

One Week in Poland

Quick Logistics

- This guide is a summarized version of the full post, I strongly recommend reading that first for all the info you need for this route.
- Itinerary below includes the following route:
 - Gdansk -> Krakow -> Zakopane
- Fly between Gdansk and Krakow and take a train or a bus between Krakow and Zakopane
- Use public transport within the cities in this guide
- Currency is Zloty, Language is Polish but you will find English speakers in Krakow and Gdansk. Not so much in Zakopane.
- Learn the following:
 - Dzień dobry - Good morning
 - Dziękuję - Thank you
 - Do widzenia - Bye
- True four seasons, summer gets pretty hot, pack accordingly.
- Mostly a safe country and not too many scams but stay alert.

Food to Try in Poland

- Pierogi
- Kielbasa
- Golabki
- Zapiekanki
- Soups: Rosol, Barszcz, Zurek, Ogorkowa
- Mizeria
- Bigos
- Placki Ziemniaczane
- Paczki

Day 1 - Welcome to Gdansk

- Morning Free Walking Tour or a Self-Guide Tour
 - Start at Brama Wyzynna
 - Brama Zlota (Golden Gate) - ornate entrance into the city
 - Walk the Long Market - the main pedestrian street in town full of colorful buildings
 - Stop at: Town Hall, Neptune Fountain, St. Mary's Basilica
 - See Piwna Street for a beer and Mariacka Street for amber shops
 - Exit at Zielona Brama
- Afternoon Strolls Along the Canal
 - Walk along the river to the Port Crane
 - Enjoy a drink or coffee along the canal for some people and boat watching
- Evening in Gdansk
 - Head to the little island Wyspa Spichrzow for the evening right across the canal. They have many restaurants and lively bars.

Day 2 - Quick trip to Sopot

- Morning in Sopot
 - Sopot is one of the tri-cities: take a 20 min train from Gdansk main station to get there
 - Walk along the main touristy street: Bohaterow Monte Cassino Street
 - Don't miss the famous tilted house or Krzywy Domek
 - Reach the waterfront park with shops and restaurants before the pier
- Molo or Sopot Pier
 - The longest pier in Europe
 - Small entrance fee
 - Often has events on it, has a restaurant at the end of it and of course beautiful sea views
- Back to Gdansk: Stop at 100cznia
 - 100cznia or Stocznia is an old shipyard that was converted into a hipster paradise
 - It's located right outside the city and is easily reached with a train
 - You'll find art, breweries, restaurants in cargo shipping containers, music, and an awesome atmosphere
 - Great spot at night for going out too

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Day 3 - Next Stop: Krakow

- Visit the Amazing Main Town Square or Rynek
 - Sukiennice or Cloth Hall: At the very center of the square, you'll find this historical shopping area with all artisanal products unique to the Polish culture.
 - Rynek Underground: There is a cool museum under the town square for about \$7.
 - Town Hall Tower: You can visit the inside of this 14th-century building.
 - St. Mary's Basilica: This stunning church is also the place from which you will hear the famous call (Hejnal) every hour.
 - Floriańska Street: One of the more famous streets branching off from the town square
- Wawel Castle
 - Located right next to the Vistula River, visit the beautiful castle ground along with the Wawel Cathedral and Dragon's Den
- Dinner in Kazimierz or Jewish Quarter
 - Not too far from the center, you will find the historic Jewish Quarter
 - Grab dinner and a drink in this unique part of town
- Don't forget to party a little in Krakow too :)

Day 4 - Krakow Day Tour

- Option 1: Auschwitz-Birneakau
 - Visit this memorial to pay your respects to those who lost their lives in this awful place
 - Located about 2 hours from Krakow, you can book a day tour with a guide
 - Difficult emotionally but one of those places you have to see in your life
- Option 2: Wieliczka Salt mine
 - Wieliczka is an unbelievable place to visit in Poland
 - The Salt Mine is a true piece of art and an important cultural site for the country
 - Tunnels run for over 170 miles under but with a guided tour you will see the main rooms converted for tourist visits
 - Note that you will need to take many steps to get down there and if you have physical limitations you can request the elevator to take you down
 - you can get a spa treatment or stay overnight in the Salt Mine
- Evening dinner
 - For your last night in Krakow treat yourself to a nice dinner
 - Suggestions: Trzy Rybki, Szara Ges, Cafe Oranzeria, Garden Restaurant, Amaryllyis, Wierzynek

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Day 5 - Best of Zakopane

- Kasprowy Wierch
 - One of the more known mountain peaks reachable by cable car: book tickets in advance
 - Has an altitude of about 6,500 feet or 2,000 meters
 - Peak is much colder than the city so dress accordingly
- Krupowki Street
 - The main touristy street in town on which you'll find restaurants, bars and artisanal shops
 - Grab lunch here and spend some time soaking in the atmosphere
 - Note the unique Gorale or Highlander Culture in this area
- Gubalowka Hill
 - A much shorter funicular trip is Gubalowka Hill located at the end of Krupowki Street
 - At the top you will find music and some cafes with prime views of the Tatra Mountain range
 - One of my personal favorites in the area for the views

Day 5 - Hiking Day

- See post for detailed routes
- Option 1: Long Hike
 - This route takes about 7 hours to complete but offers the most amazing views
 - Overview: Black Trail In Brzeziny To Muranowiec Hut -> Small Detour To Czarny Staw Gąsienicowy -> Blue Trail Through Dolina Gąsienicowa
- Option 2: Shorter Hike
 - This 3-4 hour hike is much easier and mostly on a flat road
 - Overview: Dolina Koscieliska to Hala Ornak -> Hala Ornak to Smreczynski Staw -> Kiry
- Option 3: Morskie Oko
 - Morskie Oko is a lake situated in the middle of Tatras
 - One of the most popular tourist routes because of the paved path there

Day 6 - Thermal Baths

- Zakopane Thermal Baths
 - There are half a dozen thermal bath locations around Zakopane
 - The waters come from underground and have many natural minerals for your health
 - More popular spots include:
 - Białka Tatrzańska and Bukowina Tatrzańska are both located about 30 minutes from Zakopane on the eastern side.
 - Chochołow Termy are 20 mins away on the western side close to the Slovakian border. This one is the biggest thermal bath in Poland and it's also more expensive than the two above.
- Last Dinner in Poland
 - Head back to Zakopane for a nice Polish dinner
 - Options: Bąkowo Zohylina Niżnio, Góralska Tradycja, Karczma Zapiecek, Restauracja Po Widoki