

SLOVAKIA

WINTER

FROSTY & WARM



TRAVEL TO
SLOVAKIA
GOOD IDEA

www.slovakia.travel

WINTER IN SLOVAKIA

Over a relatively small area, Slovak ski resorts offer a surprisingly large variety of winter activities and attractions on the slopes, on ice, in the air or in hot baths. Welcome to winter in Slovakia!



>500 km
OF SKI SLOPES

THE LONGEST
RUN IN
2.5 km
SLEDDING

5-MONTH
WINTER
SEASON

ALPINE
13
CHALETs

>80
RESORTS

45 THERMAL
BATHS

>2000
ICEFALLS

FIRST
SKIS
IN SLOVAKIA
1865

>200 MOUNTAIN
LAKES

HUNDREDS
OF CROSS-COUNTRY SKIING TRAILS

A
250
-YEAR
TRADITION
OF PROFESSIONAL
TATRA
PORTERS

100%
EXPERIENCE



FIRST-CLASS WINTER

📍 Tatranská Lomnica, Štrbské Pleso,
Starý Smokovec
4 - 15

FAMILY WINTER

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Ski Centrum Strednica
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FROM THE SLOPES TO THE THERMAL SPA

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Tatralandia, Sklené Teplice, Bešeňová
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Interesting
information



Top experience

FIRST-CLASS WINTER

The High Tatras are the highest mountains in Slovakia. They are defined by their dramatic panoramas with more than 50 snow-capped peaks rising at least 2,000 m above sea level. Visitors are drawn by their healing climate and unforgettable experiences both on and off the slopes. You can ski on 24 km of groomed ski slopes at three top ski resorts.





TATRANSKÁ LOMNICA

Ski at an elevation of 2,190 m above sea level and head down the highest and steepest slope in the Tatra Mountains.

The extreme black slope, with a 1,300-metre vertical distance, has a gradient of up to 40 % in the first 500 metres. It starts at Lomnické sedlo called the Heart of Skiers. Another way to ski Lomnické sedlo is a freeride in the so-called Francúzska mulda (French trough). The first-class ski resort in Tatranská Lomnica not only has this longest ski run (a carving track of 6.5 km with a width of up

to 60 m) but also more than 12 km of additional downhill slopes of varying degrees of difficulty. The resort is also equipped with the most advanced chairlifts and cabin lifts and provides perfect conditions even for beginners. It is an ideal place for families with children in particular, but also for experienced and more demanding skiers.



▼ Hit the slopes before they open and be the first to enjoy morning “corduroy” snow, ridges in the groomed slope, with the Fresh Track service. Then, after an unforgettable run, treat yourself to breakfast right on the slope in the mountain restaurant at Skalnaté Pleso.



Tatranská Lomnica
vt.sk/en



Three ski resorts - Tatranská Lomnica, Štrbské Pleso and Starý Smokovec - are interconnected by an ecological SKIbus and the mountain electric railway line. Ski in all three resorts with a common SKIpass and don't waste time waiting in line at the cash desk.

ŠTRBSKÉ PLESO

Štrbské Pleso is the highest-placed ski resort in Slovakia. It has its lower station at an elevation of up to 1,400 m above sea level. It also has the longest ski season in Slovakia.



The southern slopes of Predné Solisko, above Štrbské Pleso, not only offer 9 km of easy and medium ski runs but also have an adrenaline snow park. The top trails for cross-country skiers provide a total length of almost 20 km within their eight circuits. Will you set off on the sprint circuit in the FIS sports complex? What about more demanding cross-country skiing along the 5 km long trail across the valley Furkotská dolina?



Štrbské Pleso
vt.sk/en



Hrebienok | Starý Smokovec
© Marek Hajkovský – QEP

STARÝ SMOKOVEC

Thanks to its easy ski runs, Starý Smokovec, the oldest settlement in the Tatras, is the right choice for absolute beginners and children skiers. Visit one of the hottest sledding spots in Slovakia. You can enjoy a lot of fun here both day and night.

One of the longest sledding runs in Slovakia. It is nearly 3 km in length. is located in Starý Smokovec. Take the funicular railway to Hrebienok at an elevation of 1,280 m above sea level. From there you can ride a sled all the way back down to Starý Smokovec. On the slopes of Jakubkova lúka children (but not only children) can gain confidence on skis thanks to professional ski instructors. Aside from the common SKIpass, which can be used in Tatranská Lomnica and Štrbské Pleso, you can also purchase your own, inexpensive SKIpass for Starý Smokovec - Jakubkova lúka.



In winter, Hrebienok is transformed into a centre of ice art. The ice-carving championships Tatra Ice Master are organised in the High Tatras. Furthermore, the Tatra Ice Dome - a gigantic structure built from 225 tons of ice - is built here each year on a different theme. During the season, various cultural events are held here.



Starý Smokovec
vt.sk/en



CHALETs

ABOVE TWO-THOUSAND METRES

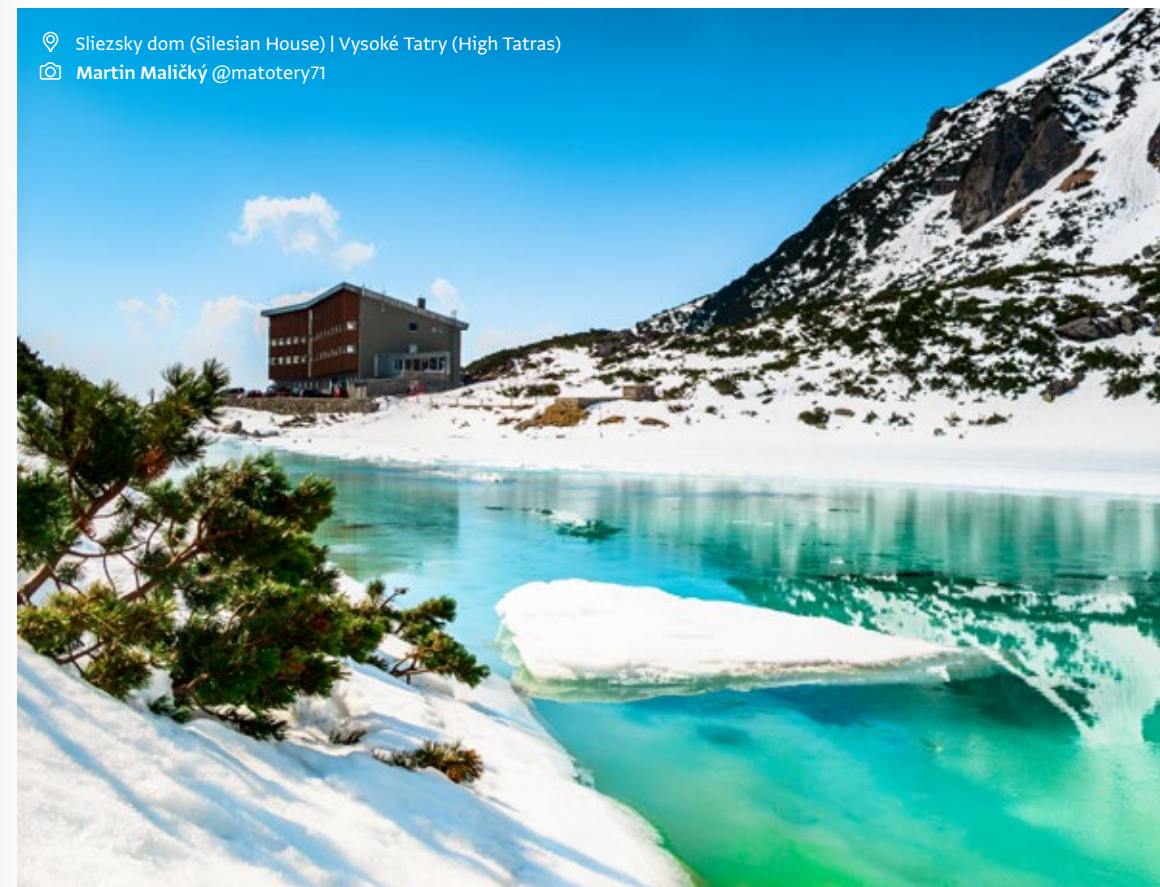
Thirteen legendary alpine chalets are an integral part of the High Tatras. They were built at the turn of the 19th and 20th centuries. Visit them and enhance your Tatra ski vacation. Marked hiking trails lead you to the chalets. Despite the general seasonal closure, which always applies from 1 November to 15 June, all the chalets remain accessible in winter. The only exception is Chata pod Rysmi (Chalet beneath Rysy).

hidden gem

The oldest alpine chalet in Slovakia is Rainerova chata, located at Starolesnianska poľana. The chalet can be reached after about a half-hour walk from Hrebienok or from the chalet Zamkovského chata. It was founded by Juraj Rainer, who was born over 220 years ago. After an easy hike that even children can manage, you can warm yourself up with homemade Tatra tea and enjoy the large nativity scene, which is the traditional winter attraction of this chalet. Perhaps you'll be lucky enough to see

the local fox Eliška. You can also throw your touring skis over your back and set off from Hrebienok for Téryho chata (Téry's chalet). It is the highest placed chalet in the mountains at an elevation of 2,015 m. Passing over saddles to other chalets with beautiful panoramas of the winter Tatras is something you shouldn't miss during your vacation in Slovakia. However don't forget about safety and the right equipment for winter hiking.

Sliezsky dom (Silesian House) | Vysoké Tatry (High Tatras)
Martin Maličký @matotery71



SET OFF ON A HIKE

hidden gem

ZELÉNÉ PLESO CHALET

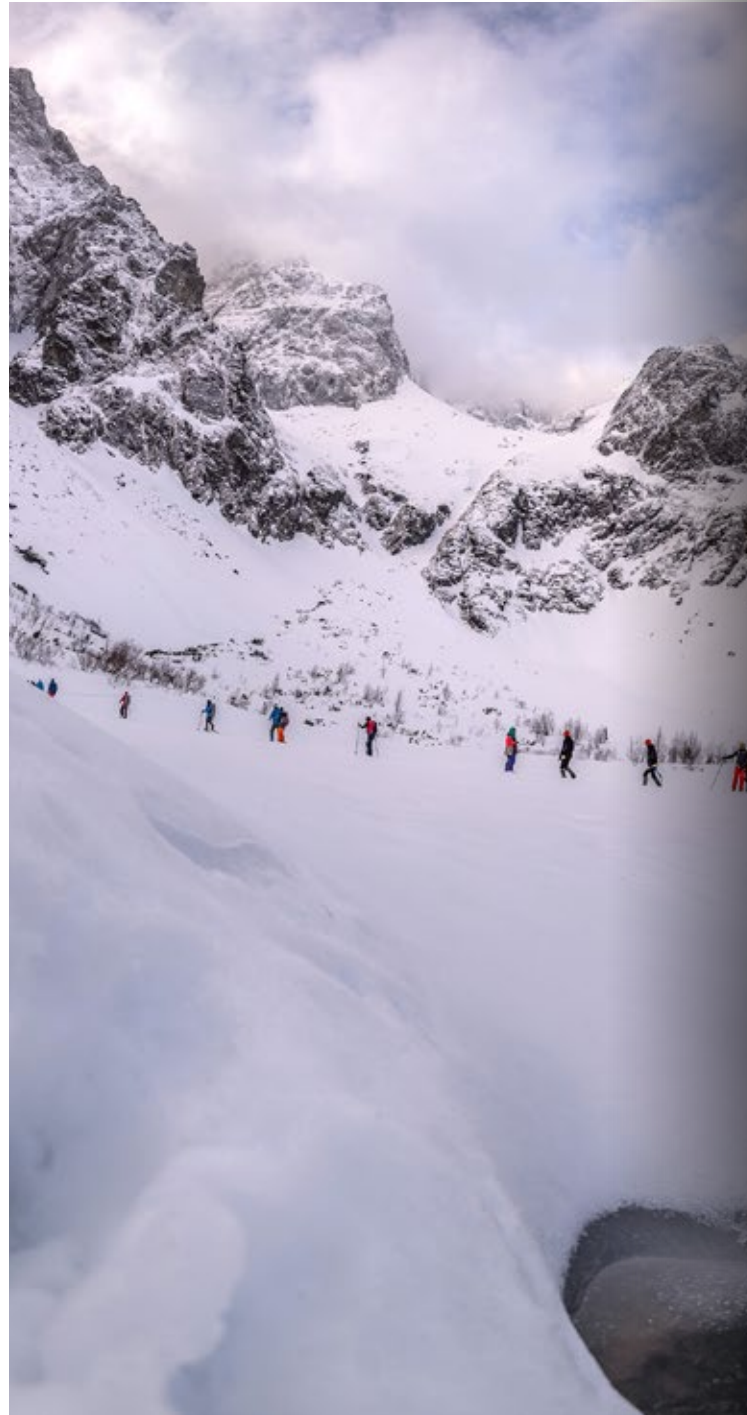
Zelené pleso valley, surrounded by several majestic Tatra peaks, is an “arena” for both winter and summer mountain climbing. Right in its centre is the beautiful mountain lake called Zelené pleso. One of the most popular alpine chalets, Brnčalka, has been standing on the lakeside for over 130 years. It will take you about three hours to get there. Nothing too difficult. The location is breathtaking – nestled between the mountains at a little over 1,500 m above sea level. If the weather suddenly takes a turn for the worse, you can even spend the night at the Brnčalka chalet.

TATRA WATERFALLS

Enhance your visit to Hrebienok with an undemanding walk to see the nearby waterfalls along a path suitable for children. From the upper station of the funicular railway, the green tourist signs will lead you to Bilíková chata (chalet) (1,255 m above sea level), just five minutes away. It is then just a 15-minute walk from there to the steep cascades of the Studený potok waterfalls. Then continue to the chalet Rainerova chata and through the valley named Malá Studená dolina to Obrovský vodopád (Huge Waterfall), which is 20-metres high.

CHATA PLESNIVEC CHALET

Even children can manage the five-kilometre hike along the green tourist path from Tatranská Kotlina to the chalet Chata Plesnivec. The chalet has been standing at the end of the valley Dolina Siedmich Prameňov since 1932 and is the only high-mountain chalet in the Belianske Tatras. It is open all year round, but only on weekends during the winter.



Región Vysoké Tatry
regiontatry.sk/en

FOLLOW HIGH-MOUNTAIN PORTERS

Most of the outlying Tatra mountain chalets were built thanks to high-mountain porters, who carried all the construction material on their shoulders. The first mention of the Tatra porters as professionals dates back to 17th century. Even today mountain chalets in the High and Low Tatras or in the mountains of the Veľká Fatra cannot do without them. Slovak high-mountain porters remain the last of their kind in Europe and rightfully deserve their status in the Representative List of Intangible Cultural Heritage of Slovakia. They often walk up the steep slopes with loads of up to 100 kilograms on their backs. Often, young men who want to step out of their comfort zone for a while become seasonal porters. Will you join them?



With the free Mountain Rescue Service (HZS) application, you can call for help with one button, share your GPS location with the rescue team and get up-to-date information on the weather, warnings and terrain. Using the app, you can also take out insurance for rescue activities in the mountains. The application will show you the regional HZS centres, the nearest rescue medical stations, locations with a defibrillator (AED) and the sites of the mountain chalets. The electronic book of walks and hikes will help you plan your hike and tell you how long various treks take on average.



According to the Hiking.sk portal, there are approximately 220 mapped shelters in Slovakia. Many of them seasonally served sheep herders in the past. Some are modest cabins with no staffing or services while others also offer refreshments.

📍 Andrejcová Shelter | Nízke Tatry (Low Tatras)
📷 Viktor Belicak @travelbedeker



▲ Path to Gerlachovský štít peak (2,655 m above sea level), the highest point in Slovakia.

HIKE WITH A HIGH-MOUNTAIN GUIDE

The High Tatras are not yet marked by mass tourism, which is why mountaineering legend Reinhold Messner liked them. An experienced mountain guide will accompany you to the locations that are not normally accessible. The history of organised mountain guiding began here in 1873, when the Hungarian Carpathian Association was founded. It was only 50 years after the oldest such organisation in the world was founded in Chamonix below Mont Blanc. Today the Association of Mountain Guides High Tatras continues in this tradition. Together with them, you can climb the Tatra peaks on routes that few people can reach. They will safely ensure your journey based on your fitness and current weather conditions.



The Tatras have two big advantages over other high mountain ranges: every common hike here can be done in one day, and you do not need to acclimatise to them. That makes the Tatras ideal for older people who may not tolerate the elevations in the Alps well.

Róbert Turjaník, member of the International Federation of Mountain Guides Associations (UIAGM), which was founded in 1965. Slovak mountain guides became part of it in 1996.



Association of Mountain Guides
High Tatras
tatryguide.com



Mountain Rescue Service
hzs.sk

FAMILY WINTER



Experience unforgettable moments in the ski resorts under the Belianske Tatras not only on the mountain slopes, but also on a walk in the crowns of trees or in a healing cave full of bats.

BACHLEDKA SKI & SUN

Every year thousands of visitors flock to the Bachledova dolina Valley to experience the bird's-eye view of a walk along the Treetop Path. And you'll discover much more at this family-friendly ski resort.

The Bachledka Ski & Sun resort is located 30 km from Poprad, and even from a distance you'll spot its dominant feature - the giant spiral of the 32 m high observation tower. It rises from the top of the Spišská Magura ridge with a unique view of the Belianske Tatras, the Pieniny and Zamagurie region. The resort offers 8.5 km of ski runs across all levels of difficulty as well as a season-long snow guarantee. A 10-seat cabin gondola will carry you to the top. From there you can ski down the slopes into three valleys of the distinctive Tatra villages of Ždiar, Jezersko and Malá Franková. Up to 14 km of groomed white tracks will take you in both directions along the ridge of the Spišská Magura Mountains. Enjoy stargazing along the Treetop Walk in the evening or mad night-time sledding down Bachledka along a 2.5 km long sledding run.



Three Slovak resorts - Bachledka Ski & Sun, Strachan Ski Centrum Ždiar and the Meander Thermal & Ski Resort in Oravice - are part of the Tatry Super Ski project. It links 18 ski resorts and rinks around the Tatras in Slovakia and Poland. With just one SKI pass, you can ski on almost 62 km of slopes and use up to 87 downhill runs and ski lifts.



Tatry Super Ski
tatrysuperski.pl/en



BACHLEDKA Ski & Sun
bachledka.sk/en





STRACHAN AND STREDNICA

A pair of mountain resorts with undemanding slopes and ski mountaineering routes for beginners are found in the picturesque village of Ždiar, just 10 km from the Polish border.

The Strachan Ski Centrum Ždiar and the Ski Centrum Strednica Ždiar are just minutes away from each other by car. Both are more suitable for less experienced skiers and children. At both you ski over 4.5 km of slopes. Cross-country skiers can slide for kilometres along the ridge of Spišská Magura directly in the Strednica resort. Another option is cross-country skiing in the valleys of spirited Gorals, the highlanders who were original inhabitants of these mountains. At Strednica you can test out your abilities on skis or a snowboard down the only ski cross course in

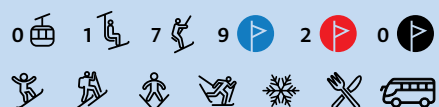
Slovakia. It has a length of 350 m, two jumps and a starting ramp. At Strachan, you can have fun on the Jump Track or on the slope with SKI CROSS – Fun & Crazy terrain elements, which includes jumps, moguls and banked turns over a length of 550 metres. Try something really unforgettable at Strachan – slide down in a rented bag filled with straw or enjoy a ride on a snowcat. Both resorts also offer several ski mountaineering routes with easier terrain suitable for complete beginners.



Ski centrum Strachan
skicentrumstrachan.sk/en



Ski centrum Strednica
strednica.sk/en



📍 Belianska jaskyňa cave
© SLOVAKIA TRAVEL



In the easternmost part of the Belianske Tatras, not far from the village of Tatranská Kotlina, you'll find the cave called Belianska jaskyňa. Visitors are drawn here by massive corridors, domes or halls with remarkable ceiling arches, chasms or chimneys. You will be amazed particularly by the rich and varied stalactite decorations of different colours and sizes. Don't worry, if you can't catch your breath after the 1,370 m long tour with an elevation gain of 125 m. The clean cave air with its aerosol content has a beneficial effect on the respiratory tract, so you'll have an instant remedy. The cave is the wintering site of seven species of bats. The most numerous of them is the greater mouse-eared bat. The original entrance to the cave was known to treasure hunters as early as in the first half of the 18th century.

GORAL CULTURE

The painted wooden houses in the foothill village of Ždiar are the legacy of the traditional architecture and folklore of the Gorals. The Goral dialect is still actively spoken in Ždiar. They organise Goral folklore festival where you can come across their traditional culture, particularly their dances and embroidered folk costumes.

📍 Ždiar
📷 Viktor Belicak @travelbedeker



ADRENALINE ON ICE

The icefalls in Slovakia will take your breath away with their frosty beauty. Climbing them will be the experience of a lifetime. There are more than 200 of them, some of which reach a height of 80 m. Stick ice axes into the mass of ice and climb to the top.



📍 Orolínov ľadopád (Orolín's icefall) | Vysoké Tatry (High Tatras)
📷 Ivan Šulek

SLOVENSKÝ RAJ (SLOVAK PARADISE)

Slovenský raj (Slovak Paradise National Park) is dotted with dozens of waterfalls. At least a third of them turn into icefalls during the winter. Frozen cascades and gorges for ice climbing are found in six official locations – Sokolia dolina, Kláštorská roklina, Suchá Belá, Letanovský mlyn, Zejmarská roklina and Piecky-Veľký vodopád. Slovenský raj offers exceptional conditions for this unique activity, because even total beginners can climb the ice in the gorges with the help of a professional instructor. The UNESCO-protected Dobšinská Ice Cave is also located in Slovak Paradise. You can admire this icy gem from spring until the end of summer.



Tips for ice climbing
tatry.sk/en

VYSOKÉ TATRY (HIGH TATRAS)

In the High Tatras, 20-metre-high ice walls await you, as does the icefall giant Záhradky, which reaches an estimable 80 m high under the right conditions. Officially, the highest Slovak waterfall is the Kmeťov waterfall in the forests of Západné Tatry (Western Tatras). It falls the height of a 30-storey building. You can reach the icefalls in the High Tatras, e.g., from the chalet Zamkovského chata located in the valley Malá Studená dolina. The first of the waterfalls is located just 10 minutes hike from the chalet.

MALÁ FATRA (LITTLE FATRA MOUNTAINS)

The gorges and canyons of Jánošíkové diery (Jánošík's holes) in the Malá Fatra mountains are exceptional in every season of the year. However, in winter the frozen waterfalls and springs flowing down the rock formations create fascinating white veils and crystal icicles. The routes include ladders, chains and footbridges in the gorges. Crampons on your boots will therefore come in handy in winter. Due to the great difficulty of the passage, as some of the ladders are 12 – 15 m long, a trek to the Horné diery (Upper holes) must be accompanied by an experienced guide.



📍 Slovenský raj (Slovak Paradise)
📷 Vicktor Belicak @travelbedeker



📍 Vysoké Tatry (High Tatras)
📷 Ivan Šulek



📍 Jánošíkove diery (Jánošík's holes)
📷 Veronika Svetlíková @wewideer

NORDIC WINTER

The ski resorts in northern regions of Orava and Kysuce are popular for their abundant snow, the longest bobsleigh track in the country, and some of the steepest downhill runs. The cradle of Slovak ski mountaineering, the Western Tatras, are also within reach.





SNOWPARADISE VEĽKÁ RAČA OŠČADNICA

Alongside the brilliant skiing, the snow paradise in the Kysuce also offers an adrenaline rush on the bobsleigh track and attractive cross-country paths along the main Beskydsko-Javornícka cross-country trail.

Dedovka, Marguška and Lalíky. That's what they call the three interconnected valleys into which up to 14 km of ski runs of all levels of difficulty converge from the ridge of the Kysucké Beskydy. Children will enjoy the obstacle course with fairy-tale figures at the ski school as well as a ride on a snowcat. A major attraction is the Alpincoaster bobsleigh track. It runs for 1,300 m, and you can hit speeds of up to 40 km/h and fly through 15 turns or 12 jumps. Refresh yourself not only in the apres-ski,

but also at the highest bar in Kysuce, located at an elevation of 1,000 m above sea level. During the winter season, a rich accompanying programme and several public races are arranged for visitors, including a giant evening slalom run under artificial lighting. Cross-country skiers and ski alpinists have three routes available at the resort, and the more experienced can ski through the forest or mountain settlements along the Beskydsko-Javornícka trail, which runs for more than 50 kilometres.



Snow Paradise
Veľká Rača Oščadnica
snowparadise.sk/en



For relaxation and healing effects, visit nearby Rajecká dolina Valley. At the resort Spa Aphrodite, they recreate the atmosphere of an ancient spa. You can swim in thermal pools with healing effects and also get a lava-stone massage. The village of Rajecká Lesná, known for its unique wooden carving of an almost 9-metre nativity scene with dozens of moving figures, is just a stone's throw away.



© SLOVAKIA TRAVEL
 Martin Šopinec @schopinski

ROHÁČE SPÁLENÁ RESORT

Find yourself far from the crowds of tourists. You'll test the steepest ski slope in the region as well as crampons and ice axes. You'll need them on ski mountaineering hikes or when climbing icefalls. The resort, tucked among 2,000 m-high mountains, boasts of a lot of natural snow until late spring.

Due to its location amidst the peaks of the Western Tatras, Roháče Spálená is one of the first Slovak ski resorts to open and one of the last to close out the season. You'll ski on slopes of varying difficulty with a total length of nearly 5 km, which are located at up to 1,500 m above sea level. Head down the steepest black slope, aptly named Padák (The Parachute), with an average incline of 46 %. Demanding lovers of winter sports will be delighted

by the ski mountaineering area in the Salatínská dolina Valley. Even beginners will not come up short on the local slope. From the "bubble" of the chair lift, you can take in views of the magnificent Roháč massif with Salatín peak, 2,047 m above sea level, at the forefront. Adjacent to the ski resort are also two cross-country skiing circuits. A groomed trail takes you to the chalet Ťatliakova chata, which is located at the crossroads of popular hiking trails.



Roháče Spálená
 rohacespalena.sk



In the nearby village of Oravská Lesná is one of the few preserved narrow-gauge switchback railways in the world. The three-kilometre track to the top station at Sedlo Beskyd will take you to the lookout tower in winter, too. From there you'll have an amazing view over the enchanting nature of the Orava region.

Oravská Lesná
 Archive of Orava museum @oravskyhrad



Fifty traditional wooden cottages in the open-air museum in the nearby village of Zuberec are fine examples of traditional folk architecture. You can even see the Orava countryside after dark. And if you are more drawn to natural works of art, go see the 23-metre high Roháčsky vodopád (waterfall), which transforms into an icefall in winter.

Skanzen Zuberec | Orava





KUBÍNSKA

The five-star resort not far from Dolný Kubín scores points among skiers thanks to its wide and perfectly groomed slopes offering fantastic views.

The chairlifts will carry you to the top of the Kubínska hoľa mountain which reaches 1,396 m above sea level. From there you'll feel you can hold Orava, the High Tatras, the Low Tatras and the Malá Fatra and Veľká Fatra mountain ranges in the palm of your hand. Thanks to its southern orientation, the local downhill runs totalling 13 km in length are bathed in the sun's rays. They offer exceptionally rugged terrain with 9 runs at all levels of difficulty. If you decide halfway up the hill to switch to the upper cable car and ski from the top to the valley station, you'll be experiencing a vertical drop of 676 metres. One of the two local ski mountaineering routes leads along safe terrain through the forest, while the other takes you along the edge of the ski slope.

You'll find two skimo and skiing equipment rental sites in the resort, several après-ski spots and the self-service restaurant Srdcovka. Thanks to its glass walls, Srdcovka offers a breathtaking view of the mountain Choč and the surrounding peaks. You can go straight from the slopes into a hot tub or warm up in the saunas of the three-star Hotel Green located in close proximity to the resort.

Relax in the swimming pool with a counter current in the beautifully renovated historic Kubínyi Castle in neighbouring Vyšný Kubín. Enjoy tasting a wide selection of wines in their Renaissance cellar.



Kubínska
kubinska.sk



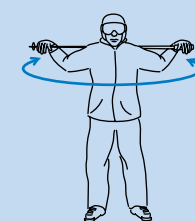
WARM UP BEFORE START

Warm up with a few exercises before hitting the slopes and thereby prevent muscle strain.



Rotate the whole arm forward and then back, alternate arms.

Rotate the whole torso to one side and then to the other.



Twist the upper half of the body to one side and then the other side. You can use a ski pole laid across the shoulders.



Swing your whole leg to one side and then to the other, alternate legs.



Swing your whole leg forward and backward, alternate legs.

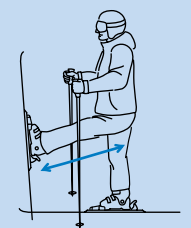


Lift your bent leg, then switch legs and repeat.

From a gentle squat, twist at the knees, first to one side, then to the other. Keep your knees close to each other.



Stretch your thighs. Put on your ski and put it back on its tip. Alternate legs. You can also perform this exercise when on the slope to relax the legs.



Stretch the back of the thigh and calf. Put on your ski and put it forward on its heel. Alternate legs. You can also perform the exercise when on the slope to relax the legs.

SKIS ON THE BACK IN THE WESTERN TATRAS



The mecca of ski mountaineering in Slovakia is the Západné Tatry (the Western Tatras). Fans of skiing through steep chutes as well as those with very little experience will find a place here.

hidden gem

The 29 peaks of the Western Tatras over 2,000 m high are interspersed with any number of massive glacial valleys. It is no accident that Bokami Západných Tatier, the only multiday and most demanding ski mountaineering (skimo) race in Central Europe, takes place here every year. Competitors from all over the world cover up to 60 km on cross-country skis in March, taking on more than 6,000 metres of elevation along the way.

The race, under the auspices of the Slovak Mountaineering Association JAMES, continues the long-standing tradition of skimo races in the Western Tatras from the early 1990s. In the three official skimo areas of the Western Tatras – the Bobrovecká, Spálená and Žiarska valleys – you'll find many routes suitable for both beginners and professional ski alpinists. Choose one based on your experience, fitness and courage.

▼ The western part of the highest Slovak mountain range is characterised not only by rounded ridges with a rocky relief, but also by a winding main ridge that is 37 km in length. In some sections this ridge looks like the edge of a serrated knife.



📍 Západné Tatry (Western Tatras)
📷 Matej Rumanský www.rumansky.com

COME FOR SKIMO!

The ski mountaineering season in the Západné Tatry (Western Tatras) runs from 15 December to 15 April.

hidden gem

ŽIARSKA DOLINA VALLEY

Žiarska dolina is also referred to as the “university of ski mountaineering”. It offers not only pleasant climbs with broad downhill runs, but also technical climbs and steep skiing in chutes. A great advantage is the possibility to spend the night at high elevation chalet Žiarska chata. Thanks to this possibility you can plan a multi-day programme in this location. A favourite destination for ski alpinists in this part of the Western Tatras is Smutné sedlo (1,962 m above sea level). To the north, you'll be charmed by the massif of the mountain peaks Plačlivé (2,126 m a.s.l.) and Ostrý Roháč (2,088 m a.s.l.). Only experienced ski alpinists who have mastered the technique and use of skimo equipment dare to climb the Baranec peak (2,185 m a.s.l.). When climbing it from the mouth of Žiarska dolina Valley, you'll have to hike 15 km and overcome a 1,268-metre elevation gain. The steep descent there is the reward for the greatest daredevils.

BOBROVECKÁ DOLINA VALLEY

The ascent to Babky (1,566 m above sea level) from Bobrovecká dolina is a shorter ski mountaineering tour that you can safely complete even under poorer conditions. Though the peak is not among the highest, it provides beautiful panoramic views of the Liptovská kotlina (basin), the Low Tatras and the Chočské vrchy mountains due to its thrusting forward from the main ridge. During your descent down the slope exceeding 30° incline, be sure to stop at the chalet Chata pod Náružím. It is among the most interesting alpine chalets in Slovakia.

SPÁLENÁ DOLINA POD SALATÍNOM (SPÁLENÁ VALLEY UNDER SALATÍN PEAK)

In Spálená dolina you can learn to use crampons and ice axes. The valley stretches out below Salatín peak, which is the uncontested leader in the ranking of the most popular ski mountaineering destinations in the Western Tatras. The climb to the top begins above the top station of the cable car of the Roháčce Spálená ski resort. Prepare yourself for a shallow basin overgrown with scrub pine and a wide central chute with the parameters of a black-level ski slope. It will lead you to the saddle between the two almost equally high peaks of Salatín.



In winter, you can get to places on skis that are more difficult to access in summer because there are no trails. The mountains, the atmosphere, the nature, the pure joy of feeling and abundant snow, all of this together is euphoric.

Marianna Jagerčíková, world champion in ski mountaineering sprint 2023

▲ Allow yourself to be talked into a pleasant two-hour ski mountaineering climb through the forest up to Minčol at an elevation of 1,384 m, which is the highest peak of the Orava Magura mountains; the photogenic mountain Veľký Choč can be seen from here

📍 Západné Tatry (Western Tatras)
📷 Viktor Belicak @travelbedeker

STELLAR WINTER

Welcome to Jasná, under Chopok Mountain, the third highest peak of the Nízke Tatry (Low Tatras). This is the largest ski resort not only in Slovakia, but also in Central Europe. Jasná is a venue for World Cup races in alpine skiing. The resort has won the World Ski Awards: Slovakia's Best Ski Resort 6 times in a row. It is the home training centre of Slovakia's most successful skier of all-time, Petra Vlhová.





© SLOVAKIA TRAVEL
 @ Martin Šopinec @schopinski

SKIING UNDER CHOPOK

Its ski slopes at 2,024 m above sea level and freeride basins attract world ski stars and experienced snowboarders. Chopok's slopes are exceptional with their cable car system and varied terrain. People have been skiing here for 100 years now.

Here, in the largest Slovak ski resort, you can take advantage of more than 50 km of well-groomed ski runs of all levels of difficulty. The network of express cable cars and ski runs is among the most modern in Europe. From the Biela púť location, you can get to the top in just 11 minutes. Because the cable cars connect individual locations, you can comfortably navigate the slopes and basins on both the north and south sides of the mountain. The freeride zones are also accessible by cable cars. With the Fresh Track service, enjoy a run in the early morning before the slopes are open.

A hearty breakfast will then be made for you directly on the slope itself. The lighting here means you can navigate the ski runs even after dark, and every Friday you can join an organised nighttime ski mountaineering excursion. The children's winter training area and ski school ensure experiences even for beginners. Jasná is well-known for its rich apres-ski programme. Throughout the entire season, a variety of musical artists perform at the Happy End Music Club and on the Ratrak Stage.



Jasná Nízke Tatry
 jasna.sk/en



📷 Martin Žilka PhotoMartini.com @photomartini

▲ The freeride area on Chopok is the venue for the international Jasná Adrenalin FWQ race, which is included in the Freeride World Cup series. On the north side of Chopok, you can ski steep chutes, while on the south side you'll find a fine powder. Skiers on the "blue" downhill run also enjoy magnificent views. The top scenic route is the serpentine Panorama Chopok – Predné Dereše trail, which continues almost to the door of the Kosodrevina Restaurant.



📷 stanisovska.sk



The Demänovská dolina Valley, located on the northern side of Chopok, hides underground cave systems with imposing chambers and formations that have been shaped by water for millions of years. In the winter, the Staníšovská jaskyňa is the only cave accessible from this location. Try so-called speleotrekking in special caving clothing with a helmet and a headlamp there.

WORLD-CLASS



If it is even slightly possible, I prefer to train in Jasná. After all, I'm at home there and they know how to prepare ideal conditions for my training there.

Petra Vlhová - 2022 Olympic gold medallist. In the 2020/2021 season she became the first Slovak skier to win the overall World Cup in Alpine skiing.



► The red slope with the number 1, on which the battle of the world's best female skiers takes place, bears the name of Petra Vlhová. The sports centre in Areál Podbreziny, where she raced for the first time as a child, is also named after her.

📍 Jasná | Nízke Tatry (Low Tatras)

📷 Mária Šimková

HISTORY ON THE SLOPE

History of winter sports has been written on Slovak slopes for nearly two hundred years now.



▲ Velká cena Demänovských jaskýň (Grand prize of the Demänovské Caves), 1972.

The first prototype of skis was brought to Slovakia 160 years ago and they were used to decorate a pharmacy. Eight years later, they became the passion of Mikuláš Sontág, the first official skier in the country. This distinguished doctor was the founder of the village Nový Smokovec and a pioneer in the treatment of tuberculosis in a high mountain environment. He can also be considered a pioneer of ski touring and ski mountaineering in Slovakia. He was the first to ascend on skis to Slavkovský štít peak and to the Slavkovská dolina Valley in the High Tatras. As early as at the beginning of the 20th century he prescribed skiing, skating, sledding and hiking as part of the therapy for his patients.

Skates and skis were once a privilege of the upper classes. Skiing spread rapidly from the High Tatras to Kremnica, Banská Bystrica and Liptovský Mikuláš, but also to other corners of the country and quickly became the most popular winter sport for Slovaks. It enjoys such popularity still today, and Slovakia is writing the history of the Alpine Skiing World Cup in Demänovská dolina Valley.



▲ World Cup races were also held in Slovakia in the 1960s – 1980s in the High Tatras. In 1970 Štrbské Pleso was the legendary venue for the FIS Nordic World Ski Championships. The opening ceremony for the event was watched by 80,000 spectators.



Jasná was part of the World Cup series of races in 1979, 1982 and 1984. In the first two years, only men competed for points in the season-long series as a part of races called Velká cena Demänovských jaskýň (the Demänovské Caves Grand Prix). Women began performing their skiing skills in the competition from 1984.

After the arrival of the new millennium, female skiers from all over the world again competed in Demänovská dolina Valley in 2016, when American Mikaela Shiffrin became the winner of the World Cup race in Jasná. Slovak slalom skier Veronika Veléz-Zuzulová, who won five World Cup races in her career, took third place in the race. In 2021, Petra Vlhová, Olympic gold medallist and one of the most popular Slovak sportswomen in any event, won a World Cup race in Jasná. The World Cup in women's alpine skiing should return to Chopok in 2024 after a three-year absence.

◀ With the arrival of skis and the building of the first cable car in 1949, Chopok and its valleys gradually became a place for recreational skiers, adventurers from wild slopes as well as World Cup winners.



TO ĎUMBIER IN THE COMPANY OF THE ICE MAN

The temperatures remain below zero and you wade through the deep snow to the highest peak of the Low Tatras in only shorts and a rucksack on your bare back. Winter high-mountain hikes in Slovakia are unforgettable.

hidden gem

Dutchman Wim Hof is a phenomenon who pushed the boundaries of ice therapy to the extreme and became famous all over the world. He once stayed submerged in a tub of ice for almost two hours. Wearing only shorts, he climbed to just below the top of Mount Everest, the world's highest mountain. However, such hardening doesn't have to be only a courageous dive into a lake with floating ice floes. If you are a regular hardy person, you are offered a unique opportunity to go on a high mountain hike in the "Wimhof style", accompanied by an experienced instructor. Wearing only swim trunks or shorts, you'll follow your guide in snow and sub-zero temperatures all the way to Ďumbier peak at an elevation of 2,043 metres above sea level. The healing Tatra climate and the feeling of conquering a two-thousand metre mountain together with the breathtaking scenery will be a bonus on your journey to a better self.



I try to show people without experience that by setting the mind, doing special breathing exercises and being mindful of what is happening in the body, we can do what we thought was impossible. This also unlocks other areas of our lives, where we will then believe in ourselves more and start to act in a big way.

Martin Thám - the first certified instructor of the Wim Hof method in Slovakia.

- 📍 Horská chata M. R. Štefánika (M. R. Štefánik high-mountain chalet) Nízke Tatry (Low Tatras)
- 📷 Astrophotographer Tomáš Slovinský



You can also climb the Ďumbier peak by ski mountaineering. Set off from the M.R. Štefánik high-mountain chalet, a well-known crossroads of tourist routes, where you can sturdy yourself with an excellent kettle goulash and a so-called "marmot's milk" beverage.

LIVELY WINTER

Near the small resorts on the southern slopes of the Low Tatras, try speleotrekking or night-time cross-country skiing over a golf course. Conquer the highest cycling route in Central Europe.





SKI TÁLE

A wild ride on inflatable wheels or evening cross-country skiing over an illuminated golf course await you under the highest peaks of the Low Tatras.

Five easy to moderate ski runs totalling 2.7 km in length criss-cross the north-facing slopes. At the Tále SKI centre, the entire family can enjoy sledding and cross-country skiing. The resort has nearly 1 km of a groomed snowy trail that leads over the 9-hole floodlit Little Bear Golf Course. Satisfy your

hunger in a real shepherd's hut or in three stylish restaurants. Hotel Stupka, just a few steps from the slopes, offers not only accommodation, but also a wellness area with a salt-water pool, a counter current and Finnish and steam saunas.

MÝTO SKI & BIKE

The mountain village of Mýto pod Ďumbierom is a sport paradise all year round. Its multifunctional bike park hill, with nine routes and a pump track, is a place that adrenaline enthusiasts and active families seek out in the winter.

The hill has 6 ski runs totalling 4.6 km in length and its parameters meet the conditions for organising world-class races. The youngest sporting aficionados have a children's slope available with its own lift and a sledding run. And if they get tired of skiing, animators will take care of them in the children's playroom of the self-service restaurant Reštaurácia pod svahom (Restaurant under the slope). The restaurant has capacity of 160 seats. This restaurant is also popular place for seeking out doughnuts, cottage cheese dumplings with hot blueberries, as well as bryndzové halušky (potato

dumplings with sheep milk cheese). Around the resort are 17 km of regularly groomed cross-country trails of varying difficulty. On several of them you can get to the village of Pohanské, considered to be a cross-country skier's paradise in the Low Tatras. Under favourable weather conditions you can enjoy snowy hills and freedom while on an adrenaline paragliding ride. After a whole day in the freezing air, you'll warm up in the modern wellness centre of the four-star Hotel Partizán in Tále. There is ski bus to the hotel if you need a lift.



Mýto SKI & BIKE
kopeczabavy.sk/en



Ski Tále
tale.sk/en

DISCOVER LOW TATRAS



© Kráľova hoľa mountain
📷 Ebiky pod Kráľovou hoľou



📍 Chmaroš viadukt (viaduct)
📷 Miroslav Volek flickr.com/photos/mvolek

Ride to the top of the Kráľova hoľa mountain, descend underground and enjoy a coffee in a historic wagon. All those experiences await you in the surroundings of the ski resorts in Nízke Tatry (the Low Tatras).

hidden gem

ON AN E-BIKE

Poets have long praised the mountain for its majestic appearance. A mountain fat e-bike with spikes will take you to the top of Kráľova hoľa even winter, where you will be at an elevation of 1,946 m above sea level. There are various fat e-bike rental shops in the nearby village of Šumiac. Riding a bike along the snow cover, you'll reach the highest cycling point in all of Central Europe. About halfway along the way, you'll come across the Horská chata pod Kráľovou hoľou chalet (1,451 m above sea level).

ON TOURING SKIS

If you'd rather conquer the highest end of the eastern part of the Low Tatras on skimo skins, you can rent all the necessary equipment in the previously mentioned chalet. You can then descend from the top on a safe paved road or on open terrain. If you decide to continue along the ridge, you'll soon come across one of the most

well-known shelters in Slovakia – Andrejcová. The shingled, log structure perched among the hills attracts you from afar with its enchanting appearance.

ON CROSS-COUNTRY SKIS

Kilometres of groomed cross-country trails from Telgárt, located under the foot of the mountain Kráľova hoľa, take you to other places along the Horehronie region. Chamkova stodola (Chamko's barn) is one of the most photographed places in all of Slovakia. Chmarošský Viadukt seems like a cut-out from a book about a famous wizard. Enjoy the view of its nine stone arches while drinking a cup of coffee in the nearby Depo Café, situated in a historic carriage with a stylish 1930s interior.

► In the cave called **Jaskyňa mŕtvych netopierov (Cave of Dead Bats)** take part in genuine speleotrekking (except in January and February). Sightseeing path A, with its rock walkways and rope trapeze belays, runs for a length of 1 km. It is suitable for children from 8 years old. Experience abseiling and climbing through narrow gaps while wearing a caving suit with a safety belt on the challenging paths. You'll be under the supervision of professional speleologists. From the resorts, you can reach the cave by the Horehronie Ski Bus. The cave is located about halfway along the hiking path that leads from Trangoška to the Horská chata M. R. Štefanika (M. R. Štefanik high-mountain chalet).

📷 Martin Szunyog @martinszunyog





FREERIDE WINTER

A pair of ski resorts in the Malá Fatra mountains enchant you with their nature, adrenaline and history. Ski the black ski run, try out snowkiting (kite skiing), snowshoeing or winter ferrata.

WINTER PARK MARTINKY

At the Martinky resort you can enjoy skiing on natural snow, a snowboard & freestyle area and sweeping panoramas of the surrounding mountains. The slopes on the southern part of the Malá Fatra are perfect for your adrenaline adventures.

Although the hills here are lower and less rugged than the north side of the mountains, you can ski over 9 km of broad blue and red ski runs from an elevation of up to 1,456 m above sea level.

Snowboarders are drawn to Martinky by the obstacles and jumps of varying difficulty in the snowboard & freestyle arena.

Do you like watching the bold jumpers on snowboards? Here you have the chance to see their acrobatic stunts live. Various events and races for snowboarders and skiers alike, including open categories, are organised in the resort over the course of the nearly 130-day season.



A combination of height, speed, battling the elements and excitement. These are the reasons why snowkiting, i.e., an adrenaline ride over snowy plains pulled by a training kite, is becoming ever more popular. Martinské hole have the best conditions in Slovakia for this relatively new adrenaline sport.

📷 Michaela Krausová @michalka.krausik



Just a few minutes from the Martinky ski resort you can experience, even in winter, an adrenaline adventure on the Ferrata Horskej záchranej služby (Ferrata of the Mountain Rescue Service). Depending on the difficulty of your route, you cross bridges, climb ladders, pass through the remains of tunnels and overcome the frozen cascades of the Malý a Veľký vodopád (Small and Large waterfall). The ferrata hike lasts approximately 4.5 hours.

SNOWSHOE HIKES

They were the predecessors of skis and have a 6,000-year history. They did not become extinct even with the arrival of snowmobiles or scooters. However, the once wooden braided hoops or special all-wooden shoes with a broad surface have now become light and durable modern plastic snowshoes. In Slovakia, you can take a snowshoe hike at Martinky, not only during the day, but even at night while wearing a headlamp. You'll be accompanied by guides and enthusiasts from Fatra Ski.



VRÁTNA MALÁ FATRA

This resort in the heart of the Malá Fatra mountains is one of the four highest ski resorts in Slovakia. From an elevation of some 1,500 m you can also take a turn down the black ski run.

The resort is located only 3 km from the distinctive village of Terchová. Skiing here is possible in the localities called Paseky, Poludňový grúň and Chleb. The Paseky slope is among the most popular in Slovakia due to its varied profile, evening skiing and Kids zone. The total length of the slopes is more than 1.5 km. This area is linked by a four-seater cable car to Poludňový grúň, a great slope for demanding skiers and snowboarders. The Chleb site, also reachable via a cable car, is ideal for freeride, ski mountaineering and downhill ski tours.

In Oštiepková mulda beneath Chleb you can test the steepest groomed black slope in this area. The steepest sections of the slope here exceed a 50 % grade.

The freeride zones on Chleb offer excellent conditions for freeride skiing and snowboarding. If there is a sufficient amount of natural snow, you can ski the longest black slope in Slovakia, which stretches for 2 km over a vertical drop of 750 m. Cross-country skiers have groomed tracks available in and around Paseky.



Veľký Rozsutec (1,610 m above sea level) located in the Krivánska Malá Fatra mountains, is considered one of the most beautiful mountains in Slovakia. It was said that golden treasure of legendary highwayman Juraj Jánošík was hidden near its peak. From Vrátna you can set off along the most impressive part of the Malá Fatra ridge. It covers a total length of 35 km. Spread the entire route over two days with an overnight stay at Chata pod Chlebom chalet, which is the highest placed mountain chalet in Malá Fatra National Park.

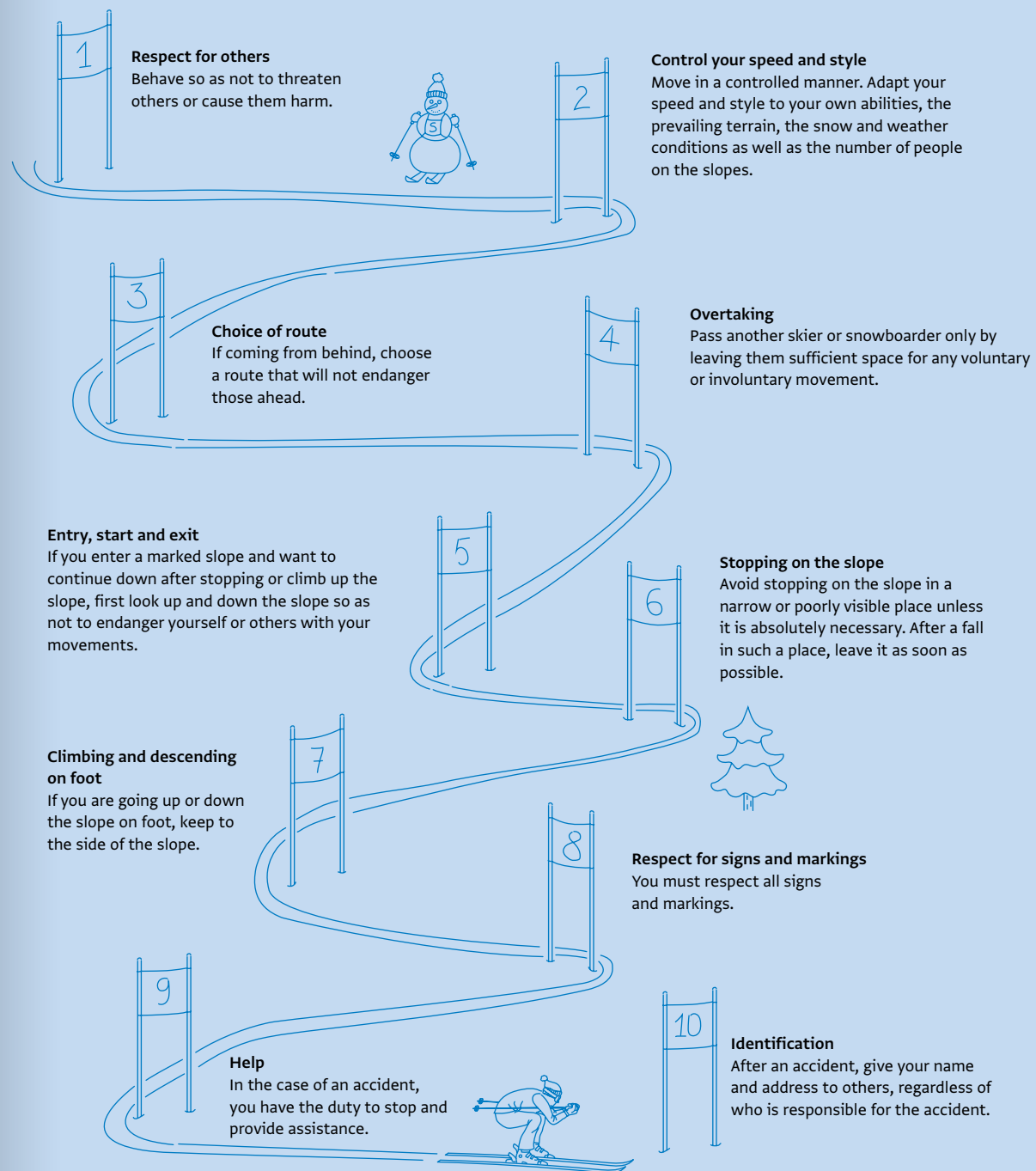
Malá Fatra mountains
Martin Porubčanský



Vrátna Malá Fatra
vratna.sk/en

SLOPE RULES

Ten principles of how skiers and snowboarders should behave on the slopes.





Skalka near Kremnica
© SLOVAKIA TRAVEL

GET ON THE WHITE TRACKS

Try out your cross-country skis in the area where the world's best biathletes measure their strength. You find it in the deep forests near the geographical centre of Europe.

SKALKA ARENA NEAR KREMNICA

The Skalka resort is located just 11 km from the historic mining town of Kremnica. Here, at an elevation of more than 1,200 m above sea level, you find almost 100 km of tracks for cross-country skiers and winter hikers for all age and performance categories. Routes full of experiences lead you through the Kremnické vrchy mountains, along an illuminated in-line track or a cross-country skiing stadium. The adjacent FIS-certified tracks satisfy even the most demanding skiers. The 20-kilometre southern and 25-kilometre northern circuits offer a unique mix of cross-country trails. They are the basis of the Biela stopa (White Track), the legendary mass cross-country endurance race for the general public from the international Euroloppet series.

NATIONAL BIATHLON CENTRE OSRBLIE

The National Biathlon Centre (NBC) Osrbliie is one of the world's elite biathlon venues. In 2018, it was granted the highest licence of the IBU (International Biathlon Union). It is found in the mountains called the Veporské vrchy in the central part of Slovakia. The total area of the centre covers more than 5 ha. Aside from the stadium where the shooting range is located, the centre has a 4-kilometre circuit of cross-country tracks with a warm-up lap, test tracks and the necessary bridges and tunnels. The white tracks lead through meadows and the sloping tracks in spruce forests and offer a challenging structure.

FUN WINTER

Adventurous dog sledding, tandem snow paragliding or ice hockey on a frozen pond. These are just a few of the experiences available in the resorts Park Snow Donovaly and Salamandra Resort in the heart of Slovakia.





You would more likely expect a long tradition of dog sledding in the Nordic countries, but Slovakia offers excellent conditions for this winter activity. This country used to be the scene of several international races. The World Championships and the European Championships have been held regularly since 1996 in PARK SNOW Donovaly. Take a ride on a sled pulled by a pack of Siberian huskies at Donovaly and feel like you are at the North Pole.

PARK SNOW DONOVALY

Donovaly, located at the interface of the Veľká Fatra and Low Tatras mountains, has long been one of the most popular of Slovak ski resorts. The resort boasts with ski runs of all levels and plenty of winter activities for all age groups.



Park Snow Donovaly
parksnow.sk/winter/en



Donovaly's 11 km of ski slopes over 19 runs are divided into two areas: Záhradište and Nová hoľa. Záhradište is more suitable for beginners and intermediates. Nová hoľa is suitable for the more experienced skiers since it has a steeper slope and a summit station at 1,361 m above sea level. With the Fresh Track service, you can ski the slopes even before the lifts start operating.

The largest children's area in Central Europe is located in the part of the resort called Mistríky. Children as young as 3 years old can learn the basics of skiing here thanks to experienced ski instructors, nine sliding belts and a motor-driven carousel. They also have fun with a variety of attractions, games or competitions. They will love taking a ride on a snow train as well.

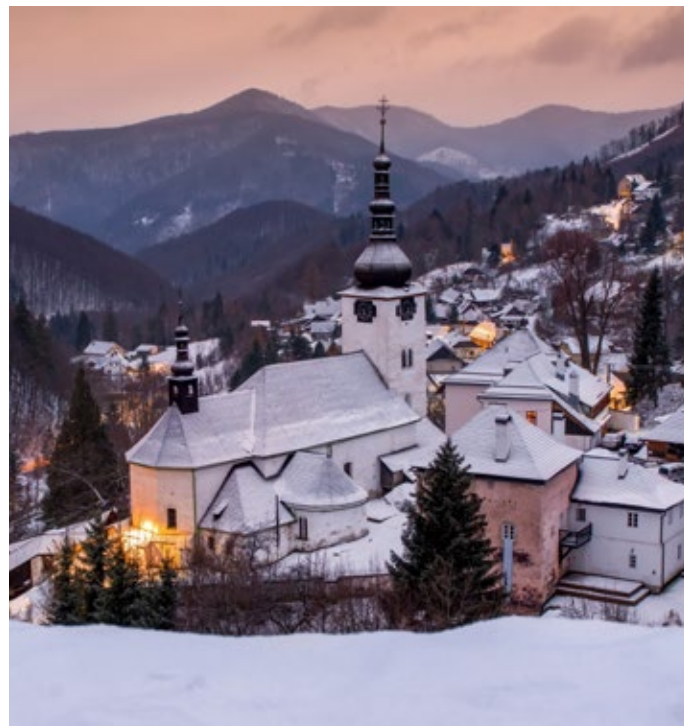
In the professional snow park, which has more than 30 obstacles, you can venture a 17-metre jump, a 9-metre cascade rail or an 8-metre double pipe. The resort offers three marked routes for ski

alpinists. There are 25 km of groomed white trails over five circuits of varying difficulty for cross-country skiers. You can also try SNOOC SKI, which resembles sledding on skis and amuses even non-skiers. This activity is suitable for children from age 10 and up. The resort also offers skate rental. Enjoy home cooking of the Koliba Goral restaurant in the centre of Donovaly. Accommodation in cabins of the Gothál multifunctional resort in the village of Liptovská osada is also very popular among visitors of Donovaly. The surroundings here are ideal for families and are especially picturesque in winter. The Gothál resort provides a shuttle bus to Donovaly ski resort, which is located just 12 km away. You can relax in the resort's wellness centre with three saunas and three pools included. One of the pool is even filled with salt water from the Dead Sea. You will certainly appreciate the outdoor ice rink with skate rental, the cross-country skiing trails nearby, as well as Ferrata Dve veže, which is accessible until 31 January.



Try out a tandem snow paragliding from Nová hola, the most visited mountain flight terrain in Slovakia. The feeling of absolute freedom seasoned with adrenaline on Donovaly must be experienced!

© Marek Hajkovský - QEP



◀ The nearby village of **Špania Dolina** was once known throughout Europe for its mineral wealth. Italian Renaissance painter Sandro Botticelli chose paint made from Špania Dolina malachite to paint the sea waves in the painting *The Birth of Venus*. A well-maintained cross-country skiing trail takes you from Donovaly to this picturesque mining village. The Museum of Copper and the original miner's clock in the rock massif on the square are worth seeing.

SALAMANDRA RESORT

Ski near the crater of a gigantic, now extinct volcano.

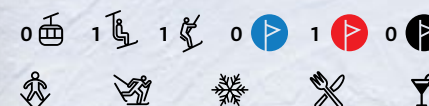
A modern four-seat cable car takes you to the summit station at an elevation of 850 m. When you get off, you have almost 1.5 km ahead of you on a rugged red track surrounded by the mountains of the Štiavnické vrchy. There is also an easy slope with its own lift available for beginners. You can do cross-country skiing on 3 routes covering a total length of 12 km. Refresh yourself just a few metres away from the slopes on the terrace of the après-ski bar. You can stay, for example, in a luxurious chalet or in the rooms and suites of a four-star hotel with congress halls, a squash court and a modern wellness centre.



Charming ice rinks in the vicinity of Banská Štiavnica are actually historic man-made mine reservoirs named tajchy. They were once used to supply water to the surrounding mines. Horný Hodrušský tajch reservoir from the 16th century is located directly in the Salamandra Resort. If you want to do winter ice skating though, go to the Klinger rink available from the other side of the hill.



Banská Štiavnica is also called the Silver City and is on the UNESCO heritage list. Not only due to its unique location in the crater of a super volcano, which, with a height of 5 km and a diameter of 100 km, is among the largest on our planet. It will also charm you with its romantic sites, glorious mining history and the creativity of the locals. Wearing a headlamp on your helmet, explore its underground mining shafts, dug out by miners in the distant past. When walking around the palaces with their frescoes, you come across a 500-year-old ruin, which is home to one of the most imaginative bars in Central Europe. It's called RUINbar.



Salamandra Resort
salamandra.sk/en/front



FROM THE SLOPES TO THE THERMAL SPA

Not far from Slovakia's best resorts are many spas and water parks with healing thermal water. They offer a wide range of water features and wellness procedures. Visiting them should definitely be a part of your winter holiday. Would you rather warm yourself in a forest sauna under the stars or in hot natural springs after a full day on the slopes? Winter in Slovakia is surprisingly warm thanks to the rich wellness culture.



MEANDER THERMAL & SKI RESORT

Take off your ski suit and jump from the slope straight into a thermal pool. This family-friendly ski resort in the foothills of the Western Tatras is made just for this.



Ski slopes and a thermal park, too, are part of the common area in the mountain village of Oravice. In the morning you ski on 12 km of slopes with varying degrees of difficulty and in the afternoon you relax in the outdoor pool with healing geothermal water at a temperature of 28 – 38 °C. The thermal park is located just 50 metres from the lower station of the cable car and includes an indoor pool, a water slide and various attractions as well as wellness offering a wide range of massages.

Directly above the water park in the lower part of the resort is a separate downhill area for children, where they can learn the fundamentals of skiing and snowboarding. The whole family can enjoy the almost two-kilometre blue Family ski runs on wide slopes located amidst coniferous forests. From Bistro Grúň at the top, you can set off on a new blue ski run of 1,850 metres in length. More experienced skiers can ski the central part, which has a 1,350-metre FIS-certified red section.



Meander Thermal & Ski Resort
meanderoravice.sk



MALINÔ BRDO SKI & BIKE PARK

The ski resort Malinô Brdo – Ružomberok is located in the heart of the Liptov region, where it is surrounded by thermal springs. A bath in healing thermal water can be a warm and soothing end to a day of skiing.

Malinô Brdo is located at the foot of the Veľká Fatra mountains. Skiers can enjoy up to 10 km of downhill runs here. The longest slope is almost 4 km and leads to the top of Malinné (1,209 m above sea level) to the valley station of the cable car to Hrabov. Ski alpinists will love the various routes and beautiful views here. You can visit up to three thermal centres in the vicinity of the resort. The closest is Water Park Bešeňová (15 km away) which has a wide range of wellness services, the largest outdoor sauna in Slovakia and many water slides. Next is the Aqua-Vital Park Spa Lúčky (16 km away), a spa area with a centuries-old tradition, healing water and many treatment procedures. The third one is the Tatralandia water park located approx. 30 km away.



Combine a winter vacation with a visit to a rare historical site that has been on the UNESCO list for 30 years now. The distinctive village of Vlkolínec with its typical wooden houses is located at the foot of the Sidorovo peak. This location is very near to the Malinô Brdo ski resort. You can visit the village of Vlkolínec while on of a winter hike. If there is sufficient natural snow, a cross-country track leads to the Vlkolínec meadows in addition to the ski mountaineering route.



Malinô Brdo Ski & Bike Park
skipark.sk



▲ In the village of Liptovský Ján, near the Jasná ski resort, is the healing spring **Kada**. Its water temperature is around 20 °C even in winter. A bath in this natural “whirlpool” can help you with rheumatic and skin diseases, as well as problems with the musculoskeletal system.

📷 Peter Kaczor @suhajko_z_liptova

HOT BATH IN HEALING WATER

Nearly 2,000 thermal and mineral springs emerge from the depths of the ground in Slovakia, and 82 of them have healing effects. The southern part of the country is particularly rich in hot thermal springs, but you can also bathe in naturally warm and healing water when skiing in the north or central part of Slovakia.



▲ If you are on vacation at one of the resorts near Ždiar, head for the Vyšné Ružbachy Spa. There are as many as fourteen mineral springs. Vyšné Ružbachy also boasts of an unusual natural phenomenon – a thermal travertine lake in the shape of a crater with a temperature of 25 °C, whose water never freezes. **The Vyšné Ružbachy crater** is considered the largest travertine lake in Slovakia, and since 1967 it has been included among Slovakia's protected natural formations.



The hottest thermal water in Slovakia springs out of the ground at a temperature of up to 92 °C. It is the source for the extensive bath complex Thermal Corvinus Veľký Meder, located 15 km from the border with Hungary.



OUTDOOR RELAX

DEMO'S BATHHOUSE

The first sauna in Slovakia was built in 1919. It is located under the majestic Kráľova hoľa mountain in the picturesque Šumiacka dolina Valley in the Low Tatras. The locals call it "Demo's bathhouse". It was built by war veteran and miller Michal Demo for his wife. He himself used it too to treat his rheumatism. Nowadays, this small hut has been turned into a museum where you can learn the story of the Demo family.

📍 The Forest sauna in Spišský Hrhov
📷 Lukáš Procházka @lukasprophoto



▼ The Forest Sauna in Spišský Hrhov is located in an old orchard on a top of the hill overlooking the majestic castle Spišský hrad. This unique construction built in the form of an atypical crystal lights up in the dark. The Forest Sauna won Slovakia's prestigious CE ZA AR award for architecture in 2020.

SAUNA KUNSTDORF

These days, modern natural eco-saunas are sprinkled all over Slovakia. The Sauna Kunstdorf sauna hut, secluded and in absolute silence, is hidden under a mountain in the western foothills of Poľana about a 10-minute walk from the centre of the village of Dúbravica. It has influenced the sauna culture in the Slovak countryside and inspired the creation of other similar public saunas throughout the entire country. You can enjoy a sauna in it only for the operating costs. You just need to book an appointment online.

SCANDINAVIAN COTTAGES

You can draw on the atmosphere of the Nordic countries and everything that goes with it in the modern Scandinavian cottages in Spišské Bystré. The pristine nature of a national park far from the crowds, the close connection with nature and the Finnish sauna all promise the much desired relaxation. Here you also find an original form of wellness like nowhere else - relaxation in the Finnish sauna and whirlpool, which are located on board a plane in the middle of a forest.

WARM YOURSELF IN SWIMMING POOLS

Water worlds with beneficial thermal water and many enjoyable attractions are just a short step away from the best Slovak ski slopes.



AQUACITY POPRAD

- 20 min. by car from Tatranská Lomnica
- an ecological resort under the High Tatras open all year round
- water temperature 28 - 38 °C
- 13 outdoor and indoor thermal pools with water attractions and water slides, children's corners and playgrounds
- Fire & Water Wellness & Spa centre with saunas and inhalation treatments, sauna shows, a relaxation pool, whirlpools, an ice cave, rooms for rest
- cryotherapy - whole-body cold treatment at -120 °C
- Interklinik Poprad - beauty and health clinic
- restaurants and bars



AquaCity Poprad
aquacity.sk/en

THERMAL PARK VRBOV

- not far from the resorts in the High Tatras and Belianske Tatras
- a more intimate atmosphere
- water temperature 26 - 38 °C
- geothermal water (from a depth of 2.5 km)
- the composition of water can help to regenerate the limbs and vital functions of the body
- outdoor pools, a 35 m swimming pool, a sitting pool, a canal pool
- Thai massages
- accommodation directly in the Thermal park
- evening bath



Thermal Park Vrbov
termalneakupalisko.com/en



© Marek Hajkovský - QEP

TATRALANDIA WATER PARK

- near Liptovský Mikuláš, 30 min. by car from the Jasná Ski Resort
- 10 pools with thermal, salt and pure water and 6 slides
- seawater treatment - thalassotherapy
- 21 steam, water and massage baths
- massages, procedures and wellness packages
- natural pedicure with Red garra, or doctor fish (Garra rufa)
- free entry when staying in a hotel from the TMR network



Tatrallandia
tatrallandia.sk/en

SKLENÉ TEPLICE SPA

- in the Štiavnické vrchy mountains near the Salamandra Resort
- more than 500 years of history
- thermal water from 7 rare healing springs
- water rich in magnesium and calcium
- 5 spa houses
- the Mining Thermal Bath, Mária Terézia Bath
- the healing cave steam bath "Parenica" with a thermal water temperature of 42 °C, which springs up in a natural cave
- salt cave
- wellness centre: 4 saunas, Finnish sauna, icefall
- craniosacral therapy, lava stones massage
- historical café Kursalon



Liečebné termálne kúpele, a.s.
Sklené Teplice
kupele-skleneteplice.sk/en/front

BEŠEŇOVÁ WATER PARK

- the thermal heart of the Liptov region
- near the Jasná Ski Resort
- 9 year-round pools, including 6 pools with curative thermal water
- 7 waterslides, a pool with waves, an entertainment tent with a castle and slides for children
- the holistic Harmónia Wellness & SPA sauna world with 50 steam, water and massage baths and procedures
- Sauna House - the most modern dry sauna in Slovakia and the largest outdoor sauna in the country
- day and night sauna rituals
- 1000 m² of an indoor rest and relaxation zone



Vodný park Bešeňová
besenova.com/en

DISCOVER SELECTED SKI RESORTS IN SLOVAKIA

- ① Tatranská Lomnica
- ② Štrbské Pleso
- ③ Starý Smokovec
- ④ BACHLEDKA Ski & Sun
- ⑤ Ski Centrum Strachan
- ⑥ Ski Centrum Strednica
- ⑦ Kubínska
- ⑧ Roháčce Spálená
- ⑨ Snowparadise Veľká Rača Oščadnica
- ⑩ Jasná
- ⑪ Mýto SKI & BIKE
- ⑫ Ski Tále
- ⑬ Winter Park Martinky
- ⑭ Vrátna Malá Fatra
- ⑮ PARK SNOW Donovaly
- ⑯ Salamandra Resort
- ⑰ Meander Thermal & Ski Resort
- ⑱ Malinô Brdo



TRAVEL OPTIONS TO SLOVAKIA

AIR TRAVEL

 **M. R. Štefánik Airport | Bratislava**
www.bts.aero/en

 **Košice International Airport**
www.airportkosice.sk/en

 **Poprad-Tatry Airport**
www.airport-poprad.sk

TRAIN TRAVEL

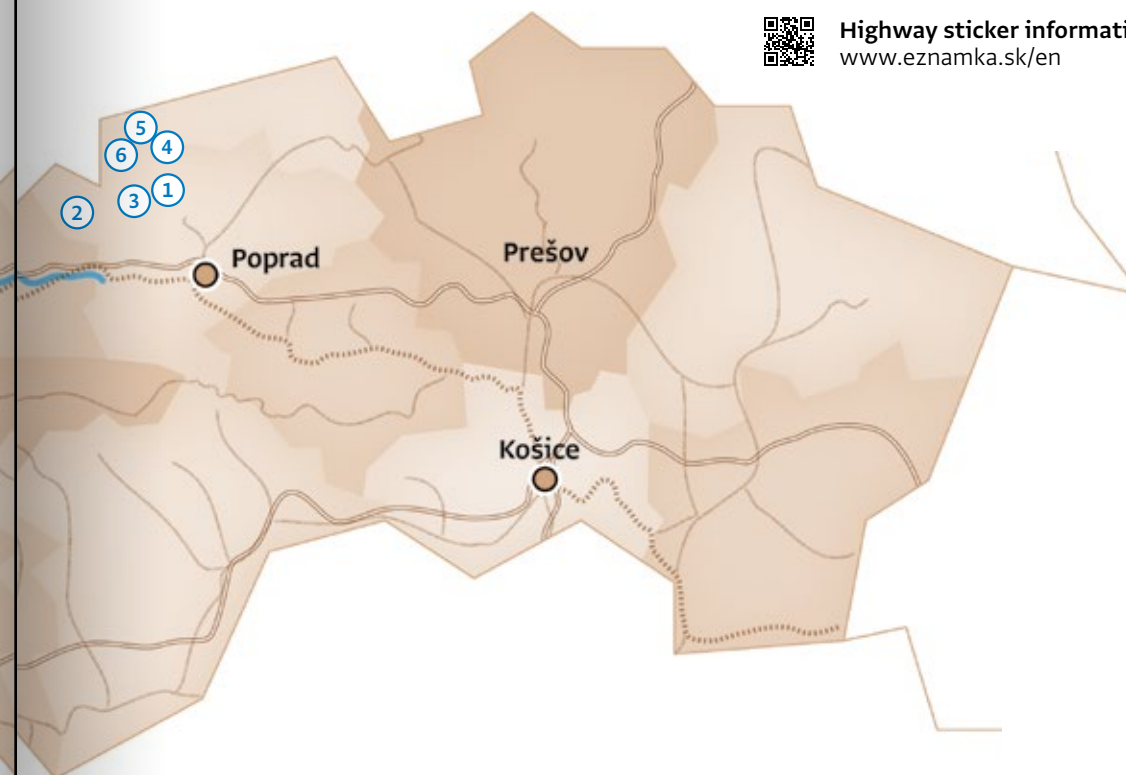
 **Slovak Rail (ZSSK)**
www.zssk.sk/en




 **Train travel planning**
www.cp.hnonline.sk/en/vlakbusmhd/spojenie

ARRIVAL BY BUS OR CAR

 **Online bus timetables**
www.cp.hnonline.sk/en/vlakbusmhd/spojenie

 **Highway sticker information**
www.eznamka.sk/en



-  International roads E
-  Railway network in Slovakia
-  International airports

SKI RESORTS

	length of tracks [km]	number of cable cars	number of chairlifts	number of ski lifts	blue slope	red slope	black slope	freeride	fun park	skimo	ski school	cross-country skiing	night skiing	snowmaking	restaurant	après-ski	skibus
① Tatranská Lomnica	12,2	3	4	2	6	5	1	❄️	❄️	❄️	❄️	❄️		❄️	❄️	❄️	❄️
② Štrbské Pleso	9	0	3	4	7	5	0		❄️	❄️	❄️	❄️		❄️	❄️	❄️	❄️
③ Starý Smokovec	3,3	1		2	3						❄️			❄️			
④ BACHLEDKA Ski & Sun	8,5	1	1	8	3	3	2	❄️		❄️	❄️	❄️	❄️	❄️	❄️	❄️	❄️
⑤ Ski Centrum Strachan	3,7	0	1	2	2	3	0	❄️	❄️	❄️	❄️	❄️	❄️	❄️	❄️	❄️	❄️
⑥ Ski Centrum Strednica	4,2	0	1	7	9	2	0		❄️	❄️	❄️	❄️		❄️	❄️		❄️
⑦ Kubínska	13	0	2	8	4	5	1	❄️		❄️	❄️	❄️	❄️	❄️	❄️	❄️	❄️
⑧ Roháče Spálená	5,7	0	2	3	6	4	1	❄️		❄️	❄️	❄️		❄️	❄️	❄️	❄️
⑨ Snowparadise Veľká Rača Oščadnica	13,8	1	3	4	7	7	1	❄️	❄️	❄️	❄️	❄️	❄️	❄️	❄️	❄️	❄️
⑩ Jasná	50,7	6	8	6	17	13	5	❄️	❄️	❄️	❄️	❄️	❄️	❄️	❄️	❄️	❄️
⑪ Mýto SKI & BIKE	4,6	0	1	5	2	5	0		❄️	❄️	❄️	❄️	❄️	❄️	❄️	❄️	❄️
⑫ Ski Tále	2,7	0	0	6	1	4	1				❄️	❄️	❄️	❄️	❄️		❄️
⑬ Winter Park Martinky	13,3	0	1	5	6	4	0	❄️	❄️	❄️	❄️	❄️		❄️	❄️	❄️	
⑭ Vrátna Malá Fatra	12	1	1	11	6	7	5		❄️	❄️	❄️	❄️	❄️	❄️	❄️	❄️	
⑮ PARK SNOW Donovaly	11	1	2	14	13	4	1		❄️	❄️	❄️	❄️	❄️	❄️	❄️	❄️	❄️
⑯ Salamandra Resort	1,4	0	1	1	0	1	0				❄️			❄️	❄️	❄️	
⑰ Meander Thermal & Ski Resort	12	0	1	2	7	1	0			❄️		❄️	❄️	❄️	❄️	❄️	
⑱ Malinô Brdo	10	1	1	6	3	6	2	❄️		❄️	❄️	❄️		❄️	❄️	❄️	❄️

IMPORTANT CONTACTS



Mountain
Rescue
Service
18 300



Helicopter
Rescue
Medical
Service
18 155



Integrated
Rescue
System
112



Current info,
weather,
warnings
hzs.sk
avalanches.sk



SLOVAKIA WINTER FROSTY & WARM



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🌐 www.slovakia.travel

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Vysoké Tatry (High Tatras)
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📍 Jasná | Nízke Tatry (Low Tatras)

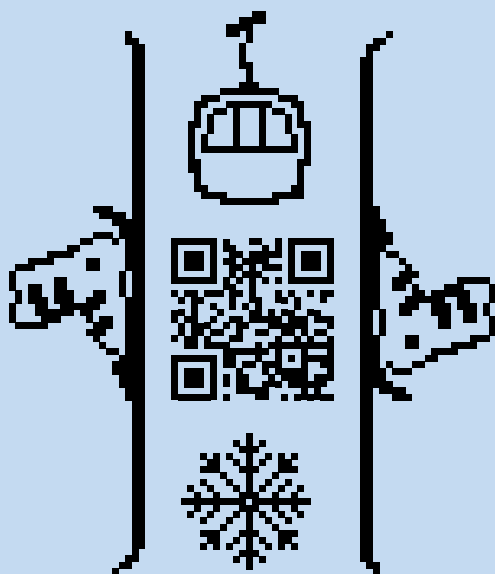
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📧 [Martin Šopinec @schopinski](mailto:Martin.Sopinec@schopinski)

EXPERIENCE WINTER IN SLOVAKIA

Winter in Slovakia is frosty white and definitely not mundane. The number of ski resorts with slopes for experts and beginners as well as the variety of winter activities for all age categories is surprising. It's up to you whether you change your downhill skis for cross-country skis or go for a hike, ride on a dogsled or take a dip into a lake. Kilometres of ski runs, cross-country skiing trails and skimo paths await you, as well as speleotrekking, ice-climbing or riding an e-bike to the highest cycling point in Central Europe. Then at the end, immerse yourself in a hot bath.

SLOVAKIA - what a surprise



[@visitslovakia.eu](https://www.visitslovakia.eu)

www.slovakia.travel/en

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