Cycling in the Slovakian Tatras

Trip Code: SGSB

Version:

CYCLE	SELF-GUIDED	MODERATE
		4



HIGHLIGHTS

- Cycle among the majestic Tatra Mountains of Slovakia and Poland
- Experience the authentic charm of rural Ruzomberok and witness the traditional Goral culture of Zdiar
- Dip into Poland and relax on the banks of the Dunajec River
- Immerse yourself into the royal history of Bratislava

- Explore a still relatively quiet destination before the masses

AT A GLANCE

- 6 days cycling and sightseeing
- Standard bike hire included
- Daily departures
- Join at / End In Bratislava

ACCOMMODATIONS & MEALS

VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE

Introduction

Slovakia: a land of history and intrigue. Boasting of the most castles per capita in the world, some of the highest peaks of the Carpathian Mountains, and a rich culture of folk traditions, this destination is a real hidden gem just waiting for you to discover. On this one-week self-guided cycling adventure, you will have the chance to immerse yourself into the beauty of the peaceful Slovakian Tatras on two wheels, and experience an unspoilt corner of Europe far from the usual tourist trails.

Your journey begins in the capital city Bratislava, brimming with history and atmosphere. Travelling by train to Ruzomberok in the northern part of the country, you will reach the lesser-visited Slovakian side of the Tatra Mountains where authentic folk traditions and preserved medieval architecture give you an insight into the long history of the region. Pedalling among the foothills of the High and Low Tatras, including a brief venture into Poland and the scenic Pieniny National Park, you will discover charming villages and idyllic nature before arriving to Stara Lubovna where your cycling odyssey culminates. A scenic train journey when you can appreciate the countryside views anew returns you to Bratislava.

Staying mainly in small family-run guesthouses, you will enjoy a homely welcome where the local interactions give you the opportunity to savour the warm hospitality and true heart of Slovakia.

Is this holiday for you?

This holiday is perfect for the independent, adventurous cyclist who enjoys venturing off the beaten track. You will cycle on average around 40km per day over six days of cycling, with some shorter days of between 20-30km, and a longer day of around 70km. As the itinerary takes places in a mountainous region, the terrain is undulating and there will be some climbs to tackle (with cumulative height gain of around 600m in a day, over consecutive days), along with the reward of the descent. There is also the option to upgrade your hire bike to an e-bike if you wish to have the extra pedal power on your way.

On this holiday, you will ride on a mix of paved roads and unpaved tracks including gravel surfaces and forest paths, with no technical difficulty. You will mainly ride on cycle paths or quiet country roads with light traffic, though on a couple of days you should expect to share the road with more traffic.

Itinerary

Version:

Holiday Information

What's Included

- All accommodation as described
- Meals as described in the Meal Plan
- Luggage transfers
- Train ticket from Bratislava to Ruzomberok
- Train ticket from Stara Lubovna to Bratislava
- Mountain bike hire (from Day 2 to Day 7)
- Bike helmet
- Navigation app and GPX tracks available

What's not Included

- Travel insurance
- Bike insurance
- Travel to/from Bratislava
- Visas (if applicable)
- Tourist taxes may apply and are usually under 5 Euros per person per night
- Some meals as described in the Meal Plan
- Any entry fees to sights en-route
- Personal equipment
- Any e-bike upgrades
- Any additional activities/excursions indicated as optional

GPS Travel App

For this holiday you will be supplied with digital documents along with a GPS navigation app. These contain all the routes for you to follow each day, as well as suggestions of attractions, restaurants and points of interest along the way.

The navigation app does not need to have Wi-Fi connection to work, you simply follow the instructions we provide you to download the app to your personal smartphone device before you leave home and you are ready to go.

While the navigation app is running, your phone battery charge can be consumed faster than normal, so we strongly recommend that you pack a power bank with you just in case you require it.

Joining Arrangements & Transfers

The trip starts and ends in Bratislava. All of our self-guided holidays are sold on a Land Only basis allowing you the flexibility to choose the travel method which best suits you. The nearest airport for this trip is Bratislava Airport with many departures from UK regional airports.

If you are flying to Bratislava Airport, you can take the public bus (Bus No. 61) that links the airport to the main railway station in the city. From the railway station, you can make use of the tram links to get around the city.

Alternatively, taxis are readily available from the airport and the journey to the city centre normally takes around 15 minutes, traffic dependent.

Meal Plan

This trip is on a bed and breakfast basis to allow you the most flexibility during your holiday.

Food & Water

Water from the taps is perfectly drinkable on this holiday - please use this to fill your personal bottles for your daily activities. We do not encourage the purchase of single-use plastic bottles.

Slovakia's cuisine is hearty and flavoursome, drawing influence from neighbouring Central European nations and utilising seasonal produce and regional staples. Expect plenty of meat, cheese and potatoes, in various wonderful forms! While in Slovakia, you must try the national dish of bryndzove halusky, a classic meal of potato dumplings and cheese, topped with crispy bacon... Comfort food on a plate! You can also expect to have plenty of goulash - evidence of the Hungarian influence - or fill up with rustic soups such as kapustnica, rich with meat and vegetables. For a delicious sweet treat, trdelnik (chimney cake) is a sweet dough rolled around a large stick and topped with sugar, cinnamon or chopped nuts, and baked over an open fire for a crispy finish.

Outside of larger cities, vegetarians and vegans may find options more limited as the cuisine traditionally uses a lot of meat and dairy. It is possible to have meat-free options on most classic Slovak dishes, however a strict vegan diet will be more difficult.

Accommodation

On this one-week cycling holiday, you will stay in carefully chosen hotels and simple but charming guesthouses within the Tatras, called penzions.

While in Bratislava, you will stay in a comfortable hotel of 3-star standard, in a great central location ideal for exploring the sights of the capital city.

The traditional penzions we have selected in the towns and villages of the Slovakian Tatras are all small family-run businesses, chosen for their warm and homely welcome that will make you feel a part of the family.

On one night in the Pieniny mountains, your stay is planned at an unusual accommodation: the monastery at Cerveny Klastor, which has a long and chequered history stretching back to the early 14th century, that ultimately fell into disrepair in the early 20th century. Since then, the monastery complex has been rebuilt and restored as a national cultural monument, and now is home to a museum, a tavern, and simple accommodation in the former administrative building. Here you can relax in the tranquil courtyard, right by the Dunajec River and surrounded by peaceful forest.

Your stay each night will be on a bed & breakfast basis in comfortable double or twin rooms, all with ensuite bathrooms. Single rooms are available at a supplementary cost. All locations offer Wi-Fi connectivity.

Accommodations can be subject to change depending on availability, but any alternatives offered would be of a similar standard and location.

Bike Hire

Mountain bike hire is included in the cost of this holiday. Mountain bikes have 21 gears, front suspension forks and hydraulic brakes.

Your hire bike will be delivered to your hotel in Ruzomberok in the afternoon of Day 2 of your itinerary; at the end of your trip, your bike will be collected from Stara Lubovna train station (Day 7 of the itinerary).

Hire bikes come equipped with a pannier bag for your daily essentials, plus a bike lock, repair kit and lights. A helmet is provided locally however we strongly recommend that you bring your own helmet with you for the best comfort.

We also recommend packing a gel seat for extra comfort or a pair of padded cycling shorts as, whilst you will be riding at your own pace and there are plenty of opportunities to stop and explore, it is always nice to have some padding for a more comfortable ride.

Upgrade to an E-bike

If you are looking for an extra boost whilst in the saddle, you can upgrade to an e-bike to make your ride more leisurely. Equipped with a battery and motor, these electric bikes give you a helping hand whilst you are pedalling, making it easier to climb hills and travel further with less effort and more comfort. E-bikes on this holiday come with 27 gears and a front suspension fork.

E-bikes are available on this holiday at a supplement of £100 - please request this upgrade option from our Sales Team at the time of booking.

Baggage Allowance

Your main luggage will be transferred between each of your guesthouses while you are out on your bike. You will need to travel with your luggage when you take the train journeys from Bratislava to Ruzomberok, and from Stara Lubovna to Bratislava.

We ask that you please ensure your luggage is limited to one piece under 20kg and that your luggage is ready for collection in the morning. Luggage with wheels may be useful for this holiday.

General Information

Passport & Visas

Europe

Your passport must meet 2 requirements. It must be:

- less than 10 years old on the day you enter (check the 'date of issue')
- valid for at least 3 months after the day you plan to leave (check the 'expiry date')

For the latest details on visiting countries within the EU or the European Economic Area (EEA), please check the UK Government website

The information that we provide is for UK passport holders.

A passport with 6 months remaining validity at the end of your stay is generally required**,** and you should have at least 2 blank pages for each country that you visit.

For other nationalities, please refer to your own Government website for the latest information.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates *(see Health & Vaccinations below),* **and visas for your holiday.** Please ensure that you check the FCDO for the latest advice for **each country visited** before travel.

Health & Vaccinations

Vaccinations:

You should be up to date with the routine vaccinations recommended in the UK for overseas travel.

You must also contact your doctor or travel clinic to check if there are specific vaccinations or other preventive measures that you need for the area you are visiting, in good time before you are due to depart.

Please ensure you are looking at the recommendations for all countries visited on your holiday plus recommendations for any borders you cross.

On holidays to more remote areas you should also have a dental check-up.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates.

Please check the FCDO and Travel Health Pro. For all of your intended destinations for up-to-date advice.

Severe Allergies:

If you have a severe allergy please inform the KE office before you travel. We will do all we can to help, but we cannot guarantee an allergy free environment on KE trips.

Currency

The currency for part or all of this holiday is the Euro.

Preparing for your Holiday

The advantage of a self-guided cycling holiday is that you decide the pace. Having said this it is always sensible to get some additional exercise before going on an active holiday. After all, the fitter you are the more enjoyable your cycling will be. You should be comfortable with cycling up to 70km in a day, on a mix of terrain including unsurfaced gravel or forest tracks and country roads. We advise you to dust off your bike and head out on a few rides before your holiday.

Climate

Slovakia has a temperate, continental climate with four distinct seasons, typical of Europe. There is snow cover in the Tatra Mountains over the winter months from November to April. Summers are warm, with average daytime temperatures reaching around 22 degrees centigrade in Bratislava, while in the mountainous northern part of the country the average temperature will be cooler by a few degrees. July is the hottest month, while August is the rainy season, with afternoon thunderstorms occurring more frequently over the summer. Precipitation can be expected at any time of year so you should be prepared for all eventualities. This holiday is available to book between May and October, with the optimum time for cycling between May-June and September-October.

Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's **'Travel Aware'** campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that before travel, all KE clients visit the official UK Government website at travelaware.campaign.gov.uk and read the FCDO Travel Advice for their chosen destination. All other nationalities should check their government websites for relevant information.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates directly from the FCDO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use.

Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our Travel Insurance page for further information and to get a quote.

Equipment Information

SelfGuided Cycling Equipment List

- Cycling shorts
- Cycle helmet
- Functional base layer
- T-shirts

- Scarf
- Hat
- Windproof jacket
- Fleece / extra layer
- Rain protection
- Rucksack (approx. 20 l)
- Small first aid kit for your rucksack
- Sunscreen
- Water bottle or hydration pack
- Camera (batteries/memory card)
- Mobile Phone (ensure your data package covers your destination)
- Handlebar mount that is compatible with your smartphone
- Power bank
- Waterproof phone cover
- Sun glasses
- Personal wash kit
- Reusable cloth bag for shopping to avoid the use of plastic bags
- Tupperware for picnics

Land Only Information

Please note our 'from price' listed is based on 4 persons on double or twin occupancy, however we can quote for any number of travellers, including solo travellers, contact our sales team for a quote.

When considering your travel dates, you might like to investigate any seasonal opening times of attractions and points of interest.

All of our self-guided holidays are sold on a Land Only basis allowing you the flexibility to choose the travel method which best suits you. You may even wish to make this holiday part of a bigger adventure or pair it with one of our other holidays. We can arrange additional nights accommodation before or after your self-guided trip, ask our sales team to find out more about this.

Our sales team will be happy to provide you a quote for scheduled flights or alternatively you may wish to book your own flights with a low cost carrier from your nearest regional airport.

Please DO NOT book your flights before you have received your booking confirmation and your deposit has been taken.

Why Choose KE

Why KE

Slovakia was named as one of the best countries to visit in Lonely Planet's Best in Travel 2025.Exclusive to KE! We have specially designed this holiday so you can discover the culture, history and traditions of this under-the-radar destination. Perfect for intrepid travellers who are seeking out authentic experiences ahead of the crowds.Standard mountain bike hire is included in the cost of your holiday, and e-bike upgrades are available too.

Please Note This document was downloaded on 25/11/2026 and the trip is subject to change