



**SLOVAKIA
EXPLORER**



Hiking the High Tatras Trail

Last updated: 09/03/2025

Hotel-to-hotel hiking in the High Tatras.

Holiday code: THT

Countries included: Slovakia

Activity level: 3

Themes: Walking and Trekking

Tour type: Guided Groups

Minimum age: 16

Duration: 7 days

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

Overview

This week-long **walking** tour offers an incredible journey through **Slovakia's largest national park, the High Tatras**. Following the renowned **Tatranska Magistrala Trail**, you'll hike through some of the most stunning landscapes in the **Carpathian Mountains**, passing **deep valleys**, serene **mountain lakes**, **alpine meadows**, and scenic **waterfalls**. Each day reveals breathtaking views and the warmth of Slovak mountain hospitality, with stops in charming villages and stays in welcoming local hotels.

Why we think this trip is fantastic, and you'll love it!

- **The Tatranska Magistrala Trail** – Hike the iconic 72 km route through the heart of the High Tatras.
- **The Belianske Tatras** – A 14 km ridge with unique flora found nowhere else in Western Europe.
- **Alpine Wildlife and Nature** – Spot rare plants and wildlife as you hike through pristine mountain terrain.
- **Traditional Mountain Huts** – Relax in cosy huts along the trails and enjoy traditional Slovak flavours.
- **Historic Mountain Villages** – Discover villages like Tatranska Lomnica, Stary Smokovec, and Strbske Pleso.



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This adventure combines the best of nature, comfort, and local culture, offering a truly unforgettable experience in one of Europe's most beautiful mountain ranges.

Itinerary

Day 1: Start in Poprad or Krakow, then transfer to your hotel in the High Tatras, Slovakia

Meet us at your **preferred airport** and enjoy **hassle-free transport** directly to your hotel in **Tatranska Lomnica**, a charming village nestled beneath the majestic **Lomnický Peak** in the **High Tatra mountains**. After checking in, take some time to unwind before gathering with your group for an introductory meeting to go over the plans for the days ahead.

Meals included: no meals included on this day

Overnight: Tatranska Lomnica

Day 2: Walk through the Valley of the Seven Springs to Zelene Pleso hut.

After breakfast, we transfer to **Tatranska Kotlina**, the official start of today's trek across the **Valley of the Seven Springs**. Begin your trek in a dense forest near the famed **Belianska Cave**. Pause and recharge at **Plesnivec Hut** before a spectacular walk to **Zelene Pleso**, a mountain hut and glacial lake with panoramic views of the **Belianske Tatras**. The trek concludes at Biela Voda, with a hassle-free transfer back to Tatranska Lomnica.

Walking: 8.5 hours, 20km/12 mi, 1034m up, 859m down.

Meals included: Breakfast, Packed Lunch

Overnight: Tatranska Lomnica

Day 3: A Day of Huts, Waterfalls, and Historic Villages

This morning, take a **cable car to Skalnaté Pleso (1751m)**, home to the mountain lake and an astronomical and meteorological observatory. Then, trek to Tatras' historic huts - **Rainerova** and **Zamkovskeho** - for a delightful refuelling lunch. Stroll via **Cold Creek Waterfalls**, nature's symphony. Continue to **Hrebienok** and descend to **Smokovec**, the oldest Tatras village. A blend of history, nature, and gastronomy awaits in the heart of the High Tatras.

Walking: 4,5hrs, 8,5km/5,3 mi, 91m up, 844m down.

Meals included: Breakfast

Overnight: Smokovec

Day 4: Walk to Sliezsky Dom, Velické Pleso lake and Velický waterfall

This morning, we take a funicular to **Hrebienok** and begin your hike to **Velické Pleso**, a picturesque glacial lake surrounded by stunning views of the nearby **Velický waterfall**. Then, traverse through the knee timber to witness the hidden **Slavkovské lakes**. Complete your hike on a flat path, reaching the **Sliezsky Dom**, the highest hotel in Slovakia, for a delicious lunch at their restaurant. Next, descend to **Tatranska Polianka** and take a mountain tram back to Smokovec.

Walking: 6hrs, 13km/8mi, 697m up, 697m down.

Meals included: Breakfast

Overnight: Smokovec

Day 5: Mountain tram to Strbské Pleso, Slovakia's highest village, then hike to Popradske Pleso

Today's trek starts with a tram journey to **Strbské Pleso (1,347m)**, Slovakia's highest village and home to a beautiful glacial lake. From here, follow a trail to the crystal-clear mountain lake of **Popradske Pleso**, one of the biggest in the Tatra range. Enjoy lunch on the terrace of the mountain hotel and visit the **symbolic cemetery** dedicated to the victims of the Tatra mountains. In the

afternoon, return to Strbske Pleso and check in to our new hotel.

Walking: 6hrs, 15km/9,3mi, 221m up, 640m down.

Meals included: Breakfast

Overnight: Strbske Pleso

Day 6: Walk through the Mlynicka and Furkotska Valleys to Waterfall Skok

This morning, follow a trail to **Skok waterfall**. The hiking trail leads you to the peace and tranquillity of the pine-forested **Mlynicka Valley**. From here, a stony path squeezes you through hairpin turns to the foot of the waterfall, which drops 25m from the rocky ledge above. This is the perfect place for your picnic lunch. Maybe you can dip your feet into the refreshing water before returning to Strbske Pleso.

Walking: 4,5hrs, 11km/6,8mi, 400m up, 400m down.

Meals included: Breakfast, Packed Lunch

Overnight: Strbske Pleso

Day 7: Transfer back to your airport

Enjoy a smooth transfer back to your preferred airport, where your adventure comes to an end.

Meals included: Breakfast

Essential Holiday Information

Start point

Poprad or Krakow.

End point

Poprad or Krakow.

Getting there

Flights & Airport Options

Poprad or Krakow: Which One to Choose?

Poprad-Tatry International Airport, Slovakia

For the most convenient journey, we recommend flying from London Luton or London Stansted to Poprad-Tatry, nestled in the stunning foothills of the High Tatras. This route includes a quick and hassle-free transfer of just 20 minutes to your hotel, making it the ideal choice for those travelling from the UK.

Krakow International Airport, Poland

If flying to Poprad-Tatry isn't convenient, you can also fly to Krakow, which offers a wide range of international flights. For an additional fee, you can join our group transfer from Krakow Airport directly to your hotel. The journey takes about 2 hours and 15 minutes.

Price: €49 per person

On **day one**, the transfer **departs Krakow Airport at 17:00**.

On your **final day**, the transfer leaves the High Tatras **after lunch** and drops you off at Krakow Airport **by 16:00**.

* **Private transfers at alternative times are available upon request.**

Inclusions

What's Included

- **Six Nights:** Stay at comfortable hotels, each with its own unique atmosphere.
- **Meals:** Enjoy six hearty breakfasts
- **All Activities:** Every adventure listed in the itinerary is included.
- **Transfers:** Airport pick-ups and all transfers during your trip make travel easy and stress-free.
- **Local Guide:** Our friendly, English-speaking guide will be with you every step of the way.

What's not Included

- Travel insurance
- Flights
- Everything not mentioned in the itinerary

Extras

Single Room Supplement: Enjoy Extra Privacy

For a bit more privacy, opt for a single room supplement at 140 EUR and enjoy your own space on the journey!

Accommodation

Our Selected Hotels

We've carefully selected each hotel on this tour for its convenience, comfort, and excellent value.

What's the accommodation like?

You'll stay in comfortable three-star hotels, each with ensuite facilities and a unique atmosphere, giving you an authentic taste of the High Tatras' charm.

- **Tatranska Lomnica:** Penzion Jesensky (or similar)
- **Novy Smokovec:** Hotel Villa Siesta (or similar)
- **Strbske Pleso:** Hotel Toliar (or similar)

Food

Meals included

Day 1: None
Day 2: Breakfast, Packed Lunch
Day 3: Breakfast
Day 4: Breakfast
Day 5: Breakfast
Day 6: Breakfast, Packed Lunch
Day 7: Breakfast

What is the food like?

Breakfasts

Mornings begin with a hearty buffet featuring a selection of fresh, local ingredients, including bread, cheeses, meats, and seasonal produce. You'll also find various warm options like eggs and sausages, alongside lighter choices such as yoghurt, cereals, and fresh fruit.

Lunches

On days 4 and 6 we provide a packed lunch with a sandwich or baguette, fruit, and biscuits for energy during your hike.

For the remaining days we use local restaurants and mountain huts.

Dinners

At your hotel or one of the local restaurants. Many places focus on fresh, locally sourced ingredients, offering an authentic taste of the region's flavours. Whether you choose a relaxed meal at the hotel or an evening out, you'll enjoy the warmth and hospitality of High Tatras dining.

Special Dietary Requirements

We're committed to ensuring everyone, including those with special dietary needs, enjoys their meals. Whether you're gluten-free, vegetarian, or have other dietary preferences, we'll work with the hotel and local restaurants to accommodate your requirements. Let us know in advance, and we'll ensure

delicious options are available so you can relax and enjoy every meal with peace of mind.

Extra Nights

If you need to arrive or leave on a different date, please contact us and we'd be more than happy to arrange extra pre or post tour accommodation for you.

Guides and Local Staff

On this hiking holiday in the High Tatras, our friendly guide and local team will transform each day into a journey of discovery for everyone.

With deep roots in Slovakia, they know the best spots for winter fun, from scenic views to unique wildlife sightings.

They'll bring the Tatras to life with fascinating local legends, cultural traditions, and hidden wonders, making every moment magical.

Their love for these mountains ensures that your family's winter adventure goes beyond activities – it's an unforgettable experience, perfect for creating warm memories together in the heart of Slovakia's snowy beauty.

Kit list

Essentials for a Safe Journey

We recommend you pack as light as possible, with a backpack for your main luggage and daypack for each day's trekking. Below you will find a recommended packing list. It is by no means exhaustive, so if you're in any doubt, please contact us. There is no specialist walking or climbing equipment, such as harnesses etc., needed for this trip.

- Walking boots
- Trainers
- Shorts and t-shirts
- Walking trousers and tops
- Fleece or warm jumper
- Waterproofs
- Water bottle
- Small first-aid kit
- Sun cream, sunglasses and sunhat

How to Book Your Adventure

Email us at sales@slovakia-explorer.com or click the **ENQUIRE OR BOOK** button in the Dates and Prices section to let us know you're interested.

Let's start planning your adventure!

Need more information?

Feel free to contact us if you have any questions at all.

Our knowledgeable and helpful team is here to help, and we look forward to welcoming you to our spectacular country soon!

Why book with Slovakia Explorer

Experience Slovakia like a local with Slovakia Explorer.

Our expert, in-country Slovak team is dedicated to crafting a unique, tailored holiday just for you. With 24/7 support and deep local knowledge, we ensure an unforgettable experience. Book with us and enjoy exceptional value while fully discovering the authentic charm of Slovakia.