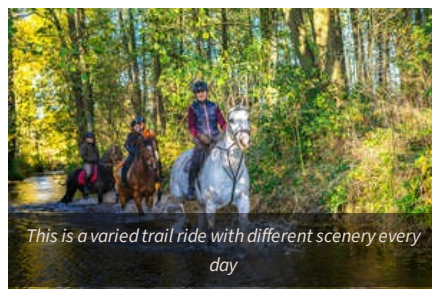


# The Warmia trail

## POLAND

This **centre-based riding holiday programme** offers competent riders the opportunity to explore the historical region of Warmia in **northern Poland** in the saddle. You stay overnight at Galiny Palace, a beautifully renovated country estate, and ride out every day to explore a different area. The rides are designed to be active, covering about 30 km each day with the chance to learn about the **local cultural heritage and history**. When not riding, you can enjoy some free time relaxing or taking part in some of the estate's on-site activities.

<b>Centre based holidays</b>	 <b>7 days (5.5 riding)</b>	 <b>From £1,470</b>		Family holidays from 12 y.o
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


## ITINERARY

## Highlights

- A centre-based holiday designed for competent riders – no need to pack and unpack every day: instead, relax in the comfort of a beautiful 16th century country estate!
- Explore Poland on horseback, following a variety of trails and including visits to lovely traditional villages, ancient churches and sanctuaries.
- Enjoy a fantastic selection of on-site and off-site non-riding activities, making this the ideal holiday for those who might want to bring a non-riding friend or partner. There is also a mini farm with miniature horses, donkeys, goats, rabbits and poultry for the children to enjoy.

## Day 1 — 1 : ARRIVE AT GALINY

 Galiny Palace

Fly to Poland. The nearest airport is Olsztyn-Mazury but you can also fly to Gdansk Lech Walesa Airport, Warsaw Modlin Airport, or Warsaw Chopin Airport – see dates and prices for transfer rates. Alternatively you may prefer to make your own way to Galiny by hire car.

Please note that flights are not included but can be booked for you upon request. You should aim to arrive at Galiny by 14:00. On arrival, you will be taken to the stables to be introduced to the team and horses. A short test ride in the arena will allow the instructors to match you with the most suitable horse for your riding skills.

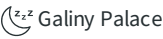
## Day 2 — 2 : STOCZEK KLASZTORNY - Approx. 5 hours riding

 Galiny Palace

Today's ride takes you along the wonderful meadows and forests of the Warmia region. The trail will include active trots and canters until you reach

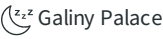
Stoczek Klasztorny, where you will find a 17th century sanctuary in the Baroque style. Your lunch today will be prepared by the monks. After a short rest in the monastery gardens you will make your way back to the stables. If there is time, you can relax and make the most of the estate’s facilities.

### Day 3 — 3: KRAWCZYKI VILLAGE - Approx. 5 hours riding



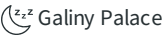
Another day in the saddle and another beautiful route. Today you will visit the village of Krawczyki. From the 16th to the 20th century, it belonged to the Denhoff family, a noble German family. Lunch will be served at one of the local farms. After lunch and a short rest you will ride back to Galiny castle.

### Day 4 — 4: BARTNIKI VILLAGE - Approx. 5 hours riding



Today’s destination is the village of Bartniki. As you ride, observe the small churches dotting the landscape - a very characteristic element of Warmia’s scenery. Picnic lunch at an ecological site called "Bartniki overflow area" which was created as a refuge to wetland birds. After break and lunch you ride back to Galiny where a traditional dinner is waiting for you.

### Day 5 — 5: POLAPIN - Approx. 5 hours riding



Today you will visit a tiny village with only a few dozen inhabitants. On your way there, you will ride along a protected lime tree alley. Before the picnic lunch, you will visit the remains of one of the former German homesteads. Ride back to Galiny through lush landscapes.

### Day 6 — 6: WARDOMY - Approx. 5 hours riding



Today you will ride to a small village located in the Bartoszyce district. The charming route allows you to enjoy the unspoilt nature. On your way to the village, you will ride along quaint buildings and the Kinkajmy Lake. At lunch time, you will stop at a local wedding house where regional dishes are served.

Ride back to Galiny.

### Day 7 — 7 : GALINY - HOME

Departure after breakfast and transfer to the airport for those who require it.

## DATES & PRICES

DEPARTURE	RETURN	PRICE WITHOUT FLIGHTS	STATUS
18/05/2024	24/05/2024	£1,470	Open

### Price details

- Flights or transportation to your destination (international/domestic) are not included, but can be booked on request - please contact us for rates.
  - Rates are per person, based on two riders sharing a twin or double room during your holiday.
  - Groups are composed of a minimum of 4 riders and a maximum of 12 international riders, plus guides. In the event that there are not enough riders to run the programme, you can enjoy two hour rides twice a day, but riding will only be possible on estate grounds rather than further afield.
  - If you sign up to the ride as a solo rider you will be charged a single room supplement of approx. £125/€140/\$155. Not applicable in the low season (January-April + November-December), in which case solo riders are automatically given a single room.
  - Transfers are not included in the price but can be arranged from the following locations. All rates are one way - payable in cash (Euro) to the driver.
- Car (1-3 people)

WARSAW – GALINY - €220  
OLSZTYN – GALINY - €100  
SZYMANY AIRPORT - GALINY – €120  
GDANSK – GALINY - €170

Bus (4-8 people)  
WARSAW – GALINY - €360  
OLSZTYN – GALINY - €130  
SZYMANY AIRPORT - GALINY – €250  
GDANSK – GALINY - €310

- Alternatively you could make your own way by hire car – there is free parking on the premises.

- Rider weight limit: 90 kilos / 14,1 st / 198 lbs

- The minimum age to join the trail is 12 yo, provided they meet the riding requirements.

- Non riders are welcome to join and have a special rate of £695/€795/\$875

Non-riding activities: bicycle hire, walks in the park, swimming in the lakes, fishing, wellness zone (with sauna), tennis courts, table tennis, football/volleyball/basketball courts. In the winter, cross-country skiing equipment is available. Some of those are at an additional cost and payable locally.

Please Note

The itinerary may be modified at anytime for security reasons, meteorological or events beyond our control such as blocked roads, rivers in flood, drought, strikes and local holidays. Equus Journeys, our local partners and their local guides will always strive to find the best solution and will alter the itinerary as needed.

The names of the hotels and accommodation are given for information only and depending on availability, they may be modified without notice and replaced by another of a similar standard.

## Price includes

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### SUPPORT TEAM

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1 English-speaking horse guide and/or instructor

### ACCOMMODATION

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Double or twin room at the Grange at Galiny

### MEALS

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Full board from lunch or dinner on arrival to breakfast on departure

## Price doesn't include

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### TRANSPORT

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Return airport transfers  
International flights

### EXTRAS

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Tips to the local team

### INSURANCE

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Cancellation and travel insurance are not included in the above listed price. Please note that insurance is mandatory. We recommend taking out an insurance policy as soon as your trip is booked to cover you in case of cancellation  
Visas and personal purchase

## Optional

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### ACCOMMODATION

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Single room supplement if applicable

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## Horses

The herd consists of nearly 70 horses. The horses are mostly warmblood types (Holstein, Westphalian) and Polish crosses, but ponies are also available to children. Some are suitable to experienced riders, and others are perfect for more novice or nervous riders. They breed some of their own horses, others they brought from friendly stud farms in Poland. You will ride different horses throughout your holiday.

## Guide & local team

The instructors at Galiny are Patrycja (lead instructor), Maja and Anita. They have all been instructing for a number of years and are experienced teaching all sorts of riders. Patrycja and Maja speak good English and are used to instructing international riders.

## Minimum riding ability

### MINIMUM RIDING ABILITY

This centre-based equestrian holiday is suitable for intermediate riders and above who ride regularly, or are planning to get back in the saddle before the trip. You must be comfortable riding at all paces and be able to control your horse across open terrain.

Maximum rider weight limit: 90 kilos / 14,1 st / 198 lbs

### PACE

There are plenty of opportunities for trots and canters where the terrain allows.

### TACKING ABILITY AND PARTICIPATION

You are welcome to groom and tack/untack your horse, although this is not mandatory.

### TRIP CONDITIONS AND REQUESTED EXPERIENCE

This trail does not present any specific difficulties.

Previous experience of riding a trail for several days would be an advantage but is not essential.

### EQUESTRIAN EQUIPMENT

The horses are ridden in English tack. Snaffle bits, some hackamores.

Helmets are mandatory and we recommend our riders to wear a helmet to the correct standard and you should bring your own to ensure a proper fit. A small selection is available to borrow.

## TRAVEL INFO

### COMFORT

Built for the Baron Botho zu Eulenburg in 1589, the Palace today remains a rare example of Renaissance architecture, one of the best-preserved in the area of old Prussia. Each of the 36 rooms in the Grange and Palace is different. The accommodation is normally in the Grange, which is closer to the stables, but Palace rooms can be requested.

Free WiFi is available.

Free parking on-site.

### MEALS

The food at Galiny Palace focuses on the freshness and quality of its ingredient, whilst celebrating the culinary traditions of the local Warmia and Masuria region. Ingredients are locally-sources or grown in their own garden. Specialities include cabbage rolls stuffed with buckwheat, lamb dumplings, Ukrainian

borscht, lamb confit in a wine-thyme sauce, potato dumplings, roast duck, and more.

Lunch will be had on the trail in local restaurants or cooked by your hosts.

Non-alcoholic drinks are included at Galiny's restaurant, and can be ordered at an extra charge during the day (coffee, tea, juice and beer). Vegetarian meals and allergies can be accommodated, please contact us with your requirements.

## CLIMATE

The climate in Poland is continental, with very cold winters, often below freezing, and warm summers. June, July and August can be quite hot, September and October being dry and cooler. Galiny is located along the northern coast, where the climate is milder, but you should expect snow from December to February (thankfully, one of the indoor schools is heated!).

## TIPS

Tips are not mandatory but very welcome if you are pleased with the service provided.

## PACKING LIST

### Head

- A riding helmet is mandatory and we recommend that you take your own to ensure a correct fit. Helmet makers (GPA, HKM, LAS Helmets, Lamicell, Troxel, Equithème) now offer horse-riding helmets that are ventilated, strong, light and comfortable.
- Sunglasses - with a cord attached so they don't fly off when riding

### Upper body

- Long sleeved shirts provide protection from the sun or extra warmth
- T-shirts
- Lightweight fleece or jumper
- Rain jacket

### Lower body

- Lightweight, comfortable riding trousers or jodhpurs - we recommend riding in them at home before taking them on holiday to ensure they don't rub
- Casual clothes for the evenings (jeans or walking trousers)
- Non-irritant cotton or synthetic underwear

### Hands and Feet

- Comfortable riding boots.
- Lightweight shoes for the evenings
- Several pairs of warm socks
- Gloves - your hands are particularly exposed to the sun, wind or rain whilst riding

### Other useful items

- Water bottle (1.5 litres or 2 equivalent)
- Toiletries
- Ear plugs (may be useful)
- Camera and high capacity memory card. Spare battery

### Medical kit

Make sure any allergies (to medication or otherwise) and clearly stated in your medical kit

- Any medication you regularly take
- Painkillers
- Imodium or similar anti-diarrhea medication
- Sunscreen and lip balm - should be high factor
- Eye drops
- Hydrating/ soothing cream
- Plasters
- Blister plasters in case of any rubs
- Antiseptic cream, plasters, aspirin, anti-histamine, insect-bite salve etc..
- 10cm wide bandage
- Spare prescription glasses/contact lenses
- Handwash gel

### Our Recommendations

- Backpacks cannot be worn whilst riding. We recommend a small bum bag or a coat with pockets so that you can carry small items with you during the day (camera, sunscreen, lip balm etc)
- A soothing cream may be useful to treat areas irritated by long hours in the saddle
- We recommend travelling in your riding boots and carrying your hat and some riding clothes in your hand luggage - then if your luggage goes astray you are still able to ride!
- Keep a copy of your passport and insurance details with you.

In your hold luggage

- Any liquids, such as shampoo, moisturiser, deodorant over 100 ml and all bottles can be decanted into small, clear, plastic Ziplock bags. We recommend biodegradable washing products where possible.
- We recommend taking a copy of your passport and insurance documents with you in case you lose your originals
- In your hand luggage carry any valuables, such as your camera, ipod, ipad etc.

## SUSTAINABLE TOURISM

1. **Travel light.** It's a little known fact, but the lighter you pack, the better for the environment as heavy bags will produce higher emissions (when flying a plane or driving a car!).
2. **Reduce plastic waste.** Take your favorite reusable bottle with you. Avoid single-use bags, cups, or straws.
3. **Preserve nature.** Always take your rubbish with you during the ride and recycle them. Leave all the flowers or plants as you found them, and never get too close when observing wildlife. Make sure to use eco-friendly products such as body wash or laundry detergent (if camping) to protect both your skin and the environment.
4. **Choose your experiences carefully.** Respect animal life by not participating in any activities that abuse wild animals (shows, elephant rides, etc.).
5. **Support local populations.** Buy local handicrafts, be respectful of customs, and learn about the culture of local communities.
6. **Share!** Raise awareness among your family and friends about sustainable tourism.

For more information please [see this page](#) .