

# Trek the Polish Tatra Mountains

**Trip style:** Guided Walking Holidays

**Destination:** 📍 Poland & Slovakia

**Trip code:** ZAK07-LCL09

**Carbon Footprint:** 🌳 745kg CO2



## 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 YOU'LL LOVE

- 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

## WHAT'S INCLUDED

- Return flights from London Heathrow, including baggage and transfers (flights available from other airports - price may vary)
- A choice of 2 guided walks per day with local leaders (on walking days)
- HF Holidays Tour Manager
- 7 nights' accommodation in Zakopane
- 7 breakfasts & 7 dinners
- All in-destination transport

## WALKING GRADES AND OPTIONS

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.

Some of the harder walks have sections with exposed scrambling, where there may be steep sustained ascent / long descent.

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### Accommodation

#### Grand Hotel Stomary, Zakopane

With a spectacular setting in the eye-catching mountain town of Zakopane, the Grand Hotel Stomary 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

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 (excluding Bhutan, Georgia and India)

## Trip Information

Before booking, you should check with your doctor to see whether any health precautions are needed for your trip. Health advice and requirements can change, so we recommend doing this in good time before travel.

As a general rule, travellers should ensure they are up to date with routine UK vaccinations and boosters, including, for example, MMR and diphtheria, tetanus and polio. Some countries may require you to have specific vaccinations such as Malaria, Rabies and Yellow Fever. Please check with your GP if you are unsure.

Please note that the use or possession of some common prescription or over-the-counter medicines is restricted or banned in certain countries. If you will be carrying medication, you should check with the relevant embassy or consulate before travelling. As an extra precaution, we recommend keeping medication in its original packaging, carrying a copy of your prescription, and, where possible, asking your pharmacist to provide the medication name in the language of the country you are visiting.

For further country-specific health advice, visit [www.fitfortravel.nhs.uk](http://www.fitfortravel.nhs.uk) or [www.traveldoctor.co.uk](http://www.traveldoctor.co.uk). If you are travelling from outside the UK, please consult your own doctor and check local entry requirements.

This information is for those travelling with a full 'British Citizen' passport; for all other nationalities or passport holders, please check with your local consulate for advice.

## Passport Requirements

This information applies to travellers holding a full British Citizen passport. Entry requirements vary by destination and can change at short notice. For most EU and worldwide destinations, passports must be valid for the entire duration of your stay. Some countries also require a minimum period of validity remaining on your passport (often up to 6 months beyond your return date), even if you are not staying that long.

We strongly recommend ensuring your passport has at least six months' validity remaining at the time of travel to avoid any issues.

If you hold a different type of British passport or a passport issued by another country, you must check the requirements with the relevant embassy, consulate, or official government website.

## Visa Requirements

Visa rules depend on your nationality, destination, length of stay, and purpose of travel, and they can change frequently. It is your responsibility to check whether you require a visa before travelling.

British passport holders should check the latest entry, passport validity and visa requirements for their destination on the UK government's Foreign, Commonwealth & Development Office (FCDO) website:

<https://www.gov.uk/foreign-travel-advice>

## Tripnote validity

**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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