

Czech - Poland - Prague to Krakow (2025) Self-Guided/ Guided

12 Days / 11 Nights or 9 Days / 8 Nights



Come ride with us to explore Prague and Krakow - the ancient capitals of the Czech Lands and Poland - and the unique cultures between them. This important route is framed with 6 UNESCO world heritage sites, numerous castles and plenty of little towns and hidden villages! The tour starts with a pedal from Prague to the Elbe River to follow it upstream. On the way we do not miss the famous Kutná Hora, once the largest silver mine in Europe, nowadays charming medieval town! Departing the Elbe, the route offers us colourful towns like Litomyšl or Moravská Třebová and mighty castles crowned by the fairytale-like Bouzov. Crossing the wooded and peaceful highlands, we descend to the old Moravian capital Olomouc. Integral to Central European history, this beautiful city is sometimes called "The Small Prague". Next we meander to the foot of the Beskydy mountains, enjoying their fantastic panorama before the route introduces us to picturesque towns like Hranice or Štramberk. Entering Poland through the Těšínsko region, we bike this lake-filled land to admire the old town of Pszyna with its chateau and



open air museum. Recent history obliges us to visit Oswieczim (Auschwitz) with its dreadful WWII history and nearby Nazi concentration camp. From here we continue through gentle landscapes along the Amber trail to the historical capital Krakow to admire its old town and the regal Wawel castle.

Itinerary 12 Day Option

Day 0 Arrival in Prague - not included in tour price!

This day is yours to explore Prague, the "Paris of the Central Europe" If time is not your worst enemy, we do propose you stay in Prague more days to fully explore its beauty and hidden corners. Feel free to ask us about more nights or other attractions!

Hotels: Night in Prague is not included as most of our guests prefer to stay more nights. We recommend to use one of our standard partner hotels (3/4/5* Standard) as our route description, GPS files, maps etc. starts from there. If you decide to book your own hotel additional 20 € administration fee will apply.

Please note we require hotel with 24/7 reception + bike storage room. We do not accept Air B&B accommodation and it will be your responsibility on day 1 to find way by bike to our starting point.

Day 1 Prague - Nymburk Distance: 63 km / 39 miles (from Prague city centre)

Prague's urban planners were certainly forward-thinking — part of our bike route follows right atop the metro tunnel! Escaping Prague, we bike north east towards the fertile Polabí region, stopping on the way in the old towns of Čelákovice and then Přerov nad Labem, home of the oldest village culture museum in Europe. On a hot day, take the chance to swim in a local lake before we arrive at the old royal town of Nymburk with ancient walls bordering the Elbe, While here we must taste the local Postřižiny beer to commemorate the Czech writer Bohumil Hrabal who grew up in the local brewery!

Day 2 Nymburk - Kutna Hora Distance: 42 km / 26 miles

Description of the day: On a pleasant and easy bike trail we'll roll along the river to the spa town of

Poděbrady and continue to the royal town of Kolín with its ornate Renaissance synagogue. From Kolin we will leave the Elbe River and bike to one of the UNESCO Heritage sites on our "todo list" – the old silver mining capital, Kutná Hora. Through the Middle Ages it was one of the most important towns in Europe, extremely rich due to its mines, coin mint and location on trade routes. Thanks to all this we can relax in the cozy old town comprised of fascinating Medieval and Baroque structures. Crowning it all is the stunning St Barbara's church – a real jewel of Gothic architecture! Option B: In the





morning you will be transferred by train/car from Prague to Nymburk – from here we will continue as per itinerary.

Day 3 Kutna Hora - Pardubice Distance: 56 km / 35 miles

Description of the day: Before we leave Kutná Hora we will visit an extraordinary venue – the Sedlec ossuary, whose decorations were created using the bones of more than 30 000 people, making it a curious and macabre exhibition. Just before we return to the Elbe, we can visit a lovely Classical-style chateau, Kačina. Rejoining the river we pedal to the Kladruby national stud farm, which has produced



exceptional horses for the Habsburgs since the 16th century. In the afternoon we'll bike along the Buňkov lake, taking a pause to relax on the beach or even swim . Today's last stop is the medieval town of Pardubice. A charming, quiet old town with a nice chateau and old lanes, but home of the SEMTEX plastic explosive too. For those looking for something sweet - you've found it! - Pardubice is the Czech capital of traditional gingerbread.

Day 4 Pardubice - Litomysl Distance: 62 km / 39

Description of the day: As we leave Elbe river, we meet our first gentle hills and the mighty castle Kunětická Hora. Little detour and climb up the majestic hill is definitely worth a try! After a pause we reach the river Loučná, following it to the village of Vraclav and its memorial to the Vršovec noble family. Next stop is the town of Vysoké Mýto: Today the hub of bus construction, its much longer history is displayed by a beautiful town square and nicely preserved city gates. Today's lodgings are in the UNESCO-protected town of Litomyšl, home of a fantastic Renaissance chateau with stunning gardens. Litomyšl is also the birthplace of the renowned composer Bedřich Smetana, a man celebrated every year with a classical music festival - a highlight of the Czech cultural calendar.

Day 5 Litomysl - Moravska Trebova Distance: 44 km / 27,5 miles

Description of the day: This day we say good-bye to Bohemia, crossing the historical border to Moravia as we bike the gap between the Bohemian-Moravian Highlands in the south and the Eagle Mountains in the north. We can admire the Renaissance town of Svitavy with its beautiful square and explore the history of its most famous resident, the locally-dislike Oskar Schindler. From here we do have to climb over the Hřebeč range, but our route soons descends easily towards our lodging in the town of Moravská Třebová. This little town has a fantastic Renaissance chateau, one of the best examples of that in the whole Moravia.



Day 6 Moravska Trebova - Olomouc Distance: 68 km / 42,5 miles

Description of the day: Our day starts nice and easily on the River Třebůvka, Still skirting the old border between Bohemia and Moravia, there is a high density of castle ruins, mostly just a couple of stones today. But when we do leave the river we meet the biggest of today castles – Bouzouv, one of the most romantic places in the Czech Republic. Shortly afterwards we leave the highlands and descend to the River Morava which more or less guides us through the rest of the day. If you are interested in reaching our lodgings more quickly in the UNESCO city of Oloumoc, feel free to take the train; otherwise enjoy the bike route along the meandering river. The ancient capital of the Moravia Empire, Olomouc rewards it visitors with fascinating sculptures, dramatic churches, and a communist-era astronomical clock.

Day 7 Olomouc - Hranice/Teplice nad Bečvou Distance: 58 km / 36 miles

Description of the day: Today we follow the Bystřice river. First we reach the Tršice region with its beautiful views of Svatý Kopeček (Holy Hill). Arriving in Přerov we reach the Bečva river and following the nice bike trail upstream. In Lipník we can admire the town center complete with a castle and extraordinary gardens, or we can make a detour up the hill to the mighty Helfštýn castle. Further upstream we reach the town of Hranice with its Renaissance square. On the other bank of Bečva we can relax in the local spa Teplice nad Bečvou.



Day 8 Hranice/Teplice nad Becvou - Stramberk Distance: 42 km / 26 miles

Description of the day: This day is one of the most demanding but interesting of our whole tour. The closer we get to Czech-Polish-Slovakian border, the more castles, castle ruins and historical towns we will meet. In the morning we follow the Bečva river for some last kilometers before the route turns uphill to discover some nice views of Starý Jičín and its castle ruin. Next stop is Nový Jičín with its picturesque old town and funny fountain on the square. From the town we continue up and down with some early views of the Beskydy mountains till we get to Štramberk. This lovely little town, with wooden houses and a mighty castle tower above it, is know for it's gourmet Štramberk Ears!

Day 9 Stramberk - Cesky Tesin Distance: 64 km / 40 miles

Description of the day: Right after we leave Štramberk we enter the small town of Kopřivnice - home of the famous Tatra trucks. Next stop in this rather hilly morning is Hukvaldy, a small town overlooked by a mighty castle. Most of all the town is known as birthplace of the innovative 19thcentury composer Leoš Janáček, whose house borders the bike route! After that we follow the small river Ondřejnice to the twin



town of Frýdek-Místek just in time for lunch. In the afternoon we bike along the Žermanice lake, a nice spot for a swim! Arriving even before we dry out, we stay in the border town(s) of Český Těšín/Cieszyn.

Day 10 Cesky Tesin - Osvetim Distance: 79 km / 49 miles

Description of the day: In the morning we cross the border and start the Polish part of our journey. The small roads gently meander away from the mountain views behind you. First stop is the small town of Skoczow where we join the Wisla river. From there on we bike through a land of lakes crowned by the mighty Goczalkowicke dam to the historical town of Pszyna. Here you can visit a nice chateau and the regional museum or the Zubr (European buffalo) nature park. We will conclude our day in nice historical town of Oświęcim, sadly known for the nearby WWII concentration camp Oświęcim/Auschwitz.

Day 11 Osvetim - Krakow Distance: 84 km / 52 miles

Description of the day: On this last day of our bike tour we will continue along the River Wisla upstream to the historic town of Lipowiec. Here we can climb to a majestic castle ruin or visit the town's open air museum. From here the route climbs a couple hills to reward us with wonderful views of the surrounding countryside. Next stop on the way will be the monastery in Alwera or the cave complex in the protected nature area near Baczov. We will conclude our day and whole tour in the historical town Krakow, known as the seat of Polish kings and archbishops. TIP: Those willing to visit memorial site and museums in concentration camp Auschwitz can shorten or skip their bike ride with a train transfer to Krakow.

Day 12 Krakow

Description of the day: We highly recommend you take time to tour this magnificent city, the former capital of the Polish kingdom full of picturesque places and buildings. If you have more time, we highly recommend trip to impressive historical salt mines, located only short ride from the town!

Itinerary 9 Day

Day 0: Arrival to Prague

This day is yours to explore Prague, the "Paris of the Central Europe" If time is not your worst enemy, we do propose you stay in Prague more days to fully explore its beauty and hidden corners. Feel free to ask us about more nights or other attractions!

Hotels: Night in Prague is not included as most of our guests prefer to stay more nights. We recommend to use one of our standard partner hotels (3/4/5* Standard) as our route description, GPS files, maps etc. starts from there. If you decide to book your own hotel additional 20 € administration fee will apply.

Please note we require hotel with 24/7 reception + bike storage room. We do not accept Air B&B accommodation and it will be your responsibility on day 1 to find way by bike to our starting point.



Day 1: Prague – (Nymburk) – Kutná Hora! 42 km + 260 m

In the morning you will be transferred by car from Prague to Nymburk (approximately 1 hour). This ancient town situated on Elbe River is surrounded by one of the best preserved medieval city walls in Czech Republic. From here we will continue by bike on a pleasant and easy bike trail. We'll roll along the river to the spa town of Poděbrady and continue to the royal town of Kolín with its ornate Renaissance synagogue. From Kolin we will leave the Elbe River and bike to one of the UNESCO Heritage sites on our "to-do list" — the old silver mining capital, Kutná Hora. Through the middle Ages it



was one of the most important towns in Europe, extremely rich due to its mines, coin mint and location on trade routes. Thanks to all this we can relax in the cozy old town comprised of fascinating Medieval and Baroque structures. Crowning it all is the stunning St Barbara's church – a real jewel of Gothic architecture!

Day 2: Kutna Hora - Pardubice 56 km + 449 m

Before we leave Kutná Hora we will visit an extraordinary venue – the Sedlec ossuary, whose decorations were created using the bones of more than 30 000 people, making it a curious and macabre exhibition. Just before we return to the Elbe, we can visit a lovely Classical style chateau, Kačina. Rejoining the river we pedal to the Kladruby national stud farm, which has produced exceptional horses for the Habsburgs since the 16th century. In the afternoon we'll bike along the Buňkov Lake, taking a pause to relax on the beach or even



swim. Today's last stop is the medieval town of Pardubice. A charming, quiet old town with a nice chateau and old lanes, but home of the SEMTEX plastic explosive too. For those looking for something sweet - you've found it! - Pardubice is the Czech capital of traditional gingerbread.

Day 3: Pardubice - Litomysl 62 km + 578 m

As we leave Elbe River, we meet our first gentle hills and the mighty castle Kunětická Hora. Little detour and climb up the majestic hill is definitely worth a try! After a pause we reach the river Loučná, following



it to the village of Vraclav and its memorial to the Vršovec noble family. Next stop is the town of Vysoké Mýto: Today the hub of bus construction, it's much longer history is displayed by a beautiful town square and nicely preserved city gates. Today's lodgings are in the UNESCO-protected town of Litomyšl, home of a fantastic Renaissance chateau with stunning gardens. Litomyšl is also the birthplace of the renowned composer Bedřich Smetana, a man celebrated every year with a classical music festival - a highlight of the Czech cultural calendar.



Day 4: Litomysl - Moravska Trebova 44 km + 460 m

This day we say good-bye to Bohemia, crossing the historical border to Moravia as we bike the gap between the Bohemian-Moravian Highlands in the south and the Eagle Mountains in the north. We can admire the Renaissance town of Svitavy with its beautiful square and explore the history of its most famous resident, the locally disliked Oskar Schindler. From here we do have to climb over the Hřebeč range, but our route

soon descends easily towards our lodging in the town of Moravská Třebová. This little town has a fantastic Renaissance chateau, one of the best examples of that in the whole Moravia.

Day 5: Moravska Trebova – Olomouc 68 km + 398 m

Our day starts nice and easily on the River Třebůvka. Still skirting the old border between Bohemia and Moravia, there is a high density of castle ruins, mostly just a couple of stones today. But when we do leave the river we meet the biggest of today castles – Bouzouv, one of the most romantic places in the Czech Republic. Shortly afterwards we leave the highlands and descend to the River Morava which more or less guides us through the rest of the day. If you are interested in reaching our lodgings more quickly in the UNESCO city of Oloumoc, feel free to take the train; otherwise enjoy the bike route along the meandering river. The ancient capital of the Moravia Empire, Olomouc rewards it visitors with fascinating sculptures, dramatic churches, and a communist-era astronomical clock.



Day 6: Olomouc - Hranice/Teplice nad Bečvou 58 km + 452 m

Today we follow the Bystřice River. First we reach the Tršice region with its beautiful views of Svatý Kopeček (Holy Hill). Arriving in Přerov we reach the Bečva River and follow the nice bike trail upstream. In Lipník we can admire the town center complete with a castle and extraordinary gardens, or we can make a detour up the hill to the mighty Helfštýn castle. Further upstream we reach the town of

Hranice with its Renaissance square. On the other bank of Bečva we can relax in the local spa Teplice nad Bečvou on the square. From the town we continue up and down with some early views of the



Beskydy mountains till we get to Štramberk. This lovely little town, with wooden houses and a mighty castle tower above it, is known for its gourmet Štramberk Ears!

Day 7: Cesky Tesin – Osvetim 79 km + 320 m

In the morning you will be transferred by train from Hranice to Český Těšín. Here is time to say good bye to Czech Republic, cross the border and start the Polish part of our journey. After couple of climbs at the beginning the small roads will gently meander away from the mountain views behind you. First stop is the small town of Skoczow where we join the Wisla River. From there on we bike through a land of lakes crowned by the mighty Goczalkowicke dam to the historical town of Pszyna. Here you can visit a nice chateau and the regional museum or the Zubr (European buffalo) nature park. We will conclude our day in nice historical town of Oświęcim, sadly known for the nearby WWII concentration camp Oświęcim/Auschwitz.



Day 8: Osvetim - Krakow 73 km + 120 m

On this last day of our bike tour we will continue along the River Wisla upstream to the historic town of Lipowiec. Here we can climb to a majestic castle ruin or visit the town's open air museum. From here the route climbs a couple hills to reward us with wonderful views of the surrounding countryside. Next stop on the way will be the monastery in Alwera or the cave complex in the protected nature area near Baczov. We will conclude our day and whole tour in the historical town Krakow, known as the

seat of Polish kings and archbishops. TIP: Those willing to visit memorial site and museums in concentration camp Auschwitz can shorten or skip their bike ride with a train transfer to Krakow.

Day 9: Krakow

We highly recommend you take time to tour this magnificent city, the former capital of the Polish kingdom full of picturesque places and buildings. If you have more time, we recommend trip to impressive historical salt mines, located only short ride from the town!



Route



Total distance 643 Km / 478 km

Technical Characteristics:

Tour Profile: Average. 80% asphalt on either small roads or designated cycle tracks. The rest is on gravel or dirt trails perfectly suitable for all bikes we offer.

Travel Season: Self-Guided Tours: Daily departures May 1 to October 10

Guided Tours: Departures June 22 and August 31



Price per Person- all prices subject to confirmation on booking

	9 Day	12 Day
Double Occupancy	€1050	€1220
Guided Double Occupancy	€1450	NA
Single Supplement	€ 230	€ 315
Solo Traveler Surcharge	€ 280	€ 310
Premium Accommodation Surcharge Double Occupancy	€ 280	€ 395
Premium Accommodation Single Surcharge	€ 245	€ 330
Half Board Surcharge	€ 235	€ 345
Premium Half Board Surcharge	€ 290	€ 410
Hybrid Bike Rental	€ 140	€ 185
Road/Cross Bike Rental	€ 190	€ 250
E-Bike Rental	€ 270	€ 360

Included:

Self-Guided:

- Individual pre-tour meeting at appointed time at client's hotel on the first day of the tour
- Accommodation in selected hotels and pensions (city standard/premium)
- Breakfast on all days
- Day by day description with altitude profiles, places to visit and local tips
- Official biking maps with highlighted routing (per room)
- Detailed tailor-made cycling maps (per room)
- Detailed town maps with highlighted routing to/from hotel (per room)
- Step by step route description (per room)
- Train tickets and train timetables (for tours where train transfer is part of a tour schedule)
- Transportation of luggage between hotels between 9-17:00 (for option including luggage transfers only!)
- Practical bike ride and safety information
- 24-hour hotline assistance service



Guided:

- Specialized Bike Holidays bicycle tour leader during all biking days
- Pick-up from any Prague hotel on the first day of the tour at an appointed time
- Accommodation in selected hotels and pensions
- Breakfast on all days
- Dinners without drink on specific number of biking days (usually every other day but for more info, please contact your tour coordinator)
- Refreshments in the supporting vehicle (soft drinks, snacks, sweets, fruit)
- Water for bike-flasks
- Welcome briefing on the first day
- Maps of towns of accommodation on the tour (per room)
- Detailed cycling maps (on request)
- Program and detailed day-by-day description (per room)
- Practical bike ride safety training
- Technical service on the route
- First aid service on the route
- Support vehicle
- All transportation of participants and their luggage and bicycles during the tour

Not Included:

Self-Guided:

- Personal travel and health insurance for participants in the tour
- Transportation (air tickets) to/from starting/final point of the tour
- Transfer from Prague Airport to your Prague hotel on the day of arrival
- Transfer from hotel to the airport on departure day
- Meals (except for breakfasts)
- Entrance fees to museums, castles, and chateaux
- Local touristic/spa tax (to be paid on spot directly to accommodation)
- Bike rental

Guided:

- Personal travel and health insurance for participants in the tour
- Transportation (air-tickets) to/from Prague starting/final point of the tour
- Transfer from Prague airport to your Prague hotel on the day of arrival
- Transfer from hotel to the airport on the departure day
- Other meals than mentioned in "What is included"
- Entrance fees to museums, castles, and chateaux
- Local touristic/spa tax (to be paid on spot directly to accommodation)
- Bike rental



Bikes

Hybrid male bike. Pells Crono Pro (3x9 speed)

Size: 15", 17", 19", 21", 23"

Includes: Front handlebar bag (5litres), 1x rear pannier (20 litres), helmet, water bottle holder, water

bottle

Why choose PELLS Crono Pro Bike?

- 1. The new PELLS Crono Pro offers geometry for a more comfortable and upright sitting position. The Shimano rear and front derailleurs ensure an ideal ride through the city and lighter terrain.
- 2. This is borne out by the easy attachment of accessories and add-ons.
- 3. The Crono Pro is equipped with the versatile features of an SR Suntour NCX suspension fork, Shimano Alivio 3x9 drivetrain, Shimano BR-MT201 hydraulic disc brakes and Continental Speed Ride tyres.
- 4. Fully Equipped for Your Needs: Every rental comes equipped with essential accessories, including a helmet, a repair kit, and a lock, ensuring a safe and hassle-free ride.

Hybrid female bike Crono Comp Woman (3x8 speed)

Size: 16", 18"

Includes: Front handlebar bag (5litres), 1x rear pannier (20 litres), helmet, water bottle holder, water bottle

Why choose PELLS Crono Comp

- 1) The new PELLS Crono Comp W offers geometry for a more comfortable and upright sitting position. The Shimano rear and front derailleurs ensure an ideal ride through the city and lighter terrain.
- 2) The Crono W range is a lightweight all-purpose bike for a wide range of applications. This is borne out by the easy attachment of accessories and add-ons.
- 3) Thanks to the lowered top frame tube, the women's version is easier to mount.

Gravel bike Pells Raw 3 Grey (1x11 speed)

Includes: 1x rear pannier (20 litres), helmet, water bottle holder, water bottle.

Size: 49", 54", 56", 58"

Wheel size: 28"

Why choose Pells Raw 3 Grey

- 1) This purebred gravel bike is the perfect companion for endless exploration and fast rides. With Raw, no destination is too far away.
- 2) An all-carbon fork ensures effective vibration damping. Propulsion is provided by the proven Microshift Advent X 1x10 set with a range of 11-48t.
- 3) The quiet ride and reliable chain retention even in rough terrain thanks to the friction clutch derailleur, together with the easy-to-service and efficient Tektro mechanical brakes, make the Raw 3 ideal for use wherever reliable function and easy maintenance are important.



Diverge Sport Gravel Bike

E5 (2x 9 speed)

Size: 48, 49, 52, 54, 56, 58, 61

Embrace the Unbeaten Path with the Specialized Diverge Sport

Discover the ultimate freedom on two wheels with our Specialized Diverge Sport Gravel Bikes. Ideal for adventurers who seek to blend on-road efficiency with off-road capabilities, this gravel bike is your perfect partner for exploring the diverse terrains of Europe.

Why Rent a Specialized Diverge Sport?

- 1. All-Terrain Versatility: With its gravel-optimized geometry, the Diverge Sport offers a balanced ride on all types of surfaces. Its design ensures comfort and control, whether you're cruising on asphalt or venturing off-road.
- 2. High-Performance Technology: Equipped with top-of-the-line components, this bike delivers exceptional performance. Its responsive handling and robust construction make it a reliable choice for any cycling expedition.
- 3. Enhanced Comfort and Stability: The Diverge Sport features a Future Shock suspension system, absorbing shocks and vibrations, ensuring a smooth ride even on the bumpiest trails.
- 4. Fully Equipped for Adventure: Your rental includes all necessary accessories, such as a helmet, repair kit, and water bottle holder, so you can embark on your journey with confidence and convenience.

Ebike Agogs

City Liner Class1x8 speed, approx 90 km distance cover

Includes: 1x rear pannier (20 litres), helmet, water bottle holder, water bottle.

Size: unisex 150 cm – 190 cm, 26" wheels

Why choose

- 1) Low-step electric bicycle for with exceptional comfort for individuals.
- 2) The new AGOGS CityLiner Easy is a robust, low step e-bike with 26-inch wheels and 7 Shimano ACERA gears.
- 3) It is an ideal city e-bike with a load capacity of 125kg and a highly efficient SWXH motor with an output that peaks at 500W.
- 4) This model is equipped with a multi-function LED display and requires minimal maintenance

Assisting people in realizing their touring dreams worldwide is our passion.

THIS IS A PARTNER TOUR FOR MORE INFORMATION CONTACT