

The logo features the text 'ITQ 2026' in a bold, sans-serif font. The 'I' is black, the 'T' is blue, the 'Q' is red and contains a white globe icon, and the '2026' is purple. Below this, the phrase 'Xcelerate Your Success' is written in a blue, cursive script. The background is a vibrant red and purple gradient with numerous thin, white, radiating lines emanating from the center.

# ITQ 2026

*Xcelerate Your Success*



## **The Pieniny Mountains: Nature, Tradition and River Adventure**



# The Pieniny Mountains: Nature, Tradition and River Adventure

**Monday September 28th – 29th**

**This two-day post-tour offers a perfect introduction to the Pieniny Mountains, one of the most picturesque regions in southern Poland, known for dramatic limestone peaks, pristine nature and strong local traditions.**

The journey includes a stop in Dębno Podhalańskie to visit a beautifully preserved wooden UNESCO-listed church, a unique example of traditional Carpathian architecture. The highlight of the first day is a memorable rafting trip down the Dunajec River, a centuries-old tradition that allows guests to admire the stunning Pieniny scenery from the water.

The programme also features time in the charming spa town of Szczawnica, including a visit to the Palenica Mountain for panoramic views and a walk to the local mineral water pump room, where guests can experience the town's historic spa heritage. The journey is complemented by regional cuisine, showcasing the flavours of the Polish mountains.

**This post-tour is ideal for those seeking spectacular landscapes, authentic local experiences and gentle outdoor adventure in one of Poland's most scenic regions.**





## Trip Inclusions

### This FAM trip includes:

- Visits
- Meals
- Accommodation
- Coach service according to program

### This program excludes:

- Personal extras and expenses.
- All the services not mentioned in this program.

**\*No shows to booked activities with no prior justification, may be invoiced back to the attendee**

**\*\*Program Subject to Minor Changes**





# Programme

## September 28

9:00 am – transfer from Krakow

11:00 am – stop in Dębno Podhalańskie, short tour of the wooden UNESCO church

12:00 pm – arrival in Szczawnica and check-in, Szczawnica Park Resort&Spa\*\*\*\*\* hotel <https://www.szczawnica-park.pl/>

1:00 pm - meeting with the guide

1:30 pm - departure to Sromowce Wyżne – rafting down the Dunajec River <https://flisacy.pl/o-splywie> (snacks during the trip) (2 h:

2.00 pm – 4 p.m.)

4.00 pm – return to the hotel, rest

6.00 pm - dinner at Karczma u Polowacy <http://www.karczmaupolowacy.pl/>

## September 29

9:30 am - meeting with the guide in the lobby

9:30 pm - trip to Palenica <https://www.pkl.pl/palenica/palenica.html>

visit to the mineral water pump room <https://www.pijalniaszczawnica.pl/>

1:00 pm - lunch at OCH restaurant <https://www.restauracjaoch.pl/>

3:00 pm - return to Krakow



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