

Fit & Happy under Mt. Lomnický štít every day during the whole summer

TATRANSKÁ LOMNICA (12th June 2014) – There will be 62 days with an inspiring Fit & Happy High Tatras programme prepared for visitors to the High Tatras during these summer holidays. All age groups can join attractive activities under Mt. Lomnický štít every day from 1st July: workshops, yoga, discussions with local Tatra people, lectures of nature conservationists, a Nordic Walking crash course or chamois Olympics. And those who might still not have enough in the area of Skalnaté pleso, will have their breath taken away at the enchanting tarn of Štrbské pleso during boating and a “Race for Life”.

As the summer comes and the summer holiday season begins, families with children but also individuals might meet interesting people in the area of Skalnaté pleso. The Encian gallery will present afternoon discussions with mountain guides, nature conservationists, local historians or alpine load bearers. Every day will offer a new experience at the altitude of 1,751 m. There will be group yoga under the guidance of a certified instructor from Studio Harmony, Poprad. Professionals from the Slovak Nordic Walking Association will offer a crash course of walking with special poles. Tatra competitions for children with mascots in the Marmot Land will be full of attractive prizes from the Woow Toys shop. Children can also look forward to creative workshops on the topic of Tatra fairytales and legends or observing nature with a TANAP ranger around the tarn of Skalnaté pleso. The area of Štrbské Pleso will welcome all sports fans who can win attractive prizes in an amusing boating race on a 200 metre-long track. For more information about the daily Fit & Happy High Tatras programme, please click

The magic of Lomnické sedlo (saddle) will be open and can be discovered again after 14th June. Lomnické sedlo is the most attractive highest located slope in winter and an interesting destination offering a beautiful view and a nice journey with a 2-seater chairlift to the altitude of 2,196 m in summer. This unique place has always attracted lovers of endless views of the deep valley of Malá Studená dolina, Mt. Slavkovský štít or the basin of Popradská kotlina. And it even inspired film makers. For families with children, Lomnické sedlo is one of 7 adventures of the Tatra Wilderness– an entertaining educational project. There will be 2 adventures added to new stories of Tatra animals this summer. Children will meet their Tatra friends also on the main tourist trail of the Tatras, on the way to the Waterfalls of Studený potok (brook). And this will be the second summer that visitors can admire works of young artist at Skalnaté pleso and enjoy a non-traditional view of the popular tarn – from an observation tower.

Friday 13th June will be the day when the summer tourist season in the High Tatras will be officially opened and the surface of the tarn at Štrbské Pleso will be “unlocked” like every year before. Popular boating on the tarn of Štrbské pleso will be free of charge from 9:00 to 12:00.

largest Slovak aquapark with year-round operation, which besides water entertainment includes Tropical Paradise, a special tropical indoor hall with sea water, as well as accommodation in bungalows and apartments of Holiday Village Tatralandia. In the High Tatras TMR owns and operates the resort Vysoké Tatry with mountain areas of Tatranská Lomnica, Starý Smokovec and Štrbské Pleso, which TMR co-manages. In the High Tatras TMR also owns hotels Grandhotel Praha Tatranská Lomnica, Grandhotel Starý Smokovec, and Hotel FIS Štrbské Pleso. TMR also owns 19% in Melida, a.s., which leases and operates the resort Špindlerův Mlýn in the Czech Republic. In Poland TMR owns the Szczyrk resort. TMR also owns and leases to third parties hotels Slovakia, Kosodrevina, Liptov and Ski&Fun Záhradky a Bungalovy. By the end of 2013 nearly EUR 190 mil. have been invested into development and modernization of TMR's resorts. TMR shares are traded on three European stock exchanges – in Bratislava, Prague, and Warsaw.