



Łagiewniki is currently one of the recent and, at the same time, most

rtant pilgrimage sites in Poland. The shrine was initially located i the convent building of the Congregation of the Sisters of Our Lady of Mercy, which was built in 1891 as a foundation for girls and women under the patronage of Prince Aleksander Lubomirski. In the 1930s, Sister tyna Kowalska worked here until her death in 1938. The cult of the ivine Mercy increased dramatically after her beatification in 1993, her ation in 2000 and the pilgrimages made to the shrine by the Holy ther, John Paul II. It became necessary to enlarge the shrine and erect w basilica church, which was consecrated by Pope John Paul II in Within the shrine, a World Centre for the Divine Mercy was estab-The basilica contains holy relics of St. Faustyna and a miraculous g of Jesus the Merciful, painted to reflect St. Faustyna's vision. You can admire the city skyline from the observation tower adjacent to the hurch. Nearby stands the Shrine of John Paul II, part of the John Paul II

2 Wieliczka: Salt Mine

denth of 327 m (1073 ft) with 2500 chambers connected by nearly 300 ining. The tourist route starts in the Daniłowicz shaft and has a length 3 km. Visitors can admire chambers and chapels forged in salt, salt sculpes (including the most beautiful chapel of St. Kinga). In the underground altworks Museum Wieliczka, you can see antique mining machines, tools ng. The average time spent on the tourist route along with the visit to the tworks Museum Wieliczka is about 3 hours. The mining route, starting in jis shaft, is an unforgettable adventure, a fascinating meeting with mining ns and rituals, and an idea for spending time actively. Inside the mine there is icroclimate, there' a constant pressure and low temperature, and the ionains large amounts of manganese, magnesium and calcium. As a result,

ed in 1951 in a part of one of the oldest in the world salt mines,

useum houses the exhibition presenting the history of salt mining

3 Saltworks in Wieliczka (Museum of Żupy Krakowskie)



ry, development of mining techniques, history of salt industry and of ity. In the underground, there is an unique museum which presents e history of salt weighing and mining industry in Kraków salt mines. The exhibits in the excavated holes create an underground collection of obsolete mining tools and machines. The Żupny Castle, from 13th century 1945, was a seat of mines administration. Between 1976-1996, the caswas renovated and became a museum. In the courtyard there is the est shaft, dating back 13th century, the turret and fortifications from entury. The museum exhibits are divided in the following sections: , archeology, mining techniques, cartography, art, ethnography hive. The same admission ticket allows to visit the Żupy Krakowskseum and the salt mine. The Museum, salt mine and the Żupny

The Ojców National Park



erised by deep valleys, steep hillsides and a variety of rock forns, often uniquely shaped, the rock known as Hercules' Club being se in point. As the upland also features numerous caves, the two of which, Łokietek's Cave and Dark Cave, are open to tourists. ns of flora, the Ojców National Park holds a special place among national parks, with forests constituting 71 % of its area. The most ristic examples of fauna are bats; indeed, a bat forms the park's of 21 bat species known to live in Poland have their habitat here. important feature of the park are the important historical sites tains, namely, the village of Ojców, with its ruined castle, Pieskokała (Pieskowa Rock), where a renaissance castle perches on the hts, and Grodzisko, home to the Blesses Salomea's Hermitage. Also siting is the Ojców National Park Museum in Ojców.

ed in 1956, the Ojców National Park includes the most precious

and cultural part of the Krakowsko-Częstochowska Upland. It is

1 Karol Wojtyła's Foot Trail

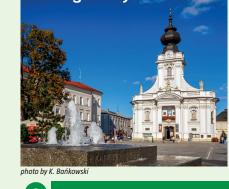


of the visit is the modern Museum of John Paul II Family Home heart of the place is the flat of the Wojtyła family where the future ne was born. In Karol Wojtyła's hometown you will find many places ly related to him, but also those remembering his times! The most cations, among which are e.g. family home, basilica and schools. also covers the famous pastry shop and café where famous comin eating cream cakes (kremówki) took place. Only the building ed of the Vienesse café, yet, the cake itself has survived in the tradition and can be eaten in every confectionery in Wadowice. s marked with information boards in Polish, English and Italng Karol Wojtyła's Trail is a lot easier with a multilingual folder

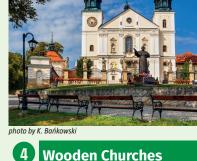
ojtyła spent the first 18 years of his life in Wadowice. As he has

himself, Wadowice is the place where everything started! The main

Minor Basilica dedicated to the Presentation of the Blessed Virgin Mary



precious monument of Wadowice is Minor Rasilica dedicated resentation of the Blessed Virgin Mary from the 15th century. At e the present presbytery was built, to which, in the 18th century, roque structure with a tower was added, and in the 19th century elmet was rebuilt. The church is related to Karol Wojtyła – St. John tho was baptized here in 1920 (neo-Gothic baptismal font in the nily Chapel, plaques commemorating the 1000th anniversary of otism of Poland and the election of Karol Wojtyła as Pope), rehe Sacraments of Holy Communion and Confirmation. During his visit in Wadowice (1999) John Paul II crowned the miraculous im-of Our Lady of Perpetual Help. After the pope's death his relics were ted in one of the chapels dedicated to him. Polychromies on the the church depict the Pope's teaching and Polish saints beatified onized by John Paul II. wadowicejp2.pl



the Bernardine Fathers (an object on the UNESCO World Heritage one of the most important sanctuaries and pilgrimage centres in Poland, Founded in 1602, it is an outstanding work of the early Baroque ary Sanctuary consists of: the Basilica of the Madonna of the Anlex of churches, chapels, figures and bridges called Calvary Routes Lord Jesus and Paths of the Mother of God). The Miraculous of Our lady of Calvary, which is marked with exceptional holiness, ight here in 1641. During the Holy Week before Easter, the Myshe Passion is performed live here. On Sunday following August 15, church fair associated with the celebration of the Assumption of ssed Virgin Mary takes place in the Basilica. kalwaria.eu



Nowy Sacz Market Square was laid in 1292 and measures 160 x 120 m.

e ten streets exiting the Market Square and their intersecting perpen-

istoric, single-storey buildings was constructed after the 1894 fire that

vaged the city. The buildings still boast Gothic ceilings in the cellars

d pass-through hallways with Renaissance portals. In the centre of

Market Square you can find the Town Hall built in 1897 in eclectic

icularly noteworthy. In 1942, an employee of the watchmaker H.

zański – Stefan Mazur hid his beloved, Berta Koreman, whom he

Middle Ages, the St. Margaret Faire takes place, accompanied by

ng of the owners of probably the most popular name in Poland

o escape from the ghetto, in this tower. After the war, Berta and

e with a beautiful representation chamber. Its historic clock tower

ar streets form a Medieval urban grid plan. The compact layout of

1 The Market Square with Town Hall



owy Sacz – St. Margaret Collegiate Church Gothic Basilica of St. Margaret in Nowy Sącz was erected at the turn al appearance of the church was restored in the 20th century and he Gothic and Baroque elements can be seen in its architecture d by chapels. Fragments of Gothic polychrome dating back to 1360 rvived inside on the chancel wall. The most interesting elements the interior decoration include a 15th century Wallachian painting Vera icon, a worshiped painting of Transfiguration of Christ, and a statf the Madonna dating from the 14th century set into the high altar, s-relief frieze brought to the church after the Battle of Grunwald, the

lałgorzata (Margaret).

century Gothic portals, a baptismal font dating from the 16th centua late-Renaissance high altar, and late-Renaissance and Rococo side ars. Every year, in the middle of July, at the Basilica Square, just like



Sądecki open-air ethnographic museum presents the wooden arure and the traditional culture of Sadecczyzna (the Land of Sacz). e are several individual structures forming peasant homesteads, a nains of a Carpathian Gypsies settlement, buildings linked with rues such as a blacksmith's, a vegetable oil production plant and ll, chapels, wayside crosses, wells, and apiaries, all in a tradinal rural surrounding. The buildings include exhibitions of homes, dings and the interior of a craftsman's workshop interiors, as thematic exhibitions. The park also features the homesteads of iinian colonists and an Evangelical church. The latest part of the ir museum is the folk industry sector presenting four water-pow-cilities: two rafters, a fulling mill and a miller's house. The Galician m the turn of the 19th and 20th centuries, which is currently beructed, will provide hotels, catering outlets and both commer-hibition facilities for the open-air ethnographic museum. The museum is situated on Małopolska Wooden Architecture Trail.

One of the oldest sacred buildings in Poland is to be found in this village

situated on the Dunaiec River, A Romanesque, stone building, the Church

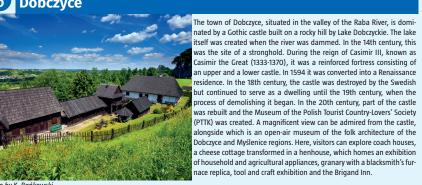


of St. Świerad and Benedict dates back to the turn of the 11th and 12th enturies. Tradition has it that the church was erected on the site where t. Świerad, a Benedictine monk, had his hermitage. Of the original ng, only the chancel walls and remnants of nave walls have sur-Between the 13th and 16th centuries, the single-nave church, with parate chancel, was extended to include a sacristy, the Chapel of Our dy, a porch and a small monastery. The building has a simple facade a roof featuring a turret. The interior includes preserved fragments th and 13th century Romanesque and Gothic murals, a polychrome dating from the 17th century and altars dating back to the 17th th centuries, as well as a baptismal font and a confessional made



rks in the Małopolska region. Composed of a group of numerous valeys formed in the Jurassic limestone of the Krakowsko-Częstochowsk pland, the Kraków Valleys are located to the west and north-west of raków. Their attraction lies in their unique landscape and numerous, karst landscapes and they are a popular destination among reof Kraków in search of relaxation. Apart from hiking, is the Valleys e also a perfect place for rock-climbing and mountain-cycling. Trips to e only accessible cave there will provide tourists with unforgettable pressions; known as the Bat Cave, 38 000 years ago it was used as amp by the cave bear hunters. Around 1000 metres in length, the a Górna Cave, to give it its proper name, was one of the first Europe to be opened for tourists.

6 Dobczyce

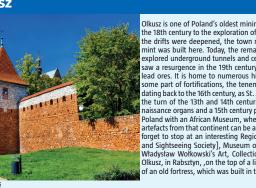


7 The Basilica of the Holy Sepulchre in Miechów

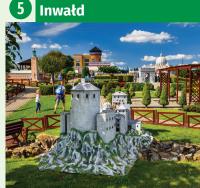


entury, the building, which also features Romanesque elements preerved from the 13th century, was restructured in the Late Baroque style o-storey vestibule crowned by a flat dome. A four-angle, six-storey towr made of stone and brick stands adjacent to one side of the church. he neighbouring monastery building is a huge quadrilateral with an irtyard surrounded by Gothic and Renaissance cloisters. In the there is a Gothic and Renaissance Chapel of the Holy Sepulchre the Holy Sepulchre. A square structure covered by a dome-like vault, it copy of the chapel of the same name in Jerusalem. Inside, stands Holy Sepulchre built on soil brought from Jerusalem and set into

8 Olkusz



is one of Poland's oldest mining towns, owing its development in ence in the 19th century as a result of mining for zinc and ne to numerous historic sites, including a turret with tifications, the tenement houses on the market square, e 16th century, as St. Andrew's Basilica, which dates from 3th and 14th centuries and houses Poland's oldest Rean African Museum, where masks, drums, clothes and other ontinent can be admired. When visiting Olkusz, don htseeing Society], Museum of the Olkusz Fire Brigade, Museum law Wołkowski's Art, Collection of Minerals and Fossils. Nearby in Rabsztyn, on the top of a limestone hill, you can visit the ruins old fortress, which was built in the Gothic style in the 13th century.



real paradise for families with children, regardless of their age! The ruly varied: only here can you visit Paris, give a high-five to Tysaurus Rex, learn about the medieval customs, travel on Chuchu onderful lands or wander along alleys of a flowery painting. vonders are to be found in Inwald, a picturesque town located by al road No. 52, on the Kraków – Cieszyn route. Inwałd embrac heme parks, which offer unique fun and numerous surprises. Guests ald Fortress, Mini Zoo Kucyk and John Paul II Garden and enjoy the

6 The Manor House in Stryszów



s the Branch of the Wawel Royal Castle Museum. The Manor is one of the most attractive rural manor houses in the region, ue example of former residential architecture. The interior of the house demonstrates the apartment of a moderately-wealthy man of the 19th century. It comprises a living room with the 18th polychrome, a dining room, the owner's study and a bedroom interiors are richly furnished.

7 The Babiogórski National Park



e Babia Góra National Park is a unique park, established in 1954 to protect the nature around Mount Babia, the highest mountain range in Poland outside the Tatra Mountains. Park includes a part of the massif nating the landscape with the highest peak of the Beskid Żywiecki. Góra called Diablak (1725 meters above sea level), a characteris ountain with steep northern slopes and southern flatlands. Unique can be seen from here. There is a dense network of hiking trails tional paths. The developed infrastructure is noteworthy. Babia ned by extensive forests and glades, mountain pine and alpine astures (the only one in the Beskidy) and rocks. The area capmysterious natural landscape and a classic storied vegeta em. There are rare species of plants and animals. In Zawoja, the onal Centre was created for tourists. The park cooperates ovakian reserve at a joint nature conservation project.

8 Sucha Beskidzka



ement of Sucha was first mentioned in the 14th/15th centuries nd it has changed owners many times over the ages. These owers in-Il lived in the castle there at one time or another. This castle is called ittle Wawel, it gained its Renaissance shape in the 17th century. le the three-wing structure with an open courtyard you can find hisoisters. In the Knight's Hall, our attention is drawn by a decorative replace, while in the chapel by a late-Gothic polychromy. The castle is cipal Museum of Sucha Beskidzka, the Tourist Information Centre, iversity College of Tourism and Ecology, as well as the Kasper Suski taurant and hotel. The castle is surrounded by a romantic landscape park, at the west wing of which, the Gardener's House from the Ziemia iska Museum is located.



hills) and founded in the 14th century by Casimir the Great, attracts the or's attention with the wooden Church of the St. Michael the Archanwhich is inscribed on the UNESCO World Heritage List. The late-Gothic s erected ca. 1500, and extended in 1641. A single-nave building er-joining structure, with a closed chancel and sacristy, and a towt in 1596, its interior consists of a rectangular nave containing the lian Angel Chapel and a porch. The ceiling is decorated by delightful paintings created in the 17th century. The late-Renaissance high a 15th century Gothic sculpture of Our Lady with the Infant d the altar coping incorporates a statue of St. Michael the Archanur Lady with the Infant Jesus, which is traditionally said to have been ch is situated on the Małopolska Wooden Architecture Trail.

e village of Binarowa, located in Pogórze Ciężkowickie (the Ciężowickie

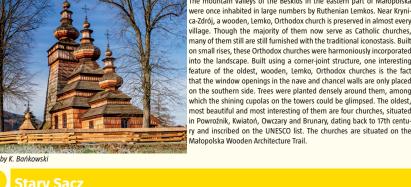


e village of Sękowa was founded in the 14th century by Casimir the Great atest attraction here is the wooden Church of St. Philip and Jacob, which een inscribed on the UNESCO World Heritage List, Erected around 1520. pint of destruction, in 1915, during the Great War, it was subsequently ed in 1918. In 1995, it received a Europa Nostra award for excellence in gement has been preserved. The church was erected using larch logs, it ounded by wide lean-to porches. Built to protect the ground sills from because they came from afar to Sunday worship, would often arrive turday. It is from this that the porches take their name, soboty (Sature nave, chancel and sacristy share a common, steep, shingled roof. e-Renaissance, 17th century, high altar, which has survived to this day, painting of St. Joachim and sculptures of saints. The contemporary ig. The church is situated on the Małopolska Wooden Architecture Trail.

ıntain valleys of the Beskids in the eastern part of Małopolska

once inhabited in large numbers by Ruthenian Lemkos. Near Kryni-

Lemko Orthodox churches



small rises, these Orthodox churches were harmoniously incorporated feature of the oldest, wooden, Lemko, Orthodox churches is the fact t the window openings in the nave and chancel walls are only placed on the southern side. Trees were planted densely around them, among h the shining cupolas on the towers could be glimpsed. The oldest, nost beautiful and most interesting of them are four churches, situated ry and inscribed on the UNESCO list. The churches are situated on the history of Stary Sącz dates back to the first period of Poland's statehood. The foundation of the town is believed by some scholars to have taken place at the time of Bolesław I, known as Bolesław the Valiant

lesław the Chaste, bequeathed Stary Sącz, which stood on a trade

edge for her dowry contributed to Poland. The princess founded

3th century and is based on an oval layout with St. Elisabeth's

stituting the central point from which the streets radiate.

n includes over 300 listed, historical, residential structures dat-the 18th to 20th centuries, many of which are detached rural

very year in the historical interiors as part of the Starosadecki

Muzyki Dawnej (The Stary Sącz Festival of Early Music). In the reen area of Błonie, there is an altar with the Papal Museum,

of the visit of the Holy Father John Paul II in Stary Sącz, which

of wood, erected in the 19th century. World famous artists give

e, together with the surrounding land, to Kinga, princess of Hungary

10 The Royal Castle on Wawel Hill Castle was the seat of Polish kings between the 11th and 17th cer ue and Gothic elements. Converted into barracks for th Illection of Oriental art. The history of the castle is presented archaeological exhibition entitled "The Lost Wawel"; which includes otunda of St. Felix and St. Adaukt, dating from the 10th/11th centu-fhe Wawel complex also contains St. Stanislaus' and St. Wenceslaus' dral, which numbers among the buildings of great historical signifiurial place: their tombs lie beneath the church. One of the three the castle hill. Even though the dragon lives there no more, the

One of the largest market squares in Europe, each of its sides is almost

oleslaw I, known as Boleslaw the Chaste (1243-1279). The centre of the

quare is occupied by the Cloth Hall, where, stalls made of brick stood in

13th century. However, it owes its current Renaissance look appea

nce to reconstructions which took place in the 16th-19th centuries. Just

bygone years, the main hall is used for commerce, housing souven

ops. The ground floor also houses Noworolski's Cafe. The first floor is

ish Art. Nearby is the Town Hall Tower, 70 meters high and, until

820, part of the town hall. On the other side stand St. Mary's Church,

nonument to Adam Mickiewicz and the 12th century Romanesque S

albert's Church. Today the square is vibrant with life and the surround

nement buildings offer a wealth of galleries, restaurants, cafes and

ed by the National Museum in Kraków's Gallery of 19th Century

200 meters long. The shape of the square has remained unchange

since 1257, when the city was incorporated during the reign of High Duke



9 The Main Market Square in Kraków

oldest of the Jagiellonian University buildings, Collegium Maius was led in 1364 by Casimir the Great. In 1400, the Krakow Academy, as it was then known, was restored using the money and valuables appropriated for the purpose by Queen Hedwig of Poland. The area on the corner of St. Anna and Jagiellońska Streets was acquired and Collegium Maius was erected, to be followed soon after by Collegium Minus and Collegium uridicum. Collegium Maius contained choir screens, the common hall, braries and sets of rooms for the professors. It currently houses the uniity museum, with exhibits connected to its history. Among the most cious is a set of astronomical devices, including the priceless Arabic plabium dating from 1054, which belonged to Nicolaus Copernicus nd the Jagiellonian Globe upon which, in 1508, for the first time in his-

12 The Kazimierz District in Kraków



The unique district of Kraków is on the UNESCO World Heritage List. nded by Casimir the Great in 1335, this area is now one of the dis-Itures. There are Christian churches, St. Catherine's and Corpus Christi's nd the monastery of Pauline Fathers on the small hill of Skałka. And ere are Jewish cemeteries, the oldest of which, Remuh, was founded erous synagogues, including the oldest synagogue in Poland, the ntury Old Synagogue, which is now home to a branch of the His-Il Museum of the City of Kraków. Worthy of particular note are the religious celebrations are still held today. Among other Jewish g of mention are the former Jewish ritual bath house and ghterhouse. Today, Kazimierz is a centre of Jewish culture and ulture, offering a feast of Jewish music, films and plays

1 The Zakopane style



The Zakopane style, which is also known as Witkiewicz's style, was introinto the architectural genre by Stanisław Witkiewicz in the 1890s. lowing the Podhale highlanders' traditional rules of construction proceeded to enrich it with elements drawn from Jugendstil uildings, made of logs, using the full scribe fir method and set on tions, would be entirely covered with shingles. The roofs were ated with cup-shaped flower finishing, a motif known as pazdura ne roof tops, windows and doors were adorned with suns created radial arrangement of narrow boards. Another element characteristics f this style was an open verandah under a projecting canopy. 93, the first house to be built in the style was constructed. This was Koliba villa, which now houses the Zakopane Style Museum. Other al buildings built in the Zakonane style include the Tatra Musethe Tatra Railway Station, the Pod Jedlami & Atma Villas and the ówka Chapel. Many buildings in Zakopane are situated on the

Zakopane – Centre for Active Leisure



ists, the Tatra National Park, the Podhale abound with cycling trails. Skiing is popular and there are ski lifts and trails representing various grees of difficulty, the most famous of which are Kasprowy Wierch, Polana Szymoszkowa and Nosal. Cross-country skiing and snow-shoe walking enthusiasts can indulge in their favourite pastime using the summer hiking routes. Thermal pools in Bukowina Tatrzańska, Białka Tatrzańska, Szaflary, Chochołów and the Aquapark in Zakopane are a good place to elax. The developed infrastructure means that there is a wealth of touris commodation and eating places in both the mountains and the resorts

opane and its environs offer active leisure in the heart of nature

shout the year. The most popular leisure activity is mountain hiking.

3 The Tatra National Park



in building is the Moniak manor, dating from 1784, which gave stands right at the entrance, houses the museum office and a galing paintings created on glass. In addition to permanent dis the open-air museum also hosts temporary exhibitions on various as well as different events, meetings and seminars. There is also the Orawa Ethnographic Park in neighbouring Sidzina, where several farmsteads, a granary, a smithy and a Loreto belfry. The



va Ethnographic Park is the largest open-air village museum in ment of the museum. Visitors can also see a sawmill, an mithy, apiaries, fouler and Loreto belfries. The interiors have ranged traditionally, presenting the tools and equipment used people of Orawa population in their daily lives. The former inn, r museum is situated on the Wooden Architecture Trail.



A small village in Gorlice Land, Szymbark is famous for its interesting rical buildings. The visitor's attention is attracted by the castle, a deve manor built in the 16th century, the architecture of which invoke ne Italian models of the time. The building is rectangular, with 4 corner nnexes which housed residential chambers. Constructed in 1540, the manor constituted the Gładysz family's seat. Originally Gothic in style, was soon reconstructed to become a Renaissance manor. Its owes its ent shape to another reconstruction, which was carried out between 1585 and 1590. The interior houses preserved portals, fireplaces and wall paintings. Next to the stronghold, there is the Pogórzańska Village n-air Museum – a branch of the Karwacjan and Gładysz Family Man seum in Gorlice. The museum presents the folk culture and art of nhabitants of the northern part of Pogórze Gorlickie. The majority of istorical buildings originate from the 19th century. The church, the ordox church and the open-air museum are situated on the Małopolska en Architecture Trail.

One of the oldest and most charming towns in southern Poland, Biecz. known as ,little Kraków', which was granted an urban charter in 1257. In the 14th century, the current spatial layout was created, with a large arket square and street grid. It was also then that Biecz was surroundd by curtain walls, complete with gates and towers. From the outset town was a significant trade and craft center located on the route to ungary. Its development stopped in the 17th century. The medieval urlayout, with its market square and fragments of the curtain walls has ed to this day. The most important historical buildings include the othic Corpus Christi Church, dating back to the 15 th century, with 5th/16th century belfry, the 17th century, Baroque St. Anna's Church. a Reformati monastery, the 15th century town hall, reconstructed the Renaissance style, the ruins of the 13th century castle, the Bariand Rokiccy families' tenement house, dating from 1523 and now to the Museum of Pharmacy, and the 16th century Baszta Kowalsk

znowskie and Czchowskie Reservoirs



incentive for the construction, in Rożnów and Czchów, of dams on the Dunajec River was the great flood of 1934. The dam in Roznów constructed between 1934 and 1943. The resulting storage reservoir maximum depth of 30m and an area of 19 km2. The shore line is ghly developed, with numerous peninsulas and bays, making it very ing. Grodzisko island is located in the middle of the reservoir. The arby side valleys and streams flowing into the reservoir resemble the dscape of Norway's mini-fiords. In order to create a balancing reservoir for Rożnów, another dam was erected downstream in Czchów, thus ning the Czchowskie reservoir. There are sites of historical interest in e environs, including the ruined castles in Czchów and Wytrzyszczka an the churches in Tropie, Czchów, Zbyszyce and Przydonica, as well as the

Limanowa was founded in the 15th century at the foot of the Beskid range. On the town square there is the Our Lady of Sorrows Basilica, and further off the Chapel of Grace (Kaplica Łask), where the story of ocal shrine to the Virgin Mary began. The basilica was built betwee 10 and 1918 as a votive offering for the 100th anniversary of adopting the titution of May 3rd. Its design incorporates motifs from local woode chitecture. It's a three nave brick building with a high tower, crowned th a Neo-Baroque cupola. At the main altar there is a wooden figure of Lady of Sorrows dating back to the 14th century. The shrine was creatmodate this famous Pieta, decorated with papal crowns. Next basilica, you can find Parish Museum with unique collections of sa-In the cloister behind the basilica, there are about 100 Madonna s exposed – they were brought from many Marian Shrines around ld. The town serves as a starting point for tourists and cyclists. Its ndings contain numerous paths and tourists trails. Horse rides in

13 Nowa Huta 14 Benedictine Abbey in Tyniec

The Royal Castle in Niepołomice

16 Pieskowa Skała

7 Debno Podhalańskie

8 The Czorsztyn Castle

4 The Gorczański National Park

he first world war cemeteries

photo by K. Bańkowski

lowa Huta, former industrial district of Kraków, was the pride of the So-

list era in Poland. The construction work started in 1949 in th Mogiła and it was there that the first block of flats (No. 14,

ousing Estate) was built. In 1953-1956 the Social realist district

ended and most of the buildings were erected. The steelworks a vast area, was built between 1949-1954. Today, the oldest

ely the Central Square, with its Social realist buildings and the

an attractive district offering many exciting places to visit. The neans not only Social Realist architecture, but also the Cistercian

y in Mogiła, as well as a historical wooden church dating from

century, Jan Matejko's Manor House, the fortifications and the Mound. Legend has it that this mound, built ca. 7th/8th centu-

was the grave of Wanda, the daughter of Prince Krak, who was the

The church of St. Peter and St. Paul and the Benedictine monastery are

he foundation of the abbey to Casimir I, also known as Casimir the Re-

Initially it was a Romanesque basilica. In the 14th century the Ben-

ctines supported Vladislavus the Elbow-High in his fight for the throne.

ng the ensuing battles, the monastery was heavily damaged and it

s not until the 15th century that it was both reinforced and reconstruct-

the Gothic style. The last remaining elements of the Romanesque

cture are the basilica wall housing a portal, part of the foundations

nts of ornamentation. In the 17th century, the church received

during the Swedish onslaught, known as the ,Deluge', in

ue decor which has been preserved to this day. It fulfilled a de-

th century and the fighting carried out by the Barska confederates

nined the monastery and 1968 it became an abbey again.

ne 18th century. In 1816, the order was dissolved. In 1939 the Bene-

Built in the Gothic style in the 14th century by King Casimir the Great,

osted Polish sovereigns, conventions and courts, and received count-

yle and a galleried courtyard was added. Ravaged during the Swedish

nce by renovation work carried out in the 20th century. It currently

ous collections. The castle chambers offer painting and sculpture

tives and slides taken by Włodzimierz Puchalski, a famous nature

d artistic handicraft, while the Castle Cultural Centre offers recitals,

Pieskowa Skała Castle in Jura is a real architectural gem and one of

of Suloszowa, located in the Valley of Prądnik, within the bounds Ojców National Park. It is dominated by a magnificent king's cas-stede by Casimir the Great as part of a defensive chain of castles as the Eagles' Nests. Today, the only fully preserved castle along

I of that name is the one on Pieskowa Skała. It originally consiste

pper castle, which has not survived, and a lower castle. In the 16th, the 14th century Gothic castle was converted into a Renaissance

and was surrounded with bastion fortifications. The castle nt destruction time and again in the 17th and 18th centuries.

teresting building in this village is the Tetmajer family's wood-

nor. Built of larch wood, bleached on the outside, and covered with

nsard roof, the manor was constructed in 1787-1790. The only gen-

dence of its kind in the Podhale Region, it is perfectly symmetri

d collonade, and rows of windows on either side of the entrance

ntral entrance is emphasised by a decorative porch with a por-

surrounding the house, some of the manor buildings have

red. The manor house itself is home to the Gentry Culture

ranch of the Tatra Museum. On the other side of the fence

amerus family's wooden cabin, which now houses a small

ic exhibition. Quite near to the manor complex lies the 16th

ooden Church of the Holy Trinity, one of only five Podhale – hes in Poland. The manor and the church are situated on the

ołów is a most curious and utterly unique village on the Czarny

lajec river, 17 km from Zakopane. It is difficult to find a house here ch would not be classified as a classical highlander's cabin. The main

ne street, a layout which allowed the traditional arrangement of

odhale village to be maintained. Richly decorated, the buildings are vned with the typical motif of a setting sun. No. 24, dating back to the

e, giant, fir trunk. One of the cabins houses the Chochołów Uprising

and known as the ,one-fir cabin', has a frontal wall made of

which presents atrefacts related to the uprising of 1846 and the

of a traditional highlander's cabin. It is the duty of each house-

to ensure that her cabin shines with cleanness and thus its walls

gularly cleaned and washed. The village is situated on the Wooden

he 15th-century church in Debno has been a UNESCO world heritage site

e 2003. A single-nave, log construction, it was built of wood with-

arms with the perfection of its proportions. The tower, with its slop-

ig walls narrowing as they soar upwards, was built in 1601 using the

ower walls and helmets, are covered with shingles, while the walls of

ower's highest overhang are covered with boards. Inside the church

ors from the 15th and 16th centuries have been preserved, as have

f Gothic sculpture and unique paintings, sculptures and artistic

mes. The main altar is an early 16th-century triptych. It is from

licrafts. The ceiling and walls are covered with 15th and 16th century

hurch that the oldest extant easel painting, dating from around

diocesan Museum in Kraków, was taken. The Church is situated on

ly as the Middle Ages, a Gothic castle was built in Czorsztyn on a hill

poking the Dunajec River. Unfortunately, only its ruins have survived

ay, looking out toward the still mighty Niedzica Castle, which was

ep tower was built, followed by a stone circumferential wall. The

extended in the days of King Casimir the Great, and its location

t on the opposite side of the river. In the 13th-14th centuries, a cylin-

een rock allowed control of the route running through the Dunaje

ver valley. It was extended further in the 15th century and, in the 16th

tury, the lower castle was built. During the reconstruction carried out

e 17th century reconstruction, a turret was built. In the 18th century,

ack invasion fire reduced the castle to ruins. Today, the preserved

and archaeological exhibition. Currently, the ruins of Czorsztyn

f the middle and upper castle, the Renaissance Baranowski's Tower

Zieleniec are open to visitors. Several reconstructed rooms house a

Park lies in the border area between Małopolska and Podkarpackie

loka river catchment area and the Magura Wątkowska range and

s, in the heart of the Beskid Niski Mountains. It encompasses the

rotected transition area between the Western and the East

ered by forests, where two plant belts are distinguishable. The

forests, with some firs and sycamores, which are rare in the

s. The Park provides a habitat for numerous plant and animal

as the one in Kwiatoń, which are listed historical buildings

thians, which is unique in these mountains. Over 90% of the

rimarily feature tree stands with a predominance of pine trees

e the result of forestry activity along with meadows, pastures and

gs. The lower subalpine forest belt mainly consists of naturally-oc-

with protected ones among them. Following any one of the sev-

rist trails will bring the visitor to the beautiful Lemko Orthodox

The Park encompasses the central range of the Gorce Mountains. The

n the Carpathian flysch. Streams have sculpted deep valleys here, fea-

iring waterfalls, rock steps and rubble heaps. The steep slopes include

ndslins gorges rock outcroppings and springs. There are also several

ssured caves. The Park area is covered with mountain vegetation, as

istic of the park, as are the numerous trees which are more than 100

forest complexes, which cover 95% of the entire area, are charac-

old. The stand of trees includes, in particular, spruce, beech and fir.

rests provide a habitat for many animals, including several protect

pecies, such as the Carpathian newt, the black grouse, the capercail-

lesser horseshoe bat, the edible dormouse, the lynx and the wildcat.

views of neighbouring mountain groups, especially the Tatra Moun

encourage visitors to hike the trails in the Gorce Mountains.

The history of Bohowa dates back to the 14th century Formerly it was

Il Saints Church, reconstructed in the 17th century in the Baroque mode

tower, supported by buttresses on the outside, it contains preserved

Gothic vaults and 2 portals, one Gothic and one Baroque. The furnishings

re 18th century Baroque and Rococo, as well as 19th and 20th centu

leo-Gothic and Neo-Baroque. The most valuable painting is a work

acek Malczewski. Bobowa is famous for the beautiful bobbin-laces

narodowy Festiwal Koronki Klockowej (International Festival

n-Lace) takes place, offering visitors the chance to participate in

nous yeshiva (higher Talmud school). An 18th century synagogue

ng in the town, originating from the 14th century, is the Gothi

Jewish cemetery which holds the Samuel Halberstam's ohel, being

nlarged to include a chapel. A single-nave building with a square

the golden eagle, the Ural owl, the forest dormouse, the brown hear

well as Alpine plants and protected flora. The large lower and upper sub-

ns themselves, cupola-shaped, with gentle slopes, are formed

1280, the late Romanesque period, and currently on exhibition at the

ne construction method. The roof and canopies, along with the

ut the use of nails. It is an example of Gothic sacral architecture that

ppean art on show in the interior. In the vaults, Mar

ss envoys. In the 16th century, the castle was rebuilt in the Renaissanc

the castle became a royal residence. Known as the Second Wawel, it

nerations of blocks, along with the administration centre of leusz Sędzimir Steelworks and the meadows are under the

he Conservation Officer. Nowa Huta is the green lung of the

ars 1914 and 1915 constituted the most difficult period of the Great Nar for Małopolska. Two large-scale operations swept through the area, nely, the Limanowa offensive and, later, the Gorlice-Tarnów offensive order to honour the fallen, the Austrian government decided to bury special cemeteries. Both the necropolis' projects and the built raves are regarded as outstanding masterpieces. Situated on rises, the teries can be entered via monumental, decorative gates. The high ally placed crosses or chapels, draw the visitor's attention. The cemsigners endeavoured to ensure that the cemeteries harmonise the natural and cultural landscape. The most interesting cemeteries, ery on Jabłoniec hill in Limanowa, the one on Góra Cmentar etery Mountain) in Gorlice, and the largest, located in Łużna on stki Hill, are situated on the Easter Front during the World War I Trail, through eight voivodeships.



One of the most fascinating tourist trails in Poland, the Trail of the Eagles' Nests is located in the Krakowsko-Częstochowska Upland and covers aund 163 km. Its poetic name stems from the fact that the trail follows n of defensive castles that were built upon outcrops of rock stretchp to 20-30 meters in height. The location of these strongholds was ed on the concept of King Casimir the Great, whose intention was to te a system of defensive routes and frontiers. A visitor following the ed route will come upon any number of fascination historical sites. In polska, the restored knights' castle in Korzkiew is worthy of a visit, he castle on Pieskowa Skała, home to a branch of the Wawel State Collection. Most of the strongholds hold gripping knight tournaments nd shows, such as, for example Rabsztyn or the Tenczyn Castle in Rudno of the Eagles' Nests is perfect not only for hiking, but also rock climbg, exploring caves, and cycling or car trips.

nesque Route in the Małopolska Region is part of a larger pro-

urch of the Dominican Fathers, St. Adalbert's and St. Andrew's.

e of the best preserved sites of the epoc is St. Nicholas' defensive

ortal featuring a bas-relief tympanum on which there is a depiction of

in Wysocice. Its main, southern entrance is adorned with a stone

ne throne, accompanied by two saints, and a Nativity scene. An-

oland, eight of which are located in Małopolska. Only

ogiła, with its miraculous, carved 14th century crucifix and

yc. Also worthy of a visit along the trail are the churches in

stochowa and the Blessed Wincenty Kadłubek, which is

an monastery which houses the miraculous painting of Our

. Trybsz and Prandocin, the basilica in Ludźmierz and the Church

em have been in use without a break to this day; the abbey

oteworthy monument to Romanesque architecture is the Church

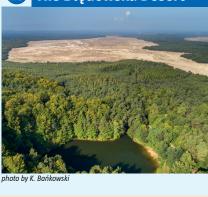
ject covering the whole of Europe. The Wawel Hill in Kraków, with its cas-



St. John the Baptist in Prandocin, where the details of the bas-reliefs are well preserved. Romanesque fragments have also been preserved in e church St. Adalbert's in Kościelec Proszowicki, the Basilica of the 19 The Cistercian Trail The idea of the Cistercian Trail is to show the centuries-old cultural link between every country in Europe. In the Middle Ages, monasteries and re important cultural, scientific, medical and economic centres here are currently twenty-four Cistercian and post-Cistercian structures

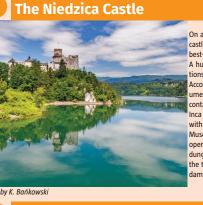
ituated on the Glass Houses estate in Kraków.

The Błędowska Desert



The only region of its kind in Poland, this, the ,Polish Sahara', covers an of around 33 km2. The desert is a relatively young formation which erged as the result of human activity. More than 10,000 years ago, nd was deposited over the entire area by the enormous river of a meltglacier. As the climate warmed, pine forests sprung up across the e felling of the forests over much of the area, along with an increase War II, the desert was used by Germany's Afrika Korps for training and equipment testing. The desert is now vanishing as scrub and coniferou forests that thrive in a dry habitat spread over its sands. Nonetheless, ontinues to be an appealing and attractive area for walking and hiking e most outstanding view of the Polish Sahara can be admired from

On a hill overlooking the Dunajec River, on the bank opposite Czorsztyn castle, Dunajec Castle was built in Niedzica in the 14th century. It is the best-preserved structure of its kind in the Polish Carpathian mountains. A huge Renaissance residence, combining fortress and residential func-



ons, was created in the 16th century on the basis of the rebuilt castle. cording to legend, a secret safe was installed in 1946 to house a docntaining information on the location of a mysterious hoard of golden, with hotel rooms, a cafe and a restaurant, as well as the Spisz Region Museum of Interior Design and History. Some of the castle's rooms are open to visitors, as is the viewing terrace and the torture chamber in the eons. Surrounded by the Pieniny Mountains, the castle towers over ne table of water which is Lake Czorsztyn. The view from the top of the

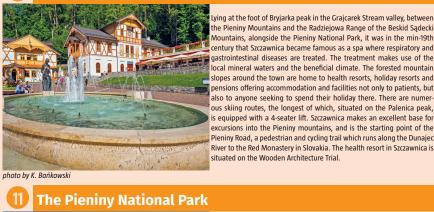
e foot of Bryjarka peak in the Graicarek Stream valley, between

niny Mountains and the Radziejowa Range of the Beskid Sądecki

ins, alongside the Pieniny National Park, it was in the min-19th

y that Szczawnica became famous as a spa where respiratory and

nal diseases are treated. The treatment makes use of the



slopes around the town are home to health resorts, holiday resorts and pensions offering accommodation and facilities not only to patients, but to anyone seeking to spend their holiday there. There are numerus skiing routes, the longest of which, situated on the Palenica peak, uipped with a 4-seater lift. Szczawnica makes an excellent base for cursions into the Pieniny mountains, and is the starting point of the ieniny Road, a pedestrian and cycling trail which runs along the Dunaje River to the Red Monastery in Slovakia. The health resort in Szczawnica is situated on the Wooden Architecture Trial. e Park was established in 1932 as the first in Poland and it includes the most attractive fragments of nature and landscape views of the Pieniny Mountains – Pieniny Proper with the Massif of Three Crowns and the Riv-

er Dunajec Gorge. There are over 1000 plant species in the park, includ-

well as numerous species of mammal, around 60 in total and birds, of

tebrates, with as many as 1.600 species of butterfly alone. The hallmark

the park are the pine forests growing on inaccessible rocky outcrop

Between April and October, use of the water trail in the Dunajec River

and Sokolica is paid. The Park's administration is based in Krościenko,

Gorge and entry to the viewing galleries of Trzy Korony (Three Crowns

here are around 180. The Pieniny Mountains also abound in inv



Nowy Targ is the biggest and, at the same time, the oldest town in the on. It lies at the foot of the southern slopes of the Gorce Mountains. ers simply as ,the Town". It is one of the oldest settlements in ale. As early as the 13th century, there were two settlements there. emporary town. At one time, Nowy Targ, which means New urvived to this day, with a market being held every Thursday and day, offering a wonderful opportunity to see the traditional crafts of and purse making. The region's traditional sheep's cheeses, bundz and avoured, and zentyca, a drink made of sheep's milk whey , wooden, cemetery Church of St. Anne, a single nave building

ar cemeteries in the vicinity, both of which are open to visitors. The

Wyspowy and Beskid Sądecki Mountains. The Łącko commune

a large event, Łackie Owocobranie (Łacko Fruit Harvest), which

es the region and presents the produce of the local farmers

iginal Śliwowic plum vodka, famous both at home and abroad.

fruit farmers. The event offers visitors the opportunity to sample

gh-quality strong drink with an alcohol content of up to 80% and

using plums from neighbouring orchards. The traditional labels on

you with vigour, brings a blush to your cheeks./Our Łacko Śliwowica"

Nodyń (1032), Dzwonkówka (984) and Prehyba (1178).

cteristic plum aroma, it is produced following a traditional meth

ttles say, "Daje krzepę, krasi lica nasza łącka Śliwowica" ("It fills

oveets]), a catchphrase which best describes the virtues of a bev

ge, that is considered a part of the national cultural heritage and has

entered to the List of Traditional Products. Many attractive and pic-

tue hiking trails are marked in this area, for example, trails that lead

nica is one of the most well-known health resorts in Poland. Its cura-

elopment of the resort occurred after 1856 and was related to

ties of Józef Dietl. A professor of the Jagiellonian University, he

onstructed at the time were the Old Mineral Baths, the Old

boarding houses and a theatre. Curative mud baths have

oyed in Krynica-Zdrój since 1858 and the continuators of Di

aths, the Spa House, the wooden Main Pump Room, with its own

ork contributed to further technical development of the spa. The

feature decorative porches, oriels and balconies. The majority

orical villas are located on Bulwary Dietla (Dietla Embankment)

nówka villa, which houses the Nikifor Museum, devoted to the

of that name and which is situated on the Małopolska Wooder

ryna, a town charmingly located among mountain peaks ar

s situated on the Polish/Slovakian border, in the valley of the

ons for downhill and cross-country skiing. The primary asset of and its environs are its curative mineral water resources, while

lity of using the mineral water pump rooms which are open to

al public is considered to be an attraction, as are the seasonal

g the former ,Muszyna State' trail, which provides the op-

oyal officials, the inn and the 18th/19th century guardhouse. ers will be fascinated by an enlightening walk along the paths

zyska Linden Reserve. Muszyna has the largest themed gar-

ding: health, smell, sound, aroma and touch, taste, sight

and. They were divided into sensory (senses), magical (love)

te, as well as Muszyna fairy tales and legends.

iting the ruins of the 14th century castle, the manor of the

River and its tributaries. The gentle mountain slopes create ide-

s situated on the Małopolska Wooden Architecture Trail.

tacko is situated in the valley of the Czarna Woda stream, on the edge



photo by K. Bańkowski

ted on the Poprad River, the town's highest point is on Eliaszówka m above sea level). The former urban layout has been preserved silica-type, 19th century Birth of Our Lady Church, with a tower and is open throughout the year. Its most valuable asset are the delig mineral waters, which aid the treatment of both digestive t ailments and inflammations. Visitors can receive treatment, relax a and Wierchomla Mała offer the opportunity of practicing winter and the downhill routes will satisfy beginners and veterans alike. the Museum Chamber located in the centre of the town, you can see xhibition of old everyday equipment, and the collection of histor ki equipment, unique on a European scale, which is a gift from prof.

The spa town of Wysowa-Zdrói lies in a beautiful sunny depression sur-

rounded by the hills of the Beskid Niski Mountains. The vast surrounding

es provide excellent conditions for hiking. Wysowa's treasure are the

intakes of which are located in the Spa Park in the town center. The

us Wysowianka mineral water is produced here. Respiratory, diges

d urinary system diseases are treated in the spa. Wysowa-Zdrói is

water sports equipment for hire, Kwiatoń and Skwirtne, with their

iful wooden Lemko Orthodox churches, and Gładyszów, home to

largest Hucul stud farm, as well as a riding school.

se to Uście Gorlickie, the reservoir in Klimkówka, which has a riv-

stell equipped with for example, a floating swimming pool, and

rative springs of alkaline carbonated waters known as ,szczawy

22 Wysowa-Zdrój

The Homole Reserve



d on the edge of the Magurski National Park, this village is one of he smallest health-resorts in Poland. As early as the 17th century, veneseases were treated here, while today the focus is on motor sys , cardiovascular, rheumatic and skin diseases. The local, sulphur-rich water and high-quality therapeutic mud are used in the treat nts. In the 18th century, the first swimming pool was constructed in nne, followed by a health resort, which suffered damage during orld War II and underwent reconstruction in the 1950s. What is more, this, peasants and less wealthy people could also be treated here. Curs a private spa. The surrounding National Park makes Wapienne ntre for active leisure, offering visitors the opportunity to spend their me hiking the numerous tourist trails and relaxing in the bosom



ealth resort located in a charming spot in the Beskid Sądecki Moun-ns, among the forests of the Poprad Landscape Park. Tourists are atby the stunning landscapes, unique micro-climate and abundance after the discovery of the mineral water springs that the village l and boarding houses, villas (i.a. Żegotka), Dom Zdrojowy (Spa Nowe Łazienki (the New Baths), Park Zdrojowy (the Spa Park) Kinga's chapel were constructed. In addition to the mineral baths, oprad River baths, allegedly the warmest among mountain rivers. become popular. Moreover, a number of the villas and an impresedifice called the Wiktor Sanatorium, one of the most luxurious ngs in Poland, are all worth visiting. Żegiestów-Zdrój is known for nous mineral waters – "Anna", "Zofia II" – treating gastrointestinal inary tract diseases, atherosclerosis and neurosis. In the area, you so visit the beautiful town of Muszyna, famous for having the most

One of the most beautiful villages in the Poprad Valley, Żegiestów is

5 Tarnów – The Town Hall

Along the cathedral, the Tarnów town hall, which stands at the centre of the Market Square, is the oldest historical building in the town. The rket Square itself has preserved its medieval street layout and is su ounded by Renaissance and 19th-century tenement houses. The 14th entury, one-storey Gothic town hall comprised 2 chambers separated a hallway and the foundations of the tower, with its characteristic lows, which still stands today. Formerly the seat of the municipal auhorities, the building was reconstructed in the Renaissance style in the ntury. A projection housing a stairway leading to the upper storey was added at that time, as were an attic hiding the roof and ornamented nnacles, volutes and masks, the rounded top section of the towe ned with a helmet, and a Renaissance stone portico with pilasters f a triangle tympanum. The form and furnishings of the town hall today make it a Renaissance masterpieces. It currently houses the Regional

photo by K. Bańkowsk

he largest historical building in the village of Szczepanów is the Basilica

Hugosz. The contemporary building, dating back to 1911-1914, was added

e old church which then became a side nave of the new one. In 1914,

tyle, with a steeple, a high tower where two 16th-century bells were

ng. The main altar features a portrait of St. Stanislaus and statues of

eter and St. Paul. The wall paintings were created in 1961. The church

as a pulpit, with bas-relief carvings, the Baroque altar of Our Lady of

ial Succour, a stone tablet commemorating Jan Długosz, a stone

esque font, Baroque feretories, with paintings dating from the

the 19th centuries, 17th-century gravestones and an organ with

n of Nowy Wiśnicz, founded in 1616 by Stanisław Lubomirski, has

h fascinating legends. The town's key historical building is the cas-

e families both. It is one of the most formidable fortresses to be

4th century by the Kmita family. Rebuilt between 1615-1621, in the

ory and boasts a number of interesting historical sites associat-

elonged to the House of Kmita and the House of Lubomirski,

e magnates in Poland. The oldest part of the castle was built

nisław Lubomirski, it was abandoned following a fire in 1831.

ited until 1949 for total reconstruction. The body of the castle is

quadragon, with an internal court, and is crowned by four cor-

g terrace has been laid out on the castle's second storey, next to

hts' Hall. Nowy Wiśnicz lies entirely within the boundaries of the

irrets. On the north-eastern side, there is a chapel dating from 1621.

Lipnicki Landscape Park, established in 1997.

The first mention of the town of Tuchów dates back to the 12th century,

while the Benedictine monks built a wooden church on a hill as early as

he 11th century. Tradition has it that the church was consecrated by St

nislaus himself. The present day the Marian Sanctuary is the Baroqui

ca Minor of the Visitation of the Most Blessed Virgin Mary and St.

nislaus, Bishop and Martyr. In the 16th century, a miraculous paint-

of Our Lady, a work by the Master of Bodzentyn, was housed there

the church was overtaken by the Redemptorists who built the contem-

Lying south of the road from Ciężkowice to Zakliczyn, the manor in Kąś-

a Dolna, built around 1833, is the only estate belonging to the great

omposer, pianist and politician, Ignacy Jan Paderewski, to have been

erved. The former brewery buildings stand by the road and along the

iveway, and the manor itself is surrounded with an English-style park

Dunajec River Gorge is one of the greatest tourist attractions in Po

s it flows through the Właściwe Pieniny range (Pieniny Proper

unajec meanders through a deep gorge, the walls of which reach

egins at the marina in Katy (Sromowce Wyżne), lasts between 2-3

y 18 km, with level differences of 36 m, to Szczawnica or 23 km to

enko. The rafting trips are run from 1 April to 31 October. Along the

ver the distance covering only 2.5 km as the crow flies. During the

I, there are a number of curious rock formations which create bluff

The Jan Wiktor Landscape Reserve, established in 1963, is located in the

Pieniny, at the foot of Wysoka Mountain (1050 m above sea level).

nding rock in the canyon reaches as high as 120 m. The canyon is

ck plate to crack and split into blocks. The rocks are formed from

c terms. The rock surfaces, well lit by sunlight, are covered with

nole Canyon tourist trail has been laid out to wind through the

ated in 1364, the town of Rabka-Zdrói lies at the foot of the Gorce

's spa. The area abounds in mineral water springs, which are used for

kid Wyspowy Mountains, in the Raba River and is famed as a chi

king and inhalations. In the 13th century, Rabka was part of the

nging to the Ludźmierz Cistercians, who mined salt in the near-

which was exceptional in the Europe of the time. In the 1920s.

byed another revival. New spa buildings were constructed and

dings were encompassed by landscape protection measures.

its spa infrastructure and the natural and landscape advan-

ka is home to a number of interesting sites. It holds the status

r of the Order of Smile. The town is also home to the Order of

useum, as well as the Rabkoland Fun Park, the Museum of Polis

pen-air rolling stock and railway equipment museum can be found

bówka, near Rabka. Established in 1993 in a former engine-house

ack to the end of 19th century, it is the largest Polish museum of

its steam engines, motor and electric engines, wagons and spe-

r, the museum offers retro train trips, which are very popula

tourists. The trains run to Mszana Dolna, Dobra near Limanowa,

opane. It is possible for organised groups to rent their own retro

indler's List and a functioning rail taxi used by railway directors;

arsovian wagon which, following a change of wheels, can be driv-

ormal roads. In summer, you can try horse riding or glass paintin

attractions at the museum include a goods train used in the

ose vehicles such as travelling cranes and snow ploughs. Every

ind and the one most frequently visited by tourists. The exhibition

and Curiosities, and the famous Rabcio Puppet Theatre

ldren from around the World, awarded by the International

prings. In the 19th century, tuberculosis was treated in the town,

ost picturesque spots.

oving rock swards, as well as a number of rare plant species.

es a deep canyon carved out of the limestone by the waters of

s, pâtés and cured meat.

large pond which still exists today. The one-storey, brick built man-

inds on a small hill. Its front has an open porch resting on columns

ned with a doubled attic. Kaśna Dolna is famous throughout Po-

Europe for its festivals of chamber music and open-air painting.

ourism farms in the area offer regional products such as bread,

c Museum, an exhibition of apiarian equipment.

became a place of pilgrimage. In the 17th century, the Benedictine

erected a new church, tending it until the 19th century. In 1893,

astery. The single-nave church, with a closed chancel, is so

ded with chapels and covered by a 2-sloped roof with an ave-bell.

nishings are Baroque, dating from the 18th century. It houses the

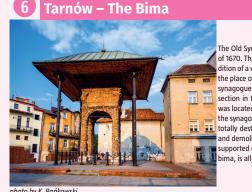
t Missions Museum, the Sanctuary Museum and the Ethno-

aroque Revival front.

rch burned down and was rebuilt in the 1920s in the Gothic Reviv-

of St. Mary Magdalene and St. Stanislaus. The church, towering over the

village, was erected in 1470 on the initiative of a canon of Kraków, Jan



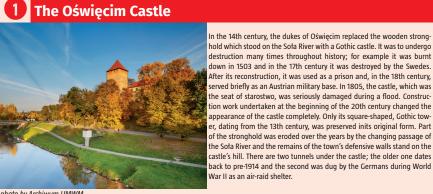
he Old Synagogue in Tarnów was built in 1630 and rebuilt after the fire of 1670. Then, in 1793, the building was significantly extended by the adof a vestibule and an annexe. In 1814, the annexes and the mikvah, e of ritual immersion, burned down. Between 1815 and 1848 the ynagogue was rebuilt and extended, with a wide, two-storey frontal on in the Romanesque revival style, where a room for the women was located in the basement. The roof and the attic were also rebuilt and the synagogue richly furnished. During World War II, the synagogue wa totally destroyed by the Nazis, who first set it on fire and then blew up lemolished its walls. Today, the brick canopy with an internal dome ted on 4 round columns at the corners, the permanent ruin of the



ere was a time when the village of Lipnica Murowana was a town and to this day, the layout of a medieval market town has been preserved. Around the Market Square stand one-storey, arcaded houses, mainly confrom logs and covered with pediment roofs. The village's mos ole historical building is St. Leonard's Church. Tradition has it that it ilt in 1141 on the site of a pagan temple. What purportedly remain emple is a mysterious oaken pole, bearing the image of Syantevit. eiling and interior walls are covered with polychromes, the oldest dates back to that same century. The slender roofs, canopies facade walls are shingled. A preserved Gothic portico stands at the Our Lady, dating from the 14th century. The church is situated on the Architecture Trail and, in 2003, it was inscribed on the UNESCO d Heritage List.

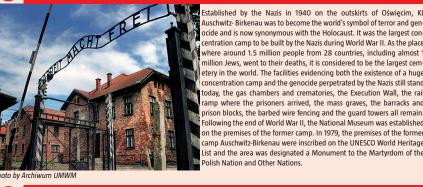


Salt mine in Bochnia is the oldest mining plant in Europe. Its origins date back o the mid-13th century, when hard salt deposits were discovered – previously ared along with Saint Kinga, who came from Transylvania. The development he mine significantly contributed to the increase of royal revenues, as well as profitability of production forced the owners to gradually close the prot the beginning of the 20th century. A decision was made to adapt the uments in 1981. Worthy of your attention is the Ważyn chamber – the nderground man-made interior in Europe. The facility offers several 2 m deep cableway ride, a boat crossing. Occasional events and sport etitions are also held there. The extraordinary scenery and uniqueness of NESCO World Heritage Commission – on June 23rd, 2013, the decision was



hold which stood on the Soła River with a Gothic castle. It was to undergo uction many times throughout history; for example it was burnt down in 1503 and in the 17th century it was destroyed by the Swedes. s reconstruction, it was used as a prison and, in the 18th century, I briefly as an Austrian military base. In 1805, the castle, which was work undertaken at the beginning of the 20th century changed the ice of the castle completely. Only its square-shaped, Gothic tow lating from the 13th century, was preserved inits original form. Part ha River and the remains of the town's defensive walls stand on the stle's hill. There are two tunnels under the castle; the older one dates to pre-1914 and the second was dug by the Germans during World

2 Memorial and Museum Auschwitz-Birkenau



and is now synonymous with the Holocaust. It was the largest cond 1.5 million people from 28 countries, including almost 1 in the world. The facilities evidencing both the existence of a huge , the gas chambers and crematories, the Execution Wall, the rail e the prisoners arrived, the mass graves, the barracks and blocks, the barbed wire fencing and the guard towers all remain. end of World War II, the National Museum was established remises of the former camp. In 1979, the premises of the former d the area was designated a Monument to the Martyrdom of the The Open-Air Ethnographic museum in Wygiełzów



I at the foot of the Lipowiec hill, where the ruins of the castle named ne hill still stand today. Across an area of over 3 hectares, the folk e of the territory inhabited by the Western Krakowiaks is presented nomesteads, a wooden church, complete with a bell tower, the ings and structures related to the craftwork of the village and a small rchitectural complex are all open to the public. The oldest building ne open-air museum is the church of Ryczów from 1623, with origishings acquired together with the building. A number of cyclical ents take place on the museum's land, such as folk festivals and celebrations, church fair celebrations, regional culinary competitions and the stigious Summer Festival of Chamber and Organ Music. The open-air

4 Czerna



27 Brunary Wyżne

The village of Czerna, situated in the Kraków Valleys Landscape Park, is ocated in the Czernka Valley at the mouth of Eliaszówka Valley, a nature serve. It is in this reserve that the remnants of the Barefoot Carmelites ery are preserved. Founded as an hermitage in 1629, its courtyard is a well drilled into the rock and crowned by a cupola supported eight columns. The ruins of the monastery's wall still stand here, as do mains of four hermitages, where once there stood twelve and the rebuilt St. Agnes' Hermitage. On the way to the monastery, the ruins of arcaded bridge, known as Devil's Bridge and the subject of numerou gends, can still be seen. The early Baroque Church of St. Elias, which monastery is now a sanctuary devoted to Our Holy Lady of the ular, a 17th century painting of whom is housed in the church. It is ace of worship of St. Rafał Kalinowski, whose relics lie in achapel In the vicinity, there is a large limestone quarry in Czatkowice.

ted to St. Paraskewa. Since the "Wisła" operation in 1947, it is used is a Roman Catholic church. This is one of the most preserved and most peautiful Lemko Orthodox churches in the country. In 2013, it was in-

scribed on the UNESCO World Heritage List. The church was built in the

second half of the 17th centrury, completed with a tower in 1743. The building was renovated many times, recently in 1990 s. In 2011, the

ngle covering of the entire Orthodox church was cleaned. The wooden

odox church has a corner-joining structure, on a triple-square plan ancel, nave and porch with a thin tower with inclined walls. Every

of the building is hidden by a separate hipped roof. The walls and

poof are covered by shingles. The interior is decorated with polychrome cing back to 1811. A part of the nave and porch walls are surrounded

by the matroneum. The interior decoration dates back to 18th/19th and

e Greek Catholic Orthodox church of Our Lady's protection is one of

aken by the Roman Catholic parish, and after the return of some

ulation displaced after 1956, it was a place of worship of Greek

tholic faithfuls. Nowadays, it is used by both: the Roman Catholic and

ritage List. The church was built in 1653, completed by a chancel in

01, by a tower in 1783, and in 1870 its antechamber was enlarged. The

5, the whole building was thoroughly renovated. The wooden church

nd nave, all of equal width. The shingle roofs are topped with cupolas

n the Brunary village the first Orthodox church was built in 1616 for the

ginates from 18th century. In 1831, it was renovated and enlarged. The

ree sides was added, and the entire building was covered with new

e Greek Catholic church. This is a Lemko-type church that consists of

parts: a tower with a cupola above the antechamber. The cupola

ituated as well above the nave and chancel. In the interior survived

g and internal walls dating back to 17th-19th century, the high alta

he Orthodox church is situated on Małopolska Wooden Architecture

n Powroźnik, many secular monuments of Lemko culture have been

erved, such as wooden granaries, brick cellars or dwelling house

odox church, dedicated to St. Jacob, which was inscribed on the UN-

The biggest attraction in the village is the ancient, Lemko Greek Catholic

SCO World Heritage List in 2013. It was built in 1600. The part of primary

church that was conserved, was the sacristy, nowadays integrated int

the structure of current church. The final appearance of the Orthodox

hurch was formed in 17th-18th century, during the reconstruction in

13, when the building, endangered by the flood was moved a little bit

her. Then, the construction was developed. After the "Wisła" opera-

church has three parts and a tower of wattle-and-daub construction

ion, the Orthodox church was overtaken by the Roman Catholic church

above the antechamber. In the interior survived the iconostasis dating

tage List, alongside 15 wooden churches in the Polish and Ukrainian

oque iconostasis dating back to 18th century, polychrome or

chancel was connected with the nave, the chancel closed or

the interior there is an iconostasis dating back the 17th century, with

ee parts: the tower of wattle-and-daub construction, the chance

rith baroque characteristics. The Orthodox church is situated on the

mes decorating the interior were made in 1938. In years 1983-

Greek Catholic parish. In 2013, it was inscribed on the UNESCO World

he oldest Lemko Orthodox churches. After the "Wisła" operation it was

ska Wooden Architecture Trail.

inning of 20th century. The Orthodox church is situated on the



beautiful old forest, a theme park was designed where learning is combined with play. This park is Zatorland, a place for spending lality time with the family. An educational trail leads through the nd brings walkers upon moving statues of dinosaurs, includi aurus Rex. It is a walk that takes tourists hundreds o minerals. Zatorland also offers visitors a vast theme park with attractions for both children and adults, including an excavatio go-cart track, complete with the life size bolides and a 5D cir ny rides, ice rinks open all year round and aqua park. The new as and oceans, the Greek Mythology Park on water with figures o k gods and mythical creatures, as well as the Insect Park and wir



church of St. Nicolas – patron of the city, the Jewish cemeter dates back to the early 18th century and tenements in the Market he historic Court Lumber and the Department of Temporary Exh tention in the vicinity of Chrzanów are the church of St. John th Hoffman ring furnace in Poland in Płaza as well as cascade ponds i cted by Ziemniaczysko near Lipowiec and the event which offers the

ny here. It obtained city rights in the 14th century. Until World War



lowlands (the Vistula River vallev), highlands (the Kraków and Częstochowa Upland), plateau (the Carpathian Plateaus), mountains (the Tatras, Alpine-type mountains; the highest peak: Rysy, 2499 m above the sea level; the Beskids, the Pieniny). Capital city of the region: Kraków Largest cities: Kraków, Tarnów, Nowy Sącz, Oświęcim Natural heritage:

For those who dream of spending their leisure time actively. Małopolska is a must! Numerous walking trails await them, as

rock climbers, speleologists, and paragliding, biking and horse riding enthusiasts to dream of, not to mention the Tatra, Pieniny and Beskid Mountains, with their network of tourist trails and excellent skiing facilities.

The Carp Valley – Zator

5 The Lipowiec Castle

in area where the fish ponds cover hundreds of hectares and where the s III also known as the Boleslaus the Wrymouth. In the 15th centur kings started to appreciate the taste of carp; hence the delicacy of olska which bears the name King's Carp. Several other species of rush, are home to many rare water birds and the area is also the hab are and endangered plant species. In summer, the Carp Day is cele d and there is a number of artistic and culinary events as well as the al of tradition and folk customs. The valley is an anglers' paradise

only painted village' in Poland lies approximately 27 km away from

nów. The custom of decorating rooms with floral paintings dates back

ne end of 19th century, when it became customary to, decorate cabi

eriors with blotting- paper flowers, cut-outs and straw ,chandeliers

well as with bouquets painted on the walls. The external walls of

dings, wells and fences were also adorned with these paintings. Now-

Zalipie has approximately 30 farmsteads, homesteads or barn

their walls painted with the characteristic floral ornaments. A pain

lower decoration can also be seen in the church. Every year, after the

of Corpus Christi, a Painted Cabin competition is held. The works

lipian artists can be seen in the Felicia Curylowa farmstead, which

uses a branch of the Tarnów Regional Museum and in the Female

ters' House, home to an exhibition on the cabin painting tradition

town of Czchów bears traces of settlement that date back to the day

reat Moravian state. As early as the 14th century there was a ro

ns Chamber of customs, and King Casimir the Great built a fortifica

ed on a Romanesque residential keep dating from 12th or 13th cer

tremendous, cylindrical tower was situated on the promontory of

eat of the foremen, it was extended in the 15 th and 16th centuries.

ipper part has been rebuilt and offers a splendid view. Around it, the

e a model of the castle and an archaeological exhibition

tury, is covered with bleached plaster. The U-shaped building, with its

pe shingle roof, has a porch, resting on two columns, at the from

ypical example of a rural residence belonging to the gentry, the front

office. The 2 outbuildings adjoining it housed the private quarters

utility rooms. The manor has been preserved in a good condition

ittings reflect the style typical of the Galician gentry's manor houses.

rising (1863-1865) and the Professor Michał Marian Siedlecki Room

nanor is surrounded by a park with a 19th-century chapel. Behind the

chard stands a magnificent granary. The manor is situated on the

kowice, the history of which dates back to the 12th century, owes its

y development to the trade routes running through the Biała River

ley from Bohemia and Hungary to Kraków. It was the site of a week-

and the traditional Wednesday markets. Its most valuable histor

g is the Merciful Jesus Sanctuary, dating from the 20th cent

vith traces of the original Gothic building remaining. The main altai

ures an Ecce Homo portrait of Jesus Christ. The Natural History Mu

um, with its collection of insects, birds, and hunting trophies, is worth

oice for a walk. The purpose of the reserve is to protect a group of rock

ms and pulpits of rock. This is also the home of the Witch Rock, where

bishops' Gothic defensive castle, dating from the 13th and 14th

uries. In 1655, the castle was invaded by the Swedes and was burnt

two years later. Major reconstruction work took place in the first

of the 18th century. In 1789 the castle was invaded by the Austri-

orces. The cylindrical, 30-metre high corner tower survived, one of

on until the 18th century. Originally a free standing keep, it wa

ed in the walls of the Upper Castle in the 15th century. The cannon

posts, with their shooting holes, still remain. The three-storey mai

dy of the castle and its internal courtyard have also survived. One of

oors houses a small museum with an exhibition dedicated to the

ory of the castle. Winding stairs lead to the tower and the viewing

The history of the town dates back to the Middle Ages and the exca-

tion of calamine started here as early as the 13th/14th centuries. In

15th century, the settlement was awarded mining rights. From then

mining and metallurgy underwent rapid development. The golden

n to there by the Our Lady of Fatima Sanctuary, the construction of

ich was initiated in 1910 by the Salvatorian Order. The construction

ne World War I. Work was resumed in 1954 and completed in 1961.

ht from Fatima in 1962. Both church and monastery are surround-

y a vast park. The Zieleniewski Manor House is also worth visiting.

ng from the 16th century and reconstructed in the 18th century, it

tly offers hotel facilities and hosts cultural events such as concerts

als, exhibitions and workshops.

church is famous for its miraculous statue of Our Lady of Fatima

hen and the 19th century, it was treated as a town. Today, pilgrims are

uch towers in Poland designated as a prison which remained in

presents the life and customs of its former inhabitants. The previous

The modest, one-storey, larch Dolega Manor, dating from the 19th cen-

Wooden Architecture Trail.

ecline started in the 16th century. By the 18th century, the fortress

village is situated on the Wooden Architecture Trail.



Poland was established here. The most important monument



In the Małopolskie Region, within a range of as little as 100 km, there are as many as six national parks, namely, the Babia Góra, Gorce, Magura, Oiców, Pieniny and Tatra Parks. This is one of few regions in which Alpine-type mountains can be seen, namely, the Tatras, site of Morskie Oko, Poland's most famous lake, Zakopane, the country's winter capital, and a genuine desert, the Błędowska.

Cultural heritage: Malonolska is the home of fourteen of the thirty sites in Poland which are inscribed on the UNESCO World Heritage List. They are the historical centre of Kraków, along with the city's Kazimierz quarter, the Salt Mines in Wieliczka and Bochnia, the castle of Żupy Krakowskie in Wieliczka, the Auschwitz concentration camp, the mannerist architectural and park landscape complex and pilgrima park in Kalwaria Zebrzydowska and the wooden churches in Binarowa, Debno, Lipnica Murowana, Sekowa, as well as wooden orthodox churches in Owczary, Powroźnik, Kwiatoń and Brunary Wyżne situated on the Małopolska Wooden Architecture Trail. Active tourism:

pack to 18th century which was cut and placed on the walls. There are so icons and deacon doors dating back to 17th century. The church is does rafting on the Dunajec River, which is an unforgettable adventure. The Krakowsko-Czestochowska Upland is a place for