

Why hiking?

Hiking is the simplest form of aerobic exercise. It doesn't require any special equipment or skills. Basically, you can do this activity anywhere and at any time. Hiking uses natural human movements, which physically affects the whole organism and improves both health and overall fitness.

Exercise in the fresh air, in the countryside and with friends or new people has a positive effect on both the physical and the mental and social side of people. People feel relaxed after physical activity, are more effective and better balanced, while being better prepared to face everyday stress. Group activities give people new social contacts, the chance to develop their social intelligence and make it easier for them to identify their own role in society.

Last but not least, hikers can visit many beautiful and interesting places, which they would not otherwise know about.

Before you leave

You need to plan your route. Choose one which is between 15 and 20 kilometres long, which will take you between 4 and 6 hours. You can use web pages/apps such as mapy.cz. You should make use of the dense network of marked hiking paths, which are extremely good in the Czech Republic and usually link up interesting places for hikers. Hiking marks can be found on trees, posts, fences, buildings and consist of three horizontal lines. The middle line is red, blue, green or yellow and indicates the colour of the route. Red indicates a long-distance or mountain-ridge route, blue marks an important way, green shows a local path and yellow shows a short or connecting route. The two surrounding lines are white and help make the sign more visible.

You should also choose suitable clothing and footwear. Put on several layers, with the bottom layer taking the sweat from the body, the second layer being light and fast-drying and the next layers providing warmth and comfort, if necessary giving protection against the wind, rain and snow. Footwear should fit properly, and should mean light hiking boots for easier hikes, but higher and more robust trekking boots for longer treks or for tough terrain.

Don't forget to pack a small backpack with enough liquids, food and extra layers of clothing. We also recommend taking a basic first-aid kit and cash.

Hiking

Once in the countryside, make sure that you do not damage it, whilst being considerate to other visitors. If you are walking through a nature reserve, keep to the rules for visitors. Make precautions depending on the terrain and the weather (e.g. helmet, glasses, UV-filter cream). When walking through the countryside, try to use the marked hiking paths. Give way to others who have priority on other ways. On unmarked paths, priority is given to those in most danger (a downhill skier in front of a hiker, a hiker in front of a cyclist, etc). Even if it is not forbidden to walk on a cross-country skiing track, never walk in the tracks or up to half a metre either side of it. In places where a marked hiking path runs in parallel with a marked cycle path, make sure you walk on the right-hand side of the path to give the cyclist space to slowly overtake you or avoid you.

If you have a dog with you, they should be on the parallel hiking or cycle path on a lead so as not to be a threat to any passing cyclists or skiers.

We wish you great pleasure in discovering your surroundings and many special hiking moments!

Zdroj: <https://www.fsps.muni.cz/pesituristika/index.php>