





Pomorska Regionalna Organizacja Turystyczna



The Pomorskie Voivodeship



The Greatest Tourist Attractions

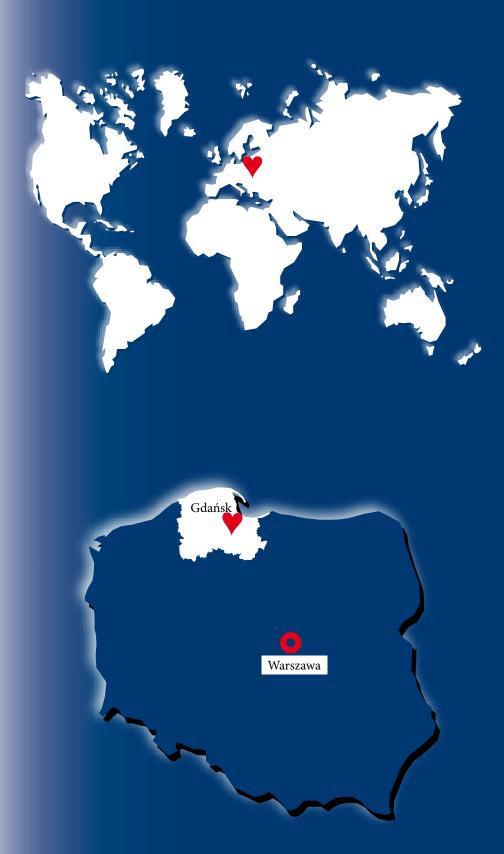


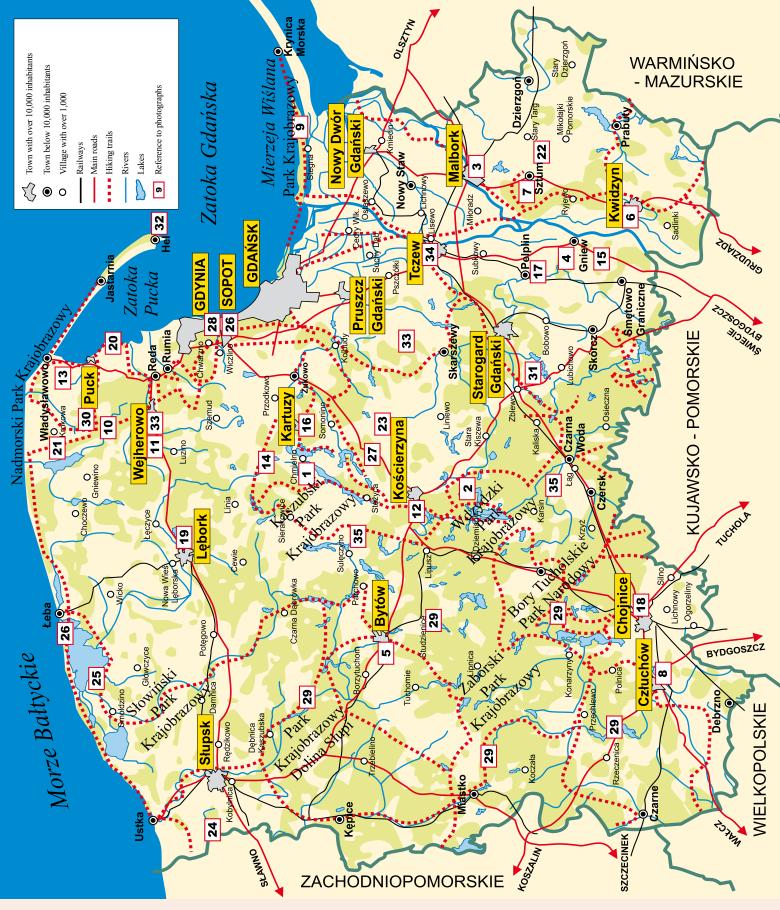
www.woj-pomorskie.pl

Poland is situated in Central Europe and the country is neighboured by Germany, the Czech Republic, Slovakia, Lithuania, Belarus, Ukraine and Russia. The northern border is the Baltic Sea coast. The country has an area of 312,700 square kilometres and a population of over 38 million people. The official language is Polish. The capital is Warsaw (1.7 million inhabitants), situated in the central part of the country on the banks of the Vistula river - Poland's longest river. The climate in Poland is temperate.

Among Poland's largest cities are Łódź, Kraków, Wrocław, Poznań, Gdańsk, Katowice and Szczecin. Administratively, Poland is divided into 16 voivodeships. Poland is a country with a very varied terrain. Lowland areas are prevalent, particularly in the northern and central parts. The coastal area has beautiful broad and sandy beaches along the Baltic Sea. Further south, but still in the north and west of the country, we have the Pomorskie, Mazurskie and Wielkopolskie Lake Districts, where, among picturesque hills and beautiful forests, there are thousands of lakes, including Śniardwy, the biggest of them all, with a surface area of 113 square kilometres. In the south of Poland there are uplands and mountain ranges: the Sudety mountains with their highest peak, Śnieżka (1,603 metres above sea level), and the Karpaty mountains, whose central part is formed by the Tatry mountains, which are Alpine in formation and which boast Poland's highest mountain, Rysy (2,499 metres above sea level). Nature in Poland also includes primeval forests, a widespread river network and a wealth of flora and fauna.

The Pomorskie Voivodeship lies along the Baltic Sea, at the mouth of the Vistula River. To the west it borders the Zachodniopomorskie Voivodeship, to the south the Wielkopolskie and Kujawsko-Pomorskie Voivodeships, to the east the Warmińsko-Mazurskie Voivodeship and to the north the Baltic Sea. The coastal location has to a great extent determined the economy of the region. The capital of the region is Gdańsk, a city of almost half a million inhabitants. Apart from Gdańsk, the biggest cities and towns are Gdynia, Słupsk, Tczew and Sopot. The voivodeship covers an area of 18,293 square kilometres and is divided into 20 poviats. Two national parks (Słowiński National Park and Bory Tucholskie National Park) can be found in the Voivodeship as well as 9 landscape parks and many nature reserves, which are open to the public. The landscape has wide geographic variations: from lowlands (1.6 metres below sea level) to the highest peak of the Central European Uplands - Wieżyca (329 metres above sea level).





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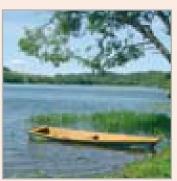
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Polish Tourist Organisation Centres

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Welcome !

There are not many places in Poland like the Pomeranian Region. Its magic is created by the murmur of the waves of the Baltic Sea, the mysterious forests and woods with their hundreds of lakes and rivers, the beauty of the landscapes and the picturesque hills. The highest of them all is Wieżyca, standing guard above them. The capital of the region - Gdańsk - is a city with a thousand-year-long history, a mixture of events, dates, historic figures, climactic events, the cradle of Solidarity. Together with the picturesque Sopot and economically dynamic Gdynia, Gdańsk forms a unique conurbation called the Tri City. An essential element of the cultural identity of the Pomorze region is the indigenous population of Kaszubi, who remain faithful to their daily traditions and customs, as well as their southern neighbours, the Kociewiacy. It is this indigenous population of these areas which constitutes the soul of the region. The Kashubian folk culture has not allowed itself to be locked away in museums - quite the contrary, the region is full Kashubian embroidery, music, dance and pottery. The Pomorskie Voivodeship, however, is not simply the Three Cities and Kashubia. It is also the beautiful city of Słupsk - the capital of Central Pomorze - and the fertile Zuławy region - a land of windmills, arcaded houses, bascule bridges, river ports and Mennonite culture. There is also no lack of imposing medieval Teutonic castles - in Malbork, Gniew, Bytów, Kwidzyn, Lębork, Sztum and Człuchów.Within the voivodeship there are two national parks, nine landscape parks and dozens of nature reserves. The most valuable of the protected sites in the region is the Słowiński National Park, one of the UNESCO World Biosphere Reserves, where you can see the only moving sand-dunes in Europe. There are also two sandbars: Mierzeja Helska and Mierzeja Wiślana. Both are full of sunny beaches, cafes, ports and harbours, as well as modern conference centres. Apart from the numerous monuments from the past there is also a very wealthy present: the colourful St Dominic's Fair, the World Championships in Amber trawling, Strawberry Harvesting, numerous regattas, festivals, concerts, and exhibitions. You will also find excellent conditions here for active tourism: windsurfing, canoeing, cycling expeditions, hiking, horse-riding, sea fishing. Unforgettable memories will also remain after a balloon or light aeroplane flight. Lovers of a game of golf will enthuse about the two championship - class golf courses here. There is a broad accommodation and agrotourism base here-another of the trump cards of the region. And there are so many more of them! Come and see for yourself !





You`re all invited!



SOLIDARITY

Gdańsk - the City of Freedom



It is not without reason that Gdańsk is called the city of freedom. When the strike broke out in the Gdańsk Shipyard in August 1980, no-one supposed that it would be the first stone in a landslide that would lead to the undermining of the post-war division of the world, the overthrow of the Communist system and the creation of a new order in Europe. The striking workers under the leadership of Lech Wałęsa presented 21 demands to the authorities. The strike ended on 31 August with the signing of the Gdańsk Agreement, which enabled the formation of Solidarity, the first independent trade union in this part of Europe and at the same time a powerful social movement. The place which definitely has to be seen is the Gdańsk Shipyard (ul. Doki). Here, next to the famous Gate no. 2, the Monument to the Fallen Shipyard Workers soars into the air. This commemorates those who were killed in December 1970, when Gdańsk was the scene of dramatic battles. Nearby is the entrance to the "Roads to Freedom" exhibition. Here we can find, among other things, a fragment of the Berlin Wall and the wall over which the legendary leader of the August events, Wałęsa, climbed in 1980. The interior exhibits are housed in the old Health and Safety at Work building, where the strikers' negotiations with the authorities took place in 1980. The exhibition is multi-media in character, so visitors cannot only see but also feel the unusual atmosphere of August 1980 and the hostile environment of the martial law period and "taste" the everyday reality of Socialism by going into a shop with empty shelves or an underground illegal printing

press. We can also see here the board containing the famous 21 demands from August 1980, which in 2003 was added to UNESCO's World Heritage List as a climactic document in the history of Europe.

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"Roads to Freedom" exhibition 80-958 Gdańsk, ul. Doki 1 tel. (+ 48) 58 769 29 20, fax 58 769 20 24 www.fcs.org.pl wystawa@fcs.org.pl

AMBER

The Amber Museum



Amber, also known as the Gold of the North or Baltic Gold, is the petrified resin of coniferous trees from around 40-60 million years ago. It is characterised by a diverse and iridescent palette of colours. The lucky few can find valuable inclusions - chunks of amber with insects or fragments of plants inside them. The Slavic lands saw trade in amber flourish as far back as Neolithic times, and at the time of the Roman Empire the famous amber trail led from the Adriatic to the Baltic. The inhabitants of Pomerania paid in amber for weapons and tools, while amber nectar was used for medicinal purposes. Gdańsk was an important centre for amberwork in the Middle Ages. The famous Amber Chamber was constructed in Gdańsk in 1711. Today beautiful examples of this Baltic treasure can be seen in the History Museum of the City of Gdańsk, the Archaeological Museum and the Inclusion Museum in Gdynia but the biggest collection is in the Castle Museum in Malbork. It is also worth noting the world's biggest amber altar, currently under construction in St Bridget's Church in Gdańsk, and the unique amber monstrance, which is over 170 cm in height. Every year anyone can become World Champion in Amber-trawling by taking part in these unique contests in Jantar on the Mierzeja Wiślana. Gdańsk also hosts the world's greatest amber fair, AMBERIF. Gdańsk has the only university in the world with a Department of Amber.



The Museum of Inclusions in Amber - the University of Gdańsk 81-378 Gdynia, al. Marsz. Piłsudskiego 46, tel. (+48) 58 660 16 30, www.muzeum.gda.pl

The History Museum of the City of Gdańsk - Main Town Hall ul. Długa 47, ul. Długa 47, tel. (+48) 58 767 91 00, www.mhmg.gda.pl



The Archaeological Museum Exhibition: "With Amber Through The Millennia" 80-833 Gdańsk, ul. Mariacka 25/26, tel. (+48) 58 301 50 31 www.archeologia.pl mag@archeologia.pl Castle Museum in Malbork, 82-200 Malbork, ul. Starościńska 1

tel. (+48) 55 647 09 78, fax 55 647 09 76, www.zamek.malbork.pl kasa@zamek.malbork.pl 25





The Pomorskie Voivodeship is famous for its excellent cuisine and hospitality

Agrotourism Associations can be found in: Bytów - tel. (+48) 59 821 62 44 Choczewo - tel. (+48) 58 572 39 40, www.wakacje.agro.pl/choczewo Człuchów - tel. (+48) 59 834 54 10 Dzierzgoń - tel. (+48) 55 271 38 78 Gdańsk - tel. (+48) 58 762 96 85, www.kaszuby-agrowakacje.pl Kościerzyna - tel. (+48) 58 686 71 56, www.wakacje.agro.pl/koscierskachata Lębork - tel. (+48) 59 862 48 00-11, www.powiat-lebork.com Pierwoszyno - tel. (+48) 58 679 13 79, www.wakacje.agro.pl/bursztyn Puck - tel. (+48) 58 673 28 77, www.wakacje.agro.pl/nadmorzem Słupsk - tel. (+48) 59 847 12 81, Strzelino 2 Smołdzino - tel. (+48) 59 846 31 57, www.agroturystyka.pl/slowiniec Sulęczyno - tel. (+48) 58 684 47 91, www.suleczyno.poznajkraj.pl Swornegacie - tel. (+48) 52 398 14 34 Żarnowiec - tel. (+48) 59 866 21 00, www.maxmedia.pl www.agroturystyka.pl

Museums

Chojnice: History and Ethnography Museum ul. Drzymały 5 tel. (+48) 58 397 36 26 Gdańsk

Central Maritime Museum, ul. Ołowianka 9 tel. (+48) 58 301 86 11 Archaeological Museum, ul. Mariacka 25/26, tel. (+48) 58 301 50 31 History Museum of the City of Gdańsk, ul. Długa 47, tel. (+48) 58 767 91 00 National Museum, ul. Toruńska 1, tel. (+48) 58 301 70 61 Sołdek Museum-Ship, Ołowianka 9/13, tel. (+48) 58 301 86 11 ext. 327 Gdvnia:

Naval Museum, ul. Sędzickiego, tel. (+48) 58 626 39 84 Museum of the City of Gdynia, ul. Starowiejska 30, tel. (+48) 58 621 62 18 Hel: Central Maritime Museum, Bulwar Nadmorski 2, tel. (+48) 58 675 05 52 Jastarnia: Fishing Museum, ul. Mickiewicza 115, tel. (+48) 58 675 38 27 Kartuzy: The F. Treder Kashubian Museum, ul. Kościerska 1 tel. (+48) 58 681 14 42 Kościerzyna: Polish State Railways Open-Air Museum ul. Towarowa 7, tel. (+48) 58 686 35 00 ext. 331

Kwidzyn: Castle Museum, ul. Katedralna 1, tel. (+48) 55 646 37 97 Lebork: Lebork Museum, ul Młynarska 14-15, (+48) 58 862 24 14 Nowy Dwór Gdański: Żuławy Museum, ul. Kopernika 17 tel. (+48) 55 247 57 33, 247 24 01 ext. 37 Pelplin: Pelplin Diocese Museum ul. Biskupa Dominika 11, tel. (+48) 58 536 12 21 Puck Museum, pl. Wolności 28, tel. (+48) 58 673 29 96 Słupsk: Central Pomorze Museum, ul. Dominikańska 5, tel. (+48) 59 842 40 81 Sopot: Sopot Museum, ul. Księcia J. Poniatowskiego 8, tel. (+48) 58 551 22 66 Tczew: Wisła Museum, ul. 30 stycznia 4, (+48) 58 531 07 05 Wdzydze Kiszewskie: The T. and J. Gulgowscy Kashubian Museum in the Ethnographic Park in Wdzydze Kiszewskie, tel (+48) 58 686 12 88 Wejherowo: Museum of Kashubian Writing and Music ul. Zamkowa 2 A, tel. (+48) 58 672 29 56

Wiele: Zaborska Museum, ul. Dąbrowska 32, tel. (+48) 58 687 34 70

PERIODIC EVENTS













Pan-Polish Meeting of Travellers and the final of the "Kolosy" Competition, Gdynia - February/March Women's Art Meeting, Słupsk - March Pan-Polish Festival of Songs about the Sea, Wejherowo - April Black Wedding, Kluki - May Strawberry Harvesting, Złota Góra - June Common Roots, Leśno - June Indulgence for St Peter and St Paul's Puck - June T. Hopfer International Ecological Marathon Lębork - June Show-jumping Competition CSI Sopot - June "Two Theatres" Festival Sopot - June Good Humour Festival Gdańsk - June International Folklore Festival in Brusy, Bytów, Charzykowy, Chojnice, Kościerzyna, Swornegacie, Wiele - July Fish Festival Ustka, Słupsk - July St James the Apostle Indulgence Fair, Malbork - July The Siege of Malbork, Malbork - July Kashubian Rally, Kościerzyna - July World Championships in Amber-trawling, Jantar - July Gdynia Summer Jazz Days, Gdynia - July Kashubian Fair, Kartuzy - July Kashubian Fair, Weiherowo - July Wdzydze Fair, Wdzydze Kiszewskie - July Baltic Sail International Yachting Rally, Gdańsk Bay - July Summer Stage of the Teatr Miejski, Gdynia - July/August St Dominic's Fair, Gdańsk - July/August International Festival of Organ Music, Gdańsk-Oliwa - July/August Festival of Organ and Chamber Music, Słupsk - July/August Idea Prokom Tennis Open, Sopot - July/August VIVAT VASA!, Gniew - August Griffin Fair, Słupsk - August International Motocross Competition, Człuchów - August International Festival of Gospel Music, Osiek - August International Shakespeare Festival, Gdańsk - August Sopot Festival, Sopot - August "Zdarzenia" International Festival, Tczew - September Cistercian Fair, Pelplin - September Feature Film Festival, Gdynia - September Festival of Polish Pianists, Słupsk - September Komeda Jazz Festival, Słupsk - November Cod Festival, Leba - December

THE WONDERS OF TECHNOLOGY

The oldest hydro-electric power stations in Europe



The history of the use of water power in Pomorze goes back to the 13th century, when a mill was built near Słupsk Castle. This was the oldest industrial construction in the region. Over a century later, the rivers of Pomorze saw many power stations powering mills, sawmills and paper factories. Today we encourage you to take a hike or a river trip along the route of "The Oldest Hydro-Electric Power Stations in Europe." The hydro-electric stations on the Słupia, the Radunia and the Wierzyca rivers are unique monuments of technology. They are even more interesting because these hundred-year-old masterpieces of engineering are still functioning today. The buildings are open to visitors (by prior arrangement with the staff).

ARCHAEOLOGY

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The Oldest Hydro-Electric Power Stations in Europe Słupsk Hydro-Electric Power Stations 76-200 Słupsk, ul. Rybacka 4 A tel. (+48) 59 841 69 00 www.elektrowniewodne.com.pl sekretariat@enwod.slupsk.pl



Energa Straszyn Hydro-Electric Power Plant 83-010 Straszyn, ul. Hoffmana 5, tel. (+48) 58 682 01 24, 58 682 00 54, fax 58 682 01 86

Kamienne Kręgi ("Stone Circles")



A unique reserve near the village of Odry near Czersk hides ten stone circles and several dozen grave-barrows. Archaeologists have discovered that in the circles are graves of Goths from the beginning of the Christian era. In 1955, near the village of Węsiory, near Sulęczyno, four more circles from the same period were discovered. In the cemetery in Leśno, near Brusy, there is another example of this rarity. The circles, apart from their unique archaeological value, exhibit valuable natural features and visitors are convinced of their magical power. The cemeteries form part of the "Stone Circles Trail."



The medieval fort, a remnant of a settlement from the 8th century, is one of the oldest places on the historical map of the Tri City. Here we can see elements of the construction: a gate, fragments of earth ramparts, huts, dugouts and pens for animals. Thanks to the work of archaeologists we know that the inhabitants were engaged in pottery, weaving and working in amber. Elements of everyday life have been recreated here and visitors can see demonstrations of ancient craftwork or combats with swords and axes.

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Odry: www.bory.tucholskie.pl Leśno: www.brusy.pl/lesno/



The Archaeological Museum in Gdańsk Grodzisko Sopot, ul. Haffnera 63 tel. (+48) 58 301 52 28 www.archeologia.pl

GDAŃSK



This beautiful city by the Baltic Sea, the city of Hevelius, Fahrenheit and Schopenhauer, is the capital of the Pomorze region. It is distinguished by its uncommon beauty and exceptional location. From the north the city is washed by the waves of the Baltic, while in the south it is bordered by rich post-glacial hills and the lakes of the Kashubian Switzerland. Furthermore, it is picturesquely surrounded by the lush greenery of numerous parks. This beauty was created over a thousand years of stormy history and by the creative minds and talents of outstanding citizens, natives of the city and migrants from the whole of Europe, attracted here by the city's famous tolerance. In brick and stone they created the impressive architecture of the town halls, churches, townhouses and gates. There is a wealthy cultural heritage painstakingly preserved in the historic walls of numerous civic and religious buildings. It is pleasant to walk around Gdańsk at any time of the year, whether in sunlight or moonlight (when the beautifully illuminated monuments look as if they came from a fairy tale). Each street of the city has its own atmosphere: the wonderful Royal Route, Długie Pobrzeże (Long Riverside) along the River Motława and the enchanting, romantic nooks and crannies and the charming ulica Mariacka (St Mary's Street).

GDAŃSK

Arthur's Court - the Great Stove

The Neptune Fountain



The wonderful Royal Route, leading from the Golden Gate along ulica Długa (Long Street) and Długi Targ (Long Market) to the Green Gate, charms everyone with the facades of its patrician townhouses and official buildings, of which the most impressive and valuable is the Main Town Hall - one of the buildings belonging to the History Museum of the City of Gdańsk. Its interiors are maintained in the style of Dutch Mannerism. The most splendid room is the Great Council Room (or Red Room), which is regarded as one of the richest modern town hall interiors. Its ceiling is decorated with 25 paintings by Isaac van den Block, all of symbolic significance, including "The Apotheosis of Gdańsk". From the Town Hall tower the sounds of a carillon can be heard every hour.



History Museum of the City of Gdańsk The Main Town Hall, 80-831 Gdańsk, ul. Długa 47, tel. (+48) 58 767 91 00, fax (+48) 58 767 91 02 www.mhmg.gda.pl e-mail:kancelaria@mhmg.gda.pl



Situated by the most beautiful of the city's squares - Długi Targ - the 16th-century Arthur's Court is one of the most impressive buildings of its kind in Northern Europe. Originally it was the meeting-place of wealthy patricians, merchants and craftsmen and it was an important centre of life in old Gdańsk. Within the court house, most importantly, is Europe's largest Renaissance tiled stove, over 10 m in height. Nearby there is the elegant Golden Townhouse and the New Courthouse with the beautiful Gdańsk Vestibule where the lovely "Lady in the Window" appears every day at 13.00 (during the tourist season also at 18.00). Close to these buildings there is the Neptune Fountain - the symbol of Gdańsk's links with the sea.



The History Museum of the City of Gdańsk Arthur's Court, 80-831 Gdańsk, ul. Długi Targ 43/44 tel. (+48) 58 769 91 00, www.mhmg.gda.pl

GDAŃSK

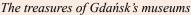
The Crane

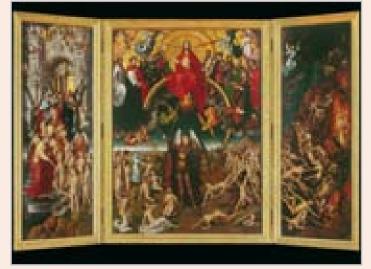


One of the most characteristic buildings in the seaside city of Gdańsk is the Crane - the largest port crane in medieval Europe. Located alongside the River Motława it served to load and unload cargo and to erect masts on ships. It was also one of the city's water-gates. In its interior there is a reconstructed working drive mechanism - an enormous wooden wheel, once moved by the power of human legs. The Crane is one of the buildings of the Central Maritime Museum, an exhibition space for displays showing the history of the port on the Motława and the role of the old crane in the old port of Gdańsk. If you cross the river by ferry to the neighbouring Wyspa Spichrzów (Granary Island), you will be able to visit the granaries on Ołowianka (Lead Island), where there are exhibitions devoted to the maritime history of Poland from the earliest times to the present day.

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Central Maritime Museum - the Crane 80-835 Gdańsk ul. Szeroka 67/68, tel. (+48) 58 301 53 11, www.cmm.pl info@cmm.pl





The walls of Gdańsk's museums conceal splendid works by the masters of Gdańsk and European art. The History Museum of the City of Gdańsk presents the history of the city over a period of ten centuries. In Uphagen's House you can marvel at the décor and furnishings of an 18th-century burgher house, while in the Main Town Hall you can see a beautiful collection of the amberworkers' art. The National Museum's Old Art Department presents, among other things, Gdańsk, Flemish and Dutch paintings from the 16th and 17th centuries. The most famous exhibit is the medieval triptych by Hans Memling, "The Last Judgement." The history of Gdańsk and of amber, as discovered in excavations, can be seen in the interesting exhibits of the Archaeological Museum.

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National Museum in Gdańsk - Old Art Department, Gdańsk ul. Toruńska 1, tel. (+48) 58 301 70 61, www.muzeum.narodowe.gda.pl info@muzeum.narodowe.gda.pl Archaeological Museum, 80-833 Gdańsk, ul. Mariacka 25/26 tel. (+48) 58 301 50 31, www.archeologia.pl

Oliwa Cathedral



Gdańsk is a city with many beautiful monuments of religious art, among which there are many exceptional and even unique works. The famous Oliwa Cathedral, built as a Cistercian church in the 13th century, is a vaulted basilica with a nave and two aisles in the shape of a Latin cross. It measures 107 metres in length and is the longest church in Poland. The greatest ornament of the church is the famous rococo organ by Master Jan Wulf and Friedrich Rudolf Dalitz. Its baroque ornamentation is enriched by moving elements - trumpets, angels' bells, whirling stars -- which move when the organ is played. The organ has been played by the world's greatest virtuosi. For over half a century Oliwa Cathedral has hosted the International Festival of Organ Music.

> Oliwa Cathedral 80-330 Gdańsk, ul. Cystersów 10, tel. (+48) 58 552 47 65 Abbots' Palace, National Museum - Contemporary Art Department Gdańsk, ul. Cystersów, 15a, tel. (+48) 58 552 12 71. www.muzeum.narodowe.gda.pl

GDAŃSK

Churches of Gdańsk



St Mary's Church is the biggest brick church in Europe. In its interiors you can find many works of medieval and baroque art, including the stone Pieta from c. 1410, a copy of "The Last Judgement" by Hans Memling and an astronomical clock. The oldest parish church in the Old Town, dating back to the beginning of the 13th century, is St Catherine's Church. Its interior is adorned with paintings by Anton Möller and Isaac van den Block. Its 76-m tower houses a replica of a 16th-century carillon. St Nicholas's Church is a Gothic church with a nave and two aisles - it is the only church to have survived the wartime destruction of Gdańsk and it delights the eye with its original rich décor from the 17th century.



St Mary's Church ul. Podkramarska 5, St Nicholas's Church - ul. Świętojańska 72 St Catherine's Church - ul. Wielkie Młyny (Museum of Tower Clocks) www.diecezja.gda.pl

The History Museum of the City of Gdańsk, tel. (+48) 58 305 64 92,

EXTREME TOURISM

Balloons

Diving

23



There are many lakes and other water basins in the region but the best place for diving is in the Bay of Gdańsk and in the open sea of the Baltic off the Hel Peninsula. There are some 24 wrecks at depths of between 5 and 70 m which can be visited if you have the right skills and a permit. Although diving in the Baltic is not something for the uninitiated, for experienced divers it will undoubtedly be a great attraction. Anyone who wants to learn how to dive will have a wide range of courses to choose from.



Balloon flights guarantee a unique opportunity for a bird's-eye view of the Tri City, Pruszcz Gdański, Rumia, Reda, Władysławowo, Wejherowo, Puck, Kościerzyna and Kartuzy. The opportunity to explore the skies in this unusual way (without the roar of engines) means that each flight is a romantic adventure itself. In our region there are lots of various hills and cliffs which are ideal take-off points for paragliders. The Pomorskie Voivodeship is one of the most appropriate for practising this unusual kind of sport.



Diving: The Centre for Diving and Water Recreation 81-1571 Gdynia, ul. Chwaszczyńska 70, tel. (+48) 58 629 48 46, www.ticada.pl biuro@ticada.pl The EXPLORER Baltic Diving Centre www.explorer.cnet.pl



Balloon Charter Gdynia, ul. Wiejska 5/5 tel. (+48) 58 623 03 64, (+48) 501 55 54 44 www.ballooncharter.com.pl office@ballooncharter.pl

TECHNOLOGICAL ACHIEVEMENTS

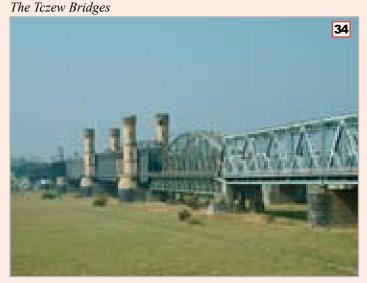
The Żuławska Narrow-Gauge Railway



The history of narrow-gauge railways in the Żuławy region goes back to the end of the 19th century. Restored in 2003, the regular passenger connections from Nowy Dwór Gdański to Stegna Gdańska and from the right bank of the Vistula river to Sztutowo and Nowy Dwór Gdański – Ostaszewo have given back to the inhabitants one of the elements of an old tradition and have guaranteed tourists a ride to the local beaches. While fulfilling the role of a transport system, the train has also become an interesting tourist attraction. There are currently five carriages, including an open summer four for 32 passengers.



The Pomeranian Society of Narrow-Gauge Railway Lovers Nowy Dwór Gdański Narrow-gauge Railway Stadion 82-100 Nowy Dwór Gdański, ul. Dworcowa 29 tel. (+48) 55 247 36 72, www.ptmkz.prv.pl



The first iron bridge across the Vistula river was built in Tczew between 1851-1857. At that time it was the longest bridge in Northern Europe. This six-span lattice-work construction is 837 m in length and was built to serve railway, road and pedestrian traffic. It is adorned with Neo-Gothic towers and entry portals. It soon became apparent that another bridge was necessary so this was built between 1888-1890. It took over the function of a railway bridge, which it remains to this day.



The Tczew Centre for Sport and Tourism 83-110 Tczew, ul. Wojska Polskiego 28 A tel./fax (+48) 58 531 46 26 www.tcsit.neostrada.pl sportrom@neostrada.pl

ACTIVE TOURISM

Cycling



The wealth of the natural beauty of the Pomorskie Voivodeship and the innumerable cultural monuments are an obvious temptation to see the area by bike. There are many beautiful cycle paths here, both cycling and nature trails, which are closed to those who travel on four wheels. The trails lead along the sea, around lakes, through river valleys and peaceful forests. The Tri City is one of Poland's leaders as far as the length of cycle paths is concerned. Lovers of hiking will discover with satisfaction the unique beauty of the local nature walking on tourist trails (marked with special trail signs) over 2, 500 km long. The most interesting trails are in two national parks. If you are planning a hiking holiday you can take advantage of the many trails marked on the map at the end of the folder.

Canoes



Canoeing in the region is one of the most popular ways to combine active relaxation with discovering and coming into direct contact with the beauty of the nature. The picturesque shores of the lakes and the rivers are a real magnet for tourists wishing to spend their holidays in a canoe. You can choose from many rivers with varying degrees of difficulty: Brda, Wda, Liwa, Słupia or Radunia with the Radunia Circle, a stretch of 14 tunnel-valley lakes, one of the most picturesque routes in Poland.

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www.woj-pomorskie.pl



ACTIVE TOURISM

81-727 Sopot, ul. Parkowa 64/3, tel./fax (+48 58) 550 27 74 www.kajaki.pl biuro@kajaki.pl

Horses



The picturesque landscapes of the region are conducive to the organisation of horse rides. Many stables and riding schools offer sightseeing on horseback, equestrian rallies, sledging cavalcades or carriages. They are now a permanent feature of the voivodeship's tourist package. The combination of active relaxation and nature during rides across meadows, forest trails or the beaches along the sea will be a memorable experience. Hunting is also popular among foreign tourists. The numerous forests, full of wild game, are a paradise for hunters.



The Pomorskie Voivodeship is the only one in Poland to have two 18-hole golf courses of championship class. Postołowo Golf Course, only 28 km away from Gdańsk, has two academies, a training course in the form of a driving range, a practice bunker, a chipping green and a putting green. The area of the course amounts to 100 hectares and the length of the course is 6,450 metres. Another golf complex - the Sierra Golf Club - is situated in the picturesque scenery of the Trójmiejski Landscape Park. Both courses are set in beautiful scenery and will please the most demanding golfers.



"Konno przez Pomorze" Bałtycki Instytut Gmin 81-831 Sopot, ul. gen. Andersa 25 tel/fax (+48 58) 550 12 89 www.bigmin.pl big@bigmin.pl



84-200 Wejherowo, tel./fax (+48) 58 572 06 26 www.sierragolf.pl sierragolf@sierragolf.pl 83-042 Ełganowo, Postołowo tel. (+48) 58 683 71 00, fax (+48) 58 683 72 00, www.golf.com.pl postgolf@golf.com.pl

GDAŃSK

The Wisłoujście Fortress



The mighty 15th-century Wisłoujście Fortress is a wonderful example of Gdańsk fortification architecture. It guards the waters of the Polish Republic and is a priceless reminder of Poland's maritime history. It was from here that the Polish fleet sailed out to its victorious battle of Oliwa with the Swedes in 1627. Incoming ships were greeted with a salvo of cannons from the bastion, on which fluttered a crimson flag with a white eagle. Equally interesting buildings are the imposing Great Armoury and the Gdańsk Fortress, with its unique military architecture, located in the grounds of the Napoleonic Forts, the history of which reaches back to the 17th century.

The History Museum of the City of Gdańsk The Wisłoujście Fortress Gdańsk ul. Stara Twierdza 1 tel. (+48) 58 343 14 05



Gdańsk has always been a safe haven for sailors. In the very heart of the Old Town there is a floating yacht marina. Lovers of water sports can enjoy themselves on the waters of the bay or in the artificial basin of the Opływ Motławy, which is also an excellent place for canoe trips. From Gdańsk you can also sail out on a leisure cruise around the port and the Bay of Gdańsk, even to Hel. As befits the city of Neptune, Gdańsk is full of seagulls, sails, shanties and people of the sea. The most "maritime" event is Sail Gdańsk, which is part of the International Sailing Regatta Baltic Sail and which takes place in the city every year.

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GDAŃSK

Marina Gdańsk 80-755 Gdańsk, ul. Szafarnia 10 tel. (+48) 58 301 71 10 www.mosir.gda.pl marina@mosir.gda.pl

The treasures of nature

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The golden, sandy beaches, organised bathing areas and a 130-metre pier are available to all those who love to relax by the sea. Along the beach there is a 3kilometre-long path for cyclists and pedestrians. Gdańsk's cycle paths measure 30 km in length and allow you to visit both the historic centre and the forest leisure areas. Surrounding Gdańsk is the Trójmiejski (Three Cities) Landscape Park with a zoological garden in its beautiful Forest Mill Valley. The famous Oliwa Park with its monumental trees near Oliwa Cathedral, numerous parks and squares and the nature reserves on Wyspa Sobieszewska are all wonderful recreation sites



Gdańsk's oldest and most popular event is St Dominic's Fair, whose history goes back to the 13th century. On the last Saturday of July the city attracted numerous German, French, English and even Spanish and Portuguese merchants. The port was full of ships with cargoes from abroad and the streets were full of circus performers, jugglers and theatrical troupes. Today the fair is still an attraction, linking trading stalls with a full programme of cultural and sporting events. The Gdańsk calendar of cultural events is especially rich: exhibitions, concerts, parades, street theatre events, an opera stage, the summer music stage, cinema complexes, numerous youth clubs, jazz pubs and discos.



Wyspa Sobieszewska www.wyspasobieszewska.pl The Wybrzeże Municipal Zoological Garden 80-328 Gdańsk Oliwa, ul. Karwieńska 3 tel. (+48) 58 552 17 51, www.zoo.gd.pl zoo@zoo.gd.pl

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The calendar of cultural events: www.gdansk.pl

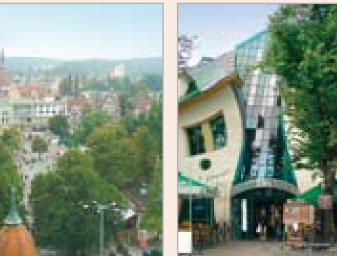
SOPOT

Health resort

The crooked town-house



The longest wooden pier in Europe (511.5 m long) divides Sopot beach in half and is the site for healthy walks, concerts and the jetty for passenger ships. Through the binoculars installed at the end of the pier you can enjoy wonderful views of the sea, ships, Westerplatte, Gdańsk, Sopot and Gdynia. If the weather is sunny you can also see the Hel Peninsula. This is also an excellent vantage point for the water sports taking place on the Bay of Gdańsk. On the landward part of the pier there is a lighthouse with an observation point, a beautiful historic fountain and a concert platform. In the winter there is an ice-skating rink here.



In the health resort of Sopot, in the Southern Park, walkers can see picturesque fountains - known as "mushrooms" - from which flows Sopot's salt spring-water, which can be used for inhalations or for health-giving baths. Ulica Bohaterów Monte Cassino, known as Monciak, is the most famous pedestrian precinct in the country. Along the street there are numerous pubs and cult galleries (Błękitny Pudel, Spatif) and the crooked town-house. In the summer you can see street theatres, musicians and portrait-painters here. The character of the street is created by the Art Nouveau buildings and the inimitable, especially friendly atmosphere generated by the people. In the upper part of the street order is maintained by the statue of the legendary Umbrella-man, while nearer the sea the fountain of Fisherman Johnnie gazes over the passers-by.

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Tourist and Health Information 81-704 Sopot, ul. Dworcowa 4, tel. (+48) 58 550 37 83 www.sopot.pl it@sopot.pl



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SOPOT

The Forest Opera

Sopot Sea-Bathing Resort

tel. (+48) 58 551 00 02

81-723 Sopot, ul. Chopina 10

www.kms.sopot.pl kontakt@kms.sopot.pl



For over forty years Sopot has hosted the international Sopot Festival. The place which has welcomed the world's greatest artists (Whitney Houston, Lionel Richie, Bryan Adams) is the Forest Opera. The roofed open-air amphitheatre, situated in the uncommonly picturesque forest, is, according to experts, one of the most beautiful and acoustically outstanding stages in Europe. Currently the auditorium can hold some 4,500 people and the exceptionally large stage can hold an orchestra of over 100 musicians.



Sopot's Aqua Park is one of the biggest and most modern water recreation centres in Poland. The main part is made up of recreational pools linked by channels. The cascades, needle-baths and water massages, slides, parasols and grottoes guarantee a good time. Those who like more exciting pursuits can struggle against the current of a 70-metre wild-water section. You can relax in the jacuzzi, the complex of modern saunas or the biological renewal centre. A modern bowling alley completes the attractions on offer.



The Forest Opera 81-829 Sopot, ul. Moniuszki 12 tel. (+48) 58 555 84 00 www.bart.sopot.pl operalesna@sopot.pl



Aquapark 81-713 Sopot, ul. Zamkowa Góra 3 tel. (+48) 58 555 85 55 www.aquaparksopot.pl info@aquaparksopot.pl

THE SEA

The beaches



There are over 300 km of beaches, all strikingly beautiful, with an unlimited number of picturesque places, and each with its own special atmosphere. They leave a permanent trace in the soul of everyone who comes here. Here we can find everything: sandy beaches (Ustka, Rowy, Łeba, Władysławowo, Jastarnia, Jurata, Hel, Puck, Gdynia, Sopot, Gdańsk, Jantar and Krynica Morska), fresh air, the entrancing light of the rising sun and the soothing murmur of the waves. It is not surprising, therefore, that every year thousands of tourists respond to these temptations...



Pomorskie Voivodeship is a charming place with a well-developed network of marinas in Ustka, Łeba, Władysławowo, Puck, Gdynia, Sopot, Gdańsk, Krynica Morska and on most large lakes. Most are supplied with electricity, fresh water and lighting. Modern facilities can also be found in the sea-ports (Gdańsk, Gdynia, Ustka). Destinations include Karlskrona, Nynäshamn, Bałtijsk, Bornholm and Kaliningrad. There are also marine connections between Polish ports.



Sopocki Klub Żeglarski 81-731 Sopot, ul. Hestii 3, tel (+48) 58 555 72 00, fax 58 555 72 01 www.skz.sopot.pl biuro@skz.sopot.pl



Leisure cruises (ports and harbours): www.zegluga.pl Gdynia Cruises, Al. Zjednoczenia 2, Gdynia, tel. (+48) 58 620 98 44, 58 620 26 42 Gdańsk Cruises, ul. Pończoszników 2tel. (+48) 58 301 74 26, 58 620 26 42, Marinas: Puck, ul. Lipowa, tel. (+48) 58 673 46 26 Jastarnia, ul. Portowa



This region is a land of dreams for those who enjoy sailing. Sailing centres and rental centres have at their disposal an uncommonly wide range of equipment (including sailing boats, catamarans and yachts). They can be found in Ustka, Łeba, the Hel Peninsula, Puck, Gdynia, Sopot, Gdańsk and Krynica Morska and by the shores of the majority of large lakes. You can also hire larger vessels for a few hours or for the whole holiday. From year to year catamarans are becoming more and more popular, mostly because of their lightness, speed and acceleration. There are also tourist, educational and training cruises around the Bay of Gdańsk as well as yachts for charter around the Baltic.



The Puck Scouts' Marine Centre Puck, ul. Żeglarzy 1, tel. (+48) 58 673 25 65 Władysławowo, ul. Portowa Chałupy ul. Kaperska

THE SEA

Windsurfing



The waters of the Pomorskie Voivodeship are an ideal place for lovers of windsurfing on inland waters, in the Bays of Gdańsk and Puck and on the open sea. For beginners the best places are on the Hel Peninsula with the long, shallow and sandy sea-bed of the Bay of Puck. Those who have already mastered the art of independent sailing on a board will be keen to visit the lakes of the Kashubian Lake District or the coastal lakes (Łebsko, Gardno, Sarbsko). Advanced windsurfers are invited to the open sea, where they can take part in the World Cup Regatta in Formula Windsurfing PWA or in the Mistral class.

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Jastarnia, tel. (+48) 58 675 23 48 Jurata (by the promenade pier) Rewa, ul. Sztormowa 2, tel. (+48) 58 679 13 85 Puck - by the pier, al. Lipowa, tel. (+48) 58 673 25 65 The Centre for Windsurfing and Sailing Sopot, ul. Bitwy pod Płowcami 67, tel. (+44) 58 551 68 98, www.windsurfing.sopot.pl

THE SEA

Maritime lighthouses



1.Ustka, 2.Czolpino, 3.Stilo, 4. Rozewie, 5.Jastarnia, 6.Hel, 7.Sopot, 8.Gdańsk Port Północny, 9.Gdańsk Westerplatte, 10.Gdańsk Nowy Port, 11.Krynica Morska. The first source material to mention a brick lighthouse in Gdańsk comes from 1482. In the 16th century there were already well over a dozen of them. In the 19th century kerosene lighting was introduced followed by acetylene lighting then electric lights in c. 1920. Nowadays halogen bulbs are in use. Modern lighthouses are usually unmanned and automatically controlled. These days, the old lighthouses situated along the Baltic coast, on coastal high ground, cliffs or hills, fulfil a similar role and are still useful signposts but their significance has diminished. They are regarded as tourist attractions, examples of marine technology and witnesses to bygone events. Each lighthouse is different and has its own uniquely shaped tower; it is painted differently and has its own characteristic colour of light. Most of them (1, 2, 3, 4, 6, 7, 11) are open to visitors and from the gallery you can enjoy some splendid views.



Ustka: www.ustka.pl Czołpino: www.latarnie.com.pl Stilo: www.choczewo.pl Rozewie: www.wladyslawowo.pl

Jastarnia: www.jastarnia.pl Hel: www.hel-miasto.pl Sopot: www.sopot.pl Krynica Morska: www.mierzeja.pl

THE SEA

Mierzeja Wiślana (The Wisła Sand-bar)

The Hel Peninsula





The Seal Aquarium

The Hel Peninsula forms a unique natural and landscape feature of Poland. Its beauty consists in the sandy beaches stretching along both sides of the peninsula. The rich culture, history and hospitality of the Kashubians living here make thousands of tourists come every year to visit Jastarnia, Jurata, Hel and Chałupy. The waters of Puck Bay are an ideal place for sailing, windsurfing and kitesurfing. In Hel you can see one of Europe's few seal aquaria with its famous grey seals.



Nowhere else will you find such harmony as that created here by nature: peace, forests smelling of resin, water and the gentle sea breeze which always bring about a feeling of well-being, improves health (particularly the respiratory tract) and helps visitors to relax. The beaches in the beautiful area of Mikoszewo, Jantar, Stegna, Sztutowo, Kąty Rybackie, Krynica Morska and Piaski invite you to visit and tempt you with their attractions. It's hard to get bored with the scooters and slides, air cushions, paragliders and cruises on ships or hydrofoils as well as tourist flights over the sand-bar.



The Seal Aquarium Seaside Boulevard 84-150 Hel, ul. Morska, tel. (+48) 58 675 08 36 www.fokarium.com www.polwysep.pl



www.mierzeja.pl www.stegna.ug.gov.pl www.sztutowo.ug.gov.pl 20

GDYNIA

Dar Pomorza



"Dar Pomorza" ("The Gift of Pomorze") is one of the most beautiful sailing ships to be preserved anywhere in the world. The famous "White Frigate" is a three-masted training ship. Launched in 1909 in Hamburg, it was bought in 1929 by the people of Pomorze. It was donated to the State Maritime School in Gdynia and it became the "cradle of navigators." In the course of 51 years it went on 102 training expeditions. In 1982 the flag was raised on its successor, "Dar Młodzieży" ("The Gift of the Young"), which was constructed in Gdańsk.



The destroyer ORP "Błyskawica" ("Lightning") is one of the most distinguished of ships, a veteran of sea battles in the Second World War and the possessor of the Virtuti Militari order. Constructed in England, it served under the Polish flag from 1937. Currently it is a museum-ship, where you can see the armaments and exhibitions of the history and traditions of the Polish Navy.



The Museum-Ship "Dar Pomorza" 81-345 Gdynia, Al. Jana Pawła II, Nabrzeże Pomorskie, tel. (+48) 58 620 23 71, fax (+48) 58 620 24 77 www.cmm.pl info@cmm.pl



GDYNIA

ORP Błyskawica 81-345 Gdynia, Al. Jana Pawła II, Nabrzeże Pomorskie, tel. (+48) 58 626 37 27 fax (+48) 58 626 36 58

The Gdynia Aquarium



In dozens of aquaria you can see marine animals from the seas and oceans of various parts of the world and also freshwater fauna and flora from all the continents. An equally impressive exhibition of marine animals and plants can be seen in the dioramas and display cabinets in the Teaching Room, the Invertebrate Room and the Baltic Room. There are also thematic exhibitions: "The Baltic Past and Present," "Let's Save our Baltic Sea," "The Flora and Fauna of the Baltic" and "The Birds and Mammals of the Baltic."



The Summer Stage of the Witold Gombrowicz Municipal Theatre on the beach in Gdynia-Orłowo is a unique place in Poland. The scenery is provided by the beach, the sea and Orłowo pier, illuminated by shafts of light from the setting sun and the discreet lights of the lampposts. The natural musical accompaniment is provided by the murmur of the sea and the cries of the seagulls. Every year plays by Shakespeare, Gombrowicz, Chekhov and other dramatists are presented here.



Gdynia Aquarium 81-345 Gdynia, Al. Jana Pawła II, tel. (+48) 58 621 70 21 www.akwarium.gdynia.pl akwarium@mir.gdynia.pl



Municipal Tourist Information (hall of Gdynia PKP Railway Station) 81-354 Gdynia, Pl. Konstytucji 1, tel./fax (+48) 58 721 24 66 www.gdynia.pl it@gdynia.pl

SŁUPSK



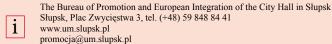
Słupsk, a typical medieval city planned with four gates looking in all four directions at once, symbolises hospitality and openness. Here history and the present combine to create an atmosphere that is friendly to tourists. When visiting the city, it is worth seeing the crooked tower of St Mary's Church from the 14th century. The city's mascot is a small amber figure of the Lucky Bear, which, so the legend says, brings good luck to anyone who possesses it.



The history of this figure is quite uncommon. It was found by accident during turf-cutting in a marsh near Słupsk in 1887. As a result of scientific research, it was stated that it was an amulet of a bear-hunter from the Neolithic period and could be over three thousands years old. Undoubtedly this is the oldest object to have been found anywhere in Słupsk. The small amber bear is now in the Kulturhistorischen Museum in Stralsund. According to the legend, the bear brings good luck and prosperity to all who possess it.



Tourist Information Centre Słupsk, ul. Sienkiewicza 19, tel. (+48) 59 842 43 26, tel./fax 59 842 07 91 www.slupsk.pl it.slupsk@mars.slupsk.pl

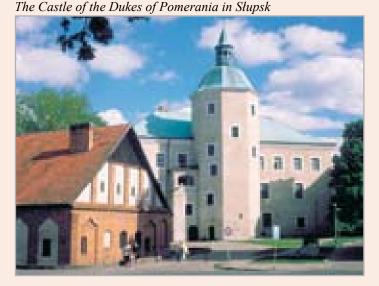


Słupsk, Plac Zwycięstwa 3, tel. (+48) 59 848 84 41 www.um.slupsk.pl promocja@um.slupsk.pl

Witkacy

SŁUPSK

Słupsk Festivals



It was in Słupsk in 1507 that the most outstanding of the rulers of Western Pomerania, Bogusław X, built his ducal residence. Over centuries of dramatic events the castle was rebuilt many times on account of the many functions it fulfilled. At the beginning of the 19th century the tower of the castle burned down and its ruins were dismantled. After the destruction of the Second World War, the castle was rebuilt in its old architectural form, between 1959 and 1965. Currently the castle houses the Museum of Central Pomerania. Tourists can admire the world's greatest and best collection of the paintings of Stanisław Ignacy Witkiewicz in the Castle of the Dukes of Pomerania.



The Museum of Central Pomerania, Słupsk, ul. Dominikańska 5-9 tel. (+48) 59 842 40 81, 59 842 40 82, fax 59 842 65 18 www.muzeum.slupsk.pl muzeum@mars.slupsk.pl



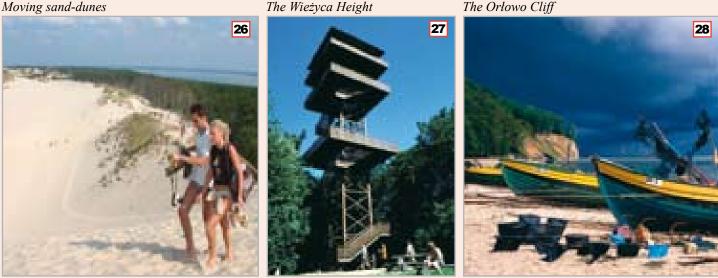
Currently the collection amounts to over 200 works, among which dominate portraits painted in pastels on paper. The works represent all phases of Witkacy's creative output - the youthful period, the Russian period, his years in the Formist group, the breakthrough year of 1924 and the years of the activity of the Portrait Firm. This is an obligatory stop for all art connoisseurs. Słupsk is well-known for its piano festivals, which are famous all over the world. The Festival of Polish Pianists has taken place here since 1967 and is among the most important classical music events in the country. Almost equal fame is enjoyed by the Festival of Organ Music and the Komeda Jazz Festival.



Permanent exhibition: "The Portrait Firm of Stanisław Ignacy Witkiewicz - Witkacy (1885-1939)" in the Museum of Central Pomerania in Słupsk The State Chamber Orchestra and Impresario Theatre, Słupsk, ul. Jana Pawła II 3, tel. (+48) 59 842 38 39, www.orchestra-agency.com.pl office@orchestra-agency.com.pl

THE WONDERS OF NATURE

The Wieżyca Height

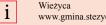


The Pomorskie Voivodeship has two national parks and nine landscape parks within it. Słowiński National Park is among the greatest rarities of Europe. It includes a sand-bar, which was thrown up by the sea and then blown further inland by the wind. This has created 30-metre-high sand-dunes. Because of its unique character and the natural and landscape features the area was added in 1977 to UNESCO's List of World Biosphere Reserves. In The Bory Tucholskie National Park there are many unique natural and landscape features and to a great extent it remains undiscovered by tourists. Dense pine forests are surrounded by a network of connected lakes, creating a wild country which fascinates visitors with its natural beauty. The landscape parks are: Dolina Słupi, Zaborski, Kaszubski, Trójmiejski, Nadmorski, Wdzydzki, Mierzei Wiślanej, Tucholski and Iławski. In all, some 30% of the surface area of the region is covered by various forms of protection, to maintain it's sustainable resources. The Wieżyca Peak (328.6 metres above sea level) - because of the beautiful views to be seen from the more than 30-metre-high observation tower, is one of the places most often visited by tourists. The area around the hill is protected as Szczyt Wieżyca Nature Reserve. Skiers can find good slopes here in winter. The Orlowo Cliff - along the picturesquely shaped seashore, within the boundaries of the Kepa Redłowska Reserve, there runs a path for seaside walks. The picturesque Orlowo Cliff attracts the attention here as it reaches over 90 m in height. There is also a preserved fragment of a natural deciduous forest here, with the most southerly examples of Swedish sorb among other examples.



Lobelia lakes

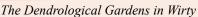
Słowiński National Park tel. (+48) 59 811 72 04, 59 811 73 39 www.mos.gov.pl/kzpn



www.gmina.stezyca.pl

THE WONDERS OF NATURE

The Mechowo Grottoes





These are unique post-glacial lakes with crystal-clear water, which include among their flora a very rare plant - Lake Lobelia. Within the voivodeship (in the Bytów, Chojnice, Człuchów and Słupsk poviats) there are several dozen such lakes designated as reserves. Some 15 km from Puck, on the edge of the Puszcza Darżlubska, in the village of Mechowo, you will find the largest examples of natural rock formations in Poland - the Mechowo Grottoes, discovered in 1818. The biggest cave is some 61 m in length. In the middle of the main corridor there is a chamber topped with a dome of dripstones of unusual colouring and shapes. One of these, because of its form and colour, has been named The Bleeding Heart. One of the biggest and oldest dendrological gardens in the country was established in the middle of the 19th century near Lake Borzechowskie. Currently the area of the gardens covers 33 hectares and contains over 450 species of trees and shrubs from all over the world. Among the attractions there are the viewing and educational trails, which promote ecological education, among other things.



The Mechowo Grottoes Mechowo tel. (+48) 58 673 90 02



The Dendrological Gardens in Wirty 83-224 Borzechowo, tel. (+48) 58 588 48 10

CULTURAL HERITAGE

Kluki

A chequered land



This is the name of the coastal lands of Central Pomorze, where the dominant element of the rural landscape is the profusion of whitewashed houses built from clay and with a wood construction painted black. This gives a very interesting artistic effect. A typical element of the rural landscape is the varied system of building layouts, including oval layouts, the older circular layout and the common roadside system, where the farmsteads were built alongside roads. Such a rural building layout is an exceptionally charming sight. The capital of this "land" is Swołowo.



The Słupia Association for Trademark Products of Rural Tourism 76-200 Słupsk, ul. Szarych Szeregów 14 tel. (+48) 59 842 54 17



The Museum of the Slovinian Countryside in Kluki 76-214 Smołdzino, tel./fax (+48) 59 846 30 20 Events: "Black Wedding" 1-3 May "Music and Bread Days" - every Saturday and Sunday in July and August

Its eastern part was once inhabited by Słowińcy (Slovinians), whose tradition and culture is presented in the Museum of the Slovinian Countryside in Kluki. This land

is also attractive from the environmental point of view. The beautiful countryside

such as the Słowiński National Park with the lakes of Gardno and Łebsko and the

Dolina Słupi Landscape Park (Słupia Valley) adds to the attraction of the region.



CULTURAL HERITAGE

Kociewie



The Żuławy region owes its present appearance to the work of many generations of settlers. They left behind them many traces of their culture (Gothic churches, arcaded houses) and later Europe's most numerous hydrotechnical constructions (canals, dikes, sluices and bridges). In the delta of the Vistula river there are some 300 km of waterways to attract tourists and fishermen. Today the Żuławy region is a small kingdom of many nations. Mementoes of them have been collected in the Żuławskie Museum in Nowy Dwór Gdański, the unofficial capital of the Żuławy region.



Kociewie is located in the eastern part of the Pomeranian Lake District, in the catchment area of two tributaries of the Vistula river - the Wierzyca and the Wda, known as Black Water. Kociewiacy belongs to one of the ethnic groups from East Pomerania. They date back to the 12th century. Like the Kashubians they have retained their dialect, culture and folklore. The typical embroidery of the region is nowadays used as a motif to decorate folk costumes, tablecloths, serviettes and tapestries. The characteristic landscape is created by folk architecture and numerous roadside crosses and chapels. The capital of Kociewie is Starogard Gdański, whose history was formed by 3 cultures: Polish, German and Jewish.



Żuławskie Museum Nowy Dwór Gdański, ul. Kopernika 17 tel. (+48) 55 247 57 33, 55 247 24 01 int. 37



The Kociewie Museum Main Square of Starogard Gdański (in the Town Hall) tel. (+48) 58 562 36 47 ul. Boczna 3 (in the Bastion), tel. (+48) 58 562 46 75 www.kociewie.pl 25

KASHUBIA

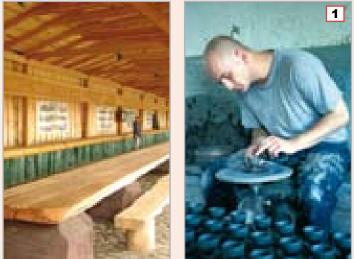
Kashubia

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This is the most varied landscape in the region. Its uniqueness consists of the hundreds of crystal-clear lakes, the hilly terrain covered by beautiful forests and the sandy beaches of the coast. These lands have been inhabited for centuries by the indigenous Kashubians, who have maintained fidelity to their customs and have thus managed to retain their own language and literature.

The Workshop and Museum of Kashubian Pottery



The Workshop and Museum of Kashubian Pottery Chmielno is one of the oldest places in Pomerania, with a mention of a settlement dating back to 1220. The famous pottery works of the Necel family has been in production here from the 19th century to the present day. Here one can watch the process of crockery being made by hand, decorated and fired. In 1993 the Museum of Kashubian Pottery was opened with displays of goods produced by the last three generations of potters. Also in Kashubia, in the town of Szymbark, you can see the World's Longest Plank, which is 36.93 m long.



The Museum of Kashubian Writing and Music 84-200 Wejherowo, ul. Zamkowa 2A, tel. (+48) 58 672 29 56, www.muzeum.wejherowo.vip.interia.pl sekretariat@muzeum.wejherowo.pl



The World's Longest Plank: The Centre for Education and Regional Promotion Szymbark, tel. (+48) 58 685 05 29, 58 684 69 33 cepr@jakr.pl

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The Museum of Kashubian Pottery 83-333 Chmielno, ul. Gryfa Pomorskiego 65, tel. (+48) 58 684 22 89 http://necel.w.interia.pl necel@interia.pl



Wdzydze Kiszewskie



The cultural achievements of these people, in the form of embroidery, music and pottery, can be seen: in The T. and J. Gulgowscy Kashubian Museum Ethnographic Park in Wdzydze Kiszewskie, in the Kashubian Museum in Kartuzy and in the Fisherman's Hut in Jastarnia. You can best get to know Kashubian culture by joining in the wide range of festivals and seasonal events, such as: the International Folklore Festival, which takes place in 7 Kashubian towns, the Kashubian Rally in Wejherowo, the Kashubian Fair in Kartuzy and Wejherowo, the Tournament of Folk Storytellers in Wiele or the annual Fish Feast on the Festival of St Peter and St Paul in Puck.



83-300 Kartuzy, ul. Kościerska 1 tel. (+48) 58 681 14 42, fax 58 681 03 78 www.muzeum-kaszubskie.gda.pl www.kaszuby.com.pl muzeum@muzeum.kaszubskie.gda.pl

The Kashubian Museum



The T. and J. Gulgowscy Kashubian Museum in the Ethnographic Park in Wdzydze Kiszewskie, 83-406 Wąglikowice, tel. (+48) 58 686 12 88, 58 686 11 30, www.muzeum-wdzydze.gda.pl muzeum@muzeum-wdzydze.gda.pl

The museum in Wdzydze Kiszewskie is the oldest open-air museum in Poland. In

2006 it will celebrate the centenary of its existence. The museum is located in an

area especially attractive to tourists, linking landscape features with educational

and recreational facilities. The picturesque buildings of old farms from Kaszuby and Kociewie have been recreated on a 22-hectare site above the "Kashubian Sea,"

the complex of Wdzydze lakes. Each of the 40 historic buildings and complexes

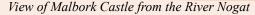
presents a varied picture of the life of the inhabitants of Pomeranian villages from

the 18th to the 20th centuries. The annual programme of events, centred on the

Wdzydze Fair, allows everyone to find something to please his or her taste.

The Kashubians

MALBORK











MALBORK

The Cloisters of the High Castle The Summer Refectory

We invite you to the city of Mary, the old capital of the Teutonic Knights, the biggest Gothic fortress in Europe. The castle in Malbork is the world's biggest castle complex, covering an area of 21 hectares, and it is believed to be the biggest brick construction to have been built by human hands. In 1997 it was added to UNESCO's World Cultural and Natural Heritage List. It is famous as a masterpiece of defensive and residential architecture from the late Middle Ages. Since 1961 the fortress on the Nogat has belonged to the Castle Museum. The museum's tasks include taking care of the monumental substance of the castle, conducting scientific research and conservation work, accumulating and providing access to the collections and conducting educational activities. The Castle Museum has 23 collections, including art, artistic craftwork, architecture and history. Among the most interesting are the collections of amber artefacts, militaria, coins, architectural details and sculptures. Apart from its basic activities, the museum is also committed to organising symposia, meetings of professional groups, banquets, workshops and adventure events in the castle. For five years it has organised an open-air spectacle entitled "The Siege of Malbork." The castle on the Nogat often features in films and in television programmes. Anyone who likes adventure is invited to take a "walk through the Middle Ages" and a night-time visit to the castle. In the summer season you can watch a "Sound and Light" spectacle in the evenings.



The Courtyard

The Castle Museum, Malbork ul. Starościńska 1 Ticket reservations: tel. (+48) 55 647 09 78, fax 55 647 09 76, 55 647 09 77, www.zamek.malbork.pl kasa@zamek.malbork.pl



The Polish Gothic Castles Association 10-006 Olsztyn, ul. Pieniężnego 10, tel./fax (+48) 89 535 32 76, e-mail: info@zamkigotyckie.org.pl www.zamkigotyckie.org.pl

The Palace of the Grand Master



CULTURAL HERITAGE



17



On the picturesque cliff at the edge of Puck Bay, on the old lands belonging to the Wejher, Radziwiłł and Sobieski families, there stands a Neo-Gothic castle. Surrounded by a beautiful park, it is reminiscent of a medieval palace. An avenue of linden trees leads up to the gate - the first trees, according to legend, were planted by King Jan Sobieski III. Once an aristocratic residence, today it is a hotel offering its guests comfort and relaxation. The atmosphere of bygone ages especially conducive to spending time sitting by the fireplace in a hunting lodge in the evening, sipping excellent wines in the stylish wine-vault or banqueting by a bonfire.



This defensive castle was built from stone and brick at the turn of the14th and 15th centuries. It is situated on an artificial island, surrounded by a moat and a beautiful park with its Philosophers' Avenue. These days only a few items of the earlier interior decoration have survived in the palace: a wooden ceiling from the end of the 17th century, baroque stucco work, fireplaces, stoves and heating chambers. Today there is a luxury hotel in this beautifully restored castle, as well as a restaurant, a conference centre and a regional museum.



The Castle of Jan III Sobieski 84-100 Puck, Rzucewo 6 tel. (+48) 58 673 88 05 rzucewo@zameksobieski.pl www.zameksobieski.pl



The Kashubian Centre for European Meetings The Castle in Krokowa 84-110 Krokowa, ul. Zamkowa 1 tel. (+48) 58 774 21 11 www.maxmedia.pl/krokowa

Waplewo Wielkie





The history of this village goes back to the beginning of the 4th century. Its name comes from that of its owner - Wappel. What remains of the manor house (Dwór) has been designated a listed building. It is surrounded by an 18th-century park with natural monuments. The house belonged to well-known Polish dynasties: the Niemojewski, Zawadzki and Sierakowski families, and was famous for centuries as an important centre of Polish culture. What is noteworthy is the fact that the manor was visited by many famous Poles: Chopin, Kraszewski, Matejko, Żeromski. It is a charming place for strolling and horse-riding.



Będomin is the birthplace of the author of the "Mazurek Dąbrowskiego" (Poland's national anthem), Józef Wybicki. Today the manor-house houses the Museum of the National Anthem but it once belonged to the Wybicki family. It is a unique place in Poland and in the whole world. Here we can see the music and the text of the anthem published in Paris in 1856 in Polish and French as well as two travesties published in Germany in the 19th century.



Waplewo Wielkie The gmina of Stary Targ in the poviat of Sztum Gmina Hall in Stary Targ tel. (+48) 55 640 50 50



Będomin - the Museum of the National Anthem 83-422 Nowy Barkoczyn, Gmina Nowa Karczma tel. (+48) 58 687 71 83 www.muzeum.narodowe.gda.pl

Będomin

CULTURAL HERITAGE

Pelplin

Kartuzy



The post-monastic Church of the Assumption of the Blessed Virgin Mary in Kartuzy is a relic of the activity of the Carthusian Order, a very strict brotherhood whose members would greet each other with the words "memento mori." In the 18th century the roof of the church was rebuilt, giving it the shape of a coffin. Inside visitors can marvel at the unique 17th-century leather cordovans, the main altar and the baroque stalls decorated with bas-reliefs. In July and August the Kartuzy Summer Organ Concerts take place in the church, which has been recently elevated to the status of a collegiate church. Nearby, in the Refectory Gallery, there are temporary exhibitions by contemporary artists.



In 1274 Duke Mestwin founded a Cistercian abbey here. The monks brought by him from Meklemburg were for 600 years the landlords of Pelplin lands. They left behind them the Gothic monastery complex and the Cathedral Basilica. The construction of this church with its nave and two aisles was finished in the middle of the 15th century. Cathedral visitors can marvel at the altars from the 17th and 18th centuries, the stalls, the pulpit, the organ and the monastery cloisters. The Diocesan Museum owns Poland's only copy of the Guttenberg Bible, one of only 47 in the world. There are also crucifixes, figures of the Madonna and the saints, priceless incunabula and old manuscripts.

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CollegiateThe Roman Catholic Parish of the Assumption of the Blessed Virgin Mary 83-300 Kartuzy, ul. Klasztorna 5 www.kartuzy.pl

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The Higher Spiritual Seminary in Pelplin Wicket Gate 83-130 Pelplin, pl. Mariacki 7, tel. (+48) 58 536 16 64, seminarium@pelplin.diecezja.org www.pelplin.pl

Chojnice



A fortified stronghold of the Pomeranian dukes, and conquered by the Teutonic knights in 1309. Chojnice's oldest historic building is the Gothic Church of the Beheading of St John the Baptist from 1340-1360. It is brick-built and has a nave and two aisles. The late baroque period is represented by the Church of the Annunciation of the Blessed Virgin Mary and the neighbouring Jesuit College. Fragments of the town walls from the fourteenth century have survived, along with a few bastions and gates. The square, two-storey bastion Kurza Stopa ("Chickenfoot") now houses the Gallery of Polish Art. The Old Town with the restored Town Hall and town-houses from the 17th and 19th centuries is a popular place for strolling.

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Promotion of the Chojnice Region 89-600 Chojnice, ul. Stary Rynek 4 tel. (+48) 52 397 05 97, fax 52 397 36 75 promocja@chojnice.pl www.promocja.chojnice.pl Lębork

CULTURAL HERITAGE



Despite a stormy history, many interesting historic buildings have survived here, including the Church of St James from the turn of the 14th and 15th centuries, the Ivy Bastion from the 14th century, the Teutonic castle from the second half of the 14th century, which was the guest house for Knights of the Cross and their guests from Western Europe on their way to Malbork, the mill and the so-called Miller's House from the turn of the 14th and 15th centuries, the salt store from the 16th century, the Town Hall from 1900, the Post Office building from 1905, the Church of the Blessed Virgin Mary, Queen of the Polish Crown, from the 19th century, a complex of bourgeois town-houses from the turn of the 19th and 20th centuries and the water-tower from 1912.

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Department of the Promotion and Development of the Poviat 84-300 Lębork, ul. Czołgistów 5, tel. (+48) 59 863 28 20 www.lebork.pl www.powiat-lebork.com

THE GOTHIC CASTLE TRAIL

Cuir

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Built at the turn of the 13th and 14th centuries, the castle was the residence of Teutonic Commanders and local officials. Currently Gniew Castle houses the Castle in Gniew Foundation, the Town Council, a branch of the Archaeological Museum in Gdańsk, the Chivalric Brotherhood of Gniew Castle Association as well as two restaurants, hotel accommodation for ninety guests and a conference centre. Since 1992 spectacles and historical pageants (Vivat Vasa!) have been staged here, knightly tournaments and "living history lessons." Gniew Castle is well known as one of the main centres promoting medieval traditions in Poland.



The main attraction in Bytów is one of the biggest Teutonic fortresses built at the turn of the 14th and 15th centuries. Its western defensive wall is one of the highest and best-preserved curtain walls in Europe. The castle has been rebuilt many times and has been put to many uses, including a court, a prison and a border guard-post. Currently the castle complex houses the Western Kashubian Museum with its rich ethnographic collection, the Municipal Library, the Tourist Information Office, a hotel, the Zamek Restaurant and the Chivalric Brotherhood of Bytów Castle. Cultural events, meetings and varnishing days are organised here regularly.



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



THE GOTHIC CASTLE TRAIL

The Bytów Tourist Information Centre 77-100 Bytów, ul. Zamkowa 2, tel. (+48) 59 821 13 84 The Western Kashubian Museum 77-100 Bytów, ul. Zamkowa 2 tel./fax (+48) 59 822 26 23, www.muzeum-bytow.pl muzeumbytow@poczta.onet.pl

Kwidzyn



Its brick mass rises majestically above the edge of the Vistula river valley, dominating the view of the town. In the castle the northern and western wings have been preserved, along with three corner towers. Particularly exceptional are two extended cloisters, each ending in a supporting tower, a great Dansker and a well tower. The attraction of the castle is a courtyard with a two-storey arcaded cloister. Thanks to the good acoustics, the courtyard is used in the summer for cultural events. To this day a branch of the Castle Museum in Malbork is housed in the preserved northern and western wings.

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The Museum in Kwidzyn, a branch of the Castle Museum in Malbork Kwidzyn, ul. Katedralna 1, tel. (+48) 55 646 37 80, fax 55 646 37 81 The Liwa Tourist Association 82-500 Kwidzyn, tel. (+48) 55 279 58 12 liwa@kwidzyn.pl



Sztum and Człuchów are medieval towns where the Teutonic Order left its mark. In the 14th-century castle in Sztum there is currently a museum, while the past is recalled by historic stagings, tournaments, combat displays by knights, archers and crossbowmen, all presented by the members of the resident Knightly Brotherhood of the Sztum Lands. In the fortress in Człuchów, once the greatest in Pomerania, there remains mere fragments of the outer walls, the Witches' Tower, the dungeons and the medieval castle tower, from which there is a wonderful view.

i Sztu Sztu VWV Człu

Sztum Town Council Sztum, ul. Mickiewicza 39, tel. (+48) 55 640 63 93 www.sztum.pl Człuchów - The Poviat Centre for Education and Culture tel./fax (+48) 55 834 53 66

PLACES OF NATIONAL REMEMBRANCE

Westerplatte



It was here, at Westerplatte on the 1st September 1939, that shots from the German battleship "Schleswig-Holstein" began the Second World War. The heroic sevenday-long defence by 182 Poles against 3,400 Germans has passed into history. The losses on the Polish side amounted to 15 dead and on the German side to 400. To commemorate this event a 25-metre monument was erected on the site, along with a huge inscription: "No More War." Every year on 1st September, at 4.45 a.m. exactly, there is a solemn ceremony to mark the anniversary of the outbreak of World War II.



The staff of the Polish Post Office in Gdańsk became famous because of their heroic defence of the building against units of the police and SS Heimwehr on the 1st September 1939. After an uneven 14-hour-long battle, the Polish Post Office workers surrendered. On 5 October 1939 they were shot in the Gdańsk district of Zaspa. Today this event is commemorated by a monument in front of the building and by collections in the Post Office and Telecommunications Museum. The defenders of the Post Office were posthumously awarded the Virtuti Militari Cross.



The History Museum of the City of Gdańsk Guardhouse no. 1 Gdańsk, ul. Mjr. H. Sucharskiego tel. (+48) 58 767 91 62 www.mhmg.gda.pl

	The History Museum
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	Gdańsk, Pl. Obrońcó
-	tel. (+48) 58 301 76 1

n of the City of Gdańsk Polish Post Office in Gdańsk w Poczty Polskiej 1/2 1 ww.mhmg.gda.pl

PLACES OF NATIONAL REMEMBRANCE

Stutthof



The construction of the camp began in July 1939. On the 2nd September 1939 about 150 people were brought to Stutthof, mainly the local intelligentsia, priests and soldiers. This moment was the beginning of the several-year-long tragic history of this place. During the functioning of Stutthof, over 110,000 people of 25 nationalities were imprisoned here. Of these, 85,000 died. Currently the former camp houses the Stutthof Museum and a memorial commemorating those who were murdered here.

The Piaśnicki Forest

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Among the best-known places of wartime martyrdom in the region is the Piaśnicki Forest, where the Nazis murdered some 12,000 people in the autumn of 1939. The forest is located some 5 km beyond Wejherowo on the Puszcza Darżlubska trail.



The Stutthof State Museum 82-110 Sztutowo, ul. Muzealna 6 tel. (+48) 58 247 83 53, 58 247 83 59 fax 58 247 83 58 www.stutthof.pl



The graves and monuments in the Piaśnicki Forest lie near local road no. 217 on the way to Krokowa. The PKS bus-stop is on the Krokowa road near the Piaśnicki monument.

SANCTUARIES

The Wejherowo Calvary



The initiator of the construction of the Wejherowo Calvary was Jakub Wejher, the founder of the town of Wejherowo. Work began in 1649. Inside the chapels there are many interesting figures and paintings. The Calvary consists of 26 beautiful chapels scattered around the wooded hills above the River Biała. The paths and chapels are laid out based upon the dimensions of Jerusalem. Since that time the nearby river has been called the Cedron. Religious ceremonies and indulgences take place here - they have been attended for over 300 years by inhabitants of Wejherowo and the neighbourhood and by people from all over Poland.



Kościerzyna is the only town in Europe to have in one parish two sanctuaries of the Blessed Virgin crowned by pope John Paul II. These are the sanctuary of Our Lady of Kościerzyna, Queen of the Family and the Sanctuary of Our Lady of Sorrows. The object of worship in the former is a painting in the Church of the Holy Trinity. It has been in Kościerzyna since 1660 and is famous for many acts of mercy. The object of worship in the latter is a figure from 1430 of Our Lady of Sorrows, known as the Kościerzyna Pieta and depicting Mary holding the body of the dead Christ.



The Wejherowo Calvary is open to individual visitors seven days a week Organised groups should contact the monks by telephone in order to agree the route of the excursion. tel. (+48) 58 672 17 55



The Parish of the Holy Trinity 83-400 Kościerzyna, ul. Kościelna 5tel. (+48) 58 686 26 50 www.sanktuarium.pl

The Convent of the Nuns of the Immaculate Conception 83-400 Kościerzyna, ul. 8 Marca 2, tel. (+48) 58 686 31 56

Swarzewo



In Swarzewo, a village on the Baltic coast, there is the Sanctuary of Our Lady of Swarzewo, Queen of the Polish Sea. The first pilgrims came here in the 17th century on fishing boats and cutters. The legend says that the miraculous figure was brought here in the fifteenth century by Dutch sailors who were terrified of a storm and began to pray for salvation to a wooden figure sculpted by one of the members of the crew. The prayers were answered. The water in the chapel nearby is also said to have miraculous properties.

SANCTUARIES

Sianowo



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Sianowo, a village mentioned in documents from the 14th century, lies in the picturesque area near Lake Sianowskie. It is known for its Sanctuary of Our Lady, to which come Kashubian pilgrims. In the historic 18th-century church there is a wooden Gothic figure of Our Lady of Sianowo, Queen of the Kashubians, which is famous for miracles, performed for centuries. Near Gniew, in the Church of the Nativity of Our Lady in a place called Piaseczno, there is a figure of the Queen of Pomorze from the second half of the 14th century. In 1968 it was crowned by Karol Wojtyła, then the Metropolitan of Kraków, who later became pope John Paul II.



The Sanctuary in Swarzewo Swarzewo, 84-100 Puck ul. Ks. Pronobisa 6



Sianowo is located 12 km from Kartuzy on the road to Mirachowo The Roman Catholic Parish of Piaseczno 83-123 Piaseczno near Gniew Access: 5 km south on road no. 1