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Photo credits: Action Park Čunovo, Jairo Outdoor, Kart aréna, K2, Joga v meste, Black & White golf resort, Farbám neujeď, MS Agency, M. Velček, P. Raždík
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Official Bratislava App



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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** Bernolákovo a 36-hole golf resort (golf.sk)
 - ▶ **Golf Club WELTEN** Báč a 18-hole golf club (welten.sk)
 - ▶ **Golf Club Borša** Hrubá Borša a 18-hole golf club (golfborsa.sk)
 - ▶ **Penati Golf Resort** Šajdíkovo Humence a 18-hole golf resort (penatigolfresort.sk)

Tips

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

Adventure climbing



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 tram 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)



Adrenaline

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



Tips

- ▶ **Kart One Arena** (kartonearena.sk)
- ▶ **Racing karts MAX 60** (motokary.sk)
- ▶ **Curling** in Bratislava (curling.sk)
- ▶ **Lanoland Koliba** (lanoland.sk)
- ▶ **Rope park Tarczánia** in Devínska Nová Ves (tarczania.sk)
- ▶ **Wakelake on Zlaté Piesky** wakeboard cable, flyboard, beach volleyball, standUp Paddle Board (wakelake.sk)
- ▶ **Bungee jumping** off the Lafranconi Bridge from a height of 25 metres (jairo.sk)
- ▶ **Rafting on the white-water** at the Water Sports Centre in Čunovo (divokavoda.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)

BRATISLAVA

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Sport & relax

- Green zones for relaxing
- Tips for active visitors
- Adrenaline in the town

www.visitbratislava.com

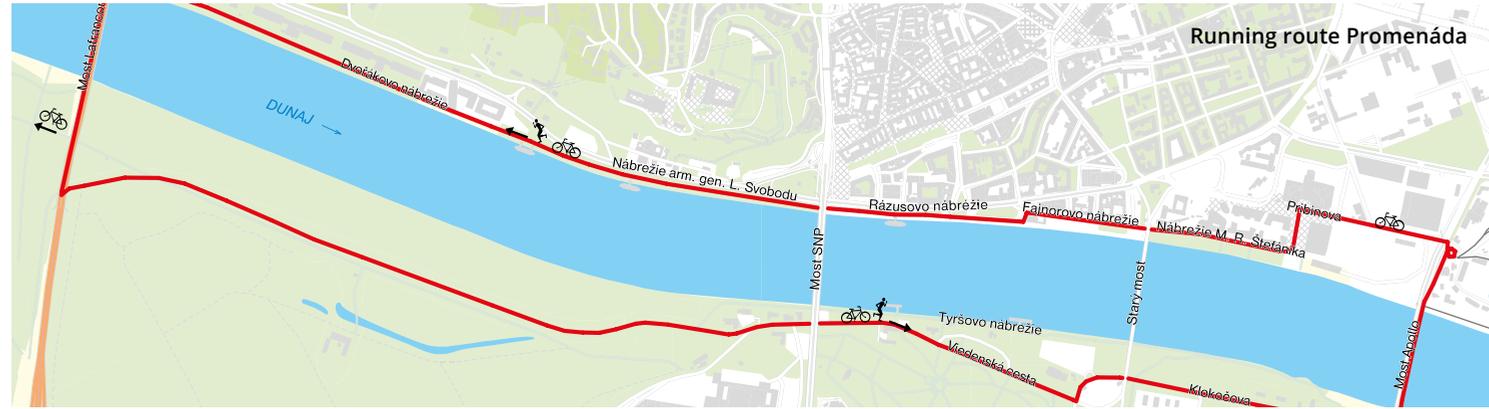


Water sports

Bratislava is located alongside the Danube River and it is also surrounded by many wonderful natural lakes as Zlaté piesky (Golden sands), Rusovce, Malý and Velký Draždiak. A unique and unforgettable experience can be found at the Water Sports Centre Čunovo.

- ▶ **Water Sports Centre Čunovo** together with all its facilities fulfils the highest quality criteria. The European White-Water Slalom and also the World Championship took place here. It's a training location for top white-water slalom professionals and rafters, as well as for leisure sport-freaks and others who love to try their hand at adrenaline-filled water sports (divokavoda.sk).
- ▶ **Danube and its still arms** attract kayakers who prefer calmer waters and enjoy paddling on the Little Danube. You can rent a kayak at Karloveská zátoka. (The bay of the Karlova Ves borough). We recommend a canoe day-trip. This offers you rarely-seen views of untouched nature on the Little Danube (splavuj.sk).
- ▶ **Speedboats, scooters and water skis** can either be used on the Danube or on the lakes of Zlaté piesky (Golden Sands). After a blast on the water, visitors can chill out once more on the Danube while taking in a sightseeing or party boat trip (boats4u.sk, speedboats.sk, wakelake.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 offered at the Water Sports Centre Čunovo.
- ▶ Close to the city centre on the right bank of the Danube River (from the Petržalka borough side) **Magio Beach** comes into life each summer. Here you can play beach-volleyball and for all active visitors there is a full open-air training programme prepared from June until August.
- ▶ 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 (plazstare mesto.sk).

List of swimming pools in Bratislava and its surroundings (visitbratislava.com)



Nature in the city

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.



Yoga in the park

Sad Janka Kráľa (Janko Kráľ Park) on the right bank of the Danube (in Petržalka) is the oldest public park in Central Europe. You can meet active runners, sportsmen doing yoga, stretching routines or martial arts in this popular „Hyde Park“ of Bratislava.



At almost a finger's length from the historic Old Town is a city park called Horský park, where you can find yourself in a dense forest, despite still being in the city. The current 22 hectare park was established at the end of the 19th century and right to this 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 (horaren.sk).

Another age-old oasis of relaxation for residents and guests alike is the natural area of **Železná studienka** and also the neighbouring sporting grounds of **Partizánska lúka** (Partisan Meadow). You'll find attractive routes for cycling, a mini football playground and different hard-wearing surfaced areas for basketball or volleyball here. Under the Kamzík television tower, there is also a summer bobsled track offering adventure for young and old (bobodraha.sk).

From the cable car which carries you up to the Bratislava landmark that is the Kamzík television tower on Koliba hill, you can enjoy wonderful views over the city. From this height you can also admire one of the eldest forests in the Little Carpathians. You can reach the lift from the city centre in less than half an hour. The cable car can carry both you and your bike (lanovsky.sk).

Running in the city

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.



The most famous running events in the city

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

Running route Promenáda (marked in the map) The running route offers moderate difficulty 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 Petržalka borough through to Pečniansky les (forest area) and also to park Sad Janka Kráľa - one of the oldest public parks in Central Europe. Trail changes are marked by the arrows and information about the distances are placed on milestones.

Running routes in the city

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



Urban cycling

Cycling is regarded as being immensely popular among the residents of Bratislava. In the city and its surroundings there are a handful of new cycling routes directly connected to regional European routes: EuroVelo 6 and 13.



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

Wine Route

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: mvc.sk

- ▶ **Bikesharing:** Bratislava, just like the other European cities offers service bikesharing. Yellow bikes can be found at 73 docking stations, including Old Town. (slovnaftbajk.sk)
- ▶ **Southern (right) bank of the Danube River** (known as Hrádza) in the direction of Čunovo dam is the most popular route for bikers, runners and inline skaters. On the way there you can have a break in style by visiting the modern art gallery Danubiana Meulensteen Art Museum (approximately 15 kilometres from the city centre, danubiana.sk). From here on you can continue
- ▶ **Bikepark Koliba** - in the natural area of Železná studnička there is an open-all-year downhill cycle route with obstacles called Rohatka (the total length of 1920 m) and also a shorter route Driver 8 (total length of 1300 m) available.