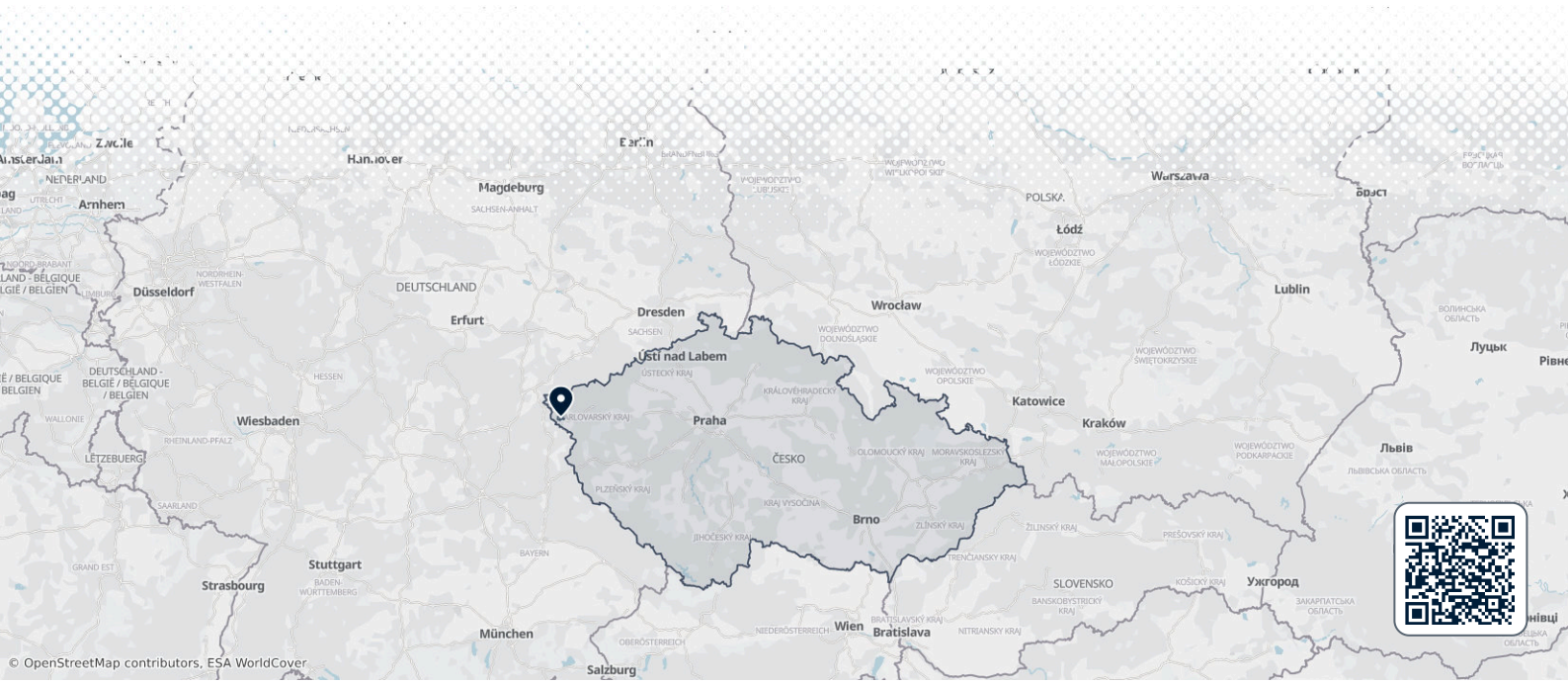


# Frantiskovy Lazne

Cheb District · Czech Republic

TRAVEL GUIDE

Tripomatic



## Overview

Františkovy Lázně is a small spa town in the far west of the Czech Republic, 5 km north of Cheb. It is the smallest of the three famous West Bohemian spa towns, next to Karlovy Vary and Mariánské Lázně. Since 2021 it has been part of the UNESCO World Heritage site "The Great Spa Towns of Europe".

The town was planned from the start as a spa. Yellow and white Empire-style houses line straight streets, and large parks surround the centre. Mineral springs, peat mud baths and quiet walks are the main reasons to come. The pace is slow and the town is flat, so it suits a relaxing stay, a spa treatment or a calm base for exploring the Cheb region.

## When to visit

Late spring to early autumn is the best time. Summers are mild and pleasant for walks in the parks. Winters are cold and grey, with some snow, but the spa hotels stay open all year.

The biggest event of the year is the **opening of the spa season** in May. The town celebrates with a procession, brass music and the traditional blessing of the springs.

| MONTH | CONDITIONS | DAY °C avg / max | NIGHT °C avg / min | |
|---|---|---|---|---|
| January | Poor<br>Poor for sightseeing | 1° / 8°<br>Feels like -4° | -5° / -14° | 13 rainy days · Dry air |
| February | Poor<br>Poor for sightseeing | 3° / 10°<br>Feels like -2° | -4° / -14° | Dry air |
| March | Poor<br>Poor for sightseeing | 8° / 16°<br>Feels like 3° | -1° / -8° | 12 rainy days · Dry air |
| April | Good<br>Good for cycling | 13° / 21°<br>Feels like 10° | 3° / -3° | Dry air |
| May | Good<br>Good for sightseeing | 18° / 25° | 7° / 2° | 15 rainy days · Dry air · Calm winds |
| June | Great<br>Great for sightseeing | 22° / 30° | 11° / 6° | 14 rainy days · Dry air · Calm winds |
| July | Good<br>Good for sightseeing | 24° / 31° | 13° / 9° | 15 rainy days · Dry air · Calm winds |
| August | Great<br>Great for sightseeing | 24° / 32° | 13° / 8° | 13 rainy days · Dry air · Calm winds |
| September | Great<br>Great for sightseeing | 20° / 28° | 9° / 4° | Dry air · Calm winds |
| October | Good<br>Good for cycling | 13° / 21°<br>Feels like 10° | 5° / -2° | Dry air |
| November | Poor<br>Poor for sightseeing | 6° / 13°<br>Feels like 2° | 1° / -5° | Dry air |
| December | Poor<br>Poor for sightseeing | 2° / 8°<br>Feels like -3° | -3° / -12° | 14 rainy days · Dry air |

Best months: June, August, September

Climate data: NASA POWER (MERRA-2) · 1996–2025

## Top sights

Start in the spa park at the pavilion of the František Spring, the town's oldest and most famous spring. Bring a cup and try the mineral water.

**A** Statue of František stands near the spring. This small bronze boy holding a fish is the town's mascot. Local legend says that a woman who touches him will soon become pregnant.

**B** Glauber I is one of the Glauber springs in the western part of the spa park. Their water is rich in Glauber's salt, so drink only small amounts.

**C** Church of the Exaltation of the Holy Cross is the main Catholic church, built in the early 19th century in the Empire style. It also hosts organ concerts.

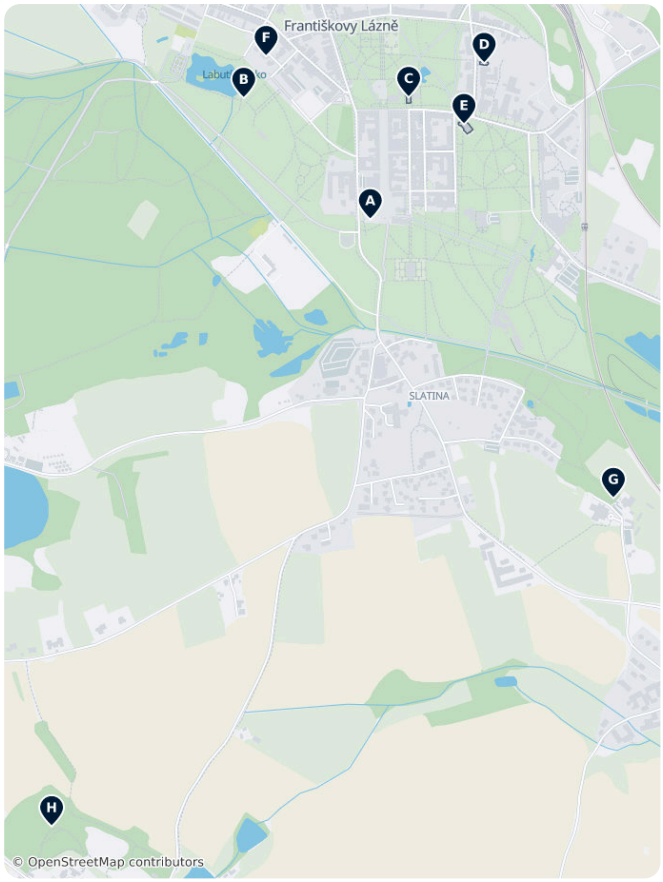
**D** Church of St. Olga is a small Orthodox church from the late 19th century, built for Russian spa guests. It is a protected cultural monument.

**E** Božena Němcová Theatre is a Neoclassical theatre from 1928 with Art Deco interiors. It hosts concerts, opera and operetta.

**F** Town Museum tells the story of the spa, its springs and its famous guests.

**G** Salingburg is a small lookout tower from 1906, built to look like a castle ruin. It sits in the woods at the edge of the spa forest, about 3 km on foot from the centre.

**H** Komorní hůrka is a small extinct volcano just outside town. *Johann Wolfgang von Goethe* came here several times to study it.

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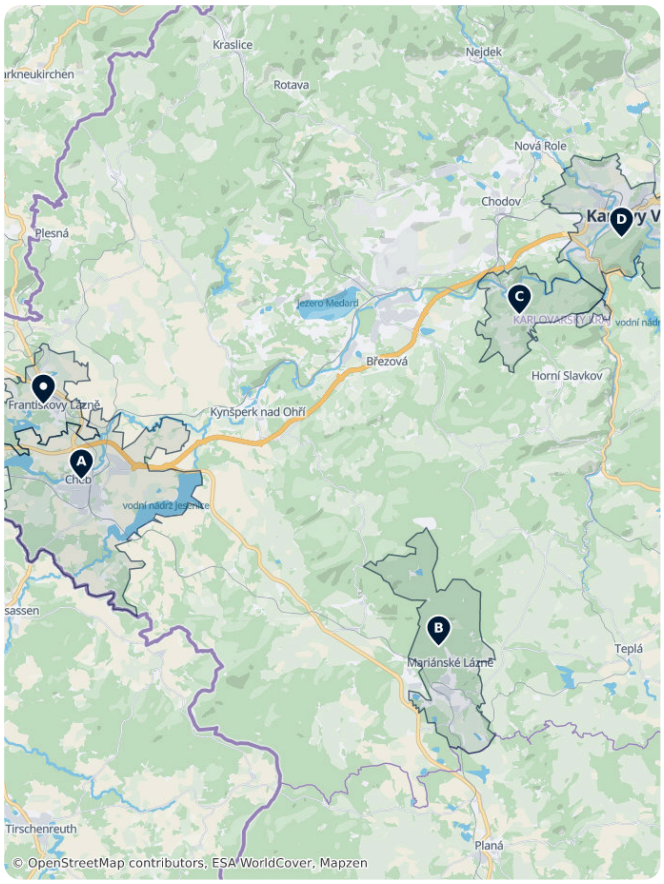
## What to experience

A spa stay here is about slow daily rituals.

- **Drinking cure**: Walk from spring to spring with a spa cup and taste the different waters. Each spring has its own mineral content and taste.
- **Peat mud bath**: The town was one of the first in Europe to use local peat for spa baths. Many spa hotels offer single treatments, not only full stays.
- **Afternoon concert**: In the season, spa orchestras and brass bands play in the park. Evenings bring concerts and operetta at Božena Němcová Theatre.
- **Bike loop**: Ride through the forests to Salingburg and Komorní hůrka, and continue to SOOS National Nature Reserve.
- Aquaforum is a water park with pools and slides, good for families on a rainy day.

## Day trips

The town sits in a region full of spas, castles and unusual nature. Most places below are within an hour.




- SOOS National Nature Reserve (6 km, 10 min by car or bike): a national nature reserve with peat bogs, mineral springs and mofettes, where carbon dioxide bubbles up through the mud. A boardwalk trail leads through it, and there is a small museum.
- Ⓐ Cheb (5 km, about 10 min by train): a historic town with a medieval castle and a main square of colourful merchant houses.
- **Waldsassen** (Germany, about 15 km, 20 min by car): a Baroque basilica and a famous monastery library hall just across the border.
- Ⓑ Mariánské Lázně (about 45 min by car or train): a larger spa town with a grand cast-iron colonnade and a singing fountain.
- Ⓒ Loket (about 45 min by car): a small town with a castle on a rock above a bend of the Ohře river.
- Ⓓ Karlovy Vary (about 1 hour by car): the largest Czech spa town, with hot springs and long colonnades.

## Where to explore

Františkovy Lázně belongs to the Karlovy Vary Region, the heart of the West Bohemian spa triangle.

- **Nearby towns**: Cheb is the regional centre next door. Aš lies further north, near the German border.
- **Other spa towns**: Mariánské Lázně and Karlovy Vary complete the UNESCO spa triangle.
- **Castles**: Loket is a popular stop between the spa towns.

## Getting there

- **By air**: Prague Václav Havel Airport is the main international gateway, about 180 km away. From Prague, take a train to Cheb and change there. Nuremberg Airport in Germany is a similar distance by car. Karlovy Vary Airport is closer but has very few scheduled flights.
- **By train**: Trains from Prague to Cheb take about 3 hours. From Cheb, local trains reach Františkovy Lázně in about 5–10 minutes. Check times on České dráhy.
- **By bus**: Long-distance buses from Prague stop in Cheb. From there, take a local bus or train.
- **By car**: The D6 road links Prague and Karlovy Vary with Cheb. From Cheb it is a short drive north.

## Getting around

- **On foot**: The spa centre, parks and main springs are all within a 15-minute walk. The terrain is flat.
- **Train and bus**: Local trains and buses link the town with Cheb. Buy train tickets at the station, in the ČD app or from the conductor on board.
- **Cycling**: Flat forest roads and marked cycle routes lead to the lookout tower, the volcano and the nature reserve. Some hotels rent bikes.
- **Taxi**: There are local taxi firms; ask your hotel to call one.

### Getting around on foot & by bike

WALKABILITY

**High**

The spa centre is compact and flat, with long park paths.

CYCLING INFRASTRUCTURE

**High**

Flat forest roads and marked routes lead to nearby sights.

## Driving

- **Is a car worth it?**: Not for the town itself, which is small and walkable. A car helps for day trips in the region, but trains cover Cheb and the other spa towns.
- **Parking**: Use the paid car parks at the edge of the spa centre. Many spa hotels have their own parking; check when you book.
- **Restrictions**: Parts of the spa zone are closed to traffic. Follow the signs and do not drive into the park areas.

# Food & drink

Most eating happens in the spa hotels and in the cafés along Národní street, the main pedestrian street. Classic spa cafés serve cakes, strudel and coffee in the afternoon.

Try **lázeňské oplatky**, the large thin spa wafers with a sweet filling. Czech and Bohemian-German dishes dominate the menus, such as roast pork with dumplings, duck and goulash. Many restaurants cater to spa guests on diets, so lighter dishes are easy to find.

## What to eat & drink

### LUNCH

**Fruit Dumplings · Ovocné knedlíky**
Sweet dumplings filled with seasonal fruit (like plums or apricots), topped with cottage cheese and sugar.

### DINNER

**Svíčková · Svíčková na smetaně**
Marinated beef sirloin in a creamy vegetable sauce, served with bread dumplings and cranberries.

**Goulash · Guláš**
A hearty stew, typically made with beef, onions, and paprika, often served with bread dumplings or potatoes.

**Roast Pork with Dumplings and Cabbage · Vepřo knedlo zelo**
A traditional Czech dish of roast pork, bread dumplings, and sauerkraut or stewed cabbage.

### SNACKS & STREET FOOD

**Fried Cheese · Smažený sýr**
A thick slice of cheese, breaded and deep-fried, usually served with fries and tartar sauce.

**Potato Pancakes · Bramboráky**
Crispy pancakes made from grated potatoes, flour, and spices, often served as a side dish or a snack.

**Chlebíčky**
Open-faced sandwiches on slices of white bread, elaborately decorated with various toppings.

**Fried Cauliflower · Smažený květák**
Breaded and deep-fried cauliflower florets, similar to fried cheese but made with cauliflower.

### SWEETS & DESSERTS

**Trdelník**
A sweet pastry made from rolled dough, wrapped around a stick, grilled, and topped with sugar and walnut mixture.

DRINKS

Pilsner Urquell · Plzeňský Prazdroj
The world's first pale lager, originating from the city of Pilsen, known for its crisp, refreshing taste.

Becherovka
A traditional Czech herbal liqueur with a distinctive bitter-sweet taste, often enjoyed as a digestif.

Kofola
A popular Czech herbal cola-like soft drink, often described as having a unique, slightly medicinal flavor.

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## Safety & health

Františkovy Lázně is a very safe, quiet town. Petty crime is rare, but keep an eye on bags in busy cafés.

- **Mineral water**: The spring water is safe to drink, but it is strongly mineralised. Some springs have a laxative effect. Start with small amounts, and ask a spa doctor if you have health problems.
- **Tap water**: Tap water is safe to drink.
- **Ticks**: Use repellent when walking in the forests and meadows from spring to autumn.

## History

People from Cheb used the local springs for centuries before the town existed. The spa was founded in 1793 and named Kaiser Franzensdorf after the Austrian emperor Francis II. The physician *Bernhard Adler* promoted the healing waters, and the spa grew quickly around the František Spring.

In the 19th century, famous guests came, including *Goethe*, *Ludwig van Beethoven* and *Johann Strauss II*. Goethe used his visits to study Komorní hůrka. Emperor *Franz Joseph I* gave the spa town status in 1865. Many buildings, like Church of the Exaltation of the Holy Cross and Church of St. Olga, date from this period.

After 1945, the mostly German-speaking population was expelled and the spa was nationalised. The historic centre survived, and in 2021 it became part of a UNESCO World Heritage site with other great European spa towns.

## Country facts

Quick practical facts for the Czech Republic at a glance:

CURRENCY

## CZK Kč

EMERGENCY

## 112

ELECTRICITY



Type C / Type E
230 V · 50 Hz

LANGUAGES

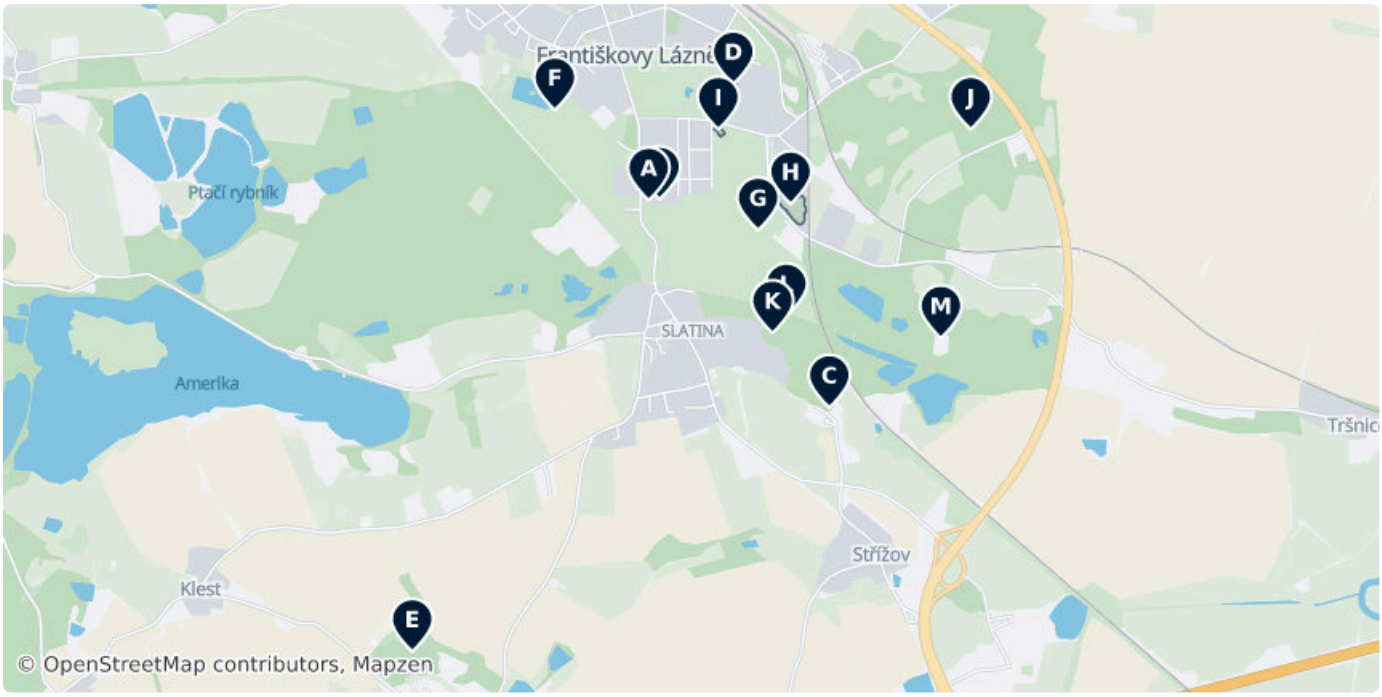
Czech

TAP WATER

## Safe to drink

# Františkovy Lázně Essentials

Františkovy Lázně, a UNESCO-listed town in the West Bohemian Spa Triangle, is defined by its uniform neoclassical architecture and yellow-and-white facades. This collection highlights the town's therapeutic heritage, featuring historic mineral springs like the 18th-century František and the high-CO2 Glauber I. Beyond the colonnades, the list includes the extinct Komorní hůrka volcano, the ornate Orthodox Church of St. Olga, and the romantic Salingburg lookout tower, showcasing the region's geological and cultural history.






## A Statue of František

Bronze statue of a boy with a fish, created by Adolf Mayerl in 1923. It is the town's primary symbol and is associated with local fertility legends.

19 Národní, Františkovy Lázně 35101, Czech Republic (50.11722, 12.35007)

Mo–Su Open 24/7

greatspas.eu/en/statue-little-boy-frantisek-with-fish-frant...



## B František

The town’s oldest mineral spring, documented since the Middle Ages. The current pavilion, featuring a dome and Doric columns, was constructed in 1793.

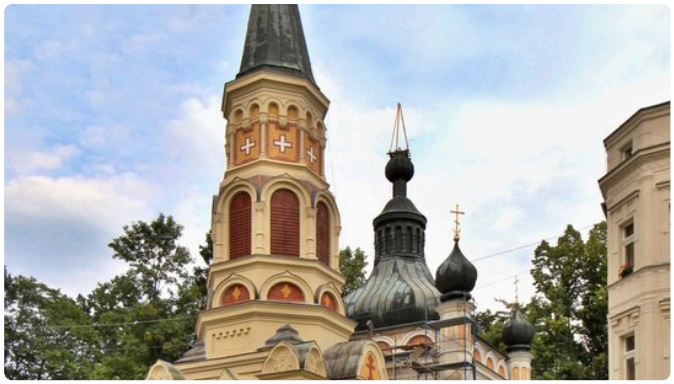
379/1 náměstí Míru, Františkovy Lázně 35101, Czech Republic (50.11726, 12.35068)



## C Salingburg

Romantic lookout tower built in 1906. The structure was designed to resemble a medieval castle ruin and provides views over the southern spa district.

11, 35002, Czech Republic (50.10978, 12.36018)



## D St. Olga Orthodox Church

Orthodox church built between 1881 and 1889 by Gustav Wiedermann. It features Russian-Byzantine architecture, ornate gold domes, and a rich interior iconostasis.

Kollárova, 351 01 Františkovy Lázně, Czechia (50.12139, 12.35481)



## E Komorní hůrka

One of Europe's youngest extinct volcanoes, famously studied by Johann Wolfgang von Goethe. The site includes a 300-meter-long exploratory tunnel used to prove the volcanic origin of the hill.

35101, Czech Republic (50.10101, 12.33681)



## F Glauber I Spring

Strong mineral spring located within the Glauber Springs Pavilion. It is notable for its high concentration of Glauber's salt and natural carbon dioxide.

Františkovy Lázně 35101, Czech Republic (50.12046, 12.34481)



## G Salt Spring

Mineral spring discovered in 1817, housed in a late neoclassical pavilion. The water is used for drinking cures and chronic respiratory conditions.

382 5. května, Františkovy Lázně 35101, Czech Republic
(50.11614, 12.35619)

## H Aquaforum Františkovy Lázně

A world of relaxation, tranquility and also fun. Welcome to the this great spa resort, where everyone will find what they need.

5. května 19, 351 01 Františkovy Lázně
(50.11709, 12.35801)

Mo–Su 09:00–21:00

franzensbad.cz/cs/aquaforum/, +420354206500



## I Božena Němcová Theatre

Neoclassical theatre building completed in 1866. It remains the town's primary venue for professional drama, opera, and classical music performances.

102/16 Ruská, Františkovy Lázně 35101, Czech Republic
(50.11976, 12.35397)

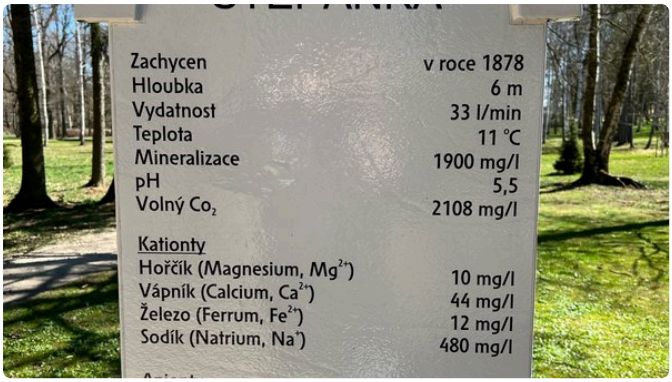
Mo–Fr 13:00–15:00

divadlofl.org, +420354542077

## J Rozhledna Zámeček

Historical lookout tower and restaurant designed to resemble a small castle. It is situated on a hill overlooking the town's extensive park system.

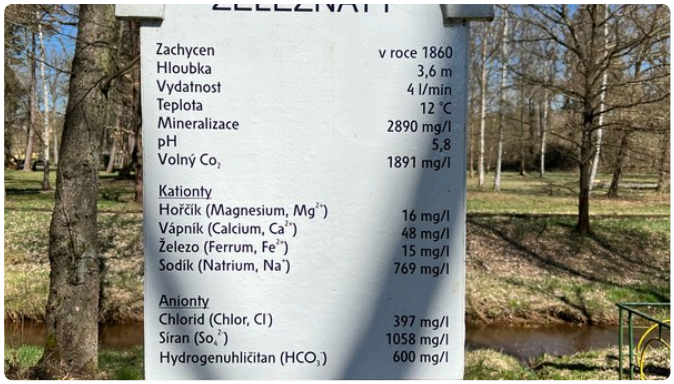
(50.11976, 12.36811)




## K Stephanie Spring

Cold mineral spring located in the southern park, named in honor of Crown Princess Stéphanie of Belgium.

24 Lesní, Františkovy Lázně 35101, Czech Republic
(50.11245, 12.35700)




## L Ferrous Spring

Chalybeate spring located in the spa woods, characterized by its high iron content and metallic taste.

(Unnamed Road), Františkovy Lázně 35101, Czech Republic
(50.11306, 12.35778)



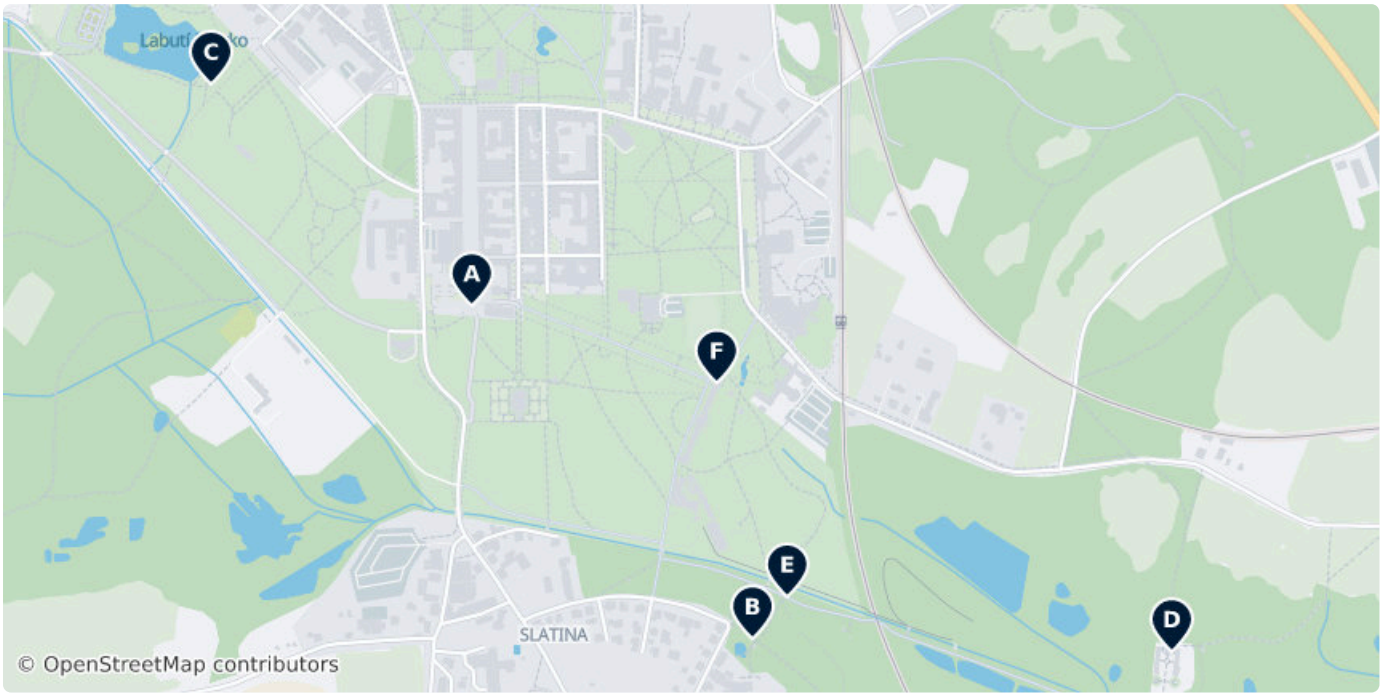
## M Natalie Spring

Mineral spring discovered in 1878 and named after Queen Natalie of Serbia. It is sheltered by a neoclassical colonnade built in 1930.

(Unnamed Road), 35101, Czech Republic
(50.11227, 12.36644)

# Healing Mineral Springs

Františkovy Lázně's therapeutic heritage centers on these six distinct mineral springs, each housed in historicist pavilions and colonnades. These carbonated waters vary significantly in chemical composition, ranging from the high iron content of the Ferrous Spring to the potent Glauber's salt concentrations in Glauber I. Established between the late 18th and early 20th centuries, these natural sources are used primarily for traditional drinking cures to treat digestive, respiratory, and circulatory conditions.

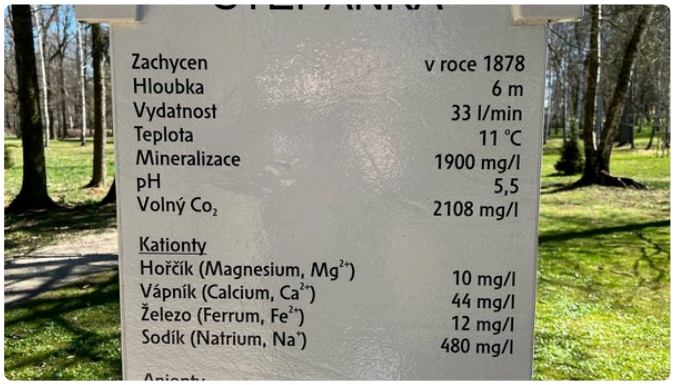





## A František

The town's oldest spring, known since the Middle Ages and named after Emperor Francis I. It is sheltered by a classicist circular pavilion from 1832, which serves as a primary symbol of the spa.

379/1 náměstí Míru, Františkovy Lázně 35101, Czech Republic (50.11726, 12.35068)




## B Stephanie Spring

Discovered in 1878 and named after Archduchess Stephanie of Austria, this highly carbonated mineral water is located in a decorative wooden pavilion within the southern spa parks.

24 Lesní, Františkovy Lázně 35101, Czech Republic (50.11245, 12.35700)



## C Glauber I Spring

A mineral spring with a high content of Glauber's salt, located within the Dvorana Glauberových pramenů (Glauber Springs Hall) built in 1930. It is used for treating digestive tract issues.

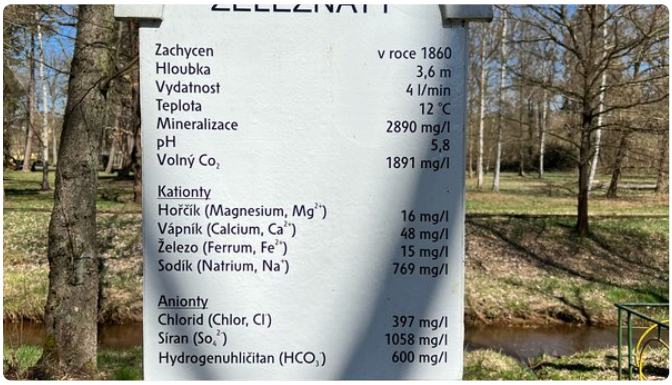
Františkovy Lázně 35101, Czech Republic
(50.12046, 12.34481)



## D Natalie Spring

Situated in a neo-Renaissance colonnade from 1930, this highly carbonated spring is known for its refreshing taste and lower mineral concentration compared to other local sources.

(Unnamed Road), 35101, Czech Republic
(50.11227, 12.36644)




## E Ferrous Spring

Distinguished by its high iron content, this spring flows into a small wooden pavilion. It is traditionally used for the treatment of anemia and general convalescence.

(Unnamed Road), Františkovy Lázně 35101, Czech Republic
(50.11306, 12.35778)



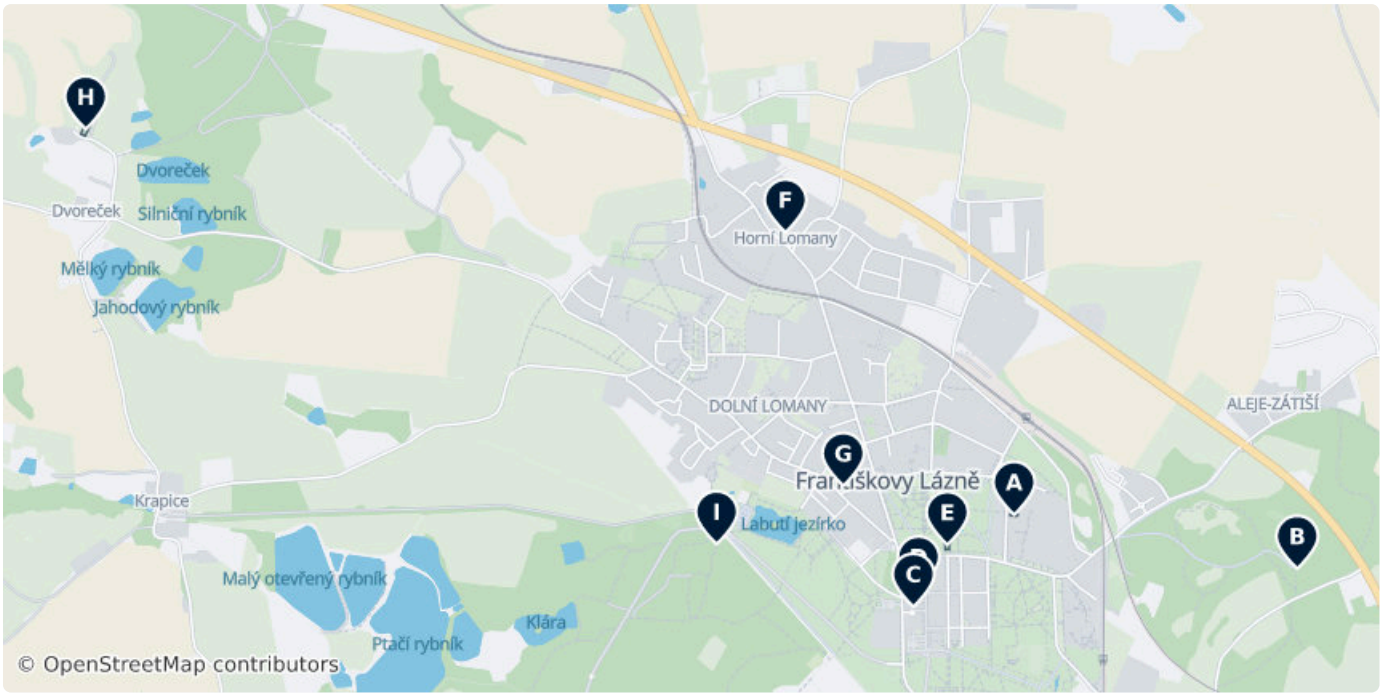
## F Salt Spring

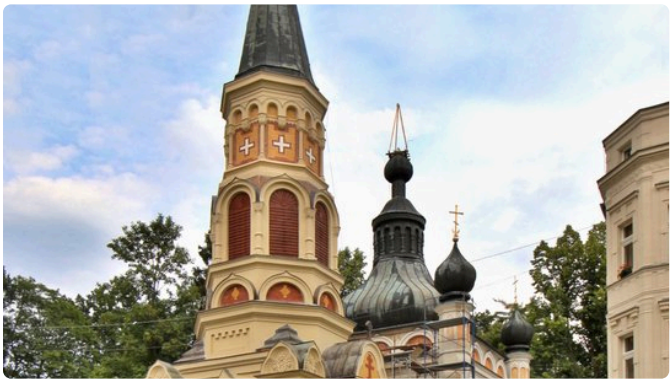
Located in a classicist colonnade, this spring is utilized for treating chronic respiratory diseases and digestive disorders due to its specific saline and mineral composition.

382 5. května, Františkovy Lázně 35101, Czech Republic
(50.11614, 12.35619)

# Heritage & Religious Sites

Explore the architectural diversity of Františkovy Lázně through its religious and historic landmarks. This collection includes the 19th-century Orthodox Church of St. Olga, designed by Gustav Wiedermann, and the Empire-style Catholic Church of the Exaltation of the Cross. The list also features prominent spa-town heritage buildings like the Tři lilie and Slovan hotels, alongside the Zámeček lookout tower and secluded sites like the forest chapel and farmstead ruins.



## A St. Olga Orthodox Church

Built between 1881 and 1889 by architect Gustav Wiedermann, this Orthodox church is a prominent landmark in the spa district, featuring traditional ornate religious architecture.

Kollárova, 351 01 Františkovy Lázně, Czechia
(50.12139, 12.35481)

## B Rozhledna Zámeček

A lookout tower designed in the style of a small castle, providing views over the surrounding landscape and spa region.

(50.11976, 12.36811)

## C Tři lilie

A historic hotel and residential building recognized as a regional heritage site, representing the town's classic spa-town architecture.

(50.11862, 12.35007)

franzensbad.cz/de/kurhotel-drei-lilien, +420 354 208 900

## D Slovan

A historic hotel building protected as a piece of regional heritage, characteristic of the town's primary development period.

(50.11914, 12.35031)

## E Exaltation of Cross Church

A Roman Catholic church located in the town center, serving as a key religious site for the local community and visitors.

Ruská, 351 01 Františkovy Lázně, Czechia (50.12048, 12.35167)

Su 09:00–10:00

bip.cz/cs/katalog/farnosti/frantiskovy-lazne

## F svatého Jakuba

A Christian church dedicated to St. James, serving as a local place of worship.

286 Americká, Františkovy Lázně 35101, Czech Republic (50.12989, 12.34406)

## G Petra a Pavla

An evangelical place of worship dedicated to Saints Peter and Paul.

164/12 Anglická, Františkovy Lázně 35101, Czech Republic (50.12226, 12.34678)

## H Ruiny statku

Historical remains of a former farmstead located on the outskirts of the town.

47, 35002, Czech Republic (50.13300, 12.31118)

## I Lesní kaplička

A small forest chapel providing a quiet place for reflection in the wooded areas near the spa.

(50.12050, 12.34082)

## DATA SOURCES

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