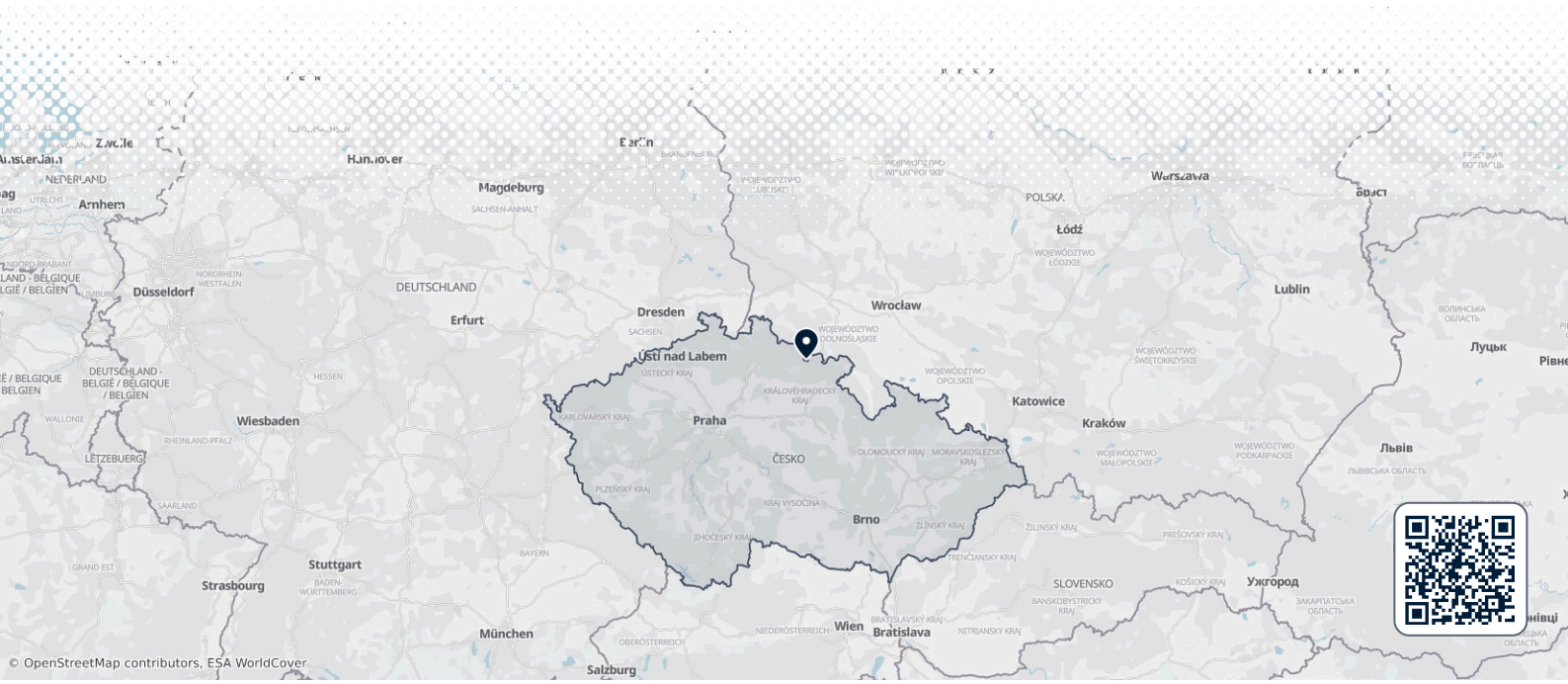


Janské Lázně

Hradec Králové Region · Czech Republic

TRAVEL GUIDE

Tripomatic



Overview

Janské Lázně is a small spa and ski town set on a sunny plateau in the Krkonoše, the Giant Mountains along the Czech-Polish border. It grew up around a warm mineral spring and is one of the oldest spa towns in the country, with a continuous medical bathing tradition that goes back more than three centuries. Today that heritage sits right next to a full-scale ski resort on the slopes of Černá hora above the town.

With fewer than 700 residents, Janské Lázně stays quiet and easy to navigate even in high season. It suits travelers who want mountain scenery, skiing or hiking, and a genuine wellness tradition, rather than a dense sightseeing itinerary. Many visitors come for a few nights of skiing or hiking combined with a soak in warm mineral water — a combination few other Czech mountain resorts offer.

When to visit

Winter (December to March) is high season: snow is reliable and the Černá hora slopes are the main draw. Late spring and autumn are quiet and mild, good for hiking without crowds. Summer is cool and green, with the ski lifts running for hikers, cyclists, and visitors to the treetop walkway.

The ski season is what the town's calendar really runs on — most hotels, lift schedules, and events are built around it, so book well ahead for weekends and the Czech Christmas and February half-term holidays, when the resort is busiest.

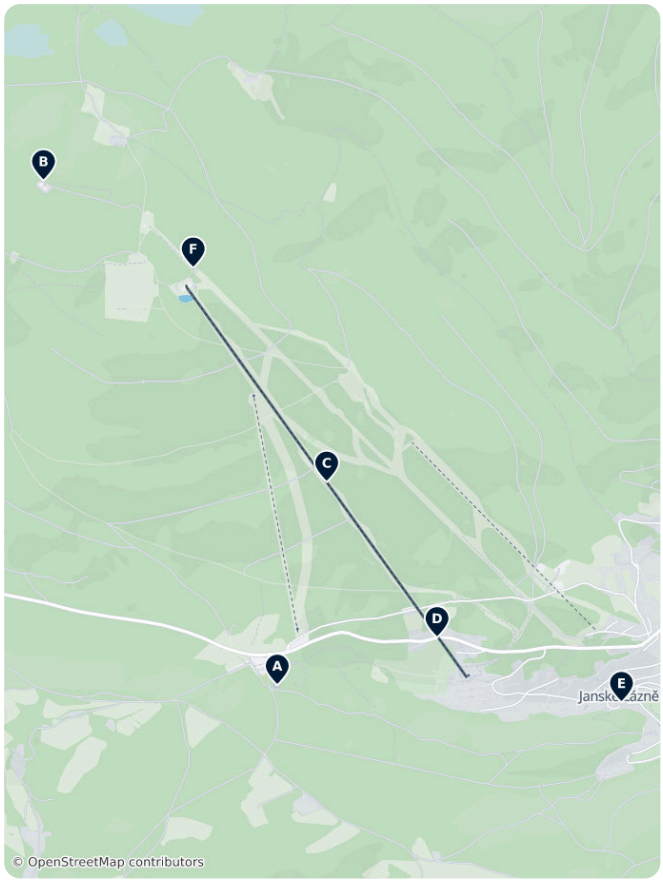
MONTH	CONDITIONS	DAY °C avg / max	NIGHT °C avg / min	
January	Great Great for skiing	-2° / 5° Feels like -8°	-7° / -17°	14 rainy days · Dry air
February	Great Great for skiing	1° / 7° Feels like -5°	-6° / -16°	12 rainy days · Dry air
March	Good Good for skiing	5° / 13° Feels like 0°	-3° / -10°	13 rainy days · Dry air
April	Fair Fair for cycling	11° / 19° Feels like 7°	1° / -5°	Dry air
May	Good Good for cycling	16° / 23° Feels like 13°	6° / 0°	15 rainy days · Dry air
June	Good Good for sightseeing	20° / 27°	10° / 5°	15 rainy days · Dry air
July	Good Good for sightseeing	22° / 29°	12° / 7°	17 rainy days · Dry air
August	Great Great for sightseeing	22° / 29°	11° / 7°	13 rainy days · Dry air · Calm winds
September	Good Good for hiking	17° / 25°	7° / 2°	Dry air
October	Fair Fair for cycling	11° / 19° Feels like 7°	3° / -4°	12 rainy days · Dry air
November	Good Good for skiing	5° / 12° Feels like 0°	-1° / -8°	12 rainy days · Dry air
December	Great Great for skiing	-1° / 5° Feels like -6°	-5° / -15°	14 rainy days · Dry air

Best months: August

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

Snow above 1,000 m usually holds from December into March, while July and August bring the warmest, driest days for hiking.

Top sights



A Stezka korunami stromů Krkonoše is the headline attraction: a 1.5 km walkway that winds through the forest canopy to a 45-metre observation tower, with views across the Krkonoše ridge on a clear day. An 80-metre dry slide back to the ground and an underground root-system exhibit make it a good stop for families as well as hikers.

B Černá hora is the 1,300-metre mountain that gives the ski resort its name and dominates the skyline above town. Its open upper slopes and ridge trails are used by skiers in winter and hikers and mountain bikers the rest of the year.

C Černohorský Express carries skiers, hikers, and cyclists from the town centre to the summit in about seven minutes. Its predecessor, opened in 1928, was the first passenger cable car in Czechoslovakia; today's eight-person gondola dates from 2006.

D Ski areál Černá Hora is the town's own ski area, part of the larger joint SkiResort Černá Hora – Pec, with groomed runs served by the gondola and several chairlifts, plus a terrain park and night skiing on some slopes.

E State Spa Janské Lázně is the medical institution the town is named for: a working spa and rehabilitation hospital built around the same warm spring that put Janské Lázně on the map in the Middle Ages. It is not a sightseeing attraction in the usual sense, but its Art Nouveau buildings around the town's colonnade define the centre.

F Rozhledna Panorama is a 21-metre steel lookout tower on the ridge above town, standing on the site of a former cable car support pylon. It is the easiest close-in viewpoint over the ski slopes and the valley below.

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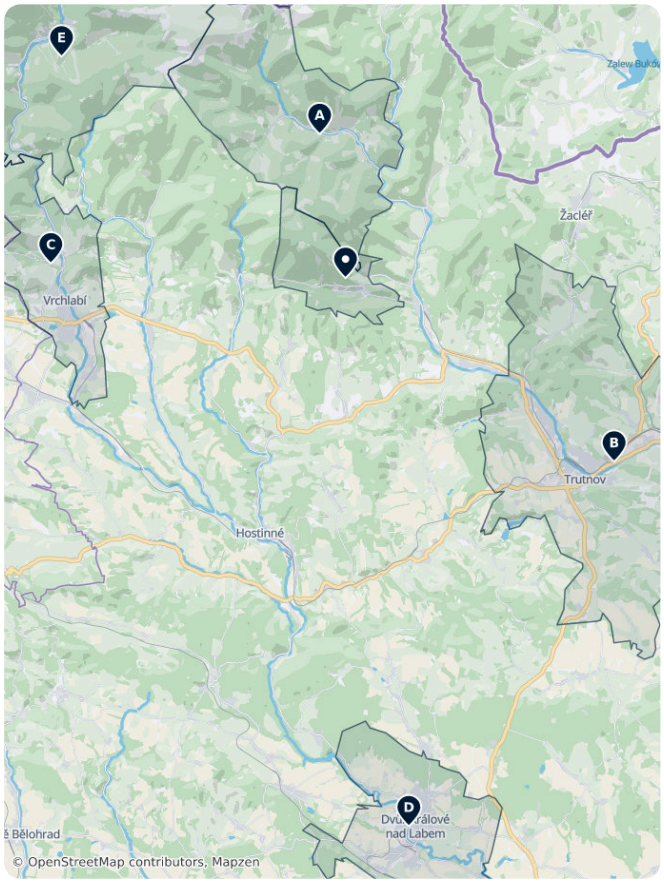
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What to experience

- Soak in the warm mineral water at Termální bazén, fed by the same spring the town is named after.
- Ride the floodlit toboggan run down from Černá hora on a winter evening — a groomed sled track separate from the ski pistes.
- In summer, load a bike onto Černohorský Express and ride marked downhill trails back to the valley.
- Cross-country ski or snowshoe the quieter ridge trails above town, away from the downhill runs, for a slower look at the winter forest.

Day trips

Janské Lázně sits in the middle of the Krkonoše, so several other mountain towns and the range's own highlights are within easy reach.



- Ⓐ Pec pod Sněžkou — the neighboring resort town, about 20 minutes by road. It is the usual starting point for the hike or chairlift up **Sněžka** (1,603 m), the highest peak in the Czech Republic, with a small chapel at the summit and views into Poland.
- Ⓑ Trutnov — the region's historic market town, roughly 30 minutes away, with an arcaded main square and a 13th-century core. Worth an afternoon for its architecture and small-town pace.
- Ⓒ Vrchlabí — about 20–25 minutes by road, home to the Krkonoše National Park's main visitor centre and museum, a good stop for understanding the mountains' ecology before or after a hike.
- Ⓓ Dvůr Králové nad Labem — around an hour away, known for one of the largest collections of African animals in Europe; a good full-day option for families.
- Ⓔ Špindlerův Mlýn — the largest resort in the Krkonoše, about an hour's drive, with the widest choice of ski runs and summer trails in the range if you want to compare it to Janské Lázně's smaller scale.

Where to explore

Janské Lázně is one of several resort towns spread across the Giant Mountains, and pairing a stay here with a night or two elsewhere in the range is common.

- Pec pod Sněžkou is the closest neighbor and the main gateway to Sněžka, the range's highest peak.
- Špindlerův Mlýn is the largest and liveliest of the Krkonoše resorts, with a bigger nightlife and dining scene than Janské Lázně's quiet spa-town pace.

Getting there

- **By air**: Prague Airport (PRG) is the main international gateway, about 140 km / a 2-hour drive away. There is no airport with scheduled passenger service closer to the mountains.
- **By train**: take a train to Trutnov, the regional rail hub (roughly 3 hours from Prague, with hourly departures), then continue to Janské Lázně by local bus — the town itself has no railway station.
- **By bus**: long-distance coaches connect Prague to Trutnov in around 2 hours; from there, local bus line 425 runs on to Janské Lázně in about 20–30 minutes. Driving the whole route takes about 2 hours.

Getting around

- **On foot**: the town centre, spa buildings, and colonnade are compact enough to walk everywhere in a few minutes.
- **To the slopes**: Černohorský Express connects the centre directly to the mountain in about seven minutes; most visitors use it rather than driving up.
- **Local bus**: line 425 links Janské Lázně with Trutnov and Svoboda nad Úpou for onward travel; buy tickets from the driver.
- **Taxi**: useful for reaching day-trip towns not well served by the bus, or for late returns from evening activities on the mountain.

Plan bus and train connections with IDOS journey planner, the national public transport search tool.

Getting around on foot & by bike

WALKABILITY

Moderate

The compact town centre is easy to cover on foot, but reaching the mountain and its trails means using the gondola, a lift, or a car.

CYCLING INFRASTRUCTURE

Moderate

Marked downhill and cross-country routes circle Černá hora in summer, but this is mountain biking terrain, not casual town cycling.

Driving

- **Is a car worth it?**: not for the town itself — the centre is walkable and the ski slopes are reached by gondola — but a car makes day trips to Pec pod Sněžkou, Vrchlabí, Trutnov, and Dvůr Králové nad Labem far easier, since bus connections between the smaller mountain towns are infrequent.
- **Parking**: paid car parks sit near the gondola base station and along the main street; expect to pay by the hour or day, cash or card at the machine.
- **Winter tires**: required by law on Czech roads from November to March whenever conditions are wintry — routine at this altitude, so don't arrive on summer tires.

Food & drink

Eating out here is simple and mountain-focused rather than a destination in itself. The wooden chalets ("boudy") scattered along the ridge above town, reached on foot or by lift, serve hearty Czech mountain food — goulash, sausages, potato pancakes — in a cozy, informal setting that is part of the experience of a day on the slopes or trails.

In town, cafés and restaurants cluster around the colonnade and main square, serving standard Czech spa-town fare. Don't expect fine dining; this is a place to refuel between activities, not to plan a food-focused trip around.

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

Janské Lázně is a small, quiet resort town with very little crime affecting visitors; the usual care with belongings in crowded lift lines or car parks is enough. The main practical risks are mountain-related rather than urban: sudden weather changes above the treeline, icy paths in winter, and sunburn at altitude even on cool days.

A local mountain rescue service operates on the slopes and marked trails and can be reached in an emergency; stick to marked runs and trails, especially off-piste in winter, when avalanche risk exists on the open upper slopes of Černá hora.

History

According to local chronicles, a warm spring was discovered here in 1006 by *Jan Hocek* — the town's name, meaning "Jan's Spa," comes from him. Bathing began in the 14th century, and Prince *Jan Adolf Schwarzenberg* developed the site into a proper spa from 1675, building the first purpose-made bathhouses.

The 20th century gave the spa its modern identity, on two fronts at once. In 1928, a cable car opened from the town to Černá hora — the first passenger cable car built anywhere in Czechoslovakia and an early sign of the winter sports reputation that led the town to host the 1925 FIS Nordic World Ski Championships and the 1937 Workers' Winter Olympiad. Today's Černohorský Express gondola, dating from 2006, is a direct descendant of that original line. On the medical side, State Spa Janské Lázně began treating polio patients in 1935 using methods modeled on the Warm Springs facility in the United States, work that brought the spa international recognition and that continues today at its children's clinic, still specializing in mobility and post-illness rehabilitation.

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

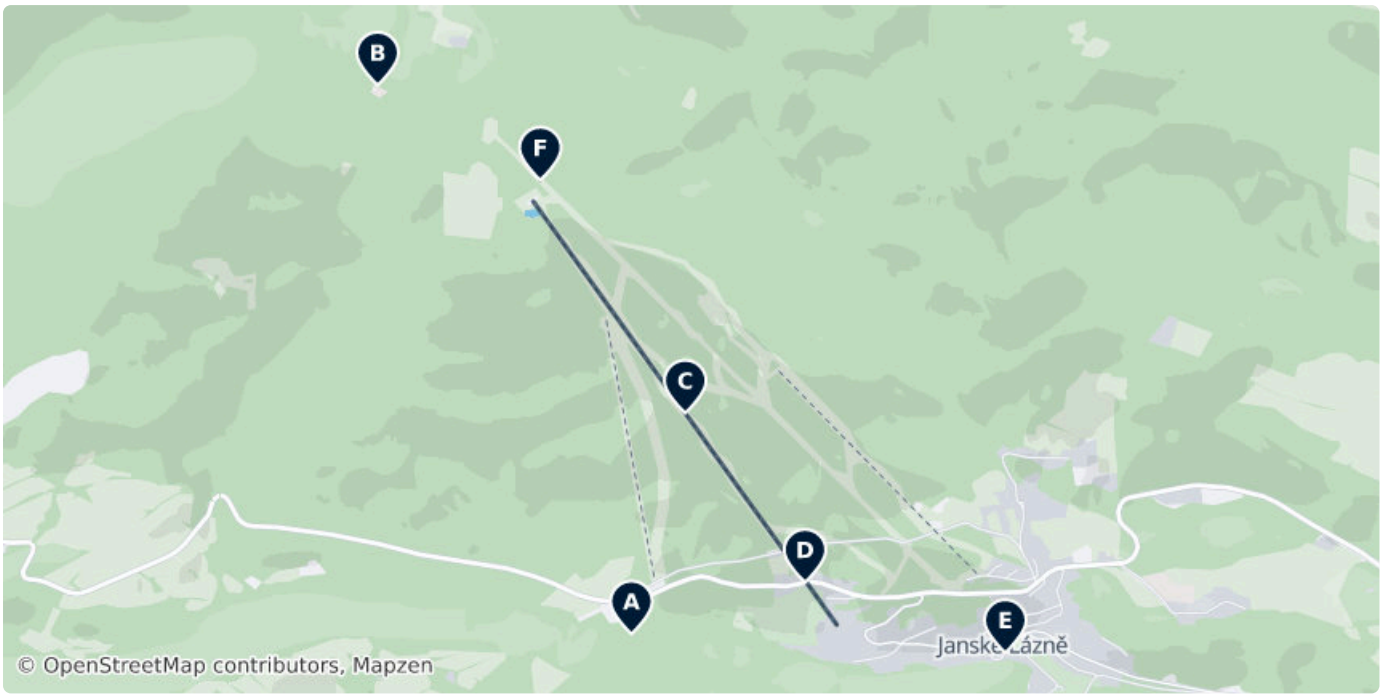
LANGUAGES

Czech

TAP WATER

Safe to drink

Top sights





A Krkonoše Tree Top Walk

Treetop walkway and 45-meter-high observation tower featuring a 1511-meter-long path through the forest canopy. The site includes an 80-meter-long dry slide and an underground exhibition focused on wildlife and root systems.

(Unnamed Road), 54225, Czech Republic (50.63107, 15.75765)

stezkakrkonose.cz, +420499110019



B Black Mountain

Mountain peak featuring an extensive summit plateau, a lookout tower, and a major ski resort with 50 kilometers of slopes. Facilities include a 78-meter television transmitter and access to a peat bog within a national park.

261 Horská, 54225, Czech Republic (50.65267, 15.74189)

skiresort.cz



C Black Mountain Express

Eight-passenger gondola lift providing transport to a mountain summit for year-round activities. It serves as a primary link for hiking, cycling, skiing, and sledding.

54225, Czech Republic (50.63976, 15.76099)

skiresort.cz, +420734153153

D Black Hill Ski Resort

Take the lift up the mountain, enjoy the spectacular and ride the well-maintained slopes downhill for a beautiful day on skis or snowboard.

174 Krkonošská, Černá Hora 54225, Czech Republic (50.63310, 15.76843)

+420 499 875 186

E State Spa Janské Lázně

Rehabilitation and spa facility specializing in the treatment of the musculoskeletal system and respiratory conditions. It provides medical, wellness, and therapeutic services for both children and adults.

náměstí Svobody, 542 25 Janské Lázně, Czechia (50.63033, 15.78086)

janskelazne.com/kariera/volna-pracovni-..., +420499860123



F Panorama Observation Tower

Observation tower and transmitter station standing 21 meters tall. The structure is the fourth highest observation tower in the country and consists of a repurposed metal support tower from a former cable car.

54225, Czech Republic (50.64893, 15.75199)

DATA SOURCES

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