

Walking Bohemian Trails - Krakow to Prague

Trip Code: BOH

Version: BOH Walking Bohemian Trails - Krakow to Prague



WALK & TREK



GUIDED GROUP



LEISURELY



HIGHLIGHTS

- Hike off the beaten track in the Stołowe Mountains and Karkonosze National Park
- Discover fantastic architecture on walking tours in Prague and Krakow
- Follow cross-border trails and immerse yourself in Bohemian history and culture

- Take dinner on a Polish farm and experience a Jewish cultural evening

AT A GLANCE

- 6 days walking and sightseeing
- Join at Krakow, End in Prague

ACCOMMODATIONS & MEALS

- 7 Breakfasts
- 5 Dinners
- 3 nights Guesthouse
- 4 nights Hotel

[VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE](#)

Introduction

The Kingdom of Bohemia conjures up images of beautiful cities, fairy-tale castles, stunning architecture, medieval villages and delicious food. This easy walking holiday includes rural pockets of solitude in Poland and the Czech Republic plus the exciting cities of Prague and Krakow. With fascinating folklore and wonderful history, these two welcoming countries offer a fantastic opportunity to discover the heart of Bohemia. Krakow is an architectural treasure with its colourful UNESCO World Heritage old town, towering basilica, captivating castle and enchanting Jewish Quarter. We'll find the Ojcow National Park is bursting with flora and fauna and described as a botanical paradise. The little known mountain ranges of Stołowe and Karkonosze provide a wonderful backdrop to our rural walks, whilst cliff-top castles offer real insight into the history of a fascinating ancient kingdom. The holiday finishes in Prague, located in the heart of Bohemia and one of Europe's most spectacular cities with wonderful bridges spanning the meandering river, a remarkable Old Town Square and towering cathedral. This wonderful holiday takes you on a wonderful walking and cultural adventure from Krakow to Prague.

Is this holiday for you?

During this holiday there are a number of easy walks (2 - 4 hours) as well as some busy sightseeing. The walks are approximately 3 hours in length and will be led at a leisurely pace on footpaths that are good underfoot. This charming holiday is planned to have a good balance of walking, sightseeing and free time to explore.

Itinerary

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DAY 1

Meet at the group hotel in Krakow. A group transfer from the airport is included.

Meet at the group hotel in Krakow. An escorted group transfer to the hotel in the centre is included or it is easy and low cost to take a taxi from the airport to the hotel. Krakow is a fantastic city with a wonderful variety of museums and highlights so if you'd like to arrive a day or two early, then please contact the KE office. The Wieliczka Salt Mines and Auschwitz-Birkenau Memorial and Museum are easily reached on public transport from the centre. Depending on your arrival time you may wish to head out and take a stroll around Krakow. Krakow's old town is a UNESCO World Heritage site and contains soaring churches, impressive museums and the vast Rynek Gowny which is Europe's largest market square. Late afternoon the leader will take you on an orientation walk before heading for dinner in a local restaurant.

*Food for thought - Golabki is a traditional Polish dish of cabbage leaves stuffed with meat and rice and Krakow is the place to really taste some of the best in Poland. If you love your dim sum or mini dumplings then try pierogi which are delicious. These thinly rolled dumplings are stuffed with a wide variety of fillings and pierogi are not only a traditional Polish dish but more of a national institution! Savoury fillings include anything from meats and cheeses to potatoes, cabbage, mushrooms, lentils and spinach. Sweet fillings are also popular and include strawberries, ricotta cheese and other seasonal soft fruits.



Accommodation
Hotel

DAY 2

Enjoy Krakow before dinner and a concert in the historical Jewish quarter.

Today is free for you to discover Krakow which retains its old-world ambiance and charm. As the prettiest of Poland's main cities, Krakow escaped the worst of WWII bombing and the former Polish capital has an atmospheric Old Town plus wonderful and historical museums and a huge main market square. Alongside the city's beautiful architecture and castle, Krakow has some fantastic museums including the Oskar Schindler Factory Museum and the Museum of the History of Polish Jews, which won European museum of the year in 2016. In the centre of the old town and dominating Rynek Główny's main square, you'll find the impressive and striking red brick church known as St Mary's Basilica. The interior is exquisite with a carved altar described as the finest piece of Gothic art in Poland. In the afternoon we'll meet up with the leader who will take us on a walking tour of Kazimierz, the fascinating Jewish Quarter. This amazing part of Krakow fell into disrepair during the communist era, but in the 1990s it was given worldwide exposure through the lens of Steven Spielberg and today is one of Kraków's most exciting districts. This bustling, bohemian neighbourhood is packed with historical sites

and is well-known for its associations with Oskar Schindler. Tonight we'll enjoy dinner in the Jewish Quarter and listen to some fantastic Klezmer music which is the perfect way to end our time in Krakow.

Meals: **B D**



Accommodation
Hotel

DAY 3

Walk in Ojców National Park and stroll through Pieskowa Skala Castle.

After breakfast we transfer to Poland's smallest national park, the Ojców National Park. At only 22 square kilometres this little gem is brimming with flora and fauna plus unusual limestone formations including the 25m tall Club of Hercules and 15m Krakow Gate. The park is home to two rivers and over 130 species of birds including hawks, woodpeckers, owls, kingfishers and herons. Its 400 caves house over 15 different species of bat and the park takes the prize in the whole of Poland for most varieties of flora at over 1000 species recorded. After a lovely walk in the park we'll visit Pieskowa Skala Castle, one of the most glorious examples of residential Renaissance architecture in Poland. Perched on a limestone cliff and overlooking the River Pradnik, Pieskowa Castle is one of twenty five castles and watchtowers situated on the Trail of the Eagle's Nest which runs through the country for 163kms. The Eagles Nest Castles were built to protect the region during the medieval era and Pieskowa is one of the most beautiful and well preserved with elegant courtyards, a fortified entrance, pretty garden and dramatic location. In the afternoon we transfer to Duszniki Zdroj in the Klodzo Valley. Once a Bohemian domain, the Klodzo Valley is known for its warm climate and Duszniki Zdroj is a pretty spa town with colourful architecture and a reputation for its spa waters.

Meals: **B D**



Accommodation
Guesthouse



Ascent
350M



Descent
350M



Time
3 hrs walking

DAY 4

Hike in the Stolowe Mountains before taking a dip in a traditional spa pool.

This morning we make our way to the Stolowe Mountains National Park and spend the morning walking through the amazing labyrinth of rocks known as the Errant Rocks. Formed over 70 million years ago this wonderful landscape is home to deer and wild boar and in the past was located on the Bohemian border. Running for 42kms through the Czech Republic and Poland, the Stolowe Mountains are called the Table Mountains in English. They sit in their own national park which was created in 1993 and are a great place to walk. Part of our trail takes us passed the Pasterka Hut which is a simple but lovely place to stop for lunch. In the afternoon we'll head back to Duszniki Zdrój where you can enjoy a dip in one of the many spa pools or relax in the town. In the evening we'll pay a visit to Kudowa Zdroj, one of the oldest

spa towns in Europe. Popular with Winston Churchill, Kudowa Zdroj was part of Bohemia until 1742 and is a good place to enjoy a walk after dinner.

Meals: **B D**



Accommodation
Guesthouse



Ascent
350M



Descent
350M



Time
3 hours walking

DAY 5

Explore Swidnica baroque church and walk in Poland's Mini Tatras.

Today is a wonderful day as we explore the valley of the castles and gardens. We start after breakfast by transferring to the breath-taking Church of Peace in Swidnica. Added to the UNESCO World Heritage list in 2001, the Church of Peace is the largest wooden, baroque church in the world and its intricately carved interior is jaw dropping. With capacity to hold over 7000 people, the half-timbered church has stood for over 350 years and is one of the most remarkable churches in Europe. After Swidnica we head to Castle Kasz, one of the largest and most beautiful castles in Poland. Located on a rocky outcrop and surrounded by an expanse of wonderful forest, Kasz is truly magnificent and a wonderful place to visit. We'll have time to wander through the beautiful state rooms and lush gardens. After exploring Castle Kasz we'll enjoy an afternoon walk in the Mountains of Rudawy Janowickie which are fondly known as the small Tatras. Whilst walking here we'll be rewarded with wonderful views over the Valley of Castles and Gardens. Late afternoon we'll check into our hotel in the traditional village of Wojanów. Before dinner we'll pay a visit to the Palace of Komniz. Here we'll discover the history behind the Valley of Castles and Gardens which is the perfect way to end a lovely day.

Meals: **B D**



Accommodation
Hotel

DAY 6

Hike along the Polish - Czech border and take a chair-lift up Kopa Mountain.

After breakfast we take a short transfer to Karpacz to visit the unique Vang Stave Church. This quirky wooden church was bought by King Frederick William IV of Russia and transported from Vang in the Valdres region of Norway to its present location. Stave churches are traditionally medieval wooden churches with their roots in Scandinavia and Vang Church is now one of the most visited stave churches in the world. After Vang we'll enjoy a walk on the border between the Czech Republic and Poland and if the weather is on our side we may take a chairlift up Kopa Mountain (1377 m) in the Karkonosze National Park. This evening we'll have dinner on a local stadnina koni - a Polish horse ranch or estancia.

Meals: **B D**



Accommodation
Guesthouse



Ascent
150M



Descent
600M



Time
3 hours walking

DAY 7

Explore Prague in the true heart of Ancient Bohemia.

This morning we leave Poland and cross the border into the neighbouring Czech Republic as we make our way to Prague. After our arrival in the true heart of ancient Bohemia we'll enjoy a walking tour of the highlights including the famed Charles Bridge, Old Town Square and St Vitus Cathedral. Initially founded in the late 9th century, Prague soon became the seat of Bohemian kings and has a wonderful arty feel to it. Today it is the best place to buy the finest quality glass in the world, Bohemia Crystal. St Vitus cathedral was built over a mammoth 600 years and is one of the most richly decorated cathedrals in the world with colourful stained glass windows, silver tombs and richly carved wooden doors decorated with reliefs of Bohemian saints. Wandering across Charles Bridge is one of the city's highlights, whilst Stare Mesto or Old Town Square is the perfect place for people watching whilst taking in one of Europe's most beautiful town squares. After the walking tour the afternoon will be free for you to explore Prague which is perfect for wandering cobbled streets, discovering hidden squares and looking at the wonderful architecture. The town has an interesting Jewish Museum spread over six monuments all walking distance from the Old Town Square. They include a Spanish Synagogue with an impressive Moorish interior, a ceremonial hall and an old Jewish cemetery which is one of the oldest Jewish burial grounds in the world. In the evening we'll meet up and head out for dinner to celebrate our last night travelling through Bohemia.

*Food for thought - Trdelnik or chimney cake is a wonderful sweet street food originally from the Hungarian speaking region of Transylvania but very popular on the streets of Prague. Here light and fluffy pastry dough is wrapped around a stick, roasted in an open flame and dusted with sugar or cinnamon - utterly delicious! The wonderful Czech gulas is a rich combination of braised meat and vegetables and traditionally served with bread dumplings. For cheese lovers, smazeny syr is mouth-watering bite-size morsels of deep-fried cheese served with fries, salad or a bread roll.

Meals: **B**



Accommodation
Hotel

DAY 8

Departure Day.

Your holiday ends after breakfast. You will be assisted by your tour leader in getting the airport shuttle bus back to the airport.

Meals: **B**

Holiday Information

What's Included

- A professional local leader
- A single timed airport group transfer Day 1
- All necessary transport within the holiday
- All accommodation as described
- Meals as detailed in the Meal Plan

What's not Included

- Travel insurance
- Airport transfers on Day 8 (Prague)
- Tips
- Some meals as detailed in the Meal Plan
- Miscellaneous expenses - drinks and souvenirs etc.

Joining Arrangements & Transfers

TRAVEL TO YOUR DESTINATION

In some cases you may choose to take a ferry and/or train to your holiday start and end destination. Please see further information on [Travelling by Train](#).

If flying from the UK there are low cost airlines available to the start and from the end of your holiday.

To benefit from full financial protection, ease your holiday planning, and avoid dealing with airlines, we can book scheduled flights from the UK as part of a flight inclusive package. Scheduled flights are usually more expensive than low cost alternatives, however potentially less stressful if your flight is cancelled or delayed. If you book flights through KE Adventure Travel we will [offset the carbon of your flight](#).

The group will meet at the hotel in Krakow.

A single timed airport transfer is included on Day 1. You will be escorted on public transport for this journey.

On Day 8, you will be assisted in getting the straightforward airport bus from the group hotel to Prague Airport.

Hotel contact details and an emergency number will be provided with your booking confirmation.

Meal Plan

Breakfasts and 5 dinners are included in the holiday price. Poland and Prague has a wide variety of cafes, bakeries, supermarkets, mountain huts and restaurants. We recommend you allow approximately 10 Euro for a lunch and 20 Euro for a dinner.

Food & Water

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.

Poland has a rich variety of traditional dishes with pierogi being up there as the most famous. These Polish dumplings are excellent and come filled with a range of fillings from cheese, potatoes mushrooms, meat and cabbage. Sweet ones are also worth a try. Stews and soups feature on almost every menu and are delicious and filling. If you like your stuffed vine leaves, golabki is one of the most traditional dishes and fillings include meat or vegetables. Traditional golabki is served with a rich tomato sauce and either bread or potatoes.

Zapiekanka is a fast-food treat from the depths of southern Poland. The zapiekanka is a filling, half baguette that's topped with mounds of cheese, mushrooms and chives. After that, diners can choose whatever other extras they'd like, as the menus burst with everything from Greek feta cheese to smoky Polish blood sausage. Zapiekanka are a trademark food from the Kazimierz Jewish Quarter of Krakow. Paczki are Polish doughnuts, a sugar-topped bun packed with a host of flavours from custard to chocolate or strawberry jam.

The paczki is sold in bakeries throughout the year, but it's traditional to eat them at the beginning of Lent. In the Czech Republic why not try kulajda, a creamy potato soup with mushrooms, dill, vinegar and a poached egg on top. Schnitzel is a piece of tenderised meat that is breaded and fried and served with a Czech version of potato salad - a mixture of potatoes, carrots, hard-boiled eggs, onions and pickles, with mayo, mustard, brine from the pickles and salt and pepper.

Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide special diets. Due to the nature of some 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 7 nights in standard hotels and local guesthouses. Accommodation is on a twin sharing basis with en-suite facilities.

If you are travelling by yourself, you will be paired with another solo traveller of the same sex. Depending on availability, single rooms may be available on request for a supplementary fee.

Group Leader & Support Staff

The group will be led by a professional and qualified tour leader.

Spending Money

The local currency in Poland is the Polish Zloty and in the Czech Republic it's Czech koruna. We estimate that the equivalent of £150-200 should be sufficient to cover tips for local staff and non-included meals. Euros, dollars and sterling can be changed into Polish Zloty at the airport or in Krakow centre. Cash in Polish Zloty can be withdrawn from ATMs on arrival at the airport and in Krakow centre.

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 guides on the trek and also on the city tour of Krakow. We estimate that €20 - 25 per person will be sufficient for these tips.

Baggage Allowance

For this holiday you should take one piece of luggage and a daypack for during the day. 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.

General Information

Passport & Visas

Europe

Your passport must meet 2 requirements. It must be:

- less than 10 years old on the day you enter (check the 'date of issue')
- valid for at least 3 months after the day you plan to leave (check the 'expiry date')

For the latest details on visiting countries within the EU or the European Economic Area (EEA), please check the UK Government website

The information that we provide is for UK passport holders. A passport with 6 months remaining validity at the end of your stay is generally required, and you should have at least 2 blank pages for each country that you visit.

It is your responsibility to ensure that you have the correct travel documents and visas for your holiday. Please ensure that you check for the latest advice before travel. For the most up to date information on entry requirements, please visit the [UK Government website](#).

Health & Vaccinations

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.

GHIC / Medical cover

UK residents should carry a free Global Health Insurance Card (GHIC). This entitles you to state provided medical treatment when you're visiting an EU country or Switzerland. This is not a substitute for medical travel insurance which is vital when travelling overseas.

Currency

The currency for part or all of this holiday is the Euro.

The unit of currency in Poland is the Polish Zloty.

Preparing for your Holiday

It makes sense to spend some time before coming on a walking holiday getting some additional exercise. The fitter you are, after all, the more enjoyable you will find the experience.

Climate

The main season for Poland and the Czech Republic is from May to September and the weather is generally very good. We can expect daytime, valley temperatures of between 20°C and 25°C.

Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's '[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 FCDO 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 FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates direct from the FCDO 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.

Books

- The Rough Guide to Poland
- Lonely Planet Poland

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.

Equipment Information

Equipment List

The following checklist should help you with your packing. As a general rule, you should always try to keep the weight of your equipment to a minimum.

You should bring the following items:

- Walking shoes
- Trainers or sandals for sightseeing
- Socks
- Walking trousers
- Lightweight waterproof overtrousers
- Underwear
- Shorts
- Short-sleeved shirts
- Warm jacket or jumper
- Lightweight waterproof jacket

- Sun hat
- Sunglasses
- Daypack 25 litres
- Sun protection
- Water bottle 1 litre (we encourage re-filling water bottles rather than single use plastic)
- Water purification tablets
- Toiletries
- Basic First Aid Kit including : Antiseptic cream, throat lozenges, diarrhoea treatment (Imodium) painkillers, plasters and blister treatment, Insect repellent, and re-hydration salts (Dioralite).

The following items are optional:

- Camera
- Pen-knife
- Travel clothes
- Reusable cloth bag for shopping (to avoid plastic bags)

Cotswold Outdoor



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 12.5% discount voucher from Cotswold Outdoor and other retailers.
[>> Find out more](#)

Land Only Information

We sell this holiday on a Land Only basis allowing you the flexibility to choose the travel method which best suits you. The holiday starts at the hotel in Krakow and a single timed transfer is provided from Krakow Airport.

Why Choose KE

Why KE

Step back in time and join KE the walking experts on a timeless rural journey between two of Europe's most fascinating cities. Experience charming walks, national parks, ornate castles, and undiscovered trails in Ancient Bohemia. We've even included a cultural evening and traditional dishes.

Please Note This document was downloaded on 18/05/2024 and the trip is subject to change