



TIPS FOR TRIPS



MALÁ FATRA
REGIÓN

www.regionmalafatra.sk



OBLASTNÁ ORGANIZÁCIA
CESTOVNÉHO RUCHU
MALÁ FATRA



INTRODUCTION

Beautiful national park Malá Fatra, fairy tale-like Kysuce, over 280 km of hiking trails and 645 km of cycling trails, historical sights, cultural events and various activities for everybody, who visits this region in any season. That's just a part of the rich offer of the region - Žilina, Terchová valley and Kysuce. We prepared this brochure with tips for trips to help you select the best from the rich offer. Thanks to our tips your summer holiday, extended weekend with friends or holiday with your family and children will be filled with great activities and beautiful experiences.

Tips for whole-day trips are classified according to individual localities/ areas in Malá Fatra region and in it's immediate surroundings. Thanks to such practical classification, planning a trip is an easy task.

In this brochure you can find:

- **18 well-tried tips for hiking trips**
- **9 cycling trail tips**
- **20 winter tips**
- **Over 100 interesting tips for attractions in Malá Fatra and Kysuce altogether!**

It should take more than two weeks to see all our tips and so we would be happy to welcome you in our region again.

Enjoy your stay and get as much experience as possible.

Your Regional Tourism Organization Malá Fatra



**MALÁ FATRA
REGIÓN**

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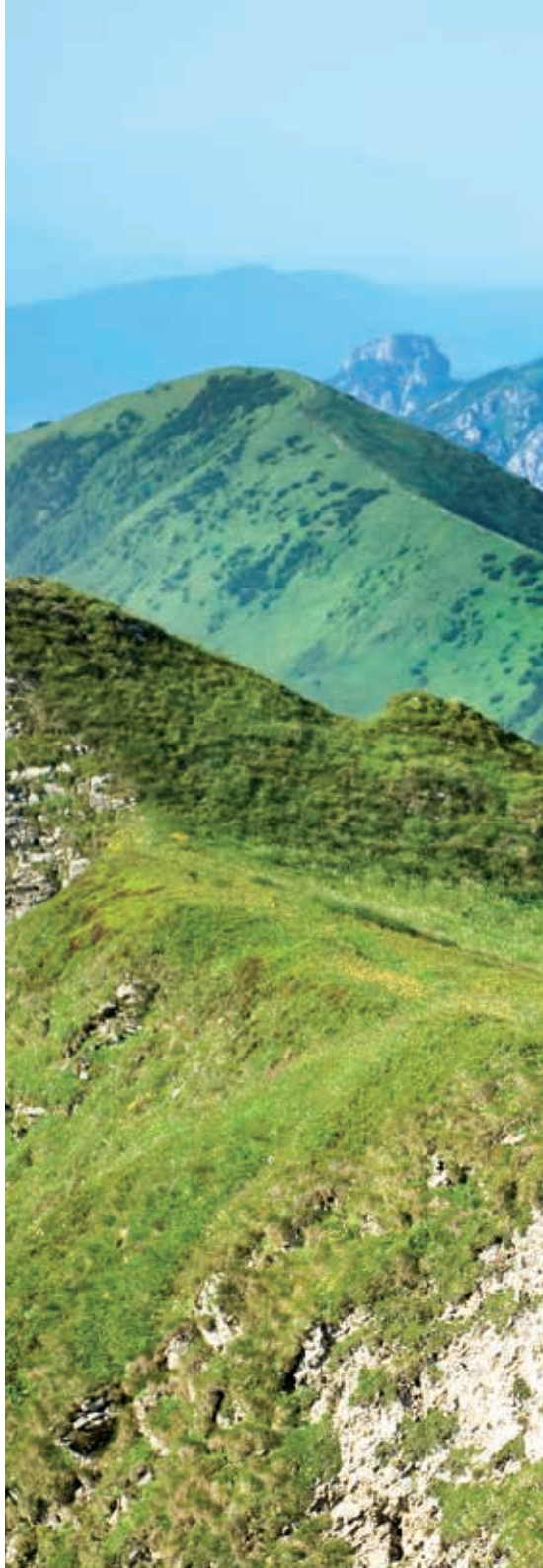
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HIKING

National Park Malá Fatra is interwoven with numerous marked hiking trails amidst beautiful nature enjoyed by families with children and by demanding tourists as well. You can choose an easy walk, or a hike along a mountain ridge or a difficult trail with chains and ladders. Picturesque valleys, magnificent views, brooks and waterfalls await you. Varied flora and fauna will attract your attention, too. Velký Kriváň (1,709 metres above sea level) is the highest peak. Jánošíkove diery is the most popular place. No-one should miss Velký Rozsutec and Malý Rozsutec. Velký Rozsutec is an important peak depicted also in the logo of National Park Malá Fatra. Below you can find a selection of the best hikes with basic description of trails to enable you to plan your trips easier.





HIKING TRAILS

VRÁTNA – COTTAGE ON GRŮŇ

Location: **Krivánska Malá Fatra**

Overall ascent: **220 m**

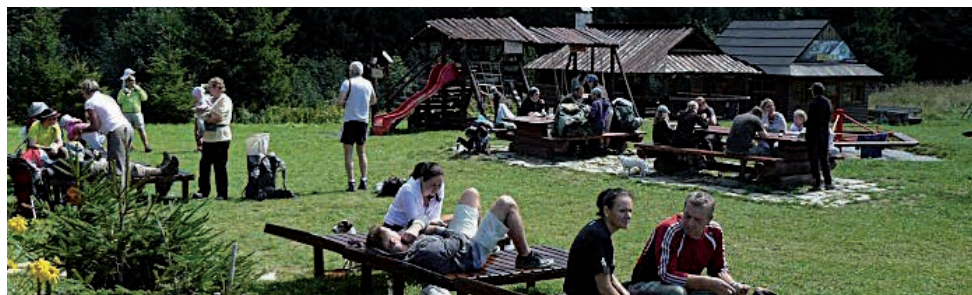
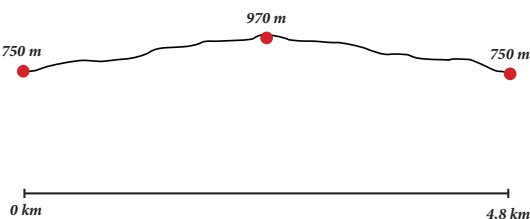
Difficulty: **easy**

1st TIP



1:25 h

Description: To begin with, we offer a short and easy hike suitable also for children. It begins at Cottage Vrátna (Chata Vrátna; 750 metres above sea level), where you can get by bus or by car. You can park your car there, too. The yellow mark that starts directly opposite the cottage takes you to the forest. The trail is easy. It ascends slightly for about 45 minutes and it is suitable for younger children. A walk through the forest is especially pleasant during hot summer days as - except for some glades - you are protected by shade almost all the way. Nevertheless, if you become tired, there are several wooden benches along the trail, where you can sit and rest or relax for a while. After going out of the forest, you will have to walk for 5 minutes through a meadow to arrive to the Cottage on Grůň (Chata na Grúni) lying at an altitude of 970 metres. There you can have some refreshment and appease your hunger and thirst while sitting on the summer terrace. Children can have fun in a grass children's playground with a slide, climbing frames and swings. If they are not tired from the walk, they can play their favourite ball games. From the cottage you have a great view of Velký Rozsutec peak and of the ridge of Malá Fatra. If you decide to return by the same trail, it will take you only 30 minutes. However, you can also choose a 1 hour trail through Paseky to Starý Dvůr. If you have not left your car at Cottage Vrátna, you can return by the blue-marked trail to Štefanová, which a bit steeper. The descent takes 45 minutes. From Štefanová you can go to Terchová by scooters or by train.





2nd TIP



0:25 h

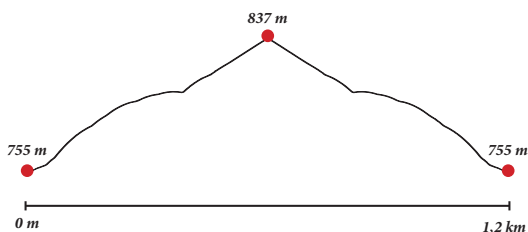
WALK TO THE SYMBOLIC CEMETERY IN VRÁTNA

Location: **Krivánska Malá Fatra**

Overall ascent: **85 m**

Difficulty: **easy**

Description: The symbolic cemetery lies nearby Cottage Vrátna. It was built by the Mountain Rescue Service and it was opened and consecrated in 1998 as the third symbolic cemetery in Slovakia dedicated to victims of mountain accidents. It will take you 10 minutes to get there. You can visit the cemetery either when wandering through Vrátna or when returning from a trip to Cottage on Grúň or from the cableway. Every autumn a holy mass for the victims of mountain accidents is held there.





CABLEWAY – VELKÝ KRIVÁŇ – CHLEB – COTTAGE UNDER CHLEB

Location: **Krivánska Malá Fatra**

Overall ascent: **457 m**

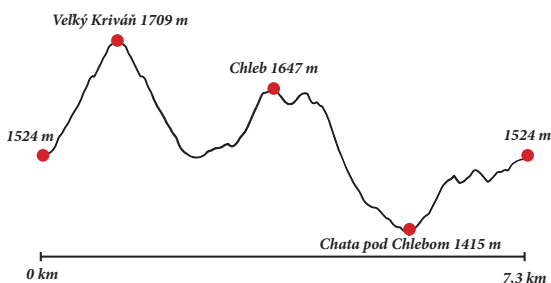
Difficulty: **easy**

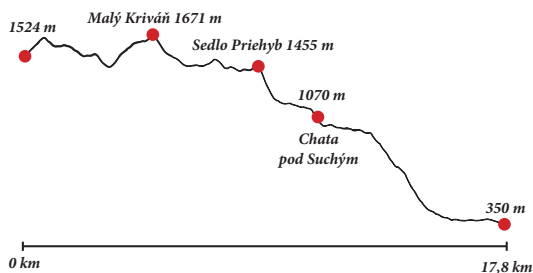
3rd TIP



2:45 h

Description: Take a cableway from the car park in Vrátna. The ride takes about 10 minutes. Follow the red mark from Snilovské saddle (1,524 metres above sea level) to the highest peak of Malá Fatra - Velký Kriváň (1,709 metres above sea level). The ascent takes about 40 minutes. Then we recommend returning back to Snilovské saddle and continue to Chleb (1,647 metres above sea level). You should manage it in about one hour. If you do not want to return by the red trail back to the saddle, you can continue along the red trail from Chleb to the saddle behind Hromový (1,605 metres above sea level). Turn right to the yellow trail and continue to Kopiská (1,450 metres above sea level). The trail goes through a plain terrain along the side of the main ridge. The last 10-minute section to the Cottage under Chleb (Chata pod Chlebom; 1,415 metres above sea level) goes along the blue trail. You can enjoy a well-deserved rest sitting on a bench in front of the cottage. You won't regret ordering a meal there. Return to Snilovské saddle by the green trail. This will take you approximately 30 minutes.





The profiles of both trails are similar; the second variant is 20 km long.

4th TIP



approx. 6:15 - 6:50 h

ALONG THE RIDGE FROM SNILOVSKÉ SADDLE TO THE COTTAGE UNDER SUCHÝ

Location: **Krivánska Malá Fatra**

Difficulty: **medium difficult**

Description: To spare some time and strength that will be much needed during this trip, you should take the cableway from Cottage Vrátna to Snilovské saddle (1,524 metres above sea level). From the saddle you should take the red trail to Cottage under Suchý (Chata pod Suchým; 1,070 metres above sea level). The hike to the Cottage under Suchý along the ridge of Malá Fatra is one of the most beautiful hikes in Slovakia. You will go through saddle Bublen (1,510 metres above sea level) and Malý Kriváň peak (1,671 metres above sea level) to saddle Priehyb (1,455 metres above sea level). There you can choose between the yellow-marked traverse below the ridge through saddle Pod Suchým (1,303 metres above sea level) to saddle Príslop pod Suchým (1,215 metres above sea level) or you can continue by the red trail along the ridge to saddle Príslop. From Príslop it is only 30 minutes along the red trail to the Cottage under Suchý. At the cottage you can order a meal or, if it is too late, you can also stay there for a night. If it is not too late and you want to go further, we recommend two following options:

1 Total time along the red trail from Snilovské saddle to Nezbudská Lúčka: **6:15 h**

Total ascent: **580 m / 1,749 m descent!**

Continue along the red trail through Starý hrad Castle to Nezbudská Lúčka (355 metres above sea level). It is worth stopping at the castle ruins for a while to explore them a bit. The ruins offer a beautiful view of the opposite Strečno Castle and Domašínsky meander beneath the hill. It takes 2:15 hours to descend to the Cottage and so make sure you have enough energy. If you want to return to Terchová, choose from the two variants:

- In Nezbudská Lúčka from Strečno station by train to Žilina, then take a bus to Terchová from the bus stop No. 10,
- From Nezbudská Lúčka to village Varín either by feet (approx. 30 min.) or by bus, then take a bus to Terchová from a bus stop at the building of the local authority.

2 Total time along the red trail and the green trail from Snilovské saddle to Varín: **6:50 h**

Total ascent: **635 m / 1,794 m descent!**

After a 10 min walk you arrive at a guidepost "Javorina" above the Cottage. The green trail will take you from the guidepost, directly to the bus stop in Varín. The first 30 minutes up to saddle Brestov you go through a forest. Then you descend down the serpentines for about an hour and then the trail continues through a forest until the guidepost "Pod Jedlovinou". Then you will walk for 45 minutes along an asphalt road. After going out of the forest, you can enjoy nice views of the Žilina basin, Varín, Strečno, river Váh, Žilina Water Reservoir or Straník hill. At the bus stop in Varín you can wait for a bus to Terchová. We recommend starting this trip right after the breakfast. And please do not forget to check the bus or train timetable before the trip. If you are accommodated in village Belá, in auto-camp Belá - Nižné Kamenec, or in the near surroundings, you can start the trip in Bránica valley. Behind the camp turn left from the main road No. 583, in direction from Terchová to Žilina. There are four big concrete shepherd's hatch-sticks at the crossing. Follow the green mark. It is approximately 2 hours to the first guidepost "Sedlo na koni" (1,170 metres above sea level). The first 3 km go through plain terrain, along an asphalt road, then you enter a forest and the road changes to a classic hiking path and starts ascending steeply. Behind the saddle the forest ends and the trail ascends to saddle Bublen (1,510 metres above sea level). The ascent will take you 1:15 hour. After reaching the ridge you will continue along the red trail to Malý Kriváň (1,671 metres above sea level) and further according to the first version of the trip.



KRAVIARSKE – ŽITNÉ – BARANIARKY – PRÍSLOP

Location: **Krivánska Malá Fatra**

Difficulty: **medium difficult**

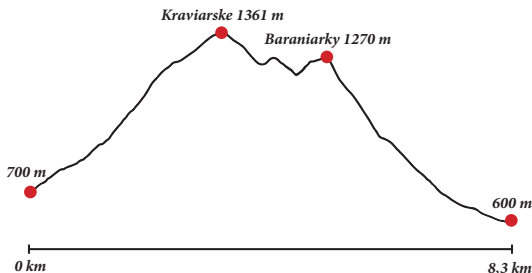
5th TIP



approx. 3:25 - 3:55 h

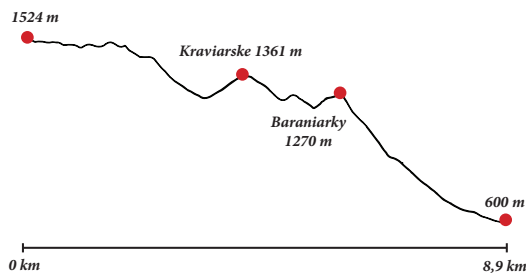
- 1 Total time along the green and the blue trail from Stará dolina valley to Starý dvor: **3:55 h**
Total ascent: **758 m**

Description: You can start the trip from a car park in Stará dolina valley (700 metres above sea level). The trail goes through a narrow valley, along the green trail and it keeps ascending for 1:15 hour. When you get out of the forest, the trail continues through a meadow to Saddle behind Kraviarske (Sedlo za Kraviarskym; 1,228 metres above sea level). There you should turn right to the blue trail and continue along the ridge, through Kraviarske, Žitné, Baraniarky hills to Saddle Príslop. From the ridge you can enjoy beautiful views of either side. On the left you can see the whole Žilina basin, on the right the main ridge of Malá Fatra, and Malý Kriváň and Veľký Kriváň behind you. From Baraniarky hill you can see the whole Vrátna. The descent from Baraniarky hill through the saddle is rather steep and it takes you almost 2 hours to get to Starý dvor. In case the weather is not good for few days before your trip and if it rains a lot, be careful when descending to saddle Príslop. The terrain can be very slippery and wet.



- 2 Total time along the blue trail, if you get to Snilovské saddle by cableway from Starý dvor: **3:25 h**
Total ascent: **259 m / 1,173 m descent!**

The second variant of this trip begins with a ride by the cableway from Cottage Vrátna to Snilovské Saddle instead of hiking along the green trail from Stará dolina valley. From Snilovské sedlo saddle you continue by the blue trail along the contour line below the ridge to Chrapáky. It takes you 45 minutes. After another 15 minute-long steep ascent you arrive to Saddle behind Kraviarske (Sedlo za Kraviarskym). There you can have a rest and decide where to go further. You can either end your trip by one-hour long descent along the green mark to the car park in Stará dolina valley. Or you can continue along the ridge following the blue mark as in the first variant. At the end of the trip you can have some refreshment in the restaurant of hotel Rozsutec or in Starý majer, where the littlest ones can enjoy a mini-zoo. Strengthened by good food you can continue to the car park in Stará dolina valley along the main road.





6th TIP



approx. 3:10 - 5:25 h

ALONG THE RIDGE OF MALÁ FATRA TO POLUDŇOVÝ GRŮŇ, STOH OR TO ZÁZRIVÁ

Location: **Krivánska Malá Fatra**

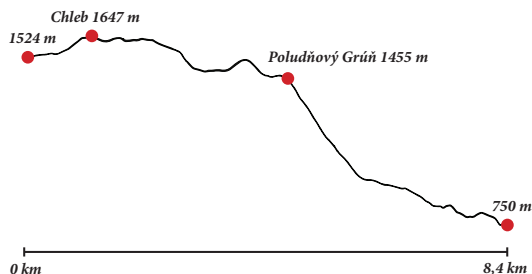
Difficulty: **medium difficult – difficult**

Description: This whole-day trip along the ridge starts in Vrátna dolina valley and continues under the cable-way to Snilovské saddle, through Chleb, Hromové, Poludňový Grúň, Stoh, Medziholie to Zázrivá. It is perhaps the most popular ridge trail with beautiful views, but it is recommended for well-trained hikers only. You can make the trip easier by getting to Snilovské Saddle by cable-way. It will spare you almost 2 hours of time and 774 altitude metres along the green trail. And you do not have to go as far as to Zázrivá, of course. We recommend three variations:

1 Total time from Snilovské saddle to Poludňový Grúň and to Cottage Vrátna: **3:10 h**

Total ascent: **243 m / 1,017 m descent!**

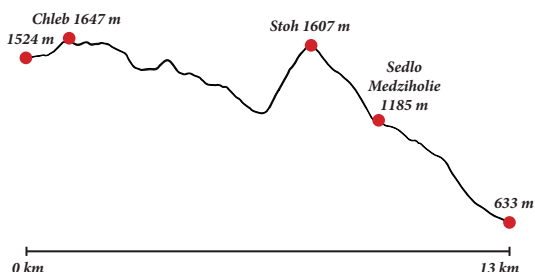
The descent from Poludňový Grúň to the Cottage at Grúň (Chata na Grúni) is rather steep and you will conquer around 500 altitude metres in 45 minutes. If you have not been using your hiking sticks yet, here they may come very handy. If it has been raining few days before your trip, please be very careful as the terrain will be slippery. Follow the yellow mark that will take you to the cottage, where you can take a well-deserved rest. You can buy good Slovak cuisine or a snack in buffet. Then continue along the yellow mark to Cottage Vrátna (Chata Vrátna). If you have enough energy, you can walk to the symbolic cemetery, which is only 10 minutes far from the Cottage Vrátna along the green trail.



2 Total time from Snilovské saddle through Stoh and Medziholie to Štefanová: **5:00 h**

Total ascent: **620 m / 1,511 m descent!**

The climb to Stoh: take the red trail from Poludňový Grúň to Stohové saddle. The trail descends for a while but then a steep ascent continues. It goes along a wide ridge to the peak of Stoh that resembles a huge heap of hay, as many tourists say. The trail goes along the red mark and lasts 1:15 hour. A descent to Medziholie saddle is 30 minutes shorter, but very steep and really exhausting es-



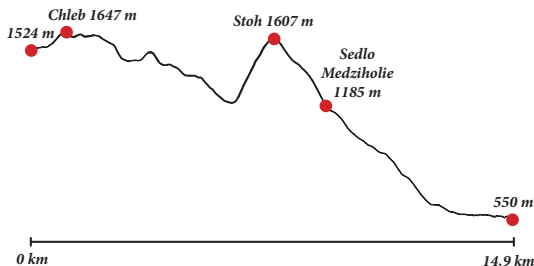


pecially for your knees. There are always many people in the saddle preparing for a climb to Velký Rozsutec or having a rest after conquering the peak, or the hikers on their way to Stoh. Everybody would appreciate a cottage offering refreshment and overnight lodging for tourists that unfortunately does not stand there anymore. If it is afternoon already or you feel exhausted, we recommend descending by the green trail through Šlahorka to Štefanová. It should not take you longer than 1.5 hours.

- 3** Total time from Snilovské saddle through Stoh and Medziholie to Biela - crossroad: **5:25 h**
Total ascent: **620 m** / **1,584 m descent!**

The trip along the ridge to Zázrivá: this trip and the previous trip are only recommended to well-trained hikers who enjoy conquering the mountain ridges. The trail from Poludňový Grúň to Medziholie is described in variant 2. From Medziholie you switch to the yellow trail and after 5 minutes you get to the guidepost "Pod Rozsutcom". Now you can choose between the yellow trail and the green trail. The green mark will take you to a forest and after a 1.5 hour hike, you arrive to village Biela. After 20 minutes along an asphalt road you arrive at main road No. 583 in Biela – Rázcestie. Continue to Zázrivá – Petrová, to the crossroad with the road to Terchová. This road is unfortunately very busy, so please take care. The bus connection between the villages is rather poor, as they lie in different districts. You arrive to Terchová after a 2.5 hour hike along the busy main road, or, if you are lucky enough, you can try hitch-hiking.

The yellow mark from the guidepost "Pod Rozsutcom" goes through a forest to Saddle Príslop above Biela and it also lasts for 1.5 hours. Then you continue for about half an hour through meadows and you arrive to Zázrivá – Petrová to log houses at "Jánošíkov dvor" with a restaurant. If you do not arrive late in the evening, you can have a tasty serving of the Slovak traditional dish – "halušky" - potato dumplings with "bryndza" sheep cheese. Then you can return to Terchová along the main road, but this variant should take half an hour less.



a Variant that starts in Štefanová

If you are accommodated in Štefanová or if you do not mind a steep climb, you can start this trip in Štefanová. This trail is really exhausting, since the climb to Stoh lasts 3 hours, during which you conquer 1,000 altitude metres on foot. From Stoh you will walk for 1:15 hour to Poludňový Grúň. If you are exhausted or if the weather starts deteriorating, you can end your trip by a 45 min. descent to Cottage at Grúň (Chata na Grúni) – see the variant No. 1. From the cottage you can either descend down the yellow-marked trail to Cottage Vrátna or you can follow the blue mark to Štefanová. In 45 minutes you will be at the place, where you began the trip.

b We believe that some of you might not want to miss out the ridge. If you decide so, stay at the red trail and you will get to Snilovské saddle through Steny, Hromové and Chleb. This easy ridge trail should not take more than 1:20 hour. You can take the cableway to get down to Cottage Vrátna, if you catch it. But you can also walk down the hill on feet. It should take you approximately one hour. During the first metres of the descent you can enjoy nice views of the ridge that you have just conquered. From the cableway station you can get to your accommodation facility by professional scooter, by tourist train or by bus.



7th TIP



approx. 6:05 - 7:00 h

VELKÝ ROZSUTEC AND MALÝ ROZSUTEC

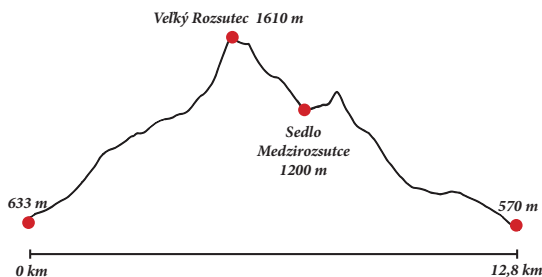
Location: **Krivánska Malá Fatra – National Nature Reservation Rozsutec**

Difficulty: **difficult**

- 1 Total time if you end the trip in Biely Potok: **6:05 h**
Total ascent: **1,165 m**

Description: You can start this trip in Štefanová (633 metres above sea level) at the green trail. The trail keeps ascending for about 1.5 hour to Medzihoľie (1,158 metres above sea level). At Medzihoľie you can rest on a nice glade. Then you ascend again along the red marked trail to Velký Rozsutec (1,610 metres above sea level). Some sections have to be overcome with the help of guide chains. You should manage to reach the peak in about an hour. On the most beautiful rocky peak in Malá Fatra you should rest for a while and enjoy the beautiful view of the surroundings. If you want to go to Malý Rozsutec, too, you should descend down the red trail to Medzirozsutce. Then you should continue through Zákres saddle (1,200 metres above sea level) along the green trail to Malý Rozsutec (1,343 metres above sea level). You should manage it in up to 30 minutes while you must overcome two steep sections safeguarded by guide chains. The effort is really worth it. If you had been on Velký Rozsutec just a “while” ago, now you can enjoy a nice view of it. If you do not have to return to your car in Štefanová, you can continue by the green trail down to settlement Podrozsutec and then to hotel Diery in Biely Potok. At the beginning the trail goes through scrub mountain pines and it is rather steep. You should appreciate the help of chains. Further you continue through a forest and from the settlement Podrozsutec you go through meadows. It takes about 2 hours to get to the hotel. Here you can take a rest, have some refreshment in a stylish Koliba restaurant and you can wait for the bus to Terchová.

If you need to return to your car in Štefanová, you should descend from Malý Rozsutec to Medzirozsutce saddle. There you can choose between two possibilities:

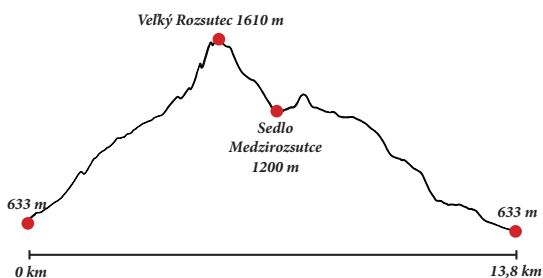




2 Total time if you end the trip in Štefanová through Podžiar: **6:30 h**

Total ascent: **1,160 m / 1,160 m descent!**

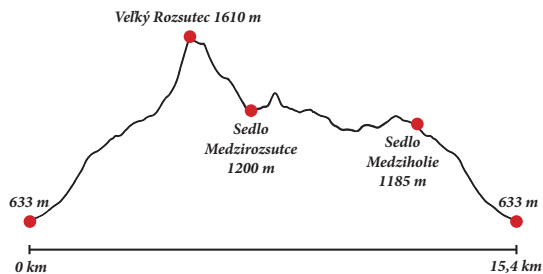
Descend down for 10 minutes along the blue trail to guidepost "Pod Tanečnicou". Then we recommend following the green marks that lead through the forest to guidepost "Pod Pálenicou". There you should continue along the green trail to Vrchpodžiar saddle. This is how you can avoid the descent down the ladders in Horné diery, which is rather complicated if there are too many hikers climbing up. From the saddle you arrive to village Štefanová in 20 minutes along the yellow trail. In Štefanová you can have a dinner in a restaurant or you can have a snack at a buffet at the bus stop.



3 Total time if you return through Medzirozsutce and Pod Medziholím: **7:00 h**

Total ascent: **1,325 m / 1,325 m descent!**

Behind Velký Rozsutec continue along the blue trail in direction to Medziholie saddle. This easy trail leads through a forest, then through meadows. At the end the blue trail meets the yellow trail and takes you to Medziholie. Then you should descend down the green trail back to Štefanová. It is the same trail as at the beginning. From Medzirozsutce saddle you should managed it in 2:30 hours. Throughout the whole trail you can see precious endemic flora and fauna species. Some of these flora communities are unique to Slovakia. About 2,000 species of animals live there and almost all Slovak species of protected plants grow there.



The section Medziholie – Velký Rozsutec – Medzirozsutce is closed from 1st March to 15th June.



8th TIP



approx. 2:00 - 6:00 h

JÁNOŠÍKOVE DIERY

Location: **National Nature Reservation Rozsutec**
Difficulty: **easy, medium difficult or difficult**



JÁNOŠÍKOVEDIERY

MAP OF CIRCUITS ON PAGE 25

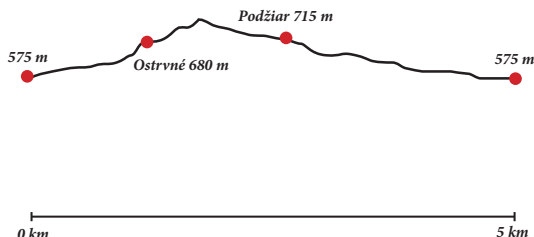
Description: This place belongs to the biggest hiking attractions in Malá Fatra. We recommend visiting it during working days, as during weekends it is often overcrowded. Nobody would like to miss the beautiful gorges and canyons of Krivánska Malá Fatra. You can select Dolné (Lower) diery, Nové (New) diery and Horné (Upper) diery. There is an education trail in Dolné diery and this section is suitable for children, too. The other two sections are recommended for skilled hikers, as there are ladders and guidechains that you have to overcome. Therefore we offer three variants of this trail.

Small circuit – Educational Trail Diery

1 Total time: **2:00 h**

Total ascent: **185m**

You should begin in Biely Potok behind hotel Diery along the blue trail (575 metres above sea level). The trail starts by a footbridge over the brook and it is definitely not the last one. There are several wooden footbridges along the trail that leads through a narrow valley. In 20 minutes you get to Ostrvné (680 metres above sea level). It is a beautiful rocky canyon formed by Dierový potok brook that flows through it. Here you should turn to yellow mark that goes through a lovely valley, by ladders, and later through a forest that offers nice views, to a sheep farm Podžiar (715 metres above sea level), where you can stop for a while after less than one hour hike. You can buy a snack in the buffet in a small log house under the trees. During hot summer days you and your children can refresh in the brook that flows through the meadow. You can return through Dolné diery or you can descend down to Štefanová, if you do not have your car parked by hotel Diery. It will take you less than half an hour to get to Štefanová, where you can rent a professional scooter to get to Terchová. That's real fun! If you're not an adrenaline enthusiast, you can take a tourist train or a bus.

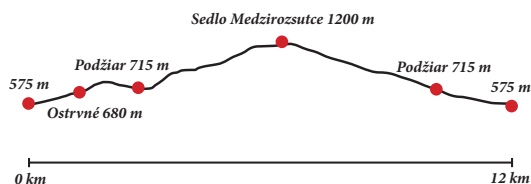


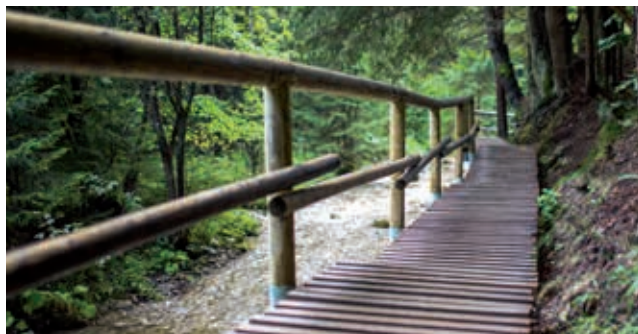
Big circuit – The Best of Jánošíkove Diery

2 Total time: **4:00 h**

Total ascent: **625 m**

This trail begins just like the small circuit until the sheep farm Podžiar (715 metres above sea level). Then you set on to Horné (upper) diery, the most beautiful part of Jánošíkove diery. The ladders and waterfalls are higher and more beautiful. Through the valley of Horné diery you get to a crossroads under Pálenica (900 metres above





sea level) and you can end the circuit there. But you certainly do not want to miss another beautiful part – the valley of Tesná rizňa. Through Tesná rizňa gorge you get to Medzirozsutce saddle (1,200 metres above sea level) and then you follow the green-marked trail with beautiful views to Vrchpodžiar (745 metres above sea level). There you can decide whether to return through Dolné diery – that you did not see on your way up – to hotel Diery in Biely Potok or to Štefanová.

Big circuit with an ascent to Malý Rozsutec

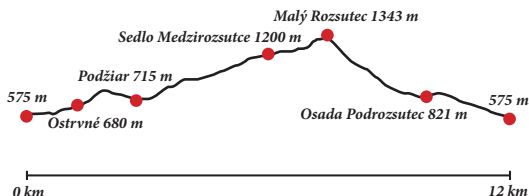
3 or Veľký Rozsutec

Total time: 6:00 h

Total ascent: 768 / 985 m

This trail starts just like the big circuit up to sheep farm Podžiar (715 metres above sea level), while you can decide to go through Nové diery or through Dolné diery, as they are both on your way to sheep farm Podžiar.

Then you continue through Horné diery and the unforgettable scenery of nine waterfalls that you can only overcome by ladders and ferratas. In Medzirozsutce saddle, you can decide which peak to conquer. Do not let the name Malý (Small) Rozsutec mislead you. The climb to Malý Rozsutec is as difficult as to Veľký (Big) Rozsutec. From Malý Rozsutec (1,344 metres above sea level) you should return along the beautiful green trail through a forest settlement Podrozsutcom directly to Biely Potok, to hotel Diery, where you can enjoy a well-deserved beer or the exquisite local cuisine in the stylish Koliba restaurant. From Veľký Rozsutec (1,610 metres above sea level) you can either return by the same trail to Medzirozsutce saddle and then you can descend as from the big circuit, or you can descend through Medziholie and Šlahorka directly to Štefanová.



* All the trails can be started from the car park in Štefanová. You should start with yellow or green trail. Both of them take you to Vrchpodžiar saddle after approximately 25-minute ascent. In another 5 minutes you arrive to Podžiar (715 metres above sea level). Then follow the guideposts and descriptions of the previous variants.

* The section Ostrvné – Podžiar – along the yellow trail (Nové diery) is only one way trail for the sake of safety and comfort of all hikers.

* Veľký Rozsutec (section Medzirozsutce – Veľký Rozsutec – Medziholie saddle) is CLOSED from 1st March to 15th June for nature protection reasons





9th TIP



approx. 3:05 - 3:10 h

BRIGAND'S TRAIL

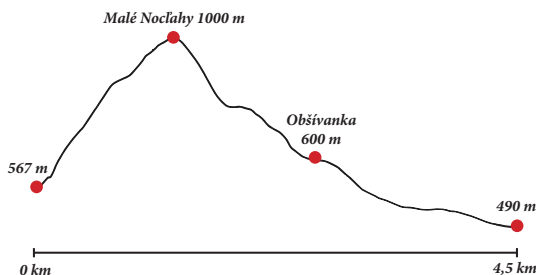
Location: **Krivánska Malá Fatra – western part**

Difficulty: **medium difficult**

- ① Total time of the blue trail Tiesňavy - Vyšné Kamence: **3:05 h**

Total ascent: **520 m**

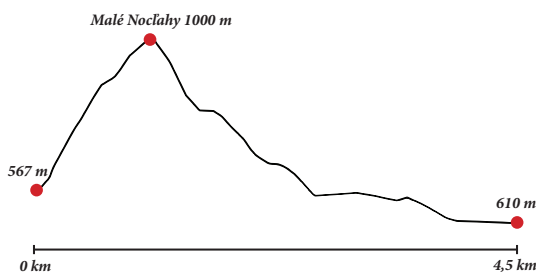
Description: The trail starts in Tiesňavy (567 metres above sea level) and it follows the blue marks. At the beginning, it is a bit difficult as the ascent is really steep and you should use guide chains, where possible. After approximately one hour you should arrive at Malé Nocláhy (1,000 metres above sea level). Along the way you can enjoy beautiful views of Malá Fatra ridge. Tiesňavy take on a very different dimension from above. In Malé Nocláhy you can take a rest and enjoy refreshment you have taken with you. Then you should continue along the blue trail to one of the most beautiful valleys Obšivanka (600 metres above sea level). This section had been closed for several years for nature protection reasons and therefore you cannot find it in older maps. When descending through Obšivanka you can follow the blue mark to settlement Vyšné Kamence (490 metres above sea level) or you can switch to the yellow mark – direction to Oravcové – at the guidepost. It is a small hill above Terchová with a peaceful environment and a nice view of the surroundings. The descent to Terchová goes along the trail of the “stations of the Cross”.



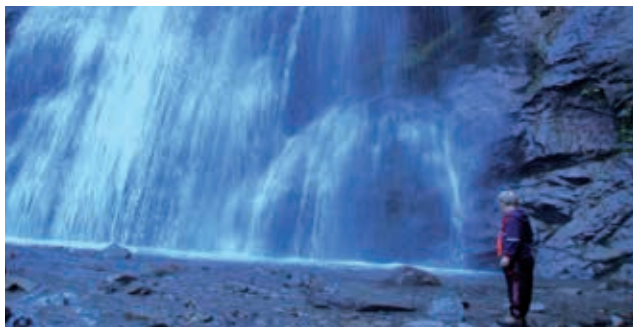
- ② Total time of the trail through Tiesňavy that ends in Terchová through Sokolie: **2:40 h**

Total ascent: **520 m**

Another possibility is to switch to the yellow mark at guidepost “Malé Nocláhy” and in 15 minutes you arrive to Sokolie ridge. Then you have to walk for some 45 minutes along the green trail to get to Starý dvor. If you have not had enough, you can continue along the yellow trail to Prislop saddle. There you switch to the blue trail to get to Starý dvor. It takes less than 2 hours to get to Starý dvor from Sokolie ridge.



The section Malé Nocláhy – Obšivanka is closed from 1st March to 15th June.



ŠÚTOV WATERFALL

Location: **Krivánska Malá Fatra**

Total ascent: **844 m**

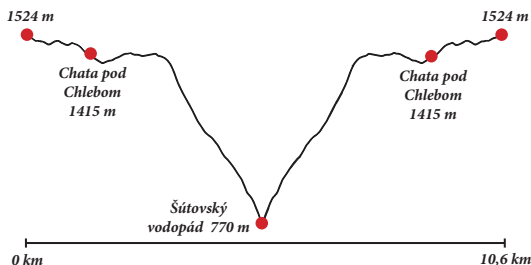
Difficulty: **difficult**

10th TIP



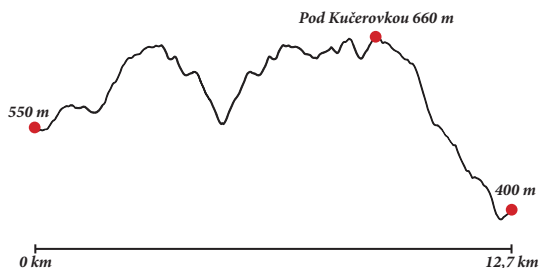
4:40 h

Description: Take the cable way to Snilovské saddle (1,524 metres above sea level) and follow the green mark to Cottage under Chleb (Chata pod Chlebom; 1,423 metres above sea level) for 20 minutes. From the cottage continue along the blue trail for about 50 minutes, until you arrive at Moses' springs (1,140 metres above sea level). In another 50 minutes, you arrive to Šútov Waterfall (770 metres above sea level). It is the biggest waterfall in Malá Fatra - 38 metres high and it has the biggest flow during spring months, when snow is melting. The trail back will take you approximately 3 hours. Remember that if you want to use the cableway to descend from Snilovské saddle, you must return before the last ride. Please do not forget to check the cableway timetable at the beginning of your trip.



In case you do not want to return the same way, we recommend continuing to Strečno by bus or by train. There are many possibilities of how to spend the rest of your day. If you have enough time, you can visit Strečno castle, you can sail down the river Váh on a raft or you can cross the river by a bridge to get to Nezbudská Lúčka and make another hike to Starhrad Castle. The easiest way to get back to Terchová is by train or by bus from Strečno to Žilina, and then by bus from Žilina to Terchová. When planning your trip, please check all the timetables in advance.

An easier and less difficult trail starts in Šútovo. From Terchová you can get there by car – in direction to Zázrivá, Párnica, Kralovany, Šútovo. Park your car at the buffet Fatranka. You should get to the waterfalls in 1:20 hour and this trail is an educational trail as well.



11th TIP



3:30 h

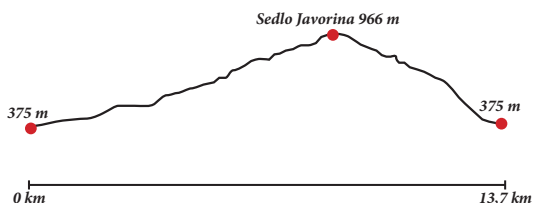
ZÁSTRANIE - KOTRČINÁ LÚČKA - RADOĽA

Location: *in direction to Radola*

Total ascent: **395 m**

Difficulty: *easy*

Description: You should start the trip in Zástranie (550 metres above sea level) and follow the red marks to village Kotrčiná Lúčka – Stráň (555 metres above sea level). The total ascent is 165 m in 5.1 km and you should manage it in 1.5 hour, approximately. In the middle of the trail - Pod Kučerovkou – you can turn to the green trail in direction to Radola. This section is 5.1 km long and it should take you 1.5 hour. In Radola (400 metres above sea level) you can stop in the beautiful Renaissance manor house, one of the oldest cultural sights in Kysuce. A replica of a mammoth calf is the biggest attraction. Various interesting events and craft workshops are organized in the manor house throughout the year. You can return to Žilina by bus.



12th TIP



4:20 h

TRNOVÉ - STRÁŇAVY - STREČNO

Location: *in direction to Strečno*

Total ascent: **680 m**

Difficulty: *medium difficult*

Description: The trip starts in Trnové (375 metres above sea level) and it follows the green-marked trail. You can stop at the Museum of Malá Fatra and then continue to Javorina saddle (966 metres above sea level), where you can stop by the Memorial to the 1st Czechoslovak Army Corps. From the saddle, you should follow the red mark to Strečno (365 metres above sea level). You can stop at the Strečno castle, or you can take a ferry to Nezbuďská Lúčka, to the Panaráma, a traditional Slovak restaurant that offers a nice view. You can return either along the yellow marked trail through saddle under Kojšová, where you switch to the blue-marked trail until saddle Pod Javorinou. Continue to Trnové along the green trail.



GBELANY – ZLIEŇ – HORNÝ VADIČOV / KUBAŠČÍKOVCI

Location: **direction to Kysuce – Horný Vadičov**

Total ascent: **735 m (without a climb to Ladonhora)**

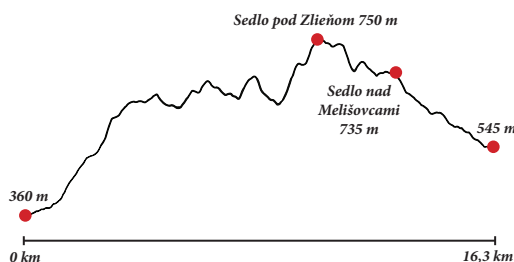
Difficulty: **medium difficult**

13th TIP



4:40 h

Description: You can start another day-long trip in Gbelany (360 metres above sea level). Continue through Žiarce saddle, saddle under Zlieň, Zlieň to Horný Vadičov. In Gbelany you start on the yellow trail, continue by the red trail to Žiarce saddle (650 metres above sea level). From saddle above Melišovci (735 metres above sea level) you should switch to the blue trail. The whole trail is 16.3 km long and it lasts for about 4.5 hours. Those who would like to make the trip longer, can continue from Horný Vadičov to the popular Ladonhora (999 metres above sea level). This means an additional 1.8 km that you should manage in 1.5 hour. From Ladonhora you can either return by the same trail to settlement Kubaščíkovci in Horný Vadičov (545 metres above sea level) or you can continue further along the blue trail to saddle below Ladonhora and along the yellow trail to the cottage below Ladonhora. The cottage is only 480 m from the recreational resort RS Vadičov, where you can enjoy a meal in a local restaurant. Then you have to get to the bus stop Horný Vadičov – Kaplík and wait for a bus that will take you to Kysucké Nové Mesto. From Kysucké Nové Mesto you can take a bus to Žilina.



From December 2015 the services of a new four star hotel will be available to tourists that visit the Žilina region. The hotel will be residing in the building of the Baroque manor house in village Gbelany. Now it is under reconstruction. The newly built parts of the hotel complex will include a conference hall, restaurant, two bowling lanes and wellness-centre with a pool.

GPS of the manor house: **49°12'49.35"N, 18°50'50.37"E**





14th TIP



approx. 4:55 - 12:15 h

ŽILINA – KRÁSNO NAD KYSUCOU – STARÁ BYSTRICA – VEĽKÁ RAČA

Location: **in direction to Kysuce**

Difficulty: **medium difficult**

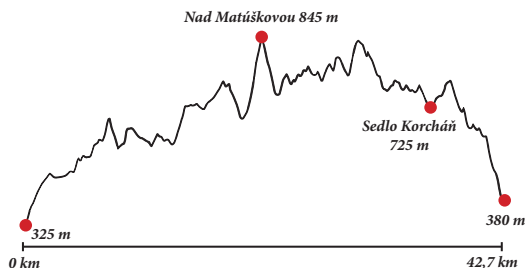
Description: You can start the red-marked trail along the Kysuce ridge in several villages in Žilina surroundings.

Total time from Žilina

1 – Budatín to Krásno nad Kysucou: **12:15 h**

Total ascent: **1,765 m / descent 1,710 m!**

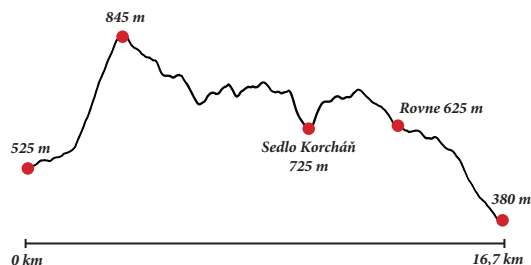
If you can start the trip in Žilina - Budatín it would take you more than 12 hours and we recommend it only for very well-trained hikers. You will be following the red mark all the way through. From Budatín you go to Zástranie, then to Kotrčiná Lúčka, through saddle Žiarce, saddle Jalovec and saddle below Zlieň. You can stop for a while at Zlieň (730 metres above sea level) and in 15 minutes you arrive at another saddle – saddle above Meliškovci (735 metres above sea level). You should continue along the red mark through Brehy, Pod Obelcom and through saddle Meriádov to the highest point on the trip - Nad Matúškovou (845 metres above sea level). In about 40 minutes you arrive at saddle Korchán and in another 55 minutes at Rovné. The last section of the trail from Rovné lasts almost 2 hours, so please be ready. If you would like to make the trip shorter, you can start in Teplička nad Váhom, in Gbeľany, Zborove nad Bystricou, or in Stará Bystrica. This trip is only suitable for those who love whole-day trips, who start early in the morning and who are able to walk in terrain until the evening.



2 Total time from Radôstka to Krásno n. Kysucou: **4:55 h**

Total ascent: **690 m / 830 m descent!**

A shorter variant of the above trip can be started in the village of Radôstka, where you can admire a magnificent Church of St. Andrew Svorad and Benedict. Then you should continue to local part Radôstka Krasotín (525 metres above sea level) and follow the yellow trail that starts ascending to the ridge. In 30 minutes you should arrive to Sobolčínovci (580 metres above sea level), where you can decide between a longer trail to Brehy along the yellow mark and a shorter trail through Mazúrovci along the green trail.

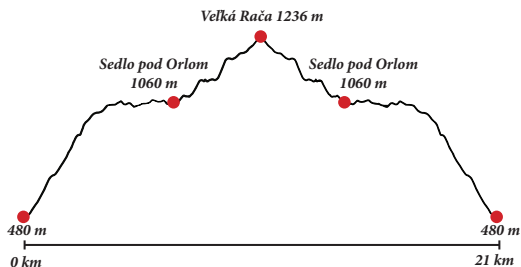




If you chose the shorter variant, you will get to Nad Matúšková (845 metres above sea level) in no more than one hour. Then you should continue along the red mark to saddle Korcháň (725 metres above sea level). If you are too exhausted, you can descend down to Stará Bystrica from this point. It should take you about one hour to get to the village centre. In the village you can take a bus to Rodôstka, if that's where you have parked your car. You will get there in about 10 minutes by bus. Those who decide to continue along the ridge to Krásno nad Kysucou, have approximately 2:40 hours of hiking ahead. After the hike, you can visit the smallest Slovak gallery – the Hall of František Hübl or the Museum of National History exhibiting a life-size replica of a female mammoth. Both of them reside in the House of Culture in Krásno nad Kysucou. From Krásno nad Kysucou you can get to Žilina or to Čadca by bus or by train. You can return to Rodôstka by bus, too. It will take you 30 minutes.

3 Total time from Stará Bystrica through Saddle under Orol to Veľká Rača and back: **6:10 h**
Total ascent: **996 m** / **996 m descent!**

Another possibility is to start the trip in Stará Bystrica (480 metres above sea level). After taking a picture of the only Slovak astronomical clock, you can start the trip along the green trail to Veľká Rača (1,236 metres above sea level). In 30 minutes you will get to Kýčera (960 metres above sea level) and then to the saddle under Orol (Pod Orlom; 1060 metres above sea level). You remain on the green trail. Now, only 40 minutes separates you from Veľká Rača. You can return by the same trail to Stará Bystrica. The trail is 21 km long and it will take you almost whole day. You can stop for a well-deserved dinner in restaurant Oblúbená in Stará Bystrica.





15th TIP



2:10 h

EDUCATIONAL TRAILS

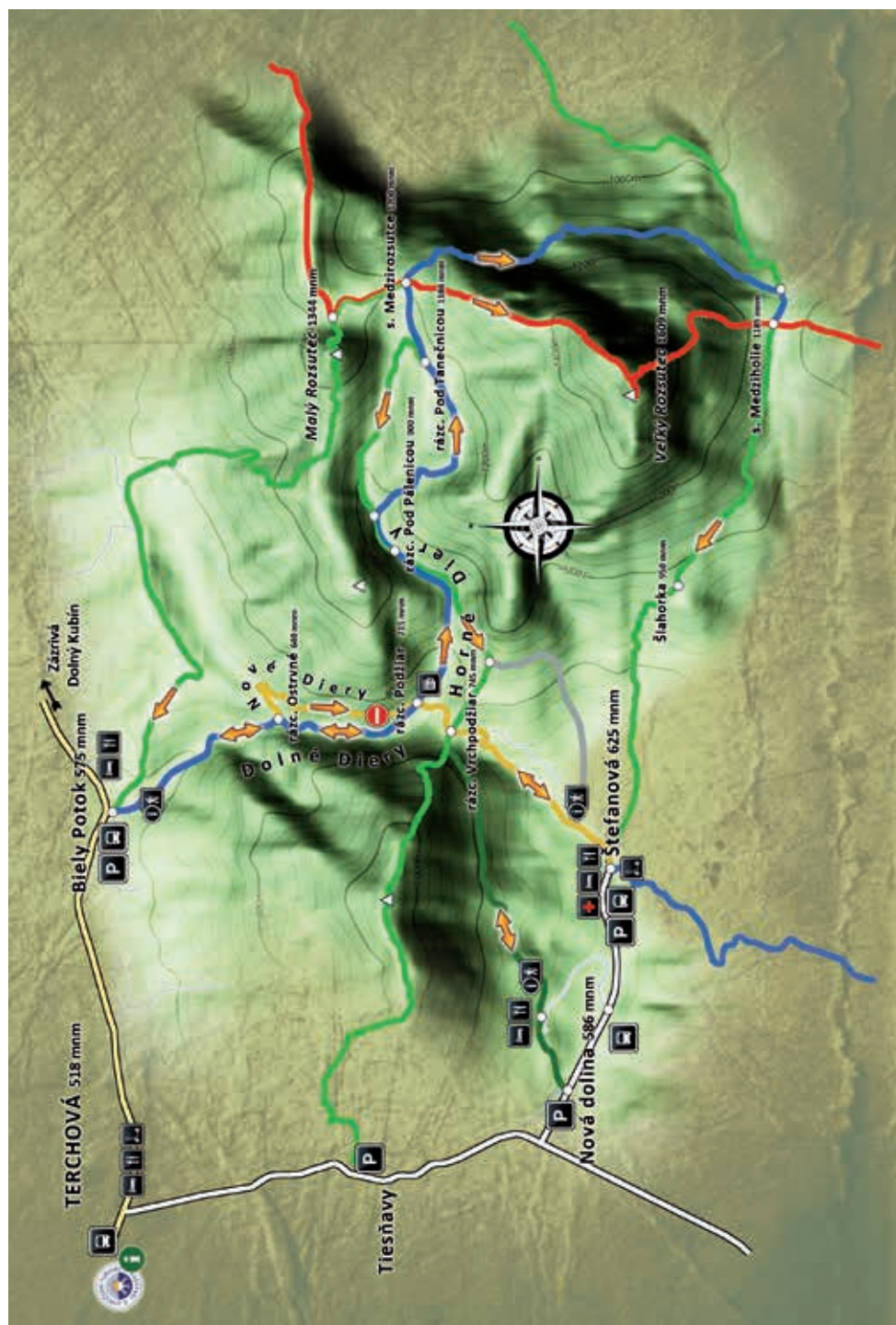
EDUCATIONAL TRAIL JÁNOŠÍKOVE DIERY

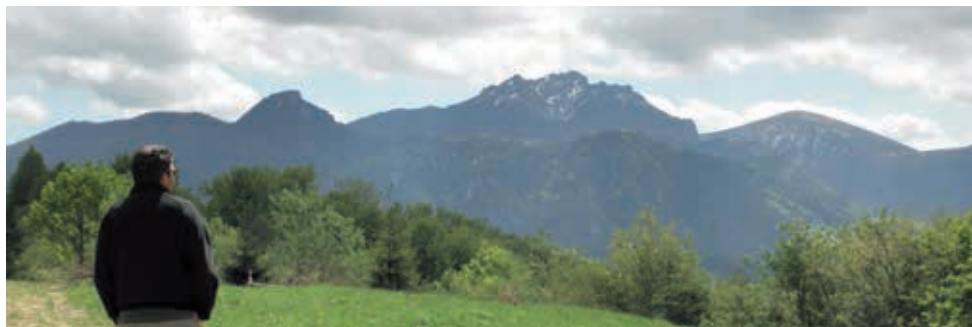
Jánošíkove diery, or simply Diery, is a set of beautiful gorges and canyons in Krivánska Malá Fatra. It lies in the national nature reservation Rozsutec. The educational trail goes through Dolné (Lower) Diery and Nové (New) Diery, where you can find waterfalls, footbridges, ladders and beautiful recesses. It is also suitable for families with children, as the footbridges over Dierový potok brook that flow through the canyon have railings.

You should start the educational trail in Biely Potok, where you can park your car in front of hotel Diery. The blue-marked trail starts behind the hotel and it will take you to Ostrvné – perhaps the most beautiful part of Diery – in 25 minutes. Here you can admire a huge rocky canyon and Dierový potok brook flowing through it. Behind the canyon you should continue along the yellow trail through Nové diery in direction to Podžiar. In the first part of this section you have to use ladders and go over footbridges above waterfalls and along rock walls. You will enjoy it for sure. After the ladders, the trail continues through a forest where you can study educational boards and where you can enjoy nice views from two lookout places. Nové Diery ends by Podžiar. You can buy a snack in a buffet in a small log house and you can rest there for a while. The trail back goes through Dolné Diery along the blue trail. You will arrive at hotel Diery in about 40 minutes. You can stop for a lunch or dinner in Terchovská koliba restaurant in traditional Slovak style, where you can taste the traditional Slovak cuisine. Children can play at the playground directly at the hotel.

The whole educational trail is 5 km long, it overcomes 165 altitude metres and it lasts for about 2 hours. If you did not arrive by car and you do not want to return to hotel Diery, you can continue along the yellow trail from Podžiar to Štefanová. It will only take 20 minutes. From Štefanová you can get to Terchová on foot (approximately one hour), by bus or by a tourist train. The adrenaline enthusiasts can rent professional scooters that should be returned after the ride at the scooter stand under the statue of Juraj Jánošík in Terchová.







16th TIP



approx. 6:00 h

EDUCATIONAL TRAIL ACROSS THE JÁNOŠÍK'S REGION

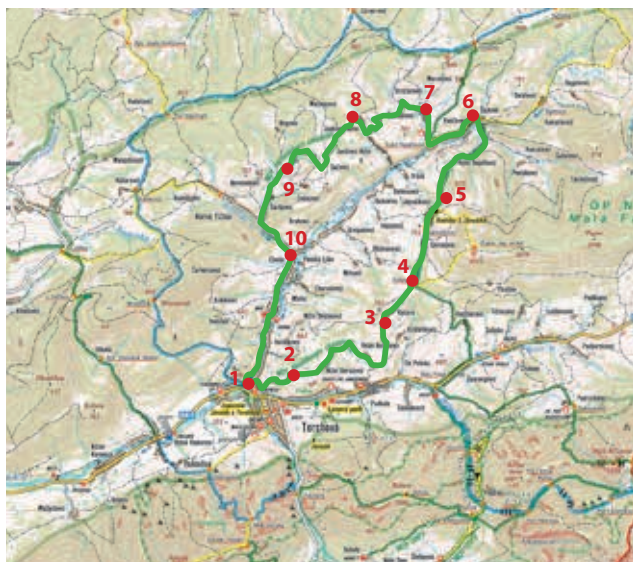
If you would like to enjoy the view of the ridge and the peaks you have already conquered or if you simply want to change the rocks and ladders below your feet to firm soil, let us invite you on a trip along the educational trail "Across the Jánošík's Region". The green-marked trail goes through settlements and secluded dwellings of Terchov region. It starts and ends in Terchová, at the Church of St. Cyril and Methodius. The circuit trail is 13.5 km long and it features 10 educational boards with plenty precious information about Terchová.

The first board is placed to the right of the church entrance and it informs about the project of the educational trail. Above the church you should go slightly to the right up the hill Ťboč. Through settlement Kýčera in Biely Potok you should arrive to the guidepost "Polany" – the board No. 4. The trail goes through a treaded path across meadows. At Polany there is a cross and a bench. If you sit on the bench, you can enjoy perhaps the most beautiful view of Velký Rozsutec and Malý Rozsutec and a part of Malá Fatra ridge. Several movies were shot there, including "Jánošík. A true story" (2009), directed by: Agnieszka Holland, Kasia Adamik. You should continue further along the green trail to settlement Smrekovci. There you should switch to an asphalt road.

You arrive at settlement Jánošíkovci, the birth place of the Slovak hero Juraj Jánošík. His native house was not preserved but there is a commemorative plaque on the place, where his native house used to stand. Then you should descend to Šípková, what will take you less than 30 minutes. More than one half of the trail is over. If you would like some refreshment go along the main road for some 10 minutes to settlement Vyšní Repáňovci. Turn right at the crossing and you will see a small pub with a terrace.

You can end your trip there and take a bus to Terchová. If you want to continue, do not return to the main road, but continue further along the green trail to settlement Šmehylovci – Board No. 7. From that place you will go through meadows to Board No. 10 – Panská Lúka. Then you only have some 2 km along the main road to Terchová. You can stop at the sport club Festa and end you trip by playing minigolf.

The whole trip lasts approximately 6 hours. Therefore you should not forget to take some refreshment with you. This trip can be taken throughout the year, if the weather is good. The trail is crossed by other marked tourist trails so you can descent or divert from it whenever you want. This trip is ideal for families with children, for mountain bikes or as a winter trip.





EDUCATIONAL TRAIL FOJTOV POTOK

Enjoy the beautiful nature and fresh air during a walk along the educational trail “Fojtov potok brook” at Kysuce. It is a circuit trail that starts and ends in Zborov nad Bystricou. The information boards inform tourists about various interesting facts and on both sides of the trail you can see the remains of old – so-called – “cholváry” (seasonal shepherds’ dwellings). Many of them were rebuilt and are used for recreational purposes. Several protected plant and animal species live there. It is a nice one hour walk suitable also for the littlest ones.

You can visit the Cross and the Chapel of the Virgin Mary in Zborov – the pilgrimage site in the mountains of Kysuce. The fourteen Stations of the Cross are placed in two rows on the sides of the hills and are connected by a zigzag path.

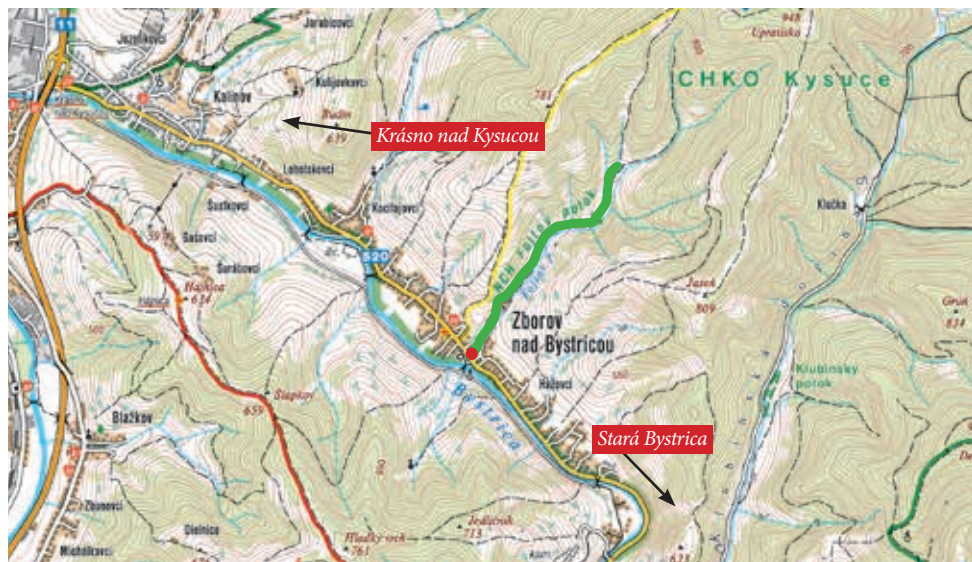
Cyclists can join the Kysuce cycling artery that goes across the village and they can continue in direction to Krásno nad Kysucou. There is a sport area with climbing wall, bowling and fitness. Children would certainly love to see the replica of a female mammoth in the Museum of National History. Art enthusiasts can visit the smallest Slovak gallery in the same building as the museum.

If you decided to go in the opposite direction, you arrive to Stará Bystrica and its unique astronomical clock that is really worth seeing. The clock chimes every hour so you should plan your visit properly.

17th TIP



1:00 h





18th TIP



approx. 2:00 – 3:00 h

WELLS OF KRÁSNO NAD KYSUCOU

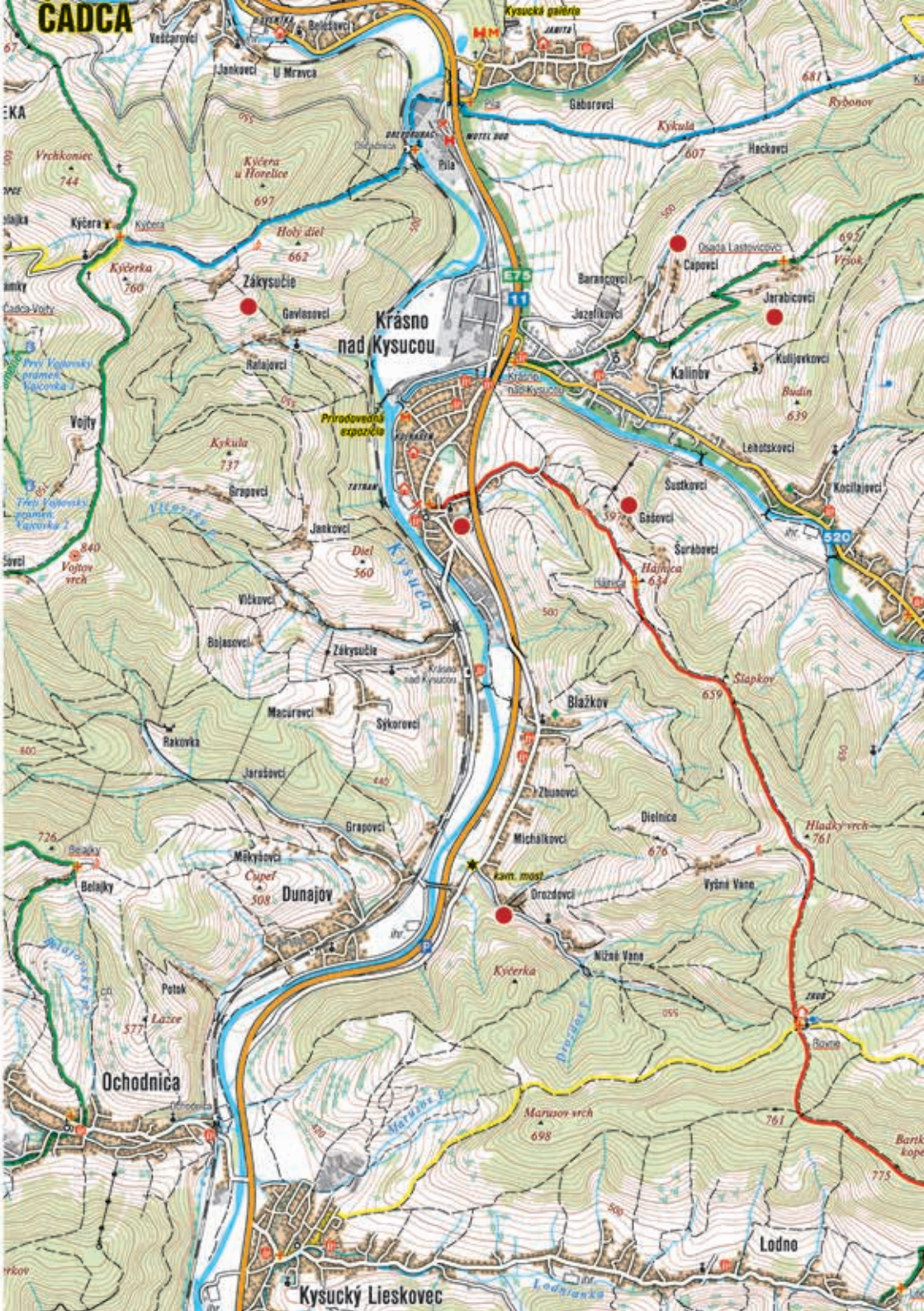
Location: **Hamlets around the town of Krásno nad Kysucou**

Difficult: **easy/car + walking**

Discover the traditions of the natural local water sources around Krásno nad Kysucou. This tour will take you to six different wells in six different villages. Discover the history of the wells and why they are important, and learn when to drink water from a well. Each of the hamlets also has its own unique piece of history. At Drozdov, you can see Blažkov bridge, a very high, historic bridge made entirely of stone; at Lazný there is the stream of the Mary of Sorrows Chapel; Gavlasov has a 6 m high Slovak double cross of St Cyril and Methodius; and at Gaši there is a brick chapel dedicated to the Blessed Virgin Mary. It is recommended that you combine travel between the wells, because only four of them are immediately accessible by car. To visit the wells at Bohovičovcov and Gaši, you need to walk the last couple of kilometres because the roads are unpaved. This is a pleasant stroll. If you have any extra time, you should take in the natural history exhibition including a life-size replica of a female mammoth and Slovakia's smallest art gallery – the František Hübel memorial room. During the winter the path is less accessible.



CADCA



CYCLING TOURISM

Malá Fatra and Kysuce are the regions with the densest network of cycling trails in Slovakia. The cycling paradise offers more than 645 km of cycling trails of various difficulties. The majority of trails are suitable for mountain bikes, but there are also some asphalt cycling trails. Some of the trails are suitable for adrenaline bikers and some for recreational cyclists with children. You can see a profile of every trail thanks to a free practical application, which you can download to your smartphone. Enjoy beautiful nature and beautiful views right from your bicycle saddle and become a cycling enthusiast! Always mind your abilities, consider the trail elevation and the character of terrain in order to be able to fully enjoy the trip. Here you can find some cycling-map tips and recommended cycling trails.

YOU CAN FIND CYCLING TRAILS MAPS AND RECOMMENDED CIRCUITS HERE:



PRINTED VERSION:

Cycling map –Malá Fatra and Kysuce Region



ONLINE VERSION:

www.regionmalafatra.sk/co-vidiet/propagacne-materialy
Podstránka „Cykloturistika“



MOBILE APPLICATION TO BE DOWNLOADED:



CYCLING TRAILS IN GPX FORMAT:

<http://www.regionmalafatra.sk/ostatne-stranky/zoznam-cyklotras-v-gpx-formate/>





CYCLING TRAILS

CYCLING TRAIL “AROUND THE ŽILINA DAM”

Difficulty: *easy*

Surface: *earth 0 %, gravel 30 %, asphalt 70 %*

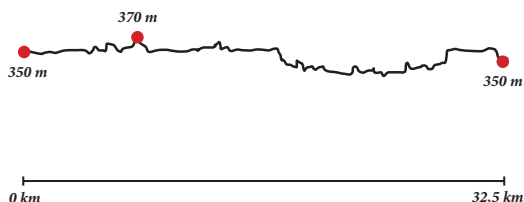
Total length of the cycling trail: **32.5 km**

Altitude metres: **160 m**

1st TIP



approx. 1:20 - 2:00 h



Description: A simple cycling trail suitable for families with children. A major part of the trail goes along an asphalt road along an embankment. A shorter part of the trail along river Váh to Budatín is made of gravel. This cycling trail leads to the revitalised garden of Budatín Castle, where you can find bicycle stands and benches and where you can have a rest. You can also read about how logs had been floated down the river Váh in the past and other interesting historical information. And you can see “wooden” raftmen there, too. A “cycling meridian” is placed at the entrance to the Budatín Castle. However, if you want to see it, you have to push the bicycles through the castle park, as it is a pedestrian’s zone. There are several rest places and shelters on the way from the Castle Park to the Water Reservoir Žilina, and there is a “Swan pond” too. You can find some refreshment at the restaurant by the water reservoir. After spending a day on bicycles, you can end your day in a pleasant way in the children park in village Mojs.

Marking:

Blue – No. 2427 – Around the Žilina Dam

Red – No. 002 – Vážska Cycling Artery



2nd TIP



approx. 2:00 - 3:00 h

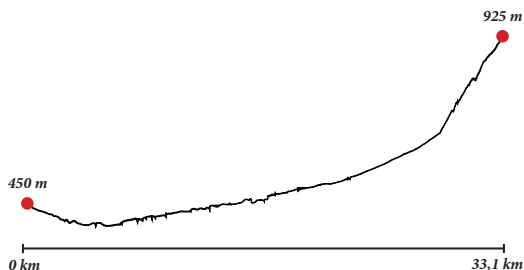
CYCLING TRAIL “KYSUCE CYCLING ARTERY “

Difficulty: *easy*

Surface: *earth 0 %*, *gravel 0 %*, *asphalt 100 %*

Total length of the cycling trail: **33,1 km**

Altitude metres: **642 m**



Description: Kysuce Cycling Artery goes from the west to the east and it connects the villages of Kysuce through Oravská Lesná, Novot with the Polish border. The red trail 005 ends in Upper Orava region, in Demänová. In this region we recommend in particular the new 22 km long cycling trail from Nová Bystrica to Krásno nad Kysucou that belongs to Bystrická Cycling Artery and is suitable especially for families with children. The cycling trail along the valley of Bystrica brook has a very low elevation and so it is suitable for little children, too. Information boards placed along the cycling trail inform the tourists about interesting places in the surroundings: stained glass by Vincent Hložník in the local church in Zborov nad Bystricou, the Museum of Natural Sciences with a life-size mammoth replica in Krásno nad Kysucou. There are interesting bridges from the period of Austrian-Hungarian Empire, the oldest ones of this type. In Stará Bystrica you can admire the first Slovak astronomical clock and in Vychylovka, near Nová Bystrica, you can visit an open air museum.

Marking:

Red – No. 005 Kysuce Cycling Artery



CYCLING TRAIL TERCHOVÁ - VRÁTNA – ŠTEFANOVÁ

Difficulty: *easy*

Surface: *earth 0 %, gravel 0 %, asphalt 100 %*

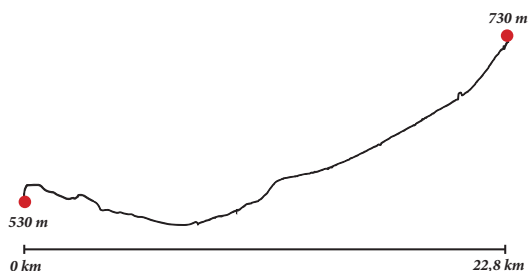
Total length of the cycling trail: **22.8 km**

Altitude metres: **255 m**

3rd TIP



approx. 1:10 - 1:40 h



Description: Easy cycling trails through Vrátna dolina valley and Štefanová are suitable for children. The marked cycling trails go along asphalt roads. The green-marked cycling trail will take you to the cableway in Vrátna and to Cottage Vrátna. On your way back, in Paseky you can turn left to Sokolie and ascend to Hotel Rozsutec, for example, that offers beautiful view of the surrounding hills. Another alternative is to turn right at crossroads to Štefanová, where you can admire the local architecture and have some refreshment in a one of the restaurants. A pleasant trip through all the above-mentioned is over 20 km long.

Marking:

Green – No. 5478

Yellow – No. 8430



4th TIP



approx. 2:00 - 3:00 h

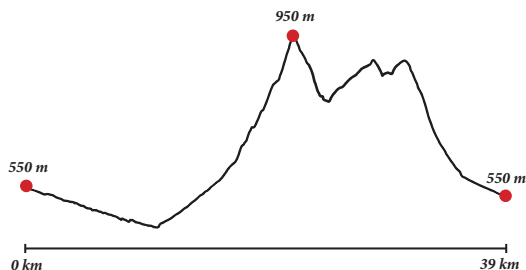
CYCLING TRAIL ALONG THE KYSUCE RIDGE

Difficulty: *medium difficult*

Surface: *earth 3 %, gravel 46 %, asphalt 51 %*

Total length of the cycling trail: **39 km**

Altitude metres: **662 m**



Description: A very good training cycling trail suitable also after rain. We recommend beginning at a car park in Nová Bystrica. This circuit is also suitable for older children who like cycling and downhill. From the car park you get to the cycling artery by a footbridge. Turn right in direction to Stará Bystrica. The trail to village Klubina is plain and you have plenty time to warm up before ascending to the ridge of Kysuce. If you have enough time, you can stop in Stará Bystrica to see the first Slovak astronomical clocks standing at the reconstructed square. In the village Klubina you should leave the cycling artery, go through the village in direction to Klubinský potok along the blue cycling trail No. 2433. This is a good chance to have some refreshment; another one will be in Vychylovka. From Klubina you should ascend for 6 km up to the gamekeeper's lodge, where you should turn right and continue by another approximately 6 km ascent to the ridge. Approximately 1 km below the peak, you should turn right from the asphalt road to a forest road that will take you to the highest point of the trail – to an altitude of 945 metres above sea level. You have just conquered 500 altitude metres. Remain on the blue trail until the crossroad “Velký potok – Nová Bystrica”/ Vychylovka. If the weather is not good or if you are running out of time, you can shorten your trip here. Otherwise you should continue along the contour line in direction to Vychylovka - Pavelkovia - along the green trail. In this section the ride can be pretty fast, so please do not forget to brake. The green trail joins the main road to Vychylovka. Turn left and continue in direction to Nová Bystrica, to the car park where you have started the trip. In Vychylovka or in Nová Bystrica you can have some refreshment.

Marking:

Blue – No. 2433 Klubina Velký Potok

Green – No. 5451 – Vychylovka - Pavelkovia

Red – No. 005 – Kysuce Cycling Artery



CYCLING TRAIL ŽILINA - STRANÍK - RADOĽA

Difficulty: **medium difficult**

Surface: **earth 20 %, gravel 3 %, asphalt 77 %**

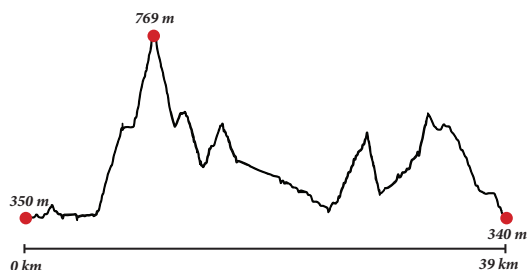
Total length of the cycling trail: **39 km**

Altitude metres: **1006 m**

5th TIP



approx. 2:00 - 3:00 h



Description: You should start in Žilina – Budatín on the old road to the centre of Teplička nad Váhom. If you want to make a whole-day trip from Terchová, you can get to Žilina through the foothills of Malá Fatra along the cycling trail No. 038 – red and No. 5476 – green. A 5 km long ascent from Teplička in altitude of 350 m, through the square to Straník in altitude of 769 metres is a bit steep. The section from the church in Zástranie to the peak of Straník is really tough. Those who would like to spare some energy do not have to ascend to Straník, but they can continue along the green trail to Kotrčiná Lúčka. However, the view from Straník is really worth some hard work. From the lookout tower on Straník you can enjoy a nice view of Teplička nad Váhom, Žilina – the beautiful valley of the river Váh. After enjoying the view and having some rest you should return back to Zástranie and continue to Kotrčiná Lúčka around the farmer's cooperative to Prostredný Vadičov. In the village you should turn left and through Dolný Vadičov, Lopušné Pažite you should arrive to Radoľa. There you can see a nice manor house. The green trail will lead you through meadows and forests to Snežnica. In Snežnica you can have a beer at the square under the old fire station, you can rest for a while and continue back to Zástranie, and then along the road through Zádubnie to Žilina. These roads are not busy and are suitable for cycling. You can get back to Terchová from Zástranie along the blue trail No. 2405 through Horný Vadičov. The whole trip from Terchová and back is over 80 km long!

Marking:

Blue – No. 2405 – Žilina – Vadičov – Terchová, **Green** – No. 5476 – Žilina – Teplička n./V. – Varín

Yellow – No. 8458 – Teplička n./V. – Straník No. 5473 – Zástranie – Vadičov – Radoľa

From Terchová and back to the Žilina circuit – Straník – Radoľa:

Red – No. 038 – Terchová – Varín, **Green** – No. 5476 – Varín – Žilina, **Blue** – No. 2405 – Žilina – Terchová



6th TIP



approx. 3:00 h

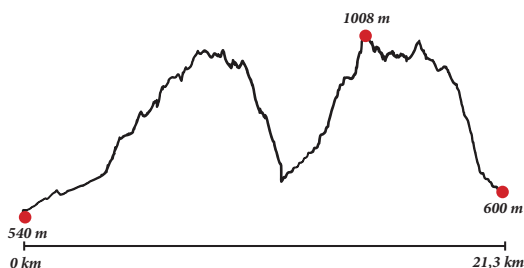
CYCLING TRAIL ACROSS TERCHOVÁ REGION

Difficulty: *medium difficult*

Surface: *earth 59 %, gravel 2 %, asphalt 39 %*

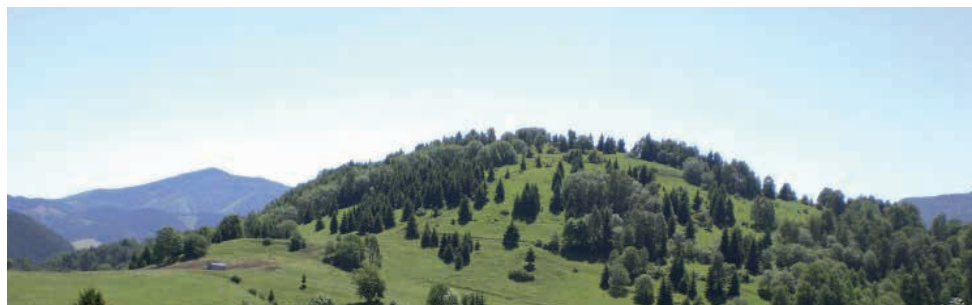
Total length of the cycling trail: *21.3 km*

Altitude metres: *791 m*



Description: Medium difficult trail from Šípková through settlements Jánošovia and Smrekovci, under the Púpov hill. You should turn left in the settlement Smrekovci and verify the level of your physical condition while ascending up the first hill. Then you should continue along a relative contour line alongside the gas line. You should remain on the marked green cycling trail that will take you to Zázrivá, a local part Dolina. There you should turn left and after a short ascent you will arrive at a cross, where you should turn left. After another short ascent and about 200m of pushing your bike you should arrive to the saddle at altitude 899 metres above sea level below the hill "Pod Kyčerou" (1,008 metres above sea level). Continue to the right, in direction to Kyčerka (857 metres above sea level) and then along the ridge to settlement Šmehýlovci. From Šmehýlovci you should go down the hill to a crossing to Vyšní Repáňovci and then you return home along the road.

Marking: **Green** – No. 5477 Across Terchova Region





CYCLING TRAIL TERCHOVÁ – ŽILINA

Difficulty: **difficult**

Surface: **earth 32 %, gravel 16 %, asphalt 52 %**

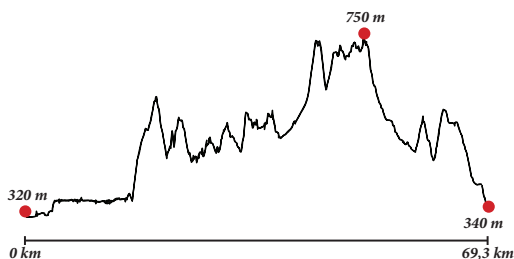
Total length of the cycling trail: **69.3 km**

Altitude metres: **1,645 m**

7th TIP



approx. 5:00 – 7:00 h



Description: This trail is suitable for cyclists in a good physical condition or as a whole-day trip for hobby cyclists. The trail should start in Terchová, at the Church of St. Cyril and Methodius, from where you should go along the main road in direction to Žilina following the blue marks. After about 200 metres, at LIDL turn right to Horná Tižina. Turn left at a log house on Panská lúka meadow to Horná Tižina and continue to saddle Káčerovci. Now you have a steep ascent in front of you. From Káčerovci you should continue to settlement Skaličanovci at village Lutiše. Turn left to the state road and continue up another hill along an asphalt road. Or you can choose another version: (2): in settlement Káčerovci you should turn left and continue along the forest road to saddle Lutiška without any difficult ascent along a relative contour line. In the saddle Lutiška you should turn right and you should continue along the blue trail to Žilina. If you arrive to Lutiše along the contour line you should turn right and then, at a linden tree, to the left. There is also a guidepost so there should be no problem with finding the direction. You will see a nice bell tower on your way. From Melišovci you should go downhill to Horný Vadičov, where you can stop for some refreshment by hotel Hájnica. From Horný Vadičov you should continue to Kotrčiná Lúčka along a filed road that goes up the hill again. The finish is near. You have to conquer the last hill from Kotrčiná Lúčka to Zástranie and then you go along an asphalt road to Žilina. In Žilina, in local part Budatín, you can stop in the Budatín Castle park. The cycling trail (red mark) along the river Váh will lead you to the Water Reservoir Žilina. Continue around the Water Reservoir through Strečno to Varín. At the beginning of Varín you should turn right to the green trail in direction to Pod Jedľovinou. The trail is ascending a little. Continue to Kurská dolina valley, and then along the red trail around a sheep farm to Dolná Tižina, through Tižina to the farmer's cooperative. Or you can make the trail shorter by riding directly through the village, around the church to the farmer's cooperative. From Dolná Tižina you should continue along a gravel road through Belá to Terchová. Keep following the red trail. In this section ascents and descents are switching all the time, as on a swing. At the end of your trip you can have some refreshment in the local restaurants in the centre of Terchová or in Belá (if so, you have to drive to the village, what means additional 1.5 km) or in hotel Bránica that lies on the cycling trail.

Marking: **Blue** – No. 2405, **Green** – No. 5442, **Green** – No. 5472, **Red** – No. 002, **Red** – No. 038



8th TIP



approx. 2:30 - 3:30 h

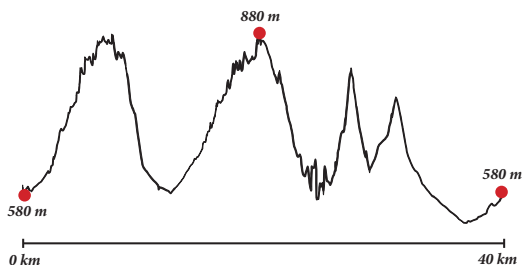
CYCLING TRAIL TERCHOVÁ - ZÁZRIVÁ - PLEŠIVÁ - ZÁZRIVÁ - BIELA

Difficulty: **difficult**

Surface: **earth 19 %, gravel 28 %, asphalt 54 %**

Total length of the cycling trail: **40 km**

Altitude metres: **1,951 m**



Description: The trail starts on an asphalt road - green-marked trail - in direction to Šípková - Jánošovci - Smrekovci. In the settlement Smrekovci you should turn left and enjoy the first technical climb. It is not long, but you will be sweating for sure. Please follow the marks carefully. The trail goes through a meadow, then over a small hill, and then down the hill. Then you should turn left to a settlement. You should remain on the green trail and continue along the gas duct in direction to Zázrivá. You can enjoy the first nice views of Malá Fatra, Malý Rozsutec and Veľký Rozsutec from the 1st peak above the saddle Rovná hora (861 metres above sea level). Then you should go down the hill to Zázrivá but be very careful please as there are many stones on the road and braking can be difficult. After arriving to the village you should turn right to the yellow cycling trail. On the next crossroads turn right and go along the main road in direction to Dolný Kubín. After approximately 280 metres you should turn left to a footbridge over the brook that will take you to the other side. Turn right and after approximately 50 metres turn left to the green cycling trail in direction to Zázrivá - Plešivá. Another ascent starts and you get to the 2nd peak of the trip (862 metres above sea level). This section is rather easy (approximately 25 minutes from the village to the peak). On the peak you should replenish liquids and sugar. Now you are in the middle of the journey. A 6 minute downhill awaits you. Arrive to the main road, cross it over in direction to Zázrivá - Biela. Choose the right tempo as the 3rd peak is near (809.1 metres above sea level), right below the saddle Prislop nad Bielou. It is only 1.8 km from the crossroads in Biela, but the elevation is 212 m (in approximately 23 minutes)! You will probably push your bicycle the last 200 metres. After arriving to the peak you will be rewarded with a good feeling and a picturesque view of village Zázrivá - Biela and the panorama of Malá Fatra. Get ready for the downhill. This section of the trail copies the hiking trail, so please be careful of the hikers. If you need to refill your energy, you can stop in Zázrivá - Petrová, in log houses at Jánošíkov Dvor restaurant. After the downhill from the restaurant, you should turn left to the main road, to the blue/red cycling trail, in direction to Terchová. Saddle Rovná (753.9 metres above sea level), the last peak of the trip, is near. It is approximately 2.14 km from the crossroads and this last ascent can be very difficult. Marking: **Green** - No. 5477 Across Terchov Region, **Green** - No. 5436 Zázrivá - Čremoš - Petrová, **Yellow** - No. 8431

Shortcut valley



CYCLING TRAIL TOUGH 100 KM

Difficulty: **difficult**

Surface: **earth 16 %, gravel 35 %, asphalt 49 %**

Total length of the cycling trail: **97.3 km**

Altitude metres: **2,301 m**

Alternative No. 2 through Koštúrov

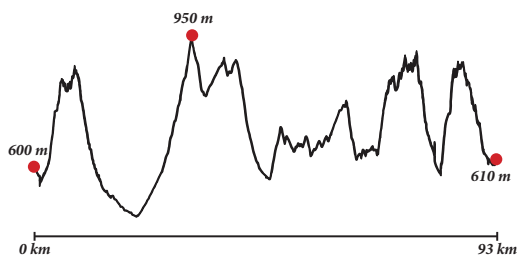
Total length of the cycling trail: **93 km**

Altitude metres: **2,426 m**

9th TIP



approx. 6:00 -9:00 h



Profile of the 2nd alternative



Description: This trail is designed for sportsmen and sportswomen who would like to test their physical condition during the season. Asphalt sections interchange with gravel or earth sections and some sections go along old asphalt roads (for example around Water Reservoir Nová Bystrica) so do not look forward to a pleasant ride. This trail offers well-deserved hard work.

At the beginning you should warm up a little by riding from Terchová to Stará Bystrica, approximately 25.5 km along an asphalt road with the only ascent through the saddle Lutiška. Those who do not want that much asphalt, can choose the alternative No. 2 through Koštúrov. This alternative starts with a steep ascent to settlement Káčerovci and then to the ridge Vojenné. This version is 4 km shorter, but the total ascent is + 125 m = 2,426 m! In village Radôstka you should join the cycling trail that will take you to Stará Bystrica. There you should turn left and continue along the Bystrica Cycling Artery to village Klubina. In the village you should depart from the cycling artery and turn right in direction to Klubinský potok brook.

There you will start ascending to Kysuce ridges from 450 metres above sea level to 875 metres above sea level. This 10 km long ascent along an asphalt road is relatively pleasant and you should enjoy it, but it's going to get worse. From the asphalt road you should turn right to the forest to an earthy road that will take you to the peak of Kysuce, 950 metres above sea level. The trail continues along the ridge by a relative contour line until village Vychylovka along gravel road. The downhill to Vychylovka is fast, so be careful when braking on the gravel! You can have some refreshment in Vychylovka as you have to ride for some 33 km to get into the nearest civilisation.

Around Water Reservoir Nová Bystrica through Vojenné you arrive to Zázrivá. Despite it looks as a plain trail, this section (around Water Reservoir Nová Bystrica) includes ascents and descends. The ascent from the water reservoir to the



ridge through Zázvor is rather difficult (3.1 km / elevation 232 m). This section goes through meadows. From Zázvor you should continue to the left in direction to Šmehýlovci. This is the last chance to shorten your trip and to descend to Terchová if the weather is bad or if you are too exhausted. From Šmehýlovci you should continue by the green cycling trail No. 5477 along the ridge to Kováčka (cross) through Kyčerka (here the cycling trail diverts from the ridge to the right but it is still the green-marked trail) to Zázrivá.

From Rogoňovci it is a nice downhill, but you will have to climb up again soon. In Zázrivá you can choose between three versions: (1) in Zázrivá – Dolina you can continue along the green cycling trail for about 600 m / elevation 120 m, or (2) you can go another 1.1 km lower, then turn right to a field road with more moderate ascent (1.9 km / elevation 176 m). You should return to the green trail again and continue to settlement Smrekovia above Terchová. The last section (from Zázrivá to Terchová) along the green trail is rather difficult, ascents interchange with descends, even though it seems that you are going along a contour line. After arriving to settlement Smrekovia you should be happy to have survived one of the most difficult circuits in the region. From Smrekovia you only goes downhill through settlement Jánošovia to Šípková. The easiest version (3) is from Zázrivá to saddle Rovná Hora to Terchová along an asphalt road.

Marking:

Blue

No. 2424 Terchov – Zázrivá – Orava Cycling Artery

No. 2433 Klubina – Velký Potok

No. 2434 Around Reservoir Nová Bystrica

Green

No. 5451 Vychylovka Pavelkovia

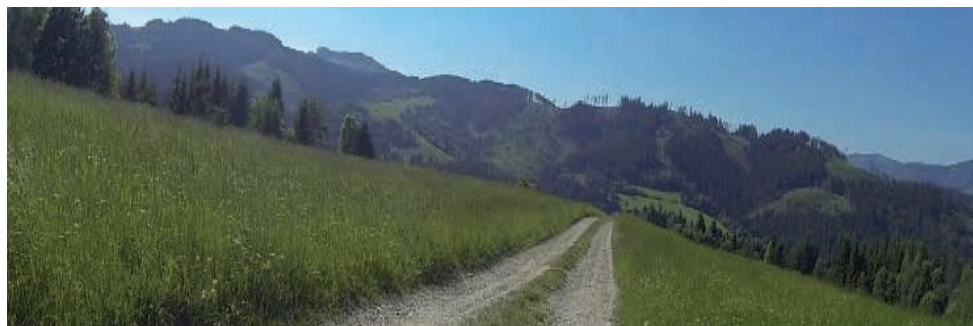
No. 5437 Káčerovci – Košťúrovci

No. 5477 Across Terchov Region

Yellow

No. 8448 Šmehýlovci – Zázvor – Reservoir Nová Bystrica

No. 8455 Saddle Melišovci – Lutiše – Košťúrovci







BICYCLE RENTALS AND SERVICES IN TERCHOVÁ

In Terchová there are several bicycle rentals and service points. The nearest bicycle shops are in Žilina.

RAW VRÁTNA

BICYCLE RENTAL:

- 10 mountain bicycles for adults + helmets
- 2 children bicycles + helmets
- We can secure up to 50 bicycles for a group – please book the bicycles at least a week in advance!

SERVICE: *small and bigger repairs*

RAW Vrátna

Pod Sokolím 16154, 013 06 Terchová

Tel.: +421 903 528535, +421 903 546 600

www.raw-vratna.sk

GPS: 49° 13' 42.46" N, 19° 2' 7.62" E

CAMPING BELÁ

RENTAL:

- 8 mountain bicycles for adults + helmets
- 2 children bicycles + helmets

SERVICE: *small and bigger bicycleservice – possibility of having a bike repaired and being transferred to Žilina; more information in camp*

Camping Belá

013 06 Nižné Kamence - Belá

Tel.: +421 905 742 514

www.campingbela.eu

GPS: 49° 14' 52.20" N, 18° 59' 19.05" E

COTTAGE CHATA VYHNANÁ

RENTAL:

- 10 mountain bicycles for adults + helmets
- 4 children bicycles + helmets

SERVICE: *basic*

Chata vo Vyhnanej

013 06 Terchová 548

Tel.: +421 903 847 814

www.chatavyhnana.sk

GPS: 49°13'47.5" N, 19°03'45.6" E

RENTALS, SERVICES AND BICYCLE SHOPS IN ŽILINA

BICYCLE WORKSHOP RECYKEL

RENTAL:

- 6 mountain bicycles + helmets
- 2 children trekking bicycles + helmets
- city bicycles – the number is not fixed as the bikes are also sold in the shop

SERVICE:

- 3 times a week
- self-repair workshop – space and tools available
- call in advance please

Bicycle workshop Recykel

Stanica – Žilina Záriečie

Závodská cesta 3/2844, 010 01 Žilina

Tel.: +421 908 938 339, +421 902 121 696

www.mulica.sk

GPS: 49° 13' 6.05" N, 18° 43' 51.23" E

KUBICA ŠPORT

SERVICE:

- Complex bicycle service MON – FRI
- 3-4 service technicians
- Good position nearby the water reservoir

SHOP:

- Bicycles, bicycle spare parts and accessories, sport clothing, sports nutrition, protective equipment, etc.

Kubica Šport

Pri celulózke 8710/47, 010 01 Žilina

Tel. servis: +421 41 565 13 48, voľba č.2

www.kubicasport.eu

GPS: 49° 12' 48.42" N, 18° 46' 28.42" E

KELLYS BICYCLES

SERVICE:

- Complex bicycle service MON – FRI
- 1 service technician
- Situated in the city centre

SHOP:

- Bicycles, spare parts, clothing, accessories

Kellys Bicycles

Národná 676, 010 01 Žilina

Tel.: +421 41 562 41 23

www.bikeshop-za.sk

GPS: 49° 13' 34.65" N, 18° 44' 35.84" E

BICYCLES AND SPORT - KYSUCKÉ NOVÉ MESTO

SERVICE:

- Complex bicycle service MON – FRI
- 1 service technician

SHOP:

- Bicycles, accessories

Ivan Riečan

Belanského 192/9, 024 01 Kysucké Nové Mesto

Tel.: +421 41 421 39 47

www.cubebikes.sk

GPS: 49° 18' 12.15" N, 18° 47' 15.17" E

CYKLOŠPORT

– KRÁSNO NAD KYSUCOU

RENTAL:

- 10 road bicycles for adults + helmets
- 5 children bicycles + helmets

SERVICE:

- Complex bicycle service MON – FRI
- 2 service technicians

SHOP:

- Bicycles, accessories

CYKLOŠPORT

Struhy 1649, 023 02 Krásno nad Kysucou

Tel.: +421 903 669 436

GPS: 49° 23' 49.98" N, 18° 49' 50.66" E

WINTER

A winter holiday in the Malá Fatra region has something for everyone from fans of skiing, snowboarding, ski mountaineering or hiking, to families with children. Choose from a wide range of activities, sporting and cultural events, gastronomic and wellness experiences. The region has everything you need for a winter celebration with your nearest and dearest.

Another advantage is easy access to the amenities of a large town at Žilina, the well-known spa resort at Rajecké Teplice and a variety of other winter resorts both large and small. The following tips will help you put together a programme that is all your own.





VRÁTNÁ FREE TIME ZONE

Height above sea level: **600 – 1,709 m**

Total slope length: **17 km**

Number of lifts: **11**

4-seater: **1**

Cable car: **1**

Gastro services: **3 restaurants, 4 buffets and 1 chalet**

Babysitting: **yes**

Ski hire and ski schools: **3**

1st TIP



approx. 2:00 - 8:00 h

The popular Vrátna Free Time Zone is spread across three different hills. Paseky welcomes everyone from beginners to accomplished skiers. In its Kids Zone there is a conveyor lift, a children's surface lift and a separate section of the slope for sledging and snowballing. The enlarged FUN park offers snow tubing. Poludňový Grúň has a red and black run for experienced skiers while there is a blue run for beginners near the chalet. The chalet Chata na Grúni offers a place to rest and take refreshments right on the hill. The highest slopes, on Chleb, are ideal for freeriders, snowboarders and ski mountaineers, as well as for late spring skiing. A cabin lift will whisk you up to the Snilovské Sedlo station, just below the summit, in 10 minutes. This also makes a good start for winter hikes on the marked trail along the ridge. Every Wednesday, Friday and Saturday of the season the 1,000 m slope is open for evening skiing.

Vrátna Free Time Zone

Starý dvor, Infocentrum,

013 06 Terchová

Tel.: +421 903 266 231

www.vratna.sk

GPS: 49° 13' 42.70" N, 19° 2' 8.91" E

RAW – Ski hire and ski school

Pod Sokolím 16154, 013 06 Terchová

Tel.: +421 903 528 535, +421 903 546 600

www.raw-vratna.sk

GPS: 49° 13' 42.46" N, 19° 2' 7.62" E





2nd TIP



2:00 – 8:00 h

VRÁTNÁ -PASEKY

Fun for all the family with a four-seater chair lift and three surface lifts. At the bottom left of the slope is a surface lift for children and beginners. There is also a Kids Zone with a magic carpet lift, where young children can learn the secrets of skiing and snowboarding from experienced ski school instructors. The four-seater chair lift gives you a comfortable ride to the upper section, where you can travel on to the Poludňový Grúň resort or return via a 1.55 km trail. There are several buffets by the chair lift station to keep up your stamina during a full day's sports. There are also facilities for ski service and equipment hire as well as a ski school. These can be found to the right of the payment kiosk.

GPS: 49° 13' 41.08" N, 19° 2' 7.59" E





VRÁTNA – POLUDŇOVÝ GRŮŇ

More adventurous and experienced skiers will appreciate the red and black runs on Poludňový Grůň, which is served by two surface lifts from the Paseky resort. Fortify yourself at the chalet Chata na Grůni, which is right at the end of the run. They serve good soup as well as hot tea to warm you up for more winter activities.

GPS der Hütte Chata na Grůni: $49^{\circ} 13' 9.00'' \text{ N}$, $19^{\circ} 3' 6.77'' \text{ E}$

3rd TIP



2:00 – 4:00 h





4th TIP



2:00 – 8:00 h

VRÁTNA – CHLEB

Fans of freeriding, ski mountaineering and fresh powder will be in their element on Chleb. Park your car at Chata Vrátna and take the eight-seater cabin lift to Snilovské Sedlo. There you will find three black runs, the most popular of which is Oštiepková Mulda. The longest is Turistická, a combined red and black run. The Panorama Restaurant at Snilovské Sedlo serves hearty lunches, mulled wines and teas.

GPS der Hütte Chata Vrátna: 49° 12' 28.58" N, 19° 2' 34.86" E







SKI GAVURKY

Total slope length: **350 m**

Number of lifts: **2**

Gastro services: **buffet and rustic restaurant**

Ski equipment hire: **yes**

5th TIP



3:00 – 5:00 h

A simple, sunny hill for families with children and inexperienced skiers and snowboarders situated right in the centre of Terchová. There is a children's ski school with a professional instructor and a ski hire service. A sledge track next to the lifts can be used for fun throughout the day. The slope is groomed daily. Evening skiing is also available.

Ski Gavurky, Biely Potok, 013 06 Terchová (behind the restaurant Jánošíková koliba)

www.skigavurky.sk

Tel.: +421 903 129 579, +421 948 484 881

GPS: 49° 15' 25.11" N, 19° 2' 53.73" E



CROSS-COUNTRY SKIING AROUND TERCHOVÁ

VRÁTNA

6th TIP



1:00 – 2:00 h

There are four cross-country ski trails at Vrátna. The shortest trail is on Grún. It is 3 km long. The Podžiar trail is the longest, giving an 8 km run. There is another 4 km trail close to Starý dvor and you can also practise your nordic skiing at Štefanová. The trail here is 6 km.



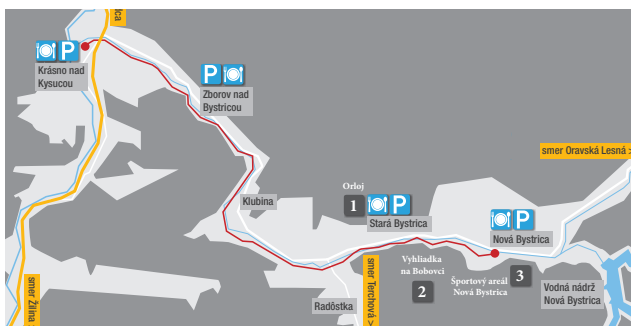
7th TIP



2:00 – 3:00 h

TERCHOVÁ – BRÁNICA

There are 16 km of trails to enjoy between Terchová and Bela. When snow conditions are suitable, the trail is maintained with support from the Malá Fatra District Tourist Board. Cumulative elevation gain for the whole trail is 417 m. You can use classic or freestyle skiing and start from one of three points: Hotel Bránica, Camping Belá, RIC Terchová.



8th TIP



2:00 – 3:00 h

BYSTRICA-MAGISTRALE

This is one of the newest cross-country skiing trails in Kysuce and provides a 15.5 km course for classic or freestyle skiing. It is possible to start from Krásno nad Kysucou or Nová Bystrica. The attractive route takes in the village of Stará Bystrica, with its fascinating Slovak astronomical clock, and the views from the observation tower at Bobovec. You can also join the trail at the village of Zborov nad Bystricou. The cumulative elevation gain for the trail is just 120 m, so anyone can enjoy it.



HIKING

THE RIDGE OF THE MALÁ FATRA

The Malá Fatra ridge is great place for hiking even in winter. Take the 10 minute cable car ride to Snilovské Sedlo and admire the winter fairy-tale scenery around you. You can choose the very popular peak of Chleb, a walk to the summit of Kriváň as described in tip 3 (p. 9) or just stroll for an excellent lunch at the chalet Chata pod Chlebom.

9th TIP



2:00 – 4:00 h



JÁNOŠÍKOVE DIERY GORGES

Total duration: **1:35 h**

Cumulative elevation gain: **260 m**

10th TIP



1:35 h

One thing that should be on every good hiker's to-do list is a trip through the Jánošíkove Diery gorges in winter. The lower section of the gorges, Dolné Diery, is an educational trail that stays open all year round. It is an unforgettable experience. Start your tour on the blue trail behind Hotel Diery (575 m above sea level) Walk up to the shepherd's hut at Podžiar (715 m above sea level), which is a good place for a break, and then return by the same route. An alternative route, which should not be attempted without a guide in winter, is the trail up the Nové Diery waterfalls with the return leg via Dolné Diery.



11th TIP



1:35 – 8:00 h

EDUCATIONAL TRAILS

Some of the educational trails in the region are open all year round and offer interesting winter hiking. Good examples are those in tips 15, 16, 17, 18 (p. 24 – 28). You must remember to allow more time for walking in winter than in summer on all trails.

The educational trail Wells of Krásno nad Kysucou is difficult to follow in winter, especially in those parts that are reached by car.



12th TIP



3:00 h

OTHER WINTER ACTIVITIES

WALKING ON SNOWSHOES

Get a new perspective on the winter landscape away from the ski slopes by taking a walk on snowshoes with an experienced guide. Our guides will help you choose a route that matches your fitness and skill levels for maximum enjoyment. The price also includes equipment hire. The minimum group size is four persons.

Raw, Pod Sokolím 16154, 013 06 Terchová
Tel.: +421 903 528 535, +421 903 546 600

www.raw-vratna.sk

GPS: 49° 13' 42.46" N, 19° 2' 7.62" E



AVALANCHE COURSE

Useful and practical advice for anyone who wants to go off the beaten track in winter, in known or unknown terrain. The instructor will teach you to assess the risk of an avalanche, cope with snowy slopes and work with avalanche equipment. The course is intended for groups of at least four.

Raw, Pod Sokolím 16154, 013 06 Terchová

Tel.: +421 903 528 535, +421 903 546 600

www.raw-vratna.sk

GPS: 49° 13' 42.46" N, 19° 2' 7.62" E

13th TIP



3:00 – 7:00 h



SKI MOUNTAINEERING

If a dose of adrenaline is what you are looking for, it can be found safely on a professionally guided tour of the Malá Fatra ridge. Whether on skis or a splitboard, you will clear your head and enjoy amazing views. You can choose a route that matches your physical ability and the instructor will also make allowances for current weather conditions. It is an experience for complete beginners as well as hardened thrill-seekers. The minimum group size is four. A night programme can also be arranged as well as the hire of freeride snowboards and skis.

Raw, Pod Sokolím 16154, 013 06 Terchová

Tel.: +421 903 528 535, +421 903 546 600

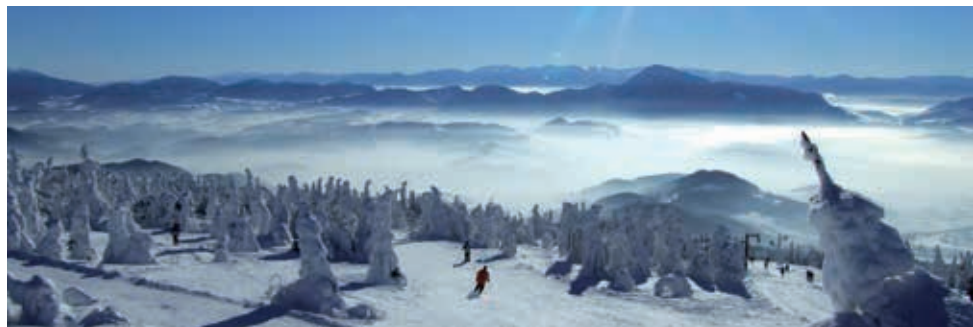
www.raw-vratna.sk

GPS: 49° 13' 42.46" N, 19° 2' 7.62" E

14th TIP



3:00 h



15th TIP



2:00 – 8:00 h

OTHER NEARBY SKI RESORTS

SKI PARK KUBÍNSKA HOĽA

Height above sea level: **720 – 1,390 m above sea level**

Total slope length: **14 km**

Number of lifts: **11**

4-seater: **2**

Gastro services: **8 buffets, 1 restaurant**

Babysitting: **yes – must be booked in advance**

Ski hire and ski school: **1**

A centre for families with children, for young people and for freeriders. Everyone will find a run that's right for them. The south-facing hill catches the sun for most of the day and you can expect not just great skiing but also a fantastic view of the Tatra, Choč, Malá Fatra and Veľká Fatra Mountains. It is a five-star ski resort. Adrenaline-lovers will not want to miss the freeride zone and snow park, which has its own lift. Cross-country skiers will want to take advantage of the centre's 10 km of groomed trail.

SKI PARK Kubínska hoľa

026 01 Dolný Kubín

Tel.: **+421 915 595 311**

www.kubinska.sk

GPS: **49°15'03.6" N, 19°16'00.9" E**

TIP: *Exclusive discounts are offered on ski passes for guests staying with members of the Malá Fatra District Tourist Board – see the accommodation section*



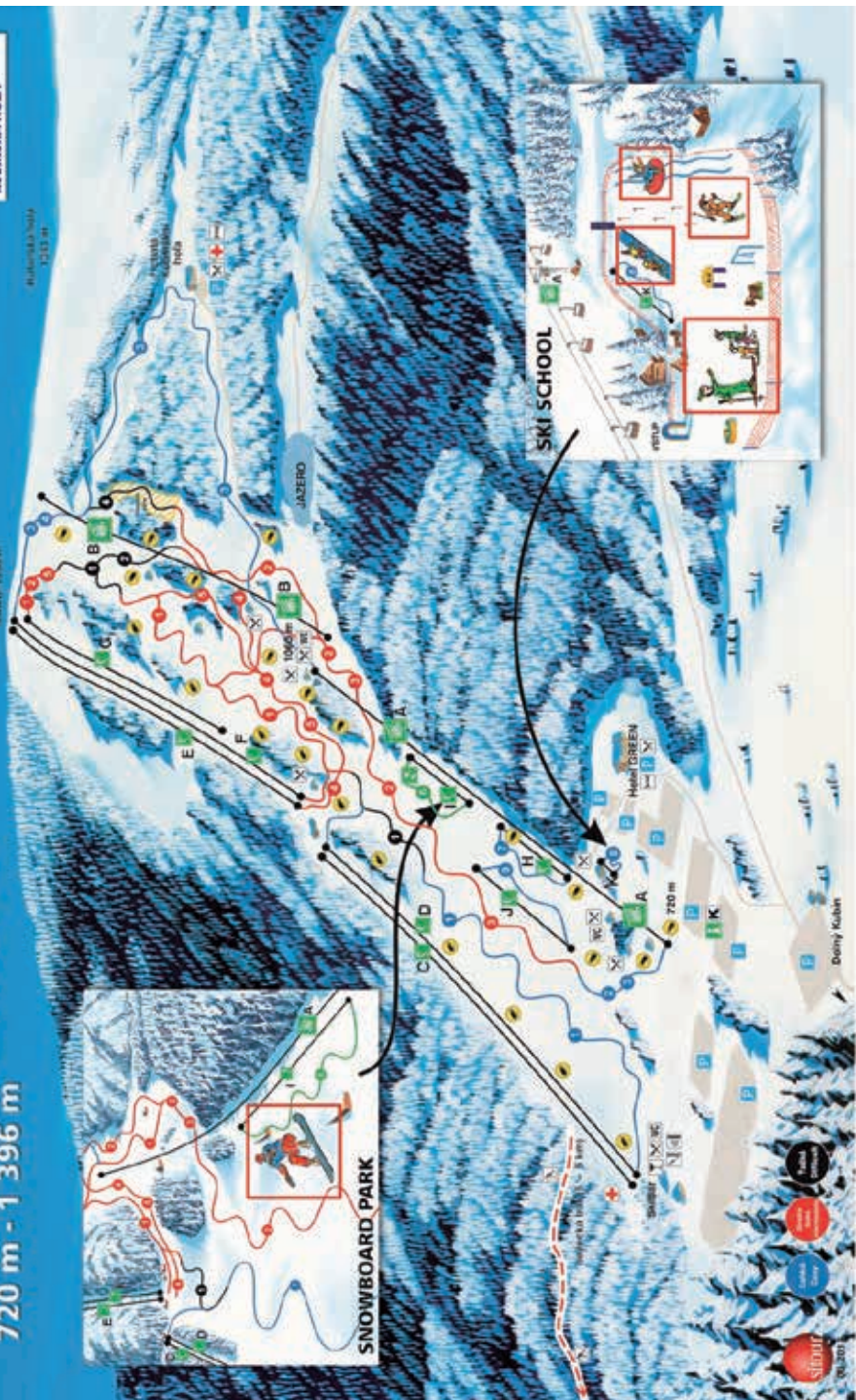
KUBÍNSKA HOĽA

720 m - 1 396 m



Orava
Kubínska Hoľa
1 396 m

1 396 m





16th TIP



2:00 – 8:00 h

ŠPORTCENTRUM LUČIVNÁ

Height above sea level: **501 – 1,250 m above sea level**

Total slope length: **3.1 km**

Number of lifts: **7**

2-seater: **1**

Gastro services: **2 buffets, 1 restaurant**

Babysitting: **yes**

Ski hire and ski school: **1**

A smaller ski resort offering something for every skier. Families with children can enjoy attractions like snow tubing and snow rafting or use the ski kindergarten. You can go sledging together and hire a sledge if you forgot yours. Adrenaline-seekers will head for the resort's longest black run (1,400 m) and the ski-cross zone. If you want to drive right up to the lifts, it is best to have snow chains.

Športcentrum Lučivná

Párnica, 027 52

Tel.: **+421 907 811 208**

www.slovakiainn.sk

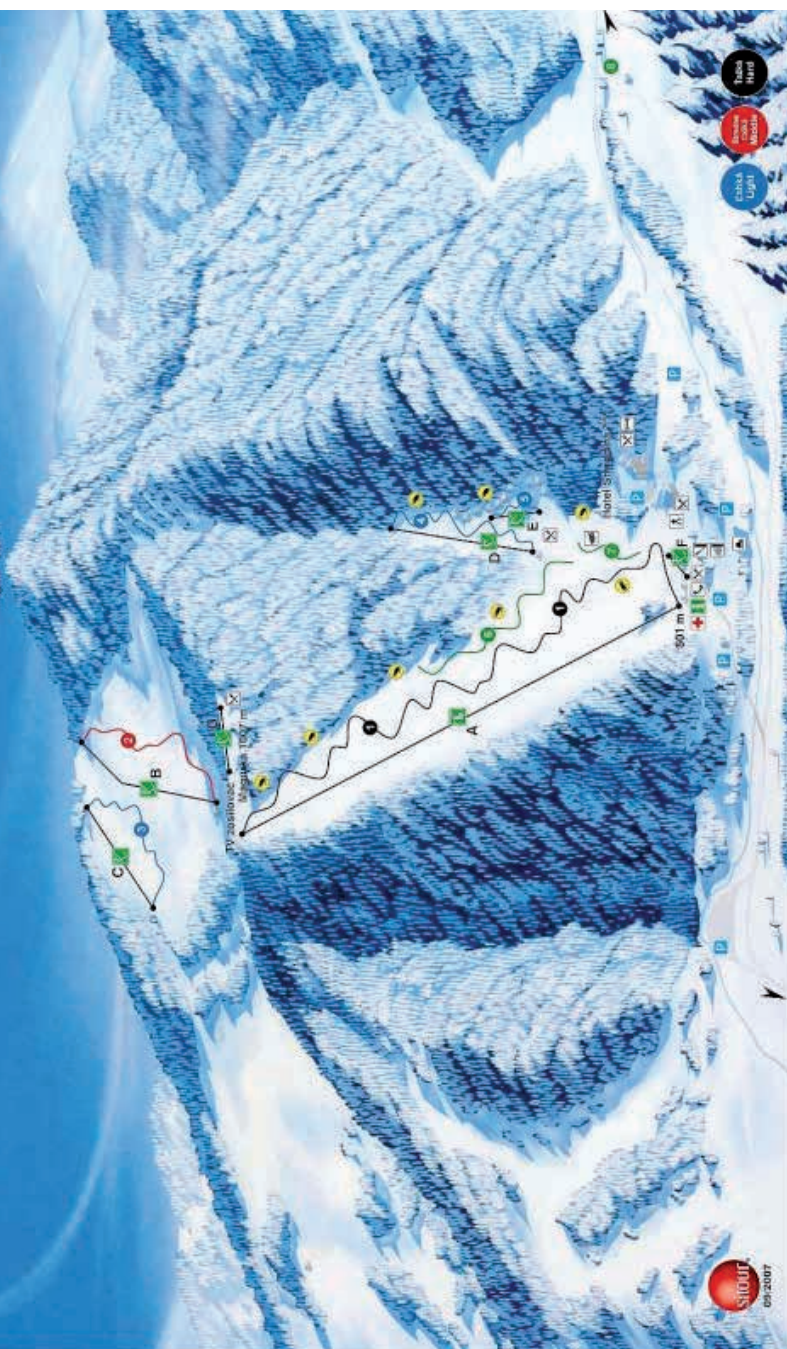
GPS: **49° 12' 49.01" N, 19° 9' 50.77" E**



ŠPORTCENTRUM LUČIVNÁ

Sněžná 1608 m

Mačuga 1250 m





17th TIP



2:00 – 8:00 h

WINTER PARK MARTINKY

Height above sea level: **1,150 – 1,456 m above sea level**,

Total slope length: **13 km**

Number of lifts: **6**

6-seater: **1**

Gastro services: **4 buffets, 3 restaurants and 1 après ski bar on the hill**

Babysitting: **no**

Ski equipment hire: **3**

Ski schools: **2**

One of the few municipally-operated ski resorts, situated directly above the town of Martin with 12 groomed slopes and special prices for families with children. There is a children's surface lift that is completely free for the under-12s. It currently has three stars. The Aranburu arena on Nový Floch hill welcomes all snowboarders and freeriders. Another thrill you can try at this resort under professional supervision, is snow kiting. A lesson lasts from one to two hours and the course is suitable for adults and children. There are groomed trails for cross-country skiers.

Snow chains are required to reach the resort by car. The road is one-way only and about a twenty-minute drive. Before visiting the resort you should ask about the times when you are allowed to drive up or down so that you can plan your day in advance.

Winter Park Martinky

Nad Martinom

Tel.: **+421 43 430 60 00**

www.martinky.com

GPS: **49°5'38.16" N, 18°50'1.62" E**





18th TIP



2:00 – 8:00 h

SNOWPARADISE VELKÁ RAČA

Height above sea level: **650 – 1,236 m above sea level**,

Total slope length: **14.5 km**

Number of lifts: **7**

6-seater: **1**

4-seater: **2**

Gastro services: **7 buffets, 4 chalets, 2 bed and breakfasts, 1 hotel**

Babysitting: **yes**

Ski equipment hire: **1**

Ski schools: **2**

This resort close to the Czech and Polish borders is made up of three hills: Dedovka, Marguška and Lalíky. Together they offer 14 runs of various levels of difficulty for everyone from families with children to the most demanding skiers. Fans of cross-country skiing will find trails of 1, 3 and 5 km. The resort can help you track how many kilometres you have covered. Monitor your progress in skiing and snowboarding. Adrenaline-lovers can try a ride on the bobsleigh track or on our snow-grooming vehicles. Both experiences are highly recommended. There is also an ice rink and skate hire for families with children. Guides are available to help you experience ski mountaineering, walks on snow shoes, ski touring and cross-country skiing.

Snow Paradise Velká Rača Ošcadnica

Dedovka 40, 023 01 Ošcadnica

Tel.: +421 41 438 21 20, +421 911 243 601

www.snowparadise.sk

GPS: 49° 24' 54. 43" N, 18° 55' 13.92" E





3 interconnected valleys





19th TIP



2:00 – 8:00 h

SKI MAKOV

Height above sea level: **660 – 948 m above sea level**

Total slope length: **6.1 km**

Number of lifts: **4**

Gastro services: **2 buffets, 1 restaurant and 1 après ski bar**

Babysitting: **yes – right on the hill, with refreshments**

Ski hire and ski school: **1**

An ideal destination for families with children, with a wide ski slope including runs for snowboarders and freeriders. The resort has only low and medium difficulty runs. Evening skiing is available on a 1,200 m slope. Skiers can get refreshments at the buffet by the upper station of the ski lift, situated right on the ridge of the Javorníky Mountains, with a fine view of the resort and the Beskydy region. For children, the resort has a children's ski fun park, snow tubing and a skating rink in the village. One of the best recreational activities at the resort is a ski tour along the Javorníky ridge, including the summit Čerenka at 948 m above sea level. This tour is made easier for skiers by using the lift to get on top of the ridge.

Ski Makov

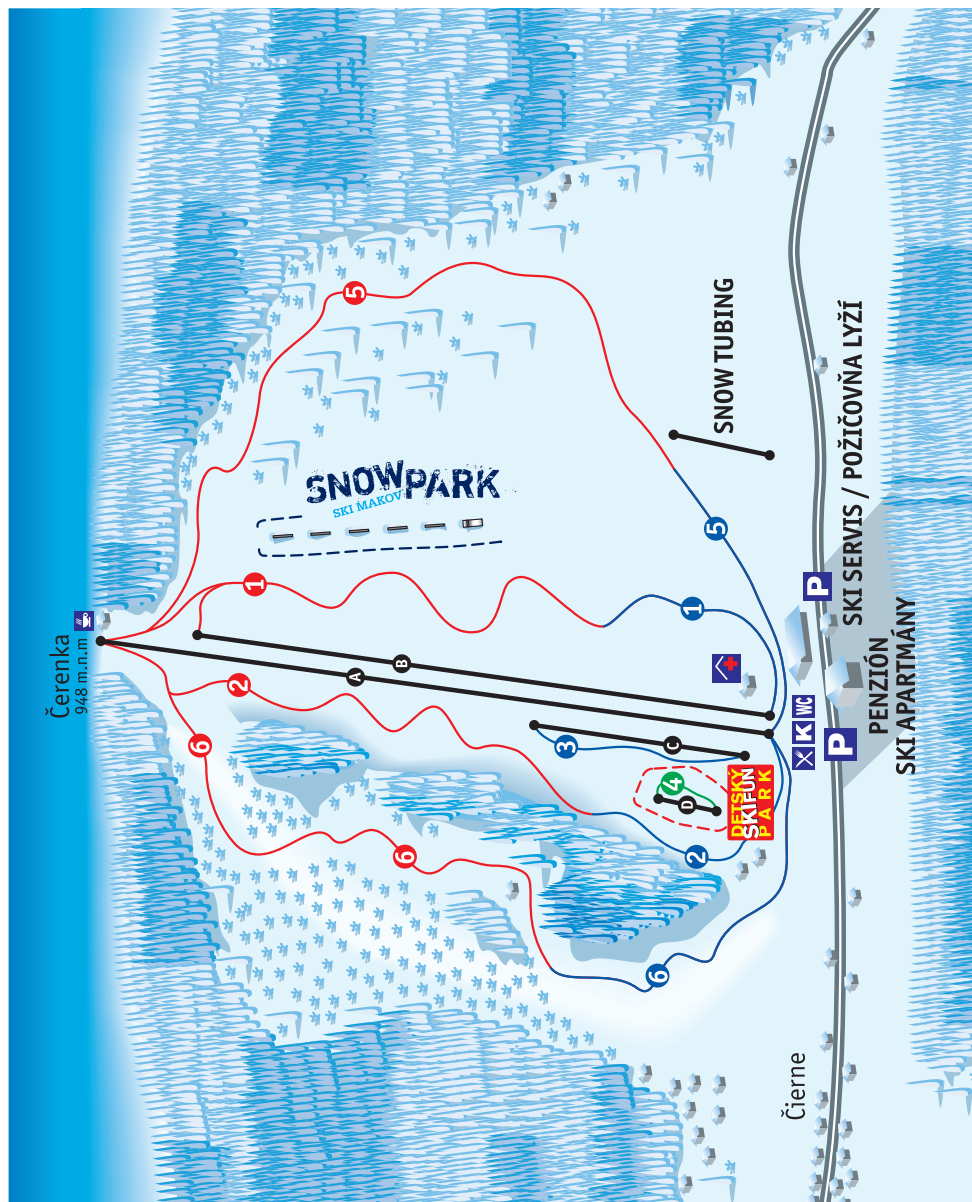
Ústredie 141, Makov, 023 56

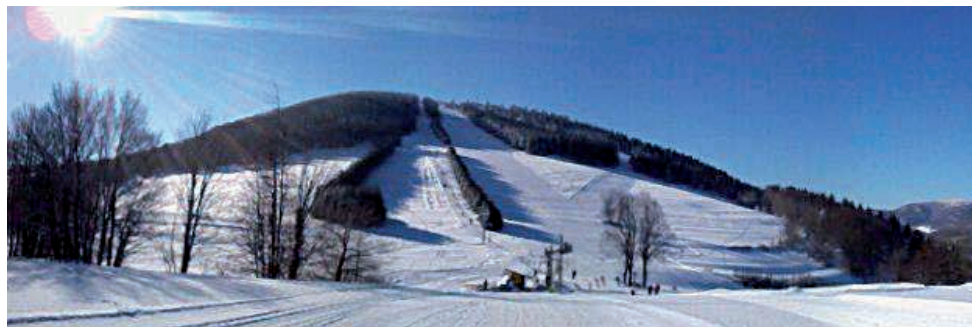
Tel.: + +421 905 251 150, +421 903 231 414

www.skimakov.sk

GPS: 49° 22' 10.06" N, 18° 28' 26.18" E







20th TIP



2:00 – 8:00 h

ČIČMANY – JAVORINKA SKI CENTRE

Height above sea level: **650 – 973 m above sea level**,

Total slope length: **3.57 km**

Number of lifts: **5**

Gastro services: **2 buffets, covered seating with fireplace**

Babysitting: **no**

Ski hire and ski school: **1**

The ski centre is located close to the picturesque village of Čičmany, on the hill Javorinka, with views of the Strážovské Vrchy and Malá Fatra Mountains. There are 6 surface lifts for skiers and snowboarders, 2 marked trails for cross-country skiers and 5 slopes with a range of difficulty levels from the steepest slope, with an average angle of 33°, to the slope by lift 5, which is suitable for learners. The ski centre has something for everyone from the most demanding skier to complete beginners. It is also ideal for families with young children.

Lyžiarske stredisko Čičmany- Javorinka

013 17 Čičmany

Tel.: **+421 41 549 21 10**

www.cicmany-ski.sk

GPS: **48° 57. 216" N, 18° 31.113" E**



Javorinka ČIČMANY

Zjazdovka	Dĺžka	Pre- výšenie	Priem. sklon %
č.1	870	273	33
č.2	1200	283	25
č.3	1500	283	18

Vlek	dĺžka	Kapacita
č.1	925,5	900
č.2	135	400
č.4	420	550
č.5	350	500
č.6	740	1000

PARKOVIŠKO
/PARKPLATZ

ČIČMANY

TERCHOVÁ

TIPS – ATTRACTIONS





DINO ADVENTURE PARK

Children and their parents can check their courage in the rope park above the football pitch. The dinosaur-shaped entrance is visible from afar. There are two circuits in height of 3-7 metres. The park is safe and it is fun for the whole family. Eight huge dinosaur statues are permanently exhibited in the premises. If you become hungry you can eat something in the restaurant above the rope park.

Location: **Areál pod Bôrami (behind the football pitch) 013 06 Terchová**

Tel.: +421 903 518 173

www.dinoadventure.sk

GPS: 49°15'18.09"N, 19°2'34.40"E

1st TIP



1:00 h



RELAXATION - INFORMATION CENTER TERCHOVÁ

The relaxation centre is situated right behind the football pitch and it has a large car park. After a hike, you can relax here in water world or sauna world or you can have a massage. If you are not the "water type" you can play football, volleyball, badminton or squash in the hall. Or you can have fun playing darts, billiards or table football. In the snack bar you can buy some refreshment.

Location: **Sv. Martina 1500, 013 06 Terchová**

Tel.: +421 41 516 67 74, +421 41 500 15 96

www.terchovec.eu

GPS: 49° 15' 19.02" N, 19° 2' 24.94" E

2nd TIP



2:00 - 3:00 h



3rd TIP



2:00 – 3:00 h

FESTA CLUB TERCHOVÁ

This sport club is situated 1.5 km from the village centre in direction to Struháreň. It features a tennis court, volleyball pitch, small football pitch and minigolf. In the area there is also a roofed summer terrace offering refreshment and a children playground for the littlest ones. Many events are held there annually, e.g. Maypole erecting and knocking down, the fires of St. John, or various sport tournaments. The area is opened from spring until autumn.

Location: **rodinné sídlisko Holúbkova roveň**

Tel.: + 421 948 484 883, + 421 948 484 881

www.terchovavratna.sk

GPS: 49° 16' 11.31 N, 19° 2' 10.10" E



4th TIP



0:30 h

JURAJ JÁNOŠÍK'S STATUE

Village Terchová is the birthplace of the popular brigand (Juraj Janosik) and his above-life-size statue towers above the village at the entrance to Vrátna. You can get to it by a short path and you can enjoy a nice view of the village Terchová from there.

Location: **Terchová – centre**

GPS: 49° 15' 15.25" N, 19° 2' 15.79" E



TERCHOVÁ GARDEN AND MINI ZOO

It is situated directly under the statue of Juraj Jánošík and it is a popular place where adults and children can relax. Children can play at the playground with climbing frames, swings, sandpit, and they can also watch or feed animals in the mini ZOO. Parents appreciate the gazebos, where they can sit and talk together, or deck-chairs in shade under the trees where they can relax.

Location: **Terchová – center**

GPS: 49° 15' 15.09" N, 19° 2' 19.95" E

5th TIP



2:00 - 3:00 h



CABLEWAY TO CHLEB

It starts directly at Cottage Vrátna. It is popular with tourists and it transports hikers, skiers and snowboarders, too. The bottom station is in altitude of 744 metres above sea level, the upper station is in altitude of 1,494 metres above sea level and the transportation speed is max. 6 m/s. You overcome an altitude of 750 m in a short time. The cableway is used by hikers who would like to spare some time and energy for a trip along the ridge, as this is the way to shorten the climb from 2 hours to less than 10 minutes. It is also used by tourists that do not hike and only want to enjoy the beautiful view from the terrace of Panoráma restaurant. The cableway operates whole year round.

Location: **Vrátna dolina valley – Chata Vrátna Cottage**

GPS: 49°12'30.15"N, 19°2'34.10"E

6th TIP



0:10 h



7th TIP



0:15 - 0:20 h

PROFESSIONAL SCOOTERS

Haven't you heard of them yet? Come on then, you should try them! It is new and offers a little adrenaline in transport for people of all age categories. If you have missed a bus or you would like to enjoy Vrátna and Tiesňavy in a different way, you should rent a professional scooter at the car park in Štefanová or at Chata Vrátna cottage and you can drive down to Terchová. This is a unique experience.

Location: **Start in Vrátna or Štefanová – finish at car park in Terchová – centre**

From Vrátna to Terchová: **0:15 – 0:20 h**

From Štefanová to Terchová: **0:15 h**

GPS z Vrátnej: **49° 12' 30.96" N, 19° 02' 33.96" E**

GPS zo Štefanovej: **49° 13' 58.32" N, 19° 03' 44.88" E**



8th TIP



2:00 h

MINI ZOO STARÝ MAJER

If you plan to visit Vrátna with your children and you would like to see something less traditional, you should visit Starý majer and its mini ZOO. There you can see rabbits, peacocks, hens, pheasants, ducks, sheep and a pond with trout.

Location: **Terchová – Vrátna, Starý dvor**

GPS: **49°13'43.05"N, 19°2'6.02"E**



WELLNESS IN HOTEL ROZSUTEC

You can come to relax in the hotel wellness centre all year round. You certainly deserve some relaxation after all the kilometres of hiking. The nice environment of the spa offers a pool with a counter-current, a whirlpool for 6 people, 4 types of saunas, tepidarium, cooling pool and massages. And a view of Paseky and the ridge of Malá Fatra right from the wellness centre.

Location: **Vrátna – Nové Sokolie**

Vrátna dolina, 013 06 Terchová

Tel: **+421 911 518 633**

www.hotelrozsutec.sk

GPS: **49° 13' 56.28" N, 19° 1' 41.99" E**

9th TIP



1:00 - 2:00 h



VŘŠKY BREWERY

The first mountain craft brewery has been operating in Terchová with an experienced master brewer since 2012. You can book a tour and tasting at the microbrewery in to the Drevenica Terchová Resort. If you just want a taste, the beer is on tap in the next-door restaurant.

Location: **Terchová – Vřšky**

Tel.: **+421 917 429 956**

www.pivovarvrsky.sk

GPS: **49°15'17.2" N, 19°02'32.7" E**

10th TIP



0:30 - 3:00 h



11th TIP



0:15 - 0:25 h

BETHLEHEM IN TERCHOVÁ

The oldest moving wooden carved Bethlehem model in Slovakia is situated in the hall of the Church of St. Cyril and Methodius. Štefan Hanuliak, a well-known woodcarver, is the creator. In their free time, he and his friends Jozef Holúbok and Štefan Krištofik prepared this nice Christmas present for the churchgoers of Terchová in 1976. Bethlehem has three parts that represent the "old" Terchová with crafts and secluded dwellings, "modest Bethlehem" – the birth place of Jesus and the "luxurious" Jerusalem. The original

plastic figures were replaced by figures made of linden wood. New scenes from Jerusalem or Bethlehem or new folk crafts from the "old" Terchová are added every year. It is accessible whole year round.

Location: **Church of St. Cyril and Methodius, 013 06 Terchová**, Tel.: **+421 41 569 51 90**

www.terchova.fara.sk

GPS: 49° 15' 29.07" N, 19° 1' 53.56" E



12th TIP



0:15 - 0:30 h

EXPOSITION OF WOODEN STATUES

It is accessible all year round in the parish garden at the Church of St. Cyril and Methodius. The statues were carved from wood or rock at the occasion of a statue symposium that was held in Terchová. Slovak Art Forum is the symposium guarantor. The exhibited works include the works of Terchová artists - Milan Opalka and Marek Repán, and other artists - Martin Dzurek, Jan Wojdylo and Janusz Owsiany.

Location: **Church of St. Cyril and Methodius, 013 06 Terchová**

Tel.: **+421 41 569 51 90**

www.terchova.fara.sk

GPS: 49° 15' 29.07" N, 19° 1' 53.56" E



STATIONS OF THE CROSS

The Stations of the Cross are situated under the hill Oravcové and you can get there after an easy walk from the church of St. Cyril and Methodius. Milan Opalka, the sculptor and the native of Terchová is the author. It is built of glass and stone extracted over 100 years ago. The stone was originally used as a pillar of the bridge between Žilina and Budatín, however, it was returned back to Terchová after 100 years. The hill Oravcové offers nice views of Terchová and the close surrounding

Location: *Above the farmer's cooperative in Terchová*

GPS: 49° 15' 1.45" N, 19° 1' 51.66" E

13th TIP



1:00 h



TERCHOVÁ OBSERVATION TOWER

Everyone who appreciates fine views should climb up to the Terchová observation tower on Oblaz Hill. This beautiful setting was used as a location in the classic Czechoslovak film, Jánošík. The tower's striking design is supported by four pillars aligned with the cardinal points of the compass. From the 30 m high viewing platform you can see Terchová village, and the rocky peaks and valleys of the Malá Fatra National Park. The walk up to the tower is suitable for children and older persons. Along the way you can study 10 panels with information and practical advice about the flora and fauna of the national park, including English translations.

Location: *Terchová, start of the village*

GPS: 49° 15' 41.04" N, 19° 1' 39.75" E

14th TIP



1:00 h



15th TIP



1:00 h

MUSEUM – EXPOSITION “JÁNOŠÍK AND TERCHOVÁ”

The main part of the exposition is dedicated to Juraj Jánošík. He was born in Terchová in January 1688 and everybody knows him as a brigand captain. The museum exposition also brings much information about the life in the village in the past. The interesting exhibits include various historical objects, such as “dereš” (a wooden bench, where a person was bound lying and beaten up with a stick as a form of punishment in the past), handcuffs, whip, wide belt or a shepherd's axe. Photos and various traditional musical instruments are exhibited, too. There is a section dedicated to Adam František Kollár, a renowned native of Terchová, writer of the enlightenment era and a poly-historian, also called the “Slovak Socrates”.

Location: Terchová - centre, in the building of the municipality authority of Terchová, on the first floor

GPS: 49°15'27.45"N, 19°1'47.29"E



16th TIP



1:15 - 1:20 h

TERCHOVÁ TRAIN

We recommend this train as means of comfortable transport across Terchová. The train conductor provides much interesting information that helps you to know Terchová better. It is an ideal means of transport and experience in any wind and weather. You can also use the train to get to Vrátna and Štefanová.

Tel.: +421 908 331 449

www.terchovskylvlacik.sk



MOUNTAIN AND ROCK CLIMBING IN THE NATIONAL PARK MALÁ FATRA

According to the Rules for Visitors, climbing is permitted in the following localities:

- Obšívanka – localities: Velká Sokolia veža, Malá Sokolia veža – except for from 1st March to 15th June
- Tiesňavy - locality: Mních - except for from 1st March to 15th June
- Dolné diery - locality: Fajky
- Belské skaly - locality at the end of Belská dolina valley
- Bystrička dolina valley (former quarry) – winter climbing

Time: **according to the selected locality and according to your skills,**

GPS Tiesňavy: 49° 14' 40.30" N, 19° 02' 16.38" E

17th TIP



RIVER RAFTING

For those who miss fun and adventure on water, Sport Academy Vrátna can arrange rafting trips on some of the most beautiful sections of the River Orava. The trips are also suitable for beginners with no experience. The organiser's experienced instructors can handle even the largest company events.

SPORT ACADEMY Vrátna, s.r.o.

Terchová 1494, 013 06 Terchová

e-mail: sportac.sk@gmail.com

tel.: +421 905 801 143, +421 908 522 384

www.vratna.net

18th TIP

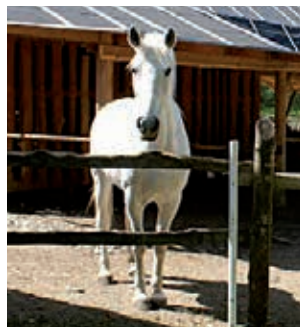


1:15 - 3:00 h

BELÁ

TIPS – ATTRACTIONS





MINI ZOO, POND AND HORSES

In auto-camp Belá - Nižné Kamence children can have fun at various climbing frames at the playground, they can watch animals in the mini ZOO and they can also ride a horse under professional supervision. The pond is a big attraction, too. You can catch a fish there and take it home with you together with nice memories from your trip.

AUTOCAMPING BELÁ – NIŽNÉ KAMENCE

Tel.: +421 41 569 51 35

www.campingbela.eu

GPS: 49° 14' 52.60"N 18° 59' 18.5" E

19th TIP



1:00 - 2:00 h



COUNTRY SALOON BELÁ

A restaurant and entertainment centre with bowling, billiards and table football and a multifunctional hall and wellness – everything in one place. Just choose from the rich offer and enjoy your favourite activities.

Location: **Oslobodenia 817/109, 013 05 Belá**

Tel.: +421 41 569 36 21, + 421 918 940 403

www.countrybela.sk

GPS: 49° 14' 34.94" N, 18° 57' 9.75" E

20th TIP



2:00 - 3:00 h



21st TIP



0:10 - 0:30 h

ICE CREAM

During the hot summer days, you sweet-tooth would certainly appreciate tasty ice cream in the centre of village Belá.

Zmrzlina Belá

SNP street – at the House of Culture, 013 05 Belá

Tel.: +421 903 923 827

GPS: 49°14'20.47"N, 18°56'38.03"E



22nd TIP



MOUNTAIN AND ROCK CLIMBING

Belské skaly rocks lie on your left after you enter the Belská dolina valley in Malá Fatra. They are divided into 4 horizontal sectors. It is a climbing paradise for local climbers who prepared climbing trails of various difficulties there, for example Volanie divočiny (The call of the wilderness) (6-), Kút objaviteľov (Corner of explorers) (7), Runway (9-), Strieborné platne (Silver planes) (7-), Vlky (Wolves) (8-), Tarzan boy (9/9+) and other. The rocks are also suitable for beginners and there are plenty opportunities for rappelling.

Time: according to the selected locality and your skills

GPS: 49° 13'16.2" N, 18° 57'19.8" E



LOOKOUTS

If you like views but prefer not to climb too much, the lookouts at Belské skaly (TIP 22) are for you. They can be found to the left of the entrance to the Belská Valley. Footpaths with chains will bring you to the three lookout points without you having to be a mountaineer. The route is intended to be accessible for the average hiker.

GPS: N49° 13.27', E18° 57.33'

23rd TIP



1:00 h



TEPLIČKA NAD VÁHOM

– ATTRACTIONS





HIKE AND A VIEW – STRANÍK

There is a simple access, a 30-minute walk and Žilina from height. We talk about the hill Straník above Žilina, where you can get from Teplica nad Váhom or from Žilina, local part Zástranie. You cannot drive to the top by car, you should leave your car at the car park in Zástranie and after a 30-minute walk you should arrive to the peak. You can barbecue sausages in the fireplace situated at the top.

GPS parking in Zástranie: $49^{\circ} 14' 18.27''$ N, $18^{\circ} 48' 51.54''$ E

GPS Straník: $49^{\circ} 14' 14.53''$ N, $18^{\circ} 49' 38.67''$ E

24th TIP



2:00 - 3:00 h



PARAGLIDING – STRANÍK

If you like heights and seeing things from the perspective of birds; do not hesitate and try the popular paragliding from Straník. The beginners can fly in tandem with an experienced instructor, and the experienced ones can enjoy the flights on their own in this Mecca of Slovak paragliding. Straník has ideal conditions for thermal flying, for start in any direction and for safe jumps as well. It is perhaps the best hill for the beginners. Various important competitions are organised there every year, including an open World Paragliding Championships.

GPS parking in Zástranie: $49^{\circ} 14' 18.27''$ N, $18^{\circ} 48' 51.54''$ E

GPS Straník: $49^{\circ} 14' 14.53''$ N, $18^{\circ} 49' 38.67''$ E

25th TIP



1:00 - 2:00 h



26th TIP



1:00 h

CHURCH OF ST. MARTIN / CHAPEL OF ŽOFIA BOSNIAKOVÁ

The late Romanesque style church of St Martin in Teplička nad Váhom has 3 altars, 4 crypts and 3 chapels. Teplička nad Váhom's most famous inhabitant was the kind-hearted noblewoman Žofia Bosniaková.

She lived for many years in the village's Renaissance manor house, now listed as a national cultural monument. Her body was found not to decay after her death in 1644 and was long preserved in the church. Today, only fragments of her coffin remain after a fire in 2009.

CHURCH OF ST. MARTIN, Dr. Karola Kmetku 86/44, 013 01 Teplička nad Váhom

Tel. (church): +421 41 598 21 40, Tel. (chapel guide – Ms. Kozánková): + 421 902 788 290

www.teplikanadvahom.sk GPS: 49° 13' 31.65" N, 18° 47' 48.87" E



27th TIP



2:00 - 3:00 h

BIKE PARK – TEPLIČKA NAD VÁHOM

The bike park was built with the help of the TNV Racing Team, municipality of Teplička nad Váhom and Local Tourism Organisation Malá Fatra. The park in Teplička nad Váhom is in operation from April to November, from 8:00a.m. to 10:00 p.m. It includes a BMX training trail and dirt jump. Cycling trails are one-way trails and it is essential to wear a helmet. Bikers ride at their own risk and children aged less than 15 can only enter the trail if accompanied by a parent or a person aged over 18. Enjoy huge dosage adrenaline but please mind your safety at first.

BIKE PARK, 013 01 Teplička nad Váhom

GPS: 49° 13' 0.92" N, 18° 47' 58.10" E



STREČNO

– ATTRACTIONS





STREČNO CASTLE

Strečno castle was built at the turn of the 13th and 14th centuries and is open to the public as a preserved ruin. It was the best-fortified castle on the Upper River Váh Region in that era. The castle houses an exposition that consists of an archaeological part, historical part and the castle kitchen. Žofia Bosniaková was the best known historical personality who lived at the Castle. She was also called the Saint from Strečno for her good deeds and for helping the ill and the poor. A clay replica of Žofia's mummy is placed in the crypt of the Castle. Medieval village – Paseka – lies under the Castle. It consists of five small wooden houses with stray roofs. A tour of the Castle and the village Paseka takes approximately 2 hours. You can leave your car at Gazdovský dvor meanwhile. After seeing the Castle you can take a lift to the raft port and you can sail down the Váh River of a raft.

Hradná 1, 013 24 Strečno

Tel.: +421 41 569 74 00

www.pmza.sk

GPS: 49° 10' 28.56" N, 18° 51' 44.23" E

28th TIP



2:00 - 3:00 h



RAFT TRIP

A raft trip down the Domašínsky meander lasts approximately 1.5 hour including the short ride to the place, and after the raft trip you will be driven back to your car. On the raft you will learn many interesting facts, for example that the rafting on Váh, the longest river of Slovakia, started in the 11th century, and that if rafters sailed safely around the cliffs Margita and Besná in this section of the river, they could sail without any problem to Danube or as far as to the Black Sea. The talkative rafters will tell you much more about the history of rafting. And they will add funny and adventurous stories, too.

Prvá pltnícka a raftingová spoločnosť s. r. o., Gazdovský dvor – the place of the first contact

Tel.: +421 907 196 999, www.plte-strečno.sk

GPS: 49°10'55.87"N, 18°51'48.56"E, The sail begins in: Raft port Bariérová:

29th TIP



1:00 - 1:30 h



30th TIP



2:00 - 3:00 h

STARHRAD

A hike to Starý Hrad Castle above Strečno is easy. The red trail begins in Nezbudská Lúčka and the easy hike lasts for about one hour. If you have little children, it can be 30 minutes longer. If you take sausages or bacon with you, you can barbecue in nature. It would be a great reward for children for climbing up to the castle ruins. You can enjoy a beautiful view of the Domašínsky meander of river Váh.

Location: *Above the Domašínsky meander, the trail begins in Nezbudská Lúčka*

GPS: 49°10'41.57" N, 18°53'28.21" E



31st TIP



0:05 - 0:07 h

FERRY ACROSS VÁH

It is not common to get across a river by ferry. Here you can sail down the river Váh on a raft and then you can get across the river by a ferry to village Nezbudská Lúčka, where you can have a meal in Panoráma restaurant. The ferry operates daily from 7:00 a.m. to 08:00 p.m. You can use the ferry to shorten your road to Terchová, you can avoid traffic jam and you can enjoy the panoramas and nice views of the surroundings.

Location: *Strečno – Nezbudská Lúčka, at river Váh*

Tel.: +421 903 805 838, +421 907 865 145

www.kompastrecno.sk

GPS: 49°10'40.14"N, 18°51'49.39"E



LOOKOUT TOWER NEZBUDSKÁ LÚČKA

It is situated above the railway station in Nezbudská Lúčka and offers a beautiful view of the surroundings of Strečnianska gorge, of Malá Fatra and Strečno Castle. You can have a traditional Slovak meal in the Koliba restaurant equipped in traditional Slovak style. Your children can have fun, you can make a picture of them with fairy-tale characters or you can feed animals together.

Location: *Nezbudská Lúčka, 013 24 Strečno train station*

GPS: *49°10'59.43"N, 18°52'17.97"E*

32nd TIP



1:00 - 2:00 h



MEMORIAL TO FRENCH PARTISANS

In direction to Žilina, you can stop at the Memorial built in tribute to the fallen French partisans during the Slovak National Uprising.

Slúnska, 013 24 Strečno

GPS: *49° 10' 55.42" N, 18° 51' 39.04" E*

33rd TIP



0:30 h

STRÁŇAVY

– ATTRACTIONS





THERMAL POOL STRÁŇAVY

The pool in village Stráňavy offers great refreshment for a whole family in an area of 1.88ha. Children would have fun in a children pool with temperature 24-26°C and you can swim in a big swimming pool. You can choose from a rich offer of food and drinks. There is a guest house with 70 beds and a cottage for 8 people.

013 25 Stráňavy

GPS: 49° 10' 54.20" N, 18° 49' 42.50" E

34th TIP



3:00 - 4:00 h



MEMORIAL TO THE VICTORY OF THE 1ST CZECHOSLOVAK ARMY CORPS, MEMORIAL TO LIBERATION, MUSEUM OF MALÁ FATRA OPERATION

The First Czechoslovak Army Corps' biggest battle against fascist forces in WWII took place nearby in April 1945. Their victory was commemorated by a monument on the hill Polom, which was moved to the summit of Javoriny in 1986. There is also a Liberation Monument in front of the cultural centre and a exhibition in the museum telling the story of the battle.

013 25 Stráňavy

GPS: 49° 10' 20. 14" N, 18° 49' 13.94" E

35th TIP



1:00 h

ŽILINA AND ITS NEIGHBOURHOOD

– ATTRACTIONS, SPORT,
ENTERTAINMENT
AND WELLNESS





ŽILINA DAM

If you like sports – bicycling, in-line skating, playing beach volley-ball – you can do all this at the Žilina Dam (Vodné dielo Žilina). The resort has a good position at the outskirts of Žilina. A cycling trail also suitable for children goes around the Dam. You can see the trail profile through the practical mobile application Cycling Trails Malá Fatra (Cyklotrasy Malá Fatra).

Location: **Žilina Dam, at river Váh in Žilina**

- **Skate-park** – for all the adrenaline lovers

Location: **Žilina Dam, at river Váh in Žilina**

• **EEXTREMEPARK at ŽILINA DAM** - Sport, entertainment and relax in one place at the Water Reservoir Žilina. Many sport activities for all the age categories. You can play beach volley ball, beach football, speedminton or do cross-fit and enjoy some adrenaline at paintball and arching. Children's world with professional staff offers its space and friendly atmosphere to the littlest ones. This is really a lively place.

ExtremePark Vodné dielo

Pri Celulózke 23, 010 01 Žilina

Tel.: +421 915 863 529

www.extremepark.sk

GPS: 49° 12' 58.63" N, 18° 46' 14.64" E

- **Refreshment** – you can buy some refreshment in one of the buffets.

• **Easy walk around the Žilina Dam** – you do not need anything special, just a good mood and a desire to walk for few kilometres.



36th TIP



3:00 - 4:00 h



37th TIP



2:00 - 3:00 h

WELLNESS

After a day full of sport you can enjoy some well-deserved relax in one of the wellness centres of high quality. We recommend the wellness centre in hotel Villa Nečas that lies just 10 minutes by car from the Žilina Dam. From the Dam you should go along the road E 50 and turn right to the street Pri Celulózke. If you prefer staying at the town, you should visit the wellness centre of hotel Dubná Skala.

Villa Nečas****

Pri Celulózke 3494, 011 61 Žilina

Tel.: +421 41 509 10 01,

+421 918 980 084

www.villanecas.sk

GPS: 49° 13' 2.15" N, 18° 46' 11.61" E

Boutique hotel Dubná skala ****

Hurbanova 345/8, 010 01 Žilina

Tel.: +421 41 507 91 00

www.dubnaskala.sk

GPS: 49° 13' 31.02" N,

18° 44' 22.56" E

• OC MIRAGE – in the centre; you can play bowling there, go to the cinema or shopping.

Location: City centre of Žilina



38th TIP



2:00 - 3:00 h

CHILDREN'S PARADISE IN MOJŠ

The Children's Park offers 1,500 square metres of entertainment. You and your children can have fun at slide, climbing wall, you can walk into a crocodile's mouth, you can sail on boats, built a castle from maxi Lego blocks, jump on trampolines or play dodge ball on trampolines, you can drive small vehicles, play ball games in an inflatable playground, you can toddle around in a toddler's world or you can play X-box. Except for a hall with many attractions, in summer children can have fun in a pool, jumping hill, they can play minigolf and both children and adults can join exercises. You should not be bored there in any weather. You can buy some refreshment in the buffet and use Wi-Fi, read magazines or newspaper.

Mojš 320, 010 01 Žilina – Mojš

Tel.: +421 949 507 695

www.junglepark.sk

GPS: 49° 12' 17.12" N, 18° 49' 32.72" E



ROPE PARK IN FOREST PARK CHRASTŤ

A rope park for children and adults lies situated in this beautiful environment. The forest park lies between housing estates Vlčince and Solinky, and the rope park lies behind the children's playground. You can choose from three circuits or you can try the "jump of courage" from height of 12 metres. The circuits last approximately one hour depending on your skills.

Preles o.z., Žilina forest park Chrašť, next to the children's playground

Tel. : +421 949 754 146

www.lanovyparkpreles.sk

GPS: 49° 11' 56.12" N, 18° 45' 28.74" E

39th TIP



1:00 h



EDUCATIONAL TRAIL IN ŽILINA

After visiting the rope park, you can walk along an educational trail "Get to know yourself, get to know the forest" that consists of 9 information boards. A wooden interactive element connected with the topic of a board is placed next to every board. In the forest park there are three Pétanque courts and a café, where you can borrow the Pétanque equipment if you do not have yours. Children like playing at the children's playground with benches, climbing frames, big castle and they can also admire wooden statues. There are 8 fireplaces and 5 gazebos with tables and benches for families with children.

GPS of the forest park: 49° 11' 59,3448" N, 18° 45' 32,8932" E

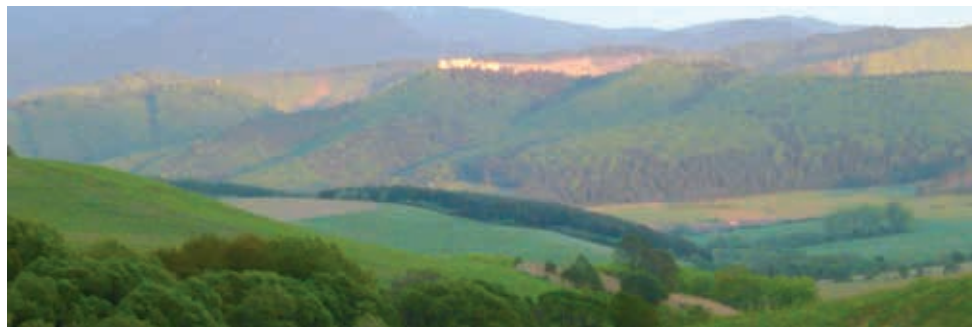
40th TIP



1:00 - 2:00 h

PLAN OF THE FOREST PARK CHRAST IN ŽILINA





HUNTING

Recent years have seen a true renaissance of hunting in Žilina and Bytča Districts. More than 1,500 hunters pursue their beautiful mission in 33 hunting grounds covering a total of 100,000 hectares of forest, field and meadow.

The Žilina Hunters' Chamber has in its care practically every antlered species of game. It has been particularly successful in rearing boars and red and roe deer. In the case of smaller game such as pheasants, rabbits and partridges, there is no hunting and the Chamber's only aim is to increase numbers. Various species of wild duck are prospering beside the Váh and its tributaries. The hunting grounds also include trophy animals such as brown bears, wolves and lynxes. Birds of prey, including golden eagles, are no strangers in the sky. The high level of internal discipline that Žilina and Bytča hunters show in their husbandry and hunting programmes means that every year they are able to bring more than 600 pairs of antlers to their annual show. Another proof of hunters' care for game animals and the wealth of our fields and forests is the fact that in recent years the average catch of antlered game, including females and young, in the hunting grounds under the Žilina Hunters' Chamber has been around 3,800 head per year.

The Žilina Hunters' Chamber issues over 50 permits a year for foreigners to hunt.

OPK Žilina – Peter Marčulínek, chairman

Dlhá 76, 010 09 Žilina

Tel.: +421 903 543 555

41st TIP



4:00 - 8:00 h





42nd TIP



1:00 - 4:00 h

MUSHROOM HUNTING

There are attractive hunting grounds for mushrooms near the shores of the Hričov Reservoir in well-preserved mixed forests, and also on the opposite side of Žilina, in the town's forest park, where there are many common boletes, birch bolete, sticky bun and other rarer species of thermophilic mushrooms.



43rd TIP



4:00 - 8:00 h

ANGLING

The best fishing around Žilina is for carp. There are 10 different coarse fishing grounds in the area ranging from the reservoir near Divníka to gravel pits at Brodno and Strážov. There is also a fishing ground close to the popular recreation area at Žilina Dam. It is a relatively small fish pond in the former Celulóžka borrow pit. Visitors can purchase fishing licences in all fishing supply shops in Žilina and Rajec.

Slovenský rybársky zväz, Mestská organizácia Žilina
(Slovak Angling Association, Žilina branch)
Juraja Závodského 9, 010 04 Žilina 4

Tel: +421 41 72 34 332
www.srzmszilina.sk



TOWN INDOOR POOL

A 50-metre long indoor swimming pool. In summer children can have fun in two exterior pools with a toboggan. Adults can enjoy massages, sauna or solarium. If you are hungry, you can have a lunch at the swimming pool or at the restaurant behind the swimming pool. Free parking is available.

Vysokoškolákov 8, 010 08 Žilina

Tel.: +421 41 565 50 73

www.plavarenzilina.sk

GPS: 49° 12' 46.85" N, 18° 44' 56.52" E

44th TIP



2:00 - 5:00 h



SEASONAL MOTO CARTS

Motor carts are next to the indoor swimming pool, at car park of the Shopping Centre Dubeň. The motor carts are great summer fun for the whole family.

Location: *Shopping Centre Dubeň*

GPS: 49° 12' 41.77" N, 18° 45' 5.81" E

45th TIP



1:00



46th TIP



2:00 h

MOTOR CART HALL SKUDERIAKART

It is situated in Horný Hričov, only 6 km far from Žilina. There are 10 motor carts with 9hp output available. Children motor carts with 4 hp output are available, too. The track is 425 m long and in summer it is extended by the car park and you can drive inside and outside. All protective equipment such as helmets and other protectors are included in the price. After the ride you can sit in the Skuderia bar with a direct view of the track.

Scuderia kart, 013 42 Horný Hričov

Tel.: +421 907 846 482, +421 905 357 386

www.scuderia kart.sk

GPS: 49° 15' 8.15" N, 18° 39' 9.44" E



47th TIP



1:00 - 2:00 h

K2 CLIMBING WALL

Bouldering wall K2 in Žilina was built to meet the strictest requirements of sport climbers. It has a very rugged profile and thanks to its many grips it is the wall of the best quality in Slovakia. During training you can meet with the top Slovak boulders. The climbing section is separated by a glass wall from the bar and so you can watch extreme climbing performances while drinking your favourite drink.

Climbing wall and café K2

Stará menza, Hečkova 6, 010 01 Žilina – Hliny V

Tel.: +421 911 944 279, + 421 902 537 324

www.anatomic.sk

GPS: 49° 12' 43.39" N, 18° 44' 15.15" E



PAINTBALL

You can borrow complete paintball equipment and become an action hero. You will relieve stress, activate your adrenaline and you will have great fun playing this game. The duration depends on the number of players and you can choose the locality yourself. You will get the equipment, clothing and game instructions in the shop Paintball Žilina. It is necessary to arrange your meeting in advance. The nearest playground of high quality is at the Žilina Dam in the premises of the Extreme Park.

Paintball Žilina – rental of equipment

Sasinkova 26 / 010 01 Žilina

Tel.: +421 903 666 838

www.paintballzilina.sk

GPS: 49°13'49.46", 18°43'58.93" E

Paintball Žilina Dam – ExtremePark

Pri celulózke 23 / 010 01 Žilina

Tel.: +421 915 863 529

www.extremepark.sk

GPS: 49°12'58.63" N, 18°46'14.64" E

48th TIP



1:00 - 2:00 h



BOWLING MIRAGE

In the city centre, on the 4th floor of the shopping centre Mirage, there are 6 modern bowling lines, each for up to 8 players. Guests can also visit a café (30 places to sit), amusing children's corner, organised amateur and professional competitions. Bowling league is also played there. Children can play bowling in Mirage, too and thanks to the special system of railings, children will always hit some pins. In summer you can have a drink on the terrace.

Bowling Mirage, Námestie Andreja Hlinku 7B, 010 01 Žilina

Tel.: +421 911 233 522

www.elementbowling.sk

GPS: 49°13'27.60" N, 18°44'29.57" E

49th TIP



1:00 - 2:00 h



50th TIP



1:00 - 2:00 h

BOWLING – STARÁ MENZA

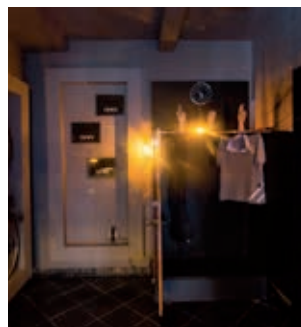
It lies in the area of dorms of Žilina University. Except for bowling you can also play table tennis, darts, billiards and you can have a beer or a good coffee. If you have active friends you should appreciate that it is open throughout the week and you can play bowling with your friends any day you want.

Stará menza, Hliny 5, 010 01 Žilina

Tel.: +421 41 700 36 14

www.menza.sk

GPS: 49° 12' 42" N, 18° 44' 15" E



51st TIP



approx. 1:00 h

ADVENTURE ROOM

You can try a new type of fun in Žilina. Whether you are a bunch of friends or a couple and you like solving riddles and rebuses, and thinking and having fun at the same time, this activity is made for you. Prove your skills and resolve hints in a room as fast as possible. Thrilling adventure suitable also for families with children aged over 10. Know each other better and help each other in various situations. The game must be ordered at least 24 hours in advance. You can enjoy this unusual experience 7 days a week. The game is available in English, too.

THE ROOM, Mydlárska 185, 010 01 Žilina

Tel.: +421 948 611394

www.theroom.sk GPS: 49° 13' 27.45" N, 18° 44' 20.16" E

www.theroom.sk

GPS: 49° 13' 27.45" N, 18° 44' 20.16" E



GRID LASER ARENA

This attractive, well-equipped venue is the most modern arena for laser games in Slovakia. These games are fun for all ages using safe and painless lasers. It is recommended for groups of 6–10 persons playing either alone or on opposing teams. A typical session is 3 or 4 rounds, each lasting 15 minutes. At the start, each player gets a glowing vest and a laser gun. The aim is to score the most hits on your opponents. A computer monitors the game and displays results as soon as the round ends. You can choose your own soundtrack music. All you need to bring is dark clothes and sports shoes. The arena has a minibar and lockers, changing rooms and showers for players, as well as free table football.

Dolné Rudiny 1, 010 01 Žilina

Tel.: +421 944 315 040

www.gridlaserarena.sk

GPS: 49°13'5.82"N, 18°43'37.42"E

52nd TIP



1:00 h



BADMINTON HALL

A modern hall with professional surfaces offering visitors four courts for badminton and tennis court. It occupies a former brickworks on Bytčická Ulica in Žilina, off the road to Rajec. You can rent rackets and shuttlecocks from the hall if you do not have your own. There is a kitchenette for refreshments during and after games. The hall has changing rooms and sanitary facilities. A racket restringing service is also available.

**Bedmintonové centrum MG (red-yellow building),
Bytčická 89, 010 09 Žilina**

Tel.: +421 911 710 274

www.bedmintonzilina.sk

GPS: 49° 11' 44.67" N, 18° 43' 56.64" E

53rd TIP



1:00 h



54th TIP



1:00 h

TENNIS POINT TENNIS AND BADMINTON HALL

This new hall opened in 2015 with two tennis courts with a US Open surface and two badminton courts. During the summer there are also outdoor courts for tennis players. A wide range of additional services includes massages, a sauna and a small swimming pool. Right next to the hall visitors will find a good Italian restaurant and a popular Italian ice-cream shop.

Tennis Point, Za plavárňou 3937/1, 010 08 Žilina

Tel.: +421 902 129 623

www.tennispoint.sk

GPS: 49° 21' 18.47" N, 18° 74' 73.16" E



55th TIP



1:00 - 3:00 h

CINEMAS – STER CENTURY CINEMAS, CINEMAX

Four air-conditioned screens show the latest films right in the town centre. They can be found in the Mirage Shopping Centre. Two screens are equipped to show 3D films. Viewers can also choose VIP seating and "loveseats". Another cinema, Cinemax, can be found a little out of the main centre at the Max entertainment and shopping centre. It has five air-conditioned screens.

STER CENTURY ŽILINA (Mirage Shopping Center)

Námestie A. Hlinku 7B, 010 01 Žilina

Tel.: +421 41 549 36 27

www.stercentury.sk

GPS: 49° 13' 30.21" N, 18° 44' 23.71" E

CINEMAX ŽILINA, (ZOC MAX)

Prielohy 797, 010 07 Žilina

Tel.: +421 918 984 167 (15:00 – 21:00 hod.)

www.cine-max.sk/mesto/zilina

GPS: 49° 11' 46.28" N, 18° 44' 41.31" E



FOOTBALL AND HOCKEY MATCHES IN ŽILINA

If you want to experience a great sports atmosphere and cheer on a hockey or football team, Žilina is the place to go. The hockey stadium was built in 1945 and is one of the oldest covered stadiums in Slovakia. It can hold 6,200 spectators. During the winter season, there is public skating during the weekend with a skate sharpening service. The football stadium has space for 11,313 spectators and is the home stadium of the team MŠK Žilina, which has become very successful since Slovakia's independence, winning the Slovak championship six times. Both stadiums are close to the town centre, where you will find plenty of other activities before or after a match.

**Hockey stadium,
Športová 5, 010 01 Žilina**

Tel.: +421 41 562 16 76

www.mshkzilina.sk

GPS: 49° 13' 44.43" N, 18° 44' 33.48" E

Football stadium,

Športová 9, 010 01 Žilina

Tel.: +421 905 591480

www.mskzilina.sk

GPS: 49° 13' 42.90" N, 18° 44' 48.88" E

56th TIP



1:00 - 1:30 h



ŽILINA

– HISTORY AND CULTURE





TOURS OF THE TOWN

Are you interested in history and in monuments? Select one of the five circuits through Žilina and explore the town with a professional guide. The tours are organised by the Tourist Information Office (TIK) Žilina with its seat at A. Hlinka square, where majority of the tours start. The offered circuits include: Historical Žilina, Functionalist Žilina, Jewish Žilina. Families with children can select the Fairy-tale Žilina and those, who like the evening atmosphere of a town can choose the Night Tour of Žilina. The duration of a tour depends on the selected tour and on requirements. Based on the selected tour, the guide chooses the monuments that will be included in the tour.

If you are not interested in a guided tour, you can make a tour on your own, according to the map that you will get in TIK Žilina. Every monument has its QR code what makes the tour much easier.

Žilina is the first town in Slovakia, where you can learn about monuments by scanning the QR codes placed on stainless steel signs on respective buildings. You just have to download an application that reads the QR codes to your mobile and a text about concrete monument will be shown on your mobile phone display after scanning the code. That's a great thing if you want to explore the town on your own.

TIK Žilina

Námestie Andreja Hlinku, 9 010 01 Žilina

Tel.: +421 41 723 31 86, +421 907 845 567

www.tikzilina.eu

GPS: 49° 7' 58.44" N, 18° 26' 35.88" E



HISTORICAL ŽILINA I. - SMALL CIRCUIT

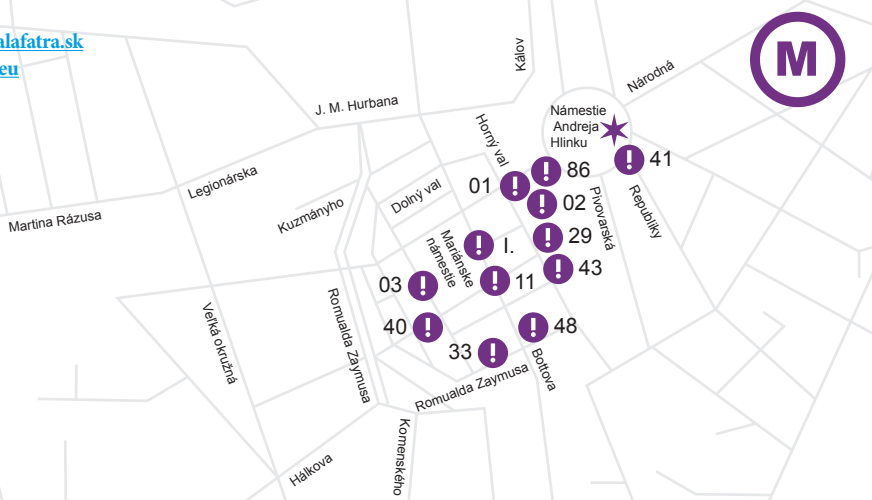
Many important buildings were built in Žilina during the seven-hundred years of its history and they represent the development of the town. They include sacral and profane buildings having an important effect on the overall look of the town. Žilina became the centre of northern Slovakia and is consequently an important crossroads of trade roads, railway tracks and highways. It has a strong position within Slovakia, as it lies on the place where three rivers meet. Žilina became not only an important transport crossroads and a centre of important industrial plants, but it also became an economic centre and cultural centre.

www.regionmalafatra.sk
www.tikzilina.eu

57th TIP



1:00 - 2:00 h



**Balustrade,
statue of St. Cyril and Methodius**

After the fires in the 19th century, the character of the surroundings of the Parish Church changed. After 1920, a balustrade was built on the eastern slope and after the demolition of the old beer brewery the parish staircase was built, too. In 1940 – 1944 the balustrade was rebuilt to the present look and the Representation House – today Town Theatre – was built. At present a sculpture of St. Cyril and Methodius by academic sculptor Ladislav Berák is placed on the central place of the balustrade. The sculpture was unveiled during a ceremony on 20 December 2000.



**Cathedral of the Holy Trinity
Horný Val**

It was mentioned for the first time in 1423, when Štefan Langworst, a townsman of Žilina, gave a part of his assets to the church called the Church of the Virgin Mary at that period. The church had been rebuilt several times in particular after many fires. A single-nave church has been standing there since the beginning of the second half of the 13th century until the beginning of the 14th century. In the 14th century a three-nave basilica with a polygonal presbytery was built. At the end of the 16th century, in 1586, the parish church was dedicated to the Holy Trinity. At present it is the seat of the Bishop of Žilina.



Burian Tower

It stands on the street Horný Val, nearby the parish church tower. Its history is connected with the name of Burian Svetlovský from Vlčnov, who owned the Strečno Castle in 1526 – 1529 and who was the hereditary mayor of Žilina during those years. The Burian tower was used as a bell tower and a watchtower, and as a guard tower in case of fire and the arrival of enemies. As it stands nearby the church, many fires of the church damaged also the tower. During the last reconstruction in 1941, a lookout terrace was built at the tower. At present the town is preparing another reconstruction in order to use the tower for cultural purposes.



Old Town Hall
Mariánske Square 1

The building of the Town Hall is only a part of the original building destroyed during a great fire in 1886. It was built in 1890 on older Gothic foundations. Originally it was called "Polakovský House" and it was mentioned for the first time in 1479 as a seat of the Žilina mayor – "fojt" – Peter Pollák. The municipality of Žilina purchased the seat of a hereditary mayor together with the hereditary mayorship at the turn of the 15th and 16th centuries, and since then the town bodies has been residing there. After the last reconstruction in 1992 and 1993 the town hall received its today look. Representation rooms are in the building, too.



Mariánske Square

The central square of Žilina's historical core. The oldest town buildings stand there. Until the fire in 1521, the majority of buildings were wooden. After the fire, only bricked buildings were built. The Žilina square was a lively place – regular markets and annual fairs were held there. The town participates – craftsmen, businessmen and merchants – had their seats in the buildings around the square. The produced goods were sold in vaults around the whole square. Statue of Immaculata in the middle of the square from 1738 symbolises re-Catholisation. Today, there are 32 buildings in the square.



Church of the Conversion of St. Paul the Apostle;
Monastery of Capuchins
Mariánske square 22 and 23

These buildings are the dominant building of the square and majority of town citizens know them as "Sirotár" and Orphanage. Five burgher's houses were originally standing on their place. The residence – the Church and the Jesuit monastery – started to be built in 1743. Although the building was completed in 1754, the Church has been consecrated in 1749 already. The building has two towers and one nave; the main altar is built in Baroque style and comes from the middle of the 18th century.



House of Arts - Fatra
Jozefa Vuruma 4

Besides the hotel Reich-Dukla from 1912, the House of Arts is another very important building. The Secession house was built in 1921 by Rufinus Stejskal on the place of an original medieval house. There was a cinema and a theatre called "Grand Bio Universum". On 21 November 1921 the first Slovak movie "Jánošík" by Siakel brothers had its premiere there. After the nationalisation in 1945 the cinema was renamed to Fatra. In 1983 – 1988 the whole building underwent a large reconstruction for the needs of the Žilina Chamber Orchestra that still owns the building.



Old Marketplace, Horný Val 35

A unique building of the Old Marketplace was built in 1941 – 1942 on the place of three original houses between streets Horný Val and Zaymusova. The project of the Old Marketplace was prepared by architects M. Šesták and F. Čapek from Žilina. The two-level building had a ground floor and one floor, where shops were opened. When built, it was a very modern building. Small shops and stalls selling refreshment were situated in the closable passage. In the 60's the marketplace was rebuilt into a supermarket SMER.



Babuška's House, Bottova street 20

The house was built by Babuška Family. MUDr. Dušan Makovický (1866 – 1921), a doctor and a nationalist lived there in 1894 – 1904. He was also a personal doctor of Lev Nikolayevich Tolstoy, the Russian writer. MUDr. Ivan Hálek (1872 – 1945), another important doctor from Žilina lived in the house in 1905 – 1919. He was also a member of the Ministry led by Vavro Šrobár, the Minister plenipotentiary for administration of Slovakia, who lived in the house at the turn of 1918 and 1919. At present the Regional Observatory and the Regional Cultural Centre resides there. The building is also known as "Makovický's House".



Lombardini's House, Horný Val 19

Alexander Lombardini, a historian and lawyer from Žilina, lived in this house which originally had one floor only and was built in the Renaissance style. Lombardini published a book about the history of the town: "Brief History of the Free Town of Žilina" Turčiansky Sv. Martin, 1874. He was writing about the history of the nearby Castles and about the history of noble families. Although he had lived in the house only for a short time, it is called after him and it houses an exposition about life and work of this important native of Žilina. The exhibition authors are historians PhDr. Marián Mrva and Mgr. Peter Štanský.



Town Theatre, Horný Val

The building of the theatre was built in 1942 – 1944 as a Representation House of Žilina and as a church school. The building in Italian neo-Classical style was projected by architects Otto Reicher, Ferdinand Čapka and František Eduard Bednárík. From 1950 the building was housing a theatre under various names and town elementary and secondary schools. From 1991 it houses the Town Theatre and the local TV station.



**Art Gallery of River Váh Region
A. Hlinka Square 2**

The building was built according to the project by Karol Koch, a builder from Budapest, in 1911. It was originally a seat of the Headquarters of the Hungarian royal border police captain until 1918. During the first Czechoslovak Republic it was a seat of the District Police Headquarters. Then it was a seat of a vocational school and of an editorial office of weekly Ciel' Museum and Gallery of River Váh Region operated there in 1972 – 1976. Then the Gallery separated from the Museum. An independent exposition of works by Rudolf Pribiš was opened there. A new floor was built above the Gallery at present.

HISTORICAL ŽILINA I. – BIG CIRCUIT

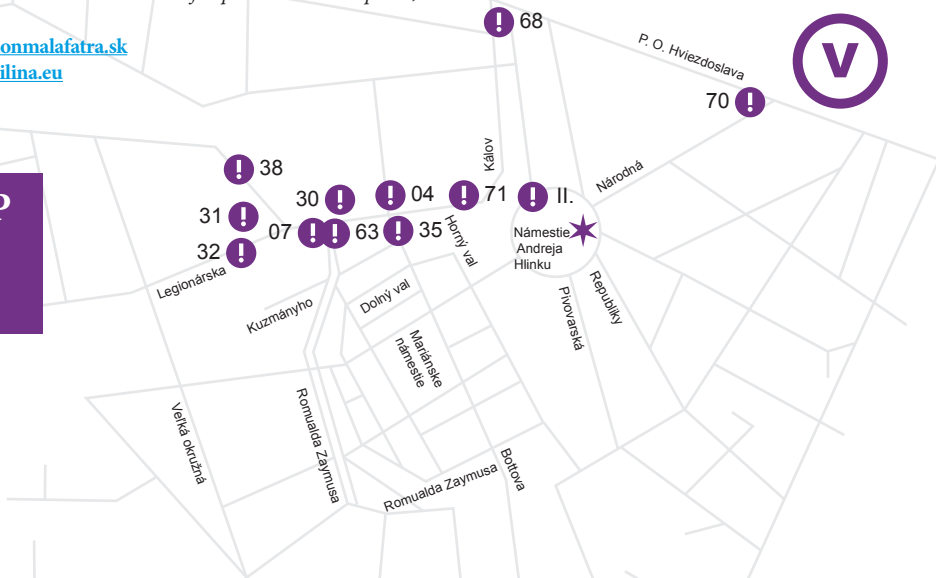
Many important buildings were built in Žilina during the town's seven-hundred year history, and they represent the development of the town. They include sacral and profane buildings having an important effect on the overall look of the town. Žilina became the centre of northern Slovakia and consequently an important crossroads of trade roads, railway tracks and highways. It has a strong position within Slovakia as it lies on the place, where three rivers meet. Žilina became not only an important transport crossroads and a centre of important industrial plants, it also became an economic centre and a cultural centre.

www.regionmalafatra.sk
www.tikzilina.eu

58th TIP



1:00 – 2:00 h





Andrej Hlinka Square

It lies in front of the Parish Church of the Holy Trinity on a river terrace of river Váh. The space had been called "In front of the Parish" in the past. A brewery and a slaughterhouse were built there. The Fountain of Žilina Virgin by Vladimír Kompánek used to stand in the middle; today the Singing Fountain stands there. Hungarian Royal Captain Headquarters resided in the building of today Art Gallery of River Váh Region. Hotel Astória was built on the corner of the square and Národná street in 1927. Today the square is called after Andrej Hlinka. His bronze statue by academic sculptor Ladislav Berák was unveiled on 17 September 1994.



Boutique Hotel Dubná Skala
J. M. Hurbana 8

The building was built in 1906 – 1913 on the place where wooden and clay houses used to stand. Hotel belonged to Jozef Karaso, who was selling spirits and was running a restaurant. Dr. Vojtech Tvrďý, mayor of Žilina, was one of the hotel owners and he had his office in the building in 1939 – 1945. Dubná Skala was a popular wine bar and restaurant. The biggest reconstruction was made in 1984, when it was owned by Restaurants of Žilina. The last reconstruction and modernisation was made in 2006. The original look of the building remained untouched. Today it houses a four star hotel that continues in the long-term tradition.



Church of St. Barbara
J. M. Hurbana 14

Members of the Order of Friars Minor started building the Baroque Church and monastery in 1723. The building was completed in 1731. Precious Baroque interior of the Church and Baroque decorations – altars, statues, pulpit, plain and twisted columns and altar pictures – were preserved. The church includes a Loretto Chapel; two stained glass windows were designed by academic painter Fero Král. Many important personalities of the Slovak cultural life - Hugolín Gavlovič, Eugen Gerometta, Edmund Pascha, Juraj Tvrďý, and others - lived there.



Bacher's Vila, Hodžova 20

The building was built by Ján Milec (1847 – 1901), advocate of Žilina. It was originally a post office and from 1911 the seat of Credit Bank renamed to Slovak Bank in 1919. The bank was managed by Andrej Bacher (1885 – 1945). He and Edita, daughter of Ján Milec, purchased the building, that's why it is called "Bacher's Vila". From 12 December 1918 it was the seat of MUDr. Vavro Šrobár, the Minister plenipotentiary for administration of Slovakia, and of his office – co-called first Slovak Government. After the war the building belonged to the District National Committee and it had been a seat of the Department of Culture of the District National Committee.



Rosenfeld's Palace, J. M. Hurbana 28

In 1897 Ignác Rosenfeld, banker from Žilina, purchased a plot on then street of Gabriel Baroš, and in 1907 the building housing the bank and dwelling premises was built according to the project by architect Mikuláš Rauter as a smaller replica of the Vienna Belveder chateau. It is a Secession architecture jewel and perhaps the most beautiful building built in the town in the last century. Its original condition is remarkable also thanks to its interior and preserved stucco decorations. In 2009 the building became a national cultural monument.



Post Office 1, Sládkovičova 14

Post Office 1 is the biggest building on Sládkovičova Street, where the Franciscan Grammar School used to stand from 1779 to 1885. After 1907 the town built a one-floor building of the Hungarian Royal Post Office. The post office moved there from Bacher's Vila. The town was renting the building to the state until 1936, then it was sold and the Slovak State built a new building in 1939 – 1940, the look of which has been preserved until nowadays. The project was prepared by Juraj Tvarožek. At present shops and service providers reside in twelve houses at Sládkovičova Street.



Neological Synagogue
Kuzmányho 1

In 1860, the first synagogue was built in Žilina and another one was built on the same place in 1929 – 1931 according to a project by the important Berlin architect prof. Dr. Peter Behrens. The project belongs to his top works. The functionalist style with Maori elements makes from the building very unique Slovak monument. At present the building is under reconstruction and it is about to house cultural premises – museum, gallery, exhibition hall. The works are performed by a volunteer association lead by Mark Adamov.



Building of ČSOB Bank
Legionárska 1

Neo-Classical building of a branch of the Austrian-Hungarian Bank was built in 1912. In the period between the wars, during the First Czechoslovak Republic, the building belonged to the branch of the National Czechoslovak Bank. After the Second World War a branch of the State Czechoslovak Bank was residing there and later a branch of Business Bank, and recently a branch of ČSOB bank. The building was designed by renowned architect J. Hubert. The director of the Žilina branch of the State Archives, Mgr. Peter Štanský, managed to read the name of the architect in the project of the building.



Building of University of Transport nad Communications, block "A"
J. M. Hurbana

A new building for the Hungarian royal state real school was built in 1910 – 1912 according to the projects by young architects Ambrus Orth and Emil Somló from Budapest atelier of architect Ignác Alpár. The new building was connecting the streets J. M. Hurbana and Legionárska in so-called Hungarian Secession style. The façade was decorated by the Hungarian sculptor Maróthy. At present the building is empty. EDIS publishing house and classrooms were moved to the area of Žilina University at Veľký Diel.



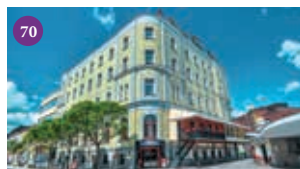
Catholic House, J. M. Hurbana 44

It was built together with the Town Theatre in 1925 – 1926 according to the project of Architect Stanislav Koniček in neo-classical style. A Slovak double cross with two eagles is depicted on the gable and statues of women symbolising music and theatre are placed above the entrance. On 6 October 1938 seven Slovak parties met there and adopted so-called Žilina Agreement. Based on it the Slovak National Assembly adopted the Act on Autonomy of the Slovak country on 20 October 1938. In May 1990 the Sisters of St. Francis returned to the building and from 1991 the building houses the Secondary Grammar School of St. Francis of Assisi.



House of Artisans, Kálov 655

It was built in 1910 and it was originally called the Industrial House of Gabriel Baross (Baroš). The work of artisans in the town was regulated from this building. A statue of Gabriel Baross, the Hungarian Minister of Transport and Public Works, and other 17 figures of artisans are placed on the gable. In 1925 the building became the seat of the Trade Community and after the Second World War various Žilina schools resided there: vocational school, secondary industrial building school, language school, part of the Conservatory and part of the Business Academy of St. Thomas Aquinas.



Hotel Polom, P. O. Hviezdoslava 22

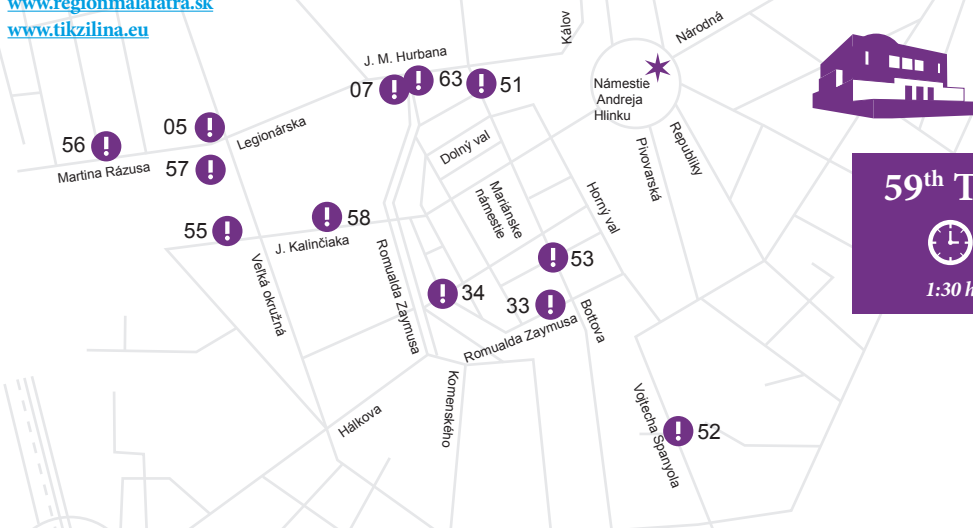
Hotel Rémi was one of the most luxurious hotels in Žilina. Businessman Karol Grün owned the plot and sold it in 1907 to Heinrich Rémi, who built a one floor secession hotel there. The Hotel owner deceased in 1928 and he was buried at the Jewish cemetery in Žilina. His children inherited the Hotel. In 1950 the Hotel was nationalized and renamed to Polom. Reconstructions were held in 1951, 1979 – 1985 and in 2007. Since then the hotel is called "Best Western Palace Hotel Polom".

FUNCTIONALIST ŽILINA

From 1920 to 1940, Žilina was transformed into a modern metropolis of northern Slovakia. Preparation of regulation (zoning) plan was the prerequisite of the huge development. Žilina became one of the main centres of the Slovak modern architecture. Projects of many buildings built in Žilina were prepared in various international or national competitions. A tour of 12 functionalist sights in the Žilina centre with a professional guide's presentation lasts 90 minutes.

www.regionmalafatra.sk

www.tikzilina.eu



Financial Palace

– architect Michal Maximilián Scheer
J. M. Hurbana 1, built in 1931

The Palace is the symbol of the functionalist architecture of Žilina, and it is one of the most important sights in Slovakia from that period. Glass-enclosed staircase is a dominant feature on the corner and it ends the town block, too. The wings of the building have a unique look thanks to the vertical raster. After the Second World War another floor was built above and the dominant effect of the staircase was reduced. The reconstruction in the 90's did not comprehend the original horizontal glasses of the staircase and separated it by horizontal lines.



Post Office 1

– architect Juraj Tvarožek
Sládkovičova 14, built in 1941

A new modern building was built on the place of the old Hungarian royal post office from 1908. It copies the original ground plan, rounded on one side. The building is situated in a minor slope and it is entered through a corner entrance with a protruding staircase. Architect combined plaster with ceramic tiling and he used typical Slovak stone – Spiš travertine – at the bottom, what makes the foundations look more massive. This important building standing at the crossing of Sládkovičova and Hurbanova Street still serves the purpose, for which it was built.



Neological Synagogue

– architect Peter Behrens
Kuzmányho 1, built in 1931

Renowned architect prof. Peter Behrens prepared the project of the Neological Synagogue for an international competition. The Synagogue is a unique Slovak sight that brought Žilina to the world map of modern architectural history. The concept was dealt with in a very outstanding way. Central cubic part ended with a copula at the top was placed on a massive stone base resembling architecture of a medieval fort. Monumental protruding staircase leads to an entrance in the central part of the building.



Evangelical Church

– architect Milan Michal Harminc
Square Námestie Žilinskej synody,
built in 1935

The project by Milan Michal Harminc, renowned Slovak architect, won a national competition of architects. The church stands on a small hill, on which a primeval burial ground from Bronze Era was found during the construction works. The Church has preserved its clear functionalist interior with a modern altar. The architecture of the building is asymmetrical – nave of the church lies on the axis and the tower lies at the side. Travertine blocks in the base complete the idea of a Divine Castle.



Svojdómov, housing estate

– architect Michal Maximilián Scheer and Július Stein
Streets Stárkova, Na Šefranici,
Tolstého, built in 1931 – 1932

It was one of the largest building events in then Czechoslovakia – approximately 48 houses built until the end of the 30's. The architecture was inspired by the Stuttgart exposition focusing on new trends in housing. Modern sun bathing facility was built atop. The housing estate Svojdómov is one of the most important functionalist sights in Slovakia.



2nd State Primary School

– architect František Bednárík
Veľká okružná 22, built in 1936

The school was built as a facility for the new housing estate Svojdómov. It lies on the southern periphery opposite the Evangelical Church. It has a simple shape of a block with large windows and entrance covered with marquise. Originally, ribbon windows were designed on the front façade, but large window openings were built eventually. They structure the entire façade and attract attention with its clean and functionalist architecture. The overall impression is intensified by a small park in front of the building. At present a four-year secondary grammar school resides in the building.



Sokolovňa

– architect Josef Franců
Veľká okružná 26, built in 1931

Sokolovňa is an example of functionalist architecture of high quality imported from the environment of Prague architects. It was expressing the spirit of the modern age. A gym and a cinema hall were designed in the building. The cinema hall became the first wide-screen cinema in Slovakia. The statue of an eagle at the entrance was removed. The central layout is dominated by a ribbed structure of the former cinema hall. The torso – entrance with protruding staircase with a memorial plaque to legionnaires – has been preserved until today.



Šimon Stein's Vila

– architect Michal Maximilián Scheer, Jána Kalinčiaka 4,
built in 1934

The assignment was a bit untraditional – to design a residential villa around a tree. In spite of that the tree was cut down later, the design interconnects the interior and exterior in a unique way. The small town villa was designed for Šimon Stein. Winter garden with a protruding corner window is the main house architecture detail.



Oldřich Trávníček's Building

– architect Michal Maximilián Scheer, Jozefa Vuruma 8,
built in 1931

Residential house with business premises on the ground floor was ordered by Oldřich Trávníček – renowned businessman, publisher and pioneer of children literature propagation. He co-operated with artist Vincent Hložník. In 1921 he founded the Teacher's Publishing House that was publishing the Slovak school textbooks. The building is austere and functionalist. Only a part of the original interior was preserved. It lies next to the House of Art that houses the State Chamber Orchestra.



Marketplace

– acad. arch. Ferdinand Čapka and
Ing. arch. Mikuláš Šesták, Horný
Val 35 and Romualda Zaymusa 8,
built in 1940 – 1942

The building architecture will amaze you. Façade is lined with bricks, windows are circular and corners at the passage entrance are rounded. This interesting architectonic solution created a line of small shops on one side of the passage and sheltered vending stalls on the other side. The floor was conceived as a free vending area. The first self-service shop in the town called “Smer” was established on the ground floor of the building.



Roman – Catholic Almshouse

– architect Michal Maximilián
Scheer, Vojtecha Spanyola 11,
built in 1931

This house with a gangway was built as social housing for poor citizens. The architect designed horizontal lines of gangways on the front façade with stairs in a steep side street. Thus he managed to utilise the difficult terrain and space for shops was created in the lower part. Glass-concrete areas overlap with smooth white plaster of the outer walls, which have small openings. The building captures the attention of visitors with its simple yet comprehensible architecture.



Adolf Grosmann House

– architect Jozef Zweigenthal
Bottova 1, built in 1928

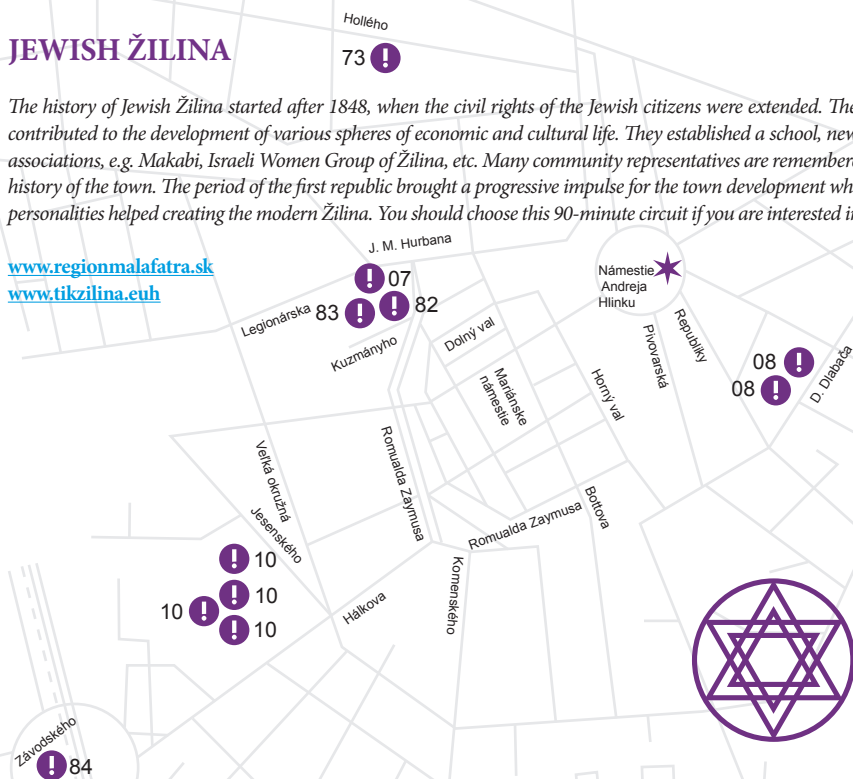
The house attracts attention with its unique corner made of bricks. The ground floor is lightened-up by large glass shop windows. Just like other buildings at present, it is attacked by omnipresent adverts, under which the building architecture is hiding. Šimon Spitzer, renowned doctor from Žilina and a son-in-law of businessman Adolf Grosmann lived in the house. The building was completed in 1930 and now it is listed in the attractions of Žilina.

JEWISH ŽILINA

The history of Jewish Žilina started after 1848, when the civil rights of the Jewish citizens were extended. The Jewish citizens contributed to the development of various spheres of economic and cultural life. They established a school, newspaper, various associations, e.g. Makabi, Israeli Women Group of Žilina, etc. Many community representatives are remembered forever in the history of the town. The period of the first republic brought a progressive impulse for the town development when many Jewish personalities helped creating the modern Žilina. You should choose this 90-minute circuit if you are interested in Jewish history.

www.regionmalafatra.sk

www.tikzilina.eu/h



60th TIP



1:30 h





Neological Synagogue
Kuzmányho 1

Neological Synagogue by the renowned architect prof. Peter Behrens is a unique modern Slovak architecture sight. Žilina was put to the map of global architecture history thanks to this building. The asymmetrical ground plan of the sloping plot was unified by the cubic central part of the church ended with a massive copula on the top. The basement is lined with stone that looks massively and statically and resembles architecture of a medieval fort. Thus the architecture is in harmony with the surroundings.



Jewish Primary School
Kuzmányho 4

Establishment of the primary school was an important step for the Jewish religious community. The school probably existed already in 1850. Izidor Lindenstien was one of the first teachers at the school. Students of various religions were attending the school in 1863. The original building was replaced by a new Secession building that was completed in 1910, as the old building had not been appropriate anymore. In 1910 the school had 228 students. The original building was reconstructed several times and in 2011 another floor was added to the building.



Makabi Gym, Kuzmányho 6

Makabi in Žilina was established in 1931 even though it started to operate earlier unofficially. It was an association of Jewish physical education and sport clubs during the first Czechoslovak Republic. They built a gym with dimensions 11x22 metres according to the projects by Július Stein next to the Jewish primary school in 1936. At present the building is used by the Puppet Theatre Žilina that rented it from the Jewish religious community for 50 years for 1 Euro per year. The Puppet Theatre has been operating there since 1950 and it was transformed from the original amateur ensemble Radosť.



3rd Meeting of Czechoslovak Makabi Associations in Žilina

The 3rd meeting of Czechoslovak Makabi Associations was one of the biggest sport events in the history of the town that took place on 4 to 6 July 1937. Over 2,000 gymnasts from the whole republic participated in a ceremonial parade across the town. The opening ceremony took place at the stadium of the sport club Žilina at Strehnica. Thousands of spectators watched the opening and the sport events that involved gymnastics, swimming, water polo, table tennis and tennis.



Orthodox Synagogue
Daniela Dlača 15

It was built in 1927 according to the projects by Ing. Windholz after the Orthodox members separated from the majority reform-neological community. This austere building protrudes out of the street line. A sculpture of the Moses' stone tablets with Decalogue is placed on the front façade and the Star of David is placed in the medallion above it. The precious original sanctuary and the interior divided into the male and female part were preserved. The Orthodox Synagogue is still used today as a centre of the Jewish life and culture in the town.



Museum of Jewish Culture
Daniela Dlača 15

The Jewish church community in cooperation with the Slovak National Museum and the Museum of Jewish Culture opened a permanent exposition of Jewish objects in the premises of the former female part of the Orthodox Synagogue. Ritual and sacral objects are exhibited, including archives, Torahs and textiles having any connection with the Žilina region. The museum was opened on 30 June 1996. The exhibition hall is separated by a wooden lattice from the chapel through which the visitors can see the layout of the chapel.



Old People's Home, Hollého 9

The old people's home was built by the Israeli Women Group of Žilina determined to help the old, the poor and the ill Jews. Taking care of the people from community is an important part of the Jewish life. Austere Functionalist façade by architect Michal Maximilián Scheer with horizontal windows was completed in 1936. In May 1944 the first two refugees from Auschwitz, Walter Rosenberg and Alfred Wetzler were hiding there. They wrote there the 32 page report about what was happening with the Jews in Auschwitz.



Ceremonial Hall, Jesenského 1

The building of the ceremonial hall at the Jewish cemetery was designed by architect Július Stein in 1936. Symmetrical austere building is rather monumental. The ceremonial hall with vertical pilasters is sunlit through stained glass windows. The simple interior with a compartment ceiling includes a coffin catafalque and place for the mourners. The ceremonial hall is used for funerals and also as a reverent hall. Technical premises and the caretaker's apartment are situated at the sides of the building.



Memorial to the Victims of Holocaust, Jesenského 1

Architect Jozef Zweigenthal created a unique Memorial to the Victims of Holocaust from Žilina in the ceremonial hall of the cemetery, which was unveiled on 26 October 1952. A 5.5-metre high stela in shape of a pyramid made of black Swedish granite with the Moses' stone tablets with Decalogue at the bottom is the central motif. White marble tables with 2,642 names of Holocaust victims from Žilina and its neighbourhood are on the sides. 42 names of combatants fallen during the Second World War are written in an honourable position.



Jewish Cemetery, Jesenského 1

The Jewish Cemetery in Žilina was established in 1852. The cemetery has a splendid iron entrance gate. Through the gate and through the ceremonial hall you can get to graves via a tree-lined path that goes across the cemetery. The dimensions of the cemetery are 40x180 metres, it lies on plain terrain, it is surrounded by a strong wall, and there are more than 1,450 graves. It has a unique spirit of reverence to our ancestors. It is one of the few well-preserved Jewish cemeteries in Slovakia.



Military Cemetery, Jesenského 1

More than twenty Jewish soldiers who died in a lazaret (hospital for wounded soldiers) during the First World War were buried at the Jewish cemetery. Their tombs were transferred from the First World War Military Cemetery that was abolished in order to enable building the town road circuit – overpass. With the graves of 1,276 who soldiers died during the First World War, of various nationalities and of various religions, it was one of the largest military cemeteries in Slovakia.



**"Road of No Return" Memorial
Závodská cesta**

Ivan Gašparovič, then President of the Slovak Republic, was present at the ceremony of unveiling the Memorial in 2004. The Memorial stands on the place, where a reception camp (concentration camp centre) used to stand from March to October 1942. As many as 18,223 Jews were sent from the reception camp to the road of no return, to Nazi death camps. Ariele Klein (* 1927), native of Žilina living in Jerusalem, is the author of the idea of building a memorial on the place of the reception camp. The Memorial was built by the town Žilina.



61st TIP



1:00 h

FAIRY-TALE ŽILINA

Tour of the town for parents with children guided by Lady Clementine of Žilina dressed in a medieval costume. Children and adults will learn about historical facts about Žilina through interesting and untraditional interpretation. Those, who decide for this circuit, will see the sights on Hlinka Square, Art Gallery of River Váh Region, Town Theatre, Holy Trinity Cathedral and Burian Tower, Marian Square and the most important buildings – Church of the Conversion of St. Paul the Apostle, Town Hall, Rákoczi's House, New Synagogue, etc. The presentation includes legends about the sights.

Tourist Information Office of Žilina, A. Hlinka Square 9, 010 01 Žilina

Tel.: +421 41 723 31 86, +421 907 845 567

www.tikzilina.eu GPS: 49° 7' 58.44" N, 18° 26' 35.88" E



ŽILINA AT NIGHT

Attractive tour of the town by the light of lanterns and torches guided by lady Clementine or by a professional guide for all those who are not afraid of the dark. Under the veil of darkness you will learn about medieval hygiene, catering, fires in Žilina, habits and traditions of the middle ages. It is the Small Circuit through Historical Žilina supplemented by interesting historical facts and legends about the town.

Tourist Information Office of Žilina, A. Hlinka Square 9, 010 01 Žilina

Tel.: +421 41 723 31 86, +421 907 845 567

www.tikzilina.eu, GPS: 49° 7' 58.44" N, 18° 26' 35.88" E



TOUR OF CATACOMBS

This is a popular tour of underground premises, so-called catacombs under the Church of the Conversion of St. Paul the Apostle (Orphanage Church) at Mariánske Square. During the tour, the guide will tell you many interesting facts and you will also learn about Jewish children had been hiding in the catacombs not to be dragged to concentration camps. If you are interested in such tour, you have to book it in advance in TIK Žilina. The tour starts at Mariánske square in front of the shop "Lúč". We recommend taking a torch or a head light with you. You should pay the fee for the tour directly to the guide before the tour. A part of the admission fee is used for reconstruction of the church.

Tourist Information Office of Žilina, A. Hlinka Square 9, 010 01 Žilina

Tel.: +421 41 723 31 86, +421 907 845 567

www.tikzilina.eu GPS: 49° 7' 58.44" N, 18° 26' 35.88" E

63rd TIP



0:45 h



BUDATÍN CASTLE

The Castle and its large park in the town part Budatín is a pleasant place for families with children, couples and friends. You can walk in the park in every season and you can also take your pet with you. The reconstructed castle tower offers a peek into the history and a walk through the park will delight your body and your soul. Budatín Castle is the place where various events are organised throughout the year.

Topoľová 1, 010 03 Žilina

Tel.: +421 41 500 15 10

www.pmza.sk

GPS: 49° 14' 10.27" N, 18° 44' 4.05" E

64th TIP



1:00 - 2:00 h



65th TIP



1:00 - 2:00 h

BURIAN TOWER

This detached bell tower of the Church of the Holy Trinity offers a unique view of the town. It is called after a 2,336 kg bell and it resembles popular Italian town bell towers – campanile. After visiting it, you can wander through the streets of the old town and explore beautiful secluded places.

- You can have a tasty lunch at the restaurant of Hotel Dubná skala.

Location: **Žilina centre**

Tours of the tower can be ordered in the Tourist Information Centre of Žilina, A. Hlinka Square 9, 010 01 Žilina

Tel.: +421 41 723 31 86, +421 907 845 567

www.tikzilina.eu

GPS: 49° 7' 58.44" N, 18° 26' 35.88" E

GPS Burian tower: 49°13'26.42"N, 18°44'26.48"E



66th TIP



1:00 - 2:00 h

CULTURAL "BOOTHS"

Town Theatre in Žilina, Žilina – Zárčie Station, New Synagogue, Fatra House of Culture - often offer an interesting and attractive programme. You can find information about the current programme here:

www.tikzilina.eu, www.regionmalafatra.sk, www.zilinsky-kraj.sk

Žilina – Zárčie Station

Závodská cesta 3/2844, 010 01 Žilina

Tel.: +421 948 344 606

www.stanica.sk

GPS: 49° 13' 06.05" N, 18° 43' 51.23" E

Mestské divadlo Žilina

Horný Val 3, 010 01 Žilina

Tel.: +421 41 381 00 00

www.divadlozilina.eu

GPS: 49° 13' 26.41" N, 18° 44' 27.72" E



ART GALLERY OF THE RIVER VÁH REGION

The programme of the Gallery is focused on the presentation of contemporary fine art overlapping with the art of the 60's, 70's and 80's. Except for new media, such as installations, video art, site-specific art; classical media such as painting, statues, graphics, poster or photography are used as well. Permanent exposition of Vincent Hložník and the First Museum of Intermedia – from the collection of the Art Gallery of River Váh Region in Žilina are popular among people. Various exhibitions of works of well-established Slovak fine artists are held in the exhibition premises of the Gallery. You will get to know the works by Slovak fine art personalities and by artists from younger generation as well.

Považská galéria umenia v Žiline, M. R. Štefánika 2, 010 01 Žilina

Tel.: +421 41 562 25 22

www.pgu.sk GPS: 49° 13' 28.71" N, 18° 44' 33.75" E

67th TIP



1:00 h



MUSEUM OF RIVER VÁH REGION

It is a museum specialised in tinkery and in the history of transport in Slovakia. In the field of regional studies it deals with scientific fields of history, archaeology, ethnology, art, numismatics, zoology, botany and geology and it operates in districts of Žilina and Bytča. The museum also administers expositions at Strečno Castle, Budatín Castle, marriage palace in Bytča, Museum of Transport in Rajecké Teplice, the Folk Architecture Objects in Čičmany, and exposition Jánošík and Terchová in Terchová. The Museum organises interesting cultural-educational events throughout the whole year. Festival of Tinkery, Rajecká Anča (rides by historical trains), night tours of Strečno Castle, and other events are really worth visiting.

Považské múzeum v Žiline,

Topolová 1, 010 03 Žilina, Tel.: +421 41 500 15 10

www.pmza.sk

GPS: 49° 14' 10.27" N, 18° 44' 4.05" E

68th TIP



3:00 - 4:00 h



69th TIP



0:30 - 1:00 h

MUSEUM OF JEWISH CULTURE

The exposition is placed in the Orthodox Synagogue that is currently used for spiritual purposes. Majority of the exhibited objects are sacral objects owned by the Jewish Religious Community of Žilina.

Múzeum Židovskej kultúry

Daniela Dlabáča 15, 010 01 Žilina

Tel.: +421 908 694 333

www.kehilazilina.sk

GPS: 49°13'24.87"N, 18°44'41.20"E



70th TIP



0:30 - 1:00 h

GALLERY PLUSMÍNUSNULA

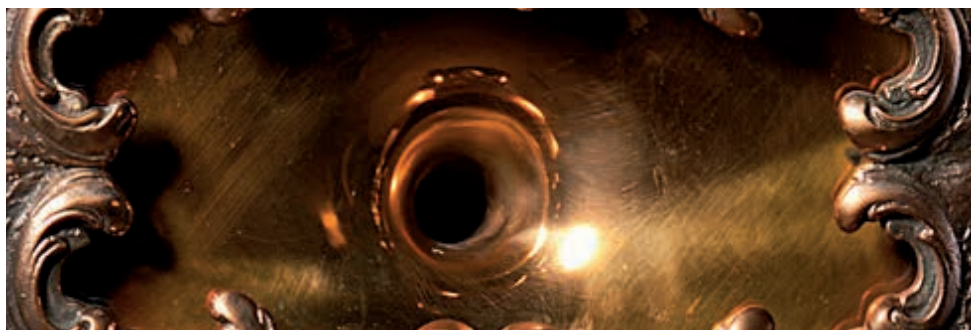
A unique chamber space for contemporary art. It was initiated by two architects: Akad. arch. Dušan Voštenák and Mgr.art. Lenka Voštenáková and designer Mgr.art. Ján Gašparovič, who takes care of the Gallery together with the curator Katarína Gatialová. The Gallery exists thanks to the financial support by the Ministry of Culture of the Slovak Republic and in 2015 also thanks to the support by foundation ERSTE.

Gallery Plusmínusnula (Galéria ± 0,0), Hurbanova 11, 010 01 Žilina

Tel.: +421 905 365 149

www.plusminusnula.blogspot.sk

GPS: 49° 13' 29.47"N, 18°44'13.36" E



GALLERY M

This gallery focuses on sale of the works of art. It organises vernissages (private viewings) throughout the whole year.

Galéria M, s. r. o.
Mariánske square 195/1, 010 01 Žilina
 Tel.: +421 910 663 963
www.galeriam.sk
 GPS: 49°13'26.23"N, 18°44'21.97"E

71st TIP



0:30 - 1:00 h



GALLERY F

The gallery is presenting the world of photography as one of the fine art techniques. It is a small gallery in Žilina. In Slovakia the position of photography as art is still not equal to the position of other fine art techniques compared to the position of photography in the world.

Galéria F, Predmestská 90, 010 01 Žilina
 Tel.: +421 41 562 00 88
www.va1.sk/galeria.html
 GPS: 49°13'10.49"N, 18°45'14.81"E

72nd TIP



0:30 h

RAJEC VALLEY

– ATTRACTIONS





LIETAVA CASTLE

The Castle lies in village Lietava, 12 km from Žilina. Although the village is small, the ruins of one of the largest castles in Slovakia tower above it. The ruin is also a national cultural monument. You can get to the ruins from Lietava – Majer along the blue mark. Or you can start in village Lietavská Svinná and follow the green marks. It's up to you how long you will stay at the ruins. The Castle is large and there are plenty of things to see. From some places you can see Súľov Rocks and the ridge of Lúčanská Malá Fatra.

013 18 Lietava

www.hradlietava.sk

GPS: 49° 9' 38.61"N, 18° 41' 5.91"E

73rd TIP



2:00 - 2:30 h



PORÚBKA / MOUNTAIN AND ROCK CLIMBING

Climbers should head for "Slnčné skaly" (Sunny Rocks) just outside the village of Porúbka. Driving from Žilina towards Rajec, the rocks can be seen on the right. Safety equipment includes bolts, anchors and pitons. Cars can be parked after the camp (not in it), on the right after an "S" bend. The rocks can also be reached by a 15-minute walk from the bus and railway stop at Poluvsie. The rocks really do catch the sun and have both easy and more difficult routes. After a hard day's climbing, visit Pizzeria Brod in Porúbka for good refreshments.

Porúbka – Slnčné skaly

<http://www.lezec.sk/sprievodca-lezenia.php?oblast=46>

www.james.sk

GPS: 49° 8' 29.14"N, 18° 43' 4.00"E

74th TIP



4:00 - 5:00 h



75th TIP



0:30 h

RAJECKÁ LESNÁ / BETHLEHEM

The biggest moving Bethlehem in Slovakia is a breathtaking exposition. The unique work in Rajecká Lesná will certainly amaze you. Master Jozef Pekar started to carve the Bethlehem in 1980. He had been working on it for the incredible time of 15 years. It is situated in the House of God and except for the Birth of Christ it depicts the history of the Slovak nation. The Bethlehem includes the most important Slovak sights, it depicts everyday life and working activities of Slovaks in the past. The whole work is 8.5 m long, 2.5 m wide and

3 m high. It includes approximately 300 figures, half of which are moving. Please mind that it is a bit colder in the exhibition room. The admission is free, but you can pay a voluntary admission fee.

013 15 Rajecká Lesná, Tel.: +421 41 548 81 34

www.bethlehem.rajeckalesna.org

GPS: 49° 02' 38.07" N, 18° 38' 05.19" E



76th TIP



2:00 - 3:00 h

RAJECKÉ TEPLICE / SPA APHRODITE

Thermal spa Rajecké Teplice and its rich offer of services, pools, sauna world and beauty procedures will delight your body and soul in any weather. The thermal spa is established in spectacular Antique style and it is popular for its natural thermal healing water. The water world consists of two interior pools and four exterior pools. The sauna world is an attractive place designed in Orient style. You can choose Arabic sauna, salt sauna, herbal sauna, menthol sauna, Finnish sauna and tepidarium. The spa guests can use several restaurants, a café with a view of the water world and a stylish lobby bar with a fire place.

Osloboditeľov 131/4, 013 13 Rajecké Teplice

Tel.: +421 905 669 294

www.spa.sk

GPS: 49° 7' 46.09" N, 18° 40' 55.99" E



RAJEC / THERMAL POOL VERONIKA

There are 8 pools for all age categories. Those who like sports can play beach volley ball, minigolf, table tennis, basketball directly in the area. The refreshment offer is rich, too. Children's attractions include toboggan, slides, climbing frames and a sandpit.

Kúpalisko Veronika,
Bystrická 57, 015 01 Rajec
 Tel.: +421 41 542 24 57

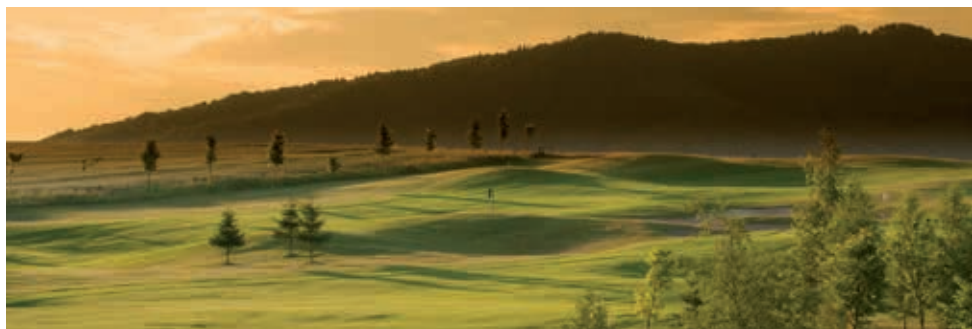
www.veronika-rajec.sk

GPS: 49°5'39.61"N, 18°37'59.05"E

77th TIP



3:00 - 4:00 h



RAJEC / GOLFPARK

Beautiful modern 9-hole golf course in Rajec is the golf course nearest to Žilina. You can test your skills at water hazards, moving and stable golf hazards. Beginners can obtain their green card in the academy. Žilina-Rajec golf club operates in the region. The Golf Park is open for all golfers.

Golf Park Rajec, 015 01 Golf area Rajec

Tel.: +421 917 477 235

www.golfparkrajec.sk

GPS: 49° 4' 44.99" N, 18° 37' 45.68" E

78th TIP



4:00 - 5:00 h

KYSUCE

– ATTRACTIONS





MUSEUM OF KYSUCE VILLAGE

We recommend the permanent open air museum in Vychylovka as the first attraction to visit in the Kysuce region. It is the largest exhibition in Slovakia. A historical forest back-swath railway that used to carry logs drives across the territory of the museum. Today the train is a popular tourist attraction that will drive you through the open air museum. Today, an almost 11 km long railway section is a Slovak national cultural monument. The museum is open from May to October and on Sundays it organises various programmes with demonstrations of traditional production technologies and performances of family, calendar and work habitual traditions by folk groups, ensembles and folk music bands from Kysuce region.

**Skanzen Vychylovka a Kysucko-Oravská lesná železnica,
023 05 Nová Bystrica – Vychylovka**

Administration office of Open Air Museum Vychylovka: +421 41 439 73 50

Cash desk: +421 41 439 72 19

www.kysuckemuzeum.sk

GPS: 49° 22' 55.42"N, 19° 5' 40.26"E

79th TIP



3:00 - 4:00 h





80th TIP



0:15 h

SLOVAK ASTRONOMICAL CLOCK IN STARÁ BYSTRICA

On your way from Vychylovka you should certainly stop in the centre of Stará Bystrica at the Square of St. Michael Archangel to see the biggest wooden statue in Slovakia and the first Slovak astronomical clock. So-called astrolabe, a clock face with astronomical data, is the heart of the astronomical clock. And it is the astrolabe that makes the Slovak astronomical clock in Stará Bystrica the one and only astronomical clock in Slovakia. Every full hour chime from 8.00 a.m. to 10:00 p.m. is accompanied with a promenade of 7 Slovak saints. You can have a lunch in the nearby restaurant Oblúbená and after the lunch you can relax for a while in the park of St. Florian, an important part of the village history and a relaxation zone.

Location: **Centre of Stará Bystrica**

GPS: 49° 20' 45.96" N, 18° 56' 12.23" E



81st TIP



0:15 h

FAIRY-TALE STATUES

If you take your children for a trip, you should stop in the Alley of Sovereignty to see 5 fairy-tale statues. You probably know the popular shepherds Matko and Kubko. Discover the other 3 sculptures with the littlest ones.

Location: **Centre of Stará Bystrica**

GPS: 49° 20' 49.69" N, 18° 56' 28.54" E



LOOKOUT TOWER ON BOBOVEC HILL

The lookout tower lies 720 metres above sea level at the border of Stará Bystrica and Radôstka. The name of the tower is derived from fava bean (bôb in Slovak), a legume that used to be rather popular in the past. The tower is 16 metres high and it is built from traditional materials – stone and wood. It offers a nice view of Malá Fatra, Martinské Hole, Veľká Rača and Lysá Hora in the Czech Republic. You can continue along Nocľahy ridge eastwards to a place, from which you can see the village Nová Bystrica and water reservoir, or you can return back to Stará Bystrica.

Location: **Stará Bystrica**

GPS of the lookout tower: **49° 20' 25.26" N, 18° 56' 51.36" E**

82nd TIP



2:35 h



SECOND WORLD WAR BUNKERS

They were uncovered in 2012 by Martin Mikovčák and his classmates – architecture students and sponsors. You can see them along the left bank of Bystrica River in Krásno nad Kysucou and in Zborov nad Bystricou, if you drive along the Bystrica Cycling Artery. The bunkers represent the period of liberation of Krásno nad Kysucou and its neighbourhood occupied by the Germans in November 1944. The fortification works were constructed in particular in the retreat area from Upper Orava region through Bystrická dolina valley. The fortification was called “ringstand 58c” or also “Tobruk” and it was built by local citizens. Machine guns MG 34 and MG 42 were used in the bunkers.

GPS: **49°23'29.40" N, 18°51'48.00" E**

83rd TIP



0:15 - 0:30 h



84th TIP



1:00 h

MUSEUM OF LOCAL HISTORY IN KRÁSNO NAD KYSUCOU

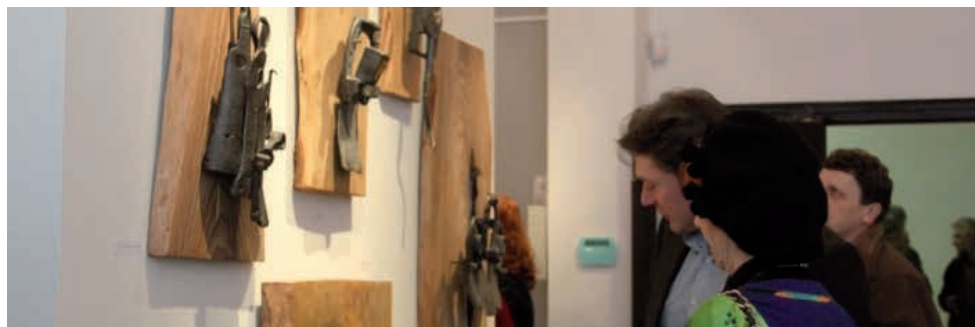
A life-size replica of a female mammoth is the main attraction of the museum. Crafts (e.g. smithery, cooperage, wheeler production...) and tinkery - the oldest supplementary job in Kysuce region - are an important part of the exposition. The museum includes fauna and flora exhibits of the north-western Slovakia, too.

Dom kultúry, 1. mája street, 023 02 Krásno nad Kysucou

Tel.: +421 41 562 23 38

www.kysuckemuzeum.sk

GPS: 49° 23' 42.15" N, 18° 49' 47.85" E



85th TIP



0:30 h

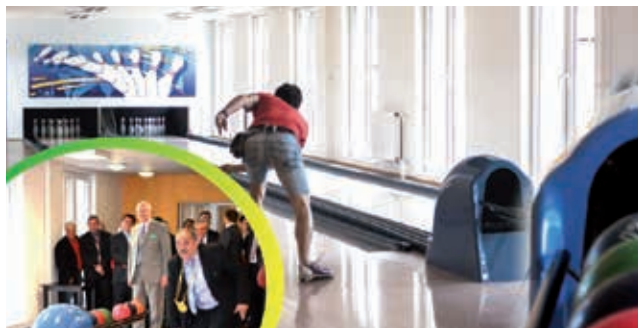
HALL OF FRANTIŠEK HÜBL / KRÁSNO NAD KYSUCOU

Fine art enthusiasts should take their chance to visit the smallest gallery in the Kysuce region – the Hall of František Hübl. It is situated in the house of Culture in the Hübl's native town and it presents a wide and a heterogeneous selection of his artistic talent. The exhibited works were selected from the collection and documentation fund of Kysuce Gallery. Various exhibitions are organized there throughout the year.

Dom kultúry, 1. mája street, 023 02 Krásno nad Kysucou

Tel.: +421 41 438 52 39

GPS: 49° 23' 42.15" N, 18° 49' 47.85" E



SPORT AREA / KRÁSNO NAD KYSUCOU

Relaxation and recreational area offers a two-sided climbing wall for the courageous ones. The wall is 7 metres high and the total climbing area is 180 m². Two fully automated bowling lines were built nearby. The centre includes a small bar with toilets. A fitness centre is situated in the premises of the football tribune. The fitness centre includes dressing rooms with showers, toilettes and a relaxation zone.

Sport area

I.mája street, 023 02 Krásno nad Kysucou

Tel.: fitness +421 940 343 003, bowling +421 940 741 338, climbing wall +421 907 193 096

GPS: 49°23'27.27"N, 18°49'53.13" E

86th TIP



1:00 - 2:00 h



STONE BRIDGE BLÁŽKOV AND IRON-CONCRETE BRIDGE OVER BYSTRICA RIVER / KRÁSNO NAD KYSUCOU

Blážkov Bridge lies at the entrance to Krásno nad Kysucou from Kysucké Nové Mesto. It bridges a small valley of Drozdovský potok brook approximately 10 metres above the ground. With its 50-metre length it is perhaps the longest bridge in Slovakia. The other bridge – the iron-concrete bridge over Bystrica river – is one of the biggest preserved iron-concrete bridges in Central Europe. Its two arches have a clear height of 16.45 m.

GPS of Blážkov Bridge: 49° 21' 53.67" N, 18°50' 08.82" E

GPS of Bridge over Bystrica: 49° 23' 57.76" N, 18° 50' 22.97" E

87th TIP



0:15 - 0:30 h



88th TIP



1:00 - 2:00 h

MANOR HOUSE IN RADOLA

Radola – the oldest village of Kysuce region – is hiding a unique monument, a real jewel of Kysuce region, as many say. It is a magnificent Renaissance manor house that belongs to the oldest cultural monuments of Kysuce. Inside the house you can see interesting exhibits – back tooth of a mammoth, primitive work tools or ceramics. A replica of a mammoth calf is perhaps the biggest attraction. Interesting events or workshops are organised in the manor house throughout the year.

023 36 Radola

Tel: +041 41 421 25 05

www.kysuckemuzeum.sk

GPS: 49° 17' 43.48" N, 18° 47' 17.78" E



89th TIP



0:30 h

CHURCH OF ST. ANDREW SVORAD AND BENEDICT / RADÔSTKA

The Roman-Catholic Church of St. Andrew Svorad and Benedict is a jewel of the village Radôstka. It received an important international award for its unique architecture. The building may look modern, but it also follows the tradition of Kysuce architecture and it perfectly corresponds with the hilly terrain.

023 04 Radôstka 304

Tel.: +421 41 439 51 62

www.radostkafara.sk

GPS: 49° 19' 41.37" N, 18° 56' 32.46" E



MUSHROOM HUNTING

A position at the meeting point of oceanic and continental weather systems means the Kysuce region produces a rich harvest of many sorts of mushrooms. Interesting places to hunt mushrooms include the patches of oak and beech forest on limestone around Kysucké Nové Mesto, in particular Ladonhora, Velké Ostré and Malé Ostré. The beech and spruce forests around Stará Bystrica are also rich in mushrooms.

90th TIP



1:00 - 4:00 h



SHOOTING RANGE

The shooting range at Zákopčie invites shooting enthusiasts and the general public to practise their hunting aim or enter the marksmanship competitions held several times a year. The range is open on working days and weekends. There are targets for various disciplines and booking is required for individuals and groups. No guns or ammunition are kept on site so bring your own. There are refreshments only for competitions. Groups of 6 to 8 can sleep at a nearby chalet and there is a sheltered area for barbecuing.

91st TIP



1:00 - 3:00 h

Obvodná poľovnícka komora Čadca, Palárikova ulica 1086, 022 01 Čadca

Tel.: +421 901 704 706

www.spz.ca.sk



92nd TIP



4:00 - 8:00 h

HUNTING

The Kysuce region has a wide variety of game. There are 29 hunting grounds in the region. The most common species are red deer, roe deer and wild boars. The hunting grounds are also home to fallow deer and mouflons, while predators are represented by the brown bear, wolves, lynxes, badgers, raccoon dogs and pine martens. The region also shelters the protected bird species western capercaillie and black grouse. The hunting grounds in Kysuce are mainly coniferous forests and sub-mountain grassland, where hunters can participate in paid hunts as individuals or part of a group. In case of interest, contact the Čadca Hunters' Chamber (OPK).

**Obvodná poľovnícka komora Čadca – Čadca Hunters' Chamber,
Palárikova ulica 1086, 022 01 Čadca
Tel.: +421 901 704 706**

www.spzca.sk





ANGLING

The branch of the Slovak Angling Association in Kysucké Nové Mesto offers a variety of ways for angling enthusiasts and other visitors to enjoy spending time on the banks of the River Kysuca. The river flows the length of the Kysuce region but the best fishing grounds are in its lower section between the town of Krásno nad Kysucou and the confluence with the Váh at Budatín in Žilina. There are many species of fish in the river. The most common are brown trout, grayling, European chub, common nase and barbel. The recommended and most effective fishing method for the Kysuca is fly fishing with a spinning rod and reel. An interesting location is a section of the Kysuca near Ochodnica where a "Catch and Release" system operates and which has become of a favourite destination for many anglers.

Nesluša Reservoir (Neslušanka)

Another tip for excellent fishing is the 9 ha Nesluša Reservoir. It is located 3 km south of Kysucké Nové Mesto. It can be reached by car or bicycle. The local organisation has a chalet here which can be used for family or company parties or other events. The reservoir has become a popular place for recreation.

Fishing with floats or with weights is recommended. The most common catches are carp but you may also find predators such as perch, pike and eels.

Visitors to the lower Kysuca can buy a fishing permit at the petrol station in Kysucké Nové Mesto.

Slovenský rybársky zväz – Slovak Angling Association, Kysuca branch

Tel. of branch secretary: +421 903 525 206

www.srzkysuca.com

93rd TIP



4:00 - 8:00 h



ORAVA

– ATTRACTIONS





ORAVA CASTLE

Orava Castle is one of the most beautiful and the most popular castles in Slovakia, and a main attraction of the Orava region as well. The Castle is a national cultural monument. A tour through the Castle lasts approximately 2 hours and only guided tours are available. The Castle stands on a rock above the village Oravský Podzámok, 112 metres above the Orava River. The castle rock was settled sometime in prehistoric era. The Castle was mentioned for the first time in a document from 1267, when the Castle was royal property. It had many owners. Thurzo family reconstructed the Castle into the present appearance and such reconstruction made the Castle an important Renaissance building. Soon the Castle was preserved and reconstructed again, while the Pálffy family (the last owners) performed a partial reconstruction in Romantic style. The last and the most important complex reconstruction was made in 1953 - 1968. Chapel - its interior and furnishings from 1752 – is the best preserved part of the Castle.

The Castle is open whole year round (except for April) and many interesting events - from concerts and drama performances, through fairy tales to scary night tours – are held there. You should check the programme in advance in order not to miss anything.

Directly under the Castle there is the Museum of Carriages and Sleighs of Nobility. It possesses the largest unique collection in Slovakia. You can see 21 exclusive exhibits in original and renovated condition. It is open during the season only – during weekends in May, and daily from June to August.

Administrative building No. 2, 027 41 Oravský Podzámok

Tel.: +421 43 581 61 51

www.oravskemuzeum.sk

GPS: 49°15'40.3"N, 19°21'28.2"E

94th TIP



2:00 h





95th TIP



1:00 - 1:30 h

TRIP DOWN THE RIVER ORAVA ON RAFTS

This is an activity for those who like water, beautiful nature and history. You will get precious information about the surrounding nature, or about Orava Castle and you will listen to experienced rafters and their amusing stories while sailing down the river Orava. This adventure lasts for about one hour. After sailing down the river you should not miss visiting the Orava Castle.

Tandem s.r.o.

Beginning: **From Horná Lehota to Oravský Podzámok**

Tel.: +421 911 358 182

www.plte-orava.sk



96th TIP



2:00 - 3:00 h

AQUARELAX DOLNÝ KUBÍN

It is a modern aquapark with a 25 metre long swimming pool, and water world with water attractions, Finish sauna, modern relaxation-rehabilitation centre and fitness centre with turbo solarium. Your children can play with many toys in the children's corner. In summer the visitors can also use the exterior area: children's pool, sports grounds where you can rent sport requisites, inflatable attractions, climbing wall, rope park, children playground, pedal carts, sunny terrace with deckchairs and a buffet offering refreshment. After swimming you can enjoy a good lunch or dinner in restaurant Aquavia.

Športovcov 1182/5, 026 01 Dolný Kubín - Veľký Bysterec

Tel.: +421 43 238 83 74

www.aquakubin.eu

GPS: 49° 12' 30.36" N, 19° 17' 1.29" E



ORAVA FOREST RAILWAY

Both children and adults like it. A ride by train pulled by a diesel locomotive or by a steam locomotive is an adventure for the whole family. The railway track is 3 km long and it ends in the saddle Beskyd (925 metres above sea level), where you can stop for a while and climb to the outlook tower. The tower offers beautiful views of the Orava region. The trains start in station Tanečník, where you can buy souvenirs, visit a small railway museum and children can play at a playground. Parking is free.

Orava Museum – Oravská Lesná, Tanečník station

Tel.: +421 905 500 646, +421 43 552 48 91

www.oravskemuzeum.sk

GPS: 49°23'07.4"N, 019°09'41.3"E

97th TIP



1:10 h



A SAIL ON ORAVA RESERVOIR

This is another attraction that will make your stay in the region more fun. Enjoy the sail and a stop at Slanický Island – the Island of Fine Arts. You will sail around the Bird Island. The sail starts at the port No. 2 in Slanická Osada and it lasts for approximately 80 minutes including the stop at Slanický Island and seeing the expositions at the island. Tickets are purchased directly at the ship Slanica and they include all the admission fees. The season starts on 15th May and ends on 15th September. The ship capacity is 80 people.

Orava Reservoir - Slanická Osada, 029 01 Námestovo

Tel.: +421 43 586 32 12

www.orava-info.sk

GPS: 49° 24' 2.18" N, 19° 30' 53.54" E

98th TIP



1:20 h



99th TIP



1:00 h

ADVENTURE GOLF ZÁZRIVÁ

This 18-hole adventure golf course is situated in a beautiful environment. It is played on miniature green and the ball is pushed by putters. It is great fun for all age categories, it is not difficult, and it is suitable for everybody. There is a restaurant in the area, too.

Adventure Golf, Malá Petrová 8, 027 05 Zázrivá

Tel.: +421 907 826 250

www.janosikovdvor.sk

GPS: 49°15'48.51"N, 19°7'58.64"E



100th TIP



2:00 - 3:00 h

OPEN AIR MUSEUM OF SLOVAK VILLAGE IN ZUBEREC

More than 50 houses of folk architecture are situated in the beautiful natural environment of village Zuberec, local part Brestová. The wooden church from the 16th century from village Zábřež is an interesting jewel of the open air museum. Many events are organised in the museum throughout the year. Evening tours with untraditional professional interpretation and original folk music are very popular. Orava folklore and folk crafts are usually presented on Sundays. You can also see a mini zoo

and presentations of traditional crafts in the museum. Pub "Krčma u Mlynára" is opened during the summer season. Restaurant "Podroháčska koliba" is nearby the open air museum.

Brestová 850, 027 32 Zuberec

Tel.: +421 43 539 51 49

www.muzeum.zuberec.sk

GPS: 49°15'36.22" N, 19°39'46.82" E



MUSHROOM HUNTING

Orava has long been considered a paradise for mushroomers, not only because of the large harvests of common mushrooms but also for the many rare and unusual species that nature lovers can find. The main hunting grounds close to Terchová are around the village of Zázrivá. The area has a unique character and will fill the basket of every mushroom lover according to their taste. Popular hunting grounds include Kozínska and Havrania, with many visitors also going to Ráztoky or Paráč in the direction of Oravská Lesná. The majority of edible mushrooms are collected here in spruce and beech forest. In spring there are whole rings of St George's mushrooms, in the summer boletes and russula mushrooms, and in the autumn agarics.

101st TIP



1:00 - 4:00 h



ANGLING

There are fishing grounds on the lower part River Orava between the confluence with the Váh at Kralovany and the mouth of the Raciborský Stream below the village of Oravský Podzámok. You can catch rainbow and brown trout, grayling, chub, barbel, nase and, near the end of the year, huchen. Trout fishing grounds can also be found on the River Orava's tributaries. There are fishing grounds for carp at Istebné and Párnica. As well as several species of carp and perch, these are stocked with bream, pike and catfish. Buy daily and week visitor licences for these fishing grounds from Mr Martin Hubinák's fishing supplies shop on the square in Dolný Kubín. Contact tel.: +421 918 378 229.

102nd TIP



Slovenský rybársky zväz – Slovak Angling Association, Dolný Kubín branch
Tel.: +421 907 828 386

www.mosrzkubin.wbl.sk

GUIDES

CITY

TOURIST INFORMATION

OFFICE TIK ŽILINA

A. Hlinka Square 9, 010 01 Žilina

Tel.: +421 41 723 31 86, +421 907 845 567

www.tikzilina.eu

GPS: 49° 7' 58.44" N, 18° 26' 35.88" E

TM TRAVEL AGENCY

Tel.: +421 904 680 370

www.zilinatouristguide.eu

MOUNTAIN

RAW VRÁTNA

Pod Sokolím 16154, 013 06 Terchová

Tel.: +421 903 528535, +421 903 546 600

www.raw-vratna.sk

GPS: 49° 13' 42.46" N, 19° 2' 7.62" E

LOCAL MOUNTAIN RESCUE SERVICE (OS HZS)

MALÁ FATRA – VRÁTNA

Vrátna č.2114, 013 06 Terchová

Tel.: +421 41 569 52 32

MOUNTAIN PROGUIDING – MOUNTAIN GUIDES

Tel.: +421 907 528 355, +421 948 037 333

TELEPHONE NUMBERS

Integrated rescue system: **112**

Fire emergency: **150, 112**

First aid: **155, 112**

Police: **158, 112**

Municipal police: **159**

LOCAL MOUNTAIN RESCUE SERVICE (OS HZS) MALÁ FATRA: +421 41 569 52 32

Break down service: **0123**

Air rescue service: **18 155**

Break down and emergency service for vehicle drivers: **18 128, 18 154**

Towage service and assistance "Global assistance Slovakia": **18118**

Traffic update: ***75 (from mobile phone)**

Information on telephone numbers in the Slovak Republic: **1181**

Info assistant – information 24/7, bus/ train timetables, medical facilities, etc.: **12111**

TRANSPORT

Public transport Žilina +421 908 702445, web: www.dpmz.sk

Slovak Bus Transport SAD Žilina: +421 41 565 19 38, +421 911 511 056, www.sadza.sk

Railways of the Slovak Republic: **18 188**

Car Rental Žilina +421 42 321 12 47

Taxi Žilina: +421 41 290 19 93, +421 907 155 312, +421 907 334 111

Transport Terchová: +421 41 569 53 22

RULES FOR VISITORS OF THE NATIONAL PARK MALÁ FATRA



IMPORTANT POINTS

- The territory of the National Park and its protection zone is marked by standardized boards with the state emblem of the Slovak Republic placed on the circumference in particular by the roads and hiking trails.
- The territory of the protected areas, nature reservations, national nature reservations and natural monuments that lie in the territory of the National Park and its protection zone is marked by standardized boards with the state emblem of the Slovak Republic placed on the circumference by all the access trails.
- A tourist trail is every such trail that has its registration number and that is marked in terrain by standardized trail marks of red, blue, green or yellow colour or by winter stick marking.
- Educational trail is a selected part of a tourist trail or other trail marked by standardized shaped educational trail in accordance with the decision of the competent state administration body supplemented by information boards about natural or historical interesting facts of the territory, possibly also with a printed guide.
- A cycling trail is every trail that has its registration number and that is marked in terrain by standardized cycling tourism mark of red, blue, green or yellow colour.
- In the territory of the National Park and its protection zone, the visitors are obliged to behave so that no useless damage of nature, plants and environment would be caused, no animals would be hurt, and environment would not be destroyed; contamination of environment with waste and breach of peace and silence are prohibited, too.
- A dog must be on a leash in the territory of the National Park.

RULES FOR VISITORS OF THE NATIONAL PARK MALÁ FATRA

For the complete wording of the Rules for Visitors please refer to:

www.npmalafatra.sk/vyuzivanie-uzemia/sportovo-rekreacne-aktivity/



ACCOMMODATION FACILITIES IN MALÁ FATRA REGION

You can enjoy moments of relaxation and rest in Malá Fatra if you come here for a holiday. You can choose from the rich offers of high quality accommodation facilities and from various accommodation packages for good prices offered throughout the year. You will be delighted by nice and friendly approach of the local people and personnel.

WE RECOMMEND:

HOTELS



BOUTIQUE HOTEL DUBNÁ SKALA****

Hurbanova 345/8, 010 01 Žilina

Tel.: +421 41 507 91 00

www.hoteldubnaskala.sk



HOTEL VILLA NEČAS ŽILINA****

Pri Celulózke 3494, 011 61 Žilina

Tel.: +421 41 509 10 01,

+421 918 980 084

www.villanecas.sk



HOTEL DIERY***

Biely Potok, 013 06 Terchová

Tel.: +421 41 569 53 23,

+421 911 569 532

www.hotel-diery.sk



HOTEL COUNTRY SALOON BELÁ ***

*Ulica Oslobodenia 817/109,
013 05 Belá*

Tel.: +421 41 569 32 44

www.countrybela.sk



HOTEL ROZSUTEC ***

Vrátna dolina, 013 06 Terchová

Tel.: +421 911 518 633

www.hotelrozsutec.sk



HOTEL GAVURKY ***

Sv. Martina 1400,

013 06 Terchová

Tel.: +421 41 500 35 02,

+421 903 459 478

www.hotelgavurky.sk

PENSIONS



PENSION LUKA TERCHOVÁ

*Ulica sv. Martina č. 283, 013 06
Terchová*

Tel.: +421 907 317 180

www.penzionluka.sk



PENSION GORAL*

*Holúbkova Roveň 1201,
013 06 Terchová*

Tel.: +421 948 484 888

www.terchovavratna.sk



SUITES TERCHOVÁ

sv. Cyrila a Metoda,
013 06 Terchová
Tel.: +421 907 605 079
www.apartmany-terchova.sk



SUITES STARÁ BYSTRICA

Stará Bystrica
Tel.: +421 949 030 100
www.apartmanysb.sk



COTTAGE UHORČÍK ***

Na Bukovine 1452,
013 06 Terchová
Tel.: +421 905 861 385
www.chatauhorcik.sk

SUITES

COTTAGES



COTTAGE POD VRŠKOM

Terchová 1523, 013 06 Terchová
Tel.: +421 904 929 993
www.chatapodvrskom.sk



COTTAGE U ĎURKA

Terchová, 013 06 Terchová
Tel.: +421 910 273 867
www.chatyumarunov.sk



COTTAGE ILČÍK***

Na Bukovine 1452,
013 06 Terchová
Tel.: +421 905 861 385
www.chatauhorcik.sk



COTTAGE U SVÁKA JANA

*Marunovci 1493,
013 06 Terchová*
Tel.: +421 910 273 867
www.chatyumarunov.sk



COTTAGE RAJNOHA***

*Na Bukovine 1452,
013 06 Terchová*
Tel.: +421 905 861 385
www.chatauhorcik.sk



COTTAGE NA GRŮNI

Vrátna 512, 013 06 Terchová
Tel.: +421 903 524 200
www.chatanagrundi.sk

AUTOCAMPING



COTTAGE U GREGUŠOV

Terchová
Tel.: +421 902 622 663
www.chatyumarunov.sk



COTTAGES CAMPING BELÁ

Belá – Nižné Kamence
Tel.: +421 41 569 51 35
www.campingbela.eu



CAMPING BELÁ

Belá – Nižné Kamence
Tel.: +421 41 569 51 35
www.campingbela.eu

RESTAURANTS OF THE MALÁ FATRA REGION

The region can cater to every taste from modern restaurants with global cuisine to traditional cooking in rustic restaurants. During your stay in the Malá Fatra region, you will be sure to find a restaurant that suits you and satisfies your taste buds.

WE RECOMMEND:

HOTEL RESTAURANTS



BOUTIQUE HOTEL DUBNÁ SKALA****

Hurbanova 345/8, 010 01 Žilina

Tel.: +421 41 507 91 00

www.hoteldubnaskala.sk



HOTEL VILLA NEČAS ŽILINA****

Pri Celulóžke 3494, 011 61 Žilina

Tel.: +421 41 509 10 01,

+421 918 980 084

www.villanecas.sk



TERCHOVSKÁ KOLIBA

HOTEL DIERY***

Biely Potok, 013 06 Terchová

Tel.: +421 41 569 53 23,

+421 911 569 532

www.hotel-diery.sk



COUNTRY SALOON BELÁ ***

Ulica Oslobodenia 817/109,

013 05 Belá

Tel.: +421 41 569 32 44

www.countrybela.sk



RESTAURANT HOTEL ROZSUTEC ***

Vrátna dolina, 013 06 Terchová

Tel.: +421 911 518 633

www.hotelrozsutec.sk



RESTAURANT HOTEL GAVURKY ***

Sv. Martina 1400,

013 06 Terchová

Tel.: +421 41 500 35 02,

+421 903 459 478

www.hotelgavurky.sk

REGIONAL TOURISM ORGANISATION (OOCR) MEMBERS



MALÁ FATRA
REGION

VILLAGES AND TOWNS

Town Žilina

Town Krásno nad Kysucou

Village Porúbka

Village Teplička nad Váhom

Village Radôstka

Village Belá

Village Gbeľany

Village Stará Bystrica

Village Terchová

Village Lietava

Village Zborov nad Bystricou

Village Nová Bystrica

Village Stráňavy

ENTREPRENEURS

HOTELS

- COUNTRY SALOON Belá
- Hotel Diery, Terchová
- Hotel Dubná Skala, Žilina
- Hotel Gavurky, Terchová
- Hotel Rozsutec, Terchová
- Hotel Villa Nečas, Žilina

COTTAGES

- Suites Terchová
- Cottage at Grúň
- Cottages Uhorčík, Ilčík, Rajnoha, Terchová
- Cottage “pod Vrškom”, Terchová
- Cottages “u Marunov”, Terchová

GUEST HOUSES

- Guest House Goral, Terchová
- Guest House Luka, Terchová

SERVICES

- Aqua Eden Stráňavy
- RAW – rental and ski school
- Diery Civil Association
- Terchová train
- Sport Academy Vrátna
- Vršky brewery



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TIK Stará Bystrica
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