



ARIES ADVENTURE

GROUP ACTIVITIES & PROGRAMS
A COLLECTION OF EVENT EXPERIENCES · ARIES HOTEL & SPA ZAKOPANE

MEET ARIES HOTEL & SPA ZAKOPANE

5 star Aries Hotel & SPA Zakopane is located in the heart of the city, at the foot of the Tatra Mountains, on the historic Marszałka Zaruskiego Street.

It is a unique place where the highest standards of hospitality meet the authentic spirit of Podhale.

Our team has carefully curated a range of experiences for groups — from scenic hikes in the Tatra Mountains and adrenaline-fuelled activities to vibrant team-building experiences inspired by local highland traditions. Every programme is delivered by licensed Tatra Mountain guides and TOPR mountain rescuers, ensuring the highest standards of safety, comfort and organisation. All activities are tailored to the group's character, size and level of fitness.
physical condition.



TATRA EXPEDITIONS

WESTERN TATRA RIDGE HIKE

Kuźnice — Kasprowy Wierch (cable car) — Kopa Kondracka — Hala Kondratowa — Kuźnice

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One of the most scenic hiking routes in the Western Tatras. Participants take the cable car to Kasprowy Wierch, from where they set off along a spectacular mountain ridge towards Kopa Kondracka. The route offers breathtaking panoramic views and is also suitable for participants with an average level of fitness.



Hike is accompanied by a licensed guide.



APPROX. DURATION: 7H



Beginning and finish: Aries Hotel & SPA Zakopane (transfer to Kuźnice and back)



Difficulty level: Moderate



TATRA EXPEDITIONS

SARNIA SKAŁA — GIEWONT & ZAKOPANE VIEWS

Dolina Strążyska — Sarnia Skała — Dolina Białego

A scenic forest trail offering beautiful panoramic views, ideal for those looking for a picturesque hike without challenging high-mountain exposure. Along the way, participants will have the opportunity to admire the Siklawica Waterfall and reach Sarnia Skała (1,377 m), offering spectacular views of Zakopane and the northern face of Giewont. The return route leads through the picturesque Białego Valley.



The hike is accompanied by a licensed guide.



APPROX. DURATION: 5H 20 MIN — ON FOOT
APPROX. DURATION: 4H 40 MIN — INCLUDING TRANSFER



Beginning and finish: Aries Hotel & SPA Zakopane



Difficulty level*: Easy to moderate



TATRA EXPEDITIONS

RUSINOWA POLANA – TATRA CLASSIC

Wierch Poroniec- Rusinowa Polana- Sanktuarium Matki Boskiej Jaworzyńskiej- Dolina Filipka

One of the most iconic and accessible trails in the Polish Tatras. Rusinowa Polana offers spectacular panoramic views of the Tatra Mountains. The meadow is home to a traditional highland hut where visitors can sample oscypek and other specialities made from sheep's milk. Gęsia Szyja (1,489 m) is also within easy reach, offering one of the finest viewpoints along the route. Another highlight is a visit to the Sanctuary of Our Lady of Jaworzyna, Queen of the Tatras. The return route follows the scenic Filipka Valley through the lower forested slopes of the Tatras.



The hike is accompanied by a licensed guide.



APPROX. DURATION: 4H TO RUSINOWA POLANA, 5H TO GĘSIA SZYJA



START & FINISH: Aries Hotel & SPA Zakopane



Difficulty level*: Easy



Difficulty level* including a hike to Gęsia Szyja: moderate



TATRA EXPEDITIONS

CZARNY STAW GĄSIENICOWY THROUGH MUROWANIEC

Kuźnice — Boczań- Dolina Gąsienicowa- Czarny Staw- Dolina Jaworzynki — Kuźnice

A scenic Tatra classic with a varied route. After reaching Hala Gąsienicowa, the route includes a break at the famous Murowaniec Mountain Hut, followed by a walk to one of the most atmospheric lakes in the Tatras, surrounded by peaks such as Kościelec, Kozi Wierch and Granaty.



The hike is accompanied by a licensed guide.



APPROX. DURATION: 7H



START & FINISH: Aries Hotel & SPA Zakopane



Difficulty level*: moderate

*The trail's difficulty level takes into account both the challenges of ascending and descending, as well as the technical demands of the route. Other routes to different parts of the Tatra Mountains can also be arranged. We can create a personalized itinerary tailored to the group's abilities, fitness level, and overall experience.



ADRENALINE ADVENTURES

QUAD EXPEDITION

Crossing a fast-flowing mountain river, tackling numerous muddy ravines, forest trails, steep climbs, and scenic Tatra mountain meadows.

The route will be tailored to the skills and expectations of the participants. With over 125 miles of trails to choose from, there are routes of varying difficulty, including scenic rides for those who want to take in the breathtaking mountain views.

You'll ride comfortable, brand-new Can-Am Outlander MAX ATVs, available in both one- and two-person configurations. Halfway through the adventure, the driver and passenger can switch places, giving everyone the chance to experience the excitement, adrenaline, and pure fun of driving an ATV through real off-road terrain.

DURATION:

From 2 to 4 hours, depending on the selected ride duration.

A maximum of 10 ATVs can depart at the same time, with either one or two people per ATV.

EXTREME HIKE THROUGH MYLNA CAVE

Mylna Cave, hidden within the Raptawicka Turnia massif in Kościeliska Valley, is a true gem among the caves of the Tatra Mountains. It's perfect for those looking to explore trails and places that are less crowded and far off the beaten path. This is a unique opportunity to discover the hidden chambers and passages of Mylna Cave in the Kościeliska Valley, in the Western Tatras, accompanied by members of the Polish National Speleological Team and a TOPR mountain rescue volunteer.

Trip Itinerary

- Meet at the entrance to Kościeliska Valley
- Hike toward the Raptawicka Turnia massif
- Safety briefing and instructions
- Gear up with helmets and headlamps
- Explore Mylna Cave
- Reach the Pawlikowski Windows for some amazing photo opportunities
- Return through Kościeliska Valley, passing through Kraków Gorge and Dragon's Den
- Shuttle ride to the campfire location near traditional highland shepherds' huts
- Campfire with a member of the Polish National Speleological Team and a TOPR mountain rescue volunteer
- End of the adventure and farewell to participants

ADRENALINE ADVENTURES

DUNAJEC RIVER RAFTING

Jasne — dodajmy około 30%, zachowując naturalny, amerykański styl i bez powtarzania informacji.

Dunajec River Rafting

Rafting by inflatable raft or kayak takes place on the Dunajec River, one of Poland's most beautiful and scenic mountain rivers. The route runs from Sromowce to Szczawnica, through the spectacular limestone gorges of the Pieniny Mountains, with the river winding between towering cliffs and breathtaking scenery.

Participants will take on the power of the mountain river, navigating rapids and maneuvering around rocks along the way. Under the supervision of experienced instructors, this is a thrilling adventure filled with excitement and adrenaline. Rafts accommodate 4, 6, or 8 people, while kayaks are designed for two.

Before the trip, participants receive a short safety briefing, a quick warm-up, and all necessary equipment, including life jackets, helmets, and paddles. Each raft is accompanied by an instructor who provides guidance and assistance throughout the route, while kayak groups are supervised by an instructor. Beyond the adventure itself, rafting is a great team-building experience, helping participants strengthen communication, trust, and cooperation while sharing an unforgettable experience in the heart of the Pieniny Mountains.

 **GROUP SIZE:** Up to 100 participants (8 people per raft)

 **DURATION:** 2 HOURS OF RAFTING + APPROXIMATELY 2 HOURS OF TRANSPORTATION (ROUND TRIP)



ADRENALINE ADVENTURES



ADRENALINE ADVENTURES

E-BIKE TOURS

Podhale is a true paradise for mountain bikers. While the Tatra Mountains may still be lacking purpose-built, world-class singletrack trails, there is certainly no shortage of incredible riding opportunities. Over the years, we've discovered firsthand that the best and most efficient way to explore the mountain terrain is on an electric mountain bike.

E-bikes allow you to ride farther, climb higher, and reach places that would otherwise be much harder to access. At JoyRide, our experienced guides will take you off the beaten path and introduce you to some of Podhale's hidden gems.

The adventure begins with JoyRide instructors at the rental shop located next to the hotel. Before setting out, participants receive an introduction to safe riding techniques and the basics of navigating mountain terrain on an Enduro-style e-bike.

<https://joyride.pl/rowery-elektryczne-w-zakopanem-gdzie-i-dlaczego-warto-pojechac-na-elektryku/>



DURATION: depending on the rout from 3 to 7H

SNOWMOBILE ADVENTURE

A fantastic winter team-building adventure set against the spectacular scenery of Magura Witowska. Vast snow-covered landscapes and breathtaking mountain views make this an experience participants will remember for a long time.

With experienced instructors leading the group, participants have access to more than 125 miles of trails. The difficulty level is always tailored to the terrain, participants' skills, and the equipment, creating the perfect balance of adventure, safety, and unforgettable memories.

Before setting out, everyone takes part in an introductory snowmobile training session, ensuring they feel confident, comfortable, and safe throughout the entire experience. If snow conditions are not sufficient, we can offer an alternative ATV adventure.



DURATION:

2–4 hours, depending on the selected ride duration.



GROUP SIZE:

Up to 25 snowmobiles can depart at the same time, with either one or two people per snowmobile.

WINTER ACTIVITIES



WINTER ACTIVITIES

SLEIGH RIDE IN CHOCHOŁOWSKA VALLEY

A unique opportunity to experience the magical winter scenery of the famous Chochołowska Valley!

No winter stay at the foot of the beautiful Polish Tatra Mountains would be complete without an authentic traditional highlander sleigh ride.

Guests will be transported from the hotel by comfortable shuttle buses to the entrance of Chochołowska Valley, where they will board traditional four-person sleighs. After the ride, enjoy a cozy bonfire accompanied by a traditional highlander folk band. If snow conditions are insufficient, the sleigh ride may be replaced with a traditional horse-drawn wagon or carriage ride.

 APPROX. DURATION: 3H



WINTER ACTIVITIES

AVALANCHE SAFETY TRAINING

The goal of this program is to promote knowledge and awareness of safe travel in the mountains during winter conditions and in areas with avalanche hazards.

The program includes:

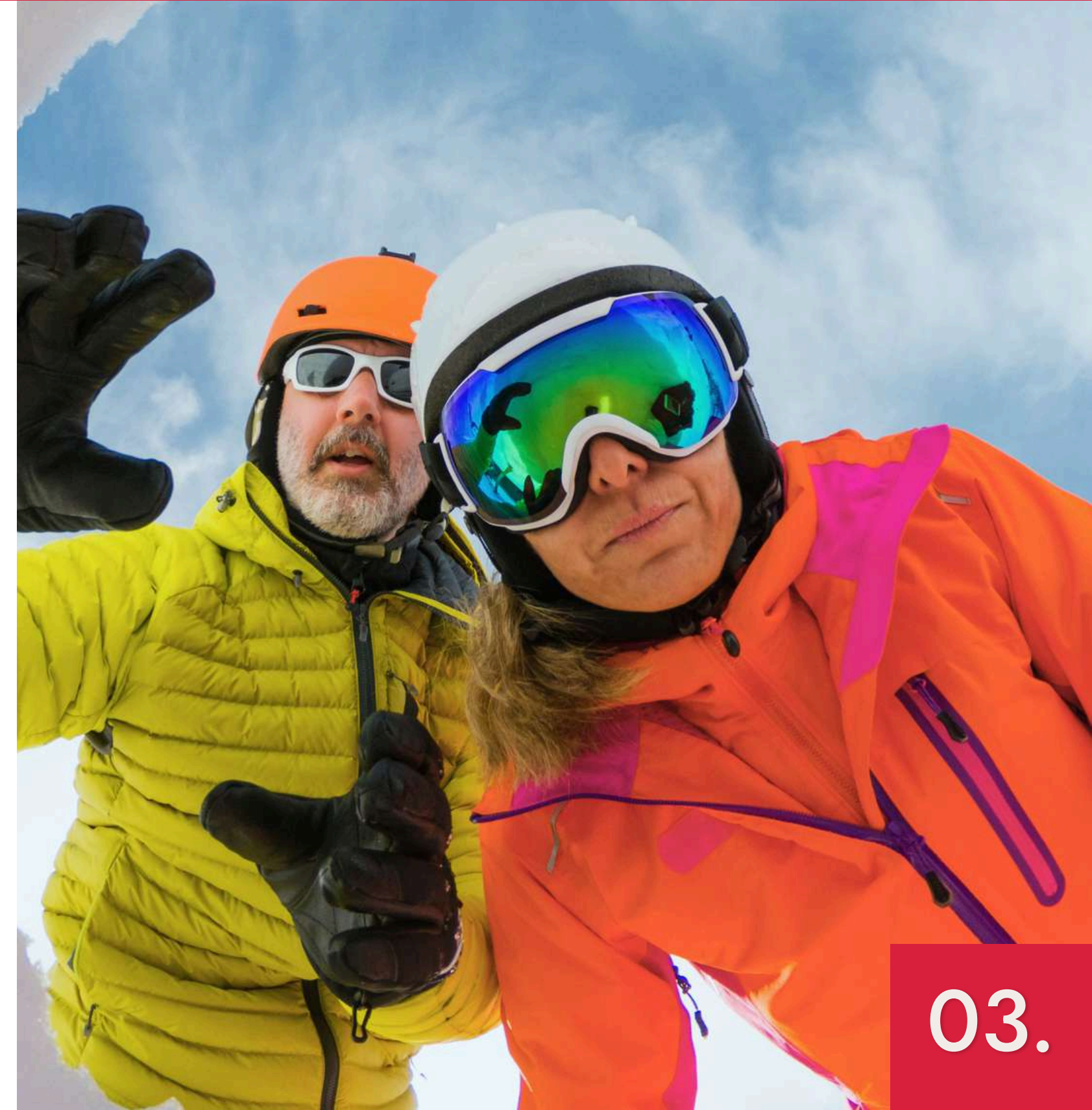
- Planning mountain trips in avalanche-prone terrain.
- How to avoid avalanches, the different types of avalanches, and what triggers them.
- How to interpret avalanche danger ratings.
- The impact of weather conditions on avalanche risk.
- Avalanche risk assessment and decision-making before and during a trip, including choosing the safest terrain and route.
- Avalanche Safety Equipment (Avalanche ABC): how to use an avalanche transceiver, probe, and shovel, and how to carry out an effective avalanche rescue.



DURATION:

Indoor presentation at the hotel: 1.5–2 hours

Practical outdoor training: 3–4 hours





HOTEL ACTIVITIES

01.

INTERACTIVE COCKTAIL SESSIONS AT LE SCANDALE CLUB

The expert bartenders at Le Scandale Zakopane will create a unique and entertaining experience with an interactive cocktail session.

Each participant will have their own station equipped with all the necessary ingredients and tools before being introduced to the fascinating world of cocktails and mixology. This hands-on experience is a fun and memorable way to discover the art of bartending.

Participants will create four cocktails while learning three essential cocktail-making techniques: stirring, shaking, and building directly in the glass.



AVAILABILITY: Interactive cocktail sessions are not available on Fridays, Saturdays, or Mondays.



DURATION: 1.5–2H

A NIGHT OUT AT LE SCANDALE CLUB

A Night Out at Le Scandale Club

Join us for an unforgettable night of team bonding at a vibrant music club with a professional DJ! Energetic music, a lively dance floor, and an exciting atmosphere make this the perfect opportunity to relax, have fun, and connect with your group.

After a day full of adventure, unwind to your favorite beats and experience the true nightlife atmosphere of Zakopane!

🕒 APPROX. DURATION: 4H



HOTEL ACTIVITIES

A HIGHLANDER-STYLE TEAM-BUILDING

HIGHLANDER-STYLE MASTERCHEF

We invite you to experience team building in true Highlander style – Highlander-Style MasterChef – a well-known culinary competition with an authentic Podhale twist. There will be no shortage of great food, laughter, and traditional folklore! The activity is hosted by a local Gazda (Highlander host) in a scenic mountain meadow.

During the experience, we will introduce you to Highlander traditions, folklore, and cuisine. Participants will have the opportunity to prepare traditional specialties* themselves, such as:

- Kwaśnica – traditional sour cabbage soup
- Moskole – Highlander potato pancakes
- Garlic butter
- Hałuski – traditional Highlander dumplings

Participants will also learn how to “puczyć”, or knead and shape traditional oscypek cheese, which they can take home with them.

And that’s not all! Everyone will have the chance to feel like a true juhas (Highlander shepherd) by trying their hand at traditional sheep milking

 **APPROX. DURATION: 3H**

*menu to be agreed upon in advance



HIGHLANDER-STYLE FAMILY FEUD

A fun-filled game with plenty of humor, inspired by the famous TV game show hosted by Karol Strasburger.

During the event, a Harnaś (Highlander host) takes on the role of game show host and divides the guests into two Highlander families. Players compete to collect points for their family.

Each five-person family will receive fun gifts and traditional Highlander accessories, including Highlander hats and colorful scarves.

 APPROX. DURATION: 2H

A HIGHLANDER-STYLE TEAM-BUILDING



HIGHLANDER SHENANIGANS

True Highlander fun and lively entertainment are brought to you by local Highlander women and men, who warmly welcome their “Panowie” - visitors and guests - to their traditional *gazdówka* in the foothills of the Tatra Mountains.

During the gathering, the band welcomes guests the Highlander way — with lively, traditional music and plenty of energy.

Then, together with the band, they get the party going with lively tunes from the Tatra Mountains and beyond.

Throughout the program, the band performs entirely live, while Highlander women and *zbójnicy* (Highlander brigands) present beautiful, traditional dances from the Podhale region.

The experience is rounded off with plenty of fun activities for the audience, giving everyone a chance to feel the true spirit of Podhale and its Highlander culture.

 APPROX. DURATION: 2H

A HIGHLANDER-STYLE TEAM-BUILDING



A HIGHLANDER-STYLE TEAM-BUILDING

ZAKOPANE EXPRESS - CITY GAME

We invite you to explore Zakopane through an exciting city-wide team adventure. Divided into 10 teams, participants will solve riddles, follow clues, and complete challenges prepared by local Highlanders, mountain bandits, horse-drawn carriage drivers, and Highlander market vendors, while discovering the town's most iconic landmarks.

The story takes participants back to Zakopane between the two World Wars — the city of Witkacy, Szymanowski, Malczewski, and Makuszyński. The adventure begins at the hotel and can finish:

- at a restaurant or traditional tavern on Krupówki Street,
- at the Gubałówka viewing terrace (additional funicular ticket cost),
- at Ubocz Meadow with a bonfire (rental and setup cost: PLN 1,000 net).

At the finish line, we can arrange lunch, refreshments, or a beer tasting.

Each team will receive a map with the locations of the challenges. Example stations include:

- The Highlander Brigand Challenge and the “Ceprostrada” obstacle course,
- Oscypek cheese tasting,
- Highlander dialect quiz,
- Agility challenge — horseshoe throwing.



APPROX. DURATION: 3-4H



A HIGHLANDER-STYLE TEAM-BUILDING

HIGHLANDER BANDIT RAIDS

Outdoor events featuring a Harnaś (Highlander leader) and his band of brigands. The experience includes a traditional initiation in the stocks, a lesson in the zbójnicki Highlander dance, and plenty of fun group activities accompanied by live Highlander music.

Professional Highlander Bandit Raids are a popular attraction at corporate events, especially here in Podhale, where Highlander traditions are deeply rooted. We create them as a dynamic, theatrical part of a traditional feast or horse-drawn sleigh ride, enhanced with additional entertainment and team-building activities.

🕒 APPROX. DURATION: 2H



A HIGHLANDER-STYLE TEAM-BUILDING

JANEK AND MARYNA'S HIGHLANDER WEDDING

Guests are invited to the wedding celebration of Janek and Maryna - a unique opportunity to experience a traditional Highlander wedding, discover its customs and rituals, and take part in:

- Cepowiny, a traditional wedding ritual featuring Highlander songs and sing-alongs,
- Weselne śpasy - fun wedding games and challenges where guests can win gifts from the newlyweds,
- choosing the Starosta and Starościna, the traditional leaders of the wedding celebration.

Guests will enjoy performances by Highlander dance couples and have the chance to try their own hand at traditional dancing.

A Highlander wedding is also the perfect opportunity to learn how to drink and toast like a true Highlander. And when the newlyweds finally retire to the bridal chamber, the celebration continues well into the night...

 APPROX. DURATION: 2H



A HIGHLANDER-STYLE TEAM-BUILDING

FUNNY OLIMPIADE

Highlander Trials The event is hosted by a local Highlander guide, together with his band of brigands and Highlander women. Upon arrival at the slope, the group will be divided into teams competing for Olympic gold. Each challenge will be scored, and the team with the most points will take home the victory.

The Harnaś Trials are open to everyone who wants to prove themselves worthy of becoming a Highlander brigand or earn the title of Ceper or Ceperka of the Year. To begin, guests will be divided into Highlander clans, who must complete a series of fun and skill-based challenges. At each station, the brigands will award points based on the team's performance. For the winning clan, the Harnaś will prepare special gifts and prizes. A fun-filled outdoor team-building experience packed with humor, friendly competition, and authentic Highlander folklore.

🕒 APPROX. DURATION: 2H



A HIGHLANDER-STYLE TEAM-BUILDING

HIGHLANDER-STYLE SURVIVAL

An exciting outdoor adventure set in a stunning mountain landscape, combining Highlander folklore with technical mountaineering and outdoor challenges.

Throughout the program, participants will navigate using a compass, map, and GPS device. They will also take part in rope-based challenges and training, learn basic first aid and mountain safety, and discover the fundamentals of survival in the outdoors.

The program is led by experienced Tatra Mountain Guides, TOPR mountain rescuers, and IFMGA/IVBV - certified High Mountain Guides.

 APPROX. DURATION: 2-3H



A HIGHLANDER-STYLE TEAM-BUILDING

THE HIGHLANDER BANDITS' HIDEOUT

This unique venue is located within the Jochymówka Highlander homestead, on Kościeliska Street, the oldest street in Zakopane. Dating back to 1830, the homestead was built by Joachim Gąsienica and later passed down to Józef and Marianna Gąsienica Jochym.

Today, surrounded by historic Highlander cottages, we have created a special place where guests can experience the traditions, history, and spirit of the Highlander families who once lived here — Murowano Cellar.

Murowano Cellar can accommodate up to 65 guests.

The Zbójecka Siedziba is located on one of the picturesque clearings on the slopes of Gubałówka. The “Ubocz” clearing offers a beautiful view of the mountains and the city, right in the heart of Zakopane. In addition to its exceptional views, another advantage of the clearing is its convenient access.





We look forward to hearing from you!

DEPARTMENT OF SALES AND EVENTS
ARIESHOTEL & SPA ZAKOPANE

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We tailor our programs and attractions to the character and size of each group.
We would be happy to prepare an individual quote and a personalized itinerary for your event.