



NEW

## Cycle Poland - Gdansk and the Baltic Coast

POLAND - TRIP CODE CPB

CYCLING

### Why book this trip?

An exploration of Poland's Baltic coast on two wheels. Cycle along dedicated cycle paths and quiet country roads through charming medieval towns, past pristine beaches and along the Hel Peninsula sand bar. Visit the giant Teutonic castle of Malbork.

- Gdansk - Beautiful maritime city rich with history
- Slowinski National Park - Cycle with views of giant shifting sand dunes
- Elblag canal - Take a short cruise on this unique engineering achievement
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**INCLUDED MEALS**  
Breakfast: 7



**TRIP STAFF**  
Explore Tour  
Leader / Cycle  
guide



**TRANSPORT**  
Bus  
Bicycle  
Boat



**ACCOMMODATION**  
7 nights  
comfortable hotel



**CYCLING GRADE:**  
Easy To  
Moderate



**GROUP SIZE:**  
10 - 16

## Itinerary

Itineraries on some departure dates may differ, please select the itinerary that you wish to explore.

### DAY 1 - Join trip in Gdansk

Our trip begins in Gdansk, perched on Poland's northern coastline; the historic city of Gdansk is one of Poland's prettiest seaside cities.

For those arriving on time our Leader plans to meet you in the hotel reception at 7pm for the welcome meeting and for those that wish, there is the chance to go out for dinner. There are no other activities planned today, so you are free to arrive in Gdansk at any time. If you would like to receive a complimentary airport transfer today, you'll need to arrive into Gdansk Lech Walesa Airport (GDN), which is about 30 minutes' drive from the city centre. Should you miss the welcome meeting, your Leader will inform you of any essential information as soon as you catch up.

If your flight arrives earlier in the day, you might choose to take a relaxing wander through the maze of narrow cobbled streets past red-bricked churches, amber shops, grand old buildings and pretty waterfront bars and restaurants.



**ACCOMMODATION:**  
Dom Muzyka (or similar)

**Grade: Comfortable Hotel**



**SINGLE ROOM AVAILABLE**



MEALS PROVIDED: NONE

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## DAY 2 - Drive to Leba. Short cycle ride in Slowinski National Park

Leaving Gdansk and its impressive monuments for later, we get on our bus and head west to Leba where we arrive after a one and a half hour drive. Leba is a tiny town known for being a gateway to Slowinski National Park, home of the 'moving dunes' with a remarkable desert-like landscape. In the afternoon after fitting our bikes and getting comfortable, we go for a short ride to the National Park. Once there we will have a chance to visit a WW2 V2 rocket-testing site. Our tour leader will show you through this open-air museum littered with artifacts. We then cycle back to our hotel in Leba.

Our total cycling distance today is approximately 10 kilometres (Total 20 metres ascent and descent).



ACCOMMODATION:

Grand Leba Hotel (or similar)



Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

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## DAY 3 - Ride through Coastal Landscape Park to Jastrzebia Góra

We begin our cycle journey heading east, through the Coastal Landscape Park, a protected area covering 188 square kilometres. The park is covered by forest, mostly coniferous trees and is home to wood sandpipers, dunlins and oystercatchers. Most of the day we will be following Eurovelo 10 route - an international cycle route that encircles the entire Baltic Sea. Our ride ends in Jastrzebia Gora, a very popular coastal village and the northernmost settlement in Poland.

Our total cycling distance today is approximately 62 kilometres (Total 105 metres ascent and descent).



ACCOMMODATION:

Faleza Hotel (or similar)



Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

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#### **DAY 4 - Cycle along Hel Peninsula. Water tram ride to Gdansk for a city tour**

We start the day by cycling along Hel, a 35-km-long sand bar peninsula. The route follows a dedicated cycle path and offers us wonderful views of the sandy beaches and Pucka Bay. Having reached the tip of the peninsula, we board a water tram that takes us directly to Gdańsk.

In the afternoon, we have a guided tour of the city whose history has been written by generations of Germans, Poles and many other nations. Among other places, we shall visit the Long Market and the historic old port crane.

Our total cycling distance today is approximately 47 kilometres (Total 40 metres ascent and descent).



ACCOMMODATION:  
Dom Muzyka (or similar)



Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

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#### **DAY 5 - Cycle south to Malbork, visit castle**

Today we head south crossing the Vistula and Nogat Rivers. We cycle through a depression two metres below sea level to the historic town of Tczew and further south to Malbork, former capital of the medieval State of the Teutonic Order. The fortress was founded in 1274 and quickly became the main seat of the Teutonic Knights. Consisting of three castles nestled inside one another, Malbork is considered to be the world's biggest castle - more than three times the area of Windsor. In the afternoon we will follow a local guide who will introduce us to this impressive UNESCO-listed building.

Our total cycling distance today is approximately 65 kilometres (Total 70 metres ascent and descent).



ACCOMMODATION:  
Hotel Centrum (or similar)

Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

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### DAY 6 - Morning cycle through countryside, cruise along the Elblag Canal

Our morning route will take us through a very rural area to Buczyniec Lock where we board a boat and a cruise along the Elblag Canal. Designed in the 19th century by Prussian engineer Georg Steenke using an ingenious system of inclined planes with rail tracks along with canals and locks, it connects Lakes Druzno and Jeziorak which differ by 100 metres in altitude, too great a difference for traditional locks. We then continue by bike to our hotel in Elblag.

Our total cycling distance today is approximately 55 kilometres (Total 210 metres ascent and 180 descent).



ACCOMMODATION:  
Atrium Hotel (or similar)

Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

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### DAY 7 - Coastal ride along the GreenVelo cycle path to Frombork, drive to Gdansk

Today we join the Baltic Coast again cycling along the GreenVelo cycle route to Frombork, a small town where the Renaissance-era mathematician and astronomer Nicolaus Copernicus spent most of his life. After visiting sites related to the life and work of Copernicus we leave our bikes and board our bus to drive 100 kilometers to Gdansk where we spend our final night, which will take approximately one and a half hours.

Our total cycling distance today is approximately 45 kilometres (Total 280 metres ascent and descent).



ACCOMMODATION:  
Dom Muzyka (or similar)



Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

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### DAY 8 - Trip ends in Gdansk

The trip ends after breakfast at our hotel in Gdansk.

There are no activities planned today, so you are free to depart from Gdansk at any time. If your flight is departing later in the day luggage storage facilities are available at our hotel. If you would like to receive a complimentary airport transfer today, you need to depart from Gdansk Lech Walesa Airport (GDN), which is which about 30 minutes' drive from the city centre.



MEALS PROVIDED: BREAKFAST

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## Trip information

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### Country information

#### Poland

##### Climate

Poland has a temperate, changeable climate. September and October are cooler and gradually become damper until late November when temperatures fall below freezing with snowfall, particularly in mountainous areas. Cold temperatures last through to March, but are tolerable. Snow can lie for up to three months in the mountains.

Time difference to GMT	Plugs	Religion	Language
+1	2 Pin Round	Roman Catholic	Polish

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## Budgeting and packing

### Clothing

Bring cycling gear such as gloves, cycle shirts and shorts. Remember weather is changeable in the mountains and it can be cool, especially at night, so bring a warmer jacket/fleece. A raincoat is essential at all times in case of rain.

### Footwear

If you are not bringing cycle shoes then try to bring stiff-soled shoes as these are better for cycling - transmitting your energy into the pedals more efficiently. This becomes more relevant and recommended the more demanding the grade and distances to cover. SPD cycle shoes are not well suited to trips that combine sightseeing with cycling.

Comfortable shoes, trainers, sandals or flip flops are useful when not on the bike.

### Luggage

20kg

### Luggage: On tour

We recommend you bring a daypack and one main piece of luggage (total allowance: 44lb/20kg) which will be transported between hotels while you cycle. Check the bike details section to see if a pannier or handlebar bag is provided on the bike. Remember you are expected to carry your own luggage so don't overload yourself.

### Equipment

On all Explore cycle holidays we strongly recommend you bring along and wear your cycle helmet. In case of an accident resulting in personal injury, certain insurance policies are invalidated in cases where a helmet was not being worn. Cycle glasses to protect against dust, pollen and the sun, padded cycle gloves and a water bottle or water delivery system (e.g. camelback or platypus) are also useful. You may choose to bring your own gel seat cover for added comfort. If a handle bar bag or pannier is not provided (check bike details) then you may like to bring a small rucksack to wear while cycling. Other items to consider bringing are a sunhat and sun cream, torch, earplugs and insect repellent. Please carry some or all of your cycling equipment e.g. helmet as part of your hand luggage.

### Tipping

#### Explore leader

Tipping isn't compulsory, and we work hard to ensure that our leaders all receive a fair wage. You may however, want to recognise a leader that has done a great job or really added to your trip by giving them

a tip. We're often asked about the recommended amount. It is a tricky one, and down to personal preference, but we would recommend £15 to £20 per person per week as a guideline.

### Local crew

Although voluntary, tipping is a recognised part of life in this region of the world. Some local staff will look to members of the group for personal recognition of particular services provided. Accordingly, you should allow approximately £20 of local currency for tipping.

In order to make things easier for you, the Explore Leader may organise a group's tips kitty and if this is the case, they will account for it throughout the trip.

## Poland

### Food and drink

The costs for meals may vary depending upon location, type of restaurant and number of courses eaten and so the prices given are an average guide. Local restaurants located off the beaten track may be less expensive, whereas an upmarket restaurant located in the centre of a major city may charge more.

<b>Lunch price</b>	<b>Dinner price</b>	<b>Beer price</b>	<b>Water price</b>
£8	£18.00 - 22.00	£1.50 - 3.00	£0.8

### Foreign Exchange

#### Local currency

Polish Zloty

#### Recommended Currency For Exchange

British Pounds Sterling, US Dollars and Euros are all accepted at exchange offices and banks

#### Where To Exchange

Most major towns - your Tour Leader will advise you on arrival

#### ATM Availability

Available in all major cities

#### Credit Card Acceptance

Credit cards are widely accepted in all major cities

#### Travellers Cheques

Easily exchanged

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## Transport, Accommodation & Meals

### Transport Information

Bus, Bicycle, Boat

### Accommodation notes



Comfortable - Our mid-range accommodation offers a good level of service often with other amenities such as a restaurant, bar, garden or swimming pool. Generally rooms will be comfortable with en-suite facilities.

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## **Essential Information**

### **Government Travel Safety Advice**

We strongly recommend that you check your government's travel advisory for up-to-date information and advice about your destination: safety and security, entry requirements, health, local laws and customs. For UK Foreign and Commonwealth Office advice [click here](#).

For more information from Explore about travel advice, [click here](#)

#### **Under 18 immigration guidance**

Please note that some countries require proof of parental consent when travelling overseas with under 18s. Please check requirements with the relevant embassy or consular office well in advance of travel if this applies to your party.

### **Price Guarantee**

Once your booking has been confirmed we guarantee the price will not increase, whatever the circumstances. Before booking please ensure you have read our important tour pricing information. [Booking Conditions](#)

### **Visa and Passport Information**

Poland: Visas are not required by UK, Australian, New Zealand, US and Canadian citizens. Other nationalities should consult their local embassy or consular office.

If you do require assistance in obtaining a visa then you may be able to apply through Explore's recommended visa service in the UK, Travcour. See [www.travcour.com](http://www.travcour.com) to download the relevant visa application for your trip, if applicable (UK citizens only), along with details of how to apply for your visa through Travcour. The Team at Travcour will be happy to answer specific questions relating to visa applications, please call them directly on 0208 5431846.

It is your responsibility to ensure that you are in possession of a full passport, with the correct validity for your chosen destination.

### **Booking conditions**

Before booking your Explore trip, please ensure that you read both our Essential Information and [Booking Conditions](#).

### **Transfers**

Find out more about [Trip Transfer Terms and Conditions](#) before you book.

#### **Booking a land only package with Explore**

Customers who have chosen to book on the 'Land Only' arrangements of our tour, please ensure that you

have checked your tour specific 'Joining Instructions' prior to booking your own travel arrangements. Your joining instructions can be found below in the dates and prices information.

You may also be eligible for the Free Explore Transfer.

### **Joining Tour Abroad**

Customers booked on the 'Land Only' arrangements will now receive a Free Transfer, provided you arrive and depart on the tour only itinerary start and end dates. The complimentary transfers will be arranged from the Explore designated airport or train station to your trips joining point, and then back from the ending point to the designated airport or train station. Generally the airport or station that Explore have selected will be the one that is closest to the town or city where the trip starts, or the one nearest to the joining point. It will be either an airport or train station but not both.

The exception to this rule is customers who are booked on a tour where the joining and ending point is at the designated airport or train station.

Free transfers are not available for Self-Guided, Polar, Tailormade or Tours for Churches customers.

If you are not eligible for the Free Transfer then you will need to make your own way through to the joining and ending point. On a majority of our tours Explore will be able to provide a private transfer at an additional cost. Please ask for a quote at the time of booking.

For more information regarding the Explore Free Transfer [click here](#)

### **Insurance**

It is a condition of booking with Explore that you have adequate valid travel insurance. It is your responsibility to arrange appropriate travel insurance and ensure you have read and understood the full terms and conditions of your travel insurance policy to ensure that you are covered for all activities you intend to undertake whilst on the tour, including all optional activities. Your Insurance Policy must fully cover you for medical expenses and emergency repatriation to your home country. Please ensure your policy includes medical emergency helicopter evacuation in the event of illness or injury and covers the entire duration of your holiday. If you are trekking at altitude please ensure that there is no upper altitude limit which may limit or exclude cover for your trip. The cost of many of our Polar Voyages will exceed the capped amount covered by standard insurance premiums and you will be required to pay an additional premium to cover the full value of your trip. Please ensure that you are covered for the full amount of your holiday cost, as insufficient cover could invalidate a claim under the policy. Medical and repatriation insurance cover is not mandatory for UK residents who are travelling on trips within the United Kingdom.

Read more information about what travel insurance is required.

### **Flight information**

Explore offers a wide range of flexible flying options to make joining and leaving our trips easy. Read more about them [here](#).

#### **Flight Information**

You are able to book this tour on a 'land only' basis or as a 'flight inclusive' package. Your flight inclusive package will be fully protected by the Civil Aviation Authority (CAA) ATOL protection scheme.

#### **Booking a flight inclusive package with Explore**

We have a good selection of flights not only from London but from many regional airports around the UK allowing us to compare fares between scheduled carriers as well as low cost and charter airlines. Our

dedicated flights team will match the best flight options to your arrival and departure airport. On our website we display a UK flight inclusive package guide price which is generally based on a London departure. To avoid paying supplements or to secure your preferred flight option, we recommend booking as early as possible, especially for peak travel dates.

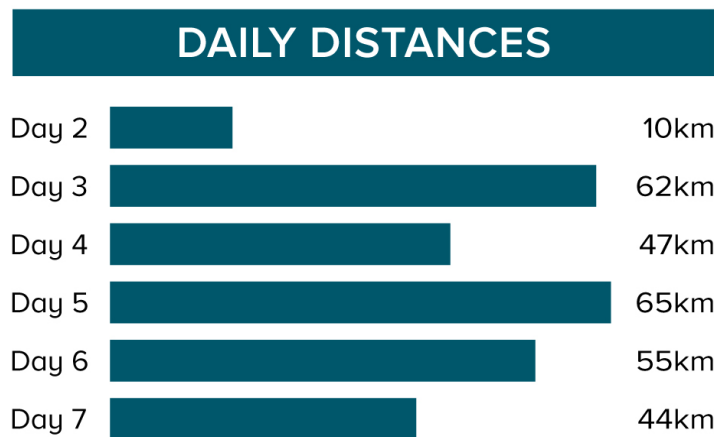
## Poland

### Vaccinations

Nothing compulsory, but we recommend protection against tetanus, polio and hepatitis A. Tickborne encephalitis is recommended by some medical sources if travelling in certain areas of Europe, at specific times of the year. Please check the latest requirements with your travel clinic or doctor prior to departure. The above is not an exhaustive list. Further information regarding vaccinations and travel health advice can be found by following the NHS and NaTHNaC links at Explore Travel Health and from your local healthcare provider. Visa and vaccination requirements are subject to change and should be confirmed by you before travelling.

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### Cycling information



### General cycling information

On this tour we cycle 283 km over six days (an average of 47 km a day). We mainly use quiet, flat and undulating roads. 80% of the route is on surfaced roads, the unpaved sections are relatively smooth and easy to cycle on. A support vehicle escorts this trip throughout. We have graded the route as easy to moderate.

### Bike included

28 gear Kross Trans 2 hybrid bike.

Electric bikes (e-bikes) are available for an additional cost for the duration of the holiday. You will be required to pay a refundable deposit upon collection of the e-bike in country (£100 cash). Please contact us for more details or to request your e-bike.

### Bike information

Your included bike is a 28 gear Kross Trans-2 hybrid bike and will be the correct frame size for your height. A 40 litre pannier and water bottle holder are included as well as the facility to fit your own pedals or saddle if you wish to bring them. A support vehicle carries the luggage from point to point but cannot always access the cycle routes. We provide spare parts and take care of the day to day maintenance. All you need to bring is your own helmet.

## Cycling grade

EasyToModerate

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### Additional Information



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## Reviews



**AWARD WINNING  
EXPLORE LEADERS**



**PRICE GUARANTEE  
PROMISE**



**AIRPORT  
TRANSFERS**