

Spa Industry in the Krkonoše Mountains





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 11. Bukowiec
 12. Karpacz
 13. Szklarska Poreba



4. HARRACHOV



13. SZKLARSKA POREBA



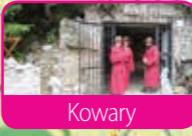
8. Cieplice Śląskie-Zdrój



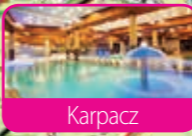
11. Bukowiec



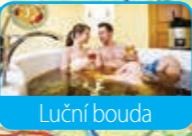
10. Wysoka Łąka



9. Kowary



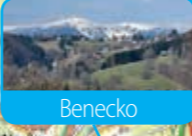
12. Karpacz



6. Luční bouda



2. ŠPINDLERŮV MLÝN



7. Benecko



5. Horní Štěpanice



1. Janské Lázně



3. Rudník



but that's not true. It flows from limestone rocks and is crystal clear. In the old days, grandmothers with bad sight would not go to an ophthalmologist, but soak their handkerchiefs in the well and put them over their eyes, believing that their sight would improve.

Modern research has allowed further spa methods to develop. For instance, mountain water drawn from a deep spring with an admixture of ten litres of Harrachov beer is used to rejuvenate the skin in the **Beer Bath in Harrachov**. At **Lucni chalet** you can take a bath with an admixture of beer produced from the mountain water from the White Elbe River ('Bile Labe'), spiced with crushed hops and a mystery ingredient. A glass of unfiltered and unpasteurised beer, containing live yeast cultures with an ameliorating effect on the digestive system, is served during this relaxation bath.

Some mountain resorts near **Spindleruv Mlyn** seek to renew the idea of the old spa and attract visitors for walks in the healthy mountain air, spiced with wind and frost to better oxygenate tired heads and the whole body. It is a very suitable way of relaxation in this over-mechanised world. Air spa, walks in the fresh mountain air and magnificent long-distance views can be enjoyed in **Benecko**.

Many of the Krkonose's modern hotels offer one-week stays with a wellness programme which includes massages, wet packs, hydromassage baths, whirlpools and saltwater pools.



Cieplice Spa in Jelenia Gora

Cieplice is the oldest spa resort in Poland, lying at an altitude of 350 m a.s.l. in the middle of the Jeleniogorska basin which is surrounded by four mountain ranges: the Krkonose, the Jizerske Mountains, the Kaczawskie Mountains and the Rudawy Janowickie. The basin's climate is characterised by frequent changes in the weather, strong winds, considerable temperature and pressure fluctuations during day and high annual sunshine. The spa was established in 1281 and today is the spa quarter of Jelenia Gora, the Lower Silesian region.

The spa is renowned for its beauty, quietness and agreeable climatic conditions. It has attracted the attention of many important visitors, the most important of them being the Polish Queen Maria Kazimiera, the wife of elected King John III Sobieski, who stayed here with her court in 1687. The royal pair was among the very few noble couples of the time who married out of love. Among other important personalities visiting Cieplice were Johann Wolfgang Goethe, King Frederick William III of Prussia and his wife, and John Quincy Adams, the future president of the USA.

The Cieplice mineral springs, reaching a temperature of 90°C, are used in treatments of the limbs, rheumatism, post-traumatic conditions, neurological diseases, urinary tract diseases, the kidneys and eyes.

The Institute of Natural Healing offers 40 different treatment procedures in hydrotherapy, balneotherapy, inhalation and kinesiotherapy, phototherapy and electrotherapy, on the basis of fluoro-silicate, hypotonic, lightly mineralised and alkaline mineral waters and high-type peats.



The specialised children's department of the Institute of Natural Healing offers procedures suitable for treating the limbs in the field of rheumatology and orthopaedics. During the curative stay, children can attend the local primary or grammar school.

Kowary

A department for children's rheumatology was opened here in 1966 with 65 beds and an age range from 3 to 10 years. It was closed in the 1990s.

A little spa facility for railway workers used to stand in the immediate vicinity of the partially forested municipal park, which featured many interesting tree species and a great number of rhododendrons before World War Two. The building dated back to 1905 when the Kowary – Kamienna Gora railway line, now long gone, was constructed. It was rebuilt in the 1960s after a fire and completely renovated in 2014. It now houses the Centre for Treatment and Medical Prevention. The centre offers rehabilitation treatments such as hydrotherapy, magnetotherapy, electrotherapy, healthy cooking courses, guided Nordic walking courses, massages and physiotherapy. The professional staff also teach clients the rules of a healthy lifestyle.

An underground inhalatorium was opened in the former Podgórze uranium mines in Kowary in the mid-1970s. Research proved the positive effects of long-term underground stays on the cardiovascular system, respiratory tract, skin allergies and kidney diseases. The facility also saw success in the treatment of infertility, impotence in men and amelioration of the menopause in women. It was closed after 15 years of operation.

A new radon inhalatorium was opened in the former uranium and ore mine shafts in 2002 as part of the **Jelenia Struga Relaxation and Wellness Centre**. It is the only natural underground inhalatorium in Poland, and only the fifth in the world. It is suitable for the treatment of long-term degenerative and deformational joint diseases, spondylosis, spondylarthrosis, osteochondrosis, Bechterew's disease, chronic neurological and skin diseases, psoriasis, neuralgia, ulcers, scleroderma, high blood pressure, coronary artery diseases, respiratory tract diseases and complications from diabetes, and it also facilitates rehabilitation after limb injuries. Mineral water rich in radon flows out in the inhalatorium and is used as a complementary treatment.



Former Spa

The **Wysoka Łąka ('High Meadow')** and **Bukowiec** spas in the Jeleniogorska basin were once used by patients with lung diseases. Wysoka Łąka is now a hospital specialising in lung diseases. Bukowiec is a general hospital. They are both situated in Art Nouveau buildings with numerous verandas and spires, located in a nice large park setting which offered patients the opportunity to take various walks with magnificent panoramic views of the eastern parts of the Krkonose.

Karpacz

The town of **Karpacz** is a typical mountain town resembling those in the Alpine foothills. In fact it is located at the very foot of Mount Snezka, on the Polish side, in the Lomnice valley at an altitude of 480–885 m a.s.l. It is now a ski resort and a spa town where modern hotel facilities offer various relaxation stays including massages, baths, sauna, cosmetics, pleasant accommodation and good food. The accommodation includes pro-active stays in the healthy mountain air.

One-week relaxation stays in healthy mountain air with wellness activities can also be experienced in other modern hotel facilities, such as in Szklarska Poręba.

Don't hesitate to come and see the Krkonose's spas where, besides the high-quality curative procedures, you will inhale crystal-clear "spicy" mountain air. Staying in the mountain sun will help to remove fatigue, improve your health and your physical fitness.



Spa Industry in the Krkonose Mountains

In the Krkonose region, too, spas are among the most important industries for Czech and Polish tourism. Clients often choose curative stays instead of traditional holidays, and there is an increasing number of those who come to stay in spas just because they so desire, and they seek to improve their health and physical fitness. According to experts, a change in people's thinking can be seen all over Europe, as they now use spas for preventative reasons. Instead of going to the seaside, they stay in a spa and so invest in their health. In the Krkonose Mountains, spas are also tending to abandon their narrow specialisation and offer stays which include a broader range of services, including relaxation and fitness programmes.

Janske Lazne

Almost thirty healing springs flow out in Janske Lazne with radioactive, mineral and thermal water. The thermal sources are at the foot of Mount Cerna hora (1299 m a.s.l.) in the Krkonose Mountains. There are two sources from which mineral water for baths is now drawn: Januv spring and Cerny spring, where calcium-sodium-hydrogen-carbonate water is drawn from a depth of 700–1400 metres. They provide high quality water at a temperature of 27.5°C at the spring outflow. Water at a temperature of 27°C was first used for curative baths as early as in the 14th century, when the landlord of the demesne, Zilvar of Silberstein, had a wooden shelter built above the spring as a primitive spa facility for his family. The next spa buildings were built by Count Jan Adolph Schwarzenberg in 1677, laying the foundations for the spa industry in the Krkonose. He also ordered a scientific paper on the curative

effects of the warm spring. An important step in the development of spas was the analyses of the spring water which Dr. Oskar Baudysch from the Rockefeller Institute, New York, and Yale University, carried out at the beginning of the 20th century. The analyses proved that the composition of the mineral water was similar to that of Warm Springs, Georgia, USA, where the spa specialises in the treatment of palsy, especially poliomyelitis. After 1935, their methods began to be used by doctors in Janske Lazne, who later gained worldwide repute thanks to their success in treatments.

Janske Lazne spa specialises in the treatment of limbs and the respiratory tract, skin burns, neurological and oncological conditions in children and adults. Besides the many treatment procedures, the spa offers a thermal water pool for immobile patients. The promising treatment results are supported by many years of local tradition and the experience of local experts, and by the location of Janske Lazne



in the unique mountains setting of the Krkonose Mountains. Janske Lazne is also known for the so-called Pramenik, a source of mineral water which can be freely used. It is supplied from the Starostuv spring and Pansky spring, originating in the natural healing springs area in the Rudolfovo valley.

Spindleruv Mlyn, Once a Well-known Spa Resort

The first summer guests started to come to Spindleruv Mlyn in the mid-19th century, when the village began using the word spa in its name. Hotels such as Spindleruv Mlyn and Wiesenhaus (now Lucnidum) were built at the same time as the Erlebach family inn, Villa Krakonos or Marienwarte, the Snezka restaurant and other buildings. Heated water in the pool, air treatment and balneological procedures were enough to satisfy visitors. The main spa season was from 1 July to 30 August. The procedures did not consist of using mineral water from thermal springs, but lay in treatments featuring mountain air, quiet and walks. A stay in Spindleruv Mlyn helped in recovery after serious diseases, such as typhoid fever, pneumonia, pleurisy, chronic rheumatoid arthritis and myalgia, sepsis, neurological diseases, rickets and respiratory diseases. The former list of conditions for treatment also includes asthenia, digestive disorders especially of neurological origin, obesity and organic heart defects. The "climatic spa", or air treatment spa, however, is not only part of the forgotten history of Spindleruv Mlyn, but also part of a wide range of treatments, especially wellness, that most of the accommodation facilities in Spindleruv Mlyn now offer.



Mineral Spring in Rudnik

The village of Rudnik has an interesting part called Lazne Fort ('Fort Spa'). It was a real spa until 1922 and included opulent buildings, a park, urban forest, a healing mineral spring with a legend about the miraculous recovery of a blind girl, and much sought-after treatment procedures. When the First Czech Chemical Factory for Silk Manufacture was built in its immediate vicinity in 1921, the spa lost its attraction and soon closed down. The mineral spring, however, still flows out here and is available to passers-by.

Springs Entwined in Legends

Many stories say that the water from the well near **the sculpture of St. John of Nepomuk in Harrachov** heals. One of the stories even mentions that it miraculously cured the sight of Countess Anna of Harrachov, based on which the valley was named Anenske and the former spa was referred to as Annabad. Many visitors still come for the water here. At the beginning of the 19th century, Harrachov presented itself as a place offering life-giving, crystal-clear and "spicy" mountain air, mountain sunshine, exquisite drinking water and good catering. A stay in the place was suitable for convalescence, walks to strengthen the heart muscles and mountain air to help blood cells. Carbonated, iodine and coniferous baths were available. An analysis of the local peats indicated that their composition and effects are similar to those of peats from the well-known spa resort in Frantiskovy Lazne, Western Bohemia.

Slanderers used to say that the water which flows out beneath **the chapel in Horni Stepanice** actually flows from the local graveyard,



Krkonoše
svazek měst a obcí

Zámek 1
543 01 Vrchlabí
Tel.: +420 499 405 732
E-mail: svazek@krkonose.eu
www.krkonose.eu