

A unique Bike Up & Down will launch the summer in Jasná

DEMÄNOVSKÁ DOLINA (9th June 2014) –Lovers of mountain and terrain cycling will enjoy “Bike Up” - an adrenaline ascent up the hill and “Bike Down” – an adventurous downhill next Saturday, 14th June in the resort of Jasná. The biggest bike park is opening its gates and launching the mountain cycling season in the beautiful environment of the Low Tatras, at the altitude of 2,024 metres, on a track with a vertical drop of 960 metres. Families with children can look forward to a journey on five cable cars to the other side of Mt. Chopok and back for the price of a single ticket, the so called happy hour – boating on a lake in the area of Biela Púť, downhill with mountain carts and a bungee trampoline for 1 EUR, or a climbing wall for free.

The biggest Rocky Mountain Bike World Jasná with 25 km of tracks offering various levels of difficulty can attract not only downhill and freeride lovers but also those who come to Mt. Chopok to enjoy their holiday, cable car trips or hiking trips in the area. *“The Bike World Jasná is there for everybody. It offers all types of tracks so even families with children who are still not sure what to do in the summer will love it. Cycling is an ideal way how to ‘start oneself up’ before the summer and discover the beauties of the Low Tatras on two wheels. The unique Bike Up & Down event unites various groups of bikers at one race. No matter if you are a mountain, endurance, downhill or freeride biker. The race is designed for every biker to manage both – a 2.5km-long ascent and a 3.5km-long downhill. Bike Up starts at Biela Púť, continues through Priehyba up to Rovná Hoľa. Bike Down is a downhill race from Rovná Hoľa crosswise to Jelení Grúň up to Záhradky. The programme is rich. Boating on a lake in the area of Biela Púť and a bungee trampoline will be available within happy hours from 11:00 to 13:00 for 1 EUR only. And in the afternoon, from 13:00 to 15:00, everybody can try mountain carts down a forest road from Mt. Chopok,”* informed Matej Hulej, director of Tatry Motion sports services and shops.

For more information about the programme of Bike Up & Down and starting fees, please click [HERE](#). When staying in the region, holidayers get the regional LIPTOV Card issued by their accommodation provider. And this enables them to use the special offer of the summer – children cableway tickets in the Low Tatras for 1 EUR. They are available only [HERE](#) via **e-shop**, using the LIPTOV Card.

The resort of Jasná has something to offer also for bikers-beginners who are still deciding whether to come to Jasná and enjoy the biggest biking paradise under Mt. Chopok. At the beginning of the summer, on 10th – 13th July, they can learn how to master and develop their bike skills with professionals – at a [Rocky Mountain Bike Camp](#). It’s the fifth year that a special 4-day camp will be organised and will offer various workshops with professional bike instructors, courses in the terrain, demo rides with an additional programme, new experience and friends of the bike community to meet. For more information about the Bike Camp, please click [HERE](#).

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.