



Poland: Cooking, Culture, and Exploring the Countryside

DURATION | 8 Days

TRIP LEVEL | Active

Trip Overview

Travel deep into the heart of southern Poland, a centuries-old time capsule of culinary and folk-art traditions. Divide your time equally between charming Zakopane in the Tatra Mountains and the stunning medieval city of Krakow, where unique local experiences offer the perfect backdrop for new friendships. From cooking classes and market visits to a river float trip and salt mine exploration, revel in the colorful customs and boundless hospitality that keep this a truly original corner of Eastern Europe. Toast to new friendships and celebrate your adventures with a fabulous farewell dinner in the heart of Krakow's Market Square.

Trip Highlights

- Discover the delicious culinary heritage and colorful Highlander traditions of Malopolska, Poland's southernmost region. Learn to prepare regional recipes in fragrant markets and local kitchens.
- Hike through scenic Chocholowska Valley, ride a traditional wooden raft through the Dunajec River Gorge, and descend deep underground to explore the massive caverns of famed Wieliczka Salt Mine.
- Visit beautiful wooden churches on the Trail of Wooden Architecture. Explore Krakow's Old Town and the city's historic Jewish quarter.

Map View



Trip Itinerary



Day 1

Arrive in Krakow

Arrive at the Krakow airport and transfer to your hotel. Group transfers are available based on arrival time. Take the afternoon and evening to relax, grab a bite to eat, and get some sleep before your adventure begins tomorrow. Malopolska, or Lesser Poland is one of the country's most beautiful and delicious regions and home to the magnificent capital city of Krakow, designated as a European City of Culture in 2000. 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.



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



Trip Itinerary



Day 2

Krakow to Zakopane

After breakfast, head out of Krakow for Zakopane, a two-hour drive away. 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! After settling into your comfortable hotel, relax or head out for a leisurely walk around the town before you gather for your welcome dinner.

Meals: breakfast, lunch, dinner | Overnight: Hotel & Spa Nosalowy Park



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

Trip Itinerary



Day 3

Cooking Class and Scenic Float Trip

Drive an hour to nearby village where local women will teach you to cook regional specialties like moskole, potato pancakes with meat and mushrooms. Then, head to Pieniny National Park for a scenic float trip—weather permitting-- on a traditional wooden raft down the Dunajec River, surrounded by soaring cliffs and the rugged Tatras peaks. Visit Debno Podhalanskie village to explore a UNESCO World Heritage Site timber church, adorned with unique paintings and Gothic sculptures from the 15th and 16th centuries. End your day with a delightful dinner on your own.

Meals: breakfast, lunch | Overnight: Hotel & Spa Nosalowy Park



Trip Itinerary



Day 4

Explore Zakopane

Explore Zakopane, Poland's winter capital. Stroll along Krupowki Street and its side streets, learning about the town's history. Enjoy a group lunch at a local inn. Drive to the Chocholowska Valley, the longest valley in the Polish Tatras, for a three to four-hour hike. Capture stunning scenery, local wildlife, and quaint shepherd huts with your camera. Spend a free evening in Zakopane shopping for handicrafts, indulging in a spa treatment at your hotel, or further exploring Krupowki Street. Dinner is on your own.

Meals: breakfast, lunch | Overnight: Hotel & Spa Nosalowy Park



Trip Itinerary



Day 5

Visit the Culture Center and Glass Painting Class

Drive to Bukowina Tatrzańska to visit the Culture Center & School of Dying Trades. After a brief tour, enjoy a traditional glass painting class. Savor lunch at Schronisko Bukowina restaurant and shop for local specialties. Drive through Lesser Poland, stopping at wooden churches, manor houses, grocery stores, and the villages of Chocholow and Witow on the Timber Architecture Route. Visit a local wood carver's studio to purchase unique handmade carvings. At Bacowka, a mountain shepherd hut, learn about and taste oscypek cheese. End the day with a dinner of regional specialties, complete with folk entertainment and dancing.

Meals: breakfast, lunch, dinner | Overnight: Hotel & Spa Nosalowy Park



Trip Itinerary



Day 6

Discover Krakow and Beyond

Drive two hours to Krakow and embark on a walking tour of the city's major sites. Visit Market Square, the largest medieval town square in Europe, and the 14th-century Wawel Castle and Cathedral. Then, drive 30 minutes to Srebrna Gora vineyard for a Polish wine tasting and a delicious late lunch. Spend the late afternoon and evening exploring Krakow at your leisure. Enjoy dinner on your own at one of the many local restaurants.

Meals: breakfast, lunch | Overnight: Hotel Wawel Queen



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



Trip Itinerary



Day 7

Experience Krakow's Culinary and Cultural Treasures

Visit Stary Kleparz, Krakow's centuries-old fresh food market, to taste local breads, cheeses, meats, fruits, and vegetables. Meet a local chef for a half-day class to prepare and enjoy a typical three-course Polish meal. Explore the Wieliczka Salt Mine, an underground city with galleries, lakes, chapels, and murals carved from salt. Take a three-hour walking tour of this UNESCO World Heritage Site. End your day with a festive farewell dinner, celebrating your Polish journey with your AdventureWomen friends.

Meals: breakfast, lunch, dinner | Overnight: Hotel Wawel Queen



Trip Itinerary



Day 8

Depart Krakow

Say goodbye to your guide, and new AdventureWomen friends as you transfer to the airport for your flights home.

What's Included

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- Accommodations as per itinerary based on double occupancy
- All meals as listed in the itinerary
- All ground transportation
- Airport transfers on arrival and departure
- Guided sightseeing and activities as indicated in the itinerary
- English-speaking guide throughout the main trip
- English-speaking guide on days 2 and 3 in Warsaw (extension only)
- 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

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.

