



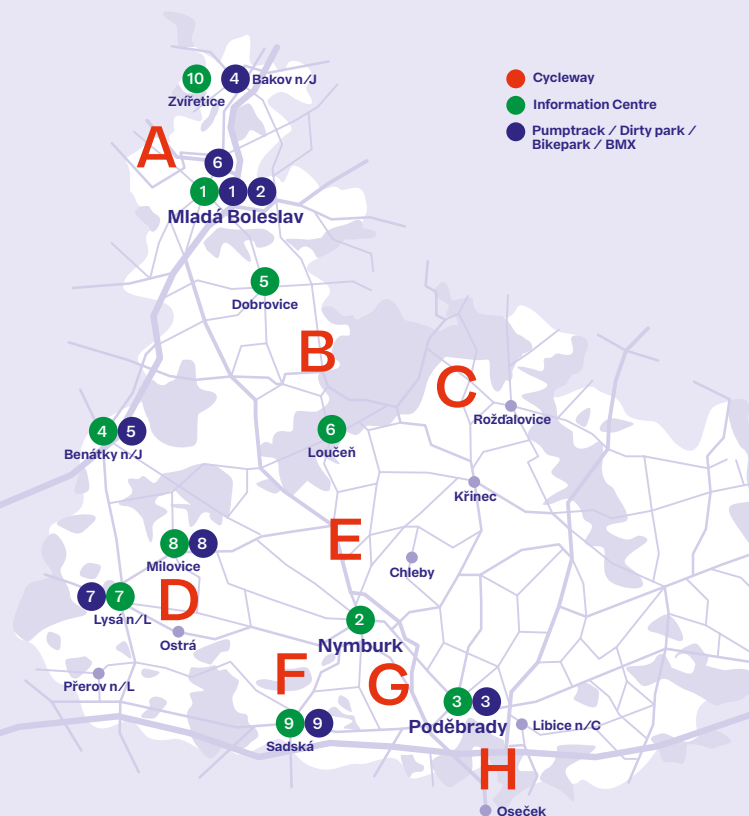
CYCLING TRIPS



Dear cyclists,

we would like to introduce you to eight cycling tours in the tourist Pojizeří and Polabí region. The trips are easy, as the landscape between Labe and Jizera rivers is comfortably flat. But you can conquer the low hills in the vicinity of Mladá Boleslav. To make your trips more interesting, you will also find a list of freely accessible pump tracks and bike parks. On the last page of our leaflet, you can see a list of Tourist Information Centres in the Pojizeří and Polabí regions, where they will be happy to help you with the details of your chosen trip or with finding suitable accommodation.

The team of Pojizeří and Polabí would like to wish you a happy trip and many great cycling experiences.



Pojizeří a Polabí, NPO

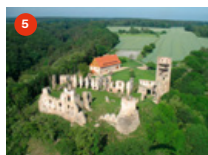
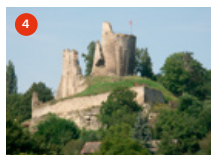
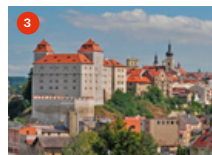
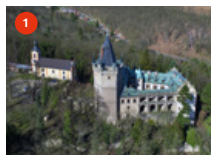
A Komenského náměstí 61 / 293 01 Mladá Boleslav I

E info@poapo.cz / T +420 602 282 561

Around the ruins above the Jizera Greenway to Mladá Boleslav

KRNSKO → VINEC → MLADÁ BOLESLAV → PODLÁZKY → DEBŘ → PODHRADÍ → BAKOV NAD JIZEROU → TRENČÍN → STUDÉNKA → DOLNÍ STAKORY → VALY → PLAZY → ŘEPOV → MLADÁ BOLESLAV, MĚSTO TRAIN STATION

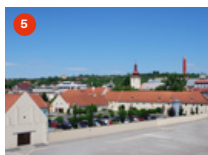
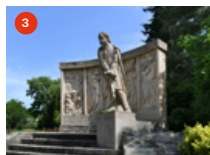
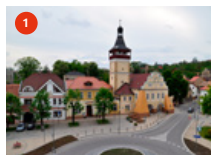
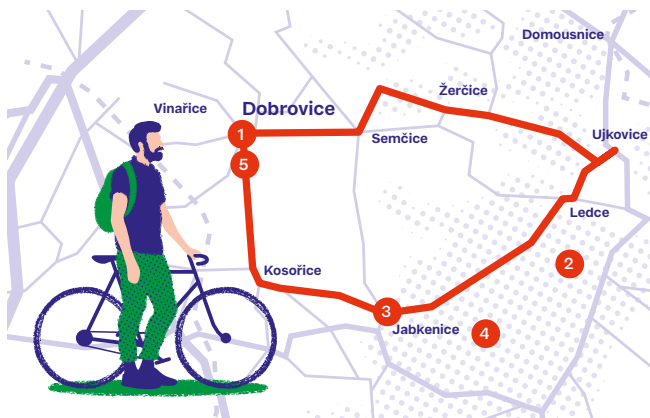
The trip starts in Krnsko, under the unique viaduct and the reviving **castle Stránov** **1**. As we follow the Jizera Greenway (cycling trail No. 17) to Vince, we can see the Romanesque **church of St. Nicholas** **2**, which dominates the left hillside. We continue along the cycling trail No. 17 to Mladá Boleslav, where we are welcomed by the majestic **castle** **3** on the ravine, the seat of the Regional Museum of Mladá Boleslav. We follow the course of the Jizera River to the ruins of **Michalovice Castle** **4** and further to Podhradí, above which the ruins of **Zvřetice Castle and Château towers** **5**. From the Jizera Greenway turn onto the 8155 line to Bakov nad Jizerou, where you can take a swim and follow the same line through Dolní Stakory, Valy, and Plazy to Řepov. Here connect to route No. 8148, which leads to Mladá Boleslav. You can follow the city cycleways through the historic center of the city or take the shorter line along Ludvík Kalma and Volkhard Kohler Avenue directly to the ŠKODA Museum.



Through Svatojiřský forest

**DOBROVICE → ÚHERCE → SEMČICE → ŽERČICE →
KOBYLNICE → UJKOVICE → LEDCE → JABKENICE →
KOSOŘICE → DOBROVICE MUSEUMS**

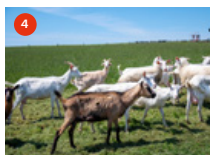
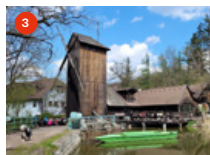
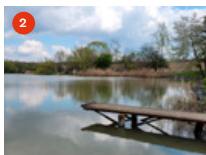
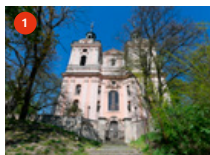
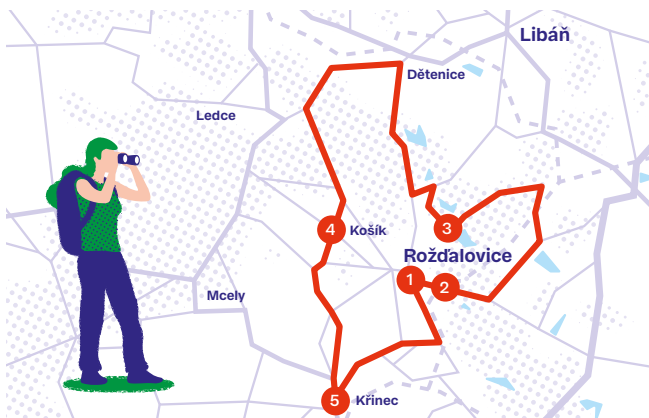
Take the 8154 route to the village of Ujkovice from **Dobrovice** 1. Turn onto the road to Ledce, and connect to cycle route 8147 there, leading through the **Svatojiřský forest** 2. The forest path will lead you to Jabkenice, where you can see the **Bedřich Smetana Memorial** 3 or take a “Smetana’s Walk” in the **Jabkenice** game enclosure 4. The cycleway will take you on the field path to Kosořice. Follow the 3rd class road to Dobrovice here. You can end your trip by visiting the reconstructed 16th-century farmstead, which forms the complex of **Dobrovice Museums** 5. The Museum of Sugar Industry, Distilling, Sugar beet Industry and Town of Dobrovice Museum are in close proximity to the Czech oldest, largest, and most modern sugar refinery.



The surroundings of Rožďalovice

ROŽĎALOVICE → MLÝNEC → KAMENSKÝ DVŮR → BUČICKÝ MLÝN → HASINA → BRODEK → DĚTENICE → TUCHOM → KOŠÍK → DOUBRAVANY → ŽITOVlice → KŘINEC → PODLUŽANY → LEDEČKY → VINIČNÁ LHOTA → ROŽĎALOVICE

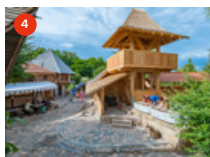
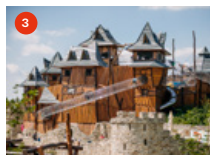
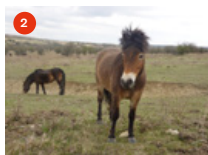
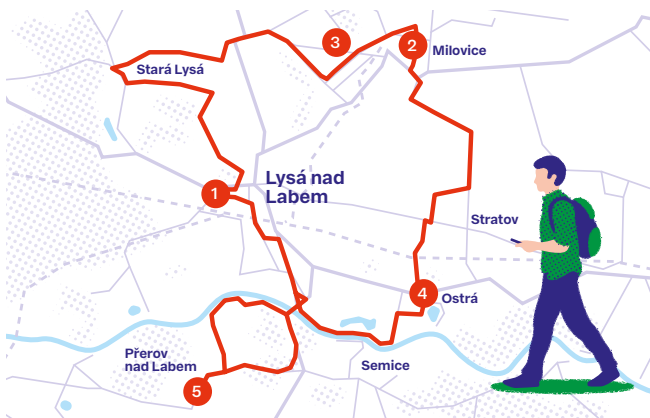
This cycling tour starts at the **Rožďalovice 1** railway station, take the cycle route 4288 to the Kamenský Dvůr solitary house from here. Pass the **Třeboň pond 2** and Horní pond on the way, and then pass through the village of Mlýnec with the Zrcadlo pond (the largest of all Rožďalovice ponds). Leave the marked cycling route at the solitary house and turn left along the wide forest path towards **Bučice mill 3**. Although the road to Hasina turns right before the mill, we would like to recommend you go a little further up the road to the mill for delicious refreshments or just to enjoy the historic buildings. In Hasina, line with the 4368 cycle route via Brodek to Dětenice (the Château and the famous medieval tavern). Then take the 8154 from Dětenice towards Prodašice. Right before the village turn left through Tuchom, **Košík 4** (bio farm and a restaurant), Doubravany, and Žitovlice where you will get to **Křinec 5**, at the Château there turn onto the road No. 27523 to Podlužany then through Leděčky and Viničná Lhota back to Rožďalovice.



From Lysá nad Labem to see aurochs, herbs, and crafts all the way to the open-air folk museum

LYSÁ NAD LABEM → STARÁ LYSÁ → BENÁTECKÁ VRUTICE → MILOVICE → STRATOV → BOTANICUS IN OSTRÁ → PŘEROV NAD LABEM → LYSÁ NAD LABEM

Take the cycle route 37 from Lysá nad Labem, known for its Château with a beautiful **Baroque garden** 1, through Stará Lysá and Benátecká Vrutice up to Milovice, where you can observe aurochs and wild horses right in their **reserve** 2 or visit the **Mirakulum** family park 3, where you can have fun all day long. Then continue around Strátov and follow the blue-marked hiking trail to Ostrá, where you can take a swim in the lake or make candles, soap, and other things in the traditional way at the **Botanicus** Craft Centre & Herb Gardens 4. The Elbe Trail (cycle route No. 2) will take you back to Lysá nad Labem. However, we recommend about 6 km long detour along cycle route No 0019 on the other bank of the Elbe River to Přerov nad Labem, you should visit the open-air **folk museum** 5 of the Polabské Ethnographic Museum here. To enthusiastic cyclists, we recommend following the route through Čelákovice and Lázně Toušeň to Brandýs nad Labem, where you can also see a beautiful Château.



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From Lysá nad Labem to
see aurochs, herbs,...

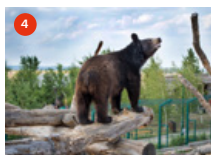
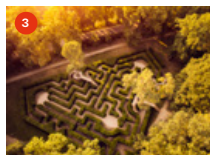
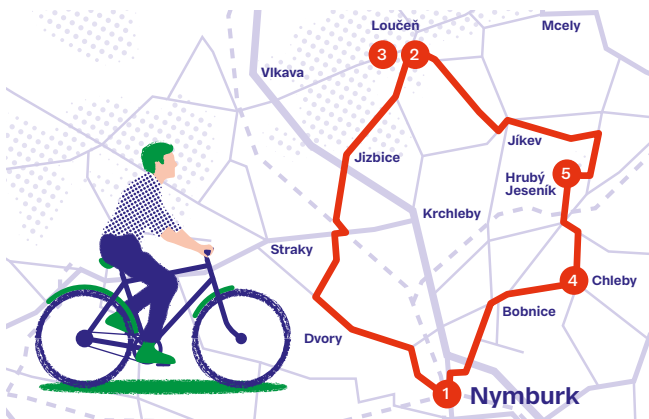
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36 km

From Nymburk to the ZOO and to the Loučeň Castle

NYMBURK, MAIN TRAIN STATION → BOLESLAVSKÁ AVE. → ZA ŽOSKOU ST. → CHLEBY → HRUBÝ JESENÍK, ROMANKA → JÍKEV → LOUČEŇ → JIZBICE → ČILEC → DVORY → NYMBURK

We would like to recommend this trip from **Nymburk** ① to the Chleby Zoo and the **Loučeň Castle** ② with its unique **Labyrintharium** ③ to families with children. It is ideal to start your journey at the Nymburk central train station, then continue along Boleslavská Avenue and Za Žoskou street towards Bobnice and to Chleby (roads Nos. 27517 and 33017). The **Chleby Zoo** ④ is one of the smaller private Czech zoos. It is gaining popularity, unlike its giant competitors, mainly, thanks to allowing visitors closer contact with the animals. The next stop is Hrubý Jeseník (road No. 33015), known especially for the **Romanka lookout tower** ⑤, which is among the lowest-placed ones in the Czech Republic. From the village of Jíkev (reachable by roads Nos. 2751, 32925, 27517) it is just a short ride along an unpaved road to **Loučeň Castle** ②, where you can take a tour of this aristocratic mansion. The best way back to Nymburk is through the forest to Jizbice, then along the unpaved roads to Čilec, then along road No. 3323 to Dvory, and back to Nymburk.

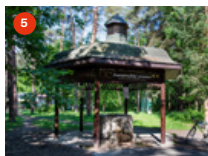
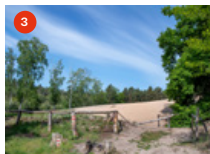
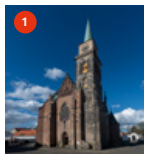
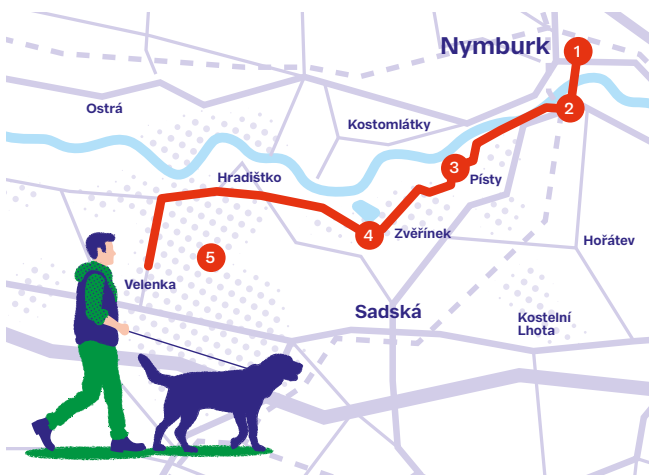


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From Nymburk to the ZOO
and to the Loučeň Castle

From Nymburk to Kersko

NYMBURK, PŘEMYSLOVCŮ SQUARE → NYMBURK BREWERY → PÍSTY → SADSKÁ → HRADIŠTKO → KERSKO

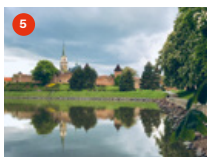
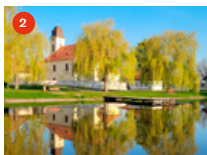
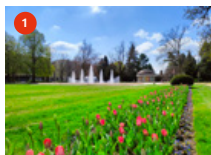
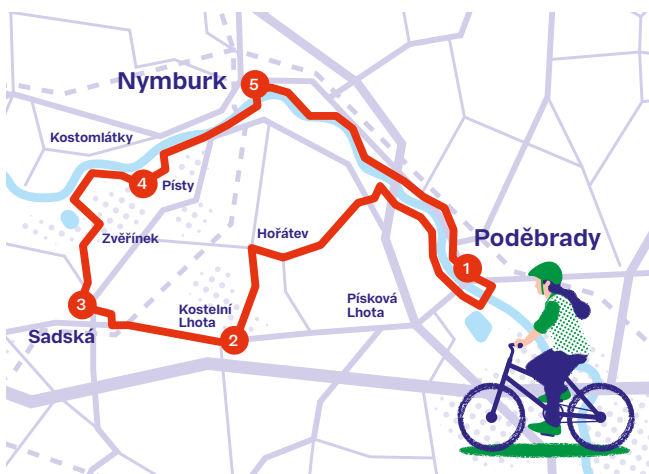
Follow the tracks of Czech writer Bohumil Hrabal. You can start your journey on foot or ride your bike from Nymburk and reach Kersko, where the writer lived in his cabin and created his literary works for a significant part of his life. Take a photo on the bench “Sitting with Bohumil Hrabal”. On the square in Nymburk, or admire the view from the **tower of the Church of St. Giles** **1**. On the way (cycle route No. 0019), you can take a break and have a beer in the kiosk of the **Nymburk Brewery** **2** and look at the memorial plaque, which is placed on the building of the malthouse at the height of “where dogs pee”. Continue your journey through **Píсты** **3**, where you can see a unique overflow of sand. You will reach **Sadská**, where you can take a dip in the local lake **4**. Following forest paths and unpaved roads, you will get to Kersko where you can visit the grave of the Hrabal family. And from there it is only a short ride to **Kersko** **5**. Kersko is enriched with an educational path, which will lead you through interesting spots. You should definitely end your journey with a treat in the Hájenka restaurant.



From Poděbrady through Sadská to Nymburk

PODĚBRADY → CHVALOVICE → HOŘÁTEV → KOSTELNÍ LHOTA → SADSKÁ → PÍSTY → NYMBURK → PODĚBRADY

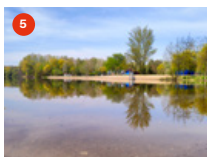
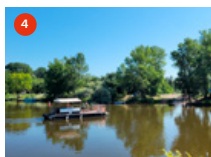
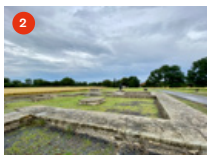
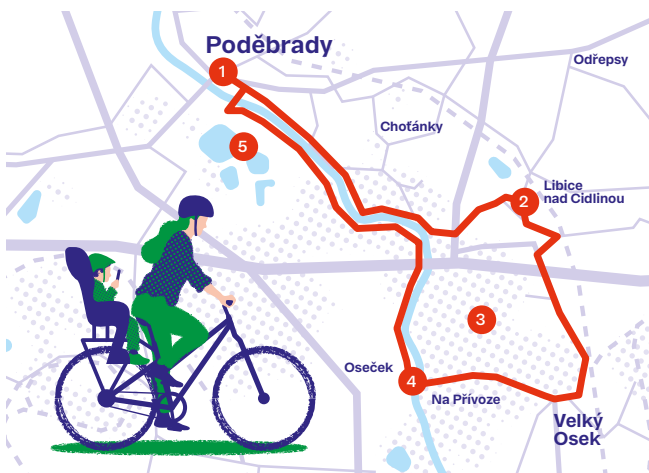
From the railway station in **Poděbrady** **1** (spa colonnade, Château, The Monument of King George of Poděbrady) go through Rieger Square, then down Palackého Street past the Church of the Exaltation of the Holy Cross to the canal lock. Cross the Elbe to the left bank on the cycle route No. 0019. After 4 kilometers, turn left onto cycle route 0124. Pass through the village of Chvalovice, through Hořátev to **Kostelní Lhota** **2**, and there turn right onto the cycle route No. 8240 heading to **Sadská** **3**. There you can continue along the local road to the Jezero sand quarry (swimming, grassy shores), and go around it from the right-hand side on the cycleway No. 8240. You can reach the Elbe River there and then pedal upstream via cycling route 0019 to **Písty** **4** (sand overflow). Then continue along cycle route No. 0019 to **Nymburk** **5** (St. Giles's Church, brick walls). Cross over to the other side of the Elbe River and merge with the Elbe cycle path (also No. 2, EV4), you will return to Poděbrady by continuing steadily upstream.



From Poděbrady to Oseček ferry

PODĚBRADY → LIBICE NAD CIDLINOU → VELKÝ OSEK → OSEČEK → PODĚBRADY

The starting point of this bike tour is **Poděbrady**, the spa town **1**. Take the Elbe Trail No. 2 to the confluence of the Elbe and Cidlina rivers, where the dock of the popular restaurant and cruiser is located. Continue past the Slavník stronghold through **Libice nad Cidlinou** **2** to Velký Osek. Via the national nature reserve **Libický Luh** **3**, which is the largest riparian forest in the Czech Republic, you will reach the hamlet of **Oseček** **4**. A ferry departs to the other side of the Elbe from here – every weekend in May and September and during the summer holidays daily. Refreshments are available in the restaurant and bistro by the river. Follow the unpaved path (blue marked hiking trail) for 6.5 km back to Poděbrady. Before you'll return to the center of Poděbrady, you can enjoy a swim in the **Poděbrady lake** **5**. This easy line is suitable for children and also for less experienced cyclists.



Pumptrack / Dirty park / Bikepark / BMX

FREE-ACCESS AREAS FOR JUMPING
AND FREESTYLE RIDING BMX/MTB

- 1 Mladá Boleslav – Bikepark at Štěpánka**
Štěpánka st.
- 2 Mladá Boleslav – Municipal skate park Radouč**
Debř / 5 května st.
- 3 Poděbrady – Dirtpark / Bikros, BMX**
Pod Topoly st.
- 4 Bakov nad Jizerou – Pumptrack VČAS**
Žižkova st.
- 5 Benátky nad Jizerou – Bikros**
Kbel / U motokrosu st.
- 6 Kosmonosy – MBC Bikepark**
ŠkoEnerg complex
- 7 Lysá nad Labem – Shibak bikepark / Singletrack**
K Šibáku st. / Šibák Crossroads
- 8 Milovice – Bikros**
Školská st.
- 9 Sadská – Pumptrack**
K Cyklostezce st.



Tourist Information Centres (TIC) in Pojizeří and Polabí region

1 TIC Mladá Boleslav

Železná 107

293 01 Mladá Boleslav

T +420 326 109 402

E infocentrum@kulturamb.cz

2 TIC Nymburk

Nám. Přemyslovců 165

288 02 Nymburk

T +420 325 501 104

E infocentrum@meu-nbk.cz

3 TIC Poděbrady

Jiřího nám. 19

290 01 Poděbrady

4 IS Benátky nad Jizerou

Zámek 50

294 71 Benátky n/Jizerou

T +420 736 235 436

E infocentrum@benatky.cz

5 TIC Dobrovická muzea

Palackého nám. 2

294 41 Dobruška

T +420 725 871 072

E mu.recepce@tereos.com

6 IC Zámek Loučeň

Loučeň 1

289 37 Loučeň

T +420 727 900 616

E infocentrum@zamekloucen.cz

7 TIC Lysá nad Labem

Husovo nám. 23

289 22 Lysá n/Labem

T +420 601 323 046

E ticlysanadlabem@polabi.com

8 TIC Milovice

Nám. 30. června 508

289 23 Milovice

T +420 325 517 110

E tic@mesto-milovice.cz

9 TIC Sadská

Palackého nám. 257

289 12 Sadská

T +420 325 594 329

E kic.sadska@email.cz

10 TIC Zvířetice

Podhradí 14

294 01 Bakov n/Jizerou

T +420 326 210 230

E info@zviretice.cz

Publisher Pojizeří a Polabí, NPO / ID 08389349 / **Publication** first (2023)
Edition of 2 000 pcs / **Print** fronte Ltd. / **Photographs** from the archive of
 Pojizeří a Polabí, NPO / **Front page photo** "The path of the Elbe"; src: archive of SCCR,
 Martin Špelda, Partnerství, CT / **Graphic design** Pavel Ševčík (www.purple.cz)
Translation Jana Mentbergerová