



Slovakia ski mountaineering holiday

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

- **Introduction**

Ski-mountaineering takes you far away from crowded ski-slopes into tranquility of snow covered mountains, where you can enjoy skiing in powder snow and admire beautiful scenery of the Western Tatras. Western Tatras is one of the Europe's major ski mountaineering destinations. Come and witness this world with us...

If you are good skier with average physical fitness and if you would like to try something new and experience something special then the Ski mountaineering in Rohace – The Western Tatras is just for you.

Under the supervision of experienced local guide you will spend a week of unforgettable experience of Ski mountaineering in the stunning natural scenery of Rohace Mountains in the north part of Slovakia. You will be able to improve your skiing skills and to gain the confidence you will need for your next ski-mountaineering trips.

The experience begins with certified avalanche course and improvised mountain rescue. After these essential parts of Ski mountaineering, you will set off into real adventure of conquering the peaks and valleys of the Tatras National Park.

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

- **BEST TIME OF THE YEAR** - DEC-APRIL
- **PRICE PER PERSON**

1 person	2300, - Euro
2 people in the group	1500, - Euro
3 people in the group	1250, - Euro
4 people in the group	1100, - Euro

Different number of participants is also possible – please contact us to discuss your requirements and price.

Ski-mountaineering trip has to be booked at least 10 days in advance.

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

- Place: Rohace – The Western Tatras, Zuberec, Slovakia
- Number of participant: Minimum 2 people **Add 50% Surcharge for single booking*
- Duration - 8 days / 7 nights

**Can be changed on the client's requirements*

- Requirements- general good health, normal level of fitness and average ability in down-hill skiing, recommended minimum age 16.

Included in price:

- Your professional guide who will also be your driver, translator & advisor
- Certified ski mountaineering guide
- 7 nights in a room with double occupancy. Single room supplement 49,-Euro per stay
- 7x Breakfast buffet style
- 7x Lunch - 4 packed lunches for the tours, 1 lunch at the local cottage-restaurant
- 7x Dinner - 3 course meal
- Ski mountaineering equipment (Ski boots, skis and poles, Climbing skins for the skis, Avalanche rescue gear (avalanche finder, avalanche probe, shovel), Helmet, Crampons, Ice axe, Thermos, Gaiter, Compass, Map, Insurance covering mountain rescue services)
- All local transfers between the mountains and hotel, transfer to thermal park Oravice and to the Museum of Orava Village.
- Map of Slovakia, information material (brochures, leaflets)
- Entrance fees to all museums, spa and other attractions
- Personal CD-ROM with photos of your trip

Not included in price:

- Flights to/from Slovakia, insurance – can be arranged
- Airport transfers (can be arranged)
- Lunch on the seventh day
- Alcoholic & non-alcoholic drinks
- ABS backpack
- Souvenirs, tips
- Any other trips not mentioned in this itinerary

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.

Other activities are the combination of:

1. WINTERL: skiing, snowboarding, cross-country skiing, snowshoeing, dog sledding, sledging, sightseeing tours.

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

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: Arrival and check-in at the Hotel. After dinner you will attend meeting where you will go through your equipment and the week's programme.

Day 2: You will be testing your equipment on the snow and taking part in avalanche course and improvised mountain rescue.

Day 3: Tour 15-20km. You will take a day-tour into the valleys and hills of West Tatras, where you will have a chance to improve your Ski mountaineering techniques.

Day 4: Ridge tour 20km. The exact route will be chosen according to your abilities and weather conditions.

Day 5: Relax in the morning you will visit thermal park Meander in Oravice. After you will have a lunch in a local cottage-restaurant. In the afternoon you will visit the Museum of Orava Village in Brestova. Or there will be an option of Ski mountaineering tour.

Day 6: Tour 20km. You will climb two peaks, each at least 1800m high. The exact route will be chosen according to your abilities and weather conditions.

Day 7: You will have these options to choose from: Ski mountaineering tour, visit of historical and cultural attractions in the region, or visit of one the near thermal parks.

Day 8: Departure after breakfast.

Add Info: In case of inclement weather will be ready replacement program

Transfers: You can fly to Krakow (Poland-130km), Katowice (Poland-200km), Bratislava (Slovakia – 280km), and Vienna (Austria – 350km). We are happy to advice on suitable connections and assist you with any aspect of planning your journey. Airport transfers (can be arranged).

EST Frontier Slovakia – Ski-mountaineeing 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:

Bank Office:

Československá obchodná banka a.s.,

Michalská 18,

815 63 Bratislava

Bank: Československá obchodná banka a.s.

Bank Account Number: 4013561884 – EUR

Bank code: 7500

IBAN: SK5375000000004013561884

SWIFT: CEKOSKBX

EST Frontier Slovakia, Travel Agency

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