

# EXPLORE!

**Hiking in the Polish Carpathians**  
8 days

Poland - Trip code WPS



## Hiking in the Polish Carpathians

Poland's southern border with Slovakia is defined by the Carpathian Mountains. The dramatic peaks and valleys, stunning waterfalls and lakes are home to a unique highland culture with its own folk history and traditions which have stayed the same. Follow the Pieniny Way along the spectacular UNESCO listed Dunajec Gorge, walk through the spectacular Tatra Mountains to glacial lakes, and explore the medieval city of Krakow, steeped in a rich history.

### Trip highlights

- ★ **Tatra Mountains** - Discover the turquoise lakes and alpine meadows of this majestic mountain range
- ★ **Babia Gora National Park** - Enjoy panoramic views across the Carpathian Mountains
- ★ **Explore Krakow on foot** - Home to Europe's largest Medieval market square, the hub of the city
- ★ **UNESCO Dunajec Gorge** - Walk the Pieniny Way, a spectacular cliff-cut path through the gorge
- ★ **Zakopane** - Experience Polish highlander culture in this mountainside town

#### ACCOMMODATION GRADE:

##### Standard

Our standard, 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.

#### WALKING GRADE:

##### Moderate

For those who are fit and active, these moderate walks are normally on good paths and tracks at low altitude. Days may include some fairly demanding ascents and descents, so previous experience is preferable but not essential.

**GROUP SIZE:**

**10 - 16**

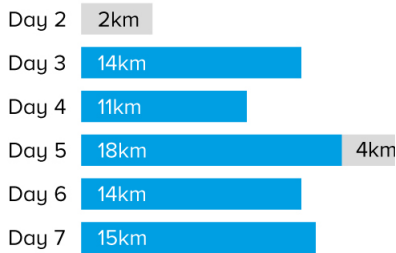
Maximum group size ranges from between 6 to 20 people, depending on the type of trip, the transport and accommodation used and activities included. We rarely have groups that are smaller than five or six people and the average is 12 people plus an Explore leader.

# Itinerary

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

## Walking and Trekking information

### DAILY DISTANCE



Optional Walks

### Walking grade

Moderate

### Trek details

Walks on 5 days for between 3 to 6 hours on well-marked and maintained mountain trails. The optional walk on day 5 to Kozi Wierch is graded as challenging; it is steep and rocky in places.

### Max walking altitude (m)

2291



## Why book this trip

This new trip in Poland is extremely good value offering a week walking in the mountains of Poland. Visiting both the Tatra Mountain range in the south and the outer Carpathian Mountains in Babia Gora National Park. Explore the dramatic peaks and valleys, lakes and highlander folk culture of this stunning country.

# What's included?



## Included meals

Breakfast: 7



## Transport

Bus



## Trip staff

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

# 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

+1

#### Plugs

2 Pin Round

#### Religion

Roman Catholic

#### Language

Polish

## 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.

Excursion to Auschwitz Memorial Museum by bus including entrance and guiding in English PLN 155.00 (€38.00 per person)

Rafting in the Dunajec Gorge on day 6 costs €14 Euros per person.

### Clothing

Weather is changeable in the mountains and it can get cold, especially at night, so bring a warmer jacket/fleece and a waterproof jacket. Bring layers to enable you to be comfortable no matter what the temperature as this could easily fluctuate throughout the day. If you choose the rafting option on day six, that day you'll need to take a change of clothes, shoes that you don't mind getting wet and a towel with you.

## Footwear

We recommend you bring well-worn in walking boots - leather or fabric are both fine. In addition please take comfortable trainers/shoes or sandals for evenings and walking around Krakow. We suggest that on international flights you either carry your walking boots in your hand luggage or wear them - should your luggage be lost or delayed, your own boots are the one thing that will be irreplaceable.

## Luggage

20kg

## Luggage: On tour

Bring one main piece of luggage and a 20-30 litre day sack is recommended. You will need to carry what you need for the day which may include a raincoat, jumper, camera, sun-cream, picnic lunch etc. On hot days you will carry fewer clothes but more drinking water.

## Equipment

We recommend taking sunglasses, a sun hat, sunscreen and a small torch. You may also find walking poles useful. Also, 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

At your discretion you might also consider tipping your Explore Leader in appreciation of the efficiency and service you receive.

### Local crew

Although entirely 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 please allow £15.00 for tipping.

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

### Local fees

Picnic lunches 6-7 Euros

## Country Information

### 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

£8

##### Dinner price

£18.00 - 22.00

##### Beer price

£1.50 - 3.00

##### Water price

£0.8

## Foreign Exchange

### Local currency

Polish Zloty2

### Recommended Currency For Exchange

British Pounds Sterling, US Dollars and Euros are all accepted at exchange offices and banks2

### 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

## Transport, Accommodation & Meals

### Transport Information

Bus

## Essential Information

### FCO 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 consider applying 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 transfers will be from the Explore designated airport or train station to the joining point of your tour, and then back from the ending point to the designated airport or train station. 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.

## **Maximum altitude (m)**

2291

## **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.