

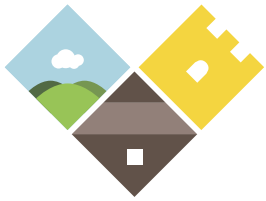


ŽILINA
TOURISM
REGION



TOURIST ROUTES IN ŽILINA REGION





ŽILINA TOURISM REGION



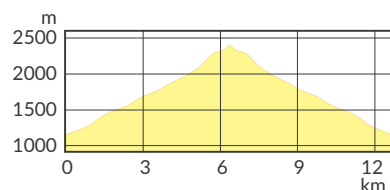
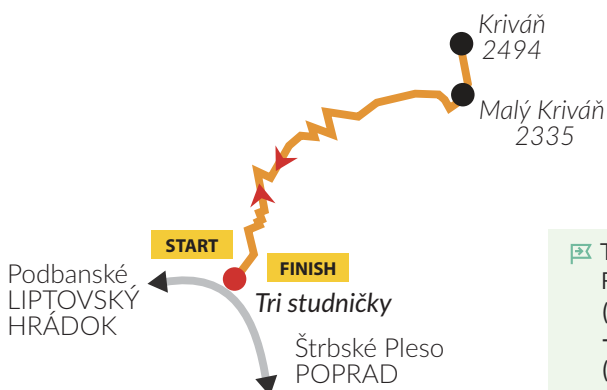
Kriváň from Tri studničky

1



One of the most attractive hiking trails in the Liptov region, a tourist favourite not only due to its beauty but also due to its history. Kriváň (2 494 m a.s.l.) is regarded as the national symbol of Slovakia and for years a national ascent to Kriváň has been organised annually. A Slovak double cross is mounted at the peak. The hike is quite challenging, with the final stage being particularly difficult as it involves navigating rocky terrain without safety features. However, the effort is well worth it.

- High Tatras
- high-altitude hike, peak hike
- challenging 11,6 km 6:45 h
- 1 348 m (↗ 1 348 m, ↘ 1 348 m)
- 1. 11. – 15. 6.
- Tri studničky bus stop (only on weekends and public holidays during the summer season)



- Tri Studničky, Stará horáreň → Rázcestie v Krivánskom žľabe (2 120 m a.s.l.) → Kriváň (2 494 m a.s.l.) → Rázcestie v Krivánskom žľabe (2 120 m a.s.l.) → Tri Studničky, Stará horáreň

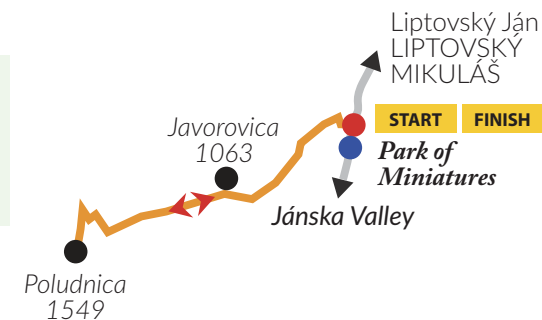
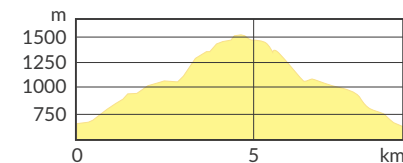
Poludnica from Liptovský Ján

2



The panoramic view from Poludnica is truly unforgettable, offering a breath-taking view of Liptov and the surrounding mountains. The hike begins with a steep ascent up the ski slope, then gradually continues to sedlo Rakytovica (Rakytovica Saddle). From there, you face another climb to Predná Poludnica, where the trail joins the ridge and leads to Poludnica. Along the way, you'll pass Jaskyňa Kamenné mlieko (the Stone Milk Cave), a historical site where Jews hid during the war with the help of local residents. A commemorative plaque at the cave entrance honours this history. At the peak of Poludnica, be sure to capture a photo on the famous rock outcrop with the Tatra Kriváň in the background.

- Low Tatras
- high-altitude hike, peak hike
- challenging 9 km 5 h
- 884 m (↗ 900 m, ↘ 900 m)
- Liptovský Ján, Hotel Ďumbier bus stop



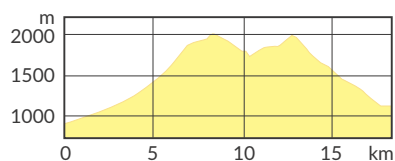
- Liptovský Ján (Hotel Ďumbier bus stop/parking lot) → Rakytovica → Predná Poludnica → Poludnica (1 549 m a.s.l.) → Predná Poludnica → Rakytovica → Liptovský Ján

Ďumbier and Chopok from Lúčky 3



- Low Tatras
- high-altitude hike, peak hike, educational trail
- challenging 18 km 7:45 h
- 1 113 m (↗ 1 383 m, ↘ 1 178 m)
- Demänovská dolina, Lúčky bus stop; Demänovská dolina, Jasná bus stop
- Kamenná chata under Chopok Chalet, several facilities in the Jasná ski resort

Ďumbier (2 043 m a.s.l.) is the highest peak of the Low Tatras. Despite its height, the ascent is relatively manageable, taking about 4.5 hours with an elevation gain of over 1 000 meters. In winter, the route is also popular for ski mountaineering. The hike offers stunning views on both sides of the Low Tatras, including Liptov, Spiš, Horehronie, the Western and High Tatras, and Slovak Rudohorie. You can shorten the descent by taking the cable car from Chopok. From Mikulášska Chalet, enjoy a short walk around Vrbické pleso (Vrbické pleso Mountain Lake) to the bus stop in Jasná.

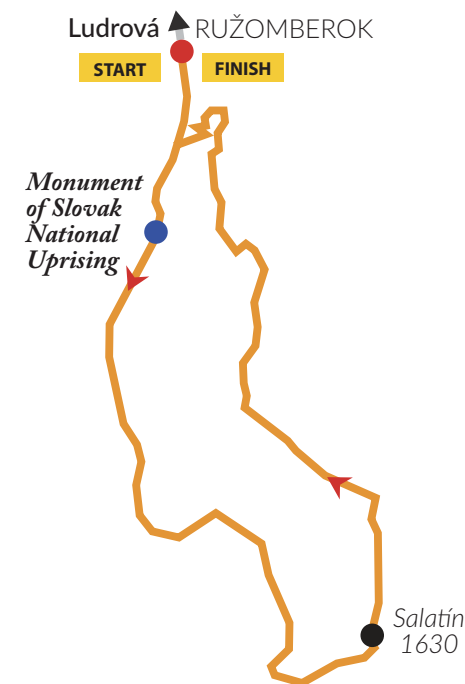
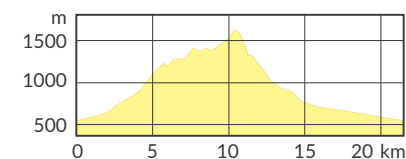


Lúčky, chata → Pod Krčahovom → Záver Širokej doliny → Krúpovo sedlo → Ďumbier (2 043 m a.s.l.) → Demänovské sedlo → Chopok (2 024 m a.s.l.) → Luková → Pod Orlou skalou → Mikulášska chata

Salatín from Ludrová 4



The village of Ludrová is situated close to Ružomberok. The most popular tourist places in the village are the Gothic church located in its cadastral area and the Salatín peak (1630 m a.s.l.) in the Low Tatras. The route forms a scenic circuit, making it popular among tourists. The red-marked trail ascends through the intact Hučiaky gorge, one of the top natural attractions in the Liptov region. At the peak of Salatín, you'll find yourself surrounded by a mountain pine zone. The descent to Bohúňovo offers breath-taking panoramic views of Salatín and the picturesque Liptov landscape, completed with striking rock formations.



- Low Tatras
- high-altitude hike, peak hike, circular hike
- challenging 21,6 km 8:00 h
- 1 070 m (↗ 1 170 m, ↘ 1 170 m)
- Ludrová bus stop

Ludrová → Ludrovská dolina, pamätník SNP → tiesňava Hučiaky → Salatín (1 630 m a.s.l.) → Sedlo pod Malým Salatínom → Bohúňovo → Ludrová

Ružomberok – Čutkovo Valley

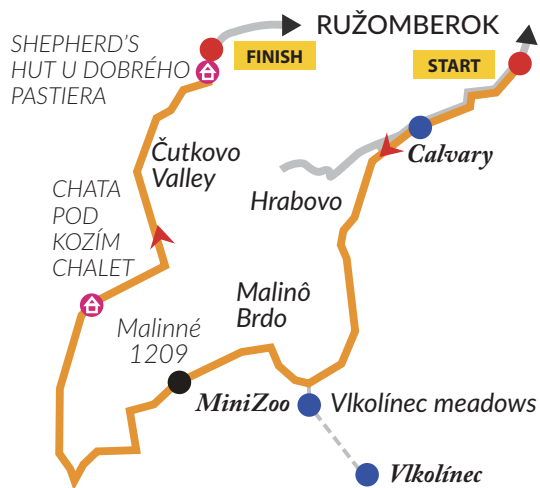
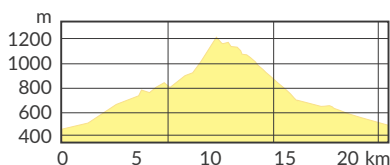
5



- Veľká Fatra Mountains
- walking route, educational trail
- moderate 15 km 5:20 h
- 709 m (↗ 709 m, ↘ 687 m)
- Ružomberok bus and train station; Čutkovská dolina bus stop
- various facilities at Malinô Brdo, Chata pod Kozím Chalet, huts scattered throughout Čutkovo valley

Ružomberok (A. Hlinka square) → Kalvária → Vlkolínske lúky → Malinô Brdo → Malinné (1 209 m a.s.l.) → Sedlo pod Vtáčnikom → Chata pod Kozím → Čutkovská dolina, Koliba

Čutkovo valley is a premier destination for excursions, beloved by both locals in Liptov and international tourists. Your adventure begins at the heart of Ružomberok at Andrej Hlinka square, following the red-marked trail toward the local Kalvária (Calvary). Here, you'll join the blue-marked path that takes you through the picturesque Vlkolínec meadows to the Malinô Brdo ski resort. A gentle ascent leads you to the peak of Malinné (1 209 m a.s.l.), offering stunning panoramic views of Ružomberok, the Chočské vrchy (Choč Mountains), the Western Tatras, and, on clear days, the majestic High Tatras. From Malinné, the route continues along the blue-marked trail through Sedlo pod Vtáčnikom (Saddle below Vtáčnik), descending into the charming Čutkovo valley and passing by chalet Chata pod Kozím to its endpoint. The entire length of the valley is a visual delight, enriched by the educational trail "Known and Unknown Čutkovo valley". The valley's most enchanting spot lies near the water reservoir and Koliba u Dobrého pastiera (Good Shepherd's Hut), providing an idyllic end to your journey.



Vlkolínec from Hrabovo

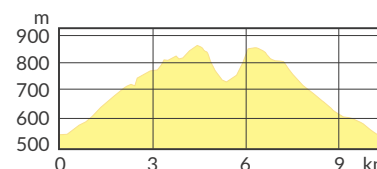
6



An easy walking route starting in Hrabovo is perfect for families with children. In Hrabovo, you'll find the cable car station to Malinô Brdo, the Tarzánia rope park, and a water reservoir with boating facilities. The path will take you to the highlight of the region, a UNESCO World Heritage site – the hillside settlement of Vlkolínec, a popular destination for tourists worldwide. On the return journey, you can take the Medvedia cesta (Bear Road) educational trail from Sedlo pod Sidorovom (Saddle below Sidorovo), which provides insights into the life and habits of the brown bear that inhabits this area. Alongside informational boards, you'll encounter photo murals, a bear bunker, and a bear "bathroom" along the path.

- Veľká Fatra Mountains
- for families with children, walking route, educational trail
- non-challenging 10 km 3:40 h
- 334 m (↗ 460 m, ↘ 460 m)
- Hrabovo, konečná bus stop
- various facilities at Hrabovo

Hrabovo, parking lot at the cable car station → Rázcestie pod Kalváriou → Vlkolínske lúky → Vlkolínec (721 m a.s.l.) → Vlkolínske lúky → Hrabovo, parking lot at the cable car station



Šíp

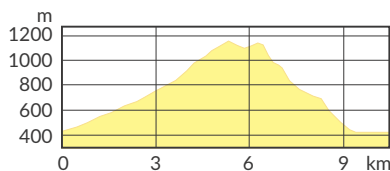
7



Šíp mountain rises majestically above the confluence of the Orava and Váh rivers, offering breath-taking views of the surrounding villages, most of Veľká Fatra mountain range (Great Fatra), Chočské vrchy (Choč Mountains), and, on clear days, the High and Low Tatras. Accessible from Stankovany, Krafovany, and Žaškov, the hiking trails to Šíp are filled with unique features like caves, fascinating rock formations, and numerous springs. From various viewpoints along the route, you can enjoy stunning sights of Stoh, Veľký Rozsutec (Great Rozsutec), Veľký Choč (Great Choč), and the neighbouring villages. At the peak of Zadný Šíp (Rear Šíp) stands a wooden cross, said to have been there since the time of Cyril and Methodius, though it has been replaced several times over the centuries. The settlement of Podšíp, along the route, is also worth a brief stop. Preserved wooden houses, restored by enthusiasts to their original condition, create a unique open-air museum in nature. The circular trail from Stankovany through Žaškovské sedlo (Žaškov Saddle), Šíp, Zadný Šíp (Rear Šíp), and the settlement of Podšíp takes about 5 hours.

- Veľká Fatra Mountains
- high-altitude hike, circular hike
- moderate 10,4 km
- 5:15 h
- 733 m (↗ 732 m, ↘ 732 m)
- Stankovany train station, Stankovany bus stop

Stankovany → Žaškovské sedlo → Šíp (1 170 m a.s.l.) → Zadný Šíp (1 143 m a.s.l.) → Podšíp → Rybka → Stankovany



Prosiek and Kvačany Valley Circuit

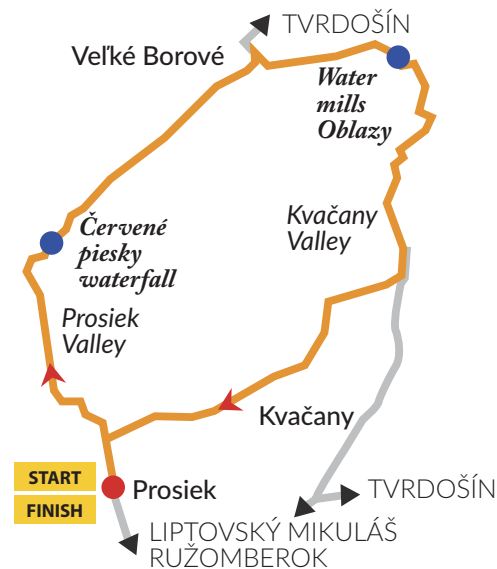
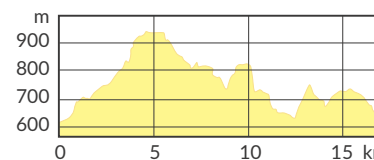
8



An easy half-day hike through two captivating valleys nestled in the Chočské vrchy (Choč Mountains). Your journey begins and ends in the charming village of Prosiek, just north of the Liptovská Mara Dam. The trail leads through the enchanting Prosiek Valley, where you'll traverse rock formations connected by steel ladders. Along the way you can explore the Červené piesky waterfall. Passing through the peaceful Svorad plain and the quaint village of Veľké Borové, you'll follow a narrow path leading to the remarkable water mills Oblazy – a well-preserved 19th-century technical marvel maintained by dedicated volunteers. The route then meanders back through the scenic Kvačianska dolina (Kvačany Valley) to Kvačany, crossing a gorge offering stunning views from a viewpoint perched on a rocky cliff. From Kvačany, the path under the mountain will lead you back to Prosiek.

- Choč Mountains
- circular hike, for families with children, walking route, educational trail
- moderate 16,5 km 5:20 h
- 323 m (↗ 588 m, ↘ 588 m)
- Prosiek, turnaround bus stop

Prosiek → Ústie Prosieckej doliny → Svorad (940 m a.s.l.) → Veľké Borové → Dolina Borovianky, rázcestie → Oblazy, rázcestie (791 m a.s.l.) → Ústie Kvačianskej doliny → Kvačany → Ústie Prosieckej doliny → Prosiek



Baranec from Žiar Valley

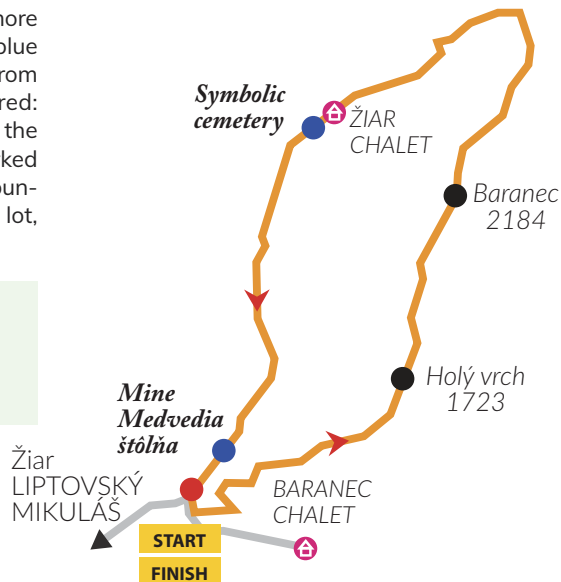
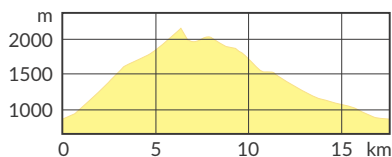
9



The hill towering above Liptovský Mikuláš is, together with Kriváň, a dominant part of the panorama of the city. It is the most visited peak of the Western Tatras and the whole Liptov region. The journey to Baranec offers a delightful circuit option with a stopover at Žiar Chalet. Starting from the parking lot at the mouth of Žiarska dolina (Žiar Valley), the trail follows yellow sign, leading through a steep ascent above the forest line to Holý vrch crossroads. Here, breath-taking views of Liptov unfold before continuing to the peak of Baranec. The descent is gentle, passing Smrek hill to Žiarske sedlo (Žiar Saddle), followed by a more substantial decline marked by green and blue signs through Žiar Valley to Žiar Chalet. From there, various descent options are offered: continue down the asphalt road or trace the original hiking forest educational trail marked by blue signs. Alternatively, you can hire mountain scooters and ride down to the parking lot, the end point of the route.

- Western Tatras
- high-altitude hike, peak hike, circular hike, educational trail
- challenging 16,2 km 6:30 h.
- 1 288 m (↗ 1 376 m, ↘ 1 376 m)
- Žiar, Žiarska dolina bus stop
- Žiar Chalet

Ústie Žiarskej doliny → Holý vrch → Baranec (2 184 m a.s.l.) → Žiarske sedlo → Žiarska chata → Ústie Žiarskej doliny

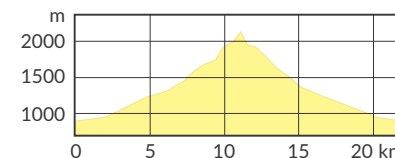


Klin

10



Račkova dolina (Račkova Valley) stands out as one of Liptov's most visited valleys. Tourists are also interested in the Liptov Village Museum, which is located behind the village of Pribylina, right next to the main road and turn into the valley. However, the true gem of Račkova Valley is Klin, a peak towering at 2 173 meters along the Slovak-Polish border. The ascent to Klin is renowned for its challenging yet rewarding trek through rugged terrain, offering panoramic views of the entire region and the stunning Račkove plesá (Račkove plesá Mountain Lakes). The number of mountain lakes may vary depending on the amount of water in the mountains. A brook flowing out of these lakes creates the Račkov waterfall. For a delightful detour from the main trail to Klin, an educational sheep-themed trail awaits, featuring five informative boards showcasing the rich history and culture of sheep farming in the region which will lead you to the highest hut in Slovakia.



- Western Tatras
- high-altitude hike, peak hike, educational trail
- challenging 20,4 km 7:45 h
- 1 282 m (↗ 1 301 m, ↘ 1 301 m)
- 1. 11. – 15. 6. closed part of the trail from Rázcestie pod Klinom
- Pribylina, Račkova dolina, skanzen bus stop

Úzka dolina – ústie → Rázcestie Jamníckej a Račkovej → Rázcestie pod Klinom → Rázcestie v Gáborovej doline → Gáborovo sedlo (1 938 m a.s.l.) → Klin / Starorobociański Wierch (2 173 m a.s.l.) → Račkovo sedlo (1 965 m a.s.l.) → Rázcestie pod Klinom → Rázcestie Jamníckej a Račkovej → Úzka dolina – ústie



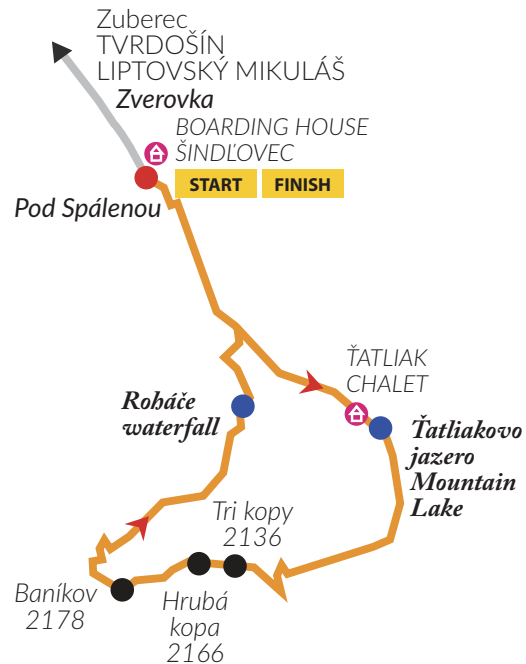
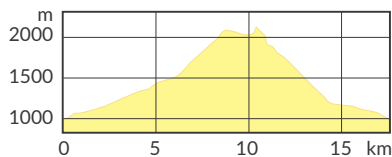
Tri kopy and Baníkov

11



- Western Tatras
- high-altitude hike, peak hike, ridge hike, circular hike
- very challenging 16,2 km
- 7:30 h
- 1 141 m (↗ 1 228 m, ↘ 1 228 m)
- 1. 11. – 15. 6. large part of the trail
- Zuberec, Ťatliakova chata rázcestie bus stop
- Ťatliak Chalet, Boarding House Šindľovec

The hills are situated along the main ridge of Roháče Mountains, offering magnificent and expansive views. The challenging red ridge hiking trail from Sivý vrch to Pyšné sedlo (Pyšné Saddle) passes through these peaks. Tri kopy Mountain consists of three separate peaks spaced a few minutes apart, Baníkov is the highest peak of the Western Tatras ridge. Nestled between them is the rocky peak of Hrubá kopa. This hike ranks among the most demanding in Roháče, featuring exposed sections secured by chains that require experience in high-altitude hiking on rugged terrain. It is advisable to undertake this hike only in favorable weather conditions. This part of the ridge is, besides the popular Orava region route leading from Zuberec, also well accessible from Liptov region and its Žiarska dolina (Žiar Valley), which has a length of 18,5 km.



- Pod Spálenou → Rázcestie Šindľovec → Adamcuľa → Ťatliakova chata → Rázcestie Smutná dolina → Smutné sedlo → Tri kopy (2 136 m a.s.l.) → Hrubá kopa (2 166 m a.s.l.) → Baníkov (2 178 m a.s.l.) → Baníkovské sedlo → Rázcestie pod Hrubou kopou → Rázcestie pod Predným zeleným → Roháčsky vodopád → Adamcuľa → Rázcestie Šindľovec → Pod Spálenou

Ostrý Roháč

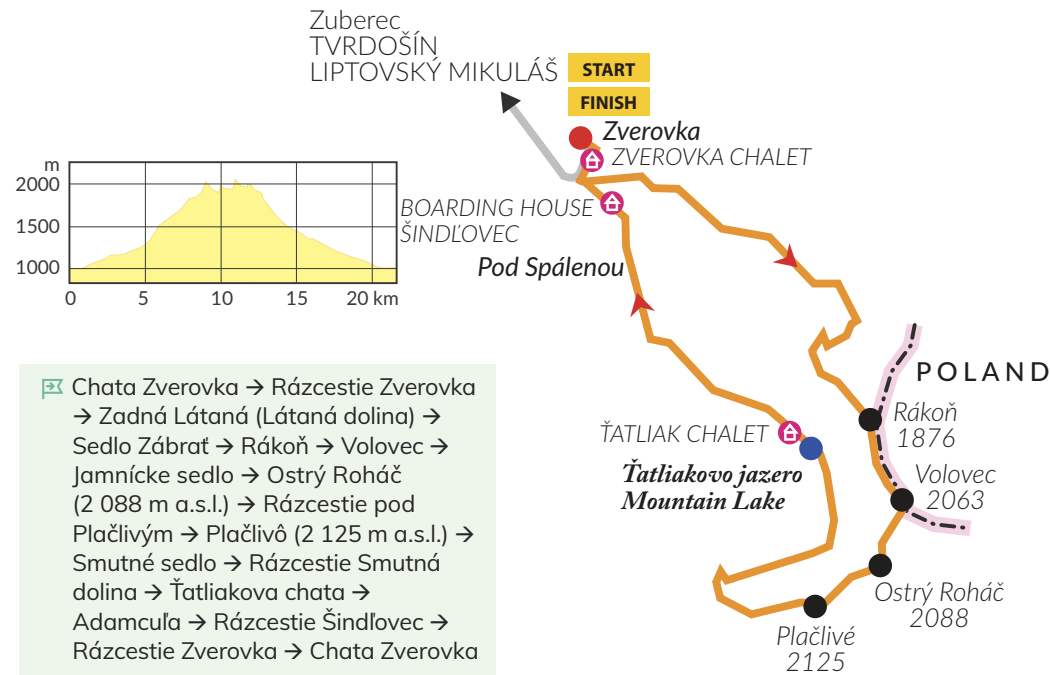
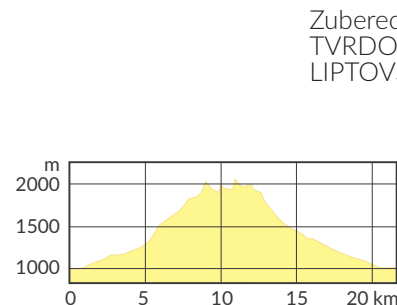
12



- Western Tatras
- high-altitude hike, peak hike, ridge hike, circular hike
- very challenging 21,5 km
- 9:25 h
- 1 060 m (↗ 1 527 m, ↘ 1 527 m)
- 1. 11. – 15. 6. large part of the trail is closed
- Zuberec, Zverovka chata bus stop
- Ťatliak Chalet

A highly challenging yet fascinating high-altitude hike awaits in the Western Tatras. The route offers stunning views but also includes exposed sections, many of which are secured with chains for assistance. The ridge between Volovec and Smutné sedlo (Smutné Saddle)

occasionally resembles mountain climbing, posing a test of both physical fitness and mental resilience for hikers. It is strongly advised to undertake this hike only in favorable weather conditions, as the ascent and descent from Ostrý Roháč can be extremely challenging in inclement weather.



- Chata Zverovka → Rázcestie Zverovka → Zadná Látnaná (Látnaná dolina) → Sedlo Zábrať → Rákoň → Volovec → Jamnícke sedlo → Ostrý Roháč (2 088 m a.s.l.) → Rázcestie pod Plačlivým → Plačlivô (2 125 m a.s.l.) → Smutné sedlo → Rázcestie Smutná dolina → Ťatliakova chata → Adamcuľa → Rázcestie Šindľovec → Rázcestie Zverovka → Chata Zverovka

Roháče Mountain Lakes

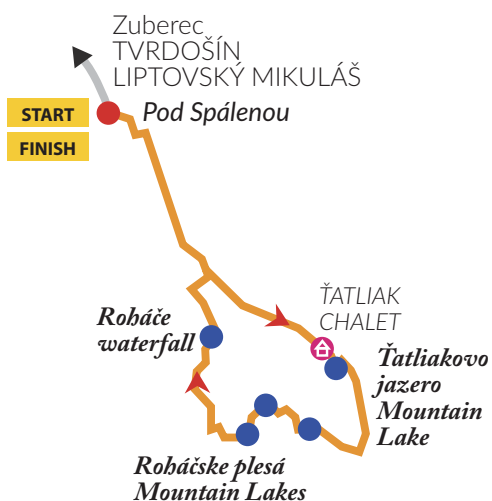
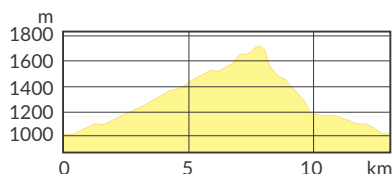
13



- Western Tatras
- high-altitude hike, peak hike, educational trail, circular hike, for the immobile (up to the Ťatliak Chalet)
- moderate 12,3 km
- 4:45 h
- 690 m (↗ 668 m, ↘ 668 m)
- 1. 11. – 15. 6. closure from the Ťatliak Chalet up to Pod Predným zeleným crossroads
- Zuberec, Ťatliakova chata rázcestie bus stop
- Ťatliak Chalet (summer season)

Parking lot pod Spálenou → Rázcestie Šindľovec → Adamcula – Ťatliakova chata (1 350 m a.s.l.) → Rázcestie Smutná dolina → Roháčske plesá (1 719 m a.s.l.) → Rázcestie pod Tromba kopami → Rázcestie pod Predným zeleným → Roháčsky vodopád → Adamcula → Rázcestie Šindľovec → Parkovisko pod Spálenou

The circuit around Roháčske plesá (Roháčske plesá Mountain Lakes) is among the most captivating trails in Roháče. Starting from the parking area, it follows the red-marked Roháčská dolina (Roháče Valley) route along an asphalt road to Ťatliak Chalet, offering scenic views of Ťatliakovo jazero Mountain lake. From the chalet, a gentle ascent continues on the hiking path marked with green signs. After approximately 50 minutes, you reach the largest lake, Veľké Roháčske pleso. Continuing with a slight climb, you proceed to Druhé Roháčske pleso and Tretie Roháčske pleso situated nearby. The final ascent leads to the Štvrté Roháčske Pleso, situated below the base of Tri kopy peak. The trail then descends in switchbacks marked with blue signs into Spálená dolina (Burnt Valley), passing Zelené pliesko lake and the majestic 18 m high Roháče waterfall, before arriving at the Adamcula crossroads. Here, it joins an asphalt road leading back to the parking area. You can take the route in the opposite direction as well.



Rákoň – Lúčna

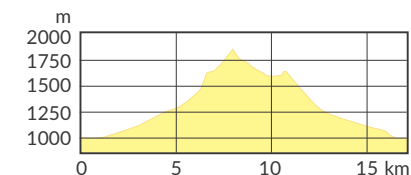
14



- Western Tatras
- high-altitude hike, peak hike, ridge hike, circular hike
- moderate 16,3 km 8:15 h
- 873 m (↗ 920 m, ↘ 920 m)
- 1. 11. – 15. 6. closure from the Ťatliak Chalet
- Zuberec, Zverovka chata bus stop
- Zverovka Chalet, Boarding House Šindľovec, Ťatliak Chalet

A moderately challenging route along the Slovak-Polish border offers stunning views of the Western Tatras and the Roháče ridge. The ridge known as Dlhý uplaz, which links Lúčna and Rákoň, features grassy terrain with occasional mountain pine, and a comfortable, well-trodden, and easy path that allows hikers to enjoy sweeping views of the surrounding mountains. At the peak of Lúčna, there is a cross near which annual mass is held. The hike can be shortened at several trail crossroads depending on the weather or the hikers' condition,

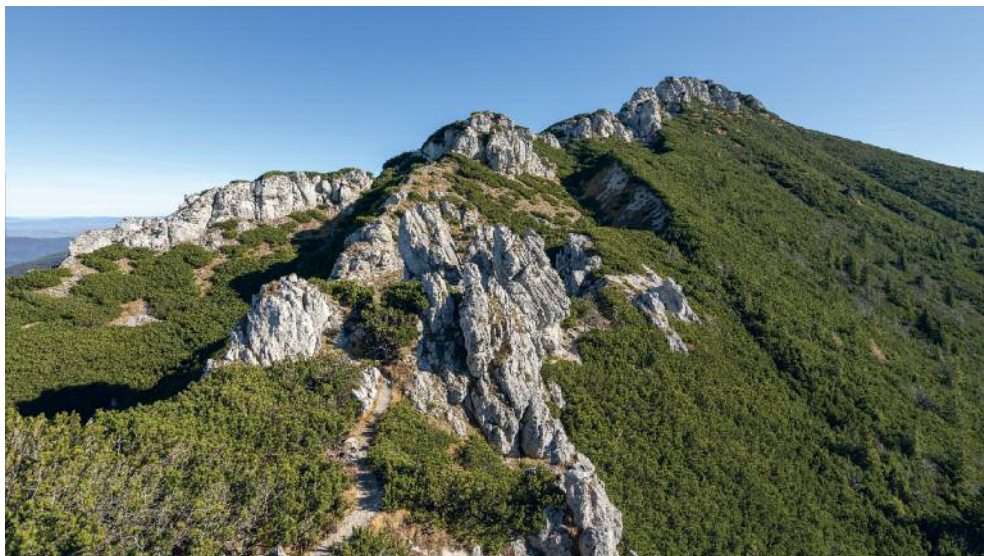
making it suitable for less experienced hikers as well. Conversely, those looking to extend their hike can continue from Lúčna to Sedlo pod Osobitou (Saddle below Osobitá) and from there to Zverovka Chalet, adding approximately 2 hours to the journey.



Chata Zverovka → Rázcestie Zverovka → Rázcestie Šindľovec → Adamcula → Ťatliakova chata → Sedlo Zábrať (1 656 m n. m.) → Rákoň (1 876 m n. m.) → Lúčna (1 653 m n. m.) → Zadná Látaná → Rázcestie Látaná dolina → Rázcestie Zverovka → Chata Zverovka

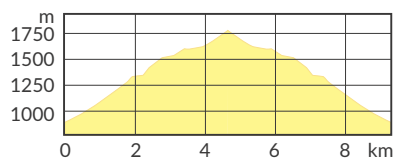
Sivý vrch

15



Sivý vrch (Gray hill) is a part of the Western Tatras and can be accessed from the Huty area, Zuberec, and Bobrovec. The panoramic views of Liptov and Orava are truly rewarding. Starting from the Huty region, from Horáreň pod Bielou skalou, an appealing path leads under Biela skala and through Radové skaly, featuring numerous rock towers and various rock formations that resemble figures. Some sections of the trail are equipped with chains for safety. If you choose to start from the Liptov side, the route begins at the entrance of the Bobrovecká dolina (Bobrovec Valley) in the Bobrovecká Vápenica area and continues through the crossroads under Babky, the Predúvratie saddle, and Ostrá to Sivý vrch. On the return trip, you can choose for the route through Babky. This circuit takes a little more than 7 hours.

- Western Tatras
- high-altitude hike, peak hike,
- challenging 8,5 km 4 h
- 870 m (↗ 903 m, ↘ 903 m)
- 1. 11. – 15. 6.
- Huty, Javorinský potok bus stop



Horáreň pod Bielou skalou → Biela skala → Radové skaly → Sivý vrch (1 805 m a.s.l.) → Radové skaly → Biela skala → Horáreň pod Bielou skalou

Juráň Valley

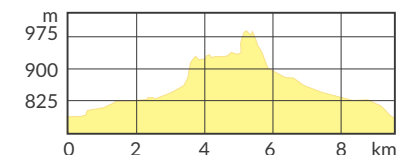
16



A non-challenging walk with beautiful views, as the valley is considered to be one of the most beautiful gorges in Slovakia. The Biela voda brook creates a narrow canyon with little waterfalls in the gorge. The route through the gorge in the Juráňova dolina (Juráň Valley) attracts tourists due to its ladders, bridges, and chains along the route and the fact that it is safe for children, too. Bobrovecká dolina (Bobrovec Valley) is accessible for the immobile as well as for young families with children. During the winter, it is open up to the Pod Suchou dolinou crossroads. The gorges, however, are closed. In the winter it is possible to make a circuit by joining the yellow hiking trail, which goes around the Tiesňavy gorge in the Juráň Valley. The Bobrovec Valley offers beautiful views of several peaks in the Western Tatras. The valley is particularly remarkable because of its hot springs supplying the thermal pools in Oravice.

- Western Tatras
- walking route, for families with children, circular hike, for the immobile
- non-challenging 9 km 2:50 h
- 196 m (↗ 200 m, ↘ 200 m)
- 1. 11. – 15. 6. closed part of the Bobrovecká dolina trail from the crossroads Pod Umlou and Tiesňavy gorge in the Juráň Valley
- Oravice, Meanderpark bus stop
- shepherd's hut

Rázcestie Oravice → Rázcestie pod Čistým grúňom → Rázcestie Pod Šatanovou → Juráňova dolina, ústie → Sedlo Umlá (980 m a.s.l.) → Rázcestie Pod Umlou → Rázcestie Pod Suchou dolinou → Rázcestie Oravice



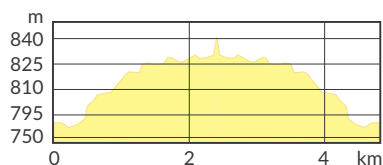
Orava without Barriers – Tichá Valley in Oravice

17



A woodland path winds through a silent valley on the northern side of the Western Tatras, offering a barrier-free tourist route with stunning views of the surrounding landscape. The trail is gentle and not steep, making it ideal for winter walks with sleds, as it is well-maintained and accessible in winter. This path is part of two educational trails, featuring information boards about the local fauna, flora, and notable aspects of the area. At the start of the trail, there is a small observation deck equipped with binoculars, allowing a closer look at the peaks of the Western Tatras. A brook meanders through the valley, making the boundary of TANAP (Tatra National Park) by its right bank. After finishing the hike, you can visit the thermal pools in Oravice, which are fed by natural geothermal water.

- Western Tatras
- walking route, for the immobile, for families with children, circular route
- non-challenging 4,8 km 1:20 h
- 42 m (↗ 36 m, ↘ 36 m)
- Oravice, Meanderpark bus stop
- shepherd's hut



Oravice → Rázcestie pod Čistým grúňom (Tichá dolina) → Rázcestie pod Šatanovou → Rázcestie pod Čistým grúňom (Tichá dolina) → Oravice

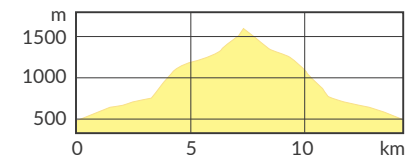
Velký Choč

18



- Choč Mountains
- high-altitude hike, peak hike, circular hike
- challenging 13,6 km 5:50 h
- 1 096 m (↗ 1 087 m, ↘ 1 087 m)
- Vyšný Kubín, rázcestie bus stop

Vyšný Kubín → Drapáč → Stredná Poľana → Velký Choč (1 608 m a.s.l.) → Drapáč → Vyšný Kubín



The distinctive limestone pyramid of Velký Choč (Great Choč) is easily recognizable not only from Liptov region, but also when observed from Velká or Malá Fatra, the Low and Western Tatras, and Orava region. It is regarded as one of the most beautiful peaks in Slovakia, offering panoramic views in all directions. The hike to Velký Choč is a popular one and is accessible even during the winter season. Velký Choč attracts tourists because of several marked trails leading to the peak from various starting points. Hikes can be initiated from Vyšný Kubín, Jasenová, Valaská Dubová, as well as from Likavka, Lisková, or Lúčky. The shortest and easiest route is from Valaská Dubová. From Jasenová, the red Martin Kukučín Trail will take you to the peak in approximately 3.5 hours. If you opt to start from Likavka, the hiking path will guide you through Likavský hrad (Likava Castle), Sedlo Spuštiak (Spuštiak Saddle), Stredná Poľana, and up to Velký Choč. From Velký Choč, you can continue to Žimerová and then to the village of Lúčky. The route is 18 km long and can be completed in about 7 hours.



Osnica

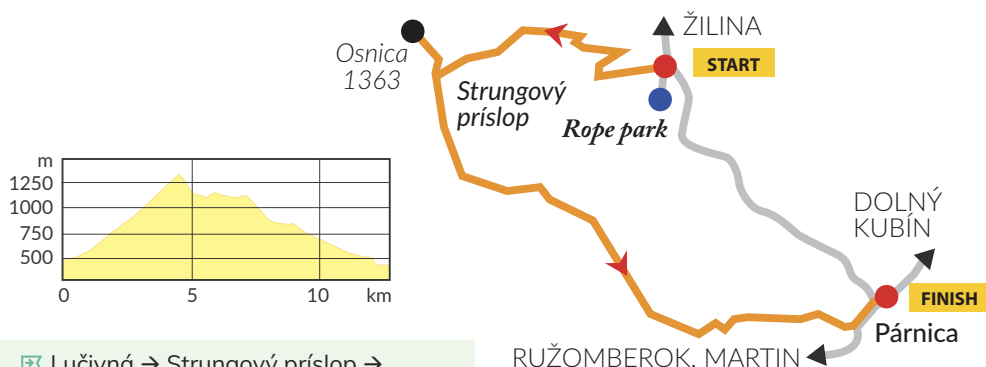
19



Osnica is one of the less frequented hills in the Malá Fatra. It forms an imaginary triangle along with Rozsutec and Stoh and faces a considerable competition from these popular neighbors. Standing at an altitude of 1 363 meters, Osnica's peak is meadowy and grassy, but just near the top, you'll encounter a surprising rocky outcrop. Osnica is accessible year-round via marked hiking trails from Štefanová, Zázriva, or Párnica, with none of the routes being particularly challenging. The trail from Párnica is the longest yet the most attractive and least frequented. If you're seeking a tranquil spot with an excellent view of Veľký Rozsutec, Osnica is a choice you won't regret. The views from the peak are truly rewarding.

- Krivánska Malá Fatra Mountains
- mountain hike, peak hike
- moderate 12,1 km 5:00 h
- 908 m (↗ 906 m, ↘ 953 m)
- Párnica, Lučivná rázcestie chata bus stop; Párnica, pri železničnej stanici bus stop; Párnica train station

The first you'll notice are Veľký Rozsutec and Stoh, with a part of Malá Fatra in the background, and on clear days, the Low and Western Tatras, Babia hora, and Veľký Choč.



Lučivná → Strungový príslop → Osnica (1 363 m a.s.l.) → Strungový príslop → Párnica, vlak

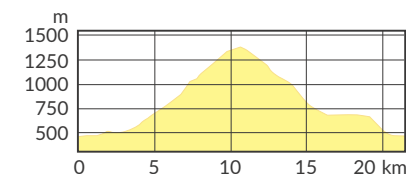
Minčol

20

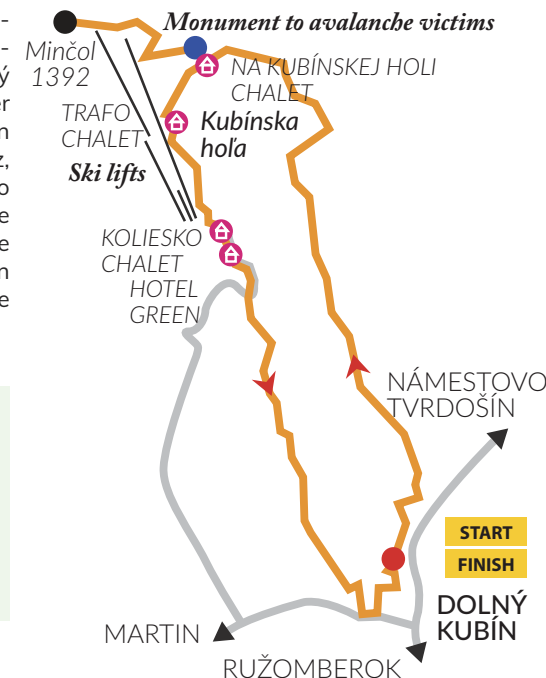


Minčol is the highest peak of Oravská Magura, towering over Dolný Kubín. From the peak, you can enjoy views of Malá and Veľká Fatra, the High and Low Tatras, Veľký Choč, and the Oravské and Kysucké Beskydy. This area is known by the Kubínska hoľa ski resort, and on its northern slopes, you'll find the Puchmajerová peat lake and the Minčol National Nature Reserve. The hike begins at the Dolný Kubín railway station. The yellow trail marker leads to the spring below Vtáčnik and then follows the asphalt road to Kamenný závoz, where it joins the blue trail marker leading to Hut on Kubínska hoľa. Continue on the blue trail to Rázcestie pri Minčole, then follow the red trail to the peak of Minčol. For the return journey from Hut on Kubínska hoľa, follow the green trail marker back to Dolný Kubín.

- Oravská Magura Mountains
- mountain hike, peak hike, circular hike
- moderate 20,4 km 7:15 h
- 925 m (↗ 945 m, ↘ 945 m)
- Dolný Kubín, autobusová stanica bus stop; Dolný Kubín train station
- Chata na Kubínskej holi Chelt, Trafo Chalet, Koliesko Chalet, Hotel Green



Dolný Kubín → Kamenný závoz → Chata na Kubínskej holi → Sedlo Kubínska hoľa → Rázcestie pri Minčole → Minčol (1 392 m a.s.l.) → Rázcestie pri Minčole → Sedlo Kubínska hoľa → Chata na Kubínskej holi → Koliesko, vleký → Dolný Kubín



Babia hora

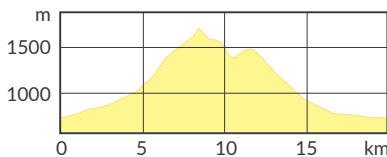
21



- Oravské Beskydy Mountains
- high-altitude hike, peak hike, circular hike
- challenging 19,1 km 6:40 h
- 980 m (↗ 1 068 m, ↘ 1 067 m)
- Oravská Polhora, Jednota bus stop
- Slaná voda Chalet

☒ Slaná voda → Paseky → Hájovňa na Rovniach → Babia hora (1 723 m a.s.l.) → Brána (Brona, przel.) → Malá Babia hora → Borsučie → Pod Borkom → Vonžovec → Slaná voda

A rather strenuous hike with an elevation gain of nearly a thousand meters, this trek offers the experience of climbing the highest peak of the Outer Western Carpathians and the northernmost viewpoint in Slovakia. Babia hora (Babia hora Mountain) is remarkable for its panoramic views of Orava, Malá Fatra, the Tatras, and the Polish Beskydy. Along the hiking trail from Slaná voda, there are resting spots, covered wooden gazebos with seating, and two lookouts to enjoy. The route primarily follows forest roads and paths, except the final section below Babia hora traversing a trail through a zone of mountain pine and mountain meadows. The Slaná voda area is notable for its unique springs of iodine-bromine healing water, historically used to treat ailments such as goitre, tuberculosis, various skin diseases, and more. Along the way, you can stop at the Hviezdoslavova hájovňa (Hviezdoslav Gamekeeper's Lodge), where the poet found inspiration.



Hike to Chleb and Poludňový Grúň

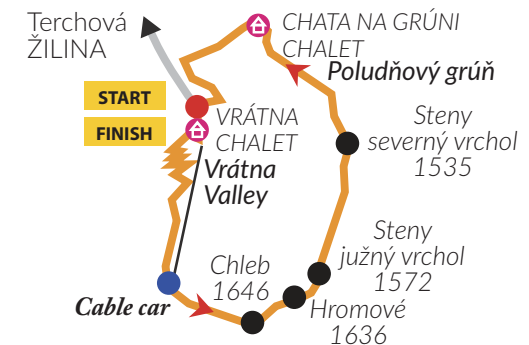
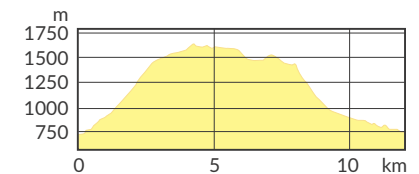
22



- Malá Fatra Mountains
- high-altitude hike, ridge hike, circular hike
- challenging 10,8 km 4:45 h
- 904 m (↗ 993 m, ↘ 993 m)
- Terchová, Vrátna – výťah bus stop
- Vrátna Chalet, Chata na Grúni Chalet

The hike to Chleb and Poludňový Grúň follows the ridge of Krivánská Malá Fatra, offering views of the nearby peaks Veľký Rozsutec and Veľký Kriváň. This exposed ridge, with sections of high mountain character, provides views of the Turiec and Žilina regions. You can begin the hike from the parking area near Vrátna Chalet, or take the cable car and continue from its upper station to Snilovské sedlo (Snilov Saddle), which shortens the hike by over 2 hours. From Snilovské sedlo to the peak of Poludňový Grúň, you will encounter a section with a gentle incline, followed by the most challenging part of the route to Chata na Grúni Chalet, where you have to overcome a steep ascent of approximately 500 metres on a stretch of 1.5 km. The route is straightforward, and in the upper mountain sections, navigation is aided by pole markers. It is recommended to go on the ridge hike only in suitable weather conditions.

☒ Chata Vrátna (or Lanovka Chleb – horná stanica) → Snilovské sedlo → Chleb → Sedlo za Hromovým → Poludňový Grúň → Chata na Grúni → Chata Vrátna



Route through the Krivánska Malá Fatra

23



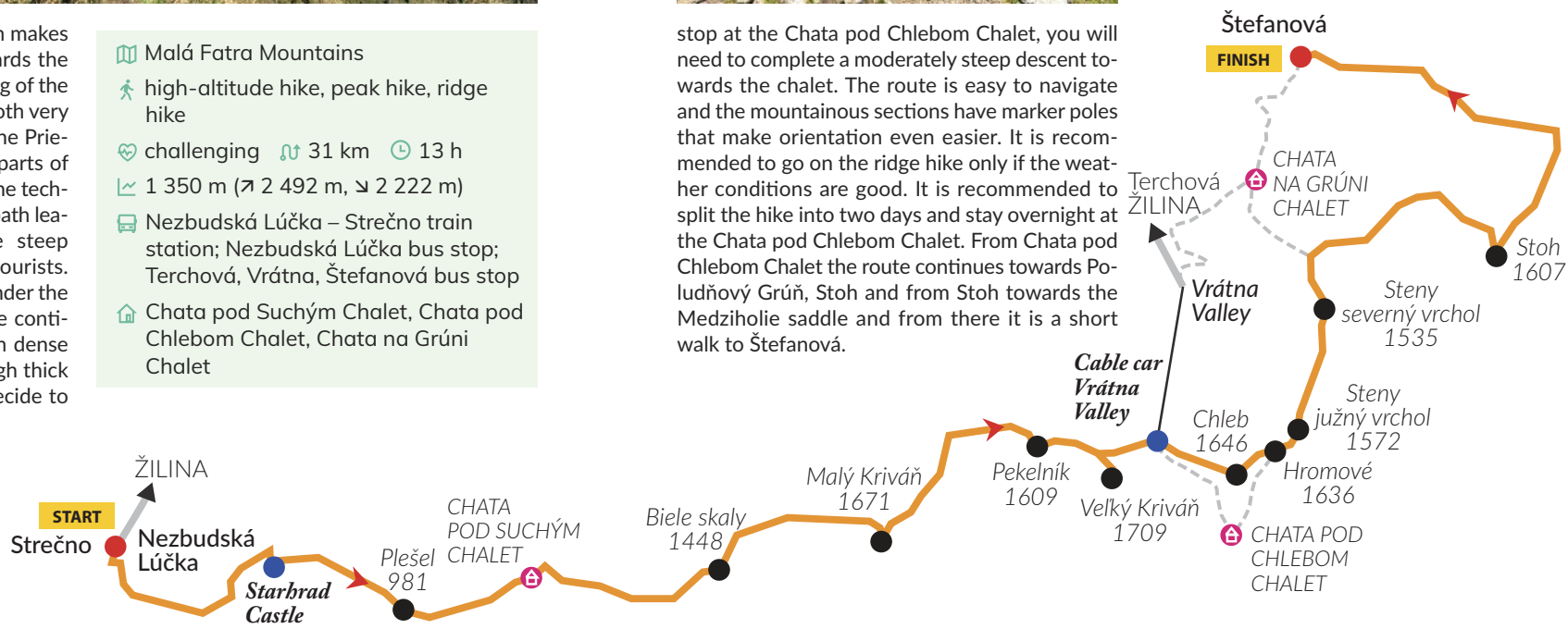
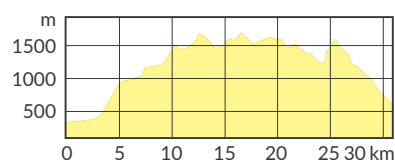
The length of the route and the elevation makes this ridge hike difficult. The ascent towards the Chata pod Suchým Chalet at the beginning of the route and the later ascent to Suchý are both very steep. The section between Suchý and the Priehyb saddle is one of the most beautiful parts of the ridge hike in the Malá Fatra. Despite the technical difficulty of walking along a narrow path leading through rocky formations above steep slopes, the route has a lot to offer to tourists. From Suchý to the upper ski lift station under the Snilovské sedlo (Snilov Saddle), the route continues through mountain zone locally with dense mountain pine, and the path leads through thick shrubbery only in a few places. If you decide to

- Malá Fatra Mountains
- high-altitude hike, peak hike, ridge hike
- challenging 31 km 13 h
- 1 350 m (↗ 2 492 m, ↘ 2 222 m)
- Nezbudská Lúčka – Strečno train station; Nezbudská Lúčka bus stop; Terchová, Vrátna, Štefanová bus stop
- Chata pod Suchým Chalet, Chata pod Chlebom Chalet, Chata na Grúni Chalet



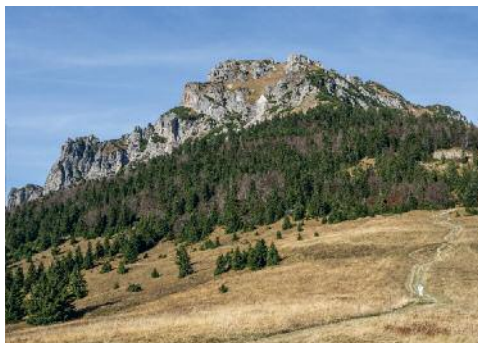
☒ Nezbudská Lúčka → Podhradské → Chata pod Suchým → Javorina → Príslop pod Suchým → Sedlo Vrátna → Sedlo Priehyb → Malý Kriváň (1 671 m a.s.l.) → Sedlo Bublén → Veľký Kriváň, hrana → Veľký Kriváň (1 709 m a.s.l.) → Veľký Kriváň, hrana → Snilovské sedlo → Chleb (1 646 m a.s.l.) → Sedlo za Hromovým → (* to the chalet: Kopiská – Chata pod Chlebom) → Poludňový grúň (1 450 m n. m.) → Chrbát Stohu → Stoh (1 607 m a.s.l.) → Sedlo Medziholie → Štefanová

stop at the Chata pod Chlebom Chalet, you will need to complete a moderately steep descent towards the chalet. The route is easy to navigate and the mountainous sections have marker poles that make orientation even easier. It is recommended to go on the ridge hike only if the weather conditions are good. It is recommended to split the hike into two days and stay overnight at the Chata pod Chlebom Chalet. From Chata pod Chlebom Chalet the route continues towards Poludňový Grúň, Stoh and from Stoh towards the Medziholie saddle and from there it is a short walk to Štefanová.



Hike to Velký Rozsutec

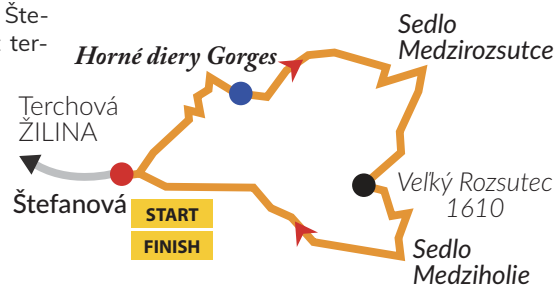
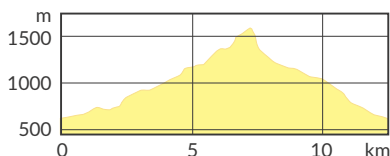
24



A challenging trek to Velký Rozsutec (Great Rozsutec) with significant elevation gain, passing through a national nature reserve. The initial segment of the hike from Štefanová to Podžiar follows the Štefanová – Diery nature trail. Beyond Podžiar, the path diverges from the educational trail and ascends through Horné Diery, a steep canyon adorned with several ladders and footbridges spanning streams and waterfalls. From Medzirozsutec sedlo (Medzirozsutec Saddle), the trail links with the ridge's red route, guiding hikers to the peak of Velký Rozsutec. The upper sections can be hazardous, particularly during freezing periods in spring or autumn. From the peak, under clear skies, panoramic views stretch to Babia hora and Pilsko, Kubínska hoľa, the Western Tatras, the entire Low Tatras ridge from Kráľová hoľa, Choč, Veľká Fatra, Martinské hole, a significant part of the Mala Fatra ridge, and even Lysá hora in the Moravian-Silesian Beskydy. The descent to Medziholie features steep, rocky slopes and scree fields, some secured with chains. The final stretch from Medziholie back to Štefanová traverses straightforward forest terrain.

- Malá Fatra Mountains
- high-altitude hike, circular hike
- very challenging 13,4 km
- 6:30 h
- 978 (↗ 1 207 m, ↘ 1 207 m)
- 1. 3. – 15. 6. the bigger part of the trail is closed (Horné diery, Velký Rozsutec)
- Terchová, Vrátna, Štefanová bus stop
- chalets in Štefanová

Štefanová, parkovisko → Sedlo Vrchpodžiar → Podžiar → Pod Pálenicou → Pod Tanečnicou → Pod Tesnou Rizňou → Sedlo Medzirozsutec → Velký Rozsutec (1 610 m a.s.l.) → Sedlo Medziholie → Štefanová, parkovisko



Belá Crags

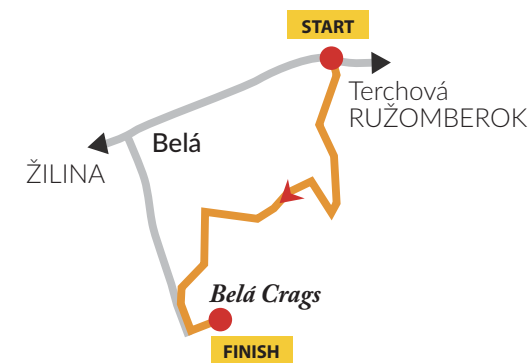
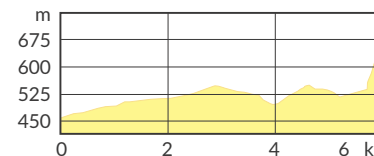
25



Belské skaly (Belá Crags) is a popular rock climbing destination above the village of Belá in Malá Fatra Mountains. An easy hiking trail begins directly in the village of Belá. Starting at the Bránica crossroads on the main road, follow the green trail sign toward the Malá Fatra ridge. At Malá Bránica, take the yellow-marked trail that guides you to the edge of Belá village, alongside Belá brook, and onward through Belská dolina (Belá Valley). After crossing the brook via a bridge, the path turns towards Belské skaly. A brief yet steep climb leads to the initial viewpoint. Following a marked path, you'll discover two additional secure viewpoints offering splendid views of Belská dolina, the Žilina basin, and Belá village. The steeper sections at the highest viewpoint are equipped with steps and chains for safety. To shorten the route, you can start the hike at the last bus stop in Belá village, connecting to the yellow-marked trail leading alongside the brook towards Belská dolina.

- Malá Fatra
- walking route
- Non-challenging 5,9 km 2 h
- 241 m (↗ 321 m, ↘ 91 m)
- Belá, Bránica bus stop

Bránica, rázcestie → Bránica, chaty → Malá Bránica → Belská dolina → Belské skaly



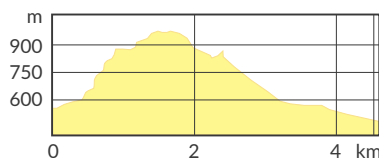
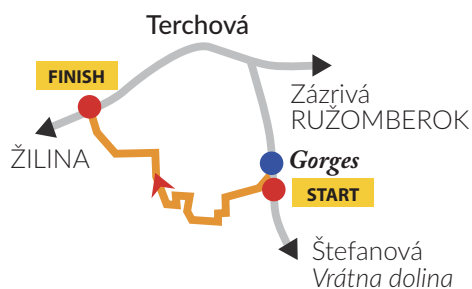
Zbojnický chodník – the Brigand Trail 26



The blue-marked hiking trail starts at Tiesňavy. The path to Malé Nocláhy presents challenges right from the start with a steep ascent, narrow passages, and rocky terrain. Throughout the trail, there are sections equipped with steps and safety chains fixed into the rock, offering magnificent vistas of the Malá Fatra ridge and transforming the perspective of Tiesňavy from higher elevations. Continuing from Malé Nocláhy, the blue trail leads to one of the most picturesque valleys, Obšívanka, situated at 600 m a.s.l. This area is notable for its significant climate inversion and hosts the lowest natural occurrence of mountain pine. Descending into the valley, the trail winds through forested terrain, featuring steps and safety chains at various points. From Obšívanka, the blue trail extends to the settlement of Podolina and terminates at the main road in Vyšné Kamence. To descend towards Terchová, follow the green route, which passes through Oravcová hill, where you can enhance your journey with a visit to Terchová Kalvária (Calvary). Unlike traditional calvaries, this site is distinctive for its arrangement of crosses and statues positioned directly on the ground.

- Malá Fatra Mountains
- mountain hike
- moderate 3,8 km 3 h
- 517 m (↗ 447 m, ↘ 516 m)
- 1. 3. – 15. 6. the part Malé nocláhy – Obšívanka is closed
- Terchová, Vrátnianská cesta bus stop; Terchová, Vyšné Kamence bus stop

Tiesňavy → Malé Nocláhy (1 000 m a.s.l.) → Obšívanka → Podolina → Vyšné Kamence

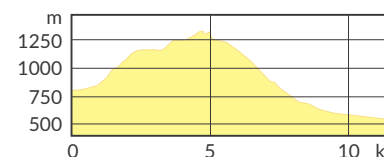


Kľak 27

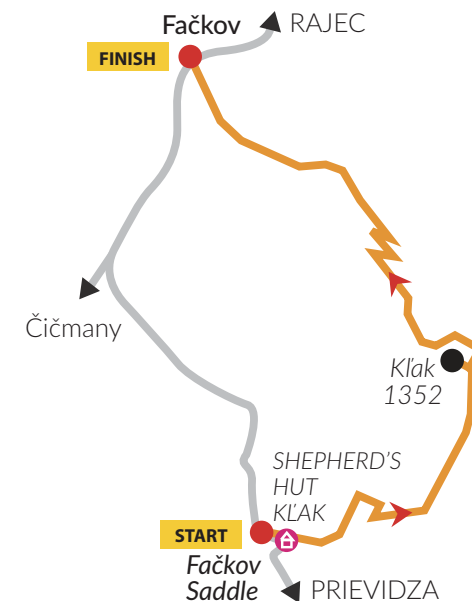


The trail linking Fačkovské sedlo (Fačkov Saddle) with the unique peak in Malá Fatra offers stunning panoramic views of the entire area. This half-day hike features significant elevation changes, winding through meadows and forests along a well-established path. A challenging section of the hike includes the ascent to Reváňské sedlo (Reváň Saddle), particularly challenging during the rainy season when the trail can become slippery and harder to navigate. At the Pod skalou crossroads, where the green hiking trail from Vrčko to Kľak intersects, you have the option to detour to the 30-meter-high Kľak waterfall following the green signs towards Vrčko. This detour, however, adds approximately 1.5 hours to the route. At this crossroads, remnants of a former mountain hut and its period photograph can still be seen. It's just a 10-minute walk from the crossroads to reach the peak of Kľak. The return journey to Fačkov follows the blue trail. Eventually, the trail leads back to the dirt road leading to the village of Fačkov.

Fačkovské sedlo → Staré cesty → Reváňské sedlo → Pod skalou → Kľak (1 352 m a.s.l.) → Pod Kľakom → Sedlo Malého Kľaku → Suchá dolina → Fačkov



- Lúčanská Malá Fatra
- mountain hike, peak hike
- challenging 11,8 km 4 h
- 560 m (↗ 549 m, ↘ 812 m)
- Kľačno, Fačkovské sedlo bus stop; Fačkov, obchodné stredisko bus stop
- shepherd's hut Kľak at the start



Súlov Rocks Educational Trail

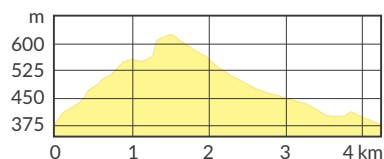
28



The Súlov Rocks educational trail is the most popular route in the Súlov Mountains. A large number of tourists walk this trail during the holidays and weekends in the summer season. There are several interesting sites along the route, such as the Gothic gate, several vistas of the surrounding villages and the ruins of Súlov Castle. The educational trail is passable in both directions, but the more beautiful route is in the upward direction along the green trail from the parking lot beneath the rocks and a descent through Lúka pod hradom. The majority of the interesting sites and vistas are located along the green trail between the parking lot and the castle. Such a gradual uncovering makes the ascent more enjoyable. Several sections of the route are secured with chains.

- Súlov Mountains
- mountain hike, circular hike, educational trail
- moderate 4 km 1:45 h
- 268 m (↗ 305 m, ↘ 305 m)
- Súlov – Hradná, Súlov, turistická nočlaháreň bus stop

Súlov parkovisko → Gotická brána → hrad Súlov (660 m a.s.l.) → Lúka pod hradom → Lúka pri Kamennom hríbe → Súlov parkovisko



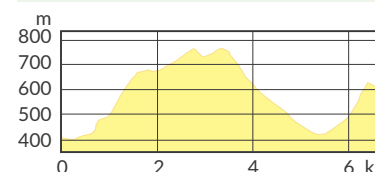
From Rajecké Teplice to Lietava Castle

29



Starting from the centre of Rajecké Teplice city, a green tourist sign guides you to Lietavský hrad (Lietava Castle). Upon reaching Skalky, halfway through the ascent, you'll be rewarded with a splendid view of your destination, which serves as a gratifying break after the challenging climb. The castle itself, one of Slovakia's largest ruins, flourished under the rule of the Turzov family. The Association for the Preservation of Lietava Castle has been working on its restoration for a long time. Besides immersing yourself in history and exploring preserved architectural features, you can also savor panoramic views of the surrounding landscape from the castle grounds. From there, following the blue tourist sign leads either to Lietava or Lietavská Lúčka (1 hour and 15 minutes), where you can easily access public transportation back to Žilina or return to Rajecké Teplice.

Rajecké Teplice, centrum → Nad vodojemom → Skalky, prameň → Lietavská Svinná → Hrad Lietava → Lietava, zručanina



- Súlov Mountains
- walking route
- moderate 6,3 km 2:45 h
- 362 m (↗ 578 m, ↘ 356 m)
- Rajecké Teplice, AS bus stop or Rajecké Teplice train station; Lietavská Svinná, Obecný úrad bus stop



To the Highest Peak of Javorníky – Velký Javorník

30



One of the most popular routes leads along the Javorníky ridge to its highest peak, Velký Javorník (Great Javorník), offering various descent options tailored to the abilities and preferences of tourists. In winter, the route is groomed for cross-country skiing as part of the Beskydy-Javorníky cross-country skiing route. Recently, in late 2022, cycling route markings were also introduced along this path. The route's appeal lies in its pleasant and gentle terrain with minimal elevation gain, passing through meadows, spruce forests, and cleared



- Javorníky Mountains
- peak hike, ridge hike
- moderate 15,2 km 5:00 h
- 285 m (↗ 539 m, ↘ 372 m)
- Kolárovice, Javorník bus stop; Makov, Kopanice bus stop (5 km along the asphalt road from the destination point)
- Restaurant Melocík, Boarding House Javorník, Bačkárka Chalet, Hotel Fran, Hotel Hájenka

Melocík → Pod Čerenkou → Osada Greguše → Nad Zápachou → Sedlo pod Hričovcom → Butorky → Sedlo pod Velkým Javorníkom → Velký Javorník (1 072 m a.s.l.) → Sedlo Gežov → Kasárne, chaty



fields alternately. Melocík serves as a convenient starting point, accessible by bus from Bytča to Makov. From the peak of Čerenka, where the lift of the SKI Makov resort ends, panoramic views extend towards Lúčanská and Krivánská Malá Fatra on one side, and the Moravian-Silesian Beskydy with Lysá mountain and Smrk on the other. The route through local settlements is diverse, featuring art installations in the Nature Gallery and passing through the picturesque village of Greguše, known for its charming original cottages and bell tower. Velký Javorník itself offers stunning vistas, with clear visibility allowing views as far as the Western Tatras. The endpoint of the route Makov-Kasárne lies just below the peak of Velký Javorník. For those seeking to extend the journey, continue from Gežov saddle following the red trail, which leads to a lookout tower at Strateneč and then you can descend to the village of Papravno.



To the Highest Peak of Kysuce – Velká Rača

31

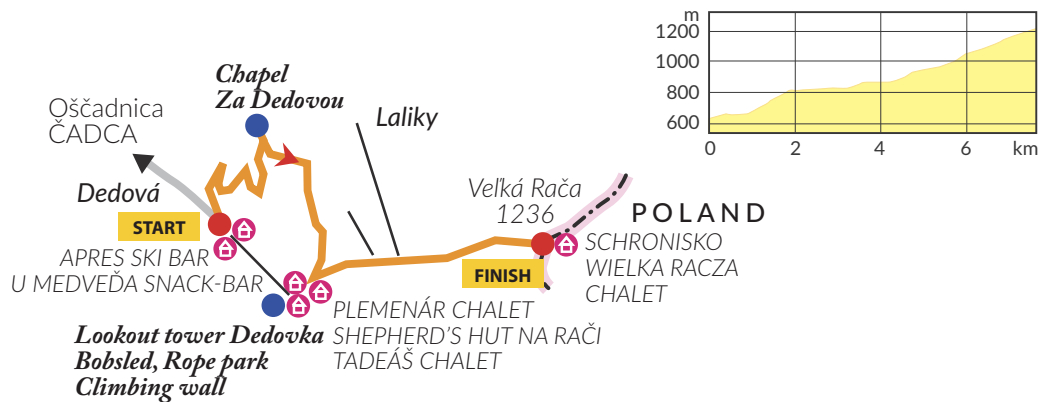


- Kysucké Beskydy Mountains
- peak hike, for families with children
- moderate 7,4 km 3 h
- 594 m (↗ 594 m, ↘ 0)
- Oščadnica, Dedovka Velká Rača, parkovisko bus stop
- several facilities in the ski resort, Schronisko Wielka Racza (PL)

Oščadnica-Dedovka → Príslop (Zadedová chapel) → Pod Hladkou → Chaty na Rači, rázc. → Velká Rača

Velká Rača (Great Rača), the highest peak in the Kysuce region at 1 236 meters, is located in the Kysucké Beskydy and is accessible via several marked hiking trails from both the Slovak and Polish sides. If you start your climb from Oščadnica, you can shorten the journey by taking the cable car of the ski resort to the top of Dedovka. Here, be sure to stop at the lookout, which offers stunning views of Kysuce, Moravia, and Poland. For those who prefer to

hike to Dedovka, there is the Virgin Mary chapel in Zadedová settlement on the way, adorned with carved wooden statues, and the chapel of St. Tadeáš near the cable car's top station. From the top station, it's just an hour's walk to Velká Rača, with rock holes and a small lookout tower on the peak adding variety to the final ascent. On clear days, the lookout tower at Velká Rača offers panoramic views of Babia hora, Roháče, and the Low Tatras.



Route to Biely Kríž from Klokočov

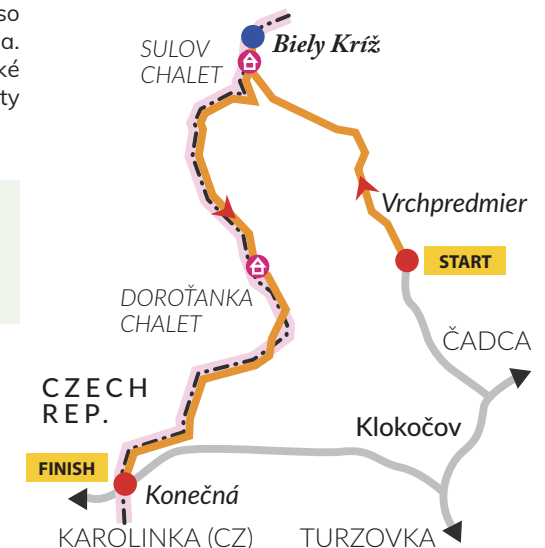
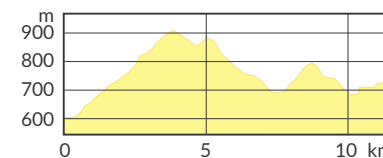
32



A non-challenging trail crossing the national border between the Czech Republic and Slovakia. In winter, a cross-country skiing trail runs along it towards Lysá hora. Biely Kríž (White Cross) is a favoured meeting spot for Czech and Slovak tourists. During your visit, be sure to explore the chapel honouring St. Cyril and Methodius, as well as an experimental ecological site dedicated to studying the impact of air quality and greenhouse gases on plants. Among other things, you will learn, for example, that it takes 36 local spruces to produce the amount of oxygen sufficient for one person per year. In Biely Kríž there is also a tripoint of Silesia, Moravia, and Slovakia. Another interesting place is Klokočovské rašeliniská included in the Sites of Community Importance list, there are 12 such sites.

- Turzovská vrchovina Highlands
- walking route, for families with children
- non-challenging 11,4 km
- 4:15 h
- 326 m (↗ 547 m, ↘ 430 m)
- Klokočov, Vrchpredmier, Pavlík bus stop; Klokočov, Konečná Baraní bus stop
- Sulov Chalet (CZ), Dorotanka Chalet (CZ)

Klokočov, Vrchpredmier → Súlov → Biely Kríž/Bílý Kríž → Súlov → Dorotanka, turistická chata → Klokočov, Konečná Baraní



To Šútovo waterfall

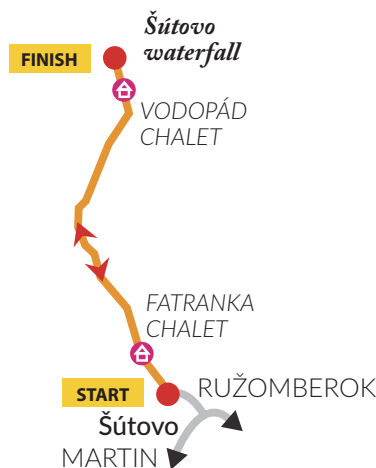
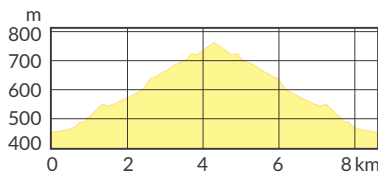
33



- Malá Fatra Mountains
- walking route, educational trail, for families with children
- non-challenging 8,6 km
- 2:45 h
- 329 m (↗ 323 m, ↘ 323 m)
- Šútovo, odbočka k vodopádom bus stop
- Fatranka Chalet, Vodopád Chalet

Šútovo, časť Rieka → Chata Vodopád → Šútovský vodopád (780 m a.s.l.) → Chata Vodopád → Šútovo, časť Rieka

The trail to the Šútovo waterfall is an ideal choice for families with children. In the beginning, the path leads along an asphalt road with the Šútovo brook on its right side. It continues through the forest to the Vodopád Chalet where refreshments are served. From the chalet continue along the path for another 3 km, until you reach the 38 m-high Šútovo waterfall. It is the highest waterfall in the Malá Fatra and one of the most beautiful waterfalls in all of Slovakia. The drops falling down to the ground create refreshing “showers”. During the winter, the waterfall creates interesting decorations made of ice. It takes about 1,5 hour to get to the waterfall following the blue-marked trail. In Šútovo Valley you can take a look at the educational trail leading alongside the Šútovo brook that ends at the waterfall. Skilled tourists may continue from the waterfall up a steep path towards Moses’ Springs, 1140 m a.s.l., and from there towards the Chata pod Chlebom Chalet and the main ridge in the Malá Fatra.



Kľak in Veľká Fatra

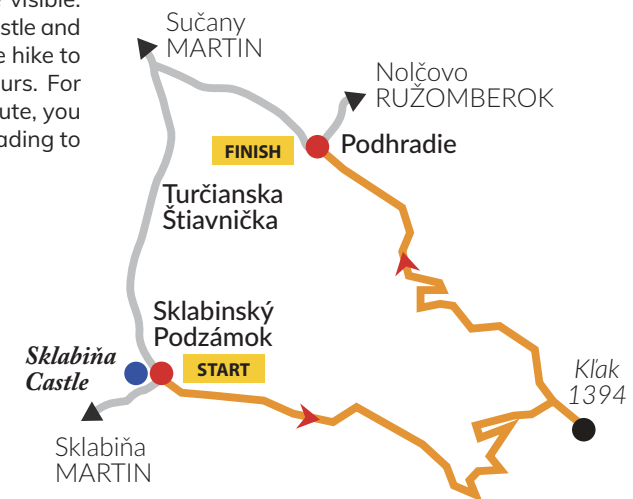
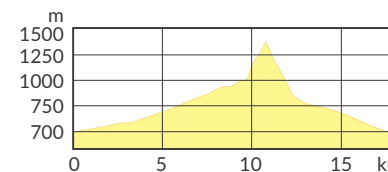
34



Klak of Veľká Fatra, situated along the Ridge of Veľká Fatra, is less renowned compared to its namesake in Malá Fatra. Despite this fact, at 1 394 m a.s.l. it stands as the highest peak in the Turiec part of the ridge. Accessible from multiple starting points via marked hiking trails, reaching the peak involves a steep ascent on all routes. However, the effort is rewarded with breath-taking views from the expansive and relatively tranquil peak, away from the crowds of tourists. From here, you can admire panoramic vistas of the Malá Fatra range with its local peak Klak, Veľká Fatra, and the Turiec basin. On clear days, views extend to Veľký Choč and Low Tatras, and with excellent visibility, even the Tatras and Kriváň are visible. Starting from Sklabinský Podzámok Castle and following the yellow trail markings, the hike to the peak takes approximately 4.5 hours. For those preferring a different descent route, you can return via the blue-marked trail leading to Podhradie village.

- Veľká Fatra Mountains
- mountain hike, walking route
- moderate 18,3 km 6:15 h
- 913 m (↗ 887 m, ↘ 913 m)
- Sklabinský Podzámok bus stop; Podhradie bus stop

Sklabinský Podzámok → Kaplna → Lajošová → Hulčovo → Koškárovská lúka → Klak (1 394 m a.s.l.) → Koškárovská lúka → Pod Javorím, prístrešok → Podhradie

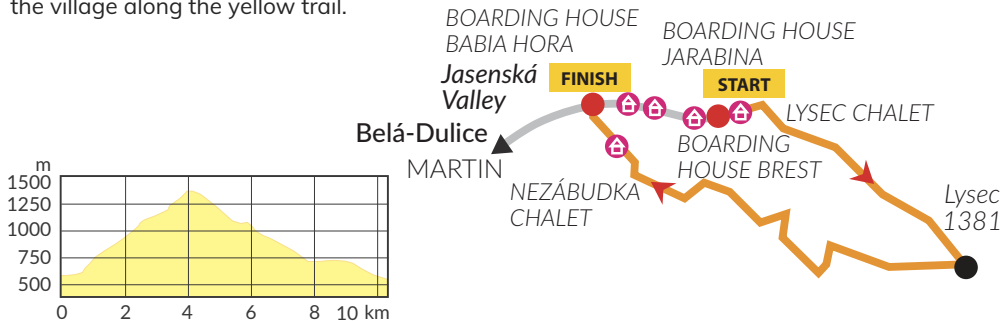




Lysec is a dominant peak in Velká Fatra, a favoured spot for tourists due to the panoramic view of Velká and Malá Fatra. The trek isn't long, but it involves an elevation gain of over 800 meters. Several hiking paths lead to Lysec. You can start your hike from Jasenská dolina (Jasenská Valley) at Lysec Chalet, or down in the village of Belá-Dulice, a blue-marked trail guides you to the hut. From there, the blue trail continues sharply upward to the peak of Lysec. The peak is ideal for a break, refreshments, and enjoying the panoramic views. The descent follows the yellow and green routes to Kašová, from where it is about 40 minutes to the village of Belá-Dulice, or from Medzijarky you can proceed directly to the village along the yellow trail.

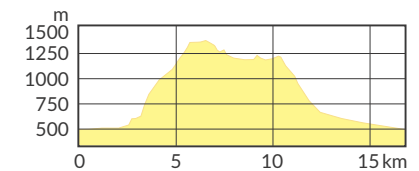
- 🏠 Velká Fatra Mountains
- 👤 mountain hike, walking route
- 📏 moderate ⚡ 9,5 km ⌚ 4:10 h
- 📈 835 m (↗ 790 m, ↘ 835 m)
- 🚏 Belá-Dulice bus stop
- 🏠 Several facilities in Jasenská Valley

📍 Chata Lysec → Grúň → Lysec (1 381 m a.s.l.) → Polka → Medzijarky → Kašová, rekreačné stredisko

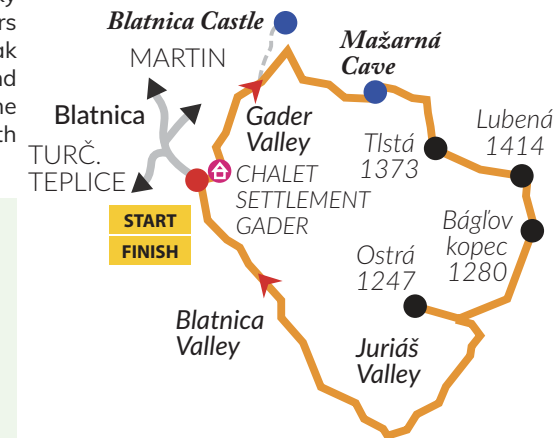


A difficult, challenging and long route with a steep ascent. It is easy to navigate. It is necessary to be more cautious on the steep slopes during the rainy season. Similar to other hikes in the craggy area in the Velká Fatra, this one also makes a particularly attractive and charming trip choice. High rocky terraces and massive crags tower from an altitude of about 700 m and can be seen from the Turiec Basin as well. Mažarná Cave, one of the largest caves of the Velká Fatra, is located here. The inside of Mažarná Cave is not available to the public; tourists, therefore, must satisfy themselves with admiring its magnificent entrance portal. Tlstá (Fat Mountain) is named very aptly, as it is a large, spreading mountain with a large meadow on top. Massive stone walls and terraces sink into the depths of Kónský dol. Ostrá towers over them. Its peak offers one of the most beautiful views of the Slovak mountains – the entire Turiec, Malá Fatra and the main ridge of Velká Fatra can be seen. The ascent to Tlstá and Ostrá is secured with chains.

- 🏠 Velká Fatra Mountains
- 👤 mountain hike, high-altitude hike, circular hike
- 📏 challenging ⚡ 15,6 km ⌚ 6:30 h
- 📈 899 m (↗ 1 081 m, ↘ 1 081 m)
- 🚏 Blatnica bus stop
- 🏠 Gader chalet settlement



📍 Blatnica, pamätník → Ústie Kónského dolu → Odbočka na hrad Blatnica → Ústie Vápennej doliny → Jaskyňa Mažarná → Tlstá (1 373 m a.s.l.) → Zadná Ostrá → Sedlo Ostrej → Ostrá (1 247 m a.s.l.) → Sedlo Ostrej → Zadná Ostrá → Ústie Juriášovej doliny → Blatnica, pamätník



Gader Valley





37




Due to its location at the mouth of the Gader and Blatnica valleys into the Turiec basin, the Turiec village of Blatnica is an ideal choice for a trip to the Veľká Fatra's most important valleys (from the tourists' point of view). Dedoš Valley is the direct continuation of the Gader Valley's upper section. Together they are 18 km long. The valley is canyon-like, with mas-

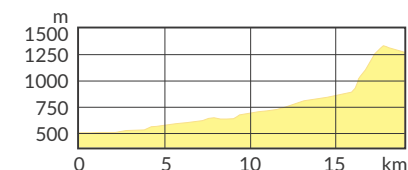
sive crags, rocky towers, and many other rock formations. Jánošík, the Slovak film, was filmed here in 1962, under the Sokol crag. The attractiveness of the valley is enhanced by the precious flora and rare animal species living there. It is recommended to finish the route at the Kráľova Studňa hotel and spend the night there.



-  Veľká Fatra Mountains
-  mountain hiking, for families with children, for the immobile (up until Čertova brána – Devil's Gate)
-  moderate  18,1 km  6:30 h
-  843 m (↗ 862 m, ↘ 100 m)
-  Blatnica bus stop
-  Gader chalet settlement, Hotel Kráľova studňa



 Blatnica, pamätník → Ústie Konského dolu → Odbočka na hrad Blatnica → Ústie Vápennej doliny → Ústie Dedošovej doliny → Čertova brána → Škap, bývalá horáreň → Drobkov → Veterné → Kráľová studňa, prn. (1 325 m a.s.l.) → Kráľova studňa, hotel



Drienok

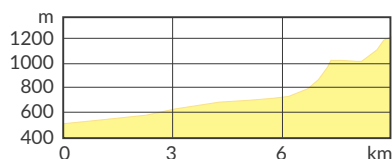
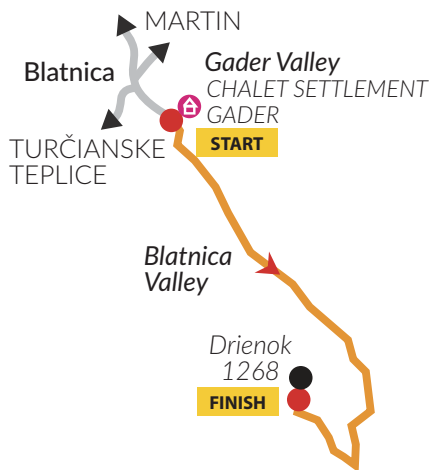
38



The lesser-known Drienok Mountain is an excellent option if you wish to avoid crowds and revel in the natural beauty of the surrounding landscape. Multiple paths lead to the peak, such as those from Blatnica, Mošovce, Čremošné, or Rakša. This impressive limestone-dolomite hill offers stunning views of the Veľká Fatra ridge and the southern section of the Turiec basin. The route from Blatnica is moderately challenging, featuring an easy trail through Blatnická dolina (Blatnica Valley) and a steep ascent through Rakytovská dolina (Rakytov Valley), with the final stretch to the peak being the most strenuous part of the hike. The peak affords a magnificent, nearly panoramic view of the southern part of the Turiec basin, Turčianske Teplice, and the western part of Veľká Fatra National Park. If you prefer not to retrace your steps, you can connect from Sedlo za Drienkom (Drienok Saddle) to the blue trail heading to Mošovce and Rakša, or continue along the original blue trail to Ústie Veľká Skalná (Mouth of Great Skalná), and from there follow the yellow trail to Čremošné or Turčianske Teplice.

- Veľká Fatra Mountains
- mountain hike, peak hike
- moderate 8,9 km 3:20 h
- 761 m (↗ 778 m, ↘ 17 m)
- Blatnica bus stop

Blatnica, pamätník → Ústie Jurιάšovej doliny → Spoj Rakytovských dolín → Úbočie Malého Rakytova → Sedlo za Drienkom → Drienok (1 268 m a.s.l.)



Via Ferrata HZS

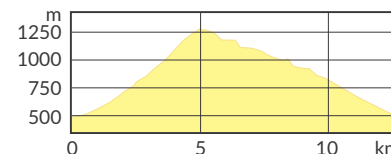
39



The oldest via ferrata in Slovakia was constructed between 2013 and 2014. It starts in Martin, from the Stráne area, and follows the brook Pivovarský potok towards Martinské hole. In its lower section, it features an educational trail with information boards and rest areas, guiding you to the via ferrata itself. The via ferrata route is extensively equipped with footholds, ladders, and steel cables, and at one point it divides into two branches of varying difficulty. Both paths converge at an altitude of approximately 1 200 meters above sea level, and the via ferrata trail continues for about 10 minutes before connecting to the blue trail leading to the cottages on Martinské hole. From there, you can ascend to the highest peak of Lúčanská Malá Fatra – Veľká lúka. The via ferrata is one-way, ascending from bottom to top, and required ferrata equipment can be rented at the starting point in Martin, Stráne. You can descend from Martinské hole by following the yellow trail back to the starting point at Stráne district, or you can use scooters on the same route.

- Martinské hole Mountains
- Via Ferrata, educational trail, circular hike
- moderate 12,7 km 5 h
- 779 m (↗ 780 m, ↘ 780 m)
- 16. 4. – 31. 5. and 16. 9. – 31. 10.
- Stráne, konečná bus stop (MHD Martin)
- Wellness Penzión Ferrata, chalets at Martinské hole

Martin, Stráne → Bývalý lom → Pod vodopádmi → Ráztoka → Martinské hole, chaty (1 250 m a.s.l.) → Martin, Stráne



Crossing of Velká Fatra

40



A moderately challenging ridge hike in the most scenic part of Velká Fatra. In 2 days, you will ascend five peaks of Velká Fatra – Králova studňa, Krížna, Ostredok, Ploská, and Borišov. The difficulty of this hike stems more from its length than its terrain. The ascent from Harmanec to Hotel Králova studňa takes just over 3 hours. The trail follows an asphalt road, and you can see waterfalls and cascades along the way. If you enjoy stargazing, the area around Králova studňa is home to the Dark Sky Park Velká Fatra – Králova studňa, offering excellent conditions for astronomical observations. This route is very popular among hikers due to its passage through an unusually diverse mountain landscape and the most beautiful section of the Velká Fatra ridge between Krížna and Borišovo. Only the initial climb to the ridge is more demanding; from Krížna to Ploská, the route remains at an altitude above 1 300 meters, and on the way to Borišov, it descends slightly below this elevation at times. The trail markings are mostly logical and easy to follow. From Borišov, you descend to Havranovo and continue through the Belianska dolina (Belianska Valley) to the village of Belá-Dulice. The route features a small yet beautiful

multi-level waterfall in Došná, which can be reached in 25 minutes from Havranovo by following the yellow trail. It is recommended to split the hike into two days and stay overnight at the Chata pod Borišovom Chalet. If you pass along the Velká Fatra ridge, night usually catches up with you in the vicinity of Ploská, Borišov or Suchý vrch peak. In addition to the Chata pod Borišovom Chalet, there are several more or less preserved chalets and shepherds' huts beneath Ploská, Kýšky and Suchý vrch peak, which can serve you as shelter and allow you to stay there overnight. Keep your expectations low as the chalets are simple and mod-

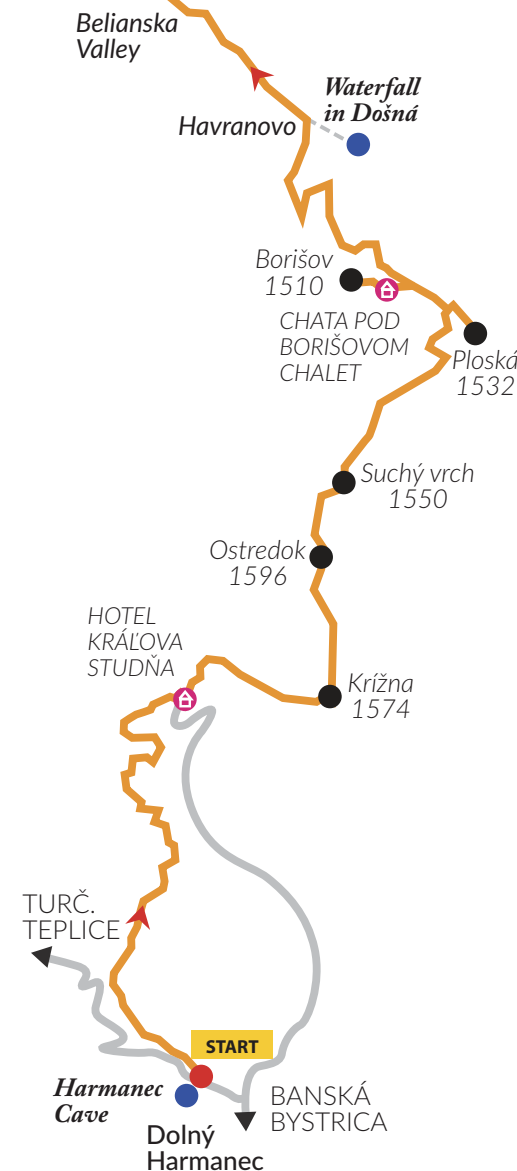
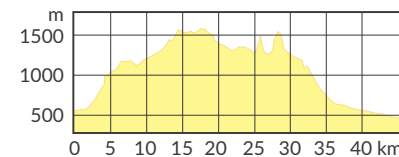
- Velká Fatra Mountains
- high-altitude hike, ridge hike
- moderate 39,9 km 13:40 h
- 1 102 m (↗ 1 589 m, ↘ 1 647 m)
- Dolný Harmanec, Horný Harmanec, Polesie bus stop or Harmanec cave train station; Belá-Dulice bus stop
- Hotel Králova studňa, Chata pod Borišovom Chalet



est, intended for undemanding tourists and the heating leaves a lot to be desired. If you wish to enjoy the hike for a little longer and redistribute your energy and time more evenly, you can prolong it so that you spend two nights and three days in the area. The first day would consist of the ascent to Králova studňa and an overnight stay at the Králova studňa hotel, the second day you could continue to Borišov and spend the night in the Chata pod Borišovom Chalet, and the third day would consist of the descent to Belá-Dulice village.

Horný Harmanec, parkovisko → Veľký tunel → Pod Krásnym kopcom → Košarisko → Králova studňa, hotel → Králova studňa, prameň → Krížna (1 574 m a.s.l.) → Ostredok (1 596 m a.s.l.) → Ostredok, rázc. → Koniarky → Chyžky → Ploská (1 532 m a.s.l.) → Nad Studeným → Chata pod Borišovom → Borišov (1 510 m a.s.l.) → Chata Havranovo → Šindelná → Vokolište → Ústie Slávkovej doliny → Belá-Dulice

MARTIN
Belá-Dulice
FINISH



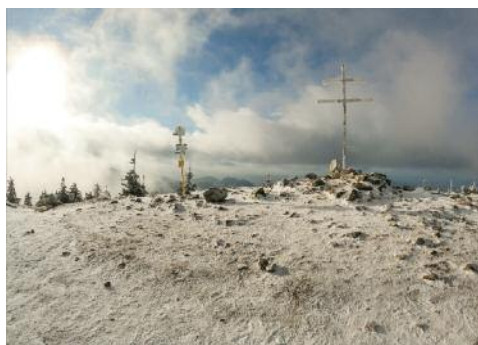
Lúčanská Malá Fatra

41



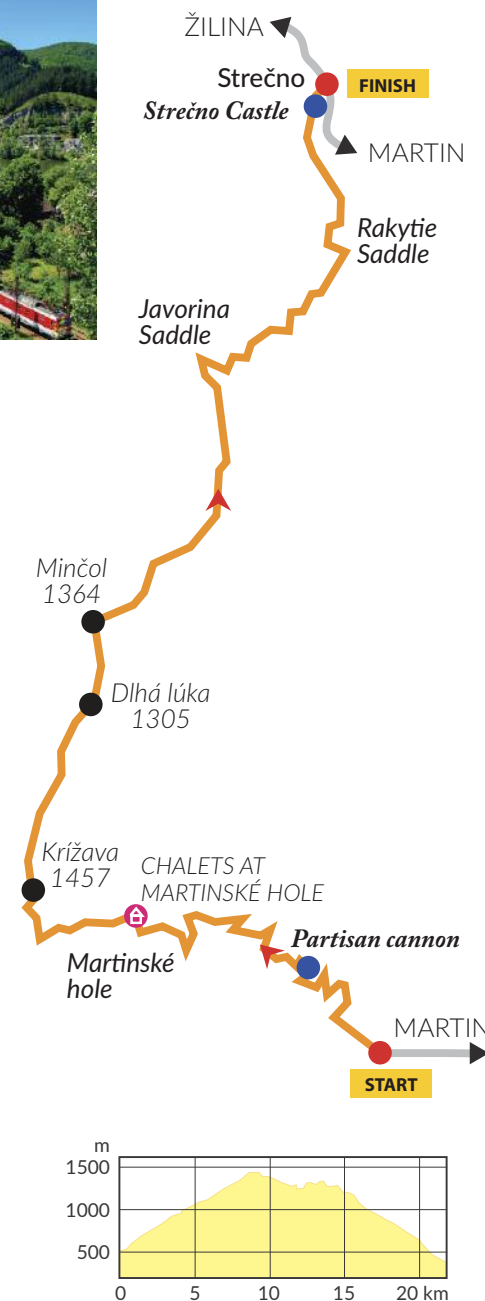
The route begins in the Stráne area of Martin, marked with a yellow trail sign, and ascends through the forest to the cottages on Martinské hole, where refreshments are available. From there, it is about a 30-minute hike to the Krížava transmitter, where the trail connects to the red-marked path that follows the main ridge of Lúčanská Malá Fatra through Zázrivá, Dlhá Lúka, and up to Minčol. The ridge alternates between forested areas and meadows, offering stunning views of the surroundings.

- Malá Fatra Mountains
- high-altitude hike, ridge hike
- moderate 21,7 km 8:00 h
- 1 088 m (↗ 1 063 m, ↘ 1 201 m)
- Stráne, konečná bus stop (MHD Martin); Strečno, pri lávke bus stop
- chalets at Martinské hole

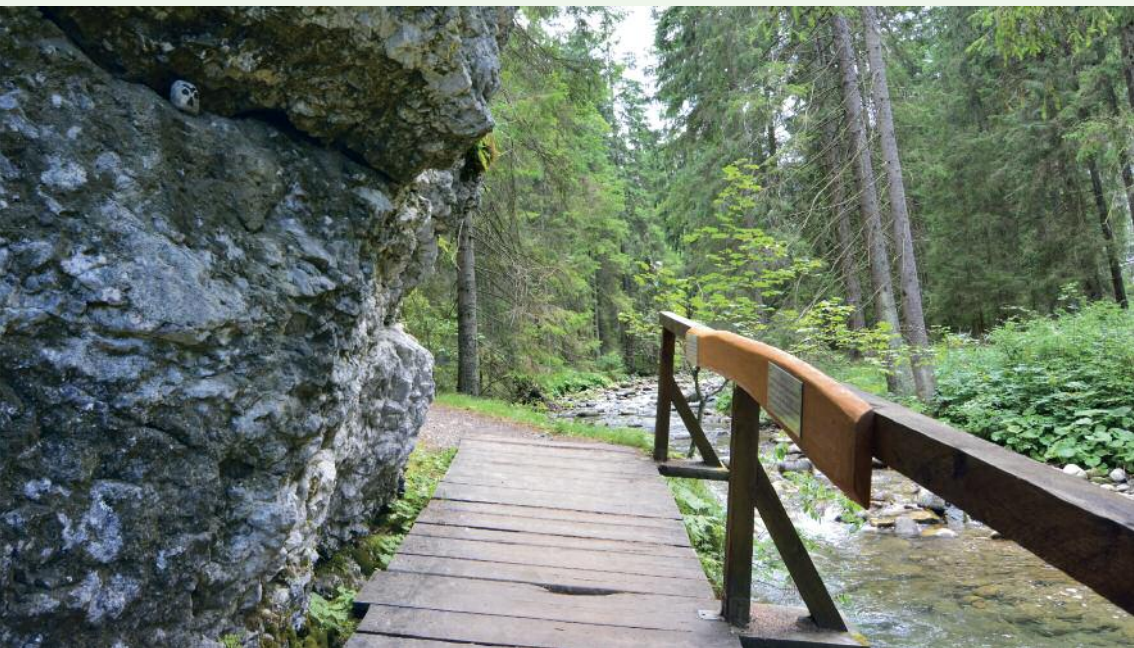


Martin, Stráne → Martinské hole, chaty → Krížava, vysieláč (1 448 m a.s.l.) → Pod Krížavou → Sedlo Prašivé → Minčol (1 364 m a.s.l.) → Sedlo Okopy → Šaračníky → Sedlo Javorina → Sedlo Rakytie → Strečno, pod hradom

From Minčol, a red trail descends to the Okopa sedlo (Okopa Saddle), where a World War II howitzer is located. The trail continues to descend to Javorina sedlo (Javorina Saddle) and Rakytie sedlo (Rakytie Saddle). From the Rakytie sedlo, it takes about 40 minutes to reach Strečno Castle, where you can visit the Považie Museum exhibition. The breath-taking views from the ridge of Malá and Veľká Fatra, the Žilina and Turiec basins, and the High and Low Tatras will captivate every hiker.



THEMATIC TRAILS



Educational Trail "The Story of Water" Demänová Valley

📍 Hotel Bystrina → Demänová Cave of Liberty



Designed primarily for families with children, the trail is situated in the lower part of Demänovská dolina (Demänová Valley). It follows the course of the Demänovka brook. While strolling through the picturesque Tatra landscape, you'll discover fascinating facts about water and its ecological importance through educational panels and stops. The trail is easy, stretching 4 km in length. The entire route is divided into two segments based on access points and attractions. The first segment runs from Hotel Bystrina to Hotel Chopok, where a wooden bridge allows the route to cross to the opposite side of the stream. This segment is more engaging and extends from Hotel Chopok past the Demänovská ľadová jaskyňa (Demänová Ice Cave) to the most visited cave in Slovakia, the Demänovská jaskyňa slobody (Demänová Cave of Liberty).

Educational Trail "The Herbal Pharmacy" in Korňa village

📍 Vyšná Korňa, Majtánovci (circuit)



The educational trail begins in Vyšná Korňa at the entrance to the U Majtána settlement and winds through the settlements of Šlahorka and U Hrtúsov. A resting bench with a stork's nest is situated above the Šlahorka settlement, offering views of the neighbouring settlements. The trail features 11 stops, each focused on a different herb. Inside each wooden booth, you'll find information about the medicinal properties of the herb and the optimal time for harvesting it, accessible by opening a window. The trail is easy and suitable for families with young children, with the entire loop being approximately 3 km long.





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: M. Hajkovský, J. Velička, Š. Trnka, R. Köhler, M. Jančúch, J. Moravčík, F. Lehotský,
I. Mičech, R. Šulc, J. Hucík, Teamsales, s.r.o., archive of Žilina Tourism Region and its members

Sources: www.hiking.sk, cp.sk, www.mapy.cz

Graphic design and printing: Róbert Lopušán – TIME PRINT

www.zilinskyturistickykraj.sk

www.zilinskazupa.sk www.regionmalafatra.sk www.visitliptov.sk

www.regionkysuce.sk www.visitorava.sk www.rajeckadolina.sk www.turiec.com

