



Budapest, 10/02/2023

## LONG DISTANCE HIKING COURSE

The student can complete the performance tour anywhere throughout the country.

Tour requirement:

-100 km walking tour during the semester (max. 5 times, with a min. 20 km walking tour each time)

OR

-200 km bike tour during the semester (max. 5 times, with a bike tour of at least 40 km each time)

Proof of tour: with a tour report and tour confirmation sheet

We do not accept the certificate on its own, without a tour confirmation sheet!

Tour certificates must be handed in at the physical education instructor teaching the course (Bp. VIII., gym under Tavaszmező str. no. 17) or at the Secretariat of the Institute of Physical Education (Bp. VIII., Tavaszmező str. 17/C ground floor 3), until the last week of the study period of the given semester.

You can find hiking tips on the following pages:

<http://www.teljesitmenyturazoktarsasaga.hu/>

<https://tturak.hu/>

Sincerely,

Ákos Hiervarter  
Institute of Physical Education and Sports  
Director