



**SLOVAKIA  
EXPLORER**



# Hiking in Slovakia's High Tatras

Last updated: 06/10/2026

Spend five days hiking the High Tatras on rewarding, non-technical mountain trails, returning each evening to one comfortable 4\* base.

**Holiday code:** H01

**Countries included:** Slovakia

**Activity level:** 3

**Themes:** Walking and Trekking

**Tour type:** Small Group

**Minimum age:** 18

**Duration:** 6 nights

**Available in:** Jun, Jul, Aug, Sep, Oct

## Overview

### WHAT'S INCLUDED?

#### Activities & Your Local Guide

Five thoughtfully paced mountain hikes led by an experienced English-speaking local guide.

#### Accommodation

Six nights in one comfortable 4-star mountain hotel in Starý Smokovec.

#### Meals

Six breakfasts and four dinners.

#### Transfers

All in-trip transport required for the planned hiking programme.

#### Group Size

Typically 6–8 guests, allowing for a more personal experience and a natural pace on the trail.

### THE JOURNEY

Walk through five distinct corners of the Tatras, from forested valleys and mountain lakes to high granite basins.



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Your local guide leads a carefully paced week of genuine mountain hiking without technical climbing, with traditional huts and the quieter limestone landscapes of the Belianske Tatras.

Each evening, return to the same comfortable hotel in Starý Smokovec, with no repacking and time to recover well.

## Itinerary

### Day 1: Arrive in Starý Smokovec

**Transport** Arrival independently · private airport/rail transfer available on request

**Stay** 4-star Grandhotel Starý Smokovec (or similar) · Twin/double room

**Meals** Dinner

Arrive in Starý Smokovec and settle into your base for the next six nights. There is no scheduled programme today, giving you time to unpack, rest after your journey and enjoy dinner at the hotel. Your guide will meet the group the following morning for a short introduction to the week, including the planned hiking programme, current mountain conditions and any final preparations before the first walk.

### Day 2: Walk into Velická Valley

**Hiking** 4 hrs · 10–11 km · 500 m up · 700 m down

**Transport** 30 min · Hrebienok access from Starý Smokovec · return from Tatranská Polianka by included local transport

**Stay** 4-star Grandhotel Starý Smokovec · Twin/double room

**Meals** Breakfast · Dinner

Begin above Starý Smokovec and follow a mountain trail into Velická Valley beneath the slopes of Gerlach. Velické Pleso Mountain Lake and Sliezsky dom bring the first strong high-mountain setting of the week. Descend to Tatranská Polianka and return to the hotel by local transport.

### Day 3: Hike to Zelené Pleso Mountain Lake

**Hiking** 5½–6 hrs · 16–17 km · 700 m up · 700 m down

**Transport** 30 min · Included transfer to the eastern trailhead and return from Tatranské Matliare

**Stay** 4-star Grandhotel Starý Smokovec · Twin/double room

**Meals** Breakfast

Walk through the long Kežmarská Biela voda valley as forest gives way to increasingly rocky mountain scenery. Zelené Pleso Mountain Lake sits beneath steep eastern walls, with a traditional mountain hut where there is time to stop for lunch at your own expense. Continue down towards Tatranské Matliare before returning to Starý Smokovec.

### Day 4: Walk to Popradské Pleso Mountain Lake

**Hiking** 4 hrs · 11.4 km · 270 m up · 380 m down

**Transport** 1 hr 30 min · Local train to Štrbské Pleso and return from Popradské Pleso

**Stay** 4-star Grandhotel Starý Smokovec · Twin/double room

**Meals** Breakfast · Dinner

Begin the day beside Štrbské Pleso, framed by the western High Tatras, with time to enjoy the lakeside setting before taking to the trail. Follow a well-marked mountain path through forest and open sections to Popradské Pleso Mountain Lake, where you can pause by the water for lunch at your own expense. Afterwards, visit the Symbolic Cemetery, a memorial to those who lost their lives in the mountains, before descending to the mountain railway for the return to Starý Smokovec.

### Day 5: Hike to Plesnivec Mountain Hut

**Hiking** 4 hrs · 10–11 km · 560 m up · 720 m down

**Transport** 30 min · Included transfer to Kežmarské Žľaby and return from Tatranská Kotlina

**Stay** 4-star Grandhotel Starý Smokovec · Twin/double room

**Meals** Breakfast

Walk through the quieter limestone landscape of the Belianske Tatras, following forest paths and the Valley of Seven Springs to Plesnivec Mountain Hut. Pause for lunch at your own expense before

descending towards Tatranská Kotlina. The later afternoon is free for an easy finish before returning to Starý Smokovec.

## Day 6: Hike to Téryho Mountain Hut

**Hiking** 4½–5 hrs · 11.4 km · 730 m up · 730 m down

**Transport** 10 min · Hrebienok access from Starý Smokovec · return to the same base after the hike

**Stay** 4-star Grandhotel Starý Smokovec · Twin/double room

**Meals** Breakfast · Dinner

Follow a steady ascent through Malá Studená Valley as forest and waterfalls give way to a high granite basin. Téryho Mountain Hut sits at 2,015 metres among mountain tarns and steep summits, giving the week a fitting final mountain objective. Return to Starý Smokovec for time to recover before a farewell dinner together.

## Day 7: Your Journey Continues

**Transport** Onward travel independently · private transfer available on request

**Meals** Breakfast

Enjoy a final breakfast in Starý Smokovec before checking out of the hotel. The guided journey ends after breakfast, leaving the rest of the day free for onward travel. Continue independently or ask Slovakia Explorer to arrange a private transfer to your next destination.

# Essential Holiday Information

## Start & End Point

**Start:** Starý Smokovec, High Tatras

**End:** Starý Smokovec, High Tatras

## Getting There

Your journey starts in Starý Smokovec in the High Tatras.

### Recommended — Kraków Airport (KRK)

Kraków is a practical international gateway for travellers arriving from the UK and further afield. The drive to Starý Smokovec is usually around 2–2.5 hours, depending on traffic.

### Other Options

#### Košice Airport (KSC)

A useful regional alternative with connections through major European hubs. Starý Smokovec is around 1.5 hours away by road.

#### Poprad-Tatry Airport (TAT)

The closest airport to the mountains, around 15 minutes from Starý Smokovec by road. Flight schedules are more limited and may be seasonal, but it is an excellent option when a suitable connection is available.

### Arriving by Train — Poprad-Tatry

Poprad-Tatry is the main rail gateway to the High Tatras, with connections from Bratislava and Košice and useful international options via neighbouring Central European cities. From Poprad, the Tatra Electric Railway continues directly into Starý Smokovec.

## Transfers

Prefer us to take care of your arrival?

We can arrange a private transfer from your chosen airport, railway station or previous hotel directly to Starý Smokovec. Transfer options and pricing are provided when you book.

## What's Included in the Price

### Included

#### Activities & Experiences

- Five guided hiking days in the High Tatras and Belianske Tatras
- Local transport and mountain access required for the planned hiking programme

#### Guiding & Support

- Five days with an experienced, English-speaking local hiking guide
- Route planning and local logistics by Slovakia Explorer
- Local support throughout your journey
- Alternative hiking plans when weather or mountain conditions require a change

#### Accommodation

- Six nights in a carefully selected 4-star mountain hotel in Starý Smokovec
- Twin/double rooms with private bathroom

#### Meals

- Six breakfasts
- Four dinners, including welcome and farewell meals

#### Transfers

- All in-trip transfers specifically required by the itinerary

#### Not Included

- International and domestic flights
- Arrival and departure transfers unless specifically stated
- Lunches
- Two dinners
- Drinks unless specifically stated
- Travel insurance
- Personal expenses
- Optional activities and spa treatments
- Tips and gratuities

## Featured Stay

We handpick places to stay for their character, comfort and sense of place – from welcoming family-run hotels to mountain lodges and small boutique stays.

### Grandhotel Starý Smokovec

Starý Smokovec · 4-star hotel · 6 nights

Standing in the heart of Starý Smokovec, this historic Tatra hotel gives the journey a comfortable base close to the mountain railway and Hrebienok. After a day on the trails, settle back into the hotel, make use of the wellness facilities and enjoy an evening without packing for another move.

#### Highlights

- Historic Tatra setting
- Wellness & Spa
- Central mountain base

## Dietary Requirements

Vegetarian and gluten-free options can be arranged with advance notice. Please let us know about any dietary requirements when you book. Mountain hut menus can be more limited, so some flexibility may be needed.

## Optional Extras

### Private Arrival/Departure Transfer

Private transfers from selected airports, railway stations or hotels can be arranged on request; pricing is confirmed before booking.

### **Single Room Supplement**

A single room can be requested for an additional charge, subject to availability; ask when booking.

### **What to Pack**

The High Tatras are genuine mountain terrain, and weather can change quickly even in summer. You do not need technical mountaineering equipment for the planned itinerary, but good hiking footwear and appropriate mountain clothing are essential.

### **What We Provide**

- Any additional safety equipment specifically required for the planned guided activities.

### **What You'll Need to Bring**

- Sturdy hiking boots or shoes with good grip
- Waterproof jacket and waterproof trousers
- Comfortable hiking trousers or shorts
- Moisture-wicking base layers
- Warm mid-layer or lightweight insulated jacket
- 20–30 litre daypack
- Reusable water bottle or hydration system
- Sun hat, sunglasses and sunscreen
- Light hat and gloves for cooler mountain conditions
- Walking poles, strongly recommended for longer descents
- Personal medication and personal items
- We will send you a detailed packing guide before departure.

### **Meet Your Trip Designer**

#### **Petr Ivánek**

Founder of Slovakia Explorer

Petr designs Slovakia Explorer journeys together with local guides and trusted partners who know these places first-hand. He brings together the routes, stays, local experiences and practical details that shape this journey, with a focus on travelling well rather than simply seeing more.

Based in Slovakia · Exploring Central Europe for over two decades  
Regions: Slovakia · Czechia · Poland · Austria · Hungary

## **Why book with Slovakia Explorer**

### **Global standards. Local roots.**

Our approach has been shaped by years of working with some of the world's most respected adventure travel companies. That experience informs how we think about safety, pacing and care. But Slovakia is our home. You'll feel it in the places we choose, the people you meet and the small decisions along the way.