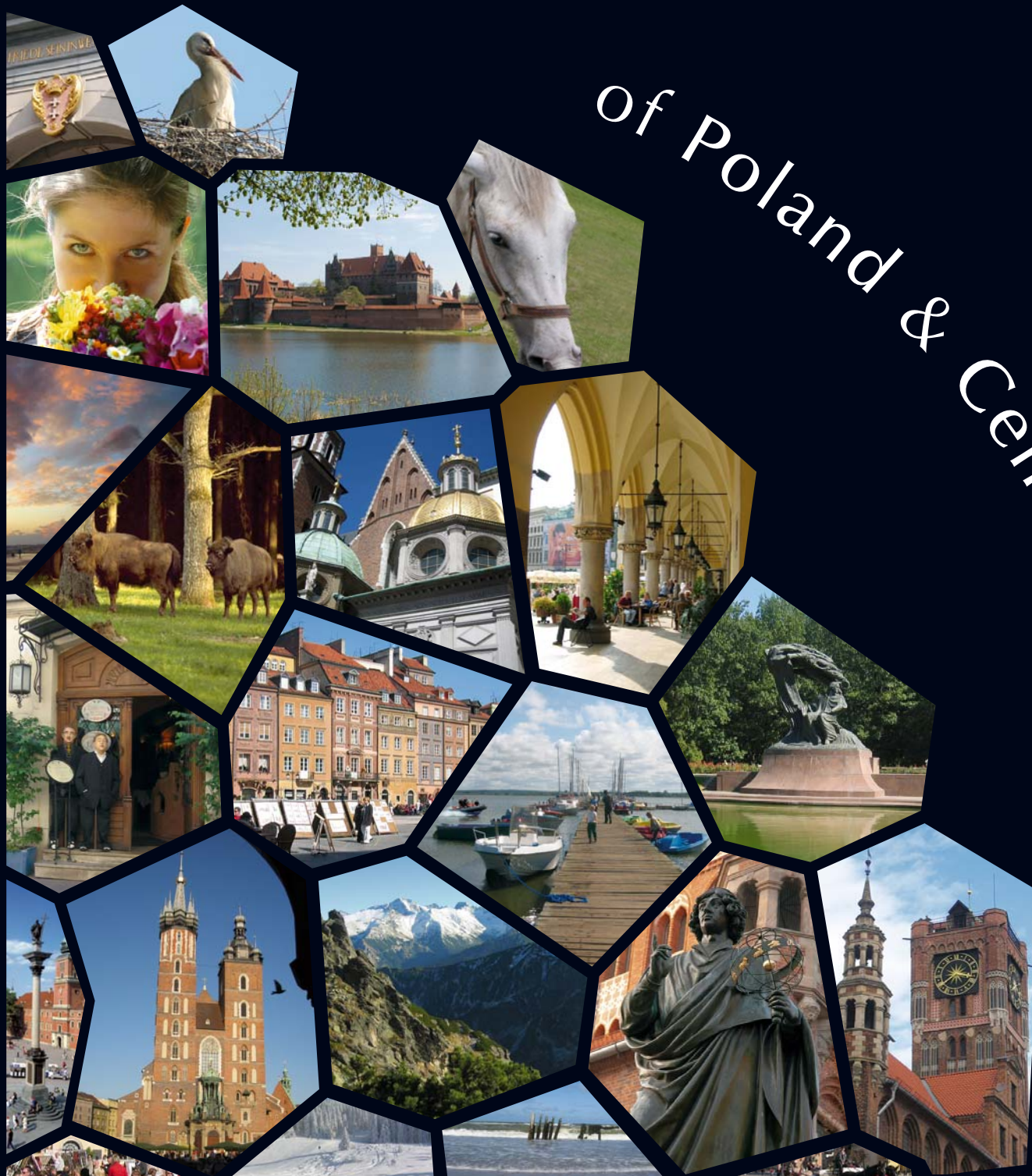


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of Poland & Central Europe



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UNION
FOR ENTERPRISING PEOPLE



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WELCOME

While Poland's accession to the European Union has attracted the gaze of the whole world, Poles hearts have always been in Europe.

This shared cultural tradition is evident in our Italian designed Renaissance Palaces, English courtyards and collections of French paintings, which compare with the best in Europe. Yet Poland is also proud of its Eastern European heritage and of being the gateway between the West and the East of Europe.

We invite you to come and visit Poland's beautiful cities - many of them, like Warsaw, Kraków, Wrocław or Gdańsk are already regarded as "must see" places for connoisseurs of travel in Europe. Let us also guide you off the beaten track to discover the hidden treasures of our country.

From the back-packer to the most discriminating traveller – there is a kaleidoscope of attractions for everyone. From the sandy beaches of the Baltic coast to the Tatras – the highest mountains between the Alps and Caucasus - Poland has it all.

And we are here to help you make the best of it. At Furnel Travel we treat each inquiry with the utmost attention. Our team of over 50 devoted professionals has gained its excellent reputation by placing emphasis on details and treating every client with individual care. In the era of internet sales we still believe that perfect service starts with personal attitude.

On the market since 1989, we are one of the most experienced incoming tour operators in Poland.

Let us share our experience with you!

Furnel Travel Team



- What can we do for you?



POLAND BY REGIONS

tours, places of interest, activities

The most amazing thing about Poland is the array of choice that is available! The key tourist attractions, tours, excursions, places of interest and activities shown in the next few pages are the building blocks you may use to construct a program which suits your client's needs. Also have a look at the sample itineraries we have presented on page 14 as a source of inspiration.

WARSAW & SURROUNDINGS

Loud and very proud, Warsaw is a colourful city you need to experience. From being the seat of the Polish monarchy and the home of the composer, Chopin, Warsaw became the backdrop of World War II tragedy and the triumphant fall of Communism. Our tour will surprise and delight anyone who loves fine architecture, beautiful parks and vibrant capital cities as well as giving a sense of the important role Warsaw has played in modern history.

Warsaw City Tour (3 hours)

The tour starts at the hub of the Old Town: Market Square and continues with St. John's Cathedral, the Barbican and Castle Square; a drive along the Royal Route with its numerous churches, monuments, historic buildings and palaces, past the Parliament; a walk through the grand Łazienki Park with its Palace on the Water, and Chopin's monument. On the way back, there is a pause to pay respects at the former Jewish Ghetto monuments, followed by a drive past the imposing building of the Grand Theatre and the Tomb of the Unknown Soldier.

Wilanów Palace and Park (2 hours)

This summer residence of King Jan III Sobieski is often called "Little Versailles". Its magnificent interiors include furniture and china from the period of Sobieski's victory over the Turks at the gates

of Vienna in the 17th century. The grounds consist of an English park, an Italian Baroque garden and rose garden.

Łazienki Park (2.5 hours)

Łazienki, one of the most beautiful parks in Europe, was founded in 1766 by Stanisław August Poniatowski, the last king of Poland. The Palace on the Water, the royal residence is the most famous building in the complex.

The Royal Castle (2 hours)

The Royal Castle is a symbol of Polish statehood, where many important historic events took place, including the passing of the first Polish Constitution in 1791. The castle dates back to the 13th century, though it owes its current shape to the early Baroque period. A tour of the castle presents its magnificent interiors: the Court Rooms, the Parliamentary Rooms and the Royal Apartments. Numerous paintings displayed there include portraits of Polish monarchs and the works of Bernardo Bellotto Canaletto.

Undiscovered Warsaw-Praga District (3 hours)

The 19th and 20th century architectural legacy of the Praga district, buildings which survived WW2 but were rather neglected

since then, lend the district its unique character.

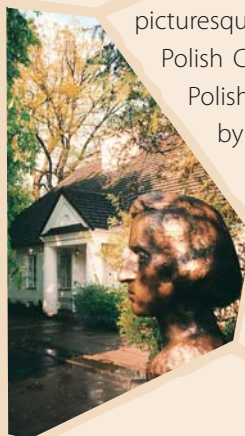
Hence film makers, such as Polański, seeking authentic fragments of pre-war Warsaw for the film "The Pianist" come to streets like Mała Street to shoot on location. The flowers on the balconies and the numerous Marian shrines in the courtyards give the narrow streets an added charm. You can still see the traces of adverts for shops, some of which are in Russian, dating back to the 19th century. One of the many attractions is the Różyckiego Street Bazaar, which has been around for over 100 years. There are signs of Warsaw's multicultural past and present. Across from the Gothic spires of the St Florian Cathedral gleams the typically Russian cupola of the Mary Magdalene Orthodox Church. Meanwhile Armenian, Vietnamese, Russian, and Lithuanian are just some of the languages you will hear spoken by the traders at the Stadion market, the largest flea market in Europe, where it is famed you can buy absolutely anything. Visitors are also attracted by Praga's industrial



architecture (eg. the Koneser Vodka Factory). The specific atmosphere of the right bank of the Vistula has also encouraged several galleries, cafes and clubs to open here and more and more Varsovians are proud to say "my heart is on the right side".

Żelazowa Wola – Frederic Chopin's birthplace (3.5 hours)

A 1-hour drive takes you to the picturesque birthplace of the Great Polish Composer. This charming Polish manor is surrounded by beautiful grounds with hundreds of rare plant species. The tour of the manor is accompanied by recordings of Chopin's works. Private concerts available.



Outskirts of Warsaw: Żelazowa Wola, Brochów, Arkadia, Nieborów, Łowicz (full day)

The trip to Żelazowa Wola can be extended to a full day tour. Add Brochów, a typical Masovia region village with a Renaissance Basilica, where Chopin was baptized. Nieborów, the next town we visit, has landscaped gardens and a splendid 17th century Baroque palace. Nearby Arkadia Park – boasts Romantic follies such as Diana's Temple, and Sibil's Cave. In Łowicz, famed for its colourful processions,



the open-air museum of local art is worth a visit all year round.

Kazimierz Dolny, Warka (full day)

Kazimierz Dolny dates back to the 14th century. Picturesquely located on the bank of the River Vistula, the town attracts visitors with its irresistible charm. Nowadays it is a Mecca for artists, coming here to gain inspiration from the breathtaking landscape. The quaint Market Square with some fine Renaissance buildings is overlooked by the ruins of a Gothic castle. En route we stop in Warka to visit the Puławski Museum, devoted to this Polish-American hero, commemorated by the "Puławski Parade" in New York.

Treblinka – former Nazi death camp (half day)

Drive 100-km north-east from Warsaw to visit the site of Treblinka Nazi death camp, where over 800 000 Jews from all over Europe perished in its gas chambers. The very touching monument and cemetery are all that remains.

Kraków (full day)

A convenient connection (2 hours 40 minutes by Intercity train) makes Kraków accessible from Warsaw for a one-day trip. A tour of Kraków includes Wawel Castle with the Royal Cathedral, St. Mary's Church and Market Square. One can choose between a relaxing trip or a more intensive option with a visit to Wieliczka Salt Mine.

Gdańsk (full day)

An Intercity train journey of 3 hours 40 minutes makes Gdańsk available as a full day excursion from Warsaw. The city tour includes a stroll through the Old Town, a nice walk along Sopot pier and a visit to the "Solidarity" monument.

Evening entertainment

Chopin music private concert at Łazienki Park

In the unique setting of Royal Łazienki Park private Chopin music concerts are available at the famous Palace on the Water, Stanisławowski Theatre or Myśliwiecki Palace. A glass of sparkling wine is served during the intermission. This event can be followed by dinner at Belvedere restaurant, situated in the luscious surroundings of the Old Orangery.

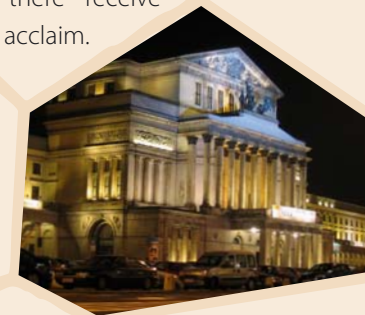
Folklore show

A folk band performing local songs and dances will accompany your dinner at a local restaurant. You can also enjoy being "a guest at a traditional wedding banquet" at a cottage within the open-air museum in Maurzyce, near Łowicz and observe traditional Polish wedding customs and taste traditional dishes.

Classical evening

An evening of music and dance in Warsaw at one of Warsaw's internationally-renowned venues is not to be missed. The Neo-Classical building of the Grand Theatre, dating back

to the first half of the 19th century, houses one of the biggest stages in the world with 1900 seats for the audience. Classical performances with highly imaginative costumes and scenery. The tasteful surroundings of the philharmonia are more modest but the classical concerts performed there receive widespread acclaim.



Sabat Theatre

Sabat Theatre links two traditions: pre-war cabaret and variety acts. The repertoire is primarily comedy, variety show, musicals, and cabaret a la lido.



KRAKÓW & SURROUNDINGS

Comparisons between Kraków and Prague are justified but only tell part of the story of Poland's second capital. Sure, it is a beautiful medieval city which is great fun to visit. But this is a town with its own identity and multicultural heritage: it is associated with the late John Paul II, while having possibly the largest and certainly the loudest Jewish music festival in Central Europe! Moreover, its huge student population also makes it vibrant all year round. Our tour will show you glimpses of this walled city and a slice of its cultural life.



Kraków City Tour (half day)

We start at Market Square, one of the biggest in Europe, a reminder of the power and wealth of medieval Kraków, the Polish capital at that time. The 13th century Cloth Hall, rebuilt in Renaissance style, houses the largest collection of Polish paintings on the first floor and colourful handicraft stalls in the ground floor arcades. Saint Mary's Church, dating back to the year 1221, boasts the precious 15th century Witt Stwosch altar. Collegium Maius with its Gothic arcades, was once home to

the Jagiellonian University, Central Europe's second oldest university, after the University of Prague. The Czartoryski Museum collection contains the two most precious paintings in Poland: "Lady with an Ermine" by Leonardo da Vinci and "Good Samaritan" by Rembrandt.

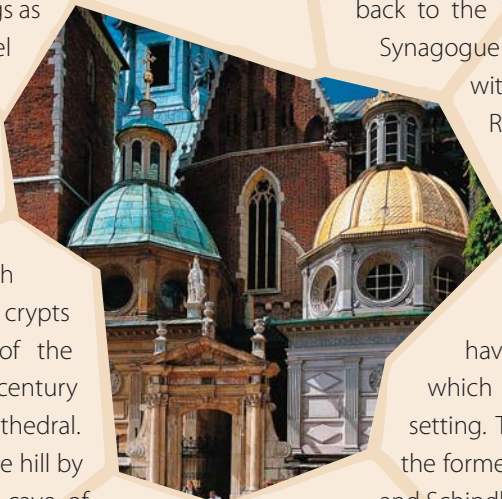
Wawel Hill (2.5 hours)

Wawel is the pride of Kraków and the heart of the nation as it is the final resting place of monarchs and wordsmiths. The Gothic Royal Castle dates back to the 10th century and was remodeled in Renaissance style in the 16th century. Its magnificent interiors contain numerous paintings as well as the Wawel

Tapestries Collection, commissioned in Flanders. The Gothic Royal Cathedral with its numerous crypts has elements of the original 11th century Romanesque cathedral. At the foot of the hill by the river is the cave of dragon which, according to legend, used to terrify Cracovians, until it was outwitted by a young shoemaker.

Jewish Traces and Schindler's List (3 hours)

The Jewish community of Kraków started to concentrate in Kazimierz district in the 15th century, forming a unique, commercial,



religious and cultural centre, where everything was different from the surrounding world: language, religion, clothing, music and cuisine. Yet Polish Kings and commons were always open to strangers and their culture; that is how Kazimierz district flourished. Nazi extermination blew this small Jewish world away. The Post-war government neglected Jewish culture and even a few years ago the district was a slum area. Now, restored and decorated with traditional Jewish emblems, it attracts visitors with its irresistible charm. Visit its many synagogues: including the Old Synagogue (the oldest in Poland, dating back to the 15th century) and the Remuh Synagogue founded in the 16th century

with Poland's best preserved Renaissance Jewish cemetery. Take time to enjoy coffee, kosher wine and a Paschal dish in a local restaurant. Some parts of Kazimierz will look familiar to those who have seen the film "Schindler's List", which was shot here, in its original setting. The tour includes a drive past the former Nazi labour camp in Płaszów and Schindler's Enamelworks.

John Paul II Route (half day)

More than any other place, Kraków is associated with the life and pastoral mission of Karol Wojtyła, the late John Paul II: St. Florian's Church, his first parish; St. Mary's Church, where a memorial plaque commemorates his White March with Kraków's citizens in 1981; the Jagiellonian University, where Wojtyła

lectured in theology; Archbishop's Palace – Wojtyła's home for a number of years; the Archdiocese Museum with apartments in which Wojtyła lived as a priest and as a bishop. The final destination – the Shrine and Basilica of Divine Mercy in Łagiewniki was consecrated by the late Pope during his last visit to Kraków.

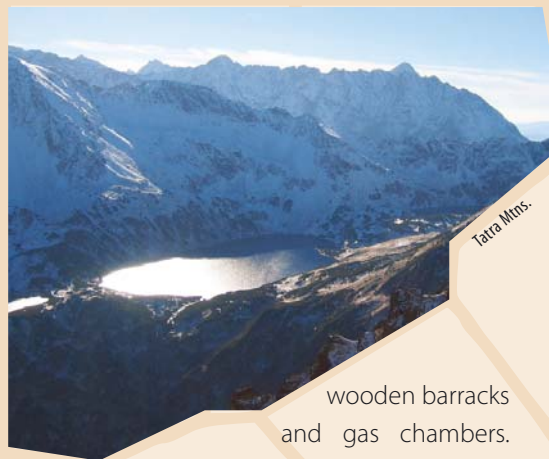


Wieliczka Salt Mine (2.5 hours)

A tour of the mine includes beautiful chapels sculpted in salt (Saint Kinga's chapel is the most beautiful one), crystal-like grottoes and underground ponds. All this at average depth of 130 m below the ground.

Auschwitz-Birkenau former Nazi concentration camp (5 hours)

A grim reminder of Nazi terror and the holocaust. Auschwitz, built on the outskirts of the Polish town Oświęcim – now the Museum of Martyrdom – consists of brick barracks with shocking exhibits of tons of hair, shoes, glasses and other belongings wrested from the victims, while nearby Birkenau has hectares of



Tatra Mts.

wooden barracks
and gas chambers.

A documentary film (in English, German, French, Italian, Russian and Hebrew) made shortly after liberation of the camp is viewable on request.

Mountain Tour – Zakopane (full day)

A two-hour drive takes you to a completely different world. The further south you go, the more hilly the landscape becomes until you get to Zakopane, located 1000 m above sea level and surrounded by the Tatra Mountains. An ascent by funicular railway to Gubałówka hill gives a beautiful view over the Polish and Slovak Tatras. A walk along bustling Krupówki Street followed by a visit to a small church in Jaszczurówka. For keen walkers we suggest a stroll in the hills. Time for shopping – friendly street vendors will offer you local goods (lambswool sweaters, walking sticks, wooden figures) at incredibly low prices.

Meal at a restaurant featuring local specialties with accompaniment of a folk band.

Rafting on Dunajec River (4 hours)

Dunajec Gorge, which weaves through the limestone rocks of Pieniny Mountains is one of the most beautiful views in Poland. Sitting comfortably on wooden rafts (10 pax each) just admire the landscape and listen to the stories and jokes told by the raftsmen. A Gypsy band and a welcoming cup of “mountain tea” (with a nip of vodka) greet you on reaching the raft marina in Krościenko or Szczawnica. This trip may be part of a full day Kraków–Zakopane trip.



Rafting

Żywiec Brewery (half day)

Poland is famous for its many excellent beers. The best known is Żywiec, (pronounced ji vyets), brewed in Żywiec, a small town in the mountains near the Slovak border, 87 km south-west of Kraków. Take a tour of the brewing and bottling plant, with beer producing traditions going back to the 14th century. Oh, and you might want the opportunity to judge the brew for yourself...

Castles, caves and kings tour (full day)

40 minutes drive through charming Prądnik River Valley in Ojców National Park, with its limestone hills and beautifully shaped rocks and caves. According to legend, Polish King Władysław the Short took shelter in one of the caves here during his flight from Czech King Wenceslas II's forces. Visit to the

Renaissance Castle in Pieskowa Skała, regarded as the most beautiful knights' castle in Poland. Drive back to Kraków along the Eagles' Nests Track – a chain of 14th century strongholds (now in ruins) founded by Kazimierz the Great to protect the Silesian trade route. The season for these sights is from May till the end of September. Suggested itinerary: Ojców castle ruins – the Dark cave – Pieskowa Skała Castle – Błędowska Desert – Ogrodzieniec Castle – Łokietka Cave. Dark Cave is viewed by candlelight, while Łokietka has electric lighting.

Częstochowa – Black Madonna Shrine (6 hours)

Częstochowa is one of the most important shrines in the Christian world and is often called the Religious Capital of Poland. Millions of pilgrims, including over 100 000 foreigners, come here every year to pray at the miraculous Black Madonna Shrine. Historians date the famous painting to the 14th century. The painting is covered with precious decoration, forming royal gowns for Virgin Mary and her Child. Only her mysterious, dark face with two scars on her cheek can be seen. A trip to Jasna Góra can be combined with a drive along the “Castles, Caves and Kings Tour”.

Evening entertainment

Jewish and Klezmer music concert

A visit to a local Jewish restaurant in Kazimierz district is a real must while in Kraków. The unique atmosphere of Szeroka Street,

surrounded with synagogues, brings back the climate of lost Jewish culture in Krakow, once vivid and flourishing. A recital of Jewish songs performed by the world famous Klezmer band is something one just cannot miss, especially when accompanied by a glass of kosher wine and variety of Jewish specialties. Jewish music can be appreciated in more refined surroundings: the famous Cantores–Cracoviensis choir sings Jewish songs with a violin quartet accompaniment in the unique interior of the Old Synagogue.

Classical evening

The Krakow Opera and Operetta regularly perform to delighted audiences around Europe but many say they save their best performances for Kraków itself. October – May – Kraków Philharmonic Hall. The ensemble gives regular concerts: symphonies, Wawel Evenings, University Concerts, recitals, concerts for youth and children; Summer period: numerous musical events. Organ festivals: Days of Organ Music and Tyniec Organ Recitals; Music in Old Kraków International Festival, Court Dance Festival etc.

Folklore show

Dinner with folk songs and dances from the Kraków region can be organised at a local restaurant.



GDAŃSK & SURROUNDINGS

You don't have to be able to pronounce "Lech Wałęsa" properly in order to visit Gdańsk, but after a visit to the fine, Hanseatic Baltic Sea port and the neighbouring Sopot and Gdynia, you will understand how the brightly-painted Baltic Tri-City has risen above the conflicts of the last century and is now a breath of fresh air.

Gdańsk City Tour (2 hours)

The first clue to the history of the city is seen on the Upland Gate to the Old Town, which is decorated with the emblems of Poland,

Royal Prussia and Gdańsk, indicating the ownership changes the town has experienced.

Pass by the Renaissance Torture House and Gothic Prison Tower to visit the historic interiors of the Town

Hall, dating back to the 14th

century. Then we take a stroll along the main thoroughfare, Długa Street, visiting the famous Artus Court, built in 1481 as a meeting place for wealthy burghers, who shared a passion for King Arthur and the Round Table, very fashionable in Hansa towns at that time.

Stop at Neptune fountain – the symbol of Gdańsk, which owes its many riches to the bounty of the God of the Sea, among which is amber, displayed at the nearby Amber Gallery. Leave Długi Targ through the Green Gate, a gatehouse built for the visits of the kings of Poland and now Lech Wałęsa has an office here. Next to one of the most beautiful

streets in Gdańsk, Mariacka Street, where St Mary's Church stands. The church, founded in 1342, one of the biggest in Europe, is large enough for 25,000 faithful. At the Motława River bank – the Old Crane and wooden granaries are reminders of the trade which underpinned the wealth of Hansaetic Gdańsk.

Gdańsk–Sopot–Gdynia (5 hours)

Main tour of Gdańsk as above. Then take a short drive to the Gates of Gdańsk Shipyard where the "Solidarity" Trade Union movement was founded in 1980, a turningpoint for the struggle against the Communist regimes of Eastern Europe. Pay homage to the victims killed in the 1970 shipyard protest, commemorated by a monument built after demands by the Solidarity strikers. We take a brief pause at Oliva Cathedral, founded in the 13th century, to

listen to a concert played on the Rococo organ, the finest one of its kind in Poland.

Stop in Sopot – a picturesque pre-war summer resort

with a beautiful promenade pier. Then drive to nearby Gdynia – the commercial heart of the Tri-City.

Boat trip on the Bay of Gdańsk (2 hours)

Admire the most magnificent views of the Tri-City from the deck of a boat: the picturesque

panorama of Old Gdańsk, Hel Peninsula, the beaches of Sopot and Gdynia harbour. Stop at Westerplatte to visit the monument commemorating the Defenders of the Coast in the first days of WW2. On board local fish specialities will be served and Polish musicians will entertain you.

Westerplatte Peninsula (3 hours)

Trip to Westerplatte Peninsula, where for 8 days, 182 Polish Soldiers held off thousands of Nazi forces, supported by artillery, planes and naval units. The Monument to the Defenders of the Coast commemorates not only the Westerplatte garrison, but also other soldiers fighting against the Nazi army on other European coasts. A visit to the French military cemetery in Siedlce district which dates back to Napoleonic times, with over a thousand graves from WW2. In Gdynia harbour one can admire "Błyskawica" ("Lightning"), a WW2 destroyer.

Stuthoff – former Nazi concentration camp (3 hours)

A 40-km drive east of Gdańsk takes you to Stuthoff, a former Nazi death camp, where over 85 000 people perished. The gas chamber, crematorium and prisoners' barracks have been preserved. Founded in September 1939, evacuated in 1945, Stuthoff was the first concentration camp the Germans built in Poland and the last to be liberated.

Malbork – Teutonic Knights' castle (4 hours)

A one-hour drive south of Gdańsk takes you to Malbork (Marienburg) – the seat of the Grand Master of the Teutonic Order, dating back to the 14th century, an outstanding example of medieval defensive construction. The vast redbrick fortification which dominates the Vistula riverbank has been the backdrop for many a medieval film epic. It has a wealth of treasures, including Teutonic armour and weaponry and an amber room. Admire the sinister Gothic traps, which the Teutonic brothers invented to rid themselves of inconvenient members and guests.

There is the possibility to extend the excursion to the whole day and visit other Teutonic castles on request.

Excursion to Kaszuby region (full day)

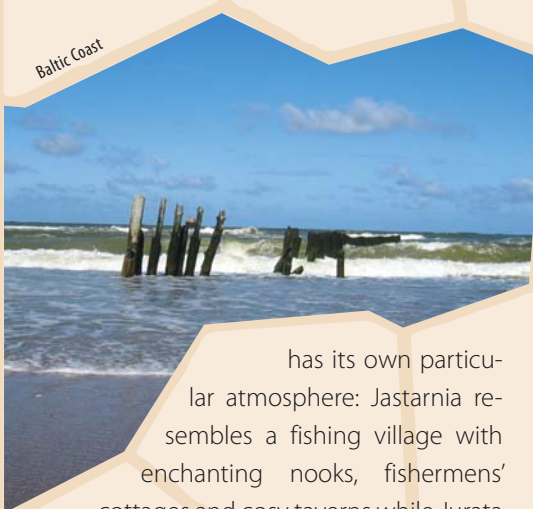
A relaxing drive through the picturesque region locally known as Kashubian Switzerland for its charming, hilly landscape, with its numerous lakes. Stop at the breathtaking Radunia River gorge and walk through the river valley, a nature reserve with some rare mountain flora, unusual at such low altitude. Kartuzy – the capital of the region – is bordered by three lakes. One of them, called Cloister Lake, lies at the foot of a monastery dating back to the 14th century. One of several monks' dwellings has been preserved. In contrast to these Christian retreats, nearby



"Świętopełek Forest" and Sobótka Hill were the scene of pagan ceremonies. Dine at a local inn with folk entertainment. Visit to the Necel family's pottery business, in Chmielno, where you can watch a short presentation of how they make pots by hand. Select the best, newly-made pieces to purchase. Visit to an open-air museum of traditional Kaszubian lifestyle and culture.

Excursion to Hel Peninsula (half day)

This narrow peninsula 34km wide and 200 m wide at its narrowest point is an ideal place for holidays. It was formed by sand deposited by the strong currents. The area is inhabited by the Kashubians, a separate western Slavonic people with their own language and customs (in Jastarnia, Hel street names are in both Kashubian and Polish). Each of the resorts



Baltic Coast

has its own particular atmosphere: Jastarnia resembles a fishing village with enchanting nooks, fishermen's cottages and cosy taverns while Jurata is a very upmarket resort. Hel Peninsula is also famous for its beautiful unspoilt beaches on the Baltic side.

Shifting Dunes (full day)

Słowiński National Park with its shifting dunes, (which can shift by over 9 m a year) rare species of protected plants and birds is one of UNESCO's World Biosphere Reserves. The lighthouse on the Czołpino dune is an excellent viewing point offering a panorama of the whole Park. The dunes together with the four shallow seaside lakes make the park a rare attraction. There is also an open-air museum of regional rural architecture in the village of Kluki.

Ostródzko-Elbląski Channel – by ship over dry land

This may sound strange, but this is exactly what you can do in Poland, on the Ostróda-Elbląg Channel. This waterway is one of the most fascinating in the world, both in terms of the surrounding scenery and the engineering techniques used in its construction. Your river boat will ascend or descend a total height of 99.5 meters, thanks to five special slide ways. When the engine stops, the boat sails on, although no water can be seen – dry land all around. Construction was completed in 1848 with the aim of providing cheap transportation of timber to the Baltic. Now its main purpose is to provide tourists with a fun and unforgettable experience. The excursion can either be a short trip (2-5 hours) or a full-day trip.



Channel

WROCLAW & SURROUNDINGS

Which town has 127 bridges, 14 islands, and has had 50 variants of its name over a one thousand year history? Wrotizla, Vretslav, Presslaw, Breslau are just some of labels attached to Wrocław, The Island City, which is the capital of Lower Silesia, in the south-west corner of Poland. The city has been a cross-roads of Polish, Czech, Austrian, German, Jewish and Ukrainian culture and modern visitors will find a spice in the life here, which will make them want to come back.



Wrocław

Wrocław City Tour (3 hours)

Visit to Ostrów Tumski – the oldest part of Wrocław where the episcopate was established in year 1000. See its numerous Gothic churches, the most precious of which, St John the Baptist Cathedral, founded in 1244, has remnants of the first, Romanesque church. Walk through the Old Town with its beautiful Town Hall erected in 1241, now a museum, and many picturesque Renaissance and Baroque tenement houses. Stop at Wrocław University with its ornate Baroque Aula Leopoldina constructed in the 18th century, bedecked with paintings, sculpture, and gold-plated stuccoes. Visit to "People's Hall", a modernist concert hall by Max Weber (1913), with a capacity of 6000 seats.

Panorama Racławicka (2 hours)

This huge (120 x 15 m) painting "Battle of Racławice" by Jan Styka depicts the most important battle of the Kościuszko Uprising in 1794 against the Russians. The round shape of the painting makes viewers feel like they are in the middle of the battle, with special sound effects and voice (multilingual) from the earphones guiding them through the important scenes of the battle. There is an exhibition of uniforms and weapons of various military formations from the period.

Ślęża, Książ and Rogoźnica (half day)

1-hour drive south-west to Książ. En route stop at Ślęża – the site of an ancient Slavonic pagan cult, with preserved sculptures dating back to 1300– 400 BC. Continue to Książ, the 13th century fortress of the Piast Dukes and the seat of Von Hochberg family since the 16th century. Tsar Nicolai II of Russia and Winston Churchill were guests here. Walk through the beautiful 15-acre park and have lunch at a castle restaurant. On the way back to Wrocław, stop at Rogoźnica to see the remnants of former Nazi Concentration Camp Gross-Rosen and monument commemorating its victims.

Osówka & Walim – Hitler's subterranean munitions factories (half day)

Hitler's excavations of the underground galleries near Osówka and Głuszycza in the Sowie Mountains began in 1943, most probably in order to set up a secret weapons factory. Approximately 1700 meters of a subterranean

trail consisting of passages and caverns can be visited. Meanwhile another complex of underground galleries and shafts was built near Walim towards the end of WWII. This tour could be combined with the one to Ślęża, Książ and Rogoźnica into a one-day trip.



Karkonosze Mountains (full day)

2-hour drive to the west to see the beautiful Karkonosze Mountains. En route stop in Legnica – an ancient stronghold founded before year the 1000, famous for the battle with the Tartars in 1241, which halted their conquest of Europe. Walk through the Old Town with Baroque Town Hall, Renaissance houses and SS Peter and Paul Cathedral. Visit to the 13th century Castle. In Karpacz a chair-lift takes you to the summit at Kopa to admire the beautiful panorama of the Karkonosze Mountains. Visit to two grottoes in Raven Rocks (Krucze Skały). Visit to Wang Temple – a wooden church constructed in Norway in the 13th century, brought here in 1841 by Frederick Wilhelm. The most precious, original elements are made of Norwegian pine and contain characteristic Viking ornaments. On the way back, stop in Jelenia Góra – the ancient stronghold founded in the 12th

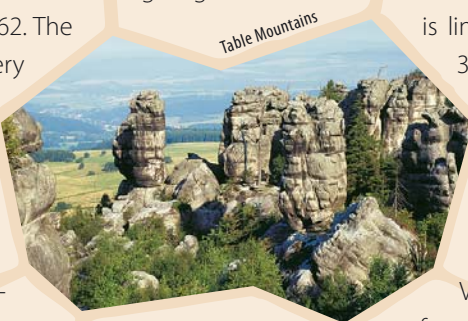
century. The city centre has Baroque houses decorated with arcades and a Gothic church dating back to the 14th century.

Kłodzko Valley (full day)

A 1.5-hour drive south, en route stop in Henryków to visit a former Cistercian monastery dating back to the 13th century. Visit to the early Gothic church with a Baroque interior. Walk through Kłodzko – one of the oldest settlements in Silesia, mentioned in 981 as a border stronghold; Old Town Square with Renaissance and Baroque houses; nearby a stone bridge resembling the famous Charles Bridge in Prague. On the way back to Kraków stop in Duszniki – a spa famous for its annual August Chopin festivals, commemorating the famous composer's stay and the charity concert he gave there in 1826.

Złoty Stok – Gold Mine (half day)

The old gold mine houses the Underground Museum of Mining and Gold Metallurgy. Gold was mined here as early as the 13th century. Mining of the main deposits ceased in the 19th century, but the last 30kg of gold were excavated in 1962. The "Czarna" gallery leads through the 16th century hand-excavated heading. The "Gertruda" gallery features an underground waterfall (8m high) and an exhibition of old mining tools. Competitions in



panning for gold and minting of gold coins are organized.

Table Mountains National Park (full day)

Approximately 2-hours drive from Wrocław to Karłów – the starting point of our excursion. The Table Mountains, are the only range in Poland with a plate-like geological structure. The labyrinth created by the bizarre rock formations is very impressive. Some clefts are 12 metres deep. The sandstone rocks have some extremely curious shapes. The most interesting are the rock clusters known as Błędne Skały and Szczeliniec Wielki – the highest outcrop (919m) of the whole range. To get to the top of this peak, one has to ascend 665 stone steps. Optional visit to Kudowa Zdrój – a famous Polish spa, to visit the town's famous Skulls Chapel.

Kudowa Zdrój – Skulls Chapel

This is the only such venue in Poland, and one of only three in Europe (the others are in Rome and Kutna Hora in the Czech Republic). It was built in 1766 by a Polish priest. The Chapel is lined with the skulls and bones of 3000 victims of the Thirty Years' War and the cholera, while the crypt holds a further 21 thousand.

Trail of medieval frescoes

Very attractive examples of Gothic frescoes are found on the walls of country churches in the environs of Brzeg. The 55 kilometre trail starts from Brzeg and leads

via Brzezina, Zielęcice, Małujowice, Łukowice Brzeskie, Bierzów, Przylesie, Krzyżowice, Pogorzela, Łosiów, Strzelniki and Kruszyzna.

Evening entertainment

Classical evening

Opera Dolnośląska is one of Poland's biggest and most important opera companies. The Opera's performances, often held at the People's Hall, dazzle audiences with their highly imaginative costumes and scenery. The venue is well known for its unique architecture and excellent acoustics. The Philharmonic Orchestra performs a highly versatile repertoire from baroque to contemporary music, chamber music, e.g. by W. A. Mozart, as well as great works requiring a wide array of instruments.

POZNAŃ & SURROUNDINGS

Poznań, which originates from the Polish for "to meet someone", has been a gathering place throughout its history. Its restaurants and cafes still buzz with the banter of international visitors: The city is Poland's largest trades fare centre and being half-way between Warsaw and Berlin, it has been a crossroads of cultures throughout history.

Poznań City Tour (2 hours)

Poznań is one of the oldest towns in Poland. Extended by the first Polish rulers; Mieszko I and Boleslav the Brave, it was the capital city in the 10th and 11th centuries. The first cathedral was founded in 986 on Tumski Island. Pride of place in the cathedral is given to the Mieszko I tomb and the enormous



Poznań

Gothic altar dating from 1512. In the Old Market Square the majority of buildings date back to the 15th century. The Town Hall, founded in the 13th century and later extended in Renaissance style, has one of the most precious Renaissance interiors in Northern Europe. Drive down St. Martin Street which has a monument commemorating victims of the Poznań Spring of 1956 – the first revolt against the communist regime in Poland. Drive by the most beautiful buildings in Poznań: the Archaeology Museum, the Renaissance Górków Palace, the 18th century Jesuit church – one of the best examples of Baroque architecture in Poland; the Raczyński Library, Collegium Maius, the Opera House, and Mickiewicz University.

Excursion to Wenecja and Żnin (half day)

The small village of Wenecja is famous for its narrow-gauge railway museum with a stylish late nineteenth century waiting room. The first section of 60 cm gauge (about the width of a baby's pushchair) opened in July 1894. Racing at 20 km per hour, its trains carry around 100 000 tourists every summer between Żnin and Gąsawa, passing Biskupin and Wenecja on the way. Visit to the ruins of Wenecja medi-



Wenecja

eval castle, the once the domain of a sadistic judge known as the "devil of Wenecja".

Trip to Kórnik Castle / Rogalin Palace (4 hours)

Drive 20 km south from Poznań to Kórnik: castle built in the 16th century, rebuilt in the 19th century in English Gothic style, former property of Zamoyski family. The castle has a collection of furniture, paintings, sculptures, armour and oriental weaponry. Surrounded by a stylish park dating back to the 16th century, now arboretum with numerous exotic plants. Then 10 km west to Rogalin, with a Rococo-Classical palace founded in 1770. The forest here has the highest concentration of old oak-trees in Europe (over 900 trees of 2 m or more in diameter).

Roots of Polish history – Gniezno and Biskupin (5 hours)

50 km drive east from Poznań to Gniezno – "the Nest". According to legend, the founding father of the Polish people, Lech, looked up into a tree here and spied an eagle's nest. The eagle became the emblem of Poland and Gniezno, its capital. The coronation of Bolesław the Brave, the first king of Poland, took place in the cathedral built by his father, Mieszko I, founder of the Polish state. Boleslaw also received the Holy Roman Emperor, Otto III in the city in the year 1000. A year previously, relics of St. Adalbert were buried in the cathedral and a bronze gate manufactured in 1170 shows

scenes from his life and martyrdom. 20 km north of Gniezno lies Biskupin – a pre-Slavonic defensive settlement from 700-400 BC, discovered in 1933 by a local teacher. The imaginative reconstruction was based on excavated remains. Located on a peninsula on the lake, the settlement consists of 105 wooden houses, 11 parallel streets, defensive walls, gates and a wooden bridge.



Biskupin

Evening entertainment

Evening in Czarniejewo Palace

Located 20 km south-east of Poznań, Czarniejewo is a Classical palace dating from 1771, set in a magnificent English park. Tour of the palace and stable. Then horse-drawn carriages take you to the forest, where draught beer is served and sausages are prepared by a bonfire. Finally dinner at a restaurant in the old stables.

Classical evening

Poznań Philharmonic concerts are performed at the Aula of The Adam Mickiewicz University, well known for its perfect acoustics and a beautiful Renaissance architecture.

SZCZECIN & SURROUNDINGS

Szczecin, has been called the Paris of the North – not least because the street layouts of both cities were designed by the same architect, G.E. Haussmann. The charm of the capital of Western Pomerania owes much to its heyday as the seaport of a bustling Berlin before the turn of the 20th century. Its grand Secessionist tenements and imposing riverfront attract many visitors.

Szczecin City Tour (3 hours)

Enter the Old Town through the Baroque Harbour Gate. Walk to the Gothic St Jacob Cathedral with the 17th century St Jacob Bell (weighing 5.7 tons). Visit to the Town Hall founded in the 13th century, rebuilt in Baroque style but still containing Gothic elements. Tour of Pomeranian Dukes Castle founded in the 13th century and rebuilt after destruction during World War II. Walk along Wały Chrobrego (Chrobry Hills) to see the panorama of the harbour and the imposing office buildings dating from the beginning of the last century.

Wolin Island (full day)

1-hour drive to Poland's largest island, Wolin. This area of forests and virgin sandy beaches also encompasses Wolin National Park with rich flora and fauna and a bison reserve. Wolin town was one of the oldest Slavonic settlements, founded in the 8th century. The greatest attraction to the area, however, are the popular, upmarket beach resorts of Międzyzdroje and Świnoujście.

Gerhard's Fortifications – Świnoujście (full day)

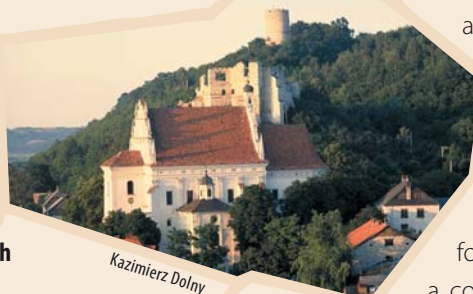
Świnoujście is situated 107 km north-west from Szczecin. Despite the disastrous bombings of the town of Świnoujście in March 1945, this fort was not destroyed. It was built in the 19th century. Behind the long walls, there is a system of bunkers, repositories and gangways. The fort will house the military museum of Świnoujście.

Classical evening

The Pomeranian Dukes' Castle is one of the main centres of cultural life in Western Pomerania. It is a venue for chamber, classical and baroque music concerts, choral concerts such as the International Choral Festival and the Sunday afternoon Concerts series. In the summer season there are Promenade Concerts in the courtyards performed by the Opera and Operetta.

WHERE WEST MEETS EAST: Lublin, Zamość and Przemyśl

The meld of cultures and influences on Poland's Eastern Wall surprises the first time visitor. Lublin's medieval old town has been intricately restored over the last decade, rediscovering some of the magic of cosmopolitan Eastern Europe before WW2. The city also serves as a gateway to the untamed beauty of the southeastern corner of Poland and several historical towns which we recommend visiting. This thinly populated hikers paradise boasts the Bieszczady National Park and rare wooden Uniate and Orthodox Church architecture.



Lublin City Tour (2.5 hours)

Walk through the Old Town dating back to the 14th century with Krakowska Gate, Town Hall and Dominican Church. Visit to the Castle founded by Casimir the Great, the Gothic chapel, containing a beautifully restored 14th century polychrome – reckoned the most precious Polish example of Russian-Byzantine painting. Stop at the 16th century St Nicholas Church and the 17th century Orthodox church, located in the oldest part of Lublin, where excavations have found the city's first settlements, dating from the 6th century.

Majdanek – former Nazi concentration camp (2.5 hours)

Founded in 1941, this death camp claimed 400 000 victims, shot or murdered in gas chambers. Now visitors can see

the prisoners' barracks and monument – a mausoleum containing ashes of victims. A documentary film on the history of the camp is available.

Kozłówka Palace (half day)

50 km drive north from Lublin to visit the former Zamoyski family residence, founded in the 18th century and expanded at the beginning of this century. Visit to the Baroque garden, the palace with its precious paintings, sculptures and furniture. The former coach-house holds a collection of 1950's Socialist Realist art, the optimistic style of

propaganda imposed on artists under the Communist regime. The very much unwanted monument to Polish Communist Party leader, Bolesław Bierut which used to grace a Lublin square and another to the Russian firebrand Vladimir Ilych Lenin from Poronin where he was once in exile, have found a final tranquil if mockingly inappropriate resting place here.

Kazimierz Dolny and Nałęczów (full day)

This beautiful town dates back to the 14th century. Picturesquely located on the bank of the River Vistula, Kazimierz attracts visitors with its irresistible charm. Nowadays a Mecca for artists, coming here to gain inspiration from the breathtaking landscape. The quaint Market Square with some fine Renaissance buildings is overlooked by the ruins of a

Gothic castle. The microclimate of the genteel spa town of Nałęczów is particularly mild. The town is dominated by the extensive and beautifully landscaped Zdrojowy Park with a centrally located Spa House and water park.

Zamość – a pearl of Polish Renaissance architecture (2 hours)

This unique city was founded in 1580 and its centre has maintained its original Renaissance plan. The Old Town Square is surrounded with Renaissance houses with arcades and imposing Town Hall.



Baranów Sandomierski and Sandomierz

Baranów Sandomierski castle is one of the grandest residences in Poland. Many famous artists worked here, including: Santi Gucci, Tylman von Gameren and Falconi. Nearby Sandomierz is one of the oldest towns in Poland. The region's capital since the 12th century, it suffered from Tartar invasions several times in the 13th century. The town is now considered one of the best examples of Gothic and Renaissance urban architecture.



Łańcut, Leżajsk and Sieniawa

Łańcut Castle was erected in the 17th century for the Lubomirski family. Then, owned by the Potocki family, it was reconstructed in the French Baroque style. Surrounded by fortifications and a magnificent park, it houses a museum of interiors, exhibitions of paintings, sculpture, china, tapestries and old furniture. The Museum of Carriages, consisting of over fifty "britzkas", chaises, hunter's – and mail-coaches is what draws many to Łańcut. In Leżajsk we have a visit to the Renaissance Bernardine church with its magnificent late Baroque organ. An organ music recital can be arranged. Stop for a snack in Sieniawa – the Czartoryski Palace built in the first half of the 18th century, rebuilt in late Baroque style and surrounded by a beautiful park.

Przemyśl and Krasiczyn

Walk along Przemyśl's reconstructed defensive walls, and through the Old Town Square with Renaissance town houses, dating back to the 14th century. Then take a short drive to Krasiczyn Castle, founded in the 16th century, with beautiful Renaissance decoration.

MAZURY & WARMIA: THE LAKE DISTRICT

If a Pole says he is going to Mazury or Warmia, it normally means he is seeking the ideal spot to relax for a few days by the lakeside, partake in sailing, windsurfing, kayaking, swimming, golf or one of the other sports on offer in this lakeland. More and more foreign visitors are beginning to discover the delights of an area, which is very accessible from Warsaw or Gdańsk.

Olsztyn City Tour (2 hours)

Olsztyn, built on the hills surrounding the Łyna River, is often known as the gateway to the Masurian lake district, a playground for sailing enthusiasts, anglers and holidaymakers. The town itself boasts eleven lakes within its boundaries. We visit the Warmia and Masuria Regional Museum, housed in the Gothic castle of the Warmia Bishops, where Nicholas Copernicus, the astronomer once lived. Summer concerts of organ music are held in the Gothic St James' cathedral. Olsztyn's other attractions include a planetarium and an astronomical observatory.

Organ concert in Święta Lipka

The Baroque church in Święta Lipka is famous not only for its legendary silver Madonna figure, but also for its beautiful organ. An exclusive concert can be arranged here.

Gierłoż

Visit to Wolf Liar in Gierłoż – Hitler's headquarters during world War II to see the imposing ruins of the thick walls of former bunkers.

Lidzbark Warmiński and Frombork

Lidzbark Warmiński is a true jewel among Polish monuments. The well-preserved Gothic castle from the 14th century was a former seat of the Warmia bishops. Both Nicholas Copernicus and the poet and clergyman Ignacy Krasicki resided here. Another place where Copernicus lived and worked for many years is the medieval stronghold of Frombork. Among the oldest buildings are the monumental brick cathedral surrounded by defensive walls and the Old Bishops' Palace (14th century). The Cathedral Hill offers a sweeping view over the Vistula Lagoon and Sand-Bar.

Evening entertainment

Redykajne show (4 hours)

The ceremony starts in Likury – a suburb of Olsztyn. Horse-drawn carriages take you to Redykajne. Greeting with local liqueur, then a "bride" and "groom" are selected. Feast at a bonfire, tasting Polish specialities and lots of vodka and beer. A folk band, a firework display and a horse parade accompany the event. Competitions are organised as well: the most romantic horse ride

for the ladies; the best horse jump for the gentlemen, tug of war with a one-ton stallion, hay stacks to jump on.

Evening in Galindia

Galindia – "Mazurski Eden" – picturesquely located in the heart of the Piska Forest on the Kruytynia River bank, close to Beldany Lake. This is a unique leisure resort with a large display of folk sculptures. Galindia has received many "best venue in Poland" awards, chosen from among 12 thousand tourist sites.



Święta Lipka



Olsztyn



Frombork



Mazury

CLASSIC TOURS

The following sample itineraries are just ideas to whet your appetite. We can work with you to arrange tailor-made programs for your clients. For more detailed descriptions of the places see the "Poland by Region" section.

Sounds like Warsaw

FRIDAY – arrival in Warsaw • short city orientation • walk through the Old Town • dinner at a traditional restaurant with floorshow

SATURDAY – sightseeing tour with Royal Castle, Royal Route and former Ghetto area • drive to Żelazowa Wola, Frederic Chopin birthplace • lunch at a local inn • return to Warsaw • evening performance at the

Grand Theatre of Opera and Ballet

SUNDAY – morning visit to Wilanów Park and Palace • late afternoon walk through Łazienki Park • private Chopin music piano concert

MONDAY – departure.

Think Kraków, think Culture

FRIDAY – arrival in Kraków • city orientation with the Old Town • dinner at a local restaurant.

SATURDAY – morning visit to Wawel Castle and Cathedral • tour of Kazimierz Jewish quarter • afternoon excursion to Wieliczka Salt Mine • dinner with Klezmer music concert at a Jewish restaurant.

SUNDAY – drive to Częstochowa to visit Jasna Góra Monastery with the Black Madonna Shrine • en route back stop in Pieskowa Skała for lunch and a visit to Renaissance castle • optional visit to Auschwitz–Birkenau • farewell dinner at a local inn with folk singers and dancers.

MONDAY – departure.

Weekend with Art & Amber

FRIDAY – arrival in Gdańsk • city orientation and sightseeing of the Old Town to admire its Hansaetic period architecture • dinner at a local restaurant.

SATURDAY – sightseeing tour of the Tri-City continued: Sopot and Gdynia • visit to the Cathedral in Oliva and organ concert • lunch in the Old Town • stroll along Old Town streets with numerous shops and galleries • optional: afternoon cruise in Gdańsk Bay or visit to Stuthoff, former Nazi concentration camp.

SUNDAY – full day excursion to Frombork and Malbork Teutonic Castles which house large collections of amber jewellery • lunch en route • farewell dinner at a local restaurant with Kaszubian folk entertainment.

MONDAY – departure.

Weekend:

Wrocław – the Island City

FRIDAY – arrival in Wrocław • short city orientation or boat cruise on the Odra River • dinner at a local restaurant.

SATURDAY – morning visit to Ostrów Tumski with numerous Gothic churches • walk through the Old Town with beautiful Town Hall and tenement houses • visit to the magnificent Aula Leopoldina • lunch in the Old Town • visit to Panorama Racławicka – this enormous (120 x 15 m) painting depicts the most



Wrocław

important battle of the Kościuszko Uprising against the Russians in 1794 • evening performance at the Opera and Ballet

SUNDAY – excursion to Książ, the 13th century fortress of Piast Dukes, later the seat of Von Hochberg family • walk through the beautiful 15-acre park and lunch at a castle restaurant • en route stop in Świdnica to visit the Evangelical Church of Peace, a symbol of ecumenicalism after the Counter-Reformation • on the way back to Wrocław stop at Rogoźnica to see reminders of former Nazi concentration camp Gross-Rosen • farewell dinner at a local restaurant.

MONDAY – departure.

The express view:

Kraków (2) & Warsaw (1)

DAY 1 – arrival in Kraków • afternoon city tour • dinner at a local restaurant

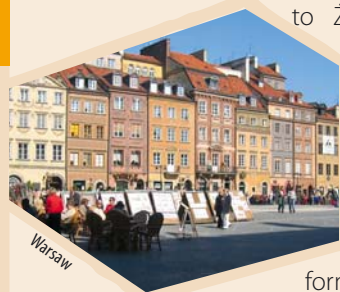
DAY 2 – morning visit to Wawel Castle and Cathedral • drive to Auschwitz • lunch en route • visit to former Nazi concentration camp • evening tour of Kazimierz Jewish quarter • overnight in Kraków.

DAY 3 – morning visit to Wieliczka Salt Mine • Intercity train to Warsaw with packed lunch • city tour of Warsaw • farewell dinner with folk entertainment • overnight in Warsaw.

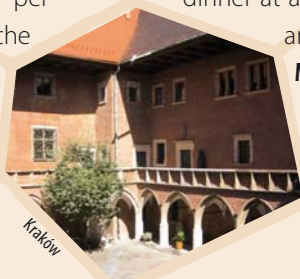
DAY 4 – morning tour of Wilanów Park and Palace or the Royal Castle • departure.



Gdańsk



Warsaw



Kraków



Wrocław

Classic Southern Tour

Wrocław (2) – Częstochowa – Kraków (2) – Zakopane (2)

DAY 1 – arrival in Wrocław • short city orientation • overnight.

DAY 2 – morning sightseeing tour of Wrocław including: the original heart of the town on Ostrów Tumski Island and the magnificent Baroque Aula Leopoldina • walk through the Old Town • overnight in Wrocław.

DAY 3 – departure for Kraków • en route stop in Bierkowice – a suburb of Opole, to visit the Open Air Museum of Folk Architecture • lunch at a local inn • drive to Częstochowa to visit Jasna Góra Monastery, home of the Black Madonna Shrine • overnight in Kraków

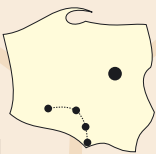
DAY 4 – morning sightseeing tour of Kraków with Wawel Castle and Cathedral • afternoon visit to Auschwitz–Birkenau • evening walk through Kazimierz Jewish quarter

• dinner at a local Jewish restaurant • overnight in Kraków.

DAY 5 – excursion

to Wieliczka Salt Mine • drive to Zakopane, guided tour of the winter capital of Poland • time for shopping • overnight in Zakopane.

DAY 6 – trip to Niedzica to admire a picturesque Gothic and Renaissance castle • drive to Sromowce Niżne, the starting point



for a raft trip through the Pieniny Mountains on Dunajec Gorge to Szczawnica • lunch en route • drive back to Zakopane through picturesque mountains • en route stop in Dębno to visit famous 15th century wooden church with rich ornamentation • dinner by a bonfire with Polish highland singing and dancing • overnight in Zakopane.

DAY 7 – departure.

Classic Northern Tour:

Warsaw (2) – Toruń – Gdańsk (2) – Olsztyn (2) – Warsaw (1)

DAY 1 – arrival in Warsaw • short city orientation • dinner at a local restaurant.

DAY 2 – morning tour of Warsaw with the Royal Castle or Wilanów Palace • departure for Żelazowa Wola and visit to Frederic Chopin's birthplace • overnight in Warsaw.

DAY 3 – departure for Gdańsk • en route stop in Toruń • guided tour of the city, unique example of Gothic architecture of 13th century: churches, burghers' houses, defensive walls • lunch en route • drive to Malbork to visit an imposing Teutonic Fortress • overnight in Gdańsk.

DAY 4 – sightseeing tour of the Tri-City: Gdańsk–Sopot–Gdynia • walk through Długi Targ Street with Neptune Fountain • visit to Oliva Cathedral with organ concert • walk along the pier in Sopot • sightseeing tour of Gdynia and the harbour • overnight in Gdańsk.

DAY 5 – departure for Olsztyn • en route



Toruń

stop in Frombork and Lidzbark Warmiński to admire medieval architecture and see places connected with Copernicus, the Polish astronomer who first declared the earth orbited the sun • overnight in Olsztyn.

DAY 6 – full day trip around Mazury Lake District with visits to: Święta Lipka Monastery, Hitler's Underground Bunker–Wolf Liar, cruise on lakes • overnight in Olsztyn.

DAY 7 – departure for Warsaw • farewell dinner at a local restaurant.

DAY 8 – departure.

Classic Eastern Tour:

Warsaw (2) – Białowieża (1) – Zamość (1) – Rzeszów (1) – Kraków (2)

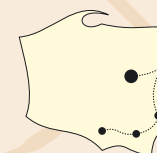
DAY 1 – arrival in Warsaw • short city orientation • dinner at a local restaurant.

DAY 2 – morning tour of Warsaw with the Royal Castle or Wilanów Park and Palace • private concert of Chopin music at the Royal Łazienki Park • overnight in Warsaw.

DAY 3 – departure for Białowieża National Park • walk through the primeval forest and bison reserve • dinner at a local restaurant • overnight in Białowieża.

DAY 4 – departure for Zamość • stop in Grabarka, an unique Orthodox Sanctuary • lunch en route • drive to Kozłówka to visit the Baroque palace of the Zamoyski family, one of the best–preserved noble residences in Poland. The palace outbuildings house a permanent art and propaganda exhibition • overnight in Zamość.

DAY 5 – short sightseeing tour of Zamość, the 16th century Renaissance town • drive to



Rzeszów through Roztoczański National Park • en route stop in Łańcut. Visit to Potocki Palace and Park with an unique Museum of Carriages • overnight in Rzeszów.

DAY 6 – departure for Kraków • en route stop in Tarnów, a medieval town with a charming Market Square and tenement houses and Zalipie, a painted village • walk through the Old Town of Kraków and overnight.

DAY 7 – morning city tour with Wawel Castle and Cathedral • afternoon trip to Wieliczka Salt Mine • farewell dinner at a local restaurant • overnight in Kraków.

DAY 8 – departure

Classic Round Trip:

Warsaw (1) – Tricity (2) – Toruń – Poznań (1) – Wrocław (1) – Kraków (2)

DAY 1 – arrival in Warsaw • leisure time • welcoming dinner at the hotel.

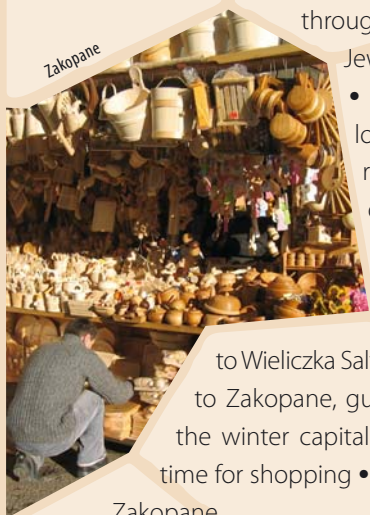
DAY 2 – half-day city tour including the Royal Route with Łazienki Park and Palace and the Old Town area with Royal Castle and Market Square • drive to Tri-city (Gdańsk, Sopot, Gdynia) • overnight in Gdynia.

DAY 3 – guided tour of the Tri-city: Długi Targ Street, Neptune Fountain, the Oliva Cathedral inclusive of a concert played on the Roccoco organ • walk along the pier in Sopot • sightseeing tour of Gdynia and the harbour • overnight in Gdynia.

DAY 4 – departure for Poznań with en route visit to the Teutonic Knights' Castle in Malbork



Łańcut



Zakopane

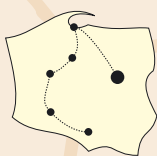
and sightseeing tour of Toruń with the Old Town and Copernicus House • overnight in Poznań.

DAY 5 – morning city tour of Poznań: Old Market Square, 13th century Town Hall • drive to Wrocław • afternoon guided tour of Wrocław: the original heart of the town on Ostrów Tumski Island, the Old Town, the University with the magnificent Aula Leopoldina • overnight in Wrocław.

DAY 6 – drive to Kraków • en route stop in Częstochowa to visit Jasna Góra Monastery with the miraculous Black Madonna Shrine • drive to Auschwitz, the former Nazi concentration camp • overnight in Kraków.

DAY 7 – half day tour of Kraków, including Wawel Castle with Cathedral and the Old Town area • trip to Wieliczka Salt Mine – an unique world-class attraction included in UNESCO's World Heritage List • overnight in Kraków.

DAY 8 – departure.



Częstochowa



Żelazowa Wola

THEME TOURS

Frederic Chopin and his legacy:

Warsaw (3) – Żelazowa Wola – Brochów – Sanniki – Antonin – Wrocław (2) – Duszniki Zdrój – Kraków (1)

DAY 1 – arrival in Warsaw. Welcome evening – private Chopin music piano concert at the Palace on the Water in Łazienki Park with a glass of sparkling wine during the intermission. Dinner at famous Belvedere restaurant. Overnight in Warsaw.

DAY 2 – morning city tour of Warsaw with visits to places connected with the great composer: Łazienki Park with Chopin Monument. Holy Cross Church, where the urn with Chopin's heart is deposited. Chopin Salon, where young Chopin lived for 3 years. Ostrogski Castle, now the seat of the Chopin Music Society and Museum with valuable collection of Chopin's musical manuscripts, correspondence, portraits and memorabilia as well as old drawings, paintings sculptures and medals devoted to Chopin. Lunch in the Old Town. Afternoon visit to Powązki Cemetery with beautiful tombstones dating back to the early 19th century, homage to Chopin's



family members buried there (parents and sister). Overnight in Warsaw.

DAY 3 – full day excursion to the outskirts of Warsaw following Chopin's footsteps: Żelazowa Wola, Chopin's birthplace. Brochów, where Chopin's parents were married and he was baptised. Sanniki, where Chopin used to spend his holidays at Pruszek family palace, now a small museum. Lunch en route at a local inn. Overnight in Warsaw

DAY 4 – departure for Wrocław.

En route stop in Antonin, where Chopin stayed twice, now a museum in his honour. Lunch en route. Overnight in Wrocław.

DAY 5 – full day excursion to Duszniki Zdrój, the famous spa and a place where the International Chopin Festival takes place every year. Chopin stayed here and gave a charity concert in 1826. Lunch at a local restaurant. Overnight in Wrocław.

DAY 6 – short city tour of Wrocław. Departure for Kraków. Afternoon city tour of Kraków and overnight.

DAY 7 – departure.



F. Chopin

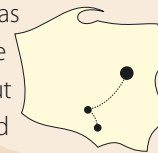
In the footsteps of Pope John Paul II:

Warsaw (2) – Częstochowa – Kraków (3)

DAY 1 – arrival in Warsaw, transfer to the hotel. In the afternoon guided sightseeing tour of Warsaw: Old Town with Market Square and St. John's Cathedral, Łazienki Park as well as Piłsudski Square where The Pope gave his sermon about the Holy Spirit which inspired the opposition to the communist system. Dinner and overnight in Warsaw.

DAY 2 – morning visit to Wilanów Palace, "the Polish Versailles", built for King Jan III Sobieski as his summer residence. Excursion to Niepokalanów with a monastery established by St. Maksymilian Kolbe in 1927. The Monastery was proclaimed a minor basilica by Pope John Paul II on 30th April 1980. Overnight in Warsaw.

DAY 3 – morning departure to Częstochowa, one of the world's most famous Marian shrines and one of John Paul II's favourite places to pray (Karol Wojtyła used to stress that he was born in May – traditionally the month of Our Lady). Lunch at a local restaurant in Częstochowa. Visit to the Basilica, Chapel of the famous Black Madonna, Treasury and Museum. Drive to Auschwitz-Birkenau concentration camp; visit to the site as well as the Martyrdom Museum and St. Maximilian Kolbe's cell. Father Kolbe was a Franciscan monk who offered his life in return for saving the life of a fellow Auschwitz inmate. He died in the starvation cell. Continuation to Krakow, the city where Karol Wojtyła lived from the age of 18, studied and then served as priest and



bishop. Overnight in Kraków.

DAY 4 – guided sightseeing tour of Kraków Old Town: St. Florian's Church – Karol Wojtyła's first Kraków parish, the city fortifications, Market Square and St. Mary's Gothic church with its famous altar designed by Witt Stwos, Collegium Maius – the medieval university building, the Archbishop's Palace with the statue of John Paul II. Lunch at a local restaurant. In the afternoon visit to the Royal Castle and the Cathedral with the Karol Wojtyła Archbishop's throne. Overnight in Kraków.

DAY 5 – visit to the world famous Shrine of Divine Mercy in Łagiewniki where St Faustina's revelations took place. The late Pope John Paul II canonised St. Faustina and instituted the Feast Day of Divine Mercy – the Pope died the 2nd of April 2005 – one day before the Feast of Divine Mercy. The sanctuary is situated close to the former soda

factory – Solvay, and the quarry, where young Karol Wojtyła was employed as a manual worker during WW II. Journey to the Pope's home town of Wadowice and lunch. Visit where young Wojtyła lived and the church where he was baptised. Then go on to the UNESCO-listed hillside stations of the cross at Kalwaria Zebrzydowska, frequented by young Wojtyła. Return to Kraków and overnight.

DAY 6 – transfer to the airport and departure.



EXTENSION - Zakopane (2) – Kraków

The Tatra Mountains are an inspiration to many who enjoy hill walking, just as they were for the late John Paul II, who walked here throughout his life. If you are able-bodied and fancy following some of the mountain trails most loved by Wojtyła, then the extension we offer may be for you.

DAY 1 – journey to the Tatra Mountains – where Karol Wojtyła spent many of his holidays, hiking in the summer time, skiing during the winter, and often visiting outlying parishes on foot, with a backpack. Visit to the Sanctuary of Our Lady – Queen of the Tatras in Ludźmierz. Continuation to Zakopane. Lunch at a traditional highlander's inn with regional music and dances. In the afternoon, a walk to "Hala Kalatówki" where one can admire a magnificent view over the Tatras. Continuation to "Księżówka" where Bishop Wojtyła used to stay during his journeys to Zakopane, and visit to the hermitage of Holy Albert Chmielowski – the hero of the Karol Wojtyła play "Brother of Our God". Overnight in Zakopane.

DAY 2 – trip to the Pieniny Mountains.

Option 1 – hiking in Pieniny – 4-hour walk following the Pope's trail to Trzy Korony summit (about 900 m. above sea level) with an impressive view over the Pieniny and Tatra Mountains as well as the Dunajec river.

Option 2 – raft trip along Dunajec river – 3-hour river trip across the spectacular gorges of the Dunajec. Lunch. Transfer to Zakopane. Stroll along the old part of the town with its wooden church, ancient cemetery and country houses built at the end of XIX c, in the

unique Zakopane style. Visit to the Sanctuary dedicated by Polish highlanders to Our Lady of Fatima – an ex-voto for saving the Pope's life after Ali Agca's assassination attempt. Overnight in Zakopane.

DAY 3 – transfer from Zakopane to Kraków – Balice Airport and departure.

Other Catholic places of interest

Contemporary Poland is 97% catholic and 99% Christian and has the highest church attendance in Europe, bolstered by the national devotion to the late Pope John Paul II. In this section we show other Catholic places of interest. Places of interest of many other faiths and denominations which are also part of the fabric of society in Poland: Protestant churches, Orthodox churches mainly in the East, Jewish shrines in many of the towns and Muslim mosques near Białystok are included in our sample itineraries, though we do arrange special tours on request.



BARDO SANCTUARY – situated 77 km south of Wrocław. Baroque basilica of Redemptorist Fathers, where the Romanesque statue of "The Madonna reigning with Child" is worshipped as the Silesian Sentinel of Poland. Known for numerous miraculous healings. Calvary built in 18th century.

GIETRZWAŁD – sanctuary; 17 km west of Olsztyn: main pilgrimage centre in Warmia region; miraculous icon of Our Lady of Warmia.

GÓRA ŚWIĘTEJ ANNY – sanctuary situated

in Silesia, south-east of Opole. Franciscan Monastery from 18th century and wooden figure of "St Anna with Madonna and Child". The Way of the Cross and "paths of the Virgin Mary".

KALWARIA PACŁAWSKA – sanctuary, about 25 km south-east of Przemyśl. Marvellous picture of the Mother of God of Calvary, crowned in 1882. Place of pilgrimages; the main three-day indulgence takes place on the Assumption Day of the Holy Virgin Mary.

KODEŃ SANCTUARY – situated 20 km south of Terespol. Baroque Basilica of St Anna with the marvellous picture of the Mother of God of Kodeń, called the Queen of Podlasie. Ecumenical meetings of young people are held here. The Way of the Cross is represented by one hundred wooden figures.

ŁĄD – on the Warta river, 25 km west of Konin, Cistercian Abbey from 12th century, during World War II Nazi prison for Polish priests.

LEŻAJSK SANCTUARY – 67 km north-west of Przemyśl. Basilica and Monastery of Bernardine Fathers with a miraculous picture of Our Lady of Consolation. Leżajsk Calvary.

LICHEŃ – village situated 18 km north-east of Konin, the second most visited Poland's religious sanctuary after that of Częstochowa. Licheń has two churches. One of them is the Sanctuary of Our Lady, Queen of Poland, the largest church in Poland, 7th largest in Europe and 11th largest in the world. Its five-nave interior is supposed to remind us of the early Christian basilicas. It can comfortably house 17,000 faithful and its tower is 128m high.

The other one is St. Dorothy's Church with a miraculous icon representing the Virgin Mary.

LUDZIMIERZ – village in Podhale region, 4 km south of Nowy Targ. In the local church there is a miraculous figure of the Virgin Mary, known as the Queen of Podhale.

ŁOWICZ SANCTUARY – 81 km west of Warsaw on the road to Łódź. Cathedral with miraculous picture of the Assumption of the Holy Virgin Mary.

ST. STANISLAUS KOSTKA CHURCH – sanctuary situated in the district of Żoliborz in Warsaw. Pilgrimages to the graveside of Father Popiełuszko, murdered by agents of communist secret police in 1984. His "Masses for our Homeland" were attended by thousands of Poles at the church.

STUDZIANNA – east from Tomaszów Mazowiecki, monastery and church with copy of the Jacques Callot's painting "The Holy Family's Meal", famous for its miracles.

ŚWIĘTA LIPKA – 72 km north-east of Olsztyn, this Jesuit monastic complex is considered the most beautiful baroque construction in Poland. A baroque gateway (18th century) leads visitors and pilgrims into the Marian sanctuary. The three-nave basilica has a very impressive and richly adorned interior.

TRZEBNICA – a small town, 24 km north of Wrocław. Sanctuary – Basilica of St Hedwig, one of the most precious relics of Baroque architecture in Silesia. Pilgrimages visit the grave of the patron saint of Silesia who is buried here.

WAMBIERZYCE SANCTUARY – 30 km north-

east of Kudowa Zdrój, the 18th century Baroque basilica with miraculous 13th century figure of the Mother of God with Child. The



Licheń

Basilica called the "Jerusalem of Lower Silesia" is one of the best known "calvaries" with 74 chapels and a precious moving Christ child's crib. In 1218 a blind person recovered their eye-sight while praying in front of the figure of Mary with Child which was placed on a large lime tree. Since then the cult of the image began to spread very quickly.

Jewish heritage – classical Jewish tour:

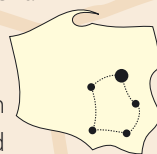
**Warsaw (2) – Lublin (1) – Rzeszów (1)
– Kraków (2) – Łódź (1) – Warsaw (1)**

DAY 1 – arrival in Warsaw

DAY 2 – Jewish heritage tour of Warsaw: former Ghetto area, monument to Ghetto Uprising, Umschlagplatz, from where people were transported to Auschwitz, Jewish cemetery, Nożyk Synagogue, Museum of Jewish Culture, Janusz Korczak orphanage and monument.

DAY 3 – drive to Lublin. Stop in Kazimierz Dolny to visit the 18th century synagogue, Jewish cemetery founded in 1851 and museum containing precious Judaica made of gold and silver. Visit to Majdanek concentration camp. Guided tour of Jewish Lublin with cemetery. Overnight in Lublin.

DAY 4 – drive to Rzeszów via Zamość with synagogue founded in 1620 with preserved



part of polychrome and Aron ha-Kodesh. Then visit to the Jewish cemeteries in Sieniawa, Leżajsk and the 17th century synagogues in Rzeszów. Overnight in Rzeszów.

DAY 5 – departure for Kraków via Tarnów to visit bimah – the only remaining fragment of the 18th century synagogue and the 16th century cemetery with 3000 tombstones. Afternoon city sightseeing of the Old Town in Kraków and overnight.

DAY 6 – tour of Kazimierz Jewish quarter: Museum of Jewish History, Cemetery and Synagogue, Rabbi Isserles Mausoleum, new cemetery. Continue to Schindler Enamelworks and Płaszów Camp. Afternoon trip to Chrzanów. Visit to the cemetery founded in 1759 with ca 1500 tombstones.

Some of them have a great value. Visit to Museum of Judaica. Drive to Auschwitz – Birkenau, Nazi concentration camp. Overnight in Kraków.

DAY 7 – drive to Łódź via Piotrków Trybunalski. Visit to the 18th century cemetery with 3000 tombstones (a precious monument of Judaica) and synagogue from the 18th century. In Łódź we take a tour tracing the "cotton empire" of Israel Kalmanowicz Poznański factory buildings: workers residences, the palace of Israel Poznański, the former Ghetto area, the Jewish cemetery – the biggest in Poland. Overnight in Łódź.

DAY 8 – morning drive to Warsaw. Visit to a former death camp in Treblinka. Overnight in Warsaw.

DAY 9 – departure.

Other Jewish places of interest.

BELŻEC: death camp where 600 000 Jewish perished, now a memorial.

BIAŁYSTOK: Żabia Street cemetery from the 19th century, the mass grave of over 900 Jewish murdered in 1943 during the liquidation of the ghetto.

BOBOWA: synagogue erected in 1756, one of the most precious surviving polychromes, Aron ha-Kodesh. Now a museum containing Judaica. The 18th century cemetery contains ca 100 tombstones.

BOCHNIA: former ghetto area, a cemetery established in 1872, now with ca 700 tombstones. Stanisław Fischer Museum containing Judaica from the area.

CHELMNO: memorial to victims of Nazi death camp where 250 000 Jewish perished.

CHEŹCINY: Baroque synagogue erected in 1638 with preserved original elements: Aron ha-Kodesh, portals, alms-box.

KIELCE: Pfefer Synagogue, built in 1903, now district archives; a cemetery established in 1868, now lapidarium with ca 150 tombstones, plaque commemorating victims of 1946 pogrom, buried at Jewish cemetery at Pakość Street.

LESKO: cemetery founded in the 16th century with ca 2000 tombstones, incl.: very precious tombstones, a beautiful Baroque synagogue with preserved Aron ha-Kodesh portal. Now Museum of Jews from Galicia.



ŁAŃCUT: Baroque synagogue from 1761, preserved wall paintings, bimah and Aron ha – Kodesh, now Jewish Museum. Former Old Cemetery, established in 1860, now only memorial plaque.

ŁĘCZNA: synagogue founded in 1648, now a museum containing Judaica.

PIŃCZÓW: synagogue built in 1557, now a museum.

ROGOŹNICA: Gross – Rosen, concentration camp, now Memorial to the Victims.

SANDOMIERZ: late Baroque synagogue built in 1758 with traces of wall paintings and adjusting kahal building, now district archives; a cemetery with monument created of broken tombstone, now a lapidarium.

SOBIBÓR: death camp where over 250 000 Jewish perished, famous for uprising and successful escape of several dozen prisoners, now monument.

STUTTHOF: Nazi concentration camp, now a museum-monument.

TYKOCIN: Baroque synagogue founded in 1642 with Aron ha – Kodesh, bimah and wall paintings, cemetery with about 500 tombstones.

ZAMOŚĆ: late Renaissance synagogue built in 1620, Aron ha-Kodesh and stuccoes preserved, now a library; former Ghetto area, memorial lapidarium.

ŻARKI: restored synagogue; cemetery from the early 19th century, ca 900 well preserved tombstones.

Nobleman's trail

Warsaw (2) – Rzućewo Castle (2) – Krzeńlice Palace (2) – Krasków Palace (1) – Paszówka Palace (2) – Krasiczyn Castle (2) – Baranów Sandomierski (1) – Warsaw (1)

Poland is a country with noble traditions going back hundreds of years and the residences of the landed gentry form a part of European heritage. The greatest advantage of staying in one of these residences is their location, away from the city noise and in the middle of old parks, making all kinds of pursuits possible ranging from: horse riding, sailing, tennis or golf to bike rides and skiing. Some are a short drive away from major towns: Krzeńlice is only 30 km from Poznań, Rydzyna about the same distance from Kraków, while Pułtusk is an hour's drive from Warsaw. Others, such as Dwór Oliwski are right by the sea or within a short drive from it such as Strzemieszycino. Staying

in one of our palaces you can enjoy the sumptuous period décor, like in Krasiczyn, or the very well equipped wine and vodka cellars and fine Polish cuisine such as in Kiermsy. You can also try Polish mead which has been produced here for over 1000 years.



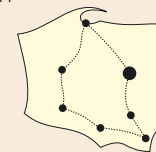
Krasków

DAY 1 – arrival in Warsaw, transfer to the hotel. Welcome evening – private Chopin piano concert at the Palace on the Water in Łazienki Park. Dinner at the famous Belvedere restaurant. Overnight in Warsaw.

DAY 2 – sightseeing tour of Warsaw including a visit to the Royal Castle or Wilanów Palace

and Park. Overnight in Warsaw.

DAY 3 – departure for Gdańsk, en route stop in Toruń, one of the best preserved examples of Gothic urban architecture in Central Europe. Visit to Malbork castle – the largest brick Gothic castle in Europe. Overnight in Rzućewo Castle situated on the picturesque cliff shore of Puck Bay, near Gdańsk.



DAY 4 – guided tour of the Tri-City: Gdańsk – Sopot – Gdynia. Overnight in Rzućewo.

DAY 5 – departure for Poznań. En route visit to Gniezno with beautiful Gothic cathedral from 14th century. The cathedral was the place where the first Polish Kings were crowned. The cathedral's Gniezno Door, dating from the 12th century is the shrine's most prized treasures. Overnight in Krzeńlice Palace near Poznań, a Neogothic 19th century residence.

DAY 6 – morning city tour of Poznań. Drive to Rogalin, the 18th century Baroque and Neo-classical palace and park complex. Continue to Kórnik castle founded in the 16th century, originally a Knight's stronghold surrounded by a moat. Return to Poznań for lunch and shopping. Evening in Czarniejewo Palace located 20 km south-east of Poznań. Horse-drawn carriages will take you to the forest, where draught beer is served and sausages are prepared by a bonfire. Finally, dinner at a restaurant in the old stables. Overnight in Krzeńlice.

DAY 7 – departure for Wrocław. En route stop for lunch at Rydzyna Castle. Guided tour of Wrocław with visits to: Ostrów Tumski, the Old Town and Wrocław University with Aula

Leopoldina. Overnight in Krasków, a Baroque palace. The palace was built in the 1700's by the Zedlitz family on a site where a castle belonging to the Bishops of Wrocław originally stood. Krasków Palace has been carefully restored as a hotel by its current owners.

DAY 8 – departure for Kraków. En route stop in Brzeg to visit the castle of the Silesian Piasts, one of the most impressive Renaissance castles in Poland. The castle's arcaded courtyard and three-level cloisters are similar to the residence of Polish kings in Kraków. Hence Brzeg is often called "Silesian Wawel". Lunch en route. Overnight in Paszówka, a palace from the 19th century adorned by a characteristic Mauritanian Tower.

DAY 9 – Kraków city tour, including Wawel Royal Castle and Cathedral and Old Town area. Dinner with folk entertainment. Overnight in Paszówka.

DAY 10 – departure for Krasiczyn. En route stop in Wieliczka Salt Mine. Drive to Nowy Wiśnicz – an interesting combination of Gothic, Renaissance and Baroque styles, the castle of Nowy Wiśnicz used to be the residence of the Kmita and Lubomirski noble families. The castle nicely combines features of defensive and residential architecture with a particularly picturesque landscape. Visit to Zalipie. Drive to Krasiczyn Castle & Park, a complex of the late-Renaissance which is



Krzeńlice

acclaimed as one of the finest of its kind in the country. The castle is richly ornamented with an open-work attic, stucco works and wall-paintings. A hotel was arranged in the 19th century building surrounded by 20 hectares of landscaped grounds with rare species of trees and shrubs. Overnight in Krasiczyn.

DAY 11 – an excursion to visit Przemyśl

and Sanok with Poland's largest open-air museum with 100 traditional buildings (farm, windmills, mills, Orthodox & Uniate churches). The castle houses a fine collection of icons up to 600 years old which have all been collected from the old wooden Uniate and Orthodox churches in the villages of the Carpathian mountain range. Lunch en route. Dinner & overnight in Krasiczyn Palace.

DAY 12 – departure for Baranów Sandomierski – perfectly preserved, sumptuous late-Renaissance magnate residence from the turn of the 16th century, set in a pleasant, well kept park with flower terraces and fountains. On the way visit to Łańcut Palace – a very well preserved residence built in the early 17th century surrounded by a system of fortifications with bastions. Dinner & overnight in Baranów Sandomierski.

DAY 13 – drive to Warsaw. En route stop in Sandomierz and Kazimierz Dolny. Lunch. Dinner & overnight in Warsaw.

DAY 14 – departure.

Castles & palaces

Baranów Sandomierski Castle – 15 km south-west of Tarnobrzeg. Baranów dates back to the 12th century. The Castle was completed in 1602, later rebuilt by Tylman von Gameren and became one of the most beautiful Mannerist residences. Now a hotel with 30 rooms.



Baranów Castle

Brodnica Palace – situated near Poznań, was built in the 19th century. The palace is the only place in Poland that belongs to the prestigious Ila network – an exclusive group of independently owned hotels. The palace's specific atmosphere is due to the fact that it is a private home and the owner receives the guests personally. Accommodation for 24 guests.

Czerniejewo Palace – 40 km east of Poznań, a Neo-Classical palace surrounded with a Landscape park. Now a hotel with 32 rooms.

Czocha Castle – 50 km from Jelenia Góra, built in the 13th century for King Wacław II of Bohemia as a defensive barrier for the North. At the beginning of the 15th century, the castle lost its military importance and became a residence for noble families. Now a hotel for 140 guests.

Dwór Oliwski – a 17th century manor, the former family residence of a Gdańsk official located in the centre of the Tri-City Landscape Park. The local microclimate is very pleasant, thanks to the sea breeze and the hills



Krasków

overgrown with trees. Dwór Oliwski, now 5* hotel with 40 rooms, is a Member of the Small Luxury Hotels of the World™ association.

Jabłonna Palace – 20 km north-east of Warsaw, built in the 18th century. Rebuilt after the World War II. It offers accommodation for 46 guests.

Kadyny Palace – 25 km east of Elbląg, at Baltic Coast, built in 1723, later the property of German Kaiser Wilhelm II. Now a hotel with 40 rooms.

Kiermusy – an old style Polish manor house called "The Manor in the Meadow". Excellent

Podlasie cuisine dishes are served, including traditional meat recipes, oven-baked bread and liqueurs. It offers accommodation for 91 guests.

Kliczków Castle – a Neo-Renaissance residence built in the 13th century, surrounded by an old park, 12 km from Bolesławiec, near main international routes. The castle offers 89 rooms.

Krasków Palace – one of the most superb Baroque Palaces in Central Europe lies at the foot of the mythical mountain of Ślęża. Now a hotel with 35 rooms.

Krobiełowice Palace – 25 km south-west of Wrocław, built in the 16th century in the site of an old defensive tower. Today it houses a hotel with 22 rooms.

Krzeńlice Palace – a superb piece of romantic Neo-Gothic architecture. The Palace is situated on the Piast Route, only



Jabłonna

30 km east of Poznań. It offers accommodation for 35 guests.

Książ Castle – nearby the town of Wałbrzych, in south-west Poland, dating back to the 13th century, founded by Duke Bolko of Piast dynasty, rebuilt in the 18th century in Baroque style. Now a hotel with 58 rooms.

Malbork Castle – 55 km south-east of Gdańsk. Fortified Teutonic Knights Castle, built in the 13th century. The castle became one of the greatest Gothic fortified complexes in Europe. The hotel offers accommodation for 82 guests.

Niedzica Castle – 30 km south-west of Nowy Targ, dating back to the 16th century, situated on a hill surrounded by the beautiful Czorsztyn Hills, overlooking Dunajec Gorge in Pieniński National Park. The castle offers 32 beds.

Nieznanice Palace – 10 km north-east of Częstochowa is a newly-renovated palace offering spacious rooms with period furniture. The palace is surrounded by a beautifully manicured park. The hotel's restaurant specialises in French cuisine. Now a hotel with 18 rooms.

Paszkówka Palace – 30 km west of Kraków is an enchanting hotel promising patrons elegance, culture, relaxation and excellent cuisine. It was previously the residence of many Polish noble families. The hotel offers 15 palace chambers and 27 rooms.

Pułtusk Castle – 60 km north of Warsaw, dating back to the 15th century, situated in splendid park on the edge of the White Forest. Now Polonia House is offering 53 rooms.



Książ

Rydzyzna Castle – 10 km south-east of Leszno, founded in 1704 on

Gothic foundations. It is a pearl of Polish Baroque. All streets of the 18th century town of Rydzyna lead to the castle. The castle has 48 rooms.

Rzucewo Castle – Jan III Sobieski Castle located on the picturesque cliff shore of Puck Bay, on the Wejher, Radziwiłł, Sobieski lands. The Neo – Gothic image was created by Fredrik Stuler. The hotel offers 26 rooms.

Sieniawa Palace – 50 km north-east of Rzeszów, built at the beginning of the 18th century, belonged to the Czartoryski family, one of the most distinguished families in Poland. Now a hotel with 22 rooms.

Strzeżęcino Amber Palace – 10 km south of Koszalin, just 20 km from the sandy Baltic Sea coastline, the former residence of the Junker von Kamecke family which retains the spirit of “la belle époque”. It is set in grounds which include an ornamental French garden. Stylishly furnished rooms and beautiful surroundings make this place irresistible. Now a hotel with 67 luxurious rooms.

Sulejów Podklasztorze Cistercian Abbey – 15 km east of Piotrków Trybunalski, located on the Pilica River, well preserved fortifications. Built in the 13th century. Accommodation for 100 guests.

Walewice Palace – 22 km west of Łowicz or 105 km from Warsaw, built in Neo-Classical style in the late 18th century. Now a hotel with 14 rooms.

Waplewo Palace – 55 km south-west of



Elbląg, dates from the 17th to 19th centuries. Frederic Chopin stayed here in 1827 r. It can accommodate 20 guests.

Zajązkowo Palace – 50 km north-west of Poznań, built at the end of the 18th century, completely reconstructed in 1910. Located on a peninsula surrounded by Zajączkowskie Lake. The palace can accommodate 90 guests.

Teutonic & Gothic castles trail

Gdańsk (2) – Bytów – Malbork (1) – Sztum – Kwidzyń – Olsztyn (1) – Lidzbark Warmiński – Kadyny (1)

The Teutonic Castles trail bears similarities to the Loire Valley castles trail in France – as it is a chain of strongholds built in the middle ages. The order of Teutonic Knights came to Poland at the invitation of Polish royalty in the 13th century, to help convert the heathen Prussians to Christianity and stifle their hostility. Instead, the order took control over a large part of Northern Poland and began building their strongholds. In total, they built 120 such strongholds, a maximum of one day's horseride apart (30 km), owing to a principle that the knights were forbidden from spending the night outside a Teuton castle. The short distance that divided each stronghold also enabled them to communicate by signals. The most impressive fortress was constructed in Malbork, the capital of the order since 1309 (when the capital moved from Venice), which



is considered to be one of the most valuable examples of medieval defensive architecture in entire Europe. The glory days of the Order came to an abrupt end when they were defeated by Polish forces at the Battle of Grunwald in 1410.

DAY 1 – arrival in Gdańsk and overnight.

DAY 2 – sightseeing tour of the Tri-city: Gdańsk, Sopot, Gdynia. Overnight in Gdańsk

DAY 3 – departure for Bytów – situated in the heart of the Kaszuby region. Visit to the Gothic Teutonic Knights' castle from the 14th century. Continue to Malbork via Wdzydze Kiszewskie – an open air-museum of the Kaszuby region. Stop in Pelplin – a Cistercian Abbey with magnificent 14th century Gothic cathedral, library and Gutenberg Bible from 15th

century – one of the few original versions in existence. Overnight in Malbork.

DAY 4 – sightseeing of the largest brick Gothic castle in Europe, the seat of the Grand Master of the Order, on the UNESCO World Heritage List. Drive to Olsztyn. En route stop in Sztum – a 14th century castle, a summer residence of the Grand Master. It was built to defend Malbork from the South. Visit to Kwidzyń Castle – this ancient Prussian hill fort

was overpowered by the Teutons in the 13th century. The sanitary tower, known as a ‘dansker’, distinguishes the castle from all other Gothic castles. It is considered the biggest in Europe. “Danskers” or simply toilets, were a very important part of



Teutonic architecture. During wars they were the final bastion. Overnight in Olsztyn.

DAY 5 – walking tour of Olsztyn. Visit to Olsztyn Castle – the castle built in the 14th century, belonged to Warmia Bishops. In the years 1516-1521 the castle steward was the astronomer and mathematician Nicolas Copernicus, who created an astrological chart which is still on one of the walls. Departure for Kadyny via Lidzbark Warmiński – the principal castle of the Warmian Bishops. In the years 1503-1510 Nicolas Copernicus lived here and planned his work “Comentariolus”. Stop in Frombork – to visit the fortified cathedral. It is here that Copernicus, completed his work “De Revolutionibus Orbium Coelestium”. Overnight in Kadyny.

DAY 6 – morning at leisure. Transfer to Gdańsk airport. Departure.

Pearls of Polish architecture

Warsaw (2) – Toruń (1) – Kraków (3) – Rzeszów (1) – Zamość (1) – Warsaw (2)

DAY 1 – arrival in Warsaw and overnight.

DAY 2 – sightseeing tour of Warsaw, including Wilanów Park and Palace.

DAY 3 – drive to Toruń, en route stop in Płock, one of the oldest Polish towns. Visit to the Tumskie Hill with a Romanesque Cathedral from the 12th century. Sightseeing tour of Toruń, an unique example of Gothic architecture from the 13th century. Overnight in Toruń.

DAY 4 – drive to Kraków via Łódź. In Łódź the “cotton empire” tour: Israel Kalmanowicz Poznański Palace with Historical Museum of Łódź and factory buildings, the Księży Młyn

– an unique factory and residential complex, the most elegant street in Łódź – Piotrkowska Street. Lunch at a local inn. Overnight in Kraków.

DAY 5 – sightseeing tour of Kraków including visit to Wawel Royal Castle and Cathedral. Evening at Renaissance castle in Pieskowa Skała. Overnight in Kraków.

DAY 6 – full day trip to Zakopane. Visit to the Chapel in Jaszczurówka, the wonderful example of the 19th century wooden architecture. Drive to Chochołów, a living museum-village with wooden houses dating back to the 18th century. Visit to Dębno with its wooden church from the 15th century. Overnight in Kraków.

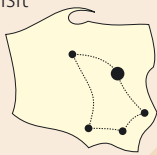
DAY 7 – departure for Rzeszów. En route stop in Wieliczka to visit the salt mine. Drive to Nowy Wiśnicz, a castle with an interesting combination of Gothic, Renaissance and Baroque styles. Lunch en route. Continue to Tarnów, a medieval town with Gothic city hall and cathedral. Overnight in Rzeszów.

DAY 8 – departure for Zamość. En route stop in Łańcut with Potocki Palace and park and unique Museum of Carriages. Drive to Baranów Sandomierski, a castle from the 16th century with mannerist decorations by Tylman von Gameren. Lunch en route. Visit to Sandomierz, a town dating back to 10th century, which is famous for its Gothic and Renaissance architecture. Overnight in Zamość.

DAY 9 – sightseeing tour of Zamość, a Renaissance complex of the 16th century founded by the Zamoyski family, in the past



Kraków



housing one of the oldest Polish universities. Departure for Warsaw. En route stop in Lublin. Walk through the Old Town. Visit to the Castle's

Chapel with a 14th century polychrome, the most precious example of Russian-Byzantine painting. Drive to Kozłówka to visit the Zamoyski's Palace. The former coach-house holds a collection of 1950's Socialist Realist art, the optimistic style of propaganda imposed on artists under the Communist regime. Overnight in Warsaw.

DAY 10 – full day trip to Arkadia and Nieborów, picturesque palaces built for the Radziwił family, a visit to Żelazowa Wola, the birthplace of Frederic Chopin. Optionally: evening piano concert at the Palace on the Water in Łazienki Park with a glass of sparkling wine during intermission. Farewell dinner and overnight in Warsaw.

DAY 11 – departure transfer

Polish wooden architecture

Warsaw (1) – Białowieża (1) – Lublin (1) – Kraków (5)

Poland, covered by large forests, is a country where wooden architecture developed by necessity. Because of the easy availability of wood and its perfect adaptation to our climatic conditions, Poland boasts a number of well-preserved historical wooden buildings. It is also one of the few places in Europe where traditional wooden construction techniques are still in use.

DAY 1 – arrival in Warsaw. Afternoon panoramic tour of the Polish capital city. Dinner &

overnight in Warsaw.

DAY 2 – morning visit to Wilanów Palace and Park. Lunch in Wilanów. Journey to Białowieża. Visit to the Orthodox sanctuary of Grabarka – a place of pilgrimage since the 13th century – and the Church of the Holy Trinity in Hajnówka. Overnight in Białowieża.

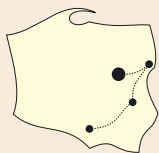
DAY 3 – morning tour of the Land Of Open Shutters – 3 unique wooden villages, situated in the eastern part of Poland near Białowieża Forest. The rustic decorations of the buildings are reminiscent of the style of Russian bucolic architecture.

The first village we visit is Trześcińska with a the 15/16th century Orthodox Church; Soce – which as an Orthodox chapel from the beginning of the 20th century and a number of buildings with highly ornate facades and shutters; Puchły, a picturesque wooden village with an Orthodox church, which has beautiful carvings above and below the windows. The Land of Open Shutters is also a point on the Podlasie Stork Trail due the number of birds that nest there. Lunch en route. Overnight in Lublin.

DAY 4 – morning tour of Lublin – Old Town and the Castle's Chapel of the Holy Trinity. Lunch en route. Journey to Baranów Sandomierski – visit to the Renaissance castle, one of the grandest residences in Poland. On the way to Kraków visit to Żalipie – a village where wooden cottages are decorated with traditionally



Toruń



painted, floral motifs. Transfer to Kraków and overnight.

DAY 5 – morning guided tour of the Old Town of Kraków: Market Square, St. Mary's Gothic church with its famous altar and Wawel Hill. Lunch at a local restaurant. In the afternoon visit to Wieliczka Salt Mine – with perfectly preserved wooden supports and wooden machinery dating back to the 18th century. Overnight in Kraków.

DAY 6 – in the morning transfer to the open-air Museum of Wooden Architecture in Babice – recreation of village with original 18th and 19th century wooden houses, church and village buildings. Lunch at an 18th century inn. Excursion to Wadowice – the late John Paul II's hometown and visit to his childhood home, as well as the parish church where he was baptised. Continuation to Lancokorona – a typical small town with wooden eaved cottages around the Market Square. Overnight in Kraków.

DAY 7 – in the morning trip to Stary Sącz – visit to this small town and monastery – travel along "the Wooden Orthodox Churches Route" – beautiful 17th and 18th century

constructions in Andrzejówka, Milik, Muszyna, Powroźnik, Krynica, built by Łemks and Boyks, the Ruthenian minority who populated this region till their tragic deportation in 1949. Late lunch in Krynica – a spa town with a 19th century bathhouse and other buildings built in Swiss style. Travel back to Kraków and overnight.



Wdzydze

DAY 8 – full day trip to Zakopane – the capital city of the Polish Tatra mountains. En route stop in Zubrzyca Górna with an open-air ethnographic museum and park. Drive to Chochółów – a wooden village. In Zakopane promenade along the old part of the town with its wooden church, ancient cemetery and country houses built at the end of 19th century, in the unique Zakopane style – the only example of a wooden architectural style being designed on a modern drawing board and yet adopted by the local population. The style was inspired by folk art, sumptuous highland designs with very elaborate finishes and abundant decorations in timber. Zakopane's style is especially visible in the construction of the villas in the town and its vicinity. The oldest and the most renowned examples of this style in architecture are: Villa Koliba – the first house built in Zakopane style, the Jaszczurówka Chapel which invariably attracts visitors with its exceptional charm and beauty, Dom Pod Jedłami and the Tatras Museum on Krupówki. Lunch en route at a local inn. Overnight in Kraków.

DAY 9 – transfer to Kraków and departure.

Poland – The Eastern Wall

Warsaw (2) – Augustów (2) – Białowieża (2) – Lublin (1) – Zamość (1) – Przemyśl (1) – Kraków (2)

Taste the East within 3 hours drive from Warsaw! The eastern border of Poland is a very interesting region with numerous natural curiosities, rustic architecture and contemporary cultural events. The East is particularly worth seeing because of its

magnificent tapestry of ethnic cultures: Lithuanian, Belarusian, Tartar, Ukrainian and Jewish, which adds to the unforgettable natural charm.

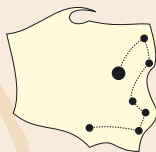
DAY 1 – arrival in Warsaw, overnight.

DAY 2 – sightseeing tour of Warsaw. Visit to Wilanów Park & Palace. Overnight in Warsaw.

DAY 3 – drive to Tykocin, a former centre of Jewish culture with Baroque synagogue founded in the 17th century, now museum containing Judaica. Lunch in Kiernusy, an old manor with Polish noble traditions and delicious cuisine. Drive to the Podlasie Gate – Pentowo, the European Stork Village, with an unbelievable concentration of these beautiful birds' nests. Overnight in Augustów.

DAY 4 – round trip through Suwałki Lake District and Landscape Park with centre in Smolniki, watching folk ceremonies: honey making, baking and tasting of bread and famous "sękacz" cake, visiting huge railway bridges dating from the 19th century. Trip to Hańcza Lake. Stop at the 18th century Camedolite Monastery in Wigry. Drive to Sejny, where the biggest community of Lithuanians lives, proud of their customs and national costumes. Dinner and overnight in Augustów.

DAY 5 – morning ship cruise on the Augustowski Channel, a masterpiece of the 19th century engineering. Drive through Augustowska Forest to Białystok. In the "footsteps of Tartars" – visiting historic mosques at Bohoniki and



Kruszyniany. Overnight in Białowieża.

DAY 6 – visit to nature reserve of Białowieża National Park. Białowieża Primeval Forest is the last natural lowland forest in Europe. Continue to Hajnówka with a modern Orthodox church of the Holy Trinity founded in 1982 r. Overnight in Białowieża.

DAY 7 – departure for Lublin. En route stop in Grabarka – the most important Orthodox sanctuary in Poland. An Orthodox convent and the wooden church at the top of the hill is surrounded by a forest of thousands of petitioners' crosses, while at the bottom of the hill there is a holy water fountain. Drive to Kozłówka, former residence of the Zamoyski family. Overnight in Lublin.

DAY 8 – sightseeing tour of Lublin – the Old Town, the Royal Castle's Holy Trinity Chapel from the 14th century with unique Russo-Byzantine frescoes. Excursion to former Nazi death camp in Majdanek. Lunch en route. Dinner in the Guciów Farmstead near Zamość, the most picturesque village of Roztocze with the 19th century buildings and archeological – nature trail. Overnight in Zamość.

DAY 9 – Zamość city tour with unique Renaissance Old Town founded by the Zamoyski family. Drive to Rzeszów through Roztoczański National Park. Lunch en route. Visit to Łańcut – Potocki Palace and Park and the Museum of Carriages. Overnight in Przemyśl.

DAY 10 – departure for Kraków. Visit to an open-air museum in Sanok, which illustrates the cultures of the peoples of the area, including

Łemks and the Bojks. These two small groups, who follow the Orthodox and Uniate faiths and speak variations of Ruthenian dialects similar to Ukrainian language, were forcefully repatriated either to Ukraine or Western Poland after WW2. A handful returned after the thaw of 1956 but only

in recent years have attempts been made to salvage their culture and history. We then visit Sanok Castle with a fine

collection of icons up to 600 years old. Drive to Bóbrka with an unique open-air museum of the oil industry. Well preserved 19th century facilities include two early oil wells (one of them is the world's oldest oil well), drilling derricks and tools, hoisting machinery and wooden barracks. Lunch en route. Continue to Kraków with a stop in the small Renaissance town of Biecz which is just beside the Magurski National Park. Its 14th century church is one of the best preserved treasures of a town which has retained its medieval layout. Overnight in Kraków.

DAY 11 – morning guided tour of the city incl. the Old Town with Gothic Cloth Hall, St. Mary's Church with famous Witt Stwosch Altar and Wawel Castle with Cathedral. Afternoon excursion to Wieliczka Salt Mine. Farewell dinner at a local restaurant. Overnight in Kraków.

DAY 12 – departure.



SPECIAL INTEREST TOURS

Cistercian trail

Warsaw (1) – Gdańsk (2) – Pelplin – Poznań (1) – Trzebnica – Lubiąż – Wrocław (2) – Warsaw (1)

The first Cistercian monks appeared in Poland in the 12th century in a town called Jędrzejów near Kielce. More abbeys were founded successively not too far away from the first one in Sulejów, Wąchock and Koprzywnica. All of them came under the auspices of the monastery in Cîteaux in France. As well as their profound spirituality, the Cistercians brought with them agricultural and horticultural know-how and expertise in craft and industry. The Council of Europe has mapped out cultural routes through Europe with the aim of integrating nations on the basis of their shared European heritage. The Cistercian route from Portugal to Eastern Europe is one of them. In our sample itinerary we give you a glimpse of the rich traditions the Cistercian order has in our country.

DAY 1 – arrival in Warsaw. Transfer to the hotel. Walking tour of the Old Town. Dinner & overnight.

DAY 2 – departure for Toruń. Guided tour of the city including Copernicus house. Lunch. Continue to Malbork. Visit to one of the most impressive medieval fortifications in Europe. Overnight in Gdańsk.

DAY 3 – guided tour of the Tri-city: in Gdańsk a stroll throughout the Old Town and along the Royal Route, visiting the major tourist attractions. A walk on the Pier at Sopot, a famous holiday resort. A quick tour of Gdynia, a major port city. Overnight in Gdańsk.

DAY 4 – departure for Poznań. En route visit to the Cistercian Abbey in Pelplin with magnificent 14th century Gothic cathedral, library and Gutenberg Bible from 15th century – one of the few original versions in existence. Lunch en route. Continue to Poznań via Gniezno to see its 14th century Gothic cathedral where the first five Polish

kings were crowned. The pride of the shrine is the Gniezno Door from the 12th century. Overnight in Poznań.

DAY 5 – guided tour of Poznań – one of the oldest cities in Poland – with Cathedral and Town Hall from 13th century. Lunch and departure for Wrocław. En route visit to Kórnik Castle – founded in the 16th century, one of the most picturesque romantic residences remodelled in the Neo-Gothic style. Stop in Lubiąż – to admire the largest and most impressive monastic complex from the 18th century in this part of Europe. Devastated after WWII it is now regaining its former glory. Drive to Trzebnica, a former Cistercian Abbey which was founded in the 13th century for Cistercian nuns. The abbey was built of brick, which was an innovation in those times. Overnight in Wrocław.

DAY 6 – morning tour of the city including: Ostrów Tumski with cathedral, University of Wrocław with the beautiful Baroque Aula Leopoldina, Market Square with Town Hall from 13th century. After lunch an excursion to Krzeszów, famous for its abbey, considered one of the most precious monuments in Poland. Founded in 1242 for the Benedictines, it then belonged to the Cistercians. The monastic church from the first half of the 18th century is regarded as a masterpiece of Silesian Baroque. Overnight in Wrocław.

DAY 7 – departure for Sulejów to visit the Sulejów Cistercian Abbey, founded in 1176, surrounded by impressive defence walls with bastions. The northern part of the

walls houses a hotel. Lunch en route. Farewell dinner and overnight in Warsaw.

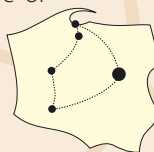
DAY 8 – departure

Tasty Poland – culinary tour

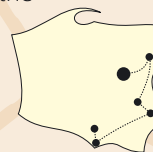
Kraków (3) – Zakopane (2) – Zamość (1) – Lublin (1) – Kiermsy (2) – Warsaw (1)

Poland – a country situated on the cross roads of European trade routes – has always been a melting pot of cultures, religions and traditions. Both settlers and travellers brought in new ingredients, recipes and tastes. Traditional Polish bread is praised by visitors from all over Europe. We produce a multitude of different types of bread (made of rye, soya, sunflower seeds, flavoured with honey or nuts) which is highly appreciated by all foreigners. Traditional Polish cuisine combines: the refined tastes of the French cuisine introduced to Poland by the court of Henri de Valois – the first elected Polish king and the mysterious flavours of the Lithuanian forests, the sweet aroma of the Jewish dishes and the taste of steak Tartare – originally made by the horse riders of Genghis Khan who used to place a slice of raw beef under their saddles for extra tenderness. Polish cuisine is characterised by dishes with a well-defined taste.

According to Kurt Scheller, the founder and owner of Kurt Scheller Academy in Warsaw, there is no set national cuisine here, there are several regional variations. Many Polish dishes are served in different ways depending on the region, the chef's taste and imagination,



Jędrzejów



and availability of fresh ingredients. Żurek – the most typical Polish soup based on fermented rye flour can be served with potatoes/hard-boiled egg/cabbage/cottage cheese/mushrooms/sausage/sourcream etc. The eastern part of the country is well known for pierogi, Zakopane and the Tatra Mountains for kwaśnica

(sauerkraut soup) and oscypek (a sheep's milk smoked cheese). Polish farmers are known for keeping to traditional, organic methods of cultivation and husbandry, which means that Polish produce is less pleasing to the eye than the mass-produced Western equivalents but more pleasing to the palate. Cooking the Polish way means putting your heart into it. "Guest at home, God at home" – is a famous Polish saying which means that whether you are an old friend or a stranger you will be greeted with the same attention and hospitality and won't leave without having eaten a sumptuous meal.

DAY 1 – arrival in Kraków, dinner at Wierzynek restaurant where the first European peace conference took place in 1364. After a magnificent feast hosted by Mikołaj Wierzynek, negotiations moved from stalemate to a peaceful solution. Since then, with Royal approval, Wierzynek has welcomed celebrities, dignitaries and royalty of many nationalities as guests). Special welcome by the chef followed by folk entertainment. Overnight in Kraków.

DAY 2 – city tour with Wawel Castle and Cathedral. Light lunch at a local restaurant



specializing in all types of pancakes served cold and hot, crispy and soft, with various fillings. Afternoon free. Dinner at "Nowina" restaurant in Głogczów 10 km from Kraków, with tasting of Polish honey vodkas of several blends. Our venue for dinner is situated in the beautiful old manor house of the Nowina-Konopka family. Eight guest books full of compliments are an indication of the high quality. The restaurant serves traditional Polish food, prepared with natural ingredients from their own farm according to old family recipes. Overnight in Kraków.

DAY 3 – morning excursion to Wieliczka Salt Mine. At lunch – a presentation of Silesian cuisine – being prepared for hard – working miners, is substantial with plenty of tasty potato dumplings, rich sauces and delicious soups. Optional visit to Auschwitz – Birkenau former Nazi concentration camp. Evening walk through Kazimierz Jewish district. Dinner at Alef, a local Jewish restaurant with Jewish music concert. Welcome by the chef, who will present the roots of Sephardic and Ashkenazi cuisine in Poland and offer the most famous specialties of the house. Overnight in Kraków.

DAY 4 – drive to Zakopane, en route visit to a famous brewery in Żywiec for beer tasting. Stop for lunch in Rabka at "Siwy dym" restaurant featuring several types of Polish dumplings (pierogi) with various fillings. Walking tour of Zakopane. Dinner at "Bąkowo Zohylina" restaurant with folk entertainment



and local specialties including: moskol (potato pancake), kwaśnica (local sauerkraut soup), kociołek świniobiecie (selection of pork meat) and local vodka. Overnight in Zakopane.

DAY 5 – visit to the wooden village of Chochołów, carriage trip to Morskie Oko – a breathtaking mountain lake. Visit to a mountain inn where smoked sheep cheese is made – BBQ with famous "Oscypek" cheese and lamb tasting. Overnight in Zakopane.

DAY 6 – drive to Zamość. En route lunch at a castle restaurant in Baranów Sandomierski. Dinner in the 19th century farmstead in Guciów near Zamość. Tasting of regional dishes, liqueurs and Zwierzyniec regional beer. A presentation of traditional butter making and bread baking. Overnight in Zamość.

DAY 7 – short tour of Zamość, known as a Pearl of the Renaissance. Drive to Lublin. Lunch at a local restaurant recommended by "The Good Taste Academy" founded in Lublin to maintain and promote local specialties and traditional recipes. Short



tour of Lublin. Dinner at another of "The Good Taste Academy's" favoured eateries. Overnight in Lublin.

DAY 8 – drive to Kiermsy via Białowieża, a favourite hunting ground of Lithuanian princes, Polish kings and Russian tsars. Light lunch in Dwór Sopliców in Białowieża,

sampling local game dishes. Continue to Kiermsy Manor in the Meadow serving traditional Podlasie cuisine, oven-baked bread and house liqueurs. Dinner – specialties such as: "Kindziuk", eastern Polish pork sausage and "Sękacz", which is probably the only cake in the world prepared on a spit with the pastry made out of 40 eggs. Overnight in Kiermsy.

DAY 9 – morning departure for Warsaw with a tour of places connected with Tartars and meetings with a couple of local artists. Lunch in "Tartar Yourt", a Tartar Inn, in Kruszyniany – with authentic tartar specialties: pierieczewnik, trybuszoki, kibiny, pieremiacze, cebulniki, and samsa that generations of Tartar mothers have been preparing in this land for centuries. Today those dishes are normally only served in local native Tartars households. Drive to Warsaw. Dinner at a local restaurant in the Old Town. Overnight in Warsaw.

DAY 10 – panoramic guided tour of Warsaw. Visit and lunch at the famous Kurt Scheller Cooking Academy, where the founder and the owner – Swiss-born Kurt Scheller teaches his cooking philosophy. His recipes are examples of modern Polish cuisine, a result of his inventive artistry in the kitchen. Free time for shopping (Polna Market, where the best natural ingredients for Polish cuisine are sold and a Bolesławiec traditional Polish painted crockery shop). Evening Chopin piano recital in one of the historical buildings in Royal Łazienki Park. Royal dinner in the Old Orangery building – now "Belvedere", one of the best restaurants in town. Tasting royal specialties made according to old recipes invented by the 18th century chef who cooked for the last Polish King

– Stanisław August Poniatowski. Souvenirs for participants: a set of Polish flavoured vodkas, a cookery book and a set of ingredients to prepare traditional Polish soup – żurek.

DAY 11 – departure.



MASTERPIECES OF BUILDING AND ENGINEERING

Mining and Metal Processing Technology: an historical perspective

The Świętokrzyski region is known as the birthplace of industry in Poland. In the first half of the 17th century metal ores were mined and processed at 134 sites in the area. Many of the 19th century water-powered metal foundries of the valley of the River Kamienna are well preserved. The most precious exhibits of metalworking are displayed in the museums of Sielpia Wielka (Museum of Staropolskie Basin in the 18th century rolling mill), Maleniec (a rolling mill and nail making machine from the 19th century), Stara Kuźnica with the oldest water-powered metalworks (demonstrations of the iron processing in a traditional way on

request). The village of Nowa Słupia is famous for its September shows of iron ore processing in primitive smelting furnaces, dating from the 2nd century AD.

Mining open-air museum

Zabrze

The museum of coal mining with 32,000 exhibits is the greatest attraction of the city. The Queen Luiza Mining Museum is composed of a ground level with a unique hoisting steam engine and an underground part where visitors can get acquainted with mining technology, and mine construction techniques.

The Hydro-Electric Power Stations of Pomerania

There is no better place to see the interplay of the forces of nature with human ingenuity than at a hydroelectric power plant. While we do not suggest you build your whole itinerary round them, we do recommend including a trip to see some of Poland's earliest and best examples of water engineering. The rivers of Central Pomerania, flowing down from the hills of Kaszuby Lake District, have relatively high falls as well as favourable geological conditions for building power plants utilising water energy. Several pioneering hydro-electric power stations were built on the Słupia River: the Struga Hydro-electric Power Station (1896), and a real gem in Gałęźnia Mała (1912). Innovative technology introduced in Gałęźnia was later applied in all new pumped-storage power stations. An example is the use

of canals supplying water to the power station buildings from quite a long distance. Żelkowo Hydro-electric Power Station on the Łupawa Basin (1906) is one of the oldest in Pomerania. The station includes a reservoir and a 2.9 km long canal. The original, old-fashioned machines and facilities, carefully maintained and tended, are still in working order. A trip to the Landscape Park of the Słupia River should include a visit to the power stations, as they are beautifully situated in picturesque scenery. Not only do these early power stations not mar the landscape, as many modern hydro-electric power stations do, they even add to the appeal of the area.

POLISH NARROW-GAUGE RAILWAYS

There are hundreds of kilometres of narrow-gauge railway lines in Poland. 750mm is the most commonly used narrow gauge, however, some regions, such as Pomerania and Upper Silesia used their own gauge. Some narrow-gauge lines still operate as common carriers, while others survive as tourist attractions. Services only run from April to the end of September. During this period trains are usually running on weekends, or once, twice a week. Special tourist trains with many attractions can be run to order. Below you will find some of the most interesting ones.



Sochaczew

Elk Narrow Gauge Railway in Masurian Lake District

The first section of this system opened in 1913 from Elk. The system has a total of 48km of line. A wider variety of locomotives was brought in, including Px48 and Kp4 steam locomotives, and some old four-wheel coaches were loaned by the railway museum.

Route: Elk – Sypitki – Jez. Nieciecz – Elk (42 km) **Rolling stock:** vintage cars, steam and diesel engine.

Białowieża National Park

Białowieża National Park is the oldest primeval forest in Europe. The narrow-gauge train is a popular tourist attraction from which you can marvel at the abundance of plants and animals. The narrow-gauge forest railways (600 mm) were originally built for transporting wood from Białowieża Forest to the timber-processing factory in Hajnówka. Since 1991 these little trains have come back into service.

Routes: Hajnówka-Topiło (11 km, the most interesting) and Hajnówka – Postołowo (6 km) sections for tourists.

Rolling stock: diesel rolling stock

Ponidzie Express Narrow-Gauge Railway in Jura Krakowsko-Częstochowska

In 1915 the Austrian army built a 600mm gauge supply railway from Jędrzejów. One of the locomotives from the Pińczów Railway (Tx26-422) was the first narrow gauge steam locomotive built in Poland. Tourist trains

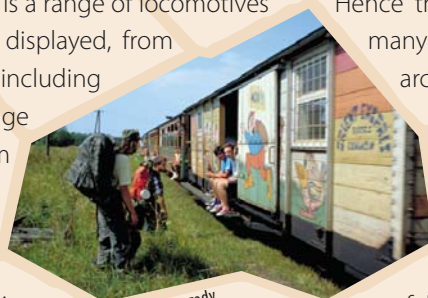
started running on the Jędrzejów – Pińczów section (31 km).

Rolling stock: train with sound system, vintage carriages, steam train, diesel locomotive, Px48 and Px49 locomotives and new rolling stock.

Sochaczew Narrow-Gauge Railway in Mazovia Region

One of the most attractive ways to travel through the Kampinos National Park is by an old narrow-gauge railway (1921) which joins Sochaczew with Wilcz Tułowski (17 km). Visit to the Narrow gauge Railway Museum in Sochaczew. There is a range of locomotives and rolling stock displayed, from a variety of sites, including some 785mm gauge examples from Upper Silesia.

Rolling stock: vintage carriages and steam engine and a diesel locomotive.



Forestry Railway in Bieszczady Region

The 760 mm gauge line, 25 km long from Nowy Łupków to Majdan near Cisna opened in 1898. It takes you slowly (10 km/hour) through parts of the mountains which would be inaccessible by car. You can touch the hazel-tree twigs with your hand and admire tens of small brooks. On request very attractive rides in hand powered trolleys can be arranged.

FORTIFICATIONS – military heritage

If you like tales of battles won and lost, then you will find much to interest you at the many forts which have been preserved in Poland, built either by the Poles or by the many powers who have waged war on this territory throughout the ages. Poland's highly strategic location at the crossroads between North and Central Europe and Western and Eastern Europe meant that the years of peace were a good deal fewer than the years of conflict. Hence the legacy of fortifications, and the many influences on the style of defence architecture still visible today: Italian, Dutch, French, Prussian, Russian, Austrian and German. That all these different types of fortresses are found in one country is unique in Europe. Below you will find some of the most interesting ones. On request we could include some of these examples in your program or prepare a special tour of Polish fortifications.

Pomerania region

Wisłoujście Fortress in Gdańsk – at the mouth of the River Vistula, is an unique example of the coastal defensive architecture of the 17th, 18th centuries.

Mazurian Lake District

Boyen fortress – in Giżycko, Prussian fortification from the 19th century

Gierłoż – Wolf Liar, Hitler's World War II bunker command post. Before their hasty retreat, the Nazis destroyed the structure but the imposing ruins of the thick walls of the former bunkers make a fascinating visit.

Mazovia region

Modlin Fortress – one of the biggest 19th century fortresses in Poland.

The fortress was constructed here on the orders of Napoleon Bonaparte.

Warsaw's Citadel – a 19th century fortress, built on the orders of Poland's Russian overlord, Tsar Nicholas I after the November Uprising in 1830 in the Russian-occupied territory of Poland. Served as prison till late 1930's.

Silesia region

Kłodzko – one of the biggest Prussian fortresses founded in the 16th century, a fine example of military architecture which has retained its Baroque style. An important part of the fortification is a two-storey underground system of mined galleries, constructed to protect the foreground.

Srebrna Góra – once owed its name and popularity to silver mining industry here prior to the 13th century. In the 18th century Frederick II had a fortress erected here, in use until late 19th century

Greater Poland and Lubuskie District

Międzyrzecze Fortified Region – one of the longest defensive systems worldwide,

comparable to the Maginot Line. A complex of wartime fortifications ordered by Hitler along the German/Polish border in 1934–38. Bunkers with steel tops are interconnected by a 60 km-long underground railway line. Thanks to its microclimate, the rail tunnel has become a bat reserve that offers shelter to approximately 30,000 bats.



Gierłoż

Little Poland area Stronghold Kraków

– because of its important military location for the Austro-Hungarian Empire, of which Kraków was then a part, an extended fortification system was constructed in the town between 1850 and 1914. Many of Krakow's present streets are former approach roads to fortifications. Some of the forts that remain are masterpieces of military engineering. "Tonie" rebuilt in 1910 has barely changed since then with its rotating armour-plated domes, moulded in 1913 in Skoda steelworks still intact. During the post war period the whole complex was totally neglected. In the nineteen-fifties its bricks were used for the reconstruction of the country's housing stock, while in the seventies the metal elements were melted down to build numerous statues.

Węgierska Górka Fortified Position – constructed in the twenties of 20th century in order to defend the southern border of Poland. It consists of 5 heavy, concrete bunkers. In 1939 it was taken by the Nazis using flame-throwers.

FARMING IN POLAND

Agriculture is one of the mainstays of the Polish economy, responsible for approx. 3.5 % of GDP (compared to an average of in 1.5 % in the EU). Meanwhile 50% of 1 880 000 Polish farms are subsistence only and a mere 2% are

larger than 30 ha. Come and explore the Polish

countryside and witness a unique moment of transition, as this new member

of the EU adapts to the European market regulations while retaining what is best in its traditional methods of farming. This sample program will enable you to review the main issues facing Polish agriculture. Should you have more specific requirements or wish to concentrate on individual sectors of Polish agriculture (milk producers, pig breeders, horticulturists etc) we will be happy to design an offer according to your client's wishes and interests.

DAY 1 – arrival in Kraków at midday. Transfer to the hotel. Afternoon visit to Wieliczka Salt Mine – one of the wonders of Southern Poland with its 300 km of underground galleries, chambers, salt lakes and chapels. Dinner at a local restaurant and overnight in Kraków

DAY 2 – morning guided tour of the Old Town of Kraków – the former capital city of Poland. Wawel Royal Castle with State Rooms and Cathedral – place of coronation and burial of Polish kings. The Royal Way with Market

Square and Our Lady's Church. Lunch in a traditional restaurant. In the afternoon visit to a farm of 125 h near Kraków – cereal producer and pig breeder. Overnight in Kraków.

DAY 3 – in the morning a meeting at the Department of Agriculture of the Małopolska Voivodship (representative of the state administration at the regional level) entitled "Polish and regional agriculture after entering the EU". Lunch at a local restaurant in the Old Town. In the afternoon, a visit to the National Research Institute of Animal Production in Balice – a leading research centre on animal genetics and breeding, nutrition, animal reproduction, ecology and economics of animal production. The station is specialising in studies on disappearing Polish races of cattle (red cattle). It is also a home station for twelve experimental farms. Overnight in Kraków.

DAY 4 – morning departure for Pieniny Mountains. In Nowy Targ meeting with the representative of the Regional Association of Sheep and Geese Breeders; visit to "Bacówka" – a typical Polish farm specialised in sheep breeding and production of local smoked cheese – "Oscypek": very popular in Poland, and gaining popularity abroad among proponents of traditionally produced products, known as "slow food". Lunch at a Polish highlanders' inn. In the afternoon rafting on the Dunajec river across spectacular gorges (about 2 hrs). Transfer to Kraków and overnight.

DAY 5 – departure for Warsaw. Arrival in the area of Grójec called "The Polish Fruit Basket". Lunch in a farm-inn serving home-made Polish dishes. In the afternoon: a visit to an

orchard and a fruit juice, beverages, jams and concentrates plant. Overnight in Warsaw.

DAY 6 – morning transfer to one of the farms in the region of Warsaw. Depending on your preferences we can arrange, a visit to farms specialised in cereal production (in the southern part of the region), stock-raising or milk production (north of Warsaw) or farm-inns – very popular in recent years. Lunch. Dinner at a local restaurant and overnight in Warsaw.

DAY 7 – morning visit to the Old Town of Warsaw – Royal Castle completely restored after the war destruction, Market Square and the City Walls, and the charming Łazienki Park – a country retreat in the big city. Transfer to the airport – departure.

ECOLOGY IN POLAND

Warsaw (3) – Kraków (3)

DAY 1 – arrival in Warsaw. Walking tour of the Old Town area. Welcome dinner at a local restaurant in the Old Town. Overnight in Warsaw.

DAY 2 – morning meeting with representatives of local authorities. Lunch. Afternoon panoramic tour of Warsaw incl: Old Town with Royal Castle, Royal Route with Łazienki Park, former Ghetto area, Opera, Tomb to the Unknown Soldier. Overnight in Warsaw.

DAY 3 – morning visit to the Czajka sewage treatment plant, in operation since 1991. Czajka is situated on a 56-hectare site in the northeast part of the capital and is one of the largest treatment plants in

Poland. Then visit to the Filter Station located in historical buildings from the 19th century. Tour of the exhibition of old machinery which is still in use. Walk through the channels which saved many lives during the 1944 Warsaw Uprising. Afternoon meeting with one of the Ecological Foundations created by the Ministry of Finance to administer monies from the conversion of part of Poland's foreign debt into a fund intended to support environmental projects. Overnight in Warsaw.

DAY 4 – morning departure for Kraków. En route stop in Kozienice to visit the Kozienice S.A. Power Plant – which is a condensating power plant with an open cooling system using water from the Vistula River. It is located close to Kozienice Landscape Park – an example of protection of antique gardens and scenery by the National Fund for Environment Protection and Water Management. The National Fund also provided loans for Kozienice S.A. Power Plant to install low NOx emission burners to protect the environment in the area. Lunch in the plant's refectory. Drive to Kraków and overnight.

DAY 5 – sightseeing tour of Kraków, including visit to Wawel Royal Castle and Cathedral, the Old Town with Market Square, St.

Mary's Church. Afternoon trip to Wieliczka Salt Mine, an unique world-class attraction, included in UNESCO's World Heritage List. The mine also hosts a rehabilitation and treatment centre. Overnight in Kraków.

DAY 6 – excursion to Nowa Huta, the district that grew in 1950s around the daunting



metallurgical plant and its startling contrasts. Moreover, the centre of Nowa Huta is credited for being a model example of socialist realism in architecture. Meeting with one of the local Ecological Foundations. Afternoon visit to the Kraków Combined Heat and Power Plant (ECK S.A.), the main producer of electricity and heat in Kraków. Farewell dinner at a local restaurant with guests from the industry. Overnight in Kraków.

DAY 7 – departure.

EDUCATIONAL PROGRAMS FOR YOUTH

Poland is a fascinating destination for students wanting to see how the people and institutions of the homeland of Lech Wałęsa are adjusting to life in the European Union. Students also wish to meet fellow students, see their schools/universities and homes. Most importantly, they need to visit places relevant to their studies. All of this can be arranged for young visitors to Poland.

Young lawyers program

Kraków (4) – Warsaw (3) – Gdańsk (3)

DAY 1 – arrival in Kraków. Transfer to the hotel. Short city orientation. Welcome dinner at a local restaurant and overnight in Kraków.

DAY 2 – Kraków city tour. Afternoon meeting with local journalists and discussion (subject: Polish press, mass media – the fourth estate). Overnight in Kraków.

DAY 3 – visit to a prison in Kraków. Free time to explore the city. Afternoon lecture about education and qualification by young Polish lawyers. Overnight in Kraków.

DAY 4 – visit to the Chamber of Commerce. Drive to a court. Viewing of a trial in open court. Afternoon trip to Auschwitz – former Nazi concentration camp. Dinner and overnight in Kraków.

DAY 5 – departure for Warsaw. Lunch en route. En route stop in Sulejów, Cistercian Monastic complex (13th century) picturesquely located in a landscape park. Or in Szydłowiec, a small, fully-walled 14th century town with Gothic church and Knights' Castle. Overnight in Warsaw.

DAY 6 – Warsaw city tour, including: the Old Town with Market Square, Royal Castle and Royal Route. Then visit to the police headquarters. Afternoon free to explore the city. Overnight in Warsaw.

DAY 7 – visit to the Palace of Culture and Science “the unknown spots route” and incredible panoramic view from the 30th level. Then visit to Warsaw University Faculty of Law and Administration and University Library. Visit to the Warsaw Uprising Museum, a new fully interactive guide to the revolt which ended in the death of 180,000 citizens of Poland's capital and its 90% destruction. Overnight in Warsaw.

DAY 8 – departure for Gdańsk. En route stop in Malbork to visit the largest Teutonic fortress in Europe. Lunch. Overnight in Gdańsk.

DAY 9 – morning sightseeing of Tri-City: Gdańsk–Sopot–Gdynia. Afternoon visit to a legal practice. Free time to explore the city. Overnight in Gdańsk.

DAY 10 – boat trip on the Bay of Gdańsk with a magnificent view of Old Gdańsk, Hel Peninsula, the beaches of Sopot. Stop at Westerplatte

or excursion to Hel Peninsula, a region with its own distinctive character, famous for its beautiful wild beaches at the Baltic side. Afternoon visit to Gdańsk University, Faculty of Law for lecture. Farewell dinner at a local restaurant and overnight in Gdańsk.

DAY 11 – departure.

Sample educational itinerary

Warsaw (3) & Kraków (3)

DAY 1 – arrival in Warsaw. Dinner and overnight

DAY 2 – morning city tour. Early afternoon visit to secondary school followed by lunch with local students. Free time. Evening visit to the Palace of Youth with numerous youth clubs sport, art, handicraft, etc. Overnight in Warsaw.

DAY 3 – morning visit to Warsaw University Student Council including a lecture on the Polish educational system. Visit to Warsaw Stock Exchange followed by excursion to Wilanów Park and Palace. In the evening we visit a typical Polish student hostel. Overnight in Warsaw.

DAY 4 – drive to Kraków. En route stop in Auschwitz to visit former Nazi concentration camp. Evening city tour of Kraków. Dinner and overnight at the hotel.

DAY 5 – morning visit to the Bauble Factory. Excursion to a brewery in Tychy. Drive to Wieliczka Salt Mine. Dinner and overnight in Kraków.

DAY 6 – departure.

Other study visits

In Warsaw :

POLISH TELEVISION – a guided tour through the production and editing facilities of regional TV studios, visit to directors' room, stenography workshop, props storeroom

POLISH RADIO – a guided visit to radio studios, directors room, possibility of visiting a “junior” studio preparing a live show.

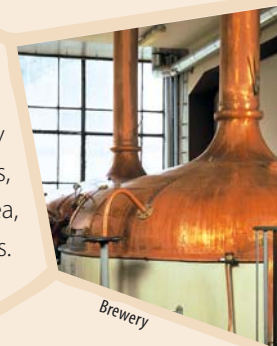
THE GRAND THEATRE – a guided tour of one of the largest and most modern opera stages in Europe featuring lights display and other special effects, a visit may include workshops, backstage, artists' area, costumes and props.

DAILY NEWSPAPER

– a guided visit to newsroom and other newspaper sections, including a tour of the printing works.

CZAJKA SEWAGE TREATMENT PLANT – run by City Water Company. In operation since 1991. Czajka is situated on a 56-hectare site in the northeastern part of the city and is one of the largest treatment plants in Poland.

FILTERS STATION – run by the City Water Company. The Station opened in the 19th century, an interesting example of industrial architecture and some of its old machinery



is still in use. During the Warsaw Uprising in 1944 sewage channels played an extremely important role. Workers of City Water Company who knew perfectly well the whole underground net served as guides to the insurgents and civilians trying to escape from Warsaw at the end of the Uprising. They showed convenient passages, warned of traps barred by Germans. Many owes them life.



Warsaw

In Kraków region:

KSIĄŻĘCE BREWERY in Tychy – about 85 km from Kraków, the Książęcy Brewery (pronounced kshon jyentsy when sober) was probably established in the late 16th century, although the first written record comes from the year 1629. A museum of brewing techniques located in the old Książęcy buildings is worth a look. Those who enjoy a glass of beer should take advantage of the opportunity to taste a fresh batch...

THE KRAKÓW COMBINED HEAT & POWER PLANT (ECK S.A.) – the main producer of electricity and heat in Kraków. Its generating capacity amounts to 1,460 MWt of heat and 450 MWE of electricity. Elimination of emissions is one of strategic directions to the recovery of thermal power and ECKSA's investment and marketing activities.

PHILIP MORRIS POLSKA S.A. – Philip Morris Companies Inc, known as the Altabia Group since 2003, is one of the world's largest food, beverage, and tobacco corporations and theirs is the world's most popular tobacco

brand. On October 30, 1988 Philip Morris bought Kraft Foods, diversifying away from the tobacco business. Philip Morris's purchase of Krakow Tobacco Company in 1993, one of the oldest tobacco plants in Poland has made them one of the largest employers in the city and very good example of quick modernisation.

COMARCH – is one of the few Polish IT companies with a global presence. ComArch was recently listed in the top 10 of global billing system providers. The company started in 1993 when Kraków Mining and Metallurgy Academy telecommunications professors conducted a feasibility study for national carrier Polska Telekomunikacja. Success followed success and in 2000, the company expanded its solutions to serve new types of customers (cable television operators, ISPs, Mobile carriers). In 2001, the telecommunication unit was awarded its first international contract, and it released the first version of InsightNet for Network and Service Management.

CONCERT TOURS FOR PERFORMING GROUPS

Furnel Travel is a professional organiser of concert tours for performing groups: choirs, orchestras and bands. Depending on performing abilities of the group we offer a variety of concert venues: from churches, schools and social institutions to prestigious

concert halls and theatres. During the academic year (October – May) we arrange clinics with Polish professors of Music Academies with the participation of local university choirs. Joint rehearsals and concerts are an unforgettable experience.

At certain times of the year for highly skilled musical groups, we offer possibilities of playing charity concerts, and participation in International or Poland-wide festivals (early commitment required – minimum 18 months in advance).

We take care of every aspect of the tour: not only hotels, meals and guides, but also: venue selection, transportation of instruments, printing and distribution of posters, publicity, audience. And the Polish audience is the warmest and most receptive in the world!

Sample itinerary for performing groups

Kraków(3) – Częstochowa – Wrocław (3)

DAY 1 – arrival in Kraków and short city orientation. Dinner and overnight.

DAY 2 – Kraków city tour. Lunch followed by afternoon rehearsal prior to concert at one of the historic churches. Dinner and overnight.

DAY 3 – late morning concert at a school followed by lunch with local students. Afternoon visit to Wieliczka Salt Mine with impromptu



Częstochowa

concert at St Kinga Chapel. Evening free.

DAY 4 – departure for Wrocław. En route visit to Auschwitz – Birkenau.



Wrocław

Stop in Częstochowa for lunch. Visit to Jasna Góra Monastery with impromptu concert in Basilica. Dinner and overnight in Wrocław.

DAY 5 – morning city tour of Wrocław. Time for lunch. Afternoon clinic with the choir of Wrocław Music Academy followed by joint concert at famous Aula Leopoldina of Wrocław University. Meeting and discussion with Polish choir members over dinner.

DAY 6 – excursion to Szczawno Zdrój, one of the famous spas of Lower Silesia. Time for lunch. Rehearsal and concert at Wieniawski Theatre. Dinner and overnight in Wrocław.

DAY 7 – departure.



Wieliczka

NATURE TOURS

Birdwatching

The Northeast of Poland is one of the very last completely unspoilt European habitats. In this wild and relatively undiscovered corner of Europe, are three magnificent National Parks that still support a huge variety of endangered species living in their natural wetland habitat. This unusual and exciting wildlife encounter takes us deep into the marshes, river systems and swamp forests of Biebrza, Narew and Białowieża National Parks. Here, amid the meandering lowland rivers, flooded wild meadows and the best-preserved fragment of ancient lowland forest anywhere in Europe, can be found European bison, wolves, lynx, elk, deer, wild boar, beavers and an incredible array of birds. Our guide is an English-speaking naturalist who has studied this area extensively and will provide a highly informed insight into the fauna and flora of the region. Using a variety of watercraft and travelling on foot will allow us to get incredibly close to the wildlife.

DAY 1 – arrival at Warsaw airport, and transfer to Goniądz, located in the middle of Biebrza National Park. Welcome dinner before a short hike into the Biebrza wetlands. Overnight in Goniądz or Gugny.

DAY 2 – visit to the western bank of the River Biebrza with spectacular views of the valley and its waterbirds – ruff, terns, waders. The visit to local meadows in search of feeding raptors. Overnight in Goniądz or Gugny.

DAY 3 – visit to the Narew Valley which joins the Biebrza forming the Southern Basin of Marshes. We look for harriers and corncrake. There should be still lots of ruff in the valleys. In the afternoon visit the Great Snipe tooting spot with singing aquatic warblers. Overnight in Goniądz or Gugny.

DAY 4 – the Eastern part of Biebrza Marshes with a famous "Tsar Road" through alderwoods,

sedge marshes frequently visited by elk, inhabited by curlews and short-eared owl. In the Middle Basin of the Biebrza we try to find some spotted and lesser spotted eagles. Overnight in Goniądz or Gugny.

DAY 5 – the Middle Basin of the Biebrza Valley with large swampy forests and dunes in between. Forest birds like woodpeckers, flycatchers and nightingales are numerous here. Overnight in Goniądz or Gugny.

DAY 6 – in the morning we depart for the Białystok region, where we visit the Dojlidy Fish-Ponds with breeding grebes (red-necked, black-necked, sometimes Slavonian), whiskered terns, penduline tit and other water birds. Further east we make a visit to

Siemianówka Reservoir located by the Belarussian border (great white egrets, terns, white-tailed eagles). In the afternoon we reach Białowieża Forest and take our first walk in the neighbourhood of the village.

Overnight in Białowieża

DAY 7 – early morning excursion to the Strict Reserve of the Białowieża National Park, a key habitat for breeding woodpeckers incl. middle spotted, white-backed, three-toed; flycatchers incl. red-breasted and possibly other birds like the pygmy owl. Visit to Narewka Valley crossing the Białowieża Forest – feeding grounds of eagles, storks and shrikes. Overnight in Białowieża.

DAY 8 – the "Bisons Rib" trail leading through alderwood forest with numerous song birds as well as woodpeckers and possible hazel hen. Optional visit to wild animals enclosure. In the evening we try to find some local owls

– tengmalms and pygmies. Overnight in Białowieża.

DAY 9 – forest trail in the North with a well-placed watching tower located on the edge of river valley. This is a breeding ground for short-toed eagles and cranes. Search for nightjar and woodcocks in the evening. Overnight in Białowieża.

DAY 10 – visit to wet spruce forest on the edges of Białowieża Forest. A good place for woodpeckers, hazel hen and green sandpiper. Departure from Białowieża to Warsaw. Walking tour of the Old Town. Dinner and overnight in Warsaw.

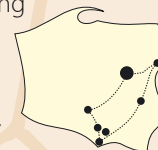
DAY 11 – departure.

Treasures of Polish nature - Polish National Parks

Warsaw – Częstochowa & Ojcowski National Park (1) – Kraków & Pieniński National Park (2) – Zakopane & Tatrzański National Park (2) – Lublin (1) – Białowieża & Białowieski National Park (2) – Warsaw (1)

There are 23 National Parks in Poland. One of them, the Białowieża Forest was classified by UNESCO as Poland's first and only Natural World Heritage Site. A further 5 Parks UNESCO has classified as International Biosphere Reserves. The flora and fauna protected in these parks ranks them among the most precious natural sites in Poland and even in Europe.

DAY 1 – arrival in Warsaw. Panoramic city tour: drive along the Royal Route, linking the Old Town with Łazienki Park and Palace passing Warsaw's most prestigious historic buildings, palaces



and embassies. Lunch at a restaurant in the Old Town. Departure for Częstochowa. Dinner and overnight in Częstochowa.

DAY 2 – visit to Jasna Góra Monastery, one of the most important pilgrimage centre in Poland. Time for lunch at a local inn. Excursion to

Ojcowski National Park. The most attractive sights

are the spectacular isolated rocks such as Hercules' Club, Deotyma Needle which

are similar to the rocks in Turkish Cappadocia or Arizona. The Park has approximately 400 caves. One of the most interesting is Łokietek Cave (320 m). The ruins of the Gothic castle in Ojców and the Renaissance residence in Pieskowa Skała are major attractions within the park. Walk through the park and then along the Eagles' Nests Track – a group of Medieval fortresses. Lunch at a local inn in Ojców. This area gives a great opportunity for active tourism such as hiking, biking and horse riding. Dinner and overnight in Kraków.

DAY 3 – morning city tour, including a visit to Wawel Castle. Time for lunch. Excursion to Wieliczka. Visit to the salt mine. Dinner and overnight in Kraków.

DAY 4 – departure for Zakopane. En route stop in Wadowice, the birthplace of Pope John Paul II. Then rafting through Pieniny Mountains on Dunajec Gorge. Pieniński National Park is located in the Pieniny

Mountains in Southern Poland at the border with the Slovak Republic. The main attraction is rafting with wooden rafts on Dunajec River Gorge through the limestone rocks. This is one of the most amazing views in Poland. Arrival in Zakopane. Time for lunch. Cable car to Kasprowy hill. A walk along crowded Krupówki Street – Zakopane's main shopping and entertainment area. Dinner and overnight in Zakopane.

DAY 5 – Poland's only alpine mountain range – set within the Tatra National Park, the Tatra range forms part of the Western Carpathians bordering the Slovak Republic. The Tatra National Park was granted the status of UNESCO International Biosphere Reserve of world-wide importance in 1993. Walk through the picturesque Kościeliska and Chochołowska Valleys, a great area for hiking. The 300 km of well-marked tourist trails are graded to denote different levels of difficulty. Hikers may rest at the old shepherds shelters along the route. Farewell dinner with folk entertainment at a local inn in Zakopane.

DAY 6 – departure for Lublin. En route stop in Dębno. Visit to famous Baroque palace in Baranów Sandomierski. Arrival in Lublin. Walk through the Old Town. Dinner and overnight in Lublin.

DAY 7 – visit to Lublin Castle's 14th century Chapel with Byzantine frescoes, one of the most precious examples of Medieval art in Poland and Europe. Departure for Białowieża Forest. En route stop in Kozłówka Palace with an exhibition of Socialist Realist painting and sculpture. Drive to Grabarka – country's most important centre of orthodox pilgrimage.

Lunch in Siemiatycze. Dinner and overnight in Białowieża.

DAY 8 – Białowieża National Park, the European Bisons' Kingdom and the last primeval forest in lowland Europe. Walk through Białowieża Forest. Visit to the bison reserve – the symbol of the park. Lunch at a local inn. The park is abundant in animal life, with more than 12 000 species. Many of them are under protection. One of the most beautiful groups of ancient oaks named after the kings of Poland and Lithuania grows in the Old Białowieża Glade. These oaks are more than 400 years old. Dinner and overnight in Białowieża.

DAY 9 – departure for Warsaw. Free time to explore the city and for shopping. Dinner by individual arrangement. Overnight in Warsaw.

DAY 10 – transfer to the airport. Departure.

Wildlife in Poland

Gdańsk (2) – Słowiński National Park – Mikołajki (1) – Biebrzański National Park (2) – Białowieża (2) – Białowieski National Park – Warsaw (1) – Zamość (1) – Sanok – Bieszczadzki National Park (2) – Kraków (2)

DAY 1 – arrival in Gdańsk. Transfer to the hotel and check in. Walking tour through the Old Town of Gdańsk. Dinner at a local restaurant and overnight

DAY 2 – morning departure to the Słowiński National Park – famous for the natural phenomena, the so-called shifting sand-dunes caused by sand washing onto the beach, then drying and blowing inland. Słowiński National Park has been recognized by UNESCO as part

of the World Network of Biosphere Reserves. The Baltic Sea constitutes the northern border of the park; the southern sector includes four beautiful lakes: Łebsko, Gardno, Dołgie Wielkie and Dołgie Male. Two of the lakes, Łebsko and Gardno, are former bays which, over a period of time, were cut off from the sea by sandbars. 1.5 hour walk to reach the dunes, either through the forest or along the sea shore, is a splendid occasion to admire the wild Baltic coastal landscape which forms the habitat for about 255 species of birds. The great number and variety of

species results from the fact that the park, located on the most important annual bird migration routes has remained unspoiled. Lunch en route. Transfer back to Gdańsk.

DAY 3 – on the way to the Biebrza National Park we will stop for lunch in Mikołajki in Mazury, the region of a thousand lakes. Cruise on the Mazurian lakes from Mikołajki Giżycko. Dinner and overnight in Mikołajki.

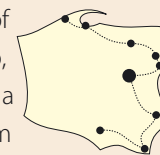
DAY 4 – morning departure for Biebrzański National Park, the largest wetland in Europe with wetland birds, birds of prey and large mammals. Bird watching opportunities in Biebrzański National Park, the biggest among Polish National Parks, could satisfy the greatest ornithologist's expectations. Biebrza valley is also widely known as the largest marsh area in Europe, stretching as far as the eye can see giving stunning views, birch-thickets and alders, acres of reed beds, wet meadows and peat bogs. Most of its territory is under



Ojców



Białowieża



strict protection. Early spring gives excellent opportunities to watch migratory birds during Biebrza's flooding season. The river floods at this time of year and most of the area seems to be a shallow lake with thousands flocks of geese, whooper, mute and Bevic's swans, cranes, widgeons, pintails and many waders and waterfowls can be easily observed while stopping over here. The best known target rarities of the area are aquatic warbler and great snipe. Biebrza is also considered to be one of the best places in Europe for birds of prey, especially for eagles: white-tailed, golden, booted, short-toed and spotted eagle can be encountered anywhere. Check-in



Kuwały

and lunch at Kuwały Farm. A comfortable pension in the country style, a complex of the 3 buildings located in an astonishingly beautiful wild setting near the village of Grajewo. The farmhouse is set in the surroundings of the most precious spots of the National Park of Biebrza – the Red Marshland and Grzędy wildlife preserves. Transfer to the legendary Red Marsh – one of the oldest nature reserves in the area and a 9 km walking trail through "The Wolves Territory". Dinner and overnight in Kuwały.

DAY 5 – sunrise in the wetlands meadows – you might be able to hear cranes. Birdwatching session – a professional, English speaking guide will lead you to the most fascinating places in order to show you the most rare and beautiful birds. Dinner and overnight in Kuwały.

DAY 6 – morning departure for Białowieża. En route visit to Tartar Village of Kruszyniany with its biggest attraction – an 18th century. mosque and a mizar (Muslim cemetery). In 17th century Polish King Jan III Sobieski gave the village to the commander of Tartar regiment Samuel Murza Krzeczkowski. Today there are just a few Tartar families left. Lunch free in Białowieża. Excursion to the Białowieża National Park. Horse and carriage ride through Białowieża forest. Dinner at a camp fire with traditional Polish food. Overnight in Białowieża.

Białowieża Primeval Forest – the last natural lowland forest, the finest woodlands in Europe. It is a mainstay of genetic resources of plants, fungi and animals.

Thanks to this natural gene bank it will be possible to reconstruct the damaged European environment in the future. The natural woodlands of Białowieża Primeval

Forest have kept their original features to a large extent, where the generations of living organisms have incessantly followed one another for thousands of years. They are characterized by their multi-species and multi-level structure with rich biodiversity. The fact that it has not shared the tragic fate of other primeval forests, which almost completely vanished, leaving merely their names, seems to be due to its inexhaustible vital powers, enormous fines imposed on game hunters and to its geographical location. It survived, far away from farms and big towns, situated on the border of countries

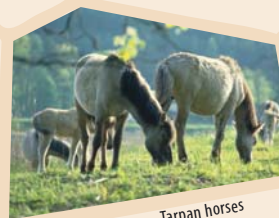


Białowieża

and nations, hidden among swamps.

DAY 7 – early morning departure for part two of the Białowieża adventure – visit

to the Białowieża National Park with the chance to see European bison in its natural environment. European bison was reintroduced into the park in 1929 and is



Tarpan horses

now the biggest attraction, along with other animals such as the elk (moose), stag, roe deer, wild boar, lynx, wolf, fox, marten, badger, otter, ermine, beaver and numerous bats. It is also a show place reserve for tarpan (the Polish wild horse). Bird species include the black stork (*Ciconia nigra*), pomeranian eagle (*aquila pomarina*), tawny owl (*strix aluco*), crane and raven. Afternoon at leisure.

DAY 8 – morning departure for Warsaw. En route visit to Grabarka – the country's most important Orthodox pilgrimage centre.

Lunch at a local restaurant in the Old Town. Guided tour of the Polish capital with a visit to Wilanow Park and Palace, summer residence of King Jan III Sobieski. A walk through the historical city centre with a local guide, start-

ing at the Old Town Market Place, the Royal Castle and following down the so called Royal Route to Ujazdowskie Avenue and Łazienki Royal Park with the most famous Chopin monument. Dinner and overnight in Warsaw.

DAY 9 – early morning departure for Zamość. Lunch. Guided tour of the town, known as "the Pearl of the Polish Renaissance" and journey to Sanok via Roztoczański National Park. Dinner in Guciowo and overnight in Zamość.

DAY 10 – early morning departure for Sanok. Lunch en route. Activities: rafting on the San River, walking

and biking in the San Valley, visit to the oldest Orthodox church in Poland. Dinner and overnight at Wola Damianowa – pension, arranged in a traditional wooden house, typical Carpathian architecture and decoration style. Surrounded on three sides by Slovakia and Ukraine, the Bieszczady Region has one of the purest natural environments in the country. The low population density has resulted in a minimal level of development, whilst poor accessibility and limited amenities mean that outdoor enthusiasts rather than groups of holidaymakers are attracted to the mountains. There are some 200 rare species of animals living in Bieszczady. Their

number includes the European bison, which was introduced in 1963 in Forestry Stuposiany, as well as brown bear, lynx, wildcat, wolf, deer and wild boar. Birds are represented by over 100 species, including the Ural owl, the alpine hedge-sparrow, pipit, and golden eagle. Numerous reptiles, including vipers, may be encountered on the trails. Since 1994 the



Bieszczadzki National Park has maintained one of the largest herds of a hardy Polish breed of horses called Huculs. There are approximately 90 animals at the Preservatory Stud. The horses are also used for tourist rides.

DAY 11 – hiking in Bieszczady – bird-watching early in the morning. After a breakfast excursion to the Bieszczady National Park. Cruise on the Solina Lake. Lunch at a local inn. Hutzul horse riding. Dinner at a typical Bieszczady farm with original folk music.

DAY 12 – departure for Kraków. Visit to an open-air museum in Sanok. Continue to Kraków via Zalipie – known as a “painted village”, where cottages are adorned with colorful paintings. Dinner & overnight in Kraków.

DAY 13 – morning guided tour of the city incl. the Old Town with Gothic Cloth Hall, St. Mary's Church with famous Witt Stwosz Altar and Wawel Castle. Free time for shopping or afternoon excursion to Wieliczka Salt Mine. Dinner and overnight in Kraków.

DAY 14 – departure.

Other places of interest for nature lovers



Lower Silesia Region

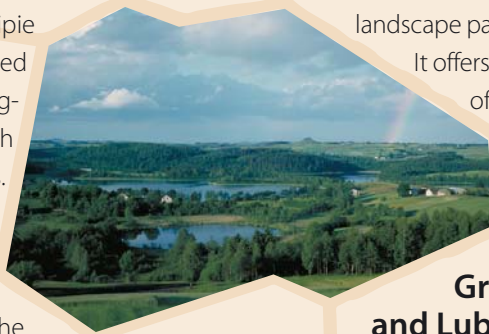
Milicz Ponds

– **Ornithological reserve**

– about 60 km north-east of Wrocław, the Barycz River

swamp valley was chosen for the complex of fish ponds built in the 13th/14th centuries. Today the ponds serve as the habitat for many species of water and mud birds. This area has been turned into an ornithological reserve in a landscape park known as the Barycz Valley.

It offers birdwatchers a great number of watching points situated on dykes.



Great Poland District and Lubuskie District

Mouth of the Warta River National Park

– Ornithological reserve – Near the town of Kostrzyń, by the border with Germany, where the River Warta joins the Odra, is one of Europe's largest ornithological reserves. It offers shelter to 254 water and mud bird species of which 174 species have their nesting grounds here. In accordance with the Ramsar Convention it is an internationally important wetland.

ACTIVE TOURS

Bored of typical beach holidays?

Seeking an active way of spending your vacation? Wanting to develop your skills and give more time to your hobbies? Poland's diverse landscape offers boundless opportunities for outdoor pursuits away from hustle and bustle. Not many other countries can offer mountains, lakes, sea coast and a desert.

Come and discover the Baltic Sea coast with its beautiful beaches and huge shifting dunes in Słowiński National Park. Have a break in Mazury Lake District – a vast lakeland with scenic water routes and thousands of lakes. Experience last European primeval forest in Białowieża. Walk or cycle through numerous mountain ranges such as the Tatras. There is growing demand for horse riding, sailing centres, kayaking trips and excursions to Polish nature sanctuaries. relatively long and snowy Polish winter makes our country enjoyable for skiers too. More and more people who are tired with humdrum of big towns are coming to Poland to experience life in wilderness and taste real farm food.

Hiking in Tatra Mountains

Kraków (2) – Zakopane (6) – Kraków

The Tatras are Poland's only alpine-type mountains with scenic trails and breathtaking views. Comparing to other mountain ranges in world the Tatras are small in size, but they offer an amazing variety of landscape including sheer cliffs, broad glaciated valleys, glittering mountain lakes, caves and diverse vegetation and wildlife. The area's fauna and flora is protected by the Tatra National Park, one of UNESCO's International Biosphere Reserves. Zakopane is a good base to begin your great adventure in the Tatras and Podhale region.

The town is an attractive mountain resort and a popular centre of sports and

tourism. Well-marked tourist trails represent different levels of difficulty and everyone will find something to suit them here. While hiking in the Polish mountains you can rely on comfortable accommodation in all categories, experienced guides, cable cars and chair lifts.



DAY 1 – arrival in Kraków. Short city orientation. Dinner and overnight in Kraków.

DAY 2 – Kraków city tour, including Wawel Castle with Cathedral, Market Square with Gothic Cloth Hall and St. Mary's Church. Lunch in the Old Town. Free time to explore city.

Evening walk through Kazimierz Jewish quarter. Dinner and overnight in Kraków.

DAY 3 – morning departure for Zakopane, “Poland’s winter capital”. Zakopane lies at foot of the Tatra Mountains. En route stop in Wieliczka. Tour of Salt Mine. Arrival in Zakopane. Walk in centre of Zakopane. Dinner with Highland music at local inn. Overnight.

DAY 4 – departure for Kiry. Trekking (7 h) – the most beautiful Western Tatras valley – Kościeliska Valley (length 8km). interesting stops en route are Mroźna Cave (500 m of passages) available for sightseeing, “Icy Spring” and “Kraków Ravine”. Dinner and overnight in Zakopane.

DAY 5 – sightseeing of Zakopane. Walk through town, admiring Zakopane style of architecture, pioneered by Stanisław Witkiewicz. Visit to 19th century Villa “Koliba”. Free time for shopping on one of the best-known promenades in Poland – Krupówki. Time for lunch at a local inn. Afternoon funicular to Gubałówka hill. It gives a beautiful view over the Polish and Slovak Tatras. Dinner and overnight.

DAY 6 – departure for Palenica Białczańska. Trekking (7 h): charming Rybi Potok Valley with Morskie Oko – the most beautiful mountain tarn, the largest in the Tatras and Czarny Staw at the foot of Rysy Peak (highest in the Polish Tatras). Dinner and overnight in Zakopane.

DAY 7 – departure for Kuźnice. Cable car to Kasprowy Wierch Peak, the most frequently visited peak. Descent on foot from Kasprowy Wierch Peak through Hala Gąsienicowa (6 h). Dinner at a local inn. Evening free. Overnight in Zakopane.

DAY 8 – departure for Palenica Białczańska. Trekking (8 h): Five Tarns Valley of the High Tatras with 5 round tarns and several other

seasonal ones. Valley ends abruptly, which results in largest waterfall in Tatras, Siklawa (70 m high). En route stop at Mickiewicz Waterfalls. Dinner and overnight in Zakopane.

DAY 9 – departure for Kraków. Transfer to airport or train station. Departure.

Biking tours

Bike-drive trips are becoming more and more popular. Poland offers a wealth of spots for biking: most national parks feature exceptionally scenic biking trails running through areas of natural beauty with charming views. On one of the trails, which goes through Słowiński National Park along the coast of the Baltic Sea, you can ride out to enjoy spectacular views of dunes and sea from the very top of a lighthouse... In Wigierski National Park, the circuit trails round Lake Wigry and in the heart of Piska Primeval Forest there are routes as long as 145 kilometres. There are also sport-orientated trails, but they require not only a reliable mountain bike but good training and experience. Yet it is not risky or dangerous. Less experienced riders may to push their bikes down, instead of riding down steep, gravel roads.

Below are two sample itineraries for two different types of terrains. The region of Mazury, known as “land of a thousand lakes” is a great place for lowland biking. Read more in “Poland by Regions” section. The trail in Jura is hilly and so is more of a challenge.



Biking tour in Mazury

DAY 1 – arrival in Warsaw. Short city orientation. Dinner and overnight in Warsaw.

DAY 2 – panoramic city tour, including the Royal Route with Old Town, Ujazdowskie Avenue, Łazienki Park and Palace. Time for lunch.

Departure by coach for Mazuria district. Dinner and overnight in Giżycko.

DAY 3 – Route: around Niegocin Lake (40 km). Biking through picturesque countryside. En route stop in Rydzewo for lunch and rest at the lakeside. Dinner and overnight in Giżycko.

DAY 4 – Route: Giżycko – Kętrzyn (60 km). En route stop in Sztynort, yachting marina with a palace surrounded by 400-year-old oak trees, the former seat of Lehndorff family. Drive to Gierłoż to visit “Wolf Liar”, Hitler’s Headquarters. Dinner and overnight in Kętrzyn.

DAY 5 – Route: Kętrzyn – Mrągowo (45 km). En route stop in Św. Lipka, to visit the finest Baroque basilica in Northern Poland and listening to organ concert. Biking through a picturesque Mazurian landscape to Mrągowo. Dinner and overnight.

DAY 6 – Route: Mazurian Landscape Park (40 km). En route stop in Piersławsk. Dinner and overnight in Krutyń.

DAY 7 – Kayaking: Krutyń – Uka (12 km). Leisurely canoeing in the calm waters of one of most beautiful rivers in Poland – Krutynia through the amazing Krutynia Nature Reserve. Dinner and overnight in Krutyń

DAY 8 – Route: Krutyń – Mikołajki (50 km).



Biking through Piska Forest. En route stop in Wojnowo, a charming monastery from the 19th century. Biking along Beldany Lake, en route stop for lunch in Ruciane Nida, a well-established yachting marina. Ship cruise on Beldany Lake to Mikołajki. Free time for dinner and shopping in Mikołajki. Overnight.

DAY 9 – ship cruise on Mazurian lakes and channels: Mikołajki – Giżycko (15 km). In the afternoon, time for a visit to Boyen Fortress in Giżycko. Dinner and overnight in Giżycko.

DAY 10 – departure for Warsaw. Transfer to airport. Departure.

Cycling through Rocky Eagles Nests

Jura Krakowsko-Częstochowska located between Kraków and Silesia provides some of the most interesting bike trails in country in an area of 2615 km². Limestone monadnocks, finger-like rocks which stand in valleys like in Arizona, are what area is famed for. The largest of them are crowned by ruins of medieval castles, referred to as Eagles Nests. Additionally, the jura is one of the most valuable regions of Poland in terms of flora. The animal world is equally rich and varied. Bats populate numerous caves. Nearby Błędowska Desert, occupying c.a. 30 km² is also a sight to behold. The cycling trail is very varied both in terms of difficulty and scenery. It goes through forests and fields and along roads. At some points you might have to pick your bike up and carry it over rocks. You may bring your own bike or hire one of ours. Though you may do the route unaccompanied, many have been glad

of opting for a guide.

DAY 1

Route: transfer to Częstochowa

Arrival in Kraków and transfer to Częstochowa. Visit to Black Madonna Shrine and preparation for bike trek along Jurassic Eagles Nest cycle trail. Overnight in Częstochowa.

DAY 2

Route: Częstochowa – Złoty Potok (35 km)
Morning departure for Złoty Potok. Places of interest on the way: Towarne Hills – beautiful hills with rocky sections and caves where archeologists have found traces of habitation. The peaks of Towarne Hills afford a pleasant view over ruins of medieval Olsztyn Castle. Continue to Sokole Hills, where in the territory of Częstochowa Heights nature reserve there are several caves and grottoes housing colonies of bats - though no-one says you have to go in! In Zrębice the 16th century wooden church and wooden architecture from the 19th century make the town a rare sight. Overnight in Złoty Potok.

DAY 3

Route: Złoty Potok - Podlesice (35 km)

Morning visit to Złoty Potok Palaces and grounds. Visit to Krasieński Palace, which is now a museum and Raczyński Palace, now headquarters of the Landscape Parks Authority. Take time to stroll through the luscious palace grounds with their many rare plant species, set beside Irydion Pond, fed by River Wiercica.

Places of interest: Wiercica River Valley is an enchanting water passage in a wonderful natural setting. Sights to look out for include

Twardowski Gate, which is a rock that looks like a carved archway. Polish Romantic poet Zygmund Krasinski, who was

inspired by area, gave the Gate and many other landmarks in park their names. Raczyński trout farm here was the first and largest of its kind in Europe when

it was founded in the mid 19th century. Ostrężnik Nature Reserve – within the reserve lie the ruins of a Gothic castle built in 17th century by order of Kazimierz the Great and 90m long Ostrężnicka Cave. Mirów Castle (14th and 15th centuries) was not as showy as the castles in Ogródzieniec or Olsztyn but ruins of castle, which was destroyed along with neighbouring Bobolice Castle by the Swedish during their campaign in the 17th century are very picturesque. These and other castles in the Jurassic region formed part of the defenses of the border between Małopolska and Silesian Duchies. Legend has it that Bobolice and Mirów castles were linked by a tunnel. On arrival we go sightseeing in Zborów Hills and have dinner by campfire with torches. Overnight in Podlesice.

DAY 4

Route: Podlesice – Ogródzieniec (35 km)

Places of interest: Morsko castle, also called Bąkowiec). A house built in 1927 onto rocks beside the existing ruins of a castle. On the way from Morsko to Żerkowice unusual rock formations flag the way to our destination: the castle at Ogródzieniec, which is the largest castle in the Jurassic region. Overnight in Ogródzieniec.



DAY 5

Route: Ogródzieniec – Klucze (45 km)

Morning visit to the monumental ruins of Ogródzieniec Castle. The castle was built by Polish King Casimir Great but was remodelled as a magnificent Renaissance Palace in the 16th century, only to be burnt to ground during the Swedish invasion a decade or two later and never regained its earlier splendour. This is one of the largest ruins of its kind in Europe. Overnight in Klucze.

DAY 6

Route: Klucze – Ojców (40 km)

Departure for Błędowska Desert – the best place to appreciate this unique tourist attraction fully is from top of Jałowce Hills. Błędowska Desert (9 km long and 2-5 km wide), is only desert in Poland. During the 1970's and 1980's the area was an army war games arena as evidenced by some of the abandoned barrack-like buildings on hills. Klucze – Jarosławiec – a wonderful part of the route, with forests and rocky hills. The ruins of Rabsztyn castle can be seen along way.

Prądnik River valley leads to Pieskowa Skała Castle. On the way you pass through Sułoszowa, which at 8 km long, is one of the longest and narrowest towns in Poland. Riding through Ojców National Park, the castle itself comes into view. Pieskowa Skała, like Ogródzieniec, was built by Casimir Great and remodelled later in the Renaissance style, but fortunately for us, it did



not succumb to the same fate at the hands of Swedish invaders in the 16th century.

Matodocks – an excellent photo opportunity with finger-like rock formations in the background. Continue to the heart of Ojcowski National Park – Ojców. Campfire and overnight.

DAY 7

Route: Ojców & surroundings

Visits to Ojców and surroundings, In particular Kraków valleys, the most beautiful of which are in the Ojców Reserve. In Sąspowska Valley is Bat Cave, home to many of our furry flying friends. We pass Szum waterfall and the colourfully named rock formation known as "Elephant's Bum". Onward past Wierzchowie, a small village known particularly for nearby Wierzchowska Cave, the largest cave in the Jurassic region open to visitors. The rest of the trail is a leisurely descent down windy roads and through what is known as Kraków Gate leading to the centre of the town of Ojców where there is an overnight stay.

DAY 8

Route: Ojców - Kraków (25 km)

Departure for Kraków. Morning visit to the most famous cave in the park, Łokietka grotto, right at the top of Chelmowa Hill. Continue to Prądnik Valley to town of Korzkiew, which has a small castle. Overnight in Kraków.

HORSE RIDING

Polish horses are famous throughout the world. Highly appreciated are our full-blooded English horses, thoroughbred Arab horses and Anglo-Arab breeds. Małopolska in Southern Poland, Wielkopolska in Western Poland

and Śląska in Silesia. Tarpan (wild descendants of original steppe horses) and hucul (a breed kept by East Carpathian mountaineers) are also bred. Lovers of these beautiful animals come to auctions regularly organized in Warsaw, Iwno, Janów Podlaski, Książ, Sopot, and Lobeż. Vacations in the saddle are very popular here. Numerous horse breeding centres throughout Poland, possessing comfortable accommodation facilities, welcome enthusiasts of this sport. Horse riding lessons are available for beginners; experienced riders may gallop off into beautiful countryside either unaccompanied or with a professional English-speaking guide. Rides in horse-drawn carriages and St. Hubertus rides are also organized. Horse riding tourism, is getting more and more popular in Europe and world-wide. In Poland we can take pride in almost a hundred years of tradition. The origins of horse-

riding tourism reach back to the 19th century in the Carpathian Mountains.

This area is famous for mountaineering and horse-riding tourism.

Then as now the main centre for Hucul horse riding was the Hucul Horse Stables in Gładyszów.

Lowland horse-riding tourism, in turn, has a completely different origin. In this case chivalry and cavalry traditions had great significance. Nowadays, in the Poland lowlands

horse-riding tourism flourishes around stables as well as sports and recreation centres.

Białogóra near Gdańsk, Pomerania

Hunter's Residence & Horse Stud situated 800 m from the open sea. Possibilities: horseback riding, galloping along the beach or in forests, hiking, canoeing trips from Żarnowieckie Lake to Baltic sea, fishing boat trips on the Baltic sea, carriages, sleigh-ride, campfire.

Biały Bór near Koszalin, Pomerania

The Pension House with Horse Stud and Horse Riding Club picturesquely situated along the Biała River. Covered lounge, stadium with a large area and covered seating, a carriage house, rides in old carriages, International, European and National Competitions.

Bogusławice near Piotrków Trybunalski, Mazovia

Horse Stud and Riding Club. Covered lounge. Possibilities: horseback riding, horse-riding shows, dressage and driving shows, carriages, campfire, company events.

Czerniejewo Palace and Park near Poznań, Great Poland

Possibilities: Hunts, horseback riding, trips in horse-drawn carts, carriages, campfire.

Farma Sielanka near Warsaw, Mazovia

Pension and Horse Riding Centre, picturesquely situated between the River Pilica and forests. Two modern studs, a hippodrome, covered and open lounges. Possibilities: international, national and regional horse-riding competitions, dressage or driving and jumping shows, carriages, sleigh-rides, company events, conferences, campfires, paintball, archery etc.

Gładyszów near Krosno, SubCarpathia

Hucul Horse Stud. Possibilities: Hucul horseback riding tours and shows, famous St. Hubertus Rides, carriages, sleigh-rides, campfire, events such Huculs' Days, horse-riding competitions.

Iwno near Poznań, Great Poland

Pension House with Horse Stud. Possibilities: Horseback rides, hunting, carriages, campfire.

Janów Podlaski near Biała Podlaska, Podlasie

Famous Horse Stud picturesquely set among lush meadows along the River Bug. Possibilities: carriages, campfire, horse-therapy,

Kadyny Country Club near Elbląg, Pomerania

Baroque Palace converted into a 4-star Hotel located close to the Vistula Basin. Small horse stud close to Kadyny Country Club. Possibilities: horse riding and carriages.

Kierzbun near Olsztyn, Mazuria & Warmia

Horse Stud Riding Centre and Club. Jumping competitions, horse riding tours, lounge, hippodrome, covered hippodrome. Possibilities: sauna, fitness club, campfire, company events.

Kołobrzeg-Budzistowo, West Pomerania

Horseback Riding Centre picturesquely located along River Parsęta. Horse-therapy & Horseback riding centre. Possibilities: covered hippodrome, campfire, rides in old carriages, events.

Koniador near Jelenia Góra, Lower Silesia

Halfinger Breed Stud located in a beautiful, piedmont town of Dziwiszów near Jelenia Góra. Horse riding in beautiful surroundings.

Nature lovers will be enchanted by scenic landscapes of nearby mountains: Izerskie Mountains, Rudawy Janowickie Mountains and Karkonosze with marked routes of various difficulty levels. Possibilities: integration and other events, carriages, sleigh-rides

Książ near Wałbrzych, Lower Silesia

Famous Horse Stud. Possibilities: breeder shows, dressage or driving and jumping shows, carriage competitions, rides on horseback or by carriage or sleigh, campfires, full-day carriage and horseback sight-seeing expeditions. Hippodrome with a large arena, covered seating, a carriage house.

Łąck near Płock, Mazovia

Horse Stud picturesquely situated by a lakeside. Horse riding tours, lounge, covered hippodrome, international and national competitions. Possibilities: carriages, campfire, hunting, angling, water sports.

Nowa Wioska near Kwidzyń, Pomerania

Horse Stud and Horseback Riding Club. Hippodrome, covered lounge, jumping competitions and shows. Possibilities: carriages, campfire, sleigh-rides, events.

Oberża Biesisko

near Wetlina, SubCarpathia

Picturesquely located in the Bieszczady Mountains. Possibilities: horse riding tours, many events: folklore evenings, Biesisko Extreme, Polish Texas with horse riding, hold-up on mountain narrow-gauge railway,



carriages, country music, horse riding shows, campfire.

Overo near Nowa Ruda, Lower Silesia

Mountain Horse Riding Centre. Horseback riding tours. Possibilities: lessons of horse-riding in Western style, horse-therapy, carriages, sleigh-rides.

Racot near Leszno, Great Poland

Racot Palace and Horse Stud. The 18th century palace with accommodation, Museum of Carriages, landscape park. Possibilities: sleigh-rides, carriages, hunting, angling.



Rynkówka Castle near Starogard Gdański, Pomerania

Horse riding through Tucholskie Forests. Possibilities: carriages, water sports, biking, angling, company events, folklore shows, knights' tournaments shows.

Sasek near Szczytno, Mazuria. Picturesquely located at lakeside. Possibilities: horse riding tours through forests, meadows, dressage, carriages, sleigh-rides and canoeing trips, skijoring, diving courses, company events, campfire.

Sieraków near Poznań, Great Poland

Horse Stud & Horseback Riding Club. Horse riding tours. Jumping competitions, carriages.

Zbrosławice near Tarnowskie Góry, Silesia

Horseback Riding Centre & Club. Possibilities: horse-therapy, competitions, company events, campfire, rides in old carriages.

Canoeing on Krutynia River

Krutynia river is ranked among Poland's most scenic kayaking routes. This varied and picturesque route goes through the Land of a Thousand Lakes. It crosses Pisz Forests and Mazurian Landscape Park. This is one of the best opportunities to be in touch with unspoiled nature, to admire aquatic flora and fauna and Poland's biggest birds – mute swans. It is almost 100 km long and is also accessible for beginners. Overnights at waterside hotels.

DAY 1 – arrival in Warsaw. Short city sightseeing. Dinner and overnight.

DAY 2 – morning transfer to Krutyń in the Mazurian Lake District. Dinner and overnight.

DAY 3 – morning transfer of kayaks and luggage to Sorkwity – starting point of our kayaking adventure. Sorkwity – Bieński (18 km). The main attraction of Sorkwity is the Evangelical Church from 16th/17th century and the palace from the 18th century rebuilt in 19th century in a Neo-Gothic style. The route consists of consecutive, but diversified lakes, connected by short sections of stream.

DAY 4 – Bieński – Babięta (10 km). Calm canoeing through Białe Lake and Gant Lake, one of the most picturesque lakes on Krutynia Route and then Babięcka Struga. There is a small Horse



Stud near Babięty with the possibility of horse riding.

DAY 5 – Babięta – Zgon (25 km). Afternoon trip to "Królewska Sosna" (Royal Pine) Reserve, protecting over 200 year-old pine and oak wood. The popular resort – Zgon, picturesquely situated at Mokre Lakeside has another attraction. There is an exhibition of wooden sculptures in a private workshop. Overnight in Zgon.

DAY 6 – Zgon – Krutyń (12 km). Canoeing through Mokre Lake, then Krutyńskie Lake and Krutynia River. They form together a natural sanctuary of aquatic fauna, protected in Krutynia Landscape and Forest Reserve. In afternoon walk to Zakręt Reserve with many floating islands and famous "Couple-in-love". Overnight in Krutyń.

DAY 7 – Krutyń – Ukta (13 km). En route stop in Krutyński Piecyk to visit the old watermill. Old-Believers Monastery is worth visiting in Wojnowo village. At the end of this fascinating route the possibility of taking rest in sauna or at a famous local tavern. Overnight in Krutyń.

DAY 8 – transfer to Warsaw. Departure.

BOATING, SAILING & OTHER WATER ACTIVITIES

Poland is the place for boat enthusiasts. Great Masurian Lake district, with highest concentration of lakes in Poland, offers great opportunities for sailors. Anyone who has tested their skills on the water here will certainly come back. More than anything, they appreciate the charms of the largest lakes, Lake Śniardwy (114 sq km) and Lake Mamry (104 sq

km) with its thirty-three islands. Moreover, as many lakes, linked by rivers and canals, form an extensive system of waterways (approx. 200 km in length), there is room for passenger services and a great number of sailing routes. That and the fact that most of the larger lakes, such as Beldany, Nidzkie, Tały, Niegocin, Kisajno, Mamry, Świątajty, Mikołajskie and Ryńskie have well-equipped marinas, ensure that the Mazury as they are known locally, are a key destination in boat season. Boat enthusiasts also praise the excellent conditions at Puck Bay and on west Baltic Sea coast – Szczecin Lagoon (952 sq km). Both bays are ideal for those who enjoy wind and water.



Numerous marinas and sailing clubs are located in that area, including Poland's largest sailing training centre in Trzebież. Here you

can rent yachts, improve your sailing skills and dry dock your boat. More and more sailors are discovering the Pomeranian Lakeland and especially Drawskie Lakeland. This mysterious, beautiful area is most suitable for boaters looking for somewhere more peaceful than the more commercialized Baltic seaside or more popular Masurian Lake district. Drawskie Lakeland, with its great number of large lakes, such as Drawskie and Lubie, is a quickly developing sailing centre. In Poland there are thousands of lakes. Others worth visiting, include: Lake Wigry, Necko and Białe in Suwalskie Lake District, Lake Jeziorak (Poland's longest lake – 27,4 km long) in Iławskie Lake District,

Lake Wdzydze and Lake Charzykowskie, both in Kaszubskie Lakeland.

Zegrzyńskie (near Warsaw) and Sulejowskie (near Łódź) artificial lakes are also very popular. Along the shores of all these lakes there are many marinas offering comprehensive services to boatmen, including rental of yachts. Maybe sailing past high mountains sounds an extraordinary idea, but that's exactly what you can do at a few magnificent artificial lakes in the mountainous south of Poland. One of them is Otmuchowskie Lake, created on the Nysa Kłodzka River in the area of the Sudety Mountains. At 6.5 km long and 3.5 km wide, it is small, but it provides many opportunities for boating and other sports. Along the lakeside there are several marinas. Solińskie Lake, picturesquely situated in Bieszczady Mountains, also has a number of faithful fans. It was created on the erection of Poland's largest concrete dam on the upper San River and Solinka River. It is large (25 km long and up to 2.5 km wide), and its scenic bays and islands are a pleasure to behold.

Windsurfing

Puck Bay on the Baltic Sea near Łeba is a popular center of watersports. Every year the resort attracts thousands of fans of windsurfing and kitesurfing. The south side of peninsula, which is protected from the open sea and offers excellent conditions for these sports, because the depth of the water even 1 km from coast does not exceed 1.5m. Conditions in Masurian Lake District are also



excellent in this regard and Suwalski region also has some good spots. If you wish to perfect your skills we can provide you with professional instructors. Accommodation is available at a fairly reasonable standard in the low to medium price range.

GOLF

Golf lovers can enrich their tourist program in Poland with a day or more on the course at a growing number of clubs in Poland. The best to be recommended are:

Warsaw

FIRST WARSAW GOLF AND COUNTRY CLUB

In Rajszew, just 25 km from Warsaw city centre, situated on the bank of the Vistula in a picturesque setting. Its 63-hectare complex offers: an 18-hole golf course par 71; Driving Range (20 practice bays -12 covered and roofed), Putting Green, Chipping Green; Practice Bunker, Club house, pro-shop.



Gdańsk

POSTOŁOWO GOLF CLUB – situated 28 km from Gdańsk and 300 km from Warsaw, in the beautiful surroundings of Kaszuby lakeside. Its 100 hectare complex offers an 18-hole golf course par 72, 6-hole academy course (2 km), 3-hole academy for beginners, driving range (practice bays, partially roofed), practice bunker, pitching/chipping area, putting green, club house, pro-shop.

SIERRA GOLF CLUB – situated in Pętkowice near Wejherowo, about 25 km from Gdańsk and in the vicinity of Tri-city Landscape Park. It offers: 18 hole course par 72, driving range (300 m, 25 practice bays, cover), putting area, chipping green, golf simulators, club house, pro-shop.

Szczecin

AMBER BALTIC GOLF CLUB - is situated 12 km east from Międzyzdroje on the island of Wolin, within the beautiful National Park of Wolin. Its 78-hectare complex offers: 18 hole par 72, Championship Course 9-hole par 28, Beginners Course driving range, chipping/pitching area, practice putting area, club house, pro-shop.

BINOWO PARK GOLF CLUB

– situated 20 km from the center of Szczecin, in Binowo, in landscape park. It offers an 18-hole course par 72, 9-hole course par 29, illuminated driving range, mini-golf, putting green, club house, pro-shop.

Poznań

GOLF CLUB BYTKOWO – situated near Poznań, on the border of a beautiful protected area of Samica Kierska Basin. 60 hectare golf complex offers: 18 hole course par 72, 6 hole course par 18, partially roofed driving range, putting green, training academy, club house.

Mazury lake district

MAZURY GOLF & COUNTRY CLUB – situated in Naterki, 15 min. from Olsztyn, 2 hours from Gdańsk and Warsaw, in the heart of Mazury

Lake District. Its almost 90 hectare golf complex offers: 18-hole course par 72, 9 hole training course par 27, driving range (350 metres, 19 covered practice bays, 30 grass tees), club house, pro-shop.

Kraków

KRAKÓW VALLEY GOLF & COUNTRY CLUB

– situated 33 km from Kraków, on 160 ha. It offers: 18-hole course par 72, 6-hole course par 18, driving range (19 lit practice bays 10 covered, 9 uncovered), two putting greens, two chipping greens, pro-shop.

ROYAL KRAKÓW GOLF & COUNTRY CLUB – is situated in Ochmanów, 18 km from Kraków city centre. Its 43 hectare golf complex offers: 9-hole course par 36, driving range, putting green, club house, pro-shop.

Wrocław

KNIGHT'S GOLF CLUB – situated in the 14th century Park and Palace complex of Krobietowice, one of the most beautiful historic buildings located near the capital of Lower Silesia – Wrocław. It offers: a 9-hole course with 18 tee par 70, driving range, putting green, club house. The course is a Parkland course with a little water and many old oak trees.

Upper Silesia

GOLF CLUB PSZCZYNA – situated 94 km from Kraków, next to historical Pszczyński Park. Its 28-hectare golf complex offers: 9 hole course, driving range, chipping/putting area, club house, pro-shop.

SKIING

Polish mountains are on a much smaller scale than the Alps but they seem to be friendlier than their Southern neighbours, especially for those tourists who treat winter holidays as a wonderful recreational adventure rather

than as an extreme challenge. For such visitors, the Polish mountains are the best choice: they offer many attractions in addition to

winter sports. Natural snow cover lasts from November till March, creating excellent conditions for downhill skiing, cross-country skiing and other disciplines. As many ski-runs are now artificially snowed, the season is even longer. Meanwhile, with lighting on the pistes you can now ski well into evening. The best and not surprisingly, most popular ski slopes are in the Tatras, Poland's only alpine range. In the upper parts snow stays till May.

TATRAS

Zakopane, situated at the foot of the Tatras is the winter capital of Poland. Numerous championships and other sporting events are held here as the resort and its environs offer a great number of downhill ski runs (35 km) and skiing facilities. Zakopane attracts both beginners and experienced skiers with its multiple slopes of various levels of difficulty. The best skiing is in the vicinity of Mt. Kasprowy. Total length of ski-runs: 35 km,

incl.: easy, medium advanced and FIS-licensed ski-runs, longest ski-run: 7000 m, biggest differences of attitudes: 900 m. Cross country: 50 km. Cable car, funicular, many chair lifts and ski-lifts. Snowboards: yes

Białka Tatrzańska is a popular winter sports centre close to Zakopane. Its gentle slopes are equipped with chair-lifts, ski lifts and picturesque, well-prepared ski-runs.

Total length of ski-runs: 13 km, incl.: easy and medium ski-runs. Longest ski-run: 1380 m. Chair lifts and ski-lifts. Cross country: 40 km. Snowboards: yes

BESKIDY Mountains don't have snow for as long as the Tatras, but they have a wide selection of ski-runs. The region of Beskid Śląski is a real treat for downhill skiers, particularly the Szczyrk and Wisła resorts.

Szczyrk is considered to be Poland's second best ski resort, due to the number and quality of its ski-runs. The chair-lift at Szczyrk brings skiers to summit of Mt Skrzyczne (1257m). Total length of ski-runs: approx. 41 km, incl.: easy, medium, advanced and FIS-licensed ski-runs. Longest ski-run: 5300 m. Chair lifts, ski-lifts. Snowboards: yes

Krynica (Beskid Sądecki) is a newly-developed ski resort. The best conditions for skiing are in the area of Mt. Jaworzyna Krynicka. Total length of ski-runs: 13 km, incl.: easy, medium, advanced and FIS-licensed ski-runs, longest ski-run: 2600 m. Cable car, ski-lifts, funicular. Snowboards: yes

BIESZCZADY Mountains

The densely wooded mountains in this isolated, rugged south-eastern corner of Poland are highly rated for cross-country skiing. The most scenic ski trail leads from Ustrzyki Górne to Mt. Wielka Rawka (1,307 m.) and then along high mountain meadows to Wetlina.

Ustrzyki Dolne and Górne

Total length of ski-runs: 10 km incl.: easy, medium, advanced and FIS-licensed ski-runs. Chair lifts, ski-lifts

SUDETY Mountains are proud of the ski resorts at Szklarska Poręba and Karpacz in the Karkonosze Range, at Czarna Góra in massif of Mt Śnieżnik, and at Zieleniec in Orlickie Range. Thousands of cross-country skiers take part in the Piasts' Race, held every year in March in the environs of Szklarska Poręba-Jakuszyce.

Szklarska Poręba is a major centre of winter sports in the Sudety Mountains. The most attractive area for skiers is Mt Szrenica with its Ski Arena and diversified ski runs. Various

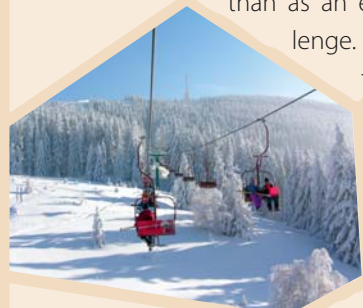
alpine skiing events take place here.

Total length of ski-runs: 18 km, incl.: easy, medium, advanced and FIS-licensed ski-runs. Longest ski-run: 4445 m. Cross-country: 100km. Chair-lifts, ski-lifts.

Karpacz has recently improved its conditions for skiers and boarders. The annual snowboarding championship for National Cup is held at Karpacz in January. Total length of ski-runs: 10 km, incl.: easy, medium, advanced ski-runs. Longest ski-run: 2300 m. Cross-country: 21 km. Chair-lifts, ski-lifts

Zieleniec is a very popular family skiing centre, where snow holds for a very long time and skiers have more than twenty ski-lifts at their disposal. Total length of ski-runs: 7.3 km

Czarna Góra is a newly developed skiing centre, nestling at the foot of Mt. Śnieżnik which is quickly gaining ground on Zieleniec. Total length of ski-runs: 6,1 km incl.: easy, medium, advanced and FIS-licensed ski-runs. Longest ski-run: 1680 m. Chair-lift, ski-lifts



POLISH SPAS

In Poland, there are several spas with long traditions. They are located mainly in the south of Poland, in the Carpathian and Sudety Mountains and on the Baltic coast. The curative properties of Polish spas have been sought after since the 13th century. One of the oldest spas in Poland is Cieplice Zdroj - its records date back to the year 1281. All year round, more than 40 localities offer a gentle climate, picturesque landscapes, charming boarding houses and modern sanatoriums as well as a high standard of treatment. The main role of Polish health spas is to provide packaged treatments that include accommodation at a sanatorium, board, medical care and physiotherapy. The most famous Polish spas include: Krynica, Busko Zdrój, Ciechocinek, Cieplice, Iwonicz, Kołobrzeg, Łądek Zdrój, Nałęczów, Polanica Zdrój, Szczawnica, Świnoujście, Świeradów and Wieliczka.

Augustów

A charming lowland spa located at the Niecko lakeside. Main treatment areas: heart and rheumatic diseases, orthopaedic and post-traumatic disorders. Natural therapeutic resources: therapeutic mud, mineral water.

Busko Zdrój

This is the most sunny spa in Poland. Main treatment areas: dermatological, heart, neurological and rheumatic diseases, post-traumatic disorders. Natural therapeutic resources: mineral waters, iodine bromide brines, sulphide waters, therapeutic mud from the Siwice deposit.

Ciechocinek

An attractive spa with one of Europe's largest twig towers releasing brine vapour, which eases many ailments. Main treatment areas: mobility and rheumatic disorders, respiratory

and circulatory system disorders, skin and female diseases, obesity. Natural therapeutic resources: chloride-sodium waters, brines, hypothermal brines from boreholes going down to 1,378 m

Cieplice Śląskie

In the 17th century Polish Queen Marysieńka Sobieska, wife of Jan III Sobieski, who defeated the Turks and saved Vienna, came here for treatment. Main treatment areas: rheumatic, orthopaedic and post-traumatic disorders, urinary system and neurological diseases, eye diseases. Natural therapeutic resources: thermal fluoride waters (21-62°C), therapeutic mud.

Duszniki Zdrój

A charming mountain spa with an International Chopin Festival. Main treatment areas: heart diseases, gastrological, pulmonary and gynaecological diseases, osteoporosis. Natural therapeutic resources: therapeutic mineral springs, bicarbonate oxalate waters with high carbon dioxide content, therapeutic mud. Poland's largest facility producing free carbon dioxide from oxalate mineral waters.

Inowrocław

Lowland spa. Main treatment areas: orthopaedic and posttraumatic disorders, digestive system diseases, heart diseases, rheumatic diseases. Natural therapeutic resources: brine from the Solno Mine, therapeutic mud from the Zotowo deposit.

Iwonicz Zdrój

One of Poland's oldest spas dating back to the 16th century. Main treatment areas: respiratory and digestive system diseases, gynaecological, orthopaedic, rheumatic and neurological diseases, obesity. Natural therapeutic resources: chloride bicarbonate-sodium and iodide waters, therapeutic mud.

Kołobrzeg

Poland's largest seaside spa. Main treatment areas: respiratory and circulatory system diseases, mobility disorders, rheumatic and neurological diseases, endocrine system and metabolism disorders (diabetes), thyroid disorders, in children's sanatoriums – disorders of the upper airways, bronchial asthma, child obesity, allergy-related skin diseases. Natural therapeutic resources: brines, therapeutic mud from the Miracice deposit.

Konstancin-Jeziorna

A spa town near Warsaw. Main treatment areas: mobility and rheumatic disorders, neurological, respiratory and heart diseases, occupational disease prevention. Natural therapeutic resources: bromide brine, chalybeate brine.



Duszniki Zdrój



Krynica

Krynica

A mountain spa often called "the pearl of Polish spas". Main treatment areas: diseases of the urinary and digestive systems, diseases of the blood and the haematopoietic system, female diseases, diabetes. Natural therapeutic resources: oxalate water, bicarbonate-calcium-magnesium oxalate waters, bicarbonate-calcium, magnesium, chalybeate oxalate waters, therapeutic mud.

Kudowa Zdrój

A mountain spa picturesquely located in Kłodzko Valley. Main treatment areas: heart diseases, diseases of the peripheral vessels, endocrinal diseases, diseases of the blood and the haematopoietic system, digestive system disorders in



children, obesity. Natural therapeutic resources: 4 springs of bicarbonate-calcium-sodium oxalate waters; gas source of carbon dioxide, used for carbon dioxide dry gas baths.

Lądek Zdrój

The local springs were already known in the Middle Ages. Main treatment areas: mobility and rheumatic disorders, circulatory system diseases, dermatological and female diseases, osteoporosis. Natural therapeutic resources:

weakly mineralised, fluoride, radioactive thermal waters, therapeutic mud.

Międzyzdroje

A seaside spa and resort with beautiful sandy beaches. Main treatment areas: diseases of the circulatory and respiratory systems, mobility and rheumatic disorders, dermatological diseases. Natural therapeutic resources: brine, therapeutic mud.

Nałęczów

A lowland spa with extensive and beautiful Spa Park. Main treatment areas: circulatory system diseases. Natural therapeutic resources: weakly mineralised waters with dominance of calcium bicarbonate and magnesium bicarbonate.

**Polanica Zdrój**

A beautiful location and the gentle climate have made Polanica one of the most popular spas.

Main treatment areas: circulatory and digestive system diseases, rheumatic disorders. Natural therapeutic resources: mineral waters – bicarbonate-calcium oxalate waters.



Ciechocinek

Połczyn Zdrój

The spa lies in the Drawskie Lake District. This area has been called "Połczyn Switzerland". Main treatment areas: orthopaedic and posttraumatic disorders, rheumatic diseases, gynaecological disorders, nervous system disorders, osteoporosis, neurological disorders and children's diseases. Natural therapeutic resources: bromide iodide brines, therapeutic mud.

Szczawnica

The most famous spa of the Pieniny Mountains. Main treatment areas: respiratory system diseases, pulmonary diseases, allergies, laryngological diseases. Natural therapeutic resources: mineral waters (iodide, boron, bicarbonate-sodium-chloride oxalate waters).

Świeradów Zdrój

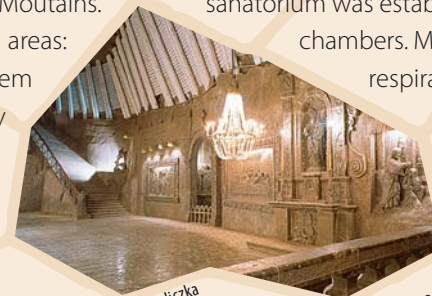
A mountain spa with unique historical Spa House. Main treatment areas: orthopaedic and post-traumatic disorders, rheumatic disorders, nervous and circulatory system diseases, female diseases, diseases of the airways. Natural therapeutic resources: mineral waters: bicarbonate-calcium-magnesium and radioactive oxalate waters, therapeutic mud.

Świnoujście

The spa and popular seaside resort with beautifully restored architecture, located on the islands Wolin and Uznam. Main treatment areas: diseases of the circulatory, respiratory, endocrine and metabolic systems, dermatological diseases, rheumatic disorders, obesity. Natural therapeutic resources: bromide, iodide and boron brine, therapeutic mud.

Wieliczka

The world's first underground anti-allergy sanatorium was established in the mine's chambers. Main treatment areas: respiratory system diseases, particularly bronchial asthma, and rheumatic disorders. Natural therapeutic features: therapeutic microclimate in a salt excavation site with salt particles in the air, in the salt mine at a depth of 135 m.



Wieliczka



INTERNATIONAL TOURS

CAPITALS OF NEW EUROPE

Warsaw (2) – Kraków (2) – Bratislava (1) – Budapest (2) – Prague (2)

DAY 1 – arrival in Warsaw. Walk through the Old Town. Dinner and overnight.

DAY 2 – morning visit to Wilanów Park and Palace. Drive through the Royal Route. Stop in Royal Łazienki Park. Lunch. Drive to Żelazowa Wola, Chopin's birthplace. Visit to the manor where the great composer was born. Dinner and overnight.

DAY 3 – departure for Kraków. En route stop in Częstochowa to visit Jasna Góra Monastery. Lunch. Drive to Auschwitz, former Nazi concentration camp. Arrival in Kraków. Overnight.

DAY 4 – Kraków city tour with Wawel Castle and Cathedral. Lunch. Afternoon visit to Wieliczka Salt Mine. Evening walk through Kazimierz Jewish district. Dinner at a Jewish restaurant. Overnight.

DAY 5 – departure for Bratislava, Slovak Republic. Lunch en route. Panoramic sightseeing of the city, incl.: Market Square with Old Town Hall, famous Bratislava Castle, Devin Castle, St. Martin's Cathedral, the Primate's and Presidential Palaces, St. Michael's Gate and Slovak National Theatre. Overnight in Bratislava.

DAY 6 – departure for Budapest. En route stop in Győr – settlement founded by Romans, today maintaining its medieval character. Lunch en route. Overnight in Budapest.

DAY 7 – Budapest city tour with Parliament, Royal Castle, Fishermen's Bastion, Heroes Square and Gellert Hill. Free time for lunch. Dinner with folklore

DAY 8 – departure for Prague. En route stop in Esztergom with an 11th century castle and

Basilica. Lunch in Esztergom. Overnight in Prague.

DAY 9 – full day city tour of Prague with: Hradcany Hill, St Vitus Cathedral, Loreta Church, Golden Street, Charles Bridge, Market Square with Town Hall. Afternoon excursion to Karlstein Castle. Farewell evening at a local inn. Overnight in Prague.

DAY 10 – departure.



Bratislava

EASTERN DISCOVERY

Kraków (2) – Lviv (2) – Kiev (2) – Warsaw (1)

DAY 1 – arrival in Kraków. Dinner and overnight.

DAY 2 – sightseeing tour of Kraków, including the Old Town, St. Mary's Church, Wawel Hill with Cathedral. Afternoon excursion to Wieliczka Salt Mine. Overnight in Kraków.

DAY 3 – departure for Lviv. En route stop in Łańcut, Potocki Palace and Park with unique Museum of Carriages. Lunch. Overnight in Lviv.

DAY 4 – sightseeing tour of Lviv, including Market Square with tenement houses, Italian (Venice) Patio – one of the finest Renaissance monuments in Ukraine and Black Stone House, Armenian Cathedral, Latin Metropolitan Cathedral, Lychakivskiy Cemetery. Overnight.

DAY 5 – departure for Kiev. En route stop in Pochayiv, the second largest Orthodox monastery in the country. The site is sacred to all devout Ukrainians and is flooded

with pilgrims during religious festivals. Lunch en route. Overnight in Kiev.

DAY 6 – sightseeing of Kiev. Saint-Sophia Cathedral and neighbouring Monastic Buildings symbolizing the "new Constantinople"; Kiev-Pechersk Lavra, Pyrohovo, an open-air museum of Old Ukrainian lifestyle and folk culture. Overnight in Kiev.

DAY 7 – transfer to the airport. Flight to Warsaw. Time to explore the city. Overnight in Warsaw.

DAY 8 – departure.

SPLENDOR OF THE EAST

Warsaw (2) – Kiev (1) – Moscow (2) – St. Petersburg (3)

DAY 1 – arrival in Warsaw. Walk through the Old Town. Dinner at a local inn. Overnight.

DAY 2 – morning visit to Wilanów Park and Palace. Drive through the Royal Route. Stop in Royal Łazienki Park. Drive to Żelazowa Wola, Chopin's birthplace. Visit to the manor where the great composer was born. Overnight in Warsaw.

DAY 3 – transfer to the airport. Departure flight for Kiev. Short city orientation. Dinner and overnight in Kiev.

DAY 4 – Kiev city tour. Walking through the Old Town, incl.: entrance to the 11th century St. Sophia Cathedral with great mosaics and frescoes and the surrounding Monastic Buildings symbolizes the "new Constantinople",



Kiev



Warsaw



Budapest

visit to the Caves Monastery and Pyrohovo, a picturesque open-air museum of Old Ukrainian lifestyle. Dinner in Kiev. Transfer to the airport, flight to Moscow. Overnight in Moscow.

DAY 5 – panoramic city tour, incl. Vorobyevi Hills with an incredible view of the city, proceed to Moscow State University, the example of architecture from the time of Stalin, Novodevichy Convent, Victory Park, the Triumphal Arch, Kutuzovsky Prospekt. Dinner at a local restaurant. Overnight in Moscow

DAY 6 – sightseeing of the city incl.: the Moscow Kremlin with the Savior Tower, the beautiful Cathedral of the Intercession, Red Square, the Lenin Mausoleum and St Basil's Cathedral. Afternoon tour of the Novodevichy Monastery founded in 16th century, Smolensky Sobor and Novodevichy cemetery (Chekov, Gogol tombstones). Transfer to the train station.

Overnight train to St. Petersburg.

DAY 7 – arrival in St. Petersburg. Panoramic City Tour of "Venice of the

North", incl. Nevsky Prospekt, St. Petersburg's most famous and vibrant thoroughfare, the Kazan Cathedral. Proceed to Vasilevsky Island. Entrance to St. Isaac's Cathedral, the forth highest cathedral in the world, the Peter and Paul Fortress – a symbol of St. Petersburg– where revolutionaries, including Dostoyevski were imprisoned. Evening optional: a ballet or

Opera performance at the Mariinsky Theatre.

DAY 8 – visit to Hermitage Museum, easily one of the top art museums in the world with Winter Palace, the former residence of Tsars (3 h). Afternoon visit to the town of Pushkin (formerly Tsarskoye Selo). The Palace and Park – the

former country residence of the Russian emperors. The Catherine Palace contains the Amber Room. Dinner and overnight in St. Petersburg.

DAY 9 – departure.

ROYAL JEWELS OF CENTRAL EUROPE

Vienna (2) – Budapest (2) – Kraków (3) – Prague (2)

DAY 1 – arrival in Vienna. Short city orientation. Dinner and overnight.

DAY 2 – Vienna city tour including Hoffburg St Steven Cathedral, Opera House, Parliament, City Hall, Schönbrunn. Evening at leisure. Overnight in Vienna.

DAY 3 – departure for Budapest, en route stop in Gyor – settlement founded by Romans, today maintaining its medieval character. Lunch. Overnight in Budapest.

DAY 4 – Budapest city tour with Heroes Square with Millenium Monument, St. Stephan's Basilica, Gellert Hill with the Citadel, visit to the Houses of Parliament.

Overnight in Budapest.

DAY 5 – departure for Kraków. Picturesque drive through Slovakia and the scenic Tatra Mountains. Stop in mountain resort of Zakopane for late lunch and shopping. Overnight in Kraków.

DAY 6 – sightseeing tour of Krakow, incl. the Old Town, St.

Mary's Church, Wawel Castle with Cathedral. Afternoon at leisure. Overnight in Kraków.

DAY 7 – morning visit to Wieliczka Salt Mine. Lunch. Excursion to Auschwitz, former Nazi concentration camp. Overnight in Kraków.

DAY 8 – drive to Prague. En route stop in Kłodzko. Visit to the spectacular 18th century stronghold and lunch. Overnight in Prague.

DAY 9 – sightseeing of Prague, incl. the Old Town with Market Square, Hradcany Castle, Charles Bridge, Golden Street, Jewish Quarter. Overnight in Prague.

DAY 10 – departure.

CENTRAL EUROPEAN ROUTE

Budapest (3) – Kraków (2) – Wrocław (2) – Dresden – Berlin (2)

DAY 1 – arrival in Budapest, transfer to the hotel, dinner and overnight.

DAY 2 – Budapest city tour with Heroes Square with Millenium Monument, St. Stephan's Basilica, Gellert Hill with the Citadel, National Museum. Overnight.

DAY 3 – visit to Houses of Parliament. Afternoon at leisure. Overnight in Budapest.

DAY 4 – departure for Kraków. Picturesque drive through Slovakia and the scenic Tatra Mountains. Stop in mountain resort of Zakopane for lunch and shopping. Overnight in Kraków.

DAY 5 – sightseeing tour of Kraków, including the Old Town, St. Mary's Church, Wawel Castle and Cathedral. Afternoon trip to Wieliczka Salt Mine. Overnight in Kraków.

DAY 6 – drive to Auschwitz, former Nazi concentration camp or visit to Jasna Góra Monastery in Częstochowa. Lunch. Overnight in Wrocław.

DAY 7 – Wrocław city tour including the Old Town with Gothic Town Hall and Ostrów Tumski. Visit to "Panorama Racławicka. Overnight in Wrocław

DAY 8 – departure for Berlin. En route stop in Dresden. Visit to Zwinger Palace. Lunch en route. Overnight in Berlin.

DAY 9 – Berlin city tour including Reichstag, Charlottenburg Castle, Opera House, Schiller Theater, and Pergamon Museum. Overnight.

DAY 10 – departure.

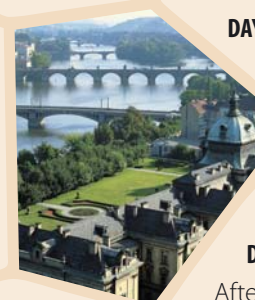


Kiev



Vienna

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Praha



Moscow



Budapest



Prague



Wrocław

TREASURES OF THE BALTIC

Warsaw (1) – Gdańsk (2) – Kaliningrad – Vilnius (2) – Riga (1) – Tallin (2)

DAY 1 – arrival in Warsaw. Panoramic city tour including Royal Route with the Old Town and Łazienki Park and Palace. Dinner and overnight in Warsaw.

DAY 2 – departure for Gdańsk. Half day tour of Gdańsk and Sopot. Walk through the Old Town with Długi Targ, Artus Court, St Mary's Church and the Old Crane. Overnight in Gdańsk.

DAY 3 – excursion to Kaliningrad. Sightseeing of the city including Cathedral and Kant's Grave, Amber Museum, City Gates: Brandenburg Gate etc. Overnight in Gdańsk.

DAY 4 – departure for Vilnius. En route stop in Mikołajki, a Masurian lakeside resort for lunch. Overnight in Vilnius

DAY 5 – sightseeing of Vilnius with Gothic Gediminas Castle, St Ann Church, St Peter and Paul Church, Town Hall. Afternoon excursion to Trakai – medieval capital of Lithuania called "the town on the water". Overnight in Vilnius.

DAY 6 – departure for Riga. En route stop at the Hill of Crosses, the most incredible, awe-inspiring sight in Lithuania. Arrival in Riga. Walk through the Old Town. Overnight

DAY 7 – sightseeing tour of Riga including Dome Cathedral, St Peter's Church with beautiful panoramic view from the tower. Visit to an open-air ethnographic museum. Departure for Tallinn. En route stop

in Parnawa, a beautiful spa at the seaside. Overnight in Tallinn.

DAY 8 – sightseeing of Tallinn with Cathedral, Town Hall and "Long Herman" and "Fat Margaret" towers within well preserved city walls. Overnight.

DAY 9 – departure.

ART NOUVEAU IN CENTRAL EUROPE

Warsaw – Łódź (2) – Prague (3) – Vienna (3) – Budapest (3) – Zakopane (1) – Kraków (3)

DAY 1 – arrival in Warsaw. Transfer to Łódź. Afternoon at leisure. Dinner and overnight.

DAY 2 – Łódź city tour including: Israel Kalmanowicz Poznański Palace with Historical Museum of Łódź and factory buildings, the Księży Młyn – an unique factory and residential complex, Art Nouveau tenement houses and the most elegant street in Łódź – Piotrkowska Street. Overnight in Łódź.

DAY 3 – departure for Prague. En route stop in Legnica. Sightseeing of the city, including Tarninów district, an unique example of art nouveau architecture. Overnight in Prague.

DAY 4 – Prague city tour incl. Municipal House, the Wenceslaw Square (hotel Evropa, house of Peterka, house U Novaku), the Mucha Museum, walking through the Old Town. Lunch. The Old Town Square. Evening entertainment at

the Black White Theatre. Overnight.

DAY 5 – sightseeing tour of Prague, visit to Vysehrad cemetery, National Gallery, Hanavsky Pavilion and Hotel Savoy. Time for lunch. St. Vitus Cathedral, Lesser Town, Museum of Decorative Arts. Dinner at Czech restaurant with folk entertainment. Overnight.

DAY 6 – departure for Vienna. En route stop in St. Pölten, the oldest city in Austria, picturesquely located upon the Danube River and at the foot of Alps. Entrance to the City Museum. Overnight in Vienna.

DAY 7 – Vienna city tour incl. Staatoper, walking tour to see Art Nouveau monuments. The Museum of Fine Arts, Natural History Museum, Hofburg, City Hall, Burgtheater. Highlight – the Schönbrunn Palace. Evening Mozart concert or Johann Strauss Concert at Kursalon. Overnight.

DAY 8 – sightseeing of the city. Visits include entrances to two of the suggested museums: Austrian Gallery/ Museum of Fine Arts/ Secession Pavillon/ Leopold Museum. Overnight in Vienna.

DAY 9 – departure for Budapest. Transfer to the hotel. Sightseeing of the city. Visit to the Museum of Applied Arts. Afternoon at leisure. Optional: sightseeing and concert at the Ferenc Liszt Music Academy. Overnight in Budapest.

DAY 10 – panoramic tour of Budapest including

Matthias Church, Fishermen's bastion, Gellért Bath, Institute of Geology. Lunch break. Dinner cruise on the Danube. Overnight in Budapest.

DAY 11 – full day tour to the Pusztas & Kecskemét incl. entrance to the Cifra Palace, a beautiful example of Art Nouveau. Dinner with folklore show in Pusztas. Overnight in Budapest.

DAY 12 – departure for Zakopane. Free time for lunch and shopping. Dinner at a local restaurant. Optional: spectacle at Witkiewicz Theatre.

Overnight in Zakopane. **DAY 13** – sightseeing of the city. Departure for Kraków. Lunch and free time for shopping. Overnight in Kraków.

DAY 14 – Kraków city tour. Art Nouveau Route. Lunch in the Old Town. Visit to the Czartoryski Museum. Optional: coffee break at the seat of famous cabaret "Green Balloon". Optional: concert at Słowacki Theatre (Art Nouveau monument) or other entertainment. Overnight in Kraków.

DAY 15 – sightseeing of the city including visit to Wawel Castle and Cathedral. Afternoon at leisure. Farewell dinner at a local inn with folk entertainment. Overnight.

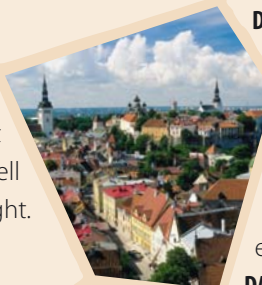
DAY 16 – departure.



Riga



Vilnius



Tallin



Vienna

























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Kraków

MAP of POLAND

LEGEND

-  UNESCO World Heritage List
-  Airports
-  Main roads
-  Border crossing
-  Ferry links
-  International marinas
-  Sea beaches
-  Water sports centres
-  Winter sports centres
-  Equestrian clubs
-  Hippodromes
-  Hunting grounds
-  Angling grounds
-  Former Nazi concentration camps
-  Castles
-  Palaces
-  Skansens
-  Museums
-  Folk art centres
-  Spas
-  Old churches, Orthodox churches, mosques, synagogues
-  Religious sanctuaries
-  Interesting water routes
-  National parks





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