

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 the Outdoor activities via AIS 2. 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 hoes (sneakers are not hiking shoes),
 - o rain coat, extra warm layers kept in a plastic bag
 - o first aid kit
 - o some cash
 - o health insurance card
 - o water supply, 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:** The student has to participate in at least **three hiking tours to acquire the credits**.
- 6. Additional information:** Transportation costs to the meeting point or starting point are at the expense of a student.

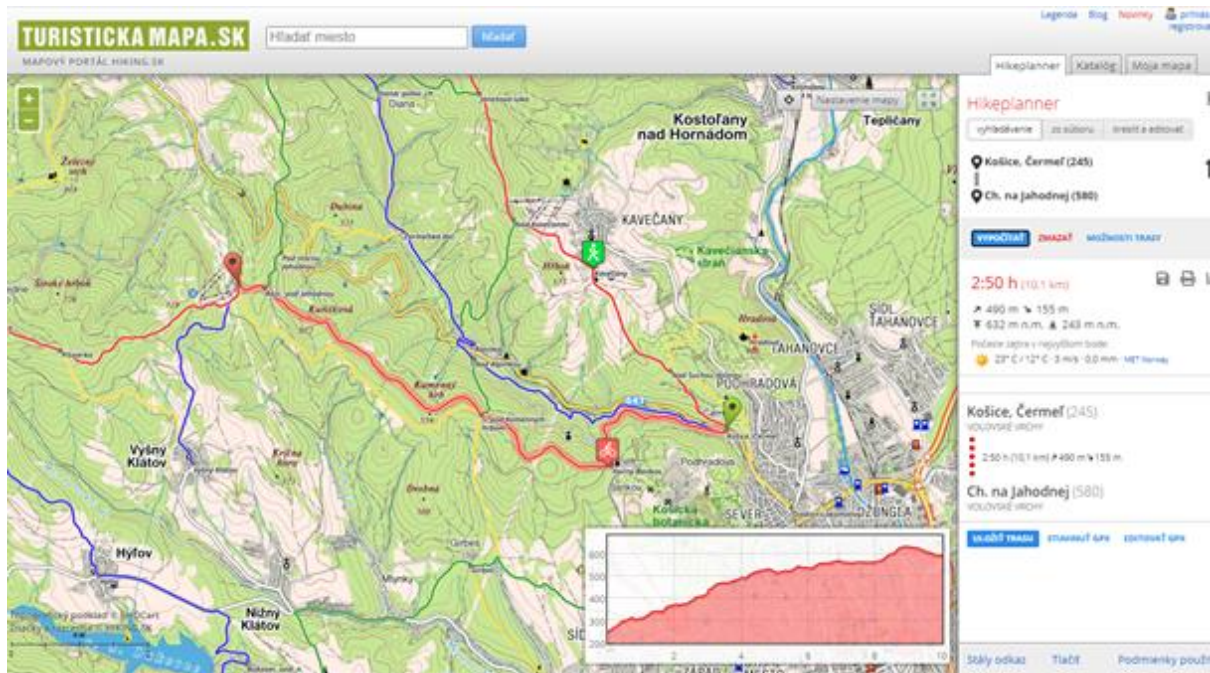
The minimum number of student registered for the hiking tour is 10, otherwise the tour will be cancelled. (check your UPJS mail account for updates).

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

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

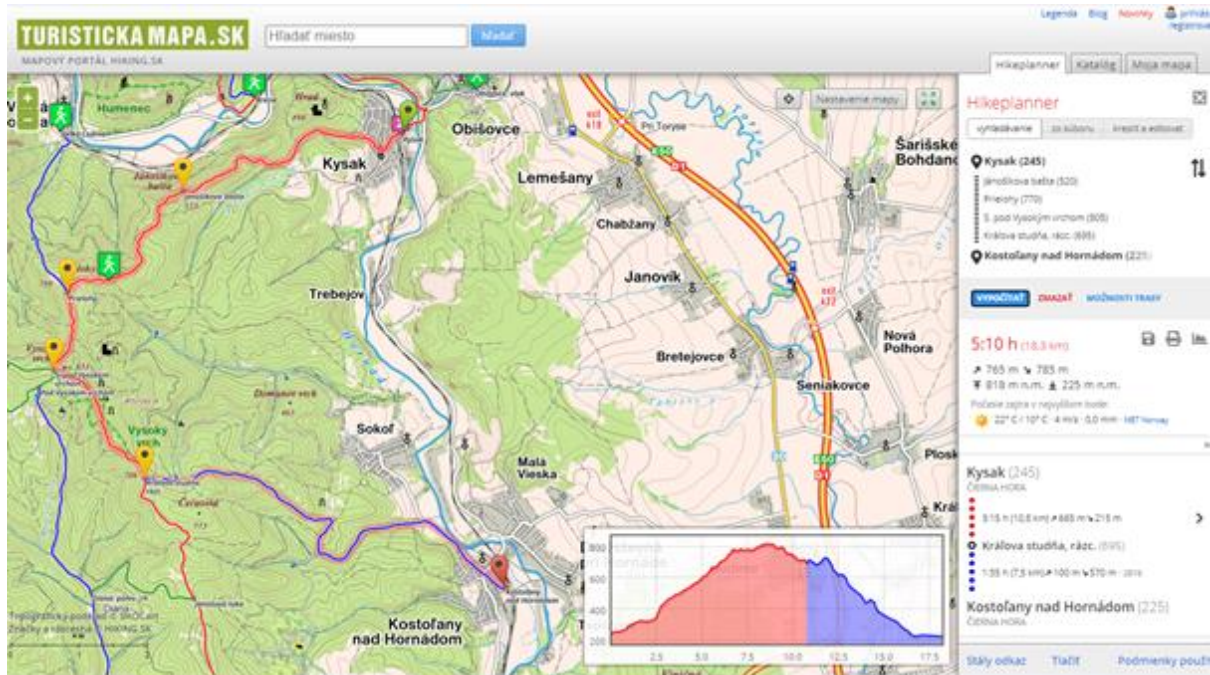
Trail 1 - 1.10. 2021

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



Trail 2 - 8.10. 2021

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



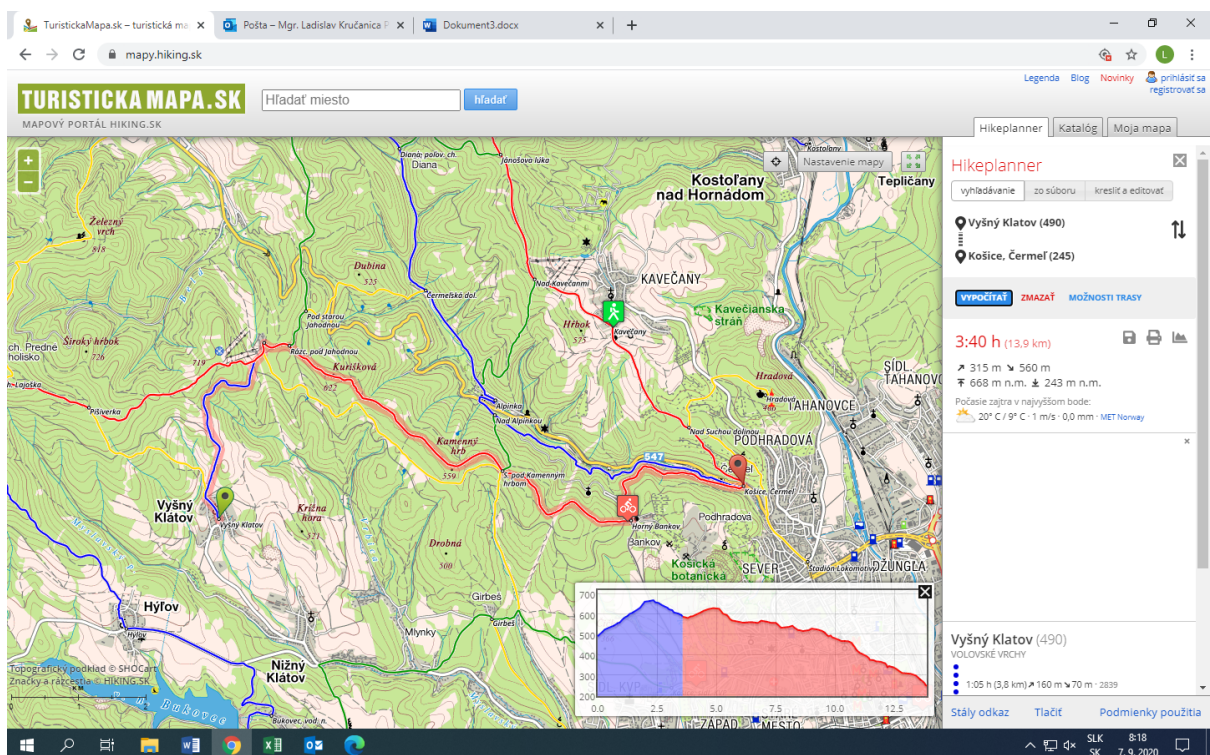
Trail 3 - 15.10. 2021

Difficulty: Medium

Meeting point: Bus station - Košice (vestibule)

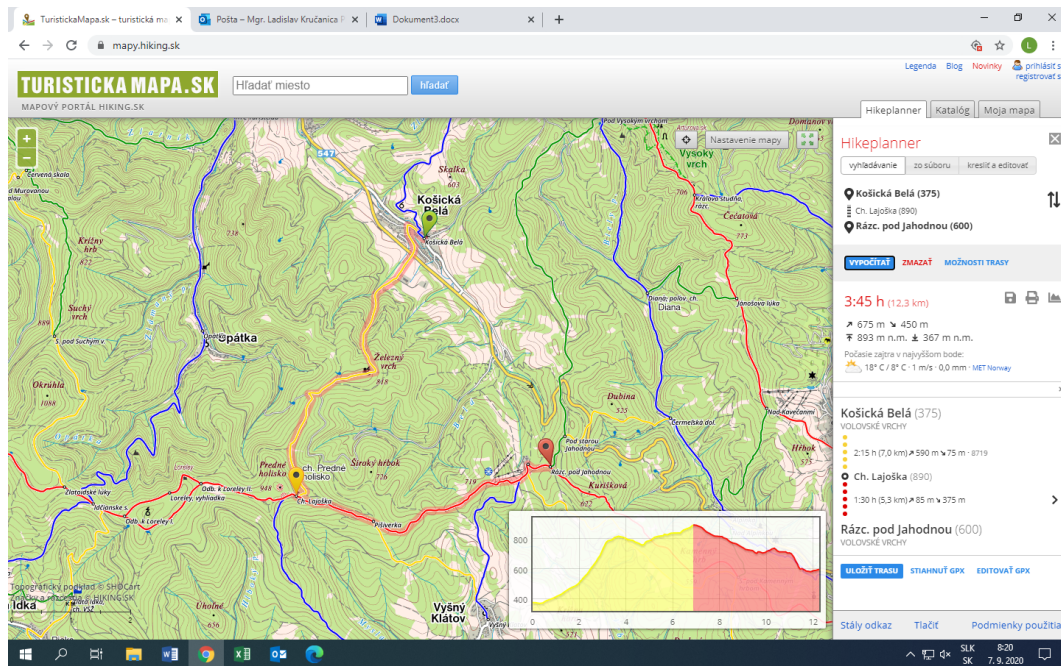
Starting point: Vyšný Klatov

Finish: Košice Čermeľ



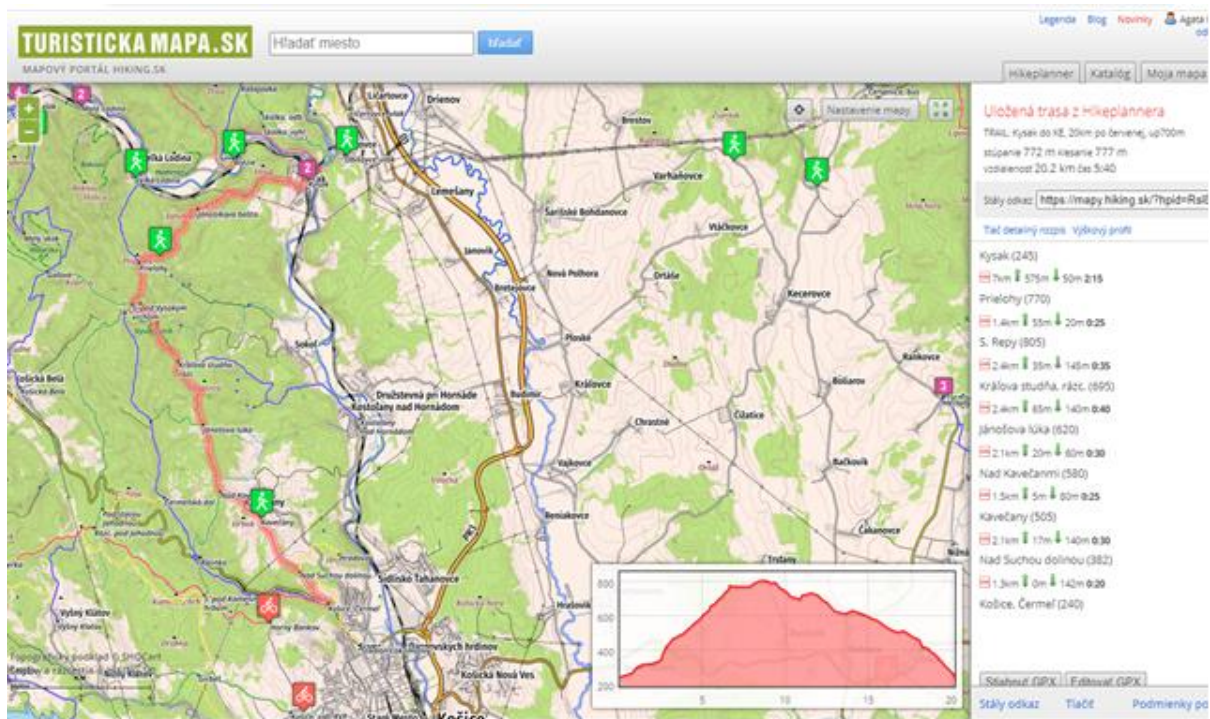
Trail 4 - 22.10. 2021

Difficulty: Hard
Meeting point: Bus station - Košice (vestibule)
Starting point: Košická Belá
Finish: Jahodná



Trail 5 - 29.10. 2021

Difficulty: Hard
Meeting point: Košice, zastávka MHD Čermel
Starting point: Košice, zastávka MHD Čermel
Finish: Kysak



Trail 6 – 5.11. 2021

Difficulty: Hard

Meeting point: Train station - Košice (vestibule)

Starting point: Ružín - train station

Finish: Kavečany

