

15. FAIRYLAND, WET MEADOW GALLERY
AND COLORED MILL ČERNILOV

The colorful wind mill in Černilov hides a fairy-tale world full of fantasy, creativity and art. The Mokrá louka Gallery offers exhibitions and creative workshops in a magical environment. An ideal place for a family trip that will transport you to the realm of fairy tales.

www.mlyncernilov.cz



16. TŘEBECHOVICE NATIVITY SCENE MUSEUM

A world-unique museum dedicated to nativity scenes attracts visitors of all generations. The greatest treasure is the mechanical Probošt nativity scene, which is made entirely of wood and has over two thousand moving parts. In addition to it, you will see nativity scenes made of various materials and from all over the world. A visit to the museum is a magical experience not only at Christmas.

www.betlem.cz

17. PREHISTORIC ARCHEOLOGICAL PARK IN VĚŠTARY

The original experimental archaeology center was supplemented by a museum building and expanded into a modern archaeology park. The indoor exhibition includes a cave, prehistoric graves, a giant model of the prehistoric landscape, and other exhibits. The outdoor exhibition takes you to a prehistoric village with typical buildings.

www.archeoparkvsestary.cz

18. ROZHLEDNA LIBNÍKOVICE

A modern lookout tower in a quiet countryside near Hradec Králové offers beautiful views of the surrounding nature. It is reached by a pleasant walk or cycle path. Thanks to its simple but elegant shape, it fits perfectly into the landscape. It is an ideal destination for a picnic or a stop during a cycling trip.

www.libnikovice.cz/obec/rozhledna

19. MILITARY FORTRESS JOSEFOV

Construction of the fortress town of Josefov began in 1780 to defend the northern borders of the Austrian Empire and the entire complex was completed 7 years later. The town was a huge armory, a gunpowder warehouse, a food supply, and also provided safe accommodation for soldiers and civilians. Venture into the rectangular streets of Josefov, get to know its unique structure, admire the ramparts and defensive ditches.

www.pevnostjosefov.cz

20. SAFARI PARK DVŮR KRÁLOVÉ

Safari Park is one of the most famous and beautiful Czech zoos and in terms of the number of animals it is even the largest zoo in the Czech Republic. The zoo focuses on protecting endangered animals in their original habitat. You can go on a local safari or stay in stylish bungalows and luxury tents in the treetops.

www.safaripark.cz

21. CHATEAU OPOČNO

Chateau Opočno is a significant Renaissance monument dating back to the 14th century. It stands out for its arcaded courtyard, extensive picture gallery, collection of historical weapons and valuable furniture. It is surrounded by a naturally landscaped park with a sala terrena. It previously belonged to the Trčák and Colloredo-Mansfeld families.

www.zamek-opocno.cz



DEN NA LABI

SMETANOVÉ NÁBŘEŽÍ · HRADEC KRÁLOVÉ

SATURDAY 16. 8.

Farmers' Market / Brave swim in the Elbe / Local Artists / Queen Kick-Scooter (children's performance) / Hembalon: The Sky King (aerial show) / Run with the Queen of Running Eva Vrabcová Nyklová / Phoenix IRONKIDS - children's races / Jet Ski Show (rentals & rides) / Paddleboards and Kayaks /

Official Opening of IRONMAN 70.3 HRADEC KRÁLOVÉ

Parade of Flags of Participating Countries / Royal Bridge Run & Ride - cross the Elbe River with Hlitrádio Černá Hora / Afterparty with Hlitrádio Černá Hora / City Lights Run - Run through Hradec by Night

SUNDAY 17. 8.

Start of Olympic Distance 5150 HRADEC KRÁLOVÉ + RELAYS /

Start of IRONMAN 70.3 HRADEC KRÁLOVÉ / Official Award Ceremony - IRONMAN 70.3

THROUGH BOTH DAYS

FOOD TRUCK Fest / Family Zone - activities for children and families / Expo & Official Merchandise Store IRONMAN 70.3

COMPLETE PROGRAM ON WWW.DENNALABI.CZ

SPONSORS: ČERNÁ HORA, food truck festival, HONDA, YAMAHA, insportline, POVODI LASE

The project is financially supported by the City of Hradec Králové.

Hradec Králové

The project was prepared in collaboration with

Hradecko

IRONMAN 70.3 HRADEC KRÁLOVÉ, **5i50 TRIATHLON HRADEC KRÁLOVÉ**, **PHOENIX IRONKIDS HRADEC KRÁLOVÉ · CZECH REPUBLIC**, **CITY LIGHTS RUN HRADEC KRÁLOVÉ**

IRONMAN 70.3

HRADEC KRÁLOVÉ
CZECH REPUBLIC

FEEL IT!

TOURIST MAP

IRONMAN WEEKEND

15.-17. 8. 2025

1. restaurace aquarium®

We are a restaurant that brings all the flavours and aromas of Mediterranean cuisine to the Salon of the Republic. We pride ourselves on the freshness and variety of the dishes we serve. We change the menu at least 4 times a year according to current seasonal trends. You can find our stylish restaurant in Rybova Street. Come and enjoy Mediterranean specialties against the backdrop of an aquarium, accompanied while dining by live fish and other inhabitants of the underwater world. If you present this map, you will receive a 10% discount on your entire order. www.aquarko.cz

2. ASSENZA CAFÉ & TAPAS

Café Assenza, now almost a bit of a restaurant, named after a village on the shores of Lago di Garda. We cook fresh pasta and gnocchi, prepare salads, bake toast and potatoes and you can also have eggs Benedict, ham & eggs or omelets for breakfast and on weekdays we also serve a lunch menu. For the race weekend, an expanded tapas and menu offer is prepared, where there will also be the possibility of taking it with you. www.assenza.cz

3. Futurum

Futurum Hradec Králové is the largest shopping and entertainment center in the Hradec Králové Region. Since 2000, it offers more than 110 shops, restaurants and services under one roof. Visitors will find a Tesco hypermarket, a CineStar multiplex cinema, a children's corner and a wide range of fashion and sports brands. Thanks to excellent transport accessibility, 1,350 free parking spaces and modern services, Futurum is a popular place for shopping and leisure. www.futurumhradec.cz

4. KOSTKA KOLOBKA

Kostka Kolobka is a scooter rental shop for children and adults. The company is a Czech manufacturer of sports scooters. You can find the shop on Divišova Street. During the Saturday program, also directly on Smetanovo nábřeží, where you will be able to rent a scooter for free. www.kostkakolobeky.cz

5. MUNICIPAL AQUACENTER

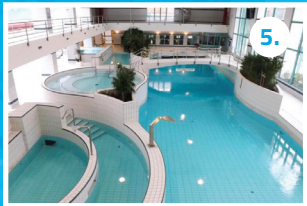
The municipal spa and swimming pool are located in close proximity to the swimming area and the race depot. You can take a ride on the water slide, swim in the pool, enjoy the wave pool, lounge in the whirlpool or hot tub. There is also a children's pool, steam cabins and a refreshment stand. The two pools are connected by a swim tunnel. Upon presenting the Adventure Map, you will receive a 30% discount on a single admission fee (August 14-19, 2025). www.snhk.cz

6. OUTDOOR SWIMMING POOL FLOŠNA

The Flošna swimming pool complex is a unique facility offering sports and relaxation activities for the whole family. Throughout the season, the water in the pools is heated to 26°C to 28°C. Children will love the children's pool or water slides and the playground. Upon presenting this map, you will receive a 30% discount on a single admission fee (August 14-18, 2025). www.snhk.cz

7. OLYMPIC SWIMMING POOL

The 50m swimming pool offers sports and fitness swimming, a children's pool, steam cabins and barrier-free access. It is connected to the Municipal Spa by a corridor, so visitors can use the entire area, including free entry to the Sunny Meadow. From August 14 to 19, competitors have a 30% discount, and on the day of the race you can warm-up swim for free from 7:00 – 9:30. www.snhk.cz



8. i> Infocentrum Hradec Králové

The Tourist Information Centre offers visitors the opportunity to purchase souvenirs and obtain other necessary tourist information. You can find it at: Eliščino nábřeží 626, near the race Expo and the Museum of East Bohemia. Opening hours during the race weekend: Friday 8-21, Saturday 8-20, Sunday and Monday 8-17. The Smart Guide app offers a free audio guide to the city! For more travel tips, visit www.poznejhradecko.cz. For more information about the operation of the Tourist Information Centre, visit www.hkinfo.cz.

9. THE WHITE TOWER

The Renaissance White Tower is the highest landmark of the town (72 m), and its gallery offers visitors a unique view not only of Hradec Králové but also of the distant peaks of the Krkonoše and Orlické Mountains. When climbing to the White Tower gallery, you can see, among other things, a unique glass model of the tower, the Augustin bell, over 500 years old, and the original clockwork built by Josef Božek in 1829. Opening hours: Friday and Saturday 9-21, Sunday 9-18. www.bilavez.cz

10. MUSEUM OF EASTERN BOHEMIA

The Museum of East Bohemia in Hradec Králové invites you to an architecturally unique building near the racing expo. Discover the interactive exhibition City Routes, coin treasures and 180 historical depictions of Hradec in paintings, documents and maps. The Magic Himalayas exhibition will transport you to the highest mountain range in the world. The single entrance fee during the racing weekend is 100 CZK. www.muzeumhk.cz

11. STEAM BOAT RIDE

Experience the swimming part of the race with Hradec Králové Steamboats! Take a family cruise on a historic steamboat and discover the beauty of the city from a whole new perspective. www.paroplavbahk.cz

12. ELBE HYDROELECTRIC POWER PLANT

It is perhaps one of the most photographed buildings in Hradec Králové. But it is not only worth seeing from the outside. The local information center has a playful and entertaining exhibition about how electricity is produced from renewable sources, and you can also take a look at the historic engine room. www.svetenergie.cz/infocentra/hucak

13. CHURCH OF ST. NICHOLAS

The 17th-century timber-framed Church of St. Nicholas in Jiráskovy sady is one of the most picturesque buildings in Hradec Králové. However, it has not been in the city since time immemorial – it was moved here only in 1935 from the eastern Slovak village of Malá Polana. Although this wooden church did not make it onto the UNESCO list like its "siblings" in Slovakia, it certainly does not deny its historical and artistic value. Inside, you will be impressed by the richly decorated iconostasis and the quiet atmosphere of the place near the confluence of the Elbe and Orlice rivers. Opening hours during the race weekend: Friday to Monday 2-4 p.m. www.kostelsvatehomikulase.cz

14. v mouce

A craft bakery in the heart of Hradec Králové on the Velké náměstí, that's the bakery V Mouce. Honest traditional production from local ingredients, fragrant sourdough pastries for everyday occasions. We bake love from sourdough and we look forward to your visit.

PROGRAM OF THE RACING WEEKEND

FRIDAY – AUGUST 15TH 2025

TIME	EVENT	PLACE
11:00	Press conference	Hotel Aldis
15:00 – 21:00	Race Office – Check-in (IRONMAN 70.3, 5150 & relays)	Eliščino nábřeží
15:00 – 21:00	New Registration and Check-in (PHOENIX IRONKIDS, CITY LIGHTS RUN)	Eliščino nábřeží
15:00 – 21:00	Expo & Official Merchandise Store	Eliščino nábřeží

SATURDAY – AUGUST 16TH 2025

TIME	EVENT	PLACE
10:00 – 20:00	Race Office – Check-in (IRONMAN 70.3, 5150 & relays)	Eliščino nábřeží
10:00 – 20:00	Expo & official merchandise store	Eliščino nábřeží
10:00 – 22:30	Accompanying program: Den na Labi	náměstí 5. května & Smetanova nábřeží
10:00 – 11:30	Race Office – Check-in – PHOENIX IRONKIDS	Eliščino nábřeží
12:00 – 13:30	PHOENIX IRONKIDS	Start: city beach, Finish: Masaryk square
14:00	Awards ceremony – PHOENIX IRONKIDS	Masaryk square
15:00 – 20:00	Race office – City Lights Run – Check-in	Eliščino nábřeží
15:45 – 16:30	Opening ceremony – National flag parade	Masaryk square
21:00	City Lights Run – start	Pedestrian zone – Masaryk Square
21:45	Awards Ceremony - City Lights Run	Masaryk square

SUNDAY – AUGUST 17TH 2025

TIME	EVENT	PLACE
7:55 – 8:15	Rolling start – 5150 + RELAYS	Eliščino nábřeží
8:00 – 18:00	Accompanying program: Den na Labi	náměstí 5. května & Smetanova nábřeží
9:00 – 18:00	Expo & Official Merchandise Store	Eliščino nábřeží
9:30	Start Pro Athletes IRONMAN 70.3	Eliščino nábřeží
9:42 – 10:22	Rolling start IRONMAN 70.3	Eliščino nábřeží
9:50	Expected finish of the winner – 5150	Masaryk square
12:15	Awards ceremony – 5150 & relays	Masaryk square
13:10	Expected finish of the winner – IRONMAN 70.3	Masaryk square
18:00	Awards ceremony – IRONMAN 70.3	Masaryk square
19:00	Slot Allocation Ceremony	Museum of Eastern Bohemia

Complete and updated program at www.ironmanczech.com

