

GUIDELINES FOR CYCLING

Sports Activity I./ III. / V.

Contact:

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- 1. The aim of the course** is to promote health and overall physical fitness and create space for purposeful leisure time and recreation.
- 2. Registration process:** Students are obliged to register for the Outdoor activities via AIS
2. Subsequently – register for the particular cycling tour via **Register for examination**. The deadline to complete the registration is 12 00 PM one day before the cycling tour.
- 3. Equipment requirements**
 - o Mountain bike (or gravel, or road bike depending on the terrain)
 - o Helmet is indispensable and mandatory
 - o Extra tubes
 - o Tools
 - o Health insurance card
 - o Water supply, food
 - o Adequate clothing
4. The cycling tours are subject to change depending on the weather conditions or restrictions in the cycling areas. Registered students will be notified by email (check your UPJS mail account) of the exact time and meeting point.
- 5. Completion requirements:** The student has to participate in at least **three** cycling tours to acquire the credits.

The minimum number of students registered for the cycling tour is 3, otherwise the tour will be cancelled. (check your UPJS mail account for updates).

In the case of unfavourable weather forecast, a cycling tour may be cancelled (check your UPJS mail account for updates).

Students are advised to be insured for the day of the cycling tour. The UPJS does not take any responsibility for medical expenses related to cycling injuries.

Tour 1 (road) - 1.10. 2021

Difficulty: medium

Route: Košice (Zelený dvor) - Rozhanovce – Kecerovce - Herľany - Bohdanovce - Sídlisko Nad jazerom

The screenshot displays the Bikemap website's cycling route planner. The interface includes a search bar at the top, a list of waypoints on the left, and a map showing the route. The waypoints are:

- A: Trieda arm. gen. Svobodu, District of Košice III, Slovakia
- B: District of Košice - okolie, Slovakia
- C: Robotnícka, Rozhanovce, Slovakia
- D: District of Košice - okolie, Slovakia
- E: 576, District of Košice - okolie, Slovakia
- F: District of Košice - okolie, Slovakia
- G: PR3, District of Košice IV, Slovakia

The route is estimated to take 4 h 24 min, cover 691 km, with a 500 m elevation gain and a 530 m loss. The map shows the route starting at point A in Košice and passing through points B, C, D, E, and F, ending at point G. The browser address bar shows the URL: bikemap.net/en/routeplanner/?waypoints=ywnhH_%7B%60Cq%7DFuqG%7C%7BCKfDuel_vL-iDweL%60dZrwPskk1kl/#/z11/48.7428329,21.4514923/basic. The system tray at the bottom shows the date 7.9.2020 and time 10:33.

Tour 2 (road) - 8.10. 2021

Difficulty: medium

Route: Košice (Zelený dvor) - Vajkovce – Drienov – Kysak - Kostol'any nad Hornádcom - Košice

The screenshot displays the Bikemap website's cycling route planner. The main map shows a blue route connecting six waypoints (A-F) in a loop. The left sidebar lists the waypoints with their addresses and locations. Below the list, the estimated cycle time is 2 h 40 min, the distance is 42.5 km, and the elevation change is 380 m. The interface includes buttons for 'Send to mobile', 'Download', and 'Print'. The bottom of the screen shows a Windows taskbar with the date 7.9.2020 and time 10:35.

Tour 3 (road) - 15.10. 2021

Difficulty: Medium

Route: Košice (Anička) - Kysak - Ružín - Kysak - Košice (Anička)

The screenshot shows the Bikemap website interface for a cycling route. The route is defined by five waypoints (A-E) in the Košice region. The estimated cycle time is 3 hours and 18 minutes, covering a distance of 54.6 km with 260m of ascent and 260m of descent. The map shows the route passing through Kysak and Ružín. The interface includes a search bar, a list of waypoints, and options to send the route to a mobile device, download it, or print it.

Tour 4 (off-road) - 22.10. 2021

Difficulty: hard

Route : Košice- Bankov - Jahodná – back to Košice

The screenshot shows the TURISTICKA MAPA.SK website interface for a hiking route. The route is defined by several waypoints in the Košice region, including Bankov and Jahodná. The estimated hiking time is 13 hours and 10 minutes, covering a distance of 44.8 km with 1711m of ascent and 1711m of descent. The map shows the route passing through Bankov and Jahodná. The interface includes a search bar, a list of waypoints, and options to calculate, delete, or view alternative routes. A sidebar on the right shows a list of waypoints and an elevation profile graph.

Tour 5 (road + gravel) - 29.10. 2021

Difficulty: Medium

Route: SOU železničné - Sídliisko nad jazerom - Košická polianka – Radar - Nižná hutka - Košice krásna- Sou železničné

The screenshot displays the Bikemap website interface for a cycling route planner. The browser address bar shows the URL: bikemap.net/en/routeplanner/?waypoints=cyjHosy%60CbtEggC%7Dj%40oil%60%7CE%78Zqslz_O#/z12/48.6559332.21.3793945/basic. The main map area shows a blue route starting at point A (Pri plynárni, District of Košice I, Slovakia) and ending at point E (Krivá 1041/4, District of Košice IV, Slovakia). The route passes through points B (Jenisejská, District of Košice IV, Slovakia), C (Košická polianka), D (Nižná Hutka), and E. The map includes a sidebar with route details, a search bar, and navigation controls. The estimated cycle time is 1 h 45 min, with a distance of 27.7 km, a maximum elevation of 30 m, and a minimum elevation of 20 m. The interface also features a 'Send to mobile' button, a 'Download' button, and a 'Print' button. A cookie notice is visible at the bottom of the page.

Tour 6 (road + gravel) – 5. 11. 2021

Difficulty: medium

