JOUR 1 : 07.09.2012, vendredi

- ARRIVÉ

Hébergement : www.hoteltoliar.sk

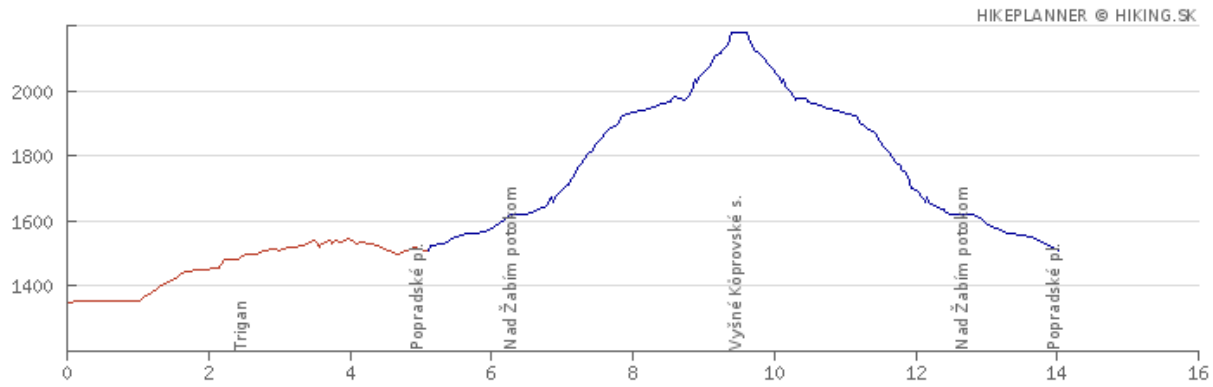
JOUR 2 : 08.09.2012, samedi

Hébergement : www.popradskepleso.com

VARIANTE A :

Štrbské Pleso - Hincové Pleso - Koprovské sedlo - Popradské pleso

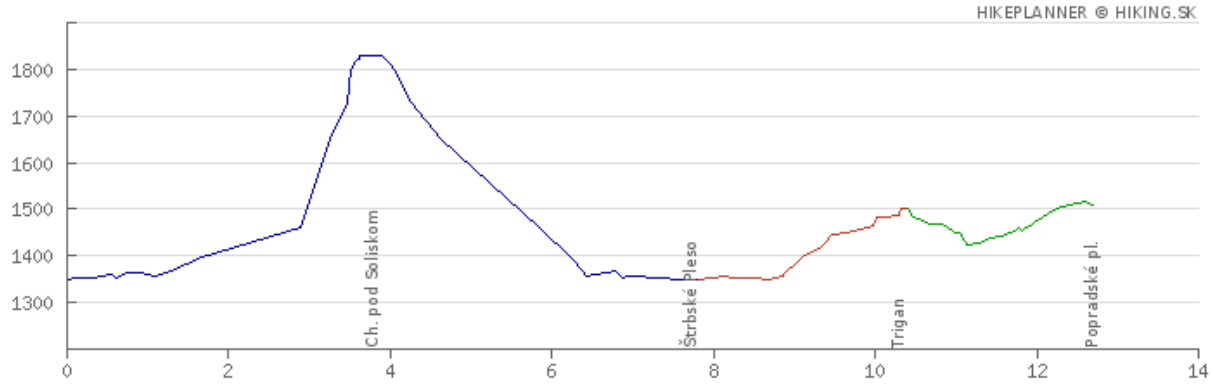
14.1 km 990 m 830 m 6:00



VARIANTE B :

Štrbské Pleso – Chata pod Soliskom (télépherique possible) – Štrbské Pleso - Popradské pleso

12.8 km 750 m 590 m 4:00



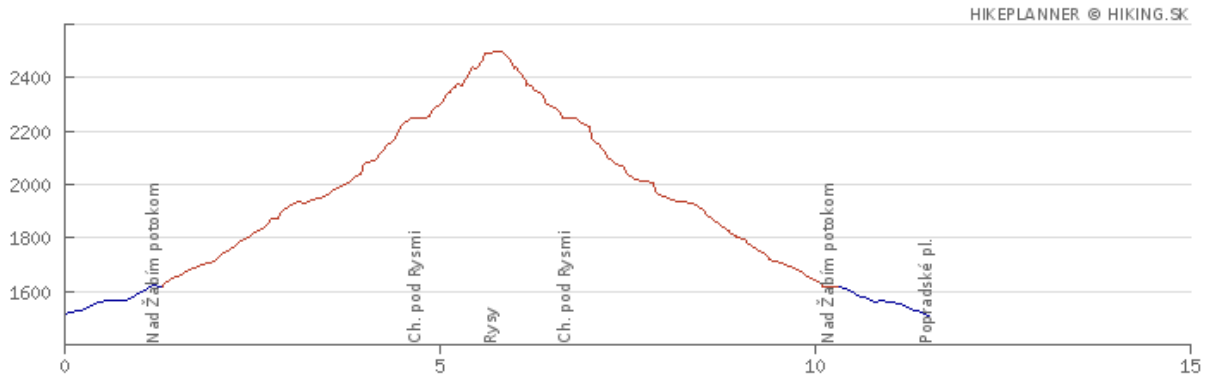
JOUR 3: 09.09.2012, dimanche

Hébergement: www.popradskepleso.com

VARIANTE A :

Popradské pleso – Rysy - Popradské pleso

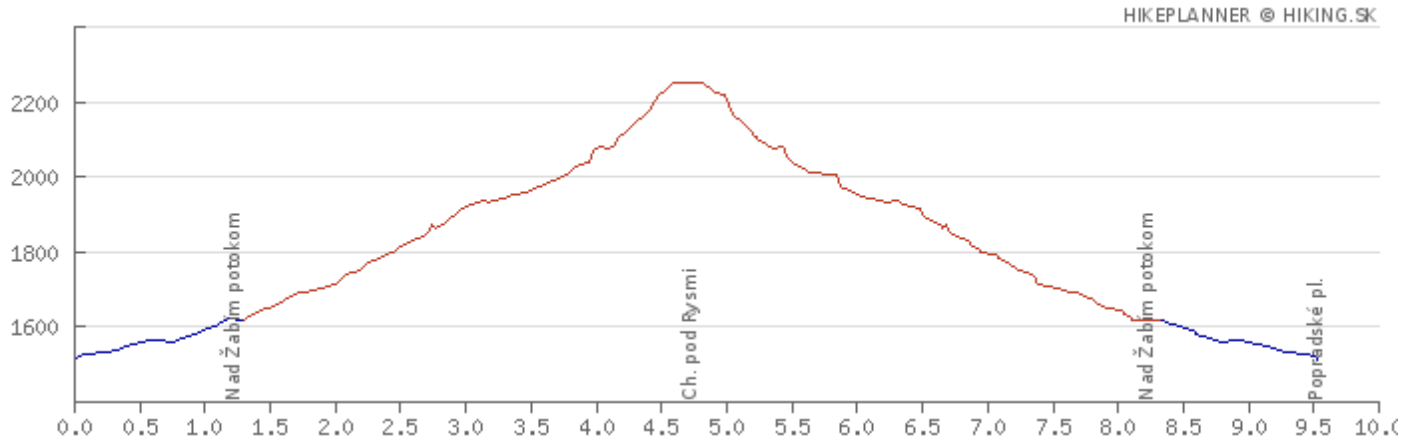
➡11.6 km ⬆ 1009 m ⬇ 1009 m 🕑 6:30



VARIANTE B :

Popradské pleso –Chata pod Rysy - Popradské pleso

➡9.6 km ⬆ 760 m ⬇ 760 m 🕑 4:30



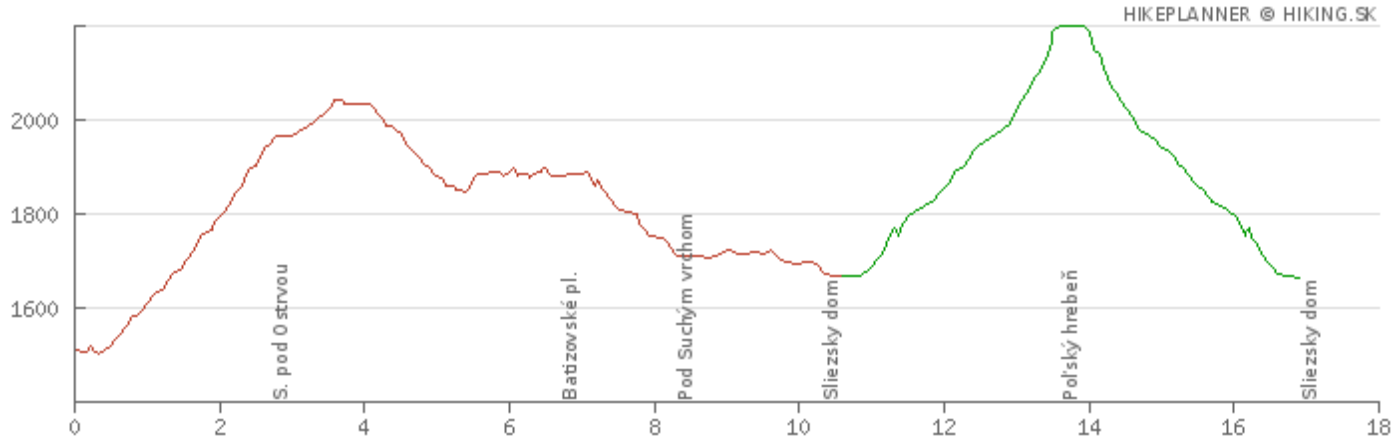
JOUR 4 : 10.09.2012, lundi

Hébergement: www.sliezskydom.sk

VARIANTE A :

Popradské pleso – Osterva - Sliezky dom - Polský hrebeň - Sliezky dom

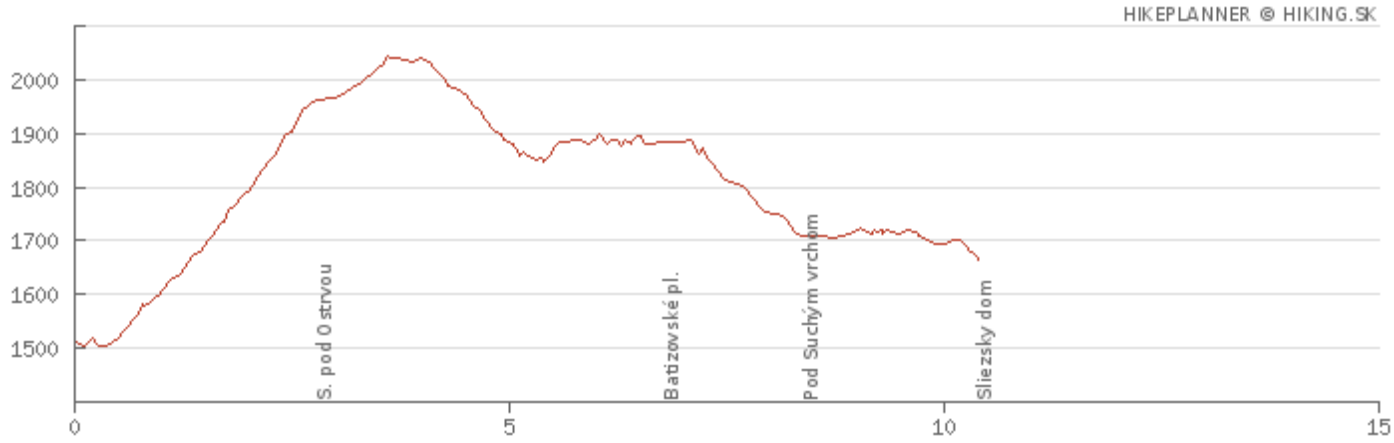
➡17.2 km ⬆ 1246 m ⬇ 1086 m 🕑 7:00



VARIANTE B :

Popradské pleso – Osterva - Sliezky dom

➡10.6 km ⬆ 716 m ⬇ 556 m 🕑 4:30



JOUR 5: 11.09.2012, mardi

Hébergement: www.magurahotel.sk

Jour de repos: la région de Pieniny (radeaux, la ville historique de Kezmarok)

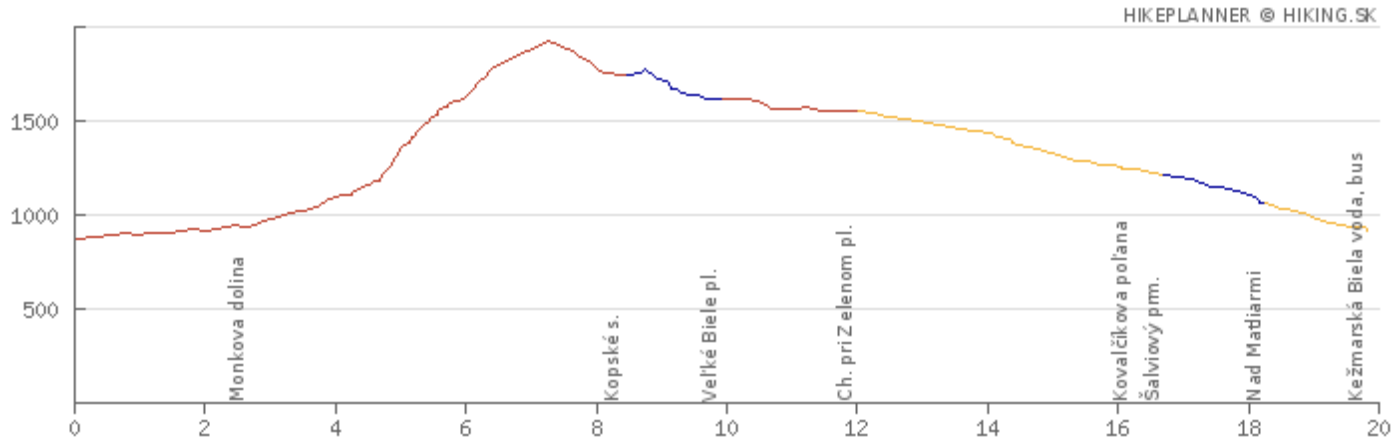
JOUR 6: 12.09.2012, mercredi

Hébergement: www.encian.eu ou www.slalom.sk

VARIANTE A :

Ždiar – Monková dolina - Kopské sedlo -Biele pleso - Zelené Pleso – Biela voda bus

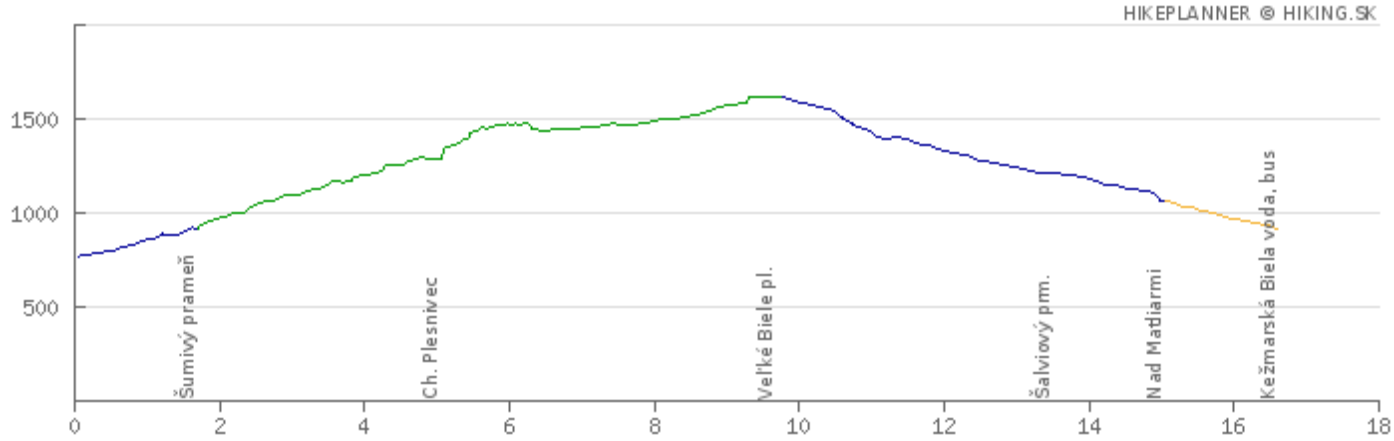
➡19.8 km ⬆1150 m ⬇1115 m 🕑 8:00



VARIANTE B :

Tatranská Kotlina – chata Plesnivec – Biele pleso- Biela voda bus

➡16.6 km ⬆1080 m ⬇935 m 🕑 6:30



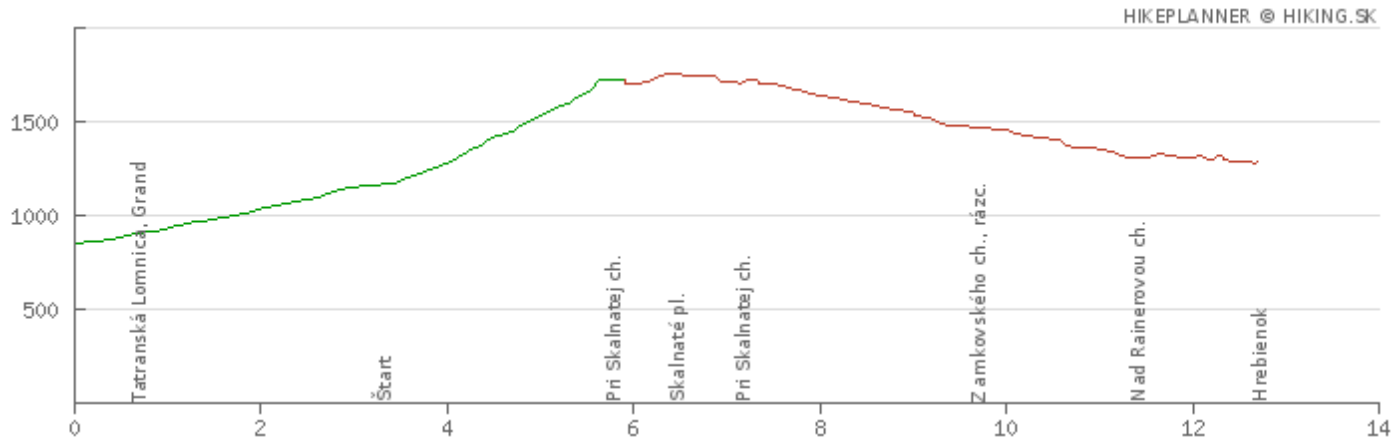
JOUR 7 : 13.09.2012, jeudi

Hébergement: www.encian.eu ou www.slalom.sk

VARIANTE A :

Tatranská Lomnica – Skalnaté pleso – Hrebienok

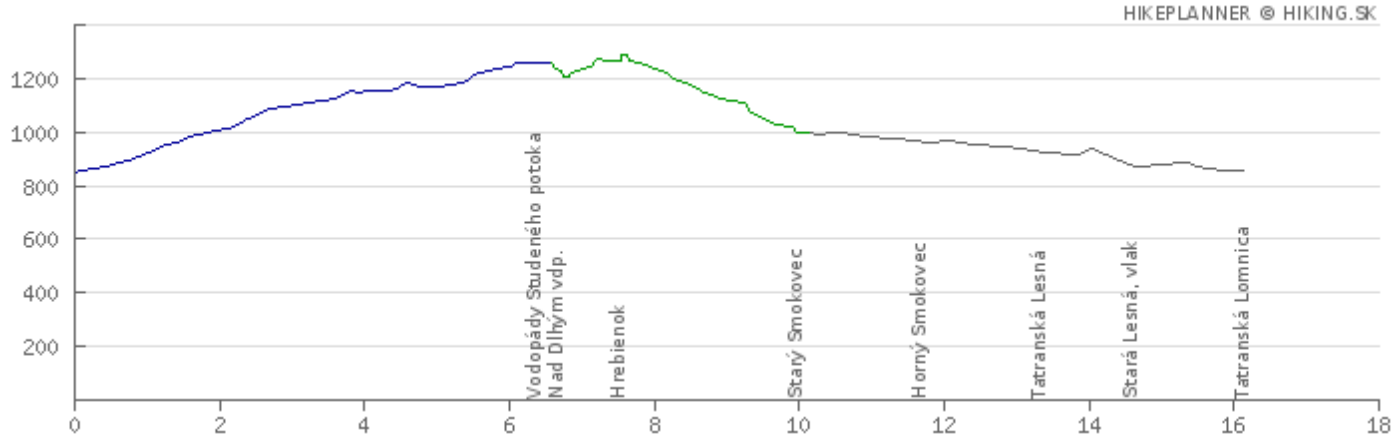
12.8 km 1030 m 595 m 6:30



VARIANTE B :

Tatranská Lomnica – Hrebienok – Starý Smokovec – T.Lomnica

16.2 km 657 m 657 m 6:00



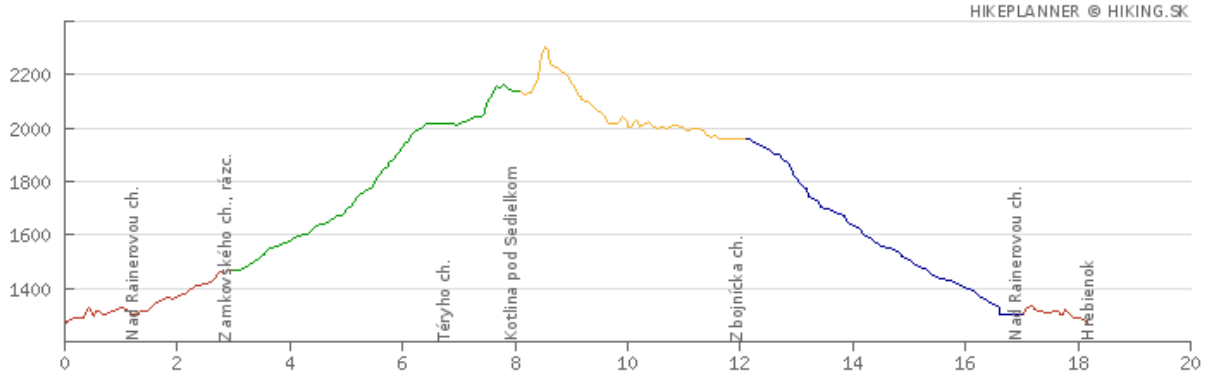
JOUR 8 : 14.09.2012, vendredi

Hébergement: www.hotelcingov.sk

VARIANTE A :

Hrebienok – Terryho chata – Priečne sedlo – Zbojnícka chata – Hrebienok

18.3 km 1340 m 1340 m 8:30



VARIANTE B :

Jour de répos – la région de Spiš

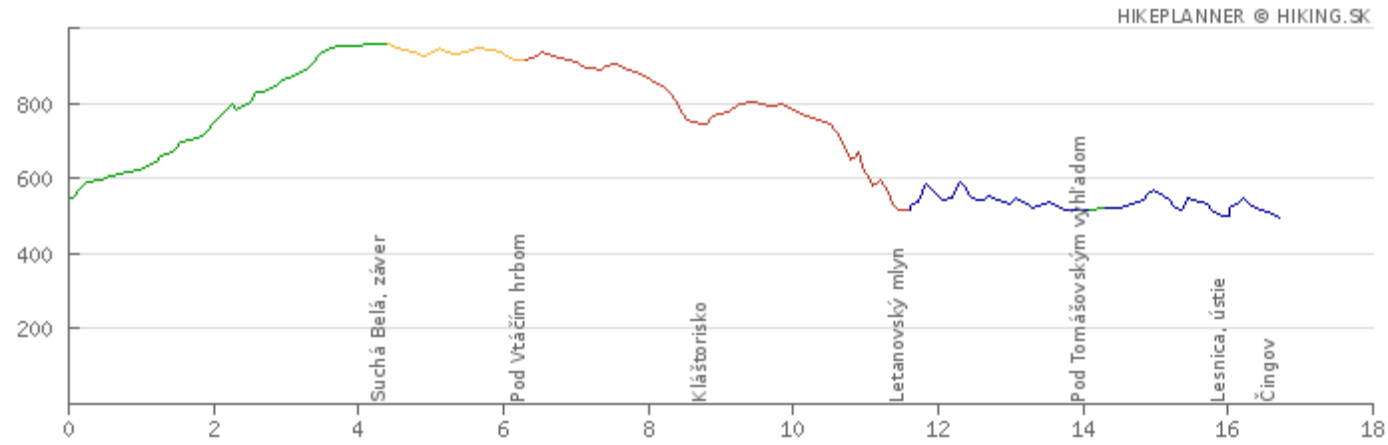
JOUR 9 : 15.09.2012, samedi

Hébergement: www.hotelcingov.sk

VARIANTE A:

Podlesok – Suchá Belá – Kláštorisko – Prielom Hornádu – Čingov

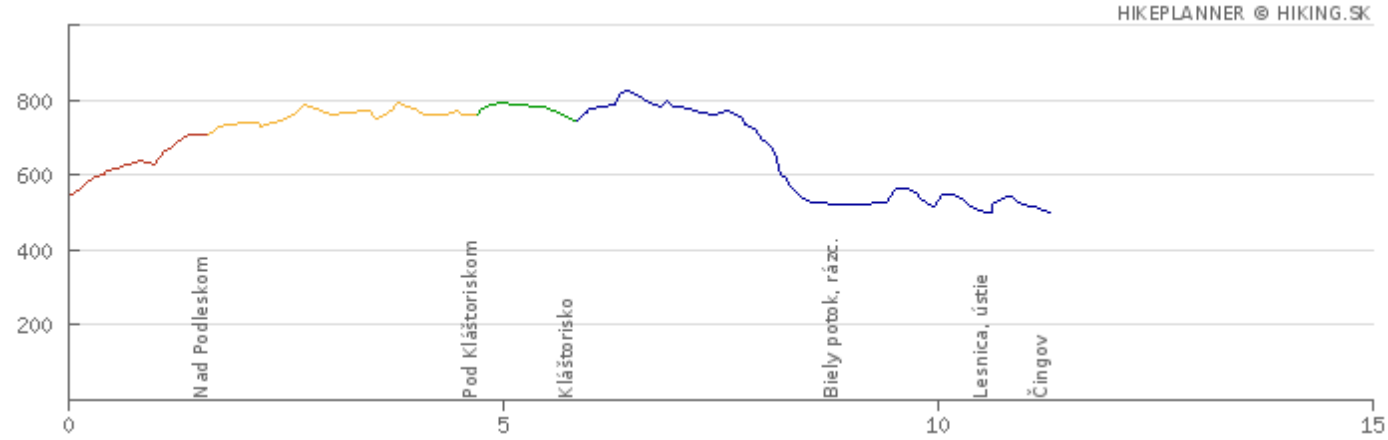
➡16.7 km ⬆ 625 m ⬇ 675 m 🕒 6:30



VARIANTE B:

Podlesok – Kláštorisko – Čingov

➡11.3 km ⬆ 430 m ⬇ 480 m 🕒 4:30



JOUR 10 : 16.09.2012, dimanche

– DÉPART POUR CRACOVIE