SPICE ROADS
CYCLING



TOURING

CYCLING KRAKOW TO HIGH TATRAS

Tour Code
MCT-KTP

8 DAYS
7 NIGHTS

Destinations	Poland, Slovakia
Tour Meets	Krakow
Tour Ends	Strbske Pleso
Fly in to	John Paul II International Airport Kraków-Balice (KRK)
Fly out of	Poprad-Tatry Airport (TAT)
Group Size	4-16 riders
Minimum Age	18 (on scheduled departures)

ACTIVITY PROFILE

6 Cycling days	**321** km Total cycling distance
54 km Avg distance / day	**694** m Avg climbing / day

PRICING

Price	US$ 3,900
Bike Hire (Mountain Bike)	Included
Bike Hire (E-Bike)	US$ 350
Single Supplement	US$ 480

**E-bikes are in limited supply, please enquire to reserve one.*

DEPARTURES

09 May - 16 May 2027
06 Jun - 13 Jun 2027
05 Sep - 12 Sep 2027
03 Oct - 10 Oct 2027

WHAT'S INCLUDED

- ✓ SpiceRoads jersey
- ✓ Water bottle
- ✓ Support vehicle
- ✓ Guide(s)
- ✓ Meals (as indicated)
- ✓ Bike and helmet
- ✓ Snacks and drinks

WHAT'S EXCLUDED

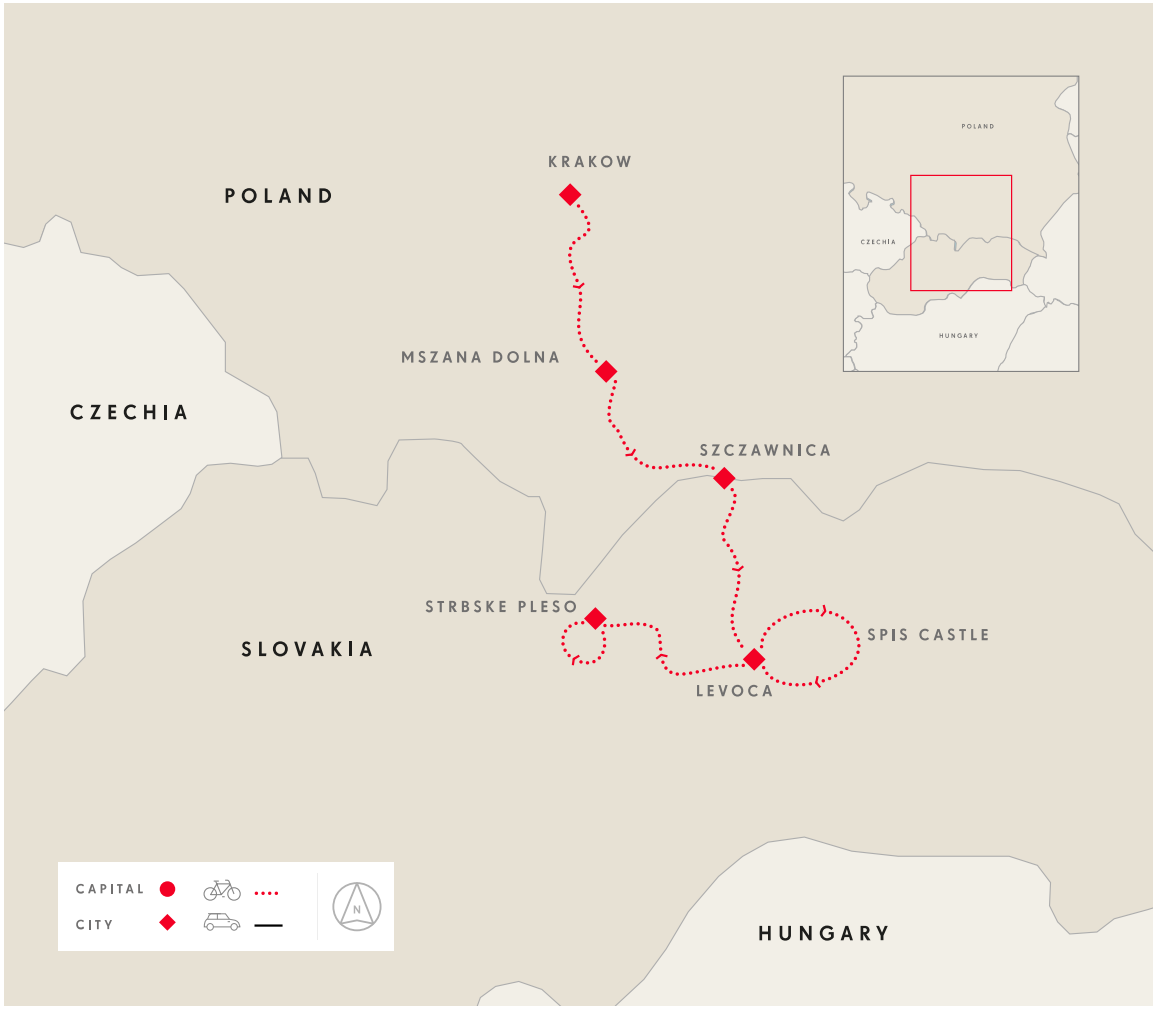
- ✗ International flights
- ✗ Domestic flights
- ✗ Airport pick up
- ✗ Airport drop off
- ✗ Visa fees
- ✗ Alcohol
- ✗ Tips

TRIP PROFILE

This tour covers 321 km over 6 days of riding. We cycle in the region of southern Poland and northern Slovakia, from the city of Krakow to the resort town of Strbske Pleso in the High Tatras. We ride primarily on paved backcountry roads though a generous sprinkling of gravel and forest paths are also thrown into the mix. The entire route is hilly with up-and-down sequences to be expected each day of riding, getting steeper the closer we get to the High Tatras. We generally ride from the morning to the early afternoon, with the remainder of the day at your own leisure to immerse yourself in the charm of towns bursting with history and the beauty of untamed wilderness. Please note that entrance fees to castles, museums, other types of heritage sites, as well as chairlifts, national parks, etc. that require payment to enter are not included in the price. Your guide will discuss options for independent afternoon explorations in the town's visited. The trip is fully supported, and your guide's expert knowledge of the area and terrain means that you always know what is coming up in terms of distance and difficulty. This makes a tremendous difference, as does the constant supply of water and refreshments along the way.

Suitability: This is an active level tour and riders can expect to be challenged by the route and terrain in a variety of ways. We climb an average of around 700 m per day, with gains and gradients picking up gradually as we get closer to the High Tatras Mountains. While there is nothing overly technical, good handling skills are an asset on unpaved sections. Distances are manageable with only one of 6 cycling days being more than 80 km. A basic level of physical fitness, comfort on a mountain bike, and adept handling skills enhance the enjoyment of the tour. A support vehicle is available at all times to provide refuge for weary riders. As the majority of the riding takes place on paved roads, this tour is not suitable for any riders seeking off-road experiences.

Biking Conditions: Around 75% of the route is on paved roads which are mostly in good condition, though broken asphalt, road debris, and potholes do present themselves. The remaining 25% are on gravel roads, forest paths, and some off-road trails. The riding takes place predominantly on quiet backcountry roads with minimal traffic though occasionally we'll also be on the shoulders of main roads. Coming in and out towns, as well as near popular tourist attractions, we will share the roads with cars and buses and rules of traffic must be observed. While rainfall is uncommon during the months we schedule our tours, showers can occur at any time – we generally ride rain or shine though, based on the guide's discretion or your level of comfort, modifications to the planned route can be made. It's all part of the adventure!



Day 1: Meet in Krakow

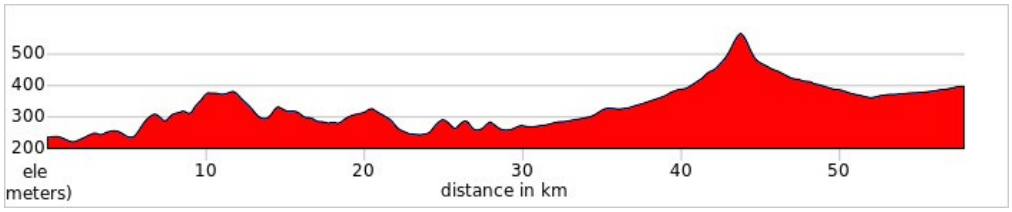
Welcome to Krakow, the "City of Kings". We suggest arriving a day or two before the tour begins so you can explore Poland's historic royal capital and its many sights, such as Wawel Castle, St. Mary's Basilica, the Main Market Square, the historic Kazimierz district, and, of course, countless cafes and bars! On arrival day, we meet at our tour hotel in the late afternoon for a trip briefing and welcome dinner. Please let us know if you require assistance with airport transfers and pre-tour hotel bookings.

Hotel Farmona Dinner

Day 2: Krakow – Mszana Dolna

Starting directly from our hotel, we ride south into the countryside of the Lesser Poland Voivodeship. We keep a leisurely pace as we take in our first views of southern Poland's rolling hills, farmlands, and forests. After around 25 km, we reach Dobczyce, a small town with the ruins of a medieval castle perched atop a hill overlooking a lake. After a break in this scenic area, we continue further south into the foothills of the Carpathian Mountains. We ride up and down a mildly steep pass and finish today's route in Mszana Dolna, a charming little Polish town hardly known to tourists.

Hotel Wyspa Mszanka Breakfast, Lunch, Dinner

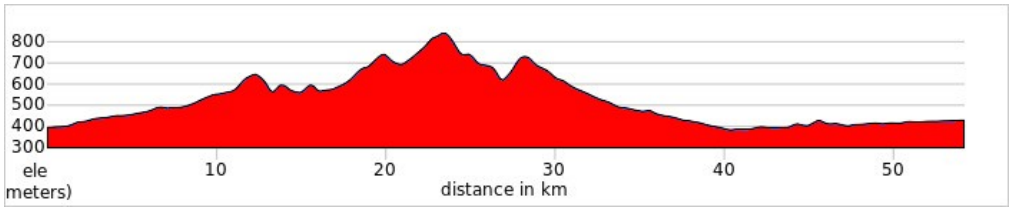


Ride 58km +729m -567m

Day 3: Mszana Dolna – Szczawnica

Today's ride takes us deeper into the wilds of the Carpathians and closer to Slovakia. Starting from Mszana Dolna, we journey towards the Gorce Mountains, a hilly range covered by dense forests and rough glades. The first half of the ride involves a fair bit of climbing, including bursts on gravel roads and forest paths as we skirt around the western edge of Gorce National Park. The second half is mostly downhill and flat as we enter the valley of the Dunajec River. We follow the course of the river to Szczawnica, a charming spa town nestled in the heart of the Pieniny Mountains, where we spend the night. You'll have the afternoon free with several exciting options of further exploration. If you want to give your legs a rest, then take the chairlift up to the Palencia Peak for stunning views over the surrounding landscape. For those with extra pedal power, you can bike around 20 km to beautiful Lake Czorsztyn and the medieval fortress of Niedzica which sits gracefully above its shoreline.

Hotel Batory Breakfast, Lunch, Dinner

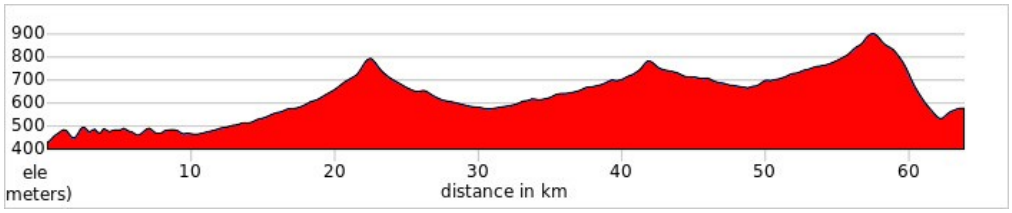


Ride 54km +822m -787m

Day 4: Szczawnica – Levoca

The first 10 km of today's ride will lead us from Poland into Slovakia. We cycle through a deep gorge in the Pieniny Mountains, surrounded by the Dunajec River, limestone peaks, and dense forests. Best of all, the path is for pedestrian and bicycle use only, offering a rare opportunity to experience a border crossing devoid of cars! As we enter Slovakia and veer west of the river, the terrain opens up into the vast expanse of the Spis region – an undulating landscape of forests, farmlands, and meadows, interspersed with Slovak villages and towns. We follow quiet, winding backcountry roads that rise and fall with the contours of the valleys, culminating in a final downhill directly into the historic town of Levoca. Part of the UNESCO World Heritage ensemble in Spis, Levoca's old town is renowned for its well-preserved medieval and Renaissance architecture. Noteworthy is the Church of St. James, home to the world's highest wooden church altar! With two nights to spend here, take your time to soak in the town's timeless atmosphere and rich cultural heritage.

Hotel U Leva Breakfast, Lunch, Dinner

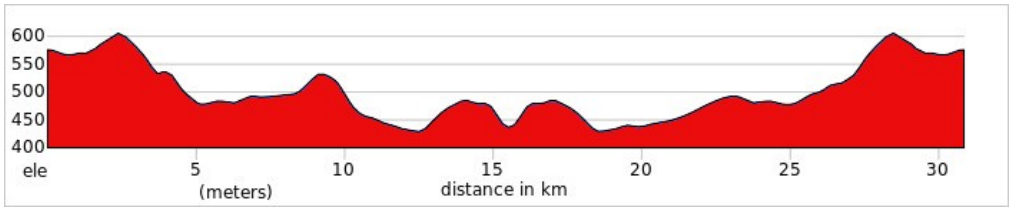


Ride 64km +982m -837m

Day 5: Spis Castle Loop

With a couple of hilly days behind us, we slow things down to dedicate the day to one of Central Europe's most significant and largest medieval castle ruins: Spissky hrad. Starting from Levoca, we'll cycle an easy 15 km to reach the town of Spisska Kapitula which lies at the foot of Spissky hrad. This will be our base as you have a few hours to explore this UNESCO World Heritage listed fortress. Whether looked at from below or from atop, you'll quickly find that this is a medieval castle ruin to the nth degree! Perched on a rocky outcrop, and towering over the surrounding landscape, the stone remains of courtyards, walls, towers, keeps, a dungeon, and a chapel, stand as a testament to a time when Hungarian kings and knights ruled these lands. Beyond Spissky hrad, you can also discover Spisska Kapitula, a small ecclesiastical town often referred to as the 'Slovak Vatican'. After sufficient historical exploration we reconvene for lunch and ride back to Levoca for a second night. Dinner is on your own today.

Hotel U Leva Breakfast, Lunch

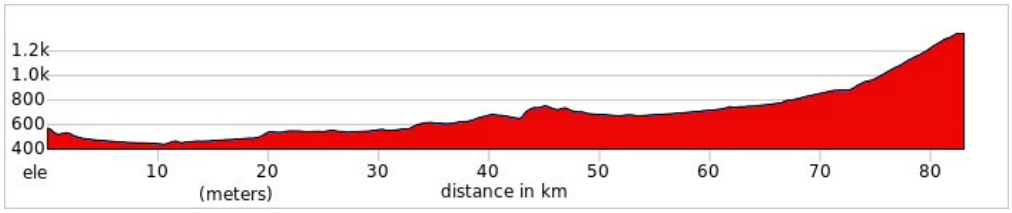


Ride 31km +390m -389m

Day 6: Levoca – Strbske Pleso

It is time to complete our final ascent into the High Tatras Mountains, the highest mountain range in Slovakia and the Carpathians as a whole. Starting from Levoca, we first head south towards Slovak Paradise National Park. Riding on country lanes that connect a string of towns and villages along the northern edge of the National Park, we have wooded hills on one side and a patchwork of agricultural fields on the other. After around 50 km, we reach Poprad, the gateway to the Tatras Mountains and a lively, historic city in its own right. Here, we pause to rest and recharge before tackling the last 35 km of higher gains and steeper gradients up to the montane lake of Strbske Pleso, located at 1,400 meters above sea level. The breathtaking backdrop of the lake, framed by the snow-capped peaks of the High Tatras Mountains, is like a living painting — one we'll have the pleasure of enjoying for the next two nights from a classic Slovakian wellness hotel.

Hotel Solisko Breakfast, Lunch, Dinner

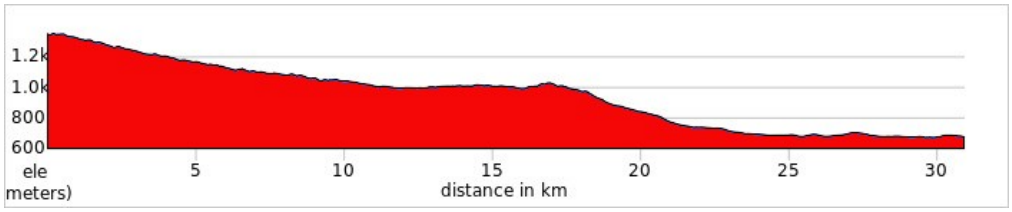


Ride 83km +1098m -324m

Day 7: High Tatras Exploration

This morning, join the tour's cool-down ride, taking us along a tarmac road in the shadows of the imposing granite peaks of the Tatras. Trending almost entirely downhill, this roughly 30 km ride will allow us to take in some of the area's best views at a leisurely pace from the saddle. After reaching Poprad, we'll return to higher ground at our hotel in Strbske Pleso by support van, where you'll have the remainder of the day at leisure. In the afternoon, we recommend going for a hike into the mountains via the vast network of trails accessible just footsteps from the hotel. There is also a chairlift to take you up to Predne Solisko for unmatched panoramic views over the Tatras and surrounding valleys. And, don't forget to treat yourself to some time in a spa or wellness zone to loosen up those muscles after an epic week of riding. The High Tatras are one of Europe's oldest and most esteemed wellness destinations, offering rejuvenation to travelers since the times of the Austro-Hungarian Empire. In the evening, we reconvene for a farewell dinner.

Hotel Solisko Breakfast, Lunch, Dinner



Ride 31km +137m -809m

Day 8: Strbske Pleso Departure

Time to say 'do videnia' (goodbye)! Want to continue the cycling fun? Then book our "Cycling High Tatras to Budapest" tour which begins with a trip briefing and welcome dinner at the same hotel this evening. Alternatively, feel free to extend your time in the High Tatras Mountains or head to Poprad for your onward travel plans. Please let us know if you require assistance with airport transfers and post-tour hotel bookings.

Breakfast

Disclaimer: The adventure cycling tours we operate often go beyond the beaten track, and the countries where we ride are not always predictable. Due to these reasons, it is occasionally necessary to reroute or update itineraries. Our guarantee is that we will not change a trip unless for safety or to improve it. Our listed hotels are always accurate at the time of writing, but should we have to change any hotel, it will always be for a similar or better one.

NUTS & BOLTS

Bikes

Bikes are included for this tour and are well-known makes of hardtail mountain bikes with Shimano component's and front suspension. Helmet hire is included, however you are welcome to bring your own seat and/or pedals, and we'll fit them to your bike for the tour.

E-Bikes are also available. Please enquire for the price and reservation. E-bikes are in limited supply.

Bike Repairs

Basic spares and tools are carried by the guide and on the support vehicle, though we cannot guarantee having spares for every conceivable problem. Carrying a basic tool kit, a spare tube and a pump while riding is recommended.

Safety

Wearing a helmet is required on all our biking adventures and is non negotiable. If you do not wear a helmet you will not be allowed to cycle. Your tour leader is trained in first aid and emergency rescue, but to a large degree you must be responsible for your own safety while riding. It is therefore compulsory that you take out travel insurance that will cover you for a mountain biking tour.

Guides

You will be led by a local English-speaking guide and if the group is 9 people or more we will add another guide to the tour. All our guides are well informed in the history, culture and religions of the area where you are biking and are skilled at passing that knowledge on to you. Your guide is also medically trained and an experienced cyclist, able to handle most minor repairs en route.

THE NITTY GRITTY

SLOVAKIA

Passports and Visas

Slovakia is a member of the Schengen Area. Citizens of the UK, US, Canada, Australia, and New Zealand do not require a visa for short-term tourism. All visa-exempt travellers must obtain a valid ETIAS approval prior to arrival. This digital registration links to your passport and remains valid for three years. The Entry/Exit System (EES) operates at all borders, requiring a biometric registration of facial images and fingerprints upon entry into the Schengen zone. For citizens of the EU, Switzerland, and Norway, entry is permitted with a valid National ID card or passport. Ensure your passport remains valid for at least three months beyond your intended date of departure.

Health & Insurance

No specific vaccinations are mandatory for entry to Slovakia. We recommend remaining current on standard boosters such as Tetanus and Hepatitis A/B. As cycling routes often traverse dense forests, be mindful of ticks and consider a vaccination for tick-borne encephalitis if you plan significant time in the backcountry. Comprehensive travel insurance is essential and must specifically cover cycling activities and medical evacuation. EU citizens should carry a valid European Health Insurance Card (EHIC), while UK citizens should carry a Global Health Insurance Card (GHIC).

Weather

The prime window for cycling in Slovakia spans from May to September.

- **The Best Window:** June and September offer the most stable conditions and comfortable riding temperatures, typically ranging between 17°C and 23°C.
- **Summer Peak:** July and August provide the warmest weather, though sudden afternoon thunderstorms are common in the High Tatras.
- **Mountain Climate:** Temperatures drop significantly at higher elevations; snow can persist on mountain passes into late May.
- **Gear:** High-quality waterproof layers and thermal mid-layers are essential for mountain descents and unpredictable alpine shifts.

Food

Slovak cuisine is hearty, rustic, and designed for mountain life. You must try the national dish, **Bryndzové halušky** (potato dumplings with salty sheep cheese and bacon). Other staples include **Kapustnica** (a thick sauerkraut soup) and various smoked meats. The mountain regions produce exceptional sheep cheeses, which feature heavily in local menus. For a sweet treat, look for

Šúľance with poppy seeds. All dietary needs are managed upon notification at the time of booking.

Drink

Slovakia possesses a strong brewing and distilling tradition. Local lagers such as **Zlatý Bažant** are excellent, while the more adventurous should try **Borovička**, a potent juniper-based spirit. In the southern regions, Slovakian wines—particularly the white varieties—offer a crisp, sophisticated alternative. Tap water is safe to drink throughout the country and is often sourced from natural mountain springs. Alcohol during meals is not included in the tour price.

Solo Travellers

SpiceRoads welcomes solo adventurers and does not charge a mandatory single supplement. We arrange for you to share a room with another traveller of the same gender in twin-share accommodation. If no match is available, you receive a single room at no additional cost. If you prefer to guarantee your own private room for the duration of the trip, a single supplement is available at the rate listed in the tour pricing.

Extra Expenses

Slovakia remains one of the more affordable Alpine destinations in Europe. Budget for personal incidentals such as traditional wood-carved folk art, high-quality outdoor apparel, or local herbal liqueurs like **Tatratea**. Tipping is standard practice; rounding up the bill or adding 10 percent for good service in restaurants is expected. Small gratuities for your support crew are also a common gesture of appreciation.

Money

The currency is the Euro (€).

- **Card Acceptance:** Credit and debit cards are widely accepted in hotels, restaurants, and shops in Bratislava and major regional hubs.
- **ATMs:** Cash machines are plentiful and accept most international cards.
- **Rural Cash:** In smaller mountain villages and remote guesthouses, a cash-based economy remains common. It is essential to carry Euro notes for use in local taverns and for small purchases in the countryside.

POLAND

Passports and Visas

Poland is a member of the Schengen Area. Citizens of the UK, US, Canada, Australia, and New Zealand do not require a visa for short-term tourism. All visa-exempt travellers must obtain a valid ETIAS approval prior to arrival. This digital registration links to your passport and remains valid for three years. The Entry/Exit System (EES) operates at all borders, requiring a biometric registration of facial images and fingerprints upon entry into the Schengen zone. For citizens of the EU, Switzerland, and Norway, entry is permitted with a valid National ID card or passport. Ensure your passport remains valid for at least three months beyond your intended date of departure.

Health & Insurance

No specific vaccinations are mandatory for entry to Poland. We recommend remaining current on standard boosters such as Tetanus and Hepatitis A/B. As cycling routes often traverse dense forests and wetlands, be mindful of ticks and consider a vaccination for tick-borne encephalitis if you plan significant time in the backcountry. Comprehensive travel insurance is essential and must specifically cover cycling activities and medical evacuation. EU citizens should carry a valid European Health Insurance Card (EHIC), while UK citizens should carry a Global Health Insurance Card (GHIC) to access reciprocal state-provided healthcare.

Weather

The prime window for cycling in Poland spans from May to September.

- **The Best Window:** June and September offer the most comfortable riding temperatures, typically ranging between 18°C and 24°C, with stable sunlight and crisp air.
- **Summer Peak:** July and August provide the warmest weather, though afternoon rain showers are common in the Mazurian Lake District.
- **Autumn:** October brings the "Golden Polish Autumn," featuring vibrant colours and cooler mornings.
- **Gear:** A lightweight waterproof shell is essential for forest riding, and versatile layers manage the transition from coastal breezes to the cooler mountain air of the south.

Food

Polish cuisine is hearty, soulful, and deeply connected to the seasons. You must try **Pierogi**, which are traditional dumplings filled with meat, cheese, or seasonal fruits. Other staples include **Bigos** (a rich hunter's stew) and **Żurek**, a sour rye soup served with egg and sausage. The forests provide a wealth of wild mushrooms and berries that feature prominently in regional specialities. For a quick snack, look for **Oscypek**, a smoked sheep cheese found in the southern highlands. All dietary needs are managed upon notification at the time of booking.

Drink

Poland possesses a world-renowned vodka tradition and a rapidly growing craft beer scene. Sample the iconic **Żubrówka**, a vodka infused with bison grass from the Białowieża Forest. Local lagers and porters offer a robust refreshment after a long day in the saddle. Tap water is safe to drink in major cities and towns, though many cyclists prefer bottled or filtered water in remote rural areas. Coffee culture is prominent in historic centres, often served with traditional poppy seed cakes. Alcohol during meals is not included in the tour price.

Solo Travellers

SpiceRoads welcomes solo adventurers and does not charge a mandatory single supplement. We arrange for you to share a room with another traveller of the same gender in twin-share accommodation. If no match is available, you receive a single room at no additional cost. If you prefer to guarantee your own private room for the duration of the trip, a single supplement is available at the rate listed in the tour pricing.

Extra Expenses

Poland offers exceptional value for money compared to Western Europe. Budget for personal incidentals such as Baltic amber jewellery, Bolesławiec pottery, or traditional linen textiles. Tipping is standard practice; adding 10 percent for good service in restaurants is expected. Small gratuities for your support crew are also a common gesture of appreciation.

Money

The currency is the Polish Złoty (PLN).

- **Card Acceptance:** Credit and debit cards are widely accepted in hotels, restaurants, and shops in Kraków, Warsaw, and Gdańsk.
- **ATMs:** Cash machines are plentiful and accept most international cards.
- **Rural Cash:** In the eastern borderlands and small forest villages, a cash-based economy remains common. It is essential to carry Złoty notes for small purchases, local markets, and for use in areas where signal for card terminals may be intermittent.

GENERAL BOOKING INFO

If this is the tour for you here's what you need to do to confirm your place:

FLEXIBLE BOOKING CONDITIONS

Booking a SpiceRoads cycling adventure is easy and we try to do everything possible to make sure you have full flexibility and peace of mind. We do not require a deposit to hold your place on a tour and once full payment has been made your money is protected in our client account and you have the flexibility to cancel or change your booking if needed.

CONFIRMING YOUR BOOKING

Just complete our online booking form or send your booking details offline (email or post), and we will confirm your participation. No deposit is needed to confirm your place on a SpiceRoads tour.

You are advised to read our Booking Conditions in full before you make your payment and should you require further clarifications of any of the conditions below, please email us or call our office.

TRIP STATUS

There is a minimum number of participants (usually 2) required to enable the trip to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to Depart'. Once a trip is guaranteed to depart you are free to book your flights and make other travel arrangements. If the trip status is 'Limited' will mean we have only a small number of spaces available for booking. If you are unsure about the trip status, please email us or call our office.

BOOKING ONLINE

From the tour page, click the 'Book Now' link. All departures for this tour will appear, just select the date you'd like to travel. For the next steps, you'll need to know the names of the people travelling. If you wish you can also provide extra details such as passport numbers, height (for bike hire), or you can add that later by logging into Manage My Trip (we'll set up an account for you automatically if you don't already have one). Our system will contact you from time to time to fill in the missing information, as it will be required before departure. However, if the trip that you are booking offers a child discount, you will have to fill out the date of birth of each rider (so we can calculate the appropriate discount).

If you are having any problems please send us an email, or give us a call (+66 026 3295) and one of our travel specialists will assist you with your booking.

BOOKING OFFLINE

Just call us or send an email indicating which trip you want to join and we will happily send you a list of questions and process your booking for you.

DEPOSITS AND PAYMENTS

We do not require a deposit or full payment to book a place for you on a tour.

The balance of the tour's cost (final invoice) will need to be paid 60 days before the departure date with fees for any bicycle rental(s), single supplement(s) and extra hotel nights.

In the case where a booking is made when there are less than 60 days until the tour departure date, the tour's cost should be paid in full within 72 hours of receiving an invoice from SpiceRoads. Payment can be made by credit card using our online payment gateway or by bank transfer. When making payment online you will need to confirm that you have read these booking conditions during the "checkout" process, which equates to agreeing to the terms of services and stipulations as indicated in this document.

In all cases, tour fees need to be paid "in full" before participation in a tour. No person(s) will be allowed to join a tour without fully settling their invoice and receiving a confirmation number from SpiceRoads.

The exception can be made for last-minute miscellaneous fees that can be paid locally (visas, additional local hotel bookings, etc.) can be settled on the day of arrival.

FULL FLEXIBILITY FOR TOUR CANCELATIONS

If the tour is cancelled or postponed by SpiceRoads because we didn't make the trip numbers and the tour can't run, we will make a full cash refund (by bank transfer or on your credit card).

If the tour is cancelled for any other reason, including due to Covid related travel restrictions, we will give you a full credit (with no deductions for admin or any other small-print item) to use on any SpiceRoads tour with no time limit. (Exceptions being flights, special permits and other non-refundable items and these will be advised when booking the trip).

Before paying for your tour, you can cancel your booking with no charge and up until 40 days before departure, you can change your booking to another travel date or move your booking onto another SpiceRoads tour with no charges.

If you need to cancel after you have made full payment, please see our cancellation policy.

Loyalty Riders Club

For those who have been on several long tours with us, we reward customer loyalty by offering repeat customers a special discount off the tour price (excludes single supplement and bike rental). If this is your fourth scheduled tour or more you will receive a 5% discount. If this is your eighth scheduled tour or more we will extend a 10% discount. The discount will be reflected in your online booking, but please contact us if any questions. Loyalty discounts cannot be used in conjunction with any other offer. Note: Only tours of 7 days or more will be applicable for a loyalty discount.

International Flights

International flights, to and from the start and finish points are not included in the tour price. Once your tour is Guaranteed to Depart you can book your flight. Please contact us for advice before arranging flights for the best arrival and departure times. We would only cancel a trip for an extreme circumstance, but in that case, where we cancel your trip, we cannot be liable for losses incurred relating to any flight booking you have made. Please claim any losses from your travel insurance that you acquired when you booked your holiday.

Newsletter

Our adventure travel e-newsletter is full of travel news, trip information, interesting stories and contests. To avoid missing out on special offers and updates from SpiceRoads, be sure to subscribe.

CONTACT US

145 Soi Pridi Banomyong 14 (Mee Suwan 3)
Sukhumvit 71 Road, Phra Khanong Nuea, Watthana
Bangkok, Thailand 10110
Tel: +66 (0) 2 026 3295
Email: info@spiceroads.com
Website: www.spiceroads.com

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