



## Poland- Dunajec and Poprad Valley Cycle Tour (2025)

10 days / 9 nights

Self- Guided



The popular Dunajec Cycle Path follows a completely new route in the 2020 season! As part of a major investment, many kilometers of cycle roads and imposing bicycle bridges were built. The paths are safe (also for families with children) and well signposted, very picturesque, with no difficult climbs. In terms of quality and attractiveness, the Dunajec Cycle Path is in no way less attractive than the well-known European cycling routes such as the one on the Danube or the Moselle. It is also unique in Eastern Europe. A must for all cyclists, even for those who have visited this route in the past.

But the region at the foot of the High Tatras offers not only one, but many opportunities to explore it by bike. New cycle roads surround the Czorsztyńskie Reservoir, leading to Slovakia and along the Poprad Valley to Krynica - the pearl of Polish spas. Therefore, in addition to the traditional week-long trip from / to Krakow, we also offer a new 10-day tour, allowing you to visit all of these attractions in a relaxed style.

**OK Cycle & Adventure Tours Inc. - 666 Kirkwood Ave - Suite B102 – Ottawa, Ontario Canada K1Z 5X9**

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**TICO Ontario Registration No: 50022848**

## Itinerary Day by Day

### **Day 1st (Sunday) Arrival** in Zakopane.

Zakopane, the largest Polish mountain resort, has developed a very distinctive cultural character. The folk culture of the people who live in the Tatras, the Gorale, has been preserved in their music, their songs and their local costume. And the characteristic "Zakopane style" of timber architecture, which developed around the turn of the twentieth century, can be found nowhere else in Europe. This city is easily reached by train, bus or car. You can also conveniently use our collective transport from Krakow.

### **Day 2nd (Monday) Zakopane - Nowy Targ - Zakopane** 25-30 km cycling

In Zakopane begins the cycle route "Velo Dunajec", which leads north along the valley of Biały Dunajec to the town of Nowy Targ, the main town of the Gorale mountain people. From there you can return to Zakopane by train. Another possibility is a mountain railway to Gubałówka, then to Żąb, Poland's highest village and back down to Zakopane.

### **Day 3rd (Tuesday) Zakopane - Nowy Targ** 50 km cycling, mostly downhill

We take the cable car back to the top of Gubałówka and then cycle down through the village of Dzianisz as far as Chocholow, a village which is now a "living open-air museum" of timber architecture. From here you can take advantage of latest investments: You cycle on an excellent, flat, scenic, dedicated cycle road, that was built on the former railway track. You pass Ludzmiarz (with a famous Marian pilgrimage shrine). During our break you can sample "osypek", the delicious smoked ewe's-milk cheese made in the Goral houses here. Finally, you reach the city of Nowy Targ, where you will spend the night.

### **Day 4th (Wednesday) Nowy Targ - Niedzica** 44 km cycling

Today you head south and follow the course of the Bialka, a third mountain river flowing into the Dunajec and see its impressive gorge near Nowa Biala. On the way you can also take a look at one of Poland's oldest wooden churches at Debno, built around 1500, which has an impressive painted interior. You are now in the Spisz region, an area with a rich history and a remarkable folk culture. Until 1918 this area was part of Hungary, and for many centuries it was home to several ethnic groups: Gorale and Ruthenians lived in the villages, Germans in the towns and the Hungarian nobility in the castles.



Following the bank of the reservoir, you reach one of these castles at Niedzica and spend two nights in a nearby hotel.

### **Day 5th (Thursday) Trips to the Spisz region** 30-60 km by bike depending on the variant

Today you have the opportunity to get to know a brand new cycle path around the reservoir and a scenic route through the Spisz hills. Another option leads to Osturňa in Slovakia, an ancient street village with numerous colorful wooden houses.

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**Day 6th (Friday) Niedzica - Szczawnica 35-40 km cycling**

This is the most spectacular day of the tour. You follow the river through Sromowce, a village once famous for the flocks of geese that used to be bred here. Soon, at about midday, we cross the border into Slovakia on the bridge for pedestrians and cyclists. After cycling to the village of Cerveny Klastor (Red Monastery), above which rise the three peaks of Trzy Korony (Three Crowns), the highest point in the Pieniny range, you can have a meal and visit the local museum. You then cycle along the "Pieniny Way", a narrow ledge open only to walkers and cyclists, carved out of breathtaking limestone cliffs that run the entire length of the Dunajec Gorge. Unlike the tourists on wooden rafts being steered down the river by Gorale we can stop at any time to take photographs or even to bathe in the river. Also very beautiful is the gorge of the Lesnický Potok, a stream which flows into the Dunajec from the Slovakian side, passing through the sleepy village of Lesnica. You can do a little shopping here before it's time to head back into Poland. The little spa town of Szczawnica is a pleasant surprise, with its cycle-friendly separate lanes for cyclists. In the afternoon we ride along the elegant promenade in the valley of the Grajcarek and explore the paths in the upper and lower spa gardens.



**Day 7th (Saturday) Szczawnica - Rytro/Piwniczna 55 km cycling**

The stretch today leads us through what is known as the "green Dunajec Gorge", where the river passes between two ranges of the Beskids. Although there are no limestone cliff walls here, the slopes with their beech woods are still very impressive. We soon leave the main road, crossing the river on a suspension bridge to the right bank and making our way between the paths among the farms of the

village of Tylmanowa with glimpses of the old barns, granaries and hen-houses through open doors. We stop for lunch at a guesthouse in Lacko, known for its strong slivovitz, a plum brandy. It is also possible to halt alongside fruit gardens on the valley slopes. Here you cycle again on newly built bike paths and over impressive bridges in the valley of the Dunajec inflow Poprad. For two nights stay in either Rytro - an old feudal village at the foot of castle ruins, or in the spa town of Piwniczna

**Day 8th (Sunday) Poprad Valley 40-50 km cycling**

The Poprad River is unique - it flows from the southern slopes of the Tatras and crosses the Carpathians to the north, creating picturesque turns in a deep valley. The train will take you to Krynica, the most famous Polish health resort with a large spa park and magnificent villas. From there you cycle back along Poprad to the hotel, alternating between the Polish and the Slovak side of the river.

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**Day 9th (Monday) Rytro/Piwniczna -  
Nowy Sącz 15-25 km cycling**

Slightly downhill through the Poprad Valley you follow to Stary Sącz - the historic little town, one of the most beautiful in southern Poland, cycling through the maze of narrow streets for a feel of the atmosphere of past times. The comfortable cycle path and a bridge over the Poprad river built especially for cyclists leads to Nowy Sącz, another historic town, with a large market square and art-deco houses. A pedestrian zone with variety of restaurants is a perfect place for lunch. In the afternoon you can visit an interesting open-air museum. Last night in Nowy Sącz.



**Day 10 (Tuesday) Departure from Nowy Sącz**

You can easily return to Krakow or Zakopane by public transport. On request we can arrange a private transfer.



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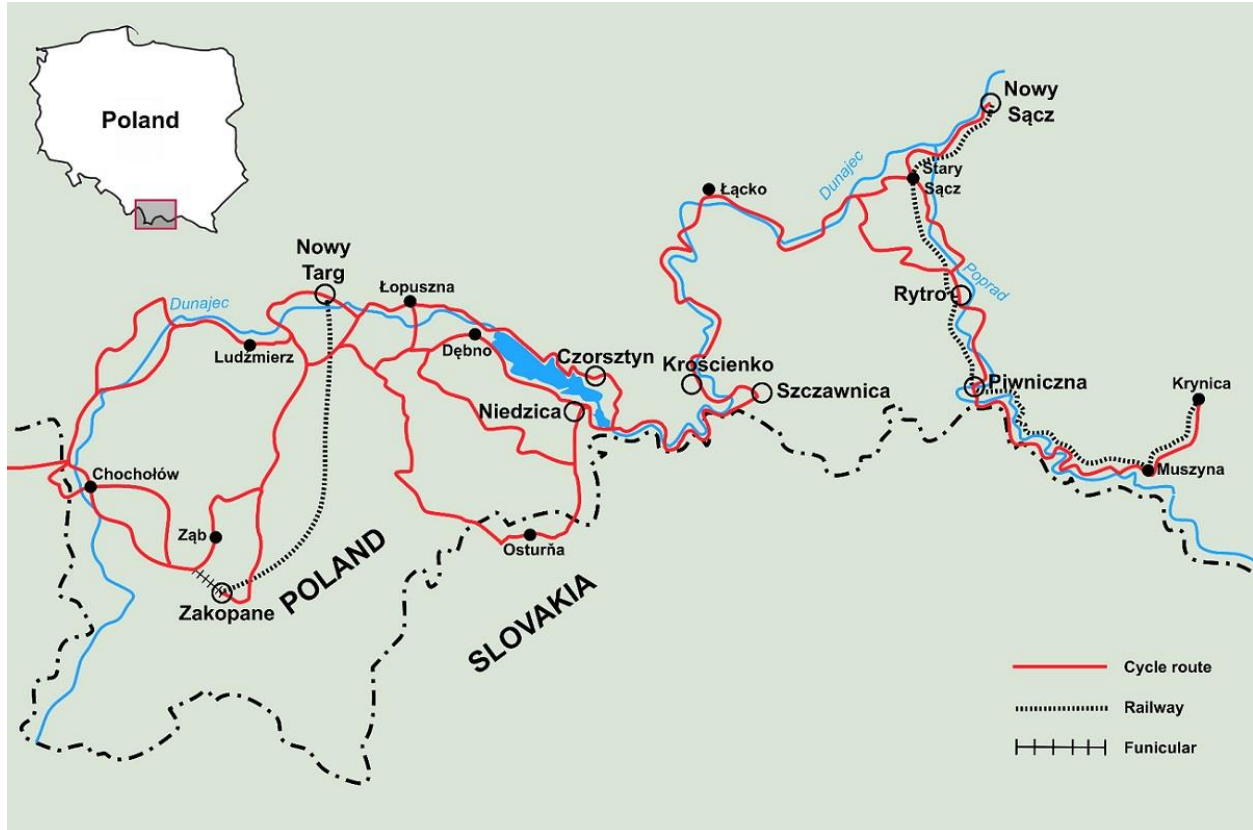
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### Route



The paths are safe (also for families with children) and well signposted, very picturesque, with no difficult climbs. Approximately 300 km total.

#### Dates of tours in 2025:

DRX-1 27.04 - 06.05  
DRX-2 04.05 - 13.05  
DRX-3 11.05 - 20.05  
DRX-4 18.05 - 27.05  
DRX-5 25.05 - 03.06  
DRX-6 01.06 - 10.06  
DRX-7 08.06 - 17.06  
DRX-8 15.06 - 24.06  
DRX-9 22.06 - 01.07  
DRX-10 29.06 - 08.07  
DRX-11 06.07 - 15.07  
DRX-12 13.07 - 22.07

DRX-13 20.07 - 29.07  
DRX-14 27.07 - 05.08  
DRX-15 03.08 - 12.08  
DRX-16 10.08 - 19.08  
DRX-17 17.08 - 26.08  
DRX-18 24.08 - 02.09  
DRX-19 31.08 - 09.09  
DRX-20 07.09 - 16.09  
DRX-21 14.09 - 23.09  
DRX-22 21.09 - 30.09  
DRX-23 28.09 - 07.10

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**Prices in euros: all prices subject to confirmation on booking**

	<i>Self-guided Tour catering – half board</i>	<i>Self-guided Tour catering - breakfast only:</i>
<b>Category B:</b> 6-7 x Hotels*** 2-3 x good Hotels**	1 person sharing twin <b>EUR 870</b> 1 person in single <b>EUR 1040</b>	1 person sharing twin <b>EUR 760</b> 1 person in single <b>EUR 930</b>
<b>Category A:</b> 5-6 x Hotels**** 3-4 x Hotels***	1 person sharing twin <b>EUR 1140</b> 1 person in single <b>EUR 1480</b>	1 person sharing twin <b>EUR 980</b> 1 person in single <b>EUR 1320</b>

Included in the basic price:

- Transport Krakow - Zab and Nowy Sacz - Krakow
- 9 nights accommodation in twin bedded rooms with shower / WC,
- 9 x half board (breakfast and dinner), (or 9 x breakfast only)
- Transfer of luggage from hotel to hotel
- Route description, detailed cycling map, GPS data

Not included in the price: Travel to Krakow, entry fees, private payments such as other meals, drinks and tips.

**Extra night B&B in Krakow:**

Hotel*** central location (Cat B): 1 Person sharing twin <b>EUR 56</b> 1 Person in single <b>EUR 84</b>	Hotel**** central location (Cat A): 1 Person sharing twin <b>EUR 95</b> 1 Person in single <b>EUR 145</b>
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**Bicycle rental (per Week): EUR 100**

**E-bike rental: EUR 210**



### Bikes:

Well maintained hybrid bikes.

- Light aluminium frame
- Comfortable gel-saddle
- Gent's and Ladies' bikes with different frame sizes
- 21 speed derailleur gear
- High quality Schwalbe Land Cruiser - tyres
- You can bring your own pedals and mount
- Bikes for small children and teenagers
- E-bikes (Geobike and Kalkhoff)
- Bikes are equipped with waterproof bags, map holders, repair kits.

### Hybrid



### E bikes



**THIS IS A PARTNER TOUR FOR MORE INFORMATION CONTACT**

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