



MAŁOPOLSKA

Kraków. Tourist attractions



MAŁOPOLSKA

KRAKÓW. TOURIST ATTRACTIONS

Capital of the region: **Kraków**
 Major cities: **Tarnów, Nowy Sącz, Oświęcim**
 Surface area: **15 190 km² (about 5% of the surface area of Poland)**
 Population: **3.4 mil. (about 8% of the population of Poland)**

- Landscape
- the tallest peak - **Rysy: 2499 m a.s.l.**
 - mountains - **Tatras, Beskids, Pieniny**
 - foothills - **Carpathian Foothills**
 - uplands - **Kraków-Częstochowa Upland**
 - lowlands - **Vistula valley**
 - main rivers - **Vistula, Dunajec, Poprad, Raba, Skawa, Biała**
 - water reservoirs - **Czorszyński, Rożnowski, Czchowski, Dobczycki, Klimkówka, Mucharski**
 - the highest located, cleanest lakes - **Morskie Oko, Czarny Staw, the lakes of the Valley of Five Polish Lakes**
 - the largest and deepest cave - **Wielka Śnieżna Cave: over 22 km of corridors, 824 m deep**



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Free copy

Wawel Royal Castle, photo K. Bańkowski



City Breaks

Kraków – the heart of the Małopolska region

Located on the Vistula River, Krakow is the cradle of Polish culture and a peculiar urban phenomenon; the former capital of the country, the place of coronation and later - of the eternal rest of the rulers of Poland. People have been attracted to the city for a long time: scholars – by the oldest university, artists – by its cultural climate and pilgrims – by its sanctuaries and relics of saints. The place has always attracted tourists, lured by the atmosphere of the city, its monuments, and recently also by the memory of Pope John Paul II. The legendary founder of the town is Prince Krak, who ordered the slaying of the Wawel Dragon (the image of the beast can be admired at the foot of the Wawel Castle). The oldest history of the castle is remembered by two barrows (tumulus) dating back to the 7th century: the mounds of Wanda and Krak. The first historical information about Krakow is a 10th-century note by Ibrahim ibn Jakub. In Muhammad al-Idrisi's book (mid-12th century) we can already read about Krakow as „a beautiful and grand city, about many houses and inhabitants, markets, vineyards and gardens”. In the early 12th century, Gallus Anonymus wrote in the Chronicles: „Krakow, the capital city, is the leader of all Polish cities”, presenting it as a dynamically developing

metropolis. The town was formally established under Magdeburg Law (by Boleslaw the Chaste) on June 5, 1257. In 1978, however, Krakow (the Old Town within the Planty and Kazimierz - the former Jewish quarter) was included on the UNESCO World Natural and Cultural Heritage List. For the inhabitants of Krakow it is important to cultivate traditions, such as the annual Christmas cribs competition or the Lajkonik parade on the first Thursday after Corpus Christi Feast (June) from Zwierzyniec to the Main Market Square. Among many outstanding people connected with Krakow we should mention: Pope John Paul II, poets and Noble Prize winners – Czesław Miłosz and Wisława Szymborska, Tadeusz Kantor – the creator of the avant-garde theatre Cricot 2, playwright Stawomir Mrożek, Stanisław Lem, the legend of Polish science-fiction, Stanisław Wyspiański, painter, poet, playwright, designer and author, among other, the stained-glass windows decorating the Franciscan Church, or Dr. Feliks Jasiński „Manggha” - the creator of the collection of Japanese art currently presented in the Museum of Japanese Art and Technology „Manggha” founded by Andrzej Wajda.

Market Square in Krakow, photo K. Bańkowski



Main Market Square in Krakow, photo P. Krzan



In 1882 the first horse tram line was launched in Krakow. Already in 1901 it was replaced by electric trams. The first lines led through the Main Market Square. Visit repozytorium.fn.org.pl the archival film entitled „The Old Town in Krakow” from 1934.



When you ask me what homeland is, I'll answer: Have you ever walked around the Krakow Main Market Square[...].

Marek Grechuta, *Homeland*



■ **MAIN MARKET SQUARE** – one of the largest medieval squares in Europe (200 × 200 m), marked out at the time of the city's location in 1257. The former development is still preserved in buildings like the Cloth Hall, Town Hall Tower, St. Mary's Church and St. Adalbert's church and the tenement houses surrounding the square. On the Market Square you can take a horse-drawn carriage ride, take part in numerous cultural events, visit the Historical Museum or relax in one of the cafes.

InfoKraków Sukiennice, Rynek Główny 1/3,
☎ +48 530290661, 🌐 infokrakow.pl
Krakow Museum Visitor Service Center

■ **ROYAL ROUTE** – the former route of the ceremonial passages of the royal processions. It leads from St. Florian's Church, next to the Barbican and preserved fragments of the city walls, through the Florianska Gate, along Florianska Street to the Main Market Square, further along Grodzka Street and Kanonicza Street to the Wawel Royal Castle. A walk through it gives a wonderful opportunity to see the most valuable churches and the most interesting tenement houses in the city. A part of the former royal road (the section from St. Mary's Church to the Wawel Castle) is still traversed by ceremonial processions, e.g. church processions during the Corpus Christi Feast or funeral processions leading to the Wawel Castle and the necropolis on Skatka.

■ **WORLD OF HISTORIC CELLARS** – stretches under the tenement houses of the Old Town. In the gothic corridors and vaulted cellars we can find numerous restaurants, clubs, theatres and cabarets, with the most famous Piwnica pod Baranami (Cellar under the Rams). There are over 100 such cellars in the area of the Main Market Square - not connected with each other.

■ **ST. MARY'S BASILICA** - inside it one of

Kraków



National Museum in Sukiennice, photo R. Korzeniowski



© Wawel Cathedral, photo K. Bańkowski



the largest Gothic altars in Europe is hidden. The 11 × 13 m polyptych was made in linden wood by Wit Stwosz (Veit Stoss), an artist from Nuremberg, in the years 1477-89. The canon has recently regained its splendour due to the completion of the Altarpiece's restoration, which lasted more than 5 years. A bugle call is played every hour from the St. Mary's Tower. Its sounds are suddenly interrupted: it is in memory of a legendary trumpeter who was shot dead by the Tatars planning to conquer the city.

St. Mary's Church, Visitor Service Center,
plac Mariacki 7
☎ +48 12 4220737, 🌐 mariacki.com
🕒 Service point opening hours:
Monday-Saturday 11.30-17.45
Sunday: 14.00-17.45

■ **CLOTH HALL** – The Gothic-Renaissance building, decorated with a roof façade adorned with gargoyles designed by Santi Gucci, is a former cloth stall and today one of the most popular shopping arcades in Europe. On the ground floor, on the east side, there is a famous Noworolski café, whereas on the first floor there is the Gallery of the 19th-Century Polish Art and under the surface of the earth there is a tourist route called the Underground of the Market Square.

Gallery of the 19th-Century Art in the Cloth Hall, Branch of the National Museum,

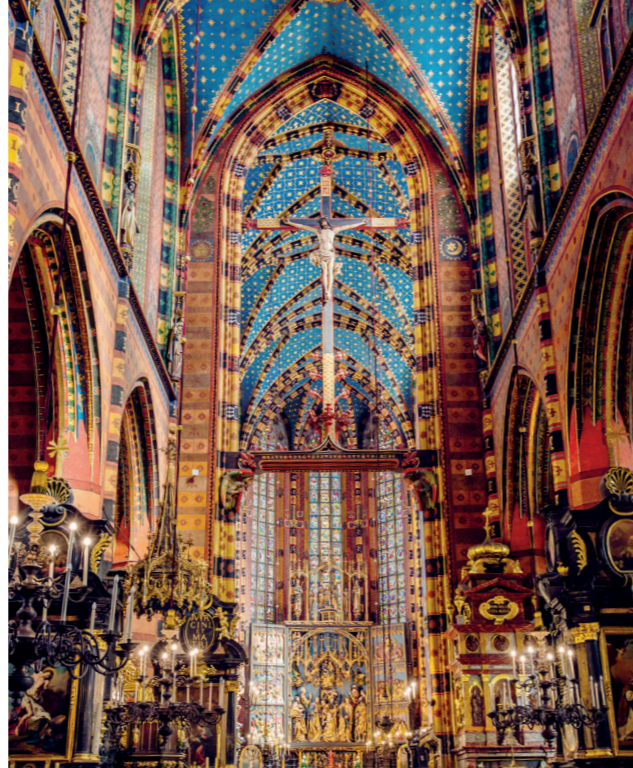
Cloth Hall, photo K. Bańkowski

Rynek Główny 3, ☎ +48 12 4335400,
🌐 mnk.pl
Krakow Museum – Market Square
Underground, Rynek Główny 1
☎ +48 12 4265060,
🌐 muzeumkrakowa.pl

■ **DEFENSIVE WALLS**, once surrounding the whole of Krakow, have been preserved to this day only in fragments (the longest is about 200 m long). From the old city walls, the following survived: 15th-century Barbican, Florian Gate from 1307, towers: Pasamoników (the guild of haberdashers), Stolarska (cabinetmakers) and Ciesielska (carpenters) and the Arsenal building. Walk around the walls, buy paintings, sculptures and jewellery, and see knightly tournaments and concerts in the Barbican.

Tourist route „Defensive Walls” and Barbican, ☎ +48 12 4265060,
🌐 muzeumkrakowa.pl

■ **THE SŁOWACKI THEATRE** – is located in an eclectic building erected in the years 1891-1893 and modelled on the Paris Opera. It was built according to the design of Jan Zawiejski on the site of demolished medieval hospitals. It is one of the most beautiful theatre buildings in Poland. Inside, we will see a curtain painted by Henryk Siemiradzki with allegorical and symbolic figures associated with the theatre.



St. Mary's Altar, photo K. Syga



Juliusz Słowacki Theatre, photo K. Bańkowski



Defensive walls, photo K. Bańkowski



Cracovia totius Poloniae urbs celeberrima atque amplissima Regia atque Academia insignis (Latin Krakow the most famous city in Poland, decorated with a magnificent royal castle and the famous Academy).

Signature under the etching by Matthäus Merian the Elder, 1619.



Collegium Maius, photo K. Syga

Słowacki Theatre Ticket Information and Reservation Office, pl. Św. Ducha 1;
🕒 open from 9:00 a.m. - 2:00 p.m. from Mon-Fri, ☎ + 48 12 424 45 25; 12 424 45 28;
Ticket office ☎ + 48 12 424 45 26,
🌐 teatrwwrakowie.pl

■ **JAGIELLONIAN UNIVERSITY** – the oldest Polish university was founded in 1364. Among those who studied there were Nicolaus Copernicus and Karol Wojtyła, later Pope John Paul II. The most famous buildings of the university are the Gothic Collegium Maius (the oldest preserved building of the University) and the neo-Gothic Collegium

Novum. The first of them houses the Jagiellonian University Museum; the most valuable exhibit is the Jagiellonian globe from around 1508, on which America was marked for the first time. Today, the university is alma mater to around 50,000 students.

Jagiellonian University Museum,
ul. Jagiellońska 15,
☎ +48 12 4220549, tickets reservation
☎ +48 12 6631521, +48 12 6631448
🌐 maius.uj.edu.pl

■ **LADY WITH AN ERMINE** – a famous painting by Leonardo da Vinci depicting Cecilia Gallerani, the beloved of the Duke of Milan Ludovico Sforza. The painting was made on a walnut board (54.8 × 40.3 cm) at the end of the 15th century.

*The painting „Lady with an Ermine” is in the Princes Czartoryski Museum in Krakow. The Czartoryski Museum, ul. Pijarska 15,
☎ +48 12 3705466, 🌐 mnk.pl*

■ **THE WAWEL HILL** (228 m above sea level) houses the most valuable complex of the monuments of Polish architecture and culture: the Royal Castle, Cathedral and archeological and architectural reserve The Lost Wawel. The **Wawel Royal Castle**, rebuilt in the times of the last Jagiellons (16th century), is famous for its Renaissance cloisters and Flanders tapestries (decorative fabrics). In the



western part of the castle there are fragments of the first Wawel church from the beginning of the 11th century. (Saints Felix and Aadauctus Rotunda). At the Wawel Castle we will see one of the most interesting collections of Eastern art in Europe (e.g. tents, carpets, weapons). The **Wawel Cathedral** of Saints Wenceslaus and Stanislaus is a sanctuary of the patron saint of Poland - St. Stanislaus the Bishop. The coronations of Polish kings took place here, and it was also the place where the rulers, heroes and national poets (bards) were buried. Inside, the Baroque confession of St. Stanislaus and the Renaissance Sigismund Chapel are noteworthy.

Wawel Royal Castle Museum, Wawel 5,
 ☎ To Information Centre: +48 12 4225155
 ext. 219, 🌐 wawel.krakow.pl
Wawel Cathedral, Wawel 3,
 ☎ +48 12 4299516,
 🌐 katedra-wawelska.pl

■ **Krakow's KAZIMIERZ** is a half Jewish, half Christian district. It used to be a separate town located beyond the Vistula River, founded by the King Kazimir the Great in 1335. It is here that the Christian churches of St. Catherine and Corpus Christi are adjacent to the oldest synagogue in Poland, the 16th-century Old Synagogue and not much younger synagogues of Popper (around 1620) and Remuh (1557). Here you will also find the famous Church on Skalka (see p. 24) and the



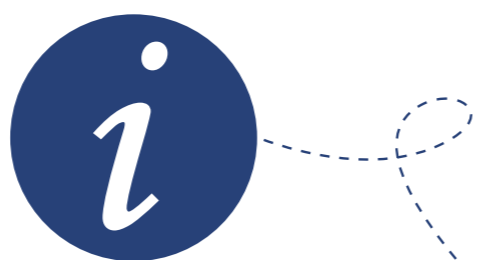
Central Square at night, photo T. Rollauer

Ethnographic Museum with a rich collection of folk art. Today, Kazimierz is one of the most popular districts of Krakow - full of cafes, restaurants and galleries. Every year at the turn of June and July the **Jewish Culture Festival** takes place in Kazimierz. It consists of numerous concerts, workshops, exhibitions and meetings. The culmination of the event is an outdoor concert on Szeroka Street, which is attended by a crowd of thousands of dancing people. **The Jewish Historical Monuments Route**, on the other hand, allows you to learn about the monuments and history of the Jewish community, which used to play an important role in the life of

Jewish District in Kazimierz, photo UMWM Archives



Schindler's Factory, photo K. Syga



Krakow is the capital of street art in the Małopolska region: the city is regularly decorated with new murals referring to the surroundings and the history of the city.
 🌐 facebook.com/streetartkrakowpl



Janusz Trzebiatowski was a long-term organiser of cultural life in Nowa Huta, the originator of the „Grupa Nowa Huta” Creative Association and the initiator of the only interior design clinic at that time.

the city. Route: Jewish Culture Center (Meiselsa Street) - Tempel Synagogue from 1862 (Miodowa Street) - Kupa Synagogue from the 17th century (Warszauera Street) - Isaac Synagogue from the 17th century (Jakub Street) - High Synagogue from 1590 (Szeroka Street) - Old Synagogue from the 16th century. - Remuh Synagogue from 1557 and the old Jewish cemetery - Wolf-Popper Synagogue from 1620. - New Jewish Cemetery (Miodowa Street).

Jewish Culture Centre,
 ul. Meiselsa 17,
 ☎ +48 12 4306449, +48 12 4306452,
 🌐 judaica.pl
Ethnographic Museum,
 ul. Plac Wolnica 1,
 ☎ +48 12 4305575 lub +48 12 4306023,
 🌐 etnomuzeum.eu

■ **NOWA HUTA** – north – eastern district of Krakow is a true garden city. The unusual urban layout of the Central Square and its long avenues, radiating from it in all directions as well as residential buildings standing in the middle of greenery, were created after 1949 as an exemplary socialist workers' city, connected with the Lenin Steelworks (now ArceilorMittal). The district was dominated by Socialist Realist architecture (the buildings of the Central Square and Aleja Róż (Avenue) – the representative artery of the district, or the buildings of the steelworks' administrative centre stylized as Renaissance and Baroque). However, Nowa Huta is not only a post-war housing estate, but also a medieval Cistercian monastery in Mogiła and monuments of wooden architecture (St. Bartholomew's Church in Mogiła). In 2023, Nowa Huta was declared a Monument of History.

Nowa Huta Museum, os. Centrum E 1,
 ☎ +48 12 4467821 🌐 muzeumkrakowa.pl

SELECTED MUSEUMS IN KRAKOW

✉ Main Museum Building, al. 3 Maja 1,
 ☎ +48 12 4335500,
 🌐 muzeum.krakow.pl
 Gallery of 20th and 21st century Polish Art
 Gallery of Artistic Craftsmanship, Weapons and Colours paintings and sculptures in Poland since the end of the 19th century. (including Wyspiański, Malczewski, Wyczółkowski) until the 21st century inclusive; Polish and Western European artistic craftsmanship; historic Polish military

✉ ul. Konopnickiej 26,
 ☎ +48 12 2672703,
 🌐 manggha.pl
 Old Japanese art
 Felix "Manggha" Jasieński's collection of Japanese art (woodcuts, figurines, militaria, craftsmanship), depository of the National Museum in Krakow

✉ ul. Lipowa 4,
 ☎ +48 12 2634000,
 🌐 mocak.pl
 The latest art collection of 4000 work by 160 Polish and foreign artists; photography, painting, sculpture, video, Mieczysław Porębski Library



✉ ul. Lipowa 4,
 ☎ +48 12 2571017,
 🌐 muzeumkrakowa.pl
 Krakow - the time of the occupation 1939-1945 modern exhibition with interesting arrangements, showing the tragedy of the war, but also the everyday life of occupied Krakow captured in ordinary objects, photographs, newspapers, documents

✉ ul. Senacka 3, Entrance from ul. Poselska
 ☎ +48 12 4227100 lub 12 4227560,
 🌐 ma.krakow.pl
 Prehistory and the early Middle Ages of the Małopolska region, gods of the ancient Egypt Paleolithic monuments from the caves in Ojców (23–15 thousand years BC); stone statue of Światowid (god of the sun, fire, war and harvests); sarcophaguses from archaeological sites in el-Gamhud (4th century BC)

Kazimierz district in Krakow, photo UMWM Archives



Nowy Sącz

This dynamically developing city is located in a vast mountainous valley at the confluence of the Dunajec River and the Kamiénica River. In the bifurcation of these two rivers are the remains of the castle and the old town. Due to its location at the foot of the Beskid Sądecki and Beskid Wyspowy, it is a good starting point for hiking enthusiasts.

The oldest monument in Nowy Sącz is the Gothic collegiate church of St. Margaret from the turn of the 14th and 15th centuries. Other historic buildings are: Gothic House, classicistic town hall, fragments of defensive walls from the 14th century and eclectic and Art Nouveau tenement houses on the so-called Przedmieście Węgierskie (Hungarian Suburb). Behind the market square, in the so-called Gothic House, there is the Regional Museum with a permanent exhibition of guild art from the 14th century, folk art from the 18th century and a collection of Orthodox art. At the railway station there is an Old Railway Colony - a workers' housing estate with a neo-Gothic church and a Workers' House, erected for workers working in the railway workshops in Nowy Sącz. It is one of the oldest workers' housing estates in the country. Noteworthy are the Sądecki Ethnographic Park in the western part of the city (see p. 23) and the Galician Town, where a complex of buildings characteristic of the former small towns of Galicia

was reconstructed; an original manor house of the nobility was built here. The most recent part of the open-air museum is a folk industry sector, presenting four objects powered by water power. The youngest seat of the District Museum is the Main Building with a historical exhibition presenting the history of the city. The nearby places worth seeing are, among others: Market Square in Stary Sącz with the historic Monastery of Poor Clare Sisters, wooden church in Ptaszkowa, wooden Orthodox church in Bogusza and wooden church and brick Orthodox church in Łabowa. Lovers of hiking and mountain landscapes should also go to the observation tower in Wola Krogielcka (about 550 m above sea level; you can reach it by the blue trail from Barcice). Located 200 m above the Poprad Valley, it offers a wonderful view of the Beskid Sądecki and Beskid Wyspowy.

District Museum „Main Building” in Nowy Sącz, ul. Jagiellońska 56,
 ☎ +48 18 4437708,
 🌐 muzeum.sacz.pl

The Sącz Ethnographic Park, ul. B. Wieniawy-Długoszewskiego 83 B,
 ☎ +48 18 4414412,
 🌐 muzeum.sacz.pl

Galician Town, ul. Lwowska 226,
 ☎ +48 18 441 02 10, +48 18 444 35 70
 wew. 104 cash register, information
 🌐 muzeum.sacz.pl



Market Square in Nowy Sącz, photo K. Bańkowski



Ethnographic Museum in Tarnów, photo UMWM Archives

i

Nowy Sącz boasts the second largest market square in the Małopolska region (after Kraków) with dimensions of 150 × 120 m. Together with the streets leading away from it, the square forms a medieval chessboard layout of the Old Town.

i

Tarnów was the first town in Poland to regain its independence: formally it happened on October 31, 1918 at 7:30 am. On 14 June 1940, the first transport of prisoners left from Tarnów to the KL Auschwitz camp

Tarnów

The character of the second largest city in the Małopolska region was shaped in the melting pot, which was created by its inhabitants over the centuries.

The most valuable monuments of Tarnów, founded in the 14th century were created in the 16th century when the town flourished. The complex of gravestones of the town's owners (Tarnowski and Ostrogski families) located in the 15th century cathedral in terms of artistic level is only second to the tombstones from the Wawel Cathedral. The Gothic-Renaissance Town Hall is crowned with a gargoyle attic, and the Old Town is decorated with Renaissance tenement houses. The museum collections gathered in the Regional Museum, the oldest diocesan museum in Poland and the only Ethnographic Museum in Poland presenting the culture and history of the Roma population are quite valuable. Modernist buildings of Mościce, objects included on the Wooden Architecture Route and some of the oldest cemeteries in Poland are also among interesting monuments of the city.

For centuries Tarnów was one of the largest Jewish communities in the Małopolska region. The following survived to this day: bimah (the elevation from which the Torah was read) from the seventeenth-century synagogue, a cemetery with tombstones of the most eminent Jewish families and a

mikvah (ritual bath) erected in the Moorish style at the beginning of the 20th century. Places worth seeing in the area are: „a painted village” – Zalipie, wooden churches in Zawada and Skrzyszów, a renovated building of the former synagogue in Dąbrowa Tarnowska, civil engineering in Szczucin, Jan Wnęk Museum and the sanctuary in Odporyszów, the manors in Dołęga and Kaźna Dolna, the monastery in Tuchów, the Stone City Reserve near Ciężkowice, as well as military cemeteries from World War I.

Diocesan Museum, pl. Katedralny 6,
 ☎ +48 14 6219993, 6264554, 883 500 365,
 🌐 muzeum.diecezja.tarnow.pl

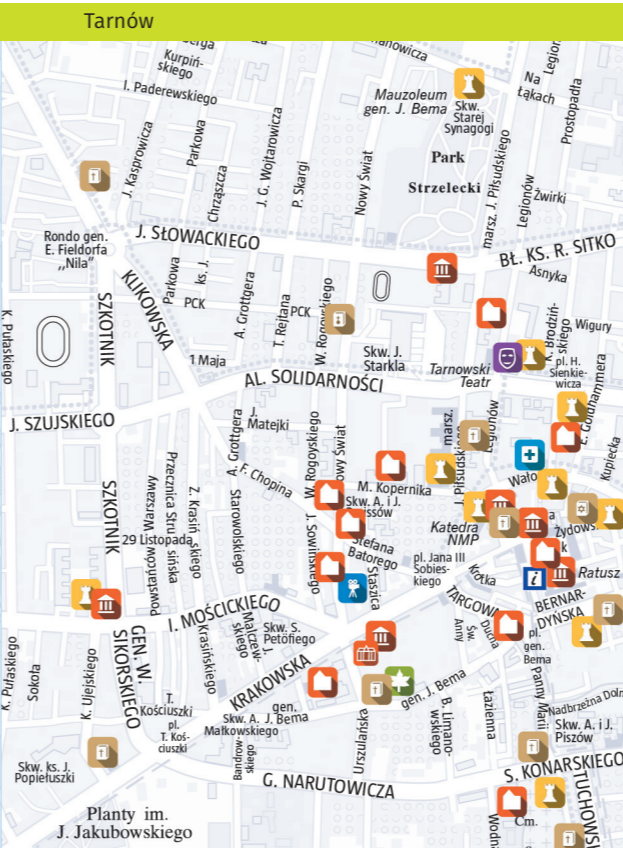
Ethnographic Museum – Branch of Regional Museum in Tarnów
 ul. Krakowska 10, ☎ + 48 14 6220625,
 14 6278828, 🌐 muzeum.tarnow.pl

Town hall – Branch of Regional Museum in Tarnów, Rynek 1,
 ☎ + 48 14 6390865,
 🌐 muzeum.tarnow.pl

Regional Museum, Rynek 3,
 ☎ + 48 14 6212149,
 🌐 muzeum.tarnow.pl

Tarnów-Klikowa Collection of Horse-Drawn Carriages, ul. Klikowska 304,
 ☎ + 48 796 084 015,
 🌐 kultura.tarnow.pl

Galician Town in Nowy Sącz, photo UMWM Archives



Market Square in Tarnów from a bird's eye view, Photo S. Rakowski



Wadowice

The hometown of St. John Paul II can be visited by walking along the Karol Wojtyła Trail. The future Pope was born in a modest apartment in a tenement house at 7 Kościelna Street, which currently houses the Museum of the Family House of the Holy Father John Paul II. In the vicinity of the house, in a building dating from the beginning of the 19th century, the Town Museum has found its seat. Kościelna Street leads to the market square in Wadowice, i.e. John Paul II Square. Here, at the corner of the street and the square, there is a late-Baroque basilica of the Presentation of the Blessed Virgin Mary erected in the 18th century. The church is known primarily as the place where Karol Wojtyła was baptised; neo-Gothic baptismal font can be seen in the chapel of the Holy Family. The faithful also come to the Basilica to pray in front of the miraculous painting of Our Lady of Perpetual Help. In many cafés on the market square in Wadowice we can try “papal cream cake”. In the area, the following amusement park complex located in Inwałd is worth visiting: Miniature Park – the World of Dreams, Dinolandia, Inwałd Fortress, John Paul II Garden and Mini ZOO Pony. The following also deserve special attention: The Passion and Marian Sanctuary in Kalwaria Zebrzydowska, a UNESCO World Heritage Site, and the Renaissance castle in Sucha Beskidzka (see p. 30).



Museum Family House of the Holy Father John Paul II, photo K. Syga

John Paul II Family House Museum,
ul. Kościelna 7, Wadowice
☎ +48 33 8233565, +48 33 8232662
on-line ticket purchase, infoline Mon-Fri:
8 a.m.-4 p.m.
🌐 domjp2.pl
Basilica of the Presentation of the Blessed Virgin Mary in Wadowice
pl. Jana Pawła II 1, 34-100 Wadowice
☎ +48 33 8732096,
🌐 wadowicejp2.pl



The processes taking place in the 19th century led to the transformation of Wadowice into a modern European city. A unique urban route Galician Wadowice, referring to this period in the history of Wadowice has been prepared!



Market Square in Oświęcim, photo K. Bańkowski



I wouldn't be in Poland if I wasn't in Oświęcim.

St. John Paul II during his first pilgrimage to Poland in 1979.



Oświęcim

It is an 800-year-old town on the Soła River, the former capital of the Oświęcim principality. There is a castle with a defensive tower from the turn of the 13th and 14th centuries, one of the first brick buildings in the Małopolska region and the highest Gothic wall in southern Poland (40 m). From here you can admire the beautiful panorama of the city and its surroundings. The castle houses the Castle Museum, where you can see the interactive exhibition 'In the Royal City of Oświęcim', as well as tunnels under the castle with the historical route 'The Game of Independence'. Nearby is the only synagogue still preserved in the city, namely the Chevra Lomdei Mishnayot Synagogue and the Jewish Museum with the exhibition "Oshpitzin. The History of Jewish Oświęcim". Around the Main Market Square you can admire historic churches and tenement houses and the town hall from the 19th century, currently housing the Town Hall Museum - a branch of the Castle Museum in Oświęcim. The permanent exhibition presented there is entitled "In the spaces of history. The History of the Town of Oświęcim" presents eight centuries of the town's extraordinary history, the history of the Middle Ages, the modern era, the contemporary history, and the present. About 2 million tourists annually come to

Oświęcim to visit the Auschwitz-Birkenau Museum and Memorial Site, which are inscribed on the UNESCO World Heritage List (see p. 16). Although Oświęcim is usually viewed from the perspective of the tragic events of World War II, the town authorities are striving to create a new image of it, in accordance with the slogan "Oświęcim - Town of Peace". For this purpose, a town logo was created, representing a white pigeon (a symbol of peace) taking off for a flight. In addition, there are various organizations that enable people of different nationalities, regardless of their religion or belief, to meet here (e.g., the Centre for Dialogue and Prayer, the Jewish Centre, and the International Centre for Education about Auschwitz and the Holocaust). In the vicinity, places definitely worth seeing are: wooden churches in Polanka Wielka and Osiek, an open-air museum in Wygietzów (see p. 23), and large amusement parks in Zator: Zatorland and Energylandia.

Castle Museum, ul. Zamkowa 1, Oświęcim
☎ +48 33 8424427
🌐 muzeum-zamek.pl,
Jewish Museum, Pl. Skarbka 5,
☎ +48 510 781 199 🌐 oshpitzin.pl
Town Hall Museum – Branch of Oświęcim Castle Museum,
ul. Rynek Główny 2, ☎ +48 787 915 911
🌐 ratusz-oswiecim.pl

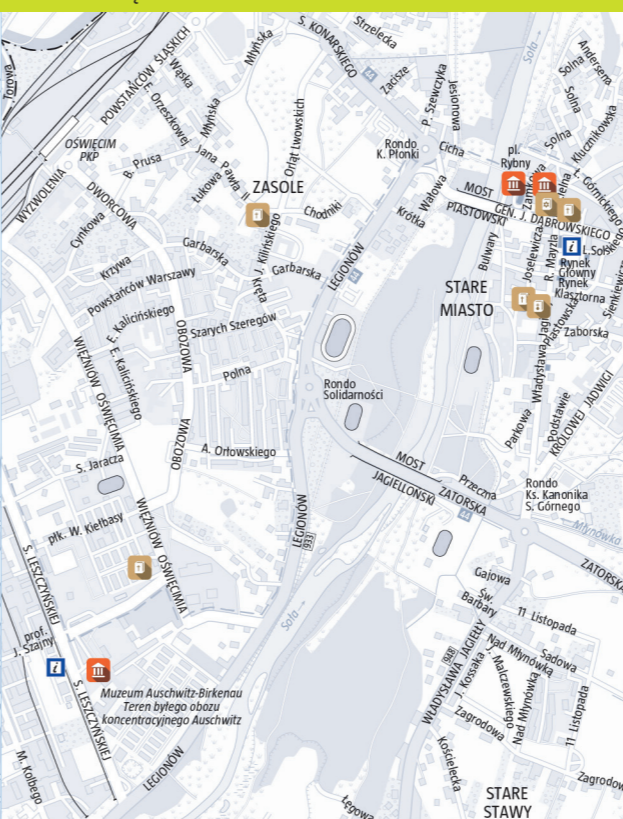
Wadowice, photo K. Bańkowski



Wadowice



Oświęcim



Castle Museum in Oświęcim, photo City Hall Oświęcim archives



Zakopane and the surrounding area

■ **ZAKOPANE** is the mountain capital of Poland, the centre of active recreation and leisure. Located in the shade of the Tatra Mountains, under the majestic Giewont, crowned with a cross, it invites you in summer as well as in winter. From Zakopane you can go for walks in the picturesque Tatra valleys, as well as on mountain hikes up to the rocky tops of the mountains. In winter, too, we will not be bored here - the famous ski slopes from Kasprowy Wierch, on which the snow sometimes lies until May, is a real challenge for skiers. For less skilled skiers there are dozens of easier slopes, where even beginners, under the guidance of experienced instructors, can take their first steps. The fame of Zakopane was brought by, among others, Tytus Chałubiński, a doctor, researcher and lover of Tatra nature, as well as Stanisław Witkiewicz, Witkacy's father, who had lived here since 1890.

and decoration. The houses designed in accordance with Witkiewicz's aesthetics are built on a high stone foundation and have steep shingled roofs. Their characteristic elements are huge verandas, covered with separate roofs, façades and beautiful, rich carved decoration. In the first villa built in the Zakopane style, i.e. Koliba, dating back to 1892, there is now a Museum of the Zakopane Style. Beautiful examples of this aesthetics are also villas: Pod Jedlami (in Kozinec), Oksza (ul. Zamoyskiego 25) and Witkiewiczówka (Droga na Antałówkę 6). The beautiful Chapel of the Sacred Heart of Jesus in Jaszczurówka from the beginning of the 20th century also refers to the Zakopane style. In the period of its greatest popularity, the Zakopane style was realized not only through architecture and interior design, but was also observed in furniture and fabric design, graphics and painting. The style was widely used until the second decade of the 20th century.

Tourist Information Centre in Zakopane,
ul. Chramcówki 35, Zakopane
☎ +48 18 2012004, 18 2012211
🌐 zakopane.pl

Museum of Zakopane Style,
ul. Kościeliska 18, Zakopane,
☎ +48 18 2637065
🌐 muzeumtatrzańskie.pl

■ **VILLAS IN ZAKOPANE STYLE** are gems of architecture. We owe their form to Stanisław Witkiewicz, a painter, writer and architect, who - fascinated by highlander art - creatively applied elements of traditional building

■ **KRUPÓWKI** is one of the most famous streets in Poland. This promenade is the real heart of Zakopane. There are lots of souvenir shops, restaurants where you can try regional delicacies, stands with highlander

Villa Pod Jedlami, photo K. Bańkowski

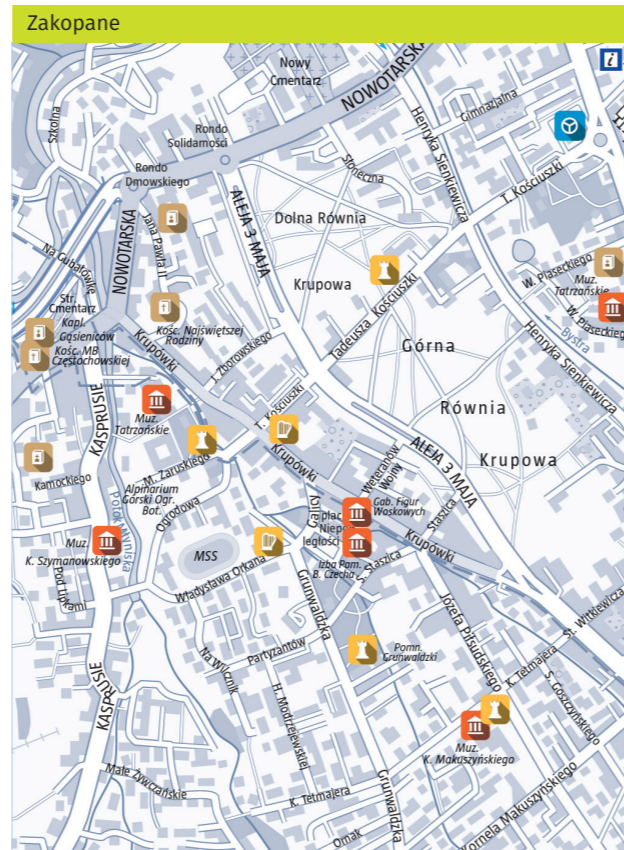


Kasprowy Wierch, photo K. Kiwacz



About 35 km long walking trail of the Zakopane Style includes 40 most important monuments built in this convention.

The route was created as the initiative of the Tatra Museum on the 100th anniversary of the death of Stanisław Witkiewicz and 130th anniversary of the birth of Stanisław Ignacy Witkiewicz.



- biadkować - complain
- bromble - mouth, lips
- brusić - sharpen
- duje - blows (of the wind)
- gazda - host
- gornecek - a cup, a mug.
- gociniec - the road between the houses
- gwara - the story
- haj - there
- harnaś - leader
- horni - top
- jodło - food
- kopyrtać się - revolve, fall over
- kufajka - a jacket
- luba - nice, dear
- pościel - bed
- pośledni - last
- przepominać - to forget
- ryftek - hurry up, quick
- suchotnik - a skinny man
- świarny - cool, chic, pretty
- z tamela - from there
- zyngra - sparka

from the highlander dictionary



cheese (including the most famous smoked oscypek).

■ **TATRA MUSEUM** is located in Krupówki Street. The brick building in the Zakopane style houses a magnificent nature collection (with about 230 species of stuffed animals) and an ethnographic exposition bringing closer the highlander culture. The third section is devoted to the history of Podhale, Zakopane and Tatra tourism. At the back of the building there is an alpine (rock garden) of the Institute of Nature Conservation of the Polish Academy of Sciences.

dr Tytus Chałubiński Tatra Museum -
Main Building, ul. Krupówki 10, Zakopane,
☎ +48 18 2015205, +48 18 2012935,
🌐 muzeumtatrzańskie.pl

■ **OLD CEMETERY „NA PĘKSOWYM BRZYŻY-KU”** (at Pęksowy Brzyzek) (also called the Old Cemetery) is one of the most famous Polish necropolises. It was established at Kościeliska Street in the middle of the 19th century and it was named after Jan Pęksa, the donor of the land. Many famous people connected with the mountains and people of culture and art are buried here. There are many historical tombstones and interesting examples of sculptures from the 19th and 20th centuries in the cemetery. The following rest here, among others: Józef Stolarczyk, Tytus Chałubiński, Władysław Orkan, Stanisław Witkiewicz, Antoni Kenar, Władysław Hasiór, Kazimierz Przerwa-Tetmajer, Kornel Makuszyński, Stanisław Marusarz, Zofia and Witold Paryski. There are also symbolic tombs of Bronisław Czech, Helena Marusarzówna, Mariusz Zaruski and plaques of Karol Szymanowski, Mieczysław Karłowicz and Oswald Balzer. Right next to it there is the oldest church in Zakopane - the wooden temple of St. Clement and Our Lady of Częstochowa from 1847.

■ **GUBAŁÓWKA FUNICULAR** (1120 m) allows you to get to the scenic ridge on the north side of Zakopane, from where you can admire

Highlanders, photo K. Bańkowski



the panorama of the entire Tatra Mountains. Another possibility to look at the mountains is the **CABLE CAR from KUŹNICE to KASPROWY WIERCH** (1985 m above sea level).

Gubałówka Funicular, ul. Na Gubałówkę, Zakopane, ☎ +48 18 2020300, 🌐 pl.kl.pl,
Cable Car Kasprowy Wierch, Kuźnice, ☎ +48 18 2020300, 🌐 pl.kl.pl.

■ **THE TATRA MOUNTAINS**, The only alpine mountains in Poland enchant with their rocky peaks almost reaching the sky, mountain valleys hiding post-glacial ponds and unique vegetation. The nature of the Tatra Mountains has long been fascinating, thus the mountains have been protected within the Tatra National Park (see p. 36). The Tatras are also a perfect place for various forms of active tourism, from the most advanced mountaineering, through mountain hiking of varying degrees of difficulty, to walks at the bottom of the valleys (Kościeliska, Strążyska and Biaty). Walking is also encouraged by Kasprowy Wierch, easily accessible thanks to the existing cableway. In winter this peak attracts many skiers from all over the country. Much more difficult expedition is the climb to the top of Giewont with a powerful iron cross - one of the symbols of the Tatra Mountains. The final part of the trip is climbing the limestone rock along metal chains. Even greater skills are required for the passage of the most famous mountain trail in Poland,

or Orla Perć, leading through the ridge of the High Tatras, or to conquering Rysy (2499 m), the highest peak of Poland, rising above the most beautiful Tatra lake – Sea Eye (Morskie Oko). Whereas trips through the long valleys and gentle ridges of the Western Tatras are not difficult and provide many impressions thanks to the picturesque views of the Kościeliska Valley or Chochołowska Valley. The latter, the longest valley of the Polish part of the Tatras, is famous for its crocus fields blooming on the Chochołowska Glade in spring. In the Tatra Mountains there are several tourist hostels which make hiking much easier.

■ **PODHALE** is one of the most beautiful regions in Poland. This land is located in the southern part of the Małopolska region, stretching from the Tatra Mountains to the slopes of the Gorce. It is famous for its colourful folklore and monuments of folk architecture, such as the complex of buildings in the village of Chochołów (see p. 23), as well as for its picturesque landscapes. Podhale is also one of the most important tourist regions in the country. The most famous places in the region are Zakopane and Nowy Targ.

■ **NOWY TARG** has been the capital of Podhale for 670 years. The name of the town refers to the commercial character given to the town along with the town rights by King Casimir the Great. Nowy Targ has remained the commercial centre of the region. The local



Hostel in Kościeliska Valley, photo K. Bańkowski



Meetings with Mountain Film is a Zakopane festival organised since 2005. It is not only a treat for mountain film lovers (premiere screenings of Polish and foreign films, meetings with directors, etc.), but also an opportunity to meet famous mountaineers and try one's hand at accompanying events.

🌐 mocgor.pl



The quiet, mystical Tatras, the eternal wilderness of winter, snow deserts [...]

Kazimierz Przerwa-Tetmajer, The quiet, mystical Tatras...



market organized on Thursdays and Saturdays attracts thousands of people from all over the region of Poland and Slovakia. Over the centuries, crafts known in the whole Poland have developed here, the highlander culture, active lifestyle and sports traditions are cultivated. If you are here, you should visit the Podhalański Museum. Nowy Targ is located in the heart of the vast Orawsko-Nowotarska Valley, in the bifurcation of Biaty Dunajec and Czarny Dunajec, at the foot of the picturesque Gorce. It is one of the main tourist centres in Podhale and is even called the historical capital of this region of Poland. It is an excellent starting point for excursions mainly in the Gorce and Pieniny, but also in the Mount Babia Massif, the Tatras and Slovakia. The town provides good accommodation and catering, and the surrounding areas are ideal for horse riding and cycling trips. In winter, cross-country and downhill skiing is recommended.

Podhale Museum in Nowy Targ, Rynek 1,
☎ + 48 18 2667776,
🌐 muzeum.nowytarg.pl

■ **WOODEN CHURCHES** covered with shingles harmonize beautifully with the mountain landscape. The best known is the one in **Dębno Podhalańskie** (see p. 20), which is inscribed on the UNESCO World Heritage List, although other temples are not far behind it in terms of craftsmanship. **St. Martin's**

Church in Grywałd dates back to the second half of the 15th century and despite several reconstructions it has retained its Gothic character. The interior is decorated with wall paintings dating back to the beginning of the 17th century, and the most valuable item is a late Gothic triptych from the early 16th century. The towerless **church of St. Sebastian and Our Lady of the Rosary in Jurgów** was erected in the second half of the 17th century. It is distinguished by its extremely rich Rococo interior: the walls and ceilings are covered with colourful paintings from 1813, and richly gilded altars and sculptures give the whole building a unique look. The **Church of SS Apostles Simon and Jude Thaddeus** in Białka Tatrzańska was established around 1700. The interior is decorated with the remains of figural polychrome from the 19th century and numerous sculptures on the ceiling and walls. Nowadays the church is turned into a museum. The interior of the **Church of the Sacred Heart of Jesus in Bukowina Tatrzańska** (1887–1900) is decorated with 20th century figural polychrome, and among the furnishings – noteworthy wooden altars from 1907. **St. Anne's Church** in Nowy Targ has a late-Baroque main altar, depicting valuable paintings from the late 15th and early 16th centuries.

Wooden Architecture Route in Małopolska
🌐 drewnianamalopolska.pl

Folk costumes, photo K. Bańkowski



Strążyska Valley, photo K. Bańkowski



Interior of the church in Dębno Podhalańskie, photo K. Syga



Market Square in Nowy Targ, photo R. Szcząchor



The Małopolska UNESCO World Heritage Route

The UNESCO World Cultural and Natural Heritage List includes sites that have been recognised by this organisation as presenting a „unique and universal” historical or natural value and are under special protection. From among 30 Polish objects inscribed on the UNESCO World Heritage List we can find as many as 14 of them in the Małopolska region.

■ **KRAKOW.** In the statement of reasons for inscribing it on the UNESCO World Heritage List it has been stated that „Krakow passes on to its posterity this unique collection of cultural monuments of the past centuries, outstanding works of art and architecture”.

■ **SANCTUARY IN KALWARIA ZEBRZYDOWSKA** is Jerusalem from the time of Christ transferred to the landscape of the Małopolska region. Baroque churches and chapels correspond to the Stations of the Cross and other buildings known from the Bible. The Kalwaria Sanctuary is the largest place of Marian cult in Poland after Częstochowa (see p. 25).

■ **AUSCHWITZ-BIRKENAU MEMORIAL AND MUSEUM. THE FORMER GERMAN**

NAZI CONCENTRATION AND EXTERMINATION CAMP. The Auschwitz camp was established in 1940 by the Germans on the territory of occupied Oświęcim as a camp for Polish political prisoners. Since 1942, Auschwitz-Birkenau became one of the centres of the Holocaust - the mass extermination of European Jews. At Auschwitz, the Germans killed at least 1.1 million people, mainly Jews, as well as Poles, Roma, Soviet POWs, and people of other nationalities. The State Museum has been operating on the site of the former Nazi German concentration and extermination camp since 1947. The Memorial Site covers the area of two preserved parts of the camp: Auschwitz I and Auschwitz II-Birkenau. In 1979, the area of the former Auschwitz-Birkenau Concentration Camp were inscribed on the UNESCO World Heritage List.

Auschwitz - Birkenau Memorial and Museum. The former German Nazi concentration and extermination Camp, ul. Więźniów Oświęcimia 20, Oświęcim, ☎ +48 33 8448099, 🌐 auschwitz.org
Admission to Auschwitz Museum is only



Main Market Square in Krakow, photo K. Bańkowski



Krakow's Old Town within the former walls, Wawel Hill and the Kazimierz district together with Stradom were included in the UNESCO World Heritage List as early as 1978! Krakow was on the list as one of the first sites in the world.



In December 2018, cribmaking in Krakow was inscribed onto the List of Intangible Cultural Heritage of UNESCO. This unique heritage, practised since the mid-19th century by representatives of successive generations of crib makers, was included in the UNESCO list as the first Polish tradition.

possible with Entry Pass. Tourist Information Points in Krakow provide information on visiting Auschwitz-Birkenau Museum. Reservation 🌐 visit.auschwitz.org

■ **CHURCH OF ST. MICHAEL THE ARCHANGEL IN DĘBNO PODHALAŃSKIE** is one of the oldest wooden churches in Poland (built without a single nail!), with a unique painting decoration and valuable interior furnishings.

■ **CHURCH OF THE SAINTS PHILIP AND JACOB IN SĘKOWA** was built around 1520. Until now, it has been admired for its monumentality and soboty, i.e. arcades protecting the faithful who came to the Sunday service the day before (see p. 20).

■ **CHURCH OF ST. MICHAEL THE ARCHANGEL IN BINAROWA** is a late Gothic larch church, decorated inside with paintings from the 16th and 17th centuries. (see page 20).

■ **CHURCH OF ST. LEONARD IN LIPNICA MUROWANA** – dates back to the 15th century. It was probably erected on the site of a pagan chram (shrine) from which the so-called Światowid's pillar supporting the altar came (see p. 21).

■ **THE GREEK CATHOLIC CHURCH OF ST. MICHAEL THE ARCHANGEL IN BRUNARY WYŻNE** – was erected at the end of the 18th century. It has preserved the characteristic, regional features of Lemko temples (see p. 22).

■ **GREEK CATHOLIC CHURCH OF ST. PARASKEVI IN KWIATOŃ** – is considered one of the most beautiful churches in Poland thanks to its harmonious proportions (see p. 22).

■ **GREEK CATHOLIC CHURCH OF THE PROTECTION OF THE MOTHER OF GOD IN OWCZARY** – was built in 1653. It has valuable, complete furnishing with iconostasis from the 18th century. (see page 22).

■ **GREEK CATHOLIC CHURCH OF ST. JACOB THE YOUNGER IN POWROŹNIK** – the oldest church in the Polish Carpathians – was built around 1600, has preserved valuable equipment from the 17th to 18th centuries. (see page 22).

■ **WIELICZKA**
The Wieliczka Salt Mine was inscribed on the first UNESCO World Heritage List in 1978. The beginnings of „Wieliczka”, one of the most famous mines in the world, date back to the Middle Ages, when it was proudly named Magnum Sal - Great Salt.

Church in Lipnica Murowana, photo K. Bańkowski



Sanctuary in Kalwaria Zebrzydowska, photo K. Bańkowski



UNESCO OBJECTS IN MAŁOPOLSKA



Tourists can visit, among other things, two routes in the mine: tourist route and miner's route. The tourist route starts in Daniłowicz's shaft and is nearly 3 km long. You can visit over 20 excavations carved in salt, located at the depth of 64 to 135 m (including the most beautiful chapel of St. Kinga). Visitors admire the majestic carpentry structures, brine pools and unique salt sculptures. In the underground Krakow Saltworks Museum you can see historic mining machines, tools and clothing. The average time spent on the tourist route and visiting the Krakow Saltworks Museum is about 3 hours. The tour of the Miner's Route starts in the Regis shaft and lasts approximately 3 hours. Tourists receive a protective suit and mining equipment: lamp, absorber and helmet. The guide assigns them a number of tasks which enable them to learn about the specificity of the miner's work, e.g. measuring methane concentration, as well as about the methods of salt extraction and transport. The mining route is accessed by a lift to level I (57 m). The exit is from level II (101 m) lower. The total length of the miner's route is 2 km.

In the Wieliczka Salt Mine there is a health resort dealing with treatment of upper and lower respiratory tract diseases in a unique microclimate of underground salt chambers. The spa complex consists of three chambers located 135 m underground. The

offer of the Wieliczka mine is complemented by a **brine graduation tower** located in the vicinity of the Daniłowicz Shaft. It releases natural salt mist for inhalation. Walking around the graduation tower (preferably for at least 30 minutes) has a beneficial effect on health, supporting the treatment of various respiratory diseases such as asthma and allergies. Everyone who visits the graduation tower has a 22-metre-high observation tower with a view of the park and mining shafts.

„Wieliczka” Salt Mine, ul. Daniłowicza 10,

☎ +48 12 2787302, 12 2787366,

🌐 kopalnia.pl

Brine graduation tower:

☎ + 48 12 2787302, 12 2787366,

🌐 kopalnia.pl

■ SALTWORKS CASTLE IN WIELICZKA

Located near the mine is a 13th-century castle, which used to be the seat of the management of the Wieliczka and Bochnia mines. The castle complex is an excellent example of Early Modern era medieval architecture, related to the development of salt mining in Europe. Currently, it houses a museum, where you can see a historical exhibition, a collection of working tools and salt miner costumes, as well as a collection of saltshakers. The castle was added to the UNESCO World Heritage List in 2013.



Wieliczka” Salt Mine, St. Kinga's Chapel, photo UMM Archives



UNESCO Małopolska is a free application that helps to get acquainted with the unique UNESCO heritage sites located in the Małopolska region. It contains their descriptions and photos, and also presents interesting objects from outside the list, which are worth seeing when you are in the area. The application works offline.



★ *In the Wieliczka Salt Mine you can even organize a wedding ceremony and a reception. For newlyweds and their guests there is a Warsaw chamber, where up to 350 people can enjoy themselves at the same time.*

★ *St. Kinga's Chapel in the Wieliczka Salt Mine has excellent acoustics. English violinist Nigel Kennedy, Phantasm with lute player Elisabeth Kenny and Blackmore's Night performed here.*

★ *The Salt Mine in Bochnia is a place of many unusual events and activities. Examples include the 12-hour Underground Relay Race, judo tournaments and the „Solny Downhill” bicycle contest.*

★ *The Bochnia salt mine is the oldest salt company in Europe, operating continuously since its inception in 1284.*

★ *In the Bochnia Salt Mine, at a depth of 250 m underground, you can even spend a night fully enjoying the unique microclimate rich in iodine.*

Saltworks Castle in Wieliczka, photo K. Bańkowski



Brine graduation tower in the Wieliczka Salt Mine, photo K. Bańkowski



Saltworks Castle in Wieliczka,

ul. Zamkowa 8

Park Kingi 6 visitor service office,

☎ +48 12 2785849,

🌐 muzeum.wieliczka.pl

■ **BOCHNIA. Bochnia Salt Mine** is the oldest salt mine in Poland. The beginning of its activity is 1248. For nearly 30 years it has been involved in conducting tourist activity in historic excavations.

The salt scenery and uniqueness of the Bochnia salt mine was appreciated by being inscribed on the UNESCO World Heritage List - 23 June 2013. The Bochnia Salt Mine was declared a Monument to History by a decree of the President of the Republic of Poland of 26 September 2000.

Three tourist routes of varying difficulty levels are available for tourists: **a tourist route with multimedia exposition**, in a unique way presenting history, but also natural phenomena affecting the mine and the hard work of miners. **The Natural route** presenting an unusual natural phenomenon: fluorescent halite crystals, commonly called „shining salt crystals”, and the most difficult route, leading through the oldest mine excavations: **the historical route: Expedition to the Old Mountains (Wyprawa w Stare Góry)**. For school groups, the mine has prepared an offer of educational programs adapted

to different age groups of students from kindergarten to high school.

Unique attractions are: underground mining train carrying tourists on the tourist route, and underground ferry crossing. Stay in the chamber of Ważyny, the largest one open to tourists, located 250 m underground, where there is a sports field, restaurant and a mini playground.

The mine offers night stays for organized groups and individual guests (on selected dates). Overnight stay in the salt scenery and healing microclimate will reveal to you a completely [new meaning of the expression “healthy sleep”].

Bochnia Salt Mine offers many opportunities to organize sports, cultural and family events. Salt chambers allow you to freely arrange the interior, and the chef will develop a specially dedicated menu. The offer of the Bochnia Salt Mine is complemented by a brine graduation tower located at the Planty Salinarne in the vicinity of the tourist information point. This seasonal facility is the largest of its kind in the region and is accessible free of charge.

Bochnia Salt Mine,

ul. Campi 15, Bochnia,

☎ +48 14 6926752, +48 14 6926754,

🌐 kopalnia-bochnia.pl

Underground train ride through St. Kinga's Chapel, photo A. Brzoza



The world enchanted in wood

Wooden buildings inseparably connected with the landscape of the Małopolska region constitute a large group of preserved architectural monuments. Spruce, fir or larch forests growing on the hills of the Carpathian Mountains, as well as oaks and beech woods provided building materials for nobility manors, bourgeois houses, peasant cottages, churches and Orthodox churches.

The vast majority of wooden buildings have been placed on the **Wooden Architecture Route**, which is over 1500 km long in the Małopolska Voivodeship and comprises 255 buildings. All of them have information boards that provide basic information about the building. Every year, more and more of them are made available for visitors during the summer season as part of the „Open Wooden Architecture Route”. Selected venues also host concerts as part of the cycle „Music enchanted in wood”.

More information on the Wooden Architecture Route:

drewnianamalopolska.pl

■ **CHURCH OF ST. MICHAEL THE ARCHANGEL IN DĘBNO PODHALAŃSKIE** (2nd half of the 15th century) has a tower added at the

beginning of the 17th century, probably the oldest in Poland. The temple was built of larch and fir wood without nails. The interior is decorated with polychromes from around 1500. On the rood beam we can see a crucifix from the 14th century. The church was inscribed on the UNESCO World Heritage List.

Church of St. Michael the Archangel,
ul. Kościelna 42, Dębno, ☎+48 18 2751797,
🌐 visitmalopolska.pl, debno.jdm.host

■ **CHURCH OF ST. PHILIP AND ST. JACOB IN SĘKOWA** (1520 r.) was built of larch wood. It is a single-nave, oriented temple. Quite an attraction is the open basement of the tower, allowing you to admire its construction, and soboty (arcades) which surround the church. Inside we find well-preserved late Gothic portals, baptismal font from 1522, altar from the 17th century and an interesting polychrome. The church was inscribed on the UNESCO World Heritage List.

Church of SS Filip and James, the Apostles, Sękowa 13
☎+48 609546389,
🌐 visitmalopolska.pl



Zalipie – Painted Village, photo K. Rogoziński



Zalipie – painted village, famous for decorating wooden houses with paintings of flowers on the walls, fences, wells and stoves. A genuine example of folk art. In this colourful village you will find the farm of Felicja Curyłowa - the most famous painter from Zalipie.



Some objects on the Wooden Architecture Trail are open to the public in summer. Details can be found at: drewniana.malopolska.pl The Trail comprises: 128 churches, 50 Orthodox churches, 29 buildings, 23 building complexes, 16 museums, 9 open-air museums

■ **CHURCH OF ST. MICHAEL THE ARCHANGEL IN BINAROWA** was built of fir wood around 1500 on the site of a church that had burned down. It captivates with its late-Gothic patron (template) decoration of the ceilings, baroque biblical cycles on the walls of the nave and figural-ornamental polychrome of the Guardian Angels Chapel. Also noteworthy are the late Renaissance altar with a Gothic sculpture of Our Lady with Child, a stone baptismal font from 1522 and a Gothic bell. The church has been inscribed on the UNESCO World Heritage List.

Church of St. Michael the Archangel,
Binarowa 409, ☎+48 13 4476396,
+48 692385244, 🌐 parafabinarowa.pl,
drewniana.malopolska.pl,
visitmalopolska.pl

■ **CHURCH OF ST. LEONARD IN LIPNICA MUROWANA** was built in the 15th century. The temple is richly decorated with paintings on the walls, which depicts, among others, the Ten Commandments, the Last Supper and the Passion of Christ. There is a casket positive (a box organ instrument), one of the seven instruments of this type in Poland. The church is located on the St. Simon's Route, leading through the corners of Lipnica associated with this saint. The church has been inscribed on the UNESCO World Heritage List.

Church of St. Leonard, Lipnica
Murowana 39,
☎+48 14 6852601,
🌐 visitmalopolska.pl

■ **GREEK CATHOLIC PARISH CHURCH OF ST. PARASKEVI IN KWIATOŃ** (2nd half of the 17th century) is considered a classic example of the Lemko Orthodox Church and one of the most beautiful in Poland. In the interior there are items from the 18th, 19th and 20th centuries. Among the noteworthy elements are the magnificent polychromes with figural and ornamental motifs and iconostasis by Michał Bogdański from 1904. The church has been inscribed on the UNESCO World Heritage List.

Greek Catholic Church of St. Paraskevi,
Uście Gorlickie 88, ☎+48 18 3530720,
🌐 visitmalopolska.pl

■ **GREEK CATHOLIC PARISH CHURCH OF THE PROTECTION OF THE MOTHER OF GOD IN OWCZARY** was built in the 17th century. The exact date of erection of the temple (1653) is engraved above the western portal. It is a three-part building with a carcass construction, entirely covered with shingles. Inside we will see, among other things, the iconostasis from the eighteenth century. Since 1988, Greek Catholic masses have been celebrated there. The church

Orthodox church in Owczary, photo UMWM Archives



Church in Sękowa, photo K. Bańkowski



WOODEN ARCHITECTURE TRAIL



has been inscribed on the UNESCO World Heritage List.

Greek Catholic Church of the Protection of the Mother of God, Owczary, ☎ parish in Sękowa (Sękowa 13): +48 609 546 389, 🌐 visitmalopolska.pl

■ **GREEK CATHOLIC PARISH CHURCH OF ST. MICHAEL THE ARCHANGEL IN BRUNARY WYŻNE** was founded in 1797, was extended in the 19th century and now serves as a Roman Catholic Church of the Blessed Virgin Mary of the Assumption. Built on a small hill over the Biała River, it has preserved the characteristic, regional features of Lemko temples. Inside you can see polychromies from the late 19th century and fragments of the older Baroque polychrome from the time of the church's construction, as well as many items from the 18th and 19th centuries. The church has been inscribed on the UNESCO World Heritage List

Greek Catholic Church of St. Michael the Archangel, Brunary Wyżne 45, Uście Gorlickie, ☎ +48 18 3516776, 🌐 visitmalopolska.pl

■ **GREEK CATHOLIC CHURCH OF ST. JAMES THE YOUNGER IN POWROŹNIK** is the oldest church in the Polish Carpathians, built around 1600. It is distinguished by its beauty thanks to three spherical cupolas on

tent-shaped roofs and on the tower. The interior, currently used by Roman Catholics as a parish church, contains many valuable items. The church was inscribed on the UNESCO World Heritage List.

Church of St. James the Younger, Powroźnik 50, Muszyna, ☎ +48 508866402, 🌐 visitmalopolska.pl

■ **MANOR HOUSE IN LASKOWA** (1677) is a perfectly preserved manor house with wooden, plastered walls and a high mansard shingle roof and interesting interiors. Currently owned by a private investor, but available for sightseeing.

Manor House in Laskowa, Laskowa 1, ☎ +48 18 3333040, 🌐 visitmalopolska.pl

■ **TETMAJER MANOR HOUSE COMPLEX IN ŁOPUSZNA** (1787-90) consists of a single-storey manor house and farm buildings. The manor house made of larch logs now houses the Museum of Gentry Culture. In the vicinity of the manor buildings there is a historic wooden church of the Holy Trinity and St. Antoni Opat, founded in the second half of the XV century. It is an example of an older type of wooden gothic temple with a chancel closed with a straight wall, on which a chapel was placed from the outside.

Orthodox church in Brunary Wyżne, photo K. Bańkowski



Orthodox church in Kwiatów, photo K. Bańkowski



A unique element of the Małopolska region folk architecture is Podhale construction. A typical highlander cottage is a one-storey house with a so-called „wyżka”, i.e. an attic. It was built from „płazy” - thick trunks cut along the axis. Płazy – beams were tied up on top of each other, while moss, straw, and later „wetnianka” - wood

wool from spruce shavings were lined up in the gaps between the beams To keep the warmth inside, windows and doors were quite small.

Steep, sloping roofs were covered with shingles or dranice - lath, namely thin narrow coniferous wood planks, split by axe.

On the axis of the cottage there was a hallway, on the left-hand side there was a black chamber (for people to spend time working and resting every day), and on the right-hand side there was a white chamber (representative, connected with celebrating).

Lanckorona, photo K. Bańkowski



Manor House in Łopuszna – Museum of Gentry Culture (branch of the Tatra Museum in Zakopane), ul. Gorczańska 2, ☎ +48 535 668 777, 🌐 muzeumtatrzańskie.pl

■ **HOUSES IN CHOCHOŁÓW** (19/20th centuries) are a living open-air museum of traditional regional architecture. The oldest of the one-storey highlander huts, washed every spring, dates back to 1789, and the most famous is the „cottage made of one fir”. (No. 24) with a front wall made of one fir trunk.

■ **HOUSES IN LANCKORONA** (19/20 centuries) is an example of a small-town wooden building integrated into a medieval urban layout. The houses have a carcass construction, in the marketplace - with arcades, and in the streets - with porches.

Museum Chamber named after prof. A. Krajewski, Rynek 133, Lanckorona, ☎ +48 33 8763567, 🌐 gok.lanckorona.net

■ **SĄCZ ETHNOGRAPHIC PARK IN NOWY SĄCZ**, one of the largest open-air museums in Poland, presents the 19th century folk culture of the Sącz village. It is divided into four parts, corresponding to the ethnographic groups inhabiting the region: Lachy Sądeckie, Pogórzanie (Polish Uplanders), Poprad Łemkos and Sącz Highlanders. Its most important elements are: a noble manor house from the 17th century, a Lemko Orthodox church from 1786, a church from Łososina Dolna and an Evangelical church.

Sącz Ethnographic Park – Branch of Nowy Sącz Regional Museum, entrance from ul. B. Wieniawy-Długoszowskiego 83 B, Nowy Sącz, ☎ +48 18 441 44 12, 🌐 muzeum.sacz.pl

■ **FOLK ARCHITECTURE CENTRE IN SZYMBARK** displays wooden buildings and folk culture typical of the Gorlice Foothills. We can see rural cottages, small windmills and farm buildings.

The Prof. R. Reinfuss Heritage Park of Pogórzanska Village, Szymbark, ☎ +48 18 3511018, 🌐 muzeum.gorlice.pl

■ **MUSEUM OF WESTERN MAŁOPOLSKA** has managed to gather 25 objects bringing closer the culture of the Western Cracovians. We will see here, among others, wooden small-town and rural buildings with furnishings and sacral buildings, such as the seventeenth-century church of the Elevation of the Holy Cross from Ryczów. Every year, the open-air museum hosts the International Festival of Chamber and Organ Music and the Etnomania festival. Other local attractions include the town of Chrzanów featuring its medieval urban layout and historic tenement houses.

Museum of Western Małopolska, ul. Podzamcze 1, Wygietzów, ☎ +48 32 6134062, 🌐 mmz.info.pl, etnomania.pl

■ **THE SANCTUARY OF THE HOLY CROSS IN KRAKÓW-MOGIŁA** In the local Cistercian monastery there is a chapel with a miraculous crucifix carved in the 14th century. In accordance with the tradition, the faithful go round the altar on their knees.

Sanctuary of the Holy Cross, ul. Klasztorna 11, Kraków, ☎ +48 12 6442331, 🌐 mogila.cystersi.pl

■ **ST MARTIN'S CHURCH IN ZAWADA** crowns the summit of St Martin Mount (384 m asl) - in the beautiful, secluded village of Zawada, which rises above Tarnów. The church was built in the 15th century, the engraving polychromy inside dates back to the 20th century. Another valuable monument is the altar from the early Baroque presenting the image of St Martin.

St Martin's church in Zawada, Zawada 47, Tarnowiec ☎ +48 14 6795505, 🌐 zawada_smb-wiz.diecezja.tarnow.pl

Sanctuaries and places of worship

In Małopolska we will find many wonderful churches which are priceless monuments of Polish identity. The most characteristic of the region is the Marian cult and Misteria of the Passion, which attracts crowds of pilgrims every year. The whole Małopolska region is also lined with memorabilia of John Paul II: we can find them in Krakow (e.g. the archbishop's palace at Franciszkańska 3, the sanctuary in Łagiewniki, the Sanctuary of St. John Paul II the Great, the graves of the Holy Father's parents at the Rakowicki Cemetery and Błonia Meadow - a place of papal masses), as well as in his hometown of Wadowice, Kalwaria Zebrzydowska, Raciborowice and Podhale. There are over 100 famous sanctuaries in the Małopolska region. The most significant of them are presented below.

■ **THE SANCTUARY OF THE DIVINE MERCY IN KRAKÓW-ŁAGIEWNIKI.** The most visited church in Krakow, consecrated by John Paul II in 2002. The faithful make pilgrimages here to pray in front of the image of the Merciful Jesus, painted on the basis of the vision of St. Faustina. Her relics are buried in the monastery chapel next to the sanctuary. In the vicinity there is the Sanctuary of St. John Paul II the Great, created as part of the John Paul II Centre 'Do not be afraid!'

Sanctuary of the Divine Mercy in Krakow-Łagiewniki, ul. Siostry Faustyny 3, Kraków,
☎ +48 12 2523311, +48 12 2523333,
🌐 milosierdzie.pl

■ **SANCTUARY OF ST. STANISLAUS IN KRAKOW.** In 1079, in the place of the Pauline Monastery on Skałka, Stanisław from Szczepanów, the bishop of Krakow died as a martyr killed by King Bolesław II Szczodry (the Generous), now the patron of Poland, died a martyr's death. Skałka is also the resting place of many distinguished Poles, including Stanisław Wyspiański and Czesław Miłosz. Due to its location in a picturesque place on the Vistula River, it is one of the most attractive places in Krakow.

Sanctuary of the Martyrdom of St. Stanislaus on Skałka, ul. Skateczna 15, Kraków,
☎ +48 506 367 521, 12 4217244, 12 4217384
🌐 skalka.paulini.pl

■ **SANCTUARY OF ST JOSEPH - MONASTERY OF DISCALCED CARMELITES IN WADOWICE.** Karol Wojtyła used to go to the church of St Joseph "on Gorka". It is there, that after the first Holy Communion he received his first scapular, currently a relic which is displayed

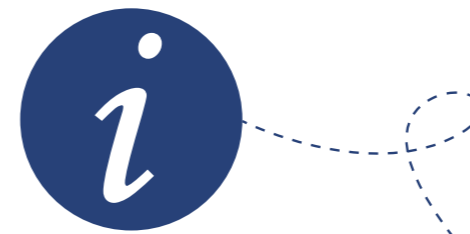


John Paul II Centre, photo UMWM Archives



And that is why let me – before I leave – look at Krakow from here, at this very Krakow, where every stone and every brick is dear to me – and look at Poland from here..."

Jan Paweł II, homily at Błonia Meadow, 9 June 1979



The most numerous crowds of the faithful gather at the sanctuary in Łagiewniki on the Feast of Divine Mercy, which falls on the first Sunday after Easter. On the day of Sister Faustina's canonization on April 30, 2000, John Paul II declared this day a feast of the whole Catholic Church.

The Sanctuary of St Stanislaus on Skałka in Kraków, photo K. Bańkowski



Sanctuary in Łagiewniki, photo K. Syga



on site. In 2004, the painting of St Joseph in the main altar was decorated with the Fisherman's Ring of John Paul II, and the church "on Gorka" received the title of sanctuary.

St Joseph Sanctuary - Monastery of Discalced Carmelites in Wadowice, ul. Karmelicka 22, Wadowice,
☎ +48 33 8732187, +48 797 002 372
🌐 karmel-wadowice.pl

■ **SANCTUARY IN KALWARIA ZEBRZYDOWSKA.** The local Baroque church from the 17th century is famous for its miraculous painting of Our Lady of Kalwaria. It is also the centre of a vast Marian-Passion complex consisting of 45 objects. The Cultural and Landscape Complex of the Monastery and Pilgrim Park was inscribed on the UNESCO list in 1999. The biggest celebrations take place here during the Holy Week and the feast of the Assumption of the Blessed Virgin Mary (15 August).

Passion-Marian Sanctuary – Bernardyne Monastery, ul. Bernardyńska 46, Kalwaria Zebrzydowska,
☎ +48 33 8766304, 🌐 kalwaria.eu

■ **SANCTUARY OF OUR LADY OF HELP FOR THE FAITHFUL IN AUSCHWITZ.** The history of the Salesian church dates back to the first half of the 14th century. The temple was officially raised to the rank of a local Marian

sanctuary in 1997. The miracle of saving the temple during the largest Allied bomber raid on Auschwitz on September 13, 1944 can be considered as a special proof of the grace and power of the Help of Christians.

Sanctuary of Our Lady of Help for the Faithful, ul. Jagielty 8, Oświęcim,
☎ +48 33 8422919, 502 833 596
🌐 sanktuarium-oswiecim.pl

■ **SANCTUARY OF OUR LADY OF THE ROSARY IN BOCHNIA.** For four centuries, pilgrims have been coming here to pay homage to Our Lady of Bochnia. The miraculous painting is a 15th-century copy of the image from Jasna Góra. In the 17th century, it was mentioned among the most venerated Marian images in the whole Christian world.

Sanctuary of Our lady of the Rosary, St. Nicholas Basilica, Pl. św. Kingi 9, Bochnia,
☎ +48 14 6123417,
🌐 mikolajbochnia.pl

■ **SANCTUARY OF OUR LADY THE QUEEN OF PODHALE IN LUDŹMIERZ.** Ludźmierz, located near Nowy Targ, is the oldest parish in the Podhale region. In the main altar of the local church there is a 15th century miraculous statue of Our Lady Queen of Podhale. In September each year, the Harvest Festival is held here with an exceptionally rich setting.

SANCTUARIES AND PLACES OF WORSHIP



Sanctuary of Our Lady the Queen of Podhale, ul. Jana Pawła II 124, Ludźmierz,
☎ +48 18 2655577 ext. 15,
🌐 mbludzm.pl

Guided tour of the Basilica – Museum of the Miechów Region,
☎ +48 530 766 522
🌐 muzeum.miechow.pl

■ **SANCTUARY OF OUR LADY OF FATIMA IN KRZEPTÓWKI IN ZAKOPANE.** One of the youngest shrines in the region - it was consecrated in 1992. The statue of Our Lady of Fatima, offered by Bishop of Fatima in the 1960s to Cardinal Stefan Wyszyński is worshipped here. The temple is a votive offering for saving the life of Pope John Paul II during the 1981 coup d'état. In the treasury there are many memorabilia related to the Holy Father.

■ **SANCTUARY OF OUR LADY OF SORROWS IN STANIĄTKI.** The oldest Benedictine monastery in Poland, founded in 1200. The miraculous painting of Our Lady of Sorrows is a Gothic painting from Italy.

St. Adalbert Abbey of the Benedictine Nuns, Staniątki 299, Niepołomice,
☎ +48 12 2818058, +48 507 677 825,
🌐 benedyktynki.eu

Sanctuary of Our Lady of Fatima in Zakopane – Krzeptówki ul. Krzeptówki 14, Zakopane, ☎ +48 18 2066420,
🌐 smbfp.pl

■ **CISTERCIAN MONASTERY IN SZCZYZRYC.** It has existed continuously since the 13th century. The monastery church hides the painting of Our Lady of Szczyrzyc. The museum offers a collection of coins, weapons, minerals and even a unique collection of beer labels from Szczyrzyc.

Sanctuary of Our Lady of Szczyrzyc, Szczyrzyc 1, ☎ +48 18 3320004,
🌐 szczyrzyc.cystersi.pl

■ **SANCTUARY OF THE HOLY SEPULCHRE IN MIECHÓW** It was once known throughout Europe. At a time when Jerusalem was closed to Christians, pilgrims made pilgrimages to Miechów. In the cloisters there are two chapels: the chapel with the Holy Tomb built in the 16th century, referring to the first burial chamber in which Christ was buried, and the chapel with a copy of the Turin Shroud.

■ **SANCTUARY OF ST. KINGA IN STARY SĄCZ.** The founder of the local Poor Clares monastery was St. Kinga, who settled in it after the death of her husband - Prince Boleslaus the Chaste. The strict rule meant that the sisters left the monastery only three times

Basilica of the Holy Sepulchre, ul. Warszawska 1, Miechów,
☎ +48 786 856 160, 🌐 parafamiechow.pl



Sanctuary in Tuchów, photo K. Bańkowski



The importance of the Małopolska region in the spiritual life of the faithful is confirmed by the choice of Krakow as the venue for the 31st World Youth Day, which took place on 26-31 July 2016. The number of participants of the meeting of young Catholics with Pope Francis is estimated at about 3 million.



Małopolska's sanctuaries can be discovered while strolling along religious trails The Małopolska region Pope's Trail of John Paul II, the Trail of St. James the Apostle, the Trail of St. Simon in Lipnica Murowana or the Wooden Architecture Trail

in history: in the 13th century, fleeing the Tatars, in the 18th century, after the liquidation of the monastery by the Austrians, and in the 20th century, for the canonization mass of St. Kinga. In the monastery you can see the papal dress of John Paul II from the canonization mass, and in the chapel by the church, in the baroque altar - a silver coffin with relics of St. Kinga.

Monastery of Poor Clares in Stary Sącz, pl. Św. Kingi 1, Stary Sącz,
☎ +48 18 4460499,
🌐 klaryski.starysacz.org.pl

■ **CHURCH OF THE HERMIT SAINTS ZORARD (ŚWIERAD) AND BENEDICT IN TROPIE.** It is one of the oldest temples in the Małopolska region. Picturesquely located by the shore of Lake Czchowskie, it rises in the place where, according to the tradition, St. Świerad lived in a lime tree trunk. In the presbytery of the temple we can admire a priceless Romanesque wall painting depicting St. Stephen - the king of Hungary.

Parish of Saint Hermits Świerad and Benedict, Tropie 6, ☎ +48 18 4403076,
🌐 tropie.tarnow.opoka.org.pl

■ There are three sanctuaries in **TARNÓW**. The **Shrine of Our Lady of Sorrows** is located in the Cathedral Basilica of the Nativity

of the Blessed Virgin Mary, famous for its Renaissance tombstones. The **Sanctuary of Our Lady of Carmel** is located in the Church of the Assumption of the Blessed Virgin Mary „Na Burku”, where the 16th century image of Our Lady of the Scapular is kept. The **Shrine of Our Lady of Fatima** takes care of the relics of Francis and Jacinta, the children of Fatima to whom Mary appeared.

Cathedral Basilica of the Nativity of the Blessed Virgin Mary, ul. Kapitulna 2, ☎ +48 14 6214501,
🌐 katedratarnowska.pl

Parish of Our Lady of Carmel, ul. NMP 1,
☎ +48 14 6213175,
🌐 mbsz.diecezja.tarnow.pl

Parish of St. Joseph and Our Lady of Fatima, al. MB Fatimskiej 39,
☎ +48 14 6222286,
🌐 fatimatarnow.parafialnastrona.pl

■ **SANCTUARY OF THE VISITATION OF THE BLESSED VIRGIN MARY IN TUCHÓW.** It attracts the faithful with the miraculous 16th-century painting of Our Lady of Tuchów, the Missionary Museum and the largest mechanical nativity scene in the region.

Parish of the Visitation of the Blessed Virgin Mary and St. Stanislaus BM in Tuchów, ul. Wysoka 1, ☎ +48 14 6327200,
🌐 sanktuariumtuchow.pl

Basilica of the Holy Sepulchre in Miechów, photo K. Bańkowski



Sanctuary of Our Lady of Fatima on Krzeptówki, photo K. Bańkowski.



Our Lady of Carmel, photo K. Bańkowski



Church of the Hermit Saints Zorard (Świerad) and Benedict in Tropie, photo K. Bańkowski



Castles kept alive

Medieval Małopolska region is primarily the capital city district and the seat of the knightly families. It is also a border area, from the south it borders on the Kingdom of Hungary, and from the west it is adjacent to Silesia. After all, this is the area through which important trade routes to Hungary, Ruthenia and Silesia led. All these factors contributed to the construction of many castles here: royal and magnate residences, border fortresses, and finally watchtowers of trade routes. Over the centuries, many of them have turned into ruins (the Swedish Deluge period was particularly devastating), while others have fortunately survived to our times.

The most famous castles are located in Northern Małopolska region, on Krakow – Częstochowa Upland, and called Eagle's Nests, because they were built on rocks difficult to access, like eagle's nests. The majority of legends connected with the castles explain their names, linking a particular castle with a nearby natural peculiarity, or simply colouring its history.

And thus the White Lady supposedly appears at Dębno Castle. It is the spirit of the owner's daughter who, against her father's will, dared to love a squire. Her angry father sentenced her to death by starvation: the unfortunate girl was walled up in one of the

castle chambers. A similar legend can be heard in Pieskowa Skala, except that Dorota, imprisoned here, was fed for some time by a faithful dog, climbing the steep rock despite the difficulty. The Ojców castle was inhabited by Skarbmir, the nobleman who fell in love with Witychna, his much younger niece. Despite the family relationship and protests of the girl who was already engaged to someone else, he kidnapped her to Ojców, imprisoned Witychna's fiancé and intended to kill him. The young were freed by Prince Boleslaus the Wrymouth (Bolesław Krzywousty), and Skarbmir was deprived of his the castle and blinded. The most original legend however is connected with the castles in Niedzica and Wytrzyyszczka, where supposedly there is the Inca treasure, hidden here in the eighteenth century from the Spaniards.

■ **KORZKIEW.** A 14th-century knight's fortress. During the Swedish Deluge (1655-60) the castle was completely destroyed. Currently, the ruins have been meticulously rebuilt. Knights fight shows and cultural events take place on the premises of the castle. In the surroundings of the fortress you can walk among 150-year-old trees.

Hotel Castle Korzkiew, ☎+48 12 4195590, zamek.com.pl

Castle in Ojców, photo J. Krawczyk



Castle in Pieskowa Skala, photo K. Bańkowski

■ **PIESKOWA SKAŁA.** The castle in Pieskowa Skala was built in the 14th century. The present form of the Renaissance residence is the result of the 16th-century reconstruction and the extension of the fortification carried out 100 years later. Inside there is a museum, a branch of the Wawel National Art Collection. The castle is located in the Ojców National Park (see p. 36).

Castle in Pieskowa Skala, ☎+48 12 3896004, pieskowaskala.eu

■ **OJCÓW.** The ruins of the castle in Ojców, towering over the Prądnik valley, are the remains of a fortress erected in the 14th century by King Kazimierz Wielki (Casimir the Great). The years of its splendour came in the 17th century. Today we can admire the remains of the walls, the entrance gate (above which there is a small museum) and the reconstructed tower.

Castle in Ojców, ☎+48 12 3892005, ojcowskiparknarodowy.pl

■ **RABSZTYN.** To the north of Olkusz, on a high limestone rock, the picturesque ruins of Rabsztyn Castle from the turn of the 13th and 14th centuries rise. The castle was expanded in the 15th century, and at the turn of the 16th and 17th centuries, a Renaissance palace was built. The castle was burnt down during the Deluge. In



The Niedzica legend about the Incan treasure was passed down from generation to generation in the family of the castle owners. Yet quite strong emotions were aroused by the discovery in 1946 of leather strings with knots ended with golden plates. The so-called quipu - a three-dimensional record used by the Indians of pre-Columbian South America was found at the gate of the upper castle.



In the architecture of the Pieskowa Skala Castle one can recognize the styles of four eras. Although it is commonly described as a Renaissance residence, the round main tower, the lower part of the castle and the gate tower are Gothic in style. During the tour you will discover the Baroque chapel and bastion fortifications, and in the castle crypts you will find four Mannerist sarcophagi, with a rare representation of the dead on the lids.

■ **OŚWIĘCIM.** The Castle of the Dukes of Oświęcim - a medieval fortress symbolizing the long history of the city. The oldest buildings in the castle are the Gothic defensive tower (13th/14th century) and a fragment of the defensive wall and bastion. The tower is one of the first brick buildings in the Małopolska region and the highest preserved Gothic wall in southern Poland (40 m). At present, the castle houses the Castle Museum in Oświęcim.

Castle Museum in Oświęcim, ul. Zamkowa 1, ☎+48 33 8424427, muzeum-zamek.pl

Castle in Korzkiew, photo J. Krawczyk



CASTLES KEPT ALIVE



the reconstructed gate there is an exposition devoted to its history. In recent years, the upper castle with its tower was partially reconstructed and a viewing terrace was built. In the restored cellars there is a pavilion with a ticket office, a café and restrooms.

Rabsztyn Castle,
☎ +48 32 7065236 – Reservations, guides
☎ +48 32 7065231 – Cash register
🌐 zamekrabsztyn.pl

■ **DĘBNO.** The castle in Dębno, near Tarnów, built in the 15th century, has remained almost unchanged and in excellent condition to our times. An attraction is the annual Knight's Tournament for the Golden Braid of Tartłówna (IX). According to the legend, upon hearing about the affair between the daughter and courtier Jasiek, Tartłówna's Father ordered to kill the lover and she was to marry someone else. The girl refused and was walled up in the tower.

Castle Museum in Dębno, Branch of Regional Museum in Tarnów,
Dębno 189, ☎ +48 14 6658035,
🌐 muzeum.tarnow.pl

■ **SUCHA BESKIDZKA.** The castle, called „Little Wawel”, was built in 1554-80. At the beginning of the 17th century it was transformed into a Renaissance aristocratic mansion. At

present, the castle houses: Sucha Beskidzka Municipal Museum, City Cultural Centre, University College of Tourism and Ecology, hotel and restaurant. The castle park in the Gardner's House houses the ethnographic department of the local museum.

Sucha Beskidzka Municipal Museum,
ul. Zamkowa 1, ☎ +48 33 8742605,
🌐 zameksucha.pl

■ **NOWY WIŚNICZ.** The castle was built as early as in the 14th century in the Gothic style and later rebuilt in the Renaissance and Baroque styles. The result was a four-sided palace with an outer courtyard and a multi-storey loggia, with round towers in the corners. Near the castle, in the 19th-century wooden manor house Koryznówka, there is the Museum of Jan Matejko.

Castle in Nowy Wiśnicz,
ul. Zamkowa 13, ☎ +48 14 6128341,
+48 733779744, 733779455
🌐 zamekwisnicz.pl

■ **CZCHÓW.** Built by Casimir the Great, the castle in Czchów was the seat of the customs chamber, as well as the stronghold guarding the trade route to Hungary running beneath it. The castle tower towering over the Dunajec valley and an excellent vantage point have been preserved to this day.

Castle in Nowy Wiśnicz, photo UMWM archives



Castle in Niedzica, photo S. Rakowski



While at the castle in Rabsztyn, it is worth visiting the nearby Olkusz – the cradle of silver and lead mining, and especially the unusual exhibition ‘Underground Olkusz’ located in the historic cellars of the town hall and the starosty building. 🌐 podziemnyolkusz.pl

Dębno Castle, photo K. Bańkowski



The Eagles' Nest Trail marked out in the region of Małopolska and Silesia connects Krakow with Częstochowa, leading through Eagles' Nests - Jurassic castles and strongholds built on rocks reaching up to 30 m in order to protect trade routes in the emerging Piast state. Along the route you will see, among others, the royal castles in Pieskowa Skała and Bobolice, the ruins of the castle Ogródzieniec and the castle in Mirów, as well as the castle on the mountain Birów in Podzamcze. 🌐 orlegniazda.pl

Knight's tournament in Dębno, photo D. Zaród



Tower in Czchów, ☎ +48 14 6843188,
🌐 moksir.czchow.pl

■ **NIEPOŁOMICE.** Erected in the 14th century by Casimir the Great, extended in the next two centuries to make a Renaissance residence, it served the royal court as a hunting lodge. It has been restored and is now the seat of the Niepołomice Museum, where you can see an exhibition of hunting trophies, Włodzimierz Puchalski's study and an exhibition in the castle chapel. The remaining part of the building houses an elegant hotel and a conference centre.

Castle in Niepołomice – Niepołomice Museum, ul. Zamkowa 2, ☎ +48 517 590 420,
🌐 muzeum.niepolomice.pl

■ **WIELICZKA.** The castle near the Wieliczka mine, known as the saltworks or salt mine, was erected in the 14th century for a royal official who supervised the exploitation of salt deposits. The castle houses the Krakow Saltworks Museum, with an exhibition on the history of Wieliczka and the only rich collection of salt shakers in Poland. In 2013, the castle was inscribed on the UNESCO World Heritage List.

Krakow Saltworks Museum in Wieliczka – Saltworks Castle, ul. Zamkowa 8,
☎ +48 12 2891636,
🌐 muzeum.wieliczka.pl

Castle in Czorsztyn, photo K. Bańkowski



■ **CZORSZTYN AND NIEDZICA.** The castles separated by the surface of Czorsztyńskie Lake are two former border watchtowers. Polish Czorsztyn, once the seat of royal starosts, fell into ruin in the 18th century, while the Hungarian castle in Niedzica remained in private hands until the mid-20th century and has been preserved in excellent condition. To this day there is a legend about the Inca treasure hidden in the castle in Niedzica from the Spaniards.

Castle Museum Complex in Niedzica
☎ +48 18 2629489, 🌐 zamekniedzica.pl,
Ruins of Czorsztyn Castle,
☎ +48 535 500 627, 🌐 pieninypl.pl

■ **WYGIĘLZÓW.** The ruins of the Lipowiec castle on Góra Zamkowa are the former property of the bishops of Kraków. The castle was built in the 12th century and served as a high-security prison. History has recorded only one escape from its walls. In the castle tower, which has survived to this day, there were the oldest gun positions in Poland. It is worth visiting this place, as it is a great vantage point over the vicinity of Zator and Oświęcim, and in good weather you can also see the Beskid mountains.

Lipowiec Castle, ul. Podzamcze 1,
Wygięzów, ☎ +48 32 6134062,
🌐 mmz.info.pl

Małopolska region – for health and beauty

Mineral waters spouting in the southern part of the voivodeship are the wealth of the region. Carpathian spas were established there: Krynica-Zdrój, Muszyna, Piwniczna-Zdrój, Wysowa-Zdrój, Szczawnica, Krościenko on the Dunajec River, Rabka-Zdrój and Wapienne. Their advantages include - beside mineral springs - picturesque location among Beskidy forests, mountain climate, interesting history and architecture. There is a rich infrastructure awaiting the guests: spa houses, pump rooms and SPA centres. A health resort located in the immediate vicinity of Krakow has a slightly different character – the salt mine in Wieliczka, where those willing can take advantage of the benefits of the underground salt inhalations. On the outskirts of Krakow, there is a small health resort Swoszowice, and nearby - Krzeszowice, also known for its mineral springs.

Małopolska **mineral waters** are, above all, naturally carbonated oxalates, brines and sulphide waters. The most popular are the first ones, found in the valleys of Dunajec and Poprad. Many mineral waters have also been appreciated for their taste qualities, such as „Krynica” from Krynica-Zdrój, „Muszynianka” from Muszyna and „Kinga

Pienińska” from Szczawnica.

It is worth to know that in the Małopolska region - and precisely in Podhale - there are also abundant thermal waters. Thanks to their great underground resources, extracted from a great depth, modern thermal baths were created in Bukowina Tatrzańska, Zakopane, Białka Tatrzańska, Szaflary and Chochołów (see p. 52).

■ **KRYNICA-ZDRÓJ.** The town - called the pearl of Polish spas - is located in the eastern part of the Beskid Sądecki, in the valley of the Krynica stream. Krynica has not only the features of European resorts like a promenade, stylish guest-houses and spa houses, but also pump rooms, where most of the local natural treasures are available - 23 mineral water intakes, with the most popular “Krynica”, as well as Słotwinka, Jan and Zuber springs.

One of the symbols of the town is Parkowa Mountain (741 m above sea level), rising just above the main promenade, to which tourists are taken by a cable car, and one of the most interesting attractions of the spa is the longest gondola lift in Poland to Jaworzyna Krynicka.

Krynica Zdrój, photo K. Bańkowski



Dietla Square in Szczawnica, photo P. Stępniewski



The Małopolska region offers over 20 legally protected mineral and medicinal water sources. They differ from each other, and can be recognized by the way they look and smell.

1 Sulphide waters emit an intense scent of hydrogen sulphide, and the visible sediment can be white, greenish, purple or reddish. Medicinal sulphide waters contain from 1 mg/l H₂S.

2 Oxalates have a typical reddish colour of sediment. These are mineral waters saturated with free carbon dioxide (CO₂) in quantities exceeding 1,000 mg/dm³. Their genesis is related to the tectonic activity and the displacement of CO₂ from the deeper layers of the earth's crust. When the saturation of waters with CO₂ is lower than in oxalates (250–1000 mg/dm³), they are called carbon dioxide waters.

3 Brines, an aqueous saline solution, contain many sodium ions. Obtained by leaching salt deposits, they are used, among others, for treatment of rheumatic and respiratory diseases..



In the heart of Krynica there is a restored Main Pump Room – a unique place where, in addition to tasting the waters, you can take part in numerous cultural events. A trendy festival „Krynica - source of culture” has been held here for several years, visited by numerous stars of the Polish music scene.

Szczawnica, photo UMWM Archives



Concerts of classical, opera and operetta music are organized in Krynica-Zdrój. Among them, the most important is the Jan Kiepura Festival held in August, which attracts guests from all over the world. The city's specialty is also the service of business tourism.

Tourist information, ul. Zdrojowa 15,
☎ +48 18 4725577, 🌐 krynica-zdroj.pl

■ **SZCZAWNICA.** This well-known health resort lies between the Pieniny and Beskid Sądecki, in the vicinity of the Pieniny National Park (see p. 37). Respiratory diseases and rheumatic diseases are treated here. The health resort was founded in 1839. The Hungarian owner of Szczawnica, Józef Szalay, contributed to its development and popularization. He himself designed and built the first bathrooms, guest-houses and spa pavilions. Today, you can see interesting spa buildings and the old spring park in the town. Mineral waters from several springs: Józefina, Stefan, Magdalena, Jan, Szymon, Wanda and Pitoniakówka are also worth trying. Szczawnica is a popular centre of active tourism. In 1991 a chairlift to Palenica (772 m above sea level) was built, which is used in summer by tourists who look for mountain views, and in winter by skiers (Palenica ski station). From Szczawnica it is worth to go from the ridge of the

Small Pieniny to Wysoka (the highest peak of the whole Pieniny) and see the gorges: Homole and White Water, climb the Three Crowns (Trzy Korony) and Sokolica or hike along the trails of Beskid Sądecki. Thanks to numerous cycling routes, the Szczawnica area is appreciated by mountain biking enthusiasts as well. The area is also attractive for fishing, canoeing and hang gliding enthusiasts.

Szczawnica Health Resort,
ul. Zdrojowa 26, ☎ +48 18 5400420,
🌐 uzdrowiskoszczawnica.pl

■ **RABKA-ZDRÓJ.** Brines in Rabka were used already in the Middle Ages. The health resort is said to be established in 1857, when upon the initiative of professor Józef Dietl the Rabka waters underwent chemical tests and an opinion on their therapeutic properties was issued. In the second half of the 19th century first health resort facilities and villas began to appear. In the interwar period the resort gained a reputation, especially for treating children's diseases, and in 1996 UNESCO gave Rabka the honourable title of “Town of the World's Children”. Small patients whose respiratory diseases, allergies and diabetes are treated here, every year award the Order of the Smile to adults whose activities brought joy to children. In Chabówka (about 2 km from Rabka-Zdrój)

EXPEDITIONS FOR HEALTH AND BEAUTY



there is an open-air museum of railway rolling stock, where we can admire, for instance: steam locomotives, diesel locomotives, electric locomotives, draisines. During the season, the open-air museum offers a retro train ride from the stylish platform of the Chabówka Skansen (Open air museum) station.

Tourist information, ul. Orkana 27,
☎ +48 18 2677449, 🌐 rabka.pl

■ **PIWNICZNA-ZDRÓJ.** Specializing in the treatment of respiratory and digestive system diseases and prophylaxis of locomotor system diseases. Piwniczna-Zdrój is located in the Poprad valley, in the heart of the Beskid Sądecki. We will have a chance to try here e.g. "Piwniczanka" water in two pump rooms on Zdrojowa Street. In the vicinity of the town there are excellent tourist and walking areas, attractive in summer and winter.

The towns near Piwniczna-Zdrój also abound in mineral water springs. From most of them you can get tasty, healing water flowing directly from the ground or solid rock. Most springs can be found in the beautifully situated in mountain valleys of the Beskid Sądecki - Łomnica-Zdrój or Wierchomla. Nearby, in the most beautiful section of the gorgeous Poprad valley, meandering among the mountains, there is a popular once cosy health resort

Żegiestów-Zdrój. The local springs Anna, Zofia II and Żegiestów II have been known since the 19th century, and the spa buildings are a perfect example of modernism in architecture.

Tourist information, Rynek 11,
☎ +48 18 4468325,
🌐 piwniczna.pl

■ **MUSZYNA.** While entering Muszyna, another health resort in the Poprad valley, which gained its status in 1930, we are welcomed by the ruins of the former castle of the bishops of Krakow. The town, once the centre of a vast estate called the "State of Muszyna", is now frequently visited by people suffering from respiratory and digestive disorders.

Tourist information,
ul. Rynek 34, ☎ +48 18 5349161,
🌐 muszyna.pl

■ **WYSOWA-ZDRÓJ.** Located at the south-eastern end of the Małopolska region, near the border with Slovakia, Wysowa-Zdrój is a small spa town, where the famous mineral water "Wysowianka" comes from. In Wysowa-Zdrój, in the spa park, you can try the healing waters from the following springs: Józef, Franciszek, Henryk, Stone and Bronisław. They are used to treat diseases of the respiratory, digestive



Swoszowice, photo K. Bańkowski



The Małopolska health resorts offer not only access to mineral waters rich in minerals which are beneficial for health, but also a microclimate favourable for improving your health.



Among the mineral waters bottled in the area of Małopolska are both highly mineralized waters (e.g. Cechini Muszyna, Kryniczanka, Muszynianka, Piwniczanka, Wysowianka with iodine), moderately mineralized (Małopolanka, Kinga Pienińska, Kropla Mineralów, Perła Krynicy, Zdroje Piwniczna) and low-mineralized (Rabka Zdrój, Wysowianka Zdrój, Zakopiańska, Kropla Beskidu).

Muszyna, photo K. Bańkowski



Rabka-Zdrój, photo UMWM Archives



and urinary tract. The charming location among the forests of the Beskid Niski Mountains and wooden Orthodox churches in the vicinity are additional advantages of the town. You can also take a trip along the wooden architecture trail or visit the Hutsul Stud Farm "Gładyszów", where this breed of horses, known as mountain horses, is bred.

Wysowa-Zdrój Health Resort,
Wysowa-Zdrój 149,
☎ +48 18 3532220,
🌐 uzdrowisko-wysowa.pl

■ **WAPIENNE.** Located north of Wysowa-Zdrój, Wapienne is one of the oldest health resorts in Poland (founded in 1546). The sulphide springs are used to treat diseases of the musculoskeletal system and rheumatic diseases. Before the war, the village was famous for its oil production, as well as a stonemasonry centre, and is still inhabited by several Lemko families. The spa uses peat and medium mineralized sulphide waters from the springs of Kamil, Marta and Zuzanna.

Wapienne Health resort, Wapienne 45,
☎ +48 18 3519001, 🌐 wapienne.pl

■ **SWOSZOWICE.** Swoszowice, currently a district of Krakow on the southern

outskirts of the city, is one of the oldest health resorts in the region. Since the 16th century, it has been famous for its healing effects of waters with sulphur content. The health resort treats rheumatic and traumatic diseases of the locomotive system. We will see the characteristic guest house buildings and have a chance to rest in the beautiful old park surrounding the spa treatment facilities.

Kraków Swoszowice Health Resort,
ul. Kąpielowa 70, ☎ +48 12 2547811,
🌐 uzdrowisko.krakow.pl

■ **KRAKÓW.** Near Kraków's Mateczny Roundabout, hidden behind acoustic screens, is a green area with beautiful old trees. It is the Mateczny Pump Room and Spa Park. It was here that mineral waters were discovered by balneologist Antoni Mateczny in 1898. Renovated and opened in 2021, the park and the spa buildings welcome locals and tourists. Two types of water are available here: the highly mineralised 'Mateczny Zdrój' and the moderately mineralised 'Anton' water.

Mateczny Zdrój,
ul. Wadowicka 1B, 30-347 Kraków,
🌐 matecznyzdroj.pl

Piwniczna-Zdrój, photo K. Bańkowski



National parks

Małopolska is an extraordinary region, especially in terms of nature. Fancy monadnocks and hot desert sands, a picturesque Vistula ribbon and Dunajec forces its way in between rocks, green Beskids and naked Tatra peaks, dark caves and roaring waterfalls... As much as 55,3% of the area of Małopolska have been granted protection, while 6 national parks, 11 landscape parks, 10 protected landscape areas and 86 reserves have been created here. There are also over 2 thousand nature monuments here. Two areas – the Mount Babia and the Tatra National Park - were also recognised as UNESCO biosphere reserves, unique in the world, with outstanding natural values.

■ **OJCÓW NATIONAL PARK**, located north of Kraków, is the smallest national park in Poland. Nevertheless, in its area there are some of the richest sites of vascular plants in the country, bat colonies and unusual rock formations. The most spectacular is the Prądnik Valley - a gallery of karst creations. Here you will find high (sometimes several dozen meters) rocks of fancy shapes (Maczuga Herkulesa - Hercules' macaw, Igła Deotyminy - Deotymina's needle), karst springs and many caves (their

number in the park is estimated at over 400). Available to visitors are The Grota Łokietka (Elbow-High's Grotto, where the later king of Poland was said to have been hiding centuries ago, and the Dark Grotto. In the park you can also admire two castles - in Ojców and Pieskowa Skała (see p. 29). The symbol of the park is the bat.

Free entrance to the trails.
Elbow-High's Grotto, ☎ +48 12 3892005
Dark Grotto ☎ +48 12 3892005
 ojcowskiparknarodowy.pl

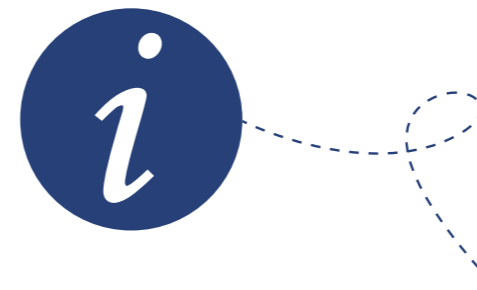
■ **TATRA NATIONAL PARK (TPN)** is the only high mountain park in Poland that protects the highest of the Polish mountains. It covers all Tatra Mountains in Poland. It is divided into two areas - the High Tatras and the Western Tatras. The former, built of crystalline rocks, are characterized by abundance of post-glacial forms - boilers and mountain lakes. In turn, the limestone part of the Western Tatras is dominated by karst phenomena - caves (single or forming whole systems) and karst springs. The biggest attractions of inanimate nature in the park include: Rysy (2499 m) the highest peak of Poland, Sea Eye Lake (Morskie Oko) situated at its foot and other



Dunajec River Gorge, photo K. Bańkowski

NATIONAL PARKS OF THE MAŁOPOLSKA REGION IN NUMBERS

- 1932 year of establishment
Pieniny National Park
 an area of 23,46 km²
- 1954 year of establishment
Babia Góra National Park
 an area of 33,92 km²
- 1955 year of establishment
Tatra National Park
 an area of 211,97 km²
- 1956 year of establishment
Ojców National Park
 an area of 21,46 km²
- 1981 year of establishment
Gorce National Park
 an area of 70,3 km²
- 1995 year of establishment
Magura National Park
 an area of 194,4 km²



1 **Already in 1873 the Tatra Society was established. Thanks to its efforts, tourist shelters and hostels were established. The members of the organization also sought to provide care over the local flora and fauna.**

2 **In order to preserve biodiversity, in the Pieniny National Park in the Majerz Pasture the so-called cultural grazing of sheep is maintained.**

3 **One of the biggest attractions of the Pieniny is canoeing down the Dunajec river, the tradition dating back to 1832. About 20 km long route abounds in beautiful views, including the Three Crowns (982 m above sea level) and Sokolica (747 m above sea level). Tourists seeking a higher dose of adrenaline can opt for rafting, which takes place at the section Sromowce Niżne-Szczawnica (about 14 km). Contrary to appearances, this form of activity does not require much experience, and under the supervision of caretakers even children can take part in the canoeing trip. Participants receive full equipment (vest, helmet, oar) and the pontoon is driven by an instructor. Time: April-October.**

all vegetation levels have developed here, including the top level of the crags, occurring in Poland only in these mountains. The peculiarities of the Tatra animal world include: chamois (immortalized on the official logo of the park), bears, marmots and a wallcreeper (the northernmost position of this bird). In 1992 the Tatra National Park and its Slovak equivalent (TANAP) were awarded the status of a UNESCO International Biosphere Reserve.

Entrance fee
 ☎ +48 18 20233300, tpn.pl

■ **PIENINY NATIONAL PARK.** Established in 1932, the Pieniny National Park is the oldest in Poland. Together with its Slovak counterpart it protects the main range of the Pieniny Mountains from Czorsztyn to Szczawnica along with impressive rocky peaks of the Three Crowns (Trzy Korony - the highest peak in the park, 982 m above sea level), Sokolica, Czerteż and Czerteżik and the unique Dunajec Gorge, meandering among the limestone rocks of the Pieniny Mountains. Moreover, rare, thermophilous rock vegetation and valuable plant communities, including relict pine forests, are protected. A peculiarity of park fauna is one of the last in the country habitats of the Apollo butterfly. The

lakes located in the Valley of the Five Polish Ponds (Dolina Pięciu Stawów Polskich). The most famous Tatra caves, whose number is estimated at over 800, is the Great Snow Cave (Wielka Jaskinia Śnieżna - the deepest and longest in Poland, but inaccessible to tourists), as well as those open to visitors: Mroźna, Raptawicka, Mylna and Obłazkowa, Dragon's Den (Smocza Jama) and the small Hole. Waterfalls are also an attraction of TPN, e.g. Mickiewicz Waterfalls or Wielka Siklawa - the highest waterfall in Poland (70 m). The height of the Tatra Mountains chain means that

Ojców National Park, photo K. Bańkowski



park has two enclaves - the Green Rocks on the southern shore of Czorsztyn Lake, close to the castle in Niedzica and Castle Hill with the ruins of the castle in Czorsztyn (see p. 31). The symbol of the park is the peak of the Three Crowns.

Free admission to the trails (also in the Slovakia part), between April and October – fee for the entrance to the viewing galleries at the top of the Three Crowns and Sokolica. A ticket purchased on the Three Crowns is valid on the same day on Sokolica and vice versa

pieniny.pl

Information on Rafting Down The

Dunajec River: Polish Association of the Pieniny Rafters, ul. Kąty 14, Sromowce Wyżne, ☎ +48 18 2629721, 18 2629793, flisacy.pl

■ **BABIA GÓRA NATIONAL PARK** protects the unique nature of Mount Babia, the highest peak in the Western Beskids (1725 m above sea level). In the massif of Mount Babia there is the only alpine level in the Polish Beskids, and the slopes of the mountains are overgrown with valuable fragments of the primeval Carpathian Forest.

The flora of the park is represented by more than 650 species of vascular plants, including 125 mountain species. 67 plant species are protected, including lase-wort

found only here in Poland (a symbol of the park) and alpine mouse-ear. Unchanged flora is a refuge for many animals, including rare species. Mountain areas are the lairs of large mammals: lynx, wolf and brown bear, and there are about 100 species of birds breeding here, including capercaillie, black grouse and hazel grouse. BPN was the first in Poland (and one of the first in the world) to be registered as UNESCO biosphere reserves.

Admission feey

bgpn.pl

■ **GORCE NATIONAL PARK** was established to protect natural tree stands growing on the slopes of the Gorce and Gorce pastures and clearings, including saffron (crocus). In the Gorce area, the most numerous plant communities of high mountain species can be found in the Polish Beskids, such as alpine speedwell and mountain bladder-ferns. You can meet here the following mammals: deer, wolf, lynx, wildcat, ermine, otter and bear.

The park was created in the central part of the Gorce massif in 1981. Currently its area is 7019 ha. It is considered to be the most accessible national park for tourists. A dense network of nature trails allows you to get to know the most valuable natural sites in its area. Some of the local glades, such as the Model Pasture



Tatra Mountains Gąsienicowa Pasture, photo K. Bańkowski



Remember to take: fully charged telephone and power bank; route plan: in paper or electronic form ankle walking boots; waterproof jacket; headgear; change of clothes; sunscreen; food and drink supply; small money (useful in a shelter); painkillers, disinfectants, bandages and plasters.



1 The highest peak in the Mount Babia massif - Diablak - rises in the Babia Góra National Park. It is also the highest peak of the whole Western Beskids, and outside the Tatra Mountains - the highest peak in Poland.

2 At the top of Diablak there is, among others, a rock slab with the inscription „74th Upper Silesian Infantry Regiment to commemorate the Legion Deed and its founder, the first Polish Marshal Józef Piłsudski”, referring to the events of 1914 and the fights fought by the legionaries of the First Brigade of the Polish Legions. After the death of Marshal Piłsudski, symbolic bonfires were lit on Mount Babia and the surrounding peaks, and an urn with earth from Mount Babia was placed at the Marshal's grave.

3 The slopes of Mount Babia are covered with valuable fragments of the primeval Carpathian Forest. Currently, the species composition of tree stands differs from the natural one as a result of many years of over-exploitation of forest in the past. There are mainly spruces, firs and beeches.

Pieniny National Park, photo T. Gębuś



Szpiglasowa Pass, photo K. Bańkowski



(Hala Wzorowa) and the Long Hall (hala Długa) under Turbacz, are used for controlled sheep grazing (so-called cultural grazing). The symbol of the park is the spotted salamander.

The area of the park was included in the Natura 2000 network, as there are birds rarely found in Europe, such as: capercaillie, white-backed woodpecker, Pygmy owl and Ural tawny owl.

The nature exhibition at the Gorce National Park (GPN) Education Centre in Poręba Wielka is well worth a visit. The exhibition tour mirrors a hiking trail that starts in the valley of a mountain stream and leads through various natural environments to the highest peak in the Gorce Mountains.

Trail admission fee,

gorczanskiopark.pl

■ **MAGURA NATIONAL PARK** was established in 1995 in the central part of the Low Beskid Mountains. Only a small part of it lies within the boundaries of the Małopolska Province. It protects mainly beech forests on the slopes, including the Magura Wątkowska range in the Low Beskid Mountains. In the park there are rare and endangered species of butterflies, such as the swallowtail, the scarce swallowtail or the clouded apollo. Rare bird species are represented here by the

golden eagle, Ural tawny owl, eagle owl, honey-buzzard and black stork. The symbol of the park is the Lesser Spotted Eagle, numerous in its area. Among large predatory mammals, a bear, a wolf, a lynx and a wildcat (almost extinct) were recorded. Among the natural curiosities of the park, there are also various rock formations, e.g. the Devil's Stone, which is considered a natural monument. The rock reserve Kornut and the small Magura Waterfall near Folsz are also quite interesting.

Since the Magura National Park is located on the borderland, it is the area where different cultures of different nations meet and intermingle; therefore, it protects the area valuable not only in terms of nature, but also in terms of history and ethnography. Until 1947 Lemkos, a group of Ruthenian highlanders, lived in this area. The most interesting monuments of sacral architecture of the West Lemko style can be seen in Krempna, Kotania, Bartny, Wotowiec, Pielgrzymka, Świętkowa Wielka and Mała. Walking along the paths of the park, tourists will also come across numerous chapels, stone crosses and roadside figures.

Trail Admission fee

magurskipn.pl

Mount Babia, photo K. Bańkowski



Małopolska region for the active

Małopolska is a region of great landscape, geological and natural values, which can be appreciated during active recreation.

■ **DISCOVERING THE CAVES.** Małopolska is a true paradise for speleologists - both advanced and beginners. As many as 12 out of the 22 caves available in Poland for tourists are located in the region. The Małopolska underground world, with its intricate labyrinths, through which the underground rivers flow, dripstone decoration with unique stalagmites and stalactites and large caves with prehistoric traces, can compete with objects of this type found abroad.

Most caves are located in the Tatra Mountains and in the Krakow-Czestochowa Upland. In the Tatra Mountains alone, the most visited is the Mroźna Cave located in the Organy massif, within the territory of the Tatra National Park. Cavers are sure to be interested in the winding and often icy Dragon's Cave in the Krakow Gorge and a little more tourist-friendly, although hidden behind the rock and grassy perch Obłazkowa Cave. You can expect the biggest excitement in the Mylna Cave - most of the route has to be overcome by crouching, walking on all fours

or crawling. The **Raptawicka Cave** is worth seeing by yourself, where periodically we you can experience underground rain that creates beautiful glazes and ice stalagmites.

A particular number of caves can be found in the vicinity of Ojców. The largest of those accessible to tourists is the Upper Wierzychowska Cave located in the Krakow Valleys Landscape Park, considered a natural monument. Another place worth seeing is the Elbow-High's Grotto in the top part of the Chełmowa Mountain and the Bat Cave, located in the upper part of the Będkowska Valley (sightseeing is possible with a guide). The Dark Cave located in the Ojców National Park is also worth mentioning, as it is one of the most valuable archaeological sites in Poland, and the oldest traces of prehistoric man's existence here date back as far as 115 thousand years.

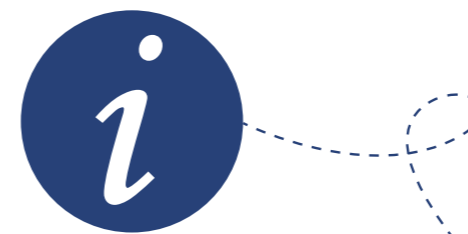
Krakow Caving Club, ul. Lea 75/2, Kraków,
🌐 kktj.pl,
Caving Section Krakow and Krakow Mountaineering Club,
ul. Pędzichów 11/10a, Kraków,
📞 +48 12 423 47 30, 🌐 kw.krakow.pl



Bat Cave, photo K. Bańkowski



The Bat Cave is known as the site of the Jerzmanowice culture. Flint arrowheads and javelins made by the first humans of the Homo sapiens species have been found here. It was also here that the scenes for the film „With Fire and Sword” were filmed.



Even without leaving Krakow you can try your hand at climbing: the locals like to visit the Lebanon quarry, as well as Krzemionki and the most popular Zakrzówek, where the first climbers appeared over 100 years ago. It's the perfect place for a few hours of excursions.

Polish Underground Tourist Trails Association,
ul. Bandurskiego 16/11, Kraków,
📞 + 48 12 4135191, +48 12 4110721,
🌐 podziemia.pl,
Speleoklub Olkusz, Rynek 20, Olkusz,
🌐 speleoklub.olkusz.pl

■ **ROCK CLIMBING.** Rock climbing is also becoming more and more popular: flat viewing terraces on top of the rocks and the ruins of the castles encourage you to try and face your own weaknesses. It is astonishing how fast new climbing routes are created - even the rocks hidden deep in the woods are gradually adapted for tourists. Enthusiasts of this form of activity can choose from many places located in the Krakow-Czestochowa Upland, near the Podkrakowskie Valleys, as well as in the Ojców National Park. Also in the Beskids and the Carpathian Foothills there are sandstone rocks, creating several climbing areas. More experienced climbers, will discover their paradise on the Tatra trails, e.g. Stanisławski's road to Pośredni Gerlach, Hokejka leading to Łomnica or Wielkie Zacięcie leading to Kieżmarski Peak.

But first, however, it is advisable to practice at smaller heights and go to the Podkrakowskie Valleys. Among them is the limestone Bolechowicka Gate, which is 30 m high and is protected as a natural

monument. Amateurs often gain their first climbing experience here. One of the most famous regions is also the Kobylańska Valley, with almost 50 rocks, mostly 12-20 m high and where many climbing routes have been marked out. The Będkowska Valley is also popular as the longest of the valleys near Krakow with the largest concentration of limestone rocks in Poland. Also interesting are the Kluczwoły Valley and the Szklarka Valley with its wooded slopes. Jura Krakowsko-Częstochowska attracts with its white limestone monadnocks, which are found nowhere else. The most famous climbing areas are The Rock City of Podzamcze in Ogrodzieniec, the Kroczyce Rocks in Kroczyce or the Podlesice and Rzędkowice Rocks.

Fortress Climbing Centre,
ul. Ractawicka 60, Kraków; ul. Ludowa 6;
📞 +48 12 6328333, +48 512 631 621,
🌐 cwf.pl,
Climbing Centre RENISport,
ul. Sz. Szymonowicza 83, Kraków,
📞 668 401 847,
🌐 renisport.pl/kontakt,
SkakAnka. Sports and educational Centre, ul. Fiołkowa 15, Kraków,
📞 +48 12 4105142, 🌐 skakanka.eu

Prądnik Valley, photo J. Krawczyk



Climbing, photo K. Bańkowski



Hiking, cycling and horse-riding trails

Owing to the extremely diverse terrain, every tourist will find something interesting in the Małopolska region. From the south you first encounter the high and rocky Tatra, gradually turning into Orawsko-Nowotarska Valley. From the east this flat basin is closed by the low Pieniny range of white limestone rocks and from the north - by the wooded hills of the Beskidy Mountains. Among them there is the lonely peak of Mount Babia - the Queen of Beskids. Walking north, you will reach the place where the Beskids give way to the gentle hills of the Foothills, and then to the sharp threshold ending the Carpathian chain. Further, beyond the Vistula Valley and Sandomierz Basin, we will meet two uplands - Śląsko-Krakowska and Małopolska. A dense network of hiking trails allows you to reach all the most attractive corners of the region. The most famous Polish hiking trails, both mountain and lowland, run through the Małopolska region. Among them are the most difficult ones - the Tatra Orla Perć (from Polana near Wotyszyn to Zawrat), Pienińska Sokola Perć (from Sokolica to Bajków Groń) and leading to the top of Mount Babia Perć Akademików, as well as the longest ones - the Main Beskid

Trail named after K. Sosnowski, the Small Beskid Trail and the trail from Tarnów to Wielki Rogacz. The famous Eagles' Nests Trail or the Jurassic Fortress Trail running north of Krakow are also noteworthy. Recent years have also seen a dynamic development of the network of cycling and horse riding trails.

The Krakow-Częstochowa Upland and its surroundings

HIKING TRAILS

■ **RED TRAIL KRAKÓW - PODZAMCZE (OGRODZIENIEC):** Kraków - Giebuttów - Ojców - Pieskowa Skała - Rabsztyn - Smoleń - Pilica - Podzamcze (3-4 days). The Małopolska section of the Eagles' Nests Trail, crossing the area of the Cracow-Częstochowa Jurassic Route from the south to the north. It runs next to the most famous castles in the area - Ojców, Pieskowa Skała, Rabsztyn and Ogrodzieniec, as well as through the Ojców National Park.

■ **BLUE TRAIL RUDAWA - PODZAMCZE (OGRODZIENIEC):** Rudawa - Będkowiec - Ojców - Imbramowice - Wolbrom

On the trail, photo J. Krawczyk



On the trail, photo K. Bańkowski



The Kraków - Częstochowa Upland was for years a base for scout troops. Its beauty was celebrated by young wanderers in many songs, such as this one:

[...] We follow the Eagles' Nests Trail,

a scout song is carried by the wind.

From the castle towers of the Polish land

a thousand years has been looking at us.

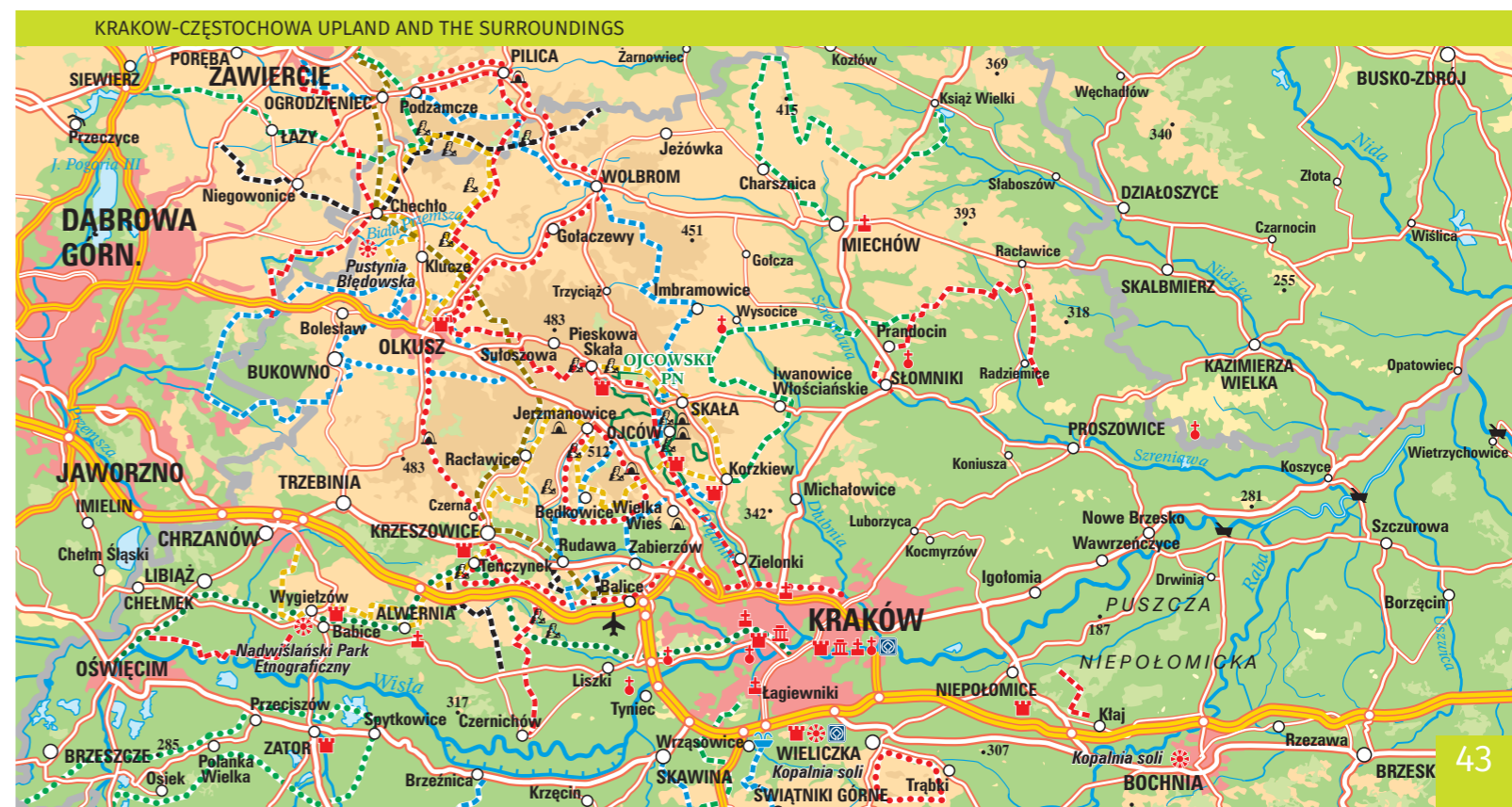
And when the twilight comes to the ruins, the shadows of the old days go astray,

many of us are reminded by the summer night of knightly dreams [...]



Planning a mountain trip, it is worth visiting the website of the Polish Tourist and Sightseeing Society. There are practical information, maps and descriptions of places known to those who are true hiking enthusiasts.

szlaki.pttk.pl



- Podzamcze (3-4 days). The Małopolska section of the Jurassic Fortresses Route, like the Eagles' Nests Route, runs through the entire Jura (Upland). Slightly less impressive, it leads to small watchtowers rather than impressive castles, but it is also noteworthy. It crosses the area of the Ojców National Park and some of the Jurassic landscape parks.

■ **YELLOW TRAIL OF THE CHRZANÓW LAND AND THE KRAKOWSKIE VALLEYS - CHRZANÓW - KRZESZOWICE - PIESKOWA SKAŁA:** Chrzanów - Pogorzycze - Zagórze - Wygietzów - Podlasie - Regulice - Alwernia - Rudno - Tenczynek - Krzeszowice - Czerna - Paczółtowiec - Będkowska Valley - Kobyłańska Valley - Bolechowicki Gorge - Prądnik Korzkiewski - Sąsówki Valley - Pieskowa Skała (2 days). An interesting route of the south-western part of the Jura leads first through the area of the Tenczyński Ridge, and then allows you to visit the eight most famous valleys near Krakow. Additionally, during the hike you will see the open-air museum in Wygietzów, the ruins of the Lipowiec and Tęczyn castles, the Carmelite monastery in Czerna and Bernardine monastery in Alwernia and the wooden church in Paczółtowiec.

■ **YELLOW TRAIL BĘDÓW - JAROSZOWIEC OLKUSKI:** Będów - Klucze - Jaroszewiec - Olkusz (2 days). It is sometimes called

the Desert Trail, because it brings tourists closer to the Będowska Desert, which stretches north of Wolbrom, a natural peculiarity on a European scale.

CYCLING TRAILS

■ **RED CYCLING TRAIL WIELICZKA - RACIBORSKO - WIELICZKA:** Wieliczka - Lednica Górna - Biskupice - Dobranowice - Raciborsko - Pawlikowice - Siercza - Wieliczka (about 2 hrs). The trail running through the Foothills offers attractive views to both the north and south of the country. It leads near the place where on Lednica there was supposed to be a pagan chram (shrine), as well as through the villages which, during the Reformation, were associated with the Arian movement (the so-called Polish brothers) - Raciborsko and Pawlikowice.

■ **RED CYCLING TRAIL KRAKÓW - OGRODZIENIEC:** Kraków-Bronowice - Tenczynek - Czerna - Olkusz - Rabsztyn - Smoleń - Podzamcze (4 days). A fragment of the Jurassic Eagles' Nests Bicycle Route, though with a slightly different course. Like its hiking counterpart, it crosses the Jura from south to north, offering you the most interesting castles lying between Krakow and Czestochowa.

■ **BLUE OLKUSZ CIRCULAR TRAIL:** Rabbit - Podlesie - Troks - Olewin - Wiśliczka - Sieniczo - Rooster - Zimnodół - Osiek

- Wieradów - Żurada - Bukowno - Olkusz (approx. 5 hours)) It leads through the forests around Olkusz and gives the opportunity to explore monuments, not only the Rabsztyn castle, but also roadside chapels, wooden houses, or little-known traces, dating back to the Middle Ages, lead and silver mining operations.

■ **RED CYCLING TRAIL BOLECHOWICE – KOBYLANY – BOLECHOWICE:** Bolechowice – Kluczwoły Valley – Wierzchowie – Będowska Valley – Kobylańska Valley – Bolechowice (approx. 3 hrs). Known as Krakow Valleys Cycling Route, it runs through the most popular valleys situated north-west of Krakow.

■ **GREENWAY TRAIL KRAKÓW – WIEDEŃ:** Kraków – Kryspinów – Mników – Rudno – Alwernia – Babice – Mętków – Oświęcim (approx. 2 days). A fragment of an international cycling route protecting natural and cultural heritage, runs through many interesting places, including the Mnikowski Gorge and Sanka Valley, extensive complexes of Krzeszowice Forests, next to the ruins of Tęczyn and Lipowiec castles, through Alwernia with the Bernardine Monastery and next to the open-air museum in Wygietzów and the wooden church in Mętków. The Małopolska section of the route ends in Oświęcim.

■ **GREEN TRAIL OF THE CARP VALLEY:** Osiek – Zator-Grodzisko – Bachowice – Kaniów – Las Burzyńskiego – Pańskie Pola – Tłuczań – Nowe Dwory – Marcyporeba – Brzeźnica (6 hrs). The trail runs nearby Zator, leading through the picturesque areas of the Carp Valley. There are extensive complexes of fishponds, frequently visited by many species of birds. The route leads mainly along side roads, away from the hustle and bustle and crowds of tourists. The wooden churches in Osiek, Tłuczań and Marcyporeba, as well as the original palace in Osiek are well worth visiting.

HORSE RIDING TRAILS

■ **KRAKÓW-CZĘSTOCHOWA PTTK TRANSJURISH EQUESTRIAN TRAIL:** Kraków (Olszanica) - Nielepice – Rudawa - Radwanowice – Paczółtowice – Zawada – Rabsztyn – Pustynia Błędowska – ... – Częstochowa. It is the trail marked in orange, starting at the stud farm in Krakow's Olszanica, going further north, next to the most interesting Jura castles. It takes 8 days to finish the entire trail.

VeloMałopolska

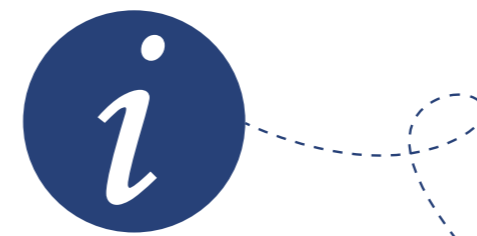
The Małopolska Region has exceptionally favourable conditions for the development of active and recreational tourism. The region's greatest assets are its great



VeloMałopolska, photo J. Gawron



- Two-wheeled competition:*
- Cyclo-carpathian Cycling Marathons
 - Beskid Classics
 - Rally through the Dunajec Valley
 - Gorlice Cycling Criterion
 - Tour de Powiśle Dąbrowskie
 - Ochotnica 4Towers
 - Rally around the Tatra Mountains
 - Carpathian Couriers Race



1 Can you combine cycling with enotourism? Of course! The Tarnów region offers Enovelo routes that run through the picturesque terrain of Pogórze, which is a wine region. Vineyards located in the vicinity of bicycle routes include, among others Zadora, Dąbrówka, Janowice, Uroczysko and Rubinowa. enovelo.pl

2 Cyclist-Friendly Places (MPR) are service facilities (including accommodation, catering, tourist attractions, tourist information, bicycle services, shops) that have an offer tailored to the needs of cyclists. In Małopolska, they are located up to 15 km from one of the VeloMałopolska routes. narowery.visitmalopolska.pl



topographical and natural diversity, beautiful landscapes and historical monuments. Thanks to the VeloMałopolska project, implemented by the voivodship authorities, many of these places can be visited during bicycle trips.

It is now possible to cycle through the Małopolska region from north to south along the VeloDunajec and east to west along the Vistula Cycling Route. As a result, the cycle paths have already connected such tourist centres as Oświęcim, Kraków, Tarnów, Nowy Sącz, Nowy Targ and Zakopane. However, it is worth remembering that the VeloMałopolska project is still in progress. Some sections of the routes are under construction, and others are in the planning stage.

The following have already been made available to tourists and put into use:

- **VeloDunajec:** 190 km out of the planned 240 km
- **Vistula Cycle Route:** 215 km out of the planned 230 km
- **VeloRaba:** 45 km out of the planned 130 km
- **VeloNatura/Eurovelo11:** 77 km out of the planned 115 km

In the Małopolska region, almost 900 kilometres of high-standard bicycle infrastructure are currently available, consisting mainly of the VeloMałopolska Route and routes such as the Polish section of the Cycling Route Around the Tatras Mountains, the route around Lake Czorsztyńskie or VeloKrynica.

The network of eight VeloMałopolska routes was designed to reach every region of Małopolska. The routes run through areas that are valuable in terms of nature and tourism, such as, among others, the Niepołomice Forest, Pieniny and Spis, foothills and the Tatra Mountains, and they also connect the main urban centres of the voivodship.

In addition, Małopolska offers around 3,000 km of bicycle trails of varying difficulty, the best known of which include the Cycling Route Around the Tatras Mountains, the Trail of the Eagles' Nests, the Mineral Water Trail and the Carp Valley Bicycle Trail. On the other hand, MTB enthusiasts can take advantage of a fast-growing number of bike parks and mountain biking trails.

The region's cycling offer is complemented by Bicycle Friendly Places (MPR), making cycling trips and long-distance cycling tours in Małopolska more attractive and easier to organise.

The current status of the development of routes, proposed cycling routes and tours and news about cycling tourism in Małopolska are available at narowery.visitmalopolska.pl.

An interactive map of the VeloMałopolska cycling routes and the progress of their construction can be found on the Internet, see . miip.geomalopolska.pl/rowery.

Cyclist Service Point, photo K. Bańkowski



NETWORK OF PLANNED VELOMAŁOPOLSKA BICYCLE ROUTES



The Mount Babia Region

HIKING TRAILS

■ RED TRAIL MĘDRALOWA – RABKA-ZDRÓJ:

Mędralowa – Jałowiecka Pass – Markowe Szczawiny – Diablak – Krowiarka Pass – Okraglica – Jordanów – Rabka-Zdrój (2 days). Part of the Main Beskid Trail, the section: Jałowiecka Pass – Krowiarki Pass, runs through the Babia Góra National Park. The first section of the Trail is the Mount Babia region with its highest peak – Diablak (1725 m above sea level). Both in terms of the landscape, and the nature, it is the most attractive fragment of the trail.

■ BLUE TRAIL ZAWOJA-POLICZNE – KROWIARKI PASS – MARKOWE SZCZAWINY (approx. 3 hrs).

Particularly popular among tourists is the upper part of the trail, leading to the so-called Upper Ptaj, a forest slope road, to the hostel in Markowe Szczawiny. Covering the lower section requires walking a significant distance along the asphalt road Zawoja – Zubrzyca Górna.

■ YELLOW TRAIL MARKOWE SZCZAWINY – DIABLAK (approx. 1.5 hrs).

The Perć Akademików (Academic Path) marked out by W. Midowicz is a very impressive, but the most difficult trail in the Polish Beskids. It is one of the few hiking trails with artificial aids (buckles, chains).

■ GREEN TRAIL HUCISKO – JABŁONKA:

Hucisko – Czerniawa Sucha – Hala Kamińskiego – Przełęcz Jałowiecka – Mała Babia Mount – przełęcz Brona – Diablak – Jabłonka (approx. 13 hrs). The trail leads through both peaks of Mount Babia: Diablak and lower, called Cyl (1515 m above sea level). It goes down to Jabłonka, located on the southern, Orava side of the range.

■ RED TRAIL KOCIERSKA PASS – LUBOŃ WIELKI:

Kocierska Pass – Łamana Skąta – Leskowiec – Żurawnica – Chełm – Bieńkowska Góra – Myślenice – Lubomir – Kudłacz – Kasina Wielka – Lubogoszcz – Mszana Dolna – Luboń Wielki (4 days). It is a fragment of the so-called Little Beskid Mountains Trail. The most beautiful part is the section of the Kocierska Pass - Leskowiec,

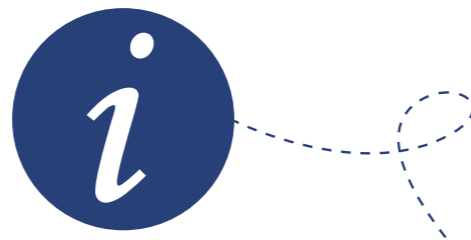
where the trail runs along the ridge of the Beskid Mały. Between Żurawica and Kasina Wielkie, the trail leads through the Beskid Makowski, and the final section is the Lubogoszcz and Luboń Wielki peaks belonging to the Beskid Wyspowy. Under Leskowiec, in Kudłacz and Luboń Wielki, there are tourist hostels.

■ KROWIARKI PASS – SOKOLICA – DIABLAK – BRONA PASS – MARKOWE SZCZAWINY – KROWIARKI PASS:

(5 hrs) Mount Babia rises alone above lower peaks and deep valleys, which makes it a wonderful viewing point. Thanks to the road running through the Krowiarki Pass, the ascent to the highest peak of the massif - Diablak (1725 m above sea level) - is short and easy, but steep. The trail leads through a forest, a red trail, climbing steeply to Sokolica, where there is an excellent viewpoint. Continue walking for a while through the forest, and then walk between the dwarf pine bushes. We climb numerous steps of the ridge to finally reach the rocky dome of the Diablak. After watching the panorama stretching from the top we go down the red trail to the Brona Pass. Further the path leaves the summit and leads sharply down into the woods and a shelter in Mark's Szczawiny. From there, the blue trail leads to the starting point, i.e. the Krowiarki Pass.



Sunrise on Mount Babia, photo K. Bańkowski



Mount Babia is called:

- 1 "The Queen of the Beskids" (it is the highest peak outside the Tatra Mountains in Poland)
- 2 "Kapryśnica" (Moody) and „Matka Niepogód" (Mother of Bad Weather) (due to rapid changes in weather at the top of the mountain).



[...] At the horizon, hey! In the distance,
where the sky is set on fire,
A hag is sitting;
Snowy grey, fog clotted,
Blinded by the sun,
Deafened by a thunder,
Turning her head
to the sunset fires.
Trembling she's warming up
by the sun lit bonfire

Before the winds choke in her,
Run with your soul!
'cause with the first lightning
it will fly off your shoulder

Felicjan Faleński, Mount Babia



Zawoja, photo K. Bańkowski



■ **BLUE TRAIL WADOWICE- PONIKIEW-JOHN PAUL II MOUNTAIN-LESKOWIEC** The trip begins in Wadowice, from where the blue trail runs along the asphalt road to the village of Zawadka. Then we head over the forest trail to the Panczakiewicz Pass and then down to the centre of the village of Ponikiew. We reach along a wooded side valley to the Pass below Gancarz. It is close to John Paul II Mountain with its Polish Tourist and Sightseeing Society (PTTK) shelter and a chapel. It takes about 20 minutes to reach the top of Leskowiec.

CYCLING TRAILS

■ MAROON CYCLING ROUTE SUCHA BESKIDZKA – STRYSZAWA – SUCHA BESKIDZKA:

Sucha Beskidzka – Podsięż – Magurka – Zawoja Przystop – Stryszawa Huciska – Stryszawa – Sucha Beskidzka (approx. 2 hrs). The trail allows you to visit northern slopes of Jałowiec Range towering over Sucha Beskidzka.

■ RED CYCLING ROUTE MAKÓW PODHALAŃSKI – KOSKOWA GÓRA – MAKÓW PODHALAŃSKI:

Maków Podhalański – Bryndzówka – Przystopski Wierch – Koskowa Góra – Żarnówka – Maków Podhalański (approx. 2 hrs). Marked among the hills of Beskid Makowski bike loop leading tourists to the top of Koskowa Mountain (866

m above sea level) - known for its beautiful views and football field on the top.

■ ORDANÓW – WYSOKA – LUDWIKI RED CYCLING ROUTE:

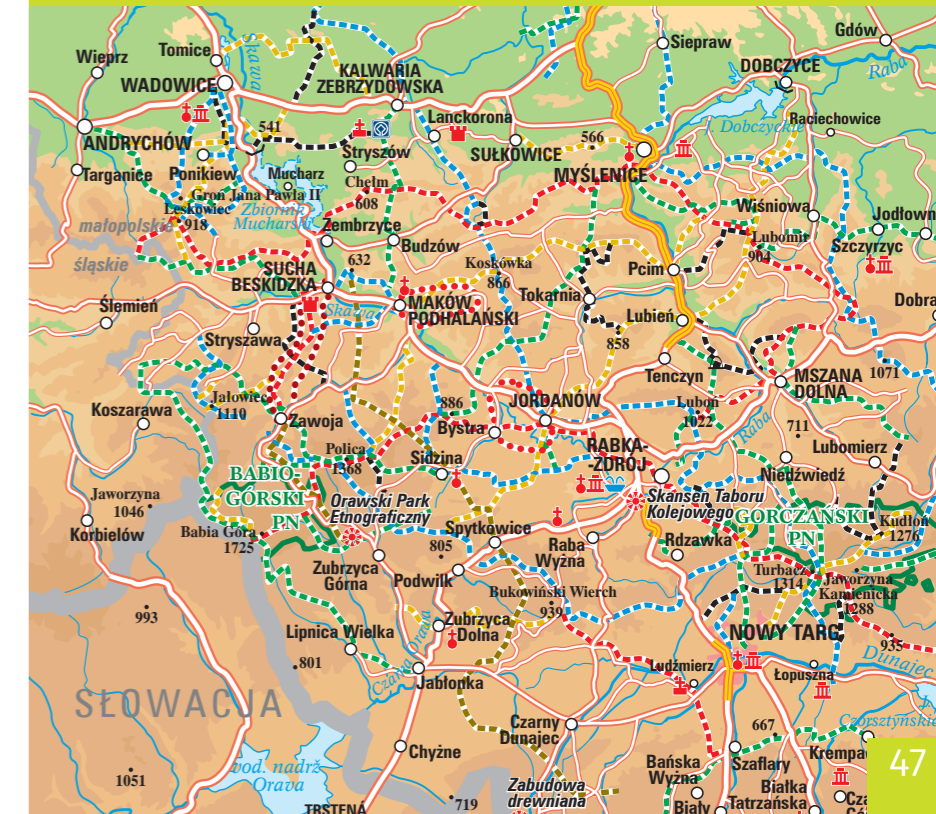
Jordanów – Wysoka – Góra Ludwika – Toporzysko – Bystra – Jordanów (approx. 2 hrs). The route leads through the Makowski Beskid Mountains. Driving it, you can see the Renaissance manor house in Wysoka, built in the seventeenth century (the "Staropolska Lute" Foundation has been active there, conducting studies of culture and early music), as well as the cemetery from World War II, where soldiers from the famous 10th Motorized Cavalry Brigade of General Maczek are buried.

HORSE RIDING TRAILS

■ ZAWOJA – ZUBRZYCA GÓRNA HORSE-BACK ROUTE.

It is a section of the Transbeskid Horse Trail of the Polish Tourist and Sightseeing Society (PTTK), which within the described area leads from Zawoja through the Krowiarki Pass to Zubrzyca Górna on the Orava side of the ridge, where the Orava Ethnographic Park is located (see p. 23).

THE AREA AROUND THE MOUNT BABIA



The Tatra and Pieniny Mountains

HIKING TRAILS

■ **RED TRAIL TOPOROWA CYRHŁA – MORSKIE OKO – RYSY:** Toporowa Cyrhła – Waksmundzka Clearing – Wodogrzmoty Mickiewicza – Morskie Oko (Sea Eye) – Rysy (approx. 9 hrs). The section Jaszczurówka - Morskie Oko is the oldest trail in Poland, designated in the 1870s. Easy and attractive access to the Fish Stream Valley, from where the asphalt, crowded road leads to the shelter by the Sea Eye Lake. The second section of the trail, leading to the highest peak of Poland – Rysy (2499 m above sea level) - should be visited only by experienced tourists.

■ **YELLOW TRAIL MUROWANIEC – VALLEY OF THE FIVE POLISH PONDS:** Murowaniec – Krzyżne Pass – Valley of Five Polish Ponds (approx. 5 hrs). The trail leads from the Murowaniec shelter located in the Gąsienicowa Valley, through the Krzyżne Pass to the Valley of the Five Polish Ponds. Both the descent and the ascent to the Krzyżne Pass is quite steep, but without exposition.

■ **BLACK TRAIL CHOCHOŁOWSKA VALLEY – KALATÓWKI PASTURE:** Chochołowska Valley – Stare Kościelisko – Przystop Miętusi – Strążyska Clearing – Białe Pass – Kalatówki Pasture (approx. 7 hrs). The walking trail called the Path Under the Firs (Droga pod Regłami) runs through

forests parallel to the main ridge of the Tatra Mountains.

■ **GREEN TRAIL THROUGH CHOCHOŁOWSKA VALLEY** (approx. 2 hr). Popular walking trail, leading at the bottom of one of the most beautiful valleys in the Tatras.

■ **GREEN TRAIL THROUGH KOŚCIELISKA VALLEY** (approx. 2 hrs). Another very popular walking trail, leading in this case at the bottom of the Kościeliska Valley to the PTTK Hostel lying at the foot of Ornak.

■ **YELLOW TRAIL KROŚCIENKO – SROMOWCE NIŻNE:** Krościenko – Pieniński Potok – Szopka Pass – Szopczański Gorge – Sromowce Niżne (about 2.5 hrs). A short trail Crossing the Pieniny southwards leading through the scenic Szopka Pass (called „Glory to God”, from the sigh of relief, with which it is greeted by tourists approaching the mountain), the source of the Pieniny Stream and one of the attractions of the Pieniny - Szopczański Gorge.

■ **GREEN TRAIL JAWORKI – WYSOKA** (about 2 hrs): leading through the most beautiful Pieniny gorge - Homole – a short trail to the highest peak of the Pieniny - Wysoka.

■ **RED TRAIL JAWORKI – PIWNICZNA** (about 3 hrs): Jaworki – Biała Woda – Obidza Pass



Three Crowns, photo K. Bańkowski



[...] The Tatras stone crown's set on fire,

And the silence sits between the ridges,

getting lazy, dreaming. [...]

Jan Kasprowicz, *Silence in the Evening*



[...] It's so peaceful there... On the mountains slopes

the foggy light pours down so clear,

onto the sleepy mountains green. [...]

Kazimierz Przerwa-Tetmajer, *View from Świnica to the Wierchcicha Valley*



Sea Eye, photo K. Bańkowski



Valley of Five Polish Ponds, photo K. Bańkowski



There are eight PTTK shelters in the Tatra Mountains. The highest of them is located in the Valley of Five Polish Ponds - they were built at an altitude of 1670 m above sea level. You can only reach the place on foot. The first place of refuge for tired wanderers in the valley was a stone shepherd's hut. In 1876, on the initiative of the Tatra Society (TT), a real shelter was built by the Small Pond. It was a simple, one-chamber building, which, due to the development of mountain tourism was soon (1896) replaced by a more functional, comfortable and durable one.

– Sucha Valley – Kosarzyska – Piwniczna.

One of the oldest routes in Poland, marked in 1907. On the route, among others, the reserve in Biała Woda (White Water) and a unique volcanic basalt rock.

CYCLING ROUTES

■ **IN THE TATRA MOUNTAINS** The following trails are available for cyclists: Path Under the Firs (Droga pod Regłami - on its entire length), Chochołowska Valley, Sucha Woda Valley to the Murowaniec shelter and a section from Kuźnice to Kalatówki Clearing.

■ **BLACK CYCLING TRAIL ZAKOPANE – WITÓW – GUBAŁÓWKA** (about 4 hrs). Leaving Zakopane along this trail to the west through Witów and Dzianisz, we will reach Gubałówka from the north.

■ **RED CYCLING TRAIL SZCZAWNICA – JAWORKI:** Szczawnica - Valley under Jarmuta - Klimontowska Pass - Cyrhla - Durbaszka - Jaworki (about 1.5 hours.). The trail leads through the valley at the foot of Jarmuta, a mountain built of volcanic rock - andezite, on the ridge of the Little Pieniny.

■ **SZCZAWNICA – LEŚNICA CYCLING TRAIL** (about 1 h). The trail leads in the valley of the Dunajec River along the Pieniny Road to Leśnica, already located in Slovakia. The trail leads along the peripheries of the Pieniny National Park.

HORSE RIDING TRAILS

■ **JAWORKI – PRZEHYBA – JAWORKI HORSE-RIDING TRAIL:** Jaworki – Ruski Wierch – Wielki Rogacz – Przehyba – Kiczora – Stary Wierch – Jaworki. The trail is named after Tadeusz Trzeszczoń, an activist of the PTTK and a promoter of horse tourism. It leads along the southern slopes of the Radziejowa Range in the Beskid Sądecki.

■ **SZCZAWNICA – PIWNICZNA HORSE-RIDING TRAIL.** A section of the Transbeskid Horse Trail PTTK, which leads, on the border of the Small Pieniny and Beskid Sądecki to the Poprad valley through Jaworki.

A fragment of the Transbeskid Horse-Riding Trail runs through Podhale, marked out in 2000, leading from Zubrzyca Górna (in Orava) through Bukowina Tatrzańska and Spisz to Szczawnica, thus covering all parts of the Beskid Mountains.

In order to cover the whole route, you have to spend 14 days on horseback and travel 400 km of the trail. This is the longest route of its kind in our country: while it abounds in beautiful views, it is certainly demanding. The souvenir of the route will be a special badge and ID card established by the PTTK, see.

gtj.pttk.pl

TATRA MOUNTAINS



Beskidy

HIKING TRAILS

■ **RED TRAIL RABKA-ZDRÓJ** – MAGURA WĄTKOWSKA: Rabka-Zdrój- Maciejowa – Stare Wierchy – Turbacz – Kiczora – Lubań – Krościenko – Dzwonkówka – Przehyba – Radziejowa – Wielki Rogacz – Rytro – Łabowska Pasture – Jaworzyna Krynicka – Krynica-Zdrój – Hańczowa – Kozie Żebro – Rotunda – Popowe Wierchy – Bartne – Magura Wątkowska (8 days). A section of the Main Beskid Mountain Trail leading through the most interesting fragments of three mountain groups - Gorce, Beskid Sądecki and Beskid Niski. Along the way, the highest peaks of the first two ranges - Gorczański Turbacz (1310 m above sea level) and Radziejów (1262 m above sea level), numerous scenic spots and several mountain hostels. Behind Krynica-Zdrój you can visit numerous Lemko Orthodox churches and cemeteries from World War I, including one of the most famous - on the Rotunda.

■ **BLUE TRAIL SZCZAWA – KASINA WIELKA:** Szczawa – Spad Waterfall- Mogielica – Jurków – Ćwilin – Gruszowiec Pass – Śnieżnica – Kasina Wielka (about 8 hrs). The trail leads from Szczawa, next to a small waterfall Spad on Kamienica and further, through the ridge of Krzystonowa to the scenic peak of Mogielica (1170 m above sea level), the highest in the Beskid Wyspowy. Then,

after descending to Jurkowo, you will reach Ćwilin (1071 m above sea level) with a vast, picturesque pasture and a forested Śnieżnica. (1006 m above sea level).

■ **BLUE TRAIL PRZEŁĘCZ ŚW. JUSTA – LIMANOWA:** św. Justa Pass – Jaworz – Sałas – Limanowa (approx. 7 hrs). An interesting trip on the ridge of the Łososiński Range, which is rarely visited by tourists.

■ **YELLOW TRAIL PIWNICZNA – ŁOMNICA:** Piwniczna – Pisana Pasture – Łabowska Pasture – Parchowatka – Łomnica (about 8 hr). The route leads through the southern slopes of the Beskid Sądecki. On the way you will discover many attractive views, especially on the Slovak part of the Carpathians and the Tatras. You can stop halfway and relax in the hostel located on Łabowska Pasture (1061 m above sea level).

■ **BLUE TRAIL ŻEGIESTÓW-ZDRÓJ – LE- LUCHÓW:** Żegiestów-Zdrój – Pusta Wielka – Runek – Krynica-Zdrój – Szalone – Powroźnik – Dubne – Zimne – Kraczonik – Leluchów (2 days). The trail leads through the southeastern part of the Beskid Sądecki, as well as through the Polish part of the Czerwogskie Mountains near Leluchów, which is unjustly bypassed by tourists.



Beskid Wyspowy Kasina Wielka, photo K. Bańkowski



[...] To the bright clouds in the south,

Pale blue mountains shoot up high!

Behind the mountains, behind the forests

Beskid has gone by the borders! [...]

Wincenty Pol, Song of our land



The forested peak of Rotunda (771 m above sea level) rises in the western part of the Low Beskid, on the route of the Main Beskid Trail. On its top you can see the historic military cemetery No. 51 from the First World War. It is one of several hundred objects of this type, built in the years 1915-18 in Galicia on behalf of the Austrian authorities.

Hala Łabowska, photo K. Bańkowski



On a horse trail, photo K. Bańkowski



■ **BLUE TRAIL GRYPÓW – KONIECZNA:** Grybów – Chełm – Sucha Homola – Bordiów Wierch – Wysowa-Zdrój – Obycz – Jaworzyna Konieczniańska – Konieczna (2 days). The route includes the famous health resort in Wysowa-Zdrój.

CYCLING TRAILS

■ **AQUAVELO BICYCLE TRAIL:** Krynica-Zdrój - the town of Krynica-Zdrój - Muszyna - the town of Muszyna - the town of Piwniczna-Zdrój - Piwniczna-Zdrój - Szczawnica. The route runs through National Parks and many tourist attractions. The total length of the trail is 93.7 km

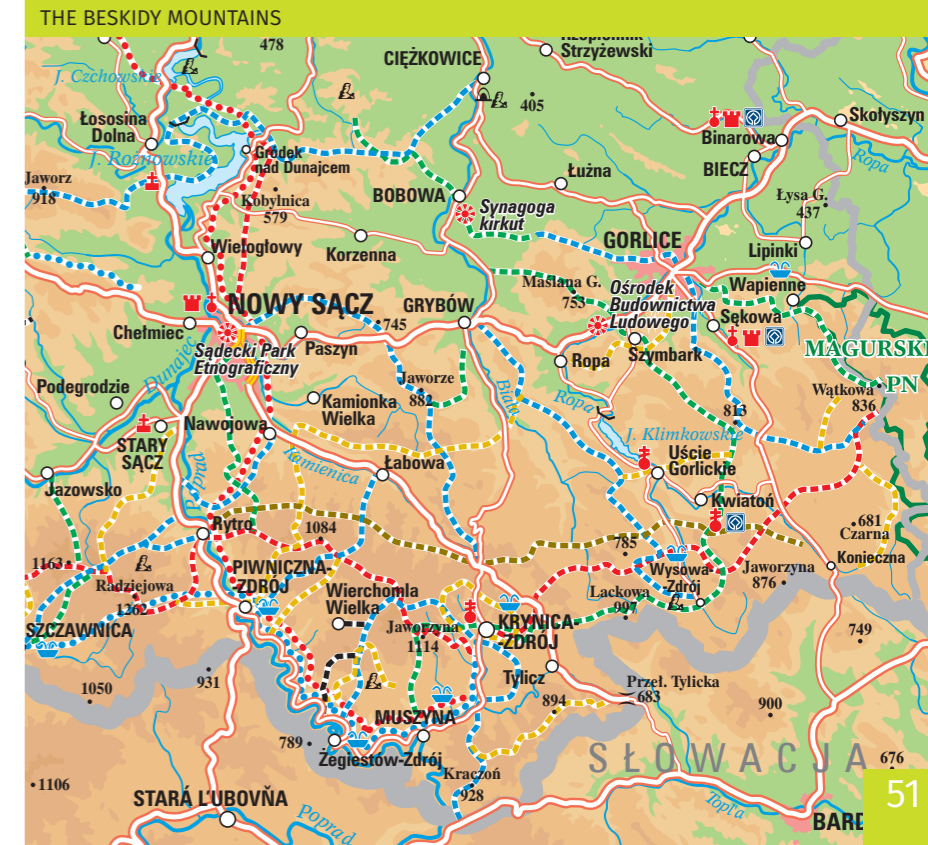
■ **BESKID MOUNTAINS CYCLING TRAIL:** Marcinkowice – Męcina - Limanowa - Słopnice - Jurków - Mszana Dolna - Niedźwiedź - Rabka-Zdrój. Trail for advanced hikers with a length of 68.2 km. The maximum altitude is: 700 m asl. The lowest point on the route is at 289 m asl.

■ **RED BICYCLE TRAIL- CARPATHIAN BICYCLE TRAIL:** Myślenice – Trzemeśna – Wiśniowa – Szczyrzec – Rozdziele – Wytrzyścza – Rożnów – Gródek nad Dunajcem – Nowy Sącz – Rytro – Piwniczna-Zdrój - Muszyna – Leluchów. A route for truly advanced riders. The total length of the route is 180.8 km, and the maximum height is: 566 m asl. The trail runs mostly on roads.

HORSE-RIDING TRAILS

■ **HORSE-RIDING TRAIL RYTRO – OLCHOWIEC:** Rytro – Uhryń – Hańczowa – Nieznajowa – Kotań – Olchowiec. A fragment of the Transbeskid Horse Trail, which leads within the described area from Rytro in the Sądecki Beskid to Olchowiec, already located in the Low Beskid Mountains. Behind Nieznajowa the trail runs through the Magurski National Park.

In Gładyszów there is the largest Hutsul horse stud in Europe (Regietów 28, 38-315 Uście Gorlickie), ☎ +48 18 3510018, +48 18 3510097, 🌐 huculy.com.pl Individual and group rides for tourists, horse riding lessons with an instructor, horse races, carriage rides and sleigh rides are organized here. Around the centre there are about 100 km of marked horse trails. Every year in September, Hutsul Days are celebrated for three days.



Małopolska region – the joy of water

Thermal baths and aquaparks have recently become a big hit. No wonder, since the health properties of water have been known since ancient times. Fun and relaxation near water is a wonderful relaxing entertainment, so that's why in the Małopolska region, thanks to the abundance of geothermal waters, several modern swimming pools were created. You can use them at any time of year: in summer it is an ideal way to cool down, and in winter they provide relaxation and rest.

Between the charming hills of the Rożnowskie Foothills stretches the dam Rożnowskie Lake. This artificial reservoir was created on the Dunajec River. By the reservoir there are numerous holiday resorts with their own swimming pools and water equipment rentals. There is also a large public swimming pool (guarded) in Gródek on Dunajec. Near the lake you can rent yachts, boats, windsurfing boards, canoes and motorboats.

The Czchowskie Lake, located a bit further north, is much smaller. It was also formed after the building a dam on the Dunajec river. It is an exceptionally picturesque reservoir, but its shores are difficult to reach. Convenient descent and swimming pool are located right next to the dam near Czchów. Also on the Dunajec River there is an extensive Czorsztyń

Lake. It stretches between the Gorce and the Pieniny Mountains, east of Nowy Targ. Easily accessible shores, picturesque surroundings and good access to the lake make it more and more popular. In the villages around the lake there are several beaches with swimming pools and swimming equipment rentals. Another dam lake is hidden among the wild ranges of the Low Beskids, about 18 km south of Gorlice. It is Klimkówka, with a dam built on the Ropa river. It is known mainly to windsurfers, because often there are excellent conditions for practising this sport.

The Kuter Port beach was established in Nieznawice near Gdów. A lifeguarded beach with light sand, clean water and available catering and accommodation facilities make it a great place for everyone looking for a rest by the water. In the vicinity of Krakow, Zalew Krzypinowski, a lake formed in the excavation pit of a closed sand mine, has the great advantage of sandy beaches and a shallow bottom, so it's very popular. There are bathing areas with lifeguards, sports equipment rentals, sports fields and a playground. Another attraction located in Krakow itself is the Bagry Lagoon, which was created after flooding gravel pits. The bathing beach in Przylasek Rusiecki with wooden jetties and a sandy beach is also very popular.

Chochołów thermal baths photo K. Bańkowski



Thermal Baths in Bukowina Tatrzańska, photo J. Gorlach



Apart from bathing and relaxing in thermal baths, it is good to consider active forms of spending time by the water (on water).

An interesting proposition is canoeing or rafting. This type of sports can be practised on some sections of Białka and Dunajec.



In the Małopolska region swimming in the warm waters of thermal baths is not the only thing you can do. There are also quite a lot of dam lakes and smaller open swimming pools on rivers, ponds and other waters. It is a perfect opportunity not only to relax by the water, but also to practice various water sports, even sailing.

Terma Bania in Białka Tatrzańska, photo K. Bańkowski



■ BIAŁKA TATRZAŃSKA, TERMA BANIA

It is not only an entertainment water park, but also a SPA resort, in addition, located in the immediate vicinity of a large and popular ski resort. In the indoor and outdoor swimming pools there is water extracted from a depth of 2500 m (72°C, but it is cooled). You can sunbathe outside or relax inside.

Terma Bania, ul. Środkowa 181, Białka Tatrzańska, ☎ +48 18 2612540, 🌐 termabania.pl

■ BUKOWINA TATRZAŃSKA, TERMY BUKOVINA

It is a huge entertainment centre and, at the same time, a wellness centre. There is a vast area with a view of the mountains and numerous pools of water with a temperature of 28-36°C (extracted from a depth of 2500 m). The water is slightly mineralized. Within the facility there are swimming pools with massages, children's zone, numerous slides and several saunas. The resort offers massages and treatments to facilitate fat burning.

Terma BUKOVINA, ul. Sportowa 22, Bukowina Tatrzańska, ☎ +48 18 2020070, 🌐 termabukowina.pl

■ SZAFŁARY, SZAFŁARY THERMAL BATHS

A cosy year-round complex of thermal pools. They are powered by water from the boreholes from a depth of 3000 m. The water temperature in the pools is 30-38°C. It is mineralized, which has a beneficial effect on the musculoskeletal system, alleviates symptoms of skin diseases and soothes nerves. There are four swimming pools, a children's pool, slides, hydro massage, jacuzzi and sauna. The "rapid river" in the outdoor pool provides great fun.

Szaflary Thermal Baths, ul. Osiedle Nowe 20, Szaflary, ☎ +48 72 1100800, 🌐 termyszaflary.com

■ SZAFŁARY, HOT STREAM THERMAL BATHS

It is a complex consisting of several thermal pools, treated with UV lamps, so that no substances or chemical mixtures are added to the water. Fountains, waterworks, water massages and geysers guarantee great fun for both children and adults. Additional attractions include a playground and a

three-level high rope course that stretches over the pools.

Hot Stream Thermal Baths, os. Nowe 45, Szaflary, ☎ +48 727 52 52 52, 🌐 goracypotok.pl

■ CHOCHOŁOWSKA THERMAL BATHS

Thermal baths in Chochołów is one of the largest thermal centres in Podhale and in Poland. The complex includes 3 outdoor pools, 18 indoor pools with thermal waters and various attractions, pools for children with 3 slides and a SPA & Wellness zone. There are also pools with brine water, which has beneficial properties for skin, bones and internal organs. It is recommended even for children, especially those susceptible to respiratory tract infections.

Chochołowska Thermal Baths, Chochołów 400, Chochołów, ☎ +48 781 300 301, 🌐 chocholowskietermy.pl

■ ZAKOPANE, POLANA SZYMOZSKOWA SWIMMING POOL COMPLEX

The swimming pool complex at Polana Szymoszkowa was opened in summer 2007. The water that fills them comes from the geothermal borehole Szymoszkowa GT1 and has a temperature of about 30°C. According to the research conducted by the Polish Academy of Sciences, the water from the well was qualified as mineralized thermal water.

Geothermal swimming pool complex ul. Polana Szymoszkowa 2, Zakopane, ☎ +48 18 2017230, 🌐 szymoszkowa.pl/kapielisko-geotermalne/

■ PORĘBA WIELKA, GORCE THERMAL BATHS

The Gorce Thermal Baths is an intimate facility with a thermal pool, spa, physiotherapy rooms and a restaurant. The modern interior of the thermal baths, opened in 2022, was divided into three zones: the relaxation zone with a thermal pool, the revitalisation zone with the most modern rehabilitation and fitness equipment and the taste zone with a restaurant and snack bar.

Gorce Thermal Baths, Poręba Wielka 875, Niedźwiedź ☎ +48 570 008 500, 🌐 termygorce.pl

Winter in the Małopolska region

Małopolska, like no other region in Poland, attracts winter sports enthusiasts. On the local slopes of the Carpathian Mountains, you will find routes suitable for both advanced skiers and complete beginners. It is here that you can practice all kinds of winter sports. Tourists have at their disposal numerous ski slopes of varying degrees of difficulty, snowshoe hiking trails and cross-country trails, leading among the posterior ridges of the Low Beskids, the flat terrain of Orawa and Podhale, the Jurassic hill top, through the Niepołomice Forest and the Radłowo-Wierzchosławice forests. If you want to leave your „first trace” in untouched snow, ski-tourers will certainly not regret the choice of the local mountains. In the Małopolska region there are also ice rinks and places where you can ride on classic and Scandinavian sledges and snowmobiles.

Cross-country skis

In the Małopolska region there are many cross-country trails, thanks to which you can commune with nature and improve your skills. Different lengths and difficulty levels, varied surroundings and beautiful views – there is something for everyone.

Suggested routes

■ **ZAKOPANE.** Area of the Harenda ski station. At the Harenda ski station, near the downhill runs, there is a 4,000 m cross-country and ski trail. The use of cross-country trails is free of charge.

■ **GÓRNA RÓWNIA KRUPOWA.** The route is 2-4 km long and is located in the very centre of Zakopane. Alleys on Równia are lit with city lamps, so the route is bright enough to run after dark. The route is easy and is also suitable for beginners and recreational runners. The route is prepared by a snowcat for classic and skating style.

■ **CZORSZTYN-SKI.** Cross-country trails (about 7 km long) are marked out at the Czorsztyn-Ski ski station in Kluszkowce, on the northern side of the Wdżar mountain. From here you can enjoy a beautiful view of the Tatra Mountains, the Pieniny Mountains and Lake Czorsztyńskie. The trails are suitable even for beginners.

■ **OBIDOWA – TURBACZ.** The route (11 km) leads from the forester’s lodge in Obidowa village (Nowy Targ district) to the hostel on Turbacz (1283 m above sea level). In

On Gubałówka, photo A. Marciniak



On cross-country skis, photo K. Rogoziński



Ski jumping fans can enjoy beautiful, long jumps every year during the World Cup competitions in Zakopane. The competition has been organized since 1980 and always involves several dozen of the best ski jumpers from all over the world. This event is unanimously considered by all observers to be the best of the entire world cup series in ski jumping.

Ski Jumping World Cup Competitions in Zakopane, Tatra Ski Association,
ul. Bronisława Czecha 1b, Zakopane,
☎ +48 18 2015308, 🌐 tzn.com.pl



[...] a great plane in fast slopes was rocking us on its shoulders. And noiseless down, white dust under the sun was falling in space. [...]

Krzysztof Kamil Baczyński, Narty



The pioneers of Polish skiing were outdoing each other in ideas about what is the best to put on skis. They used sardine oil, stearin or herring for this purpose. Fortunately, modern solutions are available in our times.

Jaworzyna Krynicka, photo K. Bańkowski



its first section (4 km) even beginners skiers will manage, but the next kilometres require more experience and fitness. Additionally, two variants of this route have been developed, allowing you to adapt the training to your own needs and current weather conditions.

■ **CROSS-COUNTRY SKI TRAILS „ULEŚNIKÓW”.** The routes are marked out in Krynica-Zdrój, in the Valley of the Black Stream on the slopes of Jaworzyna Krynicka. There are three trails with different levels of difficulty - the easiest of them, the green one (about 500 m long), is ideal for children.

■ **RABKA-ZDRÓJ SPA PARK.** It is a wide and typically recreational route (3.3 km) leading mainly along the alleys of the Spa Park in Rabka-Zdrój. Since the route is almost completely flat, it is suitable for beginners. Artificial lighting of the whole area makes it possible to use the route even after dark.

■ **KOŚCIELISKO – CROSS COUNTRY SKI TRAILS IN CHOTARZ.** You can choose between 5 km or 10 km long trails with a beautiful view of Giewont. They are well signposted and should not cause any problem even for beginners. On the route

every year there is a competition for the Kościeliska Cup and Valentine’s Day Pairs Ski Run.

■ **NOWY TARG – CROSS COUNTRY SKI TRAIL in „BÓR KOMBINACKI”.** The trail (6.5 km) leads along the blue marked Nordic Walking Trail leading through the forest areas of the “Kombinacki Forest”, between the Bór housing estate and the Szaflarska Równia. It is considered rather easy.

■ **NOWY TARG – CROSS COUNTRY SKI TRAIL AT THE AIRPORT.** The two-track route leads through the area of the city airport and around the reserve “Bór na Czerwonem”. Its length depends on the thickness of the snow cover and varies from a few to about a dozen kilometers (thus it has been the longest route of this type in Podhale so far). Because it is wide and without elevations, it can be used by all skiers. There is a unique panorama of the whole Tatra Mountains and Gorce. Every year Podhale Run is organized on the route.

Current contact details of the ski stations are available on the website:
🌐 visitmalopolska.pl/en/zima-w-malopolsce

Ski-toury

If you are going to the mountains with hiking skis (ski-tours), you should think about the routes with long downhill runs, while avoiding the trails running on even ridges.

Suggested routes

■ **GREEN TRAIL/RED TRAIL/SKI TRAIL:** Szczawnica – Kuni Wierch – Prehyba – Stary Wierch – Szlachtowa (14 km): easy route to the PTTK mountain hostel near Prehyba with downhill run along the ski trail to Szlachtowa.

■ **GREEN TRAIL/RED TRAIL/SKI TRAIL:** Zawoja-Markowa – Markowe Szczawiny – Brona Pass – Mount Babia – Sokolica – Krowiarki Pass (12,4 km): a moderately difficult route to Mount Babia with a descent to the Krowiarki Pass, the last section leads on a comfortable ski slope.

■ **SKI TRAIL:** Polana Chochołowska – Grzeń – Wołowiec – Wyżnia Dolina Chochołowska – Polana Chochołowska (13 km): a beautiful high mountain trail for advanced skiers (before starting out on the trail you need to check the snow and avalanche message TOPR).

■ **YELLOW TRAIL/GREEN TRAIL:** Nowy Targ Kowaniec – Bukowina Miejska – Turbacz – Bukowina Waksmundzka – Nowy Targ Kowaniec (15,4 km): an easy route to the highest peak of the Gorce, without burdensome, long ridge crossings.

■ **BLUE TRAIL/RED TRAIL/SKI PISTE:** Krynica – Krzyżowa – Przystop – Bukowa – Jaworzyna Krynicka – Czarny Potok (15 km): gentle ascent to Jaworzyna Krynicka from the spa centre along forested ridge of the Beskid Sądecki. The trip ends with a wonderful, long downhill from Jaworzyna along one of the slopes.

Trace (cross-country) skis and back country skis

If you are going on a trail on trace skis, you should look for routes with gentle slopes. Back country skis allow you to overcome slightly more difficult slopes, although they are also perfect for flat terrain.

Suggested routes

■ **YELLOW TRAIL/RED TRAIL:** Krynica-Zdrój – Huzary – Jakubik – Jaworzynka – przetęcz



Kasprowy Wierch, photo UMWM Archives

Biała – Krynica-Słotwiny (13,5 km): easy circular route around Krynica-Zdrój from Góra Parkowa (732 m above sea level, entrance by cable car), the only difficult part is the descent from Jaworzynka to the Biała Pass - it can be covered on foot.

■ **YELLOW TRAIL/BLUE TRAIL/GREEN TRAIL:** Szczawnica – Palenica – Durbaszka – clearings below Wysoka – Jaworki (12 km): scenic route leading along the ridge of the Little Pieniny, which can be started with the entrance by chairlift to Palenica.

■ **GREEN TRAIL/RED TRAIL:** Koninki – Tobołów – Obidowiec – (Rozdziele – Turbacz pasture – Rozdziele – Obidowiec) – Stare Wierchy – Maciejowa – Rabka-Zdrój (13,5 or 22 km): a wonderful Gorce route, which starts with the chairlift to Tobołów, leads along scenic ridges and is worth extending by the ascent of Turbacz.

■ **BLUE TRAIL/RED TRAIL:** Krowiarki Pass – Markowe Szczawiny – Brona Pass – Mount Babia – Sokolica – Krowiarki Pass: the route can be covered only in very good snow conditions. First we have an easy passage along płaj (a path), then a steep

climb to the top of the massif and a long, at the end quite difficult skiing. A marked ski slope runs from Sokolica to Krowiarki.

■ **BLACK TRAIL/RED TRAIL/GREEN TRAIL:** Witów – Gubałówka – Furmanów – Zakopane Ciągłówka (14,2 km): scenic route on the ridge of the Gubałowski Range, the hike can be extended on the red trail through the Wierch Grapa as far as Poronin.

Snow shoes

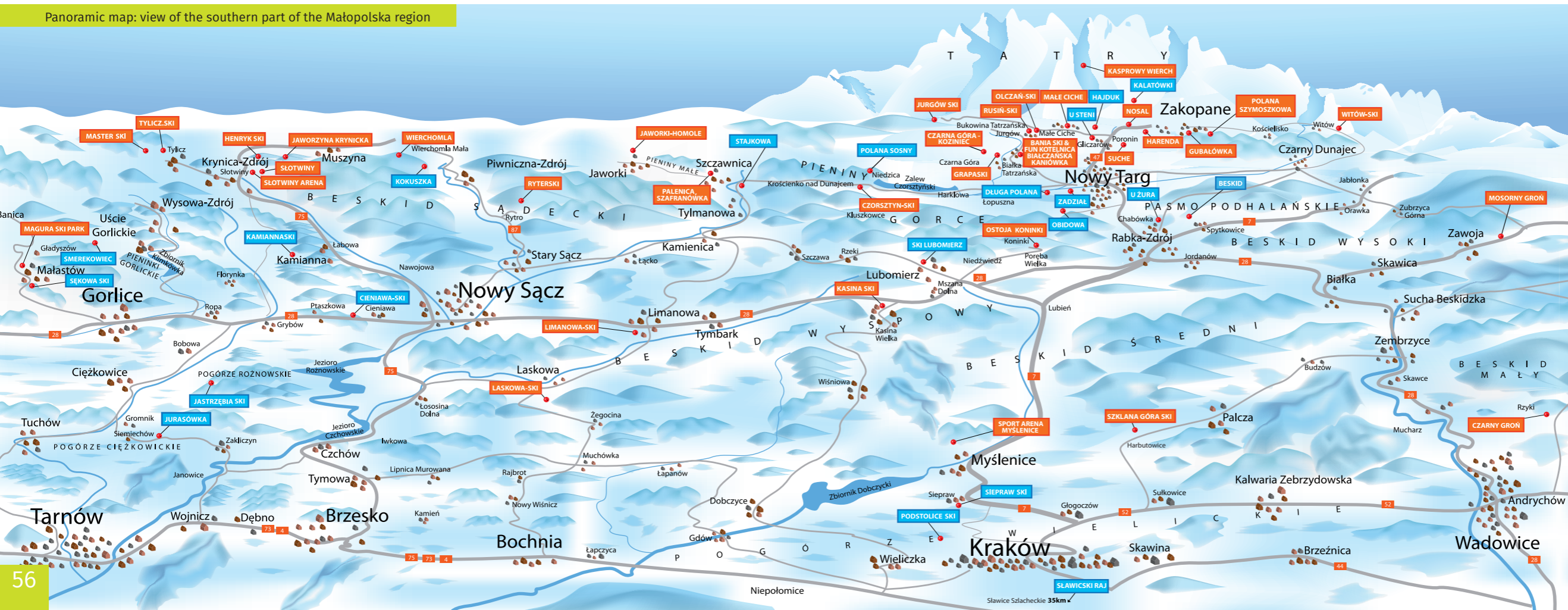
Hiking trails in the Beskidy Mountains, quite popular in summer, can be explored on snowshoes in winter. It is best to start your adventure with snowshoes by taking a trip along one of the routes described below.

JAWORZYNA KRYNICKA AND BESKID SĄDECKI

Suggested routes

■ **YELLOW TRAIL:** Kopciowa – Hawrylakówka – Jakubik – Huzary – Góra Parkowa – Krynica-Zdrój (8,5 km): the route leads through the eastern part of the very popular circular route around Krynica.

Panoramic map: view of the southern part of the Małopolska region



Mountain emergency numbers:



GOPR
(Mountain Volunteer Search and Rescue)
985
+48 601 100 300



TOPR
(Tatra Volunteer Search and Rescue)
985

■ small stations
■ large stations

■ **YELLOW TRAIL/BLUE TRAIL:** Kopciowa – Jaworzynka – Bukowinki – Przętęcz Krzyżowa – Krynica-Zdrój (8,3 km): the route leads through the western part of the circular trail around Krynica.

■ **RED TRAIL/BLUE TRAIL/YELLOW TRAIL:** Jaworzyna Krynicka – Runek – bacówka Nad Wierchomlą – Jaworzynka – Czerteż – Szczawnik (12,5 km): the route leads from the upper station of the gondola on top of Jaworzyna Krynicka. This popular route is often crowded.

■ **RED TRAIL:** Jaworzyna Krynicka – Runek – Łabowska Hala – Łabowa (17 km): the route leads along a part of the Main Beskid Trail.

KRUPOWA PASTURE

Suggested routes

■ **BLACK TRAIL:** Sidzina Wielka Polana – Hala Krupowa (3,3 km): the route runs along the Zakulawka stream and is especially recommended during difficult or bad weather conditions.

■ **GREEN TRAIL:** Sidzina Wielka Polana – Krupowa Pasture (4,8 km): the scenic and varied route was once a popular ski slope, with its interesting variants leading through steep, wooded slopes.

■ **RED TRAIL:** Bystra – Cupel – Urwanica – Hala Krupowa (14 km): the trail runs

through the Police Range from the Bystrzanka Valley to the Krupowa Pasture along the Main Beskid Trail.

■ **RED TRAIL:** Krupowa Pasture – Polica – Cyl Hali Śmietanowej – Krowiarki Pass (9,5 km): continuation of the main ridge of the Police Range to its highest peak – Polica.

■ **YELLOW TRAIL:** Zawoja-Policzne – Morsorny Groń – Śmietanowa Pasture (6 km): the route takes the shortest possible route from Zawoja to the ridge of the Police Range.

MARKOWE SZCZAWINY

Suggested routes

■ **GREEN TRAIL:** Zawoja-Markowa – Suchy Groń – Markowe Szczawiny (4,2 km): a forested route, popular with tourists.

■ **RED TRAIL:** Markowe Szczawiny – Brona Pass – Mount Babia – Krowiarki Pass – Markowe Szczawiny (15,7 km): loop on the northern slopes of Mount Babia, the route is distinguished by its scenic and natural beauty.

■ **RED TRAIL:** Markowe Szczawiny – Mała Babia Mount – Jałowiecka Pass – Markowe Szczawiny (8,6 km): circular crossing around the northern slopes of Mała Babia Góra..



On the way to the Sea Eye, photo K. Bańkowski



Before you go on a trip through the Beskid Sądecki, you should download the application Sądecko-Spiskie Wrota to your smartphone. It is a convenient guide with routes and elevation profiles, as well as information about the length and elevation of the route.



The Lookout Tower in Krynica-Zdrój, located at the top of the Słotwiny Arena ski station, is the first observation platform in Poland located in treetops and having a unique wooden structure. It is also the longest path in Poland – it measures 1030 metres and is twice as long as the Sopot pier. An attraction for everyone, both during winter skiing and summer family walks.

GORCE

Suggested routes

■ **GREEN TRAIL:** Kowaniec – Brożek – Bukowina Waksmundzka as far as the connection with the blue trail from Łopuszna and further to the summit of Turbacz (9 km): the most popular scenic tourist slope from Turbacz to Kowaniec, the route for experienced trappers.

■ **YELLOW TRAIL:** Kowaniec – Hrube – Bukowina clearing – Turbacz (8 km): a popular hiking trail leading from Nowotarska Valley to the top of Turbacz, charming in good weather, dangerous during its breakdown.

■ **BLUE TRAIL:** Łopuszna – Zarębek – Bukowina Waksmundzka – Turbacz (10 km): quite an easy hiking trail leading through the charming surroundings of Bukowina Waksmundzka.

PTTK Mountain Hostel at Chochołowska Clearing,

☎ +48 18 2070510,

🌐 chocholowska.com,

PTTK Mountain Hostel on Ornak Pasture,

☎ +48 18 2070520,

🌐 schronisko-ornak.pl,

PTTK Mountain Hotel on Kalatówki,

☎ +48 18 2063644,

🌐 kalatowki.pl,

PTTK Mountain Hostel on Kondratowa

Pasture,

☎ +48 18 2019114,

🌐 halakondratowa.pl,

PTTK Mountain Hostel „Murowaniec” on Gąsienicowa Pasture,

☎ +48 18 539 537 910

🌐 murowaniec.com,

PTTK Mountain Hostel in Roztoki Valley,

☎ +48 18 609 001 760,

🌐 schroniskoroztoka.pl

PTTK Mountain Hostel in the Valley of the Five Polish Ponds

☎ +48 781 055 555,

🌐 piecstawow.pl,

PTTK Mountain Hostel by Sea Eye

☎ +48 18 2077609,

🌐 schroniskomorskieoko.pl,

PTTK Mountain Hostel „Trzy Korony”,

☎ +48 18 2629823,

🌐 trzykorony.pl,

PTTK Mountain Hostel „Orlica

☎ +48 18 2622245,

🌐 orlica.com,

PTTK Mountain Hostel on Turbacz,

☎ +48 18 2667780,

🌐 turbacz.net,

PTTK Mountain Hostel Markowe Szczawiny,

☎ +48 33 8775105,

🌐 markoweszczawiny.pttk.pl,

PTTK Mountain Hostel on Luboń Wielki,

☎ +48 608 791 020,

🌐 lubon.pttk.pl,

PTTK Mountain Hostel, bacówka nad Wierchomlą,

☎ +48 502 458 518,

🌐 wierchomla-schronisko.pl,

PTTK Mountain Hostel on Łabowska Pasture,

☎ +48 18 4476453,

🌐 halalabowska.pttk.pl

Mountain Hostel on Jaworzyna Krynicka,

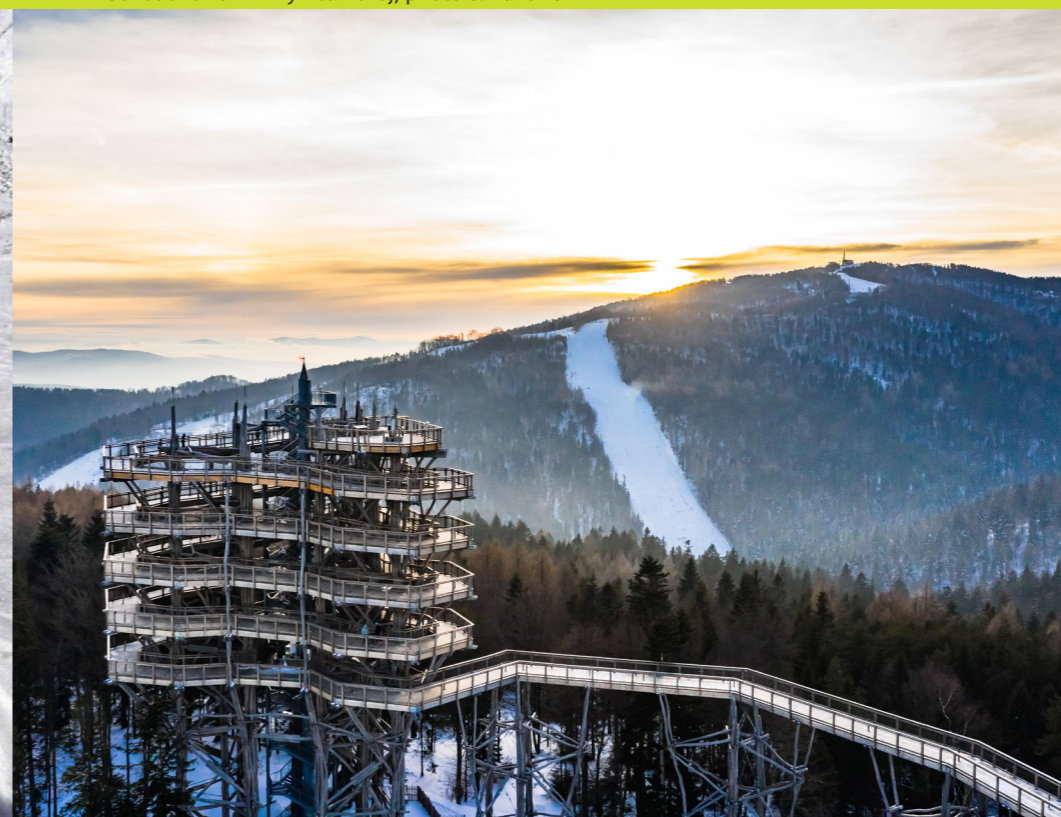
☎ +48 184715409

🌐 schronisko-jaworzyna.pl

Skitours in Tatras – slopes of the Kondratowa Pasture photo A. Marciniak



Lookout Tower in Krynica-Zdrój, photo S. Rakowski



Traditions

Former Małopolska is a region strongly diversified in terms of ethnography. Its northern part was inhabited by the **Cracovians**, whose traditional clothing is one of the three Polish folk costumes that have gained national status. It consists of a long, navy blue jacket decorated with red, green or black tassels, white trousers with red stripes and a red four-cornered cap with peacock feathers. Women wore flowery skirts and richly embroidered corsets. The married women's outfit was complemented by scarves, while the maids were bare-headed, with their hair usually braided into long braids.

From the south, Cracovians were bordering with various groups of **highlanders**, differing in their dialect, customs, and above all in their outfits. The common elements of all men's highlander costumes were white, linen pants decorated with parzenica (folk pattern) and, also white, a canvas shirt made out of a single piece, called wataśka (the Wallachian). Embroidered waistcoats and a cuchy (a kind of jacket with sewn sleeves, worn over the shoulders) were worn on it, the head was covered with a black hat. The colour and shape of parzenice, embroideries on vests, the shape of hats and the length of cuchy make it possible to distinguish between different groups of highlanders, who in Małopolska could belong to the Pieniny,

Podhale, Mount Babia, Orawiak, White or Kliszczak highlanders.

In the Sadecka Valley, the highlanders were bordering with a group of **Sądecki Lachs**, who wore long, knee-deep navy blue jackets and trousers with lampasy (stripe down each seam) and embroidery with floral motifs. Women wore velvet corsets and skirts, most often in navy blue. The eastern part of the province was inhabited until 1947 by **the Lemkos**, a group of Russian/Ruthenian highlanders, whose outfit is most easily recognized by their brown *cuchy*, reaching down to their knees and richly decorated with tassels. The women's outfit consisted of a thin white shirt, colourfully embroidered at the collar and cuffs, a navy blue or black corset with embroidered flowers and a chintz skirt with vertically sewn coloured ribbons.

Many old **traditions** connected with church holidays have survived to this day. On Palm Sunday, the inhabitants of Lipnica Murowana and Tokarnia, as well as other places in the Foothills and Podhale, organize **competitions for the highest Easter palm**. The most famous of them has been held since 1958 in Lipnica Murowana; here, too, the palms reach their highest height (over 30 m).

On the same day, **Pucheroki** appear near Krakow - boys dirty with soot in colourful,

Folk costumes, photo K. Bańkowski



Krakow Christmas cribs, fot. K. Bańkowski



Lipnica Murowana – Easter Palm Competition, photo K. Bańkowski



How to recognize the individual groups of highlanders by their outfits, songs or customs? Necessary tips can be found on the website skarbygorali.pl (you can also download the free application). Additionally, we will watch films, photographs, take part in quests and listen to recordings. Here you will find everything you need to know about highlander traditions!



[...] Our Carpathian highlander brothers sit in the valleys, which are called pastures. [...]

Somewhere there, far away, in a dark ravine

A merry highlander and his bagpipe, playing.

A gypsy hobo, wandering around, Sits by the road, his drum he strums...

Teofil Lenartowicz, About the Highlanders



„Pawie Pióra” [Peacock Feathers] Cracow Cap, photo K. Bańkowski



Lace from Bobowa, photo K. Bańkowski



pointed hats collecting donations. Siuda Baba from Lednica, equally dirty, on Easter Monday waits for young girls in Wieliczka and Lednica Górna.

Every year, on the first Thursday of December, a **competition for the most beautiful Christmas crib** in Krakow is held on the Krakow market square, which has been organised almost continuously since 1937. This tradition has been appreciated by the UNESCO committee, which in December 2018 entered Kraków's crib-making on the Representative List of Intangible Cultural Heritage. The success is all the greater because it is the first Polish element of heritage to

be distinguished in this way. In recent years, several dozen of the most beautiful cribs have been placed in the urban space, in glass illuminated showcases. The city authorities invite everyone for a walk „Around the crib”, thanks to which this unique custom is celebrated even more.

Another unique Krakow tradition is the march of the Lajkonik - one of the main symbols of Krakow. This figure refers to the legend dating back to 1287, when the raftsmen managed to defeat the Tatars, preparing to attack Krakow, and thus saved the city from extinction. The young man, who led the raftsmen to victory, changed into a Tartar Khan costume and rode his horse into Krakow, first causing panic among the inhabitants which turned into relief. It is in memory of this event that this custom has been practised for centuries on the first Thursday after Corpus Christi Day.

The tradition of decorating buildings with painting decorations is still alive in Powiśle Dąbrowskie, which was formed at the end of the 19th century. The most decorated homesteads can be admired in the **„Painted village - Zalipie”**. It is there that every year the contest „Painted Cottage” is organized, aimed at maintaining and developing this tradition.

In **Bobowa** near Gorlice, bobbin lace has been produced since the 19th century. Lace intricate napkins are a great idea for a gift.

Flavours of the Małopolska region

The greatest strength of the Małopolska cuisine lies in the ingredients used in it. The variety of regional products and their taste and nutritional qualities allow to compose a meal suitable for any time of the day.

■ **BAKED GOODS.** The capital of the Małopolska region is the only city in Europe to include two bakery products in the list of EU regional products: Chleb prądnicki (prądnicki bread) and obwarzanek. The history of both products is very long. Prądnicki bread, baked from rye flour with sourdough, can be round or oblong. Its characteristic feature is its size: the largest loaves weigh up to 14 kg. Whereas, obwarzanek, sprinkled with salt, poppy seed or sesame, is given a spherical shape - it symbolises the circle of life and is said to bring happiness. Paluszki krakowskie (breadsticks) are also worth mentioning, since they have been baked since the 13th century. They were made by hand from grain grown in the area, and were decorated with salt brought from the Wieliczka mine. Many bakeries still bake their breadsticks on the basis of traditional recipes handed down from generation to generation.

■ **MEAT, COLD MEAT AND FISH.** Małopolska is also full of delicious, traditionally produced meat. One of them is jagnięcina podhalańska (Podhale lamb), obtained from small herds grazing in a traditional way on unfertilised meadows. On the other hand, the delicate beef comes from cows of the Polish red and white breed, which due to favourable climatic conditions are reared mainly in this part of Poland. Goose gourmets will also find something for themselves here - the Zator goose is considered to be a regional breed. Also, the list of Małopolska sausages is very long. Noteworthy is the Piaszczańska sausage - produced already in the days of Casimir the Great according to a special recipe in a former village near Kraków, Piaski Wielkie. John Paul II's treat was Lisiecka sausage produced in Liszki and Czernichów, and there are different types of bacon to choose from. Małopolska also offers something for vegetarians: the list of traditional products includes 'karp zatorski' (Zator carp), also a smoked one, bred in Zator since the 12th century.

■ **DAIRY PRODUCTS AND EGGS.** Małopolska is famous for its highlander cheeses - there is a choice of smoked oscypek (in a mini

Regional cheeses, photo UMWM Archives



Regional delicacies, photo K. Bańkowski



1 The idea of protecting traditional food and methods of its production was popularized along with the development of the international Slow Food movement. The culinary heritage of the Małopolska region is one of its precious treasures. Therefore, the traditional products are provided active protection and labelled with one of the three types of labels:

- Protected Designation of Origin
- Protected geographical indication
- Traditional Specialty Guaranteed.

2 Wadowice cream cake - the tradition of making cream cake in Wadowice dates back to the 1930s. A Viennese confectioner arrived from Brzesko founded his own confectionery in a building by the market square. The new dessert has become the favourite snack of Wadowice residents, and after graduating from high school, students celebrated the end of school with cream cakes. The renaissance of the Wadowice cream cake took place along with the memories of John Paul II during a meeting with Wadowice residents on the local market. As a result, local bakers and confectioners decided to serve their own versions of this popular desert. Every year, to celebrate the birthday of Saint John Paul II, there is a competition for the best cream cake.

3 Additional information on traditional products can be found on the following websites:

- malopolska.pl/malopolskismak/produkty-tradycyjne,
- malopolskiszlakwinny.pl.



Since beekeeping is very popular in Małopolska, you can taste traditional honey in the region, such as multi-flower honey from the Podksiężę forest or suski honeydew honey from coniferous trees. For centuries, alcoholic beverages have also been produced here: among those waiting to be tasted are, among others: mountain honey liquor, imbirówka (ginger) liquor from Iwłowa, slivovitz (plum brandy) from Łącko or jarzebnik (rowanberry) from Izdebnik. Various types of wine have lower alcohol content - to get to know them, it is worth to set off along the Małopolska Wine Route.

Obwarzanki, photo J. Brończak



version known as redykołka), salty bryndza podhalańska or bundz. All should be prepared from sheep's milk, although a certain admixture of cow's milk is acceptable. In Kowalowa, in the vicinity of Tuchów, you can taste „gomółki” - dried cheeses with mint. Besides, the eggs of green-legged partridge hens, bred in freerange systems, are unique. They have a low cholesterol level and contain fewer allergens than eggs of other breeds.

■ **FRUIT AND VEGETABLES.** In the Małopolska region, apple growing has a particularly long history - the taste of this fruit can be illustrated by the apples from Łańcut and Raciechowice. Also raspberries from Brzezina, very popular in Poland and abroad, are extremely delicious, as well as plums (so-called Sechłońska suska) dried in a traditional way in several towns and villages of the Małopolska region. Among vegetables, it is worth mentioning the Piękny Jaś bean, grown in several municipalities located in the Dunajec Valley and characterised by its high magnesium content, and cucumbers pickled in a well, which gives them a specific taste and aroma.

■ **DISHES.** The list of traditional products contains ready-made dishes as well. The soups are represented by: Krakow varieties of żurek (sour soup made of fermented rye flour) and red borscht (beetroot

soup), Sutkowice and krzonówka from Orava with horseradish deposits, served with pieces of sausage, ham and eggs, and the zoproska soup from Podhale served with dried mushrooms and fresh herbs. The list is supplemented by the Polish broth, still cooked according to the traditional recipe by housewives from the area of the Raba Valley. There is also something for the lovers of dumplings - in the Małopolska region you can taste two traditional versions of this dish: Łomniczańskie (with boiled potatoes and cheese) and Zolipskie (with stuffing of sweet cabbage and sausage). A mug of sour milk is served with multi-coloured cabański style baked potatoes, and Polański roasts - another dish prepared on the basis of these vegetables in the Polanka Wielka commune - appeared on the tables in autumn, during the potato harvesting. Besides, Podhale often cooked various types of noodles - for example, noodles called hałuski served for breakfast with milk, for lunch as an addition to stew and roast meat, and for dinner with greaves - as well as grated noodles (tarcioki - kluski scykanie), prepared from grated raw potatoes and therefore light grey in colour. The list of traditional dishes also includes, among others, highlander cabbage and groats (pearl barley) with cabbage (prepared to this day in the Siedlce village). All dishes are seasoned with Bochnia or Wieliczka salt.

■ **SWEET FOODS.** From the picturesque village Jodłownik come delicious cakes with cheese called kołaczki, which once was baked only for weddings. Cheese is also a basic ingredient of another cake - Jurassic cheesecake, traditionally baked in special frames made of cherry wood. Other regional desserts include siuśpaj (barley groats with dried fruit and honey) from the area around Tarnów and kręciółki (spinners) - cookies in the shape of sticks sprinkled with caraway. The list of Małopolska products also includes jam from rose petals and apple and blueberry jam used for pancakes, cakes, desserts and as an addition to meat. You can try ice cream from Nowy Sącz, which is a showcase of the town or those from Nowy Targ, with creamy, delicate texture.

Małopolska region for children

When families with children plan a visit, they must take into account the tastes of their children. Of course, the Cloth Hall, Wawel Dragon's Den or other monuments will interest many children, but it is not worth pushing the limits of our children's patience. A visit to one of the exceptional places created with the idea of entertainment for the whole family in mind will be a great way of diversifying the route. Travelling around the Małopolska region, we will have no problems with choosing the right place: there are various theme parks, rope parks, amusement parks, educational centres or outdoor entertainment. Find a child in yourself and let yourself be carried away by adventure!

Family amusement parks

ENERGYLANDIA

The most modern and the biggest funfair in Poland. It is divided into different zones, where everyone will find something for themselves. Fully safe merry-go-rounders or cars await the youngest children, whereas the bravest will surely like the local roller coasters, including SPEED - the highest and fastest watercoaster in the world. In the summer season, there is also a water

park at your disposal. In addition, in the park you can see stunt shows and artistic performances.

Energylandia, al. 3 Maja 2, Zator,
☎ +48 33 4861500,
🌐 energylandia.pl

INWAŁD

Inwałd is a place where miracles happen and time passes at its own pace. Nowhere else can you visit Paris, give a high five with Tyrannosaurus Rex, learn about medieval customs, travel by a choo-choo through extraordinary lands or wander through the alleys of the floral image. Inwałd comprises 5 theme parks, which offer unique entertainment and numerous surprises. Guests can visit the Miniature Park, Dinolandia, the Inwałd Stronghold, the Mini Zoo Kucyk and the John Paul II Garden, and take advantage of the attractions offered by over 70 individual Parks.

INWAŁD, ul. Wadowicka 169
Miniature Park „The World of Dreams” and Inwałd Stronghold
☎ +48 696 080 944
🌐 parkminiatur.com
Dinolandia
☎ +48 535 335 388; 🌐 dinolandia.pl



Energylandia, photo K. Bańkowski



Małopolska region for children, photo K. Bańkowski

Zatorland, photo K. Bańkowski

Miniature Park the World of Dreams and Fortress photo K. Bańkowski

Touch screens in APPILAND, photo G. Pałys

Ogród JPil

☎ +48 535 335 388, 🌐 www.ogrodjpil.pl
Mini Zoo Kucyk, os. Korcza
☎ +48 604 580 616, 🌐 agrokucyk.pl

ARTHROPODA BUTTERFLY MUSEUM

Enjoy the colourful world of butterflies, discovering their surprising secrets. See more than 5,000 (5580) day and night butterfly specimens from around the world as well as other arthropods (Arthropoda) - beetles, cicadas, praying mantids, scorpions, bugs, spiders, etc. and over 250 million years old Trilobites. This is the largest exhibition in the country!

Arthropoda Butterfly Museum ,

Bochnia Planty Salinarne,
ul. Tadeusza Czackiego 9
☎ +48 502 494 622, 🌐 muzeummotyli.com

Education

ZATORLAND

Zatorland is the best proof that education through entertainment is possible. The park is divided into several thematic parts. In the first one, dedicated to dinosaurs, you can see animated models of these extinct reptiles set up among trees. The Insect Park is filled with gigantic models (including ants and scorpions), and in the Mythology Park you will be able to enter a Trojan horse and swim across the

lake listening to stories about Greek and Roman gods. A moment of entertainment will be provided by a funfair.

Zatorland, ul. Parkowa 7, Zator,
☎ +48 667 979 220, 🌐 zatorland.pl

APILANDIA

The only place in Poland that brings you closer to the life and secrets of bees. As befits a modern centre, various multimedia technologies and interactive installations have been used here. Apart from sightseeing, you can sign up for bee keeping workshops or visit an educational apary together with an instructor. .

Apilandia - Interactive Beekeeping

Centre, Klecza Dolna 148,
☎ +48 517 203 452, 🌐 centrum-apilandia.pl

GLASS AND CERAMICS CENTRE

It is the only place in Małopolska where everyone can try their hand at the profession of a glassblower by blowing into the metallurgical blowpipe. There are manual glass moulding demonstrations, workshops, a museum and a gallery of glass and ceramics.

The Glass and Ceramics Centre,
ul. Lipowa 3, Kraków,
☎ +48 12 4236790, 🌐 lipowa3.pl

STANISŁAW LEM GARDEN OF EXPERIENCE

Something just right for young enthusiasts of science and experience! In the open air, on an area of 6 hectares, about 60 installations have been prepared, which allow different senses to experience physical and natural phenomena. Divided into several thematic groups, they make children think and entertain.

Stanisław Lem Garden of Experience,
al. Pokoju 68, Kraków,
☎ +48 12 4286600,
🌐 ogrodoswiadczen.pl

ECO-MUSEUM OF THE CARP VALLEY

The eco-museum presents a "living" natural, historical and cultural heritage. It does



so in a unique way: it does not lock the objects in showcases, but makes them accessible literally at your fingertips of the various participating centres. An interesting option for children is the participation in wickerwork workshops under the guidance of Andrzej Żwawa in Zator or try your hand as a potter in Renata Skorczyńska's workshop in Witanowice. Many activities on various topics are organized in the Book Granary in Brzeźnica, including those related to local nature.

Eco-museum of the Carp Valley,

ul. Rynek 2, Zator, ☎ + 48 33 8410584,
🌐 ekomuzeumdolinykarpia.pl
A date must be agreed directly with the hosts of the sites or the Carp valley Association

„WIELICZKA” SALT MINE

“Discovering Solilandia” is a journey prepared especially for families with children aged 5-10 years. During the trip to the mine, children equipped with maps and flashlights discover the secrets of the fairytale world of Solilandia, solve puzzles and meet the Treasurer and the gnome.

„Wieliczka” Salt Mine,

ul. Danilowicza 10, Wieliczka,
☎ +48 12 2787392, telephone or email reservation required,
🌐 kopalnia.pl,
programy.dzieci@kopalnia.pl

BOCHNIA SALT MINE

The salt underground interiors of the Bochnia mine are a real treasury of attractions for children: there is an underground multimedia exhibition, a sports field and a playground. There is also an underground boat crossing and a mining railway. You can also spend the night here and enjoy the unique microclimate even longer.

Bochnia Salt Mine,

ul. Campi 15, Bochnia,
☎ +48 14 6926752,
🌐 kopalnia-bochnia.pl

MUSEUM OF ILLUSIONS

In the Museum of Illusions you will learn what optical illusions are. It is a space where physics and optics are presented together with works of art and classic puzzles. The unique educational experience is enriched by interactive entertainment – drawing with light, creating shadows and unforgettable moments in an upside-down world. The assistants present at the museum will answer every question.

Museum of Illusions

ul. Straszewskiego 15, Kraków,
☎ +48 513050220, 🌐 krakil.pl

OBWARZANEK KRAKOWSKI MUSEUM

Learn about obwarzanek krakowski – this inconspicuous ring made of parboiled dough has been a part of the history of Krakow for over 600 years. Loved by both Cracovians and tourists, it has been present at the Royal Court at the Wawel Hill. Some say even the Wawel Dragon ate it! During the show at the Obwarzanek Museum you will discover all its secrets – the history and the unique process of making it. And most importantly, you will make your own obwarzanek. We will bake it and you will take it with you as a hot and fragrant souvenir.

Obwarzanek Krakowski Museum

ul. I. Paderewskiego 4, Kraków
☎ +48 12 3577322, +48 600 797 528
🌐 muzeumobwarzanka.com

Bochnia Salt Mine, photo K. Bańkowski



Discovering Saltland, photo Salt Mine Wieliczka” archives. Kopalni Soli „Wieliczka”

Obwarzanek Living Museum, photo M. K. Siudak



Museum of Illusions, photo Krakil archives



TADEUSZ BANACHIEWICZ ASTRONOMICAL OBSERVATORY

It is located on the top of Lubomir Mount, in the picturesque part of the Islands Beskids. It is the only observatory in Poland that is permanently open to the public. In the evenings (during the spring, summer and autumn) sky shows are held, on clear days you can also watch the sun, and even see Venus.

Tadeusz Banachiewicz Astronomical Observatory

Węglówka 400, Wiśniowa
🌐 obserwatorium.lubomir.weglowka.pl

Rope Parks

ABlandia

There is no need to persuade anyone to visit the rope park. The opportunity to try your hand at it and watch the world among the crowns of trees is entertainment for daredevils of all ages. ABlandia invites you to two locations: Rytró, where the largest rope park in the south of Poland was opened, and Krościenko on Dunajec, located in the vicinity of the Pieniny National Park. Routes of various difficulty levels and many additional attractions guarantee an enjoyable time for the whole family.

ABlandia Amusement Park, Rytró 604,

ul. Jagiellońska 100a, Krościenko
☎ +48 18 5474444, 🌐 ablandia.pl

Surrounded by nature

ZOO IN KRAKOW

The Krakow zoo boasts a unique location: it was established in the Wolski Forest – a beautiful forest park, where many walking and biking trails and an educational trail have been marked out. This is one of the favourite places of Cracovians, who at the same time have an opportunity to visit the zoo. Currently, more than 1400 animals live in the garden, including endangered species and species threatened with extinction.

ZOO in Krakow, ul. Kasy Oszczędności Miasta Krakowa 14,

☎ +48 12 4253551, 🌐 zoo-krakow.pl

CRUISE ON THE VISTULA RIVER

Maybe instead of walking along the shore, this time follow the temptation and take a cruise on the queen of Polish rivers? You can choose from ships, gondolas and catamarans. From their deck you can see Krakow from a completely different perspective or go a bit further, for example, a 4-hour cruise to Tyniec, during which you will learn a lot of interesting facts about the monuments passed by on the way. Finally, no one will complain about the pain in their legs during the sightseeing! Cruises on the Vistula river are offered by various companies

Cruises on the Vistula river are offered by various companies, e.g.:

🌐 statekkrakow.com, rejsy.krakow.pl,
e-statek.pl, kapitanvictor.pl

CRUISE ON THE CZORSZTYN LAKE

You can also spend a pleasant time on the water south of Krakow, on the Czorsztyn Lake created on the Dunajec River. The ship “Harnaś” invites you on a cruise here, during which you can see the castles in Niedzica and Czorsztyn and the landscapes of the Pieniny National Park. At the same time, you can sunbathe and then cool down in a glass cafe.

Shipping and Tourism “Biała Dama”,

ul. Mizerna 96, Czorsztyn,
☎ +48 608 628 732,
🌐 jezioroczorsztynskie.com/rejs-widokowy.html

RAFTING DOWN THE DUNAJEC RIVER

Rafting down the Dunajec River in a rafting boat is a fantastic encounter with beautiful flora and fauna. A trip down a narrow gorge full of sharp bends is undoubtedly one of the most exciting attractions of the Pieniny National Park. The route is enriched with rafters' stories, and children have the chance to try on a rafters' hat and waistcoat and become rafters for a moment. Rafts are entirely safe, thanks to the stable construction of the boats and the rafters' experience. It is therefore an ideal attraction for families with children.

Polish Association of the Pieniny Rafters,

ul. Kąty 14, Sromowce Wyżne,
☎ +48 18 2629721, +48 18 2629793,
🌐 flisacy.pl

ANDRYCHÓW

Rynek 14, 34-120 Andrychów
☎ +48 33 842 99 36
it.andrychow@msit.malopolska.pl
moskit-andrychow.eu

BIECZ

Rynek 1, 38-340 Biecz
☎ +48 13 440 68 60
it.biecz@msit.malopolska.pl
biecz.pl

BOCHNIA

ul. Oracka 4, 32-700 Bochnia
☎ +48 784 303 179
it.bochnia@msit.malopolska.pl
bochnia.eu

BUKOWNO

ul. Spacerowa 1, 32-332 Bukowno
☎ +48 500 485 883, +48 32 642 11 04
tramp@mosirbukowno.pl
mosirbukowno.pl

CHRZANÓW

ul. Władysława Broniewskiego 10C,
32-500 Chrzanów
☎ +48 32 763 27 49
pit@mbp.chrzanow.pl
mbp.chrzanow.pl

KĘTY

Rynek 13, 32-650 Kęty
☎ +48 33 432 25 83 wew. 500
rynek13@kety.pl
kety.pl, facebook.com/Rynek13

KRAKÓW

Dworzec Autobusowy MDA
ul. Bosacka 18, 31-505 Kraków
informacjaturystyczna@mda.malopolska.pl

Sieć InfoKraków, infokrakow.pl
☎ +48 12 307 21 13

InfoKraków, ul. Powiśle 11, 31-101 Kraków
☎ +48 533 826 031
powisle@infokrakow.pl

InfoKraków, ul. św. Jana 2, 31-018 Kraków
☎ +48 533 826 409
jana@infokrakow.pl

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☎ +48 533 834 969
jozefa@infokrakow.pl

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Rynek Główny 1/3, 31-042 Kraków
☎ +48 530 290 661
sukiennice@infokrakow.pl

InfoKraków, ul. Szpitalna 25, 31-024 Kraków
☎ +48 533 818 291
szpitalna@infokrakow.pl

InfoKraków Pawilon Wyspiańskiego,
pl. Wszystkich Świętych 2, 31-004 Kraków
☎ +48 501 238 632
kontakt@krakowstory.pl

KROŚCIENKO NAD DUNAJCEM

Rynek 32, 34-450 Krościenko nad Dunajcem
☎ +48 571 253 737, +48 18 262 33 04
promocja@ckipkroscienko.pl
ckipkroscienko.pl

KRYNICA-ZDRÓJ

ul. Zdrojowa 15, 33-380 Krynica-Zdrój
+48 18 472 55 77
it.krynica-zdroj@msit.malopolska.pl
krynica-zdroj.pl

LIMANOWA

Rynek 25, 34-600 Limanowa
☎ +48 18 337 58 00
it.limanowa@msit.malopolska.pl
powiat.limanowski.pl

MIECHÓW

pl. Kościuszkii 1a, 32-200 Miechów
☎ +48 41 383 13 11
it.miechow@msit.malopolska.pl
miechow.visitmalopolska.pl

MUSZYNA

Rynek 34, 33-370 Muszyna
☎ +48 18 534 91 61
cit@muszyna.pl
muszyna.pl

NOWY SĄCZ

ul. Szwedzka 2, 33-300 Nowy Sącz
☎ +48 18 444 24 22
cit@nowysacz.pl
cit.nowysacz.pl, ziemiasadecka.info

NOWY TARG

Rynek 1, 34-400 Nowy Targ
☎ +48 18 266 30 36
it.nowy-targ@msit.malopolska.pl
it.nowytarg.pl

OCHOTNICA GÓRNA

Osiedle Ustrzyk 388, 34-453 Ochotnica Górna
☎ +48 18 262 41 39
it.ochotnica-dolna@msit.malopolska.pl
ssm.ochotnica.pl

OLKUSZ

Rynek 4, 32-300 Olkusz
☎ +48 32 642 19 26
it.olkusz@msit.malopolska.pl
umig.olkusz.pl, olkusz.eu

OŚWIECIM

ul. St. Leszczyńskiej 12, 32-600 Oświęcim
☎ +48 33 843 00 91
it.oswiecim@msit.malopolska.pl
it.oswiecim.pl

POGORZYCE

ul. Karola Szymanowskiego 47A/7
32-501 Pogorzycy
☎ +48 32 343 43 60
it.chrzanow@msit.malopolska.pl
mbp.chrzanow.pl

RABKA-ZDRÓJ

ul. Orkana 27, 34-700 Rabka-Zdrój
☎ 48 18 267 74 49
it.rabka-zdroj@msit.malopolska.pl
msit@rabka.pl
gmina.rabka.pl/informator_turystyczny

SUCHA BESKIDZKA

ul. Zamkowa 1, 34-200 Sucha Beskidzka
☎ +48 33 874 26 05 wew. 21
it.sucha-beskidzka@msit.malopolska.pl
it@sucha-beskidzka.pl
zameksucha.pl/it/

TARNÓW

Rynek 7, 33-100 Tarnów
☎ +48 14 688 90 90
it.tarnow@msit.malopolska.pl,
centrum@tarnow.travel
tarnow.travel

TUCHÓW

ul. Chopina 10, 33-170 Tuchów
☎ +48 14 652 54 36
it.tuchow@msit.malopolska.pl
dktuchow.pl

WADOWICE

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WIŚNIOWA

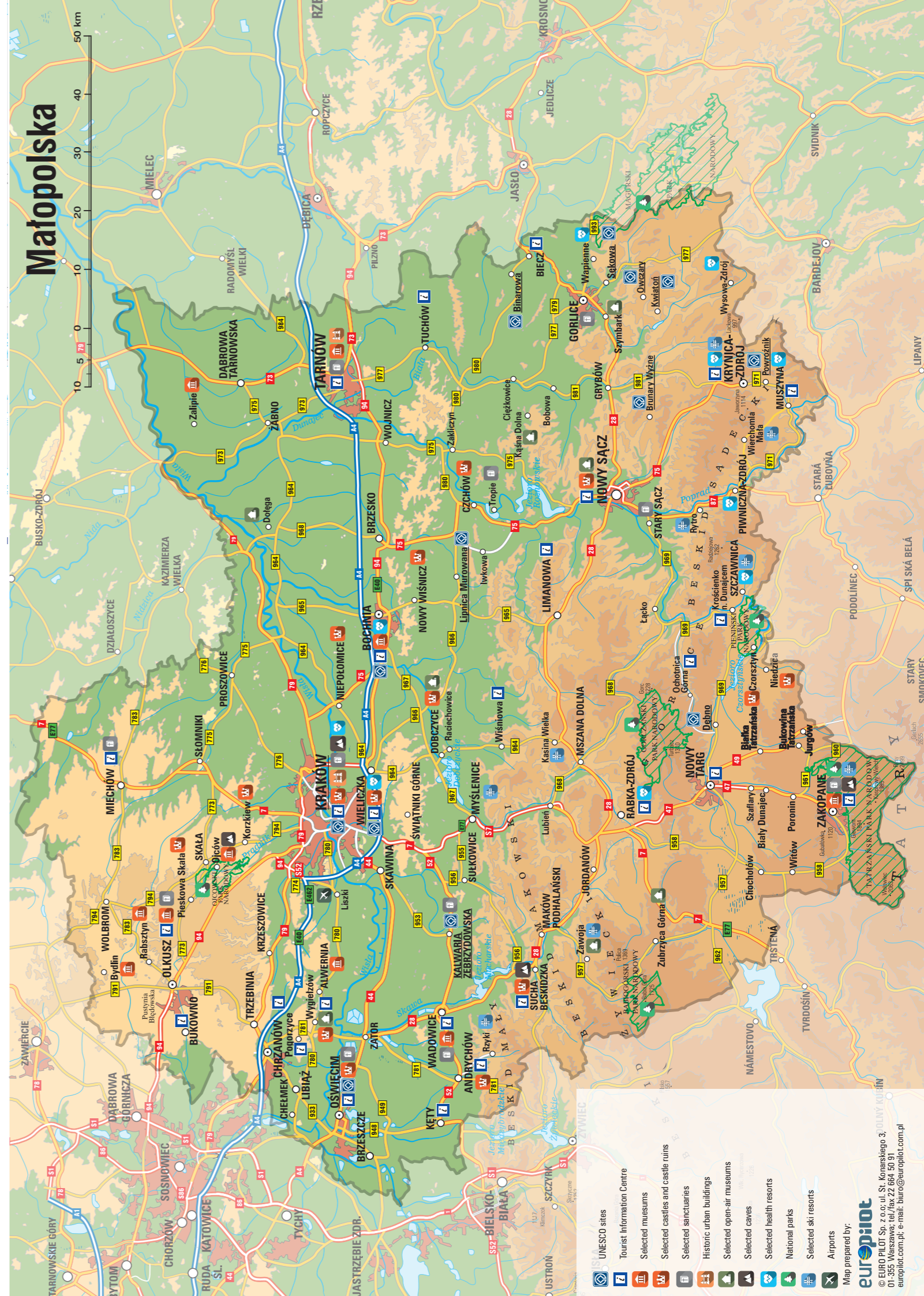
Wiśniowa 301, 32-412 Wiśniowa
☎ +48 12 271 44 93
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ul. Podzamcze 1, 32-551 Babice
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MAŁOPOLSKA

- 14 UNESCO World Heritage List sites
- 255 attractions on the Wooden Architecture Route
- Wadowice – town of birth of Saint John Paul II
- Salt Mine in Wieliczka
- Salt Mine in Bochnia
- Rafting Down the Dunajec Gorge
- 12 health resorts
- 6 national parks
- 8 geothermal pools
- 3000 km of bicycle trails
- 5423 km of mountain trails
- 59 ski stations

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