



## Access route: ŽILINA – SADDLE LUTIŠKA ABOVE THE VILLAGE LUTIŠE

Length: 51,2 km

Pitch: + 810 m

Moderate hiking tour

ŽILINA – VARÍN – KOŇHORA – STRÁŽA – BELÁ – KUBÍKOVÁ – SADDLE LUTIŠKA – SADDLE UNDER ZLIEŇ – SADDLE UNDER MAGURA – SADDLE ŽIARCE – MEADOWS ABOVE KOTRČINA LÚČKA – ZÁSTRANIE – DUBEŇ – ŽILINA

**Characteristics:** one of the most beautiful routes east from Žilina. Access route from Žilina above Lutiše leads through a pleasant environment around the Žilina Dam. Next, the valley of the river Varínka across the villages Stráža and Belá. From the saddle Lutiška, the road is signed with light blue cycling signs and continually leads in the terrain across a picturesque Kysuca landscape with beautiful views, especially on the Krivánska part of Malá Fatra and hill L'adonhora, up to Žilina – Budatín.

## Access route: ŽILINA – SADDLE LUTIŠKA ABOVE THE VILLAGE LUTIŠE

Length: 24,2 km      Pitch: + 340 m

### Route description:

The starting point is **Žilina-Celulózka**, the crossroads to the Žilina Dam. (Access from the city centre around Tesco store: 2,5 km). From the crossroads we turn under the dam wall and we decide here for one of the possible ways along the dam:

- up right on the right-hand asphalt road of the dam to the footbridge to the village Mojš (355) 4,4 km. Over the footbridge, above the dam to the crossroads above the village Mojš.
- on the national road across the dam wall and immediately behind it we turn right up to the dam. We go on the left embankment of the dam, on the good quality asphalt road, with view on the Krivánska part of Malá Fatra, up to the footbridge above the dam near the village Mojš. Here, both optional routes connect.

From the footbridge we continue further along the dam on the left-hand asphalt road. At the end we turn right on the worse quality road, that leads us under the railway to the national road from Nezbudská Lúčka. Following this road around the church to the centre of the village **Varín**, to the column with hiking orientation on the square of St. Florian (362) 8,75 km. Up right the village Varín to the crossroads with national road Žilina-Terchová nearby Krasňany (376) 10,25 km. (From here less difficult option is possible).

Go crosswise the road to the settlement Koňhora. We go across the settlement to the final bus stop of the Slovak Lines (385) 11,60 km. The following part is more difficult for orientation. Behind the final bus stop of the Slovak Lines straight on 400 m on the narrower asphalt road. Then, the road twists left and goes up above the small cottages even more 200 m to the inconspicuous turn to the right (from the final bus stop of the Slovak Lines together 600 m). We turn right and over the concrete bridge to the path, going up along the fence to the cottages. Follow the path 200 m and at the beginning of the wood (by the last cottage) left, firstly on the significantly upward forest path. The following is a technically difficult passage through the slope of Želehost' to the altitude of 445 AMSL. From that point a short downhill road leads to the first house in the village **Stráža** (400) 13,4 km. Upward the village Stráža around the church to the bridge at the end of the village (405) 14,75 km. To the right, over the bridge and follow the short connecting road on the national road to the village Terchová. On the national road across the village Belá to the crossroads to the village Lutiše (450) 19,05 km. To the left, over the bridge and immediately to the right on the national road in a beautiful wooded environment to the village **Kubíková**, to the shop and inn at its end (530) 22,5 km. From that point a significant climb (+140 m) to the **saddle Lutiška** above Lutiše, the cross, hiking orientation (671) 24,2 km, where we definitely leave the asphalted surface.

**OPTION:** indicatively as well as technically easier passage from VARÍN to STRÁŽA, but we need to go on the quite frequented road together 0,8 km: from Varín according to the basic route to the crossroads with main road to the village Terchová nearby Krasňany (376) 10,25 km. To the right, 300 m on the national road,

direction Krasňany. Just behind the bridge over the river Varínka we turn left to the field road. On the close crossroads, we turn left among the fences to the rivulet Varínka. Opposite its flow on the field road, leading across the natural preserve Krasniansky meadow. From the fields to the dense forest (following the orange signs) to the crossroads (385) 12,4 km. To the right, out from the wood and along the border of the field to the close national road (397) 13 km. 500 m on the road to the crossroads, where we turn left to the village Stráža, nearby the bus stop of the Slovak Lines. Upward Stráža, around the new church and playground to the final bus stop of the Slovak Lines. To the right, over the bridge above the rivulet Varínka and short connecting road on the national road to the village Belá (415) 14,6 km.

## Terrain part: SADDLE LUTIŠKA ABOVE THE VILLAGE LUTIŠE – ŽILINA, BUDATÍN

**Length:** 27 km      **Pitch:** + 470 m

**Marking:** light blue plastic cycling signs with Jánošík's emblem

### Route description:

We climb from the saddle **Lutiška** (671 AMSL), following green marked ridge on the field road up to 708 AMSL (good views). Short downhill and we go down into the shallow meadowy saddle (695 AMSL). From the saddle a significant climb to the mast (723) 1,35 km. The following part is in the wood: downhill road – planes - downhill road (690) and moderate climb along the right border of the wood. Before we enter the wood (694) 2,35 km, we turn down right from the green sign (70 m) and then left, following the diversionary route in the wood that leads us back to the green signed ridge in a short time (702) 2,75 km. Next, we continue on, up to the saddle under Zlieň, on the open meadowy ridge with perfect views on the Krivánska part of Malá Fatra, Kysucká Highlands and the village Lutiše. We climb comfortably up the green ridge to 730 AMSL, go down under the cross and a little belfry (right on the small hill) (712) 4,45 km. Next, we follow the green sign for more 300 m and we turn left before the wood, on the meadow (about 40 cm) and just to the right on the forest road. We traverse the road and Zlieň and at the end, we get to the **saddle under Zlieň** (742) 5,75 km, following the steep climb.

*Note : you can get easier to the saddle under Zlieň following the green signed road.*

The following traverse of Magura peak does not require us any hiking signs, we are going to be led by light blue cycling signs. After a short downhill road we continue on the forest road and south slope of Magura peak to the crossroads. From the crossroads sharply up left and in a minute from the road to the right on the forest path. We persistently climb up this path up to the highest point of the traverse (773) 7,15 km at the beginning of the beech forest. Downhill through the beech, later on mixed forest, to the meadow with good views, especially on the hill Ladonhora from one side and the Krivánska part of Fatra from the other. The downhill ends in the **saddle under Magura peak**, by TIM (Hiking Information Point) (668) 8,7 km.

Moderate climb on the meadows to the slope of Jalovec peak (685). Go left and down to the wood, to the crossroads with the red sign, leading us directly (with small deviations) to Žilina. We traverse the hill **Požeha** (to 692 AMSL) on the red signed forest road, we go out from the forest, while moderately going down and after a short climb we come to the meadowy back – the end of traverse around the hill Požeha (698) 11,35 km. To the right, downhill on the meadow into the wood and on the left, follow the upper border of the meadowy basin, to the hiking orientation in the saddle **Žiarce** nad Gbeľanmi (656) 12,25 km (possibility to turn to the asphalt road to the villages Gbeľany – Mojš – and along the dam to Žilina).

To the right, following the red signed road for 1 km – on the forest road we join the red sign again – coming out from the meadow above the village **Kotrčina Lúčka** (567) 14,55 km (possibility to go down straight to the village). To the right, together with red sign, across Slopovec (603) to the saddle between the villages Kotrčina Lúčka and Horný Vadičov, close to the chapel (555) 15,95 km. Always follow the red sign, a longer climb to the wood and across it, almost without any pitch, to the village Zástranie, to the TIM „Za Dielcom“ (663) 18,75 km. There follows the downhill road to the Co-operation farm in **Zástranie** (584) 19,55 km. Next downhill road leads us to the centre of the village, behind the village on the national road to the place, where the road goes out from the wood. Here, turn left to the red signed path and then a longer climb to the hill **Dubeň** (613) 23,45 km. After a short downhill and climb (to 593 AMSL), there is a final downhill with view on the village Teplička n.V. and especially Žilina, almost from bird's perspective, at the end, very steeply (possibility to turn right on the more moderate downhill under the tank) to **Žilina-Budatín** (330) 27 km.

### **OPTION: EASIER FINAL PART OF THE ROUTE**

- a) We turn left to the field asphalt road in the saddle **Žiarce** nad Gbeľanmi (656) 12,25 km. We shortly climb it up and go down, following a 4,5 km downhill to the village Gbeľany. On the non frequent road to the village Mojš and along the Žilina Dam to Žilina-Celulózka.

- b) When went out to the meadows above **Kotrčina Lúčka** (567) 14,55 km, we go down the field road straight down to the village. From the village we follow the non frequent national road to the village Nededza. To the right, following the old road across the village Teplička above the river Váh to Žilina-Budatín. Or from the village Nededza to the close village Gbeľany and along the Žilina Dam to Žilina-Celulózka.



## THROUGH THE JÁNOŠÍK'S REGION: ŽILINA – LUTIŠE – ŽILINA

(Processed in the chart)

**COMPLETE ROUTE** : (access route + cycling route through the Jánošík's Region):

**LENGTH: 51,2 km**

**PITCH: + 810 m**

**DIFFICULTY: Moderate hiking tour**

### Access route: ŽILINA – SADDLE LUTIŠKA ABOVE THE VILLAGE LUTIŠE

Length: 24,2 km

Pitch: + 340 m

Km Length	Km total	AMSL	Place	Direction
0	0	340	ŽILINA – CELULÓZKA, Crossroads to the Žilina Dam	Road on the right side of the dam to the footbridge for walkers to the village Mojš
4,4	4,4	355	Footbridge over the river Váh	Over the footbridge to the other side and on the left side of the dam to the village Varín
4,35	8,75	360	Varín, exit to the road from Nezbud. Lúčka	To the left on the national road into the centre of Varín
0,25	9,00	362	VARÍN, square of St. Florian, column with hiking orientation	Right up the village Varín to the crossroads with national road before Krasňany
1,25	10,25	376	Crossroads by Krasňany	Crosswise the national road, direction Koňhora to the final bus stop of the Slovak Lines behind the village
1,35	11,60	385	KOŇHORA, the final bus stop of the Slovak Lines	400 m on the narrower asphalt road and to the left 200 m under the cottages to the inconspicuous turn right from the road
0,6	12,20	400	To the right, over the <u>concrete bridge to the path</u> , leading along the fence to the cottages	200 m on the path and at the beginning of the wood (before the last cottage), turn left to the significantly upward path in the wood
0,7	12,90	445	A nice, technically difficult passage through the path on the slope of Želehosť to the top of the climb (445). The following steep downhill road leads to the first house in the village Stráža	
1,2	13,40	400	STRÁŽA, beginning of the village	Upward the village around the new church to the bridge at the end of the village
1,35	14,75	407	Bridge at the end of the village, final bus stop of the Slovak Lines	To the right, over the bridge and short connecting road to the national road
0,25	15,00	410	Exit to the national road	To the left, on the national road across the village BELÁ to the crossroads to the village Lutiše
4,05	19,05	450	Crossroads to the village Lutiše	To the left and immediately right on the ational road, direction Kubíková and Lutiše
3,45	22,50	530	KUBÍKOVÁ, the inn	Significant climb to the saddle of the national road Lutiška above Lutiše
1,70	24,20	671	SADDLE LUTIŠKA, cross, hiking orientation	To the left, the beginning of the terrain part of the cycling route "Through the Jánošík's Region"

**Cycling route "THROUGH THE JÁNOŠÍK 'S REGION":  
SADDLE LUTIŠKA Above the village Lutiše – ŽILINA, Budatín**

Length: 27 km

Pitch: + 470 m

<b>Km Length</b>	<b>Km total</b>	<b>AMSL</b>	<b>Place</b>	<b>Direction</b>
0	0	671	s. LUTIŠKA, cross, beginning of the cycling route through the Ján. Region	Green marked ridge, climb and downhill road to the shallow saddle
1,00	1,00	695	Meadowy saddle	Steep exit to the mast, turn left into the wood
0,35	1,35	723	The top of the climb, mast	Green ridge alternately: downhill – plane – downhill (690) and moderate climb to the wood
1,00	2,35	694	Turn right from the green sign in front of the wood	70 m right down and left diversionary route (400 m) back to the ridge
0,40	2,75	702	Ridge with green sign	Green signed ridge, climb (730) and downhill road under the cross on the hill
1,70	4,45	712	Under the cross on the hill	More 300 m on the green sign – turn left 40 m and right on the field road the traverse of the hill Zlieň to the:
1,30	5,75	742	SADDLE UNDER ZLIEŇ	Following the blue cycling signs traverse of the Magura. After a short downhill, climb to the top of the traverse climb
1,40	7,15	773	The top of the traverse climb to the beginning of the beech forest	Downhill road across the beech, later mixed forest and meadow to the saddle under Magura
1,55	8,70	668	SADDLE UNDER MAGURA	Across the meadows to the slope of Jalovec (685) and go down to the crossroads with the red sign
1,10	9,80	670	Crossroads with the red sign, beginning of the traverse POŽEHA	Red signed road on the slope Požeha to (692) – go down and out of the wood and climb to the:
1,55	11,35	698	Meadowy back, end of traverse of Požeha	On the right downhill on the meadow in the wood and left on another meadow to the saddle above Gbeľany
0,90	12,25	656	Saddle Žiarce nad GBELANMI, TIM, possibility to turn to Gbeľany	To the right, red sign 1 km – turn right from the red sign down across the meadow into the wood – join the red sign again, downhill road to the meadows
2,30	14,55	567	Meadows above KOTRČ. LÚČKA, possibility to turn to the village	To the right across Slopovec (603) to the saddle between Kotrč. Lúčka and Horný Vadičov
1,40	15,95	555	Saddle by the chapel above Kotrč. Lúčka over Varínka	Longer climb to the wood and across it, without pitch, above Zástranie, to the TIM „Za Dielcom“
2,40	18,35	663	TIM "Za Dielcom"	Downhill road to Zástranie to the co-operative farm
1,20	19,55	584	ZÁSTRANIE, co-operative farm	Downhill road across the centre of the village to the place, where the road goes out from the wood above Zádubnie
2,25	21,80	548	Turn from the road behind Zástranie to the red signed path	To the left on the red signed path, climb to Dubeň
1,65	23,45	613	DUBEŇ	After the downhill road, a short climb (593) and final downhill road
3,55	27,00	330	ŽILINA, BUDATÍN	

