



ROUTES FOR RUNNERS/JOGGERS



For athletes, runners who need their dose of healthy movement every day. Here are few tips and circuits for better orientation.



Circuit 1,6 km

A shorter circuit for a good feeling before breakfast or dinner.



Circuit 4,3 km

Along the road a little above Velká Úpa, across the river and past the chapel on the „old road” back to Pec pod Sněžkou. Also ideal for a walk with a stroller.



Circuit 9 km

A slightly more demanding route with a significant elevation profile, for demanding athletes.



Circuit 19,6 km

When you are in training for a marathon and you don't mind hills... Half of the route is on a classic road.





Regenerate and relax in Krkonoše wellness

Relax in saunas, hot tub, Kneipp path, or an experience shower in Krkonoše wellness. You can book 45 minutes in a private jacuzzi and enjoy it with a bottle of prosecco or a bowl of fruit.



**KRKONOŠE
WELLNESS**



Book a massage online and give your muscles the regeneration they need.



MASSAGES



APARTHOTEL
SVATÝ
VAVŘINEC

