand, with love for its customers, using composting packaging.

You can purchase organic foods and beverages with the unique Chodouň lavender here. You can expect to see products by Czech craftsmen, and you can make your own organic cream or even organic perfume here. Rest in the outdoor coffee shop or in the rainbow hall while listening to pleasant music and relax your tired body, mind and spirit during aromatherapy on a bed or blanket. People who love general well-being and relaxation will be calmed by an Ayurvedic massage, cosmetic treatment using L'Occitane products or the herbal consulting service. More playful guests can visit the local trails with quizzes and puzzles.



all year



Chodouň



1 to 2 hours, depending on the chosen programme



depending on the chosen activity



Czech, English



www.levanduloveudoli.cz

More info: [Central Bohemia Convention Bureau](#)





Introducing BOEMI cosmetics

Find out how soaps and cosmetics are made at Chrustenice in Central Bohemia. The BOEMI brand has been devoted to making its products mostly by hand for more than twenty years.

It holds tours for visitors to BOEMI, where it reveals some of what is created here under the hands of its workers, out of more than 100 types of cosmetic products. Local production is based on a high proportion of manual work, which gives the products their own style and differentiates them from normal consumer cosmetics at first glance. The soaps do not contain preservatives or stabilisers and their fragrance is achieved using a combination of essential and fragrant oils.

All the products are made from ingredients of the highest quality available, which are as gentle as possible on the skin. What is more, none of the products are tested on animals.

A tailored programme can also be prepared for companies.



all year



Chrustenice



approx. 2 hours



35 – 50 participants



Czech



www.boemi.cz

More info: [Central Bohemia Convention Bureau](#)





Vraňany – Hanč farm

You will find everything you need in life at the family farm in Vraňany. Even if you only visit to purchase the renowned strawberries, you will most probably leave with a week's-worth of purchased fresh fruit, vegetables and other honest goodies.

The Hanč family farm shop is a six-hectare natural complex, where you can rest your spirit and relax while you shop. It is an oasis of peace for healthy and tasty shopping. This is a place full of experiences for everyone, combined with tastings, learning, play and observing animals in the fresh air. Have you tasted strawberry juice yet? The local speciality!

You can also visit the Cafe Na Výsluní bistro at the farm. You can visit the bistro for breakfast, lunch or a snack, they are open every day from 8 a.m. to 6 p.m.



all year



Vraňany



approx. 1-2 hours



pick your own berries, garden centre, shop - practically no restrictions



Czech, possibly English



www.farmavranany.cz

More info: [Central Bohemia Convention Bureau](#)

Rest and recharge while surrounded by nature



A romantic valley at the edge of the forest approx. 70 km from Prague is gradually being transformed into a park and the home of many animals under the meticulous hands of its owner Mrs Dáša Havlová.

You can take a pleasant seat in the restaurant, enjoy the accommodation, taste the excellent products, explore the farm or take a guided tour, or take part in a cheese-making course, a biodynamic agriculture course and others by arrangement at Košík Farm.



all year



Tuchom, Nymburk District



depending on the chosen programme



ideally groups of up to 30 people, participants will be divided into smaller groups of 10

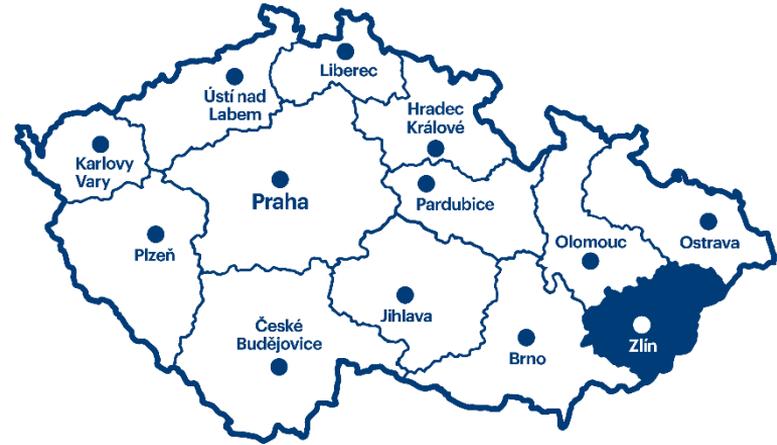


Czech, possibly English



www.farmakosik.cz

More info: [Central Bohemia Convention Bureau](#)



Incentive sustainable activities

Zlín Region



Juré Organic Farm

Juré Organic Farm, located near the city of Zlín, offers an excellent venue for groups of approx. 20 to 25 people, in the beautiful surroundings of orchards and meadows, in the undulating landscape of the Vízov Hills. You can work here as a team and also relax by learning about life on the farm, which continues to be managed just like it was managed 100 years ago.

The family-owned Juré Organic Farm covers an area of 61 ha. 33 of these hectares are pastures, where cows and sheep are kept. Wheat and oats are grown on 20 ha of the area and the remainder is used to grow fruit orchards. The Vrána Family has farmed ecologically since 1994, which means that their products are certified ecological farm products.

You can try farm work, learn about a farmer's life, enjoy contact with the animals and work with farm crops here.

 spring, summer and autumn

 Lůžkovice u Zlína

 by arrangement

 ideally groups of 20 to 25 people

 Czech

 www.biofarmajure.cz

More info: [East Moravia Convention Bureau](#)





“I ride, therefore I am!”

Horse riding has a great tradition in East Moravia. There are a number of places you can ride here today. Accept an invitation to the farm in Koryčany in the Kroměříž region.

They will prepare an excellent tailored opportunity for an event in the natural landscape, where you will be surrounded by horses and other animals. They offer simple accommodation, home-made cuisine and also plenty of other opportunities - for instance fishing and mushrooming in the autumn months. You will fall in love with horses, rural farming and the open landscape here.



spring to autumn



Koryčany in the Kroměříž region



by arrangement



up to 50 people



Czech



www.hipo.cz

More info: [East Moravia Convention Bureau](#)



Honětice Farm

Absolute peace. This sensational place - Honětice Farm - is distinguished by the fact that it is closed to civilisation around it. There are only trees and grass here, and also a biotope: an artificial swimming pond, which looks like a natural pond and fits beautifully into the natural scenery. Guests live here in rooms, and also glamping tents and chalets.

Absolute privacy is the advantage of this place, which offers excellent opportunities for teamwork or meetings, as well as fantastic peace for your relaxation. The biotope is the focal point. This is an artificial water reservoir, which looks like it is natural, but its bottom and walls are coated in thick plastic. The edge of the biotope is made from poured pebble tiles which allow gradual entry into the water with a railing. In this case, the water is cleaned using three biological zones or shallow water areas, which are planted with a range of water plant species. The water from the bathing reservoir is pumped into the biological zones, where it is filtered and automatically flows back into the bathing area. The result is clean sweet water without any chemicals being required.



May to September



Honětice, Kroměříž region



by arrangement



ideally groups 30 people



Czech



www.dvurhonetice.cz

More info: [East Moravia Convention Bureau](#)





Veronica Centre

The village of Hostětín has had a place in history since 2010 when it was visited by Prince Charles at the time, now King Charles III. At that time, Hostětín was already famous for its efforts to operate a healthy farm with a strong accent on ecology.

The Veronica Centre in Hostětín is devoted to education in the field of sustainability and environmental conservation. Veronica can help organisations learn an ecologically sustainable method of work. During your stay, the team will live in ecological accommodation. As well as consultancy services, Veronica also offers an interesting programme: baking frgal tarts, fermenting cabbage, star-gazing, wire work, felting from sheep's wool, recognising birdsong, making herbal wine, making insect houses and bird nesting boxes, cooking from weeds, outings in the footsteps of the Žítkov goddesses. Veronica also organises many handicraft and craft workshops.

-  all year
-  Hostětín
-  by arrangement
-  ideally groups 30 people
-  Czech
-  www.hostetin.veronica.cz

More info: [East Moravia Convention Bureau](#)





U Rajmunda farm

U Rajmunda farm in Velké Karlovice in Wallachia is unique. It is located in the hills far outside the village, and there is no tarmac road leading to it. As soon as anyone arrives at the farm along the field or forest road and gets out of their car, they are surrounded by a herd of animals: dogs, sheep, a goose, chickens..... There is no need to be afraid, the animals are friendly, and their presence is an expression of affection and curiosity.

U Rajmunda is suitable for smaller groups, who will appreciate staying among the animals and will help look after them in their free time. This is a farm in a secluded place and there is not much of a connection here. This means that staying here is suitable for everyone who needs to switch off completely and find themselves in "another world". Those who love animals, wild nature and beautiful landscapes will be happy here.



spring to autumn



near Velké Karlovice



by arrangement



ideally groups 17 people



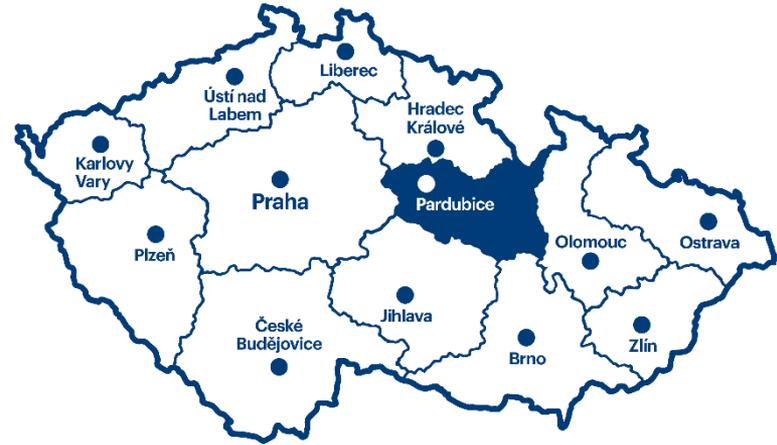
Czech



www.urajmunda.cz

More info: [East Moravia Convention Bureau](#)





Incentive sustainable activities

Pardubice Region



Corporate events? Eco-logically

Are you looking for a sustainable area, which is also ecological, for your corporate event? Come to the farm in Oucmanice.

The PALETA Ecocentre branch is an accommodation centre for ecological education in the Pardubice Region. The centre is located in the newly renovated farm. It offers organisations space for meetings, one-day and multi-day instruction, events with accommodation, courses and seminars. The farm has very pleasant interiors and a lovely ambiance. There are two classrooms, a hall, a modern kitchen, 2 museum exhibitions, refreshment facilities and a cellar in the building.

The complex also has demonstrations of use of ecological technologies, fair-trade products, refreshments, a wine cellar with the option of a wine tasting, two museum exhibitions (housing and agriculture), live animals, a herb garden and a pond. The building also has its own photo-voltaic power generation plant.



all year



Oucmanice



depending on requirements



2 classrooms for approx. 30 people, 40 people can be accommodated

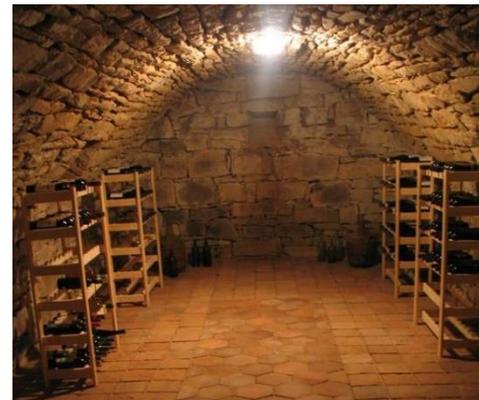


Czech



www.paleta.cz

More info: [East Bohemia Convention Bureau](#)





The history of the country in two days

The Geopark is an area consisting of important geological elements. It is essentially an outdoor geology textbook. But you shouldn't expect just stones.

The Železné Mountains are interspersed with a network of signposted hiking and educational trails, cycle-routes and riding trails. You will find cliff formations, breath-taking canyons, old and abandoned quarries and active quarries on these routes. Viewing their inner workings will certainly be an unforgettable experience. You can visit a number of other sites of interest, historic sites of interest and traditional cultural events, which represent the traditions and practices of ancient times and modern times in the Železné Mountains.

You will find the most extensive accommodation capacities, including the option of staying at luxury hotels, in the area surrounding the Seč Reservoir, which is the perfect starting point for outings in the summer months and also for adrenalin-charged water sports. The hotels here are ideal for holding any corporate event, congress or conference.



all year



Železné Mountains



depending on the chosen activity



depending on the chosen activity



Czech



www.geoparkzh.cz

More info: [East Bohemia Convention Bureau](#)





A day in the crowns of the trees

The Natura Park environmental visitor, information and educational centre in Pardubice was designed so that you can enjoy the experience of finding yourself in the branches of the trees while inside the building.

The complex is set in attractive natural surroundings right on the bank of the Chrudimka River. It has two parts: the building itself and the surrounding park complex. The centre presents the importance of the Natura 2000 system. The goal of the building is to provide visitors the experience of being in the crowns of the trees and also to offer an attractive space for exhibitions and educational programmes held in the building. The building is built from sustainable and durable materials, including a green roof.

The centre has two halls with the option of holding corporate events. An outdoor terrace can also be rented. The outdoor park exhibition includes an insect hotel, an herb garden, a small pond, a beetle house, a sensory touch trail and other educational sites. The eco-centre also sells regional foods as a complementary service.



all year



Pardubice



depending on the chosen activity



orange hall 60 people, red hall 40 people



Czech, English



www.natura-park.cz

More info: [East Bohemia Convention Bureau](#)





Do you know what a slow destination is?

You may not have heard of it before, but the **Slow Tourism** or **Slow Travel** concept is quite common abroad. It expresses the method of travelling and enjoying tourist experiences at a **slow pace**.

The first Czech SLOW destination is in East Bohemia. This is the Podorlicko region and the Orlice Mountains. Tourists don't rush to see as much as possible here. They expect fewer, but all the more intensive experiences in the places they visit.

The Orlice Mountains are a peaceful, moderate and welcoming area, which invites you to enjoy sight-seeing without any rush or stress. The peaceful nature is combined here with the wide range of cultural sites of interest, mysterious places, charming towns and villages and preserved vernacular architecture. The sweeping mountain ridges with views into the distance and deep and romantic river valleys form the typical panorama of these areas. The mountains and foothills offer the right opportunity to stop in today's busy world. Gain inspiration from the peace here, enjoy leaving civilisation and the human influence. You will discover the most peaceful places on foot, on bike or on cross-countryskis.

 all year, in good weather

 Orlice Mountains

 2 hours or all day

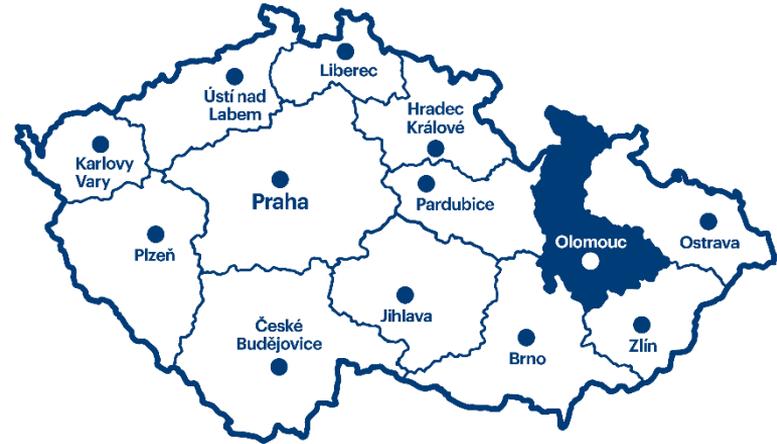
 unlimited

 Czech, English, Polish

 www.eaglemountains.cz

More info: [East Bohemia Convention Bureau](#)





Incentive sustainable activities

Olomouc Region



Sluňákov - ecological activity centre

The environmental education complex is situated in peaceful surroundings on the edge of the riparian forest in the Litovel Pomoraví Protected Landscape Area.

The low-energy house was built in 2007 on a green field. And it won the Grand Prix architect award in the same year. It is shaped like a half-moon and is covered by an earth mound from one side so that it disrupts the surrounding nature as little as possible. It is built of wood, concrete, glass, stone and unfired bricks. The structural design of the house primarily utilises the principles of solar architecture, the immense thickness of thermal insulation and mechanical ventilation with heat recuperation.

Companies and organisations can use this space for instruction and seminars or corporate events. The house offers generous common areas and pleasant corners, conference areas, accommodation, catering and outdoor activities. Bikes are available for hire and there is also an information centre.



all year



Horka nad Moravou



by arrangement



biggest salon -110 guests



Czech, English



www.slunakov.cz

More info: [Central Moravia & Jeseníky Convention Bureau](#)



Bezděkov lavender farm



Bezděkov is a small village not far from Úsov, in a place where the fertile Haná region slowly transforms into the Zábřez Foothills. The farm at Bezděkov has been operated successfully for many years with the support of the entire family. They still strive to follow in the footsteps of their forebears and maintain and develop everything around the farm and the agricultural work. They are successful in growing fruit, vegetables and herbs such as calendula, cornflowers, mint, lemonbalm and, most importantly, lavender.

The fire station has been transformed into a small lavender shop, where you can purchase some of the lavender products that are made at the farm. There is also a room with a distillery next to the shop, where the harvested lavender is distilled every season and fragrant lavender oil and hydrolate are produced. There is a lavender gallery with beautiful photographs and pictures on the top floor, information about growing lavender and the beginnings of the lavender farm.

A fun package is prepared for companies, which allows visitors to peek behind the scenes and find out more about the lavender farm and growing lavender in Central Moravia.

The season culminates in the Lavender Festival on 5 and 6 July. You can enjoy the lavender here with all your senses. Throughout the festival, you can taste original refreshments in the form of lavender lemonade, coffee, lavender ice cream, lavender beer, smoked sausages with lavender, and also cheeses, desserts and other specialities. Stands selling local and thematic products are available to visitors for unusual purchases.



May to August, ideally the peak of the season - July



Bezděkov – Úsov



by arrangement



50 people



Czech or other languages by arrangement



www.levandulovystatek.cz

More info: [Central Moravia & Jeseníky Convention Bureau](#)

Zlatá farm

Zlatá (gold) farm in Štětovice is a place where hard agricultural work in the Haná region combine with excellent products, which easily compete with producers of other organic products that nature gifts to man.

The farm is open to the public practically all year round. Interested clients can tour the farm and observe how cows are milked and the milk processed, for example. Educational tours take place in the Zlatá farm complex and can be organised by prior arrangement. A great number of events are also held at the farm, which emphasise the former traditional way of life in the Haná region (carnival, welcoming spring, erecting the maypole, harvest festival, Open Gate Day, All Souls Day, etc.). You can try scything the meadow on Open Gate Day for example.

Visitors can purchase products that will convince them of the high-quality work by farmers from Zlatá Farm Štětovice in the picturesque shop and coffee shop.

It is the farm owners' goal for visitors to enjoy visiting the farm and return again and again.



all year



Vrbátky – Kralice na Hané



tours approx. 45 minutes



groups from 5 people



Czech



www.zlata-farma.cz

More info: [Central Moravia & Jeseníky Convention Bureau](#)





Via Delicia

You will find the Bezchleba family canning plant in Zábřeh. This is a small factory, which has 23 employees. It was established by Olin Bezchleba in 2011 after 18 years spent working in the gastronomic sector and food industry.

He was inspired to establish his own brand - Via Delicia - by French local markets, which he became acquainted with during his work in France, and particularly the finding of an old book about food preservation dating from 1925. Its owner, most probably the housewife of the farm, meticulously recorded her findings and recipes in it. The goal of the family canning factory is to continue making high-quality delicacies, which will be made with honest ingredients. They place a lot of emphasis on the ingredients in their products. You won't find any preservatives in them. To make the products as authentic as possible, they decided to use traditional Weck brand jars. Some of the shapes of this brand were actually used at the end of the 19th century.

Via Delicia is not just a factory and shop selling first-class products, visitors also have the opportunity to arrange a tour with a tasting, which will invite you not only to a table full of unbelievable flavours and aromas but will take you through the factory and show you how these delicacies are made. This opportunity to tour the factory will enhance your tasting experience.



all year



Zábřeh



approx. 30 minutes



ideally groups of up to 25 people



Czech, English, French



www.viadelicia.cz

More info: [Central Moravia & Jeseníky Convention Bureau](#)





Telegraph multi-purpose centre

The Telegraph multi-purpose centre is only a few steps away from the main station in Olomouc. Thanks to its thorough and meticulous renovation, the genius loci of the unused industrial building housing the telephone and telegraph factory has been preserved. An ambitious concept, which respects the original function of the place, not only by its name, but also by its mission, was created. Connection remains the primary goal of Telegraph: art and the public, live culture and art, or business and leisure.

In addition to a gallery, the project incorporates a comfort hub, meeting room, private boxes, multi-purpose hall for briefings and multi-purpose cinema space or luxury roof loft. Telegraph offers spaces suitable for private and corporate events, business meetings, courses of all types or accommodation.

The Telegraph building houses a coffee shop and restaurant, which use regional suppliers of ingredients. The restaurant offers unique cuisine with an exceptional gastronomic experience, you can taste savoury snacks, soups, desserts and weekend brunches here. Telegraph is a business-social place, where they will jointly take care of you.



all year



Olomouc



by arrangement



up to 100 people



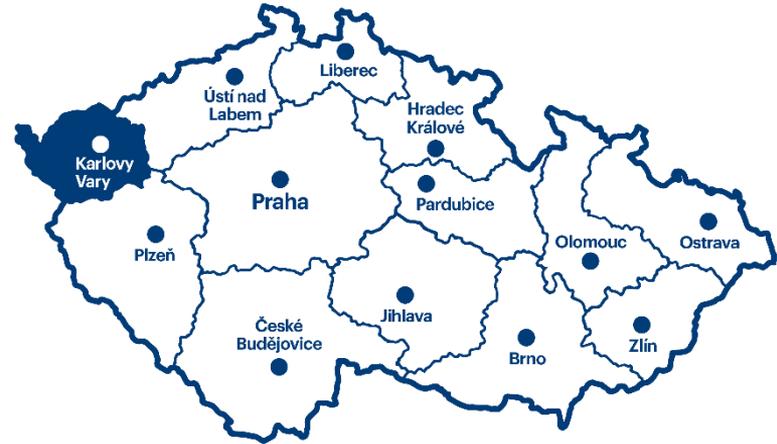
Czech, English, German



www.telegraph.cz

More info: [Central Moravia & Jeseníky Convention Bureau](#)





Incentive sustainable activities

Karlovy Vary Region

Nordic walking through the Karlovy Vary landscape



This sport established itself in Karlovy Vary and the surrounding area many years ago. Where else could you utilise the potential of the spa forests with over 100 km of trails. This is where the conditions are ideal: various route distances and difficulties, amazing observation points, gazebos, forests filled with the aroma of spruce oil, commemoration of historic visitors and famous figures.

Nordic walking originated in Finland and is intended for everyone regardless of talent, fitness or age. This is walking with special poles. Many consider Nordic walking the new “health sport”. This procedure is very popular and desirable, because it also has a certain social dimension, you walk in groups, people become acquainted and enjoy the fun. Before starting this activity, participants are instructed in the correct use of the poles and a trained instructor will demonstrate the correct walking technique. Each of the participants can borrow NW poles free of charge. So all you need is a good mood, sports clothing and shoes, and the willingness to discover new routes in the spa forest at a brisk pace.



in good weather



Karlovy Vary, Mariánské Lázně, Františkovy Lázně, Slavkov Forest, Krušné Mountains



1-5 hours



up to 50 people



Czech, English, German, Russian

More info: [Carlsbad Convention Bureau](#)



School of cooking and tricks from head chefs



Clients will enjoy the creative and perfect feeling of meals they cook themselves in the pleasant surroundings of the centre of Karlovy Vary. Cooking courses represent a culinary experience full of irresistible flavours, a relaxed atmosphere, surprising information and pleasure from successful creations.

Clients can expect to discover new flavours, experiment in the kitchen and gain new inspiration. They will peek under the lid of traditional Karlovy Vary cuisine together or gain control over exotic combinations of Asian dishes. They will learn how to correctly prepare regional products, recognise the quality of meat and sweeten their life with home-made delicacies. The cooking school focuses on sustainable cooking of simple dishes using locally-grown ingredients.



all year



Karlovy Vary



approx. 4 hours



up to 10 people



Czech, English, German, Russian



www.culinarykv.cz

More info: [Carlsbad Convention Bureau](#)





Golf school with a trainer

The Karlovy Vary Region is not just about spas. As well as many mineral springs, the region also has wonderful golf courses. The West Bohemian spa towns are indisputably the cradle of Czech golf. The Royal Golf Club Mariánské Lázně has a history of more than one hundred years. The club was established in 1905 in the presence of the British King Edward VII who became its official patron.

Golf Resort Karlovy Vary is the oldest golf club, where they will present golf to in all its beauty. A tour of the golf course, combined with a lecture about golf, plus driving on the driving range under the supervision of a professional trainer is the ideal outdoor entertainment for a group of people.

The course is also the western-most location where the rare common ground squirrel can be found in Europe. You can also take part in a tour in search of rare flora and this critically endangered ground squirrel to enhance your day on the golf course.



during the golf season



Karlovy Vary Region



1 to 4 hours



visitors will be divided into smaller groups



Czech, English, German, Russian



www.zivykraj.cz/golf

More info: [Carlsbad Convention Bureau](#)



Climbing not just cliffs

The first cliff trail in Bohemia, focusing on cliff vegetation - the bioferrata, originated in the Botanical Gardens in Bečov nad Teplou. The trail has three different difficulty levels, which means that everyone can manage it if they wish to observe the cliff plant kingdom from close up - it is described on the boards located on the cliff wall itself.

The ferrata has three stages - ascending and descending, which are linked by a forest trail. The trail includes a re-discovered observation point, from which you can observe the beautiful Bečov cliff valley. The most difficult version of the trail for mountaineers with equipment, which you can borrow at the botanical gardens, is equipped with guide ropes and crampons. The simplest version leads along a gentle forest path and can be managed by beginners. The next stop leads to the restored botanical gardens, which are based on the history of a complex established at the beginning of the 20th century. The botanical gardens in Bečov offer environmental education and leisure activities.

State castle and château Bečov nad Teplou is renowned for the discovery of the reliquary of Saint Maurus here, which is the second most valuable historical artefact in the Czech Republic after the crown jewels. Mountaineers can now also visit the castle complex to try the new training wall, which is located right under the mediaeval tower.



in good weather



Bečov nad Teplou



30 minutes to 6 - 8 hours



participants will be divided into smaller groups, Botanical Garden - unlimited



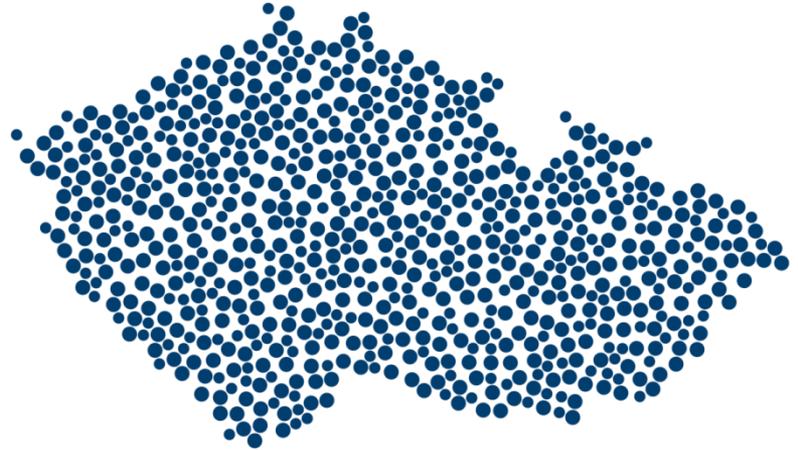
Czech, German



www.becovskabotanicka.cz, www.varykonecnejinak.cz

More info: [Carlsbad Convention Bureau](#)





Next month, you can look forward to incentive wellness and relaxation activities!

Czech Convention Bureau

www.czechconvention.com