

## POLAND – KRAKOW & THE DUNAJEC CYCLE PATH

8-days / 7-nights **SELF-GUIDED** or GUIDED inn-to-inn cycling along the border with Slovakia



A fascinating ride from the foot of Poland's High Tatra Mountains to the dramatic deep gorge of the Dunajec River. Cycling along towpaths, ancient trade routes and quiet, well-made backroads - through unspoiled rural landscapes and forest – there are panoramic views of the High Tatras and Carpathian Mountains. The River Dunajec forms the border between Poland and Slovakia – this route has only recently become accessible for cyclists since a newly-built suspension bridge was opened. The tour starts and ends in cosmopolitan Krakow, one of eastern Europe's most beautiful cities. You spend five nights in charming mountain villages, with an opportunity to experience the folk traditions and cultures of the Polish mountain-dwelling peoples.

**Highlights:** A round-trip tour with traditional villages, dramatic mountain scenery & picturesque river gorges

**Departs:** Every Saturday from 9<sup>th</sup> May to 19<sup>th</sup> September 2020

**Grade:** Easy to moderate cycling over flat or gently undulating terrain, 15-55km of cycling daily

**Cost from:** Guided tour: **\$1715** per person (twin share) Single supplement from \$405  
Self-guided tour: **\$1465** per person (twin share) Single supplement from \$405

**Includes:** 7 nights' accommodation in 3- or 4-star hotels, 7 breakfasts and 7 dinners, specialist English-speaking escort (guided tour) or detailed route maps (self-guided tour), 21-speed hybrid bicycles with panniers, luggage transport, transport from Krakow to Zab and Nowy Sacz to Krakow, Klezmer concert.

**Not included:** Meals not described, drinks, entry fees, local city taxes (paid locally), personal expenses

Extend your stay in Krakow before or after the tour – extra nights of accommodation can be arranged at extra cost. **E-Bikes are available** on request at extra cost – ask for details.

### Suggested itinerary:

#### Day 1: Arrive in Krakow

Plan to arrive at our 4-star hotel in Krakow by mid-afternoon, in time for dinner. The evening is free to explore.

#### Day 2: Krakow - Zab - Zakopane

**cycling @ 25 - 30km**

Collect your bicycle in time to explore Krakow's Old Town with its medieval architecture that survived World War II, visit the 11<sup>th</sup> Century Wawel Castle and the promenade along the pretty Vistula River and the beautiful gardens of the "Plany" which surround the Old Town. You will then be transferred by minibus to Zab, Poland's highest village on the plateau at the foot of the High Tatras. From here, we ride mostly downhill to the village of Zakopane, home of the Gorale people who have long lived in the Tatras, and taste the traditional locally made 'oscypek' – smoked ewe's-milk cheese. Your hotel here is close to cafés and shops.

**Call OUTDOOR TRAVEL on 1800 331 582 for details & reservations**

### Day 3: Zakopane - Nowy Targ

**cycling @ 46km, mostly downhill**

Take the cable car up to Gubalowka, the mountain above Zakopane (cost included on guided tour) and cycle down to the village of Chocholow. After lunch, ride along quiet paths and a dedicated cycle trail on a former railway through villages and to the Marian pilgrimage shrine at Ludzmiarz. Then to Nowy Targ, the main town of the Gorale people, at the confluence of the Czarny (Black) and Bialy (White) Dunajec Rivers. Overnight in a stylish hotel on the outskirts of the town.

### Day 4: Nowy Targ - Niedzica

**cycling @ 44km**

Follow the mountain River Bialka (which flows into the Dunajec) with its magnificent gorge. Explore the church at Debno, one of Poland's oldest, built in 1500 AD. The Spisz region was once part of Hungary and home to several ethnic groups; Gorale and Ruthenians in the villages, Germans in the towns, Hungarian nobility in the castles. Following the reservoir we reach one of these castles and spend the night in Niedzica.

### Day 5: Niedzica - Szczawnica

**cycling @ 35 - 40km**

Today is one of the most spectacular as we follow the river through the goose-town of Sromowce and across the border to Slovakia on the new suspension bridge for pedestrians and cyclists only. Stop for lunch in the village of Cerveny Klastor, the Red Monastery, above which rise the Three Crowns – Trzy Korony – the highest point in the Pieniny range. Then the breathtaking ride on the Pieniny Way, a ledge carved from the limestone cliffs of the Dunajec Gorge, open only to walkers and cyclists. Visit another gorge, this one formed by the Lesnicki Potok, and then a quick stop in the village of Lesnica before crossing back into Poland. Stay tonight in the cycle-friendly spa town of Szczawnica with its promenade along the Garjcarek.

### Day 6: Szczawnica - Rytro

**cycling @ 55km**

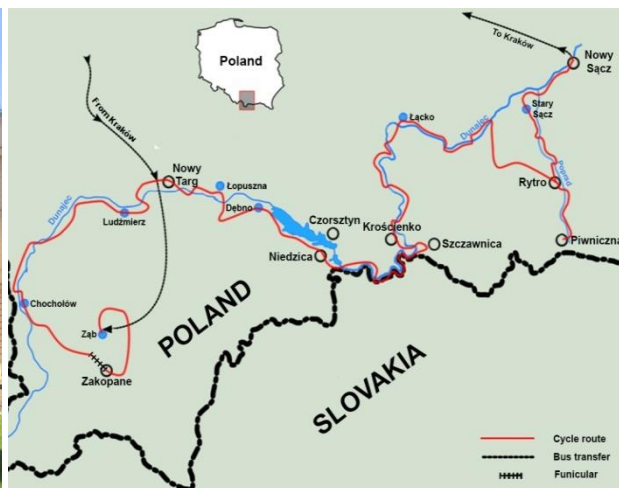
Follow the 'green Dunajec Gorge' with its beechwood-lined slopes, quaint farming villages, and orchards. Lunch is at a guesthouse in Lacko, where you may like to sample the strong slivovitz (plum brandy). In the afternoon leave the Dunajec and ride to the old feudal village of Rytro, with castle ruins looming above it.

### Day 7: Rytro - Stary Sacz - Nowy Sacz - Krakow

**cycling @ 15 - 25km**

A short ride with time to explore the Poprad River Valley and visit the spa-town of Piwniczna before making your way to the historic town of Stary Sacz with its 13<sup>th</sup> Century narrow streets and laneways. Continue on to Nowy Sacz, which has one of the largest market squares in Poland. Around 3.00pm depart by bus to Krakow, arriving with time to explore the Kazimierz district, once the Jewish quarter of the city. Tonight enjoy an evening of traditional Jewish Klezmer music, the finale of the tour.

**Day 8: Depart Krakow.** Tour ends after breakfast in Krakow.



**Outdoor Travel** offers a wide choice of small group or self-guided inn-to-inn cycling holidays along the Danube in Austria, in Hungary, Germany, Switzerland and Slovakia. **Cycling tours** also available in many areas of France, Italy, Spain, Germany, Holland, Ireland, England and Scotland, Croatia, Romania, the Czech Republic, India, Vietnam, New Zealand and Australia. We offer **Bike & Barge** or **Bike & Boat** cycling cruises in many areas of Europe on our website – destinations include several regions of France, Italy, Holland, Germany, Croatia, Greece, Turkey and the popular Amsterdam to Bruges route. There is also a Bike & Boat cycling cruise in Vietnam ideal during our summer.

**Contact Outdoor Travel for more itinerary details and reservations**

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