



Taste Poland - Culinary Immersion Tour

DURATION**11 days****AVAILABILITY****Saturday (April - October)****DEPARTURES FROM****Krakow**

Food is a language—and in Poland it is spoken in many unforgettable ways. Throughout this journey, **you'll meet the small farmers, artisans, and culinary families whose skills shape the country's most distinctive regional flavors:** from traditional **dumplings** prepared in a local cooking class to award-winning **smoked trout** in Ojcow, **raw honey** from a heritage apiary, **fruit liqueurs** crafted in orchard country, iconic **highlander cheese** in the Tatras, and **slow-food specialties** served in rural homes and guesthouses.

As you travel from Krakow to Warsaw, each day reveals a new table and a new story. You will experience **Jewish soul food in Kazimierz**, taste the **heritage of Silesia and Poznań**, discover the artistry behind **handmade lace and Bolesławiec pottery**, and learn how local traditions—whether tied to beekeeping, orcharding, pottery, cheesemaking, or gingerbread craft—shape the flavors of each region.

Eating is culture—and this tour lets you immerse yourself in it fully. **You'll expand your culinary knowledge, explore dishes that carry centuries of history, and bring home new inspirations** from the people who keep these traditions alive.

PRICING

TOUR DATE	DOUBLE OCCUPANCY	SINGLE OCCUPANCY
3* hotels (April - October)	3901 EUR / per person	4526 EUR / per person
4* hotels (April - October)	4035 EUR / per person	4703 EUR / per person

If you choose to start the tour on a different day, the price and the order of visited destinations may vary. **For travel during the low season (November-March)**, please contact us for a customized quote. **This tour operates with a minimum of 4 participants.** For larger groups, please get in touch with us to discuss special arrangements. Triple room accommodation is subject to availability. Please note that this tour is not recommended for individuals with disabilities. **Promotional pricing:** If a tour is offered at a promotional price, the discount is available only to customers who have not previously booked the same tour. If another discount is available for the selected tour date (for example, the Friends & Family Saver), the discounts cannot be combined; in such cases, the higher discount will be applied. The discount applies only to reservations made directly on www.staypoland.com and does not apply to bookings made through travel agents or third-party platforms.

Prices may vary due to currency exchange rate fluctuations. Current prices are always available at: <https://www.staypoland.com/tour/261/taste-poland-culinary-immersion-tour>

INCLUDED IN PRICE

- Hotel accommodation in double occupancy, bed & breakfast
- Private van transportation as per the itinerary
- All airport transfers
- Private English-speaking city and museum guides where required
- Guided visits as per the itinerary
- Entrance fees: Wawel Cathedral, St. Mary's Basilica, Vodka Museum (audio guide & tasting), Wieliczka Salt Mine (group visit), Pieskowa Skała Castle, Bolesławiec Museum, Poznań Croissant Museum (workshop)
- Kraków Market Tour
- Visits to Bobowa, Stróże, Zabrzeż, Trzcianko
- Cheese tasting in Ślesin
- Dunajec River rafting
- Chopin concert

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- 3-course set dinner with water and Klezmer music concert – Day 1
 - Dumplings cooking class combined with lunch (3-course set menu with water) – Day 2
 - 3-course set lunch with water and a glass of wine – Day 3
 - 3-course set lunch with water and mead – Day 4
 - 3-course set dinner with water, highlander tea, and folk show – Day 5
 - 3-course set lunch with water and a small beer – Day 6
 - 3-course set lunch with water – Day 7
 - 3-course set lunch with water and a small beer – Day 8
 - 3-course set lunch with water and nalewka (sweet vodka) – Day 9
 - 3-course set dinner with water – Day 10

NOT INCLUDED IN PRICE

- flight tickets
- travel insurance
- gratuities for your tour escort, driver, local guides. They are optional but appreciated.
- other services not included in the program

ITINERARY

Day 1

A Taste of Jewish Heritage

Arrival in Krakow. The **UNESCO-listed Krakow** ranks among the most impressive locations in Europe. It will lure you in with its **distinguished history, grandeur, and bohemian aura**.

The Jewish Soul Food

A welcome evening in the heart of Kazimierz, the city's historic Jewish quarter. Dinner with Jewish culinary specialties—Yankiel the Innkeeper of Berdytchov's Soup and Pascha dessert. The meal will be accompanied by traditional klezmer-style music.

Day 2

Cooking, Culture, and Spirits LEARN FROM LOCALS

A **guided tour of Krakow** will include the majestic, fortified Wawel Castle & Cathedral complex, which served as the residence for Polish kings, as well as St. Mary's Basilica, with a wooden altarpiece by Veit Stoss, the world's greatest Gothic sculptor. The historic city centre is brimming with cafés, shops, and pubs, and the 10-acre Main Market Square is a medieval feast for the senses. Its architectural design has survived unchanged for 700 years.

Learn from Locals: Polish Dumplings - An Enjoyable Cooking Class

Traditional, modern, delicious—pierogi (dumplings), probably the most popular Polish dish, come in all kinds of shapes and fillings. We will discuss their cultural background during our cooking class.

Vodka - An Obligatory Element of Polish Feasting Traditions

Afterwards, we will visit the Vodka Factory Museum for a multi-sensory journey into the world of vodka. The culmination of the museum tour is a vodka tasting.

The remainder of the day is on your own.

Day 3

Smoked Trout & Scenic Castles

Local Market Tour

In the morning, accompanied by a guide, we will browse the vibrant local market Stary Kleparz and learn about the ingredients that are important to Krakow's cuisine.

In the Kingdom of Ojcow Trout

In the Ojcow National Park, we will treat ourselves to 'Ojcow trout' („pstrąg ojcowski”), a traditional product of the Lesser Poland region. Trout ponds in Ojcow owe their special character to the crystal-clear water from the Mlynówka stream, the natural microclimate, and the picturesque Jurassic landscape. Trout breeding was established here in the 1930s. Almost 80 years later, Magdalena Wegiel and Agnieszka Sendor, mother and daughter, leased the forgotten, unused ponds and decided to bring them back to their former glory. Awarded for the restoration of trout farming in the National Park of Ojcow, Magdalena Wegiel is now among the most innovative female farmers in the European Union. We will savor the best smoked trout you've ever had, from this most prestigious fishing farm. Wine from local vineyards will make

the trout feast even better!

Before our return to Krakow, we will explore the **cliff-perched Pieskowa Skala Castle** and the stylish wooden **Chapel on the Water**.

Day 4

Lace & Honey Traditions FACE TO FACE WITH TRADITION

Face To Face With Tradition: Romantic and Elegant Lace Tablecloths

Lacemaking may seem to be a dying art, but in **Bobowa** the lace has never lost any of its shine. From fine, delicate doilies to elaborate tablecloths—handmade artefacts of bobbin lace-makers have brought fame to this town. Every year it hosts the International Bobbin Lace Festival, attended by lace-makers from all over Europe. Ewa Szpila has won the competition several times and received many awards, distinctions, and certificates for promoting this artistic handicraft. She will introduce us to its secrets.

Raw Honey - A Gift from Nature

Many cultures thought of honey as a food for the gods. A visit to the apiary in **Stroze** will bring us a taste of the sweet life. "Sadecki Bartnik" is a family company founded by Anna and Janusz Kasztelewicz. We will gain insight into the health benefits and varieties of honey, the honeybees' highly organized society, and the construction of beehives. Lunch on-site with honey cake and mead.

One of the gems near Krakow, the **salt mine in Wieliczka**, is not to be missed. Its exceptional beauty earned it a place on the UNESCO World Heritage List. Return transfer to Krakow.

Day 5

Fruit Paradise

Magic Matures in Our Barrels!

We will head to the cradle of Lesser Poland's horticulture, renowned for its **plum, apple, and**

cherry orchards. In spring, the entire area becomes one charming blooming garden. And if there is one person in the region with unrivalled knowledge of fruit farming, Krzysztof Maurer is the one. His family farm produces a wide range of organic, cold-pressed fruit and vegetable juices, syrups, distilled alcoholic beverages, wines, and slivovitsa liquor, considered **part of Poland's national heritage.** The fruit pressing plant belongs to the Regional Culinary Heritage Network and has won numerous awards for its products.

In the summer season, when the outdoor pump room is open, you can enjoy these delicious local products in the open air, surrounded by mountain landscapes. Each barrel hides a unique story, and the hosts work with passion on creating new exceptional drinks.

On the way to **Zakopane**, we will enjoy two hours of tranquility during **rafting on the Dunajec River.** The river meanders gently. The traditional wooden rafts, which have changed little over the years, are navigated by highlanders.

Tastes of the Tatras

Upon arrival in Zakopane, a guided tour of this center of proud Polish highlander tradition. In the evening, experience a **highlander show** with musicians and dancers to get a taste of the lively folk customs. In highlander cuisine, "**oscypek**" rules. Made in the Tatra Mountains, it is a spindle-shaped smoked sheep's milk cheese, granted Protected Designation of Origin by the EU. A dash of cranberry jam makes the perfect pairing! We will also savor highlander tea, "herbata goralska".

Day 6

Flavors of Silesia

The Uniqueness of Silesian Identity

Silesian cuisine is hard to beat. On this day, we will plunge into the tastes that have been enjoyed in the Silesia region for centuries. **One of Poland's most beloved regional cuisines**, it is a blend of German, Austrian, and Czech influences—yet with a character all its own.

Lunch in a local restaurant in the Nikiszowiec district of Katowice will prove there are many more tastes to challenge your palate. Silesian noodles with a hole in the middle—"kluski slaskie"—accompanied by beef roulade—"rolada slaska"—and iconic braised red cabbage

known as "modra kapusta", all served with top-quality craft beer, are among the unmissable treats.

Our drive continues to **Wroclaw**. A guided walk through the Old Town will reveal the city's magnificent contrasts and multicultural layers. Throughout the centuries, Wroclaw has been shaped by Polish, German, and Czech influences—a city built on overlapping cultural traditions.

Day 7

Slow Food, Sweet Craft **FACE TO FACE WITH TRADITION**

Face To Face With Tradition: Tableware Art - Make Your Table Shine

Ready to get acquainted with the artistry of local communities? "Boleslawiec" is a synonym for **iconic cobalt-colored pottery** that has been manufactured here since the 1600s. The popularity of this richly decorated stoneware has long crossed the borders of the town, the region, and even the continent. Visit to the museum and the factory of Manufaktura Boleslawiec.

Local Cooking Styles: Be Wowed by Polish Slow Food

Lunch at the Villa Greta guesthouse, run by the Rozpedowski family. The village of Dobkow, where it is located, was honored with the European Award for Rural Development and Village Renewal in 2017. Adding to its charm, Dobkow lies in the heart of Poland's lesser-known Land of the Dormant Volcanoes.

Gingerbread - Creative and Aromatic

Marcin and Barbara—a masterful duo from Lower Silesia—run the small manufacture "Slodka Chatka" in Trzcinsko, where they create **heavenly-smelling gingerbread**, baked from high-quality ingredients and naturally colored. Their aromatic gingerbread works of art are not only delicious but also serve as a form of creative expression. The owners' imagination knows no bounds!

Return to **Wroclaw**. It is time to **stroll around Ostrow Tumski**, the oldest part of the city. Lit by gas lanterns and full of Gothic marvels, this historic district is one of the most atmospheric in Wroclaw. Here you may spot the famous lamplighter, dressed in a black top hat and cape, who lights and turns off nearly 100 lamps every evening—drawing crowds of onlookers as he walks by.

Day 8

St. Martin's Croissant & Poznan Flavors LEARN FROM LOCALS

Our culinary exploration continues in **Poznan**. Linked to the very birth of Poland, the city has much to be proud of—including its signature sweet delicacy, the **St. Martin croissant** ("rogal marcinski"), a product protected by the European Union's geographical indication system.

We will explore the Old Town Square, with its spectacular Renaissance Town Hall and colorful merchants' houses, as well as the city's most ancient neighborhood, Ostrow Tumski.

Although much of the local cuisine overlaps with general Polish traditions, **Poznan boasts some of the country's most distinctive regional dishes**. Nearly ubiquitous as a starter is "pyra z gzikiem"—boiled potatoes served with creamy cottage cheese. Traditional duck dishes are usually accompanied by cabbage and dumplings. With the meal, you might try regional liqueurs such as "Chycka" or "Benedyktynka", or opt for Grodzisk beer topped with a head of foam, fondly known as the local 'champagne'.

Learn From Locals: Poznan's Sweetest Symbol - St. Martin Croissant Workshop

Desserts in Poznan are as memorable as the city itself. At the interactive Poznan Croissant Museum, we'll learn the history of this beloved pastry and try our hand at making it ourselves. The entertaining show, full of funny tasks and tastings, guarantees a good time for all.

Time at leisure for private sightseeing.

Day 9

Slow Food Journey to the Capital

Traditional Dairy from a Rural Cheese Factory

The tradition of milk processing in Slesin is almost 200 years old. Slesin cheeses from the "Pantry of Countess Potulicka" are ripening rennet cheeses made from fresh, unpasteurized cow's milk. They acquire their flavor while aging in the historic cellars of the farm, maturing on birch boards. Salt, natural herbs, and spices give them their character. "Count Kazimierz's cheese from Slesin" won a special prize for best local product in 2022. During our visit, we will

also sample these exceptional cheeses.

Local Cooking Styles: Be Wowed by Polish Slow Food

At the charming, art-filled cottage of Katarzyna and Wojtek Gronecki—nestled near the ruins of an old primate’s castle in Lowicz, which they own—we will enjoy a **flavorful lunch featuring regional dishes**, hosted in their home. Before we leave, you’ll receive a handmade keepsake crafted by this artistic family.

Arrival in **Warsaw**. We will embrace the history of the capital with a **walk through the Old Town**, the symbol of the city’s rebirth, which has earned its place on the UNESCO World Heritage List.

Day 10

Warsaw’s Heritage and Farewell Dinner

Warsaw was once dubbed “The Paris of Central Europe.” We will follow in the **footsteps of Polish royalty on a tour of Lazienki Park**, with its lovely Palace on the Island, beautiful tree-lined paths, dozens of colorful peacocks strutting around, and the statue of Frederic Chopin. A drive along the **Royal Route** will lead us past some of the city’s most important monuments and landmarks.

Time at leisure.

At Blikle Cafe, you can drop in for a “pączek”—a traditional Polish doughnut filled with rosehip jam. A part of Warsaw’s culinary folklore, the Blikle Cafe was once frequented by Charles de Gaulle during his time in the city. Today, the venue remains famous for its cakes and desserts.

Cannon Fire and Blossom: Chopin’s Poetics

What better way to end the day than with a memorable piano performance? Warsaw offers unique moments with Chopin’s music—it’s the city where he developed his talent for nearly twenty years. Chopin’s compositions reflect the spirit of Polish romanticism and are deeply intertwined with the country’s long struggle for independence.

A Modern Twist to the Nation’s Best-Loved Recipes: Magda Gessler, Poland’s Celebrity Restaurateur

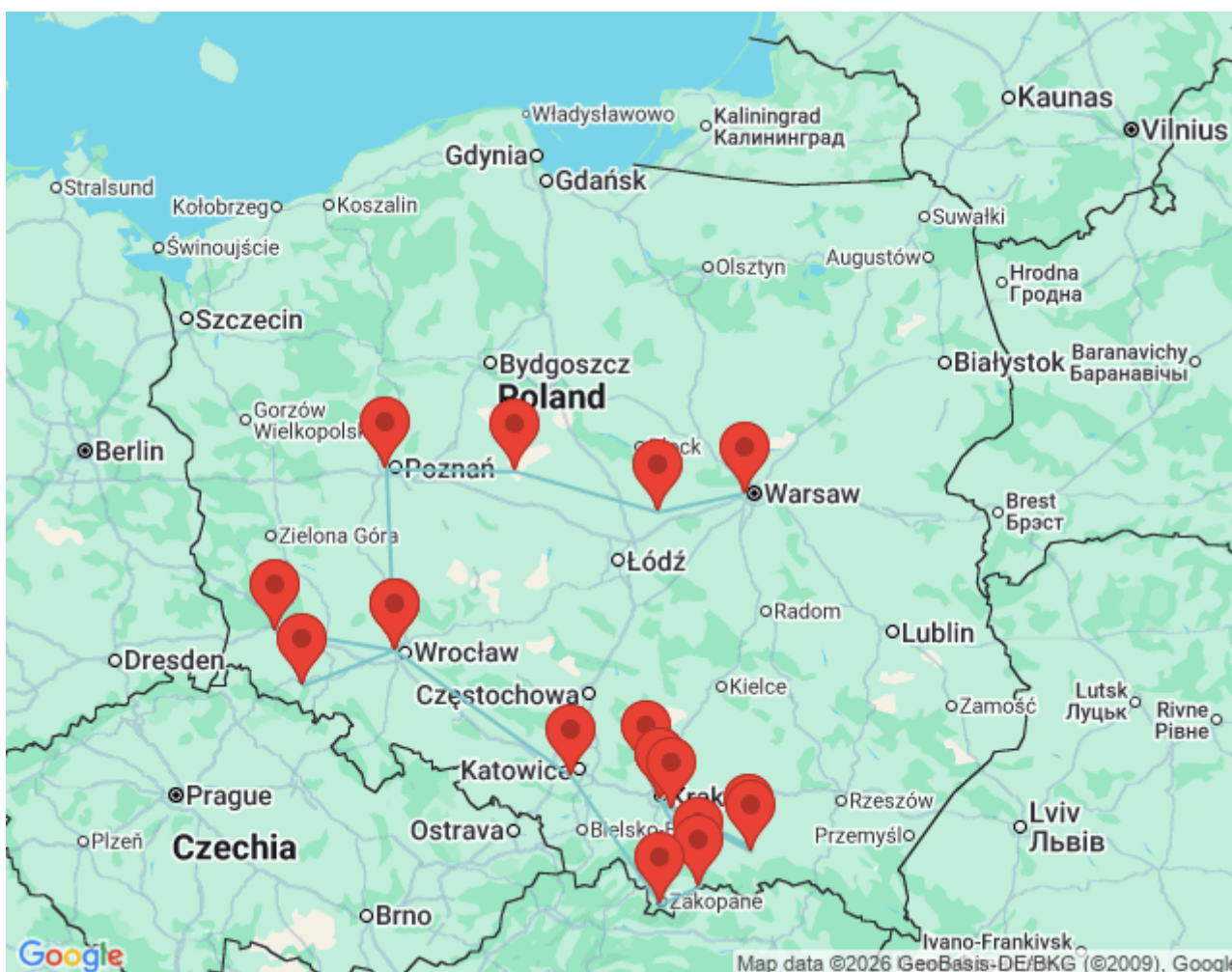
Fermented flour for soup? Yes—welcome to “żurek”, one of Poland’s most surprising and

traditional soups, prepared in countless regional variations. Savor this and other beloved recipes reimaged with a modern touch during our **farewell dinner** at one of Magda Gessler’s acclaimed restaurants. Gessler, a celebrity chef and leading figure in Polish culinary revival, has helped restore pride in the country’s gastronomic traditions.

Day 11

Time to Say "Do Widzenia"

Private transfer to the airport for your departure flight.



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