

# Guidelines for HIKING

## Sports Activity I./ III./ V.

### Contact:

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1. **The aim of the course** is to promote health and overall physical fitness and create space for purposeful leisure time and recreation.
2. **Registration process:** Students are obliged to register for Sports Activities (e.g.:1) via AIS 2. The next step is to register for Outdoor activities (eventually: Bloková výučba/Outdoor activities) in your schedule. Subsequently – register for a particular hiking tour via **Register for examination**. The deadline to complete the registration is 12 00 PM one day before the hiking tour.
3. **Equipment requirements**
  - o hiking shoes (sneakers are not hiking shoes),
  - o rain coat, extra warm layers kept in a plastic bag
  - o first aid kit
  - o cash
  - o health insurance card
  - o water, food
4. The hiking trails are subject to change depending on the weather conditions or restrictions in the hiking areas. Registered students will be notified by email (check your UPJS mail account) of the exact time and meeting point.
5. **Completion requirements:** A student has to register for at least **three** hiking tours to acquire the credits.
6. **Additional information:** A student is responsible for the transportation costs to the meeting point or starting point.

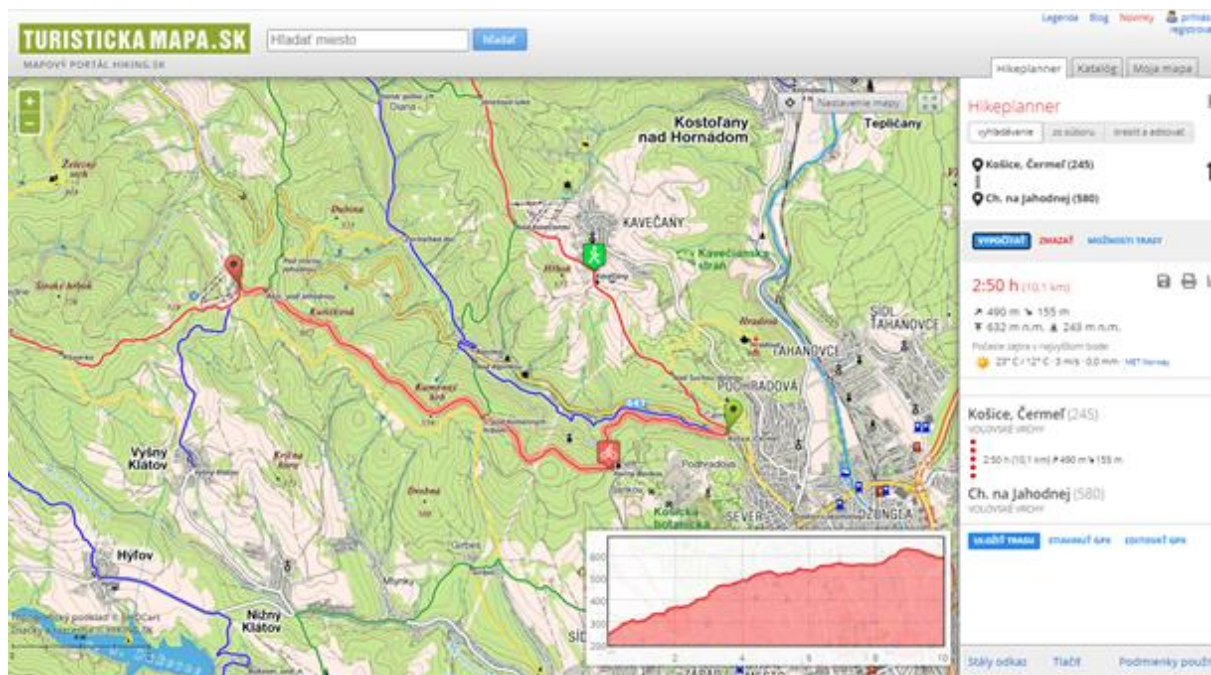
The minimum number of students registered for the hiking tour is 10, otherwise the tour will be cancelled. (check your UPJS mail account for updates).

In the case of unfavourable weather forecast, a hiking tour may be cancelled (check your UPJS mail account for updates).

Students are recommended to be insured for the day of the hiking tour. The UPJS does not take responsibility for medical expenses related to hiking injuries.

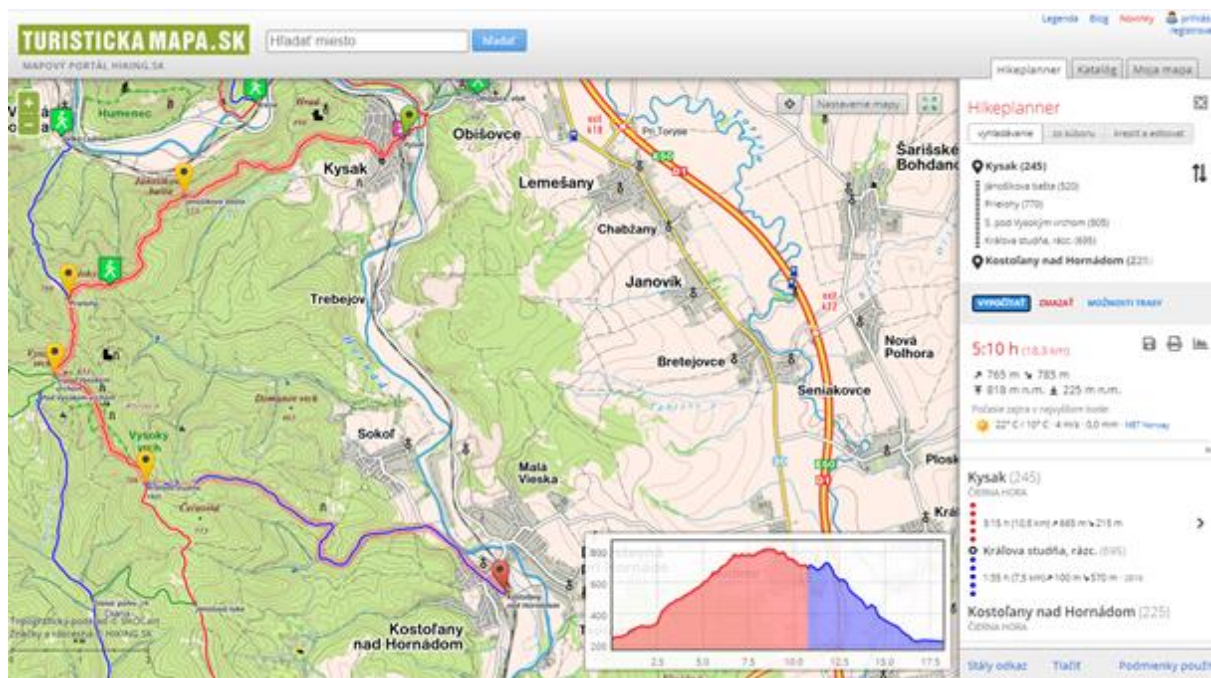
### Trail 1 - 9.10. 2020

Difficulty: medium  
Meeting point: Čermeľ – Baránok  
Starting point: Čermeľ – Baránok  
Finish: Jahodná



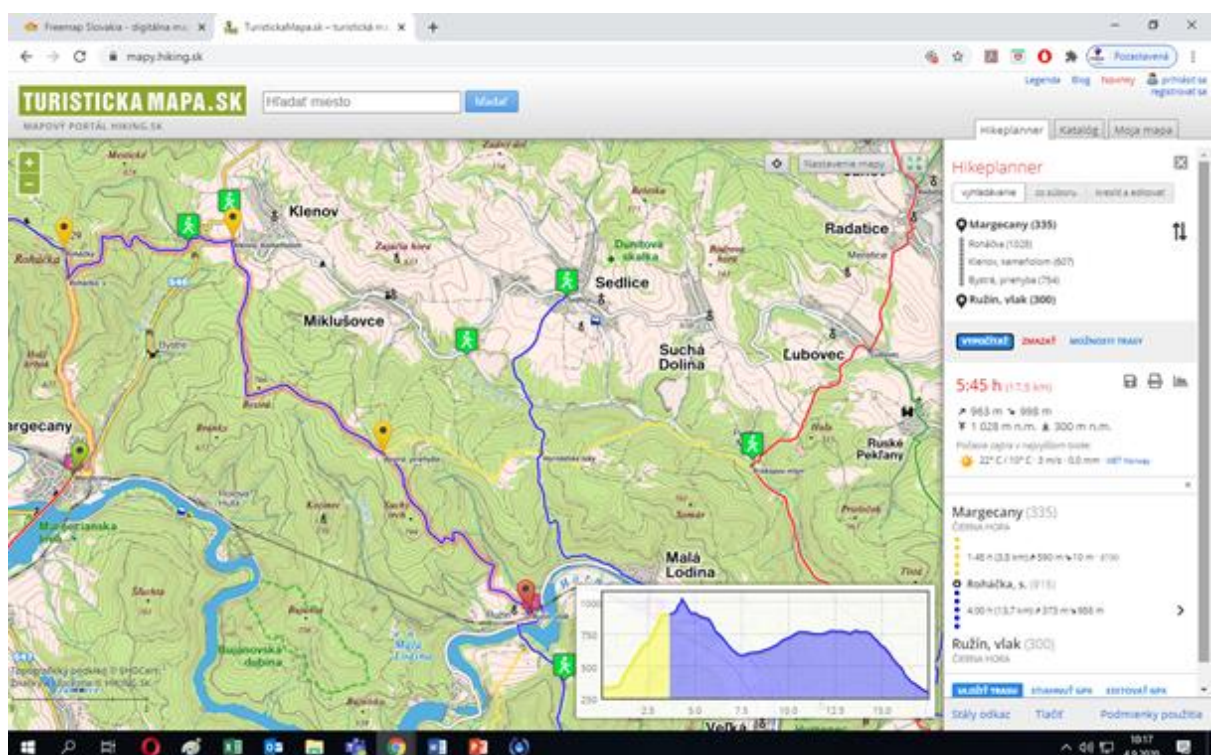
### Trail 2 - 10.10. 2020

Difficulty: Hard  
Meeting point: Train station - Košice (vestibule)  
Starting point: Kysak  
Finish: Kostofany nad Hornádcom



### Trail 3 - 16.10. 2020

Difficulty: Hard  
 Meeting point: Train station - Košice (vestibule)  
 Starting point: Margecany  
 Finish: Ružín zastávka ŽSR





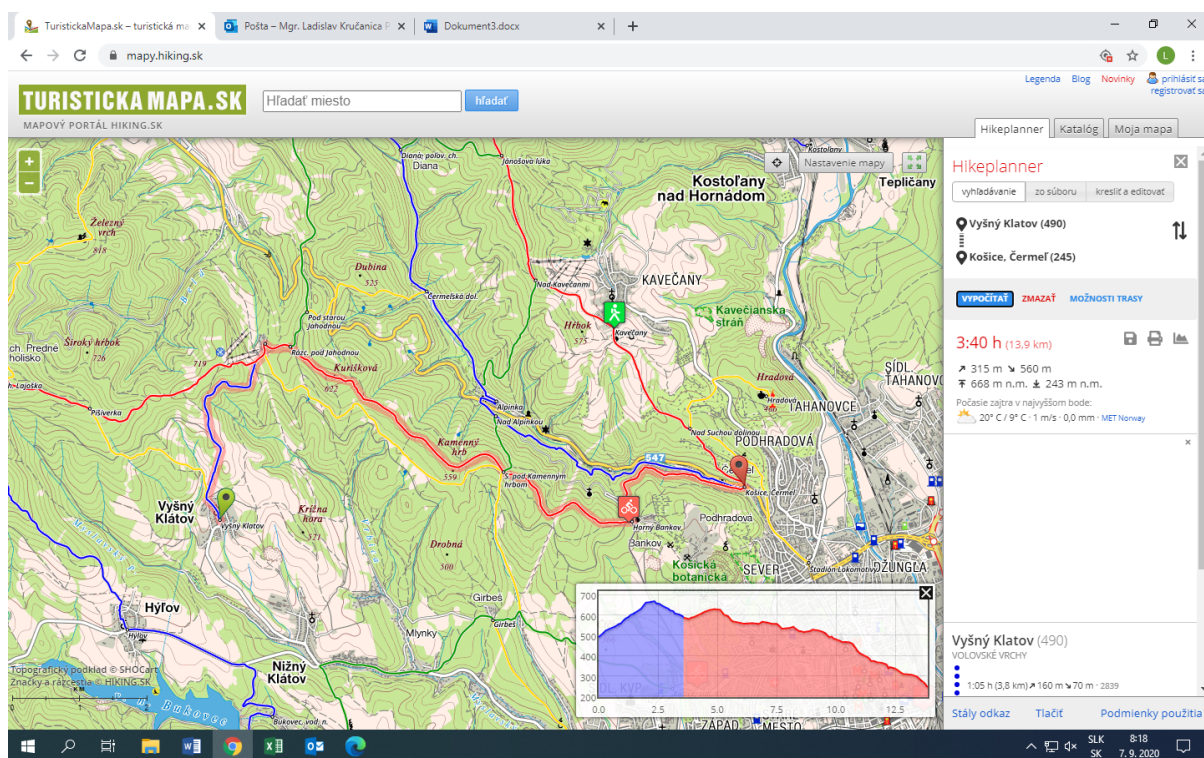
## Trail 4 - 17.10. 2020

Difficulty: Medium

Meeting point: Bus station - Košice (vestibule)

Starting point: Vyšný Klatov

Finish: Košice Čermel'



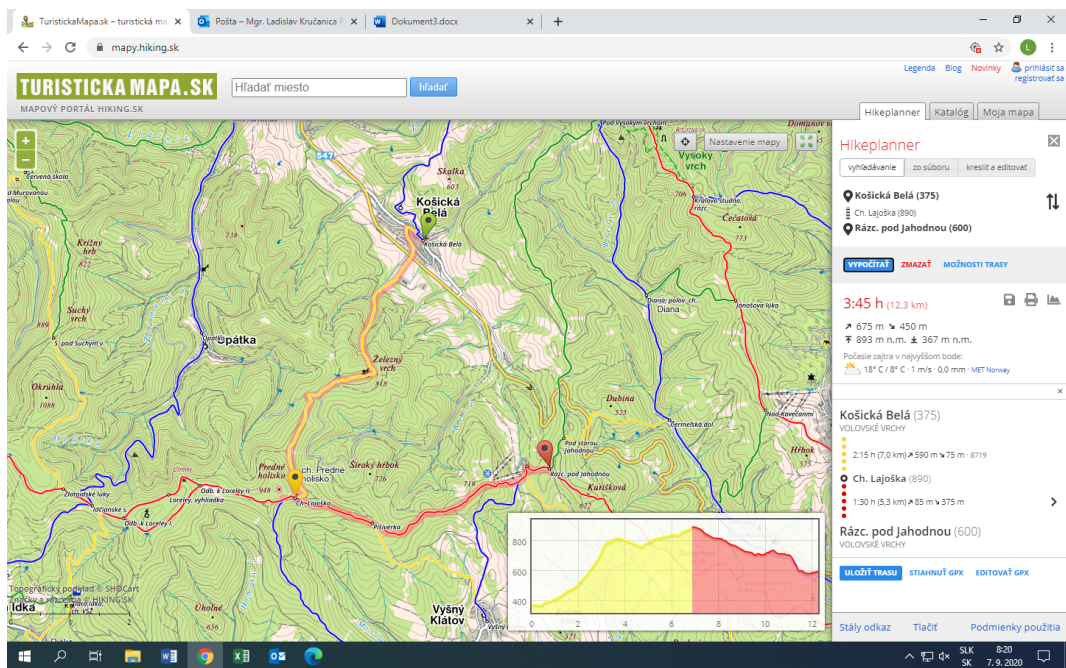
## Trail 5 - 23.10. 2020

Difficulty: Hard

Meeting point: Bus station - Košice (vestibule)

Starting point: Košická Belá

Finish: Jahodná



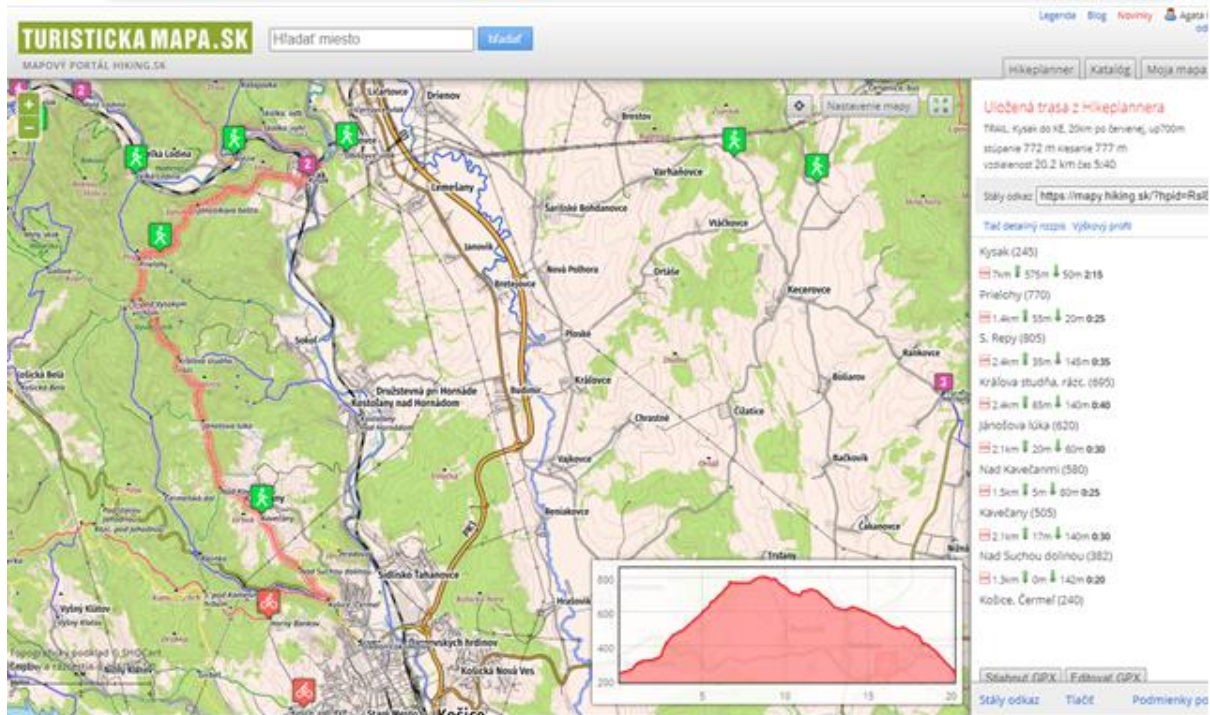
## Trail 6 - 24.10. 2020

Difficulty: Hard

Meeting point: Košice, zastávka MHD Čermel'

Starting point: Košice, zastávka MHD Čermel'

Finish: Kysak





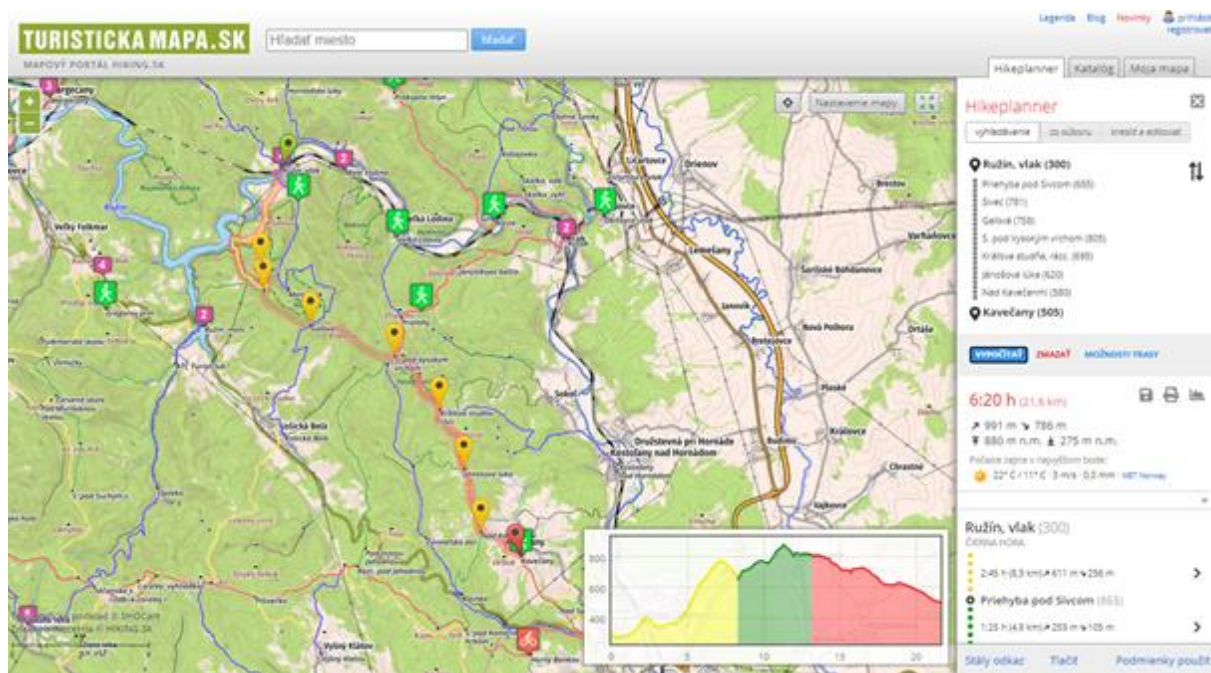
### **Trail 7 - 6.11. 2020**

Difficulty: Hard

Meeting point: Train station - Košice (vestibule)

Starting point: Ružín - train station

Finish: Kavečany



### **Trail 8 - 7.11. 2020**

Difficulty: Medium

Meeting point: Train station - Košice (vestibule)

Starting point: Veľká Lodina

Finish: Kysak

TuristickáMapa.sk – turistická mapa

Mapy Hiking.sk

Hľadaj miesto

Hľadaj

Hikeplanner

Katalóg

Moja mapa

Nastavenie mapy

Velká Lodina (285)

Prielohy (770)

Kysak (245)

VÝPOČÍT

ZMAŤ

MOŽNOSTI TRASY

3:20 h (9,9 km)

570 m 610 m

786 m n.m. 245 m n.m.

Počasie zajtra v najvyššom bode:

19° C / 8° C - 1 m/s - 0,0 mm - MET Norway

Velká Lodina (285)

Čierna hora

1:35 h (2,9 km) 520 m 35 m - 2815

Stály odkaz

Tlačiť

Podmienky použitia