



Ready to hike



## Prepare yourself to visit the Tatras!

The Tatras are the only high mountainous area in Poland. This unique place is both: worth seeing and demanding for all visitors. Please take all necessary preparations to ensure your safety during your trip and to make it a pleasant memory. By reading this short guide, you will learn key information about how to plan a high-mountain hike.

## Before starting your trip

### Remember to take:

- ✓ **trekking shoes**
- ✓ **clothing** for all kinds of weather conditions:
  - a raincoat or waterproof jacket
  - a warm sweatshirt or jumper
  - a hat and gloves
  - sunglasses

**It may be cold in the mountains, even in summer, and the weather is unpredictable. Be prepared for all kinds of weather scenarios!**

- ✓ **sunscreen products**
- ✓ **torch** (a headlamp is the best choice)
- ✓ **first aid kit** – elastic bandage, sticking plasters, sterile gauze, hydrogen peroxide, wipes, and emergency blanket (these can be found in the first aid kit in your car).
- ✓ **TOPR emergency number saved** in the phone: **601 100 300** or **985**

**Help of Tatra Voluntary Rescue Service (TOPR) is free in the Polish Tatras.**

In Slovakian Tatras such aid is payable - we recommend to buy insurance to cover the costs of the rescue using a helicopter.



## Planning

To make the most of your trip to the Tatras, it is important to choose a trail that suits both the abilities and the experience of the whole group. You can learn more about this in the available guides, maps and web pages.

### **You can also contact the Tatra National Park tourist information centre in Zakopane:**

address: ul. Chałubińskiego 44,  
e-mail: [infotur@tpn.pl](mailto:infotur@tpn.pl),  
phone. 18 20 23 300

**Detailed guidelines for anyone visiting the Tatra National Park are available at:**  
[tpn.pl/zwiedzaj/turystyka/turystyka-piesza](http://tpn.pl/zwiedzaj/turystyka/turystyka-piesza)

**Information about the current conditions on the trails is available at:**

[tpn.pl/zwiedzaj](http://tpn.pl/zwiedzaj)



## Ensure your safety on the trail:



Choose only marked trails.



If you happen to encounter a wild animal, back away slowly. Approaching animals, touching them or taking pictures from a short distance is dangerous.



If you hike with a child, frequently stop to rest so as to avoid exhaustion.



Keep your skin protected from the sun, and drink a lot of water.



Finish your trip before sunset.

### Remember!

**Whenever you feel unwell or exhausted, or if the weather conditions change, do not hesitate to turn back.**

## Taking a toddler to the Tatras

There are places in the Tatras where you can take your toddler in a stroller. Please note, however, that these are not asphalted trails (except the red trail to Morskie Oko), so it will require some effort and vigilance on your part. A stroller must be stable and suitable for such a trip – easy to handle on a rough surface. The bigger the wheels, the better.

If you plan to hike with a small baby, consider using a carrier (available in sports shops), as this will allow you to take longer trips. For winter trips you can use a sleigh to travel in the valleys.



## The mission of the Tatra National Park

**“We protect the nature and culture of the Tatras, help to understand it, as well as allowing the present and future generations to experience it”.**

By following the rules of the Park you help us to accomplish the mission.

### Remember:



Do not pick any fruit or plants.  
They are protected in the Park!



Do not enter the rivers and ponds,  
or use them to wash yourself or your dishes.



There are no waste bins inside the Park  
you need to take your waste with you.



Dogs (even those calm and on leashes)  
are not allowed in the Park. Wild animals  
perceive dogs as predators – their natural  
reaction is stress and escape.



Be quiet – noise can disturb  
the animals living in the Park.



Do not camp or light a fire.

## Tickets for the TPN [the Tatra National Park]

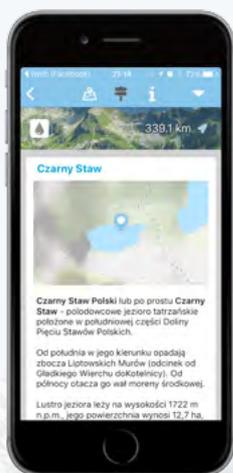
A fee is charged to enter the TPN, which pays for the resources needed to create and maintain the educational infrastructure and facilities for visitors (mobile toilet rental, trail maintenance, sign replacement, etc.), as well as to protect nature. What is more, 15 percent of the entry fee is used to finance the activity of the Tatra Volunteer Search and Rescue service.

**The current ticket prices are available at:** [www.tpn.pl/zwiedzaj/turystyka](http://www.tpn.pl/zwiedzaj/turystyka)

See you on the trail!



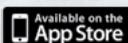
## Helpful, free apps



### Twój Tatrzanski PN [Your TPN]

This app includes descriptions, photos and maps of all the trails in TPN, as well as weather forecasts, avalanche warnings and announcements for all visitors. You can also download a free map of the Tatras and Zakopane – one that you can use offline as well.

The app will help you to find your current location and pass this information to anyone you like. You will also be able to create an account of your trips and review the statistics concerning each of them.



### Ratunek [Rescue]

This app allows anyone reporting an accident and needing help to be located with an accuracy of three metres. With this app, the rescue team will know where to go, enabling them to respond faster and more effectively!

