

# ACTIVE IN BUDAPEST

On foot, on water, and on two wheels  
around the capital



# Active in Budapest



Museum



Ruin



Narrow-gauge railway



Chain Bridge



Visitor's Centre



Castle



Nice view



Parliament



Lookout tower



Open air museum, cellar village



Thermal spa



Statue of Liberty



Educational trail



Cave



Natural value



Balloon Lookout



Arboretum



Church



Chairlift



Zoo



Wildlife Park



Waterfall



Adventure park



Viaduct



Ship mill



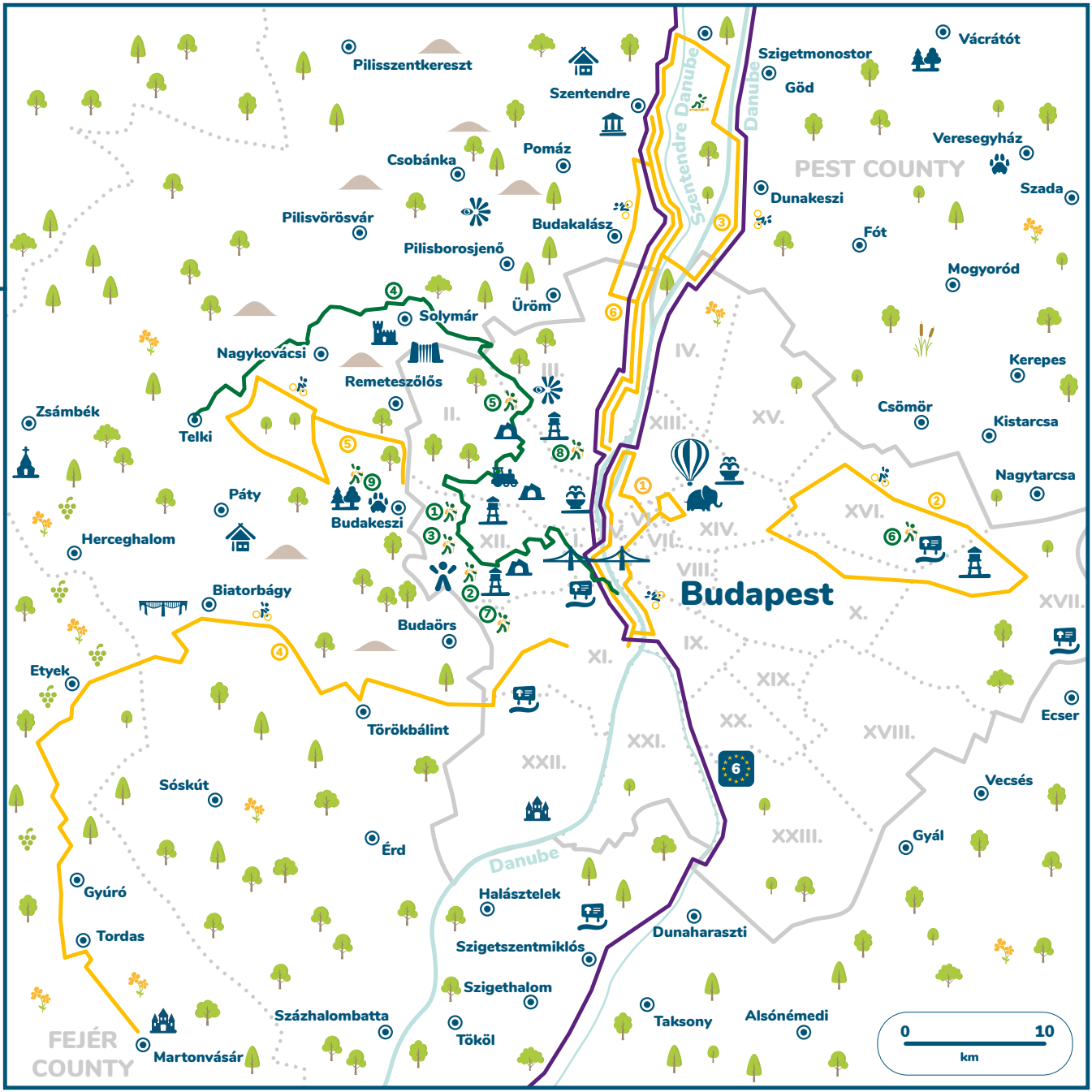
EuroVelo bike tour



Castle



Hiking/cycling tours



Pilisszentkereszt

Szentendre

Szigetmonostor

Vácrátót

Csobánka

Pomáz

PEST COUNTY

Veregyháza

Pilisvörösvár

Budakalász

Dunakeszi

Szada

Pilisborosjenő

Üröm

Fót

Mogyoród

Nagykovácsi

Remeteszőlős

Kerepes

Zsámbék

Telki

Budakeszi

Csömör

Kistarcsa

Páty

Herceghalom

Biatorbágy

Budaörs

Budapest

Nagytarcsa

Etyek

Törökbálint

Sóskút

XVII.

Ecsér

Gyúró

Érd

XXII.

XVIII.

Tordas

Halásztelek

Szigetszentmiklós

Dunaharaszti

Vecses

FEJÉR COUNTY  
Martonvásár

Százhalombatta

Tököl

Szighetalom

Taksony

Alsónémedi

Gyál

0 10  
km



## TREASURES OF BUDAPEST – IN NATURE

This year, we are celebrating the 150th birthday of Budapest, as one and a half centuries ago, Pest, Buda, and Óbuda united to create the capital city. In the same year, the first hiking association was also formed in Hungary. Therefore, for the hikers of Budapest, the year 2023 is a double celebration, which we commemorate with a special publication, where we have collected the most exciting excursions in and around the capital city.

Budapest seems like it was designed by the founders for active leisure and spending free time: You can explore the forests of the Buda Hills in hiking shoes, the caves in overalls, the Danube with a canoe, kayak, or SUP, and the surroundings of Budapest by bike. The graceful Erzsébet Lookout Tower and the modern form of the Guckler Károly Lookout Tower crown the peaks of the hills, while the Pál-völgyi Cave System, with its labyrinth-like passages dating back to ancient times, invites you to venture into its depths.

Visiting the renovated Normafa is just as much a bucket-list experience as strolling along the Danube promenade. Here, you can take a ride on the Children's Railway to Hűvösvölgy and then wander through wonderful hiking trails in the shade of the oak trees. You can paddle through floodplain forests and slow-flowing lagoons on the Ráckeve-Danube, or hop on a bike to explore the city from a new perspective – you can even cycle all the way from Budapest to Lake Balaton, if you're seeking a challenge! In addition to that, the wonders of the surrounding areas are also waiting for you, such as the Budakeszi Wildlife Park, the unique natural heritage of Szentendre, and the fairy-tale world of the National Botanical Garden in Vácrátót.

Go ahead and discover Budapest's green, wild, and natural side!





HEROES' SQUARE



## BUDAPEST FROM ABOVE – THE MOST BEAUTIFUL PANORAMAS OF THE CAPITAL



### ERZSÉBET LOOKOUT TOWER

Budapest's most famous lookout tower is on the János Hill, reaching 528 metres above the city, making it the highest point of the capital for over 110 years. It was named after Queen Elizabeth, better known as Sissy, who loved to admire the detailed landscape below from here. While the queen used to gaze down at the city from a wooden structure, after her death, Frigyes Schulek designed a new, stone-built lookout tower here. It's worth visiting this attraction with a combined trip that includes a ride on the chairlift from the direction of Normafa.

### ÁRPÁD LOOKOUT TOWER

After a short hike along the walking paths of the Buda Hills, which have been popular for decades, you can reach the Árpád Lookout Tower, hidden among the pine forests. Easily accessible in Budapest's 2nd district, this covered, Székely-style lookout tower has been offering a half-panoramic view of the city since 1929, including the bridges, Gellért Hill, the green ribbon of the Danube, and the prestigious building of the Parliament. Although the view may not be complete due to the surrounding villas and vegetation, it is still an impressive city panorama, and all you need to do is climb up the 378-metre-high Látó Hill. It's also easily accessible by public transport: just a few minutes' walk from the bus stop of bus line 11 departing from Batthyány Square.



### GUCKLER KÁROLY LOOKOUT TOWER

The easily recognizable Guckler Károly Lookout Tower, with its unique shape, invites you to active relaxation on the top of Hármashatár Hill, just a stone's throw away from the bustling city life, yet surrounded by a peaceful forest environment. The octagonal wooden structure of the tower offers an open terrace with a beautiful panorama of Budapest's city centre and the Pilis mountain range. Frequently visited by locals, the lookout point was named after Károly Guckler, a forester who played a significant role in reforestation efforts in the area. You can reach the lookout tower with a 30-minute walk from the "Fenyőgyöngye" bus stop of bus line 65.



### KAÁN KÁROLY LOOKOUT TOWER

From Szépjuhász-nyereg, following the yellow-marked trail, you can reach the summit of Nagy-Hárs Hill, which stands at 454 metres, in a little over half an hour. There, you will find a rustic, stone-based, wooden lookout tower. The structure commemorates Károly Kaán, a forestry engineer who contributed significantly to the preservation of natural values and the protection of numerous plant and animal species. From the different levels of the tower, you can admire various views, and from the top level above the canopy, a breathtaking panoramic view reveals itself.

### MAKOVECZ IMRE LOOKOUT TOWER

Imre Makovecz, as the chief architect of Pilis Forest, designed the lookout tower on top of Kis-Hárs Hill, which you can easily recognize by its unique shape resembling a spiral staircase. Climb the 362-metre-high hill and admire the breathtaking panoramic view from the top, which reveals the János Hill, Tündér (Fairy) Hill, Nagy-Hárs Hill, and some iconic landmarks of the city centre. The lookout tower is part of the Budapest Makovecz Trails, which showcase the outstanding creations of the architect's work.



### LAKE NAPLÁS LOOKOUT TOWER

The only representative from Pest on our list is located on the shore of Budapest's largest still water, next to Lake Naplás in the 16th district. The 22-metre-high wooden structure stretches above the treetops, providing an unobstructed, stunning 360-degree view of the lake and the nearby Gödöllő Hills. The lookout tower fits perfectly into the green surroundings that have been transformed into a leisure area in recent decades, offering new bicycle paths, benches, fishing spots by the lakeside, as well as a reception building and parking lot.



## BUDAPEST, NATURALLY!



Hot springs, the Danube, romantic cliffs, floodplain forests, and rare animal species. All of these are among the natural treasures of the 150-year-old capital, and it's worth exploring them on a hike!

SORRENTO CLIFFS



The city's unique location encompasses the contrast between the plains of Pest and the hills, valleys, basins, and gorges of the elevated areas in the Buda Hills. The uphill atmosphere is enhanced by the natural rock walls of often steep mountainsides, the spectacular rock formations and outcrops such as the Tündér-szikla (Fairy Rock) or Apáthy-szikla, as well as the rocky landscapes and black pine forests of Szénások, Sas Hill, or Budaörsi-kopárok. You can choose from our hiking recommendations and embark on any of them!



Budapest is also characterized by its significant connection to water. The city is rich in rivers, lakes and springs, and its world-famous thermal springs are the source of its spas: the Széchenyi, Rudas, Gellért, and Lukács Baths are definitely worth visiting. Before indulging in a relaxing bath, you can explore the Danube by canoe or kayak, or cycle along the Danube cycle path through the floodplain gallery forests.



In the midst of the urban jungle, it might be hard to imagine, but nearly 9 percent of Budapest's territory is designated as national or local nature reserves. Within the city, you can discover stunning man-made parks, historic gardens, and arboretums, such as the ELTE Botanical Garden, Jókai Garden, or Soroksár Botanical Garden. The surrounding forests, wetlands, and swamps are home to rare plant and animal species, some of which bear the name of their origin, like the budai imola (*Centaurea sadleriana*), budai berkenye (*Sorbus budaiana*) or the budai nyúlfarkfű (*Sesleria sadleriana*).




## THE CAPITAL OF CAVES




Photo: DNP/ Egrí Csaba

MÁTYÁS HILL CAVE

**Did you know that Budapest is also known as the capital of caves? The name is no coincidence, as the city is home to outstanding natural treasures, with more than 150 caves hidden in the depths of dolomite and limestone hills, forming a labyrinth of underground passages spanning 55 kilometres. In Budapest, you will find the country's longest cave system, the Pál-völgyi Cave, which is about 31 kilometres long and reveals a magical world of stalactites and extraordinary rock formations that has remained unchanged for thousands of years.**

 Gain insight into the secrets of underground chambers and passages on the organized tours of the Duna-Ipoly National Park, where you can explore the mysterious passages of not only the Pál-völgyi Cave but also the Budai Castle Cave and Szemlő-hegyi Cave. Before or after the cave tour at Szemlő-hegyi Cave, be sure to dedicate time to explore the interactive exhibition, and it's also worth discovering the Kőpark educational trail, showcasing Hungarian rocks, which is located above the Szemlő-hegyi Cave. If you are up for a bigger challenge, you can have a special adventure in the caves of Mátyás Hill and Solymári-ördöglyuk! In addition, the still-active Molnár János Cave is a thrill for divers.

 The main guardian and showcase of Budapest's natural treasures is the Duna-Ipoly National Park Directorate. On its website, you can find many exciting guided tours in addition to cave tours.

**More info: [dunaipoly.hu/en](https://dunaipoly.hu/en)**



[dunaipoly.hu/en](https://dunaipoly.hu/en)

## LET'S GO TO NORMAFA!

Normafa, the highest point of Svábhegy, is undoubtedly Budapest's number one resting and hiking spot, visited by nature enthusiasts for centuries. If you'd like to leave the hustle and bustle of the city behind, explore the exciting hiking trails, sports facilities, breathtaking natural treasures of the huge green park, and, of course, don't miss out on the legendary Normafa strudel!



ERZSÉBET LOOKOUT TOWER



[normafapark.hu/english](http://normafapark.hu/english)



Upon arrival, head straight to the Normafa Park Visitor Centre, located close to the parking lot and bus stop, where an information desk will assist you in navigating the trails and activities available at Normafa. In addition, you can explore the sports history exhibition at the visitor centre and even rent a locker or luggage storage if needed.



After receiving the necessary guidance, explore both the most popular attractions and hidden paths of this hiking destination! Among the former, you'll find the Erzsébet Lookout Tower, rising on top of János Hill, providing a stunning view of Budapest. Another favorite spot is Anna Field, popular in all seasons, where you can enjoy a modern playground, bonfire sites, a charming chapel, and even sledging slopes in winter. The panoramic chairlift that operates between János Hill and Zugliget is also an unforgettable adventure!



Alongside the numerous attractions, there are ample opportunities for sports activities around Normafa. The park features a network of hiking and biking trails, as well as outdoor gyms, sports fields, and a rubberised running track. In winter, cross-country skiing trails, sledging slopes, and a ski school awaits winter sports enthusiasts.




An interesting fact is that the park includes a Cardio Trail established by the Saint Francis Hospital, designed specifically for individuals with cardiovascular and high blood pressure conditions, as well as diabetes patients. However, anyone in the family can join in for some healthy exercise! The trail marked is with the shape of a heart and you can choose from three hiking trails of varying difficulty, and occasionally join guided tours led by health professionals.



## ① ROUND TRIP AT NORMAFA

During the round trip starting from the Normafa Ski Lodge, you can discover the main attractions of Normafa! After a few minutes' walk you will reach the Anna Field, which is lively both in winter and summer. Then, joining the blue circle trail, you will walk through giant beech trees and reach the upper station of the chairlift. From here, you can climb up to the Erzsébet Lookout Tower with a breathtaking panoramic view either on the asphalt road or on forest stairs. Next, take the serpentine path to visit the János Hill Passageway Cave. Following the green triangle trail, you will arrive at the Fairy Hill Quarry, which leads you to the unique-shaped Fairy Rock. From there, passing by the Disznófő-forrás (Boar Head Spring), the Kossuth Memorial, and the Egyetemi lejtő (University Slope), you will return to Normafa.

 **Hiking route:** Normafa - Anna Field - Chairlift - Upper Station - Erzsébet Lookout Tower on János Hill - Passageway Cave - Fairy Rock - University Slope - Normafa

 **Tour type:** round trip

 **Distance:** 6,6 km


 **Elevation:** 185 m

 **Required time:** 2 hours

 **Tour difficulty:** medium

## ② GREEN ROUND TRIP

The quiet Green Round Trip Trail, which runs through the peaceful Farkas-völgy (Wolf Valley), invites you to a lovely forest adventure! The starting point of the hike is at the Széchenyihegy terminal of the Children's Railway. From there, follow the railway tracks until you reach the Normafa stop. Then, turn left onto the forest path and descend into the beautiful valley. When you see the green triangle, turn left and head towards the uphill path leading to Széchenyi Hill. However, you'll soon have a chance to take a rest at the Farkas-völgyi víznyelő (Wolf Valley Sinkhole). Afterwards, you'll pass by the charming Úti Madonna Chapel, and as you emerge from the forest, you'll encounter flower-filled meadows, offering breathtaking panoramas to hikers. Continuing along the green round trip, you'll soon find yourself back at the starting point.

 **Hiking route:** Széchenyi Hill, Children's Railway - Wolf Valley - Wolf Valley Sinkhole - Széchenyi Hill, Children's Railway

 **Tour type:** round trip

 **Distance:** 4,3 km

 **Elevation:** 130 m

 **Required time:** 1,5 hours

 **Tour difficulty:** easy



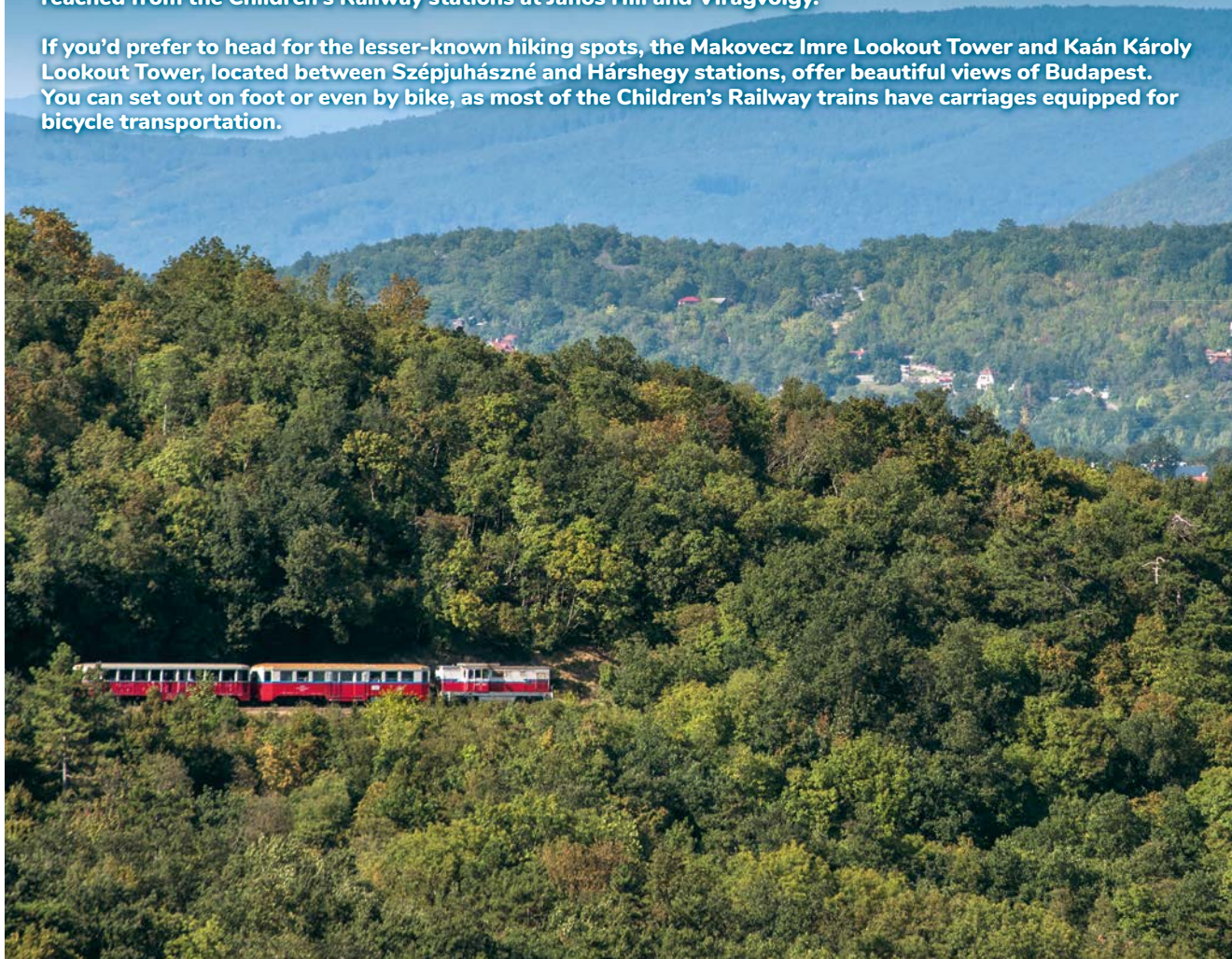
ZUGLIGET CHAIRLIFT

## UNFORGETTABLE EXPERIENCES ON THE CHILDREN'S RAILWAY

The Budapest Children's Railway is unique, not only because it has been connecting the most beautiful forest hiking spots of Budapest for 75 years, but also because it is operated by children aged 10-14 who manage the railway traffic and handle ticket sales and inspections.

Most of the Children's Railway stations can be easily reached by public transport from Széll Kálmán Square or Southern Railway Station. The railway route is surrounded by many attractions, inviting you to explore nature, such as the most popular destination in the Buda Hills, the Erzsébet Lookout Tower on János Hill, the highest point of the capital, and the Zugliget Chairlift located at the foot of the hill. Both of these can be easily reached from the Children's Railway stations at János Hill and Virágvölgy.

If you'd prefer to head for the lesser-known hiking spots, the Makovecz Imre Lookout Tower and Kaán Károly Lookout Tower, located between Szépjuhászné and Hárshegy stations, offer beautiful views of Budapest. You can set out on foot or even by bike, as most of the Children's Railway trains have carriages equipped for bicycle transportation.



Fotó: Gulyás Attila/MTSZ






Photo: Gulyás Attila/MTSZ

### ③ NARROW-GAUGE RAILWAY EXCURSION IN THE CAPITAL

Explore the southern section of the Children's Railway between Szépjuhászné and Széchenyi Hill stations on a light two-hour hike, where you will be rewarded with breathtaking views! You can combine the forest hike with the narrow-gauge train ride in different ways: You can take the train from Hűvösvölgy to Szépjuhászné station, the starting point from where you can hike all the way to Széchenyihegy station on foot, or you can start your hike from Széchenyihegy and then catch the train back at Szépjuhászné station. Whichever direction you choose, you will encounter unique viewpoints, stunning panoramas, forest playgrounds, and sacred sites along the route!

 **Tour type:** one-way hike

 **Distance:** 5,7 km

 **Elevation:** 70 m

 **Required time:** 2 hours

 **Tour difficulty:** easy

**More tour descriptions and  
downloadable maps:  
[budapestoutdoor.aktivmagyarország.hu](http://budapestoutdoor.aktivmagyarország.hu)**





## GET OUT INTO NATURE IN THE CAPITAL TOO!



### GELLÉRT HILL ADVENTURE TRAIL

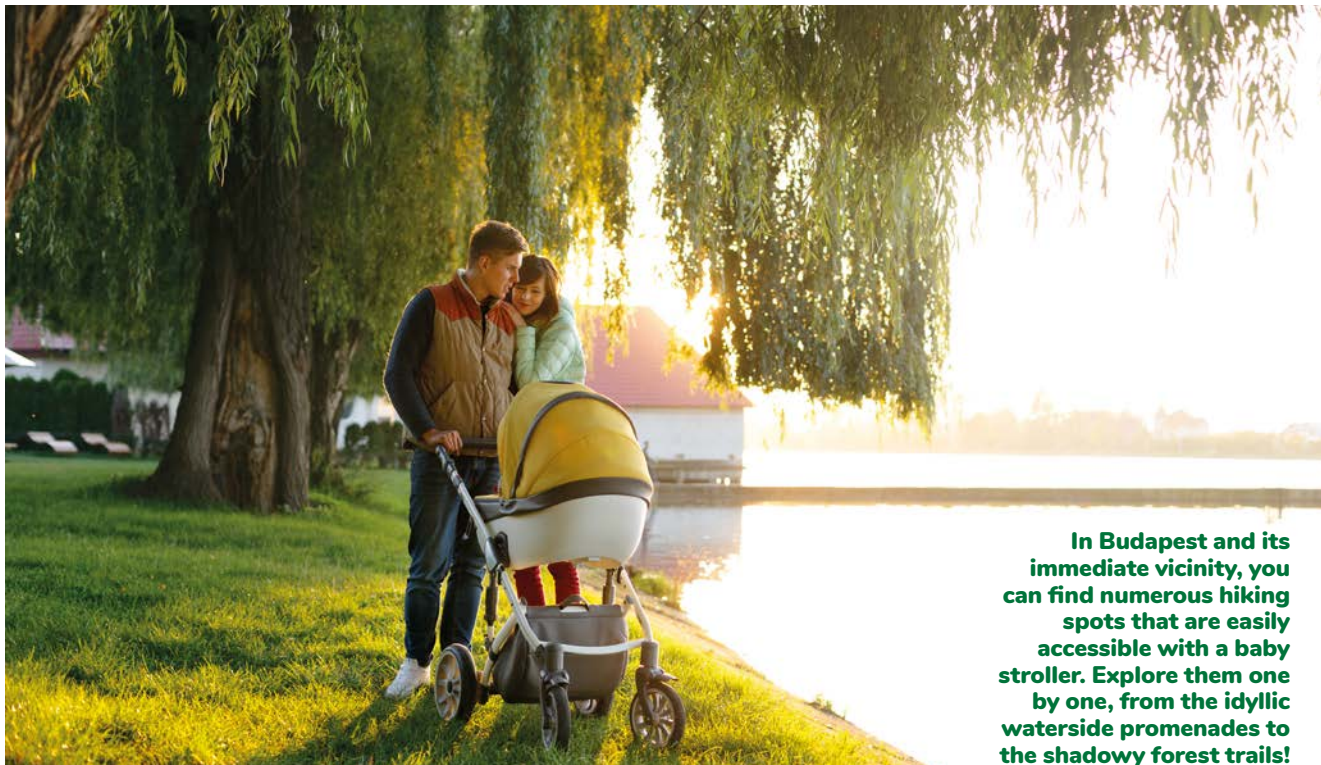
On the two-kilometre-long Gellért Hill Adventure Trail, you can quickly forget that you are in the middle of a big city. In just an hour, you can stroll through the shadowy forests of the hill and enjoy the enchanting panoramic views of Budapest, and you can even visit iconic monuments such as the Statue of Liberty.

### GUCKLER KÁROLY EDUCATIONAL PATH

One of Budapest's most beautiful forest paths is the Guckler Károly Educational Path, equipped with 14 interactive stations, inviting you to hike along the seven-kilometre round trip of Hármashatár Hill. This family-friendly route is suitable for children and even accessible with a stroller. It includes two lookout points that offer beautiful panoramas of the capital city. The three-hour forest trail starts at Fenyőgyöngye Restaurant and ends at the same location.



## GO ON A HIKE WITH A BABY STROLLER!



**In Budapest and its immediate vicinity, you can find numerous hiking spots that are easily accessible with a baby stroller. Explore them one by one, from the idyllic waterside promenades to the shadowy forest trails!**

### **KOLONICS GYÖRGY PROMENADE**

Directly alongside the Danube River meanders the picturesque Kolonics György Promenade, named after the late Olympic champion canoeist. The 5-kilometre section between Gubacsi Bridge and Nádfedelez Csárda is perfect for families with young children, bikes, and baby strollers, providing a comfortable path along the riverside, where the Danube flows rapidly just a stone's throw away. While the promenade lacks a built infrastructure, you'll be rewarded with an undisturbed waterside atmosphere.

### **FROM FENYŐGYÖNGYE TO ÁRPÁD LOOKOUT TOWER**

From Kolosy Square, buses 65 and 65A will take you to Fenyőgyöngye Restaurant in less than 10 minutes, from where you can take a pleasant walk to Árpád Lookout Tower, offering a beautiful city panorama. The forest path, which is wonderful in all seasons, is about 1.5 kilometres in one direction with a minimal incline, so you can easily take a leisurely pace, even with young children, and complete the walk in just over an hour. Next to the lookout there are benches where you can enjoy a little snack.

### **OMSZKI LAKE**

Just outside the northern border of Budapest, you'll quickly reach Omszki Lake, surrounded by a well-maintained park. There's a 1.6-kilometre-long rubberised running track around the lake, inviting you for active recreation, even with a sports baby stroller. Thanks to the pleasant walkway next to the running track, you can easily explore the waterside park in Budakalász on foot or by bicycle. In the summer, there's even a wakeboard track operating in the area.

## ④ BUDA GREEN – HIKE FROM THE HEART OF THE CITY TO THE PEAK OF BUDA HILLS

You don't have to venture far from the city centre to discover the beautiful forest trails and landscapes of Budapest with their breathtaking views! The Buda Green hiking trail connects the green areas of the capital and unveils the wonders of the Buda Hills over a distance of 44.5 kilometres. Starting from the bustling Gellért Square, you'll find yourself amongst nature in no time, and you can even reach the highest point of the hill, Nagy-Kopasz! Of course, you have the option to complete the route in smaller parts, choosing between a city panorama tour, adventurous exploration, and a hike revealing the treasures of the agglomeration! Navigating is easy; you just need to follow the green markers all the way.



### FROM GELLÉRT SQUARE TO FAIRY-ROCK / FOLLOWING BEAUTIFUL VIEWS

You can join the Green hiking trail of Buda at Gellért Square, and as you ascend above the city, the green areas of Budapest unfold before you. Undoubtedly the most exciting panoramic trail in Budapest starts on the 80-metre-high footpath carved into the side of Gellért Hill. After passing the restored statue of Saint Gellért, the forest path leads to the romantic Philosopher's Garden, from where you should head towards the peaceful Tabán and Vérmező. Passing through Városmajor and Kis-Sváb Hill, you'll soon reach the lesser-known Jókai Garden and the Széchenyi Lookout Tower, and then head towards the popular Normafa! As you walk towards Zugliget, you'll be rewarded with a stunning view at Fairy Rock.

 **Tour type:** one-way hike

 **Distance:** 18,3 km

 **Elevation:** 564 m

 **Required time:** 6 hours

 **Tour difficulty:** hard

### FROM HÜVÖSVÖLGY TO SOLYMÁR CASTLE / ADVENTUROUS HIKING IN THE BUDA HILLS

A full-day adventurous hike awaits you if you decide to embark on the second section of the Green trail of Buda, which starts at Nagyhíd station and is also accessible by trams 56 and 61. The entire route is marked with green signs, and the first viewpoint is the steep cliff of Apáthy Rock from where you'll follow a forest path to the popular Árpád Lookout. Leaving the charming rock terrace behind, you'll arrive at the Guckler Károly Panorama Trail on the ridge of Hármashatár Hill. After enjoying the unfolding cityscape, you can take a rest at the grassy plateau of Virágos-nyereg or continue your journey to the ruins of Solymár Castle, which gracefully stands on top of the Mátyás Hill.

 **Tour type:** one-way hike

 **Distance:** 13,8 km

 **Elevation:** 391 m

 **Required time:** 5 hours






 **Tour difficulty:** medium





## FROM SOLYMÁR THROUGH NAGYKOVÁCSI TO TELKI / FAR FROM THE NOISE OF THE CITY

The Green trail of Buda holds promises of memorable experiences on its third and final section, where you can leave the busy city behind and embrace a peaceful, natural recharge. The route, which ends in Telki, leads from Solymár towards Nagykovácsi. Upon leaving the centre of Solymár, you'll venture into the forest path leading to Zsíros Hill. It's worth making a detour towards the impressive Ördöglyuk-barlang (Devil's Hole Cave), which also serves as a stunning viewpoint. From the hilltop, an easy walk takes you to Nagykovácsi, the highest settlement in the agglomeration. Continuing through Ördög-árok (Devil's Trench) and Széltörés-erdő (Windbreak Forest), you'll circumnavigate the 422-metre-high Telki Hill before reaching Telki.

-  **Tour type:** one-way hike
-  **Distance:** 12,8 km
-  **Elevation:** 356 m
-  **Required time:** 4 hours
-  **Tour difficulty:** medium

**More tour descriptions and downloadable maps:**  
[budapestoutdoor.aktvmagyarorszag.hu](http://budapestoutdoor.aktvmagyarorszag.hu)



## WALKING TOUR GUIDE – EXCURSION BY PUBLIC TRANSPORT



### ⑤ BLUE TRAIL IN THE CAPITAL!

The 14th section of the National Blue Trail takes you through the capital, starting from Hűvösvölgy and ending at Rozália Téglagyár (Rozália Brick Factory), located at the border of Budapest near the Solymár access road. You can easily reach the starting and finishing points of the 14-kilometre tour, which takes 4-5 hours, by public transport, and in addition to easy accessibility, there are fabulous sights to see! Along almost the entire route, you will be accompanied by magnificent views: from the Árpád Lookout Tower, the panorama is as stunning as from the terrace of the Guckler Károly Lookout Tower. The trail runs through a mixed forest, providing an easy and peaceful environment.

 **Tour type:** one-way hike

 **Distance:** 14 km

 **Elevation:** 366 m

 **Required time:** 5 hours

 **Tour difficulty:** medium

### ⑥ AFTERNOON WALK AROUND LAKE NAPLÁS

Go for a pleasant afternoon stroll on the friendly paths around Lake Naplás! The 3-hour hike starts at the Szilas-patak (Szilas Stream) bus stop, accessible by buses 46 and 174, from where you can walk along the well-maintained walking path alongside the stream. The Szilas-patak leisure park attracts many nature-loving cyclists and hikers in every season. Soon, you'll find yourself on a narrow trail, encircling Lake Naplás, where you can observe various species of rich aquatic wildlife, including wild ducks and water snakes. If you have absorbed the view of the lake while sitting on the wave-shaped benches, be sure to climb up to the nearby lookout as well!

 **Tour type:** one-way hike

 **Distance:** 8,3 km

 **Elevation:** 43 m

 **Required time:** 3 hours

 **Tour difficulty:** easy





## WALKING TOUR GUIDE – EXCURSION BY PUBLIC TRANSPORT

### ⑦ FROM ÖRDÖG-OROM TO THE SZÉCHENYI HILL

The hiking trail connects popular locations in Buda, and with its slight 266-metre elevation, everyone can enjoy it. You can reach the first stop of the hike from Kelenföld by taking the 8E bus, and getting off at the Irhás-árok stop. After a short walk, you will immediately reach the highest point of the hike: the 312-metre-high Ördög-orum limestone cliff, which is under nature protection and offers stunning views of the Buda landscape. Leaving the viewpoint behind, you should head towards Farkas-völgy (Wolf Valley), from where a slightly uphill road will lead you to the Normafa stop on the Children's Railway. From here, turning towards Széchenyi Hill, you can walk on a straight path next to Hegyhát road towards the final station of the Children's Railway, where a renovated playground and a small park awaits the hikers.

 **Tour type:** one-way hike

 **Distance:** 5 km

 **Elevation:** 258 m

 **Required time:** 1,5 hours

 **Tour difficulty:** easy

### ⑧ FROM THE ÁRPÁD LOOKOUT TOWER TO APÁTHY ROCK

The first attraction of the hike is the Kiscell Museum, which functioned as a monastery in the 18th century, and the park forest of the former castle. You can reach it by taking the 19 and 41 trams starting from Batthyány Square. Continuing from the museum, it's worth taking a break at the Mátyás Hill quarry, where you can enjoy a magnificent panoramic view of Budapest. From the quarry, after about 2 kilometres of walking and approximately 100 metres of elevation, you will reach the Árpád Lookout Tower on Látó Hill, which has been welcoming visitors since 1929. From here, you can descend on a downhill trail to Apáthy Rock, which is a popular destination for hikers. From the more than 240-metre height, you'll have a beautiful view of the Buda hills, and you can gain insight into the unique wildlife of the rock.

 **Tour type:** one-way hike

 **Distance:** 7,5 km

 **Elevation:** 366 m

 **Required time:** 2,5 hours

 **Tour difficulty:** easy



**More tour descriptions and downloadable maps: [budapestoutdoor.aktivmagyarország.hu](http://budapestoutdoor.aktivmagyarország.hu)**



APÁTHY ROCK

## BIKE TOUR GUIDE



FŐVÁM SQUARE

More tour descriptions and downloadable maps: [budapestoutdoor.aktivmagyarország.hu](http://budapestoutdoor.aktivmagyarország.hu)

### ① SIGHTSEEING BY BIKE IN BUDAPEST

Start your hike from Budapest's green island, the perfect place for active relaxation, Margaret Island! Head north on the island towards Árpád Bridge, crossing through the cyclist underpass. Cycle along the Pest embankment until you reach Gogol Street, then take Andrásy Service Road to reach City Park, whose promenades are a pleasure to wander through in all seasons, and don't forget to admire the park's famous buildings! From here, continue on Andrásy road and then Múzeum Boulevard until you reach the fabulous Danube-side cycle path at the foot of the Liberty bridge, where you will be accompanied by a stunning panorama. Cross the Rákóczi Bridge to reach the peaceful Kopaszi Dam, then follow the Buda embankment back to Margaret Island.

 **Tour type:** round trip;  **Distance:** 28 km;  **Elevation:** 200 m;  **Required time:** 3 hours;  **Tour difficulty:** easy





## ② THROUGH THE VILLA DISTRICT AND ALONG THE STREAM VALLEY

The tour starts from Mátyásföld, at the Repülőtér HÉV station, where you'll first cycle through the beautiful villa district of Mátyásföld, then cross the „steppe” between Mátyásföld and Rákoskeresztúr. After the ascent, descend into the valley of Rákos Stream, and cycle up the bike lane along Naplás Road, so you can roll down to Lake Naplás, where a picturesque, waterside resting place awaits. Next, the Szilas Stream will be your companion, and you can enjoy the atmosphere of the stream valley undisturbed. Soon, you'll arrive at the Hermina Bike Park, where various forms of entertainment, from the pump track to the playground, await you, and you can also grab a tasty hamburger at the Kalóz Büfé (Pirate Buffet). You can return to the city centre through the quiet streets of Rákosszentmihály.

 **Tour type:** round trip;  **Distance:** 29,4 km;  **Elevation:** 43 m;  **Required time:** 2,5 hours;  **Tour difficulty:** easy



## BIKE TOUR GUIDE

### ③ ADVENTURES ALONG THE DANUBE NEAR BUDAPEST

Starting from the Roman Beach in Budapest, the Danube River guides you on this easy, cycling round tour, where you will cross the Danube three times. Between Budakalász and Szentendre, you can cycle through the gallery forest of the floodplain. Passing by Lupa Lake near Szentendre, you'll have a beautiful view of the Pilis Mountains in the distance. Arriving in the city centre of Szentendre, it's worth stopping for refreshment. From there, you'll take a ferry to Szentendre Island, where the charming and natural environment will surely enchant you. On the eastern side of the island, you'll take another ferry from Horány to Dunakeszi. Heading back towards Budapest, you'll follow a perfect cycle path, and crossing the Megyeri Bridge, you'll return to the Roman Beach.

 **Tour type:** round trip;  **Distance:** 48,6 km;  **Elevation:** 56 m;  **Required time:** 4 hours;  **Tour difficulty:** easy







#### ④ FROM SIGHT TO SIGHT ON THE BUDAPEST-BALATON CYCLING ROUTE

**In 2022, the long-awaited Budapest-Balaton bicycle path (known as called BuBa) was inaugurated, connecting the capital with the Hungarian 'Sea' (Lake Balaton) over a 120-kilometre stretch. Depending on your fitness level, the route can be completed in 1-2 days and offers excitement at various points. The section from Budapest to Martonvásár, for example, can be a great one-day destination for cycling enthusiasts.**

The tour starts from Szent Gellért Square, one of Budapest's central locations, where you can comfortably cycle along a bike path next to Feneketlen Lake, all the way to Bikás Park. As you reach the Budaörs Kamaraerdő (Chamber Forest), you leave the hustle and bustle of the city behind and soon arrive at the first attraction of the route, the Biatorbágy Viaduct. After admiring the valley bridge from above you will continue your way towards Etyek, embraced by vineyards and wine cellars. If you're not in a hurry, make sure you include a visit to the vineyards of Budapest! Before reaching Gyúró, you can take a break at a cyclist rest area, and then head to Tordas, where you can experience a real Wild West adventure by visiting the Élményfalu (Adventure Village) with just a short detour of a few hundred metres. After Tordas, only the beautiful Brunszvik Castle, the pride of Martonvásár awaits you, before you hop on a train back to the capital, filled with memorable experiences. You can also start the tour from Martonvásár if you prefer to take the train from Budapest early in the day.

 **Tour type:** one-way trip;  **Distance:** 49,1 km;  **Elevation:** 350 m;  **Required time:** 3,5 hours;  **Tour difficulty:** medium

BALATONAKARATTYA, HIGH BEACH



**More tour descriptions and downloadable maps: [budapestoutdoor.aktivmagyarország.hu](http://budapestoutdoor.aktivmagyarország.hu)**

## WATER TOUR GUIDE


### CANOEING ADVENTURE NEAR THE CAPITAL - HEAD TO THE DANUBE BEND!

Did you know that you don't have to leave Budapest to experience an unforgettable canoeing adventure on the Danube? From the northern border of the capital, the Szentendre Island stretches all the way to Visegrád, where the Danube splits into two. Its narrower branch, the Danube of Szentendre, is also an excellent place for beginners, as the relatively shallow riverbed limits water traffic. An authentic and adventurous water journey awaits you from Visegrád to Budapest, where smaller islands, peninsulas, and sandbanks make the tour truly unique.



### PADDLE THROUGH THE ISLANDS OF SZENTENDRE DANUBE!

This classic canoeing route between Budapest and Szentendre offers a fantastic opportunity for active recreation away from the busy capital city. The starting and ending point of the tour is the water tour base located on the Budapest section of the Szentendre Danube, which is protected from heavy boat traffic and easily accessible by public transportation. During the water excursion, you can paddle through uninhabited islands and sandbanks, and explore the enchanting holiday paradise of Lupa Island. Upon reaching Szentendre, it's worth taking a break at the free Postás Beach, where you can find a buffet before paddling back to Budapest through the smaller branch of the Danube.

 **Hiking route:** Budapest (Roman Beach / Pünkösdfürdő / Békásmegyér) - Egyfás Island - Fairy Island - Süllő Island - Szentendre, Postás Beach - Lupa Island - Budapest

 **Distance:** 16,8 km

 **Required time:** 5-6 hours

 **Tour difficulty:** medium





RÁCKEVE



More tour descriptions and downloadable maps: [budapestoutdoor.aktivmagyarorszag.hu](http://budapestoutdoor.aktivmagyarorszag.hu)

## ACTIVE IN THE AGGLOMERATION – BUDAKESZI WILDLIFE PARK

The Budakeszi Wildlife Park, referred to as the gateway to the forest, welcomes families seeking active and nature-oriented relaxation, close to the capital, with friendly animals and exciting educational programmes.



There are currently more than 200 animals of nearly 60 species in the park. Visitors can encounter various animals such as bears, wolves, golden jackals, foxes, raccoons, snowy owls, lynxes, wildcats, ravens, squirrels, and hedgehogs, among others. In addition, all of Hungary's large game species can be observed here, and you can get up close with two of them, the friendly fallow deer and mouflon, in the petting zoo area where feeding the animals is also possible.



You can easily find your way around the meandering trails and interactive panels in the wildlife park without the help of an expert, but of course, you can also choose to join guided tours on various topics. Every day, there are feeding shows where you can see how animals work together with their caretakers. During the weekends, themed programmes offer all-day entertainment for both children and adults, with animal shows, guided tours, and playful, interactive stands.



In addition to all this, carefree relaxation is complemented by themed playgrounds, an exciting adventure park, and the Törpevasút (Smurf Train), where children can meet the residents of Hungarian poultry yards in a beautiful forest setting.



## ⑨ BIG ROUND TRIP IN THE WILDLIFE PARK

If you're looking for a long walk in nature and a peaceful forest bath, this 15.7-kilometre round trip is the perfect choice for you. You can start your journey from the Országos Korányi Intézet bus stop, located near Széll Kálmán Square, by taking bus number 22 and following the yellow cross trail markers. Soon, you will arrive at Szilfa Clearing, where the long and winding forest hike begins. After reaching the 493-metre high Vörös-pocsolyás-hát (Red Puddle Ridge), you can continue to enjoy the tranquility of the forest, and then take an unmarked trail next to the game fence leading to a wooden lookout with a beautiful panorama. From there, you will return to the starting point following the well-known route back to Szilfa Clearing.

 **Tour type:** round trip

 **Distance:** 15,6 km

 **Elevation:** 342 m

 **Required time:** 4,5 hours

 **Tour difficulty:** easy

## ⑤ HIDEG-VÖLGYI BIKE TOUR

The Hideg-völgyi tour starting from Budakeszi invites experienced cyclists to a sweaty forest adventure! This approximately 2.5-3 hours long route provides a thorough workout, and when combined with a visit to the wildlife park, it can turn into a full-day programme. Starting from the wildlife park, you'll delve straight into the depths of the forest, and after a few warm-up kilometres, you'll encounter steep downhill and challenging uphill roads! The trail loops around Nagy-Kopasz Hill, taking you through the woods, with glimpses of stunning views that will reward you for every kilometre travelled. Keep in mind that the route can get slippery after rain, so it's better to choose a different route after rainfall. The PB marking indicates the Pilis Bike routes.

 **Tour type:** round trip

 **Distance:** 27 km

 **Elevation:** 550 m

 **Required time:** 2,5 hours

 **Tour difficulty:** hard



## ACTIVELY EXPLORE SZENTENDRE, THE JEWEL BOX OF THE DANUBE BEND








**More tour descriptions and downloadable maps:**  
[budapestoutdoor.aktivismagyarorszag.hu](http://budapestoutdoor.aktivismagyarorszag.hu)

With its charming cobblestone streets and vibrant cultural scene, Szentendre is a fantastic destination for a day trip or even for longer trips within Hungary. While visiting the Jewel Box of the Danube Bend, it's worth discovering the city alongside its natural treasures, as this allows you to experience Szentendre from a whole new perspective. Exciting hiking trails, unique natural wonders, excellent quality bike paths, and mesmerizing waterway routes to explore the nearby islands all entice you to engage in active recreation in the area!

### ⑥ TRIP TO SZENTENDRE FROM THE CAPITAL

Leave the city behind on this spectacular bike tour, which starts from the Árpád Bridge end of Margaret Island. Cycling along the Buda embankment, you'll quickly reach Óbuda, from where you have two options to continue the journey: you can choose the charming Roman Beach section, or opt for the faster but busier Nánási road. Whichever route you decide, from Pünkösdfürdő Street onward, you'll ride on a super bike path. The new cycle path joins the old one on a bridge on the outskirts of Szentendre, and leads to the lively Duna-korzó (Danube promenade). On the way back, after passing under the bridge at the 11th road, you'll cycle on a recently renovated section and then return to the riverside path, heading back to Budapest.

-  **Tour type:** round trip
-  **Distance:** 36 km
-  **Elevation:** 27 m
-  **Required time:** 3 hours
-  **Tour difficulty:** easy



## A WALK IN THE GREENEST GARDENS

### GÖDÖLLŐ ARBORETUM

From Budapest, in just an hour of travel - by car, bus, or train - you can reach Gödöllő, filled with numerous fascinating sights. In addition to the must-see locations, such as the Gödöllő Royal Palace and its beautiful surrounding park, it's worth embarking on a few hours for a trip to the 137-hectare Gödöllő Arbo-park (also known as Gödöllő Arboretum). The arboretum entices you into nature with romantic forest trails, charming playgrounds, fire pits, a fitness park, and a forest library. Everything is provided for the entire family to enjoy an adventurous and fulfilling time in the fresh air!

### NATIONAL BOTANICAL GARDEN OF VÁCRÁTÓT

Undoubtedly, one of the country's most beautiful botanical gardens is the magical National Botanical Garden of Vácraátót, which serves as a wonderful one-day destination from the capital city in every season. While strolling through the former aristocratic castle garden, you can discover 13 thousand plant species and varieties, hidden in a picturesque environment, embraced by greenhouses, a mesmerizing lake system, watermills, historic buildings, and cosy resting areas. Walking along the paths, you can observe various bird species, and if you're lucky, you may spot butterflies, squirrels, or sunbathing lizards within the nature reserve. You can delve even deeper into the garden's secrets through guided tours and diverse educational programmes, and the permanent exhibitions will unveil many interesting facts to visitors.



NATIONAL BOTANICAL GARDEN OF VÁCRÁTÓT





**ACTIVE IN BUDAPEST  
ON FOOT, ON WATER, AND ON TWO WHEELS AROUND THE CAPITAL**

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