



TATRAS TO DANUBE

RELAY RACE
345KM

2026



MAIN
PARTNERS

BILLA



PARTNERS



SPORT PARTNER

UNDER THE AUSPICES



MAIN MEDIA PARTNERS



PRODUCTS
PARTNERS



PARTNER OF
MOTOR VEHICLES



CHARITY PARTNER



REALIZED WITH
FINANCIAL
SUPPORT



SUPPORTED THE EVENT



MEDIA PARTNERS



PRODUCTION
zazitok.sk



SECTION 1

DESCRIPTION FOR THE RUNNER:

The start of the run is situated in front of the Hotel Sorea Marmot. Run continues 250m down the road, turning left around hotel Mikulášska chata directly through parking lot taking wide staircase that leads onto a touristic trail labelled with a blue sign. Continue the run on a trail around Vrbické pleso and after (0,6km) turn left following the blue sign going down the valley, forest and onto tarmac road, until reaching the main road (3,7 km).

The track continues down the main road, in the direction of Liptovský Mikuláš. The road has no sidewalk, stay on the left side. You experience a noticeable descent.

Around the cave (Jaskyňa Slobody), the track descends until you come to Demänovská ľadová cave (jaskyňa) (5,7 km). Cross the road and continue down the sidewalk on the right side of the road.

At the end of Demänovská dolina, by the fishponds (7,5 km), take the left, in the direction of Pavčina Lehota, there is no sidewalk. Keep going straight ahead, behind the cemetery (8,2 km) go left, slight elevation. The handover zone is outside of the village, on the right side.

INSTRUCTIONS FOR THE MOTOR VEHICLES:

Due to the limited parking space next to the start, motor vehicles will be controled under a „special regime“. We kindly ask you to respect the following instructions, to facilitate the start of the event:

1. At the start there will be no vehicles checked for compulsory gear. Therefore, the cars do not need to be present at the start.
2. We kindly ask the runners that are accomodated close to the start, to come without their cars.
3. Vehicles coming to the start from Demänovská dolina, will be taken to the parking space Lúčky. The capacity and length of stay at the parking lot is unlimited.
4. From the parking lot Lúčky, we will be controlling the team vehicles passing to the start – to make it in time to the presentation and start of the first runner.
5. Parking capacity is limited at the start of the race by the Hotel Sorea Marmot, but it is possible to park behind Hotel Grand or Hotel Damián (see the map).
6. We kindly ask you to leave the parking lot area, right after the start of your team, in order to make space for the next vehicles.

The runners vehicle will be moving along the same route as the runner. The parking lot at the handover is under the bobsleigh track. Only the “running” vehicle is allowed in the handover zone!

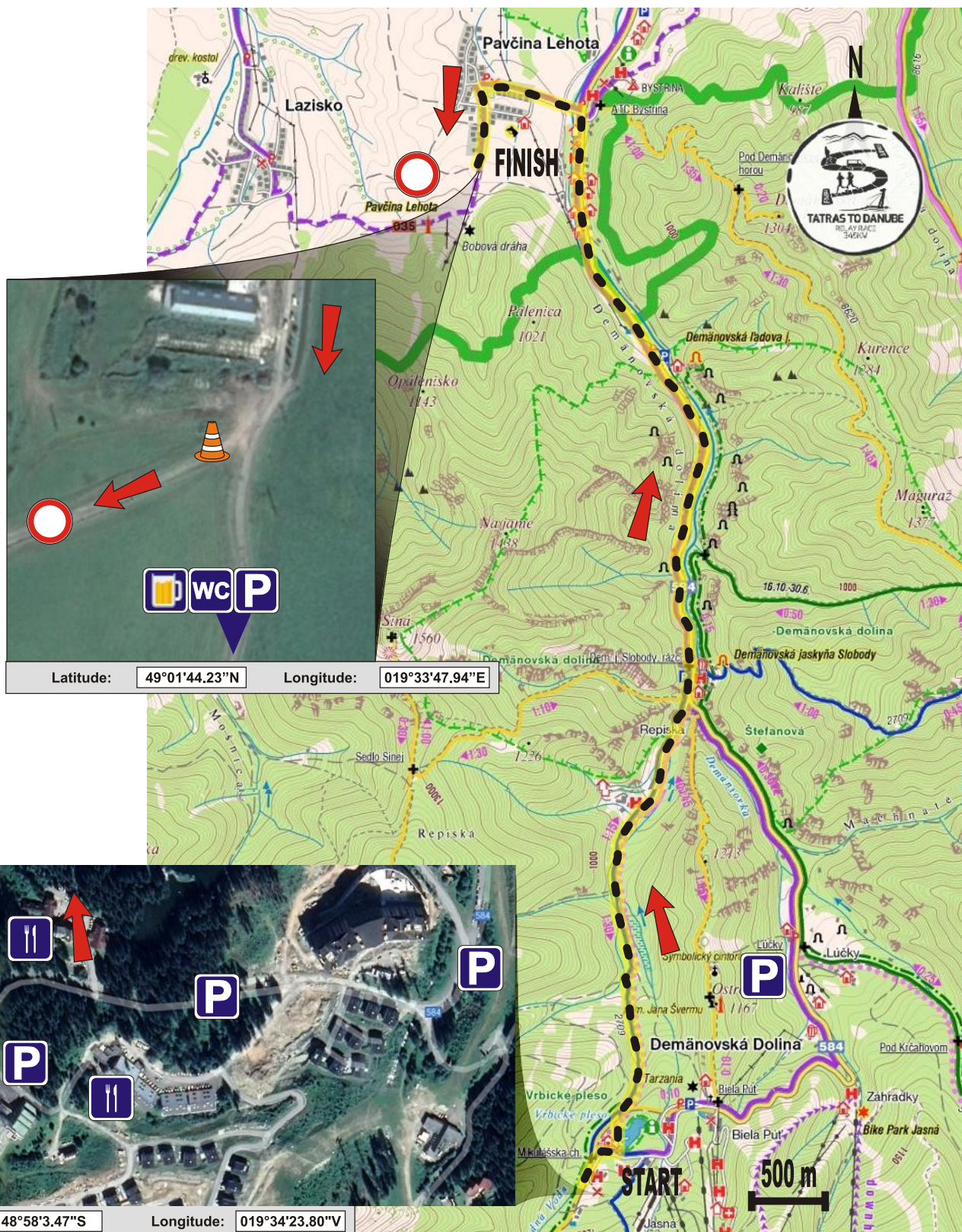
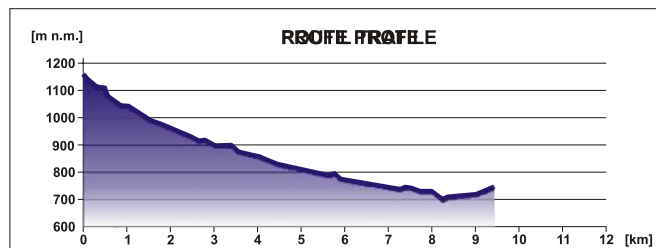
All other vehicles will be allowed only to the turning to Pavčina Lehota from Demänovská dolina.

SECTION 1 JASNÁ - PAVČINA LEHOTA RUNNER 1

Length: 9,3 km

Camber: about + 20 m / - 460 m

Difficulty: 2 medium



SECTION 2

DESCRIPTION FOR THE RUNNER:

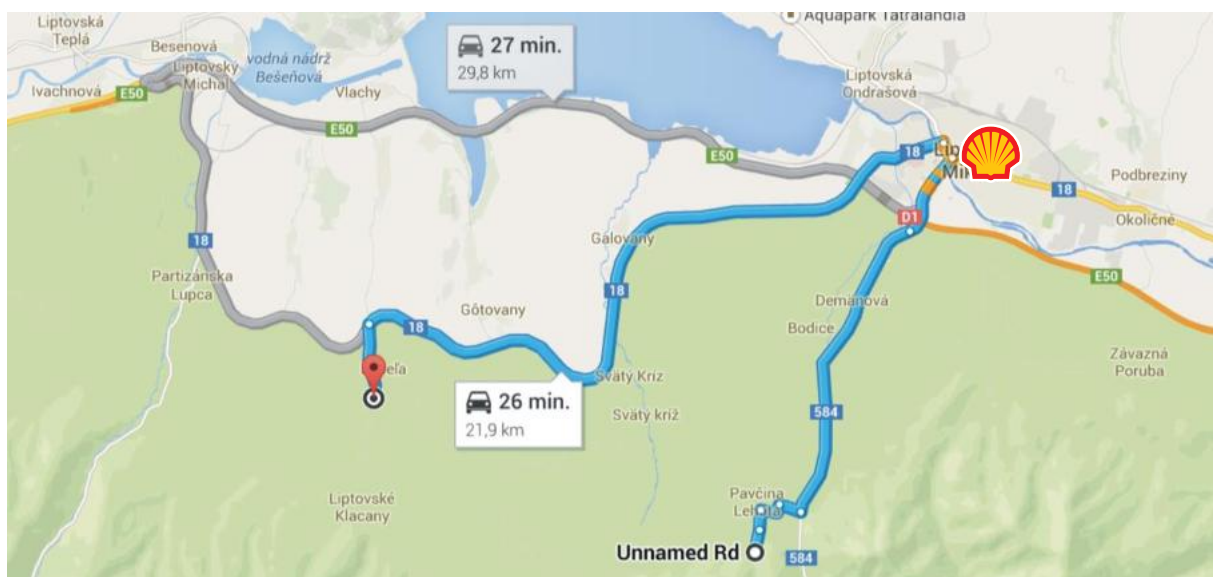
You're running down the dirt road to the village of Lazisko. Outskirts of the village will lead you to a crossroad with a tarmac road (2.1 km); here go left and enter the woods in the direction of the cottage settlement. Run through the cottage settlement, over the creek and after you leave the woods turn right (3.8 km) and run in the direction to the village of D brava.

Continue through the entire village of Dúbrava down the main road to the village of Ľubel'a. Follow the main road through entire Ľubel'a to a crossroad (9.3 km); where you take the left, in the direction of Liptovské Kláčany. Go straight ahead to the handover at the end of the village.

INSTRUCTIONS FOR MOTOR VEHICLES:

The "running" vehicle moves to the 2nd handover by a different road. Leave Pavčina Lehota in the direction of Liptovský Mikuláš. After you get to Liptovský Mikuláš take the road to Ružomberok, Žilina and Palúdzka and by the old road to Ľubel'a. Don't take the highway! After about 10 mins turn left from main road in the direction of Ľubel'a. In Ľubel'a, turn right at the crossroad in the direction of Liptovské Kláčany. After approximately 500 m take the left turn to the parking lot next to the football pitch.

The time necessary time for this ourney is 25 – 30 minutes. The "running" vehicle after completing the handover must immediately go to the 2nd handover and cannot stop anywhere.



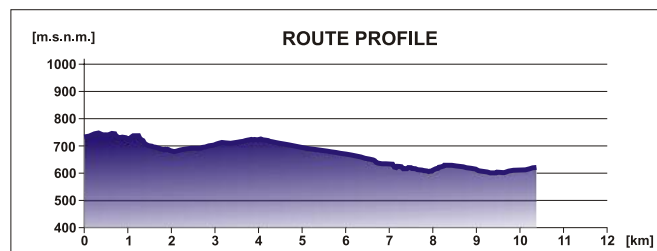
All the other vehicles are allowed only to the crossroad in Ľubel'a. They are not allowed to go to the parking lot next to the field.

SECTION 2 PAVČINA LEHOTA - L'UBEL'A RUNNER 2

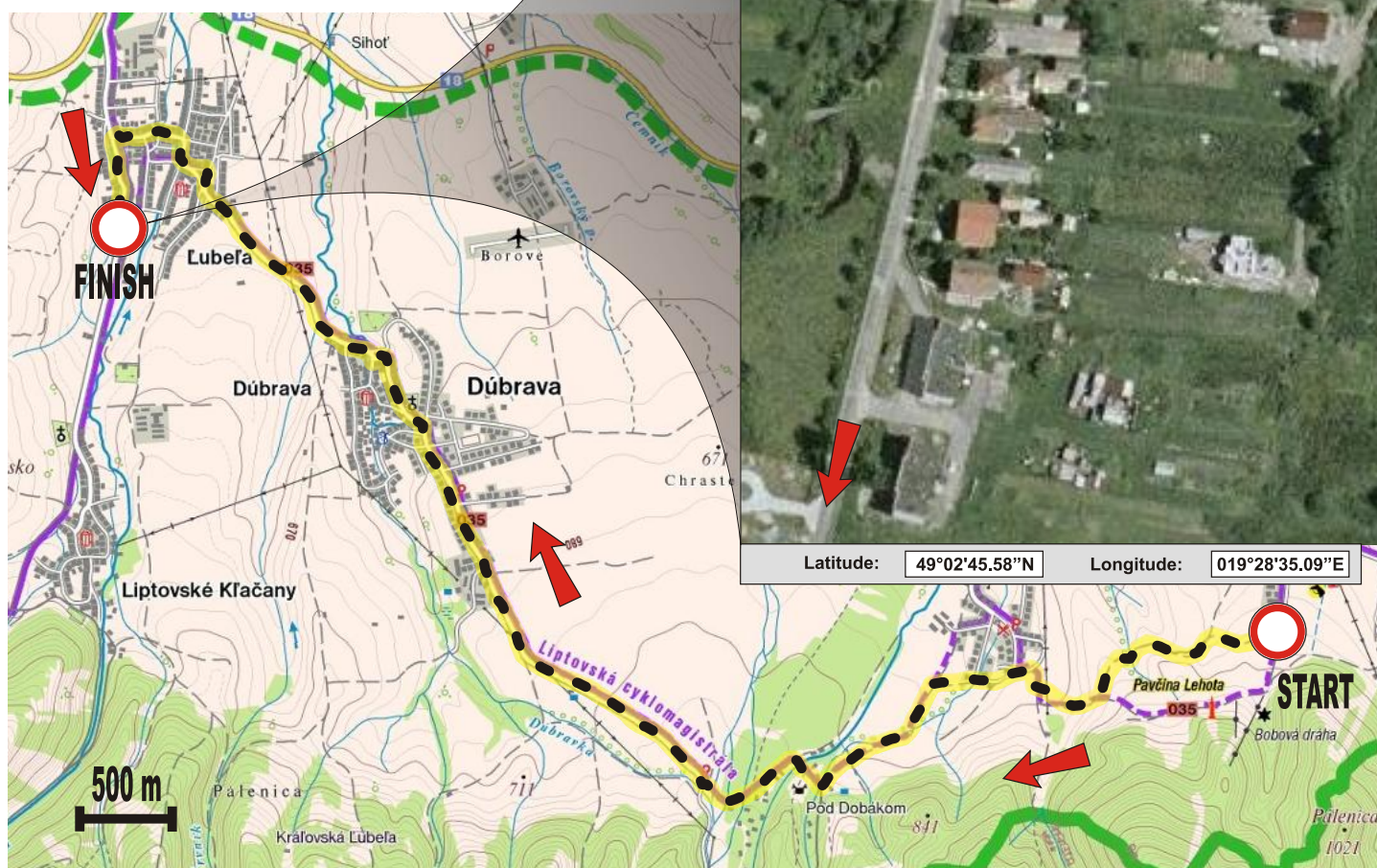
Length: 10,4 km

Camber: about + 120 m / - 230 m

Difficulty: 2 medium



Latitude: 49°02'45.58"N Longitude: 019°28'35.09"E



SECTION 3

DESCRIPTION FOR THE RUNNER:

You are running to the village of Liptovské Kláčany. Right at the beginning of the village, on the crossroad (1 km) keep on the right.

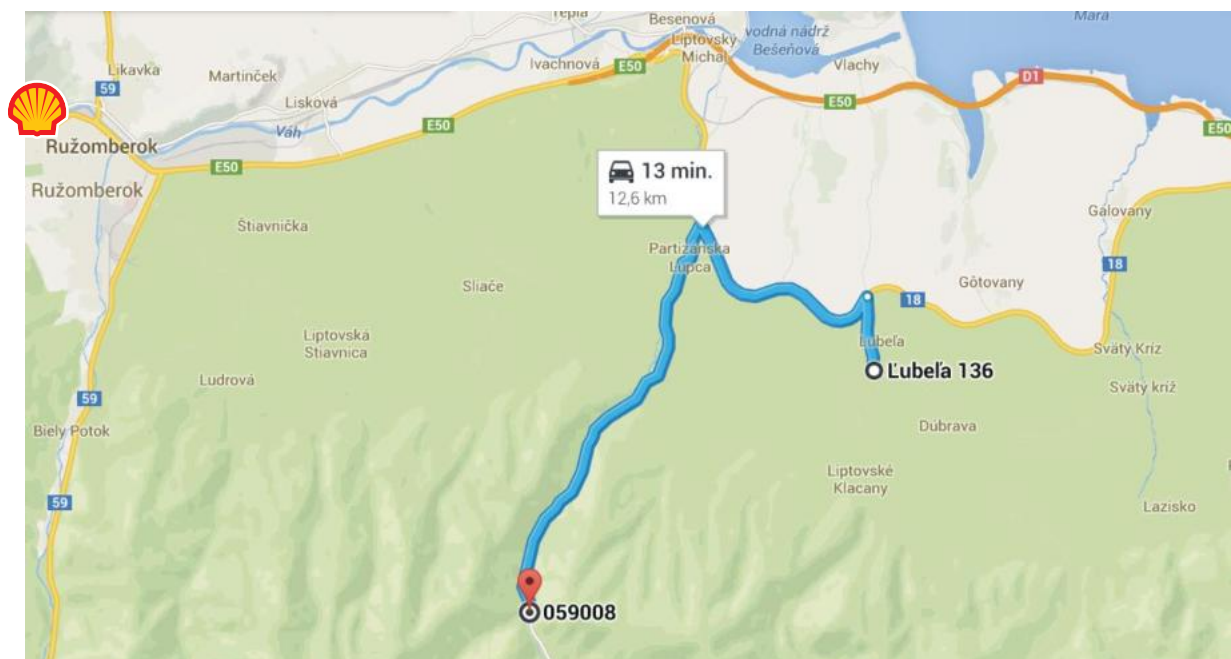
Continue down the road past the wooden cottages until the end of the village; below the woods (2 km) and on the crossroad take right. Go down the tarmac road below the hill, following a descent (5.6 km) on a very destroyed road – TA E CAUT ON – dangerous pits flushed out by water.

After you get to the crossroad with the main road from Partizánska Ľupča (6.5 km), go left and continue down the Ľupčianska dolina. On the right side you will pass a woodworking company, the handover is in 5 km.

INSTRUCTIONS FOR MOTOR VEHICLES:

The “running” vehicle goes back to Ľubelňa on the main road (the old road to Ružomberok) in the direction to Ružomberok. After approximately 5 km take the left to Partizánska Ľupča. Go down the main road through the entire village, go past the woodworking company, on the right side there’s Ľupčianska dolina and go to the handover #3. Park on the right side, 200 m behind the handover zone.

This journey takes about 15 minutes.



Other vehicles are not allowed at the handovers #3 and #4, they must go directly to the handover #5, or #6 in Liptovská Osada or in Vyšná Revúca. They drive in the direction of Ružomberok. In Ružomberok at the big crossroad take the direction to Banská Bystrica (Donovaly).

SECTION 3

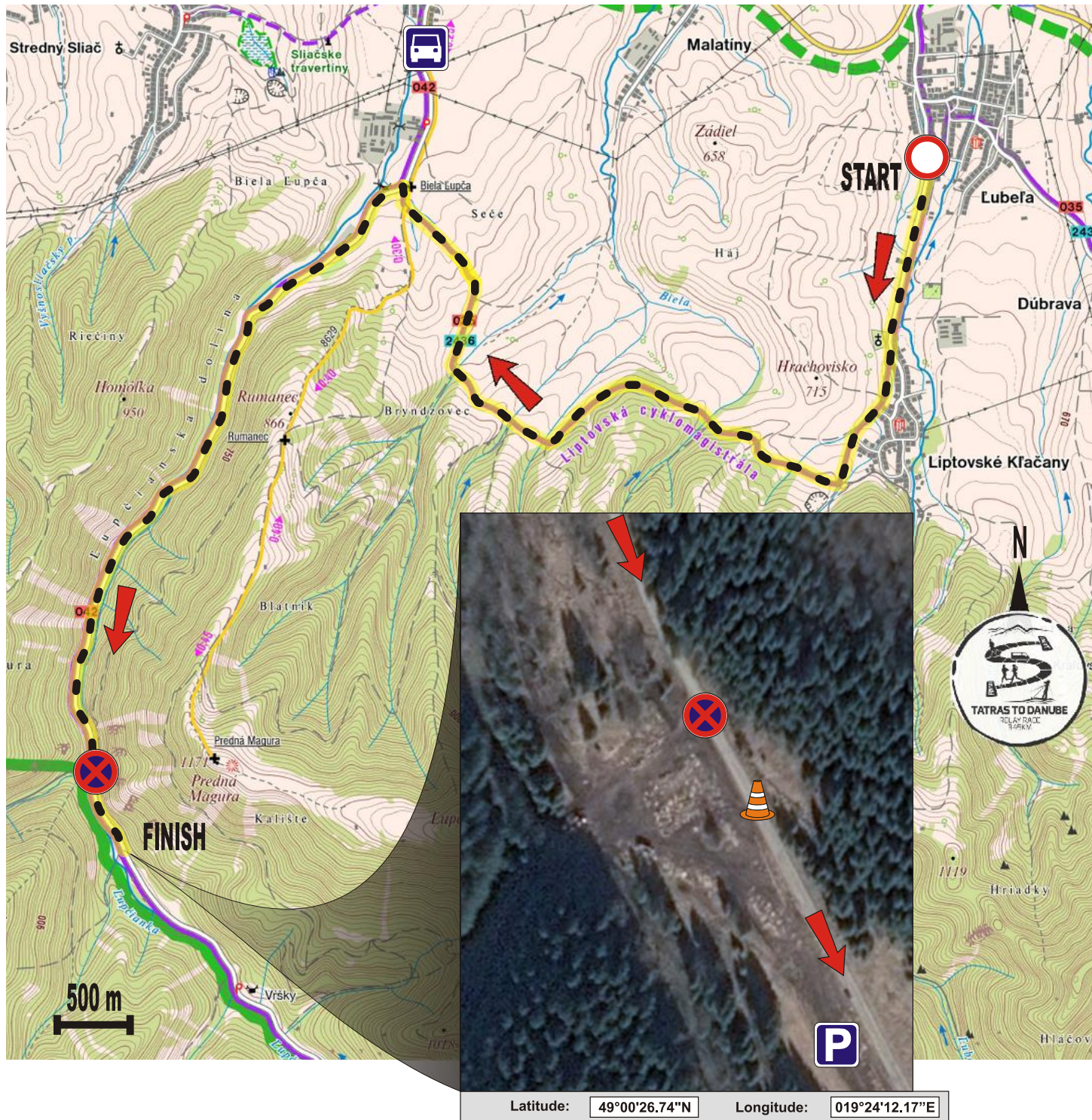
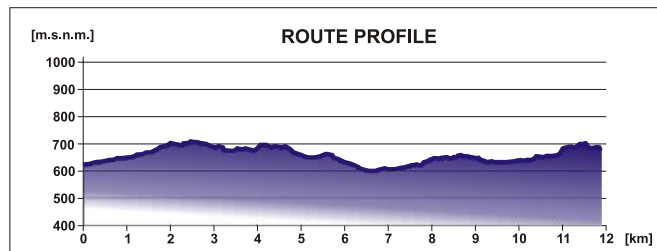
L'UBEL'A - L'UPČ. DOLINA

RUNNER 3

Lenght: 11,9 km

Camber: about + 320 m / - 250 m

Difficulty: 3 moderate



SECTION 4

DESCRIPTION FOR THE RUNNER:

Go straight ahead down the road through Ľupčianska Dolina in the direction of Železnô, you'll experience a slight elevation.

You'll go past the Magurka turning (6 km), but continue in your journey to Železnô, up the hill with medium difficulty elevation.

The handover is at the saddle in Železnô.

INSTRUCTIONS FOR MOTOR VEHICLES:

The "running" vehicle takes exactly the same road as the runner.

The parking lot is at the handover zone near the transmitter. If there are no more free spots, you can park down the road from the saddle, in direction of the runners.

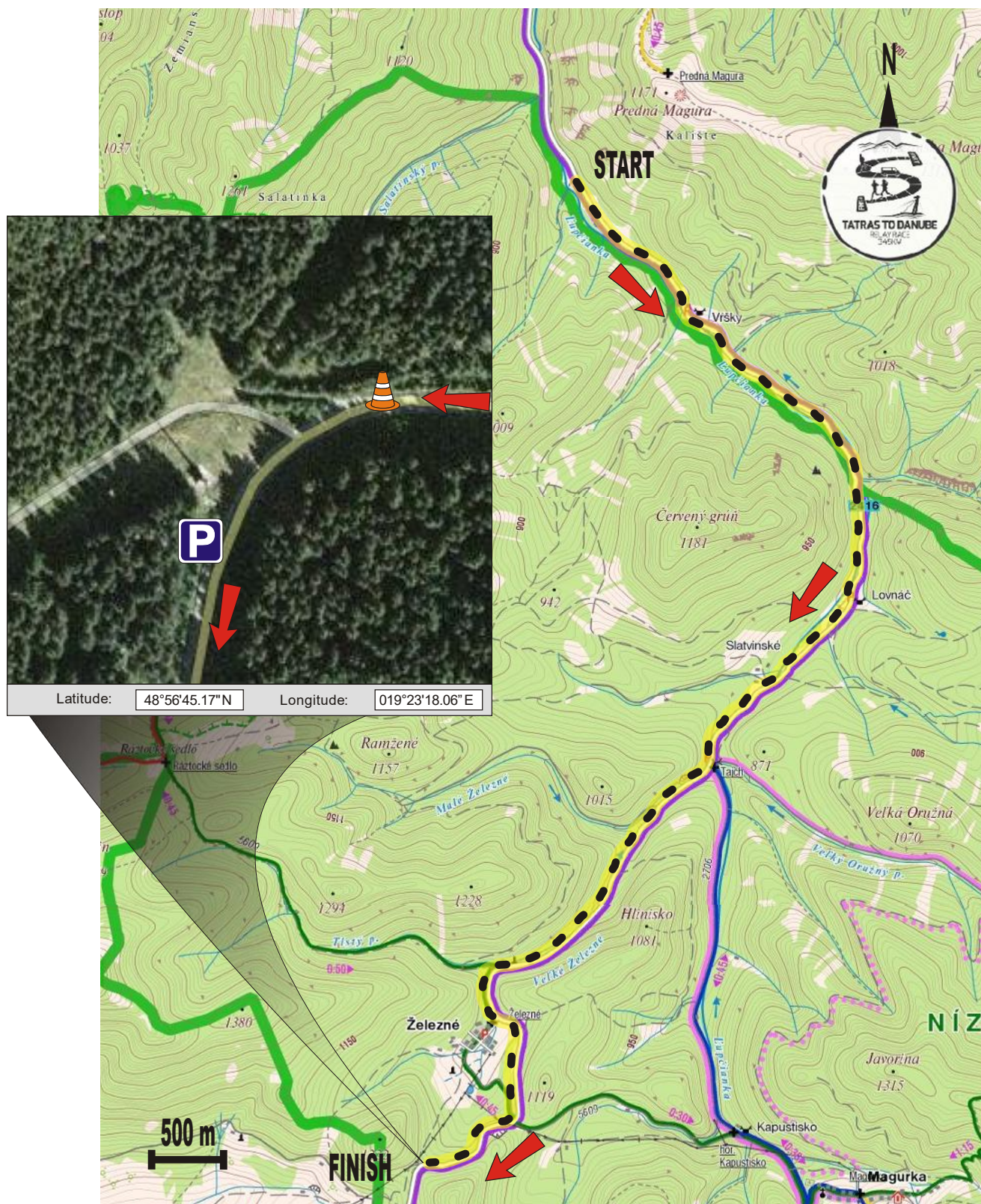
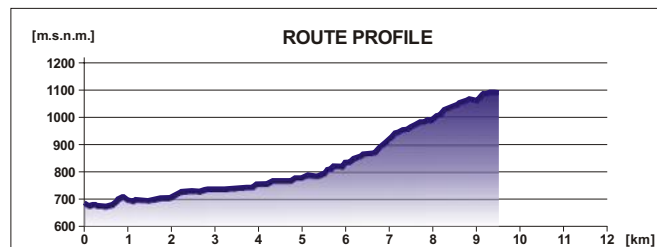
Only "running" vehicle can go on handover #4! Other vehicles must move through Ružomberok to the handover #5 in Liptovská Osada or the big handover #6 in Vyšná Revca.

SECTION 4 L'UPČ. DOLINA - ŽELEZNŮ RUNNER 4

Length: 9,5 km

Camber: about + 530 m / - 90 m

Difficulty: 4 hard



SECTION 5

DESCRIPTION FOR THE RUNNER:

When you leave Železnô, continue downhill on the main road; your lightly difficult descent will continue until you come to Liptovská Lužná.

Keep on the main road through Liptovská Lužná to the village of Liptovská Osada.

In Liptovská Osada, go straight on the main road to the bridge over the creek Lúžňanka, where the handover is.

INSTRUCTIONS FOR MOTOR VEHICLES:

The “running” vehicle takes the same road as the runner.

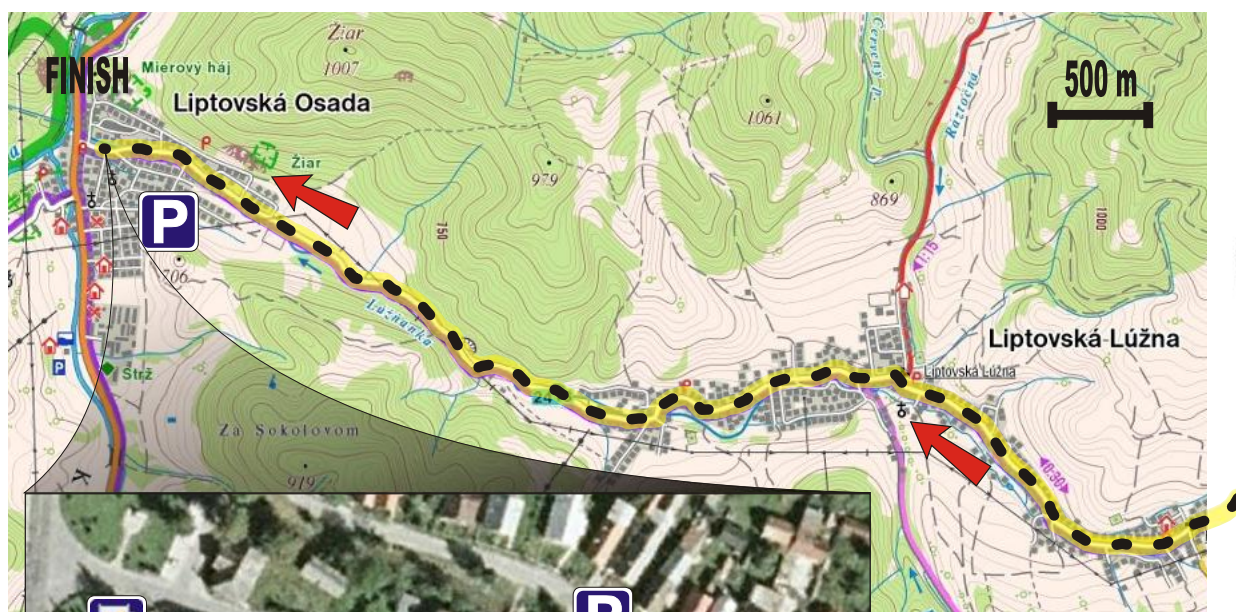
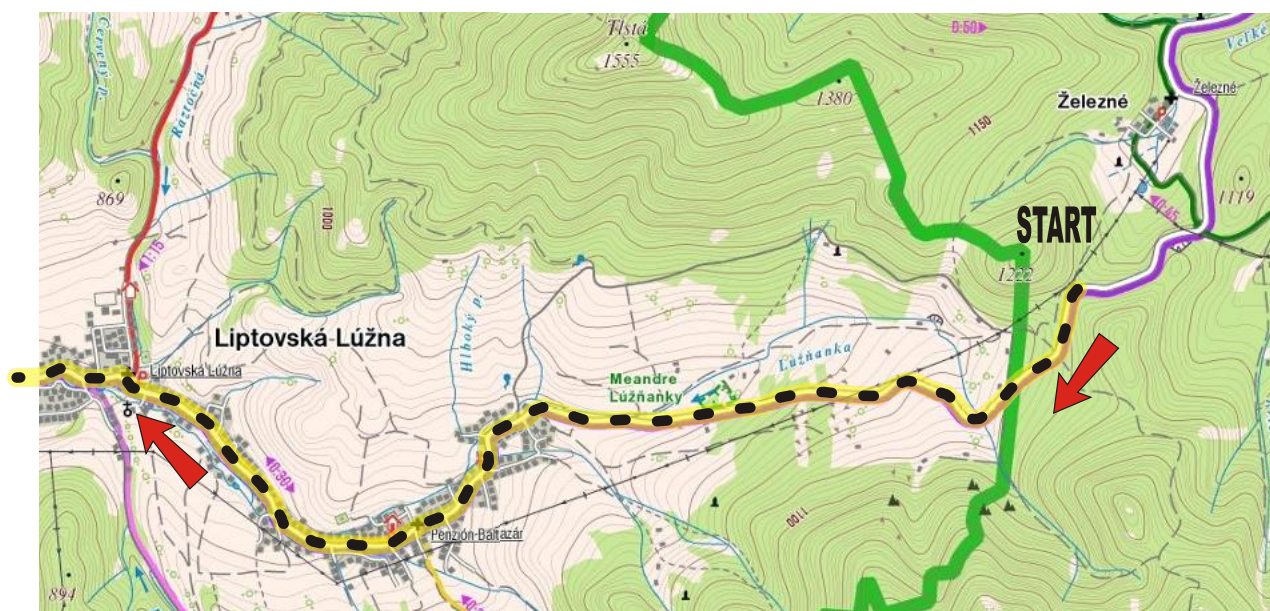
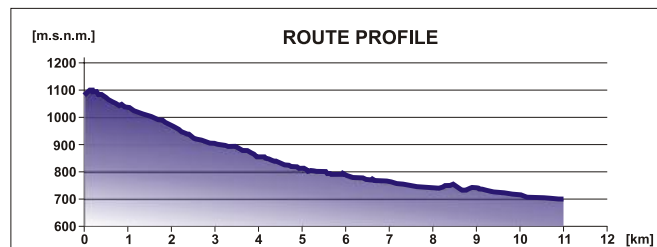
The parking lot is in front of the handover zone on the left side on the grass area. In case these areas are occupied, vehicles can be parked on the roads in the village.

SECTION 5 ŽELEZNÔ - LIPT. OSADA RUNNER 5

Length: 11 km

Camber: about + 30 m / - 530 m

Difficulty: 1 easy



Latitude: 48°57'08.55"N

Longitude: 019°15'50.29"E

SECTION 6

DESCRIPTION FOR THE RUNNER:

From the handover continue 200 m down through Liptovská Osada to the main road in the direction of Donovaly, stay on the left side. Go left at the crossroad, down the sidewalk on the left side of the road to Donovaly about 250 m to the pedestrian crossing.

Cross the street on the other side, continue to the Nižná Revúca turning. Through Nižná Revúca down the main road to get to Liptovské Revúce; a slight climb through the whole section. Continue running down the main road to Vyšné Revúce.

In Vyšná Revúca take the left by the pub (.7 km) to the old Šturec. The handover is at the other side of the creek.

INSTRUCTIONS FOR MOTOR VEHICLES:

The area for vehicles in the handover zone is limited, therefore, you will have to follow a special regime for all vehicles!

The "running" vehicle must have a vehicle entrance card with them, which is a part of the starter pack received. The card can be exchanged between the "running" vehicles of the team. How the card will be exchanged between the vehicles depends on the logistics of each team.

It is prohibited for "running" vehicles to stay at the handover and stop in the area close to the handover. The police will be controlling the area.

Vehicle #2 which will become the next "running" vehicle will, after coming to the handover, unload the next runner and leave. Runner #7 is waiting at the handover with no vehicle; therefore, manage the time of unloading runner so he doesn't have to wait too long on the handover. Don't forget, in order to enter the handover, the vehicle must have the entrance card. After the runner has been left at the handover, the entrance card should be given to the vehicle #1 (for example at the parking lot by the ski lift or in Liptovská Osada).

The "running" vehicle takes the same road as the runner, but coming only to the support parking lot under the ski-lift; where they must wait until the runner passes. Using the GPS you can track the runner or you can leave one person on the road next to the turning to the ski-lift while you park near the ski-lift. This crew member will be waiting on the road to see if your runner's passed through. Subsequently you can move with your vehicle to the next handover, where you will pick up your runner #6 without any waiting. Don't forget, in order to enter the handover, the vehicle must have the entrance card from vehicle #2.

If your team doesn't change the vehicles at the handover #6, the "running" vehicle can go from the support parking lot under the ski-lift in advance, so the vehicle can wait runner on the handover, like on the other sections.

The vehicle that will be picking up runner #7 must stop at the support parking lot at Donovaly. Once they receive the information from the other vehicle that the handover #6 is done, the vehicle will be given a sticker allowing entrance to handover #7 and wait for the runner.

In this special case we recommend you to consider an alternative solution, where the "running" vehicle n.1 brings runner n.6 and n.7 to the handover n.6 Vyšné Revúce.

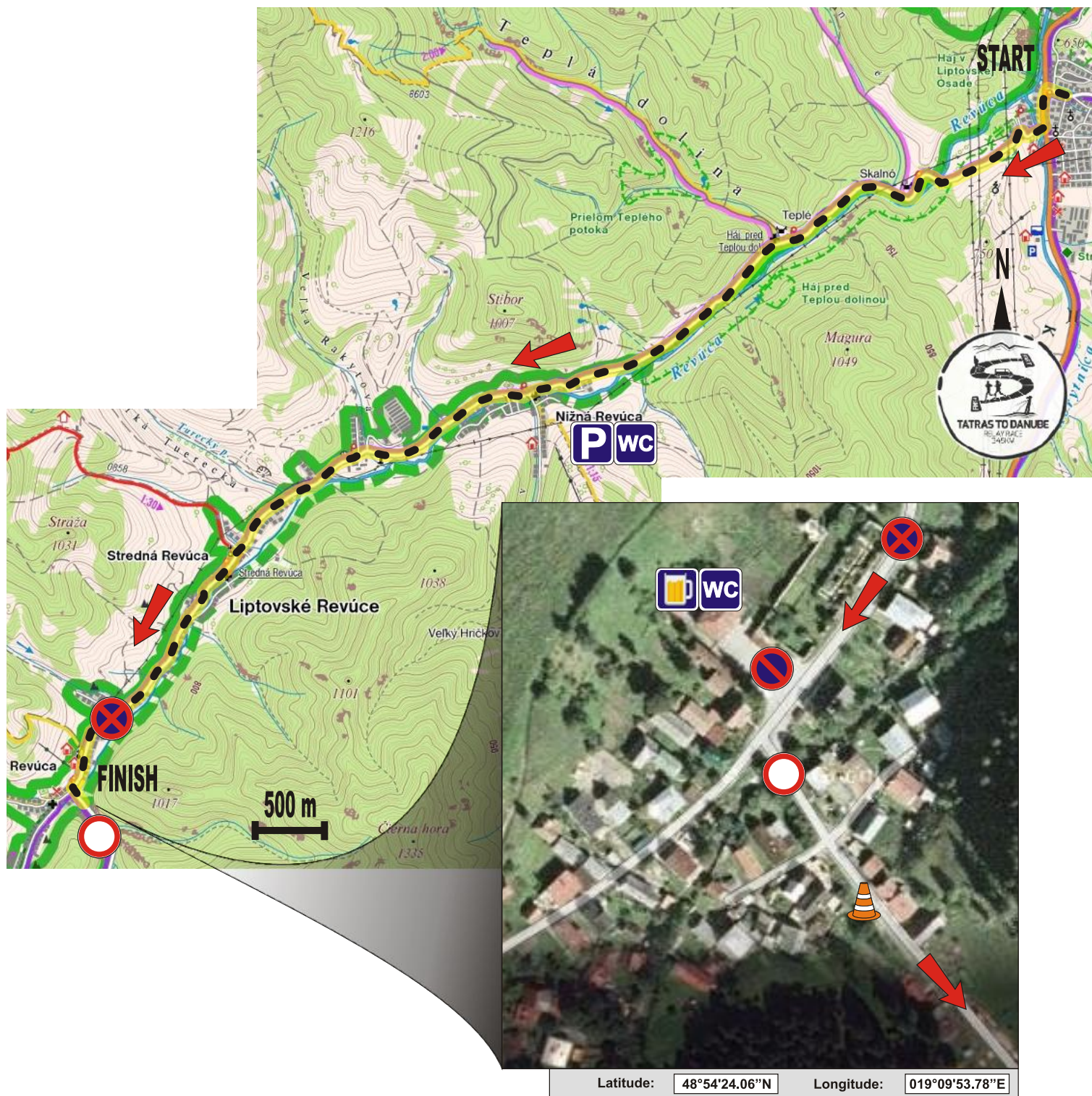
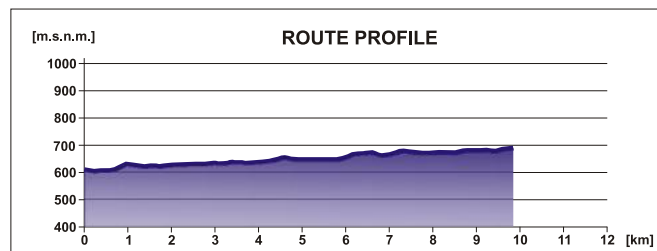
"Running" vehicle n.2 can thus arrive in Donovaly well ahead of time and can wait for permission to enter the handover n.7 Hotel Šturec.

SECTION 6 LIPT. OSADA - VYŠNÁ REVÚCA RUNNER 6

Lenght: 9,8 km

Camber: about + 230 m / - 110 m

Difficulty: 3 moderate



SECTION 7

DESCRIPTION FOR THE RUNNER:

The track continues down a paved stone path through the mountain saddle Vel'ký Šturec. Take the right at the cycleway crossroad at the beginning of the valley (0.6 km); the track is a bit of a climb. Continue down the cycleway with sharp double bends until you come to the saddle (4.5 km), where is refreshment stop. From there, continue down the cycleway in the direction of Motyčky; the track goes into a mild descent on paved road without any turnings. Down the descending road to Donovaly until you get to the former hotel Šturec, where the handover is.

INSTRUCTIONS FOR MOTOR VEHICLES:

The "running" vehicle goes back the same route they took through Liptovské Revúce to Liptovská Osada. On the main road, take the right Donovaly turning.

The vehicle that will go to the handover #7, must stop at the support parking lot in Donovaly. The organizer will label the vehicle with a sticker to enter the handover, when the current runner will be in the 7th section (after the handover #6 is done). From each team, only one vehicle will be labeled and the rest of the vehicles will not have access to this handover!

Labeled vehicle may continue on the main road in the direction of Banská Bystrica. After the village Motyčky, the road will be regulated because of the race. After cca 500 m turn right towards the hotel Šturec, where the handover is located.

Only vehicles labeled with the entrance sticker can enter the parking area of the handover #7. Staying at the handover is limited to 30 mins. After the handover is done, the vehicles must immediately leave the handover.

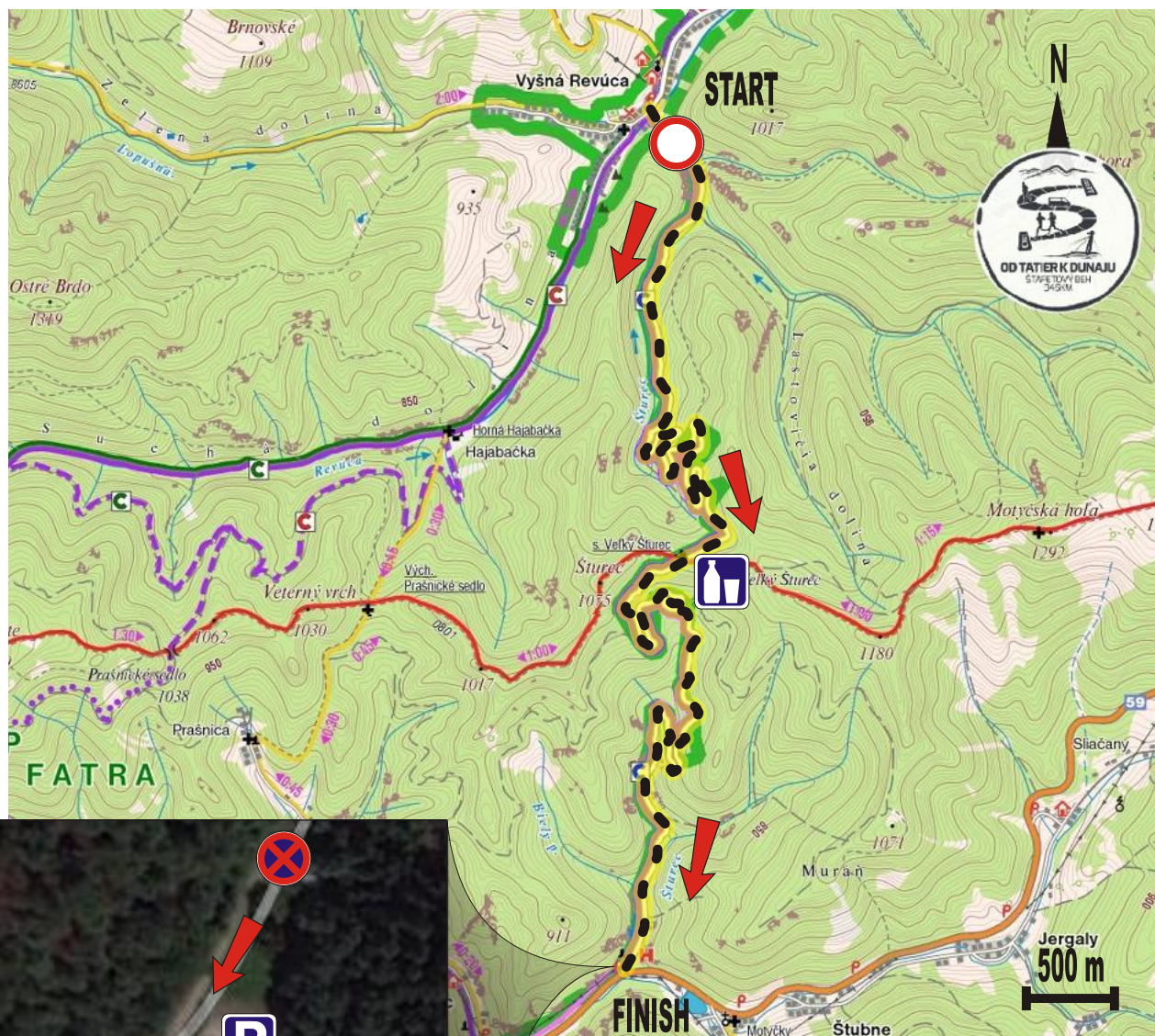
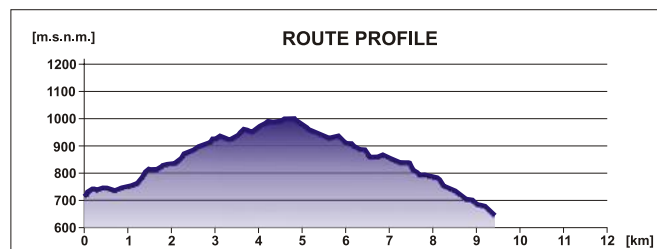


SECTION 7 V. REVÚCA - HOTEL ŠTUREC RUNNER 7

Length: 9,4 km

Camber: about + 500 m / - 550 m

Difficulty: 4 hard



Latitude: 48°51'47.35"N

Longitude: 019°09'44.82"E

SECTION 8

DESCRIPTION FOR THE RUNNER:

Section of frequent wandering runners! We recommend run with cell phone and min. 0,5l bottle of water.

After the handover it is necessary to run through the main road with the assistance of police and keep left, running in slight elevation. Run on the right side of the road to Donovaly (in the direction of the ride), there is a reserved lane for the runners in this passage, at the end of the lane turn in the direction of Motyčky (0.5 km), down the hill, along the water reservoir. Through Motyčky run on the left side, cross the bridge down the cycle way marked with yellow colour. Then to the right between the houses to Krčahy, Baláže, down a narrow tarmac road. Run past the tennis court climbing the wood tarmac road with stones. At the crossroad of wood paths (2.1 km) must keep left and continue down the woods tarmac road to the village of Lukovec. When you run past the row of houses on your left, take the right in front of the last house (2. km); then continue moving down the wood tourist path, marked with the yellow colour, in the direction of Krčahy.

After a short sharp climb, the path takes a sharp left and continues in a climb in the direction of isopleths (conture line). Then, it goes right with a steep 90° climb to isopleths. The path gives on to a wide reinforced road. There, take a right and then after first left turn about 50m continue down the yellow hiking trail left (3.4 km).

The track then climbs up a grass path between trees, then through a meadow and on the left side you can see a hunting hide. The path is a part of the cycleway marked with yellow colour. Keep right up to the hill, where the road turns lightly left a bit and then descends at a 90° angle to the isopleths; keep going until the path smoothly connects to a wide stone sloping track. Follow the green hiking trail to the crossroad Krčahy-Kováčka (4.3 km), where is refreshment stop. Then turn left (do not follow the green sign!), down the dirty road to the valley.

Make your descent down this road, road changes on the tarmac road. Run until you get to gigantic tree with lots of hiking signs (6.4 km), here take sharp left to the valley and by the tarmac road, up to the village of Baláže. Once you enter Baláže and you pass the football pitch (8.7 km), keep on the left side of the road over the village to the lower end of the village, where is a handover point.

INSTRUCTIONS FOR MOTOR VEHICLES:

The "running" vehicle continues down the road to Banská Bystrica. You will then proceed to take the turning into the ring road to Brezno (higway R1). When you ring road the entire city, take the Selce turning (exit 168 from R1). At the crossroad direction to Selce, then continue through Selce until you come to the village of Baláže. Parking place is in front of the village Baláže and near shooting range.

Parking is in front of the handover point and at the shooting range behind the village of Priečhod.

Time needed for moving is 35 minutes! Therefore, it is very important for you to leave handover #7 as soon as you can and follow the journey directions very closely, otherwise you won't make it on time to meet your runner and you will lose time. Only the "running" vehicle is allowed in the handover zone #8!

CHECK THE ATTACHMENT – MAP FOR VEHICLES TO HANDOVER #8

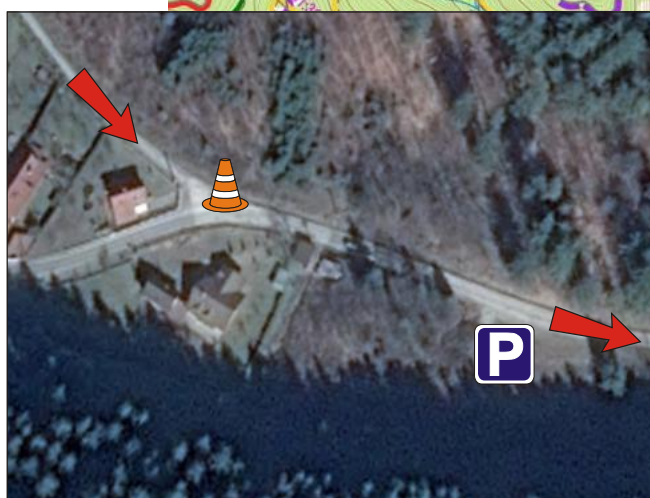
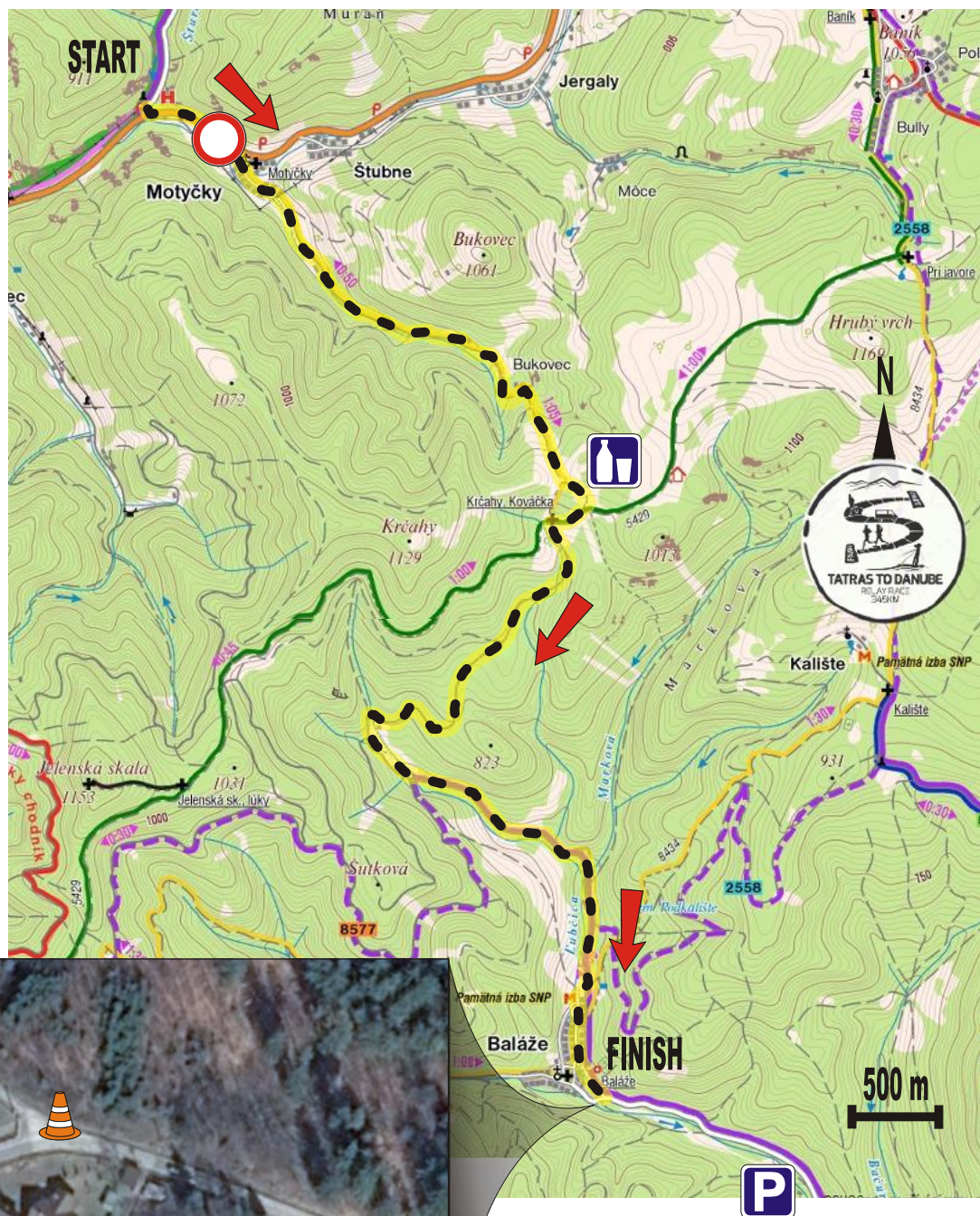
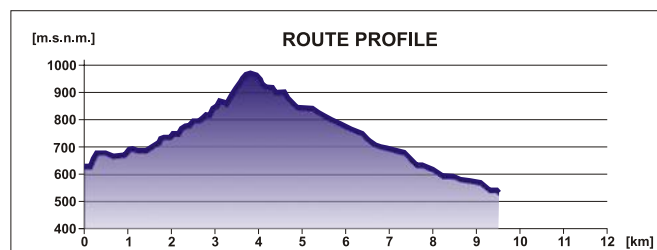
To handover #8 only 'running' vehicle is allowed.

SECTION 8 HOTEL ŠTUREC - BALÁŽE RUNNER 8

Length: 9,4 km

Camber: about + 430 m / - 500 m

Difficulty: 4 hard, cross country



Latitude: 48°48'46.06"S

Longitude: 019°11'53.74"E

SECTION 9

DESCRIPTION FOR THE RUNNER:

Down the main road in the direction of Ľanská Ľystrica, after 2.5 km turn left onto the old asphalt road. After 200 m at the crossroads, turn slightly to the right, along the asphalt in the direction of the village of Podkonice. It runs uphill, through the forest, later along the fields to the farmhouse in Podkonice.

Run through the farmhouse, past the graveyard, to the apartment buildings in the village and to the right (4.8 km) steeply down, along the street between family houses. At the crossroads (5.4 km) to the right, down, out of the village.

Continue straight to the village of Priechod, through the village slightly uphill to the small bell tower (7.8 km), in front of it turn left up the stairs to the main road and continue along the footpath on the left to the village of Selce, there is a handover point.

INSTRUCTIONS FOR MOTOR VEHICLES:

The "running" vehicle takes the exact same road as the runner.

Turn left immediately after the handover zone and continue approximately 100 m.

Parking is located next to a football pitch, this place is suitable for taking a rest.

SECTION 9

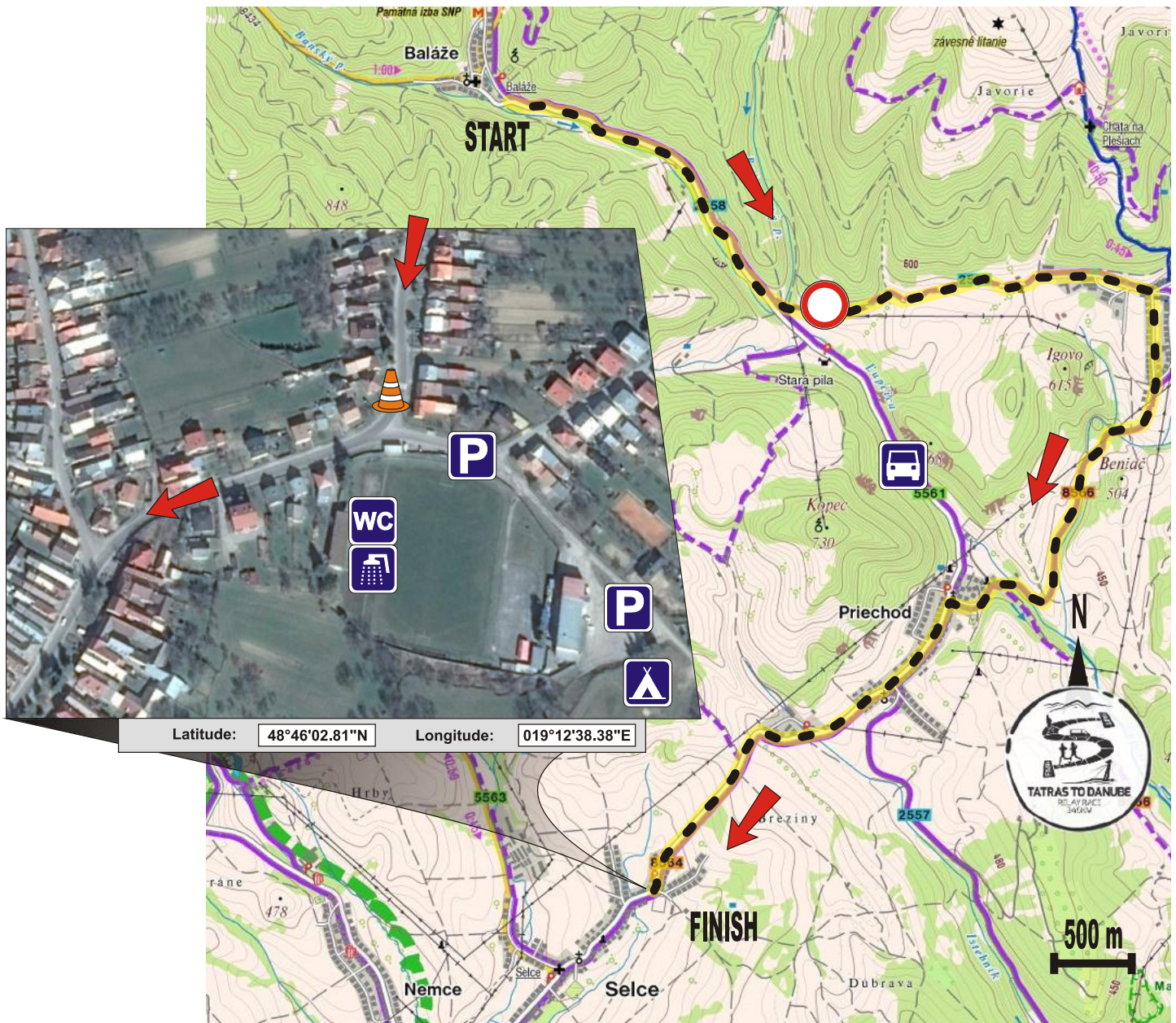
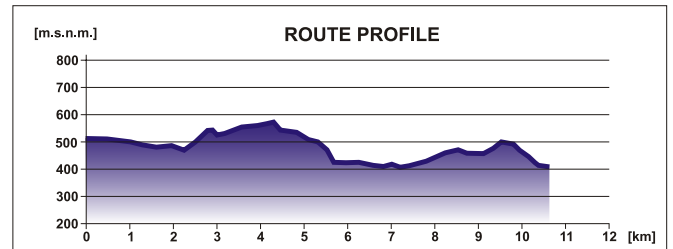
BALÁŽE - SELCE

RUNNER 9

Length: 10,7 km

Camber: about + 210 m / - 280 m

Difficulty: 2 medium



SECTION 10

DESCRIPTION FOR THE RUNNER:

This section is difficult on orientation, if the runner isn't sure if the way is correct, we recommend to use a GPS device. Run down the main road to the village of Senica and then through it. Behind the village, there is a Y-shaped crossroad (2. km), keep on the right side of the road; then follow a crossroad with the main road in the direction of Anská ystrica (3.3 km), take left down the path and run on the right side of the road, where the sidewalk is.

After approximately 250 m, there is a crossroad with the main road from rezno (3.5 km), here turn right. Then continue running in the direction to city Anská ystrica on the sidewalk – right side. Go straight ahead over the ring road, still keep on the right side of the road.

Around Peugeot, go right (4 km), there begins another sidewalk on the right side, continue straight ahead, the track descends a little. Go way down the Partizánska street.

At the post office, turn left across the pedestrian crossing onto 2 . augusta Street (5.4 km), turn right across the second pedestrian crossing, and follow the sidewalk for about 200 m to the next intersection.

At the intersection, turn right (5.6 km) and straight along Trieda SNP to Námestie SNP. Run straight through the park to the monument, up the stairs and in front of the monument, turn left (6.5 km) and straight past the plane. Continue straight through the intersection, along ana Cikkerova Street and uzmányho Street until you reach the end, turn right to the lower end of the square (7.3 km).

Turn left across the bridge, then turn left across the pedestrian crossing on the left. At the SC Point cross to the other side of the road through the zebra crossing. Continue up with slight incline toward the roundabout. Keep on the right side of the roundabout, going through the zebra crossings and pass under the viaduct in the direction of the main entrance to the shopping center Eur pa (7.4 km).

In front of shopping centre Eur pa go left, run down the sidewalk around shopping center Eur pa from the left side to the next roundabout. This time cross the roundabout at the zebra crossing from the right side and run all the way to Námestie Ľ. Štúra, in the direction of Zvolen, Radvaň.

Continue your down the sidewalk on the right side around opa, then go straight ahead at the traffic lights intersection and again, up the slight hill. The crossroad on the hill turns left, but you should cross it from the right side using the pedestrian crossing on Poľná Ulica (8.5 km) and then continue down the slightly higher path to Sladkovičova Ulica.

Then simply continue straight on, down the sidewalk on the right side to the handover.

INSTRUCTIONS FOR MOTOR VEHICLES:

The “running” vehicle makes the same journey as the runner, up to the main road from rezno, road no.66.

If the car is going to the handover zone right away, it does not go to city centre, but continues down the main road around Hron to Štadlerovo Nábřežie.

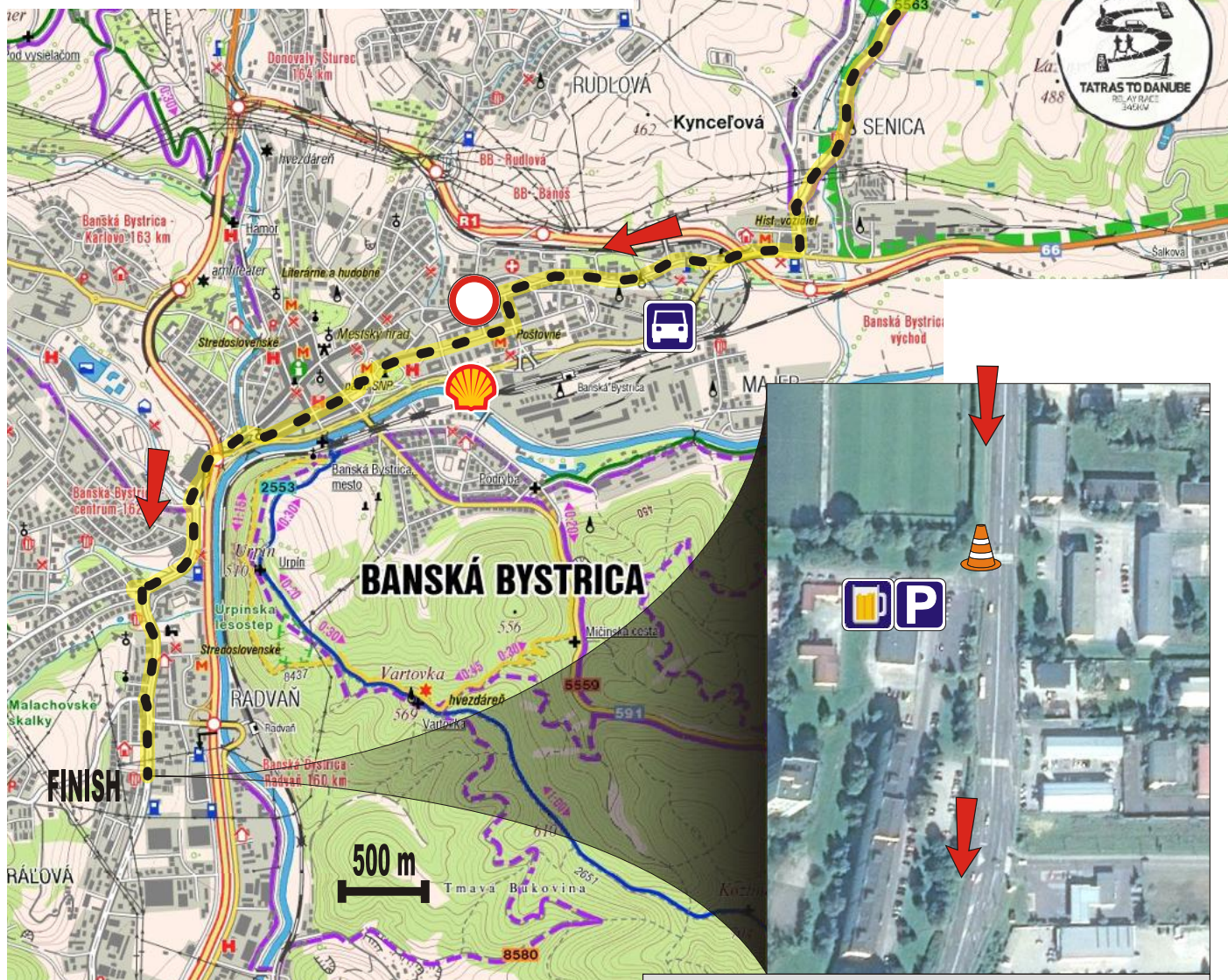
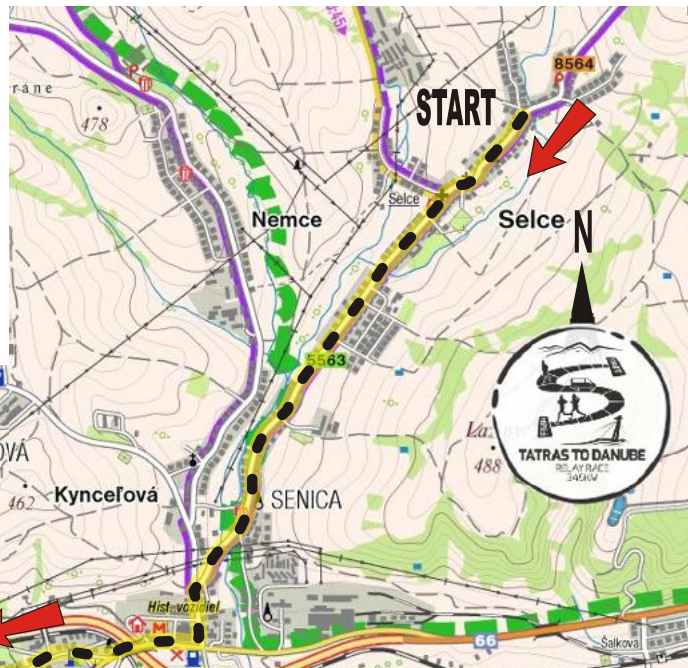
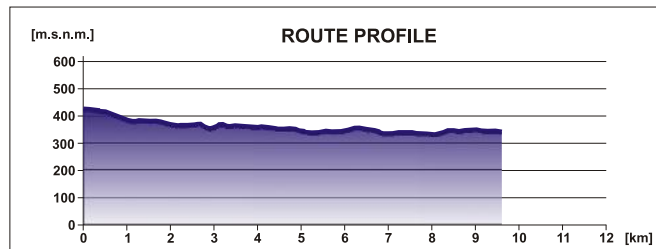
Then, at the traffic lights goes straight to Nábřežie Ľ. Štúra (not to Zvolen) and then follows the running track and drives straight on at every crossroad. Parking is by the handover zone.

SECTION 10 SELCE - BANSKÁ BYSTRICA RUNNER 10

Lenght: 9,9 km

Camber: about + 70 m / - 150 m

Difficulty: 1 easy, difficult orientation



Latitude: 48°42'49.84"N Longitude: 019°07'55.95"E

SECTION 11

DESCRIPTION FOR THE RUNNER:

Go down the same road, straight ahead through Kremnička, Rakytovce to the village of Badín; it is a slight climb.

In Badín (5.6 km), continue straight ahead through the village down Družstevná ulica.

At the T-shaped crossroad, go right and then take the left at the next crossroad (6.2 km). Run past the grange to the very end of the village; where you keep on the right side of the road. Then follow down the dirt road (6.7 km) right past the large bigboard in the field until you get to Sielnica.

Keep going straight, relay change is on the intersection by the football stadium.

INSTRUCTIONS FOR MOTOR VEHICLES:

The "running" vehicle continues down Sládkovičova ulica in the direction of the run, after about 1 400 metres go left to get to the express-way R1 in the direction of Žilina. Follow the R1 until the Sielnica exit (exit 150) and then continue to Sielnica village.

There is a big asphalt park place in front of City Hall. In case the park place is fully occupied, you can use the nearby streets by handover behind the pub located in street on the left side, which leads to the football pitch.

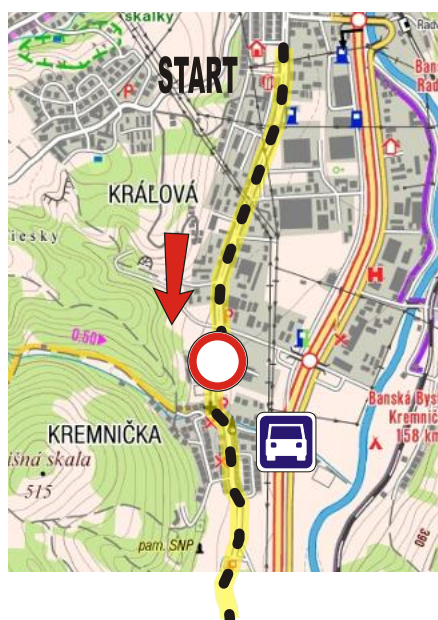
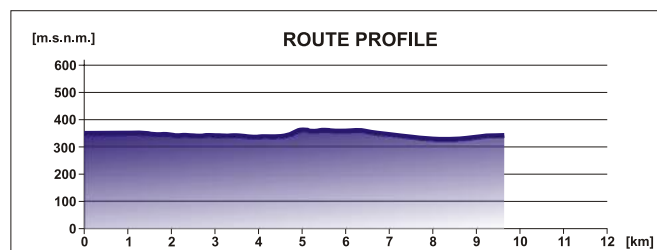
Do not park in front of the municipal office!

SECTION 11 B. BYSTRICA - SIELNICA RUNNER 11

Length: 9,6 km

Camber: about + 80 m / - 100 m

Difficulty: 2 medium



Latitude: 48°37'58.84"N

Longitude: 019°06'45.50"E

SECTION 12

DESCRIPTION FOR THE RUNNER:

You're running down the hill and at the end of the village (0.4 km), you take a sharp turn to the right. Continue running between the houses to the nearest crossroad (0. km) go left in the direction of the hotel Šaskády. Run past the hotel and then straight on to the village of ováčová.

Upon arrival in ováčová, take the left at the crossroad where the dirt road crosses the tarmac road. You will run past the spa houses to the centre of ováčová.

Go left at the next crossroad (3. km) and continue down the main road keeping on the right side of the road until you come to the end of ováčová.

Before you leave the village (4.6 km) turn right, past the old hotel Leona and run up the steep hill.

Continue running down the main road through the village up the hill and then down to the T-shaped crossroad (6.3 km). There, take the left and at the next crossroad take right.

Keep running down the tarmac road in the wood, go left at the next crossroad (8 km) and must keep going until you come to the next handover, under chalet Stráž (koliba Stráž).

INSTRUCTIONS FOR MOTOR VEHICLES:

The "running" vehicle goes back to speedway R1 to the direction volen. Then it takes exit to volen (exit 102) and continue in the direction to volen. At the first closest big intersection turn right to the direction Stáž.

On the way by the road is the chalet Stráž where the handover is.

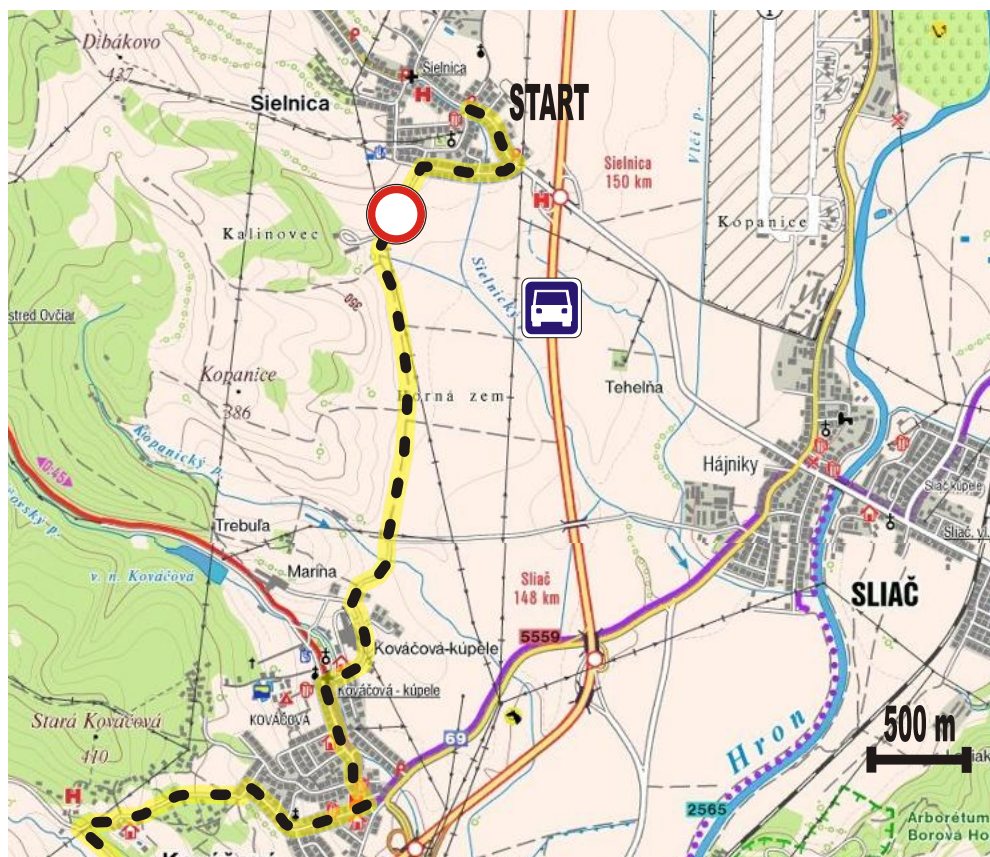
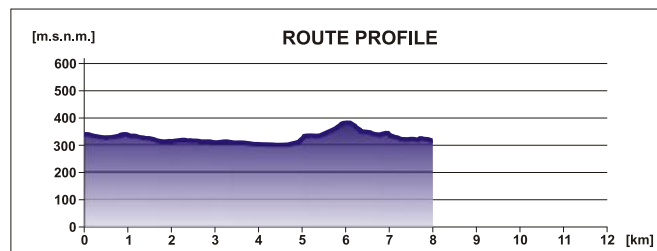
Vehicles park on the parking place of the chalet Stráž (Attention: they close at 10:00 pm), or on the opposite side – where motorest Stráž is. In case if the parking is fully occupied, you can also park in the shopping centre Metro that is close by.

SECTION 12 SIELNICA - STRÁŽ RUNNER 12

Length: 8 km

Camber: about + 100 m / - 100 m

Difficulty: 2 medium



SECTION 13

DESCRIPTION FOR THE RUNNER:

After the handover turn right (0.1 km), you are running on the main road to the village of Udča. Run through the village on the main road, in the middle of the village a sidewalk begins (2.3 km) run on the sidewalk on the right side of the road. At the crossroad (2.7 km) you will keep on the main road running on the sidewalk on the right side of the road until the end of the village.

Continue on by the new cottage until you reach the overpass over the expressway to Žiar nad Hronom (4.7 km). Run straight through the crossroad, in the direction to Ostrá Lka, turn right behind the overpass and run straight over the river Hron. Behind the river (5.2 km) turn right at the crossroad.

Keep running straight until you reach the next crossroad – overpass over an express way. From the left side (6. km) a yellow trail blaze connects, the path of the run leads on this yellow trail blaze until the end of this section.

Before the overpass keep on the left, at the crossroad (8.1 km) take a sharp right over the expressway and then straight-off go left into Hronská reznica (8.5 km).

Continue on the main road through the whole village until you reach its end. At the end of the village keep straight, go through the tunnel under the expressway and after that cross the bridge over the river Hron. Continue on the yellow hiking trail until you reach the railway. At the end of the country road turn right, over the railway onto the main road, turn left (10.6 km) on the main road. After 150 m, before the bus stop, turn left towards the railway, where the handover is located.

INSTRUCTIONS FOR MOTOR VEHICLES:

The "Running" vehicle will use the same route as the runner up until the overpass over the expressway, before the overpass it will turn right onto the expressway R1 in the direction of Žiar nad Hronom.

Approximately after 3 km R1 exits at Hronská D brava. In front of the railway station you will find the handover, park your vehicle on reloading area in front of handover.

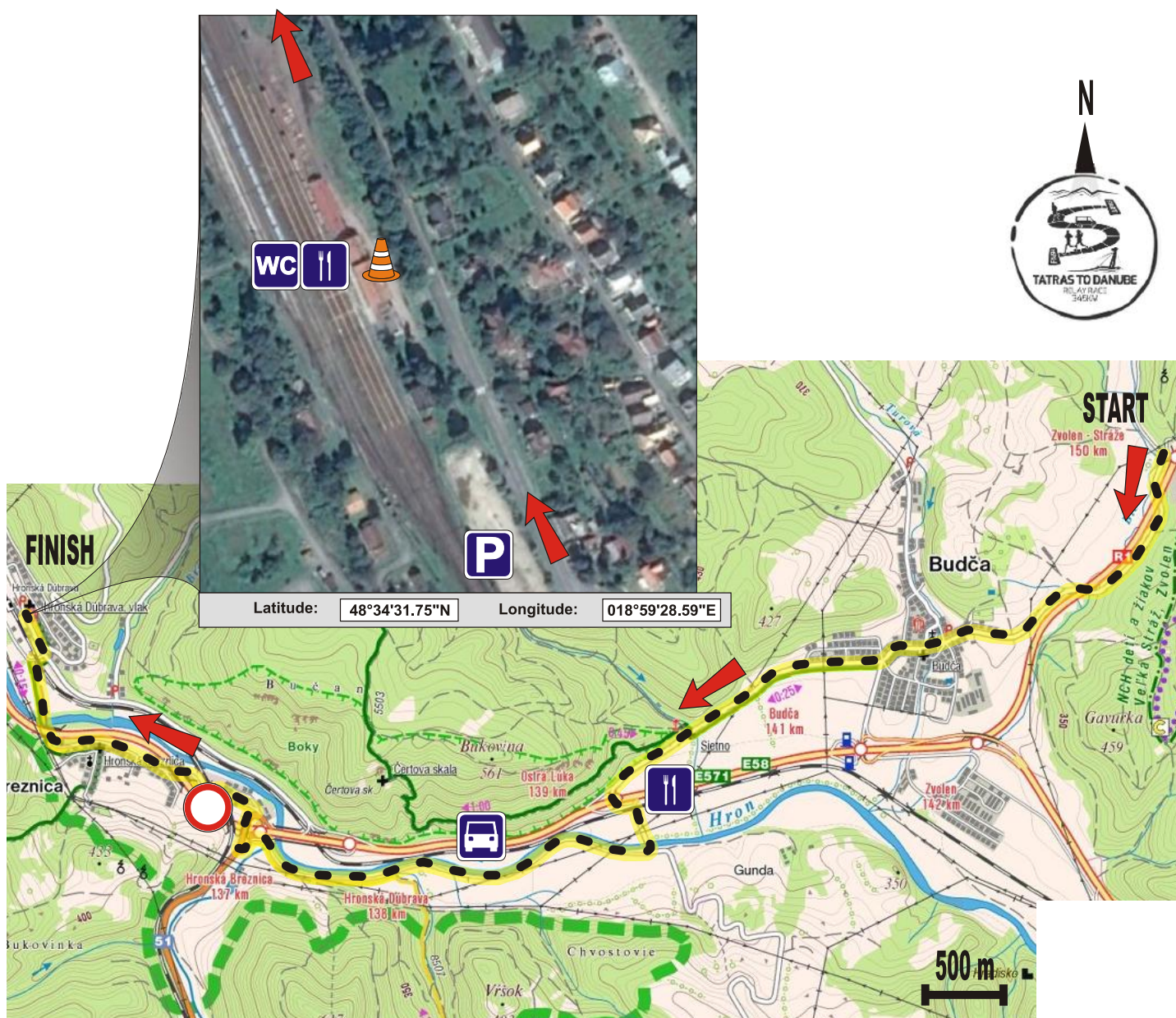
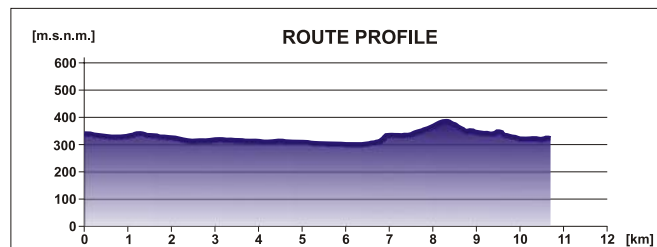
Only the "Running" vehicle can go into the handover zone! All the other vehicles continue on the R1 onto the other handovers.

SECTION 13 STRÁŽE - HRON. DÚBRAVA RUNNER 1

Length: 10,8 km

Camber: about + 100 m / - 140 m

Difficulty: 1 easy



SECTION 14

DESCRIPTON FOR THE RUNNER:

Continue straight on the main road for a long time in the direction of Žiar nad Hronom.

Before Šášovske Podhradie go under the expressway, then around the restaurant slightly uphill until you reach the crossroad with the main road (8.3 km).

At the crossroad go straight through the main road with the assistance of the police and then run under the expressway and go straight up to Žiar nad Hronom.

At the football field (10.7 km) make a turn at a 0-degree angle to the right and continue straight up to the housing estate. Turn left (11.4 km) to the block of flats and continue uphill, up the stairs until you reach the underpass under the main road, where you'll find the handover zone.

INSTRUCTIONS FOR MOTOR VEHICLES:

The "running" vehicle returns back on the R1 in the direction of Žiar nad Hronom.

On the first possible exit from the expressway R1 Žiar nad Hronom – exit (exit 82) leave the expressway on the exit on the right in the direction of Žiar nad Hronom.

Cross the overpass over the expressway, after arriving at the next intersection, go straight towards Ladomerská Vieska. Here, turn right towards Žiar nad Hronom.

Keep straight on the main road around the bus stop until you reach Tesco where you will park.

Arrival at the handoff is 100m back along the main road.

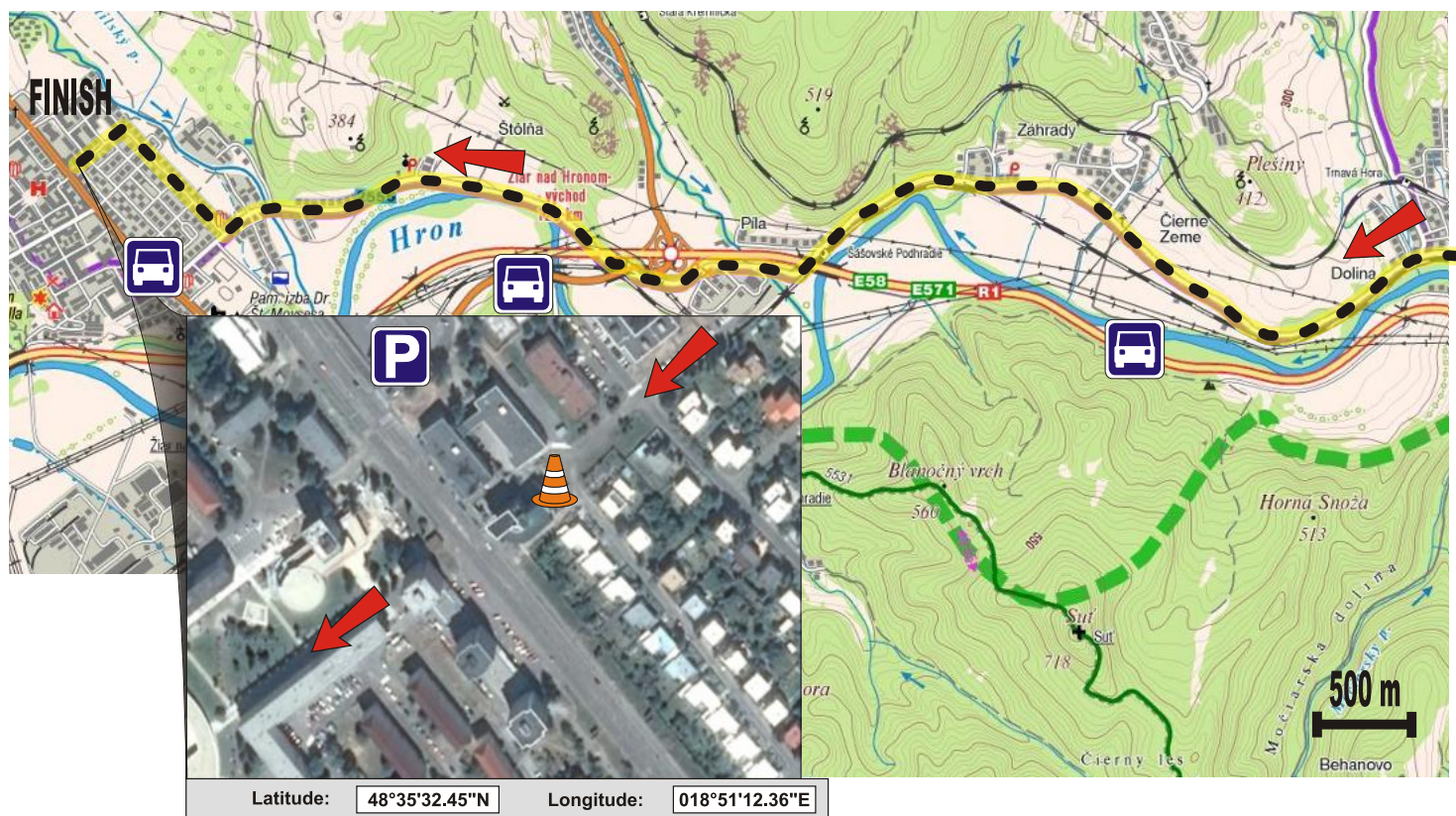
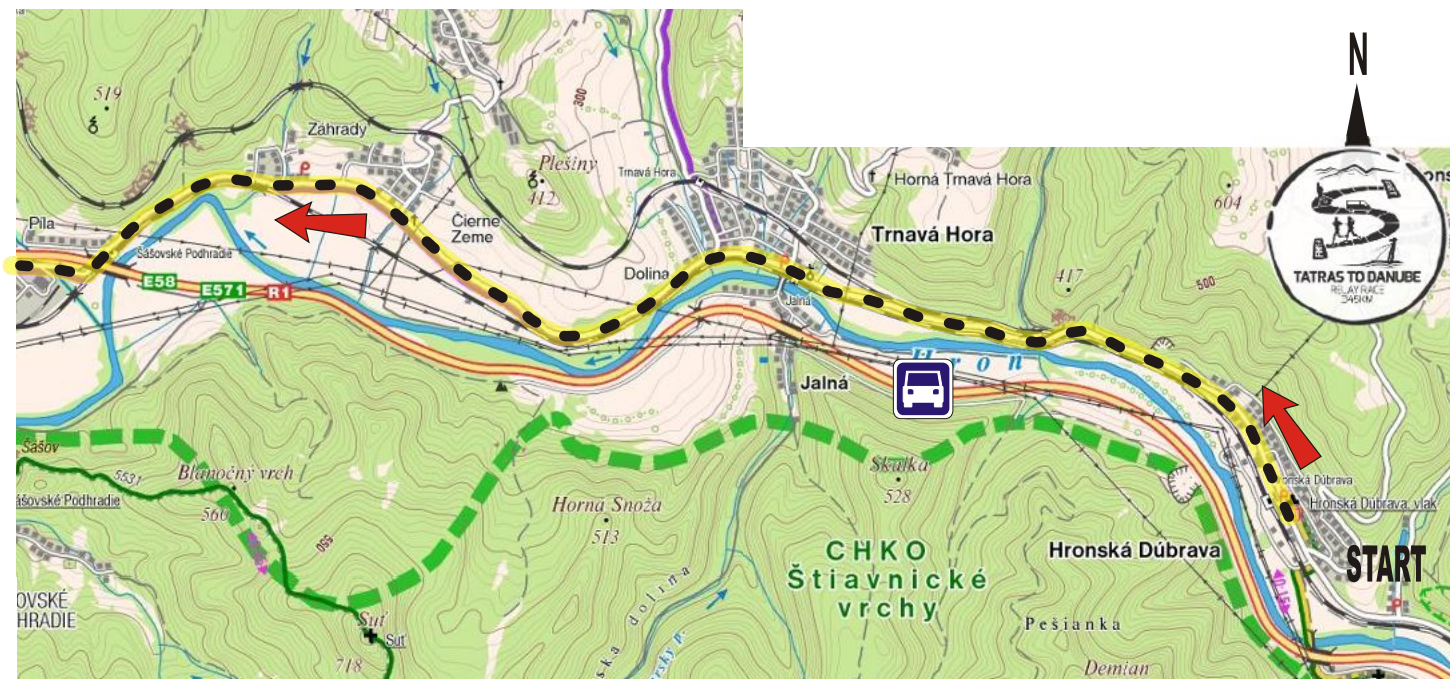
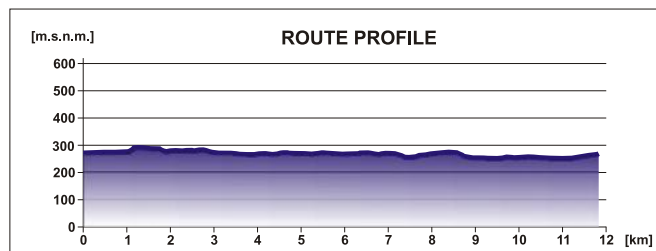
Close to the handover zone is Tearoom around the corner(Čajovňa Za rohom), which prolong the open hours for the runners needs.

SECTION 14 HRON. DÚBRAVA - ŽIAR N. H. RUNNER 2

Length: 11,8 km

Camber: about + 150 m / - 150 m

Difficulty: 2 medium



SECTION 15

DESCRIPTION FOR THE RUNNER:

Run through the underpass under the main road and continue straight to the main square. In the middle of the main square turn left and continue for about 200 metres, on the second crossroad (0.5 km) turn right.

Continue on the main road out of Žiar nad Hronom to the village Lovča, then continue to the village Horná Trnávka and Dolná Ždaňa. In the village Dolná Ždaňa (9,3 km) on the intersection turn left and continue on the road, passing below the motorway, to Hliník nad Hronom where the relay change is in front of Culture house.

INSTRUCTIONS FOR MOTOR VEHICLES:

The „running” vehicle will return to the four-lane main road in the direction of Banská Bystrica and on the first crossroad will turn right on to the direction of Lovča.

Continue on the same route as the runner, until you reach Hliník nad Hronom where you'll find the handover zone.

The parking is in the village on the grass or in the village near the park.

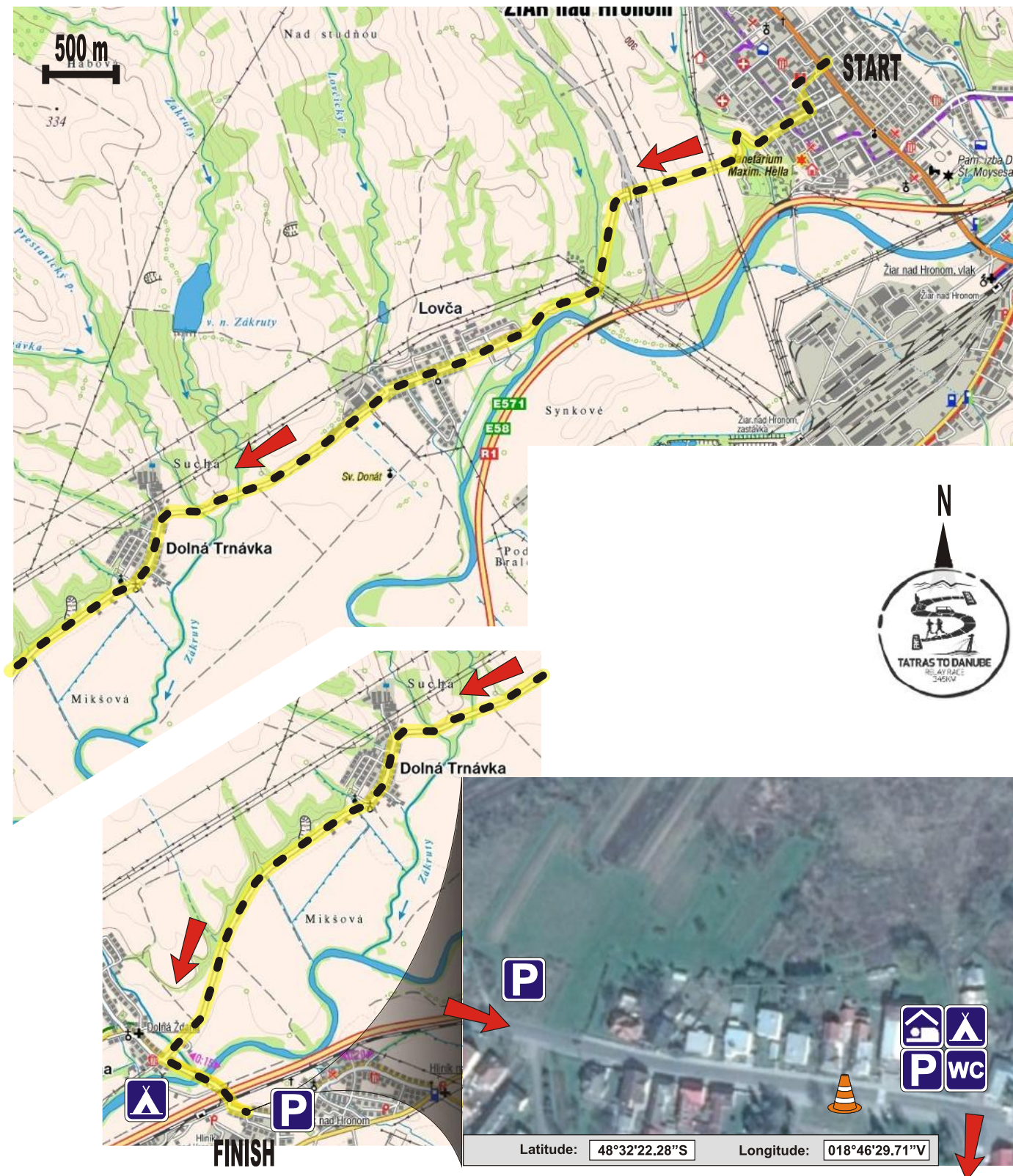
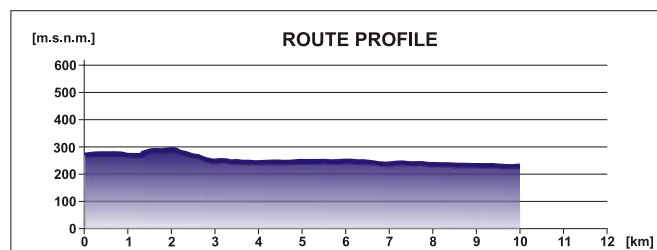
If you are going from the village Dolná Ždaňa in the direction of Hliník nad Hronom behind the bridge and before the underpass under R1, turn right in the direction of the football pitch, approximately after 200 metres you will reach a meadow by the river Hron which is suitable for camping.

SECTION 15 ŽIAR N. H. - HLINÍK N. H. RUNNER 3

Length: 10 km

Camber: about + 70 m / - 100 m

Difficulty: 1 easy



SECTION 16

DESCRIPTION FOR THE RUNNER:

After the handover turn right, around the small park on the right side of the road. Continue straight out from Hliník nad Hronom, there is a narrow sidewalk on the right side of the road.

At the end of the village keep right and run on the sidewalk along the main road till its end at the entrance to the factory (1.5 km).

Then keep on the main road in the direction of Žarnovica. Run straight through the village of Žarnovica (3.5 km) and continue up to Žarnovica, around the gas station to the handover zone at the old "Pregleka" factory.

INSTRUCTIONS FOR MOTOR VEHICLES:

The "running" vehicle goes along the same route as the runner.

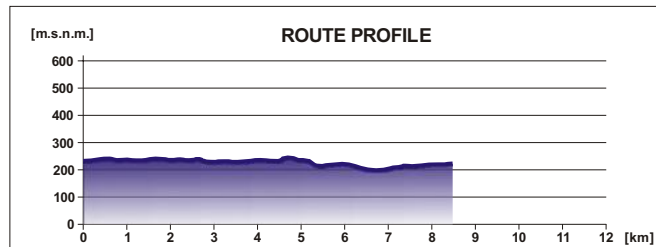
Park before handover zone on the left, on the concrete area near the factory.

SECTION HLIN N. H. - ŽARNOICA RUNNER 4

Length: 8,2 km

Camber: about + 120 m / - 130 m

Difficulty: 1 easy



Latitude: 48°29'28.73" N

Longitude: 018°43'30.38" E

SECTION 17

DESCRIPTION FOR THE RUNNER:

Run on the main road through Žarnovica up to the river Kl'ak before the main square. Before the bridge over the river (0. km) turn left along the river Kl'ak run towards the river Hron. Run over the bridge and continue uphill up to the Lukavica settlement.

On the first crossroad (2.1 km) take a sharp right, in the opposite direction. Run on the tarmac road in the forest up to the main road from Dolné Hámre to Žarnovica (4.5 km), here turn right.

Before the rise to the overpass over the expressway turn left (4.8 km) in the direction of Voznica. Keep on the main road up to Voznica, where you will find the handover in the middle of the village.

INSTRUCTIONS FOR MOTOR VEHICLES:

The "running" car goes straight through Žarnovica on the main road, through the square up to the end of Žarnovica. At the crossroad turn left and continue on the overpass over the expressway.

Behind the overpass turn right in the direction of Voznica and keep straight until you reach Voznica.

The parking is in the middle of the village in front of the culture hall.

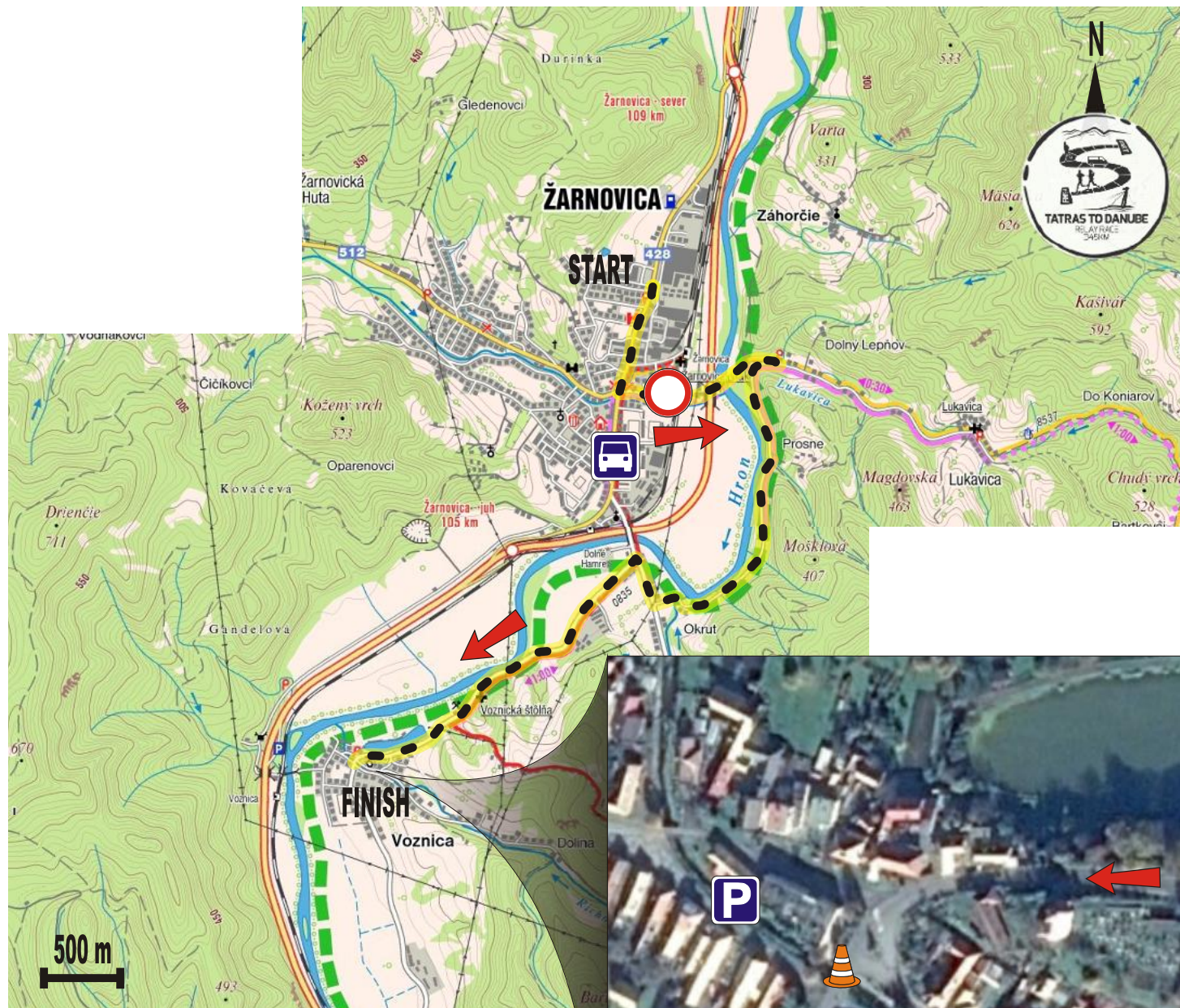
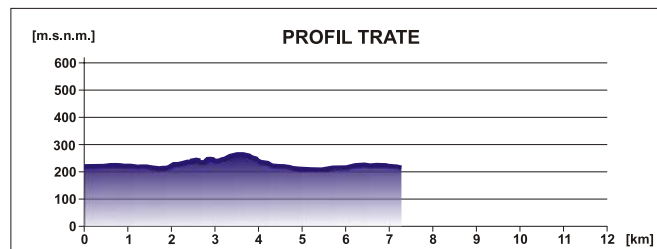
In case the parking is fully occupied, you can park in the village.

SECTION 17 ŽARNOVICA - VOZNICA RUNNER 5

Length: 7,2 km

Camber: about + 140 m / - 150 m

Difficulty: 2 medium



Latitude: 48°27'41.18"N

Longitude: 018°41'54.40"E

SECTION 18

DESCRIPTION FOR THE RUNNER:

After the handover go straight, out of the village of Voznica up to the village of Rudno nad Hronom. In the centre of the village (4.3 km) go right and after about a 100 m, before the bridge over Hron, take left towards the football stadium, where there is a buffet and there are showers at your disposal.

Continue straight from the village of Rudno nad Hronom up to the village of Brehy. At the crossroad go straight, onto the square, where you will find the handover zone.

INSTRUCTIONS FOR THE MOTOR VEHICLES:

The "running" vehicle goes along the same route as the runner.

At the handover, in the Brehy village, there is a parking lot by the football stadium. A recreational area is established here, with an open buffet and social facilities that are provided by the OŠ Brehy football club.

You can also use the space close to the handover zone to sleep through.

We kindly ask all drivers to comply with the prohibition of stopping motor vehicles directly on the runway in the safety of runners!

SECTION 18

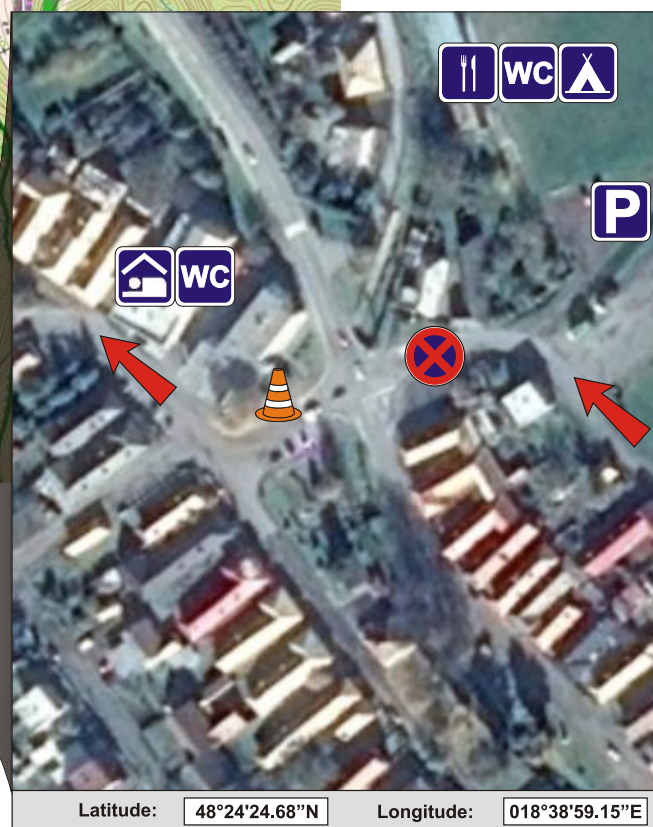
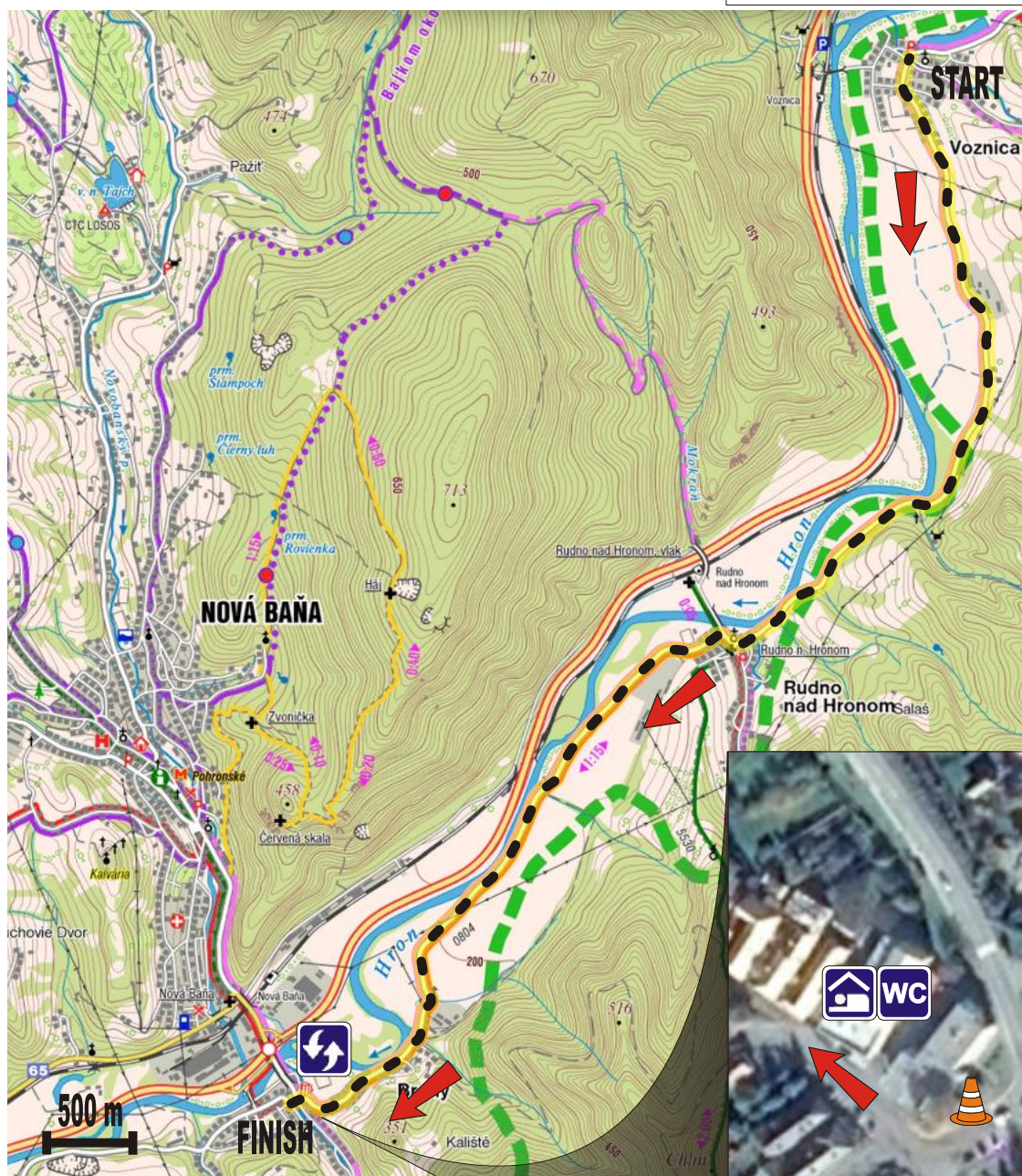
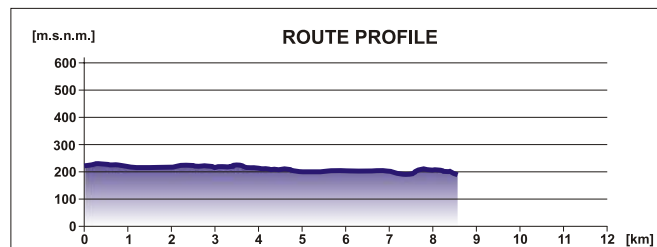
VOZNICA - BREHY

RUNNER 6

Length: 8,6 km

Camber: about + 100 m / - 120 m

Difficulty: 1 easy



SECTION 19

DESCRIPTION FOR THE RUNNER:

After the handover zone run on the main road up to the village Tekovská reznica. At the end of the village (4.6 km) turn right, under the expressway slightly up the hill until you reach the main road in the village of Orovnica (5.5 km), here turn left.

Continue on the main road expressway out of Orovnica. The road is narrow with guardrails on the left side.

Keep straight along the railway, under the expressway (8.7 km), in the direction of Hronský eňadik, later on the road widens.

Through the village of Hronský eňadik run on the left (. km), down there is a sidewalk. Run up to the square under the monastery where you will find the handover.

INSTRUCTIONS FOR THE MOTOR VEHICLES:

The "running" vehicle takes the same route as the runner.

The parking lot is in the middle of the village beside the square in front of the grocery store. Another big parking area is behind the square on the left side in the direction of the railway station.

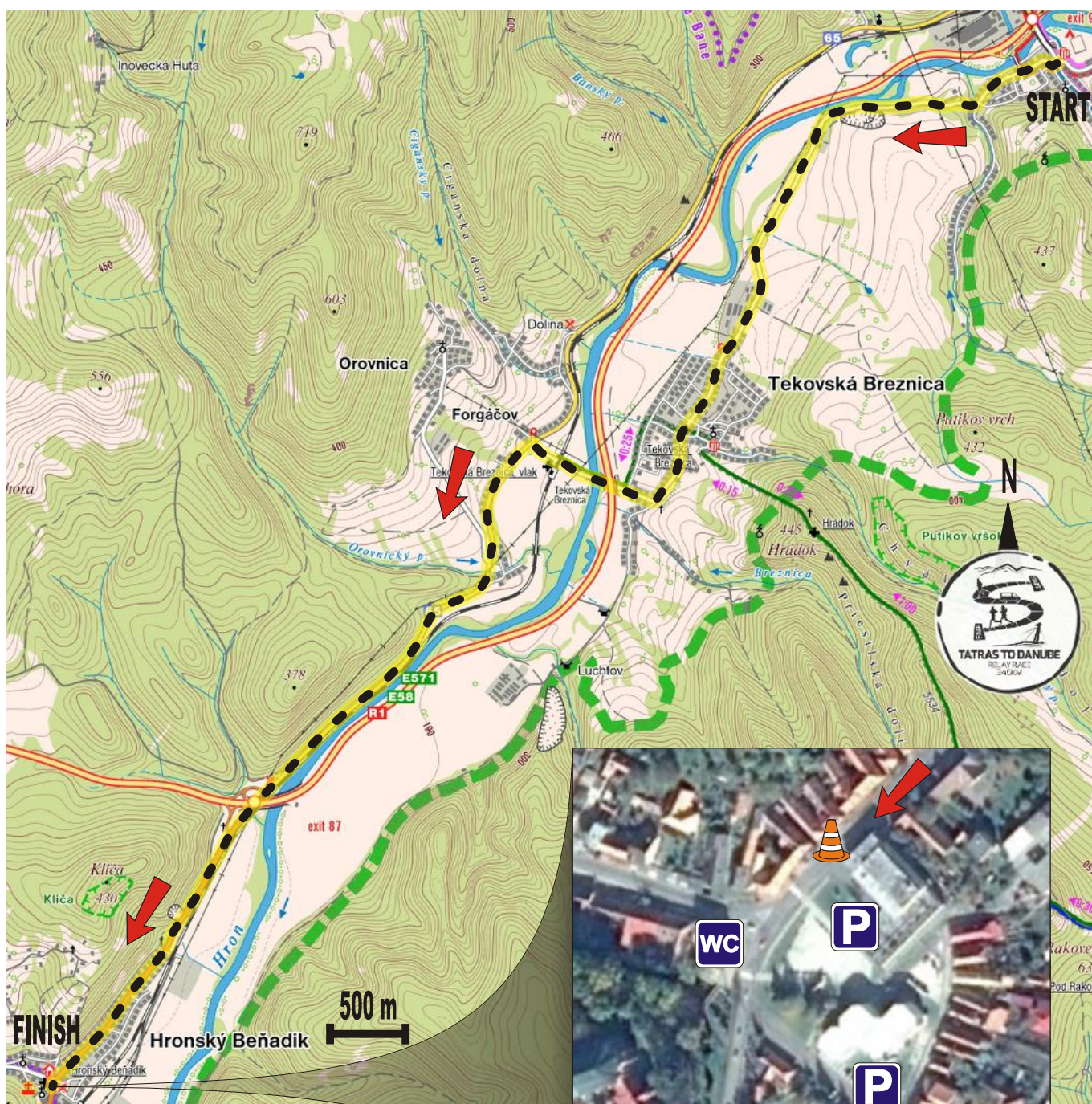
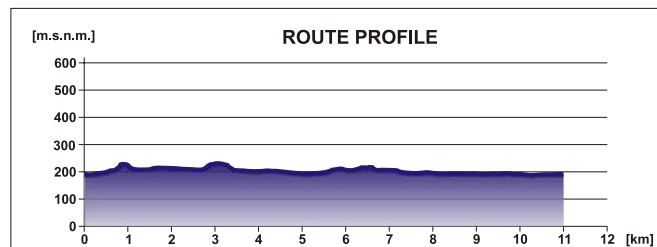
There are public toilets arranged for the runners in close distance from the handover zone.

SECTION 19 BREHY - HRONSKÝ BEŇADIK RUNNER 7

Length: 11 km

Camber: about + 130 m / - 180 m

Difficulty: 1 easy



Latitude: 48°20'43.81"N

Longitude: 018°33'32.77"E

SECTION 20

DESCRIPTION FOR THE RUNNER:

After the handover zone continue on the left side of the road to the village of Psiare. Turn right from the main road and cross the railroad (2.3 km).

Run on the country tarmac road around the agricultural cooperative continue to the village of Kozárovce. Keep on the main road through the fields up to the Kozárovce village, in the village by the church (4.6 km) turn right.

Approximately after 300 m turn left over the bridge over the Čaradický creek continue to the centre of the village. Run through the square keeping straight, also on the crossroad on the main road (4. km) keep straight and continue out of the village in the direction of Nemčianý.

The run goes through a narrower road through fields. By the agricultural cooperative (7.4 km) take a sharp right turn, slight elevation, later on a forest and a slight descent.

In the Nemčianý village at the first crossroad (10.9 km) turn left and continue through the village until you reach the handover at the crossroad at the end of the village.

INSTRUCTIONS FOR THE MOTOR VEHICLES:

The "running" vehicle continues on the main road in the direction of Levice and turns right at the railway crossing in the direction of Kozárovce.

In the centre of Kozárovce turn left onto Nemčianý and continue along the same route as the runner.

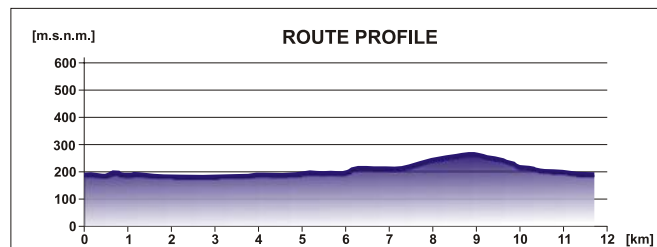
Parking is behind the handover and right behind it is also space suitable for camping.

SECTION 20 H. BEŇADIK - NEMČIĀNY RUNNER 8

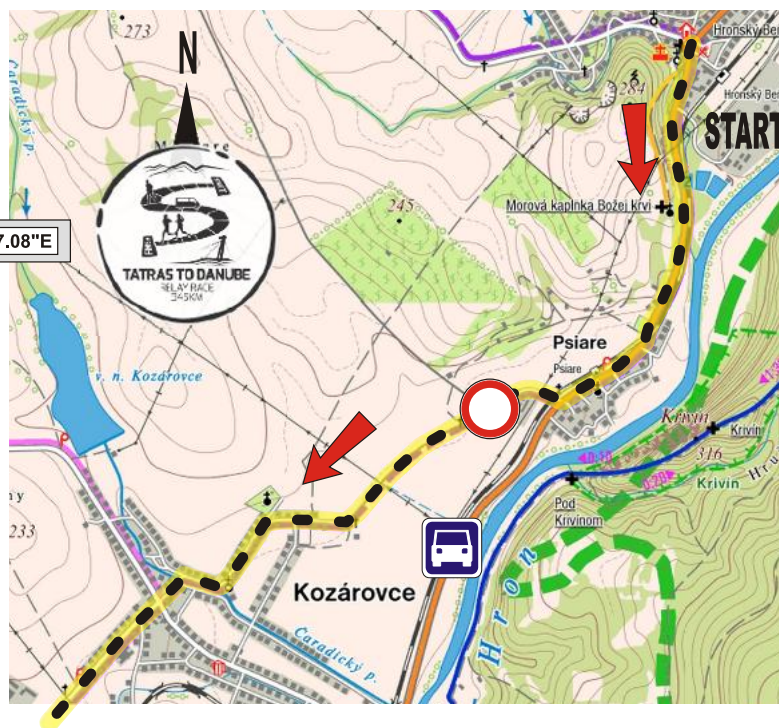
Length: 11,8 km

Camber: about + 170 m / - 150 m

Difficulty: 2 medium



Latitude: 48°18'17.74"N Longitude: 018°26'47.08"E



SECTION 21

DESCRIPTION FOR THE RUNNER:

After the handover continue straight on the main road and after about 100m, before the football field, turn right. Run on the tar road until you reach a crossroad (0.8 km), then turn left up a hill.

Once you reached the top of the hill, continue on the road by the forest on the right side. At the next crossroad (5.3 km) turn right – down the hill until you reach the main road.

On the main road (6.6 km), turn left and continue straight until you reach the handover at the beginning of the village Nevidzany.

INSTRUCTIONS FOR THE MOTOR VEHICLES:

After the handover the “running” vehicle turns right, on the main road in the shape of an “S” out of the village of Nemčiňany up to the crossroad with the main road, at the sign end of the village, turn left to the village Malé Vozokany.

In the village of Malé Vozokany go straight through the first crossroad, after cca 150 m, on the second crossroad with the main road, turn left in the direction of Vráble.

Continue on the main road through the village Červený Hrádok and straight to the village of Nevidzany, where right at the beginning you’ll find the handover zone.

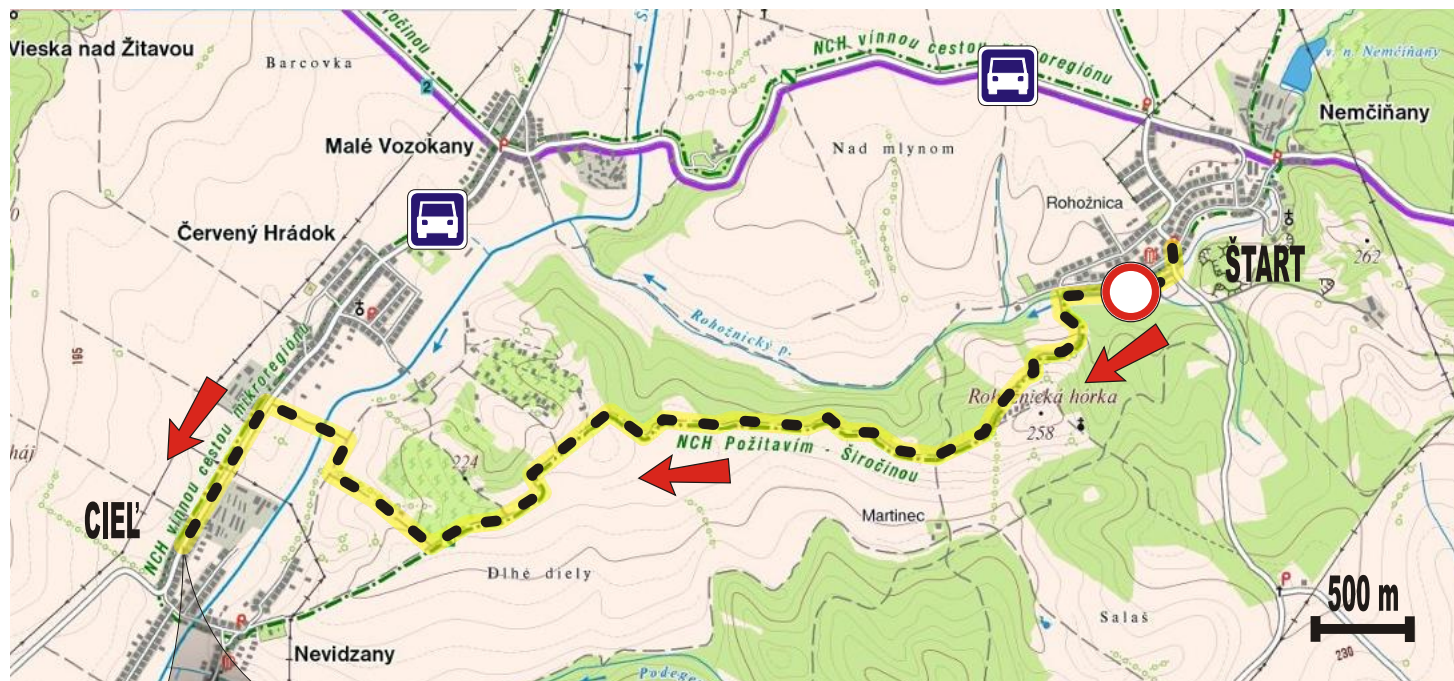
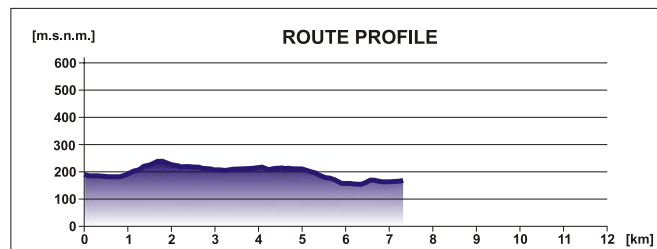
The parking is behind the handover on right, in the old collective farm place(old RD) on the left or in the village.

SECTION 21 NEMČIĀNY - NEVIDZANY RUNNER 9

Length: 7,3 km

Camber: about + 100 m / - 100 m

Difficulty: 2 medium



SECTION 22

DESCRIPTION FOR THE RUNNER:

From the handover run on the main road, until you reach a crossroad (0.4 km), turn left on the crossroad and continue towards the village.

Through the village Nevidzany continue on the main road in a slight incline, before a small park keep right. On the crossroad (1.0 km) turn right, going slightly downhill. Continue on the right side of the main road until the end of the village. After the village ends (1.6km) continue straight on the road until the village Ta ná.

In village Ta ná, after you pass the castle park (3,3 km) turn right and continue through in the direction of Horný Ohá .

At the first crossroad (6.3 km) continue on the main road on the right side, the run continues through the village of Horný Ohá . At the end of the village run on the sidewalk on the right side along the road until you reach a large crossroad with the main road (8, km).

Here is the road excavation. First run to the other side of the main road, then right about 200 m and left to Moravská Street. At the end of the street, right (.5 km), across Hlavná Street to the pedestrian walkway, on the left side.

Continue straight, past the monument, where there is a handover.

INSTRUCTIONS FOR THE MOTOR VEHICLES:

The "running" vehicle goes on the main road, in the shape of an "S", out from the village of Nevidzany in the direction Horný Ohá . Then follow the same route as the runner up to the crossroad with road no. 51 in Vráble. At the crossroad it turns right and continues through the city in the direction of Nitra until it reaches supermarket Lidl where there is a parking lot.

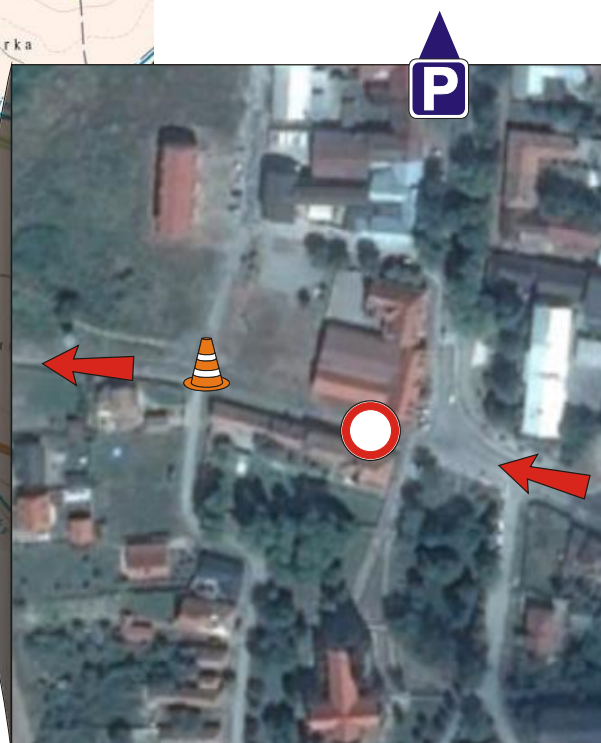
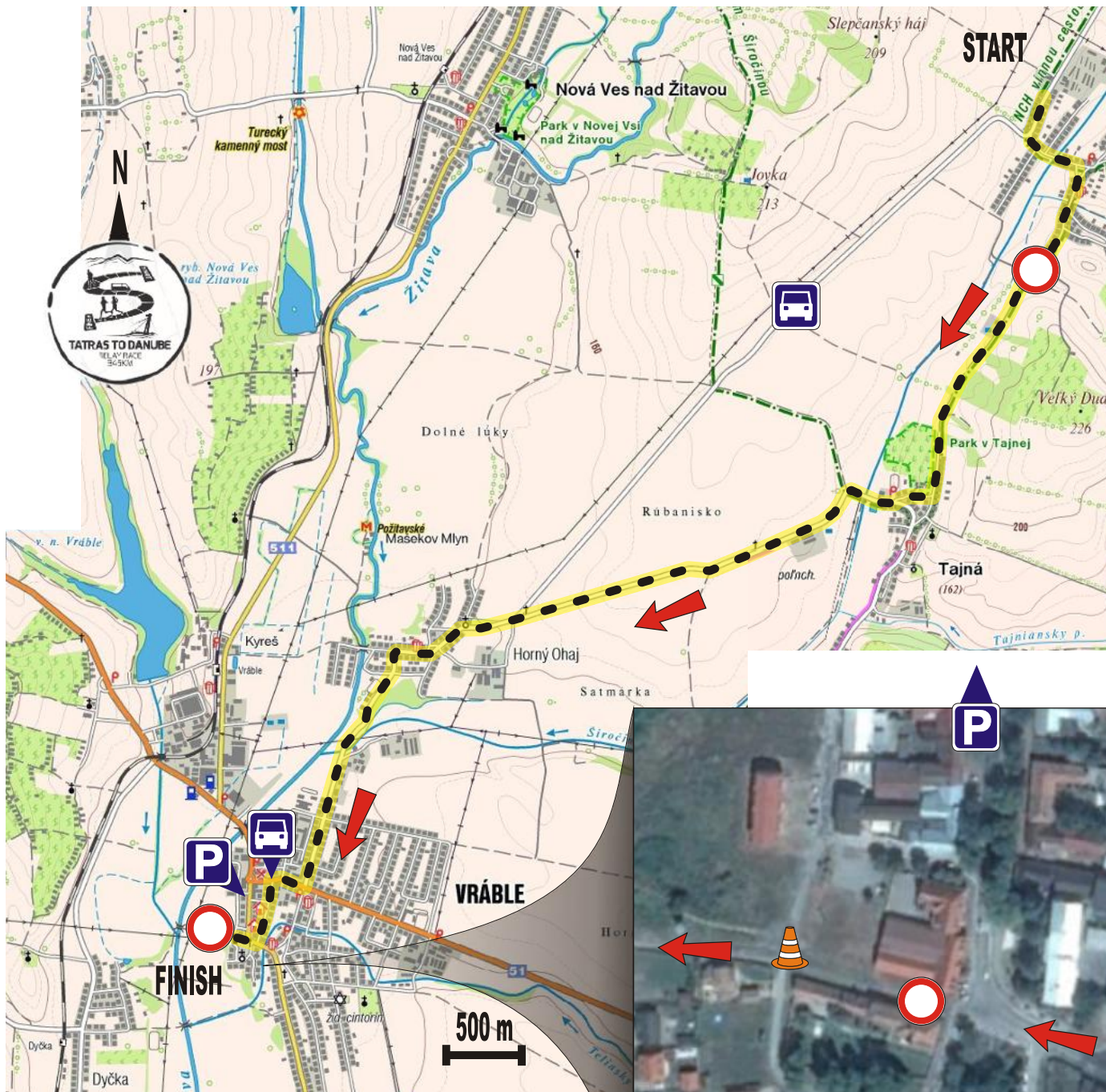
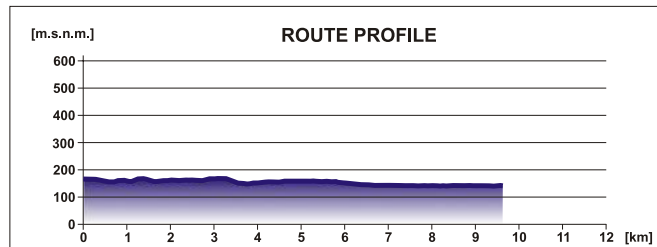
To reach the handover zone you have to go 400 m through the pedestrian zone.

SECTION 22 NEVIDZANY - VRÁBLE RUNNER 10

Lenght: 9,7 km

Camber: about + 70 m / - 100 m

Difficulty: 1 easy



Latitude: 48°14'26.37"N

Longitude: 018°18'08.36"E

SECTION 23

DESCRIPTION FOR THE RUNNER:

Approximately 50 m from the handover you will connect to a bicycle path, which begins between 2 buildings. Run straight on the bicycle path, after the bridge over the river Žitava turn left (0.4 km) and run up to the village of Dyčka.

At the end of the cycling path turn left (0. km), after approximately a 100 m on the first crossroad turn right and keep on Vrábelska street until you reach the crossroad with the main road (1.2 km) where you will turn left. Continue on the main road straight out of the Dyčka village.

Further the run continues on the main road through the villages Lúčnica nad Žitavou, Martinová, Michal nad Žitavou, up to the village of Kmeťovo. Run on the left roadside or on the sidewalk on the left.

In the middle of the village of Kmeťovo in front of the local pub you will find the handover zone.

INSTRUCTIONS FOR THE MOTOR VEHICLES:

The "running" car continues on the road no. 51 through the city in the direction of Nitra.

At the end of the city, before the railroad crossing, turn left in the direction of the Dyčka village and continue on the path of the run up to the handover.

Park on the main road in front of the pub or a bit further next to the grocery store. If there is no space you can also go behind the handover next to the football stadium.

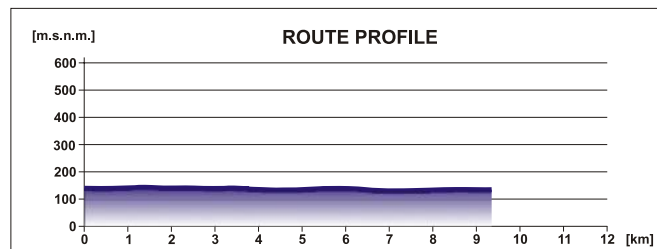
There are toilets in the cultural house and there is a suitable space for camping right behind the cemetery.

SECTION 23 VRÁBLE - KMEŤOVO RUNNER 11

Lenght: 9,2 km

Camber: about + 20 m / - 20 m

Difficulty: 1 easy



Latitude: 48°10'05.26"N

Longitude: 018°16'29.72"E

FINISH

SECTION 24

DESCRIPTION FOR THE RUNNER:

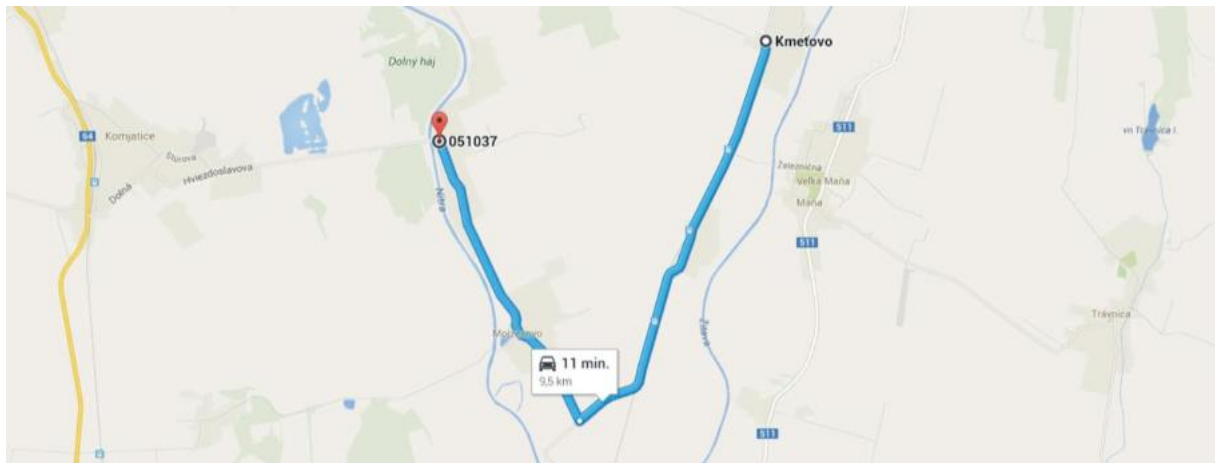
From the handover you run up a slight hill, straight for a longer period of time, later on the road turns to the right, then to the left around a field, through a grove up to vineyard dwellings, where you continue left (3.4 km). At the end of the tarmac road it is followed by a paved lane which continues to line the vineyard. Later on a steep descent straight to the village of Černík. A tarmac road connects again.

After reaching the crossroad (5.1 km) with the main road turn left. Continue on the main road till you reach the next crossroad (6.5 km), where you turn right in the direction of Komatice.

In Komatice, after 600 m, at the grocery store (0.3 km), turn right to the center of the village. Run along the sidewalk to the right, still straight, along the main road, through a small park, still on the sidewalk past the Local Office to the House of Culture, where there is a handover.

INSTRUCTIONS FOR THE MOTOR VEHICLES:

The vehicle from Kmetovo will continue through Malá Maňa, Mojzesovo and Černík. In the village of Černík there is a turn left to Komjatice.



Parking is available in the parking lot at the Cultural Center.

The rest area is located in the local elementary school. The entrance to the school grounds is from Fraňa Kráľ'a Street. The rest area is 100 m from the drop-off point.

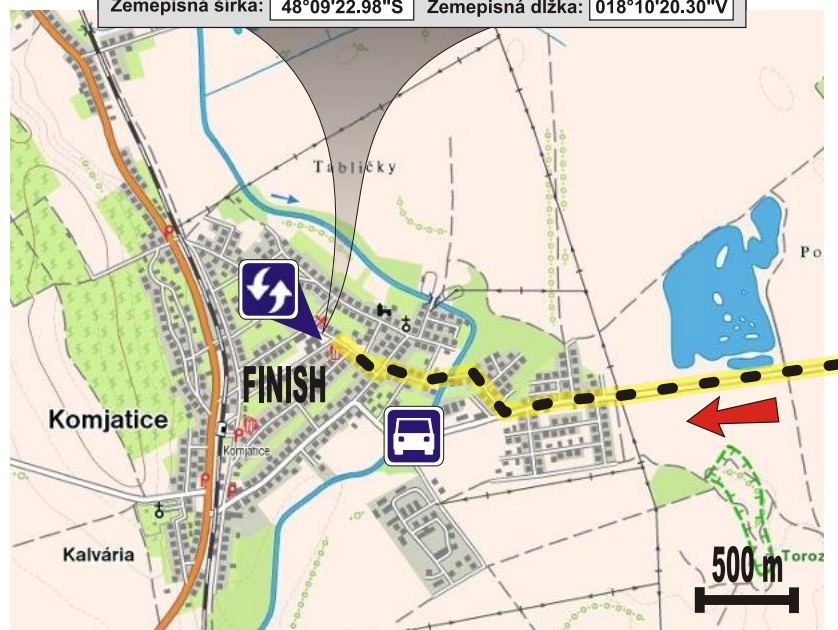
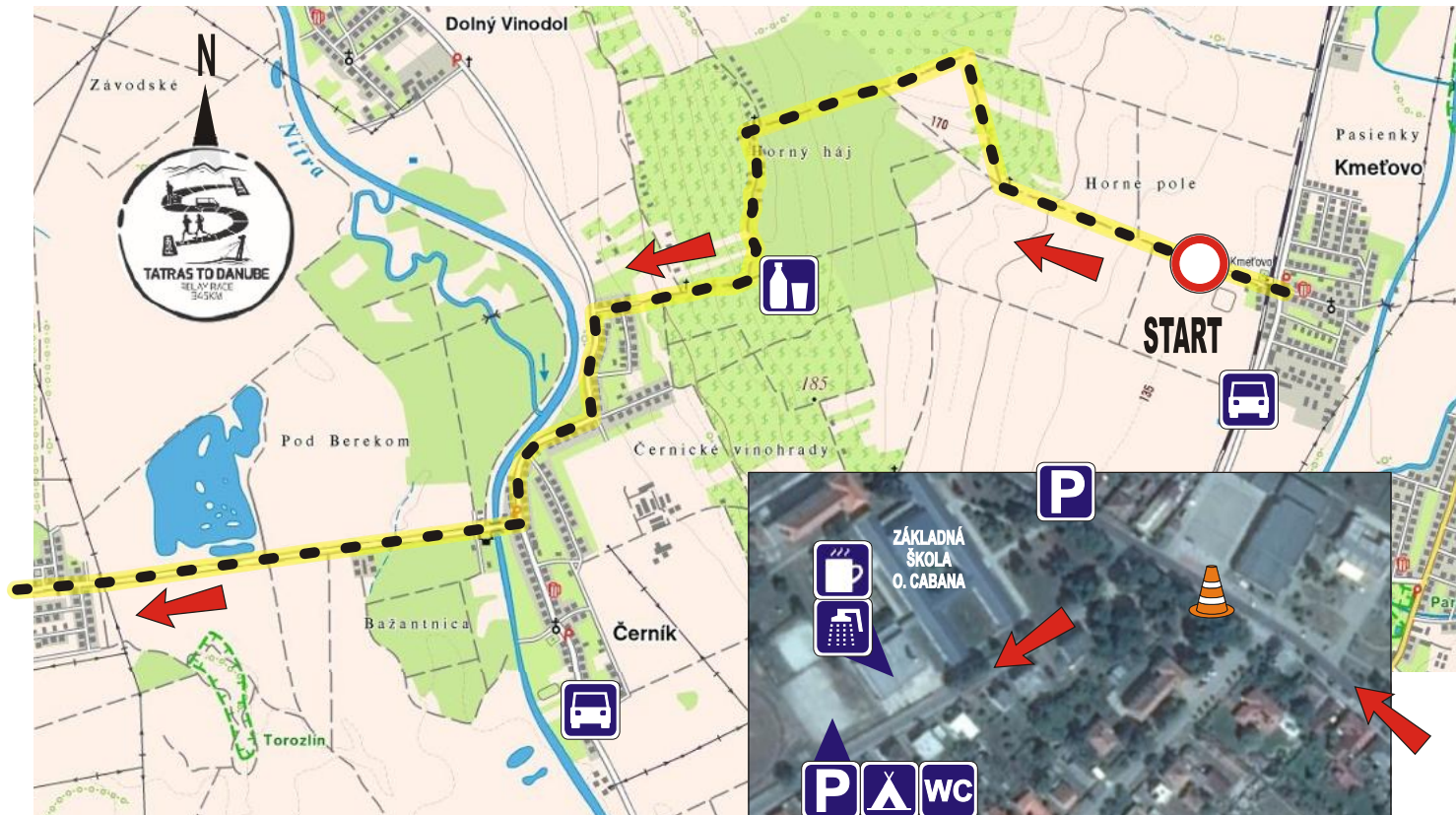
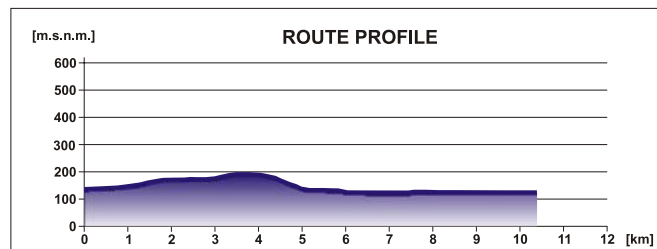
The rest area has toilets, and there is the option of taking a shower and spending the night in the gym. The elementary school grounds have a buffet for runners and a camping area on a grassy field.

SECTION 24 KMEŤOVO - KOMJATICE RUNNER 12

Length: 10,4 km

Camber: about + 70 m / - 80 m

Difficulty: 2 medium



SECTION 25

DESCRIPTION FOR THE RUNNER:

From the handover, turn left directly after the park, pass straight around the left side of the recreational area of the local primary school. At the end, turn left and continue straight to the main road, cross the railway tracks on to the 1st class road (1.2 km), then turn right.

After approximately 100 metres, use the pedestrian crossing to get to the left side of the road and continue another 50 metres down the main road to a crossroad (1.4 km); take the left.

Run along the sidewalk on the left side of the road, up the hill, past the cemetery on the left.

After the end of the sidewalk run continuously straight ahead down the left roadside up to village of Rastislavice. The handover is in the middle of the village, at the parking lot of ednota.

INSTRUCTIONS FOR THE MOTOR VEHICLES:

The "running" vehicle takes the same route as the runner.

Use the parking lot by the ednota grocery store.

There is a cultural house where toilets are available for the runners 1 km before the handover, there is also some basic catering (coffee, tee and water) provided by village Rastislavice.

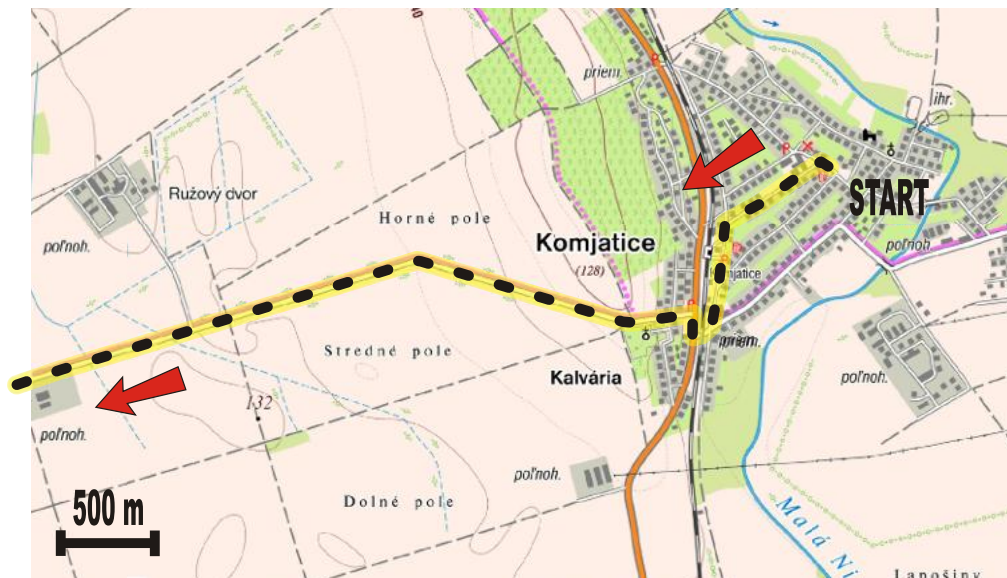
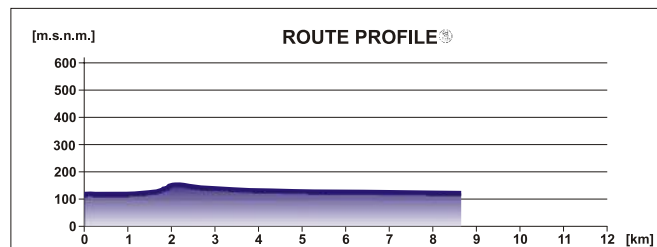
At the handover, firefighters from DH Rastislavice will offer coffee and tea.

SECTION 25 KOMJATICE - RASTISLAVICE RUNNER 1

Length: 8,5 km

Camber: about + 20 m / - 20 m

Difficulty: 1 easy



SECTION 26

DESCRIPTION FOR THE RUNNER:

After the handover run to the village of atov, at the crossroad (3.5 km) with the 1st class road continue straight on. Later, cross the railroad crossing and keep going to the village Selice.

n the middle of Selice at the crossroad (.7 km) go right in the direction of Šála and Trnovec nad Váhom.

The next handover is on the square in Selice.

INSTRUCTIONS FOR THE MOTOR VEHICLES:

The "running" vehicle takes the same route as the runner.

Turn left immediately after the handover, on the square in the middle of the village Selice.

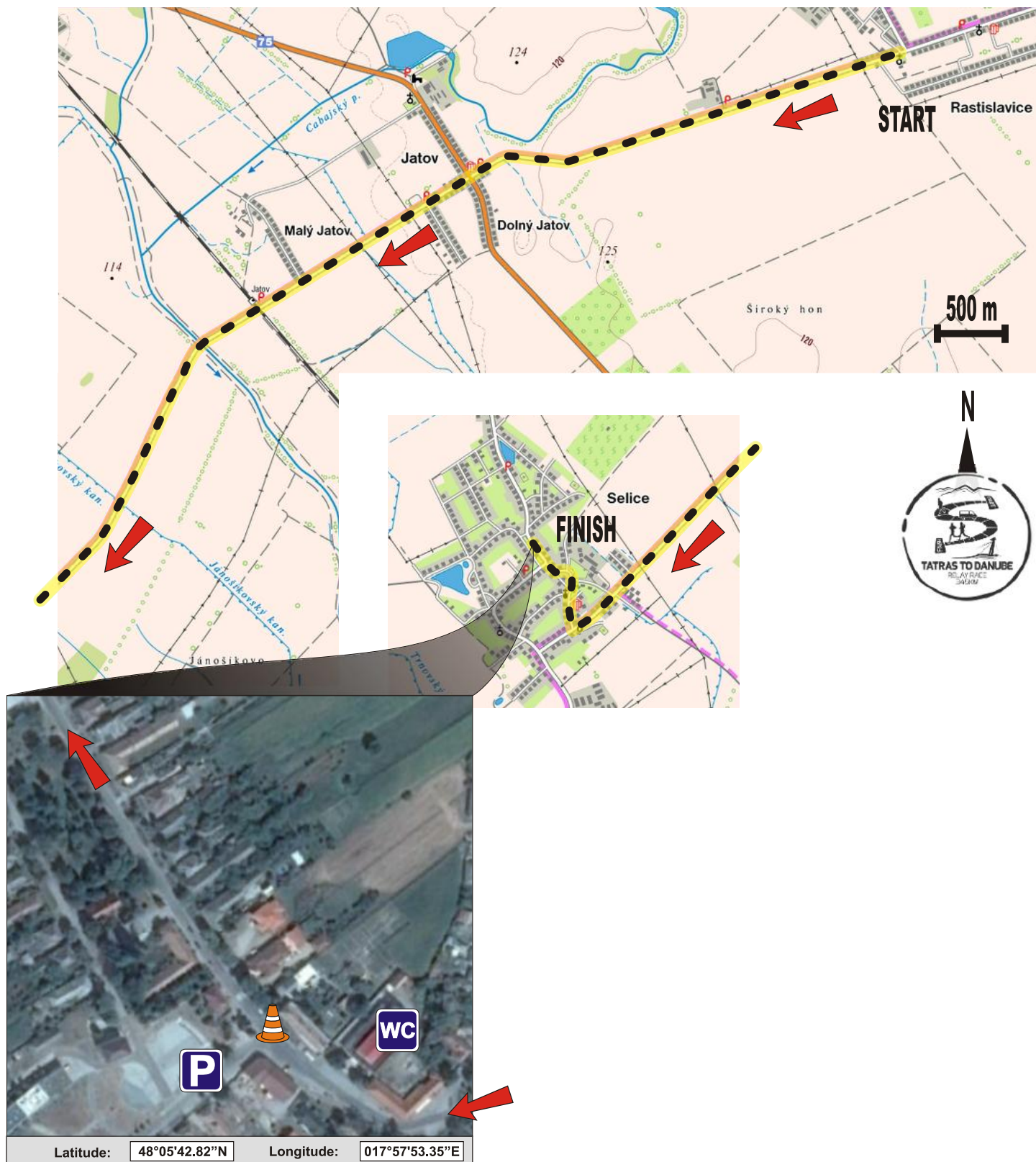
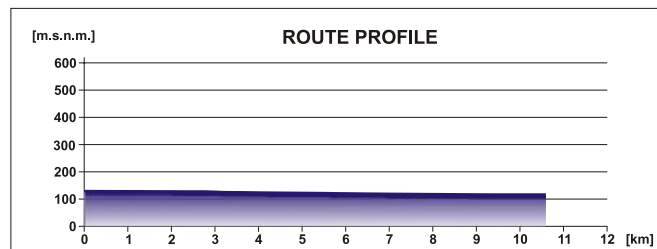
Parking is in front of the church and the culture hall. n the culture hall there is a possibility of refreshment (coffee, tea, water) and using social facilities provided by village Selice. There is also a restaurant near by.

SECTION 26 RASTISLAVICE - SELICE RUNNER 2

Length: 10,4 km

Camber: about + 10 m / - 20 m

Difficulty: 1 easy



SECTION 27

DESCRIPTION FOR THE RUNNER:

Take the main road to Trnovec nad Váhom. Run through the entire village Trnovec and at the end about 200 m behind the municipal office turn from the main road to the left (7.5 km).

Continue down to the end of the tarmac road that changes to a concrete road. Stay on the right side of the road and on the crossroad (8.2 km) take right.

Run over the diversion dam and continue down the panel road. Then run under the railway bridge, then, again, run over the diversion dam. Then must continue down the concrete panel road along the diversion dam in the direction of Šaľa.

At the end of the road (11 km), go left and run up to the diversion dam. Run another 300 metres to the handover.

INSTRUCTIONS FOR THE MOTOR VEHICLES:

The "running" vehicle drives to Trnovec nad Váhom, taking the same route as the runner until the crossroad where runner goes left up to the diversion dam. Vehicle goes straight on the end of the village, over the railroad crossing in the direction of Šaľa.

Drive through city part Šaľa - Veča, take the third exit on the roundabout and go to the parking lot of OC Tesco.

The handover is at the diversion dam, it's 300 metres from the parking lot.

Please observe the ban on motor vehicles entering the handover area!

SECTION 27

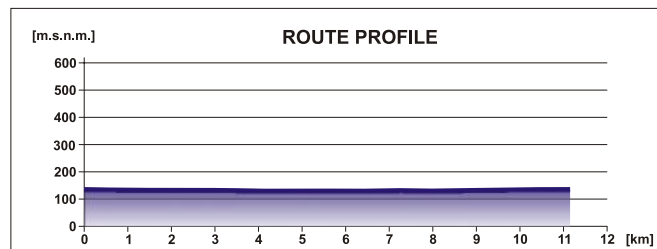
SELICE - ŠAĽA

RUNNER 3

Length: 11,4 km

Camber: about + 20 m / - 10 m

Difficulty: 2 medium, difficult orientation



SECTION 28

DESCRIPTION FOR THE RUNNER:

After the handover approximately 100 m go left, cross the bridge over the river Váh and take the left (0.8 km). Use the pedestrian crossing to get on right side, continue down the Street of Peter Pázmán; it curves slightly to the right. Continue straight on, run the crossroad straight (1.5 km) and continue to the pedestrian zone, through the centre of Šal'a.

After you pass the pedestrian zone, continue straight ahead at the roundabout (2 km), use the pedestrian crossing on the right side in the direction of Diakovce. After the cemetery cross the street using pedestrian crossing on the left side and on the roadside run over the rail road crossing (2.4 km).

Continue down the main road out of Šal'a up to the village Diakovce. When you get to the fuel station L-Petrol (4.1 km), keep running on the left side of the road.

Before you get to the crossroad in the middle of the village, cross the street using pedestrian crossing to the and at the next crossroad (4.7 km) take left. Run past the culture house, go right at the first crossroad go right in direction to the church. Turn left between the family houses back on road to Horné Saliby, past the Pension Europa.

Continue running down the main road, on the crossroad (7.6 km) behind the bridge over the creek Derňa, keep left towards the thermal swimming pool. Later on the crossroad (10.8 km) straight up to Horné Saliby; the handover is at the beginning of the village.

INSTRUCTIONS FOR THE MOTOR VEHICLES:

From the parking lot OC Tesco go back at the roundabout, use third exit in the direction of the centre.

Cross the bridge over the river Váh, continue going down the main road, first, in the direction of Bratislava, then to Diakovce.

At the roundabout, take the Diakovce exit up to the end of the Šal'a and continue down the route to Diakovce and Horné Saliby.

Parking by the football pitch and on the 3rd training area that is behind the main stadium.

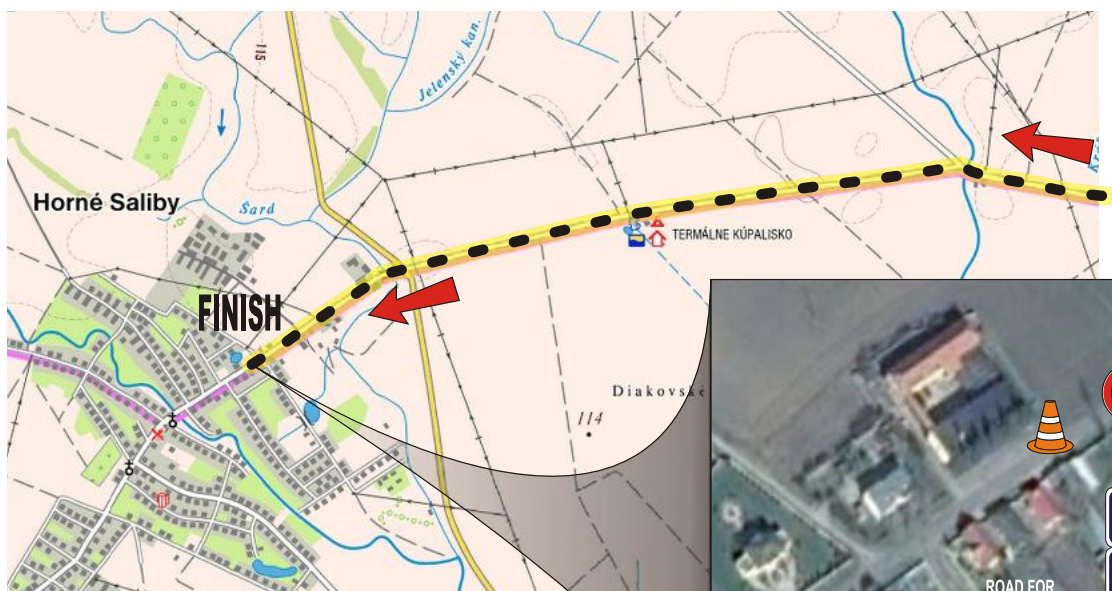
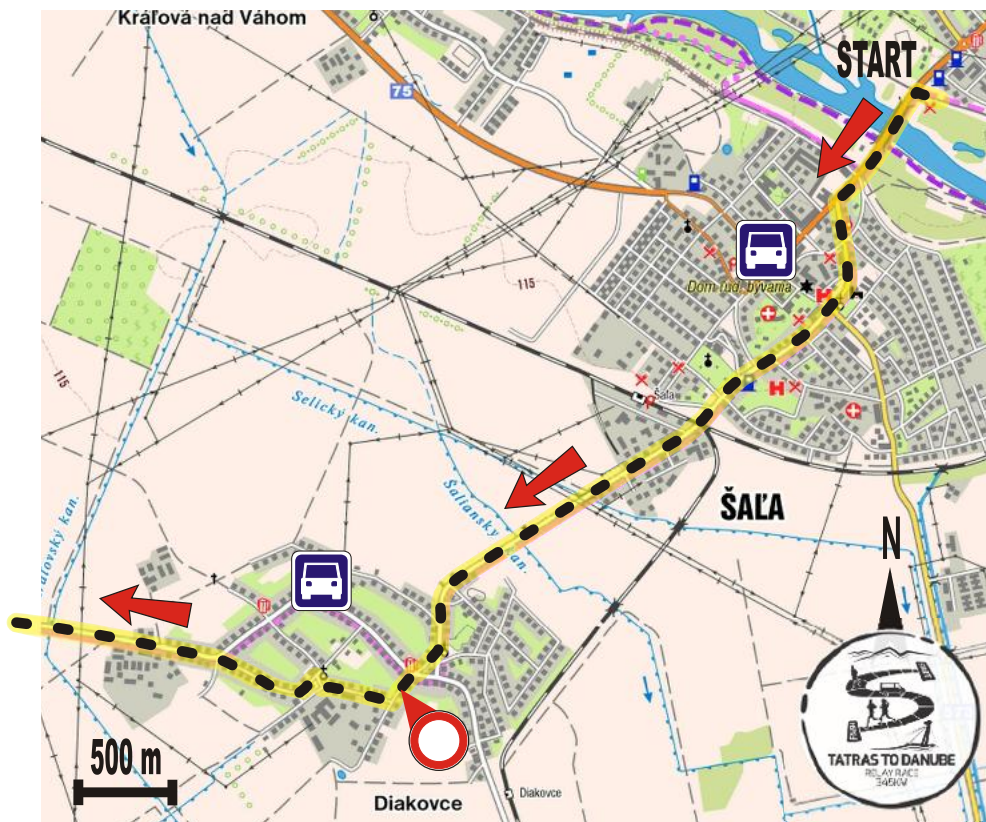
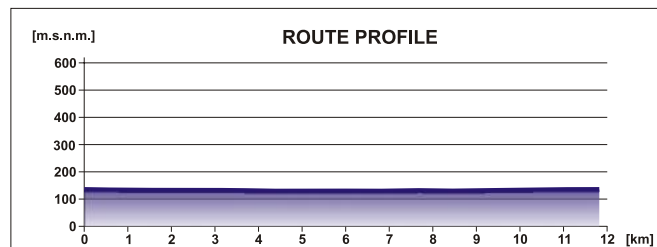
There is some refreshment provided as well as toilets and space suitable for camping.

SECTION 28 ŠAĽA - HORNÉ SALIBY RUNNER 4

Length: 11,8 km

Camber: about + 10 m / - 20 m

Difficulty: 2 medium



Latitude: 48°07'40.35"N

Longitude: 017°45'18.62"E

SECTION 29

DESCRIPTION FOR THE RUNNER:

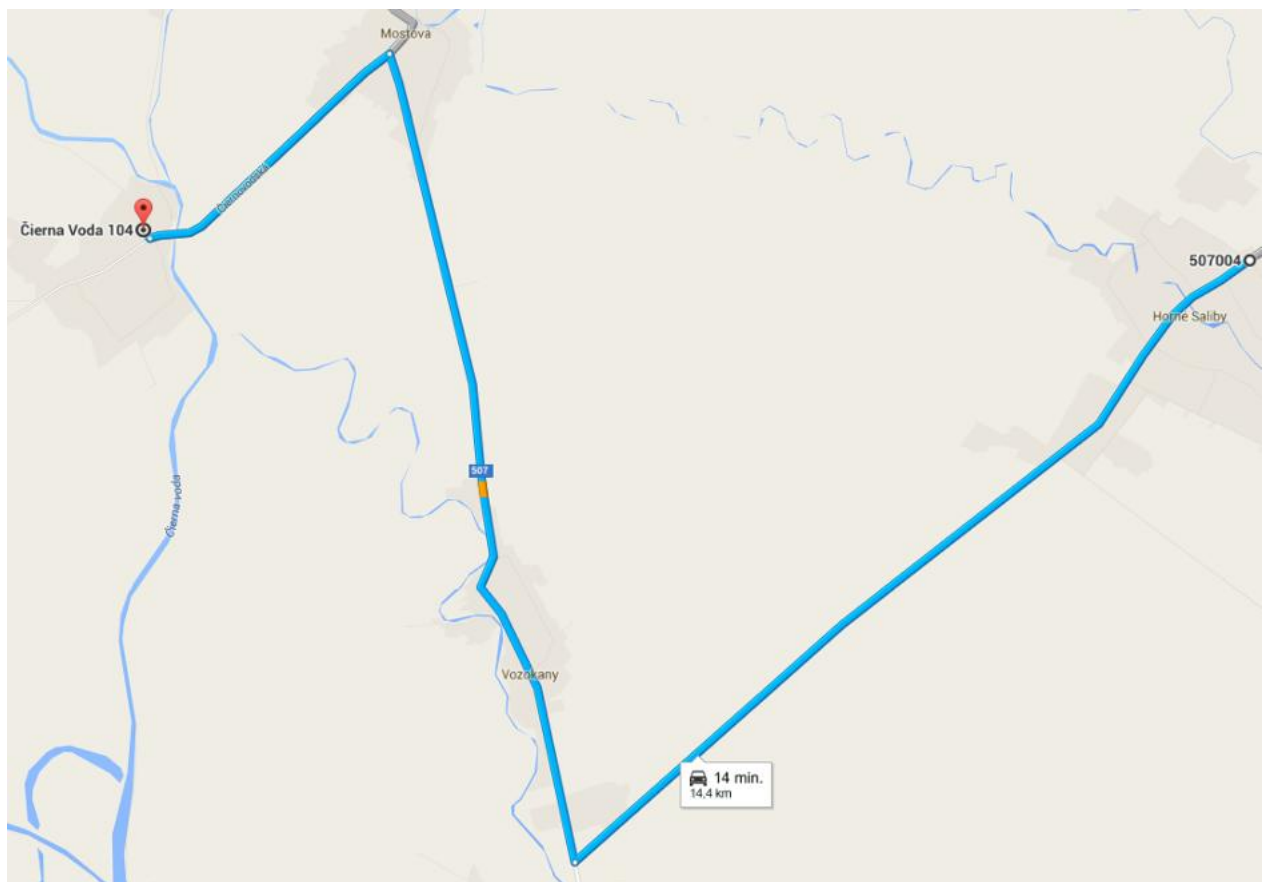
After the handover take the right after the bus station (0.3 km) and run to the end of the village. Continue down the concrete road to the poultry farm, then straight on and later run down the dirt road past the collecting pit.

At the crossroad of dirt roads (4.3 km) there is refreshment stop, take left, down the dirt road to the village Mostová. Run past the football pitch all the way to the main road. At the crossroad (8.2 km) straight ahead down the main road. After the pedestrian crossing run on the right side of the road and run from the culture house on the sidewalk on the right side of the road (8.5 km) in the direction of Čierna Voda. At the end of the sidewalk, continue down the left road side to the village Čierna Voda. The handover is at the beginning of the village, near the park.

INSTRUCTIONS FOR THE MOTOR VEHICLES:

Drive through the village Horné Saliby in the direction of Vozokany and Tomášikovo. Turn right at the crossroad in the direction of Vozokany. Go through Vozokany to the village Mostová. In Mostová, at the crossroad turn left, in the direction of Čierna Voda.

You can park at the beginning of the village, near the park. There are toilets in the culture house.

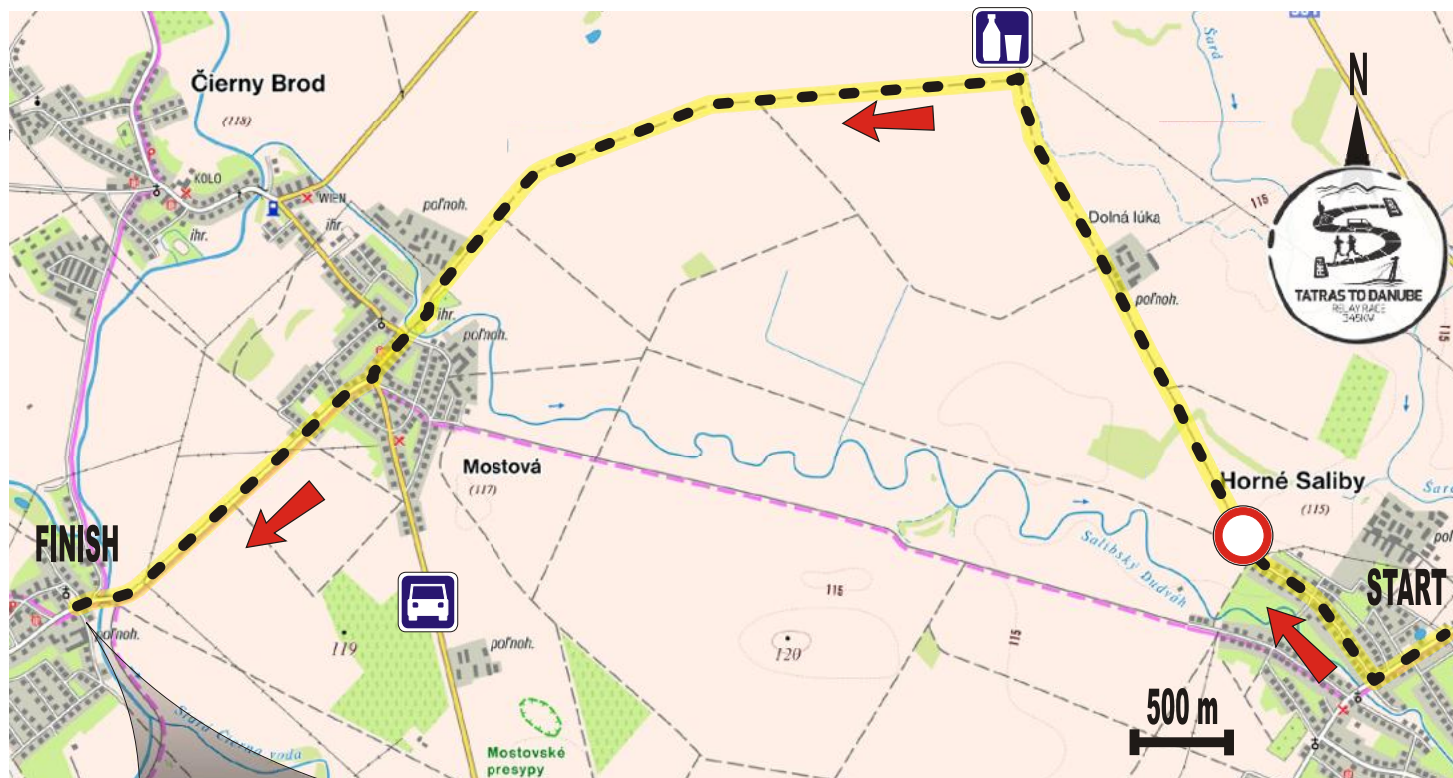
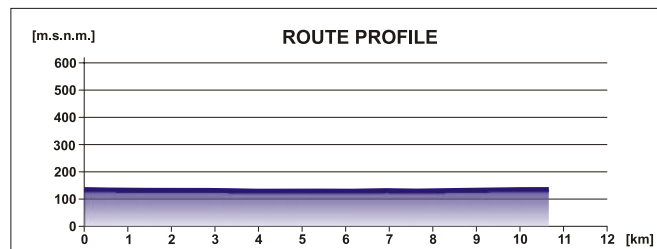


SECTION 29 H. SALIBY - ČIERNA VODA RUNNER 5

Lenght: 10,7 km

Camber: about + 20 m / - 20 m

Difficulty: 1 easy



Latitude: 48°07'45.79"N

Longitude: 017°39'11.24"E

SECTION 30

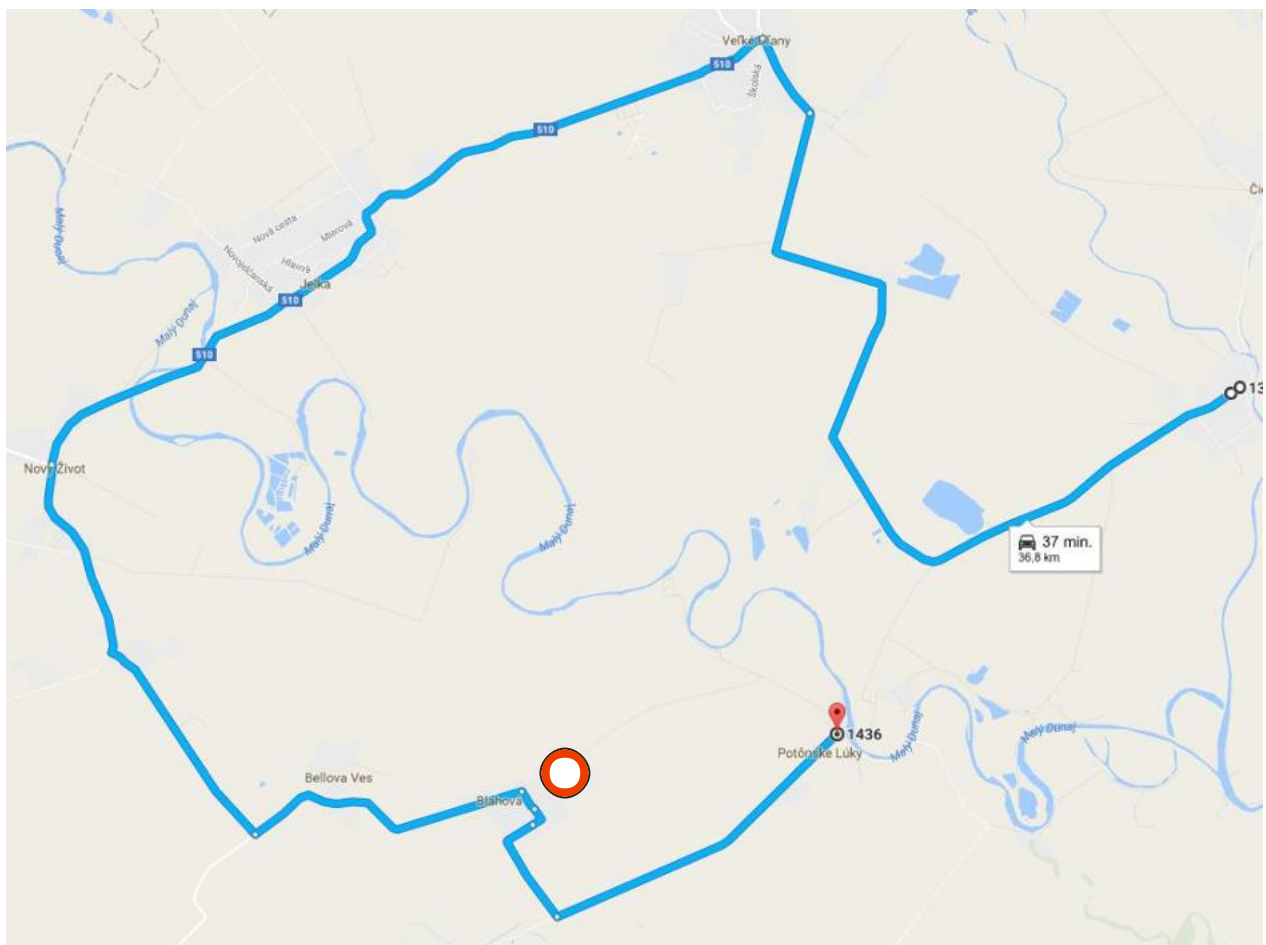
DESCRIPTION FOR THE RUNNER:

Run through the village Čierna Voda, down the main road. Outside the village run past the lake and then, in the first branch, right turning curve behind the safety fence turn left (4.1 km) on the dirt road, where a refreshment stop is.

First, you run straight ahead down a dirt road. Then go left (6 km) and continue past the trees to the settlement. The dirt road bends to the right (6.6 km) and enters the small woods; run through the woods, towards the bridge for pedestrians over Malý Dunaj. After running over the bridge after 50 metres down the road, go right and continue straight through the village Potônske Lúky around the football pitch. Continue until the end of the village where the handover is located.

INSTRUCTIONS FOR THE MOTOR VEHICLES:

Attention, complicated logistics! The vehicles' route is the same as the runners', up to the turning behind the lake. Drive through Veľké Uľany, Jelka, Nový Život, Vojtechovce, Bellova Ves, Blahová until you get to Potônskych Lúk – CAUTION – vehicles are not allowed to continue from Blahová on the runners route, it is required to follow another road around. The journey from Čierna voda to Blahová is about 37 minutes. If there are 12 team members and 2 vehicles, on the handover #30 you can change runners from two vehicles. Vehicle no. 2 can go to handover in advance.



The handover partner is MultiSport, which will provide refreshments for the runners.

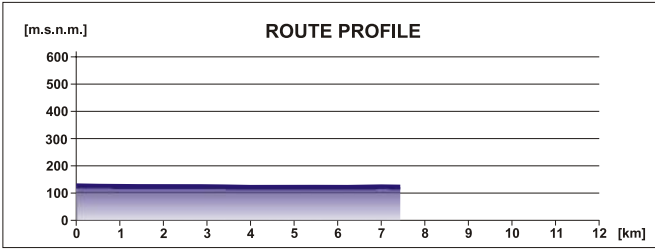
There is a chill out zone in the meadow behind the football stadium, and there are shared showers, separate for men and women, see map. There is a private campsite behind the village, where private showers are available for a fee.

SECTION 30 Č. VODA - POTÔNSKE LÚKY RUNNER 6

Lenght: 7,4 km

Camber: about + 20 m / - 20 m

Difficulty: 1 easy, difficult orientation



SECTION 31

DESCRIPTION FOR THE RUNNER:

From the handover continue on the field road until you reach a tarmac crossroad (0.8 km), turn left and continue to the village Blahová where a first refreshment stop is. Continue straight through the village until you reach its end, then continue on the main road to Bellova Ves

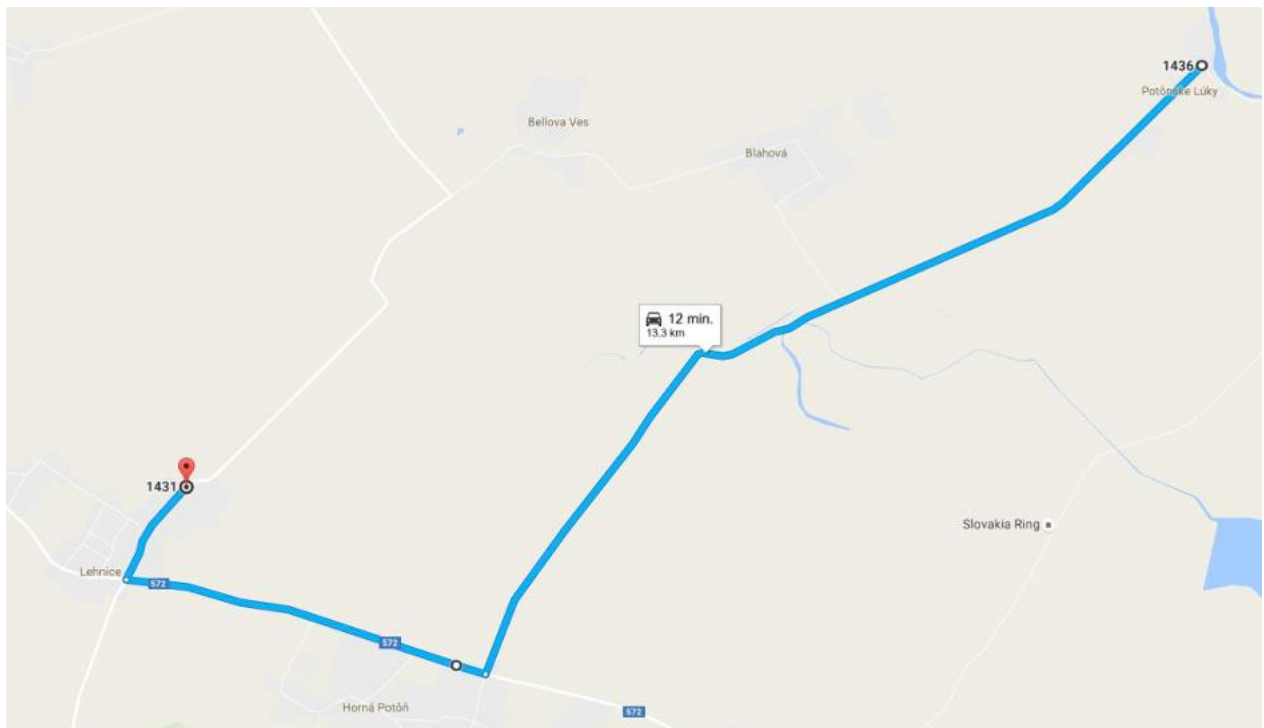
Run through Bellova Ves on the main road, at the crossroad behind the village (7.5 km) go straight to the second refreshment and continue in the direction of Lehnice, where you will find the handover at the beginning of the village by the cemetery.

INSTRUCTIONS FOR THE MOTOR VEHICLES:

The "running" vehicle goes from Potônske Lúky straight to Horná Potôň. Turn right all the way to Lehnice and again turn right to reach the handover.

The parking is next to the handover, on the big grassy area in front of the cemetery.

Further on the run route, in the village Veľký Lág, there is small grocery store for the runners opened.



SECTION 31

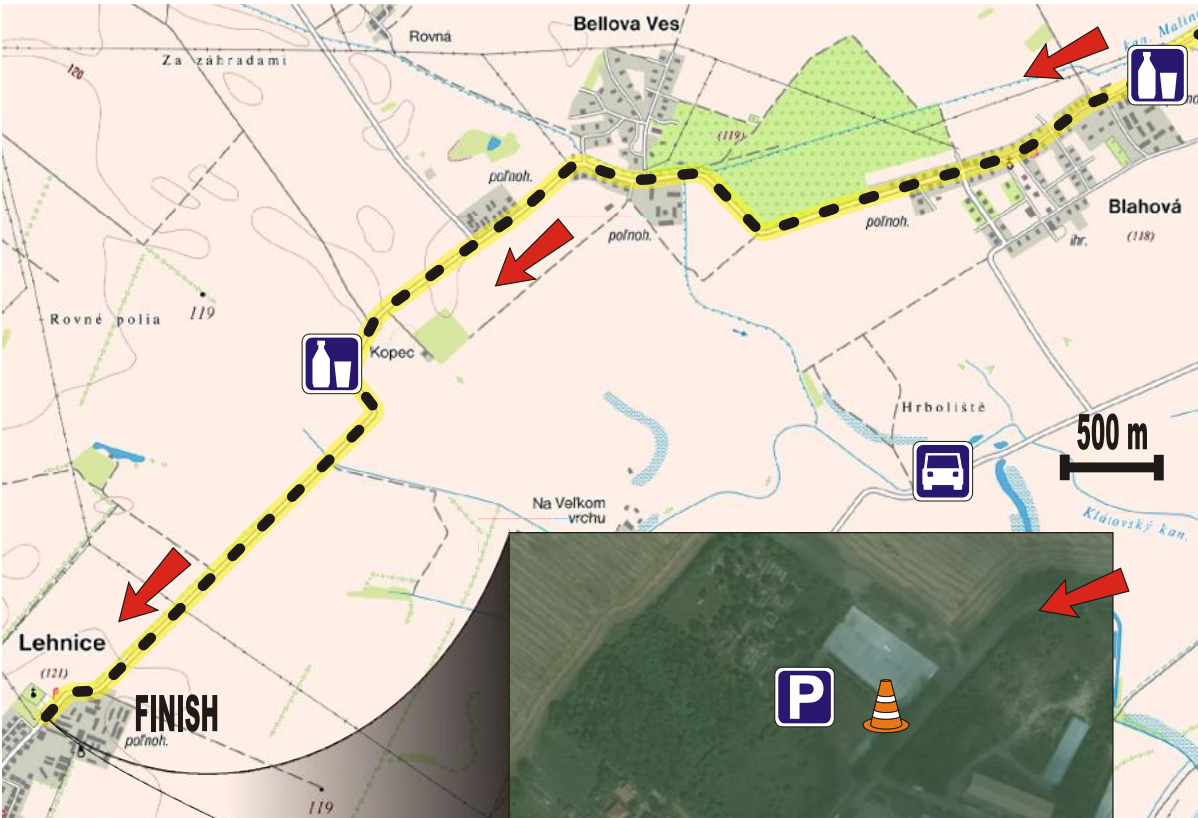
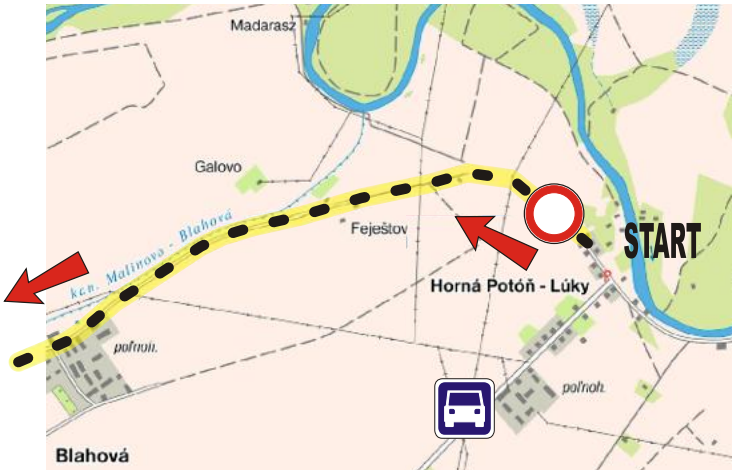
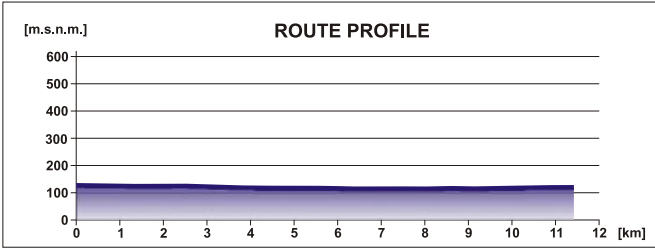
POTÔN. LÚKY - LEHNICE

RUNNER 7

Lenght: 11,4 km

Camber: about + 20 m / - 20 m

Difficulty: 1 easy



Latitude: 48°03'29.41"N

Longitude: 017°27'54.58"E

SECTION 32

DESCRIPTION FOR THE RUNNER:

You run into Lehnice, at the crossroad (1 km) turn right, run across the main road to the left side by the castle park.

Behind the park (1.3 km) turn left, run on the gravel road and continue to Velká Paka, where there is a refreshment stop.

Run on the main road through the village and continue to Čukárska Paka to the handover that is at the end of the village.

INSTRUCTIONS FOR THE MOTOR VEHICLES:

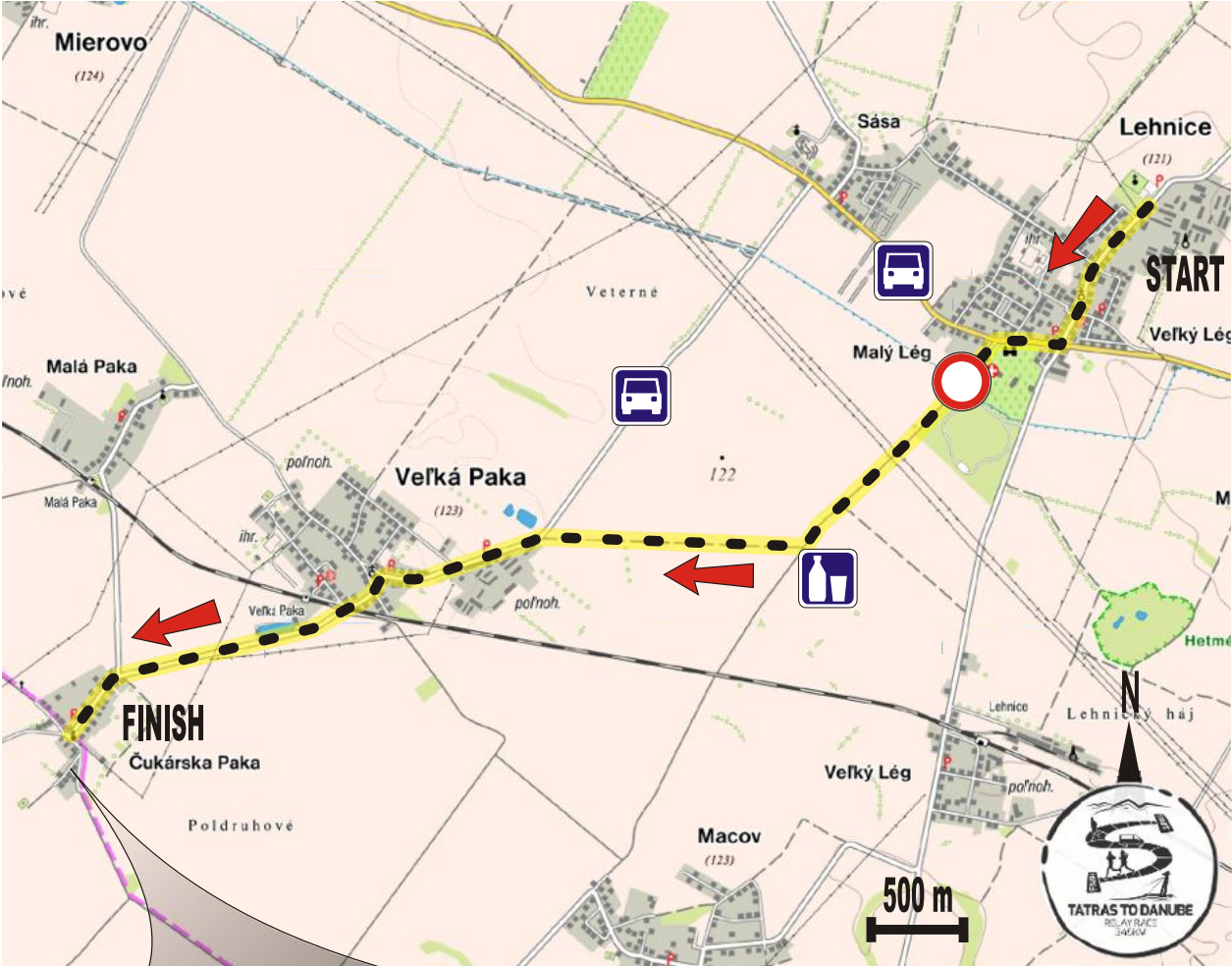
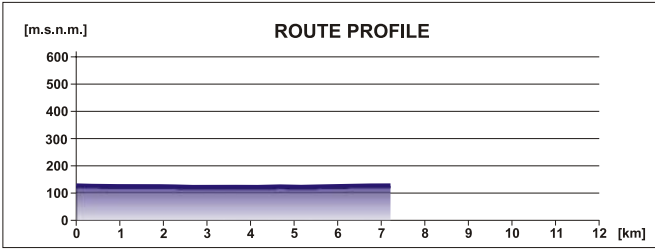
The area for vehicles near the handover is limited, the parking of motor vehicles is prohibited therefore a special regime for motor vehicles applies in this section!

The vehicle will turn right in Lednice at the crossroad before the park in the direction of Mierovo, then go straight through the village until you reach the turn to the left to Velká Paka.

From Velká Paka the "running" vehicle uses the same route as the runner to reach the handover.

SECTION 32 LEHNICE - ČUKÁRSKA PAKA RUNNER 8

Lenght: 7,2 km
Camber: about + 20 m / - 20 m
Difficulty: 1 easy



Latitude: 48°01'55.08"N Longitude: 017°23'07.02"E

SECTION 33

DESCRIPTION FOR THE RUNNER:

Directly after the handover turn right from the main road onto a narrow road, which is at first asphalt and then panel road. Continue running straight, all the way to vetoslavov.

On the main road (3.3 km) run straight through the crosswalk and continue to vetoslavov.

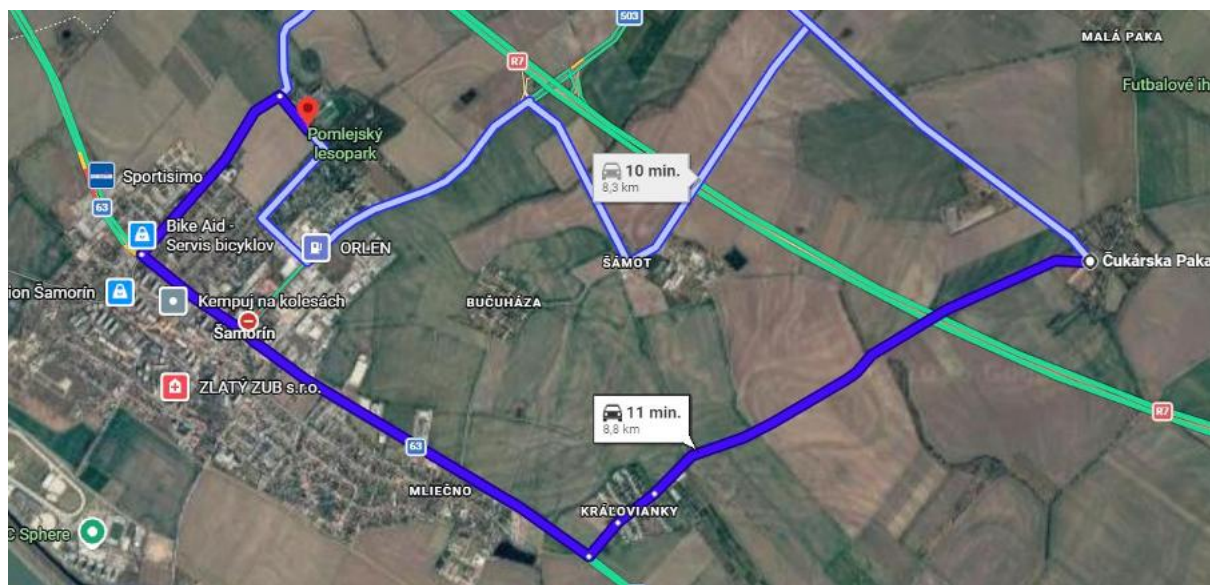
On front of the park (4.3 km) turn left and continue through the park, then continue on the main road out of vetoslavov in the direction of Šamorín.

On the next closest crossroad (7.1 km) turn left in the direction of the football stadium and continue straight until you reach the main entrance of the stadium, where the handover is located.

INSTRUCTIONS FOR THE MOTOR VEHICLES:

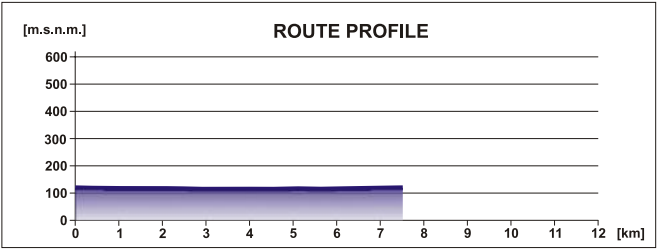
The "Running" vehicles go through Kráľovianky to main road where they take the right turn to Šamorín.

At the roundabout, go straight ahead and at the bus station, turn right, still straight out of the village, then right to the football stadium, where there is a handover.



SECTION 33 ČUKÁRSKA PAKA - ŠAMORÍN RUNNER 9

Lenght: 7,5 km
Camber: about + 10 m / - 10 m
Difficulty: 1 easy



Latitude: 48°02'19.70"N Longitude: 017°19'12.50"E



SECTION 34

DESCRIPTION FOR THE RUNNER:

After the handover, about 100 m straight to Pomlé Park and right onto Pomle ská Road, run along the sidewalk on the right side, all the way to the intersection with the main road.

Cross the main road (1.3 km) at the pedestrian crossing and continue straight along the sidewalk passing a building. At the end of the sidewalk, turn right, then immediately left (1.5 km) and continue along the playground towards the main road.

Run on the right-hand sidewalk of the street Gazdovský rad. At the end of the street reach the roundabout (1.8 km) and continue straight into the park, passing a small church. Continue on the sidewalk of the asárenska street until you reach the edge of town (2.3 km), keep going straight until you reach a dirt road. Follow an alley of trees straight till the end of the road, then run across two fields along an unmaintained dirt road (about 200 m). The dirt road turns left and then immediately right.

Continue straight along the dirt road until you reach the village alinkovo. Around the cemetery go straight along the road and cross the first intersection towards the main road (6. km). Stay on the right-hand sidewalk, go around the Municipal office until you reach the pedestrian crossing. After you cross to the left side of the road (7.1 km) turn right following the street leading towards the dam.

Steep climb up to the dam and turn left, continue about 500 m along the dam until you reach the handover.

INSTRUCTIONS FOR THE MOTOR VEHICLES:

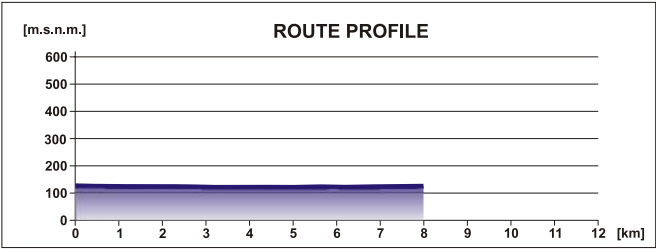
Vehicles continue along the same route they came on until they reach the main road in Šamorín. At the intersection, go straight past the bus station, towards the dam, take the first exit through the roundabout. At the second roundabout, turn right towards Hamuliakovo and continue until Hamuliakovo.

n Hamuliakovo, continue on the main road until you reach alinkova

n alinkovo, turn left towards the lake and dam, where there is a parking area next to the handover point. Additionally, you can park on the shoulder of the roads within the village and behind the Municipal office. Only "running" vehicles are allowed to enter the alinkova parking area!

SECTION 34 ŠAMORÍN - KALINKOVO RUNNER 10

Lenght: 8,0 km
Camber: about + 20 m / - 20 m
Difficulty: 1 easy



SECTION 35

DESCRIPTION FOR THE RUNNER:

After the handover turn right from dam, passing the lake and continuing along a dirt road towards the forest.

Run through the forest to the drainage canal of the waterworks and along the right side continue straight on the dirt road. ATTENT ON: Follow the trail markers carefully! The running course is crossing with a horse race course.

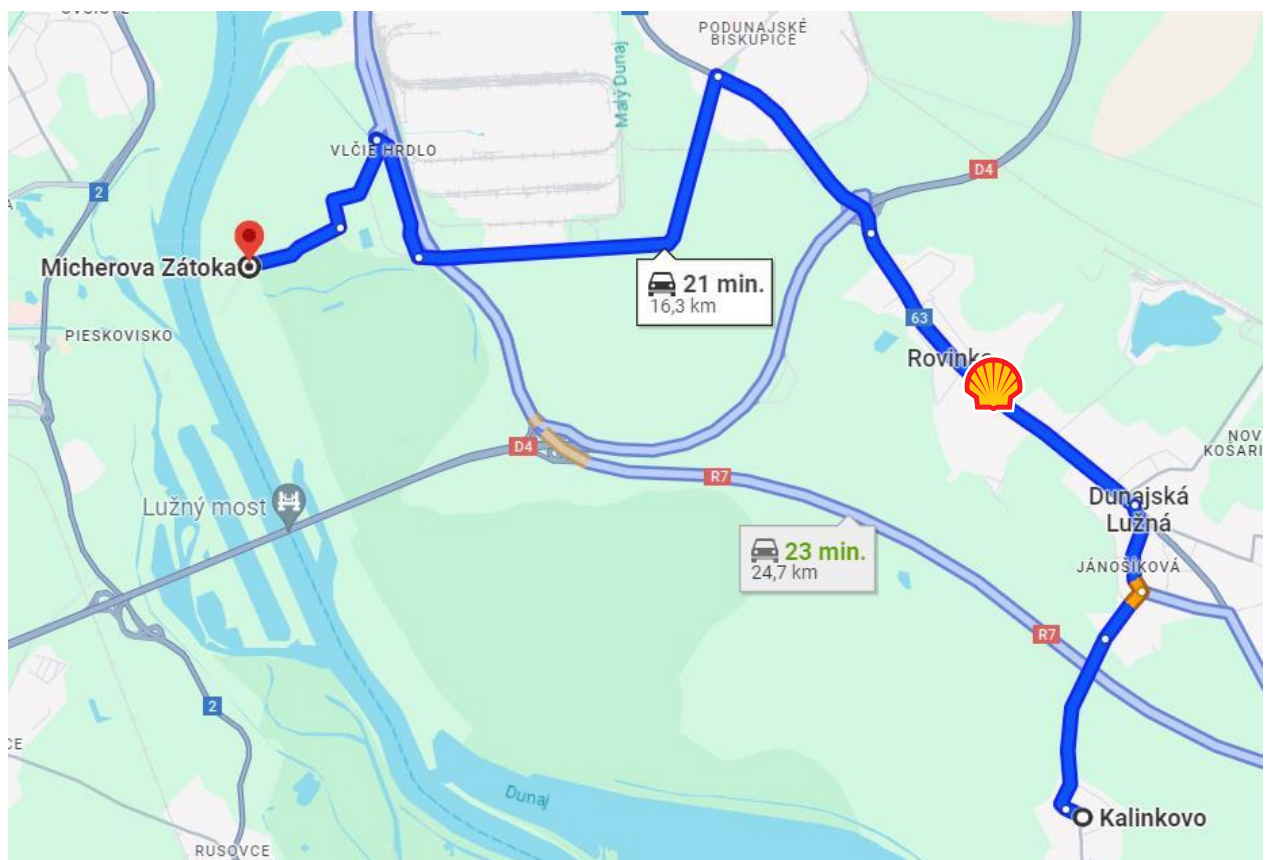
Cross the second bridge of the drainage canal and continue onto the main dam going "upstream" until you reach the handover.

INSTRUCTIONS FOR THE MOTOR VEHICLES:

The vehicle coming from the alinkovo handover should return to the main road and turn left, continue on the main road until Dunajská Lužná and go straight until you reach an intersection. On the intersection at the STOP sign turn left in the direction of Bratislava. Continue on the main road through the village Rovinka, over the overpass of the R7 expressway and continue to Bratislava on the road 63.

In Bratislava turn left on the traffic light intersection. Go straight over the overpass above the road R7, pass the incinerator and heating pipeline. On the closest intersection make a sharp left turn and continue about 2km to the parking area next to the Flinstones buffet – Micherova Zátoka (formerly known as "ama ka"). There's a buffet at the parking area with a tap and refreshments. Only the "running" vehicles are permitted to enter the parking lot.

Vehicles are not permitted to enter the handover! The runner, ready to takeover the relay, has to move from the parking lot to the handover by foot for approximately 500 m by dam (on the left). The time needed to move is approximately 31 minutes. The running car has to move right away after carrying out the handover, so it can catch its runner at the handover at the buffet ama ka! In case of very fast runners we advise you to use the second vehicle for the handover as well so you won't lose time because of the car transfer.



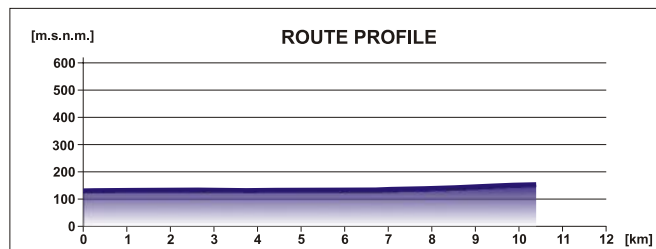
SECTION 35

KALINKOVO - JAMAICA RUNNER 11

Lenght: 10,4 km

Camber: about + 10 / 0 m

Difficulty: 2 medium



SECTION 36

DESCRIPTION FOR THE RUNNER:

Run on the dam until it's end by the boathouse.

Run down the dam and continue on the road out of the boathouse and by the harbor keeping straight until the end, where behind the buffets you turn left (3.6 km) to the refreshment stop. After the stop turn right over the bridge over the Small Danube and continue straight by the harbor.

At the crossroad (4.6 km) turn right and after 100 m on the main road turn left. The run continues on the main road, on the cycling path on the left side of the road, after approximately 250 m before the railroad turn left, continue under the Prístavný bridge. Continue on the pedestrian footbridge on the Prístavný bridge running over the Danube to the Petržalka side. Run on the left side of the Prístavný bridge.

Run down the pedestrian footbridge from the bridge onto the dam and turn right (6.7 km). Continue running by the dam, under the renovated Starý-Old bridge and by the theatre Aréna. The finish is behind the theater in the park.

INSTRUCTIONS FOR THE MOTOR VEHICLES:

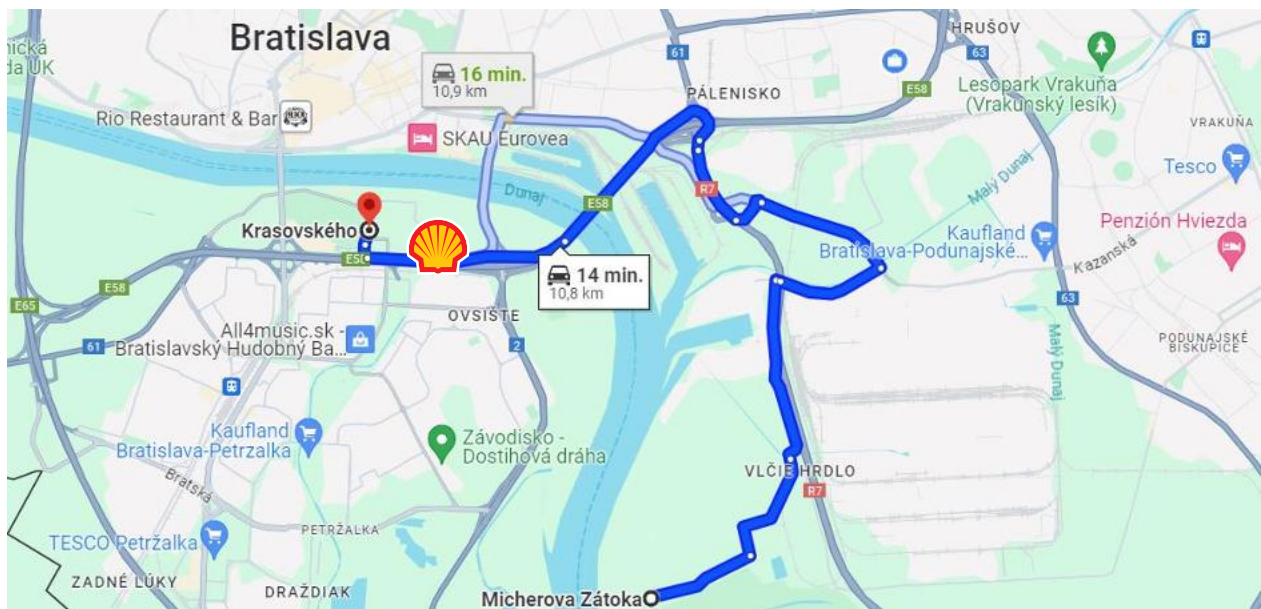
From the handover go back along the same way, at the crossroad turn left through Vlčie hrdlo and turn right under the R7 road in the direction of Slovnaft. At the canal before the bridge, turn left in the direction of Bratislava, across the Malý Dunaj.

Going straight, direction towards Bratislava, taking the 4th exit on the roundabout in the direction of Bajkalská ul. towards road R7. Following road R7 until intersection at Prístavný most, here turn right in the direction towards Petržalka.

When descending from the Prístavný bridge hold the far right direction in the direction of shopping centre Aupark. Before Aupark take the turn towards Sad Janka Kráľa and continue in the direction of Viedenská road.

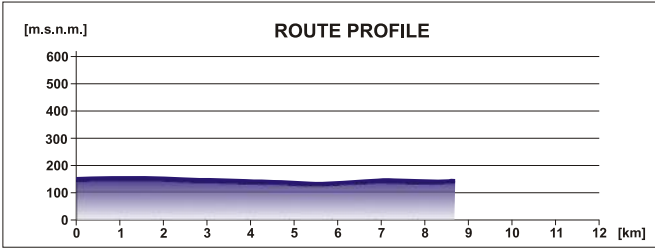
Turn right onto the large grassy area of the former Artmedie football stadium, where there is a car park, park according to the attendant's instructions. It is a 5-minute walk from the parking lot to the destination. Asphalt area on Tyršovo nabr. there is a public parking lot.

Time needed for the move is 15 – 20 min.



SECTION 36 JAMAICA - TYRŠOVO NÁB. RUNNER 12

Lenght: 8,7 km
Camber: about + 50 / -50 m
Difficulty: 1 easy



Latitude: 48°08'10.79"S Longitude: 017°06'54.99"E

SECTION 8

MAP FOR VEH CLES TO HANDOVER #8

