



Rediscover the
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Tour Notes

From the Baltic to the Tatra Mountains

Tour Duration – 26 Days



Tour Rating

Fitness ●●○○○ | Off the Beaten Track ●●○○○ | Culture ●●●●○ | History ●●●●○ | Wildlife ●●○○○

Tour Pace

Moderate

Tour Highlights

- ✓ In-depth tour of the Baltic States of Estonia, Latvia, and Lithuania, followed by a fascinating journey across Poland
- ✓ After crossing the Baltic Sea from Helsinki, explore the enchanting and history filled Baltic capitals of Tallin, Riga and Vilnius
- ✓ Visit quaint fishing villages on the Baltic Sea
- ✓ Explore the forests and marshes of Estonia's Lahemaa National Park
- ✓ Discover Poland and the old towns of Wroclaw, Gdansk, and Krakow
- ✓ Take a moving tour of Auschwitz-Birkenau
- ✓ Cruise along the famous Elblag Canal, one of the new seven tourist wonders of Poland





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Tour Map



Tour Essentials

Accommodation:	Comfortable mid-range hotels with private bathrooms
Included Meals:	Daily breakfast (B), plus lunches (L) and dinners (D) as shown in the itinerary
Group Size:	Maximum of 12
Start Point:	Helsinki – you can arrive any time on day 1
End Point:	Warsaw – you can depart any time on day 26
Transport:	Ferry, minibus, standard class train
Countries Visited:	Finland, Estonia, Latvia, Lithuania, and Poland





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From the Baltic to the Tatra Mountains

Explore the enchanting Baltic States of Estonia, Latvia, and Lithuania, followed by a fascinating journey across Poland.

Our adventure starts in cosmopolitan Helsinki before crossing the Baltic Sea by comfortable ferry. Then we explore the magnificently preserved old towns of Tallin, Riga and Vilnius, as well as getting off the beaten track to see some areas of outstanding beauty away from the capitals, including national parks and the stunning Curonian Spit.

The next leg of our adventure takes us by train linking the Lithuanian and Polish capitals from Vilnius to Warsaw. Then we head west to Wroclaw and the Wooden Churches of Peace (UNESCO), then south to the foot of the Tatra Mountains. We spend some time in nature at Morskie Oko lake before continuing onto Wieliczka Salt Mine (UNESCO) and Krakow, from where we make a moving visit to Auschwitz-Birkenau. For the final leg of our tour, we return to the Baltic coast and visit the beautiful city of Gdansk, before heading back to Warsaw where our adventure ends.

Tour itinerary notes

While our intention is to adhere to the day-by-day itinerary as printed below, a degree of flexibility is built in. Overnight stops may vary from those suggested and on occasions alternative accommodation, of a similar standard to that named below, will be used.

Tour Guide

Our guides are a key strength, chosen for their knowledge of and passion for the areas in which they work. All of our guides are carefully hand-picked, and are not just passing through these countries, but are usually locally born. Unlike some companies it should be noted we do not send a guide or tour leader from Undiscovered Destinations in the UK as we have every confidence in our locally appointed representative who is responsible for operating the tour on our behalf. On this tour you will have different English-speaking guides in each country.

Itinerary

Day 1: Arrival in Helsinki

Arrive in Helsinki and transfer to your hotel. Depending on when you arrive there may be some time for you to explore the city or you may wish to just relax after your journey. The tour briefing will either take place this evening or tomorrow morning at breakfast by your local Helsinki guide. Overnight at Hotel Hobo or similar. No meals nor guiding arrangements are included today.

Day 2: Helsinki - Tallinn

This morning starting at around 08:45am we explore some of the key sights of Helsinki. We visit the Market Square and Market Hall, the Uspenski Orthodox Church, Senate Square and Cathedral, the Church in the Rock and Sibelius Park. This afternoon will be at leisure until you are transferred to the port for the ferry to Tallinn. Your Estonian guide will be accompanying you on the ferry to answer any questions you may have. On arrival in Tallinn, you will be transferred to the hotel. Overnight at Hotel Bern or similar. (B)



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Note – We recommend today that you have your evening meal on the ferry between Helsinki and Tallinn. Your luggage will be taken care of on the ferry so you can take the journey just with your essentials and enjoy the ferry journey.

Tallinn

Tallinn is a modern city with a medieval twist; a place where the past is still alive and kicking. Despite the boom of 21st century development, Tallinn remains loyal to the fairy-tale charms of its two-tiered Old Town – one of Europe's most beguiling walled cities. It's an intoxicating mix of old and new, with ancient church spires and glass skyscrapers, baroque palaces, and shiny shopping malls. Increasingly sophisticated without being overly sanitised and forward focused whilst embracing the past, Tallinn is truly a fascinating city.

Day 3: Tallinn

Meet the guide at 08:45am. This morning we explore the city of Tallinn. Visits include Pirita with St. Briggita's convent ruins, Kadriorg Park and Palace and Russalka Monument. We take a guided walk of the old town and see the medieval city walls of the upper city of Toompea with Toompea Castle, Aleksander Nevsky Orthodox Church, Dome Cathedral and the lower city including the Town Hall Square, the Black Head's House, Fat Margarita Tower and Viru Gates. The sightseeing will finish around 1pm and you then have the rest of the day to enjoy Tallinn at leisure. Overnight at Hotel Bern or similar. (B)

Day 4: Tallinn – Lahemaa National Park – Tallinn (Overall driving time today is approx. 3 hours)

Meet the guide at 08:45am. Today we visit Lahemaa National Park and Palmse Manor. We take a walk on Viru Bog on a marked 4km boardwalk trail which passes through a forest and marsh environment typical of Lahemaa National Park. On the walk we learn about the flora and fauna of the area. We can climb a viewing tower which affords a scenic view of the landscape. We also visit the manorial estate of Palmse dating back to the 18th Century containing remarkable pieces of period furniture and clothing. Both the manor itself and the grounds are a delight. Lunch will be taken here and afterwards it will be possible to take a walk in the grounds. Finally, today we visit Altja fishing village, first mentioned in the mid-15th Century and containing many reconstructed traditional buildings. Later return to Tallinn. Overnight at Hotel Bern or similar. (BL)

Day 5: Tallinn – Parnu - Saulkrasti – Riga (Overall driving time today is approx. 4 hours)

This morning we depart early at 07:45am and transfer to Parnu, a coastal city of Estonia famous for its beautiful coastal scenery and white sand beaches. After a short stop in Parnu we continue south along the coast of the Baltic Sea towards Latvia. We visit Munchausen's Museum, located in the picturesque seaside town of Vidzeme in Dunte, 55km from Riga and take one of the short walking trails to learn about the history of the place. Continue to Saulkrasti and take a walk on the fine stretch of beach and admire the natural dunes. Continue to Riga and transfer to the hotel. Overnight at Hotel Semarah Metropole or similar. (BL)

Riga

Riga, Latvia's capital is the largest, liveliest, and most cosmopolitan of the Baltic capitals. A heady mixture of the medieval and the contemporary, the city has much to offer architecture and history enthusiasts in the narrow-cobbled streets of Old Riga and the wide boulevards of the New Town, where beautiful examples of Jugendstil Art Nouveau architecture – “music in stone” – line Strēlnieku iela and Alberta iela. The city also has all the trappings of a modern capital, with efficient and affordable public transportation, excellent shopping, and a lively restaurant and bar scene.



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Day 6: Riga

Meet your guide this morning at 08:45am. We start by visiting the art nouveau district and visit the fascinating museum. Later this morning visit the old town including the National Opera House, the Freedom Monument, the big and small guildhalls, the Dome Cathedral, Riga Castle, Three Brothers', St Jacobs's church, the renovated house of the Brotherhood of the Black Heads and St Peter's church. The tour will finish around 1pm and then lunch and the afternoon are at your leisure for you to further explore Riga. You may wish to visit stroll in the old town or take a river trip on Daugava River for nice views of Riga city. Overnight at Hotel Semarah Metropole or similar. (B)

Day 7: Riga – Gauja National Park – Riga (Overall driving time today is approx. 3 hours)

Meet your guide this morning at 08:45am. Our first stop today is the bustling central market of Riga where fresh produce and arts and crafts are for sale in one of the most notable structures in Latvia, constructed using old German Zeppelin hangars. The structure is UNESCO listed and is a fascinating and atmospheric place to wander around. Continue inland to the picturesque green valleys of the National Park of Gauja River, also known as North Switzerland. We make a special visit to the workshop of a master Amber craftsman who will explain to us how to distinguish real amber from fake, teach us about different amber crafts and show you his unique family collection of different coloured amber stones. Visit Sigulda city and take a tour around the authentic medieval castle of Turaida, Gutman's Cave and Sigulda Castle ruins. Later we return to Riga. Overnight at Hotel Semarah Metropole or similar. (BL)

Day 8: Riga – Ragaciems - Lapmežciems – Jurmala - Riga (Overall driving time today is approx. 2 hours)

Meet your guide this morning at 08:45am. Firstly take a drive on the left bank of Daugava River to see the old wooden style houses and visit Kipsala Island. From Riga we drive a short distance to Ragaciems, a fishing village situated on the Baltic Sea gulf after the Jurmala border. You will have the opportunity to see authentic and modern fishermen houses. You may get the chance to chat with one of the local fishermen. Continue to Kaniera Lake where we take a stroll on the boardwalk and for those that have an interest in ornithology there is a bird watching tower to observe species from. For lunch we visit a traditional smokehouse and enjoy a tasting experience. Continue to Jurmala, a summer resort town with a lovely white sand beach and authentic wooden houses which are included in UNESCO's heritage list. This afternoon is at your leisure to stroll along the fine stretch of beach and later, return back to Riga. Overnight at Hotel Semarah Metropole or similar. (BL)

Please kindly advise us at the time of booking if you have any fish or seafood allergies for the visit to the smokehouse.

Day 9: Riga – Klaipeda (Overall driving time today is approx. 4 – 5 hours)

Meet your guide this morning at 08:30. This morning we depart for Klaipeda. En route we stop at the Hill of Crosses where pilgrims over the years have left crosses on the hill. The number of crosses is estimated to be over 100,000 and it is a quite remarkable sight to behold. After a picnic lunch, continue to Klaipeda and on arrival transfer to the hotel. We should arrive in Klaipeda by mid-afternoon. Check in to the hotel and then later this afternoon take a city tour and visit the old town with its 'Fachwerk' and interesting neo-gothic buildings. If time allows, we can visit the Blacksmith Museum which has a particularly interesting local story. Overnight at Hotel Old Mill or similar. (BL)

Klaipeda

Lithuania's third-largest city is a mix of old and new. This former Prussian capital (when it was named Memel) has retained a distinct German flavour in the architecture of its heavily cobbled Old Town and one remaining tower of its red-brick castle. It's also Lithuania's only port of call for Titanic-sized cruise ships, and a vital sea link for cargo and passenger ferries between Lithuania, Scandinavia and beyond.



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Day 10: Klaipeda – Nida Curonian Spit (UNESCO) – Klaipeda (Overall driving time today is approx. 2 hours)

Meet your guide today at 08:00 as we depart to explore the Curonian Spit. A short distance from the centre of Klaipeda we take the short car ferry over to the Spit. Once on this wonder of nature we will take in a number of places of interest. Firstly, we will stop to admire the fabulous stretch of Baltic Sea coast and take a short stroll on the sands. Visit the 'Hill of Witches' where your guide will regale some of the local fairy tales of this region. Stop to observe a remarkable site where a huge colony of black cormorants has taken residence on a stretch of the pine forest. Continue to the Parnida dune with its spectacular views of the lagoon to one side and the Baltic Sea to the other across the forest. Visit the Thomas Mann Museum, a former residence of the famous German writer and winner of the Nobel Prize. His former summer residence has magnificent views over the lagoon. Continue to Nida close to the Russia border to explore the town and take a short boat tour to admire the dunes from the Curonian lagoon. Finally visit the Great Dune for stunning panoramic views over an amazing landscape. For those that wish, it is possible to take a scenic 40-minute walk from the Great Dune back to Nida where you can meet up with your transport. Later return to Klaipeda once again taking the short car ferry journey across from the Curonian Spit. Overnight at Hotel Old Mill or similar. (BL)

The Curonian Spit

The Curonian Spit is 98km long, thin, curved sand-dune spit that separates the Curonian Lagoon from the Baltic Sea Coast. Its southern portion lies within Kaliningrad Oblast, Russia, and its northern within south-western Lithuania. It is an UNESCO world heritage site shared by the two countries.

Day 11: Klaipeda – Palanga – Vilnius (Overall driving time today is approx. 5 hours)

Meet your guide at 08:45am. This morning we travel to Palanga where we will visit the Botanical Garden and tour the magnificent Amber museum which is particularly notable specimens with inclusions of fossils such as mosquitos, insects and even lizards! After a picnic lunch, continue to Vilnius and on arrival transfer to the hotel. The rest of the day is at leisure. Overnight at Hotel Congress or similar. (BL)

Vilnius

Vilnius, Lithuania's capital is a city of immense allure with Europe's largest baroque old town at its heart. Despite its troubled past with the Soviets and Nazis, the spirit of freedom and resistance has prevailed, with the city forging a new identity combining the past with a present and future that involves world cuisine, a burgeoning nightlife, and shiny new skyscrapers.

Day 12: Vilnius

Meet your guide at 08:45am. This morning we explore the city of Vilnius including a visit to Peter and Paul Church, the old town and Cathedral Square, Vilnius Cathedral, Gediminas Castle and Tower, Gediminas Statue and St. Anne's Church. We also visit Subacius Hill where you get a panoramic view of Vilnius (note that this involves walking up a hill and up some steps to the top). Finally we visit the Dawn Gate, one of the most important symbols of Vilnius City. The tour finishes around 1pm and this afternoon is at leisure time and those who wish to do more sightseeing may like to visit the KGB museum (own expense) or continue to wander at a slow pace through the atmospheric old streets. Overnight at Hotel Congress or similar. (B)

Day 13: Vilnius – Trakai – Vilnius (Overall driving time today is approx. 1 hour)

Meet your guide at 08:45am. Take the short journey from Vilnius to Trakai Castle, a picture-postcard medieval castle located on an island on Lake Galve. After crossing the drawbridge and moat, take a tour of the castle which has been painstakingly restored. Explore the many halls and rooms which chart the history of the castle. After the tour, drive back to Vilnius where you will have some leisure time this afternoon to do some final exploring or search for souvenirs in the many charming shops and boutiques of the old town. Overnight at Hotel Congress or similar. (B)



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Trakai Castle

Trakai Castle is a picture postcard island castle situated on Lake Galve. The castle dates from the 15th Century and is attached to the shore by a footbridge. A moat separates the courtyard from the main tower.

Day 14: Vilnius – Warsaw

After a leisurely morning we are transferred to the railway station where we board an early afternoon train to take us south towards Poland. Pending completion of the 'Rail Baltica' rail project, which will link Warsaw and the Baltic capitals, the journey requires a simple change of train at the Lithuanian border town of Mockava – about a 2.5 hour journey from Vilnius. From Mockava a modern Polish inter-city train will take us to Warsaw – about a 5 hour journey. Arrival in the Polish capital is expected to be around 8pm, where we will be met at the city's central station and transferred to our hotel. Overnight Chopin Boutique B&B or similar. (B)

Please note that the group will travel without a guide and will be unaccompanied on the train from Vilnius to Warsaw.

Warsaw.

Warsaw, Poland's capital, is a delightful blend of old and new; gleaming office buildings mixed with old communist-style apartments. Its well-preserved old town is definitely worth a visit, as well as the fairytale-like palaces to the north of the city.

Day 15: Warsaw Sightseeing

Today explore the delights of Warsaw. This morning visit the Łazienki Garden and enjoy a guided walk to the Palace and the Frederick Chopin monument. After lunch explore the Old Town, beautifully rebuilt after World War II, with the impressive Royal Castle, the seat of the kings of Poland. Here the Constitution of May 3rd was proclaimed in 1791, the second oldest constitution in the world after the US Constitution. Later this evening enjoy a musical concert of Frederic Chopin's music concert. Overnight Chopin Boutique B&B or similar. (BL)

Day 16: Warsaw - Wroclaw (approx. driving time 4.5 hours)

After breakfast we leave Warsaw and head south to Wroclaw. On the way we stop in Zelazowa Wola – the birthplace of Frederick Chopin. Visit the museum located at his family home – a beautiful manor house. Next, continue to Łowicz, a typical Mazovian town famous for folk art. Especially noteworthy are the colourful costumes and beautiful paper cut-outs. Visit the local museum and a separate open air museum. After lunch we continue to Wroclaw, where we expect to arrive early evening. Overnight Qubus Hotel or similar. (BL)

Wroclaw

Wroclaw is Poland's fourth-largest city and located on the banks of the River Oder. Known for its stunning architecture and colourful buildings that line the main square, Wroclaw is one of Poland's most popular destinations. Having previously hosted the Euro 2012 championship and 2016 European Capital of Culture, it's European and international profile is growing. The city is renowned for its high-quality teaching, and its university has produced nine Nobel prize laureates.

Day 17: Wroclaw – Swidnica - Wroclaw

Explore Wroclaw on a half day tour. Visit the Old Town, Ostrów Tumski Island, Centennial Hall. This afternoon we head to the city of Swidnica (approx. 30km from Wroclaw) where we visit the unique wooden Churches of Peace, listed on the UNESCO World Heritage List. Return to Wroclaw where the rest of the evening is at leisure. Overnight Qubus Hotel or similar. (BL)



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Day 18: Wroclaw - Zakopane (approx. driving time 5 hours)

Today we head for Zakopane. Depending on the group, we make an optional stop in Zabrze to visit a museum located at the Old Coal Mine, where you learn about the history of coal mining in Silesia (additional cost to be paid locally). Arrive in Zakopane in the early evening, beautifully situated at the foot of the Tatra Mountains in the valley between Gubalowka and Giewont. It is the most popular resort and one of the most beautiful places in Poland owing to its picturesque location. Overnight Czarny Potok Hotel or similar. (BL)

Day 19: Morskie Oko Lake

After breakfast we head to Morskie Oko lake located in the Tatra Mountains. Enjoy a walk along the trails and a short horse-drawn carriage ride to the shelter at Morskie Oko, where you can enjoy a wonderful view of the highest peaks of the Polish Tatra Mountains. After lunch we return to Zakopane where we take a drive around the city before returning to the hotel Overnight Czarny Potok Hotel or similar. (BL)

Day 20: Wieliczka Salt Mine – Krakow (approx. driving time 3 hours)

After an early breakfast depart for Wieliczka to visit the famous Wieliczka Salt Mine (UNESCO). Continue to Krakow where we take a short city tour. Visit the Wawel Royal Castle, home to three dynasties of Poland's monarchs. Its stately halls and exquisite chambers are filled with priceless art, valuable period furniture and rare ancient objects. The collection of monumental 16th century tapestries is matchless. We also visit Wawel Cathedral, the place of the cult of St. Stanislaw and St. Jadwiga, Queen of Poland. The 18 chapels are true architectural masterpieces. The giant bell, Zygmunt from 1520 ranks with the world's largest. This is the place where Polish kings were crowned and buried. After lunch visit Krakow's old town, with its restored main square of magnificent houses and palaces. Stop at St. Mary's Basilica to see the magnificent wooden altar by Wit Stwosz. In the middle of the square is Cloth Hall built before 1349 but renovated in the 16th century with many shopping stalls inside. Overnight Wit Stwosz Hotel or similar. (BL)

Krakow

Poland's capital city until 1596, Krakow is now a leading centre of Polish academic, economic, cultural, and artistic life. One of Poland's oldest cities, it covers both banks of the Wisla river and located at the foot of the Carpathian Mountains. Its beautifully restored old town, a UNESCO listed site, is a wonder to explore and home to Wawel Castle – the residence of three dynasties of Poland monarchs.

Day 21: Auschwitz-Birkenau

Today visit Oswiecim, the site of the Auschwitz-Birkenau Concentration Camp; an eerie and haunting place that drives home the terrible atrocities which took place here during World War II. There is an option to stop in Wadowice, the hometown of John Paul II before your visit to Auschwitz. The remainder of the day is at leisure. Overnight Wit Stwosz Hotel or similar. (BL)

Day 22: Sandomierz – Kazimierz Dolny (approx. driving time 4 hours)

After breakfast we leave Krakow and head to the city of Sandomierz, an example of Renaissance architecture in Poland. Take a walk through the streets of the old town and visit the castle and St. Jacob's Church with its Dominican Monastery. We continue to Kazimierz Dolny, a beautifully located old town on the Vistula river banks, known also as a place especially cherished by artists. We take a short city tour before heading to your hotel. Overnight at Kazimierzowka Hotel or similar. (BL)

Day 23: Gdansk (approx. driving time 5.5 hours)

Today we head to Gdansk. We stop in Torun – the city of Nicolas Copernicus, the famous Polish astronomer – where we walk through the streets of the old town and visit the museum, Copernicus's home, Crooked Tower, and taste the local famous gingerbread. Arrive in Gdansk in the evening. Overnight Dom Muzyka Hotel or similar. (BL)



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Gdansk

Although destroyed during WWII, Gdansk was beautifully rebuilt and now known as being one of the most beautiful cities on the Baltic. The city is considered to be one of Europe's most important port cities with its stunning architecture, historic city centre and spectacular beaches, and is a popular destination for Poles and foreigners alike.

Day 24: Gdansk

Today take a guided tour of Gdansk's old town. Visits include the St. Mary Basilica, Neptun Monument, Zuraw Gdanski, the harbour, the "Roads to Freedom" exposition and the "Monument of the Fallen Shipyard Workers". Next visit the monument at Westerplatte, where WWII began. Visit the Gothic Cathedral in Oliwa where you can listen to a concert on a baroque pipe organ. After lunch continue to Sopot – a famous Polish spa at the Baltic seaside, and famous for the longest wooden pier in Europe. Overnight at Dom Musyka Hotel or similar. (BL)

Day 25: Malbork – Warsaw (approx. driving time 4 hours)

Early departure this morning to Malbork for a visit to the medieval fortress of Teutonic Knights, the largest brick castle in Europe. The Malbork Castle, a 15th c. powerful stronghold of the Teutonic Knights, is one of the best examples of medieval fortification in Europe. We then return to Warsaw. We break up the journey with a 2-hour cruise along the famous Elblag Canal which is considered one of the new seven Poland tourist wonders. It was built in the 19th c. and renovated again but a few years ago. You cross 4 water ramps during the cruise also on... grass. We arrive in Warsaw in the evening. Overnight Chopin Boutique B&B Hotel or similar. (BL)

Day 26: Warsaw Departure

At leisure until you are transferred to the airport for your departure flight. (B)

Tour Inclusions / Exclusions

Inclusions:

Arrival and departure transfers
All accommodation
Services of English-speaking guides – different guides in each country
Meals as listed (B – Breakfast, L – Lunch, D – Dinner)
Entrance fees
Helsinki to Tallinn ferry ticket
Vilnius to Warsaw standard class rail ticket
All ground transport on tour

Excluded:

International flights
Travel Insurance
Visas if applicable
Meals not mentioned on the itinerary
Drinks
Items of a personal nature
Tips (discretionary)





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Important Information

Foreign Office Travel Warnings

Before booking your tour, please familiarise yourself with the country specific information provided by the UK's Foreign, Commonwealth and Development Office (FCDO) - <https://www.gov.uk/foreign-travel-advice>. This includes important information such as latest immigration requirements, and details of any travel advisories.

It should be noted that this information applies to British citizens. Other nationals are asked to check the current position of their respective government.

Accommodation and Meals

Hotel Check-in Times

As a general rule most hotels will allow guests to check-in from 2pm. Please note that the price of your tour does not include guaranteed early check-in. Therefore, please advise us if you would like to ensure that your room is available for an earlier arrival. This is particularly relevant on the first day of the tour and for early morning arrivals. One option is to pre-book and pay for an extra night at the beginning of your tour which will guarantee your accommodation is available irrespective of what time you arrive. Please contact us for information and costs.

It should also be noted that on many of our tours we have set-aside Day 1 of the itinerary as an 'arrival day'. For this reason and because tour participants are likely to be arriving at different times, and often from different countries, guided sightseeing or other activities are not included. If you are arriving early or before the start date of the tour and would like to organise some extra arrangements on a private basis, please contact us.

Accommodation Rating

On this tour you will be staying in comfortable small to mid-size hotels. On this tour hotels have private bathrooms. In general, you will find your hotel has a restaurant and/or bar.

We welcome solo travellers and single rooms will be allocated subject to the applicable tour supplement. Please note that on occasions you may not always be allocated a double or twin room, as some hotels have designated single rooms. These may be smaller in size. However, the supplement payable takes this into consideration.

Food & Drink

The daily meal basis is shown in the tour itinerary; breakfast (B), lunch (L) and dinner (D). Please note that lunch may be a picnic. Drinks are not included and will be payable locally in cash.

Dietary Requirements

If you have any special dietary requirements, you must notify us at the time of booking. While we will make every effort to cater for you, we cannot guarantee that this will be possible.



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Budgeting for your Tour

You will need some extra money to cover meals and drinks not included in the tour price, any optional sightseeing, souvenirs, and items of a personal nature such as laundry.

Food

The costs for meals may vary depending upon location, type of restaurant and number of courses eaten and so the prices given are an average guide. Local restaurants located off the beaten track may be less expensive, whereas an upmarket restaurant located in the centre of a major city may charge more. Indicative costs below are per person.

Lunch or Dinner - will vary from as much as £30 in Helsinki to less than £15 in Vilnius.

Drink

The prices for drinks can vary greatly depending upon location and the prices detailed below are an average guide. In general, you would expect that drinks purchased in a supermarket or local bar to be less expensive, whilst drinks in an upmarket bar or restaurant may be more expensive.

Bottle of local beer – will vary from as much as £8 to £10 in Helsinki to less than £2 in Vilnius.

Bottle of mineral water - will vary from as much as £4 in Helsinki to less than £1 in Vilnius.

Tipping – Guide and Drivers

Tips for your local guide and driver are appreciated for good service in Estonia, Latvia, and Lithuania. The amount you wish to tip is up to you but as a guideline consider a few euros per person, say €5 per day for the guide and a little less for drivers. In restaurants tips for good service should be around 10% of the bill but check to see if service charges have been added to your bill.

Foreign Exchange

ATM Availability: ATM machines are widely available

Credit and Debit Card Acceptance: Cards are widely accepted except in rural locations.

Local Currency: The Euro is the national currency in Finland, Estonia, Latvia, and Lithuania and in Poland it is the Polish zloty.

Recommended Currency for Exchange: Dollars or Euros.

Where to Exchange: Your guide will advise you.

Joining your Tour

Flight Information

Our advertised prices do not include the cost of international flights. Please contact us if you would like a quotation to book a 'flight inclusive' package. Your flight inclusive package will be fully protected by the Civil Aviation Authority (CAA) ATOL protection scheme.

Joining Tour Abroad

Customers booked on the 'Land Only' arrangements will receive a free airport transfer, both on arrival and departure. In order that the transfer can be arranged please ensure that you advise us of your flight information once available. Please advise the date, time, and flight number for your arrival/departure. If we have not been advised of this information at least 2 weeks before travel, then you will be required to make your own way to the hotel on Day 1 of your tour.



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Travel Insurance

It is a condition of booking with Undiscovered Destinations that you have adequate valid travel insurance. It is your responsibility to arrange appropriate travel insurance and ensure you have read and understood the full terms and conditions of your travel insurance policy to ensure that you are covered for all activities you intend to undertake whilst on the tour, including all optional activities. Your Insurance Policy must fully cover you for medical expenses (including cover for Covid-19 conditions) and emergency repatriation to your home country and be valid for the entire duration of your holiday.

Visa Information

At the time of writing British, US and Australian nationals do not require a visa for a short-term tourist visit to Finland, Estonia, Latvia, Lithuania, and Poland.

As it is the travellers' responsibility to ensure that they meet all entry requirements it is essential that you check the rules and any other conditions at the time of booking and again when making your balance payment. In addition, we would strongly advise that you make a final check around two weeks before your arrival. This is important as requirements can change at short notice. Undiscovered Destinations, when possible, will provide guidance about entry rules, but in the first instance please contact the relevant authorities, including the applicable embassy or consulate for assistance. Contact details can be found by visiting the following websites.

British Nationals - www.gov.uk/foreign-travel-advice

US Nationals - <https://travel.state.gov/content/travel/en/international-travel.html>

Australian Nationals - www.smartraveller.gov.au/

Other nationals should check the latest requirements with the authorities in their home country, or with the destinations nearest embassy or consulate.

Passports

It is your responsibility to ensure that you are in possession of a full passport, valid for at least six months after the date of return to your country.

We strongly advise that your passport contains a minimum of two blank pages for each country visited, as this may be a requirement of the local immigration authorities. In addition, certain countries will stipulate that the two blank pages are opposite each other. If you are unable to meet these requirements you may be refused boarding by your airline or denied entry by the immigration authorities.

For specific information about the requirements for your destination UK citizens can visit www.gov.uk/foreign-travel-advice and visit the Entry Requirements section.

Vaccinations & Protection

There are no compulsory vaccinations to visit the Baltic States or Poland. We recommend that you consult a doctor or travel clinic 6-8 weeks prior to the tour to discuss any recommended vaccinations.

The legal status and regulation of some medicines prescribed or purchased in your home country can be different in other countries. If you're travelling with prescription or over-the-counter medicine, read this guidance from NaTHNaC on best practice when travelling with medicines. For further information on the legal status of a specific medicine, you'll need to contact the embassy, high commission or consulate of the country or territory you're travelling to.



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meaning of travel

Preparing for your tour

Climate

Average temperature by day at this time of year can range anywhere between 12-25 degrees centigrade. By night temperatures can drop down to 5 degrees centigrade. Rain showers and longer spells of rain can occur at any time of the year in the Baltic region. Weather and climate is notoriously unpredictable in the Baltic region and in extreme cases temperatures can be warmer or colder than noted above. June enjoys long summer days and is a nice time to experience the Baltic region.

Clothing

Clothing in general should be layered and reasonably lightweight but take warmer clothes for nights and early mornings or days that can be on the cool side in the Baltic region. Being a maritime climate, it can rain at any time of the year so make sure you have a waterproof or umbrella.

Equipment

Take a torch for any dimly lit areas, water bottle, sunhat, and sunblock. Binoculars are useful for birdwatching, as is a telephoto lens for keen photographers. In general, you will be visiting in the warmer months so an insect repellent may prove useful.

Footwear

Lightweight trail boots or shoes with grip for walking plus trainers or sandals for general travelling.

Luggage on tour

One main piece of luggage (we recommend a soft bag or holdall) plus day sack. Luggage allowance on tour: 20kg (please note airline allowances may vary).

Electric Supply & Plugs

Finland, Estonia, Latvia, Lithuania, and Poland: European two circular pin style plugs.

Tour Itinerary Versions

Please ensure that you have an up-to-date copy of these tour notes immediately before you travel, as from time to time our itineraries may be amended, either for operational reasons or in response to feedback from customers. You will be informed of any major changes to your tour, but small changes may just be added to these tour notes. These tour notes were updated 8 January 2024.

