Hiking in Polish Tatras
September 8 – 21, 2020
AT# 2013
TRIP RATING – Moderate to Vigorous
https://www.outdoors.org/outdoor-activities/difficulty-ratings

Do you want to hike in a gorgeous mountain setting full of “old world” charm? Then come join us as we explore the wonders of Tatrzański National Park in Southern Poland. We’ll also tour
the cultural city of Krakow, and visit the smallest national park in Poland - Ojcow National Park.

The Tatra Mountains are Poland’s only alpine-type mountains forming the highest part of the huge transboundary arc that is the southeastern chain of the Carpathian range of mountains. The Polish Tatras cover 175 square kilometers, with areas of extreme beauty and the highest summit of the chain– Mount Rysy – at an impressive 2499 m.

The climate here is that of mountains in the temperate zone, and there are marked high-mountain features. Snow covers the higher slopes, ridges and peaks for 7-8 months of the year and a strong (warm) föhn-type wind called the halny blows at regular intervals. But perhaps the most characteristic feature of the Tatra’s landscape is the vertical zonation of vegetation types. This promotes biological diversity, whereby themselves the Polish Tatras support over 10,000 plant and animal species, and a 1000 of these appear only in the Polish Tatras. We’ll enjoy the mountain vistas as we hike, and take time to appreciate the native flowers and hopefully spot some wildlife. The best-known animals are the brown bear, chamois, alpine marmot, lynx and golden eagle. While spruce is the dominant tree, there are also beeches, firs and arolla pines. A typical Tatras plant, uniquely forming its own vegetational layer here, is the dwarf mountain pine, while besides it we may find various gentians, edelweiss and crocuses.

1954 brought the establishment of the Tatrzański National Park, tasked with the protection and preservation of the area’s nature. Facilitated access for responsible tourists is a further goal, and the visitor has some 250-km of marked trails and 8 huts/shelters to choose from. We’ll spend a night in one of the full service huts in small bedrooms with linens provided (so we won’t need sleeping bags!).

Our adventure will start with a four day stay in Krakow. We will go on a city tour in Krakow, visit Wawel Royal Castle and spend a day in Ojcow National Park. We’ll have a free day in Krakow for you to either explore the sites on your own or join the leaders on an optional excursion to a nearby salt mine. We will then transfer to Zakopane, a heartbeat of Tatra Mountains, from where will spend next six days hiking in various corners of Tatra Mountains.

Detailed Itinerary:

Although we may have a hike planned, anyone can take a day off at any time during the trip as long as it is not a “transfer day”. However, any of these free time activities would be at “participants own risk”.

Day 1- Tuesday, September 8, 2020
Depart USA on overnight flight to Krakow

Day 2 – Wednesday, September 9, 2020

Arrival day in Krakow

Upon your arrival to Krakow transfer to our hotel at your convenience. Relax and get over jet leg or wander along the streets of ancient Krakow. Early evening meeting prior to group dinner.

Overnight: Krakow-Best Western Plus (or similar) [http://www.bestwesternkrakow.pl](http://www.bestwesternkrakow.pl)
Meals: - Welcome Dinner at local restaurant
Hike/walk: 2-3h walking at your leisure

Day 3 – Thursday, Sept 10, 2020

Krakow

Today we will have a guided tour of the Krakow’s Old Town in the morning, and then after lunch we will visit Wawel Royal Castle at our pace with audio guides.

Overnight: Krakow Best Western Plus (or similar) [http://www.bestwesternkrakow.pl](http://www.bestwesternkrakow.pl)
Meals: - Breakfast, dinner
Hike/walk: 2-6h walking tour

Day 4 - Friday, September 11, 2020

Free Day

Today is a free day to indulge in your own special interest. Perhaps a visit to the concentration camp at Auschwitz (Oswiecim) or the nearby salt mines at Wieliczka?
The leaders will assist with arrangements for these visits, and will lead an optional excursion to the Wieliczka salt mines.

Overnight: Krakow Best Western Plus (or similar) [http://www.bestwesternkrakow.pl](http://www.bestwesternkrakow.pl)
Meals: - Breakfast, Dinner
Hike/walk:

Day 5 - Saturday, September 12, 2020

Ojcow National Park
Today we will visit smallest National Park in Poland. It is about a 40 minute bus ride from Krakow. We will wander through the park and visit some castles (Pieskowa Skala, Kazimierz), and caves (Ciemna and Lokietek) within the park.

Overnight: Krakow Best Western Plus (or similar)
http://www.bestwesternkrakow.pl
Meals: breakfast, dinner
Hike/walk: 5 hours

**Day 6 - Sunday, September 13, 2020**

**Transfer from Krakow to Zakopane**

This morning a privately chartered bus will take us to Zakopane. After arrival at our hotel we'll walk to a funicular which will take us to Gubalowka ridge for a panoramic view of Zakopane and the surrounding mountains

Overnight: Zakopane Hotel Skalny (or similar) http://www.skalny.com.pl
Meals: breakfast, dinner
Hike/walk: 2 -3 hour

**Day 7 - Monday, September 14, 2020**

**Tatras National Park -
Hike to Mt Kozi Wierch (2291m - 7516’)**

This morning we will take a shuttle to vicinity of Wodogrzmoty Mickiewicza (1100m - 3609’). From there we will hike through Dolina Pieciu Stawow (Valley of Five Tarns) (1664 m - 5459’) with an option to continue on to Mt Kozi Wierch (Goat’s Peak) (2291m - 7516’) and then return the same way to the trailhead.

Overnight: Zakopane Hotel Skalny (or similar) http://www.skalny.com.pl
Meals: breakfast, dinner
Hike/walk: 8 hours (1100m +/-), 16 km (10 miles)

**Day 8 - Tuesday, September 15, 2020**

Tatras National Park – **Gentle rafting in Dunajec River**
Dunajec River Gorge, a tributary of the Vistula River, transects the central portion of the Pieniny Range. In the process it drops some 75 feet. The river’s narrow gorge changes direction by more than 90 degrees a dozen times in half as many miles creating many picturesque vistas. We will spend about 2.5 hours on the raft (wearing safety vests will be compulsory) which sails through the gorge which at places forms the border between Poland and Slovakia. In Debno Podhalanskie we will visit the Niedzica Castle and the chapel built in XV century, and now included on the UNESCO heritage list.

Overnight: Zakopane Hotel Skalny (or similar)
http://www.skalny.com.pl
Meals: breakfast, dinner
Hike/walk: 4 km (2.5 miles)

Day 9 - Wednesday, September 16, 2020

Tatras National Park - Hike to Murawiec Hut (1500m - 4921’) for an overnight stay

Free morning to indulge in shopping, sleeping in or whatever strikes your fancy! In the afternoon we will take a bus to Kuznice (1025m - 3363’). From there we will hike to the hut and spend a night there in 2 to 6 person rooms. We will only carry daypacks with usual gear for a day hike (the rest of our belongings will stay in our rooms back in the hotel). The hut provides linens (no need to carry sleeping bags). Please note, that if you choose not to hike to the hut, you can stay in the hotel and leaders will provide you with hiking options for the two days.

Overnight: Murawiec Hut
http://murowaniec.e-tatry.pl
Meals: breakfast, dinner
Hike/walk: 2.5 hours, 5.5 km (3.5 miles)

Day 10 - Thursday, September 17, 2020

Tatras National Park - hike to Swinica (2301m - 7549’)

We will start our hike from Murawiec Hut (1500m -4921’) to Zawrat (2159m - 7083’) and via Valley of Gasienica to Swinica (2301m - 7549’) and then to Kasprowy Wierch (1987m -6519’) to take cable car down to Kuznice.

Overnight: Zakopane Hotel Skalny (or similar) http://www.skalny.com.pl
Meals: breakfast, dinner
Hike/walk: 7 hours (800m+/400m-) 15 km (9.3 miles)
Day 11 - Friday, September 18, 2020
Tatras National Park - Droga pod Reglami (Path above the Regle) (952-1311m/3123’-4301’)

Today we will hike along the lower slopes of the Tatras. We will start our day by taking a bus to Siwa Polana (907m - 2629’) from there we will hike for about an 1 hour to Polana pod Jaworki and onto the Path above Regle. We will start at Chocholowska Dolina (Valley), pass through Koscieliska Dolina and end our hike at Strazyska Dolina. From there we will have only 30 minute walk to Zakopane. There is an option to end the hike in Koscieliska Dolina. From there a public bus can be taken back to Zakopane.

Overnight: Zakopane Hotel Skalny (or similar) http://www.skalny.com.pl
Meals: breakfast, dinner
Hike/walk: 7 hours (400m +/-), 13 km (8.1 miles)

Day 12 - Saturday, September 19, 2020
Tatras National Park - hike to Giewont (1895m - 6217’)

We will take public bus to Kuznice (1025m - 3363’) and then hike up to Mt Giewont (1895m), then down Dolina Strazyska parking lot.

Overnight: Zakopane Hotel Skalny (or similar) http://www.skalny.com.pl

Meals: breakfast, dinner
Hike/walk: 5.5 hours (870m +/-), 11 km (6.9 miles)
Day 13 - Sunday, September 20, 2020

Transfer from Zakopane to Krakow

This morning a privately chartered bus will take us back to Krakow where we can spend some free time before our farewell dinner.

Overnight: Krakow Krakow Best Western Plus (or similar) http://www.bestwesternkrakow.pl
Meals: breakfast, dinner

Day 14 - Monday, September 21, 2020

Fly home at your leisure home
Meals: breakfast

AMC Adventure Travel trips are led by volunteers on a non-profit basis. Any monies left over after trip expenses are covered will be refunded to the participants. As leaders our goals for the group are to have fun, stretch your skills, and savor a foreign culture at reasonable cost and in the company of other adventurers with similar interests. We encourage your individual contributions, cooperation and good humor to enrich the group’s experience. We expect you to participate as part of a group and abide by the leaders’ decisions, and work towards the group having a good time. Be prepared to help your fellow hikers and spend time with other participants on the trip. In doing so, you will enjoy the trip to the maximum. Leaders have provided a list in
this prospectus of the required gear. In the interests of group safety, trip leaders retain the right to deny participation in any hike if participants are not properly equipped.

SAFETY, RISKS AND HAZARDS:

As participant safety is a high priority for all AMC-sponsored events, procedures and policies have been developed to attempt to limit participant risk. Participants are expected to work with the leaders to reduce risks and make the experience successful for all. Participants should be aware that there are risks associated with outdoor adventure activities, including but not limited to adverse weather and environmental conditions, remote locations of our trips, and transportation in vehicles, on foot, by boat, or on a bike. Aside from any personal medical problems, participants should be aware of the possibilities of bug bites and possible exposure to Lyme disease, dehydration, sun burn and other heat or cold related problems. You should regularly use sun screen, take care to be adequately hydrated and bring water on all day trips as well as wind/rain gear, warm hat and gloves. The mountains are similar to the White Mountains of NH in that it can snow at the higher elevations during any month of the year. Please carefully read and sign the AMC Participant Acknowledgement and Assumption of Risks and Release and Indemnity Agreement and contact us if you have any questions. Participants’ understanding of these risks and adherence to our policies and procedures can contribute to making this experience rewarding.

RESERVING A PLACE AND PAYMENT SCHEDULE:

The land cost of the trip is $2110, plus estimated airfare of $900-1500. To reserve your place, please contact the trip leader or co leader for an application, the Confidential Medical Form and the Acknowledgment & Assumption of Risks & Release and Indemnity Agreement, then send to the leader these forms along with deposit of $1000.00 made out to: Appalachian Mountain Club (AMC). $200.00 of this initial $1000.00 deposit is a non-refundable administration fee. Once we receive your application and other forms and have approved you for the trip, we’ll send you additional information on the trip, including planned hikes, equipment lists, and travel tips. The maximum number of participants is 16, so apply early to reserve your place.

The cost of the trip is based on price quotes given in the August of 2018. Our cost estimates are conservative, and so a trip refund is more likely than a price increase. Note that we will use your deposits to lock in the price quotes as early as possible.

Airfare is not included in the cost of the trip. It is impossible to predict prices a year in advance. For this trip we estimate a range of $900-1500. Sometimes there are bargains, depending on the airline and when you book, or you may want to use frequent flier miles. You should note that the trip begins on a Tuesday. You may wish to arrive early and/or stay later to have more
time in the area. We will give participants a time and place to meet the group. Please do not make plane reservations until you hear from leaders that the trip is “GO”.

Leaders’ expectations of participants:

When you participate in this activity, you should be in proper condition for the challenges outlined in this prospectus and equipped with the appropriate gear as stated. You should always be aware of the risks involved and conduct yourself accordingly. You are ultimately responsible for your own safety. Prior to your acceptance as a participant in this trip, you will be asked to discuss your capabilities and experience with us. We may also request references to confirm your fitness level and suitability for participating in trip activities.

This trip is designed so that everyone may experience our adventure in Poland through shared participation in activities and tasks in an organized group environment. AMC travelers are known for their cooperative efforts, and expectations are that all participants will be considerate of others sharing this AMC Adventure Travel experience.

It may happen on any trip that a trip member is or becomes unable to participate in one or more of the planned activities. Leaders in their sole judgment have the right and obligation to refuse participation in any activity to any group member for reasons of safety, whether it will be of the group or of the individual. Illness, injury or lack of proper gear or fitness for a particular activity are examples of some conditions that might result in a participant’s being unable to perform one or more activity. Leaders may try to find a substitute activity for the trip member, but this may not always be possible.

Tying trip to AMC mission:

AMC Adventure Travel trips are run in a manner supportive of and consistent with the conservation, recreational and educational principles and mission of the Club. Trip leaders encourage participant conduct consistent with Leave No Trace environmental and conservation principles and local regulations.

Required Gear:

Gortex (or equivalent) rain jacket & pants
Wide brimmed hat for sun protection
Sunglasses
Sunscreen
Camelback or bottles sufficient to hold at least 2 liters of water
Personal first aid kit
Fleece or down jacket
Polypro, polyester, nylon or coolmax tops and pants for hiking; NO COTTON!
Trail shoes or boots; NO SNEAKERS or CROSS TRAINERS
Hiking socks
Warm hat and gloves
Electrolyte powder, tablets, gel or “gummy blocks”
Pack with waist strap/belt sufficiently large to carry all of the above items plus your lunch, camera and personal items

What trip price of $2110 includes:

Price includes:
- 12 overnight accommodations based on double occupancy in 3* hotels
- All breakfasts and dinners
- All group land transportation
- Dunajec river trip tickets, entrance fee to Nedznice Castle and transportation to and from the hotel
- Guided tour Krakow
- Entrance fee and audio guide to Wawel Royal Castle
- 7 Day pass to Tatra National Park
- Day Pass to Ojcow National Park
- AMC Adventure Travel Program fee
- Luggage Tag
- Costs for 2 AMC tour leaders (accommodation, entrance tickets, transfers)

Price does not include:
- Lunches and snacks
- Entrance to salt mine
- Travel Insurance for lost luggage, trip cancellation, medical expenses, etc
- Flights to/from Krakow, Poland
- Items of a personal nature
- Beverages other than tap water at included dinners
- Housekeeping Tips

Please be aware that, in accordance with AMC policy, you are subsidizing the leaders' costs. Beyond this, the leaders are not allowed to realize any profit from this excursion. The trip price also includes an AMC overhead fee to cover the administrative expenses of offering Adventure Travel excursions. The trip fee includes emergency medical and evacuation insurance coverage, which is required by the AMC. **It does not include insurance for travel delay, interruption, or**
cancellation, or for baggage loss. If these possibilities concern you, individual travel insurance is recommended. More information about included emergency medical and evacuation insurance, as well as about optional and recommended travel insurance, will be provided to participants in their formal acceptance letters.

Cancellation Policy:
The AMC Adventure Travel cancellation policy is based on the fact that your cancellation may not raise the cost to the other participants or to the leaders. The published minimum penalty schedule is $100 from September 1, 2019 to January 1, 2020, and $200 after January 1, 2020. If actual costs (expenses already incurred on your behalf and any unavoidable future expenses that will be incurred as a result of your registration and cancellation) are higher, they will be assessed instead, unless they can be applied toward another acceptable participant. Should the leaders be able to replace you, you may be charged a reduced or zero penalty. This will generally not be determined until after the trip. Please refer to insurance information in the section titled “What Trip Price Includes.”

How air travel is to be handled:
While participant airfare is not included in the trip price, leaders may assist participants in making suitable reservations. Participants will be told when and where they must join the group for the official start of the trip’s planned activities. Once your air tickets are purchased they are your responsibility – do not make any non-refundable travel plans until told to do so by the leaders. The leaders will send out a document with a list of suggested flight from your home airport which will work to get you to Krakow in time for the start of the trip. The price for this excursion is based on quotes or estimates obtained at the time the trip was submitted to the Adventure Travel Committee for approval (September, 2018). The final price of the trip will be adjusted in accordance with the best final arrangements we can make. If the trip’s financial position is strong enough at the start, the leaders may make partial refunds during the trip, in the form of payments toward some meals and/or free time activities which would otherwise not be included. Any savings we achieve, as well as any cost increases we incur, will be shared by trip participants. Our cost estimates are conservative, and so a refund is considerably more likely than a price increase. All Adventure Travel trips are run on a non-profit basis and refunds, if any, are issued after the trip’s financial accounting is complete.

Conditioning and activity/fitness level:
Participants should be comfortable to hike up to 8 hours and 15 kilometers per day with elevation gain of up to 500 meters (1650 feet). Make sure that this matches the elevation gains for the hikes listed above
Application process or how to apply:

To apply, you must complete and submit the Participant Application, Confidential Health Questionnaire, and Acknowledgement and Assumption of Risk and Release form, enclosing a registration deposit of $1000. You will be considered qualified for the trip when the leaders have determined by conversation with you that you and the trip seem to be a good match. You will be formally accepted, and your check will be deposited. Deposit checks from wait-listed applicants will not be cashed until we offer them a spot on the trip AND they accept.

Payment Schedule:

Final Payment of $1110 due by June 1, 2020

Please make payments by check payable to the “Appalachian Mountain Club” and mail to:
Ginette Beaudoin
66 Graham Street
Biddeford, ME
04005

Risks of trip activities:
Participants should be adequately prepared for cold weather hazards such as wind chill, hypothermia, sun exposure, icy conditions by ensuring they have sun protection and extra layers in their day pack during each day’s activities.

YOUR LEADERS:

LEADER:  GINETTE BEAUDOIN

Ginette has been a member of the AMC since 1988 and has led several day and weekend trips in the White Mountains of NH, as well as various parts of Maine. She lead an Austrian Alps adventure trip with co leader Don Parker in July of 2011, with Jenni Blumenthal in August of 2012 and co lead the same trip with Terry Peters in July 2009 with 19 participants. She has also lead Adventure travel trips to Yosemite National Park, Easter Island, Peru, Minnesota, Tuscany, Dolomites, Spain, Australia and New Zealand for the AMC. She has participated in numerous AMC Major Excursions to Switzerland and Austria, involving hiking and cross country skiing. She has hiked in the Stubai valley as part of a 2006 Major Excursion and hiked to 20 high Alpine Huts throughout Austria, Germany and Switzerland. She has hiked the NH 4000 footers. Her inter-
ests include hiking, photography, cross country skiing, snowshoeing, travel, information volunteer for AMC and introducing others to outdoor activities.

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**CO-LEADER: ANNA PANSZCZYK**

Anna is a Boston Chapter INTRO (AMC) Leader. Anna has co lead AMC Adventure Travel trips to New Zealand, Australia, Dolomites – Italy, Austria, Azores, Southern and Northern Spain, Croatia, Slovenia, Yosemite National Park, Minnesota, Peru, Easter Island, and Morocco. Anna leads hiking trips in the White Mountains and most recently led an excursion to Waterville Valley and Craftsbury Vermont for snowshoeing and cross country skiing. She has also co led the Claybrook ski trip on previous years. During the summer of 2014, she and the trip leader backpacked the Haute Route from Chamonix France to Zermatt Switzerland as well as Kepler Track in New Zealand. This is in addition to trips that she takes to all corners of the world! Anna has completed SOLO Advanced Wilderness First Aid course as well as CPR training.

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