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IN TĚŠÍN SILESIA INFORMATION CENTRES



'FUN ACTIVITIES FOR ALL THE FAMILY'



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If you're visiting Těšín Silesia with small children, you're surely wondering what our region can offer to families – great things to see, wonderful places to go, and exciting new activities to try out. Well, we've got good news for you – Těšín Silesia is absolutely packed with fun and surprises for all the family! With a great range of sports and leisure opportunities, the region is the perfect destination for visitors of all ages – a truly unforgettable experience!

Whatever you enjoy, whether it's summer or winter, you're sure to find something to suit you here in Těšín Silesia. To discover more, keep reading...



The sports centre at **Mosty u Jablunkova** offers a great choice of activities for all the family. You can try out the bob track – the only track of its type in the region, it is open all year round. Thrill-seekers can show off their courage and strength at the rope centre or on the bungee trampolines. Or you can play at cowboys and Indians, re-living the magic of the Wild West as you test your rodeo skills or learn to shoot with a bow and

also has an open-air swimming pool – perfect for cooling off on a hot summer's day. For a change from the ordinary, why not try riding on a Segway – these electric two-wheelers will make for a memorable experience.

The nearby village of **Bukovec** offers plenty of things to do – walking on water (aquazorbing), trampolining (including bungeetrampolines), archery and summertubing. Thrill-

arrow. There is an aerotrim and a ski simulator, or you can try out aquazorbing – an exciting new sport where you actually walk on water! The hilly terrain is perfect for the mountain kick-scooter track and the rope centre's thrilling tightrope ride – an amazing 232 metres long! Of course, there are plenty of great activities for children – with a playpark, trampolines and a children's rope centre, there's simply no time to be bored! The town of Mosty

-seekers will love the downhill route for mountain go-karts. Of course there are plenty of activities for small children at the playpark, with its swings, climbing frames, sandpit and paddling pool. Or if you simply want to enjoy the beautiful countryside, why not try out Nordic walking? If you're not familiar with this technique – which is suitable for all ages – you can hire an instructor. Walking poles are also available for hire.



To cool down on a hot summer's day, why not visit the open-air swimming pool in the town of **Jablunkov**, with its toboggan and a paddling pool for toddlers. Or you can test your strength and endurance at the nearby rope centre.

The village of **Bystřice**, nestling under the Beskydy mountains, offers plenty of activities at its well-equipped sports and leisure centre. With swimming, floorball, volleyball, basketball, squash, aerobics and many other indoor sports, you're sure to find something that's perfect for you.



The village of **Vendryně** offers a wide selection of leisure activities for all the family. You can play tennis or beach volleyball, or relax over a game of mini-golf or bowling. Children can learn to play tennis with the help of expert coaches, and the playpark offers loads of fun activities for little ones.

The town of **Třinec** has two swimming pools – one outdoors, the other indoors. There is also a sports and leisure complex where you can play floorball, football, volleyball, mini-golf and much more.

The town of **Český Těšín**, right on the Czech-Polish border, offers plenty of leisure opportunities. The open-air swimming pool is perfect for all the family, with its water slides, toboggan, underwater currents and other attractions. After making a splash at the pool, why not relax with a game of skittles or beach volleyball.

But Těšín Silesia is not only about sports, swimming and outdoor activities – the region offers plenty more things to see and do! One of the most exciting attractions is the Dinopark in **Doubrava** near the town of Orlová – perfect for a family day out. Children will love riding on the Dino Express,



a mini-train that takes you back to prehistoric times when dinosaurs roamed the earth...

Another fascinating attraction for time-travellers is the Archeopark in **Chotěbuz** near Český Těšín. The past comes alive before your eyes, as the Archeopark's tour guides show you how our ancestors used to live...

The town of **Orlová** offers plenty of things to do for visitors of all ages. On a hot summer's day, why not cool down at the town's indoor or outdoor swimming pools, with plenty of great water activities for children and adults alike. Then you can play tennis, mini-golf, or a range of other sports at the town's well-equipped leisure centre.

Nearby **Karviná** is one of Těšín Silesia's largest towns, with plenty for visitors to see and do. This is the only spa town in the region, and you can enjoy the magical world of water at a range of swimming pools and saunas. For a real treat, why not go for a spa and wellness session – just relax and let your stresses and strains flow away...



Visitors to **Bohumín** will find plenty of activities for all the family. A perfect destination for a family day out is the town's swimming centre, where you can also enjoy a relaxing massage. The centre has a wide range of water attractions – waterfalls, toboggans, water jets, and even channels linking outdoor and indoor pools. If your children get bored of splashing about in the water, they are sure to enjoy the nearby playpark with its huge range of fun things to do – giving you a welcome break from a hectic day. For a real treat, you can get a breathtaking bird's-eye view of the town from a hot-air balloon, or enjoy some delicious local specialities in one of the town's restaurants.

For more information on any of the attractions described here, you can contact one of the information centres located throughout the Těšín Silesia region, where staff will give you all the details you need – plus plenty more top tips for a fantastic fun family day out.

