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POLISH
TOURIST
ORGANISATION

Poland Major tourist attractions



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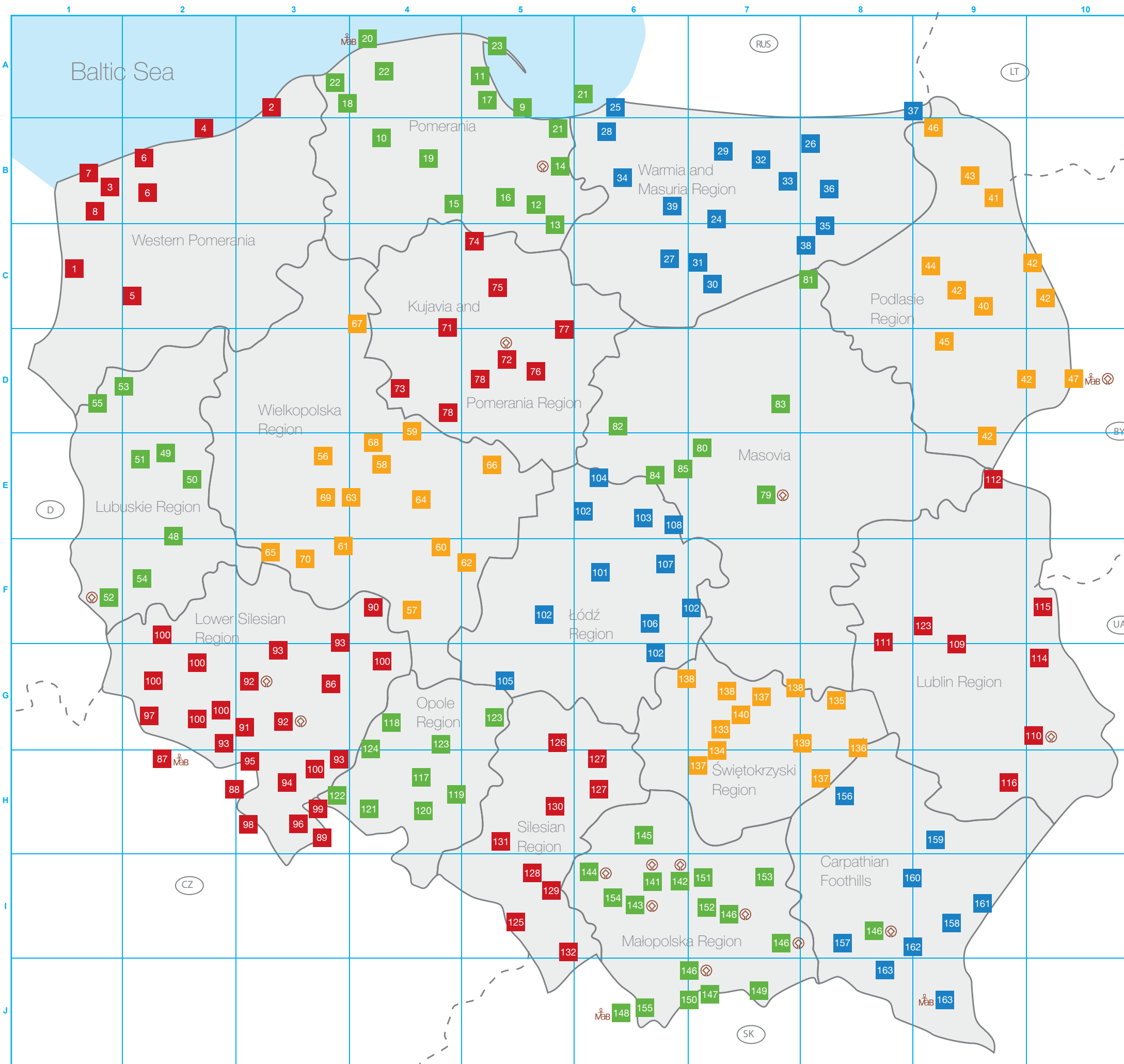


Move Your Imagination



Project part-financed by the European Union within the European Regional Development Fund

Administrative division of Poland into regions



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 UNESCO's World Heritage sites
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1 | Inland seaport

C1 | Szczecin

The major seaport in Pomerania has important historical monuments such as the Castle of the Pomeranian Princes, the Gothic Cathedral of St James, and Loitz family house, Town Hall, Harbor Gate and the Maiden's Tower. Today the castle is a vibrant cultural centre that features musical concerts, international festivals as well as art and historical exhibitions. Szczecin is also a sailing centre with lakes and forests within the city limits (Lake Dąbie, Beech Forest).

Tourist Information Center, Szczecin, ul. Niepodległości 1
tel./fax +(48-91) 434 04 40
www.szczecin.pl, cit.szczecin@wp.pl
Castle of the Pomeranian Princes, Szczecin, ul. Korsarzy 34
tel. +(48-91) 489 16 30, fax 434 02 86
www.zamek.szczecin.pl/turystyka, zamek@zamek.szczecin.pl

3 | Organ music concerts

B1 | Kamień Pomorski

Picturesquely located next to the Kamień Lagoon, the town boasts many historical monuments including the Gothic cathedral (12th-13th c) with its sumptuous 17th century organ with mobile figures. The Festival of Organ and Chamber Music is an annual event from mid-June to late August. Kamień Pomorski has a health resort district with sanatoriums where motor muscular problems, rheumatic conditions and circulatory diseases are treated with use of the local therapeutic mud and saline water springs.

Society of the Kamień Pomorski Region Lovers
Kamień Pomorski, ul. Wolińska 9
tel. +(48-91) 382 05 41, fax 382 50 28
www.kamienpomorski.pl, um@kamienpomorski.pl



2 | Castle of the Pomeranian Princes

A3 | Darłowo

Once a prosperous Medieval Hanseatic port, Darłowo has a Pomeranian Prince's Gothic castle, many times extended, a tall gate tower, all surrounded by a moat. It is now the Regional Museum. The city has retained its Medieval urban layout. It still has the familiar checkerboard of streets, and historic buildings dating back to the 300 years of the Pomeranian Princes' rule. There are several dozen very old houses in the city centre, one of them from the 15th century. In Darłowo's waterfront suburb Darłówko there is a unique pedestrian drawbridge and a lighthouse.

Tourist Information Center, Darłowo, Plac Tadeusza Kościuszki 9
tel. +(48-94) 314 35 72, fax 314 23 51
www.darlowo.pl, cit@darlowo.pl



4 | Seaside resort and spa

B2 | Kołobrzeg



A well-known summer resort and port on the Baltic Sea coast. Heavily damaged during WWII, the Old Town of Kołobrzeg has been carefully restored. The pride of the town is the 14th century Gothic cathedral. Located on the waterfront, the spa district of Kołobrzeg has 30 sanatoriums and spa hospitals. Motor muscular problems, rheumatic conditions and circulatory diseases are treated here with use of the local therapeutic mud and saline brine.

Tourist Promotion and Information Center, Kołobrzeg, ul. Dworcowa 1
tel./fax +(48-94) 352 79 39, www.kolobrzeg.turystyka.pl, cpit@post.pl

5 | Hanseatic city

C2 | Stargard Szczeciński



Carefully reconstructed from the damage of WWII, the town is famous for its historical monuments in the Gothic style. The Old Town is encircled by Medieval walls with towers and three gates. Late-Gothic town hall in the market square, Baroque houses. The pride of the town is St Mary's Church from the 13th century, many times remodelled. This twin-towered basilica is an excellent example of a pseudo-cathedral, a parish church built on a cathedral layout by a rich and aspiring Hanseatic town.

Society of the Stargard Szczeciński Lovers
Stargard Szczeciński, Rynek Staromiejski 4,
tel./fax +(48-91) 578 54 66
http://free.ngo.pl/tps_stargard/, tps_stargard@free.ngo.pl

7 | Seashore cliff

B1 | Wolin Island

Poland's largest island. Its most scenic part is the Wolin National Park with four post-glacial lakes and characteristic sandy cliff nearly 100 m high in places. The flora of the park includes rare plant species such as orchids, sea-holly and the common honeysuckle. The park's rich bird life (200 species) is represented by the bald eagle and the ruff and mute swan. There is a small bison reserve inside the park. Otter and ermine can also be encountered. Międzyzdroje, Wiselka and Międzywodzie are the major holiday centres, and the town of Wolin is host to the Festival of Vikings every summer.

Wolin National Park, Międzyzdroje, ul. Niepodległości 3a
tel. +(48-91) 328 07 37, fax 328 03 57
www.wolinpn.pl, sekretariat@wolinpn.pl



6 | Bride of the Sea

B2 | Trzęsacz and Gryfice

A beach resort on the Baltic Sea with ruins of a Gothic church perched on the high cliff, known as the Bride of the Sea. Erected 2 km from the seashore, only a tiny fragment of the original brick church (15th c) building's southern wall remains. In the mid-19th century only one meter separated the church walls from the waves of the sea. The church was then closed and its historical Baroque high-altar was transferred to the cathedral in Kamień Pomorski. In summer Trzęsacz can be reached by the old narrow-gauge train which starts at Gryfice, where a museum of narrow-gauge railways can be visited.

Information, Promotion and Recreation Center, Rewal, ul. Szkolna 1
tel./fax +(48-91) 386 26 29, www.rewal.pl, cipr@rewal.pl
Museum of Railways, Gryfice, ul. Błonie 2
tel. +(48-91) 384 55 96

8 | Paradise for sailors

B1 | Szczecin Lagoon



The Szczecin Lagoon (952 sq km) captures all the Odra River's waters and carries them into the Baltic Sea. The ports of Trzebież, Wolin, Stepnica and Nowe Warpno are situated on the banks of the Szczecin Lagoon. The lagoon is a popular sailing centre. It hosts the annual Bald Eagle Survival Event which is a combination of a hiking and biking tour along Wolin National Park trails with kayaking through the canals and flood waters of Old Świna and Lake Wicko. The competition includes special events such as diving, rope traverses, pontoon manoeuvring and other challenges.

Tourist Information Center, Szczecin, ul. Niepodległości 1
tel./fax +(48-91) 434 04 40, cit.szczecin@wp.pl, www.szczecin.pl
Sea Eagle Race, Świnoujście, ul. Szkolna 13a/13
tel./fax +(48-91) 322 22 34, www.orzelbielik.pl, rusak@uznam.net.pl





9 City of Solidarity

A5 Gdańsk

The most interesting monuments are found along the Royal Way, which includes Long Street (ul. Długa) and Long Market (Długi Targ) lined with richly ornamented ancient houses and public historical buildings. The Gothic town hall houses the Historical Museum of Gdańsk. The Artus Court, is one of the most magnificent buildings of its kind in Europe. Next to it is the Neptune Fountain – a symbol of Gdańsk. On the Motława River waterfront stands the conspicuous Gdańsk Crane – the biggest port crane in Medieval Europe. The Gothic Church of The Holy Mary is the largest brick church in Europe (view from the tower) which can seat 25,000 people. Worth visiting are the Gothic St Catherine's Church, famous for its carillon, a replica of a 16th century instrument, and the Cathedral in Oliwa, a district of Gdańsk, famous for its 18th century organ. The Oliwa monastery buildings contain interesting museums. The Monument to the Shipyard Workers was erected to commemorate the workers killed in December 1970 demonstrations. Other attractions in Gdańsk include sandy beaches, sea cruises and a wealth of cultural events: international organ festivals, the well-known Dominican fair and performances by street theatres.

Tourist Information Center, Gdańsk, ul. Długi Targ 28/29, tel. +(48-58) 301 43 55, 683 54 85, www.gdansk4u.pl, gcit@gdansk4u.pl

10 Teutonic Knights' castle and museum

B4 Bytów



The Gothic Teutonic Knights' castle that stands on the hill-top was built between 1395 and 1407 and later remodelled. Its rectangular construction is surrounded by high walls with corner towers. The castle contains the Museum of Western Kashubia with ethnographic collections. Its premises are used for the organization of knights' tournaments, Kashubian culture festivals and chamber music recitals. It houses a hotel and a restaurant. The village of Bytów has St George's Church (16th c) with interior decorations by folk artists and a railway bridge from the 19th century.

Bytów Tourist Information Center, Bytów, ul. Zamkowa 2
tel./fax +(48-59) 822 55 97
www.bytow.com.pl, promocja@bytow.com.pl

11 Ships-museums and sea aquarium

A5 Gdynia

The panoramic view of the city is best admired from Mt Kamienna. Tourists usually gather in Kościuszko Square and the Southern Pier where two museum ships are moored: the frigate Dar Pomorza and the destroyer Błyskawica. The Oceanographic Museum and Aquarium with hundreds of fauna and flora exhibits is also located near the pier. Excellent conditions for practicing water sports. International sailing events: Gdynia Sailing Days, Cutty Sark Tall Ships Race and many other cultural events.

Municipal Tourist Information
Gdynia, pl. Konstytucji 1
tel./fax +(48-58) 721 24 66
www.gdynia.pl/it, it@gdynia.pl



12 Historical shows

B5 Gniew

The city skyline is dominated by the Teutonic Knights' castle built in the 13th century on a rectangular plan, reshaped in the 16th and 17th centuries. The castle houses a museum. It is surrounded by fragments of the defensive wall. Not far from the castle stands the Marysienki Palace (now a hotel) from the late 17th century. The castle hosts numerous events, performances, historical spectacles, ancient music concerts and tournaments.

Castle, Gniew, ul. Zamkowa 3
tel. +(48-58) 535 25 37, fax 535 21 62
www.zamek-gniew.pl, zamek@zamek-gniew.pl



14 Biggest medieval castle in Europe

B5 Malbork

The brick castle at Malbork was the seat of the Grand Master of the Teutonic Order and the largest structure of its kind in Medieval Europe. It is registered on the UNESCO World Heritage List. The castle is encircled by defensive walls with gates and towers. The Grand Master's palace is believed to be the highest achievement in the late-Gothic style. The representative summer refectory is the most interesting chamber in the castle. Now a museum, the castle attracts tourists with openair events that feature the Siege of Malbork and other son et lumière shows. It also houses a spectacular collection of amber products.

Castle Museum at Malbork
Malbork, ul. Starościńska 1
tel. +(48-55) 647 08 00, fax 647 08 03
www.zamek.malbork.pl, sekretariat@zamek.malbork.pl



13 Castle and cathedral complex

C5 Kwidzyn

The three-nave cathedral and the castle create a monumental complex of Gothic brick buildings. The castle was erected on rectangular plan in 1320-47. Partly destroyed in the 18th century, it now houses a museum with several sections including Medieval sacral art, regional folk crafts and a natural history section devoted to ornithology. The cathedral (14th c) contains Gothic frescoes (14th and 15th c) and a fine vaulted ceiling in the central nave.

Museum at Kwidzyn, Branch of the Castle Museum at Malbork
Kwidzyn, ul. Katedralna 1
tel. +(48-55) 646 37 80, fax 646 37 81
www.zamek.malbork.pl, kwidzyn@zamek.malbork.pl

15 Archaeological site of Megalithic tombs

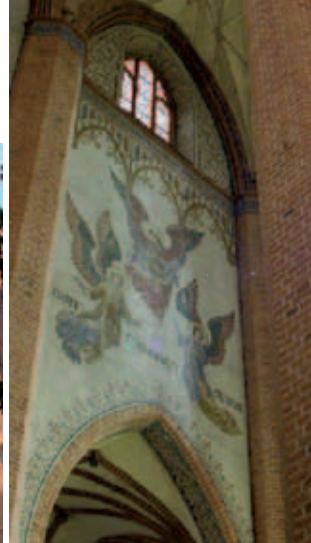
B4 Odry near Czersk



A village near Czersk in the Tucholskie Forest. One of Poland's most important archaeological sites of cromlechs (Megalithic tombs) is located nearby. It contains a burial ground with a Romanesque influence dating back to the 1st century. The area contains tumuli, Megalithic tombs, some of them 30m in diameter and the so-called flat graves left here by the Goths moving from Scandinavia to the Black Sea some two thousand years ago. A similar burial ground is located at Węsiory several dozen kilometers north of Czersk.

Zofia Breske, Odry
ul. Ks. Zawadzkiego 10
tel. +(48-52) 398 61 30
www.it-pomorze.pl, www.manowo.pl
rcit@ko-pomerania.pl





16 B5 Cistercian cathedral and Gutenberg bible

Pelplin

The pride of place in the town is held by the monumental Gothic cathedral, one of the most sumptuous Cistercian basilicas in Poland. It has Gothic, Renaissance and Baroque interior decorations. Its late-Renaissance high altar is Poland's largest and is believed to be the largest timber altar in Central Europe. The monastic buildings contain Gothic frescoes (15th c). The Diocesan Museum houses a rich collection of sacral art, including a Gutenberg bible printed in 1453 and two Gothic figures of Our Lady.

Municipal and Communal Office
Pelplin, Pl. Grunwaldzki 4, tel. +(48-58) 536 12 61
www.pelplin.pl, promocja@pelplin.pl

18 A3 Gothic castle and museum

Słupsk

A town with many historical monuments. The Gothic Castle of the Pomeranian Princes' redesigned in the Renaissance style stands on the riverfront. It houses the Museum of Central Pomerania with interesting collections, including the tin sarcophagi of the Pomeranian Princes' and Poland's largest collection of Stanisław Ignacy Witkiewicz's paintings. Close to the castle is the Gothic Mill Gate (ca 1400) one of Poland's oldest mills (1320), now a section of the ethnographic museum. Some fragments of the defensive walls (15th c) can also be seen. Słupsk is host to a number of musical festivals.

Tourist Information Center, Słupsk, ul. Starzyńskiego 8
tel./fax +(48-59) 842 43 26
www.slupsk.pl, it@um.slupsk.pl



17 A5 Seaside resort with long wooden pier

Sopot

A charming holiday centre, seaside resort and spa. Sopot has many fine villas from the 19th and 20th centuries built in the Art Nouveau or eclectic style. The main pedestrian area is ul. Bohaterów Monte Cassino that leads visitors to Poland's longest pier (511m) and the sandy beach. The Northern Baths built in 1907 are a good example of old spa buildings. Sopot is known for its International Song Festival held in the Opera Leśna and a great number of sports and cultural events.

Tourist and Spa Information, Sopot, ul. Dworcowa 4
tel. +(48-58) 550 37 83, fax 555 12 27
www.sopot.pl, it@sopot.pl



19 B4 Unique Kashubian folklore

Kashubian Lake land

Forests and lakes scattered among post-glacial hills make this region particularly appealing to visitors. The most captivating part of the region is the Kashubian Lake land with rivers for kayaking and lakes suitable for sailing. The Kashubian region is famous for its folk art, especially its handicrafts. The Kashubians speak their own dialect and their folk culture can be seen in the open-air ethnographic park at Wdzydze Kiszewskie. The region offers a great number of folklore events including fairs and folk art exhibitions. Interesting ceramic ware and other folk art products can be seen and purchased in Chmielno.

Museum – the Kashubian Open-Air Ethnographic Park
Wdzydze Kiszewskie, tel./fax +(48-58) 686 11 30
www.muzeum-wdzydze.gda.pl
muzeum@muzeum-wdzydze.gda.pl



20 A4 Shifting dunes

Słowiński National Park

The park was included in the UNESCO 1977 World Biosphere Reserves List. With the forests gone, huge, shifting dunes – some reaching 40 meters – came into existence and these have become the greatest attraction of the park. The wind moves the sand that covers everything on its route. Half of the area of the park is occupied by Lakes Łebsko and Gardno. It has fauna and flora typical of coastal sea areas. The best views are from the lighthouse on the Czolpino dune and from the tower on Mt Rowokół. The village of Kluki has a skansen – an open-air museum of the regional rural architecture. Folk exhibitions are organized often to introduce visitors to the local crafts, expertise and way of life.

Słowiński National Park, Smoldzino
ul. Bohaterów Warszawy 1, tel./fax +(48-59) 811 72 04
www.slownskipn.pl, sekretariat@slownskipn.pl

22 A3 Chequered Land

Swołowo and Kluki

This name is often given to the region of Central Pomerania between Łeba and Darłowo. The rural architecture here is dominated by timber-framed constructions. Some 2,500 buildings in this style, erected between the 16th and 20th centuries, are preserved in the region. The village of Swołowo, on the list of Europe's cultural heritage, is a show-piece of the chequered land, but timber-framed buildings can also be seen in Zalesie, Duninów, Objazda as well as in the skansen at Kluki.

Center Information Tourist, Słupsk, ul. Sienkiewicza 19
tel./fax +(48-59) 842 43 26, tel. 842 07 91
www.slupsk.pl, it@um.slupsk.pl
www.swolowo.pl, www.muzeumkluki.pl



21 B5 Poland's lowest region

Vistula Sandbar and the Żuławy Region

The forested dunes and large sandy beaches are a dominating element in the local landscaped. Europe's largest cormorant habitat is found in the Kąty Rybackie reserve. Krynica Morska is the main tourist resort on the Vistula Sandbar. Pleasure boat cruises are available. The lowland area at the mouth of the Vistula is known as the Żuławy Region and parts of it form a geological depression. Tourists can enjoy the paths running beside numerous canals whose interest are enhanced by old technical facilities such as draw bridges, locks, dams and pump stations.

Tourist Information
Krynica Morska, ul. Gdańska (in the town center, near the pier)
tel. +(48-55) 247 63 76
www.krynicahorska.pl, it@krynicahorska.pl



23 A5 Seaside resorts on the Hel Peninsula

Seacoast Landscape Park

The park encompasses the Hel Peninsula and the shoreline of Puck Bay. This region is very popular with tourists, and the most frequented spots are Władysławo, Chalupy, Kuźnica, Jastarnia, Jurata and Hel. Hel has a small outdoor pool with grey seals. Tourists can visit the Rozewie Cape lighthouse near Władysławowo. It houses a museum dedicated to lighthouse life.

Seacoast Landscape Park
Władysławowo, ul. Merklejna 1
tel. +(48-58) 674 06 85, fax 674 03 11
www.wladyslawowo.pl, wla-info@wp.pl



24 Capital city of the region of a thousand of lakes

B7 Olsztyn

Picturesquely set on hills, this old city on the Łyna River has eleven lakes in its environs. The Warmia and Masuria Regional Museum is housed in the Gothic castle of the Warmia Bishops that once served as home to the celebrated Polish astronomer, Nicolaus Copernicus. His room contains a biographical presentation. Summer concerts of organ music are held in the Gothic St James' cathedral. Olsztyn's other points of interest include a planetarium and an astronomical observatory.

Tourist Information, Olsztyn, ul. Staromiejska 1, tel./fax +(48-89) 535 35 65
<http://mazury.travel>, wci@warmia.mazury.pl
 Astronomical Planetarium and Observatory, Olsztyn, al. Piłsudskiego 38
 tel. +(48-89) 533 49 51, tel./fax 533 49 84
www.planetarium.olsztyn.pl, opioa@planetarium.olsztyn.pl



25 Copernicus museum and Cathedral Hill

A6 Frombork

The Polish astronomer Nicolaus Copernicus lived and worked here for many years, and here he is buried. Once a Medieval stronghold, Cathedral Hill is the most interesting part of the town. The oldest building is the monumental brick cathedral surrounded by defensive walls and the Bishop's Palace (14th c) which today houses the Copernicus Museum. The hill offers a sweeping view over the Vistula Lagoon and Sandbar. Frombork is an important sailing and ice-boating centre. An international festival of organ music is held here every year.

Nicolaus Copernicus Museum
 Frombork, ul. Katedralna 8
 tel. +(48-55) 244 00 71, fax +(48-55) 244 00 72
www.frombork.art.pl, frombork@frombork.art.pl

28 A palatial complex and stud farm

B6 Kadyń

A holiday centre on the Vistula Lagoon with a magnificent palatial complex erected in the 17th century and enlarged in the 18th century. Kaiser Wilhelm II was a former owner. Today the palace contains an elegant hotel, and the farm buildings are used by the state stud farm. Equestrian enthusiasts can take riding lessons or go for a cart or carriage ride through the scenic countryside.

Kadyń Country Club Hotel, Kadyń
 tel. +(48-55) 231 61 20, fax 231 62 00
www.kadyń.com.pl, kadyń@kadyń.com.pl



29 A monumental Medieval castle

B7 Lidzbark Warmiński

The former seat of the Warmia bishops and the capital of the region, the pride of Lidzbark Warmiński is the Bishops' castle. A part of it, called przedzamcze, contains a Baroque palace. Visitors enter the Gothic, well-preserved castle from the 14th century, by the drawbridge over the moat. Its chapel has opulent rococo interior decorations. Today the castle houses the Warmian Museum with a rich collection of sacral art. On the hilltop stands the neoclassical Bishops' palace surrounded by a park. Nicolaus Copernicus lived in the castle between 1503 and 1510.

Warmia Regional Museum, Lidzbark Warmiński, pl. Zamkowy 1
 tel. +(48-89) 767 21 11, www.um.lidzbark.ids.pl
www.muzeum.olsztyn.pl, zamek@muzeum.olsztyn.pl

27 Enactment of the greatest medieval battle

C6 Grunwald

Here, on 15 July 1410, at Europe's greatest Medieval battle, the combined Polish, Lithuanian and Russian forces under King Władysław Jagiełło defeated the army of the Teutonic Knights. Guided tours of the museum and the Grunwald battlefield include the granite monument, ruins of the chapel raised after the battle and the Jagiełło mound. During the weekend closest to the anniversary of the battle various celebrations are organized that include a re-enactment of the battle with the participation of the brotherhoods of knights from many European countries.

Museum of the Battle of Grunwald
 Stębark 1, tel. +(48-89) 647 22 27
www.muzeum.olsztyn.pl, zamek@muzeum.olsztyn.pl



30 Teutonic Knights' castle

C7 Nidzica

The town is known for the castle with its rectangular courtyard erected by the Teutonic Knights in the 14th century. The western wing is ornamented with gables, and the castle chapel and the refectory have fragments of frescoes from the 15th century. Today the castle contains a museum and a hotel. Medieval style feasts and tournaments are organized on the castle premises. Nearby stand the traces of the fortified city walls and two towers.

Tourist Information Center, Nidzica, ul. Zamkowa 2
 tel. +(48-89) 625 51 93, fax 625 57 58
www.nidzica.pl, www.hotelgregorovius.com
gregorovius@poczta.onet.pl



31 Skansen – open-air ethnographic museum

C6 Olsztynek

One of Poland's biggest skansens (open-air ethnographic parks) was opened in Olsztynek in 1938. It started with copies of farm timber houses brought from Königsberg. Today the scenic open-air ethnographic park features several dozen original and reconstructed houses from Warmia, Masuria, Powiśle and Prussian Lithuania. Visitors can see half-timbered houses, granaries, wind-mills, farm outbuildings, a country-inn, and a church. All with animals, which makes the experience very realistic.

Rural Architecture Skansen, Olsztynek, ul. Leśna 23
 tel./fax +(48-89) 519 15 42
www.muzeumolsztynek.com.pl
bort@muzeumolsztynek.com.pl

26 Wolf's Lair – Hitler's headquarters

B8 Gierłoż

Hitler's headquarters at Gierłoż, known as Wolf's Lair, is one of the most sinister places in the region, but it attracts many tourists because of its recent historical associations. The fortress is composed of 80 buildings built 1940-42, 50 of them are bunkers. The headquarters had its own electric power generator, railway station and an air-strip. Quarters for top Nazi officials as well as a casino and cinema were located in the central part of the compound. The whole area was camouflaged, protected by barbed wire and mine fields. In 1945, the retreating Germans blew up the fortress. Its ruins are open to visitors.

Wolf's Lair, Gierłoż, tel./fax +(48-89) 752 44 29
www.wolfsschanze.home.pl, kontakt@wolfsschanze.home.pl
 Tourist Information, Kętrzyn, pl. Piłsudskiego 1, tel./fax +(48-89) 751 47 65
it@ketrzyn.com.pl, www.ketrzyn.com.pl





32 The Bishop's castle

B7 Reszel

Reszel is a small market town with many well-preserved historical buildings. Its narrow streets are lined with eclectic old houses. In the market square stands a 19th century town hall and Gothic bridges span the banks of the river. The most interesting building is the two-winged brick Bishop's castle (14th-16th c) with its round tower, soaring neo-Gothic pinnacle and the solid gate leading into the cobble-stoned courtyard. Today the castle contains a gallery of modern art.

Bishops' Castle, Reszel, ul. Podzamcze 3
tel. +(48-89) 755 07 59
www.reszel.pl, www.zamek-reszel.pl, info@zamek-reszel.com



34 By ship over dry land

B6 Elbląg Canal

Built in the 19th century, the Elbląg – Ostróda canal is a unique monument to the art of hydro engineering and a very important tourist attraction. From a technical point of view, it is one of the most interesting navigational routes in Europe. The canal deals with the 99.5m difference in water levels by means of a system of slipways, locks, dams and safety gates. Five slipways carry boats across dry land on rail-mounted trolleys. In the summer time, pleasure boat cruises are available. The length of the canal is 80 km and it takes 11 hours to get from one end to the other. However, if your time is short you can get off the boat at Maldyty, halfway through the trip.

Ostróda-Elbląg Navigation Co.
Ostróda, ul. Mickiewicza 9a, tel./fax +(48-89) 646 38 71
Elbląg, ul. Wieżowa 14, tel./fax +(48-55) 232 43 07
www.zegluga.com.pl, inf@zegluga.com.pl

33 The Magnificence of Baroque in Poland

B7 Święta Lipka

This Jesuit monastic complex is considered to be the most beautiful Baroque edifice in Poland. A Baroque gateway (18th c) leads visitors and pilgrims into the Marian sanctuary. The three-nave basilica has a very impressive and richly adorned interior. The Baroque organ, built in 1721, has figures of saints and angels that can be set in motion by a special mechanism. The angel on the central part of the organ plays a mandolin, while the cherubs turn.

Parish of the Visitation of the Holy Virgin Mary, Święta Lipka 29
tel. +(48-89) 755 14 81, tel./fax 755 35 66
swlipka@jezuici.pl, www.jezuici.pl/swlipka



35 Poland's best kayaking waterways

C8 Krutynia River

The Krutynia River waterway is the most beautiful kayaking route in Poland. It begins at Sorkwity and ends where the river flows into the Beldany Lake. The 100 kilometre long route takes you across 17 lakes and along some of the streams in the Pisz Forest. The kayakers follow a route through the aquatic flora and fauna and unspoiled nature of the surroundings. As they cross the many nature reserves in the region, mute swans, the largest of European birds, and many other bird species, can be observed in their natural habitat.

"Perkun" Association of Pleasure
Boats Owners (Krutynia River)
Krutynia 4, tel./fax +(48-89) 742 14 30
www.krutynia.com.pl, perkun@krutynia.com.pl



36 With the wind in your sails

B8 The Great Masurian Lakes



Poland's largest lakes are set in a backdrop of beautiful countryside. The lakes have a diversity of shorelines and are a real paradise for sailors and anglers. Interconnected by rivers, canals and locks, they create a unique inland navigational route and are very popular with water sports fans. Sailing routes are particularly interesting as the region is the habitat of many aquatic birds. The Łuknajno Lake reserve has been added to the UNESCO World Biosphere Reserves List and is not open to the public. Visitors can bird watch from the many observation towers.

Masurian Navigation Co., Giżycko, al. Wojska Polskiego 8
tel. +(48-87) 428 53 32, fax 428 30 50
www.zeglugamazurska.com.pl, sekretariat@zeglugamazurska.com.pl

38 Old Believers convent

C8 Wojnowo



The small village of Wojnowo at the edge of the Pisz Forest has Poland's only Starowiercy convent (Old Believers) built in the mid-19th century. A modest gate leads into a courtyard lined with convent and visitor buildings. The promontory running into Lake Duś encloses a small Orthodox cemetery overgrown with trees and dotted with old crosses. In the village there is a small Old Believers timber church (molenna) with interesting iconostasis and a few old houses.

Monastic House dedicated to the Protection of Our Lady,
Wojnowo 24, tel. +(48-87) 425 70 81
www.ortodox.pl/glowna.htm



37 High viaducts

B9 Stańczyki

Stańczyki is known for its high viaducts, the highest in Poland, which were once a part of the local railway system. The arcaded constructions are 36m high and 150m long, and were erected in 1926. They resemble ancient aqueducts because of the shape of their pillars and the open-work railings. The pillars were built of timber set in concrete. The area is popular for water sports, hiking, biking and cross-country skiing.

Development Foundation of the Goldap Region
Goldap, pl. Zwycięstwa 16
tel./fax +(48-87) 615 20 90
www.goldap.pl, www.frrg.pl, poczta@frrg.pl

39 Poland's Lourdes

B6 Giętrzwald

The village which is visited by many pilgrims, shelters a Marian sanctuary known as Poland's Lourdes. The 15th century church was enlarged in the neo-Gothic style in the 19th century. It contains a revered image of Our Lady with Child from the 16th century. The local Karczma Warmińska inn offers regional cuisine specialties.

Marian Sanctuary
Giętrzwald
tel. +(48-89) 512 31 02, fax 512 34 06
www.gietrzwald.3c.pl, sanktuarium@3c.pl





40 | An Eastern ambience

C9 | Białystok

The Białystok historical centre dates from the 18th century. In the market square stands a Baroque town hall, now a museum. Nearby is a neo-classical Orthodox church with precious icons, and two Christian churches: one built in the Renaissance and Baroque style, the other in the neo-Gothic style. The most famous Białystok monument is the late-Baroque palace and park complex of the Branicki family. Burnt down during WWII, it was reconstructed to become the seat of the Academy of Medicine. The park was laid out in the 18th century as a landscaped park with French sections.

Tourist Information Center, Białystok, ul. Malmęda 6
tel./fax +(48-85) 723 68 31, www.city.bialystok.pl
www.podlaskieit.pl, podlaskieit@podlaskieit.pl

42 | Temples to three faiths

C10 | Tykocin, Grabarka, Bohoniki, Kruszyniany

The cultural heritage of the Tykocin Jews is best represented by its 17th century synagogue that houses a Jewish museum. The most important Orthodox sanctuary in Poland is located on the Holy Mountain in Grabarka. What is striking here is that the church is surrounded by a forest of thousands of crosses brought by pilgrims. An original modern Orthodox church is found at Hajnówka. Timber mosques and Muslim cemeteries can be visited at Bohoniki and Kruszyniany. They were set up by Tartar settlers in the 17th century.

Tourist Information Center
Białystok, ul. Malmęda 6
tel./fax +(48-85) 732 68 31
www.podlaskieit.pl, podlaskieit@podlaskieit.pl



41 | Historical waterway

B9 | Augustów Canal

The Augustów Canal (80km within present-day Polish borders) is a remarkable achievement of 19th century hydraulic engineering. There are 18 locks on the canal of which 14 are in Poland. Running through the beautiful Augustów Forest, the canal links all the larger Augustów lakes, creating an attractive waterway for kayaking and pleasure boat cruising. The Augustów Canal will be added to the UNESCO World Heritage List in the near future. In Augustów and its environs there are excellent conditions for water sports with facilities such as a hoist for water-skiers.

Tourist Information Center, Augustów, Rynek Zygmunta Augusta 44
tel./fax +(48-87) 643 28 83
www.augustow.eu, it@augustownet.com.eu



43 | The Camaldolese monastery and Lake Wigry

B9 | Wigry National Park

Several dozen lakes interconnected by rivers form the great richness of the park. The largest is Lake Wigry (73m deep, 5th largest in Poland). River Czarna Hańcza flows through the park and together with the Augustów Canal constitute Poland's best kayaking route. The wildlife is diverse with the beaver as the park's emblem. A Camaldolese monastery (17th-18th c) church and hermitages is situated on a peninsula on Lake Wigry. The monastery is now a retreat for writers and other artists.

Wigry National Park, Krzywe 82, tel./fax+(48-87) 566 25 40
www.wigry.win.pl, wigry_pn@su.onet.pl
Work Centre for Artists, Wigry, tel.+(48-87) 563 70 00
fax 563 70 19, www.wigry.org, dom@wigry.org



44 | Polish 'photo-safari'

C9 | Biebrza National Park

The largest national park in Poland, the Biebrza wildlife refuge is made up of Europe's most extensive and largest natural marshlands. The fauna is diverse and dominated by aquatic and marshland birds with the presence of some extremely rare species. The park is Poland's largest habitat of the elk. The park's wildlife can be observed during guided rafting trips down the river. The fortress of Osowiec, built in the late 19th century and located in the Biebrza River valley, is worth a visit.

Biebrza National Park, Osowiec-Twierdza 8, tel./fax + (48-85) 738 06 20
www.biebrza.org.pl, biebrza@biebrza.org.pl
Tourist information Centre at the Biebrzański National Park
Osowiec – Twierdza 8, tel./fax. +(48 85) 738 01 34
www.biebrza-explorer.pl, it@biebrza-explorer.pl

46 | In the land of the Jatzvingians

C9 | Suwałki Landscape Park

A charming region featuring a diversified topography shaped by Baltic glaciers. Many of the lakes contain rare species of fish; beautiful forests are widespread interspersed here and there with meadows, moraines and rocky terrain. Poland's deepest Lake Hańcza (108.5 m) is located within the park's territory. The Jatzvingian tribe stronghold was on Mt Zamkowa Góra. The Old Believers came to this area in the 18th century. Their church (molenna) can be visited in Wodzilki.

Suwalski Landscape Park
Malesowizna -Turtul
tel. +48 87 569 18 01
www.spk.org.pl, zarzad@spk.org.pl



45 | Polish 'Amazonia'

D9 | Narew National Park



Sometimes called the Polish Amazon, the Narew National Park is another nature reserve that protects the river's upper course which is criss-crossed by channels and forms a constellation of swampy islets. The aquatic and meadow wildlife is very rich, but the greatest attraction of the park is its avifauna, well-represented by numerous species of water and marshland birds. Trips are organized along the upper course of the Narew River. Mini bus tours and cycling along the trail around the park are very popular with visitors.

Narew National Park, Kurowo 10
tel./fax +(48-85) 718 14 17
www.npn.pl, npn@nnp.pl



47 | Bison habitat

D10 | Białowieża Forest

The major part of this forest is the Białowieża National Park, a particularly well protected nature reserve which is on the UNESCO World Biosphere Reserves List and World Cultural Heritage List. It is the oldest primeval forest in Europe. The park's nature reserve can only be entered with a guide. Białowieża is famous for its herds of bison, where the animals are bred in their natural habitat. In the demonstration section you can also see the żubroń, a cross between a bison and a cow, and the tarpan, Polish cousin of the extinct wild Ukrainian Steppe horses. A ride on a narrow-gauge train is a popular tourist attraction.

Białowiecki National Park,
Park Pałacowy 11, Białowieża, tel./fax. +(48-85) 681 23 06
www.bpn.com.pl, bpn@bpn.com.pl

48 | **Grape Harvest Festival**
E2 | Zielona Góra



The town lies on the historical Wrocław – Szczecin route. The Old Town Square contains a formerly wooden town hall with slightly leaning tower, which gained its neoclassical appearance during alteration work carried out in the 17th and 19th centuries. Originally Gothic, St Hedwig's Church was redesigned in neo-classical style and has a neo-Romantic organ and Renaissance and Baroque tombstones. The former Protestant church (18th c) is a half-timbered building with a brick tower. The city organizes the Grape Harvest Festival in September. The nearby village of Ochla has a skansen of rural architecture.

Zielona Góra Tourist Promotion and Information Center
Zielona Góra, ul. Kupiecka 15, tel./fax +(48-68) 323 22 22
www.zielona-gora.pl, turystyka@zielona-gora.pl

50 | **Cistercian Abbey**
E2 | Gościkowo-Paradyż



The Gothic Cistercian abbey was built in the 14th century and subsequently enlarged in the late-Baroque style in the 18th century. Richly ornamented Baroque and neoclassical interiors. Two cloister garths, an altar from 1739, and a Gothic fresco (15th c) are worth special attention. Today, this major sacral monument of the Lubuskie region houses a seminary and a museum with ancient prints.

Seminary College
Gościkowo-Paradyż 3
tel. +(48-68) 381 10 21, fax 382 08 87
www.paradisus.pl

49 | **Longest military defensive system in the world**
E2 | Międzyrzecz Fortified Region

A complex of wartime fortifications ordered by Hitler and built in 1934-38. Bunkers with reinforced steel walls are interconnected by underground corridors and form what is believed to be the longest defensive system in the world. Guided tours through the underground tunnels are available. As a result of its microclimate the fortress ruins have become a bat reserve, Nietoperek, a refuge for approximately 30,000 bats.

"Małgorzata" Tourist Bureau
Międzyrzecz, ul. Młyńska 8
tel./fax +(48-95) 742 91 75
www.mru.pl, biuro@mru.pl



51 | **Castle of the Knights of St John of Jerusalem**
E2 | Łagów Lubuski

This holiday spot is picturesquely located between two lakes in the Łagów Lake lands. This was a Polish stronghold in the Middle Ages and a meeting place of the Knights of St John of Jerusalem, who raised a castle here in the 14th century. It was enlarged in the 17th and 19th centuries. One-pillar Gothic vaulted hall on the ground level. A splendid panoramic view from the Medieval castle tower. A summer film festival takes place in the amphitheatre on the lakefront. The Łagów Landscape Park is situated nearby.

Łagów Landscape Park, Łagów, ul. Kościuszki 9
tel./fax +(48-68) 341 22 55
www.lagow.pl, promocja.lagow@wp.pl



52 | **European Landscape Park**
E2 | Mużakowski/Muskauer Park

The park occupies several hundred hectares and covers both sides of the Nysa Kłodzka River that constitutes the Polish-German border. The larger part of the park is located on the Polish side. The Mużakowski/Muskauer Landscape Park is a good example of a European 19th-century landscape park in the English style. Numerous buildings merge perfectly into the park landscape. The park planners have shown us how the art of landscape gardening can add to the natural beauty of the countryside. Their skill in using the natural land formation has to be admired. In 2004 the park was placed on the UNESCO World Natural Heritage List.

Point of information, ul. Wybrzeża 25, Łęknica
tel. +(48-68) 362 41 82
www.kobidz.pl, robisz.leknica@kobidz.pl

54 | **Baroque palace**
F2 | Żagań

Żagań is located on the Bóbr River and has two outstanding historical monuments. A Baroque palace surrounded by the most scenic park in Silesia, built in the 17th century for Albrecht von Wallenstein, and an Augustinian complex that includes a church with Gothic and Baroque interiors, Baroque convent with St Ann's chapel, a splendid library (13th c), granary and a boarding school (now a hotel).

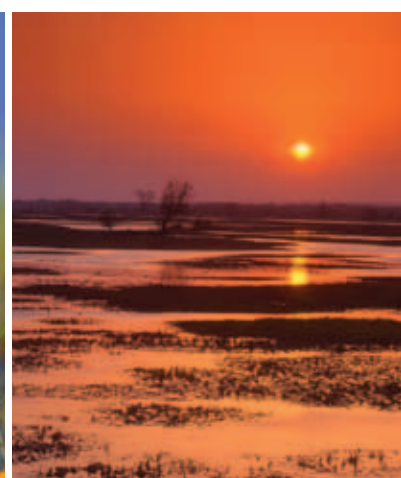
Tourist information point, Żagań, pl. Szprotawska 4
tel. +(48-68) 477 10 01
www.um.zagan.pl, info@um.zagan.pl



53 | **Zoo-Safari Park**
D1 | Świerkocin

Poland's only private safari park that can be visited by bus or by car. There are four sectors in the park representing wildlife from Africa (zebras, ostriches, antelopes gnu and eland), India (antelopes garna nilgau, and axis deer), Mongolia (Przewalski horses, yaks, bactrian camels), and South America (lamas, buffaloes, donkeys).

ZOO-Safari, Świerkocin
tel. +(48-95) 751 19 29, fax 751 18 77
www.zoo-safari.com.pl, poczta@zoo-safari.com.pl



55 | **Ornithological reserve**
D1 | Mouth of the Warta River National Park

One of Europe's largest ornithological reserves is at the confluence of the Rivers Warta and Odra. It is a haven to 254 aquatic and marshland bird species, of which 174 species have their nesting grounds here. During the autumnal migrations, over 200,000 snow geese rest in this area. The park area is protected within the framework of the Ramsar International Convention.

Mouth of the Warta River National Park
Chyrzyno 1, tel. +(48-95) 752 40 27
www.pnujsciewarty.gov.pl
sekretariat@pnujsciewarty.gov.pl





56 | **Cradle of the Polish state**
E3 | Poznań

Tourists flock to the city centre, where the Old Town Square contains a wealth of historical monuments and museums. The Renaissance town hall houses the Historical Museum of Poznań, and the Museum of Musical Instruments is located nearby. Not far from the square stands the parish church, one of Poland's most impressive Baroque buildings with rich interior decorations where organ concerts are held. The former royal castle located on the hilltop houses the Museum of Decorative Arts, and on the hill's slope a Baroque Franciscan church was built. In 966, the Ostrów Tumski Island, considered to be the cradle of the Polish state, witnessed the baptism of the first Polish ruler, Mieszko I. The vaults of the Gothic cathedral contain the vestige of the older churches (10th-11th c) and the tombs belonging to the first Piasts. In addition to the international trade fairs, Poznań is known for its rich cultural life presented at the Opera House, the Polish Dance Theatre, other theatres and cabarets, male choirs, the annual Wieniawski International Violin Competition and the Malta International Theatre Festival. The city has a number of beaches on nearby lakes (Malta, Strzeszynek, Kiekrz), a regatta fairway and the Malta water-skiing centre open throughout the year.

Municipal Information Center, Poznań, ul. Ratajczaka 44
tel. +(48-61) 851 96 45, 94 31, fax 856 04 54
www.city.poznan.pl, www.cim.poznan.pl, centrum@cim.poznan.pl

Voivodship Tourist Information Center
Poznań, Stary Rynek 59/60, tel. +(48-61) 852 61 56, fax 855 33 79
it@cim.poznan.pl

57 | **'Chopin recital'**
F4 | Antonin



Frederick Chopin (1827/1829) stayed in the Hunting Palace belonging to Prince Antoni Radziwiłł twice. This original larch-wood construction has a large hall supported by a central column and wooden galleries running around it. Turned into a hotel, the palace has a museum salon devoted to Chopin, which is often used for piano music recitals. The Europa Nostra award for the protection of European architectural heritage was granted to the palace.

Hunting Palace, Antonin
tel. +(48-62) 734 83 00
fax 734 83 01
www.ckis.kalisz.pl
ckis@ckis.kalisz.pl



58 | **Palace and park complex**
E4 | Czarniejewo

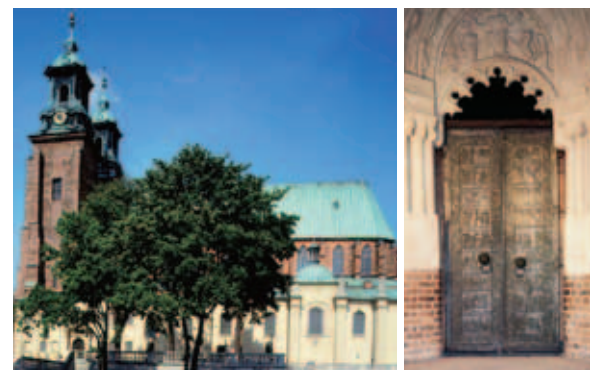
A neoclassical palace with lateral wings joining the outbuildings, and park complex (1770-80) (1780). Presidents and prime ministers of many European states have held meetings in the palace in recent years. It houses a hotel and a museum of palatial interiors. Located in the former coachhouse, the restaurant offers delicious venison dishes. Hunts, horseback rides and trips in horse-drawn carts and carriages are organized.

Palace Complex, Czarniejewo, ul. gen. Lipskiego 5
tel. +(48-61) 427 30 30, fax 429 12 30
www.czarniejewo-palac.pl, biuro@czarniejewo-palac.pl

59 | **Poland's first capital**
E4 | Gniezno

Poland's first capital, Gniezno has St Adalbert as its patron saint. Emperor Otto III was a pilgrim to the tomb of the saint in the year 1000. Dominating the present cityscape is the monumental Gothic cathedral (14th/15th c) which contains fragments of earlier churches in its crypt. The focal point inside the church is the elaborate silver sarcophagus of St Adalbert standing in the chancel. The most precious church possessions are the Romanesque bronze doors, depicting scenes from the life and the death of St Adalbert. Along the aisles and the ambulatory are a dozen chapels built from the 15th to 18th centuries.

Tourist Information Bureau, Gniezno, Rynek 14
tel./fax +(48-61) 428 41 00
www.powiat-gniezno.pl, turystyka@powiat-gniezno.pl



61 | **Monastic complex**
F3 | Gostyń

The Holy Mountain near Gostyń has a Philippine monastery complex on its summit. It was built between 1675 and 1727 and is one of Poland's best examples of Baroque architecture. Those constructing the church wanted it to be similar to the Santa Maria della Salute church in Venice. Its central structure is roofed by a massive dome. The richly ornamented Baroque interiors date back to the 18th century. Next to the church stands a monastery from the early 18th century.

St Philip's Oratorium Congregation, Gostyń, Św. Góra-Głogówko 15
tel. +(48-65) 572 00 14, 572 08 55
www.filipini.gostyn.pl, sanktuarium@filipini.gostyn.pl



60 | **Residence in the French Renaissance style**
F4 | Gołuchów

Gołuchów's greatest attraction is the 16th century castle, remodelled in the French Renaissance style in the late 19th century. It houses a branch of the National Museum in Poznań, and displays articles of Polish and European crafts, paintings, and ancient Greek vases. The residence is surrounded by a one hundred year old English-style park. The outbuildings located in the park accommodate the Museum of Forestry and the Museum of Forest Techniques and Technology. There is also a bison display enclosure near the park.

Museum – Castle
Gołuchów, ul. Działyńskich 1
tel./fax +(48-62) 761 50 94
www.mnp.art.pl, goluchow@mnp.art.pl

62 | **Poland's oldest town**
F4 | Kalisz



Presumably the oldest Polish town, Kalisz was mentioned as Kalisia by Claudius Ptolemy in his Geography of the 2nd century AD. Kalisz is an important cultural centre. Of its many historical buildings, the most important are the early Baroque Church of St Stanislas and St Nicolas' Cathedral. The theatre, built in 1922-36 belongs to a large group of neoclassical buildings from the 19th/20th centuries. The present-day suburb of Zawodzie has an archaeological site with traces of an ancient stronghold (9th c) and early Medieval cemeteries.

Tourist Information Center
Kalisz, ul. Zamkowa 2, tel./fax +(48-62) 598 27 31
www.kalisz.pl/cit, informacja.turystyczna@osir.kalisz.pl





63 E3

Neo-Gothic castle and dendrological park

Kórnik

Kórnik has found its way into the tourist brochures thanks to its castle, a perfectly preserved magnate residence originally erected in the 15th century, which acquired its present neo-Gothic shape in the mid-19th century. The castle library consists of 320,000 volumes, and the 19th century interiors contain a wealth of beautiful and precious objects d'art, furniture, sculptures, paintings, armour and military accessories, china, and tapestries. Behind the castle is a large, English-style park (18th c.) known as the arboretum with about 3,000 species of trees and shrubs.

Castle, Kórnik, ul. Zamkowa 5
tel. +(48-61) 817 00 81, tel./fax 817 19 30
www.bkpan.poznan.pl, bkpan@bkpan.poznan.pl

64 E4

Cistercian complex

Łąd

The former Cistercian monastery of Łąd is believed to be the most prized monument of sacral architecture in the whole of the Wielkopolska region. The magnificent Baroque church was erected at the turn of the 17th century. Its nave is covered with a dome decorated with frescoes. The monastery has well-preserved Gothic interiors (14th c) with the oratory adorned with frescoes (1372) and the former chapter house with a vaulted ceiling supported by one pillar.

Seminary College, Łąd 101
tel. +(48-63) 276 33 23, fax 274 37 85
www.lad.pl, wsdts@poczta.onet.pl



67 D4

Museum and skansen

Osiek upon Noteć



The Museum of Folk Culture is located on ancient, vast burial grounds dating back to 500 BC. The skansen displays items found in the burial grounds such as pyres and box graves as well as farm a household interior. There are also timber, half-timbered and stone buildings from the region: farm houses, wind-mills, blacksmith's workshop and other farm outbuildings from the 18th and 19th centuries. Cultural events presenting local folk art and the way of life in those times are organized throughout summer.

Folk Culture Museum
Osiek nad Notecią, ul. Dworcowa 10
tel. +(48-67) 286 60 90



68 E4

A witness of Poland's ancient times

Dzieskanowice – Ostrów Lednicki

Excavations have shown that Ostrów Lednicki was one of the major settlements of the first Piast epoch in the late 10th and early 11th centuries. A stronghold surrounded by earthen walls was built here along with a stone palace and a church. The remains of the palace and church are visible on the island. The foundations and lower parts of the walls are still in place. A ferry from the little skansen near Dzieskanowice takes visitors to the island. Various folkloric events are organized at the Wielkopolski Open-Air Ethnographic Park located on the eastern shore of the lake.

Museum of the First Piasts, Dzieskanowice 32
tel. +(48-61) 427 50 10, fax 427 50 20
www.lednicamuzeum.pl, muzeum.lednica@interian.pl

70 F3

Monumental castle and museum

Rydzyzna

Rydzyzna is proud of its original Baroque urban layout from the 18th century. The monumental castle is a four-wing and four-storied Baroque building (17th/18th c) with a number of reconstructed rooms, including a two-level ball room with Baroque paintings on the ceiling. The castle which contains a hotel and a museum is surrounded by a large park. The interior of the Baroque town hall standing in the town square is decorated with the rococo figure of the Holy Trinity. The Baroque Church of St Stanislas has a Gothic tombstone from 1422.

Castle, Rydzyna, Pl. Zamkowy 1
tel./fax +(48-65) 529 50 40
www.zamek-rydzyna.com.pl, zamek@zamek-rydzyna.com.pl



66 E5

Poland's largest church

Licheń Stary

Poland's second most visited religious sanctuary after that of Częstochowa is Licheń with its two churches. The older neo-Gothic St Dorothea's Church contains the picture of Our Lady of Licheń from the 18th century. The Way of the Cross in the form of a fairytale stone fortress as well as chapels and statues are scattered around the grounds. The second church is the gigantic basilica, the largest church in Poland, seventh largest in Europe and eleventh largest in the world. Its five-nave interior is to remind us of an early Christian basilica. It can hold 17,000 of the faithful comfortably and its 128m tower is Poland's highest.

Sanctuary of Our Lady of Sorrows, Licheń Stary, ul. Klasztorna 4
tel. +(48-63) 270 81 95, fax 270 77 10
www.lichen.pl, lichen@lichen.pl



69 E3

Palace and park complex with ancient oaks

Rogalin

The tiny village of Rogalin boasts a Baroque and neoclassical palace and park complex built during the closing decades of the 18th century. This former aristocratic residence has become a museum with a large gallery of paintings representing major trends and schools in Polish and European painting from the turn of the 19th century. The interior decorations are from the 18th and 19th centuries. Old coaches and travel accessories can be seen in the coach house. Imposing specimens of ancient oak trees are the attraction of the park – some of them are around 600 years old.

Palace - Museum, Rogalin, ul. Arciszewskiego 2
tel. +(48-61) 813 80 30, fax 813 80 27
www.mnp.art.pl, rogalin@mnp.art.pl

65 F3

Gliding and ballooning center

Leszno

A Baroque town hall stands in the middle of the city's Old Town quarter with many transformed burgher houses from the 17th and 18th centuries. An outstanding sacral building is the Baroque Church of St Nicolas with numerous side altars and a fine pulpit (18th c). Old Calvin cemetery tombstones from the 17th and 19th centuries have been arranged to form a memorial located next to the Holy Cross Church. Leszno is Poland's most important gliding and ballooning centre and model air plane flying.

Tourist Information, Leszno, ul. Słowiańska 24
tel. +(48-65) 529 82 34, fax 529 81 92
www.leszno-region.pl, biuro@leszno-region.pl





71 City of music and festivals

D4 Bydgoszcz

The historical monuments in the town are grouped along the Brda River and in the area of the Old Town. They include the late-Gothic parish church of SS Martin and Nicolas with the venerated painting of Our Lady with a rose, old half-timbered granaries (18th/19th c) and a small Gothic-Renaissance Church of the Poor. The Bydgoszcz canal, which has a number of old hydraulic installations, links the Brda with the Noteć River. Attempts have been made to enter this 18th century system of engineering facilities on the UNESCO World Heritage List. Bydgoszcz's opera and music festivals are highly valued by music lovers.

Tourist Information Centre, Bydgoszcz
Ul. Grodzka 7, tel./fax +(48-52) 585 87 03
www.bydgoszczwita.pl, biuro@visitbydgoszcz

73 A settlement built a thousand years ago

D4 Biskupin and Wenecja

Biskupin is a fortified lake village built around 700 BC by a tribe belonging to the Lusatian culture. This Iron Age village was built on a flat island and surrounded by a barricade consisting of a wooden framework filled with earth and sand. The well-known Biskupin excavations are located on a peninsula encircled by lakes and swamps. An educational archaeological fair is held here annually in September. The museum pavilion offers a permanent historical display. In the nearby village of Wenecja is a narrow-gauge railway museum. During the summer, the 19th century train travels between Żnin and Gaśawa passing through Biskupin and Wenecja.

Archaeological Museum, Biskupin 17
tel./fax +(48-52) 302 50 25
www.biskupin.pl, muzeum@biskupin.pl



72 The home town of Nicolaus Copernicus

D5 Toruń

Nicolaus Copernicus was born in Toruń. The city which sits astride both banks of the Vistula has the greatest collection of Gothic architecture in Poland. Its Medieval centre with the original urban layout was entered on the UNESCO World Cultural Heritage List. The Old Town Square has an Old Town Hall in the middle of it. From the top of the Town Hall tower there is a fine panoramic view. Other monuments include the statue of Copernicus, Gothic churches, the Copernicus family house, the city walls and gates, the ruins of the Teutonic castle and the Crooked Tower. There are also museums, a planetarium and a skansen.

Tourist Information, Toruń, Rynek Staromiejski 25
tel. +(48-56) 621 09 31, fax 621 09 30
www.torun.pl, www.it.torun.com.pl, it@it.torun.pl



74 Dense forests and kayaking trips

C5 Bory Tucholskie Forest

The Bory Tucholskie, one of Poland's largest forests stretches along the borders between Pomerania and the Kujavia and Pomerania regions and occupies an area of 120,000 ha. Kayaking trips down the Brda River (233km) are very popular with stops at the numerous bivouac fields and waterside hostels. Wildlife enthusiasts will be able to see red deer, roe deer, wild boars and black storks. Nature paths and a dendrological park are additional educational facilities to be found along the banks of the river. Part of the trail is also open for winter expeditions. The Koronowski artificial lake attracts many sailing enthusiasts.

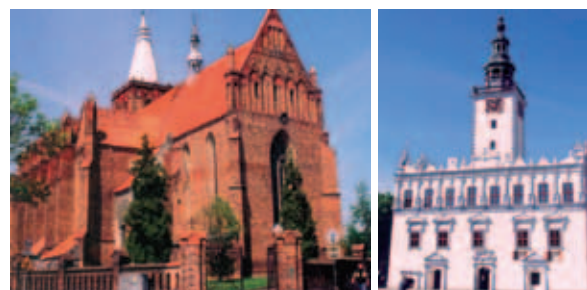
Tourist Information, Tuchola, ul. Podgórna 3
tel./fax +(48-52) 334 21 89, www.tuchola.pl, infotur@tuchola.pl
'Promotion of the Bory Tucholskie Forest' Society of Regional Development
tel. +(48-52) 559 564 25 04www.towarzystwo.tuchola.pl, promocja@tuchola.pl

75 City on nine hills

C5 Chełmno

Picturesquely set on nine hills and on the banks of the Vistula River, Chełmno has preserved its checker-board urban layout, the 2,270 meter long Medieval fortified walls, one of Europe's best examples of defensive architecture, and the Gothic-Renaissance Town Hall with the old Chełmno town weights, the 4.35m long preł chełmiński. The sacral buildings from the 13th and 14th centuries include the Church of the Assumption of Our Lady, Dominican and Franciscan churches, the Church of the Holy Spirit, a Cistercian and Benedictine monastic complex and St Martin's Chapel. On the 14th of February each year, the inhabitants of Chełmno ostentatiously celebrate St Valentine's Day. The reason for this is that the local parish church has been the depository of the relics of St Valentine for many centuries.

Chełmno Tourist Information, Chełmno, Rynek 28
tel./fax +(48-56) 686 21 04
www.chemno.pl, it@it.chemno.pl



77 Chivalry and tournaments

D5 Golub-Dobrzyń

Every July the Golub-Dobrzyń castle built by the Teutonic Knights in the 14th century hosts the International Knights' Tournament. The program includes re-enactment of Medieval jousting. The town is surrounded by the fragments of Medieval walls with towers and a moat. The Old Town has a Gothic church and an old Pod Kapturem house from the late 18th century.

Castle, Golub-Dobrzyń, tel. +(48-56) 683 24 55, fax 683 26 66
http://zamekgolub.pl, zamek@zamekgolub.pl



76 Unique graduation towers

D5 Ciechocinek

Ciechocinek is Poland's major lowland spa with many thermal, saline springs. Tourists and bathers can enjoy its unique graduation towers, open-air theatre, spa park, flower clocks and flower arrangements as well as old timber buildings such as the bandstand, the Orthodox Church and the pump room. Those who seek cures can avail themselves of the services offered by several dozen sanatoriums, preventive health centers and spa hospitals equipped with modern facilities. Good accommodation and numerous cultural events.

Municipal Promotion Bureau
Ciechocinek, ul. Zdrojowa 2b
tel./fax +(48-54) 416 10 05
www.ciechocinek.pl, ratusz@ciechocinek.pl

78 Romanesque churches

D4 Mogilno, Strzelno, Inowrocław, Kruszwica

This visit will lead you to the finest and best-preserved Romanesque buildings in Poland. Mogilno – the former Benedictine Abbey church (11th c), Strzelno – St Procopius' Church and the Church of the Holy Trinity, both from the 12th century, Inowrocław – St Mary's Church (13th c), Kruszwica – SS Peter and Paul Collegiate Church (12th c). The Wielkopolska region has two Romanesque edifices. Trzemeszno – the Benedictine church (12th c), Kościelec Kujawski – St Margaret's church (12th/13th c).

Polish Society of Tourism and Country Lovers (PTTK), Oddział Nadgoplański
Kruszwica, ul. Podzamcze 1
tel. + (48-52) 351 53 03
www.pttk-kruszwica.pl
biuro@pttk-kruszwica.pl





79 The capital of Poland

E7 Warsaw

Totally destroyed during WWII, the Old Town and the Royal Castle were reconstructed and are now on the UNESCO World Cultural Heritage List. The Old Town Square lined with burgher houses, the Royal Castle, the Barbican and the Gothic St John's Cathedral are all very popular with tourists. Along the Royal Way visitors will find many churches and palaces, including the Holy Cross Church (with the urn containing the heart of Frederick Chopin). Two royal palaces and park complexes are significant attractions: the Łazienki – summer residence of the last Polish king, and the Baroque Wilanów – suburban residence of King Jan III Sobieski. The highest building in Warsaw, the centrally located Palace of Culture and Science built in the social realistic style, is a gift from the Soviet Union. There is a splendid, panoramic view over the city and its environs from the terrace on the 30th floor. Warsaw hosts many top-class cultural events: Jazz Jamboree, Warsaw Autumn, the Mozart Festival, and the International Frederic Chopin Piano Competition held every fifth year.

Warsaw Tourist Office,
Warszawa, ul. Plac Zamkowy 10, tel. +(48-22) 194 31
www.warsawtour.pl, info@warsawtour.pl



82 The former capital of Mazovia

D6 Płock

Płock is proud of its 1000 year old Tumska Hill with its original Romanesque Cathedral of Our Lady (12th c), later remodelled in the Gothic and Renaissance styles, the fragments of the castle of the Mazovian Princes' and the vestiges of the Benedictine Abbey. Other historical monuments include churches, convents, neoclassical toll-gates, houses in the neo-Gothic and Art Nouveau styles as well as granaries on the high banks of the Vistula. The museum in the castle features an Art Nouveau exhibition.

Tourist Information Center, Płock, Stary Rynek 8
tel. +(48-24) 367 19 44, fax 367 19 32
www.ump.pl, cit.plock@ump.pl, www.itplock.pl



83 'Dom Polonii' - Polonia House

D7 Pułtusk

Pułtusk has a rich history and the town contains a 400m long market square. The wealth of the city's historical buildings consists of the late-Gothic tower on the former town hall, fragments of the fortified walls with two towers, and the 15th century collegiate church with Renaissance frescoes. The former bishops' castle houses Dom Polonii – the meeting place in Poland for all Poles living abroad.

Regional Museum, Pułtusk, Rynek 1, tel. +(48-23) 692 31 32
www.pultusk.pl, um@pultusk.pl
Dom Polonii, Pułtusk, tel. +(48-23) 692 90 00, fax 692 36 20
www.dompolonii.pultusk.pl, info@dompolonii.pultusk.pl



80 A Romanesque basilica

E7 Czerwińsk upon Vistula

Set on the banks of the Vistula, the small village of Czerwińsk boasts a Romanesque church and an abbey located on the river escarpment. The three-nave stone basilica surmounted by two high towers has preserved much of its 12th century Romanesque character, although in later years it was remodelled in the Gothic, Renaissance and Baroque styles. It has preserved its Romanesque portal (1150) and the paintings in the Crucifixion Chapel and its Gothic frescoes. From the terrace near the church is a splendid view of the opposite bank of the Vistula and the Kampinos Forest.

Parish Museum, Czerwińsk nad Wisłą, ul. Klasztorna 23
tel. +(48-24) 231 50 88, www.czerwinski.salezjanie.pl
czerwinski@salezjanie.pl

81 The Biggest Easter Palms

C8 Łyse

Folk culture has always thrived in this little village in the Kurpie ethnographic region, known for its fine traditional wooden architecture. Here a competition for Easter 'palms' is held on Palm Sunday. Some of the palms carried by the faithful dressed in colourful costumes are about 10m high.

Communal Office
Łyse, ul. Ostrołęcka 2
tel./fax +(48-29) 772 50 03
www.gminalyse.pl/
www.gminalyse.pl/palmowa.html



84 Museum of narrow-gauge railways

E6 Sochaczew



The ruins of the 14th century castle of the Mazovian Princes can be found on a hilltop beside the Bzura River. One of Poland's major museums of narrow-gauge trains can be visited in the former railway station. The permanent exhibition of the diverse rolling stock (100 items) includes locomotives, carriages, trolleys, ammunition carriers, passenger wagons, and a horse-drawn railway wagon. From May through September tourists can enjoy rides through the Kampinos Forest.

Museum of Narrow-Gauge Railways
Sochaczew, ul. Towarowa 7, tel. +(48-46) 862 59 76
www.sochaczew.pl, promocja@sochaczew.pl

85 The birthplace of Frederic Chopin

E7 Żelazowa Wola

This little village is known the world over because it is the birthplace of Frederick Chopin. He was born in a manor that stands today in the middle of a beautiful park filled with over 500 different species of trees and shrubs. The manor is now Chopin's biographic museum and contains amongst other family memorabilia the composer's and his family portraits. Chopin music recitals performed by outstanding artists are held here throughout summer. There are three Chopin statues in the park grounds.

Frederick Chopin House of Birth, Żelazowa Wola 3,
tel. +(48-46) 863 33 00, fax 863 40 76
www.nifc.pl





86 | City of one hundred bridges

G3 | Wrocław

The Old Town Square originates from the 13th century and today is delimited by burgher houses. The Gothic town hall was built between 1327 and 1504 and houses the city's historical museum. Wrocław University has the largest Baroque building in the city. Its Aula Leopoldinum, the city's largest secular hall (late-17th c) is open to visitors. Ostrów Tumski Island is the oldest part of the city on which there are a number of sacral buildings including the Gothic Cathedral of St John the Baptist (13th/16th c). There is a splendid view from the top of its tower. The epic painting of the Panorama Raclawicka (120m x 15m) attracts thousands of visitors. St Giles' Church is the oldest surviving church in Wrocław. Its Romanesque one-pillar vaulting dates back to the early 12th century. The People's Hall from 1913 was the world's first modernist structure made of ferro-concrete. Today it is on the UNESCO World Heritage List under the name, Centenary Hall. Wrocław's greatest cultural attraction is its Wroclavia Cantans – The International Oratorio & Cantata Festival.

Tourist Information Center, Wrocław, Rynek 14
tel. +(48-71) 344 31 11, fax 344 29 62
www.wroclaw.pl, info@itwroclaw.pl



89 | Poland's most beautiful cave

H3 | The Bear's Cave near Kletno

The largest cave in the Sudeten Mountains, the Bear's Cave, is 3,000 meters long and has three levels. Bones of cave bears and other ice age animals have been found here. Some of the impressive stalagmites and stalactites are 45 meters high and 60 meters long. A nature reserve has been created to protect them. Parts of the upper level corridors can be visited with a guide.

"Bear's Cave" Center of Tourist Services
Stronie Śląskie, Kletno 18
tel. +(48-74) 814 12 50
www.jaskinia, rezerwacja@jaskinia.pl



90 | A paradise for birds

F4 | Milicz ponds

The Barycz River swamp valley was chosen for the fish ponds built here in the 13th/14th centuries. Today the ponds serve as the habitat for many species of aquatic and marshland birds. This area is now an ornithological reserve and park known as the Barycz Valley. This is one of Europe's largest wildlife reserves with many observation points (situated on dikes) for bird-watchers.

Tourist Information, Milicz, Rynek 20
tel./fax +(48-71) 383 11 11
www.milicz.pl, dot@dot.org.pl

87 | Highest Sudeten Range

H2 | Karkonosze National Park

The highest part of the Sudeten Mountains is the Karkonosze Range with Mt Śnieżka reaching 1603 meters above sea level. The area today is the Karkonosze National Park. Together with the Czech part, it has been put on the UNESCO World Biosphere Reserves List. In the upper parts of the range, there are fantastic rock formations, post-glacial semi circular depressions, lakes, rare plant and animal species, and many trails. The Karkonosze Range is very popular with high mountain climbers and skiers. Szklarska Poręba and Karpacz are the region's most visited tourist centers.

Tourist Information
Karpacz, ul. Konstytucji 3 Maja 25
tel./fax +(48-75) 761 97 16
www.karpacz.pl, it@www.karpacz.pl
Municipal Tourist Information Bureau

Szklarska Poręba, ul. Jedności Narodowej 3
tel. +(48-75) 717 24 49, fax 754 77 42
www.szklarskaporeba.pl, it@szklarskaporeba.pl



88 | Błędne Skały, (Jagged Rocks)

H3 | Góry Stołowe National Park



The Góry Stołowe, or the Table Mountains, is the only range in Poland which has a plate-like geological structure. The labyrinth created by bizarre rock formations is very impressive. Some clefts are 12 meter deep. These sandstone rocks have acquired very curious shapes. The most interesting are the rock clusters known as Błędne Skały and Szczeliniec Wielki – the highest outcrop (919m) of the whole range. To get to the top of this peak, one has to climb 665 stone steps. Tourist trails are well-marked.

Góry Stołowe National Park, Kudowa Zdrój, ul. Słoneczna 31
tel./fax +(48-74) 866 14 36
www.pngs.pulsar.net.pl, pngs@interia.pl

91 | An enormous castle on a rock

G3 | Książ

The third largest castle in Poland was erected in the 13th century and later remodelled many times. The castle's show-piece is the Baroque Maximilian Hall, built in the first half of the 18th century. Open to visitors, the castle has 12 terraced gardens on the slopes that surround it. The former castle stables are now a stud farm and equestrian centre. Annual auctions of Silesian stallions are attended by experts and buyers from all over the world. The Lubiechów palm house also belongs to the castle complex.

Castle at Książ, Wałbrzych, ul. Piastów Śląskich 1
tel. +(48-74) 664 38 50, fax 664 38 62
www.książ.walbrzych.pl, office@ksiaz.walbrzych.pl



92 | Churches of Peace

G3 | Świdnica and Jawor



The Protestant half-timbered Churches of Peace in Świdnica and Jawor are considered to be unique in the world. They were erected by Silesian Protestants in the mid-17th century. Both are on the UNESCO World Heritage List. The church in Świdnica can seat 7,500 of the faithful. It has rich Baroque interior decorations with paintings from the 18th century. The church in Jawor can accommodate 6,000 people. The galleries are decorated with paintings representing scenes from the Old and New Testaments. The ceiling is coffered wood.

Church of Peace, Świdnica, pl. Pokoju 6, tel./fax +(48-74) 852 28 14
www.kosciolpokoju.pl, kosciol@kosciolpokoju.pl
Evangelical and Augsburg Confession Parish, Jawor, Park Pokoju 2
tel./fax +(48-76) 870 32 73, www.jawor.pl, jawor@luteranie.pl



93 Cistercian monasteries

G3 Lubiąż, Henryków, Krzeszów, Trzebnica, Kamieniec

With its 300 rooms, the Cistercian abbey in Lubiąż (18th c) is one of Europe's largest and most impressive monastic complexes. The showpiece is the huge Knights' Hall with its opulent Baroque decoration. The 13th century abbey in Henryków has a number of precious works of art in the church interiors. The abbey in Krzeszów possesses two 18th century churches: the Church of the Assumption known as the jewel of Silesian Baroque and St Joseph's Church with its Baroque frescoes. Trzebnica is noted for its former Cistercian abbey that contains St Hedwig's Mausoleum which attracts many pilgrims.

Tourist Information Center
Wrocław, Rynek 14
tel. +(48-71) 344 31 11, fax 344 29 62
www.wroclaw.pl, info@itwroclaw.pl

95 Mysterious subterranean caverns

H3 Osówka and Walim



Excavations of the underground galleries near Osówka and Gluszyca in the Sowie Mountains began in 1943, most probably in order to set up a factory for Nazis secret weapons. Approximately 1,700 meters of subterranean trails consisting of passages and caverns can be visited. Another complex of underground galleries and shafts was dug out near Walim towards the end of WWII. The tourist trail (750m) can be visited with a guide. An exhibition related to the various headquarters and the Third Reich's subterranean weapons factories has been organised underground.

Tourist Information, Gluszyca, ul. Grunwaldzka 20
tel. +(48-74) 845 62 20, fax 845 63 32,
www.osowka.pl, biuro@osowka.pl
Museum of the Walim Shafts, Walim, ul. 3 Maja 26,
tel./fax +(48-74)845 73 00, www.sztolnie.pl, muzeum@sztolnie.pl

94 Marian sanctuaries

H3 Wambierzyce and Bardo

The Marian sanctuaries attract thousands of pilgrims every year. The Wambierzyce basilica with its monumental staircase was built in the Italian Baroque style and has sumptuous artistic decorations (paintings and sculptures). The village and the surrounding hills are dotted with 130 Calvary chapels. The mechanised scenes from the Nativity (800 figures) is the shrine's greatest attraction. Bardo has a Baroque church with a wooden figure of Our Lady with Child from the 12th/13th centuries. The monastery houses the Museum of Sacral Art.

Regional Tourist Information, Kłodzko, pl. Chrobrego 1
tel. +(48-74) 865 89 70, fax 865 89 71
www.sankt-bardo.opoka.net.pl, rit@um.klodzko.pl



96 Spas in Lower Silesia

H3 Kudowa Zdrój, Polanica Zdrój, Łądek Zdrój

There are twelve spas in the Lower Silesian region. Their mineral water springs have attracted bathers since the 18th century among who were kings, princes, writers and artists. Today bathers and tourist also come to the spas encouraged by the favourable climate, scenic landscapes, national parks, sanatoriums and holiday centers, as well as cultural events of all kinds. Oxalates are present in the majority of the local medicinal waters. Kudowa Zdrój, Polanica Zdrój, Duszniki Zdrój, Cieplice Zdrój, Łądek Zdrój, Szczawno Zdrój and Świeradów Zdrój are the major spas in Lower Silesia.

Tourist Information Center, Polanica Zdrój, ul. Zdrojowa 13
tel./fax +(48-74) 868 24 44, www.polanica.pl, info@polanica.pl
PTTK - Tourist Information Center, Łądek Zdrój, ul. Kościuszki 44
tel. +(48-74) 814 62 55, fax 814 84 50, www.ladek.pl
www.sudety.info.pl/pttk_ladek, pttk_ladek@sudety.info.pl



97 Paradise for cross-country skiers

G2 Szklarska Poręba-Jakuszyce

Szklarska Poręba-Jakuszyce is Poland's best known center for cross-country skiing. There are many well-prepared trails for cross-country races and skiing expeditions that attract professionals and amateurs. The local microclimate is the reason the snow cover lasts such a long time. The international Piasts' Race is organized here every year in March for 3-4 thousand participants with two distances, 25 and 50 kilometers.

Municipal Tourist Information Bureau
Szklarska Poręba, ul. Jedności Narodowej 3
tel. +(48-75) 754 77 40, fax 754 77 42
www.szklarskaporeba.pl, it@szklarskaporeba.pl



98 Paper industry museum and Chopin Music Festival

H3 Duszniki Zdrój

The town's chief attraction is one of Europe's unique paper mills (17th c.). The mill is still in operation and produces hand-made paper according to an older expertise. Visitors can watch the process of production during special shows. The Museum of the Paper Industry has a collection of old prints and watermarks on display. The Chopin Music Festival is held here every year in August.

Paper Industry Museum, Duszniki Zdrój, ul. Kłodzka 42
tel. +(48-74) 866 92 48, tel./fax 866 90 20
www.muzpap.pl, biuro@muzpap.pl

Tourist Information Bureau
Duszniki Zdrój, Rynek 9, tel./fax +(48-74) 866 94 13
www.duszniki.pl, informacja@duszniki.pl

100 Castles and fortresses

G2 Bolków, Czocho, Chojnik, Kłodzko, Srebrna Góra Fortress

Lower Silesian Medieval castles were often raised on high and inaccessible rocks. They served as princely residences and were altered and redesigned many times during subsequent centuries. Today some of them have become historical ruins, some are museum and others have been turned into tourist accommodation. The most interesting Medieval castles are found at Książ, Bolków, Chojnik, Czocho, Grodziec, Grodno, Legnica, Oleśnica, and Ząbkowice Śląskie. The huge fortress at Kłodzko is a fine example of military architecture in the Baroque style. The Srebrna Góra fortress is Europe's biggest construction of this character.

Tourist and Cultural Information Center, Jelenia Góra, ul. Grodzka 16
tel. +(48-75) 767 69 25, fax 767 69 35
www.sudety.it.pl, itratusz@box43.pl



99 Gold mine

H3 Złoty Stok

The old gold mine houses the Underground Museum of Mining and Gold Metallurgy. Gold was mined here as early as the 13th century. Mining of the main deposits ceased in the 19th century and the last 30kg of gold were excavated in 1962. Two of the old galleries are open to visitors. The 'Czarna' gallery leads through 16th century hand-excavated shafts. The 'Gertruda' gallery features an underground waterfall (8m high) and an exhibition of old mining tools. Competitions in gold-washing and minting of gold coins are organized.

"Aurum" Tourist Services Co., Złoty Stok, ul. Złota 7
tel. +(48-74) 817 55 74, fax +(48-74) 817 61 20
www.kopalniazłota.pl, biuro@kopalniazłota.pl





101 | The city of four cultures

F6 Łódź

The wealth of the city's historical monuments includes the Książ Młyn – a unique factory and residential complex, now a museum exhibiting the life and times of the barons of industry who lived in Łódź up to WWII. The Israel Poznański palace is now the Historical Museum of Łódź, another one houses the Museum of Art. One of the oldest mills contains the Textile Museum with a fine collection of Polish modern artistic fabrics. Piotrkowska Street is believed to be the longest commercial street in Europe. It is lined with many 19th century merchant houses with many original monuments along its route. Łódź hosts many cultural events.

Tourist Information Center
Łódź, ul. Piotrkowska 87
tel./fax +(48-42) 638 59 55, www.lodz.pl, www.cityoflodz.pl, cit@uml.lodz.pl

102 | Romanesque churches

F6 Tum, Inowłódz, Żarnów, Sulejów, Strońsko

The Łódź region is proud of Poland's largest Romanesque church. The stone collegiate church in Tum dates back to the 12th century. Other Romanesque monuments include the beautifully renovated St Giles' Church (11th c) in Inowłódz, St Nicolas' Church in Żarnów with its 12th century tower and Romanesque transept, the Cistercian abbey at Sulejów-Podklasztorze, the brick church (13th c) at Strońsko, SS Peter and Paul Church at the village of Krzyworzeka with a free-standing belfry (13th c).

Tourist Information Center, Łódź, ul. Piotrkowska 87
tel./fax +(48-42) 638 59 55
www.lodz.pl, www.cityoflodz.pl, cit@uml.lodz.pl



105 | Timber manor house

G5 Ożarów

A wooden, Baroque country manor in an old park built in 1757. It houses a museum of manorial interiors collected mainly from the houses of the region: furniture, porcelain, tapestries, silverware, and portraits of the Wieluń gentry. Classical music concerts are held in the museum once a month.

Museum of Manorial Interiors, Ożarów
tel. +(48-43) 841 17 24
www.mwdozarow.ohv.org, ozarow@onet.pl
www.muzeum.wielun.pl



106 | Water reservoir in the woods

F6 Sulejów artificial lake and its environs

Surrounded by woods, the lake is an excellent place for practising water sports and angling. The environs are friendly for bikers, horse riders and mushroom pickers. Anglers can catch pike, perch, bream, eel and carp. The Cistercian monastic complex (13th c) of Sulejów-Podklasztorze is one of Europe's best preserved defensive constructions. A Baroque Franciscan monastery (17th c) stands in nearby Smardzewice. The bison reserve at Książ and the landscaped park in the vicinity of Tomaszów Mazowiecki are the major natural attractions of the area. The nearby town of Spała features a well-known recreation and sports center.

Polish Society of Tourism and Country Lovers (PTTK),
Piotrków Trybunalski, pl. Czarnieckiego 10,
tel. +(48-44) 647 70 52, fax 732 36 63
www.ziemialodzka.pl, biuro@pttkpiotrkow.nonprofit.pl

103 | Folklore and colourful processions

E6 Łowicz

The city is well-known for its colorful Corpus Christi processions during which the participants are dressed in traditional costumes. The old missionary college (17th c) houses the Regional Museum with a fine collection of folk art. The Łowicz region skansen is located in nearby Maurzyce, where a country wedding show can be organized on request.

Museum, Łowicz
Stary Rynek 5/7
tel. +(48-46) 837 39 28, fax 837 36 63
www.muzeum.low.pl, muzeum@low.pl



104 | Gothic knight's residence

E6 Oporów

The Gothic castle of Oporów (15th c.) is one of the few castles in Poland that have survived in their original form. Raised on an artificial island, it is surrounded by a moat and a fine landscaped park (19th c). It houses a museum of interior decorations with art collections from different epochs (16th-19th c). At one end of the village stands a monastic complex from the 15th century.



Castle Museum, Oporów
tel. +(48-24) 285 91 22, fax 285 91 80
www.zamekoporow.pl, zamekoporow@zamekoporow.pl



107 | Plants from almost the whole world

F5 Rogów

The botanical garden in Rogów contains a magnificent arboretum as well as plentiful shrubs, bushes and flowers. It is one of the oldest and the most profuse botanical gardens in Poland. Various tree species constitute its basic and largest area. It has an outstanding collection of maple trees. Its rock garden contains an alpinarium with plants from the mountains of various continents. A narrow-gauge railway line is another Rogów tourist attraction.

Silviculture Experimental Institute of the Agricultural Academy (SGGW),
Rogów ul. Akademicka 20, Rogów, tel. +48 46 874 90 31
www.lzdrogow.sggw.pl, lzdrogow@poczta.fm

108 | Baroque palace and romantic park

E6 Nieborów and Arkadia

The Baroque palace of Nieborów is now occupied by the National Museum of Warsaw. Its rococo and neoclassical interiors contain collections of paintings, ancient sculptures, furniture and a library with 10,000 volumes. The palace is surrounded by a vast English landscape park. A seven kilometer linden tree alley leads from Nieborów to the romantic park of Arkadia laid out in the 18th century. The park is full of a variety of decorative elements (buildings and sculptures) and rare specimens of trees and shrubs.

Museum at Nieborów and Arkadia, Nieborów
tel. +(48 46) 838 56 36
www.nieborow.art.pl, kancelaria@nieborow.art.pl





109 | Where cultures meet

G9 | Lublin

The Old Town of Lublin has preserved its Medieval urban layout with many churches, burgher houses and gates. In the middle of the Old Town square stands the historical Crown Tribunal building. The Lublin royal castle's show-piece is the Holy Trinity chapel (14th c) with the unique Russo-Byzantine frescoes. The suburban skansen presents old rural architecture and collections of artifacts from the region between the River Vistula and Bug.

Lublin Tourist Information Center, Lublin, ul. Jezuicka 1/3
tel. +(48-81) 532 44 12, fax 442 35 56
www.turystyka.lubelskie.pl, itlublin@onet.pl



111 | City of artists

G8 | Kazimierz Dolny

Kazimierz Dolny, a jewel of Polish Renaissance, combines splendid architecture with beautiful landscapes. It attracts both tourists and artists. Here you can listen to concerts in its parish church from 1620, admire the Renaissance burgher houses lining the market square, walk through the ruins of the Gothic royal castle and the Renaissance granaries from the turn of the 16th century, visit the Jewish cemetery, or take a ferry to see the remains of the Janowiec castle on the other side of the Vistula. The June Festival of Folk Bands and Singers is just one of the many cultural events held at Kazimierz.

Internet Tourist Information Center
www.kazimierz-dolny.com.pl
informacja@kazimierz-dolny.com.pl

110 | Jewel of Polish Renaissance

H9 | Zamość

The Old Town complex (16th and 17th c) is on the UNESCO World Heritage List. The city's urban layout was designed to copy the plans of an ideal Italian urban model. Zamość is the best-preserved Renaissance town in Poland. It has retained its attic-roof burgher houses, magnificent town hall, churches, and fortifications from the 16th and 19th centuries.

Zamość Tourist Information Center, Zamość, Rynek Wielki 13
tel. +(48-84) 639 22 92, fax 627 08 13
www.zamosc.pl, www.zoit.zamosc.pl, zoit@zamosc.um.gov.pl



112 | Stud farm with thoroughbred Arab horses

E9 | Janów Podlaski

The former twin-towered 18th century cathedral, St John the Baptist Church, from the turn of the 18th century and ruins of the bishop's palace are the major historical buildings in Janów Podlaski. In the village of Wygoda, 3 kilometers from Janów Podlaski, is Poland's oldest (est. in 1817) stud farm, specializing in the breeding of thoroughbred Arab horses. The elegant stable complex (19th c) for the approx. 500 horses can be visited. The farm has its own burial grounds for horses. The annual show of Arab thoroughbreds and the famous international auction are organized in August.

Horse Stud, Janów Podlaski
tel. +(48-83) 341 30 09, fax +(48-83) 341 33 60
www.janow.arabians.pl, office@janow.arabians.pl



113 | Baroque residence and socialist-realist art museum

F9 | Kozłówka



The Baroque and neo-classical palace of the Zamoyski family at Kozłówka is the best-preserved magnate residence in Poland. The palace museum features a wealth of diverse objets d'art, and the palace outbuildings house a permanent socialist-realist art gallery. A stroll through the geometric park with the graves of Napoleonic soldiers and a beautiful fountain can be a pleasant experience.

Zamoyski Family Museum, Kozłówka, tel. +(48-81) 852 83 00
fax 852 83 50, www.muzeumkozlowka.lublin.pl
muzeum@muzeumkozlowka.lublin.pl

115 | Historical monuments of different religions

F10 | Włodawa

The city's old urban layout with many Baroque market stands is quite well preserved. There are also many religious buildings of different faiths. The late-Baroque St Louis' Church (18th c) with rococo interiors. Another late-Baroque building is the former great synagogue that now houses the Łęczysko-Włodawskie Lake lands Museum with a collection of Jewish religious and cultural objects. The Russo-Byzantine church from the 19th century. Włodawa hosts the Festival of Three Cultures.

Tourist Information, Włodawa, ul. Szkolna 4
tel. +(48-82) 572 12 59
www.um.wlodawa.pl, info@um.wlodawa.pl



114 | Unique underground chalk tunnels

G10 | Chelm

Chelm has Old Catholic and Orthodox churches. The most noteworthy is the Piast Church. The former Uniate church stands on Cathedral Mountain. It is surrounded by a complex of religious buildings that were once a bishop's palace and a monastery. Chelm's star attraction and a unique tourist route are its underground chalk tunnels that run under the city for two kilometers at a depth of 27 meters. The route leads through old chalk passages hewn out by hand. A ghost known as Bieluch sometimes appears as visitors pass through the galleries.

Chelm Tourist Information Center, Chelm, ul. Lubelska 63
tel. +(48-82) 565 36 67, tel./fax 565 41 85
www.itchelm.pl, www.chelm.pl, itchelm@wp.pl
Chelm Underground Chalk Tunnels, ul. Lubelska 55a, tel. 565 25 30
www.zabytkowakopalniakredy.pl, zabytkowakopalnia@interia.pl



116 | Tarpan habitat

H9 | Roztocze Region

The Roztocze National Park occupies the most important part of this gently undulating region which is mostly covered with fir forests. Some of the trees grow to heights of 50 meters. The park flora has both lowland and highland species, including several varieties of orchids. The Polish tarpan horses have their habitat here. A complex of neoclassical buildings and a Baroque church are located within the former game reserve of Zwierzyniec. The parks varied natural features are ranges of chalk and limestone hills with sandy and loess soil summits.

Roztocze National Park, Zwierzyniec, ul. Plażowa 2
tel./fax +(48-84) 687 20 66, www.roztozczanski.pl, roztozczepn@pro.onet.pl
Tourist Information Point at the Educational-Museum Centre at the Roztozczanski National Park, Ul. Plażowa 3, Zwierzyniec
tel. +(48-84) 687 22 86, rpnmuzeum@poczta.onet.pl





117 Ancient Piast stronghold

H4 Opole

The city's important historical monuments include the Piast Tower (13th c), Gothic Holy Cross cathedral, Franciscan church and monastery with the Piast Chapel – the mausoleum of the local dukes. The town hall is a copy of the Medici Palazzo Vecchio in Florence, and the houses that line the town square make up a coherent Renaissance and Baroque-rococo composition. The Festival of Polish Song is held in the city amphitheatre. A rural skansen with many wooden houses from the Opole region is located in the Bierkowitz suburb. The former Jesuit College houses the regional museum.

Municipal and Communal Tourist Information, Opole, ul. Krakowska 15
tel. +(48-77) 451 19 87, fax 451 18 61
www.opole.pl, mit@um.opole.pl

119 Gigantic amphitheatre

H4 St Anne's Mount

The Franciscan monastic complex with the Gothic St Anne's Church erected in the 15th and modified in the 17th century is situated on a hilltop. A tiny, revered statue of St Anne with the Virgin and Child (15th c) at the high altar is the object of pilgrimages. Calvary Chapels and shrines are found on the hill slopes. Patriotic and religious celebrations are often held here. Nearby is a limestone amphitheatre and a memorial to the Silesian insurgents.

St Anne's Mount Landscape Park, Góra św. Anny, ul. Leśnicza 10
tel./fax +(48-77) 461 50 74
www.gsa.zopk.pl, turystyka@lesnica.pl



118 Silesian Piast Renaissance castle

G4 Brzeg

The Renaissance castle of the Silesian Piasts with arcaded courtyard and three-level cloisters is the most impressive historical building. It contains a Gothic St Hedwig's Chapel with rococo interior decorations and houses the museum of Silesian Piasts that features, among other exhibits, the sarcophagi of Legnica and Brzeg Princes and a Medieval hunting bow (14th c). The Liszt evening recitals as well as concerts of the Wratslavia Cantans and Vienna Music festivals are held in the castle interiors.

Museum of the Silesian Piasts, Brzeg, Plac Zamkowy 1
tel./fax +(48-77) 416 42 10
www.zamek.brzeg.pl, zamek.piast@poczta.onet.pl



120 Fairy-tale castle

H4 Moszna

The palace and park complex is the former residence of the German Tiele-Winckler family. This gigantic 7,000 square and 65,000 cubic meter construction was started in the 17th century. It contains 365 rooms and 99 turrets. It is reminiscent of English castles from the Elizabethan period. The stud farm with thoroughbred Arab horses attracts many enthusiasts of equestrian sports.

Center for the Treatment of Nervous Diseases
Moszna, tel./fax +(48-84) 466 84 00
www.moszna-zamek.pl, ctn@moszna-zamek.pl

121 Monumental church

H4 Nysa

The Medieval urban layout of the city's old town has been preserved with many Baroque and Renaissance houses in the market square and its neighborhood. The 1604 town weigh-house is a fine example of Dutch Renaissance. A fountain decorated with dolphins and triton is Baroque from 1701. One side of the market square is occupied by the large late-Gothic Church of SS James and Agnes (15th c) with a fine double doorway, containing a number of Renaissance and Baroque side chapels. Two Baroque churches – SS Peter and Paul and Our Lady's Assumption and the 17th/18th century bishops' palace are also worth visiting.

Municipal Office, Nysa, ul. Piastowska 19
tel. +(48-77) 433 49 71
www.nysa.pl, www.twierdzanysa.pl, gosia@twierdzanysa.pl



122 Polish Carcassonne

H3 Paczków

Paczków lies on the tourist route leading from Silesia and the Małopolska region to the Kłodzko valley, and offers many cultural sites as well as a beautiful landscapes. Pride of the place goes to its 1,200 meter long fortified city walls with 19 semicircular towers and four gates. Other noteworthy sites are the 14th century St John the Evangelist Church with a unique indoor well (16th c), attic-roof town hall, and the Hangman's House.

Tourist Information, Paczków, ul. Słowackiego 4
tel. +(48-77) 431 67 90
www.paczkow.pl, gci@paczkow.pl

123 Old timber churches

H4

Dobrzeń Wielki,
Laskowice,
Oleśno, Bierdzany

The route joining Opole and Oleśno is 80 kilometer long and leads through many localities in Opole Silesia that possess timber churches built in the 17th and 18th centuries, which feature magnificent wall-paintings and Medieval figures of saints. Out of the total number of seventy, the best known are those of Dobrzeń Wielki, Laskowice, Opole-Bierkowice, Czarnowasy, Oleśno, Bierdzany, Kolanowice, Wędrynia and Chocianowice.

Municipal Tourist Information, Opole, ul. Krakowska 15
tel. +(48-77) 451 19 87, fax 451 18 61
www.opole.pl, mit@um.opole.pl

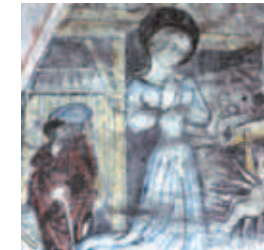
124 Trail of Medieval frescoes in the environs of Brzeg

G4

Brzezina, Bierzów,
Pogorzela, Kruszyna

Very interesting examples of Gothic frescoes are found on the walls of country churches in the environs of Brzeg. The 55 kilometer trail starts in Brzeg and leads via Brzezina, Zielęcice, Małujowice, Łukowice Brzeskie, Bierzów, Przylesie, Krzyżowice, Pogorzela, Łosiów, Strzelniki and Kruszyna to bring visitors back to Brzeg. The creators of these paintings are mostly local artists.

Municipal Office
Brzeg, ul. Robotnicza 12
tel./fax +(48-77) 416 99 57, 416 98 93
www.brzeg.pl, promocja@brzeg.pl





125
H5 | 'Little Vienna'
Cieszyn

The city is located on the border River Olza, at the foot of the Silesian Beskid Mountains. It has an old street layout with a market square in the middle lined with arcaded burgher houses. Almost untouched by time, a Romanesque rotunda of St Nicolaus (11th/12th c) stands amidst the trees on top of the castle hill. A neo-Gothic bower with a 16th century well, many churches, monastic complexes and the Protestant cemetery (19th c) can also be visited.

Municipal Tourist Information Center
Cieszyn, Rynek 1, tel. +(48-33) 479 42 49
www.cieszyn.pl, mci@um.cieszyn.pl



127
H6 | Trail of the Eagles' Nests
Olsztyn, Mirów, Bobolice, Ogrodzieniec



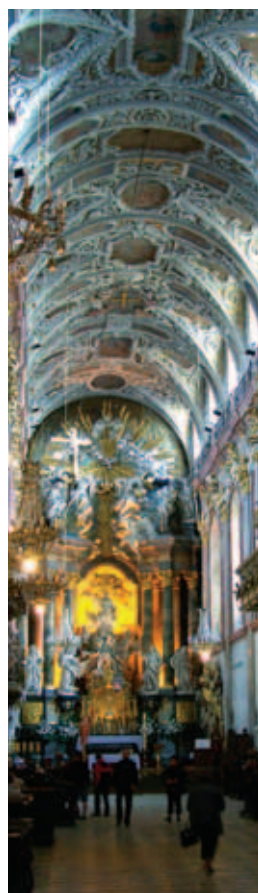
One interesting option when exploring the Kraków-Częstochowa Upland is the Trail of the Eagles' Nests running along the line of castles and defensive towers from Częstochowa via Olsztyn, Potok Złoty, Ostrężnik, Mirów, Bobolice, Podlesice, Ogrodzieniec, Piłica, Smoleń, Bydlin, Klucze, Rabsztyn, Olkusz and Ojców to Kraków. The Jurassic landscape is dotted with the ruins of Medieval castles and island mountains, rocky hills, caves and ravines and karst springs. The fauna and flora is diverse. The hiking trail is complemented by paths for bikers and horsemen.

Union of Jurassic Communes, Ogrodzieniec, pl. Wolności 42
tel./fax+(48-32) 673 33 64
www.jura.info.pl, biuro@jura.info.pl

126
H5 | Spiritual capital
of Poland
Częstochowa

Often called the spiritual capital of Poland, Częstochowa attracts pilgrims and tourists from the whole world. They flock to the Marian shrine in the Pauline monastery on Jasna Góra (Bright Mountain). The Chapel of the Miraculous Picture contains the icon of the Virgin Mary with the Christ child known as the Black Madonna which attracts millions of pilgrims every year. The monastic museum contains many pieces of art work and votive offerings. From Częstochowa, tourists can continue through the Kraków-Częstochowa Upland which is popular for hiking, climbing, biking and horseback riding.

Municipal Tourist Information Center,
Częstochowa, Al. NMP 65
tel. +(48-34) 368 22 50, fax 368 22 60
www.czestochowa.um.gov.pl, mci@czestochowa.um.gov.pl



128
H5 | Hunting castle
Promnice

The 19th century hunting castle was built for the Pszczyna Princes' in the English neo-Gothic style and is situated amidst woods beside a lake. The interior contains beautiful stained-glass windows, fine wood panelling and well carved beams. Now a luxurious hotel and a restaurant.

Hunting Palace, Promnice
tel./fax +(48-32) 219 46 78
www.promnice.com.pl, hotel@promnice.com.pl



129
H5 | An opulent Princes palace
Pszczyna

The simple Medieval castle became a sumptuous palace of the Pszczyna Princes' following the renovation work undertaken in the late 19th century. It acquired a new French neo-Renaissance appearance and a large landscaped park. The castle museum contains about 80% of the original interior decorations from the turn of the 19th century. Tourists can visit the imperial apartments and view the armoury and a collection of miniatures. Pszczyna has old burgher houses and a town hall.

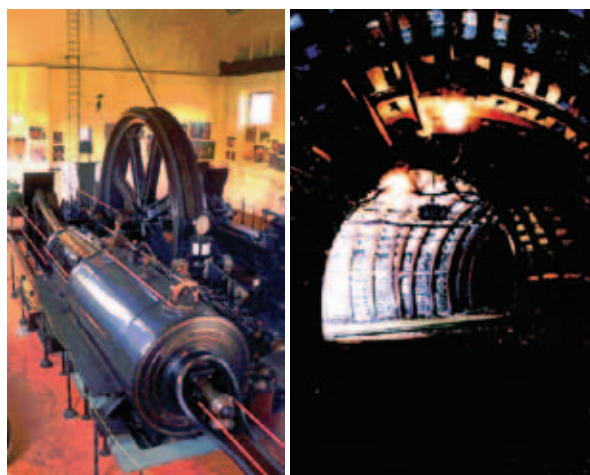
Castle Museum, Pszczyna, ul. Brama Wybrańców 1
tel. +(48-32) 210 30 37, fax 449 03 33
www.zamek-pszczyna.pl, kancelaria@zamek-pszczyna.pl



131
H5 | Mining skansen
Zabrze

The museum of coal mining with 32,000 exhibits is the most important attraction in the town. The mining skansen (Queen Luiza) is composed of the ground level part with an exceptional steam driven hoist and the underground part where visitors get to know about mining, construction of galleries and see how big mining machines and other machinery worked.

Coal Mining Museum, Zabrze, ul. 3 Maja 19
tel. +(48-32) 271 88 31
www.muzeumgornictwa.pl
mgw@muzeumgornictwa.pl



130
H5 | Old mine
Tarnowskie Góry

A former mine which had been worked for lead and silver. The mine was closed but the labyrinth of galleries, caverns and drainage tunnels remained open, and it was adapted to the requirements of tourists. Two underground tourist routes were arranged. The highlight, though, is a motorboat trip along the Black Trout Shaft, a part of the flooded drainage tunnels that were excavated as needs arose. There is also a Museum of mining and a skansen of steam engines.

Bureau for Tourist Services
Tarnowskie Góry, ul. Gliwicka 2
tel./fax +(48-32) 285 49 96
www.kopalniasrebra.pl, smzt@kopalniasrebra.pl



132
H5 | Paradise for skiers
and folklore
Silesian and Żywiec Beskid Ranges

The Silesian Beskid range with its abundant snow cover is an ideal place for winter sports enthusiasts. There are many mountain refuges, tourist hiking trails, skiing trails and skillifts, especially in Szczyrk, Wisła and Ustroń. The Żywiec Beskid range also offers recreation and winter sports facilities, with the most popular in centers in Korbielów, Zawoja, Zwardoń and Węgierska Górką. Original folklore can be admired at Istebna and Koniaków (lace-making). The Beskid Culture Week with approx. 4,000 participants is organized in August and jointly hosted by Szczyrk, Wisła, Ustroń and Żywiec.

Municipal Tourist Information Center, Bielsko-Biała, Pl. Ratuszowy 4
tel. +(48-33) 819 00 50, fax 819 00 61 www.it.bielsko.pl, info@it.bielsko.pl
Tourist Information Bureau, Żywiec, Rynek 12
tel./fax +(48-33) 861 43 10, www.zywiec.pl, it@zywiec.pl



133
G7 | **City attractive in all seasons**
Kielce

A branch of the National Museum, the Kraków bishops' palace (17th c) is the most important city sight. Of unique value are the painted ceilings and walls. The palace museum also contains collections of 19th and 20th century Polish paintings and European artistic handicrafts. The cathedral facing the palace was originally Romanesque, but the present-day building dates from the 17th century. The nearby village of Tokarnia has a skansen of the regional country architecture with farm buildings, manor house, windmill, granary, chapels and crosses.

Tourist Information Center, Kielce, pl. Niepodległości 1
tel./fax +(48-41) 348 00 60
www.swietokrzyskie.travel, informacja@swietokrzyskie.travel

135
G8 | **Neolithic flint mine**
Krzemionki, Bałtów

An archaeological and nature reserve exists and is unique in Europe on the terrain of a Neolithic mine of striped flint. Visitors can walk the 500 meter underground routes. The technology of mining and working flint is demonstrated in the museum pavilion. A fragment of the Neolithic village was rebuilt. Reconstructed dinosaurs of natural size can be seen in Bałtów. Rafting trips down River Kamienna are organized.

"Krzemionki" Museum and Archaeological and Nature Reserve
Krzemionki, tel./fax +48 41 262 09 78, www.krzemionki.pl
Bałtów Jurassic Park, Bałtów 8, Tel. +48 41 264 14 20,
www.baltowski-park.pl, biuro@parkjurajski.pl



134
H7 | **Castle and splendid cave**
Chęciny and the Paradise Cave

A small town at the foot of a hill on which stands a ruined castle from the turn of the 13th century, and which used to be one of Poland's most splendid fortresses. Today the castle is in ruins and provides views over the Świętokrzyskie Mountains and sometimes over the Tatras. The Paradise Cave is one of the most spectacular caves in Poland. The 180 meter tourist route leads through galleries and chambers filled with stalactites, stalagmites and large columns. The cave contains traces of prehistoric man.

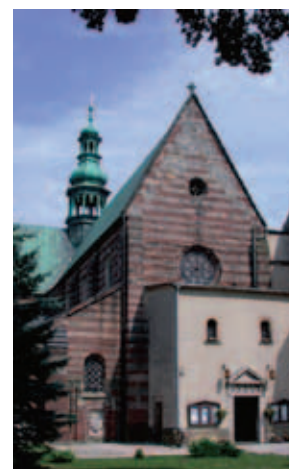
Paradise Cave, Chęciny
tel./fax +(48-41) 346 55 18
www.jaskiniaraj.pl, jaskiniaraj@lysogory.com.pl



136
H8 | **'Little Rome'**
Sandomierz

Perched on the high Vistula bank, Sandomierz is one of Poland's oldest and most beautiful towns. Its old town contains the Gothic Opatów Gate, town hall (14th c), castle, and the Gothic cathedral. The most important historical buildings are those of the Romanesque St James' Church and the Dominican monastery with defensive belfry and rich ornamentation. A labyrinth of underground tunnels where merchants stored their goods spreads underneath the city, today a tourist route of 470 meters. Picturesque loess ravines with rich floral life can be found within the city limits and beyond.

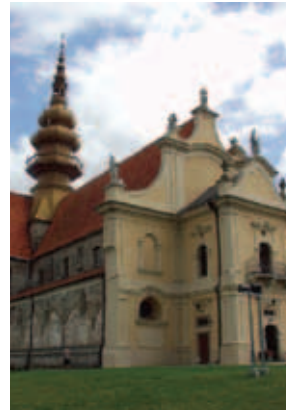
Sandomierz Tourist Portal
Tel. +(48-15) 832 54 62, www.e-sandomierz.pl
poczta@e-sandomierz.pl



137
G7 | **Świętokrzyski Cistercian trail**
Jędrzejów,
Koprzywnica,
Wąchock

The Cistercian trail covers 2/3 of Poland's territory and leads to 40 localities. The Świętokrzyski region trail includes the abbey of Jędrzejów, Koprzywnica and Wąchock. These particularly important Romanesque sacral buildings are located several dozen kilometers from each other.

Tourist Information, Kielce,
ul. Sienkiewicza 29
tel./fax +(48-41) 345 86 81
www.swietokrzyskie.travel
informacja@swietokrzyskie.travel



139
H8 | **Krzyżtopór castle**
Ujazd

The enormous castle of Krzyżtopór (1631-44) was built on a rock, making it safe from dynamiting. It has massive stone walls with bastions at five corners. Built in the mannerist style, the palace embodied the structure of the calendar. It had four towers symbolizing the four seasons and twelve big halls, one for each month, 52 chambers, one for each week of the year, and 365 windows. Destroyed in the mid-17th century, it is now a formidable ruin, where tournaments are organized to commemorate Krzysztof Ossoliński, the son of the castle's founders.

Communal Office, Iwaniska, Ujazd 73
tel./fax +(48-15) 860 11 33
www.krzyztopor.org.pl, zamek@krzyztopor.org.pl



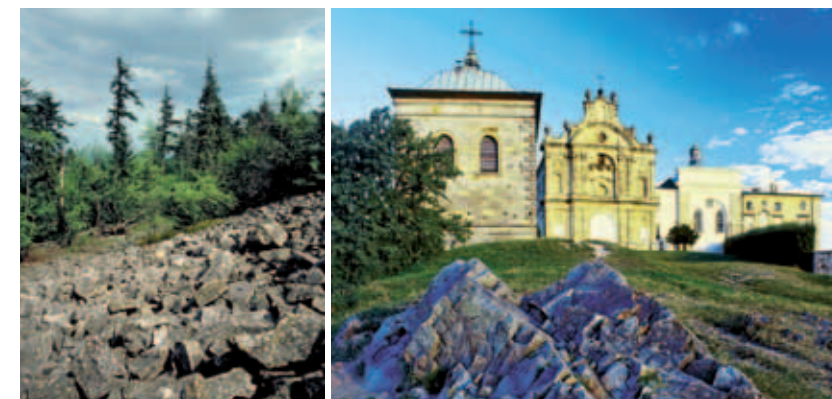
138
G7 | **Old mining and industrial facilities**
Sielpia Wielka, Samsonów, Starachowice,
Maleniec

Metal ore mining was started in the 15th century and by the first half of the 17th century metal ores were mined and processed in some 134 localities in the region. Tourists can visit many old mining and industrial facilities. Sielpia Wielka – a museum of technology with iron ore mine facilities, in Samsonów – a well-preserved iron smelting works, in Starachowice – a unique 19th century furnace, and in Maleniec – a rolling mill and nail making machine (19th c).

Tourist Information
Kielce, pl. Niepodległości 1, tel./fax +(48-41) 348 00 60
www.swietokrzyskie.travel, informacja@swietokrzyskie.travel



140
G7 | **Poland's oldest mountains**
Świętokrzyskie Mountains



This is Poland's oldest geological formation with unusual golororza: heaps of broken quartzite rock on the northern slopes below Mt Łysica (612m) and Mt Łysa Góra (595m). The Świętokrzyski National Park has taken under its protection the highest and most scenic areas, including the Fir Forest. On the second highest peak, Mt Łysa Góra, stands a Benedictine abbey with a relic of the Holy Cross. The village of Nowa Słupia is known for its September shows of iron ore processing in antiquated smelting furnaces, or dymarki, dating back to the 2nd century AD.

Tourist Information
Nowa Słupia, ul. Świętokrzyska 18
tel. +(48-41) 317 76 26
www.nowaslupia.pl





141 | **Historical capital of Poland**
 16 | Cracow

The Old Town together with the Wawel Hill and the Kazimierz district are on the UNESCO World Heritage List. The Medieval urban layout of the Old Town has not changed for centuries. Every visitor to Cracow should see Europe's largest Medieval market square with its Cloth Hall, the Church of the Holy Mary with its Gothic pentaptych altarpiece carved from limewood, Wawel Hill and its royal castle and the Wawel cathedral with its outstanding Renaissance chapel, the Medieval university building of Collegium Maius with its unique collection of astronomical instruments, the Barbican, and St Florian's Gate. The Jewish quarter of Kazimierz features a wealth of Jewish heritage with its 16th century cemetery and seven synagogues of which one is now the Jewish museum. Each summer the Jewish Culture Festival is held and attracts Jewish culture lovers from the whole world. Other cultural events held in Cracow each year attract thousands of visitors. In the suburban town of Tyniec stands a Benedictine Abbey dating back to the 11th century.

Tourist Information, ul. Szpitalna 25
 tel. +(48-12) 432 01 10, fax 432 00 62
 www.krakow.pl, it@infokrakow.pl

142 | **The world famous salt mine**
 16 | Wieliczka

On the UNESCO List of World Heritage, the Wieliczka salt mine (13th c) is one of the world's oldest mining sites still in operation. The underground tourist route leads through a labyrinth of galleries and caverns with unique sculptures, all carved from rock salt. St Kinga's Chapel at the depth of 101 meters is the most beautiful chamber and is decorated with white crystal salt chandeliers and bas-relief sculptures carved in grey salt. The mine also has a sanatorium. The museum display shows mining tools and documents related to the mine's history.

Salt Mine, Wieliczka, ul. Daniłowicza 10
 tel. +(48-12) 278 73 02, fax 278 73 33
 www.kopalnia.pl, turystyka@kopalnia.pl



143 | **Passion plays**
 16 | Kalwaria Zebrzydowska

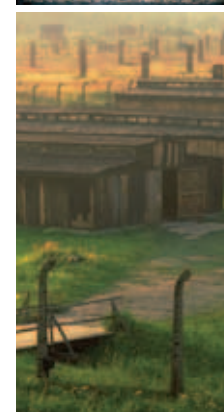
The church, monastery and the pilgrimage park of the Bernardine complex in Kalwaria Zebrzydowska is on the UNESCO World Heritage List. The Baroque church (17th c) contains the revered painting of Our Lady of Kalwaria Zebrzydowska. The Calvary, the Way of the Cross, is lined with shrines, chapels and small churches and is picturesquely set on hills and in the valley of a stream. The sanctuary is visited by approximately one million pilgrims each year. It is famous for its Passion plays. The most important processions are held during Holy Week (Easter) and on Our Lady's Assumption Day.

Bernardine Monastery, Kalwaria Zebrzydowska
 tel. +(48-33) 876 63 04, fax 876 66 41
 www.kalwaria.eu, info@kalwaria.eu

144 | **Memorial museum**
 16 | Auschwitz-Birkenau

This concentration camp is on the UNESCO World Heritage List. The Nazis set up the concentration camp in Auschwitz (Oświęcim) in 1940 and in Birkenau (Brzezinka) in 1942. The biggest Nazi concentration camp on Polish territory became an extermination camp where one and a half million people were murdered. The majority of the victims were Jews from Poland and Central Europe. The second largest group of victims were Poles. During the annual March of the Living thousands of Jews from the whole world and young Poles march from the Auschwitz gate to the martyrdom memorial in Birkenau in commemoration of the victims of the Holocaust.

Auschwitz-Birkenau State Museum,
 Oświęcim
 ul. Więźniów Oświęcimia 20,
 tel. +(48-33) 844 80 99, fax 843 22 27
 www.auschwitz.org.pl,
 muzeum@auschwitz.org.pl



145 | **River Prądnik valley**
 H6 | Ojców National Park

The Ojców National Park is waiting to be entered onto the UNESCO World Heritage List. The scenic river valley with 60 meter high valley slopes is dotted with fantastic lime rock formations. The region also has picturesque valleys and caves where numerous species of bats live. Worth visiting are the ruins of the Medieval Ojców castle as well as the mighty Pieskowa Skała castle, now a museum of historical interiors.

Ojców National Park, Ojców 9
 tel. +(48-12) 389 20 05, fax 389 20 06
 www.opn.pan.krakow.pl, opnar@pro.onet.pl

146 | **Timber architecture trail**
 17 | Dębno, Binarowa, Lipnica Murowana, Sękowa

Six timber churches from the Małopolska region and the Carpathian foothills have been entered on the UNESCO World Heritage List. The Małopolska region – St Michael the Archangel Church (15th c) in Dębno (15th c), St Michael the Archangel Church (approx. 1500) in Binarowa, St Leonard's Church (15th c) in Lipnica Murowana, and the Gothic church of SS Philip and James in Sękowa. The Carpathian foothills – the churches in Haczów (15th c) and Blizne (15th/17th c). On the same trail tourists may visit other interesting churches that include the Baroque St Michael the Archangel Church in Szalowa, the Baroque SS Peter and Paul Church in Lachowice and St John the Baptist's Church (17th c) in Orawka

Tourist Information Center, Nowy Sącz, ul. Piotra Skargi 2
 tel./fax +(48-18) 443 55 97
 www.nowy-sacz.pl, www.nowysacz.pl, cit@sarr.com.pl



147 | **Rafting through the Dunajec Gorges**
 J7 | Pieniny National Park

The Pieniny is a small but very picturesque limestone mountain range divided into parts by the Dunajec River with its spectacular gorge. From spring to autumn raft trips are organized for tourists to take them from Sromowce Wyżne via Szczawnica to Krościenko. The rafts are the best way to view the peaks and precipices and the most beautiful parts of the Pieniny National Park.

Association of the Pieniny Rafters
 Sromowce Wyżne, ul. Kąty 14
 tel. +(48-18) 262 97 93
 splyw@flisacy.com.pl, www.flisacy.com.pl





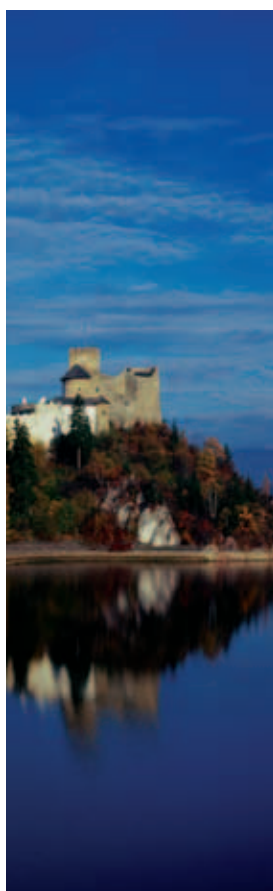
148 **Polish Alps**
J6 | Tatra Mountains

Recorded on the UNESCO Biosphere Reserves List, the Tatra National Park encompasses both the Polish and Slovakian parts of the range. It is the largest alpinotype massif in Central Europe with Mt Rysy (2499m), the highest peak on the Polish side. Numberless tourist trails lead hikers to mountain lakes, waterfalls and caves as well as through scenic mountain valleys. The mountains are home to chamois, bears, and marmots. The Tatras are toured in all seasons by mountain climbers, speleologists and hikers and by winter sports fans in winter.

Tatra Mountains National Park, Zakopane, ul. Chałubińskiego 42a
tel. +(48-18) 202 32 00
www.cyf-kr.edu.pl/tpn/, sekretariat@tpn.pl

150 **Castles of the Pieniny Mountains**
J7 | Niedzica and Czorsztyn

The present-day Renaissance defensive castle of Niedzica was originally a Gothic building. Set on a high hill, the upper castle offers a splendid panoramic view over the Pieniny Mountains, the Czorsztyn artificial lake with its dam and the ruined 14th century Czorsztyn castle. The Niedzica castle houses a museum which illustrates the history of the castle and the Spisz region. It also has very interesting archaeological and historical exhibitions. The ruined Czorsztyn castle can be visited.

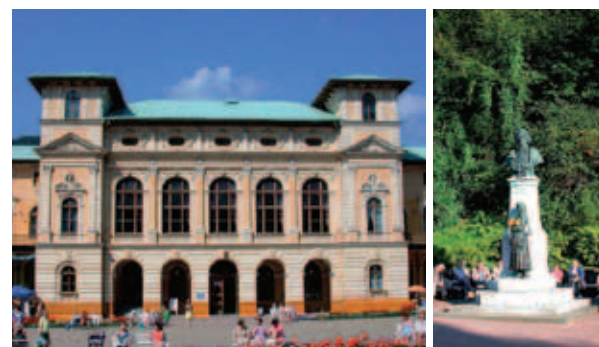


Castle Niedzica
tel./fax +(48-18) 262 94 89, 262 94 80
www.niedzica.pl,
marketing@niedzica.pl

149 **In search of health and relaxation**
J7 | Krynica

The most reputed of all Polish spas, Krynica is located at the foot of the Beskid Sądecki range. It has a central pedestrian promenade, spa houses, concert niche, and pump rooms with water from over twenty local mineral springs. Bathers and tourists are attracted here all year round by the wide choice of walks and hikes into the scenic hills. Krynica has a very well equipped winter sports center with Poland's longest cable-car ski lift to Mt Jaworzyna Krynicka. The latter has a fine recreation infrastructure and offers a beautiful view over the Beskid and Tatra ranges. The Jan Kiepura Festival of Arias and Songs is held here every year.

Tourist Information Center, Krynica Zdrój, ul. Piłsudskiego 8
tel. +(48-18) 471 60 05, fax 471 55 13
www.krynica.org.pl, biuro@poczta.onet.pl



151 **Poland's oldest salt mine**
J7 | Bochnia

The salt mine in Bochnia (13th c.) is one of the world's oldest. The 2.5 kilometer tourist route runs at a depth of 290 meters. The mine's largest cavern, the Wążyn chamber, has facilities for recreation and health treatment.

Bochnia Salt Mine Spa
Bochnia, ul. Solna 2
tel. +(48-14) 615 36 36, fax 615 36 38
www.kopalniasoli.pl, biuro@kopalniasoli.pl



152 **Magnate's castle**
J7 | Nowy Wiśnicz

An interesting combination of Gothic, Renaissance and Baroque styles, the castle of Nowy Wiśnicz used to be the residence of the magnate Krmita and Lubomirski families, well-rooted in the region of Małopolska. The castle combines features of defensive and residential architecture with picturesque landscapes. Today the exhibition arranged in the castle interiors illustrates its history as well as the process of its reconstruction. On view are the sarcophagus of Stanisław Lubomirski, copper and brass utensils, and miniature models of residences from the Małopolska region.

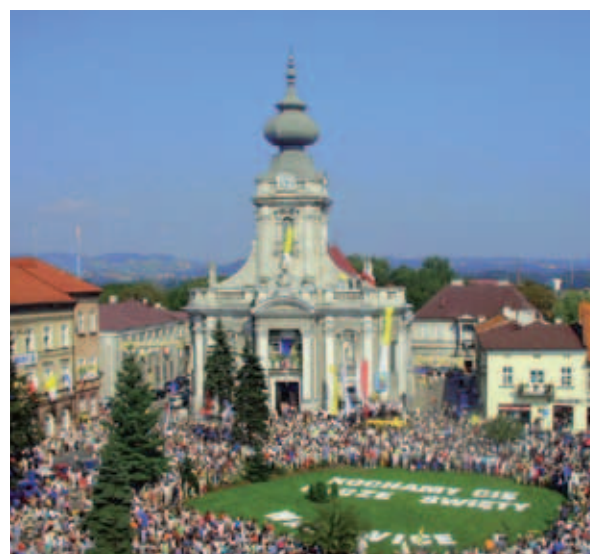
Castle, Nowy Wiśnicz
tel. +(48-14) 612 85 89, fax 612 83 41
www.nowywisnicz.pl, um@nowywisnicz.pl



154 **The Pope's home town**
J6 | Wadowice

The birthplace of Pope John Paul II is visited by many Polish and foreign tourists and pilgrims. The basilica has a 15th century presbytery and the baptismal font where Karol Wojtyła was baptised. His family house has been turned into a museum.

Tourist Information, Wadowice, ul. Kościelna 4
tel./fax +(48-33) 373 23 65
www.wadowice.pl, biuro@it.wadowice.pl



153 **Renaissance market square**
J7 | Tarnów

Tarnów has preserved the Medieval urban layout of its Old Town. Its focal point is the market square lined with old houses in the middle of which stands the Gothic-Renaissance town hall. Just off the market square are the late-Gothic cathedral which contains impressive wall tombs, the tower (16th c), and the bimah – the only fragment of the 18th century synagogue destroyed by the Nazis in 1940. The Jewish cemetery contains approx. 3,000 tombstones. There are also interesting ethnographic and diocesan museums in the town.

Tarnów Center for Tourism Coordination and Services
Tarnów, Rynek 7, tel. +(48-14) 688 90 90, fax 688 90 92
www.it.tarnow.pl, centrum@it.tarnow.pl

155 **Poland's winter capital**
J6 | Zakopane

Zakopane is Poland's most popular center of winter sports and summer hikes. Located at the foot of the Tatra Mountains, Zakopane has a well-developed hospitality and tourist infrastructure. It captivates the attention of visitors with its numerous beautiful villas constructed in the local Zakopane style. Along with the cable car to Mt Kasprowy Wierch and the funicular to Mt Gubałówka, there are many ski-lifts and Poland's biggest ski-jumps. Zakopane's beautiful landscape is a perfect setting for hundreds of sports and cultural events, including the annual International Festival of Highland Folklore (August) that attracts throngs of tourists from the whole world. Zakopane is reputed for its living Highland folklore.

Tourist Information Center, Zakopane, ul. Kościuszki 17
tel. +(48-18) 201 22 11, fax 206 60 51
www.zakopane.pl, info@promocja.zakopane.pl



156 Renaissance residence

H8 Baranów Sandomierski

A perfectly preserved, sumptuous late-Renaissance magnate residence from the turn of the 16th century. It has four corner towers and a lovely courtyard with two-storied arcades that look very 'Italianesque' with their slender columns supporting graceful arches. The palace houses a museum of interiors and a hotel. The palace is set in a pleasant, well kept park with flower terraces and fountains.

Palace and Park Complex, Baranów Sandomierski, ul. Zamkowa 20
tel. +(48 15) 811 80 39, tel./fax 811 80 40
www.baranow.com, muzeum@baranow.arp.com.pl



157 World's oldest oil well

I8 Bóbrka

The village has a unique skansen – an open-air museum of the oil industry. Possibly the world's first oil well was sunk here in 1854. Well-preserved 19th century facilities include two old oil wells, drilling derricks and tools, hoisting machinery and wooden barracks. One of the buildings contains a small oil industry museum with a collection of kerosene lamps.

Museum of Petroleum and Gas Industry, Bóbrka
tel./fax +(48-13) 433 34 89
www.bobrka.pl, muzeum@bobrka.pl

158 Castle and park complex

I9 Krasiczyn

The late-Renaissance palace and park complex in Krasiczyn is one of the finest of its kind in the country. The square construction with four corner towers is built around a partly arcaded courtyard. The palace is richly ornamented with an attic, stucco works and wall-paintings. Part of the palace can be visited. A hotel was opened in this 19th century building standing in a landscaped park (20 hectares) filled with rare trees and shrubs.

Palace and Park Complex, Krasiczyn
tel. +(48-16) 671 83 21, tel./fax 671 83 16
www.krasiczyn.com.pl, hotel@krasiczyn.arp.com.pl



159 Magnificent organ

H9 Leżajsk

Leżajsk's main attraction is the 17th century Bernardine church and monastery surrounded by defensive walls with towers. Many tourists and pilgrims visit the vast late-Renaissance basilica that contains the miraculous icon of the Madonna and Child from the second half of the 16th century as well as the famous Baroque organ (late 17th c), one of the finest in Poland. Organ concerts are held regularly in the summer and the International Organ Festival is held here each May. Leżajsk has a historical town hall and burgher houses from the 18th century.

Bernardine Monastery, Leżajsk, pl. Mariacki 8,
tel. +(48-17) 242 00 06
fax 242 83 59, lezajsk@bemarzyni.pl
www.bemarzyni.pl/klasztor/lezajsk

160 Palace, music and old carriages

I8 Łańcut

The very well preserved Łańcut palace was built in the early 17th century and later remodelled a few times. It is surrounded by a system of fortifications with bastions. The palace museum with interiors from the period between the 17th century and the early 20th century has many paintings, sculptures and objets d'art. The annual music festivals are held in the splendid ball room. The museum of coaches in the former stables and coach house has one of Europe's largest collection of carriages. The palace is surrounded by a landscaped park (19th c) and just outside the park stands an 18th century synagogue.

Museum – Castle, Łańcut, ul. Zamkowa 1
tel. +(48-17) 225 20 08, fax 225 20 12
www.zamek-lancut.pl
muzeum@zamek-lancut.pl



161 City of three cultures

I9 Przemysł

A city of many cultures with many secular and sacral historical buildings. The originally Gothic and now predominantly Baroque cathedral contains spectacular frescoes and stained glass windows. The Przemysł Fortress is Europe's third largest stronghold of this kind after those of Antwerp and Verdun, representing the highest achievement in military construction from the 19th and 20th centuries. The fortifications were composed of 42 forts arranged in two rings; the outer line was constructed 8-12 kilometers from the city limits. The remaining fragments of the fortress are a great tourist attraction.

Tourist Information Center, Przemysł, ul. Grodzka 1
tel. +(48-16) 675 21 64
www.przemysl.pl, info@przemysl.op.pl

163 Europe's least populated region

J9 Bieszczady Mountains and the Beskid Niski

The Bieszczady is a wild and scantily populated mountain region of thick forests and high open meadows known as poloniny. The most spectacular part of the region is the Bieszczady National Park and constitutes the habitat of birds of prey and mammals. The park is part of the International Biosphere Reserve of the Eastern Carpathians. Excellent grounds for winter sports, hiking trips and horse rides. The Beskid Niski Range incorporates the Magura National Park. Old wooden Orthodox and Uniate churches greatly beautify the landscape of the region.

Bieszczady National Park, Ustrzyki Górne 19,
tel. +(48-13) 461 06 50, 461 03 50
www.bdpn.pl, bdpn@wp.pl
Magura National Park, Krempana 59,
tel./fax +(48-13) 441 40 99
www.magurskipn.pl, magurskipn@pro.onet.pl
Information-Educational Centre at the Bieszczadzki National Park in Lutowiska, Lutowiska,
tel. +(48-13) 461 03 50, fax. 461 03 51,
www.oie.bdpn.pl, oie@oie.bdpn.pl



162 Poland's largest skansen

I8 Sanok

The oldest part of the town still has its original Medieval urban layout. The castle houses the regional museum with a fine collection of icons. Poland's largest skansen, if we consider the number of exhibits, is the best open-air museum in the country with about 100 traditional buildings (18th-20th c) such as farm houses, windmills, mills and Orthodox and Uniate churches. It provides an insight into the culture of ethnic groups from the Polish-Ukrainian borders, who used to live in the eastern Carpathians and the Carpathian foothills.

Rural Architecture Skansen
Sanok, ul. Traugutta 3
tel. +(48-13) 463 09 04, fax 463 53 81
www.bieszczady.pl/skansen, skansen.sanok@pro.onet.pl





Republic of Poland

Area: 312,000 sq km.
 Location: Central Europe.
 Poland borders on Germany, the Czech Republic, Slovakia, Ukraine, Belarus, Lithuania, and Russia. Its northern border – 500 km long – runs along the Baltic Sea coast.
 Population: 38,000,000.
 Flag: White and red.
 Official language: Polish.
 Capital city: Warsaw.
 Other major cities: Łódź, Krakow, Wrocław, Poznań, Gdańsk, Szczecin, Katowice, Lublin. Climate: Temperate, the average temperature in July is 19°C (67°F), but there are many summer days when temperatures rise to 30°C (86°F). The best time of the year for practising winter sports is between January and March.



Public holidays and work-free days

Non working days are Saturdays, Sundays, and the following holidays: New Year's Day (Jan. 1st), the Easter (Easter Sunday and Monday are moveable holidays), Labour Day (May 1st), the anniversary of the Constitution of May Third (May 3rd), Corpus Christi (Thursday, movable feast), Feast of the Assumption (Aug. 15th), All Saint's Day (Nov. 1st), National Independence Day (Nov. 11th), Christmas Holidays (Dec. 25th and 26th).



Where to stay?

All hotels are classified and their categories range from inexpensive to luxurious.

- Rooms can be booked by telephone or Internet:
www.discover-poland.pl, www.hotelsinpoland.com,
www.polhotels.com, www.hotelspoland.com, www.polhotel.pl,
www.warsawshotel.com, www.visit.pl, www.orbisonline.pl,
www.pph.com.pl
- Many historic and old buildings (palaces, castles, manors, mills) have been adapted for tourist purposes tel./fax +(48 22) 646 91 50, www.hhpoland.pl
- Booking of rural B&B accommodations:
 tel. +(48-52) 398 14 34, mobile +(48-602) 459 137,
www.agritourism.pl, www.agroturystyka.pl, federgg@wp.pl
- Youth hostels: tel. +(48-22) 849 81 28, fax 849 83 54,
www.ptsm.org.pl
- Camping: tel./fax +(48-22) 810 60 50, www.pfcc.eu
- Polish Tourist Country Lovers' Association: www.pttk.pl.



How to Pay?

The Polish currency is the zloty (PLN). You can pay using other currencies e.g. Euro, after you have come to an agreement with the vendor, but this is not always the case. Most transactions are done in zloty. Money can be changed at banks or exchange counters (Kantor). Credit cards are accepted in most shops and for services in the whole of Poland. Cash dispensers of the different banks are available 24/24 in cities and towns. The official money is the zloty divided into 100 groszy. Polish money is in circulation as coins and banknotes. Coins: 1, 2, 5, 10, 20, 50 groszy and 1, 2, 5 zloty. Banknotes: 10, 20, 50, 100 and 200 zlotys.



Customs regulations

Customs rules and procedures are similar to those prevailing in the majority of EU countries. Detailed information is available from the Ministry of Finance, tel. +(48-22) 694 31 94, www.mf.gov.pl.



Air

There are airports in Poland in the following cities: Warsaw, Krakow, Gdańsk, Katowice, Łódź, Poznań, Rzeszów, Szczecin, Wrocław and Bydgoszcz. LOT Polish Airlines is Poland's national carrier. In order to find the necessary information, all travellers planning to come to Poland and move around the country by air should visit the LOT website: www.lot.com. In addition, several other carriers, including budget airlines such as Easy Jet – www.easyjet.com, Germanwings – www.germanwings.com, WizzAir – www.wizzair.com, Ryanair – www.ryanair.com, Norwegian – www.norwegian.no, Aer Lingus – www.aerlingus.com, Jet2 – www.jet2.com.



Train

Poland has a well-developed rail network. Major Polish cities are interconnected by Intercity express trains running between European cities. The national railway network is administered and serviced by the Polish State Railways (PKP). All necessary information can be found on the PKP website: www.pkp.pl, www.intercity.pl, www.rozklad-pkp.pl and tel. +48 42 194 36.



Bus

Any place in Poland can be easily reached on the extensive network of national and local roads. Coach services are operated throughout the year by state and private bus companies across the country.



Taxi

Taxi stands are marked with the TAXI sign. Taxis are best be booked by telephone. Higher rates are charged for travel out of city limits, on Sundays and holidays; a special night fare is applied between 10 pm and 6 am.



Traffic regulations

These are compatible with the regulations in EU countries. The relevant speed limits on Polish roads are:

- 50 km/h for all vehicles in built-up areas;
- 90 km/h on lane roads;
- 110 km/h on expressways;
- 130 km/h on motorways;
- Headlights must be switched on at all times while driving.



Useful telephone numbers

Nationwide toll-free 24 hour emergency phone numbers are:

- Ambulance 999,
- Fire Brigade 998,
- Police 997. Mobile Phone Assistance 112,

Tourists can use the following emergency number during the summer season:

- 800 200 300, +48-608 599 999.

Branches of the Polish Tourist Organisation Abroad



• AUSTRIA	• Vienna	tel. +(43-1) 524 71 91 12	fax 524 71 91 20	www.polen.travel	info.at@polen.travel
• BELGIUM	• Brussels	tel. +(32-2) 740 06 20	fax 742 37 35	www.polen.travel	info.be@polen.travel
• FRANCE	• Paris	tel. +(33-1) 42 44 29 92	fax 42 97 52 25	www.pologne.travel	info.be@pologne.travel
• GERMANY	• Berlin	tel. +(49-30) 21 00 920	fax 21 00 92 14	www.pologne.travel	info.fr@pologne.travel
• GREAT BRITAIN	• London	tel. +(44-0) 300 303 1812	fax 300 303 1814	www.polen.travel	info.de@polen.travel
• HOLLAND	• Amsterdam	tel. +(31-20) 625 35 70	fax 623 09 29	www.polen.travel	info.uk@poland.travel
• HUNGARY	• Budapest	tel. +(36-1) 269 78 09	fax 269 78 10	www.lengyelorszag.travel	info.nl@polen.travel
• ITALY	• Rome	tel. +(39-06) 482 70 60	fax 481 75 69	www.polen.travel	budapest@pot.gov.pl
• JAPAN	• Tokyo	tel. +(81) 3-5908-3808	fax 3-5908-3809	www.polonia.travel	info.it@polonia.travel
• SPAIN	• Madrid	tel. +(34-91) 541 48 08	fax 541 34 23	www.polen.travel	info.jp@poland.travel
• RUSSIA	• Moscow	tel. +(7-495) 510 62 10	fax 510 62 11	www.polonia.travel	info.es@polonia.travel
• SWEDEN	• Stockholm	tel. +(46-8) 21 60 75	fax 21-04-65	www.polen.travel	info.ru@poland.travel
• USA	• New York	tel. +(1-201) 420 99 10	fax 584 91 53	www.polen.travel	info.scan@polen.travel
• UKRAINE	• Kiev	tel. +(38-044) 278 67 28	fax 278 66 70	www.polscha.travel	info.na@poland.travel
				www.polscha.travel	info.ua@polscha.travel



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