



**SLOVAKIA
EXPLORER**



Walking the High Tatras Trail

Last updated: 28/02/2022

Point-to-point walking in the High Tatras.

Holiday code: THT

Countries included: Slovakia

Activity level: 3

Themes: Walking and Trekking

Tour type: Guided or Self-Guided

Minimum age: 16

Duration: 7 days

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

Overview

This walking trip follows the spectacular Tatranska Magistrala Trail in the High Tatras, Slovakia's biggest national park. Along the way, you'll discover the beauty of the Carpathian Mountains by exploring deep valleys, mountain lakes, waterfalls, and alpine meadows. You'll also get to experience the very best scenic hikes, the warm hospitality of mountain huts, and incredible views as you hike from point to point, staying in a different village each night.

Over eight days you'll experience:

- **Poprad**, the gateway to the Slovakian High Tatras.
- **The Tatranska Magistrala Trail** which is 72 km long.
- **Belianske Tatras**, the 14 km-long ridge that's home to amazingly rich flora.



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- **The High Tatras** and the area's beautiful, mountainous alpine environment.
- **Wildlife** like the chamois' herds, marmots, golden eagle, brown bears, wolves and lynx.
- **Tatras spa villages** including Tatranska Lomnica, Stary Smokovec, or Strbske Pleso, Slovakia's highest village.
- **Liptovsky Mikulas**, a charming town and the jewel of the Liptov region.

Itinerary

Day 1: Arrive in Poprad, the gateway to the High Tatras.

Welcome to the town of Poprad. Located at the foothills of the High Tatras, Poprad is a modern, dynamic town and the perfect starting point for our point-to-point walking adventure across Slovakia's biggest mountains. Once you've checked in to your hotel in the medieval part of Poprad – Spisska Sobota – you will be briefed about the programme for the next seven days. Depending on the time of arrival there might be time for you to explore the town.

Meals included

Dinner

Accommodation

Pension Atrium (or similar)

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

After breakfast, you'll have a private transfer to Tatranska Kotlina, the official start of today's route across the Valley of the Seven Springs. This easternmost valley on the southern side of the Tatras is considered the gateway to the Belianske Tatras.

Your route begins in dense forest near to the famous Belianska Cave. The cave is 3,829m long and is a theatre of fascinating rock formations, chambers, halls and waterfalls. Continuing to Plesnivec Hut, you can take a rest, re-fuel and enjoy the forested surrounds, before arriving at the second hut Zelene Pleso, and a glacial lake overlooking the majestic peaks of the Belianske Tatras.

Located in the middle of nowhere, mountain huts are a great way to experience the majesty, solitude and might of the mountains, and usually have a story to tell, serving simple but delicious food.

Today's trek ends in Biela Voda, from where you take transfer to Tatranska Lomnica. Tatranska Lomnica is the biggest village in the high Tatras and a popular base for skiing in the winter and walking in the summer.

Total walking

Distance: 19 km

Total ascent: 1000 m

Total descent: 849 m

Min elevation: 757 m

Max elevation: 1624 m

Meals included

Breakfast, packed lunch

Accommodation

Penzion Jesensky (or similar)

Day 3: A day of walking via mountain huts – Zamkovskeho, and Rainerova - and Cold Creek Waterfalls.

After breakfast, you take a cable car to the mountain lake of Skalnaté Pleso (1751m) with an astronomical and meteorological observatory.

From here you trek to two of the Tatras' mountain huts. Mountain huts have been part of the fabric of the Tatras' for years; they're traditional, welcoming and often have a historic story to tell. They provide lovely lunches for you to re-fuel, too!

Your hike will take you via Rainerova, the oldest hut in the mountains, so something very special to visit. It dates back to 1863 and today is a small stone building serving drinks and snacks. Zamkovskeho hut is a quaint wooden chalet offering the perfect, shady resting spot. Serving delicious local food this is the perfect place for today's lunch.

Your route will also take you via Cold Creek Waterfalls, where you can pause and soak up the al fresco atmosphere. The waterfalls start where the Great Cold Creek meets the Small Cold Creek and tumble their way over rocks and boulders, and through pine forests; walking trails take you alongside the fizzy cascades.

You then continue to Hrebienok, and descend to Smokovec, the oldest village in the Tatras, and finally to Nový Smokovec, our home for tonight.

Total walking

Distance: 10 km

Total ascent: 80 m

Total descent: 834 m

Min elevation: 999 m

Max elevation: 1760 m

Meals included

Breakfast

Accommodation

Hotel Villa Siesta (or similar)

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

This morning you'll head to the Velické Pleso glacial lake with Velický waterfall nearby. Take a look at the stunning views of Tatra villages below you. Heading west, you'll follow the popular Tatranská Magistála trail.

The first section goes through a forest, but as you gain elevation you'll gradually walk out of the forest and enter the territory of knee timber, which allows beautiful views of the villages below you. You'll pass a couple of small lakes, hidden in the knee timber, called Slavkovské. The final part of the walk is on a flat

path, finally reaching the Sliezsky Dom, the highest hotel in Slovakia.

With a lake and waterfall next to it, this is the perfect spot for a tasty lunch at the hotel's restaurant. Located in the shadow of Slovakia's highest peak, Gerlachovsky (2,655m), the Sliezsky Dom is often a starting point for trekkers wishing to conquer the highest peak of mountainous Slovakia.

You'll then descend to Tatranska Polianka to take a mountain tram to Strbske Pleso, Slovakia's highest village.

Total walking

Distance: 12 km

Total ascent: 771 m

Total descent: 783 m

Min elevation: 981 m

Max elevation: 1 699 m

Meals included

Breakfast

Accommodation

Hotel Solisko

Day 5: Walk to Podbanske in the shadow of Krivan Peak (2,495m).

In the shadow of the Krivan Peak – a symbol of Slovakia that you'll recognise from Euro coins – today's route will lead you to Podbanske. This is the westernmost Tatra tourist settlement on the border of the Western and High Tatras.

Dating back to the 15th century, Podbanske was established as a mining settlement. From the 17th century herds of cows and sheep were grazing here on alpine meadows and the first tourists started visiting the area using shepherd's huts as accommodation.

Podbanske and its surroundings were at the time of the Slovak National Uprising an important centre of partisan activity in the High Tatras. The course of the fighting is shown by a map in the central car park. Nowadays, things here are much more modern, with comfortable and cosy accommodation.

Total walking

Distance: 15 km

Total ascent: 269 m

Total descent: 667 m

Min elevation: 926 m

Max elevation: 1475 m

Meals included

Breakfast, packed lunch

Accommodation

Hotel Pieris (or similar)

Day 6: Walk to the outdoor museum of Pribylina, then to Liptovsky Mikulas.

Your last day of walking ends with a lovely visit to the spectacular outdoor museum of Pribylina. Before the reservoir of Liptovska Mara was built, many rare buildings including log houses, a school, church and

barns were moved to Pribylina to create an unique “Liptov village” representing the traditional life that locals used to live in the old times.

After your visit, you'll transfer to the nearby town of Liptovsky Mikulas, “the capital” of the Liptov region. Surrounded by High, Low and Western Tatras, Liptovsky Mikulas is one of the most visited tourist towns in Slovakia. It's also where Juraj Janosik, Slovakia's very own Robin Hood was prosecuted.

This area is also well known for its healing thermal springs. We recommend a visit to the Besenova aqua park where you can relax in outdoor or indoor thermal healing water with a lovely view of the Tatra mountains. It will be well-deserved after five days of walking!

Total walking

Distance: 13 km

Total ascent: 188 m

Total descent: 341 m

Min elevation: 773 m

Max elevation: 1 006 m

Meals included

Breakfast

Accommodation

Hotel Europa (or similar)

Day 7: Your holiday comes to an end.

Your tour ends after breakfast. We wish you a pleasant journey home and we look forward to meeting you again on some of our other walking holidays.

Meals included

Breakfast

Essential Holiday Information

Is this trip right for you?

This trip is the best option for anyone who enjoys walking in an alpine environment and exploring a new area each day. Walking from hotel to hotel allows you to experience not only different hotels each night, but also the gastronomy that the specific area offers. Each day we'll provide the luggage transfer to your next accommodation so that you can focus on one thing – enjoying the unspoilt High Tatras, the biggest mountains of the Carpathians.

What's Included

- Six nights in three star pensions and hotels
- Six breakfasts, two packed lunches, one dinner
- All transfers
- Luggage transfers
- Maps and detailed route descriptions, routes for GPS devices

- 24/7 local support

What's not Included

- Flights
- Arrival and departure airport transfers
- Afternoon transfer from Biela Voda to Tatranska Lomnica (public bus 1,5 EUR)
- Cable car to Skalnaté Pleso (approx. 20 EUR)
- Travel insurance
- Tour guide - this is a self-guided trip. For a supplement you can join a guided departure.

Optional

Single room supplement: 95 EUR

Solo traveller: 175 EUR (includes single room supplement)

Max group size

Normally max 16.

Start point

This tour starts in Poprad.

End point

This tour ends in Liptovský Mikuláš

Getting there & Airport transfers

Public transport

You can reach Poprad by public transport (bus, train). Using the public transport is another way of experiencing your destination, which puts you right in the centre of the action. If you prefer to travel by public transport we can help you find the best option.

Private transfers (door to door service)

Book your private airport transfers directly with us. Our fast, reliable and affordable private transfers are the best way to reach your starting hotel quickly and comfortably. For up-to-date prices of Airport private transfers click here.

Accommodation

During this tour you'll stay in comfortable three star pensions and hotels with private facilities, and free WiFi.

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 in many popular destinations including Krakow,

Bratislava, Kosice and Vienna.

Packing

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

Itinerary disclaimer

Please note, we want to run this trip following the day-to-day itinerary on the trip notes. However, sometimes operational circumstances may prevent us from doing this. Your tour leader will keep you fully informed of any alternative plans that are necessary on-the-ground. Also, based on feedback from past travellers, occasionally our itineraries are amended. The final version of your trip notes will be emailed to you before you travel.

Ready to go? Signing up is quick and easy!

1. Check availability online or contact us by email or phone.
2. Secure your place/s online by clicking the BOOK NOW button or contact us by email/phone. Your place is secured with a 99 EUR deposit per person and can pay by bank transfer.
3. Once the deposit is received a confirmation email will be sent to your email automatically, and your place/s will be officially confirmed.

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

On this walking tour you'll experience the highlights of Slovakia's biggest national park under the guidance of local experts. Starting in Poprad, the gateway to the High Tatras, and finishing in Liptovský Mikuláš, the jewel of the Liptov region, it takes you through some of the most attractive parts of the Tatra mountains. And you'll end each day with a stay at a different village – so there's lots of variety. You'll have a real sense of achievement at the end of your tour, knowing that after six days of walking you've

seen the very best attractions the unspoiled Tatra mountains have to offer.

