



Vysoké Tatry
REGIÓN

High Tatras

The path to top experiences leads to the Region of the High Tatras



The history of the Tatras

It has been 350 years since tourists started to visit the Tatras. Tourism began to develop fast once the Tatras were connected with the outside world by a railway in 1871.

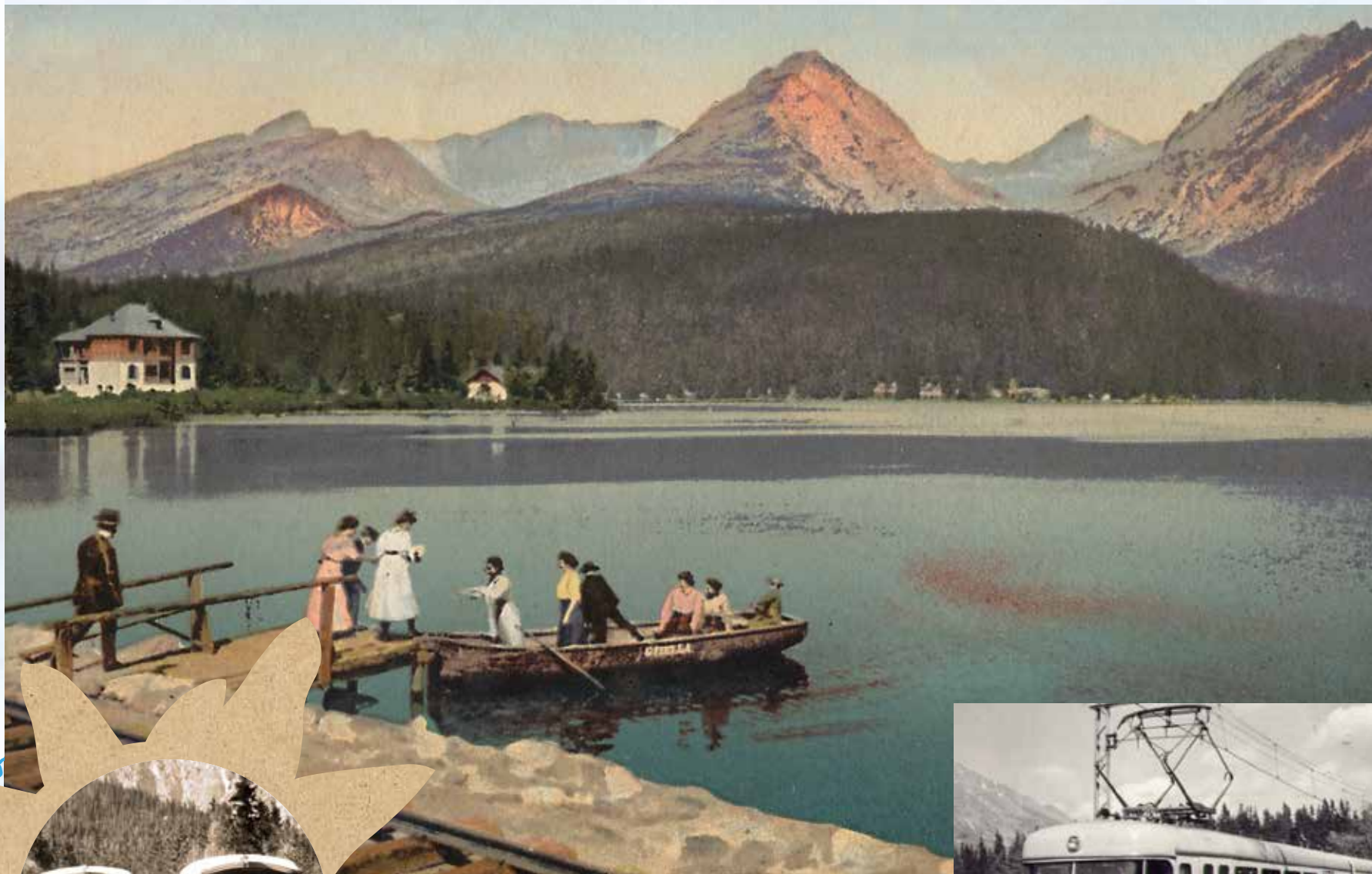
Treat yourself to luxurious accommodation at over 100-year-old grand hotels whose extraordinary Art Nouveau spirit can be felt on every corner. Great pools, spoiling care and a friendly atmosphere have been granting prestige to these architectonic jewels for decades.

If you admire unique creations of technology, discover the timeless cable car that operates to Mt Lomnický štít. Between 1940 and 1955, it was considered a world-class rarity. Four cable car stations which were designated by architect Dušan Jurkovič, still have a touch of historical charm and are maintained to fascinate curious eyes of tourists from all around the world.

Tourism in the Tatras began mainly with significant sports events. Winter sports have a long tradition and play an important role in this region even today. Alpine skiing, cross-country skiing and jumping on ski jumps in Štrbské Pleso have always been attracting thousands of fans. Cross-Country Skiing World Championships were held here in 1970 and flawless snow conditions enabled organising many other interesting events, such as world-famous winter universiades.

The region of the High Tatras offers a great sports atmosphere with a touch of history in summer as well as in winter.

Don't miss a journey with historic trams to the foot of the High Tatras. "Comet" from 1969 and "Triplet" from 1969 promise unforgettable adventures for everybody.





Tatra National Park

The Tatras are full of natural jewels, various unique representatives of flora and fauna, protected areas and bodies of water. Everybody should know

the TOP 7 of the Tatra region.

Waterfalls are the first "members" of the TOP-category: Skok waterfall and Kmeťov waterfall. Skok waterfall is the richest in water, Kmeťov waterfall is regarded as the longest one in the region.

Štrbské pleso is the most visited tarn of more than 80 in total, Veľké Hincovo pleso with the depth of 53 metres the largest and deepest tarn. Štrbské pleso offers unique boating with beautiful views of well-known peaks.

Belianska jaskyňa is a significant natural monument and the only cave in the Tatras which is opened to the public. Tourists have been admiring the richest dripstone decoration inside since 1882.

Peaks in the Tatras count to TOP mountain jewels as well. Mt Lomnický štít is the most visited one, Mt Kriváň is the symbol of Slovakia, Mt Gerlachovský štít (2,654.4 m a.s.l.) is the highest peak of the Carpathian mountains.

Rare flora is protected in the territory of the Tatra National Park. Only here we can find unique endemic species such as *Ranunculus alpestris* (buttercup), *Euphrasia exaristata* (eyebright), *Primula halleri* subsp. *platyphylla* (primrose).



As for precious animals, Tatra chamois, Tatra marmots, golden eagles and brown bears live in the Tatras. The Tatra chamois is the most significant inhabitant and symbol of the Tatras.

Sedielko between the valleys Malá Studená dolina and Zadná Javorová dolina is one of the most popular passes in the Tatras – mountain saddles which tourists surmount when hiking in the mountains. With the altitude of 2,376 metres, Sedielko is the highest located saddle in the Tatras.

To remember the dead, warn the descendants. This is the motto of the symbolic cemetery at Popradské pleso (tarn), which is located under the steep rock face of Mt Ostrva. It contains plaques with names of victims who died in the High Tatras and local Tatra inhabitants who lost their lives in other mountain ranges around the world.

The High Tatras are proud of one rarity – mountain load bearers, the last sherpas in Europe who have been carrying goods by using special wooden pack frames to 6 chalets in the Tatras. They can be met on the way up in all weathers and in every season of the year.

If you want, you can try the wooden pack frames and learn interesting facts about mountain load bearers in the Sherpa museum - Švajčiarsky dom in Starý Smokovec.

Hiking



In the Tatras, there is more than 600 km of marked tourist trails. Our high mountains have a big advantage – they are accessible for everyone. Families with children can use marked forest trails and educational trails, less demanding tourists can set out for valleys, more experienced mountaineers can surmount some of the accessible peaks. There are also several wheelchair-friendly trails built for the physically disabled.

The so called Tatranská magistrála (main tourist trail) is the most important and longest marked tourist trail which crosses the whole southern hillside of the High Tatras between the settlement of Podbanské and the tarn of Veľké Biele pleso. It is marked with red colour and is 46.25 km long. The route was built in the 1930s and runs around the whole southern side of the Tatras up to its highest located point at the altitude of 2,037 metres.

13 alpine chalets count to great hiking destinations. They offer shelter, good food and a bed to sleep in. Many of them are supplied only by alpine load bearers as there are no access roads running to them.

The trip to Veľké Hincovo pleso (tarn), which passes the most significant tarns: from Štrbské pleso past Popradské pleso through the beautiful valley of Mengusovská dolina. The trail to Popradské pleso is accessible also for families with children, physically handicapped people and older tourists along an asphalt road.

The Tatras are tailored also for challenging hiking and climbing trips or crossing secured mountain saddles (including the via ferrata of Priečne sedlo). Use the company of a professional guide to be safe.



Cyclotourism

It is very comfortable and easy to discover the region of the Tatras along the main cycle route. More than 300 km of marked routes of various difficulty levels are ideal for families with children, lovers of mountain and road cycling, keen sportsmen.

Families with kids can discover the magic of cycle routes between Poprad and Svit or between Tatranská Kotlina and Spišská Belá, which have almost zero altitude difference but breathtaking views of the majestic Tatras. They are suitable also for inline skating.

The wilderness of the Tatras can be admired also from a comfortable bike seat. Asphalt roads with minimal altitude differences run from Podbanské to the valleys Tichá dolina and Kôprová dolina, which count to the most preserved valleys where one can even spot bears from a safe distance.

Asphalt mountain roads with higher altitude differences lead to the very heart of the mountain range. Popradské Pleso, Hrebienok and Sliezsky dom are ideal destinations for making more demanding cycle trips.

The trail running to the Chalet at Zelené pleso (tarn) is the most difficult one, not due to the altitude difference but because of the terrain. Be careful especially when descending because it is technically very complicated.



The region of the High Tatras is part of international cycle races AROUND SLOVAKIA and many more.



Cable cars in the Tatras are ideal to enjoy more comfort while discovering the mountains. The perspective is much different there. Travel to beautiful panoramas, to the second highest peak – Mt Lomnický štít, popular Hrebienok or well-known Mt Solisko.



Summer activities

The region offers many possibilities of spending an active holiday in the embrace of mountain meadows, coniferous forests or dwarf pine stands. Experience everything you like in the heart of Europe and the smallest high mountains of the world.

Watching bears, running, golf, kite, geocaching, balloon flights, bobsledding, paragliding, mountain carts, scooters, sightseeing flights, aquazorbing or rafting inspire to discover new summer adventures.

Obstacle courses in the region of the Tatras symbolise a real challenge. It is mainly children who are fascinated by overcoming their own fears and discovering their limits. However, all age groups can enjoy themselves to the fullest there. There are several amusing rope parks in the area: Squirrel rope park in Štrbské Pleso, Rope park in Tatranská Lomnica at Jazierko (small lake) and Rope park in Tatranská Kotlina.

Running in fresh air along marked running tracks or somewhere in nature is great for improving your fitness. Or how about trying Nordic walking, a trendy sports activity which is safe, simple, very effective sports and ideal for everybody, regardless the age, sex or physical skills.

Boating on the tarn of Štrbské pleso has a great tradition and the tarn is one of 77 Wonders of the World. From the surface, one can feast their eyes on Mt Solisko, Mt Patria or Mt Vysoká and enjoy romantic moments during the whole summer season. The tarn of Štrbské pleso was one of TOP 77 attractions of the "New 7 Wonders of Nature" competition in 2009.



❁ Cross country skiing

Cross-country skiing is a typical winter activity in the High Tatras along with alpine skiing and ski touring. There are top-class cross-country tracks in every resort with the total length of 63 km, which makes the region the most popular cross-country skiing area in Slovakia.

Where can you find cross-country skiing tracks?

Štrbské Pleso is the most attractive and largest complex. It offers 21,3 km professional cross-country skiing tracks which are opened for the wide public. Štrbské Pleso has hosted several World Winter Universiades and it was these tracks and ski jumps that were the main venues.

The resorts of Tatranská Lomnica, Starý Smokovec and the area around offer more than 42 km of easy and medium difficult cross-country skiing trails, ideal for advanced cross-country skiers as well as beginners.

Cross-country skiing is becoming a popular alternative to alpine skiing also in the High Tatras as crossing the winter nature on skis means having enough time to admire its beauty and the scenery of the mountains. The marking of cross-country skiing tracks serves as orientation help in the terrain, offers information about the length of tracks, vertical drop, altitude and safety suggestions.



Cross-country skiing is a fitness activity performed in the embrace of fresh snow and nature which one can discover at their own pace.



The FIS sports complex is the most significant and biggest construction complex in the area of Štrbské Pleso. It was built at the mouth of Mlynická dolina (valley) between 1966 and 1969 to host the FIS Nordic World Ski Championships 1970. In 2014, before organising the World Winter Universiade 2015, the village of Štrba, which is the official owner of the FIS sports complex, managed to solve the collisions of tourists and cross-country skiers on one section of the promenade trail around the tarn of Štrbské pleso by building new cross-country skiing tracks behind the so called Blind tarn (Slepé pleso).

The FIS sports complex consisted originally of the FIS hotel and its sports facilities (gym, fitness centre, regeneration facilities, pool), accommodation bungalows, chairlifts on the ski pistes of Interski, Esíčko and Solisko, a ski jumping stadium and a cross-country skiing complex.

The cross-country skiing complex of Štrbské Pleso has been awarded as the TOP TOURISM PRODUCT. For more details about the cross-country skiing tracks and other activities, please visit: www.regiontatry.sk.

FIS sports complex ❁

The ski jumping stadium with amphitheatre-like spectator stands features two jumping hills – HS 100 and HS 138. There is a jury tower between the hills. Cabins for media commentators and telecommunications are located in the complex too. The smaller jumping hill is covered with plastic and can be used also in summer.

The cross-country skiing complex features a jury tower in the middle and spectators stands. Originally it was 240 m long, 35 m wide and contained a Longiness scoreboard and storage rooms for sportsmen. Today, there are also 6 officially approved cross-country skiing race tracks (1km – 5km long).

Cross-country skiing tracks in the sports complex are used not only by professional racers but also many recreational skiers and fans of outdoor activities. The village of Štrba has guaranteed everyday grooming of the tracks by Ratrak and Pisten Bully groomers for several years.

To make cross-country skiing more attractive, the tracks have round forms and pass the ski jumping stadium. The cross-country skiing complex features a snowmaking system and lit 1.5km-long sprint tracks that are used also in the evening for skiing or organising evening races.

The tradition of Tatra Cup races has continued as the so called Cross-Country Skiing Slavic Cup, which is regarded as the Continental FIS Cup and organised every year. Over 120 participants from almost 20 countries join the cup regularly.



World Championships in the High Tatras

The FIS Nordic World Ski Championships 1970 held in Štrbské Pleso are considered to be historically the most significant and most successful international sports event that was organised in Slovakia.



It was the congress of the International Ski Federation (FIS) in Beirut, Lebanon in 1967 that decided to organise the World Championships of 1970 in the High Tatras. Czechoslovakia beat Falun, Sweden and Garmisch – Partenkirchen, Germany.

To organise the World Championships in 1970, a new sports complex for Nordic skiing disciplines, the FIS hotel, the Panorama hotel, a machine and telecommunication building, a department store and a central car park were built. A new rack railway was created, the Tatra Electric Railway stop located at the tarn was moved to the settlement centre, the so called Road of Freedom and various hostels were renewed.



The final ski jumping race on the big P90 hill was the biggest highlight of the Championships. It was watched by an unbelievable number of 140,000 spectators, which is a ski jumping event world record that has not been broken yet.

Czechoslovakia won a silver medal thanks to Jiří Raška.



World Winter Universiades

Štrbské Pleso was hosting the biggest sports event of university athletes from all around the world - the Winter World Universiade for the third time in 2015 (after 1987 and 1999).



The Universiade was about to be held in Granada, Spain originally. But local organisers didn't manage to build sports venues for Nordic skiing disciplines in time so Nordic skiing races were held in the Sports complex of Štrbské Pleso.

It took an unbelievable record period of 8 months for the village of Štrba to modernise the HS100 jumping hill and add an ice in-run track, have new storage rooms for racers built, both jury hills modernised, a separate wiring installed in the whole sports complex and all cross-country skiing tracks renewed.

To remember all three Winter World Universiades, an 8-metre high stainless-steel pylon of the Universiade flame is still towering in the ski jumping stadium. There is a five-pointed star on its end to symbolise 5 continents. Once ignited, the flame travelled up to the top of the pylon within ten seconds.



❁ Skiing in the Tatras

Enjoy an unforgettable winter holiday full of adventures and flawless skiing adventures at TOP resorts in the High Tatras.

Tatra resorts in numbers

24 km of groomed ski pistes are tailor-made for active relaxation and fun in winter. Snow is guaranteed here for 5 months per year, which all skiers are happy to use. The longest course is 6.5 km long and begins at the altitude of 2,190 metres.

The best skiing adventures

The modern ski resort of Tatranská Lomnica offers 12 ski pistes of various difficulty levels, 7 cable cars and chairlifts including the newest one – a 15-person cable car that operates to Skalnaté Pleso. The highest located and steepest piste in Lomnické sedlo (saddle) is famous for unique sunlit skiing moments. Lomnické sedlo is especially popular with freeride and adrenalin lovers. The resort also features more than 6 km of easier ski slopes which are ideal for families with children. Among other things, there is also a special Fun Zone for skiing beginners and children who can experience original fun on the slope.

Štrbské Pleso

is the highest located ski resort in Slovakia with one lower chairlift station built at the altitude of 1,400 metres and the longest ski season. It offers great conditions for slalom, downhill, cross-country skiing and high-level services. Skiers can use 9 km of ski pistes in total. Lovers of adrenalin sports and freestyle skiing are welcome to enjoy an attractive snow park.



Ski touring – skiing and hiking combined

In the High Tatras, it counts to the most popular kinds of sport. For beginners, groomed ski pistes are ideal to start with. More experienced ski tourers can find endless possibilities in the High Tatras. Valleys with unforgettable downhill in powder snow, ascents to peaks with breathtaking views. Trips like this run usually outside of marked trails and require the company of a professional mountain guide.



In the Tatras, there are top-class ski schools for kids as well as adults, groomed ski pistes as well as adrenalin fun in snow parks, sport equipment rentals and permanent willingness to meet all your expectations.



The original Tatra Temple of Ice in Hrebienok, which is unique in Central Europe, is admired by local as well as foreign visitors. Every year, it is inspired by another theme. 1,880 blocks of ice, i.e. more than 225 tonnes of ice are used to build it. Besides regular Sunday concerts, the temple also hosts engagement and wedding ceremonies.



❁ Winter Events

Families with children can enjoy truly magical moments at attractive events in the embrace of the mountains, test their intellect, show competitiveness and have fun at various snow attractions.

International ice sculpting championships – Tatry Ice Master, which are held in January, present top ice sculpting creations.

To make the winter season more attractive, there is a Christmas market in the town of Poprad with an eventful programme and beautiful decorations on the main square which are available until February.

Winter offers a lot of possibilities also for fans of cross-country skiing, ski touring and alpine skiing events with participants from various countries. The so called Winter Running Series includes four runs that test the skills of more as well as less experienced runners. Fans of cross-country skiing, ski touring and alpine skiing events with participants from various countries can enjoy a lot of fun while cheering on their favourites. The special Winter Running Series consists of four difficult runs that symbolise a true challenge for any runner.

The family eskimo weekend called Snow Dogs, which is held in Tatranská Lomnica, is popular with all kids. The winter season always ends with an Easter carnival on skis and an original ski burial ceremony in Štrbské Pleso.



❁ Winter hiking

Skiing is not the only way how to enjoy the winter idyll in the High Tatras. Various tourist trails in alpine areas are opened also in winter and run to cottages.

A nativity scene of snow at Rainer's chalet, waterfalls of the well-known Studený potok (brook) or romantic walks through snow-covered valleys of the Tatras – these are just some examples of what the winter in the Tatras offers.

Suggested hiking trips in winter

Cascades of Studený potok (brook): It takes only 45 minutes to get to the best-known mountain waterfalls from Hrebienok. We suggest visiting Rainer's chalet on the way.

Sliezsky dom (mountain hotel) is the highest located hotel in the High Tatras. The trip begins in the settlement of Tatranská Polianka and takes 2 hours and 15 minutes.

Popradské Pleso can be also magical in winter. A comfortable trail runs from a tram stop to Popradské pleso, the fourth biggest tarn in the Tatras. On the way, you can for example have a cup of herbal tea in Majláth's chalet.

Tatra Temple – “A kingdom of ice” in Hrebienok: An ideal family trip from Starý Smokovec to Hrebienok and the biggest temple of ice in Central Europe that attracts visitors every winter season.

To enjoy hiking trips more intensively but also to be safe not only in the winter season, a team of nice and experienced mountain guides is always ready to help and join adventures of all kinds.

Lovers of mountain hiking can enjoy tourist trails that run to 12 alpine chalets which are opened all year round and offer beautiful views with a magical atmosphere.



❁ Winter activities

The Tatras offer various entertaining activities in winter. Snowtubing, snowrafting, air-boarding and snowballing guarantee a lot of fun in the embrace of beautiful mountain nature with a 5-month snow guarantee every year.

New hybrid Tatra-trams and a rack railway offer comfortable transport all around the region from Poprad to Starý Smokovec, Tatranská Lomnica and Štrbské Pleso, where a lot of unforgettable moments wait for tourists.

A winter Fun Park is located in Štrbské Pleso near well-known ski jumps. Attractions are meant for all age groups because their main aim is to entertain every family member in winter.

Starý Smokovec offers a 2.5 km long sledging track in Hrebienok, where a comfortable funicular operates.

Great ice skating conditions are at disposal not only in the resorts in the Tatras but also in Poprad on two outdoor ice rinks.

Unique winter sport activities such as snowshoeing, curling, horse-drawn sledge rides, ski jöring as well as ice climbing with mountain guides and snowkiting are waiting in the region for adventurers and lovers of the winter holiday atmosphere.



For more information about winter attractions on mountain slopes, please visit: www.regiontaty.sk.



Región Vysoké Tatry



regionvysoketaty



The history of the region

The region of Spiš has been known for the co-existence of various nationalities and religions from of old. Sacral architecture is a typical example of rarities in the region of the Tatras: original wooden churches are even on the UNESCO list of world's heritage.

Shortly after the settlements in the Tatras were created, the first houses of God were built. Wooden churches that are considered national cultural monuments are located in the settlements of Vysoké Tatry, Starý Smokovec, Dolný Smokovec, Tatranská Kotlina and Tatranská Javorina.

The town of Poprad, which is regarded the gate to the High Tatras, was created of 5 villages which all had their own churches where devotees of Christianity used to meet. The Church of St. George in the town part of Spišská Sobota is the most remarkable one and dates back to the 13th century. This historical jewel has been declared a conservation area along with the surrounding town part, which helped preserve its unique medieval town character. The well-known square of Spišská Sobota has a triangle form, is formed mainly of beautiful Renaissance houses and a few Gothic buildings. The Church of St. George, features a unique carved organ from 1662. Only a few fragments were preserved from the original Late-Romanesque church, such as its square tower and outside walls. Everybody who enters the interior immediately notices a beautiful Gothic decoration and 5 Gothic altars. The



main Altar of St. George from 1516, which was made by famous Master Paul from Levoča, is most popular. To the left, there is the oldest altar in our country – the Altar of the Virgin Mary from 1464. Museums with interesting expositions of nature, history, life of local people, skiing, cinematography and folk traditions play an important role and help introduce the region under the Tatras.



Spišská Sobota is a significant town part where one can admire the beautiful Church of St. George and the oldest altar in our country.



Ski museum under Mt Lomnický štít. Visiting the Museum of winter sports in Tatranská Lomnica is a great way how to learn about the past of sport in the region of the Tatras. The exposition introduces the history and development of skiing, ice skating, curling, climbing, sledging and bobsleighbing in the region.



History of the region

Archaeological discoveries uncover distant past and traditions that were kept in settlements under the Tatras. The most significant discoveries include a brain casting of a Neanderthal man that was found in Gánovce, the vanished village of Šoldov near Štrba and a tomb of a prince in Poprad, Matejovce which has been found lately.

Traditions and culture under the Tatras

People under the Tatras used to live on farming and pasturing. These activities were closely related to typical folk crafts. Crafts that have been preserved until today include wood-carving, production of shepherd's hatchets, national costume dolls and Easter eggs. Several ethnic groups get mixed in this territory such as Gorals, Spiš Germans, Ruthenians and original inhabitants of the Spiš region. The traditional Slovak cuisine cannot be missing here, of course. Don't forget to taste local specialities such as filled dumplings, sauerkraut soup or gnocchi with bryndza (sheep cheese product). Local ancestors used to wear traditional costumes which had various versions depending on individual locations. A selection of the traditions – i.e. lifestyle, clothing, living and housekeeping is presented in the museum of the so called House of Ždiar. Visitors can try folk costumes on and enjoy a typical "Ždiar-style wedding". Folklore habits and traditions are presented also at festivals and performances that are held during the summer season.

Nature within reach in the Museum of TANAP

The Museum of the Tatra National Park in Tatranská Lomnica offers a unique exposition of Tatra nature all year round. Families with children can learn a lot about plants and animals of the Tatras there. The so called Exposition of Tatra Nature, a unique botanical garden located near the museum is opened in summer.



Congress tourism

A specific natural, cultural and historical background has made the High Tatras an ideal congress destination with constantly developing infrastructure. Beautiful panoramic views of the smallest high mountains of the world guarantee a great atmosphere for every event. The High Tatras host various Slovak and international events, political visits, sports, corporate and business events.

Are you looking for top-quality hotel services, modern and multipurpose rooms, space for outdoor events? Stay in the Tatras. They are tailored for combining sport and business.

Accommodation at 3*, 4* and 5* hotels, private suites and guest houses, a lot of experience with organising and conference venues ranging from small business lounges to big conference rooms for up to 750 participants are ready to meet the requirements of every organiser.

Sport tourism is one of the fastest growing MICE fields.

The so called "high altitude" training is popular with international clubs and sportsmen, the unique location is ideal for healthy hiking that is flourishing in the High Tatras. Modern medical facilities, cryotherapy, multipurpose sports grounds, sports arenas, tennis courts, football and ice hockey halls, cycle routes offer everything that demanding professionals need. Modern catering or traditional Slovak cuisine, folk music, concerts of popular artists

– each hotel in the High Tatras is ready to guarantee complex services for your event.

The High Tatras are tailored for company events, congresses, corporate games, specialised holidays or top-level state visits. The mountains themselves are full of unforgettable moments and adventures.



The High Tatras were visited by Her Majesty, Queen Elizabeth II in 2008.



Do you need a tailor-made programme? Use the services of Enjoy Tatras – Destination Management Company, which can arrange all services based on your wishes.
www.enjoytatras.com

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MICE



Charge your team with new energy in the Tatras and strengthen the relationships with unique activities. Organising teambuilding and corporate events has never been easier. Experience unforgettable moments in the Tatras – from beautiful emotions spent in the embrace of nature to extreme and difficult experiences in the mountains that test the power and cohesion of every team.

Teambuilding is a training module which uses friendship, goal-directed activities and mutual cooperation to build a functional, synergic and effectively working team... Attract your co-workers in the High Tatras and build better relationships. Let them have a walk in fresh alpine air, recharge their batteries in the most attractive tourist region of Slovakia, show them how much they matter to you. Hotels in the Tatras can help you prepare various activities and offer non-traditional as well as traditional Slovak meals full of fantasy. Unforgettable moments can have many forms and arouse a keen interest.

The Tatras symbolise health, well-being, energy and love. Inspire and motivate others to great performances in this beautiful environment. The High Tatras can offer something to every company as there are endless possibilities for organising corporate events. The mountains themselves guarantee unforgettable moments.



Water park

Fun in a thermal water park cannot be missed while enjoying holidays in the Tatras. The unique European AquaCity Poprad resort, which helps protect the environment, offers a variety of services to guarantee a flawless holiday, an unforgettable family trip or a corporate event. There are accommodation, relaxation and wellness services, great medical tourism and sports conditions, gastronomy and congress services for business clients.

AquaCity Poprad is a world of amusement, relaxation and peace. The park includes 13 outdoor and indoor thermal water pools with temperatures of 28°C - 38°C, a salt water kid's pool, water slides, kid's corners, playgrounds and more than 350 water attractions. There is also the biggest 2-storey wellness centre in Slovakia - Fire & Water Wellness & Spa with a wide choice of top wellness services, various types of saunas and inhalation rooms, a ritual sauna with sauna shows, relaxation rooms, an ice cave, a relaxation pool, a bay of love and a whirlpool. The modern and timeless wellness centre design is pleasing to the eye and promises flawless relaxation. And if all this spoiling is not enough, try popular sauna shows with experienced sauna masters or pamper yourself with one of beautification and healing treatments.

If you like swimming, you will love the new swimming pool which is ideal not only for top sports performances but also well-deserved relaxation. There are eight swimming lanes in the pool.



AquaCity Poprad offers the best summer amusement in pools, on adrenalin water slides or a sand beach. Kids as well as adults can enjoy activities, concerts, events and programmes all year round.

Every evening, there is a remarkable 3D laser show in pools.



Family and fun

The Tatras guarantee unforgettable moments of family happiness. Make an exciting expedition with your loved ones and spend great days full of games, amusement and discovering together.

Cableway trips in the mountains

Cableways in the Tatras are ideal for spending comfortable moments high in the mountains and enjoying unforgettable adventures. Beautiful panoramas can be admired when travelling with a cable car from Tatranská Lomnica to Skalná Pleso, where one can find a unique children's eco-mini park called Marmot Land. If you wish to feast your eyes on even more beautiful views, take a cable car to Mt Lomnický štít to the altitude of 2,634 metres and have a cup of coffee with strudel on the suspension terrace of the Dedo café or visit a small botanical garden. The chairlift of Štrbské Pleso runs close to the peak of Mt Solisko, where a beautiful view of magical Podtatranská kotlina (basin) is offered. The funicular of Hrebienok is considered an European rarity as its first technological version was built already in 1908.

The "Fairytale journey around the Tatras" offers a chance to discover the region without making kids and their parents tired. Between Štrbské Pleso and Poprad, there are lots of interesting challenges, indicia, a map, fairytales, brain teasers and competitions for kids.



Have fun with all your family and visit interesting museums, interactive galleries, playrooms and playgrounds for kids, try an outlook tower with a toboggan track, adventure mini golf, a golf simulator, bowling and other attractive indoor sports.





Summer events

Nobody gets bored under the Tatras! The region offers events for all age groups, traditional crafts, markets, summer cultural programmes, theatre performances, lectures and performances in the mountains every year. If you like feeling happy and having fun, this is the right place for you.

A rich choice of activities guarantees fun and relaxation that one would expect from an alpine resort.

The so called Venetian Night on the tarn of Štrbské pleso in early summer is a unique event with romantic boating, culture performances and wine tasting.

A amusing summer events such as Bear Days, Marmots at Pleso and activities offered in the water park of AquaCity Poprad will be remembered by all family members long after they return home.

A traditional Made in Slovakia market in Poprad and Traditional crafts in Štrbské Pleso present typical products and skills of Slovak craftsmen.

Regular multi-genre programmes of the Tatra Culture Summer and Poprad Summer have become popular with locals as well as foreign visitors.



By “unlocking the water” of Štrbské pleso (tarn), the summer season begins in the High Tatras every year.

Gastronomy and tastes



Spend romantic moments while walking along tourist trails during the day and after sunset, treat yourself to specialties of the regional cuisine. Look forward to unique moments full of delicious culinary creations. **The taste of the Slovak Tatras is simply irresistible!**

Coffee at the altitude of 2,634 metres can be really delicious. Enjoy your favourite drink with an unforgettable panoramic view from Mt Lomnický štít – at the Dedo café. Take your taste buds high to the clouds!

Taste the real Slovak atmosphere

Visit magical shepherd's huts in the region under the Tatras and choose from a wide offer of specialties served with a friendly and homely atmosphere to appease your hunger.

Tatra Dinner of Emotions

Take your taste buds high to the clouds and enjoy an unforgettable evening. Because the real Tatra adventures begin only after dark. A luxurious Grand Snow Taxi grooming machine transports gourmet fans to a cable car station where an exclusive multi-course dinner is served in a magical atmosphere.

Special tasting dinner, wine tasting and cooking shows are tailored for demanding clients.



Unmistakable and diverse! This is gastronomy in the High Tatras that you will never forget.

The region of the Tatras offers the best cocktails of emotions – fall in love with inaccessible peaks and cooling water falls, enjoy absolute harmony and satisfaction when tasting traditional Slovak meals. This is the High Tatras!



Spa tradition

The High Tatras are popular also with those who want to boost their health and mental well-being. Relaxation in Tatra nature is the best recipe for challenges of everyday life. Thanks to unique healing effects of the local climate, the Tatras have been sought after by visitors from all around the world.

The High Tatras were a spa region at first

Exceptionally clean air, high sunshine values, fragrant essences in the air and many other aspects proof the healing effects of this popular holiday destination. The best-known health centres, Tatra spas offer healing treatments that help treat respiratory diseases. Choose one of time and tested sanatoriums and healing treatments under the supervision of doctors or stay at a hotel and enjoy the benefits of Tatra air. The concept of climatic therapy combines the effects of unique mountain climate, clean air, sunshine with intensive exercises in fresh air and spa treatments.

Our body can adapt to various altitudes immediately. Studies focused on sportsmen show that the haemoglobin level increases by one percent after one week spent in alpine environment, which increases the overall physical fitness by one to three percent. Higher altitudes increase the amount of haemoglobin and blood as well. More sunshine results in positive physical changes too.

Climatic spa healing in the High Tatras is a great choice for the whole family. The sanatorium for kids and youth in Horný Smokovec has been there since 1928, a spa house was built in Nový Smokovec in the middle of a spruce forest and has been helping patients with breathing problems since 1873. GRANIT climatic spa facilities are located in Tatranské Zruby and Nová Polianka at the foot of Mt Gerlachovský štít and offer accommodation in the embrace of silence.

The nature of the Tatras, clean air, alpine climate, sunshine and spa relaxation – enjoy all this in the High Tatras. The **Tatras as a cure!** You can find out everything about the benefits of the High Tatras at www.tatryakoliek.sk

Wellness

absolute relaxation after days spent in fresh air. Wellness centres offer combinations of massages that use typical Tatra herbs, ancient sauna relaxation methods, relaxation in steam baths, whirlpools and tepidariums with relaxing background music.

Cryotherapy is a unique treatment that boosts immunity and health, and combines modern medicine with alternative cold treatment that stimulates body cells. It boosts the hormone production, blood circulation and relaxes body and mind. The three-minute-long regeneration and healing treatment in a cryotherapy chamber is ideal for professional as well as amateur sportsmen who visit the Tatras mainly due to high altitudes, clean air and a variety of natural beauties.

Take a deep breath and become younger again in the High Tatras. Alpine nature is tailored not only for regular holidayers but also for busy businessmen and tourists who like spoiling themselves with classical or exotic massages. The offer of hotels is constantly growing, modern cosmetic and beauty treatments, body packs and spa cosmetic products are added. Choose the best beautification treatment to fit your needs.

For a wide choice of wellness & spa hotels, please visit www.regiontatry.sk.



Modern wellness centres, cryotherapy that boosts health, massages with hot herbs, clean nature or romantic dinner by candlelight relax both – body and mind.

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Golf

The High Tatras are a unique destination in Central Europe and the Black Stork golf area in Veľká Lomnica has a matchless location. Untouched nature, rocky hills and fresh air – these are the main advantages that golf enthusiasts enjoy on 120 hectares with beautiful scenery around.

Golf course awarded for quality

In October 2011, the Black Stork resort in Tatranská Lomnica was awarded as A PGA GOLF COURSE, which means it became one of 19 golf courses with this famous quality label.

The resort offers a picturesque 27-hole course, a driving range, covered power tees, a chipping area, a putting green, a golf academy and a golf simulator. A high-quality equipment rental, a golf school and individual golf lessons are at disposal as well. The covered driving range and training areas are available free of charge, which is especially attractive mainly for holidayers and participants of corporate events. The course is located under the Tatras and offers breathtaking views of their peaks. Besides flat grassy areas, the resort also features several mini lakes. The quality of the resort is supervised by the well-known Austrian designer Hans Erhardt. The driving range is 350 metres long, there are 20 covered power tees and they can be played from both sides.

The golf course is a truly exceptional place in a small village under the Tatras and a popular centre of this prestigious sport.



Adventure golf is great also for kids. It is a version of golf played on a smaller area by using mini golf clubs. It's very easy to train patience, the motor activity and estimation skills in Veľký Slavkov.



The beautiful golf course under the Tatras offers a great atmosphere.



The High Tatras are tailored for athletes and offer top natural conditions for training. Adam Žampa – a well-known Slovak skier and Olympian was born in the region.

Sports events



The region of the Tatras offers various sports possibilities. It is mainly healthy nature combined with high altitudes and a great sports facility and hotel infrastructure why world-class events have been held in the Tatras.

Winter sports such as skiing have been developed in the High Tatras from of old. In 1900, European Speed Skating Championships were organised in Štrbské Pleso. In 1903, the first sledge track was built in Tatranská Lomnica. The first ski race took place in Tatranská Polianka in 1911.

Since 1985, the High Tatras host Sherpa rally, a special alpine load bearers' race with participants carrying a heavy load to an alpine chalet as fast as possible.

The region of the High Tatras is still proud to host world-class sports events. The so called Kamzíci ice hockey club of Poprad is representing the region at the highest level. The national football training centre in Poprad is used not only by local players but also big international clubs.

A tennis tournament of the ATP Challenger category has been successfully organised in the High Tatras since 2015 and symbolises a new tradition of world-class events in the region.

Popular events include the "Tatry v pohybe" (The Tatras in motion) running race and the adrenaline Rallye Tatry car race.



Info

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Published by:

Regional tourism organisation
Región Vysoké Tatry

Supported financially:
by the Ministry of Transport
of the Slovak Republic



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