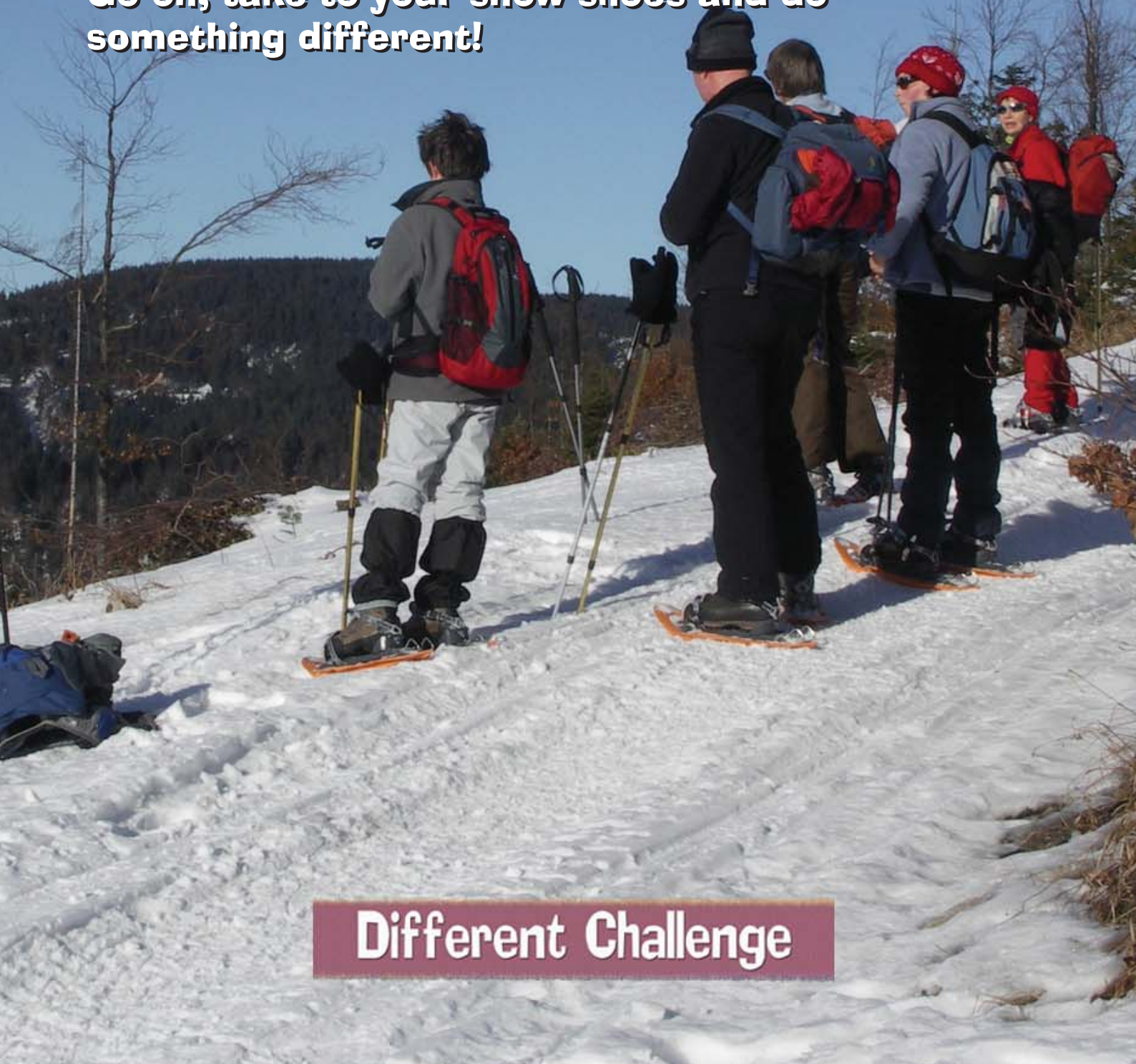


The Poland Challenge

Discover a relatively unknown destination and a new sport - hike through the Carpathian Mountains in southern Poland on snow shoes! During this week-long trip you will hike through the beautiful mountains discovering local folklore, admiring spectacular views, enjoying trips in sleighs and traditional outdoor barbeques. No previous experience is necessary. Go on, take to your snow shoes and do something different!



Different Challenge

The Challenge

Day 1

Fly to the beautiful city of Krakow, Poland, and transfer by train and minibus to the village of Wetlina, your base for the next two nights.

Day 2

Today's hike is relatively short, giving you time to adjust to your new mode of transport – snow shoes! This evening you'll also enjoy a sleigh ride and cook sausages around the camp fire.

Days 3 to 6

Spend the next 4 days hiking in your snow shoes across meadows, through forests, along mountain ridges, along rivers, up peaks and down through valleys. During your hike you'll stay in typical wooden chalets, visit wooden churches and charming old villages, ride in horse-drawn sleighs and carts, eat al-fresco around camp fires, stop at isolated farms and enjoy the warm hospitality of the inhabitants of this sparsely populated region.

Day 7

On your final day take a walk with the national park guards in the valley of the River San. The aim is to see wild animals, but there's no guarantee! At worst you'll learn to recognise their tracks in the snow. This afternoon take the train back to Krakow and spend an evening enjoying the bars and restaurants of this beautiful city.

Day 8

Enjoy the morning exploring the old city and the Jewish Quarter, shopping or just wandering the narrow streets, before transferring to the airport for your return flight to London.

Trip dates

Saturday 17 –
Saturday 24
January 2009

Costs

Minimum Sponsorship:

£250 participation fee

£1,200 minimum sponsorship

Self-funding:

Deposit £250

Balance £600

At a Glance

 7 nights

 London / Krakow

 Full board throughout

 0°C

 -5°C

 Local first aid trained staff

 Moderate

 10 to 16

