



# Spa and Wine Vacation in Southern Poland and Krakow

## Itinerary

### Day 1 – Sunday

We meet in Krakow for a group pick-up at a designated hotel near the Market Square at 10:00am. Our local guide will then take us on a tour of Kazimierz district of Krakow which for many centuries was widely known as the home of the largest Jewish commune in Europe. One can easily spend an entire week just enjoying Krakow, a trove of history, and we'll resume this magnificent city's discovery upon our return on Thursday. After touring Kazimierz, we'll head out to Krynica-Zdroj to 4-star Dr. Irena Eris Hotel and SPA, our home for the next four nights. On the way, we'll make a stop at the Galician Inn in Nowy Sacz for a delectable lunch with local wine and touring of the Galician Town. After lunch, we continue our drive through gorgeous countryside to Krynica-Zdroj. After settling at the hotel, we meet for a festive Welcome Dinner of local cuisine at our hotel's elegant "Szosty Zmysl" restaurant and enjoy chef Janusz Myjak's gourmet culinary specialties.

### Day 2 – Monday

After delicious breakfast at the hotel, guests who have signed up in advance for Specialty Spa Treatments will enjoy their first SPA treatments. Guests are also free to use other facilities of the spa or relax and enjoy the mountain beauty and serenity. After the first morning SPA session or mountain outdoor activity session, we'll enjoy light lunch at the hotel restaurant. In the afternoon we'll tour Krynica-Zdroj, biggest SPA town in Poland, often called the Pearl of Polish Spas with vibrant concert niche which includes the Jan Kiepura Festival of Arias and Songs held here every August. We begin with visiting the historic downtown with a central pedestrian promenade and pump rooms with water from over twenty local mineral springs where we'll sample some of the mineral waters. We may also take Poland's longest cable-car ski lift to Mt. Jaworzyna Krynicka. Before dinner some of us may like to go hiking in Jaworzyna Krynicka or return to hotel for relaxation. We meet for dinner with regional fare at "Karczma Cichy Kacik" restaurant in Krynica.

### Day 3 – Tuesday

Breakfast will be followed by a day trip to Kambornia Manor near Krosno featuring Carpathian Wine Salon and Polish cooking class followed by lunch at the Manor based on our culinary efforts. After lunch, we head to Krosno, a small town and the glass industry center of Poland. "KROSNO" S.A., founded back in 1923, is the largest glass manufacturer in Poland and a major glass exporter to over 60 countries around the world. We begin our visit with touring of the Krosno Glass City and Glass Heritage Center. The tour begins with a live show of the art of glass-blowing. Wine connoisseurs will be able to purchase a new set of six meticulously crafted and high quality wine glasses after touring Krosno glass factory to take back home from their VINOTECA KROSNO line. Tonight is yours to enjoy at the hotel or perhaps have dinner at one of the recommended restaurants on the town.

#### **Day 4 – Wednesday**

Early morning breakfast will be followed by the final sessions of face or body treatments that you may have signed up to enjoy. In the afternoon, we'll head out to Jaslo, a small tranquil town, the capital of modern Polish wine making where the annual International Wine Days festival is organized. On the way to Jaslo we'll stop at 15th century UNESCO St. Michael the Archangel wooden church in Binarowa village. Six timber churches from Malopolska and Carpathian foothills have been entered on the UNESCO World Heritage List and the church in Binarowa is one of those special churches. There are over 100 wineries in the Podcarpackie region offering an exciting array of varietals, styles, and tasting experiences. Today we tour two notable local family owned wineries: "Dwie Granice" and "Jasiel", near Jaslo. We'll enjoy early dinner with special and fabulous wine at "Jasiel" vineyard with our hosts Mr & Mrs. Szpak.

#### **Day 5 – Thursday**

This morning we will transfer back to Krakow where we'll spend the next two days of our SPA and wine vacation in southern Poland. Upon arrival, we will venture to a fresh food market, called Stary Kleparz, a centuries-old tradition in Krakow. Locals and visitors shop in an unforgettable atmosphere for fresh, traditional Polish food products, which we'll have an opportunity to taste: breads, cheeses, meats, fruits and vegetables. After food market visit, we'll continue with a guided sightseeing and tasting tour of Krakow. Krakow is Poland's third largest city and escaped the devastation that obliterated other Polish cities during World War II. It's perfectly preserved medieval Old Town, a UNESCO World Heritage site, is on the itinerary for this afternoon's tour. We visit the Market Square, the largest medieval town square in Europe and the 14th-century Wawel Castle and Cathedral. After settling in our hotel, we head out to wine social to enjoy exclusive wines and appetizers at Krako Slow Wines bar and shop which offers natural wines from Central and Eastern Europe.

#### **Day 6 – Friday**

In the morning we'll tour the famous Wieliczka Salt Mine, a virtual underground city, with galleries, lakes, chapels and murals – all carved from salt – and a UNESCO World Heritage site. After Wieliczka tour we travel to local winery "Srebrna Gora" for wine tasting on the outskirts of Krakow from which we also take in spectacular views of Vistula river and surrounding area. After wine tasting, you are free to enjoy the sights and shops of Krakow on your own. Krakow offers a good choice of art, crafts, and souvenirs. We recommend Cepelia store, which has a great selection of quality Polish folk handicrafts. Our Farewell Dinner will be at Wesele restaurant, serving old Polish and Krakow delicacies and specialties located in the heart of Krakow's Market Square.

#### **Day 7 – Saturday**

Breakfast at your hotel followed by departures or extended stays. Even though our trips are carried out with relaxation and at a leisurely pace, you may want to consider staying an extra night before and after in Krakow. You may find that the extra time will make your week even more relaxing and enjoyable!



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