

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.
- 2. Registration process:** Students are obliged to register for the Outdoor activities via AIS
2. 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

The screenshot shows the Bikemap website's cycling route planner. The browser address bar displays the URL: bikemap.net/en/routeplanner/?waypoints=ywnhH_%7By%60Cq%7DFuqG%7C%7BCKfDuel_vL-iDweL%60dZrwPskk1kl/#/z11/48.7428329,21.4514923/basic. The page title is "Cycling Route Planner".

On the left side, there is a list of waypoints:

- A Trieda arm. gen. Svobodu, District of Košice III, Slovakia
- B District of Košice - okolie, Slovakia
- C Robotnícka, Rozhanovce, Slovakia
- D District of Košice - okolie, Slovakia
- E 576, District of Košice - okolie, Slovakia
- F District of Košice - okolie, Slovakia
- G PR3, District of Košice IV, Slovakia

The map shows a blue route starting at point A in Košice, passing through points B, C, D, E, and F, and ending at point G. The estimated cycle time is 4 h 24 min, with a distance of 691 km, an elevation gain of 500 m, and a descent of 530 m. The interface includes a search bar, a "New Route" button, and a "Sign up or Log in" button. A cookie notice is visible at the bottom of the page.

Tour 2 (road) - 8.10. 2021

Difficulty: medium

Route: Košice (Zelený dvor) - Vajkovce – Drienov – Kysak - Kostol'any nad Hornádcom - Košice

The screenshot displays the Bikemap website's cycling route planner. The main map shows a blue route connecting six waypoints (A-F) in a loop. The left sidebar lists the waypoints with their addresses and district information. Below the list, the estimated cycle time is 2 h 40 min, the distance is 42.5 km, and the total elevation change is 380 m. The interface includes buttons for 'Send to mobile', 'Download', and 'Print'. The bottom of the screen shows a Windows taskbar with the date 7.9.2020 and time 10:35.

Tour 3 (road) - 15.10. 2021

Difficulty: Medium

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

16 unread - ladislavkruhanica@ x Pošta - Mgr. Ladislav Kruhanica x Dokument3.docx x Cycle route planner | Bikemap - x

bikemap.net/en/routeplanner/?waypoints=owphLev... Dokument3.docx upjs-my.sharepoint.com /z11/48.8061851.21.2571716/basic

bikemap Search for routes in... New Route Sign up or Log In

Cycling Route Planner

- A Pod šiancom, District of Košice I, Slovakia
- B 3353, District of Košice - okolie, Slovakia
- C 3354, District of Košice - okolie, Slovakia
- D District of Košice - okolie, Slovakia
- E Anička, Kostolianska cesta, District of Košice I, Slovakia

3 h 18 min estimated cycle time
 ↔ 54.6 km ↑ 260 m ↓ 260 m

Send to mobile Download Print

Pod šiancom, District of Košice I, Slovakia

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Windows Search Taskbar Icons System Tray SLK 10:37 SK 7. 9. 2020

Tour 4 (off-road) - 22.10. 2021

Difficulty: hard

Route : Košice- Bankov - Jahodná – back to Košice

TURISTICKÁ MAPA.SK Hľadieť miesto Hľadať

MAPOVÝ PORTÁL HIKING.SK

Legenda Blog Novinky prihlásiť registrovať

Hikeplanner Katalóg Moja mapa

Nastavenie mapy

Hikeplanner

vyhľadávanie zo súboru kresliť a editovať

- Horný Bankov (405)
 - Ch. pod kamenným hrbom (520)
 - Ch. na Jahodnej (580)
 - Páňverka (775)
 - Ch. Lajčská (890)
 - Odb. k Loreley II. (965)
 - Odb. k Loreley I. (995)
 - Čatolské kúpy (980)
 - Golgota (1070)
 - Kojšovská hora, s. (1155)
 - Kojšovská hora (1246)
- Horný Bankov (405)

vyPOČítAN ZMAŇAŤ MOŽNOSTI TRASY

13:10 h (44,8 km)

▲ 1 711 m ▼ 1 246 m
 ± 1 246 m n.m. ± 405 m n.m.

Počasie zajtra v najvyššom bode: 19° C / 9° C - 3 m/s - 0,0 mm MET.Noviny

Horný Bankov (405)
 VOĽOVSKÉ VRCHY

8:30 h (21,6 km) ▲ 1 185 m ▼ 435 m

Stlačiť odkaz Tlačiť Podmienky použitia

Tour 5 (road + gravel) - 29.10. 2021

Difficulty: Medium

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

The screenshot displays the Bikemap website interface for a cycling route planner. The browser address bar shows the URL: bikemap.net/en/routeplanner/?waypoints=cyjHosy%60CbtEggC%7Dj%40oil%60%7CE%78Zqslz_O#/z12/48.6559332.21.3793945/basic. The interface includes a search bar, a list of waypoints, and a map showing the route. The waypoints are:

- A: Pri plynárni, District of Košice I, Slovakia
- B: Jenisejská, District of Košice IV, Slovakia
- C: District of Košice - okolie, Slovakia
- D: 552, District of Košice - okolie, Slovakia
- E: Krivá 1041/4, District of Košice IV, Slovakia

The map shows a blue route starting at point A, passing through B, C, D, and E, and returning to A. The estimated cycle time is 1 h 45 min, with a distance of 27.7 km, a maximum elevation of 30 m, and a minimum elevation of 20 m. The interface also includes options to send the route to a mobile device, download it, or print it. The bottom of the screen shows a Windows taskbar with the date 7. 9. 2020 and time 10:42.

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

The screenshot displays the Bikemap website's cycling route planner. The interface includes a search bar at the top, a list of waypoints on the left, and a map showing the route. The waypoints listed are:

- B District of Košice III, Slovakia
- C District of Košice - okolie, Slovakia
- D SNP, Rozhanovce, Slovakia
- E District of Košice - okolie, Slovakia
- F District of Košice - okolie, Slovakia
- G District of Košice - okolie, Slovakia
- H Pri Hornáde 294/8, District of Košice IV, Slovakia
- I Pri plynárni, District of Košice I, Slovakia

The route summary at the bottom indicates an estimated cycle time of 1 h 52 min, a distance of 29.8 km, and a total elevation change of 190 m. The map shows the route starting in the city center of Košice, passing through various districts and surrounding areas like Rozhanovce and Olšany, and returning to the center.