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**Ecotopia Biketour 2006**  
**SLOVAK ROUTE**

*"right route is not the easiest, but the most beautiful"*

## 25.07.

**PALOTA - SNINA** - 55 km Welcome to Eastern Carpathians - a region of different cultures, beautiful wooden churches and wild sceneries. Medzilaborce is the first Slovakian town we will visit. Minorities of Rusyns and Ukrainians represent a considerable part of its population. In a village situated not far from the town, parents of Andy Warhol were born. In the town you can also find Andy Warhol Museum of the Modern Art. South of town there is a village named Krásny Brod with its Monastier - ruins of monastery and a Basilian order church dating back to XVI century. Our ride to Snina will lead through villages which lie on border of nature reserve Eastern Carpathians.

[www.laborecko.net](http://www.laborecko.net)  
[www.medzilaborce.net](http://www.medzilaborce.net)

**ROUTE:** Palota - Vydraň - Medzilaborce - Čabalovce - Výrava - Svetlice - Nižná Jablonka - Hostovice - Pčoliné - Snina - Sninské rybníky/fishpond  
7 km of the ride will be taken on road with slope 10 and 12%.

**SLEEP:** In the camping situated by Sninské rybníky (fishpond) - about 3 km far from Snina. Lavatories, showers, electricity, fireplace with wood supply, drinking water and swimming pools are available.  
[www.rybniky.sk](http://www.rybniky.sk)  
[http://www.snina.sk/main.php?id\\_menu=15582&f\\_irmy\\_slovenska\\_flag=0](http://www.snina.sk/main.php?id_menu=15582&f_irmy_slovenska_flag=0)

## 26.07.

**REST DAY** - Trip (excursion) to Vihorlat Mountains with an employee of WOLF organization - Forest Protection Movement

Vilo Bartuš, a member of WOLF - Forest Protection Movement that has a branch in a nearby town called Humenné, will accompany us. Wolf is member of Friends of the Earth Slovakia and deals with preservation of Slovakian natural forests. We will head to Vihorlat Mountains, concretely to Morske oko, a lake exceptional for its origin, geographical position and physical, chemical and biological mode as well. It came into existence in one of volcanic centers after a drift had enclosed a valley in Holocene and a lake basin was consequently filled with water. Above the northern side of Morské oko there rises a second dominant of the preserved area, a preserved natural object named Sninský

kameň (1005 m), which offers panoramic views to northern and southern side.

Vilo will tell us about importance of natural forests and possible ways of their preservation. He will describe activities of his organization but also plans and intentions endangering not only local woods. If we are fortunate we will see wolf and bear footmarks.  
[www.wolf.sk](http://www.wolf.sk)

**SLEEP:** In the camping situated by Sninské rybníky (fishpond) - about 3 km far from Snina. Lavatories, showers, electricity, fireplace with wood supply, drinking water and swimming pools are available. [www.rybniky.sk](http://www.rybniky.sk)  
[http://www.snina.sk/main.php?id\\_menu=15582&f\\_irmy\\_slovenska\\_flag=0](http://www.snina.sk/main.php?id_menu=15582&f_irmy_slovenska_flag=0)

## 27.07.

**BIKE TRIP** - 47 km - a bike trip into villages in National Park (NP) Poloniny - visit of evicted and also settled little villages in the vicinity of water reservoir Starina - historical wooden churches Vilo will accompany us again. We will take a bike ride visiting villages in National park Poloniny. NP Poloniny was established on Oct 1, 1997 with an area of 29 805 ha. Its territory is a part of the only trilateral biosphere reserve in the world - International Biosphere Reserve Eastern Carpathians which was established in 1993. It consisted of these units: 1.Slovakia - Poloniny NP, 2.Poland - the Bieszczady NP and two surrounding landscape parks Cisniansko-Wetlinski and the Upper San Valley, 3.Ukraine - Nature Reserve Stuzica. In 1999 NP Poloniny received Diploma of Council of Europe. Its highest peak is Kremenec (1210 m. n. m.), which lies on Slovak and Polish and Ukrainian border. This national park is a place with a highest concentration of natural forests (primeval forests) in Slovakia. We will pass the surroundings of water reservoir Starina that is the biggest reservoir of drinking water in Slovakia. It was built between 1981 and 1987. Circumstances of its construction were similar to those of other water reservoirs built during socialistic establishment. They were built against will of locals who were finally forced to leave their homes. Seven villages were evicted because of building the reservoir: Dara, Zvala, Ostružnica, Smolník, Veľká Poľana, Ruské and Starina, which is buried under water. NP Poloniny is also the least populated national park in Slovakia and has the most diverse wooden architecture. The wooden churches in villages Ruský Potok, Uličské Krivé, Topoľa and Jalová are the most valuable ones. We will visit some of

## Mini vocabulary of everyday Slovak

Slovak language is a Slavic language.

### Pronunciation:

š - [sh], like in shoe

č - [ch], like in chocolate

ž - like in Jož

ť - no equivalent sound in English, say just [t]

ľ - no equivalent sound in English, say just [l] d' -

no equivalent sound in English, say just [d]

ň - no equivalent sound in English, say just [n]

á - [a:], like in charm

é - [e], like in bed, but long í - [i:], like in deep

ô - [uo] ó - [o:], like in balls

ie - no equivalent sound in E., a bit similar to [ie] in beer

### Basic phrases:

hello - ahoj, čau (informally)

dobrý deň (formally)

goodbye - ahoj (informally)

dovidenia (formally)

please - prosím thank you - ďakujem

how much does it cost - koľko to stojí?

yes - áno

no - nie

sorry - prepáč

i don't understand - nerozumiem

where is ...? - kde je...? how far is...? - ako ďaleko je...?

i don't speak slovak - ja nehovorím po slovensky

Food - jedlo

Shop - obchod

Grocery - potraviny

Beer - pivo

Milk - mlieko

Cheese - syr

Butter - maslo

Vegetables - zelenina

Beans - fazuľa

Peas - hrach

Olive oil - olivový olej

Organic farm - ekologická (bio) farma

Water - voda

Drink - nápoj

Drinking water - pitná voda

Fire - oheň

Wood - drevo

Wind - vietor

Sun - slnko

Bike - bicykel

Bike tour - cyklojazda

Bike shop - bicyklový obchod, cyklo obchod

Flat tyre - defekt

Doctor - doktor

Help - pomoc!

www.sumiac.sk  
www.ciernybalog.sk  
www.vulkanpolana.sk

**ROUTE:** Telgárt - Červená skala - Pohorelská Maša - Heľpa - Závadka nad Hronom - Polomka - Beňuš - Brezno - Čierny Balog

**SLEEP:** In a village Čierny Balog - part Dobroč - a school

## 07.08. REST DAY

The program is only our choice. We can visit Dobročský prales (a virgin forest) or take a ride on Čiernohronská železnica (a forest railway) or visit Woodcraft outdoor museum... Hyperactive individuals can help in a reconstruction of the forest railway.

**SLEEP:** In a village Čierny Balog - a school

## 08.08. ČIERNY BALOG - ZAJEŽOVÁ - 75 km / 90 km

This is our last day. It is probably going to be the most difficult day as for the length of the ride and rolling terrain. We recommend you to choose a journey through Kamenistá dolina. Countryside and the landscape views will be beautiful again.

### ROUTE ALTERNATIVES:

1. This route is intended for solely road cyclists who are afraid of every little stone. You will take 11 km of your ride on a road with slope 7% and after that 17 km downhill run :). Then you'll ride 12 km from Kriváň to a side cut to Slatinské Lazy. It is a very busy road connecting Košice and Bratislava. Čierny Balog - Drábsko - Lom nad Rimavicou - Hriňová - Kriváň - Detva - Slatinské Lazy - Víglašská Huta/Kalinka - Zaježová/ECOTOPIA
2. We will take a road leading to villages Hronec and Valašská. We will take a turning to Kamenistá dolina after about 6 km of the ride (27 km). The trail has a rather good, consolidated surface for about 5 km and then it changes into an asphalt road. The road from a valley meets the main road and we cannot eliminate 17 km downhill run :). Then you'll ride 12 km from Kriváň to a side cut Slatinské Lazy. It is a very busy road connecting Košice and Bratislava. Čierny Balog - a road leading to villages Hronec and Valasská - Kamenistá Dolina - Sihla - Drábsko - Lom nad Rimavicou - Hriňová - Kriváň - Detva - Slatinské Lazy - Víglašská Huta/Kalinka - Zaježová/ECOTOPIA

3. We will take a road leading to villages Hronec and Valašská. We will take a turning to Kamenistá dolina after about 6 km of the ride (27 km). The trail has a rather good, consolidated surface for about 5 km and then it changes into an asphalt road. The road from the valley meets the main road and we cannot eliminate 17 km downhill run :). From Kriváň we shall bike to east (the same direction as to Košice) and after about an hour we shall take the turning to the right to a village Podkriváň. Follows an almost never ending climb ? After passing a village Stará Huta, after cca 5 km we will take the turning to a consolidated forest trail that leads to solitary cottage Blýskavica from which we will pedal on to Zaježová (part Polomy). This route is recommended to those who can orient in the terrain and don't mind quite a lot of climbing up the hill. It will be perfect if you join a Slovak coordinator.

Čierny Balog - a road leading to villages Hronec and Valašská - Kamenistá Dolina - Sihla - Drábsko - Lom nad Rimavicou - Hriňová - Kriváň - Podkriváň - Stará Huta - a solitary cottage Blýskavica - Zaježová/ECOTOPIA

**SLEEP:** Finish in Zaježova - Ecotopia camp

## 8. - 19.8. ECOTOPIA CAMP - ZAJEŽOVÁ

www.ecotopia2006.org  
www.zajezka.sk

## 19. - 21.08. ZAJEŽOVÁ

Cross of Slovakian-Hungarian border at Šiatorská Bukovinka / Somoskő-Somoskőújfalú.

them. At the end of our tour there will be a possibility to sightsee also town Starina with its historic monuments, e.g. a classicistic manor house dating back to end of XVIII century or a Jewish cemetery.  
www.soprs.sk/nppoloniny  
www.snina.sk

**ROUTE:** Sninské rybníky/fishpond - Snina - Stakčín - surroundings of water reservoir Starina - Ruské - Runina (Topoľa) - Prislóp - Stakčín - Snina - Sninské rybníky/fishpond

**SLEEP:** In the camping situated by Sninské rybníky (fishpond) - about 3 km far from Snina. Lavatories, showers, electricity fireplace with wood supply, drinking water and swimming pools are available. www.rybniky.sk  
[http://www.snina.sk/main.php?id\\_menu=15582&f\\_irmy\\_slovenska\\_flag=0](http://www.snina.sk/main.php?id_menu=15582&f_irmy_slovenska_flag=0)

## 28.07. SNINA - SEČOVCE - 74 km

We will take a ride on rather busy roads this day. We will visit Renaissance manor house in Humenné where a geographic and historic museum is situated. By a manor house there is an open-air museum with its exposition of folk architecture - 14 objects of folk architecture and one sacral building that have been transferred from Carpathian villages. In Humenné we will leave a main road and bicycle along a nature preserve of Humenský sokol to lake Vinianske where we can have a swim. Then we will ride down to Zemplínska Šírava where we can have a swim :) It is the second largest artificial water area in Slovakia and a very popular recreational area. Its eastern part has been established as a preserved area because of transmigrating birds. As for neighbouring villages, their characteristic attribute is viticulture. Passing Michalovce we will head to Sečovce. On the way there we will visit village Pozdišovce with its mill, which is a technical relic. The village is renowned also for its manufacture of original ceramics. In Sečovce, close to a bus station, a farm of our friend Jožko Kratochvíl is situated. You can ask locals how to get to Jožko Kratochvíl/Lopúch (a nick) who lives „na polu“ (on paddock).

www.humenne.sk  
www.michalovce.sk  
www.pozdisovce.host.sk  
www.secovce.sk

**ROUTE:** Sninské rybníky/fishpond - Snina - Dlhé nad Cirochou - Kamenica nad Cirochou - Hažín

nad Cirochou - Humenné - Porúbka - Vinné /Zemplínska Šírava/ - Michalovce - Pozdišovce - Horovce - Hriadky - Sečovce  
About 3 of the ride will be taken on busy roads.

**SLEEP:** Sleeping place is located on a small farm by Sečovce. 2 very nice people, 4 horses, 3 dogs, cats, goat and chickens will accompany us. Scuttle-but, fireplace with wood supply and drinking water coming from well are available. Washing is possible in a stream.

## 29.07. REST DAY

Helping with grain harvest on the farm. Cleaning of water stream in nearby village (Višňov).

More about Jožko, his life and plans you will find out personally. Also Marcel Suško from nearby village called Višňov will tell us something about permaculture and his activities.

**SLEEP:** On a small farm by Sečovce. Scuttle-but, fireplace with wood supply and drinking water coming from well are available. Washing is possible in a stream.

## 30.07. SEČOVCE - KOŠICE - 55 km

Our ride will take place mostly through farmlands along Slanske Mountains; so we will not see so many attractions as before. Passing village Slanec we will see ruins of castle situated above the village. We will pass through second largest Slovakian city - Košice (we will return later). Our final destination is Čermelská valley.

**ROUTE:** Sečovce - Zemplínska Teplica - Slanské Nové Mesto - Slanec - Nižná Hutka - Košice - recreational area Alpinka

**SLEEP:** On a meadow by a cottage Alpinka

## 31.07. Recreational area Alpinka

Družstevná pri Hornáde - 25 km  
10.0-12.00 - a picnic with Greenpeace activists in a recreational center Jahodná - an event, which is a part of a campaign against planned uranium exploitation in the surroundings of Košice. Food, relax and activism.  
After the event ends we transfer to a village in the surroundings of Košice where our friends from civil association Sosna prepare some program for us.

1st group:  
- presentation of „Art of School Bio Gardening“ project, elementary school Družstevná pri Hornáde  
- presentation of schoolyard design and realised structures (herb spiral, small pond, „key holes“, etc)  
- work on Herbal Labyrinth at the schoolyard  
- visit of local bio garden (Silvia and Štefan Szabó, Malá Vieska)  
- visit of local family goat farm 1 + 2 group  
- swimming in the river 1 + 2 group

2nd group:  
- excursion around local streams  
- presentation of “Making alive local streams” project  
- visiting preserved parts of Hornád river with sandy islands  
- cleaning of local stream with waterfall  
- visit of local family goat farm 1 + 2 group  
- swimming in the river 1 + 2 group

[www.greenpeace.sk](http://www.greenpeace.sk)  
[www.sosna.sk](http://www.sosna.sk)

**ROUTE:** Recreational area Alpinka - Jahodná - Košice - Kostoľany nad Hornádom - Družstevná pri Hornáde

**SLEEP:** Accommodation will be provided in playground at the Hornád river, nearby to Sokol' village

## 01.08.

### SOKOL' - KOŠICE - 20 km

CRITICAL MASS - begins at housing estate Nad Jazerom - Shopping center Branisko (next to Post office 12), at 4 p.m. In the morning we will pedal on back to Košice, where we will participate on Critical mass applying for better conditions for cyclists. It is organized by Košice cycle union, Association for beautification of Košice and Friends of the Earth - SPZ as a part of long time activities. It begins at the housing estate Nad Jazerom, then the ride continues to the city where we will visit both Mayor of Košice and President of the Košice Self Governing Region to whom we shall deliver a petition. Our ride will end in the center of the city on Hlavná Street - we shall enjoy drums, fire show and perhaps little refreshment. In case of interest organizers can prepare a presentation of activities of Friend of the Earth - SPZ and documentary films projection. We can also sightsee the center of Košice or have any other program you wish.

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

[www.mickosice.sk](http://www.mickosice.sk)  
[www.cassovia.sk](http://www.cassovia.sk)  
[www.priateliazeme.sk/spz](http://www.priateliazeme.sk/spz)

**ROUTE:** Sokol' - Družstevná pri Hornáde - Kostoľany nad Hornádom - Košice

**SLEEP:** In the camping in Košice city - Salaš Barca, Alejová Street 2. Lavatories, showers, electricity, drinking water and little kitchen are available.

## 02.08.

**KOŠICE - ZÁDIELSKA GAP - 70 km** We shall leave Košice using a road, which has been reclassified to high-speed and that is why cycling and other slow means of transport has been excluded from it. :) This problem has also been one the themes of a previous bike tour. Today's route enables us to visit many natural and historical attractions. In Jasov there is a monastery with a church with two towers (valuable frescoes of famous painter Kracker) standing in a park. There is also a cave and a fishpond, which was open for public by local monks already in 1846. Above village Turňa nad Bodvou there are ruins of Turniansky hrad (castle). Our ride will end in a beautiful Zádielska gap, where we shall also sleep - we shall enter the territory of National park Slovenský kras. There are more than 700 caves and gaps, which were enlisted to List of World Cultural and Natural Heritage UNESCO.  
[www.soprs.sk/slovkras](http://www.soprs.sk/slovkras)  
[www.gemer.sk](http://www.gemer.sk)

**ROUTE:** Košice - Malá Ida - Šemša - Hodkovce - Jasov - Moldava nad Bodvou - Žarnov - Turňa nad Bodvou - Zádielska gap  
2 km of the ride will be taken on damaged old asphalt road with slight slope.

**SLEEP:** On a meadow by a cottage in Zadielska gap. Lavatories, electricity and drinking water coming from forest spring are available. Washing is possible in a stream.

## 03.08.

**ZADIELSKA GAP - BRDÁRKA - 56 km** Welcome to the region renowned for its mining and metallurgical tradition. Majority of the villages and towns in this region has been settled thanks to findings of metals and later exploitation and processing. From Zádielska gap we will pedal on to small villages in a beautiful valley and then to a main road, which will take us to an old mining town Rožňava. Before coming to Rožňava, we can

visit ruins of Husit church dating back to XI century in a village Lúčka. We have to mention also a mausoleum of a family Andrassy located in Krásnohorské podhradie and castle Krásna Hôrka. On our journey from Rožňava there is a village Betliar with its beautiful castle and a park with many attractions (a statue of meditating Buddha, Japanese bridge, a big waterfall...). The park is enlisted to a list of artistically and culturally most valuable historic gardens of the world. Today's ride will end in a little village Brdárka situated under Radzim Mountains.

[www.retep.sk](http://www.retep.sk)  
[www.gemerinfo.sk](http://www.gemerinfo.sk)  
[www.roznava.sk](http://www.roznava.sk)

### ROUTE ALTERNATIVES:

1. About 4 km out of this route, which starts in Kobeliarovo, is a consolidated forest trail (green tourist mark) - it is the easiest and perhaps the most interesting journey to Brdárka. Zádielska gap - Bôrka - Lúčka - Kováčová - Drama - Krásnohorské Podhradie - Rožňava - Betliar - Gemerská Poloma - Henckovce - Nižná Slaná - Kobeliarovo - Brdárka
2. This route is intended for those who want to visit Betliar and do not want to take a forest trail. You have to consider short lasting but high climb to saddleback Filipka and climbing from Roštár to Brdárka. Zádielska gap - Bôrka - Lúčka - Kováčová - Drnava - Krásnohorské Podhradie - Rožňava - Betliar - Gemerská Poloma - Henckovce - Roštár - Koceľovce - Markuška - Brdárka
3. Easier than No.2, but also a little less interesting journey to Brdárka Zádielska gap - Bôrka - Lúčka - Kováčová - Drnava - Krásnohorské Podhradie - Rožňava - Rudná - Rakovnica - Rožňavské Bystré - Honca - Štitník - Roštár - Koceľovce - Markuška - Brdárka

**SLEEP:** In a village Brdárka. Scuttlebutt, fireplace with wood supply and drinking water are available.

## 04.08.

### REST DAY

Visit of a small community in a little village Brdárka situated under Radzim Mountains. Work, a trip, discussions...  
[www.alter-nativa.sk](http://www.alter-nativa.sk)  
<http://brdarka.alter-nativa.sk>

**SLEEP:** In a village Brdárka. Scuttlebutt, fireplace with wood supply and drinking water are available.

## 05.08.

**BRDÁRKA - TELGÁRT - 58 km** Today we will explore one of the highest climbs of the Slovak part of Ecotopia but also one of the most beautiful and diverse stages. We will pass through NP Slovak Paradise (Slovenský Raj) and enter the territory of NP Low Tatras (Nízke Tatry). After a high climb from Dobšiná we can leave a main road and have a swim in a water reservoir Palcmanska Masa (Dedinky/Mlynky), situated about far 2 km from a crossing. After passing a village Stratená we shall bike along Dobšinská ice cave.  
- a ride through National Park and along National park. I don't mention the beautiful sceneries ?. We shall sleep in a village Telgárt by which one of the biggest Slovak rivers heads (Hron).  
[www.napant.sk](http://www.napant.sk)  
[www.slovenskyraj.sk](http://www.slovenskyraj.sk)  
[www.nizketatry.sk](http://www.nizketatry.sk)

### ROUTE ALTERNATIVES:

1. Brdárka - Kobeliarovo - Nižná Slaná - Gočovo - Vlachovo - Dobšiná - Stratená - Pusté Pole / crossroads under ghaut Vernár - Telgárt  
10 km of this ride will be taken on a road with slope 7% and 13%.
2. Brdárka - Markuška - Koceľovce - Roštár - Henckovce - Nižná Slaná - Gočovo - Vlachovo - Dobšiná - Stratená - Pusté Pole / crossroads under ghaut Vernár - Telgárt  
10 km of this ride will be taken on a road with slope 7% and 13%.

**SLEEP:** In a village Telgárt - a football playground.

## 06.08.

### TELGÁRT - ČIERNY BALOG - 55 km

Welcome to the region situated under Kráľova Hla. We will pass through villages situated under Low Tatras. Many of them still keep diverse folk traditions, crafts and are renowned for beautiful folk costumes. Also herdship is widely spread, so we can possibly taste some of the real sheep cheese. It is worth to leave Červená skala and visit Šumiac where we can visit a unique museum of bells which has more about 2 000 different objects, not only herdsman bells but also other things that were used by chief herdsman and herdsman and people living in Slovakia. In Brezno we can visit except town also alternative club Bombura ([www.bombura.sk](http://www.bombura.sk)) and have a little refreshment. Tentatively, also projection of documentaries is arranged. Our ride will end in Čierny Balog, part Dobroč, where we shall have a sleep.