



MAŁOPOLSKA

Kraków. Tourist attractions



MAŁOPOLSKA KRAKÓW.

TOURIST ATTRACTIONS


Capital of the region: Kraków
Major cities: Tarnów, Nowy Sącz, Oświęcim
Surface area: 15 190 km² (about 5% of the surface area of Poland)
Population: 3.35 mil. (about 8% of the population of Poland)
Landscape:
■ the tallest peak – Rysy: 2499 m asl
■ mountains – Tatras, Beskids, Pieniny, Gorce
■ foothills – Carpathian Foothills
■ uplands – Kraków-Częstochowa Upland
■ lowlands – Vistula valley
■ main rivers – Vistula, Dunajec, Poprad, Raba, Skawa, Biała
■ water reservoirs – Czorszyński, Rożnowski, Czchowski, Dobczycki, Klimkówka
■ the highest located, cleanest lakes – Morskie Oko, Czarny Staw, the lakes of the Valley of Five Polish Lakes
■ the largest and deepest cave – Wielka Śnieżna Cave: over 22 km of corridors, 824 m deep

More information on:
www.visitmalopolska.pl,
www.muzea.malopolska.pl

Publishers I, 2010
Departament Turystyki, Sportu i Promocji Urzędu Marszałkowskiego
Województwa Małopolskiego, Zespół ds. Regionalnego Systemu Informacji Turystycznej
ul. Basztowa 22, 31-156 Kraków
msit@malopolska.mw.gov.pl
www.visitmalopolska.pl
Publishing concept: Anna Niedźwieńska, project management MSIT
Project coordination: Katarzyna Thor
Fourth revised edition, 2015
Małopolska Organizacja Turystyczna
Rynek Kleparski 4/13, 31-150 Kraków
biuro@mot.krakow.pl
www.mot.krakow.pl
Project coordination: Adelina Antoszevska

Text
Iwona Batur, Krzysztof Bzowski

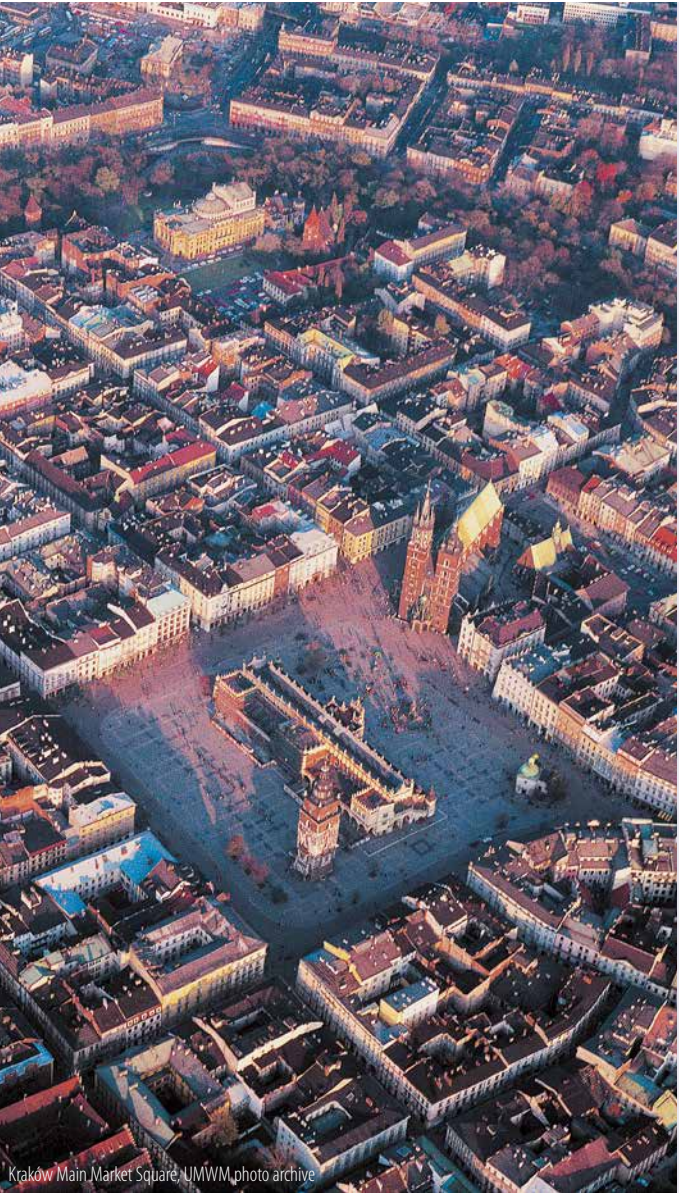
Photos
K. Baranowski, P. Barszczowski, A. Błaszczak, A. Brożonowicz, B. Czerwiński, M. Długopolski, P. Drożdżik, S. Gacek, J. Gawron, T. Gębuś, J. Gorlach, M. Grychowski, I. Grzybek-Dulak, K. Gzyl, F. Heryan, R. Korzeniowski, D. Leśniak, J. Michalczak, P. Mierniczak, J. Mysiński, J. Podlecki, M. Rauer, P. Witośławski, M. Zaręba, D. Zaród, J. Gawron, K. Syga, Oświęcim City Council photo archive, the Princes Czartoryski Foundation at the National Museum photo archive, UMWM photo archive, www.shutterstock.com
Publishing of revision: Virtual 3D

Publishing
Amistad Sp. z o.o. – Program 
ul. Stolarska 13/7, 31-043 Kraków
tel./faks: + 48 12 4229922
biuro@polskaturystyczna.pl, www.polskaturystyczna.pl
Production management: Agnieszka Błaszczak, Małgorzata Czopik, Ewelina Wolna
Editor: Aurelia Hołubowska, Teresa Lachowska
Proofreading: Agnieszka Szmuc
Cover design, graphic design: PART SA
Maps: Wydawnictwo Kartograficzne Daupol sp. z o.o.
Typesetting, preparation for print: Michał Tincel
Translation and proofreading: EuroInterpret Dominik Moser
Third revised edition translation and proofreading: Biuro Tłumaczeń Alingua Sp. z o.o.
Print: Alnus, Kraków

Kraków 2015, ISBN 978-83-64323-54-6
The authors and publishers have made every effort to ensure the text is accurate, however, they cannot be responsible for any changes that took place after the materials have been prepared for publishing. Materials prepared as of 31 March 2015.



MAŁOPOLSKA



Kraków Main Market Square, UMWM photo archive



www.visitmalopolska.pl

City Breaks 2
Kraków, Nowy Sącz, Tarnów, Wadowice, Oświęcim, and Zakopane:
Cities of Małopolska are perfect for a few days stay.

Małopolska UNESCO World Heritage Trail 16
Out of 28 Polish sites inscribed on the UNESCO list, you can find 14 of them in Małopolska.

Underground Kingdom of Salt in Wieliczka and Bochnia 18
An underground world of chambers, corridors, lakes, and works of art.

The World Locked in Wood 20
It delights with picturesque wooden Catholic and Orthodox churches, and heritage parks. The most beautiful churches, inscribed on the UNESCO World Heritage List, are in the villages of Lipnica Murowana, Dębno, Sękowa, and Binarowa. Also noteworthy is the "Painted Village" of Zalipie.

Sanctuaries and Sites of Religious Worship 24
Magnificent churches and paintings famous for their miraculous grace have for centuries given people hope and reassured their faith.

Eternally Living Castles 32
The Małopolska strongholds, dating back to the 14th and 15th centuries, charm with their beauty and splendour to this day, while the ruins are the remainder of their glorious past.

Małopolska for Health and Beauty 36
Małopolska health resorts offer the wealth of culture, beauty of nature, mineral water resources, and modern leisure centres.

National Parks 40
Małopolska boasts 6 out of 23 national parks in Poland, including Tatrzański, Babiogórski, Gorczański, Magurski, Ojcowski, and Pieniński National Parks.

The Trail of Underground Labyrinths 44
Małopolska is a genuine paradise both for beginner and advanced cavers.

Hiking, Bicycle, and Horse-Riding Trails 46
The trails span around 3,000 km and feature the most interesting sites of the region.

Małopolska: The Joy of Water 54
Małopolska boasts the abundance of geothermal waters, barrier lakes, and swimming areas at the rivers, ponds, and other water reservoirs.

Winter in Małopolska 56
A rich tourist base and splendid landscapes guarantee a great time on the ski slopes and beyond.

Traditions 62
Legends, old customs, and original crafts passed from generation to generation render Małopolska truly unique.

Cuisine 64
The taste of the *oscypek*, *obwarzanek*, *lisiecka* sausage, and *kolacz jadłownicki* is heaven in the mouth for every gourmet.



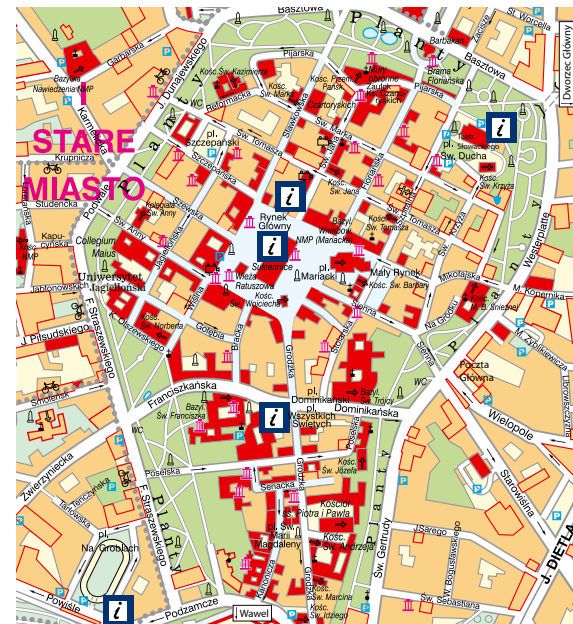
City Breaks

Kraków: the Heart of Małopolska

Situated by the Vistula River, Kraków is the cradle of Polish culture and a specific urban phenomenon: it is the former capital of Poland, the place of coronation and then the resting place of almost all Polish monarchs. For a long time it has been attracting various people: scholars – with the oldest university in the country, artists – with the cultural atmosphere, and pilgrims – with the sanctuaries and holy relics. Since the beginning of time, Kraków has also been enticing tourists with its atmosphere, historic monuments, and recently also the memory of Pope John Paul II.

The legendary founder of the city was Prince Krak, the vanquisher of the Wawel Dragon (the effigy of the beast stands at the foot of Wawel Hill). Remnants of the oldest history of the city have been preserved in two mounds, dating from the 7th century, called Wanda and Kościuszko Mounds.

The first historical mention of Kraków is recorded in a 10th-century note by Ibrahim ibn Yaqub (Abraham ben Jacob). In the book by Muhammad al-Idrisi (dating from the 12th century) Kraków is described as a “beautiful and large city with many houses, residents, markets, vineyards and gardens.” At the beginning of the 12th century, Gallus Anonymus depicted Kraków as a thriving



1. Cracow Market Square, photo K. Syga
2. Cracow Market Square, photo R. Korzeniowski
3. Wawel Chambers, photo by M. Zaręba
4. National Museum [- the Gallery of 19th Century Polish Art -]
Cracow Cloth Hall (Sukiennice), photo by R. Korzeniowski
5. The Barbican, photo by A. Brożonowicz

Cloth Hall, the Town Hall Tower, St. Mary's Basilica, the Church of St. Adalbert, and the surrounding tenement houses. The Main Market Square offers such attractions as horse-drawn carriage rides, a multitude of cultural events, a visit to the Historical Museum, or a relaxing time at one of the many cafés.

InfoKraków: Sukiennice, Rynek Główny 1/3, +48 12 4337310,
▲ www.infokrakow.pl, **Historical Museum,** Rynek Główny 35,
☎ +48 12 4265060, ▲ www.mhk.pl 📄 see website for prices.

■ **ROYAL ROUTE** – the former route of ceremonial royal processions. It runs from St. Florian's Church, past the Barbican, along the preserved fragments of the city walls and St. Florian's Gate, along Floriańska Street to the Main Market Square and then along Grodzka and Kanoniczna Streets to the Royal Castle on Wawel Hill. A hike along the Royal Route enables you to see churches of highest historic value and the most interesting tenement houses of the city. A part of the route (St. Mary's Basilica – Wawel Hill) is being traversed to this day during the ceremonial processions, such as church processions at the Feast of Corpus Christi or funeral processions towards Wawel Hill or the necropolis in Skalka.

■ **THE WORLD OF HISTORIC CELLARS** stretches under the tenement houses of the Old Town. The Gothic corridors and vaulted cellars house numerous restaurants, clubs, theatres and cabarets, including the most famous Piwnica pod Baranami Cabaret (The Cellar under the Sign of the Rams). There are over 100 such unconnected cellars in the vicinity of the Main Market Square.

■ **ST. MARY'S BASILICA** boasts one of the largest altars in Europe.

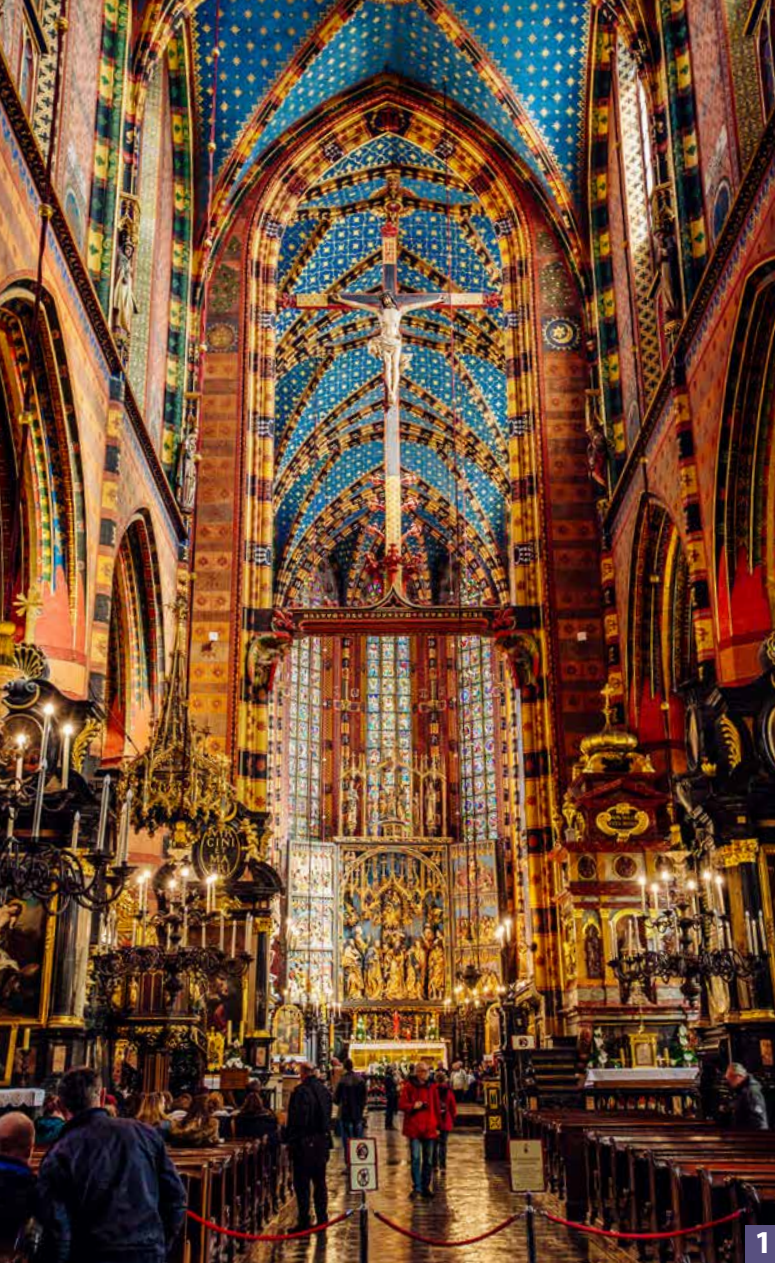
metropolis and wrote in his *Chronicles*: “Kraków, the capital city, excels all Polish cities.” Kraków was founded according to the Magdeburg law (by Prince Bolesław V the Chaste) and it was granted town charter on June 5, 1257.

Kraków's historic centre, the Old Town within the Planty Park and Kazimierz (the former Jewish district) were designated as UNESCO World Cultural and Natural Heritage Sites in 1978.

It is important for the residents of Kraków to cultivate their traditions, such as the annual nativity crib contest or the *Lajkonik* parade on the first Thursday after the Feast of Corpus Christi (June) from Zwierzyńiec to the Main Market Square.

The many eminent people affiliated with Kraków include Pope John Paul II; the Nobel Prize winning poets Czesław Miłosz and Wisława Szymborska; Tadeusz Kantor, founder of the avant-garde theatre Cricot-2; playwright Stanisław Mrożek; Stanisław Lem, the legend of Polish science fiction; Stanisław Wypiński, painter, poet, playwright, designer and the author of works such as the stained-glass decorating the Franciscan Church; and Dr. Feliks “Manggha” Jasiński, creator of the Japanese art collection displayed currently in the Manggha Museum of Japanese Art and Technology, founded by Andrzej Wajda.

■ **MAIN MARKET SQUARE** – one of the largest medieval squares in Europe (200x200 m), demarcated during the time Kraków was granted town charter in 1257. Among the historic buildings that have been preserved are the Sukiennice



1. St. Mary's Basilica altar, photo by K. Syga
2. Defensive walls, photo by A. Brożonowicz
3. Juliusz Słowacki Theatre, photo by A. Brożonowicz
4. Wawel Hill, photo by R. Korzeniowski
5. Lady with an Ermine, photo archive of Princes Czartoryski Foundation at National Museum in Kraków
6. Rynek Underground, photo by R. Korzeniowski

The polyptych, measuring 11 x 13 m, was carved in limewood by Veit Stoss, a Nuremberg artist, in the years 1477 and 1489. The altar is open daily at 11.50am and you can then admire the scenes from the lives of St. Mary and Jesus Christ. *Hejnał* (a bugle call) sounds every hour from the tower of St. Mary's Basilica.

St. Mary's Basilica Tower, ☎ +48 12 4220737, **St. Mary's Basilica**, ☎ +48 12 4220521 ext. 21, ▲ www.mariacki.com, 📖 see website for prices.

■ **SUKIENNIC CLOTH HALL** – the Gothic-Renaissance building decorated with a mascarón attic designed by Santi Gucci. Once the cloth hall stalls, today Sukiennice forms the largest souvenir shopping arcade in this part of Europe. The ground floor in its eastern part houses the well-known Noworolski Café, the first floor features the Gallery of 19th-century Polish Art, while beneath the Cloth Hall stretches the unique tourist route called Rynek Underground.

Gallery of the 19th-century Polish Art in Sukiennice, National Museum Branch, Rynek Główny 3, ☎ +48 12 4335400, information and reservation ☎ +48 12 3747319, ▲ www.muzeum.krakow.pl, 📖 see website for prices. **Historical Museum, Rynek Underground**, Rynek Główny 1, ☎ +48 12 4265060, ▲ www.mhk.pl, 📖 see website for prices.

■ **DEFENSIVE WALLS**, which once encircled the entirety of Kraków, have survived till this day only in parts (the longest one is approx. 200 m long). Among the former fortifications that have been preserved are: the 15th-century Barbican; St. Florian's Gate dating from 1307; the Pasamoników, Stolarska and Ciesielska Towers; and the Arsenal building. You can take a stroll on the walls, and along them you can buy paintings, sculptures and jewellery, while in the Barbican you can enjoy knight tournaments and concerts.

Defensive Walls Tourist Route and Barbican, ☎ +48 12 4211361, 12 4229877, ▲ www.mhk.pl, 📖 see website for prices.

■ **JULIUSZ SŁOWACKI THEATRE** – this eclectic building, constructed in the years 1891–1893, was modelled on the Parisian Opera House. Based on the design by Jan Zawiejski, it was erected on the grounds of the demolished medieval hospitals. It is one of the most beautiful theatrical buildings in Poland. Inside, you can admire Henryk Siemiradzki's painted curtain with allegorical-symbolical characters related to theatre.

Juliusz Słowacki Theatre (Large Stage), pl. św. Ducha 1, ☎ +48 12 4244528, ▲ www.slowacki.krakow.pl

■ **JAGIELLONIAN UNIVERSITY** – the oldest Polish university, established in 1364, had among its students such eminent people as Nicolaus Copernicus and Karol Wojtyła, the later Pope John Paul II. The most famous university buildings include the Gothic Collegium Maius (the oldest preserved university building) and the neo-Gothic Collegium Novum. The Jagiellonian University Museum is located in Collegium Maius. The museum exhibit of highest historic value is the Jagiellonian globe dating from ca. 1508, which was the first globe to depict America. Today, the university educates over 44,000 students annually.

Jagiellonian University Museum, ul. Jagiellońska 15, Kraków, ☎ +48 12 4220549, 12 6631521, 12 6631307, ▲ www.maius.uj.edu.pl, 📖 see website for prices.

■ **LADY WITH AN ERMINE** – the famous painting by Leonardo da Vinci is on display in the Czartoryski Museum. It features Cecilia Gallerani, the beloved of Lodovico Sforza, Duke of Milan. The painting was made on a walnut wood panel (54.8 x 40.3 cm) in the late 15th century.

Czartoryski Museum, ul. św. Jana 19, ☎ +48 12 3705460, Princes Czartoryski Foundation office, ul. Pijarska 6, ☎ +48 12 3705470, ▲ www.muzeum.czartoryskich.pl Due to renovation works, the painting is displayed at Wawel.

■ **WAWEL HILL** (228 m above sea level) houses the Polish architecture and culture complex of highest historic value: the Royal Castle, Cathedral and the archaeological-architectonic reserve called the Lost Wawel. The Wawel Royal Castle, reconstructed in the time of the last Jagiellons (16th century), is famous for its Renaissance arcades and Flemish tapestries. The western part of the castle features fragments of the first Wawel church dating from the early 11th century: the Rotunda of SS. Felix and Adauctus. The Wawel Castle also houses one of Europe's most interesting collections of Eastern art, featuring tents, rugs and weapons. The Wawel Cathedral of SS. Stanislaus and Vaclav is the sanctuary of the saint patron of Poland, St. Stanislaus the Bishop. Royal coronations and burials took place here, and the kings of Poland were buried along the national heroes and poets. The interior boasts the most distinctive Baroque Shrine of St. Stanislaus and the Renaissance Sigismund's Chapel.

Wawel Royal Castle, Wawel 5, Kraków, ☎ information: +48124225155 ext. 219, ▲ www.wawel.krakow.pl, 📖 see website for prices. **Cathedral**, ☎ +48 12 4293327, ▲ www.wawel.katedra-wawelska.pl, 📖 see website for prices.



1. The Old Synagogue, photo by K. Syga
2. The Jewish Culture Festival, photo by R. Korzeniowski
3. Schindler's Factory, photo by K. Syga
4. The Main Building of the National Museum in Cracow, photo: R. Korzeniowski
5. MOCaK, photo by K. Syga
6. Schindler's Factory, photo by K. Syga

Selected Kraków Museums

Museum	Address	Main exhibitions	Most famous exhibits
National Museum	Main Museum Building, al. 3 Maja 1, ☎ +48 12 4335500, ▲ www.muzeum.krakow.pl	Gallery of the 20 th -Century Polish Art, Gallery of Decorative Art, Gallery of Polish Arms and Uniforms	Paintings and sculptures dating from the late 19 th century until the 21 st century (by Wyspiański, Małczewski, Wyczółkowski, and others); Polish and Western European decorative art; Polish antique militia
Historical Museum of the City of Kraków, Schindler's Factory Branch	ul. Lipowa 4, ☎ +48 12 4265060; ▲ www.mhk.pl	Kraków under Nazi Occupation 1939-1945	Modern exhibition featuring interesting multimedia designs, showing the tragedy of war and the everyday life of the occupied Kraków eternalized in everyday objects, photographs, newspapers and documents
Manggha Museum of Japanese Art and Technology	ul. Konopnickiej 26, ☎ +48 12 2672703, 2674079; ▲ www.manggha.pl	Ancient Japanese art	The Japanese art collection (woodcut prints, figurines, militaria, decorative art) of Felix "Manggha" Jasieński, deposit of National Museum in Kraków
Archaeological Museum	ul. Senacka 3, ☎ +48 12 4227100 or 12 4227560; ▲ www.ma.krakow.pl	The Prehistoric and Early Mediaeval Małopolska, Gods of Ancient Egypt	Paleolithic relics of the caves based in Ojcowski National Park (23,000–15,000 BCE); stone statue of Svetovid (Slavic god of sun, fire, war and harvest); sarcophagi from the excavations in el-Gamhud (4 th century BCE)
MOCaK – Museum of Contemporary Art	ul. Lipowa 4, ☎ +48 tel. +48 12 2634000 ▲ www.mocak.pl	Most recent art	Most recent art, a collection of 4,000 works of 160 Polish and foreign artists, photography, painting, sculpture, video, Mieczysław Porębski Library

■ **Kazimierz** is a half-Jewish and half-Christian district of Kraków. Founded by King Casimir the Great in 1335, it was once a separate town situated beyond the Vistula River. This is where the Christian Churches of St. Catherine and Corpus Christi neighbour the 16th-century Old Synagogue, the oldest synagogue in Poland, and the slightly younger Popper (1620) and Remuh (1557) Synagogues. Here you can also find the famous Church on Skalka (see p. 26) and the Ethnographic Museum with a fine collection of folk art. Nowadays, Kazimierz is one of the most popular districts of Kraków, abounding with cafés, restaurants and galleries. **The Jewish Culture Festival** takes place in Kazimierz every year at the turn of June and July. The festival offers numerous concerts, workshops, exhibitions, and meetings, and is crowned with a grand finale outdoor concert on Szeroka Street, attended by a dancing crowd of many thousands people. **Kraków Jewish Trail** explores the monuments and history of the Jewish community that once played an important role in the life of the city. The trail runs along the following sites: Centre for Jewish Culture (ul. Meiselsa) – the Tempel Synagogue dating from 1862 (ul. Miodowa) – the Kupa Synagogue dating from the 17th century (ul. Warszawera) – the Isaac Synagogue dating from the 17th century (ul. Jakuba) – the High Synagogue dating from 1590 (ul. Józefa) – the Old Synagogue dating from the 16th century – the Remuh Synagogue dating from 1557 and the Old Jewish Cemetery (Remuh Cemetery) – the Synagogue Wolfa-Poppera dating from 1620 – and the New Jewish Cemetery (ul. Miodowa).

i **Centre for Jewish Culture**, ul. Meiselsa 17, ☎ +48 12 4306449, 12 4306452, ▲ www.judaica.pl, **Ethnographic Museum**, ul. Krakowska 46, ☎ +48 12 4305575 or 12 4306023, ▲ www.etnomuzeum.eu, see website for prices.

Nowa Huta – the northeast district of Kraków is a true garden city. This unique urban centre with Central Square with long avenues spreading out from it, and residential buildings standing amidst the green areas, was established after 1949 as a model socialist worker town, affiliated with the Lenin Metallurgical Works (the present ArcelorMittal Plant). The district is dominated by the architecture of socialist realism (buildings at Central Square and Avenue of Roses – the representative main road of the district – and the Renaissance- and Baroque-styled edifices of steelworks offices). However, Nowa Huta boasts not only post-war projects but also the medieval Cistercian Abbey in Mogiła and monuments of wooden architecture (e.g. the Church of St. Bartholomew in Mogiła).

i **Nowa Huta Tourist Route**, for more information visit: ▲ www.krakow.pl, "Visit Krakow" tab.



1



2



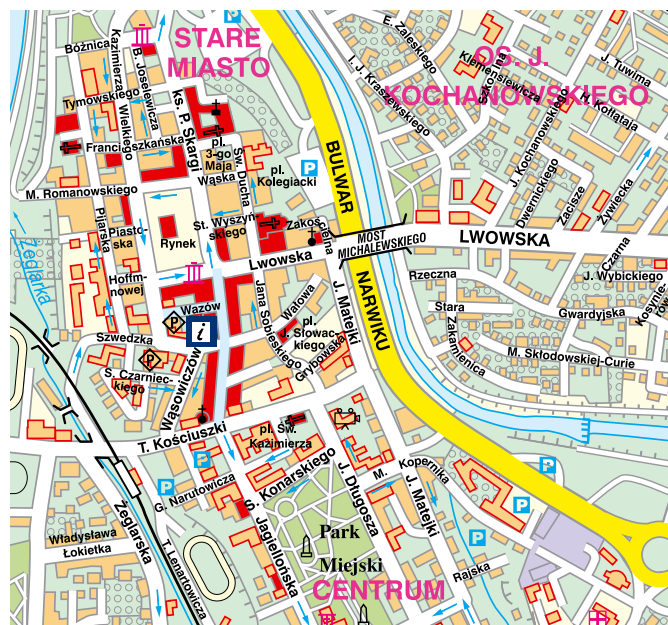
3

1. The Market Square in Nowy Sącz, photo by J. Gorlach
2. The Kowalska Tower in Nowy Sącz, UMWM photo archive
3. A small town in Polish Galicia in Nowy Sącz, photo K. Syga

■ **NOWY SĄCZ.** The dynamically developing city is situated at the confluence of the Kamienica and the Dunajec Rivers in a vast valley surrounded by mountain ranges. The remnants of the castle and the old town are located in the fork of the rivers.

The oldest historic monument of Nowy Sącz is the Gothic Collegiate Church of St. Margaret dating from the turn of the 14th and 15th centuries. Other historic buildings include: the Gothic House, the neo-Classical Town Hall, the fragments of defensive walls dating from the 14th century and the eclectic Art Nouveau tenement houses in the so-called Przedmieście Węgierskie (Hungarian Suburb). Behind the market square, the Gothic House features the Regional Museum with a permanent exhibition of crafts from the 14th century on, folk art dating back to the 18th century, and Orthodox Church art.

The Old Railway Colony, a housing estate with a neo-Gothic church, and the Workers' House, erected for the workers employed in the railway workshops of Nowy Sącz, is located near the railway station. It is one of the oldest worker housing estates in Poland. Also noteworthy are the Sądecki Ethnographic Park located in the western part of town (see p. 23) and Galician Small Town, featuring reconstructed buildings characteristic for the architecture of small towns in Galicia; and an original gentry house built from scratch. The new part of the Ethnographic Park, currently in preparation, will be devoted to the Germany colony architecture (the so-called colonization of Emperor Joseph II from the



1

18th century). Until 1939 Nowy Sącz was also a strong Hasidic centre. At present, the 18th-century synagogue houses the "Former Synagogue" Art Gallery.

Other local attractions include a manor house in Wielogłowy, a wooden church in Ptaszkowa, a wooden Orthodox church in Bogusza, and a wooden church and stone Orthodox church in Łabowa.

■ **TARNÓW.** The character of the second largest city of Małopolska was shaped by the cultural melting pot that was formed over the centuries by its inhabitants.

Tarnów was founded in the 14th century but its monuments of highest historic value date back to the city's heyday of the 16th century. The artistry of the complex of the city owners' tombstones (the Tarnowski and Ostrogski Families), located in the 15th-century cathedral, is surpassed only by those in the Wawel Cathedral. The Gothic-Renaissance Town Hall is crowned with a mascarón atic, while the Old Town is ornamented by Renaissance tenement houses. Museum collections of high historic value are on display in the Regional Museum, in Poland's oldest Diocesan Museum, and in the Ethnographic Museum, which is the only museum in Poland to present the Roma culture and history. Other interesting monuments of the city include the modernist buildings of Mościce, the buildings of the Wooden Architecture Trail and some of the oldest cemeteries in Poland.

For decades Tarnów had one of the largest Jewish populations in Małopolska. Among the Jewish monuments that have survived to this day are: a *bimah* (an elevated platform from which the Torah was read out loud), the only remnant of the 17th-century synagogue, the Jewish cemetery with the tombstones of the most eminent Jewish families, and a *mikveh* (a ritual bath) erected in the Moorish style in the early 20th century. Other local attractions include the "Painted Village" of Zalipie (see p. 63), wooden churches in Zawada and Skrzyszów, the monastery in Tuchów, renovated building of the former synagogue of Dąbrowa Tarnowska, Road Architecture Museum in Szczucin, Jan Wnęk Museum and the sanctuary in Odporyszów, manor houses in Dołęga and Kaśna Dolna, Petrified City Nature Reserve in the vicinity of Ciężkowice, and the First World War military cemeteries.

Diocesan Museum, pl. Katedralny 6, ☎ +48 14 6219993, ▲ www.ptp.tarnow.opoka.pl **Ethnographic Museum – Branch of Regional Museum in Tarnów**, ul. Krakowska 10, ☎ +48 14 6220625, ▲ www.muzeum.tarnow.pl, see website for prices. **Town Hall – Branch of Regional Museum in Tarnów**, Rynek 1, ☎ +48 14 6212149, ▲ www.muzeum.tarnow.pl, see website for prices. **Regional Museum**, Rynek 3, ☎ +48 14 6212149, ▲ www.muzeum.tarnow.pl, see website for prices. **Tarnów Collection of Horse-Drawn Carriages in Tarnów-Klikowa**, ul. Klikowska 304, ☎ +48 14 6266705, ▲ www.klikowa.pl, www.kultura.tarnow.pl

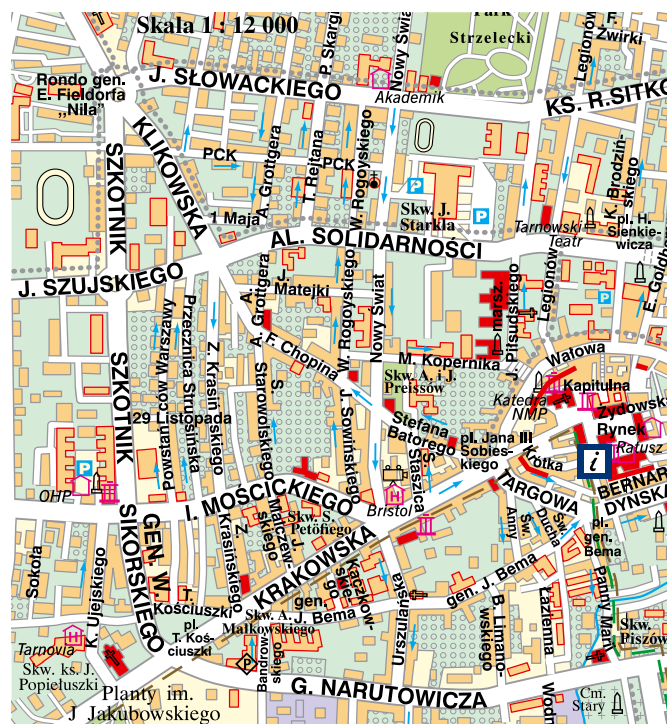


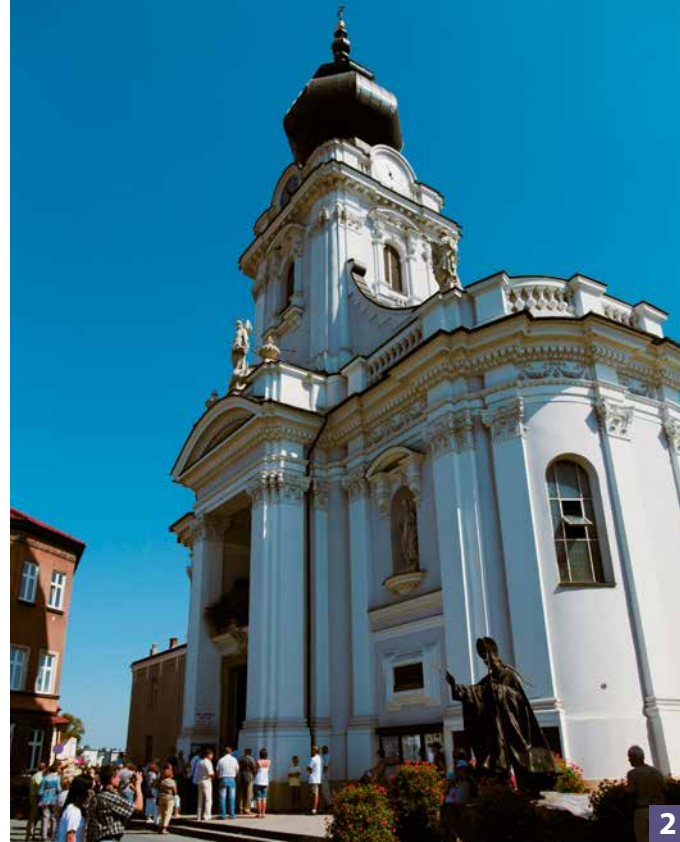
2



3

1. The Market Square in Tarnów, photo by K. Gzyl
2. Renaissance tenement houses on the Tarnów Market Square, photo by P. Barszczowski
3. Zalipie, photo by K. Syga





1. Family Home of Pope John Paul II, photo by J. Gawron
2. The Basilica of the Presentation of the Blessed Virgin Mary in Wadowice, photo by M. Zargba
3. Papal cream cakes, UMWM photo archive
4. The panorama of Oświęcim, Oświęcim City Council photo archive
5. View of the Old City and City Park, Oświęcim, photo archives Oświęcim City Government
6. Energylandia Amusement Park, photo by K. Syga

■ **WADOWICE.** The hometown of John Paul II is best explored while strolling along the Karol Wojtyła Trail. The future Pope was born in a modest tenement house at 7 Kościelna Street, which at present houses the Museum of John Paul II Family Home. Adjacent to the Pope's home is the Municipal Museum, located in a building dating from the beginning of the 19th century. Kościelna Street leads to the market square, i.e. John Paul II Square. At the corner of the street and the market square stands the 18th-century late-Baroque Basilica of the Presentation of the Blessed Virgin Mary. The church is famous mainly for being the place of Karol Wojtyła's baptism. The Gothic baptismal font can be seen in the chapel of the Holy Family. Worshippers come to the basilica also to see the marvellous painting of Our Lady of Perpetual Help. Many cafés around the Wadowice market square offer the delicious "papal cream cakes."

Other local attractions include two amusement parks in Inwałd: the Park of Miniatures with models of the most famous architectural monuments, and Dinolandia, the land of prehistoric creatures.

Especially noteworthy are the Passion-Marian Sanctuary in Kalwaria Zebrzydowska, inscribed on the UNESCO World Heritage List, and the Renaissance Castle in Sucha Beskidzka (see p. 34).

i Family Home of Pope John Paul II, ul. Kościelna 7, Wadowice ☎ +48 33 8233555, www.domjip2.pl



OŚWIĘCIM is an 800-year-old city, picturesquely situated on a high bank above the River Sola. The former princely past of the city is memorialised by its castle. Nothing has remained from the original ducal seat except the Gothic defence tower from the turn of the thirteenth/fourteenth century. The tower is one of the first brick buildings in Małopolska and the best-preserved Gothic wall in southern Poland (40 m). Today the castle houses the exhibition Oświęcim Castle Museum with both temporary and permanent exhibitions, such as interactive exhibition "The royal city of Oświęcim", dedicated to the history of the city. From the top of the tower, visitors can enjoy a breathtaking panorama of the city and the surrounding areas. Nearby the Castle, in Skarbek Square, you can find the only Oświęcim Synagogue remaining today, the Chevra Lomdei Mishnayot built in 1914. A Jewish Centre with the Museum now functions at the Synagogue, where visitors can see an interactive exhibition "Oszpicin. A History of Jewish Oświęcim", and stop at Café Bergson to enjoy the view from the panoramic terrace. In the Old City you can find the Church of Our Lady of Help to the Faithful and admire the charming quaint buildings around the Market Square in the neighbouring streets. The Boulevards along the River Sola invite you to take a walk. You can relax on one of the benches lining the Boulevard and sports enthusiasts will find an open-air gym with weight lifting and fitness equipment. The paths along the Boulevard wait for the lovers of jogging, Nordic walking, roller skaters and cyclists. Every year, Oświęcim is visited by over a million tourists who come to visit the UNESCO World Heritage Site and Museum and Auschwitz-Birkenau Memorial (see p. 16). In the surrounding area you can see other interesting sites, such as wooden churches in Polanka Wielka and Osiek or an open-air Skansen museum in Wygietzów (see p. 23) and two enormous amusement parks in Zator: Zatorland and Energylandia.





1. Kasprowy Wierch Peak, photo by J. Gorlach
2. The House of Pines (Willa pod Jedlami), photo by J. Gawron
3. Highlanders, photo by D. Zaród

Zakopane and its Surroundings

■ **ZAKOPANE** – the highland capital of Poland is a centre of active leisure and recreation, located in the shadow of the Tatras, at the foot of the majestic, cross-crowned Giewont Mount, welcomes all visitors both in the summer as well as in the winter. Zakopane is a starting point for hiking trips in the picturesque valleys of the Tatras, and for mountain hikes to the rocky peaks. It definitely has a lot to offer in the wintertime as well: the famous ski runs from Kasprowy Wierch Mount, where snow sometimes remains until May, are a real challenge for skiers. The less adept skiers are offered a number of easier slopes, where even total beginners can take their first skiing steps under the supervision of experienced instructors. Zakopane owes its fame to Tytus Chałubiński, doctor, Tatra nature researcher and lover, and to Stanisław Witkiewicz, father of Witkacy, who lived here since 1890.

■ **VILLAS IN THE ZAKOPANE STYLE** are the gems of architecture. They owe their form to Stanisław Witkiewicz, painter, writer and architect, who, fascinated by highlanders' art, creatively transformed the elements of traditional architecture and adornment. Houses erected in accordance with the aesthetic qualities devised by Witkiewicz are set on high, square stone underpinnings and have steep, shingled roofs. Their distinctive features include huge verandas, attics covered with separate roofs and beautiful, opulent wood carving decorations. The first villa erected in the Zakopane style, the Koliba Villa dating from 1892, presently houses the Museum of the Zakopane Style. Other beautiful examples of this style include the Pod Jedlami Villa (on Koziniec), Oksza (ul. Zamoyskiego 25), and Witkiewiczówka Villa (Droga na Antałówkę 6). The beautiful Chapel of the Most Sacred Heart of Jesus on Jaszczurówka from the early 20th century, also bears elements of the Zakopane style.

Tourist Information Centre in Zakopane, ul. Kościuszki 17, Zakopane,
☎ +48 18 2012211, ▲ www.promocja.zakopane.pl

Museum of the Zakopane Style, ul. Kościeliska 18, Zakopane, ☎ +48 18 2013602,
▲ www.muzeumtatrzańskie.com.pl, 📖 see website for prices.

■ **KRUPÓWKI** is one of the most famous streets in Poland. This promenade is the real heart of the town. It is filled with souvenir shops, restaurants serving local delicacies, stands with mountain cheese (including the most popular one – the smoked *oscypek*), as well as cafés, pubs and nightclubs.

■ **THE TATRA MUSEUM** is situated at Krupówki. The brick building in the Zakopane style houses a splendid collection of high natural value (including about 230 species of stuffed animals), and an ethnographic exhibition devoted to the highlanders' culture. The third section is devoted to the history of Podhale and Zakopane, as well as the Tatra tourism, while the back of the building features the rockery of the Environmental Protection Institute of the Polish Academy of Sciences (PAN).

Dr. Tytus Chałubiński Tatra Museum – Main Building, ul. Krupówki 10, Zakopane,
☎ +48 18 2015205, 18 2012935, ▲ www.muzeumtatrzańskie.pl,
📖 see website for prices.





1

■ The **CEMETERY IN PĘKSOWY BRZYZEK** is one of the most famous Polish cemeteries. It was established at Kościeliska Street in the middle of the 19th century. Many famous people closely connected with the mountains, as well as many representatives of culture and arts are buried here. The cemetery boasts many historic tombstones and interesting examples of sculpture dating from the 19th and 20th centuries. Among those buried here are Józef Stolarczyk, Tytus Chałubiński, Władysław Orkan, Stanisław Witkiewicz, Antoni Kenar, Władysław Hasiór, Kazimierz Przerwa-Tetmajer, Kornel Makuszyński, Stanisław Marusz, Zofia and Witold Parys. There are also symbolic graves of Bronisław Czech, Helena Marusarzówna and Mariusz Zaruski, and memorial plaques dedicated to Karol Szymanowski, Mieczysław Karłowicz and Oswald Balzer. Next to the cemetery stands Zakopane's oldest church, i.e. the wooden Church of St. Clements and Our Lady of Częstochowa dating from 1847.

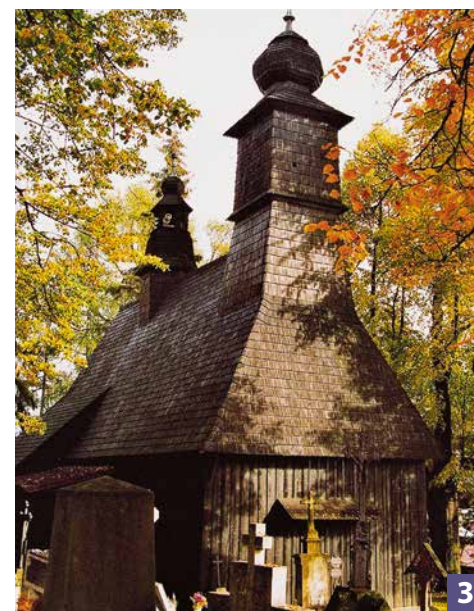
■ **GUBAŁÓWKA FUNICULAR RAIL** (1,120 m above sea level) takes you the picturesque mountain ridge north of Zakopane, where you can admire the panorama of the entire Tatras. Another way to view the mountains is to take a ride on a **cable car from Kuźnice to Kasprowy Wierch** (1,985 m above sea level).

i **Gubałówka Funicular Rail**, ul. Na Gubałówkę, Zakopane, ☎ +48 18 2014830, ▲ www.pkl.pl, 📄 see website for prices. **Cable car to Kasprowy Wierch**, Kuźnice, ☎ +48 18 18 2013602, ▲ www.pkl.pl, 📄 see website for prices.

■ The **TATRAS**, the only alpine mountains in Poland, charm with sky-reaching rocky peaks and mountain valleys boasting postglacial tarns and unique vegetation. Nature of the Tatras has been the object of fascination for a long time; therefore, the mountains are part of Tatrzński National Park (see p. 40). The Tatras are also an excellent place for all forms of active tourism: from the most advanced Tatra climbing, through alpine hikes of varying difficulty, to strolls along the Kościeliska, Strążyska and Białego Valleys. Kasprowy Wierch is also a great hiking site, easily accessible thanks to the cable car. In the winter the peak attracts skiers from all over the country. A much more difficult expedition involves climbing the Giewont peak crowned with a mighty iron cross, one of the symbols of the Tatras. The final part of the hike requires climbing the limestone rock along the embedded metal chains. Even greater skill is required when hiking on the most famous mountain trail in Poland, Orla Perc (the Eagle Path Trail), running along the ridge of the High Tatras, or reaching the peak of Rysy (2,499 m above sea level), the highest peak in Poland, located above the most beautiful Tatra



2



3



4

1. The Five Polish Lakes Valley, photo by T. Gębuś
2. The church in Dębno, UMM photo archive
3. The Church of St. Anne in Nowy Targ, photo by M. Długopolski
4. Kierpce – highlanders' shoes, photo by P. Drożdżik

lake, Morskie Oko Lake. Hikes along the long and gentle slopes of the Western Tatras are much less demanding and offer picturesque views of the Kościeliska or Chochołowska Valleys. The latter, the longest valley of the Polish Tatras, is famous for the violet crocuses blossoming on the Chochołowska Clearing in the spring.

■ **PODHALE** is one of the most beautiful regions in Poland, situated in the southern part of Małopolska and stretching from the Tatras to the slopes of the Gorce Mountains. It is famous for its scenic landscapes, colourful folklore and historic folk architecture, such as the building complex in the village of Chochołów (see p. 23). Podhale constitutes one of the most important tourist regions in the country (see p. 50). The most important cities of the region are Zakopane (see p. 12) and Nowy Targ.

■ **NOWY TARG**, situated at the confluence of the Biały Dunajec and Czarny Dunajec Rivers, called by the highlanders "the City," is the capital of Podhale. Among its monuments of highest historic value are the 16th-century wooden Church of St. Anne (according to tradition founded by highland robbers), and the brick Church of St. Catherine situated near the market square and dating partly from the 14th century (the chancel) and the 17th century (the nave). Other local attractions include the sanctuary in Ludźmierz (see p. 27), the wooden church in Dębno (see p. 16), the wooden church and manor house in Łopuszna (see p. 23), and the wooden church in Harkłowa.

■ The **WOODEN CHURCHES** with shingled roofs beautifully harmonise with the mountain landscape. The best-known is the church in **Dębno** (see p.16), inscribed on the UNESCO World Heritage List, although other churches are no less sophisticated in terms of artistry and woodwork. The **Church of St. Martin in Grywałd** dates back to the second half of the 15th century and, despite a few reconstructions, it has retained its Gothic character. Its interior is decorated with the 17th-century paintings and a late-Gothic triptych, an element of highest historic value. The towerless **Church of St. Sebastian and Our Lady of the Rosary in Jurgów** was erected in the second half of the 17th century. It stands out with its rich Rococo interiors that include walls and vaults covered with colourful paintings dating from 1813, and opulently gilded altars and sculptures that introduce a unique appearance to the church. The **Church of SS. Simon and Judah the Apostles in Białka Tatrzańska** was erected ca. 1700. The interior is decorated with the remains of a figural polychrome dating from the 19th century and a number of sculptures on the vaults and walls. At present, the church is used as a museum. The **Church of the Most Sacred Heart of Jesus in Bukowina Tatrzańska** (1887–1900) is embellished inside with a 20th-century figural polychrome, and noteworthy are also the wooden altars dating from 1907.

i ▲ www.drewniana.malopolska.pl



1. Kraków, Main Market Square, UMWM photo archive
2. The sanctuary in Kalwaria Zebrzydowska, photo by A. Brożnowicz
3. The church in Sękowa, photo by K. Syga
4. Auschwitz-Birkenau State Museum, photo by A. Brożnowicz

Małopolska UNESCO World Heritage Trail

The UNESCO World Cultural and Natural Heritage List encompasses sites recognized by the organization as representing "the unique and universal" historic or natural value, and which are especially protected. 14 out of 28 Polish sites inscribed on the UNESCO World Heritage List are located in Małopolska.

■ **KRAKÓW.** According to the justification act for designating Kraków as the UNESCO World Heritage Site, "Kraków bequeaths to future generations a unique collection of cultural monuments of the past centuries, magnificent works of art and architecture" (see p. 2).

■ **WIELICZKA AND BOCHNIA ROYAL SALT MINES** (17 km and 42 km from Kraków respectively) – an underground maze of chambers and corridors bored in salt in two salt mines and the Saltworks Castle in Wieliczka (see p. 18).

■ **SANCTUARY IN KALWARIA ZEBRZYDOWSKA** (33 km from Kraków) is the Jerusalem from the time of Christ transported to the Małopolska landscape. The Baroque churches and chapels correspond to the Stations of the Cross and other buildings known from the Bible. The Calvary Sanctuary in Kalwaria Zebrzydowska is the second largest, after Częstochowa, centre of Marian worship in Poland (see p. 27).

■ AUSCHWITZ-BIRKENAU NAZI GERMAN CONCENTRATION AND EXTERMINATION CAMP (1939–1945) (64 km from Kraków).

The Auschwitz concentration camp was established by the Nazi Germans on the territory of the occupied Oświęcim as a camp for Polish political prisoners. The first transportation of Polish prisoners was brought here from a prison in Tarnów on June 14, 1940. Since 1942, Auschwitz-Birkenau had also become one of the centres of the Holocaust – mass extermination of European Jews. The Nazi Germans exterminated at least 1.1 million people, mostly Jews, but also Poles, Roma, Russian prisoners of war and prisoners of other nationalities in Auschwitz. As of 1947 State Museum has operated on the grounds of the former Nazi German concentration and extermination camp. The Memorial Site comprises the area of two preserved parts of the camp: Auschwitz I and Auschwitz II-Birkenau. In 1979 the area of the former Auschwitz-Birkenau concentration camp was inscribed on the UNESCO World Heritage List.

 **Museum and Memorial Site Auschwitz-Birkenau**, ul. Więźniów Oświęcimia 20, Oświęcim, ☎ +48 33 8448100, 33 8448099, ▲ www.auschwitz.org, see website for prices. The Auschwitz Museum can be entered only with Admission Ticket. Reservations: ▲ www.visitauschwitz.org

■ **CHURCH OF ST. MICHAEL THE ARCHANGEL IN DĘBNO** (93 km from Kraków) – one of the oldest wooden churches in Poland (built without the use of nails), featuring unique decorative paintings and interior furnishings of high artistic value (see p. 20).

■ **CHURCH OF SS. PHILIP AND JACOB THE APOSTLES IN SĘKOWA** (155 km from Kraków) – built around 1520, the church charms with its majesty and arcades, i.e. arcades sheltering the believers who attend the mass (see p. 20).

■ **CHURCH OF ST. MICHAEL THE ARCHANGEL IN BINAROWA** (165 km from Kraków) – a late-Gothic larch wood church, decorated inside with paintings dating from the 16th and 17th centuries (see p. 21).

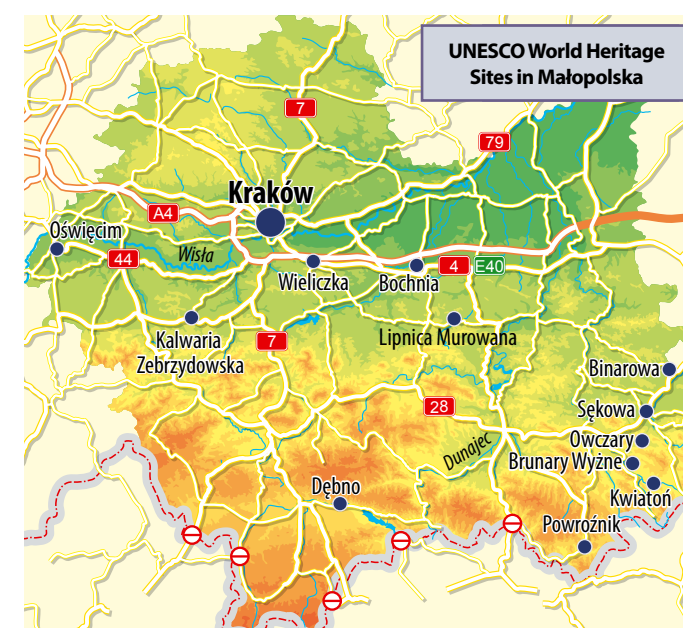
■ **ST. LEONARD'S CHURCH IN LIPNICA MUROWANA** (60 km from Kraków) – dating from the 15th century, was most likely erected on the site of a pagan temple, as manifest by the Svetovid pillar supporting the altar (see p. 21).

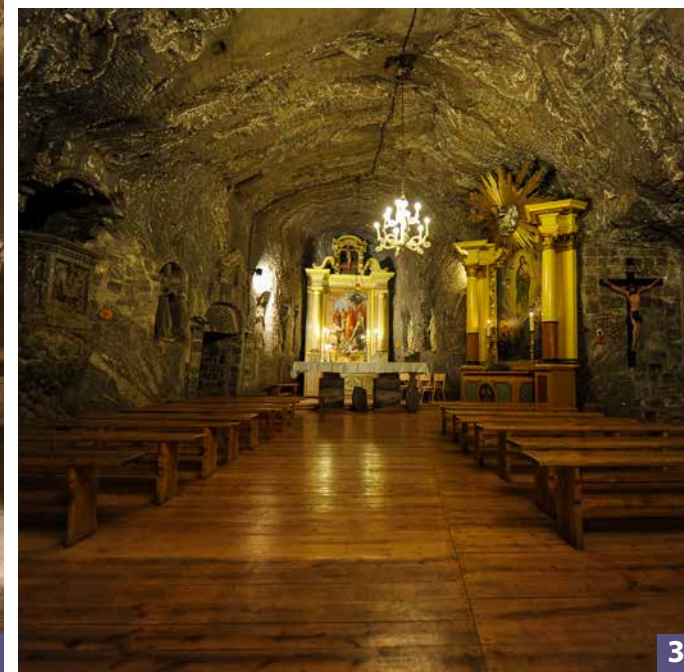
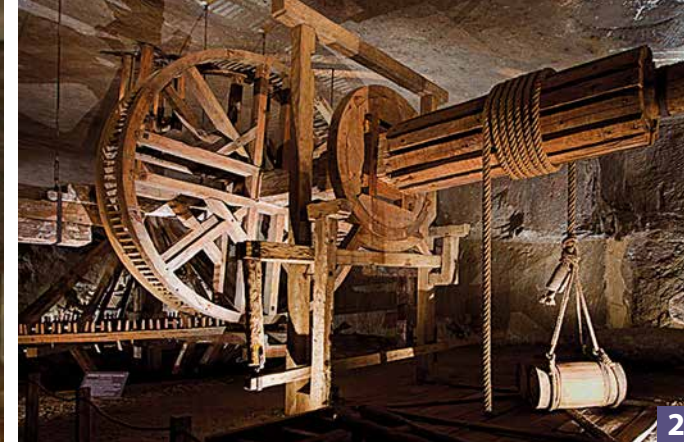
■ **GREEK CATHOLIC CHURCH OF ST. MICHAEL THE ARCHANGEL IN BRUNARY WYŻNE** (141 km from Kraków) – erected in the late 18th century, it has retained the characteristic regional features of the Lemko Orthodox churches (see p. 22).

■ **GREEK CATHOLIC CHURCH OF ST. PARASCHEVA IN KWIATON** (152 km from Kraków) – considered one of the most beautiful Orthodox churches in Poland thanks to its unusually harmonious proportions (see p. 22).

■ **GREEK CATHOLIC CHURCH OF THE PROTECTION OF THE MOTHER OF GOD IN OWCZARY** (160 km from Kraków) – was erected in 1653 and boasts the complete furnishings with iconostasis dating from the 18th century (see p. 22).

■ **GREEK CATHOLIC CHURCH OF ST. JAMES THE LESS IN POWROŹNIK** (148 km from Kraków) – the oldest Orthodox church in the Polish Carpathians, erected ca. 1600, features furnishings of high artistic value dating back to the 17th and 18th centuries (see p. 22).





Underground Kingdom of Salt in Wieliczka and Bochnia

The mines located near Kraków are linked to the legend about Princess Kinga (the later saint), the wife of Prince Bolesław V the Chaste. Upon departure from her native Hungary, the princess is said to have dropped her ring into one of the local salt mines. The ring was later found in a block of salt near Kraków, exactly where one of our saltworks was then established.

■ **WIELICZKA: THE SALT MINE IN WIELICZKA** was inscribed on the UNESCO World Heritage List in 1978.

The oldest traces of salt making in Wieliczka date back to the Neolithic period. From the 13th century the mine has been systematically expanded. At the moment the network of about 300-kilometre-long galleries (and about 3,000 chambers) extends to a depth of up to 327 m.

The Underground Tourist Route is nearly 3 km long and is between 64 and 135 m deep. It leads through over 22 most beautiful chambers created in the 13th-century mine, among salt sculptures and underground lakes. The most impressive chamber is St. Kinga's Chapel, which can accommodate 500 people. All the ornaments of chapel interior are made out of salt. Moreover, the underground Kraków Saltworks Museum features antique machines, tools and

miners' outfits. An Underground Rehabilitation and Treatment Centre, designed for people suffering from allergies and respiratory tract disorders, was created in the Wessel Lake Chamber at a depth of 135 m. The nearby 14th-century **Saltworks Castle in Wieliczka** features a historic exhibition, an assortment of the miners' tools and outfits, as well as a collection of salt shakers! In 2013 the castle was designated as the UNESCO World Heritage Site.

i **Wieliczka Salt Mine**, ul. Daniłowicza 10, ☎ +48 12 2787302, ▲ www.kopalnia.pl, 📖 see website for prices. Miners' Route: ☎ +48 12 2787570, 📖 see website for prices. The temperature underground is constant and is between 14-16° C.

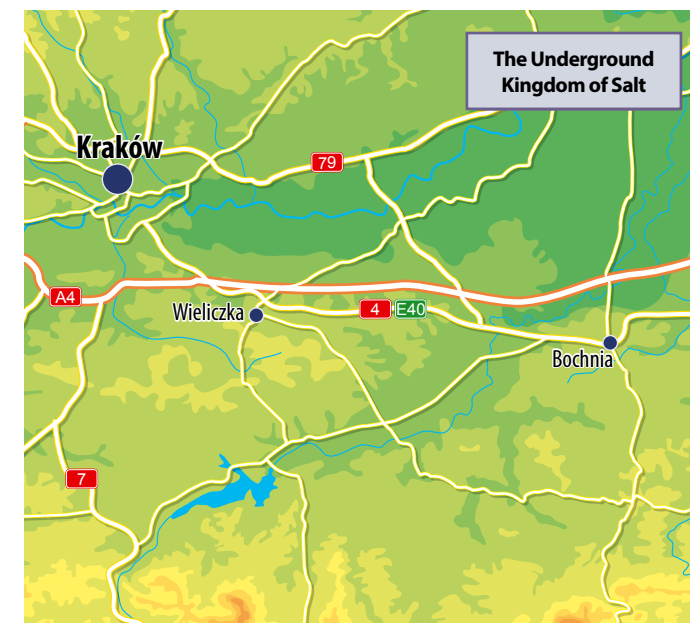
■ **BOCHNIA SALT MINE** is older than the Wieliczka Salt Mine. The tourist route in the salt mine is an extraordinary journey through the most beautiful and most interesting excavations on two levels, reaching the depth of 223 m. They feature unique chambers of a characteristic shape and geological layout, austere underground chapels with beautiful sculptures and paintings, as well as mining tools and equipment from centuries before. The newest attraction



featured there is the world's only Underground Multimedia Exhibition. It offers a "journey in time." The virtual guide is accompanied by Polish kings, Genoan salt miners, and even a ghost of the Cistercian monk, as the origins of the Bochnia Salt Mine are associated with the Cistercian Order. The visit in the salt mine ends in the Wążyn Chamber, which is 250 m deep. The chamber features among others a sports field, an underground slide that is 140 m long, an underground restaurant, as well as a souvenir shop and a mini playground for the youngest visitors. The visit can be enhanced by an underground boat ride.

i **Bochnia Salt Mine Health Resort**, ul. Campi 15, Bochnia, ☎ +48 14 6152460, 14 6152462, @ biuro@kopalniasoli.pl, ▲ www.kopalnia-bochnia.pl, 📖 see website for prices.

1. Salt Mine in Wieliczka, fot. R. Stachurski
2. The Salt Mine in Wieliczka: the horse mill, photo by R. Korzeniowski
3. Salt Mine in Bochnia, fot. J. Gawron
4. The Saltworks Castle in Wieliczka, photo by R. Korzeniowski
5. The Salt Mine in Bochnia, photo by R. Korzeniowski





The World Locked in Wood

Wooden architecture, inextricably entwined with the landscape of Małopolska, constitutes a large group among other monuments of architecture preserved to this day. The spruce, fir or larch forests as well as the oak and beech woods, covering the Carpathian Mountains, provided the building material for the lordly manor houses, bourgeois houses, peasant cottages, Catholic and Orthodox churches.

A great majority of the wooden buildings have been inscribed on the **Wooden Architecture Trail** that is over 1,500 km long and features 253 sites in the Małopolska Region. All of them have information boards that provide basic information about the site. From year to year more and more sites are open to the public in the summertime, as part of the "Open Wooden Architecture Trail" programme. Also, selected buildings host concerts from the "Music Enchanted in Wood" series.

For more information about the Wooden Architecture Trail visit:
▲ www.drewniana.malopolska.pl

■ The **CHURCH OF ST. MICHAEL THE ARCHANGEL IN DĘBNO** (second half of the 15th century) the church's tower, added in the early 17th century, is most likely the oldest wooden tower in Poland. The church is made of fir and larch wood without the use of nails. The

interior is decorated with a polychrome of patron saints dating from ca. 1500. The rood beam features a crucifix dating from the 14th century. The church has been inscribed on the UNESCO World Heritage List.

i Church of St. Michael the Archangel, ul. Kościelna 42, Dębno,
☎ +48 18 2751797, ▲ www.drewniana.malopolska.pl

■ The **CHURCH OF SS. PHILIP AND JACOB THE APOSTLES IN SĘKOWA** (1520) is made of larch wood. It is a one-nave church oriented to the east. One of the attractions is the tower open on the ground floor, which exposes its admirable construction, and the arcatures surrounding the church. The interior features the well-preserved late-Gothic portals, a baptismal font dating from 1522, an altar dating back to the 17th century, and an interesting polychrome. The church has been inscribed on the UNESCO World Heritage List.

i Church of SS. Philip and Jacob the Apostles, at the border between the villages of Sękowa and Siary, ☎ +48 18 3518169,

■ The **CHURCH OF ST. MICHAEL THE ARCHANGEL IN BINAROWA** was made of fir wood around 1500 on the site of the church that burnt down. The church charms with a late-Gothic patron saint decoration on the vaults, the Baroque biblical cycles on the nave walls, and ornamental and figural polychromes in the Chapel of the Guardian Angels. Also noteworthy are the late-Renaissance altar with a Gothic sculpture of the Madonna with Child, the stone baptismal font dating from 1522, and the Gothic bell. The church has been inscribed on the UNESCO World Heritage List.

i Church of St. Michael the Archangel, Binarowa 409, ☎ +48 13 4476396,
▲ www.drewniana.malopolska.pl

■ **ST. LEONARD'S CHURCH IN LIPNICA MUROWANA** was erected in the 15th century. Inside, the church walls are richly decorated with paintings depicting the Ten Commandments, the Last Supper, and the Passion. The church also boasts the positive organ (a chest organ instrument) of high value, one of only seven instruments of this kind in Poland. The church is situated along the Trail of St. Simon, exploring sites in Lipnica associated with the saint. The church has been inscribed on the UNESCO World Heritage List.

i St. Leonard's Church, Lipnica Murowana 39, ☎ +48 14 6852601, 698641445,
▲ www.drewniana.malopolska.pl

1. The interior of the church in Dębno, photo by K. Syga
2. The church in Lipnica Murowana, photo by M. Rauer
3. The church in Binarowa, photo K. Syga
4. The church in Sękowa, photo by J. Mysiński
5. The church in Dębno, photo by K. Syga





■ The **PARAISH GREEK CATHOLIC CHURCH OF ST. PARASCHEVA IN KWIATOŃ** (the second half of 17th century is considered to be a classical example of the Western Lemko style and one of the most beautiful Orthodox churches in Poland. The interior still holds rich furnishings dating back to the 18th, 19th and 20th centuries. Noteworthy are the marvellous polychrome with the figural and ornamental motifs and the iconostasis painted by Michał Bogdański dating from 1904. The Greek Orthodox church has been designated a UNESCO World Heritage site.

i Greek Catholic Church of St. Parascheva, Ujście Gorlickie 88 ☎ +48 18 3530720, 📍 www.drewniana.malopolska.pl

■ The **PARISH GREEK CATHOLIC OF THE PROTECTION OF THE MOTHER OF GOD IN OWCZARY** was erected in the 17th century. The exact date of its construction (1653) was carved above the western portal. It is a three-part structure featuring log construction and entirely shingled. Noteworthy inside is the iconostasis dating from 18th century. Since 1988 the church has offered Greek Catholic services. The Greek Catholic church has been designated a UNESCO World Heritage Site.

i Greek Catholic Church of the Protection of the Mother of God, Owczary Sękowa Parish (Sękowa 13): ☎ +48 3518115, 📍 www.drewniana.malopolska.pl

■ The **PARISH GREEK CATHOLIC CHURCH OF ST> MICHAEL ARCHANGEL IN BRUNARY WYŻNE** was erected 1797, expanded in the 19th century, and currently used as Roman Catholic Church of the Assumption of the Blessed Virgin Mary. Situated on a small hill at the Biała River, it has retained the characteristic regional features of the Lemko churches. The interior boasts a polychrome dating from the late 19th century, and fragments of older Baroque polychrome dating back to the times of the church's construction, and many elements of furnishing dating from the 18th and 19th centuries. The Greek Catholic church has been inscribed on the UNESCO World Heritage List.

i Greek Catholic Church of St. Michael the Archangel, Brunary Wyżne 45, Ujście Gorlickie, ☎ +48 18 3516776, 📍 www.drewniana.malopolska.pl

■ The **GREEK CATHOLIC CHURCH OF ST. JAMES THE LESS IN POWROŹNIK**, erected ca. 1600, is the oldest Orthodox church in Polish Carpathians. It stands out with its appearance enhanced by three onion-shaped domes located on the tented roofs and the tower. The interior, currently used by Roman Catholics as the parish, has retained many elements of furnishing of high historic value. The Greek Catholic church has been inscribed on the UNESCO World Heritage List.

i Church of St. James the Less, Powroźnik 50, Muszyna, ☎ +48 18 4711644, 📍 www.drewniana.malopolska.pl

■ The **MANOR HOUSE IN LASKOWA** (1677) is a perfectly preserved gentry manor house with the wooden plastered walls, high, shingled mansard roof, and an interesting interior. At present, it is in private hands but is open to the public.

i Manor House in Laskowa, Laskowa 1, ☎ +48 18 3333040, 📍 www.drewniana.malopolska.pl

■ The **MANOR COMPLEX OF THE TETMAJER FAMILY IN ŁOPUSZNA** (1787–90) consists of a one-storey manor house and outbuildings. The manor house made of larch logs presently houses the Museum of Gentry Culture.

i Manor in Łopuszna: Museum of Gentry Culture (branch of the Tatra Museum in Zakopane), ul. Gorczańska 2, ☎ +48 18 2653919, 📍 www.muzeumtatrzanskie.com.pl, 📄 see website for prices.

■ **CHOCHOŁÓW ARCHITECTURE** (19th/20th centuries) constitute a living heritage museum of the traditional regional architecture. The oldest one-storey highlander cottage, scrubbed every spring, dates back to 1789. The most famous, however, is the single fir cottage at no. 24 with the entire front wall made of a single fir trunk.

■ **LANCKORONA ARCHITECTURE** (19th/20th centuries) exemplifies the small-town wooden architecture that was integrated into the medieval urban layout. The houses, all of log construction, feature arcatures on the market square, and porches in the exit streets.

■ **SĄDECKI ETHNOGRAPHIC PARK IN NOWY SĄCZ**, one of the largest ethnographic parks in Poland, presents the 19th-century folk culture of the Sądecki Beskid village. It is divided into 4 sections, each representing a different ethnographic group residing in the region: the Lendians, the Pogorzans, the Poprad Lemkos, and the Highlanders from the Sądecki Beskid Mountains. Its most significant monuments include: a 17th-century gentry manor house, a Lemko Orthodox church dating from 1786, a church from Łososina Dolna, and a Protestant church.

i Sądecki Ethnographic Park, Branch of the District Museum in Nowy Sącz, entrance from ul. Lwowska 226, Nowy Sącz, ☎ +48 18 4443570, 18 4414412 ext. 106, 📍 www.muzeum.sacz.pl, 📄 see website for prices

■ The **FOLK ARCHITECTURE HERITAGE PARK SZYMBRAK** presents wooden architecture and folk culture typical for the Gorlice Foothills, such as peasant cottages, small windmills, and outbuildings.

i Professor Roman Reinfuss Folk Architecture Park, Szymbark, ☎ +48 18 3511018, 📍 www.muzeum.gorlice.pl, 📄 see website for prices.

1. The Greek Catholic church in Owczary, photo by R. Korzeniowski
2. The Greek Catholic church in Kwiatoń, photo by P. Mierniczak
3. The Greek Catholic church in Powroźnik, photo by K. Syga
4. Orthodox Church in Szczawnik, photo by K. Syga
5. The Manor in Laskowa, photo by K. Syga
6. Sądecki Ethnographic Park, photo by K. Syga
7. Chochołów, UMWM photo archive

■ **ETHNOGRAPHIC PARK IN WYGIELZÓW** has gathered 23 structures presenting the culture of the Western Cracovians, including wooden small-town and rural buildings with furnishings, as well as sacred architecture, exemplified by the 17th-century Church of the Exaltation of the Holy Cross in Ryczów. Every year the heritage park hosts the International Festival of Organ and Chamber Music (Aug–Sep). Other local attractions include the town of Chrzanów, featuring a medieval urban layout and historic tenement houses.

i Ethnographic Park Museum and Lipowiec Castle, ul. Podzamcze 1, Wygielzów, ☎ +48 32 6134062, 📍 www.mnpe.pl, 📄 see website for prices.

■ **ORAVA ETHNOGRAPHIC PARK IN ZUBRZYCA GÓRNA** presents the wooden architecture of the Polish part of Orava. Its most significant building is the Moniak Family Manor, an extended cottage typical for this region, featuring a dormer, an attic chamber.

i Orava Ethnographic Park, Zubrzyca Górna, ☎ +48 18 2852709, 📍 www.orawa.eu, 📄 see website for prices.



Sanctuaries and Sites of Religious Worship

Małopolska boasts many magnificent churches and paintings famous for their miraculous grace. For centuries, they have given people hope and reassured their faith, and therefore, they constitute monuments of Polish identity of highest historical and cultural value.

The most distinctive feature of Małopolska is the Marian worship. Marian sanctuaries (such as the Kraków “Na Piasku” Sanctuary of the Carmelites or the Sanctuary in Kalwaria Zebrzydowska) feature benevolent paintings of Madonna, renowned for their graces. Equally important is Christ’s Passion – the Good Friday passion plays, taking place in Kalwaria Zebrzydowska (see p. 27), attract crowds of pilgrims every year.

Many places of worship are connected to the saints and the blessed originating from Małopolska, e.g. Stary Sącz associated with St. Kinga or Lipnica Murowana, the hometown of St. Simon and the Ledóchowski Sisters.

The Małopolska Region boasts a great number of thematic trails for pilgrims. Obviously, the most popular are the Papal Trails, but there are others, including the two long international trails: the Częstochowa–Mariaszell Marian Trail and the Małopolska Way of St. James.

The entire Małopolska is covered with mementoes of **John Paul II**. **Kraków** abounds with sites related to the Pope, e.g. the

Bishops’ Palace (ul. Franciszkańska 3), the sanctuary in Łagiewniki, the graves of his parents (at the Rakowicki cemetery), and the Błonia Park, the site of papal masses.

Traces of John Paul II can also be found in his hometown of **Wadowice**, where the previous flat of the Wojtyła family is situated near the market square (today, it houses a museum). Nearby stands the Basilica of the Presentation of the Blessed Virgin Mary, where little Karol was baptised.

One of the places in Małopolska that Karol Wojtyła visited most frequently was the Sanctuary and quiet Calvary Paths in **Kalwaria Zebrzydowska**.

As a young priest Karol Wojtyła spent his summers in **Racibórowice** near Kraków. Here, in the parish by the Gothic church, he studied the works of St. Thomas. **Niegowić** (24 km from Kraków) was the place where the curate Karol Wojtyła was sent to undertake his first pastoral job.

The Podhale foothills and the mountains – both the Beskids and the Tatras – were also among Karol Wojtyła’s most favourite places. He made pilgrimages to the Sanctuary of Our Lady the Queen of Podhale, called “the Highlander Lady of Podhale,” in **Ludźmierz** (4 km from Nowy Targ). He always stopped by the figure of

Our Lady of Ludźmierz carved in wood ca. 1400 and featured in a neo-Gothic church dating from 1877. In **Zakopane** you can pay tribute to the great Pope in such places as the Sanctuary of Our Lady of Fatima in Krzeptówki, where a papal mass took place, today commemorated by a John Paul II Monument; in the Chochołowska Valley along the Papal Tatra Hike Trail; in the Sanctuary of St. Brother Albert situated on the slopes of Krokiew; or the Sanctuary of the Our Lady the Jaworzyna Queen of the Tatras on Wiktorówki below the Rusinowa Clearing. **Stary Sącz** features an altar at which the Pope celebrated a mass in 1999, located in the Błonie Park near the Convent of the Poor Clares.

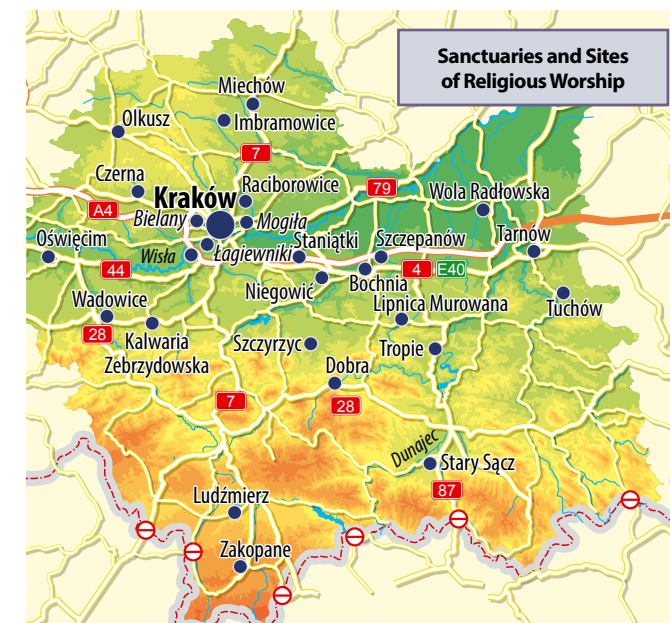
Traces of Karol Wojtyła comprise not only the commemorative plaques, monuments, and memories in the most famous sanctuaries and the most important churches of the region, but they also include the cobbled path in Gorc, stretching from the shepherds’ hut to the stream, the peak named after him in the Little Beskid Mountains, and the memories of the Carpathian hikes.

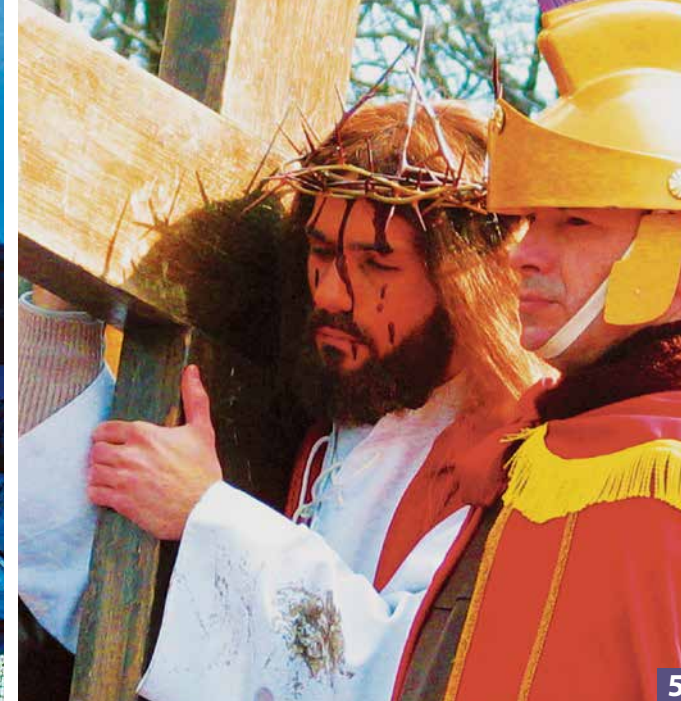
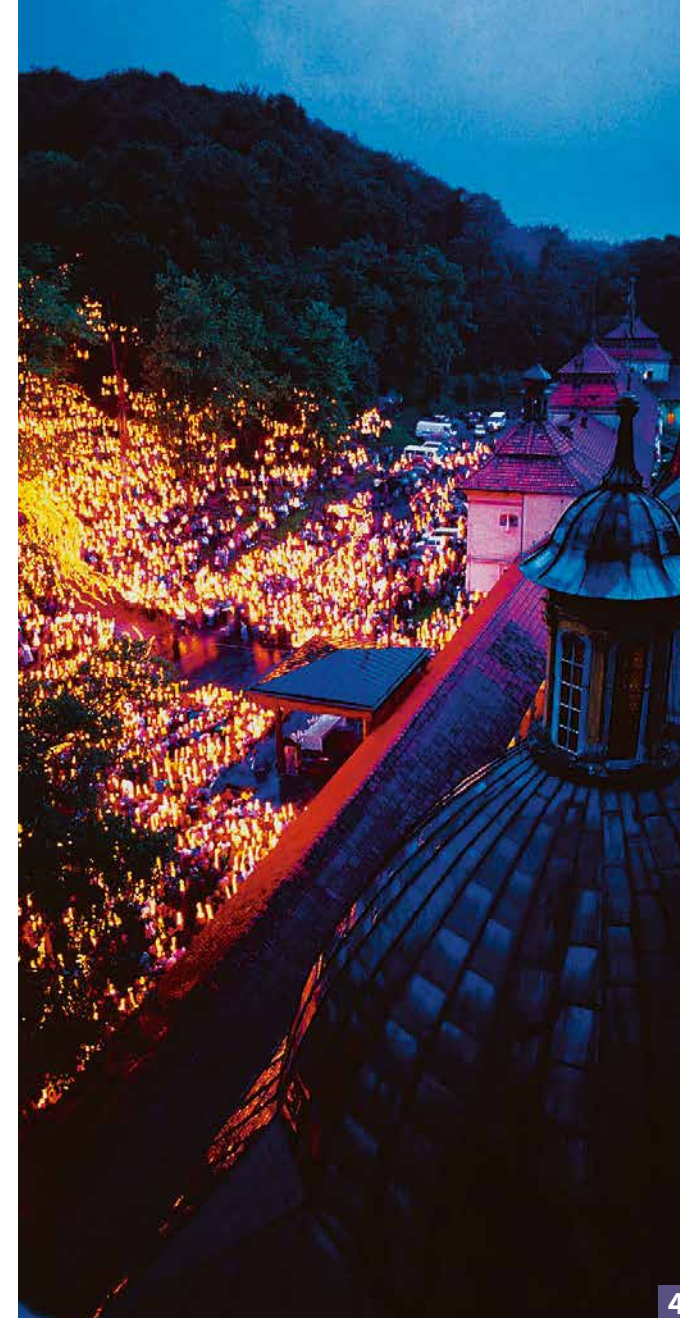
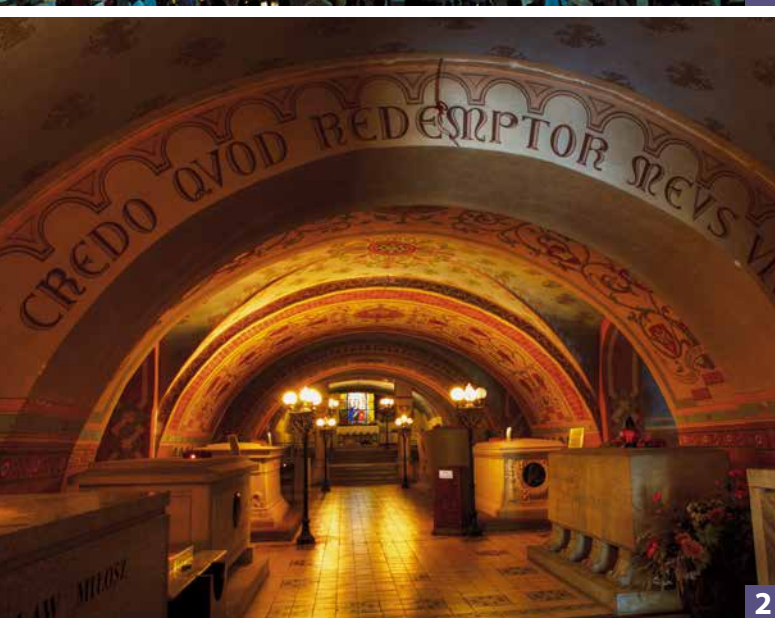
i Museum of John Paul II Family Home, ul. Kościelna 7, Wadowice, ☎ +48 33 8233555, ▲ www.domjp2.pl, see website for prices. **Małopolski Szlak Papieski im. Jana Pawła II**, Centralny Ośrodek Turystyki Górskiej PTTK, ul. Jagiellońska 6, Kraków, ☎ +48 12 4222840, ▲ www.cotg.pttk.pl

■ **The Shrine or Our Lay of Help to the Faithful in Oświęcim** History of the Salesian church dates back to the first half of the fourteenth century, when Duke Władysław ordered the foundation of the Dominican monastery in Oświęcim. The only preserved relic of the Dominican Monastery is Gothic Chapter house – now the Chapel of St. Jacek and fragments of the walls of the church of the Holy Cross, rebuilt at the turn of the nineteenth and early twentieth century by Salesian priests. On 24 September 1997, the church was officially raised to the status of the local shrine to the Virgin Mary, by Decree of Bishop Tadeusz Rakoczy – Ordinary of the Bielsko-Zywiec Diocese. The miracle of keeping the Marian church intact during the biggest bombing raid in Oświęcim on 13/09/1944 can be considered to be a special proof of grace and power of Our Lady of Help to the Faithful.

i The Shrine or Our Lay of Help to the Faithful in Oświęcim ul. Jagielly 8, Oświęcim, ☎ + 48 33 8422919, ▲ www.sanktuarium-oswiecim.pl

1. The sanctuary in Kalwaria Zebrzydowska, UWM photo archive
2. The sanctuary in Łagiewniki, photo by P. Fabijański
3. John Paul II Centre in Łagiewniki, photo by Piotr Sionko Centrum Jana Pawła II.jpg





1. The sanctuary in Łagiewniki, UMWM photo archive
2. The "Crypt of Honour" in the Sanctuary of St. Stanislaus, photo by S. Gacek
3. The Sanctuary of St. Stanislaus, K. Syga
4. The Assumption of the Blessed Virgin Mary church fair in Kalwaria, photo by M. Grychowski
5. The Passion Play in Kalwaria, photo by P. Mierniczak
6. The Sanctuary of Our Lady the Queen of Podhale in Ludźmierz, photo by J. Gorlach

■ **SANCTUARY OF ST. STANISLAUS IN KRAKÓW** – Stanislaus of Szczepanów, Bishop of Kraków and presently the patron saint of Poland died a martyr's death at the hand of King Bolesław II the Generous (also known as the Bold) in 1079, on the site of the present Pauline Monastery on Skalka. Skalka is also the last resting place of many distinguished Poles, such as Stanisław Wyspiański and Czesław Miłosz. The monastery and the church on Skalka, by virtue of being situated in the picturesque spot by the Vistula River, are one of the most attractive sites of Kraków.

i Sanctuary of St. Stanislaus the Martyr Bishop, ul. Skalczna 15, Kraków, ☎ +48 12 421 7244, ▲ www.skalka.paulini.pl

■ The **SANCTUARY OF THE HOLY CROSS IN KRAKÓW-MOGIŁA** is situated in the Cistercian Monastery. It features a chapel with a miraculous cross, sculpted in the 14th century. According to tradition, the believers go around the altar on their knees. Crowds of pilgrims come here for the octave Feast of Corpus Christi and the Feast of the Exaltation of the Cross (September 14).

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

■ The **SANCTUARY OF THE DIVINE MERCY IN ŁAGIEWNIKI** is the most frequently visited church in Kraków, consecrated by John Paul II in 2002. Believers make pilgrimages here to pray before the image of the Merciful Jesus, inspired by the vision of St. Faustina whose relics rest in the convent chapel next to the sanctuary. Adjacent to the basilica is a 76-metre viewing tower.

i Sanctuary of the Divine Mercy in Kraków-Łagiewniki, ul. Siostry Faustyny 3, Kraków, ☎ +48 12 2523311, ▲ www.milosierdzie.pl

■ **THE ECCE HOMO SANCTUARY OF ST. ALBERT IN KRAKÓW** is associated with Adam Chmielowski (St. Brother Albert), the founder of the Order of Albertine Brothers, who devoted his life to helping the poor and homeless. Each year, the sanctuary holds a church fair in celebration of the Ecce Homo Christ on the Friday preceding Palm Sunday, and on June 17 there is a church fair in honour of St. Brother Albert.

i The Ecce Homo Sanctuary of St. Albert, ul. Wronicza 10, Kraków ☎ +48 12 4135599, @ sanktuariumba@albertynki.pl, ▲ www.albertynki.pl/sanktuarium.php

■ The **BASILICA OF ST. MARY OF THE ANGELS IN KALWARIA ZEBRZYDOWSKA**, the so-called "Polish Jerusalem," is a Baroque church dating from the 17th century, famous for the miraculous image of the Our Lady of Kalwaria. It is also the centre of a vast Marian-Passion complex, comprising 42 buildings.

The Architectural and Park Landscape Complex and Pilgrimage Park of the Monastery in Kalwaria Zebrzydowska were inscribed on the UNESCO World Heritage List in 2000. The greatest celebrations are held during the Holy Week and during the Feast of the Assumption of Blessed Virgin Mary (August 15).

The **Passion Plays** in Kalwaria Zebrzydowska, held during the Holy Week, allow thousands of pilgrims to participate in the Stations of the Cross staged by the Bernardine monks and local inhabitants. The setting is framed by the chapels, symbolising iconic landmarks of Jerusalem as depicted in the Gospel.

i Passion-Marian Sanctuary – Monastery of the Bernardines, ul. Bernardyńska 46, Kalwaria Zebrzydowska, ☎ +48 33 8766304, ▲ www.kalwaria.eu

■ The **SANCTUARY OF OUR LADY OF THE SCAPULAR IN CZERNA** is famous for the miraculous image of Our Lady featured in the Baroque Church of St. Eljiah. The monastery in Czerna is also known as the Sanctuary of St. Rafał Kalinowski, an insurgent of the January Uprising and an exile. The ruins of a former hermitage, once inhabited by eremites, can be found in the nearby forest. The monastery also houses a museum presenting ethnographic collections acquired from missions in Africa.

i Sanctuary of Our Lady of the Scapular and of St. Rafał Kalinowski – the Monastery of the Discalced Carmelites, Czerna 79, ☎ +48 12 2820065, ▲ www.karmelczerna.pl

■ **SANCTUARY OF OUR LADY THE QUEEN OF PODHALE IN LUDŹMIERZ**. Situated near Nowy Targ, Ludźmierz is the oldest parish of Podhale. The main altar of the local church features the 15th-century miraculous statue of Our Lady the Queen of Podhale. Each year in September the church organises a harvest festival with an exceptionally fine celebration.

i Sanctuary of Our Lady the Queen of Podhale, ul. Jana Pawła II 124, Ludźmierz, ☎ +48 18 2655527 ext.15, ▲ www.mbludzm.pl



1. The Sanctuary of the Holy Sepulchre in Miechów, photo by M. Zareba
2. Cathedral in Tarnów, photo archives TCI (Tarnów Information Centre), Tarnów
3. Shrine of Our Lady of Fatima in Zakopane, Krzeptówki District, photo by M. Kiszela
4. The Church on Burek Square in Tarnów, photo by K. Baranowski
5. The convent in Stary Sącz, UMMW photo archive
6. The Sanctuary of St. Kinga in Stary Sącz, photo by J. Gorlach

■ The **SANCTUARY OF THE HOLY SEPULCHRE IN MIECHÓW** is located about 30 km north of Kraków. The monks, also known as the Holy Sepulchists (*bożogrobcy*), brought to Poland from Jerusalem in the 12th century, introduced the custom of erecting a tomb of Christ at Easter. The Sanctuary in Miechów with the Basilica of the Holy Sepulchre boasting a stone from the Holy Sepulchre in Jerusalem had been well known across Europe until the 19th century. The 16th-century Chapel of the Holy Sepulchre (a replica of the Chapel in Jerusalem) houses a copy of the Turin Shroud.

i Sanctuary of the Holy Sepulchre, ul. Warszawska 1, Miechów, ☎ +48 41 383 1378, or 41 3831311, ▲ www.parafiamiechow.pl, guided tour to the Sanctuary and the Museum of the Miechów Land, ☎ +48 530766522, ▲ museum.miechow.pl

■ The **SANCTUARY OF OUR LADY OF SORROW IN STANIĄTKI**, near Niepołomice, is located in the oldest Convent of the Benedictine Sisters in Poland, established in 1200. Its benevolent image of Our Lady of Sorrow is a Gothic painting from Italy.

i St. Adalbert's Abbey of the Benedictine Sisters, Staniątki 299, Niepołomice, ☎ +48 12 2818058 or 507677825, ▲ www.benedyktynki.eu

■ The **CISTERCIAN MONASTERY IN SZCZYZRYC** has existed continuously since the 13th century. The monastery church boasts the image of Our Lady of Szczyrzyc, whereas the monastery museum features a collection of coins, weapons, minerals, and even a unique assortment of Szczyrzyc beer labels, etc.

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

■ **SANCTUARY OF ST. KINGA IN STARY SĄCZ**. St. Kinga founded the local Convent of the Poor Clares and settled there after the death of her husband, Prince Bolesław V the Chaste. Due to a strict rule, the sisters left the convent only three times in its history: in the 13th century, when escaping the Tatars; in the 18th century, when the convent was closed down by the Austrians; and in the 20th century – for the canonisation mass of St. Kinga. The convent features the vestments Pope John Paul II wore during the canonisation mass, while the Baroque altar in the chapel adjacent to the church boasts a small silver coffin with St. Kinga's relics.

i Convent of the Poor Clares in Stary Sącz, pl. św. Kingi 1, Stary Sącz, ☎ +48 18 4460499, ▲ www.klaryski.stary.sacz.pl

■ **TARNÓW** is home to three sanctuaries: the **SANCTUARY OF OUR LADY OF SORROWS**, which is a part of the Cathedral Basilica of the Birth of the Blessed Virgin Mary famous for its Renaissance tombstones of the Tarnowski Family; the **SANCTUARY OF OUR LADY OF THE SCAPULAR** which is located in the Church of the Assumption of the Blessed Virgin Mary on Burek Square, featuring the 16th-century image of Our Lady of the Scapular; and finally the **SANCTUARY OF OUR LADY OF FATIMA**, established in 2003 and treasuring the relics of Francisco and Jacinta, the children of Fatima who witnessed the apparition of the Blessed Virgin Mary.

i Cathedral Basilica of the Birth of the Blessed Virgin Mary, ul. Kapitulna 2, ☎ +48 14 6214501, ▲ www.katedra.tarnow.opoka.org.pl. Parish Church of Our Lady of the Scapular, ul. NMP 1, ☎ +48 14 6213175, ▲ www.mbsz.diecezja.tarnow.pl, Parish Church of St. Joseph and Our Lady of Fatima, al. MB Fatimskiej 39, ☎ +48 14 6222286, ▲ www.mbfatimskiej.diecezja.tarnow.pl

■ The **SANCTUARY OF THE VISITATION OF THE BLESSED VIRGIN MARY IN TUCHÓW** attracts believers with its miraculous image of Our Lady of Tuchów, a Missionary Museum, and the largest mechanical nativity crib in the region. The painting of Our Lady of Tuchów dating from the 16th century is among the worshipped images of highest artistic value.

i Parish Church of the Visitation of the Blessed Virgin Mary and St. Stanislaus the Bishop Martyr in Tuchów, ul. Wysoka 1, Tuchów, ☎ +48 14 6327200, ▲ www.klaszortuchow.pl

■ The **CHURCH OF SS. ANDREW ZORARD AND BENEDICT IN TROPIE** is one of the oldest sanctuaries in Małopolska. Picturesquely situated at the shore of Czchowskie Lake, it stands on the site where, according to tradition, St. Andrew Zorard lived in a lime trunk. The chancel features the Romanesque wall painting of high artistic value depicting St. Stephen, King of Hungary.

i Parish Church of SS. Andrew Zorard and Benedict, Tropie 6, ☎ +48 18 4403076, ▲ www.tropie.tarnow.opoka.org.pl

■ The **SANCTUARY OF OUR LADY OF FATIMA IN ZAKOPANE-KRZEP TÓWKI** is one of the youngest sanctuaries in the region. It was consecrated in 1992. The statue of Our Lady of Fatima, worshipped there, was donated by Bishop of Fatima in the 1960s to Cardinal Stefan Wyszyński. The sanctuary was erected as a thanksgiving offering for John Paul II's survival of the attempted assassination in 1981. The treasury features many mementoes associated with John Paul II.

i Sanctuary of Our Lady of Fatima, ul. Krzeptówki 14, ☎ +48 18 2066420, ▲ www.smbf.pl



1



2



3

1. The monastery in Czerna, photo by D. Leśniak
2. Pilgrims, photo by D. Leśniak
3. The statue of the Mother of God in Olcza, photo by D. Leśniak

■ The Marian Trail in Małopolska

The Częstochowa–Mariaszell Marian Trail is a pedestrian-bicycle trail, running along the already existing trails, and a road trail. The main route of the Polish section of the trail, between Częstochowa and Zakopane, is 323 km long, including 220.5 km in the Małopolska Region, while the side routes amount to 86 km. The trail features about 20 sanctuaries, historic wooden churches, and wooden architecture complexes, e.g. in Lanckorona and Wygieźłów. Nine places on the trail also feature historic fortification architecture.

■ Małopolska Trail of the Holy Sepulchre Order

Miechów has always been the most famous residence of the Regular Canons of the Holy Sepulchre, also known as the “Holy Sepulchrists” (*bożogrobcy*) or “Miechowites” (*miechowici*). The Małopolska Trail of the Holy Sepulchre Order features other places in the Małopolska Region, associated with the order’s activity, including Uniejów (Church of St. Vitus, erected by the monks in the 15th century), Chełm near Bochnia (Church of St. John the Baptist dating from the 17th century and the Museum of the Order of the Holy Sepulchre), as well as Ślawice, Wrocławowice, Chodów and Siedliska, the villages which once belonged to the monastery in Miechów.

■ The Małopolska Way of St. James

The tradition of making pilgrimages to the Sanctuary of St. James in Santiago de Compostela in the far-away Spain dates back to the early Middle Ages. At that time, the sanctuary, featuring the relics of St. James, was the third most important sanctuary of Christianity, after the Holy Land and Jerusalem. St. James is the patron of hospices, hospitals, hat-makers, pilgrims and many more. The iconographic symbol of the saint is the scallop shell, which has also become the symbol of St. James Trails.

Nowadays, in the united Europe, the old pilgrimage trails of St. James (also known as Camino de Santiago) have been revived not only in terms of their religious but also their tourist aspects. The Małopolska Trail of St. James connects Sandomierz and Kraków, and the great Via Regia runs from Przemyśl, through Tarnów to Kraków, and then to Wrocław via Olkusz. In the Małopolska region, there is also The Beskid Trail of St. James incorporate the Churches of St. James, hidden among the Beskid Mountains in Podgrodzie, Myślenice and Rzyki, to the Camino de Santiago network.

Unlike the organised pilgrimages to shrines such as Częstochowa, the pilgrimage to Santiago de Compostela is best made individually or in small groups.

■ Trail of St. Simon in Lipnica Murowana

Lipnica Murowana is a beautiful little old town, known for its connection to St. Simon of Lipnica. St. Simon joined the Bernadine monastery in Kraków, where he was distinguished due to the severity of his morals and his devotion to the Holy Sacrament and the Mother of God. He also became known as an excellent preacher. As a result of infection from the patients he tended, Simon of Lipnica died of cholera when the epidemic was spreading in Kraków in 1482. It is said that when dying, he asked to be buried at the threshold of the church so that those who enter could tread on his remains. In his iconography, St. Simon is presented as a monk who preaches.

The route named after him comprises interesting monuments of Lipnica, as well as certain places related to the cult of St. Simon. Of particular interest are: the famous, UNESCO-listed, wooden cemetery chapel of St. Leonard (see p. 21); the market place of Lipnica with its statue of St. Simon; the local parish church of St. Andrew and the manor house of the Ledóchowski family – once inhabited by St. Ursula Ledóchowska and her sister, the Blessed Maria Teresa Ledóchowska.

■ Trail of St. Stanislaus in Kraków

The walking route marked out in Kraków connects various places relating to the cult of bishop and martyr St. Stanislaus of Szczepanów. It begins with the Wawel Royal Cathedral of Sts. Stanislaus and Wenceslaus, where the saint’s relics are deposited in a sumptuous confession in the middle of the church’s main nave. The route continues along precious baroque monuments, such as the Church of St. Bernadine of Siena and the Bernadine monastery, where one can see the relics of St. Simon of Lipnica. The route then leads to Skalka and the Sanctuary of St. Stanislaus (see p. 26).

■ Kraków Trail of the Saints

One of Kraków’s many claims to fame is the unparalleled number of burial places of the saints and blessed of the Catholic Church. The churches in Kraków currently host the graves of seven saints, ten blessed and seven other believers who died and were considered by their contemporaries as holy servants of God. It is worth mentioning the places where one can find the relics of the saints, which are: the Wawel Cathedral (St. Stanislaus, St. Jadwiga), the collegiate church of St. Anna (St. Jan Kanty), the Bernardin of Siena church (St. Simon of Lipnica), the basilica of the Holy Trinity (St. Jacek Odrowąż), the Ecce Homo Sanctuary (St. Albert Chmielowski) and the Sanctuary of the Divine Mercy in Kraków-Łagiewniki (St. Faustina).



1. The castle in Pieskowa Skała, UMWM photo archive
2. The castle in Ojców, photo by A. Brożonowicz
3. The castle in Korzkiew, photo by M. Zaręba



Eternally Living Castles

The medieval Małopolska was first and foremost the capital district and the residence of knighthood. It was also a frontier region, bordering on the Kingdom of Hungary in the south and on Silesia in the west. After all, several important trade routes to Hungary, Ruthenia, and Silesia ran through Małopolska. All these factors were conducive to the construction of many castles, royal mansions, magnates' manors, frontier strongholds and trade route watchtowers in the area. In the course of the centuries, many of them have fallen into ruins (particularly destructive was the period of Swedish invasions of the 17th century), others have fortunately survived until this day.

The most famous castles are located in the north of Małopolska, on the Krakowsko-Częstochowska Jurassic Upland, and due to their location on the hardly-accessible rocks, like the nests of eagles, they are called "Eagles' Nests." The castles have inspired the greatest number of legends and tales explaining their names, emphasising their affinity with a nearby wonder of nature, or simply adding colour to their history.

So, the castle in Dębno is allegedly haunted by the apparitions of the White Dame. She is the ghost of the owner's daughter, who was bold enough to fall in love with a squire against her father's will. The furious father sentenced her to death by starvation: the unfortunate girl was walled up in one of the castle chambers. A similar legend is

also told in Pieskowa Skała, except that the imprisoned Dorotka was for some time fed by her faithful dog that climbed up the steep rocks to reach her. The castle in Ojców was home to Magnate Skarbimir, who fell in love with his much younger niece, Witychna. Ignoring the ties of kinship and the protests of the girl, already engaged to someone else, he abducted her to Ojców and imprisoned her fiancé, intending to kill him. The couple was rescued by Prince Bolesław III Wrymouth, who then deprived Skarbimir of his castle and blinded him. The most original legend is connected with the castles in Niedzica and Wytrzybszcza, which allegedly contain the treasure of the Incas, buried there in the 17th century in order to hide it from the Spanish.

■ **KORZKIEW.** The 14th-century knights' fortress is situated 17 km from Kraków. During the Swedish Invasion of Poland (1655–60), the castle was completely destroyed. The ruins have been reverently reconstructed. Nowadays, knight tournament shows and cultural events are held here. The vicinity of the fortress is surrounded by 150-year-old trees, a perfect place for a stroll.

Korzkiew Castle Hotel, ☎ +48 12 4195590, ▲ www.donimirski.com

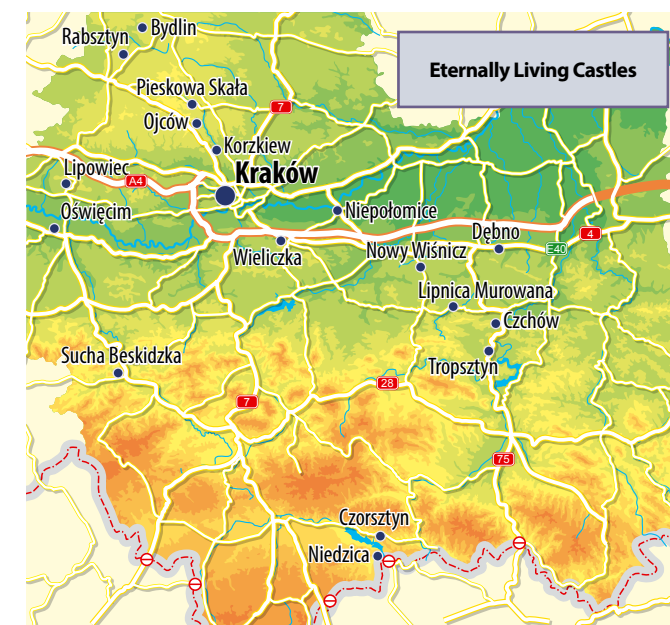
■ **Castle of the Dukes of Oświęcim** A medieval fortress which is the symbol of the long history of the city. The oldest relics of the Castle are: a Gothic defence tower (13th/14th century) and a fragment of the defence wall and bastion. The tower is one of the first brick buildings in Małopolska and best-preserved Gothic wall in southern Poland (40 m). Repeatedly rebuilt buildings of the Castle hosted many famous personalities: Elżbieta Rakuszanka (future wife of King Kazimierz Jagiellończyk), the Czech King Władysław Jagiellończyk and Bona Sforza d'Aragona (future wife of King Zygmunt Stary). Today the Castle houses the Oświęcim Castle Museum.

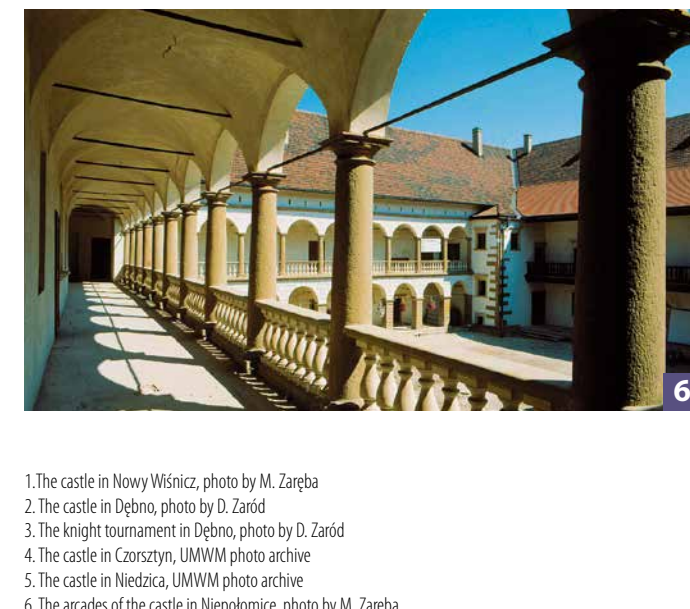
■ **PIESKOWA SKAŁA.** The castle in Pieskowa Skała was erected in the 14th century. It gained its present Renaissance character as a result of the 16th-century reconstruction, and the expansion carried out 100 years later. The castle houses a museum, which is a division of the National Art Collection of the Royal Castle at Wawel Hill. The castle rises amidst the area of Ojcowski National Park (see p. 40)

Pieskowa Skała Castle, ☎ +48 12 3896004, ▲ www.pieskowaskala.eu

■ **OJCÓW.** Towering over the Prądnik River Valley, the ruins of the castle in Ojców are the remnants of the stronghold erected in the 14th century by King Casimir the Great. In the 17th century the stronghold was in its heyday. Today, Ojców features the remains of the walls, the entrance gate (with a small museum above) and a reconstructed tower.

Ojców Castle, ☎ +48 12 3892005, ▼ see website for prices.





1. The castle in Nowy Wiśnicz, photo by M. Zaręba
 2. The castle in Dębno, photo by D. Zaród
 3. The knight tournament in Dębno, photo by D. Zaród
 4. The castle in Czorsztyn, UMWM photo archive
 5. The castle in Niedzica, UMWM photo archive
 6. The arcades of the castle in Niepołomice, photo by M. Zaręba

■ **DĘBNO.** Erected in the 15th century, the castle in Dębno near Tarnów has survived until today relatively unchanged and in great condition. The annual "Golden Plait of Tarkówna" knight tournament, held in September, is the castle's main attraction. According to legend, upon discovering his daughter's affair with courtier Jasiek, Tarkówna's father ordered her lover killed in order to force her to marry a different man. Since the girl refused to do so, her father walled her up in a turret.

i **Castle Museum in Dębno**, Branch of the Regional Museum in Tarnów, Dębno 189, ☎ +48 14 6658035, ▲ www.muzeum.tarnow.pl, 📄 see website for prices.

■ **SUCHA BESKIDZKA.** The castle, also known as the "Small Wawel", was erected in the years 1554–1580. It was transformed into a Renaissance magnate residence in the early 17th century. At present, it houses the Municipal Museum of Sucha Beskidzka, Municipal Culture Centre, Higher School of Tourism and Ecology, and a hotel and a restaurant. The Gardener's House, located in the castle park, houses the Ethnographic Branch of the local museum.

i **Municipal Museum in Sucha Beskidzka**, ul. Zamkowa 1, ☎ +48 33 8742605, ▲ www.muzeum.sucha-beskidzka.pl, 📄 see website for prices.

■ **NOWY WIŚNIEC.** The castle was built in the 14th century in the Gothic style but was later reconstructed in the Renaissance and Baroque styles. This is how the quadrilateral castle with an external courtyard and a multi-storey loggia with round towers in the corners came into being. The 19th-century wooden Koryznówka Manor, located near the castle, houses the Jan Matejko Museum.

i **Nowy Wiśnicz Castle**, ul. Zamkowa 13, ☎ +48 14 6128589, ▲ www.zamekwnisnicz.pl, 📄 see website for prices.

■ **CZCHÓW.** Erected by King Casimir the Great, the castle in Czchów once housed the customs office as well as a stronghold guarding the trade route to Hungary, which ran below. The tower overlooking the Dunajec River Valley has been preserved until this day and now offers a great vantage point.

i **Tower in Czchów**, ☎ +48 14 6843188, ▲ www.moksir.czchow.pl

■ **NIEPOŁOMICE.** Erected in the 14th century by King Casimir the Great and expanded in the two subsequent centuries into a Renaissance residence, it served the royal court as a hunting castle. Refurbished, it now houses the Niepołomice Museum, featuring a collection of hunting trophies, the study of Włodzimierz Puchalski, and an exhibition in the castle's chapel, among others. The other part of the building houses an elegant hotel and a conference centre.

i **Niepołomice Castle** – Niepołomice Museum, ul. Zamkowa 2, ☎ +48 12 261 9851, ▲ www.muzeum.niepolomice.pl, 📄 see website for prices.

■ **WIELICZKA.** Located in the vicinity of Wieliczka Salt Mine, the castle, known as the Saltworks Castle (or Salt Castle), was erected in the 14th century for a royal clerk who administered the excavation of the salt deposits. The castle houses the Kraków Saltworks Museum, featuring an exhibition devoted to the history of Wieliczka and a fine collection of salt shakers, the only such exhibition in Poland. In 2013 the castle was inscribed on the UNESCO World Heritage List.

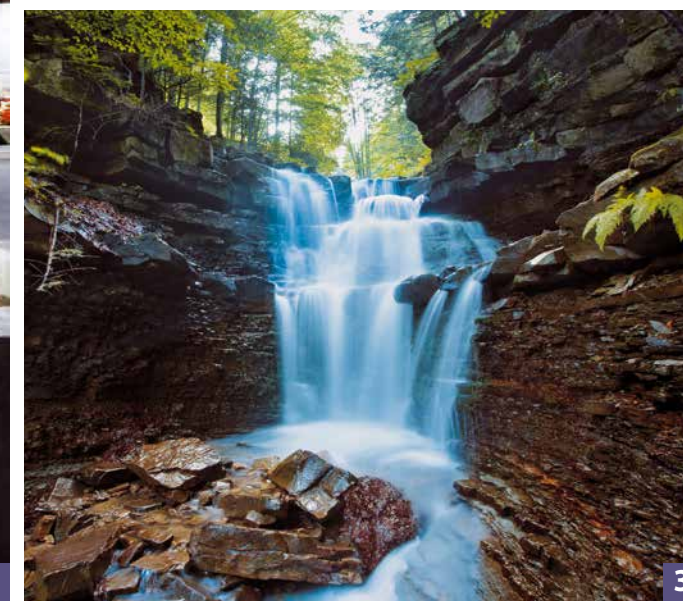
i **Kraków Saltworks Museum in Wieliczka – the Saltworks Castle**, ul. Zamkowa 8, ☎ +48 12 2785849, ▲ www.muzeum.wieliczka.pl, 📄 see website for prices.

■ **CZORSZTYN AND NIEDZICA.** Separated from each other by Czorsztyński Lake, the two castles comprise the former border watchtowers. The Polish Czorsztyn, once the residence of royal starostas, fell into ruin in the 18th century, while the Hungarian castle in Niedzica remained in the private hands until the middle of the 20th century and boasts a great condition. Legend about the Inca treasure hidden from the Spaniards in the castle has been circulating until this day.

i **Museum of the Castle Complex in Niedzica**, ☎ +48 18 2629489, ▲ www.shs.pl, 📄 see website for prices. **Czorsztyn Castle Ruins**, ☎ +48 18 2625602 ext. 55, ▲ www.pieniny.pl, 📄 see website for prices.

■ **WYGIELZÓW.** Lipowiec Castle, now in ruins, is a former property of Kraków bishops. The castle served as a strict prison for dissident priests. Only one escape from its confines was reported in its history. The castle tower featured the oldest cannon posts in Poland. Today, the preserved tower serves as a great vantage point.

i **Lipowiec Castle**, ul. Podzamcze 1, Wygielzów, ☎ +48 32 6134062, ▲ www.mnpe.pl, 📄 see website for prices.



Małopolska for Health and Beauty

The mineral waters of southern Małopolska are among the resources of highest value in the whole region. They were the origin of the numerous Carpathian spas, such as Krynica-Zdrój, Muszyna, Piwniczna, Wysowa-Zdrój, Szczawnica, Krościenko nad Dunajcem, Rabka-Zdrój and Wapienne. Apart from the mineral water springs, the spas boast many other qualities, such as the picturesque location amidst the forests of the Beskid Mountains, the mountain climate, and interesting history and architecture. They all feature well-developed infrastructure: health resorts, pump rooms and spa hotels. Slightly different in character are the sanatoria located in the vicinity of Kraków: the salt mines in Bochnia and Wieliczka, where visitors are free to experience the effect of underground salt inhalations. The outskirts of Kraków house the small Swoszowice spa, while the nearby town of Krzeszowice is also known for its mineral water springs.


The Małopolska **mineral waters** are mostly naturally carbonated acidic waters, sodium chloride mineral waters and sulphide waters. Carbonated acidic waters, found in the Dunajec-Poprad region, are the most popular of all. Among many local mineral waters valued for their characteristic flavour are "Krynica" from Krynica-Zdrój, "Muszynianka" from Muszyna, and "Kinga Pienińska" from Szczawnica.

It is worth noting that Małopolska, or more exactly the Podhale region, is rich in thermal waters. Thanks to its enormous underground deposits, extracted from a great depth, many modern thermal baths have been established in Bukowina Tatrzańska, Zakopane, Białka Tatrzańska, Szaflary and Chochołów.

■ **KRYNICA-ZDRÓJ.** Known as the "Pearl of Polish Health Resorts," Krynica-Zdrój is located in the eastern part of the Sądecki Beskids, in the Krynica Stream Valley. Krynica not only bears the characteristics of European health resorts, such as a promenade, stylish boarding houses and spa centres, but it primarily boasts the pump rooms, offering most of the local natural treasures, i.e. 23 mineral water intakes with the most popular "Krynica," and the intakes of "Słotwinka," "Jan," and "Zuber."

One of the city's symbols is Parkowa Mountain (741 m above sea level) towering over the main promenade, featuring a funicular, taking tourists to the top. The longest cable car in Poland, which travels to Jaworzyna Krynica Mountain, is one of the most recent attractions of the resort.

Krynica-Zdrój also holds classic, opera and operetta concerts under the auspices of Bogusław Kaczyński, including the most important Jan Kiepura Festival held in August, and attended by guests from all around the world. Also, business tourism is increasingly becoming the town's specialty.

 **Tourist Information,** ☎ +48 18 4725577, ▲ www.krynica.pl, www.krynica.org.pl



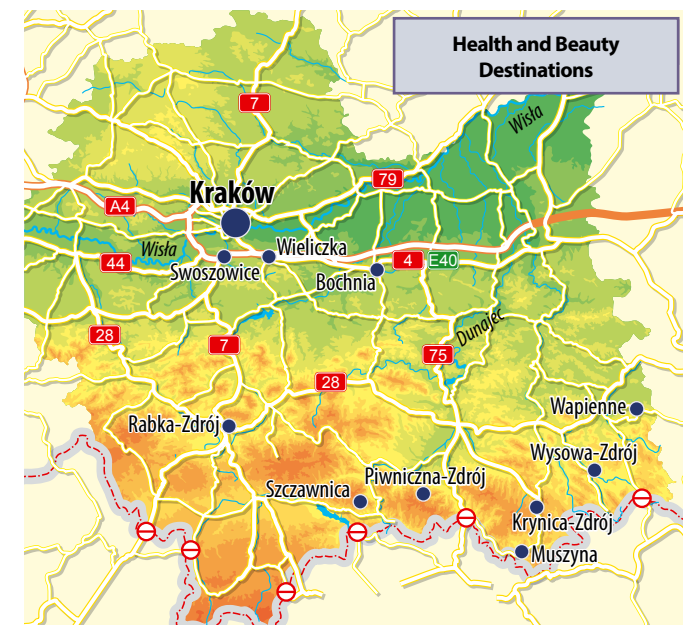
■ **SZCZAWNICA.** This well-known health resort lies between the Pieniny and Sądecki Beskid Mountains, in the vicinity of Pieniński National Park (see p. 42). Among the diseases treated here are the respiratory system and rheumatism disorders.

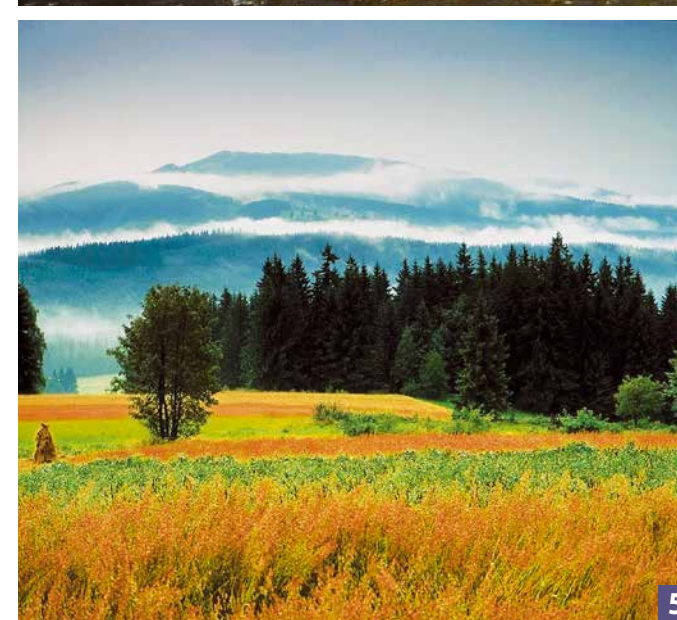
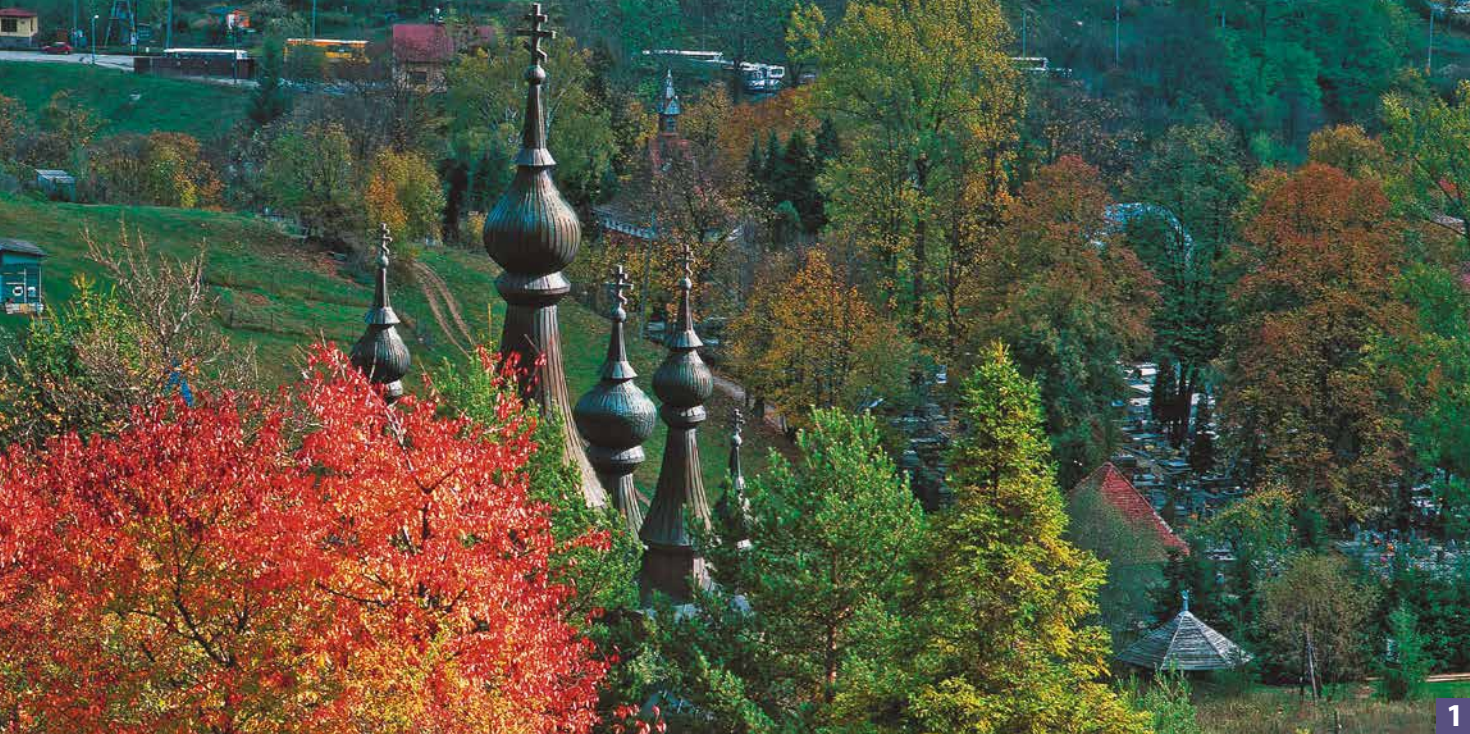
The spa was established in 1839. The Hungarian owner of Szczawnica, Józef Szalay, contributed to its development and popularization, as he himself designed and built the first bathrooms, pension houses and spa pavilions. Today, the town boasts interesting spa architecture and an old spa park. It is also worth tasting the mineral waters of the following springs: "Józefina," "Stefan," "Magdalena," "Jan," "Szymon," and "Wanda."

Szczawnica is a popular centre of active tourism. The chairlift to the top of Palenica (772 m above sea level), constructed in 1991, is used in the summertime by tourists hungry for mountain views; and in the wintertime by skiers (Palenica ski station). Szczawnica is a great starting point for hikes along the ridges of the Little Pieniny to Wysoka Mount (the highest peak of the entire Pieniny Mountains), to Homole and Biała Woda Gorges, Three Crowns and Sokolica Mountains, and along many trails of the Sądecki Beskids. Thanks to numerous bicycle routes, the vicinity of Szczawnica is a great area for the fans of mountain bicycle. Fishing, canoeing and hang-gliding enthusiasts will also find opportunities to practise their sports.

 **Szczawnica Health Resort,** ▲ www.szczawnica.pl, www.uzdrowiskoszczawnica.pl

1. Fountain in Szczawnica, fot. J. Gorlach
2. The spa in Krynica-Zdrój, UMWM photo archive
3. Zawoja, photo by D. Zaród
4. Dietla Square in Szczawnica, photo by B. Czerwiński





1. The Orthodox church in Krynica-Zdrój, UMWM photo archive
2. Rabka-Zdrój, photo by J. Gorlach
3. Muszyna, photo by J. Mysiński
4. Rafting on the Dunajec, UMWM photo archive
5. The Beskids, UMWM photo archive
6. The pump room in Wysowa-Zdrój, UMWM photo archive

■ **RABKA-ZDRÓJ.** Rabka's sodium chloride water has been in use since the Middle Ages. The spa, however, was established only in 1857, when a chemical examination of the waters of Rabka – carried out by at the initiative of Professor Józef Dietl – certified to their curative qualities. In the second half of the 19th century, the construction of spa houses and villas in the area began. In the interwar period, the spa earned the renown as a very successful centre for treating children's diseases, and in 1996 UNESCO granted Rabka the honourable title of the "Town of the Children of the World". The young patients, who come here to treat the disorders of the respiratory system, allergies and diabetes, award the annual Order of the Smile – designated for adults whose work has brought children joy.

Chabówka (about 2 km from Rabka-Zdrój) houses the Rolling Stock Heritage Park, featuring steam engines, electric engines and draisines. In high season, the heritage park offers visitors a ride on a retro train from the stylish platform of Chabówka Skansen Station.

i Tourist Information, ul. Parkowa 2, ☎+48 18 2691553, ▲ www.it.rabka.pl

■ **PIWNICZNA-ZDRÓJ.** Specialising in the treatment of the disorders of the respiratory and digestive systems, and in the preventive treatment of the locomotor system, Piwniczna-Zdrój lies in the Poprad River Valley in the Sądecki Beskids. It is worth tasting the local water "Piwniczanka" in two pump rooms at Zdrojowa Street. The vicinity of the town offers great strolling areas, attractive for tourists both in the summer and in the winter. Villages around Piwniczna-Zdrój also abound in mineral water springs, with delicious curative mineral water springing directly from the ground or the solid rock in many of them. The greatest number of mineral water intakes can be found in Łomnica-Zdrój and Wierchomla, beautifully located in the valleys of the Sądecki Beskid Mountains. An intimate health resort of Żegiestów-Zdrój, once very popular, is located nearby, in the most beautiful section of the Poprad River Gorge Valley. The local mineral water springs, such as "Anna," "Zofia II" and Żegiestów II," have been known since the 19th century, while the spa architecture is an excellent example of modern architecture.

i Tourist Information, Rynek 11, ☎+48 18 4468325, www.turystyka.piwniczna.pl

■ **MUSZYNA.** Visitors to Muszyna – yet another health resort in the Poprad Valley, which obtained its status in 1930 – are greeted by the view of the ruins of the former Kraków Bishops' Castle. The town, once the centre of the extensive estate called the "Muszyna State," is now a popular destination for those suffering from disorders of the respiratory and digestive systems.

i Tourist Information Centre, ul. Krzywa 1, ☎+48 18 5349161, ▲ www.muszyna.pl

■ **WYSOWA-ZDRÓJ.** Located in the southeast tip of the region, Wysowa-Zdrój is a small health resort and the place of origin of the famous mineral water "Wysowianka". Wysowa-Zdrój's spa park features curative mineral waters from the springs of "Józef," "Franciszek," "Henryk," "Słone," and "Bronisław," which are used in the treatment of disorders of the respiratory, digestive and urinary systems. The town's picturesque location amidst the forests of the Low Beskids and the characteristic wooden Orthodox churches are additional assets of the health resort.

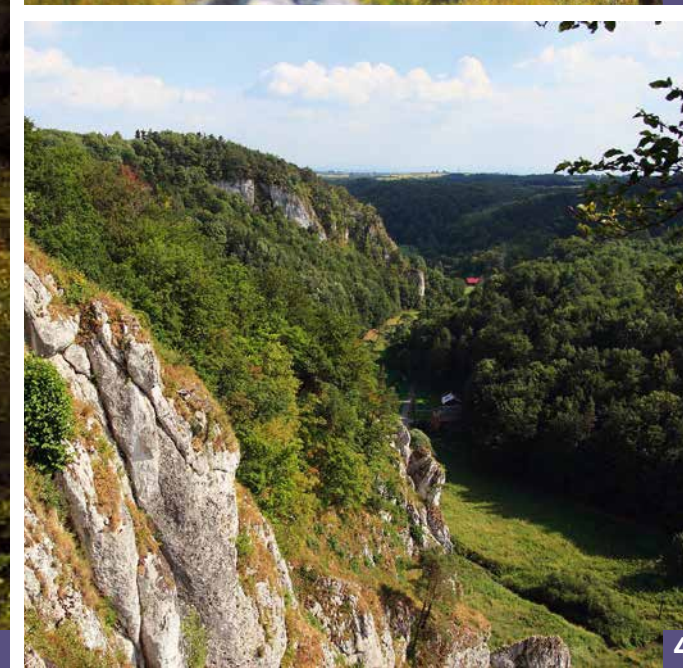
i Wysowa-Zdrój Health Resort, Wysowa-Zdrój 149, ☎+48 18 3532220, ▲ www.wysowa-zdroj.pl

■ **WAPIENNE.** Situated north of Wysowa-Zdrój, Wapienne is one of Poland's oldest health resorts (established in 1546). The sulphide springs of Wapienne are used to treat the locomotor system and rheumatic disorders. Before the Second World War, the town was famous for the production of crude oil, and also for its stonework. Until this day, several Lemko families reside in town. Spa resort uses peloid mud and medium mineralized sulphide waters from the springs of "Kamila," "Marta," and "Zuzanna."

i Wapienne Health Resort, Wapienne 45, ☎+48 18 3519001, ▲ www.wapienne.pl

■ **SWOSZOWICE.** Now a district of Kraków on the southern outskirts of the city, Swoszowice is one of the oldest health resorts in the region. Since the 16th century, it has been famous for the curative powers of its sulphur-rich waters. The spa specialises in treating rheumatism and post-injury disorders of the locomotor system. It boasts characteristic boarding-house architecture and a beautiful old park surrounding the spa facilities, a perfect place for relaxation.

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



National Parks

Małopolska is a unique region, especially in terms of its natural resources. It boasts fanciful outliers and hot desert sands, the scenic ribbon of the Vistula River and the Dunajec River forcing its way between the rocks, the green Beskids and the bare summits of the Tatra Mountains, the dark caves and roaring waterfalls... As much as 53% of the Małopolska area is protected: there are 6 national parks, 11 landscape parks, 10 areas of protected landscape, 85 nature reserves, and also 2,249 monuments of nature. Two areas – Babiogórski and Tatrzański National Park – have been recognized as the UNESCO biosphere reserves; sites of special natural value that are unique on the world scale.

■ **OJCOWSKI NATIONAL PARK**, located north of Kraków, is one of the smallest national parks in Poland. Despite its size, it is home to Poland's richest vascular plant communities, bat colonies, and outstanding rock forms. The most spectacular is the Prądnik River Valley: a sheer gallery of karst works. The park boasts tall rocks of fanciful shapes, sometimes even several metres high (e.g. the Mace of Hercules, Diotima's Needle), karst springs, and a multitude of caves (the park is estimated to feature over 400 caves). Among the caves open to the public are the Ciemna Cave and

King Łokietek Cave, which, according to legend, served as a hiding place to the later King of Poland centuries ago. The park also features two castles – in Ojców and Pieskowa Skała (see p. 33). The park's symbol is the bat.

i Trail admission free of charge. **King Łokietek Cave**, ☎ +48 12 4190801, 🌐 see website for prices. **Ciemna Cave**, ☎ +48 12 3801011, 📍 www.ojcowskiparknarodowy.pl, 🌐 see website for prices.

■ **TATRZAŃSKI NATIONAL PARK** is the only park of an alpine character in Poland. It protects the highest mountains in Poland and stretches over the entire area of the Tatras. It is divided into two areas – the High Tatras and the Western Tatras. Made of crystalline rocks, the High Tatras abound in the characteristic postglacial forms, such as corries and mountain lakes. By contrast, the limestone part of the Western Tatras is dominated by karst phenomena, such as karst caves (occurring individually or alternatively forming entire systems) and karst springs.

Among the greatest attractions of the park's geological features are: Poland's highest peak, Rysy (2,499 m above sea level),

Morskie Oko Lake situated beneath, as well as the lakes located in the Five Polish Lakes Valley.

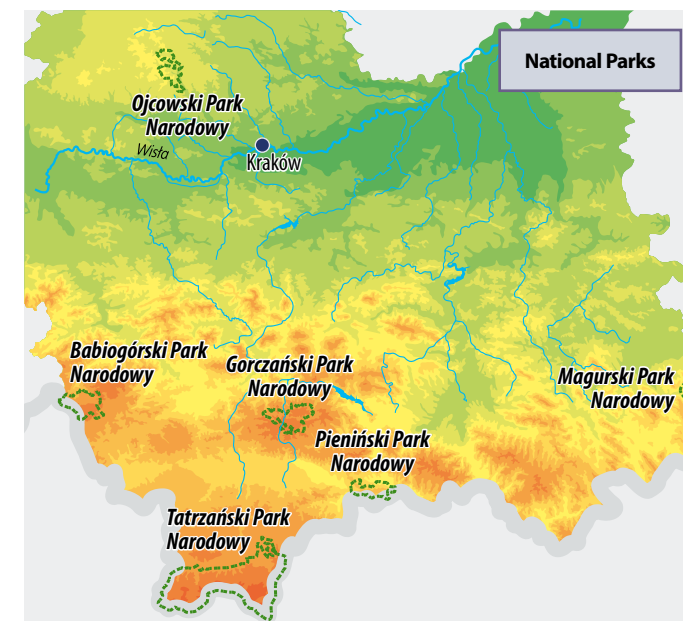
The most famous Tatra caves, whose number is estimated at over 800, include Wielka Śnieżna Cave (Poland's largest and longest cave, not open to the public), and Mroźna, Raptawicka, Mylna, Obłazkowa, Smocza Jama, and the small Dziura Caves, all of which are open to the public. Other attractions of the park include waterfalls, such as the Mickiewicz Waterfalls or Wielka Siklawa Waterfall, Poland's highest waterfall (70 m high).

The high altitude of the Tatras has been conducive to the formation of all vegetation zones, including the highest peak zone, occurring only in these mountains. Among the curiosities of the Tatra animal world are the chamois (featured on the official logo of the park), the bear, the marmot, the wall-creeper (the most northward nesting site of this bird).

In 1992 the Tatrzański National Park (TNP) and TANAP Park situated on the Slovakian side acquired the status of an UNESCO International Biosphere Reserve.

i 🌐 Trail admission fee charged. See website for prices. ☎ +48 18 2023300, 📍 www.tpn.pl

1. The Gąsienicowa Valley in Tatrzański National Park, photo by J. Gorlach
2. A chamois in the Tatras, photo by D. Zaród
3. Giewont, photo by J. Gorlach
4. Ojcowski National Park, photo by A. Brożonowicz





■ **PIENIŃSKI NATIONAL PARK.** Established in 1932, Pieniński National Park is one of the oldest national parks in Poland. Together with its Slovakian counterpart, it protects the main Pieniny Mountain Range from Czorsztyn to Szczawnica, featuring the impressive rocky peaks of Three Crowns (the highest peak in the park, 982 m above sea level), Sokolica, Czerteż, and Czertezik Mountains, and the unique Dunajec River Gorge meandering amidst the limestone rocks of the Pieniny Mountains. Moreover, the protected area also includes the rare thermophilic rock plants and plant communities of high natural value, which contain relict pinewoods. A genuine curiosity of the park's fauna is one of Poland's last nesting sites of the Mountain Apollo Butterfly. The park features two enclaves – Green Rocks on the southern shore of Czorszyńskie Lake, near the Niedzica Castle, and Castle Hill featuring castle ruins in Czorsztyn (see p. 35). The park's symbol is the peak of Three Crowns.

i Trail admission fee: free of charge (including the Slovakian side of the mountains), Apr–Oct fees are charged for the viewing terraces on top of Three Crowns and Sokolica Mountains. The ticket purchased on Three Crowns is valid for entry to Sokolica on the same date and vice-versa. More information on www.pieniny.pl

■ **BABIOGÓRSKI NATIONAL PARK** protects the unique nature of Babia Mount (1,725 m above sea level), the highest peak of the Western Beskids.

The Babia Mount Massif features the only alpine zone in the Polish Beskids, while its slopes are covered with stretches of the primeval Carpathian Forest of high natural value.

The park's flora is represented by over 650 species of vascular plants, including about 125 alpine species. 67 species are under protection, including the Alpine Chickweed and the *Laserpitium archangelica* (the park's symbol) that in Poland occurs only in this park. This unspoiled flora zone is a haven to many animals, including rare species. The mountain areas are a habitat to large mammals such as the lynx, wolf and the brown bear; and a nesting site for about 100 bird species, such as the Western Capercaillie, and the Black and Hazel Grouse.

Babiogórski National Park was Poland's first park (and one of the first parks in the world) to be designated as the UNESCO biosphere reserve.

i Trail admission charged. See website for prices, www.bgpn.pl

■ **GORCZAŃSKI NATIONAL PARK** was established to protect the natural tree stands covering the Gorce slopes, and the Gorce grazing lands and clearings, featuring e.g. the *Crocus scepusiensis*. The Gorce Mountains boast the greatest number of alpine plant communities, such as the Alpine Speedwell



and the Mountain Bladderfern. The park also features the deer, wolf, wildcat, ermine, otter, and the bear.

The park was created in the central part of the Gorce Massif in 1981. At present, it covers the area of 7,019 ha. It is considered the most tourist-friendly national park. The dense network of nature paths allows for the exploration of park's areas of highest natural value. Some of the local clearings, such as Wzorowa Clearing and Długa Clearing near Turbacz Mountain, are used for the controlled grazing of sheep (the so-called cultural grazing). The park's symbol is the Fire Salamander.

The park was included in the Natura 200 Wildlife Conservation Network, since it is a habitat to bird species rare on the European scale, such as the Western Capercaillie, the White-backed Woodpecker, the Eurasian Pygmy-Owl and the Ural Owl.

i Admission charged to selected trails. See website for prices, www.gorcanskipark.pl

■ **MAGURSKI NATIONAL PARK** was established in 1995 in the central part of the Low Beskids. Only its small part lies within the boundaries of the Małopolska Region. It protects mainly the beech forests covering e.g. the slopes of the



1. Pieniński National Park, photo by T. Gebuś
2. Babiogórski National Park, photo by D. Zaród
3. The Apollo Butterfly, UMW photo archive
4. Gorceński National Park, photo by D. Zaród

Magura Wątkowska Range in the Low Beskids. Magurski National Park is a haven to rare and endangered butterfly species, such as the Old World Swallowtail, the Scarce Swallowtail, and the Clouded Apollo. Rarely encountered bird species represented here include the Golden Eagle, the Tawny Owl, the Eurasian Eagle Owl, the Honey Buzzard, and the Black Stork. The park's symbol is the Lesser Spotted Eagle, occurring here in great numbers. Among the species of large predatory mammals that have been recorded here are the bear, wolf, lynx, and the wildcat (which is nearing extinction). The park also boasts a variety of diverse rock forms such as the Devil Stone, recognised as a monument of nature. Also noteworthy are Kornuty Rock Reserve and the small Magurski Waterfalls near Folusz.

The park was established on the area inhabited by the Lemkos, the Ruthenian highlanders, until 1947, and protects the land, which is not only of great natural value, but also of great historical and ethnographic significance.

i Trail admission charged. See website for prices, www.magurskipn.pl



The Trail of Underground Labyrinths

Małopolska is a genuine paradise both for beginner and advanced cavers. It is home to 12 out of Poland's 22 caves that are open to the public. The Małopolska underground world with its intricate winding labyrinths, underground rivers, unique stalactite and stalagmite dripstone, and grottoes with the traces of prehistory, is on a par with some world famous sites of the kind. In most cases these are dripstone caves, most of which can be found in the Tatra mountains and in the Krakowsko-Częstochowska Upland.

In the **Tatras** alone over 800 caves have been discovered and described, out of which 6 are open to the public (however, cave exploring is very much hindered in the wintertime). The most frequently visited is the **Mroźna Cave**, with its astonishing accumulation of dripstones, and the beautiful Sabաłowe Lake. It is situated in the Organ Massif in Tatrzański National Park. Two other caves are located in the close vicinity: the dark, meandering, mostly ice-covered (and therefore more challenging for tourists) **Smocza Jama Cave** in Kraków Gorge, and the slightly more tourist-friendly, although hidden behind a grass and rock ridge, the **Oblazkowa Cave**. The latter's walls are weathered and even though there is no dripstone, the huge alluvium made up of sands and crystalline gravel is most impressive. By far the most thrilling of all is the experience of visiting

the **Mylna Cave**, as most of the tourist path needs to be covered squatting, walking on all fours, or crawling. The **Raptawicka Cave** is recommended for an individual exploration. The cave lies above the Mylna Cave and remains very attractive to tourists despite its relatively small size. One of the most interesting phenomena occurring here here is the periodical underground rain, with drops falling on the frozen bottom surface create beautiful glazes and ice stalagmites. The **Dziura Cave**, located in the closest vicinity of Zakopane, which can be visited without a guide with one's own torch, may become the destination of many pleasant excursions. It is also where Jan Mateja, one of the last Tatra robbers, allegedly used to hide.

The **Beskids** also feature the mysterious underground world of the **Zimna Dziura Cave**, which can be accessed from the popular tourist trail leading from Lubień to Kasinka Mała. This cave is a unique occurrence among the Beskid caves, because of its narrow tunnel filled with ice for the most part of the year. It can be freezing here even on a hot summer day.

Caves are the most characteristic elements of the landscape of the Krakowsko-Częstochowska Upland. They were formed as a result of karst processes taking place in Jurassic limestones. The vicinity of **Ojców** is particularly abundant in caves.



1. The Nietoperzowa Cave, photo by M. Zaręba
2. The Wierchowska Górna Cave, photo by M. Zaręba

	Mroźna Cave	Smocza Jama Cave	Oblazkowa Cave	Mylna Cave	Raptawicka Cave	Dziura Cave
Route length (m)	560	40	120	300	150	180
Visiting time (min)	45	20	15	30	15	20
Temperature (°C)	6.5	variable	5	5	5	variable
Guided tours only	no	no	no	no	no	no
Electric lighting	yes	no	no	no	no	no

The largest cave open to the public is the **Wierchowska Górna Cave**, which has been recognised as a monument of nature in the Kraków Valleys Landscape

Park. No wonder, as the roof and walls of the cave are ornamented with the breath-taking layers of dripstone. Other attractions include paleontological and geomorphological exhibitions, as well as bats (mainly the Lesser Horseshoe Bats) and the rare European Cave Spiders. Other places worth visiting include the **Łokietek Cave**, situated in the upper part of Chelmowa Mount. Especially noteworthy is the beautiful iron gate featuring the stylized spider web, a reference to the legend about King Władysław Łokietek (Władysław I the Elbow-high). It is worth adding that it is one of Poland's most famous caves and furthermore, one of the symbols of Ojcowski National Park. The **Nietoperzowa Cave**, situated in the upper part of the Będkowska Valley, is, in turn, accessible only for guided tours. This cave is a well-known example of the so-called "Jerzmanowice culture," as many flint grottoes and spears created by the first *Homo sapiens* were found there. The cave was also a shooting

location for several scenes from the *With Fire and Sword* film. Adjacent to the Kraków Gate in Ojcowski National Park is the **Ciemna Cave**, considered an archaeological site of highest historical value in Poland. The oldest traces of prehistoric life in this very cave date back to over 115,000 years ago. In addition, the cave stands out among other caves because of its amazing stretches of pipelike stalactites and huge but stable stalagmites, up to 1 m high. When touring the Małopolska caves, one must visit another cave: Kraków's **Smocza Jama Cave**. The Wawel Dragon belongs to the world of legends, but its lair is real and is located at the foot of Wawel Hill. The Smocza Jama Cave is not only a site of historic-cultural significance, but also of high natural value, as it features a rare crustacean, the *Niphargus tatrensis*.

	Zimna Dziura Cave	Wierchowska Górna Cave	Łokietek Cave	Nietoperzowa Cave	Ciemna Cave	Smocza Jama
Route length (m)	6	700	320	306	180	80
Visiting time (min)	10	50	30	40	30	20
Temperature (°C)	3.5–5.5	7.8	7.8	7.5	7	8
Guided tours only	no	yes	yes	yes	yes	no
Electric lighting	no	yes	yes	yes	no	yes

i Additional information is available in the following Kraków centres: **Kraków Caving Club**, ul. Lea 75/2, www.kktj.pl, **Kraków Caving KW Section**, ul. Pędzichów 11/10a, [+48 12 4234730](tel:+48124234730), www.stj.krakow.pl, **The AGH Academic Caving Club**, Gramatyka 8a, www.akg.krakow.pl, **The Association of Polish Underground Tourist Trails**, office: ul. Bandurskiego 16/11, [+48 12 4135191](tel:+48124135191), www.podziemia.pl, **Olkusz Speleology Club**, Rynek 20, Olkusz, [+48 793 721 784](tel:+48793721784), www.speleo.olkusz.pl



Hiking, Bicycle, and Horse-Riding Trails

Thanks to an unusually diverse terrain, the Małopolska region offers entertainment for every tourist. In the south it boasts the high and rocky Tatra Mountains, gradually transforming into the Orawsko-Nowotarska Basin. The flat basin is enclosed from the west by the lower Pieniny Range, made of white limestone rocks, and from the north, by the forested hills of the Beskids. Amongst them rises the lone peak of Babia Mount – the Queen of the Beskids. Continuing to the north, the Beskids give way to the gentle hills of Pogórze. Following the sharp threshold marking the end of the Carpathian Mountain Range, beyond the Vistula River Valley and the Sandomierska Basin, rise two uplands: Śląsko-Krakowska and Małopolska Uplands.

A dense network of tourist trails allows for the exploration of the most interesting areas of the region. Małopolska is home to the most famous Polish highland and lowland hiking trails, such as the most difficult Tatras' Orla Perć Trail, the Pieniny's Sokola Perć Trail and the Perć Akademików Trail leading to the top of Babia Mount; as well as the longest K. Sosnowski Main Beskid Trail, the Little Beskid Trail, and the trail from Tarnów to Wielki Rogacz. Other noteworthy trails include the famous Trail of Eagles' Nests stretching north of Kraków, and the Trail of Jurassic Strongholds. The recent years have witnessed a dynamic development of the bicycle and horse-riding trail network.

Krakowsko-Częstochowska Upland and its Surroundings

HIKING TRAILS

■ **KRAKÓW – PODZAMCZE (OGRODZIEŃC) RED TRAIL:** Kraków – Giebułtów – Ojców – Pieskowa Skała – Rabsztyn – Smoleń – Pilica – Podzamcze (3–4 days). This trail comprises the Małopolska section of the Trail of Eagles' Nests, cutting from south to north through the Krakowsko-Częstochowska Upland. The trail runs along the most famous castles in the area: in Ojców, Pieskowa Skała, Rabsztyn and Ogrodzieniec, as well as through Ojcowski National Park.

■ **RUDAWA – PODZAMCZE (OGRODZIEŃC) BLUE TRAIL:** Rudawa – Będkowiec – Ojców – Imbramowice – Wolbrom – Podzamcze (3–4 days). The Małopolska section of the Trail of Jurassic Strongholds, similarly to the Trail of Eagles' Nests, runs across the entire upland. Slightly less impressive, it features smaller watchtowers rather than magnificent castles; nonetheless, it is still worth traversing. The trail cuts across Ojcowski National Park as well as across a few of the Jurassic landscape parks.



■ **CHRZANÓW – KRZESZOWICE – PIESKOWA SKAŁA CHRZANOWSKA LAND AND THE KRAKÓW VALLEYS YELLOW TRAIL:** Chrzanów – Pogorzyce – Zagórze – Wygieźłów – Podlas – Regulice – Alwernia – Rudno – Tenczynek – Krzeszowice – Czerna – Paczółtowiec – Będkowska Valley – Kobyłańska Valley – Bolechowicki Gorge – Prądnik Korzkiewski – Sąsówka Valley – Pieskowa Skała (2 days). An interesting trail exploring the southwest part of the Jurassic Upland, it leads first through the Tenczyński Ridge, and then through the most famous eight Kraków Valleys. In addition, the trail runs by the noteworthy sites, such as the Heritage Park in Wygieźłów, Lipowiec and Tęczyń Castle Ruins, the Monastery of the Carmelites in Czerna, and the Monastery of the Bernardines in Alwernia, as well as a wooden church in Paczółtowiec.

■ **BUKOWNO – JAROSZOWIEC OLKUSKI YELLOW TRAIL:** Bukowno – Hutki – Klucze – Jaroszwiec Olkusi (2 days). It is sometimes called the Desert Trail, as it resembles the Będowska Desert, spanning north of Wolbrom, a natural area that is unique on the European scale.

BICYCLE TRAILS

■ **WIELICZKA – RACIBORSKO – WIELICZKA RED BICYCLE TRAIL:** Wieliczka – Lednica Górna – Biskupice – Dobranowice – Raciborsko – Pawlikowice – Siercza – Wieliczka (around 2 hours). Running across Pogórze, the trail offers scenic views to the north and to the south. It leads right by an alleged site of a small pagan temple on Lednica, as well as through villages of Raciborsko and Pawlikowice, which were associated with the Arian (or the so-called Polish Brethren) Movement during the Protestant Reformation period.

■ **KRAKÓW – OGRODZIEŃC RED BICYCLE TRAIL:** Kraków-Bronowice – Tenczynek – Czerna – Olkusz – Rabsztyn – Smoleń – Podzamcze (4 days). The trail is part of the Jurassic Bicycle Trail of Eagles' Nests, albeit taking a slightly different route. Similarly to its hiking counterpart, it cuts across the upland



1. The Kraków Valleys, photo by M. Zaręba
2. The Prądnik Valley, UMWM photo archive

from south to north, and runs along the most interesting castles located between Kraków and Częstochowa.

■ **BOLECHOWICE – KOBYLANY – BOLECHOWICE RED BICYCLE TRAIL:** Bolechowice – Kluczwoda Valley – Wierzchowie – Będkowska Valley – Kobyłańska Valley – Bolechowice (around 3 hours). Also called the Bicycle Trail of the Kraków Valleys, the trail runs across the most famous of the Jurassic valleys located northwest of Kraków.

■ **KRAKÓW – VIENNA GREENWAY TRAIL:** Kraków – Kryspinów – Mników – Rudno – Alwernia – Babice – Mętków – Oświęcim (around 2 days). A section of the International Bicycle Trail, it runs through many interesting sites, such as Mnikowski Gorge and the Sanka River Valley, vast complexes of the Krzeszowickie Forests, by Tęczyń and Lipowiec Castle Ruins, Alwernia with the Monastery of the Bernardines, and by the Heritage Park in Wygieźłów and a wooden church in Mętków. The Małopolska section of the trail ends in Oświęcim.

■ **KARPIA VALLEY GREEN TRAIL:** Osiek – Zator-Grodzisko – Bachowice – Kaniów – Burzyński Forest – Pańskie Pola – Tłuczań – Nowe Dwory – Marcyporeba – Brzeźnica (6 hours). The trail runs through the vicinity of Zator, across the picturesque area of the Karpia (Carp) Valley, featuring vast complexes of



fishponds, also eagerly frequented by many bird species. The route runs mostly along side roads, far away from noise and tourist crowds. Worth visiting are the wooden churches in Osiek, Tłuczań and Marcyporęba, as well as the original Palace in Osiek.

HORSE-RIDING TRAILS

■ **TRANSJURASSIC HORSE-RIDING TRAIL:** Rudawa-Nielepice – Radwanowice – Paczółtowice – Rabsztyn – Błędowska Desert – Podzamcze. Only partially marked as orange trail, it begins at the Hucul horse breeding-farm in Rudawa-Nielepice, and leads north, passing by the most stunning castles of the Jurassic Upland.

Babia Mount and its Surroundings

HIKING TRAILS

■ **MĘDRALOWA – RABKA ŹRÓJ RED TRAIL:** Mędralowa – Jałowiecka Pass – Markowe Szczawiny – Diablak – Krowiarki Pass – Okrąglica – Jordanów – Rabka-Źródło (2 days). A part of the Main Beskid Trail, the trail runs through Babio-górski National Park in the section between the Jałwiecka Pass and the Krowiarki Pass. The first part of the trail leads through the Babia Mount region with

Diablak (1,725 m above sea level) its highest peak. This is the most interesting part of the trail in terms of scenic views and natural features.

■ **ZAWOJA-POLICZNE – KROWIARKI PASS – MARKOWE SZCZAWINY BLUE TRAIL** (around 3 hours). Especially popular with tourists is the upper section of the trail, leading through the so-called Górny Plaj, a slope road, to the mountain hostel on Markowe Szczawiny. Traversing the lower section of the trail requires covering a long distance along an asphalt road between Zawoja and Zubrzyca Górna.

■ **MARKOWE SZCZAWINY – DIABŁAK YELLOW TRAIL** (around 1.5 hour). Marked by W. Midowicz, Perć Akademików (the Academics' Path) is the most fascinating, albeit the most difficult trail in the Polish Beskids. As one of the very few trails, it features artificial facilitations in the form of clips and chains.

■ **HUCISKO – JABLONKA GREEN TRAIL:** Hucisko – Czerniawa Sucha – Kamińskiego Pasture – Jałowiecka Pass – Mała Babia Mount – Brona Pass – Diablak – Jablonka (around 13 hours). The trail leads through both of Babia Mount's peaks – Diablak and the lower Cyl (1,515 m above sea level). The trail then descends to the village of Jablonka, located on the southern, Orava part of the range.



1. Tourists on Babia Mount, photo by D. Zaród
2. Babia Mount, photo by A. Brożonowicz
3. Trail signs, UMW photo archive

■ **KOCIERSKA PASS – LUBOŃ WIELKI RED TRAIL:** Kocierska Pass – Łamana Skała – Leskowiec – Żurawnica – Chęlm – Bieńkowska Góra – Myślenice – Lubomir – Kudłacz – Kasina Wielka – Lubogoszcz – Mszana Dolna – Luboń Wielki (4 days). It is a section of the so-called Little Beskid Trail. The most beautiful part of the trail is the section between Kocierska Pass and Leskowiec, where the trail runs along the ridge of the Little Beskid Range. Between Żurawnica and Kasina Wielka, the trail leads through the Makowski Beskids, and the final section encompasses the Lubogoszcz and Luboń Wielki peaks, part of the Island Beskids. Mountain hostels are located near Leskowo, on Kudłacz and Luboń.

■ **KROWIARKI PASS – SOKOLICA – DIABŁAK – BRONA PASS – MARKOWE SZCZAWINY – KROWIARKI PASS:** (5 hours). Babia Mount rises lonely above the lower peaks and deep valleys, which makes it an excellent vantage point. Thanks to the main road passing through Krowiarki Pass, the ascent to the highest peak of the massif, Diablak (1,725 m above sea level), is short and easy, although steep. The trail runs through the forest, along the red trail, climbing steeply to Sokolica Mountain, where another excellent vantage point is located. It then continues for a while through the forest and then enters the thickets of dwarf mountain pine. The trail climbs over numerous steps of the ridge in order to finally reach the stone dome of Diablak. The peak offers a wonderful view of the vicinity. The trail continues along the red trail to Brona Pass. Further

on, the trail leaves the summit and turns sharply down enter the forest and the mountain hostel on Markowe Szczawiny. Following the blue trail marks, the trail leads back to the starting point on Krowiarki Pass, the blue trail takes us.

BICYCLE TRAILS

■ **SUCHA BESKIDZKA – STRYSZAWA – SUCHA BESKIDZKA CRIMSON BICYCLE TRAIL:** Sucha Beskidzka – Podksięż – Magurka – Zawoja Przysłop – Stryszawa Huciska – Stryszawa – Sucha Beskidzka (around 2 hours). The trail explores the northern slopes of the Jałowieckie Range, towering over Sucha Beskidzka.

■ **MAKÓW PODHALAŃSKI – KOSKOWA MOUNT – MAKÓW PODHALAŃSKI RED BICYCLE TRAIL:** Maków Podhalański – Bryndzówka – Przysłopski Wierch – Koskowa Mount – Żarnówka – Maków Podhalański (around 2 hours). Running amongst the elevations of the Makowski Beskids, the bicycle loop leads to the top of Koskowa Góra and is known for its stunning views and a football pitch on the top.

■ **JORDANÓW – WYSOKA – LUDWIKI RED BICYCLE TRAIL:** Jordanów – Wysoka – Góra Ludwiki – Toporzysko – Bystra – Jordanów (around 2 hours). The trail leads through the Makowski Beskids, passing by the Renaissance manor in Wysoka, as well as the Second World War cemetery, the final resting



place of soldiers from the famous 10th Motorised Cavalry Brigade under the command of General Maczek.

HORSE-RIDING TRAILS

■ **ZAWOJA – ZUBRZYCA GÓRNA HORSE-RIDING TRAIL.** This is a part of the PTTK Transbeskid Horse-Riding Trail, running in the described area from Zawoja through the Krowiarki Pass, to the Zubrzyca Górna peak situated on the Orava side, featuring an interesting Orawa Ethnographic Park (see p. 23).

The Tatra and the Pieniny Mountains

HIKING TRAILS

■ **TOPOROWA CYRHŁA – MORSKIE OKO – RYSY RED TRAIL:** Toporowa Cyrhła – Waksmundzka Clearing – Wodogrzmoty Mickiewicza – Morskie Oko – Rysy (around 9 hours). The section from Jaszczurowka to Morskie Oko is the oldest trail in Poland, marked in the 1870s. The trail offers a mild and attractive approach to the Rybiego Potoku Valley, and then it runs along a busy asphalt road to the mountain hostel at Morskie Oko Lake. Only experienced tourist should attempt the second part of the trail, leading to the highest peak in Poland, Rysy (2,499m above sea level).

■ **MUROWANIEC – FIVE POLISH LAKES VALLEY YELLOW TRAIL:** Murowaniec – Krzyżne Pass – Five Polish Lakes Valley (around 5 hours). The trail leads from the Murowaniec Mountain Hostel in the Gasięnicowa Valley through Krzyżne Pass to the Five Polish Lakes Valley. Both ascent and descent are rather steep, but with no exposure.

■ **CHOCHOŁOWSKA VALLEY – KALATÓWKI PASTURE BLACK TRAIL:** Chochołowska Valley – Stare Kościelisko – Przysłop Miętusi – Strążyska Clearing – Białego Pass – Kalatówki Pasture (over 7 hours). Also called the “Path above the Montane Forests” the hiking trail runs among the forests parallel to the main Tatra ridge.

■ **THE CHOCHOŁOWSKA VALLEY GREEN TRAIL** (around 2 hours). A popular hiking trail, it leads through the bottom of one of the most beautiful Tatra valleys.

■ **THE KOŚCIELISKA VALLEY GREEN TRAIL** (around 2 hours). Another highly popular hiking trail, it leads through the bottom of the Kościeliska Valley to the PTTK mountain hostel at the foot of Ornak.

■ **KROŚCIENKO – SROMOWCE NIŻNE YELLOW TRAIL:** Krościenko – Pieniński Stream – Szopka Pass – Szopczański Gorge – Sromowce Niżne (around 2.5 hours). Cutting across the Pieniny Mountains along the meridian, this short trail leads



through the scenic Szopka Pass (called “Thank God” after the sigh of relief coming from the tourists who succeed in ascending the pass), which is the source of the Pieniński Stream and Szopczański Gorge – one of the Pieniny Mountain attractions.

■ **JAWORKI – WYSOKA GREEN TRAIL** (around 2 hours): a short trail leads through the most beautiful gorge in the Pieniny, Homole Gorge, to Wysoka, the highest peak of the Pieniny.

■ **JAWORKI – PIWNICZNA RED TRAIL** (around 3 hours). Jaworki – Biała Woda – Obidza Pass – Sucha Dolina – Kosarzyska – Piwniczna. One of the oldest trails in Poland, marked in 1907. The trail runs along Biała Woda Nature Reserve and a unique basalt volcanic rock.

BICYCLE TRAILS

■ **THE TATRAS** offer the following bicycle trails: Road above the Montane Forests (along its entire length), the Chochołowska Valley, Suche Wody Valley to Murowaniec Mountain Hostel and the section from Kuźnice to Kalatówki Clearing.

■ **ZAKOPANE – WITÓW – GUBAŁÓWKA BLACK BICYCLE TRAIL** (around 4 hours). The trail leaves Zakopane heading to the west, runs through Witów and Dzianisz and reaches Gubałówka from the north.



1. Tatrzański National Park, photo by J. Gorlach
2. Three Crowns, photo by T. Gębuś
3. The mountain hostel at Morskie Oko Lake, photo by T. Gębuś

■ **SZCZAWNICA – JAWORKI RED BICYCLE TRAIL:** Szczawnica – Pod Jarmutą Valley – Klimontowska Pass – Cyrhla – Durbaszka – Jaworki (around 1.5 hours). The trail runs through the valley at the foot of Jarmuta, a mountain made of the post-volcanic rock of andesite, to the ridge of the Little Pieniny Range.

■ **SZCZAWNICA – LEŚNICA BICYCLE TRAIL** (around 1 hour). Running along the Pienińska Road in the Dunajec River Valley, the trail leads to Leśnica located in Slovakia. The trail runs along the outskirts of Pieniński National Park.

HORSE-RIDING TRAILS

■ **JAWORKI – PRZEHYBA – JAWORKI HORSE-RIDING TRAIL:** Jaworki – Ruski Wierch – Wielki Rogacz – Przehyba – Kiczora – Stary Wierch – Jaworki. The trail is named after Tadeusz Trzeczczon, a PTTK activist promoting horse-riding tourism. It runs along the southern slopes of the Radziejowa Range in the Sądecki Beskids.

■ **SZCZAWNICA – PIWNICZNA HORSE-RIDING TRAIL.** Part of the PTTK Transbeskid Horse-Riding Trail, this section runs along the Little Pieniny and Sądecki Beskid borderlands, through Jaworki, to the Poprad Valley.

i A part of the **Transbeskid Horse-Riding Trail** runs through Podhale, leading from Zubrzyca Górna (in Orava) through Bukowina Tatrzańska and Spisz to Szczawnica. A special PTTK badge and a certificate is awarded for completing this beautiful albeit demanding trail, visit www.gtj.pttk.pl/szlaki-beskidy.html



1. Wierchomla Wielka, photo by F. Heryan
2. On the horse-riding trail, UMWM photo archive
3. Ruins of the castle in Rytko, photo by J. Gorlach
4. Orthodox Church in Mochnaczka Niżna, photo archives – Małopolska Tourism Organisation (MOT)

The Beskids

HIKING TRAILS

■ **RABKA-ZDRÓJ – MAGURA WATKOWSKA RED TRAIL:** Rabka-Zdrój – Maciejowa – Stare Wierchy – Turbacz – Kiczora – Lubań – Krościenko – Dzwonkówka – Przehyba – Radziejowa – Wielki Rogacz – Rytko – Łabowska Pasture – Jaworzyna Krynicka – Krynica-Zdrój – Hańczowa – Kozie Żebro – Rotunda – Popowe Wierchy – Bartne – Magura Wątkowska (8 days). Part of the Main Beskid Trail, this section leads through the most interesting parts of three mountain ranges – the Gorce, the Sądecki Beskid and the Low Beskid Mountains. It features the highest peaks of the first two ranges – Turbacz (1,310 m above sea level) in the Gorce and Radziejowa (1,262 m above sea level) in the Sądecki Beskids, boasting numerous vantage points and several mountain hostels. Past Krynica-Zdrój the trail runs along many Orthodox churches and the First World War cemeteries, the most famous of them is located on Rotunda.

■ **SZCZAWA – KASINA WIELKA BLUE TRAIL:** Szczawa – Spad Waterfall – Mogielica – Jurków – Ćwilin – Gruszowiec Pass – Śnieżnica – Kasina Wielka (around 8 hours). The trail runs from Szczawa, past the small Spad Waterfall on Kamienica, and then through the Krzystonowa Ridge, to the vantage point

on the peak of Mogielica (1,171 m above sea level), the highest peak in the Island Beskids. It then descends to Jurków, climbs to the top of Ćwilin (1,071 m above sea level) with the vast picturesque pasture, and to the forested Śnieżnica (1,006 m above sea level).

■ **ST. JUST’S PASS – LIMANOWA BLUE TRAIL:** St. Just’s Pass – Jaworz – Sałasz – Limanowa (around 7 hours). This trail offers an interesting excursion along the ridge of the Łososińskie Range, rarely visited by tourists.

■ **PIWNICZNA – ŁOMNICA YELLOW TRAIL:** Piwniczna – Pisana Pasture – Łabowska Pasture – Parchowatka – Łomnica (around 8 hours). The trail leads through the southern slopes of the Sądecki Beskids; featuring scenic views along the way, especially of the Slovakian part of the Carpathian and the Tatra Mountains, and a mountain hostel on the Łabowska Pasture halfway through the trail.

■ **ŻEGIESTÓW-ZDRÓJ – LELUCHÓW BLUE TRAIL:** Żegiestów-Zdrój – Puśta Wielka – Runek – Krynica-Zdrój – Szalone – Powroźnik – Dubne – Zimne – Kraczonek – Leluchów (2 days). The trail leads through the southeast part of the Sądecki Beskids, and also through the Polish part of the Czergowskie Mountains in the vicinity of Leluchów, mistakenly avoided by tourists.

■ **GRYBÓW – KONIECZNA BLUE TRAIL:** Grybów – Chelme – Sucha Homola – Bordiów Wierch – Wysowa-Zdrój – Obycz – Jaworzyna Konieczniańska – Konieczna (2 days). The trail features e.g. the famous health resort of Wysowa-Zdrój.

BICYCLE TRAILS

■ **NOWY SĄCZ – WIERCHOMLA BLUE BICYCLE TRAIL:** Nowy Sącz – Nawojowa – Łabowska Pasture – Runek – Wierchomla (around 3 hours). This interesting trail leads through the range of Jaworzyna Krynicka in the Sądecki Beskids.

■ **RYTKO – WIELKI ROGACZ – PIWNICZNA BLUE BICYCLE TRAIL** (around 3 hours). This scenic trail runs along the southern slopes of the Radziejowa Range, in the western part of the Sądecki Beskids.

■ **WYSOWA-ZDRÓJ – REGIETÓW – WYSOWA-ZDRÓJ YELLOW BICYCLE TRAIL:** Wysowa-Zdrój – Blechnarka – Regietów Wyżny – Regietów Niżny – Skwirtne – Hańczowa – Wysowa-Zdrój (around 3 hours). This interesting trail features several wooden post-Lemko Orthodox churches located in the vicinity of Wysowa-Zdrój.

■ **UŚCIE GORLICKIE – MAGURA MAŁASTOWSKA – UŚCIE GORLICKIE BLUE BICYCLE TRAIL:** Uście Gorlickie – Oderne – Przysłup – Magura

Małastowska – Leszczyny – Nowica – Oderne – Uście Gorlickie (around 4 hours). The trail comprises a bicycle loop leading to the saddle on Magurza Małastowska, the long ridge dominating the landscape. The pass features an interesting First World War cemetery, and a tourist mountain hostel a bit further up across the road.

HORSE-RIDING TRAILS

■ **RYTKO – OLCHOWIEC HORSE-RIDING TRAIL:** Rytko – Uhryń – Hańczowa – Nieznajowa – Kotań – Olchowiec. A part of the Transbeskid Horse-Riding Trail, this section runs in the described area from Rytko in the Sądecki Beskids to Olchowiec in the Low Beskids. Following Nieznajowa, the trail runs through Magurski National Park.

i **Gładyszów** boast the largest Hucul Horse Breeding Farm in Europe (Regietów 28, 38-315 Uście Gorlickie), ☎ +48 18 351 0018, 18 351 0097, ▲ www.huculy.com.pl. Individual and group rides for tourists are organised, as well as horse riding courses with instructor, horse rides, chaise rides and horse sleigh rides. The vicinity of the centre features approx. 100 km of marked horse-riding trails. The three-day Hucul Festival is held here every year in September.



1. Thermal Springs in Bukowina Tatrzańska, photo by J. Gorlach
2. Aqua Park Zakopane, UMWM photo archive
3. Szymbarkowa bathing resort, photo by J. Gorlach
4. Białka Thermal Baths in Białka Tatrzańska, photo by J. Gawron

Małopolska: the Joy of Water

Thermal baths and aqua parks are all the rage of recent years. No wonder, as the curative powers of water have been well known since the Antiquity. Fun and rest on the water are a wonderfully relaxing activity; therefore, several modern thermal baths have been established in Małopolska, thanks to the abundance of geothermal waters in the region. They are excellent both in the summer and in the winter: taking thermal baths in the wintertime has something magical in it, and allows one to achieve the state of rest and relaxation.

But Małopolska boasts not only warm waters of thermal baths; it also features many barrier lakes and smaller swimming areas at the rivers, ponds and other water reservoirs. Małopolska offers a perfect opportunity not to only to relax on the water, but also to practice all kinds of water sports, even sailing.

The barrier Rożnowskie Lake stretches between the charming hills of the Rożnowskie Foothills. This artificial reservoir is located on the Dunajec River and stands out with its picturesqueness. Located about 15 km north of Nowy Sącz, the reservoir features many holiday resorts with their own swimming areas and water equipment rentals. A large public life guarded swimming area is located in Gródek nad Dunajcem. The rentals at the lake offer yachts, boats, windsurfing boards, kayaks and motorboats.

Located slightly further north, Czchowskie Lake is much smaller. It was also created after the dam on the Dunajec River was built. It is an unusually picturesque reservoir, but its shores are hard to access. A convenient descent and a swimming area are located right next to the dam near Czchów.

The vast Czorsztynskie Lake is also located on the Dunajec River. It stretches between the Gorce and the Pieniny Mountains, east of Nowy Targ. Easily accessible shores, picturesque vicinity and the convenient road access contribute to the lake's increasing popularity. The villages around the lake feature several beaches with swimming areas and water equipment rentals.

One more barrier lake is hidden among the wild Low Beskid Ranges, about 18 km south of the Gorlice: Klimkówka Lake with the dam built on the Ropa River. It is above all best known by windsurfers, who often find here excellent conditions for windsurfing.

The vicinity of Kraków boasts the extremely popular Kryspinów Lake, created in the borrow pit of the no longer active sand mine. Therefore, its great assets are the sandy beaches and the shallow bottom. The lake features life guarded swimming areas, sport equipment rentals, sport fields and playgrounds.

■ BIAŁKA TATRZAŃSKA, TERMA BIAŁKA THERMAL BATHS

The large thermal complex in Białka Tatrzańska boasts not only the entertaining aqua park, but also a spa resort, located in the direct vicinity of the large and popular ski resort. The indoor and outdoor swimming pools feature water extracted from the depth of 2,500 m (it has the temperature of 72 degrees Celsius, but is cooled down). The resort offers an outdoor beaches and indoor relaxation areas.

i **Terma Białka Thermal Baths**, ul. Śródkowa 181, Białka Tatrzańska, ☎ +48 18 2612540, ▲ www.termabialka.pl, 📄 see website for prices.

■ BUKOWINA TATRZAŃSKA, TERMA BUKOWINA THERMAL BATHS

This large entertainment centre also serves as a health spa. It features a vast area with scenic views of the mountains and numerous swimming pools with the water temperature between 28-36 degrees Celsius, (extracted from the depth of 2,500 m). The water is slightly mineralized. The complex offers swimming pools with massage jets, children's zone, numerous water slides, and several saunas. The centre also offers massages and treatments facilitating adipose tissue reduction.

i **Terma Bukowina Thermal Baths**, ul. Sportowa 22, Bukowina Tatrzańska, ☎ +48 18 2020070, ▲ www.termabukowina.pl, 📄 see website for prices.

■ SZAFLARY, TERMY SZAFLARY THERMAL BATHS

The intimate all-year thermal bath complex features water extracted from the depth of 3,000 m. The swimming pool water has temperature between 30-38 degrees Celsius. The water is mineralized therefore it has a curative effect on the joint-muscle system, it heals cutaneous conditions and calms the nervous system. The complex boasts four swimming pools, children's paddling pool,

slides, water massages, Jacuzzi, and the sauna. The "rapid river" in the outdoor pool is a source of great fun.

i **Termy Szaflary Thermal Baths**, ul. Osiedle Nowe, 📄 see website for prices. ☎ +48 721100800, ▲ www.termyszaflary.com

■ ZAKOPANE, AQUA PARK

The large complex at the foot of the Tatras boasts indoor and outdoor swimming pools, water massages, and other water attractions. It features a special children's zone, water slides, "the wild river," the World of Saunas, and a viewing terrace, a perfect place for relaxation. It also boasts a fitness club and a bowling alley. Extracted from underground, the pool water has temperature between 31-35 degrees Celsius.

i **Aqua Park Zakopane**, ul. Jagiellońska 31, Zakopane, ☎ +48 18 2001122, ▲ www.aquaparkzakopane.pl, 📄 see website for prices.

■ ZAKOPANE, SZYMOSZKOWA CLEARING SWIMMING AREA

The swimming area on Szymbarkowa Clearing opened in the summer of 2007. The pool water is extracted through the geothermal Szymbarkowa GT1 boring and has a temperature of about 30 degrees Celsius. According to the tests conducted by the Polish Academy of Sciences, the water from the boring was qualified as the thermal, mineralized water, consisting of: calcium (37 %), magnesium (36 %), sodium (23 %), and potassium (2.3 %).

i **Geothermal Baths**, ul. Polana Szymbarkowa 2, Zakopane, ☎ +48 18 2017230, ▲ www.szymbarkowa.pl/kapielisko, 📄 see website for prices.



Kasprowy Wierch photo by M. Rauer

Winter in Małopolska

Like no other region in Poland, Małopolska attracts fans of winter sports. The local Carpathian slopes offer ski runs suitable both for complete beginners and advanced skiers. This is a region of all kinds of winter sports. Tourists have access to numerous ski slopes of varying difficulty, snowshoeing trails and cross-country skiing trails, running among the gentle ridges of the Low Beskids, the flat regions of Orava and Podhale, the Jurassic hilltops, and through the Niepolomicka Forest or the Radłowo and Wierchosiławice Forests.

Apart from the groomed ski trails, the region also boasts excellent conditions for off-piste skiing. The off-piste skiers wishing to leave the “first tracks” on the virgin snow will not regret choosing the local mountains. The region also features

ice rinks and areas for classic and Scandinavian sled, and snow scooter riding.

Each year the ski jumping fans enjoy the beautiful long ‘flights’ at the Zakopane Ski Jumping World Cup competition. The event has been organised since 1980 and a few dozen of the world’s best ski jumpers always participate. The event is unanimously considered by all independent observers to be the best of the Ski Jumping World Cup series. The record for the longest ski jump at 140.5 m at Wielka Krokiew belongs to Swiss ski jumper Simon Ammann.

i Ski Jumping World Cup Competition in Zakopane, Tatrzański Skiing Association, ul. Bronisława Czecha 1b, 34-500 Zakopane, ☎ +48 18 2015308, ▲ www.tzn.com.pl

Selected Ski Stations

Location	Name	Contact	Website
Chabówka	U ŻURA	+48 18 2677869 lub 531424724	www.chabowka.com
Spytkowice	BESKID	+48 18 2688920, majchrowicz@kompleksbeskid.pl	www.kompleksbeskid.pl
Zawoja-Policzne	MOSORNY GROŃ	+48 33 8726429	www.pkl.pl

TATRY and PODHALE

Location	Name	Contact	Website
Białka Tatrzańska	BANIA	+48 18 2654163, rezerwacja@hotelbania.pl	www.bialkatatrzańska.pl/bania.html
Białka Tatrzańska	KANIÓWKA	+48 18 2654535	www.kaniowka.pl
Białka Tatrzańska	KOTELNICA BIAŁCZAŃSKA	+48 18 2654133, bok@bialkatatrzańska.pl	www.bialkatatrzańska.pl
Bukowina Tatrzańska	OLCZAŃ-SKI	+48 18 2000844, biuro@olczan-ski.pl	www.olczan-ski.pl
Czarna Góra	GRAPA-LITWINKA	+48 667922299, kompleks@litwinka-grapa.pl	www.grapa-litwinka.pl
Czarna Góra	KOZINIEC-SKI	+48 605050184, info@koziniec-ski.pl	www.koziniec-ski.pl
Gliczarów Górny	U STENI	+48 18 2077600, usteni@z-ne.pl	www.usteni.z-ne.p
Jurgów	HAWRAŃ	+48 18 2082102	www.jurgowski.pl
Małe Ciche	MAŁE CICHE	+48 18 2084184, biuro@maleciche.com	www.skimaleciche.com
Nowy Targ	DŁUGA POLANA	+48 18 2666262	www.dlugapolana.com.pl
Nowy Targ	DŁUGA POLANA	+48 18 2666262, biuro@dlugapolana.com.pl	www.dlugapolana.pl
Nowy Targ	ZADZIAŁ	+48 18 2669137, wyciag@zadzial.pl	www.zadzial.pl
Suche	SUCHE	+48 600595959, Contact@skisuche.com	www.skisuche.com
Witów	WITÓW-SKI	+48 18 2071330, biuro@witow-ski.pl	www.witow-ski.pl
Zakopane	GUBAŁÓWKA	+48 18 2014830, gubalowka@pkl.pl	www.pkl.pl
Zakopane	HARENDZAKOPANE	+48 18 2025680, biuro@harendzakopane.pl	www.harendzakopane.pl
Zakopane	KALATÓWKI	+48 18 2063644, recepcja@kalatowki.pl	www.kalatowki.pl
Zakopane	KASPROWY WIERCH	+48 18 2014510, kasprowy.wierch@pkl.pl	www.pkl.pl
Zakopane	NOSAL	+48 18 2062700, biuro@nosal.pl	www.nosal.pl
Zakopane	POLANA SZYMOSZKOWA	+48 18 2017230, office@szymoszkowa.pl	www.szymoszkowa.pl

BESKID SĄDECKI and NISKI

Location	Name	Contact	Website
Cieniawa	CIENIAWA-SKI	+48 602595527 lub 602810249, stacja@cieniawa.pl	www.cieniawa-ski.pl
Gorlice	MAGURA	+48 18 3526970, biuro@osir.gorlice.pl	www.osir.gorlice.pl
Krynica-Zdrój	HENRYK	+48 18 4715822, biuro@henryk-ski.pl	www.henryk-ski.pl
Krynica-Zdrój	JAWORZYNA KRYNICKA	+48 18 4715271, promocja@jaworzynakrynica.pl	www.jaworzynakrynica.pl
Krynica-Zdrój	SŁOTWINY-AZOTY	+48 18 4715367, cnazoty@cnazoty.pl	www.cnazoty.pl
Krynica-Zdrój	SŁOTWINY-TABASZEWSKI	+48 18 4712726, biuro@slotwiny.pl	www.slotwiny.pl
Piwniczna-Zdrój	SKI-HOTEL	+48 18 4464117, skihotel@skihotel.pl	www.skihotel.pl
Rytko	RYTERSКИ RAJ	+48 18 4436606, biuro@ryterskiraj.pl	www.ryterskiraj.pl
Smerekowiec	SMEREKOWIEC	+48 18 3510095 lub 667945236, wyciag.smerekowiec@op.pl	www.wyciag-smerekowiec.pl
Sękowa	MAGURA SKI PARK	+48 18 3518818, biuro@skiparkmagura.eu	www.skiparkmagura.eu
Tylicz	EXTREME-SKI	+48 504097325, extreme-ski@tlen.pl	www.tylicznarty.com
Tylicz	MASTER-SKI	+48 504239397	www.master-ski.pl
Tylicz	TYLICZ	+48 18 443333, info@tylicz-ski.pl	www.tyliczski.pl
Wierchomla Mała	DWIE DOLINY MUSZYNA-WIERCHOMLA	+48 18 4143265, narty@wierchomla.com.pl	www.wierchomla.com.pl

PIENINY and SZCZAWNICA SURROUNDINGS

Location	Name	Contact	Website
Kluszkowce	CZORSZTYN-SKI	+48 18 2650222, bok@czorszty-n-ski.com.pl	www.czorszty-n-ski.com.pl
Niedzica	POLANA SOSNY	+48 18 2629403, polana.sosny@niedzica.pl	www.niedzica.pl
Szczawnica	PALENICA SZAFRANÓWKA	+48 18 2622724, office@pkl.pl	www.pkl.pl
Szczawnica-Jaworki	JAWORKI-HOMOLE	+48 18 2621543 lub 785187667, biuro@arenanarciarska.pl	www.arenanarciarska.pl



Panoramic map: view of the southern part of Małopolska
BESKID WYSPOWY

Location	Name	Contact	Website
Kasina Wielka	ŚNIEŻNICA	+48 18 5065100, marketing@snieznica.pl	www.snieznica.pl
Laskowa	KAMIONNA	+48 18 3378811, info@laskowa-ski.pl	www.laskowa-ski.pl
Limanowa	LIMANOWA-SKI	+48 18 3373434, biuro@lysagora.eu	www.limanowa-ski.pl
Mszana Dolna	SKI LUBOMIERZ	+48 18 4488548 lub 513013819, ski@lubomierz.com	www.lubomierz.com
Poręba Wielka	TOBOŁÓW-KONINKI	+48 18 3317580, stacja@koninki.pl	www.stacja.koninki.pl
Rabka-Zdrój	MACIEJOWA-SKI	+48 18 2670778 lub 609477220, biuro@maciejowa-ski.com	www.maciejowa-ski.com
Rabka-Zdrój	OBIDOWA	+48 18 2679619 lub 606914039, info@wyciag-obidowa.pl	www.wyciag-obidowa.pl
Rabka-Zdrój	POLCZAKÓWKA	+48 18 2684325, biuro@palczakowka-ski.pl	www.polczakowka-ski.pl

KRAKÓW SURROUNDINGS

Location	Name	Contact	Website
Paczkówice	KRAKOW VALLEY GOLF & COUNTRY CLUB	+48 12 2588500, hotel@golf.krakow.pl	www.krakow-valley.com
Podstolice	PODSTOLICE-SKI	+48 12 2785878, info@podstolice.com.pl	www.ski.podstolice.com.pl
Siepraw	SIEPRAW-SKI	+48 12 2746490 lub 12 2746491, info@siepraw-ski.pl	www.siepraw-ski.pl
Sławice Szlacheckie	SŁAWICKI RAJ	+48 665098525	www.slawickiraj.pl

TARNÓW SURROUNDINGS

Location	Name	Contact	Website
Janowice	LUBINKA	+48 14 6799370, oktan@tarnow.home.pl	www.lubinka.com.pl
Siemiechów	JURASÓWKA	+48 14 6258091, Contact@jurasowka.pl	www.jurasowka.pl
Jastrzębia	JASTRZĘBIA-SKI	+48 14 6512177, +48 517340735,	www.wyciag-jastrzebia.pl

Ski Touring, Cross Country Skiing, and Snowshoeing

Many hiking trails are perfect for ski tourism, for the fans of ski touring, cross country skiing and back country skiing.

Ski Touring

Routes with long descents, with no trails running along flat ridges are perfect for ski touring.

Recommended Routes

■ **GREEN TRAIL/RED TRAIL/SKI TRAIL:** Szczawnica – Kuni Wierch – Prehyba – Stary Wierch – Szlachtowa (14 km): an easy route to the PTTK mountain hostel under the peak of Prehyba with the descent along the ski trail to Szlachtowa.

■ **GREEN TRAIL/RED TRAIL/SKI TRAIL:** Zawoja-Markowa – Markowe Szczawiny – Brona Pass – Babia Mount – Sokolica – Krowiarki Pass (12.4 km): a more difficult trail to Babia Mount with the descent to Krowiarki Pass, its last section runs along an easy ski piste.

■ **SKI TRAIL:** Chochołowska Valley – Grześ – Wołowiec – Wyżnia Chochołowska Valley – Chochołowska Clearing (13 km): the beautiful alpine route for the advanced (please check the Tatra Volunteer Search and Rescue snow and avalanche announcement before setting out on the trail).

■ **YELLOW TRAIL /GREEN TRAIL:** Nowy Targ Kowaniec – Bukowina Miejska – Turbacz – Bukowina Waksmundzka – Nowy Targ Kowaniec (15.4 km): an

easy route to the highest peak of the Gorce Mountains, with no difficult long passages along the ridges.

■ **BLUE TRAIL/RED TRAIL/SKI PISTE:** Krynica – Krzyżowa – Przysłop – Bukowa – Jaworzyna Krynicka – Czarny Potok (15 km): a gentle ascent to Jaworzyna Krynicka from the spa centre along the forested slopes of the Sądecki Beskids, the hike ends with a wonderful long descent from Jaworzyna along one of the ski pistes.

Cross Country and Back Country Skiing

Routes with gentle descents are recommended for cross country skiing. Slightly more difficult slopes are great for back country skiing, which can be also done on flatlands.

Recommended Routes

■ **YELLOW TRAIL/RED TRAIL:** Krynica-Zdrój – Huzary – Jakubik – Jaworzynka – Biała Pass – Krynica-Słotwiny (13.5 km): an easy roundabout route around Krynica-Zdrój from Parkowa Mount (ascent via funicular), the only difficult section – the descent from Jaworzynka to Biała Pass – can be traversed on foot.

■ **YELLOW TRAIL/BLUE TRAIL/GREEN TRAIL:** Szczawnica – Palenica – Durbaszka – Clearings under Wysoka – Jaworki (12 km): a scenic route along the Little Pieniny Mountain Ridge, it can be begun with the chairlift ride to Palenica.

■ **GREEN TRAIL/RED TRAIL:** Koninki – Tobołów – Obidowiec – (Rozdzie-



Rabka-Zdrój (13.5 or 22 km): an excellent Gorce route, which begins with a chair-lift ride to Tobolów, runs along the scenic mountain ridges, and is worth extending by the ascent to the peak of Turbacz.

■ **BLUETRAIL/RED TRAIL:** Krowiarki Pass – Markowe Szczawiny – Brona Pass – Babia Mount – Sokolica –Krowiarki Pass: the route can be traversed only in very good snow conditions. It starts with an easy ascent along the open forest path to a mountain hostel, then steeply ascends to the peak of the massif, and follows with a rather difficult descent; a marked ski piste runs from Sokolica to Krowiarki Pass.

■ **BLACK TRAIL/RED TRAIL/ GREEN TRAIL:** Witów – Gubałówka – Furmanów – Zakopane Ciągłówka (14.2 km): a scenic route along the Gubałowski Range Ridge; the hike can be extended along the red trail through Wierch Grapa until Poronin.

Snowshoeing

Popular summer hiking trails in the Beskids are excellent for snowshoeing in the wintertime. Snowshoeing adventure begins best with a hike along one of the routes described below.

JAWORZYNA KRYNICKA AND THE SĄDECKI BESKIDS

Recommended Routes

■ **YELLOW TRAIL:** Kopciowa – Hawrylakówka – Jakubie – Huzary – Parkowa Mount Krynica-Zdrój (8.5 km): the route runs through the eastern part of the very popular roundabout trail around Krynica.

■ **YELLOW TRAIL/BLUE TRAIL:** Kopciowa – Jaworzyna – Bukowinka – Krzyżowa – Krzyżowa Pass – Krynica-Zdrój (8.3 km): the route runs through the western part of the roundabout trail around Krynica.

■ **RED TRAIL/BLUE TRAIL/YELLOW TRAIL:** Jaworzyna Krynicka – Runek – Bacówka Nad Wierchomlą – Jaworzynka – Czerzeż Szczawnik (12.5 km): the route runs from the upper cable car station on the summit of Jaworzyna Krynicka; this popular trail is often very crowded.

■ **RED TRAIL:** Jaworzyna Krynicka – Runek – Łabowska Pasture – Łabowa (17 km): the route runs along the section of the Main Beskid Trail.



1. Zakopane, UMWM photo archive
2. Jurgów, photo by M. Rauer
3. Jurgów, photo by M. Rauer
4. Gubałówka, photo by D. Zaród

KRUPOWA PASTURE

Recommended Routes

■ **BLACK TRAIL:** Sidzina Wielka Clearing – Pasture Krupowa (3.3 km): the route runs along the Zakulawka Stream and is particularly recommended during difficult or extremely difficult weather conditions.

■ **GREEN TRAIL:** Sidzina Wielka Clearing – Krupowa Pasture (4.8 km): the scenic and diverse route was once a popular ski piste, with interesting variants running across the steep forested slopes.

■ **RED TRAIL:** Bystra – Cupel – Urwanica – Pasture Krupowa (14 km): the route runs across the Policy Range from the Bystrzanka River Valley to Krupowa Pasture along the Main Beskid Trail.

■ **RED TRAIL:** Krupowa Pasture – Polica – Cyl Hali Śmietanowej – Krowiarki Pass (9.5 km): the routes continues the passage along the main ridge of the Policy Range to its highest peak, Polica.

■ **YELLOW TRAIL:** Zawoja-Policzne – Mosorny Groń – Śmietanowa Pasture (6 km): the route runs along the shortest possible way from Zawoja to the ridge of the Policy Range.

MARKOWE SZCZAWINY

Recommended Routes

■ **GREEN TRAIL:** Zawoja-Markowa – Suchy Groń – Markowe Szczawiny (4.2 km): the forested route is favoured by tourists.

■ **RED TRAIL:** Markowe Szczawiny – Brona Pass – Babia Mount – Krowiarki Pass – Markowe Szczawiny (15.7 km): a loop around the northern slopes of Babia Mount, the route stands out both with its scenery and natural values.

■ **RED TRAIL:** Markowe Szczawiny – Mała Babia Mount – Jałowiecka Pass – Markowe Szczawiny (8.6 km): a loop around the northern slopes of Mała Babia Mount.

GORCE

Recommended Routes

■ **GREEN TRAIL:** Kowaniec – Brożek – Bukowina Waksmundzka to the junction with the blue trail from Łopuszna and then to the peak of Turbacz (9 km): the most popular tourist scenic descent from Turbacz to Kowaniec; route for advanced tourists.

■ **YELLOW TRAIL:** Kowaniec – Hrube – Bukowina Clearing – Turbacz (8 km): a popular hiking trail runs from Nowotarska Basin to the peak of Turbacz: charming during good weather, dangerous during weather change.

■ **BLUE TRAIL:** Łopuszna – Zarebek – Bukowina Waksmundzka – Turbacz (10 km): a rather easy hiking trail, running through the picturesque vicinity of Bukowina Waksmundzka.

i Polish Tourism and Sightseeing Society (PTTK) Lodge – Chochołowska Polana Glade +48 18 207 05 10, www.chocholowska.zakopane.pl; Polish Tourism and Sightseeing Society (PTTK) Lodge – Ornak Hala Meadow, +48 18 207 05 20, www.schronisko-ornak.pl; Polish Tourism and Sightseeing Society (PTTK) Lodge – Kalatówki Meadow, +48 18 206 36 44, www.kalatowki.pl; Polish Tourism and Sightseeing Society (PTTK) Lodge – Kondratowa Hala Meadow, +48 18 201 91 14, www.halakondratowa.pl; Polish Tourism and Sightseeing Society (PTTK) Lodge “Murawaniec” – Gąsienicowa Hala Meadow, +48 18 201 26 33, www.murowaniec.e-tatry.pl; Polish Tourism and Sightseeing Society (PTTK) Lodge – Dolina Rostoka Valley, +48 18 609 001 760, www.schroniskoroztoka.com.pl; Polish Tourism and Sightseeing Society (PTTK) Lodge – Five Lakes Valley, +48 18 781 055 555, www.piecstawow.pl; Polish Tourism and Sightseeing Society (PTTK) Lodge – Morskie Oko Pond, +48 18 207 76 09, www.schroniskomorskieoko.pl; Polish Tourism and Sightseeing Society (PTTK) Lodge in Zakopane, +48 18 206 32 82, www.domturystyz-ne.pl; Polish Tourism and Sightseeing Society (PTTK) Lodge “Three Crowns”, +48 18 262 98 23, www.trzykorony.pl; Polish Tourism and Sightseeing Society (PTTK) Lodge “Orlica”, +48 18 262 22 45, www.orlica.com; Polish Tourism and Sightseeing Society (PTTK) Lodge – Turbacz Mountain, +48 18 266 77 80, www.turbacz.net; Polish Tourism and Sightseeing Society (PTTK) Lodge – Markowe Szczawiny Village, +48 33 877 51 05, www.markoweszczawiny.pttk.pl; Polish Tourism and Sightseeing Society (PTTK) Lodge – Magura Małastowska Peak, +48 18 351 80 57, www.schroniskomagura.pl; Polish Tourism and Sightseeing Society (PTTK) Lodge – Luboń Wielki Peak, +48 18 267 64 35, www.lubon.pttk.pl; Polish Tourism and Sightseeing Society (PTTK) Lodge – Shepherd’s Log Cabin – above Wierchomla Village, +48 502 458 518, www.wierchomla-schronisko.pl; Polish Tourism and Sightseeing Society (PTTK) Lodge – Hala Łabowska Glade, +48 18 447 64 53, www.halalabowska.pttk.pl



Traditions

Old Małopolska was ethnographically a very diverse region. Its northern parts were inhabited by **Cracovians**, whose traditional attire became one of the three Polish folk costumes that acquired a national status. The costume consists of a long, navy blue caftan decorated with red, green or black fringes, white pants with red stripes and a red hat with peacock feathers. Women used to wear flowery dresses and richly embroidered corsets. Married women's attire was complemented by scarves, whereas single women wore their hair uncovered, often arranged in a long plait.

From the south, the Cracovians neighbored with diverse groups of **highlanders** with varying dialects, customs, and most importantly, the apparel. The common elements of all male mountaineer clothes were white cloth pants embroidered with characteristic heart-shaped patterns (*parzenice*) and a white shirt sewn from a single piece of material, called *walaska*. Over the shirt, one would wear an embroidered vest and a *cucha* (a sort of jacket with sleeves sewn in, resting lightly over one's shoulders) and a dark wide-brimmed hat. The colour and shape of the *parzenice*, the embroidery on the vests, the shape of the hats and the length of *cucha* allow for differentiation between the various groups of highlanders, who in Małopolska could be part of the Pieniny, Podhale, Babia Mount, Orava, Biali

or Kliszczacy highlanders.

In the Sądecka Basin, the highlanders were neighbours with a group of **Lachowie Sądeckcy**, wearing knee-length navy blue caftans and pants with lampases and flowery embroidery. Women wore velvety corsets and skirts, most often navy blue in colour.

The eastern part of the region was inhabited until the year 1947 by the **Lemkos**, a group of Russian highlanders, whose attire is easily recognised by a bronze, knee-long jacket richly decorated with fringes. Women's attire consisted of a thin white shirt with colourful embellishments on the collar and cuffs, a navy blue or black corset with floral embroidery and a calico skirt with vertically sewn-in colourful ribbons.

Many of the old **traditions** relating to religious holidays have survived until this day.

Every Palm Sunday, the residents of Lipnica Murowana, Tokarnia, as well as other villages in Pogórze and Podhale organise **contests for the tallest Easter palm**. The most famous of these contests has taken place in Lipnica Murowana since 1958, and the village boasts the longest Easter palms (over 30 m).

On the same day, *Pucheroki* make an appearance near Kraków: young smutty boys in colourful, pointy hats collecting donations.



1. Kraków nativity cribs, photo by M. Zaręba
2. Lajkonik, UMWM photo archive
3. Zalipie, UMWM photo archive
4. Lipnice palms, UMWM photo archive
5. Highlanders, UMWM photo archive

Equally smutty and equally hoping for donations is the Siuda Baba in Lednica, lying in wait for young girls on Easter Monday in Wieliczka and Lednica Górna.

Every year almost incessantly since 1937, on the first Thursday of December a competition for **the most beautiful nativity crib** is held on the Kraków Main Market Square.

an excellent idea for a gift.

Event	Location	Date	Website
Highlanders' Carnival	Bukowina Tatrzańska	February	www.bukowinatatrzańska.pl
Easter Palm Competition and Easter Handicraft Competition	Lipnica Murowana	Palm Sunday	www.lipnicamurowana.pl
"Painted Cottage" Competition	Zalipie	Weekend after the Feast of Corpus Christi	www.muzeum.tarnow.pl
Łemko Watra Festival	Zdynia, Uście Gorlickie	July	www.watradydnia.pl
Gypsy camp	Tarnów	July	www.muzeum.tarnow.pl
Sabałowe Storytelling Festival	Bukowina Tatrzańska	August	www.gmina.bukowinatatrzańska.pl , www.domludowy.pl
Beskid Culture Week	Oświęcim	July/August	www.ock.org.pl
International Festival of Bobbin Lacing	Bobowa	October	www.ck.bobowa.pl
Nativity Crib Competition and Display	Kraków	December	www.mhk.pl
Christmas Fair	Kraków	December	www.kongregacja-kupiecka.com.pl , www.kiermasze.com.pl

Powisłe Dąbrowskie boasts a living tradition of artistic ornamentation of the buildings. Most of such farmhouses can be seen in the **'Painted Village' of Zalipie**.

Residents of **Bobowa** near Gorlice have been producing exquisite bobbin lace handkerchiefs since the 19th century. A lacy, subtle handkerchief is



Cuisine

The greatest strength of the Małopolska cuisine lies in the ingredients. The variety of Małopolska regional produce, their unique taste and nutritional value allow you to easily compose a perfect meal for every part of the day.

The **Prądnicki bread** used to find its way to royal tables. Baked from rye flour and sourdough, it can be oval or oblong, and the largest loaves can weigh up to 14 kg! Today, the bread combined with **honey** from Nowy Sącz, **sausage from Kraków** (made of the highest quality dry pork, heavily smoked and dried), or **from Lisice** (made mostly from pork ham with a strong pepper-garlic flavour), and **tomatoes from Krzeszowice** will make for an excellent start to your day.

The morning breakfast may also be enriched by the highlander selection of cheeses – the smoked **oscypek**, **salty bryndza** or **bundz**. All are made of sheep's milk, although a certain admixture of cow's milk is allowed. The *oscypek* tastes best grilled, served hot. The village of Kowalowa in the vicinity of Tuchów boasts dry cheese with mint (*gomółka*) and flatbread (*proziółek*) baked on the stovetop.

The **Kraków obwarzanki** (bagels) allow one to survive a long waiting time for the main course. These characteristic dough rings should be crunchy and golden on the outside, and tender and

soft on the inside. The classical *obwarzanek* is sprinkled with salt, poppy seeds, or sesame seeds. The **Raciechowice apples** and the **fruit juices from Tymbark** make perfect snacks.

Picturesquely located near Tymbark, the small village of Jodłownik is famous for its golden **kołacz** pastry with a gentle hint of cheese. It used to be baked only for weddings as the augury of the newly weds' happiness. These round cakes made of wheat flour, covered with a layer of smoothly ground cheese, slightly browned in the oven, taste best when fresh. In another part of Małopolska, in the Cracow-Częstochowa Jurassic area, a Jurassic cake is decorated with cheese and poppy seeds unlike the Jodłownicki cake, which is decorated only with cheese.

A two-course meal can begin with the **żurek** (a fermented rye flour soup) or a **beetroot soup**. The aforementioned smoked sausages enrich the taste. The filling soup can be preceded by the **Kraków maczanka** (dipping dish). It used to be the meal of the poor: stale bread is covered with the remnant of the roast sauce with pieces of meat. Today, the dish is slightly more "elegant" and features pieces of pork roast and fried onion served on a piece of toast. Another dish known in Krakow since the Middle Ages is **St. Hyacinth's dumplings** baked, with the mushroom-cabbage



filling. They taste best with the famous cabbage from Charsznica, known for its tenderness. You can also have potatoes, the highlander **grule** – sprinkled with sheep's cheese and served with the **Zator carp**, famous already in the times of Bolesław III the Wrymouth (12th century). The carp, served with the filling of sauerkraut and mushroom is a genuine royal dish! The potato leftovers can be used in the traditional highlanders' **moskole**, dry cakes made of potatoes, flour, and sour milk, baked on the hot stovetop.

All meals are of course seasoned with the **Bochnia** or **Wieliczka salt**.

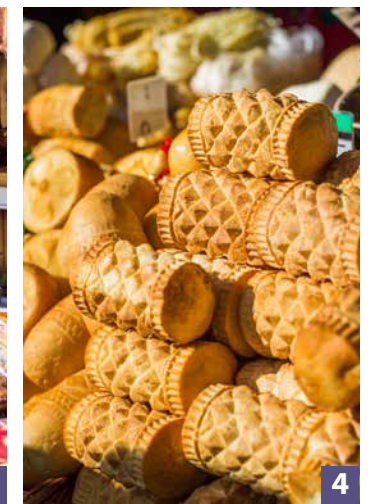
For connoisseurs of a more fatty diet, the **kwaśnica** is an excellent choice – a thick highlanders' soup made from sauerkraut and pork ribs. A large portion of the soup, eaten with a thick slice of bread, can easily suffice for the entire dinner! Enthusiasts of culinary experiments can try one more of Małopolska meals: the **fizioły**. The strange name reveals a meal made of sautéed common bean with prunes, necessarily with the heavily smoked bacon. The

meal tastes best when prepared with the White Emergo (Sweet White Runner Bean), cultivated in the Dunajec River Valley in the vicinity of Zakliczyn. Another sweet dessert is the **siuspał** (pearl barley with dried fruits and honey) made in the vicinity of Tarnów.

For dessert one must try the **Wadowice cream cake** made famous by Pope John Paul II, or the excellent **Kraków cheesecake**. Baked on the shortcrust pastry, with an orange skin and raisins, it is made of cottage cheese ground smoothly with egg yolks.

The after-meal thirst will be best quenched by **mineral water** from Kryńca-Zdrój, Muszyna or Piwniczna. It will also prevent stomach problems after too much indulgence in local cuisine.

If in need of something stronger to accompany the meal, **Okocim Beer** that has been brewed for the last 150 years will be an excellent choice, while the evening cocktail can be made of the **Miodówka Pogórska** (honey liquor) from Tarnów, and you can "bring colour to your face" with the **Łącka Slivovitz**, high proof alcohol.



KRAKÓW
InfoKraków, ul. Powiśle 11, 31-101 Kraków
☎+48 12 417 58 12
it.krakow@msit.malopolska.pl, www.infokrakow.pl
InfoKraków, ul. św. Jana 2, 31-018 Kraków
☎+48 12 421 77 87, jana@infokrakow.pl
InfoKraków, ul. Józefa 7, 31-056 Kraków
☎+48 12 422 04 71, jozefa@infokrakow.pl
InfoKraków Sukiennice,
Rynek Główny 1/3, 31-042 Kraków
☎+48 12 433 73 10, sukiennice@infokrakow.pl
InfoKraków, ul. Szpitalna 25, 31-024 Kraków
☎+48 12 432 01 10, szpitalna@infokrakow.pl
InfoKraków Pawilon Wyspiańskiego,
pl. Wszystkich Świętych 2, 31-004 Kraków
☎+48 12 616 18 86, wyspianski@infokrakow.pl
InfoKraków Międzynarodowy Port
Lotniczy w Balicach, 32-083 Balice
☎+48 12 285 53 41, balice@infokrakow.pl

MYŚLENICE
Rynek 27, 32-400 Myślenice
☎+48 12 272 23 12
it.myslenice@msit.malopolska.pl
www.myslenice.visitmalopolska.pl

DOB CZYCE
ul. Podgórska 1, 32-410 Dobczyce
☎+48 12 271 01 53,
it.dobczyce@msit.malopolska.pl
www.dobczyce.visitmalopolska.pl

WIŚNIOWA
Wiśniowa 301, 32-412 Wiśniowa
☎+48 12 271 44 93,
it.wisniowa@msit.malopolska.pl
www.ug-wisniowa.pl

OLKUSZ
ul. Floriańska 8, 32-300 Olkusz
☎+48 32 642 19 26
it.olkusz@msit.malopolska.pl
www.olkusz.visitmalopolska.pl

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

WIELICZKA
ul. Dembowskiego 2A, 32-020 Wieliczka
☎+48 12 288 00 52
it.wieliczka@msit.malopolska.pl
www.ckit.wieliczka.eu

ZAKOPANE
ul. Kościeliska 7, 34-500 Zakopane
☎+48 18 201 20 04
it.zakopane@msit.malopolska.pl
www.zakopane.pl

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

PORONIN
ul. Józefa Piłsudskiego 2, 34-520 Poronin
☎+48 18 207 42 98
it.poronin@msit.malopolska.pl
www.poronin.pl

RABKA-ZDRÓJ
ul. Parkowa 2, 34-700 Rabka-Zdrój
☎+48 18 269 15 53
it.rabka-zdroj@msit.malopolska.pl
www.rabkazdroj.visitmalopolska.pl

BIALKA TATRZAŃSKA
ul. Środkowa 179A, 34-405 Białka Tatrzańska
☎+48 18 533 19 59
it.bialka-tatrzańska@msit.malopolska.pl
ugbukowinatatrzańska.pl

BIALY DUNAJEC
ul. Jana Pawła II 363, 34-425 Biały Dunajec
☎+48 18 200 16 90
it.bialy-dunajec@msit.malopolska.pl
www.gokbialydunajec.pl

WITÓW
Witów 239a, 34-512 Witów
☎+48 18 207 18 98
it.witow@msit.malopolska.pl
www.koscielisko.com.pl

BUKOWINA TATRZAŃSKA
ul. Sportowa 22, 34-530 Bukowina Tatrzańska
☎+48 18 202 54 80
it.bukowina-tatrzańska@msit.malopolska.pl
www.bukowina_tatrzańska.visitmalopolska.pl

OCHOTNICA GÓRNA
Osiedle Ustrzyk 388, 34-453 Ochotnica Górna
☎+48 18 262 41 39
schronisko@ochotnica.pl
www.ssm.ochotnica.pl

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

DĄBROWA TARNOWSKA
ul. Polna 13, 33-200 Dąbrowa Tarnowska
☎+48 14 657 00 07
it.dabrowatarnowska@msit.malopolska.pl
www.dabrowatar.pl

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

BOCHNIA
ul. Solna 2, 32-700 Bochnia
☎+ 48 14 615 36 36
it.bochnia@msit.malopolska.pl
www.bochnia.eu

OŚWIĘCIM
ul. St. Leszczyńskiej 12, 32-600 Oświęcim
☎+48 33 843 00 91
it.oswiecim@msitmalopolska.pl
www.oswiecim.visitmalopolska.pl

CHRZANÓW
Aleja Henryka 40, 32-500 Chrzanów
☎+48 32 623 20 44
it.chrzanow@msit.malopolska.pl
www.visitmalopolska.pl/chrzanow

TRZEBINIA
ul. Kościuszki 74, 32-540 Trzebinia
☎+48 32 612 14 97
it.trzebinia@msit.malopolska.pl
www.trzebinia.pl

WYGIELZÓW
ul. Podzamcze 1, 32-551 Babice
☎+48 32 210 93 13
it.wygielzow@msit.malopolska.pl
www.visit.powiat-chrzanowski.pl

NOWY SĄCZ
ul. Szwedzka 2, 33-300 Nowy Sącz
☎+48 18 444 24 22,
it.nowy-sacz@msit.malopolska.pl,
www.ziemiasadecka.com, www.cit.com.pl

KRYNICA-ZDRÓJ
ul. Zdrojowa 4/2, 33-380 Krynica-Zdrój
☎+48 18 472 55 77
it.krynica-zdroj@msit.malopolska.pl
www.krynica-zdroj.visitmalopolska.pl

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

BIECZ
Rynek 1, 38-340 Biecz
☎+48 13 447 92 47
it.biecz@msit.malopolska.pl,
www.biecz.visitmalopolska.pl

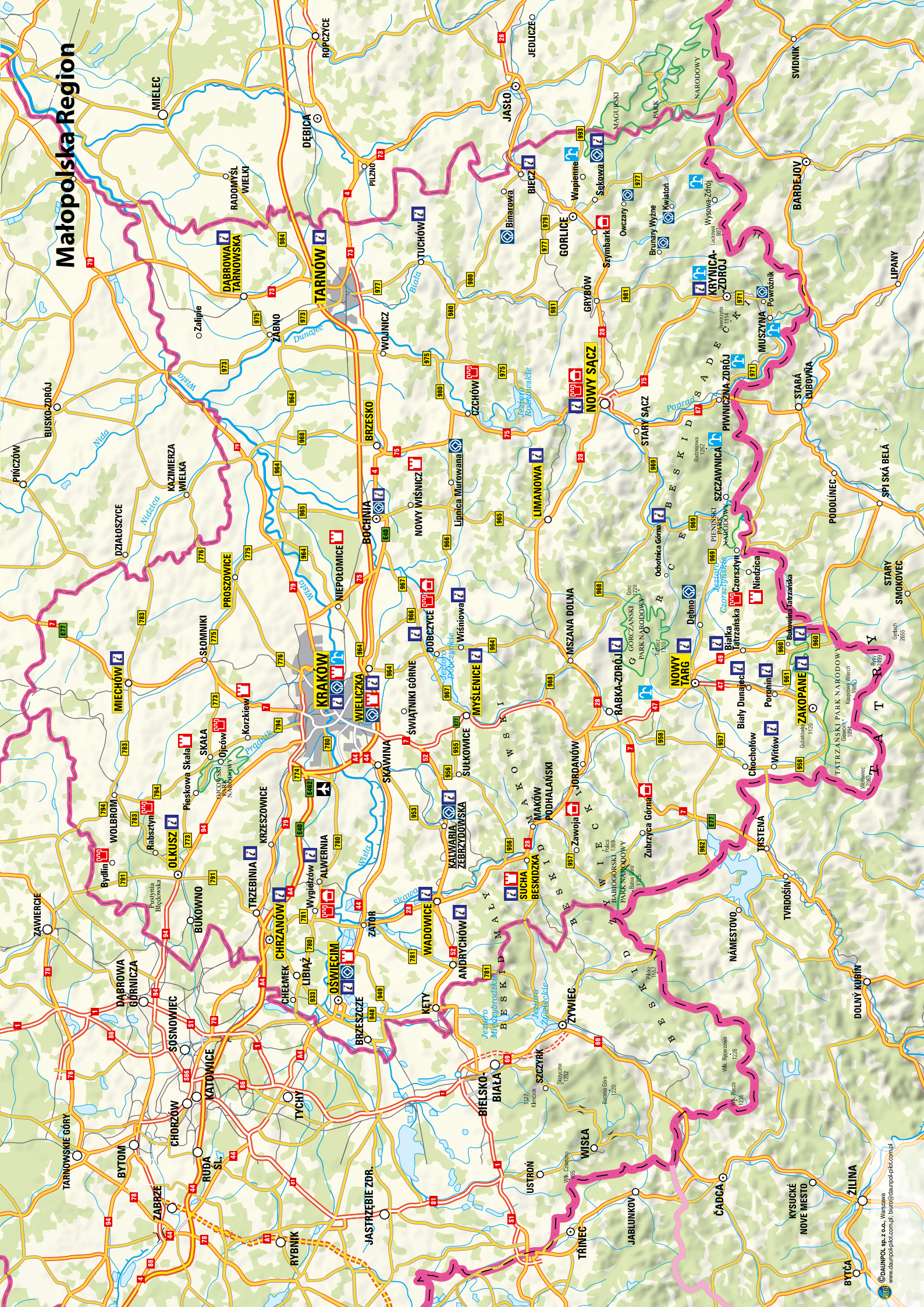
SĘKOWA
Siary 19, 38-307 Sękowa
☎+48 18 351 87 70
it.sekowa@msit.malopolska.pl, www.sekowa.pl

WADOWICE
ul. Kościelna 4, 34-100 Wadowice
☎+48 33 873 23 65
it.wadowice@msit.malopolska.pl
www.it.wadowice.pl

ANDRYCHÓW
Rynek 27, 34-120 Andrychów
☎+48 33 842 99 36
it.andrychow@msit.malopolska.pl
www.andrychow.eu

SUCHA BESKIDZKA
ul. Zamkowa 1, 34-200 Sucha Beskidzka
☎+48 33 874 26 05
it.sucha-beskidzka@msit.malopolska.pl
it@sucha-beskidzka.pl
www.muzeum.sucha-beskidzka.pl/it

KALWARIA ZEBRZYDOWSKA
ul. Mickiewicza 4, 34-130 Kalwaria Zebrzydowska
☎+48 33 876 66 36
it.kalwaria-zebrzydowska@msit.malopolska.pl
www.kalwaria_zebrzydowska.visitmalopolska.pl





Krakow
WYD 2016

World Youth Day

26-31.07. 2016 Kraków

