

# kapkaresort



# information

k.

## reception

**Phone:** +420 703 145 251  
**E-mail:** recepc@kapkaresort.cz



**Sun–Thr:** 6.00–23.00  
**Fri–Sat:** 6.00–24.00

**Room cleaning service:** 8.00–10.00

## restaurant

**Phone:** +420 703 145 253  
**E-mail:** restaurace@kapkaresort.cz



**Sun–Thr:** 7.30–22.00  
**Fri–Sat:** 7.30–23.00

**Breakfast:** 7.30–10.00  
**Lunch:** 11.00–15.00  
**Dinner:** 15.00–20.30 (last orders)

## wellness

**Phone:** +420 703 145 251



**Current opening hours follow  
on our website or at the hotel reception.**

## massages

**Reservations:** +420 703 145 251



**Mon–Sun:** according to available capacities

## fitness

**Phone:** +420 703 145 251  
*possibility of booking group training*



**Mon, Wed, Fri:** 7.00–21.00  
**Tue, Thr:** 6.30–21.00  
**Sat, Sun:** 9.00–21.00

## physio

**Reservations:** +420 703 145 251



**Mon–Fri:** 8.00–16.30

## cryo

**Reservations:** +420 703 145 251  
Reservations are not required, but priority will be given to client with a reservation.



**Mon:** 14.00–20.00  
**Wed, Fri:** 13.00–19.00

## ice rink

**Phone:** +420 737 676 007 | +420 601 540 571  
**E-mail:** ledovaplocha@kapkaresort.cz



**Mon–Sun:** according to the ice schedule

Current opening hours follow on our website.

[www.kapkaresort.cz](http://www.kapkaresort.cz)



# about us



”  
*Kapka resort was built to support youth, professional athletes and the general public. We wanted to create a place where people can discover the joy of exercise, work on their skills, relax and enjoy great food. In short, we would love Kapka resort to become a place with a wonderful atmosphere and top-quality service that people keep returning to.*

“  
**Dušan Kotrla**  
Project investor

To fully enjoy Kapka resort, book a long weekend with us so that you can really enjoy everything we have to offer. At our brand new facility located in the beautiful hills of Beskydy you will find everything your family might need – great food, a state-of-the-art sports centre, a fully equipped spa and inviting countryside. The idea behind Kapka resort was to build a place for local people and their families to experience something new and different, but of course we are also here for guests traveling from afar. Our resort supports local traditions, honours family values and promotes an active way of life.

Weekly program



[recepce@kapkaresort.cz](mailto:recepce@kapkaresort.cz)

🕒 Sun–Thr: 6.00–23.00 | Fri–Sat: 6.00–24.00  
Current opening hours follow on our website.





# restaurant



You will be thrilled by our restaurant. Head Chef Jaroslav Orság composes the menu from fresh and seasonal ingredients and changes it regularly, so that you can always find something to delight your palate. The restaurant serves vegetarian dishes, fresh pasta, homemade desserts and goodies from our bakers. Have breakfast, lunch, dinner or just drop by for a cup of coffee and see for yourself!

Phone  
**+420 703 145 253**

E-mail  
**restaurace@kapkaresort.cz**


Instagram  
**kapka\_restaurace**

Table reservation



Menu



 **Sun-Thr: 7.30-22:00 | Fri-Sat: 7.30-23.00**  
Current opening hours follow on our website.





# wellness



Slow down and take a well-deserved rest in our spa, designed in a modern style with respect to the world of nature. Our sauna area features several different types of sauna rooms. The hot and cold pools are located on the outdoor terrace, while the indoor quiet rooms invite peaceful relaxation. If you want more privacy, there is an enclosed area ideal for a couple or for a small group. This space can be booked for up to six people. When you visit, you will appreciate how the various elements of the spa result in perfect harmony.

**Types of sauna:** finnish sauna | saunerie | steam sauna | infrared

**Procedures and massages:** Sports massage | Relaxing massage | Dorn Method | AromaTouch | Lymphatic Drainage | Cupping Therapy | Maderotherapy | Lava stones massage

Phone  
**+420 703 145 251**

E-mail  
**recepce@kapkaresort.cz**

Instagram  
**kapka\_resort**

More about



Current opening hours follow on our website.





# ice rink



Ice rink sports and activities are an integral part of the Kapka resort. Our ice rink is here for professional athletes as well as for ice skating or ice hockey enthusiasts. The public, especially children, attend different clubs and training sessions with us, and the general public comes to have fun on the ice. Take a look at the current schedule and find the right time slot for your party on the ice.

**We offer:** public ice skating | ice skating for schools | ice rink rentals | ice skating with the hockey stick | amateur ice hockey training | ice skating school | ice hockey training camps

Phone  
**+420 703 145 288**

E-mail  
**ledovaplocha@kapkaresort.cz**

Instagram  
**kapka\_led, kapka\_resort**

**Ice area schedule**



 **Mon-Sun: according to the ice area schedule**





# fitness



Get moving in our fitness area! You can warm up in the cardio zone, build strength in the gym and stretch in the yoga room. There's something for everyone. You can also take regular classes, or work out with our qualified fitness trainers. Outdoor pitches, suitable for a wide variety of sports, are also available.


Phone  
**+420 703 145 251**

E-mail  
**recepce@kapkaresort.cz**

Instagram  
**kapka\_resort**

Lesson schedule



 **Mon, Wed, Fri: 7.00–21.00 | Tue, Thr: 6.30–21.00 | Sat–Sun: 9.00–21.00**

Current opening hours follow on our website.





# physio&cryo



We don't just treat the symptoms of your health problems, we look for the cause. We will deal with your emergency and advise you on prevention. We will give you individual attention and look for the best way to help your body move in a healthy and natural way. With our help, you will feel good again, whether you have a specific musculoskeletal problem or want to prevent a sports injury. We are here for you.

The foundation of our therapeutic approach is exercise based on certified international concepts. Some stem from developing movements that our body first learnt at an early age, and others involve lifting your limbs with the help of aids so that even the weakest muscle can be properly engaged. These types of training are designed to repair the damage our modern lifestyle leaves on our bodies.

In addition to exercise, the Kapka resort physiotherapy department also offers screenings with the high tech Footscan pressure plate, and oxygen therapy (inhalations of molecular hydrogen and hydrogen inhalation in a hyperbaric chamber, electrotherapy and liquid nitrogen vapour treatments).

Want help with pain in your joints, muscles or back? We have a solution for you in the form of cryotherapy. This therapy exposes your body to temperatures as low as -120°C for 3 minutes, promoting a physiological response that positively affects your body and mind. Cryotherapy boosts immunity, relaxes muscles and speeds up the healing process after injuries and surgery. The cryochamber is used by many sports clubs around the world, including the English Premier League.

Phone  
**+420 703 145 251**

E-mail  
**recepce@kapkaresort.cz**

Instagram  
**kapka\_resort**

More about



 **Current opening hours follow on our website.**





# events



## **celebrations .**

Why don't you celebrate your birthday, your wedding anniversary or another important event with us? We have plenty of options in our resort, ranging from a private spa to a disco party on ice. You can enjoy champagne and buffet refreshments on the terrace or in the lounge and we'll put up the decorations for you. At Kapka resort, there are no limits to your imagination!

## **parties .**

Thinking of throwing a party for your colleagues, friends or family? We will be happy to prepare it for you from start to finish. Christmas, Halloween, a company event – whatever you need. We can advise you on the appropriate choice of food, decoration and logistics, then we will arrange it to your liking.

## **teambuilding .**

We understand how important it is for a company to have a good team. The wide range of services and facilities at Kapka resort affords a myriad of options for colleagues to spend time together. Tell us about your ideas and we will find the best solution for your team.

Phone  
**+420 703 145 251**

E-mail  
**recepce@kapkaresort.cz**

Instagram  
**kapka\_resort**

More about







# contacts

k.

**Reception**

+420 703 145 251  
recepce@kapkaresort.cz

**Restaurant**

+420 703 145 253  
restaurace@kapkaresort.cz

**Bauer shop**

+420 703 145 252  
obchodbauer@kapkaresort.cz





# tips for trips

k.



If you would like to get to know more of Beskydy nature, don't forget to plan your trips in the surroundings. We've put together a list of useful tips for trips that will help you discover the beauty of the area, whether it's nature, culture or interesting places to visit. We hope our tips will help you have an unforgettable experience and discover hidden treasures around the resort.

Phone  
**+420 703 145 251**

e-mail  
**recepce@kapkaresort.cz**

Instagram  
**kapka\_resort**

tips



more >>



## lookout towers

Lookout tower Kelčský Javorník (1)



Lookout tower on Ztracenc (2)



Lookout tower on Čubov (3)



Lookout tower Vartovna (4)



Devil's Rocks (5)



Stezska Valašska (6)



## a trip to water

Bystřička dam (1)



Natural swimming pool Balaton (2)



Water reservoir Horní Bečva (3)



Biotop prostřední Bečva (4)



## explore

ZOO Lešná (1)



Pustevny (2)



Radhošť (4)



National Open Air Museum (5)



Luhačovice (6)



Vsetín Castle (7)



## bicycle tips

Vizovice hills



Bike arena Vsetín



Royal stage

