Nízke Tatry

# Popis oblasti

**Nízke Tatry** sú pohorie a geomorfologický celok v Západných Karpatoch na Slovensku. V centrálnej časti pohoria bol vyhlásený národný park.

Geomorfologický celok sa člení na dva geomorfologické podcelky oddelené údoliami riečok Boca a Štiavnička:

* Ďumbierske Tatry v západnej časti
* Kráľovohoľské Tatry vo východnej časti

Kráľovohoľské Tatry na východe, ďalej členené na časti:

* + Kráľova hoľa
	+ Predná hoľa
	+ Priehyba
	+ Teplická kotlina

Ďumbierske Tatry na západe, ďalej členené na časti:

* + Ďumbier
	+ Prašivá
	+ [Salatíny](http://sk.wikipedia.org/w/index.php?title=Salat%C3%ADny&action=edit&redlink=1)
	+ [Lúžňanská kotlina](http://sk.wikipedia.org/w/index.php?title=L%C3%BA%C5%BE%C5%88ansk%C3%A1_kotlina&action=edit&redlink=1)
	+ Demänovské vrchy



# Popis expedície

Prechod hrebeňa Nízkych Tatier začneme výstupom na Kráľovu hoľu budeme postupovať podľa itinerára smerom na západ až na Donovaly. Miesta prespatia budeme voliť podľa počasia a našej kondície.

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| č. | rázcestie | vzdialenosť (km) | stúpanie | klesanie | čas úseku | celková vzdialenosť (km) | celkový čas |
| Začiatok trasy:

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 | **Červená Skala, vlak (790)** |   |   |   |   |   |   |
|   | http://hiking.sk/dev/hikeplanner/images/new_none.png

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|   žiadna |

 | 2.6 | 115 m | 20 m | 0:45 | 2.6 | 0:45 |
| 1 | **Šumiac (885)** |   |   |   |   |   |   |
|   | http://hiking.sk/dev/hikeplanner/images/new_blue.png

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|   modrá |

 | 6 | 1061 m | 0 m | 3:05 | 8.6 | 3:50 |
| Koniec etapy:

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 | **Kráľova hoľa (1946)** |   |   |   |   |   |   |
|   | http://hiking.sk/dev/hikeplanner/images/new_red.png

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 | 4.3 | 114 m | 220 m | 1:10 | 12.9 | 5:00 |
| 1 | **Orlová (1840)** |   |   |   |   |   |   |
|   | http://hiking.sk/dev/hikeplanner/images/new_red.png

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 | 3.2 | 15 m | 387 m | 0:55 | 16.1 | 5:55 |
| 2 | **Ždiarske s. (1468)** |   |   |   |   |   |   |
|   | http://hiking.sk/dev/hikeplanner/images/new_red.png

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 | 2.4 | 77 m | 120 m | 0:40 | 18.5 | 6:35 |
| 3 | **Andrejcová, útulňa (1425)** | Útulňa resp. stan |   |   |   |   |
|   | http://hiking.sk/dev/hikeplanner/images/new_red.png

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 | 3 | 178 m | 50 m | 0:55 | 21.5 | 7:30 |
| 4 | **Priehybka (1553)** |   |   |   |   |   |   |
|   | http://hiking.sk/dev/hikeplanner/images/new_red.png

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 | 3.3 | 137 m | 500 m | 1:20 | 24.8 | 8:50 |
| 5 | **S. Priehyba (1190)** |   |   |   |   |   |   |
|   | http://hiking.sk/dev/hikeplanner/images/new_red.png

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 | 2.3 | 305 m | 0 m | 0:55 | 27.1 | 9:45 |
| 6 | **Kolesárová (1495)** |   |   |   |   |   |   |
|   | http://hiking.sk/dev/hikeplanner/images/new_red.png

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 | 1.5 | 50 m | 90 m | 0:25 | 28.6 | 10:10 |
| 7 | **Oravcová, s. (1455)** |   |   |   |   |   |   |
|   | http://hiking.sk/dev/hikeplanner/images/new_red.png

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 | 2.7 | 190 m | 40 m | 0:50 | 31.3 | 11:00 |
| 8 | **Zadná hoľa (1605)** |   |   |   |   |   |   |
|   | http://hiking.sk/dev/hikeplanner/images/new_red.png

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 | 0.9 | 15 m | 45 m | 0:15 | 32.2 | 11:15 |
| 9 | **Homôľka, s. (1575)** |   |   |   |   |   |   |
|   | http://hiking.sk/dev/hikeplanner/images/new_red.png

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 | 6.8 | 202 m | 510 m | 1:55 | 39 | 13:10 |
| 10 | **Ramža (1267)** | Útulňa resp. stan |   |   |   |   |
|   | http://hiking.sk/dev/hikeplanner/images/new_red.png

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 | 2.7 | 138 m | 90 m | 0:50 | 41.7 | 14:00 |
| 11 | **Bacúšske s. (1315)** |   |   |   |   |   |   |
|   | http://hiking.sk/dev/hikeplanner/images/new_red.png

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 | 2.8 | 148 m | 85 m | 0:50 | 44.5 | 14:50 |
| 12 | **S. za Lenivou (1378)** |   |   |   |   |   |   |
|   | http://hiking.sk/dev/hikeplanner/images/new_red.png

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 | 2 | 0 m | 140 m | 0:30 | 46.5 | 15:20 |
| 13 | **Čertovica, motorest (1238)** | Chata \_ resp. stan |   |   |   |   |
|   | http://hiking.sk/dev/hikeplanner/images/new_red.png

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 | 3.9 | 419 m | 110 m | 1:30 | 50.4 | 16:50 |
| 14 | **Kumštové s. (1547)** |   |   |   |   |   |   |
|   | http://hiking.sk/dev/hikeplanner/images/new_red.png

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 | 2.4 | 218 m | 55 m | 0:50 | 52.8 | 17:40 |
| 15 | **Králička (1710)** |   |   |   |   |   |   |
|   | http://hiking.sk/dev/hikeplanner/images/new_red.png

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 | 2 | 85 m | 65 m | 0:35 | 54.8 | 18:15 |
| 16 | **Ch. gen. M. R. Štefánika (1730)** | Chata |   |   |   |   |
|   | http://hiking.sk/dev/hikeplanner/images/new_red.png

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 | 1.2 | 50 m | 20 m | 0:20 | 56 | 18:35 |
| 17 | **Rázc. na Krúpovo s. (1760)** |   |   |   |   |   |   |
|   | http://hiking.sk/dev/hikeplanner/images/new_red.png

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 | 1.1 | 150 m | 0 m | 0:30 | 57.1 | 19:05 |
| 18 | **Krúpovo s. (1910)** |   |   |   |   |   |   |
|   | http://hiking.sk/dev/hikeplanner/images/new_red.png

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 | 0.9 | 0 m | 130 m | 0:20 | 58 | 19:25 |
| 19 | **Demänovské s. (1780)** |   |   |   |   |   |   |
|   | http://hiking.sk/dev/hikeplanner/images/new_red.png

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 | 2.6 | 260 m | 45 m | 0:55 | 60.6 | 20:20 |
| 20 | **Chopok, rázc. (1995)** | Kamenná chata |   |   |   |   |
|   | http://hiking.sk/dev/hikeplanner/images/new_red.png

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 | 1.4 | 35 m | 85 m | 0:25 | 62 | 20:45 |
| 21 | **Dereše, rázc. (1945)** |   |   |   |   |   |   |
|   | http://hiking.sk/dev/hikeplanner/images/new_red.png

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 | 2.7 | 50 m | 155 m | 0:40 | 64.7 | 21:25 |
| 22 | **S. Poľany (1840)** |   |   |   |   |   |   |
|   | http://hiking.sk/dev/hikeplanner/images/new_red.png

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 | 0.6 | 45 m | 0 m | 0:15 | 65.3 | 21:40 |
| 23 | **Poľana (1885)** |   |   |   |   |   |   |
|   | http://hiking.sk/dev/hikeplanner/images/new_red.png

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 | 1.1 | 25 m | 130 m | 0:20 | 66.4 | 22:00 |
| 24 | **Krížske s. (1780)** |   |   |   |   |   |   |
|   | http://hiking.sk/dev/hikeplanner/images/new_red.png

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 | 1.1 | 145 m | 0 m | 0:30 | 67.5 | 22:30 |
| 25 | **Kotliská (1925)** |   |   |   |   |   |   |
|   | http://hiking.sk/dev/hikeplanner/images/new_red.png

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 | 2.1 | 135 m | 105 m | 0:40 | 69.6 | 23:10 |
| 26 | **Chabenec (1955)** |   |   |   |   |   |   |
|   | http://hiking.sk/dev/hikeplanner/images/new_red.png

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 | 1.9 | 0 m | 175 m | 0:30 | 71.5 | 23:40 |
| 27 | **Malý Chabenec (1780)** |   |   |   |   |   |   |
|   | http://hiking.sk/dev/hikeplanner/images/new_red.png

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 | 0.9 | 0 m | 71 m | 0:15 | 72.4 | 23:55 |
| 28 | **S. Ďurkovej (1709)** | Útulňa Ďurková |   |   |   |   |
|   | http://hiking.sk/dev/hikeplanner/images/new_red.png

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 | 2.7 | 70 m | 188 m | 0:45 | 75.1 | 24:40:00 |
| 29 | **S. Zámostskej hole (1591)** |   |   |   |   |   |   |
|   | http://hiking.sk/dev/hikeplanner/images/new_red.png

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 | 1.4 | 32 m | 65 m | 0:25 | 76.5 | 25:05:00 |
| 30 | **S. Latiborskej hole (1558)** |   |   |   |   |   |   |
|   | http://hiking.sk/dev/hikeplanner/images/new_red.png

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 | 4.1 | 138 m | 220 m | 1:10 | 80.6 | 26:15:00 |
| 31 | **S. pod Skalkou (1476)** |   |   |   |   |   |   |
|   | http://hiking.sk/dev/hikeplanner/images/new_red.png

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 | 3 | 219 m | 10 m | 0:55 | 83.6 | 27:10:00 |
| 32 | **Košarisko (1685)** |   |   |   |   |   |   |
|   | http://hiking.sk/dev/hikeplanner/images/new_red.png

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 | 1.4 | 103 m | 35 m | 0:30 | 85 | 27:40:00 |
| 33 | **Veľká Chochuľa (1753)** |   |   |   |   |   |   |
|   | http://hiking.sk/dev/hikeplanner/images/new_red.png

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 | 5.2 | 59 m | 710 m | 1:40 | 90.2 | 29:20:00 |
| 34 | **Hiadeľské s. (1102)** | Prístrešok resp. stan |   |   |   |
|   | http://hiking.sk/dev/hikeplanner/images/new_red.png

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 | 2.3 | 208 m | 170 m | 1:00 | 92.5 | 30:20:00 |
| 35 | **S. Hadlanka (1140)** |   |   |   |   |   |   |
|   | http://hiking.sk/dev/hikeplanner/images/new_red.png

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 | 6.2 | 175 m | 280 m | 1:40 | 98.7 | 32:00:00 |
| 36 | **Vrchlúka (1035)** |   |   |   |   |   |   |
|   | http://hiking.sk/dev/hikeplanner/images/new_red.png

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 | 1.2 | 5 m | 60 m | 0:20 | 99.9 | 32:20:00 |
| Koniec trasy:

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 | **Donovaly (980)** |  |  |  |  |  |  |

# Informácie o chatách a ďalších zdrojoch informácií

**Tlačená mapa**

Nízke Tatry - turistická mapa č. 122 VKÚ Harmanec

**Príchod a odchod do/z oblasti**

Zeleneč – Banská Bystrica (auto) - Červená skala (vlak)

Donovaly - Banská Bystrica (bus) - Zeleneč (auto)

