



1. BIG TOUR IN SÚĽOV ROCKS

Length: 59 km

Pitch: +1350 m

strenuous hike

ŽILINA – BÁNOVÁ – HÔRKY – BITAROVÁ – PEKLINA – RÔSOVINY – HLBOKÉ – HRABOVSKÁ VALLEY – SADDLE ABOVE JABLONOVÉ – SÚĽOV – PATÚCH – BABKOV – LIETAŤSKÝ CASTLE – LIETAVA – BREZANY – BÁNOVÁ – ŽILINA

We start from the **Žilina centre** (342) – across (or under Rondel - a big traffic roundabout) to the district **Závodie** (335) 1,5 km – we turn left just right behind the bridge over the river Rajčianka. Go on the narrower asphalt road alternately opposite the river flow and on the path to the footbridge by Kamenná Street, where the cyclists from the suburbs of Hliny and Solinky can join. Go on alongside the river Rajčianka following a green marked asphalt road in the centre of the village **Bánová** (340) 3,5 km – to the left side, following the main road and 0,4 km behind the bridge, around the cemetery to the less frequented field asphalt road. We follow this road directly to the crossroads, turn right (direction Hôrky) and in a moment, turn left up to the main road before the village Bitarová 7,7 km – at the beginning of the village **Bitarová**, just behind the sign „Začiatok obce“ (beginning of the village), we turn left again. Here, we are pleased to say goodbye the traffic. Firstly, we go on the asphalt road, in a short time, the climb on the field road to the saddle above Peklina (465) is more significant. We test our brakes in the following steep downhill road to **Peklina**. On the crossroads in the village (405) 11,0 km we turn left and aim, first on the broken asphalt road (southwest) into Peklinská Valley. Later on, we go on the long climb on the sandy forest road, digging into the curves in the rocky slopes of Roháč hill. At the highest parts (665) 17,7 km, there occur nice views to the village Paština Závada. The following short downhill road make us come to the crossroads in the saddle of **Rôsoviny**, X red sign (630) 18,4 km.

At the crossroads we turn right, following the red sign only 70 m and turn left into the wood, at the beginning, on the insignificant road. Follow this road with a short climb up to 660 AMSL. We go down, following a nice terrain downhill road to the crossroads (600) 19,15 km, we turn right and finally, when going out from the wood, we come to the crossroads above the village **Hlboké** (435) 20, 6 km. Here we decide either for indicatively uncomplicated downhill road to the right side into the village and then left, climbing up on the green signed road to the waterfall to the crossroads with TIM (Hiking Information Point) „Pod vodopádom“ (Under the waterfall), or for the following terrain option. On the left side, there is a traverse, following the field road 0,35 km, to the right, 70 m down to the tree and then to the left, following the path on the pasture. Later on, in the wood, there is a moderate downhill road around the small cottages to the crossroads under **Hlbocký vodopád** (under the waterfall Hlboké) (405) 21,5 km, a possibility to visit it (0,35 km). We go down the green signed road to the close crossroads nearby TIM „Pod vodopádom“ (380) 22,0 km. Here we turn left on the steeply upward field road, just on the right side, and climb it up to the saddle between the villages Hlboké and Hrabové (460) 22,6 km. There is a possible **option** from here.

When going down from the saddle into Hrabovská Valley we turn left from the road after 200 m straight down to the valley (400) 23,0 km. Up the valley 300 m to the sign ŠPR Súľov Rocks (420 AMSL). *Warning! The following half kilometre climb to the saddle above Jablonové is needed to be mostly climbed up while walking next to the bike.*

Before the sign, we turn right up, straight to the insignificant field road. We follow it and climb to the meadow, next, climb its left border and go to the wood again. When going out from the wood, we can see a blue sign in a moment, follow it about 150 m to the saddle above Jablonové (510) 23,8 km. While going down the left border of the pastures, there occurs a beautiful view on Big and Small Manin. We turn right to the wood after 700 m, which is needed to be descended 600 m, steeply to the village **Jablonové**. Finally, we come to the belfry in the village (335) 25,3 km on the asphalt road. We aim to Súľov on the national road. Before the village, we go across something like a Súľovská gorge, in a breakthrough valley of the stream Hradňanka, wading through the

epic rocky towers. In the village **Súl'ov**, we turn left on the first crossroads to the church (375) 28,55 km. Just behind the church we twist right again and follow the steep upward zigzag road to the path with yellow sign (400 AMSL). We climb it to TIM „Lúka pri kamennom hríbe“ (Meadow by a rocky mushroom) (445 AMSL) 29,3 km. Next, we go on the pleasant, grassy yellow signed road with excellent views on the hills Brada and Súľov with their surroundings. Later on, we come into the wood, across it and around a spring to the „Lúka pod Roháčom“ (Meadow under Roháč hill) (515) 31,4 km. From TIM, there is an admirable view on the rocky towers and columns of extraordinary beauty. From the column of TIM we climb up to the right side, around a big rock into the wood, first following the signs to the cave „Šarkania diera“ (Dragon's loophole) (possibility to walk in). After 0,1 km straight on, next follow the brown plastic cycling signs, right to the meadow surrounded by beautiful rocky open-air theatre. Follow the upper slope of the meadow (still brown cycling signs) into the wood on the path. When it twists right, there is an excellent backward view on Brada hill and rocky town under Roháč hill. In the wood, turn left to a moderately upward (do 555 AMSL) and downward forest path that results in the blue signed road from the Roháčske saddle (545) 32,9 km. Following the blue sign, or its border on the meadow, we go down to the village **Súl'ov** (390) 34,6 km. (Refreshment and rest is possible).

In the next phase, we persistently continue upward, following the yellow signed asphalt road, later on the forest path, in the second part with nice views on the village Hradná and its surroundings. At the end, there is a steep climb and we reach the **saddle Patúch**, X yellow/green, cross (621) 38,45 km. We go on following the yellow signed forest path 0,5 km downhill road to the crossroads (600 AMSL), where we turn left into the valley Patúch. We follow the unsigned road and go down to the old game keeper's (480) 40,95 km. We turn left and go up the forest road to the right, to the saddle with good view on the village Babkov and its surroundings (540) 42,35 km. Following the pleasant downhill road we go down to the village **Babkov**, on the crossroads at its lower end, under the cemetery (470) 43,8 km. Left, firstly on the steep climb around the cemetery on the panel road, later on, on the more moderate field road bordering the wood and following the forest path on the blue signed path from the village Podhorie to the Lietava castle (530) 44,9 km. To the right side, following the path with ongoing climb to the saddle with the cross and TIM „Pod hradom“ (Under the castle) (550) 45,6 km and from that point following the ridge up to **Lietava castle** (630) 46,8 km. When the castle is visited, we turn back to the crossroads with the cross and to the right, we go down to the village **Lietava** (410) 49,4 km on the unsigned field road. We go across the main road to the church, under it, we turn left. We start climbing more significantly, in a moment (at the end of the street), we twist right and go on upward up to the saddle above the village Brezany (470) 50,85 km. There, we go down following a moderate downhill road to the village **Brezany**, on the crossroads by the inn (380) 52,05 km. Near the monument, we slightly turn right to the path that leads us to the crossroads behind the playground (0,4 km). To the right, following a comfortable field asphalt road up to the village **Bánová** (340) 56,8 km. Behind the inn we turn right to the river Rajčianka. We follow the paths on its left bank and finally get to the starting point in **Žilina-Závodie** (335) 58,8 km, on the crossroads with main road by the bridge.

OPTION No 1: FROM THE VILLAGE HRABOVÉ TO THE VILLAGE SÚĽOV, FOLLOWING THE NATIONAL ROAD

Follow the basic road to the saddle between the villages Hlboké and Hrabové (460) 22,6 km. We go down the meadow to the right into the valley and follow it to the village **Hrabové**, on the crossroads with national road (312) 24,9 km. Follow this road, to the left, in the villages Jablonové and Súľov. Before the latter village, we go across Súľovská gorge - in a breakthrough valley of the stream Hradňanka, wading through the epic rocky towers. In the village **Súľov** we turn left on the first crossroads to the church (375) 29,7 km. Just behind the church we twist right again and follow the steep upward zigzag road to the path with yellow sign (400 AMSL). We climb it to TIM „Lúka pri kamennom hríbe“ (Meadow by a rocky mushroom) (445m nm) 30,45 km. Next, we go on according to the basic route..

Note : the easiest possibility is, if we do not turn left to the church in Súľov, but continue on the main road to the upper end of the village. Here, we turn left on the yellow signed road to the saddle Patúch. Thus we omit a quite strenuous (but beautiful) part in the centre of the Súľov Rocks.

OPTION No 2: PASSAGE TO THE VILLAGE SÚĽOV AND ACROSS THE SADDLE UNDER THE HILL BRADA (the passage is not permitted yet)

Follow the basic road to the saddle between the villages Hlboké and Hrabové, from which we go down into the Hrabovská Valley (400) 23 km. On upward road to the fenced tank (490) 24,1 km. Zigzag road to the right –

left to the significant climb, while we join the blue signed road from the village Hrabové (585) 24,9 km and we shortly get to the **saddle under the hill Brada**, TIM with blue and red sign (645) 25,4 km.

From this point we can follow the red signed path and visit a nearby Štefánik's view (720 AMSL) by walk, with really glamorous view on the conglomerate huge rocks and the whole valley of Súľov-Hradná.

When came back, we go on the downhill road, following the red sign (with respect to other hikers!) to the „Lúka pod hradom“ (Meadow under the castle) (555) 26,3 km, from where we can climb on the Súľov castle (652 AMSL) by walk.

From the „Lúka pod hradom“ (Meadow under the castle) we go on the red sign with a nice terrain downhill road above Súľov to the TIM „Lúka pri kamennom hríbe“ (Meadow by a rocky mushroom) (445) 27,3 km, where we twist left and go on next, following the pleasant, grassy, yellow signed road according to the basic route.

OPTION No 3: FROM THE VILLAGE LIETAVA TO THE VILLAGE BÁNOVÁ ACROSS THE SADDLE MALCHOVICA

From **Lietava** (410) 49,4 km to the right on the national road 1,2 km to the TIM „Majer“ (Grange) (390) 50,6 km at the lower end of the village. To the left, climbing the green signed road (with views) to the saddle with TIM „Malchovica“ (460) 51,8 km. Continue following the green sign, on the downhill road on the narrow overgrown path into the valley and to the road to the village Bánová (360) 53,7 km. To the right, across Bánová and along the river Rajčanka to Žilina, Závodie (335) 57,7 km.



