

POLAND – THE TATRA MOUNTAINS

8-day / 7-night Centre-based at Zakopane one-hotel GUIDED walking – with a choice of levels each day



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 Gubałowka 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: \$2010 per person twin share Single room supplement from \$405

Departs: 8th, 15th, 22nd, 29th July; 2nd, 9th, 16th September

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 – ask for details when booking.

Accommodation: The 4-star **Hotel Belvedere**, though it is a modern building, reflects the local 1920s style and is located just a few minutes' walk from the centre of Zakopane, on a quiet residential street, close to the border of the Tatras National Park; an excellent base for walkers to enjoy the surrounding area. Hotel Belvedere has 173 comfortable en-suite bedrooms. Some rooms have balconies. WiFi is free throughout.



Call OUTDOOR TRAVEL on 1800 331 582 for details or reservations

Footpath and walking information:



Easier Walks: 10 to 15km generally on good paths, with some steeper and rough sections. Up to 500m of ascent in a day.

Harder Walks: 15 to 21km crossing mountainous terrain with steep gradients. Up to 1070m of ascent in a day.

This itinerary should give you a feel for the walks and the final selection of walks each day will be made by your walking leaders. Our experienced leaders offer the choice of two different walks each day and you can choose the option which best suits your interests and fitness.

Suggested itinerary:

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: Gubalowka and Giewont

Both these walks visit the most famous landmarks north and south of Zakopane. The easier walk climbs a ridge for splendid and contrasting views of the rugged mountains of the Tatras, and the open rolling farmlands to the north. The harder walk hikes up the Kondratowa Valley past the Gorski Hotel and the Kondratowej Hali 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. Then we have a choice to walk around the lower lake of Stebske Pleso before ascending to Lake Popredske Pleso, or to walk between two fine valleys to the Polish border, visiting a mountain hut en route.

Day 7: The Chocholowska Valley

We take a bus to Siwa Polana, the western entrance to the park, then a train up the Chocholowska 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 Chocholowska 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.

Looking for something even more challenging? On selected weeks at Zakopane we offer **High Routes**, challenging walks which use cable cars and rough steep paths that may be exposed or have fixed ropes to tackle some of the best summits including some 3,000m peaks. **High Routes** trips require a high level of stamina and fitness: walks of 13 to 21km with up to 1380m of ascent. Interested ask for details and dates.

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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