



[Reference: Poland trekking and adventure – short break](#)

[4-day short break Poland adventure including trekking the Tatras Mountains and visiting Cultural Zakopane](#)



Poland boasts some of the most beautiful Mountain walks in Western and Eastern Europe. Not only is the Country rich in culture and history, but also allows the visitor to enjoy some delicious food and experience what can only be described as excellent trekking routes in the Mountains bordering Poland and Slovakia. A perfect short break to get away and recharge and have unique trekking experiences.

[Itinerary: 4 days](#)

Day 1 – Outbound flight & overnight stay in Zakopane

On arrival at Katowice airport, you will be met and transferred to your accommodation in Zakopane – the capital of Polish Mountains and our base for the next three days. As the flights are normally quite late at night we allow a lay in the next morning.

After your welcome breakfast and trip brief, we are going for a walk for the rest of the day. First day walk will take around 4 hours with a nice break for lunch in the middle. We will return to Zakopane in the late afternoon and relax for the rest of the day in preparation for the next two full days of trekking.

Bed & Breakfast



Day 2 –Zakopane and full day trekking

After early breakfast we will get a lift to the start of the trek; Depending on the weather conditions we will walk up to 2400m and we will explore and discover some outstanding areas and breath-taking scenery on the Polish/Slovakian boarder. 8-9 hours of trekking including a lunch stop. After the trek, we travel back to Zakopane for an evening in the town exploring which restaurant to enjoy the local cuisine.

Bed & Breakfast



Day 3 – Zakopane and full day trekking

Today we continue to trek through the Tatras Mountains and sample delicious Polish food in Forest and Mountain lodges. The first sight of these lodges is often seeing smoke gently drifting through the pine forests while in the background, huge mountain ridges rise up into the sky. 8-9 hours of trekking including a lunch stop. After the trekking day, hot showers and a chance to reflect over a delicious evening meal.

Bed & Breakfast



Day 4 – Explore Zakopane and after lunch transfer to airport

The final day allows to you have a full morning exploring Zakopane or take a short walk up onto the ridge of Gubalowka and have a bit of fun on the bob-slay run and high ropes forest course. If this sounds too energetic after two full days trekking, then why not find a seat in one of the restaurants and enjoy mid-morning refreshments and admire the view. Transfer from Zakopane to Katowice airport

Bed & Breakfast



Images of accommodation in Zakopane:



Included in your trip: (Please note weather conditions will dictate which trekking routes are taken in some cases.)

- International return flights
- Airport transfers in country of destination
- Bed and breakfast accommodation
- UK EDGE Travel Worldwide Tour Leader
- All transport to activity locations

Not included:

- Personal travel insurance
- Lunch & Dinners

Optional extension:

At the time of booking, please request if you would like to extend your stay with any of the following options:

- Wieliczka Salt Mine (one day trip)
- Auschwitz concentration camp (one day trip)
- Krakow (1-2 or more days – please specify)

Meal price guide:

Lunch: £8 (Average cost of lunch)

Dinner: £10 to £13 (Average cost of evening meal)

Kit List:

- Walking boots
- Socks
- Water proof top and bottoms
- Personal clothing
- Toiletries
- Personal medication (Please note all illness, injuries and medication need to be disclosed to EDGE Travel Worldwide at time of booking – please seek advice from your Doctor to your suitability of participating on this trip.)
- Camera
- Personal first aid kit
- Snacks (to graze on during the day)
- Underwear
- Water bottles – capacity to carry 2ltrs of water (1ltr bottle x2)
- 3ltr bladder with drinking tube
- 35ltr day sack for trekking
- Clothing and kit for all relevant activities
- Walking poles
- Protection from the sun and cold for the head, neck, hands, face, torso and legs
- Sun cream
- Sun glasses

NOTES:

Depending on the time of year please note that during the Summer the weather ranges from hot/dry/humid/thunder storms/rain and during the Winter months there can be heavy snow and cold

