Adrenaline

Challenge yourself on turbulent white-water or get airborne on a bike while testing your speed, ability and nerves.

Tips
- Black&White Golf Resort Bernolákov</p>
- Golf Club WELTEN BJČ
- Golf Club Borša Hurba Borša
- Penati Golf Resort Šajdíkov-Humence

Tips
- Kart One Arena (kartonarena.sk)
- Racing karts MAX 60 (motokary.sk)
- Curling in Bratislava (curling.sk)
- Lanoland Koliba (lanoland.sk)
- Rope park Tarzánia in Devínska Nová Ves (tarzania.sk)
- Zorbing, quad bikes and archery at Action Park Čunovo (actionpark.sk)
- Action Sport Academy (hangair.sk)
- Speedball, conventional or laser paintball (spaceworld.sk)
- UFO Skywalk - unique walk on a windowsill in the height of 85 metres above the ground (skywalk.com)

Tips
- ARTIFICIAL CLIMBING WALLS
  - Climbing Centre Vertigo and the climbing wall K2 (the largest in Slovakia) (lezeckastena.sk)
- NATURAL CLIMBING WALLS
  - the rock face above the train tunnel under the Castle of Bratislava (total length of 20 m) and also the Mecca of Slovak climbers – the rock face at Pajštún near the village of Borinka (total length of 30 m)

Golf & wellness

For those visitors wanting during stay in Bratislava to slow down and relax, there is an offer of golf and wellness.

Tips
- Enjoy golf courses and resorts near Bratislava:
  - Black&White Golf Resort Bernolákov
  - Golf Club WELTEN BJČ
  - Golf Club Borša Hurba Borša
  - Penati Golf Resort Šajdíkov-Humence

Tips
- Relax in these wellness centers:
  - ZION SPA (zionspa.sk)
  - Hotel Albrecht Špálerelax centrum (hotelalbrecht.sk)
  - Golem Club (golemclub.sk)
  - X-BIONIC Sphere Šamorín (x-bionicsphere.com)
  - Ponteo wellness (ponteo.sk)
  - ZION SPA (zionspa.sk)
  - Hotel Albrecht Špálerelax centrum (hotelalbrecht.sk)
  - Golem Club (golemclub.sk)
  - X-BIONIC Sphere Šamorín (x-bionicsphere.com)
  - Ponteo wellness (ponteo.sk)

Enjoy golf courses and resorts near Bratislava:
- Black&White Golf Resort Bernolákov (golf.sk)
- Golf Club WELTEN BJČ
- a 18-hole golf club (wetten.sk)
- Golf Club Borša Hurba Borša
- a 18-hole golf club (golfborsha.sk)
- Penati Golf Resort Šajdíkov-Humence
- a 18-hole golf resort (penatigolfresort.sk)

Tips
- Enjoy golf courses and resorts near Bratislava:
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  - Golf Club WELTEN BJČ
  - Golf Club Borša Hurba Borša
  - Penati Golf Resort Šajdíkov-Humence

Tips
- Relax in these wellness centers:
  - ZION SPA (zionspa.sk)
  - Hotel Albrecht Špálerelax centrum (hotelalbrecht.sk)
  - Golem Club (golemclub.sk)
  - X-BIONIC Sphere Šamorín (x-bionicsphere.com)
  - Ponteo wellness (ponteo.sk)
Bratislava is a green city. From each and every corner you can easily reach a park or a forest. In these locations relaxation is never far away. At almost a finger's length from the historic Old Town is a city park called Horsky park, where you can find yourself in a dense forest, despite still being in the city. The current 22 hectares park was established at the end of the 19th century and its historical day remains lush and rich with its original fauna and flora. The spacious park allows for jogging, brisk walking, or simply the space to exercise freely (horsky.sk).

Hydrospeed – meaning white-water boarding – and wakeboarding, a combination of water skiing, snowboarding, and surfing behind a motorboat will attract only the bravest visitors. These experiences and more are on offer at the Water Sports Centre Čunovo.

Sitting on the beach in the Old Town by Danube river under the parasols with good food and drinks. An unique solution for summer days and evening meetings (plazstaremesto.sk).

Excellent mountain bike trails are available for a biking fans (MTB) on a labeled routes around the Bely kő (White Cross) and Kamzík broadcasting tower. Forest routes offer there less demanding, but also adrenaline cycling for professionals. More info: bikeparkkoliba.sk, mtb.sk.

Running route Promenáda (marked in the map) The running route off ers moderate distance, suitable for both leisure and professional runners at a total length of 10,000 metres. The route is mostly level with a maximum ascent of 15 metres when reaching the bridges. Lafranconi and Apollo. The urban section of the route includes Bratislava's Historic Old Town. On one part of the trail you can explore the Petzárka borough through to Pečiansky lies (forest area) and also to park Sad Janka Kráľa – one of the oldest public gardens in Central Europe. Trail changes are marked by the arrows and information about the distances are placed on milestones.

Running routes in the city

- The National Devin Bratislava Run, an event since 1947 (11 625 m, devin-bratislava.eu)
- ČSÖB Marathon (42, 195 km), Telekom Night Run, History Run - running route through historical centre of the town - approx. 6 km (bratislavamarathon.com)
- Farbám neujdeš (Farbám neujdeš.sk)
- Wings for Life (wingsforlifeworldrun.com)
- Running tours (gorunning-toursbratislava.com)

From time to time it is important to do something for your own body, jogging is an ideal option as a full-body workout. Bratislava offers many jogging routes and events. Running routes in the city

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The most famous events running in the city

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Running routes in the city

For recreational runners we recommend running routes in the historical park - Sad Janka Kráľa, in the Horsky Park, in the recreation area Železná studnička or running circuits around lakes Malý and Veľký Draždiak, Štrkovecké jazero, Devínske jazero and Kuchajda.

Bratislava.

We recommend a bike trip along the ridge of the Little Carpathians. The area is also a popular wine region. Enjoy your trip by tasting local wines. info.mv.sk

Bikesharing: Bratislava, just like the others European cities offers service bike-sharing. Yellow bikes can be found at 73 docking stations, including Old Town. (slovanobajku.sk)

Bikepark Koliba - in the natural area of Železná studnička there is a one part of the trail you can continue.

Wine Route

Bikesharing: Bratislava, just like the others European cities offers service bike-sharing. Yellow bikes can be found at 73 docking stations, including Old Town. (slovanobajku.sk)