



## 2. TO POLOM FROM TURSKÁ VALLEY

**Length: 31 km      Pitch: + 1280 m      strenuous hike**

ŽILINA, CHRAST' FOREST PARK – ROSINA – TURIE – COTTAGE SAČNÉ – SADDLE UNDER MINČOL PEAK – FOREST ROADS ABOVE VRÚTKY – SADDLE JAVORINA ON POLOM – STREČNO – VARÍN – ŽILINA DAM – ŽILINA, CELULÓZKA

**ACCESS:** from the city centre, for example: around the hospital – on Bôrická cesta – on the road to Paľova búda (Paul's hut) and around the area of the University of Žilina on Veľký Diel to the children's playground in Chrast' Forest park 2,5 - 3km.

### **ROUTE DESCRIPTION:**

From the gateway into the children's playground in **Chrast' Forest Park** (390) we go across the area of the children's playground and behind it, we go straight down to the gardening settlement (375). We go significantly up the road with asphalt surface to the scenic ridge between the villages Rosina and Bytčica, even behind the Co-operative farm Rosina (428) 2,7 km. Follow the path across the pasture and go down on the asphalt road behind the farm (410 AMSL). We go on this road and climb for a longer time up to the altitude of 475 AMSL and across the saddle (460 AMSL) to the crossroads (488) 5 km. We turn left to the field road and slightly turn left on the next crossroads (496,5 AMSL). Across the meadowy back (504 AMSL). Southeast to the cross in the saddle of the national road between the villages Višňové and Turie (493) 6,1 km. To the right, on the national road to the village **Turie** to the close crossroads by the playground (460) 6,6 km.

**Note:** We can get easier to Turie (but still by more and more frequented national road) across the villages Rosina and Višňové (9 km).

We turn left two times and go up the Turská Valley to Dom dôchodcov (old people's home) (520 m) following the yellow sign, behind it, we enter the wood. 150 m behind the barrier, we can fill the stock from an abundant spring with drinkable water. Across the splendid Turská valley along the stream, the interesting rocky shapes shine behind, to the TIM (Hiking Information Point) „**Spoj troch dolín**“ (Intersection of three valleys) (700) 10,9 km. To the left, significant climb to the place, where the yellow sign turns left to the steeply upward path (845 AMSL). We go on the more moderate climb on the slope, on the newly asphalted forest road with occasional interesting views into the Žilina basin up the hunting cabin **Sačné** (1030) 15,8 km, being an appropriate place for rest and refreshment.

We turn left and climb on, already a dirt forest road, under the main ridge of Martinské Hole highlands to Minčol peak. The climbing is interrupted by two shorter descends, finally (after 4 km) we come to the place, where the forest road is inconspicuously crossed by the yellow signed path up to Minčol peak (1100) 19,8 km. We climb it on two zigzags 0,8 km to the place, where we turn right across the wood (without a path) to only 90 m distant **saddle under Minčol peak**, X of the red and yellow sign (1258) 20,7 km.

We turn right on the yellow signed path to the forest road (1158) 21,8 km. On the left side, we continue going down across the crossroads (1035) 23,35 km, from the crossroads again to the left to the crossroads of many roads, X with blue sign (955) 24,55 km. Next, about 20 m together with blue sign, then left on the downhill road following the unsigned forest road. We go across Kamenný potok (rocky stream) on the right turn and in a moment we come to the wide forest road from the town Vrútky to Polom hill (812) 26,85 km. We persistently climb 4,15 km to the crossroads (1024) 31 km on the forest road with green cycling signs. In its higher parts, there occur excellent views on the range of the Krivánska part of Malá Fatra backwards and down to the village Lipovec in the end. We turn left and follow the green signed road, we even climb up to 1030 AMSL, go down to the TIM „**Saračníky**“ and next steeply to the **saddle Javorina** (967) 31,85 km.

**Note:** straight direction on the asphalt connecting road leads us to visit partisan's monument on Polom (1025) 0,57 km with a good view.

From the saddle Javorina, we are made happy by 7 km long downhill road, first following the red signed forest road under Rakytie (712) 34,4 km, from which the red sign turns left on the steeply downward path. We go on the downhill road following the good unsigned forest road with views into the river Váh Valley, as well as Kysuca Highlands and foothills of Malá Fatra backwards. Later on, the castle of Strečno appears among trees, we can visit its ruins soon, on our way downward, closely before the downhill road ends. From the crossroads under the castle on the periphery of the village **Strečno** (360) 39 km, we turn left into the village and go over the footbridge for walkers above the river Váh to the village Nezbudská Lúčka. To the left, following the national road to the village **Varín**. At the beginning of the village, just behind the bridge above the rivulet Varínka (360) 41,95 km, we turn down left and follow a worse road, under the railway, we come to the barrier and at the beginning of the asphalt road alongside the dam (355) 42,5 km. We turn back to Žilina on the quality asphalt road, usually in the numerous communities of skaters. We pass by the footbridge near the village Mojš (355) 46,8 km and finally turn down to the national road from the village Mojš in front of the dam wall. Follow this road to the starting crossroads in **Žilina-Celulózka** (342) 51,2 km.

### **OPTION No 1: TO THE SADDLE JAVORINA ON THE RED SIGNED RIDGE**

From the **saddle under Minčol peak** (1258 AMSL) follow the steep half kilometre climb walking next to the bike up to the **Minčol peak** (1364) with views. From the peak, follow the red path on the ridge with distant views across the hill Úplaz (1301) to hill Rázsošná (1200). The following hardly passable steep slope in high wood to the TIM „Šaračinky“ (1016) and close saddle **Javorina** (967). Next, continue according to the basic route or to the left, following the green signed asphalt road to the village Stráňavy – to the Žilina Dam – to Žilina.

**OPTION No 2:** from **MINČOL PEAK** follow the demanding downhill road with blue sign to the village **VIŠŇOVÉ**. Or from the TIM „Dolná Roveň“ go left down to the close forest road, follow it across the village **ZDOBINÉ TO TURSKÁ VALLEY – TURIE – ŽILINA**.



