

# POLAND

## Cooking, Culture, and Exploring the Countryside

### TRIP HIGHLIGHTS

- ▶ Discover the delicious culinary heritage and colorful Highlander traditions of Malopolska, Poland's southernmost region
- ▶ In fragrant markets and local kitchens, learn to prepare the favorite recipes of the region
- ▶ Hike through scenic Chocholowska Valley, ride a traditional wooden raft through the Dunajec River Gorge, and explore the massive caverns of famed Wieliczka Salt Mine
- ▶ Visit the beautiful wooden churches along the Trail of Wooden Architecture
- ▶ Explore Krakow's Old Town and the city's old Jewish quarter

### TRIP ROUTE



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### QUICK VIEW ITINERARY

Day 1	arrive in Krakow, afternoon and evening on your own
Day 2	drive to Zakopane, welcome dinner
Day 3	cooking class, rafting in a national park, explore UNESCO World Heritage timber church
Day 4	explore Zakopane, hike in the Chocholowska Valley, free evening to explore
Day 5	glass painting workshop, drive the Lesser Poland Timber Architecture Route
Day 6	taste oscypek, explore Krakow, lunch and wine tasting
Day 7	take a cooking class, visit the UNESCO World Heritage Wieliczka Salt Mine, farewell dinner
Day 8	depart Poland

### ACTIVITY LEVEL

Active

### TRIP PRICE

Main Trip: \$5,995

Optional Single Accommodations: \$1,200

### TRIP DATES

May 4 - 11, 2024

DAY 1  
Saturday  
5/4/24

Accommodations  
Golden Queen  
Aparthotel

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### Arrive in Krakow

Malopolska, or Lesser Poland, located in the southeast part of the country, is one of Poland’s most beautiful and delicious regions. In addition to its many unique historic attractions, it is home to the region's magnificent capital city: Krakow, designated as a European City of Culture in 2000. The Old Town of Krakow was built around Europe’s largest medieval market square, now a UNESCO World Heritage Site.

During your adventure, you’ll get to know your expert Polish guide, who will help you learn about local traditions and foods, as well as lead you as you explore the lush countryside. You are also accompanied by an AdventureWomen Ambassador, committed to helping make your experience a fun and personally rewarding adventure, and cheering you on as you reach beyond your comfort zone to take on new challenges in your own unique way!

#### Arrival Information

Arrive at Krakow International Airport (KRK) any time today.

#### Pick-up and Transfer

Depending on your arrival time, we will have one group transfer from the Krakow airport to your hotel. If you do not arrive during the group transfer timeframe, there are taxis, Ubers, and Lyfts ready to transfer you to your hotel. Expect a travel time of around 20-30 minutes and the cost to be \$25-35 each way. Most car services accept payment by credit card.

#### Afternoon at Leisure

Take the afternoon and evening to get over jet lag. Relax, grab a bite to eat, and get some sleep before your adventure begins tomorrow.

DAY 2  
Sunday  
5/5/24

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### Krakow to Zakopane

Zakopane, a town in the southernmost part of Poland, sits just at the foot of the Tatra Mountains. The area is popular for hiking, climbing, biking, as well as the opportunity to experience Goral culture, rich in its unique styles of food, speech, architecture, and music.

#### Drive to Zakopane

Head out of Krakow for Zakopane, a two-hour drive. On the way, make a short stop to explore Kazimierz, the former Jewish district.

#### Lunch

On the way to Zakopane, stop for a homemade lunch in the village of Dolina Chocholowska, where you'll get to sample the famous oscypek cheese and highlander tea, which includes vodka!

#### Walking in Zakopane

After settling into your comfortable hotel, relax or head out for a leisurely walk around the town.

#### Welcome Dinner

Gather for your welcome dinner. You'll have a chance to continue to get to know the women in your group and to taste some local specialties.

### Accommodations

Hotel & Spa Nosalowy  
Park

### Meals Included

breakfast, lunch, dinner

DAY 3  
Monday  
5/6/24

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### Zakopane

Polish cuisine is eclectic, and has been influenced by neighboring cuisines, including Czech, Slovak, German, Austrian, and Hungarian cuisine. Polish cuisine is rich in meat in addition to a wide range of vegetables, spices, and herbs, and is often demanding to prepare. Celebratory meals in Poland are labors of love and families take a lot of time to prepare, serve, and enjoy the delicacies the area is famous for.

#### Cooking Class

Drive just about an hour to get to the village where you'll meet the local women who will be teaching you to cook local specialties today. Learn how to prepare the all-time regional favorite, *moskole* – potato pancakes with meat and mushrooms, as well as other local recipes.

#### Rafting Adventure

Weather permitting, drive into Pieniny National Park and embark on a scenic float trip aboard a traditional wooden raft once used to move logs down the Dunajec River. Soaring cliffs and the rugged Tatras peaks give way to the splendid 360-degree views of the Dunajec River Gorge.

#### Debno Podhalanskie

Stop in Debno Podhalanskie village to explore a timber church which includes unique paintings and precious Gothic sculptures from the 15th and 16th centuries. The church is a UNESCO World Heritage Site.

#### Dinner

Enjoy dinner on your own this evening.

Accommodations  
Hotel & Spa Nosalowy  
Park  
  
Meals Included  
breakfast, lunch

DAY 4  
Tuesday  
5/7/24

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### Zakopane

The Tatra Mountains form a natural border between Poland and Slovakia, and the two countries work together to protect the area. There is a national park on each side of the border, and UNESCO has designated the area a transboundary biosphere reserve. The Polish Tatra range, part of the Western Carpathian Mountains, is divided into the High Tatras and the Western Tatras. The sharp-edged peaks rise above the town, creating a dramatic landscape.

**Explore Zakopane** Head out on a tour of Zakopane, the winter capital of Poland. Take a leisurely walk along the town’s famous Krupowki Street and stroll a few side streets, learning about the history of the town.

**Lunch** Enjoy lunch as a group at a local inn.

**Hike the Chocholowska Valley** Head to the Chocholowska Valley, the biggest and longest valley in the Polish Tatras at about 6 miles in length. Your hike will be three to four hours, round-trip. Be sure to bring your camera to capture the amazing scenery, local wildlife, quaint shepherds’ huts, and your AdventureWomen friends on the trail!

**Free Evening** Enjoy a free evening in Zakopane to shop for locally made handicrafts, experience a luxurious spa treatment at your hotel, or continue to explore Krupowki Street. Enjoy dinner on your own.

Accommodations  
Hotel & Spa Nosalowy  
Park  
  
Meals Included  
breakfast, lunch

DAY 5  
Wednesday  
5/8/24

Accommodations  
Hotel & Spa Nosalowy  
Park

Meals Included  
breakfast, lunch, dinner

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### Zakopane

Zakopane is famous not only for its mountains, but also for its wooden architecture. The father of the wooden style of architecture, Stanislaw Witkiewicz, also helped establish Zakopane as a center for artists, including writers, painters, and composers.

#### Glass Painting Workshop

Drive to Bukowina Tatrzańska to the Culture Center & School of Dying Trades. After a brief tour of the Center, take a traditional glass painting class.

#### Lunch

Enjoy lunch right in Bukowina Tatrzańska at Schronisko Bukowina restaurant and take the opportunity to shop in the restaurant's store.

#### Villages of Lesser Poland

After lunch, start driving through Lesser Poland, making short stops at wooden churches, manor houses, grocery stores, and at Chocholow and Witow villages, both on the Lesser Poland Timber Architecture Route. Stop at a local wood carver's studio for a chance to purchase unique handmade carvings.

#### Taste Oscypek

Visit Bacowka en route, a small mountain shepherd hut, to learn about how oscypek, the traditional local cheese is made. Enjoy a cheese tasting and learn about the unique shapes of each cheese.

#### Dinner

Enjoy a dinner of regional specialties tonight complete with folk entertainment and dancing!

**DAY 6**  
Thursday  
5/9/24

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### Zakopane to Krakow

The Tatra Mountains are famous for oscypek, a smoked cheese made of salted sheep's milk. The cheese is pressed into wooden forms to make decorative shapes, and then smoked in their wooden molds. Making one kilogram of cheese takes six to seven liters of milk, 60% of which must be sheep's milk. Oscypek comes in three sizes: small, oval shaped cheeses, medium barrel shaped cheeses, and big spindle shaped cheeses.

**Return to Krakow** Drive to Krakow, which will take about two hours.

**Explore Krakow** Take a walking tour of Krakow, exploring the major sites of this famous city. Visit the UNESCO World Heritage Market Square, the largest medieval town square in Europe, and the 14th century Wawel Castle and Cathedral.

**Late Lunch and Wine Tasting** Drive about 30 minutes to Srebrna Gora vineyard, just outside of Krakow. Enjoy a Polish wine tasting and a delicious late lunch.

**Afternoon and Evening on Your Own** Take the late afternoon and evening to explore Krakow. Have dinner on your own at one of the many local restaurants.

### Accommodations

Hotel Wawel Queen

### Meals Included

breakfast, lunch



**DAY 7**  
Friday  
5/10/24

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### Krakow

The deposit of rock salt in Wieliczka has been mined since the 13th century. The mine illustrates the historic stages of the development of mining techniques from the 13th to the 20th centuries, and features galleries with works of art, underground chapels, and statues sculpted in the salt. In one of the largest rooms with 100-foot ceilings, the first-ever underground balloon flight took place.

#### Stary Kleparz

Stop at the fresh food market, Stary Kleparz, a centuries-old Krakow tradition. Locals and visitors come here to shop in an unforgettable atmosphere for fresh, traditional Polish food products. You'll have the opportunity to taste local breads, cheeses, meats, fruits, and vegetables.

#### Cooking Class with a Local Chef

Meet the local chef who will teach you how to prepare a typical three-course Polish meal. The half-day class is both delicious and fun! Feast on what you create for lunch.

#### Wieliczka Salt Mine

Head into the Wieliczka Salt Mine, a virtual underground city with galleries, lakes, chapels, and murals – all carved from salt. Take a three-hour walking tour of this UNESCO World Heritage Site; you'll walk into the mines down many stairs with cooler temperatures in some areas. You'll want to bring layers of clothing. Don't worry – you'll take an elevator back to the surface after the tour. If you'd like to bring your camera in, there is a small fee to take photos.

#### Farewell Dinner

Head out for a festive farewell dinner this evening to celebrate the end of your Polish journey with your AdventureWomen friends!

### Accommodations

Hotel Wawel Queen

### Meals Included

breakfast, lunch, dinner

DAY 8  
Saturday  
5/11/24

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### Depart Krakow

Say goodbye to your guide and farewell to Poland after an incredible adventure.

#### Transfer to the Airport

Say goodbye to your new AdventureWomen friends as you transfer to the airport for your flights home. Depending on your departure time, we will have one group transfer from the hotel to the airport. If you do not plan to depart during the group transfer timeframe, the hotel reception desk will be able to arrange a taxi to the airport.

#### Departure Information

Depart from Krakow International Airport (KRK) any time today.

*Please note: AdventureWomen will attempt to adhere to the itinerary as much as possible. However, certain conditions (political, climatic, environmental, and cultural) may necessitate changes in the itinerary. AdventureWomen reserves the right to alter any itinerary at any time, if necessary. We will attempt to notify participants of changes as far in advance as possible. Costs incurred by such changes will be the responsibility of the participants.*

Meals Included  
breakfast

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### Accommodation Details

#### Golden Queen Aparthotel

Golden Queen Aparthotel is a recently renovated aparthotel in the center of Krakow, a 9-minute walk from Town Hall Tower and half a mile from Main Market Square. The accommodation offers a 24-hour front desk, an elevator, and luggage storage for guests.

Amenities: soap, shampoo, conditioner, hair dryer, safe, free Wi-Fi, air conditioning

#### Hotel & Spa Nosalowy Park

The Hotel & Spa Nosalowy Park has 139 rooms and suites, all designed in Art Deco style with great attention to detail. The former Villa Marilor is incorporated into the hotel; the Marilor was the best-known salon of Zakopane during the interwar period, standing in spacious surroundings and offering an unobstructed view of the Tatra Mountains. Today, the comfortable hotel is the perfect location from which to explore the Tatras.

Amenities: Soap, shampoo, conditioner, hair dryer, electricity, Wi-Fi

#### Hotel Wawel Queen

The Wawel Queen is located right next to Planty Park in Krakow. This hotel, which is a refurbished tenement building, combines traditional history with modern design, and a portrait of a woman is on display in every room.

Amenities: Soap, shampoo, conditioner, hair dryer, electricity, Wi-Fi

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### Included:

- ▶ Accommodations as per itinerary based on double occupancy
- ▶ All meals as listed in the itinerary
- ▶ All ground transportation
- ▶ Group airport transfers available based on arrival and departure times.
- ▶ Guided sightseeing and activities as indicated in the itinerary
- ▶ English-speaking guide(s) throughout the trip
- ▶ Drinking water available in large jugs to refill personal bottles
- ▶ Gratuities for local guides, drivers, hotel staff, and waitstaff

### Not Included:

- ▶ International airfare to and from Poland
- ▶ Optional activities
- ▶ Meals not specified in the itinerary
- ▶ Alcoholic beverages (unless otherwise specified)
- ▶ Fees for passport, visas, immunizations, or travel insurance
- ▶ Cost of hospitalization or evacuation
- ▶ Items of a personal nature
- ▶ Gratuities for the main guide

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### Cancellations and Refunds

Notification of cancellations must be received in writing. Full payment is due 90 days prior to departure date, and the registration deposit is non-refundable.

- For cancellations received 61-90 days prior to the trip departure date: 50% of the total trip cost is non-refundable.
- For cancellations received 1-60 days prior to the trip departure date: 100% of the total trip cost is non-refundable.

You are highly encouraged to purchase **trip cancellation insurance** to cover emergency situations. Travel insurance information will be sent to you once you have registered for your trip.

### Switching Trips

Our deposits are nonrefundable and nontransferable. If for some reason you need to switch to a different trip, please call us and we will do our best to accommodate you, but switching is not guaranteed.

### No Smoking Policy

Beginning in 1995, our trips became smoke free. Please note that there will be no smoking by any participants on AdventureWomen trips.

### Health Insurance

You must have your own health insurance to participate in an AdventureWomen trip.

### Adventure Travel Today

We define "adventure travel" as travel in which one actively participates, as opposed to a "tour," in which one is more or less a passive observer. AdventureWomen designs and organizes trips all over the world for women who want an active, out of the ordinary experience, and meet new friends. **Most of all, we want our trips to be fun!** In this spirit, the successful adventure traveler should be a good-natured realist and have a sense of humor! Adventure trips, by nature, require that participants be self-sufficient, flexible, and able to accept situations as they exist, and not just as they would have preferred or expected them to exist. The constraints of scheduled group traveling also necessitate that each of us be understanding of and sensitive to others. Being on time is important, and contributes to the congeniality, success and well-being of both individuals and the group!