

Dear friends,

here we suggest a few possibilities for hiking near Rajecké Teplice.

1. Zbýňov mace: a natural rock shape. It is an easy walk from Rajecké Teplice along an educational trail, distance 6.6 km one way, cumulative elevation gain 450 m. This hike can be extended to the *Žibrid peak (865 m)*, located at distance 1.0 km from the mace.

2. Lietava castle: a large castle ruin, under a large scale renovation. The distance is 6.8 km one way, with cumulative elevation gain 600 m. The hike goes along the blue marked trail to the *Skalky, prameň* crossroad, continues along the green marked trail to *Cibulník, rázc.*, and finishes again along the blue marked trail to the ruin.

For those not wishing to cover the full distance we recommend to go only up to Skalky, which is a formation of several rocks visible from Rajecké Teplice.

3. Čičmany village: a folk architecture reserve, featuring timbered houses with ridge roofs, galleries and well preserved pointed or linear wall decorations. Of particular interest are the very specific white patterns which are painted on the exterior walls of the houses. This trip requires transportation by car (26 km one way).

4. Kľak summit (1351 m): one of the most popular and nicest peaks of the southern part of Little Fatra Mountains. This trip requires transportation by car to *Fačkov saddle (Fačkovské sedlo, 24 km one way)*. The climb follows the red marked trail to *Staré cesty*, switching to the yellow marked trail to *Pod skalou* and reaching the peak by a green marked trail. Distance from Fačkov saddle is 4.8 km with cumulative elevation 580 m.



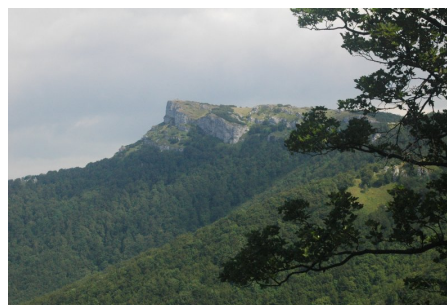
Obr. 1: Zbýňov mace.



Obr. 2: Lietava castle



Obr. 3: Čičmany village



Obr. 4: Kľak.