

Poland and Baltic Discovery

13 days | Krakow to Tallinn



Discover the amazing highlights of Poland and the three Baltic countries of Lithuania, Latvia and Estonia. On this 13 day tour travelling from Krakow to Tallinn you'll explore beautiful churches, captivating castles and gorgeous old towns.

HIGHLIGHTS AND INCLUSIONS

Trip Highlights

- Krakow - Explore the former royal capital. Visit St Mary's Church, the Jagiellonian University and Wawel Castle & Cathedral
- Czestochowa - Pay a visit to the Jasna Gora Monastery, home of the Black Madonna painting
- Warsaw - Stroll through the reconstructed Old Town, visit the Royal Castle, St John's Cathedral and the Old Town Market Square
- Masurian Lake District - Discover the picture postcard villages of Mragowo and Gizycko
- Vilnius - Journey through the beautiful Old Town, making stops at the Cathedral, Gediminas Tower, Peter and Paul Church, St Anna's Church, the Old University and the Gate of Dawn.

- Rundale Palace - Marvel at this magnificent palace, a former summer residence of the Duke of Courland
- Riga - Uncover the highlights of Riga, visiting the Castle, Dome Cathedral, St Peters Church, Swedish Gates, Three Brothers and much more
- Tallinn - Learn about the history of this charming Medieval city and explore the Old Town

What's Included

- 12 nights in 4 star hotels
- 12 breakfasts
- Entrances to Wawel Castle, Jasna Gora Monastery, St John's Cathedral in Warsaw, Old University in Vilnius and Great Guild Hall in Tallinn.
- Escorted by an English speaking tour leader
- Sightseeing tours of Tallinn, Vilnius, Klaipeda and Riga
- Entrance and guided tour of Rundale Palace
- One arrival transfer on Day 1 and One departure transfer on Day 13 included per booking.
- All relevant transportation in private modern vehicles
- Note: This tour is operated in conjunction with our trusted partner and you will join travellers from different operators, not solely On The Go. The group can vary in

size from 15 - 40 persons. Guiding may be in other languages in addition to English.

What's Not Included

- International flights to/from our tour start/end points and visas
- Items of a personal nature and additional meals

DETAILED ITINERARY

Day 1 : Krakow

Welcome to Poland and the beautiful city of Krakow. Upon arrival at Krakow airport you'll be met and transferred to your hotel in the heart of the city. The rest of the day is at leisure. A welcome meeting will be held this evening, in the lobby, at around 7pm.

Overnight - Krakow

Day 2 : Krakow



For half a millennium Krakow was the royal capital of Poland and for centuries the city walls have guarded its traditions and secrets.

Poland and Baltic Discovery - 13 days

www.onthegotours.com
 UK 020 7371 1113 info@onthegotours.com
 AUS 1300 855 684 aus-info@onthegotours.com
 NZ 0800 44 77 69 CAN 1 866 890 7038
 USA 1 866 606 2960 SA 0800 990 311

This information has been compiled with care and good faith. They give an accurate illustration of the proposed arrangements for this holiday. Circumstances beyond our control such as changes in local conditions, inclement weather or other reasons could force us to make changes to this itinerary. Any costs shown are subject to change, though are an accurate reflection of costs at time of writing. Please also note that visa requirements are subject to change and are the responsibility of the traveller and not that of On The Go Tours.

Poland and Baltic Discovery

The morning sightseeing tour takes us to the Old Town with the St. Mary's Church, the Jagiellonian University, the Cloth Halls and Wawel with the Wawel Castle and the Wawel Cathedral.

The afternoon offers an optional excursion to the famous Wieliczka Salt Mine, an amazing labyrinth of tunnels going down as far as 327 meters. The evening offers an optional Polish dinner at Restaurant Hawelka.

Optional Activities: Wieliczka Salt Mine - €60.00 per person | Polish Dinner - €40.00 per person. **Overnight - Krakow (B)**

Day 3 : Warsaw

Krakow - Czestochowa - Warsaw. We leave for Czestochowa, the spiritual heart of Poland, where we visit the Jasna Gora Monastery with the Black Madonna. Through the flat low-lying plain of Central Poland we reach Warsaw in the early afternoon **Overnight - Warsaw (B)**

Day 4 : Warsaw



Warsaw is essentially a post-war city with a meticulously reconstructed Old Town. The morning sightseeing tour includes the Royal Route and the Old Town with the Royal Castle, St John's Cathedral, the Old Town Market Square and the Barbican.

In the afternoon is offered an optional excursion to the Royal Lazienki Park with the Palace on the Water. The evening offers an optional Polish dinner at Restaurant Dawne Smaki.

Optional Activities: Royal Lazienki Park Excursion - €40.00 per person | Polish Dinner - €40.00 per person. **Overnight - Warsaw (B)**

Day 5 : Masurian Lake District

Warsaw - Gizycko. We continue through the well forested North Poland into the Masurian Lakeland, a myriad of postglacial lakes representing some of the most beautiful nature in the whole of Poland. The afternoon excursion of the Masurian Lakeland takes us to picture-postcard town Mragowo, further to the beautiful Baroque church in Swieta Lipka and to the town of Gizycko, surrounded on all sides by the lakes. This evening we stop at Olsztyn for our overnight stay.

Overnight - Olsztyn (B)

Day 6 : Kaunas

Gizycko - Kaunas - Vilnius. Today we continue along the eastern fringe of the Masurian Lakeland with endless blue lakes and attractive resort towns into Lithuania. We do a stop in Kaunas, the former capital of Lithuania, to admire the beautiful Old Town and the elegant white Baroque Town Hall before we arrive in the late afternoon to Vilnius. **Overnight - Vilnius (B)**

Day 7 : Vilnius Tour



Vilnius is known for its more than 1,200 medieval buildings and 48 churches. The morning sightseeing tour includes a panoramic tour of the city and a walking tour of the Old Town with Vilnius Cathedral, Gediminas Tower, Peter and Paul Church, St. Anne's Church, Old University and the Gates of Dawn.

The afternoon offers an optional excursion to Trakai, the medieval capital of Lithuania, with the well preserved Trakai Castle, beautifully located on an island in Lake Galve. In the evening enjoy an optional folklore dinner at Restaurant Belmontas.

Optional Activities: Trakai Excursion - €40.00 per person | Folklore Dinner - €40.00 per person. **Overnight - Vilnius (B)**

Day 8 : Hill of Crosses

Vilnius - Riga. Heading for Riga, the first stop is the Hill of Crosses, one of the most holy sites of Catholic Lithuania. After crossing into Latvia we soon reach the magnificent Rundale Palace, the former summer residence of the Duke of Courland. Following a guided tour of the palace we travel through the rolling hills of Southern Latvia to reach Riga late afternoon **Overnight - Riga (B)**

Day 9 : Riga Tour



Founded in 1201 by the German bishop Albert, Riga is the largest of the three Baltic capitals and boasts a real kaleidoscope of architectural styles. The walking tour of the Old Town includes Riga Castle, the Dome Cathedral, St. Peter's Church, the Swedish Gate, the Three Brothers, the Large and Small Guilds and the Freedom Monument.

The afternoon is reserved for an optional visit to Jurmala, the vibrant Latvian sea resort, famous for its wooden architecture and sandy beaches. The evening offers an optional organ concert at the Dome Cathedral.

Optional Activities: Jurmala Excursion - €40.00 per person | Latvian Dinner - €40.00 per person. **Overnight - Riga (B)**

Day 10 : Optional Gauja National Park Excursion

After we got acquainted with Riga we have the possibility of discovering medieval Latvia. The optional tour for this morning takes us to the stunning scenery of the Gauja National Park and the town of Sigulda. We listen to the medieval Latvian legend of the Rose of Turaida and see the ruins of the Episcopal

Poland and Baltic Discovery - 13 days

www.onthegotours.com
 UK 020 7371 1113 info@onthegotours.com
 AUS 1300 855 684 aus-info@onthegotours.com
 NZ 0800 44 77 69 CAN 1 866 890 7038
 USA 1 866 606 2960 SA 0800 990 311

This information has been compiled with care and good faith. They give an accurate illustration of the proposed arrangements for this holiday. Circumstances beyond our control such as changes in local conditions, inclement weather or other reasons could force us to make changes to this itinerary. Any costs shown are subject to change, though are an accurate reflection of costs at time of writing. Please also note that visa requirements are subject to change and are the responsibility of the traveller and not that of On The Go Tours.

Poland and Baltic Discovery

Castle and of the Castle of the Knights of the Sword before we return to Riga. **2019**

Departures: The afternoon offers an optional visit to the Ethnographical Open Air Museum, a spacious exposition of 18th century country life. **2020 Departures:** The afternoon offers an optional visit to the Riga Motor Museum which has an impressive collection of vintage car including a very unique collection of old Soviet limousines from the Kremlin Garage. In the evening enjoy an optional Latvian dinner at the stylish Restaurant Forest.

Optional Activities: Guauja National Park - €50.00 per person | Ethnographic Open Air Museum - €40.00 per person | Riga Motor Museum - €40.00 per person | Latvian Dinner - €40.00 per person **Overnight - Riga (B)**

Day 11 : Parnu

Riga - Tallinn. The tour continues along the coastal highway to the Estonian summer resort of Parnu. We do a short tour of the resort before we continue through the North Estonian land of forests and arrive in Tallinn early afternoon **Overnight - Tallinn (B)**

Day 12 : Tallinn



Tallinn is a charming blend of medieval tranquility and modern urban life. The medieval Old Town is a busy place in the summer with its many shops, galleries, souvenir markets, outdoor cafés and restaurants. The sightseeing tour takes us around the old medieval city walls and into the Old Town where we see Toompea Castle, Dome Church, Alexander Nevsky Cathedral, medieval Old Town Hall and Great Guild Hall.

In the afternoon an optional excursion is offered to Kadriorg Park and visit to KUMU, the award-winning new Estonian Art museum, with its collections of classic and contemporary fine art. The evening offers

an optional medieval dinner at Restaurant Maikrahv.

Optional Activities: Kadriorg Park and KUMU art museum - €40.00 per person | Medieval Dinner - €40.00 per person **Overnight - Tallinn (B)**

Day 13 : Tallinn

Your Baltic experience ends after breakfast this morning and hotel check out. A transfer will be provided to take you to Tallinn Airport. (B)

HOTELS

Highlighted below are some of the hotels which we frequently use on this tour, though we reserve the right to substitute these hotels to ones of a similar standard.

Please refer to your Tour Voucher for your confirmed arrival hotel and further arrival information.

Novotel Krakow Centrum

Set in the heart of Krakow, Novotel Krakow Centrum is within walking distance of the city's main Market Square and the Wawel Royal Castle. Its guestrooms are spacious and feature contemporary décor, with many offering an additional seating area and views of the meandering River Vistula. The Novo Square Lounge Bar serves a variety of Polish and international food, with 24-hour room service available if you'd prefer to dine in the comfort of your room. The hotel also boasts an indoor pool, fitness centre and sauna, offering ample opportunities for you to unwind.



Novotel Centrum Warsaw

Boasting stunning views over Poland's vibrant capital, this contemporary hotel offers an ideal base for exploring Warsaw's many treasures. You'll find each of the guestrooms to be spacious and bright, with

air conditioning and WiFi among the list of amenities. The Novo Square Lounge Bar serves a range of international cuisine and drinks, so there's something to suit everybody. A fitness centre and sauna are also located on the top floor, where you can enjoy spectacular panoramic views as you work out or relax.



Hotel Radisson Blu Lietuva

Standing on the banks of the River Neris, the Radisson Blu Hotel Lietuva is in the heart of Lithuania's capital. Its sleek and modern-style guestrooms are equipped with plenty of amenities including free high-speed WiFi. Guests can enjoy a fresh meal at any time of day, with the onsite Riverside Restaurant serving a wide-ranging buffet of international favourites. The hotel also boasts a fitness centre, Nordic sauna, jacuzzi and beauty salon, with the Skybar being the perfect place to enjoy a glass of wine and the beautiful city views.



Hotel Mercure Riga

Occupying a magnificent 1901 Art Nouveau building, Hotel Mercure Riga is an easy walk from Riga's historic Old Town and landmarks such as the Freedom Monument and Dome Square. The contemporary guestrooms are fully equipped with modern amenities, including tea and coffee making facilities and unlimited free WiFi. Onsite restaurant The Traveller serves thematic cuisine and a wide selection of drinks are available at the bar. There is also a luxurious spa, where you can enjoy a rejuvenating massage after a day of sightseeing.

Poland and Baltic Discovery - 13 days

www.onthegotours.com
 UK 020 7371 1113 info@onthegotours.com
 AUS 1300 855 684 aus-info@onthegotours.com
 NZ 0800 44 77 69 CAN 1 866 890 7038
 USA 1 866 606 2960 SA 0800 990 311

updated on 21-09-2019 02:56:32

This information has been compiled with care and good faith. They give an accurate illustration of the proposed arrangements for this holiday. Circumstances beyond our control such as changes in local conditions, inclement weather or other reasons could force us to make changes to this itinerary. Any costs shown are subject to change, though are an accurate reflection of costs at time of writing. Please also note that visa requirements are subject to change and are the responsibility of the traveller and not that of On The Go Tours.

Poland and Baltic Discovery



Hotel Radisson Blu Olypia

This centrally located hotel offers tastefully decorated guestrooms with modern conveniences such as high-speed WiFi, 24-hour room service and tea and coffee making facilities. Guests can enjoy an elegant Mediterranean dinner at the on-site Senso Restaurant or lighter bites at the delightful Café Boulevard. On the top floor you'll find Club 26, where you can take a refreshing swim in the pool, work out in the well-equipped gym or relax in the sauna, all whilst admiring magnificent views over Estonia's capital.



Our partners

This tour is operated in conjunction with our trusted partner and you will join travellers who booked through different operators, not solely On The Go.

The sightseeing group may vary in size from 2 – 26 persons.

KNOW BEFORE YOU GO

Travel Style

This is an coach Tour, you will visit a number of exciting destinations from the comfort of a private and well maintained coach. The group size will vary from tour to tour and guiding may be in another language in addition to English.

Dinner Supplement

On a selection of our tours of the Baltics you may wish to purchase a dinner supplement. This supplements includes a 3 course dinner at your hotel for each night of the tour.

Please ask your reservation consultant for more information and pricing.

Please note that should you wish to partake in any other optional dinner that is offered during your tour this will not be included in this dinner supplement and will therefore need to be paid for separately.

Keeping in Touch

Your tour leader will be able to point out internet cafes in all major cities and towns and Wi-Fi may be available in some hotels.

If you intend to take your mobile phone you should find out in advance from your network provider if your phone is set up for international roaming and if there is coverage in your destination. You may also find it considerably more expensive to send texts and receive calls if you are on a non European or British Network. A much cheaper option would be to purchase a telephone card and use local pay phones.

Pre-Departure Meeting

When you arrive on day one of your trip, you should find some local information at the hotel lobby. Your tour leader will be staying in the hotel and should have put up a welcome note to let you know what room they are in. A pre-departure meeting is usually held in the afternoon or early evening of day one.

Missing the tour departure

If you miss the start of your tour, please ask at the reception of the hotel for a message from your tour leader which will give you instructions on how to catch up with the group. Any associated costs will be at your own expense (although, depending on the reason, you may be able to claim these from your travel insurance so ensure you keep all receipts).

If you know in advance that you are unlikely to arrive on time, please contact us immediately so we can inform the tour leader. On The Go Tours cannot be held responsible should your airline/boat/coach be delayed and we are unable to refund any unused portion of your tour.

Time Keeping

Punctuality is very important and throughout the tour your tour leader will give you the time to meet in reception. Tour leaders will often post notes at reception with meeting times, so remember to always look out for these.

Although rare, delays can occur and we therefore advise you not to arrange your onward travel too close to the end of the tour. We take no responsibility for any missed flights or additional expenses. If the group arrives late into the departure city at the end of the tour.

Money

For personal spending money you should bring Euros alongside the local currency (where applicable). Generally the most convenient way of carrying your spending money is by having at least a couple of credit or debit cards. The majority of cards (Visa, Diners Club, MasterCard, American Express and Maestro, Plus and Cirrus for debit cards) are accepted in most large cities and tourist areas. ATMs (cash machines) are widespread. It is always best to carry a mix of cards and cash with you, including notes in small denominations.

Working out your budget

Our Europe Pre-Departure Information includes a general list of all the things you should take into consideration when budgeting and an estimate of what you should allow per day for spending money. Generally speaking most entrance fees will be covered by the recommended spending money. There are, however, other sites and museums that are not part of the tour programme which you may wish to visit in your free time. If you have an International Student Card you will often be entitled to reduced entrance fees.

Your spending money should cover some meals, optional excursions, souvenirs, drinks, laundry, border and airport taxes and any visas obtained locally. We provide guideline prices for optional excursions in the itinerary to help you budget, but ultimately the amount you will need to budget for your trip very much depends on your individual requirements. We recommend bringing extra money to cover emergencies or unexpected situations.

Poland and Baltic Discovery - 13 days

www.onthegotours.com
 UK 020 7371 1113 info@onthegotours.com
 AUS 1300 855 684 aus-info@onthegotours.com
 NZ 0800 44 77 69 CAN 1 866 890 7038
 USA 1 866 606 2960 SA 0800 990 311

updated on 21-09-2019 02:56:32

This information has been compiled with care and good faith. They give an accurate illustration of the proposed arrangements for this holiday. Circumstances beyond our control such as changes in local conditions, inclement weather or other reasons could force us to make changes to this itinerary. Any costs shown are subject to change, though are an accurate reflection of costs at time of writing. Please also note that visa requirements are subject to change and are the responsibility of the traveller and not that of On The Go Tours.

Poland and Baltic Discovery

Tipping

Tipping is a part of the life in Europe, but you should not feel obliged or pressured to tip if you have not received good service. A gratuity of 10% of the total bill is recommended in restaurants. Gratuities are usually expected for local guides on included and optional excursions. Tips are also appreciated by tour leaders at the end of your tour and we recommend an average of \$2-\$4 per person per day for the duration of your tour. This is only if you feel that their service was up to standard and tipping is always completely at your own discretion.

Electricity Supply

If bringing electrical equipment, make sure that you bring a two-pin/pronged, round-pin adapter/plug adapter.

Health, Fitness & Safety

Pack a Medical Kit

A medical kit is handy for minor wounds and ailments. In areas with limited or dubious medical facilities, an emergency medical kit containing sterile syringes is also advisable. By law our staff are not allowed to administer first aid or give drugs to travellers, so please be prepared with your own supplies.

If you are taking medication, please ensure you bring an adequate supply and a letter from your doctor to avoid potential issues at border crossings.

Fitness & Suitability

This is a coach based tour so it is essential that you be able to carry your bags between the bus and hotels. Disruptions happen and while your tour leader will make every effort to ensure your trip runs smoothly, patience, a sense of humour and willingness to get involved and help your tour leader are essential ingredients for a successful and happy group.

If you have any pre-existing medical conditions please let us know at the time you book or as early before departure as possible. Depending on the severity of the condition, you may be asked to produce a medical certificate from your doctor approving your participation in this tour. While this would only

happen in very exceptional circumstances, if we consider you incapable completing this tour or you have concealed an existing medical condition which is affecting your ability to participate in the tour of On The Go Tours reserve the right to turn you away without reimbursement.

Safety & Security

Europe is generally very safe, even more so in a group. Reasonable precaution is advised; do not bring valuable jewellery or watches (even fakes can catch the eye of a thief), do not bring your camera equipment in a flashy camera bag, be prudent and keep your valuables in a safe secure place whenever possible, wear a money belt and distribute your valuables throughout your luggage, heed your tour leader's advice and always keep an eye and a hand on your camera and bags in public places. On The Go Tours cannot accept responsibility for any valuables left in safe deposits in hotels or on public transport.

Age Restrictions

We have a minimum age on all our Baltic tours of 5 years old. Children aged between 5 and 18 must each be accompanied by a legal guardian or parent. While we do not have an upper age limit, the nature of our group tours can be very fast paced and travellers might be required to walk long distances, often in the heat.

Documents

Passport

Your passport should be valid for at least 6 months after you have finished your tour with sufficient blank pages for visas and immigration stamps. Photocopy your passport, leaving one copy at home and taking one with you on tour. If you lose your passport while on tour, you will be responsible for any expenses incurred such as extra accommodation and transport while replacing your passport and will not be entitled to a refund of any unused portion of your tour.

Tour Documents

Before you depart you will be issued with a voucher for your tour any extra services such as airport transfers and pre/post tour accommodation. Please print these out and bring them with you. These Trip Notes

are updated regularly, so we recommend checking our website for the latest version just prior to the start of your tour.

Final Balance

The balance for your tour is due no later than 60 days prior to the start of your tour and no tour vouchers will be issued until this is received. In addition please send the following details at least 60 days before you depart:

- Passport number, date of issue, date of expiry, nationality and place of issue
- Your full name and date of birth
- Flight arrival details in your starting city
- Special requirements, e.g. special dietary requirements or allergies

Please let us know if you are travelling with another person on the tour but have made separate bookings and we will endeavour to make suitable rooming arrangements.

Visas

All countries have visa requirements that are subject to change at short notice. Please check with your local embassy or consulate for the very latest visa requirement information based on your nationality. It is your responsibility to ensure that you have all necessary visas for your tour. If you would like help applying for visas, we have recommended visa agencies.

Important things to check when applying for visas:

- Does the validity of the visa cover the duration of your time spent in the country?
- Do you require a single or multiple entry visa(s) for your tour?
- Are you required to show additional documentation when you arrive in a country? (Examples include proof of onward travel and travel itinerary)

Some visas are only valid for entry within three months of the date of issue which means on some of our longer tours the visa would expire before you are scheduled to enter the country. In these cases you must obtain the relevant visa during your tour. If it is necessary for you to obtain any visas en-route, please contact On The Go Tours or your

Poland and Baltic Discovery - 13 days

www.onthegotours.com
 UK 020 7371 1113 info@onthegotours.com
 AUS 1300 855 684 aus-info@onthegotours.com
 NZ 0800 44 77 69 CAN 1 866 890 7038
 USA 1 866 606 2960 SA 0800 990 311

This information has been compiled with care and good faith. They give an accurate illustration of the proposed arrangements for this holiday. Circumstances beyond our control such as changes in local conditions, inclement weather or other reasons could force us to make changes to this itinerary. Any costs shown are subject to change, though are an accurate reflection of costs at time of writing. Please also note that visa requirements are subject to change and are the responsibility of the traveller and not that of On The Go Tours.

Poland and Baltic Discovery

travel consultant and inform your tour leader at the start of the tour. If you do not have the appropriate visas, On The Go Tours will not reimburse any expenses incurred in acquiring visas or any unused portion of the tour.

It is best to apply for visas in your home country if possible. If applying for visas by post, please allow plenty of time before departure and send your application by registered mail. Postal applications tend to be given a lower priority than in person applications and can take longer to process.

Special Note: If you have dual nationality it is advised not to obtain different visas in different passports. Although this may sometimes be cheaper, you may encounter problems at border crossings if your exit stamps from one country are not the same as your visa for the next.

Travel Insurance Policy

Travel insurance is compulsory for all tours. You must be adequately insured for medical, hospital, baggage and personal expenses, any necessary extra travel (rejoining tour or repatriation) as well as curtailment and cancellation.

We strongly recommend that all clients carry a copy of their full policy document with them at all times, together with any certificate showing the policy number and emergency contact details. Your tour leader will also ask for a photocopy of your insurance document, so please take this to the pre-departure meeting at the start of your tour. You will not be able to commence your tour unless you can provide proof of insurance to your tour leader.

Document Checklist

- Passport (with photocopies of information pages and visas)
- Trip Notes
- Cash & credit/debit cards (best to take a mixture and more than one card in case one does not work)
- Travel Insurance Certificate and photocopy for tour leader
- Travel consultant's phone number and email address
- Proof of onward travel, ie airline ticket

Optional Excursions

Optional excursions are not operated by On The Go Tours and while every effort is made prices may not be up-to-date and are intended as a general guide to help you budget for your trip.

Excursions are run by a local operator or third party with both On The Go Tours and the Tour Leader acting as a booking agent only. Optional activities are not part of the tour and our booking conditions do not apply to them. It is your responsibility to ensure you have the correct travel insurance for the excursions you intend to take part in and On The Go Tours is not liable for any injuries incurred.

Extras

On many of our Group Tours, we spend one night in our arrival and departure cities. If you want to explore these cities more we can book pre and post tour accommodation and airport transfers for you. Price information can be found on the price page of each tour.

Illegal Drugs

The possession or use of illegal drugs will not be tolerated on our tours. When overseas you are subject to local laws and the penalties for breaking these laws can be harsh. In order to safeguard the interests of the group as a whole, our tour leaders have been instructed to insist that any person found with illegal drugs leave the tour immediately – without refund. The tour leader's decision on this matter is final. If you need to carry certain drugs with you for purposes of medication, please inform your tour leader and ensure that you carry a copy of your prescription or letter from your doctor.

Estonia Country Guide

Estonia: Fact File

Official Name: Republic of Estonia

Capital: Tallinn

Population: 1.4 million

Total Area: 45,748 square kilometres

Official Language: Estonian, Russian

Religions: Evangelical Lutheran 13.6%, Orthodox 12.8%, other Christian (including Methodist, Seventh-Day Adventist, Roman

Catholic, Pentecostal) 1.4%, unaffiliated 34.1%, other and unspecified 32%, none 6.1%

Voltage: 220 volts / 50 Hz

Dialling Code: +372

Time Difference: GMT/UTC + 2. For other time differences please visit www.timeanddate.com

Estonia: Brief history

Originally a pagan territory followed by a spell under servitude to German nobility. Estonia's history along with the other Baltic States has been a continuous struggle to maintain independence and national integrity against its larger neighbours. Russia in particular saw the benefits of acquiring Estonia's territory for both economic and strategic reasons and took Estonia from Sweden, at the Treaty of Nystadt, in 1721. Proceeding the German invasion of the Soviet Union during WWII, Estonia became one of the 15 Soviet Socialist Republics until Mikhail Gorbachev then Communist Party General Secretary, offered the prospect of change for the Baltic States. In 1990, the Estonian Communist Party voted in favour of full independence from the Soviet Union but allowed for a six-month transitional period before making the decision final. Rapid international recognition of Estonia as a sovereign state, followed by admission to the United Nations, completed the transition to full nationhood. Estonia joined the European Union in 2004.

Estonia: Geography and weather

Estonia is a low lying country with almost half of its land mass forested and over 1,400 lakes

Our tours only operate from late spring (April/ May) to early Autumn (in Eastern Europe) when the weather is generally at its best. Temperatures will vary but will still be cool in April/May and again in October. The warmest months tend to be July/August. The further south you are the higher the average temperatures. You can expect snow from December to late March.

Visit www.worldclimate.com to get an idea of what the weather will be like on your trip.

Poland and Baltic Discovery - 13 days

www.onthegotours.com
 UK 020 7371 1113 info@onthegotours.com
 AUS 1300 855 684 aus-info@onthegotours.com
 NZ 0800 44 77 69 CAN 1 866 890 7038
 USA 1 866 606 2960 SA 0800 990 311

updated on 21-09-2019 02:56:32

This information has been compiled with care and good faith. They give an accurate illustration of the proposed arrangements for this holiday. Circumstances beyond our control such as changes in local conditions, inclement weather or other reasons could force us to make changes to this itinerary. Any costs shown are subject to change, though are an accurate reflection of costs at time of writing. Please also note that visa requirements are subject to change and are the responsibility of the traveller and not that of On The Go Tours.

Poland and Baltic Discovery

Estonia: Visas

Make sure your passport is valid for at least two months after your trip. Visa regulations change frequently so it is important you consult with the embassy prior to travelling to ensure you have the correct visas. In some cases you will be crossing the borders on overnight trains and without the correct visa for your nationality you will not be allowed to enter the country and will be asked to leave the train. It is the responsibility of the traveller to obtain all correct visas needed prior to departure.

Nationals of EU and EEA member states are free to enter Estonia. The required travel document for entry is a national ID card or passport.

Estonia: Money

ALL prices stated in this dossier are given as a guide only and are subject to change.

Local currency

The monetary unit in Estonia is the euro. For up to date exchange rates with your own currency visit www.oanda.com or www.xe.com.

Changing money, credit cards & ATMs

All major currencies can be exchanged at banks and bureaux de change. Credit cards are widely accepted. Most banks will give cash advances on credit cards with a passport. There are ATMs in most towns. Traveller's cheques can be changed in banks in most larger towns. The main banks in Estonia who serve tourists are Hansapank, Sampo Pank and Ühispank.

Working out your budget

Our Europe pre departure information includes a general list of all the things you should take into consideration when budgeting and an estimate of what you should allow per day for spending money. Below are some specific notes relevant to our trips in Estonia.

Entrance fees

Generally speaking most entrance fees will be covered by the recommended spending money. There are, however, other sites and museums that are not part of the tour

programme which you may wish to visit in your free time. If you have an International Student Card you will often be entitled to reduced entrance fees.

Tipping

In restaurants 15% is usually added to restaurant bills and you are obliged to pay this. It is also customary to give the waiter 5%-10% on top of this if you are happy with the service.

You do not need to tip taxi drivers, etc but you should tip people who assist you with your luggage at hotels (don't over-tip; your tour leader will advise a suitable amount). Tipping guides at the end of excursions and treks etc is always appreciated and your tour leader will advise you on the amount for this.

Estonia: Optional excursions

A full list of the main excursions available on each tour can be found on daily itinerary on these trip notes. All prices given are approximate and are subject to change due to local inflation or exchange rates.

Estonia: Local transport

Estonia's cities have good bus and tram networks running from approximately 6am to Midnight. Tickets are sold from Kiosks in the street or from the driver they must be validated once on board the vehicle on the spot fines can be issued if not. One of the most popular and reliable ways of getting around on your own in large cities is by taxi. Try to find out what the going rate for journeys is before you hop into a taxi to ensure you are not being overcharged. Your tour leader will be able to provide advice on this when you stop in major cities.

Estonia: Security

Generally people find Eastern Europe to be safe and feel confident wandering alone during the day. However if you are unfamiliar with an area it is recommended that you exercise more caution at night and taxi taxis rather than walk, especially if you are a lone female traveller. In some cities bag snatching can occur so always keep a firm hand/eye on your personal items. Petty theft, especially in Tallinn Old Town, is becoming increasingly

common. If there is a safe available in your hotel it is recommended you use it.

Estonia: Local food and drink

Some breakfasts are included in your tour. Breakfasts can be basic so if you tend to get hungry it may be a good idea to buy some fruit or snacks to eat during the day. All other meals, extra snacks and drinks on the tour are at your own expense.

Ask your tour leader if they can recommend any restaurants in the area to suit your taste or budget or have fun exploring independently. Hors d'oeuvres are very good in Estonia and often considered the best part of the meal.

Food

You may want to try national specialities such as: Sült (jellied veal), Täidetud vasikarind (roast stuffed shoulder of veal), Rosolje (vinaigrette with herring and beets), Braised goose stuffed with apples and plums and Estonian wild mushroom soup.

Drink

National drinks include: Saare beer (dark and heavy yet tasty), Mulled wine and Vana Tallinn (a local liqueur that's probably best left to the locals to sip!

All drinks such as bottled water or soft drinks are at your own expense at all times and are fairly inexpensive. Alcoholic drinks vary in price, with wine and beer generally being the cheapest options.

Vegetarians

Vegetarians will find no shortage of fresh salads on offer.

Estonia: National holidays

1 January - New Year's Day.

24 February - Independence Day.

10 April - Good Friday.

1 May - May Day.

31 May - Whit Sunday (Pentecost).

23 June - Võidupüha (Victory Day - anniversary of the Battle of Võnnu).

24 June - Midsummer's Day/Jaanipäev (St John's Day).

20 August - Restoration of Independence Day.

Poland and Baltic Discovery - 13 days

www.onthegotours.com

UK 020 7371 1113 info@onthegotours.com

AUS 1300 855 684 aus-info@onthegotours.com

NZ 0800 44 77 69 CAN 1 866 890 7038

USA 1 866 606 2960 SA 0800 990 311

This information has been compiled with care and good faith. They give an accurate illustration of the proposed arrangements for this holiday. Circumstances beyond our control such as changes in local conditions, inclement weather or other reasons could force us to make changes to this itinerary. Any costs shown are subject to change, though are an accurate reflection of costs at time of writing. Please also note that visa requirements are subject to change and are the responsibility of the traveller and not that of On The Go Tours.

Poland and Baltic Discovery

25-26 December- Jėolud (Christmas) and Boxing Day.

Lithuania Country Guide

Lithuania: Fact File

Official Name: Republic of Lithuania

Capital: Vilnius

Population: 3.7 million

Total Area: 65,300 square kilometres

Official Language: Lithuanian, Lithuania has a large number of dialects for such a small territory, including High Lithuanian (Aukstaiciai) and Low Lithuanian (Zemaiciai).

Religions: Roman Catholic (79%) with Russian Orthodox and Protestant, including Evangelical Lutheran and Evangelical Reformist.

Voltage: 220 volts / 50 Hz. European-style two-pin plugs are in use.

Dialling Code: +370

Time Difference: GMT/UTC + 2. For other time differences please visit www.timeanddate.com

Lithuania: Brief history

Lithuanians, along with Latvians and ancient Prussians, are descendants of the Balts, an Indo-European ethnic group that settled on the Baltic coast 4,000 years ago.

The name Lithuania dates back to 1009 AD. Grand Duke Mindaugas is recognised as the founder of Lithuania, a territory which included Minsk and later stretched as far as the Black Sea.

Lithuania was able to withstand the advance of the Teutonic Knights, merging with Poland in 1569 to create the Joint Republic of the Polish Kingdom and Lithuanian Grand Duchy. Russia then took possession of part of Lithuania in 1795 (the western region was claimed by Prussia). The Russians were driven out by the German army during World War I. The Lithuanian Council then declared independence in February 1918. In 1921, Lithuania joined the League of Nations. Poland continued to occupy Vilnius, the Lithuanian capital. Lithuania was occupied by the German Army in 1941 until its re-annexation by the Soviets three years later. Despite occupying radio, TV and other key

installations, the Soviet forces were forced to back down. This period in Lithuanian history concluded with the effective end to Soviet Government followed immediately by Lithuanian independence. The country was recognised and rapidly gained admission to the United Nations, the Conference on Security and Co-operation in Europe, the Council of Europe and the European Bank for Reconstruction and Development.

Present-day Lithuania joined the European Union on 1 May, 2004 and today has one of the fastest growing economies in the bloc.

Lithuania: Geography and weather

Lithuania is the largest of the Baltics and mainly flat with forest covering around a third of its mass.

Our tours mostly operate from late spring (April/May) to early autumn (in Eastern Europe) when the weather is generally at its best. Temperatures will vary but will still be cool in April/May and again in October. The warmest months tend to be July/August. The further south you are the higher the average temperatures. You can expect snow from December to late March.

Visit www.worldclimate.com to get an idea of what the weather will be like on your tour.

Lithuania: Visas

Make sure your passport is valid for at least three months after your tour.

Visas are not required by British, Canadian, Australian, New Zealand and US citizens for a stay of up to 90 days.

Lithuania joined the Schengen Agreement on 21 December 2007 for overland entry points and seaports, and on 29 March 2008 for airports.

Lithuania: Money

ALL prices stated in this dossier are given as a guide only and are subject to change.

Local currency

As of 1st Jan 2015, Lithuania is in the euro zone. For up to date exchange rates with

your own currency visit www.oanda.com or www.xe.com.

Prices quoted in this country dossier are in euros or litas.

Changing money, credit cards & ATMs

Major credit cards are accepted in the main hotels, restaurants, shops and in some petrol stations. ATMs are available in most cities.

Traveller's cheques are not accepted by retailers and can only be exchanged at a few outlets. To avoid additional exchange rate charges, travellers are advised to take traveller's cheques in US dollars.

Working out your budget

Our Europe pre departure information includes a general list of all the things you should take into consideration when budgeting and an estimate of what you should allow per day for spending money. Below are some specific notes relevant to our tours in Lithuania.

Entrance fees

Generally speaking most entrance fees will be covered by the recommended spending money. There are, however, other sites and museums that are not part of the tour programme which you may wish to visit in your free time. If you have an International Student Card you will often be entitled to reduced entrance fees.

Tipping

Restaurant bills usually include a tip. It is customary to give a little extra for good service.

You do not need to tip taxi drivers, etc but you should tip people who assist you with your luggage at hotels (don't over-tip, your tour leader will advise a suitable amount). Tipping guides at the end of excursions and treks etc is always appreciated and your tour leader will advise you on the amount for this.

Lithuania: Optional excursions

A full list of the main excursions available on each tour can be found on daily itinerary on these trip notes. All prices given are

Poland and Baltic Discovery - 13 days

www.onthegotours.com

UK 020 7371 1113 info@onthegotours.com

AUS 1300 855 684 aus-info@onthegotours.com

NZ 0800 44 77 69 CAN 1 866 890 7038

USA 1 866 606 2960 SA 0800 990 311

updated on 21-09-2019 02:56:32

This information has been compiled with care and good faith. They give an accurate illustration of the proposed arrangements for this holiday. Circumstances beyond our control such as changes in local conditions, inclement weather or other reasons could force us to make changes to this itinerary. Any costs shown are subject to change, though are an accurate reflection of costs at time of writing. Please also note that visa requirements are subject to change and are the responsibility of the traveller and not that of On The Go Tours.

Poland and Baltic Discovery

approximate and are subject to change due to local inflation or exchange rates.

Lithuania: Local transport

Public transport includes buses and trolley buses, which usually run from 5am-11pm, tickets can be bought either at news kiosks before boarding or from the driver.

One of the most popular and reliable ways of getting around on your own in large cities in is by taxi. Try to find out what the going rate for journeys is before you hop into a taxi to ensure you are not being overcharged. Your tour leader will be able to provide advice on this when you stop in major cities.

Lithuania: Security

Generally people find Eastern Europe to be safe and feel confident wandering alone during the day. However if you are unfamiliar with an area it is recommended that you exercise more caution at night and taxi taxis rather than walk, especially if you are a lone female traveller. In some cities bag snatching can occur so always keep a firm hand/eye on your personal items.

Lithuania: Local food and drink

Some breakfasts are included in your tour. Breakfasts can be basic so if you tend to get hungry it may be a good idea to buy some fruit or snacks to eat during the day. All other meals, extra snacks and drinks on the tour are at your own expense.

Ask your tour leader if they can recommend any restaurants in the area to suit your taste or budget or have fun exploring independently.

Food

National specialties to keep a look out for are skilandis (smoked meat), salti barsciai (cold soup), vedarai (potato sausage) and bulviniai blynai (potato pancakes), smoked eel is a famous Baltic delicacy, and you may enjoy trying mild white curd cheese, best served with honey.

Drink

National drinks include local brands of beer and imported drinks are popular. A famous

Lithuanian spirit is midus, a mild alcoholic beverage made from honey.

Lithuania: National holidays

1 January - New Year's Day

16 February - Restoration of the State Day (1918)

11 March - Restoration of Independence Day (1990)

10-13 April - Easter

1 May - International Labour Day

3 May - Mothers' Day

24 June - Jonines (St John's Day/ Midsummer's Day)

6 July - Anniversary of the Coronation of King Mindaugas

15 August - Assumption Day

1 November - All Saints' Day

25 December - Christmas Day

26 December - Boxing Day

Latvia Country Guide

Latvia: Fact File

Official Name: Republic of Latvia

Capital: Riga

Population: 2.4 million

Total Area: 64,589 square kilometres

Official Language: Latvian is the official language. Russian, English and German are widely spoken.

Religions: Non-religious 35%, Lutheran 24%, Catholic 18%, Orthodox 15%, others 8%.

Voltage: 220 volts / 50 Hz. European-style two-pin plugs are in use.

Dialling Code: +371

Time Difference: GMT/UTC + 2. For other time differences please visit www.timeanddate.com

Latvia: Brief history

Latvia has long been an important trading centre and strategic territory in the Baltic region. The various Latvian tribes were self-governing, hailing back to around 2000 BC. By the end of the 13th century the territory was the conquered by the German Teutonic Knights, who founded Riga in 1202 AD and went on to control the seaboard from Poland to Estonia and inland into Latvia. The territory was then controlled by Poland from 1561 (during the reign of Ivan the Terrible) followed by Sweden.

By 1795, the entire Latvian territory was under Russian control, ruled by Peter the Great. This continued until the Bolshevik revolution of 1917 which resulted in the 1918 Treaty of Brest-Litovsk under which Russia was obliged to give up its Baltic territories.

The Treaty of Versailles then enabled the Latvians to assert their independence briefly for the first time in more than 600 years. Russian forces took over power once more just before World War II but were driven out by the Nazi invasion of the Soviet Union in 1941. Troops returned to Latvia three years later, to incorporate the country into the Soviet Union along with Estonia and Lithuania as one of the 15 Soviet republics.

Latvia's present independence began with the accession of Mikhail Gorbachev as Soviet leader in 1985. The country gained full independence from the Soviet Union in 1991. The new state was quickly recognised internationally and re-admitted to the UN. A new currency, the Lat, was introduced in 1993 followed by the first post-independence elections

Latvia joined the EU in May 2004, along with its Baltic neighbours.

Latvia: Geography and weather

Latvia is situated on the Baltic coast and borders Estonia to the north, Lithuania to the south, the Russian Federation to the east and Belarus to the southeast. The coastal plain is mostly flat but, towards the east, the land is hilly with forests and lakes. There are about 12,000 rivers in Latvia, the biggest being the River Daugava. The ports of Riga and Ventspils often freeze over during the winter.

Our tours mostly operate from late spring (April/May) to early Autumn (in Eastern Europe) when the weather is generally at its best. Temperatures will vary but will still be cool in April/May and again in October. The warmest months tend to be July/August. The further south you are the higher the average temperatures. You can expect snow from December to late March.

Poland and Baltic Discovery - 13 days

www.onthegotours.com

UK 020 7371 1113 info@onthegotours.com

AUS 1300 855 684 aus-info@onthegotours.com

NZ 0800 44 77 69 CAN 1 866 890 7038

USA 1 866 606 2960 SA 0800 990 311

This information has been compiled with care and good faith. They give an accurate illustration of the proposed arrangements for this holiday. Circumstances beyond our control such as changes in local conditions, inclement weather or other reasons could force us to make changes to this itinerary. Any costs shown are subject to change, though are an accurate reflection of costs at time of writing. Please also note that visa requirements are subject to change and are the responsibility of the traveller and not that of On The Go Tours.

Poland and Baltic Discovery

Visit www.worldclimate.com to get an idea of what the weather will be like on your tour.

Latvia: Visas

Make sure your passport is valid for at least three months after your tour begins.

Visa regulations change frequently so it is important you consult with the embassy prior to travelling to ensure you have the correct visas. In some cases you will be crossing the borders on overnight trains. Visas are not required by British, Canadian, Australian, New Zealand and US citizens for a stay of up to 90 days within any six-month period. For stays over 90 days these nationals should apply for a residence permit from the Latvian offices of citizenship and migration affairs.

Latvia: Money

ALL prices stated in this dossier are given as a guide only and are subject to change.

Local currency

Latvia is in the euro zone. For up to date exchange rates with your own currency visit www.oanda.com or www.xe.com.

Changing money, credit cards & ATMs

Bureaux de Change are found all over main towns, including inside shops, hotels, post offices and train stations. These tend to close at 7pm. The most convenient currencies to exchange are the euro and the US dollar.

American Express, Diners Club, JCB, MasterCard and Visa are accepted by most hotels, restaurants and shops. ATMs are available in towns and cities.

To avoid additional exchange rate charges, travellers are advised to take traveller's cheques in US dollars or pounds sterling.

Working out your budget

Our Europe pre departure information includes a general list of all the things you should take into consideration when budgeting and an estimate of what you should allow per day for spending money. Below are some specific notes relevant to our tours in Latvia.

Entrance fees

Generally speaking most entrance fees will be covered by the recommended spending money. There are, however, other sites and museums that are not part of the tour programme which you may wish to visit in your free time. If you have an International Student Card you will often be entitled to reduced entrance fees.

Tipping

In restaurants 15% is usually added to restaurant bills and you are obliged to pay this. It is also customary to give the waiter 5%-10% on top of this if you are happy with the service.

You do not need to tip taxi drivers, etc but you should tip people who assist you with your luggage at hotels (don't over-tip; your tour leader will advise a suitable amount). Tipping guides at the end of excursions and treks etc is always appreciated and your tour leader will advise you on the amount for this.

Latvia: Optional excursions

A full list of the main excursions available on each tour can be found on daily itinerary on these trip notes. All prices given are approximate and are subject to change due to local inflation or exchange rates.

Latvia: Local transport

Latvia's cities have good bus and tram networks running from approximately 5am to midnight. Tickets are sold from kiosks in the street or from the driver they must be validated once on board the vehicle on the spot fines can be issued if not.

Latvia: Security

Generally people find Eastern Europe to be safe and feel confident wandering alone during the day. However if you are unfamiliar with an area it is recommended that you exercise more caution at night and taxi taxis rather than walk, especially if you are a lone female traveller. In some cities bag snatching can occur so always keep a firm hand/eye on your personal items.

Petty theft, especially in Riga, is becoming increasingly common. If there is a safe available in your hotel it is recommended you use it.

Latvia: Local food and drink

Some breakfasts are included in your tour. Breakfasts can be basic so if you tend to get hungry it may be a good idea to buy some fruit or snacks to eat during the day. All other meals, extra snacks and drinks on the tour are at your own expense.

Ask your tour leader if they can recommend any restaurants in the area to suit your taste or budget or have fun exploring independently.

Food

Hors d'oeuvres are considered very good and often the best part of the meal. Overall, cuisine can be heavy but almost always tasty and nourishing. Look out for the astounding variety of cakes, breads and pastries.

You may want to try national specialties such as, kotletes (meat patties), skabu kapostu zupa (cabbage soup), Alexander torte (raspberry- or cranberry-filled pastry stouts), sweetbread soup with dried fruit, piragi (pastry filled with bacon and onions).

Drink

National drinks include, Riga's Black Balsam, a thick, black alcoholic liquid which has been produced since 1700. The exact recipe is a closely guarded secret, but some of the ingredients include ginger, oak bark, bitter orange peel and cognac. It is drunk either with coffee or mixed with vodka. There are several good local beers, including the dark beer Bauskas Tumsais and the pale Gaisais. Kvass is a refreshing summer drink.

All drinks such as bottled water or soft drinks are at your own expense at all times and are fairly inexpensive. Alcoholic drinks vary in price, with wine and beer generally being the cheapest options. The legal drinking age is 18.

Latvia: National holidays

1 January - New Year's Day.

10 April - Good Friday.

13 April - Easter Monday.

1 May - Labour Day.

4 May - Declaration of Independence Day.

23 June - Ligo (Midsummer's Eve).

24 June - Jani (Midsummer's Day/St John's Day).

18 November - Latvian National Day.

Poland and Baltic Discovery - 13 days

www.onthegotours.com

UK 020 7371 1113 info@onthegotours.com

AUS 1300 855 684 aus-info@onthegotours.com

NZ 0800 44 77 69 CAN 1 866 890 7038

USA 1 866 606 2960 SA 0800 990 311

This information has been compiled with care and good faith. They give an accurate illustration of the proposed arrangements for this holiday. Circumstances beyond our control such as changes in local conditions, inclement weather or other reasons could force us to make changes to this itinerary. Any costs shown are subject to change, though are an accurate reflection of costs at time of writing. Please also note that visa requirements are subject to change and are the responsibility of the traveller and not that of On The Go Tours.

Poland and Baltic Discovery

25 December - Christmas Day.

26 December - Boxing Day.

31 December - New Year's Eve.

Poland Country Guide

Poland: Fact File

Official Name: Republic of Poland

Capital: Warsaw

Population: 39 million

Total Area: 312,677 square kilometres

Official Language: Polish. German and English are spoken in some places.

Religions: 95% Roman Catholic; other religions include Polish Autocephalous Orthodox, Russian and Greek Orthodox, Protestant, Jewish and Muslim.

Voltage: 220 volts / 50 Hz. European-style two-pin plugs are in use.

Dialling Code: +48

Time Difference: GMT/UTC +2. For other time differences please visit www.timeanddate.com

Poland: Brief history

Poland was one of the largest states in Europe throughout much of its history.

By the 18th century, Poland was reduced to a territory which was argued over by Austria, Prussia and Russia. The country was eventually divided between the three leaving a small area around Warsaw to remain independent. Poland did not regain its independence until 1918 but by 1926 it was again divided by its powerful neighbours, Germany and the Soviet Union, followed by occupation during both world wars.

In 1948, the Polish Workers' Party merged with the Polish Socialist Party to form Polska Zjednoczona Partia Robotnicza (Polish United Workers' Party, PZPR). Opposition to the regime was led by elements of the industrial work force, Solidarnosc. During this period there were also movements elsewhere in Eastern Europe which were led by intellectuals, such as Charter 77 – and supported by the Catholic Church, a major political force in Poland that the communists had never been able to fully suppress. In 1981 Solidarnosc was banned and its senior

figures detained, including its leader, shipyard electrician Lech Walesa.

In 1988, following collapse of the economy, the PZPR government resigned and opened negotiations with Solidarnosc. Elections were held in favour of Solidarnosc. Tadeusz Mazowiecki became the first non-communist prime minister. This signified a change in the tide and over the following years the whole of Eastern Europe shed its communist governments, directly resulting in the collapse of the Soviet Union.

Throughout the 1990s Poland was politically stable, securing entry into both NATO and the European Union. As the largest of the former Eastern European states, Poland's position is crucial. Poland joined NATO in July 1997 and the European Union in May 2004.

Poland: Geography and weather

Our tours mostly operate from late spring (April/May) to early Autumn (in Eastern Europe) when the weather is generally at its best. Temperatures will vary but will still be cool in April/May and again in October. The warmest months tend to be July/August. The further south you are the higher the average temperatures. You can expect snow from December to late March.

Poland: Visas

Make sure your passport is valid for at least three months after your tour begins.

Visa regulations change frequently so it is important you consult with the embassy prior to travelling to ensure you have the correct visas. In some cases you will be crossing the borders on overnight trains. Visas are not required by British, Canadian, Australian, New Zealand and US citizens for a stay of up to 90 days.

IMPORTANT: All visitors entering Poland must possess travel or medical insurance to cover possible medical expenses for at least €30,000 and Z100 per day for accommodation and sustenance.

Poland: Money

ALL prices stated in this dossier are given as a guide only and are subject to change.

Local currency

The monetary unit in Poland is the zloty, z#. Notes are in denominations of z# 200, 100, 50, 20 and 10. The new coins are in denominations of z# 5, 2 and 1, and 50, 20, 10, 5, 2 and 1 groszyis. For up to date exchange rates with your own currency visit www.oanda.com or www.xe.com.

Changing money, credit cards & ATMs

ATMs are widely available. American Express, Diners Club, MasterCard and Visa are accepted in larger establishments. Cash can be obtained from Visa credit cards at banks. Travellers cheques can be readily exchanged. To avoid additional exchange rate charges, travellers are advised to take traveller's cheques in pounds sterling.

Working out your budget

Our Europe pre-departure information includes a general list of all the things you should take into consideration when budgeting and an estimate of what you should allow per day for spending money. Below are some specific notes relevant to our tours in Poland.

Entrance fees

Generally speaking most entrance fees will be covered by the recommended spending money. There are, however, other sites and museums that are not part of the tour programme which you may wish to visit in your free time. If you have an International Student Card you will often be entitled to reduced entrance fees.

Tipping

Restaurant bills usually include a tip. It is customary to give a little extra for good service.

You do not need to tip taxi drivers, etc but you should tip people who assist you with your luggage at hotels (don't over-tip, your tour leader will advise a suitable amount). Tipping guides at the end of excursions and treks etc is always appreciated and your tour leader will advise you on the amount for this.

Poland and Baltic Discovery - 13 days

www.onthegotours.com

UK 020 7371 1113 info@onthegotours.com

AUS 1300 855 684 aus-info@onthegotours.com

NZ 0800 44 77 69 CAN 1 866 890 7038

USA 1 866 606 2960 SA 0800 990 311

This information has been compiled with care and good faith. They give an accurate illustration of the proposed arrangements for this holiday. Circumstances beyond our control such as changes in local conditions, inclement weather or other reasons could force us to make changes to this itinerary. Any costs shown are subject to change, though are an accurate reflection of costs at time of writing. Please also note that visa requirements are subject to change and are the responsibility of the traveller and not that of On The Go Tours.

Poland and Baltic Discovery

Poland: Optional excursions

A full list of the main excursions available on each tour can be found on daily itinerary on these trip notes. All prices given are approximate and are subject to change due to local inflation or exchange rates.

Poland: Local transport

In Warsaw, the Municipal Transport Board (ZTM) is responsible for the bus, metro and tram services. ZTM tickets are valid for all services and can be purchased as a single ride or as a day pass. Some buses allow the purchase of tickets on board, but it is best to buy them before you use any transport.

In Krakow: The MPK is the transport board responsible for public buses and trams however there is no metro system. Public transport tickets are available in all towns at green Ruch kiosks, hotels and post offices.

Most public transport operates from 5.30am to 11pm; night buses, in the major cities, run from 11pm to 5am.

One of the most popular and reliable ways of getting around on your own in large cities in is by taxi. Try to find out what the going rate for journeys is before you hop into a taxi to ensure you are not being overcharged. Your tour leader will be able to provide advice on this when you stop in major cities.

Poland: Security

Generally people find Eastern Europe to be safe and feel confident wandering alone during the day. However if you are unfamiliar with an area it is recommended that you exercise more caution at night and taxi taxis rather than walk, especially if you are a lone female traveller. In some cities bag snatching can occur so always keep a firm hand/eye on your personal items.

If there is a safe available in your hotel it is recommended you use it.

Poland: Local food and drink

Some breakfasts are included in your tour. Breakfasts can be basic so if you tend to get hungry it may be a good idea to buy some fruit or snacks to eat during the day. All other

meals, extra snacks and drinks on the tour are at your own expense.

Ask your tour leader if they can recommend any restaurants in the area to suit your taste or budget or have fun exploring independently.

Food

Poland has a distinctive cuisine, with typical ingredients being dill, marjoram, caraway seeds, wild mushrooms and sour cream, which is frequently added to soups, sauces and braised meats. Soups play an important part at mealtimes and are usually rich and very thick. Barszcz (beetroot soup), however, runs thin and clear and is often served in cups with small hot pasties stuffed with meat or cabbage. There are several salt- and fresh-water fish dishes using trout, carp and herring. Pastries, such as szarlotka (apple cake), packi (jelly doughnuts) and makowiec (poppy seed cake) can be bought at a cukiernia. Note that big cities offer a selection of other world cuisines.

Keep a look out for national specialities such as salted and rolled herring fillets with pickles and onions, Kabanos (long, thick sausages), Kasza (buckwheat). Bigos – sauerkraut with a variety of meats, Pierogi – dumplings stuffed with cottage cheese, minced meat, cabbage or wild mushrooms.

You can also expect dumpling and potatoes, potato pancakes are in abundance.

Drink

Of course being Poland's national drink you can expect to find vodka in a multitude of varieties and strengths. Beer is also popular and widely served.

All drinks such as bottled water or soft drinks are at your own expense at all times and are fairly inexpensive. Alcoholic drinks vary in price, with wine and beer generally being the cheapest options. The legal drinking age is 18.

Poland: National holidays

1 January - New Year's Day.

13 April - Easter Monday.

30 April - Queen's Day.

1 May - Labour Day.

5 May - Liberation Day.

21 May - Ascension.

11 June - Corpus Christi.

15 August - Assumption.

1 November - All Saints' Day.

11 November - Independence Day.

25-26 December - Christmas Day.

Poland and Baltic Discovery - 13 days

www.onthegotours.com
 UK 020 7371 1113 info@onthegotours.com
 AUS 1300 855 684 aus-info@onthegotours.com
 NZ 0800 44 77 69 CAN 1 866 890 7038
 USA 1 866 606 2960 SA 0800 990 311

This information has been compiled with care and good faith. They give an accurate illustration of the proposed arrangements for this holiday. Circumstances beyond our control such as changes in local conditions, inclement weather or other reasons could force us to make changes to this itinerary. Any costs shown are subject to change, though are an accurate reflection of costs at time of writing. Please also note that visa requirements are subject to change and are the responsibility of the traveller and not that of On The Go Tours.