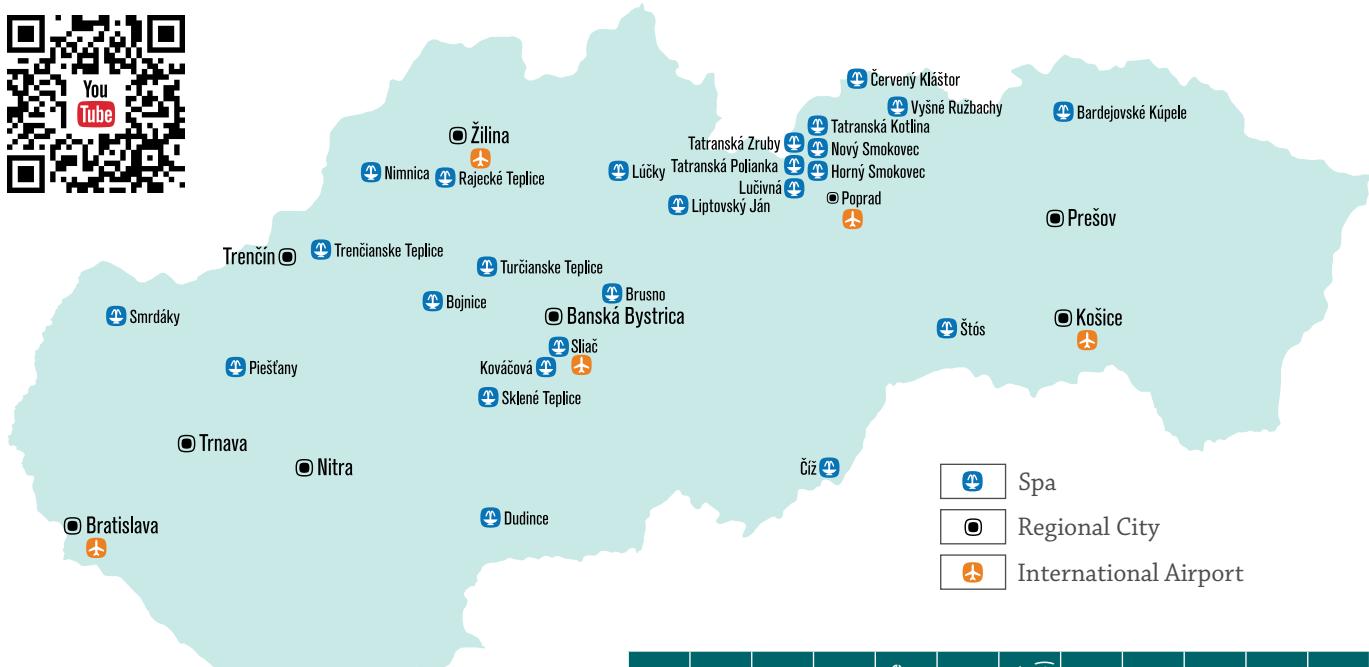


Slovak spas  
and wellness

TRAVEL IN  
SLOVAKIA  
GOOD IDEA



SPA TOWN	SPA	Oncological diseases	Cardiovascular diseases	Digestive system diseases (stomach/liver)	Metabolic disorders and gland disorders with internal secretion	Non-tuberculous diseases of the respiratory system	Nervous diseases (neuropathy/Ischias/Parkinson)	Diseases of the kidney and urinary tract	Mental illnesses/disorders (depression/neurosis)	Skin/Dermatological diseases (psoriasis, eczema)	Gynaecological diseases	Occupational diseases
Bardejovské Kúpele	Bardejovské kúpele	x *	x *	x *	x *	x *	x *	x	x		x *	x
	Kúpeľno-liečebný ústav ministerstva vnútra Družba	x	x	x	x	x			x			x
Bojnice	Kúpele Bojnice						x	x	x		x	x
Brusno	Kúpele Brusno		x	x	x							x
Červený Kláštor	Kúpele Červený Kláštor Smerdžonka									x		
Číž	Prírodné jódové kúpele Číž			x		x *	x *				x	x
Dudince	Kúpele Dudince		x				x	x				x
	SLOVITHERMAE, Kúpele Diamant Dudince		x				x	x				x
Horný Smokovec	Kúpele Horný Smokovec				x **							x
Kováčová	Wellness KOVÁČOVÁ, Liečebný dom Detvan			x	x		x *	x *	x		x	
	Špecializovaný liečebný ústav Marína	x *					x *	x *				
Liptovský Ján	Kúpeľno-rehabilitačný ústav MV SR Bystrá	x		x	x							x
Lučivná	Tatranské kúpele Lučivná				x **							
Lúčky	Kúpele Lúčky	x					x	x			x	x
Nimnica	Kúpele Nimnica	x	x	x	x	x	x	x			x	x
Nový Smokovec	Kúpele Nový Smokovec				x	x				x		x
Piešťany	Slovenské liečebné kúpele Piešťany						x *	x *				
	Hotel Granit – Kúpeľný ústav F. E. Scherera						x	x				x
Rajecké Teplice	Slovenské liečebné kúpele Rajecké Teplice						x	x				x
Sklené Teplice	Liečebné termálne kúpele						x	x				x
Sliač	Kúpele Sliač	x	x					x				x
Smrdáky	Prírodné liečebné kúpele Smrdáky						x			x *		
Štós	Kúpele Štós	x *		x *	x *				x	x	x	x
Tatranská Kotlina	Sanatórium Tatranská Kotlina					x						
Tatranská Polianka	Sanatórium Dr. Guhra					x						
Tatranské Zruby	Hotel Granit klimatické kúpele Tatranské Zruby				x							x
Trenčianske Teplice	Kúpele Trenčianske Teplice			x	x		x	x		x		x
	KLÚ MV SR ARCO Trenčianske Teplice						x	x				
Turčianske Teplice	Slovenské liečebné kúpele Turčianske Teplice	x *		x *			x *	x *	x *		x *	x
Vyšné Ružbachy	Kúpele Vyšné Ružbachy	x	x	x	x		x	x	x	x	x	x

\* also for children under 18

\*\* only for children



## The healing powers of Slovak spas

Slovakia is a country blessed with an unbelievable underground wealth bubbling up to the surface from the countless mineral springs in stunning nature in every corner of the country, boasting healing powers and beneficial effects on the human organism.

These places were destined to become the sites of well-known health spas, which thanks to their disease-treating powers and health-giving properties have been regarded as miraculous and remarkable since time immemorial. Their healing waters combined with a wide range of procedures treat the sick and regenerate the weak.

Thanks to the use of specialised modern therapeutic procedures, professional

healthcare under the supervision of qualified experts, unique natural sources in combination with exceptionally pure air, Slovakia enjoys the role of a much sought-after spa destination.

Over the following pages you will discover much interesting and important information what makes each spa in Slovakia unique. You will learn to stop seeing a spa as somewhere intended solely for the sick or the elderly. You will discover the numerous opportunities that spas provide for a much needed rest, regaining strength or for finding new energy, relaxing and alleviating health problems, or simply for enjoying a pleasant long weekend in the company of your loved ones. That's not all. The

special atmosphere of Slovak spas is also enhanced by their unique surroundings, with many opportunities to spend your free time being active or taking in some culture.

Let yourself be inspired. Visit a place where you can find your idea of a dream holiday full of memorable experiences. All you have to do is choose from the rich range of spa and relaxation stays on offer, arrive, close your eyes and let yourself be pampered! You can find out all you need to know about Slovak spas and wellness options at

[www.slovakia.travel](http://www.slovakia.travel)



# Piešťany Spa

The best known Slovak spa



Piešťany Spa can be found in the pleasant surroundings of an island surrounded by the longest river in Slovakia – the river Váh. For over 200 years, the spa has enjoyed a place among leading European spas in the treatment of rheumatism, rehabilitation of the musculoskeletal apparatus and the nervous system. The unique natural sources comprising therapeutic sulphurous mud and thermal mineral waters are renowned for their healing action not only in Slovakia, but also throughout the world. By using specialised therapeutic procedures under the supervision of top medical experts, joint inflammations recede, their flexibility returns, the immunity system is boosted, damaged cartilage regenerated and the degenerative process of joints slowed down. Nowadays, Piešťany Spa is highly popular also thanks to its specific healing effect on post-traumatic conditions.

The character of Piešťany Spa and the uniqueness of the therapeutic effects found here are best reflected by the central symbol of the spa, the famous sculpture of a man breaking his crutches. Once you have undergone treatment, the crutches, as an aid to damaged health, usually become redundant. You once again find yourself full of strength, energy and peace.

The Spa Island is not only an oasis of health, as it also offers various interesting sport and cultural activities. There is a 9-hole golf course, for instance, courts for tennis enthusiasts and a beach volleyball court. The many ways of spending your leisure time at the spa are boosted all year round by a rich cultural programme at the social centre. The beautiful spa park is also the ideal place to take pleasant relaxing strolls. Take a break at any of the many cafés and restaurants that enhance the special appearance and atmosphere of the spa grounds, and enjoy some local or international specialties.



## Slovenské liečebné kúpele Piešťany (Piešťany Spa)

Winterova 29, 921 29 Piešťany  
Tel.: +421 33 775 25 28  
[booking@spapiestany.sk](mailto:booking@spapiestany.sk)  
[www.kupelepiestany.sk](http://www.kupelepiestany.sk)  
N 48°35'13.30" E 17°50'34.57"

## Hotel Granit – Kúpeľný ústav F. E. Scherera

Teplická 81, 921 01 Piešťany  
Tel.: +421 33 798 31 11  
[recepacia.kupn@horezsa.sk](mailto:recepacia.kupn@horezsa.sk)  
[www.horezsa.sk](http://www.horezsa.sk)  
N 48°35'13.30" E 17°50'34.57"

## Tips for trips

**The castle ruins of Tematín, Beckov and Čachtice** – enigmatic places where time stands still and where the ancient walls whisper of immortal legends about cruel lords and the bloody Countess Báthory.

**Trnava** – The Slovak “Rome” is home to countless sacral buildings and monuments.

**Nitra** – A city with a rich history and a colourful offering of cultural and social events. **Mohyla na Bradle** – Memorial to the distinguished Slovak statesman and scientist, General M. R. Štefánik.

## Piešťany Information Centre

Nálepkova 2, 921 01 Piešťany  
Tel.: +421 33 774 33 55  
[ivcotravel@ivcotravel.com](mailto:ivcotravel@ivcotravel.com)

## Piešťany Information Centre

Pribinova 2, 921 01 Piešťany  
Tel.: +421 33 771 96 21, [info@pic-piestany.sk](mailto:info@pic-piestany.sk)



# Smrdáky Spa

The secret of health and beautiful skin



The most westerly spa in Slovakia can be found near the town of Senica and has become renowned for its therapeutic mineral water. The name of the spa, meaning "stinky", is based on the distinctly characteristic pungent smell of the hydrogen sulphide springs, which were chronicled in this area as early as in the sixteenth century.

Smrdáky's healing waters are unique in their unusually high hydrosulphide content, ranking it among the most highly concentrated brimstone natural springs

in Europe. The local sulphuric mud also produces impressive healing effects. As a result of the exceptional and unique composition of the mineral waters here and the therapeutic results achieved, Smrdáky Spa specialises foremost in the treatment of skin diseases in combination with diseases of the musculoskeletal apparatus.

The spa grounds are a serene and idyllic place snuggled into the harmonious rural countryside of Western Slovakia. The moderate climatic conditions, the tranquillity and the clean fresh air all provide beneficial effects not only for healing the organism, but also for the complete relaxation of patients and spa guests. In addition to the latest natural therapeutic procedures and the care of highly qualified medical staff, the spa also offers a rich range of sporting, cultural and social activities.



## Prírodné liečebné kúpele Smrdáky

906 03 Smrdáky  
Tel.: +421 34 695 91 73  
[reservations.smr@spasmrdaky.sk](mailto:reservations.smr@spasmrdaky.sk)  
[www.kupelesmrdayky.sk](http://www.kupelesmrdayky.sk)  
N 48°43'10.00" E 17°18'13.00"

## Tips for trips

**Skalica** – an ancient historical town with a sweet speciality – the Trdelník, and the chance to cruise along Batov kanál (Bata's canal).

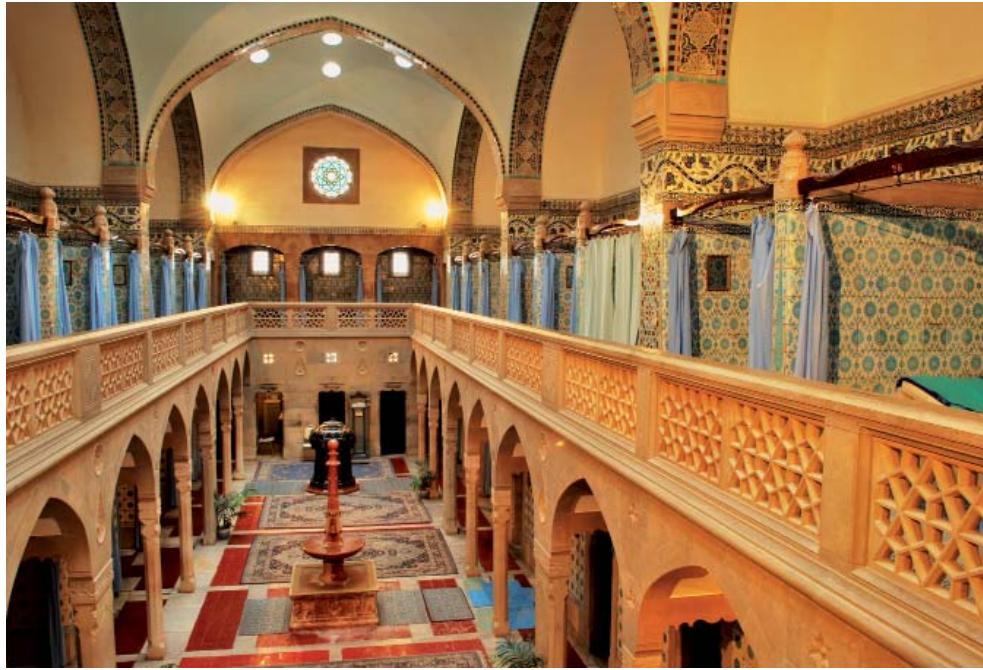
**The Small Carpathians Wine Route** – following the path of the winemaking tradition, all the way through former royal towns.

**Červený Kameň Castle** – one of the best preserved castles in Slovakia.

**Driny Cave** – the only public show cave in south-west Slovakia with rich natural formations

## INFOSEN – Senica Information Bureau

Námestie oslobodenia 17, 905 01 Senica  
Tel.: +421 34 651 64 59  
[infosen@rsms.sk](mailto:infosen@rsms.sk)



### Kúpele Trenčianske Teplice

T. G. Masaryka 21  
914 51 Trenčianske Teplice  
Tel.: +421 32 651 40 00  
obchod@slktn.sk  
[www.kupele-teplice.sk](http://www.kupele-teplice.sk)  
N 48°54'31.07" E 18°10'22.14"

### Kúpelno-liečebný ústav MV SR ARCO

Trenčianske Teplice  
17. novembra č. 6  
914 51 Trenčianske Teplice  
Tel.: +421 32 655 24 31  
marketing@kluarco.sk  
[www.kluarco.sk](http://www.kluarco.sk)  
N 48°54' 35.87" E 18°10' 23.46"

### Tips for trips

**Trenčín** – Trenčín Castle with a Roman inscription on the castle rock and a romantic tale surrounding the castle well.

**Vážska cyklotrásy** – a cycling route that follows the river Váh along the embankments of feeder canals taking in some interesting natural and cultural monuments in the mountains of the Biele Karpaty and the Strážovské vrchy hills.

**Trenčianske Teplice Musical Summer** – the oldest chamber music festival in Central Europe with a varied and top quality programme all through the summer.

**Pohoda** – large contemporary international music festival in Trenčín.

**The A.S. Pushkin Museum in Brodzany chateau** – the only museum commemorating the literary giant outside Russia where the writer worked and created.

### Information Centre

Hotel Pax, Kúpeľná 10  
914 51 Trenčianske Teplice  
Tel.: +421 32 651 45 92  
kultura@slktn.sk

### Information Centre

Hotel Krym, T. G. Masaryka  
914 51 Trenčianske Teplice  
Tel.: +421 32 651 63 00

# Trenčianske Teplice Spa

## A spa with a European first

The small spa town of Trenčianske Teplice is situated in the western part of Slovakia nestled in a picturesque valley in the Strážovské vrchy hills. The surrounding woods, breathtaking landscape and the well-tended extensive park grounds with lake provide the ideal place to relax and take a pleasant and much-needed break. Trenčianske Teplice is one of the few spa resorts to have retained its character as a pure spa town.

Trenčianske Teplice Spa is one of the oldest and most popular spas in the country. Trenčianske Teplice Spa is one of the oldest and most popular spas in Slovakia, primarily thanks to its romantic location and unique natural sulphuric

thermal waters. The springs are unique because of the optimum temperature of the waters (from 37.7 °C to 40 °C), and because they have the same composition. The temperature of the healing water means it can be used directly without any need to heat it up, cool it down or otherwise modify it, which greatly boosts its therapeutic action. It acts as an analgesic, supporting tissue blood flow, and releasing muscle tension, leading to improved flexibility, increasing overall physical fitness and alleviating mental stress.

Having a thermal bath in this unique and potent healing water is therefore an essential part of every stay here, and helps in the treatment and prevention of diseases of the musculoskeletal apparatus, in particular, but also diseases from the fields of internal medicine, gynaecology and dermatology, including psoriasis.

The spa complex includes also a first in Europe: the Hammam Turkish bath, which was built in the 19<sup>th</sup> century. In the past it was bathing-house for the rich nobility and financial magnates, but now it is open to spa guests and the general public. Most visitors go there to have a massage, or in search of a place to relax after bathing in the Sina thermal pool.





# Bojnice Spa

**Perfect relaxation overlooked by a romantic castle**

The picturesque Bojnice Spa in the very heart of Slovakia is a tranquil place that provides the perfect conditions for guests to enjoy a harmonious and pleasant stay at the spa, thanks to its location, climate and the composition of the local thermal waters.

Bojnice Spa is shrouded on three sides by stunning forested hills which produce exceptionally favourable climatic conditions. The basis of therapeutic procedures at Bojnice Spa lies in the therapeutic hydrogen-carbonic-sulphuric and calcium-magnesium hypotonic thermal water with a temperature between 28 and 52 °C, rising from nine springs. This unique thermal water boosts the metabo-lism and the immunological reaction in cells, tissue function and oxygen supply, and so acts favourably on the overall human condition. These



unique hot springs have been used for therapeutic purposes since as far back as the 12<sup>th</sup> century.

In addition to classic therapeutic stays at the spa, Bojnice Spa also offers visitors special weight-loss, recuperation and wellness stays. For those who are exhausted from the daily frenzy of modern life and looking for somewhere to relax the body, mind and spirit, Bojnice Spa is the right place to be. The thermal springs and gorgeous countryside here have been in harmony for centuries, while the vicinity offers more than enough interesting ways for spa guests to spend their free time.

## Kúpele Bojnice

972 01 Bojnice  
Tel.: +421 46 511 63 62  
info@kupele-bojnice.sk  
www.kupele-bojnice.sk  
N 48°46'29.98" E 18°34'20.44"

## Tips for trips

**Bojnice Castle** – the second most visited castle in Slovakia and home to the popular annual International Festival of Ghosts and Spirits.

**Trenčín** – centre of the Považie region, a municipal heritage reservation with a rich array of interesting cultural events.

**Hornonitriansky banský skanzen at Cígel' Mine** – an open-air exhibition on the work of miners at surface level, as well as below ground in a classic mining wagon.

## Bojnice Tourist Information Office

Hurbanovo námestie 47  
972 01 Bojnice  
Tel.: +421 46 543 03 03  
Mob.: +421 915 877 359  
tik.bojnice@stonline.sk  
www.bojnice.sk

## Prievidza Tourist Information Office

Námestie slobody 4  
971 01 Prievidza  
Tel.: +421 46 16 186  
tik@prievidza.sk



# Nimnica Spa

Slovakia's Mineral Pearl

One of the youngest spas in Slovakia spreads out over the delightful scenery of the Javorníky and Strážovské vrchy hills, between the towns of Púchov and Považská Bystrica. The local mineral water with its unique composition is the basis for treating a wide spectrum of diseases.

Nimnica Spa may be one of the smallest spas in Slovakia, but thanks to its excellent location, it is also one of the most tranquil. The foothill climate with nearby reservoirs produces a moderately humid microclimate and so increases the overall attractiveness of the spa grounds. The mineral-rich water, referred to as the mineral pearl of Slovakia, is applied in treatment not in drinking cures, but also by inhalation and carbonic baths.



The landscaped and tended park grounds of the spa with its small lake provide the perfect place for enjoying a relaxing walk or for spending time with family and friends. Guests can revel in the hot water in the pool, let the bubbles in the carbonic bath and hydroxer underwater massage flush away their stress, relax in the wellness centre with saunas and a whirlpool bath, purify their respiratory tract in the special salt cave, or sample one of the many different massages on offer.

## Kúpele Nimnica

020 71 Nimnica  
Tel.: +421 42 460 81 11  
[rezervacie@kupelenimnica.sk](mailto:rezervacie@kupelenimnica.sk)  
[www.kupelenimnica.sk](http://www.kupelenimnica.sk)  
N 49°07'48.00“ E 18°22'16.00“

## Tips for trips

**Castles Strečno, Lietava and Považský hrad** – these former sentry castles now provide stunning panoramic views of the surrounding countryside.

**Manínska tiesňava nature reserve, Súľovské skaly (Súľov Rocks) and Castle Vršatec** – a unique rocky protected nature reserve, which concentrates all the beauties of much larger territories in a small area.

**Leďnické Rovne** – a Slovak glassmaking museum with rich collections and documentation on its production, from medieval times through to the highly artistic creations produced today.

**Žilina** – a municipal heritage reservation with many interesting monuments, dominated by Budatín Castle.

## PX CENTRUM Tourist Information Office

Centrum 16/21  
017 01 Považská Bystrica  
Tel.: +421 42 432 65 45  
[info.tikpb@px.sk](mailto:info.tikpb@px.sk)

**Česko-slovenské regionálne informačné a spoločenské centrum Púchovskej doliny**  
020 51 Dohňany 74  
Tel.: +421 42 445 09 12, [info@dohnany.sk](mailto:info@dohnany.sk)



# Rajecké Teplice Spa

A symphony of luxury and quality



The spa Balneology Centre offers a comprehensive range of healing, relaxation and beauty procedures and is equipped with state-of-the-art diagnostic and therapeutic equipment. It is only in Rajecké Teplice Spa that visitors can soak up the exclusive ancient-style atmosphere, including pure, natural materials such as marble. Such a rare experience full of comfort and luxury helps spa guests recharge their energy and relax their mind and body, which is why they always enjoy coming back again.

One of the most beautiful and top quality spas in Slovakia can be found in the north-west of the country in the stunning countryside of the Strážovské Vrchy hills, just a few kilometres from the town of Žilina. The rich history of this picturesque town dates back to 1376, and today it is an attractive place for visitors to enjoy curative or relaxing wellness stays.

The spa makes use of the acrothermal thermal spring with unique healing waters at a temperature of 38 °C, for the treatment of diseases of the musculoskeletal apparatus, non-tuberculous diseases of the respiratory system, nervous diseases and occupation diseases.



## Slovenské liečebné kúpele Rajecké Teplice

Osloboditeľov 131/4  
013 13 Rajecké Teplice  
Tel.: +421 41 549 42 56  
Mob.: +421 905 861 384  
spa@spa.sk, www.spa.sk  
N 49°07'44.25“ E 18°40'56.71“

## Tips for trips

**Hiking in the surroundings of the Strážovské Vrchy hills and Malá Fatra mountains** along marked hiking paths.

**Cičmany** – a heritage reservation of folk architecture with unique wooden log cottages adorned with their distinct white ornamentation.

**Žilina** – the historic town centre with the Tinker Museum from the past and present.

**Rajecká Lesná**, home to the largest nativity scene in Europe, carved from lime tree wood.

**Jánošíkove diery** – an exceptional system of canyons and waterfalls in the Malá Fatra mountains near the small town of Terchová, cloaked in many mysterious legends and myths.

## Turistické informačné centrum – Rajecká Pohoda

Osloboditeľov 90, 013 13 Rajecké Teplice  
Mob.: +421 917 102 079, info@spa-life.sk



# Turčianske Teplice Spa

A golden spa for everyone



Turčianske Teplice, one of the oldest spa towns in Europe, lies at the very heart of Slovakia in the beautiful environment at the foot of the Veľká Fatra mountains. The quality of the healing springs here were tested out in the past by the likes of King Sigismund of Luxembourg or Emperor Maximilian of Habsburg, among others.

The spa offers a varied choice of curative and wellness stays, or a relaxing holiday, which is not only enjoyed by the elderly, but also ladies on beauty breaks, sportspeople, managers, couples in love, or families with children. The local therapeutic mineral water has a unique composition, which is rare in Slovakia as it helps also in the case of diseases of the kidneys and urinary tract. Diseases of the musculoskeletal apparatus, the skin and neurological diseases are also all treated here.

At Turčianske Teplice Spa, visitors can come across also some rather unique therapeutic procedures in the shape of a so-called Turčianske Golden Cure, which combines the use of gold and mineral water to treat and beautify at the same time. Spa visitors can therefore sample an exhilarating gold bath with poultices, a gold massage and mask, or a refreshing gold drinking cure.

Visitors to the spa have the Spa&Aquapark available all year round, with its unique mineral water, which in addition to being thermal is also highly therapeutic, thanks to its excellent composition.



## Slovenské liečebné kúpele

### Turčianske Teplice

SNP 519  
039 12 Turčianske Teplice  
Tel.: +421 43 491 38 63  
rezervacie@therme.sk  
[www.therme.sk](http://www.therme.sk)  
N 48°51'38.33" E 18°51'37.88"

## Tips for trips

**Kremnica** – municipal heritage reservation with Kremnica Castle and the Mining Museum at the Andrej mine gallery.

**Hiking and cycling in the national parks of Veľká Fatra and Malá Fatra** with the chance to do less or more demanding activity along marked trails surrounded by stunning nature.

**Slovak Village Museum in Martin** – the largest outdoor ethnographic exposition in Slovakia.

**Skiing** – excellent conditions for downhill skiing in the valley Valčianska dolina and cross-country skiing in the surrounding areas.

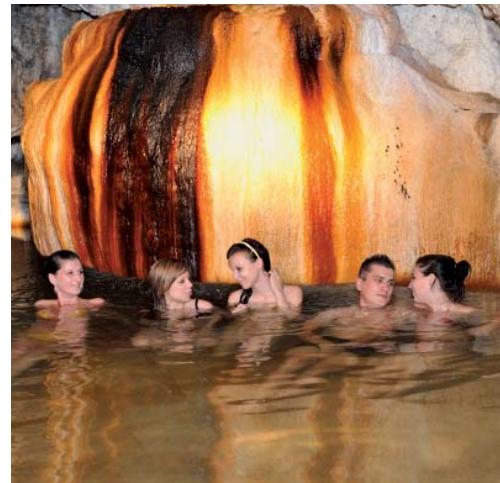
**Šútovský vodopád** – the largest waterfall in the Malá Fatra National Park.

**Rafting on the River Váh and trip to Strečno Castle** – a river trip along the straights and meanders of the River Váh complemented by a strip to Strečno Castle with breathtaking panorama.

## Turistické informačné centrum

### Turčianske Teplice

Partizánska 1  
039 01 Turčianske Teplice  
Tel.: +421 43 490 12 78  
[tic@turciansketeplice.sk](mailto:tic@turciansketeplice.sk)



# Sklené Teplice Spa

Unique natural cave spa

Sklené Teplice can be found in the beautiful valley of the scenic hills of Štiavnické vrchy. The history of the spa dates back to 1350, making it one of the oldest spas in Slovakia. The special hot healing springs boast a high content of calcium and magnesium, meaning the water has excellent and unparalleled beneficial effects especially on the musculoskeletal and nervous systems.

A novelty to Europe is the speleaeon thermal steam pool, appropriately named Parenica (basically meaning the steam bath). The thermal water rising up at a temperature of 42 °C has carved out a cave, which is now used for spa treatment. The Cave steam bath has a unique atmosphere and is extremely popular among visitors.

The spa uses only pure natural healing water in treatment procedures, not

weakened by any chemical treatment or filtration, and so it retains its natural mineral content. Water from the pool is drained off each day and replaced at night by clean water full of healing power and energy directly from the thermal spring. This use of natural thermal water in its natural state without any treatment distinguishes Sklené Teplice Spa from the majority of therapeutic facilities in Slovakia or Europe, making the baths here unique. Thanks to this approach, which is kind to nature and to the human organism, this highly curative water is suitable for allergy sufferers and people with sensitive skin.

The unusual waters at Sklené Teplice Spa are one of nature's clean and pure gifts, which is why guests who have experienced its benefits at first hand happily return here time and time again.



## Liečebné termálne kúpele

966 03 Sklené Teplice 100  
Tel.: +421 45 677 10 61  
Mob.: +421 905 413 297  
info@kupele-skleneteplice.sk  
www.kupele-skleneteplice.sk  
N 48°31'50.00“ E 18°51'50.00“

## Tips for trips

**Banská Štiavnica** – the most beautiful historical town in Slovakia (UNESCO).

**Open-air Mining Museum** – the Bartolomej mine gallery with demonstrations of underground mining in the Middle Ages.

**Štiavnické tajchy** – unique system of artificial mining lakes.

**Kremnica** – an ancient mining town that is also home to the oldest perpetually operating mint in the world.

**Sitno** – hike up the legend shrouded highest peak of the Štiavnické vrchy hills.

## Informačné centrum Banská Štiavnica

Námestie sv. Trojice 6  
969 01 Banská Štiavnica  
Tel.: +421 45 694 96 53  
ic@banskastiavnica.sk



# Dudince Spa

An ancient young spa



Thanks to its unique composition, the local water is classed among the rarest mineral springs in the world. It has a beneficial action on the musculoskeletal apparatus and is used to treat problems of the cardiovascular and nervous systems, as well as occupational diseases.

The overall comfort of guests is boosted by the warmest kind of climate, with the smallest number of windy days and the highest number of sunny days in the year. Dudince is a quiet and calm spa town, boasting also the ecologically cleanest environment and the largest share of greenery.

Whether you are into relaxation, wellness, sport, or take pleasure in gastronomic delights, you will be well catered for at the spa. In the summer, visitors can enjoy the refreshing pools of the nearby thermal swimming baths Dudinka.

The history of one of the youngest spas in Slovakia paradoxically dates back to ancient times of the Roman Empire, when the special healing effects of the local springs was already well known and appreciated. The most southerly spa in the territory of the smallest town in Slovakia also boasts some other superlatives.



## Kúpele Dudince

Kúpeľná 106  
962 71 Dudince  
Tel.: +421 45 550 44 44  
[rezervacie@kupeledudince.sk](mailto:rezervacie@kupeledudince.sk)  
[www.kupeledudince.sk](http://www.kupeledudince.sk)  
N 48°10'00.52" E 18°52'43.57"

## SLOVHERMAE, Kúpele Diamant Dudince

Kúpeľná 107  
962 71 Dudince  
Tel.: +421 45 550 22 00  
[diamant@diamant.sk](mailto:diamant@diamant.sk)  
[www.diamant.sk](http://www.diamant.sk)  
N 48°10'00.52" E 18°52'43.57"

## Tips for trips

**The manor house of Svatý Anton** – beautiful cultural monument with amazing park situated nearby the ancient and almost fairy-tale like town of Banská Štiavnica.

**Modrý Kameň castle** – home to the Museum of Puppet Cultures and Toys, as well as the largest sweet chestnut orchard in Europe.

**Brhlovce** – a unique heritage reservation of folk architecture carved into the volcanic tufts.

## Turisticko-informačná kancelária Dudince

Kúpeľná 109, 962 71 Dudince  
Mob.: +421 917 810 274  
[tikdudince@gmail.com](mailto:tikdudince@gmail.com)



# Číž Spa

The pride of the Gemer region

The natural iodine spa in Číž, lying in the south of the district of Rimavská Sobota near the border with Hungary, boasts over a century of history. It is the only spa of its kind in the Slovak Republic and thanks to its natural healing iodine-bromine water, it is classed as one of the rarest spring sources of this kind in Europe.

The importance of the spa is founded on utilising the therapeutic effect of the natural iodine mineral water and its positive action, especially on vascular diseases and diseases of the musculoskeletal apparatus. The water from Číž even has a favourable therapeutic effect in the treatment of multiple sclerosis.

The spa grounds are also an active venue for hippotherapy, consisting of the use of horses and their movements as a rehabilitation method for healing the human organism. The hippotherapy centre is open to all visitors and offers horse riding courses, all-day trips, or rides led by an instructor.

The spa is classed as a warm to moderately warm climatic area with a large number of sunny days. The

lowland character of the countryside around the spa is relaxing and the climatic conditions are suitable also for heliotherapy.

The spa park is tended all-year round and gives visitors the chance to take a relaxing stroll or soak up the nature after their therapy. Clients can also visit the sauna and aqua world, with various attractions. The range of options on offer at Číž Spa is truly rich, so it is the perfect place not just for those with health problems, but also for those who seek a regenerating holiday in Slovakia.



## Prírodné jódové kúpele Číž

980 43 Číž

Tel.: +421 47 559 31 33

[kupeleciz@kupeleciz.sk](mailto:kupeleciz@kupeleciz.sk)

[www.kupeleciz.sk](http://www.kupeleciz.sk)

N 48°18'58.00“ E 20°16'58.00“

## Tips for trips

**The Gothic trail** – takes in some of the most stunning monuments from the Gothic era in a circuit passing through 9 towns and 24 villages.

**Castle Fiľakovo** – housing a museum and offering a fantastic vista over the town and countryside.

**Somoška Castle** – ruins of one of the most picturesque castles in Slovakia.

**Caves of Slovenský kras (Slovak Karst, UNESCO)** – the largest karst territory in Central Europe, with the largest number of underground chambers – as many as 1110 caves and chasms. Caves accessible to the public – Domica jaskyňa, Gombasecká jaskyňa, Ochtinská aragonitová jaskyňa, Jasovská jaskyňa.

## Turistické informačné centrum

Hlavné námestie 2

979 01 Rimavská Sobota

Tel.: +421 47 562 36 45

[tic@rimavskasobota.sk](mailto:tic@rimavskasobota.sk)



# Kováčová Spa

Relax for mind and body



The position of the spa in the pleasant countryside away from the hustle and bustle of life, combined with the tranquil atmosphere of the spa park, guarantee the optimum conditions for effective treatment, while also greatly contributing to overall physical and mental relaxation.

The gorgeous romantic surroundings of the spa will inspire you to take small walks and trips to get to know the beautiful countryside, which enchants every visitor.

Below the foothills of the Kremnické vrchy highlands, north-west of the town of Zvolen at an altitude of 320 m above sea level, we find Kováčová Spa, specialising in the treatment of diseases of the musculoskeletal apparatus and nervous system.

The basis of treatment is in the mildly mineralised, sulphuric-hydrocarbonate, calcium-magnesium water with increased fluorine content, at a temperature of 48.5 °C.

The main therapeutic procedures used at the spa include pool and tub baths, supplemented by paraffin poultices, various types of massage and comprehensive psychiatric rehabilitation therapy. In the village of Kováčová you can find also the well-known National Rehabilitation Centre.



## Wellness Kováčová Liečebný dom Detvan

Kúpeľná 76/70  
962 37 Kováčová  
Tel.: +421 45 544 53 83  
info@kupelekovacova.sk  
www.kupelekovacova.sk  
N 48°36'35.33" E 19°05'55.90"

## Špecializovaný liečebný ústav Marína

Sládkovičova 3/311  
962 37 Kováčová  
Tel.: +421 45 520 82 34  
Mob.: +421 905 800 220  
sekretariat@marinakovacova.sk  
www.marinakovacova.sk  
N 48°36'35.33" E 19°05'55.90"

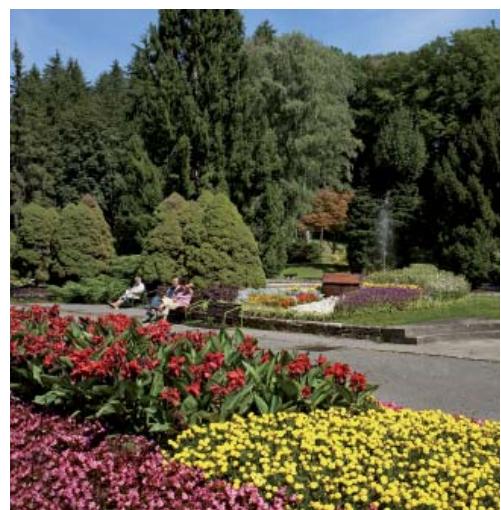
## Tips for trips

**Zvolen Castle** – the dominant feature of the town of Zvolen, the castle is currently occupied by the Slovak National Gallery, while the courtyard is used in the summer as a venue for the drama festival Zvolen Castle Plays.

**Pustý Castle** – one of the most expansive castle ruins in Slovakia, and in Central Europe, with a learning trail leading up to it.

## Informačné centrum mesta Zvolen

Námestie SNP 21/31  
960 01 Zvolen  
Tel.: +421 45 542 92 68  
ic@zvolen.sk



# Sliač Spa

A spa close to your heart

There are just four spa towns in the world that are known for the water that springs up at natural isothermic temperatures with a high content of carbon dioxide. Only one of these unique sources is to be found in Central Europe, at the world renowned therapeutic spa in the town of Sliač, lying halfway between the towns of Zvolen and Banská Bystrica.

The character of the local natural healing waters determines the focus of health indications dealt with at Sliač Spa, namely the treatment of specialised diseases. Sliač mineral springs are part of an extensive system, a so-called thermal Neogene pool. Sliač Spa also makes use of the unique natural gas from the springs for therapy, consisting chiefly of carbon dioxide. Such high quality mineral springs are very rare and are used foremost in the treatment of patients



suffering from cardiovascular diseases, but also diseases of the circulatory and musculoskeletal apparatus, oncology and women's diseases.

Sliač Spa provides a special symbiosis of therapeutic effects and a retreat to a pleasant tranquil environment right at the heart of Slovakia, thanks to its many peaceful spa parks, rich greenery and the highly reputed medical care.



## Kúpele Sliač

962 31 Sliač  
Tel.: +421 45 544 23 20  
[sales@spa-sliac.sk](mailto:sales@spa-sliac.sk)  
[www.spa-sliac.sk](http://www.spa-sliac.sk)  
N 48°36'44.88“ E 19°09'39.10“

## Tips for trips

**Hronsek** – wooden Articled Evangelical church (UNESCO).

**Banská Bystrica** – municipal heritage reservation with many historical and modern attractions.

**Špania Dolina valley** – heritage reservation of folk architecture with mining learning trail.

**Slovenská Ľupča Castle** – one of the best preserved castles in Slovakia.

## Informačné centrum

### mesta Zvolen

Námestie SNP 21/31  
960 01 Zvolen  
Tel.: +421 45 542 92 68  
[ic@zvolen.sk](mailto:ic@zvolen.sk)

## Informačné centrum Banská Bystrica

Nám. SNP 1  
974 01 Banská Bystrica  
Tel.: +421 48 415 50 85  
Mob.: +421 907 846 555  
[ic@banskabystrica.sk](mailto:ic@banskabystrica.sk)



# Brusno Spa

Regeneration in the lap of stunning nature

Brusno Spa is situated in the forested valley of the Horehronie region between the two most important towns in the region, Banská Bystrica and Brezno, in an area that enjoys a moderate, warm and fairly humid foothill climate.

Among the many things that Brusno Spa boasts is the clean air and undisturbed silence, where you can forget all your worries and cares and enjoy peace and a much longed for break to the full. The key therapeutic medium at the spa is the natural spring water rich in minerals, which rises up from the earth directly into the spa. It is good for treating certain digestive diseases, stomach and intestinal disorders, and for regeneration of the

kidneys and liver. Apart from digestive difficulties, you can also visit Brusno Spa to treat cardiovascular diseases, and diseases of the musculoskeletal apparatus. The comprehensive range of services are provided in newly equipped premises all under one roof in a modernised spa treatment centre.

The unique position of Brusno Spa in the lap of stunning nature predestined it to become a haven of complete relaxation, regeneration of the organism, the drawing of new strength and vital energy. The surrounding mountains and peaks of the Nízke Tatry range provide endless opportunities for hiking, with many marked bike trails as well.



## Kúpele Brusno

Kúpeľná 1/2  
976 62 Brusno  
Tel.: +421 48 431 15 11  
Mob.: +421 910 838 328  
recepcia@kupelebrusno.sk  
[www.kupelebrusno.sk](http://www.kupelebrusno.sk)  
N 48°47'06.92" E 19°23'51.47"

## Tips for trips

**Railway Čiernohronská železnica in Čierny Balog** – take a trip in wooden wagons on this historic forest railway enshrouded by beautiful rural scenery and enchanting nature, with the accompanying whistle of the steam locomotive.

**Bystrianska jaskyňa** – the cave is used also for speleotherapy and can be found on the south side of the Nízke Tatry, not far from popular tourist centres of Tále and Mýto pod Ďumbierom.

## Informačné centrum Banská Bystrica

Námestie SNP 1  
974 01 Banská Bystrica  
Tel.: +421 48 415 50 85  
Mob.: +421 907 846 555  
[ic@banskabystrica.sk](mailto:ic@banskabystrica.sk)

## Turisticko-informačná kancelária Brezno

Námestie M. R. Štefánika 3  
977 01 Brezno  
Tel.: +421 48 611 42 21  
Mob.: +421 911 410 555  
[tik@brezno.sk](mailto:tik@brezno.sk)



# Lúčky Spa

A spa for the whole family

Lúčky Spa is situated in the beautiful mountain valley under the slopes of the peak Veľký Choč, at the border of two highly scenic regions, Orava and Liptov. The pleasant family atmosphere, unique healing waters, clean air filled with the scent of coniferous forests, and the qualified and helpful staff who will do their best to ensure your comfort, all guarantee that you will fall in love with the place and want to come back again.

For some time now the spa has not only focused on women with gynaecological problems, having re-established also

the successful treatment of diseases of the musculoskeletal apparatus and the nervous system, which are now dealt with comprehensively thanks to a wide range of services.

The healing water, which has returned health to countless patients, is taken from two boreholes and is at a temperature of 32 °C and 37 °C. The water from the spring is used in its natural form in the pools, but also in all the separate baths. Thanks to its mineral composition, it is indicated also for the prevention and treatment of osteoporosis.

Spa visitors can make use of the Aqua-Vital Park, which is open all year round and boasts outdoor pools and a relaxation vital world, which utilises the healing effects of the natural silica, which detoxicate the organism, boost its natural defences, give protection against diseases from colds and even alleviate mental tension or stress.

The overall pleasant atmosphere of Lúčky Spa is partly down to its location in one of the most attractive tourism regions in Slovakia, meaning visitors also have a diverse range of interesting free time activities available to them.



## Kúpele Lúčky

034 82 Lúčky  
Tel.: +421 44 437 51 11  
recepacia@kupele-lucky.sk  
[www.kupele-lucky.sk](http://www.kupele-lucky.sk)  
N 49°13'50.39" E 19°39'76.43"

## Tips for trips

**The valley Kvačianska dolina and Prosiecka dolina** – an easy-going hiking and bike trail in the valleys passing alongside unique wooden watermills in Oblazy, the waterfall Ráztocký vodopád, the chasms of Kobyliny and many more magical views.

**Havránok archaeological open-air museum** – archaeological site with insights into life in a Celtic settlement.

**Liptovská Bryndza** – excursion to a shepherd's croft for traditional specialties of the region, like Halušky s bryndzou (gnocchi with Bryndza), Oštiepok (dry sheep cheese), or Parenica (steamed sheep cheese), and much more.

**Vlkolíneč** – preserved wooden village and also the best conserved heritage reservation of folk architecture (UNESCO).

**Castle Orava** – the most visited castle in Slovakia on a rock cliff, where the first black and white version of the film Dracula was filmed (in 1922), or the well-known Italian fairytale Fantaghirò, with the chance also to raft down the River Váh.

## Informačné centrum Ružomberok

A. Bernoláka 1  
034 01 Ružomberok  
Tel.: +421 44 432 10 96  
[info@ruzomberok.eu](mailto:info@ruzomberok.eu)



# Liptovský Ján Spa

Picturesque mountain valleys

Liptovský Ján represents the gateway to one of the most stunning valleys of the Nízke Tatry National Park – Jánska dolina. This special place, rich in diverse and unique flora and fauna, caves and natural beauties, is a popular recreational and tourist destination with perfect conditions for both summer and winter holidays.

The thermal water at Liptovský Ján is recommended for the treatment of diseases of the musculoskeletal, nervous and cardiovascular systems, but also for skin disorders and women's diseases.

The surroundings of the spa resort offer guests countless interesting ways to spend their free time. There are marked hiking trails leading to the largest national park in Slovakia – Nízke Tatry National Park, with excellent options for biking, cross-country skiing, downhill skiing, or bathing. Adrenalin freaks can enjoy the nearby rope park or the dry bobsled run. The caves in the vicinity will enchant you with their beauty and unique underground treasures.



## Kúpeľno-rehabilitačný ústav

### MV SR Bystrá

Jánska dolina 2127

032 03 Liptovský Ján

Tel.: +421 44 526 32 01

[info@krubystra.sk](mailto:info@krubystra.sk)

[www.krubystra.sk](http://www.krubystra.sk)

N 49°01'41.26" E 19°40'19.32"

## Tips for trips

**Liptovská Mara** – the largest water reservoir in Slovakia, perfect for various water sports. Liptov Village Museum in Pribylina – exposition of folk architecture of the Liptov region with various special events throughout the year.

**Bešeňova thermal baths and aquapark in Liptovský Mikuláš** – year-round fun and relaxation in warm water for young and old alike.

**Malá Stanišovská jaskyňa in Liptovský Ján** – tour of this magical cave lit only by the head lamps of visitors.

**Demänovská jaskyňa slobody** – one of the most beautiful and most visited caves in Slovakia.

**Rafting the wild river Belá** – suitable in the spring months when the water level is high from the melting snow from the mountains.

## Informačné centrum mesta Liptovský Mikuláš

Námestie mieru 1

031 01 Liptovský Mikuláš

Tel.: +421 44 16 186

[info@mikulas.sk](mailto:info@mikulas.sk)



# Lučivná Spa

## A large children's playground

The climatic spa in Lučivná rests at the foot of the scenic High Tatra mountains, in a beautiful 30 hectare spruce and fir wood. The main focus of the spa, which has a history dating back to 1872, is to provide spa care to children with respiratory problems.

Thanks to the uniquely pure air and abundance of sunshine all year round, which greatly multiply the beneficial effects of the mountain climate, the basis of effective treatment is climatotherapy combined with rehabilitation, concentrating on the respiratory system and respiratory physiotherapy. The spa

grounds include a large forest park with newly built multi-purpose play areas and many interesting and fun attractions for children. Even when the weather is bad, Lučivná Spa provides its young visitors with enough opportunities to use their free time actively.

The spa underwent major reconstruction using clean ecological materials with the health of visitors in mind. Thanks to top diagnostic and therapeutic equipment, the spa is rightfully classed as one of the most modern and largest spas of its kinds in Slovakia.



### Tatranské kúpele Lučivná

059 31 Lučivná  
Tel.: +421 52 431 45 05  
Mob.: +421 907 916 204  
jancek@tkl.sk, www.tkl.sk  
N 49°03'13.32" E 20°08'56.40"

## Tips for trips

**Vysoké Tatry (The High Tatras)** – invigorating tours in this mountain range with a visit to the TANAP Museum in Tatranská Lomnicka.

**Caves** – Belianska jaskyňa, Važecká jaskyňa, Demänovská jaskyňa and Dobšinská ľadová jaskyňa (ice cave) with its curious rock formations resembling animals and fairytale creatures, which helps provoke children's fantasy.

**Towns of the Spiš region** – Levoča, Kežmarok, Stará Lubovňa with rich programme including displays of arts and crafts, an ancient military art, with the chance to try it out for yourself.

**Castle Spišský hrad (UNESCO)** – the dominant and distinct feature of the region, and also one of the largest castle complexes in Central Europe.

### Mestské informačné centrum

Štefánikova ul. 99/72, 058 01 Poprad  
Tel.: +421 52 16 186  
infopp@msupoprad.sk



# Spas in Vysoké Tatry (The High Tatras)

Relax at the heart of nature

The location of the spas at the very centre of the Vysoké Tatry municipality provides excellent conditions for tourism and sport. Spa guests can make use of the many marked hiking paths or spa pathways in the Tatra National Park (TANAP), ski runs, cross-country skiing, or hire a mountain bike and enjoy the many marked bike trails throughout the High Tatras.

## Horný Smokovec Spa

Horný Smokovec Spa, sits on the southern slope of the smallest mountain range in the world, at an altitude of 960 m above sea level, making it the highest positioned climatic spa in Slovakia. A family-friendly spa that offers full therapeutic spa care exclusively for children and adolescents with nonspecific respiratory system diseases.

The basic element of treatment is climatherapy, which makes use of the high altitude mountain climate combined with walks and hiking in the stunningly beautiful and rare nature of the High Tatras. The modern reconstructed estate and the ideal position in the territory of the Tatra National Park produce the perfect conditions for achieving the desired results of effective treatment.

## Nový Smokovec Spa

The unique mountain climate of the High Tatras and its beneficial effects on the human organism were the main reason for the establishment of one of the best known Slovak climatic spas in the village of Nový Smokovec. The time spent by spa guests in the special climate with exceptionally clean air, high sunshine levels, reduced atmospheric pressure, above the dust and smoke line, with almost zero bacteria and allergens, represents the basis for the treatment of non-tuberculous diseases of the respiratory system, metabolic disorders and mental illnesses.



## Kúpele Horný Smokovec

Horný Smokovec 2  
062 01 Vysoké Tatry – Horný Smokovec  
Tel.: +421 52 44 223 29  
info@klimaticekupele.sk  
www.klimaticekupele.sk  
N 49°08' 34.13" E 20°14' 25.52"

## Kúpele Nový Smokovec

Nový Smokovec 32  
062 01 Vysoké Tatry – Starý Smokovec  
Tel.: +421 52 442 24 54  
Mob.: +421 918 772 896  
marketing@kupelens.sk  
www.kupelens.sk  
N 49°08'17,95" E 20°13'03,66"

## Tips for trips

**Vysoké Tatry (The High Tatras)** – options for summer and winter hiking, winter sports or adrenalin activities in the smallest mountain range in the world.

**Poprad** – visit the town square Námestie Sv. Egídia or fun aquapark.

**Kežmarok, Stará Ľubovňa, Levoča and Bardejov** – exceptional historical towns situated in the north of the Spiš and Šariš regions, which both enjoy a richly preserved cultural and natural identity.

**Ždiar** – living example of folk architecture.

## Tatranská informačná kancelária

Horská záchranná služba 23  
062 01 Vysoké Tatry – Starý Smokovec  
Tel.: +421 52 442 34 40  
smokovec@tatry.sk



## Tatranská Polianka

The spa resort of Tatranská Polianka, at the mouth of Velická dolina valley in the High Tatras, is simply ideal for patients with lung disease. The high mountain climate, pure fresh air and surroundings, lower air pressure and oxygen level, have been used successfully for treatment since the 19<sup>th</sup> century. A stay at Tatranská Polianka will definitely improve the health of patients suffering from asthma or allergies, and return a feeling of well-being to them.

## Tatranské Zruby

This much sought after tourist resort with Tatranské Zruby climatic spa is known foremost for its clean, practically allergen-free air and beautiful surrounding nature.



These factors, combined with modern therapeutic methods, produce effective conditions for alleviating nontuberculous diseases of the respiratory system, as well as for the treatment of postsurgical conditions involving the upper and lower respiratory tracts, the lungs and occupational diseases.

## Tatranská Kotlina

Tatranská Kotlina is the most easterly and lowest situated settlement in the Tatras. The spa sits at the foot of the Beliansky Tatry mountain range and despite its low altitude above sea level, it still boasts a mountainous climate. The environment of the spa is suited for the treatment of asthma, allergies and other respiratory diseases. Spa guests are treated also using a unique therapy in the nearby cave Belianska jaskyňa, which offers a stable ambient temperature, high level of humidity and sterile allergen-free environment. A stay here with breathing exercises during speleotherapy has a favourable and beneficial effect on patients' immunity system, no matter what age. Rhinolight is phototherapy for nasal membranes using specially filtered light. The spa enjoys excellent results with this clinically attested method in the treatment of hay fever.

### **Sanatórium Tatranská Kotlina**

059 54 Vysoké Tatry – Tatranská Kotlina  
Tel.: +421 52 446 76 45  
Mob.: +421 918 538 301  
[www.santk.sk](http://www.santk.sk)  
[marketing@santk.sk](mailto:marketing@santk.sk)  
N 49°13'41.34" E 20°19'22.55"

### **Sanatórium Dr. Guhra**

062 01 Vysoké Tatry – Tatranská Polianka  
Tel.: +421 52 442 26 51  
Mob.: +421 905 321 571  
[www.sanatoriumpolianka.sk](http://www.sanatoriumpolianka.sk)  
[sanatorium@sinet.sk](mailto:sanatorium@sinet.sk)  
N 49°07'27.75" E 20°11'11.19"

### **Hotel Granit klimatické kúpele Tatranské Zruby**

062 01 Vysoké Tatry – Tatranské Zruby  
Tel.: +421 52 442 27 51  
[recepzia.tz@horezza.sk](mailto:recepzia.tz@horezza.sk)  
[www.horezza.sk](http://www.horezza.sk)  
N 49°10'35.73" E 20°17'34.81"



# Červený Kláštor Spa

## Miraculous water

One of the most modern spas in Slovakia can be found in the beautiful setting of Pieniny National Park, right under its dominant feature, the limestone rocky cliffs called Tri koruny (The three crowns).

The history of the spa dates back to first half of the 19<sup>th</sup> century, when a local miller became the first to utilise the healing effects of the local water, preparing special warm baths in his barn for himself or other interested parties.

The greatest treasure and the basis of healthcare at Červený Kláštor Spa is the unique naturally healing water, which is rich in mineral substances and hydrosulphide. Thanks to its distinct aroma, it was

given the name "Smerdžonka", meaning stinky water. Already at the beginning of the 14<sup>th</sup> century, however, nuns used it for healing, thanks to its beneficial effects on skin diseases and rheumatism. Above all, the Smerdžonka water is anti-inflammatory, analgesic, antiseptic and keratolytic, which makes it ideal especially for the treatment of skin and neurological diseases, but also diseases of the musculoskeletal apparatus and for digestive system disorders when used in the form of a drinking cure.

The surrounding picturesque countryside provides spa guests with a rich and interesting choice of free time activities all year round.



### Kúpele Červený Kláštor Smerdžonka

059 06 Červený Kláštor 147  
Tel.: +421 52 482 20 06  
Mob.: +421 914 338 820  
[recepacia@kupeleck.sk](mailto:recepacia@kupeleck.sk)  
[www.smerdzonka.eu](http://www.smerdzonka.eu)  
[www.kupeleck.sk](http://www.kupeleck.sk)  
N 49°23'21.68" E 20°25'17.16"

## Tips for trips

**River trip on the Dunajec** – cruise the river in wooden rafts, sports boats, rafts, canoes or kayaks. You can make it back to Červený Kláštor on foot or by bike using the marked trail along the River Dunajec.

**Červený Kláštor Museum** – an insight into the history and monastery life of the nun herbalists.

**Lubovňa Castle** – a castle with a rich history, interesting architecture and rich programme during the summer season.

**Museum of Folk Architecture in Stará Lubovňa** – the fine displays of wooden architecture are complemented by regular folklore performances.

**Kežmarok Castle** – home to a museum with historical collections and expositions about the town and its environs.

### Turistické informačné centrum mesta Stará Lubovňa

Námestie sv. Mikuláša 21  
064 01 Stará Lubovňa  
Tel.: +421 52 432 17 13  
[ic@staralubovna.sk](mailto:ic@staralubovna.sk)



# Vyšné Ružbachy Spa

A unique blend of history and nature



combination of the calming natural environment and the mineral water, which contains the optimum amount of calcium and magnesium with increased content of lithium, has a highly beneficial action on a tired and exhausted organism, mind and cardiovascular system in today's rushed times. Feature at the spa is the Centre for complex cardiovascular rehabilitation, the first and only one of its kind in Slovakia.

Vyšné Ružbachy Spa spreads out over the beautiful nature at the merging point of Tatra National Park and Pieniny National Park. Few places in Slovakia can boast such a symbiosis of nature, rich history, architecture and natural treasures as this unique spa in the north-east of the country.

People from the locality were making use of the local natural springs here in the 16<sup>th</sup> century already, alongside Polish and Hungarian nobility. The basis of therapy and its preventive effects rests in the unique mildly mineralised hypotonic water with a temperature up to 26 °C. The healing effect of this natural mineral carbon water is achieved by bathing, when carbon dioxide is absorbed through the skin, boosting skin blood flow. The

The surroundings and amenities of the spa grounds make for a lot of diversity. Visitors can find Swiss houses here in the style of Alpine log architecture, the Biely Dom built out of white travertine rock in Biedermeier style, which is a copy of a palace in Monte Carlo, then there is the largest travertine lake in Slovakia, or the unique symposium of sculptures set in nature.



**Kúpele Vyšné Ružbachy**  
065 02 Vyšné Ružbachy 48  
Tel.: +421 52 426 61 11  
ruzbachy@ruzbachy.sk  
[www.ruzbachy.sk](http://www.ruzbachy.sk)  
N 49°18'22.91" E 20°33'03.33"

## Tips for trips

**National parks** – High Tatras and Pieniny parks with all difficulties of hiking.

**The Articled Evangelical wooden church in Kežmarok** – home to an organ with wooden pipes (UNESCO).

**ELRO** – the largest European folk crafts festival, held each year in July.

**Strážky Mansion** – a jewel of renaissance architecture, and one of the oldest in Slovakia.

**Turistické informačné centrum mesta Stará Ľubovňa**  
Námestie sv. Mikuláša 21  
064 01 Stará Ľubovňa  
Tel.: +421 52 432 17 13  
[ic@staralubovna.sk](mailto:ic@staralubovna.sk)



# Bardejov Spa

Oasis of health and relaxation

Bardejov Spa is set in the scenic valley below the Nízke Beskydy hills and is less than 80 km away from the Košice, an enchanting city with a rich history. The surroundings of the spa are full of interesting and unique tourist attractions, which you should definitely take time to see during your enjoyable therapeutic or relaxation stay at the spa.

The natural healing springs at Bardejov Spa have been known since the 13<sup>th</sup> century and by their composition belong to the most important mineral springs in Europe. In the past, news about the special healing effects of the water here spread across Europe, also to top European nobility, and this oasis of health and relaxation has been graced by many historic personalities, like

Marie Louise of Austria, second wife of Emperor Napoleon, Russian Tsar Alexander I or Empress Elisabeth, wife of Franz Joseph I, known fondly as Sissi.

Bardejov Spa offers you a comprehensive range of services and a tailor-made course of spa care during any season of the year. Drinking cures in the indoor covered summerhouse, various baths or inhalation therapy, all help in the treatment of problems with the digestive system, blood circulation, as well as in the treatment of movement difficulties or women's problems. The spa offers excellent conditions also for the treatment of so-called civilisation diseases and obesity, welcoming both adult and child patients all year round.

The spa provides comfortable accommodation for guests in modern equipped rooms or apartments in the various spa buildings. Visitors also have the Wellness Spa complex at their disposal, where they can make use of pools and saunas with many attractive features for young and old alike. You can enjoy your free time with one of the many concerts, displays of traditional crafts or fencing, original folklore music evenings, walks in the park or bike trips, for instance.



## Bardejovské kúpele

086 31 Bardejovské Kúpele  
Tel.: +421 54 477 43 46  
[marketing@kupele-bj.sk](mailto:marketing@kupele-bj.sk)  
[www.kupele-bj.sk](http://www.kupele-bj.sk)  
N 49°19'44.82“ E 21°16'16.81“

## Kúpelno-liečebný ústav ministerstva vnútra Družba

086 31 Bardejovské Kúpele  
Tel.: +421 54 474 87 81  
Mob.: +421 961 845 509  
[druzba@proxisnet.sk](mailto:druzba@proxisnet.sk), [www.klu-druzba.sk](http://www.klu-druzba.sk)  
N 49°19'44.82“ E 21°16'16.81“

## Tips for trips

**Bardejov** – ancient Gothic town (UNESCO) with the Basilica of St. Egidius.

**Medzilaborce** – birthplace and home to a gallery of contemporary art from Andy Warhol.

**Prešov** – a formal royal town with one of the most beautiful synagogues in Slovakia done in Moorish style and the Greek Catholic cathedral of St. John the Baptist.

**Poloniny** – national park with preserved ancient wildwoods (UNESCO), very popular for hiking in the summer and cross-country skiing in the winter.

**The wooden churches in the Slovak part of the Carpathian Arch (UNESCO)** – Hervartov, Bodružal, Ladamirová, Kežmarok.

## Turistická informačná kancelária mesta Bardejov

Kino Žriedlo  
086 31 Bardejovské Kúpele  
Tel.: +421 54 477 44 77  
[info@bardejovske-kupele.sk](mailto:info@bardejovske-kupele.sk)



# Štós Spa

Small spa with a big impact



The unique climate of the spa, certified according to Swiss classification by a class 1, is ideal for supporting the immunity, but foremost for the treatment of diseases of the respiratory system, such as allergies, asthma, chronic bronchitis and others. The effect of treatment is multiplied by speleotherapy – unique therapy in the nearby natural cave Jasovská jaskyňa. The spa has a long tradition with this treatment, with very good results, of course.

Štós Spa can be found snuggled in virgin nature at the junction of Slovenský kras (Slovak karst) and the hills of Volovské vrchy, thanks to which visitors find themselves in one of the cleanest and top quality natural environments in Europe. These unique climatic and natural conditions contribute to the excellent therapeutic effect.

Štós Spa has over 130 years of history and it was established in connection with the development of mining and crafts in Slovakia. Already at the turn of the 19<sup>th</sup> and 20<sup>th</sup> centuries the spa enjoyed great popularity and had developed a reputation not only in the territory of eastern Europe, but also throughout the world.



## Kúpele Štós

Štós – kúpele č. 235, 044 26 Štós  
Tel.: +421 55 466 75 32  
Mob.: +421 915 102 970  
[marketing@kupele-stos.sk](mailto:marketing@kupele-stos.sk)  
[www.kupele-stos.sk](http://www.kupele-stos.sk)  
N 48°43'14.00" E 20°47'32.00"

## Tips for trips

**Betliar Mansion** – representative hunting retreat of the Andrásy family from the beginning of the 18<sup>th</sup> century, right at the centre of a gorgeous English park with romantic buildings, artificial cave and waterfall.

**Caves of Slovenský kras (Slovak Karst, UNESCO)** – the largest karst territory in Central Europe with the largest number of underground chambers – as many as 1110 caves and chasms. Accessible caves – Domica, Gombasecká jaskyňa, Ochtinská aragonitová jaskyňa, Jasovská jaskyňa.

**City of Košice (European Capital of Culture 2013)** – with the gothic St. Elizabeth Cathedral in the distinctive historical square with many monuments and cultural events.

## Turisticko-informačná kancelária Rožňava

Námestie baníkov 32, 048 01 Rožňava  
Mob.: +421 948 205 226  
[info@tikroznava.sk](mailto:info@tikroznava.sk)

## Infocentrum – Moldava nad Bodvou

Hlavná 58  
045 01 Moldava nad Bodvou  
Tel.: +421 55 489 94 21  
[info@moldava.sk](mailto:info@moldava.sk)



## Fun and relaxation in thermal water and wellness centres



For some time the unique thermal springs in Slovakia have been used not solely for therapeutic procedures at spas under the supervision of doctors. They now provide also countless possibilities for enjoying a much desired break, fun and relaxation.

Are you tired after a demanding hike, from skiing all day, or from a hard week at work, and just want to relax or enjoy time with some friends in a great environment? You can choose from the many interesting spas and aqua parks all over Slovakia, which make use of the unique wealth of quality thermal and mineral waters, guaranteeing you many unforgettable experiences.

You should prepare also for a rich selection of fun water attractions, toboggans,

slides, whirlpool baths, water-shoots and much more, for both children and adults. Alternatively, you can take advantage of the various sporting possibilities or adrenalin attractions available.

The modern thermal spas and aqua parks to be found in the most picturesque corners of Slovakia, offer guests a special experience, especially in the winter months – bathing in outdoor thermal pools surrounded by fairytale nature, shrouded in snow and with a view to majestic mountain peaks or hills.

Get away from the hustle and bustle of daily life, throw off your worries and take a break from all your daily obligations. Free time spent in the comforting environment of wellness facilities and vital worlds is exactly what your body



and mind need. Various kinds of saunas, herbal, honey or chocolate poultices, aromatherapy, or the gentle hands of skilful masseurs release and regenerate an aching and exhausted body, will leave you feeling born again. You can treat yourself to exotic Ayurveda procedures under the guidance of an expert, or why not try some beauty programme. Gourmets of fine cuisine will also not be disappointed, thanks to a rich choice of traditional Slovak and international specialties.

Take advantage of any of the attractive special offer packages we have prepared for you, and let us take care of the rest.



For more information on entertainment and free time activities, see [www.slovakia.travel](http://www.slovakia.travel)

# Slovak Tourist Board

## Head Office

### Slovenská agentúra

### pre cestovný ruch

Lamačská cesta 8  
811 04 Bratislava  
Slovenská republika  
Tel.: +421 2 507 008 01  
Fax: +421 2 555 716 54  
E-mail: [sacrba@sacr.sk](mailto:sacrba@sacr.sk)

[www.slovakia.travel](http://www.slovakia.travel)  
[www.sacr.sk](http://www.sacr.sk)

## Office Banská Bystrica

### Slovenská agentúra

### pre cestovný ruch

Nám. L. Štúra 1, P. O. Box 35  
974 05 Banská Bystrica  
Slovenská republika  
Tel.: +421 48 413 61 46  
E-mail: [sacr@sacr.sk](mailto:sacr@sacr.sk)

## Foreign Offices

### Czech Republic

Slovenská agentura pro cestovní ruch  
Jilská 16  
110 00 Praha 1  
Česká republika  
Tel.: +420 224 946 082  
Mob.: +420 776 765 477  
E-mail: [office.cz@slovakia.travel](mailto:office.cz@slovakia.travel)

### Hungary

Szlovák Idegenforgalmi Hivatal  
Rákoczi út 15  
H 1088 Budapest  
Magyarország  
Tel.: +36 1 429 00 49  
Mob.: +36 30 434 13 68  
E-mail: [office.hu@slovakia.travel](mailto:office.hu@slovakia.travel)

### Germany

Slowakische Zentrale für Tourismus  
Hildebrandstr. 25  
D - 10785 Berlin  
Deutschland  
Tel.: +49 30 259 426 40  
Fax: +49 30 259 426 41  
E-mail: [office.de@slovakia.travel](mailto:office.de@slovakia.travel)

### Poland

Narodowe Centrum Turystyki Słowackiej  
ul. Krakowskie Przedmieście 47/51  
00-071 Warszawa  
Polska  
Tel.: +48 22 827 00 09  
Kom.: +48 606 236 044  
E-mail: [office.pl@slovakia.travel](mailto:office.pl@slovakia.travel)

### Austria

Slowakische Zentrale für Tourismus  
Opernring 1 / R / 507  
A - 1010 Wien  
Österreich  
Tel.: +43 1 513 95 69  
Mob.: +43 650 911 40 90  
E-mail: [office.at@slovakia.travel](mailto:office.at@slovakia.travel)

### Russian Federation

Predstaviteľstvo Slovackovo  
Upravljenija po Turizmu  
Posolstvo Slovackoj Respubliky  
Ul. J. Fučíka 17-19, 123 056 Moskva  
Rossijskaja Federacija  
Tel.: +7 499 251 76 31  
E-mail: [office.ru@slovakia.travel](mailto:office.ru@slovakia.travel)



**Issued:** 12/2015

**Autor:** Slovenská agentúra pre cestovný ruch

**Text:** Slovenská agentúra pre cestovný ruch

**Images:** archiv SACR, slovak spas and wellness

**Design:** Slovenská Grafia, a.s., Bratislava

**Project Coordinator:**

Cortes, Smith & Co. Slovakia, s.r.o., Bratislava



This brochure is not for sale.