

FRI celebrates its 33rd anniversary!

**Let's look at those 33 years with distance and respect from Strážovské vrchy
and especially from Minčol on 6 May - 8 May 2023**

**Everyone, according to their possibilities, abilities and mood, can choose any option in
the form of one-day trips with returns to Žilina, or a two-day or three-day trip:**

Saturday 6/5/2023

Departure: May 6, 2023 by passenger train from Žilina station at 8:39 a.m. to Nosice, there at 9:20 a.m., further along the route.

Route 6/5/2023 (Sat): Nosice - Nimnica spa - further along the blue sign to Holíš (533 m) - and to the Podvršie saddle - from there follow the yellow sign to the village of Upohlav, then to the village of Udiča and then up to the Klapý hill (654 m) - further to Klapý saddle, from there follow the blue sign to Považská Bystrica. From Považská Bystrica we will take public transport or a taxi to the renovated campsite at the beginning of the Manínská Tiesňava – Manin gorge (**taxi price about 7 euros, tel. 0910 455 401**) .

Overnight there.

Total route length : 18 km, elevation gain 703 m. (approximately 6:30 hours)

Sunday 7/5/2023

For those who want to start in Žilina, departure on 7/5/2023 by passenger train from Žilina station at 6:44 to Považská Teplá stop, there at 7:14 and from there to Camp Manínská tiesňava either on foot (2.6 km i.e. about 45 minutes) or a taxi.

Route 7/5/2023 (Sun) Campsite in Manínská tiesňava - following the yellow sign under Velký Manín hill (891 m) - (on Velký Manín it is a small turn along an unmarked ridge, about 20 minutes there and back) from the turn, continue following the yellow sign to the place Below Velký Manín, from here follow the green local (walking) sign to Kostolec and then the ascent to Skala (659) in the Bosmany massif - continue along the same sign and at the end follow the road to Vrchteplá. Here it is possible to end the shorter route and return to Považská Bystrica by bus or taxi (**the bus to Považská Bystrica from Vrchteplá Jednota leaves at 1:10 p.m. and 3:30 p.m.**). Those who continue further will follow the yellow sign through the Studená saddle and the Marek saddle to the Malá Čierna village. From here it is possible to use public transport to Rajec and save 5 km of walking, or to walk following the yellow sign.

From Rajec we will move to Rajecké Teplice, where we can spend the night in the Vila Amelia Pension, or we can move to Žilina for the night and on Monday we can easily get to the start of the route to Rajecké Teplice by train.

Length of the campsite – Vrchteplá village route : 11 km, elevation gain 745 m (about 5 hours of walking)

Total length of the route campsite – Rajec station: 22 km elevation gain 1034 m (about 8 hours of walking)

Monday 8/5/2023

For "Žilina residents" departure: 8 May 2022 by passenger train from Žilina station at 8:49 a.m. to Rajecké Teplice, there at 9:15 a.m. All participants from Rajecké Teplice by bus at 9:20 a.m. to Kunerád, there at 9:27 a.m., further along the route.

Route 8/5/2023 (Monday) Kunerád – following the blue sign to Veľká lúka (1476 m) then to the blue and red - Krížava (1457 m) and to Minčol (1364 m). There, a possible meeting with others who will use a different route. From Minčol hill, follow the blue sign to Višňové village and then by bus to Žilina.

Meeting at Minčol hill at approximately 2 – 3 p.m.

Total route length: 20 km, elevation gain 1135 m. (approximately 8 hours + 1 hour)

Note: Višňové village - Žilina bus departures: 4:50, 5:55, 7:30, 8:05 (all pm) about 16 minutes to Žilina.

What it will cost:

Campsite Manínská tiesňava (6/5/2023): 20 Euros for overnight stay, 7 Euros for dinner (kettle goulash), 4 Euros for breakfast.

(When staying in a multi-bed room, the accommodation will be few Euro cheaper, I will refund the overpayment.)

Villa Amelia in Rajecké Teplice (May 7, 2023): 24.5 Euro overnight stay, 7.5 Euro breakfast.

(When staying in a triple room, the accommodation costs a few Euro cheaper, I will refund the overpayment.)

Everyone pays for the fare (bus, train, taxi) themselves.

So, the "package" is 63 Euros. Otherwise, "what you pay for, I will order for you".

I ask those interested in participating in the event to contact me by April 1, 2023 with an appropriate deposit. Please apply electronically to the address jaroslav.janacek@fri.uniza.sk, with a list of people, their addresses and a breakdown of what you want me to provide for you. In the answer, I will give you the account number and you can make deposits via e-banking.

Recommended equipment: raincoat, windbreaker, sweater, boots (vibrams) , protectors against possible snow, spare socks, food, water, mini-first aid kit, which should not be missing plasters. Telescopic poles are not mandatory, but they help save your knees, especially when going down.

Please email questions to: jaroslav.janacek@fri.uniza.sk,

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