

## **Krkonose for Everyone**

The goal of the 'Krkonose for Everyone' and 'Barrier-free Krkonose' projects is to make access to the mountains easier for people with impairments. However, our target group also includes seniors and families with small children. Simply put, all those who like the mountains but need easy-to-access paths and who will appreciate the opportunity to relax and find refreshments on the way.

Administration of the Krkonosky National Park, whose staff have proposed the TOP 10 barrier-free tracks, their designation on the maps and marking in the terrain. The Park Administration also publishes an information leaflet about the Barrier-free Krkonose.

### **Mountain tracks**

All the tracks which you will find here have been tested and already accessed by people with impairments and in electric wheelchairs. However, as they are mountain tracks, you must expect uneven terrain even on asphalt roads, together with transverse drainage channels. The tracks may be very steep and include sharp turns. People with impairments, especially those in wheelchairs, will sometimes need assistance, and should not be in the mountains without company.

### **Mountain weather**

Sudden changes in mountain weather are usual, including heavy showers, unceasing wind and overall colder temperatures. Always take a jacket or anorak with you. Gloves and a hat are recommended. If you're in a wheelchair, don't forget a blanket, foot cover or sleeping bag. Keep your health insurance card ready. Have your medicaments on hand with a card describing your impairment. Do not overestimate your ability and only take tracks which you are physically able to manage and from where you can make it back during daylight. Keep your mobile phone charged and turned on, have a map on hand and save the 24/7 emergency number for the Mountain Rescue Service, which is +420 602 448 338. Be careful, as it is often easy to get out of reach of the mobile signal.