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EXPLORER**



# Self-Guided cycling in High Tatras: Zakopane to Poprad

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Bike Tour from Poland to Slovakia across the spectacular Tatras.

**Holiday code:** SG-CPS

**Countries included:** Poland, Slovakia

**Activity level:** 2

**Themes:** Cycling

**Tour type:**

**Minimum age:** 16

**Duration:** 7 nights

**Available in:** Apr, May, Jun, Jul, Aug, Sep, Oct

## Overview

During this self-guided cycling holiday from Poland to Slovakia we explore some of the most attractive parts of the Carpathian range. Our bike tour starts in Zakopane, 'the capital' of the Polish Tatras and the TOP destination for active holidays in Poland. We then cross the border to Slovakia as we continue with our route across the National Park of Pieniny, following the Dunajec river with its longest canyon in Central Europe. Our route will also lead us to the Spis region, where we will explore two UNESCO sites, Spissky Castle, the biggest castle in Central-Eastern Europe, and the medieval town of Levoca with the biggest wooden altar in the world. This bike tour is concluded in Spisska Sobota, a medieval part of the much bigger Poprad, located in the foothills of the Slovakian Tatra Mountains.

For more information about this tour scroll down to view the details of each day.

## Itinerary

### Day 1: Arrival in Zakopane, Poland

Welcome to Zakopane, 'the capital' of the Polish Tatra Mountains. On your arrival you will be met by



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our representative and receive your self-guided pack including; maps and detailed route information for each day of your cycling. The rest of the day is yours to explore Zakopane, its highlights and beautiful architecture.

*Hotel – Zakopane, Poland*

## **Day 2: Cable car to Gubalowka, outdoor museum of Chocholow and Nowy Targ**

After breakfast we take the cable car (and our bikes) to Gubalowka Hill for some amazing panoramic views of the High Tatras, then we enjoy mainly downhill cycling all the way to the outdoor living museum of Chocholow, exhibiting traditional Polish architecture and way of life. The majority of the houses were built during the 19th century. After lunch we continue cycling along a quiet path via Ludzmierz, well known for its miraculous statue of the Blessed Virgin Mary. We conclude today's cycling in the typical Goral town of Nowy Targ, where we spend the night.

*Breakfast / Hotel – Nowy Targ, Poland*

## **Day 3: The Pieniny National Park**

This morning we cycle in the direction of the Bialka River, passing a number of Goral villages. In Debno we have the chance to admire one of Poland's oldest wooden churches, dating back to the 15th century, with its beautifully preserved painted interior. We then continue, entering Pieniny National Park, where the haunted castle of Niedzica is located on the bank of the Dunajec River. We spend the night nearby.

*Breakfast / Hotel – Niedzica, Poland*

## **Day 4: Dunajec Gorge**

Today's cycling is one of the greatest experiences of the tour; cycling through the Dunajec gorge, following the Dunajec river with high cliffs on both sides forming the natural border between Poland and Slovakia. We have the opportunity to visit the Cerveny Klastor monastery. Any visitor will be overwhelmed by the spiritual atmosphere of this monastery, founded in the early 14th century. We then continue cycling to Stara Lubovna, and to a medieval castle founded in the 12th century by the Austrian King Ondrej III. We can also appreciate the beauty of the outdoor museum, reliving the atmosphere of a medieval village in times 100 past.

*Breakfast / Hotel – Stara Lubovna, Slovakia*

## **Day 5: Spissky Castle, UNESCO**

Today we continue cycling south-east across the stunning mountainous landscape of the Spis region to Spisske Podhradie, location of an amazing complex of UNESCO monuments, including Spisska Kapitula - the historical seat of the catholic bishop, Spissky Castle - the biggest medieval castle in Central Europe and the Church of the Holy Spirit. Admire the beauty, size and rich history of these monuments.

*Breakfast / Hotel – Spisske Podhradie, Slovakia*

## **Day 6: Levoca, UNESCO**

We continue cycling west to another UNESCO site, the medieval town of Levoca, famous for its remarkably preserved city walls, medieval buildings and the biggest wooden altar in the world. Levoca and the nearby Marianska Hora Hill are among the most important pilgrimage sites, with Marianska being included within world pilgrimage sites alongside Lourdes, Mariazell, Czenstochowa and Fatima.

*Breakfast / Hotel – Levoca, Slovakia*

## **Day 7: Spisska Sobota and the Slovakian High Tatras**

After breakfast we cycle to Spisska Sobota, the medieval area of the much bigger Poprad, situated at the foothills of the Tatra Mountains. En-route we cycle through a small gothic village of Spissky Stvrtok, location of two significant gothic buildings. The Church of St. Ladislav and the Chapel of Zapolskych, designed by Hans Puchsbaum, the same architect who built St. Stephen's Cathedral in Vienna. We continue our ride passing through the national park of Slovak Paradise and finally arriving in Spisska Sobota. We spend the night here. A great place to relax after 6 days of cycling is in the nearby

AQUACITY Poprad, a large complex of indoor and outdoor thermal pools with healing waters and a wellness centre.

*Breakfast / Hotel – Spišska Sobota, Slovakia*

## **Day 8: End**

After breakfast transfer to airport. Fly home.

*Breakfast*

# **Essential Holiday Information**

## **Cycling Profile**

Daily distance in km/miles:

Day 2.) 47 km / 29 miles

Day 3.) 45 km / 27 miles

Day 4.) 40 km / 24 miles

Day 5.) 40 km / 24 miles

Day 6.) 40 km / 24 miles

Day 7.) 50 km / 31 miles

## **What is Included**

- 7 nights accommodation in 2 and 3 star hotels
- 7 Breakfasts
- Cable car to Gubalowka
- Bike hire including: pannier, lock and spare parts
- Luggage transfers
- Maps and route information
- Local assistance

## **What is not Included**

- Flights
- Helmet
- Airport transfers on days 1 and 8

## **Accommodation**

During this trip we use 2 and 3 star hotels. For an extra charge we offer the option to book a single room for each night. Additional hotel nights before and after the tour are also available.

Single room supplement: 85 EUR

## **Meal Plan**

All hotels provide a buffet breakfast.

## **Group Size**

Normally minimum 2, maximum 16 people.

## **Getting There and Airport Transfers**

We recommend booking your flight to Poprad, Krakow or Kosice. Alternative airports include Bratislava or Vienna. Reserve your private airport transfer at the time of booking.

## **Visa Requirements**

An entry visa is not required by citizens of EU, USA, CAN, AUS, NZ. Citizens from any other country should confirm all visa-related issues with the relevant Embassy prior to departure.

## Local Currency

Poland: Polish Zloty

Slovakia: Euro

## Spending Money

Prices of services and goods may vary depending on the type of establishment, but as a guide this is what you can expect to pay during this tour.

Bread 0,85 EUR / 500 grams

Roll 0,06 – 0,30 EUR / 1 piece

Yoghurt 0,45-0,50 EUR / 125 grams

Mineral Water 0,45 – 0,90 EUR / 1,5 litre

Fruit juice 0,60 – 1,40 EUR / 1,5 litre

Beer from 0,65 / 0,5 litre

Wine from 2,30 / 0,7 litre

Lunch (soup + main dish from lunch menu) from 3,30 EUR

Dinner (3 course) 5 – 10 EUR

## Transport

A support vehicle with a bike trailer is used on all riding days. Depending on the group size this is a bus with up to 20 seats fitted with air-conditioning.

## Tour Staff

One professional English speaking guide and driver.

## Climate

Enjoying a mountainous climate, the weather here during early spring is characterised by chilly days. The weather can be cool and changeable during these months.

In summer temperatures can vary greatly according to whether you are located on the sunny side of the slopes or in deep valleys. Temperatures can reach as high as 30 degrees during the day, with occasional, yet brief storms - a good time perhaps to take shelter in one of the many wonderful places we visit on our cycle route.

September sees some of the most stable and driest weather of the year, and although average temperatures drop somewhat, daytime temperatures can still be relatively high for this time of year. Expect cooler autumnal temperatures in late September and October.

## Ready to go? Signing up is quick and easy!

Click on the BOOK NOW button and follow the 3 easy steps. In order to secure your places a deposit of 200 euros per person is required. Please have your debit or credit card details available.

A confirmation of your payment will be sent to your email automatically. Alternatively we are also able to issue an invoice for direct bank transfers.

You can also reserve your place over the phone 00421 908 021 469 or by email: [sales@slovakia-explorer.com](mailto:sales@slovakia-explorer.com)

## Need more information?

Feel free to contact us if you still have any questions or concerns. We are here to help you.

Phone: 00421 908 021 469

Email: [info@slovakia-explorer.com](mailto:info@slovakia-explorer.com)

## Why book with Slovakia Explorer

This circular bike tour around the Tatra Mountain from Poland to Slovakia is one of the best bike tours



in the region, exploring medieval towns, mountain villages, national parks and the Tatra mountains. We have chosen carefully-selected routes and where possible, avoid routes with motor vehicles. The trip is organised, booked and run directly by ourselves at SLOVAKIA EXPLORER. We have unrivalled knowledge of the local area and pay attention to the smallest of details to ensure you enjoy a perfect trip. We are committed to supporting you 100%, from your initial enquiry and booking, throughout your trip, until your safe return home.

