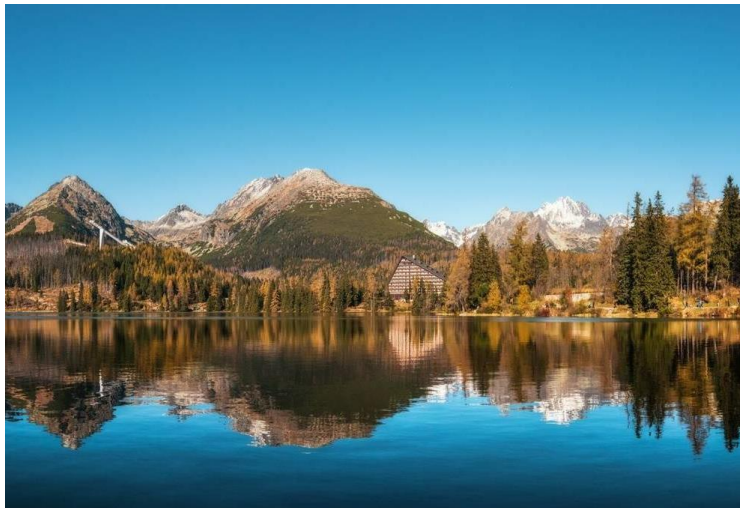


POLAND – THE TATRA MOUNTAINS

8-day / 7-night one-hotel GUIDED walking based at Zakopane – easy or challenging walk options daily



Enjoy the splendour of this superb mountain region and enjoy fantastic walks in the beautiful Tatras National Park. The border ridge between Poland and Slovakia offers outstanding walks and lofty but attainable summits with superb views over the towns and the rolling green hills beyond. The lower foothills of the Tatras offer attractive walks too in the Chocholowska Valley and on the rolling green hills above the Gubalowka funicular. We can walk around Morskie Oko, reputedly the most beautiful lake in Poland, surrounded by impressive peaks and take a cable car to the Slovakian border for walks amidst the spectacular mountains. We are based in the vibrant town of Zakopane, Poland's outdoor and winter sports capital, known for its unique style of architecture as well as its wealth of outdoor pursuits.

Cost from: \$3070 per person twin share Single room supplement from \$720

Departs: 7 & 14 July, 1, 8 & 15 September 2024

Tour includes: 7 nights in a comfortable hotel room with ensuite bathrooms, 7 breakfasts, 7 evening meals, local transport to/from the walks, experienced walks leader offering choice of two levels of guided walks on 5 days.

Not Included: Meals and drinks not mentioned in the itinerary, personal expenses, transport and/or excursions on your free day. Transfers from Krakow Airport at set times can be pre-booked at extra cost – we recommend taking these – please ask for details when booking.

Accommodation: The 5-star **Radisson Blu Hotel & Residences in Zakopane**, close to the border of the Tatras National Park, is an excellent base for walkers to enjoy the surrounding area. With 158 comfortable ensuite bedrooms, two restaurants, bar and a wellness centre with a gym, swimming pool, hot tub and sauna.



Call OUTDOOR TRAVEL on 1800 331 582 for details or reservations

Trip Grading: A choice of easier or more challenging walks daily. Easier walks of 10-15km generally on good but rough paths with some steeper sections and up to 480m ascent in a day. Harder walks of 15-21km crossing rough mountainous terrain with steep gradients and up 1,050m ascent in a day.

A typical European centre-based walking holiday offers a choice of up to two guided walks each day. You choose the walk that best suits your ability and fitness. Walks leaders make the final decision on which routes are offered; each evening they will brief you about the walks for the next day and answer questions you may have.

Suggested itinerary (Routes are determined by the walk leaders each day and are subject to change):

Day 1: Arrival day

Plan to arrive mid-afternoon at the hotel or join the group airport transfer from Krakow (at extra cost). Your walk leaders will give an evening briefing and you can meet your fellow walkers.

Day 2: The first views of the Polish Tatras

We start our walks in the village of Kuznice, the main entry point into the National Park, to see a mixture of modern and Highlander culture and to get a feel for the flora and geology of the area. Both walks explore high ground close to the park boundary, with good views back over the town.

Day 3: Kiri and Giewont

In the Tatras to the south of Zakopane, the easier walk takes in two valleys, crossing a low pass with attractive mountain pasture then follow a track on the edge of the National Park with extensive views towards the town. The harder walk hikes up the Kondratowa Valley past the Gorski Hotel and the Kondratowej hut and ascend to a col below the summit of Giewont. This summit with its large steel cross (1894m) is very popular, and we scramble the final ascent to the summit making use of fixed chains.

Day 4: Kasprowy Wierch & the Slovakian border

An early start to take Kuznice cable car up onto the main ridgeline at Kasprowy Wierch (1987m), at the border between Poland and Slovakia, and then a short walk to the summit of Beskid (2012m) for outstanding views over both countries. From here we can hike along the undulating ridge to Kopa Kondracka at 2005m then descend to the hotel or return via the cable car to Kuznice and stroll in the picturesque Bialegi Valley.

Day 5: Free day No guided walks on this day. This is an ideal chance to relax or visit local places of interest. Perhaps spend the day rafting on the Dunajec River, take an excursion to Krakow, or simply explore Zakopane.

Day 6: Slovakia

We take an early bus transfer to the Slovakian side of the Tatra Mountains to enjoy the quiet valleys and spectacular scenery. The easier walk takes us through the waterfall-splashed landscapes of Studený Potok to Rainerova chata, the oldest mountain refuge in the Tatras that now houses a small pottery museum. We cross the Hrebienok Pass and continue below Slavkovsky Peak through a forest to the popular mountain resort of Stary Smokovec. The longer route takes us high above two valleys to the Polish border, visiting a mountain hut en route.

Day 7: The Chochołowska Valley

We transfer to Siwa Polana, the western entrance to the park, then take a train up the Chochołowska valley, passing the smokehouses where they smoke sheep's milk cheese, a local delicacy. We walk up the valley, before either crossing to the Koscieliska Valley, via a high pass at Iwaniacka Przel at 1459m, then descending to Kiry to catch a bus home; or ascending to join the ridge at Grzes, following the ridgeline to Rakon at 1879m, before dropping back into the Chochołowska valley to return by road train and service bus to Zakopane.

Day 8: Departure day

Tour ends after breakfast. Ask about airport transfers to Krakow at extra cost.

Outdoor Travel offer similar guided or self-guided walks in other regions of **France, Italy, Spain, Portugal, Switzerland, Austria** and in **Norway**. We cover most destinations within Europe and many areas in the UK where we include the popular **Coast to Coast** trail, the **Cotswolds Way** and the **Lake District**. We also offer many pilgrimage walks such as the **Camino de Santiago** or the **Via Francigena**, the pilgrims '*Road to Rome*':

Contact Outdoor Travel for more details and reservations:

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