



# ACTIVE HOLIDAYS IN SLOVAKIA



# Little Big Country



Slovakia boasts majestic peaks as well as fertile valleys and is threaded with mighty rivers as well as tiny brooks. It breathes great history and at the same time pulsates modern life. The calmness of the natural beauty is complemented by healing spa waters. The food and wine complements the culture of yesterday and today; the calm of the countryside balances the noise of the cities.



Slovakia is an ideal place for active holidays and for relaxation. Travellers who enjoy the beauty of mountain peaks, deep valleys and nature can experience these on the many walks and cycling tours, of varying difficulty, which are available. Fans of water activities will alternatively find white water rivers; calm river hideaways; and mist-clad, mirror-like lakes full of fish. Adrenaline-seekers can enjoy the beauty of Slovakia from a balloon flight; whilst hand-gliding; or even during a parachute descent. After sporting exertions, one will find there are plenty of opportunities in Slovakia for well-deserved and enjoyable relaxation. The calmness of the natural beauty is complemented by healing spa waters and modern aqua parks.





# Mountain walking



The Low Tatras

Would you like to get acquainted with one of the world's most compact yet beautiful mountains ranges? Would you care for a walk in the clouds while savouring the panoramic views of the peaks and valleys? How about spending hours closer to the sun and the stars?

Slovakia offers an excellent opportunity for mountain walking – ranging from the most demanding to the simplest walks in pristine woodlands. The signposting of tourist trails has more than a 130 year old tradition in Slovakia and is one of the foremost systems of trail signposting in the world. The uniformly signposted trails in Slovakia create one compact network which is more than 14 000 km long. Just choose a direction on your compass and discover the beauty of the High and Low Tatras, the Greater and Lesser Fatras, or the Lesser and White Carpathians; or just be charmed by walks in the Slovenský Raj (Slovak Paradise), the Slovak Karst or the Slánske or Súľovské hills.







The Veľký Rozsutec peak (1,609.7m, 5,281.17ft), situated in the northern part of the main crest of the Krivánska Malá Fatra mountain range, is considered by many to be the loveliest peak in Slovakia. Its height and form dominates the whole surrounding; its typical dolomite relief is made up of multifarious rock formations, at the foot of which scree cones form. The peak is the centre of the national nature reserve of Rozsutec, which is one of the most precious botanical habitats, preserving biocoenoses and endemics, and has a large presence of protected and endangered plants and animal species.



The High Tatras



The High Tatras



Slovenský raj

Slovenský raj (Slovak Paradise, area of 210 km<sup>2</sup>) is a stretch of mountains in eastern Slovakia in the Spiš region. It is considered to be one of the most charming nature reserves in Slovakia. The characteristic broken landscape with its ravines, streams, waterfalls and karst formations is accessible by paths, and, in more demanding parts, tourists can be assisted by technical aids. The 16km long stretch of headwater on the river Hornád is called the Hornád Canyon and is one of the longest and most spectacular Slovak canyons, as well as one of the most visited trails in the Slovak Paradise. There is a tourist trail with bridges, chains and ladders. Here, the river Hornád has forged a canyon valley by the banks sloping down from the side crests and peaks, with a 300m height difference in some places.



The Low Tatras



Slovenský raj – Tomášovský view

Gerlachovský Peak with its 2655m height is the highest point in the Tatras, as well as in the whole of Slovakia and indeed, the Carpathians. Its height, accessibility and beauty make it one of the most visited peaks. The ascent to Gerlachovský Peak is only allowed with a mountain guide. In case of emergency, the Mountain rescue service is on hand, being the organizer and executor of rescue services in the mountainous areas.

[www.hzs.sk](http://www.hzs.sk)





# Caves



Bystrianska jaskyňa

Domica Cave





## Hidden jewels – caves and their mysterious and beautiful nooks and crannies



1. Belianska Cave
2. Bystrianska Cave
3. Demänovská Freedom Cave
4. Demänovská Ice Cave
5. Dobšinská Ice Cave
6. Dmica
7. Driny
8. Gombasecká Cave
9. Jasovská Cave
10. Harmanecká Cave
11. Ochtinská Aragonite Cave
12. Važecká Cave



Dmica Cave

Slovakia is home to forty-four caves and twelve of them are accessible to visitors. A walk among natural stone pillars; the sound of music in an underground concert hall; or a ride in a boat on streams which suddenly spring from nowhere – these are all moments adding to the beauty of Slovak caves. Ice formations in the Dobšinská ice cave will charm you, as will the magnificent formations resembling iron flowers and bushes in the Ochtinská aragonite cave. In the Low Tatras, you can find the Demänovská cave with the interesting dome, which is also the largest accessible underground place in Slovakia.





# Yachting • rafting • wooden rafts • boats



Little Danube

Lovers of water sports will certainly not be bored in Slovakia. There are wild or calm rivers in beautiful settings – the choice is yours.





Štrbské lake

One of the most spectacular and most visited Slovak rivers is the river Belá, where both beginners and seasoned water lovers can enjoy unique water moments. Less demanding experiences are navigating the romantic Váh canyon, which meanders through the Greater Fatra under the Strečno castle ruins; or enjoying the delightful natural surroundings when navigating the river Orava. An unforgettable experience is offered sailing down the Dunajec on wooden rafts in Pieniny National Park.

Favourite destinations for boating and yachting are the reservoirs and other water areas, particularly, amongst others, the Liptovská Mara and Zemplínska šírava reservoirs.

The Water Sports Centre in Čunovo, in both concept and facilities, is a sport centre of world quality. It offers training grounds for professional water slalom canoeists and rafters, as well as for amateur sports training. After a short training session and introductory instructions, even beginners can try to navigate the wild water.





# Golf



Velká Lomnica

In Slovakia, the immaculate look of the golf courses and the beauty of the game itself is complemented by the stunning views of the mountain tops, encounters with wild animals and the comfort of age-old chateaux or modern water parks.



The history of golf in Slovakia started before the First World War in the High Tatras, and the sport is gaining in popularity. Witness to this fact is an ever-increasing number of golf courses which have emerged across Slovakia, from Bratislava to Košice.

You can find 6-hole courses in Prievidza and in Čierna Voda near Bratislava and 9-hole courses are to be found in Piešťany, Tatranská Lomnica, Banská Bystrica, Košice and in Rajec. 18-hole courses can be enjoyed in Bernolákovo near Bratislava, Báča and in Tále. The only 18+9 hole course in Slovakia awaits you in Veľká Lomnica.



Rajec

1. Bernolákovo
2. Rajec
3. Tále
4. Veľká Lomnica



Golf centres welcome all enthusiasts of this precise, skilful and considered game. It does not matter whether you are a beginner or an advanced player – the modern golf courses guarantee to satisfy all requirements. The accommodation and a game of golf in the fresh air will be part of all high-standard courses; and romantic landscapes of baroque chateaux or nearby spas, enable the players to unwind and recuperate in pleasant surroundings after a tough round or two.





# Hand-gliding • Paragliding • Hot-air Ballooning

Do you wish to admire Slovakia from an eagle's view? Muster some courage and off you go to experience the unforgettable! There are plenty of opportunities. Thanks to its hilly surface, Slovakia offers excellent conditions for hand-gliding, paragliding or hot-air ballooning.

Amateurs, as well as advanced aviators are spoilt for choice by an uncountable number of centres for hand-gliding in the whole of Slovakia. After successfully passing basic training, available to 15year olds and above, every healthy adventurer has the chance to fly high among the clouds. Paragliding offers a feeling of free flight for every daredevil. Choosing the right location and the help of kind weather can propel you several kilometres . Taster courses or tandem gliding are offered in paragliding centres in the best Slovak localities: in the mid-height mountain ranges of Liptov, Kysuce, Orava, the Low Tatras or in the Greater or Lesser Fatra.



Enjoy the unique feeling of freedom and relaxation, something not to be experienced every day. A hot-air balloon flight offers a unique experience which will make the Slovak country look even more beautiful from up above. You do not need to come to any centre – the balloon will pick you up and you will fly in the direction and speed of the wind, so landing is always at a surprise location.



Donovaly

Donovaly





Slovakia has a long tradition of country dwelling and it can offer you a unique way of unwinding and relaxing in the natural surroundings - on horse back.

Whilst horse riding, you will experience meadows, rides through forests or mountains or you can choose a walk in the saddle with a guide. In the numerous riding schools, calm and well-trained horses or ponies await you; experienced instructors will teach you the basics of leisure and sport riding in one of the riding courses.

Riding is a wonderful way of relaxing, as well as a tough test of one's own fitness. To trot or gallop through the Slovak countryside is to enjoy a different kind of view from the saddle and to discover a new perspective.

# Horses



Bratislava – Petržalka

At the foothills and in the mountains of the High and Low Tatras, Lesser or Greater Fatras, the Carpathians or Javorníky mountains, and in the valleys of the Slovenské rudohorie mountains, you can find a rich tradition of horse breeding. Horses – the graceful animals – in the past served humans by working in the fields or in the woods, and today bring light to the Slovak countryside with new trends of use. Horses enrich some enjoyable activities on the ranches: be it riding in a carriage; going through the snow-covered countryside in a sled; admiring the country from a cross-country carriage; or the modern dynamic combination of skiing and the horse's quick trot - skjöring.





Slovakia is predominantly a land of hills, peaks and mountains through which run many rivers, streams, brooks and rivulets. Many of these waterways are suitable for all sorts of activities. Those who enjoy peace and quiet and lengthy, soothing relaxation on the banks of rivers, lakes and other water spaces, will certainly love the fishing possibilities.

## Fishing • hunting





Mushrooms



Fallow deer



Liptovská Mara reservoir



Even though Slovakia is a small country, it offers surprisingly wide and varied possibilities to fishing enthusiasts. In the whole of the country, there are 900 fishing locations which offer trout, grayling, carp and salmon waters. Amongst the most popular and sought-after rivers, streams and other water areas in Slovakia are the rivers Danube, Váh, Hron, Turiec, Orava, Hornád, Ondava, Latorica, Laborec, Nitra, Ipeľ, Poprad and Dunajec; as are the reservoirs Liptovská Mara, Zemplínska Šírava, the Orava dam, Veľká Domaša, Sĺňava, Duchonka, Ružín, Teplý Vrch, Kurinec and Dedinky.



Thanks to the the varied topography, Slovakia is an ideal place for road or mountain cycling. There are more than 6500km of cycling routes, of varying difficulty, throughout the country.

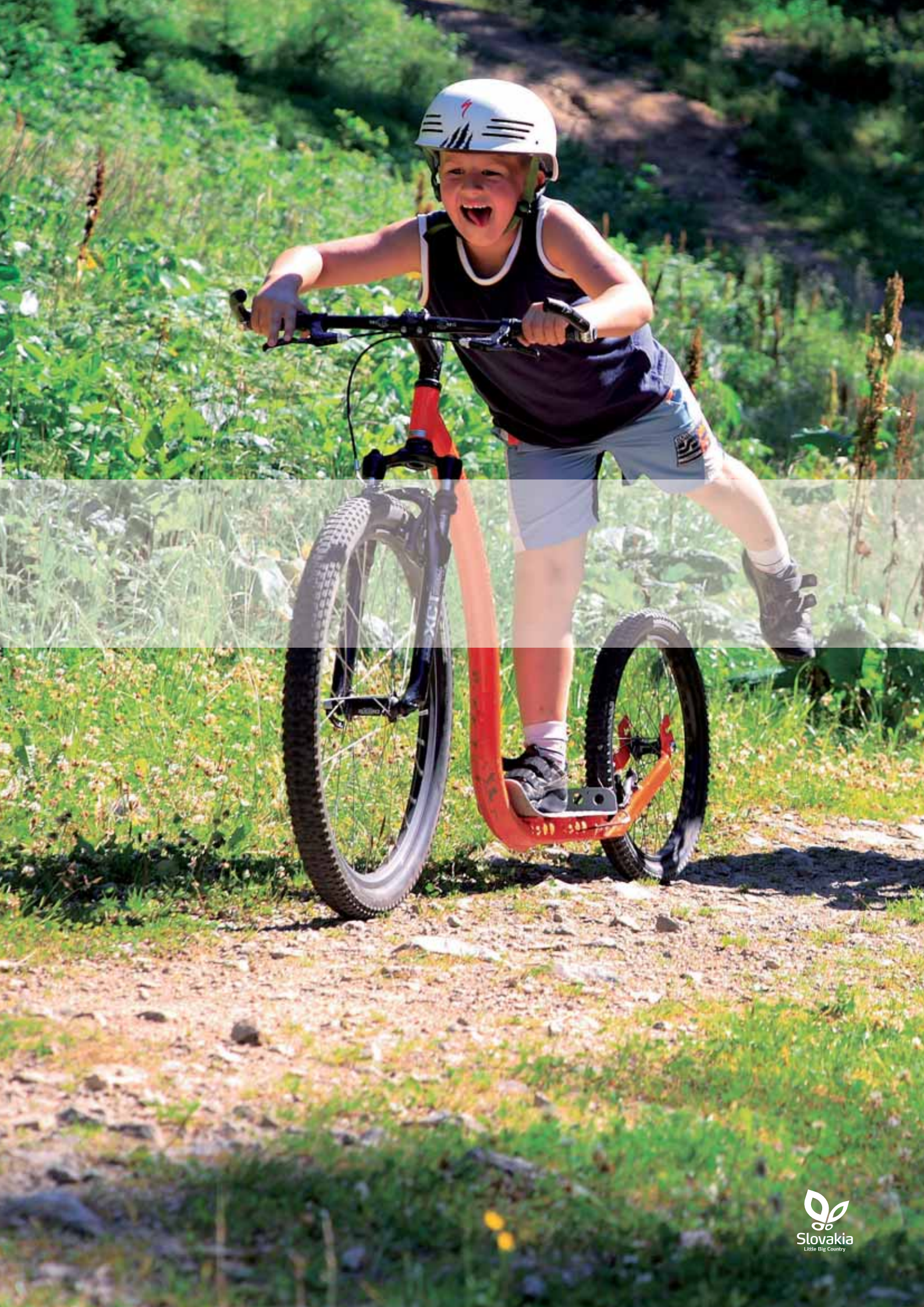
# Bicycles



Pieniny National Park

You can ride your bicycle to see the castles, towns and picturesque villages, or choose more demanding mountain cycle routes. You have a choice of 26 cycle super-routes which are longer routes leading through the river valleys and connecting several regions. Among the most impressive regions for road cyclists are the Danube and Váh river regions, Záhorie region, the Prievidza surroundings, Spiš region and Slovak Karst region. Mountain cycling enthusiasts can set off on their bikes to the hills of the Lesser Carpathians or the High Tatras, or choose to explore the natural beauty in the surroundings of Poľana, Poloniny and the Vihorlat hills. Many of the cycle routes are thematic, e.g. the Icon Route connects the wooden churches of eastern Slovakia or the Slovak Karst cycle super-route which takes the visitor through the beautiful and interesting points of this magnificent national park. Many of the cycle routes join each other and are interconnected with international cycling routes which connect Slovakia with the neighbouring countries.







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