



Explore Małopolska

A guide to selected routes
and tourist trails



Województwo
Małopolskie

Małopolska Region

Małopolska – general information

The capital of the region: Kraków

Larger towns: Tarnów, Nowy Sącz

Area: 15 190 sq km (5% of Poland's area)

Population: 3 260 200

Climate: moderate

Land sculpture: varied, lowlands (the Vistula valley), uplands (Krakowsko-Częstochowska Upland), hills, (the Karpackie Foothills), montane (the Tatras [Tatry], the Beskidy Range, the Pieniny Range); only 9% of the area lies below 200 asl, and more than a half – above 500 m asl; the highest peak Rysy (2499 m asl)





The Wawel Cathedral



Szczawnik



Czchów



Tatras

Symbols used in the text

-  The UNESCO-listed site
-  Church, chapel
-  Orthodox church
-  Museum
-  Castle, stronghold
-  Historic landmark
-  Nature attraction
-  Curiosity/Noteworthy
-  Practical information

Chapter 1

10 reasons to visit Małopolska	2
Practical information	4

1

Chapter 2

Thematic routes	6 – 13
The UNESCO Route	6
The Wooden Architecture Route	8
The Jewish Route in Małopolska	9
The Route of Orthodox churches	10
John Paul II Route	12
In the heart of Małopolska – Kraków environs	14 – 24
Kraków	14
The Salt Route	15
The land of Eagles' Nests	16
Towards 'Calvary Paths'	18
By bicycle round Tyniec and Bielany	20
By bicycle through the Polish Jura	22
On foot	23
In the saddle	23
Nature excursions	23
Skiing	24
Everything you love about the mountains – Zakopane and Podhale	25 – 36
Zakopane	25
Round Mt Babia Góra – the queen of the Beskid	26
Towards the Dunajec gorge	28
The Gothic Route	30
Along the winding narrow paths of Spisz	31
On foot	32
Extreme sports	35
Skiing	35
For health and beauty – between Szczawnica and Krynica	37 – 45
Szczawnica	37
Round the Pieniny	37
On foot	38
Skiing	39
The Dunajec gorge	40
Krynica Zdrój	42
The magic beauty enchanted in wood	42
On foot	43
Skiing	43
Secrets of the Low Beskid	44
Meeting many cultures – Tarnów environs	46 – 48
Tarnów	46
By the quiet stream of the Vistula	47
The 'Fossil City' and lace	48
In the Dunajec and Poprad valley – Nowy Sącz environs	49 – 51
Nowy Sącz	49
Round lakes Czchów and Rożnów	50
In the kingdom of wood and fruit	51
Małopolska in 3 days	52 – 53
The most interesting sights	52
Outside the most frequented routes	53

2

Chapter 3

Accommodation	54
----------------------------	-----------

3

1 10 REASONS TO VISIT MAŁOPOLSKA

The capital and larger towns

Kraków – the former capital of the country brings together all what is Polish and all what a tourist seeks – it is difficult to list all Kraków's attractions... **Tarnów** – the largest town in the eastern part of the region is famous for its historic buildings and numerous traces of the rich Jewish culture. **Nowy Sącz** delights us with its splendid Sącz Ethnographic Park and the beautiful wildlife.



Kraków

Heritage

In Małopolska are **8 sites listed by the UNESCO** List of the World Cultural and Natural Heritage (out of 16 such heritage sites in Poland). These are: the historic City Centre in Kraków, the Wieliczka Salt Mine, the former Nazi German Concentration Camp Auschwitz-Birkenau, the Christ's Passion Route and Sanctuary in Kalwaria Zebrzydowska and the wooden churches in Binarowa, Dębno, Lipnica Murowana and Sękowa.



Kalwaria Zebrzydowska

People

Many famous people are connected with this region, including Pope John Paul II, General Józef Bem, Roman Ingarden, Tadeusz Kantor, Jan Kiepura, Tadeusz Kościuszko, Jan Matejko, Józef Mehoffer, Helena Modrzejewska, Sławomir Mrożek, Ignacy Jan Paderewski, Krzysztof Penderecki, Ludwik Solski, Wisława Szymborska, Józef Tischner, Stanisław Witkiewicz, to mention but a few prominent personages associated with Małopolska, who contributed to the development of the region, the country and the world.



John Paul II

Events

Małopolska is vibrant with life, offering entertainment for visitors from all over the world. And there is nothing surprising about that, if we mention several of events: the Małopolska Days of Cultural Heritage, the Jewish Culture Festival (Kraków), the International Festival of the Mountain Region Folklore (Zakopane), the Jan Kiepura Festival (Krynica) or the International Festival of Chamber and Organ Music (Wygieźłów).



J. Kiepura's Festival

Health resorts

Health resorts in the Małopolska Region – Krynica, Szczawnica, Muszyna, Piwniczna, Rabka, Swoszowice, Wapienne, Wieliczka, Wysowa, Żegiestów – are beautiful and difficult to over-rate with regard to their positive influence on patients' health. Moreover, splendid nature, numerous natural sources of mineral waters and the welcoming inhabitants add to the charms of local spa towns.



Szczawnica

Hospitality and tradition

Traditions and customs of Małopolska region such as: the Lajkonik pageant (a Tartar-style dressed man riding a hobbyhorse) in Kraków, commemorating a Tartar raid, or the competition of Nativity cribs or Easter palms, arouse interest and admiration. The old Polish hospitality has already become proverbial, especially because Małopolska inhabitants gladly offer a treat of first-class **delicacies** such as: sheep's milk cheese – *oscypki*, Łącka plum vodka, bagels – *obwarzanki* or *kremówki* (sweet cream cakes).



Oscypki – sheep's milk cheese

Nature

In the area of Małopolska there are 6 national parks (Babia Góra, Gorce, Magura, Ojców, Pieniny, Tatra) within a radius of only 100 km. This is also one of the few regions where we can find both the Alpine-like **Tatras** (with Lake Morskie Oko – the most famous Polish lake and Zakopane – the winter capital of Poland), and a real desert (**Błędownska Desert**).



Lake Morskie Oko

Salt and mineral waters

Anyone who has not yet tried salt from the Wieliczka and Bochnia mines, must make up for this as soon as possible, visit the local underground salt world with its chapels, lakes and a museum exhibition. And afterwards one is invited to the nearby health resorts to sample mineral waters of different tastes and healing properties.



Salt crystals

Active tourism

Those who dream about spending their spare time actively must come to Małopolska! Here they can find numerous tourist trails, **go rafting on the Dunajec River** – an unforgettable adventure, visit the **Krakowsko-Częstochowska Jura** – the best place for rock climbing, cave exploration, hang-gliding, cycling and horse riding enthusiasts, **the Tatras and the Pieniny Mountains** – with a dense network of tourist trails.



Skiing

Wooden architecture

The **Wooden Architecture Route of Małopolska** is a world of picturesque small churches, orthodox churches, manor houses and open-air museums, that everyone admires. Among the most beautiful places we can find churches in Dębno, Sękowa, Binarowa and Lipnica Murowana (on UNESCO List) and a unique painted village – **Zalipie** – every building there is covered with beautiful, painted flowers...



Orthodox church in Kwiatów

TRAVEL

BY CAR

The national and local road network in the region is well developed. The use of national roads is free, the use of the A4 motorway (Katowice – Kraków) costs: 10 zloty – for a private car, 22 zloty – for other vehicles.

National roads running through Małopolska:

- **Road No 4:** the German border – Wrocław – Katowice – Chrzanów – Kraków – Tarnów – Rzeszów – the border with the Ukraine
- **Road No 44:** Gliwice – Mikołów – Tychy – Oświęcim (Auschwitz) – Zator – Skawina – Kraków
- **Road No 94:** Legnica – Prochowice – Wrocław – Opole – Strzelce Opolskie – Toszek – Pyskowice – Bytom – Będzin – Sosnowiec – Dąbrowa Górnicza – Olkusz – Kraków – Balice
- **Road No 7:** Gdańsk – Elbląg – Warsaw – Radom – Kielce – Kraków – Chyżne (state border)
- **Road No 79:** Warsaw – Kozienice – Zwoleń – Sandomierz – Połaniec – Nowe Brzesko – Kraków – Trzebinia – Chrzanów – Jaworzno – Katowice – Chorzów – Bytom

Maximum speed permitted:

- 50 km/h – towns, built-up areas
- 90 km/h – not built-up area
- 100 km/h – express ways
- 130 km/h – motorways

BY TRAIN

Małopolska has direct railway connections with all larger cities in Poland and many abroad, including with Vienna, Prague, Berlin, Bucharest, Bratislava, Kiev, Lvov, Odessa and Budapest.

Information about timetables, train stations and connections can be obtained at: www.pkp.pl; railway information tel: (0-12) 94 36.



Important telephone numbers

Ambulance service: **999**
 Fire brigade: **998**
 Police: **997**
 Emergency road service: **981**
 Rescue number in the mountains: **0 601 100 300**

BY BUS

Most places in Małopolska can be reached by bus. PKS is the main transport agent. Bus stations are usually situated near railway stations. Larger towns in Małopolska have regular bus connections with many places in Poland and Europe. Ticket prices are related to journey distances and the kind of a connection (regular, fast). In ticket offices one must pay in cash!

More information at: www.pks.krakow.pl.



BY PLANE

Małopolska has plane connections with Amsterdam, Berlin, Budapest, Chicago, Frankfurt, Cologne, Copenhagen, London, Milan, Munich, Paris, Prague, Rome, Stuttgart, Tel Aviv and Vienna, and also with Warsaw. Flights are offered by several airlines, among others LOT, Air France, Austrian Airlines, British Airways, Swiss, EuroLOT, Lufthansa, SkyEurope, Ryanair.

The Airport at Kraków-Balice, tel: (0-12) 639 30 00, www.lotnisko-balice.pl. The route: the airport – Kraków's centre is served by bus lines No 192 and 208.

BORDER CROSSINGS

Małopolska borders Slovakia in the south; there are border crossings of different kinds: railway, road – with no restrictions, road crossings excluding vans and trucks, and also border crossing points on tourist trails – only for pedestrian. Crossing rules are similar to those in the most EU countries.

More information at: www.clo.gov.pl.



Road border crossing points (twenty-four-hour traffic)

- Chocholów – Sucha Hora, tel: (0-18) 275 71 26; for passenger and goods traffic up to total vehicle weight of 3.5 tonnes; near Zakopane
- Chyżne – Trstena, tel: (0-18) 263 17 14; passenger and goods traffic; on the international route E7: Gdańsk – Warsaw – Kraków – Chyżne – the state border – Bratislava
- Jurgów – Podspady, tel: (0-18) 202 25 00; for passenger and goods traffic up to total weight of 7.5 tonnes; the Tatra administrative district, the Bukowina Tatrzńska commune
- Koniczna – Becherov, tel: (0-18) 351 00 54; passenger traffic; on the route: Tarnów – Gorlice – state border – Becherov – Koszyce – Bucharest – the south of Europe
- Leluchów – Círc, tel: (0-18) 471 83 99; passenger traffic (also coaches) and vans/trucks up to total weight of 7.5 tonnes; on the route Kraków – Nowy Sącz – the state border – Koszyce – Southern Europe
- Łysa Polana – Tatranská Javorina, tel: (0-18) 264 82 94; passenger and goods traffic; on the route: Kraków – Nowy Targ – Bukowina Tatrzńska – the state border – Poprad
- Niedzica – Łysa on the Dunajec, tel: (0-18) 262 96 33; passenger traffic; on routes: Nowy Targ – Dębno – the state border – Spiska Bela – Poprad and Nowy Targ – Krościna – the state border – Cervený Kláštor – Stara Ľubovna
- Piwniczna – Mnišek on the Poprad, tel: (0-18) 448 42 00; passenger traffic; on the route: Kraków – Nowy Sącz – the state border – Košice – Budapest – the south of Europe
- Winiarczykówka – Bobrov, tel: (0-18) 264 78 93; passenger and commodity traffic up to total weight of 7.5 tonnes; on the route Kraków – Rabka – Jablonka – the state border – Bobrov

TOURIST INFORMATION

Kraków

City Information Network – city information offices: The Town Hall Tower [Wieża Ratuszowa], Rynek Główny 1, tel: (0-12) 433 73 10; the International Airport in Balice, tel: (0-12) 285 53 41; ul. Szpitalna 25, tel: (0-12) 432 01 10, 432 00 60, fax: (0-12) 432 00 62, it-krakow@wp.pl, www.krakow.pl; ul. Św. Jana 2, tel: (0-12) 421 77 87, fax: (0-12) 430 65 03; ul. Józefa 7, tel: (0-12) 422 04 71, fax: (0-12) 421 77 31, biuro@kazimierz

biuro.kraknet.pl; os. Słoneczne 16 (os. - residential area), tel: (0-12) 643 03 03; the common e-mail address: it@infokrakow.pl

The Małopolska Information Centre, Cloth Hall [Sukiennice] Rynek Główny 1/3, tel: (0-12) 421 77 06, fax: (0-12) 421 30 36, info@mcit.pl, www.mcit.pl

The Diocesan Information, Promotion and Tourism Centre, ul. Wiślna 12, tel: (0-12) 430 20 10, fax: (0-12) 430 20 10, dci@diecezja.krakow.pl, www.dci.diecezja.krakow.pl

KRYNICA ZDRÓJ

Tourist Information Centre, ul. Piłsudskiego 8, tel: (0-18) 471 56 54, fax: (0-18) 471 55 13, it@krynica.pl, www.krynica.pl

NOWY SĄCZ

Tourist Information Centre, ul. Piotra Skargi 2, tel/fax: (0-18) 443 55 97, 444 24 22, cit@sarr.com.pl, www.cit.com.pl

OSWIĘCIM

Municipal Tourist Information Office, ul. Leszczyńskiej 12, tel: (0-33) 843 00 91, fax: (0-33) 843 24 81, mpit@um.oswiecim.pl, www.mpit-oswiecim.neostrada.pl

SZCZAWNICA

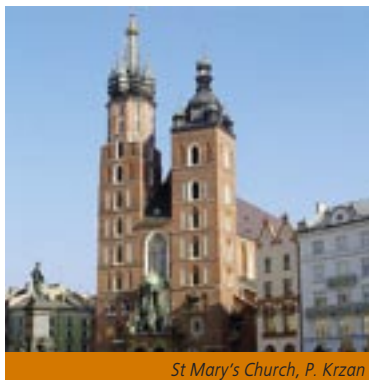
PTTK Tourist Information, ul. Główna 1, tel: (0-18) 262 23 32, www.pttk.szczawnica.pl

TARNÓW

Regional Coordination and Tourist Service Centre in Tarnów, Rynek 1, tel: (0-14) 627 87 35, 627 87 36, fax: (0-14) 628 34 40, centrum@turystyka.tarnow.pl, www.turystyka.tarnow.pl

ZAKOPANE

Tourist Information Centre, ul. Kościuszki 17, tel: (0-18) 201 22 11, fax: (0-18) 206 60 51, info@um.zakopane.pl, www.zakopane.pl



St Mary's Church, P. Krzan

The UNESCO Route

Type: car route

Route: Kraków – Oświęcim – Kalwaria Zebrzydowska – Dębno Podhalańskie – Sękowa – Binarowa – Lipnica Murowana – Wieliczka – Kraków

In 1972 UNESCO adopted *The World Heritage Convention*. The idea of creating a special list came, to which member countries would nominate their own most important monuments, came to being. 8 sites in the Małopolska Region were entered on the UNESCO List of the World's Cultural and Natural Heritage. These are various sites, but have one thing in common – all of them are sites of great significance for Earth heritage.

Kraków's historic centre with its numerous ancient monuments is a jewel cherished by tourists. It bears witness to the thousand years of the city's history. The 700-year-old mediaeval urban lay-out has remained intact, along with the former satellite towns of Stradom and Kazimierz (presently districts of Kraków). Among other monuments the remains of municipal fortifications with the unique Barbican, the Arsenal and the Floriańska Gate [Brama Floriańska] and Wawel Royal Castle have survived the storms of

history. Among the most interesting streets are: Grodzka Street (where, side by side, stand the Romanesque Saint Andrew's church, Gothic and Renaissance buildings of Collegium Juridicum and the Baroque Church of SS Peter and Paul) and Kanoniczna Street – considered the most beautiful in the Old Town. 📍 www.malopolska.pl/tourism, www.krakow.pl

In Oświęcim one should not miss a visit to the site marked with the more recent history – the former Nazi German death camp **Auschwitz-Birkenau**, established in 1940. Until 1945 the Nazis had killed there almost one and a half million people from 28 countries, including 1 million Jews. Today the camp has been turned into a museum. 📍 The State Museum Auschwitz-Birkenau opens: 15th December–February, Mon–Sun from 8.00 to 15.00; in March and from November to 15th December, from 8.00 to 16.00; in April and October from 8.00 to 17.00; in May and September from 8.00 to 18.00; from June to August, from 8.00 to 19.00; admission free; optional guided tour (groups up to 15 visitors – 115 zloty); reservation: www.auschwitz.org.pl, tel: (0-33) 843 2133.

Kalwaria Zebrzydowska is, after Częstochowa, the most important sanctuary in Poland. It was founded about 1600, designed following the

example of the Way of the Cross in Jerusalem. During Holy Week (the week preceding Easter) the Mystery Play of Christ's Passion is performed here. 📌 The monastery gate, ul. Bernardyńska 46, tel: (0-33)876 63 04, fax: (0-33) 876 66 41, kustosz@kalwaria.ofm.pl, www.kalwaria.ofm.pl

The Salt Mine in Wieliczka is an unusual attraction. It is one of the world's oldest salt mines still in operation, where salt was mined as early as the 13th c., while the process of evaporation of the natural brine began around 3500 BC. Over 2 thousand chambers and hundreds kilometers of galleries and shafts have been hewn out in rock salt. We can visit the most spectacular chambers beginning with the Chapel of St. Kinga. 📌 The Salt Mine in Wieliczka: the tourist route and the Museum of Kraków's Salt mines opens: June – October everyday from 7.30 to 19.30, November – March from 8.00 to 17.00, guided tours only, entrance fee 42 zloty, reduced tickets 28 zloty, family tickets – 112 zloty; sightseeing tour takes 3 hours.

Ancient wooden architecture monuments of Małopolska are unique. Four of them were entered on the UNESCO List. **The church of St Michael the Archangel Michael in Dębno Podhalańskie** – dates from 1335, and its present shape is from the 15th c. It was built without the

use of nails. Its interior is the masterpiece of folk decorative art (especially polychromy). Unique tempera techniques were used to make so-called 'patron paintings', which make them look similar to textile fabric. 📌 Opens Mon-Fri 9.00–12.00 and 14.00–16.30, Sat 9.00–12.00, on Sundays and Holidays closed to visitors.

The church of SS Philip and Jacob the Apostles in Sękowa, dating from around 1520, of post-and-beam construction, single-aisled, built of larch wood, attracts admiration with its monumental logwork with arcades (so-called *soboty*). 📌 Sightseeing only after prior arrangement, tel: (0-18) 351 85 85.

The church of St Michael the Archangel in Binarowa, built around 1500, of post-and-beam construction, is famous for its beautiful polychromy from the 16th and 17th c., covering the ceiling, walls of the nave and the chancel. 📌 Sightseeing only after prior arrangement, tel: (0-13) 447 63 96.

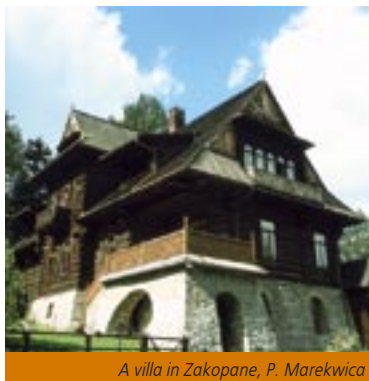
The church of St Leonard in Lipnica Murowana – built at the end of the 15th c., of post-and-beam construction with arcades. The church interior is a gallery of decorative art on wood. 📌 Sightseeing only after prior arrangement, e-mail: arlipn.icam@tarnow.opoka.org.pl, tel: (0-14) 685 26 01, 685 21 10.

*The Salt Mine in Wieliczka,
the Chapel of St Kinga, J. Podlecki*





Lipnica Murowana, P. Mierniczak



A villa in Zakopane, P. Marek wica

The Wooden Architecture Route

Picturesque, slender churches, covered with steep, often shingle roofs, Lemko-style Orthodox churches with onion domes, private manors and nobleman's houses, built of strong wooden logs will rouse everyone's admiration, even those who are not particularly interested in wooden architecture. The great number and attractiveness of wooden architecture, especially well preserved in Małopolska, is a world unique phenomenon. In addition, most monuments are situated in beautiful, rural or hilly areas, which makes this route one of the region's greatest tourist attractions.

The entire Wooden Architecture Route stretches in the Małopolska Region on about 1500 km and includes 237 varied landmarks. Among them are such famous ones as churches, in Binarowa, Dębno Podhalańskie, Lipnica Murowana and Sękowa, entered on the UNESCO List. Apart from these there are open-air museums, Orthodox churches, manor houses and other examples of urban and rural architecture. We particularly recommend:

- the route **round Kraków** (over 50 landmarks), where we can see the Nadwiślański Ethnograph-

ic Park in Wygieźłów, the beautiful manor house 'Zacisze' in Miechów and small-town architecture in Lanckorona;

- the route **round Tarnów** (about 40 landmarks); among the most interesting is St Leonard's Church of in Lipnica Murowana, and also the village of Zalipie famous for its colourful cottages painted with floral motifs;

- the route **round Nowy Sącz and Gorlice** (over 100 landmarks), where one can see numerous charming wooden churches and Lemko-style Orthodox churches, including those in Andrzejówka, Milik, Szczawnik, Powroźnik, Tylicz, Polany and Berest, interesting nobleman's manor houses and the splendid Sącz Ethnographic Park;

- the **Podhalańsko-Pienińska** route (almost 50 landmarks), where apart from Dębno Podhalańskie, the village of Chochołów (also called a 'living skansen') is especially worth visiting, as the traditional architecture of a mountaineer village has survived here. Wooden villas in Zakopane and Szczawnica are also noteworthy.

■ The Wooden Architecture Route [Szlak Architektury Drewnianej] information office – Kraków, ul. Wiślna 12, tel: (0-12) 430 20 96, pielgrzymki@diecezja.krakow.pl, www.malopolska.pl/szlak



Małopolska Jewish Route

Type: car route

Route: Kraków – Dąbrowa Tarnowska – Tarnów – Bobowa – Nowy Sącz – Nowy Wiśnicz – Bochnia – Oświęcim

Jews lived in Małopolska for centuries. Numerous synagogues have survived in **Kraków's Kazimierz**, with the most interesting and largest Old Synagogue – currently housing a museum exhibition. There are also cemeteries: the Remuh and the New, and numerous reminders of the extermination and the martyrdom of Jews. Every year, at the turn of June and July, the Festival of Jewish Culture takes place in Kraków's Kazimierz. **■** www.malopolskawita.pl/judaica

Situated 22 km north of Tarnów **Dąbrowa Tarnowska** has a Judaic Museum. There are also ruins of a 19th-century synagogue and a cemetery from 18th c. with the tomb of local tzaddiks (*ohel*). **■** Jewish Memorial Room, ul. Daszyńskiego 8, sightseeing only after prior arrangement, tel: (0-14) 641 19 12, free admission; www.turystyka.tarnow.pl

In **Tarnów** there are the remnants of the synagogue with the *bimah*, the ritual bath (*mikvah*), and a large cemetery. A thematic route titled

the Jewish Trail over Tarnów was also created. **■** The Regional Museum, Rynek 20, opens: Tue–Thu 10.00–17.00, Wed and Fri 9.00–15.00, Sat and Sun 10.00–14.00, admission – 4 zloty, reduced ticket 2 zloty; www.turystyka.tarnow.pl

Situated 45 km south of Tarnów, **Bobowa (Bobov)** has a synagogue and a cemetery with the tomb of tzaddiks, both surviving in good condition. **■** www.malopolskawita.pl/judaica
Bobowa is 34 km from **Nowy Sącz**. The former synagogue serves as a museum, with a collection of **judaica** and an exhibition devoted to the history of Jews of Nowy Sącz. One synagogue in the town is still in use for religious service, in the yard of the house at 12 Jagiellońska Street. There is also the tomb of tzaddiks in the local Jewish cemetery. **■** The museum at the Old Synagogue at ul. Berka Joselewicza 12, opens: Wed–Thu 10.00–15.00, Fri 10.00–17.00, Sat–Sun 9.00–14.30, admission 6 zloty, reduced 4 zloty; on Sundays entrance is free.

Similar monuments can be seen in the Jewish cemetery in **Nowy Wiśnicz** – the oldest *matzevah* date back from the mid-17th c. Another Jewish cemetery with the tomb of tzaddiks is in **Bochnia**. The local museum has a very interesting collection of judaica.

■ The Professor Stanisław Fischer's Museum, Rynek 20, opens: Tue–Fri 10.00–16.00, Sat–Sun 10.00–14.00, admission 4 zloty, reduced 2 zloty; on Sundays entrance is free. www.muzeum.bochnia.pl

Learning about the Jewish monuments and remains in Małopolska, one should not miss Oświęcim with the former **Auschwitz-Birkenau** death camp, which is now a memorial museum. In the town there is also a renovated synagogue, now serving as a prayer house, which is also worth visiting. **■** The Auschwitz-Birkenau museum, see p. 6; the Jewish Centre and the Chevra Lomdei Mishnayot Synagogue, pl. ks. J. Skarbka 5, opens: November–February, Mon–Fri 8.30–18.00, March–October 8.30–20.00



Orthodox church in Szczawnik, P. Witostawski

The Route of Orthodox churches

Type: car route

Route: Jaworki – Szlachtowa – Andrzejówka – Milik – Szczawnik – Jastrzębik – Powroźnik – Tylicz – Krynica Zdrój – Berest – Polany – Kamianna – Brunary Wyzne – Uście Gorlickie – Hańczowa – Wysowa Zdrój – Kwiatów – Skwirtne – Zdynia – Gładyszów – Pętna – Bartne – Bodaki – Ropica Górna – Owczary – Nowy Sącz

The Ruthenian Lemkos [Łemkowie] once lived in great numbers in the hilly valleys of the Beskidy in the eastern part of Małopolska. They came here following the Carpathian ridges, mostly in the 16th c., grazing livestock and farming. Displaced after the World War II during the 'Vistula Operation' they left behind many traces of their interesting culture, especially Lemko-style Orthodox churches – true gems of wooden architecture – with typical wide aisles and the diverse height of the three parts of the building (a stepped roof and onion domes on the towers). **■** Information on Orthodox churches: www.malopolska.pl/szlak

The trip begins in **Jaworki**, nowadays a part of Szczawnica. Jaworki and Szlachtowa are the westernmost places of the former Ruthenian colonisation of the Polish Carpathian Mountains (in both localities there are brick Orthodox churches). Near Krynica we can see interesting Orthodox churches in **Andrzejówka** (the second half of the 19th c.), **Milik** (the first half of the 19th century with furnishings from the 18th/19th c.), **Szczawnik** (the first half of the 19th century), **Jastrzębik** (the first half

Orthodox church in Pętna, R. Baś



of the 19th c.), **Powroźnik** (early 17th c.), and **Tylicz** (mid-18th c.). One should visit the Nikifor museum. He was a self-taught painter of Lemko descent. 🏠 The Romanówka Art Gallery (the Nikifor Museum), Bulwary Dietla 19, opens: Tue-Sun 10.00–13.00, 14.00–17.00, admission 7 zloty, reduced 5 zloty, on Wednesdays entrance is free.

On the road to Grybów two beautiful Orthodox churches are worth visiting – in **Berest** (from 1842) and in **Polany** (from 1820). From here it is 4 km to **Kamianna** – every year (in spring and autumn) a Honey Fair is organised locally.

🏠 The Bee-keeper's House [Dom Pszczelarza], Kamianna 29, tel: (0-18) 474 16 77.

Other interesting Orthodox churches are in **Brunary Wyżne** (from 1797), **Uście Gorlickie** (from 1786), **Hańczowa** (the first half of the 19th c.) and in the health resort, **Wysowa Zdrój**. On the way we can also see Orthodox churches in **Kwiatów** (from the 18th c., with complete church furnishings from the 18th and 19th c.) and in **Skwirne** and **Gładyszów** (both from the 19th c.). To the south of Gładyszów, in **Zdynia**, every year in July a festival of the Lemkos' culture 'Łemkowska Watra' is held. 🏠 The Lemko Association [Zjednoczenie Łemków] (organiser

of the 'Łemkowska Watra'), Bielanka 41, tel: (0-18) 351 30 36, 352 70 45.

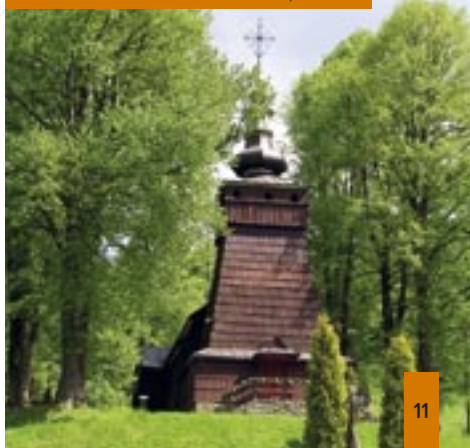
Additionally, it is worth visiting Orthodox churches in **Bodaki** (1934), **Pętna** (1916) and **Ropica** (early 19th c.), and the 19th-century Orthodox church in **Bartne** – a museum with a collection of Lemko art. 🏠 The exhibition in Orthodox church (the department of – the Centre of the Folk Architecture in Szymbark), sightseeing after prior arrangement with Mr. J. Madzik, Bartne 25, tel: (0-18) 351 84 56, admission 3 zloty, reduced 2 zloty, on Sundays – free.

Especially precious is the Orthodox church in **Owczary**, in 2003 designated to be entered on the UNESCO List. Finally, in **Nowy Sącz** visit the Sącz Ethnographic Park and the Regional Museum with a collection of icons and paintings by Nikifor. 🏠 Sącz Ethnographic Park [Sądecki Park Etnograficzny], ul. Wieniawy Długoszowskiego 83b, opens May – September, Tue–Sun 10.00–17.00, October – April, Mon–Fri 10.00–14.00, admission 10 zloty, reduced 6 zloty, on Sundays entrance is free; sightseeing tour takes about 3 hours; the Regional Museum, ul. Lwowska 3, Tue–Thu 10.00–15.00, Friday 10.00–17.00, Sat–Sun 9.00–14.30, admission 6 zloty, reduced 4 zloty, Sundays free.

Orthodox church in Andrzejówka, P. Klimek



Orthodox church in Milik, P. Klimek





The Archbishops' Palace, T. Warczak

John Paul II Route

Type: car route

Route: Kraków – Wadowice – Kalwaria Zebrzydowska – Raciborowice – Niegowić – Ludźmierz – Nowy Targ – Zakopane – Stary Sącz – Kraków

Kraków and Małopolska are the homeland of Karol Wojtyła, Pope John Paul II. From here he set off to Rome for the Conclave at which he was elected Pope. He liked to return here in his memories and during his papal visits to his home country: *Here, on this land I was born. Here, in Kraków, I spent most of my life(...)* Here also I experienced the grace of the ministerial vocation (...). Here also, in Wawel Cathedral, I was ordained as bishop. In **Kraków** there are many places connected with the late Pope – the most important are the archbishops' palace, where he lived and met the faithful during his pilgrimages to Kraków (3 Franciszkańska Street), and the Sanctuary of Divine Mercy in Łagiewniki.

📍 www.dci.diecezja.krakow.pl

Wadowice is Karol Wojtyła's hometown. In the house where he used to live, there is now a small museum. At the market stands the

Church of the Presentation of the Blessed Virgin Mary, where he was baptised. On the very market in 1999 in a touching speech the Pope reminisced about his hometown: *In this town, in Wadowice everything began – the life started, the school started, studies started, the theatre started, and the priesthood started.* 📍 Wadowice, the family house of Holy Father John Paul II, ul. Kościelna 7; opens October–April, Tue–Sun 9.00–12.00, 14.00–17.00, May–September Mon–Sun 9.00–13.00, 14.00–18.00, admission free; www.wadowice.pl

The splendid early Baroque sanctuary and quiet Calvary Paths with churches and chapels scattered among the Beskid hills in **Kalwaria Zebrzydowska** (13 km away from Wadowice towards Kraków along road No 52) entered on the UNESCO List – are among the places in Małopolska most often visited by Karol Wojtyła. As he himself reminisced, he used to come there as a young boy from nearby Wadowice, and later as a priest, bishop, and finally as the Pope, in order to walk alone, engrossed in prayer, along the Way of the Cross. 📍 See p. 6; www.kalwaria.ofm.pl

During his pilgrimage in 1979, the Pope also mentioned Oświęcim: *Oświęcim is the examination of the conscience of humanity through these*

tablets, which testify to the casualties suffered by the nations. *Oświęcim is a place which must not be merely visited. When visiting it, one needs to reflect with anxiety on where the borders of the hatred lie.* ■ See p. 6.

As a young priest, Karol Wojtyła spent holidays in **Raciborowice**, which lies at the foot of the Carpathians. Here, in the secluded region, in the parish at a beautiful, Gothic church founded by Jan Długosz, he studied works by St Thomas. He reminisced these times in the following way: *I spent a lot of time in an old church in Raciborowice (...). I meditated many hours walking around the cemetery. I also used to bring my study materials to Raciborowice (...).*

The next place connected with the great Pope is **Niegowić** – 24 km from Kraków. Here the young curate Karol Wojtyła was sent to take his first ministry of the local parish: *I remember that (...) when I was crossing the border of the Niegowić parish, I knelt down and I kissed the ground. (...) And this is how my ministry began.*

The Tatra Highlands (Podhale) and the mountains – both Beskids and Tatras – are also areas beloved by Karol Wojtyła. He said: *A man needs this beauty of the scenery – no wonder then, that people from different parts of Poland and from abroad come here.*

In **Ludźmierz**, 4 km to the west of Nowy Targ, he used to go on pilgrimage to the Sanctuary of Our Lady the Queen of Podhale. In the Neo-Gothic church from 1877 he stopped in front of the figure of Our Lady of Ludźmierz, carved in wood in the 15th c.

From Ludźmierz it is not far to **Zakopane** – where in many places the great Pope can be commemorated: in the Sanctuary of the Holy Virgin of Fatima on Krzeptówki, where one the papal mass was held and there is now a monument to John Paul II; in the Chochołowska

Valley with the papal hiking trail of the Tatras; in the sanctuary of St Brother Albert on slopes of Krokiew by the road from Kuźnice to Kalatówki, or finally in the chapel of Our Lady of Snow on Wiktorówki, a hidden in spruce woods chapel below the Rusinowa Glade, an hour along the forest trail starting from the road from Zakopane to Wierch Poroniec and further, to Łysa Glade. ■ www.zakopane.pl
Another part of Małopolska which was often visited by Karol Wojtyła is the Sącz region. The important place in this region is **Stary Sącz** (access from Nowy Targ along road no 969), with its mediaeval Poor Clares convent, established by St Kinga. On the nearby Błonia (public grassland), in the place where the Pope celebrated a mass during which Blessed Kinga was canonized, stands now a pilgrimage centre and the altar at which the Pope said a mass in 1999. ■ www.stary.sacz.pl



John Paul II Papal Trail in Małopolska

Route: Kraków – Kalwaria Zebrzydowska – Wadowice – John Paul II Ridge – Leskowice – Hucisko – Zawoja – Polica – Krowiarki Pass – Bory Pass – Raba Wyżna – Nowy Targ – Turbacz – Rzeki – Gorc – Ochotnica Dolna – Lubań – Krościenko – Przehyba – Stary Sącz

A walking trail commemorating Karol Wojtyła – Pope John Paul II leads through the areas in which he liked to hike and sites especially connected with him. It was created to celebrate the pontificate's 25th anniversary and to commemorate the Pope's ride from Kraków to Stary Sącz in June 1999. The trail was laid along existing marked PTTK trails, with information boards on the way.

Detailed information about the trail can be obtained in the Central Office of PTTK Mountain Tourism, Kraków, ul. Jagiellońska 6, tel: (0-12) 422 2840, cotgpttk@pro.onet.pl, www.cotg.krakow.pl; www.malopolska.pl/tourism

KRAKÓW

The former capital of Poland is at present the artistic and intellectual centre of the region and is one of Europe's most interesting places for tourists. In 1978 Kraków was entered on the UNESCO first List of the World Cultural and Natural Heritage. Not without reason Kraków's Old Town is in itself a live urban-design museum. The impressive mediaeval Market [Rynek] – the heart of the city – is larger than Saint Peter's Square in the Vatican City or St Mark's Square in Venice. In the middle there is the Cloth Hall with former tradesmen's stalls, the little church of St Adalbert from the 11th–12th c. – one of the oldest in the city. Every hour on the Market one can hear bugle-call played by a trumpeter from the tower of St Mary's Church, to commemorate the thwarting of Tartar attack on the city. Round the Old Town are very well preserved sections of old city walls with the Barbican, the Arsenal and the Floriańska Gate. From there only 'a step away' is the Czartoryski

Museum, with the famous *Lady with an Ermine* by Leonardo da Vinci and the Jagellonian University – the oldest Polish college, established in 1364. Nicolaus Copernicus and Pope John Paul II studied there. The treasure of the college is the library with the largest collection of books in Poland, and among the most interesting buildings is Collegium Maius – one of few mediaeval university buildings to survive in Europe. From here the way goes to Wawel Royal Castle, the former seat of Polish rulers, the most frequently visited museum in Poland, where we can see regalia, the reliquary of the St. Stanislaus – the patron saint of Poland, a collection of Flemish tapestries (Arras tapestries). In Wawel Cathedral are the sarcophagi of Polish kings and national heroes.

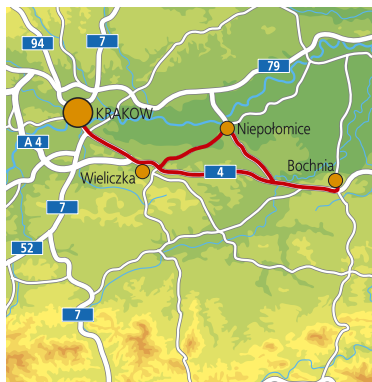


The Wawel, The Archives of UMK

A little further is Kazimierz – the former Jewish district with ancient monuments of two cultures: Christian and Jewish. It has the oldest synagogue in Poland – the Old (Stara) and a Renaissance Jewish cemetery Remuh. Not far from them are Churches of St Catherine and Corpus Christi, and the Pauline Monastery on Skalka.



Krakow – bird's-eye view, The City of Kraków Archives



The salt-mine in Bochnia,
The Archives of the Salt Mine in Bochnia

The Salt Route


Type: car route


Length: 120 km



Duration: a tour of one mine – 7 hrs, both mines – 10 hrs

Route: Kraków – Wieliczka – Bochnia – Niepołomice – Kraków

The Salt Mines in Wieliczka and Bochnia are an underground world of corridors, shafts, chambers, and even chapels hewn out in rock salt, the only such place in the world.

From Kraków we go to **Wieliczka** taking road No 4. The main entrance to the Salt Mine  is situated in Daniłowicza Street. The mine dates back to the 13th c.. Over many centuries the miners drilled about 2 thousand chambers on nine levels! The tourist route is almost 2 km long and leads through 22 chambers, including the Chapel of St Kinga. We can also visit the underground Museum of Kraków Salt Mines. In the mine, on the depth of 200 m, where temperature is 13.6–15 °C, a sanatorium was founded, where allergy, bronchial asthma, rheumatic and mobility diseases are treated.

Taking road No 4 we go 26 km to Bochnia. In the local salt-mine  we can see the underground Chapel of St Kinga hewn out in 1747. The tourist route is about 2.5 km long. The biggest chamber that has survived – the Ważyn Chamber (350 x 18 m) – serves recreational and sanatorium purposes and also as a sports field. In Bochnia it is also worth seeing the late-Gothic church and the museum with its collection of Polish paintings.

From Bochnia we take road No 75 to **Niepołomice**. The castle  built in the 14th century and rebuilt as a Renaissance residence is a local place of interest. Next to the castle is a 14th-century church . From Niepołomice via Wieliczka we return to Kraków.



Practical information

Wieliczka, Salt Mine – tourist route, see p. 7; **Bochnia**, Salt Mine, ul. Solna 2, individual tourists – only by prior arrangement, tel: (0-14) 615 36 36, 612 43 15: Mon–Fri at 9.30, 11.30 and 15.30, Sat–Sun every hour from 10.00 to 16. 00, admission 13 zloty. S. Fischer's Museum, Rynek 20, Tue–Fri from 10.00 to 16.00, Sat–Sun 10.00–14.00, admission 4 zloty, Sundays free; **Niepołomice**, the Castle Museum, Mon–Fri 9.00–17.00, Sat–Sun 10.00–17.00.



The Ojców Fortress, M. Grychowski

The land of Eagles' Nests

Type: car route

Length: 130 km

Duration: 7–8 h

Route: Kraków – the Ojców National Park [Ojcowski Park Narodowy] – Wysocice – Pieszkowa Skała – Olkusz – the Błędowska Desert – Raclawice – Paczółtowice – Czarna – Rudno – Kraków

Near Kraków extends one of the most picturesque geographical areas in Poland – the Kraków-Częstochowa Upland. During a one-day trip one can see picturesque limestone rocks in deep ravines, ruins of fortresses (Eagles' Nests), ancient churches and even... desert-sands!

We set off from Kraków taking road No 94 toward Olkusz. Having passed Jerzmanowice, about 20 km from Kraków, we turn right towards Ojców. We pass the village of Sąspów on the right and we enter the Prądnik Valley – the most beautiful of little valleys near Kraków in the Polish Jura where the **Ojców National Park** [PKN] was created. We leave the car in Ojców at the car park by the Prądnik River and we enter the valley (the blue and red

trails). During the hike we will see many deep ravines, valleys, steep hills and scattered island rocks. Additionally we can admire numerous caves and passages with calcite stalagmites and stalactites.

In **Ojców**, tourists interested in educational experience will certainly be delighted with the picturesque ruins of a 14th-century fortress housing [M] a small historic museum exhibition, the Natural Museum of the National Park [M] and the wooden chapel 'Na Wodzie' [M], dating from 1901, constructed on stilts.

From Ojców we go north, up the valley, through Skała and Iwanowice Włosciańskie to reach **Wysocice**, where we can see a real jewel of Polish mediaeval architecture: a fortified Romanesque church [K] that has survived in its original form and has not been remodelled(!). Built of stone blocks, single-aisled, with a west gallery and square defensive tower. In the south portal we can find a sculpted 13th-century tympanum, in the niche in the exterior wall of the chancel – a statue of the Virgin Mary with Infant Jesus, dating from the 13th c. Inside there is a Gothic pulpit and remnants of polychromy, including Romanesque details.

From Wysocice we return to road No 773, and go along it. Then, after about 6 km from Skała we can see the more-than-ten-meter-high rock called 'Hercules' Club' [A]. Right behind it we can see the Renaissance castle in **Pieskowa Skała** preserved intact [B], with arcaded galleries round the courtyard (inside is a museum with an art collection).

Further down road No 773 we go through Sułoszowa. After 13 km we turn right into main road No 94 and we drive towards **Olkusz** (an old, mining town; it is worth seeing the Gothic Saint Andrew's Church [C], dating from the 14th c., standing next to the market). Near this town, in Rabsztyn, we find the ruins of the next castle on Eagle Nest trail, dating from the turn of the 16th and 17th centuries, and the **Błędownska Desert** [D]. It is the only sand desert in this part of the continent. The typical desert phenomena were to be seen here, such as migratory dunes or mirages. Nowadays most of it is covered with vegetation, but patches of spectacular bare sand still remain (the best is the one which may be seen from the Dąbrówka hill over the village of Chechło – accessible from Klucze taking road No 791 north; after about 3 km turn left, towards Chechło).

We return to Olkusz, from where we go 11 km towards Kraków down road No 94. At Przegonia turn right into a side turning to **Raclałwice**, where we can see the 16th-century small wooden church of the Nativity of the Blessed Virgin Mary [E]. About 4 km further we will see the beautiful, wooden church of the Visitation of the Blessed Virgin Mary [F] in **Paczółtowiec**. Then we go about 10 km via **Czerna** (the Baroque monastery of Carmelite monks [G] from the 17th c.) and Krzeszowice to **Rudno**. The massive ruins of the Tęczyn castle [H] from the 14th c. – an Eagle Nest – is situated on the hill. From Rudno, taking road No 79 through Krzeszowice, we return to Kraków.



Practical information

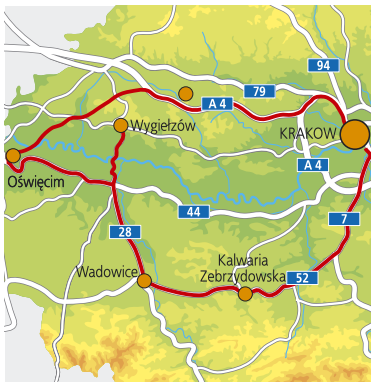
Ojców, the Natural History Museum, May–October daily from 9.00 to 16.30, November–April from Mon–Fri from 8.00 to 14.45, admission 2.14 zloty, Mondays free. Ruins of the castle, April–May, August–September daily from 10.00 to 16.45, June–July from 10.00 to 17.45, October 10.00–15.45, November 10.00–14.45, admission 1.65 zloty; **The Dark Cave** [Jaskinia Ciemna] from May to mid-October daily from 11.00 to 17.15, admission 5.5 zloty; **The castle in Pieskowa Skała** Tue–Thu 9.00–15.00, Fri 9.00–12.00, Sat, Sun and holidays: 10.00–17.00, admission 10 zloty, Fridays free.

The castle in Pieskowa Skała, P. Klimek



Ruins of the castle in Rudno, P. Klimek





Wadowice, T. Warczak

Towards 'Calvary Paths'


Type: car route

Length: 155 km

Duration: 9–10 h

Route: Kraków – Oświęcim – Wygiełzów – Wadowice – Kalwaria Zebrzydowska – Kraków


This time we will visit places connected with the more recent, tragic history, whose symbol is Auschwitz, but also with hope, which was given by the Pope John Paul II, born in Wadowice and often praying in the Calvary sanctuary. We will learn about the past lives of local residents, visiting the open-air museum in Wygiełzów.




From Kraków we take the A4 motorway, and then roads No 79 and 933, to Oświęcim. Here is the former Auschwitz-Birkenau concentration camp, where during the World War II Nazi Germans murdered people from many nations, including almost 1 million Jews. In 1947 was turned into the greatest world memorial museum – the **State Museum Auschwitz-Birkenau** . We tour the camp KL Auschwitz (the famous gate *Arbeit macht frei*, the Wall of Death,


exhibition in the camp barracks). Because of the shocking nature of the exhibition, it is not recommended that children under 14 visit the museum. The second part the museum comprises the remains of the actual death camp – Birkenau, in 2-km-distant Brzezinka (a loading ramp on which the selection of people intended to death took place, the ruins of crematoria and the wooden barracks, the monument commemorating the murdered). (See also p. 6). From Oświęcim along road No 44 we go towards Zator, and then taking the 781 road

The Auschwitz-Birkenau Museum, P. Witosławski



to Babice and 1 km after it we stop in front of the open-air museum in **Wygiełzów**. In the Nadwiślański Ethnographic Park  there is a collection of buildings presenting the culture of the western Cracovians (including a church from Ryczów, an inn, a manorial granary). We can also see the Lipowiec Castle nearby.

We return to **Zator** (it is worth seeing the Gothic church  in the market square next to the rebuilt ducal castle and try Zator-style carp), then we go 17 km along road No 28 to **Wadowice**. Here, in Karol Wojtyła's hometown one can visit his family house (with a small museum)  and the church of the Presentation of the Blessed Virgin Mary  in the market square. For more see p. 12.

From Wadowice along road No 52 we drive towards Kraków and after 13 km we stop in **Kalwaria Zebrzydowska**. There is the sanctuary of Christ's Passion and of Our Lady  – one of the most important Polish pilgrimage centres established in 1600 and a complex of 'Calvary Paths', symbolising the Way of the Cross in Jerusalem. The sanctuary is entered on the UNESCO List. For more see p. 6. From Kalwaria we return to Kraków (roads No 52 and No 7).



The Mystery of Christ's Passion, P. Mierniczak

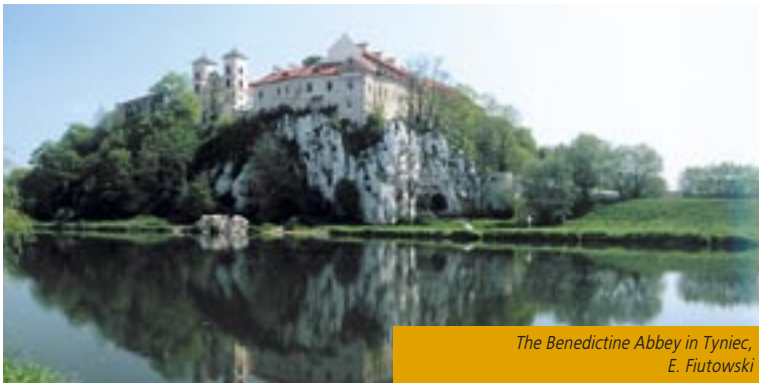


Practical information

Oświęcim, the State Museum Auschwitz-Birkenau, see p. 6; **Wygiełzów**, Nadwiślański Ethnographic Park, opens July–August daily 8.00–18.00, in other months: 8.00–15.00, admission zloty, reduced 3 zloty; sightseeing tour takes about an hour; **Lipowiec Castle** – the same working hours, admission 4.40 zloty, reduced 2 zloty, sightseeing tour takes about an hour; **Wadowice**, the family house of the Holy Father John Paul II, see p. 12; **Kalwaria Zebrzydowska**, the monastery gate, see p. 6.

*Kalwaria Zebrzydowska – Sanctuary,
J. Witaliński*





The Benedictine Abbey in Tyniec,
E. Fiutowski

By bicycle round Tyniec and Bielany

Type: cyclic route

Length: about 65 km

Duration: 6–7 hours

Route: Kraków (the bus loop at Nowy Kleparz) – ul. Wrocławska – ul. Łokietka – Pękowice – Giebułtów – Modlnica – Modlniczka – Rząska – road No 79 to the crossing with road No 774 – the Kmita's Rock [Skala Kmita] – the Grzybowska Valley – Kleszczów – Brzoskwinia – the Valley of Brzoskwinia – Chrosna – Skałki – the Mnikowska Valley – Mników – Cholerzyn – Kryspinów – Bielany – ul. Księcia Józefa – ul. Mirowska – the Kościuszko stage-of-fall – ul. Bolesława Śmiałego – Tyniec – ul. Promowa – canoeing route under the Kościuszko stage-of-fall – the cycling path along the Vistula dam – Bodzów – Pychowice – ul. Tyniecka – Kraków (Grunwaldzkie Roundabout)

A pleasant, easy bicycle route, leading through picturesque Kraków's environs near very interesting historic buildings – monasteries in Bielany and Tyniec – and numerous natural curiosities. It mostly goes along asphalt roads, but the traffic is low.

What is worth seeing along this route? On the right of the road from Tonie to Pękowice, hidden among the allotments, there is the Pękowice fort [A]. and to the left – the inaccessible Tonie fort [A]. In Giebułtów is a late-Gothic small parish church [B], from the end of the 16th c. with a Renaissance portal and polychromy from 1616. Modlnica is proud of its wooden church [B] from the mid 16th c. with the Baroque grave chapel in brick. Opposite, in the old park, one can see a picturesque, Neo-Classical manor house [A] from the 18th c. The Kmita's Rock reserve [A] consists of the limestone rock, protruding from the steep slope of the short Rudawa gorge between Zabierzów and Szczyglice. The Mnikowska Valley nature reserve [A] is the limestone ravine with beautiful rock formations on slopes which we can admire whilst walking along the tourist trail at the bottom of the valley along the river Sanki. On hot summer days one is invited to the enclosed bathing area in the Kryspinów lake. The Camaldolese monastery [B] in Bielany is a precious mannerist Baroque monument from the beginning of the 18th c., beautifully situated on the hill in the Wolski Forest. Tyniec is famous for its 11th-century Benedictine Abbey [B].



By bicycle round Tyniec and Bielany

By bicycle through the Polish Jura

Type: bicycle route

Length: about 55 km


Duration: 8–9 h



Route: Kraków (the tram loop in Bronowice Nowe) – the red bicycle route to Mydlniki – ul. Balicka – Szczyglice – Zabierzów (the PKP railway station) – the green bicycle route to Bolechowice – Bolechowicka Gate – Karniowice – Gaj Karniowski – the red bicycle route to the Valley Kobylańska – Kobylany – the red bicycle route to the Valley Będkowska – the Bat Cave [Jaskinia Nietoperzowa] – the red bicycle route through Bębło to Wierzchowa and the Wierzchowska Cave – Bębło – road No 94 – Murownia – Ojców (road through the Korytnia Ravine) – the Prądnik Valley – Korzkiew – Zielonki – Kraków

This picturesque route leads to the most beautiful ravines of the Polish Jura in the Kraków Region and two interesting caves. History lovers can visit the castles in Ojców and Korzkiew and several other ancient monuments. This route is shorter, but more strenuous – longer sections without asphalt roads, steep uphill and downhill rides.

The Bolechowicka Valley nature reserve  is a place really worth seeing. It comprises a short ravine whose outlet is enclosed by tens-of-meters-high ridges peaks, called the Bolechowicka Gate. In Karniowice one can see the nice Baroque, manor-house . The Kobylańska Valley is one of the most rocky small valleys in the vicinity of Kraków, with rocks formed into unusual shapes. It is also the rock climbers, favourite destination, similarly to the Będkowska Valley, with the highest rock in the Polish Jura, called Sokolica . In the head of the valley we can tour the Bat Cave , several hundred metres long.  Touring only with the guide on duty at the cave, admission 6 zloty, reduced 5 zloty.

The next cave, Wierzchowska Górna, is even more spectacular, with numerous sinter forms.

 Open daily – entry every hour, April and September–October 9.00–16.00, May–August 9.00–17.00, November 9.00–15.00, December–March Saturdays and Sundays 10.00–15.00, touring only with the guide, admission 12 zloty, reduced 10 zloty, a tour takes about 50 minutes. Attractions of Ojców – see p. 16.

In Korzkiew there is a small knight's castle  and late-Gothic-Baroque church  from the beginning of the 17th c.

Jura is the paradise for cyclists, P. Panczakiewicz



By bicycle round Kraków

Apart from the above two routes near Kraków, there are many marked bicycle routes, especially in the picturesque region of the Ojców National Park and the Landscape Park of the small valleys called Dolinki Podkrakowskie. Narrow asphalt paths in forests near Krzeszowice and in the Niepotomiczka Forest [Puszcza Niepołomska] encourage biking tours. A true 'Mecca' of the off-road rides lovers is Mt Chelm over Myślenice, near which there are about 30 km challenging marked mountain routes, including an extreme downhill route. The Myślenice Cycling Association [Myślenickie Towarzystwo Cyklistów], www.dh-zone.com/mtc

On foot

Environs of Kraków can be visited on pleasant walks and hikes – there are dozens marked tourist trails, which wind through the most beautiful and interesting areas.

Hiking within the city. Numerous trails cross the **Wolski Forest** situated to the west of Kraków (most interesting areas include the Paniańskie Rocks reserve with picturesque little limestone rocks, the scenic Mound of Józef Piłsudski, the Zoo and the old Camaldolese monastery in Bielany). A perfect area for longer walks is around Tyniec (picturesque hills, the Skolczanka nature reserve, the Benedictine Abbey situated on the rocky spur overlooking the Vistula).

Hiking outside Kraków. Walks in the Ojców National Park are the most interesting. We can visit the Dark Cave (Jaskinia Ciemna), the Grotto of Łokietek, the Museum of the Ojców National Park and the ruins of a castle. Taking the yellow trail through the Sąspowska Valley and Sąspów, one can reach the castle in Pieskowa Skała, while taking the blue trail walk from Ojców to the Będkowska Valley. Other trails lead through the Landscape Park of the Dolinki Podkrakowskie with the Bolechowicki Ravine, famous for its rock 'gate', or the Kluczwoły Valley (in its upper section is the entrance to the interesting cave – Wierzchowska Górna).

In the saddle

Near Kraków vicinity we will find excellent horse-studs with many saddle-horses. Situated mostly on the verge of extensive open areas, but also near forests, with many marked paths and trails for horse riding, they give superb opportunities for active leisure in contact with nature. Covering the 6-day **Transjurajski Szlak Konny** (a Horse-riding

trail crossing the Polish Jura) will be a splendid and challenging adventure for every horse lover.

The 150 km-long trail, starts at the Hutsulian Horse Stud [Stadnina Koni Huculskich] in Nielepice and goes through the most picturesque parts of the Jura to Częstochowa outskirts. Some of the following riding centres offer to organise horse rallies along this trail, taking a few days.

■ For more information: gtj.pttk.pl/p_09_szlaki_jurajski.html; **studs** on the horse trail of Kraków-Częstochowa Jura: the Hutsulian Horse Stud, Nielepice 196, tel: (0-12) 283 87 26, email: www.konna.malopolska.pl; Gajówka, Jarosław Wojkowski, Trzebinia-Gaj, ul. Płocka 6, tel: (0-32) 711 84 27; Kontur, Kazimierz and Jolanta Kocjan, Małobodz, ul. Laskowska 17, tel: (0-32) 642 47 62, 0 602 289 472.

Nature excursions

Near Kraków we can find many very attractive nature sites, where one can watch the life of rare animals and admire unusual plants in their habitat.

Observation places. Around Oświęcim, Brzeszcz, and especially Zator, bird-watching conditions are splendid, as there are extensive fish-ponds called Dolina Karpia. Every year, especially in the period of birds migration, we can watch rare birds (e.g. double-tuft grebe, little bittern).

Even in Kraków we can spot many birds, typical of wet meadows. They can be seen in the extensive open areas between Tonie and road No 94, and even in Nowa Huta, several hundred metres from the busy CentralSquare [Plac Centralny]. The array of meadows in Kostrze, along Tyniecka Street, is very picturesque – where interesting kinds of birds can be found (e.g. gallinule) and rare plants (e.g. dianthus).

fi More on the birdwatching in the Zator area on the site: www.ptakistawowzatorskich.net.pl

If we want to see beaver lodges and dikes, we must go to the **Dulowska Forest** [Puszcza Dulowska], extending between Krzeszowice and Trzebinia, to the south of road No 79. Another interesting complex of forests in Kraków's vicinity is the **Niepołomicka Forest** [Puszcza Niepołomicka]. The best time to visit it is spring – at the bottom of the forest one can admire whole carpets of flowers, moreover, no troublesome mosquitoes. There are several nature reserves – the most interesting being Wiślicko Kobyle near Ispiny with the beautiful old river-beds of the Vistula. Besides, the forest is the habitat of many rare birds with vociferous and thick-beak columbines on the lead, whereas in the very heart of the forest there is special closed Polish bison breeding centre. Wildlife lovers cannot miss the **Ojców National Park** – with the most interesting numerous thermophilic plants – as many as 200 species – growing on small rocks. It is possible to spot a bat (there are 17 species of bats here) or the very rare black stork.

fi More information on the site: www.opn.pan.krakow.pl

Skiing

Though the best-known ski stations in Małopolska are at some distance from Kraków, 'white madness' enthusiasts will also find something of interest near the city.

A new ski station, situated only 20 km south of Kraków, is **Siepraw**. There are six T-bar lifts 80–350 m long, with a 60 m difference in level. All slopes are lighted, and if necessary can be covered with artificial snow. An additional attraction – a favourite with snowboard fans – is a fullsize half-pipe, the only one in Poland.

Other places attracting skiers in winter lie a little further from the city. In **Kasina Wielka** (about 45 km south of Kraków, at road No 964 from Wieliczka to Mszana Dolna) – a T-bar lift with a slope for intermediate skiers (1100 m, 290 m difference in level).

On the slopes of Mt Kamionna, by road No 965 from Bochnia to Limanowa, about 65 km from Kraków, is the ski station **Kamionna-Laskowa**, with 5 ski-lifts 160–1250 m long and 2 km of ski slope and 300 m of difference in level (easy or average difficulty).

Also about 65 km from Kraków, just outside Mszana Dolna, there is a chair lift in **Koninki** to the top of Mt Tobołów (1200 m, 230 m difference in level, three T-bar lifts, 250–330 m long and with 45–105 m difference in level).

There are several lifts in Rabka, about 65 km from Kraków, and also in Lubomierz and Szczawa.

fi More information on sites: www.malopolska.pl/tourism and: Siepraw: www.siepraw-ski.pl, Kasina Wielka: www.bsn.pl, Kamionna-Laskowa: www.laskowaski.pl, Rabka-Maciejowa: www.maciejowa-ski.com

The rock climbing in Jura, T. Ostrowski



ZAKOPANE

Zakopane is the mountain capital of Poland, a centre of active leisure and recreation – situated in the shadow of the Tatras, under the majestic Mt Giewont. The town invites visitors both in summer and in winter. From Zakopane one can set off both for short, beautiful walks into the picturesque valleys of the Tatras, and for long mountain hikes reaching the peaks. Neither will we be bored in winter – Mt Kasprowy Wierch with its ski slopes, where snow sometimes lies until May, is a formidable challenge for skiers. For less experienced 'white madness' fans there are dozens of less demanding slopes, where even an absolute beginner can try skiing for the first time with assistance from experienced instructors.

Zakopane is also famous due to Stanisław Witkiewicz – the father of the writer and painter Witkacy, who moved to live here in 1890. Fascinated with architecture and ornamentation of the Tatra Highland buildings, he used the elements of the local style to create the innovative and unique Zakopane style. The most beautiful buildings of this style are the chapel in Jaszczurówka and the Pod Jedłami, Oksza and Koliba villas.

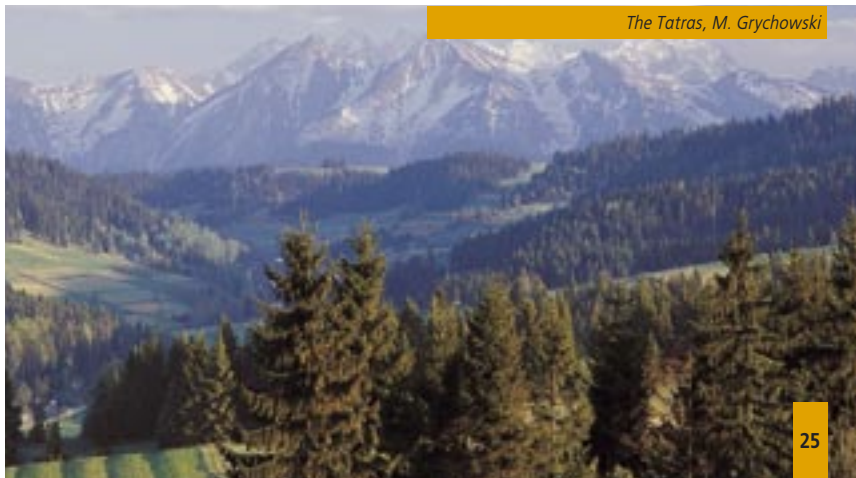
Zakopane invites all year round, even if the weather is not favourable. We are welcomed by the many restaurants and cafés, especially on the famous, main street of the town, Krupówki, where it is irresistible to try Tatra Highlands specialties, especially sheep's milk cheeses: *oscypki* and *bundz*. In the evening we can go to numerous clubs and discos. Lovers of more sophisticated entertainment will also find some attractions here – the Witkacy Theatre [Teatr im. Witkacego], the Tatra Museum [Muzeum Tatrzańskie] with its rich ethnographic collection presenting the culture of the Tatra mountaineers, and many smaller museums, commemorating famous people, once connected with the town and the Tatras, such as Kornel Makuszyński, Jan Kasprowicz and others.

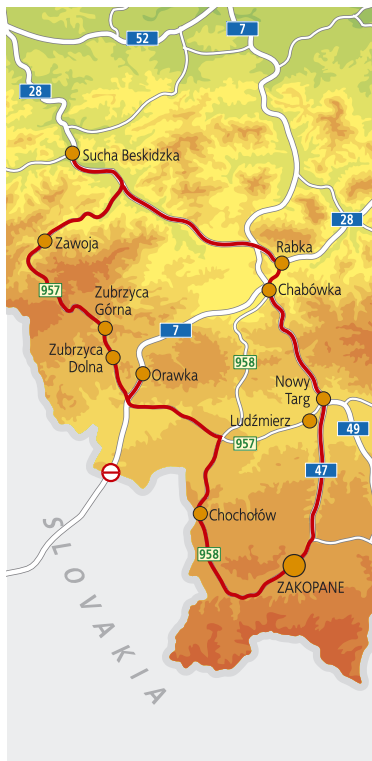


Practical information

The Museum of the Tatras, main office, ul. Krupówki 10, tel: (0-18) 20 152 05, www.muzeumtatrzańskie.com.pl, info@muzeumtatrzańskie.com.pl, open Tue–Sat 9.00–17.00, Sun 9.00–15.00, admission 4.28 zloty, reduced 3.21 zloty; The Kornel Makuszyński Museum, ul. Tetmajera 15, tel: (0-18) 20 122 63, Wen–Sut 9.00–15.00; The Jan Kasprowicz Museum, ul. Harenda 12A, tel: (0-18) 20 68 426, Tue–Sun 10.00–15.15; www.zakopane.pl

The Tatras, M. Grychowski





Round Mt Babia Góra – the queen of the Beskid

Type: car route

Length: 179 km

Duration: 8–9 hours



Route: Zakopane – Chochotów – Orawka – Zubrzyca Górna – Zawoja – Sucha Beskidzka – Rabka – Zakopane

Orawa and Podhale (Tatra Highlands) conceal many surprises – thanks to the excursion to the foot of Mt Babia Góra (1725 m asl), we can



Chochotów, M. Grychowski

see, what highlanders' villages once looked like, both in the Tatra Highlands, and in Orawa and the Beskid. Along the route we will see not only attractive old wooden buildings, but also beautiful views, mountain roads and an open-air museum of Orawa in Zubrzyca Górna and an open-air railway museum in Chabówka.

From Zakopane we take road No 958 through Kościelisko and Witów to a very special village of **Chochotów**, a living open-air museum. This is the only place where we can see what most mountaineers' villages in Podhale looked like many years ago. Along the road stand cottages built of fir-logs, roofed with shingles. The most interesting is a cottage in which the front was built from one fir-trunk , belonging to Mrs Anna Strycula, dating from the end of the 19th c. One of the cottages houses the Museum of the Chochotów Uprising , with a display of exhibits connected with the uprising of 1846 and the interior of a traditional mountaineer's cottage).

9 km from Chochotów, in Czarny Dunajec, we turn left, into road No 957 to Jabłonka, and from there along road No 7 we drive 4 km to **Orawka**, famous for its wooden, shingle

covered church of St John the Baptist [☩]. The church erected in the 17th c. has a slender spire and charming interior with its rare 17th-18th-century polychromy.

From Orawka we return to Jabłonka, whence following road No 957 we reach the **Orawa Ethnographic Park** [🏠] in **Zubrzyca Górna**. In the open-air museum we can see ancient wooden architecture with fittings from the area of Polish Orawa and hand-made folk artefacts. The most interesting exhibits are: the Moniaks' manor house from the 17th-18th centuries and a cottage of F. Kot, dating from the 19th c. The buildings are set in a picturesque park with old trees.

From the open-air museum the road goes up onto the Krowiarki Pass (986 m asl), whence we drive down along switchbacks through the forests of the Babia Góra National Park to **Zawoja** – one of the longest villages in Poland. Zawoja is famous for its tourist attractions; every year a dog-sledge race [🐾] is organised here. In the Markowa hamlet (on the crossing in Zawoja-Widły turn left, 2 km further turn left again) we can visit the small Józef Zak's Open-air Museum [🏠] (architecture and material culture of Babia Góra mountaineers) and see the northern slopes of Mt Babia Góra.

From Zawoja, we follow roads No 957 and 28 through Maków Podhalański to **Sucha Beskidzka**. In the centre of town stands the wooden inn 'Rzym' [🏠] from the second half of the 18th c. with picturesque arcades (a regional restaurant inside). On the way to Wadowice – is a castle [🏰], called 'Little Wawel', with Renaissance galleries in the yard, built in the 16th c. and developed in the 17th c. (housing the museum of historic interiors).

From Sucha Beskidzka along road No 28 we go to Rabka (a well-known child health resort, where the 'Order of Smile' is awarded by children every year). By the bridge over the Raba

river stands the wooden church of St Mary Magdalene [☩] dating from 1606 with onion domes on its tower and ave-bells (inside is the Władysław Orkan Regional Museum [🏠] with the largest collection of mountaineer religious art).

From Rabka we go to **Chabówka**, where at the railway station is the Open-air Museum of the Railway Rolling Stock [🏠]. Powerful engines, carriages and other rail vehicles are a magnet for railway enthusiasts. From Chabówka we drive on to 'Zakopianka' using Road No 47, and via Nowy Targ we return to Zakopane.



Practical information

Chochołów 75, the Museum of the Chochołów Uprising Wed–Sun 10.00–14.00, admission 4.28 zloty; **Zubrzyca Górna**, Orawa Ethnographic Park, May–September opens daily 8.30–17.00, October–April 8.30–14.30, admission 7 zloty; **Zawoja**, J. Żak Open-air Museum – sightseeing by prior arrangement, tel (Mon–Fri 9.00–13.00): (0-33) 874 36 70; **Sucha Beskidzka**, the Zamek Art Gallery Mon–Sat 9.00–16.00; **Rabka**, Władysław Orkan Museum, open daily (except Tuesdays) from 9.00 To 16.00, admission 6 zloty; **Chabówka**, Open-air Museum of Railway Rolling Stock open daily from 7.00 until dusk, admission 4 zloty.

The interior of the church in Orawka, P. Klimek





The Dunajec gorge, The Archives of UMWM

Towards the Dunajec gorge

Type: car route

Length: about 140 km

Duration: 8–9 hours

Route: Zakopane – Dębno Podhalańskie – Niedzica – the Dunajec gorge – Łopuszna – Zakopane

The excursion to Pieniny and rafting down Dunajec gorge is an exciting experience – the mountainous river works its way among outcrops of limestone rocks to form a course on which rafters' boats look like matches. And the ancient buildings which we can see on the way, are equally beautiful – the UNESCO-listed little church in Dębno Podhalańskie and the lofty castle in Niedzica.

We leave Zakopane taking road No 47 and get to **Nowy Targ** (the cemetery church of St Anne [⚡] from the 15th c., a brick church [⚡] of St. Catherine next to the market). If we come here at the end of summer holidays, we will happen upon the Podhale Fair [⚡] (always on Thursday) – it is a superb opportunity to learn about the traditional crafts of the Tatra Highlands and to buy mountaineer's hand-made

products including fur and leather goods. We can try traditional sheep's milk cheese – *bundz* and smoked sheep's milk cheese – *oscypek* or to have a drink of *zentyca*.

In Nowy Targ we can turn off on road No 49, and 2 km further, road No 969 to Krościenko. After 9 km a narrow road to the right will lead us to the centre of **Dębno Podhalańskie**, where we can see the church of St Michael the Archangel [⚡] also on the UNESCO List in 2003 (see p. 7).

We set off from Dębno, southwards, to Niedzica. Soon afterwards we go through **Frydman** – established by German colonists in the 13th c. They left the original name of the village and a Gothic brick church [⚡] with rich Baroque furnishings – from the outside its distinguishing feature is the high tower with a Renaissance parapet. The church is enclosed within a low wall with gates with onion domes. Next to the church stands the rebuilt Renaissance knight's castle [⚡] dating from the 16th c.

From Frydman, along the road alongside the shore of Czorsztyn Lake, through Felsztyn, we reach the castle [⚡] in **Niedzica** called Dunajec. It was built after 1325 at the command of a the Hungarian king, and was developed

in the 15th and 16th c. A splendid panorama over Czorsztyn Lake and ruins of the castle in Czorsztyn can be seen from the castle (inside: the museum of castle interiors and a house of the creative work).

We drive down by the dam on the Dunajec river creating Czorsztyn Lake, then along the banks of the smaller Sromowiec Lake dam, and behind the dam we turn to Sromowce Wyżne. At the opposite end of the village (Sromowce Wyżne-Kąty) a rafters' boat-house was built, where the famous **rafting trips on the Dunajec river** ☞ start – one of the greatest tourist attractions in Poland. We can admire most beautiful historic buildings in the Pieniny mountains while rafting down the Dunajec gorge. Rafting is a tradition of over 160 years; on the way one can view limestone crags up to 300 m high and the rich flora and fauna of the Pieniny National Park. Rafting ends in Szczawnica (the length of the route about 18 km, duration about 2 hrs 15 min) or Krościenko (the length of the route about 23 km, duration about 2 hrs 45 min). At the river-port in Sromowce there is a car park, where one can leave a car and, after the rafting trip, return for it by mini-bus from Krościenko or Szczawnica.

After the rafting experience we return to Zakopane, via roads No 969 and 47, driving through **Łopuszna**.

Here, among old trees, stands a little wooden church ☞ from about 1500 (inside there is a late-Gothic triptych from around 1460), and next to it there is an ancient wooden manor house of the Tetmajers from 1787–90, housing a Museum of the Nobility Culture ☞, where we can see how the noblemen of Małopolska used to live.



Practical information

Dębno Podhalańskie, St Michael's church, Mon–Fri 9.00–12.00, 14.00–16.30, Sat 9.00–12.00; **Niedzica**, the castle museum, May–August Mon–Fri 9.00–19.00, Sat–Sun 9.00–17.00, September daily: 9.00–17.00, October–April daily: 9.00–16.00, admission 6 zloty; **Rafting on the Dunajec river** – the Polish Association of Pieniny Rafters, www.fli-sacy.com.pl, tel: (0-18) 262 97 21, rafting from the river-port Sromowce Wyżne-Kąty to Szczawnica – 39 zloty, children up to 10–19 years, 5 zloty; and to Krościenko – 44 zloty, ticket office open daily in April 9.00–16.00, May–August 8.30–17.00, September 8.30–16.00, October 9.00–15.00; **Łopuszna**, Museum of Nobility Culture, June–August We–Su 10.00–18.00, September–May 10.00–16.00, admission 4.28 zloty.

Czorsztyn and Niedzica, The Archives of PTO





The Gothic Route

Type: car route

Length: 144 km

Duration: about 8 hours

Route: Zakopane – Nowy Targ – Łopuszna – Harkłowa – Frydman – Dębno Podhalańskie – Kluszkowce – Czorsztyn – Grywałd – Niedzica – Kacwin – Łapsze Niżne – Łapsze Wyżne – Trybsz Krempachy – Ludźmierz – Zakopane

In localities on this trail we can see numerous interesting Gothic monuments: wooden churches of the Podhale region, sumptuous, brick buildings in Polish Spisz, as well as lordly and noblemen's residences. If you decide to tour all localities on the trail, you will have to divide the tour into two days, going back to Zakopane for overnight accommodation.

From Zakopane, following road No 47 we proceed to **Nowy Targ**, where we visit the church of St Catherine [☞] with the Gothic 14th-century chancel, and the 15th-century church of St. Anne [☞] in a cemetery across the Dunajec river. In **Łopuszna** (access along roads No 49 and 969) we can see a little wooden church from about 1500 [☞] and the Museum of Nobility Culture [☞].

in an ancient manor house (see p. 29). From Łopuszna we drive through **Harkłowa** (the wooden Gothic church [☞] dating from about 1500) to the village **Frydman** – where we will see its Gothic brick church [☞] and a Renaissance knight's castle [☞] from the 16th c. (see p. 28) Then we go to **Dębno Podhalańskie** with the little church of St Michael [☞] entered on the UNESCO List (see p. 7). From Dębno we go along road No 969 to **Kluszkowce**, where we can see several wooden holiday-villas [☞] from the 19th and 20th centuries and on the hill, the ruins of the 14th-century castle [☞] in **Czorsztyn**. The same road leads us to **Grywałd**, where we can visit a little wooden church [☞] dating from the 15th c. Then we go through the Pieniny National Park [☞] to **Niedzica**. On the steep shore of Czorsztyn Lake there is a perfectly-preserved castle [☞] (see p. 28), and in the village, some 3 km from the castle – a Gothic brick church [☞] from 1320 with precious ancient interior furnishings. Further on our route we will see brick churches [☞] in **Kacwin** (the road to the south) and **Łapsze Niżne** (from Niedzica turn left), dating from the same period. From Łapsze Niżne we go through **Łapsze Wyżne**, where a Baroque church [☞] from 1760 stands, to **Trybsz** – the local church [☞] dates back to 1567 (inside is a 17th-century polychromy with the oldest known panorama of the Tatras). From Trybsz we drive to **Krempachy**, where the late-Gothic brick church [☞] stands, built in around 1525. Then, through Nowy Targ and along road No 957 road we go to **Ludźmierz**, where there is the sanctuary of the Virgin Mary [☞], which John Paul II used to visit on pilgrimage (see p. 13).



Practical information

Łopuszna, Museum of Nobility Culture, see p. 29; **the Foundation of the Development of Lake Czorsztynskie Region**, 34-400 Nowy Targ, Al. Tysiąclecia 37, tel: (0-18) 264 13 30, fax: (0-18) 264 13 31, fre@poczta.onet.pl

Along the winding narrow paths of Spisz

Type: bicycle route

Length: 90 km

Duration: 7–8 h

Route: Zakopane – Jaszczurówka – Oswald Balzer's Road – Wierch Poroniec – Głodówka – Brzegi – Jurgów – Rzepiska – Łapszanka – Łapsze Wyżne – Niedzica – Falsztyn – Frydman – Krempachy – Nowa Biała – the Białka Gorge nature reserve – Białka Tatrzańska – Bukowina-Tatrzańska – Poronin – Zakopane

A long excursion in the Polish Spisz, up to the castle in Niedzica. On the way, numerous ancient monuments and the picturesque miniature Białka river gorge below Krempachy. The whole route lies on asphalt roads, but with numerous, steep uphill rides. The traffic intensity is very lightly, apart from the final section – from Białka via Bukowina to Poronin and Zakopane – with heavy traffic.

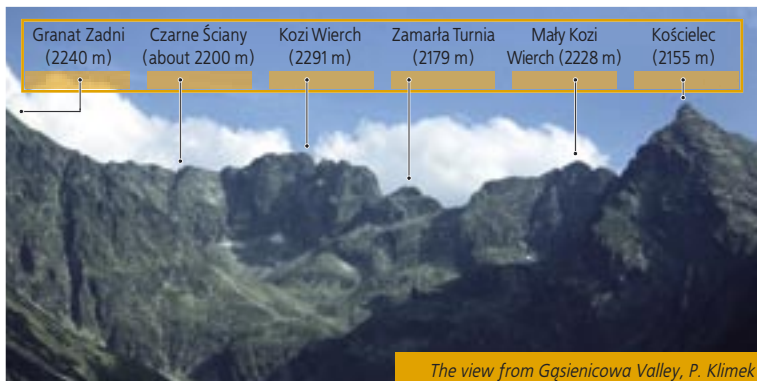
We leave Zakopane heading towards Jaszczurówka, where a wooden Zakopane-style chapel [☩] stands, designed by Stanisław I. Witkiewicz. Further we ride along the mountain road, called the Oswald Balzer's Road, through subalpine forest areas. We go up to Mt Wierch Poroniec, where we meet the road to Łysa Glade. We turn left, through the Głodówka Glade (a famous panorama of the Tatras) and 0.5 km before Bukowina Tatrzańska we turn right, to Brzegi. A steep downhill road through the village leads to the bridge on the Białka river across which lies Jurgów with an old wooden church [☩]. From Jurgów following a steep road through Rzepiska we arrive at the top of Magura Spiska, from where there is an excellent view over the Bielskie and Wysokie Tatras. We ride further along the steep road to Łapszanki and then to Łapsze Wyżne and through Łapsze Niżne (both have wooden

churches [☩] – see p. 30) we head to Niedzica. In the village stands an attractive Gothic church [☩], and 3 km further – a sumptuous castle [🏰] (see p. 28). From the castle a narrow road winds along the south bank of Czorsztyn Lake through Falsztyn to Frydman, where there is a large Gothic church [☩], surrounded by a wall with gates and a Renaissance knight's castle [🏰] (see p. 28). From Frydman a long, almost straight road leads to Krempachy with a late-Gothic church [☩]. Immediately outside the village we go over the bridge spanning the Białka river to Nowa Biała, where we turn left and go along the river 1.5 km outside the village, on the other side of the Białka we can see two steep, rocky hills – little rock 'towers' standing on each bank – Oblazowa and Brama [🏰] – through which the river works its way creating a small gorge. Further we ride along the winding road and after 1.5 km we already reach Białka Tatrzańska. After another 1.5 km we enter road No 49 from Nowy Targ and go through Białka, passing an old wooden church [☩], then via Bukowina Tatrzańska to the roundabout at the end of the village. From there a long downhill road leads to Poronin (road No 961), where we enter 'Zakopianka' (road No 47), retiring to Zakopane.

Along the winding narrow paths of Spisz

The church in Krempachy, P. Witosławski





The view from Gąsienicowa Valley, P. Klimek

On foot

Zakopane is a paradise for mountain hiking enthusiasts, though some trails demand a high fitness level and resistance to exposure to height. Zakopane – if we have a car – can also be the starting point for excursions into the Babia Góra, the Gorce or the Pieniny ranges.

In the Tatras, picturesque walking trails lead through little sub-alpine forest valleys – Strążyńska and Biała. In both we can see little dolomite rocks and turbulent streams. The first valley offers a view over Mt Giewont, and part of the second forms a narrow, rocky canyon. A walk into the **Kościełiska Valley** will be considerably longer.

Taking a road along the stream, we work our way among the rocks of the three following ‘gates’ and admire the views over the tops: Czerwone Wierchy and Raptawickie Turnie. Side-paths lead to caves (like the Frost Cave [Jaskinia Mroźna], adapted to sightseeing). The short trail leads also to the rocky crevice of the Kraków Ravine, and in the upper part of the valley the trail from the PTTK (Polish Tourist Country Lovers’ Association) shelter at the

top of Ornak leads to the Smreczyński Pond [Staw Smreczyński]. The most popular destination is **Hala Gąsienicowa**, a vast mountain pasture with the Murowaniec PTTK shelter, over which we can see Kościelec, and behind it the massif of Świnica, Kozie Wierchy and Granaty (where lies the most challenging tourist trail in Polish Tatras, called Orla Perć; the mountain-climbing is made easier, as metal-ladders, chains and buckles are installed). An easy hiking trail goes along an asphalt road to Lake Morskie Oko above which Mts Mięgu-



Safely on the trail

Hiking the Tatras one should follow several rules: always take warm clothes and a waterproof cover, because the weather in the mountains can change very quickly; it is advisable to have something to eat, ideally – something sweet, quickly absorbed. Do not go off the marked trails/paths – we are in the National Park, in winter one should not go beyond the upper limits of the forest – in many places avalanches occur. Mountain rescue telephone number: **0 601 100 300**; Mountain Voluntary Rescue Service/ Rescue Service [Górskie Ochotnicze Pogotowie Ratunkowe] (**GOPR**), the Podhale Group – tel: 985, (0-18) 267 68 80; The Tatra Voluntary Rescue Service [Tatrzańskie Ochotnicze Pogotowie Ratunkowe] (**TOPR**) – tel: (0-18) 201 47 31.

szowieckie Szczyty, the slender peak of Mnich and, crossed with an oblique gully, the highest Polish summit Mt Rysy (2499 m asl), up which there is a relatively difficult red trail, can be seen. Those longing for the alpine views, but reluctant to go mountain-climbing, should go along the yellow trail through the Szpiglasowa Pass to the Valley of the Five Polish Ponds Valley [Dolina Pięciu Stawów Polskich], with the highest Polish waterfall – the 70-metre Wielka Siklawa.

Beyond the Tatras. It is worth an effort hiking to the top of Mt Babia Góra (1725 m asl) lying within the Babia Góra National Park, recognised by the UNESCO as a biosphere reserve. Climbing to the top of Mt Babia Góra is easy – the best is to start at the Krowiarki Pass, cross road No 957 from Jablonki to Zawoja, along the red trail.

From the top, with favourable visibility, we can see a panorama of the Beskids, the Tatras and the Slovak mountains. From the top we take the red trail to the Brona Pass and go down to the PTTK shelter called 'Markowe Szczawiny'. To return from the shelter to the Krowiarki Pass take the blue trail through mountain pastures of the Gorce to the top of Mt Turbacz.

The Gorce are not very high, but are beautiful mountains, famous for scenic mountain pastures.

The Gorce National Park occupies the central part of the mountains. The best hiking destination is Mt Turbacz (1310 m asl) with a PTTK shelter. The most popular trail leads from Kowaniec, but more beautiful is a round trip starting from Łopuszna (the car can be left in the village, next to the ski lift). Following the black trail we climb towards the mountain pastures below Mt Kiczora, where we meet the red trail and go along it to the top of Kiczora. Then we follow the red signs, soon entering the mountain pasture called the Hala Długa with the shelter below Mt Turbacz visible at its end. From the shelter we go down along the easy blue trail next to the Papal chapel to the top of Bukowina Waksmundzka with a large mountain pasture. Then the blue trail makes for the Łopuszna valley and across to the hike staring point.

The Dunajec gorge 'bird's-eye view'. The Dunajec gorge looks from rafters boats as lovely as from the tops of the Pieniny. We leave Krościenko taking the green trail along the Dunajec, then we climb a pass below Sokolica, where we meet blue signs – to the left is one which goes up very steeply to the top of Mt Sokolica (there is an entrance fee). From the top we go down to the pass and through Czertezik to Bojków Groń, where we meet yellow signs. Both trails go for about 1 km together, and then take the blue one where it turns left across a large glade, next the forest, to the top of Mt Zamkowa Góra with ruins of a mediaeval castle associated with St Kinga. From there is a steep climb to the top of the Trzy Korony (entrance fee to the top of the highest rocky tooth, but the ticket from Sokolica will do). We go down from Trzy Korony along the blue trail to the Szopka Pass, and then take the yellow trail to Krościenko.

The Tatras, Five Polish Ponds Valley, T. Gębuś



Extreme sports

In Zakopane and its vicinity lovers of challenging experiences will find numerous opportunities to practise many extreme sports.

The summits of the Tatras and their rocky walls are a paradise for **mountain-climbers**. There are many mountain-climbing routes in the Tatras, but many peaks are normally inaccessible, with marked trails onto which one can enter only under the care of a licensed mountain guide. It is only necessary to be resistant to exposure to height.

In the Tatras one can explore **caves** – there are over 650 known ones. The largest is the systems of caves called the Great Snow Cave [Wielka Jaskinia Śnieżna] and the Great Litworowa Cave [Wielka Jaskinia Litworowa] with over 18 km long passages. The first is also the deepest one (almost 800 m deep). However to go so deep, it is necessary to have adequate experience and special equipment. In the Kościeliska Valley there are caves open for tourists without special licences, and which can be toured without the guide, such as a cave called Jaskinia Mylna.

White water canoeing enthusiasts are tempted by the rivers Dunajec and Biłka. A canoeing

trip down these rivers requires experience, but it is an unforgettable challenge, especially if we choose the route through the Dunajec gorge in the Pieniny. Less experienced canoeists can try rafting (pontoon-rafting).

Mt Nosal is an excellent place to go para-gliding or hang-gliding. There is a hang-glider school and the e instructor can teach you to fly individually. Parachute-jumps over the Tatras are exciting, however they require a longer, special training.

When we have already done it – we are ready for a jump from a height of 4 thousand metres!

Skiing

In Zakopane – the winter capital of Poland – we will find numerous lifts and ski pistes with varied degrees of difficulty. The famous ski-jump called 'Wielka Krokiew' receives the best ski-jumpers every year during the World Cup Competition (January– February). Another charm of the winter in the capital of Podtatrze are the traditional mountaineers' sledging cavalcades, finishing with a shepherds' bonfire in the frosty evening and après-ski in numerous pubs, discos and clubs.



Practical information

Mountain guides: www.pspw.pl, information on caves – TPN information, Zakopane, ul. Chałubińskiego 44, tel: (0-18) 206 37 99, www.cyf-kr.edu.pl/tpn.; rafting and white-water canoeing: The School of White Water Canoeing and Rafting RETENDO [Szkoła Kajakarstwa Górskiego i Raftingu RETENDO], Kraków, ul. Maszyńskiego 28, tel: (0-12) 654 73 45, the canoe base, tel: (0-18) 444 51 41, www.retendo.com.pl; para-gliding / hang-gliding: Hang-gliding School, Zakopane – Nosal, tel: (0-18) 206 31 81, parachute-jumps: The Central Parachute-School of the Polish Airclub [Centralna Szkoła Spadochronowa Aeroklubu Polskiego], Nowy Targ, ul. Lotników 1, tel: (0-18) 266 23 23..

*The chair-lift in Gąsienicowa Valley,
The Archives of PKL*



Ski trails for beginners and less advanced skiers are scattered around the town – skiers have at their disposal numerous lifts: at Mt Nosal, on the Lipki Hill, next to Wielka Krokiew, on Krzeptówki, Koziniec and Antałówka (in each of these places there are several T-bar lifts). The ski slopes on the Szmoszkowa Glade (2 about 400 and 1500 m long chairlifts and with a 60 and 280 m differences in level) are the best for the intermediate. Ski slopes of similar difficulty are on nearby Mt Butorowy Wierch at the chairlift (1640 m long and with 272 m difference in level) and two T-bar lifts (260 and 400 m long, with 27 and 67 m difference in level).

A nice, medium difficulty ski slope is along the rope railway to the top of Mt Gubałówka (1338 m long and with 300 m difference in level) and at smaller T-bar lifts below the top.

A slalom piste (with an FIS certificate) on Mt Nosal, at the chairlift (650 m long, with 245 m difference in level) and a shorter T-bar lift is designed for advanced skiers.

The most attractive place for experienced skiers is Mt Kasprowy Wierch (1985 m asl).

Anybody wishing to ski downhill can be taken to the top in the cable railway from Kuźnice

(over 4 km long, with 936 m difference in level), from where one can ski downhill to Gąsienicowa Valley (1156 m long chairlift, with 351 m difference in level) or to the Goryczkowa Valley (1736 m long chairlift, with 602 difference in level); interesting ski routes lead from both valleys to Kuźnice, while the routes alongside the lifts are very challenging.

In the vicinity of Zakopane one can also ski in Murzasichle (routes for beginners, 6 short T-bar lifts), in Małe Ciche (easy ski-slopes, 3 about 250 – 350 m long T-bar lifts), in Bukowina Tatrzańska (3 networks of lifts, 15 easy ski-slopes altogether about 240–540 m long) and in Białka Tatrzańska (the biggest, after Zakopane, ski station in Podhale – with several networks of the lifts).

The longest ski slopes (easy and medium difficulty) are on Kotelnica Białczańska, at 2 chairlifts (1400 and 850 m, with 210 and 170 m difference in level) and a T-bar lift (690 m long, with 155 m difference in level). Elsewhere there are 15 T-bar lifts (50–1000 m long, with 6–175 m difference in level) on easy and very easy ski slopes.

In Zakopane and its vicinity everyone will find something to suit themselves!

Gubałówka – leisure in the mountains, The Archives of the Promotion Office in Zakopane



SZCZAWNICA

Szczawnica lies in the mountain valley, where numerous, mineral-rich sources, of crystal clean water spring; it tempts visitors not only with sanatoria and opportunities for therapeutic treatment, but also with dozens of other attractions. Mountain trails, luxurious hotels and boarding-houses, sanatoria, health and fitness centres, but also beautiful old spa houses and luxuriant nature of the surrounding mountains are the trump-cards of this locality.

The Hungarian owner of this place in the mid 19th c. – Joseph Szalay – contributed to the development of the health resort. The oldest health resort district of Szczawnica is situated in a small valley, starting at Grajcarek at the foot of Mt Bryjarki. Respiratory system diseases and other medical conditions are treated here. In the town one can see the historic buildings of a health resort and the old spa-park. One can also taste mineral waters, coming from several sources: Józefina, Stefan, Magdalena, Jan, Szymon, Wanda and Pitoniakówka. Szczawnica is also famous as it is picturesquely set in the Pieniny. This unusually beautiful mountain range can be admired during short excursions from the health resort or during rafting down the Dunajec on traditional-style rafts (see p. 29).

Round the Pieniny




Type: bicycle route

Length: about 47 km

Duration: about 8 h

Route: Szczawnica – the Orlica PTTK shelter – pedestrian and bicycle border crossing point to Slovakia over the Dunajec down Leśnica – bicycle-pedestrian path along the Dunajec gorge – Czerwony Klasztor – car border crossing point to Poland: Łysa/Niedzica – the castle in Niedzica – Sromowce Wyżne – Czorsztyn – Krośnica – Grywałd – Krościenko – Szczawnica

An attractive and easy excursion for all cyclists. From a comfortable distance along the Dunajec gorge on the Slovakian side we can admire its splendid scenery.

Further on we can visit the castle  in Niedzica and the ruins of Czorsztyn castle  picturesquely situated on a hill, overlooking Czorsztyn Lake. Finally we can visit a charming Gothic wooden church  in Grywałd.

At present a pedestrian foot-bridge over the bordering Dunajec is being built in Sromowce Niżne.

Szczawnica, P. Klimek





By bicycle from Szczawnica

Szczawnica's vicinity is an excellent place for mountain bikers – using numerous bicycle paths/ routes we can cross the Małe Pieniny (the red trail: Szczawnica – Durbaszka – Jaworki), and also climb the main ridge of the Beskids' Radziejowa Strand, (the black trail: the valley of Sopotnicki Spring – Czeremcha – Przehyba).

By cycle routes we can get to Piwniczna Zdrój (the green trail: Jaworki – the White Water [Biała Woda] nature reserve – the Rozdziela Pass – Szczob – Obidza – Wielki Rogacz – Niemcowa – Kosarzyska – Piwniczna).



A bicycle path from Szczawnica to Czerwony Klasztor, P. Panczakiewicz

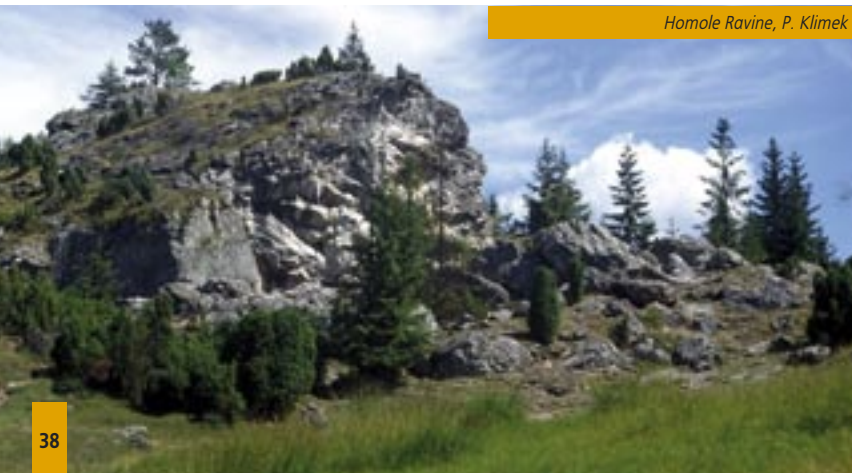
On foot

The environs of **Szczawnica** are excellent for walks and hikes. Over the health resort is the steep Mt Bryjarka with a cross at its peak, the Zaskalnik waterfall in the **Sopotnicki valley** is also a destination of walks.

In the 5-km-distant Jaworki area we can find the most beautiful places of the **Małe Pieniny** – the Homole Ravine and the Biała Woda Ravine. One can also climb the highest summit of the Pieniny, Mt Wysoka (1050 m asl). **The Pieniny** themselves are a beautiful destination – precipitous Mt Sokolica (747 m asl) or the

Trzy Korony (982 m asl), the highest elevation in this part of the mountains, offer splendid views over the Dunajec gorge.

From Szczawnica we can set off to the **Beskid Sądecki** – numerous trails lead onto the Radziejowa Strand, including the PTTK shelter on Przehyba (1175 m asl) or onto the scenic Dzwonkówka (983 m asl). It is also worth walking further, to cross the Gorce – the nearest Gorce top is Mt Lubań (1211 m asl) which one can climb by the trail from Krościenko.



Homole Ravine, P. Klimek

Skiing

In **Szczawnica**, almost in the very centre of the town, is the lift to the top of Mt Palenica starts (722 m asl, 783 m long, with 262 m difference in level), from which we can go downhill along a challenging, but interesting ski slope (another, easier ski slope is under construction).

On the top there are also two T-bar lifts onto the bordering ridge (333 and 310 m long, with 74 m difference in level) with popular ski slopes and cross-country skiing trails.

In the town's vicinity we can ski on gentle slopes over the valley of the Skalski stream in **Jaworki** (5 km from the centre of Szczawnica), where there are two lifts (200 and 510 m long, with 40 and 120 m difference in level). At the slope there is a food outlet, and nearby – cross-country skiing trails.

High on the ridge over Jaworki, below the Durbaszka top, there is another lift (580 m long, with 40 m change in altitude) with a gentle ski slope and a tourist shelter.

Persons with cars can drive to the Czorsztyn Ski-Recreational Resort in **Kluszkowce** (22 km from the city), situated on Mt Wdżar (767 m asl) over the Suszka Pass. At the chair-



Gondola cableway, The archives of PKL

lift (the length of 550 m, with 150 m difference in level) and 3 other lifts (the length of 90, 460 and 680 m, with 12, 45 and 150 m difference in level) there are several ski slopes – easy and difficult.

There is an all-year-round toboggan-run and cross-country trails. Skiers are invited to restaurants and a scenic terrace with the beautiful panorama of the Pieniny.

Views that we can admire while dashing down the slope are rewarding for the strenuous exercise.



*Shelter in Berešník,
The archives of the Hostel in Berešník*



The Dunajec gorge, The archives of PTO

The Dunajec gorge


Type: car route


Length: about 100 km

Duration: 7–8 hours

Route: Szczawnica – Krościenko – Łącko – Stary Sącz – Rytro – Piwniczna – Żegiestów Zdrój – Muszyna – Powroźnik – Krynica

A hike across valleys of the Dunajec and Poprad rivers near the renowned health resorts in the Polish Carpathians is a fascinating experience. The small Dunajec gorge between the Gorce and Beskid Sądecki, then the deep valley of the winding Poprad are among the most beautiful sights in the Beskids. Many interesting historic landmarks and smaller health resorts rich in mineral water hide in such picturesque scenery.

We leave Szczawnica taking a road along the Dunajec to nearby (4 km) **Krościenko**. This is an old town, where wooden small town architecture  in the market square has survived. One can also visit the parish church, partly Gothic, with remains of mediaeval polychromy. Krościenko also used to be a health

resort for some time. On the eastern bank of the Dunajec, at the foot of Mt Stajkowa, is a source of mineral water springs . From Krościenko we drive along road No 969 towards Nowy Sącz. The first section of the road leads across the Dunajec valley. The route at the Kłodne hamlet is especially picturesque. 17 km from Krościenko we reach **Łącko**. The gentle local microclimate promotes fruit-growing – dozens of orchards, mostly apple and plum, grow in the vicinity. In May, a Holiday of the Blossoming Apple-

Stary Sącz, The archives of UMWM



tree ☼ is organised here (we can then listen to local mountaineer's bands and taste the famous plum vodka of Łącko).

From Łącko we drive to **Stary Sącz**, where we can see, south of the market, the 14th c. St Margaret's Church ☼ and the regional museum ☼. We should make a point of visiting the fortified Convent of Poor Clares ☼, founded by St. Kinga in the 13th c.. Inside the local church with rich Baroque furnishings, there is a grave chapel, with the relics of the saint canonised by John Paul II in 1999 during a mass on public grasslands at the eastern side of the town. Today a pilgrimage centre and the papal altar stand there.

From the market square in Stary Sącz we head for road No 87, along which we go south, to the valley of the Poprad. We can make a short stop in **Rytro**, 10 km from Stary Sącz – on the steep hill over the river we can see the ruins of a 13th-century castle ☼ (from the hill there are views over the Poprad and Radziejowa Strand).

Rytro is only 7 km from **Piwniczna Zdrój**. The health resort, founded in the interwar period along with a pump-room for mineral waters, is situated across the river Poprad.

In Piwniczna – we drive along road No 87 (leading to the border crossing point with Slovakia 3 km further), turning left onto the bridge over the Poprad into road No 971 to Muszyna and Krynica. Sanatoria and boarding-houses hide in the forests in the most beautiful part of the Poprad gorge ☼, 16 km from Piwniczna, where the river almost creates a loop. It is **Żegiestów Zdrój**, a health resort established in the 19th c. and developed in the interwar period. It has a Neo-Gothic church ☼, a spa house designed by Adolf Szyszko-Bohusz and a pump-room for mineral water.

Outside Żegiestów the valley widens and after 9 km we get to **Muszyna**. In this small town, wooden 19th-century middle-class architecture ☼, has survived. The wooden inn from the end of the 18th c. houses the Regional PTTK Museum. ☼.

From Muszyna we go 5 km to **Powroźnik**, a village half-way to Krynica. Among the trees to the right of the road, behind the railway line, there is a 17th c. Greek-Catholic church ☼ (currently serving as a Roman Catholic church; see p. 11). It is only 6 km from Powroźnik to the centre of the health resort in Krynica Zdrój.

Piwniczna Zdrój, The archives of UMWM



Poprad in Rytro, M. Grychowski



KRYNICA ZDRÓJ

Krynica Zdrój – the jewel of Polish health resorts – possesses all the assets of best European health resorts: a promenade, stylish boarding-houses, spa houses, a bandshell, pump-rooms with the most precious local treasures (23 intakes of mineral water), including the most popular 'Krynicanzanka', are available. In local hospitals and sanatoria circulatory system diseases, urinary tract diseases, digestive system diseases, feminine diseases and other medical conditions are treated.

The world famous tenor Jan Kiepura (1902–66) was associated with Krynica. Since 1967, in August, the Jan Kiepura Festival has been organised here annually, attracting guests from all over the world. In the 'Romanówka' Art Gallery we can see works by Nikifor, a genius primitivist painter (see p. 11). Walking around the town we can also see interesting architecture of a spa town, e.g.: Art Nouveau boarding-houses, Old Mineral Baths and the New Pump-room. One of the symbols of the city is Mt Parkowa (741 m asl) to the top of which we can be taken in cable car, and one of the local attractions – the modern cable car to the highest summit in the area – Jaworzyna Krynicka.

The magic beauty enchanted in wood

Type: the bicycle route

Length: 65 km, with the variant to Dubne 90 km

Duration: about 8–9 hours

Route: Krynica Zdrój – Krynica-Słotwiny – Kopcio-wa – the Huta Pass [Przełęcz Huta] (Krzyżówka) – Mochnaczka Wyżna – Mochnaczka Niżna – Tylicz – Muszynka – Tylicz – Wojkowa – Powroźnik – Muszyna (another variant: Muszyna – Leluchów – Dubne – Leluchów – Muszyna) – Szczawnik – Złockie – Jastrzębik – Powroźnik – Krynica Zdrój)

Near Krynica Zdrój, Lemko-style wooden Orthodox churches have survived in almost every village – today most of them serve as Catholic churches, but inside many of them one can see traditional Orthodox church  furnishings with the iconostasis. The most beautiful and most interesting temple has survived in Powroźnik – this is also the oldest Lemko-style Orthodox church which has survived to our times, as it dates from about 1600.

Other similar churches (in Krynica-Słotwiny, Mochnaczka Niżna, Tylicz, Muszynka, Wojkowa, Leluchów, Dubne, Szczawnik, Złockie and Jastrzębik) are also worth a visit.

*Orthodox church in Krynica-Słotwiny,
the Archives of the Krynica Zdrój City Hall*



On foot

Near **Krynica Zdrój**, the wild backwoods of **Jaworzyna Krynicka Strand** are excellent mountain hiking destination; the top of the highest in summit the neighbourhood: **Jaworzyna Krynicka** (1114 m asl) can be climbed on foot or reached by gondola railway. **Mt Parkowa** (741 m asl) to the top of which one can ride by the small cableway encourages shorter walks. Hiking along the numerous pedestrian trails, we will breathe mountain air and we will soothe the stress in contact with nature...

Skiing

In **Krynica** we can ski downhill of **Mt Parkowa** to the top of which there is a small cableway (642 m long, with 148 m difference in level) which bottom station is in the very centre of the town (ski slopes and cross-country trails). In **Krynica-Słotwiny**, 3 km from the centre of the health resort, there are 3 lifts (120, 820 and 925 m long and with 27, 178 and 195 m difference in level; ski slopes and cross-country trails). The next popular ski station with easy and moderately difficult ski slopes is in **Tylicz**, 6 km from here. There are many short lifts, but their biggest concentration is the **TOP Ski station**, where there are 4 lifts (125–705 m long, with 30–145 m difference in level). The most interesting – at least for advanced skiers – is the ski-complex on **Jaworzyna**, 6 km



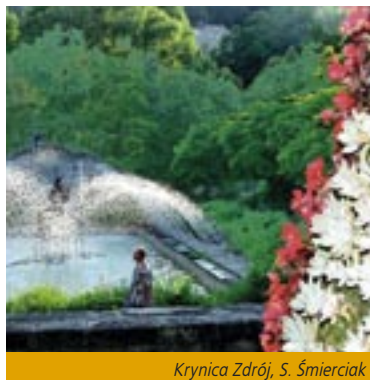
Gondola cable car to the top of Jaworzyna Krynicka, the Archives of the Krynica Zdrój City Hall

from the centre of the health resort. A gondola cableway takes us to the top of the mountain (2211 m long, with 465 m difference in level). There are additionally six T-bar lifts (245–900 m long, with 35–250 m difference in level). Part of the ski slopes has a FIS certificate. Two large ski-stations in the **Beskid Sądecki** are easily accessible by car. 40 km from **Krynica** there is a ski resort in **Wierchomla Mała**. It was established several years ago and is already very popular. Skiers have at their disposal a chairlift (1600 m long, 300 m difference in level and 4 other lifts (110–940 m long and with 14–175 m difference in level). Ski slopes with various degrees of difficulty and cross-country trails run on the top of the beautiful, scenic ridge of **Łdugie Młaki** belonging to the massif of **Pusta Wielka**. Rich catering and accommodation offer complement the whole picture. Another station, **the Sucha Valley** [Sucha Dolina] near **Piwniczna**, is 45 km away from **Krynica**. On the extensive glade on the slope of **Eliaszówka**, skiers have at their disposal numerous downhill ski slopes with ten T-bar lifts (140–880 m long, 9–218 m difference in level). Cross-country trails, as well as eating facilities add to the offer of this station..



By bicycle from Krynica

Though in the environs of **Krynica** there are not as many off-road bicycle routes as near **Szczawnica**, however, having a good tourist map, one can plan an interesting cycling tour along the forest-paths in the mountains surrounding the town. One can even ride to the top of **Jaworzyna Krynicka** (1114 m asl) taking the road leading to the **PTTK shelter** from the **Black Stream** [Czarny Potok].



Krynica Zdrój, S. Śmierciak

Secrets of the Low Beskid

Type: car route



Length: about 180 km

Duration: 8–9 hours

Route: Krynica – Gorlice – Libusza – Sękowa – Owczary – Bartne – Kwiaton – Klimkówka Lake – Hańczowa – Wysowa Zdrój – Krynica

Gorlice's vicinity, on the verge of Low Beskid [Beskid Niski] and the Ciężkowickie Foothills [Pogórze Ciężkowickie], is the cradle of the world oil industry – it is here in 1852 where the first crude oil mine was opened, and two years later the oil-fuelled street-lamp in Gorlice was lit. Low Beskid hides completely different attractions: little wooden Orthodox churches standing almost in every village and the church in Sękowa, listed by the UNESCO. The excursion can end in the health resort Wysowa Zdrój or we can return to Krynica.

We leave Krynica taking road No 75 towards Nowy Sącz, but 5 km up we turn right into road No 981 to Grybów, where, behind the railway, viaduct we turn right, into road No 28. Through Ropa and Szymbark we arrive at **Gorlice**. It is here where Ignacy Łukasiewicz, the inventor

of the oil-lamp, experimented with crude oil. In the local regional PTTK Museum  there is an interesting collection of oil-lamps, a reproduced interior of the Łukasiewicz's pharmacy and a device used for oil distillation. Many exhibits connected with oil extraction and its pioneers, as well as oil wells, machines and drilling tools etc., are also presented in **Libusza**, in the private Museum of Oil Industry and Ethnography  (from Gorlice to Libusza one should drive 8 km towards Jasło and turn right into the village).

Roadside shrine in Gorlice, P. Klimek



Near Gorlice there are also ancient monuments of the sacred architecture: the church [☩] from about 1520 in **Sękowa** (on the UNESCO List; see p. 7), the Orthodox church [☩] in **Owczary** (see p. 11) or the former Greek-Catholic Orthodox church [☩] in **Bartne**, (at present a branch of the Museum of the Folk Architecture [☩] in Szymbark see p. 11).

From Gorlice we head south along road No 977, through Małastów and the Małastowska Pass (604 m asl), to **Gładyszów** famous for the breed of Hutsulian horses (of a type kept by mountaineers in the East Carpathians). Here we turn right and through Smerekowiec and **Kwiatoń** (Orthodox church [☩] of St. Paraskeva; see p. 11) we arrive at Uście Gorlickie. There is a dam below it on the river Ropa, forming the Klimkówka reservoir. The high ridges of the Pieniny Gorlickie tower above the lake. The lake is popular with windsurfing fans, and one can hire water equipment in the rental-shop on the shore.

From Uście Gorlickie we drive 7 km along the valley of the river Ropa through **Hańczowa**, in which there is a wooden Orthodox church [☩] from the first half of the 19th c., with the important 18th–19th c. furnishings, to **Wysowa Zdrój**.

This locality is situated in the wide intermountain valley, surrounded with the wooded ridges of the Low Beskid. The health resort was established here in the 19th c., though the first notes mentioning the curative proprieties of the local waters date from the 18th c. In the local hospital and sanatoria, digestive system and respiratory systems diseases are treated. In the Spa Park [Park Zdrojowy] one can try tasty mineral water [☩] from public sources (it's free!). It is also worth visiting the two wooden churches there: the 18th-century Greek-Catholic Orthodox church [☩] with its fine iconostasis from the same century and the Catholic church [☩] from the interwar period. We can end the trip in Wysowa or return to Krynica.



Practical information

Gorlice, the Regional PTTK Museum, ul. Wąska 7–9, Tue–Fri 9.00–16.00, Sat 10.00–14.00, May–September additionally on Sunday: 10.00–14.00; **Libusza**, the Museum of Oil Industry and Ethnography, Libusza 67, daily 8.00–16.00; **Bartne**, the Exhibition of the Orthodox Church Art in a former Orthodox church, see p. 11; **Gładyszów**, the horse-stud, Gładyszów 53, 38-315 Uście Gorlickie, tel: (0-18) 351 00 57, skh@onet.pl, www.skh.horsesport.pl

Hańczowa, M. Grychowski



Near Gładyszów, P. Mierniczak



TARNÓW

A visit to this most important town of the eastern part of the region is an opportunity to tour local historic sites.

In the market square there are many picturesque little townhouses, and in the middle of the market square there is the Renaissance town hall, rebuilt several times, most recently in the 19th and 20th c. There is the branch of the Regional Museum inside (with an exhibition connected with General J. Bem – the hero of the November and Hungarian Uprising 1848/49).

Next to the market square stands the Gothic cathedral, rebuilt at the end of the 19th c. in the Neo-Gothic style, famous for its Renaissance tombstones of members of the Tarnowski family, including Hetman Jan Tarnowski, a famous commander. Next to the cathedral one can tour the Diocesan Museum. Also outside the Old Town we can find interesting buildings: two little wooden churches – the Church of Our Lady Scapular on Burek, dating from 1458, and the Holy Trinity Church on Terlikówka built at the end of the 16th c.

From surviving historic buildings we can learn a lot about the town's Jewish community, which once constituted a half of its population (45% in 1939). From the most important and oldest synagogue only the *bimah* has survived, but many other elements connected with the activity of the Jewish community are still here. There is also a large Jewish cemetery with ancient tombstones. Jewish Remembrance Days are organised annually in Tarnów on the anniversary of the liquidation of the ghetto during the Nazi occupation.

Another vivid and formerly numerous, itinerant ethnic group – the Gypsies – is the subject of an exhibition in the Tarnów Ethnographic Museum. Even real Gypsy camps can be toured here. The museum organises fascinating Gypsy music festivals and also the Remembrance Camp dedicated to those numerous members of the Gypsy community murdered by the Nazis.

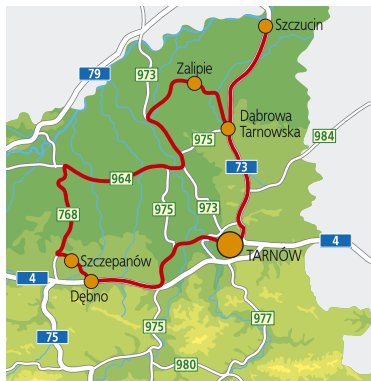


Practical information

The Regional Museum – the Town Hall, opens Tue and Thu 10.00–17.00, Wed and holidays 9.00–15.00, Sat–Sun 10.00–14.00; admission 4 zloty; the Diocesan Museum, pl. Katedralny 6, open Tu–Sa 10.00–15.00, Sun 10.00–14.00, admission free; The Ethnographic Museum, ul. Urszulańska, opening hours and prices as in the Town Hall.

Town Hall in Tarnów, M. Grychowksi





Zalipie, P. Mierniczak

By the quiet stream of the Vistula

Type: car route

Length: 153 km

Duration: 6–7 hours

Route: Tarnów – Dębno – Szczepanów – Zalipie – Szczucin – Dąbrowa Tarnowska – Tarnów

North of Tarnów one can see interesting examples of folk wooden architecture and beautifully preserved castellated manor in Dębno and the Judaic Museum in Dąbrowa Tarnowska.

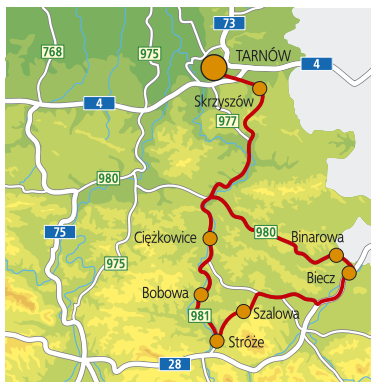
From Tarnów we take road No 4 to **Dębno** (16 km). In Dębno, in the old park hides a Gothic, fortified knightly residence [🏰] from the 15th c., the only one in Poland so well-preserved, at present the museum of castle interiors. Every year, in September, a knights' tournament [🏰] is held here. From Dębno we go to **Szczepanów** (6 km), where is the sanctuary of St Stanisław the bishop [🏰], a martyr and the saint of Poland, who came from this locality. At his birthplace stands the Chapel of Birth and near, under a wooden garden shed, there is the well, in which Bogna, Stanisław's mother was said to have washed the newly-

born child. Many people, believing in the curing power of the water, go on pilgrimage to the well during the May church holiday dedicated to St Stanisław. From Szczepanów we head for **Zalipie** (along roads No 768, 964 and 973), famous for painted cottages and for household fittings and craft products. They can be seen on the Felicja Curyłowa's farm – a branch of the Regional Museum in Tarnów [🏠]. Every year in June there is a competition for the most nicely decorated farm [🏠]. We leave Zalipie along the side road and passing through Olesno we go to **Dąbrowa Tarnowska** (here we can turn north to **Szczucin**, to the Museum of Road Science [Muzeum Drogownictwa] [🏠]). In **Dąbrowa Tarnowska** we can see mementoes of the Jewish community [🏠] (see p. 9). Then along road No 73 we return to Tarnów (23 km).



Practical information

Zalipie, Felicja Curyłowa's farm (a branch of the Regional Museum in Tarnów), Tue–Sun 10.00–16.00, admission 4 zloty, reduced 2 zloty; **Szczucin**, the Museum of Road Science, ul. 1 Maja 39, Mon–Fri 7.00–15.00, admission free; **Dąbrowa Tarnowska**, Jewish Memorial Chamber, see p. 9.



The 'Fossil City' and lace

Type: car route

Length: 139 km

Duration: 8–9 hours

Przebieg: Tarnów – Skrzyszów – Ciężkowice – Bobowa – Szalowa – Biecz – Binarowa – Tarnów

South of Tarnów, we will find a 'Fossil City' [Skamieniałe Miasto]. We can also see how lace is made, visit beautiful ancient monuments in Biecz and wooden churches in Szalowa and Binarowa. And if somebody feels like an extended stay in these regions, they will find many hospitable local farms – as it is a real 'agrotourist haven'.

From Tarnów we drive south through **Skrzyszów** (where stands a wooden church [🏛️] dating from 1517), Tuchów and Gromnik to **Ciężkowice** (34 km). Here in the market we can see single-storey wooden buildings with 18th–19th-century arcades, and to the south of this locality, the Fossil City reserve [🏞️] – one of the region's greatest tourist attractions. During walks and excursions one can see picturesque, fantastic-shaped little rocks.

Near Ciężkowice and Gorlice there are also numerous well preserved cemeteries from the period of the First World War (in Gromnik, Siedliska, on Mt Pustki and elsewhere; for more see: strony.tarman.pl/~andmel).

If we prefer something more active, from Ciężkowice we take road No 977 and 981 to **Bobowa** (12 km). In the Gallery of Block Lace [🏠] we will see lace-makers' products. We can watch lace-makers at work and buy lace. In this town there is also a cemetery with a stone-built Gothic church [🏛️] dating from the 15th c. and well-preserved mementoes of the Jewish community – the synagogue and the cemetery [🏪], where famous tzaddiks are buried.

From Bobowa we go (roads No 977 and 28) through Łuzna (here we can turn right to **Szalowa**, where stands a wooden church [🏛️] dating from 1736 with Baroque polychromy and rich late-Baroque and Rococo interior furnishings from the 18th c.) to **Biecz** (26 km). It is one of the oldest and most beautiful towns in southern Poland with the late-Gothic parish church [🏛️], the Renaissance Town Hall, the Gothic House of Marcin Kromer (housing the Regional Museum), the remnants of the town's walls with towers and gates and an interesting Museum of Pharmacy [🏪]. From Biecz we take roads No 980 and 977 through **Binarowa**, where we can see a wooden church [🏛️] dating from about 1500, entered on the UNESCO List (see p. 7). Then we pass through Gromnik and Tuchów to Tarnów (53 km).



Practical information

Bobowa, the Gallery of Block Lace in the Culture and Promotion Centre of the Bobowa Commune, ul. Grunwaldzka 126, tel: (0-18) 351 40 13, e-mail: ck@bobowa.pl, www.bobowa.pl/koronki; **Biecz**, the Regional Museum, ul. Kromera, Tue–Sat 8.00–14.00, admission 2 zloty, reduced 1 zloty; the Museum of Pharmacy, ul. Kromera, Tue–Fri 8.00–17.00, Sat 8.00–16.00, Sun 9.00–14.00, admission 3 zloty.

NOWY SĄCZ

Situated in a valley between the hills, Nowy Sącz is an old, but also dynamically developing town. Even today, the mediaeval urban lay-out is preserved in the centre. It is worth visiting the Gothic church of St. Margaret dating from the 13th–14th c. The ancient 'Gothic House' is now the Regional Museum with a collection dedicated to the town and the region, including an extensive ethnographic collection, in which artefacts associated with the Lemko ethnic group are particularly noteworthy. On the verge of the old town, on the spit at the confluence of the rivers Dunajec and Kamiienica, there used to be a fortified castle. Today there are only remains of the walls and the reconstructed Smith's Tower [Baszta Kowalska].

The Jewish community, numerous in the town in prewar times, was almost entirely annihilated as a result of Nazi invaders' activity. However, the synagogue from 1746 which today houses an art gallery has survived.

A special attraction of Nowy Sącz is the Sącz Ethnographic Park which in 20 hectares has collected traditional wooden buildings from the region. We can admire many of them not only from the out-

side, but also inside, as their traditional furnishing has also been reconstructed. The most interesting exhibits are the manor house with a complex of a 17th-century homestead, and a 17th-century Lemko-style Orthodox church. The open-air museum organises interesting events presenting how people used to live in mountain villages and small Galician country towns.

Nowy Sącz is an excellent base for active tourism. The nearby dammed Rożnów Lake on the Dunajec is a perfect place for recreation, including water sports – one can use pedaloes, go canoeing, or sailing. The nearby Beskids encourage hiking and bicycle trips along numerous trails; ski stations invite to winter sporting activities, while in the most famous or in less well-known health resorts we can care of our health and fitness.

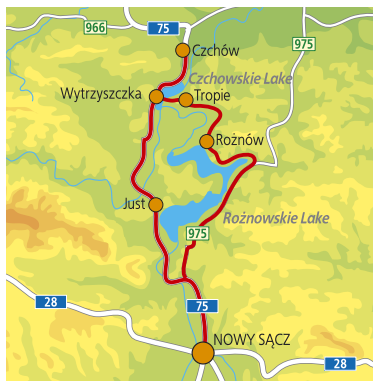


Practical information

The Regional Museum, ul. Lwowska 3, Tue–Thu 10.00–15.00, Fri 10.00–17.00, Sat–Sun 9.00–14.30, admission 6 zloty, reduced 4 zloty, Sundays free; the branch 'the Old Synagogue', ul. Berka Joselewicza 12, Wen–Thu 10.00–15.00, Fri 10.00–17.00, Sat–Sun 10.00–14.30, prices as above; the Sącz Ethnographic Park, ul. Wieniawy Długoszewskiego 83B, May–September Tue–Sun 10.00–17.00, October–April Mon–Fri 10.00–14.00, admission 10 zloty, reduced 6 zloty, Sundays free admission.



Market square in Nowy Sącz, S. Markowski



The church in Tropie, P. Earthly

Round lakes Czchów and Rożnów

Type: car route

Length: 77 km

Duration: about 7–8 hours (with the sightseeing tour of the town)

Route: Nowy Sącz – Rożnów – Tropie – Czchów – Wytrzyszczka – the Pass of St Just – Nowy Sącz

North of Nowy Sącz the Dunajec is held back by two dams which have created picturesque lakes, surrounded by steep hills. On their banks and in the neighborhood one can see beautifully situated old churches and castles.

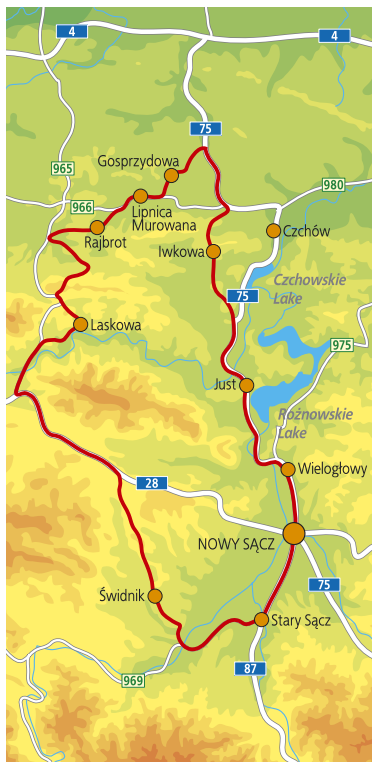
From Nowy Sącz we drive through Podole to **Rożnów**. The local dam on the Dunajec creates a large lake winding among the hills [🏞️] – a perfect place for rest and recreation. Beaches and water equipment rental-shops: pedaloes, canoes, yachts and other equipment encourage active leisure by the lake. By the road to the dam, on a narrow ridge, there are ruins of a 14th-century castle [🏰]. On the verge of the village, next to the neo-Classical manor house

dating from the 19th c. there is the a monument of military art – the 16th-century stone bulwark (prototype bastion) [🏰].

We leave Rożnów along the country road and the Dunajec valley through Roztoka, then we get to **Tropie**, where on the hill above Czchów Lake stands the sanctuary of SS Świerad and Benedict the Anchorites [🏰], a small Romanesque church from the 11th c. with remains of 12th-century frescoes. We take a ferry from Tropie to the west bank of Czchów Lake and drive further north road No 75 along the lake shore to **Czchów**. Interesting sights here: the Gothic parish church with remains of a Romanesque church [🏰] from the 12th century and a tower which is the only remaining part of a castle [🏰] that used to stand there.

From Czchów we go south along road No 75 to the Tropsztyn castle [🏰] in **Wytrzyszczka**. The castle is a replica of a 14th c. stone stronghold (from the tower a beautiful view over the lake and on a little church in Tropie).

Then we follow road No 75 through Łososina Dolna to the **Pass of St Just** – 400 m asl, where a small wooden church [🏰] from the 17th c. with Baroque interior furnishings stands and we return to Nowy Sącz along road No 75.



In the kingdom of wood and fruit

Type: car route


Length: 123 km





Duration: ok. 6–7 h



Route: Nowy Sącz – Świdnik – Laskowa – Rajbrot – Gosprzydowa – Iwkowa – Nowy Sącz


The Sącz region and the foothills abound with many precious monuments of the wooden architecture. It is also an area where fruit-orchards have blossomed for centuries – today we can visit many of them on the Małopolska Fruit


Trail and try not only fruit, but also traditional local products.

From Nowy Sącz we go along roads No 87 and 969 through Stary Sącz to Gólkowice Dolne, and then to **Świdnik** (28 km). Here, in the old park, stands a manor house  from 1752.

Next we go north to road No 28 and to Limanowa, then we take road No 965 through Młynne (here we can turn to **Laskowa**, and see a manor house  dating from 1677 and a private open-air museum  to Żegocina, whence, along a country road to the east, we get to **Rajbrot**, in which there is a small wooden parish church  from the 16th c. with late-Gothic art and an old, wooden granary .

From Rajbrot we move north to road No 966 and further through **Lipnica Murowana** (the wooden church  on the UNESCO List, see p. 7) to the country road along Uszwica to **Gosprzydowa**, where is a wooden church  dating from the end of the 17th c. with 17th–18th-century paintings and sculptures.

From Gosprzydowa we drive via Gnojnik and Tymowa to **Iwkowa**. By the road to the right, in the cemetery, is a wooden church  from the end of the 15th c. with 17th-century polychromy and a copy of the original stained-glass window from the first half of the 15th c. From Iwkowa we take road No 75 along which we return to Nowy Sącz.

The marked **Małopolska Fruit Trail**  leads to many farms in Iwkowa, Laskowa, Łącko, Podegrodzie and Stary Sącz, where fruit and home-made products can be bought.



Practical information

Laskowa, the manor house, open daily 9.00–15.00, admission free; Private Folk Building Open-Air Museum of B. and K. Jędrzejka, sightseeing by prior arrangement, tel: (0-18) 33 33 657; **Małopolska Fruit Trail**, www.mit.malopolski.pl

The most interesting sights

Type: car route

It is difficult to tour the entire interesting and varied region in 3 days, but it is possible to see the most beautiful sights and the most famous monuments.

We can visit places entered on the UNESCO List (the Auschwitz-Birkenau Museum, the sanctuary in Kalwaria Zebrzydowska, the Salt Mine in Wieliczka and the charming small wooden churches in Binarowa and Lipnica Murowana).

We cannot miss such attractions, as Zakopane – the winter capital of Poland – and the picturesque Dunajec gorge.

We hope this short tour will encourage a longer stay and a visit to much more places of interest in the Małopolska Region.

Day one

Length: 154 km (with Oświęcim 222 km)

Duration: about 7 hours (with Oświęcim 10 hours)

Route: Kraków (see. p. 14) – (the variant:

Oświęcim, with the former Nazi death camp at Auschwitz-Birkenau (see p. 6) – Kalwaria Zebrzydowska with the sanctuary of the Virgin Mary (see p. 6) – Zubrzyca Górna, with an open-air museum of regional wooden architecture (see p. 27) – Chochołów famous for well-preserved traditional buildings (see p. 26) – Zakopane, with Zakopane-style villas from the 19th/20th c. and the Museum of the Tatra mountains (see p. 25)

Day two

Length: 133 km

Duration: 8–9 hours

Route: Zakopane – Dębno Podhalańskie, with the UNESCO-listed church of St. Michael the Archangel (see p. 7) – Niedzica with the former fortress housing a museum of castle interiors (see p. 28) – the Dunajec gorge greatly impresses whether the river and surrounding sights are watched from the bank or from the raft (see p. 29) – Stary Sącz, famous for the fortified convent of Poor Clares (see p. 41) – Nowy Sącz, with the must-see Sącz Ethnographic Park (see p. 49) – Krynica, inviting to see works by the painter-primitivist Nikifor (see p. 42)

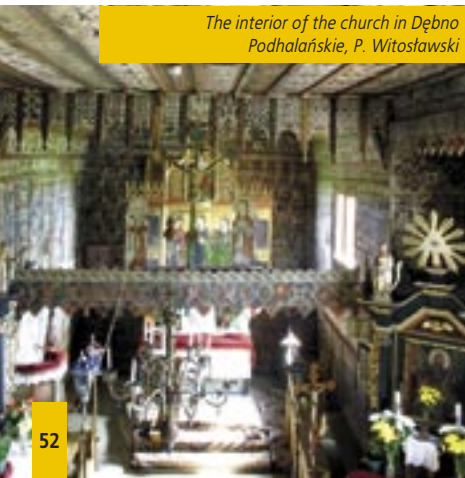
Day three

Length: 202 km

Duration: 9–10 hours

Route: Krynica – Sękowa, with a UNESCO-listed church (see p. 7) – Owczary, well-known for the former Greek-Catholic Orthodox church dating from 1653 (see p. 11) – Binarowa, proud of its UNESCO-listed church of St. Michael the Archangel (see p. 7) – Lipnica Murowana, with the church of St. Leonard, also on the UNESCO List (see p. 7) – Nowy Wiśnicz with its Renaissance castle – Wieliczka delights with its salt mine (see p. 7) – Kraków

The interior of the church in Dębno Podhalańskie, P. Witostawski



Outside the most frequented routes

Type: car route

There are many places worth visiting, although they lie outside the most frequented routes. The jewels hidden at byways are the monasteries in Staniątki and Szczyrzyc – the first one famous for the rich library, the second – for...

beer, royal and knight's residences in Niepołomice, Dębno and Nowy Wiśnicz; little churches in which incense from the past centuries can still be smelt (e.g. in Tropie) or the nature as impressive as in the 'Fossil City' nature reserve in Ciężkowice, and other sites.

Day one

Length: 127 km

Duration: 8–9 hours

Route: Kraków (see p. 14) – Staniątki it is worth stopping here, to see the Benedictine Monastery dating from 1228 – Niepołomice was selected by king Sigismund August for his hunting residence (see p. 15) – Szczyrzyc is famous for beer brewed by the Cistercians following a 17th-century recipe – Laskowa, here we can see a wooden manor house from 1677 (see p. 51) – Nowy Sącz delights with the Sącz Ethnographic Park (see p. 49)

Day two

Length: 134 km

Duration: 8–9 hours

Route: Nowy Sącz – Rożnów, here we can see a stone bulwark (prototype bastion) dating from the 16th c. (see p. 50) – Tropie charms



The castle in Niepołomice, J. Macioł

with a small Romanesque church from the 11th c. (see p. 50) – Czchów offers an excellent vantage point – the tower overlooking the area (see p. 50) – Zakliczyn, here we will see wooden architecture from the 18th and the 19th c. – Bobowa is well-known for its block lace and Jewish cemetery (see p. 48) – Ciężkowice is a good starting point for hikes into the 'Fossil City' nature reserve (see p. 48) – Tarnów tempts tourists with its museums (see p. 46).

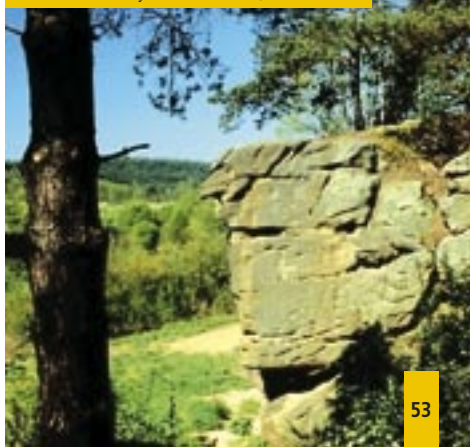
Day three

Length: 147 km

Duration: 7–8 h

Route: Tarnów – Dąbrowa Tarnowska is worth a trip because of its Jewish cemetery and the Jewish Memorial Room (see p. 9) – Zalipie is a unique painted village (see p. 47) – Dębno, with a knight's residence (see p. 47) – Bochnia: the local salt mine is simply a tourist must (see p. 15) – Kraków

The 'Fossil City' nature reserve, B. Czerwiński





HOTELS

ANDRYCHÓW

Beskid * 34-120 Andrychów, ul. 1 Maja 4, tel/fax: (0-33) 870 25 00

BĘBŁO

Zajazd Krystyna ** 32-089 Wielka Wieś, Bębło 165, tel/fax: (0-12) 419 30 02, www.zajazd-krystyna.com.pl, info@zajazd-krystyna.com.pl

BIECZ

Centennial *** 38-340 Biecz, Rynek 6, tel: (0-13) 447 18 62, fax: (0-13) 447 15 76, www.centennial.com.pl, hotel@centennial.com.pl

Grodzka * 38-340 Biecz, ul. Kazimierza Wielkiego 35, tel/fax: (0-13) 447 11 21, grodzki@poczta.onet.pl

BOCHNIA

Best Westnia Millennium *** 32-700 Bochnia, ul. Poniatowskiego 24, tel: (0-14) 615 30 00, fax: (0-14) 615 30 99, www.hotelmillennium.pl, info@hotelmillennium.pl

Cold *** 32-700 Bochnia, ul. Storynka 5, tel: (0-14) 612 28 02, fax: (0-14) 612 28 03, www.hotel.cold.pl, hotel@cold.pl

Sutoris ** 32-700 Bochnia, ul. Solna 2, tel: (0-14) 615 36 00, fax: (0-14) 615 36 68, www.kopalnia-soli.pl, recepcja@sutorisbochnia.com.pl;

Florian * 32-700 Bochnia, ul. Piotra Galasa 4, tel: (0-14) 612 22 29, www.igloonet.bochnia.pl/florian, hotel@igloonet.bochnia.pl

BRZESKO

August *** 32-800 Brzesko, ul. Mickiewicza 66, tel: (0-14) 663 10 83, www.hotelaugust.pl, hotel@hotelaugust.pl

**Prices for a double room with a bath:**

hotel ***** – from around 200 EUR
 hotel **** – 300–850 zloty
 hotel *** – 120–670 zloty
 hotel ** – 70–360 zloty
 hotel * – 80–260 zloty

Mark I *** 32-800 Brzesko, ul. Mickiewicza 29, tel/fax: (0-14) 663 59 00

CHRZANÓW

MOKSiR ** 32-500 Chrzanów, ul. Sokoła 24, tel/fax: (0-32) 623 30 86, www.chrzanow.pl

CHYŻNE

Zajazd Chyżne ** 34-481 Chyżne, Chyżne III, tel: (0-18) 263 16 30, fax: (0-18) 263 16 35, www.zajazd-chyżne.pl, recepcja@zajazd-chyżne.pl

GŁOGOCZÓW

Twardowski ** 32-444 Głogoczów, Głogoczów 661, tel: (0-12) 273 77 95, fax: (0-12) 273 77 96, www.hotel-twardowski.com, twardowski@hotel-twardowski.com

GORLICE

Glinik * 38-320 Gorlice, ul. Szopena 43, tel: (0-18) 352 27 60, fax: (0-18) 352 88 51, www.turystyka.glinik.gorlice.pl, hotel@gorlice.pl

JODŁÓWKA

U Jacka ** 32-765 Rzezawa, Jodłówka, tel: (0-14) 686 73 50, www.ujacka.pl, ujacka@infofarm.com.pl

KALWARIA ZABRZYDOWSKA

Merkury ** 34-130 Kalwaria Zabrzędowska, ul. Sądowa 11, tel/fax: (0-33) 876 68 50, www.merkury.com.pl, biuro@merkury.com.pl

KĘTY

Piwnica Rycerska *** 32-650 Kęty, Rynek 8, tel/fax: (0-33) 845 25 05, www.rycerska.pl, poczta@rycerska.pl

Relax ** 32-650 Kęty, ul. Młodzieży Polskiej 1, tel: (0-33) 842 81 73, fax: (0-33) 845 20 88, www.relax.mix.pl, relax@mix.pl

KLECZA DOLNA

Marten ** Klecza Górna, Klecza Dolna IIIA, tel: (0-33) 823 27 60, fax: (0-33) 872 23 83, www.hotelmarten.pl, recepcja@hotelmarten.pl

KRAKÓW

Grand ***** 31-016 Kraków, ul. Sławkowska 5-7, tel: (0-12) 421 72 55, fax: (0-12) 421 83 60, www.grand.pl, hotel@grand.pl

Radisson SAS ***** 31-101 Kraków, ul. Straszewskiego 17, tel: (0-12) 618 88 88, fax: (0-12) 618 88 89, www.radissonsas.com, info.krakow@radissonsas.com

Sheraton Kraków Hotel ***** 31-101 Kraków, ul. Powiśle 7, tel: (0-12) 662 10 00, fax: (0-12) 662 11 00, www.sheraton.com/krakow, krakow@sheraton.com

Amadeus **** 31-027 Kraków, ul. Mikołajska 20, tel: (0-12) 429 60 70, fax: (0-12) 429 60 62, www.hotel-amadeus.pl, amadeus@janpol.com.pl

Copernicus ***** 31-002 Kraków, ul. Kanonicza 16, tel: (0-12) 431 10 44, fax: (0-12) 424 34 05, www.hotelcom.pl, copernicus@hotelcom.pl

Crown Piast Hotel and Park ***** 31-342 Kraków, ul. Radzikowskiego 109, tel: (0-12) 636 46 68, fax: (0-12) 637 96 92, www.hotelpiast.pl, biuro@hotelpiast.pl

Demel **** 30-085 Kraków, ul. Głowackiego 22, tel: (0-12) 636 16 00, fax: (0-12) 636 45 43, www.demel.com.pl, hotel@demel.com.pl

Holiday Inn ***** 31-072 Kraków, ul. Wielopole 4, tel: (0-12) 619 00 00, fax: (0-12) 619 00 05, www.globalhotels.pl, smm@hit.krakow.pl

Novotel Kraków Centrum ***** 30-105 Kraków, ul. Kościuszki 5, tel: (0-12) 299 29 00, fax: (0-12) 299 29 99, www.novotel.com, h3372@accor-hotels.com

Orient **** 31-589 Kraków, ul. Sołtysowska 25A, tel: (0-12) 646 91 00, fax: (0-12) 646 92 02, www.hotelorient.pl, biuro@hotelorient.pl

Sympozjum ***** 30-363 Kraków, ul. Kobierzyńska 47, tel: (0-12) 261 86 00, fax: (0-12) 261 87 99, www.hotel.sympozjum.com.pl, hotel@sympozjum.com.pl

Alef *** 31-068 Kraków, ul. Św. Agnieszki 5, tel: (0-12) 424 31 31, fax: (0-12) 424 31 32, www.alef.pl, alef@alef.pl

Alexander *** 31-131 Kraków, ul. Garbarska 18, tel: (0-12) 422 96 60, fax: (0-12) 422 97 61, www.alexhotel.pl, biuro@alexhotel.pl

Astoria *** 31-056 Kraków, ul. Józefa 24, tel: (0-12) 432 50 10, fax: (0-12) 432 50 20, www.astoriahotel.pl, biuro@astoriahotel.pl

Atrium *** 31-149 Kraków, ul. Krzywa 7, tel: (0-12) 430 02 03, fax: (0-12) 430 01 96, www.hotelatrium.com.pl, hotelatrium@hotelatrium.com.pl

Batory *** 32-420 Kraków, ul. Sołtyka 19, tel: (0-12) 294 30 30, fax: (0-12) 294 30 33, www.hotel-batory.pl, batory@hotel-batory.pl

Chopin *** 31-547 Kraków, ul. Przy Rondzie 2, tel: (0-12) 299 00 00, fax: (0-12) 299 00 01, www.chopinhotel.com, info@chopinhotel.com

City SM *** 30-426 Kraków, ul. Gajowa 16, tel: (0-12) 266 60 21, fax: (0-12) 267 18 86, www.hotelcity.pl, reservation@hotelcity.pl

Classic *** 31-014 Kraków, ul. Św. Tomasza 32, tel: (0-12) 424 03 03, fax: (0-12) 429 36 80, www.hotel-classic.pl, hotel@hotel-classic.pl

Cracovia *** 30-111 Kraków, al. Focha 1, tel: (0-12) 422 86 66, fax: (0-12) 421 95 86, www.orbis.pl/cracovia, cracovia@orbis.pl

Elektor *** 31-024 Kraków, ul. Szpitalna 28, tel: (0-12) 423 23 17, fax: (0-12) 423 23 27, www.hotelelektor.com.pl, elektor@hotelelektor.com.pl

Erazm *** 30-233 Kraków, ul. 28 Lipca 17A, tel: (0-12) 625 41 42, fax: (0-12) 625 43 44, www.erazm.pl, hotel@erazm.pl

Ester *** 31-053 Kraków, ul. Szeroka 20, tel: (0-12) 429 11 88, fax: (0-12) 429 12 33, www.hotel-ester.krakow.pl, biuro@hotel-ester.krakow.pl

Express by Holiday Inn *** 31-323 Kraków, ul. Opolska 14, tel: (0-12) 614 57 00, fax: (0-12) 614 57 01, www.hiexpress.com, smm@krakowexpress.pl

Floryan *** 31-021 Kraków, ul. Floriańska 38, tel: (0-12) 431 14 18, fax: (0-12) 431 23 85, www.floryan.com.pl, floryan@floryan.com.pl

Fortuna *** 31-110 Kraków, ul. Czapskich 5, tel: (0-12) 411 08 06, www.hotel-fortuna.com.pl, info@hotel-fortuna.com.pl

Fortuna-Bis *** 31-110 Kraków, ul. Piłsudskiego 25, tel: (0-12) 430 10 25, fax: (0-12) 430 10 77, www.hotel-fortuna.com.pl, infobis@hotel-fortuna.com.pl

Francuski *** 31-015 Kraków, ul. Pijarska 13, tel: (0-12) 422 51 22, fax: (0-12) 422 52 70, www.orbis.pl, francuski@orbis.pl

Hotel Polski Pod Białym Orłem *** 31-015 Kraków, ul. Pijarska 17, tel: (0-12) 422 11 44, fax: (0-12) 422 14 26, www.podorlem.com.pl, hotel.polski@podorlem.com.pl

Jan *** 31-006 Kraków, ul. Grodzka 11, tel: (0-12) 430 19 69, fax: (0-12) 430 19 92, www.hotel-jan.com.pl, recepcja@hotel-jan.com.pl

JB *** 31-752 Kraków, ul. Ujastek Mogiła 7, tel: (0-12) 680 71 00, fax: (0-12) 680 71 54, www.hoteljb.com.pl, jb@hoteljb.com.pl

Justyna *** 31-571 Kraków, al. Jana Pawła II 70, tel: (0-12) 649 80 00, fax: (0-12) 643 02 22, www.hoteljustyna.pl, rezerwacja@hotel-justyna.pl

Kazimierz *** 31-055 Kraków, ul. Miodowa 16, tel: (0-12) 422 28 84, fax: (0-12) 421 66 29, www.hk.com.pl, hotel@hk.com.pl

Kontrast *** 30-437 Kraków, ul. Forteczna 22, tel: (0-12) 262 30 50, fax: (0-12) 262 30 52, www.hotel-kontrast.pl, rezerwacje@hotel-kontrast.pl

Logos *** 31-123 Kraków, ul. Szujskiego 5, tel: (0-12) 632 33 33, fax: (0-12) 632 42 10, www.hotel-logos.pl, logos-kr@hotel-logos.pl

Maltanski *** 31-101 Kraków, ul. Straszewskiego 14, tel: (0-12) 431 00 10, fax: (0-12) 431 06 15, www.maltanski.com, hotel@maltanski.com

Matejko *** 31-157 Kraków, Plac Matejki 8, tel: (0-12) 422 47 37, fax: (0-12) 422 47 80, www.matejkohotel.pl

Niebieski *** 30-144 Kraków, ul. Flisacka 3, tel: (0-12) 431 27 11, fax: (0-12) 431 18 28, www.niebieski.com.pl, biuro@niebieski.com.pl

Novotel Kraków Bronowice *** 30-150 Kraków, ul. Armii Krajowej 11, tel: (0-12) 637 50 44, fax: (0-12) 637 59 38, www.orbis.pl, nov.bronowice@orbis.pl

Pegaz *** 31-201 Kraków, ul. Bratysławska 2, tel: (0-12) 617 64 00, www.hotel-pegaz.pl, info@hotel-pegaz.pl

Petrus *** 30-321 Kraków, ul. Pietrusińskiego 12, tel: (0-12) 269 29 46, fax: (0-12) 269 29 46, www.petrus.net.pl, hotel@petrus.net.pl

Pod Kopcem *** 30-204 Kraków, al. Waszyngtona, tel: (0-12) 427 03 55, fax: (0-12) 427 01 01, www.hotel.fm.pl, hotel@hotel.fm.pl

Pod Różą *** 31-021 Kraków, ul. Floriańska 14, tel: (0-12) 422 12 44, fax: (0-12) 424 33 51, www.hotel.com.pl, pod-roza@hotel.com.pl

Polonez *** 30-059 Kraków, ul. Reymonta 15, tel: (0-12) 292 82 94, fax: (0-12) 292 82 93, www.hotel-polonez.krakus.net, recepcja@hotel-polonez.krakus.net

Polonia *** 31-156 Kraków, ul. Basztowa 25, tel: (0-12) 422 12 33, fax: (0-12) 422 16 21, www.hotel-polonia.com.pl, rezerwacja@hotel-polonia.com.pl

RT Galicya *** 30-403 Kraków, ul. Rzemieślnicza 4, tel: (0-12) 269 07 72, 269 19 97, fax: (0-12) 266 74 33, www.rthotels.com.pl, info@rthotels.com.pl

RT Monopol *** 31-046 Kraków, ul. Św. Gertrudy 6, tel: (0-12) 411 94 90, fax: (0-12) 269 15 60, www.rthotels.com.pl, info@rthotels.com.pl

RT Regent *** 31-059 Kraków, ul. Bożego Ciała 19, tel: (0-12) 422 16 64, fax: (0-12) 430 59 77, www.rthotels.com.pl, info@rthotels.com.pl

RT Rezydent *** 31-006 Kraków, ul. Grodzka 9, tel: (0-12) 429 54 10, fax: (0-12) 429 55 76, www.rthotels.com.pl, info@rthotels.com.pl

Ruczaj *** 30-409 Kraków, ul. Ruczaj 44, tel: (0-12) 269 10 00, fax: (0-12) 269 20 30, www.ruczajhotel.com.pl, ruczaj@ruczajhotel.com.pl

Secesja *** 31-065 Kraków, ul. Paulińska 24, tel: (0-12) 430 74 64, fax: (0-12) 430 74 05, www.hotelsecesja.krakow.pl, hotel@hotelsecesja.krakow.pl

Senacki *** 31-001 Kraków, ul. Grodzka 51, tel: (0-12) 422 76 86, fax: (0-12) 422 79 34, www.senacki.krakow.pl, repcja@senacki.krakow.pl

Wanda *** 30-150 Kraków, ul. Armii Krajowej 15, tel: (0-12) 637 16 77, fax: (0-12) 637 85 18, www.orbis.pl/wanda, wanda@orbis.pl

Warszawski *** 31-154 Kraków, ul. Pawia 4-6 tel: (0-12) 424 21 00, 424 22 50, fax: (0-12) 424 22 00, www.hotelwarszawski.pl, repcja@hotelwarszawski.pl

Wentzl *** 31-008 Kraków, Rynek 19, tel: (0-12) 430 26 64, fax: (0-12) 430 26 65, www.wentzl.pl, hotel@wentzl.pl

Wilga *** 30-502 Kraków, ul. Przedwiośnie 16, tel/fax: (0-12) 294 44 29, www.hotel.wilga.krakow.pl

Wit Stwosz *** 31-027 Kraków, ul. Mikołajska 28, tel: (0-12) 429 60 26, fax: (0-12) 429 61 39, www.wit-stwosz.com.pl, hotel@wit-stwosz.com.pl

Wypiański *** 31-033 Kraków, ul. Westerplatte 15, tel: (0-12) 411 99 64, fax: (0-12) 421 71 11, www.hotel-wypianski.pl, wypianski@janpol.com.pl

Bona ** 30-376 Kraków, ul. Tyniecka 167B, tel: (0-12) 267 59 87, fax: (0-12) 267 57 73, www.hotelbona.com.pl, repcja@hotelbona.com.pl

Campanile ** 31-023 Kraków, ul. Św. Tomasz 34, tel: (0-12) 424 26 00, fax: (0-12) 424 26 01, www.campanile.com.pl, rezerwacjakrakow@campanile.com.pl

Europejski ** 31-875 Kraków, ul. Lubicz 5, tel: (0-12) 423 25 10, fax: (0-12) 423 25 29, www.he.pl, he@he.pl

Felix ** 30-426 Kraków, Os. Złota Jesień 15B, tel: (0-12) 649 13 31, fax: (0-12) 648 06 02, www.puhit.com.pl, puhit@puhit.com.pl

Florian ** 31-436 Kraków, ul. Czerwonego Prądnika 19, tel: (0-12) 413 37 37, fax: (0-12) 413 68 68, www.hotel-florian.pl, biuro@hotel-florian.pl

Habitel ** 30-499 Kraków, ul. Opatkowska 1, tel: (0-12) 264 95 66, www.habitel.pl, hotel@habitel.pl

Ibis Krakow Centrum ** 30-102 Kraków, ul. Syrokomi 2, tel: (0-12) 299 33 00, fax: (0-12) 299 33 33, www.ibishotel.com, H3710@accor.com

Ibis Krakow Chopin ** 31-547 Kraków, ul. Przy Rondzie 2, tel: (0-12) 299 00 00, fax: (0-12) 299 00 01, www.ibishotel.com

Krakus ** 30-717 Kraków, ul. Koszykarska 33, tel: (0-12) 652 02 02, fax: (0-12) 656 54 78, www.hotel-krakus.com.pl, biuro@hotel-krakus.com.pl

Krystyna ** 30-968 Kraków, ul. Lusińska 9A-9B, tel: (0-12) 654 71 65, fax: (0-12) 654 78 56, www.hotel-krystyna.krakow.pl, repcja@hotel-krystyna.krakow.pl

Monika ** 31-425 Kraków, ul. Langiewicza 6, tel: (0-12) 413 84 80, fax: (0-12) 412 77 39, www.hotelmonika.pl, hotelmonika@hotelmonika.pl

Panorama ** 30-349 Kraków, ul. Lipińskiego 2, tel: (0-12) 422 25 70, fax: (0-12) 260 64 02, www.hotel-panorama.pl, biuro@hotel-panorama.pl

Pollera ** 31-024 Kraków, ul. Szpitalna 30, tel: (0-12) 422 10 44, fax: (0-12) 422 13 89, www.pollera.com.pl, rezerwac@pollera.com.pl

Rokk ** 30-403 Kraków, ul. Rzemieślnicza 5, tel: (0-12) 269 18 57, fax: (0-12) 269 18 83, www.rokk.pl, hotel@rokk.pl

Royal ** 31-048 Kraków, ul. Św. Gertrudy 26-27, tel.: (0-18) 421 58 49, fax: (0-12) 421 58 57, www.royal.com.pl, hotel@royal.com.pl

Saski ** 31-014 Kraków, ul. Sławkowska 3, tel: (0-12) 421 48 30, fax: (0-12) 421 42 22, www.hotelsaski.com.pl, info@hotelsaski.com.pl

Sport Hotel ** 31-134 Kraków, ul. Zarzecze 124A, tel: (0-12) 626 43 63, fax: (0-12) 626 43 37, www.sporhotel.krakow.pl, recepcja@sporhotel.krakow.pl

Start ** 30-347 Kraków, ul. Kapelanka 60, tel/fax: (0-12) 269 04 05, www.hotelstart.com.pl, hotelstart@krakowmtp.pl

Zajazd Szlachecki ** 31-752 Kraków, ul. Zakładowa 3A, tel: (0-12) 684 22 81, www.zajazd-szlachecki.pl, info@zajazd-szlachecki.pl

Alf * 30-705 Kraków, ul. Klimeckiego 24, tel: (0-12) 656 22 77, fax: (0-12) 656 13 55, www.hotelalf.pl, hotele@chemobudowa.pl

Hotel Nauczycielski Krakowiak * 30-150 Kraków, ul. Armii Krajowej 9, tel: (0-12) 662 60 00 fax: (0-12) 637 22 43, www.ap.krakow.pl, hotel@ap.krakow.pl

MISTIA * 31-153 Kraków, ul. Szlak 73A, tel: (0-12) 633 29 26, fax: (0-12) 633 51 54, www.mistia.org.pl, hotel@mistia.org.pl

Perła * 30-435 Kraków, ul. Zakopiańska 180B, tel: (0-12) 635 11 05, fax: (0-12) 267 40 27, www.hotelperla.com.pl, rezerwacja@hotelperla.com.pl

Prokocim * 30-820 Kraków, ul. Szara 20, tel/fax: (0-12) 658 57 83, www.hotelprokocim.pl, biuro@hotelprokocim.pl

Royal * 31-048 Kraków, ul. Św. Gertrudy 28-29, tel: (0-12) 421 58 49, fax: (0-12) 421 58 57, www.royal.com.pl, hotel@royal.com.pl

KRYNICA ZDRÓJ

SPA dr Irena Eris **** 33-380 Krynica Zdrój, ul. Czarny Potok 30, tel: (0-18) 472 35 00, fax: (0-18) 472 35 01, www.hotelspa.pl, recepcja@hotelspa.pl

Grant *** 33-380 Krynica Zdrój, ul. Kościuszki 36A, tel: (0-18) 471 60 60, grant.naczasie.pl, grant@naczasie.pl

Motył *** 33-380 Krynica Zdrój, ul. Leśna 1, tel/fax: (0-18) 471 28 75, www.hotelmotył.pl, hotel@hotelmotył.pl

Pegaz *** 33-380 Krynica, ul. Czarny Potok 28, tel: (0-18) 477 76 40, fax: (0-18) 471 53

92, www.pegaz.krynica.com.pl, pegaz@krynica.com.pl

SAOL *** 33-380 Krynica Zdrój, ul. Zdrojowa 16, tel: (0-18) 445 77 15, fax: (0-18) 471 58 33, www.hotel.saol.com.pl, hotel@saol.com.pl

Echo ** 33-380 Krynica Zdrój, ul. Zieleniewskiego 16, tel: (0-18) 471 55 45 fax: (0-18) 471 21 83, www.krynica.pl, echo@krynica.pl

Rapsodia ** 33-380 Krynica Zdrój, ul. Ebersa 5, tel: (0-18) 471 63 41, tel/fax: (0-18) 471 27 85, www.hotelrapsodia.prv.pl, hotelrapsodia@poczta.onet.pl

KSIĄŻ WIELKI

Krakus * 32-210 Książ Wielki, ul. Warszawska 13, tel: (0-41) 383 80 59, fax: (0-41) 383 80 23, www.bobi.pl, bobi@bobi.pl

LASKOWA

Trawers ** 34-602 Laskowa, Laskowa 697, tel: (0-18) 337 88 10, fax: (0-18) 337 88 11

LIBERTÓW

Nefretete *** 30-444 Libertów, ul. Szlachecka 2, tel/fax: (0-12) 270 33 33, www.nefretete.pl, nefretete@nefretete.pl

LIMANOWA

Jaworz ** 34-600 Limanowa, ul. Sikorskiego 28, tel: (0-18) 337 14 82, fax: (0-18) 337 23 42, www.snieznica.limanowa.pl, biuro@snieznica.limanowa.pl

Siwy Brzeg * 34-600 Limanowa, ul. B. Czecha 4, tel: (0-18) 337 23 87, fax: (0-18) 337 16 23, www.cit-ldk.pl, ldk@cit-ldk.pl

MAŁE CICHE

Hotel Tatry – Polana Zgorzelisko *** 34-531 Murzasihle, Małe Ciche 91, tel: (0-18) 207 70 11, fax: (0-18) 207 70 12, www.polskietatry.pl, polanazgorzelisko@polskietatry.pl

MODLNICZKA

Witek *** 32-085 Kraków-Modlnica, Modlniczka 124A, tel: (0-12) 662 35 00, fax: (0-12) 662 35 55, www.hotelwitek.com.pl, hotel@hotelwitek.com.pl

NIEDZICA

Lokis *** 34-441 Niedzica, Zamek 76, tel: (0-18) 262 85 40, fax: (0-18) 262 85 50, www.lokis.com.pl, dyrekcja@lokis.com

Pieniny ** 34-441 Niedzica, ul. Kanada 38, tel: (0-18) 262 93 83, fax: (0-18) 262 94 74, www.niedzica.pl, hotel.pieniny@niedzica.pl

NOWE BRZESKO

Maria *** 32-120 Nowe Brzesko, ul. Targowa 2, tel: (0-12) 385 01 10, fax: (0-12) 385 20 43, www.hotel-maria.iap.pl, hotel-maria@iap.pl

NOWY SĄCZ

Orbis Beskid *** 33-300 Nowy Sącz, ul. Limanowskiego 1, tel: (0-18) 443 57 70, fax: (0-18) 443 51 44, www.orbis.pl, beskid@orbis.pl

Nad Kamienicą ** 33-300 Nowy Sącz, ul. Nadbrzeżna 59, tel: (0-18) 421 39 59, fax: (0-18) 441 48 54, rezerwacja@hotelnadkamienica.eri.pl

Panorama ** 33-300 Nowy Sącz, ul. Romantowskiego 4A, tel: (0-18) 443 71 10, fax: (0-18) 442 36 00, hpanorama@poczta.onet.pl

OSIECZANY

Pod Dębami ** 32-400 Myślenice, Osieczany k/Myślenic, tel/fax: (0-12) 272 03 44, www.poddebami.pl, hotel@poddebami.pl

OŚWIĘCIM

Galicja *** 32-600 Oświęcim, ul. Dąbrowskiego 119, tel: (0-33) 843 61 15, fax: (0-33) 843 61 16, www.HotelGalicja.com.pl, galicja@hotelgalicja.com.pl

Olimpijski ** 32-540 Oświęcim, ul. Chemików 2A, tel: (0-33) 842 38 41, fax: (0-33) 847 41 94, www.poltravel.com.pl, unia@dwor.pl

Kamieniec * 32-600 Oświęcim, ul. Zajazdowa 2, tel/fax: (0-33) 843 25 64, www.hotel-kamieniec.com.pl, poczta@hotel-kamieniec.com.pl

RABKA

Ślawa ** 34-700 Rabka, ul. Zakopiańska 2, tel: (0-18) 267 61 20, fax: (0-18) 267 98 26, www.slawa.rabka-zdroj.pl

RYTRO

Perła Południa *** 33-343 Rytko, Rytko 380,

tel/fax: (0-18) 446 90 31-33, www.perla-poludnia.pl, hotel@perla-poludnia.pl

Janina nad Popradem ** 33-343 Rytko, Rytko 11, tel/fax: (0-18) 446 90 11, www.kosynier.pl

SĄSPÓW

Green Hotelik ** 32-048 Jerzmanowice, Sąspów 122, tel: (0-12) 389 09 00, fax: (0-12) 389 09 02, www.greenhotelik.pl, hotel@greenhotelik.pl

SIEDLEC

Lech ** 32-744 Łączycza, Siedlec 151, tel/fax: (0-14) 611 77 84, www.hotel-lech.com.pl, hotel-lech@hotel-lech.com.pl

STARY WIŚNICZ

Atlas ** 32-720 Nowy Wiśnicz, Stary Wiśnicz 410, tel: (0-14) 612 91 25, fax: (0-14) 685 59 30, www.hotelatlas.pl, hotelatlas@vp.pl

SUCHA BESKIDZKA

Kasper Suski ** 34-200 Sucha Beskidzka, ul. Zamkowa 1, tel: (0-33) 874 16 39, fax: (0-33) 874 37 06, www.kasper-suski.turystyka.net, kasper@turystyka.net

Monttis ** 34-200 Sucha Beskidzka, ul. Spółdzielców 1, tel: (0-33) 874 24 55, fax: (0-33) 874 25 84, www.monttis.com.pl, hotel@monttis.com.pl

SZARÓW

Azalia ** 32-014 Brzezice, Szarów 343, tel: (0-12) 284 14 23, fax: (0-12) 284 14 23, www.hotel-azalia.pl, kontakt@hotel-azalia.pl

SZYCE

Granica - Park Hotel ** 32-085 Modlnica, Szyce 33, tel: (0-12) 419 13 31, fax: (0-12) 638 65 25, www.parkhotel.com.pl, parkhotel@parkhotel.com.pl

TARNÓW

Bristol **** 33-100 Tarnów, ul. Krakowska 9, tel/fax: (0-14) 621 22 79, www.bristol.tamow.com.pl, bristol@tamow.com.pl

Cristal Park *** 33-101 Tarnów-Mościce, ul. Traugutta 5, tel: (0-14) 633 12 25, fax: (0-14) 633 12 27, www.hotel.cristalpark.com.pl, hotel@hotel.cristalpark.pl

Tarnovia *** 33-100 Tarnów, ul. Kościuszki 10, tel: (0-14) 621 26 71, fax: (0-14) 621 27 44, www.hotel.tarnovia.pl, hotel@hotel.tarnovia.pl

TĘGÓBORZE

Litwiński ** 33-312 Tęgoborze, Tęgoborze 336, tel: (0-18) 444 90 25, fax: (0-18) 444 90 25 w. 301, www.hotel-litwinski.pl, litwinski@hotel-litwinski.pl

TOMASZOWICE

Dwór w Tomaszowicach *** 32-085 Modlnica, Tomaszowice 30, tel: (0-12) 419 20 00, fax: (0-12) 419 20 00, www.dwor.pl, dwor@dwor.pl

WIELICZKA

Galant ** 32-020 Wieliczka, ul. Niepołomska 16D, tel: (0-12) 289 27 50, fax: (0-12) 278 24 24, www.galant.wel.pl, galant@wel.pl

Galicja ** 32-020 Wieliczka, ul. Dembowskiego 20, tel: (0-12) 291 40 40, www.hotelgalicja.pl, recepcja@hotelgalicja.pl

Regis * 32-020 Wieliczka, ul. Czarnochowska 13, tel: (0-12) 278 30 14, fax: (0-12) 278 26 90, www.hotel-regis.pl, recepcja@hotel-regis.pl

ZAKOPANE

Belvedere **** 34-500 Zakopane, ul. Droga do Białego 3, tel: (0-18) 202 12 00, fax: (0-18) 202 12 50, www.belwederehotel.pl

Litwor **** 34-500 Zakopane, ul. Krupówki 40, tel: (0-18) 201 27 39, fax: (0-18) 202 02 50, www.litwor.pl, biuro@trip.pl

Villa Marilor **** 34-500 Zakopane, ul. Kościuszki 18, tel: (0-18) 206 44 09, fax: (0-18) 206 44 10, www.hotelmarilor.com.pl

Daglezja *** 34-500 Zakopane, ul. Piłsudskiego 14, tel: (0-18) 201 40 41, fax: (0-18) 201 43 47, www.daglezja.com.pl, rezerwacja@daglezja.com.pl

Giewont *** 34-500 Zakopane, ul. Kościuszki 1, tel: (0-18) 201 20 11, fax: (0-18) 201 20 15, www.orbis.pl, giewont@orbis.pl

Gromada *** 34-500 Zakopane, ul. Zaruskiego 2, tel: (0-18) 201 50 11, fax: (0-18) 201 53 30, www.gromada.pl, gazda@tatory.net.pl

Kasprowy Zakopane *** 34-500 Zakopane, Polana Szymoszkowa 1, tel: (0-18) 694 50 49, fax: (0-18) 201 52 72, www.mercure.com, rez@mer.kasprowy@orbis.pl

Sabała *** 34-500 Zakopane, ul. Krupówki II, tel: (0-18) 201 50 92, fax: (0-18) 201 50 93, www.sabala.zakopane.pl, recepcja@sabala.zakopane.pl;

Skalny *** 34-500 Zakopane, ul. Pardałówka 3B, tel: (0-18) 201 91 00, fax: (0-18) 201 91 01, www.skalny.com.pl, info@skalny.com.pl

Wersal *** 34-500 Zakopane, ul. Tetmajera 14A, tel: (0-18) 202 31 23, fax: (0-18) 202 31 00, www.hotelwersal.pl, biuro@hotelwersal.pl;

Helios ** 34-500 Zakopane, ul. Słoneczna 2A, tel/fax: (0-18) 201 36 36, rezerwacja@hotel-helios.pl

Kasprowy Wierch ** 34-500 Zakopane, ul. Krupówki 50B, tel/fax: (0-18) 201 27 38, www.kasprowy.zakopane.pl, kasprowy@regle.zakopane.pl

Nosalowy Dwór ** 34-500 Zakopane, ul. Balzera 21D, tel: (0-18) 201 14 00, fax: (0-18) 201 14 01, www.nosalowydwor.zakopane.pl, hotel@nosalowydwor.zakopane.pl

Hotel Górski PTTK Kalatówki * 34-500 Zakopane, Polana Kalatówki skr. poczt. 194, tel: (0-18) 206 36 44, fax: (0-18) 201 28 27, www.kalatowki.pl, hotel@kalatowki.pl

Gerlach * 34-500 Zakopane, ul. Chramcówki 25, tel/fax: (0-18) 206 86 23, www.gerlach.zakopane.top.pl, gerlach@zakopane.top.pl

ZAKRZÓW

Dwór Senator * 34-145 Stronie, Zakrzów, tel: (0-33) 879 74 26, fax: (0-33) 879 75 09, www.senator.kalwaria.iap.pl

ZAWOJA

Lajkonik *** 34-223 Zawoja, Zawoja 1550, tel: (0-33) 874 51 00, fax: (0-33) 874 51 11, www.hotel-lajkonik.pl, hotel@lajkonik-zawoja.pl

Mosorny Groń ** 34-223 Zawoja Policzne, tel: (0-33) 874 51 51, fax: (0-33) 874 51 52, www.hotel.mosornygron.pl, hotel@mosornygron.pl

ZGŁOBICE

Dunajec ** 33-113 Zgłobice, tel: (0-14) 633 05 65, fax: (0-14) 674 11 13, www.zajazddunajec.com, hotel@zajazddunajec.com

ZIELONKI

Twierdza ** 32-087 Zielonki, Zielonki 225, tel: (0-12) 285 08 08, fax: (0-12) 285 00 08, www.twierdza.com.pl, hotel@twierdza.com.pl

ZŁOCKIE

Klimek SPA **** 33-370 Muszyna, Złockie 107, tel: (0-18) 477 82 22, fax: (0-18) 477 71 82, www.hotel-klimek.pl, biuro@hotel-klimek.pl



GUESTS HOUSES / BOARDING HOUSES

BIAŁKA TATRZAŃSKA

Bania *** 34-405 Białka Tatrzańska, ul. Śródkowa 181, tel: (0-18) 265 41 63, fax: (0-18) 265 44 23, www.bania.pl, bania@bania.pl

KLUSZKOWCE

Willi Jordanówka *** 34-440 Kluszkowce, Stylchyn 32, tel: (0-18) 275 05 95, fax: (0-18) 265 03 77, www.jordan.pl, office@jordan.pl

Szarotka ** 34-400 Kluszkowce, ul. Pienińska 16, tel: (0-18) 265 05 52, www.kluszkowce.pl, szarotka@kluszkowce.pl

KOŚCIELISKO

Świstak *** 34-511 Kościelisko-Karpieńka, ul. Boczna 26, tel/fax: (0-18) 207 91 23, www.swistak.net.pl, biuro@swistak.net.pl

KRAKÓW

Karmel *** 31-057 Kraków, ul. Kupa 15, tel: (0-12) 430 66 97, fax: (0-12) 430 67 26, www.karmel.com.pl, hotel@karmel.com.pl

Oko *** 30-822 Kraków, ul. Śnieżna 18, tel/fax: (0-12) 658 32 10, www.hotelsinpoland.com.pl/oko, biuro@pensjonat-oko.pl

U Pana Cogito *** 30-318 Kraków, ul. Bałuckiego 6, tel: (0-12) 269 72 00, fax: (0-12) 269 72 02, www.pcocigito.pl, biuro@pcogito.pl

Leopolis ** 30-133 Kraków, ul. Lea 253, tel: (0-12) 636 51 95, fax: (0-12) 637 70 05, www.leopolis.com.pl, leopolis@leopolis.com.pl

Relax ** 30-118 Kraków, ul. Wyczółkowskiego 14, tel: (0-12) 422 01 60, fax: (0-12) 427 12 64, www.pensjonatrelax.com.pl, relax@pensjonatrelax.com.pl

Rycersi ** 31-101 Kraków, pl. Na Groblach 22, tel: (0-12) 422 60 82, 423 18 43, fax: (0-12) 422 33 99, uwaga! obecnie w remoncie

Trans-Expres ** 30-426 Kraków, ul. Mireckiego 7B, tel: (0-12) 268 20 91, fax: (0-12) 268 20 85, www.pensjonat.bis.pl, pensjonat@trans-expres.com.pl

KRYNICA ZDRÓJ

Kościuszk *** 33-380 Krynica Zdrój, ul. Kościuszk 36, tel: (0-18) 471 23 45, fax: (0-18) 471 50 61, www.beskidsadecki.turist.pl/kosciuszk, kosciuszk@krynica.pl

Małopolanka *** 33-380 Krynica Zdrój, ul. Bulwary Dietla 13, tel: (0-18) 471 63 81, fax: (0-18) 471 58 96, www.malopolanka.com.pl, recepcja@malopolanka.com.pl

Witoldówka *** 33-380 Krynica Zdrój, ul. Bulwary Dietla 10, tel: (0-18) 471 55 77, fax: (0-18) 471 56 07, www.witoldowka.com.pl, witoldowka@pro.onet.pl

Kaprys ** 33-380 Krynica Zdrój, ul. Pułaskiego 12, tel/fax: (0-18) 471 55 52, www.fwp.krynica.com.pl, fwp@krynica.com.pl

Skarbówka Dolna ** 33-380 Krynica Zdrój, ul. Jana Kiepur 8, tel/fax: (0-18) 471 20 77, www.fwp.krynica.com.pl, fwp@krynica.com.pl

Zdrowie ** 33-380 Krynica Zdrój, ul. Piłsudskiego 16, tel/fax: (0-18) 471 54 22, www.fwp.krynica.com.pl, fwp@krynica.com.pl



Prices in guest houses / boarding houses

Double room with a bath 70–300 zloty

Józefinka * 33-380 Krynica Zdrój, ul. Słoneczna 105, tel: (0-18) 471 56 42, fax: (0-18) 471 56 48, www.jozefinka.com.pl, biuro@jozefinka.com.pl

Orion * 33-380 Krynica Zdrój, ul. Pułaskiego 49, tel/fax: (0-18) 471 55 93, www.fwp.krynica.com.pl, fwp@krynica.com.pl

Soplicowo * 33-380 Krynica Zdrój, ul. Pułaskiego 17, tel/fax: (0-18) 471 22 52, www.fwp-wczasy.krynica.com.pl, fwp@krynica.com.pl

Tęcza * 33-380 Krynica Zdrój, ul. Leśna 5, tel/fax: (0-18) 471 20 71, www.fwp.krynica.com.pl, fwp@krynica.com.pl

MSZANA DOLNA

Szczebel *** 34-730 Mszana Dolna, ul. Krakowska 21, tel: (0-18) 331 09 65, fax: (0-18) 331 09 64, www.szczebel.com, szczebel@szczebel.com

MUSZYNA

Henryka * 33-370 Muszyna, ul. Piłsudskiego 31, tel/fax: (0-18) 471 42 35, muszyna@poczta.onet.pl

MYŚLENICE

Stek *** 32-400 Myślenice, ul. Jordana 5, tel: (0-12) 274 00 40, fax: (0-12) 274 00 30, www.stek.com.pl, stek@stek.com.pl

NIEDZICA

Szczepaniakówka ** 34-441 Niedzica, Niedzica – Zamek 74, tel/fax: (0-18) 262 91 05, www.pensjonat-niedzica.com.pl, szczepaniak@pensjonat-niedzica.com.pl

PIWNICZNA

Koliba ** 33-350 Piwniczna, ul. Kościuszki 3, tel: (0-18) 446 41 40, fax: (0-18) 446 41 41, www.hulewicz.pl, koliba@hulewicz.pl

PORONIN

Za Lasem * 34-520 Poronin, ul. Stasikówka 24A, tel/fax: (0-18) 207 40 96, www.zalasem.pl, pensjonat@zalasem.pl

RABKA

Wiosna *** 34-700 Rabka, ul. Poniatowskiego 54, tel/fax: (0-18) 267 77 77, www.wiosna.region-rabka.pl, poczta@wiosna.region-rabka.pl

WIELICZKA

Południe ** 32-020 Wieliczka, ul. Czarnochowska 30, tel: (0-12) 289 02 10, fax: (0-12) 288 22 21, www.pensjonatpoludnie.wieliczka.pl, repcja@pensjonatpoludnie.wieliczka.pl

WYSOWA ZDRÓJ

Anna-Maria ** 38-316 Wysowa Zdrój, Wysowa Zdrój 132, tel: (0-18) 351 23 11, fax: (0-18) 353 02 70, www.anna-maria.pl, anna-maria@anna-maria.pl

ZAKOPANE

Antałówka *** 34-500 Zakopane, ul. Wierchowa 2, tel: (0-18) 201 32 71, fax: (0-18) 201 32 73, www.polskietatry.pl, anatalowka@polskietatry.pl

Biały Potok *** 34-500 Zakopane, Droga do Białego 7, tel: (0-18) 20 143 80, fax: (0-18) 20 141 70, www.polskietatry.pl, bialypotok@polskietatry.pl

Czarny Potok *** 34-500 Zakopane, ul. Tetmajera 20, tel: (0-18) 202 02 04, fax: (0-18) 202 02 95, www.czarnypotok.pl, pensjonar@czarnypotok.pl

Dawidek *** 34-500 Zakopane, Pardałówka 8B, tel: (0-18) 201 91 06, www.dawidek.zakopane.pl

Janosik *** 34-500 Zakopane, ul. Tetmajera 5, tel: (0-18) 200 06 95, fax: (0-18) 200 06 96, www.turystyka.net/janosik, pensjonat-janosik@o2.pl

Lipowy Dwór *** 34-500 Zakopane, ul. Modrzejewskiej 14, tel: (0-18) 206 67 96, fax: (0-18) 201 43 36, www.sosnica.pl, rezewacja@sosnica.pl

Renesans *** 34-500 Zakopane, ul. Chałubińskiego 26, tel: (0-18) 206 62 02, fax: (0-18) 206 67 75, www.renesans.pl, repcja@renesans.pl

Sośnica *** 34-500 Zakopane, ul. Modrzejewskiej 7, tel: (0-18) 206 67 96, fax: (0-18) 201 43 36, www.sosnica.pl, zakopane@sosnica.pl

Szarotka *** 34-500 Zakopane, ul. Małe Żywczańskie 16A, tel: (0-18) 206 40 50, fax: (0-18) 201 48 02, www.szarotka.pl, szarotka@szarotka.pl

Telimena *** 34-500 Zakopane, Droga do Białego 7B, tel: (0-18) 206 37 30, fax: (0-18) 201 57 70, www.polskietatry.pl, bialypotok@polskie-tatry.pl

Anna Maria ** 34-500 Zakopane, ul. Małe Żyw-
czańskie 28, tel: (0-18) 201 45 25, fax: (0-18) 201
71 30, www.pensjonat.annamaria.pl, pensjona-
t@annamaria.pl

Boruta ** 34-500 Zakopane, ul. Chałubińskiego
28, tel/fax: (0-18) 201 34 98, www.puhit.com.pl,
puhit@puhit.com.pl

Halny ** 34-500 Zakopane, ul. Sienkiewi-
cza 6A, tel: (0-18) 201 20 41, fax: (0-18) 201
20 42, www.mati.zakopane.pl/halny, halny@
mati.zakopane.pl

Pod Giewontem ** 34-500 Zakopane, ul. Skibów-
ki 35 A, tel: (0-18) 206 28 84, fax: (0-18) 206 28 85,
www.podgiewontem.zakopane.pl

Pod Nosałem ** 34-500 Zakopane, ul. Balze-
ra 23 B, tel: (0-18) 200 02 80, fax (0-18) 201
13 32, www.nosal.pl/pensjonat, pensjonat@
nosal.pl

ZAWOJA

Jawor *** 34-223 Zawoja, Zawoja 1847, tel:
(0-33) 877 51 98, fax: (0-33) 877 60 84,
www.pensjonat-jawor.pl, recepcja@pensjo-
nat-jawor.pl



TOURIST HOSTELS

KRAKÓW

Alf, cat. III, 30-705 Kraków, ul. Klimeckiego 24, tel:
(0-12) 656 22 77, fax: (0-12) 656 13 55, www.ho-
telalf.pl, hotele@chemobudowa.pl

Krakowianka, cat. III, 30-427 Kraków, ul.
Żywiecka-Boczna 2, tel: (0-12) 268 11 35, fax:
(0-12) 268 14 17, www.krakowianka.com.pl,
hotel@krakowianka.com.pl

Patria, cat. III, 30-551 Kraków, ul. Limanow-
skiego 1, tel: (0-12) 656 22 60, fax: (0-12) 656
19 60, www.dom-patria.com.pl, dom_wyciecz-
kowy_patria@wp.pl

KROŚCIENKO

Sokolica, cat. II, 34-450 Krościenko, ul. Jagielloń-
ska 86, tel: (0-18) 262 31 26, www.kroscienko.pl/
sokolica, sokolica@kroscienko.pl

KRZESZOWICE

Świt, cat. III, 32-065, Krzeszowice, pl. Kulczyc-
kiego 2, tel: (0-12) 282 15 17

LIPNICA WIELKA

Orawa, cat. III, 34-483 Lipnica Wielka, Lipnica
Wielka 106, tel/fax: (0-18) 263 45 49, www.ora-
wa.republika.pl

MYŚLENICE

Na Zarabiu, cat. III, 32-400 Myślenice, ul. Zdro-
jowa 1, tel/fax: (0-12) 272 07 35, www.domtu-
rystyp.l

OJCÓW

Zosia, cat. III, 32-047 Ojców, Złota Góra 4,
tel/fax: (0-12) 389 20 08, www.dwzosia.prv.pl,
dwzosia@wp.pl

TARNÓW

Pod Murami, cat. III, 33-100 Tarnów, ul. Żydow-
ska 16, tel: (0-14) 621 62 29, 621 69 16, fax: (0-14)
621 05 00, Uwaga! w budowie, gambit_monika-
@poczta.fm

ZAKOPANE

Dom Turysty PTTK, cat. III, 34-500 Zakopa-
ne, ul. Zaruskiego 5, tel: (0-18) 206 32 81, fax:
(0-18) 206 32 81 do 84, www.domturysty.z-ne.pl,
domturysty@z-ne.pl

ZARZYCE WIELKIE

Dwór, cat. III, 34-142 Leńcze, Zarzyce Wielkie
82, tel: (0-33) 876 87 76, fax: (0-33) 876 86 81,
www.noclegidwor.com

ZEBRZYDOWICE

Indra, cat. III, 34-130 Kalwaria Zebrzydow-
ska, Zebrzydowice 10, tel/fax: (0-33) 876 62
54, www.indra.com.pl, dom.wycieczkowy-
@indra.com.pl



Prices in tourist hostels

20-140 złoty



Currency exchange

1 EUR = 4,0118 złoty (as of 24.08.2005)

**TOURIST SHELTERS**

Jaśkówka, domek noclegowy, 33-388 Gołkowice, Przehyba, tel: (0-18) 442 13 90, www.przehyba.pl, info@przehyba.pl

Jaworzyna Krynicka, Schronisko Górskie PTTK, 33-380 Krynica, tel: (0-18) 471 54 09, www.krynica.com.pl/schronisko, hotel@krynica.alloo.pl

Markowe Szczawiny, Schronisko Górskie PTTK, 34-223 Zawoja, tel: (0-33) 877 51 05, markowe-szczawiny.pttk.pl, markowe.szczawiny@op.pl

Morskie Oko, 34-500 Zakopane, skr. poczt. 201, tel: (0-18) 207 76 09, www.morskieoko.lapinska.prv.pl

Murowaniec, Schronisko Górskie PTTK na Hali Gąsienicowej, 34-500 Zakopane, skr. poczt. 193, tel: (0-18) 201 26 33, www.murowaniec.e-tatry.pl, murowaniec@e-tatry.pl

Na Hali Kondratowej, Schronisko Górskie PTTK, 34-500 Zakopane, tel: (0-18) 201 52 14

Na Polanie Chochołowskiej, Schronisko Górskie PTTK, 34-500 Zakopane, tel: (0-18) 207 05 10, www.chocholowska.zakopane.pl

Na Hali Ornak, Schronisko Górskie PTTK, 34-511 Kościelisko, tel: (0-18) 207 05 20, www.ornak.tatry.net.pl, ornak@tatrynet.pl

Schronisko na Przehybie, 33-388 Gołkowice, Przehyba, tel: (0-18) 442 13 90, www.przehyba.pl, info@przehyba.pl

Schronisko w Roztoce, 34-500 Zakopane, skr. poczt. 200, tel: (0-18) 207 74 42

W Dolinie 5 Stawów, Schronisko Górskie PTTK, 34-500 Zakopane, skr. poczt. 196, tel: (0-18) 207 76 07

**CAMP GROUNDS****KRAKÓW**

Clepardia, cat. I, 31-214 Kraków, ul. Mackiewicza 14, tel: (0-12) 415 96 72, www.clepardia.pl, campclep@poczta.onet.pl

Krakowianka, cat. I, 30-427 Kraków, ul. Żywiecka Boczna 2, tel: (0-12) 268 14 17, 268 11 35, www.krakowianka.com.pl, hotel@krakowianka.com.pl

Smok, cat. III, 30-252 Kraków, ul. Kamedulska 18, tel: (0-12) 429 72 66, www.smok.krakow.pl, info@smok.krakow.pl

MOGILANY

Korona, cat. III, 32-031 Mogilany, (Gaj), ul. Mysłenicka 32, tel: (0-12) 270 13 18, www.camping-korona.com.pl, biuro@camping-korona.com.pl

NIEDZICA

Polana Sosny, cat. II, 34-441 Niedzica, Polana Sosny, tel: (0-18) 262 94 03, www.niedzica.pl, dworek@pro.onet.pl

TARNÓW

Camping nr 202 Pod Jabłoniami, cat. III, 33-100 Tarnów, ul. Piłsudskiego 28A, tel: (0-14) 621 51 24, www.camping.tarnow.pl, cisek@solition.net.pl

WADOWICE

Mini Camping, cat. I, 34-100 Wadowice, Gorzeń Dolny 61, tel: (0-33) 823 45 94, www.minicamping.republika.pl, ninanow@megapolis.pl

ZAKOPANE

Ustup, cat. I, 34-500 Zakopane, ul. Ustup (obok 5), tel: (0-18) 206 36 67

Pod Krokwią, kat. III, 34-500 Zakopane, ul. Żeromskiego 97, tel: (0-18) 201 22 56, www.podkrokwia.zakopane.pl, camp@podkrokwia.pl

**Prices in shelters**

25–50 złoty per person

**Prices in camping areas**

5–20 złoty per person

Published by:

The Promotion, Tourism and International Co-operation Department of the Marshal's Office of the Małopolska Region, ul. Basztowa 22, 31-156 Kraków

Publication idea: Tourist Promotion Team

Text:

Krzysztof Bzowski

Accommodation sector – based on the record of categorized objects of hotel management, managed by the Małopolski Voivode, the state per diem 13 June 2005

Photos:

The Archives of the Marshal's Office of Małopolska Region (UMWM), the City of Kraków Archives, the Archives of the Polish Tourist Organization (PTO), the Archives of Zakopane Office of Promotion, the Archives of Polish Cable Railways, the Archives of the Krynica Zdrój City Hall, the Archives of the Salt Mine in Wieliczka, the Archives of the Salt Mine in Bochnia, the Archives of Calvarianum Publishers of the Bernardine Fathers, the Archives of the Regional Museum in Nowy Sącz, the Archives of the Catholic Cultural Centre, the Archives of the Hostel in Bereśnik, the Archives of the 'Gazeta Krakowska' and photos by R. Baś, B. Czerwiński, E. Fiutowski, T. Gębuś, M. Grychowski, P. Klimek, P. Krzan, J. Kubiena, J. Macioł, P. Marekwica, S. Markowski, P. Mierniczak, T. Ostrowski, P. Panczakiewicz, J. Podlecki, S. Śmierciak, T. Warczak, J. Witaliński, P. Witośławski, D. Zaręba, P. Ziemiński

Photos on covers: Cover I – the shelter over Lake Morskie Oko, photo from the archives of UMWM; Cover IV – Wawel Royal Castle, photo by D. Zaręba; Photos on pages 1–3: the Archives of Zakopane Office of Promotion and B. Czerwiński, M. Grychowski, P. Klimek, J. Kubiena, P. Mierniczak, J. Podlecki, S. Śmierciak, P. Witośławski

The publishing realization:

Amistad Sp. z o.o., e-mail: redakcja@amistad.pl, www.amistad.pl

Text preparation, graphic idea: Wydawnictwo Bezdroża

e-mail: biuro@polskatyrystyczna.pl, www.polskatyrystyczna.pl

Consultation: Andrzej Matuszczyk

Editing: Aurelia Hołubowska

Maps: Anna Fidzińska, Anna Stryka, Marcin Wieczorkowski,
Compass Cartography Publishing House

Project of the cover, graphic idea: Paweł Panczakiewicz

Typesetting, preparation for printing: Aleksandra Kowal, Paweł Panczakiewicz

Printing: Drukarnia PASAŻ Sp. z o. o., ul. Rydlówka 24, 30-363 Kraków

Kraków 2006

Authors and publishers of this publication did their best for text was reliable, however they cannot take the responsibility for possible changes which occurred after the deadline of working out the materials for the publishers. Materials prepared per diem: 13 June 2005.



27 ideas of sightseeing in Małopolska

thematic routes:

- The UNESCO Route
- The Wooden Architecture Route
- John Paul II Route

regional routes:

- round Kraków, Zakopane, Szczawnica and Krynica, Tarnów, Nowy Sącz

verified practical information

accommodation sector



Województwo
Małopolskie

... because there is only one Małopolska!