



**SLOVAKIA
EXPLORER**



Walking the High Tatras Trail

Last updated: 09/01/2025

Hotel-to-hotel walking in the High Tatras.

Holiday code: THT

Countries included: Slovakia, Poland

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.

Over seven days, you'll experience:

- **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: Welcome to Slovakia!

Meet your guide at Krakow Airport and enjoy a scenic drive across the border into Slovakia. Arrive at 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.

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.

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.

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.

Day 5: Mountain tram to Strbské Pleso, Slovakia's highest village, then hike to Popradské 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 Popradské 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 Strbské Pleso and check in to our new hotel.

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

Day 6: Walk through the Mlynická and Furkotská 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 Mlynická 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 Strbské Pleso.

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

Day 7: Your holiday comes to an end.

After lunch, we'll take a comfortable transfer back to Krakow, getting you to the airport in time for your flight home.

Essential Holiday Information

? Why Travel with Us

Your Journey our Promise

? Local Expertise & Global Standards

With 20 years in adventure travel, our **Slovakia Explorer** team knows the country inside and out, making every journey shine. As trusted partners of some of the world's largest tour operators, we combine local insight with world-class standards to create unforgettable experiences.

??Certified & Reliable

We're a fully certified tour operator, following all regulations to ensure your travel experience is safe and professional. With complete financial protection, your booking is secure, and you can plan your trip with total peace of mind.

?Commitment to Quality

Our motto, "Shine with Every Journey," reflects our dedication to making every adventure memorable. We take care of every detail, so you can relax, explore, and truly enjoy your experience.

? Join Our Community

Connect with fellow travellers before you even leave home! We'll invite you to a private WhatsApp group with others booked on the same trip, so you can share tips, ask questions, and build excitement together.

? Seamless Experience

From logistics to local insights, our experienced team has you covered. We arrange everything—transfers, guides, and accommodations—so your journey is smooth and enjoyable from start to finish.

? Is This Your Perfect Adventure

What to Know to Shine on Your Journey

This trip involve moderate walking. You will walk on mountain trails, forest tracks and footpaths, sometimes on uneven terrain. There will be ascent and descent, and walks on higher ground so you need to be comfortable with heights. This trip is suitable for most regular walkers who have a reasonable level of fitness.

? 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.
- ?A Sustainable Slovak Gift to Remember: As a thank you, each family will receive a special, sustainable gift featuring locally-made Slovak products, including natural bee products crafted by our founder, Petr Ivanek, who is also a beekeeper.

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 150 EUR and enjoy your own space on the journey!

? Accommodation

Stay & Shine: Hand-Picked 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

Start your morning with a hearty buffet featuring fresh, local goodies like bread, cheese, meats, and seasonal fruits. Kids and adults alike will enjoy the warm options like eggs and sausages, plus lighter choices such as yogurt, cereals, and fresh fruit – plenty to fuel your family's day of adventure!

Lunches

For lunch, Hotel Villa Siesta offers a convenient packed lunch with a sandwich or baguette, fruit, and biscuits, perfect for a family picnic during your hike. You can also visit a local shop to pick out regional favorites for a DIY packed lunch. For an extra treat, try a meal at one of the cozy mountain huts along the trails, where you can sample traditional Slovak dishes.

Dinners

Dinner in Stary Smokovec offers something for everyone! Dine at the hotel for a cozy and convenient meal, or head out to explore local restaurants that serve Slovak favorites like Bryndzové Halušky (potato dumplings with sheep cheese) along with international options. Many places focus on fresh, locally sourced ingredients, so whether you stay in or venture out, your family will enjoy a warm, welcoming taste of the High Tatras.

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.

? Tour Transport and Transfers

Getting there - Smooth Transfers for a Journey that Shines

Start: Krakow John Paul II International Airport, Poland, 17:00

End: Krakow John Paul II International Airport, Poland, 17:30

Transfer Details

Upon arrival at Krakow airport, we'll welcome you and take you to your hotel in Smokovec, in the stunning High Tatras. Our group transfer departs at 17:00, setting your trip off smoothly.

On your final day, we'll depart the High Tatras after lunch and drop you at Krakow Airport by 17:30.

Krakow is well-connected with regular flights from the UK and Europe. The 150 km group transfer takes about 2.5 hours, including a border crossing. We recommend our group transfer for convenience and affordability, though private transfers are available.

Due to traffic, we don't provide pick-up or drop-off at Krakow city hotels, but frequent trains connect the airport to the city in just 17 minutes for an easy, budget-friendly option.

?? Guides and Local Staff

Local Knowledge to Brighten Your Journey

On this High Tatras hiking tour, our guide and local staff will turn every step into a journey of discovery.

With personal roots in Slovakia, they know the trails, hidden views, and unique wildlife like no one else.

They'll share local legends, cultural traditions, and natural wonders that make the Tatras shine as they lead you through breathtaking landscapes.

Their love for these mountains ensures that your adventure goes beyond hiking; it becomes an unforgettable experience in the heart of Slovakia's beauty.

? Kit list

Essentials for a Bright and 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

? Booking Details and Payment

Reserve Your Spot with Confidence in Just 3 Steps

1. ? Get in Touch

Click the "ENQUIRE OR BOOK" button of your chosen date, contact us via email sales@slovakia-explorer.com or send us a WhatsApp message at +421 908 021 469 to let us know you're interested.

2. ?? Plan Your Journey

Once we hear from you, we'll swap emails to arrange all the details and ensure your trip is perfectly tailored to your needs.

3. ? Choose Your Payment Options

After confirming the details, you can secure your spot with flexible payment options:

5% Discount for Full Payment: Start your journey with ease and enjoy a 5% discount when you pay in full at booking. (Note: This option is non-refundable in case of cancellation.)

25% Deposit: reserve your place with a 25% deposit, and settle the balance 10 weeks before departure.

Payment Methods

We offer secure and convenient ways to complete your booking:

? Bank Transfer: we'll send you an invoice with our company bank details. To complete your booking, transfer the amount to our IBAN provided on the invoice.

? Credit Card: we'll send a secure PayPal payment link directly to your email for an easy credit card payment—no PayPal account required.

Pick your payment method, and we'll handle the rest—get ready for the adventure ahead!

Why book with Slovakia Explorer

This holiday is operated by our expert, in-country team at Slovakia Explorer. By booking with us, you'll benefit from our unrivalled local knowledge, and have 24/7 support during your trip.

Our holidays offer unique experiences, which give you an unparalleled insight into Slovakia. During the planning and booking process, we pay attention to every detail of your holiday to ensure your trip is perfect.

Slovakia Explorer offers great value, high quality holidays.

