

Gastro guide

in Olomouc Region



www.ok-tourism.cz



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This publication was made possible through the state budget of the Czech Republic relating to Ministry of Regional Development programme.



Dear gourmets,

no matter if you love white pudding sausages, pork brawn, delicate filled rolls, scented cheese, crispy rolls or organic food, this gastro guide in Olomouc Region will definitely come in handy. It offers everything you may long for.

Research has shown that some food can be highly addictive - chocolate for instance. I would say that if these researchers visited our region and tasted our traditional dishes, they would be amazed. In this guide of Olomouc Region, everything you look at is addictive. Just taste once and you will simply succumb to these delicacies. If you just need to quench your hunger, there is no need to go on reading. In the opposite case, continue - a great presentation of top-class traditional products made with love is waiting for you. After you taste them, which may be soon, you will understand that food can be connected to a fantastic experience too.

Ladislav Okleštěk
President of Olomouc Region



Published by: Olomoucký kraj ©, Jeremenkova 40a, 779 00 Olomouc
E-mail: tourism@olkraj.cz, www.ok-tourism.cz, Tel.: +420 585 508 111
1st edition, 2019
Design, texts, typesetting: VENDI s.r.o., Dr. Horáka 2, 796 01 Prostějov
Print: TISKARNA K-TISK s.r.o., Dolní 1452/11, 792 01 Bruntál
Photos: archives of tourist destinations introduced in this guide

ISBN: 978-80-7621-022-6



Taste Haná

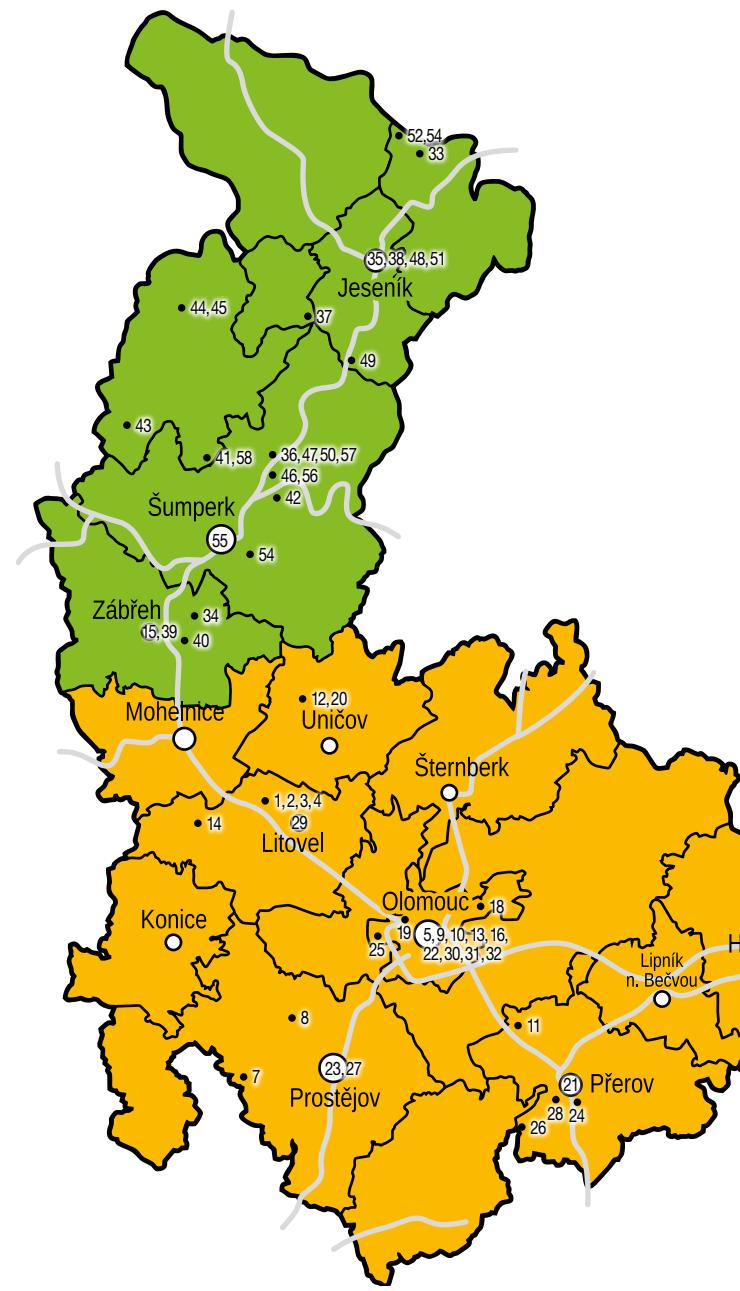
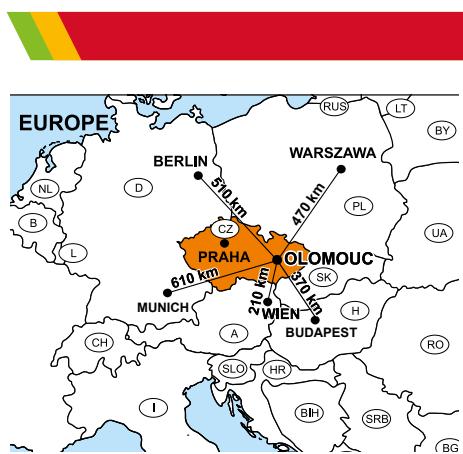
First of all proper and homemade cuisine, strong tastes, variations of food and drinks - that is food and drink of Haná. Central Moravia goes back to original gastronomy based on traditions and history of Haná region. The ingredients are local and traditional recipes follow our grandmas' recipes and experience. Haná is looking for partners who want, and have the courage, to supply the market with local food and make delicious meals out of it. This guide should also present local shops and producers of regional products (organic vegetable and fruit, meat products, dairy products, beer etc.) both to local people and visitors of Central Moravia. So taste Haná!



Ochutnejte Jeseníky

Taste Jeseníky

Mountain nice smell, strong taste, variations of dishes and drinks, home-made cuisine, pure water, mountain fresh air - that is food and drink of Jeseníky. Today's trend is to go back to the gastronomy of our ancestors and so the cuisine is based on traditions and history of the highest Moravian mountains, using local ingredients, of course. People still eager and courageous enough to supply the market with local products and to make good meals out of them are sought after nowadays. We love Jeseníky and as the proverb says, the way to a man's heart is through his stomach. So taste Jeseníky, love Jeseníky! The aim of the project „Taste Jeseníky“ is to inform both the inhabitants and visitors of Jeseníky mountains about the local shops that sell organic food, products and ingredients (farmers' fruit and vegetable, meat products, dairy products, honey etc.). At the same time the project wants to present the most significant farmers and producers working in Jeseníky.



Jeseníky - Tourism Association

Professional Organisation of Tourism
Kladská 233/1, 787 01 Šumperk
Tel.: +420 583 283 117
E-mail: info@jeseniky.cz
www.jeseniky.cz
www.facebook.com/navstivtejeseniky.cz
Open: Monday - Friday



Střední Morava - Tourism Association

Professional Organisation of Tourism
Upper Square 5 (Horní náměstí 5),
772 00 Olomouc
Tel.: +420 585 204 627-629
E-mail: info@central-moravia.cz
www.strednimorava-tourism.cz
Open: Monday - Friday

Monday - Friday

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OLOMOUCKÉ TVARŮŽKY (MATURE CURD CHEESE) - OUR TRADITIONAL



The oldest reports come from 15th century, when tvaruzky formed a part of country people's menu. The mark Olomocke tvaruzky appeared thanks to Olomouc markets where tvaruzky was sold. However, the most of this cheese was produced in villages around under the name „Selske Tvaruzky“. The word tvaruzky has its origin in the word tvaroh (curd cheese) that is an interproduct in tvaruzky production.

Josef Wessels and his son Alois were the first, who began to produce this mature cheese in 1876. The production went on to the first world war, that time the company employed 36 people and became the biggest producer of tvaruzky. In 1991 the company was given back to the descendants of former owners, who immediately started the production. In 2010 Olomoucke tvaruzky received a protected mark from European Union. Today the company in Loštice has over 130 employees and every year pro-

duces more than 2000 tons of this cheese. Olomoucke tvaruzky is a mature cheese made of skim (non-fat) milk so it is low-fat. As the producer says „Tvaruzky has a completely unique spicy flavour, a typical smell, surface with a golden yellow cover and a sticky semi-soft to soft consistency with a noticeably lighter core. „ The base for the production is formed by non-fat curd cheese maturing with salt. After that it is grinded and formed into a round shape, small wreaths or sticks. Next few days tvaruzky matures in an oast. Then it is washed, so that yeasts from the surface are washed away and the mixture of bacteria can start working. Deep maturing is then ensured on grates. From these grates pieces of cheese are put into boxes and stored in a fridge room where they mature one or two more days. In company shops you can also buy products not normally available in shops and supermarkets.

A. W. spol. s r. o., Palackého 4, Loštice

1 Museum of Tvarůžky



Palackého 2, 789 83 Loštice
E-mail: awmuzeum@tvaruzky.cz, Tel.: +420583 401 217
Open: daily 9.00 am - 5.30 pm
www.tvaruzky.cz

In 1994, on a place of a former cheese manufacture, Museum of Tvarůžky was opened, thanks to which this unique cheese became more and more popular. However, the location of the museum - inside the factory - significantly limited its growth. Thus a completely new museum was built in 2014. In modern expositions all the history of Olomoucke Tvaruzky up to present is documented. Visitors can admire various machines, both historical and contemporary. This museum is wheelchair accessible, open 7 days a week, all year. The tours are individual, however, guided tours are available. The tour takes about one hour, online booking is recommended for bigger groups.

OLOMOUCKÉ TVARŮŽKY (MATURE CURD CHEESE) - OUR TRADITIONAL

2 U Coufalů Restaurant



Restaurace a penzion U Coufalů, nám. Míru 62/9, 789 83 Loštice
Tel.: +420776871003
Open: Mo - Thu: 10 am - 11 pm, Fri - Sun: 10 am - 12 pm
E-mail: penzion@ucoufalu.cz www.ucoufalu.cz

This restaurant is located in Loštice square corner. It has undoubtedly been the oldest continuously opened restaurant near and far. In 1900 František Coufal bought a pub U Bílé labutě (A Black Swan Inn) and rebuilt it into a roadhouse. Before war, this business was taken over by his son František who run it up to nationalization. After that hard times came, the restaurant was renamed as Hotel Haná and was operated by a co-operative society Jednota until 1990. After the Velvet Revolution the house was given back to the descendants of the original owners, who started its total renewal and reconstruction. The facade, interiors and all the inn rooms were returned into their original pre-war look. U Coufalů still offer the legendary Olomoucke Tvaruzky. Originally it was served on a slice of bread with butter as a snack, today it forms a part of various dishes pleasing both your eyes and taste.

3 Tvaruzky Cheese Ice Cream

Would you believe that ice cream can be made of cheese? Of tvaruzky smelly mature cheese? You can taste this untraditional ice cream made of Olomoucke tvaruzky in a café U lišky Bystroušky in Loštice. They are the first in the world to make such ice cream flavour and the owner of this café received a patent for the recipe. Many people come here to taste this ice cream and the sale is growing. At first sight this sweet ice cream is not different from the others. The fact that it is made of tvaruzky you will notice thanks to its typical taste and aroma. This ice cream is made of curd cheese base and mature cheese is included from one third.



www.kavarna-lostice.cz

Kavárna Galerie U lišky Bystroušky, Nám. Míru 54, Loštice
Open: Mon - Sat 2.00 pm - 10.00 pm, Sun - closed

4 Tvaruzky Patisserie



In this family patisserie unique desserts made of tvaruzky are baked. You can taste rolls, strudels and small cakes. Also burgers with tvaruzky or steaks tartar made of tvaruzky are offered here. All these delicacies are supplemented with beer from the Mini-brewery Kosíř, as tvaruzky and beer form an inseparable part in Haná region. All the products are marked „Haná regional product“ and were awarded a prize Regional food of Olomouc region. These tvaruzky salty desserts taste best with beer and wine. This patisserie offers some regional products as well.

Loštice 789 83, Komenského 325, Open: Mon - Sat 9.30 am - 5.00 pm, Sun 10.00 am - 5.00 pm

www.tvaruzkovacukrarna.cz



CHEESE DELICATESSEN

Cheese undoubtedly belongs to the oldest food. It not only has many variations of different taste and aroma, but also is very important for our diet. About 4000 years ago transforming milk into cheese helped to preserve food in a better way. Today about 3000 kinds of cheese are made, whereas the world production forms more than 20 million tons. Also in Central Moravia cheese production plays an important part. Many kinds of cheese unique for their taste and quality are produced here, moreover, have been awarded several significant prizes.



1 Cheese Factory Brazzale Moravia



Cheese factory Brazzale Moravia a.s. is based on top Italian technology, Moravian milk of high quality and handmade cheese. The main product of the company belonging to the group Brazzale - the oldest Italian family firm in dairy industry - is Gran Moravia cheese. This is extra hard slow-ripened cheese with its typical texture, taste and aroma, maturing 12 months or more. From Moravian milk of high quality, following Italian traditions, the whole range of other kinds of cheese is made here - mozzarella, ricotta, giuncata, caciotta as well as cheese made according to company's own recipes. All these kinds of cheese- together with Litovel butter, curd cheese, whey drinks and yoghurt - form a product line called „Right from our cheese factory („Přímo z naší sýrárny“). All these products are offered in the chain of company shops La Formaggeria Gran Moravia. In these shops you can also buy many Italian specialities.

Brazzale Moravia products have been awarded many prizes, such as „Dairy product of the year“, „Czech delicatessen“ or a famous mark „Klasa“.

Shops La Formaggeria Gran Moravia: Horní náměstí 8, Olomouc, Tel.: +420 585 242 931

Tři Dvory 98, Litovel, Tel.: +420 585 152 362

www.laformaggeria.cz, www.bazzalemoravia.com

2 Ecological Farm Kozí Hrádek

In this family ecological farm their own certified organic products made from goat and cow milk are produced, whereas no agricultural chemistry is used. They farm 53 hectares in the eastest point of Olomouc region, at the end of Moravian Gate region. The farm focuses on goat and Czech piebald cattle breeding in the ecological farming, the production of dairy organic products of high quality as well as selling their farm products. Their friendly attitude towards all customers, top-class products and running a small family farm will definitely convince you. What is more, their fresh meat has been awarded a prize Regional Product and their ripened sheep cheese Ondráš received a famous mark Klasa (Czech product of high quality). You can visit this ecological farm in a village Vysoká near Hustopeče nad Bečvou.



Farma Kozí hrádek s.r.o., Vysoká, Hustopeče nad Bečvou, Tel.: +420 774 069 964, +420 776 116 146

Open: Mo - Fri 7.30 am - 5.00 pm, Sat 7.00 am - 1.00 pm

E-mail: farmakozihradek@seznam.cz

www.farmakozihradek.cz

3 Dairy Otinoves

The dairy puts the accent on quality of the products and satisfaction of their most demanding customers. It is still faithful to handmade cheese, which is visible in the traditional taste and high quality of their cheese. All their products are natural and do not contain any preservatives. You can buy cheese Niva, fresh milk, curd cheese, cream, whey, Niva paste and many other products from regional producers in this cosy shop U Mlékárny, which serves as a café too. You can sit here and drink coffee, hot beverages, soft beverages, wine, desserts or open sandwiches. Dairy Otinoves follows 80-year-old tradition of dairy industry in Drahany Highlands. The main product of this dairy is natural blue cheese NIVA.

Shop: U Mlékárny, Otinoves 240, Tel.: +420 725 817 236, E-mail: prodejna@mot.cz

Open: Mo - Fri 7.30 am - 5.00 pm, Sat 7.00 am - 1.00 pm

www.umlekarny.cz



CHEESE DELICATESSEN

Farms focused on milk processing benefit from sheep, goat and cattle breeding in Jeseníky. Local people are great at making dairy products. Their care and love to animals is definitely reflected in products of high quality ranging from the traditional and regional ones to modern, originally exotic kinds of cheese. Just taste!



1 Goat Farm U Nýdrlů



Pavel and Hana Nýdrle, Stará Červená Voda 23, 790 53
Tel.: +420 602 193 830, +420 777 224 024, E-mail: nydrovi@email.cz

www.kozifarmaunydrlu.cz

A guest house Goat Farm U Nýdrlů offers stylish accommodation in two apartments. You can look forward to copious breakfasts prepared mainly from their own products made directly on the farm. You can taste, for instance, delicious cheese on the grill, homemade butter, yoghurts, curd cheese and milk. Half-board is offered here as well. A combination of great home cuisine with peaceful surroundings of the farm and selling products made from goat milk, that is what attracts more and more visitors every year.

2 Hrdlička Family Farm Brníčko

Hrdlička family are the happiest when people like their cheese. They like meeting different kinds of people, they always feel enriched, they say. They even help to bring up new farmers - with a smile on their faces of course. From their own milk they produce many kinds of cheese such as Ricotta, maturing cheese, smoked sheep cheese, fresh cheese with olives or walnuts and bryanza.



Michal Hrdlička, Na Statku 32, Brníčko u Zábřeha
Tel.: +420 777 577 077, +420 777 244 156, E-mail: sonichrdlicka@seznam.cz

www.ovcistatek.webnode.cz/produkty

3 Agricultural Cooperative Jeseník (Zemědělské družstvo Jeseník)

- Dairy Products



The tradition of cheese production in Domášov has taken several decades. From milk of their own cows, fed on pastures around from May to October, mostly handmade dairy products are made. For example yoghurt Běláček or cheese Běla suitable for barbecue are favourite products. During the time when sheep and goats are milked traditional cheese Běla from sheep or goat milk is made here.

Šumperská 118, 790 01 Jeseník, Tel.: +420 737 241 200, E-mail: info@zdjesenik.cz
Farm shop open: Mo - Fri 7.00 am - 5.00 pm; Sat 8.00 am - 12.00 am

www.zdjesenik.cz



MINIBREWERYIES - DISCOVER BEER WITH SOUL

Spring up like mushrooms... so many private minibreweries have been set up in our region. Tens of excited brewers try to serve the best beer to their customers. Most of these minibreweries produce mainly special beer containing various unusual ingredients and thus having unique taste. So come and taste...

1 Minibrewery Kosíř



Pivovar Kosíř s.r.o., Lhota pod Kosířem 10, 783 44, Drahanovice, E-mail: napivo.kosir@email.cz, Tel.: +420 724 710 225
Excursions: booking phone: 723 939 167 www.pivovarkosir.cz

2 St. Wenceslas Microbrewery Olomouc (Svatováclavský pivovar Olomouc)

St. Wenceslas Brewery was set up in 2004. Its beer has a trademark, it is distinguished by its peculiar taste. All kinds of beer are made of Haná malt and Žatec hops of the highest quality. They are sold without pasteurization and filtration directly out of the tanks - non-specialists call this beer yeast beer. In the heart of the brewery there is a two-container copper brewhouse, with the volume of 1000 litres of beer, called „GOLEM“. There the first phase of beer production - brewing - is under way. The process continues in the cellars, where beer matures. Water, grain malt, hops and yeast - these are the basic ingredients for beer brewing. This minibrewery offers 7 kinds of unpasteurized beer. You will definitely enjoy your stay here, drinking great beer. As the brewers say, May God bring you happiness.



Mariánská 4, 779 00 Olomouc, Tel.: +420 585 207 517, E-mail: info@svatovaclavsky-pivovar.cz www.svatovaclavsky-pivovar.cz
Open: Mo - Tue 10.00 am - 11.00 pm, Wed - Fri 10.00 am - 12.00 pm, Sat 11.00 am - 12.00 pm, Sun 11.00 am - 10.00 pm

3 Haná Minibrewery (Hanácký minipivovar)



Haná brewery Ltd. is an industrial minibrewery in Šlechtitelů street in the outskirts of Olomouc. Its location as well as its name refers to a rich history of beer brewing in this area - Olomouc Holice, however, the brewery itself was launched in 2017. They are trying to attract the attention of both the common beer consumers and new generation of „tasters“ longing for various kinds of beer. You can see the process and technology during guided tours, or buy beer in a shop located next to the brewery. So come and taste!

Šlechtitelů 139/14, 779 00 Olomouc - Holice
The shop is open Mo - Fri 8.00 am - 4.00 pm
www.hanackypivovar.cz

4 Other Minibreweries

Restaurant and Minibrewery Riegrovka	www.riegrovka.eu
Brewery and Pub Chomout	www.pivochomout.cz
Minibrewery Jižan	www.najizni.cz
Minibrewery Parník	www.parnikpivovar.cz
Minibrewery U Cisárské Cesty	www.u-cisarske-cesty.cz
Novodvorský Brewery	www.pivovarnovedvory.cz
Brewery and Restaurant U Krále Ječmínka	www.ukralejecminka.cz
Brewery Melichárek	www.pivovarekmelicharek.cz
Brewery Jadrníček	www.pivovarjadrnicek.cz

Brewery Moritz	www.hostinec-moritz.cz
The First Private Social Brewery Ltd.	www.pivovar-lipnik.cz
Craft Brewery Husar	www.pivohusar.cz
Brewery Helf	www.pivovarhelf.cz
Brewery Mazal	www.pivovarmazal.cz
František Hájek, Production of Beer Trubadúr	www.pivo-trubadur.cz
Shepherd's Hut and Brewery U Tří Králů	www.kolibautrikralu.cz
Minibrewery Z-Stage	www.z-stage.cz

MINIBREWERYIES - JESENÍKY DO NOT FALL BEHIND

Jeseníky definitely do not fall behind, as far as beer brewing is concerned. Many minibreweries follow the vanished tradition of beer brewing in this region. Local brewmasters put all their skills and effort into their work to bring their customers the best. They offer both traditional Czech and foreign kinds of beer, but also many special kinds, for example honey beer, chocolate beer and so on. You must come and taste.

1 Zlosin Brewery



Žárovská 10, 788 15 Velké Losiny, Tel.: +420 777 441 876, E-mail: pivovarzlosin@seznam.cz

www.pivovarzlosin.cz

2 Minibrewery Kolštejn

This minibrewery follows the vanished tradition of beer brewing and beer industry in Branná village in Jeseníky. It forms a part of the premises Relax centre Kolštejn, directly in Kolštejn Restaurant. Light and semi dark lagers as well as beer specials (depending on the season), are brewed here. For example Dolmen, Bran or Vogtey. All kinds of beer are unpasteurized and unfiltered, you can taste them during a degustation connected to a guided tour of Kolštejn Minibrewery. In the restaurant you will get beer right from the tanks. If you wish, they will tap the beer into one-litre plastic bottles or five-litre casks to take away.



Branná 60, 788 25 Branná, E-mail: provozni@kolstejn.cz,

www.pivovarkolstejn.cz

3 Jeseník Minibrewery



Otokara Březiny 1369/002b, 790 01, Jeseník, Tel.: +420 725 782 759, E-mail: info@minipivovarjesenik.cz
Mo: closed, Tue - Thu 2.00 pm - 10.00 pm, Fri - Sat 2.00 pm - 11.00 pm, Sun 2.00 pm - 6.30 pm www.minipivovarjesenik.cz

In 2007 the reconstruction of one part of a former brewery into a minibrewery with a beerhouse began. The minibrewery as well as the beerhouse were opened in September 2011, on St. Wenceslas day. In this family brewery, managed by a brewmaster Stanislav Orel, traditionally brewed beer is made, of course unfiltered and unpasteurized. They offer beer from 10 to 16 % of hopped wort extract (light, semi dark, dark, black). You can get all these kinds of beer in the beerhouse.

4 Other Minibreweries

Family Brewery Bravůr	www.kvasslav.cz
Family Brewery Cestář	www.facebook.com/pivovarcestar
Minibrewery and Restaurant Kolštejn	www.pivovarkolstejn.cz
Minibrewery Jeseník	www.minipivovarjesenik.cz
Minibrewery U Jirsáka	www.penzionjirsak.cz
Upper Brewing s.r.o.	www.zabreh-pivovar.cz
Brewery Zlosin	www.pivovarzlosin.cz
Beer Albert (Chateau Minibrewery Sobotín)	www.resortsobotin.cz/cz/gastro-catering



MEAT - TRADITIONAL AND MODERN

Central Moravia and Haná especially is known as agricultural land. Both vegetable and animal production takes this into consideration. Nowadays smaller firms are getting popular, they have become a part of the trade mainly thanks to the quality of their products. Simply, Haná cows have fine milk and meat, appreciated also abroad. And Moravian pigs? They are certainly the fattest and thus the most delicious... What is more, our butchers have always been masters in their profession!



1 Prime Beef ZD KOKORY



Kokory 381, 751 05 Kokory, Tel.: +420 581 292 811, E-mail: info@zdkokory.cz

www.zdkokory.cz

ZD KOKORY administers farms in nine villages partly in the Upper-Moravian valley, the flatland, and partly in Uničov-Přerov hilly area. As far as animal farming is concerned, it is focused on beef cattle breeding connected to milk production and bull fattening, which aims to provide homemade ingredients of high quality. The slaughterhouse produces a whole range of meat products - beef and pork meat, brawns, white pudding, patés, sausages, bratwurst, smoked meat and many others. Many of these products have been awarded a prize Regional product of Olomouc Region. The primary aim of ZD KOKORY is to keep real agricultural production leading to healthy products of the highest quality.

2 Troubelice Meat from Their Own Breeding

TARGOS a.s. company was set up in 1995 and is located in Troubelice. It is focused mainly on animal farming, particularly cattle and pigs breeding, which has a long tradition in this area.

Neither the animals nor the feed for them are supplied into this firm. That is why it is so special. The company has its own slaughtering, carving meat hall, meat products manufacture and a company shop. You can taste for instance brawn, paté, white pudding and many other meat products.

Troubelice 24, Troubelice
Tel.: +420 585 032 077, E-mail: tagros@tagros.cz
www.tagros.cz



3 Snail Delicacies from BARKONA SNAILS

BARKONA SNAILS is a Czech family snail farm in Olomouc -Holic. It processes meat from snails kept in company's own garden snail houses. The company sells snails cooked in vegetable broth for 5 hours, frozen snails intended for gastro companies, snails and snail delicacies based on unique recipes as well as snail caviar.

Staškova 520/16, Olomouc
Tel.: +420 605 251 177, +420 607 129 414
E-mail: snails@barkona-snails.eu www.barkona-snails.eu



MEAT - TRADITIONAL AND MODERN

On pure meadows and vast pastures in the foothills of Jeseníky herds of cattle graze. Thanks to this natural way of breeding meat of high quality is produced. Regional producers - with their long-standing experience - using other local ingredients of course, are able to conjure up meat products, which will definitely make your mouth water. So do not hesitate to taste the best meat Jeseníky can offer.



1 Top-class Paté Via Delicia



Na Farském 1, Zábřeh, Tel.: +420 583 455 081
Open: Mo - Fri 8.00 am - 2.00 pm

www.viadelia.cz, www.konzervovani.cz

A family canning factory Via Delicia in Zábřeh produces exclusive patés, culinarily prepared meat and a variety of jams and marinated vegetable. Venison, poultry, freshwater fish, fruit and forest fruits are processed here. The inspiration is gained from old cook books full of real culinary treasures. Thanks to high quality, gentle processing of all the ingredients and the fact that most of their products are handmade, these products are popular with real gourmets. What is more, attractive packages and shelf-life out of fridge persuade customers to give these products as presents. You can come to the Palace of Taste in Zábřeh to a commented degustation or book a guided tour right in the canning factory.

2 Traditional Smoked Meat Leština

In a small family butcher shop in Leština near Zábřeh na Moravě smoked meat is made. This producer is the only one in the region that does not use expedite salt. The product has been awarded „Unique product of Jeseníky“. Meat is soured for three weeks and is smoked by beech wood. Only Czech meat, Czech garlic and iodide salt are used. The meat does not contain any allergens as there are no preservatives used during the smoking process. A famous Czech chef Zdeněk Pohlreich prepared dishes from Leština meat at the Gastro Festival in Olomouc.

Potoční 83, Leština, Tel.: +420 606 210 642, kruzovi@seznam.cz
www.krusovouzene.cz



3 Organic Beef and Mutton MARWIN



MARWIN v.o.s. in Hynčice nad Moravou is a private company focusing on agricultural basic industry. Animals are fed on pastures, which enables them natural behaviour, freedom of movement, healthy growth and reproduction. Man interference is minimalized. All natural features are preserved, such as balks and bosks that are used by the animals as a shelter during bad weather. The company has been awarded a certificate „Product of ecological farming“, which guarantees environmentally friendly production and food safety. They offer e.g. organic beef meet or organic beef steaks with maturing of 32 days.

MARWIN v.o.s., Hynčice nad Moravou 49, 788 33 HANUŠOVICE
Tel.: +420 583 291 124, +420 702 086 976
E-mail: info@marwin-preatoria.cz www.jatka-marwin.cz



ENCHANTMENT WITH LAVENDER

Even if you close your eyes, you will definitely recognise lavender thanks to its strong and unmistakable aroma. It is an amazing herb. For its aroma it became favourite a long time ago. Its dried blossoms were strewed inside houses to keep the air fresh and scented and also as a protection against insect. Lavender serves as a great spice as well and its blossoms decorate any dish. Blossoms and young leaves have a delicious spicy taste.



1 Lavender Farm Bezděkov



Lavender Farm Bezděkov is a unique place in all the Czech Republic. In 2015 Lukáš and Veronika decided to liven up a family farm and instead of planting oilseed rape and corn they chose a charming plant - lavender. Nowadays more than 2 hectares are planted with this herb, in the future they are planning to utilize 3 more hectares. The farm is ideal for agrotourism. In the summer you can refresh yourself by lavender beverages and snacks right by the field in a summerhouse with a kitchen. Weddings, guided tours and yoga in lavender fields are organised here. In a small shop you can get various lavender products, in the gallery you can learn more about lavender growing and its history in Bezděkov and all Moravia. If you wish, you can have a picnic directly in the lavender field or walk around the fields on a nature trail.

Bezděkov 6, Úsov 789 73, info@levandulovystatek.cz

Lavender shop with a gallery open: Season: 15 June -15 July daily 10 am - 5 pm, out of season: Sun 27 May 10 am - 5 pm, weekends 2 - 3 June and 9 -10 June 10 am - 5 pm, Other days, please, call: +420 721 835 061 / +420 604 744 534

www.levandulovystatek.cz

2 Lavender Café Zábřeh

In 2015 the first lavender café of its kind in Central Europe was opened in Zábřeh, serving as a selling point of Bezděkov Lavender Farm. You can enjoy peaceful - lavender scented - atmosphere and taste lavender products such as desserts, tea, lemonade or lavender coffee. A small shop offering products from the lavender farm as well as from some other local producers forms a part of the café.



Levandulová kavárna & Riesling house, Masarykovo náměstí 13, Zábřeh 789 01, E-mail: info@levandulovystatek.cz
Bookings: +420 608 547 356, Open: Mo - Fri 10.00 am - 7.00 pm, Sat - Sun 1.00 pm - 7.00 pm www.levandulovystatek.cz

3 Lavender Snack Bar Olomouc and Úsov

In 2019 Lavender Farm in fact closed the circle of their own selling network. Since spring you can visit Lavender Snack Bar in the Upper Square in Olomouc, directly opposite the famous Olomouc Astronomical Clock. What is more, this snack bar is located next to the shop of Olomoucke Tvaruzky, which is a well-known local producer as well. Thus the visitors have a unique chance to buy typical local products - with such a different aroma - on the same place. Besides, the first lavender restaurant has been opened in Úsov square. The visitors can taste not only lavender beverages and desserts but also various lavender dishes...



Levandulové bistro Olomouc, Horní náměstí 7, Olomouc 779 00, E-mail: info@levandulovystatek.cz, Tel.: +420 608 547 390
Open: Mo - Fri 9.00 am - 6.00 pm, Sat 9.00 am - 1.00 pm www.levandulovystatek.cz

TROAT FROM JESENÍKY WATER



Troat and carp are certainly the best-known fishes in the Czech Republic. Perhaps thanks to the fact that troat has become a symbol of pure water, wild untouched nature and the power of life. Jeseníky wild brooks and their pure nature is ideal for troat breeding and fishing. If you taste local troat, you will never forget. No matter how prepared - traditionally or in a modern way - it will definitely be a gourmet experience waiting right for you...

1 Fishing Citadel Rudoltice



Fishing Citadel Rudoltice offers beautiful surroundings with stylish wooden architecture. In the restaurant you can taste fish specialities, prepared from fish from their own pond, as well as traditional cuisine. This company is focused on trout breeding and their subsequent sale. Trout bred here are sold in shops or put into a pond and used for sport fishing. If you are interested, you can try fishing here, either with your own fishing equipment or borrowed fishing rods. Besides the restaurant, there is also a themed gazebo and a place for children with a sandpit, slide and swings. You can even camp near the romantic pond.

Dušan Jurík, Rudoltice 137, Sobotín

Open:
April, May and September: Mo - Wed closed,
Thu - Fri 3.00 pm - 7.00 pm, Sat - Sun 10.00 am - 7.00 pm
June, July, August: Mo - Tue closed,
Wed - Fri 11.00 am - 8.00 pm, Sat - Sun 10.00 am - 8.00 pm
www.kam.jurikovavgmail.com, www.sportrybolov.cz

2 Troat from Vysoký Potok

Troat company in Vysoký Potok is located on Morava river not far from Hanušovice, under Králický Sněžník mountain. It was built on the place of an old watermill and sawmill in 1950. Nowadays it specializes in brook troats and American troats breeding. There is also a fishing citadel, set up in 2002, offering a cosy restaurant and accommodation. Most of their fish are taken from the troat company. Open seasonally.



Pstruhářství ČRS s. r. o., Ing. Jaroslav Myška
Malá Morava - Vysoký Potok 3, 788 33 Hanušovice, Tel.: +420 777 807 530, E-mail: info@pstruharstvi-vysokypotok.cz
Open: April - June: Fri - Sat 1.00 pm - 9.00 pm, Sun 1.00 pm - 8.00 pm,
July - August: Mo - Sat 12.00 am - 9.00 pm, Sun 12.00 am - 8.00 pm

www.pstruharstvi-vysokypotok.cz



BAKERS AND CONFECTIONERS

Haná, lying directly in the heart of Moravia, is a land full of fertile fields and woodland meadows. Love to this land and its traditions is inherited from generation to generation. This is a guarantee for the best products made in this region. Recently many small firms focusing on bakery products or products for healthy diet have been set up.



1 Partutov Homemade Sweets and Potato Cake



Taste sweets from Odra Highlands area. Farmers' cooperative Partutovice offers, besides others, fresh bakery products from three bakeries, fine milk from their own production but first of all their homemade sweets. The confectioners follow original recipes - tried and tested by generations, process their own ingredients and do not use any preservatives. However, what is the most important thing, they bake with love. You can taste a potato cake or Partutovice pear pie, so called Pecák. The pie is made from batter containing potatoes and pieces of chocolate. It is baked exclusively in Partutovice and has been awarded a prize Regional product of Olomouc Region.

Farmers' cooperative Partutovice (Zemědělské družstvo Partutovice), Partutovice 105, 753 01, Tel.: +420 777 710 451, E-mail: zdpartutovice@seznam.cz

www.zdpartutovice.cz

2 Petr Souček - Drásalovy hubance

Drásalovy hubance is traditional, long-life sweet pastry from Haná with barley malt. Hubance are homemade and the old recipe coming from the Velkobystřice brewery is followed. The name „Drasalovo“ was used for everything big, relating to a very tall man Josef Drasal who lived in Haná and was 242 cm tall.

Petr Souček
Havlíčkova 366, Velká Bystrice
Tel.: +420 603 811 721
cukrarna.galerie@seznam.cz
www.regionálni-znacky.cz/hana/cs/certifikované-produkty



3 Bakery and Confectionery Products from Mezice



A family confectionery and bakery can be found in Mezice. Svatava Papicová with her daughter Svatava Bukovová, who is following the family tradition, form the heart of this firm. This firm has more than fifty-year experience with making desserts, cakes and pies for your parties, weddings and other events. All the desserts are made from fresh fine ingredients following our grandmas' traditional recipes. Thus it is unimaginable to use any preservatives or additives. Sweets made especially from buckwheat and spelt flour or cane sugar are very tasty.

Mezice 15, 783 32 Náklo, E-mail: topravezhané@seznam.cz, Tel.: +420 777 365 585

www.zakusky-mezice.cz

BAKERS AND CONFECTIONERS

Bakery and confectionery production has a long tradition in Jeseníky region. Skills, handicraft and top-class local ingredients form a basis of products you may not find anywhere else. Try traditional rolls, wafers and other delicacies.



1 Kremo - OldTown Filled Puff Pastry Roll

(„Staroměstská máslová trubička“)



Mrs. Olga Gründelová was occasionally baking rolls for herself and her friends. Nevertheless, when she was offered a cooperation by a nearby bakery, she decided to turn her hobby into a business. This meant, of course, building technical facilities meeting the requirements of a bigger production. Since that time a lot has changed. Nowadays she owns two manufactures, a café and manages about 30 employees. They deliver her products into more than 100 wholesale stores. The only thing that has definitely not changed at all is her „Old Town Roll“ with the same delicious taste as 25 years ago.

Květná 287, Staré Město pod Sněžníkem
Tel.: +420 604 235 043, E-mail: grundelovaolga@seznam.cz
Open: Branná: Mo - Fri 6.00 am - 3.00 pm, Sat - Sun 8.00 am - 3.00 pm
Staré Město: Mo - Fri 6.00 am - 4.00 pm
www.trubicka.cz

2 Bakery Specialities from PRO-BIO Staré Město

All organic products coming from the company PRO-BIO in Staré Město pod Sněžníkem are unique. You can buy many kinds of food and ingredients including gluten free food from millet, buckwheat, corn and others. Besides ready mixtures such as buckwheat soup or buckwheat dessert, a millhouse in Staré Město makes buckwheat flour and peeled barley for celiac people. The company offers more gluten free products - various kinds of rice and products made of rice, corn food, legumes, chocolate, bonbons, patés and spices. All products are sold in the company shop.



PRO-BIO, Lipová 40, Staré Město, Tel.: +420 583 301 952, E-mail: probio@probio.cz
Shop: Tel.: +420 733 538 406, E-mail: novotna@probio.cz
Open: Mo - Fri 8.00 am - 3.30 pm, Sat 9.00 am - 11.00 am (June - September, December - March)

www.probio.cz

3 Salty Round Wafers from Velké Losiny



Romana and Miroslav Všetýček from Petrov nad Desnou sell unique, untraditional and delicious salty round wafers. These wafers are offered in several flavours: with garlic, onion, mountain salt, cumin, pepperoni, cheese Niva, pork rind or typical Olomoucké tvaruzky. Just be careful, they are highly addictive!

Romana a Miroslav Všetýčkové
Petrov nad Desnou 368, 788 16
Tel.: +420 720 261 882
E-mail: slanelazenskeoplacky@v-a-v.cz



DESIRE FOR CHOCOLATE

Chemists have shown that cocoa includes about 300 elements which make it to be one of the most complex kinds of food of the planet. Besides endorfin, a hormone of happiness, it contains stimulating components and a huge amount of antioxidants. Today we know many kinds of chocolate and hundreds of products are made of it. Some producers are world-famous, some are not, but are ours. Also from Central Moravia.



1 Chocolate Factory Troubelice



In this chocolate manufacture they are very precise during all the process of chocolate production - a traditional process using a melanger is under way. Chocolate is made so called from bean to bar. Cocoa beans are delivered from Ecuador. This is the only chocolate factory in the Czech Republic which has all the process of chocolate production under control right from the harvest in Ecuador to the end product. The fine chocolate is sweetened by organic solid cane juice, delivered from Ecuador too. The chocolate contains only ingredients of high quality, no additives, no vegetable oil (except cocoa butter), no lecithin or artificial aroma elements are used. In the chocolate manufacture Troubelice various events are organised several times a year.

Čokoládovna Troubelice, Troubelice 10, 783 83, E-mail: info@cokoladovnatroubelice.cz Tel.: +420 725 898 422
Open: Tue and Thu 10.00 am - 5.00 pm

www.cokoladovnatroubelice.cz

2 Chocolate Factory Přerov

A small family firm based on high quality and helpfulness to customers does not need to compete with supermarkets. Their standards are obviously higher. They have been on the market for 8 years, since that time they have been awarded several prizes. The whole assortment has Haná mark - a Regional Product - and their goods have been awarded Product of Olomouc Region. The products are made of fine real chocolate with a high percentage of cocoa butter. Neither palm oil nor other fat or additives are added. The assortment consists of pralines, bar chocolate, filled snack bars and other chocolate specialities.

Horní náměstí 5, Přerov, Tel.: +420 724 324 724
Open: Tue - Fri 10.00 am - 5.00 pm, Sat 9.00 am - 1.00 pm
www.glosova.net



3 Choco Bonté Olomouc



All chocolate delicacies CHOCO BONTÉ are created by a French master confectioner Amael Poma following both French recipes and his own fantasy. Have you ever tasted chocolate specialities with goat cheese or paté? Such unique pieces are made in Olomouc workshop Choco Bonté. The secret of delicious pralines lies in chocolate of high quality, its melting at exactly set temperature and several hours of whipping. Just thus it gets its soft consistency. A shop Chocoleterie in Olomouc offers more than 30 kinds of pralines, boxes of chocolates and chocolate bars of CHOCO BONTÉ mark and about 300 kinds of other pralines, figures and chocolate bars from all over the world. Discover the secret of luxurious boxes of chocolates - handmade packed - or try tin package. Buy presents that taste.

Chocolaterie, Ztracená 9, 779 00 Olomouc
Open: Mo - Fri 9.00 am - 12.00 am / 12:30 - 5:30 pm, Sat 9.00 am - 12.00 am

www.chocobonte.cz

DESIRE FOR CHOCOLATE

The best pralines are made in Belgium - this myth has become a thing of the past. Czech confectioners, notably the ones from Jeseníky, can make delicious pralines as well. What is more, they are very inventive. Besides the traditional nut and caramel taste, in combination with prime chocolate of course, they do not hesitate to add a unique flavour, for example poppy seed and rum. Just taste!



1 Velké Losiny Pralines



Not only pralines from Velké Losiny but also home-made desserts and cakes attract more and more visitors to Velké Losiny. They appreciate mainly the quality of the ingredients and the fact that these desserts are handmade. A confectioner Jana Kašparová has decided to set up a confectioner's Velkolosinské pralinky. Her chocolate pralines are filled with traditional fillings such as nougat or nut, however, she tries also untraditional flavours, poppy seed with rum for example. Pralines in a box made of handmade paper from the local paper manufacture can be a great unique present for any chocolate lover.

Jana Kašparová, Lázeňská 238, Velké Losiny, E-mail: kasparova.ja@centrum.cz
Open: Mo - Sat 9.00 am - 5.00 pm, Sun 10.00 am - 5.00 pm

www.velkolosinskepralinky.cz

2 Xocolatl Jeseníky Chocolate

A small chocolate manufactory lies in charming Jeseníky mountains. Chocolate has been made here since 2016 and as it is a unique ingredient, they have constantly been discovering new tastes and processes. Cocoa beans of high quality are delivered from countries famous for the best cocoa. All the process is handwork, no assembly line production. Each piece of chocolate is handmade, unique and can be compared to the best ones. Also various flavoured bars of chocolate are made here. No artificial sweeteners, preservatives or additives are used, they use strictly fine dried, candied or lightly smoked fruit and spices. They strive for simplicity and naturalness.



XOCOLATL - chocolatery manufactory, Kostelní 142, Jeseník 790 01, Tel.: +420 733 701 544, E-mail: jesenickacokolada@seznam.cz
Open: Mo - Fri 9.00 am - 1.00 pm, 2.00 pm - 5.00 pm, Sat 9.00 am - 1.00 pm



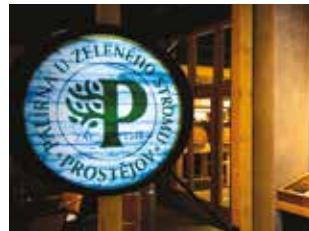
MINERAL WATER AND SPIRITS

The countryside in Central Haná is an ideal place for fruit growing. In orchards there grow both winter and summer kinds of apples, delicious pears, but also currant, gooseberry, plums and many other kinds of fruit. Destilling industry and liqueur production have a long tradition here. All this fruit is used not only for fruit juice but also for spirits produced in the oldest distillery in Europe. What is more, in Moravia we can find unique mineral water springs.



1 Prostějov Old Rye Whiskey - Green Tree Distillery

(Palírna U Zeleného stromu)



The history of the oldest European distillery started in 1518, when Vilém of Pernštejn and Helfštýn granted the brewing rights to thirty-one landlords in Prostějov. Among those selected there was also an owner of the building At Green Tree. In 1610 Karel of Liechtenstein upgraded these distillery's brewing rights, granted them a monopoly on distillation and brewing spirits. Thanks to these privileges, the quality of production increased and Prostějov soon became famous as the town where the best spirits in Bohemia are made. The recipes come from the second half of 17th century, when the owner used his knowledge from the field of pharmacy and wine making and produced brand new liqueurs from rye - Režná. Today the distillery forms a part of GRANETTE&STAROREŽNÁ Distillery a.s. and is the biggest domestic producer of spirits with purely Czech capital.

Dykova 8, 796 01 Prostějov, Tel.: +420 582 301 380

Excursions: Mon - Fri 8.00 am - 1.00 pm (Tel.: +420 582 301 315, +420 582 301 311, E-mail: pavel.hampl@palirna.cz)

Shop open: Mo - Fri 9.00 am - 11:30 am, 12.00 am - 5.00 pm

www.palirnauzelenehostromu.cz

2 Haná Acidulous Water (Hanácká kyselka)

Is strongly mineralised natural mineral water springing to the surface from the depth of 265 metres from Palaeozoic Devon Dolomity limestone. The tradition of Haná Acidulous Water in Horní Moštěnice near Přerov comes back to 1845. Nowadays it uses top modern technologies guaranteeing high quality of the products. Hygiene and cleanliness are maximally supervised in the factory. The unique combination of mineral and trace elements gives this traditional Moravian mineral water an unmistakable taste. Besides a natural still variant you can choose among many flavoured sparkling variants.

Horní Moštěnice 547, Tel.: +420 800 11 10 11, E-mail: info@hanacka.cz

www.hanackakyselka.cz



3 First Republic Herbal Liqueur JA-KA-MA-RUS



TOSH Distillery is a family handicraft distillery located in the heart of Haná. Grain from fertile Haná land, growing all around, forms the base for the spirits. A production of the first Czechoslovak whiskey - King Barley - has been restored here after twenty years. Also a legendary Czech herbal liqueur Jakamarus is made here, produced since 1932, however, its history dates back to 1916. For its production a mixture of herbs and spices is used, then it matures in an oak barrel for several months. TOSH develops their other own brands and offers distilling. They make typical fruit brandy too, which has always inseparably belonged to Haná Region. Right in the distillery also a small exposition of distilling industry in Haná Region has been opened to public. During the guided tour you can taste samples and learn more about the production and the history of this family distillery.

TOSH Distillery s.r.o., Těšetice 78, 783 46 Těšetice
Tel.: +420 604 353 469, +420 606 602 036, E-mail: tosh@toshnazdravi.cz

www.toshnazdravi.cz

MINERAL WATER AND SPIRITS

Thanks to favourable clima and fertile soil ideal for fruit growing Jeseník area Podesní has been called „Fruit chamber“. For a long time fruit has been processed here. One of the ways of how to process the fruit is traditional destilling, mainly plum and apple spirits are made here. Thanks to vast meadows, herbal liqueurs have a long tradition In Jeseníky, too. Why don't you taste?



1 Bairnsfather Family Distillery



The source for products made in this family distillery are pharmacists' recipes from the times when no pills and drugs were available. People were healing themselves using natural sources - herbal macerates and tinctures. These form a basis of all liqueurs here today. They are all traditionally handmade following the methods hundreds of years ago. The distillery offers liqueurs such as Domašov Bitter (Domašovská hořká) and Jeseník Herbal (Jesenická Bylinná). They were the first to launch Absinth „Bitter“. Bairnsfather Bitter contains 55 % of alcohol and maximum of psycho-active element „thujon“ out of Common wormwood. Its content is 32-35 mg/kg, which makes the spirit more bitter. It tastes the best watered down (using ice cold water) or as a part of mixed drinks.

Bairnsfather Family Distillery s.r.o., Domašov 490, 790 01 Bělá pod Pradědem
Tel.: +420 777 327 468,

www.bairnsfather.net

2 Jeseník Liqueur Company and Distillery Ullersdorf

Noble fruit liquors Ullersdorf are a guarantee of traditional processing, using high level of knowledge and skills and, of course, prime fruit. Herbal liqueurs contain only herbs and natural essences - no imitations, colourings or artificial aroma. Local fruit (from Jeseníky foothills and around rivers Morava, Desná and Oskava) is preferred. The company offers a wide range of herbal liqueurs, from the bitter ones to the sweet ones, all of them with their unmistakable aroma and taste. These unique products are best as a digester or among elite society. Liqueurs Ullersdorf are characterized by a very high quality, winsomeness and a combination of ancestors' heritage with modern trends.

Maršíkovský mlýn, Maršíkov 67, Velké Losiny
Tel.: +420 603 710 220, E-mail: info@ullersdorf.cz

www.ullersdorf.cz



3 Rosehip Wine Jeseník



Tel.: +420 721 730 829, E-mail: sipkovevino@seznam.cz
www.sipkovevino.cz

A family company from Jeseník has been focused on a production of exclusive unfiltered fruit and herbal wine since 2011. They follow the traditions of our grandmas, who knew very well what nature can provide. They offer natural products from Jeseníky Mountains. Their top product is undoubtedly Rosehip Wine that has been awarded gold and silver medal at two international competitions in USA.

Rosehip wine is made by fermentation of dried rosehips with added sugar and a special tribe of yeasts. The fermentation takes from 3 to 4 months, after pumping over and pressing the rose hips the wine matures for two more months. It is not filtered and does not contain any preservatives or colourings. Rose hips are gathered on hills around Jeseník spa. All the production is handmade.



DELICACIES FROM NATURE

Haná fertile fields and orchards offer a lot of crops ideal to be processed into delicatessen. Prime jams, syrups, juice, onion jam and many other delicatessen are made - handmade - here. No matter if traditional or new producers, all of them try to offer the most unique products of the highest quality. Let the nature surprise you...



1 Moštěnice Syrup



Syrups in Moštěnice are cooked, without adding any preservatives, sweeteners and synthetic colourings, the only additive aromatic element is purely natural - extract from hibiscus and carrot. The system of quality and certification control is very strict in this company, all processes and products meet the requirements of EU. There is also a laboratory as a part of the manufactory. It places emphasis on quality check and strict following of the recipes. In the typical sugar range strawberries, raspberries, black currant, forest fruits, oranges, pineapple, cranberries, plums, ginger, tangerines, lemon with mint and cherries are processed. Newly you can buy a syrup from lemon and pears. As far as organic cane range is concerned you can taste raspberry, black currant, apple and sea buckthorn syrups.

LOBODICE č. p. 7, Open: MO - Fri 7.00 am - 1.00 pm., Tel.: +420 778 746 745, +420 730 519 757, E-mail: info@mostenicksirup.cz
www.mostenicksirup.cz

2 Unique Onion Jam from Prostějov

Greentreefood, Ltd. is a relatively young company set up thanks to the love for food, chocolate and pralines. Onion jam - their top product - is in fact processed onion flavoured by spices, wine, sugar and other ingredients. It is made out of both yellow and softer red onion and does not contain any colourings and preservatives. Besides others, Greentreefood, Ltd. produces chocolate, pralines, sticks, lollipops etc.

Za Velodromem 2, 796 01 Prostějov
 Tel.: +420 728 883 893, +420 602 560 175, E-mail: info@greentreefood.cz



www.greentreefood.cz, www.cibulada.cz

3 Jam from the Manor Farm (Poplužní dvůr)



Manor Farm was built in 1605 by Olomouc Archbishopric as a significant agricultural place of the church in Moravia. After the abolition of serfdom it was sold out by the church little by little, the main part of the farm with an orchard and a garden stayed on, however, has changed its owner many times. In 2005 it was bought by present owners who have continuously been reconstructing the farm. Both the orchard with old trees and the garden provide too many kinds of fruit and vegetable for them to consume. Thus they have decided to start producing regional food with a strong reference to Haná Region, which means using old Haná recipes following traditional processes. The selection is widened each year, what is more, house accessories such as rustic clocks, dryers, historic paintings and others are made here too.

Poplužní dvůr, Náves 18/35, 750 02 Bochoř
 Tel.: +420 775 706 161, E-mail: statek@popluznidvur.cz

www.popluznidvur.cz

DELICACIES FROM NATURE

Jeseníky nature offers a lot of fruits that can be processed into great syrups, jams and other delicacies. If you visit Jeseníky, you should not miss these top-class products. Unique recipes and processes during the production guarantee an extraordinary healthy gourmet experience.



1 Rychleby Herbal Syrups and Juices



VS Rychleby Ltd. was founded as a social company in August 2010. The vision of the founders was to produce fine and natural products based on local sources - herbs and fruits. Traditional herbal syrups made according to the original recipes, packed medicinal herbs and apple vinegar form the main production. Herbs have been processed in this region for a very long time, this is visible in the names of some villages around, for instance Grass village (Travná). The monastery in Bílá Voda made herbal tea in the times of socialism too. Rychleby Mountains were deliberately chosen as a place of the business. This locality is characterized by remote untouched rough countryside ideal for herb picking. The company has been awarded the regional mark Jeseníky - a unique product. This mark guarantees local origin of the product and connection to Jeseníky Region, as well as its quality and environmental friendliness.

Velká Kraš 164, 790 58 Velká Kraš, Tel.: +420 720 317 704, E-mail: obchod@vsrychleby.cz
www.vsrchleby.cz
 Open: Mo - Tue 7.00 am - 14.30 pm, Wed Farm Markets, Thu - Fri 7.00 am - 14.30 pm, Sat Farm Markets, Sun closed

2 Honey and Bee Products

Honey production (dark honey, light, cream, cinnamon, cocoa, honey with aronia), nuts in honey (cashew nuts, hazelnuts, walnuts), almonds in honey, honey candies, baked tea sweetened by honey, handmade candles made out of beeswax and various gift parcels - all these you can buy in Mr. Navrátil's firm. His beehives are located in the protected landscape area Jeseníky, the area neither affected by chemicals, chemical spraying nor other intervention by people that can have negative impact on the nature. Thus this honey and other bee products guarantee the highest organic quality coming from untouched nature. They are not chemically modified and their extraordinary quality is regularly checked by Beekeeping Research Institute.



Mgr. David Navrátil, Mladoňov 103, 788 03 Nový Malín, Tel.: +420 604 659 660, E-mail: navratildavid@seznam.cz

3 Herbal Tea VS Rychleby



All these kinds of herbal tea consist of a traditional mixture of herbs and flowers. We do not only perceive tea as a common drink but we also search for it when we suffer from health problems. All the basic ingredients come from Rychleby Mountains, which means from the local sources, the nature minimally touched by industry or agricultural mass production. In the company VS Rychleby they either pick the herbs and plants themselves or buy them from local farmers. Then the herbs are dried in the automatic drying room without adding any preservatives, colourings and aromas. Thus all the herbs are completely natural prepared for the production of delicious organic tea.

Velká Kraš 164, 790 58 Velká Kraš, Tel.: +420 775 555 541, E-mail: miroslav.pribyl@vsrychleby.cz

www.vsrchleby.cz



UNFORGETTABLE COFFEE

In Europe coffee became famous at the turn of 16th and 17th century, when it quickly gained its popularity. The first coffee came to the Czech country at the end of 17th century, thanks to a victory over Turks besieging Vienna. Educated people, writers, students and artists started to meet in cafés at that time. Coffee then gradually extended into common households. In the inter-war time many coffee-roasting plants and cafés were set up. This coffee boom was unfortunately interrupted by the second world war. In recent years Czechs have been discovering the charm of prime coffee again and plenty of private coffee-roasting plants have been founded. They roast coffee of the highest quality grown in many countries of the world. Join us to visit the most significant private coffee-roasting plants in Olomouc Region.



1 Coffee-roasting Plant CaféGape Litovel



The family roasting plant from Lošov, with their personal approach to each customer, was founded in 2010 in Litovel. They offer precisely roasted coffee from top German machines. Freshness and quick delivery is guaranteed. Besides coffee they offer catering, training courses, as well as sale and a service of Swiss coffee makers Jura. Currently you can buy two exclusive mixtures: CaféGape Espresso - a prime mixture of arabica from South and Middle America suitable for making espresso. Strong aroma and delicious taste is positively influenced by special selection of green cocoa beans. The second mixture is CaféGape Modesto - a mixture of arabica and robusta coffee from Middle America and India areas. Very pleasant taste of this coffee is reached by a balanced proportion of two kinds of coffee and slow roasting. The basic priority of this coffee-roasting plant is the freshness of their coffee, that is why the coffee is roasted after you order.

Pražírna CaféGape, Svolinského 18/75, 779 00 Olomouc - Lošov
Open: Mo - Fri 10.00 am - 5.00 pm, E-mail: prazimekavu@gmail.com

www.prazimekavu.cz

2 Kikafé Olomouc

Olomouc coffee-roasting plant and an espresso bar has been working with exclusive coffee beans coming from all over the world for 5 years. They exactly want to know where the coffee comes from, its story and, if possible, the story of the people who grew it. They handle these pieces of information similarly as the bean - they share them in the highest quality with the customer. They are well aware of the fact that not only good coffee bean makes success in the cup, they put emphasis on friendly and trained staff. For the same reason they use top technologies, both for espresso and filtered coffee.

Sokolská 548/44, 779 00 Olomouc
Open:
Mo - Fri 8.00 am - 6.00 pm
www.kikafe.cz



UNFORGETTABLE COFFEE

Do you know where and how coffee is grown? Do you know how to make a good espresso? How to make real Turkish coffee? How to store and grind coffee in the right way? Have you ever heard the expressions espresso tonic or aeropress? If at least one of your answers was „no“, you should visit ditiful coffee-roasting plants and cafés in Jeseníky area. They will show you how real coffee tastes!



1 Coffee-roasting Plant KÁVOMILKA Šumperk



A small, cosy and discreet coffee-roasting plant, hidden from the bustle in the town centre of Šumperk, provides the intimate sit-down inside as well as the possibility to look into the process of roasting. Coffee is roasted solely by the owner, a young lady, and her mother. You can taste coffee right from the cup or buy coffee to go, you can also buy packets of roasted coffee from eleven countries of the world. The friendly service will always be happy to help you with your choice. KÁVOMILKA - a roasting plant where coffee is roasted with love to each bean - is looking forward to your visit.

Hlavní třída 9a, 787 01 Šumperk
Tel.: +420 773 201 617, E-mail: prazirna@kavomilka.cz
Open: Mo - Fri 9.00 am - 5.00 pm,
Sat 9.00 am - 12.00 am, Sun: closed
www.kavomilka.cz

2 Your Coffee-roasting Plant (Vaše Pražírna) Petrov nad Desnou

How about sit down for a while, let the time go by and savour a cup of great fragrant coffee from Your Coffee-roasting Plant? You can enjoy exactly such moments of peace of mind with fresh roasted coffee in the café U Kafermejkna in Rapotín near Šumperk. They roast and prepare the coffee to meet the strict requirements of their customers - semi-roasted, without any sourness, with nut-chocolate tones. You can taste and buy coffee from ten countries of the world here and also buy other products from local regional producers.

Vaše Pražírna,
Petrov nad Desnou 17, 788 14 Petrov nad Desnou
Tel.: +420 608 00 32 35
E-mail: obchod@vaseprazirna.cz
www.vaseprazirna.cz

U Kafermejkna, Šumperská 79, 788 13 Rapotín
Tel.: +420 608 003235
Open: Mo - Fri 2.00 pm - 9.00 pm,
Sat - Sun 10.00 am - 9.00 pm





GASTRO EVENTS

Do you like good food and drink and at the same time long for meeting new people and having new experience? Then you should visit some of these gastro events in our region. The following pages will guide you through the most significant gastro events and festivals in Olomouc Region. So come, taste and have fun!

1 Garden Food Festival Olomouc



Garden Food Festival is a festival of good food and drink, which aims to show the public the fact that there are plenty of great restaurants and top-class cooks loving their job in the Czech Republic. Local producers, farmers, regional food and marks are supported during this festival as well as tourism and gastrotourism in the town and the whole region. The festival brings new trends in gastronomy, shows interesting concepts and welcomes top cooks.

www.gardenfoodfestival.cz

2 Olomouc Tvaruzky Festival

At the end of April, Olomouc city centre is coming alive with the festival devoted to the typical Haná speciality - Olomouc cheese tvaruzky. This smelly mature cheese has been made in Loštice for more than six hundred years. Festival visitors can taste this special cheese both in warm and cold variations - offered by restaurants involved in the project Taste Haná and so promoting traditional Haná gastronomy. You can look forward many specialties, among others for instance tvaruzky desserts and beer from Haná minibreweries. The festival is accompanied with a rich cultural programme including Haná folklore ensembles performances. This festival opens the tourist season, introduces news in tourism, what is more, you can attend many thematic guided tours in some beautiful Olomouc sights.



www.tvaruzkovyfestival.olomouc.eu

GASTRO EVENTS



1 Chocolate Spa, Velké Losiny



The festival Chocolate Spa or Chocolate in Motion is a cocktail of experiences for all generations. „Life is as a box of chocolates“ said Forrest Gump. So imagine this festival as a beautiful big box of chocolates wrapped into handmade paper and at the same time imagine yourself as a very small curious person standing on the edge of this box. There are great opportunities standing in front of you. In one hole you can watch performances and admire the work of masters confectioners and cooks. In the next hole you can create, make your own delicacies and taste some culinary specialities. All these experiences are then multiplied by the fascinating area of Jeseníky foothills and by the charming square in Velké Losiny. What is more, there is a nice spa park, you can visit a unique handmade paper mill, you can walk to the new lookout on Buková hora or visit a Chateau, a thermal park or nearby Loučná nad Desnou. This extraordinary mix is prepared by the association Za krásným kopcem (Behind the beautiful hill) cooperating with Olomouc Region, village Velké Losiny, village Loučná nad Desnou and other great partners and friends.

Association
Za krásným kopcem
B. Němcové 552
Velké Losiny
788 15
info@cokoladove-lazne.cz
www.cokoladove-lazne.cz

2 Beer Festival Holba

Festival of pure beer from the mountains has become a tradition in Jeseníky Mountains. This beer festival usually takes place at the second weekend in September, as it tends to be sunny. The courtyard of Holba Brewery is changed into a social arena filled with the mix of great beer and excellent music, which you can enjoy for two days. It starts on Friday and continues up to Saturday midnight closed by a spectacular traditional fireworks. Children can let off steam during a special programme for children full of performances and activities. Adults definitely appreciate unforgettable music, shows and contests, but first of all great beer - traditional Šérák as well as Holba non-alcoholic beer from Holba Brewery in Hanušovice.



Pivovar HOLBA, a.s., Pivovarská 261, 788 33 Hanušovice, Tel.: +420 583 300 900, E-mail: obchodni@holba.cz

www.pivovarskeslavnosti.cz



REGULAR EVENTS

February

Smoked Olomouc (Uzená Olomouc)

Festival of smoked meat and home-made specialities from pig-slaughtering. You can also taste homemade cakes, farm cheese, home-made pork-rind sticks, homemade bread, pancakes, herbal lemonades, sweets and many other specialities. www.uzenaoiomouc.cz

Festival of Chocolate (Čokoládový festival)

Festival for chocolate lovers.
www.cokoladovy-festival.cz

April

Olomouc Tvaruzky Festival (Olomoucký tvarůžkový festival)

Visitors can taste tvaruzky both warm and cold in various dishes. Menus are made by restaurants participating in the project „Taste Haná“ and so promoting traditional Haná gastronomy.
tvaruzkovyfestival.olomouc.eu

May

Beerfest Olomouc

Festival in the premises of Korunní pevnůstka in Olomouc. Visitors can taste about a hundred kinds of beer including beer specialities.
www.pivnifestival.cz

Beer Festival in Přerov (Přerovské pivní slavností)

You can look forward to more than fifty kinds of beer.
www.prerovskepivnislavnosti.cz

Olomouc Wine Festival (Olomoucké vinné slavnosti)

Wine-growers not only from Moravia but also from abroad offer and present their wine here.
www.olomoucka-vinna.cz

June

Zubrfest

Festival of Beer.
www.zubrfest.cz

July

Beer Festival in Minibrewery Kosíř (Pivovarské slavnosti v Minipivovaru Kosíř)

Tasting of beer from local production accompanied by a rich programme.
www.pivovarkosir.cz

Extreme food festival Olomouc

Festival of exotic and extreme cuisine for all lovers of new food.
www.extremfood.cz

August

Litovel Open (Litovelský otvírák)

Visitors can taste great Litovel beer and some delicacies from Haná.
www.litovel.cz/cs/litovelsky-otvirak

Regularly

Haná Farmers' Market (Hanácký farmářský trh)

- two or three times a month

Seasonal fruit and vegetable, dairy products from goat, cow and sheep milk, fresh meat and smoked goods, fish, fruit and vegetable juice, jam, spices, herbs and many other products.
www.olomouckytrh.cz

Rural Markets Šternberk (Venkovské trhy Šternberk)

Markets with products from farmers' own vegetable and animal production. Dates of these markets can be found on town websites.
www.sternberk.eu

September

Garden Food Festival

Regional festival of good food and drink. A two-day culinary picnic in a nice surroundings of Smetanova sady in Olomouc.
www.gardenfoodfestival.cz

Plumlov Grape Harvest (Plumlovské vinobraní)

The festival is located in Plumlov castle. You can look forward to a fair and demonstrations of folk handicraft. You can taste young wine, wine, barbecue and smoked specialities.
plumlov.info

Harvest Festival of Olomouc Region (Dozinky Olomouckého kraje)

Agricultural fair, handicraft fair, gamekeeping and hunting, presentations of technical schools in the region, degustations of regional food.
www.dozinkyolomouc.cz

Hops Harvest Festival (Chmelovy dožínky)

A small beer festival in Olomouc. Visitors can taste beer from small breweries.
www.facebook.com/chmelovydozinke

Haná Festival in Prostějov (Hanácké slavnosti v Prostějově)

Traditional folk fair with a cultural programme and good food.
www.klubduha.cz/hanackeslavnosti

Olomouc Beer Marathon (Olomoucký pivní maraton)

You can take part in competitions in running and drinking beer.
www.pivnimaraton.cz

October

Fishing out of Hradecký Pond (Výlov Hradeckého rybníka)

Fishing out with refreshment and fish specialities.
www.tovacov.cz

Tastes of Autumn (Jak chutná podzim)

Autumn gastro festival, cultural programme in Olomouc Upper Square.
www.tourism.olomouc.eu

Olomouc Wine Festival (Olomoucké vinné slavnosti)

Presentations of 20 wineries with their wine. You can look forward to a cultural programme, a competition of young wine and a wine raffle.
www.olomoucka-vinna.cz

Olima

Festival of gastronomy, wine degustation and a competition of cooks and confectioners.
www.flora-ol.cz/akce

November

Saint Martin's Olomouc (Svatomartinská Olomouc)

Celebrations of St. Martin, degustation and sale of young wine in the Upper Square in Olomouc.
www.vanocnitrhy.eu

December

Christmas Markets in Olomouc (Vánoční trhy v Olomouci)

More than eighty sales booths with products, fine food, delicious punch and hot wine. You can get more than 10 kinds of wine and punch.
www.vanocnitrhy.eu

REGULAR EVENTS

June

Festival of Organic Products in Staré Město pod Sněžníkem (Bioslavností)

A fair of organic products in the company Pro-bio in Staré Město is intended for people interested in a healthy lifestyle and ecological farming. In 22 kiosks you can buy goat and sheep cheese, organic bread and pastry, tea, cereal drinks but also sausages, organic wine or natural cosmetics. You can look forward to a cook show as well.

July

Festival of Lavender in Bezděkov (Bezděkovské levandulové slavnosti)

Visitors can taste untraditional home-made lavender lemonades, lavender ice cream, lavender beer and other specialities. You can also buy special products related to lavender - lavender cosmetics, lavender wine, liqueurs, soft drinks, pasta, oil, paté, gingerbread, young plants of herbs, French delicacies, pottery and many other untraditional products.
www.levandulovystatek.cz

August

St. Mary Pilgrimage (Mariánská pouť) - Branná

For the visitors a lot of kiosks with handcrafts and good food and drink are prepared. You can listen to live music or go to the church of St. Archangel Michael to a mass. During the festival there are attractions for children, local masters' show and many other attractions.
www.poutbranna.cz

September

Beer Festival Holba (Pivovarské slavnosti Holba)

This festival has become a tradition in Jeseníky. It is a connection of good music and pure beer, including guided tours with brewers.
www.pivovarskeslavnosti.cz

October

Chocolate Spa in Velké Losiny (Čokoládové lázně)

At the festival you can taste chocolate pralines, melted chocolate from chocolate fountains, 22% to 95% chocolate, homemade ice cream, exclusive chocolate sorbet, salty caramel ice cream, young wine ice cream and other products connected to chocolate.
www.cokoladove-lazne.cz

Regularly

Jeseník Farmers' Markets (Jesenické farmářské trhy)

- once a month

Fruit and vegetable from farms and gardens, bread and pastry, meat products, cheese, homemade pasta, vegetable and fruit delicacies, fruit wine, roast steaks and sausages, desserts, ice cream, coffee and regional products.
www.mkzjes.cz

Farmers' Market Šumperk (Farmářské trhy Šumperk)

- once a month

Ovoce a zelenina, bylinky, syry a mléčné výrobky, maso, uzeniny, čerstvé a uzené ryby, čerstvé pečivo, med, výrobky s rakytníkem, domácí masové konzervy a zavařeniny, ovocné a zeleninové šťávy, víno od vinaře, pivo z minipivovaru, koření.
www.farmarsketrhysumperk.cz





TRADITIONAL RECIPES FROM CENTRAL MORAVIA

In the end of this guide, we are providing you - gourmets - traditional recipes from Central Moravia. Over centuries tried and tested delicious meals containing regional ingredients can be cooked really by everybody. Try and taste food of our region!

Potato Pork Rind Dumplings

Ingredients:

1 kg boiled potatoes, minced

500 g semolina

2 eggs

3 diced rolls

2-3 tbsp milk

Filling: 150 g minced pork rinds

Method:

Make a dough out of all the ingredients. If the dough is too solid, add little milk, if it is too thin, add semolina. Make small dumplings and fill them with minced pork rinds, instead you can use chopped smoked meat or minced high-fat salami. Boil these dumplings for about 20 minutes. Finally, put fried onion on the top and serve.



Haná Pie (Hanácké tróč)

Ingredients:

300 g flour

50 g lard

pinch of salt

2 dl milk

50 g sugar

50 g yeast

1 egg

500 g plums (cherries, apricots or blueberries)

Method:

Warm up milk, add a pinch of sugar and crumble yeast into the milk. Thus we make leaven. Separately, put flour, sugar, salt, egg, fat and leaven into a bowl. Mix the dough for a long time, until it makes bubbles. Cover by a dish towel and let it rise. After one hour mix again and let it rise for thirty more minutes. Prepare streusel: mix butter, flour and sugar in the bowl until butter is absorbed completely. Grease a baking sheet, pour the dough and spread out into all the corners using your hand. Put fruits on the top thickly, one piece right next to another (the amount of fruit is just indicative) - you can use canned fruit too. Sprinkle with the streusel and let 15 more minutes rise. Put into the pre-heated oven and bake at 200° until the pie is lightly gold. Sprinkle with sugar before serving.



TRADITIONAL RECIPES FROM JESENÍKY

If you have already tried traditional Haná dishes, you can cook Jeseníky specialities as well. You will use regional ingredients and taste delicious dishes from Jeseníky. Enjoy your meal!

Mushroom Kuba

Ingredients:

50g dried mushrooms

500 g big hulled grain

3 onions

3 cloves of garlic

Butter (lard)

Oil

Salt, pepper, caraway seeds, marjoram

Method:

Boil hulled grain in salty water with a little butter or lard. After 30 minutes the grain is cooked but still crunchy. Let 5 more minutes mature and then drain. Melt butter, stir fry onion, add garlic, salt, caraway seeds and dried mushrooms cooked separately in advance. Grease a baking bowl with butter or lard. Put hulled grain into the bowl, add the mixture of mushrooms with onion and garlic. Add more salt, pepper and marjoram and stir. Lay slices of butter on top and bake about 25 minutes.



Steamed Leavened Dumplings with Blueberries



Method:

Sift flour into a bowl and make a hole in the middle. Add one teaspoon of sugar. Pour a little lukewarm milk and in the end crumble yeast. Let the leaven mature, it takes 10 - 15 minutes. Mix flour, leaven, the rest of lukewarm milk, yolk and pinch of salt together and using a wooden spoon make smooth dough. The dough is ready unless it sticks to the bowl walls. Cover by a dish towel and let leaven at a warm place for about one hour to double or even triple its volume. Place ready dough on a pastry board and roll out (5 - 7 mm high). Cut into squares of the same size. Spread each piece carefully using your fingers and put one tablespoon of washed but dry blueberries in the middle. Connect the corners and wrap the dough into a round dumpling. Place the dumplings on a plate, joint down and let 10 more minutes mature. Prepare a pot with a sieve so that dumplings can be steamed. Pour a little water into the pot and let it boil. Then lower the heat, put 4 - 5 dumplings on the sieve and cover by a lid. Steam the dumplings for about 8 minutes. Do not remove the lid, otherwise the dumplings will shrink! Right after the dumplings are cooked, pierce each one by a fork to let the steam out. To serve, pour the blueberry dumplings with melted butter and sprinkle with powdered sugar; if you wish, you can add curd cheese or roasted breadcrumbs on top. In some restaurants the dumplings are served poured with melted chocolate.

Ingredients:

Dough:

550 g flour

1/2 cube yeast (= 21g)

500 ml milk

1 yolk

1 tsp caster sugar

pinch of salt

Filling:

400 g fresh blueberries

On top:

Butter, powdered sugar, curd cheese

Tourist Card

FREE ADMISSION

Olomouc • Central Moravia • Jeseníky Mountains

OLOMOUC CARD

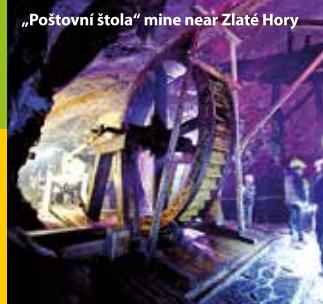
region

The Olomouc region Card is a tourist card allowing you **to visit attractive sights FREE OF CHARGE** – castles, chateaux, museums, ZOO etc. – in Olomouc, in Central Moravia and in the Jeseníky Mountains. Furthermore, you can make use of attractive discounts many sights, i.e. admission fees to selected sights and tourist destinations, water parks, sports and leisure centres, restaurants and hotels. With each Card you buy, you will get a **100-page colour brochure – a tourist guide, FREE OF CHARGE**. Here you will find information about attractive sights where you can use your Olomouc region Card, including contact details and opening times.



FREE
available at **95** sights

- Castles • Chateaux • Museums
- ZOO Olomouc • Bobsleds • Minigolf
- Public transportation in Olomouc
- Collection conservatories



Olomouc Zoo

DISCOUNT
available at **80** sights

- Water Parks • Caves • Sport
- Restaurants • Accommodation
- Adrenaline experiences



Hrubá Voda Sport Park

The vendors, up-to-date list of involved sites,
and trip proposals with the ORC are at the

www.olomoucregioncard.cz