

1 AN INTRODUCTION TO THE TATRAS

Background
Early history
Vegetation and wildlife
Weather
National parks
Languages
Place names
Border controls



2 PREPARATION FOR WALKING

When to go
Obtaining information
Travel and insurance
Accommodation
Fitness
Clothing and equipment
Maps
Paths and waymarking
Refreshments and toilets
Mountain chalets or refuges
Mountain guides
Mountain safety and emergency services
Winter walking
Cross-border walking
Mountain photography
How to use this guide
Grading of walks

3 THE SLOVAK HIGH AND WHITE TATRAS

Later history

Walking

Tatranská Bora

Route suggestions

Waymarked network

With a guide

Path descriptions

Cesta Slobody

Red routes

Tatranská Magistrála

Blue routes

Green routes

Yellow routes

Selected timings

Highest summits

Travel

Diversions

Shopping and local services

Other useful information

Gazetteer



4 THE POLISH TATRAS

Later history

Walking

Route suggestions

Path descriptions

Red routes

Blue routes

Green routes

Yellow routes

Black routes

Selected timings

Travel

Highest summits

Diversions

Shopping and local services

Other useful information

Gazetteer



Appendix A Glossary

Appendix B Accommodation

Appendix C Useful contacts

Appendix D Suggested kit list

Appendix E The Tatras mountain code and Visitors' Charter
Appendix F Help!