

## Dear Hikers!

It is such a relief to be able to wander in nature after such a long period of confinement. One wouldn't think how many natural and cultural treasures are hidden in the Bükk Mountains, from the bubbling streams and waterfall to the amazing Caves. May it just be a refreshing walk or an adventurous forest hike, Lillafüred and the neighborhood offer unforgettable experiences not only for nature lovers.

In this leaflet, we collected a few hiking trail options and ideas for you to make exploring easier!

- If the weather seems a bit rainy, do not worry! You don't need to miss the opportunity to walk in the area, on reception umbrellas can be borrowed for those occasions to give shelter from the rain.
- Lillafüred and its surrounding area give you plenty of different opportunities to exercise with all ranges of hiking trails in different lengths and difficulties.

## Heart Circle – Not only for Senior guests

Who do we recommend it to? **To everyone. The path helps to measure your current physical health and inspires you for a healthy lifestyle and prevention. Either a 1,5 km long 55 m level difference trail or a longer 3 km long 122 m level difference trail awaits adventurous tourists.**

**Where it starts:** Sanofi (Chinoin) medical factory's parking lot

**Where it ends:** Sanofi (Chinoin) medical factory's parking lot

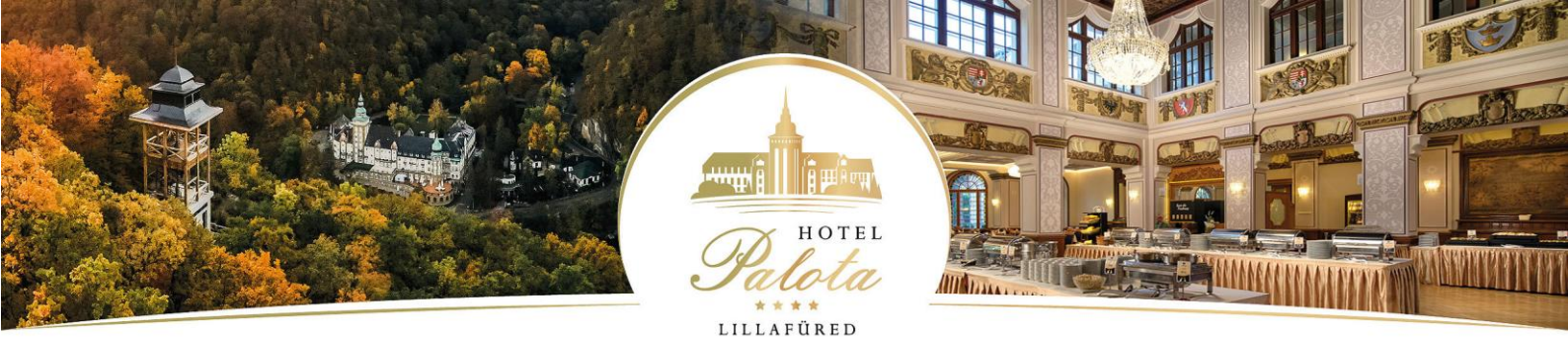
**Length:** Small round: 1,5 km, Big round: 3,5 km

**Duration:** small round is 30-35 mins, the big round is 50-55 mins

**Signs:** heart sign, green tree, green plus

### Some interesting facts before we start our journey:

More than 1.9 million people die annually in the EU caused by Cardiovascular diseases. Also in Hungary, the heart and vascular system, diabetes, pathological obesity, and the consequences of these diseases are the responsible ones for the majority of early deaths. This is one of the main reasons why the Heart Circle trails were created by the St. Ferenc Hospital specialists. The Csanyik Völgy (our current trail) joined as third to this petition, but first as a rural location.



But let us start our journey, let's roll on the Heart Circle!

We can leave our car behind in the parking lot of the factory. This is the spot anyway we will come back to. Start walking towards the factory. You will find a barrier on the right. It will be open. An information board will also help you start the journey with a description and a map.

### **1. Small Round (1,5 km, 30 mins):**

Turning left after the barrier on the gravel road will lead us to a glade. Here a lovely cottage will be visible. Make your way across the brook, reaching the so-called Király Spring, which is a very tasty fresh, clean spring water ready to be consumed by thirsty travelers.

Following the path you will come across bridges and more glades, leading you back to the Sanofi Factory and the parking lot, where we started our journey.

### **2.) Big Round (3,5 km, 50 mins):**

In the second part of our tour, we will visit all the exciting stations of the Big round. It will be 3,5 km long and will take about an hour to complete it at a moderate pace.

We will get to know the hidden treasures of Csanyik-Valley such as the Szinva brook, a cave called Goat - Hole, a wild roof for feeding the animals, and a cute little wooden wild-lookout. Leaving the barrier we will quickly find ourselves at a triple crossroad. We will have to choose the middle one going upwards to enter the Big Round path. In a few hundred meters we will notice the first green plus and green tree signs coaching us from now on. Prepare for a bit of pulse pumping as a bit of elevation is ahead (not drastically and not for long, maximum 120-meter level difference). After the steep part, we reach a little spot with an information board and a wooden wild-lookout. We can take a few minutes to rest here, let the kids explore the area.

Moving on, we will see the green plus path separating and going right, we will NOT follow that road, keep going on the green tree trail straight, then turn left, still following the green tree sign. We will arrive at a very pretty downhill part with another information board, which will teach us how to calculate our pulse.

Let's see how much we have worked ourselves with those steep parts! (2 fingers pressed on your wrist, count the pulse for 15 seconds and multiply the number you got with 4.)



Continuing the hike follows the slope. We will pass two wooden benches, perfect for anyone who wants to stop for a quick bite or to rest for a bit. The end of the slope is quite steep, so it is recommended to take the last 50 meters sideways to avoid any slips.

Making it down we will find ourselves at multiple crossroads. We will have to turn left following the creek and the green tree sign. In about a few hundred meters the earlier mentioned Goat - Hole Cave can be spotted on your left. It is worth stopping here as you can find an interesting bilingual information board about the cave and how it was discovered and furthermore it is refreshing in the summer inside (10-12 degrees) and gives a thrilling spectacle during winter with its icicles.

After the little detour into the cave, we continue our tour alongside the creek until reaching a glade and spotting a cottage. We will turn left, crossing the creek and reaching a spring water source called Király-kút (King Well in English), where we can refill our bottles. Following the path next to the creek, just now we are on the other side of it. Make our way through a wooden bridge, and if we keep going we will reach a nice glade and will be able to spot the back of the factory. Crossing again the creek next to the Sanofi factory's edge we will arrive back at the parking lot, our starting point.

Well done everybody, hope you enjoyed the heart circle. :)

