



ŽILINA  
TOURISM  
REGION

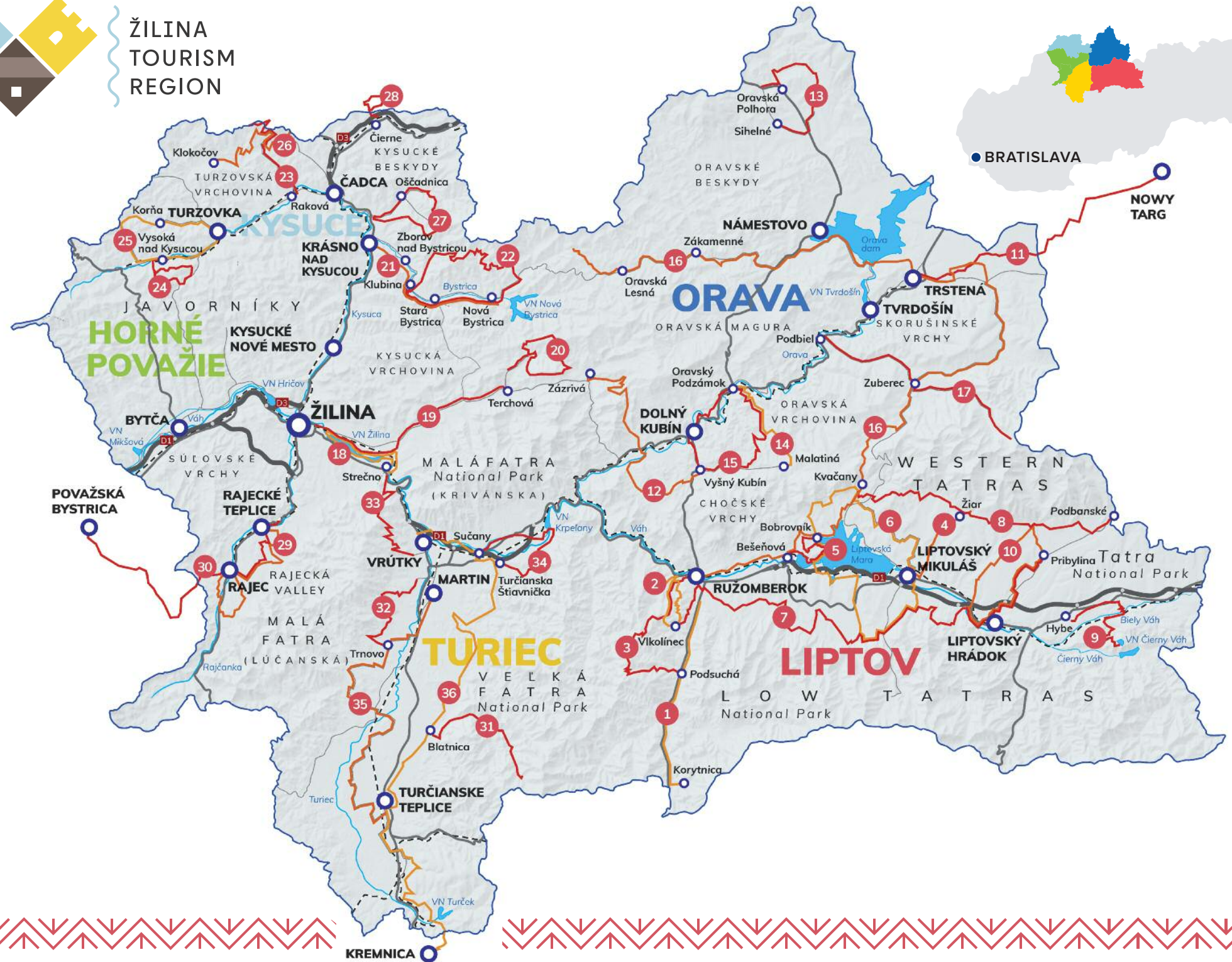


# BIKE TOURS IN ŽILINA REGION





# ŽILINA TOURISM REGION



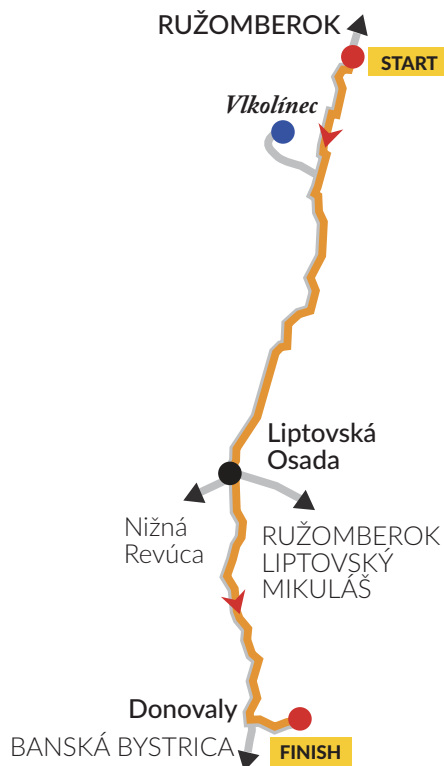
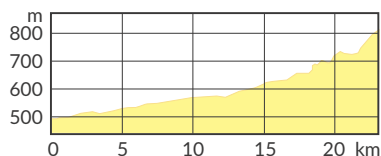
# Cyklokorytnička

1



**C** 033 a 5457  
 ⚡ 23 km ⚡ 340 m ❤️ non-challenging  
 🛤️ asphalt pavement, paved road  
 🚲 trekking, road, gravel bike

The Cyklokorytnička cycling route starts in Ružomberok on Šoltésová Street and continues along a narrow-gauge railway on the Ružomberok – Korytnica Kúpele route. You are surrounded by the picturesque Revúcka Valley and the River Revúca and you can learn about the history and importance of the railway via information plaques you will see along the way. Its easy terrain is the perfect choice for families with children. The route is 23 km long with a 390 m elevation and crosses the borders of two national parks – the Low Tatras National Park and Veľká Fatra National Park.



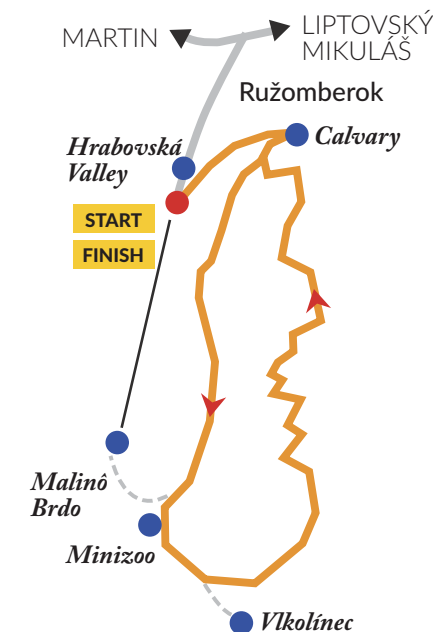
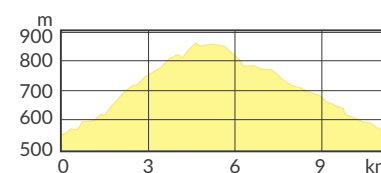
# Singletrail Fairytale Enduro

2



The natural singletrail will guide you through a fairytale forest around the Sidorovo Hill. You can admire the Low Tatras from Vlkolínske lúky (Vlkolínec meadows) and Krkvá skala (Krkavá Rock), or quickly stop at the UNESCO-listed village of Vlkolínec before returning to the route. From the parking lot in Hrabovo near Ružomberok, pedal up to Kalvária (Calvary) along an asphalt road and then turn right. Right before the entrance to the forest, get on the forest path, and after climbing uphill for approximately 3 km, you will reach a tourist resting zone Vlkolínske meadows. That's where you leave the asphalt road and get onto the field road. Climb up past the MiniZOO Sidorovo, all the way to the top of the meadows, where you'll find the tourist signpost. From here, follow the green tourist marks, and after approximately 500 meters, turn from the road onto the forest path. After a 1,5 km descent, you will reach a forest path crossroad. Turn left and enjoy a wonderful natural route that will take you back to the Calvary and the parking lot in Hrabovo by the road.

⚡ 11,5 km (circuit) ⚡ 310 m  
 ❤️ sport / moderate  
 🛤️ paved road, forest road  
 🚲 mountain bike



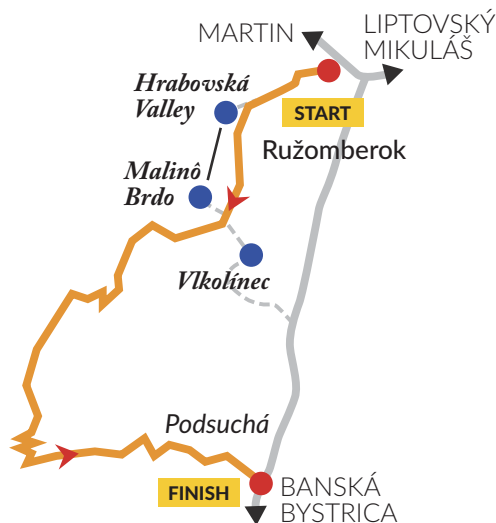
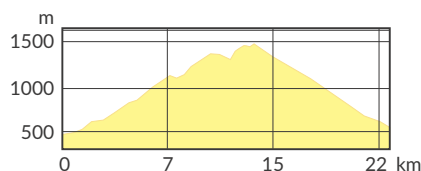
# Ružomberok – Smrekovica – Podsuchá

3



The cycling route with remarkable views and sceneries crosses the Veľká Fatra National Park and belongs to the most beautiful MTC routes in Slovakia. The route begins in the town of Ružomberok at the crossroad of multiple cycling routes. It almost immediately rises – through Kalvária (Calvary) and over Hrabovo, it leads to Vlkolínske lúky (Vlkolínec meadows), where it crosses the yellow route No. 8419. It keeps rising further along the forest routes, where forests are followed by beautiful meadow sections. Then it will take you to the Nižné Šiprunské sedlo (Nižné Šiprunské Saddle). From the saddle, the route rises only slightly through the natural reserve Jánošíkova kolkáreň (Jánošík's Skittle Alley) to Smrekovica. At this point, the route reaches the peak of the ascent. From Smrekovica, it only goes downhill along an asphalt road to Podsuchá, where the route ends.

**C** 2418  
 ⚡ 23,6 km ⚡ 983 m ❤️ challenging  
 🛣️ paved road, forest road, asphalt  
 🚲 mountain bike



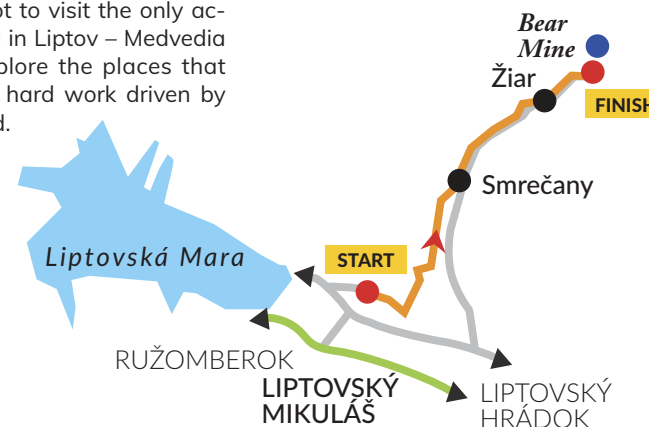
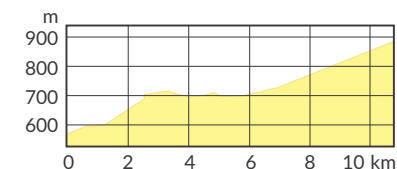
# Liptovský Mikuláš – Smrečany – Žiarska dolina

4



A shorter regional route connecting the town of Liptovský Mikuláš with the surrounding villages and Žiarska Valley. The route starts behind the railway in Liptovský Mikuláš and continuously ascends to the outskirts of the town – to the vrch Háj (Grove Hill), where at the end of World War II, some of the heaviest and longest battles took place. It is the location of the Háj Nicovô (Nicovô Grove) war memorial site, which consists of a cemetery and a memorial to the fallen, especially during the spring of 1945. After visiting the cemetery, continue down the route with beautiful views of the Western Tatras through the villages of Smrečany and Žiar to the mouth of Žiarska Valley. It would be a shame not to visit the only accessible old mine tunnel in Liptov – Medvedia štôľňa (Bear Mine). Explore the places that were shaped by man's hard work driven by the vision of finding gold.

**C** 5465  
 ⚡ 10,7 km ⚡ 328 m  
 ❤️ moderate  
 🛣️ asphalt, paved road  
 🚲 mountain, gravel bike



## Flooded Villages of Liptovská Mara 5



Follow the traces of the flooded villages forever buried by the waters of Liptovská Mara. This themed cycling route offers interesting details about the water work that significantly affected the lives of thousands and permanently changed the face and development of the whole region. The route starts in the Bešeňová village, continues through Vlačky, along the wall of the dam, around the church tower by the Liptovská Mara, through the settlement of Tvarožná, around the lookout point of Kyselovec and finishes in the village of Bobrovník near Marina Liptov. The route contains a couple of steep ascends; therefore, it is recommended to use electric bikes. Visit the mini open-air folk museum of the flooded villages located in the area of the shepherd's hut Gréta in Liptovská Sielnica. You will learn valuable information about other vanished villages that are not a part of this cycling route.

- C** TC01
- 📏** 14,1 km **📈** 202 m
- ❤️** moderate
- 🚧** asphalt, bridleway
- 🚲** mountain bike

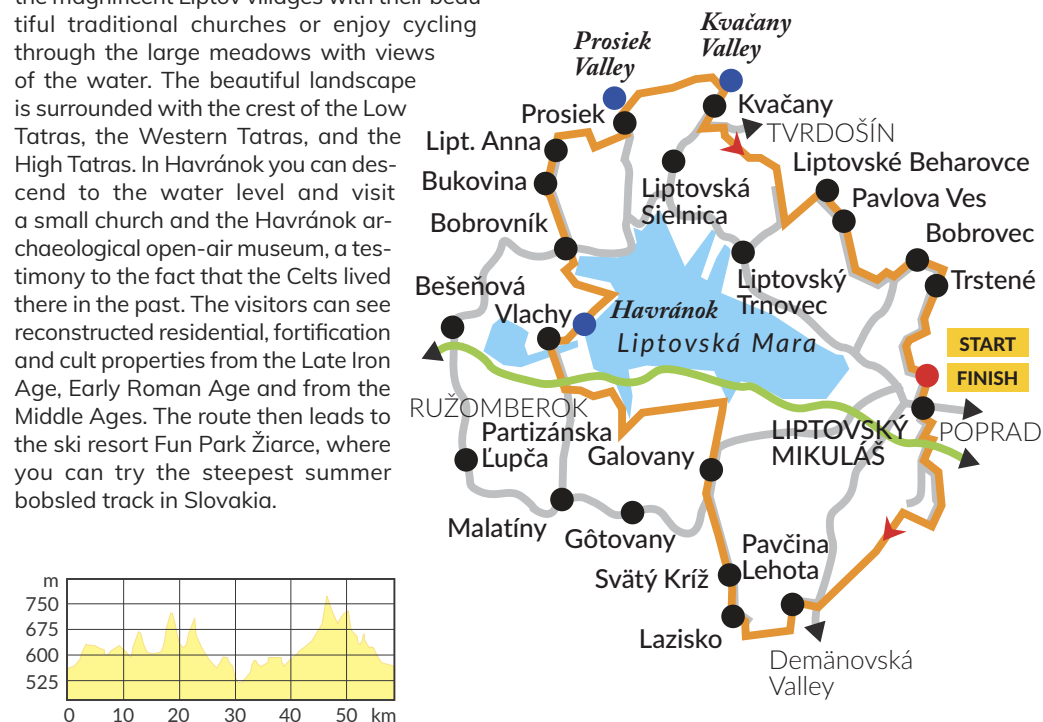


## Grand circuit around Liptovská Mara 6



The total route length is what makes the route difficult, but you can divide it into shorter sections. Even though the terrain is uneven, there are no ascents that are too long or too difficult. The route leads along less busy second-class and third-class roads or unpaved bridleways – it is, therefore, advisable to use mountain bikes or trekking bikes. The route enables you to see the magnificent Liptov villages with their beautiful traditional churches or enjoy cycling through the large meadows with views of the water. The beautiful landscape is surrounded with the crest of the Low Tatras, the Western Tatras, and the High Tatras. In Havránok you can descend to the water level and visit a small church and the Havránok archaeological open-air museum, a testimony to the fact that the Celts lived there in the past. The visitors can see reconstructed residential, fortification and cult properties from the Late Iron Age, Early Roman Age and from the Middle Ages. The route then leads to the ski resort Fun Park Žiarce, where you can try the steepest summer bobsled track in Slovakia.

- C** 2407, 5423, 2435 a 035
- 📏** 58 km **📈** 261 m **❤️** challenging
- 🚧** asphalt, paved road, bridleway
- 🚲** mountain bike



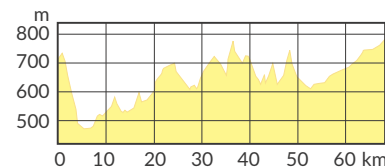
# Vlkolínec – Pribylina

7



This is the longest recreational cyclo-tourist route in Slovakia connecting the Liptov region with the biggest cultural monuments. The starting point of the route is in Vlkolínec – a historic settlement protected by UNESCO. The route leads to Partizánska Ľupča where a majestic church is located that is worth a visit. Passing under the Low Tatras you will reach the village Lazisko and the nearby village of Svätý Kríž with the biggest wooden articular church in Central Europe. Behind the village, there is a lookout tower with a nice view of the foothills of the Low Tatras and the Liptov region. The route then leads through Pavčina Lehota with the ski resort Fun Park Žiarce, where you can try the steepest summer bobsled track in Slovakia. The route passes directly through Bystrina Car Camping Site and then goes around Hrádok hill where two short cycling routes with nice route sections are located. Following the route gets you to the natural pool reservoir, which is a refreshing moment during a hot summer day. Outside of Liptovský Ján, this is the least attractive route section because the route leads to Liptovský Hrádok beside a busy road. This section is very short, though.

- C** N2401
- 68 km 298 m challenging
- asphalt, paved road, bridleway
- mountain bike, e-bike



The castle Liptovský hrad is situated nearby. The route leads to Vavrišovo, where you can find a nice-looking lookout tower. The recreational route leads you from Vavrišovo to Pribylina, runs through the village and ends at the entrance to the Museum of Liptov village that is definitely worth a visit.



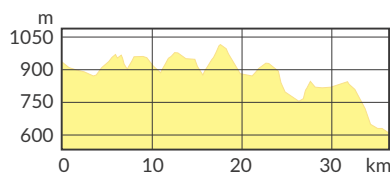
# Podtatranská Cycling Route

8



The starting point is in Podbanské and the route continues along forest roads under the Western Tatras. The route passes through the mouth of the Žiarska dolina (Žiar Valley) and the mouth of the Jalovská dolina (Jalovská Valley). The route leads to the village Liptovské Matiašovce and continues along the border of the village to Kvačany where the route ends at the crossroads with the Orava cycling route. The route offers breathtaking views and interesting sites to visit nearby, such as the Oblazy mills in the Kvačianska dolina (Kvačany Valley) and the Medvedia štôlna (Bear Mine) in the Žiar Valley.

**C 007**  
 ⚡ 35,3 km ⚡ 400 m ❤️ challenging  
 🛣️ forest road, paved road, asphalt  
 🚲 mountain bike



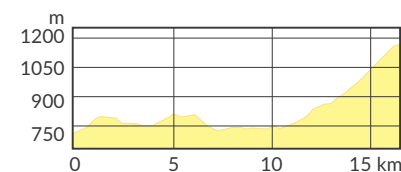
# Hybe – Čierny Váh Dam

9



The Green cycling route begins near the village Hybe and ascends via a bridleway to the village of Východná, where it passes through the village and at the end turns to the right under the observation tower. Východná is known for the largest nationwide folklore festival that takes place in the village. The path ascends a little and then descends towards Východná railway station. Behind the station, the path turns right onto the forest road and continues over the railway, surrounded by beautiful forest. Slowly, the path turns to the left and begins to ascend along a forest path until it connects to an asphalt road. There it turns left once again and the ascent continues until you arrive at the Čierny Váh Dam, a unique technical monument. If you own a road bike or a gravel bike, it is recommended to start the 13,5 km route in the village of Kráľova Lehota, continuing through Svarín, and finishing with steep climbing to the upper dam of Čierny Váh. The whole route is an asphalt road.

**C 5454**  
 ⚡ 16,6 km ⚡ 425 m  
 ❤️ moderate  
 🛣️ paved road, forest road, asphalt  
 🚲 mountain bike

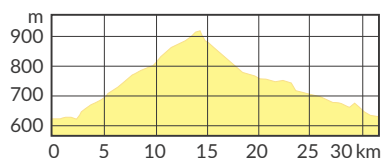


# Liptovský Hrádok – Račkova dolina 10



The route starts in the city centre of Liptovský Hrádok and, before you enter the village of Podtureň, it diverges to the right underneath the highway and continues along the bridleyway until you arrive at the village of Jamník. There it continues through Liptovský Ondrej and an airport above Jakubovany village and rises towards the Tatra Mountains. The route leads through the woods to the mouth of the Račkova dolina (Račkova Valley) to the Museum of Liptov village in Pribylina. Visit the biggest natural museum in Slovakia and see the unique historical and cultural environment of Old Liptov. The route then leads from Pribylina to Vavrišovo, where you can see a beautiful observation tower. From Vavrišovo continue beside the River Belá to Liptovský Peter and along the dam near the River Belá back to Liptovský Hrádok.

- C** 2436 a N2401
- 📏 31,7 km 📈 306 m
- ❤️ moderate
- 🛣️ asphalt, paved road, bridleyway
- 🚲 mountain, gravel bike

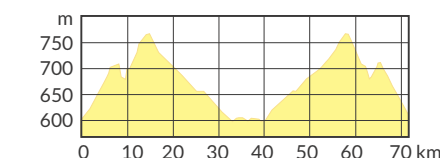
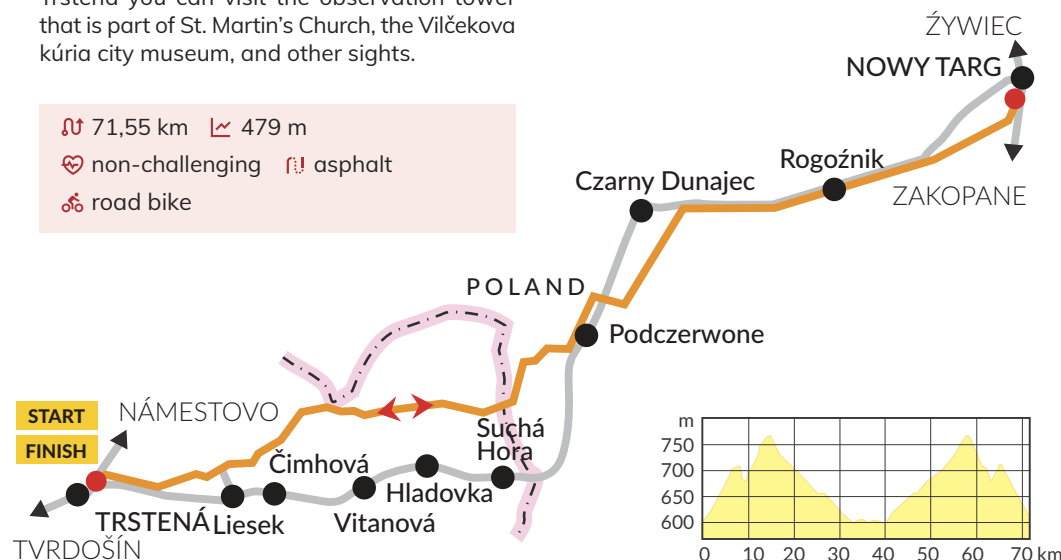


# Trstená – Nowy Targ 11



The starting point of the cycling route is in the city of Trstená. You can reach the city by bicycle, car or trains allowing bicycle transport. There are several rest areas along the route. You can enjoy breathtaking views of the Tatra Mountains throughout the whole trip. There is only one spot where you can refill your water bottles – a chapel in the Liesek rest area. In Trstená you can visit the observation tower that is part of St. Martin's Church, the Vilčekova kúria city museum, and other sights.

- 📏 71,55 km 📈 479 m
- ❤️ non-challenging 🛣️ asphalt
- 🚲 road bike





## Vyšný Kubín – Istebné – Zázrivá

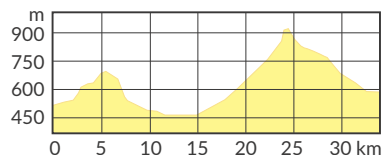
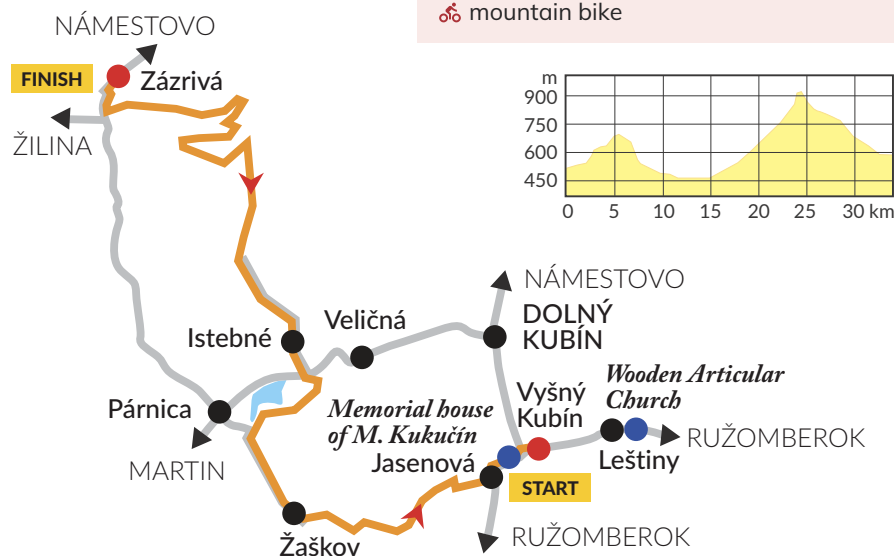
12



The starting point is in the village of Vyšný Kubín at the crossroads of cycling paths. Continue along the asphalt road to the village of Jasenová, the hometown of Martin Kukučín, where you can visit the Memorial House of this Slovak writer. After visiting, you may continue along the natural paved roads to the areas of Na Doline and Štyri chotáre, where you can stop to admire the beautiful Orava countryside. Afterwards, you can continue in the direction of Žaškov and Istebné. In Istebné a wooden

church with a monumental bell tower is located. Through the Malá Fatra National Park, you arrive in Zázrivá, where the route connects to the tourist paths of Terchová and Kysucká Vrchovina. In Zázrivá you can relax and have something to eat in the local traditional restaurants.

- C** 2416
- 33,8 km moderate
- asphalt, gravel, forest road
- mountain bike



## Sihelné – Oravská Polhora

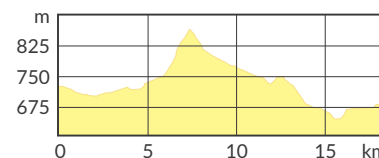
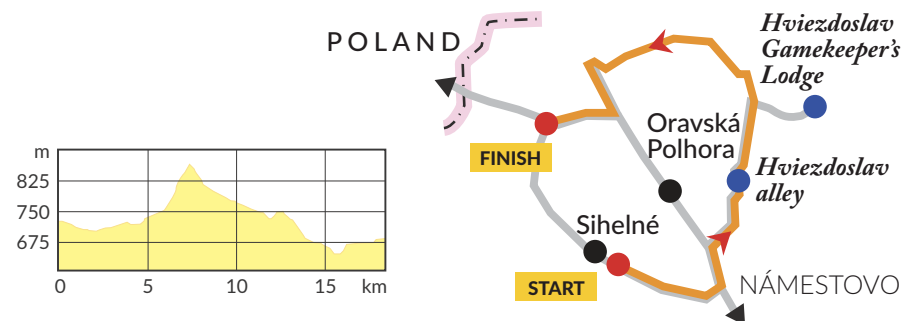
13



The route begins in the village of Sihelné at the crossroads with the Beskydy cycling route and continues to Oravská Polhora and then slowly rises to Slaná voda and continues in the direction under the massif Babia Hora. The blue route continues on undulating terrain along the forest road and gradually descends in the direction of a sawmill, passes beside it and turns back to Oravská Polhora. From there the route continues up until you arrive at the hotel Biela Farma, where the path ends once again at the crossroads with the Beskydy cycling route. Hviezdoslavova hájovňa (Hviezdoslav Gamekeeper's Lodge) is located in close proximity to the path. This place is associated

with important Slovak writers P. O. Hviezdoslav and Milan Urban, who were inspired by this exact place. Hviezdoslav's well-known work *Hájnikova žena* (The Forester's Wife) was inspired by this place. The current gamekeeper's lodge was built on the site of an old burned-out gamekeeper's lodge and is currently managed by Orava Museum, where you can find literary exhibitions of the two writers.

- C** 2425
- 18,2 km 245 m non-challenging
- asphalt, forest road
- road bike

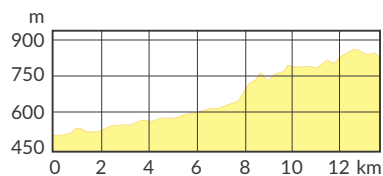


## Oravský Podzámok – Malatiná, Kút 14



The starting point of the route is in the village of Oravský Podzámok right under Orava Castle, the landmark of the Orava region. It is one of the most visited and most beautiful castles in Slovakia. The favourite attractions taking place at the castle are the scary night tours and theatre performances. Many fairytale films were filmed here, such as *Král drozdia brada* (King Thrushbeard), *Princezná a žobrák* (The Princess and the Beggar), *Sokoliar Tomáš* (Thomas the Falconer) and the first adaptation of the story about *Dracula – Nosferatu: A Symphony of Horror*. The route continues from Oravský Podzámok to the village of Pribiš and then to Paseka. From there you continue through the areas of Tri Sosny and Košárec where you can enjoy beautiful views of valleys and mountains from the pastures. The route ends at the crossroads with the Vrchárska cycling route No. 042 in the village of Malatiná.

**C** 5410  
 13,7 km moderate  
 asphalt, forest road  
 mountain bike

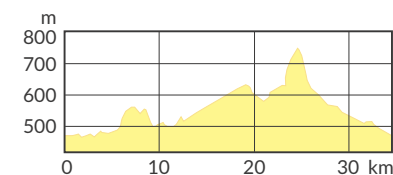


## Dolný Kubín – Oravský Podzámok – Leštiny 15



The starting point is in Dolný Kubín and the route continues in the direction of Oravský Podzámok. You can stop in Mokrad where you can see a historical manor house. Orava castle, a landmark of Orava region, is located in Oravský Podzámok. Continue along the cycling route through Pribišská dolina (Pribišská Valley), besides the moving figurines and mill towards the village of Leštiny, where you can stop and see the wooden evangelical articular church of Leštiny included in UNESCO's World Heritage List. The route then takes you to Vyšný Kubín, where the childhood house of writer Margita Figuli, renaissance and baroque manor houses and many other historic buildings are located. Dolný Kubín is the end point of the route. There are many sights to see, such as Orava Gallery, Čaplovičova Bibliotéka Library, Hviezdoslav's House, Florin's House, etc. A disadvantage of the cycling route is that it passes along the main road in Dolný Kubín, in the section from Racibor to Oravský Podzámok and again at the end of the route as you are entering Dolný Kubín. There is increased motor vehicle traffic; it is, therefore, important to be careful.

34,5 km (circuit) 520 m  
 moderate  
 asphalt, gravel road  
 mountain bike



# Orava Cycling Route



A beautiful cycling route connecting the Kysuce, Orava and Liptov regions. The Orava cycling route begins in the saddle of Demänová at the crossroads with the Kysuce cycling route. The route continues along a decent asphalt road through the protected landscape area of Horná Orava, the Biela Orava river valley, and through the villages of Zákamenné, Krušetnica and Breza. In Krušetnica you can relax a little and visit Oravakafe Museum. Its exhibition tells the story of coffee beans from their origins to a delicious end. Continue along the route through the village of Vavrečka to Orava Dam, where the Slanica Island of Art is located. You can get to Trstená through a gate and continue through several villages to Oravice, where you can relax in thermal water pools. From Oravice go along the border of the Tatra National Park, through the sedelo Borek (Borek Saddle) and Blatná dolina (Blatná Valley) to the distinctive village of Zuberec where the Museum of the



Orava Village and the Brestovská Cave are located. Continue along the Podspády quarry and ascend towards the saddle beneath Biela skala. This is the point where you enter the Liptov Region and leave the Orava Region behind, through the Huty mountain pass to Ružomberok, where the cycling path ends.



# Podbiel – Ťatliakovo jazero

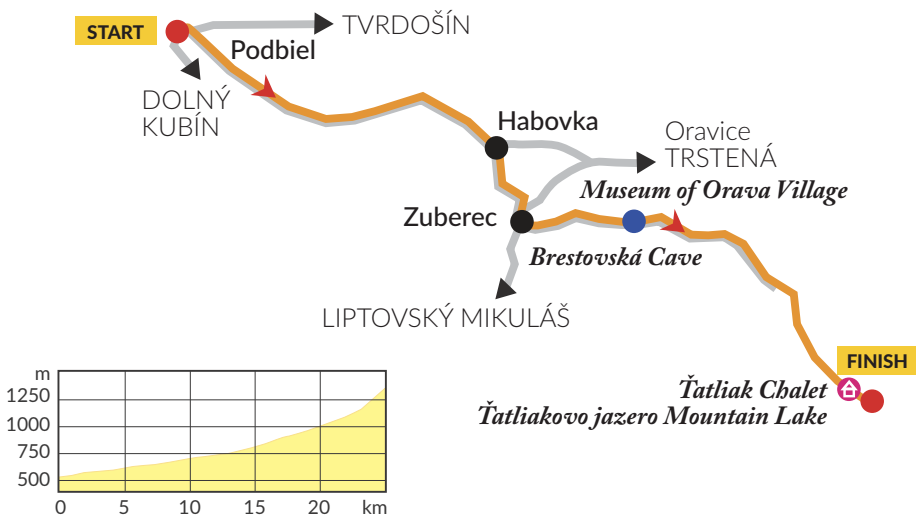
17



The cycling route starts in the village of Podbiel at the crossroads in the direction of Zuberec. When in Podbiel, it would be a pity not to visit the technical monument Františkova huta (Francis's Smelting Plant), the remains of an ironworks factory hall built in 1836. From Podbiel continue along the main road through the villages of Oravský Biely Potok and Habovka until you arrive in Zuberec, where the Museum of the Orava Village, Brestovská Cave and Ťatliakovo jazero Mountain Lake are located. In Zuberec at the church turn in the direction of Zverovka and continue along Road 0849

(red hiking mark). After about 8 km, turn right in the direction of Roháčska dolina (Roháčce Valley). Follow the red mark along the asphalt road until you reach Ťatliak Chalet. Ťatliakovo jazero Mountain Lake is located nearby.

- 📏 25 km    📉 815 m
- ❤️ moderate
- 🛣️ asphalt
- 🚲 mountain bike



# The circuit around Žilina Dam

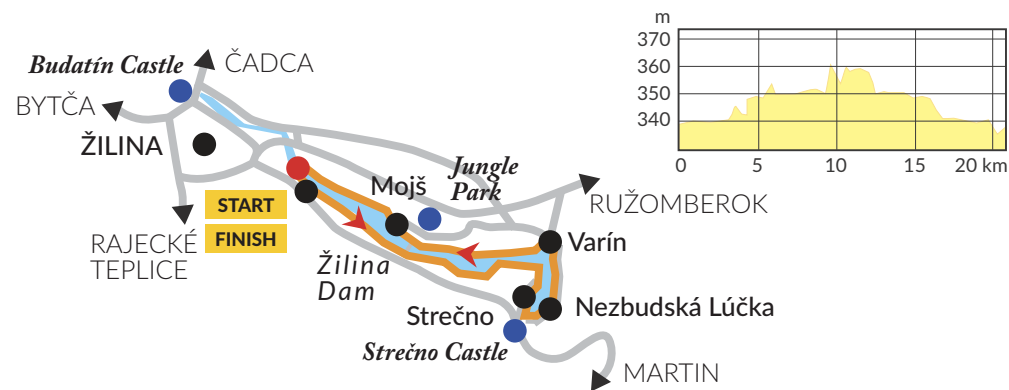
18



The circuit around Žilina Dam is an ideal cycling choice for families with children and active seniors. The major part of the route around the dam is made up of asphalt roads. The starting point is near Žilina Dam, where it is possible to park for free. There are plenty of activities for children to keep them entertained. You can have a rest in the shepherd's hut in Nezbudská Lúčka situated on the top of a hill, which offers a magnificent view of Strečno Castle. There is plenty of entertainment for children to pursue: animals, fairytale houses, an outdoor children's playground, and a carousel. If you are taking

the trip with your children, it is a good idea to visit the children's park in the village of Mojš. The circuit begins and ends at the dam; however, Budatín Castle is also worth a visit. You can reach it if you go along the Váh River.

- 📏 2427
- 📏 20,7 km (circuit)    📉 20 m
- ❤️ non-challenging
- 🛣️ asphalt, dirt road
- 🚲 road bike



# The Žilina Dam – Terchová Cycle Highway

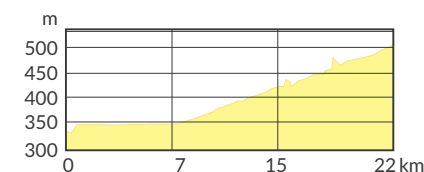
19



The Žilina Dam – Terchová Cycle Highway is a simple and safe route suitable for families with children. It starts at the Žilina Dam, a favourite place for recreation and sports activities offering facilities not only for cyclists. The route from the Žilina Dam through the village of Varín to Terchová copies the Varínka River. Varínka is equipped with a unique system of 17 wooden bridges. The only steep sections of this route are the climbs to the bridges. Reward yourself for the kilometers pedaled with a panoramic view of the Malá Fatra Mountains, the beautiful natural sights of Krasňanský luh (Krasňany Riparian Forest), or ice cream in the village of Stráža. The cycle highway connects to a network of mountain cycling routes in the areas around Malá Fatra, Žilina, and Kysuce.



**C** 038  
 🚲 23 km 📏 220 m ❤️ non-challenging  
 🛣️ asphalt  
 🚲 road, trekking bike

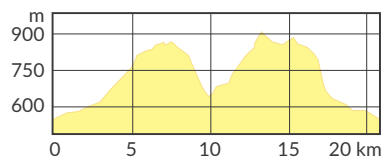


## The circuit around Terchovský chotár 20



Get to know the area of village of Terchová from your bicycle. Discover the beauty of Terchová and its surroundings. Although the route is not long, there are significant elevations, which make it challenging. The starting point is in Panská Lúka and the circuit itself begins in Vyšší Repáňovci. It is recommended you start the circuit in the direction of Šípková, where the ascent is less steep, but everyone must decide for themselves. On the way to Smrekovci, you will arrive in Jánošíkovci, the place where Juraj Jánošík, a famous Slovak highwayman, was born. The route offers beautiful views and through settlements you will arrive at the beginning of the cycling route.

- C** 5477
- 20,7 km (circuit) 790 m
- moderate
- asphalt, bridleway, forest road
- mountain bike



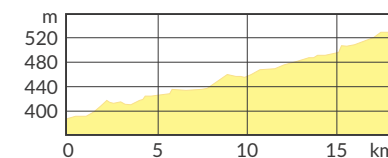
## Bystrická Cycling Route 21



The most popular cycling route in Kysuce. It is part of the Kysucká Cycling Route and connects Krásno nad Kysucou and Nová Bystrica. There is a popular exhibition at the Museum of the Kysuce Village – the open-air museum of Vychylovka. You can choose an alternative route – a 30-km-long cycling route around the Nová Bystrica Dam, but it is recommended to use a mountain bike or a trekking bike. Bystrická Cycling Route leads along a former forest railway track beyond the main road. On the way, you can stop in the Museum of Homeland History in Krásno nad Kysucou and see a life-size replica of a mammoth. There

are various other attractions in the area, such as historical bridges in Krásno nad Kysucou, bunkers from World War II alongside the cycling route, the Slovak Astronomical Clock in Stará Bystrica or a lookout tower on Bobovec Hill. During the winter, the route is adjusted for cross-country skiing.

- C** 005
- 18 km 150 m non-challenging
- asphalt
- road bike



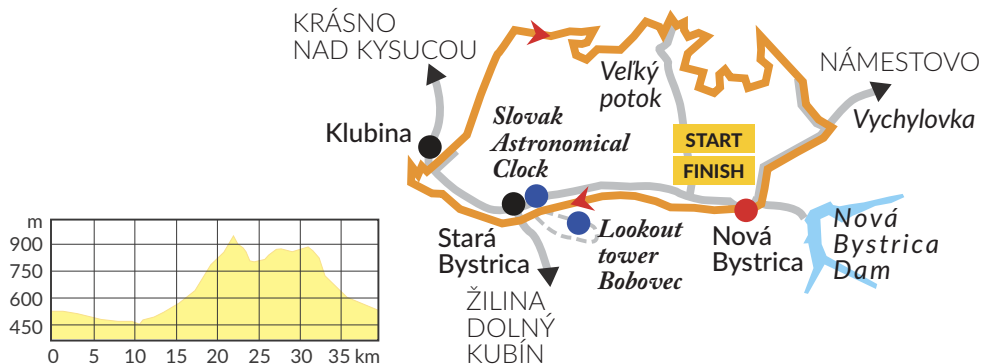
## The circuit through Kysuce ridge

22



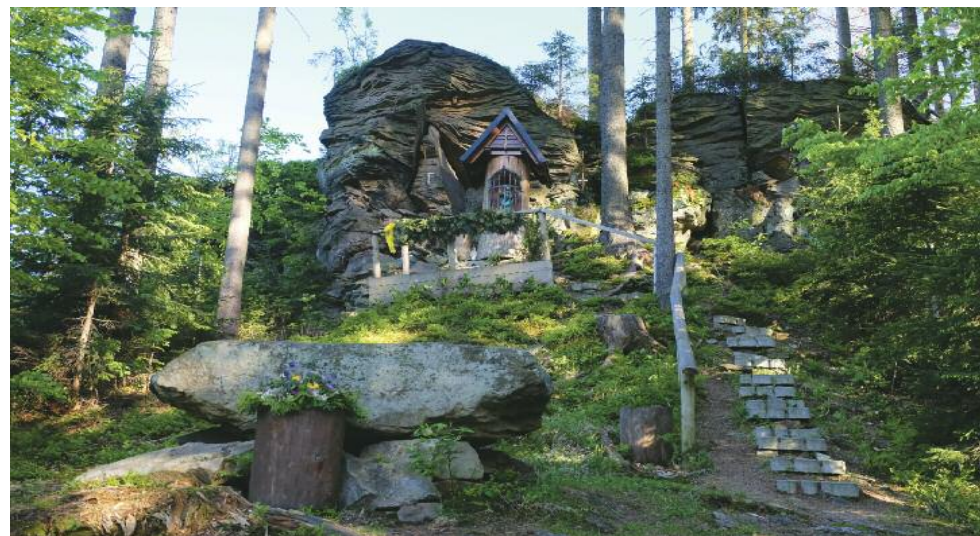
The route starts at the parking lot in Nová Bystrica and continues along the Kysucká Cycling Route in the direction of Stará Bystrica. In Stará Bystrica there is the Slovak Astronomical Clock, the largest wooden statue in Slovakia. At the village of Klubina you can descend from the cycling route and continue on to Klubinský potok and then to the crossroads of Velký Potok – Nová Bystrica/Vychylovka. It is possible to take a short-cut here, however, continuing along the route you get close to the open-air Museum of the Kysuce Village. Here you will see residential as well as farm buildings, technical and sacral architecture from several villages in Kysuce. In the traditional tavern, you will be served by staff wearing typical Kysuce costumes and you can enjoy traditional cuisine. The route then leads back to the beginning of the cycling path.

- 🌀 39 km (circuit) 📏 662 m
- ❤️ moderate
- 🛣️ asphalt, gravel road, forest road
- 🚲 mountain bike



## Cycling Route of Solidarity – from Raková to Medvedia skala

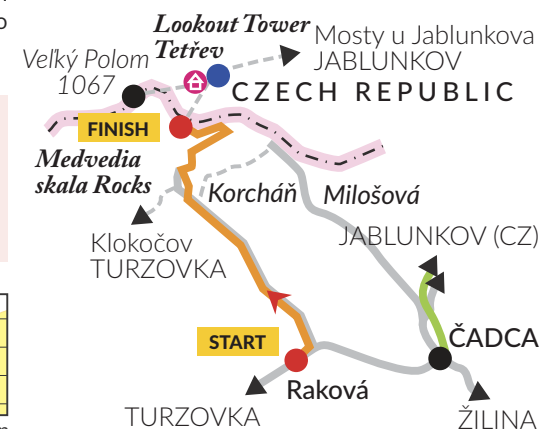
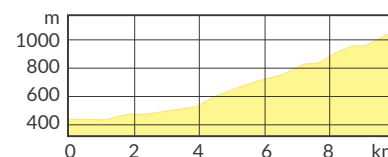
23



The Cycling Route of Solidarity connects Ján Palárik Square in the centre of the village of Raková with a majestic rock wall called Medvedia skala (Bear Rock) located close to the border with the Czech Republic. Its name is symbolic and refers to the massiveness of this natural phenomenon. The route begins in Ján Palárik Square and continues along the yellow cycling route to Korcháň. The route leads from the tourist information point Nad Kurajkou to

Bear Rock. If you continue on for about 2 km, you will get to the Tetřev Lookout Tower and Chalet and, in another 2 km, you will get to the peak of the mountain Velký Polom. You can come back the same way you arrived or descend after the Kysucká Cycling Route to Klokočovo or Čadca, or follow an unmarked route towards Mosty u Jablunkova (CZ).

- 📍 8464
- 🌀 10 km 📏 420 m ❤️ non-challenging
- 🛣️ asphalt, gravel road
- 🚲 mountain bike

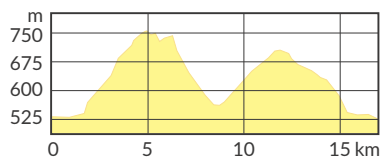


## Vysoká nad Kysucou Cycling Circuit 24



The route begins at the municipal building in Vysoká nad Kysucou where you can park for free in a parking lot. An unmarked route runs for about 1.5 km in the direction of Makov, then turns left at the bus stop Vysoká nad Kysucou, Furmanec and follows the red cycling route of Kysucká Cycling Route. The route continues through the village of Vrchrieka and the Javorník ridge along the red hiking mark towards Semeteš. From there continue along the main asphalt road of Kysucká Cycling Route (this one is marked), turn at the tourist information point in Grušpírovci and continue on along a forest road to the starting point. Vysoká nad Kysucou, a large village in the Kysuce region, is the birthplace of Miroslav Cipár (a prominent academic painter), the ancestors of E. A. Cernan (the last man to walk on the Moon), and Štefan Hunčík (the owner of the largest tinker's workshop in the world).

- C** 005, 0843b
- 17 km (circuit) 240 m
- challenging
- asphalt, paved gravel, paved natural, dirt road, rocky terrain
- mountain bike

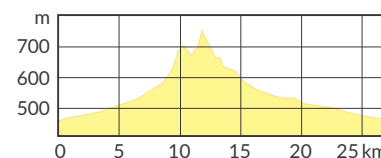


## The route from Turzovka to Korňa 25



The cycling route begins in Turzovka, a city offering a wide range of tourist activities. Continue in the direction of the roundabout to Korňa, where you can see the Korňa Natural Oil Spring and a windmill. Follow the red cycling route through the village to Korňa, Zátoka (bus turnaround) and continue through the villages to the bus stop in Horný Kelčov, then continue through Vysoká nad Kysucou and along the main road to Turzovka. A nearby attraction is the Marian Pilgrimage Site Živčáková, a place where the Virgin Mary allegedly appeared in 1958. 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 Živčáková hill.

- C** 005, 2402
- 27 km (circuit) 240 m
- challenging
- asphalt, paved gravel, paved natural (dirt road)
- mountain bike





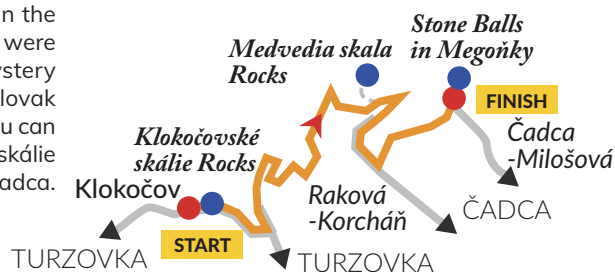
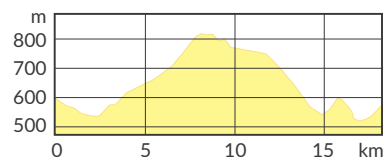
# From Klokočov to Čadca

26



The route leads along the red part of Kysucká Cycling Route. The starting point is in the village of Klokočov (bus stop: Klokočov, Rieka), the route continues in the direction of Olešná to the tourist information point in Maslovenka and up to the crossroads with the tourist information point at Hromadová. Follow the red route that turns right and continues towards Raková and Korcháňovci. Descend along the red or yellow (which is shorter by 0.3 km) cycling route towards the tourist information point Nad Kurajkou and then to a church. The route ascends up to Čadca and Milošová. At the start and end points of the route, you can enjoy the view of the stone balls, a unique rarity in the world. No one knows exactly how they were created, which is why they attract mystery hunters from all over the world. The Slovak stone balls are among the largest, and you can find them in two places – in Klokočovské skálie in Klokočov and Geopark Megoňky in Čadca.

- C** 005
- 📏** 18 km **📈** 300 m **💖** challenging
- 🛣️** asphalt, paved gravel, paved natural, concrete road
- 🚲** mountain bike



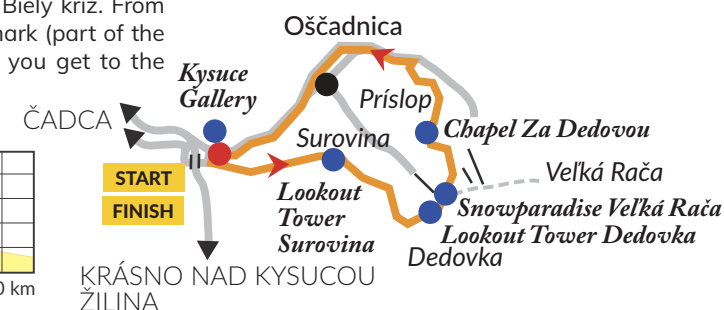
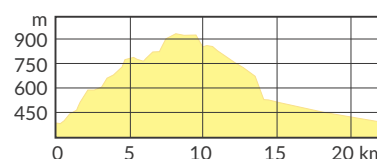
# Through Oščadnica

27



The cycling route connects the upper and lower parts of the large village of Oščadnica, runs along the Kysucké Beskydy ridge, where a leisure facility is situated on Veľká Rača hill. The route alternates between ascents, straight roads and short descents, the surface consists mainly of forest, dusty and rocky roads. The route begins at the manor house in Oščadnica, from where you can get to the main cycling signpost. It will direct you to follow the green cycling route around the Čarovná lúka (Magical Meadow) to the Lookout Tower Surovina. Monumental wooden statues of bandits will accompany you along the journey. Next, continue to the top of Dedovka hill – in the summertime you can enjoy the attractions of the Snowparadise Veľká Rača. Descending through the Príslop Saddle (Chapel Za Dedovou) you arrive at the main road in Oščadnica, Vyšný koniec. To get back to the chateau, follow the blue cycling route until you get to Biely kríž. From there follow the local green mark (part of the Kysucká Cycling Route) until you get to the starting point.

- C** 5443, 2428, 005
- 📏** 22 km (circuit) **📈** 530 m
- 💖** moderate
- 🛣️** asphalt, forest road, paved natural road
- 🚲** mountain bike



## Across Three European Countries 28



Trojmedzie (Tri-border area) is a place where three countries meet – Slovakia, the Czech Republic, and Poland. Length-wise the route is suitable for families with children, yet it is necessary to prepare yourselves for a higher ascent. A starting point is a railway stop in the village of Čierne, then follow blue marks. A forest road is the second alternative. First follow green, then yellow marks. The yellow route leads from the church in the village of Hrčava (CZ) and the green route from the village of Jaworzynka (PL). Throughout the year, Trojmedzie becomes a venue for various events and gatherings of the friendly nations. Historical fortification from the 17th century, Malé Šance – Valy, is located approximately one kilometre away.

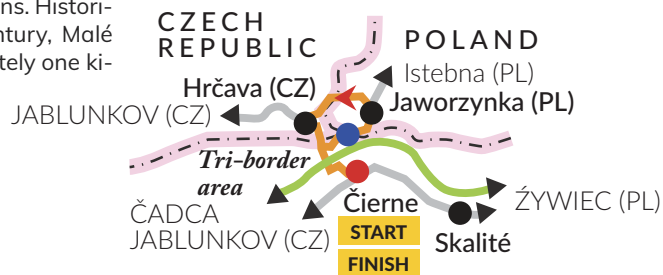
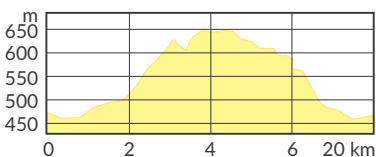
The route does not have cycle marks, follow the tourist routes.

📏 8 km (circuit) 📈 170 m

♥ non-challenging

🛣️ asphalt, paved natural road

🚲 mountain bike



## On Two Wheels Through the Rajecká Valley 29



The cycling route will reveal the most beautiful places in Rajecká dolina (Rajecká Valley). The circuit currently consists of three sections. The route officially starts in Rajecké Teplice at the Tourist Information Centre and/or at the e-bike rental near the Flámm guest house; however, you can start or finish at any point of the route. The variability of the route allows you to try one big circuit, or two small ones. It is up to you, which option you choose. It is designed for beginners, and it is possible to connect to other signed cycling routes in the Rajecká Valley. On the route, you can make small stops to take in the energy while getting to know the beauties and curiosities of the Rajecká Valley.

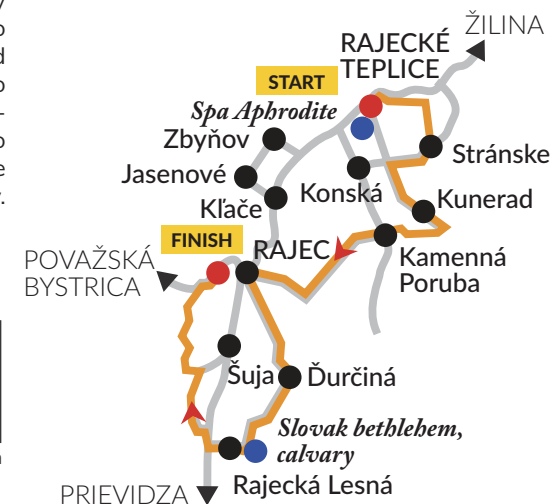
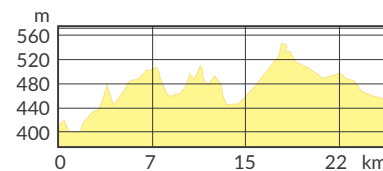
📏 2440, 5456

📏 37,9 km 📈 539 m

♥ non-challenging

🛣️ asphalt, gravel road

🚲 road bike



# Rajecká Cycling Route (2nd part) 30

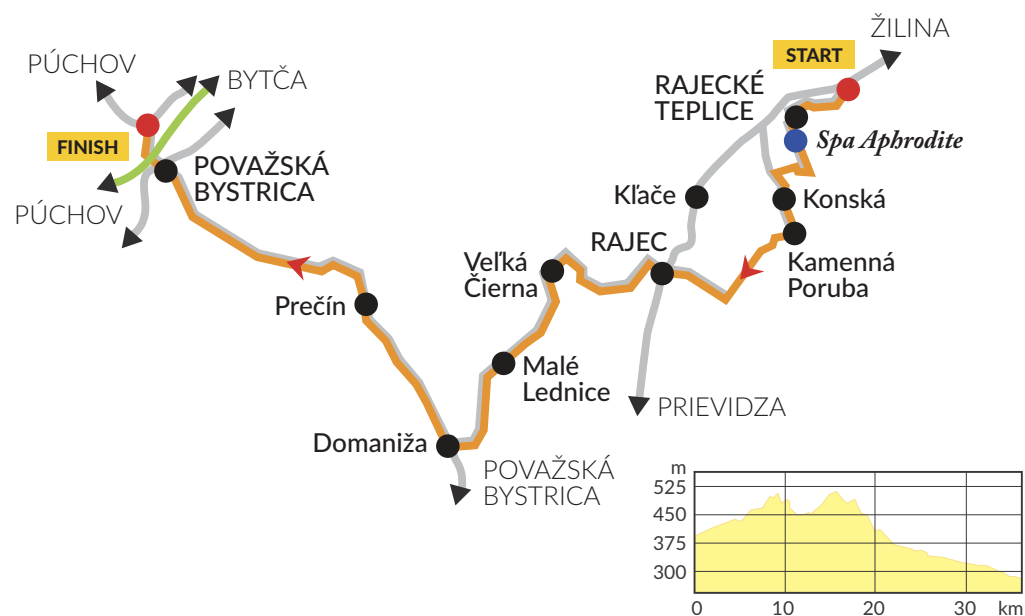


The Rajecká Cycling Route can be divided into two sections. The first section connects Žilina with the village of Turie. The second section connects Rajecké Teplice with the town of Rajec and the Vážska Cycling Route. There are several regional and local cycling routes available. The route is not challenging and is suitable for recreational cyclists, too. The second section of the Rajecká Cycling Route begins in Rajecké Teplice, where one of the best-known healing spas with natural thermal water in Slovakia is located. Visit SPA Aphrodite Rajecké Teplice, where you can relax in pools and saunas. The route then leads from the spa town through the villages of Kónská and Kamenná Poruba to Rajec. During the hot summer days, you can cool yourselves down in the Veronika thermal swimming pool in Rajec. From Rajec continue through several villages in the direction of Považská Bystrica. In Domaniža there is the beautiful Church of St. Nicholas. The Cycling Route passes through the entire city of Považská Bystrica, the traffic-light junction and



continues beneath the highway bridge towards Váh River, where it ends at the intersection with the Vážska Cycling Route.

- C 026
- 📏 36,4 km 📏 438 m ❤️ non-challenging
- 🛣️ asphalt
- 🚲 road bike



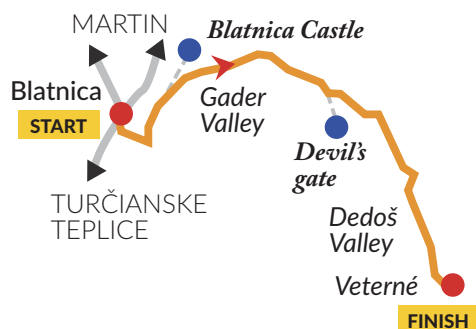
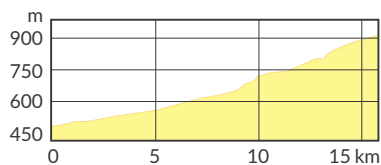
# Gader Valley

31



Gaderská dolina (Gader Valley) and the Dedošova dolina (Dedoš Valley) belong to the longest valleys of Velká Fatra Mountains. The first 8 km from the village of Blatnica to the mouth of the Dedoš Valley is by a well-maintained asphalt road suitable for road bikes and scooters. For those who want to complete the whole route to Veterné, it is recommended to use a trekking or mountain bike. Charming nature with the babbling Gaderský potok (Gader Brook) and omnipresent rock formations will surely catch your eye on the ride. One such formation is Čertova brána (Devil's Gate), also known for the fact that several famous films were filmed near it. Mlynčekovo is a technical attraction that will excite both kids and adults. You can find many small water mills of various shapes and designs. The route ends at the Velká Fatra National Park field station in Veterné.

- C** 5417
- 15,5 km 421 m non-challenging
- asphalt, gravel road
- trekking, mountain bike

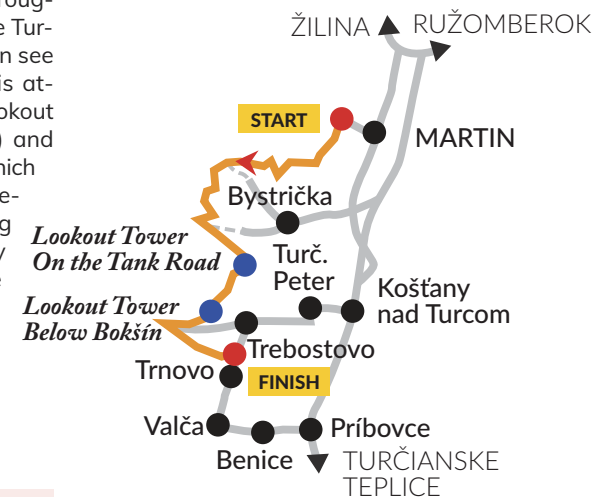


# The Tank Road

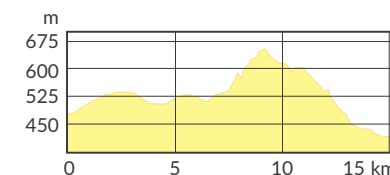
32



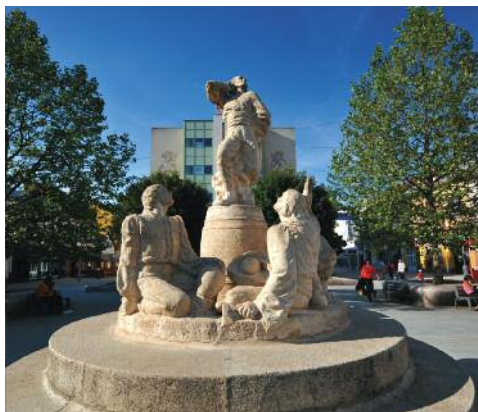
The Tank Road cycling route is visited throughout the year. It offers views of the whole Turčianska kotlina (Turiec Basin) and you can see it crystal clear during good visibility. It is attractive for cyclists, as there are two lookout towers – Pod Bokšínom (Below Bokšín) and Na Tankovej ceste (On the Tank Road), which together with three other towers in the region create the Turiec Lookouts Cycling Circuit. Not so long ago, tanks and heavy military equipment travelled down the road. Today, it is a popular and sought-after cycling route. The route is of medium difficulty, and it is recommended to use a trekking or a mountain bike.



- C** 5470
- 15,1 km 274 m moderate
- asphalt, concrete
- trekking, mountain bike

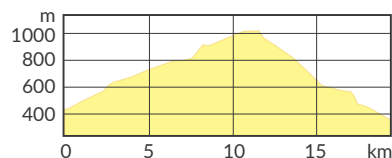


## Martin (ATC) – Stráňavy – Strečno 33



The rather demanding mountain cycling route, frequently used as a connecting route between Vrútky and Žilina, is marked green. Start at the car camp and head towards the Javorná dolina (Javorná Valley). The cycling route takes a sharp right turn in the valley and begins to rise on a wide, well-maintained forest road. The gradual ascent continues to Saračníky. There are many spots worth stopping at to appreciate the views of the Dolný Turiec basin. From Saračníky, the route descends pleasantly below the Strečno Castle to the village, ending at the bridge to Nezbudská Lúčka. Strečno Castle dates back to the half of the 14th century. You can get to the castle by walking through the medieval wooden village of Páseka, built according to the model of the period medieval buildings. The castle provides a picturesque view of the Váh valley. From Strečno, a high-quality cycling route leads around the dam all the way to Žilina. From this point, you can choose to cycle through Varín into the new, more than 23 km long, cycling route to Terchová.

**C** 5430  
 19,2 km 609 m challenging  
 asphalt, gravel, natural terrain  
 mountain bike

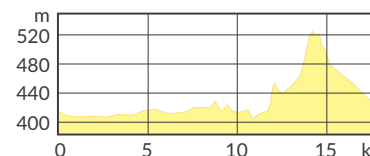


## Sučany – Turčianska Štiavnička 34



The Turčiansko-Vážsko-Fatranská cesta (Turiec-Vážec-Fatra Road) is an open cycling circuit in the lower part of Turiec region. Its main characteristic feature is water. The cycling journey starts in Sučany and continues around the distributary channel of Váh to Krpelany. You won't regret stopping at the technical work of the Krpelany hydroelectric power plant and the Krpelany Dam, where the Váh River splits in two. Continue along the Váh River to Nolčovo, then climb up to the Lookout Tower Nolčovo, which reveals a scenic view of the Turiec region and the Malá Fatra Mountains. The steeply rising route from Kónské through Sedlo Kopaňica (Kopaňica Saddle) will bring you to Podhradie. The reward in the form of a long downhill through Podhradie to Schádzaná will make you forget about the challenging climb.

**C** 2412  
 18,2 km moderate  
 asphalt, grassy road, gravel road  
 trekking, mountain bike



# Turčianske Teplice – Martin, Znievská cesta (Zniev Road)



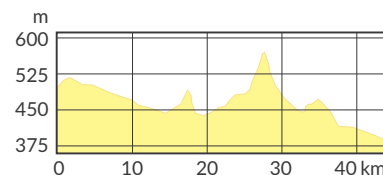
The route crosses the western part of the Turčianska kotlina (Turiec Basin) below the Lúčanská part of the Malá Fatra Mountains. You can choose to start either in Turčianske Teplice, or Martin. For example, plan your route so that you take a bike bus from Vrútky or Martin to Trenčianske Teplice in the morning, and then bike back. Set out by the Znievská road from Turčianske Teplice to the west, to the Diviacky háj (Boar Grove) and then turn right to the village of Veľký Čepčín. On the way to Kláštor pod Znievom, explore the wetlands of Turiec in the area of Dvorec and Ivančiná, and later on the protected area of Jazernické jazierko (Jazernické Lake). Get a good rest, as you will need the energy to climb the hill above Socovce, behind Blážovce. However, the view of the slightly undulated landscape of the Turčianska kotlina (Turiec Basin) and the surrounding mountain ring is worth the effort. In 10



- C** 2415
- 📏** 43,3 km **❤️** moderate
- 🛣️** asphalt, gravel, paved road
- 🚲** trekking, road bike

km down the road, you will get to the stunning village of Kláštor pod Znievom, which offers plenty of possibilities. You can relax on the maxi bench or wander around the plentiful local sights. On the road to Valča through Brčná, don't miss the gigantic bicycle – a popular spot for taking pictures. On the blue-marked 45 km long route to Martin, you will pass the villages

of Trnovo, Trebostovo, Turčiansky Peter, and Košťany nad Trncom. The almost 45 km route ends before the Martin railway station. For those, who want to experience the new cycling route alongside the Turiec River to Vrútky, it is strongly recommended to add those additional 6 km.



# Turčiansko-Kremnická Cycling Highway

36



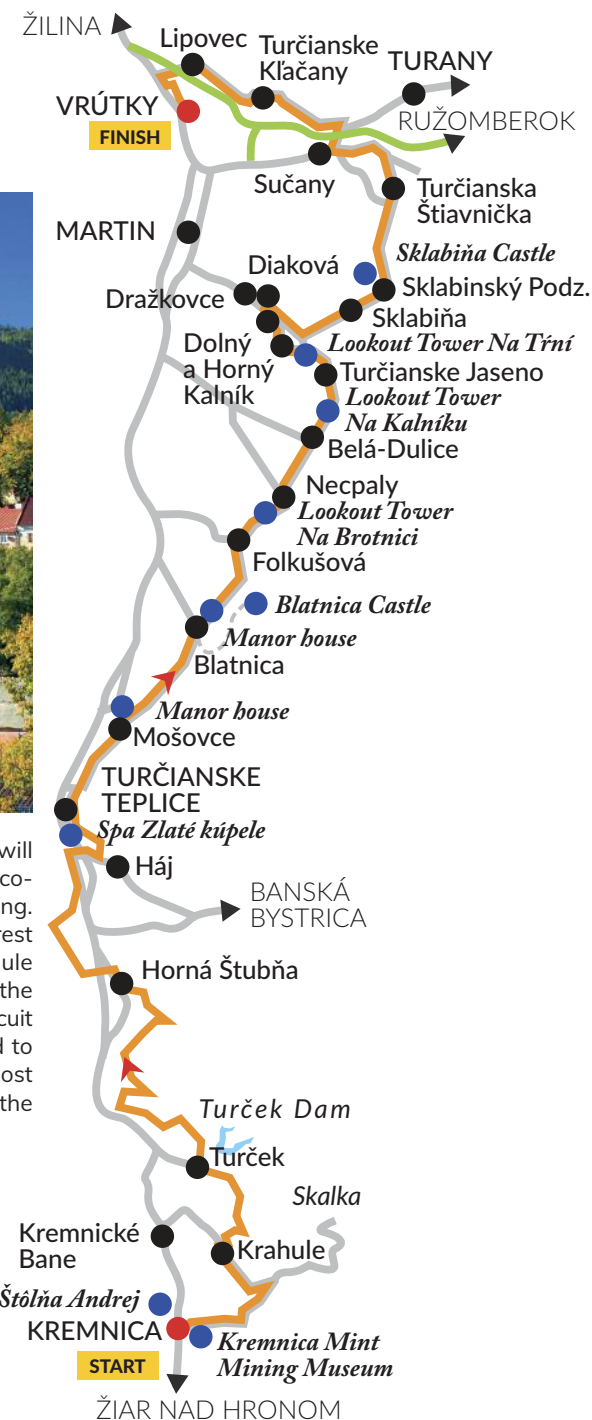
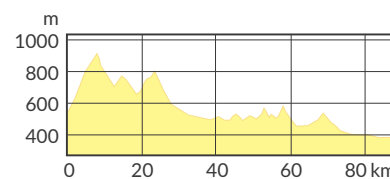
The route to Kremnica begins near the Vrútky Municipal Office. Start on a cycling path along the Turiec River, continue to the confluence with the river Váh and along the channel through Lipovec to Hrabiny (in Sučany). Then deflect from the water and continue through the foothills of the Velká Fatra Mountains. Make the first stop in Turčianska Štiavnička dominated by the reconstructed Château Révay with an English park and plenty of things to see. Shortly cycle under the Sklabinský Castle. Views from the Trail of the Heroes of the Slovak National Uprising can be enhanced by three lookout towers: Na Třní, Na Kalníku, and Na Brotnici. Ascents and descents are frequent on the Turčianska Cycling Highway. The road levels out behind Mošovce, and from Turčianske Teplice to Horná Štubňa, you can enjoy almost flat terrain. Don't forget to turn left at the end of the village near the cross. This is where the road cycling ends, and you enter a pleasant



- C 032
- 📏 87,8 km ❤️ challenging
- 🛣️ asphalt, gravel, forest road
- 🚲 mountain bike



forest terrain. A slightly rolling gravel road will lead you to Turček. At this point, you have covered 75 km, with roughly 13 km remaining. The cycling route continues along the forest road through the Krahulská dolina (Krahule Valley) to Krahule. Here you will briefly join the Barbara's route – an almost 200 km long circuit with 29 recommended stops mainly linked to mining and history. However, you will almost effortlessly glide to Kremnica and enjoy the long descent to the historic center.

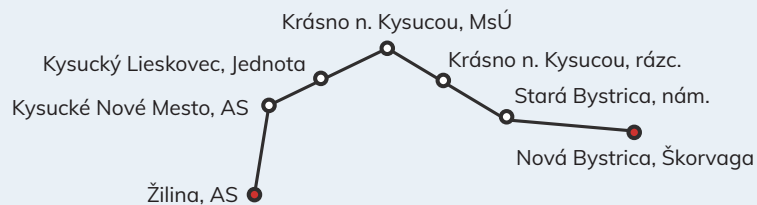


# Bike Buses

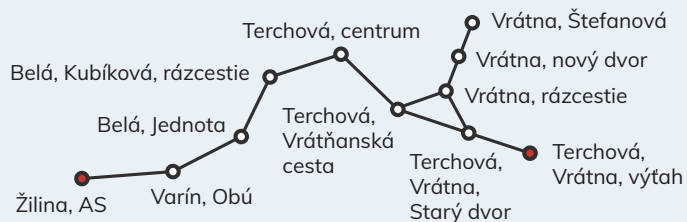
Within the district, you can utilize bike buses. More information about routes, prices, and timetables can be found on the website of the Žilina Self-Governing Region [www.zilinskazupa.sk](http://www.zilinskazupa.sk), or the transport providers' websites: [www.sadza.sk/cyklobus](http://www.sadza.sk/cyklobus) [www.arriva.sk/liorbus/cyklobus-orava-a-liptov](http://www.arriva.sk/liorbus/cyklobus-orava-a-liptov)



## Žilina – Nová Bystrica



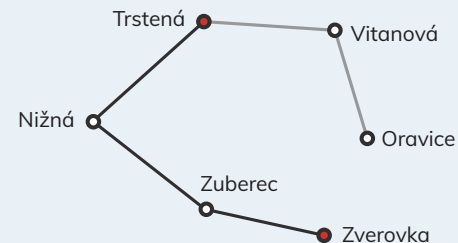
## Žilina – Belá – Terchová



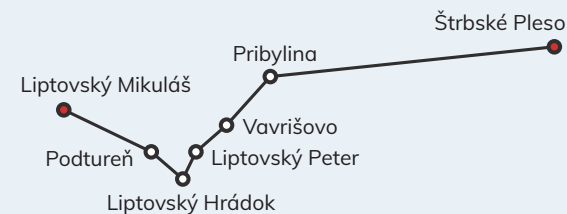
## Žilina – Turčianske Teplice



## Trstená – Zverovka



## Liptovský Mikuláš – Štrbské Pleso



## Bikeparks

Malinô Brdo ski&bike family park Ružomberok  
[www.skipark.sk](http://www.skipark.sk)

Bikepark Jasenská / Jasenská dolina  
[www.jasenskadolina.sk/bike-park-jasenska](http://www.jasenskadolina.sk/bike-park-jasenska)

Bikepark Kubínska hoľa  
[www.kubinska.sk](http://www.kubinska.sk)  
summer version of the website

Bikepark Snowparadise Veľká Rača Oščadnica  
[www.snowparadise.sk/bike-park](http://www.snowparadise.sk/bike-park)  
summer version of the website







ŽILINA  
TOURISM  
REGION



MINISTRY  
OF TOURISM AND SPORTS  
OF THE SLOVAK REPUBLIC

Implemented with the financial support  
of the Ministry of Tourism and Sports of the Slovak Republic



ŽILINSKÝ  
SAMOSPRÁVNÝ  
KRAJ



MALÁ FATRA  
REGION



Issued by: Žilina Tourism Region, 2024

Photographs: J. Moravčík, M. Homola, Marek Hajkovský, R. Köhler, Š. Strýček, M. Pišný, R. Jakuš,  
M. Matula, D. Kubička, J. Velička, Bikelifé, archive of Žilina Tourism Region and its members

Graphic design and printing: Róbert Lopušan – TIME PRINT

**[www.zilinskyturistickykraj.sk](http://www.zilinskyturistickykraj.sk)**

[www.zilinskazupa.sk](http://www.zilinskazupa.sk) [www.regionmalafatra.sk](http://www.regionmalafatra.sk) [www.visitliptov.sk](http://www.visitliptov.sk)

[www.regionkysuce.sk](http://www.regionkysuce.sk) [www.visitorava.sk](http://www.visitorava.sk) [www.rajeckadolina.sk](http://www.rajeckadolina.sk) [www.turiec.org](http://www.turiec.org)

