

# PSG ADVENTURE





The peaks of the Tatras, foamy waters of the Dunajec and picturesque valleys and their looming castles can all be explored in the Prešov region without limits and with just the right amount of adrenaline and adventure in your blood, in the air, on the ground, through the water and head first freefalling from a height of 70 m.

### PREŠOV AUTONOMOUS REGION – A PLACE FOR ADVENTURE

The less brave or more homely among us tend to say that adventure is the result of bad planning, while those who actively seek adventure are in constant search of challenges and crave to time and again test and stretch the limits of what is possible yet know that a step too far could be the last.



EURÓPSKA ÚNIA



regionálny operačný program



PREŠOVSKÝ SAMOSPRÁVNÝ KRAJ



PSG ADVENTURE



## Ski mountaineering

Ideal conditions for this demanding sport, which requires fantastic physical condition, can be found mostly in The High Tatras. In the area of the national park, ski mountaineering is allowed between 21<sup>st</sup> December and 15<sup>th</sup> April only for individuals who are members of a mountaineering association and have a valid ID. Authorised trails have different ratings.



Hrebienok 1285 MAMSL – Zamkovského chata – Téryho chata – Priečne sedlo 2352 MAMSL – Veľká Studená dolina – Hrebienok 1285 MAMSL.

Trail description: difficult Height difference: 1100m Incline: 35–40°

Duration: 5 h

Biela voda 910 MAMSL – chata pri Zelenom plese 1551 MAMSL – Veľká Zmrzlá dolina – Baranie sedlo 2389 MAMSL – Téryho chata – Hrebienok 1285 MAMSL.

Trail description: difficult Height difference: 1500m Incline: 40° Duration: 7 h

Biela voda 910 MAMSL – chata pri Zelenom plese 1551 MAMSL – Veľká Zmrzlá dolina – Baranie sedlo 2389 MAMSL – Téryho chata – Priečne sedlo 2352 MAMSL – Veľká Studená dolina – Hrebienok 1285 MAMSL.

Trail description: difficult Height difference: 3400m Incline: 35–40°

Duration: 9 h

Hrebienok 1285 MAMSL – Veľká Studená dolina – Zbojnická chata 1960 MAMSL.

Trail description: moderate Height difference: 675m Duration: 4 h



Hrebienok 1285 MAMSL – Malá Studená dolina – Téryho chata 2015 MAMSL.

Trail description: moderate Height difference: 730m

Duration 4 h

Where to recuperate:

Zamkovského chata [www.zamka.sk](http://www.zamka.sk)

Zbojnická chata [www.zbojnickachata.sk](http://www.zbojnickachata.sk)

Téryho chata [www.teryhochata.sk](http://www.teryhochata.sk)

Chata pri Zelenom plese [www.chataprizelenomplese.sk](http://www.chataprizelenomplese.sk)

Chata pod Soliskom [www.chatasolisko.sk](http://www.chatasolisko.sk)





## Rope centres and climbing walls

Climbing an artificially constructed wall is a popular sport and fitness activity. There are a few outdoor and indoor climbing walls available for public use in the Prešov region. Does climbing seem difficult to you? In that case, why not try one of the rope centres where you can enjoy yourself whilst practising a Tarzan jump. That will definitely grab your interest.

### **Stienka café Singing Rock, Tatranská Lomnica**

A wall covering a total area of 180 m<sup>2</sup> with more than 1100 grips and 60 securing points. An experienced climber can find as many as 30 logical routes. There is also a themed children's wall covering an area of 16 m<sup>2</sup> equipped with holds. [www.stienka.sk](http://www.stienka.sk)

### **Climbing Wall, Humenné**

A modern climbing wall with a maximum height of 11 m. Run by a local climbing club, it is also available for public use. There are approximately 700 grips, eight clenches and a 2.5 m overhang. [www.lezenie.he.sk/lezecka\\_stena](http://www.lezenie.he.sk/lezecka_stena)



### **Outdoorpark, Prešov**

A 5.6 m high wall covering an area of 120 m<sup>2</sup>, with a maximum overhang of 2.4 m and several logical routes with different ratings. As well as the climbing wall there is also a rope centre within the premises of the Outdoorpark with many possible routes and various obstacles. As part of individual programmes, children and adults under the supervision of an instructor can learn the technique of a big swing or a Tarzan jump. A route called Lanáčik is intended for children and has six obstacles.

[www.outdoorpark.sk](http://www.outdoorpark.sk)





#### **Climbing Wall, Stará Ľubovňa**

An 8 m high wall covering an area of 80 m<sup>2</sup>, with a maximum overhang of 6 m. Located in a multifunctional sport centre where you can also play billiards or squash, go bowling or spend time in gym. Beginners and less experienced climbers can improve their climbing skills on a smaller 2.5 m wide wall with two independent profiles.

[www.sportrelaxcentrum.sk](http://www.sportrelaxcentrum.sk)

#### **Veveričí (squirrel) park, Štrbské Pleso**

An adrenalin-packed rope centre in the beautiful surroundings of the Tatras. It offers a 5 m high and 320 m long route with 25 obstacles. A less difficult route called 'Mini' is intended for 'smaller squirrels'.

[www.vevericipark.sk](http://www.vevericipark.sk)



#### **Slaňák, Vranov nad Topľou**

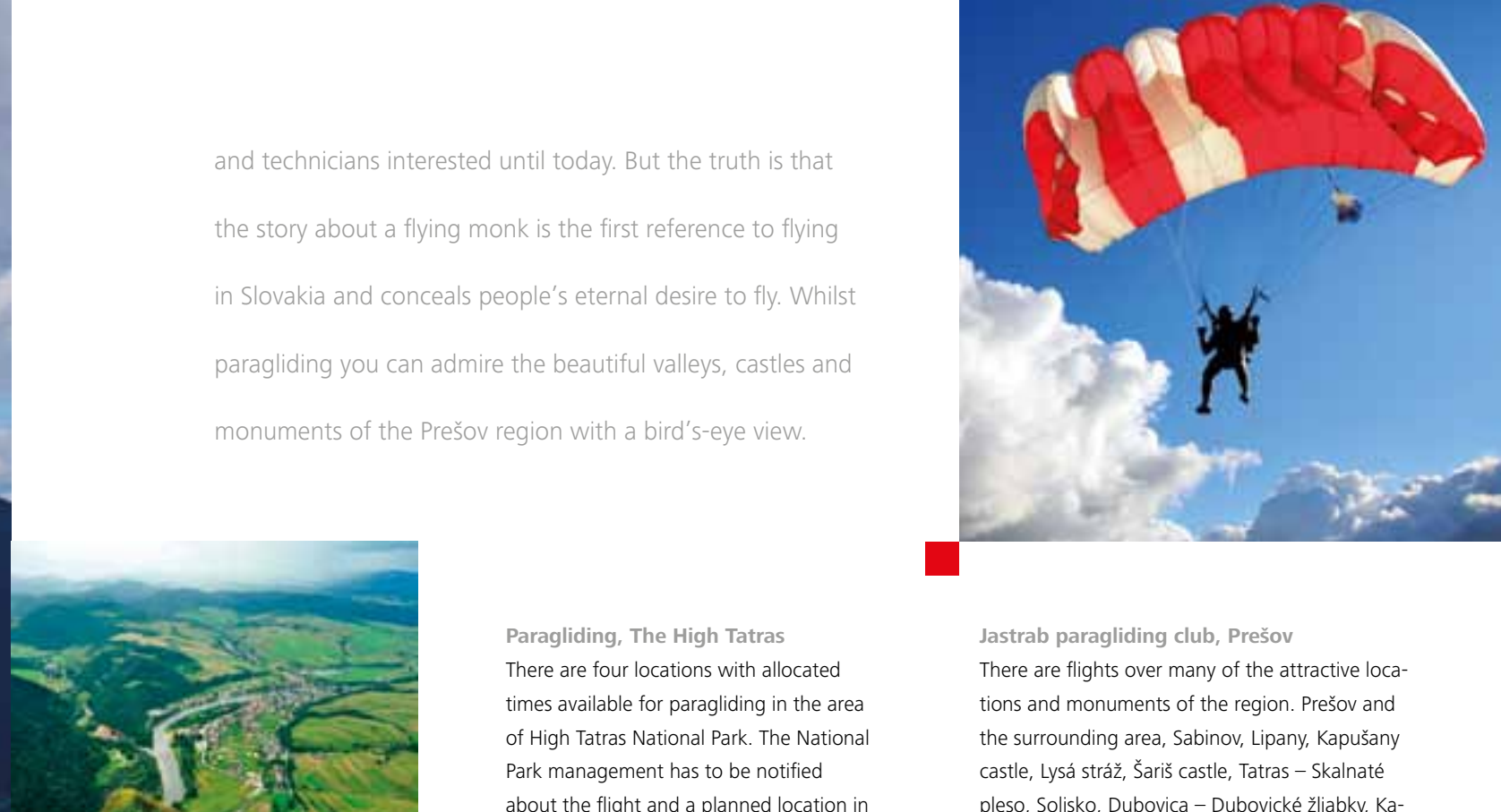
The district town of Vranov nad Topľou has benefitted from its own climbing wall since 2013. The wall is 7 m high and 8 m wide, has an area of 60 m<sup>2</sup>, 250 grips and 4 climbing lines and is suitable for climbers of various levels. It is located within the leisure centre premises.

[www.slanak.sk](http://www.slanak.sk)

#### **Spider park, Tatranská Kotlina**

A rope centre with a view of the surrounding countryside offers a unique adrenalin experience on a 250 m long and 6 m high route. Children (or spidermen) can enjoy routes called Pavúk (Spider) and Mini Spider under the supervision of instructors.

[www.lanovypark.sk](http://www.lanovypark.sk)



## Paragliding and parachuting

“Fratr Cyprian attached a devil’s machine to himself on top of the Three Crowns and with its help he flew over to the Morské oko lake”, a certain professor from Rimavská Sobota says in an archival Latin document from 1760. Whether the most famous friar from Červený Kláštor really could fly has been keeping the historians

and technicians interested until today. But the truth is that the story about a flying monk is the first reference to flying in Slovakia and conceals people’s eternal desire to fly. Whilst paragliding you can admire the beautiful valleys, castles and monuments of the Prešov region with a bird’s-eye view.

### Paragliding, The High Tatras

There are four locations with allocated times available for paragliding in the area of High Tatras National Park. The National Park management has to be notified about the flight and a planned location in advance.

**Koridor Lomnické sedlo - Skalnaté Pleso - Tatranská Lomnica** (from 15. 12. until 15. 4. and from 16. 6. until 31. 10.)

**Slavkovský nos - Smokovce - Nová Lesná** (from 16. 6. until 31. 10.)

**Spálený žľab - lyžiarska zjazdovka** (from 01. 6. until 15. 4.)

**Chata Solisko - lyžiarska zjazdovka - Štrbské Pleso** (from 15.12. until 15. 4. and from 1. 7. until 15. 9.)

<http://www.vysoke-tatry.travel/informacie/leto/paragliding/>

### Jastrab paragliding club, Prešov

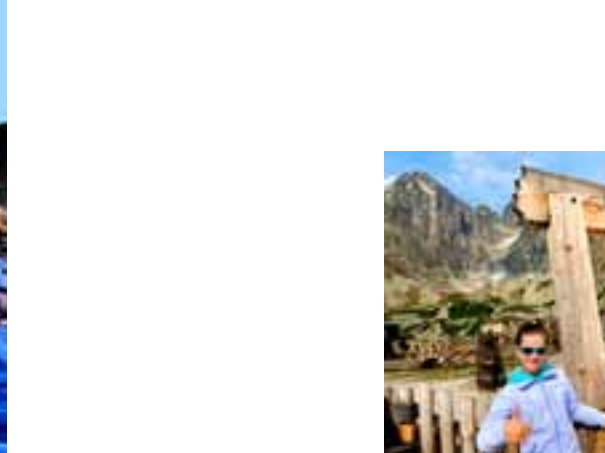
There are flights over many of the attractive locations and monuments of the region. Prešov and the surrounding area, Sabinov, Lipany, Kapušany castle, Lysá stráž, Šariš castle, Tatras – Skalnaté pleso, Solisko, Dubovica – Dubovické žliabky, Kamenica castle, Bardejov – Regetovka, Spiš castle.

<http://jastrab.lietame.sk/>

### Tandem parachute jumps

Enjoy a tandem jump from 3000–4000 m with a qualified instructor. 1500 metres of gliding with an unforgettable view of the surrounding countryside.

<http://sojkaj.szm.com/>



Tatras, learn something about the animals that live there and shed some light on a few of the Tatras' mysteries. From 1<sup>st</sup> July, seven adventurous stages are prepared for children to investigate the chamois Pirin leaf disappearance, meet the Tatra friends at Skalnaté pleso, learn a story about an eagle at Lomnické sedlo, experience bear Kubo's pancake adventure in Tatranská Lomnica and finally reveal the secrets of the wells at Slavkovský štít and Štrbské pleso.

<http://www.vt.sk/aktivita/leto/tatranska-divocina-zazitkov/>

## The Tatra Wilderness, The High Tatras

Adrenalin needs to be dosed carefully for children, but adventure should not be denied completely! The Tatra wilderness experience consists of great trips with a fun and educational programme intended for children. The aim is to entertain them and at the same time allow them to get to know the most beautiful and interesting places in the







### Dunajec

The foamy waters of the Dunajec river in Pieniny National Park offer ideal conditions for water sports. Surrounded by lovely canyons, you can take a tranquil ride on a raft with a skilled rafter, experience exciting rafting, take a canoe ride or take a complete canoe course.

[www.rafting-pieniny.sk](http://www.rafting-pieniny.sk)

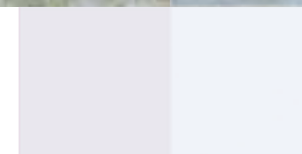
[www.canoeraft-dunajec.sk](http://www.canoeraft-dunajec.sk)



### Laborec, Cirocha, Latorica, Ondava, Topľa

The rivers in the Zeplín and Šariš districts offer a wide range of water adventures. You can take a raft or a canoe for one sunny day or longer trips in selected locations. Your adrenalin adventure can start in Humenné, Slovenská Kajňa or at Veľká Domaša reservoir dam. During longer trips the water can take you as far as Bodrog or Hencovce.

[www.alcea.sk](http://www.alcea.sk)



## Rafting, canoeing

Prešov Region is full of rivers ranging in countless shades of blue. Discover the magic of many picturesque places during a water rafting adventure!





**Recreational and riding yard underneath Vihorlat, Kamienka**  
“A horse without a rider is always a horse. But a rider without the horse is only a person.” So is the claim of the owners of this unique agrotourism facility that can be found near Humenné in a village called Kamenica nad Cirochou. Permanent residents of this place are many beautiful horses and snow dogs. The riding yard offers all year round horse riding tuition and several day excursions for experienced riders. In winter you can also try riding a dog sled pulled by a local dog crew. During weekends, all day sport-riding programmes and trips to the countryside are organised for children and teens. You also have the opportunity to relax in an Indian tent, local sauna and a swimming pool.  
[www.rajd.sk](http://www.rajd.sk)



## Agrotourism and equitation

The tradition of breeding farm and pure-breed animals has a long history in the Prešov Region, which has survived until now in several unique places set into the beautiful countryside in the form of agrotourism and horse breeding facilities. They offer a great opportunity to regenerate your strength while actively relaxing on a farm and improving your riding skills.



**Hippospring Farm, Ptičie**  
Not far from the district town Humenné, close to the Sokol nature reserve, is a farm specialising in horse breeding, riding and working with horses. There are also goats, sheep, rabbits, chickens, ducks, geese, turkeys and guinea fowl.  
<https://www.facebook.com/pages/Farma-Hippospring-our-passion-is-breeding-great-horses/>



### Čajka Ranch, Kežmarok

A charming ranch in a valley surrounded by forest. With accommodation facilities and its own herd of horses, you can find out what it is like to be a farmer, help to look after animals, cut the grass or ride a tractor. There is also the chance to ride in a sled pulled by horses. Additionally, there are lambs, geese, ducks, chickens, turkeys, rabbits, pigs, cats and dogs looking forward to meeting the children.

[www.ranc-cajka.sk](http://www.ranc-cajka.sk)



### Breziny Ranch, Pavlovce

A small ranch at the foot of Slanské Vrchy hills close to the district town of Vranov nad Topľou offers rider training courses, countryside trips with a guide, and riding in a circle for the children. As well as horses you will find at the ranch beautiful Czechoslovak shepherd dogs, Ria the dachshund, sheep, a cat, rabbits, cockatiels, guinea pigs, degus, ducks, pigeons, chickens and turkeys.

[www.rancbreziny.wbl.sk](http://www.rancbreziny.wbl.sk)



### Sahiba Ranch, Komárany

A ranch near the district town Vranov nad Topľou offers riding courses with an instructor, trips to the countryside as well as horse riding for beginners and more advanced riders, all in accordance with the principles of horsemanship, which respects horses' natural upbringing.

[www.western.wbl.sk](http://www.western.wbl.sk)

### Horses Mengusovce, Mengusovce

Western and endurance riding connected with teaching for beginners and more advanced riders.

[www.mengusovce-mengusovske-rodeo.webnode.sk](http://www.mengusovce-mengusovske-rodeo.webnode.sk)



### Riding club Jagal, Mengusovce

A sport-riding club with organised courses for children and adults. More experienced riders can ride in the fields with another rider or in an open hippodrome. In winter there is a possibility to try skijoring – where a skier is pulled by a horse.

[www.info-poprad.sk/sportovy-jazdecky-klub-jagal](http://www.info-poprad.sk/sportovy-jazdecky-klub-jagal)

### Cornu ranch Janovik, Janovik

Western and English style rider training for all levels. Ponies are available for children and advanced riders can take a ride out in the countryside.

[www.facebook.com/pages/Ranč-Cornu-Janovik](http://www.facebook.com/pages/Ranč-Cornu-Janovik)



### Riding club Aurora, Stará Lubovňa

A riding school that offers courses, from beginner to advanced, for the general public. Children younger than 5 can build their relationship with horses and learn how to sit on a horse correctly through assisted horse riding.

[www.jkaurora.sk](http://www.jkaurora.sk)



**Roller coaster Tatrabob, Tatranská Lomnica**  
A roller coaster starts at 850 m above sea level and races 482 m downhill through 12 turns. Those who do not enjoy fast-riding adrenalin can try sport bow and arrow shooting at classical or 3D targets or shooting from a paint-ball bow in the roller coaster area.  
[www.tatrabob.com](http://www.tatrabob.com)

**Go-kart Tatras, Svit**  
Full of adrenalin go-karting fun under the shadow of the Tatras, it is possible to reach a speed of up to 30 km/h on a 230 m long course. Alternating technical and flat sections increase the enjoyment while riding a go-kart with a Honda GX 200 (with 6.5 HP) or Honda GX 270 (with 9 HP) engine.  
[www.motokarytatry.sk](http://www.motokarytatry.sk)

**Mountain Go-kart, The High Tatra's**  
An unforgettable, safe yet adventurous ride through the Tatra countryside. Mountain go-karts are fun and easy to operate making them suitable for all age groups, from children to pensioners. Fun in the Tatras is simply for everybody.  
[www.vt.sk/aktivity/leto/mountain-kary/](http://www.vt.sk/aktivity/leto/mountain-kary/)



**Bungee jumping, Štrbské Pleso**  
A 70 m jump on a rubber rope from a ski jumping K-120 ramp with a lovely panorama and an unforgettable feeling of overcoming one's self. Jumps take place every weekend during the summer season. And should this not be enough adrenalin for you, you can also complete a survival course in an extreme mountain environment. Totally serious, without mercy. Nature gives nothing for free.  
[www.bungee.sk](http://www.bungee.sk)

## Adrenalin+

### **Bike Park Bachledova, Ždiar**

3 tracks with different experience levels and 130 km of sign-posted mountain biking tracks suitable for recreational cyclists and experienced riders. A new 250 m high and 1700 m long downhill AIR DH track for experienced riders and competitors as well as free ride and family tracks. Excellent conditions for cross country and mountain riders.

[www.sunbachledova.sk](http://www.sunbachledova.sk)





EURÓPSKA ÚNIA



regionálny  
operačný  
program



European Regional Development Fund

“Investing in your future”

**A collection of systematic informational and  
promotional materials about PSK  
(Prešov Autonomous Region)**

The project is co-financed with resources from the European Union, Regional Operational Program, Priority 3 The reinforcement of the cultural potential of the regions and the infrastructure of tourism, Provision 3.2 The support and development of tourism infrastructure – non-investment activities in tourism.