

# THE HIGH TATRAS

Slovakia and Poland - Including the Western Tatras and White Tatras

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An in depth guide to walking and scrambling in Poland and Slovakia in the spectacular High Tatras mountain range, as well as the neighbouring White and Western Tatras ranges.

This book presents over 180 walks and scrambles of between 1km and 30km, and offers something for all walking capabilities. All routes are graded, from easy through strenuous (steep involving substantial scrambling and exposure) and difficult (only to be undertaken in the company of a qualified local mountain guide). Many of the scrambles involved fixed chains or wires, but there are plenty of easy strolls too.

The beautiful and dramatic craggy peaks of the High Tatras mountains straddle the border between Poland and Slovakia, and both sides offer totally different experiences. On the Slovak side you can walk from several villages along the foot of the range. In Poland there is just one main base, the lovely small town of Zakopane, which has retained its traditional atmosphere despite the turmoil of the Communist era.

The guide is packed with background information on the area's history, wildlife and languages as well as detailed planning information on travel, accommodation and equipment, and a gazeteer of places of interest passed along the way. It is an ideal companion for anyone visiting the unforgettable High Tatras.

## About the author

Renata Narozna was born and bred in the Slovak Tatras, and worked as a mountain guide for the state tourism organisation, Cedol. After Czechoslovakia's 'Velvet Revolution', Renata ran her own travel company in the Tatras for a while, then she was appointed manager of the Vienna branch of the Slovak tourism organisation. In a complete career change, Renata recently became the organisational director of Greenpeace in central and eastern Europe.

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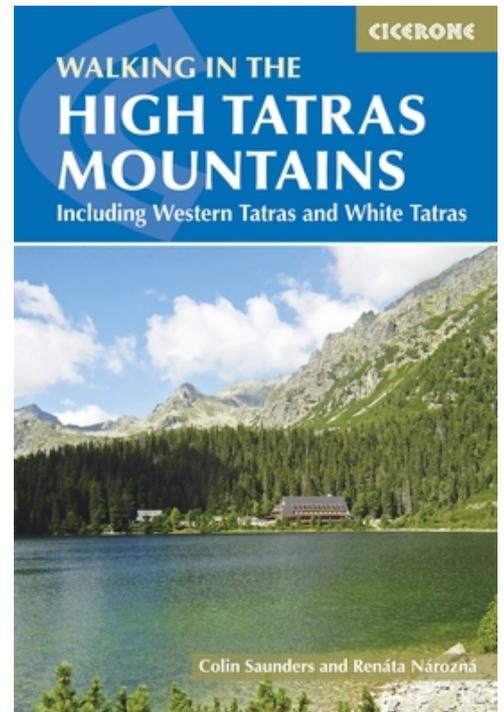
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