

POLAND – KRAKOW & THE DUNAJEC CYCLE PATH

8-days / 7-nights **SELF-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 part of the border between Poland and Slovakia as it flows from the High Tatras to join the Vistula and the cycling route takes you into both countries. 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.

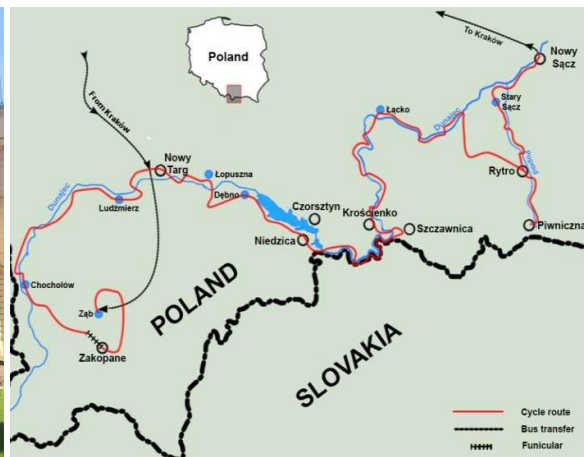
Cost from: **\$1895** per person twin share Single room supplement from \$530

Departs: 26 April; 3, 10, 17, 24, 31 May; 7, 14, 21, 28 June; 5, 12, 19, 26 July;
2, 9, 16, 23, 30 August; 6, 13, 20, 27 September; 4 October 2025

Includes: 7 nights' accommodation in 3- or 4-star hotels; 7 breakfasts, 7 dinners; detailed route descriptions, maps and GPS data; hire of 21-speed hybrid bicycle 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. E-Bikes are available on request at extra cost – ask for details.

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



Call OUTDOOR TRAVEL on 1800 331 582 for details & reservations

Suggested itinerary:

Day 1: Arrive in Krakow

Plan to arrive at your 4-star hotel in Krakow's Old Town by mid-afternoon.

Day 2: Krakow - Zab - Zakopane

cycling @ 25 - 30km

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

Day 3: Zakopane - Nowy Targ

cycling @ 46km

Take the cable car up to Gubalowka, the mountain above Zakopane (cost paid locally, approx. 28PLN) 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 Ludzmiierz. 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 intricately decorated interior of the wooden 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. Cycling alongside the reservoir, you reach one of these castles in Niedzica, where you spend the night in a nearby hotel.

Day 5: Niedzica - Szczawnica

cycling @ 35 - 40km

Spectacular scenery today as you follow the river through 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 Grajcarek.

Day 6: Szczawnica - Rytro

cycling @ 55km

Ride through the 'green Dunajec Gorge' with its beechwood-lined slopes, quaint farming villages, and orchards. There is a delightful guesthouse in Lacko where you may like to stop for lunch and sample the strong slivovitz (plum brandy). In the afternoon leave the Dunajec and ride in the valley of its tributary, the Poprad, to the 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 13th 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: Departure. Tour ends after breakfast. Ask about extending your stay in Krakow (at extra cost).

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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