

DISCOVER POPRAD WITH ALL YOUR SENSES

2,5 DAYS' EXPEDITION IN POPRAD AND SURROUNDINGS

Customize it to yourself.



NECESTOU(KA) FOOTOUR
INFO@FOOTOUR.ORG

PREPARATION ABOVE ALL

- 1. Ideal time for hikes:** Early morning
- 2. Difficulty:** depends on you - choose according to your strenghts.
- 3. Duration:** 2,5 days
- 4. Footour specialty:** During this expedition you will discover relaxing spots for picknick and amazing views, take your camera, refreshments, blanket and dive into the moment!
- 5. Book your guides and services in advance, the mountain people need some time to get ready for you.**
- 6. Leave a positive footprint.** Bring a bag for rubbish, if you find any on your way, take it with you.
- 7. What to pack for the expedition:** refreshments, 2 liters of water/person, sugar, fruits, blanket, warm clothes, good hiking boots, small first-aid kit (just in case), special tip: cooker and "kořogo" with coffee :)
- 8. It is always good to have a reliable map.** We recommend downloading mapy.cz or turistickamapa.sk or buy a hiking map on the spot / gas station.
- 9. Speciality of our mountains:** Tatras and Slovak paradise are powerful mountains and the weather there changes rapidly. We recommend to start your hike early in the morning at 6/7AM. Mountain rescue service: 18300.





THE MAGIC OF SPIŠ

You are entering the main gate into the majestic mountain range **of the High Tatras**. The Pearl of Slovakia, land of wild life, sparkling springs, clean waterfalls, mountain lakes, rocky peaks and the uncontrollable force of nature. Explore it! You will be surrounded by the **Levoča Hills, Kozie Chrbty** and **Low Tatras**, few steps from the **Slovak paradise**. Exciting, right?

The city itself was inhabited by Slavic settlers, later on, colonized by German settlers and called Deutschendorf, from 15-18 century pawned by the Kingdom of Hungary to the Kingdom of Poland and then finally placed under the control of Czechoslovakia in 1919.

Poprad is the biggest city of the **Spiš region** and remembers many, many, many interesting stories.

LEARN FROM THE EXPERTS ON OUR NATURE

You will find places being destroyed by overtourism, urbanized by developers, mismanaged by some irresponsible public officers and you will probably wonder, how come these people from Spiš do not protect their treasures for the next generations. Well, some of them do, they fight for the protection of the wild nature because they simply love it.

Meet them and explore the hidden mysteries of the mountains with their guidance.



WATCH THE BIRDS AND BEARS AT TICHÁ DOLINA (SILENT VALLEY)

- 5-7 hours trip (2 hours up, 2 hours down, 2 bird watching stops) with a professional guide
- In Tichá dolina there was a calamite in 2004 after which this part of Tatry was kept to recover on its own – compared to the other regions. Watch the uncrowned king of the Slovak wilderness. Bears.
- From a safe distance (60-80% probability to spot them, especially during the weekdays)
- **Book: 2-3 days in advance by email ...**





WANT TO EXPLORE MORE?

[Unlock your Spiš expedition today and get a gift!](#)

Go whenever and with whoever you wish.

