

Slovakia Natacha climbs on <https://www.bigcycling.eu/>

Dear Bicycle Tourers, Cyclocyclists!

On the website <https://www.bigcycling.eu/en/users/index/view/user/2849/>

, I am planning to complete the national challenges (NATACHAS) primarily in Slovakia, Romania and the Czech Republic. I have already done more than half of them in Romania.

In practice, this is done by going by car with my girlfriend to the bottom of the pass/mountain. We will climb up by bike from there and go down. After that, we drive to the next destination. On the way, we will see the sights if time allows.

So this involves a lot of driving, less cycling. Not a classic bicycle tour with a tent. We plan to climb 2-4 passes per day, depending on the distance between the mountains and on the challenge of the climbs.

Accommodation in apartments, motels. We are not (wild) camping. There was an example where we rented a bungalow for one night at a campsite. Because it was more favorable.

I have a Polish (Amos type Giro 4) bike rack that can be attached to a towbar.

My girlfriend comes with an electric bike. That means, a maximum of 2 bicycles, i.e. two people, can come with me in my car.

However, I can no longer take more electric bicycles!

Of course, anyone else can come with their own car.

Details of the passes and mountains follow. The **starting place** (town) and the **difference in level (DOL)** are marked in bold. You can see the weather forecast for up to two weeks. So, this is how you can look for suitable weather without rain for the tour. Although it rains more often in the mountains anyway. We are waiting for cyclocyclists to join us! Anybody is welcome even for 1-2 climbs.

15 goals are already done :

01-Skicentrum Kohutka

19-Kamzik

35-Martinske Hole

40-Tatliakovo Jazero

47-Sedlo Certovica

50-Králova Hola

55-Skalka

64-Sedlo Brezina

67-Sitno

75-Sliezki dom

87-Ochtinska Aregonitova Jaskyna

88-Panske Sedlo

89-Silca

90-Kojsovska Hola

94-Mosnik

SVK-030 - Rázcestie na Bajtavu 327m Bajtava/Bajta 124m between Salka and Kamenice > Párkány), 47.86542 / 18.75089 ,

DOL 203m , 4.6 km , 4.4 -13 % , Energy points 177

SVK-030 - Rázcestie na Bajtavu 327m , Leľa (Leléd) 115m 47.86055 / 18.77577, DOL 212m , 3.8 km 5.6 -12 % , Energy points 179

Bajtava>> 37 km Strekov/ Kürt

Vác >>> Strekov 76 km

Esztergom >> Strekov 33 km

SVK-029 - Vinna cesta (Strekov) 230m , **Strekov** 125m 47.89872 / 18.42009 ,

DOL 105m, 3 km, 3.5-7%, Energy points 69

Bajtava >>> 50 km Plášťovce/Palást

Strekov / Kürt >>> Palást 70 km

Esztergom >> Palást 74 km

Szob >> Palást on the Hungarian side via Ipolyság 52 km
SVK-028 - Ipeľské Úľany 370m **Plášťovce** (Palást) 149m 48.15691 / 18.98998 ,
DOL 221m , 7.3 km , 3 -9.6 % , Energy points 207

Tour I. Northeast Slovakia

North of Bardejov

day 1

Budapest >>130 km, 2.3 h drive

SVK-070 - Hotel La Perla 373m , **Radzovce** (near Somoskőújfalu) 219m 48.21761 / 19.831711 , **DOL 154m** , 5.6 km , 2.8 -13 % , Energy points 134

>> 35 km, 0.7 h drive

SVK-069 - Dražice 402m , **Rimavská Sobota** , 233m 48.39202 / 20.02076 , **DOL 169m** , 3.8 km , 4.4 -9 % , Energy points 109 , 0.6 h cycling , sightseeing 0,5 h

>> 145 km; 2 h drive

SVK-095 - Bogota 850m, **Ruskov** 226m, 48.68239 / 21.43196, **DOL 624m** , 11.4 km , 5.5-12 % , Energy points 485 , 2.2 h cycling , **not climbed/claimed yet!!!**

>> 65 km, 1.1 h drive

day 2

SVK-099 - Bykov grúň 640m , **Jovsa** 136m , 48.81947 / 22.08926 , **DOL 504m** , 8.9 km , 5.7 -12.1 % , Energy points 395, 2 h cycling **not climbed/claimed yet!!!**

>>> 15 km, 0.4 h drive

SVK-098 - Morské oko (jazero) 636m , **Sobrance** 119m , 48.74656 / 22.17883 , **DOL 517m** , 21.6 km , 2.4 -11 % , Energy points 337, 2 h cycling

>>>65 km, 1.2 h drive

SVK-097 - Karcaba 496m , **Rázcestie Jalová** (crossroads to Jalová) , 293m , 49.03684 / 22.25437 , **DOL 203m** , 6.3 km , 3.2 -11 % , Energy points 249 , 1 h cycling

not climbed/claimed yet!!!

day 3

SVK-081 - Laborecký priesmyk / Przełęcz Radoszycka 682m , Medzilaborce (Mezőlaborc) 321m 49.27035 / 21.90438 , **DOL 361m** , 11.9 km , 3 -9 % , Energy points 246 , 2 h cycling

>> 33 km, 0.6 h drive

SVK-080 - Baňa 423m , **Stropkov** 203m , 49.21403 / 21.63022, **DOL 220m**, 3.2 km , 6.9 -12% Energy points 187 **not climbed/claimed yet!!!**

>>> 40 km, 0.8 h drive

SVK-078 - Mihal'ov 548m, **Bardejov** 272m 49.29501 / 21.26792, **DOL 276m** , 4.2 km , 6.6 - 14 % , Energy points 252 , 0.6 h cycling

not climbed/claimed yet!!!

>>> 10 km, 0.3 h drive

SVK-077 - Kurovské sedlo / Przełęcz Tylicka 691m , **Tarnov** , 335m 49.32384 / 21.14953 , **DOL 356m** , 7.6 km , 4.7 -11 % , Energy points 250,

1 hour of cycling **not climbed/claimed yet!!!**

56 km, 1 hour drive

North of Prešov

SVK-079 - Drienica-Lysá 940m , **Sabinov** 331m, 49.10818 / 21.08471, **DOL 609m** , 8.9 km , 6.8-19 % , Energy points 638 , 2 h cycling

not climbed/claimed yet!!!

day 4

>>>50 km, 1 hour drive

SVK-093 - Dubník 872m. **Červenica** 419m 48.87925 / 21.44716 , **DOL 453m** , 8.1 km , 5.6 -13.5 % , 1.6 h cycling , Energy points 413

not climbed/claimed yet!!!

driving home?

>> 35 km, 0.7 h drive

SVK-091 - Nemcova dolka 671m , **Alpinka (Košice)** , 308m , 48.75885 / 21.18688 , **DOL 363m** , 9.6 km , 3.8 -9.5 % , Energy points 263 , 1 h cycling **not climbed/claimed yet!!!**

>> 6 km, 0.2 h drive

SVK-092 - Vyhliadková veža Hradová 456m , **Košice** 225m , 48.74277 / 21.24127 , **DOL 231m** , 4 km , 5.8 -9 % , Energ. 170, 0.8 h of cycling, **not climbed/claimed yet!!!**

>> 35 km, 0.7 h drive

SVK-096 - Malý Milič 629m. **Kalša** 203m , 48.61324 / 21.52364 , **DOL 426m** , 8.3 km , 5.1 -9 % , Energy points 331, 1.3 h cycling

>>> 37 km, 0.7 h drive

SVK-100 - Černochovej 260m , **Malá Bara** 136m 48.42161 / 21.72755, **DOL 124m** , 2.8 km , 4.4-9 % , Energy points 91 , 0.5 h cycling **not climbed/claimed yet!!!**

day 5

Borsi, Rákóczi castle visit 2-3 h

thermal spa Sárospatak, Bogács, Mezőkövesd?

>> 260 km Bp, PUH, 3.5 h drive

II. tour in Bratislava area

day 1

>>> 215 km, 3 h drive

SVK-020 - Devínska Kobyla 502m, **Dúbravka (Koprivnicka ulica)** 242m 48.18481 / 17.03141 , **DOL 260m** , 4.1 km , 6.3 -18 % , Energy points 289, 1 h cycling

>> 20 km, 0.5 drive

AUT-176 - Braunsberg 332m , **Hainburg an der Donau** 155m 48.14855 / 16.94781 , **DOL 177m** , 2.8 km , 6.3 - 14 % , Energy points 163 , 0.7 h cycling

>>> 25 km, 0.7 h drive

SVK-018 - Biely Kríž 497m , **Rača (Récse)** 154m 48.21215 / 17.15423 , **DOL 343m** , 4.8 km , 7.1 -14 % , Energy points 320 , 1,1 h cycling

>> 35 km, 0,7 h driving

SVK-017 - Pezinská Baba 537m **Pernek** 271m , **DOL 266m** , 48.36674 / 17.14637 , 6.6 km , 4.1 -11 % , Energy points 198 , 1 h driving

>> 32 km, 0,6 h driving

day 2

SVK-016 - Hrad Červený Kameň 339m , **Častá** 246m 48.39502 / 17.35371 , **DOL 93m** , 1.5 km 6.2-9 % , Energy points 75 , 0,5 cycling + **0,5 sightseeing of the castle**

>> 33 km, 0,6 h driving

SVK-015 - Vodná nádrž Buková 317m , **Plavecký Peter** , 232m 48.53904 / 17.33831 , **DOL 85m** , 1.6 km , 5.3-10 % , Energy points 68 , 0,5 h cycling

>> 32 km, 0,6 h driving

SVK-014 - Hrad Dobrá Voda 330m **Dobrá Voda** 242m 48.59756 / 17.53824 , **DOL 88m** , 2.1 km , 4.2 -8 % , Energy points 56 , 0,4 h cycling

not climbed/claimed yet!!!

>> 51 km , 1 h driving

SVK-012 - Hrad Branč 446m , **Majeríčky** 254m 48.73739 / 17.43696 , **DOL 192m** , 3.2 km , 6 -10 % , Energy points 151 , 0,6 h cycling

>>> 30 km , 0,6 h driving

SVK-010 - Vysielač Veľká Javorina (CZ border) 965m , **Stará Turá** 285m 48.78102 / 17.68992 , **DOL 680m** , 12.6 km , 5.4 -11.3 % , Energy points 586 , 2 h cycling

>> 70 km, 1 h driving

day 3

SVK-003 - Vršatec 721m, **Červený Kameň**, 361m 49.08739 / 18.18379 , **DOL 360m** , 4.4 km , 8.2 - 14 % , Energy points 425 , 1 h cycling

>> 25 km , 0,5 h driving

SVK-004 - Kríž Butkov - Gravel 595m , **Horné Ladce** 260m , 49.03211 / 18.30105 , **DOL 335 m** , 4.4 km , 7.6 -20 % , Energy points 387 , 1,2 h cycling

>>> 10 km , 0,3 h driving

SVK-005 - Kortmanka 820m , **Sádočné(Szádocsne)** 417m , 49.01937 / 18.54661 , **DOL 403m** , 5.6 km , 7.2- 11.5 % , Energy points 356 , 1,5 h cycling

>> 35 km , 0,6 h driving

SVK-007 - Homôlka 779m , **Ilava** 238m , 49.00064 / 18.23321 , **DOL 541m** , 15.6 km , 3.5-7.8 % , Energy points 356 , 2 h cycling

day 4

>> 40 km , 1,1 h driving

SVK-008 - Inovec - Gravel 1038m , **Trenčianske Jastrabie** 285m 48.80131 / 18.11209 , **DOL 753m** , 11.2 km, 6.7-14.4 % , Energy points 667 , 2 h cycling

>> 60 km , 1 h driving

SVK-022 - Havran 402m , **Banka** , 163m 48.58444 / 17.84803 , **DOL 239m** , 4.4 km 5.4- 11 % , Energy points 178 , 1 h cycling

>> 35 km, 0,7 h driving

SVK-021 - Topoľčiansky hrad Podhradie 479m , **Závada** , 239m , 48.63813 / 18.08924 , **DOL 240m** , 4.7 km , 5.1 -14 % , Energy points 210, 1 h cycling

>> 35 km , 0,8 h driving

day 5

SVK-024 - Vyhlíadka Šianec 274m , **Hlolovec** (Galgóc) 143m 48.42924 / 17.79372 , **DOL 131m** , 3.4 km , 3.9 -6 % , Energy points 76 , 0,5 h cycling

>> 30 km, 0,5 h driving

SVK-025 - Nemocnica sv. Svorada (Zobor Hospital) 291m , **Šindolka (Nytira, Zobor)** 159m , 48.33402 / 18.07913 , **DOL 132m** , 1.8 km , 7.3 -12 % Energy points 122, 0,5 h cycling

>> 42 km , 0,9 h driving

SVK-027 - Kaplnka Panny Márie , 255m , **Podhájska** 137m , 48.10407 / 18.35256 , **DOL 118m** , 1.3 km , 9.1-13 % , Energy points 122 , 0,5 h cycling

>> 26 km , 0,5 h driving

SVK-029 - Vinna cesta (Strekov) 230m , **Strekov** 125m 47.89872 / 18.42009 , **DOL 105m** , 3 km , 3.5-7 % ,Energy points 69 , 0,6 kerékpározás

2 h driving home to Budapest >>> 90 km,

SVK-085 - Dobšinský kopec 912m **Dobšiná** 454m , 48.82014 / 20.37405 , **DOL 458m** , 8.7 km , 5.3 -8.5 % , Energy points 307

SVK-086 Sedlo Grajnár (incl. sedlo Súľová) 1026 m 48.85752 / 20.51495

SIDES

S 31.2 km - 552 pt Betlér

N 14.7 km - 335 pt Igló **not claimed yet!!!**

SVK-086 - Sedlo Grajnár (incl. sedlo Súľová) 1026m , **Spišská Nová Ves (Igló)** , 490m , 48.93009 / 20.54864 , **DOL 536m** , 14.7 km , 3.6-8.4 % , Energy points 335 2,2 h cycling

SVK-084 - Vernár 1044m , **Hranovnica** 596m (Poprádtól Délre) 49.00121 / 20.30817 , **DOL 448m** , 15.3 km , 2,9-10.2 % , Energy points 297, 2 h cycling

SVK-083 - Spišský hrad 594m , **Spišské Podhradie** , 513m , 48.99875 / 20.77911 , **DOL 81m** , 1.1 km , 7.4 -13 % , Energy points 84 , 0, 3 h cycling + 1 h sightseeing in the castle **not claimed yet!!!**

SVK-082 - Marianska hora 785m , **Harichovce** 450m 48.96101 / 20.58152 , **DOL 335m** , 12.4 km , 2.7 -9 % , Energy points 239 , 1,2 h cycling **not claimed yet!!!**

SVK-076 Stanica lanovky Štart 1173 m 49.17909 / 20.25518
SIDES S **Veľká Lomnica** (via **Tatranská Lomnica**) 643m 49.11175 / 20.35948 , **DOL 530m** , 13.6 km , 3.9 - 11.6 % , EP 386 , 2 h cycling

SE 13.9 km - 375 pt

SVK-074 Popradské pleso 1525 m 49.15416 / 20.07717
SIDES , SE **Štôla** 841m , 49.09135 / 20.14112 , **DOL 684m** , 13.4 km , 5.1 -11.4 % , Energy points 491 , 2 h cycling ,
S 14.2 km - 469 pt

Near Trnava

SVK-013 - Mohyla Milana Rastislava Štefánika (Bradlo) 512m , **Brezová pod Bradlom** 269m , 48.67305 / 17.53829 , **DOL 243m** , 3.5 km , 6.9 -9 % , Energy points 199 , 1 h cycling

SVK-011 - Poľana (Myjava) 574m , **Myjava** 315m 48.74771 / 17.56275 , **DOL 259m** , 6.4 km , 4 -10.5 % , Energy points 202 , 1,1 h cycling

SVK-025 - Nemocnica sv. Svorada (Zobor Hospital) 291m , **Zobor** (via Slávičie chodníky 22%) , 141m , 48.32044 / 18.09737 , **DOL 150m** , 3.8 km , 3.9 -14 % , Energy points 132 , 0,6 h cycling

SVK-026 - Tréti vrch 431m , **Ladzany** 212m 48.26732 / 18.90408 , **DOL 219m** , 8 km , 2.7 -8 % , EP 190 , 0, 9 h cycling

SVK-066 - Bôrina 409m , **Nová Baňa** , (near *Brehy* river Hron) 219m , 48.42133 / 18.64235 , **DOL 190m** , 2.8 km , 6.8-17 % , Energy points 221, 0,7 h cycling

SVK-058 - Partizánska chata 1012m , **Ostrý Grúň** , 433m 48.55574 / 18.67681 , **DOL 579m** , 9.8 km , 5.9 -13.5 % , Energy points 475 , 1,5 h cycling

SVK-009 - Bojnice (Nad Zámkom) 443m , **Bojnice** 261m , 48.77747 / 18.59949 , **DOL 182m** , 3.2 km , 5.7 -19 % , Energy points 178 , 0,7 h cycling+1 h sightseeing of the castle

near Zvolen

SVK-059 - Železná Breznica 544m , **Budča** 284m 48.57451 / 19.06819 , **DOL 260m** , 6.4 km , 4.1 -10.5 % , Energy points 227 , 0,8 h cycling

to the west from Zvolen

SVK-023 - Skýcov 506m , **Slač (Klátova Nová Ves)** 246m , 48.53047 / 18.36516 , **DOL 260m** , 5.4 km , 4.8 -12.5 % , Energ. 222 , 0,8 h cycling

East from Zvolen

SVK-060 - Poľana (Horský hotel) 1252m , **Hriňová** , 469m 48.57482 / 19.52212 , **DOL 783m** , 12.9 km , 6.1 - 11.8 % , Energy points 759 , 2,5 h cycling

SVK-062 - Sedlo Prašivá 965m , **Hriňová** 469m 48.57485 / 19.52274, **DOL 496m**
13.1 km , 3.8-9.1 % , Energy points 386 , 2 h cycling

South of Zvolen, North of Krupina

SVK-068 - Podjavorie 744m , **Pliešovce** 395m , 48.42942 / 19.14249 , **DOL 349m**
, 10.3 km , 3.4 -7.8 % , Energy points 258 , 1,2 h cycling

North of Banská Štiavnica

SVK-065 - Červená studňa 793m , **Banská Štiavnica** (dlažba / cobbles), 520m ,
48.44928 / 18.90659 , **DOL 273m** , 4.9 km , 5.6-10 % , Energy points 211
1 h cycling

Banska Bistrica

SVK-057 - Ponický vrch 626m , **Šalková (Banská Bystrica)** 357m 48.73949 /
19.21743 , **DOL 269m** , 3.7 km , 7.3- 11 % , Energy points 246 , 1 h cycling

SVK-054 - Pleše 832m , **Podkonice** 513m 48.79952 / 19.25606 , **DOL 319m** ,
3.1 km , 10.3-16 % , Energy points 395 , 1,1 h cycling

SVK-056 - Laskomer 599m , **Banská Bystrica** (Medený Hámor) 353m 48.74819 /
19.13959 , **DOL 246m** , 4.1 km , 6 -10 % , Energy points 188,
1 h cycling

SVK-053 - Skicentrum Šachtičky 954m , **Banská Bystrica** 478m , 48.77152 /
19.17125 , **DOL 476m** , 5 km , 9.5 - 18 % , Energy points 560 , 1,5 h cycling

SVK-052 - Malý Šturec 897m , **Dolný Harmanec** 523m , 48.81428 / 19.05091 ,
DOL 374m , 7.6 km , 4.9-14.5 % , Energy points 365 , 1,7 h cycling

SVK-051 - Donovaly 984m , **Ul'anka** 418m 48.78988 / 19.10278 , **DOL 566m** , 17.9
km , 3.2- 8.6 % , Energy points 397 , 2,2 h cycling

Brezno

SVK-046 - Trangoška & Srdiečko , **Bystrá** , 569m 48.84363 / 19.60579 , **DOL 637m** ,
10.9 km , 5.8 -10.4 % . Energy points 474 , 2,3 h cycling

South of Brezno

SVK-061 - Tistý javor (Lom nad Rimavicou) 1033m , **Čierny Balog** , 535m 48.74643
/ 19.65604 , **DOL 498m** , 10 km , 5 -9.5 % , Energy points 364 , 2 h cycling

SVK-049 - Sedlo Priehyba 1189m , **Hel'pa** (West of Brezno) Energy points 413, 2 h
cycling

East of Brezno

SVK-063 - Veľká Lúka (Muránska planina) 930m , **Muráň** 393m , 48.74096 /
20.04673 , **DOL 537m** , 8.8 km , 6.1-11 % , Energy points 500, 2 h cycling

North of Ružomberok

SVK-038 - Kubínska hoľa 1108m , **Malý Bysterec** 472m 48.21229 / 19.27282 ,
DOL 636m , 11.4 km , 5.6 -11 % , Energy points 496 , 2,5 h cycling

Near Ružomberok

SVK-044 - Prievalec (Prievalcové sedlo) 1107m , **Liptovská Osada** , 602m , 48.95509 / 19.26242 , **DOL 505m** , 11.3 km , 4.5 -10.6 % , Energy points 385 , 1,6 h cycling

SVK-043 - Smrekovica (Hotel Granit) 1359m , **Podsuhá (Ružomberok)** 566m 48.99123 / 19.28208 , **DOL 793m** , 8.1 km , 9.8-14.6 % , Energy points 878 !!! 2,6 h cycling

SVK-045 - Jasná 1162m , **Bodice (Liptovský Mikuláš)** , 640m 49.05411 / 19.57786 , **DOL 522m** , 12.4 km , 4.2 -10.8 % , Energy points 340 , 2 h cycling

SVK-041 - Žiarska chata 1290m , **Smrečany** 711m , 49.12164 / 19.65271 , **DOL 579m** , 9.8 km , 5.9 -11 % , Energy points 44 , 2,2 h cycling

SVK-042 - Vikolinec (UNESCO) 733m , **Jazierce (Ružomberok)** between Donovaly and Ruromberok, 522m , 49.02613 / 19.29186 , **DOL 211m** , 3.1 km , 6.8 -19 % , Energy points 216 , 1 h cycling+ 1 h [sightseeing in the medieval world heritage village!](#)

SVK-039 - Holica (Savoš) 1097m , **Liptovské Matiašovce** , 623m , 49.15266 / 19.54642 , **DOL 474m** , 10.2 km , 4.6-9.2 % , Energy points 361, 1,5 h cycling

SVK-048 - Vodná nádrž Čierny Váh (horná) 1157m , **Svarín** 688m 49.01181 / 19.85296 , **DOL 469m** , 7.7 km , 6.1-12.5 % , Energy points 422 1,5 h cycling

South of Žilina

SVK-034 - Kuneradský zámok (Kaštieľ Kunerad) 626m , **Rajecké Teplice** 412m 49.13045 / 18.68191 , **DOL 214m** , 7.6 km , 2.8 -8 % , Energy points 131 1 h cycling

SVK-002 - Kresáň (incl. Manínská tiesňava) 540m , **Považská Teplá** 285m , 49.14093 / 18.47014 , **DOL 255m** , 7 km , 3.6 -11 % , Energy points 236 1,1 h cycling

SVK-033 - Polom 1007m , **Stráňavy** 422m 49.17271 / 18.81986 , **DOL 585m** , 7 km , **8.4 -16 % !** , Energy points 656 , 2,6 h cycling

SVK-006 - Fačkovské sedlo 799m , **Fačkov** , 554m , 48.99519 / 18.58984, **DOL 245m** , 4.3 km , 5.7-12 % , Energy points 236 , 1 h cycling

North of Žilina

SVK-031 - Javorník (Vyšný Labajovci) 813m , **Bytča** 318m, 49.23226 / 18.55558 , **DOL 495m** , 14.8 km , 3.3 - 8 % , Energy points 316, 2 h cycling

SVK-032 - Husárik 731m , **Čadca** 433m 49.43696 / 18.78561 , **DOL 298m** , 3.3 km , 9 -16 % , Energy points 383, 1 h cycling **not claimed yet!!!**

SVK-037 - Rovná hoľa 749m , **Zázrivá** 583m , 49.26548 / 19.15082 , **DOL 166m** , 3.6 km , 4.6 -12 % , Energy points 121, 0,7 h cycling

SVK-036 - Mrvova Kykula 949m , **Vychylovka** 609m , 49.37101 / 19.06045 , **DOL 340m** , 5.5 km , 6.2 -12 % , Energy points 267 W 18.6 km - 271 pt 2,2 h cycling

East of Kežmarok

???? feljebb már szerepel SVK-076 - Stanica lanovky Štart 1173m , **Veľká Lomnica** (via Tatranská Lomnica), 643m 49.11175 / 20.35948, **DOL 530m** , 13.6 km , 3.9 - 11.6 % , Energy points 386 , 2,2 h cycling

North of Spiš

SVK-072 - Rázcestie pri Tablici 1135m , **Veľká Franková** , 620m , 49.34272 / 20.28497 , **DOL 515m** , 13.4 km , 3.8 -8.6 % , Energy points 313 , 1,1 h cycling

SVK-073 - Magurské sedlo 970m , **Slovenská Ves** 644m , 49.22643 / 20.42585 , **DOL 388** , 7.4 km , 4.4 -11 % , Energy points 270 , 1,3 h cycling

SVK-071 - Lesnické sedlo (Przełęcz pod Tokarnią) **PL határ** 709m , **Veľký Lipník** 580m , 49.37365 / 20.50788 , **DOL 129m** , 1.9 km , 6.8 -11 % , Energy points 106, 0,5 h cycling