



Fitness holiday in Slovakia

We limit the number of clients to a maximum of 6 - 8 per stay to ensure best results and individual attention.

- **Introduction**

Do you want to take an important step towards improving the health, fitness and overall well-being? Our vacation is designed for men and women of any age and any physical condition. Improving or maintaining a physical and mental fitness requires effort and time. Our approach is unique. During your stay we exclusively look after you, your family, friends or business partners.

Our fitness vacation in Slovakia is an active and adventurous fitness vacation full of fun in the beautiful surroundings of the Western Tatras.

- **Our Philosophy:**

We believe that direct contact with nature, outdoor activities and stay in a quiet and clean environment can restore health and vitality. We offer you a place and training system, in which it is possible to offset the negative consequences of modern life, improve physical fitness, sleep and overall sense of wellbeing. A healthy environment in our chalet and a combination of fitness training and outdoor activities will give you strength and energy. Even small change can bring big results. The true natural state of people is to be strong, healthy, happy and vital.



- **BEST TIME OF THE YEAR:** All year round
- **PRICE PER PERSON**

PRICE- 8 Days - 1400 EUR / Person

PRICE- 8 Days - 1120 GBP/person

PRICE- 8 Days - 1800 USD/person

**Each other day 150 Euro/person (Prices are discounted for groups larger than 6 persons)*

- **Number of participant:** Minimum 2 people **Add 50% Surcharge for single booking*

Included in price:

- We accommodate you in a healthy natural environment away from the bustle of the city.
- We will create a comprehensive program to improve your physical fitness.
- We will train you, guide and support you in achieving your goals. You recharge your energy and restore balance.
- 7 x B&B in beautiful mountain chalet
- 7 x Picnic
- 4 x Dinner
- Transport from/to airport
- 6 x Fitness training with professional trainer
- 3 x Informal lectures about healthy food/exercise/lifestyle
- 5 x Hikes in mountains with guide
- Activities during the day: hikes in mountains with guide, rafting, horse riding, trip around small big mountains-High Tatras or Poland. ** Depending on the different periods*
- Entrance fees to museums and castles, thermal water aqua spa.
- All transfers around Slovakia during a holiday
- Photos of your Fitness holiday

Not included in price:

- Airline tickets – can be arranged
- Travel insurance - can be arranged
- Alcoholic drinks

Our vacation is designed for men and women of any age and any physical condition

- We accommodate you in a healthy natural environment away from the bustle of the city.
- We will create a comprehensive program to improve your physical fitness.
- We will train you, guide and support you in achieving your goals.
- You recharge your energy and restore balance.

After 3 days you will achieve:

- Increase in your energy level
- Improved sleep
- Slight increase in strength and stamina
- Stress reduction

After 5 days you will experience:

- Improved breathing
- Further increase strength and stamina
- Body tone-up
- Increase creativity and optimism

After 7 days with us:

- Loss of body fat
- Muscle mass gain
- Relief or elimination of minor pains caused by inactive lifestyle
- Intense feeling of optimism and positive attitude

Each of us has a favorite activity and a different physical fitness. Program is prepared in advance and tailor-made. In the case of a group, there is always alternative for those who are less fit.

The cornerstone of stay is the daily morning fitness training. It consists of combination of the following exercises:

- MovNat
- Warm up exercises
- Boxing (*Exercises are inspired by boxing, kickboxing and other martial arts. It is great way to improve strength, stamina and stress buster*)
- Circuit training
- Combination of aerobic and strength building exercises.
- Pilates, Yoga, Stretching
- Stretching and toning exercises
- Breathing and relaxation exercises

The main activity is a combination of:

1. SUMMER: hiking, rafting, mountain cycling, horse riding, climbing, swimming, archery, water sports, sightseeing tours.
2. WINTERL: skiing, snowboarding, cross-country skiing, snowshoeing, dog sledding, sledging, sightseeing tours.

For longer stay we include recovery day.

Recovery day can be filled by:

- Surrounding historical cities (Krakow, Liptovský Mikuláš, Levoča, Banská Štiavnica)
- Castles (Oravský castle, Liptovský castle, Strečno)
- Museums and galleries
- Aqua park & Spa – The biggest in Slovakia, Thermal parks
- Caves and archeological places

Our professional trainer holds several prestigious qualifications:

- Kinetika Personal Trainer
- YMCA Circuit training
- Boxercise Instructor
- YMCA Fitness trainer
- Lifetime Fitness- special population training
- Vitalis-Fitness trainer

Accommodation: It is located in a captivating, natural environment near National Park Western Tatras. This is the one of the most attractive parts of Slovakia. It is one of the last authentic mountain villages in Slovakia.

Fitness holiday in Slovakia is the challenge and fun at the same time.

Day by day itinerary

DAY 1: Welcome at the airport in Vienna, Krakow, Bratislava, Katowice, and transfer to the chalet by personal tour guide who will explain all the details about your trip. However, if you prefer to arrive by your car, please let us know. Day follows by fitness training main activity: 4 hour walk in the beautiful surrounding of the West Tatras. During the walk you will have Lunch-picnic. Relax & Dinner at the chalet - trout on the grill possibly outdoor. In the Evening program enjoy informal lecture Healthy body-right food.

Day 2: 7:00 Wake-up call. In the Morning - fitness training. Breakfast & Main activity: Roháče lakes hike in the Tatras. After Lunch, visit Open air Museum of Orava village. Relax & Dinner in the traditional Slovak chalet. In Evening program - informal lecture Healthy body – right exercise

Day 3: 7:00 Wake-up call. In the Morning - fitness training. Breakfast & Main activity: moderate walk 6 hours Kvacianska&Prosiecka valley. After Lunch picnic take a 1 hour break & talk about history of Liptov region. Enjoy with us Dinner in the amazing fairy tale surrounding in the mountain, enjoy the peace and nature around & horse.

Day 4: 7:00 Wake-up call. In the Morning - fitness training. Breakfast & Main activity: Relax day with your guide :) You will take a Trip around High Tatras, Pribylina Traditional Museum, Štrbské Pleso in High Tatras, Belianske Tatry, Zakopane - romantic & historic poland city. After Lunch in restaurant, guided city tour. Transfer to Slovakia, Dinner & Evening drink in your chalet, joy & relax time.

Day 5: 7:00 Wake-up call. In the Morning - fitness training. Breakfast & Main activity: Intensive hike to Sivý vrch in West Tatras. After Lunch hike back to the valley. Take a relax in traditional wooden restaurant, Dinner & Additional possible regenerate activities for example: Massage, Sauna, Tennis, Golf in the nature (not included in the price). Enjoy your Evening program - Healthy body-right lifestyle.

Day 6: 7:00 Wake-up call. In the Morning - fitness training. Breakfast & Main activity: Forest walk to village - Krivá Calm water rafting from Krivá to Oravský podzámok. Lunch picnic next to the river following by visiting the Orava Castle. After tour take a relax close to Orava Castle, the most beautiful castle in Slovakia. Dinner in the restaurant with traditional music.

Day 7: 7:00 Wake-up call. In the Morning - fitness training. Breakfast & Main activity: 3 hours easy walk through Juranova valley. Lunch & Relax in Aquapark Oravice close to Slovak National protected area. Dinner.

Day 8: 7:00 Wake-up call. In the Morning - fitness training. Breakfast & Airport transfer + If time permits, we'll visit Krakow or Bratislava center.

EST Frontier Slovakia – FITNESS TEAM is pleased to welcome you in Slovakia.

1. Special request (physical limitations, diet):

Please, inform us!

2. Method of payment:

25% deposit – online payment via our [booking system](#) -paypal with 3.9% for online payments.

- bank transfer to our company's account (bank fees pays Payer)

75% balance - after arrival in cash

3. Cancellation policy:

10% of the price – if the contract is cancelled more than 60 days before the tour begins

50% of the price – if the contract is cancelled 60-30 days before the tour begins

100% of the price if the contract is cancelled less than 30 days before the tour begins

4. Hotel reservations:

All hotels & chalets we recommend have been visited many times by our staff and are considered as a Best option in the category.

5. Bank details:

IČO: 46231757, **DIČ:** 1082523288

ObU-NO-OZP-B-2011/02475-2 , c.r.: 560-16199

Bank: ČSOB, a. s., pobočka Bratislava

Bank Account Number: 4013561884/7500 – EUR

SWIFT: CEKO SK BX

IBAN: SK5375000000004013561884

Ing. Jana Kahanová- EST Frontier Slovakia

Oravský Biely Potok 15, 027 42 Podbiel SLOVAKIA

Mob: 00421 904 292 468 Tel./fax: 00421 43 5395422 E-mail: info@enjoysloviatours.com
<http://www.enjoysloviatours.com>