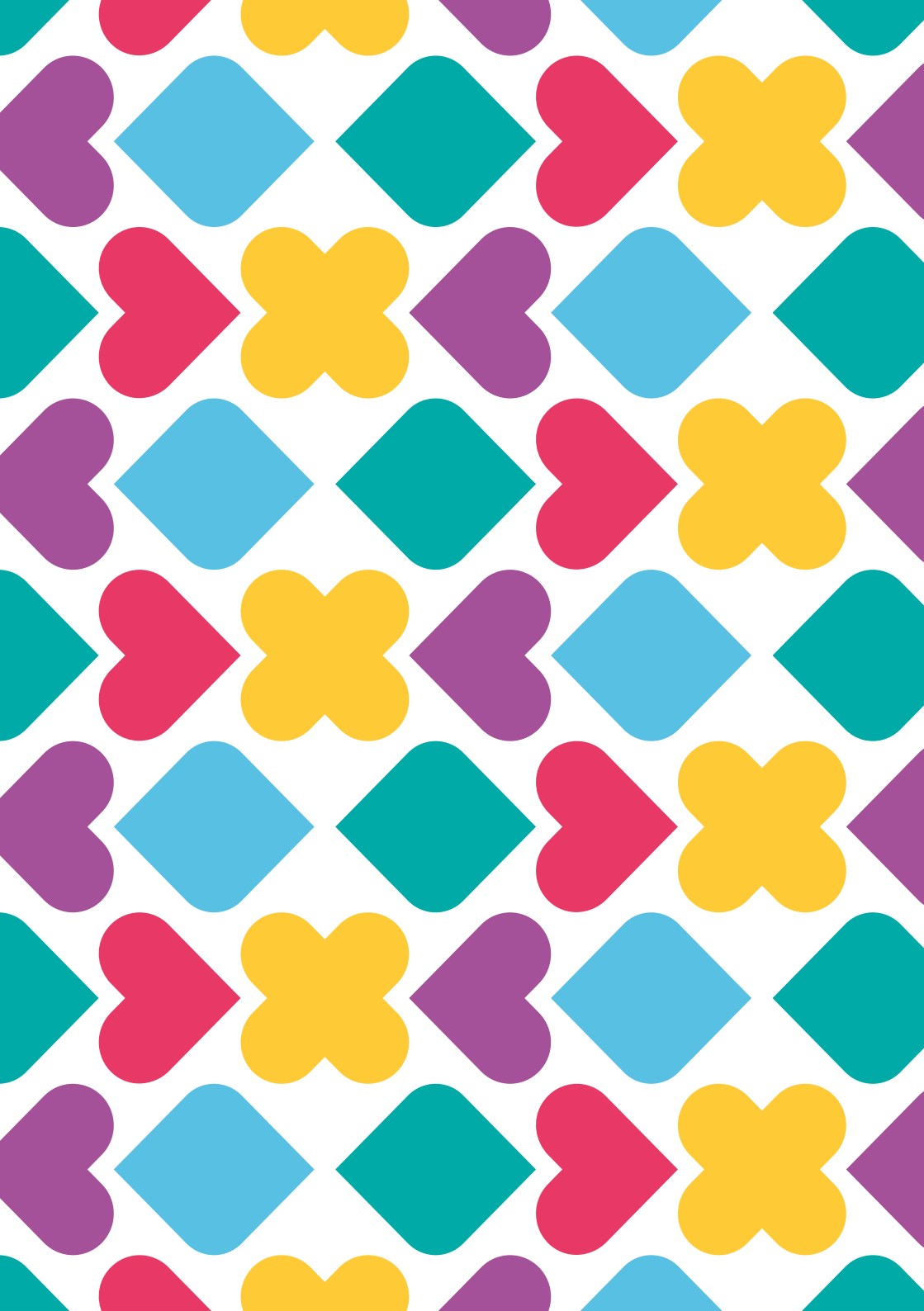


BANSKÁ BYSTRICA REGION

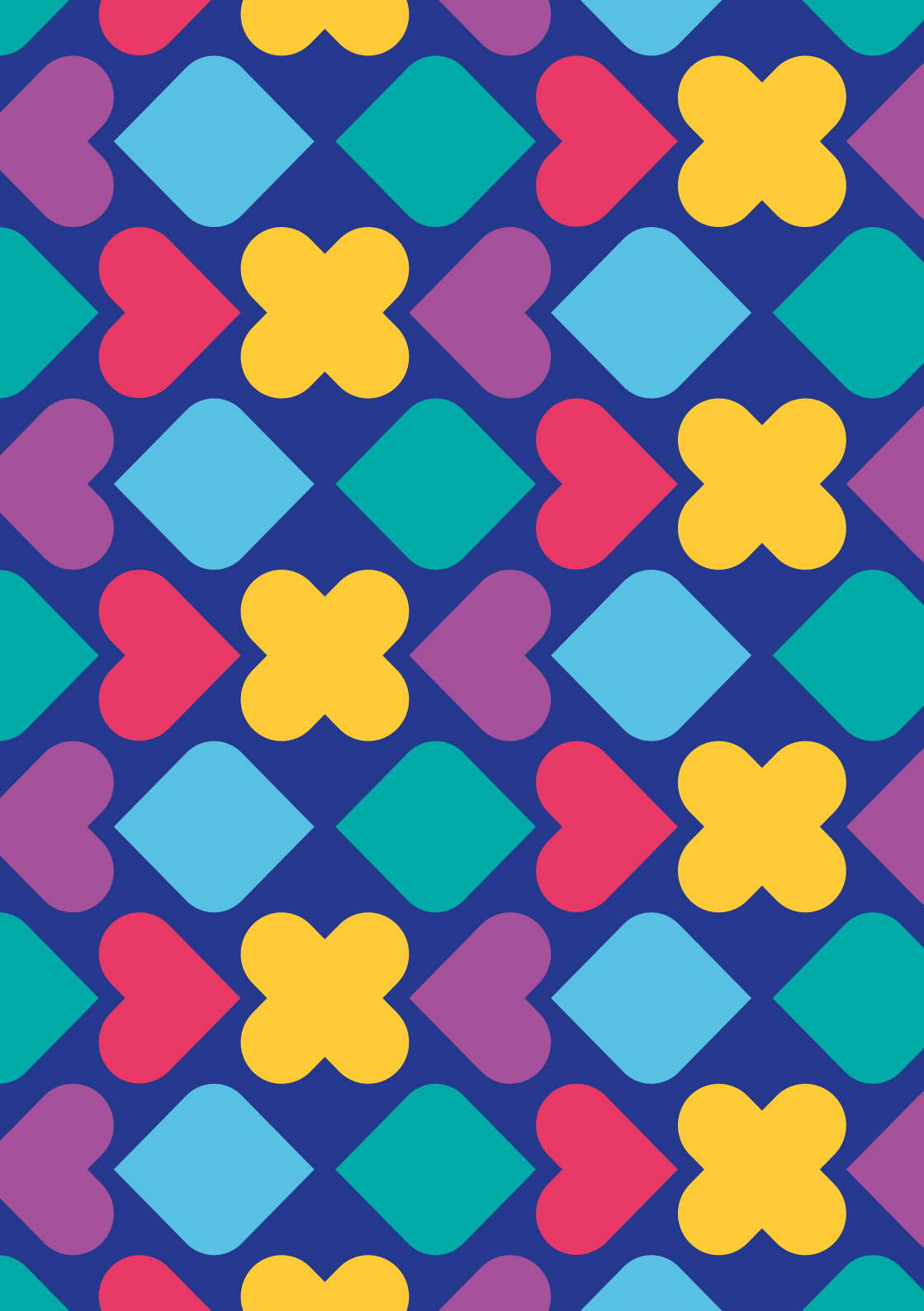


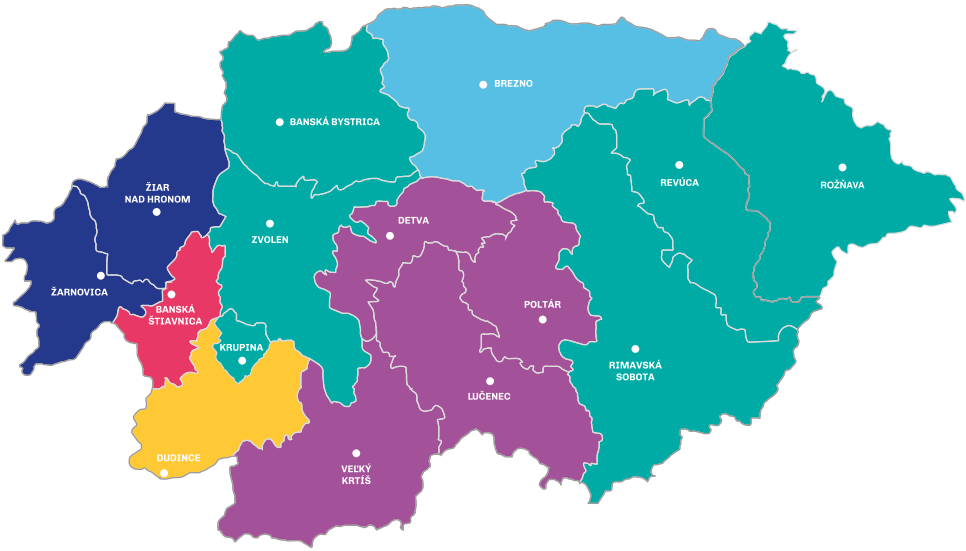


Once upon a time,

there was a place where fairy tales were written and legends were passed down; now it is the Banská Bystrica Region. The region full of mysterious nooks and crannies with many places waiting to be discovered. Its eight unique subregions invite you to adventure in the ancient mountains, or to roam the vast plains and picturesque valleys. It also offers quiet places in orchards, vineyards, scattered mountain homesteads and barns to slow down and enjoy the moments of life.

After all, it is precisely in the countryside that it is possible to experience a return to the heritage of ancestors – thread-making, bagpipes, mining and mountaineering, which have been full of wisdom and life knowledge since time immemorial. If you like to combine travel and relaxation with getting to know new places and the stories of interesting people, then the Banská Bystrica Region will offer you plenty of them. Check it out for yourself how unique and true they are and visit us; we will be at home for sure!





DISCOVER THE SUBREGIONS

The Banská Bystrica Region lies in the middle of the mountains. Places where history was made, legends were passed down and fairy tales were written - **discover them**. Mysterious corners, picturesque valleys, steep peaks and quiet places - **discover them**. Amazing people, honest crafts, unique stories - **learn about them**.

Each of the eight subregions of the Banská Bystrica Region invites you to find what you like. Come and let yourself be enchanted, cheered up and experience it all.



Martin Hiadlovský, ambassador of the subregion, local farmer, producer and, last but not least, provider of the great Wine and Cheese Under the Stars experience, invites you to Central Slovakia



Central Slovakia

Central Slovakia subregion, right in the heart of the Banská Bystrica Region, oversees the integrity of the entire region. Long time ago, the sound of knockers of the famous Thurzo-Fugger company was heard here to summon the miners to work. Later they were replaced by the courageous actions of reformers and rebels. The land is not only rich in precious ores, but also in healing springs that give strength and restore lost health. If you need peace and quiet you will find refuge in remote places with the sky dotted with millions of stars.

STREDNÉ SLOVENSKO
OBLASTNÁ ORGANIZÁCIA CESTOVNÉHO RUCHU



1. The Museum of the Slovak National Uprising (Múzeum SNP)

The historical landmark of the centre of the Slovak National Uprising (SNP) in Banská Bystrica was built in 1969. The Memorial and Museum, as a unique architectural gem of its time, is a memento of the terrible events that took place here in 1938-1945. The Hall of Remembrance with the Tomb of the Unknown Soldier and the eternal flame are meant to remind the uninformed of the ravages of war. The period of the 2nd World War is captured by an open-air museum with heavy combat equipment and an airplane - silent witnesses of troubled times.

TOP 5 IN THE SUBREGION



2. The Špania Valley (Špania Dolina)

A lot of water has already flowed from Prašivá Mt. through the oldest and longest mining water supply system in Slovakia to the mines of the Thurzo-Fugger company near Špania Dolina. The picturesque mountain village has still preserved its mining character either on the mining educational trail or in the former knocker building. A wonderful historical school in the middle of the village reveals the local history of the miners and the stories of cunning elves. Skills of the women from Špania Dolina are reflected in local laces. The panorama with an inherent early Gothic church and romantic folk architecture attract visitors to Špania Dolina all year round.



3. The Wooden Church in Hronsek

It was like in a fairy tale - an almost impossible task - to build a church without a single nail, without a tower and within one year. In the village of Hronsek, situated in swamps and marshes, they managed to do it. A wooden church stands there until now. This unique building is inscribed in the UNESCO World Heritage List along with other wooden churches of the Carpathians. The poet Andrej Sládkovič and his chosen one Júlia Sekovičová also sealed their marriage vows in it.

TOP 5 IN THE SUBREGION



4. Zvolen Castle

A stone's throw from the centre of Zvolen, on the banks of the Slatina River, a Gothic-Renaissance castle sits majestically. Its walls remember happy as well as rough moments. The times when it served Hungarian kings and Hungarian queens walked across the courtyard. The times when it gradually turned into a military fortress that the Turks never conquered. Due to the decline of mining of precious metals and the change of the county seat, it lost its original importance for a while. Time has brought a new wind to the castle walls and today it hosts the Slovak National Gallery.



5. The Veľká Fatra Dark Sky Park

The light pollution of modern times brings the phenomenon of darkness protection. A few kilometres from Banská Bystrica, more than two thousand stars, the silvery Milky Way and many objects of distant space still appear in the clear night sky. The place was given the name the Veľká Fatra Dark Sky Park, where you, protected from light smog, can enjoy a unique stellar show and real darkness.

TOP 5 IN THE SUBREGION



Night cross-country skiing
in the Kremnické vrchy mountains



Miro Bahna, the subregion´s ambassador, invites you to discover The Banská Štiavnica subregion.Thanks to him, you will get to know the unique “volcanic wines”, which have an unprecedented taste thanks to the fact that the vines grow on the slopes rich in nutritious elements that are the result of volcanic activity.



The Banská Štiavnica Subregion

Beyond the mountains and through the valleys, right by the golden town of Banská Štiavnica, nature was exceptionally generous. In the past, people knew exactly how to make the most of this blessing, adding to it with their own knowledge and creations. Here, the history of mining was written in bold, unmissable letters, and anyone who wishes to read it must come and experience this place.

It is incredibly easy to fall in love with these lands, where the author of Slovakia's most famous love poem found his muse. This is deeply evident not only from UNESCO's decision to protect the area, but also from its enduring popularity among tourists and artists alike. The perfect fusion of rich history and a vibrant cultural spirit, cradled in the embrace of beautiful nature, is simply irresistible.

Región
Banská Štiavnica



1. The Banská Štiavnica Calvary

The most impressive Baroque Calvary in Central Europe proudly sits on the volcanic Ostrý vrch hill called Scharfenberg. The Banská Štiavnica Calvary has been the dominant sight of the mining town since 1744. In 1993 it was inscribed on the UNESCO World Heritage List. On the walls of the Calvary there are magnificent frescoes, thanks to which it is considered to be the most artistically exclusive Baroque building of its kind. It consists of a total of 22 sacral buildings - 17 chapels with scenes of the crucifixion of Jesus and the sufferings of the Virgin Mary, three churches, “Eccehomo” stations and the Holy Sepulchre. When visiting Banská Štiavnica, you will not miss it, because it can be seen from all sides. It provides a beautiful view of the historic city centre, the Old Castle and the New Castle.



2. Museum in Svätý Anton

A manor house that has the symbolism of the year: 4 wings as the 4 seasons, 12 chimneys as the months of the year, 52 rooms as the weeks of the year, 7 arcades representing the days of the week, and 365 windows representing the days of the year. From the outside, the not very noticeable building hides real treasures, such as the Golden Salon, gilded with the original 24 carat gold. It was a wedding gift to Marie Antoinette when she married the King of France. One of the Coburgs bought it at a furniture auction in Paris. Unlike other castles and manor houses in Slovakia, where the furniture was gradually stolen and later replaced with non-original pieces from antique shops, here everything is original and reflects the way of life, tastes and hobbies of the Koháry and Coburg families. There is also a rich exhibition of hunting in the manor house, and there is a romantic park with a pond and benches next to the manor house.



3. The Red Well (Červená studňa)

Červená studňa water reservoir, the second highest placed reservoir in the Štiavnica Hills between the Paradajz and Veľký Šobov hills is a pleasant starting point for wanderings in the vicinity of Banská Štiavnica. You can walk around this small attraction in a few minutes. During them, you will feel the charm of a small water-surface, which was once part of a sophisticated “water” mining operation. During hot summer days, it will moisten your feet and when it is freezing let´s skate there. Throughout the year it will be a quiet and pleasant companion for everyone passing by.

TOP 5 IN THE SUBREGION



4. The Kammerhoff Mining Museum

The most extensive exposition of mining in the Štiavnica Hills as well as in the whole of Slovakia is located in the most valuable monument of Banská Štiavnica historical centre - in the Kammerhoff. Complex and simpler mining activities are hidden behind its walls - from the first archaeological findings to the 20th century. We recommend that you visit the museum before you put on your helmet, wear a green cloak and set out to explore the Glanzenberg or Bartholomew mines which have been opened to the public in the Open-Air Mining Museum.



5. Sitno Hill

No matter how bad things are in Slovakia, there will always be hope for liberation. According to a legend, our liberators - the Knights of Sitno - sleep directly on the highest point of the Štiavnica Hills. If you feel it's time to wake them up, choose any of the paths that lead there. The shortest, but also the steepest way to get to them is from Počúvadlo Lake. Just show them the way from the ruins of the ancient castle. In addition, you can see far and wide from the top. When you have fully enjoyed the beautiful views from this attractive 1000-metre hill, stop at the A. Kmeť Chalet and gain strength for the descent.

TOP 5 IN THE SUBREGION



Cycle route Pivovarský okruh (Brewery Circuit)
in the surroundings of the village of Vyhne



Who else can be the ambassador of a subregion that was once called “the Iron Heart of Hungary” but a person intrinsically linked to iron. However this time, the hard hand that deftly handles the blacksmith’s tools belongs to a beautiful young lady. The whole of Slovakia gets to know Gemer subregion through the work of the blacksmith **Andrea Kosecová**.



Gemer subregion

Gemer has earned a reputation for fairy-tales and iron. Thousands of fairy tales and legends were recorded here, in which water was sprinkled and sand was poured. The Iron Route seems to have rusted smelters and mines here and people left it long time ago. But among the remains of the iron works you can feel the former glory and boom of this industry. Underground beauty opens in mysterious cave corridors. Behind the walls of the old Gothic churches a healing silence has settled. And unique wall paintings earned them the European Heritage Label. Hucul ponies still roam the Muráň Plateau, and cute ground squirrels have also found their home there.

IG|E|M|E|R



1. Ochtiná Aragonite Cave

The most beautiful aragonite cave in the world reveals itself in its full beauty. The aragonite caves in Mexico and Argentina are also unique, but our Slovak one always outperforms them in beauty. The Ochtiná Aragonite Cave boasts a variety of aragonite decorations, reminiscent of fragile corals. The ancient roots of the cave date back a long way; its oldest one is estimated to be an incredible 138,000 years old. The gem of the cave and the unprecedented value of its decoration is confirmed by its place on the UNESCO World Natural Heritage List since 1995. Did you know that witchcraft also happens here? When you are in the cave deep underground, the Milky Way and other breathtaking formations will appear above your heads.

TOP 5 IN THE SUBREGION



2. Jelšava Manor House

The uniqueness of French Classicism is still reflected in the walls of the monumental manor house of the Coburg family in the centre of Jelšava. The three-storey building from 1763 was built by the local landowner András Koháry on an older Renaissance building from the beginning of the 17th century, on the site where the Templar monastery supposedly stood. For some time, the director and manager of the forests, Ludwig Greiner, who was first to measure the altitude of Gerlach Peak, lived here. After the wealthy Coburg family, the manor house became the property of the town of Jelšava; since 2015 it has been undergoing a gradual and fundamental reconstruction. Making the manor house available to the public, its renovation, cultural events and experiential forms of accommodation is what the manor house lives on now.



3. Muráň Castle

Only 935 metres above sea level is enough for Muráň Castle to make it the third highest castle in Slovakia. Originally, the royal castle from the 13th century was supposed to defend the roads leading from Gemer to Liptov and Zvolen. The golden age of the castle dates back to the period of Maria Széchy, known as the Venus of Muráň, and her husband, Hungarian Palatine Ferenc Wesselényi. The massive castle walls withstood both the Ottoman raids and the Kuruc Wars. The destruction of Muráň Castle was caused by two fires in the 18th century. The sprawling ruin above the village of Muráň is an old witness of the times when Muráň Castle experienced the glory and active life of the Hungarian lords. Breathtaking views of the deep valley of the Muráň River, the steep cliffs of the Muráň Plateau and Kráľova Hoľa Mt. reward every visitor who passes through the castle gate.



4. Gemer Couplings

They were supposed to become an important project that would restore the railway connection torn apart by the Vienna Arbitration after the allocation of the southern part of Slovakia to Hungary. Gemer couplings were supposed to connect Tisovec with Slavošovce, but their construction stopped after the outbreak of the Slovak National Uprising. The Kopráš (Mníšany) Viaduct, the Kopráš Tunnel, the Tunnel under Dielik and the most famous Slavošovce Tunnel (Tunel under Homôlka) are unique of their time, although they never served their purpose. No train has ever passed through them. But many tourists and cyclists pass through them every year, because the Slavošovce Tunnel is the longest cycle tunnel in Europe. Walking it on foot and in complete darkness is worth an experience that will not be forgotten.



5. The Gothic Route

When the “Iron Heart of Hungary” stopped beating, silence spread out in Gemer and Malohont. Fortunately, unprecedented wealth remained from the time of the greatest boom. Beautiful churches and their unique wall paintings as an undiscovered pride that extends beyond the borders of the subregion. The Gothic Route with its four circuits (Štítnik Circuit, Jelšava Circuit, Rimava Circuit, Rožňava Circuit) connects unique churches and heritage hidden behind their walls. The world already knows their unheard-of value, because twelve churches of the Gothic Route received the European Heritage Label in 2022. If this rumour has reached you, it is time for you to visit this original historical heritage.

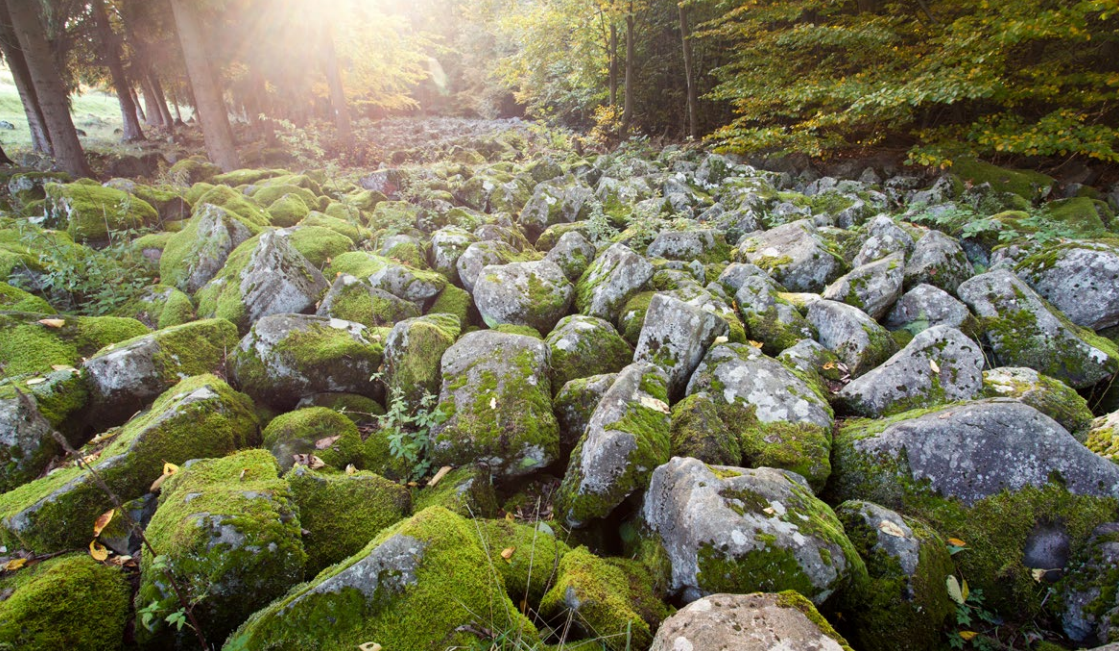
TOP 5 IN THE SUBREGION



Blast furnace in the village of Sirk,
part of Červeňany



There used to be 80 potters in the village of Brehy. Today this famous pottery village and the subregion is represented by the ambassador of the subregion, potter **Ján Fiala**. He also taught pottery to the princess in the fairy tale King Thrush's Beard. Today, he introduces people to this craft at various workshops, courses and events, and it is certainly thanks to Ján Fiala that this craft will not fall into oblivion.



The Middle Pohronie subregion

In central Pohronie, the Hron River is enlarging and the landscape bordered by the Pohronie Castle Route gradually falls into the lowlands. The guardians of rich mining towns, visible, although hidden under the layers of the ages, have already lost their protective function. But they have gained the admiration and interest of modern times. The second oldest monastery in Slovakia guards its secrets at the so-called Slovak Gate. The banging of the knockers has stopped and the commotion and laughter of the visitors is now heard in the miners' territory. The peace of the countryside and special customs of the scattered mountain homestead amaze everyone who visits them. Maybe in that silence and with a bit of luck, you will hear the sounds of bagpipes or melodeon carried by the wind.

REGIÓN GRON
Spoznaj stredné Pohronie



1. Via Ferratas and Zvonička recreation area

At the beginning (in 1874) a belfry (zvonička) was built here. Back then, few people thought that the Zvonička recreation area would be here in the future. Today, Zvonička is a sought-after location - and not only for recreation, the children's playground and because it is one of the stops on the educational mining trail about the glory of the local mines and tunnels. The children's via ferrata area revitalised the place and brought a new wind here – beginners eager to climb and especially children. All of them compete against the natural elements of rocks and forest on three via ferrata routes. The vast Garden Forest, in which more than 2,500 trees and shrubs grow, makes the walk from Zvonička to the Kohútovo pilgrimage site more pleasant.



2. Sklené Teplice Thermal Spa

The health-promoting power of the thermal springs of Sklené Teplice was known as early as the 16th century. The first record of the spa from 1550 guarantees its place among the oldest spas in Slovakia. Healing thermal water containing magnesium and calcium has a beneficial effect on musculoskeletal and nervous system disorders. The water is not diluted or chemically treated during the spa procedures, so spa guests will feel the real power of natural wealth. The spa can boasts great rarity - the Parenica steam cave bath is unique in Europe. The gates of the spa are open for patients and for those who want to relax in the quiet and healing environment of the spa.



3. Revište Castle

In the times of its greatest glory, many lords fought for Revište Castle, sitting on a steep cliff above the Hron River. From the beginning of the 14th century, the owners changed one by one - from Matthias Corvinus to the Dóczy family. The castle used to have three floors, two towers, a cannon bastion, a courtyard divided by a wall, a cistern, and on one of the walls there was also a large balcony where its masters would sunbathe. However, even this important Pohronie guard castle could not withstand time, abandonment and destruction. Thanks to modern technologies, the augmented reality application will take you back to the 17th century. In seven places of the castle, it will conjure up original illustrations capturing fragments of the daily life of the castle lords from the Dóczy family. Revište Castle does not give up its glory and welcomes visitors to various cultural, craft (Glgáč) and spooky (Haunted Castle Night) events.



4. M. Hell regional observatory and planetarium in Žiar nad Hronom

Stars lie open and the experience you will not forget. Visit M. Hell Regional Observatory and Planetarium, which has been welcoming enthusiastic explorers in Žiar nad Hronom since 1996, and enjoy space adventures. Stellar performances and astro-tales are shown in the magical Star Hall. And that is not all. When an experienced astrologer starts talking, the questions of adults and especially children visitors pour in at the speed of light. What is the best way to look into the vast universe? If the weather is good, they will be happy to demonstrate it to you in the planetarium using astronomical technology.



5. Hronský Beňadik benedictine monastery and basilica

The second oldest monastery in Slovakia in the village of Hronský Beňadik is not only an example of monumental Gothic architecture, but also a protector of the more than 2000-year-old relic of Christ's blood. The "Pearl of Pohronie" is recorded for the first time in the Charter of King Gejza I in 1075. The rare relic was donated to the abbey by King Matthias Corvinus I on the occasion of the consecration of the church in 1483. The dominant feature of the monastery is the Gothic basilica with a monumental entrance portal and neo-Gothic decoration by the architect F. Storn. The oldest monument of the basilica is the stone baptistery from the 11th century from the original Romanesque basilica. The current keeper of the monastery, the Bishop's Office in Nitra, is constantly striving to restore and make other parts of the monastery accessible to the public. So far there is a tea room with refreshments open for visitors.



Cycle route through the Pokútska Valley



Horehronie is best discovered on the move... In the saddle of a bike, on skis or on rails. **Aleš Bílek**, the ambassador of Horehronie subregion, knows all about it. He keeps the unique Čierny Hron Forestry Railway alive with full steam and energy, thus being one of the most famous tourist attractions of the area under the Low Tatras.



Horehronie subregion

Horehronie subregion stretches between massive forests, deep caves and under the Low Tatras peaks. In summer, it is fragrant with wood, flowers and herbs and resonates with sheep bells and whistles that echo across the wide meadows of Horehronie. In winter, it is full of laughter and adrenaline, when the slopes of the Low Tatras are copied by skiers. The place where the Hron River takes its first breath, driven by Horehronie life, it flows further into the Slovak countryside. Opposite it, the Iron Route follows the tracks of forgotten black-smith workshops and ironworks. When a person feels sad, it is easy to cheer up in cosy huts and cottages.

horehronie
RAJ V TATRÁCH



1. Čiernohronská railway

It originally transported wood from valleys of the Čierny Hron River, and the narrow-gauge forest railway from Čierny Balog was really very good at that. Years of hard work as well as modern times wanted to send it to rest. However, some determined people of Horehronie tried hard to turn the Čierny Hron Railway into a national cultural monument. Today, it is enjoying its rebirth, when it drives a lot of tourists to Vydrov, Dobroč and Šánske. Together with its neighbour, the Open-Air Forest Museum in Vydrov Valley, they enjoy the favour of enthusiastic visitors every day.

TOP 5 IN THE SUBREGION



2. The Low Tatras

Anyone looking for an action-packed winter or summer will feel right at home in the Low Tatras. Numerous hiking trails and long snowy slopes are an excellent companion for every day and in every kind of weather. An exceptional delicacy with beautiful panoramas on both sides is the ridge from Kráľova Hoľa Mt. to Donovaly - one of the most beautiful sections of the Slovak National Uprising Hero Trail. Climb Ďumbier Mt. on foot or take the cable car to Chopok Mt. and let yourself be amazed by the view over the Low Tatras as far as the eye can see.



3. Zbojská Sheep Farm (Salaš Zbojská)

Places full of legends about the bandit Surovec and the captivating scenery of the Muráň Plateau National Park are connected at Zbojská Sheep Farm. A pleasant place of traditional Horehronie flavours is a good escape from stress of the modern world. Producing local specialities or looking after domestic livestock make people happy. You can also take a walk along the educational trail, ride a horse or get on Zbojnícka strela train to Zbojská Saddle. Follow in the footsteps of Jakub Surovec in Devil's Valley which still hides the bandit's treasures.

TOP 5 IN THE SUBREGION



4. Bystrianska Cave

The underground beauties and secrets of Horehronie are carefully hidden by Bystrianska Cave. They will be revealed to you for a while when you dare to step into the largest cave on the southern side of the Low Tatras. Inside, the cave guards the remarkable rock formations, sinter fillings decorations, and be very careful of deep chasms. Don't worry, because Bystrianska Cave has been helping people since time immemorial. During the 2nd World War, the inhabitants of the village of Bystrá found refuge here from Germans. Today, patients with respiratory disorders are treated in one of the cave parts with favourable climatic conditions.



5. Rafting down the Hron River and up to Kráľova Hoľa by e-bike

There were times when important trade and connecting routes led through the Hron Valley. The river became an important source of livelihood for the inhabitants also when wood was transferred along it. Today the Hron River provides unforgettable rafting experiences. It flows through the picturesque countryside of Horehronie, and faster sections with an adrenaline rush alternate with calmer places where you can bask in the sun. You can easily exchange the water element for two-wheeled vehicles and you will pedal along well-worn cycle trails and forest paths of Horehronie. Kráľova Hoľa Mt. is a real challenge for bikers, because it is the highest cycling point - not only in Horehronie, but in Slovakia. Who dares?



Mysterious creatures in the Horehronie Museum in Brezno



This subregion is closely linked to traditions like no other. It is therefore no wonder that the ambassador of Podpoľanie is a young farmer **Jozef Kučera**, who has devoted his life to farming the land as our ancestors once did.



Podpoľanie subregion

A Detva inhabitant would best describe the subregion tucked under Poľana Mt. Although the massive volcano is extinct now, it has awakened the kind of life that brings work to the locals and pleasure to visitors. Under Poľana, only rocks, popular places of climbers, are perhaps inanimate, but everything else, and especially the traditional, pulsates with life here. Scattered cottages on the slopes of Poľana, as if from a fairy tale, remember old times and the wooden crosses lining the roads have already seen off many passers-by. The idyllic view of the terraced fields will caress the heart. And one will fall in love with the picturesque countryside, mountain culture and typical national costumes. After all, we thank Podpoľanie subregion that the world knows Slovakia through the sound of a windpipe called “fujara”, Detva embroidery and a typical shepherd´s axe – valaška.

OOCR TURISTICKÝ NOVOHRAD A PODPOĽANIE



1. Melich´s Rock

One legend says that Melich's Rock is a petrified envious woman with a basket on her back. It is said that she once went to a wedding in Poľana area and was completely petrified of envy. We will never know how much truth there is in the legend. But a huge, 30-metre-high rock stands out proudly at the southern foot of Poľana Mt above Skliarovo, the Detva homestead. This landmark and natural monument in one is the rest of the front of the lava flow with the preserved shapes of the flowing lava. Beautiful views of the Detva basin and curiosity attract many visitors. To some, the rock even resembles a tourist with a big backpack.

TOP 5 IN THE SUBREGION



2. The Podpoľanie Museum

The distinctive subregion under Poľana remembers a lot. The Podpoľanie Museum in the heart of Old Detva hosts an accelerated journey through the history and life of Podpoľanie people and fragments of their unique culture. The permanent exhibitions called Sheep, My Sheep, Wallachian Culture in Podpoľanie, Detva in the Context of the Vígľaš Estate and From Detva to the Sea will take you through the legacy of Podpoľanie ancestors. When you walk through the courtyard of the museum, you will encounter carved wooden crosses standing quietly and devotedly, and inside you will always be surprised by a temporary exhibition with the soul of Podpoľanie, enriched with interactive elements.



3. Kaľamárka

Less than 2 km from Detva, carefully protected by a forest, a world has grown for climbing enthusiasts. Climbers call Kaľamárka the andesite bastion of sport climbing for good reason. After all, the Upper and Lower Rocks with a height of almost 20 metres make every brave person excited when climbing their walls. Conquering the rock wall (also thanks to new bolts) and the unique view of the Detva Basin is an excellent reward. The archaeological site, a prehistoric fortress near Kaľamárka, is a proof that prehistoric people were the first to conquer Kaľamárka.

TOP 5 IN THE SUBREGION



4. Bystrô Waterfall

The locals rank it in the first place of the seven wonders of Poľana. The waterfall (Bystrý Stream Waterfall) on the southern slopes of Poľana, where the water falls from a height of 23 metres, is the overflow of the upper course of the Bystrý Stream. After walking 2.5 km along a forest educational trail, you will find yourself face to face with a unique natural phenomenon that will take your breath away. Ladders located along the waterfall will take you high up and the beautiful view will enchant you. During the winter, Bystrô Waterfall transforms into a breathtaking ice gem. Once you have conquered the height of the waterfall, you can continue to Poľana Mt. itself.



5. Hriňová Mountain Homesteads (Hriňovské lazy)

The beautiful and unique homesteads around the town of Hriňová proudly claim to be a Slovak curiosity, quite rare in Europe. The preserved terraced fields have made local homesteads, called “lazy”, famous and prove the country’s long agricultural tradition. The original cottages and farms scattered on the slopes create an indescribable picture of local life. Pieces of fertile land were created by the gradual division of fields when siblings inherited them, divided them and marked the boundaries of their land with stones. Thanks to them, we get to know the idyllic atmosphere of Hriňová homesteads with their varied colours, which change throughout the year. Every now and then the question is raised whether someone is secretly painting them with a brush.



Cycle route to Boriak's Rock



The sunny Novohrad is represented by a person intrinsically connected with the sun-drenched meadows... Beekeeper **David Turčáni**, who through his project Bee Paradise spreads the beekeeping and wax processing tradition of our region far beyond its borders.



Novohrad subregion

Chestnut trees on one side and vineyards on the other border sunny Novohrad. In the south, a vast geopark spreads out, reaching beyond the borders and offering a view of the peaks of the High Tatras. The subregion is covered with old castles, which remember the times of glory and infamous Turkish battles. Places that remind us of the glory of glassworks, the benefit of the pottery craft and wonders of nature, where stone fall from the wall. Majestic buildings here have risen from the ashes to tell incredible stories to receptive and kind visitors.

OOCR TURISTICKÝ NOVOHRAD A PODPOLANIE



1. Halič Castle

The past and the present are connected in the jewel of Novohrad. The magnificent reconstruction enhanced the national monument - the Renaissance-Baroque castle in Halič making it a lucrative place of relaxation and experience. The castle for the aristocracy has been transformed into a hotel with a restaurant for all those who like to spend an unforgettable time behind its walls, experience “genius loci” and feel the spirit of the original inhabitants. A vast English park with a pond provides the perfect space for relaxation and regeneration under the treetops.

TOP 5 IN THE SUBREGION



2. Šomoška Castle and Stone Waterfall

The border village of Šiatorská Bukovinka has a lot to be proud of. The ruins of Šomoška Castle stand out on a conical basalt cliff nearby. The non-traditional construction of six-sided basalt columns rightfully belongs to Slovakia's unique castles. Its builders had an easy job because they mined the material right in the castle hill. While mining, they also found a 9-metre-high stone waterfall, which was created by the miraculous solidification of lava. Right next to it, in the middle of the forest, a stone sea was revealed, the surface of which is strewn with fragments of basalt columns.



3. Novohrad - Nógrád Geopark

Novohrad-Nógrád geopark spreads around the border of the two states. It is full of an incredible amount of natural peculiarities. After all, it was awarded the title of UNESCO Global Geopark (2015) for a reason. Geological values, architectural and spiritual heritage, folk traditions and gastronomy unite 30 Slovak and 64 Hungarian municipalities creating countless opportunities for unique experiences. Go for a walk or choose a professional excursion with a guide to the very special natural places of the geopark. Let your desire for adventure guide you in the Cerova Hills as well as at specific places such as Šomoška Castle, Stone Waterfall, Hajnáčka Castle, Veľké Hradište or extinct volcanoes.



4. Lučenec Synagogue

The past cannot be changed, but there are reminders that remind us to learn. The Synagogue in Lučenec has been writing its story since 1925. The Neological Synagogue, according to the project of the architect Leopold Baumhorn, went through peaceful, harsh, moving and almost devastating periods. Today, the impressive building in the centre of the town shines with beauty and pomp, which was restored to it by its renovation in 2015. The synangogue hosts plastered pieces of Jewish history and Peter Kalmus´s - Memento exhibition, symbolising the number of Jewish people who perished during the 2nd World War. This multicultural and renowned place is a national cultural monument and belongs to the Slovak Route of Jewish Cultural Heritage.



5. Modrý Kameň Castle (Blue Stone Castle)

Only a romantic ruin remains from the medieval Modrý Kameň Castle, but it is still alive with children's chatter in the museum of puppet cultures and toys. The castle witnessed many Turkish raids and it was not easy to conquer it. The castle area, which consists of the ruins of a Gothic castle from the 13th century and a Baroque mansion from the 18th century, is a national cultural monument. The mansion hosts a large number of toys from Slovakia and abroad. Immerse yourself in the world of endless games and the atmosphere of marionettes of Slovak nomadic puppeteers, family puppet theatres, rural, urban and imitation toys.

TOP 5 IN THE SUBREGION



Rafting down the Ipeľ River



Jakub Dvorský spreads the good name of the subregion to the far world. His unique Gallery of Masks has awakened life in the village of Lišov. And not only there. People in the subregion are joining together and cooperate.... to make this sunny area worth visiting.



Hont / Dudince subregion

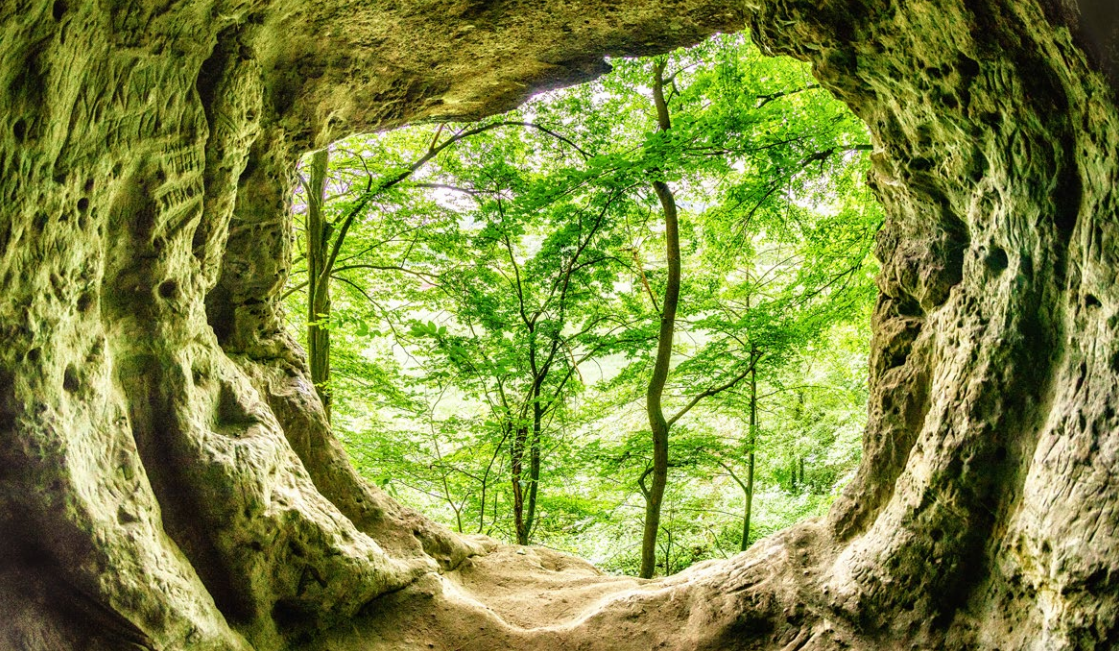
The subregion is endowed with living water, which soothes not only the sick, but also the healthy and restores everyone's desire to wander around sunny Hont and Dudince for days. Roman Spa, magical cellars, remarkable rock dwellings and masks from all over the world speak of the diversity and hospitality of the region. Orchards full of juicy fruit and vast vineyards complete the image of the area where not having a bicycle is a great loss. If you taste Dudince mineral water or regional wines matured in tuffs, you will definitely want to return there again.

SLNEČNÝ HONT
MIKRO REGIÓN



1. Dudince Roman Spa and Travertines

Dudince mineral waters once flowed through the underground of Hont. Occasionally, the underground treasure escaped to the surface and created travertine mounds and terraces. Dudince travertines (today a natural monument) appeared in the spa park long before man harnessed the power of healing water and built the spa. During the walk through the spa park and its surroundings you will find six separate formations (Roman Spring, Eye Spring, Hostečný Spring, Tatar Spring, Spa Mound and Travertine Terrace) shrouded in nostalgia for the past. In the legendary Roman Spa, you can hear the echoes of resting Roman soldiers and perhaps even the happy cry of their duke, who, thanks to the fairy Dudinka, discovered his lost son near one of the springs.



2. Tesárska Gorge

It is a gorge, but not like one of those in the Slovak Paradise National Park. Tesárska Gorge near Hontianske Tesáre is authentic thanks to its volcanic environment. The small and short canyon-like valley was created by water flowing over the volcanic rock. At first, you will feel wet and cold air, then you will pass between rocks with visible layering of rocks, finally you will be surrounded by high rock walls with four waterfalls. Even more amazing are the dwellings carved into the rock walls, which are called one-hole, two-hole or eight-hole according to the number of holes. Tesárska Gorge is an impressive place in every season.



3. Stará Hora – Sebechleby Monument Reserve of Folk Architecture

The origin of tuff cellars dates back to the period of Turkish invasions. Whether it was the Turks or the charm of the tuff wine cellars is not important. It is certain that Stará Hora - Sebechleby is a monument reserve of folk architecture, thanks to hand-dug wine cellars and captivating houses with small windows in an idyllic atmosphere of the surrounding vineyards. A walk among the vineyard houses, a glimpse into numerous wine cellars and a tasting of local wine is a unique experience that will exhilarate all the senses.

TOP 5 IN THE SUBREGION



4. Rock dwellings in Brhlovce

The easily workable rocks in Brhlovce have contributed to the creation of an unusual set of rock dwellings carved into the tuff bedrock of Štiavnica supervolcano. Fear of the dangerous Turks prompted the locals to carve their dwellings directly into the rock. A walk through the lanes in the folk architecture conservation area is an experience and an admiration of the art, craftsmanship and unconventional life of the ancestors. Interestingly, the cellars provide pleasant shade in summer and warmth in winter. What is even more interesting is that thanks to them, Slovakia has the equivalent of the famous inhabited caves in, for example, Sacromonte in Granada, Spain.



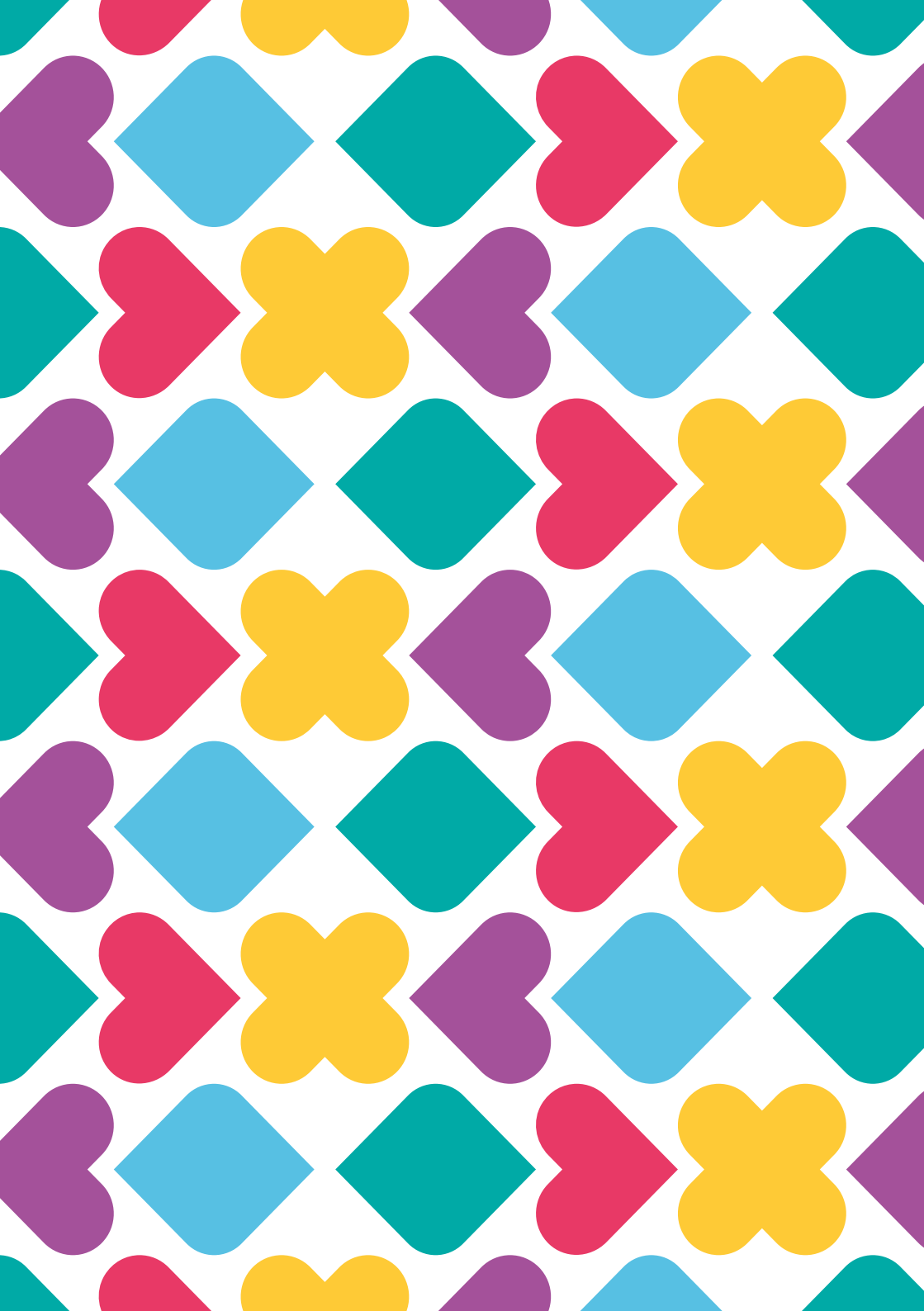
5. Bzovík Fortified Monastery

Bzovík fortress was built on the foundations of the Cistercian monastery from 1130 and is rightly ranked among the oldest jewels of Hont. Supposedly due to the impending Turkish danger, the original Romanesque monastery was turned into a Gothic-Renaissance fortress while possessed by Balasso. Four corner bastions still hold the walls of the preserved fortification, which was supposed to protect the town of Krupina and mining towns from the advance of the Turks. After extensive devastation during the 2nd World War, only the ruins of a turbulent past are in their protective embrace. But the majestic architecture – a symbol of Bzovík history – still exudes the unique atmosphere of the Middle Ages.

TOP 5 IN THE SUBREGION



Lišov cycle route



Experience the Banská Bystrica Region

Discover the Banská Bystrica Region where clear streams flow and healing springs emerge from the underground. Where the countryside lies open and it is a joy to discover its unknown secrets. Where **five national parks** meet and where the depths of the earth are interwoven with corridors of glorious mining history. Where history has left behind eternal traces in the form of **castles, chateaux, mansions** and unique technical monuments. Where during the day artisans do their work and at night you immerse yourself in the secrets of the clear starry sky. In the heart of Slovakia, there are **stories** written that will get under your skin. Enjoy unique **experiences in the Banská Bystrica Region**.

Za horami, za dolami



Cycle route to Krížna Hill in the Veľká Fatra mountains

Active Summer

Perfect time for adventure, discovering beautiful places and adrenaline moments in the Banská Bystrica Region. A number of mountain and road cycle routes call for trips on two wheels. All you have to do is get on the bike, push into pedals and let yourself be guided by the natural beauty of the mountains and valleys. For a view from a different perspective, choose a noble or fast horse ride. Equipped with a helmet, seat and shock absorber, set out to overcome new frontiers on the via-ferrata - iron route. In the past, wood was transferred down the Hron River, today water sportsmen venture down the old waterways and enjoy the calm as well as faster parts of the river. An action-packed summer in the Banská Bystrica Region promises not only adventure and adrenaline, but also enjoyment of the beauty of the countryside and overcoming your own fears.



Skalka over Kremnica: the longest suspension via ferrata bridge in Slovakia

The special Outdooractive platform will please both bikers and hikers. When you don't know which part of the region to explore by bike or on foot, switch to the app. Your adventurous spirit will be happy with more than 168 cycle route tips and more than 40 nature trail options.

Experienced bikers as well as weekend cyclists will enjoy the seasonal challenge LET´S GO CYCLING!

Crossing the longest suspended via-ferrata bridge in Slovakia at Skalka near Kremnica (length 78 metres and height in places up to 45 metres) will surely add the right spice for your active summer in the Banská Bystrica Region.Active na webe:

www.zahoramizadolami.sk



The Low Tatras, Tále

Active Winter

The magical place where water was sprinkled and sand was poured. That is the Banská Bystrica Region. We have mountains and water falls from the sky in winter. And this is exactly what we need to offer you the real action winter. The one in our region lasts **350 kilometres** – so many runs for down-hill skiing and trails for cross-country skiing we have here! Ski resorts are ready from the first flake to the last snow to offer the best family skiing. Winter hiking trails will take you to places from which you can see the entire frozen countryside. Adrenaline lovers will discover the magic of ice climbing, and dog sledding will also provide a proper dose of excitement.



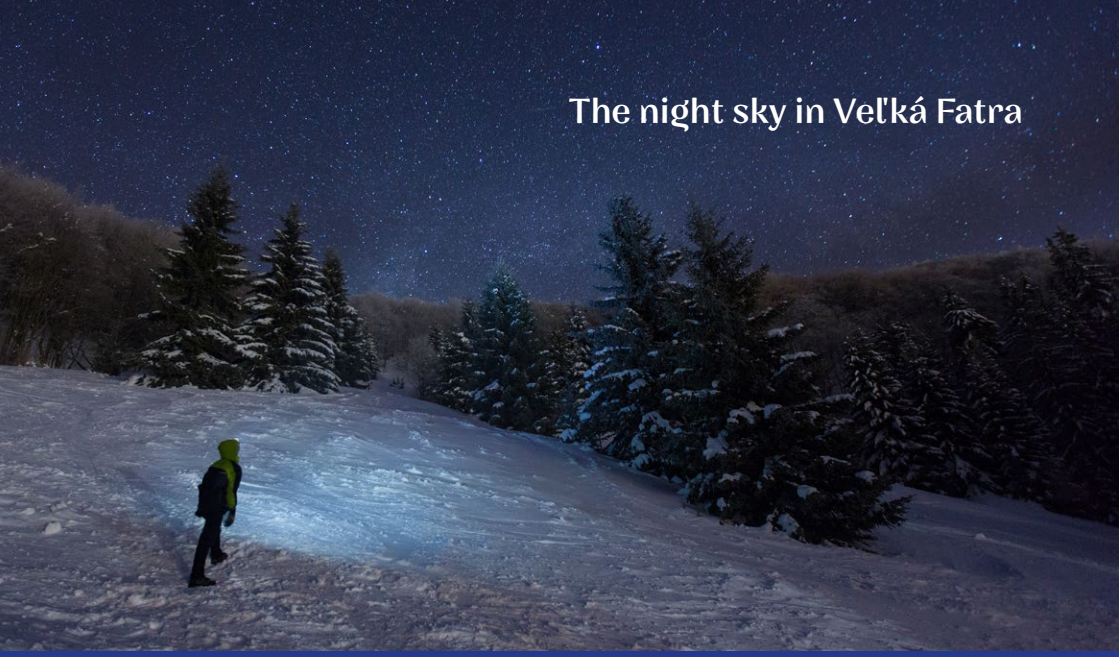
The practical platform Outdooractive will be your great helper in discovering the world of two tracks, classic and skate technique on more than **65 cross-country** trails across the entire Banská Bystrica Region.

www.zahoramizadolami.sk

You will enjoy the silence of winter countryside and winter hiking even more if you participate in the challenge called LET´S GO CROSS-COUNTRY SKIING!

Every year, cross-country skiing fans meet at events at the National Biathlon Centre in Osrblie. You can also test your cross-country skills on excellently prepared tracks - sometimes in the company of professional cross-country skiers.

www.zahoramizadolami.sk



The night sky in Veľká Fatra

Night Sky

For us, the coming darkness is not a harbinger of going to sleep, but a promise of new experience, adventure and knowledge. That is the time when we get on the “astro-train” or “astro-bus” and travel to the places we call the night sky park. With experts from the Maximilián Hell Regional Observatory and Planetarium in Žiar nad Hronom and with their professional technology, we experience something that is not common – holding our breath we slowly dive into the sea of stars and become part of something celestial.

Unforgettable experiences and surprises that will enchant you. The moon usually shines in the sky, but in the Banská Bystrica Region it also shines on the ground. In the summer, a huge model of the Moon - Lunalón lights up on the roof of the planetarium and during dark nights on abandoned castles, too.


Lunalón at Šášov Castle



Regional

In the Banská Bystrica Region, many local artisans and farmers, diligently and with respect for the skills and customs of our ancestors, create products that are unique in their tradition-oriented legacy. Discover this region through the flavours, aromas and beauty of the products that are spiced with love and filled with the energy of working in sun-drenched meadows and fields. Discover the traditions of the region, adopt them so that you too can contribute to their preservation for the next generation.

Noble-minded people, who love traditions and know the value of old crafts, do a lot and from the bottom of their hearts to preserve them for a long time. A sophisticated combination of experience and tradition created craft courses, where every enthusiast, admirer and curious person can learn the craft.



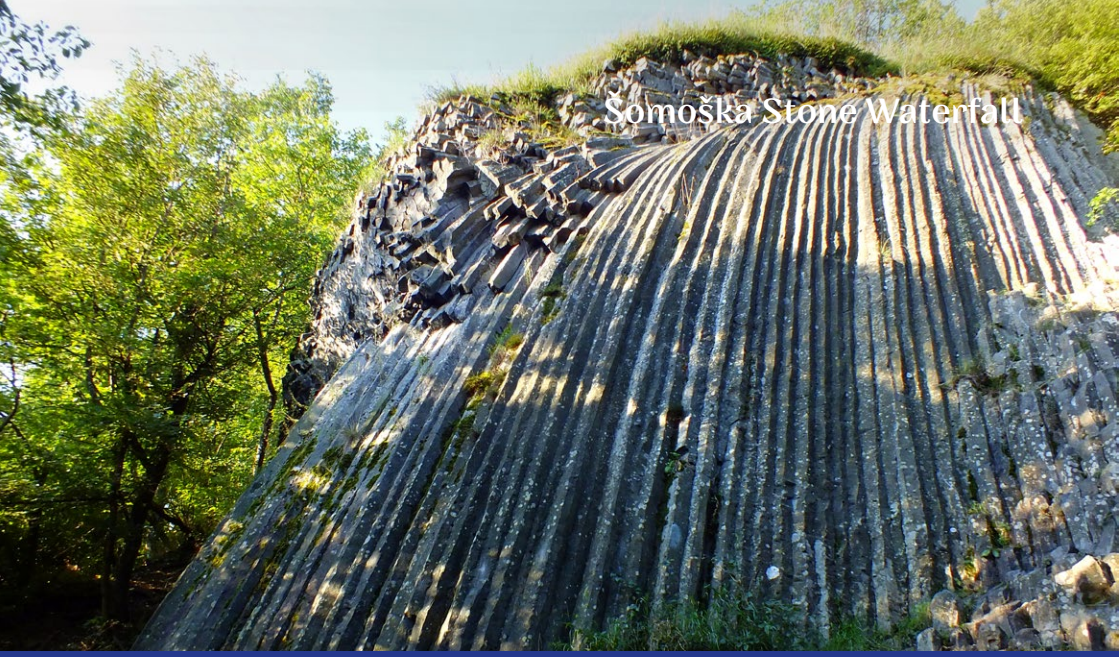
Bee Paradise,
Kokava nad Rimavicou

How to create your own mug from clay, how to weave a rug on an old loom, how to embroider a stylish belt with a crooked needle are just a few options from the varied offer of unique experience courses www.zahoramizadolami.sk. Try a craft that appeals to you.

www.bbregion.sk

If you would like to buy some products from Banská Bystrica region, made with love and care, we invite you to visit our website

www.regionalnepulty.sk



Šomoška Stone Waterfall

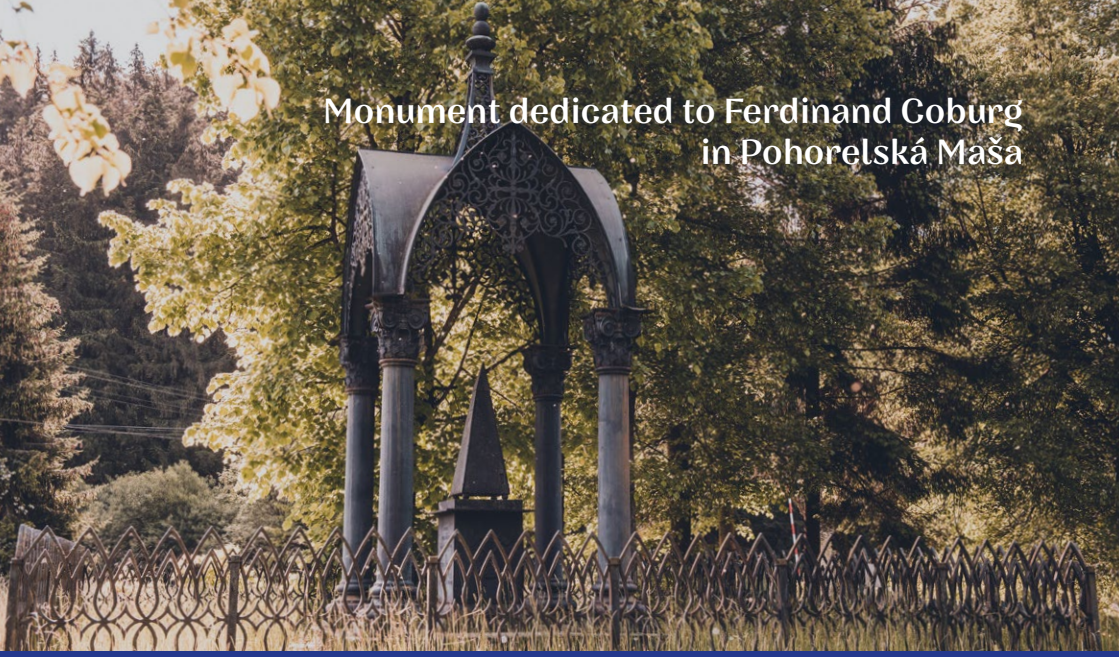
Treasures of the Earth

The Banská Bystrica Region has lived two lives since time immemorial. The one on the ground and the one underground. There is no area in the region that does not have something to do with underground wealth. The Coburg Iron Road in Horehronie, gold Kremnica, silver Banská Štiavnica, copper Banská Bystrica. The Geopark in Novohrad and Central Slovakia. The centre of the mining industry in times of Austria-Hungary in Gemer, Potter's fire machine in Pohronie. And last but not least, a liquid treasure from the inside of the earth - thermal healing waters.



Prof. Jozef Mistrík Historical School, Špania dolina

Gather your mind and soul and enter the underground, where the cool air will breathe on you. In the atmosphere of almost complete darkness and the golden reflections of ores, you can hear the clatter of mining tools. Mining museums, preserved tunnels and events of active miners will really enchant you, pleasantly surprise you and satiate your curiosity. Perhaps you will also meet cunning elves called “permonians” deep underground. To be afraid of them, or let them go their own way? Ask the brave miners.



Monument dedicated to Ferdinand Coburg
in Pohorelská Maša

Traces of History

The Banská Bystrica Region is and has always been a place where many big, interesting and perhaps revolutionary things have always happened; those that left a mark in our lives and lives of our contemporaries. Just have a look at the number of industrial monuments, which significantly contributed to the development of the region. Architects, painters, artists, poets and writers, who became famous beyond the borders of this region, or even on the other side of the ocean, come from this area. Their traces here point to a great concentration of human wisdom, wit, and talent. The results of their activities have affected our lives, and we now walk with admiration in the places where they left their mark.



Rotunda in Šivetice

More than 35 educational trails in the Outdooractive platform will guide you through the traces of history and beautiful countryside. You may choose your walking tours in the Banská Bystrica Region in search of famous personalities, technical monuments or natural phenomena.

Today, the mysterious and forgotten, once successful and sought-after places of Austria-Hungary and the famous imperial family are connected by the unknown Coburg Iron Route. The Gothic Route is also experiencing a rebirth. Behind the walls of twelve Gothic churches, jewels are carefully hidden - medieval wall paintings and frescoes, with the European Heritage Label from 2022.



Mysterious Castles

Their walls could tell the stories of the people who built them, who lived in them or spent some time there. Castles, chateaux and manor houses in the Banská Bystrica Region hide the stories of times long gone. Some are full of love; others are full of fights and animosity. Some are hilarious, and many may never have happened, they were just passed down the generations as mysterious legends. Today we can walk and discover what their courtyards and walls tell us and get a glimpse of the world they live today. The royal and noble inhabitants were replaced by contemporaries who, through tireless work, open up the past and bring it closer to the present. Come and discover the secrets of these places with us.



They once protected the road to rich mining towns, today they proudly sit along the Hron River. Some of them are ruins or only fragments hidden under layers which refer to the famous history of the 16 castles of the Pohronie Castle Route.

Fortunately, life is returning behind their walls - thanks to determined volunteers, selfless castle masters, plenty of visitors and thanks to digital technologies. The stories of Revište Castle will also be revealed to you in augmented reality, connecting the current form of the castle with the one fr[illegible] times of its greatest glory.



Adventure Trains

Slow down and look out the window to observe the charm of the proximity of nature as well as distant mountains, which lie open. In addition, a touch of nostalgia and calm and cheerful moments leading to the most beautiful experiences. The Banská Bystrica Region is interwoven with unique railway lines. Historical trains take you for unusual rides. Just sit back and let yourself be taken to unknown destinations. The guides will transport you in time to the past – to hard work in the blacksmiths´ workshops in Horehronie, to the stories from the underground of the Štiavnica mines and to the times when no one could be sure that robbers would not rob them.



The family of nostalgic trains is growing. After all, the diversity of the Banská Bystrica Region and the famous railway history provide unique topics. The iron Horehronie Express puffs against the current of the Hron River, the Glass Express will take you to the glassworks, the 34 Tunnels Express will lead you through the darkness of 34 tunnels.

www.zahoramizadolami.sk



Wild Laskomer

Living Nature

The Banská Bystrica Region in the middle of the mountains was created by Mother Nature. You can feel the power and energy of the earth's elements. It is the place where the human foot entered and left footprints here throughout history. Ancient mountains, wilderness, vast plains and picturesque valleys, where many living creatures live together and many diverse flowers grow. And there reign silence and peace, which soothe the human mind and soul.

For the heart of Slovakia, the exceptionality of living nature is typical, because five national parks meet here. Majestic and wild Poľana and three unique geoparks reveal unique opportunities for learning about the transformations of the region, which were triggered by rich volcanic activity millions of years ago.

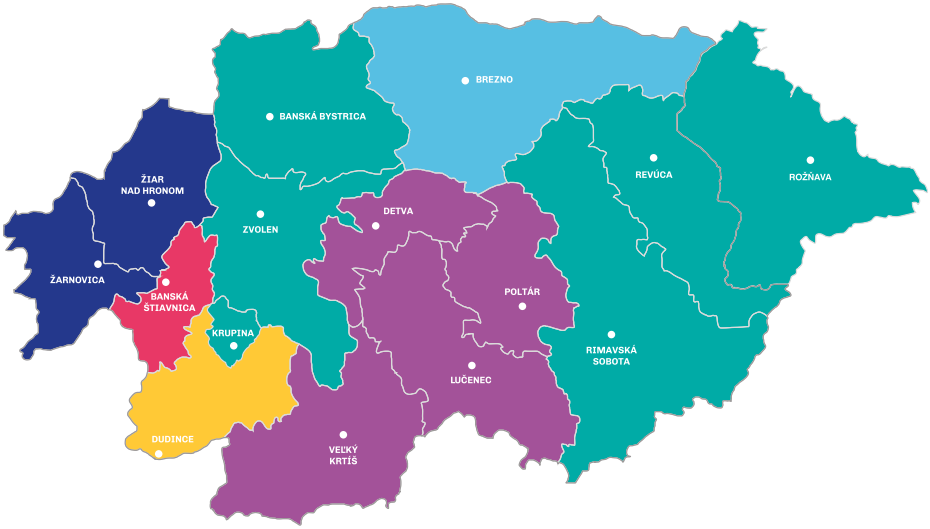
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Bystrô Waterfall, Podpoľanie

BANSKÁ BYSTRICA REGION

8 subregions and 13 districts



CENTRAL SLOVAKIA
Banská Bystrica District
Zvolen District
Krupina District

THE BANSKÁ ŠTIAVNICA SUBREGION
Banská Štiavnica District

GEMER
Revúca District
Rimavská Sobota District
Rožňava District (KE Region)

THE MIDDLE POHRONIE SUBREGION
Žarnovica District
Žiar nad Hronom District

HOREHRONIE
Brezno District

PODPOĽANIE
Detva District

HONT / DUDINCE SUBREGION
Krupina District
Levice District (NR Region)

NOVOHRAD
Lučenec District
Poltár District
Veľký Krtíš District

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