



Light, Shadow and Our Inner Time



Lipno



Česká Kanada



More than just golf. More than just a hotel.

LOOKING FOR AN ESCAPE FROM REALITY?

WE'VE BROUGHT TOGETHER A MODERN WELLNESS HOTEL AND GOLF IN THE STUNNING REGION OF CZECH CANADA TO OFFER YOU GREAT-VALUE STAY PACKAGES.

EXPERIENCE SOMETHING YOU'LL REMEMBER FOR A LONG TIME.



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When capital market profits overflow into the landscape

„Some decisions aren't visible. They aren't easily told; they have to be experienced. When you say Amenity Resorts, it's a story. A long story already. My story, and my family's. Of places I love, connected for me with the romance and adventure I constantly live. The story of everyone I've met along the way. The story of places at the edge, or rather, on the borders of our beautiful country. A story that certainly isn't over. It was born in the years when the world was changing with voucher privatization, the beginnings of capital markets in the Czech Republic, and my first experiences in business. Today, it's a story of many interesting places and related activities, of dreams brought to life. Paintings, farms, ski slopes, golf courses, forests and ponds, land, grazing animals. Land from which everything is born. In dreams, on paper, in projects, in experiences. An eternal and passionate collecting, a bet on a long-term connection in time, space, and landscape. Everything is in the Amenity Resorts story.“

Michal Šnobl – investor, collector, farmer and South Bohemian patriot – decided to step out of the world of numbers and investment models and started creating value differently: concretely, tangibly, in the landscape.

In the public sphere, he has long been perceived as an investor and a prominent figure in Czech business. But the world of finance is abstract by nature. Graphs increase, curves fall, decisions have immediate impact, yet they lack something fun-

damental – the physical experience of a place. It was precisely this need that sparked the idea to build projects that cannot be expressed solely by return percentages. Projects that smell of wood, respond to light and weather, and make sense even when the phone is set aside.

Amenity Resorts weren't conceived as a uniform development concept. Each location had its own beginning. The morning calm of Lake Lipno, the sharp mountain light in Špindlerův



Mlýn, the peace and space of the Orlické Mountains – these were where the first impulses were born. It wasn't about a plan on a map, but an internal agreement with the place. A feeling that this was precisely where a space for rest should arise, one that would be authentic, not superficial.

What guests today perceive as the natural harmony of architecture with the surrounding landscape, the open views, or the calm, unpretentious design, is the result of long-term work and patience. The ambition wasn't to impress at all costs. The goal was to create an environment that feels natural – as if it had always been there.

Individual resorts gradually connected under one brand. Not to be identical, but to share a common foundation – an emphasis on quality, respect for the place, and a feeling that time moves at a different pace here. Whether guests arrive by the water, in the mountains, or in the forest, they enter a space where they are cared for with calmness and certainty.

The experience from the investment environment played its role here. The ability to think in broader contexts helped to

understand the resort not as an isolated building, but as part of a larger whole – the landscape, infrastructure, and local community. In Deštné, this meant building not only a hotel but also broader mountain facilities. In other locations, it meant developing the environment so that a stay isn't just an overnight stop, but a true escape from everyday life.

However, the most important moment comes with the guest. Morning coffee on the terrace. The quiet after a visit to the wellness. Children falling asleep earlier than usual after a day on the slopes. An evening when the lights in the windows illuminate and one realizes there's no need to rush. It's then that the original decision transforms into a concrete experience. Into a personal memory that someone carries home.

Michal Šnobl today shows that true value doesn't have to be created only on the stock exchange. It can grow from the soil, from the water, or from the long-term care of animals. And that business, when thoughtfully conceived and rooted in respect for the place, can be not only an economic activity but also a cultivation of the space we live in.

■ PHOTOSTORY

Flashes of Summer: Morning Light over the Water

The still surface of the water is as reflective as a mirror, a light mist rises from the shore, and the morning rays penetrate through the trees drawing golden lines on the water. The subtle reflection off the water fires back the sunlight onto the skin, so even during a paddleboard ride or morning fishing, light sunscreen, sunglasses with a UV filter, and a hat make sense.

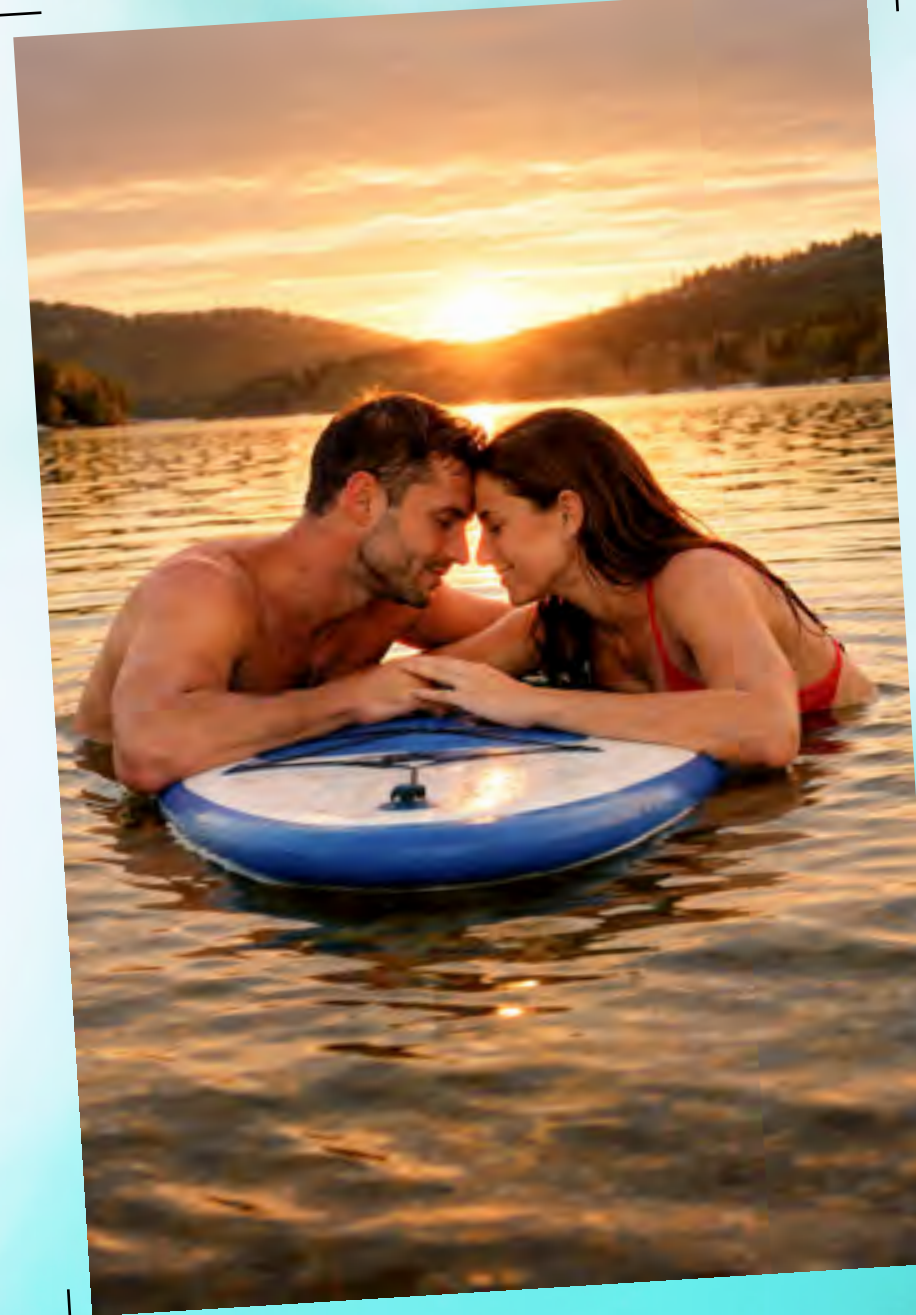
To perfectly enjoy the morning, try breakfast in the open air, yoga on the lawn, or a morning swim. The morning sun is gentle, almost kind—the ideal time to be outside, breathe in, and recharge before the day heats up in full.

WHAT TO PHOTOGRAPH IN THE MORNING:

Reflections on the surface – calm water acts as a mirror. Try symmetry: place the horizon exactly in the middle.

Silhouette on the pier – place a person against the light, underexpose slightly, and let the outline stand out.

Detail shots – dewdrops on the grass, the texture of the pier's wood, morning coffee on the terrace.



Mirroring on a paddleboard at Lipno

■ PHOTOSTORY



Fish of all colors

Photogallery
Česká Kanada
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Sunshine games
at Golfresort Monachus



In the landscape of ponds – Česká Kanada

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■ PHOTOSTORY



Detail versus panorama: Amenity Blue Lipno



The natural character of the golf course



Water fun – Lipno

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A view from the heavens: Amenity Česká Kanada

■ PHOTOSTORY

Flashes of Summer: When Shade is a Luxury

Around noon, the atmosphere changes. The sun is high and its rays fall perpendicular to the ground and the water surface. There is a simple rule: when your shadow is shorter than you are, it's time to move under a tree, a pergola, or a parasol.

Modern hotel complexes like Amenity Česká Kanada work with shade as a design element—pergolas, canvas canopies over sunbeds, or the natural shade of old trees create a microclimate where you can spend time even during the greatest heat.

The midday sun has its power and majesty. When you respect it, it rewards you with the bright colors of the landscape, the deep green of the forests around the lake, and the deep blue of the water, which looks almost hypnotic in full light.

Photogallery
Lipno

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WHAT TO PHOTOGRAPH AT NOON:

The play of light and shadow – tree shadows on the pier, stripes from a pergola on a sunbed.

Detail lifestyle moments – glasses on a table, a book, a glass of water, the texture of parasol canvas.

Top-down shots – midday light emphasizes structure and colors.



Nová Bystřice Forest

Flashes of Summer: The Golden Hour

As the day begins to break and the light softens, the most photogenic part of the day arrives. The sun sinks toward the horizon, its rays passing through a thicker layer of the atmosphere and acquiring a warmer, golden hue. Warmer light evokes a sense of calm.

And then comes the dusk. The sky turns pink and purple, the lights in the hotel rooms come on, and everything is immersed in silence. But the energy stays with us—in the warmth of our skin, in the slight fatigue after a day outside, and in the feeling that we were part of the summer landscape.

WHAT TO PHOTOGRAPH IN THE EVENING:

Backlit portraits – hair lit up by the sun, a soft „halo effect.“

Kayak or boat against the setting sun – a silhouette on the water.

Wide-angle landscapes – the sky often plays with pink, orange, and purple.



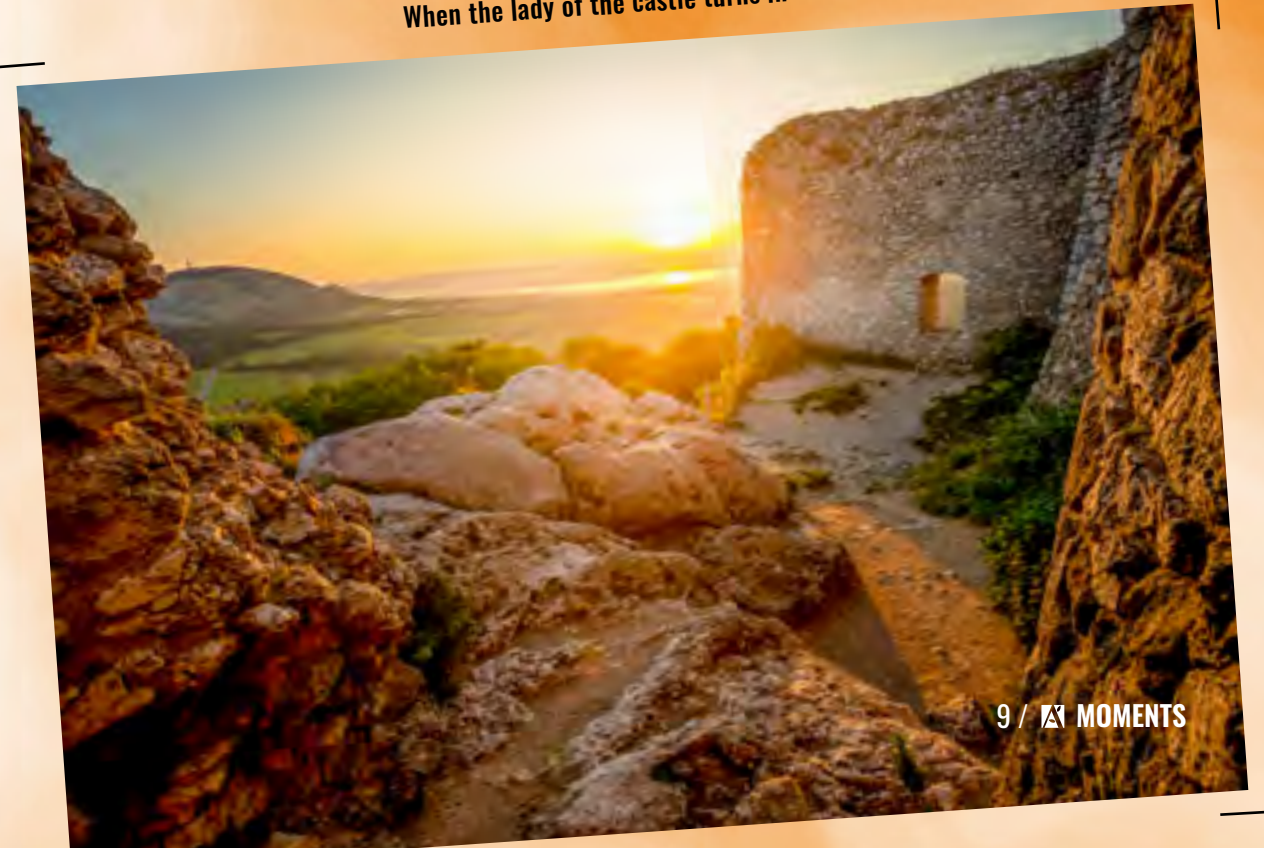
Early evening relaxation in Amenity Česká Kanada



A toast on the terrace – Česká Kanada



Sunset at the swimming pool



When the lady of the castle turns in



Still life from Frymburk



Lipno is Not Just a Reservoir

A huge body of water, pleasant forested terrain, and plenty of activities within the resort and its surroundings. It might seem there's no reason to go too far. But what should you definitely not miss while at Lipno?

Within Reach: Treetop Walkway (Stezka korunami stromů)

A view of Lake Lipno, the Šumava nature, and in good weather, the peaks of the Austrian Alps awaits you. The walkway includes educational elements, adrenaline sections for children, and the longest dry slide in the Czech Republic.

Lipno
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A Trip Nearby: Rožmberk

Majestic Rožmberk is one of the oldest castles in the Czech Republic. From the lookout, you can enjoy the view of the romantic surrounding landscape.

Rožmberk
[Read More](#)



Rožmberk
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Amenity Tip: Taste South Bohemian craft beer

Visit the Rožmberk brewery; we recommend the local raspberry lager.



■ On the Robber's Trail



Within Reach: Grasel Trail

Follow in the footsteps of the legendary robber Johann Georg Grasel. The educational trail leads through the picturesque landscape of Česká Kanada around ponds and forests.

📍 Česká Kanada
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A Trip Nearby: Landštejn Castle

One of the most romantic and best-preserved Romanesque castles in Central Europe towers on a hill near the Austrian border.

📍 Landštejn
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For Nature: Stáلكov Rock City

A lesser-known but magical corner of nature. The rock city consists of bizarre granite boulders, narrow passages, and rock towers.

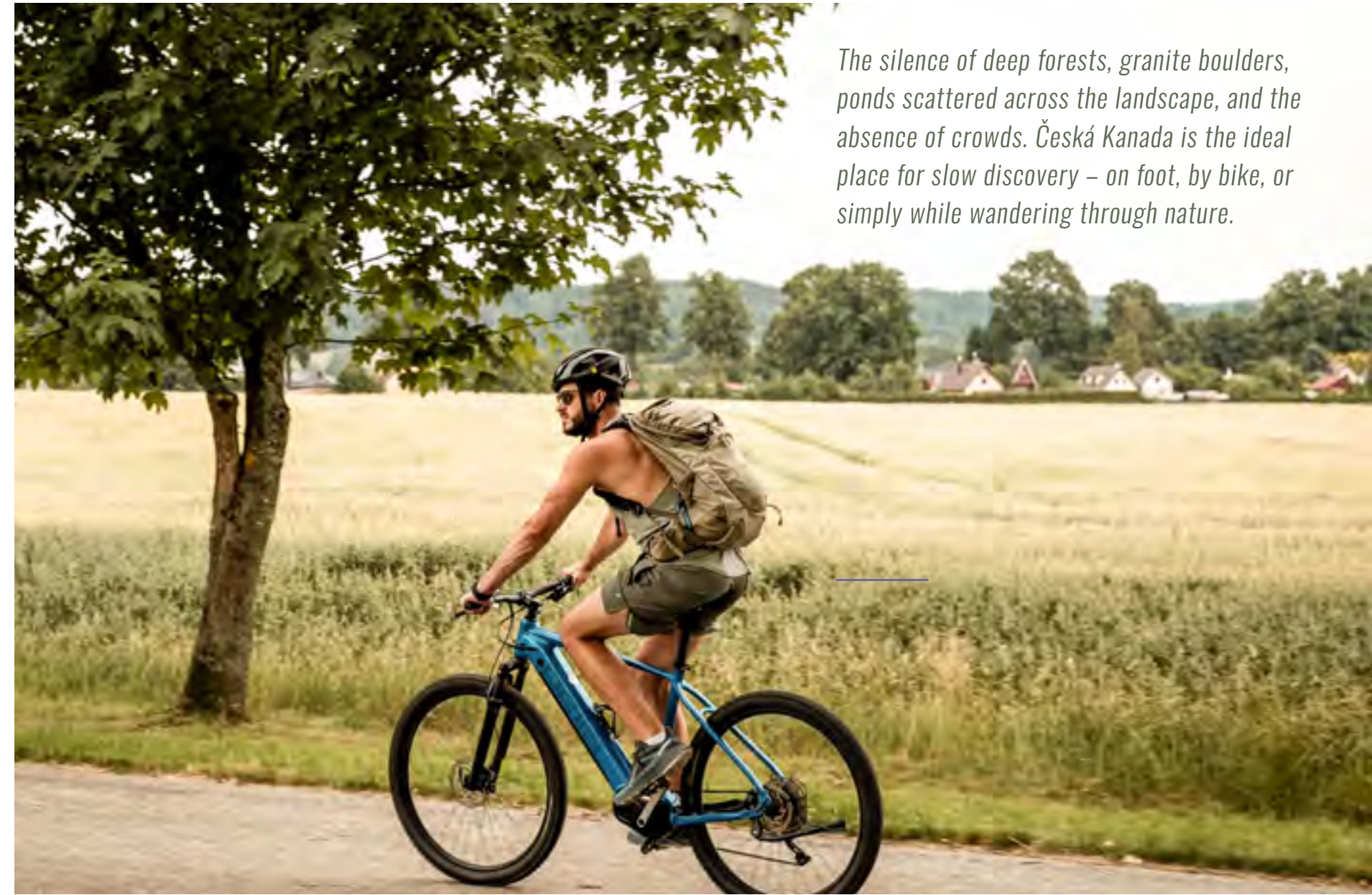
📍 Stáلكov
[Read More](#)



Amenity Tip: Bison Ranch Rožnov

For an unconventional experience, head to the bison ranch near Nová Bystřice. In the stylish restaurant, you can taste bison meat specialties like a juicy burger or steak.

📍 Rožnov
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The silence of deep forests, granite boulders, ponds scattered across the landscape, and the absence of crowds. Česká Kanada is the ideal place for slow discovery – on foot, by bike, or simply while wandering through nature.

A Feeling for Yeast Dough

At Amenity in Česká Kanada, cooking is done with quality ingredients and respect for tradition. Under the baton of Monika Fabrigerová, dishes are created that combine the taste of home with the lightness of contemporary gastronomy.



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Monika's approach stands on a simple philosophy: cook from fresh ingredients without compromising on taste. The foundation is old Czech recipes adapted into a more modern form—lighter, more imaginative, but still faithful to their roots. Don't look for seafood here—instead, you'll find beef from sister farms, venison, or honest dairy products.

A special chapter is dedicated to desserts. If you should take away only one taste experience, it should be the fruit yeast dumplings—Monika's specialty.

📍 Restaurant Česká Kanada
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Carp Fries from Rybar

Right by the cycle path, just a few steps from the shores of Lipno, you will find the Rybar Lipno bistro during the summer season.

The philosophy of Rybar is to offer simple gastronomy focused on fish specialties from our ponds in the Sedlicko region, all in a relaxed holiday atmosphere.

Our fish grow naturally simply feeding on what is offered in the calm, clean water of Czech ponds, in harmony with nature and time. No rush—just honest breeding, clean water, and fish that taste as they should. The meat from our carp is low in fat, firm, and healthy.

The menu favorite is the carp fries – crispy pieces of carp meat prepared so that guests can enjoy traditional Czech fish in a modern and light form. They have become a favorite even for those who „don't usually like“ fish and have quickly become the symbol of the entire concept.

To satisfy your taste buds after a swim, a bike trip, or a walk around the lake, this is the ideal stop!

📍 Rybar Lipno
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Light, Shadow, and Our Inner Time

Morning in Česká Kanada has a different rhythm. The light slowly makes its way through the trees, the mist rises from the meadows, and the body wakes up before we even realize it. Without haste. Without noise. Naturally.

■ BODY AND MIND

Perhaps you've noticed it—that you sleep differently here. Deeper. That in the evening, fatigue arrives quietly, and in the morning, waking up feels lighter. It is not a coincidence, nor is it just about the comfort of the bed. Light plays the leading role. And shadow. And our inner time.

Each of us carries a biological clock—the circadian rhythm. It governs sleep, energy, hormonal balance, digestion, and our capacity for regeneration. These clocks are not just hidden in the brain; they work within every cell of the body. American biologist Satchin Panda, author of *The Circadian Code*, summarizes modern knowledge very simply: „Our health is not only affected by what we do, but primarily by when we do it.“

The strongest signal for these internal clocks is light. Morning daylight gives the body a clear message: the day begins. It suppresses the sleep hormone, increases alertness, and prepares the organism for movement and focus. This process happens automatically—if we do not stand in its way.

The evening should belong to the opposite movement. Shadow. Calming down. A gradual fading out. However, modern life often disrupts this natural transition. Artificial lighting and screens extend the day late into the night, and the body loses its orientation. The result is restless sleep, fatigue, and the feeling that even time off does not bring true rest.

The importance of light and its timing is also confirmed by Czech research. Neuroscientist RNDr. Zdeňka Bendová has long pointed out that disrupting the natural alternation of light and dark has a direct impact on sleep, hormonal balance, and mental well-being. „Biological clocks respond primarily to the

intensity and timing of light, not to a social schedule,“ the scientist explains. The body does not follow a calendar or a work plan. It follows the light.

Why is it easier to rest in nature? In a landscape like Česká Kanada, the body is given the space to return to a rhythm it has known for thousands of years. Morning comes with the light, evening with the dusk. Darkness is true darkness, and night is true night. Guests often describe how, after just a few days, they fall asleep faster and more peacefully, wake up without an alarm, have more balanced energy throughout the day, and feel a deeper sense of calm. No manual. No effort. Simply thanks to an environment that respects the natural rhythm of the day.

The circadian rhythm is influenced not only by light but also by the timing of food. Late dinners or irregular eating habits give the body conflicting signals—it is dark outside, but the metabolism receives information that the day is continuing. As Panda points out: „Our cells have their own clocks, and food is a signal for them as strong as light.“ Regularity, daylight, and quiet evenings create the conditions in which cells can truly renew themselves.

You might not take a specific rule home from your stay at Amenity Česká Kanada. But your body will remember the morning light, the evening stillness, and the silence in which it is good to sleep. And perhaps at home, you will notice that you turn off the lights a little earlier. That you open the window in the morning. That you begin to perceive light and shadow more attentively. Not as opposites, but as natural partners that give order to our day—and depth to our rest.

 Česká Kanada
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Life is About the Experience

There are some gifts a person unwraps, smiles at, and within a few days, forgets where they put them. And then there are gifts that transform into lasting value—into an unforgettable experience. It could be a weekend in the mountains, a slow breakfast you don't have to prepare yourself, a long conversation in the wellness center, or an evening with exquisite food and wine.

An Amenity stay voucher is exactly that kind of gift. It doesn't just have material value; the gift is the lasting memories.

And for what occasion is such a gift suitable?

- For Mom, who takes care of everyone around her all year long and deserves a few days on Mother's Day where someone takes care of her. Perhaps in the spa with a pleasant massage.
- For a colleague who is retiring. Instead of a flower that would wilt in a few days, she can receive a weekend where she wakes up without an alarm, and her toughest decision is what to have for breakfast.
- For newlyweds who already have enough mugs, plates, and porcelain at home. What there is never enough of is time spent together.
- Or for an aunt who always says she never goes anywhere. Yet, she might be the one who deserves a few days of peace the most.
- You will surely think of many other occasions yourself. The Amenity stay voucher can be used at all our resorts. It can turn into a romantic weekend, a family stay, lounging in the wellness center, or a mountain adventure. You can arrange this joy even at the last minute. Just a few clicks and you have a gift that will not be forgotten.

 [Amenity E-shop](#)
[Read More](#)



Every Room Must Shine

When you enter a perfectly prepared room at Amenity Lipno, you are greeted by cleanliness and coziness. Behind all this is highly professional work done with heart. One of those responsible for this is Oksana—or „Oksa“—who has been a housekeeper at Lipno for 15 years.



Every Room Must Shine

From Ukraine to Lipno

Oksana came to the Czech Republic in 1996 to find work. In Ukraine, she first worked as a kindergarten teacher and later in a factory that eventually went bankrupt. At that time, she had to provide for her two children on her own. She had no choice but to leave them with their grandmother in Ukraine and support the entire family from abroad, visiting them whenever possible.

In the Czech Republic, she initially worked in paper mills, but those too eventually closed down. In 2011, the opportunity came to join Amenity Lipno (then Lipno Point). Her new job quickly became a second home. She fell in love with Lipno for its peace, nature, and an atmosphere that felt close to her heart from the very beginning.

The Secret of a Perfectly Prepared Room

“Everything must align – from top to bottom,” Oksana says with a smile. For her, cleaning is not just a routine, but an honest craft. Every little thing has its place; every surface must shine. As she says: her last look at the room is the guest’s first look. Behind a perfectly prepared room lies experience, meticulousness, an eye for detail, and a love for the guests. Oksana passes her know-how to the other housekeepers she supervises. She teaches them not only the technique but also the approach to work, so that every room tells the same story of care.



“Everything must align – from top to bottom,”

Beauty in the Details

Guest comfort is not just about cleanliness, but also about the little extra touches. That is why Oksana carefully manages the selection of pillows, toppers, and other details that can determine whether a guest truly gets a good night’s sleep. She is happy when visitors return and recognize „their“ housekeeper. Her constant smile, helpfulness, and willingness to assist are often what guests remember most from their stay.

Work as the Joy of Meeting People

Over the years at Lipno, Oksana has experienced many powerful and humorous moments. The most touching stories relate to humanity and mutual respect—guests who return, ask how she is doing, and show her that her work has meaning. Oksana has



an open heart not only for people: when a small, injured kitten with a severed leg appeared in the resort’s parking lot, she took him into her care. Thanks to the help of Dr. Beránek from Český Krumlov, the kitten was saved. Today, they are an inseparable pair, and the cat, named Amík, has become the resort’s mascot.

For 15 years, Amenity Lipno has been sparkling and smelling fresh thanks to Oksana, and guests notice. Caring for guests is a matter of course here, and this is the world where Oksana feels at home. Thank you, Oksa, for being part of the unique story of Amenity Lipno!

When adrenaline rises

The warm water at Lipno isn't truly alive until the first board cuts through it - that's the moment when the real holidays begin.

If you're a teenager and already past the phase of „lying on a blanket with a book because your parents want you to“, Lipno can offer a completely different level of summer. One where you'll move more than you scroll, and in the evening you 'll relive your own experiences, not someone else's videos on Tik Tok.



Wakeboarding: Both the first fall and the first ride count

Just a few minutes from the resort is a place that teenagers gravitate toward naturally — RYBAR – Ski & Wake. You might have only seen wakeboarding on social media so far. In reality, it is a surprisingly fast journey from „I can't do this“ to „wait, let me try one more time.“

The tow lift pulls you onto the surface, an instructor explains the basics, and then it's all about balance, timing... and a bit of courage. Beginners make their first turns here, while more advanced riders try small tricks. In between, there are plenty of falls, laughter, and unforgettable moments. Wakeboarding teaches you something you'll take away from Lipno to other areas of life — a feel for movement, reaction, and perhaps a bit more self-confidence.

Flyboarding:

When you want to escape reality Then there's flyboarding. That moment when a jet of water lifts you above the surface is special — a bit sci-fi, a bit like a superhero. Suddenly, you aren't standing on the water, but above it.

At the beginning of July, during the „Opening of Summer“ event, flyboarding is traditionally part of the program — either as a show or as an experience you can try with an instructor. And yes, the first attempt usually doesn't look like the videos. But that makes the second one even better.

Paddleboarding:

Peace among the waves Not every day has to be about adrenaline. There are moments when you just want to head out onto



the water, sit (or even lie down) on a paddleboard, and look at Lipno from a perspective you can't experience from the shore.

At Amenity, you can rent a paddleboard, a boat, or a pedal boat and go on your own little expedition — no plans, no pressure, just because.

It's mainly about everything you get to try. The falls on the wakeboard, the first seconds in the air on a flyboard, quiet rides on the water with your crew or your BFF. You might not bring back a physical souvenir from this summer, but you'll definitely bring back the experience.

📍 Rybar Lipno
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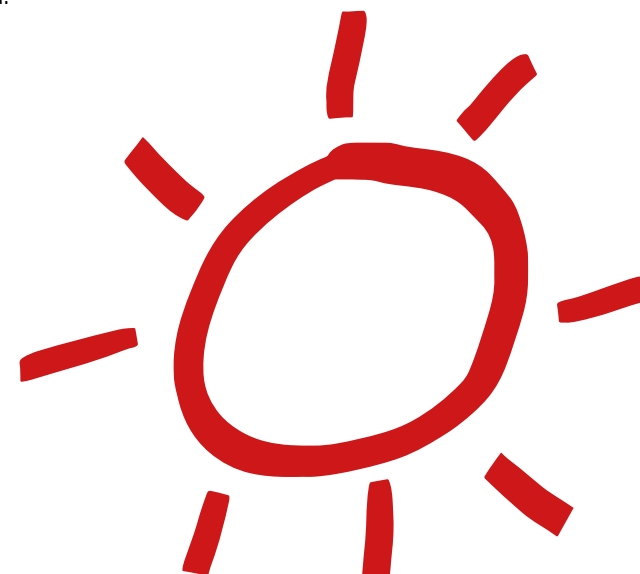
■ Amenity Lipno Children's Mission

The animation program at Lipno offers children the chance to disappear into their own world of games, challenges, and crazy ideas. And the parents? They suddenly find they have time to visit the wellness center, take a walk around Lipno, or just sit on the terrace and do nothing.

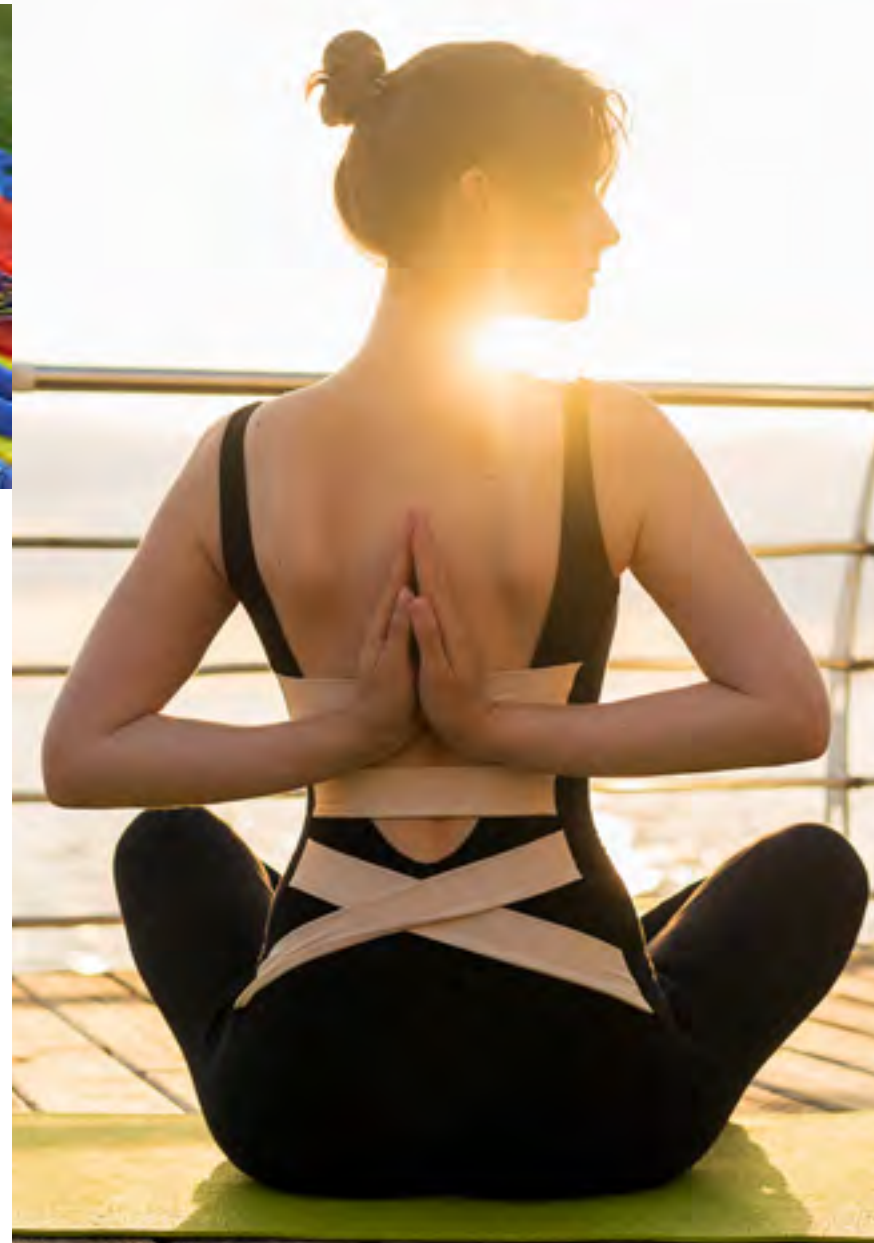


It starts inconspicuously. A few icebreaker games so the children remember each other's names and find out who the team leader is, who the comedian is, and who is the one who always finds the treasure first. And then it takes off. One moment they are dancing in the water during aqua dancing, the next they are playing minigolf or badminton, and sometimes the children immerse themselves in a „Survivor“ style team game. Sack racing, carrying a balloon without hands, obstacle courses... simply put, fun where everyone cheers, falls into the grass, and laughs so loud the fish in Lipno can hear them. When the children aren't chasing each other outside, they switch to creative mode. They make bracelets, fragrant herbal sachets, or candles from real beeswax. Some dive into stone painting, while others let themselves be transformed into a tiger, a unicorn, or a superhero thanks to face painting.

And then comes the great classic – the treasure hunt. A trail with tasks, ciphers, and small challenges where there is running, thinking, and occasional strategizing. And at the end? The treasure. Yes, a real one, and naturally, a sweet one. The whole day ends exactly as proper holiday days should – at the campfire. Guitar, singing, and a small surprise for the parents that the children secretly practiced during the week. While the children fall into bed in the evening with a pleasant tiredness, parents praise the decision: „Coming here was a really good idea.“



■ Morning Sun Meditation



A short moment in the morning light can be a simple ritual that helps calm the mind and tune in to the new day. Sun meditation combines conscious breathing, mindfulness, and the perception of the gentle energy of the morning sun.

Sun yoga is not about complex poses or demanding exercise. Its essence is calming the mind and consciously perceiving the breath and the body. While some yoga styles focus primarily on movement and flexibility, this meditative practice turns attention more inward. It teaches us to slow down for a moment and be fully present.

This approach is based on the movement of the same name developed by French teacher Michel Doffe. After years of practice in various yoga traditions, he began to focus more on meditative mental work. He emphasized the simplicity of movements, conscious breathing, and above all, mindful presence—the ability to be fully in what we are currently experiencing. According to him, it is precisely this attention that helps a person find greater peace and balance in the midst of a fast-paced life.

You can try sun meditation yourself. Just a few minutes outside – on the lawn or just on the hotel terrace. Feel the warmth of the rays on your face and body and gradually release the tension in your body. Even a short moment of silence and energy from the rays can bring a sense of lightness and balance for the whole day.

Small Deeds, Great Meaning



The philosophy of the Man to Man Foundation (Nadace člověk člověku) stems from the simple belief that any of us may need help one day, and any of us can offer it. That is why it is important to create an environment where solidarity becomes a natural part of everyday life. By being a guest at an Amenity resort, you have the opportunity to become part of this concept.

Sometimes, it takes very little to create something bigger. A smile, a small gift, or a gesture that may seem inconspicuous at first glance. The work of the Man to Man Foundation is built on this simple idea—an organization that has been helping where it is most needed for many years. It supports projects aimed at children, families, and individuals who find themselves in difficult life situations. Behind every supported project are real stories: families who receive necessary help, organizations that can expand their services tailored to the handicapped and the sick, and people for whom even small support can change their daily reality. Help doesn't have to be complex or grand. Sometimes it arises naturally—even during a holiday.

At Amenity Resorts, we believe that even a small decision can have a greater significance. If you take home a plush toy, socks,

or the favorite family game „Máš postřeh“ (Got Reflexes?), your joy also becomes a good deed. For every product sold, 20 CZK goes directly to support the Man to Man Foundation.

These contributions help the foundation finance projects that make sense and have a real impact on people's lives.

„The financial support from the Man to Man Foundation contributed to the functioning of our social crisis intervention service for children and minors. The provided contribution was used to cover part of the personnel costs of the service staff. By securing the total financial volume, we were able to improve the mental health and overall well-being of children and minors. We greatly value this support and thank you for your trust.“

Mgr. Pavla Pejšová, TRIANGL – Crisis Center for Children and Adolescents



„Thanks to the support from the Foundation, we can organize trips for children who otherwise could not afford them, and also involve young people from socially disadvantaged families and foster homes in volunteer activities. During our cooperation with the Man to Man Foundation, over a hundred children have already joined us on stays, and several dozen young people have become involved in volunteering. Thank you!“

Mgr. Jan Vašat, Ph.D., FidoDido Association

„Support from the Man to Man Foundation for the organization Rytmus Střední Čechy means maintaining the availability of Personal Assistance services for families with children with health disabilities, especially those with severe disabilities and ASD in the Benešov, Votice, and Vlašim regions. Standard subsidies and support from the Central Bohemian Region currently cover only 60% of this field service.“

Mgr. Pavla Fleischhansová, Rytmus Střední Čechy, o.p.s.



Do you want to help too?

- Buy a souvenir: a plush toy, socks, or the game „Máš postřeh“ (Got Reflexes?).
- Every item counts: For every product sold, 20 CZK goes to the Man to Man Foundation.
- 100% Impact: The Man to Man Foundation uses these funds in their entirety to help others.

You can follow the overview of supported projects here: <https://www.nadacecc.cz/>

■ COMING SOON

In the next issue:

- Introducing Amenity Resorts Špindlerův Mlýn and Orlické hory
- Theme of the issue: Frost and Blaze
- Body and Mind: Latest trends in saunas and cold plunging
- Top tips for cross-country skiing
- Amenity Apres Ski

Coming in November 2026!

Family comfort and great skiing

The resort in Deštné v Orlických horách is ideal for families with children, but it also satisfies more demanding skiers thanks to its two black slopes. Two fast detachable chairlifts will take you to the top.

The new six-seater chairlift Kikirikiii ranks among the very best that Czech mountains have to offer. Both chairlifts operate in the evening as well, when two blue and one red slope are illuminated.

Children will love the Kiddo playground with a conveyor belt, and there is also a ski school that regularly ranks among the best in the Czech Republic.



