



The Low Tatra National Park Administration

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CLIMBING AND CLIFFHANGING

Designated places for climbing, cliffhanging and ice climbing (allowed only in the time period between one hour after sunrise and one hour before sunset):

- northern slopes between height spots Dereše (2003 m) and Chopok (2024 m) in the time period between one hour after sunrise and one hour before sunset between 1 July to 31 December;
- Demänovská Valley, Machnatô – up to 500 m from the mouth of the valley;
- Jánka Valley, Bielo Valley – up to 800 m from the mouth of the valley - Kancel' – no restriction
- Horné skaly – no restriction from 1st August to 31st January. From 1st February to 30th July if the activity is not restricted or prohibited by the Nature and Landscape Protection Authority
- Brankovský waterfall – ice climbing from 20th December to 28th February.

The applicable rules for hiking also apply to climbing and cliffhanging.

PARAGLIDING AND HANG GLIDING

Designated places for paragliding and hang gliding (gliding is allowed only in the periods from 15th December to 1st March and from 1st July to 15th September in the time period between one hour after sunrise and one hour before sunset):

- start from Chopok (the flight area for the paragliding):
 - the corridor for flights is delineated from the main crest to the north up to the landing area at Lúčky, from the main crest to the south up to the parking lot at Trangoška. On the western and eastern sides it is outlined by the boundary of the area designated for downhill skiing (i.e. by the existing downhill courses);
- start from Kráľova hoľa (the terrain for paragliding and hang gliding)
 - start 300 m distance at maximum from the height spot;
 - the flight corridor is outlined in the east by the red trail TZT 0801 Telgárt – Kráľova hoľa (1946 m) and in the west by the blue trail TZT 2610 Šumiac – Kráľova hoľa (1946 m)

The applicable rules for hiking also apply to paragliding and hang gliding.

NAVIGATION ON WATER COURSES

The designated sections of the water courses:

- The designated sections of the water courses:
- The Hron river in the section Helpa – Šalková (in the period from 15th April to 15th September, from 9 a.m. to 4 p.m.);
- The Čierny Váh river in the section Nižný Chmelieneec, the bridge – confluence with the Biely Váh river (in the period from 15th April till 15th September, from 9 a.m. to 4 p.m.);
- The Starohorský potok (from 15th April to 15th September).

SKIING AND SKI ALPINISM

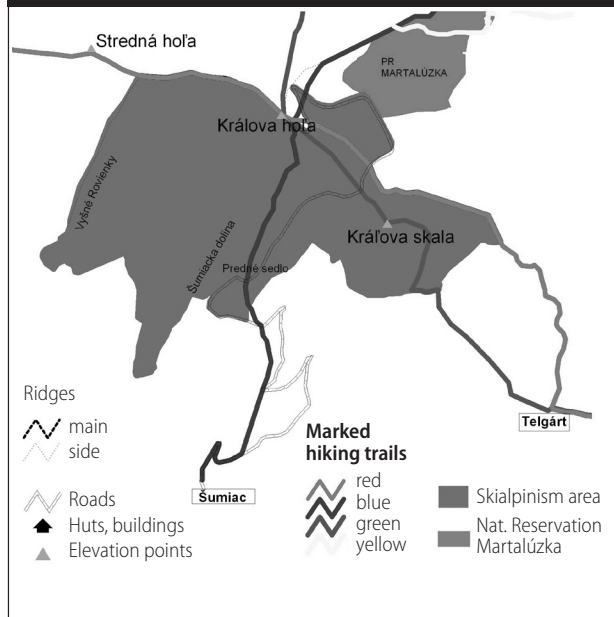
Areas designated for downhill skiing

- Demänovská Valley – designated and marked downhill courses at the existing mountain transport facilities;
- Bystrá Valley – Trangoška – designated and marked downhill courses at the existing mountain transport facilities;
- Železné (territory of Partizánska Ľupča) – the existing ski lift on the north-east slope of Senná kopa (1222 m);
- Magurka (territory of Partizánska Ľupča) – the existing ski lift on the north-west slope of Ďurková (1750 m);
- Liptovská Porúbka – the existing ski lifts on the north-west slope of Capkovo (1244 m);
- Čertovica – the existing ski lifts on the north-west and northern slopes of Čertová svadba (1463 m).

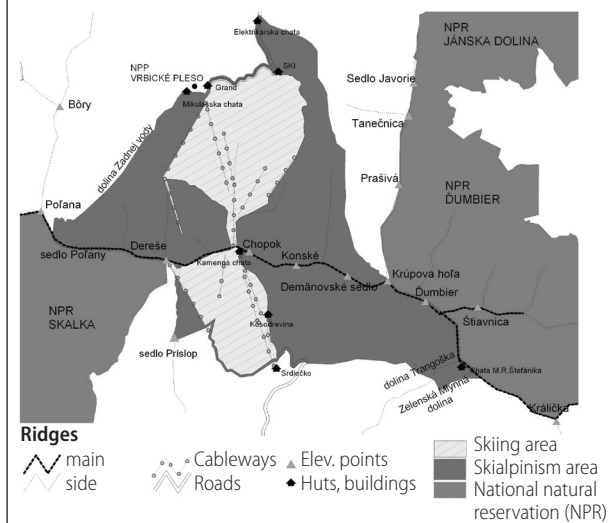
Areas designated for cross-country skiing

- sections of hiking trails suitable for cross-country skiing;
- marked winter cross country-skiing trails:
 - The saddle Za Lenivou – Lenivá;
 - Panská hoľa – Helpiansky vrch;
 - Liptovská Teplička – Panská hoľa;
 - Liptovská Teplička – Okružle.

Places designated for ski-alpinism and snowboarding – Kráľova hoľa



Places designated for skiing, ski-alpinism and snowboarding – Chopok



Areas designated for snowboarding

- all localities assigned to downhill skiing and ski alpinism

Places designated for ski alpinism

Ski alpinism is allowed in the time period between one hour after sunrise and one hour before sunset in the areas designated for ski-alpinism and only from 15th December to 30th April:

- The Chopok ski alpinism area, delineated by the line: Zadná voda – saddle Pol'any – Dereše – Oblaz – Trangoška Valley – Halašova jama – the saddle between Veľký Gápeľ and Kozie chrbty – the valley of the Mlynná creek – the saddle Pod Kráľičkou – M.R.Štefánik Chalet – Ďumbier – Krúpova hoľa – Široká dolina Valley;
- Kráľova hoľa ski alpinism area, outlined by the line: Kráľova hoľa – saddle Snežná jama (on the road to the TV tower) – Kráľova skala – to the NAPANT boundary (along the red TZT) – along the NAPANT boundary – Vyšné Rovienky Crest – the saddle between Kráľová hoľa and Stredná hoľa – Kráľova hoľa;
- existing trails (including winter stake marked ones) and the corridor wide 50 m right and left from them;
- the corridor of the access path to the cave "Jaskyňa mŕtvych netopierov" (Halašova jama – Jaskyňa mŕtvych netopierov Cave – the saddle between Veľký Gápeľ and the Kozie chrbty Mt. – M.R. Štefánik Chalet) up to 50 m from its route;
- the end of Mlynná dolina Valley up to the saddle between Veľký Gápeľ and Kozie chrbty and the Mlynná Creek Valley.

In the periods of the increased avalanche risk (3rd, 4th of 5th level) announced by the Mountains Rescue Service (Horská služba) or Avalanche

Prevention Center, ski alpinism is prohibited in the above designated areas.

The applicable rules for hiking (see above) also apply to skiing and ski alpinism.

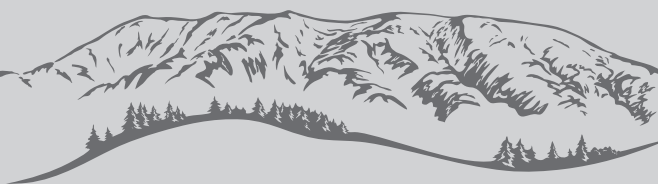
INSPECTION OF THE VISITORS' RULES AND REGULATIONS OBSERVANCE

Inspection of the Visitors' Rules and Regulations observance can be carried out by the authorized officials and employees of the institutions of nature protection, the rangers of the National Park Administration and by the members of the Nature Guards. Violation of these rules can lead to costly fines.



Welcome to the Low Tatra Mountains National Park

Selected parts from the Visitors' Park
Rules and Regulations



Dear visitors,

When you are visiting the Low Tatra National Park (NAPANT) and its protection zone, please keep in mind that you are in an area full of invaluable natural treasures. In order to conserve this natural beauty, it is necessary that you adhere to generally binding regulations, which have been adopted for the protection of this unique mountain range. The principles of where and how visitors are allowed to move on the territory of the NAPANT and its protection zone are instituted in the Visitors' Park Rules and Regulations. The most important parts of this document are presented in this leaflet. The full version of the Visitors' Park Rules and Regulations, including an explanatory index on used terms, can be obtained at the offices of the NAPANT Administration or the website www.napant.sk (in the section "For visitors").

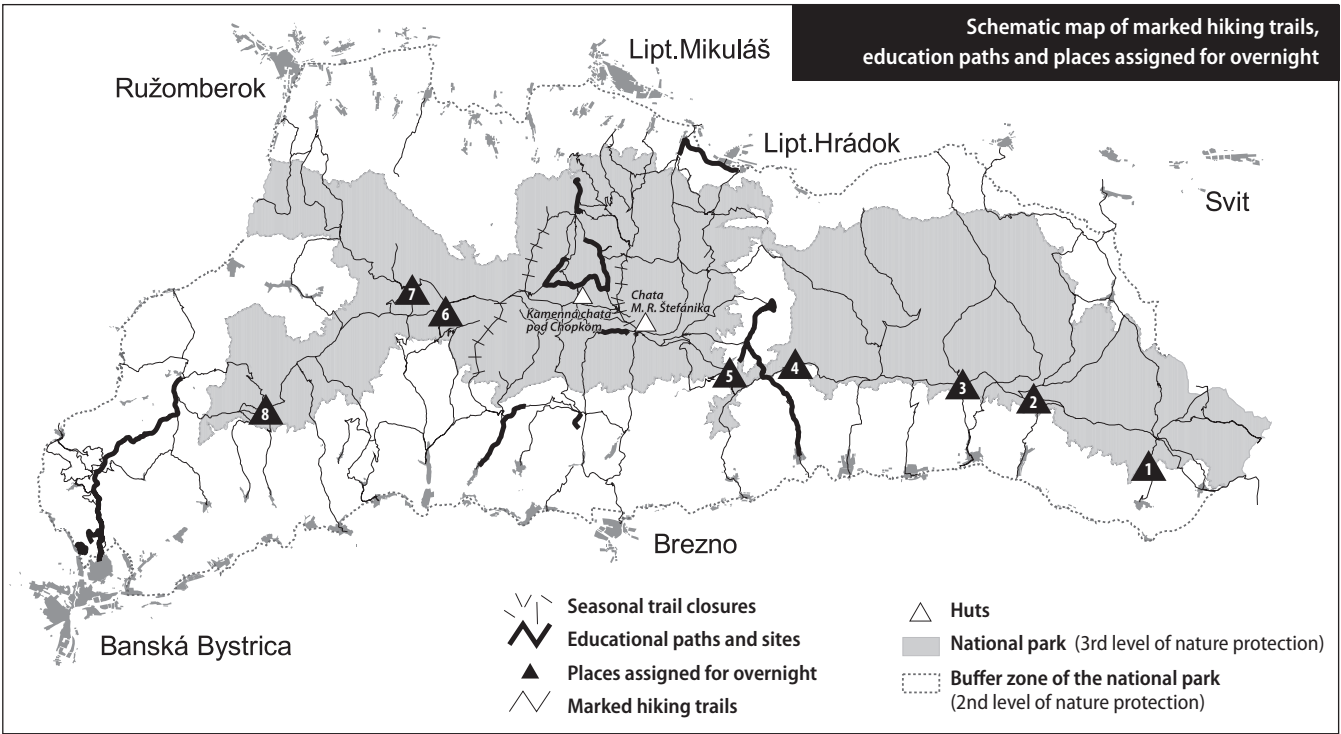
HIKING

The Low Tatra National Park offers over 840 km of marked trails (TZT) and 15 educational paths for hiking tourism.

Guiding principles for hiking in the National Park:

- on the territory of the National Park the visitors are only allowed to move on the marked hiking tracks and educational paths. Further,

- hiking is only possible during daytime, i.e. starting one hour after sunrise until one hour before sunset; this restriction does not apply to the vicinity of recreational complexes;
- visitors are obliged to respect marked closures of trails and paths;
- camping or bivouacking off the designated sites on the territory of the National Park is prohibited;
- entering the park with or parking any vehicles, three and four-wheeled ATVs, snowmobiles or horse-driven carriages is allowed only on public and local roads as well as on the designated areas in compliance with the effective legal regulations; entrance on the purpose-built roads and field roads, as well as driving off the public routes is forbidden;
- picking plants, parts of them or fruits is forbidden within the National Park borders;
- dropping litter and polluting the environment is forbidden;
- setting fires is allowed only in the designated spots of recreational facilities and on designated camping sites;
- on the territory of the National Park dogs must be kept on a leash and must wear a muzzle;
- replacing natural materials, especially rocks, and piling up rock heaps in the National Park is forbidden;
- on the territory of the national park and its protection zones visitors are obliged to avoid any unnecessary damage to plants and animals or damage and devastation of the environment.



List of places for overnight stay (one night only) within the territory of the National Park

- ▲ saddle Predné sedlo (blue TZT 2610);
- ▲ saddle Andrejcová at the shelter hut (red TZT 0801);
- ▲ saddle Priehyba (red TZT 0801);
- ▲ saddle Ramža at the shelter hut (red TZT 0801);
- ▲ saddle Čertovica below the Mountain Rescue Service (Horská zachranná služba) building or behind the Čertovica Restaurant building);
- ▲ Ďurková at the mountain shelter (blue TZT 2639, green TZT 5609);
- ▲ Magurka settlement at the shelter hut on Panská Lúka;
- ▲ saddle Hiadeľské sedlo (red TZT 0801).

Seasonal trail closures

- Kotlíská – Žiar: from 1st October to 30th June (yellow TZT 8447);
- Poľana – saddle Sinná: from 1st October to 30th June (yellow TZT 8619);
- saddle Demänovské sedlo – saddle Javorie – saddle Krupovské sedlo: from 1st October to 30th June (yellow TZT 8620);
- M.R.Štefánika Chalet – Ďumbier (along the stake marking) – the trail is closed whenever the height of constant snow cover is below 15 cm minimum.

CYCLING

Cycling on the territory of the National Park and its protection zone is permitted only on public roads, cycling trails and roads designated for cycling (see the list below).

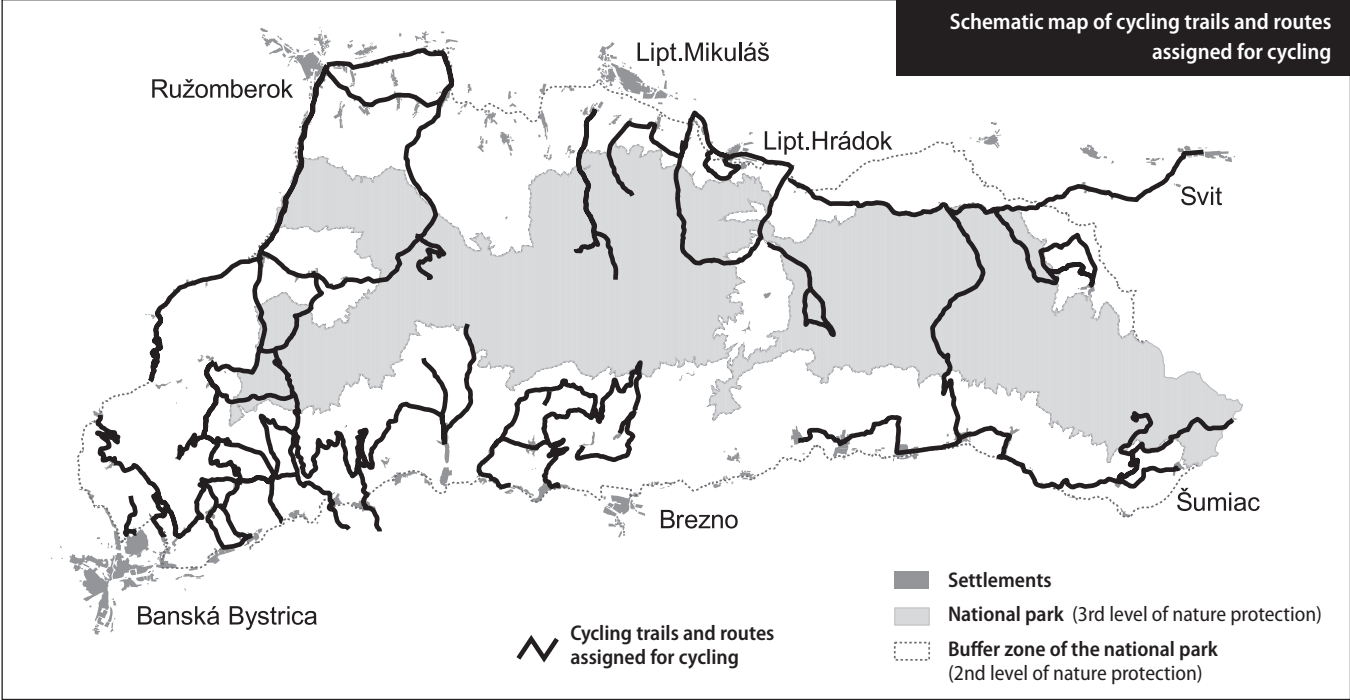
Conditions for entrance and parking on cycling trails and on routes assigned for cycling:

- in a case of extraordinary events (e.g. calamity works, fire) or in cases of land management activities, such as timber harvesting, road constructions, organized hunting, etc., cycling can be restricted by a landowner, an administrator or a tenant of the respective land;
- on the hiking trails a cyclist is obliged to adjust his/her ride in order to avoid any endangerment of hikers;
- on the forest roads a cyclist is obliged to adjust his/her ride in order to avoid limiting landowners and other users of the land in their land management works;
- cycling on the cycling trails is exclusively at the cyclists' own risk;
- The applicable rules for hiking (see above) also apply to cycling.

The applicable rules for hiking also apply to cycling.

Cycling trails on the territory of the NAPANT and its protection zone:

- yellow, no. 8551, 4 km: Dolná Lehota – Horná Lehota;
- green, no. 5558, 85 km: the Brusno loop (Hiadel);



- green, no. 5552, 36 km: the loop under the Chopok;
- green, no. 5423, 26 km: Ružomberok – Liptovská Štiavnica – Sliače – Partizánska Ľupča – Liptovský Michal – Ružomberok;
- blue, no. 2417, 16 km: Korytnica – saddle Hiadeľské sedlo – Donovaly (in the section of the National Park boundary – saddle Hiadeľské sedlo – the saddle Pod Babou, cycling is allowed only in the time period between one hour after sunrise and one hour before sunset);
- red, no. 033, 27 km: Ružomberok – Donovaly;
- blue, no. 2416, 58 km: Ružomberok – Liptovský Michal – Partizánska Ľupča – Ľupčianska dolina Valley – Železné – Liptovská Lúžna – Liptovská Osada.

List of trails designated for individual entrance and parking of bikes on the territory of the National Park and its protection zone

- Zelená stuha Pohronia: Telgárt – Brezinky – Stoličné – Šumiac – Margetová – Dudlavá skala – Valkovňa – Nová Maša – Pohorelská Maša – Pohorelá – Hrubý jaseň – Teplica – Heľpa – Závadka nad Hronom – Vyšné rakytiny – Kuriakovo – Polomka – Bacúch;
- Krpáčovo – the spring of Samo Chalupka;
- Motyčky – Liptovská Osada;
- Liptovský Hrádok – Liptovská Porúbka – Vislavce – Borová Sihot' – Liptovský Hrádok (only on Saturdays, Sundays and holidays);
- Šumiac – saddle Predné sedlo – Snehová jama – Kráľova hoľa;

- Vikartovce – Brďárová – Liptovská Teplička;
- Liptovská Teplička – Zlomené – Doštianka – the spot height 1214 m – Okružle – Kolesárky Valley – Liptovská Teplička (in the section of the National Park boundary – Okružle, cycling is allowed only in the time period between one hour after sunrise and one hour before sunset);
- Liptovská Teplička – Zlomené – Doštianka – gamekeeper's lodge Kremeniny – Benkovo valley – the mouth of the Benkovo valley (in the section of the National Park boundary – the mouth of the Benkovo valley, cycling is allowed only in the time period between one hour after sunrise and one hour before sunset);
- Svit – Šuňava – gamekeeper's lodge Biely potok – the mouth of Benkovo Valley – Brezová – Čierny Váh – Svarín – Kráľova Lehota (only on Saturdays, Sundays and holidays);
- Heľpa – Krivulá Valley – saddle Priehyba – Driečna dolina Valley – Ráztočka Valley – Ľpoltická dolina Valley – Čierny Váh (only on Saturdays, Sundays and holidays in the time period between one hour after sunrise and one hour before sunset);
- Malužiná – Malužiná Valley – Tajch – The Chorupniarsky potok Valley – Malužiná (only on Saturdays, Sundays and holidays);
- Liptovský Hrádok – Hlboké – The Boca creek Valley – Malužiná – Svidovo – saddle Svidovské sedlo – Púchalky – Pred Bystrou – Jánska dolina Valley – Liptovský Ján – Uhorská Ves – Liptovský Hrádok (only on Saturdays, Sundays and holidays and in the section of the National Park boundary – saddle Svidovské sedlo – Predbystra only in the time period between one hour after sunrise and one hour before sunset);
- Liptovský Ján – Liptovský Ján (spa) – Závažná Poruba – Ilanovo – Ilanovská dolina Valley – the saddle Pod Kúpeľom (in the section the National

- Park boundary – the saddle Pod Kúpeľom only in the time period between one hour after sunrise and one hour before sunset);
- Demänová – Demänovská dolina Valley – Záhradky – Vrbické pleso Lake – Demänovská dolina Valley;
- Bystrá – Diel – Pohansko – Myto pod Ďumbierom;
- the mouth of Mlynná dolina Valley – Hviezda – Stupka;
- Jasenie – Lomníštá dolina Valley – Asmolovova Chalet;
- Jasenie – Jaseniarska dolina Valley – Kyslá;
- Špania dolina – Šachtička (lower ski lift station on the north-east slope of Panský diel) – M.Diel – Čachovo (ski slope) – Lukáčová dolina Valley – Selce;
- Selce – Breziny – Skalka – Plesnice – Raveň – Brvnište – the gamekeeper's lodge Pila;
- Slovenská Ľupča – The Ľupčica Creek Valley – Priechod – Beniač – Podkonice;
- Slovenská Ľupča – The Istebník Creek Valley – Priechod – the gamekeeper's lodge Pila – Dlhá Podkonice – Moštenica – Na Mlynčeku;
- Selce – Lukáčová dolina Valley – Čachovo – Kejda – Diel – Rovne – Kajchiar – Podjancová – Nemce;
- Moštenica – Moštenická Kyslá – Hiadeľská dolina Valley – Prostredný Grúň – saddle Hiadeľské sedlo (in the section Prostredný grúň – saddle Hiadeľské sedlo only in the time period between one hour after sunrise and one hour before sunset);
- Baláže – the crossroads in front of Markova dolina Valley – Kalište, school – Hrivkov – Polianka – Donovaly;
- Kalište, school – saddle Príslop – Pleše Chalet (through Dmďáč or along blue TZT 2612) – Podkonice;
- Moštenica – Švarcova dolina Valley – saddle Príslop – Kalište – Hrivkov – Polianka – Donovaly;
- Podkonice – Moštenica – Hiadel';
- Motyčky – saddle Veľký Šturec – Vyšná Revúca;
- Staré Hory – Richtárová – Piesky – Obernaverová – Katrenka;
- Špania Dolina – the railway station Uľanka;
- Korytnica – saddle Lúžňanské sedlo – Patočiny – Liptovská Lúžna;
- Sásová / Jakub – Sásovská dolina Valley (Ratková – up to the end of the asphalt road);
- Tajch (The Veľký Oružný Creek) – Magurka;
- Šumiac, blue TZT 2610 – Havrania skala – Zúber – Zbojníčka – Pusté pole (only in the time period between one hour after sunrise and one hour before sunset);
- Jasenie – Suchá dolina Valley – saddle Kopcová – Ráztocké lazy – Pohronský Bukovec;
- Demänová – Demänovská Valley – Lúčky – hotel Liptov – Repiská (detours: to Zadná voda Valley and Široká Valley up to crossroad with red TZT 0855 Široká dolina Valley – Luková – Tri vody);
- ski slopes:
 - From the upper station of the chairlift Rovná hoľa along the ski slope down to the lower station of the chairlift Záhradky;
 - Underneath the chairlift Záhradky – Rovná hoľa;
 - From the upper station of the chairlift Rovná hoľa through Priehyba along the ski slope Jelení grúň down to the lower station of the chairlift Záhradky.