

POLAND & SLOVAKIA – 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 lofty but attainable summits with superb views over the towns and the rolling green hills beyond. We have the opportunity to ascend scenic ridgelines to picturesque alpine lakes, to climb to the popular summit of Giewont (1894m), and ride cable cars over the borderlands. The park is a UNESCO Biosphere Reserve so we may spot unique wildlife including chamois, lynx and Carpathian brown bears. 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: **\$3495** per person twin share Single room supplement from \$765

Departs: 28 June, 5 July, 6, 13, 20 September, 2026

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 4-star **Grand Hotel Starmy** in Zakopane is housed in a historic 1905 building and combines rustic charm with modern luxury. Beautifully appointed rooms feature plush bedding and views over the Tatra Mountains. Guests can take advantage of the hotel's wellness spa and pool, savour local and international cuisine in the restaurant, and enjoy easy access to the town centre and ski lifts. *On occasion we may use a different hotel of similar standard and location.*



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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 highland 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 and the mountains – the easier route summits Wielki Kopieniec then follows the Bystra River, whilst the harder walk visits a mountain refuge and the Black Lake.

Day 3: Kiry 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 following 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 Bialego 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: The Mickiewicz Waterfalls

The easier route begins with a gentle walk through the woods to Rusinowa Polana, a clearing dotted with shepherds' huts and flocks of sheep, with far-reaching views over the High Tatras. We visit a chapel in the Golden Creek valley and the Mickiewicz waterfalls, named after the great Polish romantic poet. The harder route ascends first to the Mickiewicz waterfalls, then follows the valley to Siklawa waterfall, the biggest in the Tatras. We then head up to the Valley of Five Lakes and stop at the highest refuge in the Polish Tatras (1670m) for lunch. We return to the base of the valley via an alternative trail.

Day 7: Slovakia

An early bus transfer to the Slovakian side of the Tatra Mountains for the quiet valleys and spectacular scenery. From Strbske Pleso ski resort the easier route visits two picturesque alpine lakes via a balcony path with fine views. The harder walk is lengthy but beautiful: we ascend the Valley of Seven Springs, visiting a mountain hut on the way, to our lunch stop, the Valley of White Lakes. A further ascent to the high pass at Kopske Sedlo before we start making our way down to Javorina, the last Slovakian village before the Polish border.

Day 8: Departure day

Tour ends after breakfast. Ask about airport transfer 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':

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- Call Toll free 1800 331 582 or (03) 5750 1441
- Email: info@outdoortravel.com.au
- Web: <http://www.outdoortravel.com.au>
- Mail: Outdoor Travel Pty Ltd, PO Box 286, Bright, VIC 3741, Australia



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