GUIDELINES FOR CYCLING

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.
- Registration process: Students are obliged to register for the Outdoor activities via AIS
 Subsequently register for the particular cycling tour via Register for examination. The deadline to complete the registration is 12 00 PM one day before the cycling tour.
- 3. Equipment requirements
 - O Mountain bike (or gravel, or road bike depending on the terrain)
 - o Helmet is indispensable and mandatory
 - o Extra tubes
 - o Tools
 - o Health insurance card
 - o Water supply, food
 - O Adequate clothing
- 4. The cycling tours are subject to change depending on the weather conditions or restrictions in the cycling areas. Registered students will be notified by email (check your UPJS mail account) of the exact time and meeting point.
- 5. **Completion requirements**: The student has to participate in at least **three** cycling tours to acquire the credits.

The minimum number of students registered for the cycling tour is 3, otherwise the tour will be cancelled. (check your UPJS mail account for updates).

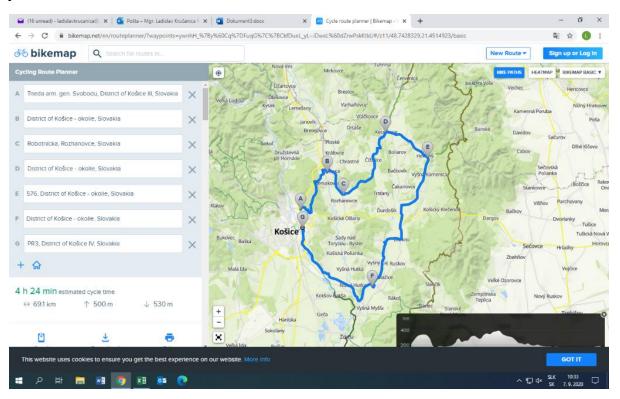
In the case of unfavourable weather forecast, a cycling tour may be cancelled (check your UPJS mail account for updates).

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

Tour 1 (road) - 1.10. 2021

Difficulty: medium

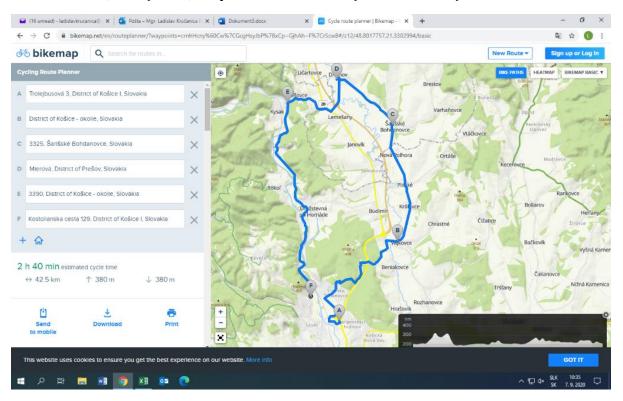
Route: Košice (Zelený dvor) - Rozhanovce – Kecerovce - Herľany - Bohdanovce - Sídlisko Nad jazerom



Tour 2 (road) - 8.10. 2021

Difficulty: medium

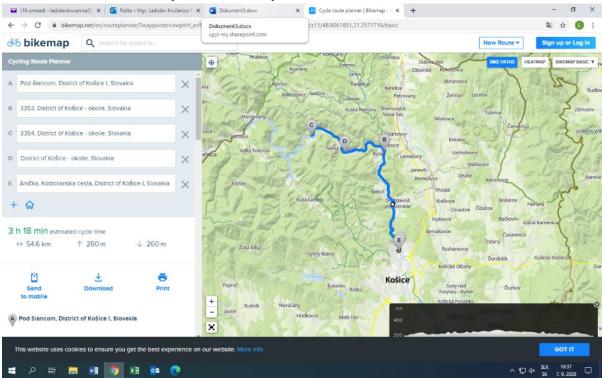
Route: Košice (Zelený dvor) - Vajkovce - Drienov - Kysak - Kostoľany nad Hornádom - Košice



Tour 3 (road) - 15.10. 2021

Difficulty: Medium

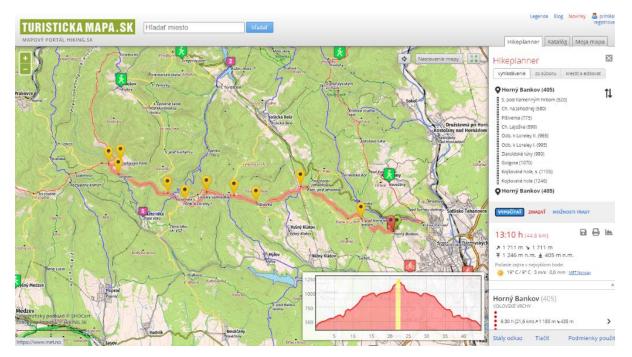
Route: Košice (Anička) - Kysak - Ružín - Kysak - Košice (Anička)



Tour 4 (off-road) - 22.10. 2021

Difficulty: hard

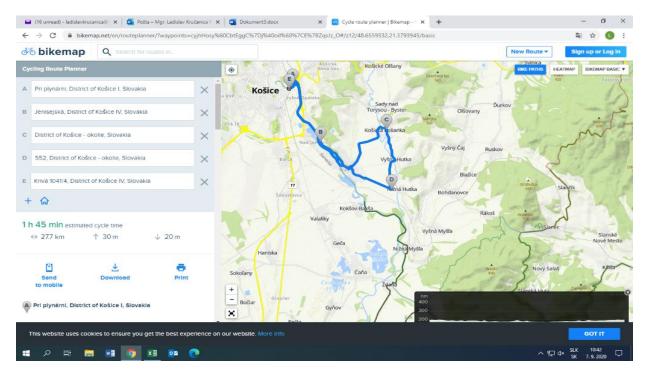
Route: Košice-Bankov-Jahodná – back to Košice



Tour 5 (road + gravel) - 29.10. 2021

Difficulty: Medium

Route: SOU železničné - Sídlisko nad jazerom - Košická polianka – Radar - Nižná hutka - Košice krásna- Sou železničné



Tour 6 (road + gravel) - 5. 11. 2021

Difficulty: medium

Route: KE - Via "Furča" vodojem, Hrašovík, Rozhanovce - Košické Olšany - Sady nad Torysou - Košická polianka - Krásna - KE centrum

