



# To do list

## to make memories

55 things  
to do in the  
Žilina  
region

#todolistzilinaregion



ŽILINA  
TOURISM  
REGION



This To do list is owned by:



If found please call:



When roaming the region, you might find the following websites useful:

[www.zilinskyturistickykraj.sk](http://www.zilinskyturistickykraj.sk)  
[www.regionmalafatra.sk](http://www.regionmalafatra.sk)  
[www.rajeckadolina.sk](http://www.rajeckadolina.sk)  
[www.regionkysuce.sk](http://www.regionkysuce.sk)  
[www.visitorava.sk](http://www.visitorava.sk)  
[www.visitliptov.sk](http://www.visitliptov.sk)  
[www.turiec.com](http://www.turiec.com)

Add photos from your trips on Instagram with the hashtag

#todolistzilinaregion





## 1 Go see Budatín castle in Žilina and learn more about wire craft.

You can't leave Žilina without seeing one of the oldest medieval castles. Castle visitors can also attend the wire craft exhibition - the only one of its kind in the whole world. Wire craft was one of the supplementary forms of employment in poorer regions. Wire craftsmen used wire to fix clay containers and create small objects and later even decor. In addition, the castle is surrounded by a historic park, where you can take a stroll or have a picnic.



## 2 Get a bird's-eye view of Žilina.

After lunch in the town centre go to Burianova veža tower, where the town guards used to stand guard, and take in the city and its surroundings from a bird's-eye view.

**TIP!** Žilina has its own bike-sharing system. You can rent shared bikes through the BikeKIA app.

DATE OF VISIT

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WEATHER



DATE OF VISIT

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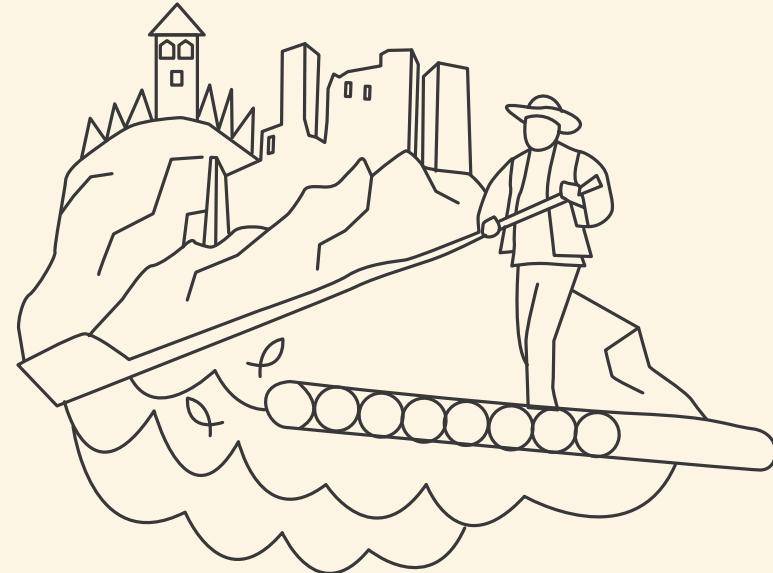
WEATHER





3 **Wave to traditional rafters  
from the highest tower of  
Strečno castle.**

Take a break on your way from Žilina to Martin and visit the medieval Strečno castle that towers on a rock over the Váh river. Its history goes all the way back to the 14th century. You can take a pleasant walk through the medieval wooden village of Paseka, which is modeled after medieval buildings. You will be amazed by the spectacular view of the traditional rafts going down the Váh river.



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#### 4 Take a walk through the most beautiful canyon in Terchová.

The network of canyons and gorges with 20 beautiful waterfalls and rock formations is called Jánošíkove diery and belongs among the most spectacular trails in the Národný park Malá Fatra national park. Along the trail you will find paths with footbridges, ladders and chains, which make it even more interesting.



#### 5 Conquer the Veľký Rozsutec mountain (1,610 m) - a symbol of the Malá Fatra mountains.

A difficult hike that will test everybody's abilities. But once you're there, you will be rewarded by the beautiful views from the top. You can hike to the peak through the Jánošíkove diery gorges in 4 hours or start in Štefanová and it will take only 3 hours.

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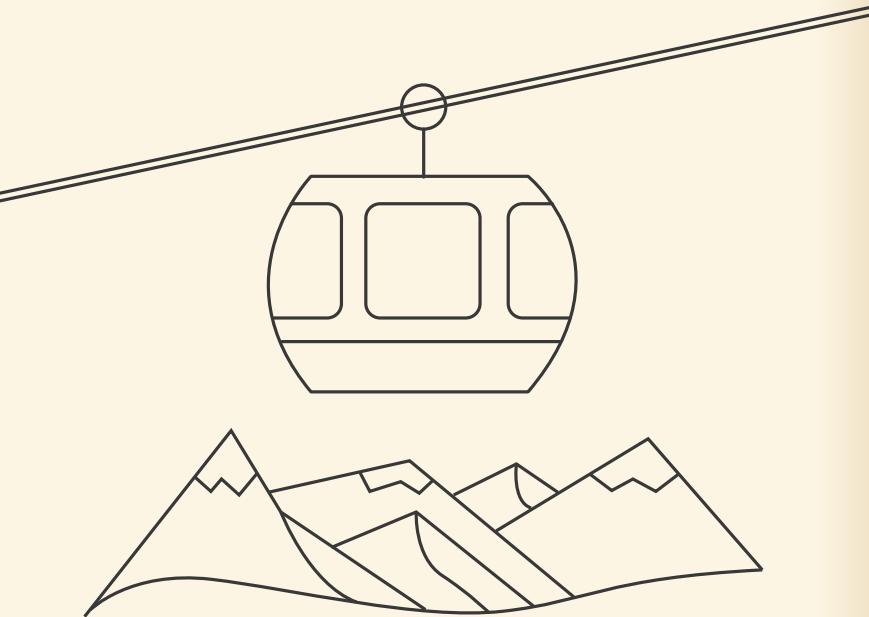


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6 **Conquer the highest peak of the Malá Fatra mountains - Veľký Kriváň (1,709 m).**

Take the cable car from Vrátna dolina valley to the Snilovské sedlo mountain pass all the way to the ridge of the Malá Fatra mountains. Walk across the ridge and enjoy the unbelievable views in all directions. A hike to the peak of the Veľký Kriváň mountain will take only 40 minutes. If you opt for a longer hike, you can refresh yourself at one of the mountain huts. They typically serve thick soups and steamed sweet dumplings.

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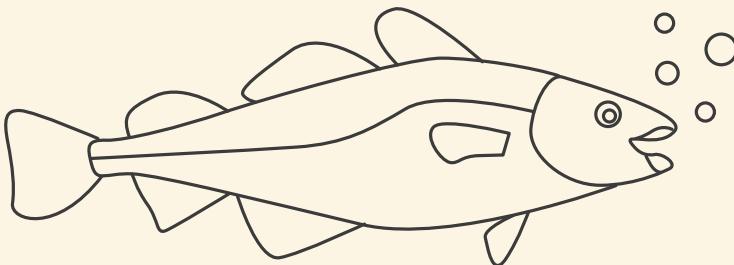
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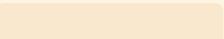


7 Try a traditional Slovak delicacy made in Žilina.

A traditional Slovak fish delicacy - haddock in mayonnaise - is produced in Žilina. It is made with cooked haddock, mayonnaise, veggies, mustard, and pickled onions. Try the haddock made in TreskaBar in Žilina or find it at one of the shops. It tastes best with a typical Slovak white bread roll called rožok.



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8 Trace a folk ornament from a gingerbread house in the village of Čičmany.

Visit Čičmany, a place known for its unusual wooden buildings with rich ornamental decoration. These ornaments are unique in the whole of Central Europe. You can find more than 130 houses here.

Draw a Čičmany ornament:

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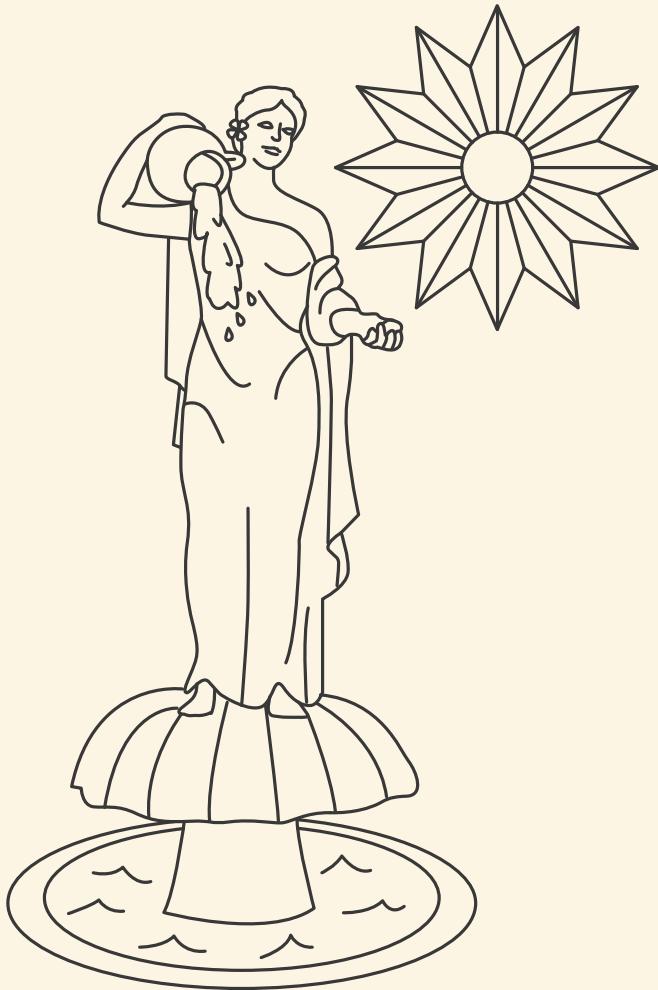


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9 **Take a bath in the healing water of the local spa in Rajecké Teplice.**

The nontraditional spa architecture will capture everybody's attention. It combines ancient Greek elements with natural materials like marble, onyx, precious woods, stained glass, and gold. The spa specializes in treating diseases of the locomotor system, inflammations of the central nervous system, and bone, joint, muscle and tendon problems. The healing water is also used for drinking cures.

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10 Take a picture of the bizarre rock formations found at the Súľovské skaly rocks.

The Súľovské skaly national nature reserve is a sought-after hiking destination. The area attracts visitors with its unique rocky relief and people marvel at what nature was able to create out of rocks. The Gotická brána rock formation, which resembles a gate, is one of the most photographed spots. Take a picture too and make some memories.

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**11 Have a look at the unique stone spheres in the Kysuce region, the origin of which remains a mystery.**

You can find the Kamenné gule rock formation (Stone Spheres) in the Milošová-Megoňky quarry close to Čadca and in the Klokočovské skálíe nature reserve. The Slovak spheres are not the only ones in the world, however, they seem to be the biggest. The biggest found sphere is 2.6 m in diameter. Similar spheres can be found only in about eight other locations around the world, for example Costa Rica, New Zealand, Bosnia, the rain forests of South America, and Scotland.

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**12 Find out about life in the Kysuce region in the past.**

The Kysuce region has its own open-air museum. The precious folk architecture objects were moved to this location because of the construction of the Nová Bystrica dam. The open-air museum houses residential houses and agricultural, technical, and religious buildings from several Kysuce region villages. The traditional pub is tended by staff dressed in Kysuce region folk costumes and offers traditional cuisine.

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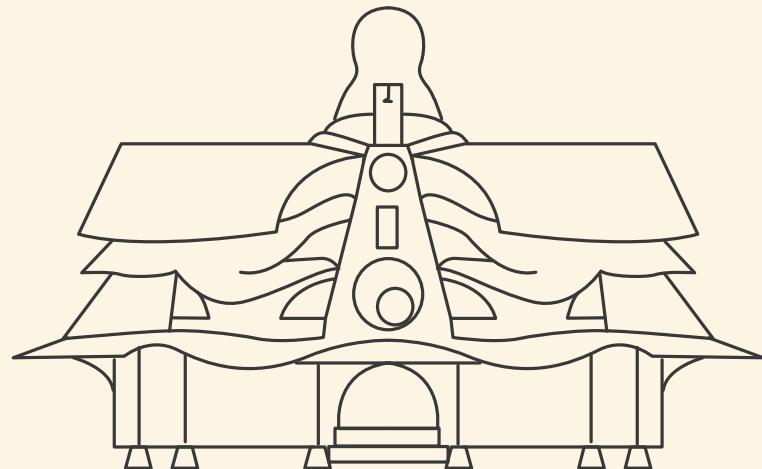
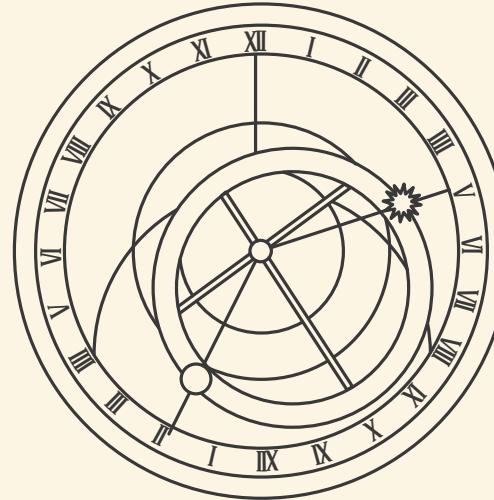
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13 Watch the striking of the Slovak astronomical clock in Stará Bystrica.

The only astronomical clock in Slovakia is located in the Žilinský kraj region. It is the biggest wooden statue in Slovakia. The astronomical clock strikes every hour from 8:00 a.m. to 10:00 p.m. with seven Slovak saints appearing in succession.



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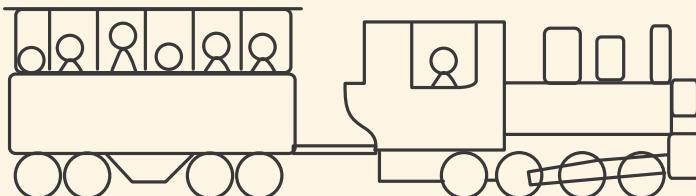
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**14 Ride the historic train in the Museum of the Kysuce Village in Vychylovka.**

Experience a unique ride in a logging switchback railway that used to help overcome big elevation differences over short distances. In the past, the railway was used to transport wood logged in the surrounding forests.



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**15 Fill your bottle with the healing water from a spring at the Živčáková pilgrimage site.**

The Živčáková Marian pilgrimage site is known for the apparition of the Virgin Mary to a forest worker in 1958. Even today, thousands of pilgrims come to this location to draw new strength, spiritual experience and fill their bottles with the healing spring water.

**TIP!** There is a petroleum spring located close to the pilgrimage site in Korňa. You can see how petroleum springs above the ground.

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**16 Take a bath in a barrel or a tank with a real fire underneath.**

A new form of wellness is gaining popularity in the Kysuce region - bathing in bathing barrels and cast-iron tanks under the sky with water heated by a real fire. You can try this devilish bath in the Drevenice Živčáková resort or at the Sudopark site.



**17 Experience a day of fun at Snowparadise Veľká Rača in Oščadnica.**

Enjoy a perfect skiing trip at the highest located ski resort in the Kysuce region. In the summer, the resort turns into a summer centre for fun. You can enjoy yourself on several attractions like trampolines, a bobsleigh track, downhill scooter ride or a hike to the lookout tower.

**TIP!** Hike to the top of the Veľká Rača mountain (1,236 m) and step across the Polish border. The pleasant walk to the peak from the top station of the chairlift takes approximately 1 hour.

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18 **Take your cross-country skis for a spin at the Beskydy - Javorníky main cross-country skiing trail.**

If you feel the urge to cross-country ski in spectacular winter nature, come to this location. You will find a converted 50-km-long track, fairy-tale views, and peaceful mountain settlements. The track is best accessible from the Husárik location in Čadca, from Melocík, which is located between the villages of Kolárovice and Makov, and also from Makov - Kasárne.



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**19 Walk through the chambers  
of Orava castle and feel like  
a fairy-tale royal.**

One of the most visited and most beautiful Slovak castles is located in Oravský Podzámok. It can be described as an eagle's nest built on a high rock towering over the surrounding countryside. Hike to the highest castle tower with the Filmotéka film library exhibition and find out which films and fairytales were made here.

Join the dots to see the castle:



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**20 Try an unusual form a transport - a traditional wooden raft.**

In the past, traditional rafting was an important source of income for the inhabitants of poor regions like Orava and Liptov. At the beginning, raftsmen transported wood and later also other goods to areas in need. You can try using this uncommon means of transport in the attractive surroundings of the Váh river, which flows under Strečno castle, or on the Orava river with its beautiful view of Orava castle.



**21 Count the folk architecture buildings at the Museum of the Orava Village in Zuberec.**

Learn how our ancestors lived and made their living in the Orava region in the past. Originally, there were no houses at the museum site. Most of the buildings were bought from their original owners, taken apart, transported and reassembled at the museum. Additional buildings were modelled after the original buildings.

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**22 Go hiking at the Roháčske plesá tarns in the Západné Tatry - Roháče mountains.**

The popular hiking spot in Roháčska dolina valley in the spectacular environment of the Západné Tatry - Roháče mountains is home to the Roháčske plesá tarns and Roháčsky vodopád waterfall, high peaks and majestic mountains with a plethora of hiking trails. Roháčske plesá consist of six glacial tarns. When you get there, you will be rewarded with beautiful natural panoramas with interesting sceneries.

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**23 Take a picture under the imitation of the statue of Christ from Rio de Janeiro located in Klin at the Orava region.**

If you want to experience spiritual peace and enjoy a spectacular view of the Orava region countryside, visit the unique statue of Christ in the village of Klin. The monument is an imitation of the famous Brazilian statue in Rio de Janeiro and it is 9.5 m high and weighs 23 tonnes.

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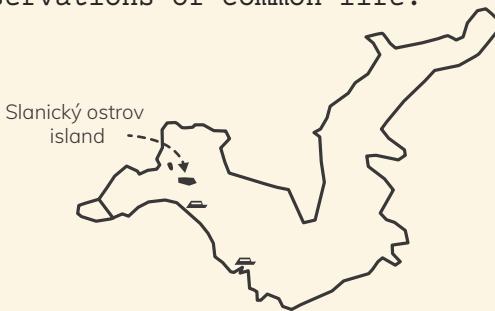
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**24 Take a boat to the island in the middle of the Oravská priehrada dam and learn about its secret.**

The Slanický ostrov island, also known as the Island of Art, located in the middle of the Oravská priehrada dam houses the work of folk painters, woodcarvers and masons, who created beautiful art without any prior official training based only on observations of common life.



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**25 Fly like a bird on the longest ZIPLINE track in Central and Eastern Europe.**

The 1,234-m-long ZIPLINE track is located at the SKI PARK Kubínska hoľa resort located close to Dolný Kubín. Get moving at 105 km/h 29 m above ground. Enjoy the views of the Kubínska hoľa unforested hill while riding. It will give you an adrenaline boost, but you don't have to worry as it is completely safe and everyone is fully secured.

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**26 Go see one of the Orava wooden churches from the list of UNESCO Heritage Sites.**

The Žilinský kraj region boasts two wooden churches inscribed on the UNESCO World Heritage List: the Church of All Saints in Tvrdošín and the Wooden Articular Church in Leštiny. Both were built from spruce. The interiors are adorned by woodcarvings and murals.



**27 Raft a wild river.**

Experience an adventure and boost your adrenaline by rafting the Orava river or Váh river. Try your hand at steering a raft supervised by an experienced instructor. You will find many companies online that offer experiences like these.

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**28 Try a typical alcoholic beverage from the Orava region called Hafirovica.**

Blueberries, also known as hafiry in the Orava dialect, are a typical Liptov and Orava berry. Thanks to their wholesome effects, hafiry have been used for centuries in folk healing and also infused in distillates. Hafirovica is a combination of the best recipe and hand-picked blueberries from the Orava region. The one of a kind liqueur is made with blueberries, spirit, and sugar. However, the exact ratio remains a secret. You can order hafirovica in any pub in Orava or you can find it at one of the shops.

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**29 Try some traditional Slovak cheese - korbáčiky, parenica or oštiepok.**

Sheep or cow dairy products are an integral part of Slovak cuisine. Sheep cheese, oštiepok (smoked cheese), parenica (steamed cheese) and bryndza (soft cheese) are the most popular. You can buy the products at any shepherds' hut or sheep farm, and also at small wooden shepherds' huts located by the road and in the shop.

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30 Try a sweet traditional Slovak food - šúľance s makom.

You can order it at most shepherds' hut restaurants, and it is also a tasty dessert. Poppy played an important role in Slovak folk cuisine, and it is still used today in sweet dishes and desserts like poppy strudel with sour cherries.

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### 31 Go underground and explore the caves of the Liptov region.

Marvel at the spectacular multicoloured dripstones in the Demänovská jaskyňa slobody cave that belongs among the most beautiful in Europe. It is also the most visited cave in Slovakia. The Demänovská dolina valley is also home to the Demänovská ľadová jaskyňa ice cave with ice dripstones and waterfalls.

Name of the cave:

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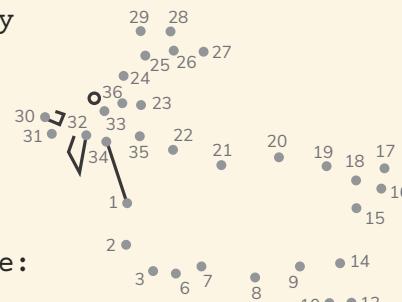
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### 32 Discover the secret of the old water mills hidden in beautiful nature.

Kvačianska dolina and Prosiecka dolina are two of the most spectacular valleys in Slovakia. A section of Kvačianska dolina valley called Oblazy is home to two water mills. They are some of the last preserved landmarks of their kind. Easy hike from Kvačany will take you about an hour.

Join the dots,  
find out who eats  
all the grass there:



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**33 Try a typical Slovak dish - bryndzové halušky.**

Gnocchi or halušky are made from potato dough and are served with traditional soft sheep cheese called bryndza and fried bacon. It is considered the Slovak national dish. If you see it on the menu at a shepherds' hut or sheep farm, don't hesitate to order.



**34 Visit the unique Lúčanský vodopád waterfall.**

The spa village of Lúčky harbours a real gem. There is a 12-m-high waterfall in the middle of the village with water falling from the ledge of a travertine terrace into a small pond.

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**35 Test the healing properties of the thermal water in Liptov region spas or water parks.**

Location:  Aquapark Tatralandia  
 Bešeňová Aquapark  Lúčky Spa

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**36 Try the local regional beer.**

Brand of local beer: .....

Where you tried the beer: .....

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**37 Visit the UNESCO Heritage Site in Vlkolíneč.**

The wooden village is one of the best-preserved folk architecture reserves in Slovakia and was inscribed on the UNESCO World Cultural and Natural Heritage list in 1993. You will find small wooden houses painted in pastel colours here and most of them date back to the 19th century.

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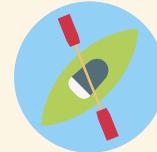
**38 Learn more about the life of the Celts in the Havránok Archeological Open-Air Museum above the Liptovská Mara dam.**

The unique Havránok Archeological Open-Air Museum is one of the most important archeological sites in Slovakia. Visitors can marvel at the reconstructed residential buildings, fortification with a gate, sacrificial site and cult objects of ancient druids.

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**39 Let the waves of the Liptovská Mara dam sway you.**

Take a kayak, water scooter, wakeboard, flyboard, boat, pedalo, paddleboards or a floatie and have fun at the Liptovská Mara dam. You can rent water equipment at Mara Camping on the Liptovská Mara shores or at Marina Liptov.

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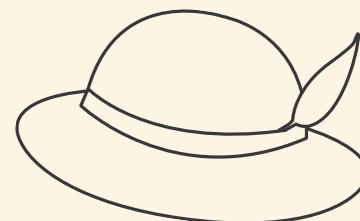
**40 Try the steepest bobsleigh track in Slovakia located in the Demänovská dolina valley.**

The mountain bobsleigh track is located in FUN PARK Žiarce in Pavčina Lehota. The track is 1,000 m long and it is the steepest track in Slovakia with a total elevation difference of 120 m. The maximum speed you can reach is limited to 45 km/h.



**41 Experience the atmosphere of Východná - the biggest Slovak folk festival.**

Learn some basic folk dance steps or the lyrics of a folk song. Don't leave the region without a fashion accessory like a Goral hat, a T-shirt with folk embroidery or another accessory with a folk motif. The festival takes place every year at the turn of June/July in Východná, which is located 30 km from Liptovský Mikuláš.



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## 42 See a bear den in an interactive museum.

You can find the Museum of Nature Protection and Speleology in Liptovský Mikuláš. You can see and experience the world of nature starting in the underground all the way up to the high mountains. The museum is interactive and the showcased exhibits also have light and sound effects to make you feel as if you were walking through a real forest. The museum's lookout tower will show you the Liptov region from a bird's eye view.



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**43 Explore the landmarks that could have been submerged forever in a dam.**

Visit the open-air museum documenting Liptov region folk architecture. The museum was built when a vast area was about to be submerged due to the construction of the Liptovská Mara dam. Significant cultural landmarks were transported here from 11 submerged villages. It was also the location for filming some of the scenes from the movie Bathory about the bloodthirsty Count.

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**44 Ski on the same slopes as world champions. Conquer the highest mountain of the Nízke Tatry mountains.**

The Jasná ski resort in the Nízke Tatry mountains is the biggest and most modern ski resort in Slovakia. It was the location of the FIS SKI WORLD CUP. Petra Vlhová, the best Slovak skier and a native of the Liptov region, likes to train here too. In the summer, the resort is a popular hiking start point. Take the chairlift to the Chopok mountain (2,024 m) and marvel at the beauty of the Nízke Tatry mountains. Walk the ridge and hike to the top of the highest peak in the Nízke Tatry mountains - Ďumbier (2,043 m). The hike from Chopok to Ďumbier will take 2 hours.

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**45 Test your senses in a world of optical illusions in Liptovský Mikuláš.**

ILUSIA gallery is a fascinating world of optical illusions that will make you doubt your senses. The optical illusion art and 3D paintings will take your breath away. You won't trust your eyes in the ILUSIA gallery. Open your mind to fun and educational tricks that will make you perceive reality differently.



**46 Pretend to be a giant while walking along miniatures of Slovak cultural heritage sites.**

Visit the unique Park MINI Slovensko in Liptovský Ján. You will discover 22 miniatures of selected Slovak cultural heritage sites that are built on a 1:25 scale.

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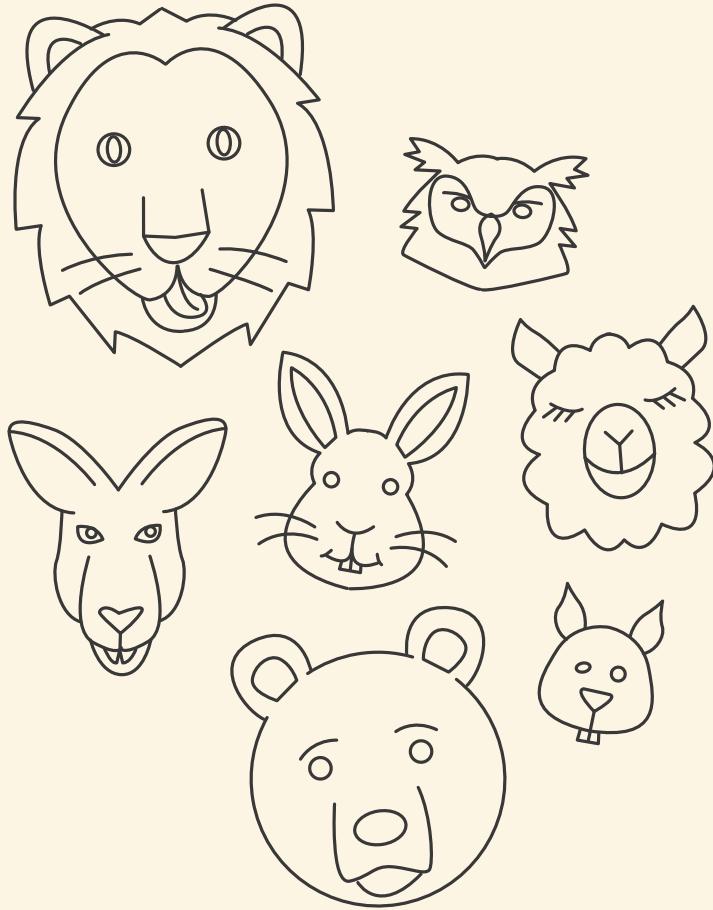


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47 **Pet a parrot in the Tatralandia ZOOkontakt petting zoo.**

You can pet a parrot, see a tiger from up close, or feed a sheep in the biggest petting zoo in the Liptov region. The accommodating zookeepers will show you the animal world like you have never seen before.

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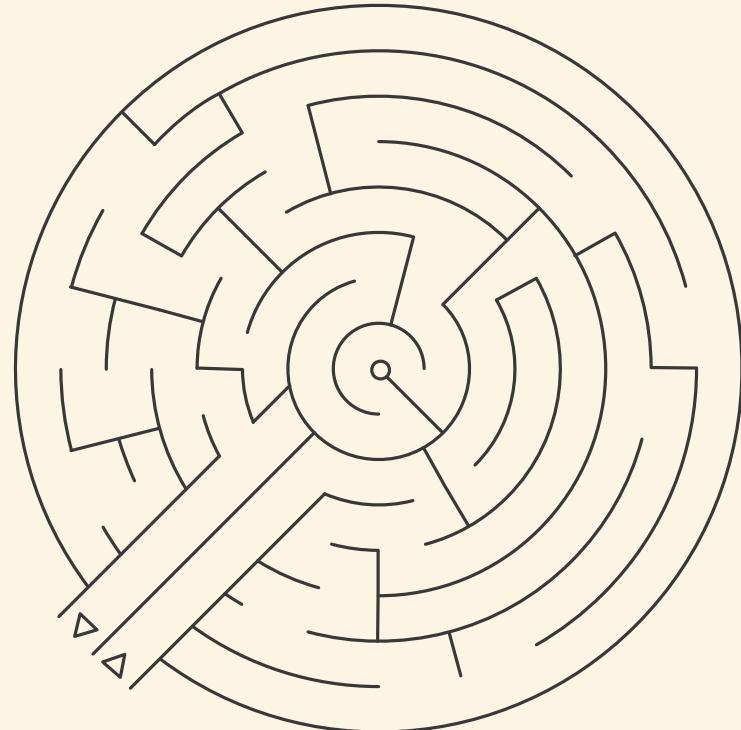
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48 **Find your way out of the biggest wooden maze in the world.**

Test your sense of orientation and try to escape the halls of the biggest wooden maze. You will find the Liptoventure amusement park near the Liptovská Mara dam.



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**49** Try Demänovka - a traditional Liptov region alcoholic beverage.

Demänovka is made with 14 types of herbs and spices. You can try three flavours: Demänovka Horká (bitter), Demänovka Brusnica (cranberry) and Demänovka Medová (honey).

**TIP!** Make a sweet winter drink to warm up by mixing hot cranberry or blueberry juice with Demänovka Brusnica.

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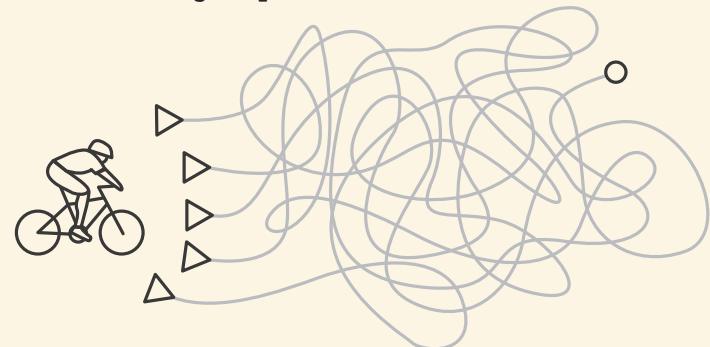
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**50** Try a wild bike downhill in the Malinô Brdo Bike Park.

Malinô Brdo Ski & Bike Family Park near Ružomberok is one of the best bike parks in Slovakia. You can choose from 10 trails. In winter, you can try downhill skiing as the resort turns into a winter wonderland.

Find the right path:



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51 Try a free fall simulation in a wind tunnel.

Hurricane Factory Tatralandia in Liptovský Mikuláš offers a nontraditional, extreme experience. Experience what it feels like to fall freely in the safety of an aerodynamic tunnel under the supervision of professional instructors. A unique extreme attraction, which will let you experience free fall just like if you jumped out of a plane or a cliff but without the fear of heights.



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**52** Climb the via ferrata in the area of Martinské hole.

The HZS Martinské hole via ferrata is located near Martin. It passes through the beautiful wild canyon that surrounds the Pivovarský potok brook. The via ferrata is open year-round with the exception of periods between 15 April and 31 May, and 15 September and 31 October. It is recommended to use a via ferrata kit that you can rent at the location.



**53** See the biggest homeland open-air museum in Slovakia.

Enter the wooden houses in the Museum of the Slovak Village in Martin and travel to the past. It spans over 15.5 ha with 143 objects, of which 22 are accessible.



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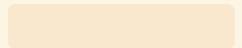




54 Get refreshed at the Šútovský vodopád waterfall.

Boasting a height of 38 m, it is the fourth highest waterfall in Slovakia. It is located in the Krivánska Malá Fatra mountains in the Šútovská dolina valley, approximately 4 km from the village of Šútovo. The water falling to the ground creates a pleasant shower around which will refresh you. The trail to the waterfall is easy and you will get to the waterfall from Šútovo in 1.5 hours.

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## 55 Ride a bike trough a spectacular valley.

Rent a bike and ride the most beautiful valleys of the region, like the Gaderská dolina valley, Valčianska dolina valley and the unknown Belianska dolina valley.

Name of the valley:

.....

**Did you know?** Peter Sagan, the professional road bicycle racer is a native of Žilina.

**TIP!** Try also the Žiarska dolina valley, Čutkovská dolina valley or Hrabovská dolina valley in the Liptov region, and the Bystrická dolina valley in the Kysuce region.

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**More things to see and do**





ŽILINA  
TOURISM  
REGION



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