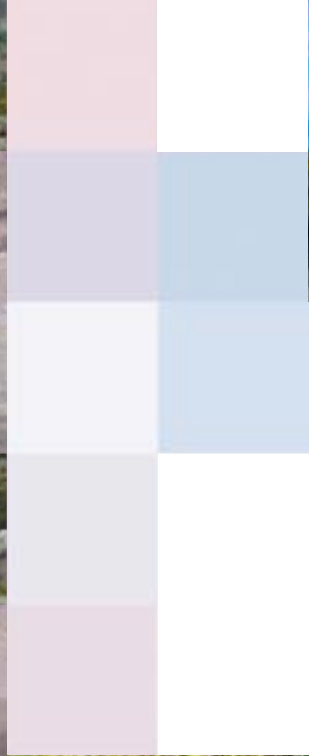


LET NOTHING STAND IN YOUR WAY



15 tourist and hiking routes with various levels of difficulty will allow you to experience Prešov Region from a different perspective. Panoramic views, the mesmerising worlds of the local fauna and flora, healing springs and cultural and historical sights – all can be explored during your stay in the region.



EURÓPSKA ÚNIA

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PREŠOVSKÝ
SAMOSPRÁVNY
KRAJ



LET NOTHING STAND IN YOUR WAY



Tri studničky – Kriváň – Jamské pleso – Tri studničky

Start point: Tri studničky, bus stop, car park

End point: Tri studničky

Route length/time:

14.4 km/approx. 6 hours

Difficulty level: Difficult all-day alpine route with arduous ascents and descents. Easy orientation even in low visibility conditions with clear tourist signs beyond the upper forest boundary.



HIGH TATRAS



Štrbské pleso – Jamské pleso – Tri studničky – Štrbské pleso

Start point: Štrbské pleso, bus stop/railway station, car park

End point: Štrbské pleso, bus stop/railway station, car park

Route length/time: 9.18 km/approx. 4 hours

Route description: Easy half-day forest hike. Easy orientation with well-signposted routes. No refreshment facilities on the route.





Štrbské pleso – Popradské pleso – Symbolický cintorín – Štrbské pleso

Start point: Štrbské pleso, bus stop/railway station, car park

End point: Štrbské pleso, bus stop/railway station, car park

Route time: 3 hours 30 minutes

Route description: Easy half-day forest hike over well-maintained paths. Easy orientation with well-signposted routes. Enjoy refreshments at Popradské pleso chalet. Approximately 30 minutes from the Popradské pleso bus stop, there is a symbolic cemetery in honour of dead mountain climbers.



Tatranská Polianka – Sliezsky dom – Tatranská Polianka

Start point: Tatranská Polianka, bus/railway station, car park

End point: Tatranská Polianka, bus/railway station, car park

Route time: 4 hours 30 minutes

Route description: Moderate half-day mountain hike. Easy orientation with clear tourist signs beyond the upper forest boundary. The route leads along the Velický most (bridge), Velická poľana (glade) and Gerlachovský kotol (cauldron). The only refreshment possibility is at the Sliezky dom hotel.





Červený Kláštor – Prielom Dunajca – prielom Lesnického potoka – Haligovské skaly – Červený Kláštor

Start point: Červený Kláštor, bus stop, car park

End point: Červený Kláštor, bus stop, car park

Route time: 4 hours 45 minutes

Route description: Moderate to difficult almost full-day hike. The first part of the hike up to Lesnica is not difficult, but from Lesnica there is a steep ascent to the ridge of Haligovské skaly. Easy orientation with several refreshment facilities along the route.

Nature reserve **Haligovské skaly** is a karst rock massif divided by five ravines. Many endemic plant species can be found here due to an evolution isolated from the rest of the Tatra area. The surrounding forest consists of beech wood with some ancient larch. Other wood species include spruce, larch, fir and pine. The craggy rocks of Haligovské skaly (750 MASL) embrace a typical karst cave known as Aksamitka. The cave was added to the list of protected natural areas in 1976, and later listed on the National Natural Heritage list. The cave, due to its protection level, is now inaccessible.

PIENINY MOUNTAINS





Jarabina – Jarabinský prielom – Vabec – Oslí vrch – Lubovniansky hrad

Start point: Jarabina, bus stop, car park

End point: Stará Lubovňa, bus stop/railway station, car park

Route length/time: 16 km/approx. 6 hours

Route description: Moderate to difficult all-day hike with a small elevation, along well-maintained tracks with easy orientation.



Lubovňa Castle

A border castle from the turn of the 13th and 14th centuries. Built by Hungarian King Ondrej III, its function was to protect trade routes to Poland as a guard fortress. From that period also come the round tower and Gothic palace, together known as the upper palace, located on top of the highest rock. Its current partially preserved state along with the exhibitions housed there reflect many architectural styles. The Renaissance palace also deserves special attention. It went into ruin after 1772, and after more than 200 years, reconstruction finally started and the palace now functions in accordance with its original use, with distilling and beer brewing exhibitions in addition to exhibits of the period furnishings of the last owners. An open-air museum and medieval camp can also be found under the castle.



The village of **Červený Kláštor** houses a Carthusian monastery known as Červený Kláštor (Red Monastery). It was named after the red roof, which you cannot fail to notice. The history of the monastery started in 1320 and is related to ascetic fraternities of Carthusians and Camaldolese. Nowadays, the monastery houses an exhibition mapping the history of the monastery in addition to pharmaceutical exhibits. There is also the partially restored church of St Anthony the Hermit.





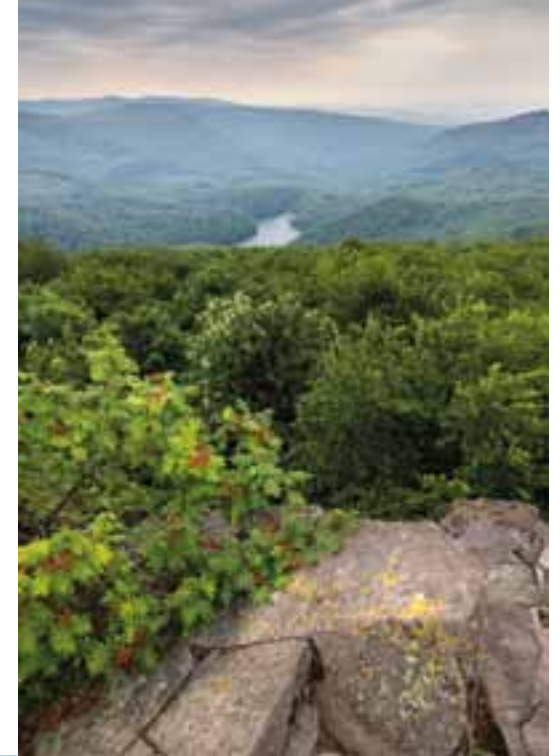
Zemplínske Hámre – Roviienky – Sninský kameň – Roviienky – Zemplínske Hámre

Start point: quarry located at the end of the village of Zemplínske Hámre

End point: quarry located at the end of the village of Zemplínske Hámre

Route time: 3 hours

Route description: Moderate to difficult hike with refreshment possibilities. From the bus stop in Sninský kameň there is a beautiful view of the Morské oko lake and town of Snina, the Poloniny mountain range, valley of Cirocha and Ukrainian border. Andesite crags, the remains of volcanic activity, can be found along a small section of the route.



The **Vihorlat (mountains)** is a volcanic mountain range and along with the Vihorlat nature reserve is part of the Vihorlatsko-gutínska region that lies in the eastern part of Slovakia. **Sninský kameň** (Snina stone) is a geological formation of two rocks, the big Snina stone, at 998 MSLA is low and wide, and the small Snina stone at 1005 MASL is a lava summit. This formation has been a nature reserve since 1982. The locale houses rare plant species of plants including 43 types of lichen, 148 types of higher plants and rare Slovak liana, the Alpine Clematis.

VIHORLAT MOUNTAINS





Remetské Hámre – Lysák – Sedlo Rozdiel – Jedlinka – Tri Table – Sninský Kameň – Nežabec – Strihovská poľana – Strihovské sedlo – Pilníkova lúka – Diel – Vávrova lúka – Podhorod'

Start point: Remetské Hámre, crossroad, red sign

End point: Podhorod'

Route length/time: 32.9 km/approx. 8 hours

Route description: The main ridge-hike leads across the caldera of an extinct volcano and includes steeper parts with the view of Sninský kameň and Zemplínska šírava (lake). There is a well with spring water on the way.



Trek: Humenský Sokol

Start point: forest next to the Podskalka car park, Humenné

End point: car park at Podskalka

Route length/time:

3.5 km/2–3 hours

Route description: The trek goes through the beautiful nature reserve of Humenský Sokol in the mountains of Vihorlat. Nine information boards are to be found on the way. Along the route can be found the northernmost occurrence of the downy oak in Slovakia. You can also find here grasslands, limestone rocks, the rocky Dúpna Massif with its highest peaks, Sokol at 404 MASL, Červená skala at MASL and Skalka at 308 MASL. There is also the Dúpna cave and lianas.



Across the ridge of the Poloninské Karpaty:

**Nová Sedlica – Kremenec – Kamenná lúka
– Riaba skala – Ďurkovec – Plaša – Ruské
sedlo – Černiny – Balnica – Lupkovské sedlo**

Start point: Nová sedlica, bus station, red sign

End point: Lupkovské sedlo

Route time: 20 hours

Route description: Moderate to difficult hike starting in the easternmost village in Slovakia, it continues through the Stučica nature reserve and leads to the highest peak of Poloniny, Kremenec, the meeting point of Slovakia, Poland and the Ukraine. The route in Ruské sedlo is overlapping with the historical trade route Porta Ruscica. A tourist shelter hut can be found on this trek. There is a well with spring water on the peak of Ďurkovec.

Stučica nature reserve is the biggest of six nature reserves within the National park of Poloniny. The ancient European Silver Fir dominates of this nature reserve and has been observed to live as long as 500 years. The oldest queen of the primeval forest is 300 years old, almost 50 m high and has a trunk circumference of 518 cm. She is accompanied by beech, ash, elm and maple trees. The untouched appearance of this area perfectly reflects the images of past times. There are 500 hundred species of mushroom, 105 species of lichen and 190 species of moss to be found in the primeval forest. Most of the species are endemic and can be found only in the East-Carpathian mountains. Birds are the most numerous members of the fauna and many of these species face extinction. Red deer, grey wolf, brown bear, Eurasian lynx and European otter also dwell in these forests.

POLONINY NATURE RESERVE





Porta Rusica: Runina–Smrekovica village (now extinct)–Ruské village (now extinct)–Ruské sedlo

Start point: Runina, then on a north-western field road

End point: Ruské sedlo

Route length/time: 21 km/6 hours

Route description: Moderate to difficult route with partially difficult orientation, tourist signs must be carefully observed. Upon entering the village of Smrekovnica, dating from 1728, you will see a cemetery. Starina reservoir, the biggest drinking water reservoir in Slovakia, is located where the village of Ruská used to be.

The stony road 'Porta Rusica' is a sought-after spot of the fans of hiking and cycling. Originally a trade route, it was built between 1861 and 1865 to connect the Kingdom of Hungary with the Polish town of Halič. It was named after Ruské sedlo, through which the route leads. Stone monuments, well-preserved drainage trenches and stone outlets are to be found along the way. The route leads past a WWI military cemetery, a Jewish cemetery and a wooden blacksmith's shop at Tri studničky, which is the location of apparitions of Mary. In 2001, this road being the oldest in Slovakia, it was added to the National Landmark List.



Trek of Icons: Uličské Krivé – Sedlo pod Vežou – Ruský potok – Sedlo pod Kyčerou – Topoľa

Start point: Uličské Krivé, Greek Catholic wooden church of St Michael the Archangel from 1718, blue sign

End point: Topoľa, monument dedicated to Alexander Duchnovič

Route time: 4 hours

Route description: Easy route for those in search of a spiritual and artistic experience with mesmerising wooden churches in Uličské Krivé, Ruský Potok and Topoľa. The Trek of Icons leads through Malý Bukovec to the birthplace of Alexander Duchnovič, of Ruthenian nationality. In addition to the wooden church and monument dedicated to Duchnovič, the village of Topoľa also houses a WWI military cemetery with metallic relics. At the southern end of the wooden church you can find a cemetery featuring a local rarity: tombstones are usually located at the head of the grave, but here they are located at the foot instead.

In **Balnica**, there is the **Bieščadská lesná železnica** forest railway station dating from the end of the 19th century. You can find a border crossing to Poland for pedestrian tourists, featuring a Polish tollbooth and an important crossroad for hiking routes. A narrow-gauge leisure train service is in operation from May to October, twice a day between Wola Michova, Balnica, Majdan, Cisna, Dolzica and Przyslup and back. The railway station building offers tourist accommodation and food to be paid for using the PNL currency.





Ďurková – Šarišské Jastrabie – Minčol

Start point: Ďurková railway station, yellow sign

End point: Minčol (1157 MASL), the highest peak of these mountains.

Route length: 10.2 km

Route description: Moderate to difficult route with stunning views. In good visibility conditions you can see the village of Šarišské Jastrabie and the High Tatras from the peak of Minčol. A well with spring water is to be found at the end of the route. A reinforced concrete pillar, dating from 1931–1935, is one of the 17 points of the trigonometric land-marking network of Slovakia and found on the peak of Minčol.



ČERGOVSKÝ MINČOL





SLÁNSKE VRCHY



Trek: Tajch (mining lake)

Start point: the village of Pavlovce, once you have crossed the railway bridge, stay on the main road along the stream. Turn right after the second church by the wooden bus stop, and then carry on around the swimming pool through the forest along the asphalt road to the car park.

End point: car park near Pavlovce

Route length/time:

8 km/approx. 2 hours 30 minutes

Route description: The route is divided into two stages with information boards. The first stage, with a mineral spring, gives you information about the local flora and fauna. A nature formation, known as the 'Zárez Stravného potoka' is to be found here. Seed gardens, former forest nurseries, the PRO SILVA facility with genus base and other forestry sights can also be found. The second stage, with a mountain stream and spring, includes the identification of protected areas and interesting natural spots and workshops about wood burning and the history of war trenches. A tourist shelter with a view of the mountain of Havraní vrch is located here. There is also a shortened 2.5 km long route for children.



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“Investing in your future”

A collection of systematic informational and promotional materials about PSK (Prešov Autonomous Region)

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