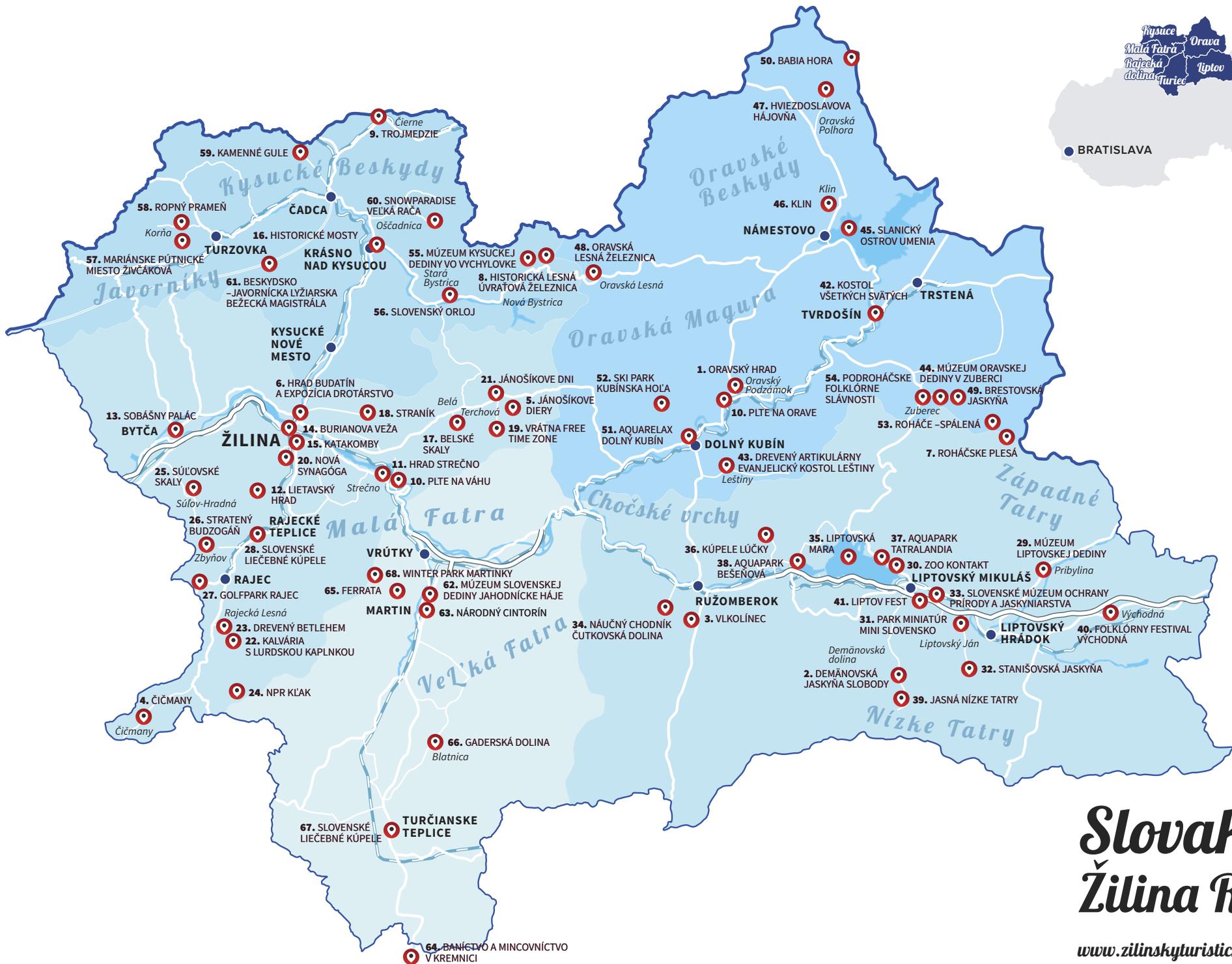




*Good to know,
better to see!*





Slovakia Žilina Region

www.zilinskyturistickykraj.sk



1 Orava Castle

One of the most visited and most beautiful castles in Slovakia is located in Oravský Podzámok. We could call it an “eagle’s nest” built on a high rock above the surrounding countryside. For many years, the castle belonged to the dynasty of Palatine Juraj Turzo. Its spooky night tours and various theatre performances are very popular. The castle has been open to the public since 1968.

Did you know that...?

The Castle was a filming location for movies such as Kráľ drozdia brada (“King Thrushbeard”), Princezná a žobrák (“The Princess and the Beggar”), Sokoliar Tomáš (“Thomas the Falconer”), and even for the first adaptation of the story about Dracula, “Nosferatu: A Symphony of Horror”.

- 📍 Oravský hrad
027 41 Oravský Podzámok
 - ☎ +421 43 581 61 11, +421 43 581 61 19
 - ✉ muzeum@oravskemuzeum.sk
 - 🌐 www.oravskemuzeum.sk
 - 📍 GPS: 49.261816, 19.358539
- November – March: Monday-Tuesday 10.00 a.m. – 3 p.m.
 April: closed
 May, September: Monday-Sunday 8.30 a.m. – 5 p.m.
 June: Monday-Sunday 8.30 a.m. – 5.30 p.m.
 July, August: Monday-Sunday 8.30 a.m. – 6 p.m.
 October: Monday-Sunday 8.30 a.m. – 4 p.m.



2 Demänovská Cave of Liberty

Enter the underground and let yourself be enchanted by beautiful colourful stalactite decorations, which rank the cave among the most beautiful caves in all of Europe. You have to overcome a 400 metre-long educational trail with an elevation of 67 metres to get to the cave entrance. The tour is 1800 metre-long and comprises more than 900 steps. It is the most visited cave in Slovakia.

Did you know that...?

The cave temperature never changes, remaining at 7 °C.

- 📍 Demänovská jaskyňa slobody
032 51 Demänovská Dolina
 - ☎ +421 44 559 16 73
 - ✉ djslob@ssj.sk
 - 🌐 www.ssj.sk
 - 📍 GPS: 48.998100, 19.585100
- January – May: Monday: closed, Tue–Sun 9.30 a.m. – 2 p.m.
 June – August: Mon–Sun 9.00 a.m. – 4 p.m.
 September – 15 November: Monday closed, Tue–Sun 9.30 a.m. – 2 p.m.
 16 November – 26 December: closed
 27 – 31 December: Monday closed, Tue–Sun 9.30 a.m. – 2 p.m.



3 Vlkolínec



When in Liptov, do not miss the chance to visit the most preserved reserve of folk architecture in Slovakia, registered in the UNESCO list, whose first written records come from the 14th century. It is a live village of Slovak mountain housing located on the original site with 19 permanent inhabitants living in 6 houses from a total of 55. Small wooden houses, painted with pastel colours, come mainly from the 19th century. All houses are made of wood, with only the church made of bricks. A very popular building in Vlkolínec is the timbered two-storey bell tower from the 18th century, situated on a stone stand and a timbered well from the 19th century.

Did you know that...?

Legends say that the village got the name Vlkolínec because its inhabitants used to protect the town of Ružomberok against wolves, capturing them in wolf pits.

-  Vlkolínec
-  +421 918 596 432
-  info@vkolinec.sk
-  www.vkolinec.sk
-  GPS: 49.038493,19.277197

16 June - 15 September: Monday-Sunday 09.00 a.m. – 5 p.m.
 16 September - 15 June: Tuesday-Friday 09.00 a.m. – 3 p.m.
 Saturday-Sunday: 9.00 a.m. – 4 p.m.



4 Čičmany

A fairytale village of “gingerbread cottages” - log houses rich with outer decorations of timbered walls in the form of white geometric patterns. Ornaments of this kind are very unique for all of Central Europe. More than 130 houses are located here. To protect and preserve this culture for future generations, in 1977 a part of the village was declared as a conservation area of folk architecture. The village still pursues folk traditions. The technique known as geometric ornamentation is used to embroider not only pictures and tablecloths, but also beautiful folk costumes.

Did you know that...?

The ornaments were probably created by accident when housewives used the rest of the mixture for sealing gaps to decorate their homes, and they took inspiration from the patterns of traditional costumes.

-  Objekty ľudovej architektúry Čičmany
- 031 15 Čičmany 137
-  +421 41 500 15 11, +421 918 187 683
-  muzeum@pmza.sk
-  www.pmza.sk
-  GPS: 48.955053,18.515945

June – August:
 Monday-Friday: 9.00 a.m. – 4 p.m.,
 Saturday-Sunday: 8.00 a.m. – 5 p.m.
 September – May:
 Monday closed, Tuesday-Friday: 9.00 a.m. – 4 p.m.,
 Saturday-Sunday: 8.00 a.m. – 5 p.m.





5 *Jánošík Holes*

A system of canyons and gorges with 20 beautiful waterfalls and peculiar rock structures, trails with bridges, ladders and chains – this is how we can describe one of the most beautiful hiking trails of the Malá Fatra National Park and one of the most beautiful trips in Slovakia. The Jánošík Holes are located in a national nature reserve called Rozsutec and consist of three integral parts: Lower Holes, New Holes, and Upper Holes. The Small trail through the Jánošík Holes is suitable for seniors and little children thanks to its low elevation. If you wish to see the most beautiful part, you need to join the Big Trail leading through the Jánošík Holes. The villages of Štefanová and Biely Potok are the starting point leading to the Holes.

Did you know that...?

If you are a skilled hiker and you decide to visit the Holes, try climbing Small Rozsutec. This tourist trail is popular for its gorgeous views from the top.

📍 Jánošíkove diery
Biely Potok, 013 06 Terchová
✉ marketing@regionmalafatra.sk
🌐 www.regionmalafatra/janosikove-diery
☎ +421 903 793 100
📍 GPS: 49.257323, 19.066557

Open all year long, limited in winter
(Upper Holes are closed)



6 *Budatín castle and Tinkering Exposition*

You cannot leave Žilina without visiting one of the oldest castles from the Middle Ages. Its first written record comes from the 14th century when its owner, Matúš Čák Trenčiansky, died. The water castle was built to protect the Kysuca and Váh rivers. Today it is the seat of the Považské Museum in Žilina and castle visitors are allowed to visit the tinkering exposition – the only exposition of its kind in the world. The castle is surrounded by a historical park which can be used for a nice walk or picnic.

Did you know that...?

The first mention about tinkering comes from the 18th century, and the surroundings of Trenčín and Kysuce are considered its birthplace. Men inhabiting these poor parts of Slovakia used to work in Silesia, where they learned the technique of tinker processing. Tinkers used wire to repair clay vessels and to produce small objects and artworks.

📍 Hrad Budatín
Topoľová 1, 010 03 Žilina
☎ +421 41 500 15 10, +421 41 500 15 11
✉ simko@pmza.sk
🌐 www.pmza.sk
📍 GPS: 49.236291, 18.734128

Open all year long
Tuesday-Sunday: 9.00 a.m. – 5 p.m.



7 Mountain Lakes of Roháčce

The mountain lakes are made up of 6 ponds of glacial origins. They are located in the Roháčce Valley and are unique due to their significantly lower position in comparison with the mountain lakes located in the High Tatras. The largest mountain lake is 7 metres deep and its area is 2.22ha. If you decide to take the Roháčce educational trail of mountain lakes, you will get there directly. This moderately difficult trail is popular with families with children and it continues on to the Roháčce Waterfall. You will be rewarded by beautiful natural panoramas with interesting sceneries.

Did you know that...?

The size of the Roháčce Waterfall compares to that of High Tatra waterfalls, which also have a glacial origin. It is located 1,340 metres above sea level.

- 📍 Roháčce – Spálená
027 32 Zuberec
- 🌐 www.visitorava.sk
- 📍 GPS: 49.206951, 19.742113



8 Historical Forest Headland Railway

Experience a unique ride on a forest railway with a headland system which used to help in overcoming elevation problems in short distances. In the past, the railway was used for collecting harvested timber from surrounding forests.

The renovated part of the former Kysucko-Oravská forest railway, in part from the Kubátkovia station to Beskyd saddle (approx. 8 km), has currently become a part of the Museum of the Kysuce Village known as the Historical Forests Headland Railway.

Did you know that...?

The Beskydy mountain range was too narrow to form serpentine because there was no space to form bends. Headland railways used a system of headlands – places with a point switch, so it was possible for trains to change direction. The system was based on that the locomotive first pulled the set forward, and after switching points it moved backwards. This process was repeated until the train finally arrived at its destination.

- 📍 Historická lesná úvraťová železnica
023 05 Nová Bystrica – Vychylovka
- 📞 +421 41 439 72 19
- ✉ zeleznicka@kysuckemuzeum.sk
- 🌐 www.kysuckemuzeum.sk
- 📍 GPS: 49.354729, 19.030562

May – October:
Monday-Friday 9.00 a.m. – 5 p.m.,
Saturday-Sunday 9.00 a.m. – 6 p.m.



9 Trojmedzie

Have you ever stood on territory belonging to 3 states at the same time? The place where the borders of Slovakia, Poland and the Czech Republic meet is marked by 3 granite monoliths which were fitted in 1995. There are two arbours with a fireplace on the Czech and Slovak part; from the Polish side, there are stairs leading to Trojmedzie and an asphalt barrier-free trail for cyclists, wheelchair users and mothers with baby carriages. From the Slovak side, it connects the village of Čierne with the Moravian village Hřčavá and the Polish Istebna mountain range. Access is possible from the village of Čierne, from the Polish Istebna and the Czech village of Hřčavá.

Did you know that...?

Trojmedzie regularly hosts meetings of friends and many other events, such as New Year's Eve at Trojmedzie, a hiking tour through three states of Europe, the Celebration of the Eucharist or the popular Goral Marathon.

-  Trojmedzie
023 13 Čierne
-  GPS: 49.517195, 18.850902
-  www.regionkysuce.sk



10 Rafts on the Orava and Váh Rivers

Rafting used to be a significant source of income for inhabitants of the poorest regions, mainly from Orava and Liptov. Rafters initially imported wood into shortage areas, which was a plentiful commodity in Slovakia but was lacking in the country's southern areas. The vessel itself was the transported commodity. However, rafts improved over the centuries and were also used to transport other goods and, of course, people. Today, you can try a ride using these unusual means of transport with attractive surroundings on the Váh River, which runs underneath Strečno Castle, or on the Orava River, from which you have a wonderful view of Orava Castle.

Did you know that...?

The most dangerous parts for rafters on the Váh were the Margita and Besná rocks. In 1937 - 1938, when a tunnel was built for the second railway track through the Strečno Pass, these rocks were blasted. To this day, however, this stretch is still known thanks to its cascades.

-  Plte na Orave
027 41 Horná Lehota 59
-  +421 911 358 182
-  plte@orava.sk
-  www.plte-orava.sk
-  GPS: 49.255980, 19.394045

-  Plte na Váhu
SNP 20, 013 24 Strečno
-  +421 907 196 999
-  info@plte-strecno.sk
-  www.plte-strecno.sk
-  GPS: 49.178036, 18.863809

April – October

Malá Fatra

www.regionmalafatra.sk



12 Lietava Castle



- Hrad Lietava
013 18 Lietava
- +421 905 515 330
- zdruzenie@hradlietava.sk
- www.hradlietava.sk
- GPS: 49.162466, 18.684494

Lietava Castle belongs among the most extensive Slovak castles – it is considered to be the second biggest castle in Slovakia. The origins of the castle come from the 13th century. The last famous owner of Lietava Castle was the Hungarian Palatine George Thurzo at the beginning of the 17th century. The rescue, renovation and conservation of the Castle are carried out today by the volunteer Lietava Castle Association. You can get to Lietava Castle from the village of Lietava-Majer by following the blue tourist sign (approx. 30 min.). A steeper trail to the castle leads from Lietavská Svinná (starting from the bus station) and follows the green tourist sign (approx. 40 min.).

11 Strečno Castle



- Hrad Strečno
Hradná 1, 013 24 Strečno
- +421 41 569 74 00
- repanova@pmza.sk
- www.pmza.sk
- GPS: 49.174202, 18.860682

April – September: Mon-Sun 9.00 a.m. – 6 p.m. (last entry at 5 p.m.); October: Mon-Sun 9.00 a.m. – 4 p.m. (last entry at 3 p.m.); November: Saturday – Sunday 9.00 a.m. – 4 p.m. (last entry at 3 p.m.); December – March: closed

Make a stop on your way from Žilina to Martin and visit the medieval Strečno Castle, looming on a rock above the Váh River. Its history goes back to the mid-14th century. You can get to the castle by taking a lovely walk through the medieval wooden village of Paseka, which was built based on historical medieval buildings. The castle will impress you with a beautiful view of Strečno Gorge panorama.

Did you know that...?

Strečno Castle used to be inhabited by Zsófia Bosnyák, who helped the sick and the poor. After her death, her body was found untouched even though she was not mummified, nor embalmed. For this reason, people began to respect her as a saint.

13 Wedding Palace in Bytča



- Sobášny palác v Bytči
Zámocký areál, 041 01 Bytča
- +421 41 552 90 27
- horvatova@pmza.sk
- www.pmza.sk
- GPS: 49.220439, 18.559324

Open all year long
Monday – closed
Tuesday–Sunday 9.00 a.m. – 17.00 p.m.

The Wedding Palace was built at the beginning of the 17th century by the Hungarian Palatine George Thurzo. The Palace was built especially for the weddings of his seven daughters. The palace, as part of the castle area, belongs among the most significant Renaissance monuments in Central Europe. If you visit the Palace, you can take a look at the exhibition of the architectural monuments of Slovakia registered in the UNESCO list.

Did you know that...?

Juraj Jánošík served as a soldier for the guard section at Bytča Castle. Here he met an imprisoned brigand from Kysuca – Tomáš Uhorčík – who persuaded him to become a brigand.

14 Burian Tower



- 📍 Burianova veža
Horný Val, 010 01 Žilina
- ✉ info@tikzilina.eu
- 🌐 www.tikzilina.eu
- ☎ +421 907 845 567, +421 41 723 31 86
- 📍 GPS: 49.223998, 18.740755

October – May: Tuesday-Thursday 11.00 a.m., 2 p.m., 3 p.m.; June – September: Monday, Tuesday, Thursday 10.00 a.m., 11.00 a.m., 2 p.m., 3 p.m.; * it is necessary to register in advance at the TIO in Žilina.

The Burian Tower stands in Žilina on Horný Val, near the parish church. Its fate is linked with the name of the owner of Strečno Castle, Burian Svetlovský, who served as the Mayor of Žilina from 1526-1529. The Tower used to serve as a bell tower, lookout tower, for protection against fires and for spotting arrival of enemies. It is currently accessible to the public in the form of 30 min. tours organised by the Tourist Information Office in Žilina.

16 Historical Bridges in Krásno nad Kysucou



- 📍 Museum of National History
in Krásno nad Kysucou
1. mája, 023 02 Krásno nad Kysucou
- ☎ +421 41 562 23 38
- 🌐 www.kysuckemuzeum.sk
- 📍 GPS: 49.395292, 18.831354

Ferroconcrete bridge over the Bystrica River
GPS: 49.399412, 18.839707
Blažkov stone bridge
GPS: 49.364928, 18.835783
www.regionmalafatra.sk

You can admire two historical bridges in Krásno nad Kysucou. The Blažkov stone bridge is located at the entrance of Krásno from the direction of Kysucké Nové Mesto. It stretches about 10 metres over the small Drozdovský stream valley. Its length of approximately 50 metres likely makes it the longest stone bridge in Slovakia. The second, a ferroconcrete bridge over the Bystrica River, is one of the largest preserved ferroconcrete bridges in Central Europe. Its two arches reach the clear span of up to 16.45 metres. A statue of St John of Nepomuk, who is the patron saint and protector of bridges, is installed on the bridge.

Did you know that...?

You can see a life-size replica of a female mammoth in the Museum of National History in Krásno nad Kysucou.

15 Catacombs under the Church of the Conversion of St Paul the Apostle



- 📍 Church of the Conversion
of St Paul the Apostle
Mariánske námestie, 010 01 Žilina
- ✉ info@tikzilina.eu
- 🌐 www.tikzilina.eu
- ☎ +421 907 845 567
+421 41 723 31 86
+421 949 480 569 – sprievodca
- 📍 GPS: 49.223179, 18.738594

If you are interested in history and mystery, come to discover the secrets of the underground spaces called "Catacombs" under the Church of the Conversion of St Paul the Apostle at Mariánske Square. During the trail, the guide will inform you about many interesting facts and you will learn whether these areas really hid Jewish children from being deported to concentration camps. If you are interested in this trail, it is necessary to register at the Tourist Information Office in Žilina. Terms are usually set one month in advance.

17 Belské Rocks



- 📍 Belské skaly
013 05 Belá
- 🌐 www.regionmalafatra.sk
- 📍 GPS: 49.221028, 18.955667

The Belské Rocks are a popular location for rock-climbers above the village of Belá in the Malá Fatra. You can turn to Belá from the main road towards the ridge of the Malá Fatra and Belianska Valley along the stream of the same name, and you will get to the end of the village. From this point, it is few hundred metres until the follow the yellow sign trail leading to the Belské Rocks. A short but steep climb will get you to the Belské Rocks. The steepest parts at the highest lookout are secured by footboards and chains. The signed trail will take you to three secured lookouts with beautiful views of the surroundings. The trail takes 1 - 1.5 hours. The starting point is Belianska Valley, near the village of Belá.

18 Straník



- Na Straník
010 03 Žilina – Zástranie
- www.regionmalafatra.sk
- GPS: 49.236481, 18.825689

Straník is a hill with an excellent view of Žilina. “The hill of all hills” for the pilots of gliders, paragliders and hang-gliders. The hill has a great position with long clearways, easy access, excellent thermals and an opportunity to start in almost all directions. There are many safe places for landing in its surroundings. All these attributes helped rightfully make it a centre of gliding, which has taken place here since 1917 and belongs among the best locations in Slovakia.

Did you know that...?

Since April 2016, the place offers a shelter and a bridge, which were awarded as the best outdoor architecture and given the official title of Constructions of 2016.

19 Vrátna Free Time Zone



- Vrátna Free Time Zone
013 06 Terchová
- +421 903 266 231
- infocentrum@vratna.sk
- www.vratna.sk
- GPS: 49.228059, 19.035909

A ski resort located in the heart of the national reserve of the Malá Fatra is only 3 km away from Terchová. It is an ideal place for freeride, ski-touring, winter hiking, and snowboarding. During the summer months, Vrátna offers opportunities for fans of hiking, adrenaline or trips and relaxing in nature.

Did you know that...?

The steepest ski slope in Slovakia is located on Chleb Hill.

20 New Synagogue in Žilina



- Nová synagóga Žilina
J. M. Hurbana 220/11, 01001 Žilina
- +421 907 137 145
- marek@novasynagoga.sk
- www.novasynagoga.sk
- www.stanica.sk
- GPS: 49.224839, 18.737319

The building of the neologic synagogue belongs among the most beautiful in terms of its architecture and is one of the most important Jewish buildings in Slovakia. The building stands on the site of the original synagogue constructed in 1881. The modern building with a dome was designed by the world-famous German architect Peter Behrens. The construction took place between 1928 and 1931. After WWII, the building served at first as a theatre and a concert hall, later as the auditorium of the University of Transport, and until 2010, it was used as a cinema. The interior of the synagogue was completely reconstructed. An extensive reconstruction of the synagogue started in 2012 and later changes are being gradually removed. Uncovering the original interior is underway as well. After finishing the reconstruction, it will serve for cultural activities.

21 Jánošík Days in Terchová



- Obec Terchová
- +421 41 569 51 38
- terchova@terchova.sk
- www.terchova.sk
- www.janosikovedni.sk

August

For almost 120 years, Terchová has been known for its unique musical tradition, which is regularly showcased by the “Terchová national feast”, also called the Jánošík Days. At the beginning of August, Terchová becomes the stage of the international folk festival. Besides folklore, it features the presentation of other music genres, opening of exhibitions, presentation of folk crafts, stamping of ducats, and fireworks. An attractive horse wagon parade has been an indispensable part of the last day of the Jánošík Days since 1968.

Rajecká dolina

www.rajeckadolina.sk



23 Wooden Bethlehem in Rajecká Lesná



 Slovenský betlehem
013 15 Rajecká Lesná
 +421 41 548 81 34
 betlehem@rajeckalesna.org
 www.betlehem.rajeckalesna.org
 GPS: 49.043909, 18.634856

Monday: closed
Tuesday-Saturday 9.00 a.m., 11.30 a.m.,
1 p.m. – 5.30 p.m.
Sunday 9.30 a.m. – 10.30 a.m.,
1 p.m. – 4 p.m., closed during mass

It belongs among the largest wood-carvings in Slovakia. Master Jozef Pekara from Rajecké Teplice worked on it since 1980, and it took him 15 years to complete. In addition to Christ's birth in Bethlehem and his life, the exhibition also shows the history of the Slovak nation. The Bethlehem is 8.5 metres long, 2.5 metres wide and 3 metres high.

Did you know that...?

The Bethlehem includes a total of 300 figures, out of which more than half are animated.

22 Calvary with Lourdes Chapel in Rajecká Lesná



 Frivaldská kalvária
013 15 Rajecká Lesná
 +421 41 5488191
 www.rajeckadolina.sk
 GPS: 49.040140, 18.638784

The Calvary in the Mariánka site of the pilgrimage of Rajecká Lesná (Frivald) forms a complex of 14 chapels – places of Jesus' last suffering and a single-tower church of the Ascension. The Lourdes Chapel, which is located under the Calvary, is a place where a spring with higher magnesium and calcium content rises, and pilgrims believe it has healing effects.

Did you know that...?

The Calvary in Rajecká Lesná was built in 1920-1921 out of charitable gifts provided by Frivald natives living in America.

24 Klak National Nature Reserve



 Fačkovské sedlo
64, 013 15 Fačkov
 www.rajeckadolina.sk
 GPS: 48.963716, 18.611559

Klak Hill (1351 metres above sea level) is undoubtedly the symbol of the Rajecká Valley. This distinctive grassy-rocky hill in the southern part of Lúčanská Malá Fatra is an amazing lookout point. It offers a panoramic view of the surrounding mountains and its unmistakable appearance attracts many tourists. A Slovak double-cross is placed at the top, as well as a panoramic signpost which informs visitors about the hills you can see from Klak. Access is provided from the Fačkovské Sedlo.

Did you know that...?

The Malá Fatra is divided into the Krivánska and Lúčanská Malá Fatra, and they are divided by a chasm formed by the Váh River. They got their names after their highest points – Kriváň and Veľká Lúka.

25 Súľov Rocks



- Súľovské skaly
013 52 Súľov-Hradná
urad@sulov-hradna.sk
www.sulov-hradna.sk
- GPS: 49.166667, 18.583333

Approximately 10 km from Bytča, you can find one of the most popular rocky sites in Slovakia – the national nature reserve called Súľov Rocks, which is part of the protected landscape area of the Strážov Hills. The territory is unique with its rock relief and peculiar structures and many visitors are often surprised by the scenery that nature created out of rocks. Tourist starting points for trips to the Súľov Rocks are the villages of Súľov-Hradná, Hričovské Podhradie, Hlboké nad Váhom, Hrabové and Jablonové.

Did you know that...?

An interesting feature of the natural environment is the temperature inversion, when cooler air is maintained in the valley, and therefore cryophilic plants occur in lower altitudes although they would normally grow in higher altitudes.

26 The Lost Mace



- Stratený budzogáň
013 52 Súľov-Hradná
www.rajeckadolina.sk
GPS: 49.127867, 18.619836

The "Lost Mace" is a rock structure which, through the erosive activity of frost and water, has acquired a unique form of a clenched fist and is about 12 metres-high. You can get there directly from Rajecké Teplice after approximately 2 hours of walking on an educational trail. Educational boards describe in detail not only the natural environment of the area, but also a story about a giant that is compelling to children and adults alike. You can get to the Mace via a marked hiking trail from village of Zbyňov or from the other side of Súľov.

27 Golfpark Rajec



- Golf Park Rajec
015 01 Veľká Čierna
+421 917 477 235
www.golfparkrajec.sk
GPS: 49.085231, 18.592289

sezóna: apríl - november

A 9-hole golf course with a covered driving range, club house, and great training areas can be found between the villages of Veľká Čierna and Malé Lednice. There are three sets of tees; the longest yellow tees are 3,932 metres long and have 18 holes. The relatively high elevations and smaller greens will test even the most experienced players and require constant accuracy. Two foot-golf playgrounds are newly built in this area as well.

28 Slovak Healing Spa - Rajecké Teplice



- Slovenské liečebné kúpele
Rajecké Teplice
Osloboditeľov 131/4,
013 13 Rajecké Teplice
+421 41 549 42 56
+421 905 861 384
spa@spa.sk
www.spa.sk
GPS: 49.129434, 18.682171

Enjoy relaxing in thermal healing waters which are beneficial for the treatment of musculoskeletal diseases, inflammatory diseases of the central nervous system, neuromuscular degenerative diseases and occupational diseases – diseases of the bones, joints, muscles and tendons. The spa is used for a variety of therapeutic treatments. It also offers drinking treatments, mud wraps, a wide range of treatment and relaxation stays, and a water and sauna world.

Liptov

www.visilliptov.sk



29 Museum of Liptov Village in Pribylina



- Múzeum liptovskej dediny v Pribyline
032 42 Pribylina
- skanzenpribylina@liptovskemuzeum.sk
- +421 44 52 93 163
- www.liptovskemuzeum.sk

Would you like to spend some time in a medieval settlement with the privileges and rights of small towns? Visit the biggest nature museum in Slovakia with buildings that present the unique composition of the historical and cultural environment of Old Liptov. Do not miss the exhibition of one of the oldest preserved yeoman settlements in Liptov, as well as the exhibition of Považská Railway from the time of World War I.

Did you know that...?

In 2008, the Museum of Liptov Village served as the filming location for Juraj Jakubisko's movie about the bloody countess Elizabeth Báthory.

30 Zoo Kontakt



- Zoo Kontakt
Ráztocká, 031 01 Liptovský Mikuláš
- +421 919 220 760
- info@zookontakt.sk
- www.zookontakt.sk
- GPS: 49.104822, 19.570534

Summer season: Mon-Sun 9.00 a.m. – 7 p.m.
Winter season: Mon-Sun 9.00 a.m. – 4 p.m.

Stroking a parrot, seeing a tiger from up close or feeding a sheep? You can find all of this in the largest petting zoo in Liptov. Caregivers are willing to guide you through the world of animals in a way you have never experienced. Having contact with animals is a great experience not only for children, but also for adults.

Did you know that...?

Volunteers take care of animals that are dependent on human care, and these animals would not survive in nature. Many of them were injured, sick, abandoned or there were other reasons why they couldn't be returned to their natural habitat. Visitors can become familiar with the life of more than 400 animals from 115 species.

31 Park of Miniatures - Mini Slovakia



- Mini Slovensko, Jánska dolina,
032 03 Liptovský Ján – kúpele
- +421 905 449 697
- fischer@minislovensko.sk
- www.minislovensko.sk
- GPS: 49.033139, 19.673880

Summer season: Mon-Sun: 9.00 a.m. – 5 p.m.
June – July: Mon-Sun: 9.00 a.m. – 6 p.m.
Winter season: Mon-Sun: 9.00 a.m. – 4 p.m.

Slovakia is a culturally rich country. There are more than 30,000 historical monuments. The Mini Slovakia park wants to revive public interest in this national wealth. This exhibition area with 14 models of Slovak cultural monuments is located in the Low Tatras. The models are created at a 1:25 scale with a strong emphasis on the details. The area is gradually expanding with new models.

Did you know that...?

It took 11 years to create the miniatures of buildings.

32 Stanišovská Cave



- Stanišovská jaskyňa
032 03 Liptovský Ján
- +421 908 640 061
- www.stanisovska.sk
- GPS: 49.008053, 19.677789

Open all year long
Monday–Sunday 10.00 a.m. – 16.00 p.m.

The only perennially accessible cave in Liptov is open every day. The cave is located in Liptovský Ján. The Stanišovská Cave belongs among the oldest known caves in Liptov, and in Slovakia as well. You will get a perfect experience while discovering the magical underground with the help of guides – speleologists. You will walk surrounded walls that were moulded by water and Mother Nature into indescribable shapes. Every visitor will get a headlamp before entering the cave, but you don't need any special clothes or footwear. An ideal place for the entire family.

Did you know that...?

The cave is a popular wintering place for bats. 7 species of bats call the cave home.

33 Slovak Museum of Nature Protection and Speleology



- Slovenské múzeum ochrany prírody a jaskyniarstva
Školská 4, 031 01 Liptovský Mikuláš
 - +421 44 547 72 30
 - smopaj@smopaj.sk
 - www.smopaj.sk
 - GPS: 49.082496, 19.616596
16. 6. – 15. 9.: Mon-Fri 9.00 a.m. – 6 p.m., Tue: closed, Sat-Sun 12.00 a.m. – 6 p.m.; 16. 9. – 15. 6.: Mon-Fri 9.00 a.m. – 5 p.m., Tue: closed, Sat-Sun 9.00 a.m. – 11.00 a.m. only in advance

It is the most modern museum and the only specialised museum of its kind in Slovakia. You can see and experience the natural world starting from the underground and gradually continuing to the highest mountains. Of course, the Museum is interactive as visitors are free to look into a bear lair and try crawling in the cave. The exhibits are complemented by light and sound effects, which make you feel like you're actually walking through the woods.

Did you know that...?

Ordinary chemical elements can emit sounds? Come by the museum and simply remove the silicon, sulphur or aluminium from the panel and the speakers will come alive with a short, characteristic melody for each element.

34 “Known-Unknown“ Čutkovská dolina education trail



- Čutkovská dolina
Čremošná 8684
034 06 Ružomberok
- www.visitliptov.sk
- GPS: 49.081712, 19.255160

The 6.1 km educational trail exposes the secrets of the valley that even the locals don't know. A total of 10 boards are installed along the route with intimate details of the local flora and fauna. The biggest attractions are the 24-metre tall waterfall and 64-km long gorge that also serves as the highest point along the trail at 850 MASL. The trail starts in the parking lot at the Koliba u dobrého pastiera (“Good Shepherd's Chalet”).

Did you know that...?

More than 300 metres of iron rods for stabilisation and 7 cubic metres of wooden logs were used in the work on the stairs and bridges.

35 Liptovská Mara



- Liptovská Mara
032 22 Liptovský Trnovec 22
- +421 905 828 444
- recepcia@maracamping.sk
- www.maracamping.sk
- lod@maracamping.sk
- www.lodmaria.sk
- GPS: 49.106039, 19.518809

Visit the largest water reservoir in Slovakia. The natives of Liptov built it in order to protect Liptov from flooding. The area of the waterworks is 22 square kilometres and the maximum depth is 43 metres. Due to its size and the amount of water, it is called the Slovak Sea or the Sea of Liptov. The dam offers a wide range of water sports during the summer months, such as swimming, rowing, yachting, windsurfing, water scooters, water cycling as well as an unforgettable experience – sightseeing boat trips and fishing.

Did you know that...?

The “Liptov sea” covers 13 villages.

36 *Lúčky Spa Resort*



- 📍 Kúpele Lúčky
034 82 Lúčky
- 🌐 www.kupele-lucky.sk
- ✉ repcia@kupele-lucky.sk
kupele@kupele-lucky.sk
- ☎ +421 44 437 51 11
- 📍 GPS: 49.135039, 19.397643

One of the oldest spa resorts in Slovakia is located on the border between Orava and Liptov in the village of Lúčky. This spa resort offers a comprehensive treatment for female reproductive system diseases, digestive disorders, cancers, neurological diseases, and locomotor disorders. The temperature of the healing thermal water in the outdoor and indoor pools ranges from 28 to 38°C. Open all year round, the Aqua-Vital Park with its sauna world offers wellness services and it is an excellent place to rest and relax.

Did you know that...?

Mineral water from springs, which is used in all pools and in a separate spa, is suitable for drinking as well.

37 *Water Park Tatrallandia*



- 📍 Aquapark Tatrallandia
Ráztocká 21, 031 05 Liptovský Mikuláš
- ☎ +421 915 834 644
- ✉ info@tatrallandia.sk
- 🌐 www.tatrallandia.sk
- 📍 GPS: 49.104842, 19.570623

Open all year round, this resort for water fun is situated near Liptovská Mara. The water park offers 26 toboggans and 14 pools with salt, thermal and clear water and a temperature of up to 40°C. Thanks to a stable temperature of 32°C and live exotic flora, the Tropical Paradise offers its guests a seaside atmosphere in all kinds of weather, all year round. Furthermore, a special foil not only offers stunning views of the Tatra scenery, but also the possibility of tanning directly under the roof.

Did you know that...?

A new feature is the unique surf complex called "Surf Waves Tatrallandia". The interior surf simulator creates waves resembling the ocean.

38 *Water Park Bešeňová*



- 📍 Aquapark Bešeňová
034 83 Bešeňová 136
- ☎ +421 44 430 77 08
- ✉ info@ginoparadise.sk
- 🌐 www.ginoparadise.sk
- 📍 GPS: 49.099983, 19.445714

Enjoy relaxation and fun in 5 outdoor pools with clear heated water or in 8 pools with thermal water. The entertainment and adrenaline zone with 6 water-slides offers activities for lovers of water attractions. Experience the true seaside atmosphere with real sea waves. Try wreck diving with professional instructors, raft on the Raft River or enjoy yourselves in the pool with the pulsating ball.

Did you know that...?

The water park is built on the foundation of geothermal water hot springs, which rise from a depth of 1,987 metres with a temperature of 60.5°C.

39 *Jasná Low Tatras*



- 📍 Jasná Nízke Tatry
031 01 Demänovská Dolina
- ☎ +421 907 886 644
- ✉ info@jasna.sk
- 🌐 www.jasna.sk
- 📍 GPS: 48.970759, 19.584558

Kilometres of ski slopes with artificial snow, free-ride zones, the most modern cable car called Funitel or a 15-seat cabin - all these can be found in the ski resort located under the Chopok Mountain. The resort is very popular even in the summer because of the possibility to get to the top of Chopok by a comfortable cable car and enjoy hiking and unforgettable views of the Tatra peaks.

Did you know that...?

The highest rum bar in Slovakia awaits visitors at the final station of the Funitel cable car, as well as the highest hotel in Central Europe - Rotunda.

40 *Východná folk festival*



- Obec Východná – Amfiteáter
- 032 32 Východná
- +421 918 817 133
- www.festivalvychodna.sk
- GPS: 49.062183, 19.899762

July

The oldest and largest folk festival in Slovakia, called Východná, is a presentation of domestic and foreign folk music, dance and traditional folk culture. The festival programme is rich in performances, exhibitions and accompanying events, such as various dance, music, singing workshops, craft workshops, and attractions for children. Every visitor is fully immersed in the atmosphere of the festival.



41 *Liptov Fest*



- Liptovský Mikuláš
- +421 917 111 044
- www.visitliptov.sk
- GPS: 49.073799, 19.617378

July

The largest event in the region. It is a festival of good fun, foods and experiences and it can be considered as a sort of “tasting” of Liptov at a single place. The festival programme is rich in performances, great music, extreme sports and attractions. Families with children will be entertained too. The Liptov Fest is an event for all who have fallen in love with this region.

42 *The Church of All Saints in Tvrdošín*



- Drevený gotický kostol
Všetkých svätých
027 44 Tvrdošín
- +421 43 532 21 67
- mstksts@orava.sk
- www.visitorava.sk
- GPS: 49.336521, 19.559128

Monday: closed
Tuesday-Sunday: 10.00 a.m. – 4 p.m.



Did you know that...?

The professional reconstruction and restoration of the Church took place in 1993 and it was awarded with the Europa Nostra award.

43 *Wooden Articular Evangelical Church Leštiny*



- Leštiny 22, 027 01 Vyšný Kubín
- +421 43 589 55 90
- +421 43 589 53 25
- lestiny.ocu@gmail.com
- www.visitorava.sk
- GPS: 49.188622, 19.349495

The Articular Evangelical church is located in Leštiny village in Orava and it was registered in the UNESCO list in 2008. The church was built during 1688-1689 and the original construction was lacking a tower and bells. To build this church, they used spruce wood from the surrounding forests. A dominant feature of the church is its shingle roof. The interior is decorated with a Baroque altar with woodcarvings, wall-flower paintings from the 17th century and a richly decorated pulpit from the early 18th century. Masses are still being held in this church.

Did you know that...?

The Slovak poet Pavol Országh Hviezdoslav was baptised in this church.

44 *Museum of Orava Village in Zuberec*



- Múzeum oravskej dediny
- Brestová 850, 027 32 Zuberec
- +421 43 539 51 49
- muzeum@zuberec.sk
- www.muzeum.zuberec.sk
- GPS: 49.260100, 19.662901

January – May: Tue-Sun 8.00 a.m. – 3.30 p.m.
June, September: Mon-Sun 8.00 a.m. – 5 p.m.
July, August: Mon-Sun 8.00 a.m. – 6 p.m.
October – December: Tue-Sun 8.00 a.m. – 3.30 p.m.

If you want to learn about how people lived in the Orava region in the past, visit the Museum of Orava Village near Zuberec. The Museum has been open to the public since 1975. Originally, there was no house built at the site of today's Museum. Most of the objects were bought from their original owners and were disassembled, transported and re-folded in the Museum. Other houses were built as copies of the original buildings. More than 50 buildings of folk architecture and engineering works represent the art of old architectural masters.

45 *Slanica Island of Art*



- Oravská priehrada – Slanická Osada
- 029 01 Námestovo
- +421 43 586 32 12
- +421 905 915 108, Captain of ship
- www.oravskagaleria.sk
- www.lodslanica.sk
- GPS: 49.400511, 19.514969

from 15 May till 15 September

Art lovers will be impressed by the Slanica Island of Art, located in the middle of the Orava Dam and accessible by ship. Here you can see the works of folk painters, carvers and stonemasons, who had no training and learnt just by observing the patterns of daily life and created beautiful works of art belonging to the collections of the Orava Gallery.

Did you know that...?

Out of the five villages that disappeared forever under the waters of the dam in 1953, only a knoll with a Baroque church and Calvary were preserved.

46 *Klin*



- Klin (on Grapa Hill above the village)
- 029 41 Klin
- +421 43 558 43 21
- obecklin@klin.sk
- www.e-obce.info/klin
- GPS: 49.453401, 19.483437

If you want to indulge in spiritual peace and enjoy a beautiful view of the Orava countryside, visit the unique statue of Christ in the village of Klin. The statue of the Saviour rises above the village on Grapa Hill, and the hands of the statue are directed at protecting all of Orava. The monument is a copy of the famous Brazilian statue in Rio de Janeiro. It is 9.5 metres tall and it weighs 23 tonnes. The statue was created by a local folk master and it is the tallest statue of the Saviour in Slovakia.

Did you know that...?

The statue is the third copy of the Brazilian Christ in the world; the second one is a 23 metre Christ the Saviour in Lisbon, Portugal.

47 Hviezdoslav Gamekeeper's Lodge



- Expozícia Hviezdoslavovej Hájnikovej ženy
029 47 Oravská Polhora
- literarne@oravskemuzeum.sk
- www.oravskemuzeum.sk
- +421 907 114 021
- GPS: 49.540917, 19.500185

15 April - 31 October: Monday closed,
Tuesday-Saturday 9.00 a.m. – 4.30 p.m.,
Sunday 10.30 a.m. – 6 p.m.
1 November - 14 April: Monday-Sunday
visitors must be announced in advance

"Pozdravujem vás, lesy, hory, z tej duše pozdravujem vás!" ("I greet you, forests, mountains, with all my heart I greet you!"). Everyone knows these words from the poem of the famous Slovak poet Pavol O. Hviezdoslav. Did you know that the author drew his inspiration to write the work "Hájnikova žena" from this place? The building of the gamekeeper's lodge under Babia hora in Oravská Polhora was built on the place of an old burnt-out gamekeeper's lodge which the author used to visit. The building is currently administered by the Orava Museum of P.O. Hviezdoslav. The Museum established a unique exhibition dedicated to the famous work "Hájnikova žena" written by Hviezdoslav. Hviezdoslav gamekeeper's lodge is the first truly literary museum in Slovakia dedicated to a specific literary work of art.

48 Orava Forest Railway



- Oravská lesná železnica – Tanečník
029 57 Oravská Lesná
- +421 905 500 646
- olz@oravskemuzeum.sk
- www.oravskemuzeum.sk
- GPS: 49.385371, 19.161227

1 May – 31 October: Mon-Fri 9.30 a.m. – 3.45 p.m., Saturday-Sunday: 9.30 a.m. – 5 p.m.
1 November – 31 April: Monday-Sunday
9.30 a.m. – 3.45 p.m.

The attraction of the Orava Museum is located near Oravská Lesná. A forest railway was not only cheaper than a conventional railway, but it was also able to overcome a very rugged terrain. It was used for collecting harvested timber from the surrounding forests. Today it is used for sightseeing tours. It takes approximately 15-20 minutes for the train to pass the 3 kilometre-long track. Then it takes a break, during which you can climb to an observation tower near the station and enjoy the beautiful panorama of the Orava scenery. The entire track, including the stop at Sedlo Beskyd station, takes approximately 1 hour and 10 minutes.

49 Brestovská Cave



- Brestovská jaskyňa
027 32 Zuberec
- +421 911 062 363
- brestovskaj@ssj.sk
- www.ssj.sk
- GPS: 49.2588997, 19.6609001

Brestovská Cave is the first cave in Orava and the West Tatras that was opened to the public. It represents a large part of an underground hydrological system. Its bottom includes a riverbed with an active watercourse with seven siphons. The guided tour is 434 metres long and it has 240 steps. Only kids older than 6 years are allowed to enter the cave, due to its steep staircases. A helmet with a headlamp is mandatory equipment – it is provided by cave employees. The temperature in the cave is 4-6°C. The cave is situated opposite the Museum of Orava Village in Zuberec near the amphitheatre.

Did you know that...?

Brestovská Cave has been made available to visitors since September 2016.

50 Babia hora



- Slaná voda 362
029 47 Oravská Polhora
- www.visitorava.sk
- GPS: 49.526335, 19.473613

This natural gem, which lies at the Slovak-Polish border, is the highest peak of the Orava Beskydy range. It belongs among the most favourite sightseeing spots. Quite a demanding hike with an elevation of almost one thousand metres will examine the strength of each visitor. The climb takes about 3.5 hours. From the top you can see the entire West Tatras, Choč Mountains and Malá Fatra. Babia hora belongs among the most popular tourist routes. The "Oravská Polhora – Slaná voda" chalet is the starting point.

51 AquaRelax Dolný Kubín



- AquaRelax Dolný Kubín
Športovcov 1182/5
026 01 Dolný Kubín
- +421 43 23 88 374
- info@aquakubin.eu
- www.aquakubin.eu
- GPS: 49.208610, 19.283426

If you want to combine relaxation with entertainment, visit the modern water park with pyramidal architecture in Dolný Kubín. The water world offers various water attractions, there is a swimming pool with a length of 25 metres. Temperature in relaxation pools ranges from 32 to 36°C; in case of the swimming pool, it is 27°C. The water park is located 5 km from the ski resort SKI PARK Kubínska hoľa allowing skiers to relax after a day of skiing.

Did you know that...?

The water park is unique in the way that the water disinfection is complemented by a new system of ozonisation that ensures the quick and efficient destruction of viruses and bacteria. Swimming is also suitable for allergy sufferers and asthmatics.

52 SKI PARK Kubínska hoľa



- SKI PARK Kubínska hoľa
026 01 Dolný Kubín
- +421 915 595 311
- info@kubinska.sk
- www.kubinska.sk
- GPS: 49.251147, 19.266949

SKI PARK Kubínska hoľa is one of the largest ski resorts in Slovakia and it is located in the Oravská Magura mountain range at an elevation ranging from 720 to 1,390 metres above sea level. You can experience amazing skiing at ski slopes with different difficulty levels in a total length of 14 km. There are 2 chairlifts and 8 lifts. The ridge of Kubínska Hoľa will impress you with its view of Orava, the Choč Mountains, and the West and Low Tatras.

53 Roháče - Spálená Ski Resort



- Roháče – Spálená
027 32 Zuberec
- tatrawest@tatrawest.sk
- www.tatrawest.sk
- +421 43 539 53 20
- GPS: 49.238588, 19.713582

The ski resort Roháče – Spálená is located only 10 km away from Zuberec. It provides ideal conditions for all categories of skiers as well as for snowboarders. Due to its great position, the centre is able to maintain snow throughout winter, so they are among the first to start the season and among the last to close it.

54 Podroháčske Folk Feasts



- Múzeum oravskej dediny
Brestová 850, 027 32 Zuberec
- +421 43 539 51 03
- +421 43 532 10 20
- obec@zuberec.sk
- www.zuberec.sk
- GPS: 49.260499, 19.662933

August

The International Folk Festival in Orava is the largest and oldest regularly held folk festival in Orava. Since 1975, the Festival takes place at the beginning of August in the natural amphitheatre above the village of Zuberec and in the Museum of Orava Village. It is a three-day event based on the presentation of traditional folk culture. A traditional fair forms an integral part of this Festival.

Did you know that...?

Gorals form an ethnographic group of people inhabiting the area around the borders of the Czech Republic, Poland and Slovakia. They have common language, costumes, songs and dances.

Kysuce

www.regionkysuce.sk



56 Slovak Astronomical Clock



- Tourist Centre POD ORLOJOM
023 04 Stará Bystrica 466
- +421 948 668 099
- info@podorlojom.sk
- www.podorlojom.sk
- GPS: 49.346166, 18.936958

The only astronomical clock in Slovakia is the biggest wooden statue in Slovakia. It has the form of a sitting Our Lady of Sorrows, the patron saint of Slovakia, and it shows the exact astronomical time. The so-called astrolabe which forms the heart of the clock is a dial with astronomical data. The clock strikes time from 8.00 a.m. till 10.00 p.m. every hour and during the striking, 7 Slovak saints appears on the clock.

Did you know that...?

The wooden figure inconspicuously standing in the clock's tower is an ancient portrait of "vartáš" (night watchman). In the past, they had a significant role in Slovak villages, and they were appointed by every village that could afford them.

55 Museum of Kysuce Village in Vychylovka



- Múzeum kysuckej dediny
023 05 Nová Bystrica – Vychylovka
- +421 41 439 73 50
- skanzen@kysuckemuzeum.sk
- www.kysuckemuzeum.sk
- GPS: 49.382131, 19.095098

May – October:
Monday-Sunday 9.00 a.m. – 5 p.m.

Kysuce has a museum located in nature as well. Due to the construction of the waterworks of Nová Bystrica, rare items of folk architecture were transferred from the flooded area right here. You will find residential buildings and outbuildings, as well as technical and sacral buildings from several villages of Kysuce. In a traditional tavern you will be served by staff wearing typical Kysuce costumes and you can enjoy traditional cuisine.

Did you know that...?

The railway and the area of open-air museum was the filming location for movies such as "Želary", "Lietajúci Cyprián", "Jaškov sen", "Živá voda" and "Ako divé husi". In addition to these movies, it was also a location for the children's series Teta and the children's film "Plavčík a Vratko".

57 Mariánka Pilgrimage Site Živčáková



- Pútnické miesto Živčáková
023 21 Korňa
- +421 41 435 62 11
- mahrik@rcc.sk
- www.zivcakova.sk
- GPS: 49.397883, 18.569849

The Mariánka pilgrimage site called Živčáková is known for the event that occurred in 1958 when the Virgin Mary appeared to a forest worker. Thousands of pilgrims still visit this place to gain energy and spiritual experience and to fill their water bottles with healing spring water. Spring and autumn pilgrimages take place on the hill.

Did you know that...?

In 2015, a majestic cathedral – the Cathedral of Our Lady Mother of the Church – was completed and consecrated at Živčáková. It belongs among the most visited pilgrimage site in Slovakia.

58 Oil Spring in Korňa



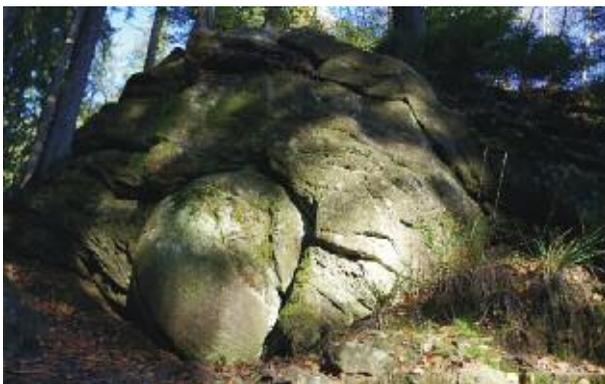
- 📍 Korňanský ropný prameň
023 21 Korňa
- 🌐 www.regionkysuce.sk
- 📍 GPS: 49.410924, 18.581485

If you believe that our country holds no surprises, you are surely mistaken. A European rarity – a natural surface oil well – is located on a green meadow in the village of Korňa. The local inhabitants used to use the rising oil as a source of flammable substance for lighting and heating. Today it is a protected natural monument. The spring is located 100 metres from the parking lot.

Did you know that...?

The oil spring has been well-known since the 17th century, but people at the time couldn't explain its origin. A written document dating back to 1624 states that "black water" rises behind the "Turzovka" village, and it is drunk by devils coming from the surrounding dense forests at night.

59 Stone Balls in Kysuce



- 📍 Čadca, časť Milošová – Megoňky
- 📍 GPS: 49.496625, 18.722044
- 📍 Klokočov – Klokočovské skálie
- 📍 GPS: 49.472662, 18.618489
- 🌐 www.regionkysuce.sk

The stone balls are a unique rarity. No one knows exactly how they were created, and therefore they attract mystery hunters from all over the world. The Slovak stone balls are among the largest, and you can find them in a 15 km passage between the villages of Klokočov and Milošová. An 850 metre educational trail passes through the natural reserve of Klokočov Rocks. The shapes of these stone structures range from a perfect ball to a large egg. The largest discovered ball has a diameter of 2.6 metres and you can find it in the Milošov-Megoňky quarry near Čadca.

60 Snowparadise Veľká Rača Oščadnica



- 📍 Snowparadise Veľká Rača Oščadnica
Dedovka 40
023 01 Oščadnica
- 📧 office@snowparadise.sk
- 🌐 www.snowparadise.sk
- 📞 +421 41 438 21 20
- 📍 GPS: 49.414937, 18.920431

It is the largest ski resort in Kysuce. It offers 14 kilometres of slopes which are regularly adjusted and maintained. You can experience a rush of adrenaline on a bob-sleigh track, which is the biggest attraction in the resort. Fans of cross-country skiing will be pleased by the cross-country skiing tracks. The resort is open also during summer months: the bob-sleigh track, scooters and many other attractions are available.

61 Beskydsko-Javornícka Cross Country Skiing Trail



- 🌐 www.zilinskazupa.sk
- 🌐 www.nabezky.sk
- 🌐 www.regionkysuce.sk
- 📍 Hotel Husárik
U Husárikov 2259, 022 01 Čadca
- 📍 GPS: 49.412663, 18.777300
- 📍 Parking lot Melocík
013 62 Veľké Rovné
- 📍 GPS: 49.343416, 18.508213

A well-adjusted track, fabulous views, peace coming from mountain settlements, all this is offered to visitors by the Beskydsko-Javornícka cross country skiing trail. The adjusted track is 50 kilometres long and it leads from Husárik near Čadca to the Slovak-Czech border in Makov-Kasárne, from where it continues along the Javorníky ridge to Kohútik. You can get the best access to the track from Čadca, a place called Husárik, from Melocík which is located between the villages of Kolárovice and Makov, as well as from Makov-Kasárne. There are several attractions on the track, such as lookout towers and works of art that are part of the gallery in nature.

Turieč- -Kremnicko

www.turieckremnicko.sk



63 National Cemetery in Martin



- Národný cintorín
Ul. Sklabinská, 036 01 Martin
- +421 43 420 43 32
- snlm@snk.sk
- www.snk.sk
- GPS: 49.060743, 18.925256

April – September: Mon-Sun 8.00 a.m. – 8 p.m.
October: Mon-Sun 8.00 a.m. – 7 p.m.
31 October – 2 November 8.00 a.m. – 9 p.m.
3 November – March: 8.00 a.m. – 7 p.m.

More than three hundred artists, writers or important national figures have their final resting place in Martin. The place for the National Cemetery was not selected at random. In the 19th century, Martin was the centre of Slovak culture. There are unusual monuments and tombstones in the cemetery that remind us of the lives of the deceased, such as the grave and statue of painter Martin Benko with a palette in his hand, or a memorial of Andrej Kmet' with an open book.

Did you know that...?

The earthly remains of Martin Kukučín were transferred to the National Cemetery from Zagreb, as well as the remains of Janko Kráľ from Zlaté Moravce, the remains of Janko Jesenský from Bratislava, the remains of Jozef C. Hronský from Argentina, and the remains of Gorazd Zvonický from Italy.

62 Museum of the Slovak Village of Jahodnícke háje in Martin



- Múzeum slovenskej dediny
Jahodnícke háje, 036 01 Martin
- +421 43 245 81 11, +421 43 245 81 16
- msd@snm.sk
- www.skzenmartin.sk, www.snm.sk
- GPS: 49.038750, 18.926640

May – June: Monday closed, Tue-Sun: 9.00 a.m. – 6 p.m.
July – August: Mon-Sun 9.00 a.m. – 6 p.m.
September – October: Monday closed, Tue-Sun 9.00 a.m. – 5 p.m.; November – April: Monday and Saturday closed, Tuesday-Friday and Sunday 10.00 a.m. – 2 p.m.

If you want to see and compare traditional folk architecture and the way people lived in different regions, visit the largest ethnographic exhibition in nature in Slovakia. The exhibition presents a picture of the traditional folk architecture, housing and the way of life of inhabitants of the regions of north-west Slovakia during the latter half of the 19th century and the first half of the 20th century. Here you will find objects from Orava, Liptov, Kysuce and Turiec.

Did you know that...?

The exhibition area of the museum presents 143 objects over an area of 15.5 hectares, from which 22 objects are open to the public.

64 Mining and Minting in Kremnica



- NBS – MÚZEUM MINCÍ A MEDAILÍ
(Museum of coins and medals)
Štefánikovo nám. 11/21, 967 01 Kremnica
- +421 45 678 03 01
- muzeum@nbs.sk
- www.muzeumkremnica.sk
- GPS: 48.703896, 18.917145

Museum of coins and medals: open all year long
Mining Museum Andrej: open all year long:
Monday-Friday 9.00 a.m., 11.00 a.m., 1 p.m., 3 p.m.; Saturday-Sunday 1 p.m., 3 p.m.

The beginnings of mining date back to the 10th century when gold and silver were mined around the city. Later, in the 14th century, a mint was established in the so-called "Gold Kremnica" for the production of gold and silver coins. Gold Kremnica ducats and the so-called florins belonged to the most sought-after and valuable coins in Europe. The Kremnica Mint manufactures minting products that belong among the world's best to this very day.

If you are interested in exploring the history of mining and minting and attending an interesting trip through time, do not hesitate to visit the Mining Museum "Stôľňa Andrej", Kremnica, the Museum of Coins and Medals in Kremnica and the exhibition in the Kremnica Mint.

65 Ferrata HZS: Martin - Pivovarský potok - Martinské hole - Martin



- Ferrata HSZ
036 01 Martin
- www.ferrata.top
- GPS: 49.087989, 18.834412

Season:
1 June – 14 September,
1 November – 14 April

In 2013, Martinské Hole was included in the list of mountains where a secured hiking trail can be used for climbing. The Ferrata, which was built by mountain rescuers and which belongs among the best attractions of Turiec, has two options for climbing difficulty. It is recommended to use a ferrata set. During the trail you can admire the canyon of the Pivovarský stream as well as the water cascades. You will get to ferrata HZS from Martin starting from the final stop of the public transport bus at Stráne along the Pivovarský stream to Martinské Hole. The educational trail and ferrata are not open all year long.

66 Gaderská Valley



- Gaderská Dolina
038 15 Blatnica
- www.turiec-kremnicko.sk
- GPS: 48.936147, 18.937616

The Turčian village of Blatnica is an ideal starting point for excursions to the most significant valleys of the Veľká Fatra, due to its location where the Gaderská and Blatnická valleys lead to the Turčianská Basin. Dedošová is a direct continuation of the Gaderská Valley at its upper stretch. Together they reach a length of almost 18 km. The valley has a canyon-like shape with massive rocks and rock towers as well as many other rock structures. Its attractiveness is supported by rich and precious flora and the occurrence of rare animals. Possibility of climbs to Ostrá and Tlštá.

Did you know that...?

Hiking in the Gaderská Valley can be combined with an ascent to the Blatnica castle or a visit to Mažarná cave.

67 Slovak Healing Spa Resort Turčianske Teplice



- Slovenské liečebné kúpele
Turčianske Teplice
SNP 519, 039 012 Turčianske Teplice
- +421 43 491 38 67
- rezervacie@therme.sk
- www.therme.sk
www.zlatekucele.sk
- GPS: 48.860757, 18.860395

The Turčianske spa resort has thermal waters with healing effects, which makes it a sought-after location for the treatment of kidneys and the urinary tract, locomotor system diseases, or nervous system and gynaecological diseases. Families with children and other holidaymakers can use the local water park with water slides, whirlpools and pools with thermal water.

Did you know that...?

According to legend, King Sigismund of Luxembourg used to enjoy a bath with his crown on his head, and he considered the combination of gold and mineral water to be a cure for his rheumatism and a source of his longevity.

68 Winter Park Martinky



- Winter Park Martinky
036 01 Martin
- +421 43 430 6000
- www.martinky.com
- GPS: 49.094313, 18.833539

This ski resort is located in Malá Fatra above the city of Martin at an altitude of 1,150 – 1,456 metres above sea level. It is one of the few "urban" ski resorts. It offers skiers 12 high-quality and daily adjusted slopes with natural snow throughout the winter. It is a one-way road, so it is possible to go up or down only at certain times. At the same time, vehicles need to be equipped with snow chains.

Did you know that...?

Martinské Hole is an ideal place for snowkiting. You can ride around intact plains or ride up and down the hill using a kit.

Good to know, better to taste!

In the past, Slovak dishes in the Žilina Region were based mainly on basic ingredients such as potatoes, cabbage, flour, milk and legumes. Sheep-breeding significantly enriched the family menu with dairy products such as cheese and bryndza. Traditional specialties and unique recipes that are unknown to different world cuisines have been created using a combination of these ingredients. So, which traditional culinary delicacies of the Žilina Region should you definitely try during your stay?

Bryndza dumplings

Well-known bryndza dumplings are considered to be the Slovak national dish. The authentic dumplings should be made of potato dough, served with sheep bryndza and roasted bacon, preferably in a traditional chalet. This is a very popular dish for Slovaks, while foreigners have trouble eating it, at least for the first few bites. If you see it on the menu, do not hesitate and order it!

Strapačky

Slovaks are lovers of sour cabbage. If you don't like bryndza, but you like dumplings, strapačky are a great alternative. The dish consists of dumplings served with sour cabbage and roasted bacon.

Pirohy

Dough made of smashed cooked potatoes, flour, eggs and salt is used to make the traditional dish called pirohy. They have a semi-circular shape or a triangle shape and are stuffed with savoury bryndza or with sweet jam, cottage or poppy stuffing. They are served sprinkled with poppy or breadcrumbs and poured with melted butter: the savoury version includes roasted bacon and onion.

Did you know that...?

Throughout the entire European Union, Slovak and Czech farmers are the only ones to have a permission to grow poppy.

Šúľance

Although pirohy can be prepared in both savoury and sweet versions, šúľance is a traditional sweet dish. These little rolls are made from potato dough and are cooked in salted water. They are served with nuts or poppy seeds poured with butter. This simple food will surprise you with its taste.

Polesníky

Polesníky, haruľa or potato pancake – these are names for a popular dish of our ancestors. The recipe has regional differences; some add more garlic to the potato dough, others add marjoram. The pancakes are roasted in oil, stuffed with meat and sprinkled with cheese, or you can eat them without any additional ingredient.

Soups used to be the staple of our ancestors' diet. They preferred thick and filling soups, which were also consumed for breakfast. This relates to the lifestyle of previous generations whose high energy expenditure during their everyday activities required energy-dense meals.

Cabbage soup

The most popular of all traditional soups is the cabbage soup with mushrooms, ham and sausage. Its preparation is not very demanding and you can enjoy it in every region with small variations.

Did you know that...?

Cabbage was a major trade commodity in the first half of the 20th century. The inhabitants of Orava were famous for their high consumption of about 50 kg of cabbage per person.

Bean soup

Not only cabbage, but also legumes were popular among housewives in the regions of Žilina. This tasty bean soup was made of beans pre-soaked in water, sausage, onion and garlic. It tastes the best when served in Trstenská ceramics with home-made bread.

In order to make your stay complete, you certainly cannot leave without tasting the drinks with a long tradition in the region of Žilina.

Hafirovica

A unique liqueur, known mainly in Orava, made of blueberries, rum and sugar is called Hafirovica. However, the correct proportion of ingredients remains a secret mainly amongst Zuberec inhabitants.

Hriatô

A home-made alcoholic beverage made of caramel, decoction of caraway, spirits and fat is called Hriatô. It is drunk hot; you shouldn't savour it, but you should drink it all at once to make the beverage flow down the throat faster and let the fat layer fill the throat.

Demänovka

Our Czech neighbours have Becherovka, but we have Demänovka. The Slovak bitter herbal liqueur originated in the 1960s and it is produced in Liptovský Mikuláš. It contains 14 kinds of herbs, spices, bee honey, fine spirits and spring water.





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Štúrova 1989/41, 031 42 Liptovský Mikuláš

Tel.: 044/55 65 401, www.visitliptov.sk



Oblastná organizácia cestovného ruchu MALÁ FATRA

Námestie Obetí Komunizmu 1, 011 31 Žilina

Tel.: 0918 327 496, www.regionmalafatra.sk



Oblastná organizácia cestovného ruchu Klaster ORAVA

Hviezdoslavovo námestie 1651/2, 026 01 Dolný Kubín

Tel.: 0911 747 339, www.visitorava.sk



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Námestie slobody 30, 022 01 Čadca

Tel.: 0948 339 264, www.regionkysuce.sk



Oblastná organizácia cestovného ruchu Rajecká dolina

Nám. SNP 1/29, 013 13 Rajecké Teplice

Tel.: 0948 620 661, www.rajeckadolina.sk



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Tel.: 0915 551 377, www.turieckremnicko.sk



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