

Walking Bohemian Trails - Krakow to Prague

Trip Code: BOH

Version:



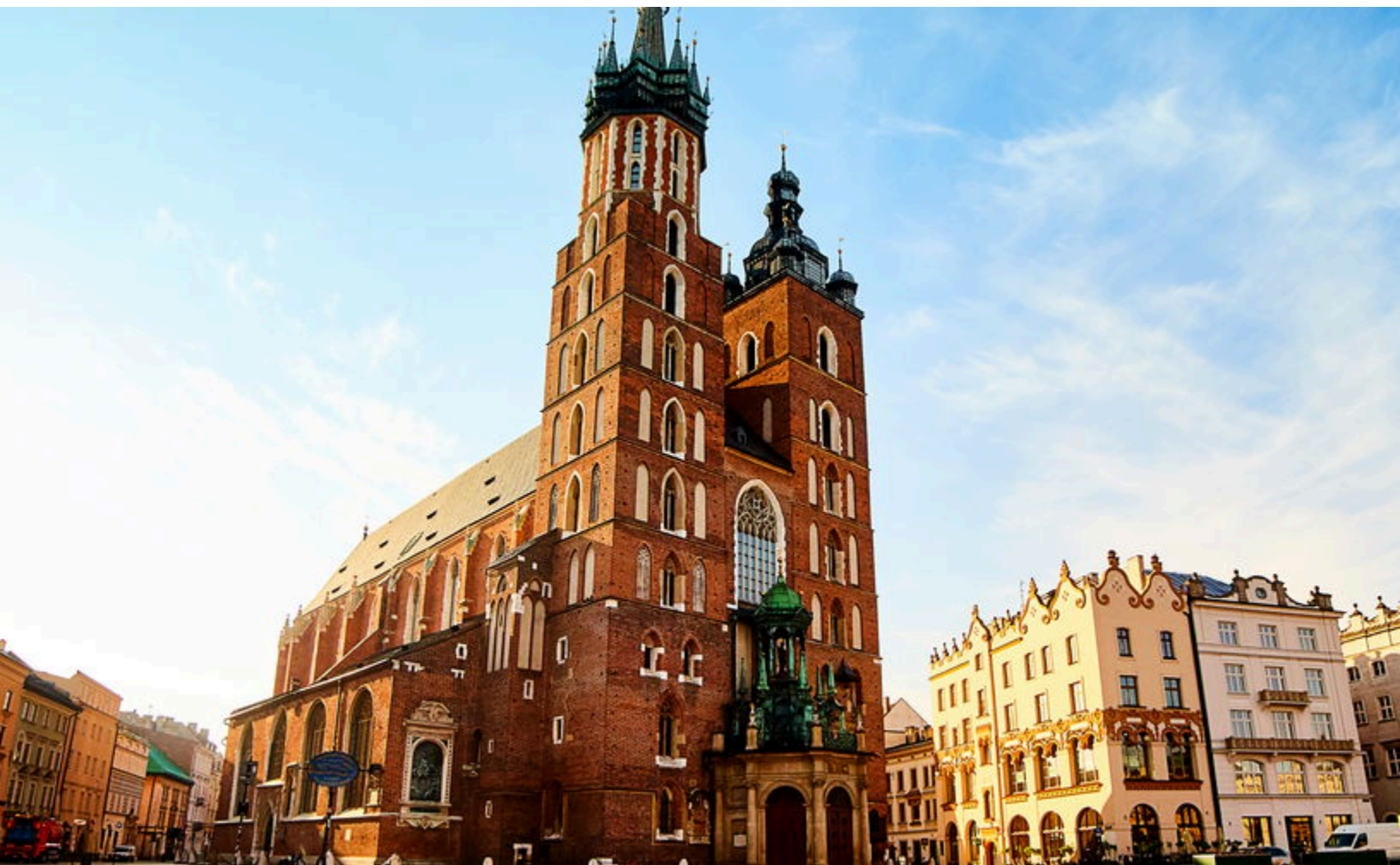
WALK & TREK



GUIDED GROUP



LEISURELY



HIGHLIGHTS

- Hike off the beaten track in the Stołowe Mountains and Karkonosze National Park
- Discover fantastic architecture on walking tours in Prague and Krakow
- Follow cross-border trails and immerse yourself in Bohemian history and culture

- Take dinner on a Polish farm and experience a Jewish cultural evening

AT A GLANCE

- 6 days walking and sightseeing
- Join at Krakow, End in Prague

ACCOMMODATIONS & MEALS

[VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE](#)

Introduction

The Kingdom of Bohemia conjures up images of beautiful cities, fairy-tale castles, stunning architecture, medieval villages and delicious food. This easy walking holiday includes rural pockets of solitude in Poland and the Czech Republic plus the exciting cities of Prague and Krakow. With fascinating folklore and wonderful history, these two welcoming countries offer a fantastic opportunity to discover the heart of Bohemia. Krakow is an architectural treasure with its colourful UNESCO World Heritage old town, towering basilica, captivating castle and enchanting Jewish Quarter. We'll find the Ojców National Park is bursting with flora and fauna and described as a botanical paradise. The little known mountain ranges of Stołowe and Karkonosze provide a wonderful backdrop to our rural walks, whilst cliff-top castles offer real insight into the history of a fascinating ancient kingdom. The holiday finishes in Prague, located in the heart of Bohemia and one of Europe's most spectacular cities with wonderful bridges spanning the meandering river, a remarkable Old Town Square and towering cathedral. This wonderful holiday takes you on a wonderful walking and cultural adventure from Krakow to Prague.

Is this holiday for you?

During this holiday there are a number of easy walks (2 - 4 hours) as well as some busy sightseeing. The walks are approximately 3 hours in length and will be led at a leisurely pace on footpaths that are good underfoot. This charming holiday is planned to have a good balance of walking, sightseeing and free time to explore.

Itinerary

Version:

Holiday Information

What's Included

- A professional local leader
- A single timed airport group transfer Day 1
- All necessary transport within the holiday
- All accommodation as described
- Meals as detailed in the Meal Plan

What's not Included

- Travel insurance
- Airport transfers on Day 8 (Prague)
- Tips
- Some meals as detailed in the Meal Plan
- Miscellaneous expenses - drinks and souvenirs etc.

Joining Arrangements & Transfers

TRAVEL TO YOUR DESTINATION

In some cases you may choose to take a ferry and/or train to your holiday start and end destination. Please see further information on [Travelling by Train](#).

If flying from the UK there are low cost airlines available to the start and from the end of your holiday.

To benefit from full financial protection, ease your holiday planning, and avoid dealing with airlines, we can book scheduled flights from the UK as part of a flight inclusive package. Scheduled flights are usually more expensive than low cost alternatives, however potentially less stressful if your flight is cancelled or delayed. If you book flights through KE Adventure Travel we will [offset the carbon of your flight](#).

The group will meet at the hotel in Krakow.

A single timed airport transfer is included on Day 1. You will be escorted on public transport for this journey.

On Day 8, you will be assisted in getting the straightforward airport bus from the group hotel to Prague Airport.

Hotel contact details and an emergency number will be provided with your booking confirmation.

Meal Plan

Breakfasts and 5 dinners are included in the holiday price. Poland and Prague has a wide variety of cafes, bakeries, supermarkets, mountain huts and restaurants. We recommend you allow approximately 10 Euro for a lunch and 20 Euro for a dinner.

Food & Water

Water from the taps may not be drinkable in all locations on this trip - please check with your guide. We recommend taking water purification tablets and a reusable bottle with a filter such as [Water-to-Go](#), which can both be used to help make safe other water sources. Please note that we do not encourage the purchase of single use plastic bottles.

Poland has a rich variety of traditional dishes with pierogi being up there as the most famous. These Polish dumplings are excellent and come filled with a range of fillings from cheese, potatoes mushrooms, meat and cabbage. Sweet ones are also worth a try. Stews and soups feature on almost every menu and are delicious and filling. If you like your stuffed vine leaves, golabki is one of the most traditional dishes and fillings include meat or vegetables. Traditional golabki is served with a rich tomato sauce and either bread or potatoes.

Zapiekanka is a fast-food treat from the depths of southern Poland. The zapiekanka is a filling, half baguette that's topped with mounds of cheese, mushrooms and chives. After that, diners can choose whatever other extras they'd like, as the menus burst with everything from Greek feta cheese to smoky Polish blood sausage. Zapiekanka are a trademark food from the Kazimierz Jewish Quarter of Krakow. Paczki are Polish doughnuts, a sugar-topped bun packed with a host of flavours from custard to chocolate or strawberry jam.

The paczki is sold in bakeries throughout the year, but it's traditional to eat them at the beginning of Lent. In the Czech Republic why not try kulajda, a creamy potato soup with mushrooms, dill, vinegar and a poached egg on top. Schnitzel is a piece of tenderised meat that is breaded and fried and served with a Czech version of potato salad - a mixture of potatoes, carrots, hard-boiled eggs, onions and pickles, with mayo, mustard, brine from the pickles and salt and pepper.

Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide for special diets. Due to the nature of some of the trips that we operate and the countries in which we operate them, it can be very hard (and sometimes impossible) to cater for a wide range of dietary choices and you may have to supplement your meals with food/snacks from home. If you have specific dietary requirements please do speak to our sales team and they will be able to advise you whether or not we will be able to offer your specific choice. Please note that we are unable to provide separate menus and cannot accept liability for any problems arising from special dietary requirements or intolerances.

Accommodation

During this holiday the group will spend 7 nights in standard hotels and local guesthouses. Accommodation is on a twin sharing basis with en-suite facilities.

If you are travelling by yourself, you will be paired with another solo traveller of the same sex. Depending on availability, single rooms may be available on request for a supplementary fee.

Group Leader & Support Staff

The group will be led by a professional and qualified tour leader.

Spending Money

The local currency in Poland is the Polish Zloty and in the Czech Republic it's Czech koruna. We estimate that the equivalent of £150-200 should be sufficient to cover tips for local staff and non-included meals. Euros, dollars and sterling can be changed into Polish Zloty at the airport or in Krakow centre. Cash in Polish Zloty can be withdrawn from ATMs on arrival at the airport and in Krakow centre.

Guidance on Tipping

Tipping is the accepted way of saying 'thank you' for good service. It is important to remember that tipping is voluntary and should be dependent on good service. On this trip we recommend that you give a tip to your guides on the trek and also on the city tour of Krakow. We estimate that €20 - 25 per person will be sufficient for these tips.

Baggage Allowance

For this holiday you should take one piece of luggage and a daypack for during the day. Luggage with wheels is useful for this holiday. For international flights please check your baggage allowance with your airline.

Group Size & Holiday Status

For each holiday there is a minimum number of participants required to enable it to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to run'. You can check the trip status for each departure in the 'Dates and Prices' table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status so you are free to proceed with your international flight booking and other travel arrangements.

General Information

Passport & Visas

Europe

Your passport must meet 2 requirements. It must be:

- less than 10 years old on the day you enter (check the 'date of issue')
- valid for at least 3 months after the day you plan to leave (check the 'expiry date')

For the latest details on visiting countries within the EU or the European Economic Area (EEA), please check the UK Government website

The information that we provide is for UK passport holders.

A passport with 6 months remaining validity at the end of your stay is generally required, and you should have at least 2 blank pages for each country that you visit.

For other nationalities, please refer to your own Government website for the latest information.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates (*see Health & Vaccinations below*), **and visas for your holiday.** Please ensure that you check the [FCDO](#) for the latest advice for **each country visited** before travel.

Health & Vaccinations

Vaccinations

You should contact your doctor or travel clinic to check whether you require any specific vaccinations.

GHIC / Medical cover

UK residents should carry a free Global Health Insurance Card (GHIC). This entitles you to state provided medical treatment when you're visiting an EU country or Switzerland. This is not a substitute for medical travel insurance which is vital when travelling overseas.

Severe Allergies

If you have a severe allergy please inform the KE office before you travel. We will do all we can to help, but we cannot guarantee an allergy free environment on KE trips. You will need to carry your own treatment for the allergy with you, as 'adrenaline auto-injectors' are not carried as standard by KE leaders and staff. You should inform your leader on arrival of your allergy, and let them know where you keep your adrenaline pen.

Currency

The currency for part or all of this holiday is the Euro.

The unit of currency in Poland is the Polish Zloty.

Preparing for your Holiday

It makes sense to spend some time before coming on a walking holiday getting some additional exercise. The fitter you are, after all, the more enjoyable you will find the experience.

Climate

The main season for Poland and the Czech Republic is from May to September and the weather is generally very good. We can expect daytime, valley temperatures of between 20°C and 25°C.

Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's '[Travel Aware](#)' campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that before travel, all KE clients visit the official UK Government website at travelaware.campaign.gov.uk and read the FCDO Travel Advice for their chosen destination. North Americans can also check out the U.S. Department of State website: www.travel.state.gov for essential travel advice and tips.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates directly from the FCDO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use.

Books

- The Rough Guide to Poland
- Lonely Planet Poland

Private Groups Information

Make this KE Adventure holiday your own!

- Do our normal group departure dates not fit?
- Would you prefer to travel with just friends and/or family?
- Are you looking to organise a trip for your local walking, biking or mountaineering club?

It's really easy to make a trip your own. Simply select from our full range of adventure holidays and choose the dates that work for you and your group.

We are experts in creating holidays for groups of friends, families, charities and clubs. Our personal service means you'll be fully involved as we make the arrangements for your perfect adventure holiday.

Independence with Security

Travelling as a KE Private Group allows you more flexibility and choice, but still with the peace of mind that everything is pre-planned and arranged for your group by a reputable adventure travel company.

To take your first step to an amazing adventure with your friends and family complete the private group enquiry form, or call our **Sales Experts on: 017687 73966**

Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our [Travel Insurance](#) page for further information and to get a quote.

Equipment Information

Equipment List

The following checklist should help you with your packing. As a general rule, you should always try to keep the weight of your equipment to a minimum.

You should bring the following items:

- Walking shoes
- Trainers or sandals for sightseeing
- Socks
- Walking trousers
- Lightweight waterproof overtrousers
- Underwear
- Shorts
- Short-sleeved shirts
- Warm jacket or jumper
- Lightweight waterproof jacket
- Sun hat
- Sunglasses
- Daypack 25 litres
- Sun protection
- Water bottle 1 litre (we encourage re-filling water bottles rather than single use plastic)
- Water purification tablets
- Toiletries
- Basic First Aid Kit including : Antiseptic cream, throat lozenges, diarrhoea treatment (Imodium) painkillers, plasters and blister treatment, Insect repellent, and re-hydration salts (Dioralite).

The following items are optional:

- Camera
- Pen-knife
- Travel clothes
- Reusable cloth bag for shopping (to avoid plastic bags)

Land Only Information

Please refer to the 'Joining Arrangements & Transfers' within Holiday Information for further details.

Flights and other transport to your destination should not be booked until you have received your booking confirmation and the departure is showing 'Guaranteed to Run' or 'Limited'.

Land Only Information

We sell this holiday on a Land Only basis allowing you the flexibility to choose the travel method which best suits you. The holiday starts at the hotel in Krakow and a single timed transfer is provided from Krakow Airport.

Flight Inclusive Information

Limited seats are available at the advertised flight price, please book as early as you can. If we are unable to secure seats at the price shown, or you have requested regional departures and/or upgrades, we will provide you with an alternative quote. It is likely that flight payment will be in advance of your final holiday balance. Booking a flight inclusive package means you will benefit from full financial protection, eases your holiday planning, and leaves us to deal with airlines and schedule changes. If you book flights through KE Adventure Travel we will [offset the carbon of your flight](#).

Regional departures and/or alternative carriers are available on request.

Why Choose KE

Why KE

Step back in time and join KE the walking experts on a timeless rural journey between two of Europe's most fascinating cities. Experience charming walks, national parks, ornate castles, and undiscovered trails in Ancient Bohemia. We've even included a cultural evening and traditional dishes.

Please Note This document was downloaded on 30/06/2025 and the trip is subject to change