

Hiking

Course: e012

Teachers: Nikola Stračárová

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VIDEO - HIKING 2021

- https://drive.google.com/file/d/1JX_4PGeE-TkefYU9qmkGx9AI-sfwFZuD/view?usp=sharing

Information

Cash desk opening hours

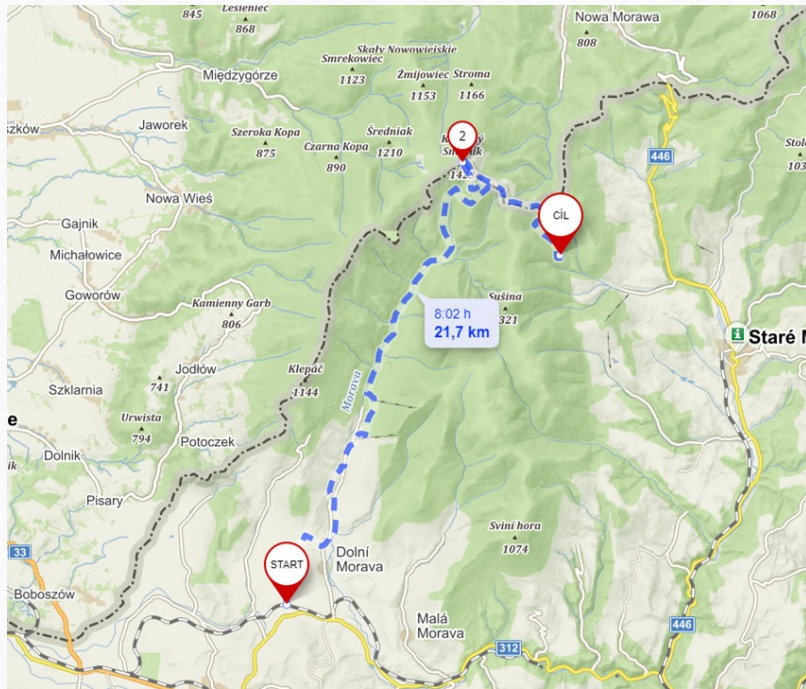
Monday	9:00–11:00 13:00–15:00
Tuesday	9:00–11:00

- Date: 29.9. – 2.10.2023
 - Inform your teachers that you will not be in the school
- Deposit: 3000,-Kč
 - you can pay it online <https://is.muni.cz/obchod/baleni/318590> or at the Faculty of Sports Studies at the cash desk (D33/206) until Tuesday midnight!
 - who will not pay till Tuesday can not go
- Also everybody will need the ISIC card to have a discount in the bus/train.

Route

- Total Distance: 84,9 Km
- Elevation gain: 3365 m
- First day - (29.9.2023) we will meet at 6:50 in front of the main train station in Brno.
 - Obviously – who is late is not coming.
- Fourth day - we will be back on 2.10. at about 20:00.

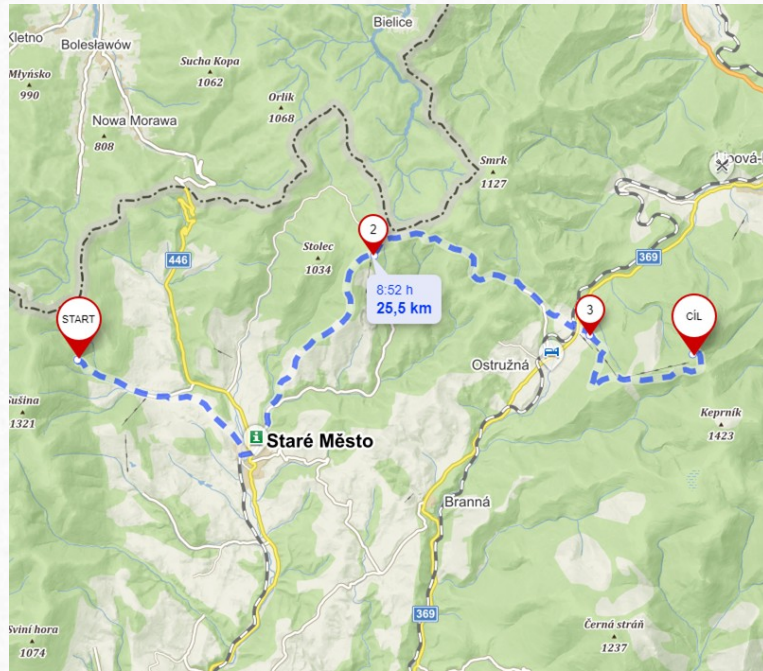
1 day



- 21,7 Km



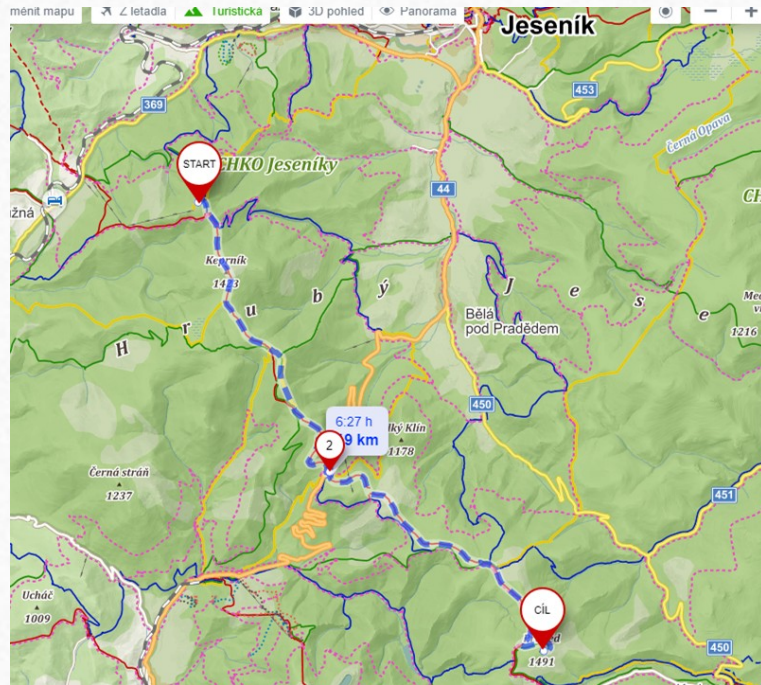
2 day



- 25,5 Km



3 day

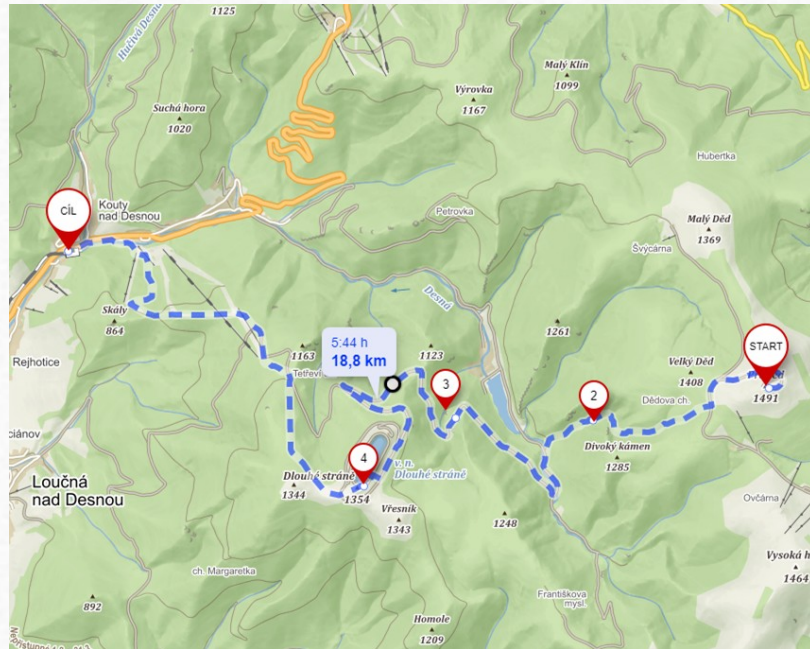


- 19 Km



4 day

- 18,8 Km



YES!



NO!



NO!

Equipment

- Backpack!!
- Waterproof clothes
- Shoes for hiking/running
- Rain cover for backpack
- Warm clothes/clothes for warm weather.
- Shoes for the huts – flip flops, sneakers, sandals etc. Also do not forget a swim suit
- Map - Download application Mapy.cz mappy.cz and offline map of the Czech Republic. Or buy a paper tourist map of Jeseníky mountains.
- Be flexible few days before the course – check the mail weekend before the course.

Food

- Take a lot of snacks.
- No chance to buy anything on the way.
- Fruits, energy bars, protein bars etc.
- Take water bottle for at least 1,5l.
- Mineral pills to flavor the water and/or supplement the minerals.
- Money for the evening drinks and restaurants on the way.

Exam

- Presentation of hiking/mountaineering/outdoor activities of your country.
- Groups of 5 people.
- Evening games = get to know each other games, icebreakers, social games... at least one per group for at least 30 minutes!

Ask me!

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