

## PRAGUE IN MOTION

### Sport and Relaxation Map

The Prague in Motion Map is for active people with a sporty lifestyle, who won't opt out even while staying in a foreign city. The Map, with its marked routes and pictograms can suggest where to go jogging, in-line skating, biking, for outdoor workouts, enjoying life on the water or relaxing in the green retreats of our capital. The Map complements and builds on the booklet of the same name, in which you'll find a host of other details about sports options in Prague. We also recommend you visit [www.pragueinmotion.eu](http://www.pragueinmotion.eu) – a neat all-round microsite about sporty Prague.

### Running routes

#### A1. Prague sightseeing run

Sightseeing running is the ideal way to get to know a city when you don't have much time to spare. Given how many tourists there are to slow you down, you can't expect a dizzying fitness effect, but the visual treat is guaranteed.

Set off from the equestrian statue of St Wenceslas in the upper part of Wenceslas Square, then take a short detour via Lucerna mall passage, to see the hanging statue of St Wenceslas sitting astride the belly of his dead horse, by the progressive modern artist David Černý. Go on to the tourist attractions of the Estates Theatre, Old Town Square, Pařížská street and the arcane Jewish quarter. Shortly after you cross Charles Bridge, you make your way up Nerudova street to Prague Castle. Here you can enjoy beautiful views of the historical heart of Prague, before continuing to Letenské sady Park.

**route length:** about 6 km

#### A2. Prague Old Town, anew

You can start the route direct from Old Town Square, down the alley past Týn cathedral, and you'll soon be at the Powder Tower and Republiky Square. This is followed by a stretch along Na Příkopě and Národní streets. Over the Legiií bridge, and you'll get to Kampa Park, where you can take a breather with a little detour to the calming Vojanovy sady Park. Over Charles Bridge gets you back to the Old Town. The final ascent to the Letná plain can be a bit challenging, but the view from by the metronome is worth the effort. Before you get back to the Old Town Square over the Štefánikův bridge you'll have run past the Spanish synagogue and down Pařížská street.

**route length:** about 8 km

#### A3. The Vltava River arc

Your route starts at Letná, jog down to the river and carry on over Štefánikův bridge. On the other side of the river you join the Karlín cycle-path and make your way round the whole Vltava arc. Go back on the left bank of the Vltava across the so-called Troja rocking bridge at Stromovka Park, where you can add a few more laps. Then it's just a short stretch back to Letná. This route is most pleasant in the summer months, with a fresh breeze from the Vltava.

**route length:** about 11 km

#### A4. Past Prague Castle to Petřín Hill

The best starting point for this route is Metro A – Malostranská. From here you head up to the Castle along the Deer moat (Jelení příkop), where you can take a detour to Prague Castle or head straight on, to the Strahov Monastery. Go on, past Petřín lookout tower and Kinských garden down to Kampa, and then it's just past Malostranské Square to where you started.

**route length:** about 7 km

### In-line routes

#### B1. Ladronka

The longest lit in-line track in Prague (4.2 km) is very popular, not just with in-line skaters, but runners, too. The high-grade asphalt surface, level terrain and circuit length have their fans. On summer days it can be crowded, so the night lighting is a great boon.

The route has two linked loops, the first by the Strahov transmitter and the second, longer one, at the junction at Vypich. Ladronka farm is also a great local attraction. You'll find a restaurant, a sports gear rental shop (incl. in-line skates) and a children's playground there.

#### B2. Stromovka Park

In Stromovka you'll find plenty of in-line skaters turning up in nice weather. The high-quality surface lets you skate on the 3 km long main loop, but also a network of smaller paths and trails. There's also an in-line rental shop, refreshment options and other attractions. An interesting extension to the route is to cross over Císařský Island into Troja, or the slope in the southern part of Stromovka, with its nice inclines.

#### B3. Letná

Letná is the traditional place to spend leisure time and used to be the home patch for Prague's skaters. These days it is lagging behind the competition a bit, but here you have the run of a 1.7 km long circuit. The asphalt is largely good quality and the central location within the city comes in handy. The newer part of the circuit is some 700 m straight.

#### B4. Vítkov

The broad Vítkov trail is great for those new to skating, or for families with kids. The biggest local attraction is the National Memorial on the Vítkov Hill with its bronze statue of Jan Žižka, one of the ten biggest equestrian statues in the world. You can go round the monument itself, and the best views of Prague are from just below the statue. Start the route from Seifertova street or from the junction of Pod Krejčárkem, Novovysočanská and Pod Plynojemem.

#### B5. Podolí, Zbraslav

By far the longest, and, next to Ladronka, the best known Prague in-line trail, with smoother and rougher sections. The best place to start is below Vyšehrad tunnel. From there, via Podolské nábeží waterfront to Barrandov bridge (mind the downhill stretch just ahead of it), and keep on south along the Vltava riverbank. You will go past e.g. a golf course, a freestyle park as well as the weir by Velká Chuchle racecourse.

#### B6. Troja

One of Prague's most beautiful routes for in-line skating; great views of the Vltava River, and almost perfect asphalt. The trail of about 9 km has much appeal, as well as views of the river and rocky cliffs. As you go you'll pass e.g. the romantic Troja Chateau and beyond, you can admire the watermen enjoying Prague's best wild-water run. An interesting option might be the ferry over the Vltava in Sedlec, about 1 km before the route ends, taking you to a 900 m track on the opposite bank. The trail also links to Stromovka through Císařský Island, so it's easy to make a skating day of it around here.

### Cycling in Prague

Prague and the surroundings enjoy many kilometres of marked and well-maintained trails. Cycling on your own in the city centre is advisable only for more confident cyclists. Even they should pay attention to some basics:

- Before setting off, check what condition your bike is in. Naturally, you should set your brakes, and on mixed trails you need a bell. For riding around Prague, a mountain bike, or at least a trekking bike is best.
- Don't set off without an elementary grasp of the rules of the road. Observe traffic signs and be considerate to pedestrians. Watch out on those sections of the cycle paths that go along main thoroughfares.
- It's best to plan your chosen route first. You will find a detailed and updated cycling map at <http://mapa.prahounakole.cz>. Give it your start and destination and the route will mark itself for you. You'll also find listed on the map any bottlenecks, road closures and other practical info.
- If you need to set down the bike during the journey for a while, be sure to lock it securely. If a stand is not to hand, use a railing or pillar.

- When riding about in the city centre, you may lose your way. You may then want to get to your destination by public transport. No problem, you can bring your bike along on the metro, trains, some trams, and even on Prague's ferryboats. Terms and conditions for the carriage of bicycles are on [www.ropid.cz](http://www.ropid.cz).

In the city centre are a number of companies that specialize in guided bike tours. They will take you on the safest stretches and add to your interest, not only about Prague's history. A list of specialized companies is on our website [www.pragueinmotion.eu](http://www.pragueinmotion.eu).

Prague is also the intersection of two key European cycle routes. The 4,000 km long **EuroVelo 4** (C1) crosses Europe from West to East; for adventurous biking, from the French coast to distant Kyiv (Kiev). From far places north of the Arctic circle down to sunlit Malta runs the other long-distance route, the **EuroVelo 7** (C2). In Prague, it goes along the Vltava River and through pleasantly level terrain. The total length of this route is some 7,409 km. For detailed information about all European backbone routes see [www.eurovelo.org/routes](http://www.eurovelo.org/routes).

For further useful info and tips about cycling, visit [www.auto-mat.cz](http://www.auto-mat.cz) (the Auto\*Mat association aims for better quality of life in the city and supports cycling, too); [www.prahounakole.cz](http://www.prahounakole.cz) (a first stepping stone for anyone serious about biking); [www.ceskojede.cz](http://www.ceskojede.cz) (a project supporting biking and other sports in the Czech Republic); [www.praha.eu/jnp/cz/doprava/cyklisticka/index.html](http://www.praha.eu/jnp/cz/doprava/cyklisticka/index.html) (a thorough website with useful info about cycling in Prague); and [www.pragueviennagreenways.org](http://www.pragueviennagreenways.org).

### Outdoor fitness

#### The Vltava left bank

##### 1. Petřín, Prague 1

Petřín Hill has some interesting outdoor fitness equipment. While you're stretching, enjoy fine views of Prague.

##### 2. Park Sacré Coeur, Prague 5

A secluded park with exercise machines, designed with seniors in mind.

##### 3. Hořejší nábeží embankment, Prague 5

An outdoor gym, with a pull-up bar (not a pole, rails), parallel bars, benches to exercise your abs or back, exercise bikes and balance machines.

##### 4. Kladenská street, Prague 6

In the half open courtyard you will find a brachiating frame, ladder bars, short parallel bars for push-ups, a sit-up bar foot brace or a wheeled leg-exerciser. For draw-pulls you can use the pull-up bars or rings close by. About 50 m to the east is an exercise bike.

##### 5. Ladronka, Prague 6

At Ladronka you can exercise on pull-up bars, three horizontal bars, inclined wall bars, short parallels for push-ups and wheeled leg-exercisers.

##### 6. Letná steps, Prague 7

Letná steps are a great place for training the legs and general physical fitness.

##### 7. Stromovka Park (near the underpass), Prague 7

In this part of Stromovka are iron rings, benches for abs and back work, and parallel bars with grips. There are several places nearby to stretch your legs.

##### 8. Stromovka Park (meadow), Prague 7

Three horizontal bar heights with one bounding bar, a balance beam and obstacles to jump.

#### The Vltava right bank

##### 9. Na Františku, Prague 1

A publicly accessible playground right in the city centre allows for exercise on horizontal bars and ladders and other sports structures. For a fee, you can rent the football pitch, or play minigolf or table tennis. During the winter an ice rink is maintained there.

##### 10. Havlíčkovy sady Park, Prague 2

An outdoor gym, with some interesting fitness facilities. There are no horizontal or parallel bars, but there's still much to choose from.

##### 11. Rajská zahrada, Prague 3

Outdoor fitness with two short parallel bars, short horizontal bars for push-ups, some stretch devices good for reverse push-ups, a slightly sloping wall ladder and a pull-up bars. A little further on are some nice steps for bounding or push-up crawling.

##### 12. Žižkov steps to Vítkov, Prague 3

The perfect place for leg exercises. Between landings are sets of 5 steps, pitched at 15 degrees. Your legs will thank you, by leaps and bounds...

##### 13. Vítkov (at the tunnel), Prague 3

At Vítkov you'll find long parallel bars, benches for abs and back work, sit-up bars for bracing or push-ups and even narrow-handled parallel bars.

##### 14. Kublov, Prague 4

At Kublov there's a park laid out for parkour. There are horizontal and parallel bars, and balance training equipment. In the winter season, the park is closed.

##### 15. V Pevnosti, Prague 2

V Pevnosti street has a workout spot with some machines, e.g. one to build-up your shoulders.

##### 16. Loděnice boatyard, Prague 7

Near the boatyard in Troja you'll find a horizontal bar, parallel bars, a balance beam, short and low bars e.g. for push-ups.

### Boats and pedalos

If you get a bit tired after a sporty day, let yourself drift on the waters of the Vltava, listening to the soothing swish of the waves. At sunset time the river is the setting for many loving couples...

##### 17. Slovanka

###### Slovanský ostrov, Prague 1

**tel. +420 777 870 511, [www.slovanka.net](http://www.slovanka.net)**

Among the vessels on offer are the traditional rowing boats, pedalos of various shapes and sizes, even a pedalo swan. There are also boats with outboards and small motor launches.

###### 18. S.P.L.A.V. Praha

###### Slovanský ostrov 8, Prague 1

**tel. +420 774 151 714**

An established rental shop in the historical city centre gives you the option to explore in classic punts or laminate pedalos.

###### 19. Boat rental – Old Town

###### Smetanovo nábeží, Prague 1

**tel. +420 739 000 022, [www.pujcovna-lodicek.cz](http://www.pujcovna-lodicek.cz)**

On the Smetanovo embankment between the National Theatre and Charles Bridge is a tucked away rental, with 20 plastic boats. A punt with oars is especially suitable for calm shorter-distance outings.

###### 20. Žluté lázně pedalo rental

###### Podolské nábeží 3, Prague 4

**tel. +420 244 462 193, [www.zlutelazne.cz](http://www.zlutelazne.cz)**

The close proximity of the Žluté lázně sports complex to the Vltava allows you to enjoy a nice outing along the river in one of their vessels (pedalos, boats and motor boats). For a group of friends we recommend renting a party raft, whose operation is simple and you don't need to pass any test to navigate.

### Swimming Pools

##### 21. AXA Pool

###### Na Poříčí 40, Prague 1

**tel. +420 222 323 967, [www.bazenaxa.cz](http://www.bazenaxa.cz)**

The 25 x 12 m six-lane swimming pool is perfect for relaxation and fitness swimming.

##### 22. YMCA sports centre

###### Na Poříčí 12, Prague 1

**tel. +420 224 875 811, [www.scympca.cz](http://www.scympca.cz)**

Swimming lessons for the public, in the 25 m four-lane swimming pool.

##### 23. Podolí swimming stadium

###### Podolské 74, Prague 4

**tel. +420 241 433 952, [www.pspodoli.cz](http://www.pspodoli.cz)**

A 50 m indoor pool, 50 and 33 m outdoor pools, a children's outdoor pool, sauna, fitness, physio, refreshments – all this close to Prague's centre.

### Parks and gardens

##### 24. Prague Castle gardens, Prague 1

*Freely accessible, open seasonally (IV-X)*

A green belt around Prague Castle, now comprising six gardens. The most historic is the Royal Garden, inspired by Italian designs, though the current layout of the gardens follows an English-style adaptation of the mid-19th century. One of its main delights is the Singing fountain. Lovers of quiet nooks will appreciate the Deer moat (Jelení příkop), a small natural ravine bisected by Brusnice brook. The southern gardens (Rajská, Na Valech and Hartigovská) offer charming views of Prague's panorama.

##### 25. The Palace Gardens under Prague Castle, Prague 1

*Admission charge, open seasonally (IV-X)*

On the southern slopes below Prague Castle is a complex of interconnected historical gardens (Ledeburská, Malá and Velká Pálffyovská, Kolovratská and Malá Fürstenberská gardens). The beauty of the architecture here complements the natural coves, the faceted terrain is literally bejewelled with fountains, intriguing stairways and passageways. The garden will enchant with breathtaking views of the historical centre of Prague.

##### 26. Wallenstein Garden, Prague 1

*Freely accessible, open seasonally (IV-X)*

A strictly laid out Italian maniera baroque garden, in the grounds of the Wallenstein Palace in the Lesser Town. It divides into two geometrically distinct sections. The

bigger one holds the largest sala terrena in Prague, an aviary, an artificial stalactite rock face and a square marble fountain with a bronze statue of Venus. The smaller one encompasses a large pool with an island-borne sculpture of Hercules, a greenhouse and a riding school. In both sections are free standing copies of original statues by Adrian de Vries (Adonis and Venus, Apollo, Bacchus, etc). Each path, tree and shrub here has its place, and the trees and shrubs are honed to perfect heights.

##### 27. The Vrtba Garden, Prague 1

*Admission charge, open seasonally (IV-X)*

One of the most beautiful baroque gardens came into being thanks to inspiration of František Maxmilián Kaňka around 1720. In the garden is a sala terrena with paintings by V.V.Reiner, hosting concerts of classical music, and an aviary of exotic birds. Albeit one of the smaller gardens, in terms of its architectural originality of design in such an irregular area on a slope, and in terms of the artistic and historical value of its decoration, it is of world importance.

##### 28. Franciscan Garden, Prague 1

*Freely accessible, open all year round*

Right in the historical heart of the city among its buildings is a cosy green retreat with plenty of benches, over-spanned by metal arches, in the summer densely covered with roses. The garden is complemented by some interesting statues, a fountain, a gazebo, a playground, fruit trees and herbal gardens, harking back to the days when it was owned by Carmelites and Franciscans, who once used to grow herbs and spices here.

##### 29. Petřín Park, Prague 1

*Freely accessible, open all year round*

Petřín Hill above the Vltava, between the Lesser Town and Strahov is among the largest expanses of greenery in the city, and its slopes are an oasis of calm in the centre of Prague. The focal point of the Park is the towering Petřín lookout tower, though you should not overlook a visit to the Seminary gardens, with their 2,100 fruit trees, the charming Rose gardens, or the Carpathian wooden church of St Archangel Michael.

##### 30. Riegrovy sady Park, Prague 2

*Freely accessible, open all year round*

Its relatively small area of 27 acres (11 ha) is densely interwoven with narrow asphalt paths in a pleasing setting. Add to this the interesting vistas of Prague and you have a small, but very nice and accessible park. At peak times there can be plenty of visitors here, since the park is a popular stroll-through. On the other hand, Riegrovy sady is lit and fine to explore even after sunset.

##### 31. Grébovka (Havlíčkovy sady) Park, Prague 2

*Freely accessible, open all year round*

A park inspired by the Italian Renaissance, with a fountain and water cascade, a pond, pavilions, sculptures and a charming grotto, offering distinctive vistas of Prague and places to sit in the charming Viniční wine cellar gazebo, set among vineyards, or in the Pavilion Grébovka garden café, with its distinctive replica of an

original historical skittle-run from the 1870s. The garden makes a representative arboretum – up to 120 tree species (Ginkgo, European ash, Western hackberry, European beech, Balsam poplar and more).

##### 32. Vítkov Hill, Prague 3

*Freely accessible, open all year round*

Vítkov forms the boundary between Žižkov and Karlín. On the hilltop is the monumental equestrian statue of Jan Žižka, part of the Vitkov National Memorial. Despite its small size of under 37 acres (14.93 ha) the park is a popular place with runners and in-line skaters. While in the western part of the hill you walk through a neatly maintained park, going eastward the greenery turns into wilder woodland.

##### 33. Stromovka Park, Prague 7

*Freely accessible, open all year round*

The Royal game park, or Stromovka, is one of Prague's beloved classics. A dense network of asphalt roads, slight elevation and the mood of a lovely woodland park with water features make it an ideal place for summer picnics, walking your four-legged friends and of course, for sports.

##### 34. Letná Park (Letenské sady), Prague 7

*Freely accessible, open all year round*

Letenské and adjacent Chotkovy sady make for a beautiful natural retreat, near the historical centre of the city. The link between Letná and Chotkovy parks is a footbridge over Chotkova street just above the Kramář Villa. Here you can savour wonderful vistas over the city and some excellent beer in cosy local pubs. Although the area is relatively compact and often all-too-popular, locals find no fault with its charm and atmosphere.

##### 35. City of Prague Botanical Garden, Prague 7

*Admission charge, open all year round*

The Botanical garden extends on the right bank of the Vltava over a cascade of terraces and the slopes of the Troja basin. Definitely worth a visit is the tropical greenhouse Fata Morgana, which will teleport you to another climate zone, the historic vineyards of St Claire or the meditative Japanese garden – in all, some 74 acres (30 ha) of maintained show grounds. Needless to say, in the spring months the garden transforms into a fabulous blossoming grove, full of bright colours and unforgettable fragrances.

##### 36. Prague Zoo, Prague 7

*Admission charge, open all year round*

This gorgeous swathe of nature is a popular place for family outings. Thanks to its singular location, Prague Zoo ranks among the most beautiful zoos in the world. Apart from watching cute animals of all shapes and sizes, you can take a ride on the cable car, climb to the Obora lookout or visit the gaming and relaxation complex of Bororo Reservation. The little ones will appreciate the Children's Zoo where they can stroke or even feed pet animals.





A horizontal number line with tick marks at 0, 200, 400, 600, 800, and 1000 m.

