

Women With Wings  
TRAVEL

presents

# CZECH REPUBLIC

## Gentle Treks - Prague and Beyond

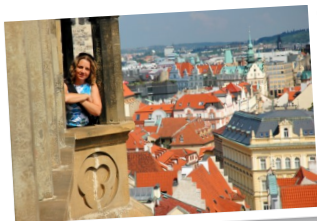
September 6 - 16, 2015



### Join Jennifer Hewlett ~

founder of Fresh Air Life, the leader in outdoor health and wellness for women on the west coast. Jenn is passionate about women, wellness + wilderness.

For 17 years, she has been on the secret trails of Vancouver's North Shore inspiring, motivating and educating women to live a "fresh air life".



This idyllic corner of Europe offers many delightful places to explore – especially on foot. UNESCO World Heritage Sites, pastoral countryside, ancient picturesque towns, vineyards (including a local wine Harvest festival) – these are just a few of our highlights.

Join Women With Wings walking guide Jennifer Hewlett on this Bohemian adventure!



### SUN, SEP 6th PRAGUE

Arrival in Prague Airport – you will be met by our guide and transferred to the hotel in the heart of Prague. In the late afternoon enjoy a short walk to **Wenceslas Square, Republic Square** and then onto our **welcome dinner** at the **Art Nouveau Municipal House. (D)**

### MON, SEP 7th PRAGUE

After breakfast we begin exploring Prague (UNESCO world heritage) from the **Old Town Square** – famous for the Astronomical Clock, a stone's throw from our hotel. Winding through medieval streets and over the **Charles Bridge** we reach **Mala Strana (Lesser Town)** with its baroque palaces, churches and gardens.

The historic funicular will bring us to the **Restaurant Nebozizek for lunch**. Here we enjoy the gorgeous views of over a hundred spires of Golden Prague. After the lunch we'll walk along the panoramic route through Petrin Gardens to the Strahov Monastery. Also included this afternoon will be a visit to the **Hradcany District** with the **Prague Castle**, St. Vitus Cathedral, Royal Gardens, Ancient Royal Palace, St. George's Basilica and the picturesque Golden Lane. Dinner at our hotel. **(B,L,D)**

**TUE, SEP 8th  
PRAGUE - TREBON**  
This morning we depart by bus to the South Bohemian ponds region. The little renaissance spa town of **Trebton** will be our home for the next 3 days.

Our hotel is on the picturesque main square. After a short visit of the historic center and lunch, we begin our first 12 km hiking tour around the **Svet Pond** - one of the largest artificial lakes (UNESCO Biosphere Protected Area). There are interesting attractions on the way such as the Tomb of the Schwarzenberg family. **(B,L,D)**

### WED, SEP 9th TREBON & CESKY KRUMLOV

Today we visit a UNESCO world heritage site - Cesky Krumlov, the Pearl of South Bohemia. To add to today's adventure, we will take an old little cable car to **Mount Klet** (1,083 m) and hike down across the forest path to **Cesky Krumlov** (approx. 6 km downhill). After our lunch in Cesky Krumlov, we will explore



this little medieval jewel. Cradled on a bend of the Vltava River with its winding narrow alleys, medieval houses, churches and the biggest Renaissance castle in Bohemia. On the way back to Trebon we stop in the South Bohemian capital **Ceske Budejovice** to explore another beautiful ancient town with the biggest historic square in central Europe. During dinner, we will experience the famous Budvar beer, which is produced here. **(B,L,D)**

**THU, SEP 10th  
TREBON & NOVE  
HRADY HILLS**

Today we head to **Zumberk**, on the Austrian border - an amazingly preserved walled fortress. From here, we take a nature trail (approx. 7 km) in **Nove Hradý Hills** through a romantic park called **Tereza Valley**. Lunch is at a Castle in **Nove Hradý**. On our return, we have the option to hike another 5 km trail at St. George's Valley or come back to Trebon earlier and enjoy the spa treatments in the hotel Wellness Center. **(B,L,D)**

**FRI, SEP 11th  
TREBON - JINDRICHUV  
HRADEC - TELC /  
SLAVONICE - ZNOJMO**

On the way to Znojmo, our home for the next 2 days, our first we stop will be in **Jindrichuv Hradec** - the third largest Bohemian Castle and Chateau complex. The surrounding region area is called **Czech Canada**. Depending on our timing, we will decide as a group if we will visit: **Telc** (UNESCO site) or **Slavonice**. Lunch on the way to Znojmo - home of the **ZNOJMO WINE HARVEST FESTIVAL**.

We will arrive in time for the opening ceremonies. We will enjoy an afternoon visiting beer halls and wine bars, a medieval market, street theatres, sword fighting, ethnic street performance in Znojmo. We will delight in sampling delicacies from old Czech recipes, wine and burcak (young wine, like Heuriger) and other Moravian specialties. There will be an historical procession in ancient costumes through the town commemorating the arrival of King John of Luxembourg to Znojmo in 1327. This rich cultural programme traditionally culminates in a fireworks display. **(B,L)**

**SAT, SEP 12th  
ZNOJMO**

Our hike today is along the **ancient Roman wine road** through vineyards and we will taste the best.

Moravian wines in the Region. Stopping like the medieval pilgrims at the mysterious St. Wolfgang Church in Hnaniky, we will visit the unique **Painted Cellar in Satov** (approx. 13 km). Wine tasting and lunch is in one of the typical wine cellars. As we return to Znojmo, we will have the chance to enjoy the Wine Harvest festival one last time. **(B,L)**

**SUN, SEP 13th  
ZNOJMO - LEDNICE /  
VALTICE - MIKULOV**

Today we leave Znojmo and continue to the east. Our hiking tour takes place in another region included on the Unesco Heritage List:

**Lednice-Valtice Area**, also known as the "Garden of Europe".

The Lichtenstein **Chateau of Lednice** is surrounded by an English style park—with lakes, garden and a large palm greenhouse and other romantic buildings. We travel by boat on the old river to the artificial ruin of Janohrad Castle, and back by foot to the chateau along a tourist path (approx. 6 km).

After checking in to our hotel in **Mikulov**, we can explore this little gem dominated by it's Renaissance architecture, as well as the Dittrichstein tomb, Jewish heritage sites,

## Tour Inclusions

- Women With Wings tour escort, Jennifer Hewlett will accompany the tour
- 10 nights in unique 4 Star Accommodation
- Meals as specified in the itinerary
- An English speaking guide that will accompany you throughout the tour
  - Private coach for transfers and touring
  - Local taxis
  - Two funicular rides
- Sightseeing boat cruise
- Entry fees as specified in the itinerary
- Entrance passes to the Wine Harvest Festival
  - Women With Wings soft touches and happy surprises

## Tour Exclusions

- International airfare
- Personal expenses (laundry, telephone, shopping, wine...)
- Tipping/Gratuities for tour guides and drivers
- Meals not described in the itinerary
- Out of country medical & trip cancellation insurance

and wine cellars. The rest of the afternoon, we will climb to the pilgrimage church atop the **Holy Hill** and enjoy a splendid view of the town of Mikulov. Dinner with cimbalom music and dancing is in a special cave wine cellar. **(B,L,D)**

### MON, SEP 14th MIKULOV

Hiking today is across the **Palava Hills** - which is one of the most attractive parts of the South Moravian countryside (UNESCO Biosphere Reservation). Along the "**Palava Hills Trail**" you will marvel at the white limestone masif with caves and chasms . There are fabulous views onto the fertile plains full of vineyards and orchards and to Novomlynske Reservoirs. Today's hike is more strenuous than the previous ones (12-15 km) but it is possible to take our bus if you need a break!

ITINERARY  
continued



Late lunch at the **Fishermen Bastion** by the dam reservoir. Return to Mikulov by bus. **(B,L)**

### TUE, SEP 15th MIKULOV - BRNO - PRAHA

After breakfast we depart for the Moravian capital **Brno**. We have an easy hike today in the **Moravian Carst** region combining walking, tourist train, funicular and eventually taking a sightseeing cruise on a small boat on the underground river visiting

**Punkva Caves** with stalagmite and stalaktite formations. We reach the bottom of the 138 m deep **Macocho chasm** which can also be seen from the Upper Bridge - close to the restaurant where we have lunch. Tonight is our farewell dinner. **(B,L,D)**

### WED, SEP 16th

All good things must come to an end, and today you head home or onward to your next adventure... **(B)**

LAND ONLY  
COST

Women With Wings

**CAD \$3,795 per person**

Based on twin occupancy

Single supplement \$425 CAD.

A non-refundable deposit of \$750 CAD is due at time of booking.

Final balance is due June 17, 2015.

We require a minimum of 12 ladies by January 15, 2015.

## CONTACT US:

For more information or to book, please contact Cindy at (604) 926-8511 or [cindy@trvlconcepts.com](mailto:cindy@trvlconcepts.com)