

Trek the Polish Tatra Mountains

Tour Style: European walking holidays

Destinations: Poland & Slovakia

Trip code: HTLCL

2 & 5



HOLIDAY OVERVIEW

The impressive Tatra Mountains take centre stage on this walking holiday in Poland – and they're one challenge every walker wants to tick off the list. The crowning glory of the Carpathian Mountain range rises to heights of up to 2,000 metres and over 300 peaks form a formidable border with neighbouring Slovakia. You'll have the chance to ascend the scenic Boczan Ridge via the rugged Karb Pass and Black Lake, climb the popular summit of Giewont, and take a cable car ride over the borderlands. And given the park's status as a UNESCO Biosphere Reserve, there's the chance to spot chamois, wild lynx, and even Carpathian brown bears, too.

WHAT'S INCLUDED

- Full programme of guided walks with local leaders
- HF Holidays Tour Manager
- Comfortable accommodation
- Half board
- All sightseeing and entrance fees (as per itinerary)
- Airport transfers by coach
- Return flights from the UK including hold baggage and airport transfers

HOLIDAY HIGHLIGHTS

- Exploring the best of the Tatra Mountains on foot
- Reaching the summit of Giewont in Tatra National Park
- Crossing the border to walk in neighbouring Slovakia
- A host of wildlife-spotting opportunities
- Sampling Polish food and drink in charming Zakopane
- Visiting rustic Polish villages

TRIP SUITABILITY

This is a level 2 and level 5 graded Activity, Easier walks: 6 to 9 miles (9½ to 14½km) generally on good but rough paths, with some steeper sections. Up to 1,600 feet (480m) of ascent in a day. Harder walks: 9 to 13 miles (14½ to 21km) crossing rough mountainous terrain with steep gradients. Up to 3,500 feet (1,050m) of ascent in a day.

ITINERARY

Day 1: Arrival Day

Unpack and settle in at the hotel.

Day 2: Kopieniec & Black Lake

Option 1 - Kopieniec

Distance: 6 miles (10km)

Ascent: 1 350 feet (400m)

In summary: A short bus ride takes us to Toporowa Cyrhla where we'll set off on our walk through the village and forest towards a mountain clearing. We'll summit Wielki Kopieniec (1,328 m) and be rewarded with views towards the Polish Tatra Mountains. We'll descend for lunch at Olczyska, then climb to Nosalowa Pass and descend again to Kuźnice. Finally, we'll walk back to the hotel alongside the Bystra River.

Highlight: The views from Wielki Kopieniec.

Option 2 - Black Lake

Distance: 9.5 miles (15km)

Ascent: 2 300 feet (700m)

In Summary: From Kuźnice we'll set off into Tatra National Park. Ascending the Boczań ridge up to the wide pass at Między Kopami, we'll enjoy far-reaching views down towards town. We'll visit the hut at Murowaniec for refreshments before striding out to take in Czarny Staw Gąsienicowy (the Black Lake) - the perfect spot for lunch. We'll then retrace our steps into Jaworzynka Valley and back to Kuźnice.

Highlight: The beautiful Black Lake.

Day 3: Przyslop Miętusi & Giewont

Option 1 - Przyslop Miętusi And Droga Pod Reglami

Distance: 7 miles (11.5km)

Ascent: 1 350 feet (460m)

In summary: This walk starts at Kiry, a park entrance to the west of Zakopane in Kościelisko village. The walk takes in two valleys – Kościeliska and Mała Łąka – crossing a low pass (Przyslop Miętusi) with attractive mountain pasture in between. We walk back to the hotel along the track called Droga pod Reglami, on the edge of the Tatra National Park with views towards the town.

Highlight: Enjoy stunning mountain scenery.

Option 2 - Giewont From Kuźnice

Distance: 9 miles (15km)

Ascent: 3 120 feet (950m)

In summary: An early start allows us to reach this popular summit before the crowds. The walk ascends via the Kondratowej hut before reaching the summit with its large steel cross. We return to the hotel via the national park boundary path.

Highlight: The final scramble to the summit using fixed chains - exciting but achievable!

Day 4: Kasprowy Wierch, The Border Ridge & Kalatówki

Both parties go by bus to Kuźnice and take the cable car to the summit of Kasprowy Wierch at 1987 m., on the border between Poland and Slovakia. Outstanding views of both parts of the Tatras will open out as both parties walk the short distance to the summit of Beskid (2012 m).

Option 1 - Kasprowy Wierch By Cable Car & Kalatówki

Distance: 6 miles (9.5km)

Ascent: 1 500 feet (450m)

In summary: Once we've returned to Kuźnice by cable car, we'll continue on a cobbled track to the Kalatówki mountain hotel for lunch. We'll return on a smaller path through the forest, winding our way over a low ridge before descending through picture-perfect Białego Valley (or White Creek Valley) back to the hotel.

Highlight: The beautiful White Creek Valley

Option 2 - Kasprowy Wierch By Cable Car & Kopa Kondracka

Distance: 9 miles (14.5km)

Ascent: 1 700 feet (530m)

In summary: Once we've gone up Kasprowy Wierch by cable car we'll turn west along the undulating ridge to reach Kopa Kondracka (2,500m). Our route then reverses to the col and descends to the Kondratowa refuge for refreshments and back to Kuźnice.

Highlight: Walking the undulating ridge to Kopa Kondracka.

Day 5: Free Day

Each week there is a free day when no guided walks are offered. This is an ideal opportunity to relax around the hotel, walk independently or visit local places of interest. Some options for your free day may include:

Hotel: Relax in the hotel and surrounds.

Zakopane: Visit the old cemetery where all the prominent people of the area are buried including artists and writers, plus the Tatra Museum which was founded in 1875 and is one of the oldest regional museums in Poland. Have lunch in the centre of town and then visit the bustling street market and taste the traditional smoked cheese. The Zakopane-style timber architecture is very interesting, including several wooden churches.

Dunajec River rafting: Spend the day rafting on the Dunajec River. This will give you a chance to view the mighty limestone cliffs while sailing down the river. You may have a chance to spot some rare bird species, such as the Black Stork. Packages can be booked including the transport from the hotel and rafting fees. There are some sightseeing opportunities to the Niedzica dam and castle on the journey.

Krakow: Visit the oldest city in Poland, and the capital from 1038 to 1569. Its architecture extends across Gothic, Renaissance and Baroque, including the Wawel Cathedral and the Royal Castle on the banks of the Vistula River. It has the largest medieval market square in Europe and also is home to one of the oldest universities in Europe. You can go by train (3½ hours) but the quickest journey is by bus (2 hours). English speaking tours are available in the city.

Day 6: Five Lakes & Rusinowa Polana

Option 1 - Rusinowa Polana

Distance: 7.5 miles (12km)

Ascent: 660 feet (220m)

In summary: After a bus ride to Wierch Poroniec, we'll enjoy a gentle walk through the woods to Rusinowa Polana, a clearing dotted with shepherds' huts and flocks of sheep. It's also bestowed with great views over the High Tatras. We'll visit a chapel in the Valley of Golden Creek and the Mickiewicz waterfalls, named after the great Polish romantic poet.

Highlight: The beautiful Mickiewicz waterfalls.

Option 2 - Five Polish Lakes

Distance: 11.5 miles (18km)

Ascent: 2 200 feet (670m)

In summary: A bus will take us to Palenica Białczańska before we make our way to the Mickiewicz waterfalls. Up in Roztoka Valley, we'll be able to admire the Siklawa waterfall, the biggest in the Tatras. Then, we'll head along Siklawa up to the Valley of Five Polish Lakes and visit the highest refuge in the Polish Tatras at 1,670 m for lunch. We'll return to the bottom of Roztoka valley via an alternative trail.

Highlight: Soaking up the atmosphere of the mountains while relaxing at the refuge.

Day 7: Slovakia

Option 1 - Strbske Pleso And Popradske Pleso

Distance: 7.5 miles (12km)

Ascent: 1 350 feet (400m)

In summary: A bus will take us to the Strbske Pleso ski resort where we'll walk around the lake before climbing towards the higher lake, Popradske Pleso via a balcony path with fine views. Here we'll have lunch at a hut then walk around the lake and return to the bus via a different path.

Highlight: The mountains reflecting in the lake at Strbske Pleso.

Option 2 - Plesnivec Hut And White Lakes Valley

Distance: 12.5 miles (20km)

Ascent: 3 200 feet (980m)

In summary: Enjoy a long but beautiful walk in Slovakia. Once we've travelled by bus to Tatranska Kotlina we'll walk up the Valley of Seven Springs, visiting the Chata Plesnivec hut on the way. Climbing further up, we'll reach the Valley of White Lakes where we'll stop for lunch and then keep ascending to a high pass (Kopske Sedlo) and descend down along Zadne Med'odoly valley to Javorina – the last Slovakian village before Polish border.

Highlight: The sense of achievement from reaching Kopske Sedlo.

Day 8: Departure Day

We hope to see you again soon.

ACCOMMODATION

Radisson Blu Hotel & Residences (2024), Zakopane

Just a short stroll from the centre of Zakopane, the Radisson Blue is a perfect base for exploring Poland's Tatra Mountains. Stylish rooms come kitted out with wooden floors and warm colours, while facilities include two restaurants and a café. There's also an indoor pool, well-equipped gym, a hot tub, and a sauna.

Rooms

The hotel has 158 comfortable modern en-suite bedrooms.

All rooms have:

- TV
- Room safe
- Hairdryer
- Tea/coffee making facilities

About Your Stay

There are 2 Restaurants, Scottish themed bar and a bar in the lobby.

There is a wellness centre with state-of-the art Gym, swimming pool, hot tub and sauna.

Food & Drink

Our holidays at Radisson Hotel are on a Half Board basis and include breakfast and evening meal.

Breakfast

The hotel offers a buffet including fruit juices, fruit, selection of breads & cakes, cereal, tea and coffee.

Lunch (Payable Locally)

You can buy ingredients from the shops in town. On certain days it may be possible to eat in a local café. Your leader will advise.

Evening Meal

Dinner is served in the Modrzejowa Restaurant.

Drinks

The hotel's bars serve a selection of wines, beers and other refreshing drinks.

Grand Hotel Stamary (2025), Zakopane

With a spectacular setting in the eye-catching mountain town of Zakopane, the Grand Hotel Stamary is the perfect choice for a mountain getaway. Housed in a historic 1905 building, this 4-star hotel combines rustic charm with modern luxury. Beautifully appointed rooms featuring plush bedding, private bathrooms, flat-screen TVs, complimentary Wi-Fi, and stunning views of the Tatra Mountains. Guests can take advantage of the hotel's wellness spa and pool, savour local and international cuisine in the restaurant, and enjoy easy access to the town centre and ski lifts.

USEFUL HOLIDAY INFORMATION

Joining Instructions (With Flights)

Book your holiday 'with flights' and you can choose to depart from a range of UK airports* to your destination. For latest flight times and prices please call us on 0203-974-8865 or email reservations@hfholidays.co.uk

If you choose to book your flights with us, we automatically include return transfers between the destination airport and hotel.

Joining Instructions (Without Flights)

Alternatively, tailor your journey to suit you by booking your holiday 'without flights' and you'll have the freedom to book your own flights from your local airport.

If you choose this option, transfers are not included in the price. However, below are some suggestions to help you reach your destination:

Shared group transfer

You can still purchase a seat on our group airport transfer, but you must arrive in destination prior to the main group. It is your responsibility to book flights which allow enough time to meet our shared transfer.

Please note, all flight times are subject to change. If your arrival and/or departure time changes and no longer fits our group transfer, we will be unable to delay departure for you. Should this occur, we will refund you the cost of the transfer and you can either make your own way to the accommodation or we can book a private taxi transfer (at your expense). HF Holidays cannot be held responsible for your onward travel if you are unable to meet the transfer coach.

Private taxi transfer

Depending on your destination, we may be able to arrange a private taxi transfer for you. Please call us up to 5 weeks in advance to enquire about availability and costs for this option on 0203-974-8865.

*Subject to availability

Essential Information

It's best to be prepared for all weather conditions. To make it easier, here is a list of items you should consider packing.

Essentials

- Walking boots
- Waterproof jacket
- Waterproof trousers
- Insulated jacket/top
- Walking clothing
- Walking socks (plus spares)
- Sunhat
- Gloves/mitts and warm hat
- Water bottle (minimum 2 litre capacity)
- Headtorch
- High-factor sunscreen (minimum SPF 30)
- Sunglasses with a dark lens
- Rucksack (15-30 litres)
- Mobile phone
- Personal first aid kit (containing your medication, blister plasters, etc.)
- Passport
- Visa (if applicable)
- Copy of your travel insurance policy
- UK Global Health Insurance Card (**formerly known as EHIC**)

Recommended

- Collapsible walking poles
- Swimwear and travel towel
- Snacks
- Dry bags
- Rubbish bags
- Insect repellent

Optional extras

- Camera
- Sit mat
- Flask for hot drinks
- Durable lunch box
- Gaiters
- GPS device

Useful Information

Language: Polish (Slovak in Slovakia)

Currency: Polish Zloty (Euros for the day in Slovakia)

Changing money: There are several ATM machines in Zakopane where you can obtain Zloty, and currency exchange offices (Kantoor) where you can change a variety of currency.

Electricity: 220 Volt AC with round two pin plugs; you will need an adaptor for any appliances brought from the UK.

Tap water: Is considered safe to drink, but if you prefer, bottled mineral water can be purchased from the hotel or local supermarkets.

Telephone code: If the international number you wish to call starts with a 0, you must drop the starting digit when dialling the number.

To dial a UK number 0044

To dial a Polish number 0048

Is considered safe to drink, but if you prefer, bottled mineral water can be purchased from the hotel or local supermarkets.

The local language is Slovak for the Slovakia side of the mountains and Polish for the Poland side and airport.

If the international number you wish to call starts with a 0, you must drop the starting digit when dialing the number.

To dial a UK number 0044

To dial a Polish number 0048

To dial a Slovak number dial 00421

Travel Insurance

Travel insurance is a condition of booking. Therefore, if you have not already arranged insurance, it is imperative that you do so, and advise us of the insurance company and policy number.

We work with Campbell Irvine to provide you with competitive single and annual multi-trip insurance. Please see our website for more information and details of how to contact them for a quote:

<https://www.hfholidays.co.uk/about-us/booking-information/insurance>.

For more information about healthcare abroad and its costs, please visit: <https://www.nhs.uk/using-the-nhs/healthcare-abroad/>.

Local Currency

The local currency is the Polish Zloty (Euro and Card payments are also accepted at the airport)

Electricity

230 Volt AC with round two pin plugs; you will need an adaptor for any appliances brought from the UK.

ATM Availability

There are several ATM machines in Zakopane for the Polish side of the mountains where you can obtain Zloty, and currency exchange offices (Kantoor) where you can change a variety of currency.

There are ATM machines in Novy Smokevec for the Slovakia side of the mountains where you can obtain Euros.

TRIP NOTE VALIDITY

These Trip Notes are valid based on the date printed at the bottom of the page. They will occasionally be updated post booking and pre-departure. We will send you the latest trip notes prior to departure through a link in your pre departure documents or we can send you a copy in the post if preferred.

In booking this trip you should be confident in your ability to participate in all activities described in these Trip Notes. If you have any doubt about your suitability you should call HF Holidays and ask to speak to one of the team about this itinerary.

The information in these Trip Notes is given in good faith. Where differences exist between the Trip Notes and our current brochure, the Trip Notes supersede the brochure. All holidays can be subject to unexpected changes; so please be prepared to be flexible where necessary. At times, it may not be possible to follow the itinerary as planned due to weather conditions, political, physical or other factors. In these circumstances we will make the best possible alternative arrangements to maintain the integrity of the original itinerary.

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