MULTI-ACTIVITY FAMILY ADVENTURE IN POLAND

Multi-active family holiday in Poland, Krakow to Zakopane

- Explore the Tatras of sunny Poland with the family on foot and by bike
- Float down the Dunajec Gorge on a wooden raft & visit the incredible UNESCO Wieliczka Salt Mines
- Centre-based in a charming Zakopane hotel and time in the historic UNESCO Krakow Old Town
- Summer tobogganing and a funicular railway ride

HOLIDAY CODE FPL

Poland, Family, Multi-Activity, 8 Days

7 nights hotel, 7 breakfasts, 6 lunches, 6 dinners, max group size: 16, 7 days various activities and sightseeing

www.keadventure.com  UK: +44(0) 17687 73966  US (toll-free): 1-888-630-4415
Introduction

Defining Poland's southern border with Slovakia, the rugged peaks of the Tatras overlook a picturesque region that has all the right ingredients for an active family holiday centre based in Zakopane in Poland. Accessed through Krakow, we have time to explore this former Polish capital city, with its impressive main market square and Royal Castle, complete with 'Dragon Cave'. We also visit the salt mines at nearby Wieliczka, famous for its statues and chapels carved out of rock salt. Then, after transferring to our family-run hotel base in Zakopane, we set out to experience the best of the Tatras, with a mix of hiking and biking and other accessible activities, such as the play park and dry bobsleigh run on Gubalowka Mountain. We enjoy a day cycling along a dedicated cycle path through the peaceful countryside and pretty villages.

A free day in Zakopane allows us to explore on our own, to take it easy, or to choose from a number of optional excursions, such as visiting Bielanska Cave or the thermal springs at Poprad or Bukowina Tatrzanska. Then, after hiking the Bear Trail our week in Poland is made complete with a gentle morning of rafting down the dramatic limestone gorge of the Dunajec River. The picturesque mountain resort of Zakopane is a brilliant place to spend a week with your family.

Is this holiday for you?

Suitable for children from 8yrs old

The activities are pitched at an introductory level for all the family to enjoy and the holiday has a relaxed feel. With summertime temperatures in the low 20’s, the Tatras region has a perfect climate for family adventures. We spend 5 nights at a centrally located comfortable family run hotel in Zakopane and 2 nights in a 3 star hotel in Krakow. On the walking day, the walk takes around 4 hours and is along a well established path with some gentle ascent and descent. The cycling is along a dedicated cycle path off the roads and is around 20km and is mainly flat with a slight incline. All of the activities are enjoyable for children who like to be active and many stops are calculated into the days.

Holiday Itinerary

Day 1: Meet at the group hotel in Krakow. A single transfer from Krakow Airport is provided.

KE Land Only package services begin with a guided tour of the city's main sights. Krakow is one of the great survivors of World War II and retains much of its original medieval architecture - the ‘Old Town’ is a UNESCO World Heritage Site. Our tour will include the atmospheric Old Town, and the famous clock tower at St Mary's church. Every hour a trumpeter plays a salute, breaking off mid-flow to commemorate the famous 13th century trumpeter who was shot in the throat while sounding the alarm before an attack on the city from Tartar invaders. We will also visit the Royal Castle, with its 'Dragon's Lair', a cave under the castle where it's said that an ancient and fierce dragon was slain by King Krakus, the city's legendary founder. In the evening we'll enjoy dinner in one of the city's excellent restaurants. Overnight in our hotel.
Day 2: Visit the Wieliczka Salt Mines. Afternoon transfer to Zakopane. Check into hotel for the next 5 nights.

After breakfast, we drive out of the city to Wieliczka to visit the Salt Mine, also listed by UNESCO as a World Heritage Site. Operation of the mine originally began in the 13th century and the mine produced salt continuously until 2007. The mine contains dozens of statues and an entire chapel carved out of salt by the miners - even the chandeliers in the church are carved out of salt crystals.

After lunch in Wieliczka, we will take a bus to the town of Zakopane, at the foot of the mighty Tatra Mountains. Zakopane is Poland’s winter-sports capital and the start point for hiking in the summer. The town is attractive, with many traditional old wooden chalet buildings and picturesque surroundings. We check into our characterful hotel, an old villa built before the Second World War, close to the town centre, and chosen for its family-friendly atmosphere.

Driving time to Zakopane: 3 hours approximately (110kms).

ACCOMMODATION HOTEL
MEALS BLD


After breakfast we begin our walking tour of Zakopane, taking in downtown, the old wooden houses, the Jaszczyrowka Church and the ski jumps. We will also pay a visit to the Tatra National Park museum to learn about the history of the park and also about the flora and fauna of the Polish mountains.

After lunch we take the Gubalowka Funicular Railway to the top of the mountain. There are many activities up here to keep the children busy for a couple of hours. The dry bobsleigh toboggan ride is always one of the favourites. They can travel at speeds of up to 23km per hour! (but don't worry they do have a brake and you don't have to go that fast). All activities here are optional and payable locally. Enjoying panoramic views of the Western, White and High Tatras we walk around 2km along the dirt road to the chairlift at Butorowy Wierch (1160m). Here we take the peaceful and scenic journey back down into Zakopane and our hotel where we have dinner.

ACCOMMODATION HOTEL
MEALS BLD
TIME 3 - 4 HRS WALKING HOURS

Day 4: A day cycling along the cycle path from Chocholow to Nowy Targ. Return to Zakopane.

Today we enjoy a day of biking along the new cycle path from Chocholow to Nowy Targ. We have a 15 min transfer from Zakopane to the start of our day in Chocholow, a village full of very pretty traditional wooden houses. The section that we are cycling is around 20km and is all flat and slightly downhill on a new dedicated cycle path, an old railway line. We pass rural fields and pretty villages with views of the Tatras Mountains behind us. En route we’ll see sheep grazing in the meadows and we’ll stop off to sample some of the locally-produced smoked sheep's cheese. We will find a peaceful spot for our lunch before continuing to Nowy Targ where the black and the white Dunajec Rivers meet. From here it’s a 40min transfer back to Zakopane. Bikes and helmets will be provided.

ACCOMMODATION HOTEL
DISTANCE 20KM
MEALS BLD

Day 5: Free day in Zakopane. Optional excursions to Poprad, Tatranska Kolina caves or Morskie Oko Lake.

Today is free to relax and enjoy Zakopane or to take an optional excursion. Your guide will give suggestions depending on the weather and the interests of the group, but options could include the following:

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Option 1 – Take the bus to Tatranska Kolina and visit the most famous cave in the Tatras, Bielanska Cave. The cave was the haunt of gold miners in the 18th century and it is an excellent place to see stalagmites and stalactites.

Option 2 – Take the bus to Poprad, in nearby Slovakia, and visit the thermal springs and aquapark.

Option 3 – Visit Bielanska Cave in the morning, and Poprad in the afternoon.

Option 4 – A whole day excursion on foot to lovely Lake Morskie Oko, a high mountain tarn enclosed by rocky peaks.

Option 5 - Swimming in the smaller aqua-park in Zakopane.


After breakfast we drive to Kuznice and take a short (3-4 hour) walk along the 'Bear Trail'. The trail follows the upper limit of the forest in the Strazyska Valley below a peak called Kasprowy Wierch. Although we are unlikely to see any bears today, the High Tatra National Park is home to Eurasian brown bears, and it's thought that about 50 animals live in the national park on the border between Poland and Slovakia. We'll visit the monastery of the Albertine Brothers along the way before returning to Zakopane.

There may be some free time before we meet again before dinner. After dinner we'll have a bonfire in the garden and enjoy a special visit from a local 'highlander' who will tell us about mountain life, the culture and the history of the local people.

Day 7: Morning rafting trip down the Dunajec River. Afternoon transfer to Krakow.

This morning we'll travel by bus to visit the oldest wooden Gothic Church in Poland, in Debno Podhalanskie Village (UNESCO) before beginning our rafting trip down the Dunajec River (18kms, 2.5 hours). The river, a tributary of the Vistula, rises in Nowy Targ in the Pieniny Mountains on the Polish border and flows north to the Baltic Sea. The area surrounding the Dunajec Canyon is a protected National Nature Reserve and the forests of fir, beech and pine are home to diverse fauna including lynx, otter, honey buzzards, eagle owls and pygmy owls. Towering limestone cliffs line the canyon, making the journey quite spectacular and rather peaceful. Lifejackets and all safety equipment is provided. After lunch we will return to Krakow by bus and check in to our hotel before going out to enjoy a farewell dinner in the city.

Day 8: Departure day. A single transfer to Krakow Airport is provided.

After breakfast, there is a group transfer to Krakow Airport, where KE Land Only package services end.

Holiday Information

What's Included

• An experienced English speaking Polish tour leader
• A single Krakow Airport group transfer on Day 1 and Day 8 of the trip itinerary
• 7 nights hotel accommodation as described
• All meals except for dinner on Day 5
• All road transport required by the itinerary
• All cable car and funicular fares required by the itinerary
• All entrance fees during excursions and sightseeing which are part of the itinerary
• All necessary equipment (including safety equipment) required by activities in the itinerary

What's Not Included

• Travel insurance
• Airport transfers (other than the single group transfers on Day 1 and Day 8)
• Meals as per the Meal Plan
• Tips for local staff
• Cost of any optional excursions or activities
• Miscellaneous expenses - drinks and souvenirs etc.

Joining Arrangements & Transfers

Within the Land Only cost of this trip, we will provide a single group transfer from Krakow Airport to the group's accommodation in Krakow on Day 1 of the trip itinerary. This transfer usually departs from Krakow Airport in the early afternoon. On Day 8, there will be a single group transfer from the hotel in Krakow back to Krakow Airport in the morning. Contact details and an emergency number will be provided with your booking confirmation. Clients must provide the KE office with full details of their flights.

Meal Plan

All meals included except for dinner on Day 5.

Food & Water

Breakfasts are usually bread with a selection of meats and cheeses and sometimes cooked eggs and ham. Dinners normally consist of filling, home-made soups, pasta, goulash etc. Packed lunches of sandwiches and fruit will be provided on the days where it's not possible to stop at a local restaurant for lunch. Additional snack food items, such as chocolate bars, can be purchased in Krakow and Zakopane.

Many places on this holiday have drinkable water from the tap to fill your personal water bottles. Please check with the leader at the various locations. Please take purification tablets or a filter bottle (such as a Water-To-Go bottle) for days when drinking water out of the tap is not available. We do not encourage the purchasing of single use plastic bottles.

Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot provide special diets. Due to the nature of the trips that we operate and the countries in which we operate them, it can be very hard (and sometimes impossible) to cater for a wide range of dietary choices and you may have to supplement your diet with food/snacks from home. If you have specific dietary requirements please do speak to our sales team and they will be able to advise you whether or not we will be able to offer your specific choice. Please note that we are unable to provide separate menus and cannot accept liability for any problems arising from special dietary requirements or intolerances.
Accommodation

During this holiday the group will spend 2 nights in a 3 star hotel in Krakow and 5 nights in a family hotel in Zakopane. The hotel is well located, a few minutes walk from the centre. It has a garden for the children to run around it, and to enjoy our bonfire night with the highlander. Accommodation is based on twin share with private bathroom but family rooms with more beds can also be arranged on request.

Group Leader & Support Staff

This trip will be led by a locally based, professional, English-speaking guide.

Spending Money

We estimate that a total of around £150 to £200 per family (dad, mum and 2 kids) - or equivalent in euros/dollars - should be allowed for personal spending (soft drinks & beers), some optional activities, miscellaneous expenses and tips to local staff. If you wish to take part in expensive optional excursions on your free day, you should make an allowance for this accordingly (credit cards can be useful in this respect). We recommend you carry your travel money in the form of cash. It is easy to take cash from any of the many ATM's in Krakow and Zakopane.

Guidance On Tipping

Tipping is the accepted way of saying 'thank you' for good service. It is important to remember that tipping is voluntary and should be dependent on good service. On this trip we recommend that you give a tip to your guide and also on the city tour of Krakow. We estimate that £20 to £30 per family member will be sufficient for these tips.

Baggage Allowance

For this holiday you should take one piece of luggage and a daypack. Luggage with wheels is useful for this holiday. For international flights please check your baggage allowance with your airline.

Group Size & Holiday Status

For each holiday there is a minimum number of participants required to enable it to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to run'. You can check the trip status for each departure in 'Dates and Prices' table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status and so you are free to proceed with your international flight booking and other travel arrangements.

Recommended Outdoor Retailers

Many of the Equipment items listed above are available from Cotswold Outdoor – our ‘Official Recommended Outdoor Retailer’. When you book a holiday with KE you will receive 15% discount voucher from Cotswold Outdoor and other retailers.

>> Find out more

Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation.
When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our Travel Insurance page for further information and to get a quote.

**General Information**

**Passport & Visas**

A passport with 6 months remaining validity at the end of your stay is generally required for visits to countries outside the EU. The information that we provide is for UK passport holders. Please check the relevant embassy or consulate for other nationalities. It is your responsibility to ensure that you have the correct travel documents and visas for your holiday. Visa requirements and charges are subject to change without notice. If you are travelling outside the EU you should have at least 2 blank pages in your passport for each country that you visit.

*Visa information is changing all the time. Please ensure that you check for the latest advice before travel.*

**Visa Europe**

Travel to the European Union, Switzerland, Norway, Iceland or Liechtenstein will change from 1 January 2021. Before you travel, you should check the latest government advice at: https://www.gov.uk/visit-europe-1-january-2021

From 1 January 2021 your passport must be less than 10 years old and have at least 6 months validity beyond the date of travel.

**Health & Vaccinations**

**Severe Allergies**

If you have a severe allergy please inform the KE office before you travel. We will do all we can to help, but we cannot guarantee an allergy free environment on KE trips. You will need to carry your own treatment for the allergy with you, as 'adrenaline auto-injectors' are not carried as standard by KE leaders and staff. You should inform your leader on arrival of your allergy, and let them know where you keep your adrenaline pen.

**Vaccinations**

You should contact your doctor or travel clinic to check whether you require any specific vaccinations.

**EHIC / Medical Cover**

UK residents should obtain a free European Health Insurance Card (EHIC). This entitles you to state provided medical treatment, but is not a substitute for medical travel insurance which is still vital when travelling overseas.

**Currency**

The unit of currency in Poland is the Polish Zloty.

**Electricity Supply & Plug**

We recommend you check if you require an adaptor for your electrical items at:
Climate

We can expect daytime, valley temperatures of between 20ºC and 25ºC in the summer months. As with any mountain area, there is always the risk of some poor weather, with rain and wind and the occasional storm. However, this area usually enjoys a very pleasant and stable climate at this time of year. Earlier in the season in May the temperatures will be slightly cooler, especially at night.

Travel Aware

As a reputable tour operator, KE supports the British Foreign & Commonwealth Offices’ Travel Aware campaign to enable British citizens to prepare for their journeys overseas. The Travel Aware website provides a single, authoritative source of advice for all kinds of travellers and we recommend that prior to travel, all KE clients visit the official UK Government website at travelaware.campaign.gov.uk and read the FCO Travel Advice for their chosen destination. North Americans can also check out the U.S. Department of State website: www.travel.state.gov for essential travel advice and tips.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates direct from the FCO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use. We have pledged to AITO’s Project Protect that 70% of our agents stop using single use plastic bottles.

Flight Information

Flight Inclusive Or Land Only?

On our website we display a UK Flight Inclusive package price and Land Only package price for the majority of our holidays.

Land Only Notes

We sell this holiday on a Land Only basis and recommend that you book your flights to Krakow. Please refer to the ‘Joining arrangements and transfers’ section for further details.

Flights SHOULD NOT be booked until you have received your booking confirmation and the trip is showing ‘Guaranteed to Run’ or ‘Limited’.

If flying from the UK there are low cost airlines offering flights to Krakow. These include Easyjet from London Gatwick, Liverpool, Edinburgh, Ryanair from Manchester, Liverpool, Edinburgh & Jet 2 from Newcastle & Birmingham. Other low cost airlines are available from other airports but some of these may require extra nights in Krakow at the start or end of the holiday.

Alternatively if you would prefer to book a ‘flight inclusive package’ using scheduled airlines from the UK please
contact our flights department for a quote. Whilst flight prices are likely to be more expensive you will benefit from full financial protection.

**Why Choose KE Adventure Travel?**

Operating since 1984, KE Adventure Travel has some of the most experienced staff in the business, with the proven ability to set up and operate a worldwide programme of adventures. Everyone has adventure travel at heart and joins at least one trip a year. It is this depth of experience that makes KE stand out from other adventure travel operators. When you contact KE, by phone or e-mail, or visit our office, you will find the help and advice you need, from someone who has actually done the trip and can give you the benefit of their first-hand experience.

KE can guarantee the very best in trip support, excellent food, a good standard of hotel and other accommodation, plus the back up of one of the most respected companies in the business. Client satisfaction is at the top of our agenda and almost 50% of our bookings each year come from repeat business. If you are looking for adventure then look no further than KE.

**Group Tour Leaders**

All of our holidays are accompanied by an experienced leader, some of whom have worked with KE groups for many years. Many are professional guides and instructors with an unrivalled knowledge of the areas in which they work. In many parts of the world, we recruit local guides with appropriate training and experience. In addition to having the technical skills to ensure your safety, KE expects its leaders to be active members of the group. A leader should be fun to travel with and ready to share with you their enthusiasm for adventure travel and their knowledge of the area. Alongside the group leader, there will be a local support crew, which could be just a driver, or a complete team of guides, drivers, porters, mule-herders and cooks. The hard work of our support crews, along with the fascinating insight they can offer into their local culture, is integral to providing you with the very best adventure travel experience.

**Sustainable Tourism**

Since we ran our first trip in 1984, we have been committed keeping the world's most beautiful places pristine by minimising our environmental impact. Recognising the fragility of the world's wilderness environments, we keep our groups small and operate according to a 'Mountain Code', which is provided to all groups, trek leaders, agents and staff. We make sure that our local staff are well treated and well paid, we respect indigenous cultures, take care to protect the environment of the places we visit and take every opportunity to make a positive contribution wherever we travel. Our philosophy of 'leaving nothing but footprints' has been integral to KE's approach right from the start over 30 years ago. In recognition of our efforts we are proud to have achieved the highest award of 5 Stars for Sustainable Tourism by AITO.

We continue to travel responsibly, and more information on our policy, practice, and specific projects can be found at www.keadventure.com, and on the website of our partner charity the Juniper Trust: www.junipertrust.co.uk. KE's Mountain Code is issued to our staff, trek leaders and overseas agents, and we recommend it to our clients, too!

**Booking Your Holiday**

The easiest way to make your booking is online. You will need to pay a deposit at the time of booking. This is normally £200 but for some holidays with special permit fees or internal flights, this may be more. The amount of
deposit required for an individual holiday is given on the dates and prices page of the holiday. Late bookings will require full payment. We cannot confirm any booking until we receive your fully completed booking form.

Adventure Travel Insurance

It is a condition of joining any of our trips that you are insured against medical and personal accident risks (to include repatriation costs, air ambulance and helicopter rescue services). We also strongly recommend that you take out holiday cancellation insurance, as all deposits paid are non-refundable. Please ensure that your insurer is aware of your KE Adventure itinerary and can agree to cover the activities being undertaken. You will then need to advise us of your policy details and complete an Insurance Declaration Form.

CAMPBELL IRVINE DIRECT travel insurance is available to EU residents and will cover the majority of KE Adventure holidays. It has been designed to provide cover for activities normally excluded by other insurers such as trekking, mountain biking and climbing. Please note that certain activities may attract a higher premium. In addition ‘Campbell Irvine Direct’ cannot provide cover for KE climbing trips above 6000m. Cover for these can be obtained through either the British Mountaineering Council (BMC) or Snowcard.

TRAVELEX is a USA based insurer offering travel insurance, which can be used by US citizens and US residents only. KE recommends the “Travelex Select” package for our holidays. If your holiday involves using mountaineering equipment (ropes, harness or crampons), for climbing or glacial travel, you should consider the "Adventure Plus Pak" optional upgrade on the Travelex Select Plan. Please refer to the ‘Description of Coverage’ for a summary of the terms, conditions, exclusions and limitations of the applicable Protection Plan. This policy will also cover KE climbing trips above 6000m.
Equipment List

Please try to keep the weight of your baggage to a minimum. See the ‘baggage allowance’ section for further details.

You Must Bring The Following Items:

• Hiking boots / sturdy shoes for walking
• Socks
• Trekking trousers
• Underwear
• Lightweight waterproof overtrousers
• Baselayer shirts
• T-shirts and/or casual shirts
• Loose-fitting, long-sleeved shirt with collar (for sun protection)
• Fleece jacket or warm jumper
• Lightweight waterproof jacket
• Sunhat
• Sunglasses
• Daypack 30 to 40 litres (depending on how much of the kids' stuff you want to carry)
• Basic First Aid Kit: Antiseptic cream, throat lozenges, diarrhoea treatment (Imodium), painkillers, plasters, blister treatment, Insect repellent, antihistamine cream and tablets, and re-hydration salts (Dioralite). Glucose tablets and multi-vitamin tablets are a good idea.
• Sun protection (including total bloc for lips, nose etc.)
• Water bottles (approx 2 litre per person) (we encourage re-filling water bottles rather than single use plastic)
• Water purification tablets

• Swimwear
• Washbag and toiletries
• Antibacterial handwash
• Small towel

The Following Items Are Optional:

• Trainers
• Sandals
• Shorts
• Travel clothes
• Pen-knife (note: always pack sharp objects in hold baggage)
• Repair kit – (eg. needle, thread, duct tape)
• Camera
• Toys / games / books etc.
• Warm hat
• Lightweight thermal or fleece gloves
• Headtorch and spare batteries
• Reusable cloth bag for shopping (to avoid plastic bags)

**Notes:**

All specialist equipment required for the activities are provided.

Please note: This document was downloaded on 3 Oct 2020, and the trip is subject to change.