



Highlights of Poland with Lviv and Kyiv

POLAND, UKRAINE - TRIP CODE KWK

DISCOVERY

Why book this trip?

Explore the historical highlights of Poland and Ukraine including the charming and distinctive cities of Warsaw, Krakow, Lviv and Kyiv. Travel between them mostly by train, passing through glorious countryside, before being immersed among their medieval buildings, chic pavement cafes and micro-breweries.

- **Wroclaw** - Explore one of the oldest and most beautiful cities that is known as the 'Venice of Poland'
- **Lutsk** - Discover this attractive city on the Styr River including its well preserved old town and more recent Soviet architecture
- **Krakow** - See Europe's best-preserved medieval market square and the incredible Wieliczka Salt Mines



INCLUDED MEALS
Breakfast: 13
Dinner: 1



TRIP STAFF
Explore Tour
Leader
Driver(s)
Local Guide(s)



TRANSPORT
Bus
Train



ACCOMMODATION
14 nights
comfortable hotel



TRIP PACE:
Moderate



GROUP SIZE:
12 - 18

Itinerary

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

DAY 1 - Join trip in Warsaw, Poland

Arrive in Warsaw. Poland's capital is a wonderfully dynamic and modern city, but reminders of its turbulent history are easy to uncover. After World War II around 85% of its buildings were left in ruins; however, the city has been impressively rebuilt and restored to its former glory with the Old Town 'Stare Miasto' as its centrepiece. Buskers, street artists and open-air cafes give the area a unique energy and atmosphere, making a visit that little bit more special.

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 Warsaw at any time. If you would like to receive a complimentary airport transfer today, you'll need to arrive into Warsaw Chopin Airport (WAW), which is 30 minutes' drive. Should you miss the welcome meeting, your Leader will inform you of any essential information as soon as you catch up.

If you are arriving into Modlin Mazovia Airport (WMI) then please speak to our Sales team, as we can arrange a private transfer for you at an additional cost. The drive from this airport to our hotel takes around an hour.

If your flight arrives earlier in the day, perhaps you might choose to visit Lazienki Park including the botanical gardens, which are about 15 minutes' walk from our hotel.



ACCOMMODATION:
Hotel MDM (or similar)

Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: NONE

DAY 2 - Explore Warsaw Old Town; chance to visit Wilanow Palace

This morning we head out on foot to explore the Old Town district. With cobblestone streets, historic squares and Gothic churches, it's easy to understand why the Old Town is top of every visitor's 'must see' list. We take in all the main sites including the 17th century rust red Royal Castle and the Lazienki Palace or 'palace on the water' with its attractive architecture and lush gardens.

There are several options for your free afternoon; Warsaw has plenty to keep you occupied if you wish to continue exploring the city centre independently. Alternatively, you can visit the splendid 17th century Wilanow Palace, often referred to as the 'Polish Versailles', or the fascinating Museum of the History of Polish Jews, which was voted as the European Museum of the Year in 2016. Another popular choice is the Warsaw 1944 Rising Museum, which is a tribute to the local residents who fought for their independence against German occupation. One of the exhibits here features a replica of a Liberator B-24J bomber aircraft.



ACCOMMODATION:
Hotel MDM (or similar)

Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 3 - Train to Wroclaw; afternoon city tour and gnome spotting

The morning train takes us to the 'Venice of Poland', Wroclaw, a charming old city built on 12 islands surrounded by canals and rivers. More than 120 bridges link the islands which are adorned with delightful buildings reflecting the city's past. You'll see Bohemian, Hungarian, Austrian, Prussian and German influences as the city has been coveted by all of these empires throughout its long history. Keep

your eyes peeled and after a while you'll start to notice something popping up in doorways, alleyways and on street corners; perhaps Wroclaw's most famous inhabitants, Gnomes! An important part of Polish folk law they also became associated with the protest movements of the 1980's and a symbol of resistance to communist control.



ACCOMMODATION:
B&B Hotel Wroclaw Centrum (or similar)



Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 4 - Free time in Wroclaw; option to visit the Panorama of Raclawice

Today you'll have free time in Wroclaw or you may choose to visit the Panorama of Raclawice, an enormous circular painting (more than 100 metre long) depicting the battle of Raclawice. Wroclaw is home to many small and quirky bars and micro-breweries so there are plenty of options available to quench your thirst after a day spent exploring.

Further afield you might like to join an excursion to the historic city of Zagan, which was formerly the German city of Sagan and home to the prisoner of war camp for captured allied airmen, which is famous as the location of 'The Great Escape'. It will take either 2 hours by minibus or 2.5 hours by train per way to get there. Whilst here you might like to visit the 13th century Augustine monastery and library which houses many old books and globes and is known for its whispering gallery and unusual acoustics. Alternatively you could visit the castle which was previously owned by the wealth Bohemian Lobkowitz family or spend time discovering the charming Old Town and climb to the top of the Post-Evangelical Church Tower to get the best views over the streets below.

Instead you might like to visit Ksiaz Castle and Landscape Park, which is best known for its stunning Rococo architecture. It will take either 1 hour by minibus or by train per way to reach here. If we travel by train then we will pass near to the location of the reputed 'gold train' site where many people believe a train packed with Nazi gold from World War II was hidden in a secret tunnel that has yet to be found. At the castle you can either visit just the main fort or also the World War II tunnels which formed part of the Nazi 'Riese' complex. This 13th century castle was home to the powerful Hochbergs family, but in 1941 it was confiscated by the Nazi's and received significant damage during this time, but they also created a network of mysterious tunnel under the castle. The castle was fully restored in the 1950's to its former grandeur and today you can explore many of the rooms, terraces and gardens.



ACCOMMODATION:

B&B Hotel Wroclaw Centrum (or similar)

Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 5 - Train to Krakow; explore the beautiful Old Town square

This morning's train journey sees us arriving in Krakow, Poland's capital until 1596 and still its most charming city. Dating from the 13th century, Krakow is a picture-postcard city of narrow streets, grand buildings and al-fresco cafes just begging to be explored. In the afternoon we begin to uncover the city's delights with a visit to the fabulous Rynek Glowny, Europe's largest medieval square. The square is still now very much at the heart of Krakow local life. Quirky town houses and historic buildings adorn the square with the most famous being the Sukiennice, a vast cloth hall where goods would have been sold in Medieval times, which is still in use now as a covered market. Inside you'll find vendors peddling a multitude of local wares from wooden toys to beautiful amber jewellery.



ACCOMMODATION:
Blue Aparthotel (or similar)

Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 6 - Discover the Wieliczka Salt Mines and Krakow Old Town

We start today by visiting the Wieliczka Salt Mines, a UNESCO World Heritage Site, by local train (the journey takes us around 20 minutes each way). At up to 300 metres underground we'll see a 400 year old chapel, a subterranean salt lake and chambers large enough to take the Eiffel Tower! The Chapel of Saint Kinga is the mines most spectacular feature and we will no doubt be amazed by what can be sculpted from salt. Please note that there are 350 steps down into the mine at the beginning of the tour and then a further 450 on the route through the various corridors and 20 chambers visited. The temperature underground can be much cooler than on the surface, so be sure to bring a jumper.

Back in Krakow later this afternoon we head out on foot with a local guide to explore the delightful Old Town; another UNESCO World Heritage Site! and the only major Polish city to escape the war unscathed. Many of the streets are still very much as they were hundreds of years ago with historic buildings and elegant frontages. Overlooking all this is the fairy-tale Wawel Castle and Wawel Cathedral, where past kings and queens rest in peace. We will go inside the castle which houses exquisite treasures collected by the monarchy of Poland over the years.

This evening you will have the opportunity to join a cooking class at a local restaurant where the chef will show you how to create a tantalising polish speciality.



ACCOMMODATION:
Blue Aparthotel (or similar)



Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 7 - Chance to go to Auschwitz; visit the Kazimierz District and try traditional Jewish food

This morning is free for you to discover more of Krakow or you may choose to join an optional excursion to Oswiecim, the site of the Auschwitz-Birkenau Concentration Camp; an eerie and haunting place that drives home the terrible atrocities which took place here during World War II.

This afternoon we visit the UNESCO listed Jewish Podgorze District, the location of the Jewish Ghetto in World War II and the setting for the film 'Schindler's List'. Along the way we will grab a 'zapiekanka', an open faced toasted baguette sandwich, which is a popular local fast food option. Whilst in this area you'll have the opportunity to visit the Old Synagogue, Schindler's Factory and the Museum of Jewish Life, which provide fascinating insights into the life of Krakow Jews and the war years.

In the evening we commiserate the end of a great tour with a traditional Jewish dinner accompanied by Klezmer music with its expressive melodies, said to be reminiscent of the human voice. Following dinner, if you wish to join them, your Explore Leader will take you to a few local bars and pubs to give you the chance to try the typical Polish beers and the extensive local vodka varieties.



ACCOMMODATION:
Blue Aparthotel (or similar)



Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST & DINNER

DAY 8 - Join trip in Krakow, Poland

Today we'll meet the passengers and our new Explore Leader for the Krakow to Kyiv section of our trip. Later on this afternoon your Explore Leader will be taking the new arrivals on an orientation tour of Krakow's main sights that you are welcome to join or alternatively you have the whole day free to use as you please.

For something that is a bit out of the ordinary you may like to take a walk to Liban Quarry, which is one of the least visited spots around the city centre. Here you'll find an abandoned replica of the Nazi's Plaszow Labour Camp that was built for Steven Spielberg's film 'Schindler's List' in 1992. It was constructed from the original blueprints from the actual camp and the quarry is just a few hundred metres from where it was located. The inmates of Plaszow worked in this quarry and were sadly also murdered here. It's a 25 minute walk from Krakow's Jewish District to Podgorski Nowy Cemetery and from there you follow the south eastern wall of the graveyard and there is a walkway down to the site.



ACCOMMODATION:

Blue Aparthotel (or similar)



Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 9 - Free day in Krakow; chance to visit Auschwitz

Today is free for you to explore more of Krakow. You may choose to go shopping for keepsakes at the stalls and shops in the beautiful old Cloth Hall or to go upstairs to the Krakow National Museum, which houses a collection of 19th century Polish art. Whilst here you could also grab a coffee in the stylish Art Nouveau Noworolski's Cafe. Under your feet beneath the Main Square you'll find the Rynek Underground Exhibition which display artefacts from Medieval Krakow including coins, tools and figurines. Alternatively Czartoryskis is the oldest museum in the country and is home to a priceless collection of art, handicrafts and ancient memorabilia. The Jagiellonian University Botanical Gardens

opened in 1873 and you can see over 5,000 different plant species in its gardens and greenhouses. A bit further outside of the city centre you could take a taxi to the Polish Aviation Museum, which houses a range of aircraft dating from 1910 up to the present day.



ACCOMMODATION:

Blue Aparthotel (or similar)



Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 10 - Early morning bus to Lviv; walking tour of Lviv including the old quarter

This morning we depart our hotel at about 6.40am to transfer to the bus station to board our public bus for Lviv which departs at 7.30am and arrives in Lviv at 2.50pm. The public bus is modern and comfortable and there will be two restroom/refreshment stops made along the way and we'll also be given a packed breakfast to have on the bus. After being transferred to our hotel to check-in we will go on a guided walking tour. We discover the history and stunning architecture of the old quarter and along the way we will see the old market square of Ploshcha Rynok, the ornately carved exterior of Boyim Chapel, the Dominican Church and Monastery and the Citadel Inn. The inn was originally built in 1850 as a circular red fort that during World War II became a Nazi concentration camp and was known as the 'Tower of Death', but today it is now remarkably been turned into a five star hotel! We'll also see the Old Rus Quarter of the city and the High Castle, which affords great views over the city below. Lviv is home to not just one, but three different cathedrals; there's the Latin Cathedral, Armenian Cathedral and Saint George's Cathedral and they all vary greatly in style.

Lviv is the perfect spot for relaxing. In amongst the cobbled streets with their pretty red roofed buildings and tucked away courtyards you will find a variety of good cafes, bars and restaurants. Ukraine also is well known for its dumplings, which are called 'varenyky' and come with a range of different fillings such as cabbage or cheese or sweeter varieties like cherry. One dining option is the Dim Legend Restaurant that is spread over seven small floors and a roof terrace and each floor is decorated with a different theme telling the city's history through the ages. Whilst in Ukraine you should try 'nastoyanka', which is a local liqueur made from honey and herbs and comes in a selection of fruit flavours and even horse radish!



ACCOMMODATION:

George Hotel (or similar)



Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 11 - Free day in Lviv; chance to join a chocolate making master class

Today is free for you to further explore this picturesque city. Lviv is well known for both its beer and chocolate, so today you may choose to visit the Brewery Museum or join a chocolate making masterclass.

The Brewery Museum takes you on a journey through Ukraine and the World's beer making history and explains the differences. There will of course be the chance to try an assortment of locally brewed beers too. Next to the museum is the Robert Doms Beer House, which is a large Medieval style beer hall and restaurant where you can sample more of the local brew and perhaps their speciality dish of pork ribs in beer marinade.

At the chocolate making masterclass you can learn all about how chocolate is made and try your hand at making your own chocolate master pieces with advice from a professional chocolatier. Apparently chocolate has been produced in the city since the Middle Ages and in the 19th century it was exported to aristocracy throughout Europe. Today there is a huge variety of different flavoured chocolates, ice cream, milkshakes, cakes and more to tempt you.

Alternatively you might like to go back to some of the places we saw on our tour yesterday and venture inside or perhaps to visit Lychakiv Cemetery. This burial ground is a protected historical monument and believe it or not is one of the most popular attractions to visit in the city. Established in 1786 by the Austro-Hungarians, there are grave markers here written in Ukrainian, Russian, German, Polish, Armenian and Latin, which show how the city's rulers have changed throughout its history. In amongst the elaborately carved tombs there are also communal graves for soldiers and freedom fighters and simple communist graves. Sadly during the Soviet era the graveyard was used as a dumping ground and only reopened in 2005 after being restored.



ACCOMMODATION:
George Hotel (or similar)



Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



DAY 12 - Drive to Zhytomyr via the pretty town of Lutsk and the Tunnel of Love

This morning we will begin our drive to our overnight stop in Zhytomyr. Along the way we visit the town of Lutsk and our Explore Leader will take us on a walking tour of the main highlights. Competing with Lviv, on the beauty front, Lutsk is definitely worth exploring. The Soviet architecture of the modern town actually works here with its large squares and wide avenues, but of course the main attraction is the town's conserved historic centre. The maze of cobbled streets are lined with carved churches and town houses showcasing Lutsk's Polish, Russian and Lithuanian architectural history. Here we'll also see Lutsk's very well preserved 14th century castle. After spending a few hours here we will drive on to Klevan to visit the 'Tunnel of Love'. Along a three kilometre stretch of railway track leading to a factory the trees have all grown up around it forming a green corridor that has gained the name of the 'Tunnel of Love' due to the lovers that come here and make a wish for their future that is said to then come true.

We drive on to Zhytomyr, where our Explore Leader will take us on an orientation tour. The city has a number of picturesque churches including the majestic Cathedral of the Transfiguration, but it is also in touch with its Soviet past with rickety old trolley buses rattling past tower blocks, war memorials and numerous parks and public gardens including Gagarin Park. The city is one of the greenest in Ukraine and lies on the banks of the Teterev River and is surrounded by rocky hills and dense ancient forests.

**ACCOMMODATION:**

Reikartz Zhytomyr (or similar)

**Grade: Comfortable Hotel****SINGLE ROOM AVAILABLE****MEALS PROVIDED: BREAKFAST**

DAY 13 - Visit the fascinating Museum of Astronautics; walking tour Kyiv

This morning before leaving Zhytomyr we will visit its most famous attraction, the Sergei Korolev Museum of Astronautics. Sergei Korolev was a scientist and engineer who helped found the Soviet space and rocket programme and he was born here in Zhytomyr. The museum is in two sections, the first of which is a memorial to Sergei and tells the story of his life and work. The main section of the museum tracks the history of the cosmonautics development and it has a number of exhibits about space travel, including a capsule that was donated by NASA that has soil on it from where it landed on the moon.

We then drive to Kyiv, Ukraine's capital city, which is situated on the banks of the River Dnipro. This afternoon we will go on a guided walking tour of this ancient city, which has been inhabited for almost 2000 years and was once the capital of the Kyivan Rus State, from which all later Russian states were descended. Although Ukrainian nationalism is stronger than ever, you will still hear Russian spoken here

today. During our tour we will see the onion domed exterior of Santa Sophia Cathedral, the Golden Gate which was once the main entrance to the city, Saint Andrews Baroque Church and Mother Motherland, an over 100 metre high statue to honour the heroes of the Soviet Union.



ACCOMMODATION:
Hotel Rus (or similar)



Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 14 - Metro to Lavra Cultural Reserve and free afternoon in Kyiv

Today we will begin by taking the metro to Arsenalna, which is the deepest station in the world. We continue by metro to the Lavra Historical and Cultural Reserve and visit the remarkable 'Monastery of the Caves' founded in AD 1051, where the labyrinths provide all the natural conditions needed for mummification. We take a guided tour of the caves and have time in either the Museum of Miniatures or the Museum Of Historical Treasures and the Holy Trinity Church.

This afternoon is free for you to further explore Kyiv. A short distance from the Cultural Reserve you might like to visit the Museum of the Great Patriotic War, which is one of the largest museums in Ukraine and tells the story of the German-Soviet War in iconic and Brutalist style. It has over 300,000 items on display and the memorials here are spread over 25 acres.

Or for something a little lighter, you may choose to take a relaxing boat trip along the Dnieper River or visit Mezhyhirya, which consists of a very large park and houses that all formerly belonged to President Viktor Yanukovich. After the revolution this park was opened to the public, so that now you can witness how luxurious his life was when he was in power.

Outside the city you could join an excursion to Pirogov Open-Air Museum of Wooden Architecture, which is about 40 minutes' drive from the city. Set on the banks of Lake Myachino you will be able see a variety of old Ukranian village houses, chapels and churches that have been preserved to display how the Russian people used to live.



ACCOMMODATION:
Hotel Rus (or similar)



Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 15 - Trip ends in Kyiv, Ukraine

The trip ends after breakfast at our hotel in Kyiv.

There are no activities planned today, so you are free to depart from Kyiv 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 Kyiv Boryspil International Airport (KBP), which is about 35 minutes' drive.



MEALS PROVIDED: BREAKFAST

Trip information

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

Ukraine

Climate

Ukraine has a temperate continental climate. Summers in are generally hot, sunny and less humid than in Central Europe, with temperatures normally between 18 to 25°C. In fact, the early autumn period is often compared with an Indian summer, dry and sunny. Winters are cold and snowy with temperatures averaging between -8 to -12°C. The wettest area in Ukraine is the Carpathian Mountains where it can rain at any time of year.

Time difference to GMT	Plugs	Religion	Language
+2	2 Pin Round	Orthodox Christian	Ukrainian

Budgeting and packing

Optional activities

The following excursions and/or activities are usually available and may be arranged locally. Estimated costs are provided below for guidance only, are on a per person basis unless shown otherwise, and may depend on the number of participants. Prices quoted are correct as of the date these tour notes were originally issued but may change at any time due to currency fluctuations. Please note: These activities are booked and paid for direct with the supplier and do not form part of your Explore holiday contract.

A selection of optional activities are listed below to help you budget for your holiday. Whilst the trip price you pay before you travel includes a great selection of highlights, we have also built in free time to allow you the flexibility to choose from a carefully selected range of additional excursions and activities or take time to relax, the choice is yours. At certain destinations along the way there may be several options to choose from and it may not be possible to fit all the activities in; your Explore Leader will be able to give advice on which are the most suitable for you.

Warsaw:

Wilanow Palace visit operates on day 2 and entry is PLN 25.00 per person.

Museum of History of Polish Jews visit operates on day 2 and entry is PLN 25.00 per person.

Warsaw 1944 Rising Museum visit operates on day 2 and entry is PLN 18.00 per person.

Wroclaw:

Panorama of Racławice visit operates on day 4 and entry is PLN 30.00.

Zagan excursion operates on day 4 and return transport by train is PLN 80-100.00 per person, which takes around 2.5 hours or alternatively transport by road takes around 2 hours and an 18 seater minibus is €295.00 per group or a 12 seater minibus is €210.00 per group. Entrance to the Augustine Monastery is PLN 18.00 per person. Lobkowitz Castle entrance is PLN 7.00 per person and if you would like a guided tour this can be arranged for PLN 100.00 per group and to climb the tower to the viewing platform is an additional PLN 5.00 per person.

Ksiaz Castle and Landscape Park excursion operates on day 4 and return transport by train is PLN 45 per person, which takes around 1 hour or alternatively transport by road also takes around 1 hour and an 18 seater minibus is €165.00 per group or a 12 seater minibus is €140.00 per group. Ksiaz Castle entrance is

PLN 30.00 per person or it's PLN 50.00 per person if you'd like to visit the Nazi tunnel complex as well.

Krakow:

Cooking lesson on day 6 at a local restaurant or in our hotel restaurant where an English speaking chef will instruct us on how to make a Polish speciality is €35.00 per person (duration 2.5 hours).

Excursion to Auschwitz by bus operates on day 7 and includes entrance and guiding in English for PLN 155.00 per person.

On day 7 whilst in the Podgorze District you can visit the Old Jewish Synagogue for PLN 10.00 per person, Schindler's Factory for PLN 24.00 per person or the Museum of Jewish Life for PLN 16.00 per person.

Lviv:

Lytschkiv Cemetery operates on day 11 for about 2 hours and includes a local guide, 420 UAH per person (minimum 5 passengers).

Brewing Museum operates on day 11 for about two hours and includes a local guide, 700 UAH per person.

Chocolate Master Class operates on day 11 for about 1.5 hours and includes a local guide, 420 UAH per person (minimum 5 passengers). This needs to be pre-booked at the start of your trip with your Explore Leader.

Kyiv:

Pirogov Open-Air Museum of Wooden Architecture excursion operates on day 14 and includes transport, local guide and entrance fee for 700 UAH per person.

Museum of the Great Patriotic War operates on day 14 and entrance is 50 UAH per person plus 315 UAH per group for a museum guide.

Boat trip on the Dnieper River on day 14 is 193 UAH per person.

Tour to Mezhygiria on day 14 including transport, local guide and entrance fee from 840 UAH per person (minimum 4 passengers).

Please note that all optional excursions listed above are subject to change and availability and they may not all be possible to offer on every departure date.

Clothing

Summers can be hot so pack cottons and light weight clothing with warmer layers for the evenings and a rain jacket, just in case. Medium weights in spring and autumn are recommended along with a windproof and waterproof jacket. Ladies should take a headscarf and ensure their shoulders are covered when entering churches.

Footwear

Comfortable shoes are recommended for walking around city streets.

Luggage

20kg

Luggage: On tour

One main piece of baggage and a day pack. Remember you are expected to carry your own luggage so don't overload yourself.

Equipment

We recommend taking sunglasses, a sun hat and sunscreen. Please bring your own reusable water bottle to reduce plastic consumption. In case of emergency we recommend that you carry a torch and a first aid kit. You may find an umbrella useful and don't forget your camera.

Please note that in many of the museums in Poland larger bags will need to be placed in a locker and there may be an additional charge for taking photographs whilst inside.

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 £15 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.

Lunch price	Dinner price	Beer price	Water price
£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

Ukraine

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.

Lunch price	Dinner price	Beer price	Water price
£5.5	£10-15	£1.3	£0.8

Foreign Exchange

Local currency

Hryvnia

Recommended Currency For Exchange

Pound Sterling, US Dollars (USD) and Euro cash can all be exchanged for the local currency. You can only leave Ukraine with a maximum of USD 10,000. Anything over this amount will be confiscated. If you are taking Pound Sterling, please note that currency exchange offices in Ukraine will only accept the new plastic notes. Banks will still accept the paper notes but typically provide a lower exchange rate.

Where To Exchange

Most major towns and cities - your Explore Leader will advise you on arrival. Only exchange money at reputable places like banks, ATM's and official Forex Offices.

ATM Availability

Major towns and cities have ATM's for cash withdrawal.

Credit Card Acceptance

In the main towns and cities credit cards are accepted in most restaurants, hotels and larger shops.

Travellers Cheques

Travellers cheques are very difficult to change in the Ukraine.

Transport, Accommodation & Meals

Transport Information

Bus, Train

Accommodation notes

Please note that the majority of hotels in Poland don't have air-conditioning.

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 not required by citizens of the UK, Australian, New Zealand, US and Canadian. Other nationalities should consult the relevant consulate.

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 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.

Included activities

This trip is designed to acquaint you with the highlights of Poland in just 8 days. We make the most of our time by using trains between the cities and in order to experience travelling like the locals do. Once we're in the cities our explorations are mostly done on foot, so please bring sensible footwear and be prepared for the busy nature of this enthralling holiday.

Ability to swim

No

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.

Ukraine

Vaccinations

Nothing compulsory, but we recommend protection against hepatitis A and diphtheria. Check that your polio and tetanus vaccinations are up-to-date before travel. The UK Foreign Office currently recommends that you should consider whether to immunise against tickborne encephalitis and rabies. Consult your travel clinic for further advice. 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 <http://www.explore.co.uk/Travelhealth/> and from your local healthcare provider.

Additional Information



Reviews



AWARD WINNING
EXPLORE LEADERS



PRICE GUARANTEE
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